

無憂追夢

運動嘉年華

延續運動緣



一眾嘉賓及運動員出席支持「無憂追夢 延續運動緣 運動嘉年華」開幕及閉幕典禮
Guests and athletes participated in the opening and closing ceremonies to support the Annual Event

由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）呈獻，場地贊助 - 信和集團旗下屯門市廣場、荃新天地及奧海城全力支持的年度盛事「無憂追夢 延續運動緣 運動嘉年華」，於2024年2月29日至3月17日期間圓滿舉行，吸引超過7,000名運動員及公眾人士參與。

Presented by the Hong Kong Athletes Career & Education Department (HKACED) and SF&OC Sports Legacy Company Limited (SLCL) of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC), and with the venues sponsored by Tuen Mun Town Plaza, Citywalk and Olympian City of the Sino Group, the Annual Event was held successfully in a roving format from 29 February to 17 March 2024, and attracted over 7,000 athletes and members of the public to participate.



莫宛瑩於開幕典禮示範太極拳
MOK Uen Ying Juanita demonstrated Taijiquan



奧夢成真教練關焯霖、詹港艷及高松漢帶領香港道教聯合會純陽小學的學生展現跆拳道訓練成果
The students of Hong Kong Taoist Association Shun Yeung Primary School demonstrated the taekwondo skills with Sports Legacy coaches, KWAN Wai Lam, JIM Kong Yim Angel and KO Chung Hon Liam

空手道運動員李嘉維(左)、葉靜怡(中)及李偉志(右)向大眾進行運動示範及分享
Karatedo athletes LEE Ka Wai, YIP Ching Yee and LEE Wai Chi conducted sports demonstrations and shared their experiences with the public



現場亦設有打卡牆讓公眾拍照留念
Photo wall was also set up at the venue for the public to take pictures and capture memories

是次巡迴活動旨在延續運動熱，讓大眾近距離接觸港隊運動員及認識運動員最強後盾 HKACED 團隊，藉此鼓勵大眾支持及參與體育活動，實現「無憂追夢 延續運動緣」精神！運動嘉年華內容精彩，其中包括五大運動體驗區、運動員示範和分享、換領紀念品等，讓大眾全方位感受體育活動的樂趣。

The event aims to keep the sports fever alive and allow the public to meet Hong Kong athletes and learn more about their strongest supporter - the HKACED team. It encourages the public to continue supporting and participating in sports activities while developing their passion for sports. The event is filled with colorful activities including five sports experience areas, athletes' demonstrations and sharing, plus souvenir redemption and more.



公眾紛紛挑戰運動體驗區
Public showcased their skills at various sports games

退役運動員轉型計劃

Retired Athletes Transformation Programme (RATP)

「退役運動員轉型計劃」為退役運動員提供最多六年轉型過渡期，助他們適應身份轉變及職場文化。本計劃設有工作配對、進修資助、在職培訓及生涯規劃諮詢等支援，協助退役運動員提升資歷及工作技能，以順利轉型。

退役運動員可按個人發展方向選擇到學校任職「學校體育推廣主任」或到體育機構任職「體育機構行政人員」，汲取工作經驗。第二期計劃（2021-2024 學年）已成功配對 71 名及 28 名退役運動員分別於學校及體育機構工作。

第三期計劃（2024-2027 學年）申請反應熱烈，共收到 135 份學校及 27 份體育機構申請表，為歷屆最多。計劃將於 2024 年 9 月 1 日展開，為期三年，至 2027 年 8 月 31 日。

Retired Athletes Transformation Programme (RATP) provides a maximum of six-year transformation period for retired athletes adopting the change of self-identity from athletes to an employee, and the workplace culture. It helps retired athletes equipping their qualification on both academic and working skills by providing job matching, education subsidies, on-job training courses and consultation.

Retired athletes could either work as a School Sports Promotion Coordinator (SSPC) for schools or as a Sport Administrator for sport organisations (SO) in order to gain working experiences. 71 and 28 retired athletes were successfully matched with schools and SO respectively during RATP phase II: 2021-2024.

Total 135 and 27 applications (phase III: 2024-2027) from schools and SO were received respectively, so far the highest application nos. received. Phase III (2024-2027) would be last for three years, from 1 September 2024 to 31 August 2027.

年度會議 Annual Meeting

本計劃定期舉行年度會議，藉此加強與受惠運動員的溝通及更新資訊。

In order to facilitate the communication between HKACED and beneficiary athletes, meeting would be held regularly.



小組分享
Group Sharing



經歷分享 Sharing

職業導向分享

嘉賓分享 Guest Sharing
文化體育及旅遊局
高級康樂事務經理
(體育及康樂) 2 游潤華女士
Ms. YAU Yun-wah, Susanna,
Senior Leisure Manager
(Sports & Recreation) 2

大合照 Group Photo

進修資助 Education Subsidy

本計劃鼓勵受惠運動員於工餘時間進修，自我增值。計劃自 2018 年至今，已批出超過 70 項進修資助，資助運動員修讀體育相關的大專院校及短期課程。

RATP encourages beneficiary athletes undertaking advanced studies and enable them to obtain a higher academic qualification. More than 70 education subsidies related to sports tertiary education and short courses have been approved since 2018.

