



香港運動員就業及教育部通訊
Hong Kong Athletes Career & Education Department Newsletter



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香港運動員就業及教育部

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HKACED年度活動 「無憂追夢 傳承運動」

HKACED Annual Event:
Empowering Dreams, Building Legacy

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）聯同港協暨奧委會奧夢成真有限公司於2026年3月14至15日在中環大館監獄操場舉辦年度盛事「無憂追夢·傳承運動」，以原創大型投影匯演、全息投影打卡專區及LED沉浸式光影體驗，向公眾展示奧林匹克精神及運動員堅毅奮進的故事。活動亦為港協暨奧委會成立75周年慶祝活動揭開序幕，吸引超過70位港隊運動員出席。

出席開幕禮的港隊星級運動員包括梁寶儀（單車）、何雁詩（哥爾夫球）、謝永輝（手球）、徐淑琪（柔道）、鄭栩彬（空手道）、羅心汶（空手道）、姚錦成（欖球）、房傑鋒（欖球）、林靜欣（短道速滑）、何子樂（壁球）、歐鎧淳（游泳）、李皓晴（乒乓）、江麗莉（跆拳道）、張玲（網球）及莫宛螢（武術）。

活動期間，公眾透過沉浸式光影場景認識HKACED為運動員提供的就業及教育支援服務，並與3D全息投影運動員互動打卡，體驗創新而富教育意義的展示形式。整項活動成功結合體育、科技及公眾參與元素，進一步推廣運動員全人發展理念，鼓勵年輕一代勇於追夢、持續突破自我。

Hong Kong Athletes Career & Education Department (HKACED), together with the Sports Legacy Company Limited of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC), organized the annual event "Empowering Dreams, Building Legacy" on 14 to 15 March 2026 at the Prison Yard of Tai Kwun, Central. The event featured an original large-scale projection performance, a holographic photo zone and an LED immersive light installation, presenting the Olympic spirit and the perseverance of athletes to the public. It also marked the commencement of the 75th anniversary celebrations of SF&OC, and attracted more than 70 Hong Kong athletes to attend.

Star athletes attending the opening ceremony included Boey LEUNG (Cycling), Stephanie HO (Golf), Freddie TSE (Handball), Suki TSUI (Judo), Pan CHENG (Karate), Christy LO (Karate), Salom YIU (Rugby), FONG Kit Fung (Rugby), Joey LAM (Short Track Speed Skating), Tomato HO (Squash), Stephanie AU (Swimming), LEE Ho Ching (Table Tennis), Jackie KONG (Taekwondo), Lynn ZHANG (Tennis) and Juanita MOK (Wushu).

During the event, members of the public were able to learn about the employment and education support services provided by HKACED through immersive light-and-shadow installations, and interact with 3D holographic athlete figures in the photo zone. The event successfully combined sport, technology and public engagement, further promoting the concept of holistic athlete development and encouraging the younger generation to pursue their dreams and strive for continuous self-improvement.

原創大型投影匯演
全息投影打卡專區
LED沉浸式光影體驗



一眾嘉賓和運動員出席開幕禮
Guests and athletes attended the opening ceremony.

港協暨奧委會原創大型投影匯演「75年·堅仔與夢成真」，帶領公眾投入歷史的光影之旅，傳承體育精神
The SF&OC's original large-scale projection show, "75 Years · Rock's Dreams Realised", took the public on a visual journey through history to carry forward the spirit of sports.

03

CHINA



無憂追夢 傳承運動

HKACED體育大使張海琳(賽艇)與學生們合照
HKACED Ambassador CHEUNG Hoi Lam (Rowing)
took a group photo with students.

學生為運動員寫打氣心意卡
Students sending words of
encouragement to the athletes.



HKACED體育大使童森(單車)與學生參觀LED
光影隧道,探索香港運動員就業及教育部支援
運動員的使命與服務

HKACED Ambassador Phoebe TUNG (Cycling)
visited the LED immersive light tunnel with
students to explore the mission and services
of the HKACED in supporting athletes.

活動為港協暨奧委會成立
75周年慶祝活動揭開序幕

The event kicks off the
celebrations for the 75th
anniversary of SF&OC.



莫宛螢(武術)驚喜現身3D全息投影，
與公眾互動打卡

Juanita MOK (Wushu) made a surprise
appearance at the holographic photo zone
to interact and take photos with the public.



一眾奧夢成真參與
HKACED年度盛事
Sports Legacy joining
in the excitement at the
HKACED Annual Event.

EMPOWERING DREAMS
BUILDING LEGACY

退役運動員轉型計劃

Retired Athletes Transformation Programme (RATP)

手球運動員

Handball Athlete

學校體育推廣主任

School Sports Promotion Coordinator (SSPC)

EDMOND KUO
郭斯鳴

郭斯鳴(中)與隊友
參與第十五屆全國
運動會手球比賽

Edmond KUO (centre)
and teammates
participated in the
handball event at the
15th National Games.

06

運動員分享 ATHLETE SHARING

前港隊手球運動員郭斯鳴透過「退役運動員轉型計劃」配對到聖芳濟各書院任職學校體育推廣主任，計劃除了給予一個平台展開自己的第二事業外，更以推廣體育的前線工作者身份，薪火相傳。「回望過去，由一名手球愛好者到歷史性成為第十五屆全國運動會手球項目殿軍一員，深深體會到從小栽培的重要性，發展潛力愈大，運動員之路亦能走得更快更遠。走進校園，與年青人同行體育路，以自身經驗和知識啟發他們，正正是這個崗位賦予我的成功感。」

計劃提供在職培訓課程，以協助運動員提升工作技能。「AI進階應用課程協助我提升日常工作效率，令我能得心應手地處理工作，同時讓我以另一身份參與手球，從而在工作、運動與生活取得平衡。」

Retired Hong Kong handball athlete, Edmond KUO, has been matched with St. Francis of Assisi's College as a School Sports Promotion Coordinator (SSPC) through the "Retired Athletes Transformation Programme" (RATP). He stated, "The RATP not only provided a platform for developing my second career, but also positioning myself at the forefront of sports promotion, spreading the spirit of legacy."

"Throwing back to my journey from a handball-holic to a member of the 3rd runner-up team in the handball event at the 15th National Games historically, has allowed me to fully appreciate the critical importance of early-stage training and development. The earlier a youngsters' potential is cultivated, the greater the opportunity for athletes to progress further and more rapidly in their sporting careers. Working at school and growing alongside youngsters on their sporting journey, inspiring them with my own experiences and knowledge, gives me a profound sense of achievement as a SSPC."

