



香港青年獎勵計劃

THE HONG KONG AWARD FOR YOUNG PEOPLE

Championing and challenging young people worldwide

Proud to deliver

THE INTERNATIONAL AWARD
FOR YOUNG PEOPLE





The Duke of Edinburgh's International Award

Supporting the next generation to find their purpose, passion and place in the world.

As they set out to find their place in the world, today's young people face a broad range of challenges. They are bombarded by information, expectation and uncertainty. They are growing up with complexities and challenges unseen by previous generations. If they are to succeed, they need the skills, resilience and understanding to help them take on whatever life may throw their way.

The Duke of Edinburgh's International Award helps young people to do just that - to find their purpose, passion and place in the world. To develop the character and confidence to take the future in their stride.

We believe that equipping young people with the skills and confidence to discover their potential has never been more important. This makes a difference not only to them, but the communities they live in. But we can't do any of it without people and organizations like you. With your support, we can help even more young people across the world dream big and find out what they are truly capable of achieving. If you would like to join us in championing the next generation, then please read on for more information on how you may be able to support or get involved today.

A handwritten signature in black ink, appearing to read 'J May'.

John May DL

Secretary General

The Duke of Edinburgh's International Award Foundation

Who are we?

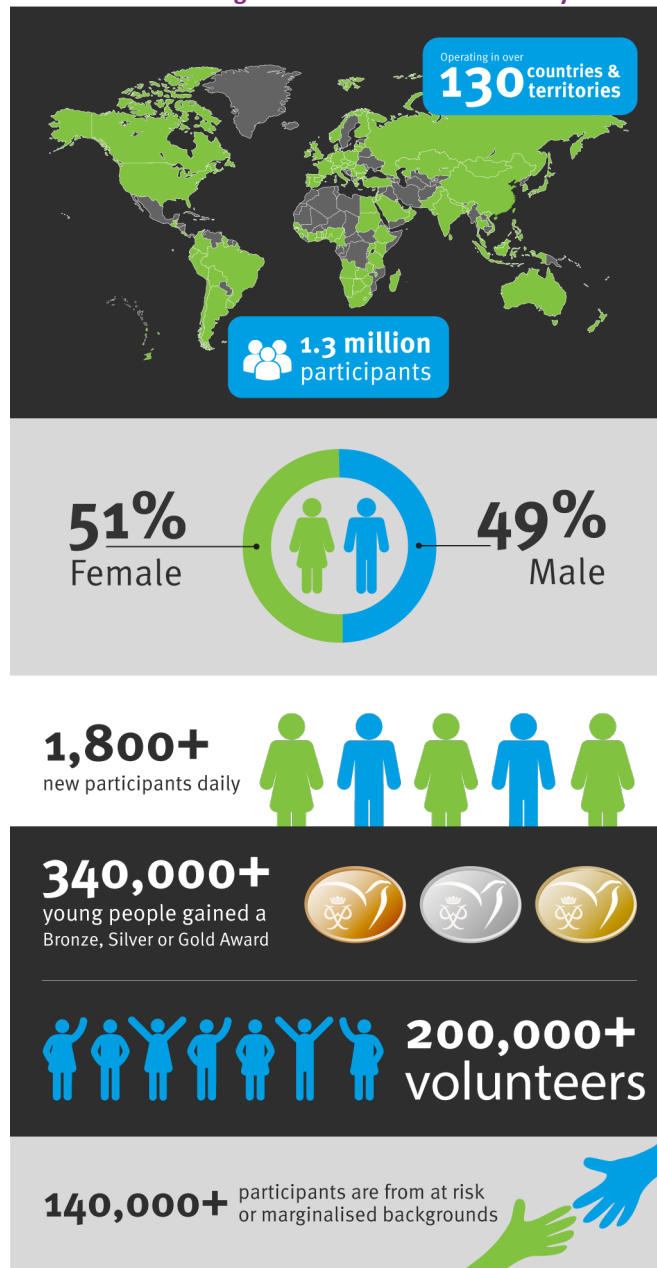
The Duke of Edinburgh's International Award is a global non - formal education framework which operates in more than 130 countries and territories, helping to inspire young people to dream big, celebrate their achievements and make a difference in their world.

