



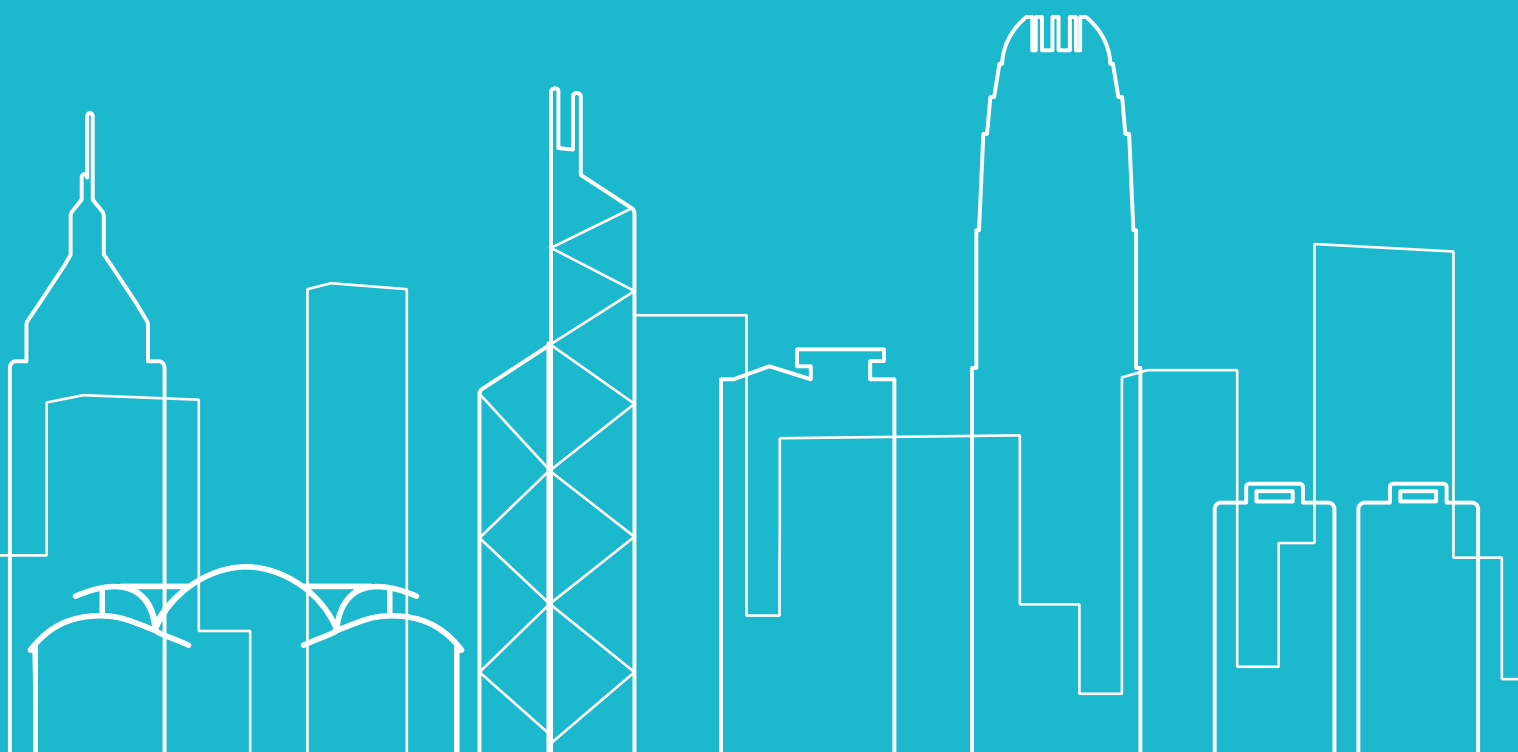
香港青年協會領袖學院  
The HKFYG Leadership Institute

PROSPECTUS  
課程概覽

2024-  
2025

# LEARN TO LEAD LEAD TO CHANGE

LOCAL AND INTERNATIONAL SCHOOLS (SECONDARY)  
本地及國際學校 (中學)



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# The HKFYG Leadership Institute

## 香港青年協會領袖學院



香港青年協會領袖學院（下稱「領袖學院」）致力為本地培養和訓練新一代優秀青年人才，自2000年起，至今已培訓逾20萬名青年領袖。

領袖學院為青年提供多元化培訓、交流項目，以及開拓視野的機會。此外，社會領袖、各界專家及學者亦與領袖學院秉持相同信念，與學員分享他們的寶貴經驗及領導睿智，啟發青年在社會各個領域上發揮領導角色。領袖學院更與政府部門、企業、學校及專業團體等合作，設計適切實用的學習項目，為社會建立全方位的人才庫。

建基於多年的培訓基礎並具備清晰的培訓階梯，領袖學院為高小、中學、大專，以至行政領袖提供訓練課程。課程圍繞四大主題，包括抗逆領袖、服務領袖、可持續發展領袖，以及溝通及協作領袖。透過參與高質素的培訓計劃、跨文化交流及親身體驗，青年領袖將在本、國家和國際層面上提升個人素養、公民意識、責任感，以及服務心志。

The HKFYG Leadership Institute (the Institute) is dedicated to creating a new generation of leaders for Hong Kong, with 200,000 having been trained since 2000.

The Institute provides diverse training and exchange programmes to broaden the horizons of young people, while also offering opportunities and platforms for them to meet established, renowned and distinguished leaders who speak and share their stories from different perspectives and industries. The Institute's leadership provision credentials are further strengthened by the numerous tailor-made external programmes the Institute sets up for various government bureaux, tertiary institutions and private corporations.

Built upon years of foundation, the Institute offers training for young people from senior primary schools to tertiary institutions to those in the workplace in four main themes, namely **Resilient Leadership, Service Leadership, Sustainable Leadership, and Communicative and Collaborative Leadership**. Young leaders will be engaged and involved in high-quality programmes, intercultural exchanges and hands-on experiences to **enhance their personal attributes, civic awareness, sense of responsibility, and service mindset** locally, nationally and globally.

## 策略願景 Strategic Vision

確保能夠聚集一群能幹及對香港有承擔的青年領袖，並且已預備隨時服務社會。為了應對新時代的挑戰，領袖學院持續為青年提供積極裝備、發揮所長的機會，帶領香港邁向新高峰。

To ensure that Hong Kong can draw upon a pool of competent and committed young leaders who are ready and able to serve. To meet the challenges of a new era, the Institute equips young people with the capacity to better serve our society, leading Hong Kong towards new heights.



## 使命 Mission

透過理論和練習提供前瞻性的領袖培訓服務，讓青年領袖參與並投入高質素活動、跨文化交流及實踐經驗，提升青年領袖的理解能力、公民意識及對國家與世界的服務及責任感。

To build on pioneering leadership training through theory and practice. To engage, stimulate and involve young leaders in high-quality programmes, intercultural exchanges and hands-on experiences to enhance intellect, civic awareness, service mindset, and sense of responsibility locally, nationally and globally.

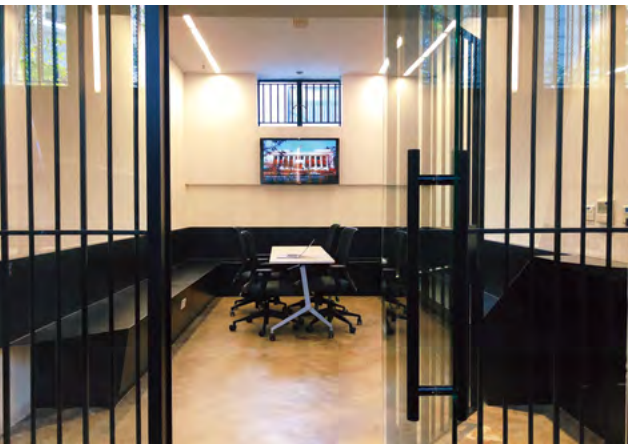
>200,000  
青年領袖  
Young Leaders Nurtured

>1,500,000  
培訓時數  
Training Hours

>90%  
參與者推薦  
其他人參加  
of participants  
recommended  
others to join

>95%  
本地中學參與  
Participation of Local  
Secondary Schools





## 活化歷史建築 Revitalisation of Historic Building

領袖學院位處北部都會區，是香港未來發展的新引擎，並座落於別具歷史價值的前粉嶺裁判法院，經第三期活化歷史建築伙伴計劃保育及優化設計，成為一所結合悠久歷史與現代科技、專注培育香港青年人才的新地標。其嶄新設施包括數碼辯論演說廳、由前拘留室改建成的多功能活動室及多個共用空間，適合進行會議、產品發布、教育、創業及培訓活動，以及作為拍攝場地。

而全新落成的營舍樓高兩層，配合 2024 年中落成的高空繩網，提供多元化的訓練營，包括領袖訓練、生活體驗、歷奇活動等，並可招待 85 位本地及來自世界各地的青年領袖及訪問學人，為學員帶來課室以外的體驗，有助他們建立社交網絡，以及學習尊重不同文化的生活異同。

The Institute is located in the Northern Metropolis, serving as a new engine for Hong Kong's future growth. It is situated in the historic Former Fanling Magistracy, revitalised under "Batch III of Revitalising Historic Buildings Through Partnership Scheme". The premises seamlessly blends heritage with technology, which features a Digital Debate & Speaking Chamber, multifunction rooms fashioned from converted jail cells, common areas and a restaurant, offering a variety of multifunctional facilities for rent, making it an ideal venue for seminars; product-launch events; education, start-up and training activities; as well as filming. The Institute allows flexible arrangements and layouts to accommodate the optimal setting for different needs.

In addition, a brand-new two-storey Lodge, along with the high-altitude rope course to be completed in the middle of 2024, offers a wide range of training camps, including leadership training, life experiences, and adventure activities. The Lodge can accommodate 85 local and visiting lecturers and participants, providing opportunities for participants to develop closer ties and cross-cultural competence as they live, work and study together.



# 領袖發展進程

## LEADERSHIP DEVELOPMENT PIPELINE



### 1 評估潛能

#### Early Assessment

透過富趣味性的**短期培訓**，啟發及培養領袖潛能及素質，並提升晉升階梯，讓學生有更多機會增值自己。  
Focusing on students by engaging them in a variety of short, fun-filled **taster programmes** to stimulate their interests in leadership skill development.



### 2 專業培訓

#### Professional Training

透過**領袖基礎課程**，協助學生提升自省能力，反思領導角色，開拓視野。  
Identifying and nurturing **fundamental leadership competencies** and building on capacities in potential leaders, thereby enabling them to progress further.



### 3 行動及實踐

#### Execution and Practice

提升自信心及社會承擔，加強青年由自我領導到服務他人的心志，**理論與實踐並重**。  
Strengthening confidence and commitment so that they can **apply leadership in real-life situations**.



### 4 共同協作

#### Collaboration and Impact Creation

透過**伙伴協作**，共同創造社會效益，一方面發揮青年回饋社會的熱忱，另一方面作為其他青年的榜樣，以生命影響生命。  
**Co-creating partnerships** based on shared values and visions to both deepen impact and inspire aspiring young talents.



### 5 反思與檢討

#### Reflection and Evaluation

檢視培訓成效，包括領導能力、個人成長，以及社會服務；優秀參加者將接受進階培訓，擴闊視野，全方位培育傑出的青年領袖。  
**Appraising impact** gained intellectually and practically in terms of functionality, personal growth and giving back.