RATP offers on-job training courses to enhance the working ability and skillset of athletes. "Advanced AI Application Course effectively assists in my daily work and makes it easier for me. It also allows me to participate in handball in another capacity and strive a balance among work, sports and life."

老師分享 TEACHER SHARING

聖芳濟各書院透過計劃積極推廣體育，致力培養學生的堅韌態度與健康生活。運動員郭斯鳴以自身經歷啟發學生勇於挑戰自我，並以專業知識開拓他們的運動視野。

聖芳濟各書院朱榮安老師表示：「郭斯鳴設計的包容性運動方案降低了學生參與運動的門檻，他更成立手球校隊，成功吸引原本不活躍的學生投入運動；同時，他亦兼顧校隊體能培訓，提升競賽表現。」朱老師讚揚郭斯鳴善用資源激發學生的運動熱誠，並祝願他未來在體育推廣路上繼續發光發熱！

St. Francis of Assisi's College actively promotes sports through this programme, dedicating itself to fostering resilience and healthy lifestyles among students. Edmond KUO inspires students to embrace challenges by sharing his personal journey, while expanding their athletic horizons with his professional expertise.

Mr. CHU Wing On, a teacher at St. Francis of Assisi's College, shared, "The inclusive sports programmes designed by Edmond have significantly lowered the barrier to sports participation for our students. He went a step further by founding the school handball team, successfully engaging previously inactive students in sports. Meanwhile, he also oversaw the physical conditioning of our school teams, effectively elevating their competitive performance."

Mr. CHU commended Edmond for his resourceful approach to igniting students' passion for sports. He also wished Edmond every success in his ongoing professional development, hoping he will continue to shine brightly in his future endeavors in sports promotion.

「...他設計的包容性運動方案
降低了學生參與運動的門檻...
成功吸引原本不活躍的學生
投入運動...」

07

朱榮安老師(左)及郭斯鳴(右)
Mr. CHU Wing On (left) and
Edmond KUO (right)



退役運動員轉型計劃

Retired Athletes Transformation
Programme (RATP)

空手道運動員

Karate Athlete

體育機構行政人員

Sports Organization
Administrator

CHOI WAN YU
蔡韻瑜

蔡韻瑜(右)於第18屆
亞洲運動會比賽
CHOI Wan Yu (right)
competing at the
18th Asian Games.

08

運動員分享 ATHLETE SHARING

前港隊空手道運動員蔡韻瑜成功配對至中國香港體操總會，任職項目主任逾一年。

「看到隊友透過計劃成功轉型，當我計劃退役時，自然想起這個轉型平台。在體育機構工作既熟悉又具挑戰性，我主要負責『跑酷(Parkour)』項目及學校推廣。最難忘的是首次一手包辦跑酷比賽，從構思、跨部門協調到執行，總會都給予我極大的信任、資源及決策支持，讓我能放膽嘗試。這些切實且多元化的經驗，正是我轉型期最寶貴的收穫。」

日後，她將繼續勇於嘗試不同範疇，探索發展方向，以運動員的堅韌在全新領域發展所長。

Retired Karate athlete CHOI Wan Yu was successfully matched with the Gymnastics Association of Hong Kong, China, where she has been serving as a project officer for over a year.

Having witnessed her teammates successfully transition through the programme, CHOI naturally thought of this platform when she began planning her retirement. She found working within a sports organization to be both familiar and challenging, with her primary responsibilities involving the management of Parkour projects and school outreach. Her most memorable milestone so far was organizing a Parkour competition entirely from scratch. From initial conception and cross-departmental coordination to final execution, the association granted her immense trust, resources, and decision-making authority, empowering her to take bold initiatives. For CHOI, this hands-on, multifaceted experience has been the most valuable reward of her career transition.

Looking ahead, she will continue to embrace new challenges across various fields and explore her future potential, leveraging an athlete's resilience to thrive in this entirely new arena.

僱主分享 EMPLOYER SHARING

中國香港體操總會(體操總會)期望透過計劃為退役運動員提供就業機會，協助他們了解總會運作並累積實戰經驗，共同推動體育發展。

體操總會表示：「計劃不但為總會提供人力資源，蔡韻瑜更以其運動員經驗，為活動執行提出多項優化建議，她的活力與體育精神感染了秘書處同工。我們安排她擔任活動主持及統籌等不同崗位，並由資深同工督導，協助她累積實戰經驗。」總會肯定蔡韻瑜樂於溝通，克服困難的堅韌執行力，並期盼她繼續發揮領導力與主動性，將運動員精神延伸至更多領域。

The Gymnastics Association of Hong Kong, China aims to provide employment opportunities for retired athletes through this programme, assisting them in understanding the Association's operations and accumulating practical experience to jointly promote the development of sports.

The Association stated, "Not only does the programme provide valuable human resources for the Association, but CHOI has also leveraged her background as an athlete to offer numerous constructive suggestions for optimizing event execution. Her vibrant energy and sportsmanship have deeply inspired our Secretariat team. To assist her in gaining hands-on experience, we have arranged for her to take on various roles, such as event emcee and coordinator, under the mentorship of senior staff."

The Association highly commended CHOI for her proactive communication, her ability to overcome challenges, and her resilient execution skills. They look forward to seeing her continue to demonstrate leadership and initiative, extending the true spirit of an athlete into an even broader range of fields.

「...她以其運動員經驗，為活動執行提出多項優化建議，她的活力與體育精神感染了秘書處同工。」

09



進修資助 EDUCATION SUBSIDY

保齡球運動員 Tenpin Bowling Athlete

本計劃鼓勵受惠運動員把握工餘時間進修增值，持續提升自我，拓展多元發展機會。計劃自2018年至今，已批出90項進修資助，資助運動員修讀體育相關的課程。

RATP encourages beneficiary athletes to make effective use of their spare time to pursue further education, with a view to enhancing their capabilities and fostering long-term, all-rounded development. Over 90 sports-related education subsidies have been approved since 2018.

MILKING
吳紫燕

吳紫燕 (右三)
與其同學

Milki NG (third
from right) and
her classmates

運動員分享 ATHLETE SHARING

前港隊保齡球運動員吳紫燕透過計劃資助，修讀香港浸會大學持續進修學院的工商高等文憑（休閒、康樂及運動管理）。「起初要兼顧工作與學業，確實感到吃力。但我透過主動提問、課後搜集資料，並嚴格規劃時間表，很快便建立起自己的學習規律。」她補充道：「計劃的進修資助減輕了經濟負擔，更給予我重拾書包的力量。寄語計劃進修或現正進修的運動員，進修之路雖艱苦，但每一步都是在為日後的精彩人生增值。」

Retired Tenpin bowling athlete Milki NG utilized the programme's funding to pursue an Advanced Diploma in Business (Leisure, Recreation and Sports Management) at the School of Continuing Education, Hong Kong Baptist University.