運動員分享 Athlete Sharing

運動攀登前港隊運動員何鳳芝透過本計劃進修資助，修畢運動教練培訓與運動表現高等文憑。「起初，要兼顧進修和工作難免會感到吃力，所以我會尋求不同方法讓自己不斷提升，開始慢慢適應兼讀的節奏。有時工作與功課及考試時間頗為接近，少不免感到有壓力，但只要做好時間管理，朝著轉型目標及發展目標進發，沒甚麼難題解決不了。我認為只要時間及金錢許可，無論壓力多大，定必繼續進修，自我增值，讓自己不斷進步。」

HO Fung Chi, Gigi, retired sport climbing athlete, graduated from the Advanced Diploma in Sport Coaching and Performance under the education subsidy of RATP. "Managing advanced study and work entailed strenuous efforts at the very beginning. I have tried different ways to overcome the difficulties, hence, I have adapted the pace very soon. It would be slightly panic for me to carry out the intensive working and assignment schedules. Though it was stressful, good time management and clear mind-set overcame the challenges and difficulties. I will keep studying advanced to equip myself when time and money are in good status."



香港前運動攀登運動員何鳳芝
HO Fung Chi, Gigi -
Retired sport climbing athlete

必修課程 Compulsory Course

團隊培訓
Team Building



時間管理及目標規劃
Time Management & Goal Setting Course



調解技巧及運用
Complaint and Conflict Management Course



在職培訓課程 On-job Training

過去一年，本計劃合共舉辦了六個在職培訓課程予受惠運動員，協助提升工作技能。課程分為必修及選修課程，運動員可按個人需要及興趣選擇修讀內容。

RATP conducted six on-job training courses for the beneficiaries in the past year. It enables athletes to enhance working skills and perform their duties in more effective way. On-job training courses were categorised into compulsory and elective courses. All beneficiaries could join the courses regarding their necessity and interests.

選修課程 Elective Course

電腦應用：剪片及後期製作課程
Video Editing and After Effect
Production Course



急救證書課程
Certificate in First Aid Course



精神健康急救課程（關懷青少年版）
Youth Mental Health First Aid



初級運動創傷防護員課程
Sports Injury Course





學校體育推廣主任 School Sports Promotion Coordinator

梁愷樺希望退役後可兼顧工作及進修，得知「退役運動員轉型計劃」為退役運動提供穩定全職工作，且允許彈性上班時間以鼓勵受惠運動員進修，於是報名參加。

「退役後，我曾考慮轉型成為老師，因此，我選擇任職學校體育推廣主任，這有助我了解學校的工作環境、文化、模式及架構。三年任期中，我善用學校的環境，在校內籌備不同運體育活動，鼓勵學生多玩多試。同時，我亦把握時間積極進修，藉此豐富資歷，提升職場上競爭力。」

「敢於嘗試，盡力做好每件事是我一直工作的態度，認真做事的態度讓我在這三年間獲得不同的工作機會，跳出舒適圈，累積不同經驗，學到不同知識，助我成功轉型。我即將轉型至西沙體育園任職體育發展幹事，期待新的挑戰。」她寄語運動員「把握機會、敢於嘗試、盡力做好每件事」。

Hera hopes to balance work and further education after retirement, knowing that RATP provides stable employment for retired athletes and allows for flexible working hours to encourage beneficiaries to pursue further education. Therefore, Hera decided to sign up for the program.

"After retiring, I considered transitioning into a teaching career. Therefore, I chose to work as a SSPC, which helped me understand the working environment, culture, patterns, and structure of schools. During my three-year tenure, I made good use of the school environment to organize various sports activities, encouraging students to play and try different sports. At the same time, I took advantage of my time to actively pursue further education, enriching my qualifications and enhancing my competitiveness in the workplace."

"Dare to try and strive for the best in doing everything well is my working motto. It has allowed me to receive different job opportunities in the past three years. Leaving my comfort zone and gaining different experiences have brought me to another stage. I do looking forward to my new position in Sports Park Sai Sha, and I am ready for the new challenges." Last but not least, Hera is sincerely wished all beneficiaries who are looking for transformation should seize the opportunities, dare to try, and try their best to do everything well.



梁愷樺 - 退役單車運動員
LEUNG Hoi Wa, Hera -
Retired cycling athlete

體育機構行政人員 Sports Organization Administrator

於 2023 年杭州亞運勇奪金牌後退役，並透過「退役運動員轉型計劃」，配對至港協暨奧委會奧夢成真有限公司工作。他希望善用退役運動員身份回饋體育界，繼續協助推動香港體育發展。

「我與其他退役運動員一樣，從城門河上轉到奧運大樓的辦公室，難免需要時間適應身份和環境的轉變，幸好同事們的耐心教導、包容和體諒，同時得到計劃的負責同事協助和適時的關心，令我逐漸適應轉型的階段。加入奧夢成真有限公司期間，主要負責文書及管理工作，例如：採購、管理教練、協調課堂等工作，有助我累積更多的工作經驗，為未來投身職場奠下穩健的基礎。」

After retiring with a gold medal won at the 2023 Hangzhou Asian Games, WONG Wai Chun participated in RATP and was successfully matched with SLCL. Chun hopes to leverage his identity as a retired athlete to give back to the sport industry and continue supporting the development of sports in Hong Kong.

