

LINKAGE

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大灣區共同家園青年公益基金
Greater Bay Area Homeland Youth Community Foundation

行政總裁的話 CEO's Message

“圍繞三大工作核心 推動香港青年成為新時代的未來棟樑”

過去五年，基金致力透過不同項目及推廣令香港青少年提升自身優勢及認識大灣區的發展機遇。2025年，基金將以立足灣區、背靠祖國、聯通世界為方向，推動香港青年成為新時代的未來棟樑，幫助和促進香港乃至國家高質量的持續發展。基金全年會圍繞三大工作核心，包括推動身心健康、建立正向人生；提升個人技能、積極裝備自己；推動內外交流、拓闊國際視野，主辦及資助多元化項目，助青年人發揮優勢，迎接新一年的挑戰。

回顧基金在 2024 年第三及第四季的工作，為了慶祝中華人民共和國成立 75 周年暨大灣區共同家園青年公益基金成立 5 周年，基金在 2024 年 9 月至 10 月期間舉辦了《家國情微型藝術展》，讓香港青少年透過精緻的微型藝術展品，了解祖國發展，認識香港今昔面貌，加深家國情懷，參觀人次逾 1.2 萬；「嶺南文化之鳳城點心培訓計劃」結業禮及晚宴於 11 月圓滿舉行，展示學員的培訓成果；2024-25「創明天獎學金」亦正在進行遴選程序，今年新增了創科獎學金，特別為修讀 STEM 學科博士課程的科研學生而設，以鼓勵更多本地青年加入創科行列；其他主辦及合作項目包括第二屆青年科學家峰會、大灣區升學知多啲考察團、自信英文演說培訓計劃、特奧運動員領袖訓練計劃等。

資助計劃方面，百萬青年看祖國交流計劃於去年年底開放申請，計劃旨在資助非牟利機構舉辦香港青少年赴大灣區城市或內地其他城市交流研習，共收到 78 個交流團申請；另外，去年 11 月底截止申請的新一年度築願計劃則收到 43 個申請，基金現正進行兩項計劃的審批工作，預計於 2025 年第一季度公佈申請結果。

展望未來，我們將繼續努力，除了加強與香港特區政府各部門的合作，亦希望與各青年機構攜手同行，促進香港青年的持續發展。

Over the past five years, the Foundation has dedicated itself to various programmes and initiatives aimed at empowering Hong Kong youth to enhance their strengths and understand the development opportunities in the Greater Bay Area. In 2025, the Foundation will establish its direction as being firmly rooted in the GBA, strongly supported by the motherland, and well-connected to the world. Our goal is to empower Hong Kong youth to become the pillars of a new era and to facilitate sustainable, high-quality development for both Hong Kong and the nation. Throughout the year, we will focus on three core areas: promoting physical and mental health to foster a positive lifestyle; enhancing personal skills for better self-development; and fostering internal and external connections to broaden international perspectives. We will organise and sponsor diverse projects to help young people leverage their strengths and meet the challenges of the coming year.

Regarding the Foundation's activities in the third and fourth quarters of 2024, in celebration of both the 75th Anniversary of the Founding of the People's Republic of China and the 5th Anniversary of the Foundation, we hosted the "Loving Homeland Miniature Art Show" from September to October 2024. This exhibition allowed Hong Kong youth to gain insights into the development of the motherland and to understand the past and present of Hong Kong through exquisite miniature art exhibits, attracting over 12,000 visitors. Additionally, in November, we held a graduation ceremony and dinner for the "Lingnan Culture: Fengcheng Dim Sum Training Programme", showcasing the students' achievements. The selection process for the 2024-25 "For Our Future Scholarship" is currently underway, and this year we introduced a new Innovation and Technology Scholarship specifically for doctoral students in STEM fields, encouraging more local youth to pursue careers in the innovation and technology sector. Other initiatives and collaborative projects include the Second Young Academy of Sciences Summit, the Greater Bay Area Higher Education Exploration Tour, the English Public Speaking with Confidence Programme, and the Special Olympics Athlete Leadership Programme.

In terms of sponsorships, the "Mainland Exchange Programme," which opened for applications at the end of last year, aims to support non-profit organisations in facilitating exchanges and study tours for Hong Kong youth to cities within the Greater Bay Area and other parts of the Mainland. It received a total of 78 applications. Additionally, the latest round of the "Wish Builder Programme" closed for applications at the end of November with 43 applications received. The Foundation is currently reviewing these applications and expects to announce the results in the first quarter of 2025.

Looking ahead, we will continue to strengthen our collaboration with various departments of the Hong Kong SAR government and hope to partner with other youth organisations to promote the ongoing development of Hong Kong youth.

楊彬先生 Mr Yang Bin

交通連接灣區城市 共建未來互聯互通



粵港澳大灣區為國家發展的重要戰略之一，為了增強九個內地城市與香港及澳門兩個特區之間的互聯互通，交通網絡的發展對於區域一體化至關重要。近年來，大灣區內的陸路、水路和鐵路交通的發展不斷完善，便利了大灣區對內對外的聯繫。這次專題將以香港為出發點，介紹各種前往灣區其他城市的交通方式，了解灣區交通的四通八達。港人無論前往大灣區內任何一個城市生活、升學、就業、創業、或是旅遊，都相當便捷。

跨境網絡一體化 海陸高鐵路路通

自粵港澳互聯互通後，港人往返大灣區其他各個城市越來越頻繁，而到了周末，內地輕旅行更是港人的不二之選，而陸路交通是往來香港與大灣區內地城市常用的方法之一。除了港人較為熟悉的羅湖口岸、福田口岸及深圳灣口岸外，更有24小時通關的落馬洲口岸，以及文錦渡管制站和2023開放的香園圍管制站等跨境口岸。其中，蓮塘/香園圍管制站是香港首個採用人車直達的口岸，過關後可接駁深圳羅沙公路和東部過境高速公路，連通深港與粵東及其他外省地區的跨境運輸。

兩地政府已同意就香園圍管制站發出 2,200 個新增配額，包括

2,000 個香港跨境私家車配額和 200 個內地跨境私家車配額。廣東省公安廳已在二零一九年六月十二日開始接受申請。配額持有人取得廣東省公安廳的相關批文後，須向運輸署申請封閉道路通行許可證和辦妥內地當局要求的其他手續。因應公眾需求和香園圍管制站及連接路的交通情況，兩地政府會考慮增發更多跨境私家車配額。

另外，港珠澳大橋亦是連接大灣區城市的重要基建之一，更被納入為世界最長的橋隧組合跨海通道。自開通以來，港珠澳大橋香港口岸隨即成為了灣區交通的重要樞紐，進一步加強了香港與大灣區其他城市之間的聯繫。同時，港珠澳大橋提供了港澳跨境貨車安排，方便貨物運輸，以珠海至葵青貨櫃碼頭為例，行車時間由原來約3.5小時縮減至約75分鐘；而珠海與香港國際機場的行車時間由約4小時縮減至約45分鐘。根據港珠澳大橋邊檢站統計，截至2024年7月經港珠澳大橋出入境的香港單牌車突破100萬輛次，大橋的使用量高，助力大灣區的交通發展。此外，大橋於2023年開始實施「港車北上」，已申請配額的香港私家車可在無須額外取得常規配額下，以自駕遊方式經大橋往來香港與廣東省各城市。在2024年12月，港珠澳大橋