Milki found balancing work and studies to be quite challenging initially. However, by proactively asking questions, conducting research after class, and strictly managing her schedule, she quickly established a consistent study routine.

Milki added that the education subsidy from the programme significantly eased her financial burden and gave her the strength to pursue her studies. Her message to fellow athletes who are considering or are currently pursuing further education is that though the academic journey can be demanding, every single step adds value to their future, paving the way for a brilliant life ahead.

在職培訓課程 ON-JOB TRAINING COURSES

過去一年，本計劃合共舉辦13個在職培訓課程，旨在提升運動員的職場技能。

During the year, a total of 13 on-job training courses were organized for athletes to enhance their work competencies.

AI進階應用課程
Advanced AI Application Course



生涯規劃工作坊
Career Coaching Workshop



守護兒童政策(體育)工作坊
Child Safeguarding Policy in Sports Setting



中西運動營養課程
Chinese and Western Sports Nutrition Course



香港政府公務員
綜合招聘考試(CRE)備試班
Common Recruitment Examination (CRE) Preparation Course



採購防貪課程
Corruption Prevention in Procurement Course



勞工法例基礎課程
Employment Ordinance Course



心肺復甦法及自動心臟除顫器課程
CPR & AED Course



職場危機介入培訓課程
Crisis Management at Workplace Course



語文課程(普通話及英語)
Language Course (Putonghua & English)



大型體育活動管理基礎課程
Sports Events Management Course



遊學團管理及統籌課程
Study Tour Planning and Coordination Course



教育支援

Education Support

HKACED教育獎學金

HKACED Education Scholarship Programme

HKACED於2025-2026年度共批出17份教育獎學金，其中一半為「菱電進修獎學金」。菱電進修獎學金專為服務滿一年或以上的「奧夢成真計劃」運動員教練而設，旨在根據個人教育背景及需要，提升運動相關知識，為未來發展鋪路。

In 2025-2026, HKACED approved a total of 17 education scholarship applications, with half coming from the Ryoden Development Limited (Ryoden) scholarship programme. The Ryoden scholarship is specifically designed for Sports Legacy athlete-coaches who have served for one year or more, aiming to enhance sports-related knowledge to pave the way for future development.

12

運動員分享

ATHLETE SHARING

HKACED一直致力為運動員提供全方位支援，其中「HKACED教育獎學金」鼓勵運動員持續進修、為未來發展鋪路。

武術運動員莫宛螢運用職業訓練獎學金，修畢由亞非法協香港區域仲裁中心與香港奧林匹克學院合辦的亞非法協體育爭議調解培訓課程，並獲得亞非法協（體育調解員）資格。

莫宛螢表示：「感謝HKACED在教育諮詢及申請過程中的專業支援，讓我能順利完成課程並拓展事業方向。未來我希望運用學到的調解技巧，為體育管治作出貢獻。同時，我也希望更多運動員能善用HKACED的資源，透過教育增值，開創更廣闊的發展道路。」

Supported by the HKACED Education Scholarship Programme, Juanita MOK (Wushu) successfully completed the AALCO Sports Dispute Mediation Training Course, officially qualifying as an AALCO Sports Mediator.

Juanita expressed her deep gratitude for HKACED's professional support during the educational consultation and application process, which enabled her to complete the course smoothly and expand her career horizons.

Looking ahead, Juanita hopes to apply the mediation skills she has acquired to contribute to the governance of Hong Kong's sports industry. At the same time, she hopes more athletes will utilize HKACED's resources to add value through education, opening up broader pathways for their future development.

「我也希望更多運動員能善用
HKACED的資源，透過教育
增值，開創更廣闊的發展道路。」

武術運動員莫宛螢運用「HKACED教育獎學金」完成
亞非法協體育爭議調解培訓課程 – 亞非法協 (體育調解員)，
並獲得其專業資格。

Supported by the HKACED Education Scholarship,
Juanita MOK (Wushu) completed the AALCO Sports
Dispute Mediation Training Course and qualified as an
AALCO Sports Mediator.

JUANITA MOK

莫宛螢

AALCO
Sports Mediation Training -
AALCO (Sports Med)
7, 13, 14 September 2025



武術運動員

Wushu Athlete

13



武術運動員莫宛螢(前排
左三)與導師和學員合照。

Juanita MOK (Wushu),
(third from left), posed
for a group photo with
instructors and fellow
participants.

教育支援

Education Support

大專院校合作備忘錄入學

Memorandum of Understanding Admission with Institutions

香港運動員就業及教育計劃 (HKACED) 一直致力支援運動員雙軌發展，並已先後與香港教育大學、香港恒生大學、聖方濟各大學及職業訓練局簽訂合作備忘錄，透過雙方協定的彈性收生機制，推薦運動員入學。

HKACED 於2025-2026年度推薦 33 位運動員入讀香港教育大學、聖方濟各大學及職業訓練局，為運動員提供多元出路，協助他們在體育訓練的同時追求學術成就，開拓更廣闊的未來。

HKACED is fully committed to supporting the dual-track development of athletes. To facilitate this, HKACED has signed MOU with The Education University of Hong Kong, The Hang Seng University of Hong Kong, Saint Francis University, and the Vocational Training Council, allowing HKACED to recommend athletes for higher education through mutually agreed flexible admission mechanisms.

During the 2025-2026 academic year, HKACED recommended 33 athletes for admission to The Education University of Hong Kong, Saint Francis University, and the Vocational Training Council. This initiative provides athletes with diversified pathways, enabling them to pursue academic success while balancing intensive sports training, ultimately opening up a broader future for their personal and professional development.

運動員分享

ATHLETE SHARING

前港隊乒乓球運動員吳穎嵐對HKACED推薦入學及提供獎學金表示衷心感謝，這讓她得以繼續追尋夢想，並積極拓展未來的事業方向。在教授與同學的幫助下，她已慢慢適應了校園生活，修讀物理治療專業時更是得心應手。她認為，退役後的職涯規劃是每位運動員必須面對的重要課題；因此，吳穎嵐期盼在畢業後，能將所學的專業知識回饋體育界，協助更多運動員走得更遠、活得更健康。

Retired table tennis athlete, Venus NG expressed her heartfelt gratitude to HKACED for nominating her under the MOU admission scheme and providing a scholarship, which has empowered her to continue pursuing her dreams and broadening her future career horizons. With the support of her professors and peers, she has gradually adapted to campus life and is currently thriving in her physiotherapy studies. Believing that post-retirement career planning is a vital challenge that every athlete must face, Venus hopes to give back to the sports community by applying her professional knowledge upon graduation, ultimately helping fellow athletes go further and live healthier lives.