We're not limited by boundaries. There are 1.3 million young people currently completing their own unique programme, via hundreds of thousands of youth - focused partners and operators, including schools, youth organizations, examination boards and youth offender institutions.

We've got more than 60 years of experience and we're just getting started. Our ambition is to make the Award accessible to every 14 - 24 year old around the world, regardless of ability, experience or culture.



The Duke of Edinburgh's International Award in a year.



*Statistics from 2016

How is the Award delivered in Hong Kong?

As a pioneering youth organization, The Hong Kong Award for Young People (AYP), established in 1961, is a member of The Duke of Edinburgh's International Award Association. The AYP is available to every young person aged 14-24 via youth focused partners and operators including youth organizations, secondary schools, tertiary institutes, uniformed groups and government departments.



AYP is a unique programme about challenge, perseverance, enterprise and achievement. It compliments formal education by providing young people with experiential learning opportunities, to face their challenges and to utilize their leisure time in a constructive way. By taking part in AYP, young people have the opportunity to learn about themselves and give back to their communities either as individuals and in groups.

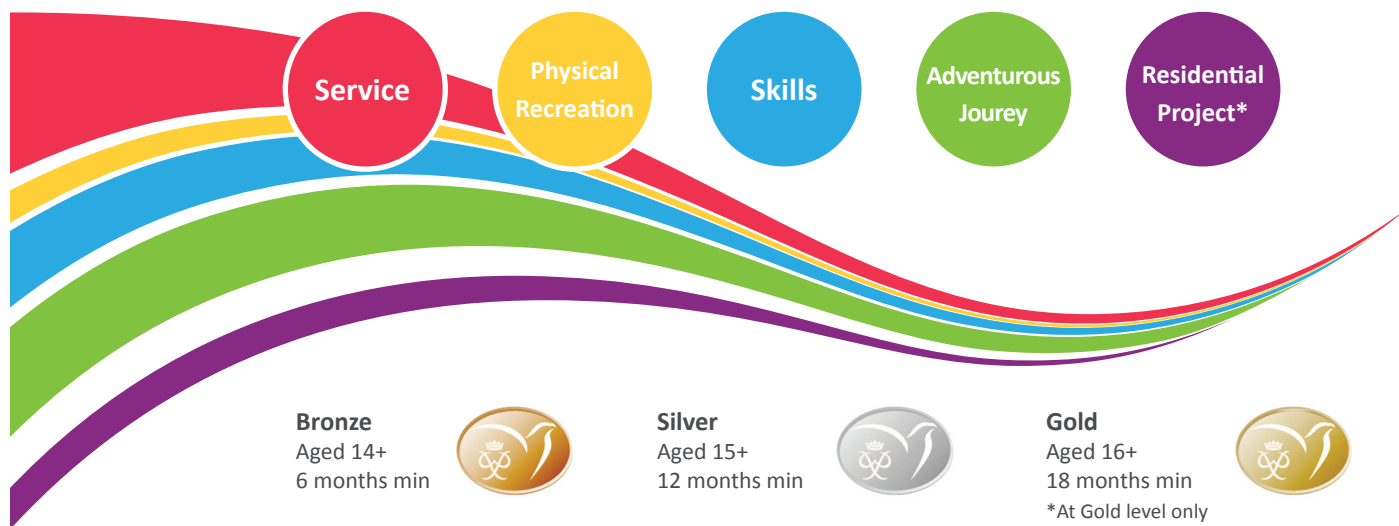


How does the Award work?

By encouraging young people to learn new skills, get physically active, volunteer within their communities and discover a sense of adventure outside the classroom, the Award helps young people to unlock their potential.

Using the Award framework and with the support of adult volunteers, participants develop their own bespoke programme, as they work towards achieving the internationally recognised Bronze, Silver and Gold Awards.

The Award framework



How is the Award delivered?

Hundreds of thousands of dedicated people help to deliver the Award around the world, every day. They do this through a simple but effective social franchise model.

From the slums of Uganda and the favelas of Brazil; correctional facilities in Malaysia and USA; youth centres in Israel and the Netherlands; national schools and sports clubs in India and Australia; to the most prestigious private and international schools across the world, the Award's framework can support and thrive in a multitude of different environments.

