



香港運動員就業及教育計劃

Hong Kong Athletes Career & Education Programme (HKACEP)



HK
ACEP

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會長序言 President's Foreword

霍震霆先生 GBS, JP

Mr. Timothy T. T. FOK, GBS, JP

中國香港體育協會暨奧林匹克委員會 會長

President

Sports Federation & Olympic Committee

of Hong Kong, China



國際奧委會於2005年成立運動員就業計劃(ACP)，目的是鼓勵各國成員協助運動員於運動生涯後順利轉型發展第二事業。中國香港體育協會暨奧林匹克委員會作為地區成員之一，積極響應國際奧委會的號召，隨即於2006年展開籌備工作，並於2008年正式成立「香港運動員就業及教育計劃(HKACEP)」及其辦事處，成為亞洲首三個國家地區發展類似項目的成員，為運動員提供就業、教育、生活技能及諮詢服務的全方位支援。最近ACP改名為「Athlete365 Career+」並推出一系列支援服務計劃如：運動道德及誠信碩士課程獎學金及創業網上課程計劃等，為運動員提供更多元化的轉型支援。

In 2005, the International Olympic Committee Athlete Career Programme (ACP) was established, aiming to encourage members of the National Olympic Committees to support their relative athletes in post-athletic transformation for their second-career development. In response to the call of the IOC, the Sports Federation & Olympic Committee of Hong Kong, China promptly started to prepare the establishment of "Hong Kong Athletes Career & Education Programme (HKACEP)" and its office in 2006, following which the programme was successfully launched in 2008 and became the first among the three Asian countries / regions to develop this comprehensive programme covering career development, education, life skills training and consultation supports. Recently, the ACP was rebranded as "Athlete365 Career+" and launched new programmes such as the Master of Art in Sports Ethics and Integrity programme and Business Accelerator online course for the provision of more diversified support to athletes' transformation.

主席的話 Message from the Chairman

胡曉明博士 SBS, JP

Dr. Herman S. M. HU, SBS, JP

中國香港體育協會暨奧林匹克委員會 副會長

Vice-President

Sports Federation & Olympic Committee

of Hong Kong, China

香港運動員就業及教育計劃委員會 主席

Chairman

Hong Kong Athletes Career &
Education Programme Committee



香港運動員就業及教育計劃為運動員提供全方位的支援，包括舉辦就業展覽及講座、職業配對、提供教育獎學金升學及舉辦不同生活技能課程等，並不斷開展新計劃例如「星星伴轉型」學長計劃及加拿大安省網上中學運動員獎學金等計劃，目的是協助運動員退役後獲得發展機會，繼續貢獻社會。十分感謝香港特區政府、各大企業及教育機構的鼎力支持，提供不同的資源及協助，讓運動員在運動生涯後能成功轉型。

The Hong Kong Athletes Career and Education Programme (HKACEP) provides athletes with all-round supports including career development, education, life skills training and consultation service, and continually develop new programmes such as “Stars to Shine” Mentorship Programme and Ontario eSchool Athlete Scholarship Programme. We aim to assist athletes with career development opportunities and continue for making contribution to the society after their athletic retirement. I deeply appreciate the HKSAR government, corporations and education institutions for being staunch supporters in providing different resources and assistance to athletes’ successful career transformation.

副主席的話

Message from the Vice-Chairman

郭志樑博士 BBS
Dr. Karl C. Kwok, BBS

中國香港體育協會暨奧林匹克委員會 副會長

Vice-President

Sports Federation & Olympic Committee

of Hong Kong, China

香港運動員就業及教育計劃委員會 副主席

Vice-Chairman

Hong Kong Athletes Career &
Education Programme Committee



香港運動員就業及教育計劃 (HKACEP) 致力協助香港運動員締造有利的條件，令他們退役後能成功轉型，開展第二事業。計劃由2008年成立至今，已經有來自四十多個運動項目超過七百位運動員受惠，包括超過二百個教育獎學金資助項目及超過二百五十個成功職業配對。我們將不斷優化服務，務求令更多運動員可以受惠，繼續幫助運動員在知識及技能兩方面裝備和增值，協助他們專注於體育競賽之餘更容易融入主流社會。

Hong Kong Athletes Career & Education Programme (HKACEP) is committed to create favourable conditions for Hong Kong athletes' transformation after retirement and start their second career. Since the establishment of the Programme in 2008, over 700 athletes from more than 40 sports have benefited from this programme, including over 200 education scholarship approvals and over 250 successful job matchings. We will continue to enhance our services so that more athletes could benefit from this programme and equip athletes with the knowledge and skill sets necessary for their integration into the main stream of society.

香港運動員就業及教育計劃委員會

主席： 胡曉明博士 SBS, JP

副主席： 郭志樑博士 BBS

委員： 鄭青雲先生 (當然委員-民政事務局代表)

貝鈞奇先生 SBS

王敏超先生 BBS, JP

楊祖賜先生 PDSM

陳念慈女士 JP

周冠華先生

黃贊先生

李一強博士

何一鳴先生

趙不求先生 MH

何朗秋先生

陳曉峰先生 MH

HKACEP Committee

Chairman: Dr. Herman S.M. HU, SBS, JP

Vice-Chairman: Dr. Karl C. KWOK, BBS

Members: Mr. Paul C.W. CHENG (ex-officio-representative of
Home Affairs Bureau)

Mr. PUI Kwan Kay, SBS

Mr. Ronnie M.C. WONG, BBS, JP

Mr. Edgar J.T. YANG, PDSM

Ms. Amy L.C. CHAN, JP

Mr. Kenny K.W. CHOW

Mr. WONG Tsan

Dr. Adam Y.K. LEE

Mr. Tim Y.M. HE

Mr. Cowen B. CHIU, MH

Mr. Charles L.C. HO

Mr. Nick CHAN, MH

目標 VISION

透過向運動員提供就業、教育、生活技能及諮詢服務等支援，從而培育自信、備受尊敬、具競爭力的世界級體育人才，成為年青人的榜樣。

The Hong Kong Athletes Career & Education Programme (HKACEP) aims to deliver four core provisions for elite athletes in Hong Kong: Career, Education, Life Skills Training and Consultation. These provisions are to support elite athletes to not only gain respect and self-confidence through programmes organised within these provisions, but also to be able to increase competitiveness in the global market as an influential youth leader.

使命 MISSION

- 減少運動員的顧慮，使他們可以集中精神於提升體育水平，讓運動員在情況許可下，盡量投身全職訓練和參與體育競賽，並進行運動訓練和學習進修的雙軌發展。
To reduce apprehensions of athletes and to reassure them of their status and ability; so that they are able to focus on their trainings and competitions in order to increase their performances both consistently and effectively; especially under circumstances where both training and studying are allowed to be done simultaneously.
- 為每位運動員締造有利環境和預備有關知識，令他們退役後成功受雇於社會各機構。
To support and equip each athlete with the best possible knowledge and environmental preparation for successful employment upon retirement.
- 在知識及技能兩方面裝備運動員，助他們專注於體育競賽之餘更易融入主流社會。
To support and equip each athlete with both life skills and knowledge for their integration into the society.
- 表揚運動員的體育成就，肯定他們在香港代表隊的貢獻。
To honour athletes for their achievements and dedication in representing Hong Kong, China.
- 表達香港社會對運動員的支持。
To convey a message of support from the society to athletes.

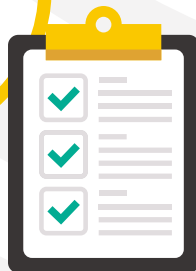
不同的階段 不同的支援

Different Support
at Different Stages

01

獲所屬體育
總會提名

Nominated by respective NSA



02

曾代表香港隊
參與大型比賽

Member of the Hong Kong Team



03

現役運動員
Serving athletes



計劃退役運動員
*Retiring athletes



04

退役至退役後
六年運動員

Retired athletes
up to 6 years



05



*經所屬總會及負責教練確認，
將於24個月內正式退役。
Supported by respective NSA and
the responsible coach, to be retired
within 24 months.

計劃內容

Programme Coverage

香港運動員就業及教育計劃 (HKACEP) 服務內容主要包括：就業、教育、生活技能、運動員諮詢及奧夢成真計劃。

Hong Kong Athletes Career and Education Programme (HKACEP) provides designated support for athletes in their career transition, including Career, Education, Life Skills Training, Athletes Consultation and Sports Legacy Scheme.



