



From Crises to Growth: A School Family's Journey

Interview with Social Worker Cathy Chan and Principals Lau Ching Yung & Wong Kwok Keung

如同家人般的協作 助學生重拾校園生活

專訪社工陳嘉媛 與劉清容、黃國強校長



Adolescents' mental health conditions have raised concerns in recent years. How should schools and social workers work together to help students through tough times? School Social Work and Support Services Social Worker Cathy Chan, together with former and current principals Lau Ching Yung and Wong Kwok Keung of New Territories Heung Yee Kuk Tai Po District Secondary School (NTHYKTPDSS), gave an outstanding answer in years of seamless partnership.

近年學生情緒健康狀況令人憂慮，學校與社工應該如何協作，助他們渡過難關？學校社會工作及學校支援服務的同工陳嘉媛（Cathy），連同她所服務的新界鄉議局大埔區中學前任及現任校長劉清容及黃國強，用多年實踐交出了一個令人鼓舞的答案。

Shoulder To Shoulder Like Family

如家人般並肩作戰 互信補位護航前行

Cathy Chan has served at NTHYKTPDSS for nearly a decade, with half the time partnering closely with former principal Lau Ching Yung. Through years of collaboration, their deepest takeaway is one word: "trust."

At school, the "trust" word takes concrete form during regular joint meetings among discipline teachers, guidance counselors and social workers. They openly share updates—whether emerging issues or hidden concerns—and brainstorm student support plans together. For instance, knowing that many girls enjoy cooking, they organized

cooking workshops; for students with low learning motivation, they came up with activities with dynamic challenges to help students build a sense of achievement.

New principal Wong Kwok Keung, though only having worked with Cathy for a few months this school year, has already developed strong rapport with her. He compares the school-social worker relationship to that of a family: working seamlessly together and naturally filling each other's gaps. "If we had to explain everything and get approval at each and every step, many things simply couldn't get done," he says. He reflects that this unspoken understanding isn't built overnight, but through years of accumulated experience.

Cathy 於鄉中服務近十年，其中一半時光與前校長劉清容攜手並肩。經過多年磨合，兩人最深刻的體會就是一個「信」字，「我哋真係咩都傾，好有互信，凡事都會主動分工，合作無間」。



在學校，這個「信」化為實實在在的機制，包括定期舉行訓輔及學校社工聯席會議，坦誠交流「情報」，無論是已浮現的問題，還是潛藏的隱憂，都會攤開來討論，共同商討支援學生方案，例如不少女同學喜歡烹飪，他們就舉辦煮食工作坊，面對一些低學習動機的同學，又想出「喜有此你」計劃，讓他們參加較動態的活動，如原野烹飪及獨木舟等，建立成功感，這一切都是在會議中碰撞出來。

新學年剛上任的黃校長，雖與Cathy合作僅數月，卻已培養出默契。他將學校與社工關係比作家人，緊密無間、互相補位，好多情況不需言語，即能無縫配合：「因為如果事事要解釋、問過先去做，其實好多嘢都做唔到。」他亦感嘆，這份得來不易的默契，並非一朝一夕，而是多年累積的珍貴成果。

Nurturing Hidden Potentials During Crises 危機中的溫暖 守護隱藏光芒

"The first time I saw her was accompanying her to a follow-up medical appointment," Cathy recalls. Among many cases, this one remains unforgettable for Cathy. The student had been struggling with severe emotional distress and self-harm since childhood, and have been hospitalized from suicide attempts and self-injury during her primary school years. She couldn't even attend the Form 1 orientation when she joined NTHYKTPDSS.

The student had to avoid classrooms entirely, or was only able to manage occasional half-day attendance, spending most time in the social worker's office. Last October was a particularly tough period for the team – three students were sent to hospital within one month, and this student was one of them. During hospitalization, Cathy, the class teacher, counselors, and even the principal visited her one after another, just to deliver one message to this distraught girl - "You are not alone."

With everyone's unwavering support, she gradually stepped out of the social worker's office, and returned to classes step by step. The school arranged half-day in-person classes,

paired with half-day online learning for a smooth transition back to campus life. The team also discovered the student's exceptional artistic talent along the way - her origami creations were innovative and exquisite. The team recalls the heartwarming moments when she volunteered to help during a lunchtime activity, and eventually challenged herself to a full school day for the first time - and she did it.

In recent exams, she completed several subjects for the first time in secondary school. "This is a huge breakthrough for her as she didn't take any exams throughout Primary 5 and 6," Cathy said. Though not yet "fully like other students," the three team members agree that every new step - half-day of attendance, or exam attempted - represents precious progress, and new horizons expanded gradually.