Whilst the framework of the Award does not differ from country to country, the Award is licensed to operators around the world, to ensure it is nationally and culturally relevant to each and every young person involved. In many countries the Award is delivered via licensed National Award Operators. In addition, in countries where a National Award Operator is not present, the Award is delivered through Independent Award Centres, licensed directly by The Duke of Edinburgh's International Award Foundation.

Why the Award?

Non - formal education focuses on developing the wider 'soft' - or life - skills which help young people ensure they are ready for the world. When paired with a formal education, it provides a fantastic foundation for a young person to thrive.

This is where the Award comes to the fore. The Duke of Edinburgh's International Award encourages young people to develop the character, skills and confidence they need to improve themselves and their communities, by encouraging them to step outside their comfort zone and build positive habits that they will take with them for the rest of their lives.

With the support of adult mentors, the Award helps young people to unleash their passions and believe in the power of their own potential.

Through the Award, young people can be empowered with not just the confidence but the desire to create meaningful change; to find their purpose, passion and place in the world.



Access to so many life - changing experiences and opportunities has had a significant impact on my attitude. The Award has allowed me to seize opportunities I couldn't have dreamt of when I was younger and it continues to inspire me."

Gold Award holder Hasanka Pushpakumara, Sri Lanka

But non - formal education also benefits those young people who may not be able to access a full formal education - such as refugees, those living in poverty, young parents, those with physical or learning disabilities or those from an at risk or marginalised background.



Not all learning happens in the classroom - in fact, we believe some of life's biggest lessons happen in the least likely locations.

Based on a global sample of 2,491 young people (September 2016 - February 2018) 1,505 were Award participants, 986 who were not.

Why now?

There are 1.8 billion young people aged 10 - 24 in the world today. There have never been more young people of this age group alive in history.

Though fast - paced developments in technology mean the world has never been smaller or more accessible, it has also become increasingly unstable, uncertain and often insecure.

Although the Award is more than 60 years old, it is as - if not more - relevant today, than it ever has been. Today's young people need to be able to tackle the ever - changing world they live in - and to do that, they need transferrable skills such as adaptability, communication, resilience and problem solving.

Governments and leaders around the world are also recognising the importance of non - formal education and the Award's activity aligns with a number of the UN's Sustainable Development Goals, in particular:

Good health and well - being



UN Sustainable Development Goals 2017

Quality education



Decent work and economic growth



The impact of the Award

It's not enough just to believe that the Award makes an impact - we have to be able to prove that impact, and have developed an evidence - based approach to our research and evaluation.

The Award's impact differs in form and social value according to the context and environment of the participant. When assessing this impact we take into consideration a range of demographic groups such as women, ethnic minorities, youth offenders, young people with physical and/or learning disabilities and individuals who are otherwise at risk or marginalised.

I have seen timid girls improve their self - esteem because they were given a chance by the Award to make decisions for themselves. Students who were truants and had difficulties settling down totally transformed to be responsible young people. I've seen leaders being nurtured. I have seen young people leading from the front knowing they have a role to play in their community."


Teacher, Ms. Kamanda, Kenya

The ways in which the Award positively affects individuals and communities can be identified via the Impact Framework, which details the long - term impact of the Award. In the last two years, the Foundation has invested in growing our understanding of not only the Award's impact, but also our insight into and understanding of youth motivations and challenges.



"The Award made me recognise how empathy and optimism can make you overcome difficulties and that only those who do not try actually fail."

Gold Award holder, Greta, Lithuania

A person with a backpack is standing on a dirt path, looking out over a deep valley with a blue lake. The person is wearing a dark jacket and a backpack with a logo. The path is bordered by a rope and wooden posts. The valley is surrounded by steep, rocky cliffs. The sun is shining from the top right, creating a lens flare effect.

Our challenge is to grow the Award so it is available to reach as many young people as possible.

Our long - term ambition is that every eligible young person will have the opportunity to participate in the Award.

Our vision is to reach more young people from diverse backgrounds and equip them as individuals to succeed in life.