#### 具潛質領袖

##### Potential Leaders

- ◆ 未有領袖崗位 / 領袖經驗
- ◆ 從未參加領袖訓練
- ◆ No leadership positions/ Leadership experience
- ◆ Never participated in leadership training

#### 優秀領袖

##### Outstanding Leaders

- ◆ 初級或中級領袖崗位
- ◆ 曾參與初階領袖培訓
- ◆ 希望繼續提升領袖技巧
- ◆ Junior or intermediate leadership position
- ◆ Previously participated in basic leadership training
- ◆ Desire to further enhance leadership skills

#### 卓越人才

##### Exceptional Leaders

- ◆ 初級或中級領袖崗位
- ◆ 在不同方面有優秀成就
- ◆ 曾為本地、國家或國際層面創造正面影響
- ◆ Junior or intermediate leadership position
- ◆ Demonstrated outstanding achievements in various areas
- ◆ Created positive impact at local, national, or international levels

## 常見問題

# FREQUENTLY ASKED QUESTIONS

Q1

領袖學院的領袖訓練課程只適合在校內有領袖崗位的學生參加？

Are the leadership training programmes offered by the Institute only suitable for students who hold leadership positions in school?

領袖學院提供領袖訓練課程供**所有學生**參加，由具潛質領袖至卓越領袖，領袖學院均設有不同主題及程度的領袖訓練課程，詳情可參考課程概覽內的課程分類。

The Institute offers leadership training courses for **all students** with potential and exceptional leadership capabilities. These courses cover various themes and different levels. Details can be found in the prospectus.

Q2

如學生已經成為總領袖生、學生會會長、學會會長或社長等主要領袖崗位，他們還需要接受領袖訓練嗎？

Do students who are head prefects, or presidents of student unions, societies, or clubs still require leadership training?

**需要。**由於缺乏經驗，而新冠疫情亦減少了學生的領袖培訓機會，因此學生在擔任主要領袖崗位期間會遇到不同的挑戰和問題。領袖學院特別為擔任主要領袖崗位的學生提供「**中學生領袖訓練證書課程**」，結合理論知識及實踐經驗，培養他們的領導能力、溝通技巧和團隊合作能力，使他們成為優秀的領袖。領袖學院亦可為學校設計度身訂造的課程，為擔任主要領袖崗位的學生提供專項的領袖訓練。

**Certainly.** The pandemic has limited the opportunities for leadership training, presenting challenges for inexperienced students in key positions. The Institute's "**Student Leaders Training Certificate Course**" is specially designed for student leaders, aiming to enhance their leadership, communication, and teamwork skills through a blend of theory and practice. Moreover, the Institute provides customised courses for schools to further support these student leaders.

Q3

學生於領袖訓練中學到的技能是否只適用於學校情境內？

Are the leadership training skills taught only applicable in school settings?

領袖學院的願景是希望裝備青年在未來承擔領袖角色領創新天，因此，領袖學院提供的領袖訓練課程不只是為應付學生現時的領導能力訓練需要，**更重要是將來可運用於不同公司及團體，讓青年能發揮所長。**

The vision of the Institute is to prepare young people for future innovative leadership roles. Therefore, the leadership training courses offered by the Institute are designed to meet students' current needs and to be **applied in various companies and organisations, enabling young people to leverage their strengths.**

Q4

若校長或老師於課程概覽中未能找到合適課程給學生，領袖學院可以度身訂造合適課程給學校嗎？

Can the Institute customise courses for schools if principals or teachers cannot find suitable courses in the prospectus?

**可以**，領袖學院至今已經為超過 100 間學校度身訂造不同類型的領袖訓練計劃及課程。領袖學院非常歡迎學校與我們商討課程內容。

**Yes,** the Institute has so far customised leadership training programmes for over 100 schools and is open to further collaboration with schools on course content design.



聯絡我們 Contact us

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# 傑出學員 ALUMNI STORIES



## 岑沛欣

### Peony SHAM

非常感謝青協領袖學院提供的機會和體驗，透過參加「香港青年協會英語演講比賽」及其預備課程，我能夠在公開演講中表達意見，並加強演講技巧；「楊鐵樑爵士英語大使外展計劃」讓我學習如何進行英語教學，並透過多個義工機會運用我的英語技能服務他人；《香港 200》領袖計劃則提供了全面的領袖培訓，拓闊了我的視野，並增強了我服務社區的信心；Project for Hong Kong 更是非常有挑戰性的活動，令我獲益良多！

I am very grateful for the many opportunities and exposure that The HKFYG Leadership Institute has offered me over the years. Through participating in the "Hong Kong Federation of Youth Groups English Public Speaking Contest" and taking its pre-Contest training courses, I was able to find my voice in public speaking. The "Sir Ti Liang Yang English Language Ambassadors Outreach Programme" taught me how to conduct English teaching, and gave me multiple volunteering opportunities to serve others using my English skills. The "Hong Kong 200" Leadership Project gave me comprehensive leadership training, which broadened my horizons and enhanced my confidence to serve the community. The "Project for Hong Kong" was highly challenging yet equally rewarding, and I thoroughly enjoyed the experience!

- 哈羅香港國際學校，十三年級  
Year 13, Harrow International School Hong Kong
- 2023 傑出學生選舉 年度傑出學生大獎得獎者  
Winner of the Grand Prize, Student of the Year Awards 2023
- 2020 「21 世紀杯」全國英語演講比賽初中組全國冠軍  
Champion, Junior Secondary Category, "21st Century Cup" National English Speaking Competition 2020

曾參加以下培訓： 2018 至 2023 香港青年協會英語演講比賽  
Participated in the following training: The HKFYG English Public Speaking Contest 2018-2023

2020 楊鐵樑爵士英語大使計劃  
Sir Ti Liang Yang English Language Ambassadors Outreach Programme 2020

2020 《香港 200》領袖計劃  
"Hong Kong 200" Leadership Project 2020

## 曾慶倫

### Alexander TSANG

參與領袖學院的活動是一場意外的驚喜：還記得當初老師替我報名參加公開演講比賽，幾個月後，我便拿着準備好的演講辭站在比賽房間，在腦海中手忙腳亂地整理思緒。在整個過程中，我雖然有點膽怯，但卻激發更多渴望。當學院提供機會讓我指導學生、主持活動及與 199 個陌生人交流時，我毫不猶豫地接受了所有機會，漸漸將自己的潛力轉化為實際行動。無論在領袖學院參加甚麼課程，一定要全心全意地投入，因為沒有地方比這裏更能促進人與人之間的聯繫和成長。

Getting involved with the HLI was a happy accident. It began when my teacher signed me up to do some public speaking. Months later I found myself in a soundproof room, cue card in my shaking hand as I scampered to connect thoughts into expressible ideas. It was frightening, but I wanted more. Therefore, when opportunities arose for me to help coach younger kids, emcee at events, or meet 199 strangers and connect their ideas with mine – I leapt at all of them. Without quite realising it, I was connecting my own potential into expressible actions; whatever it is that you're hopping into at the HLI, lean into it and have fun – because no place connects people quite like the HKFYG.



- 香港大學法學專業證書學生  
PCLL Candidate at The University of Hong Kong
- 劍橋大學法律系畢業生  
Undergraduate, Faculty of Law, University of Cambridge
- 香港青年協會青年服務諮詢委員會委員  
Member of Youth Service Advisory Committee, Hong Kong Federation of Youth Groups

曾參加以下培訓： 2015 至 2016 香港青年協會英語演講比賽  
Participated in the following training: The HKFYG English Public Speaking Contest 2015-2016

2017 起 楊鐵樑爵士英語大使計劃  
Sir Ti Liang Yang English Language Ambassadors Outreach Programme (2017 to present)

2018 《香港 200》領袖計劃  
"Hong Kong 200" Leadership Project 2018



# 唐啟豐

Kevin TONG



- 香港作家  
Hong Kong Writer
- 傷愈有時心理輔導 創辦人  
Founder,  
Wounder Healer Counseling

領袖學院的課程令我學懂擁抱自己的不一樣，令我有信心成為自己想成為的模樣。不管是「領袖培訓課程——新一代社會領袖」還是《香港 200》領袖計劃，都讓我有機會和不同背景的人交流和認識，這種由心的溝通令我明白到不同人也有自己獨一無二的故事。帶着同理心出走、聆聽、思考，自然可以譜寫出屬於自己的傳奇。

The courses at the Institute have taught me to embrace my uniqueness and have given me the confidence to become the person I aspire to be. I had the opportunity to interact and connect with people from diverse backgrounds, allowing me to understand that everyone has their own unique story. Carrying empathy wherever I go, listening, and reflecting, I am able to write my own legendary tale.

- 曾參加以下培訓：  
Participated in the following training:
- 2009 領袖培訓課程——  
新一代社會領袖  
Leadership  
Development  
Programme – Leaders  
for the New Generation  
2009
  - 2010 《香港 200》  
領袖計劃  
"Hong Kong 200"  
Leadership Project  
2010

# 譚沛楹

Peann TAM



- 社企「綠行俠」共同創辦人及業務  
發展總監  
Co-Founder & Business  
Development Director, Eco-  
Greenery

領袖學院的領袖課程十分全面和充實，引導我成為一位能夠影響社會的領袖，亦啟發了我於 2014 年創辦了一家環保社會企業。

The HKFYG Leadership Institute's programmes I participated in were comprehensive, insightful, and well-designed. They motivated me to think about how I could become a leader who could make a positive impact on society. This was the impetus that led me to establish an environmental social enterprise in 2014.

- 曾參加以下培訓：  
Participated in the following training:
- 2007 《香港 200》領袖計劃  
"Hong Kong 200" Leadership  
Project 2007

# 陳浩庭

Mac CHAN



- 陳浩庭律師行主管律師  
Principal, Mac Chan & Co.,  
Solicitors
- 屯門區議會委任議員  
Appointed member, Tuen Mun  
District Council
- 青年發展委員會委員  
Member, Youth Development  
Commission

感謝領袖學院的課程增進了令我畢生受用的領袖才能，同時亦讓我培養多角度思考，多了解自己的社區和多關注社會的議題。《香港 200》領袖計劃亦令我認識了一班志同道合的朋友，希望 200 精神會繼續薪火相傳。

The Institute's courses have enhanced my leadership skills, which has a lasting positive impact on my life. These courses have not only provided me with a broader perspective and deeper insights into my community but have also instilled a sense of social awareness in me. Moreover, through the "Hong Kong 200" Leadership Project, I have connected with a supportive network of friends who share similar goals. I aspire for the legacy of the 200 to endure and inspire others in the future.

