



HONG KONG
SPORTS INSTITUTE
香港體育學院



運動員事務部
Athlete Affairs Department

運動員生活支援
Athlete Lifestyle Support

激發潛能 · 突破界限 INSPIRE · TRAIN · EXCEL

序言 Preface

運動員事務部是香港體育學院社區關係及市務科轄下其中一個支援部門。

本冊子旨在簡介運動員事務部為香港體育學院獎學金運動員所提供的教育、社交、個人及職業發展的支援服務及計劃。

小冊子的內容及申請指引將按需要而作出修改以配合精英訓練，如運動員及教練對我們所提供的服務及支援有任何疑問或意見，請與運動員事務部聯絡。


Athlete Affairs Department (AAS) is one of the supporting departments under the Community Relations and Marketing Division of the Hong Kong Sports Institute (HKSI).

This handbook aims to provide a very brief introduction about the services and programmes provided by AAS for HKSI scholarship athletes who receive elite training in HKSI, supporting their educational, social, personal and vocational development.

Information and application guidelines provided in this handbook are subject to change when necessary coping with the needs of elite training. Athletes and coaches are advised to contact us if you have any questions or suggestions about our services and support.



主要運動員生活支援計劃 Major Athlete Lifestyle Support Programme



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計劃贊助 Programme Sponsor

HKJCEAF	香港賽馬會精英運動員基金 Hong Kong Jockey Club Elite Athletes Fund
SfHF	運動燃希望基金 Sports for Hope Foundation
WHTCL	香港西區隧道有限公司 Western Harbour Tunnel Company Limited
HKAF	香港運動員基金 (政府資助) Hong Kong Athletes Fund (Government Funding)





精英運動員教育支援簡介

Elite Athlete Education Support



1 精英運動員補習支援計劃 Elite Athletes Tutorial Support Programme

合資格申請運動員

- ✓ 香港體育學院精英、青少年或中學生運動員
- ✓ 申請必須由總教練推薦簽署

備註：退役運動員（已退出體院獎學金計劃的運動員）須於退役後1個月內提出申請，而寬限期為退出日開始計算的1年為限。



支援服務內容

1. 運動員應以不多於3個科目訂立補習安排。
2. 凡申請英國語文科補習的運動員需於安排補習課堂前，出席並完成補習導師安排的面試及英語評核測試。
3. 補習是依據兼職補習導師的時間表而作出安排。

補習支援	全職 精英／青少年運動員 ／中學生運動員類別一	兼職 精英／青少年運動員 ／中學生運動員類別二
補習時數	每月最多 32 小時	每月最多 8 小時
補習科目	任何科目	只有中國語文／英國語文／ 數學／通識

@ 退役運動員在1年的寬限期內，若申請成功，每月可獲最多8小時的補習時間。如果退役運動員有全職訓練最少8年或以上可有資格申請額外的補習時間，但須經批准。

申請手續

1. 運動員可於1或4樓運動員事務部索取補習表格。
2. 運動員必須事前徵得總教練的同意，並將填妥的申請表格及學業成績副本（如適用）交回運動員事務部。

※ 重要事項：

- (1) 有關計劃的內容及申請資格會定期檢討並按需要作出修改。
- (2) 有關申請資格和程序的最新資訊/詳情，請聯絡運動員事務部索取有關計劃的申請指引。

1 精英運動員補習支援計劃 Elite Athletes Tutorial Support Programme

Eligibility

- ✓ HKSI Elite, Junior or Secondary Student Athletes
- ✓ With recommendation of Head Coach

Remarks: Retired athletes who have withdrawn from the HKSI Scholarship Scheme are required to submit application within 1 month upon the withdrawal from HKSI Scholarship Scheme and the support grace period is 1-year at maximum following the withdrawal date.



Content of Support

1. Athletes are strongly advised to take 3 subjects at maximum to develop tutorial plan.
2. Athletes who apply English tutorial should attend an interview and assessment test, arranged by the tutor, before tutorial can be started.
3. Tutorial hours are not guaranteed since services are always subject to part-time tutor time availability.

Tutorial Support	Full-time Elite / Junior Athlete / Secondary Student Athlete Category 1	Part-time Elite / Junior Athlete / Secondary Student Athlete Category 2
Tutorial hours	A maximum of 32 tutorial hours per month	A maximum of 8 tutorial hours per month
Subject	All subjects	Chinese / English / Mathematics / Liberal Studies only

@ Retired athletes will receive 8 tutorial hours at maximum per month during 1-year grace period upon successful application. If retired athletes with full-time training for at least 8 years or above will be eligible to apply for extra tutorial hours but it is subject to approval.

Application Procedure

1. Application form can be obtained from Athlete Affairs Department at 1/F and 4/F of HKSI Athlete Hostel.
2. Athletes should get the Head Coach's approval in advance and submit the completed application together with a copy of academic result (if applicable) to the Athlete Affairs Department.

※ Important note:

- (1) The content and eligibility of the programme will be reviewed regularly and revised as necessary.
- (2) For updated information/details of the application eligibility and procedures, please contact Athlete Affairs Department for the application guidelines.

2 精英運動員進修資助 Elite Athletes Continuing Education Subsidy (EACES)

合資格申請運動員

- ✓ 香港體育學院精英、青少年或中學生運動員
- ✓ 需得到總教練批准

備註：退役運動員（已退出體院獎學金計劃的運動員）須於寬限期內完成課程並提出申請，寬限期為退出日開始計算的1年為限。

支援服務內容

資助級別	運動成績	最高資助金額
第一級別	青少年比賽中 獲得 精英 評分 3分 或以上	可獲發還所申請的已完成課程 學費40% 或 上限HK\$10,000 (以金額較低者為準)
第二級別	成年比賽中 獲得 精英 評分 3分 或以上	可獲發還所申請的已完成課程 學費80% 或 上限HK\$20,000 (以金額較低者為準)

接受申請的課程

1. 本地或海外教育機構，不同程度的認可課程（學位/副學士/高級文憑/文憑/證書）
2. 中小學課程
3. 與體育有關的課程（如NSCA-CPT及HKPFA）、語文試預備課程（如TOEFL、IELTS、SAT）及專業培訓課程（如LCCI及ACCA）
4. 網上及遙距學習課程（例如碩士課程）
5. 其他與運動員未來職業發展相關的課程

申請手續

1. 申請人可於每年2個時段（通常在7月或1月），選擇其中1個時段遞交申請。
2. 申請人必須在申請限期前，向運動員事務部提交已填妥（並獲總教練簽署）的申請表、學費收據正本、成績表副本及相關的資料。

※ 重要事項：

- (1) 有關計劃的內容及申請資格會定期檢討並按需要作出修改。
- (2) 有關申請資格和程序的最新資訊/詳情，請聯絡運動員事務部索取有關計劃的申請指引。

2 精英運動員進修資助 Elite Athletes Continuing Education Subsidy (EACES)

Eligibility

- ✓ HKSI Elite, Junior or Secondary Student Athletes
- ✓ With the approval of Head Coach

Remarks: retired athletes withdrawn from the HKSI Scholarship Scheme will be considered for support. Applicants should complete the study programme and submit application within the support grace period which is 1-year at maximum following the withdrawal date.