就業 Career

- 就業導向及講座
 - 模擬面試
 - 個人履歷表寫作技巧
 - 工作配對
 - 實習生計劃
 - 退役運動員轉型計劃 (由民政事務局主辦)
- Career Guidance and Talk
 - Mock Interview
 - CV Writing
 - Job Matching
 - Internship Programme
 - Retired Athletes Transformation Programme (Organised by Home Affairs Bureau)



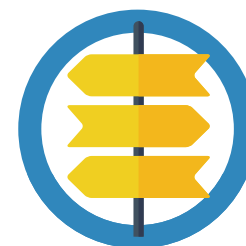
教育 Education

- HKACEP教育獎學金計劃
 - EF English Centers 綜合英語課程
 - 加拿大安省網上中學運動員獎學金計劃
 - 教育諮詢及講座
- HKACEP Education Scholarship Programme
 - EF English Centers Integrated General English Course
 - Ontario eSchool Athlete Scholarship Programme
 - Education Consultation and Talk



生活技能 Life Skills Training

- 生活技能培訓課程
 - 體育大使計劃
 - 「星星伴轉型」學長計劃
- Life Skills Training Programme
 - Ambassador Programme
 - “Stars to Shine” Mentorship Programme



運動員諮詢 Athlete Consultation

- 諮詢服務
 - 生涯規劃
 - HKACEP 簡介講座
- Consultation
 - Career Planning
 - HKACEP Introductory Talk



奧夢成真計劃 Sports Legacy Scheme

- 賽馬會「奧翔」計劃
 - 「奧」妙運動園!計劃
 - 企業員工發展培訓及社區活動
- Jockey Club “Flying High” Sports Programme
 - Go Play Olympics! Programme
 - Corporation Projects and Community Activities

香港運動員就業及教育計劃 (HKACEP) 由2008年成立至今，共有超過700位運動員受惠於本計劃，HKACEP為他們提供的各項支援服務受惠人次數以百計，例如：

Since the establishment of HKACEP in 2008, over 700 athletes have benefitted from the programme. Hundreds of athletes have been benefitted from the various programmes of HKACEP. For example:



受惠運動員人次 Benefitted athletes (Times)

**HKACEP 教育
獎學金計劃**
HKACEP Education
Scholarship Programme

超過
Over **200** 人次
Times

生活技能培訓課程
Life Skills Training

超過
Over **1300** 人次
Times

運動員諮詢服務
Athlete Consultation Service

超過
Over **1100** 人次
Times

工作配對
Job Matching

超過
Over **250** 人次
Times

**EF English Centers
綜合英語課程**
EF English Centers
Integrated General English Course

超過
Over **250** 人次
Times

體育大使計劃
Ambassador Programme

超過
Over **100** 人次
Times



就業 CAREER

就業支援 Career Support

本計劃與不同企業及機構合作，向運動員提供多元化的就業支援，包括：

- 就業導向及講座
- 模擬面試
- 個人履歷表寫作技巧
- 工作配對
- 實習生計劃
- 退役運動員轉型計劃 (由民政事務局主辦)
- Career Guidance and Talk
- Mock Interview
- CV Writing
- Job Matching
- Internship Programme
- Retired Athletes Transformation Programme (Organised by Home Affairs Bureau)

Jointly organised by supporting partners, HKACEP provides athletes career support activities, including:

就業資訊站 Jobs Hub



就業資訊站提供不同行業的市場資訊及職位空缺，為運動員進行工作配對，將運動員推薦到合適的企業工作。

An online platform with the latest information of HKACEP career partners, their job vacancies and other sports related positions available for application.

了解更多
Learn more



退役運動員轉型計劃 (由民政事務局主辦) Retired Athletes Transformation Programme (Organised by Home Affairs Bureau)

民政事務局主辦的「退役運動員轉型計劃」，由香港運動員就業及教育計劃負責執行，計劃鼓勵及資助學校和體育機構聘用退役運動員，並提供在職培訓及進修資助，協助運動員提升資歷和技能，為將來發展打好基礎，同時協助學校和體育總會推廣體育和培養人才。

The “Retired Athletes Transformation Programme”, organised by Home Affairs Bureau and administrated by HKACEP, encourages and subsidises schools and sports organisations to employ retired athletes. The programme aims to facilitate retired athletes’ career development by providing them a platform to earn work experience, supplemented with on-job training and education subsidies for their academic enhancement. On the other hand, this programme helps schools and sports associations to promote sports and nurture sports talents.

「退役運動員轉型計劃」包括以下兩個部份：

Retired Athletes Transformation Programme includes 2 parts:

退役運動員轉型計劃 – 學校體育推廣主任
Retired Athletes Transformation Programme –
School Sports Promotion Coordinator (SSPC)



在中學擔任學校體育推廣主任，為學生提供更多參與體育活動的機會，以加強推廣校園體育文化，從而提升學校運動水平及發掘有潛質運動員。

Work as a SSPC in secondary schools to provide students with opportunity to participate in more sports activities, to promote school sports culture and explore sports talents.

了解更多 Learn more



退役運動員轉型計劃 – 體育機構職位
Retired Athletes Transformation Programme –
Sports Organisations



在體育機構擔任行政人員，協助推廣體育，發掘和培育具潛質的未來體育行政人才。

Work as a sports administrator in sports organisations to assist in sports promotion, identify and nurture future potential sports administrative talents.

了解更多 Learn more



洗書洹

退役射箭運動員
Retired Archery Athlete



洗書洹經HKACEP推薦到中銀香港應徵並成功考獲管理培訓生。「感謝HKACEP和中銀香港對香港運動員的重視和支持。縱然今天放下了弓把、卸下了箭支、告別了運動場，我仍能宛如昨日、對準目標堅定不移。成為中銀香港的管理培訓生，透過全面的培訓，我將繼續為生命揮灑汗水、克服前方的挑戰。」

Sherman was successfully employed by BOCHK as a Management Trainee through HKACEP's referral. "I am grateful for HKACEP and BOCHK both attach great value to Hong Kong athletes and their staunch supports. Through the crossroads of life, I laid down my bow and arrows and waved goodbye to the stadium where on I fell, triumphed and endeavored. The MT program of BOCHK becomes my next stage to sweat and shine. Nurtured under an all-rounded professional training, facing obstacles and challenges that lie ahead, I'm ready to keep my eyes on target and make every shot count as they did yesterday."

于國穎

現役草地滾球運動員
Serving Lawn Bowls Athlete



「我在大學主修機械工程，從HKACEP知道港鐵公司聘請見習工程師，並投考及獲得取錄。在這裡我的職責是做好檢查和維修工作，保障列車安全，我對這份工作充滿使命感。」

"I studied mechanical engineering in the university and learned from HKACEP for the MTR Graduate Trainee Programme. Being a graduate engineer in MTR, my job is to ensure the train safety by carrying out the inspection and maintenance work carefully. I have a strong dedication to my job."

古靄雨

退役壘球運動員
Retired Softball Athlete



「我是一位退役壘球運動員，熱愛壘球運動，退役後希望從事推廣壘球的工作。透過『退役運動員轉型計劃』，我獲配對於香港壘球總會擔任推廣主任一職，實現了理想的工作。但現實和理想總有差別，從運動場走進辦公室的兩個月裡，真正體驗到「轉型」的挑戰，工作的內容和模式都需要適應，但我有信心可以成功克服挑戰。『退役運動員轉型計劃』提供了機會讓我們嘗試體育行政的工作，亦設有進修資助及在職培訓，讓我們獲得工作經驗之外亦能提升技能，對我們退役後投身職場提供了很有力的支援。」

“I was a softball athlete and I love this game so much. I wish I can contribute to the promotion of this sport after retirement. Through RATP, I was matched to Hong Kong Softball Association as the Promotion Coordinator. In the past few months, it was a challenge for me to adapt to the new environment. There are definitely big differences between the work place and sports field, but I am confident that I can overcome. RATP provides me a workplace, together with the on-job training and education subsidy. I think it is a good support for retired or retiring athletes' transformation.”

楊英瀚

退役單車運動員
Retired Cycling Athlete



「從職業單車運動員退役後，我參加了『退役運動員轉型計劃』，經配對後於孔教學院大成何郭佩珍中學擔任學校體育推廣主任一職，協助推動學校體育發展。學校將單車發展作為計劃重點，除斥資購買單車裝備外，更特意撥出一間活動室作為單車訓練場地，並安排充足的活動時間及人手安排協助活動進行，為我創造完善的工作環境。這個計劃為我提供了一個轉型的學習平台，在學校工作除了可以接觸不同的學校事務外，亦需要我提升演說、活動領袖、管理等技巧，對將來投身職場有莫大裨益，我亦可以將經驗及精神授予新一代年青人，肩負起傳承的使命。」

“After retirement from cycling career, I joined the RATP and was matched to Confucian Tai Shing Ho Kwok Pui Chun College as the School Sports Promotion Coordinator. To match up with my expertise, the school makes cycling development the focus of this programme. They put a lot of resources to promote cycling, such as renovating an activity room to become a cycling training room, and arrange sufficient time and manpower for cycling activities. I am grateful to have the chance to promote the sport I love. RATP provides me a platform to transform since I can learn difference things in school, and to enhance my soft-skills like public speaking and event management.”