- 曾參加以下培訓：  
Participated in the following training:
- 2008 《香港 200》領袖計劃  
"Hong Kong 200" Leadership Project 2008

# 姜必楷

Henry KEUNG



- 攜程集團  
機票業務用戶運營負責人  
User Growth Team Leader,  
Flight Business, Trip.com  
Group
- 凝動香港體育基金董事會成員  
Board Member at InspiringHK  
Sports Foundation
- 創行香港董事會成員  
Board Member at Enactus  
Hong Kong

在中學的時候，《香港 200》領袖計劃給了我一個非常難得的機會，認識一群來自完全不同學校和背景但同樣關心香港的同學，讓自己不再害怕去表達自己對香港社會的關注和擔憂，服務的信念亦由此變得更加堅定。此外，通過領袖學院的不同培訓和實踐活動，我學懂了更開放地了解別人的思考角度和觀點，明白不是所有人都有跟自己一樣的想法，因而變得更加能夠聆聽別人。在社交媒體發達、回音壁越來越強化的今天，我更感恩領袖學院一直給我很好的機會，培養這種開放聆聽的素養。

During my time in secondary school, the "Hong Kong 200" Leadership Project provided me with a unique opportunity to connect with peers from diverse backgrounds who shared a common love for Hong Kong. I was encouraged to express my concerns for the HK society, and my service spirit had become stronger than ever. Through the Institute's training and experiential activities, I also learned to better appreciate different perspectives and be a more open-minded listener, which is ever more important in this social media era full of echo chambers.

- 曾參加以下培訓：  
Participated in the following training:
- 2006 《香港 200》領袖計劃  
"Hong Kong 200" Leadership Project 2006
  - 2005 學會會長訓練證書課程  
Student Leaders Training Certificate Course 2005
  - 2015-17 青年創研庫教育與創新小組召集人  
Convener, Education & Innovation Group,  
Youth I.D.E.A.S. Think Tank 2015-2017



## 重點培訓主題

# MAJOR FOCI OF LEADERSHIP DEVELOPMENT

### 抗逆領袖 Resilient Leaders

青年將學習如何提升全健思維，達到自我領導效果。通過情景模擬及技巧練習，他們更能強化敏捷領導力，帶領團隊轉危為機。

Young people will be able to develop their wellness and self-leadership by adjusting their mentality with tools. Their skills will be further strengthened by simulation and practice through which they can lead the team and turn adversity into opportunity with agility.

### 服務領袖 Service Leaders

鼓勵青年主動服務別人，建立同理心，了解社會需要，創建一個包容性強的社會。

Encouraging greatness in others and a sense of community, young people are motivated to take the lead to serve others with empathy and understand social needs, thus co-creating a more inclusive society.



### 可持續發展領袖 Sustainable Leaders

透過訓練及推動青年參與可持續發展，增加他們對香港、內地，以至環球各地可持續發展的認識和挑戰，並提供平台讓青年創造社區，為未來建設可持續社會。

By training and engaging young people in sustainable development, our programmes encourage them to understand the challenges of sustainable development in Hong Kong, the Mainland and globally, and provide a platform for them to create communities and build a sustainable society for the future.

### 溝通協作領袖 Communicative and Collaborative Leaders

迎向人工智能年代，人際技巧更見重要。青年需裝備良好的溝通協作技能及慎思明辨能力，不但在未來職場中把握優勢，更可協力發揮創意，解決社會問題，創造正面改變。

Interpersonal intelligence is critical in the age of artificial intelligence. Equipping young people with communication, collaboration and critical thinking skills will give them an edge in the future workplace with higher value, enabling them to engage in creative social problem-solving for positive change.

領袖課程及活動

Training Courses and Programmes

# 旗艦項目

## FLAGSHIP PROGRAMME

傑出領袖  
Exceptional Leaders



### 2024 《香港200》 領袖計劃

"Hong Kong 200"  
Leadership Project 2024

40 小時  
40 hours

廣東話  
Cantonese

200 人  
200 people

正價 Regular Price : HK\$1,200  
早鳥優惠 Early Bird Offer : HK\$990

2024 年 7-8 月  
July - August 2024

只提供公眾班  
Public Classes Only

本年度《計劃》將以培育有能力慎思明辨，有熱誠積極從政商社、體制內外為社會提出良策的青年領袖為目標，讓青年探索公共及政治參與的可能性。

參加者將透過「社區體驗」及「與領袖對話」拓闊眼界，緊貼最新社會發展脈絡。同時經「skill labs」及以香港的公共政策為出發點的「專題式學習」(project-based learning) 掌握通用技能 (transferable skills)，為個人未來發展做好準備。

This year's "Hong Kong 200" Leadership Project aims to cultivate capable and discerning young leaders who are passionate and proactive in offering sound solutions for society from within and beyond the system across sectors. Participants may take their first step in exploring the possibilities of public and political engagement.

Participants will expand their horizons through "Social Experiences" and "Dialogues with Leaders", keeping abreast of the latest societal developments. At the same time, they will master transferable skills through "skill labs" and "project-based learning" that focuses on Hong Kong's public policies, preparing themselves for future development.





領袖課程及活動

Training Courses and Programmes

# 抗逆領袖 RESILIENT LEADERS

Potential Leaders  
具潛質領袖



## 未來職人 講座

Future Skills  
School Talk

🕒 1小時  
1 hours

🗨️ 廣東話  
Cantonese

👥 最少 30 人，最多 500 人  
Minimum: 30 people  
Maximum: 500 people

💰 HK\$3,000 (每個講座收費 / per talk)

📅 歡迎協商課程日期  
Customised Class  
Schedule

⚠️ 1. 只提供包班服務  
Group Booking only  
2. 提供到校訓練服務，歡迎協商  
On-site Training available

以互動形式分享科技發展對青年未來職業選擇及技能學習的影響，協助他們建立創科技能的思維，在生涯規劃上作出更全面的考慮。

The talk will share how technological development would affect participants' career choices and skills learning, and help them to build up IT skills and mindsets for their career planning through interactive activities.

## 學生領袖體驗 訓練課程—— 領袖特質測試

Student  
Leadership  
Taster Courses –  
Leadership  
Potential Test

🕒 2小時  
2 hours

🗨️ 廣東話  
Cantonese

💰 實體 Physical : \$150  
網上 Online : \$110

👥 實體訓練：50 人  
線上訓練：可增至 150 人

Physical Training: 50 people  
Online Training: 150 people

📅 歡迎協商課程日期  
Customised Class  
Schedule

⚠️ 只提供包班服務或  
搭配不同包班訓練  
Customised Classes or packaged with other  
customised leadership training courses

從學生領袖基礎潛能評核測試了解個人領袖特質和「3C」核心技能，包括：溝通能力 (Communication)、團隊協作能力 (Collaboration) 及創意解難能力 (Creative Problem Solving)。參加者完成測試任務後，將獲得測試結果，以了解個人領袖潛能和不足，並能透過參加不同的培訓提升領袖能力。

By taking a Leadership Potential Test, participants will get to know their personal leadership traits and levels of their "3C" skills, including Communication, Collaboration and Creative Problem-Solving skills.

After completing the missions, participants will receive an individual test result to understand their own potentials and shortcomings, so that they will be able to enhance their leadership competencies by participating in different trainings.



### 學生領袖體驗 訓練課程—— 法院解碼

#### Student Leadership Taster Courses – Court Decode

3 小時 3 hours 廣東話 Cantonese 40 人 40 people HK\$400

- 1. 2024 年 3 月初 March 2024
  - 2. 2024 年暑假 Summer 2024
  - 3. 2024 年 10 月 October 2024
  - 4. 2025 年 2 月 February 2025
- 設有公眾班及包班服務  
Public and Group Classes available

參加者需在限定時間內於前粉嶺裁判法院內完成各項挑戰，並解開法庭內的終極密碼，讓參加者學習創意解難的理論及步驟，提升自己的解難能力，並透過和組員互相合作提升自己的領導及溝通能力。

Participants are required to complete all challenges and decrypt the ultimate code in the Old Court within the time limit. Participants will learn key theories and steps of creative problem solving and understand their capacities in problem solving. Participants can also enhance their leadership and communication skills through collaborating with their teammates.

### 學生領袖體驗 訓練課程—— W 世代 M 思維

#### Student Leadership Taster Courses – Wellness Generation and Mindfulness

3 小時 3 hours 廣東話 Cantonese 30 人 30 people HK\$280

- 1. 2024 年暑假 Summer 2024
  - 2. 2024 年 10 月 October 2024
  - 3. 2025 年 2 月 February 2025
- 設有公眾班及包班服務  
Public and Group Classes available
- 提供到校訓練服務 (課程價錢待議)  
On-site Training available (Fees negotiable)

透過學習全健思維及靜觀概念及技巧，讓參加者認識修習正念的 4 個方法，並且學習如何有效並準確地表達個人感受。

Participants will learn different concepts related to the four techniques in wellness and mindfulness to build their self-awareness in their leadership performance.

### 學生領袖體驗 訓練課程—— 新派歷奇

6 小時 6 hours 廣東話 Cantonese 48 人 48 people HK\$450 (HK\$500 連午餐 /include lunch)

#### Student Leadership Taster Courses – Brand-New Adventure-Based Training

- 1. 2024 年暑假 Summer 2024
  - 2. 2024 年 10 月 October 2024
  - 3. 2025 年 2 月 February 2025
- 設有公眾班及包班服務  
Public and Group Classes available
- 提供到校訓練服務 (課程價錢待議)  
On-site Training available (Fees negotiable)

透過參與全新設計的團隊合作、解難及溝通挑戰項目，讓參加者掌握成功團隊概念及重點，了解自己與別人合作及解難的情況。

Through newly designed challenges of team building, problem solving and communication, participants will understand major concepts of successful teamwork and learn how to collaborate, communicate and solve problems in different circumstances.





**學生領袖體驗  
訓練課程——  
高低結構歷奇**  
Student  
Leadership Taster  
Courses – High  
and Low Ropes  
Adventure-Based  
Training

🕒 4 小時  
4 hours    🗣️ 廣東話  
Cantonese    👥 48 人  
48 people    💰 HK\$450

📅 1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

⚠️ 設有公眾班及包班服務  
Public and Group Classes available

透過參與新落成的冒險高塔及全新設計的團隊合作、解難及溝通挑戰項目，提升參加者的抗逆力及自信心，並讓他們掌握成功團隊概念及重點，了解自己與別人合作及解難的情況。

Through participating in challenges at the newly established adventure tower and in the latest challenges of team building, problem solving and communication, participants will understand major concepts of successful teamwork and learn how to collaborate, communicate and solve problems in different circumstances.

**學生領袖體驗  
訓練課程——  
囚室解難**  
Student  
Leadership Taster  
Courses – Team  
Problem-Solving  
Challenge –  
Jail Cell

🕒 3 小時  
3 hours    🗣️ 廣東話  
Cantonese    👥 48 人  
48 people    💰 HK\$350

📅 1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

⚠️ 設有公眾班及包班服務  
Public and Group Classes available

透過進行個人解難能力測試及團隊囚室解難挑戰，讓參加者學習創意解難的理論和步驟及認識自己的解難能力。

Through taking problem-solving aptitude tests and jail cell team challenges, participants will learn key creative problem-solving concepts and build their understanding of their own capacity.



