



香港青年協會
the hongkong federation of youth groups



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

2023-2024

STUDENT



LEADERSHIP



TASTER

PROGRAMMES

學生領袖體驗活動 (TP08)



學生領袖體驗活動令青年領袖發展更具成效：

TASTER Programmes make young leadership development effective through:

針對四大主要學習領域範疇

Motivational Syllabus Addressing Four Key Areas:



活動特色

Programme Features

*學員如能完成其中四項活動，將獲發參與證書乙張
*Participants completing four activities will be awarded with a Certificate of Completion.

具趣味性的多元培訓模式

Fun and Diversified
Training modes



彈性時間兼具學習階梯

Flexible Schedule with
Progressive Pathway



學習進度檢視

Provision of Learning
Evaluation



證書認可成就*

Recognition with
Certificate*





- 目標 Objectives** ·培養參加者對公眾演說的信心及興趣
To develop participants' confidence and interest in public speaking
- 內容 Contents** ·學習撰寫講稿，掌握基本演講技巧
Learning how to write a speech and mastering essential public speaking skills
- 透過實境學習公眾演說的技巧
Practicing public speaking skills through Virtual Reality (only applicable to face-to-face teaching)

學費 Fee HK\$270 對象及名額 Target & Quota S1-S6 (20) 課時 Duration 3小時 hours



- 目標 Objectives** ·學習有效溝通的基本理論
To learn the basic theories of communication
- 掌握溝通的相關技巧及溝通原則
To understand the key concepts of communication skills and rules
- 內容 Contents** ·探索個人接收訊息與發放訊息的模式
Exploring individual communication mode
- 練習各種溝通的技巧及改善溝通盲點
Practising different communication skills and avoiding communication blindspots

學費 Fee HK\$270 對象及名額 Target & Quota S1-S6 (30) 課時 Duration 3小時 hours



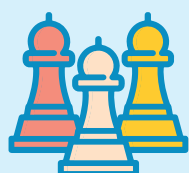
- 目標 Objectives** ·提升參加者在團隊中溝通、表達及澄清的能力
To enhance participants' communication skills, expression skills and clarification skills during teamwork
- 內容 Contents** ·參與不同種類（觀察、建造、傳遞及組成）的溝通傳意團隊挑戰，加強團隊默契
Partaking in brand-new team challenges in different stages, namely, Observing, Constructing, Delivering and Composing, in order to build bonds among members

學費 Fee HK\$330 對象及名額 Target & Quota S1-S6 (36) 課時 Duration 3小時 hours



- 目標 Objectives** ·掌握成功團隊概念及重點
To understand concepts and key points 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
- 內容 Contents** ·參與全新設計的團隊合作、解難及溝通挑戰項目
Joining the newly designed challenge for team building, problem-solving and communication
- 於計劃完結後獲得相關能力分析及360互評報告
Acquiring analysis reports and 360 Peer Evaluation report after the programme complete

學費 Fee HK\$420 對象及名額 Target & Quota S1-S6 (48) 課時 Duration 4.5小時 hours



- 目標 Objectives** ·學習創意解難的理論與步驟
To learn key theories and steps of creative problem-solving
- 讓參加者認識自己的解難能力
To help participants understand their capacity in problem-solving
- 內容 Contents** ·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
Leaving the detention cell within the time limit and decrypting the ultimate code in the Old Court

學費 Fee HK\$330 對象及名額 Target & Quota S3-S6 (30) 課時 Duration 3小時 hours



- 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 sharpen 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' ability in leading groups and implementing large-scale events
- 內容 Contents**
- 列舉不同設計及帶領活動過程所出現的問題，作深入討論及解說
Conducting case studies to enhance participants' practical skills on challenges in the process of group debriefing and discussions
 - 在自我實驗室帶領小組活動，及提供即場回饋
Leading group activities in Self-Lab with instant performance feedback

學費 Fee HK\$390 對象及名額 Target & Quota S3-S6 (25) 課時 Duration 3小時 hours



- 目標 Objectives**
- 提升參加者面試表達技巧，為未來升學及職涯發展鋪路
To enhance participants' interview skills, paving the way for further studies and career development
- 內容 Contents**
- 學習面試準備技巧，例如資料搜集、模擬演練等
Getting tips on how to prepare for interviews, such as research skills and mental rehearsal
 - 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
Refining participants' answering skills on how to effectively present their experience and qualifications through storytelling
 - 設有個人履歷分析環節，學習撰寫技巧
Joining the CV review session and learn how to write an impactful resume

學費 Fee HK\$330 對象及名額 Target & Quota S3-S6 (20) 課時 Duration 2.5小時 hours



- 目標 Objectives**
- 掌握團隊策略思維概念及能力（包括：資源運用、分工、協作及解難）
To master strategic teamwork concepts
 - 了解個人於腦力、技巧或體能方面的能力
To understand personal competence in mental skills and physical abilities
- 內容 Contents**
- 進行兩項團隊策略思維挑戰比賽，以及個人能力測試
Joining two team work strategic thinking challenge and a personal aptitude test