Great Reversal of Life with the Award

Karsten Lee, Hong Kong Gold Award holder, could you imagine she has been socially withdrawn for a couple of years?

“After failing in public examinations, I hid myself at home for three years. One day, I suddenly found my Silver Award Certificate coincidentally. It reminded me that enriched and fruitful period when I was participating the Award during secondary school. It seems an awakening jolt for me to join the Award again and I ought to have some changes this time.”

Self - innovation

“Taking part in Expeditions and Residential Project Section are definitely the most challenging especially when I am an introvert. I hate all outdoor activities, not eager to involve in any physical - demanding activities and also fear of communicating with others. Joining the Award allow me to step out from my own comfort zone and hence build up new characteristics. I think this is the most attractive part what participants can gain from the Award - you could never imagine how far you can go when your determination is strong enough to provide you guidance to achieve your goal.”



Victories over Ourselves

“I went hiking frequently in order to be well - prepared for expeditions. I also encountered all obstacles during my Residential Project Section, which took place in North Korea. The project aimed at having cultural exchange; I had to get along with numerous local and non - local strangers. I thought I could not make it at first but turned out I did prove to myself that I am capable to tackle all the difficulties.”

“Learning Spanish as my Skills Section is not only for fulfilling the requirement but I would like to apply them practically too. I went to Spain for an internship after finishing the Spanish course for one year. It was a golden chance for me to recognize all the efforts that I have made.”

With thanks to AYP and all the Award Leaders throughout my Gold Award journey.

The Award is far more than an experience for Karsten. In fact, it is a once in a lifetime journey for her to transform to a better person and well - equipped herself.

Remarkably challenging life - Women Champ of Bun Fight

Read how AYP impacted Gold Award holder Janet Kung's life.



Women champ of the annual Cheung Chau Bun Festival 2019 Janet Kung, "I joined Scout Association when I was young, started doing AYP since secondary school and got my Gold Award in University. Getting women champ is not an end but also a new beginning for me to explore myself".

Determination not only in Expeditions, but also Bun Scrambling

"I just want to make progress every year without any thoughts on winning the title. I have gone through four final stages out of seven and grab the glory this time all because of my perseverance. With the experience of taking part in Scout and the Award Scheme, I am determined to improve and to equip myself from mistakes I have made, such as getting lost and lack of preparation during hiking, in order to do it better in the future."



Stair to Success: Reflection and Preparation

"Participating in the Gold Award journey may face different instant challenges. Having a comprehensive and well-prepared proposal is a key component to succeed and tackle problems throughout the Award journey. All efforts paid off by the time you have overcome all the hurdles."

Key to Success: Challenge yourself and Perseverance

"Keep trying new things is one of my characteristics therefore I didn't pick rock climbing, which is a sport that I am good at as my assessment but choosing swimming instead. I have also taken several professional qualifications in different kind of sports in university to challenge myself in a never-give-up spirit towards everything."

Spread out AYP Spirit in her entire life

"You might face various instant incidents for both doing the Award and also for me to encounter as a nurse in the hospital. It's amazing what AYP can do. I learn how to solve problems calmly, sort out effective solutions to deal with it. It has massively changed my life. AYP not only provides me an opportunity to gain first-aid knowledge but also to apply on my nursing work. I wish to take part in the Expeditions Instructors Scheme in order to strengthen my hiking skills and also to contribute back to AYP."

How can you support us?

The Award has ambitious targets for growing the number of young people participating in and achieving The Duke of Edinburgh's International Award worldwide. To achieve this, our activity between 2019 and 2023 will focus on the following:



Access: increasing the number of new Award entrants, particularly those from at risk or marginalised communities.



Reach: increasing the number of organizations and people involved in delivering the Award by improving the social infrastructure of the Award.



Impact: increasing Award completion rates by assisting, supporting and training providers – volunteers and Leaders – to enable more young people to achieve their Award.

There are a variety of ways that you can support the Award's activity, either globally via the International Award Foundation or nationally to AYP.

Your support could include:

- Making a personal gift
- Leaving a legacy gift
- Introducing us to individuals who might be interested in supporting us
- Providing in kind support
- Speaking to us about running the Award in your school or organisation
- Introducing us to organizations who might want to run the Award

Thank you for taking an interest in the Award.