「我第一次見到佢，就已經係陪佢去覆診」，在眾多個案之中，Cathy提到一位學生，至今仍令她印象深刻。這位學生自小飽受嚴重情緒困擾及自我傷害行為折磨，小學時更曾因企跳、自殘而入院；中學開學，連中一迎新也無法出席，團隊當時嚴陣以待，步步為營。

升上中學後，這位學生起初幾乎無法踏足課室，只能間中回校勉強上半日課，更多時間躲在社工室。去年十月，學校迎來艱難時刻，短短一個月內就有三位學生需送院，而這位學生正是其中之一。住院期間，Cathy、班主任、輔導老師，甚至校長先後探訪，用行動證明：「你並不孤單。」

憑藉眾人一路耐心同行，從走出社工室開始，逐步陪這位學生重返學習現場，學校配合安排半日實體課、半日網課，讓其按部就班適應校園。更意外發現，這位學生擁有極高藝術天賦，摺紙作品栩栩如生。最令人驚喜的，是在一次午膳活動中，學生主動提出幫忙，並挑戰首次全日上學，那天，亦真的做到了。



不久前考試，這位學生首次在中學階段完成幾科試卷。「諗起佢小學五、六年級幾乎無考過試，今次已經係好大突破。」Cathy坦言。雖然目前仍未能「完全同其他同學一樣」，但團隊三人一致認為，每多行一步、多上半日課、多考一科，已是來之不易的珍貴進步。

A Rewarding And Ongoing Journey 榮獲肯定 攜手並進

It was no surprise that the three ended up at the prize presentation ceremony of "Hong Kong School Social Worker Excellence in Collaboration Scheme" jointly organized by the Hong Kong Federation of Education Workers and Connecting Hearts, which honours outstanding partnerships between social workers and schools. Last year, Cathy Chan, as nominated by Principal Lau Ching Yung, moved the judges with their story and won the Individual Merit Award.

Cathy humbly stated that this honour is not her personal achievement, but the fruit of the entire school team's collective effort, with every "family member" pouring in their heart and soul together to bring out positive changes in students. She also attributed the award to her predecessors who built up tacit understanding with the school team, and worked hard to turn the social worker's office into students' most trusted haven. Both principals agree that the award was the testament to Cathy's outstanding work. While they are thankful of Cathy's dedication in serving students, they wished Cathy didn't have to work round the clock and answer student's messages in the middle of the night. They described their journey of supporting students as an endurance race: "There is no passing the baton - everyone kept doing what's best for students without ever stopping."

Looking ahead, Cathy hopes for more resources to enhance the social worker's office - installing projectors to create a private cinema, adding baking equipment for more activities -



so students in need can integrate into campus life more quickly, transforming potential emotional crises into growth opportunities.

去年香港教育工作者聯會及香港社福界心連心大行動聯合主辦的「香港學校社工協作卓越計劃」，旨在表揚傑出的學校社工合作典範。Cathy獲劉校長提名，他們的故事更觸動了評審，讓Cathy榮獲「年度傑出學校社工優異獎」。

得獎的Cathy謙稱，這份榮譽非一人之功，而是學校團隊共同努力的結晶，每位「屋企人」傾注心血，群策群力方有成果。她又特別感激歷任社工多年來已與校方建立良好默契，一直用心關顧學生，讓社工室成為學生最信賴的避風港。兩名校長就一致認同Cathy實至名歸，一方面感激Cathy的付出，同時心疼她經常為學生廢寢忘餐，半夜亦需回覆他們的訊息。黃校長形容，學校與社工扶持學生就如耐力賽，「無話交低過支棒，大家不斷為學生好，根本上無停過。」

展望未來，Cathy盼望更多資源注入社工室，加裝投影機化身私人影院，添置烘焙設備豐富活動，讓有需要的學生更快融入校園，將潛在情緒危機轉化為成長契機。

Chinese Immigrant Service Agencies Network International (CISANI) Conference 2025 Successfully Concludes in Hong Kong 2025年華人移民服務機構聯會會議圓滿舉行



Thirty-four social service veterans from the US, Australia, New Zealand and Taiwan joined the CISANI Conference 2025 in Hong Kong from 17 to 21 November. The Agency arranged conference sessions, visits and gatherings in Hong Kong and Shenzhen for delegates to explore this year's theme, "Ageing Service in a Highly Mobile Society."

Highlight of the week was the Conference attended by over 90 participants on 18 November at M+, where Professor Terry Lum, Henry G. Leong Professor in Social Work and Social Administration of The University of Hong Kong, and Mr. Tan Tick Yee, BBS, Principal Advisor (Elderly Services) of Social Welfare Department, as well as seasoned social workers from the CISANI network shared their unique perspectives and frontline experiences. Delegates gave very positive feedback and expressed their gratitude to the Agency for hosting this meaningful event.