「...退役後的職涯規劃是每位運動員必須面對的重要課題...」

吳穎嵐 (乒乓球) 期盼能將所學的专业知識回饋體育界

Venus NG (Table Tennis) hopes to give back to the sports community by applying her professional knowledge upon graduation.

VENUS NG

吳穎嵐



乒乓球運動員

Table Tennis Athlete

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大學 - 中國香港體育協會暨奧林匹克委員會
合作備忘錄簽署儀式
Francis University - Sports Federation & Olympic Committee of Hong Kong, China
Memorandum of Understanding Signing Ceremony
2026.04.10



吳穎嵐 (乒乓球) 在合作備忘錄簽署儀式中, 分享在修讀物理治療課程的感想

Venus NG (Table Tennis) shared her experience of studying physiotherapy during the MOU signing ceremony.

奧夢成真計劃

Sports Legacy Scheme

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

本學年累計接近120名來自31個項目的現役或退役運動員擔任為教練，不僅向學生傳承專業知識及宣揚奧林匹克價值，還發掘他們的運動潛能，促進社區整體體育文化。

奧夢成真於2025-2026年度提供的服務包括賽馬會樂動人生計劃、賽馬會「奧翔」計劃，以及企業夥伴合作計劃等。

Sports Legacy Company Limited (SLCL), established by the HKACED under SF&OC, is dedicated to assisting athletes of the Hong Kong China team in developing coaching careers. The athletes serve as professional coaches in schools and corporates, providing diverse sports experiences to the community and promoting the Olympic value.

This academic year, nearly 120 serving and retired athletes from 31 different sports have served as coaches, not only passing on professional knowledge and promoting Olympic spirit to the students but also uncovering their athletic potential and enhancing the overall sports culture in the community.

In 2025-2026, SLCL offers services including the JC Project MuSE, Jockey Club "Flying High" Sports Programme, and various corporate projects.

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7

KARATE

6

HANDBALL

8

TENPIN BOWLING

5

GYMNASTICS



- 1 胡卓斌 (籃球) 協助聖公會基愛小學學生練習籃球傳球技巧。
WU Cheuk Pan (Basketball) worked with students at S.K.H. Kei Oi Primary School to develop their passing skills.
- 2 黃家鈺 (健美) 指導棉紡會中學學生啞鈴推胸的正確姿勢。
WONG Ka Yuk (Bodybuilding) guided Cotton Spinners Association Secondary School students on the correct form for dumbbell chest press.
- 3 王詩雅 (霹靂舞) 糾正樂華天主教小學學生霹靂舞的地板動作姿勢。
WONG Sze Nga (Breaking) corrected Lok Wah Catholic Primary School students' proper floorwork posture.
- 4 姚嘉慧 (足球) 訓練元朗公立中學校友會鄧英業小學學生足球控球技巧。
YIU Ka Wai (Football) trained students from YLPMS Alumni Association Tang Ying Yip Primary School ball-control skills.
- 5 詹文軒 (體操) 指導聖貞德中學學生側手翻動作。
JIM Man Hin (Gymnastics) taught St. Joan of Arc Secondary School students how to perform a cartwheel.
- 6 李少聰 (手球) 教授迦密聖道中學學生手球攔截技巧。
Jimmy LEE (Handball) taught Carmel Holy Word Secondary School students handball interception skills.
- 7 陳巧恩 (空手道) 與寶覺中學空手道校隊對練。
CHAN Hau Yan (Karate) sparred with the Po Kok Secondary School karate team.
- 8 楊偉基 (保齡球) 指導馬錦明慈善基金馬陳端喜紀念中學學生放球動作。
YEUNG Wai Ki (Tenpin Bowling) guided MKMCF Ma Chan Duen Hey Memorial College students on their ball-release technique.

奧夢成真計劃

Sports Legacy Scheme



何健欣(武術)教授
大埔官立小學學生
基本武術動作。
HE Jianxin (Wushu)
taught students of
Tai Po Government
Primary School basic
wushu movements.



聯校障礙 競技運動日

18 運動員分享 ATHLETE SHARING

退役武術運動員何健欣於2025年加入「奧夢成真」，積極投身社區與學校的體育推廣。她曾參與賽馬會「樂動人生」計劃及賽馬會「奧翔」計劃，協助策劃及帶領武術體驗活動，向學生傳授基本技巧與武術文化。

透過上述教學經驗，何健欣深刻體會到運動員在賽場外的獨特價值。在「奧夢成真」的全面培訓及平台支持下，何健欣將持續推廣武術，致力啟發更多青少年在運動中鍛鍊堅毅不屈的精神，建立積極的人生價值觀。

Retired wushu athlete HE Jianxin joined the Sport Legacy Team in 2025, actively dedicating herself to sports promotion. Through her involvement in the JC Project MuSE and the Jockey Club "Flying High" sports programme, she assisted in organizing wushu experiential activities, sharing her professional expertise and the cultural heritage of martial arts with students.

These teaching experiences have deepened her understanding of her impact beyond being an athlete. Empowered by Sport Legacy Team's comprehensive training and support, Jianxin is committed to promoting wushu and inspiring the next generation to build resilience and positive life values through sports.



賽馬會樂動人生計劃

JC Project MuSE

賽馬會樂動人生計劃「聯校障礙競技運動日」於2025年7月4日假香港珠海學院體育館舉行，現場超過600名小學生及家長參與，氣氛熾熱。同學們敢於挑戰自我，體驗不同運動樂趣，學習奧林匹克價值，共同創造美好回憶。

「聯校障礙競技運動日」為賽馬會樂動人生計劃體育教育項目的重點活動，同學於活動中延續課堂上的障礙運動體驗，挑戰特設賽道，準確跨越及通過一連串障礙物，並以最快速度完成比賽，充分展現「卓越」、「友誼」及「尊重」三大奧林匹克精神。除此以外，現場亦設有多元化運動體驗區，及突破傳統的創意充氣障礙裝置，鼓勵同學體驗不同運動樂趣，學習奧林匹克價值。

The JC Project MuSE - Inter-school Obstacle Course Racing (OCR) Challenge was held on 4 July 2025 in the gymnasium of Hong Kong Chu Hai College. Over 600 primary school students and parents participated in the event, creating a vibrant atmosphere where students bravely challenged themselves, experienced the joy of different sports, embodied Olympic values, and created wonderful memories together.