If you would like to support our work, or have any further questions, we would love to hear from you!

Email award@ayp.org.hk or call +852 2157 8600



香港青年獎勵計劃

THE HONG KONG AWARD FOR YOUNG PEOPLE

支持和鼓勵世界
各地的青年人
追求初衷

Proud to deliver

THE INTERNATIONAL AWARD
FOR YOUNG PEOPLE





愛丁堡公爵國際獎勵計劃 幫助青年人訂立目標、尋回熱情和摸索自己的定位。

現今青年人在尋找自己的定位時，面臨著各種挑戰，他們於日常生活中接觸到太多資訊和受著期望過高的影響而倍感困惑。在成長過程中，他們遇到了前所未有的挑戰。要取得成功，他們需要提高技能，堅持不懈和被世俗所理解，以克服生活中可能出現的各種障礙。

愛丁堡公爵國際獎勵計劃旨在協助青年人訂立目標、尋回熱情和摸索自己的定位，幫助他們塑造品格和培養自信心，使其在未來的道路上能夠逆流而行。

我們相信培育青年人具備有待發掘的潛能和信心極為重要，這不僅有利於他們的成長，還有利於其所在的社區發展，如果缺乏您們的幫助，我們將會寸步難行。在您們的支持下，我們可以幫助世界上更多的青年人開拓國際視野，找到他們能夠真正實現的目標。期盼您與我們一起培育社會未來的棟樑，瞭解如何能夠支持或參與此獎勵計劃的途徑。

A handwritten signature in black ink, appearing to read 'J. Meier'.

約翰·梅爾

秘書長

愛丁堡公爵國際獎勵計劃基金會

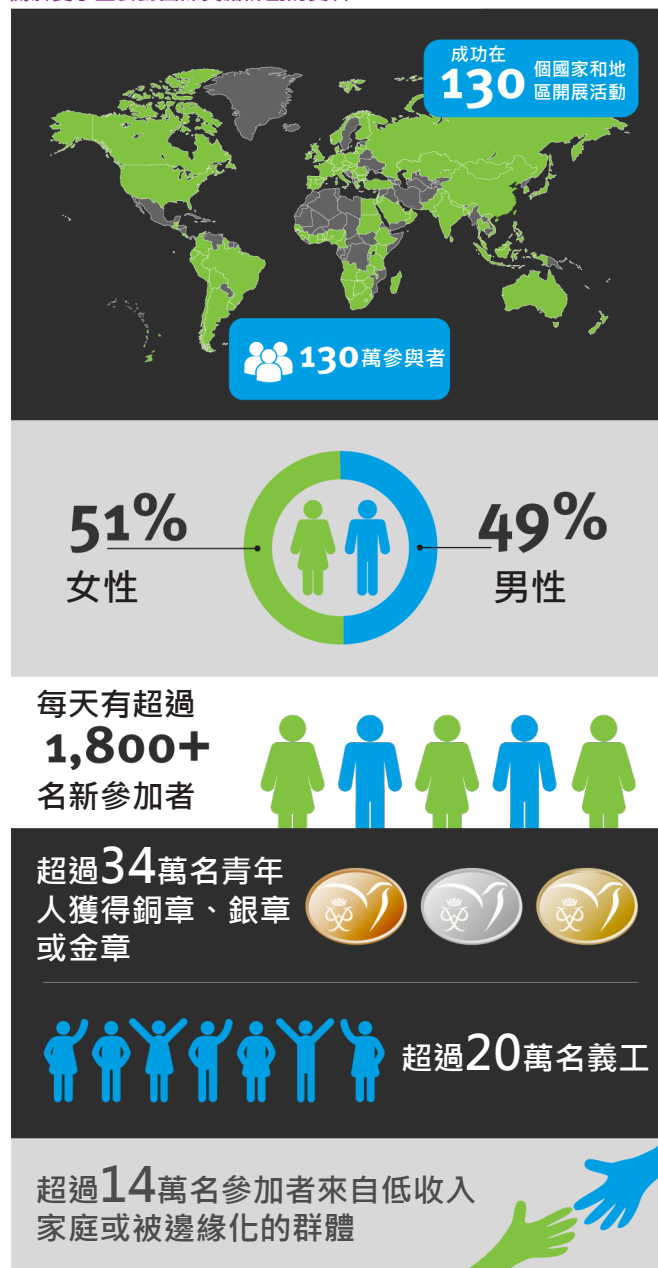
我們是誰？

愛丁堡公爵國際獎勵計劃是一個於全球推行非正式教育理念的青年機構，現時共有超過130個國家及地區推行此計劃。我們旨在協助和鼓勵青年人實現個人理想，自我完善及傳遞正能量。

