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香港運動員 就業及教育部通訊

Hong Kong Athletes
Career & Education Department
Newsletter



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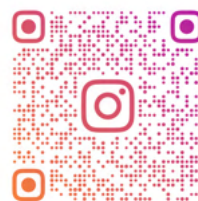
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「傳承運動 全城築夢」

Embrace Sports Legacy Embody City Dreams



一眾嘉賓及運動員出席支持「傳承運動 全城築夢」開幕典禮。

Guests and athletes participated in the launching ceremony to support the "Embrace Sports Legacy Embody City Dreams".

中國香港體育協會暨奧林匹克委員會(港協暨奧委會)香港運動員就業及教育部(HKACED)及港協暨奧委會奧夢成真有限公司(奧夢成真)年度盛事載譽回歸!「傳承運動 全城築夢」於2025年3月22及23日週末期間於西沙GO PARK圓滿舉行,旨在透過運動員與公眾人士近距離互動,宣揚奧林匹克精神,鼓勵青少年勇敢追夢。活動設有超過20項運動體驗、運動員市集及分享,吸引超過4,800名運動員及公眾人士參與,參加者完成指定運動體驗更可獲得精美禮品。

Presented by the Hong Kong Athletes Career & Education Department (HKACED) of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and SF&OC Sports Legacy Company Limited (SLCL), the HKACED Annual Event "Embrace Sports Legacy Embody City Dreams" was held successfully on the weekend of 22 and 23 March 2025 at GO PARK Sai Sha, aims to promote the spirit of Olympism and encourage young generation to boldly pursue their dreams through close interaction between athletes and the public. The event features over 20 sports experiences, athletes' mini market, and athletes sharing, which attracted over 4,800 athletes and public to participate. Participants who complete designated sports experiences will receive special gifts.





港協暨奧委會義務秘書長楊祖賜(中間)、香港運動員就業及教育部委員會主席蒙德楊博士(左)及運動員委員會主席黃金寶(右)主持啟動儀式。

The launching ceremony was officiated by Honorary Secretary General of SF&OC, Mr. Edgar YANG (centre), Chairman of HKACED Committee, Dr. David MONG (left), and Chairman of Athletes Committee, Mr. WONG Kam Po (right).



「傳承運動 全城築夢」精心設計兩款蓋章明信片，特別策劃12個蓋章站讓大家探索不同運動體驗。

"Embrace Sports Legacy Embody City Dreams" well-designed set of two types of stamps postcards and specially planned 12 stamp stations for everyone to explore different sports experiences.



運動員市集大受市民歡迎。Athletes Mini Market was widely welcomed by the public.



一眾星級運動員於HKACED打卡位留影。

Star athletes took photo at the HKACED photo decoration.

星級運動員 Star Athletes

「傳承運動 全城築夢」邀請超過30位港隊星級運動員與民同樂，傳承運動生涯，與市民共同築夢。包括：梁筠宜（田徑）、曹星如（拳擊）、李思穎（單車）、童森（單車）、楊礎搖（單車）、張小倫（劍擊）、何雁詩（哥爾夫球）、鄧宇軒（空手道）、蔡韻瑜（空手道）、徐淑琪（柔道）、王嘉莉（柔道）、張海琳（賽艇）、王瑋駿（賽艇）、房傑鋒（欖球）、李卡度（欖球）、姚錦成（欖球）、何允輝（滑浪風帆）、魏瑋恩（滑浪風帆）、譚凱琳（游泳）、何子樂（壁球）、李皓晴（乒乓）、張玲（網球）、黃子圖（三鐵）等。

“Embrace Sports Legacy Embody City Dreams” invited over 30 Hong Kong team star athletes to spend a delightful day with the public by joining various sports experiences and sharing their athletic journeys. This initiative engaged the community and embodied the city's dreams. Among the athletes were LEUNG Kwan Yi (Athletics), Rex TSO (Boxing), LEE Sze Wing (Cycling), Phoebe TUNG (Cycling), YEUNG Cho Yiu (Cycling), CHEUNG Siu Lun (Fencing), Stephanie HO (Golf), TANG Yue Hin (Karatedo), CHOI Wan Yu (Karatedo), TSUI Shuk Ki (Judo), WONG Ka Lee (Judo), CHEUNG Hoi Lam (Rowing), WONG Wai Chun (Rowing), FONG Kit Fung (Rugby), Cado LEE (Rugby), YIU Kam Shing (Rugby), Rafeek KIKABHOY (Windsurfing), NGAI Wai Yan (Windsurfing), TAM Hoi Lam (Swimming), HO Tze Lok (Squash), LEE Ho Ching (Table Tennis), ZHANG Ling (Tennis), WONG Tsz To (Triathlon), and more.



欖球運動員李卡度(左)、姚錦成(中間)及房傑鋒(右)示範踢球技巧。

Rugby athletes, Cado LEE (far left), YIU Kam Shing (center) and FONG Kit Fung (far right) demonstrated rugby kicking techniques.



劍擊大師兄張小倫向公眾展示運動員協調技巧及爆發力。CHEUNG Siu Lun, fencing athlete, demonstrated coordination skills and explosiveness to the public.



哥爾夫球運動員何雁詩向學生講解正確握桿姿勢。

Stephanie HO, golf athlete, explained the proper grip technique to students.



1

1. 「神奇小子」拳擊運動員曹星如向小朋友下戰書。2. 2020年東京奧運會銅牌得主乒乓球運動員李皓晴親身指導學生。3. 杭州第19屆亞運會金牌及銀牌得主賽艇運動員王瑋駿(中間)及張海琳(左), 向公眾講解賽艇及艇槳的運用。4. 雅加達第18屆亞運會及杭州第19屆亞運會銀牌得主滑浪風帆運動員何允輝(右二)及魏瑋恩(右一)出席運動員見面會。

1. Boxing athlete, Rex TSO issued a challenge to the children. 2. Tokyo 2020 Olympic bronze medalist, table tennis athlete, LEE Ho Ching provided coaching to students. 3. Hangzhou 19th Asian Games gold and silver medalists in rowing, WONG Wai Chun (centre) and CHEUNG Hoi Lam (far left), explained the use of rowing boats and oars to the public. 4. Jakarta 18th Asian Games and Hangzhou 19th Asian Games silver medalists in windsurfing, Rafeek KIKABHOY (second from right) and NGAI Wai Yan (far right), attended an athletes meet-and-greet.

2



4



3



運動員分享 Athletes Sharing

活動舉行了13場運動員分享，向大眾講述運動員經歷，並進行運動示範，與市民互動。

The annual event featured 13 athletes' sharing sessions, where athletes shared their experiences, conducted sports demonstrations, and interacted with the public.