**優秀領袖**  
Outstanding Leaders



**中學生領袖訓練證書課程**  
(領袖生團隊領袖、  
學生會領袖或  
學會 / 社領袖)

**Student Leaders  
Training  
Certificate  
Course**  
(Prefect Team  
Leaders,  
Student Union  
Leaders or Club/  
House Leaders)

🕒 26 小時  
26 hours    🗣️ 廣東話  
Cantonese    👥 每班 30 人  
30 people per Class

💰 原價 Original Price : HK\$1,200  
早鳥優惠 Early Bird Offer : HK\$990  
特別優惠 Special Offer : HK\$890

📅 2024 年 10 月  
October 2024

⚠️ 只提供公眾班  
Public Classes only

課程旨在培養學生的領導能力、溝通技巧和團隊合作能力，使他們成為優秀的領袖。課程結合理論知識和實踐經驗，通過討論、角色扮演、小組項目研習和案例研究等方式，讓參加者能與不同學校的學員互動。課程亦培養參加者自信、責任感和解決問題的能力，以應對未來的挑戰。

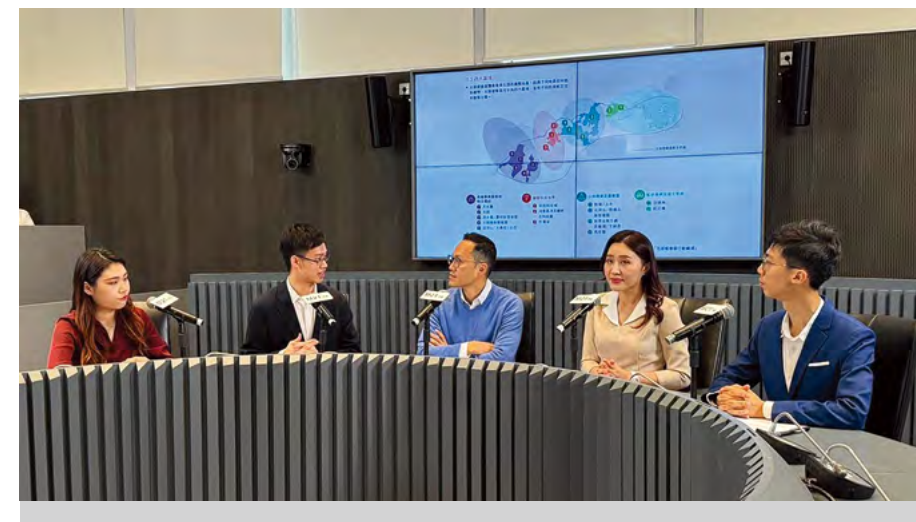
The programme aims to cultivate students' leadership abilities, communication skills, and teamwork capabilities, enabling them to become outstanding leaders. This training programme combines theoretical knowledge with practical experience, providing opportunities for participants to interact with their peers through discussions, role-play, group projects, and case studies. The goal is to foster participants' development of confidence, responsibility and problem-solving skills to tackle future challenges.

領袖課程及活動

Training Courses and Programmes

# 服務領袖 SERVICE LEADERS

Potential Leaders  
具潛質領袖



## 學生領袖體驗 訓練課程—— 公共政策入門班

Student  
Leadership  
Taster Courses –  
Public Policy  
Introductory  
Class

3 小時  
3 hours

廣東話  
Cantonese

30 人  
30 people

HK\$280

1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

1. 設有公眾班及包班服務  
Public and Group Classes available  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available  
(Fees negotiable)

參加者將學習公共政策的基本知識，並且藉由個案研究初探政策分析。

Participants will learn and understand basic knowledge of public policies. They will also conduct basic policy analysis through case studies.

## 學生領袖體驗 訓練課程—— 活動設計及 執行者

Student  
Leadership Taster  
Courses –  
Programme  
Designer and  
Executive

3 小時  
3 hours

廣東話  
Cantonese

30 人  
30 people

HK\$400

1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

1. 設有公眾班及包班服務  
Public and Group Classes available  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available  
(Fees negotiable)

課程列舉不同設計及帶領活動過程所出現的問題，並就其作深入討論和解說，提升參加者實際設計活動的知識及相關領袖技巧，培養他們對帶領小組及推行大型活動的基本能力。課程亦設自我實驗室鼓勵參加者帶領小組，並提供即場回饋。

Through case studies, investigating possible problems in actual design and execution processes, participants will sharpen their practical knowledge and leadership skills in planning large-scale events. A self-lab will also be arranged to provide practicums for participants with instant performance feedback.



## 學生領袖體驗 訓練課程—— 無障礙體驗及 解難

### Student Leadership Taster Courses – Accessibility Experience and Problem Solving

3 小時  
3 hours

廣東話  
Cantonese

30 人  
30 people

HK\$600

2024 年暑假  
Summer 2024

設有公眾班及包班服務  
Public and Group  
Classes available

參加者透過體驗輪椅人士的日常生活，以 STEM 解決他們生活的困難。

Participants will experience the daily lives of people in wheelchairs to understand their difficulties and try to solve these difficulties through STEM.

## 跨代溝通 體驗工作坊

### Cross-Generation Communication and Experience Workshop

3 小時  
3 hours

廣東話  
Cantonese

HK\$350

最少 30 人，最多 60 人  
Minimum 30 people, Maximum 60 people

歡迎協商課程日期  
Customised Class  
Schedule

1. 只提供包班服務  
Group Booking only  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available (Fees negotiable)

以眼 / 手攤位感受長者身體限制下的需要，從而增進跨代了解，並讓參加者透過個人分享、小組討論及導師解說 (Debriefing) 思考學習成果，並把體會聯繫到日常生活中。

By understanding the needs of the physically less able elderly through eye and hand experience, participants can enhance their understanding towards this group of people. Participants will also consolidate their learning into daily lives through sharing, group discussion and debriefing.

## 初階義工 領袖證書課程

### Introductory Volunteer Leaders Certificate Programme

5 小時  
5 hours

廣東話  
Cantonese

30 人  
30 people

HK\$280

歡迎協商課程日期  
Customised Class  
Schedule

1. 只提供包班服務  
Group Booking only  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available (Fees negotiable)

課程引領參加者參與義工服務，着重服務前理解準備及服務後反思，內容包括進階義工訓練、服務技巧、服務體驗、服務後解說等。

The programme aims to guide participants to take part in voluntary service. It focuses on pre-service preparation and after-service reflection. Programme contents include advanced volunteer training, service skills training, service experience and after-service debriefing.

## Outstanding Leaders 優秀領袖

## 青年立法會 議政訓練 證書課程

### Youth LegCo – Policy Training Certificate Programme

15 小時  
15 hours

廣東話  
Cantonese

30 人  
30 people

原價 Original Price : HK\$750  
早鳥優惠 Early Bird Offer : HK\$700  
特別優惠 Special Offer : HK\$650

1. 2024 年 7 月  
Summer 2024  
2. 2025 年 3 月  
March 2025

只提供公眾班  
Public Classes only

透過議政訓練及模擬香港特區立法會的運作，讓參加者以多角度思考、理性探究及建設性討論的原則，以及循序漸進的演講及辯論訓練，提升他們的議政及提出建設性意見的能力。

By taking part in public policy discussion training and mock LegCo, participants will enhance their public policy discussion skills such as perspective thinking, rational evaluation, constructive discussion, idea presentation, progressive speaking and debating skills.

## 「青年說」議事 訓練平台

### Youth Speak Public Policy Training Platform

20 小時  
20 hours

廣東話  
Cantonese

30 人  
30 people

原價 Original Price : HK\$750  
早鳥優惠 Early Bird Offer : HK\$700  
特別優惠 Special Offer : HK\$650

2024 年 9 月  
September 2024

只提供公眾班  
Public Classes only

課程旨在增進參加者對公共政策的認識，鼓勵他們發表意見，與不同持份者共同為社會創造價值，從而增加青年對社區的歸屬感。課程會以 2025–2026 施政報告為主題，讓參加者反思及提出創新的社會政策。

The programme aims to enhance participants' understanding towards public policies and encourage them to raise their opinions so that they can co-create social values with different stakeholders and increase young people's senses of belonging to the society. The programme will be based on "Policy Address 2025–2026" to encourage participants to reflect and propose innovative social policies.

## 進階義工 領袖培訓計劃 證書課程

### Advanced Volunteer Leadership Training Certificate Programme

15 小時  
15 hours

廣東話  
Cantonese

30 人  
30 people

原價 Original Price : HK\$600  
早鳥優惠 Early Bird Offer : HK\$550  
特別優惠 Special Offer : HK\$500

2024 年 9 月  
September 2024

1. 只提供包班服務  
Group Booking only  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available  
(Fees negotiable)

課程裝備參加者義工領袖技能，帶領他們主導設計服務且實行，課程內容包括設計思維訓練、服務帶領及技巧、學生主導義工服務、服務後解說技巧、匯報交流活動。

The programme equips participants with volunteer leadership skills so that they can take the lead to design and executive social services. Programme contents include design thinking training, service leading skills, student-oriented voluntary service, after-service debriefing skills and presentation pitching.

領袖課程及活動

Training Courses and Programmes

# 可持續發展領袖 SUSTAINABLE LEADERS

Potential Leaders  
具潛質領袖



## 學生領袖體驗 訓練課程—— 2023 SDGs Game

Student  
Leadership Taster  
Courses –  
2023 SDGs Game

🕒 3 小時  
3 hours

🗨️ 廣東話  
Cantonese

👥 30 人  
30 people

💰 HK\$350

- 📅 1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

- ⚠️ 1. 設有公眾班及包班服務  
Public and Group Classes available  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available  
(Fees negotiable)

參加者將學習「聯合國可持續發展目標」概念，並透過桌上遊戲及小組討論反思個人的價值觀，並計劃如何以行動及實踐可持續發展目標。

Participants will learn about the concept of "United Nations Sustainable Development Goals" and reflect on their personal values through tabletop games and group discussions. They will learn how to plan actions for implementing the sustainable development goals.

## 學生領袖體驗 訓練課程—— 模擬城市的命運

Student  
Leadership Taster  
Courses –  
The Destiny of  
the Sim-City

🕒 3 小時  
3 hours

🗨️ 廣東話  
Cantonese

👥 30 人  
30 people

💰 HK\$280

- 📅 1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

- ⚠️ 1. 設有公眾班及包班服務  
Public and Group Classes available  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available  
(Fees negotiable)

透過了解價值觀及法則的差異，參加者將認識自己的思考模式、政策分析過程、分析層面和考慮因素及學習議事流程，從而學習建立慎思明辨的論證技巧，學習多角度思考，以自信的方法發展觀點，反思世界公民的義務及責任。

By knowing the differences between values and rules, participants can understand their thinking modes, policy analysis processes, and related considerations. Familiarising oneself with meeting procedures and rules can help participants practise critical thinking and express opinions confidently from multiple perspectives.



## 學生領袖體驗 訓練課程—— 世界公民入門班

### Student Leadership Taster Courses – Global Citizen Rookies

🕒 6小時 (共 2 課)  
6 hours  
(2 lessons in total)

🗨️ 廣東話 / 英語  
Cantonese / English

👥 30 人  
30 people

💰 HK\$600

📅 1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

⚠️ 1. 設有公眾班及包班服務  
Public and Group Classes available  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available  
(Fees negotiable)

課程透過互動工作坊，為參加者裝備環球知識與價值觀，擴闊他們的國家及國際視野。

The course equips participants with global knowledge and values through interactive workshops, broadening their national and global perspectives.

## 學生領袖體驗 訓練課程—— 跨文化交流及 義工服務

### Student Leadership Taster Courses – Cross-Cultural Experience and Voluntary Service

🕒 3 小時  
3 hours

🗨️ 廣東話 / 英語  
Cantonese / English

👥 30 人  
30 people

💰 HK\$350

📅 1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

⚠️ 設有公眾班及包班服務  
Public and Group Classes available

課程透過實地探訪少數族裔，認識他們的文化及習俗，並嘗試與少數族裔青年領袖一同合作，為少數族裔人士提供義工服務，讓參加者實踐服務精神。

The course allows participants to visit ethnic minority communities to learn about their culture and custom. By collaborating with young leaders from these communities, participants will be able to provide voluntary service and practise the spirit as a service leader.