本獎勵計劃不受地區性限制，現時全球共有超過130萬青年人參與此計劃。此獎勵計劃極具彈性，參加者可在關注青少年成長的合作夥伴和團體（包括學校、青少年團體及轄下直屬執行處）的協助下，自由選擇參與各項不同的活動。我們擁有60多年的經驗，目標是繼續深入社會各個階層，提供機會給不同背景、文化和能力的14-24歲的青年人自我挑戰。



關於愛丁堡公爵國際獎勵計劃的資料



*2016年的統計資料

我們如何在香港推行獎勵計劃？

香港青年獎勵計劃 (簡稱AYP) 為青少年機構的先驅，成立於1961年，是國際青年獎勵計劃協會成員之一。14-24歲的青年人可透過不同以青少年為本的服務團體、中學、大專院校、制服團體及政府部門參加 AYP。



AYP提供一套獨特的活動內容，其中包含挑戰、自我計劃、進取及達成目標的元素，讓青年人透過個人或團隊的學習經驗而彌補正規教育的不足，引導他們善用餘暇挑戰自我。AYP給予青年人不同機會於完成章級的過程中自我探索，從中回饋社群。



此獎勵計劃如何運作？

此獎勵計劃鼓勵青年人學習新技能，積極參與體育活動和社區的志願服務，並跳出校園在其他範疇發揮無限的探索精神，從中發掘他們的內在潛能。

在此獎勵計劃的理念、導師及義工的支持下，參加者能因應自己的能力制定適合自己的計劃，為獲取國際認可的銅章級、銀章級或金章級而努力。

獎勵計劃的模式



獎勵計劃如何實踐？

每天都有成千上萬的熱心人士在世界各地協助青年人參與此獎勵計劃，他們透過一個簡單但有效的社會特許經營模式來實現。

從烏干達和巴西的貧民窟，到馬來西亞和美國的教養所、以色列和荷蘭的青少年中心、印度和澳大利亞的國立學校和體育俱樂部、以及全球最享負盛名的私立學校和國際學校，此獎勵計劃的模式可以在各種不同的環境中獲得支持和發展。雖然推行的模式並不因國界而異，但是此獎勵計劃只會授權給當地符合資格的團體和合作夥伴，以確保每個參與的青年人都與國際獎勵計劃的情況和文化相關。在許多國家，此獎勵計劃通過授權的國家獎勵計劃團體 (National Award Operator) 來頒發。沒有國家獎勵計劃團體的地方，此獎勵計劃則通過愛丁堡公爵國際獎基金會直接授權的獨立獎勵中心 (Independent Award Centre) 來頒發。

為何此獎勵計劃如此重要？

「讀萬卷書，不如行萬里路」。非正規教育的重點是培養更廣泛的生活技能，讓青年人能夠應付未來的挑戰。配合正規教育，愛丁堡公爵獎勵計劃為青年人的成長提供堅實的基礎。

我們的使命是以培育青年人的質素為己任，透過有意義的活動，鼓勵青年人踏實地學習，多接觸外面的世界，自我完善，積極地參與社會，貢獻社會，蛻變成長。

在導師的扶助下，鼓勵青年人培養探索精神，使他們身心得以均衡發展。透過此獎勵計劃，青年人不僅能增強自己的能力和信心，堅毅不屈地朝著目標邁進，而且能訓練他們以積極的態度面對生活的挑戰，自我完善，貢獻社會。