西延線「黃茅海跨海通道」亦正式通車，通道連接珠海至江門，將原本一個多小時的車程大大縮短至約30分鐘，由香港自駕到江門亦只需1.5小時。

粵港澳大灣區內的另一項超級工程——深中通道，在2024年6月底正式通車運營，這項新通道的開通大幅提升港人北上的便利性，來往中山至深圳的車程從原本的2小時縮短至僅需30分鐘。港人可選擇乘坐直通巴士前往中山，或是駕車經深中通道進行更快捷的旅行。此外，隨著南沙至中山高速公路（簡稱「南中高速」）亦在2024年10月30日通車，進一步連接深中通道，促成廣州、深圳和中山三地形成「半小時生活交通圈」，使南沙至中山的行車時間縮短至15分鐘以內，而至深圳的行車時間則可縮短至20分鐘以內，較之前的車程省時約一半。

如果想更高效直達內地城市，廣深港高速鐵路（高鐵）可說是必然之選，高鐵連接了國家高速鐵路網絡，大大縮短了往來香港和珠三角城市之間的時間。由香港出發的高鐵能直達七個大灣區內地城市，包括深圳、廣州、肇慶、佛山、東莞、惠州及江門。時間方面可說是高鐵的最吸引之處之一，由西九龍站出發，14分鐘可直達福田站；18分鐘直達深圳北站；約47分鐘直達廣州南站。根據港鐵2024年11月的統計，高鐵香港段的日均乘客量超過7萬人次，可見高鐵已成為常用交通工具之一。

除了陸路交通外，香港亦通過水路交通與多個灣區城市保持緊密聯繫。中國客運碼頭提供了前往順德、蛇口、珠海、南沙、中山和琶洲（廣州）等地的航線。而港澳客輪碼頭則提供了前往珠海及澳門等航線，在節日及假日等交通特別繁忙的日子，水路交通也是不錯的選擇。

總括而言，香港與大灣區其他不同城市之間的交通發展不僅促進了居民和旅客的往來，也促進了兩地之間的商務、經濟和文化交流，進一步推動了大灣區一小時生活圈的實現，為大灣區的發展、為未來的區域一體化和經濟合作提供了良好的基礎，並有望進一步促進大灣區內的互聯互通。

Strengthening Connectivity within the Greater Bay Area

A key national development strategy, the Guangdong-Hong Kong-Macao Greater Bay Area (GBA) underscores the importance of enhancing transportation links among the nine mainland cities and the two Special Administrative Regions, Hong Kong and Macao, to foster regional integration. In recent years, significant improvements in land, sea, and rail transport systems within the GBA have been witnessed, bolstering both internal and external connectivity. This article examines various transportation modes from Hong Kong to other cities in the GBA, highlighting how travel has become increasingly convenient for Hong Kong residents, whether for living, studying, working, doing business, or tourism.

Integrated Cross-border Networks: Seamless Land, Rail and Sea Connections

Enhanced connectivity between Guangdong, Hong Kong, and Macao has led to more frequent travel between these regions. Weekend trips to mainland destinations have become popular for Hong Kong residents, with land transportation playing a vital role. In addition to the Lo Wu, Futian, and Shenzhen Bay ports, travellers can choose from several other cross-border points, including the 24-hour Lok Ma Chau Control Point, the Man Kam Control Point, and

the Heung Yuen Wai Control Point, which opened in 2023. Notably, the Liantang/Heung Yuen Wai Control Point is the first in Hong Kong to facilitate direct access for both vehicles and pedestrians. Once across, travellers easily connect to Shenzhen's Luosha Highway and the Eastern Corridor Expressway, which improves cross-border transport between Shenzhen and eastern Guangdong, as well as other provinces. This greatly enhances convenience for self-driving tourists.

The Hong Kong-Zhuhai-Macao Bridge (HZMB), recognised as the world's longest bridge-tunnel sea crossing. Since its inauguration, the bridge has emerged as an important transportation link, strengthening connections between Hong Kong and other cities in the region. The HZMB has also optimised cross-border truck arrangements, significantly boosting the efficiency of cargo transportation. For instance, travel time from Zhuhai to the Kwai Tsing Container Terminal has been reduced to about 75 minutes, down from approximately 3.5 hours, and from Zhuhai to Hong Kong International Airport to just 45 minutes, down from around 4 hours. As of July 2024, according to statistics from the HZMB border inspection station, over one million Hong Kong-registered vehicles have crossed the bridge, reflecting its extensive use and support for the GBA's transportation development. Additionally, starting in 2023, the "Northbound Travel for Hong Kong Vehicles" scheme now permits approved Hong Kong private cars to travel across the bridge, further facilitating easier self-driving trips between Hong Kong and cities in the

Guangdong Province. In December 2024, the Huangmaohai Cross-Sea Passage, an integral extension of the Hong Kong-Zhuhai-Macao Bridge, has been officially open. This remarkable infrastructure has reduced travel time between Zhuhai and Jiangmen from over an hour to just about 30 minutes. For travellers departing from Hong Kong, the journey to Jiangmen is now shortened to approximately one and a half hours.

The Shenzhen-Zhongshan Link, another significant infrastructure project in the GBA, officially opened at the end of June 2024. This new connection significantly reduces the journey time between Zhongshan and Shenzhen from two hours to just 30 minutes. Hong Kong travellers can now choose direct buses to Zhongshan or drive through the Shenzhen-Zhongshan Link. Moreover, the Nansha-Zhongshan Expressway, which opened on October 2024, further connects to the Shenzhen-Zhongshan Link, establishing a "half-hour traffic circle" among Guangzhou, Shenzhen, and Zhongshan. This development reduces travel time from Nansha to Zhongshan to under 15 minutes and to Shenzhen to under 20 minutes — approximately half the previous travel time.

For efficient travel to mainland cities, the Guangzhou-Shenzhen-Hong Kong Express Rail Link (high-speed rail) remains the optimal choice. It integrates seamlessly with the national high-speed rail network, significantly reducing travel times between Hong Kong and Pearl River Delta cities. From Hong Kong's West Kowloon Station, high-speed rail services





connect to seven mainland cities in the GBA: Shenzhen, Guangzhou, Zhaoqing, Foshan, Dongguan, Huizhou, and Jiangmen. Fast speed is a great advantage of taking high speed train — it takes just 14 minutes to reach Futian Station, 18 minutes to Shenzhen North Station, and about 47 minutes to Guangzhou South Station. According to the statistics released by MTR in November 2024, the daily passenger volume on the Hong Kong section of the high-speed rail exceeds 70,000, highlighting its popularity as a primary mode of transportation.

In addition to land transportation, Hong Kong maintains close ties with several GBA mainland cities through water routes. The China Ferry Terminal offers services to destinations such as Shunde, Shekou, Zhuhai, Nansha, Zhongshan, and Pazhou (Guangzhou). Meanwhile, the Hong Kong-Macao Ferry Terminal provides routes to Zhuhai and Macao. During peak travel periods, such as holidays and festivals, water transportation serves as an excellent alternative for those looking to navigate the region efficiently.