來自美國、澳洲、紐西蘭及台灣等地共34位社會服務資深同工，於2025年11月17日至21日齊聚香港，參與「2025年國際華人移民服務機構聯會大會」。是次大會由本社籌辦，為與會者安排了一系列專題研討、機構參訪及交流活動，並結合香港與深圳兩地考察，深入探討本屆主題——「高度流動社會中的長者服務」。

重點活動為11月18日於M+舉行的專題研討會，吸引超過90位參加者出席。香港大學社會工作及社會行政學系梁顯利基金教授席（社會工作及社會行政學）林一星教授、社會福利署首席顧問（安老服務）陳德義先生，BBS，以及國際華人移民服務機構聯會的成員代表，於會上分享了寶貴的研究及見解，以及前線服務經驗。與會者對活動予以高度評價，並感謝本社籌辦此次年度大會，認為此行收穫豐富，意義深遠。



HOPE Interpretation and Translation Service Centre for Ethnic Minorities opens HOPE少數族裔傳譯及翻譯服務中心現已啟用

HOPE Interpretation and Translation Service Centre for Ethnic Minorities commenced operations on 10 December 2025. A new initiative announced in the Chief Executive's 2024 Policy Address, the Centre provides ethnic minorities, NGOs and government departments with free general interpretation and translation services between English and seven ethnic minority languages, comprising Bahasa Indonesia, Bengali, Hindi, Nepali, Punjabi, Tagalog, and Urdu.

Miss Alice Mak, SBS, JP, Secretary for Home and Youth Affairs, Mr. Clarence Leung, BBS, JP, Under Secretary for Home and Youth Affairs and Ms. Priscilla To, JP, Director of Home Affairs, visited the Centre located in Tai Wo Hau on 31 December 2025 and were received by the Chief Executive Mr. Stephen Yau, GBS, JP. Mr James Suen, Migrants Programme Director, introduced the various facilities and services provided by the Centre, including news translation, telephone interpretation, and simultaneous interpretation.

HOPE少數族裔傳譯及翻譯服務中心已於2025年12月10日正式投入服務。該中心為《行政長官2024年施政報告》中公佈的新措施之一，為少數族裔人士、非政府機構及政府部門提供免費的傳譯及翻譯服務，語言涵蓋英語與七種少數族裔語言，包括印尼語、孟加拉語、印地語、尼泊爾語、旁遮普語、他加祿語及烏爾都語。

民政及青年事務局局長麥美娟女士，SBS, JP、副局長梁宏正先生，BBS, JP，以及民政事務總署署長杜潔麗女士，JP，於2025年12月31日到訪這所位於大窩口新成立的中心。行政總裁邱浩波先生GBS, JP及服務總監孫樹邦先生接待並介紹了中心的各項設施及服務，包括新聞翻譯、電話傳譯及即時傳譯服務等。



Support for victims at Tai Po deadly blaze 國際社迅速支援大埔火災災民

As the city's deadliest fire in decades unfolded at the end of November, our colleagues surpassed the call of duty to provide all possible help to victims. Being one of the NGOs to grant The Community Chest Tai Po Fire Relief Fund, the team wanted to ensure that actual assistance reached the victims in the least possible time. As such, the Agency mobilized its own financial reserves and prepared hundreds of cash cheques of HK\$20,000 each within hours, out of which 564 were passed to affected households through the ISSHK booths set up at CCC Fung Leung Kit Memorial Secondary School in Tai Po and Wu Kai Sha Youth Village, on 28 and 29 November. This arrangement reduced prolonged waiting times, and was well received by the beneficiary families. The Migrants team also sent colleagues to station at Taipo to assist migrant workers in need after the tragedy, while colleagues from Social Worker also volunteered to support the work of "One social worker per household" of SWD.

The China Social Welfare Foundation and China Social Assistance Foundation granted RMB 15 million and RMB 5 million respectively and to ISS-HK for disaster relief efforts. The funds will be used to provide medical care and rehabilitation for the injured, maintain the livelihood of those affected, address the victims' mental health needs and strengthen essential social work services for those in need.

去年11月底，大埔發生近數十年來本港最嚴重的火災事故，造成重大人命及財產損失。本社於事故發生後第一時間啟動緊急應變機制，迅速為受影響家庭提供即時及到位的支援。

作為「公益金及時雨大埔火災援助基金」的撥款會員機構之一，機構即時動用財政儲備，於數小時內準備數百張港幣20,000元的現金支票，希望確保援助能於最短時間內送達災民手中。同工於11月28及29日連續兩日駐守大埔中華基督會馮梁結紀念中學及烏溪沙青年新村臨時收容中心，於國際社攤位向受影響家庭派發其中564張支票，免卻災民長時間輪候，相關安排獲受助家庭廣泛肯定。

同時，本社非華裔移居人士服務團隊亦派出同工進駐災區，主動為有需要的家庭傭工及非華裔居民提供即時支援；學校社工團隊亦主動協助社署推行「一戶一社工」的支援工作，體現跨服務協作的專業精神。

此外，本社亦為中華社會福利基金會及中華社會救助基金會災後支援項目的承辦機構。兩會分別撥款人民幣1,500萬元及500萬元，用以支援災民生活援助、災後醫療及復康服務、心理支援以及相關社會工作服務，協助災民逐步走出困境。



Lottery Ticket Sales 2026 2026年慈善獎券銷售

Lottery Ticket Sales 2026 was held from 15 January to 10 March to raise funds to supplement our services for families, children, youths and the elderly.