1. 空手道運動員李剛慧(左)及單車運動員童森(右)於運動員分享環節擔任司儀。2. 單車運動員童森(左)及楊礎搖(右)向公眾講解場地單車及公路單車的分別。3. 田徑運動員梁筠宜帶領小朋友做熱身運動。4. 足球運動員梁蔚雅(左)及劉潤兒(右)指導公眾踢球及接球技巧。5. 花式跳繩運動員吳緻靜(左)及蘇泳而(右)與現場觀眾打成一片。6. 武術運動員袁家瑩(左)及關寧慧(中)示範武術敬禮手勢。

1. Karatedo athlete LI Kong Wai (left) and Phoebe TUNG (right) served as facilitators at the athletes' sharing sessions. 2. Cycling athletes Phoebe TUNG (left) and YEUNG Cho Yiu (right) explained the differences between track cycling and road cycling. 3. LEUNG Kwan Yi, athletic athlete, led the children in warm-up exercises. 4. Football athletes LEUNG Wai Nga (left) and LAU Yun Yi (right) instructed the public in football techniques. 5. Rope Skipping athletes NG Chi Ching (left) and SO Wing Yee (right) engaged with the audience on-site. 6. Wushu athletes YUEN Ka Ying (left) and KWAN Ning Wai (centre) demonstrated the wushu salute gesture.

奧夢成真團隊 Sports Legacy Coaching Team

奧夢成真團隊的港隊運動員指導各項運動體驗。

Hong Kong team athletes from SLCL coaching team guided through various sports experiences.



運動員之夜 Athletes Gathering

活動除與市民同樂外，亦首次舉辦運動員之夜，凝聚運動員，超過100位運動員聚首一堂，創造出屬於運動員的回憶。

In addition to enjoying the event with the public, the first-ever Athletes Gathering was convened, bringing together over 100 athletes to create memorable moments unique to them.



退役運動員轉型計劃

Retired Athletes Transformation Programme (RATP)

學校體育推廣主任

School Sports Promotion Coordinator (SSPC)

運動員分享 Athlete Sharing



前港隊足球運動員陳靜謙透過「退役運動員轉型計劃」配對到賽馬會體藝中學任職學校體育推廣主任，除了以運動員身份推廣校園體育文化，更以校友的身份回饋母校，薪火相傳。「我主要負責籌劃、組織及執行各類體育活動，協助處理體育相關的行政工作，以及管理校隊的後勤事務。其中，最難忘的活動是籌辦為期五天的『全民運動週』，透過引入新興運動，鼓勵師生參與，校工們也樂在其中。最後，我十分感謝鄭校長的支持和信任，及體育科黃老師的指導，讓我能迅速適應職場文化，投入母校工作。」

計劃提供彈性上班時間及進修資助，以鼓勵受惠運動員繼續深造。「我已報讀運動科學與體力活動理學碩士課程，積極裝備自己。」

Former Hong Kong football athlete, Matthew CHAN, has been matched with Jockey Club Ti-I College as a School Sports Promotion Coordinator (SSPC) through the "Retired Athletes Transformation Programme" (RATP). He stated, "Besides promoting sports at the school as an athlete, I also contribute as an alumnus, passing on the torch and contribute back to my alma mater. I am mainly responsible for planning, organizing, and executing various sports activities, assisting with sports-related administrative works, and managing the logistics of sports teams. The most memorable event was the five-day 'Sports for All Week' which encouraged teachers and students to participate in sports by introducing newly-emerged sports; even the school janitors enjoyed it. Lastly, I am grateful for Principal CHENG's wholehearted support and trust, and for the guidance from Ms. WONG, the supervisory teacher, who helped me quickly adapt to the workplace and engage with my alma mater as a staff member."

RATP offers flexible working hours and education subsidies to encourage beneficiary athletes to pursue advanced studies. "I have already enrolled in a Master of Science in Sports Science and Physical Activity to enrich my academic qualification and proactively equip myself."



老師分享 Teacher Sharing

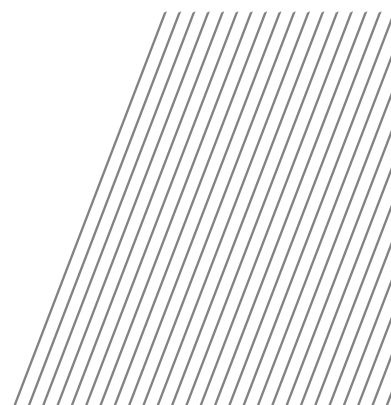


賽馬會體藝中學期望透過計劃的資源，舉辦一系列體育推廣活動，以提升校園體育文化。同時，學校希望為退役運動員提供不同的工作機會，讓他們探索職業興趣及發展方向，為長遠事業發展奠定基礎，協助他們順利轉型。

賽馬會體藝中學黃穎襄老師表示：「Matthew與我同為賽馬會體藝中學的校友，能攜手回饋母校實屬難得，更是一種緣分。Matthew作為退役運動員，向師弟妹分享他過往的運動員經歷和專業知識，不論是提升運動表現、還是增強心理素質，他都能給予寶貴建議。他更是學生的榜樣，教會他們如何在學業與訓練間取得平衡，並有效管理時間。」黃老師特別讚揚Matthew在過去的『全民運動週』，他的構思提升了全校的凝聚力，使全體教職員和學生共渡了一個難忘的星期。

Through RATP, Jockey Club Ti-I College (the School) aims to organize a series of sports activities to enhance sports culture at school. Meanwhile, the School hopes to provide retired athletes with diverse job opportunities, allowing them to explore their career interests and development directions, thereby strengthening their foundation for long-term career development and achieving a smooth transition.

Ms. WONG Wing Sheung, teacher from the School, stated that: "Both Matthew and I are alumni of Jockey Club Ti-I College, and it is a rare opportunity for us to join hands in giving back to our alma mater. As a retired athlete, Matthew shares his past experiences and professional knowledge with the students. Whether it is improving athletic performance or strengthening mental resilience, he offers valuable advice. He is also a role model for the students, teaching them how to strike a balance between academics and training, as well as effective time management." Ms. WONG specially praised Matthew for his ideas during the 'Sports for All Week' which enhanced the cohesion of the entire school, making it an unforgettable week for all staff and students.