## 大學先導課程

### Pre-University Pilot Programme

🕒 6 小時 (每主題)  
6 hours per Theme

🗨️ 廣東話 / 英語  
Cantonese / English

👥 60 人 (每主題)  
60 people per Theme

💰 HK\$500 (每主題)  
HK\$500 per Theme

📅 2024 年 6 月  
June 2024

⚠️ 只提供公眾班  
Public Classes only

課程與香港科技大學綠色金融系、香港科技大學環境管理及科技系和香港大學公共衛生學院合作，讓參加者探索自己與可持續發展及經濟發展的關係，並建立對相關議題的國際觀，預備他們於未來高等教育的學習旅程。

The course is held in collaboration with the Department of Green Finance at HKUST, the interdisciplinary Major in Environmental Management and Technology at HKUST, and the School of Public Health at HKU to allow students to explore their relevance with sustainable development and economic growth. It aims to develop their global insight on relevant issues and prepare them for future higher education learning journeys.





## 模擬青年國際會議

### Mock Youth International Conference

 4 小時  
4 hours
  廣東話  
Cantonese
  最多 48 人  
Maximum 48 people
  HK\$400

 歡迎協商課程日期  
Customised Class Schedule
  只提供包班服務  
Group Booking only

參加者將被分成不同的小組，代表聯合國中的一個國家。工作坊將在數碼辯論演說廳進行，讓參加者學習關於全球議題的知識，並培養他們的公共演講、談判技巧以及對不同文化的尊重。工作坊期望為參加者打開一扇了解全球議題的大門，並培養他們成為有見識、負責任的世界公民。

Participants will be divided into groups representing different countries in the United Nations. The workshop allows participants to learn about global issues and cultivate their public speaking and negotiation skills, and cross-cultural competences. It will be held at the digital chamber of the Institute, providing an ideal environment for students to unleash their potential and engage in communication and collaboration with other participants. This workshop will open a door for participants to understand global issues and transform themselves into educated and talented global citizens.



## 文化保育大使計劃

### Cultural Ambassadors Programme

 30 小時  
30 hours
  廣東話  
Cantonese
  30 人  
30 people

 原價 Original Price : HK\$500  
 早鳥優惠 Early Bird Offer : HK\$450  
 特別優惠 Special Offer : HK\$400

 2024 年暑假  
Summer 2024
  只提供公眾班  
Public Classes only

透過系統化的培訓及文化保育，鼓勵青年為社會作出貢獻，傳承香港歷史及保育傳統文化。計劃亦培養參加者對不同對象的談吐、口才及應變力，提升他們的演講和溝通技巧。

Through systematic training and cultural preservation, participants will be encouraged to promote Hong Kong history and preserve traditional culture. The programme also focuses on nurturing participants' various audience-oriented communication styles and adaptability to changes, enhancing their speaking and communication skills.

## 世界公民教育學堂

### Global Citizenship and Leadership Foundation Programme

 12 小時 (共 4 課)  
12 hours (4 lessons in total)
  廣東話  
Cantonese
  30 人  
30 people

 原價 Original Price : HK\$1,000  
 早鳥優惠 Early Bird Offer : HK\$800  
 特別優惠 Special Offer : HK\$750

 1. 2024 年 10 月  
October 2024
  1. 設有公眾班及包班服務  
Public and Group Classes available

 2. 2025 年 2 月  
October 2024
  2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available (Fees negotiable)

為參加者提供高質素的一系列領袖基礎培訓，擴闊他們內地及國際視野，以應對未來地區及全球挑戰，致力為社區服務。

A series of foundational leadership training on sustainable development issues will nurture participants' national and international perspectives to address future regional and global challenges, motivating their strong commitment to serving the community.

## 優秀領袖 Outstanding Leaders



## 環球青年領袖暑期學校： AI for Sustainability

### Summer School for Global Leadership - AI for Sustainability

 6 日 5 夜，共 60 小時  
6 Days 5 Nights, Total 60 hours
  英語  
English
  50 人  
50 people

 原價 Original Price : HK\$7,200  
 早鳥優惠 Early Bird Offer : HK\$5,700  
 特別優惠 Special Offer : HK\$5,000

 2024 年暑假  
Summer 2024
  只提供公眾班  
Public Classes only

暑期學校讓本地及海外青年深入交流，透過一系列工作坊、講座、參觀及專題研習，領悟自身成為未來環球領袖的角色，並認識到可持續發展與人工智能的關係，提出創新及可行的可持續發展方案。

The summer school provides an opportunity for local and overseas youth to engage in cross-cultural exchanges. Through a series of workshops, lectures, visits and thematic studies, participants will gain insights into their role as future global leaders and recognise the relationship between sustainable development and artificial intelligence. The delegates will propose innovative and feasible technological solutions to foster sustainable development.



領袖課程及活動

Training Courses and Programmes

# 溝通協作領袖 COMMUNICATIVE AND COLLABORATIVE LEADERS

Potential Leaders  
具潛質領袖



## 香港青年協會 英語演講比賽 2025

The HKFYG  
English Public  
Speaking  
Contest 2025

- 🕒 不適用  
N.A.
- 🗨️ 英語  
English
- 👥 不適用  
N.A.
- 💰 HK\$70  
(設有團體及早鳥優惠，歡迎協商 /  
Group and Early Bird Offer available)
- 📅 1. 報名日期：2024年11月至1月  
Registration: November 2024 – January 2025  
2. 比賽日期：2025年2月至4月  
Contest: February 2025 – April 2025

比賽旨在培育參賽者的英語演講技巧及提升他們的自信心。比賽前期也會提供一系列主題培訓讓參加者在賽前充分備戰。比賽由專業人士評核參賽者的表現。參賽者於賽後會獲得評審的評語，比賽勝出者更有機會代表香港參與國際公開英語演講比賽。

The Contest aims to cultivate Contestants' English public speaking skills and enhance their self-confidence. A series of thematic training sessions will also be provided to Contestants to fully prepare for the Contest. Professionals will be invited to assess Contestants' performance. Contestants will receive their comments. Winners of the Contest will be able to represent Hong Kong to participate in the International Public Speaking Competition.

## "Speaking for All" 學校工作坊

\* 由語常會支持及語文基金贊助

"Speaking for All"  
School Workshops

\*Supported by SCOLAR and funded  
by the Language Fund

- 🕒 2小時  
2 hours
- 🗨️ 英語  
English
- 👥 50-80人  
50-80 people
- 💰 免費  
Free
- 📅 2024年9月 - 2025年7月  
September 2024 – July 2025
- ⚠️ 報名詳情請參閱  
領袖學院網站  
Please refer to the  
Institute's website  
for more details

到校學校工作坊透過流行文化及互動式活動，旨在培養學生對英語溝通的信心及激發對公眾演說的興趣，並學習公眾演說的基礎技巧。

The on-site school workshop aims to develop students' confidence in English communication, arouse their interest in public speaking, and learn fundamental public speaking techniques through the lens of popular culture and interactive activities.

## "Exposure Activities" 公眾演說技巧提升課程

\* 由語常會支持及語基金贊助

### "Exposure Activities" Public Speaking Enhancement Workshop

\*Supported by SCOLAR and funded by the Language Fund

🕒 9 小時  
9 hours

🗨️ 英語  
English

👥 每間學校最多 5 位參加者  
Maximum 5 participants from each school

💰 免費  
Free

📅 2024 年 9 月 - 2025 年 7 月  
September 2024 - July 2025

⚠️ 報名詳情請參閱領袖學院網站  
Please refer to the Institute's website for more details

課程透過一系列公眾演說訓練，旨在提升參加者的公眾演說技巧，並為未來參賽英語演講比賽做好準備。

The training aims to enhance participants' public speaking techniques and prepare them for public speaking contests through a series of public speaking enhancement training.

## 學生領袖體驗訓練課程——演說教室

### Student Leadership Taster Courses – Speaking Studio

🕒 3 小時  
3 hours

🗨️ 廣東話  
Cantonese

👥 30 人  
30 people

💰 HK\$280

📅 1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

⚠️ 1. 設有公眾班及包班服務  
Public and Group Classes available  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available (Fees negotiable)

透過學習撰寫講稿及掌握基本演講技巧，培養參加者對公眾演說的信心及興趣。

Through learning speech writing and fundamental public speaking skills, participants will develop confidence and interests in public speaking.



## 恒常英語演說培訓

### Regular Public Speaking Training

🕒 歡迎學校協商課程時數  
Customised Course Hours

🗨️ 英語  
English

👥 最多 30 人  
Maximum 30 people

💰 歡迎學校協商課程收費  
Negotiable Course Fee for Customised Classes

📅 歡迎學校協商課程日期  
Customised Class Schedule

⚠️ 只提供包班服務  
Group Booking only

課程涵蓋一系列緊密但全面的公眾演說訓練，旨在培育參加者的英語演說技巧及信心。

A series of compact yet comprehensive courses aims to cultivate participants' speaking techniques essential to become a more confident and compelling communicator.

## 恒常模擬法庭培訓

### Regular Mooting Training

🕒 歡迎學校協商課程時數  
Customised Course Hours

🗨️ 廣東話 / 英語  
Cantonese / English

👥 最多 30 人  
Maximum 30 people

💰 歡迎學校協商課程收費  
Negotiable Course Fee for Customised Classes

📅 歡迎學校協商課程日期  
Customised Class Schedule

⚠️ 只提供包班服務  
Group Booking only

課程涵蓋一系列有關法律及溝通技巧的訓練，並由執業律師教授，增進參加者對法律概念的基本理解，並了解社會議題與法律的關係。參加者將由學習閱讀案例及進行法律研究，並透過模擬法庭審訊，體驗辯論和辯護的過程。

Through an interactive and innovative approach, participants will develop a basic understanding of legal concepts and experience how social issues are often interwoven with the law. They will also learn how to read legal cases, conduct legal research and engage in oral argument and persuasive advocacy in simulated court proceedings.

## 學生領袖體驗訓練課程——團隊溝通挑戰半日營

### Student Leadership Taster Courses – Team Communication Half-day Camp

🕒 3 小時  
3 hours

🗨️ 廣東話  
Cantonese

👥 40 人  
40 people

💰 HK\$330

📅 1. 2024 年暑假  
Summer 2024  
2. 2024 年 10 月  
October 2024  
3. 2025 年 2 月  
February 2025

⚠️ 1. 設有公眾班及包班服務  
Public and Group Classes available  
2. 提供到校訓練服務 (課程價錢待議)  
On-site Training available (Fees negotiable)

參與不同類型的溝通傳意團隊挑戰，加強團隊默契，提升參加者在團隊中的溝通、表達及澄清的能力。

Through different team challenges, participants can strengthen the bonds among team members and enhance their communication, expression and clarification skills.