During the campaign period, service units set up ticket sales booths at public streets in Sham Shui Po, Tin Shui Wai, Wong Tai Sin, Sheung Shui and Kowloon City on designated dates. These efforts aim to engage the community, strengthen interaction with nearby residents, and further enhance the overall fundraising results.

The Agency would like to express gratitude to members of the public, partner organizations, service users and staff members for their enthusiastic support for the campaign.

本年度慈善獎券銷售活動於2026年1月15日至3月10日舉行，目的是為本機構所服務的家庭、兒童、青少年及長者服務籌集更多資源。

於銷售期間，機構單位亦於指定日期在深水埗、天水圍、黃大仙、上水及九龍城等地區的公眾街道設立獎券銷售點，藉此接觸社區大眾，加強與鄰近地區市民的互動與聯繫，並進一步提升整體籌款成效。

衷心感謝各區市民、公眾人士、友好團體、服務使用者及同工的踴躍支持與參與，令是次慈善獎券銷售活動得以順利完成，惠及社區不同階層的需要。



ISS' Got Talent Scholarship Prize Presentation Ceremony cum Talent Showcase 2025 國際社展才藝獎學金2025頒獎典禮暨才藝表演

ISS' Got Talent Scholarship 2025 received enthusiastic support from various service units, and the Award Presentation Ceremony cum Talent Showcase was held on 1 March 2026 at Domain Mall in Yau Tong. This marked the first time the event was held in a shopping mall and a significant milestone for its fifth edition.

We were honoured to have representatives from our Gold Sponsor, Optimix (Hong Kong) Limited, professional judging panel from Baron School of Music and Bloom Dance Academy, as well as supporting partners Tesco Education Group and Papabubble in attendance.

In addition to receiving their certificates of recognition, award recipients took to the stage to showcase their remarkable talents. Their enthusiasm and skills earned resounding applause from the audience. Adding to the excitement, singers Nicky Hung and Lunar Chan from the Baron School of Music, together with Bloom Dance Academy's Bravo team, delivered extraordinary performances to further impress the audience.

Winners of the "My Favourite Star Award" and "Social Worker Recommendation Award" were also announced. The "My Favourite Star Award" goes to the performance with the highest number of votes from the public on social media. The "Social Worker Recommendation Award" was given to a participant recommended by our social worker. The award recognises those who have demonstrated potential and perseverance despite various family or personal limitations.

The event attracted over 140 participants, including representatives from sponsoring organizations, award recipients and their families, school principals and teachers, as well as colleagues from various service units who came to show their support.

「國際社展才藝獎學金2025」獲得各服務單位踴躍支持，頒獎典禮暨才藝表演於2026年3月1日假油塘「大本型」商場舉行。是次活動首次在商場舉辦，標誌著活動邁入第五屆的重要里程碑。

大會邀得金鑽贊助商奧迪美(香港)有限公司、專業評審伯樂音樂學院及Bloom Dance Academy，以及支持單位德高教育集團與Papabubble代表出席。多位得獎者除了接受嘉許證書，更在舞台上展現了他們的才藝成果，精湛演出贏得熱烈掌聲。伯樂音樂學院歌手熊力衡及陳穎，以及Bloom Dance Academy的Bravo舞蹈團隊，亦帶來勁歌熱舞，帶動現場氣氛。

現場還公布了「我最喜愛人氣之星」及「社工專業推介大獎」的得主。其中，「我最喜愛人氣之星」是讓公眾投票選出最喜愛的表演或作品；而「社工專業推介大獎」則由社工推薦，以表揚在家庭或其他限制下，依然展現出潛能與毅力的參加者。

活動吸引了在場超過140位觀眾出席，除了各贊助機構的代表、得獎者及其親友外，各服務單位同工及學校校長、老師等亦蒞臨出席支持，現場氣氛熱鬧而溫馨。



Foster Family Reunion Celebration 2026 寄養服務闔家歡樂慶團圓 2026

The annual event "Foster Family Reunion Celebration 2026" was successfully held on 8 February 2026, bringing together 205 participants from 70 foster families. An exhibition of artworks and handcrafts created by foster children was held, while five children took the stage to showcase their talents, including guitar playing and dancing.

Before the event started, volunteers from the Hong Kong Youth Arts Association conducted art workshops of crafts themed the Year of the Horse and as well as balloon - twisting activities. Photo booths and Chinese calligraphy stations were also set up, allowing families to spend meaningful and joyful time together. Ms Jenny Ng, Director of Foster Care Programme, presented each family with chocolates and mini horse figurines as gifts after her welcoming remarks.