體育機構行政人員

Sports Organization Administrator

運動員分享 Athlete Sharing



前港隊跆拳道運動員王樂婷，參與計劃近兩年，從學校體育推廣主任轉任體育機構行政人員，希望為轉型多作準備。

「於中國香港欖球總會(欖總)任職接近一年，與我對體育機構工作的期望相符，現在的工作富有挑戰性及多元化。我最難忘經歷是協助籌備香港國際七人欖球賽，以主辦單位身份參與香港其中一項大型體育盛事，機會難得。另一方面，計劃提供一系列在職培訓課程，幫助運動員提升工作能力和溝通技巧，令我在工作上事半功倍。我十分享受現在的工作。」

Former Hong Kong taekwondo athlete, Karen WONG, has participated in the RATP for nearly two years, transitioning from a SSPC to a Sports Organization Administrator, hoping to gain diverse working experiences.

"Having worked at the Hong Kong China Rugby (HKCR) for nearly a year, which aligns with my expectations for working in a sports organization, my current job is challenging and diverse. My most memorable experience is certainly assisting in the preparation of the Hong Kong Sevens. Being part of the organizing team for one of Hong Kong's major sporting events is a rare and valuable opportunity. Additionally, the programme offers a series of on-job training courses to help athletes improve their work and communication skills, which has made my work much more effective. I really enjoy my current job."



僱主分享 Employer Sharing



欖總希望透過計劃提供就業機會予退役運動員，為他們轉型規劃奠定基礎。同時，體育機構亦可透過計劃發掘、培育及吸納人才。

欖總社區欖球發展及規劃總監馮啟恆表示：「我們明白退役運動員轉投職場，需要時間適應新的身份及工作環境，因此本會額外提供培訓予受惠運動員，讓其對欖球、與社區的連結和架構有基本了解，以助其處理日常工作。計劃除了協助退役運動員投身社會，更可成為運動員轉型的地方。過去亦有一名計劃下的受惠運動員曾於本會任職，並於任期完成後獲晉升為本會的项目經理。」他更讚揚Karen工作態度認真，擅於融入群體環境，冀她繼續努力工作，為自己日後作好長遠規劃，以另一身份在體育界發光發亮。

HKCR hopes to provide employment opportunities for retired athletes through RATP, building up foundation for their career transition. Meanwhile, it allows sports organizations identifying, nurturing, and recruiting talents at work.

Mr. FUNG Kai Hang, Head of Community Development and Pathway, HKCR stated that: "It is understood that retired athletes take time to adapt to their new identity as an employee and at the workplaces. Therefore, the HKCR offers additional trainings to beneficiary athletes, enabling them to gain a basic understanding of rugby, the rugby community, and its organizational structure, which helps them handle daily work in a more effective way. RATP not only assists retired athletes in integrating into society but it also becomes a workplace where athletes can further advance their careers. In the past, a beneficiary athlete working at the HKCR was promoted to a Project Manager upon his completion of subvention period under RATP". He also appreciated Karen's working attitude and the integration ability in the team, hoping she will continue to work hard, well-plan for her long-term career path, and shine in the sports industry in a new role.



進修資助

Education Subsidy

本計劃鼓勵受惠運動員善用工餘時間進修，自我增值。計劃自2018年至今，已批出超過80項進修資助，資助運動員修讀體育相關的專上課程。

RATP encourages beneficiary athletes to make good use of their spare time for further studies, and enrich their academic qualification. Over 80 education subsidies sports-related tertiary education have been approved since 2018.

運動員分享 Athlete Sharing



前港隊三項鐵人運動員郭汝鏗透過HKACED與香港教育大學簽訂的合作備忘錄入學，修讀教育學碩士(特殊需要、資優與輔導)。「任職學校體育推廣主任超過5年，發現運動能成為與特殊教育需要學生的溝通橋樑，因此我希望豐富自己在特殊教育需要與運動教育方面的知識。」自小患有讀寫障礙、過度活躍症及專注力不足的他，在兼顧工作與進修的過程中，比任何人都更感吃力，但他仍選擇堅持。他補充道：「計劃不僅提供彈性上班時間和進修資助，同事們還給予我心靈支持，鼓勵我繼續堅持，完成工作和學業，並以另一身份回饋體育界。」

Former Hong Kong triathlon athlete, Abraham KOK, is currently pursuing a Master of Education (Special Needs, Giftedness, and Counseling) through the Memorandum of Understanding (MOU) signed between HKACED and The Education University of Hong Kong. "Having worked as a SSPC for over five years, I found that sports serve as a communication platform for students with special educational needs and sports education." Diagnosed with dyslexia, hyperactivity, and attention deficit since childhood, Abraham finds balancing work and advanced study more challenging than anyone else; however, he chooses to persevere. "Besides offering flexible working hours and study subsidies, RATP staff continuously encourage me to persevere and complete both work and study, allowing me to contribute back to the sports community in another capacity."

郭汝鏗(三項鐵人)獲香港教育大學頒發「校長嘉許計劃2024 - 2025 - 校長嘉許狀(社會服務獎)」。

Abraham KOK (triathlon) was awarded President's Commendation 2024-2025 (Community Service) of President's Commendation Scheme.



在職培訓課程

On-job Training Courses

過去一年，本計劃合共舉辦12個在職培訓課程，旨在提升運動員的職場技能。

During the year, a total of 12 on-job training courses were organized for the athletes to enhance their work competencies.

領導才能及團隊培訓
Leadership & Team Building



中醫推拿課程
Chinese Massage Course



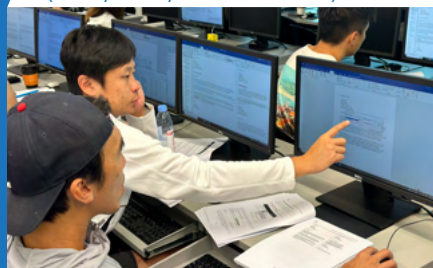
撰寫履歷及面試課程
CV Writing and Interview Workshop



實用職場寫作技巧課程
Practical Written Communication for Business



電腦應用 - MS Office課程
Office Software Application Course
(Excel, Word, and PowerPoint)



ChatGPT基礎應用課程
Foundation Application in ChatGPT Course



運動企業管治課程
Corporate Governance and Compliance in Sports Course



口才提升與應對溝通技巧課程
Presentation and Communication Skills Course



支援特殊學習需要學生 (SEN) 課程
Supporting Students with Special Educational Needs Course



兒童及青少年運動教練證書課程
Children and Youth Fitness Coaching Course



運動企業營運及創業課程
Sports Business and Start-up Management Course



跨紀律部隊入職投考課程
Disciplined Forces Preparation Course



HKACED教育獎學金

HKACED Education Scholarship Programme

HKACED於2024-2025年度共批出20份教育獎學金，其中一半為「菱電進修獎學金」。菱電進修獎學金專為服務滿一年或以上的「奧夢成真計劃」運動員教練而設，旨在根據個人教育背景及需要，提升運動相關知識，為未來發展鋪路。

In 2024-2025, HKACED approved a total of 20 education scholarship applications, with half coming from the Ryoden Development Limited (Ryoden) scholarship programme. The Ryoden scholarship is specifically designed for Sports Legacy athlete-coaches who have served for one year or more, aiming to enhance sports-related knowledge to pave the way for future development.