In conclusion, the development of transportation links between Hong Kong and other cities in the GBA has significantly facilitated the movement of residents and travellers, while also fostering business, economic, and cultural exchanges. The latest infrastructure further supports the realisation of the “one-hour living circle” in the GBA, establishing a strong foundation for future regional integration and economic cooperation. Continued enhancements in connectivity are anticipated to further strengthen ties within the GBA.

家國情微型藝術展

Loving Homeland Miniature Art Show



為促進青少年愛國愛港情懷，基金特別舉辦「慶祝中華人民共和國成立75周年暨大灣區共同家園青年公益基金成立5周年《家國情微型藝術展》」。展覽於2024年9月20日至10月5日在中環展城館舉行，活動吸引了逾12,000人次前來參觀，包括多個學校和青年團體。展覽的開幕典禮於9月19日舉行，由香港特別行政區政府政務司副司長卓永興先生、中聯辦青年工作部副部長萬寧女士、香港特區政府民政及青年事務局副局長梁宏正先生、香港特區政府規劃署署長鍾文傑先生、大灣區共同家園青年公益基金主席黃永光先生，以及大灣區共同家園投資有限公司總裁胡章宏博士親臨主禮。

《家國情微型藝術展》共展出42件精彩作品，糅合傳統匠人工藝及先進科技，其中矚目展品包括展示國家重要發展的神舟18號火箭升空的歷史時刻和工程宏大的港珠澳大橋，加上大灣區地標建築，包括俗稱小蠻腰的全國第一高塔廣州塔、深圳中國華潤大廈（又稱春筍）、列入世界文化遺產的澳門大三巴，當然還有煙火盛放的香港維多利亞港。另外，更有香港市民最關

注的大熊貓盈盈和她一對初生的龍鳳胎寶寶，以及巴黎奧運的香港運動員張家朗、江旻憓和何詩蓓奪獎的光輝時刻等等。今次的展覽，除了讓大家更了解祖國的發展，還透過展示香港不同時代的微型藝術品，認識香港今昔面貌，加深家國情懷。



To foster patriotism and a profound affection for Hong Kong among its youth, the Foundation has organised the "Loving Homeland Miniature Art Show". This exhibition marks the dual celebration of the 75th Anniversary of the Founding of the People's Republic of China and the 5th Anniversary of the Foundation. Held at the City Gallery in Central from September 20 to October 5, 2024, the event attracted over 12,000 attendees, including numerous youth organisations and schools. The opening ceremony on September 19 was officiated by Mr CHEUK Wing-hing, Deputy Chief Secretary for Administration of the Government of the Hong Kong Special Administrative Region; Ms WAN Ning, Deputy Director General of the Youth Department of the Liaison Office of the Central People's Government in the Hong Kong Special Administrative Region; Mr Clarence LEUNG, Under Secretary for Home and Youth Affairs of the Government of the Hong Kong Special Administrative Region;



Mr CHUNG Man-kit, Director of the Planning Department of the Government of the Hong Kong Special Administrative Region; Mr Daryl NG, Chairman of the Greater Bay Area Homeland Youth Community Foundation; and Dr HU Zhanghong, CEO of Greater Bay Area Homeland Investments Limited.

The "Loving Homeland Miniature Art Show" showcases 42 meticulously crafted art pieces that masterfully combine traditional craftsmanship with cutting-edge technology. Notable works include "Launch of Shenzhou-18", which vividly captures the historic journey of the Shenzhou-18 spacecraft to the Tiangong Space Station, symbolising a significant national achievement. Another highlight is the "Hong Kong-Zhuhai-Macao Bridge", celebrated as a marvel of national engineering. The exhibition also features iconic landmarks from the Greater Bay Area, such as Guangzhou's "Canton Tower"—the tallest in the nation; Macao's "The Ruins of St. Paul's", a UNESCO World



Heritage site; and Shenzhen's "China Resources Tower", along with Hong Kong's "Victoria Harbour", complete with dazzling fireworks. Additionally, the exhibition features the beloved giant panda Ying Ying and her newborn twin cubs, as well as award-winning athletes from the Paris Olympics — CHEUNG Ka-long, Vivian KONG Man-wai, and Siobhan Haughey — capturing their triumphant moments. This exhibition not only enhances public understanding of national developments but also promotes appreciation for the history and modernity of Hong Kong through miniature artworks that represent different eras, thereby deepening a sense of patriotism among viewers.



嶺南文化之鳳城點心培訓計劃

Lingnan Culture: Fengcheng Dim Sum Training Programme



為鼓勵香港青年提升技能、開拓機遇，基金與中華廚藝學院首次合作，舉辦「嶺南文化之鳳城點心培訓計劃」，於2024年8月11日至18日一連八日率領逾30名中華廚藝學院師生赴有「中國廚師之鄉」之稱的順德，於順德職業技術學院烹飪學院學藝，傳承嶺南飲食文化。為表揚及展示學生的努力成果，特意於11月22日舉行結業禮及晚宴，邀請一眾嘉賓親臨見證。

當晚出席嘉賓包括香港特別行政區政府政制及內地事務局粵港澳大灣區發展專員陳潔玲女士、香港特別行政區政府民政及青年事務局青年專員陳瑞緯先生、中央人民政府駐香港特別行政區聯絡辦公室青年工作部二級巡視員張國來先生、大灣區共同家園青年公益基金主席，信和集團副主席黃永光先生、中華廚藝學院院長葉漢鵬先生、大灣區共同家園青年公益基金顧問，港區全國人大代表陳振彬先生、大灣區共同家園青年公益基金副主席，帝盛酒店集團總裁邱詠筠女士、順德區委統戰部、順德區歸國華僑聯合會主席吳蔚先生，以及擔任是次計劃導師的順德一眾名廚等。

當日晚宴的主要菜式包括鳳城點心及美食，都是由今次參與計劃的學生所製作，將他們在順德所學展示給眾嘉賓，其中「三蒸、三煎」的點心、家鄉炒魚鬆、生滾魚片粥，以及被列為廣東省省級非物質文化遺產的順德雙皮奶等，均是在研學之旅所學的菜式。參與的同學表示計劃令他們對鳳城點心的製作特色有更深入的了解，不但學到很多珍貴的傳統點心技藝，更激發了他們對點心創新的熱情，紛紛表示期望日後有更多機會到內地交流。導師們認為學生的廚藝大大提升，



更讚賞學生將各款順德點心及美食烹調得色香味俱全，展現嶺南獨有的飲食文化。

結業禮及晚宴除了由計劃導師帶領同學分享研學之旅的感受和體驗外，更邀得在順德教授學生製作國潮創意點心龍獅酥的年輕師傅陳小東，於現場親自示範手工精巧的龍獅酥製作過程。

In a pioneering initiative to inspire Hong Kong's youth to enhance their skills and explore new opportunities, the Foundation has partnered with the Chinese Culinary Institute to present the "Lingnan Culture: Fengcheng Dim Sum Training Programme." From August 11 to 18, 2024, over 30 students and teachers embarked on a culinary



journey to Shunde, known as the "Home of Chinese Chefs." They attended the Culinary Institute of Shunde Polytechnic for lessons to learn about and preserve the Lingnan culinary culture. Their hard work and achievement was celebrated at a graduation ceremony and dinner on November 22, attended by distinguished guests.