The Inter-school OCR Challenge was a highlight of JC Project MuSE's sports education programmes. Students stepped beyond the classroom, challenging themselves on specially designed tracks and skillfully navigating a series of obstacles at optimal speed while fully demonstrating the three core Olympic values: excellence, friendship, and respect. In addition, diverse sports experience zones and innovative inflatable obstacle installations were meticulously arranged, encouraging the students to experience the joy of different sports and embody Olympic values.

A 同學在「聯校障礙競技運動日」挑戰特設賽道，充分展現「卓越」、「友誼」及「尊重」三大奧林匹克精神。

Students challenged themselves on specially designed tracks at the Inter-school OCR Challenge Day, fully demonstrating the three core Olympic values: excellence, friendship and respect.

B 創新的充氣障礙設施結合了創意、安全性和刺激性，全面提升學生的運動體驗。

Innovative inflatable obstacle installations combine creativity, safety, and excitement to enhance the athletic experience.

Inter-school
Obstacle Course
Racing Challenge

B

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由「奧夢成真」執行的「賽馬會樂動人生計劃」邁入第二年。計劃以「長期運動員發展模式」為基礎，透過三階段課程，全面培育青少年體能、心理及情緒發展。

繼首兩階段的「障礙競技運動體驗」與「體育專項訓練」後，今年計劃重點推出全新「第三階段：進階運動訓練」。此階段專為表現優秀的學生而設，旨在進一步強化其體育發展，並提供「精英運動員支援體驗」，以提升學員體能水平與心理韌性，發掘運動潛能。

此外，計劃亦帶領學生參觀賽馬會傑志中心等專業運動訓練環境，了解運動員的真實訓練方式；並透過歷奇中心訓練，讓學生在體驗中培養團隊合作、堅毅精神等正向價值觀。

The JC Project MuSE, executed by SLCL, has entered its second year. Based on the "Long-Term Athlete Development" model, the programme utilizes a three-phase curriculum to comprehensively foster youth development across physical, psychological, and emotional dimensions.

Following the first two tiers - Obstacle Course Racing Experience and Specific Sports Training, the programme is launching the brand new "Tier 3: Advanced Sports Training" this year. Specially designed for outstanding students, this tier aims to further strengthen their athletic development and provide an elite athlete support experience to enhance physical fitness, build mental resilience, and facilitate talent identification.

Additionally, the programme takes students to professional sports training bases, such as the Jockey Club Kitchee Centre, to learn how professional athletes train in real world settings. Through adventure centre training, students also experience perseverance and mutual support, cultivating positive values such as teamwork.

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

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

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



Students visited Jockey Club Kitchee Centre. Through warm-up exercises, basic drills, and games, they learned about safety rules on the football field and gained an authentic experience of professional footballer training.



同學參觀賽馬會傑志中心，透過熱身、基礎動作及遊戲練習，學習足球草地場的安全守則，體驗職業球員訓練。



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



同學在「歷奇訓練日」參與運動攀登、沿繩上升體驗，從挑戰中成長，「奧夢成真」教練團隊耐心指導專業技巧，協助同學安全地突破心理關口，在過程中領略堅毅與互助。



During the "Adventure Training Day," students experienced activities such as sport climbing and rope ascension. SLCL coaches provided professional guidance and techniques, helping students safely overcome psychological barriers. Throughout the process, they also appreciated perseverance and mutual support.

企業夥伴合作計劃

Corporate Project

香港交易所慈善基金 HKEX FOUNDATION

為延續巴黎奧運的驕人成績及進一步支持體育推廣工作，香港交易所慈善基金撥款贊助「奧夢成真」，為社區人士及學校舉辦一系列體能測試與運動體驗。活動更安排參加者出席奧運日跑步活動，親身體驗大型體育盛事。

To build on the success of the Paris Olympics and further support sports promotion, HKEX Foundation sponsored SLCL to organize a series of fitness tests and sports experiences for schools and the community. The project also arranged for participants to join the Olympic Day Fun Run, offering them a firsthand experience of a major sports event.

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港交所的社區體育推廣計劃受惠學校
(天主教普照中學)派隊參與
2025奧運日歡樂跑。

Po Chiu Catholic Secondary School, a beneficiary school of the HKEX Community Sports Promotional Programme, sent a team to participate in the 2025 Olympic Day Fun Run.

「奧夢成真」一直支持體育發展，有賴各公私營機構的慷慨贊助及支持，得以在社區進行體育推廣及教育工作，支援基層兒童。本年度內，「奧夢成真」亦與香港交易所慈善基金、香港迪士尼樂園度假區、恒生銀行有限公司、香港地球之友、香港港安醫院及康樂及文化事務署合作，讓更多人參與體育活動及感受運動的樂趣，推廣奧林匹克價值。

SLCL has always been committed to supporting sports development. Thanks to the generous sponsorship and support from both the public and private sectors, the organization is empowered to promote sports and education within the community and support children from grassroots families. In the past year, SLCL collaborated with the HKEX Foundation, Hong Kong Disneyland Resort, Hang Seng Bank, Friends of the Earth (HK), Hong Kong Adventist Hospital, and the Leisure and Cultural Services Department to provide more people with the opportunity to engage in and experience the joy of sports.

香港迪士尼樂園度假區 HONG KONG DISNEYLAND RESORT

香港迪士尼樂園度假區延續對基層兒童體育發展的支援，再度贊助「奧夢成真」，為過百名來自香港小童群益會及基督教服務處的本地及少數族裔兒童與青年提供專業運動培訓，此項目旨在透過運動的力量，積極宣揚奧林匹克價值，並在社區中推動多元與共融。

Hong Kong Disneyland Resort extended its support for grassroots youth sports development by once again sponsoring SLCL. This sponsorship provided professional sports training to over 100 local and ethnic minority children and youth from the Boys' & Girls' Club Association and Hong Kong Christian Services (HKCS). This initiative aimed to promote the core values of Olympism, diversity, and inclusion through the power of sports.



蘇子軒(泰拳)帶領基督教服務處的
受惠學員進行出拳練習。

SO Tsz Hin (Muay Thai) guided beneficiaries from HKCS through a punching drill.