教育 EDUCATION

簡介 Introduction

HKACEP為協助運動員提升教育水平，裝備自己以投身職場，提供的支援包括：

To enhance athletes' academic qualifications for their future career development, HKACEP provides the following support to athletes:

- HKACEP教育獎學金計劃
HKACEP Education Scholarship Programme
- 職業訓練獎學金計劃
Scholarship Programme for Vocational Skills Training
- 專上教育獎學金計劃
Scholarship Programme for Post-Secondary Education
- 語文進修課程
Language Enrichment Course
- 大學、研究生及碩士獎學金計劃
Scholarship Programme for Undergraduate, Postgraduate and Master Course
- 大專補習課程
Academic Enhancement Scheme for Post-Secondary Education
- 大學補習課程
Academic Enhancement Scheme for Undergraduate
- EF English Centers綜合英語課程
EF English Centers Integrated General English Course
- 加拿大安省網上中學運動員獎學金計劃
Ontario eSchool Athlete Scholarship Programme
- 教育諮詢、講座
Education Consultation and Talk

HKACEP 教育獎學金計劃 (摘要)

HKACEP教育獎學金計劃一直以來為準備退役或已經退役的運動員，提供進修增值的支援，在他們的職涯發展中，扮演著非常重要的角色，由2008年至今，HKACEP共提供了超過250個總值超過\$4,000,000的獎學金項目予運動員。為了讓教育獎學金計劃與時並進、發揮更佳的效益和惠及更多運動員，HKACEP優化了申請教育獎學金的體育成績要求，並拓展資助課程至研究生或碩士課程。有關HKACEP教育獎學金計劃的最新申請資格如下：

申請資格

- 計劃退役及退役後6年內的運動員；
- 獲所隸屬的體育總會*推薦的運動員；
- 運動員曾代表香港隊全職**/半職*** (只限東亞運動會項目#)訓練最少4年或以上；及
- 曾代表香港隊參與：(i)奧運會(包括夏季及冬季)、世界錦標賽、世界盃(總決賽)及亞洲運動會(包括夏季及冬季)取得前八名或(ii)亞洲錦標賽、東亞運動會(1993年至2013年)、全國運動會、世界大學生運動會／錦標賽、亞洲盃(總決賽)及世界盃(分站賽)取得前三名的運動員。

(如未能符合以上要求之運動員申請，香港運動員就業及教育計劃委員會將按個別情況作出審批。)

符合以上資格之運動員可申請以下6項獎學金計劃：

獎學金計劃	最高學費資助金額
職業訓練獎學金計劃 (C-03)	短期課程(少於一年課程):港幣20,000元。 長期課程(一至兩年課程):港幣120,000元。
專上教育獎學金計劃 (E-03)	
語文進修課程 (E-04)	港幣12,000元。
大學、研究生及碩士獎學金計劃 (E-05/05M)	大學課程(不多於五年的全日制或兼讀課程):港幣240,000元。 研究生/碩士課程(不多於四年的全日制或兼讀課程):港幣\$150,000元。 此項資助只適用於首個學士學位/研究生/碩士課程。
大專補習課程(EPS-06)	港幣24,000元。
大學補習課程(EU-06)	

* 體育總會即港協暨奧委會轄下的體育總會。

** 全職運動員的定義：運動員每週訓練時間不少於25小時。其運動員的資格以及全職運動員的定義將以其所屬總會之確認為準。

*** 半職運動員的定義：運動員每週訓練時間不少於15小時。其運動員的資格以及半職運動員的定義將以其所屬總會之確認為準。

東亞運動會(1993年至2013年)運動項目,包括:田徑、羽毛球、棒球、籃球、桌球、拳擊、單車、體育舞蹈、龍舟、劍擊、足球、體操、手球、曲棍球、柔道、空手道、賽艇、檣球、射擊、壁球、游泳、乒乓球、跆拳道、網球、保齡球、排球、舉重、滑浪風帆、摔跤及武術。

註：(i) 青少年組的成績不作計算之內。

(ii) 每名運動員只能接受每項獎學金計劃資助一次。

HKACEP Scholarship Programme (Summary)

HKACEP Education Scholarship plays an important role in provision of support to retiring or retired athletes for pursuing better academic qualifications. Since 2008, HKACEP has approved over 250 education scholarships worth over \$4,000,000 to athletes. In order to effectively utilise the resources and to encourage more devoted athletes to join the programme, HKACEP relaxed the sports achievements of application requirements and included the postgraduate or master course into the scholarship programme. The new application requirements are listed as follows:

Application Requirements:

- Retiring and retired athletes up to 6 years after their athletic retirement; and
- Athletes nominated by their respective NSAs*; and
- Full-time athletes**/ Part-time*** (only applicable for sports of East Asian Games#) as members of Hong Kong Team who have served for at least 4 years or more; and
- Athletes as members of Hong Kong Team, who have achieved the following results:
 - (i) Top 8 places at Olympic Games (Summer or Winter), World Championship, World Cup (Finals) and Asian Games (Summer or Winter) or (ii) Medalist at Asian Championships, East Asian Games (1993-2013), National Games, World University Games/ Championships, Asian Cup (Finals) and World Cup Series.

[For athletes who do not meet the above requirements, HKACEP Committee may take into consideration on case by case basis.]

Athletes who meet the above requirements are eligible to apply for the following 6 scholarship programmes

Scholarship Programme	Ceiling amount of subvention
Scholarship Programme for Vocational Skills Training (C-03)	Short-term programme (less than 1 year): HK\$20,000 Long term programme (1 to 2 years): HK\$120,000
Scholarship Programme for Post-Secondary Education (E-03)	
Language Enrichment Course (E-04)	HK\$12,000
Scholarship Programme for Undergraduate, Postgraduate and Master Course (E-05/05M)	Undergraduate programme (max. 5 years for full-time or part-time programme): HK\$240,000 Postgraduate or Master programme (max. 4 years for full-time or part-time programme): HK\$150,000 Athletes can only enjoy the benefit of this scholarship programme for either their first undergraduate / postgraduate / master programme.
Academic Enhancement Scheme for Post-Secondary Education (EPS-06)	HK\$24,000
Academic Enhancement Scheme for Undergraduate (EU-06)	

* NSAs shall be interpreted as the Member National Sports Associations of SF&OC HK, China.

** Definition of full-time athletes: athletes engaged in a minimum of 25 hours training per week. Justification of the respective athletes' status and definition of full-time would be subject to the confirmation of respective NSAs

*** Definition of part-time athletes: athletes engaged in a minimum of 15 hours training per week. Justification of the respective athletes' status and definition of part-time would be subject to the confirmation of respective NSAs

Sports of East Asian Games (1993 to 2003), includes: Athletics, Badminton, Baseball, Basketball, Billiard, Boxing, Cycling, Dance Sports, Dragon Boat, Fencing, Football, Gymnastics, Handball, Hockey, Judo, Karate, Rowing, Rugby, Shooting, Squash, Swimming, Table Tennis, Taekwondo, Tennis, Tenpin Bowling, Volleyball, Weightlifting, Windsurfing, Wrestling and Wushu.

Remark: (i) Junior Category sports achievement would not be considered.

(ii) Athletes can only enjoy the benefit of each scholarship programme once.

職業訓練獎學金計劃 (C-03) 專上教育獎學金計劃 (E-03)

合資格課程

由以下香港教育機構舉辦的許可證 / 證書 / 文憑 / 高級或高等文憑 / 副學士課程均可獲得資助：

- 高等教育機構(由大學教育資助委員會資助)
- 專上教育機構
- 職業訓練局和技術學院
- 由各大院校的持續教育部門或同等機構所舉辦的證書、文憑、高級文憑及副學士課程；而其必須與運動員退役後的職業發展相關
- 由海外認可學院/大學所提供的課程亦可以得到資助(如體育相關課程)，如果：
 - 1) 在本地沒有類似的課程開辦，或
 - 2) 在其整個運動員生涯中取得出色的表現(例如：奧運/亞運獎牌得主、長期為香港的代表隊並展示良好的體育精神等)；而其必須經由HKACEP委員會審批
- 由HKACEP委員會認可的課程，而該課程必須與申請人的長期職業發展相關

資助細則及條款

- 長期課程學費資助計劃(一年制至兩年制課程)最高資助金額為港幣120,000元。
- 短期課程學費資助計劃(少於一年制課程)每課程最高資助金額為港幣20,000元。
- 已批核之課程的學習工具或材料費用資助(有關項目必須經由所屬教育機構建議、要求或批准)；最高資助金額為港幣3,000元。
- 須提供有效的正式收據作報銷用途。否則，任何追溯償還不予受理。
- 如申請資助金額超過上限，HKACEP委員會將按個別情況作出審理。
- 每名運動員只能接受每項獎學金計劃資助一次。
- 上述標準將作定期檢討。

Scholarship Programme for Vocational Skills Training (C-03) Scholarship Programme for Post-Secondary Education (E-03)

