

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

2024 - 2025

# 學生領袖體驗活動

Student Leadership Taster Programmes



### 抗逆領袖 | W世代M思維

#### Resilient Leadership – Wellness Generation and Mindfulness

##### 目標：

##### Objectives:

- 學習建立全健思維及靜觀正念  
To learn how to establish a holistic mindset and cultivate mindfulness
- 認識修習正念的四個方法  
To understand the four key approaches to practising mindfulness
- 學習如何有效並準確地表達個人感受  
To learn techniques for expressing personal feelings effectively and accurately

對象：中二至中六

Target: S.2 – S.6

名額：30

Quota: 30

課程時數：3小時

Course Duration: 3 hours

課程費用：港幣280元正

Fee: HK\$280



### 抗逆領袖 | 新派歷奇

#### Resilient Leadership – Brand-New Adventure-Based Training

##### 目標：

##### Objectives:

- 學習成功團隊概念及重點  
To master the fundamentals of successful teamwork
- 了解自己與別人合作及解難的情況  
To learn about collaboration and problem-solving in different circumstances
- 參與全新設計的團隊合作、解難及溝通挑戰項目  
To engage in team collaboration, problem-solving, and communication challenges

對象：中二至中六

Target: S.2 – S.6

名額：30

Quota: 30

課程時數：6小時

Course Duration: 6 hours

課程費用：港幣450元正 (港幣500元正連午餐)

Fee: HK\$450 (HK\$500 with lunch included)



### 抗逆領袖 | 囚室解難

#### Resilient Leadership – Team Problem-Solving Challenge – Jail Cell

##### 目標：

##### Objectives:

- 學習創意解難的理論與步驟  
To learn the theory and process of creative problem solving
- 進行個人解難能力測試，讓參加者認識自己的解難能力  
To help participants understand their problem-solving skills through assessments
- 進行限定時間團隊囚室解難挑戰  
To engage in the team challenge (in the jail cell) within the time limit

對象：中四至中六

Target: S.4 – S.6

名額：30

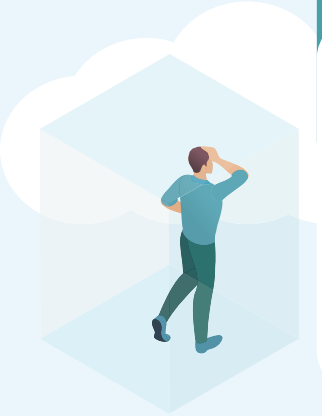
Quota: 30

課程時數：3小時

Course Duration: 3 hours

課程費用：港幣350元正

Fee: HK\$350



### 抗逆領袖 | 自我放大鏡

#### Resilient Leadership – The Self Mirror

##### 目標：

##### Objectives:

- 學習自我探索，以提升情緒管理及抗壓能力  
To enhance emotional management skills and stress resilience by self-exploration
- 進行性格透視®評估，了解自己的性格及強弱項  
To help participant understand their personality, strengths, and weaknesses through Personality Dimensions®
- 進行小組活動及討論，認識不同的性格類型及特質  
To recognise different personality types through group activities and discussions

對象：中二至中六

Target: S.2 – S.6

名額：25

Quota: 25

課程時數：3小時

Course Duration: 3 hours

課程費用：港幣350元正

Fee: HK\$350



### 服務領袖 | 活動設計執行者

#### Service Leadership – Programme Designer and Executor



目標：  
Objectives:

- 提升參加者實際設計活動的知識及相關領袖技巧  
To enhance participants' knowledge and leadership skills in event planning
- 培養參加者對帶領小組及推行大型活動的基本能力  
To nurture participants' abilities to lead groups and organise large-scale events
- 認識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  
To identify and discuss the problems that may arise in event, design, and planning

對象：中四至中六  
Target: S.4 – S.6

名額：30  
Quota: 30

課程時數：3小時  
Course Duration: 3 hours

課程費用：港幣400元正  
Fee: HK\$400

### 服務領袖 | 無障礙體驗及解難

#### Service Leadership – Accessibility Experience and Problem Solving



目標：  
Objectives:

- 透過體驗活動了解行動不便人士的日常生活  
To experience the daily life of people with disabilities
- 認識以STEM解決行動不便人士的困難  
To leverage STEM to overcome obstacles faced by people with disabilities

對象：中三至中六  
Target: S.3 – S.6

名額：30  
Quota: 30

課程時數：3小時  
Course Duration: 3 hours

課程費用：港幣600元正  
Fee: HK\$600

### 溝通及協作領袖 | 團隊溝通挑戰半日營

#### Communicative and Collaborative Leadership – Team Communication Half-Day Camp



目標：  
Objectives:

- 提升參加者在團隊中溝通、表達及澄清的能力  
To enhance participants' skills in team communication, expression, and clarification
- 進行不同種類（觀察、建造、傳遞及組成）的溝通傳意團隊挑戰  
To engage in different types of team communication and collaboration challenges
- 了解如何加強團隊的默契  
To explore effective strategies to foster team cohesion and chemistry

對象：中二至中六  
Target: S.2 – S.6

名額：30  
Quota: 30

課程時數：3小時  
Course Duration: 3 hours

課程費用：港幣330元正  
Fee: HK\$330

### 溝通及協作領袖 | 演說教室

#### Communicative and Collaborative Leadership – Speaking Studio



目標：  
Objectives:

- 培養參加者對公眾演說的信心及興趣  
To cultivate participants' confidence and interest in public speaking
- 學習撰寫講稿，掌握基本演講技巧  
To learn how to write speeches and master essential public speaking skills

對象：中二至中六  
Target: S.2 – S.6

名額：30  
Quota: 30

課程時數：3小時  
Course Duration: 3 hours

課程費用：港幣280元正  
Fee: HK\$280

## 可持續發展領袖 | 世界公民入門班 Sustainable Leadership – Rookie Global Citizens

- 目標：  
Objectives:
- 提升參加者環球知識與價值觀  
To equip participants' global knowledge and values
  - 擴闊參加者的國家及國際視野  
To broaden participants with national and international perspectives

對象：中二至中六  
Target: S.2 – S.6

名額：30  
Quota: 30

課程時數：6小時(共2課)  
Course Duration: 6 hours (2 lessons in total)

課程費用：港幣600元正  
Fee: HK\$600



## 可持續發展領袖 | 模擬城市的命運 Sustainable Leadership – The Destiny of the Sim-city

- 目標：  
Objectives:
- 了解價值觀及法則的差異  
To understand the differences between values and rules
  - 學習建立慎思明辨的論證技巧和多角度思考，自信地發表觀點  
To develop critical thinking skills and perform multi-perspective analysis
  - 反思世界公民的義務及責任  
To reflect on the duties and responsibilities of being a global citizen

對象：中三至中六  
Target: S.3 – S.6

名額：30  
Quota: 30

課程時數：3小時  
Course Duration: 3 hours

課程費用：港幣280元正  
Fee: HK\$280



## 可持續發展領袖 | 2030 SDGs Game Sustainable Leadership – 2030 SDGs Game

- 目標：  
Objectives:
- 學習「聯合國可持續發展目標」概念  
To learn the concept of the "United Nations Sustainable Development Goals"
  - 進行桌上遊戲及小組討論反思個人的價值觀  
To reflect on personal values through tabletop games and group discussions
  - 計劃如何以行動實踐可持續發展目標  
To devise plans and take concrete action towards sustainable development

對象：中三至中六  
Target: S.3 – S.6

名額：30  
Quota: 30

課程時數：3小時  
Course Duration: 3 hours

課程費用：港幣350元正  
Fee: HK\$350



## 可持續發展領袖 | 法院解碼 Sustainable Leadership – Court Decode

- 目標：  
Objectives:
- 學習創意解難的理論與步驟  
To learn the theory and process of creative problem solving
  - 認識參加者自身的解難能力  
To help participants understand their problem-solving capabilities
  - 在限定時間內挑戰離開拘留室，並解開舊法院內的終極密碼  
To decrypt the ultimate code in the old courthouse within the time limit