恒生銀行 HANG SENG BANK

恒生銀行持續與「奧夢成真」合作，透過共同策劃的體育活動，提升員工的健康意識、傳授運動技能與知識，並協助他們養成規律的運動習慣，從而促進員工的身心健康。

Hang Seng Bank continued its collaboration with SLCL to organize a series of sports activities to improve the well-being of their staff by enhancing health awareness, teaching sports skills and knowledge, and helping them cultivate a regular exercise habit.

方誠義(籃球)於恒生銀行舉辦的健康與安全推廣活動中，為員工進行立定跳遠測試。

FONG Shing Yee (Basketball) conducted a standing long jump test for a Hang Seng Bank employee during the health and safety campaign.



香港地球之友 FRIENDS OF THE EARTH (HK)

為響應第十五屆全國運動會，香港地球之友開展「運動無界 重生不息」計劃，並與「奧夢成真」攜手合作，透過回收閒置運動服及舉辦專業運動工作坊，凝聚市民與跨界夥伴，將環保資源轉化為社區關懷。

To echo the spirit of the 15th National Games, Friends of the Earth (HK) launched the "Recycle to Empower" project in collaboration with SLCL. Through the recycling of unused sportswear and the organization of professional sports workshops, the initiative brought together citizens and cross-sector partners to transform reusable resources into meaningful community care.

林萬進(籃球)向香港地球之友的受惠人士示範低身運球技巧。

LAM Man Chun (Basketball) demonstrated the low-dribble technique with beneficiaries from the Friends of the Earth (HK).



香港港安醫院 HONG KONG ADVENTIST HOSPITAL

為鼓勵特殊教育需要兒童積極投入體育運動，香港港安醫院於2025年11月16日舉辦「體育同樂日」。「奧夢成真」獲邀協辦，設置保齡球、劍擊及跆拳道等無障礙運動體驗活動，讓參加者在安全愉快的環境中享受運動樂趣。

To encourage sports participation among children with special educational needs (SEN), Hong Kong Adventist Hospital organized a Sports Fun Day on 16 November 2025. SLCL was invited to offer a range of accessible fitness tests and interactive sports experiences, featuring bowling, fencing, and taekwondo, enabling participants to enjoy sports in a safe and engaging environment.

高松漢(跆拳道)與香港港安醫院的受惠人士一同表演跆拳道基本動作。

KO Chung Hon (Taekwondo) performed taekwondo basic movements with beneficiaries from Hong Kong Adventist Hospital.



康樂及文化事務署 LEISURE AND CULTURAL SERVICES DEPARTMENT

「奧夢成真」獲康樂及文化事務署邀請，為西貢區動感繽紛FUN嘉年華帶來精彩的滑板體驗。教練帶領參加者感受滑板的魅力，並以深入淺出的方式傳授基礎滑板技巧。

SLCL was invited by the Leisure and Cultural Services Department to deliver an exciting skateboard experience at the Sai Kung District Carnival. Coaches guided participants to explore the charm of skateboard, teaching fundamental skateboarding skills in a simple and approachable way.

鄧俊彥(滑板)向參加者教授從地上拿起滑板的技巧。

TANG Chun Yin, Johnnie (Skateboard) guided participants the technique of picking up the skateboard from the ground.



體育大使計劃

Ambassador Programme

HKACED體育大使計劃2025-2026年度反應熱烈，吸引超過80間中、小學和不同工商機構參與。本年度受惠機構的種類較以往多元，除體育總會外，服務對象更拓展至立法會、啟德體育園及慈善機構，反映HKACED體育大使的表現與口碑獲得不同界別的認同。

此外，本年度體育大使受邀擔任活動司儀亦創下新高，顯示大使們在體育專業以外的溝通與主持能力得到肯定。同時，有超過50間學校邀請大使出席陸運會、水運會，或進行分享講座和運動交流，繼續在校園推廣體育運動。

本年度亦有不少星級運動員加入成為體育大使，包括杭州第19屆亞運會銀牌得主李思穎(單車)、三屆亞運會代表張玲(網球)，以及香港男子手球隊隊長謝永輝(手球)。他們透過分享自身經歷，有助增進大眾對運動員的認識，提升社會對體育發展的關注。

The HKACED Ambassador Programme continued its steady development in the 2025-2026 cohort, engaging over 80 primary schools, secondary schools, and corporate organization. This year, the range of beneficiary organization became more diverse; in addition to national sports associations, the programme served the Legislative Council, Kai Tak Sports Park, and charitable organization, reflecting the positive reputation the ambassadors have established across different sectors.

Furthermore, invitations for ambassadors to serve as event emcees reached a new high this year, affirming their communication and presentation skills. Over 50 schools also invited ambassadors to attend athletic and swimming meets, or conduct sharing sessions and sports exchanges to promote sports participation.

The programme welcomed several new star athletes joining as HKACED ambassadors this year, including the Hangzhou 19th Asian Games silver medalist, Ceci LEE (Cycling); three times Asian Games representative, Lynn ZHANG (Tennis); and the Hong Kong Men's Handball Team leader, Freddie TSE (Handball). By sharing their experiences, they help raise public understanding of athletes and foster support for sports development.

運動員分享 ATHLETE SHARING

空手道運動員

Karate Athlete

活動司儀

Event Emcee

K R I Z T A L I
李剛慧

HKACED體育大使
李剛慧(空手道)(右)
擔任嘉諾撒聖心書院
水運會嘉賓

HKACED Ambassador,
Kriztal LI (Karate) (right)
served as a guest at the
Sacred Heart Canossian
College Swimming Gala.

李剛慧(空手道)
在青途發展社區發展協會
「啡上添花」活動中擔任司儀

Kriztal LI (Karate)
served as an emcee
at the event of GDCC
Association.



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過去習慣在賽場上用行動證明自己的空手道運動員李剛慧，透過加入HKACED體育大使計劃解鎖了全新體驗。她不僅在多項運動賽事及推廣活動中擔任司儀，更走進校園與學生面對面分享交流。

李剛慧表示，體育大使計劃讓她得以結合「運動員」和「司儀」的雙重身份。主持過程中，她透過分享自身堅持與挫敗中成長的故事，並發掘受訪運動員背後的奮鬥歷程，向大眾傳遞運動的深層價值與體育精神。走進校園時，看著學生運動員拼搏的身影，也讓她重溫初心，並深切體會到「用言語發揮影響力」的意義。對她而言，每一次的大使活動不僅是推廣體育，更是一段與社區共同成長、傳遞正能量的寶貴歷程。

Accustomed to proving herself through action on the competition stage, Kriztal LI (Karate) has embraced a new role through the HKACED Ambassador Programme. Transitioning from physical performance to verbal sharing, she now serves as an emcee for sports events and actively participates in school outreach.

