



香港青年協會
the hongkong federation of youth groups

21
LEADERSHIP
青年領袖發展中心

2018 Spring-Summer STUDENT LEADERSHIP TASTER PROGRAMMES

2018 春夏季學生領袖體驗活動 (TP02C)

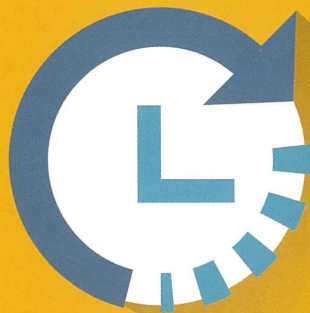
支持媒體 Supporting Media:

M21.hk

活動 *Features* Programme 特色

時間靈活

Short Duration



4-8小時活動，並有多個上課時間選擇，方便配合學生時間

Short programmes of 4-8 hours with various time slots tailored to accomodate students' schedule

具趣味性

Fun-filled



興趣主導，輕鬆啟發學生領袖潛能

Interest-driven activities to inspire and realise students' leadership potential

容易入門

Elementary Level



針對初學者而設，適合中一至中六學生參與

Tailored for beginners and are suitable for F.1-6 students

社會議題 SOCIAL ISSUES

TP0003A

長者模擬體驗 ELDERLY SIMULATION



目標 Objectives

- ★ 感受長者的日常生活狀況
Experience the daily challenges faced by the elderly
- ★ 了解人口老齡化的概念
Understand the concept of ageing population

內容 Contents

- ★ 長者體驗衣之旅
The simulation suit session - "Live like an elderly"
- ★ 長者友善工具及設施設計環節
Brainstorm session on elderly-friendly tools and facilities



學費 HK\$150
Fee



名額 40
Quota



課時 4小時
Duration 4hrs

目標 Objectives

- ★ 了解基層家庭面對的困難及壓力
Understand the difficulties and pressure faced by the grassroots families
- ★ 明白香港的貧窮議題
Gain an in-depth perception of the poverty issues prevalent in Hong Kong

內容 Contents

- ★ 半天基層家庭生活體驗
Half-day simulation of the grassroots families
- ★ 構思方案回應基層家庭需要
Brainstorm session on ideas to address the needs of the grassroots families



學費 HK\$150
Fee



名額 40
Quota



課時 4小時
Duration 4hrs

TP0003B

基層生活模擬體驗 POVERTY SIMULATION



TAST PROGRAM

團隊 TEAM

TP0002

解難團隊挑戰體驗 TEAM CHALLENGE



目標 Objectives

- ★ 體驗創意解難的理論與步驟
Learn about the concepts and key steps of creative problem solving
- ★ 讓學員認識自己的解難能力
Help them understand their competency in problem solving

內容 Contents

- ★ 神秘團隊挑戰測試
Secret team challenges
- ★ 「個人解決問題能力」分析環節，並獲得相關報告
Individual assessment & report on problem solving competency

 學費 HK\$150
Fee

 名額 60
Quota

 課時 4小時
Duration 4hrs

目標 Objectives

- ★ 了解自己的領導能力
Allow participants to understand their leadership capabilities
- ★ 掌握基本的團隊概念
Understand the concept of team dynamics and collaboration

內容 Contents

- ★ 團隊挑戰活動
Team building challenge activities
- ★ 「多元領導能力」分析環節，並獲得相關報告
Assessment & report on multifactor leadership competency

 學費 HK\$330
Fee

 名額 80
Quota

 課時 8小時
Duration 8hrs

TP0006

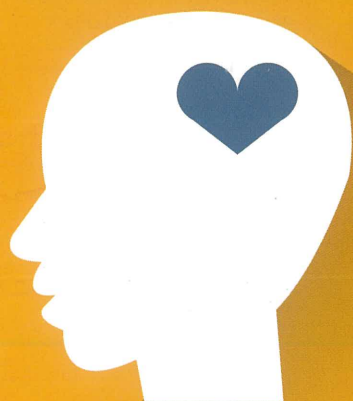
領袖團隊日營 TEAM BUILDING LEADERSHIP DAY CAMP