「能夠有機會多接觸外面的世界，培養個人興趣，這經驗實在難能可貴！對我來說，獎勵計劃讓我能夠充份裝備自己，蛻變成長，追求更美好的未來」。

斯里蘭卡金章得獎者 Hasanka Pushpakumara

另外，非正規教育也有利於彌補正規教育的不足，讓一些沒有機會接受全面教育的青年人，例如難民、生活貧困者、年輕父母、弱能人士以及和被邊緣化的群體也有機會參與獎勵計劃。我們相信並不是所有的學習都在課堂上進行——事實上，人生最好的課程往往發生在最意想不到的地方。



* 調查問卷了2,491位青年人
其中有1,505名獎勵計劃參加者，986名非獎勵計劃參加者
(2016年9月-2018年2月)。

為什麼是現在？

現時全球有大概18億10-24歲的青年人，這個年齡層的青年人於歷史上從未如此多。

科學技術的快速發展意味著這個世界變小和更容易接近，但也令青年人感到疑惑和缺乏安全感。

回顧過去，展望未來。獎勵計劃已有超過60年的歷史，今天獎勵計劃亦更具意義。現今的青年人必須具備勇於承擔，堅毅不屈的生活方式和態度。嚴格來說，獎勵計劃是培育青年人待人接物及處事態度的平台。

世界各國政府和領導人也逐漸意識到非正規教育的重要性，愛丁堡公爵獎勵計劃與聯合國一致，幫助青年人達致全人發展，特別是：

健康和快樂



2017年聯合國可持續發展目標

有質素的教育



體面的工作和經濟增長



獎勵計劃的影響力

只是相信獎勵計劃會產生影響是不足夠的，為證明其影響力，我們建立了一套以實際數據為基礎的研究和評估方法。

根據參加者所處的環境和成長背景，獎勵計劃的影響力在形式和社會價值均會有所不同。在評估這種影響時，我們會考慮不同的社會群體，例如婦女、少數民族、青少年罪犯、弱能人士、以及被邊緣化的一群。


「獎勵計劃提供機會予膽小的女孩為自己做決定，她們的自信心亦隨之而提升。我亦見證不少曾經逃課和難以安定下來的學生轉變為負責任的青年人，獎勵計劃領袖於過程中亦能成長。獎勵計劃讓青年人意識到自己能夠在隊伍中作不同的角色，使他們明瞭自己在社會的價值。」

來自肯亞的卡曼達 (Kamanda) 老師



「獎勵計劃讓我認識到同理心和樂觀，
可以讓人克服困難；不肯嘗試就註定失敗。」

立陶宛金章得獎者 Greta



我們的挑戰 擴大獎勵計劃的影響力，
鼓勵更多的青少年參與。

我們的長期目標 讓每一位符合條件
的青少年都有機會參與我們的獎勵計劃。

我們的願景 提供更多機會給來自不同
背景的青少年，並協助他們實現自我價值，
從而在生活中取得成功。

獎勵計劃逆轉人生旅途

李彥明，2018年AYP金章得獎者，分享從隱蔽青年到榮獲金章的寶貴旅程。

「當年公開考試失敗後，我便待在家中，不出門、不上學、不上班三年。一次偶然機會下我找到自己在中學時期獲取的銀章證書，參與銀章時的難忘及開心回憶頓時湧上心頭，彷如當頭棒喝引領我有了重回生活正軌的念頭，我不想再一次放棄自己，我下定決心要踏出家門再次參與獎勵計劃，並為自己當時的生活作出改變。」

自我突破

「對於性格內向的我而言，野外鍛鍊科及團體生活科是金章五科之中最具挑戰性的兩科。參加獎勵計劃之前，我除了抗拒所有需要大體力勞動的戶外活動之外，亦很害怕跟其他人接觸。參與獎勵計劃最大的得著是給予我機會去跳出三年閉門族的舒適生活，讓我有機會建立一個新的自己。經歷過獎章旅程後才能明瞭自己能為自己的人生路走得有多遠。當下定決心後，我強大的內心和堅定的信念均能引導我逐步實現我的目標。」



戰勝過去的自己

「獎勵計劃令我作出了一系列的改變，我除了經常去遠足，為野外鍛鍊科作充分準備之外，於參與團體生活科時亦遇到不少挑戰，但我都成功完成了韓國七天交流團。團體生活科需要參加者達到最少五日四夜的外宿活動的要求，並須主動與團員、評核員、當地家庭成員交流，互相合作，積極參與活動及作自我管理。起初我沒有想過自己能夠做到，但到最後我竟超額完成了，我戰勝了過去的自己。」