By blending her dual identities as an athlete and an emcee, Kriztal uses her personal journey of perseverance and the inspiring stories of fellow athletes to convey the true spirit of sports to the public. Her face to face interactions with student-athletes have further reinforced the power of shared experiences. For Kriztal, each ambassador activity is more than just an event, it is a meaningful milestone for personal growth and a valuable opportunity to inspire the community with positive energy.

「走進校園時，看著學生運動員
拼搏的身影，也讓我重溫初心，
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響力』的意義。」

活動範疇

TYPES OF EVENTS

張海琳(賽艇)(右)擔任2026奧林匹克大家庭新年聚會司儀
CHEUNG Hoi Lam (Rowing) (right) served as an emcee for the New Year Get-together Gathering of the Olympic Family 2026.



活動司儀/嘉賓
EVENT EMCEE /
GUEST



張玲(網球)擔任啟德體育園一周年社區同樂日嘉賓
Lynn ZHANG (Tennis) served as a guest at the Kai Tak Sports Park 1st Anniversary Community Sports Day.

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學校和社區分享
SCHOOL AND
COMMUNITY SHARING



姚錦成(欖球)於元朗朗屏邨惠州學校進行了分享會
Salom YIU (Rugby) conducted a sharing session at YLLPE Wai Chow School.



謝永輝(手球) (左一)參加香港地球之友植樹活動
Freddie TSE (Handball) (first from left) participated in a tree planting event organized by the Friend of the Earth (HK).

生活技能課程

Life Skills Training

HKACED於2025-2026年共舉辦了11個生活技能課程，幫助超過125位運動員裝備自己。透過義工活動、生活技能及專業證書課程，提升運動員各方面的知識和技能，建立人際網絡並開拓體育領域外的發展方向，向人生下一個目標進發。

In 2025-2026, HKACED organized 11 Life Skills Training Programmes, equipping more than 125 athletes. Through volunteer service, life skills training and professional certification courses, athletes expanded their networks and explored career opportunities beyond sport. This programme provided the skills and knowledge they needed to embark on their next chapter.

木工手藝入門課程
Carpentry Beginner Course



急救證書課程
Certificate in First-aid



中醫穴位按摩課程
Chinese Medicine Acupoint Massage Course



咖啡機操作及拉花工作坊
Coffee Machine and Latte Art Workshop



長者健體教練培訓課程
Elderly Functional Fitness Coaching Course



基礎運動心理教練課程
Foundation Sports Mental Coaching Course



ChatGPT中階應用課程
Intermediate Application in ChatGPT Course



化妝及美髮課程
Makeup and Hairstyling Course



手機影片拍攝及剪輯課程
Mobile Filming and Editing Course



運動貼紮 (肌內效貼紮&硬性貼紮) 工作坊
Sport Taping (Kinesiology & Rigid Tape) Workshop



流浪貓義工服務
Stray Cat Volunteer Service



運動員分享 ATHLETE SHARING

身體防護與 心理支援

Physical care &
Mental health support

定向運動員

Orienteering Athlete



Y U T S Z Y I N G
余芷瑩

余芷瑩參與HKACED
生活技能課程運動貼紮
(肌內效貼紮&硬性貼紮)
工作坊

YU Tsz Ying (Orienteering)
participated in HKACED
Life Skill Course Sport
Taping (Kinesiology &
Rigid Tape) Workshop

定向運動員余芷瑩透過參與「運動貼紮工作坊」，成功將課堂理論轉化為實用防護技能，不僅提升了自我保護意識與運動表現，更促進了與不同世代運動員的交流。此外，她修讀了「精神健康急救課程（關懷青少年版）」，深化了對青少年心理需求的理解，為未來在社區及體育界擔任教練與導師奠定了關鍵的心靈支援基礎。

余芷瑩衷心感謝HKACED帶來的全方位支持。結合了身體防護（運動貼紮）與心理支援（精神健康急救）的雙重技能，讓她蛻變為一位具備「全方位照顧能力」的體育同行者。這份身心並重的專業裝備，不僅能更好地守護身邊運動員的福祉，更為她未來的教練生涯做好了最充分的準備！

Through the Sport Taping Workshop, YU Tsz Ying (Orienteering) successfully translated classroom knowledge into practical physical protection skills, enhancing her self-protection and performance while exchanging valuable experiences with fellow athletes. She also completed the Youth Mental Health First Aid Certification Course, which deeply enriched her understanding of adolescents' psychological needs and established a vital foundation of mental health support for her future roles as a community coach and mentor.

YU credited HKACED for fostering her all-round growth by equipping her with a unique dual skill set that bridges physical care and mental health support. By combining sports taping with mental health first aid, she has transformed into a well-rounded sports companion capable of providing comprehensive care. This holistic preparation has fully equipped her to safeguard athletes' well-being and embark on a successful, impactful coaching career.

「... 這不僅能更好地守護身邊
運動員的福祉，更為未來的教練
生涯做好了最充分的準備！」

宣傳活動

Outreach Events

為讓更多人了解HKACED對運動員的支援，我們今年除舉辦實體交流講座外，更首度增設線上講座，反應熱烈，吸引超過100位運動員、教練、體育總會職員及家長共同參與，成功將HKACED的服務資訊更深入社區。展望未來，我們將繼續採取「線上線下雙軌並行」的模式，積極走訪不同運動團隊舉辦講座與分享會。

HKACED期望透過面對面的真誠交流，協助運動員深入了解我們多元化的就業支援服務、職涯規劃與轉型機制。在每位運動員開拓第二人生與職涯

發展的征途上，HKACED將始終作為堅實的後盾，致力提供全方位支援，與運動員並肩同行。

To raise awareness of the comprehensive support we offer, the Hong Kong Athletes Career and Education Department (HKACED) introduced its first-ever online seminar this year, alongside our traditional in-person exchange sessions. This new initiative was met with an enthusiastic response, drawing over 100 participants, including athletes, coaches, national sports association staff, and parents. This milestone has successfully extended HKACED's reach deeper into the community. Moving forward, we will adopt a "dual-track" (online and offline) approach, actively visiting various sports teams to host seminars and sharing sessions.

Through face-to-face exchanges, HKACED aims to help more athletes gain a deeper understanding of our diversified career support, career planning, and transition mechanisms. As athletes embark on the journey of their second careers, HKACED will always stand by them as a solid pillar of support, dedicated to providing the most timely and tailored resources every step of the way.