Content of Support

Level of Support	Sporting Results Criteria	Maximum Level of Subsidy
Level 1	Elite Vote Score pt. 3 or above at Junior Level Competitions	40% of tuition fees , subject to a max. sum of HK\$10,000 , (whichever is the less) will be reimbursed on successful completion of the reimbursable course
Level 2	Elite Vote Score pt. 3 or above at Senior Level Competitions	80% of tuition fees , subject to a max. sum of HK\$20,000 , (whichever is the less) will be reimbursed on successful completion of the reimbursable course

Eligible Education Programme / Training Course

1. Recognized courses of different levels (i.e. Degree/Associate Degree/Higher Diploma/Diploma/Certificate levels) offered by either local or overseas educational institutions
2. Primary and Secondary school education programmes
3. Sport related courses (e.g. NSCA-CPT and HKPFA), exam preparation courses for language (i.e. TOEFL, SAT, IELTS etc.) and professional training courses (e.g. LCCI and ACCA)
4. Virtual school (e.g. master degree course) and distance learning courses
5. Other courses directly related to applicants' professional career development

Application Procedure

1. EACES is open for application two times a year and applicants could only submit application during either ONE of two application periods, usually in July or January.
2. Completed application form (with endorsement of Head Coach), together with original tuition fee receipts, copy of academic transcripts and/or further information, should be submitted to the Athlete Affairs Department on or before the deadline of application specified.

※ Important note:

- (1) The content and eligibility of the programme will be reviewed regularly and revised as necessary.
- (2) For updated information/details of the application eligibility and procedures, please contact Athlete Affairs Department for the application guidelines.

3 香港運動員基金 Hong Kong Athletes Fund (HKAF)

合資格申請運動員

- ✓ 在亞洲成年錦標賽取得獎牌（多於9隊）或排名前3分之1（9隊或以下），或同級或更高的成績（根據精英資助評分表）
（青少年組賽事成績不獲考慮）
- ✓ 本港認可體育總會之現役成年或退役精英運動員
（運動員可在退役後2年寬限期內提出申請）
- ✓ 遞交申請表時，須持有效香港身份證及居港最少3年
- ✓ 截止申請前，須符合代表香港參與國際體育總會所認可比賽的資格

支援服務內容

運動員成功申請可得到學費資助及/或生活津貼如下：

課程	資助金額
全日制長期課程 (為期1年或以上)	每年最高獲HK\$42,100資助，提供最多6年資助 (以課程年期為準)
兼讀制長期課程 (為期1年或以上)	每年最高獲HK\$42,100資助， 而最高資助額，相等於全日制課程全期的最高資助額（即HK\$252,600）
短期課程 (為期1年以下)	每年最高獲HK\$10,000資助

生活津貼： 退役運動員如選讀全日制長期進修課程，可同時申請每年最高資助額為HK\$40,000的生活津貼，最多可獲6年資助，以課程年期為準。

接受申請的課程

1. 獲大學教育資助委員會（教資會）資助的大專院校
2. 專上院校
3. 香港專業教育學院
4. 教資會資助的大專院校持續進修部
5. 核准海外學院或大學（如本港並無相若課程）

申請手續

基金每年接受2次申請，大約在每年7月及1月期間。申請表格可於香港體育學院網頁下載。

審查及批核

申請者將於10月及3月獲通知審批結果。

※ 重要事項：

- (1) 有關計劃的內容及申請資格會定期檢討並按需要作出修改。
- (2) 有關申請資格和程序的最新資訊/詳情，請聯絡運動員事務部索取有關計劃的申請指引。

3 香港運動員基金 Hong Kong Athletes Fund (HKAF)

Eligibility

- ✓ Medallist (more than 9 entries) or top 1/3 (9 entries or less) in Asian Senior Championships, or equivalent or above (according to the Elite Vote Scoring Table). (Results of junior championships will not be considered.)
- ✓ Senior current or retired athletes of a recognized National Sports Association (Athletes will have a grace period of 2 years following retirement during which to apply for grants)
- ✓ Resided in Hong Kong for a minimum of 3 years at the time of application
- ✓ Eligible to represent HK in competitions that are sanctioned by the respective international federation either before or at the time of the deadline for applications.

Content of Support

On each successful application, athletes will be supported with tuition fee subsidy and/or subsistence allowance as follows:

Course	Level of Subsidy
Full-Time Course (1 year duration or longer)	A maximum of HK\$42,100 per year for a maximum of 6 years (subject to the normative duration of study)
Part-Time Course (1 year duration or longer)	A maximum of HK\$42,100 per year Support will be capped at the maximum equivalent of the full-time programme support (i.e. HK\$252,600)
Short Term Study Programme (less than 1 year duration)	A maximum of HK\$10,000 per year

Subsistence allowance: Retired athletes who are undertaking long-term full-time study programmes may apply a subsistence allowance up to a maximum of HK\$40,000 per year for a maximum of 6 years, subject to the normative duration of study.

Eligible Education Programme / Training Course

1. University Grants Committee (UGC)-funded tertiary Education Institutions
2. Post-secondary Institutions
3. Hong Kong Institute of Vocational Education (IVE)
4. Continuing education departments of UGC-funded tertiary institutions
5. Approved overseas colleges or universities (if no comparable courses are offered locally)

Application Procedure

Applications will be accepted TWICE a year, in around July and January. Application forms can be downloaded from the HKSI website.

Vetting and Approval

Applicants will be informed of the result of their application in October and March.

※ **Important note:**

- (1) The content and eligibility of the programme will be reviewed regularly and revised as necessary.
- (2) For updated information/details of the application eligibility and procedures, please contact Athlete Affairs Department for the application guidelines.