"Like other retired athletes, I had to adapt to a change in athletic identity and the workplace. I am grateful to have a team that guides me well and shows tolerance towards me at work. The RATP team has also been supportive and provided advice when I felt confused. During my time at SLCL, my mainly responsibility have been administration work, such as procurement, managing the coaching team, and liaison tasks. This experience has enriched my work experience for my future transformation."



王瑋駿 - 退役賽艇運動員
WONG Wai Chun -
Retired rowing athlete

HKACED Scholarship Programme - Relaxation for Part-time Athletes

2023-2024 年間，HKACED 合共批出 22 份教育獎學金申請。為了讓教育獎學金計劃與時並進、發揮更佳效益以惠及更多運動員，香港運動員就業及教育部委員會於 2023 年 6 月 19 日通過優化教育獎學金的體育成績要求，令更多兼職運動員受惠。

自此，成功申請教育獎學金的兼職運動員較去年度（2022-2023 年度）上升一倍。HKACED 相信此優化計劃能為更多符合資格的兼職運動員提供進修增值支援，有利於職涯發展。

Between 2023 and 2024, HKACED approved a total of 22 education scholarship applications. In order to keep the education scholarship program up to date, maximize its effectiveness, and benefit more athletes, the HKACED Committee officially approved the optimization of sports performance requirements for education scholarships on 19 June 2023. This change allows more part-time athletes to benefit from the program.

As a result, the number of part-time athletes successfully receiving education scholarships doubled compared to the previous year (2022-2023 academic year). HKACED believes that this optimization plan will provide more eligible part-time athletes with support for further education and career development in the future.

運動員分享 Athlete Sharing

我自 2019 年修讀護理學兼讀課程，一直以來，身兼學生、兼職運動員及全職護士身份三職的我，每個學期都要為學費及時間分配憂心忡忡，加上香港的生活成本高昂，令我產生無形壓力，並影響狀態及運動表現。有幸去年 HKACED 優化教育獎學金計劃，不但令我學習旅途上無後顧之憂，更重要是大大減輕我心理負擔，使我在球場及職場上更放鬆自在。

Since 2019, I have been studying nursing in a part-time program. Throughout this time, juggling the roles of a student, part-time athlete, and full-time nurse, I have constantly worried about tuition fees and time management every semester. The high cost of living in Hong Kong has added an invisible pressure on me, affecting my mental state and athletic performance. Fortunately, last year, the HKACED optimized the education scholarship program. This not only relieved my financial concerns on my learning journey but, more importantly, significantly reduced my psychological burden, allowing me to feel more relaxed and at ease both on the field and in my professional career.



杜綺珊 - 板球運動員
TO Yee Shan - Cricket Athlete

我衷心感謝 HKACED 對我的信任和支持，提供教育獎學金計劃的慷慨資助，使我能夠成功修讀中國語文及文學碩士學位。這個獎學金使我能夠專注於學業，增值自己，充分發揮潛力。我將努力學習，不負所望，成為一位合資格體育及中文小學老師，努力回報社會及運動界。

I sincerely appreciate the trust and support from the HKACED, providing funding through the education scholarship programme that has enabled me to successfully pursue a Master's degree in Chinese Language and Literature. This Scholarship has allowed me to focus on my studies, enhance myself, and fully unleash my potential. I will strive to study hard and live up to expectations, aiming to become a qualified primary school teacher in both physical education and Chinese language. I am dedicated to giving back to the society and the sports community.



梁芷茵 - 壘球運動員
LEUNG Tsz Yan - Softball Athlete

有關 HKACED 教育支援詳情，可瀏覽官方網站 (<https://www.hkacep.org/tc/education.php>) 查閱。

For more HKACED education support details, please visit official website (<https://www.hkacep.org/en/education.php>).

Memorandum of Understanding (MOU) Collaboration with Institutions

為了讓運動員得到全方位學習支援，港協暨奧委會積極與不同大專院校簽訂合作備忘錄。繼與香港教育大學（教大）、香港高等教育科技學院和香港恒生大學合作，港協暨奧委會於 2023-2024 年間與聖方濟各大學（聖大）（前稱明愛專上學院）及明愛白英奇專業學校（明愛白英奇）和職業訓練局（職訓局）簽署合作備忘錄，為運動員提供更多選擇和彈性升學安排。今年，透過合作備忘錄成功獲教大取錄的運動員共有 11 人。

In providing all-rounded education support to athletes, SF&OC vigorously seek MOU collaboration with different institutions. Apart from The Education University of Hong Kong (EdUHK), Technological and Higher Education Institute of Hong Kong, and The Hang Seng University of Hong Kong, the SF&OC had signed MOU in year 2023-2024 with Saint Francis University (SFU) (Formerly Caritas Institute of Higher Education), Caritas Bianchi College of Careers (CBCC), and Vocational Training Council (VTC). It aimed to offer more options and flexible study arrangements to athletes. This year, 11 athletes successfully received offers via MOU collaboration between HKACED and EdUHK.