# 優秀領袖 Outstanding Leaders



## Chamber Debate Club

\* 由語常會支持及語文基金贊助

🕒 12 小時 (共 6 節)  
12 hours (6 sessions in total)

🗨️ 英語  
English

💰 免費  
Free

👥 每間學校最多 5 位參加者  
Maximum 5 participants from each school

📅 2024 年 9 月 - 2025 年 7 月  
September 2024 - July 2025

⚠️ 報名詳情請參閱領袖學院網站  
Please refer to the Institute's website for more details

## Chamber Debate Club

\*Supported by SCOLAR and funded by the Language Fund

課程透過一系列英語辯論訓練，旨在提升參加者的英語辯論及溝通技巧，發展他們慎思明辯的能力。

The training aims to enhance participants' English debating and communication techniques and develop their critical thinking abilities through a series of debate training.

## 青年外交 暑期學校

### Summer School for Young Diplomats

🕒 5 日 4 夜  
5 Days 4 Nights

🗨️ 廣東話  
Cantonese

👥 60 人  
60 people

💰 原價 Original Price : HK\$6,500  
早鳥優惠 Early Bird Offer : HK\$5,500  
特別優惠 Special Offer : HK\$5,000

📅 2024 年 7 月  
July 2024

⚠️ 只提供公眾班  
Public Classes only

藉外交事務作為切入點，透過增加青年對國際認知、外交事務知識及發展機遇等方面的理解，建構香港青年多元公民身分，同時訓練參加者的思辨能力，協助他們掌握國家處理對外關係的原則、國家事務的最新形勢，以及全球化下瞬息萬變的時局分析。

Deploying foreign affairs as an entry point, the School aims to construct a diverse citizen identity for Hong Kong young people through enhancing their understanding towards global knowledge, foreign affairs and future opportunities. It also nurtures participants' critical thinking abilities which will assist them in grasping the principles of how to handle external relationships among nations, the most updated trends of national affairs and the analysis of current affairs amid globalisation.

## The Youth Boardroom

\* 由語常會支持及語文基金贊助

🕒 16 小時 (共 8 節)  
16 hours (8 sessions in total)

🗨️ 英語  
English

💰 免費  
Free

👥 每間學校最多 5 位參加者  
Maximum 5 participants from each school

📅 2025 年 7 月 - 8 月  
July - August 2025

⚠️ 報名詳情請參閱領袖學院網站  
Please refer to the Institute's website for more details

## The Youth Boardroom

\*Supported by SCOLAR and funded by the Language Fund

課程透過一系列技巧訓練工作坊及模擬圓桌峰會，旨在提升參加者的調解及談判技巧，並培育同理心領導。

The training aims to enhance participants' negotiation and mediation skills and cultivate empathetic leadership, through a series of skillset training workshops and roundtable summit.

## 楊鐵樑爵士 英語大使計劃

### Sir Ti Liang YANG English Language Ambassadors Outreach Programme

🕒 待定  
To be Confirmed

🗨️ 英語  
English

👥 30 人  
30 people

💰 待定  
To be Confirmed

📅 2024 年 10 月  
October 2024

⚠️ 只提供公眾班  
Public Classes only

建立公眾演說的人才庫，參加者將會經過選拔及培訓，運用英語演說進行社會服務，實踐「願意為香港」精神。

Aiming to establish a talent pool of public speakers, participants will be vetted and trained so that they can serve the society and execute their "Commitment to Hong Kong" through utilising their public speaking skills.

## 英語主播訓練 暑期學校

### Summer School - Be the Next English News Anchors

🕒 3 日 2 夜  
3 Days 2 Nights

🗨️ 英語  
English

👥 60 人  
60 people

💰 原價 Original Price : HK\$3,500  
早鳥優惠 Early Bird Offer : HK\$3,200  
特別優惠 Special Offer : HK\$3,000

📅 2024 年 8 月  
August 2024

⚠️ 報名詳情請參閱領袖學院網站  
Please refer to the Institute's website for more details

近年電視新聞主播成為香港熱門的話題之一。電視新聞主播所具備的出色溝通及傳意技巧，也是未來香港年輕領袖所需要具備的技能。有見及此，訓練營旨在為參加者提供實踐學習的機會，使他們能夠增強自信和溝通能力，同時掌握新聞主播有邏輯及口齒清晰地敘述事件的能力。

TV news anchors have recently been one of the most popular topics in Hong Kong. Handling complex communication, which is the same technique required to be equipped by Hong Kong's young leaders, is essential for being a TV news anchor. The "Be the Next English News Anchors" Programme aims to provide participants with experimental opportunities to enhance their confidence and communication skills while grasping the techniques in news reporting and anchoring.

## 領袖課程及活動

Training Courses and Programmes

# 國民及價值觀教育 NATIONAL AND VALUES EDUCATION

## Potential Leaders 具潛質領袖



### 前粉嶺裁判 法院導賞

#### Guided Tour of Former Fanling Magistracy

- 1 小時  
1 hours
- 廣東話  
Cantonese
- 最多 40 人  
Maximum 40 people
- 原價 Original Price : HK\$80  
特別優惠 Special Offer : HK\$50
- 歡迎協商課程日期  
Customised Class Schedule
- 只提供包班服務  
Group Booking only

由青年文化保育大使擔任導賞員，帶領參加者穿梭於法院內不同的角落，了解保育工作，重溫法院及新界的變遷，並認識法院功能及審案流程，提升參加者的守法意識。

Curated by youth cultural ambassadors, the guided tour will take visitors through the conserved spaces in the Former Fanling Magistracy, recollecting the historical development of the Magistracy and the New Territories. Visitors will also learn about the work of the Institute, immersing in the mixture of an elegant colonial architecture with modern technology and enhancing their law-abiding awareness.

### 模擬法庭 案件體驗

#### Moot Court Case Experience

- 3 小時  
3 hours
- 廣東話  
Cantonese
- 原價 Original Price : HK\$300  
特別優惠 Special Offer : HK\$280
- 40 人  
40 people
- 歡迎協商課程日期  
Customised Class Schedule
- 1. 設有套餐優惠，導賞團及模擬法庭案件體驗為 HK\$350，特別優惠為 HK\$320  
Package Price available for Guided Tour and Moot Court Case Experience (Original Price: HK\$350; Special Price: HK\$320)
- 2. 只提供包班服務  
Group Booking only

參加者就不同個案分別扮演不同立場提出意見，由陪審員評論或提出建議。透過個人分享、小組討論及導師解說 (Debriefing) 深思學習成果，並把體會聯繫到日常生活。

Participants will offer opinions about different court cases in various roles and the Jury will comment and suggest different solutions. Learning outcomes will be consolidated through personal sharing, group discussion and debriefing.

### 「一帶一路倡議」 101

#### Belt and Road 101

- 1.5 小時  
1.5 hours
- 廣東話  
Cantonese
- 50-80 人  
50-80 people
- HK\$1,000  
(每個講座收費 /  
per Talk)
- 歡迎協商課程日期  
Customised Class Schedule
- 1. 只提供包班服務  
Group Booking only
- 2. 提供到校訓練服務  
On-site Training available

由專家以互動形式介紹及講解「一帶一路倡議」現況及發展機遇，讓參加者理解國家在參與國際事務中所取得的成就，提升國民身分認同。

Experts will introduce the current development and future opportunities under the Belt and Road Initiative through interactive activities, allowing participants to understand the achievements that China has made in participating in international affairs and enhancing national identity.



# 營舍培訓活動

## LODGE TRAINING PROGRAMMES

## 領袖訓練營 Leadership Training Camp

領袖學院為教育局認可戶外教育營，為學生提供不同類型的營舍活動。其高空繩網預計於 2024 年中落成，屆時可按活動需求自訂較長的訓練營期。

The Institute is an Outdoor Education Camp on the list of Education Bureau, providing students with various types of camping activities. The high-altitude rope course is expected to be completed in mid-2024, facilitating customised and extended training camp periods.

### 團隊抗逆溝通考驗營

Resilience and Communication Team Trial Camp

- 抗逆領袖 Resilient Leadership
- 溝通協作領袖 Communicative and Collaborative Leadership

中二至中五 S2-S5	第一日下午 Day1 - pm	領袖特質測試 Leadership Potential Test
20-50 人 20-50 people		團隊溝通訓練 Team Communication Training
廣東話 Cantonese	第一日晚上 Day1 - eve	法院歷奇 Court Adventure
HK\$750 起 /up	第二日早上 Day2 - am	團隊挑戰——跨海大橋 Team Challenge - Sea Bridge

考驗營培養參加者的抗逆、靈活應變、團隊溝通及危機應變能力，提升他們於逆境中的領導能力。

The camp develops participants' resilience, adaptability, team communication and crisis management skills, enhancing their leadership abilities in adverse situations.

### 領袖挑戰體驗營

Leadership Challenge Camp

- 抗逆領袖 Resilient Leadership
- 溝通協作領袖 Communicative and Collaborative Leadership

中二至中五 S2-S5	第一日下午 Day1 - pm	領袖特質測試 Leadership Potential Test
20-50 人 20-50 people		團隊溝通訓練 Team Communication Training
廣東話 Cantonese	第一日晚上 Day1 - eve	黑夜潛行 Sneaking in the Dark
HK\$750 起 /up	第二日早上 Day2 - am	北區定向 North District Orienteering

體驗營培養參加者的團隊合作、團隊溝通、創意解難等能力，提升參加者的領導效能和效率。

The camp develops participants' abilities in areas such as teamwork, team communication and creative problem-solving, enhancing their leadership effectiveness and efficiency.

### 領袖挑戰體驗營 (高結構版)

\*即將推出

Leadership Challenge Camp (High Ropes Adventure-Based)

\*Coming soon

- 抗逆領袖 Resilient Leadership
- 溝通協作領袖 Communicative and Collaborative Leadership

中三至中五 S3-S5	第一日下午 Day1 - pm	領袖特質測試 Leadership Potential Test
20-50 人 20-50 people		團隊溝通訓練 Team Communication Training
廣東話 Cantonese	第一日晚上 Day1 - eve	團隊挑戰——跨海大橋 Team Challenge - Sea Bridge
HK\$1,000 起 /up	第二日早上 Day2 - am	高結構歷奇訓練 High Ropes Adventure-Based Training

體驗營培養參加者的團隊合作、團隊溝通、創意解難、自信及抗壓等能力，提升參加者的領導效能和效率。

The camp develops participants' abilities in areas such as teamwork, team communication, creative problem-solving, confidence and resilience, enhancing their leadership effectiveness and efficiency.

## 法院團隊挑戰 體驗營

### Court Team Challenge Camp

- 抗逆領袖  
Resilient Leadership
- 溝通協作領袖  
Communicative and Collaborative Leadership

體驗營透過創新的法院團隊訓練及臨場角色扮演活動，讓參加者了解法治及公民責任的概念及本港司法程序，鍛煉參加者的團隊合作、創意解難、慎思明辨及演講能力。

Through innovative court team training and live action role playing, the camp allows participants to gain an understanding of the concepts of the rule of law and civic responsibility, as well as the judicial procedures in Hong Kong, honing their abilities in teamwork, creative problem-solving, critical thinking and public speaking.