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中國香港曲棍球總會
Hockey Hong Kong, China



線上線下
雙軌並行



中國香港賽艇協會
Hong Kong, China Rowing Association



2026奧林匹克大家庭
新年聚會
New Year Get-together
Gathering of the
Olympic Family 2026

中國香港木球總會
Woodball Association of
Hong Kong, China

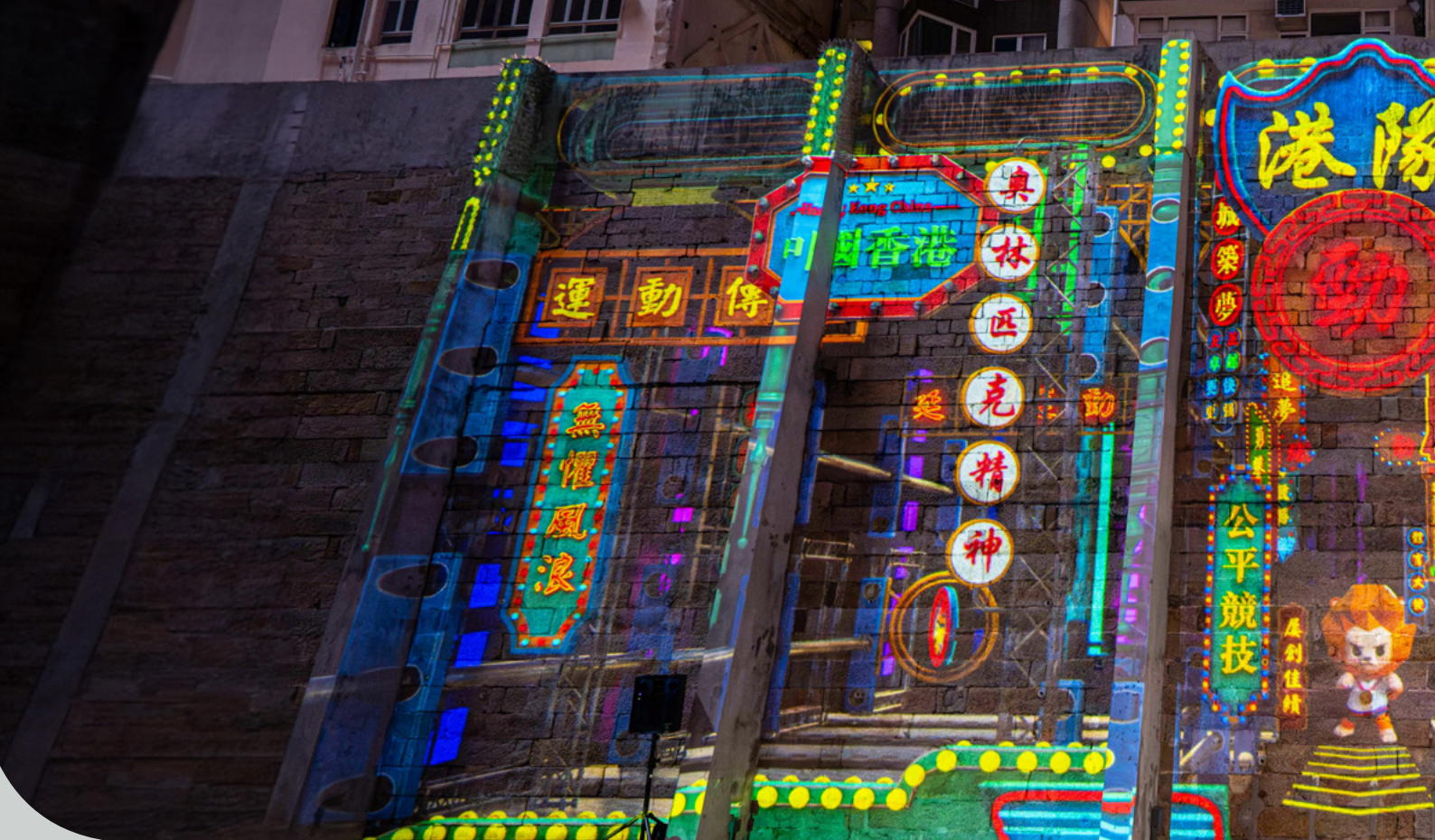
中國香港足球總會
The Football Association of
Hong Kong, China



中國香港滑浪風帆會
Windsurfing Association of
Hong Kong, China



DUAL-TRACK
(ONLINE AND
OFFLINE)



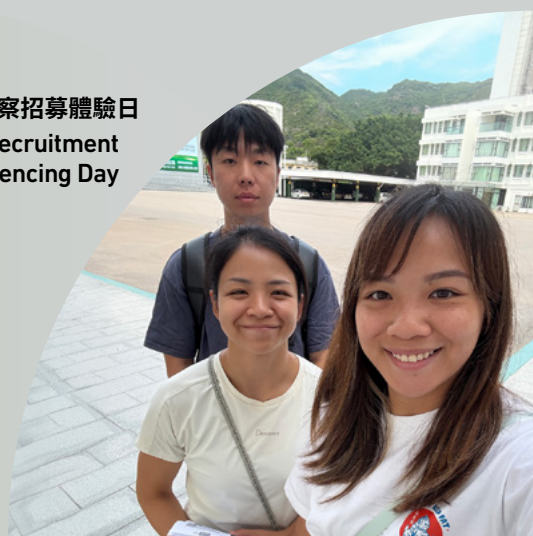
就業支援 Career Support

HKACED一直與社會不同機構及紀律部隊合作，舉辦就業講座及招聘體驗日，向運動員介紹不同就業機會，更深入了解工作內容、要求及職業前景，為轉型發掘更多可能性。此外，HKACED還會提供職業諮詢，為運動員整理履歷及安排模擬面試。

HKACED has been collaborating with corporates and disciplined services to organize career talks and recruitment experiencing day, introducing athletes to a range of employment opportunities. These initiatives enable athletes to gain a deeper understanding of job roles, requirements, and career prospects, helping them explore new possibilities for their career transformation. In addition, HKACED also offers career consultations, resume consolidation support, and mock interview arrangements for athletes.



海關督察招募體驗日
Customs Inspector Recruitment
Experiencing Day



香港輔助警察隊結業會操
Auxiliary Police Passing-out Parade





HKACED



香港運動員就業及教育部通訊

Hong Kong Athletes Career & Education Department Newsletter