聖大及明愛白英奇 - 特設「香港傑出運動員專上教育推薦計劃獎學金」

SFU and CBCC - Outstanding Hong Kong Athletes Nomination Scheme (OHKANS) Scholarship

透過簽署合作備忘錄，院校為運動員提供彈性入學機制，並特設「香港傑出運動員專上教育推薦計劃獎學金」，讓運動員兼顧學業及訓練，得到全方位學習支援。此外，校內設有模擬職場教室，包括幼兒教育、物理治療、護理及藥劑課程等，讓運動員提早了解職場環境，工作時更得心應手。

Through this collaboration, SFU and CBCC provides flexible admission arrangements for athletes and establish the OHKANS scholarship specifically for athletes. This allows them to balance their academic studies and sports training while receiving comprehensive learning support. Moreover, SFU and CBCC have simulated workplace classrooms on campus, including early childhood education, Physiotherapy, Nursing and Pharmacy, etc. It allows student-athletes to familiarize in and easily adapt to real workplace environment.



港協暨奧委會會長霍震霆大紫荊勳賢 GBS 太平紳士（右）與聖大及白英奇校長麥建華博士（左）簽署合作備忘錄
Mr. Timothy FOK, GBM, GBS, JP, President of SF&OC (Right) and Dr. Kim MAK, President of SFU and CBCC (Left) signed the MOU

與職訓局簽署合作備忘錄

Signed MOU with VTC - Provide Comprehensive Education and Career Support



在合作框架下，範圍涵蓋職訓局轄下全部 14 個機構成員，提供的課程涵蓋學士學位、高級文憑、文憑，以及持續專業進修課程，能迎合不同背景和興趣的運動員需求。

As part of the partnership, it covered all 14 member institutions under VTC and offer a wide range of programmes including Degree, Higher Diploma, Diploma and Continuous Professional Education courses, which can cater athletes' needs from different background and interests, and develop them to become professions from different sectors.

港協暨奧委會會長霍震霆大紫荊勳賢 GBS 太平紳士（右）與職訓局主席戴澤棠（左）簽署合作備忘錄
Mr. Timothy FOK, GBM, GBS, JP, President of SF&OC (right) and Mr. Tony TAI, Chairman of VTC (left) signed the MOU

免費綜合英語課程

Integrated General English Course for Free

EF English Centers 提供免費綜合英語課程，讓運動員可以 24 小時隨時隨地登錄多媒體互動教室學習英語，協助運動員提升英語水平。2023-2024 年間，共有 105 名運動員受惠。

EF English Centers offers free integrated general English courses, allowing athletes to study English anytime and anywhere through the multimedia interactive classroom. This programme assists athletes in improving their English proficiency. In 2023-2024, a total of 105 athletes benefited from the course.



柔道運動員廖芷慧(左)及壁球運動員何嘉寶(右)於 2024 年 3 月 20 日參與 EF English Centers 的「Life Club 英語大本營 - 室內攀石活動」。在活動中運用英語與導師及學員交談，把綜合英語課程中學到的知識實踐於生活中。
LIU Tze Wai, judo athlete (left) and HO Ka Po, squash athlete (right) participated in the "EF Life Club event - Indoor Wall Climbing" on 20 March 2024. During the event, they used English to communicate with instructors and fellow participants, putting into practice the knowledge they gained from the integrated general English courses in real-life situation.

加拿大安省網上中學運動員獎學金計劃

Ontario eSchool Athlete Scholarship Program

HKACED 與加拿大安省網上中學合作，設立「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，以備將來銜接大專課程。「加拿大安省高中畢業文憑」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。

HKACED joins hands with Ontario eSchool (OeS) to launch the Ontario eSchool Athlete Scholarship Program, which offers athletes a one-year Ontario Secondary School Diploma (OSSD) online programme for free in preparation for their further tertiary studies. 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.