ELIGIBLE COURSES

Licence / Certificate / Diploma / Higher or Advanced Diploma / Associate Degree courses that are offered by the following educational institutions in Hong Kong will be funded:

- Tertiary education institutions (funded by University Grants Committee)
- Post-secondary institutions
- Vocational Training Council (VTC) and Technical Institutions
- Certificate, Diploma, Higher or Advanced Diploma and Associate Degree relating to post-athletic career development offered by university continuing education departments or equivalent
- Courses offered by recognised overseas colleges/ universities may also be funded (e.g. sports related course) if:
 - 1) no comparable courses are offered locally, OR
 - 2) applicants have achieved outstanding performances throughout their athletes' career, e.g. medalists of Olympic Games, long year of serving in the national squad, demonstration of sportsmanship etc., upon the approval of the HKACEP Committee
- Any recognised courses approved by the HKACEP Committee, provided that the course must be coherent with the applicants' long term career development

TYPES OF GRANTS & REGULATIONS

- Tuition grants for long term study programmes (length of course: one to two years) Subvention to the total course fee of ceiling amount of HK\$120,000 for the one year to two years programme.
- Tuition grants for short-term study programme (length of course: less than one year) A maximum of HK\$ 20,000 per course/ programme.
- A maximum grant of HK\$3,000 of Study Tools/ Material Expenses for the approved study programmes in which such expenses incurred should either be requested, recommended or approved by the educational institutions.
- Official receipts are required for the reimbursement of funds. However, no retrospective reimbursement will be accepted.
- Grants exceeding the ceiling amount may be granted for exceptional cases with the approval of the HKACEP Committee.
- Athletes can only enjoy the benefit of each scholarship programme once.
- The above criteria are subject to review periodically.

語文進修課程 (E-04)

合資格課程

由 HKACEP 合作單位或夥伴所提供的語文證書課程，包括 (但不限於)：

- 英語精讀課程
- PSC 普通話水平測試課程
- 政府綜合招聘考試 (CRE) 中文和英文指導課程
- 其他適合申請人的長期職業發展的語言課程 (須經由 HKACEP 委員會審批)

資助細則及條款

- 每名申請人最高資助金額：港幣 12,000 元。
- 須提供有效的正式收據作報銷用途。否則，任何追溯償還不予受理。
- 如申請資助金額超過上限，HKACEP 委員會將按個別情況作出審理。
- 每名運動員只限獲批此項資助一次。
- 上述標準將作定期檢討。

Language Enrichment Course (E-04)

ELIGIBLE COURSES

Certificated language courses provided by the contractor/ partner of HKACEP including but not limited to:

- Intensive English Course
- PSC Putonghua Proficiency Test Course
- Use of Chinese and English Tuition Courses for Government Common Recruitment Examination (CRE)
- Other language courses deemed appropriate to the applicants' long term career development and approved by the HKACEP Committee

TYPES OF GRANTS & REGULATIONS

- A maximum of HK\$ 12,000 per course per applicant.
- Official receipts are required for the reimbursement of funds. However, no retrospective reimbursement will be accepted.
- Grants exceeding the ceiling amount may be granted for exceptional cases with the approval of the HKACEP Committee.
- Athletes can only enjoy the benefit of this scholarship programme once.
- The above criteria are subject to review periodically.

大學、研究生及碩士獎學金計劃 (E-05 / E-05M)

合資格課程

只限於由以下教育機構提供的首個全職或兼職學士學位或大學研究生及碩士課程的申請：

- 由大學教育資助委員會資助的學士學位或研究生及碩士課程
- 由香港各大學持續教育部門或其他香港認可教育機構所舉辦的課程，其必須為受惠人之首個學士學位或大學研究生及碩士課程及與其日後職業發展相關
- 由海外認可學院/大學所提供的課程亦可以得到資助(如體育相關課程)，如果：
 - (1) 在本地沒有類似的課程開辦，或
 - (2) 在其整個運動員生涯中取得出色的表現(例如：奧運/亞運獎牌得主、長期為香港的代表隊並展示良好的體育精神等)；必須經由HKACEP委員會審批

資助細則及條款

- 長期課程學費資助計劃。
- 大學獎學金計劃(E-05): 全日制課程及兼讀課程(不多於5年)，最高資助總金額為港幣240,000元。
- 研究生/碩士(E-05M)獎學金計劃: 全日制課程及兼讀課程(不多於4年)，最高資助總金額為港幣150,000元。
- 須提供有效的正式收據作報銷用途。否則，任何追溯償還不予受理。
- 如申請資助金額超過上限，HKACEP委員會將按個別情況作出審理。
- 每名運動員只限獲批大學學士(E-05)或研究生及碩士(E-05M)獎學金計劃一次。
- 上述標準將作定期檢討。

Scholarship Programme for Undergraduate, Postgraduate and Master Course (E-05/ E-05M)

ELIGIBLE COURSES

First full-time or part-time Undergraduate, Postgraduate and Master course that are offered by the following educational institutions will be funded:

- Undergraduate, Postgraduate and Master Course funded by University Grants Committee of Hong Kong
- First Undergraduate, Postgraduate and Master Course relating to post-athletic career development offered by university continuing education departments or other recognised education institutions in Hong Kong or equivalent
- Courses offered by approved overseas colleges/ universities may also be funded (e.g. sports related course) if:
 - (1) no comparable courses are offered locally, OR
 - (2) applicants have achieved outstanding performances throughout their athletes' career, e.g. medalists of Olympic Games, long year of serving in the national squad, demonstration of sportsmanship etc., upon the approval of the HKACEP Committee

TYPES OF GRANTS & REGULATIONS

- Tuition grants for long term study programmes.
- Scholarship Programme for Undergraduate (E-05): Subvention to the course fee of ceiling amount of HK\$240,000 for a maximum of five years for full-time or part-time programmes.
- Scholarship Programme for Postgraduate and Master Course (E-05M): Subvention to the course fee of ceiling amount of HK\$150,000 for a maximum of four years for full-time or part-time programmes.
- Official receipts are required for the reimbursement of funds. However, no retrospective reimbursement will be accepted.
- Grants exceeding the ceiling amount may be granted for exceptional cases with the approval of the HKACEP Committee.
- Athletes can only enjoy the benefit of either the undergraduate (E-05) or postgraduate and master course (E-05M) scholarship programme once.
- The above criteria are subject to review periodically.

大專補習課程 (EPS-06) 大學補習課程 (EU-06)

申請資格

- 運動員必須準備接受或正接受大專教育或大學教育而有關之大學/大專課程須經由大學教育資助委員會或香港學術及職業資歷評審局認可，及必須與受惠人日後職業發展相關；及
- 經由HKACEP委員會審批

合資格項目

- 由私人機構提供的預備班或補習班，或
- 個人補習班，唯其導師必須為該教育機構或大學推薦的合資格學生

資助細則及條款

- 每項課程最高資助金額為港幣24,000元；
- 須提供有效的正式收據作報銷用途。否則，任何追溯償還不予受理。
- 如申請資助金額超過上限，HKACEP委員會將按個別情況作出審理。
- 申請資助只適用於第一學年的課程。
- 每名運動員只限獲批每項資助一次。
- 上述標準將作定期檢討。

Academic Enhancement Scheme for Post-Secondary Education (EPS-06) Academic Enhancement Scheme for Undergraduate (EU-06)

ELIGIBLE APPLICANT

- Applicants who are undergoing post-secondary education/ undergraduate including preparation stage approaching to the studies and the courses are either funded by the University Grants Committee or accredited by the Hong Kong Council for Accreditation of Academic and Vocational Qualification, including other courses deemed appropriate to the applicants' long term career development; and
- Approved by the HKACEP committee

ELIGIBLE ITEMS

- Preparation courses or tuition classes provided by the private tuition institutions; or
- One-on-one tuition provided by the qualified students recommended by the educational institutions or universities deemed appropriate.

TYPES OF GRANTS & REGULATIONS

- Subvention to the course fee of a ceiling amount of HK\$24,000.
- Official receipts are required for the reimbursement of funds. However, no retrospective reimbursement will be accepted.
- Grants exceeding the ceiling amount may be granted for exceptional cases with the approval of the HKACEP Committee.
- Grants are eligible for the first academic year of the course.
- Athletes can only enjoy the benefit of each individual category once.
- The above criteria are subject to review periodically.