4 夥伴學校計劃（高中教育） Partnership School Programme for Senior Secondary Education (PSP)

體院與林大輝中學、英基學校協會旗下學校合作，由合作學校為有志投入全職訓練的青少年運動員，提供嶄新、高彈性並配合全職運動訓練、度身訂造的高中課程，因應運動員的情況，提供彈性上課時間表，容許延長課程的修讀年期及提供個別的學業支援等，讓運動員一邊在體院訓練，同時在夥伴學校完成高中課程。

此計劃已於2015/16年展開。目前共有4間夥伴學校參與，包括林大輝中學，英基學校協會（ESF）轄下的沙田學院、啟新書院及英皇佐治五世學校。

體院會為參與計劃的運動員提供以下支援：

- 申請入住體院運動員宿舍的資格
- 學費資助
- 額外功課輔導服務
- 來往體院和夥伴學校的交通支援/津貼（如適用）

※ **重要事項：**

- (1) 有關計劃的內容及申請資格會定期檢討並按需要作出修改。
- (2) 有關申請資格和程序的最新資訊/詳情，請聯絡運動員事務部索取有關計劃的申請指引。

HKSI is running a Partnership School Programme in collaboration with the Lam Tai Fai College and schools under English Schools Foundation (ESF) for athletes who would like to turn full-time training while maintaining their study at the senior secondary level at these partnership schools, in order to provide tailor-made and highly integrated secondary education curriculum for athlete students, which would address the issues on time-tabling, extension of years of learning, as well as other educational supports based on individual athletes' needs.

The programme started in 2015/16 and a total of 4 Partnership Schools are currently providing senior secondary education programme for eligible athletes, namely Lam Tai Fai College, ESF Schools (Sha Tin College, Renaissance College and King George V).

The HKSI will provide the following support to the athletes joining the Partnership School Programme:

- Eligibility to apply for the Athlete Hostel
- School fee subsidy
- Enhanced tutorial services
- Transportation support / allowance to and from HKSI and the Partnership Schools (where applicable)

※ **Important note:**

- (1) The content and eligibility of the programme will be reviewed regularly and revised as necessary.
- (2) For updated information/details of the application eligibility and procedures, please contact Athlete Affairs Department for the application guidelines.



4.1 精英運動員中學教育獎學金計劃 Elite Athletes Education Secondary School Scholarship Programme

運動員若成功入讀「香港體育學院夥伴學校計劃」，合資格運動員將可獲相當於所申請發還的學費資助，金額上限為每年HK\$30,000。

Athletes who have been successfully enrolled to the “HKSI Partnership School Programme” will be provided with a scholarship equivalent to reimbursement of the tuition fees subject to a maximum of HK\$30,000 per year.

香港體育學院獎學金運動員適用
For HKSI Scholarship Athletes Only

5 精英運動員友好學校網絡 Elite Athlete-Friendly School Network

體院於2014年6月成立精英運動員友好學校網絡，共27間本地學校參與。在此網絡計劃下，成員學校會為學生運動員提供具彈性的安排，使他們能真正全情投入運動培訓及理想追求，而毋須擔憂要放棄學業。

HKSI has established the Elite Athlete-Friendly School Network in June 2014. A total of 27 secondary schools have joined the Network and under this flexible Network, network schools will provide integrated education support for elite athletes to facilitate them to pursue their sporting achievements while sustaining their academic goals.



6 體學雙軌發展 – 推薦運動員申請本地大專院校的學習課程 Dual Career Support - Nomination of Elite Athletes for University Admission Application

體院致力協助精英運動員實踐兼顧運動訓練與學業的體學雙軌發展，已與本港8間大學教育資助委員會(教資會)資助大學及3間自資專上學院先後簽署合作備忘錄，讓運動員在專注訓練之餘亦可持續學業，提倡知識型運動員的重要性。根據合作備忘錄，體院每年可以提名全職運動員申請入讀大專院校之本科全日制、研究生以及副學士課程(如適用)。

大專院校將提供不同支援予成功入讀的運動員，包括：

● 運動員獎學金計劃：

為合資格的全職運動員提供/申請獎學金及其他教育支援，其中有院校設全數學費資助。

● 彈性學習支援：

視乎運動員的實際情況，容許延期入學，減免修讀學分，並提供學業諮詢和學習支援導師，同時酌情處理同學因參賽缺席課堂和測驗。

● 延長畢業年期：

視乎就讀科目及個別情況，容許運動員延長畢業期至5-8年不等，以配合運動員海外訓練和比賽的需要。

HKSI is committed to foster dual career pathway opportunities for elite athletes and as part of this initiative has signed Memoranda of understanding (MoUs) with 8 University-Grants-Committee (UGC) funded Universities and 3 self-financing Tertiary Institutions. Under the spirit of MoU, HKSI may nominate its full-time athletes to apply for admission for full-time Degree, Postgraduate and Higher Diploma Programme at these institutions where applicable.

Each Tertiary Institution will provide support to eligible full-time athletes upon successful admission:

● Sports Scholarship Scheme:

Provides scholarships and other educational support for eligible full-time athletes, some may provide full scholarship for successful applications.

● Flexible learning support:

Offer flexible academic support, including extension of study, reduced study load and provide academic advising and mentoring support on a case-by-case basis.

● Extension of Study:

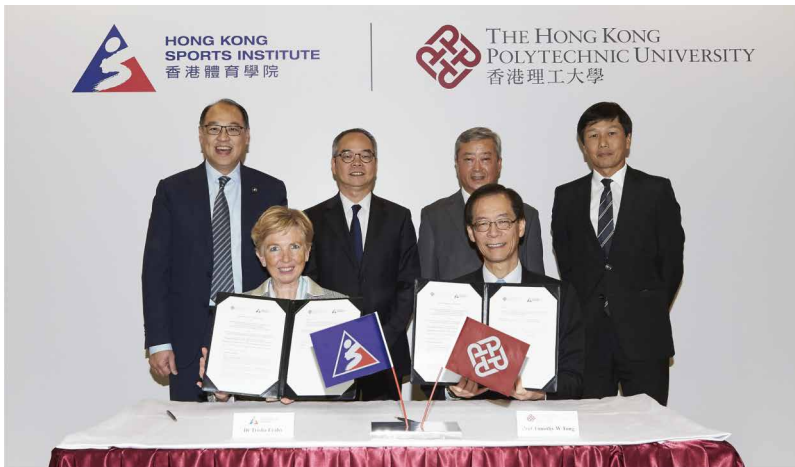
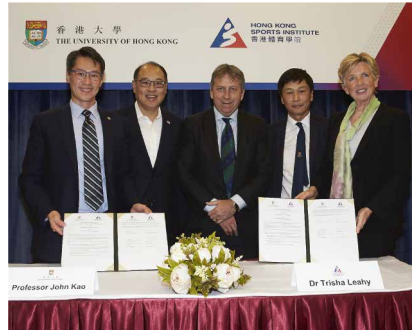
Athletes can extend study to a maximum period of 5 to 8 years in order to accommodate their intense training and competition schedules.