「在獎勵計劃的支持下，我不但去學習西班牙文，更到當地實習一年，學以致用。這無疑是人生中一個難能可貴的機會；令自己所付出的努力能夠得到別人認同。」

特此感謝香港青年獎勵計劃和所有獎勵計劃領袖於金章旅程中一直扶持著我。

獎勵計劃的經歷已遠超於一個經驗，對曾經是隱蔽青年的李彥明而言這是一個千載難逢的蛻變成長導航旅程。獲得金章殊榮，讓她確切明白到自己的能力，亦為她日後的人生路提供養分。



準備足、夠堅持勇奪「包山后」殊榮

AYP 2017年金章得獎者龔子珊（Janet）講述獎勵計劃令她學會堅持和不斷挑戰自我。



邁向成功的第一步：反思失敗的原因和做好事前的計劃

「參加獎勵計劃金章的過程中，寫計劃書是必要一環。有準備充足而全面的計劃，即使途中遇到困難或突發事情，都較易解決問題。同時辛苦過後，回望過去便會發覺事情沒有想像中困難，所做的事前計劃及準備功夫都十分值得。」

2019年長洲太平清醮「包山后」龔子珊：「我七歲半起參加童軍，中學時期參加獎勵計劃，於就讀大學期間成功完成金章。雖然獲得『包山后』這個殊榮，仍提醒自己不要過份興奮，要時刻保持平常心，保持恆常訓練，機會永遠都是留給有準備的人。」

野外鍛鍊科教曉我堅持參加七年搶包山

「沒有太多奪冠想法，只是想每年都有進步。過去七次比賽有四次進入決賽。而七年來的堅持正好換來今天的成功。過去參加童軍及獎勵計劃的經驗為例，可能第一次遠足會迷路、糧食準備不足等，但經歷過這些失敗，改善自己的不足，裝備好自己，抱著永不放棄的精神，下一次定必進步。」



成功方程式：挑戰自我 + 堅毅精神 = 成功就在眼前

「我比較喜歡嘗試新事物，所以在金章的康樂體育科中沒有以自己擅長的攀石作為活動評核，反而以游泳來完成，大學期間亦參加不同運動賽事，考取多個運動專業資格。除了挑戰自我外，擁有堅毅精神去做每一件事才是成功之道。」

延續獎勵計劃精神 挑戰做白衣天使

「在參加獎勵計劃過程中其中一個得著就是當遇到困難時先要冷靜下來再尋找最好的方案處理，這能讓我保持冷靜面對醫院的突發情況。當然透過獎勵計劃中學習到的急救知識也可以應用於日後護士的工作。希望完成護理學課程後能參加銀章野外鍛鍊科導師的面試，從而可以加強導師方面的行山知識外，更可以回饋AYP，帶領更多學生參加，延續AYP精神。」

您可以如何支持我們？

我們的遠大目標是鼓勵更多青年人參加愛丁堡公爵國際獎勵計劃。為實現這目標，我們在2019-2023年的活動將重點關注以下內容：



普及：增加新的獎勵計劃名額，特別是來自低收入家庭或被邊緣化的群體。



滲透：通過改善獎勵計劃的社會基礎，增加獎勵計劃領袖和參與機構。



影響：通過協助、支持和培訓義工以及合作夥伴，提高獎勵計劃的完成率，讓更多青年人獲頒不同章級的殊榮。

您可以通過國際獎勵基金會或直接支持香港青年獎勵計劃的活動。

您的支持可包括：

- 個人捐款
- 將我們介紹給可能有興趣支持我們的人士
- 實物支持
- 與我們探討如何在您的學校或組織推廣此獎勵計劃
- 將我們介紹給可能有興趣運作此獎勵計劃的機構

感謝您對獎勵計劃的關注。

如果您想支持我們的工作，或者有任何其他問題，我們很樂意聽取您的意見！

電子郵件地址：award@ayp.org.hk

或致電：+852 2157 8600