HKACEP教育獎學金計劃(注意事項)

注意事項

- 申請人必須於課程開始前的3個月提交有關獎學金的申請書，一經批核，獎學金將根據該課程的完成日期按比例發放。因審批需時，請盡早提交申請書。
- 獎學金資助金額按運動員訓練模式(全職/半職)、訓練年資、比賽排名及該比賽參賽人數而定，以香港運動員就業及教育計劃委員會決定為準。

學費資助上限(課程學費百分比):

訓練年期	全職運動員(每星期訓練25小時以上)	兼職運動員(只限東亞運比賽項目,每星期訓練15小時以上)
8年或以上	100%	70%
7年	92.5%	62.5%
6年	85%	55%
5年	77.5%	47.5%
4年	70%	40%

- 受惠運動員有責任向教育局、其所屬體育總會或組織申報相關獎學金事宜。
- 獎學金發放安排:受惠運動員必須提交成功修畢課程的證明文件(例如:修畢課程或成績報告單(合格))及學費單之正式收據,才可申領發放款項。
- 有關申請重讀部份課程費用:於任何情況下受惠運動員被其所屬學院要求要重讀有關課程,一般而言,受惠運動員應自費重讀直至獲得合格證書。倘若受惠運動員因個人問題需要特別支援,該申請將由香港運動員就業及教育計劃委員會作個別審理,唯每名運動員只可在這規定下受惠一次。
- 即使受惠運動員未能成功修畢整個課程,已發放之獎學金亦不會被要求退回。唯已經審理而未發放之獎學金將會被終止。除非受惠運動員能提供足夠理由及有效證明文件並獲香港運動員就業及教育計劃委員會審批,否則其日後之申請亦將不獲受理。
- 如有需要,申請人可能被邀請出席香港運動員就業及教育計劃委員會面試。
- 申請者個人資料只會用於中國香港體育協會暨奧林匹克委員會內部用途。
- 根據個人資料(私隱)條例,申請人有權對其提供之申請資料作出修改。
- 申請人應承擔責任及義務盡力為體育發展作出貢獻。

HKACEP Scholarship Programme(Notes)

Programme Notes

- Applicants are required to submit their applications 3 months before the commencement of the course. All approved grants will be released based on a pro-rata basis subject to the date of course commencement.
- The subvention amount is subject to the applicant’s training mode (Full-time / Part-time), training years, competition results and number of participants in that event. HKACEP committee has the right of final decision.

Ceiling of Course Fee Subvention (% of total course fee):

Training Years	Full-time athlete (minimum of 25 hours training per week)	Part-time athlete (EAG sports, minimum of 15 hours training per week)
8 years or above	100%	70%
7 years	92.5%	62.5%
6 years	85%	55%
5 years	77.5%	47.5%
4 years	70%	40%

- It is the responsibilities of athletes to notify the Education Bureau, her/his respective NSA or relevant organisations of tuition grants received through the HKACEP Scholarship Programme.
- Installments will be paid upon presentation of official receipt and proof of satisfactory completion of the previous term of study (i.e. courses are completed with a passing mark).
- For the courses that must be re-taken for whatever reason as required by the academic institution, upon request by the applicant, the fees incurred may be recovered by the Scholarship Programme subject to the prior approval of the HKACEP Committee to be granted on case by case consideration and each applicant can only enjoy this special grant once.
- Athletes who fail to complete the course successfully will not be required to refund grants. However, subsequent grants will be terminated and Scholarship for further studies will not be considered unless valid reason in writing is submitted by the athlete and subsequently approved by the HKACEP Committee.
- Applicants may be required to attend an interview by the HKACEP Committee.
- The personal data provided by means of the application form will only be used by the Sports Federation & Olympic Committee of Hong Kong, China internally.
- Subject to exemptions under the Personal Data (Privacy) Ordinance, applicants have the right of access and correction with respect to her/his data.
- Applicants should be obligated in contribution to sports development.

教育獎學金申請程序

申請程序

- 於課程開始前的3個月將獎學金的申請書電郵至hkacep@hkolympic.org，內容包括：姓名、體育項目、全職／半職訓練年期、退役日期、相關體育成績、教育獎學金計劃(EC-03/E-04/E-05/E-05M/E-06)、課程資料(課程名稱、機構、學費、開學日期、修讀年期、課程內容、課程網址等)及選擇課程原因。
- HKACEP委員會會根據申請書作審批。
- 審批完成後，HKACEP辦公室會通過電郵發放申請結果。如申請成功，運動員須於一個月內填妥附件之承諾書，並將正本交回HKACEP辦事處。
- 完成課程後，受惠運動員須向HKACEP辦公室提交成功修畢課程的證明文件(例如：修畢課程證書或成績報告單(合格))及學費單之正式收據，才可申領發放款項。

Education Scholarship Application Procedure

Application Procedures

- Applicants are required to submit their applications 3 months before the commencement of the course via email to hkacep@hkolympic.org with applicant's name, sports, full time/part time training years, retiring date, sports achievement, education scholarship programme (EC-03/E-04/E-05/E-05M/E-06), course information (course name, institution, course fee, commencement date, course duration, course content, course website etc.) and reason for applying the course.
- The application will be vetted by HKACEP Committee.
- After vetting, the application result will be announced via email. If the application is approved, applicant should complete the undertaking form and submit the original to the HKACEP Office within 1 month.
- Applicant should present official receipt and proof of satisfactory completion of the previous term of study (i.e. courses are completed with a passing mark) to HKACEP for subvention reimbursement.



EF English Centers 綜合英語課程 EF ENGLISH CENTERS INTEGRATED GENERAL ENGLISH COURSE

自2007年開始，EF English Centers 贊助總值逾港幣一千萬元的綜合英語課程予超過250位有意進修英語的運動員，藉此幫助運動員提升英語水平，為將來退役作最佳準備。

With an aim to enhance the English level of Hong Kong athletes, EF English Centers has sponsored worth over 10 million dollars of Integrated General English Courses to over 250 athletes since 2007.



由EF English Centers提供的綜合英語課程是一個網上的學習平台，運動員可以24小時隨時隨地登錄多媒體互動教室學習英語，課程內容包含互動聽、說、讀、寫練習，運動員可以根據自己的學習目標，制訂適合自己的學習方案，更可隨時隨地參與網上實時小組會話課或1對1私人會話課，與來自世界各地的老師及同學直接以英語溝通練習。

The Integrated General English Course provided by EF English Centers is an online learning platform where athletes can study English anytime and anywhere through the multimedia interactive classroom. The course includes interactive listening, speaking, reading and writing exercises. Athletes can formulate their own learning programs according to their own learning goals. Athletes can also participate in online real-time group conversations or one-on-one private conversations to communicate directly with teachers and students from all over the world.



EF English Centers 綜合英語課程的「Life Club 英語大本營」會舉辦不同類型的活動讓學員參加，例如蛋糕製作、茶聚、室內攀岩等等，讓運動員在這些真實生活場景中與人用英語交談，將課堂中學到的東西於活動中實踐，漸漸地將英語融入現實生活和工作當中。

The “Life Club” organises various activities such as cake making, tea gathering, indoor rock climbing etc. Athletes can practise what they have learned in lessons and gradually integrate English into real life and work through these casual activities.

資助細則及條款

- 名額每年約125名（按EF English Centers每年的資助名額而釐定）
- 全年學費資助。
- 按金制度：為鼓勵運動員更積極完成課程，有效提升英語質素，本課程設有按金制度。每位合資格人士需將港幣二千元正作按金存入「中國香港體育協會暨奧林匹克委員會」戶口。於課程指定時間內成功提升一個水平級別，則可獲全數退回。
- 如受惠運動員未能於課程完結前提升一個水平級別，其按金則於申請日起計四年後才獲發還，而該運動員亦不再符合該課程延續申請的資格。
- 上述標準將作定期檢討。

TYPES OF GRANTS & REGULATION

- Approximately 125 quotas per year (Subject to the continuation of sponsorship from the EF English Centers)
- 100% tuition grants on annual basis.
- Deposit: Each participant is requested to make a deposit of HK\$2,000 to the “Sports Federation & Olympic Committee of Hong Kong, China” account when the application is accepted. The deposit serves no more than an incentive to encourage the participant to complete the course and will be fully refunded to the participant upon her/ his completion of at least one level of the course.
- For athletes who fail to complete the course successfully, their deposits will be refunded 4 years after application. However, subsequent application of Integrated General English Course will no longer be considered.
- The above criteria are subject to review periodically.

加拿大安省網上中學運動員獎學金計劃 Ontario eSchool Athlete Scholarship Program

HKACEP與加拿大安省網上中學 (Ontario eSchool) 合作推出「加拿大安省網上中學運動員獎學金計劃」，為香港運動員提供一年免費的「加拿大安省高中畢業文憑」(OSSD) 網上課程，協助運動員同時兼顧運動與學業，有助其將來長遠的發展。完成課程後，學生將會獲頒高中學分及「加拿大安省高中畢業文憑」(OSSD)，文憑獲香港、全北美、英國、澳洲及新西蘭的大學認可，課程學分亦可轉換到各加拿大及美國高中，運動員可藉此申請入讀本地、北美洲及世界各地大學。

HKACEP joins hands with Ontario eSchool (OeS) to launch the Ontario eSchool Athlete Scholarship Program, which will provide a one-year free Ontario Secondary School Diploma (OSSD) online program to Hong Kong athletes. This program will provide a multi-pathway for athletes by helping them balance their academic work and sports and thus their long-term career development. Upon completion of OSSD program, students will be awarded OeS credits and Ontario Secondary School Diploma (OSSD) which is recognised by Universities in Hong Kong, as well as all North American Universities, United Kingdom, Australia and New Zealand. OeS credits can also be transferred to any high schools in Canada or the USA. With OSSD, athletes can pursue their studies in Hong Kong, North American and Worldwide Universities.