Gracing the ceremony were the following honourable guests: Ms Maisie Chan, Commissioner for the Development of the Guangdong-Hong Kong-Macao Greater Bay Area of the Government of Hong Kong Special Administrative Region; Mr Eric Chan, Commissioner for Youth, Home and Youth Affairs Bureau of the Government of Hong Kong Special Administrative Region; Mr Zhang Guolai, Second-class Inspector of Youth Department of the Liaison Office of the Central People's Government in the HKSAR; Mr Daryl Ng, Chairman of the Greater Bay Area Homeland Youth Community Foundation and Deputy Chairman of Sino Group; Mr James Yap, Principal of the Chinese Culinary Institute; Mr Bunny Chan, Advisor of the Greater Bay Area Homeland Youth Community Foundation and Member of the Hong Kong delegation to the National People's Congress of the People's Republic of China; Ms Winnie





Chiu, Vice Chair of the Greater Bay Area Homeland Youth Community Foundation and President of Dorsett Hospitality International; Mr Wu Wei, Chairman of the Shunde Federation of Returned Overseas Chinese, the United Front Work Department of the CPC Shunde Committee; alongside renowned chefs from Shunde who served as the programme's instructors.

The dinner showcased an exquisite selection of Dim Sum and local delicacies prepared by the students, demonstrating the culinary skills they acquired in Shunde. The menu highlighted "Trio Steamed and Trio Pan-fried" Dim Sum, hometown-style pan-fried sautéed minced dace, boiled carp congee, and Shunde-style double-layered milk custard, a dish recognised as a provincial-level intangible cultural heritage in Guangdong. Students shared that the programme profoundly enriched their understanding of the intricate techniques of Dim Sum preparation. They not only honed traditional Dim Sum skills but also ignited a passion for culinary innovation, with many expressing eagerness for further cultural exchanges on the Mainland. The instructors commended the students for their impressive improvement, noting how their creations beautifully captured the essence of Lingnan's culinary culture.

During the graduation ceremony, students and teachers recounted their experiences of the learning journey. Additionally, Chef Chen Xiao-dong, who introduced the students to the art of making innovative lion dance pastries, attended the event. He demonstrated the meticulous craft involved in this specialty, further highlighting the depth of skill and creativity fostered by the programme.

特殊奧林匹克(特奧)運動員領袖計劃 Special Olympics Athlete Leadership Programme



基金和香港特殊奧運會合辦的特殊奧林匹克(特奧)運動員領袖計劃於2024年5月正式展開，為期一年半，為30位特奧運動員提供各種技能培訓，包括公開演講、溝通能力及領袖訓練等。計劃期望透過舉辦訓練班、本地訓練營及大灣區交流活動，讓運動員能學以致用，幫助他們多元發展，融入社會。計劃的另一特色是其中一些活動會邀請其家人或照顧者一同參與，旨在增進他們互相了解，促進家庭和諧，鞏固運動員的心理素質。第一次的交流活動已在2024年10月舉行，一眾運動員在導師的帶領下，前往了澳門及珠海不同機構及地方參觀和交流，深入認識兩地歷史文化，了解大灣區最新的發展。

The Foundation and the Hong Kong Special Olympics have jointly launched the Special Olympics Athlete Leadership Programme, which began in May 2024. This 18-month programme is providing 30 Special Olympics athletes with training in public speaking, communication skills, and leadership. Designed to facilitate practical learning, the programme includes training workshops and camps, and exchanges within the Greater Bay Area, all aimed at helping athletes develop diverse skills and better integrate into society.

Several activities also involve family members or caregivers, which is key to fostering mutual understanding, promoting family harmony, and enhancing the athletes' mental resilience. The first exchange event took place in October 2024, where athletes visited various institutions and locations in Macao and Zhuhai. This visit provided them with valuable insights into the history and culture of both regions, as well as an understanding of the latest developments in the Greater Bay Area.

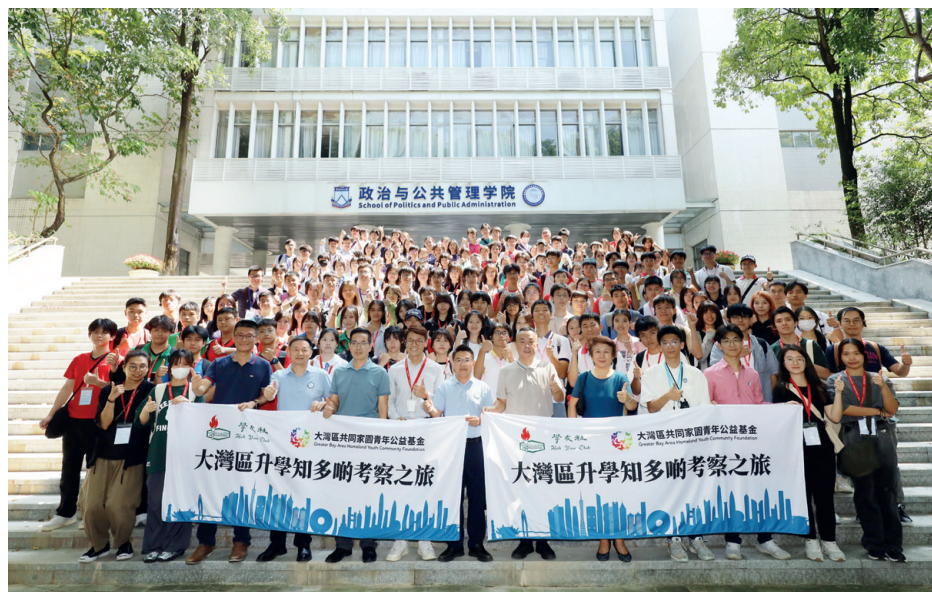


大灣區升學知多啲考察之旅

Greater Bay Area Higher Education Exploration Tour



由基金與學友社攜手合辦的「大灣區升學知多啲考察之旅」自2023年推出，目前已有近750名師生受惠，活動得到正面迴響。2024年，兩個考察團共組織近250名師生於10月11日及12日分別參觀大灣區內地城市四大著名學府，包括廣州的華南師範大學、廣州中醫藥大學，以及深圳的香港中文大學（深圳）和深圳大學，活動的旅費全額由基金資助。來自約二十間本地中學的高中生及其老師獲安排參觀校園及教學設施之餘，亦參加了交流會，由各高校代表講解招生政策，及現時就讀當地高校的港生分享校園生活，令同學們擴闊眼界，並了解到內地院校有更多學科可供選擇，而且對港生設有較低的入學門檻。考察團幫助同學掌握更多內地升學資訊去規劃未來路向，並促進他們對大灣區發展的認識。



Organised by the Foundation in collaboration with the Hok Yau Club since 2023, the programme benefitted nearly 750 students and teachers, receiving positive feedback. On 11 and 12 October 2024, two study tours have brought around 250 students and teachers to visit four renowned universities in mainland cities of the Greater Bay Area: South China Normal University and Guangzhou University of Chinese Medicine, as well as The Chinese University of Hong Kong (Shenzhen) and Shenzhen University.