運動員分享 Athlete Sharing



「菱電進修獎學金」受惠跆拳道運動員關煒霖表示：「自2017年退役後，我於轉型上面對不少困難。直至2022年加入「奧夢成真」，讓我認識到來自不同運動領域的教練，擴闊人脈之餘也收穫豐富的經驗。期間亦接觸到不同群眾，為我帶來嶄新嘗試。HKACED亦定期舉辦各類工作坊，讓我提升個人競爭力，持續強化第二專長。在轉型成為物理治療師的路上，HKACED教育獎學金減輕了我的經濟負擔，讓我能更專注於學業。未來，我希望以一位物理治療師身份，服務社會，實現助人初心。」

Beneficiary of the Ryoden scholarship programme, Wills KWAN, taekwondo athlete, stated that, "Since retiring in 2017, I have faced challenges in my transition. However, joining the Sports Legacy in 2022 allowed me to connect with coaches from various sports fields, expanding my network and gaining valuable experience. By interacting with diverse groups, I encountered new opportunities. HKACED also regularly organizes workshops to enhance my competitiveness and strengthen my secondary expertise. On my journey to becoming a physiotherapist, the HKACED scholarship programme has alleviated my financial burden, enabling me to focus more on my studies. In the future, I aspire to become a competent physiotherapist, serve the community, and fulfill my intention of helping others."



跆拳道運動員關煒霖(右)，現修讀香港都會大學物理治療學榮譽理學士。
Taekwondo athlete, Wills KWAN (right) is studying Bachelor of Science with Honours in Physiotherapy at Hong Kong Metropolitan University.

大專院校合作備忘錄入學

Memorandum of Understanding Admission with Institutions

HKACED在2024-2025年度共推薦34位運動員透過與大專院校簽訂的合作備忘錄入學，院校包括：香港教育大學、香港恒生大學、聖方濟各大學及明愛白英奇專業學校，和職業訓練局，透過雙方協定的彈性收生機制入讀院校，為運動員提供多元出路，支援運動員雙軌發展。

In 2024-2025, HKACED nominated 34 athletes for admission through memorandum of understanding (MOU) signed with institutions, including The Education University of Hong Kong, The Hang Seng University of Hong Kong, Saint Francis University and Caritas Bianchi College of Careers, and Vocational Training Council. This flexible admission mechanism provides diverse pathways for athletes, supporting their dual career development.

運動員分享 Athlete Sharing



經合作備忘錄推薦入讀香港教育大學學位教師教育深造文憑(中學)，**HKACED教育獎學金計劃受惠田徑運動員溫顯頌**表示：「2023年我經HKACED與香港教育大學合作備忘錄推薦入讀學位教師教育深造文憑(中學)，同時成功申請HKACED教育獎學金計劃，令我可以無後顧之憂地追我的「教師夢」。HKACED為運動員提供全方位支援，從獎學金支持到職涯培訓，全面為運動員鋪墊退役發展路徑，令我能利用過去的運動員的經歷和知識回饋社會，將競技精神轉化為體育健康課程設計，啟發青年投身體壇。」

Nominated through MOU for admission to the Postgraduate Diploma in Education (Secondary) Programme at The Education University of Hong Kong, **beneficiary of the HKACED education scholarship programme, athletics athlete, WAN Hin Chung** stated that, "In 2023, I was nominated by HKACED through the MOU with The Education University of Hong Kong to study for the Postgraduate Diploma in Education (Secondary) Programme. Concurrently, I successfully applied for the HKACED scholarship programme, which has allowed me to pursue my "teaching dream" without hesitation. HKACED provides athletes with comprehensive support, from education scholarships to career training, paving a well-rounded development path for athletes after retirement. This enables me to leverage my experience and knowledge as a former athlete to contribute to the community, and inspire the younger generation to devote themselves to the sports industry."



香港教育大學

The Education University of Hong Kong



* 照片由受訪者提供

* Photo provided by the interviewee

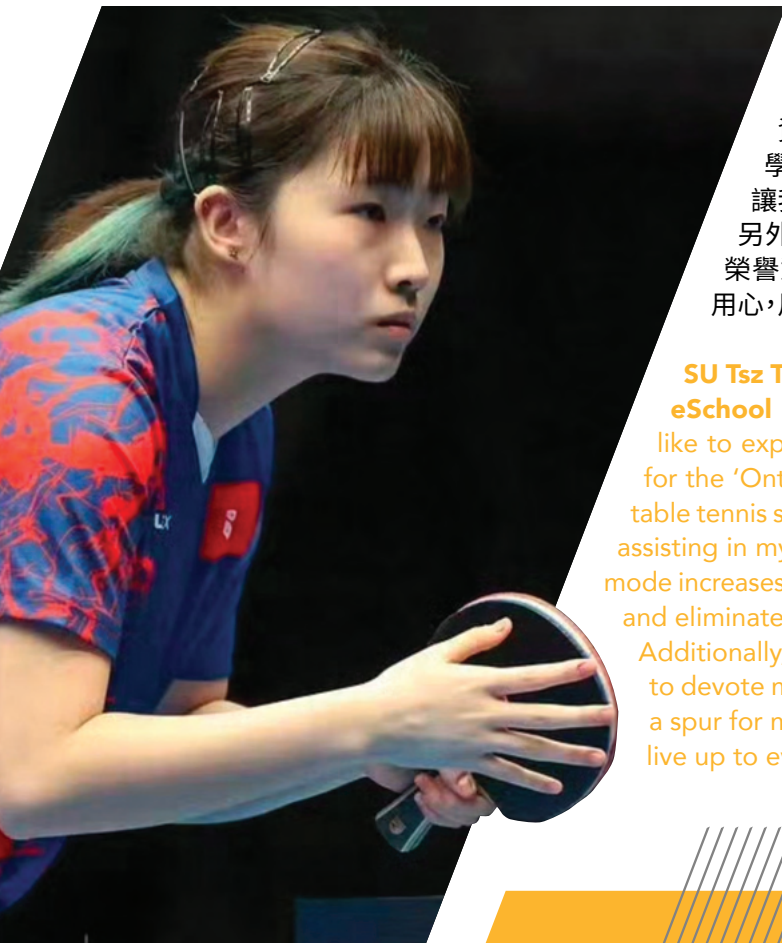
加拿大安省網上中學運動員獎學金計劃

Ontario eSchool Athlete Scholarship Programme

HKACED 與加拿大安省網上中學合作的「加拿大安省網上中學運動員獎學金計劃」，為運動員提供一年免費「加拿大安省高中畢業文憑」網上課程，該網上課程亦得到加拿大教育局授權頒發認可學分，運動員完成課程後，可藉學分及文憑申請入讀本地及海外大學。

“Ontario eSchool Athlete Scholarship Programme”, in collaboration with HKACED and Ontario eSchool (OeS), offers athletes with one year of free online courses for the “Ontario Secondary School Diploma (OSSD)”. OeS is an accredited online high school and recognized in Canada. Upon completion of courses, athletes with rewarded credits and OSSD can pursue further studies in local and overseas universities.