個人 INNER SELF

TP0007

正向思維領袖體驗 LEADING WITH POSITIVITY



目標 Objectives

- ★ 學懂如何處理壓力及正向思考
Learn ways to deal with stress and develop a positive-thinking mindset

內容 Contents

- ★ 學習正念減壓的基本概念及技巧
Obtain the basic concepts and techniques of mindfulness-based stress reduction
- ★ 透過靜思，認清壓力來源及自己的領導表現
Allow participants to realise the sources of stress and evaluate their leadership performance through meditation



學費 HK\$150
Fee



名額 40
Quota



課時 4小時
Duration 4hrs

目標 Objectives

- ★ 探索個人性格及價值觀
Allow participants to discover their personalities and values

內容 Contents

- ★ 學習自我認識的理論及技巧
Learn concepts and skills of self-awareness
- ★ 透過一連串的反思問題，體驗自我認識的過程
Understand the process of self-understanding through a series of reflection questions



學費 HK\$150
Fee



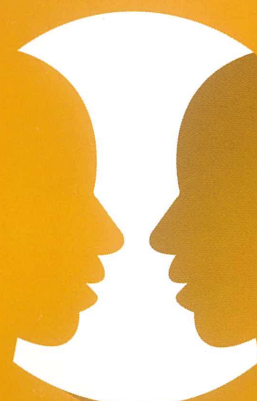
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Quota



課時 4小時
Duration 4hrs

TP0008

自我探索領袖體驗 LEADERS' SELF DISCOVERY JOURNEY



演說及科技 SPEAKING & TECHNOLOGY

TP0005

公眾演說初階 ELEMENTARY PUBLIC SPEAKING



目標 Objectives

- ★ 培養學員對公眾演說的信心及興趣
Cultivate the participants' confidence and interest towards public speaking

內容 Contents

- ★ 學習撰寫講稿
Learn ways to write a compelling and engaging script
- ★ 透過虛擬實境學習公眾演說的技巧
Obtain public speaking skills with the use of virtual reality equipment
- ★ 與熱衷及擅長演說的青年進行小組特訓
Intensive group training with passionate and young public speakers

 學費 HK\$150
Fee

 名額 60
Quota

 課時 4小時
Duration 4hrs

目標 Objectives

- ★ 認識編碼方程，及製作程式及軟件的概念
Learn the concepts of programme and software, as well as the process of coding

內容 Contents

- ★ 學習使用Scratch程式的基本功能
Gain an understanding of the basic functions of Scratch programming
- ★ 學習如何利用Scratch的平台創作簡單動畫、短片、電子卡及迷宮移動冒險遊戲
Acquire skills in using the platform of Scratch to create simple animation, clips, electronic cards and maze games with various traps and tricks

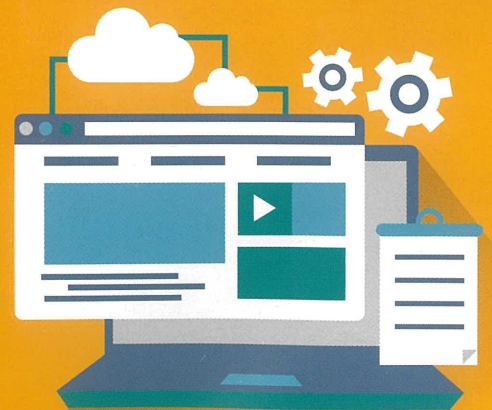
 學費 HK\$150
Fee

 名額 25
Quota

 課時 4小時
Duration 4hrs

TP0004

未來領袖編程初階 ELEMENTARY CODING FOR FUTURE LEADERSHIP



時間 Table 表

社會議題
SOCIAL ISSUES

TP0003A

長者模擬體驗
ELDERLY SIMULATION

	日期 Date	時間 Time	地點 Venue	截止報名 Application Deadline
第一班 Class 1	14/4/2018 (Sat)	10:00 - 14:00	M21	29/3/2018 (Thu)
第二班 Class 2	16/8/2018 (Thu)	10:00 - 14:00	CLD	2/8/2018 (Thu)