The travel expenses for the tours were sponsored by the Foundation. Students and teachers from about 20 local secondary schools not only toured the campuses and teaching facilities but also participated in exchange sessions. Representatives from each university explained their admission policies, and current Hong Kong students studying there also shared their campus experiences. This allows participants to broaden their horizons and discover mainland universities that offer a wider range of subjects with lower admission requirements for Hong Kong students.

The study tour aims to provide students with more information about studying in mainland China, helping them plan their future paths and enhancing their understanding of the Greater Bay Area's development.

2024年英文自信演說培訓計劃

English Public Speaking with Confidence Programme 2024



學習演說除了可以培養自信外，還可以訓練自身的表達技巧。有見及此，由基金主辦，斯程教育協辦的英文自信演說培訓計劃，已是第二年舉辦，兩屆課程共有近300名中學生受惠。2024年的計劃於6月至8月期間舉行，為六間本地中學約180名基層中學生提供30小時的英文演說技巧專業課程，幫助同學增加英語演說能力。9月底舉辦的計劃頒獎禮上，同學展示其學習成果，就不同主題以英語進行演說，而表現優秀的同學更獲頒發獎杯及書券以作嘉許。



In addition to fostering self-confidence, mastering the art of public speaking is crucial for developing effective communication skills. The Foundation is proud to host the second annual English Public Speaking with Confidence Programme in collaboration with See Change Education. Over the past two years, nearly 300 secondary school students have benefitted from this initiative. The 2024 programme comprising 30 hours of instruction, that ran from June to August, provided 180 underprivileged students from six local secondary schools with a professional course in English public speaking skills. The programme aims to enhance the English-speaking abilities of the students. At the award ceremony held at the end of September, students demonstrated their learning outcomes by delivering speeches on various topics in English. Outstanding participants were awarded trophies and gift vouchers in recognition of their achievements.

香港街馬2024

Hong Kong Streetathon 2024



長跑運動除了可以鍛鍊體能，更可培養積極、永不放棄的精神。2024年基金繼續資助全城街馬主辦的「香港街馬 - 亞洲青年十公里」賽事，這個組別特別為12至25歲在校學生而設，藉此鼓勵青少年多參與運動。賽事於2024年12月8日圓滿舉辦，香港特別行政區政府教育局局長蔡若蓮博士及基金常務副主席霍啟剛先生亦出席擔任起跑禮的主禮嘉賓之一，到場為跑手加油打氣！跑手在將藍公路起步，沿途更可以欣賞到將軍澳跨灣大橋景色，最後以觀塘海濱花園作為終點。本屆的青年十公里賽事一共吸引近1,480名本地、內地及海外學生參加。基金期望透過是次活動讓更多香港青年參與長跑運動，以及幫助推廣城市的跑步文化。

Long-distance running not only improves physical fitness but also fosters a positive and persevering spirit. In 2024, the Foundation continued its support for the "Hong Kong Street Marathon - Asia YOUTHRUN 10K" organised by RunOurCity. This category, specifically designed for students aged 12 to 25, aims to encourage increased participation in sports among young people. The event was successfully held on December 8, 2024, with Dr Choi Yuk-lin, JP, Secretary for Education of the Government of the Hong Kong Special Administrative Region, and Mr Kenneth Fok, the Foundation's Executive Vice Chairman, serving as officiating guests.

Participants started at Tseung Lam Highway, enjoying scenic views of the Tseung Kwan O Cross Bay Bridge along their route, with the finish line at Kwun Tong Promenade. This year's youth 10K attracted nearly 1,480 students from local, mainland, and overseas regions. The Foundation hopes that this event will not only encourage more young people in Hong Kong to take up long-distance running but also help promote a running culture within the city.



中國網球巡迴賽香港公開賽 China Tennis Tournament Hong Kong Open



2023年香港首次以東道主身分舉辦中國網球巡迴賽香港公開賽，賽事由德天集團主辦及中國香港網球總會合辦，這項國家級體育賽事落戶香港，為香港的體壇揭開了重要一頁。2024年主辦方繼續舉辦「中國網球巡迴賽香港公開賽」助力內地與香港在體育發展上的交流融合，並提升市民大眾投入運動的氣氛。基金持續兩年成為大會慈善夥伴，推動青少年全人發展及參與體育運動。2024年特別資助送出賽事的門票予本地中、小學生及青年朋友，讓他們現場欣賞國家級網球比賽，加強對網球運動的興趣。

HK2A ESG企劃推廣大獎2024 HK2A ESG Marketing Excellence Award 2024

為了匯聚更多對市場營銷行業有興趣的青年，發揮他們的創意，以市場推廣助力推動ESG的發展，基金連續第二年資助由香港廣告協會主辦的「HK2A ESG企劃推廣大獎」。計劃以16-30歲青年人為對象，分為學生組和公開組、個人及隊伍組。比賽要求參加者圍繞ESG項目為題，為產品或服務提交創意企劃。除了比賽以外，計劃為參加者提供了名師講座，由各界知名人士親身分享推廣ESG的技巧，以及本地導賞團，深入了解香港企業如何實踐及推廣ESG。另外，在2024年10月12日，基金亦資助了參加者前往深圳展開一天的大灣區綠色建築及生態遊，參觀在深圳的企業，以進一步了解當地推行綠色建築的實況。計劃已在2024年12月18日完成決賽評審，並於2025年1月進行頒獎典禮。

In its second year, the "HK2A ESG Marketing Excellence Award" sponsored by the Foundation and organised by the Hong Kong Advertisers Association, continues to captivate the young generation's interest in the marketing sector. This initiative is designed to engage youths aged 16 to 30, offering categories for both students and the general public, whether participating individually or in teams.

The programme encourages participants to develop creative marketing proposals focused on ESG (Environmental, Social,

In 2023, Hong Kong hosted the China Tennis Tournament Hong Kong Open for the first time. Organised by the Vivere Sky Group in partnership with the Hong Kong, China Tennis Association, this national-level sports event was a significant addition to the city's sports calendar.

In 2024, the organisers continued to host the China Tennis Tournament Hong Kong Open, fostering exchange and integration in sports development between mainland China and Hong Kong, while encouraging greater public participation in sports activities. For two consecutive years, the Foundation has served as the charity partner, supporting the holistic development of youth and their engagement in sports. In 2024, the Foundation sponsored tickets for local primary and secondary school students, as well as young people, enabling them to attend live national-level tennis competitions. This initiative aims to spark their interest in tennis.



and Governance) themes. These proposals could be based on original concepts or enhance the marketing strategies of existing products and services. Aside from competition, the programme also features enriching masterclasses led by industry leaders. These sessions provide valuable insights into effective ESG promotion strategies.

Moreover, the participants could join local guided tours that demonstrated how companies in Hong Kong are implementing ESG practices. Additionally, on October 12, 2024, the Foundation sponsored a day trip to Shenzhen for the participants. This excursion allowed them to observe green architecture and eco-friendly practices within the Greater Bay Area, offering them a firsthand look at how local businesses are championing sustainability. The programme finalised the judging on December 18, 2024 and the awards ceremony was held in January 2025.



