

計劃概覽

Programme overview



足球活動策劃工作坊
Football event organisation workshop



自我挑戰工作坊
Self-challenge workshop



領袖訓練營
Leadership camp



星級導師工作坊
Star mentor workshops



策劃及籌辦社區足球活動
Organise community football events

曼徹斯特交流機會

Manchester exchange opportunity



實踐所學

Putting learning into action



參與社區活動
Taking part in community activities

擴闊眼界

Broadening horizons



體驗英國足球文化
Experiencing football culture in the UK

踏足曼聯聖地

Stepping into Manchester United



探索卡靈頓訓練中心
Exploring Carrington Training Complex

查詢 Enquiry:
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Tung Wah Group of Hospitals
(Mr Yim) 3104 0031
yfd@tungwah.org.hk

費用全免
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體現未來

Empowering Futures

第十二屆賽馬會青少年足球領袖計劃
The 12th JC Youth Football Leadership Scheme



截止報名日期：2026年11月29日
Application Deadline: 29 November 2026

主辦機構 Organiser



合作夥伴 Partner



協辦機構 Co-organiser



足動
潛能
PUT OUR
BEST FOOT
FORWARD

透過足球解鎖 領袖潛能

Unlock your leadership potential through football

參與為期六個月的工作坊及社區服務活動，發展多方面才能，透過足球啟發成長，提升領導能力，為共建更美好社區作好準備。

Join six months of workshops and community service activities designed to develop your all-rounded abilities. Grow through football, strengthen your leadership skills to get ready to build a better community.

自2014年起，香港賽馬會與曼聯及東華三院合作，推出「賽馬會青少年足球領袖計劃」（計劃）— 香港首個由足球主導的領袖訓練及社區服務計劃，對象為15-19歲青少年。現更透過其慈善信託基金捐款予東華三院協助籌辦計劃活動。

計劃著重培養青少年的領導才能，並全面提升學員的體能、心智及社交能力。每年，六位表現優異的學員將獲選前往英國曼徹斯特，參與足球及文化交流和社區活動。至今已有超過540名青少年參與計劃，當中60位優異學員曾參加曼徹斯特交流之旅。

Since 2014, The Hong Kong Jockey Club has partnered with Manchester United and Tung Wah Group of Hospitals to introduce the JC Youth Football Leadership Scheme (the Scheme), Hong Kong's first football-powered leadership and community service programme for teenagers aged 15-19. It is now supported by donation from The Hong Kong Jockey Club Charities Trust to Tung Wah Group of Hospitals for programme operation.

The Scheme develops the leadership skills of young people while strengthening their physical, mental and social abilities on and off the pitch. Each year, six outstanding young leaders are selected to visit Manchester for a football cultural exchange and to participate in community activities. To date, more than 540 young people have joined the Scheme, including 60 outstanding leaders who have taken part in the Manchester exchange tour.

上屆學員分享 Voices from our young leaders

陳杏恩 Hangyan Chan

這個計劃讓我學會與人合作，明白應先要求自己，而非要求別人，亦學懂設身處地，從不同角度思考。我更學會如何成為一位出色的足球領袖，並在過程中培養團隊合作和體育精神。

The Scheme taught me how to work with others, expect more of myself rather than others, and see things from different perspectives. I also learnt what it takes to be a good football leader, while developing teamwork and sportsmanship along the way.



李匡立 Stan Lee

從最初害怕在人群面前發言，到自信地帶領團隊；從只專注自己的表現，到學會支持隊友。足球不再只是勝負，而是成長的平台。看到社區足球活動中小朋友的笑容，更讓我明白真正的領袖並非最耀眼的人，而是懂得成就他人。

From a shy public speaker to a confident team leader, and from focusing on my own performance to supporting my teammates, football became more than wins and losses. It became a platform for growth. Seeing the smiles on children's faces at community football events taught me that true leadership is not about standing out, but about helping others shine.



領袖蛻變之路 Alumni spotlight

李嘉源 Jason Lee (2016/17 領袖 Leader)

足球原本只是我的興趣，但計劃讓我走得更遠。參與曼徹斯特交流之旅後，我開始探索自己的方向，由青少年足球領袖踏上英國球證之路。如今，我更成為英格蘭足球總會的一分子，繼續支持青年及足球發展，將這份影響延續下去。

Football began as a passion, but the Scheme showed me where it could lead. The exchange tour to Manchester inspired me to find my path, from a youth football leader to a referee in the UK. Today, as part of The Football Association, I continue to support young people and football development, carrying that impact forward.



陳浚晞 Dash Chan (2018/19 領袖 Leader)

領袖計劃讓我有機會走出舒適圈，在實踐和嘗試中發掘潛能、突破自我。這份信念推動我成為足球教練，持續增進運動及足球知識，並不斷挑戰自己。我希望運用自身經驗啟發學生，支持他們在人生路上成長。

The Scheme gave me the opportunity to step outside my comfort zone, discover my potential through hands-on experience and push myself further. This mindset inspired me to become a football coach, deepen my knowledge of sports and football, and keep challenging myself. Drawing on my own experiences, I hope to inspire my students and support their growth in life.