運動員分享 Athlete Sharing



加拿大安省網上中學運動員獎學金計劃受惠乒乓球運動員蘇籽童表示：「衷心感謝HKACED推薦，讓我有幸獲得『加拿大安省網上中學運動員獎學金計劃』資助。作為香港乒乓球學生精英運動員，這份支持對我在學業及運動發展路上給予莫大幫助。線上學習模式提升靈活性，讓我能更好地兼顧訓練和學習，消除比賽和訓練對學業的影響。另外，獎學金亦緩解經濟壓力，讓我可以更專心投入訓練。這份榮譽對我而言既是肯定亦是鞭策，未來我會在學習和打球上更用心，用更好的表現回饋各方期許，不辜負大家的期望。」

SU Tsz Tung, table tennis athlete, beneficiary athlete of Ontario eSchool Athlete Scholarship Programme stated that, “I would like to express my sincere gratitude to HKACED for nominating me for the ‘Ontario eSchool Athlete Scholarship Programme’. As an elite table tennis student-athlete in Hong Kong, this support has been greatly assisting in my academic and athletic development. The online learning mode increases flexibility, allowing me to better balance training and study, and eliminate the impact of training and competition on my academics. Additionally, the scholarship alleviates financial pressure, enabling me to devote more time on training. This honor is both an affirmation and a spur for me to work diligently in my studies and athletic pursuits, to live up to everyone’s trust and expectations.”

* 照片由受訪者提供
* Photo provided by the interviewee

運動員分享 Athlete Sharing

加拿大安省網上中學運動員獎學金計劃受惠足球運動員司徒苑瑩表示：「感謝HKACED『加拿大安省網上中學運動員獎學金計劃』的支持，助我突破學業和訓練的困境。昔日傳統校園的緊湊節奏令學業與足球難以兼顧，令我倍感壓力。自從轉讀了加拿大安省網上中學後，彈性課表實現學訓雙軌並進，讓我有空餘時間去做額外訓練。感謝HKACED的獎學金計劃，令我可以全力以赴，無憂地朝住更高的目標進發。」

SZETO Yuen Ying, football athlete, beneficiary of Ontario eSchool Athlete Scholarship Programme stated that, "I am deeply grateful for the support from the HKACED's Ontario eSchool Athlete Scholarship Programme", as it has helped me overcome the difficulties of balancing my studies and training. The tight schedule of traditional schooling in the past made it challenging to strike a balance between academics and football, which caused me so much stress. However, after transferring to Ontario eSchool, the flexible study schedule has allowed me to make progress in both my studies and training, giving me extra time to dedicate to additional training. Thanks to HKACED's educational scholarship programme, I can now fully commit myself and work towards higher goals without any worries."



* 照片由受訪者提供
* Photo provided by the interviewee

體育大使計劃

Ambassador Programme

HKACED體育大使計劃於2013年開展，不乏星級運動員參與，最新加入的有2020年東京奧運會銅牌得主乒乓球運動員李皓晴，以及體操名將石偉雄。計劃旨在讓運動員親身走進社區，透過向社會各階層分享其運動生涯及經歷，傳達正面價值觀，鼓勵大眾積極參與體育運動，從而促進體育運動發展，並藉此提高大眾對運動員的認識和了解，增進社會對體育事業的支持和關注，同時，亦可鍛鍊運動員公開演說及臨場應變等演說技巧。

2024-2025年度，HKACED體育大使到訪接近70間中、小學和不同工商機構，向學生及社會各界人士分享自身經歷。除了講座分享、出席陸運會或水運會外，體育大使更擔任活動司儀，多方面提升運動員公開演說及臨場應變能力。

The HKACED Ambassador Programme was launched in 2013 and features numerous star athletes. The latest additions include table tennis athlete LEE Ho Ching, a bronze medalist at the 2020 Tokyo Olympics, and gymnastics star athlete SHEK Wai Hung. The programme aims to engage athletes in the community, sharing their sports careers and experiences to convey positive values and encourage public participation in sports. This facilitates the development of sports and enhances public awareness and understanding of athletes, fostering societal support and interest in sports. Additionally, it helps athletes develop public speaking and adaptability skills.

In 2024-2025, HKACED ambassadors visited nearly 70 primary and secondary schools, as well as corporates and organizations, to share their experiences with students and the community. In addition to giving talks and attending sports day, the HKACED ambassadors also serve as event hosts, further enhancing their public speaking and adaptability skills.

活動範疇

Types of Events

1



活動司儀 / 體育評述
Event Emcee / Sports Commentator

梁筠宜(田徑)在賽馬會「奧翔」計劃體能挑戰賽中擔任司儀。
LEUNG Kwan Yi (Athletics) served as an Emcee at the Jockey Club "Flying High" Fitness Challenge.

2



學校分享
School Sharing

梁蔚雅(足球)到九龍工業學校進行分享。
LEUNG Wai Nga (Football) conducted a sharing session at Kowloon Technical School.

3

運動示範 Sports Demonstration



關寧慧(武術)在HKACED年度活動中進行武術示範。KWAN Ning Wai (Wushu) demonstrated wushu at the HKACED annual event.

4

社區分享 Community Sharing



蘇泳而(花式跳繩)於「公益金青少年入樽計劃」活動進行分享。SO Wing Yee (Rope Skipping) conducted a sharing session at the Community Chest Slam Dunk Challenge event.

5

活動嘉賓 Event's Guest



蔡韻瑜(空手道)擔任賽馬會五人棒球社區計劃啟動禮嘉賓(右一)。CHOI Wan Yu (Karatedo) served as a guest at the Jockey Club Baseball 15 Community Programme launch ceremony (far right).