Participants enjoyed lunch while watching fantastic performances on stage, and were pleasantly surprised when staff transformed into "Kpop Demon Hunters" to encourage children to bravely face challenges, creating a heartwarming and vibrant atmosphere.

一年一度大型活動「闔家歡樂慶團圓」於2026年2月8日圓滿舉行，吸引70個寄養家庭共205人參與。今年特別展出寄養小朋友的畫作及手工藝，並邀請5位小朋友上台表演結他及舞蹈等，展現自信與努力成果。

活動開始前，香港青年藝術協會義工到場主持馬年主題手工藝及扭氣球工作坊，大會並設有拍照及揮春攤位，讓家庭共度溫馨時光。活動由寄養服務總監吳寶雲女士致辭，並向每個家庭送上朱古力及小馬公仔。參加者其後一邊享用午膳，一邊欣賞台上精彩表演，高潮環節由同工化身「Kpop獵魔女團」繞場鼓勵孩子勇敢面對挑戰，場面溫馨熱鬧。



ISSFI takes part in the Mastermind Roundtable 國際社家庭學院出席「智庫圓桌會議」

Ms Peggy Chan, Programme Director of ISS Family Institute was invited to take part in Mastermind Roundtable on 11 February 2026 as a panelist.

Themed "Stewardship in the Chinese Context: Family, Legacy, Future", the forum served as a platform to connect policymakers, practitioners, academics, and family principals to foster practical insights of family wealth transfer and management. Ms Chan gave a sharing on the

relationship dynamics of families as an essential element in the smooth implementation of financial and legal governance. 國際社家庭學院服務總監陳蘇陳英女士於2026年2月11日獲邀出席圓桌會議，分享家庭系統理論。

本次論壇以「華人家族財富傳承：家族、遺產與未來」為主題，旨在為政策制定者、實踐者、學者和家族負責人搭建交流平台，促進對家族財富傳承和管理的實踐。陳女士分享了家族關係互動在順利實施財務和法律管治中的關鍵角色。



Cultural awareness workshop for Ocean Park employees 海洋公園文化培訓工作坊

Migrants Programme Director Mr James Suen and Ms Sadaf Aziz, Assistant Team Leader at HOPE Interpretation and Translation Service Centre for Ethnic Minorities conducted a cultural awareness training workshop to Ocean Park employees on 4 February 2026, which aims to equip them with knowledge of diverse customer ethnicities and cultural backgrounds to enhance inclusivity at the theme park. Thirty frontline staff attended the session.

非華裔人士服務總監孫樹邦先生及HOPE少數族裔傳譯及翻譯服務中心助理中心主管Sadaf Aziz女士於2026年2月4日為海洋公園僱員舉辦了一場文化培訓工作坊，讓員工對不同國藉的文化及習慣有更深入的认识，加強樂園包容文化。共30名前線員工出席了是次活動。



Ripples Academy Graduation and Recognition Ceremony 漣漪學苑結業嘉許禮



Ripples Academy held its Graduation and Recognition Ceremony on 3 November 2025, with 100 participants in attendance. Representatives from Bank of China (Hong Kong) and partnering mentors joined the event to witness the occasion and recognise participants for their active engagement throughout the programme. During the ceremony, the participants worked together to create hand-painted blessings and sang the inspiring song "Move On" to encourage one another and look ahead with confidence. The event concluded on a cheerful and uplifting note, marking the successful completion of the Academy's five-year initiative.

漣漪學苑於2025年11月3日舉行「結業嘉許禮」，共有100名參加者出席。活動邀請中國銀行（香港）代表及合作導師到場見證，嘉許在整個計劃中積極參與的學員。儀式上，婦女們共同創作手繪祝福，並合唱《乘風破浪》，以歌聲互相鼓勵、展望未來。活動在溫馨而熱烈的氣氛中圓滿舉行，為漣漪學苑五年計劃劃上圓滿句號。

Wellness with Chinese Medicine 2025 健樂中醫藥 2025

The School Social Work and School Support Services once again partnered with the Association of Sino Enterprises Promotion to organize the "Wellness with Chinese Medicine 2025" event on 6 December 2025. The event received strong support from the School of Chinese Medicine of Chinese University of Hong Kong, as well as the teachers and students of Pui Ying Secondary School, along with various organizations and volunteers who wanted to contribute to the welfare of the elderly.

The event provided nearly 70 seniors residing in Southern District with free basic health check-ups, consultations and acupuncture treatments from registered Chinese medicine practitioners, health information seminars, demonstrations of Eight-Section Brocade (Baduanjin) exercises, and experiences with pain-relief healthcare products.

The seniors took part with great enthusiasm. The event effectively encouraged them to pay closer attention to their physical and mental health, learn ways to strengthen their bodies, and enhance their health awareness and self-care skills.

