

燃亮未來

EMPOWERING FUTURES

第十一屆賽馬會 青少年足球

領袖計劃

The 11th JC Youth Football
Leadership Scheme



截止報名日期: 2025年11月30日

Application deadline: 30 November 2025

主辦機構 Organiser



香港賽馬會
The Hong Kong
Jockey Club

合作夥伴 Partner



協辦機構 Co-organiser



東華三院

Tung Wah Group of Hospitals

足動
潛能

希望透過足球 解鎖領袖潛能？

Looking to unlock your leadership potential through football?

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」—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。

計劃注重發展青少年的領導才能，並全方位提升學員的體能、心智及社交能力。每年，我們會保送六位優異學員前往英國曼徹斯特進行足球文化交流及參與社區活動。至今已吸引超過480名青少年參與，當中更有54位優異學員曾前往曼徹斯特交流。

透過為期六個月的工作坊及社區服務活動，發展多方面才能，以足球燃亮成長，並啟發你成為傑出領袖，共創更美好的社區。

Empower your growth in six months through workshops and community services, strengthening your all-rounded skills and inspiring you to build a better community as great leaders.

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 to curate Hong Kong's first football-powered leadership and community service programme for teenagers aged 15-19, which is now supported by donation from The Hong Kong Jockey Club Charities Trust to Tung Wah Group of Hospitals for programme operation.

We cultivate the leadership skills of young individuals, strengthening their physical, mental, and social abilities both on and off the pitch. Each year, we award six outstanding young leaders the opportunity to visit Manchester, engaging in football cultural exchanges and participating in community activities. Over 480 young people have participated in our programme so far, and over 54 outstanding leaders have joined the exchange tour to Manchester.



一起看看學員蛻變成傑出領袖的旅程。
你會是下一位嗎？

Discover the inspiring journeys of our participants who transformed into great leaders. Could you be the next hidden gem?



李嘉祐

Gary Lee

我以前是個「溫室小花」，凡事都不敢自己做決定，遇到問題時總是詢問朋友及家人的意見。參加計劃後我變得獨立，在團隊中年紀較大的我擔任起「大哥哥」的角色，學會了決策和表達自己，帶領隊友完成社區服務活動，這令我獲得很大的成就感！

I used to be a sheltered kid, afraid to make decisions on my own. Whenever I faced any problems, I would always consult my friends and family first. Joining the programme made me more independent. As one of the older members of the team, I took on a leading role, learning how to make decisions, express myself, and guide my teammates in completing community service activities. This gave me a huge sense of accomplishment!



湯家誠

Carson Tong

我曾是個自大的人。通過計劃我認識到不同背景、各有所長的朋友，使我學懂欣賞別人。很感恩有幸參與曼徹斯特交流之旅，還記得在當地進行社區服務時，孩童們對足球那份純粹的熱愛深深啟發了我。我希望將在英國獲得的熱情和知識，回港延續與分享。

I used to be an arrogant person. Through the programme, I met friends from diverse backgrounds, each with their own strengths, which taught me to appreciate others. The Manchester exchange tour was also a wonderful opportunity for me. I still remember being deeply inspired by the children's pure love for football during the community service activities there. I hope to bring the passion and knowledge I gained in the UK back to Hong Kong, to share and build upon it.



莊柏軒

Isaac Chong

計劃對我來說非常「熱血」，最深刻是在龍舟比賽及社區足球同樂日中，和隊友全情投入，共同完成目標的回憶。透過計劃，我學會了如何在團隊中靈活轉換領導與聆聽者的角色，提升團隊合作。

"Passion" would best describe my feelings towards the programme. What stands out the most are the memories of participating in the dragon boat competition and the community football fun day. My teammates and I were fully committed as we worked together to achieve our goals. Through the journey, I learnt how to switch flexibly between being a leader and a listener within the team, which greatly improved our teamwork.



計劃概覽

Programme Overview



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



星級導師工作坊
Star mentor workshops



領袖訓練營
Leadership camp



自我挑戰工作坊
Self-challenge workshop



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 — 參與社區活動

Leveraging knowledge:
Participating in
community activities

擴闊眼界 — 體驗英國足球文化

Broadening horizons:
Experiencing football
culture in the UK



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