運動員分享 Athlete Sharing



2020年東京奧運會銅牌得主乒乓球運動員李皓晴，透過HKACED體育大使計劃將正能量帶到社區，她說：「參與HKACED體育大使的活動，是一段充滿意義且令人難忘的經歷。作為體育大使，我不僅肩負著推廣體育精神的使命，更能親身感受到運動帶來的正能量和影響力。成為全職乒乓球運動員17年，一直以來都專注於訓練和比賽，現在是運動生涯的尾聲，很開心可以到社區參與更多推廣活動，接觸來自不同年齡的學生，與他們分享自己的經歷。在活動中，我遇到很多對運動充滿熱誠的學生，當中不乏一些立志想成為全職運動員，這讓我印象十分深刻，希望自己的故事能夠啟發他們勇敢追夢。參與HKACED的活動更可令不善言語的我改善溝通技巧，並在與學生互動中找到自信。在活動中，我逐漸學會如何用簡單易懂的方式分享自己的運動經歷和心得，並嘗試以更生動有趣的方式傳遞體育精神，希望可以感染更多的下一代投身運動事業。」

LEE Ho Ching, table tennis athlete, a bronze medalist at the 2020 Tokyo Olympics, brings positive energy to the community through the HKACED Ambassador Programme. She said, "Participating in HKACED Ambassador Programme's activities has been a meaningful and unforgettable experience. As an ambassador, I not only carry the mission of promoting the spirit of sports, but I also feel the positive energy and impact that sports bring. After being a full-time table tennis athlete for 17 years, I have always focused on training and competitions. Now, at the end of my sports career, I am very happy to engage in more promotional activities in the community and connect with students to share my experiences."

During these activities, I met many passionate students, some of whom aspire to become professional athletes, which left a strong impression on me. I hope my story can inspire them to bravely pursue their dreams. Participating in HKACED Ambassador Programme's activities has also helped me improve my communication skills, allowing me to find confidence through interaction with students. I gradually learned how to share my sports experiences and insights in a simple and understandable way, and I tried to convey the spirit of sports in a more engaging and interesting manner. I hope to inspire more of the next generation to get involved in sports."



HKACED體育大使李皓晴(乒乓球)到中華傳道會許大同學校分享。
HKACED Ambassador, LEE Ho Ching (Table Tennis) conducted a sharing session for the students of C.N.E.C. Ta Tung School.

生活技能培訓

Life Skills Training

HKACED為運動員提供切合個人發展及退役轉型的生活技能培訓課程，協助運動員裝備自己，向人生下一個目標進發。同時，亦希望透過多元化課程，連繫運動員，並開拓體育領域外的發展方向。

HKACED provides life skills training programme that tailored to athletes' personal development and post-athletic transformation, equipping them with the relevant skills and knowledge (Career-upskills) needed to embark on their next chapter. The diverse life skills training programme aims to strengthen connections among athletes (Career-networking) while exploring career opportunities beyond sports (Career-exploration).

技能提升課程

Career-upskills Courses

守護兒童政策(運動行業)
Child Safeguarding Policy in Sports Industry



演說技巧工作坊
Presentation Skills Workshop



綜合招聘考試及《基本法及香港國安法》
測試應試技巧班
CRE & BLNST Preparation Course



賽場之外-職涯發展工作坊
Career Development Workshop



特殊教育需要融合運動教練基礎證書課程
Foundation Certificate in Special Educational Needs Inclusive Sports Coaching



商業排版印刷 (Adobe InDesign) 課程
Commercial Publishing (Adobe InDesign) Course



社交技能課程

Career-networking Courses

HKACED x META香港運動員社交媒體培訓
Rock Your Instagram & Threads, Hong Kong Athletes!



初級手語工作坊
Sign Language Beginner Course



職業探索課程

Career-exploration Courses

基礎美髮課程
Fundamental Hairdressing Course



初級寵物護理課程
Pet Groomer Beginner Course



汽車護理及美容課
Car Care and Detailing Course



就業支援

Career Support

HKACED致力與社會不同機構及紀律部隊合作，舉辦就業講座及參觀活動，向運動員介紹不同就業機會，更深入了解工作內容、要求及職業前景，為轉型探索更多可能性。此外，HKACED還會提供職業諮詢，為運動員安排模擬面試。

HKACED has been collaborating with corporates and disciplined services in the community to organize career talks and site visits, introducing athletes to a range of employment opportunities. These initiatives enable athletes to gain a deeper understanding of job roles, requirements, and career prospects, helping them explore new possibilities for their career transformation. In addition, HKACED also provides career consultations and arrange mock interviews for athletes.

消防及救護學院開放日

Fire and Ambulance Services Academy Open Day



香港海關招聘體驗日

Hong Kong Customs and Excise Department Recruitment Experience Day



賽馬會運動員創夢行計劃簡介會

Jockey Club Career Transition Programme for Young Athletes



航空業解碼：參觀香港國際航空學院

Introduction to Hong Kong International Aviation Academy



宣傳活動

Outreach Events

為了讓更多運動員及大眾認識 HKACED，部門於宣傳活動上不遺餘力，為不同運動項目的運動員及家長舉行簡介會，並透過拍攝宣傳短片，向社會各界推廣 HKACED 服務。

Promoting HKACED's vision and services to athletes and the general public has been one of the major tasks of the department. HKACED has been proactively reaching out to athletes and parents from different sports by organizing introductory talks and promotional activities. HKACED also produced promotional videos to raise public awareness on athletes' post athletic development.



中國香港乒乓總會
Hong Kong, China
Table Tennis Association



中國香港合球總會
Hong Kong China Korfball
Association



中國香港足毬總會
Shuttlecock Association of
Hong Kong, China



中國香港電競總會
Esports Association of
Hong Kong, China



中國香港龍舟總會
Hong Kong China
Dragon Boat Association



中國香港健美總會
Hong Kong China Bodybuilding and Fitness Association



中國香港泰拳理事會
Muaythai Association of
Hong Kong, China



中國香港棒球總會
The Baseball Association of
Hong Kong, China



中國香港體育舞蹈總會
DanceSport Association of
Hong Kong, China



中國香港欖球總會
Hong Kong, China Rugby



香港教育大學
The Education University of
Hong Kong

奧夢成真

Sports Legacy

港協暨奧委會奧夢成真有限公司(奧夢成真)由港協暨奧委會轄下香港運動員就業及教育部成立,致力協助中國香港代表隊運動員發展教練事業,安排運動員到中、小學及工商機構擔任專業教練,為社區提供多元化運動體驗及宣揚奧林匹克精神。

本學年累計超過110名來自31個項目的運動員擔任為教練,不僅向學生傳承專業知識及宣揚奧林匹克價值,還發掘他們的運動潛能,促進社區整體體育文化。

奧夢成真於2024-2025年度提供的服務包括賽馬會樂動人生計劃、賽馬會「奧翔」計劃、奧苗計劃、及企業夥伴合作計劃等。

Sports Legacy Company Limited (SLCL) as established by the HKACED under the SF&OC. It aims to assist athletes of the Hong Kong China team in developing coaching careers by arranging for them to serve as professional coaches in schools and corporates, providing diverse sports experiences to the community and promoting the Olympic spirit.