學費 Fee HK\$390 對象及名額 Target & Quota S3-S6 (36) 課時 Duration 3.5小時 hours



- 目標 Objectives**
- 對香港司法制度的運作有基本了解
To have basic understanding of the operation of the Hong Kong Judiciary System
 - 掌握法治中基本概念
To grasp the basic principles under the concept of Rule of Law
- 內容 Contents**
- 以主題式導賞介紹香港司法制度的基本運作
Introducing the daily operation of a court and the Hong Kong Judicial System through a thematic guided tour
 - 以團體活動演繹明法治的基本概念
Illustrating important concepts of the Rule of Law through group activities

學費 Fee HK\$330 對象及名額 Target & Quota S3-S6 (30) 課時 Duration 2.5小時 hours

詳情 Details & Application

授課語言
Medium of Instruction

個人參與方式
Individual Participation

學校自訂日期方式
Tailor-made Class

活動時間表及報名
Programme Timetable &
Application

廣東話
Cantonese

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
（學院在收到報名後會以電郵形式通知繳費方法），報讀不同活動及班別。
Participants can choose different activities and classes
by completing the online application form and payment.

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。
Please contact staff on scheduling a customised date for a class.

請掃描右邊二維碼查閱
Please scan the QR code



[https://leadershipinstitute.hk/zh/
event/student-taster-programmes](https://leadershipinstitute.hk/zh/event/student-taster-programmes)

學生及老師回饋

Student's and Teacher's Feedback

活動設計執行者

Programme Designer & Executive

透過讓學生參與課堂，讓他們發揮創意，也學懂設計活動的重要要素。

It helps students to be more creative and understand the crucial elements of designing an activity through participating in the course.

周志雄老師 Teacher - Mr. Chou Chi Hung

基督教中國佈道會聖道迦南書院 ECF Saint Too Canaan College



我很高興能參與這次活動，讓我能親身設計活動，並從中學會了設計活動的技巧。

I am glad that I can design an activity by myself in this course, which helps me learn the skills of activity planning.

杜麗儀同學 Student - To Lai Yee

聖母玫瑰書院 Our Lady of the Rosary College

團隊溝通挑戰半日營

Team Communication Half-day Camp

導師指導良好，活動互動性強，並且能啟發學生作多角度思考。

With good guidance from the instructors, the activity is highly interactive and inspires the students to have critical thinking.

傅文正老師 Teacher - Mr. Fu

九龍工業學校 Kowloon Technical School



半日營活動豐富有趣，讓我學習到團隊協作的重要性。

The activities of the half-day camp are diverse and interesting, which let me realise the importance of teamwork.

顏耀森同學 Student - Yen Yiu Sum

港島民生書院 Munsang College (Hong Kong Island)

演說教室

Speaking Studio

導師具幽默感，講解認真投入，讓我學習到很多有關於公眾演講的技巧。

The instructor is humorous, serious and devoted. I have learnt a lot about public speaking skills.

黎瑞賢同學 Student - Li Sui Yin

基督教宣道會宣基中學 Christian and Missionary Alliance Sun Kei Secondary School



活動數字概覽

Programme Figures Overview

4/2022 - 4/2023



學校參與
Secondary School
Engaged

91



學員滿意度
Overall Satisfaction
of Participants

4.3

活動內容
Content

4.3

活動形式
Format

4.5

導師
Performance
of Instructor

4.3

知識及技巧增長
Knowledge & Skills
Enhancement

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是專為青年而設的學院，自2000年起，學院專業而有系統地培訓逾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。經活化後，法院保留了殖民時期建築的優雅風格，同時融入了現代科技，為中學生、大專生以至在職青年，提供更全面的領袖培訓、跨文化交流及親身體驗。青年領袖將在本、國家和國際層面，**提升個人素養、公民意識、責任感以及服務心志**。

同時，香港青年協會提倡**六大未來技能**，裝備青年軟、硬技巧。領袖學院之培訓課程圍繞四大主題，包括：**可持續發展領袖、服務型領袖、抗逆領袖及溝通協作領袖**，亦涵蓋其他特色課程，為求裝備青年在未來承擔領導角色，領創新天。

The HKFYG Leadership Institute is dedicated to creating a new generation of leaders for Hong Kong, more than 200,000 have been trained since 2000.

The home of The HKFYG Leadership Institute is the historic **former Fanling Magistracy**. After revitalisation, the court combines the heritage of a graceful colonial building with immersive and interactive technology. Young people will be engaged and involved in high-quality programmes, inter-cultural exchanges and hands-on experiences **enhance their intellect, responsibility and service locally, nationally and globally**.

Meanwhile, The HKFYG advocates **SIX Future Skills**, strengthening youth's hard and soft skills. The Institute offers training programmes in four main themes, namely **Sustainability Leadership, Service Leadership, Resilience Leadership and Communication and Collaboration**. Signature programmes are also provided.

Through our curriculum, young people are empowered to take up leadership roles and **Make Wonders**.



地址 Address

HLI 新界粉嶺馬會道302號 香港青年協會領袖學院
The HKFYG Leadership Institute, 302 Jockey Club Road, Fanling, New Territories, Hong Kong



info@leadershipinstitute.hk



leadershipinstitute.hk



(852)2169-0255

f | The HKFYG Leadership Institute