OSSD網上課程由安大略省認證的專業教師團隊設計及任教，所有課程皆由真人互動教授，學生可透過網上在線隨時隨地上課，即使身在海外也可輕鬆安排課程。實時在線教師可與學生作即時互動，讓教師能夠持續評估學習進度，以確保學生有一個完善的學習經驗，讓運動員能更有自信應付課程。

The OSSD online programs are designed and taught by Ontario Certified Teacher (OCT) who are qualified teaching professionals certified by the Ontario College of Teachers. As the course is flexible in nature, students can schedule the online courses easily by utilising online technology from any place in the world, at any time of the day. An online teacher will manage the course as the students work their way through the curriculum. All courses provide interaction with a live teacher online, this will also allow teachers to continuously assess the student's progress and give them timely and effective feedback for a successful experience.



申請資格

- 在本地或國際比賽中取得優異的體育成績(在過去三年中,於學界體育聯會校際比賽或由體育總會舉辦的本地青少年公開比賽中獲得最少一枚獎牌),並由其體育總會提名;
- 具備基本的英語水平,能夠以英語進行交流和學習;
- 已經或即將完成中五或同等學歷。

Application Requirements

- Achieved outstanding sports results in local or international competitions (at least won one medal from the HKSSF inter-school competition or local youth open competition organised by NSA in the past three years) and nominated by respective NSA;
- Should have a basic command of English proficiency which allows them to communicate and study in English;
- Should have completed or about to complete Form 5 or equivalent.

資助細則及條款

- 評審委員會根據申請人的運動成績、英語水平及學歷和完成獎學金計劃課程的承諾作出評選。
- 上述標準將作定期檢討。

TYPES OF GRANTS & REGULATION

- Selection panel will carry out screening according to applicants' sports achievements, commitment to the scholarship and suitability to participate in the program.
- The above criteria are subject to review periodically.



教育諮詢、講座

Education Consultation and Talk

HKACEP為有意進修的運動員提供諮詢服務,按運動員的需要及發展方向協助運動員選擇合適的課程報讀。HKACEP與不同教育機構合作,舉辦升學講座,讓運動員獲得更多升學資訊。

HKACEP provide consultation services to athletes who want to further their studies. We analyse their needs and give suggestions for them to select the course that best suits their path of development. HKACEP works with different educational organisations to organise education talks for providing more information about further studies.

蔡其皓

退役單車運動員
Retired Cycling Athlete



「退役後，HKACEP幫我查詢許多學校資料，最終我獲批 HKACEP教育獎學金入讀中大持續進修學院修讀市場學。讀書時更與朋友一起創辦及營運單車倉，讓我能夠一邊學習商業知識，一邊應用到自己的生意之上。畢業後，我創辦了單車公司，為公司、學校等團體提供單車訓練。」

“I consulted HKACEP for school information after athletic retirement and I was granted scholarship for studying marketing in School of Continuing and Professional Studies, The Chinese University of Hong Kong. I started my bike warehouse business and applied the business knowledge that I learnt from school. After graduation, I set up my bike company to provide training for corporations and schools.”

鄭俊軒

退役龍舟運動員
Retired Dragonboat Athlete



「我參與龍舟運動時，一直都以比賽成績為目標而努力。在退役之後，我的目標是能夠從事有關運動治療的工作，要取得運動治療工作的專業資格，我必須取得相關學歷，在進修路途上，HKACEP給予我極大支持，『HKACEP教育獎學金計劃』提供獎學金資助我修讀運動教練學高級文憑，然後於Thei 修讀運動及康樂管理(榮譽)社會科學學士，讓我一步步向目標前進，實現理想。」

“I trained hard and focused on the dragon boat sport when I was an athlete. After my athletic retirement, I targeted to become a sports therapist. To obtain the qualification, I have to study related courses and HKACEP has provided me massive support for my academic pursuit. I received scholarship from HKACEP for my studies in Higher Diploma in Sports Coaching and Bachelor of Social Sciences (Honours) in Sports and Recreation Management, which allowed me to achieve my goal step by step.”

楊嘉煒

退役賽艇運動員
Retired Rowing Athlete



「我熱愛賽艇運動，過去多年我專注於訓練之上，忽略了學業，到退役後打算轉型成為教練，才明白知識的重要。我打算報讀一些有助我成為專業教練的課程，可是學費對我來說是一個很重的負擔。感謝『HKACEP教育獎學金計劃』資助我修讀亞洲運動及體適能專業學院的高級私人體適能教練綜合證書，然後向我提供獎學金於香港大學專業進修學院保良局何鴻燊社區書院修讀運動教練學及運動表現高級文憑，讓我可以無憂慮地進修增值，為自己的教練夢鋪路。」

“I love rowing sport. I have put all my efforts on training and neglected studies throughout my athlete career. After my athletic retirement, I wanted to become a rowing coach and realised that academic qualification is important. I decided to apply courses to prepare myself a professional coach. However, the school-fees was a big burden for me at that time. Gratefully, HKACEP Education Scholarship Programme provided me the scholarship to study the Certificate in Advanced Personal Fitness Trainer and the Higher Diploma in Sport Coaching and Sport Performance. With the help from HKACEP, I can chase my dream without worries.”

施幸余

現役游泳運動員
Serving Swimming Athlete



「我報讀了EF English Centers綜合英語課程，方便我出外比賽或集訓時也能無間斷學習英語。我平常在香港很少機會需要用英語，有時出外代表香港比賽，和其他國家代表或志願者溝通時講英文講到舌頭打結，懂得運用的詞彙也不多。EF English Centers綜合英語課程能有效幫助我去練習英文，有趣活潑的練習令我英文程度提升，讓我出外比賽和其他國家泳手和教練交流時更順利。」

“EF English Centers Integrated English Course allows me to practice English anytime and anywhere, especially during overseas training and competitions. It is not only a platform for practising English, it also provides interesting exercises for improving my English standard, so that I can communicate with overseas athletes and coaches easily without language barrier.”



生活技能培訓課程 LIFE SKILLS TRAINING PROGRAMME

由HKACEP委員會審批的合作夥伴或單位為合資格的退役運動員提供生活技能培訓課程，課程內容切合於運動員退役後的轉變或個人發展，內容包括(但不限於)：

Life Skills Training Programme jointly provided by HKACEP and approved supporting organisations to equip athletes for their post-athletic transformation, including but not limited to:

- 運動教練相關課程 Sports Coaching Related Courses
- 體適能相關課程 Physical Fitness Related Courses
- 急救證書課程 Standard First Aid Certificate Course
- 成人及兒童心肺復蘇法及自動體外心臟去纖維性顫動法合併證書課程 Adult & Child CPR & AED Certificate Course
- 精神健康急救課程(關懷青少年版) Youth Mental Health First Aid Course
- 個人履歷表寫作及面試技巧 CV Writing and Interview Skills
- 電腦軟件應用 Application of Software
- 創意解難 Creative Problem Solving
- 活動策劃 Event Organising Skills
- 理解DISC個性分析及溝通技巧 DISC – Understanding Human Behaviour and Enhance Interpersonal Communication Skills
- 演說技巧 Presentation Skills
- 典禮主持 Master-of-Ceremony

運動員可按自己的興趣及發展方向報讀相關課程。HKACEP亦會不斷尋找開拓新的課程，令計劃內容更多元化，更能切合運動員發展的需要。

Athletes can enroll in relevant courses according to their own interests and needs. HKACEP will continue to explore new training courses to enrich the programme and fulfill athletes' development needs.



廖軒樂

退役水球運動員
Retired Water Polo Athlete



退役水球運動員廖軒樂對自己的未來已有打算，報讀一系列專門為投考管理培訓生而設的管理培訓生計劃工作坊，掌握到面試時要注意的重點，最後能從眾多考生中脫穎而出，成功考入香港鐵路有限公司見習管理人員。他表示課程會專門針對運動員特性而設計，非常有幫助。

John has a well plan for his future and he applied the Management Trainee Programme Workshop. This workshop focus on the interview skills and finally he was employed by MTR as a Management Trainee. John indicated that the life skills training programme which specifically designed for athletes can help their transformation.

潘樂恩

現役羽毛球運動員
Serving Badminton Athlete



溝通是生活中十分重要的技能，擁有良好的溝通能力和說話技巧更能幫助運動員充分發揮他們所擁有的專業技能。「早前參加了HKACEP舉辦的『幕前培訓證書課程』和『演說技巧』，在課堂中學會了如何清晰地表達自己，以及不同場合所需要的溝通技巧，實在獲益良多。」

Communication is one of the most important skills in society nowadays. Athletes with good communication skills would assist them in bringing out their full talent. "I have joined the "MC and TV Presentation Skills" and "Presentation Skills" trainings held by HKACEP and I have learned to express myself clearly and adopt various communication skills for different occasions."