中二至中五 S2-S5	第一日下午 Day1 - pm	領袖特質測試 Leadership Potential Test
20-60 人 20-60 people	第一日晚上 Day1 - eve	法院解碼 Court Decode
廣東話 Cantonese	第二日早上 Day2 - am	法院歷奇 Court Adventure
HK\$800 起 /up		前粉嶺裁判法院導賞 Guided Tour of Former Fanling Magistracy
		模擬法庭案件體驗 Moot Court Case Experience



## 義工領袖訓練及 服務實踐營

### Volunteer Leadership Training and Service Practice Camp

- 服務領袖  
Service Leaders

實踐營透過設計思維及不同義工技巧訓練，全方位提升參加者同理心、策劃活動等領導能力，裝備他們成為未來服務領袖。

Through design thinking and training in various volunteering skills, the camp comprehensively enhances participants' leadership abilities in areas such as empathy and event planning, paving their way to become future service leaders.

中二至中五 S2-S5	第一日下午 Day1 - pm	領袖特質測試 Leadership Potential Test
20-40 人 20-40 people	第一日晚上 Day1 - eve	活動設計及執行工作坊 Programme Design and Execution Workshop
廣東話 Cantonese	第二日早上 Day2 - am	團隊溝通訓練 Team Communication Training
HK\$750 起 /up		義工進階訓練及服務實踐 Advanced Volunteer Training and Service Practice

## 服務領袖訓練 體驗營

### Service Leadership Training Camp

- 服務領袖  
Service Leaders

體驗營透過不同義工技巧訓練及實踐，全方位提升參加者同理心、策劃活動等領導能力，預備他們成為未來服務領袖。

Through various training and practices in volunteering skills, the camp comprehensively enhances participants' leadership abilities in areas such as empathy and event planning, paving their way to become future service leaders.

中二至中五 S2-S5	第一日下午 Day1 - pm	領袖特質測試 Leadership Potential Test
20-40 人 20-40 people	第一日晚上 Day1 - eve	跨代溝通體驗工作坊 Cross-Generational Communication and Experience Workshop
廣東話 Cantonese	第二日早上 Day2 - am	活動設計及執行工作坊 Programme Design and Execution Workshop
HK\$780 起 /up		義工進階訓練及服務實踐 Advanced Volunteer Training and Service Practice

## 可持續發展領袖 挑戰體驗營

### Sustainable Leadership Challenge Camp

- 可持續發展領袖  
Sustainable Leadership
- 溝通協作領袖  
Communicative and Collaborative Leadership

體驗營深入淺出讓參加者掌握及實踐可持續發展，並透過不同模擬環節了解如何透過國際及社會間合作達致 17 個聯合國可持續發展目標。

The camp allows participants to understand and practise sustainable development in a simple way. Through various simulated activities, they will learn how international and social cooperation can contribute to achieving the 17 Sustainable Development Goals advocated by the United Nations.

中二至中五 S2-S5	第一日下午 Day1 - pm	領袖特質測試 Leadership Potential Test
20-60 人 20-60 people	第一日晚上 Day1 - eve	聯合國可持續發展目標 2030 模擬體驗 2030 SDGs Simulated Experience
廣東話 Cantonese	第二日早上 Day2 - am	法院歷奇 Court Adventure
HK\$800 起 /up		模擬青年國際會議 Mock Youth International Conference

## 實用英語及個人 發展特訓營

### Practical English and Personal Development Drilling Camp

- 溝通協作領袖  
Communicative and Collaborative Leadership

透過分享、個案研討及角色扮演，裝備未來就業必備的英語技能及商務英語溝通知識。

Through sharing, case studies and role playing, participants will be equipped with essential skills and knowledge in English business communication for employment in the future.

中三至中五 S3-S5	第一日下午 Day1 - pm	個人表達技巧 Personal Presentation Workshop
15-30 人 15-30 people	第一日晚上 Day1 - eve	預備個人履歷表 CV Preparation Workshop
英語 English	第二日早上 Day2 - am	商務及社交禮儀 Business and Social Etiquette Workshop
HK\$900 起 /up		面試技巧 Interview Skills Workshop





### 進階領袖技巧 特訓營

#### Advanced Leadership Drilling Camp

<ul style="list-style-type: none"> <li>中三至中五 S3-S5</li> <li>15-30 人 15-30 people</li> <li>廣東話 Cantonese</li> <li>HK\$900 起 /up</li> </ul>	<ul style="list-style-type: none"> <li>第一日下午 Day1 - pm</li> <li>第一日晚上 Day1 - eve</li> <li>第二日早上 Day2 - am</li> </ul>	<ul style="list-style-type: none"> <li>領袖特質測試 Leadership Potential Test</li> <li>衝突管理工作坊 Conflict Management Workshop</li> <li>領袖導論工作坊 Introduction to Leadership Workshop</li> <li>團隊溝通工作坊 Team Communication Training</li> <li>活動設計及執行工作坊 Programme Design and Execution Workshop</li> </ul>
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- 抗逆領袖 Resilient Leadership
- 溝通協作領袖 Communicative and Collaborative Leadership

特訓營專為學生領袖提供針對性培訓，提升參加者的領導效能和效率。The camp provides targeted training specifically for student leaders, enhancing their leadership effectiveness and efficiency.

### 海陸空歷奇 大挑戰

#### Ultimate Aeroamphibious Adventure

<ul style="list-style-type: none"> <li>中三至中五 S3-S5</li> <li>20-40 人 20-40 people</li> <li>廣東話 Cantonese</li> <li>HK\$1,100 起 /up</li> </ul>	<ul style="list-style-type: none"> <li>第一日下午 Day1 - pm</li> <li>第一日晚上 Day1 - eve</li> <li>第二日早上 Day2 - am</li> </ul>	<ul style="list-style-type: none"> <li>領袖特質測試 Leadership Potential Test</li> <li>高低結構歷奇訓練 High and Low Adventure-Based Training</li> <li>法院歷奇 Court Adventure</li> <li>「去去海廢走」 "Seashore Trash Hunting"</li> </ul>
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- 抗逆領袖 Resilient Leadership
- 可持續發展領袖 Sustainable Leadership
- 溝通協作領袖 Communicative and Collaborative Leadership

透過海陸空不同挑戰提升參加者團隊合作、解難能力及自信心。Through various aeroamphibious challenges, the camp enhances participants' abilities in teamwork, problem-solving and confidence.

## 營舍活動自選項目

### Selective Items for Lodge Activities

項目 Item	內容 Description	目標 Objective	主題 Theme
1 領袖特質測試 Leadership Potential Test	從學生領袖基礎潛能評核測試了解個人領袖特質和「3C」核心技能，包括：溝通能力 (Communication)、團隊協作能力 (Collaboration) 及創意解難能力 (Creative Problem Solving)。 Understand personal leadership traits and the levels of "3C" skills, including Communication, Collaboration and Creative Problem Solving by completing the Leadership Potential Test.	讓參加者了解個人領袖潛能和不足。 Allow participants to understand their personal potentials and shortcomings.	/
2 性格透視® 工作坊 Personality Dimensions® Workshops	<ul style="list-style-type: none"> <li>進行性格透視® 評估，了解自己的性格及強弱項 Understand one's personality, strengths and weaknesses by completing the Personality Dimensions® assessment</li> <li>進行小組活動及討論，認識不同的性格類型及特質 Learn about various types and traits of personality through group activities and discussions</li> </ul>	<ul style="list-style-type: none"> <li>學習自我探索，以提升情緒管理能力及抗壓力 Enhance participants' emotional management skills and resilience</li> <li>促進個人成長及與人溝通 Promote their personal growth and social communication through self-exploration</li> </ul>	/
3 原野烹飪 Backwoods Cooking	利用有限資源生火，透過分工、計劃及解難能力，並按要求將食材煮成指定菜色。 Build a fire with limited resources and cook designated dishes by exercising abilities in division of tasks, planning and problem solving.	由生火、延續火力、廚藝創意到烹飪過程都充滿挑戰，透過活動讓學生了解自己的不足，重新認識團隊的重要，從中對領導能力中的各種元素都可以有更深入的認識。 Allow participants to understand their own shortcomings and rediscover the importance of teamwork from the challenges of building a fire, sustaining its intensity, showcasing creativity in cooking and dealing with unexpected situations, deepening their understanding of the various elements of leadership.	抗逆領袖 Resilient Leadership
4 法院解碼 Court Decode	在限定時間內離開拘留室，並完成舊法院內的終極任務。 Escape from the detention room and complete the ultimate mission in the Old Court within time limit.	<ul style="list-style-type: none"> <li>學習創意解難的理論與步驟 Let participants learn key theories and steps of creative problem solving</li> <li>讓參加者認識自己的解難能力 Allow participants to understand their own capacities in problem solving</li> </ul>	抗逆領袖 Resilient Leadership

	項目 Item	內容 Description	目標 Objective	主題 Theme
5	高結構歷奇訓練 Hight Ropes Adventure-Based Training	體驗高結構繩網歷奇活動。 Experience high ropes adventure.	訓練參加者團體合作、解決困難和挑戰自己發揮潛能。 Train participants' abilities in teamwork and problem solving as well as pushing themselves to unleash their potential.	抗逆領袖 Resilient Leadership
6	法院歷奇 Court Adventure	參與全新設計的團隊合作、解難及溝通挑戰項目。 Participate in the newly designed team collaboration, problem-solving and communication challenges.	掌握團隊成功的概念及重點，同時了解自己與別人合作及解難的情況。 Allow participants to master the concepts and key components of successful teamwork while gaining an understanding of their behaviour in collaborative and problem-solving situations.	抗逆領袖 Resilient Leadership
7	黑夜潛行 Sneaking in the Dark	參加者需要利用地圖及解讀附加的規則前往指定地點進行任務。 Read maps and interpret additional rules to navigate to the assigned locations and complete various missions.	運用不同領袖技巧及以理說服同伴務求達成有效溝通。 Encourage participants to employ various leadership and persuasive skills to achieve effective communication.	抗逆領袖 Resilient Leadership
8	北區定向 North District Orienteering	利用地圖，透過策略及合作，挑戰不同檢查點，取得高分。 Read maps, employ strategies and work together to navigate through different checkpoint challenges with the aim of achieving a high score.	透過了解團隊的特質，配合不同隊員的強項，從而提升計劃及設計策略技巧。 Enhance participants' skills in planning and strategy design by gaining an understanding of the characteristics of the team and leveraging the strengths of each team member.	抗逆領袖 Resilient Leadership
9	團隊挑戰——跨海大橋 Team Challenge – Sea Bridge	透過利用手上有限的材料，造出宏偉的「跨海大橋」，完成團隊的共同目標。 Use limited materials to construct a magnificent "sea bridge" to achieve the team's common goal.	建立團隊的溝通及互信，並提升參加者資源運用、時間管理等領導能力。 Foster communication and mutual trust within the team, while enhancing participants' leadership abilities in areas such as resource utilisation and time management.	抗逆領袖 Resilient Leadership
10	LEGO®SERIOUS PLAY®	以手中積木拼出心中所想，讓參加者投入其中，以具創意的的方法表達自己想法。 Use building blocks to bring personal envisions to life, fostering a sense of immersion in the process and encouraging creative expression of ideas.	團隊需要於限時發出建築指示並按指示完成任務，從而練習表達想法及聆聽別人，達成有效雙向溝通。 Require participating teams to issue instructions in a limited timeframe to complete construction tasks accordingly, urging team members to express ideas and listen to others for achieving effective bilateral communication.	抗逆領袖 Resilient Leadership
11	W 世代 M 思維工作坊 Wellness Generation & Mindfulness Workshop	學習全健思維及靜觀正念概念及技巧。 Study the concepts and techniques in wellness and mindfulness.	學習建立全健思維及靜觀正念。 Allow participants to acquire the concepts and techniques in wellness and mindfulness.	抗逆領袖 Resilient Leadership

