HKSI’s All-round Support to Scholarship Athletes

1. **Financial Support**
   - Training grant, competition incentive, retirement grant and education subsidy

2. **Sports Science & Medicine**
   - Comprehensive support in sports science, sports medicine, psychology, nutrition, and strength and conditioning

3. **Training & Competitions**
   - World-class barrier-free training facilities, coaches, and exposure to international competitions

4. **Lifestyle & Social Development**
   - Whole-person development through hostel life, nutritious meals, tutorials, interest classes, overseas exchanges and apprenticeship etc.

5. **Education**
   - Partnership with secondary schools and tertiary institutions to help athletes cope with their studies

Could this be **you** on the podium representing **Hong Kong**?

HKSI Trains Elite Athletes to Success!
Under the recommendations of National Sports Associations, young people with sports talents may become Scholarship Athletes of the HKSI, where they can receive the highest level of training in the sports they excel, compete with top athletes from around the world, as well as benefit from comprehensive financial, training, education and lifestyle support.

It usually takes 8 to 12 years of full-time training for young people with potentials to reach world-class performance levels. In addition to talents, it also requires systematic training programmes and support to nurture world champions.

Athletes receiving training at the HKSI will first become Potential Athletes, before developing as Junior and Senior Elite Athletes.

Aiming for the Top

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An Ideal Home for Sports Talents

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