第二屆青年科學家峰會

The Second Young Academy of Sciences Summit



為了進一步促進不同地區的青年科學家就創科政策推動和不同科學研究領域作交流，創造新的合作機遇，香港青年科學院聯同大灣區共同家園投資有限公司及本基金，連續第二年合辦青年科學家峰會，活動吸引逾250名學者、研究員和公眾等現場參與，而不少人士亦通過網上直播參加。

第二屆峰會在2024年12月13日於香港科學園順利舉行，邀請到香港特區政府創新科技及工業局局長孫東教授為峰會揭幕擔任主禮嘉賓並致辭，出席儀式的嘉賓包括香港科學院院長盧煜明教授、大灣區共同家園投資有限公司總裁胡章宏博士，以及大灣區共同家園青年公益基金副主席，新鴻基地產發展有限公司執行董事郭基泓先生等。參與峰會的傑出講者來自世界各地，他們就不同主題進行交流，並分享了培養青年科學家成為世界級學者的成功故事。

除了當日的峰會外，第二屆青年科學家峰會將於2025年2月、4月及6月舉辦三場分會議，深入探討各種創新科技議題，展望未來的科學發展前景。

The Second Young Academy of Sciences Summit, a pivotal event fostering scientific exchange among emerging scholars from diverse regions, was organised by The Hong Kong Young Academy of Sciences in collaboration with Greater Bay Area Homeland Investments Limited and the Foundation. This significant gathering, held on December 13, 2024, at the Hong Kong Science Park, attracted over 250 scholars, researchers, and members of the public. Additionally, many others participated through online livestreams, broadening the reach and impact of the event.

The opening ceremony of the Summit was graced by Professor SUN Dong, Secretary for Innovation, Technology, and Industry of the Government of the Hong Kong Special Administrative Region, who also delivered a keynote speech. Other distinguished guests included Professor Dennis LO, President of the Hong Kong Academy of Sciences; Dr Zhanghong HU, CEO of the Greater Bay Area Homeland Investments Limited; and Mr Christopher KWOK, Vice Chairman of the Greater Bay Area Homeland Youth Community Foundation and Executive Director of Sun Hung Kai Properties Limited. The event featured an array of global speakers who shared their insights on various scientific topics and recounted their journeys in nurturing young scholars into world-class academics.

Furthermore, the Summit is set to expand its influence with three subsequent sub-conferences scheduled for February, April, and June of 2025. These sessions will delve into various cutting-edge science and technology topics, exploring the future trajectories of scientific advancement and innovation.



基金每年舉辦「創明天獎學金」嘉許才學兼優及熱心服務社會的本地大學生，得獎者每人可獲港幣五萬元，名額共15個。為推動香港創科發展，並培育有關方面人才，基金2024年更特別為修讀STEM學科博士課程的科研學生增設「創明天創科獎學金」，只要就讀於指定7間大學STEM相關學科全日制博士課程的本地學生即可申請，每位得獎者將獲港幣八萬元，名額10名，以鼓勵更多本地青年加入創科行列，為創科業發展注入新活力。兩項獎學金經已截止申請，並預計在2025年第一季完成面試遴選。

The "For Our Future Scholarship" recognises local university students who demonstrate outstanding academic performance, diverse development, and community service. Each awardee will receive HKD50,000 with a total of 15 quotas. In 2024, in an effort to promote innovation and technology in Hong Kong and to cultivate talents in these fields, our Foundation is pleased to introduce the "For Our Future Innovation and Technology Scholarship". This new initiative targets local PhD students specialising in STEM-related subjects, aiming to support research endeavours and foster engagement among local youth in innovation and technology sectors. Eligible candidates include full-time PhD students in STEM fields from seven designated universities. Each awardee will receive HKD80,000 with a total of 10 scholarships. Applications for both scholarships are now closed. The interview process is scheduled to begin in the first quarter of 2025.

藝 · 遊記 Journey in Art



為了鼓勵及支持智障人士發揮藝術潛能，創造更多可能性，基金資助了由匡智會主辦的音樂劇《藝 · 遊記》，音樂劇2024年11月23及24日假香港演藝學院公演。是次音樂劇取材自中國名著《西遊記》，情節按學員的能力及藝術才能度身訂造，一共超過100位匡智會學員及職員參與，而訓練及排練時間長達一年半。兩場演出都反應熱烈，座無虛席。基金期望透過資助是次音樂劇讓智障人士得到更多舞台表演機會，藉此加強大眾對智障人士的關愛及支持。

To foster and support individuals with intellectual disabilities in realising their artistic potential and creating new possibilities, the Foundation has sponsored the musical "Journey in Art". This event was organised by the Hong Chi Association and took place on November 23 and 24, 2024, at the Hong Kong Academy for Performing Arts.

Inspired by the classic Chinese novel "Journey to the West", the musical's

storyline was expertly tailored to the abilities and artistic talents of the participants. The production involved over 100 students and staff members from the Hong Chi Association, who dedicated 18 months to training and rehearsals. The performance received overwhelming demand with full houses on both days.

The Foundation hopes that by supporting "Journey in Art", individuals with intellectual disabilities will gain more opportunities to perform on stage. This initiative aims to enhance greater understanding and support from the public towards this community, highlighting the profound impact of inclusivity.

漫遊9+2 TRAVEL AROUND



深圳 - 小梅沙海洋世界

深圳最大海洋主題公園 - 「小梅沙海洋世界」在2024年10月開幕，並設有5大主題展區，包括極地館、熱帶館、鯨豚館、海獅混養池及青藍洞大廳，擁有200多種稀有物種。

Shenzhen - Xiaomeisha Ocean World

Xiaomeisha Ocean World, the largest ocean-themed park in Shenzhen, opened its doors in October! The park features five major themed areas: the Polar Pavilion, Tropical Pavilion, Dolphin and Whale Pavilion, Sea Lion Habitat, and the stunning Blue Cave Hall. Home to over 200 rare species.

北上旅遊已經變成了港人的新常態，「漫遊9+2」系列繼續介紹近期大灣區內的好去處，為你的旅遊計劃提供多一個選擇。

Travelling to the mainland has become increasingly common for Hong Kong residents. The "Travel Around 9+2" series showcases attractive destinations in the Greater Bay Area, providing a wealth of options for your travel itinerary.



觀看影片系列：
Watch the video series:
<http://bit.ly/39vWPak>



基金的 Let's Power Up 短片系列自推出以來，邀請到來自不同界別的社會領袖分享他們的自身經歷及經驗，讓青年人可從中得到啟發，提升優勢及為未來發展作出規劃！The "Let's Power Up" video series brings together social leaders from diverse sectors to share their personal development journeys and professional experiences. Through their insights, this series aims to help young people recognise their strengths, develop their talents, and plan their future paths.



陳慧慈 Professor Sally Chan

東華學院校長

President of Tung Wah College

東華學院第三任校長陳慧慈教授在中學時期的一次探訪活動中，燃點對護理行業的濃厚興趣，多年來她一直專注於護理教育發展，在香港大力推動護理學位化。面對人口老化及醫療需求不斷增加的現狀，陳校長積極實現跨專業、跨國家合作，將新科技融入護理課程，並深信優化學習環境是培育優秀護理專才的關鍵。

During a high school visit to a hospital, Professor Sally Chan discovered her passion for nursing, which eventually led her to become the president of Tung Wah College. This video highlights her journey and profound dedication to the advancement of nursing education. A staunch advocate for nursing degree programmes in Hong Kong, Professor Chan is acutely aware of the challenges posed by an aging population and increasing

healthcare demands. She is committed to fostering cross-disciplinary and international collaborations. Believing in the critical importance of incorporating new technologies into nursing curricula and enhancing learning environments, she is dedicated to developing outstanding nursing professionals.