	項目 Item	內容 Description	目標 Objective	主題 Theme
12	Draw All You Can® 工作坊 Draw All You Can® Workshop	DAYC 主要包含三個繪畫步驟，讓參加者完成集體創作。導師會讓參加者在過程中發揮想像，作出融合及轉變，令最後的製成品能展現獨特的一面。 Finish a collective creation in DAYC which consists of three drawing steps by unleashing imagination, incorporating fusion and transformation, creating a final product that showcases uniqueness.	促進參加者互補不足，互相尊重及欣賞。 Encourage participants to complement each other's shortcomings as well as cultivate mutual respect and appreciation.	抗逆領袖 Resilient Leadership
13	團隊溝通訓練 Team Communication Training	參與不同種類的溝通傳意團隊挑戰，加強團隊默契。 Participate in different team challenges to strengthen the bonds among team members.	提升參加者在團隊中溝通、表達及澄清的能力。 Enhance participants' communication, expression and clarification skills.	溝通協作領袖 Communicative and Collaborative Leadership
14	模擬法庭案件體驗 Moot Court Case Experience	參加者就不同個案分別扮演不同立場提出意見，由陪審員評論或提出建議。 Offer opinions about different court cases in various roles, then gain reviews or suggestions from the Jury.	設身處地投入到不同的身份以完成目標，各施所長，凝聚共識。 Allow participants to immerse in different roles and perspectives in order to achieve common goals, leverage individual strengths and foster consensus.	溝通協作領袖 Communicative and Collaborative Leadership
15	個人表達技巧工作坊 Personal Presentation Workshop	培養參加者對個人表達的信心及興趣。 Boost confidence and cultivate interest in self-expression.	透過訓練及實境學習掌握個人表達技巧。 Allow participants to acquire self-expression skills through training and live action learning.	溝通協作領袖 Communicative and Collaborative Leadership
16	預備個人履歷表工作坊 CV Preparation Workshop	讓參加者掌握建立自己履歷的方法，包括範疇、種類及提供不同範本以供參考。 Acquire the techniques of writing different kinds of CVs with a variety of templates provided as references.	讓參加者掌握建立自己履歷的方法。 Allow participants to acquire the techniques of writing CVs.	溝通協作領袖 Communicative and Collaborative Leadership
17	商務及社交禮儀工作坊 Business and Social Etiquette Workshop	讓參加者理解和實踐正確的的姿勢和儀態，以適應不同的社交和商務場合。 Understand and practise proper etiquette to adapt to different social and business settings.	增加參加者的整體禮儀層次。 Elevate participants' overall level of etiquette.	溝通協作領袖 Communicative and Collaborative Leadership
18	面試技巧工作坊 Interview Skills Workshop	<ul style="list-style-type: none"> <li>學習面試準備技巧，例如資料搜集、模擬演練等 Learn interview preparation skills by gathering information and taking mock interviews</li> <li>學習對答技巧，運用說故事的方法有效地展現自己的經歷及能力 Learn effective techniques for answering interview questions, including using storytelling to effectively showcase personal experiences and abilities</li> <li>設有個人履歷分析環節，學習撰寫技巧 An analytical session is included to enhance CV writing techniques</li> </ul>	提升參加者的面試表達技巧，為未來升學及職涯發展鋪路。 Enhance participants' interview and expression skills, paving their way for academic and career development in the future.	溝通協作領袖 Communicative and Collaborative Leadership



	項目 Item	內容 Description	目標 Objective	主題 Theme
19	英語演說訓練工作坊 English Public Speaking Workshop	學習撰寫講稿，掌握基本英語演講技巧。 Learn how to write speeches and acquire basic English public speaking skills.	培養參加者對英語公眾演說的信心及興趣。 Boost participants' confidence and cultivate their interest in English public speaking.	溝通協作領袖 Communicative and Collaborative Leadership
20	聯合國可持續發展目標 2030 模擬體驗 2030 SDGs Simulated Experience	透過桌上遊戲及小組討論反思個人的價值觀。 Reflect personal values through board games and group discussions.	<ul style="list-style-type: none"> <li>學習「聯合國可持續發展目標」概念 Understand the concepts of the United Nations Sustainable Development Goals</li> <li>計劃如何以行動及實踐可持續發展目標 Plan and take actions to execute the goals</li> </ul>	可持續發展領袖 Sustainable Leadership
21	模擬國際青年會議 Mock Youth International Conference	參加者將被分成不同的小組，代表聯合國中的一個國家，討論熱門全球議題。 Represent one of the countries within the United Nations along with other group members to discuss popular global issues with other groups.	讓參加者學習關於全球議題的知識，並培養他們的公共演講、談判技巧以及對不同文化的尊重，並培養他們成為有見識、負責任的世界公民。 Equip participants with knowledge about various global issues while nurturing their public speaking skills, negotiation skills and respect for different cultures, fostering their development as knowledgeable and responsible global citizens.	可持續發展領袖 Sustainable Leadership
22	「去去海廢走」 "Seashore Trash Hunting"	參加者將划獨木舟到海岸清理海洋廢物。 Kayak to the coast and clean up marine debris.	讓參加者更理解可持續發展及環境保護的重要性。 Deepen participants' understanding of the importance of sustainable development and environmental protection.	可持續發展領袖 Sustainable Leadership
23	模擬城市的命運工作坊 The Destiny of the Sim-City	進行情境模擬及角色扮演了解價值觀差異，學會多角度分析、了解政策分析的過程和考慮因素及學習事實查核的技巧。 Understand the differences in values and rules through stimulated activities, study the processes and considerations of policy analysis from multiple perspectives, as well as acquire fact-checking techniques.	<ul style="list-style-type: none"> <li>學習建立慎思明辨的論證技巧 Practise critical thinking</li> <li>學習多角度思考，自信地發表觀點 Express opinions confidently from multiple perspectives</li> </ul>	可持續發展領袖 Sustainable Leadership
24	跨代溝通體驗工作坊 Cross-Generational Communication and Experience Workshop	以手眼感受長者身體限制下的需要，從而增進跨代了解。 Enhance cross-generational understanding by using eyes and hands to understand the needs of the elderly due to physical limitations.	提升參加者的同理心及增進跨代了解。 Enhance participants' empathetic and cross-generational understanding.	服務領袖 Service Leadership

	項目 Item	內容 Description	目標 Objective	主題 Theme
25	無障礙體驗及解難 Accessible Experience and Problem Solving	參加者透過體驗輪椅人士的日常生活，以 STEM 解決他們生活的困難。 Experience the daily lives of people in wheelchairs and try to solve their difficulties through STEM.	提升參加者的同理心及運用創意服務社會。 Enhance participants' empathy and encourage them to serve the community in an innovative manner.	服務領袖 Service Leadership
26	活動設計及執行訓練工作坊 Programme Design and Execution Workshop	<ul style="list-style-type: none"> <li>在自我實驗室帶領小組活動，以及提供即場回饋 Moderate team activities in a self-lab with instant performance feedback provided</li> <li>列舉不同設計及帶領活動過程所出現的問題，並作深入討論及解說 Investigate possible problems in actual design and execution processes</li> </ul>	<ul style="list-style-type: none"> <li>提升參加者實際設計活動的知識及相關領袖技巧 Sharpen Participants' practical knowledge and leadership skills in event planning</li> <li>培養參加者對帶領小組及推行大型活動的基本能力 Cultivate participants' fundamental abilities in leading a team and organising large-scale events</li> </ul>	服務領袖 Service Leadership
27	進階義工訓練工作坊 Advanced Volunteer Training and Service Practice	設計思維及多元義工培訓。 Attend training in design thinking and diverse volunteering.	參加者將自主學習，了解社區問題，以創新方式服務社會。 Encourage participants to engage in self-learning to understand community issues and serve the community in an innovative manner.	服務領袖 Service Leadership
28	義工服務實踐 Advanced Voluntary Service Practice	參加者會獲安排到不同機構進行探訪及義工服務。 Visit designated organisations to carry out voluntary services.	提升參加者的同理心及了解不同服務使用者的需要。 Enhance participants' empathy and encourage them to understand the needs of different service users.	服務領袖 Service Leadership
29	地壺球 Floor Curling	讓參加者體驗地壺球的玩法。 Learn how to play floor curling.	<ul style="list-style-type: none"> <li>訓練專注力 Develop attentional control</li> <li>加強溝通技巧 Improve communication skills</li> <li>建立團隊精神 Foster teamwork</li> <li>享受運動樂趣 Enjoy the pleasure of doing sports</li> </ul>	/
30	芬蘭木棋 Mölkky	讓參加者體驗芬蘭木棋的玩法。 Learn how to play Mölkky.	提升參加者腦部思考，以及手眼協調等能力。 Enhance participants' cognitive thinking and other abilities such as hand-eye coordination.	/



課程詳情及報名  
Details and Application  
<https://leadershipinstitute.hk/events>

# 有關香港青年協會

About The Hong Kong Federation of Youth Groups  
( [hkfyg.org.hk](http://hkfyg.org.hk) | [m21.hk](http://m21.hk) )



## 香港青年協會 *the hongkong federation of youth groups*

香港青年協會（簡稱青協）於1960年成立，是香港最具規模的青年服務機構。隨著社會瞬息萬變，青年所面對的機遇和挑戰時有不同，而青協一直不離不棄，關愛青年並陪伴他們一同成長。本著以青年為本的精神，我們透過專業服務和多元化活動，培育年青一代發揮潛能，為社會貢獻所長。至今每年使用我們服務的人次接近600萬。在社會各界支持下，我們全港設有90多個服務單位，全面支援青年人的需要，並提供學習、交流和發揮創意的平台。此外，青協登記會員人數已達50萬；而為推動青年發揮互助精神、實踐公民責任的青年義工網絡，亦有超過25萬登記義工。在「青協·有您需要」的信念下，我們致力拓展12項核心服務，全面回應青年的需要，並為他們提供適切服務，包括：青年空間、M21 媒體服務、就業支援、邊青服務、輔導服務、家長服務、領袖培訓、義工服務、教育服務、創意交流、文康體藝及研究出版。

The Hong Kong Federation of Youth Groups (HKFYG) was founded in 1960 and is now the city's largest youth service organisation. For the past six decades, it has been committed to serving the youth of Hong Kong by providing a variety of services, activities and programmes, which have an annual attendance of over six million. We encourage youth to reach their fullest potential, and with community support, we now have over 90 service units. We also have 12 core services, which include the Youth S.P.O.Ts, M21 Multimedia Services, Employment Services, Youth at Risk Services, Counselling Services, Parenting Services, Leadership Training, Volunteer Services, Education Services, Creativity Education and Youth Exchange, Leisure, Cultural and Sports Services, and Research and Publications. Our aim is to motivate young people to grow into responsible and dutiful citizens and we now have over 250,000 registered volunteers and over 500,000 registered members. We believe that our motto **HKFYG • Here for You** reaffirms our commitment and dedication to the young people of Hong Kong.



會員平台  
Member portal

青協·會員易  
easymember.hk

義工搜尋器  
Volunteer Search Engine

好義配  
easyvolunteer.hk

支持媒體  
Supporting Media

M21.hk

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