對象：中四至中六  
Target: S.4 – S.6

名額：30  
Quota: 30

課程時數：3小時  
Course Duration: 3 hours

課程費用：港幣400元正  
Fee: HK\$400





# PROGRAMME FEATURES

## 課程特色



### THEORY-BASED 理論課程

提供不同的基礎理論，培養參加者的領導力和解難能力

The programmes provide a strong foundation of different theories to equip participants with a solid conceptual understanding of leadership and problem solving

### AWARD 證書嘉許制度

學員如能完成其中四項活動並表現良好，將獲發參與證書乙張

Participants who completed any four programmes with good performance will be awarded a certificate of participation



### SELF-AWARENESS 自我意識

讓參加者了解自己的性格、獨特的優勢、成長領域、興趣和價值觀

The programmes empower participants to explore their personalities, recognise their distinct strengths and areas for growth, and identify their core interests and values

### TEAMWORK 團隊合作

提升參加者在團隊中合作、表達和溝通的能力

The programmes provide participants with opportunities to practise collaboration, communication, and expression skills in various scenarios



### EXPERIENTIAL LEARNING 體驗式學習

提供實踐的領袖體驗課程，讓參加者於日常生活中能學以致用

The programmes provide hands-on and real-world learning experiences that allow students to apply their knowledge and skills in practical settings

### RESILIENCE 抗逆力

為參加者提供管理壓力、克服挑戰並培養正面的心態的策略

The programmes equip participants with strategies to manage stress, overcome challenges, and cultivate a positive and adaptable mindset



#### 報名詳情

##### Application Details

##### 授課語言

Medium of Instruction:

廣東話及繁體中文

Cantonese & Traditional Chinese

##### 個人參與方式：

Individual Participation:

參加者可瀏覽網站上的活動時間表，並透過網上報名及繳費報讀不同活動及班別（學院在收到報名後會以電郵形式通知繳費方法）

Participants can browse the event schedule on the Institute's website. They can also register and pay for different classes online. (The Institute will notify participants of the payment method by email after registration)

##### 學校自訂日期方式：

Tailor-made Classes:

如學校希望自訂日期參與任何一項培訓活動，歡迎致電負責同事查詢詳情  
If the school wishes to choose the dates for any training activities, please feel free to contact our staff for details



掃描二維碼即可盡覽更多資訊  
ALL INFO YOU NEED  
SCAN & JOIN US!

## 為香港未來添上一筆 Brushing Colour into Hong Kong's Future

香港青年協會領袖學院致力培育新一代優秀青年人才，自2000年起，學院至今已培訓逾20萬名青年領袖。學院現時坐落於別具歷史價值的前粉嶺裁判法院，保留了前殖民時期建築的優雅，並融入了現代科技，為訪客帶來互動體驗。學院建基於多年的培訓基礎並具備清晰的培訓階梯，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**。通過精心策劃的多元培訓，進一步裝備青年在未來承擔領導的角色，並「為香港未來添上一筆」，在香港、國家和國際層面領創新天。

The HKFYG Leadership Institute is dedicated to creating a new generation of leaders, with over 200,000 having been trained since 2000. Located at the revitalised historic Former Fanling Magistracy, the Institute combines the heritage of a graceful colonial building with immersive and interactive technology. It also provides training for young people from senior primary schools to tertiary institutions and for those in the workplace in four main themes, namely **Resilient Leadership**, **Service Leadership**, **Sustainable Leadership** and **Communicative and Collaborative Leadership**. Through our meticulously designed curriculum, young leaders are empowered to take up leadership roles and make wonders locally, nationally, and globally.

香港新界粉嶺馬會道302號  
302 Jockey Club Road, Fanling,  
New Territories, Hong Kong

☎ (852) 2169 0255  
✉ [info@leadershipinstitute.hk](mailto:info@leadershipinstitute.hk)  
🌐 [leadershipinstitute.hk](http://leadershipinstitute.hk)

📘 [leadershipinstitute.hk](http://leadershipinstitute.hk)  
📷 [leadershipinstitutehk](https://www.instagram.com/leadershipinstitutehk)