學生運動員分享 Student-Athlete Sharing

作為香港三項鐵人學生精英運動員，除了在賽場上追求卓越外，維持良好的學業以為將來人生路向打好基礎亦甚為重要。我一直期望能到外地升讀大學以擴闊視野與國際接軌，其中加拿大安大略省的數間頂級學府當然在我首選之列，尤其 University of Waterloo 的科學與航空課程更是我心儀的學科。得知香港運動員就業及教育部聯同加拿大安省網上中學一直推動運動員獎學金計劃，令身為學生運動員的我能專注訓練的同時，亦能在沒有經濟壓力的情況下兼顧學業以取得安省中學文憑，以便更容易銜接安省各家大學的課程及增加錄取機會。

As an elite triathlon student athlete in Hong Kong, in addition to pursuing excellence on races, it is also important to maintain good academic performance to lay a solid foundation for future career. I have always hoped to study at a university abroad to broaden my horizons and be connected with the world. Of course, several top universities in Ontario, Canada are among my top choices. The science and aviation programme of University of Waterloo is my first priority. I learned about the athlete scholarship program by HKACED and Ontario eSchool. As a student-athlete, I can focus on training while also taking care of my studies without financial pressure to obtain the OSSD. To make it easier to connect to courses from various universities in Ontario and increase the chance of enrolment.



陳睿烽 - 三項鐵人運動員
2023-2024 年度加拿大安省網上中學
運動員獎學金計劃學生
CHAN Yui Fung - Triathlon Athlete
2023-2024 Student of Ontario eSchool
Athlete Scholarship Program

體育大使計劃

Ambassador Programme (AP)

HKACED 體育大使計劃由 2013 年開始至今已推行 11 年，本年度有超過 30 位運動員加入，現時逾 60 位現役、計劃退役及退役運動員參與。計劃旨在讓運動員親身走進社區，包括學校及企業，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。為提高運動員對體育大使計劃有更深認識，HKACED 亦首次於 8 月 30 日舉行體育大使簡介會。

2023-2024 年度，HKACED 體育大使到訪超過 65 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。HKACED 會繼續招募更多運動員加入體育大使大家庭。

The HKACED Ambassador Programme has been running for 11 years since 2013. Over 30 athletes joined this year, and currently, there are over 60 athletes participating, including serving, planning to retire and retired athletes. The programme aims to bring athletes into communities, including schools and businesses, to share their sports careers and journeys. It promotes positive values, encourages active participation in sports, and contributes to the development of sports. Through these activities, the programme aims to increase public awareness and understanding of athletes, as well as support and attention for the sports industry. Additionally, it provides opportunities for athletes to enhance their public speaking and improvisation skills. To deepen athletes' understanding of the Ambassador Programme, HKACED organized an induction training for ambassadors on 30th August 2023.

In the 2023-2024 academic year, the HKACED Ambassadors visited over 65 primary and secondary schools and various organizations, where athletes shared their experiences with students and individuals from different sectors of the society. HKACED will continue to recruit more athletes to join the Ambassador Programme family.

體育大使分享 AP Sharing

退役空手道運動員李家維於 HKACED 體育大使計劃表現卓越，更成為 HKACED 年度活動「無憂追夢 延續運動緣」司儀，他說：「能夠擔任體育大使是一件別具意義的工作，由過往十二年全職運動員轉型為教練崗位，經歷過訓練、比賽、勝利、失敗、受傷等，並從逆境之中重新振作，如何面對艱苦訓練和受傷困擾，最後也能脫穎而出的故事也值得跟社區和大眾分享。在分享的過程中，最大的滿足感是能夠帶出三個成功理念給他們：享受、勤力、堅持，令他們可以參考運動員堅毅的心態並應用於日常生活、工作和學業。除此之外，多次的分享會也令自己提升了個人技能例如：演說技巧、語言能力和溝通技能等，讓我更了解學生和不同工作類型所面對的困難和挑戰。盼望日後繼續以體育大使身份延續運動道路上的目標和夢想，啟發和鼓勵更多年青人，培育更多體壇精英，為港爭光！」

Retired karatedo athlete, LEE Ka Wai has shown outstanding performance as a HKACED Sports Ambassador. He has invited to be the facilitator for the HKACED Annual Event. He said, "Being a HKACED Ambassador is a meaningful role. Transitioning from a full-time athlete to a coaching position over the past twelve years, I have experienced training, competitions, victories, failures, and injuries. I have emerged stronger from adversity. Sharing my story of how I faced challenging training and overcome injuries is worth sharing with the community and the public. The greatest satisfaction in the sharing process is being able to impart three principles of success: enjoyment, diligence, and perseverance. These principles allow them to learn from athletes' resilient mindset and apply it to their daily lives, work, and studies. In addition, multiple sharing sessions have helped me improve personal skills such as public speaking, language proficiency, and communication skills. It has deepened my understanding of the difficulties and challenges that students and individuals in different professions face. I hope to continue pursuing my goals and dreams in the sports field as a Sports Ambassador, inspiring and encouraging more young people, nurturing more sporting elites, and bringing glory to Hong Kong!"