學校社會工作及學校支援服務再度聯同中外企業促進聯會，於2025年12月6日舉辦「健樂中醫藥 2025」。

活動得到香港中文大學中醫學院、培英中學的師生，以及關愛長者福祉的機構和人士全力支持，為來自南區近70位長者提供免費的基本身體健康檢查、註冊中醫師面診及針灸治療、健康資訊講座、八段錦養生運動示範，以及痛症醫療保健產品體驗。

長者們參與非常踴躍，活動有效地鼓勵他們關注視身心健康，學習強身健體的方法，並提升保健意識與自我照顧能力。



HOPE Dragon Boat Team at the 2025 Stanley Dragon Boat Race HOPE 龍舟隊參與2025赤柱龍舟賽

After weeks of intensive training, the HOPE Dragon Boat Team of HOPE Support Service Centre for Ethnic Minorities made its debut at the 2025 Stanley Dragon Boat Race, competing alongside teams from other NGOs in a vibrant and energetic atmosphere. The event not only allowed participants to experience one of Hong Kong's iconic traditional sports firsthand, but also showcased the spirit of teamwork and friendship. As they paddled in unison, team members felt a strong sense of unity, and fully enjoyed the excitement and fun of the race.



經過多週的積極訓練，HOPE少數族裔人士支援服務中心龍舟隊於2025年赤柱龍舟比賽中正式亮相，與多支來自不同非政府機構的隊伍同場競技，現場氣氛熱烈。是次活動不僅讓參加者親身體驗香港具代表性的傳統運動，更展現了團隊合作、堅持不懈與友誼互勉的精神。隊員們在共同奮力划槳的過程中，充分感受到團隊的凝聚力，彼此互相支持，並享受投入比賽的樂趣。

Name of Activity: "Crocheting Blessings" Parent Crochet Group

Date: December 2025 to January 2026

Location: Tin Shui Wai(North) Intergrated Family Service Centre

Brief description: Through collaborative crochet creations and mutual exchange of crochet skills, participants enhanced their sense of self-efficacy and relieved stress in a fun crafting environment. The group comprises seven members, who generously donated their creations to the donors who purchased the Agency's lottery tickets.

活動名稱：「織出祝福」家長鉤織小組

日期：2025年12月至2026年1月

地點：天水圍(北)綜合家庭服務中心

簡介：此興趣小組以學習鉤織為媒介，通過共同創作及互相交流，讓參加者在愉快的手作過程中提升自我效能感，減輕壓力及促進社交互動。小組共有7名家長參與，成員更將其作品慷慨贈予購買機構慈善獎券的善長。



Name of Activity: "Reading by Lamplight" Picture Book Camp

Date: 28 December 2025

Location: Tin Shui Wai(North) Intergrated Family Service Centre

Brief description: The Centre's Reading Club hosted its first evening reading session, where parents and children worked together to design a picture book themed around camping tents. A parent-child night reading session followed, offering families a unique bonding experience and fostering greater enjoyment of shared reading.

活動名稱：「挑燈夜讀」繪本營

日期：2025年12月28日

地點：天水圍(北)綜合家庭服務中心

簡介：中心的讀書會首次於晚上舉行，讓父母及孩子一同設計與宿營帳幕有關的主題繪本，並於當晚進行親子夜讀，經驗不一樣的親子時光，並提升親子共讀樂趣。



Name of Activity: KFBG x Hang Seng Bank Nature Treasure Hunt 2025

Date: 25 January 2026

Location: Kadoorie Farm and Botanic Garden

Brief description: Shamshuiipo (South) Integrated Family Service Centre recruited 45 participants from families in the Shamshuiipo District to take part in this ecological conservation activity. Participants formed teams to act as "Wildlife Guardians" to traverse forest trails and complete various checkpoint missions. Throughout the process, they deepened their understanding of local biodiversity in Hong Kong and connected with nature, enhancing interaction and communication among family members and sharing quality parent-child time together.

活動名稱：KFBG x 恒生銀行 - 「再森林 • 還原野」尋寶行2025

日期：2026年1月25日

地點：嘉道理農場暨植物園

簡介：深水埗(南)綜合家庭服務中心招募了45名來自深水埗區家庭的參加者，參與是次生態保育活動。參加者組隊穿梭山林小徑，完成不同關卡任務，化身為「野生生物守護者」。過程中，參加者不僅可以加深對香港本地生物多樣性的認識，還能促進家庭成員間的互動與交流，共享優質親子時光。



Name of Activity: Ghouls and Goals - Halloween Celebration and Feedback Forum

Date: 26 October 2025

Location: DREAM Support Service Centre for Ethnic Minorities

Brief description: The DREAM Centre Care Team organized a Halloween celebration to promote community engagement, shared the latest government policy updates, and gathered public feedback on the Centre's services. The event featured a variety of game booths, along with food and refreshments, attracting a total of 146 participants, including families, individuals, and youth. Feedback was positive, with attendees describing the event as engaging and enjoyable. Many also reported a better understanding of the relevant policies and the Centre's services, and received useful information and relevant resource materials.