已與體院簽署合作備忘錄之本地大專院校 * Local Tertiary Institutions under MoU with HKSI *

▲ 香港教育大學	The Education University of Hong Kong (EdUHK)
▲ 香港中文大學	The Chinese University of Hong Kong (CUHK)
▲ 香港中文大學專業進修學院	School of Continuing and Professional Studies, CUHK (CUSCS)
▲ 香港浸會大學	The Hong Kong Baptist University (HKBU)
▲ 香港大學	The University of Hong Kong (HKU)
▲ 香港理工大學	The Hong Kong Polytechnic University (PolyU)
▲ 嶺南大學	The Lingnan University (LU)
▲ 香港城市大學	The City University of Hong Kong (CityU)
▲ 香港科技大學	The Hong Kong University of Science and Technology (HKUST)
▲ 香港恆生大學	The Hang Seng University of Hong Kong (HSUHK)
▲ 香港高等教育科技學院	Technological and Higher Education Institute of Hong Kong (THEi)

* 截至2019年12月20日，根據合作備忘錄之簽署日期排列
As of 20 December 2019, sequence according to the date of MoU signing

體院與本地大專院校學簽署合作備忘錄 HKSI signing MoU with Local Tertiary Institutions







精英運動員職業及個人發展支援簡介

Elite Athlete Vocational and Personal Development Support



7 精英運動員個人發展計劃 Elite Athletes Personal Development Programmes (ADP)

合資格申請運動員

- ✓ 香港體育學院獎學金運動員
- ✓ 獲總教練推薦及批准

支援服務內容

運動員事務部為香港體育學院獎學金運動員度身訂造不同種類的工作坊，配合運動員訓練及比賽的需要，同時增潤他們的個人專業發展。

計劃分為3部分：

第1部分：重點系列－以重點系列式安排，根據青少年及精英運動員的需要而訂立

第2部分：單元課題－以單元課題安排，靈活選取個別工作坊以配合訓練需要

第3部分：奧林匹克主義營－透過中國香港體育協會暨奧林匹克委員會（港協暨奧委會）共同合作，經體育總會推薦，運動員將獲安排參與一年一度的奧林匹克主義營



第1部分：重點系列（建議至少4個題目或以上為1個系列）

青少年運動員 內容主要集中於基本知識以及一般理論	精英運動員 內容主要是運動相關以及增進專業技能
<ol style="list-style-type: none">1. 運動員支援服務簡介2. 自我認識3. 目標設定4. 時間管理5. 溝通技巧6. 團隊建立	<ol style="list-style-type: none">1. 專業精神2. 策劃技巧3. 演說及匯報技巧4. 關係建立與管理5. 與傳媒溝通技巧6. 財務管理7. 團隊建立

第2部分：單元課題（可因應需要靈活選取個別單元題目）

工作坊題目	
<ul style="list-style-type: none">✓ 運動員支援服務簡介✓ 時間管理及目標訂立✓ 溝通技巧✓ 道德及專業操守✓ 與傳媒的溝通技巧✓ 財務管理✓ 自僱人士之稅務概覽	<ul style="list-style-type: none">✓ 建立團隊精神✓ 語言增進坊：英語✓ 語言增進坊：普通話✓ 音樂/話劇欣賞/繪畫✓ 攝影/影片剪接✓ 有機耕種

工作坊的安排

當運動員事務部收到總教練確實工作坊的日期、時間及課題後，通過本院採購部確認及安排後，再與受僱的服務提供者/導師/培訓師洽討細節，舉辦工作坊。

7 精英運動員個人發展計劃 Elite Athletes Personal Development Programmes (ADP)

Eligibility

- ✓ HKSI Scholarship Athletes
- ✓ With approval of Head Coach

Content of Support

Athlete Affairs Department is pleased to provide a list of Athlete Development Programmes for HKSI scholarship athletes for their enrichment of professional and personal development and support their training and competition needs. Three categories of Athlete Development Programme are recommended:

Part 1: Core Component Programme - tailored for Elite and Junior Athletes as a standard package

Part 2: Individual Programme - component from diverse topics to suit very specific needs of athletes

Part 3: Olympism Camp - co-organised with SF&OC and through nomination by NSA, athletes will be arranged to participate in the Olympism Camp which is held once per year

Part 1 - Core Component Programme (at least 4 topics or more as a package)

Junior Athletes	Elite Athletes
Each component focuses on basic knowledge and generic principles	Each component is sport-specific and enhances professional capabilities
<ol style="list-style-type: none"> 1. Athlete Services Orientation 2. Self Understanding 3. Goal Setting 4. Time Management 5. Communication 6. Team Building 	<ol style="list-style-type: none"> 1. Professionalism 2. Planning Skills 3. Public Speaking & Presentation Skills 4. Relationship Management 5. Media Handling Skills 6. Financial Planning 7. Team Building

Part 2 - Individual Programme (take any topic from the following list to meet very specific needs of athletes)

Topics	
<ul style="list-style-type: none"> ✓ Athlete Services Orientation ✓ Goal Setting & Time Management ✓ Communication Skills ✓ Professional Ethics ✓ Media Communication and Handling Skills ✓ Financial Planning ✓ Introduction to Taxation for Self-employment 	<ul style="list-style-type: none"> ✓ Team Building ✓ Language Enhancement: English ✓ Language Enhancement: Putonghua ✓ Music & Drama Appreciation / Drawing & Painting ✓ Photography / Video Editing ✓ Organic Farming

Workshop Arrangement

Upon receiving confirmation of the Head Coaches for the date/time/topics and the confirmation of appointed service provider by the Purchasing & Supplies Section, the Athlete Affairs Department will coordinate and liaise with the service provider to arrange the logistics of workshop.