「星星伴轉型」學長計劃，旨在讓新退役的香港運動員與成功轉型並擁有豐富工作經驗的著名退役運動員建立亦師亦友的聯繫，為新退役的運動員提供難能可貴的學習機會。首期計劃已於2018年5月開展，成功邀請到八名來自不同行業並累積豐富工作經驗的著名退役運動員擔任學長(Mentor)，HKACEP按學員的興趣與學長的工作經驗背景作出配對。期望透過學長的經驗分享和指導，以及透過由HKACEP舉辦的交流活動及分享平台等，協助學員(Mentee)適應轉型期，促進他們第二事業的發展。

“Stars to Shine” Mentorship Programme aims at providing newly retired HK athletes (mentees) with an additional avenue of learning through experience sharing and interaction with seasoned retired famous HK athletes who have successfully developed their second career and gained a wealth of working experience (mentors). The first phase of the programme was started in May 2018. Eight famous retired athletes from different industries have agreed to join the programme as Mentors. Mentors and Mentees were matched according to their interest and career association. Through experience sharing and guidance provision by Mentors as well as site visit activities and sharing forum organised by HKACEP, mentees would benefit from the programme in developing their second career.



星級學長：黃金寶先生 SBS, MH
Mentor: Mr. WONG Kam Po, SBS, MH
退役單車運動員
Retired Cycling Athlete

中國香港體育協會暨奧林匹克委員會(港協暨奧委會)-
「奧夢成真計劃」項目發展幹事暨星級學長召集人
Programme Development Executive of SF&OC Sports Legacy Scheme cum
Facilitator of the Stars Mentors

黃金寶認為「星星伴轉型」學長計劃的好處是讓有成功轉型經驗的導師跟學員們一起分享其人生經歷或工作經驗。「我自己從事職業運動員一段很長的時間，亦經歷過轉型所要面對的問題，我希望能與學員分享我的經驗，或者以朋友的身份陪伴他們走過轉型的路。另外我認為這個計劃發放一個重要訊息，讓社會各界知道運動員的能力並不限於比賽場之上，在職場上亦能有很好的表現。」

Po thinks that the “Stars to Shine” Mentorship Programme provides a chance for mentors to share with mentees with their successful transformation experience. “I had been a full-time athlete for a very long time and I have experienced transformation after retirement. I wish I can share my experience with my mentees and accompany them on their journey to transformation as a friend. This programme also delivers an important message to the public that athletes can perform well in both work place and sports fields.”



星級學長：陳念慈女士 JP
Mentor: Ms. Amy CHAN, JP
退役羽毛球運動員
Retired Badminton Athlete

香港賽馬會賽馬培訓發展委員會高級經理暨見習騎師學校校長
Racing Talent Development Manager and Headmistress of the Apprentice Jockeys' School

Amy冀透過星星伴轉型學長計劃，啟發運動員發展將來。「我以前專注於打羽毛球，現時亦能參與馬會工作。其實只要抱著良好態度學習，自然就能於不同領域各展所長。現時退役運動員的出路比以往多，希望藉著經驗分享，向他們傳達轉型只是人生另一個階段新開始的訊息，期望他們能積極面對新生活。」

Amy would like to inspire the athletes for their future development. "Although I was devoted in badminton training when I was young, I can work in HKJC now. By learning humbly, I believe everyone can shine in different aspects. There are more pathways for retired athletes now. I wish they can face their transition with a positive attitude."

退役田徑運動員
Retired Athletic Athlete

黎振浩

LAI CHUN HO



「2018年9月完成了在運動員生涯的最後一場比賽，意味著我另一個生涯即將開始。在中學時接觸商科，對商業漸感興趣，故在轉型路上，希望下一個生涯方向能在商業世界中尋找另一個屬於自己的位置，但卻不知道如何踏出第一步。有幸在正式退役前參與『星星伴轉型』學長計劃，成為李一強博士的學員。他不單建議我報讀恆生大學的『創業管理學碩士』課程，讓我可以進一步學習商業知識，並且引導我認清目標定下方向，更協助我覓得一份相關工作以助我融入商業職場。」

"I have finished the last competition in September 2018, which meant my career transition was about to start. I have been having special interest in business subjects since secondary school, so I would like to devote my career in the business world, but I had no idea about how to take the first step. I am very grateful that I have joint the "Stars to Shine" Mentorship Programme and become one of Dr. Adam LEE's mentees. He inspired me to take the "Master of Science in Entrepreneurial Management" course to enrich my business knowledge, he guided me to clarify my goals and directions, and he helped me secure a relevant job to start realise my dream."

體育大使計劃 Ambassador Programme

為推廣香港體壇發展及以運動員的勵志故事於社會發放正能量，HKACEP 特設體育大使計劃，讓運動員親身到訪社區、學校及企業向大眾分享其運動生涯及經歷，並藉此鍛鍊公開演說技巧。有意成為體育大使分享體育奮鬥故事的運動員，請聯絡HKACEP辦公室。詳情請瀏覽體育大使專頁。

Ambassador Programme is aiming to offer athletes valuable opportunity to polish their public speaking skills and to promote sports and the positive attitude of athletes to the community, schools and corporations. Athletes, who are interested in sharing their stories, please contact HKACEP Office. Details please refer to Ambassador Programme Webpage.

了解更多
Learn more



服務範圍

- 由合資格的運動員擔任體育大使到學校或社區推廣體育運動。

SCOPE OF SERVICES

- Eligible athletes may be selected as ambassadors for sports promotion to schools and general public.



生涯規劃 Career Planning



在運動員諮詢過程中，本計劃以生涯地圖為工具，協助運動員分析履歷及檢視可能的發展方向，幫助運動員鎖定目標及認識自己，從而尋找合適自己的事業發展方向，建立完善的生涯規劃。

During the consultation, HKACEP use the Career Map as the tool to help athletes analyse their experience and qualifications, hence the possible direction of career development. By gaining a more thorough understanding of themselves through the process of “Career Planning”, athletes are able to establish a sound career plan which best suits them.

運動員諮詢 ATHLETE CONSULTATION

諮詢服務 Consultation

本計劃為已退役或即將退役的運動員提供諮詢服務，協助運動員對退役後的路向作初步理解及辨識，提早作好生涯規劃，並與不同的合作夥伴作定時跟進，為運動員提供專業建議。

HKACEP provide designated support for athletes in career transition by helping retired and retiring athletes identify possible alternatives as their next goal through consultation. Subsequent meetings are conducted with athletes and supporting organisations for any necessary reviews and professional guidance.

HKACEP 簡介講座 HKACEP Introductory Talk

本計劃會定期舉行「HKACEP簡介講座」，向運動員、公眾及工商機構介紹HKACEP，讓更多運動員及僱主認識本計劃及我們提供的支援和服務，協助提供更多適切支援，讓運動員順利轉型。



HKACEP organises Introductory Talk regularly to introduce the services and supports of HKACEP to athletes, community and employers, aiming to provide more comprehensive assistances to athletes for their smooth career transformation.



香港運動員就業及教育計劃自2012年推出奧夢成真計劃，目的是讓青少年學生、計劃退役和退役運動員透過運動共同開創夢想。計劃安排不同運動項目的運動員擔任教練，到學校將個人運動專項的知識和技術傳授給學生，以薪火相傳的理念鼓勵下一代追夢，藉以發掘有潛質的學生運動員加以培訓，並希望透過長期而有系統的運動訓練學習奧林匹克精神，以培養學生堅毅意志、個人品德及健康體格，藉以提升學生的整體體育水平，推廣校內體育文化，讓學生無論在心智或體格上都有著正面的影響。而運動員教練亦同時把握機會進修，自我增值，向成功轉型之路邁進。

The Hong Kong Athletes Career and Education Programme (HKACEP) of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) has launched an interactive platform that connects and shares the world of passion and resources from the commercial sector, the education sector and the sports community. This scheme, the Sports Legacy Scheme, was first launched in 2012, to help both student athletes and elite athletes who either are planning to retire or have retired to pursue their dreams in sports. Participating athletes of this scheme will become Athlete Coaches to provide sports specific training to under-privileged students, through teaching and spreading the positive values of sports and the spirit of olympism, they will (i) identify students' sports talents, and (ii) guide students' discipline and character building. The Scheme also aims to build sustainable whole-school sports programmes to improve students' physical fitness and to establish a sporting culture in schools. Through this process of teaching, athlete coaches are trained and equipped with various life skills and vocational training in preparation of their new career transition.