李家維出席不同類型分享活動
LEE Ka Wai attended actively
in various sharing events

體育大使李家維為 HKACED
年度活動運動員分享主持人
HKACED Ambassador, LEE
Ka Wai was the facilitator
of the Athletes' Sharing in
the HKACED Annual Event



活動概覽

Highlight



04/04/2023

基督教信義會信義中學 (葉奕航 - 空手道)
ELCHK Lutheran Secondary School (YIP Yick Hong - Karatedo)



16/06/2023

樂活新中年慈善動力 (黃嘉欣 - 運動攀登)
Happy-Retired Charity Action Limited (WONG Ka Yan- Sports Climbing)



31/10/2023

聖公會梁季彝中學 (葉焯延 - 羽毛球)
S.K.H. Leung Kwai Yee Secondary School (YIP Pui Yin - Badminton)



18/09/2023

華富邨寶血小學 (柯鈞鎬 - 足毬、李振豪 - 空手道)
Wah Fu Estate Precious Blood Primary School (OR Kwan Ho Kevin - Shuttlecock, LEE Chun Ho - Karatedo)



22/03/2024

軒尼詩官立小學 (張海琳 - 賽艇)
Hennessy Road Government Primary School (CHEUNG Hoi Lam - Rowing)



HKACED 為運動員提供切合個人發展或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，加強運動員之間的連繫。讓我們一起重溫 2023-2024 年度的精彩課程！

HKACED provided athletes with life skills training programme that suitable for their personal development and post-athletic transformation, in order to equip athletes with relevant skills and knowledge to move on to the next chapter. The diverse life skills training programme also aims to strengthen the bonding between athletes. Let's revisit the courses in 2023-2024!



啟德體育學堂 (第三期)
Kai Tak Sports Park Education Programme (Cohort 3)
26/04/2023 - 14/06/2023



流浪動物義工活動
Stray Pet Volunteering Activity
16/09/2023



督導管理課程 (進階版)
Advanced Supervisory Management Training
23/09/2023



數碼營銷技巧實戰課程
Essential Skills of Digital Marketing Trends
15/10/2023



烈酒第一級認證課程
WSET Level 1 Award in Spirits
28/10/2023



肌筋膜放鬆技巧課程
Techniques for Muscle Relaxation Course
18/11/2023



手沖咖啡工作坊
Hand Drip Coffee Workshop
09/12/2023



13/01/2024
家居維修實戰課程
Practical Household Repair Workshop



14/01/2024
家居維修實戰課程
Practical Household Repair Workshop



21/01/2024
手機攝影及影片後製課程
Photography and Video Editing on iPhone



24/02/2024
長者探訪及傳統糕點工作坊
Elderly Visit cum Traditional Chinese Pastry Workshop



28 - 29/02/2024
職場及面對傳媒溝通技巧課程
Communication Skills for Career and Media Course



10/03/2024
西式甜點製作工作坊
Western Pastry Making Workshop

16/03/2024
西式麵包烘焙工作坊
Western Bread Baking Workshop



17/03/2024
西式麵包烘焙工作坊
Western Bread Baking Workshop

歡迎運動員於 HKACED Instagram 內的「HKACED 生活技能培訓課程 - 意見調查」中，留下你們想報讀的課程或其他建議，讓我們更了解你們的需要。

To know more about athletes' preferences and needs, athletes are invited to visit HKACED Instagram and leave your suggestion in "HKACED Life Skills Training Programme Survey".

為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 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 organising introductory talks and promotional activities. HKACED also produced promotional videos to raise public awareness on athletes' post-athletic development.

18/06/2023

奧運日
Olympic Day



03/09/2023

中國香港泰拳理事會簡介會
Introductory Talk for
Muaythai Association of Hong Kong, China



06/10/2023

中國香港板球簡介會
Introductory Talk for
Cricket Hong Kong, China



26/11/2023

中國香港合球總會簡介會
Introductory Talk for
Hong Kong China Korfball Association





02/12/2023

中國香港壘球總會簡介會
Introductory Talk for
Hong Kong China Softball Association



26/12/2023

中國香港獨木舟總會簡介會
Introductory Talk for
Hong Kong China Canoe Union

26/01/2024 & 02/02/2024

中國香港足球總會女子隊簡介會
Introductory Talk for
The Football Association of Hong Kong, China (Women Team)



24 & 25/02/2024

香港室內賽艇錦標賽暨慈善長途接力賽
2024 Hong Kong Rowing Indoor
Championships & Charity Rowathon



03/03/2024

賽馬會全城躍動活力跑
The Jockey Club Vitality Run



就業

Career

HKACED 一直與社會上不同機構及紀律部隊合作，舉辦就業講座、安排參觀活動及體能挑戰，向運動員介紹不同就業機會，讓運動員更深入了解工作內容、要求及前景，為轉型發掘更多可能性。

HKACED has been collaborating with corporates from various industries in the community and disciplined services by organizing career talks, visits and fitness challenge to introduce athletes to different employment opportunities, allowing them to gain a deeper understanding of the job nature, eligibility and various career prospects and explore more possibilities so as to assist in their career transformation.