8 精英運動員交流學習計劃 Elite Athletes Exchange Programme

合資格申請運動員

- ✓ 香港體育學院精英、青少年或中學生運動員
- ✓ 獲總教練推薦及批准

支援服務內容

讓不同項目的獎學金運動員，透過與不同地區（包括中國內地）的體育部門交流學習，從而認識不同地區的體育制度及發展方向。此外，透過與中聯辦為合作機構，本部亦會安排國情教育交流團，加強運動員的國民教育；以及對祖國的歸屬感。

申請手續

經總教練推薦的運動員，將被安排參與為期4/5天的交流團，視乎每次行程安排而定。建議運動員出發前參加交流團預備工作坊，以了解當地的文化環境、風土民情等，作好準備。

Eligibility

- ✓ HKSI Elite, Junior or Secondary Student Athletes
- ✓ With approval of Head Coach

Content of Support

Athletes of different sports will be provided with opportunity to participate in exchange activities with counterparts from different countries, including mainland China, which can strengthen their knowledge on the structure and the sports development of the countries. In particular, in collaboration with the Liaison Office of the Central People's Government, exchange programme on national education will also be arranged, in order to foster the sense of affinity among young athletes and heighten their sense of national pride and identity.

Application Procedure

With the approval of Head Coaches, athletes will normally participate in a 4/5-day exchange tour subject to the tour arrangement. To prepare athletes for best preparation, athletes are advised to attend an orientation and workshops as integral part of the Exchange Programme.



交流隨影

Photo Gallery of Exchange Programmes



北京天壇
Beijing Tiantan



與國家武術隊交流
Exchange with the
national Wushu team



山東研討會
Seminar in Shangdong



日本國立運動科學學院
Japan Institute of Sports Sciences



北京鳥巢
Beijing National Stadium



日本工作坊
Workshop in Japan



上海研討會
Seminar in Shanghai



山東工作坊
Workshop in Shangdong



日本柔道學習
Judo learning in Japan



國情研習班畢業
National Study Class Graduation

9 精英教練工作體驗計劃 Elite Coaching Apprenticeship Programme (CAP)

合資格申請運動員

- ✓ 現役全職香港體育學院獎學金運動員
- ✓ 已投入其運動項目訓練不少於8年
- ✓ 在高級組別成績得到精英資助評分3分或以上
- ✓ 將於2年內退役並獲總教練及總會推薦及批准

支援服務內容

為即將準備退役，並有志於成為教練的精英運動員，提供切合他們需要的體驗計劃。透過此計劃，讓他們在實習的同時，每月獲取生活資助，此外，運動員可以有效地在熟悉的環境工作，汲取寶貴的工作體驗，讓運動員順利過渡至人生另一個事業階段。

在此計劃下，運動員將成為香港體育學院兼職員工並於相關精英教練部門工作。每月最多60小時，計劃為期約12個月*，每小時津貼為HK\$200-250（視乎運動員是否已擁有第一級別教練資格及經驗）並享有勞工保險及強積金僱主供款部分。

申請手續

合資格的運動員必須得到總教練推薦及總會認可，經總教練向本部提交申請表。

- * 實習期限可因應個別需要或總教練及總會之要求及體院管理層批准而加長或縮短。



9 精英教練工作體驗計劃 Elite Coaching Apprenticeship Programme (CAP)

Eligibility

- ✓ Current full-time HKSI Scholarship Athlete
- ✓ Minimum of 8 years training as a HKSI Scholarship Athlete
- ✓ Sporting achievement at Elite Vote Point 3 or above at senior level
- ✓ Entered final pre-retirement 2 years, as endorsed by the Head Coach and NSA

Content of Support

The Elite Coaching Apprenticeship Programme builds on athletes' knowledge and experience acquired from elite training in order to create development pathway towards coaching profession, based on needs of the coach and their sport.

Athletes as “apprentices” will benefit from ‘on-the-job’ training normally within a period of 12 months*, by working along with the supervising coach from their sport to acquire knowledge and experience of sports coaching. Additionally, the athletes will be treated as part-time employees of the HKSI and will be supported with monthly allowance up to a maximum of 60 hours per month (HK\$200-250 per hour; subject to athlete’s coaching qualification and experience), fringe benefit including insurances coverage and MPF employer’s contribution.

Application Procedure

Application forms should be completed by Head Coach for recommendation and endorsement of the NSA and should be returned to AAS for further process.

* The period could be shorter or longer, depending on individual needs and justifications by Head Coach and NSA, and is subject to the approval of the HKSI Management.







精英運動員獎勵及嘉許計劃簡介

Incentive Award and Recognition Scheme for Elite Athlete



10 傑出青少年運動員選舉 Outstanding Junior Athlete Awards (OJAA)

參選資格

- ✓ 運動員須持有香港身份證及居港滿3年
- ✓ 運動員須由所屬總會提名
- ✓ 體育總會每季可提名：

個人運動項目（包括個人及團體項目）

- 最多2名運動員或1隊團體
- 運動員於取得其參選成績時未滿19歲
- 個人或團體賽事中取得之成績均作考慮

隊際運動項目

- 最多1隊

※ 重要事項：關於團體項目及隊際項目的提名，必須至少半數隊員或以上於取得該參選成績時年齡在19歲以下，該提名才會合乎參選資格。



評選標準

運動員在過去一季於國際賽事所獲得的成績（即根據精英資助評分表達4分或以上的成績）

備註：評審團保留權利可以取消及拒絕任何提名資格，同時選舉結果將由評審團作最終決定。

獎項

▲ 得獎者

個人運動項目 - 個人項目

每位得獎者現金獎HK\$2,500、運動用品禮券價值HK\$2,500及嘉許獎狀乙張。

個人運動項目 - 團體項目

每位得獎者現金獎HK\$2,500、運動用品禮券價值HK\$2,500及嘉許獎狀乙張。

隊際運動項目

每隊現金獎HK\$10,000、運動用品禮券價值HK\$10,000及每位隊員獲嘉許獎狀乙張。唯每位運動員所得的現金獎及禮券價值最高分別為HK\$2,500。

▲ 優異證書

以下運動員將獲頒發優異證書乙張

- 1) 未能得獎而運動成績達精英資助評分表中3分的成績，或
- 2) 刷新香港紀錄（必須是成年組的紀錄）

▲ 嘉許證書

運動員符合提名參選而未能達到成績要求（即精英資助評分表3分或以上的成績）將獲頒發嘉許證書乙張以茲鼓勵。

備註：合符參選資格團體項目及隊際項目提名的隊伍而同時已獲選為得獎者或獲發優異證書，若隊員的年齡已達19歲或以上，只會獲發嘉許證書。

參選辦法

填妥提名表格，同所需資料（見提名表格），在截止日期前郵寄或親身遞交至運動員事務部。

截止日期：

第一季：本年度4月7日

第二季：本年度7月7日

第三季：本年度10月7日

第四季：下年度1月7日

10 傑出青少年運動員選舉 Outstanding Junior Athlete Awards (OJAA)