觀看影片系列：
Watch the video series:
<http://bit.ly/3EXnMrc>

平凡人·不凡事

Out of the Ordinary

只要找到屬於自己的跑道，每個人都可以發光發亮！「平凡人·不凡事」系列發掘香港青年以正面思維和努力不懈的精神所創造出的成果，希望勉勵更多青年人，以樂觀態度面對挑戰，為自己的青春留下光輝的一頁。

Once you find your own path, everyone can shine brightly! The "Out of the Ordinary" series celebrates the accomplishments of Hong Kong's youth who exemplify positive thinking and unwavering perseverance. Our aim is to inspire more young people to face challenges with optimism and to create remarkable chapters in their own lives.

蕭凱恩 Michelle Siu

香港女鋼琴家、香港視障女音樂家

Hong Kong Female Pianist, Visually Impaired Musician

Michelle 在三個月大的時候因患眼癌而失去視力，但仍然無阻她對音樂的熱愛。她從小學習鋼琴和聲樂，憑著美妙而具穿透力的歌聲，贏得超過 70 個獎項，她的努力亦令她成為香港中文大學首位音樂系的視障畢業生，在 2020 年更榮獲十大傑出青年！另外，她經常參加義演，為慈善機構籌款，幫助有需要的小朋友，更獲選為《感動中國》2023 年度人物。她希望未來能夠成立無障礙音樂學校，協助同路人追夢！

Despite losing her sight at just three months old due to cancer, Michelle's passion for music has remained steadfast. From an early age, she immersed herself in studying piano and vocals, her beautiful voice earning her over 70 music awards. Remarkably, she became the first visually impaired graduate of the Music Department at the Chinese University of Hong Kong and was named one of the Top 10 Outstanding Young Persons in 2020. Michelle frequently performs at charity events, using her music to raise funds for those in need. In recognition of her contributions, she was honoured with the "Touching China Awards 2023". Michelle's dream is to establish a barrier-free music school to empower others with similar challenges to pursue their musical dreams.



余廣滔 Elvis Yu

庫基生物、茵塞普科技始創人及行政總裁

COOH Science Limited, Inspro Science Limited Founder & CEO

沒有任何生物科技背景的 Elvis，靠著一股創業的熱忱，決心成立社企去解決社會問題。他因為一套紀錄片而獲得啟發，發現利用黑水虻消化廚餘是一個高效又環保的方法。現時 Elvis 的工廠每日可以處理約 200 公噸廚餘，而養殖的黑水虻更可製成有機肥料甚至食品添加物，實現綠色循環經濟！目前 Elvis 的團隊已經進駐前海深港青年夢工場，計劃建立自動化工業級養殖廠，利用大灣區的優勢進一步拓展業務。他更希望未來利用昆蟲生產新型蛋白質，為解決全球糧食危機出一分力！

With no prior experience in biotechnology, Elvis was driven by his passion for entrepreneurship and a strong desire to tackle social issues. He discovered that black soldier flies offer a safe and eco-friendly solution for processing food waste efficiently. Currently, his facility processes approximately 200 tonnes of waste daily, converting it into organic fertilisers and even food additives through the use of these flies, thus promoting a green circular economy.

Elvis's team has recently relocated to the Qianhai Shenzhen-Hong Kong Youth Innovation and Entrepreneurship Hub. There, they plan to establish an automated, industrial-scale breeding facility to further expand their operations, taking full advantage of the resources and opportunities in the Greater Bay Area. Looking ahead, Elvis is also committed to addressing the global food crisis by exploring the use of insects to produce new types of protein in the future.



觀看影片系列：
Watch the video
series:
<http://bit.ly/3gz7hbn>

地質公園內海半天遊

Half-Day Inland Sea Tour of The Hong Kong UNESCO Global Geopark



香港的自然寶藏眾多，為了推廣本地的自然美境，YO PLACE 與會員去了位於西貢獲聯合國教科文組織認證的世界地質公園，在專業導賞員的帶領下，了解各種自然景觀。會員更在船程中，近距離欣賞壯觀的火山岩和六角柱石群，並一睹東海四大名拱之一的吊鐘洞，上岸後亦參觀了擁有三百年歷史的天后廟，欣賞獨特的客家建築風格，收獲滿滿。

Hong Kong is home to numerous natural treasures. To showcase the beauty of our local environment, YO PLACE

team and our members embarked on an expedition within the UNESCO Global Geopark in Sai Kung. Guided by professional experts, they explored diverse natural landscapes. During the boat ride, members enjoyed close-up views of the spectacular volcanic rock formations and intricate hexagonal columns, along with High Island, one of the East Sea's four renowned arches. After disembarking, they visited the 300-year-old Tin Hau Temple, where they admired its unique Hakka architectural style. It was a truly rewarding experience for everyone!

沙頭角禁區 CHILL 深度遊

Mysteries Sha Tau Kok Exploration Tour

YO PLACE 帶領會員揭開沙頭角的神秘面紗，由歷史底蘊、到傳統建築及文化遺產，沉浸式探索沙頭角的今昔面貌。活動行程十分豐富，包括到訪了沙頭角之角，是當地最東一塊標示經緯度的舊式路牌，盡覽了沙頭角海灣的天然海岸線；另外，亦參觀了新樓街，是香港現存少數保存完整的廣州式騎樓群建築，共22幢的建築物更被列入二級歷史建築；為了讓會員感受香港的舊日情懷，沙頭角故事館闡述了該區的歷史遺跡及文化足印。

YO PLACE led its members on an enlightening journey to uncover the mysteries of Sha Tau Kok, delving into the area's rich historical heritage, traditional architecture, and cultural legacy. The tour was filled with engaging activities, including a visit to the easternmost point of Sha Tau Kok, where participants discovered an old signpost labeled "Cape of Sha Tau Kok" along with its geographical coordinates. The group also enjoyed the stunning coastal views of Guangdong and explored the Grade II historical buildings on San Lau Street. Here, they admired 22 well-preserved Cantonese veranda-type shophouses - some of the few remaining examples in Hong Kong.



Additionally, the tour included a visit to the Sha Tau Kok Story House where participants learned about historical relics and the cultural footprint of the area.

灣區周圍WALK

江門生態文化之旅

GBA Walk Around Ecological and Cultural Tour at Jiangmen



深中通道歷經7年建設，於2024年正式通車，為了讓會員更深入了解這項國家重大工程，灣區周圍WALK展開「深中通道-江門生態文化之旅」。除了親身體驗深中通道，亦參訪了江門企業，在陳皮村認識陳皮文化產業，親手製作陳皮柑茶茶包，再走進小鳥天堂國家濕地公園，觀賞多種珍稀鳥類，加深對當地生態文化的了解。

After more than seven years of construction, the Shenzhen-Zhongshan Bridge officially opened in mid-2024. To provide members with a deeper understanding of this

national development marvel, YO PLACE has organised the Ecological and Cultural Tour to Jiangmen. Participants not only experienced a firsthand ride on the bridge but also visited local enterprises. In the manufacturing village, they explored the tangerine skin culture and crafted their own tangerine skin tea bags. Additionally, members ventured into the Bird Paradise National Wetland Park, where they observed various rare bird species, enhancing their appreciation of the local ecological culture.