29/04/2023 香港海關 Hong Kong Customs and Excise Department



23/06/2023 香港建造學院 Hong Kong Institute of Construction



21/10/2023 香港警務處 Hong Kong Police Force



25/01/2024 香港消防處 Hong Kong Fire Services Department



奧夢成真計劃

Sports Legacy Scheme

由港協暨奧委會轄下香港運動員就業及教育部成立的港協暨奧委會奧夢成真有限公司(奧夢成真),旨在讓港隊運動員和青少年學生透過運動共同開創夢想。

計劃安排運動員到資源匱乏的學校擔任教練,從中吸收教學經驗,逐步轉型,透過運動訓練及傳授相關知識,發掘學生的運動潛能,宣揚奧林匹克價值,從而培養出堅毅意志、個人品德及健康體格,學校的體育文化亦能得以推廣,達至運動員、學校、學生三贏局面。於 2023-24 年度提供的服務有賽馬會「奧翔」計劃、奧苗計劃及企業夥伴合作計劃等。

「奧夢成真」持續吸納運動員加入團隊,近兩個學年累計 79 名來自 29 個項目的運動員成功轉型為教練,發揮運動員的獨特優勢,向學生傳承專業知識及正面價值觀,發掘他們的運動潛能,加強學校體育文化。

SF&OC Sports Legacy Company Limited (SLCL) was set up by the HKACED of the SF&OC as an interactive platform for the athletes of Hong Kong, China delegation and students to pursue their passion for sports.

The scheme arranges for the athletes to serve as coaches in under-resourced schools, where they can gain teaching experience and transit into a new career. By providing sports training and imparting sports knowledge to students, the scheme aims to uncover students' athletic potential, pass on sports knowledge and Olympic values, and thereby cultivate strong willpower, personal character, and physical health. In addition, the scheme promotes a sports culture in schools, creating a win-win-win situation for athletes, schools, and students. Current programmes run by SLCL in 2023-24 include Jockey Club "Flying High" Sports Programme, Youth Olympian Programme and corporate projects, etc.

The programme has been recruiting athletes to deliver training services. More than 79 coaches from 29 sports start their coaching career through SLCL. Coaches are able to bring their positive values to the students, educate them on professional sports knowledge, identify their athletic potential and boost sports culture in schools.



張麗怡 (霹靂舞)
CHEUNG Lai Yi (Breaking)

張彬賢 (籃球)
CHEUNG Pan Yin (Basketball)



曾海蘭 (武術)
TSANG Hoi Lan (Wushu)

呂伊婷 (滑板)
LUI Yi Ting (Skateboarding)



陳淑嫻 (保齡球)
CHAN Shuk Han (Tenpin Bowling)

李少聰 (手球)
LEE Siu Chung (Handball)

羅建亨 (足毬)
LAW Jordan Kin Hang (Shuttlecock)



喬威 (曲棍球) SINGH Sukhmit (Hockey)

賽馬會「奧翔」計劃

Jockey Club "Flying High" Sports Programme

由香港賽馬會慈善信託基金捐助，奧夢成真主辦的賽馬會「奧翔」計劃持續以運動宣揚奧林匹克價值，並於最近兩個學年全面恢復實體活動，計劃率先於2023年7月8日舉行第三屆校際體能挑戰賽，吸引346名來自20間中學的學生聚首香港珠海書院同場競技，展示訓練成果。

The second phase of the Jockey Club "Flying High" Sports Programme, funded by the Hong Kong Jockey Club Charities Trust and organised by the SLCL, marked a return to normalcy with the resumption of fitness activities in current two academic years. The 3rd Inter-school Fitness Challenge Competition was held on 8 July 2023 at Hong Kong Chu Hai College, with the participation of 346 beneficiary students from 20 schools. The competition showcased students' physical prowess, determination, and sportsmanship.



一眾師生及教練皆盡情投入當日賽事
The beneficiary students, teachers and coaches enjoyed the competition



一眾主禮嘉賓在決賽起動禮進行鳴槍儀式，包括時任署理文化體育及旅遊局體育專員鄭青雲（左四）、香港運動員就業及教育部委員會主席胡曉明（左三）、香港賽馬會慈善事務總經理（體育、文化及公益慈善研究院）鄧詠茵（右四）、港協暨奧委會義務副秘書長黃寶基（右三）及香港運動員就業及教育部委員會委員。
Guests of honour, including CHENG Ching Wan, Paul (fourth from left), the then Ag Commissioner for Sports in the Culture, Sports and Tourism Bureau, Prof. Herman HU (third from left), Chairman of the HKACED Committee, Donna TANG (fourth from right), Executive Manager, Charities (Sports, Culture & Institute of Philanthropy) of the Hong Kong Jockey Club, WONG Po Kee (third from right), Honorary Deputy Secretary General of the SF&OC, and the members of HKACED Committee, launched the ritual at the finals kick-off ceremony.

2023-2024 學年開辦多達 40 隊校隊，並為 30 間學校提供專項運動體驗，讓更多受惠學生可從教練身上學習專業運動知識、技術及經驗。

Up to 40 sports teams were formed, and sports trials were offered to 30 schools in the academic year 2023-2024, allowing more students to learn sports knowledge, skills and gain experience from the coaches.