Eligibility

- ✓ Nominee should hold a HK ID Card and reside in Hong Kong for at least 3 years
- ✓ Nominee should be recommended by the respective National Sports Association (NSA)
- ✓ Each NSA can nominate candidate(s) every quarter:

Individual Sport (including Individual Event and Team Event)

- a maximum of 2 athletes OR 1 team
- nominee should be under the age of 19 on the date of performance
- sporting results in both individual event and team event will be considered

Team Only Sport

- a maximum of 1 team

※ Important note: For nomination of Team Event and Team Only Sport, at least 50% or above of the team members must be under the age of 19 on the date of performance in meeting the eligibility.

Selection Criteria

Outstanding achievement in international competitions (i.e. achieved point-4 or above results according to the Elite Vote Scoring Table) during the specified quarter

Note: The Judging Panel reserves the right to reject or disqualify any application and the decision of the Panel will be final.

Recognitions

▲ **Awardees**

Individual Sport - Individual Event

Each recipient will receive a cash award of HK\$2,500, a gift voucher of sports apparel worth of HK\$2,500 and a certificate of achievement.

Individual Sport - Team Event

Each recipient will receive a cash award of HK\$2,500, a gift voucher of sports apparel worth of HK\$2,500 and a certificate of achievement.

Team Only Sport

Each team will receive a cash award of HK\$10,000, a gift voucher of sports apparel worth of HK\$10,000. Each member will also receive a certificate of achievement. However, the cash award and gift voucher value will not exceed \$2,500 per athlete.

▲ **Certificate of Merit**

A certificate of merit will be presented to athletes:

- 1) who are not selected for the awards but have achieved point-3 results according to the Elite Vote Scoring Table of the specific sport, or
- 2) who have broken Hong Kong Record (for senior records only).

▲ **Appreciation Certificate**

An appreciation certificate will be provided to nominees who do not meet the Elite Vote Point 3 or above as a token of encouragement

Note: For Team Event or Team Only Sports, if they meet the selection eligibility and are also selected as awardees or recognised with Certificate or Merit, those team members whose aged over 19 will only be provided with a Certificate of Appreciation.

Nomination Procedure

Complete and submit the nomination with required documents either by mail or in person to the Athlete Affairs Department before the deadline specified below.

Deadline for nomination:

- First quarter: 7 April of current year
- Second quarter: 7 July of current year
- Third quarter: 7 October of current year
- Fourth quarter: 7 January of next year

11 賽馬會優秀運動員獎勵計劃 Jockey Club Athlete Incentive Awards Scheme (AIAS)

合資格運動員

- ✓ 全香港運動員，並具代表香港參加比賽資格，而該賽事已獲所屬國際聯會認可，均可獲此獎勵計劃獎勵。

獎勵資格

運動員於以下大型運動會中獲得獎牌：

- ✓ 奧林匹克運動會（奧運會）
- ✓ 亞洲運動會（亞運會）
- ✓ 世界大學生運動會（世大）
- ✓ 全國運動會（全運會）
- ✓ 殘疾人奧林匹克運動會（殘奧運）
- ✓ 亞洲殘疾人士運動會（亞殘運）

獎勵計劃內容

得獎運動員將獲發一筆獎金，以表揚他們在大型比賽中的傑出成就，獎勵金額如下：

Eligibility

- ✓ All Hong Kong athletes who are eligible to represent Hong Kong in competitions and the events should be sanctioned by the respective international federation can be awarded the Fund.

Criteria for the Scholarship

Athletes achieved medals at the following major games:

- ✓ Olympic Games (OG)
- ✓ Asian Games (AG)
- ✓ World University Games (WUG)
- ✓ National Games (NG)
- ✓ Paralympic Games (PG)
- ✓ Asian Para Games (APG)

Content of the Award

Medallists will be granted with cash incentive for recognizing their outstanding achievements in the major games. The level of awards is shown below:

比賽 Game 獎牌 Medal	奧運會 OG	亞運會 AG	世大 WUG	全運會 NG	殘奧運 PG	亞殘運 APG
個人 Individual	(HK\$)	(HK\$)	(HK\$)	(HK\$)	(HK\$)	(HK\$)
金牌 Gold	3,000,000	400,000	500,000	300,000	400,000	54,000
銀牌 Silver	1,500,000	200,000	250,000	150,000	200,000	27,000
銅牌 Bronze	750,000	100,000	100,000	60,000	100,000	13,500
隊際 Team	(HK\$)	(HK\$)	(HK\$)	(HK\$)	(HK\$)	(HK\$)
金牌 Gold	4,200,000	800,000	700,000	420,000	560,000	108,000
銀牌 Silver	2,100,000	400,000	400,000	240,000	280,000	54,000
銅牌 Bronze	1,050,000	200,000	200,000	120,000	140,000	27,000

12 青年運動員獎學金 Youth Athletes Scholarship Award (YASA)

合資格運動員

- ✓ 18歲以下香港運動員
- ✓ 須符合代表香港參與體育總會所認可的國際性比賽資格

獎勵資格

運動員在以下比賽中獲得獎牌：

- ✓ 青年奧林匹克運動會（青年奧運會）
- ✓ 亞洲青年運動會（亞青運）
- ✓ 亞洲青年殘疾人運動會（亞青殘運）

獎學金內容

得獎運動員將獲發一筆獎學金，以表揚他們在青年大型賽事中的傑出表現，獎學金金額如下：

Eligibility

- ✓ All Hong Kong athletes under the age of 18
- ✓ Eligible to represent Hong Kong in competitions that are sanctioned by the respective international federation

Criteria for the Scholarship

Athletes achieved medals at the following major games :

- ✓ Youth Olympic Games (YOG)
- ✓ Asian Youth Games (AYG)
- ✓ Asian Youth Para Games (AYPG)

Content of the Scholarship

Medallists will be granted scholarship awards to recognize their outstanding performance achieved at major games. The levels of the Awards are as follow:

比賽 Game 獎牌 Medal	青年奧運會 YOG	亞青運 AYG	亞青殘運 AYPG
個人 Individual	(HK\$)	(HK\$)	(HK\$)
金牌 Gold	30,000	15,000	5,000
銀牌 Silver	20,000	10,000	3,000
銅牌 Bronze	10,000	5,000	2,000
隊際 Team	(HK\$)	(HK\$)	(HK\$)
金牌 Gold	42,000	30,000	10,000
銀牌 Silver	28,000	20,000	6,000
銅牌 Bronze	14,000	10,000	4,000

審查及批核

經由審查委員會作初步檢視及後申請將呈交香港體育學院精英培訓及運動員事務委員會檢閱及批核。

Vetting and Approval

Applications will be reviewed by a Vetting Committee and then presented to the Elite Training and Athletes Affairs Committee of HKSI for approval.