This academic year, over 110 athletes from 31 sports have served as coaches, not only passing on professional knowledge and promoting Olympic values to the students but also uncovering their athletic potential and enhancing the overall sports culture in the community.

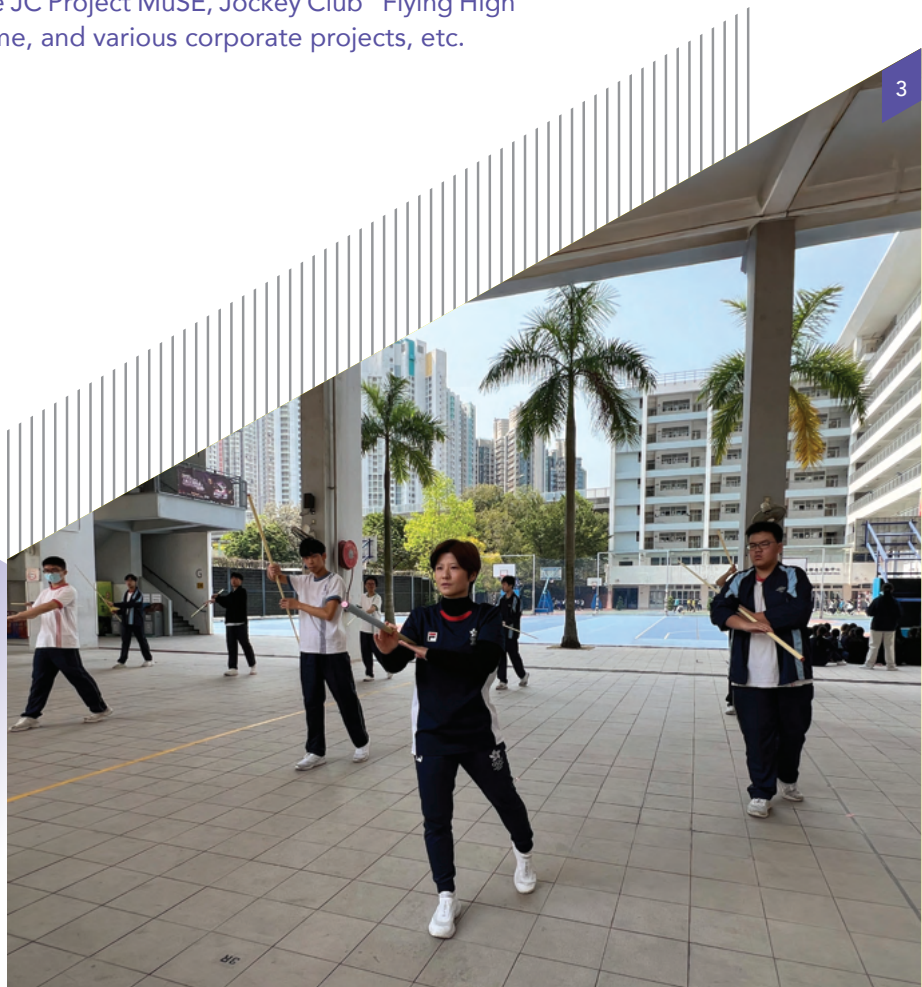
In 2024-2025, SLCL offers services including the JC Project MuSE, Jockey Club "Flying High" Sports Programme, Youth Olympian Programme, and various corporate projects, etc.



1



2



3

1. 蔡韻瑜 (空手道) 於運動體驗課堂上, 示範空手道「上段迴旋踢」動作。
 2. 劉嘉昆 (射箭) 為香港正覺蓮社佛教正覺中學射箭隊備戰錦標賽。
 3. 劉徐徐 (武術) 帶領聖公會聖馬利亞堂莫慶堯中學學生演練棍術。
 4. 羅倩兒 (跆拳道) 示範跆拳道「橫踢」的預備動作。
 5. 李權翰 (羽毛球) 教授學生羽毛球正手發球動作。
 6. 馮詩銘 (手球) 指導香港四邑商工總會新會商會學校學生手球傳球技巧。
 7. 施嘉鑫 (霹靂舞) 示範霹靂舞常見動作「空椅」。
 8. 陳嘉瑩 (板球) 教授中華傳道會許大同學校學生板球投球技巧。

1. CHOI Wan Yu (Karatedo) demonstrated the karatedo "Jodan Mawashi Geri" in the sports experience lesson. 2. LAU Ka Kwan (Archery) got the HHCKLA Buddhist Ching Kok Secondary School's archery squad ready for the tournament. 3. LIU Xuxu (Wushu) led the students from S.K.H. St. Mary's Church Mok Hing Yiu College to practice cudgel play. 4. LAW Sin Yi (Taekwondo) demonstrated the preparatory movements for the taekwondo "turning kick". 5. LI Kuen Hon (Badminton) taught students the badminton forehand serving skills. 6. FUNG Sze Ming (Handball) instructed students from HK Sze Yap C&IA San Wui Commercial Society School on handball passing techniques. 7. SZE Ka Yam (Breaking) demonstrated the common breakdance moves "Air Chair". 8. CHAN Ka Ying (Cricket) taught students from C.N.E.C. Ta Tung School the cricket bowling techniques.



4



5



6



7



8

賽馬會樂動人生計劃

JC Project MuSE

香港賽馬會慈善信託基金於2023年9月開展為期6年的小學校本體育教育計劃「賽馬會樂動人生計劃」，旨在透過不同學習階段，促進學童身心正向發展，提升學童學習表現。「奧夢成真」透過「趣味運動體驗」、「專項運動訓練」及「進階運動訓練」三階段課程，以「長期運動員發展模式」為基礎，全面培育青少年體能、心理及情緒發展。課程著重建立運動素養、培養終身運動習慣，提升學員體能水平、心理韌性，發掘運動潛能，並培養團隊合作、堅毅精神等正向價值觀。

In September 2023, the Hong Kong Jockey Club Charities Trust launched a six-year school-based physical education initiative for primary schools called the "JC Project MuSE". The project aims to promote positive physical and mental development in students and enhance their learning performance through different learning stages. SLCL utilizes a three-stage curriculum consisting of "fun obstacle course racing", "continuous sports-specific training", and "advanced sports training", based on long-term athletic development model to comprehensively nurture youth in physical, psychological, and emotional development. The curriculum emphasizes building physical literacy, cultivating lifelong exercise habits, improving participants' physical fitness levels and psychological resilience, talent identification, and fostering positive values such as teamwork and perseverance.