保齡球
Tenpin Bowling



劍道
Kendo



欖球
Rugby



單車
Cycling



奧苗計劃

Youth Olympian Programme

由奧夢成真主辦的「奧苗計劃」於 2022-2023 學年正式啟動，計劃每年甄選 10 間受惠小學，由現役或退役港隊運動員傳授專項運動及體適能技巧，並透過遊戲互動，向學生講解奧林匹克價值。精彩活動包括「專項運動班」、「健康小領袖」、「奧運健兒見面會」及「運動嘉年華」等。

奧夢成真於 2023 年 7 月 13 至 16 日首度在奧海城二期舉辦「奧苗計劃」年度活動 - 夏日城市運動嘉年華，並於今個學年 2024 年 2 月 29 至 3 月 17 日再度於三個大型購物商場（分別為屯門市廣場、荃新天地及奧海城二期）舉辦「無憂追夢 延續運動緣」運動嘉年華，向社區宣揚奧林匹克精神及推廣體育知識，為城市注入活力。

The Youth Olympian Programme, organised by SLCL, served 10 schools each year, was officially launched in academic year 2022-2023. This programme aims at promoting Olympic values through various activities, such as "Specific Sports Lessons", "Little Ambassadors", "Athletes Meet and Greet" and "Summer Sports Carnival", and the coaching conducted by serving and retired athletes of Hong Kong, China.

The Youth Olympian Programme held its annual fun day, Summer Sports Carnival, for the first time at Olympian City 2 from 13 to 16 July 2023. In the current academic year, from 29 February to 17 March 2024, the programme once again organized the annual event in three shopping malls (TMT Plaza, Citywalk and Olympian City 2). These events aim to promote the Olympic spirit and disseminate sports knowledge to the community, injecting vitality into the city.



一眾「健康小領袖」及家長透過簡單而具趣味的親子體育遊戲，學習奧林匹克價值、食物營養及身體結構等知識。
Through parent-child sports games, the "Little Ambassadors" and their parents learned the values of Olympism, nutrition and body structure.



本計劃於今個學年引入武術及霹靂舞等運動項目。
The programme introduced some new sports, such as wushu and breaking in current academic year.



一眾主禮嘉賓及星級運動員皆現身支持夏日城市運動嘉年華啟動禮
Officiating guests and sports stars showed up to the opening ceremony of the Summer Sports Carnival to support the event

夏日城市運動嘉年華吸引近 2,000 名公眾參與
Around 2,000 public attended the Summer Sports Carnival

企業夥伴合作計劃

Corporate Project

奧夢成真有賴各公私營機構的慷慨贊助及支持，得以在學校以外的機構進行體育推廣及教育工作。

Given the generous sponsorship and support from the public and private sectors, the SLCL could expand the work in sports promotion and education beyond the primary and secondary schools.

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

香港迪士尼樂園度假區連續兩年支持奧夢團隊，為來自香港基督教服務處及香港小童群益會的多元文化背景或來自低收入家庭的兒童和青年，開辦由奧夢專業教練主理的多元化運動課程，提供更多機會接觸體育活動，發揮運動潛能，培養正面價值觀，促進身心正面發展。

The Hong Kong Disneyland Resort has sponsored the SLCL for two consecutive academic years, supporting multicultural children and teenagers from underprivileged families from the Boys' and Girls' Clubs Association of Hong Kong (BGCA) and Hong Kong Christian Service (HKCS). Through this sponsorship, they learn various sports with guidance from professional coaches. These sporting opportunities promote positive physical and mental development, help them unleash their sports potential, and instill positive values.



為香港基督教服務處開辦的運動課程以英文授課，便利少數族裔的兒童參與
The courses for the HKCS caters to English speaking community



奧夢成真先後為小童群益會旗下 8 間中心開辦足球及泰拳等共 11 個運動課程
11 sports courses, such as football and Muay Thai, were organised for the BGCA's beneficiaries from 8 centres



香港地球之友 Friends of the Earth (HK)

奧夢成真團隊再度獲得香港地球之友邀請，一眾教練先後以大使身份於夏季參與「酷森林 2023」植樹活動及冬季「綠林降碳 2023」護苗等環保工作，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 attend the "Tree Planting Challenge 2023" in summer and the "Climate Tree Care 2023" in winter, which also showed our commitment to reducing carbon emissions and fostering sustainable development.



吳翹充 (左) 及陳若雨 (右) 教練分別出席植樹及護苗活動
Coach NG Kiu Chun (left) and CHAN Yeuk Yu (right) attended the tree planting and post-planting tree care activities respectively



香港運動員就業及教育部委員會

Hong Kong Athletes Career & Education Department Committee

主席 Chairman

胡曉明教授 GBS, JP
Prof. Herman HU, GBS, JP

副主席 Vice-Chairman

郭志樑博士 BBS
Dr. Karl KWOK, BBS

委員 Members

聶繼恩女士
(當然委員 - 文化體育及旅遊局代表)
Ms. Candy NIP
(Ex-officio - representative of Culture, Sports and Tourism Bureau)

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