活動名稱：萬聖歡聚暨意見交流會

日期：2025年10月26日

地點：DREAM 少數族裔人士支援服務中心

簡介：DREAM中心的關愛隊舉辦萬聖節慶祝活動，旨在促進社區參與、分享最新政府政策資訊，並收集市民對中心服務的意見。現場設有多個遊戲攤位，並提供食物及茶點，共吸引 146 名參加者，包括家庭、個人及青少年踴躍參與。參加者反應正面，表示活動氣氛熱鬧愉快，並對相關政策及中心服務有更深入了解，同時獲得實用資訊及相關支援資源。



Name of Activity: BoC talk on online scam

Date: 20 December 2025

Location: ISS-HK Morrison Centre

Brief description: The Small Group Home organized this event with the aim of enabling residents to gain a deeper understanding of common online scam tactics and their consequences. The session featured experience sharing, group discussions and a quiz with prizes. It helped students gain a deeper understanding of common online scam tactics and their consequences, thereby strengthening their ability to prevent and respond to cyber scams. Co-organized with the Bank of China, the initiative drew a total of 30 participants.

活動名稱：新世代打擊詐騙攻略

日期：2025年12月20日

地點：國際社摩理臣山中心

簡介：兒童之家舉辦是次活動，旨在透過講者分享個人經歷、小組討論和有獎問答遊戲，讓中學家童深入了解各種網絡詐騙行為及其後果，從而提升他們預防和應對網絡詐騙的能力。活動與中國銀行合辦，共有30名參加者。



Name of Activity: Fire Safety Escape Quiz

Date: January 2026

Location: Small Group Homes in Different Districts

Brief description: To enhance the knowledge of children and staff on the appropriate response measures during a fire, the homes specially organized a Fire Escape Quiz with Prizes. Through the game, participants not only learned the basic steps and safety rules of fire evacuation, but also reinforced their understanding of fire safety through interactive Q&A. This helped improve their ability to respond in emergency situations and contributed to building a safer living environment.

活動名稱：火災逃生有獎問答遊戲

日期：2026年1月

地點：各區家舍

簡介：為增強家童及職員在火災發生時應採取的應對措施知識，各家舍特別舉行火災逃生有獎問答遊戲。參加者除了能在遊戲中學習火災逃生的基本步驟與安全守則，亦透過互動問答加深印象，提升在緊急情況下的應變能力，從而建立更安全的生活環境。



Name of Activity: OPCFHK Charity Run: Embracing Nature Diversity Together

Date: 25 January 2026

Location: Ocean Park Hong Kong

Brief description: 19 colleagues from Migrants Programme, Shamshuipo (South) IFSC and School Social Work joined the 4km Fitness Run to support the Ocean Park Conversation Foundation, Hong Kong in its efforts to protect wildlife and biodiversity across Hong Kong and Asia.

活動名稱：「生態保衛賽」2025

日期：2026年1月25日

地點：香港海洋公園

簡介：19名來自非華裔人士服務、深水埗(南)綜合家庭服務中心及學校社工服務的同工參與了當天的4公里體驗跑，支持香港海洋公園保育基金的本地及亞洲的野生生態保育工作，守護生物多樣性。



Name of Activity: Space Museum and LEGO Exploration Tour

Date: 18 January 2026

Location: Tsim Sha Tsui

Brief description: A total of 20 new arrival and cross-boundary families living in the North District joined the Tsim Sha Tsui day trip. Through watching a dome show at the Hong Kong Space Museum and enjoying activities at the Hong Kong LEGO Discovery Centre, participants not only deepened their understanding of Hong Kong culture and its unique blend of Chinese and Western influences, but also shared a joyful and meaningful parent-child experience.

活動名稱：太空館及樂高探索之旅

日期：2026年1月18日

地點：尖沙咀

簡介：是次尖沙咀一日遊活動吸引了20個居於北區的新來港及跨境家庭參與。透過到香港太空館欣賞球幕電影，以及到香港樂高探索中心遊玩，參加者不僅加深了對香港文化的認識，進一步體驗香港中西文化交融的特色，亦共度了一段愉快而珍貴的親子時光。



Name of Activity: Drug-Free Youth · Bay Area Alliance

Date: 30 December 2025-1 January 2026

Location: Macau, Guangzhou, Shenzhen and Zhuhai

Brief description: Social workers led 30 cross-boundary and newly arrived youths to the Greater Bay Area for the anti-drug exchange tour. The group visited the YMCA of Macau to explore the causes of addictive behaviours, toured the Guangzhou Drug Prevention Education Centre, and learned about mainland drug rehabilitation models at Baiyun Mental Hospital. The programme concluded in Shenzhen with an interactive theatre performance by local Drug Prevention Pioneers and in-depth discussions, enhancing participants' drug prevention awareness and resilience.