社會議題
SOCIAL ISSUES

TP0003B

基層生活模擬體驗
POVERTY SIMULATION

第一班 Class 1	7/4/2018 (Sat)	10:00 - 14:00	M21	26/3/2018 (Mon)
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團隊
TEAM

TP0002

解難團隊挑戰體驗
TEAM CHALLENGE

第一班 Class 1	28/4/2018 (Sat)	10:00 - 14:00	M21	14/4/2018 (Sat)
第二班 Class 2	10/7/2018 (Tue)	14:00 - 18:00	CLD	26/6/2018 (Tue)
第三班 Class 3	11/8/2018 (Sat)	14:00 - 18:00	CLD	28/7/2018 (Sat)

團隊
TEAM

TP0006

領袖團隊日營
TEAM BUILDING LEADERSHIP
DAY CAMP

第一班 Class 1	22/4/2018 (Sun)	09:00 - 17:00	OTC	9/4/2018 (Mon)
第二班 Class 2	7/7/2018 (Sat)	09:00 - 17:00	CLD	23/6/2018 (Sat)
第三班 Class 3	19/8/2018 (Sun)	09:00 - 17:00	CLD	5/8/2018 (Sun)

個人
INNER SELF

TP0007

正向思維領袖體驗
LEADING WITH POSITIVITY

第一班 Class 1	21/4/2018 (Sat)	10:00 - 14:00	M21	7/4/2018 (Sat)
第二班 Class 2	10/7/2018 (Tue)	14:00 - 18:00	CLD	26/6/2018 (Tue)
第三班 Class 3	2/8/2018 (Thu)	14:00 - 18:00	CLD	19/7/2018 (Thu)

個人
INNER SELF

TP0008

自我探索領袖體驗
LEADERS' SELF DISCOVERY
JOURNEY

	日期 Date	時間 Time	地點 Venue	截止報名 Application Deadline
第一班 Class 1	14/4/2018 (Sat)	10:00 - 14:00	M21	3/4/2018 (Tue)
第二班 Class 2	14/7/2018 (Sat)	14:00 - 18:00	CLD	30/6/2018 (Sat)
第三班 Class 3	18/8/2018 (Sat)	14:00 - 18:00	CLD	4/8/2018 (Sat)

演說
SPEAKING

TP0005

公眾演說初階
ELEMENTARY PUBLIC SPEAKING

第一班 Class 1	28/4/2018 (Sat)	10:00 - 14:00	M21	14/4/2018 (Sat)
第二班 Class 2	7/7/2018 (Sat)	10:00 - 14:00	CLD	23/6/2018 (Sat)
第三班 Class 3	18/8/2018 (Sat)	10:00 - 14:00	CLD	4/8/2018 (Sat)

科技
TECHNOLOGY

TP0004

未來領袖編程初階
ELEMENTARY CODING FOR
FUTURE LEADERSHIP

第一班 Class 1	7/4/2018 (Sat)	10:00 - 14:00	CLD	24/2/2018 (Sat)
第二班 Class 2	21/7/2018 (Sat)	9:30 - 13:30	M21	7/7/2018 (Sat)

CLD

香港青年協會青年領袖發展中心
The HKFYG Institute for Leadership Development

新界粉嶺馬會道302號
No. 302 Jockey Club Road in Fanling,
Hong Kong

M21

香港青年協會賽馬會媒體空間M21
The HKFYG Jockey Club Media 21

香港仔石排灣邨商場 LG2 層 2 室
Unit No. 2, LG2/F, Shek Pai Wan Shopping
Centre, Aberdeen, Hong Kong

OTC

香港青年協會賽馬會西貢戶外訓練營
The HKFYG Jockey Club Sai Kung Outdoor
Training Camp

西貢大網仔路DD256地段
DD256, Tai Mong Tsai Road, Sai Kung



自訂日期 Customised Class

如學校希望自訂日期參與體驗活動，歡迎致電與負責同事司徒小姐聯絡。

Please contact Ms. SETO for taster programme on scheduling a customised class.