透過體育課堂引入趣味性的障礙競技運動指導和體驗，提升學員對運動的興趣與參與感，同時培養基礎運動技能、增強體能、協調性及團隊合作精神。

By introducing fun obstacle course racing in physical education classes, the programme enhances students' interest and engagement in sports while also developing fundamental athletic skills, improving fitness, coordination, and team spirit.





計劃讓學生近距離接觸港隊運動員，學習運動知識及奧林匹克價值，發掘運動興趣與潛能。

The project allows students to learn sports knowledge and Olympic values from Hong Kong team athletes, as well as discover their sports interests and potential.



賽馬會「奧翔」計劃 — 「第四屆校際體能挑戰賽」

Jockey Club “Flying High” Sports Programme - The 4th Inter-school Fitness Challenge Competition

由「奧夢成真」主辦、香港賽馬會慈善信託基金捐助開展的賽馬會「奧翔」計劃，於2024年6月29日假香港珠海學院體育館舉行「第四屆校際體能挑戰賽」，來自24間中學320多位學生同場競技，挑戰以最短時間完成10個體能動作，展現「卓越」、「友誼」及「尊重」三大奧林匹克精神。比賽最終由九龍真光中學、聖公會李炳中學、王肇枝中學及路德會協同中學分別奪得全場總冠、亞、季及殿軍。

Organized by the SLCL and funded by the Hong Kong Jockey Club Charities Trust, the Jockey Club “Flying High” Sports Programme launched the 4th Inter-school Fitness Challenge Competition at Hong Kong Chu Hai College on 29 June 2024. Over 320 students from 24 secondary schools demonstrated the Olympism values of “Excellence”, “Friendship” and “Respect” while competing in 10 fitness exercise for time. The Kowloon True Light School, S.K.H. Li Ping Secondary School, Wong Shiu Chi Secondary School and Concordia Lutheran School crowned the overall champion, 1st runner-up, 2nd runner-up and 3rd runner-up respectively.





1. 奧夢教練賽前向參賽者進行講解,解釋比賽中體能動作的標準。2. 今屆賽事增設參賽者出場環節,讓學生感受運動員出場氣氛。3. 九龍真光中學代表隊獲全場總冠軍。4. DJ團隊憑藉專業技能與學生互動,為比賽炒熱氣氛。5. 奧夢教練為參賽學生擊掌打氣。

1. SLCL coaches delivered a briefing to the students, explaining the standards for the fitness exercises in the competition. 2. This year's event introduced a participant entrance segment, allowing students to experience the atmosphere of athletes entering the competition. 3. The team from the Kowloon True Light Middle School won the Overall Champion in the competition. 4. The DJ team engaged with students through their professional skills, enhancing the atmosphere of the competition. 5. SLCL coaching team encouraged the participating students with high-fives.



企業夥伴合作計劃

Corporate Project

奧夢成真一直支持體育發展，有賴各公私營機構的慷慨贊助及支持，得以在社區進行體育推廣及教育工作，支援基層兒童。

SLCL has always supported sports development, given the generous sponsorship and support from the public and private sectors, this enables us to promote sports and education in the community and support grassroots children.

香港迪士尼樂園度假區 Hong Kong Disneyland Resort

香港迪士尼樂園度假區連續多年支持奧夢成真開辦多元化運動課程，並由奧夢團隊的專業教練指導。為來自香港小童群益會及香港基督教服務處的本地與少數族裔青年，或低收入家庭兒童，提供更多參與體育活動的機會，幫助他們發揮運動潛能，培養正面價值觀，促進身心全面發展。

For several consecutive years, Hong Kong Disneyland Resort has sponsored the SLCL in offering diverse sports programmes under the guidance of SLCL professional coaches. These programmes provide local and multicultural youth, as well as children from underprivileged families associated with the Boys' and Girls' Clubs Association of Hong Kong (BGCA) and Hong Kong Christian Service (HKCS), with more opportunities to engage in sports activities. This initiative aims to help them develop their athletic potential, foster positive values, and promote their overall well-being.



奧夢成真為香港小童群益會旗下8間中心開辦包括霹靂舞及劍擊在內共11個運動課程。The SLCL has organized a total of 11 sports courses, including breakdance and fencing, for the beneficiaries of the BGCA's from 8 centres.



奧夢成真為香港基督教服務處開辦的運動課程以英語授課，以便利少數族裔的兒童參與。

The SLCL has conducted the sports courses in English for HKCS to facilitate participation from the ethnic minority community.

香港交易所慈善基金 HKEX Foundation

香港交易所慈善基金支持奧夢成真社區體育推廣計劃，為基督教香港信義會社會服務部的受惠中學提供多元體育活動。奧夢團隊的專業教練帶領學生參與體適能測試、運動訓練及體育活動，傳授運動知識與奧林匹克價值。

The HKEX Foundation sponsored the SLCL's community sports promotion programme to provide diverse sports activities for secondary schools served by the Evangelical Lutheran Church Social Service - Hong Kong. Students were guided by SLCL professional coaches as they participated in fitness assessments, sports training, and sport events, learning about sports knowledge and Olympic values.



奧夢成真體適能測試均由教練團隊指導下進行，為參加者評估自身體適能表現。

Fitness service is guided by SLCL coaches to evaluate participants' physical fitness.



於中午及傍晚時段，為恒生銀行員工提供不同團體訓練班及體適能挑戰活動。

Various group training and fitness challenge activities were organized for Hang Seng Bank staff during lunch breaks and evenings.



恒生銀行 Hang Seng Bank

恒生銀行連續多年與奧夢成真合作舉辦多元化體育活動，由奧夢團隊專業教練為員工提供運動指導，提升健康意識，傳授運動技巧與知識，協助他們培養恆常運動習慣，促進身心健康發展。

For consecutive years, Hang Seng Bank has partnered with the SLCL to organize diverse sports activities, led by SLCL professional coaches. These initiatives aim to enhance employees' health awareness, strengthen their sports skills and knowledge, and assist them in developing regular exercise habits to promote overall well-being.

香港地球之友 Friends of the Earth (HK)

奧夢成真團隊以運動員大使身份，參與地球之友「酷森林2024」植樹活動，身體力行推動減碳，為環保出一分力。

The SLCL was invited by the Friends of the Earth (HK) to participate in the "Tree Planting Challenge 2024" as athlete ambassadors, demonstrating our commitment to reducing carbon emissions and promoting sustainable development.



賽艇運動員王瑋駿(上)及欖球運動員潘柏茵(下)出席植樹活動。

WONG Wai Chun, rowing athlete (top) and POON Pak Yan, rugby athlete (bottom) attended the tree planting activity.



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Hong Kong Athletes
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Newsletter