活動名稱：無毒青春·灣區同行

日期：2025年12月30日 - 2026年1月1日

地點：澳門、廣州、深圳、珠海

簡介：社工帶領30名跨境和新來港青年前往大灣區，展開禁毒交流活動。參加者先後到訪澳門基督教青年會，探討成癮行為的成因，接著參觀廣州市禁毒教育館，並於白雲心理醫院了解內地戒毒治療模式。最後在深圳觀摩由禁毒先鋒主演的互動劇場並參與深度交流，提升了青少年的禁毒認知與抗逆能力。





School Social Work & School Support Services

HYAB JC Scheme for Youth Life Planning (2025-28) - 《Life Rider》Career and Life Planning Programme

學校社會工作及學校支援服務

民青局賽馬會青年生涯規劃計劃 (2025-28) - 《Life Rider》生涯規劃活動計劃

Objectives

The 《Life Rider》 Career and Life Planning Programme is one of the key services under our School Social Work & School Support Services. Specifically designed for secondary school students, the programme provides career planning education through a series of experiential learning activities.

The programme was successfully implemented in the past two cycles (2019-2022 and 2022-2025) with funding from the Home and Youth Affairs Bureau and the Youth Development Commission. The new round (2025-2028) is funded by The Hong Kong Jockey Club Charities Trust, enabling the continued delivery of structured, school-based, and experiential learning opportunities.

Programme Framework

The programme adopts the S.U.P.E.R. framework as its core design:

- **Strength Based:** Helping students recognize their personal traits and abilities and strengths, and build self-confidence.
- **Uniqueness of Life Choices:** Understanding diverse pathways to make suitable choices for further education and employment.
- **Problem Solving Enhancement:** Strengthening students' problem-solving and adaptability skills to enhance their initiative and action-taking abilities.
- **Experiential Learning:** Through hands-on experience, to connect classroom learning with real-life practice and workplace contexts.
- **Resilience:** Fostering the ability to face challenges with resilience and a positive mindset.

Activity Content

- Self-Awareness and Problem-Solving Workshop
- Diverse Interest Experience Day
- Team Building Day Camp
- Image Enhancement and Dining Etiquette Workshop
- Mock Work Experience Activities
- Workplace Tours
- Work Internships

Participating Schools (2025-28)

- Caritas St. Joseph Secondary School
- Cheung Chau Government Secondary School
- China Holiness Church Living Spirit College
- Pooi To Middle School
- Salesian English School
- St. Mary's Canossian College



計劃簡介

《Life Rider》生涯規劃活動計劃是「學校社會工作及學校支援服務」的重要一環，專為中學生策劃生涯規劃教育。

計劃在過去兩個週期 (2019-2022 及 2022-2025) 獲民政及青年事務局及青年發展委員會資助，並已成功推行。新一輪計劃 (2025-28) 獲香港賽馬會慈善信託基金撥款支持，延續以青年為本、校本推行的生涯規劃服務。

計劃理念

計劃以「S.U.P.E.R.」作為活動的核心框架：

- **Strength Based 突顯個人優勢：**
認清個人性格與專長、建立自信
- **Uniqueness of Life Choices 作出合適的選擇：**
認識多元出路，作出貼合自己的升學/ 就業選擇
- **Problem Solving Enhancement 提升解難能力：**
加強思考與應變，提升行動力
- **Experiential Learning 經驗學習與實踐：**
以體驗帶動學習，連結真實世界
- **Resilience 強化抗逆力：**
培育面對挑戰的韌力與正向價值觀

活動內容

- 自我認識及解難工作坊
- 多元興趣體驗日
- 團隊訓練日營
- 形象提升及餐桌禮儀工作坊
- 模擬工作體驗活動
- 職場參觀
- 工作實習

參與學校 (2025-28)

- 明愛聖若瑟中學
- 長洲官立中學
- 中華聖潔會靈風中學
- 香港培道中學
- 慈幼英文學校
- 嘉諾撒聖瑪利書院

Words from Programme Director 服務總監的話

Growing up is a journey that calls for companions along the way. The new round of the 《Life Rider》 Career and Life Planning Programme will continue to partner with multiple secondary schools to guide students through diverse learning and hands-on activities. These experiences will help them uncover their unique personality traits and strengths, helping them chart career paths that truly align with their interests, abilities, and values.

I would like to express my gratitude to the schools, parents, employers from various sectors, and mentors for their trust and support. I look forward to embarking on this journey with students, helping them explore their hidden potential, broaden their horizons, and carve out their own paths.

青少年成長是一段需要同行者的旅程。新一輪的《Life Rider》生涯規劃活動計劃將繼續與多所中學攜手同行，透過舉辦多元學習及實踐活動，協助同學發掘個人性格特質與強項，作出切合自身興趣、能力及價值的生涯發展方向。

感謝學校、家長及各界僱主與師友的信任及支持。我期待在未來的旅程中，與同學一起發掘潛能、擴闊眼界，走出屬於自己的道路。



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