計劃宗旨為： 「運動改變生命，奧夢可變成真」



「奧夢成真」計劃於中小學分別開展2018-21年計劃，令更多計劃退役或已退役的運動員以及學生受惠。中學計劃名為賽馬會「奧翔」計劃，由香港賽馬會慈善信託基金的捐助；小學計劃名為「奧」妙運動園！計劃，由利希慎基金及周大福慈善基金資助。另外，奧夢成真計劃亦不斷與公營組織及商業機構共同開發不同項目，使奧夢成真計劃能夠持續發展。



Sports Legacy Scheme has started two brand new 2018-21 programmes to benefit more retiring and retired athletes and students. They are Jockey Club "Flying High" Sports Programme (Secondary School) which is funded by Hong Kong Jockey Club Charity Trust and Go Play Olympics! Programme (Primary School) which is funded by Lee Hysan Foundation and Chow Tai Fook Charity Foundation. The programmes focus on fitness test and sports experience to improve schools' sporting atmosphere.



賽馬會「奧翔」計劃 JOCKEY CLUB "FLYING HIGH" SPORTS PROGRAMME

「奧夢成真」計劃一直關注青少年的體育運動發展及培養恆常運動習慣，希望透過參與體育運動，讓其踏出建立運動習慣的第一步，以及從運動員身上學習奧林匹克精神。該計劃旗下的賽馬會「奧翔」計劃得到香港賽馬會慈善信託基金的捐助，於2018年9月展開，為期三年。

Sports Legacy Scheme has been working on sports development among youngsters. We encourage them to develop an exercise habit by having a taste of sports and learn Olympism from our athletes. We are glad to have the Hong Kong Jockey Club Charities Trust to sponsor our Jockey Club "Flying High" Sports Programme in the upcoming three years (2018-21).

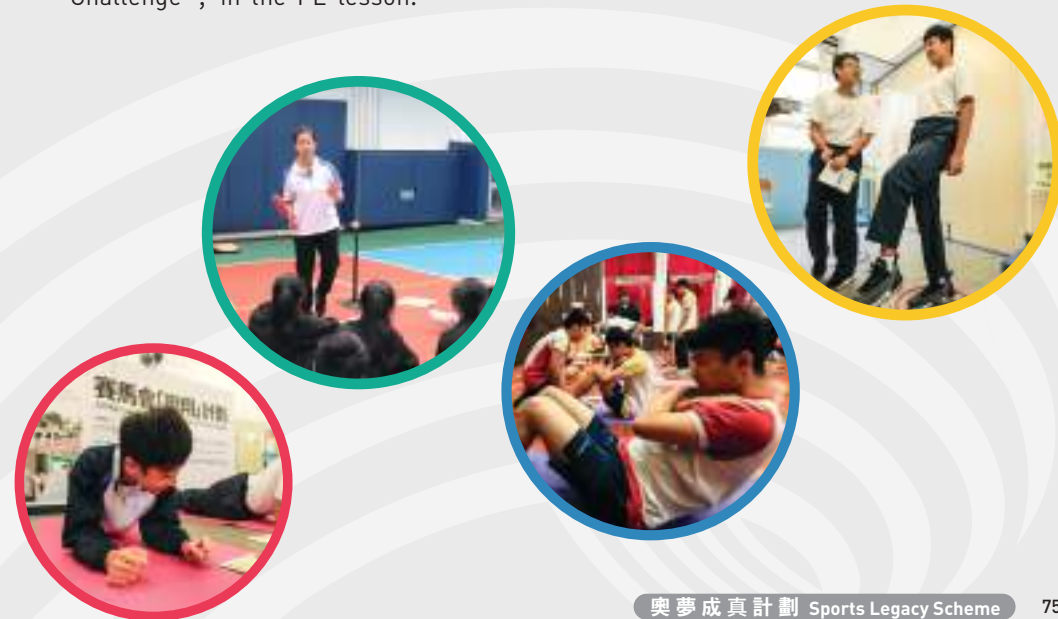
「奧翔」雙週

Flying High 2-week Programme



計劃首周會根據學生十項體能測試表現，演算出十角圖，讓他們從中了解各自的身體狀況，選擇合適的專項運動發展。次周課程除了進行不同運動體驗，亦會舉行體適能挑戰賽，鼓勵學生持續運動。

In the 1st week, we will have physical fitness test, including ten test items, in the PE lesson. In the 2nd week, we will offer "Sports Trial" session, such as football, cycling and rowing, to the student to have a taste of different sports. Enhancing students' fitness experience would be a more interesting way to help develop their exercise habit, so we will organise competition, "Fitness Challenge", in the PE lesson.





「奧翔」專項訓練 Flying High Specific Sports Training

賽馬會「奧翔」計劃亦安排「奧翔」專項訓練，為不同運動項目的運動員擔任教練，到學校將個人運動專項的知識和技術傳授給學生，以薪火相傳的理念鼓勵下一代追夢。

Participating athletes of this programme will become Athlete Coaches to provide sports specific training to students, through teaching and spreading the positive values of sports and the spirit of olympism.



了解更多 Learn more



賽馬會「奧翔」計劃宣傳片
Promotion video of Jockey Club
“Flying High” Sports Programme





「奧」妙運動園！計劃 “GO PLAY OLYMPICS!” PROGRAMME

「奧妙運動園」計劃是為期兩周的學校活動，在第一周體育課堂進行體適能活動，為同學們找出個人專屬體適能的六角圖，使他們了解自己的體能狀況以及適合發展的專項運動。計劃第二周將進行「運動體驗」，每間學校有兩種運動的興趣班，並由退役運動員擔當教練，薪火相傳。

In the 1st week, we will have physical fitness test, including six test items, in the PE lesson. In the 2nd week, we will offer “Sports Trial” session, such as athletics, cycling, shuttlecock and skateboard, to the student to have a taste of different sports.

為加強兒童及青少年的體育運動發展及培養恆常運動習慣，以提高其快樂指數，「奧夢成真」計劃將延伸受惠對象至小學層面，於2018年9月起開展為期三年的新計劃 — 「奧」妙運動園！。

In order to promote sports among youngsters and help them to develop exercise habit, we will expand our service to primary schools in Hong Kong by launching the 3-year “Go Play Olympics!” programme in September 2018.



了解更多 Learn more



「奧夢成真」計劃Facebook 專頁
Sports Legacy Scheme Facebook



了解更多 Learn more



「奧」妙運動園！計劃宣傳片
Promotion video of Go Play Olympics programme





企業員工發展培訓及社區活動

Corporation Projects and Community Activities

除了中學及小學的計劃外，「奧夢成真」計劃亦與不同公營組織及商業機構共同開發不同項目，例如提供體適能訓練課程，使奧夢成真計劃能夠持續發展。透過進行個人及團隊訓練，讓大眾了解自己的體適能水平，以及從團隊運動，體能比賽等，感受到團隊的價值，促進團隊之間的溝通，增加互信，建立良好的合作關係。

Other than the school programmes, our physical fitness team also offers courses to a wide range of company and organisations. It aims at improving people's understanding of their fitness level through individual or group trainings and to enhance the communication and build trust within the group by participating in team sports and fitness competition.



Courses provided are professional and they offer chances for athletes to meet the public so as to improve their communication skills. All fitness courses are professional. Participants can understand their body strength through the test and pick the right sports.

同時「奧夢成真」計劃亦參與不同社區活動，將計劃推廣至更廣闊層面。



運動員較少接觸公眾，走入社區是一個很好的機會讓他們學習更廣泛的溝通技巧，而且我們提供的活動都是專業水平，例如體適能測試可讓參加者了解自己的強項從而選擇合適的運動，不論對運動員及市民都有良好幫助。

At the same time, the scheme also participates in different social activities to promote the scheme to the public.

申請成為HKACEP會員及批核程序

MEMBERSHIP APPLICATION & VETTING PROCEDURE

- 填妥「香港運動員就業及教育計劃」申請表格*後交回本計劃辦事處
Complete and submit the HKACEP Application Form* to the HKACEP Office
- 填妥體育總會提名表格*後交回本計劃辦事處 Fill in and return the National Sports Association Nomination Form* to the HKACEP Office
- 經由香港運動員就業及教育計劃委員會審批**
Vetting by the HKACEP Committee**
- 通知申請人其申請結果
Result Notification



下載申請表格
Download Application Form



* 申請表格可到香港運動員就業及教育計劃辦事處索取或於網上下載 www.hkacep.org
Forms can be collected at the HKACEP Office OR downloaded from www.hkacep.org

** 申請人可能被邀請出席面試
Applicants may be required to attend an interview by the HKACEP Committee

📍 香港銅鑼灣康翠埔大球場徑1號奧運大樓1樓1004室
Room 1004, 1/F Olympic House, 1 Stadium Path,
So Kon Po, Causeway Bay,
Hong Kong

☎ (852) 2504 8188

📠 (852) 2890 9599

✉ hkacep@hkolympic.org

🌐 www.hkacep.org