廣州音樂劇之旅

GBA Walk Around Musical Journey at Guangzhou



YO PLACE在2024年11月30日首次舉辦以音樂劇為主題之旅，與會員一起到中國三大劇院之一的廣州大劇院探索音樂文化，了解劇院的華麗設計和具國際化規模的音效設施。細數旅程中的精彩部份，當然少不了觀賞經典音樂劇《蝴蝶夢》的音樂會，其出色的舞台效果配合演員精湛的演技，讓觀眾沉浸在故事中。演出完結後，會員更隨導演到後台，一窺後台的場景佈置、道具及樂隊樂器，實屬非常難得的體驗。

On November 30, 2024, YO PLACE hosted its first musical-themed tour at the Guangzhou Opera House, one of China's top three theatres. Participants delved into the rich musical culture of the venue, renowned for its

spectacular architecture and world-class sound facilities. The tour featured the mesmerising performance of the classic musical, Rebecca. The production's breathtaking stage effects and the remarkable performances of its actors deeply engaged the audience, drawing them into the narrative's emotional depths. A special highlight was the exclusive post-show experience. Tour members had the rare opportunity to meet the director backstage, gain insights into the creative process, and explore the intricate stage setups, props, and the orchestra's instruments, making it a truly unforgettable day.



聖誕HO HO 玩派對 HO! HO! HO! Fun Christmas Party



聖誕節是普天同慶的日子，感謝一班YO YO愛心隊的義工齊集YO PLACE，提前為30個來自基層家庭的小學生舉辦一場HO HO 玩的聖誕派對。派對內容豐富，義工們除了親自佈置場地及主持攤位遊戲外，更和小朋友分組玩遊戲、觀看魔術表演。此外，小朋友們還品嚐了茶點及參加抽獎，大家都流露出幸福及滿足的笑容，滿載而歸，預先過一個溫暖的聖誕節！

Christmas is a time of joy for everyone. Thanks to the support of the YOYO Volunteer Team, a delightful Christmas party

was hosted at YO PLACE for 30 primary school students from underprivileged families. The party was packed with activities! The volunteers helped by decorating the venue and operating game booths. They also enjoyed spending time with the children, playing games, and watching the magic show. Additionally, the children participated in a lucky draw while enjoying party snacks. Everyone left with happy and satisfied smiles, having experienced a warm early Christmas celebration!

「舒緩情緒壓力」工作坊 Stress-Busting and Emotional Wellness Workshop

都市人生活繁忙，容易精神緊張，亦可能面對不同程度的壓力。YO PLACE特意舉辦工作坊讓會員學習如何有效管理壓力和舒緩情緒，活動邀請到資深輔導及心理學專家黃潔盈博士，分享「健腦」技巧和認識「身心語言程式學」(NLP)。會員們透過導師分享、小組討論和互動小遊戲，從中學習如何平衡情緒，將壓力轉化為正能量。

Urban life can be hectic, leading to mental tension and various levels of stress. YO PLACE organised a workshop to help members explore effective stress management and emotional relief techniques. The event featured Dr Carol Wong, a seasoned expert in counseling and psychology, who shared "brain gym" techniques and introduced "Neuro-Linguistic Programming" (NLP). Members participated in discussions, group activities, and interactive games, learning how to balance their emotions and transform stress into positive energy.



「裝修通識」工作坊

Home Makeover Mastery: Your Guide to Renovation Basics



越來越多年輕人渴望擁有自己的獨立空間，為了節省成本，家居裝修及維修變成必學課題。YO PLACE 特意舉辦「裝修通識」工作坊，讓會員在專業導師指導下一日內學習50項實用知識，包括從石屎鑽探到批灰髹油、木工和電工等的基本技巧。不少作為裝修新手的會員，表示每個環節都充滿挑戰與樂趣，成功掌握技巧後，感受到滿足感及成就感。

As more young people seek to create their own independent living spaces, learning home renovation and maintenance has become increasingly crucial for

cost-saving. Recognising this need, YO PLACE organised the "Home Makeover Mastery: Your Guide to Renovation Basics" workshop. This event allowed members to learn 50 practical renovation skills in just one day, with the expert guidance of professional instructors. Many attendees, new to the world of renovation, discovered that each segment of the workshop was both challenging and enjoyable. By the end of the day, having mastered these new skills, participants felt a strong sense of satisfaction and achievement.

至有「營」職業 營養師入門講座

Get into Nutrition: Intro to the Dietitian Career



In Hong Kong, the absence of an official registration system for dietitians leaves many young people aspiring to become nutrition professionals uncertain about how to begin. To address this, YO PLACE invited experts from the Hong Kong Dietitians Association to share their insights with our members. The experts provided a comprehensive overview of the various roles available in the field of nutrition, the necessary professional qualifica-

tions, and the responsibilities these roles entail. They also shared personal anecdotes from their own career journeys. Participants, ranging from students to working professionals, gained a deeper understanding of the dietetics field.

香港現時未有法定營養師的註冊制度，不少人想在香港成為營養師的青年都無從入手。YO PLACE特意邀請了營養師協會的專家，與會員分享成為營養師的方法，全面介紹了營養行業的相關職位、專業資格及職責，講者亦分享了個人的職涯經驗等。參加的會員包括學生和在職人士，講座後他們都對行業加深了認識。

灣區周圍Vlog Vlog Around GBA



今集灣區周圍Vlog主角是就讀體育系的Theo，他帶觀眾深入探索華南師範大學的校園生活。Theo除了分享他的學習日常和多姿多彩的課外生活，還介紹了校內各種設施，讓觀眾了解體育系學生如何充分利用學校的資源來提升自己的專業技能和體能，好好裝備自己，迎接未來。

In this episode of "Vlog Around GBA", we feature Theo, a student from the Physical Education division at South

China Normal University. He takes viewers on an in-depth exploration of campus life, sharing insights into his academic routine and extracurricular activities. Theo showcases various campus facilities, helping viewers understand how students in the Physical Education programme utilise the university's resources to enhance their professional skills and physical fitness, thereby equipping themselves for the future.

衝出灣區周圍Vlog Vlog Beyond GBA

另外周圍Vlog系列亦衝出灣區，由在北京中醫藥大學就讀的鄭凱霖同學帶我們探索北京，分享中醫學生的校園生活，亦帶我們走訪北京的好去處，及介紹不容錯過的地道美食，感受首都的獨特魅力。

In another episode of this video series, we venture beyond the GBA with Jenny, a student at Beijing University of Chinese Medicine. She takes us on a journey to explore life in Beijing, sharing insights into the experiences of Chinese medicine students. Jenny also showcases popular spots around the city and introduces must-try local delicacies, allowing viewers to experience the unique charm of the capital.



助青年 創明天
FOR OUR YOUTH FOR OUR FUTURE

GBA Youth



YO PLACE



大灣區共同家園青年公益基金
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