13 精英運動員優秀表現嘉許計劃 Elite Athletes Performance Recognition Scheme (EAPRS)

合資格申請運動員

- ✓ 於2015年1月1日或以後正式從香港代表隊退役
- ✓ 曾接受最少8年（共96個月）全職訓練
- ✓ 運動員必須居港最少3年，並須在申請時持有有效的香港身份證

嘉許資格

根據精英資助評分表，達到精英評分4分或以上的成績
（青少年組賽事成績不會獲考慮）

嘉許計劃內容

得獎運動員將獲發一筆獎學金，以表揚他們在青年大型賽事中的傑出表現。嘉許計劃所提供的資助金額如下：

全職訓練年數 Years of Full-time Training	2019/20年 資助金額（以精英訓練資助月數計算） Amount of grant (in months of ETG)		
	8-9 年 Years	10-11 年 Years	12 年或以上 12 Years or more
獲取之精英評分 EV Score attained			
4 分 points	HK\$198,240 (6個月months ETG)	HK\$264,320 (8個月months ETG)	HK\$330,400 (10個月months ETG)
5 分或以上 points or above	HK\$264,320 (8個月months ETG)	HK\$330,400 (10個月months ETG)	HK\$396,480 (12個月months ETG)

審查及批核

經由審查委員會作初步檢視及後申請將呈交香港體育學院精英培訓及運動員事務委員會檢閱及批核。

備註

需於正式退役後2年內遞交申請至香港體育學院運動員事務部，逾期恕不受理。

※ 重要事項：

- (1) 有關計劃的內容及申請資格會定期檢討並按需要作出修改。
- (2) 有關申請資格和程序的最新資訊/詳情，請聯絡運動員事務部索取有關計劃的申請指引。

Eligibility

- ✓ Has officially retired from the National Squad on or after 1 January 2015
- ✓ Has undertaken full-time training for at least 8 years (96 full months in total)
- ✓ Has resided in Hong Kong for a minimum of 3 years and is a holder of the Hong Kong Identity Card

Criteria for the Grant

Achieved Elite Vote point 4 or above according to the EV Scoring Table (Results of junior championships will not be considered)

Content of the Grant

A one-off cash grant, which is linked to the prevailing highest category of Elite Training Grant (ETG) provided by the HKSI. Amount of the grant is as follow:

Vetting and Approval

Applications will be reviewed by a Vetting Committee and then presented to the Elite Training and Athletes Affairs Committee of HKSI for approval.

Remarks

Application should be made within 2 years from the applicant's official retirement date. Late applications will not be considered.

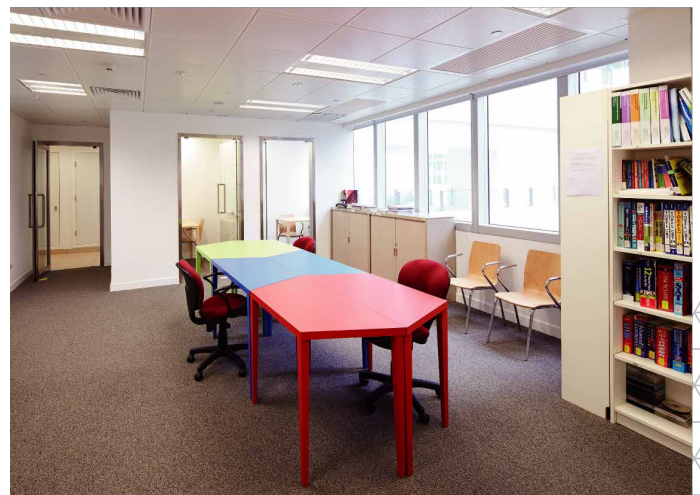
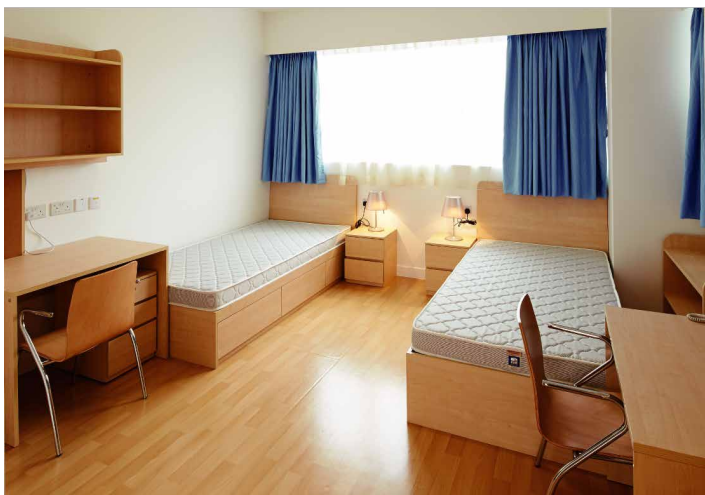
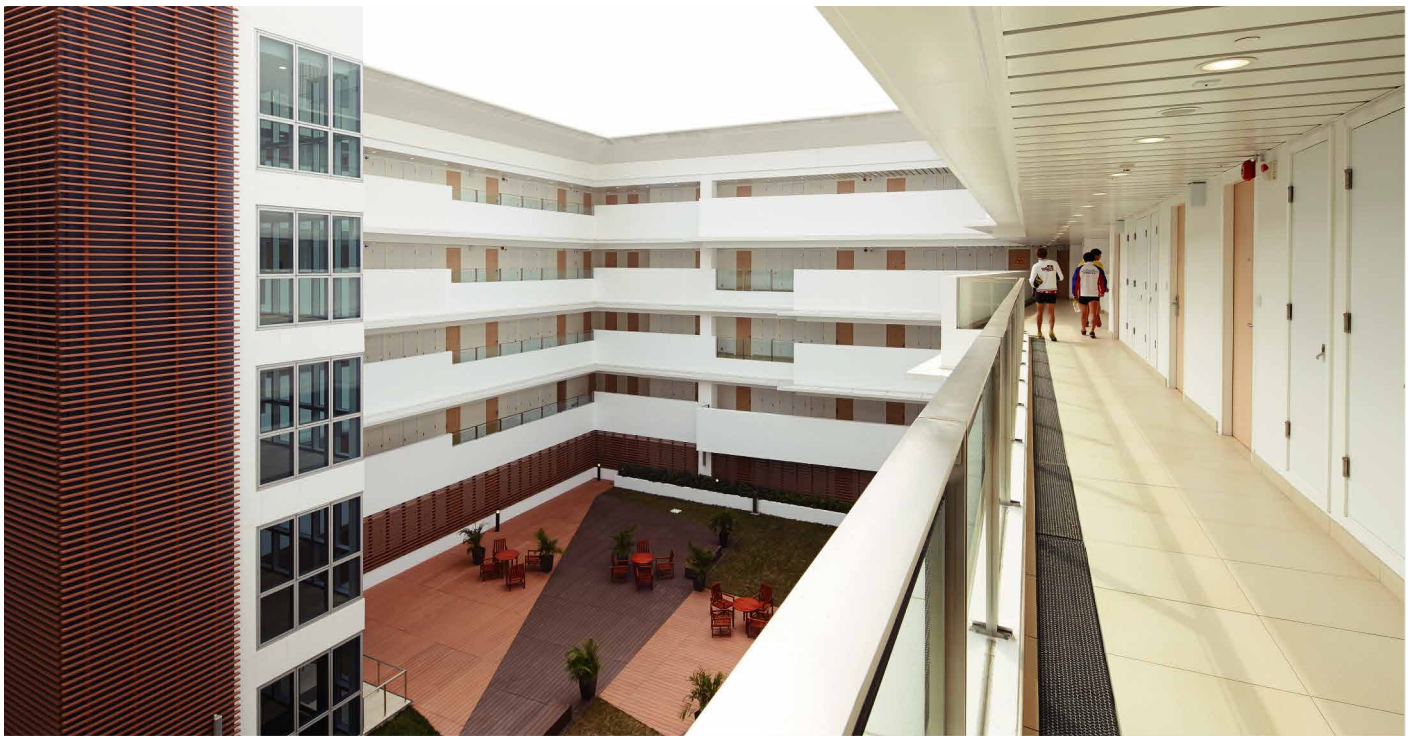
※ Important note:

- (1) The content and eligibility of the programme will be reviewed regularly and revised as necessary.
- (2) For updated information/details of the application eligibility and procedures, please contact Athlete Affairs Department for the application guidelines.



運動員住宿及社交支援簡介

Athletes Residence and Social Support



14 運動員宿舍 Athlete Hostel

嶄新的運動員宿舍已於2013年9月開始運作，可以提供最多422個運動員宿位，從而營造一個舒適的環境，讓精英運動員可以專注於訓練，為香港努力爭取佳績。

With accommodation up to 422 athletes, the new Athlete Hostel has been in operation since September 2013 and actually the Hostel is a new comfortable home for Elite Athletes in order to help them focus on training to achieve their best at every major competition.



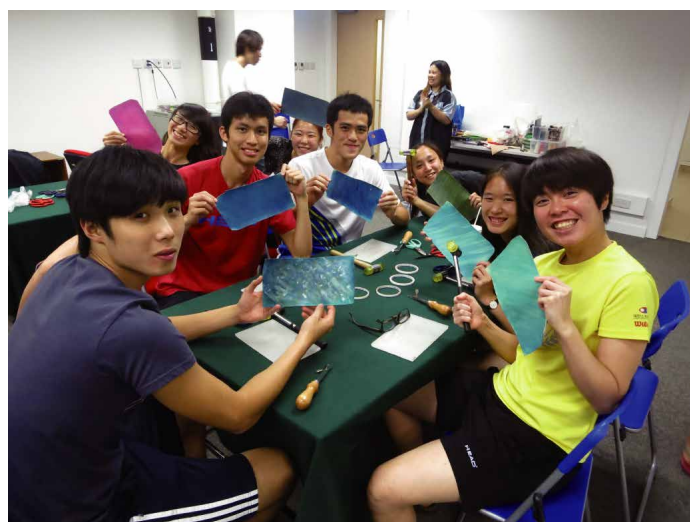
15 社交及福利支援 Social & Welfare Support

為住宿運動員定期舉辦各種社交和宿舍活動，協助他們在生活之間取得平衡，如吉他班、髮型設計興趣班、社交和聚會活動等，建立朋輩支援網絡，互相學習，讓他們發掘其他的才能和興趣達致全人發展。

Social and hostel life-education activities will be organised to facilitate athletes' life balance such as guitar class, hair-styling, social and party programme in order to help them develop their peer learning and support, as well as development of other talent and interests in a holistic approach.



住宿生活 Hostel Life



香港體育學院全職、非全職及中學生運動員的定義 *

Definition of HKSI Full-time, Part-time and Secondary Student Athlete *

全職運動員

- a) 運動員必須以精英培訓及比賽作為其首要目標；
- b) 運動員並沒有擔任全職工作及修讀全日制課程[除非得到校方批准暫停修讀全日制課程或修讀時數減至與兼讀制課程時數相同(即每週平均不多於10個上課小時)]，在此情況下必須出示由校方/僱主提供的證明文件；
- c) 在教練安排下每週訓練時間不少於5天及25個小時；
- d) 如運動員欲擔任兼職工作或修讀兼讀制課程，必須獲得有關總教練/體育總會核准。

非全職運動員

在教練安排下每週平均訓練時間不少於4天及15個小時。

中學生運動員類別一

- a) 運動員為在學中學生；
- b) 運動員必須取得其學校書面文件確認支持其訓練及比賽安排；
- c) 在教練安排下每週訓練時間不少於5天及25個小時。

中學生運動員類別二

- a) 運動員為在學中學生；
- b) 在教練安排下每週訓練時間不少於4天及15個小時。

Full-time Athlete

- a) Athletes have to follow the elite training and competitions requirements as their first priority;
- b) Athletes do not have full-time job nor engage in full-time study programmes, except where temporary deferment of the full-time study programme has been approved by the school, or arrangements have been made by the school to reduce the contact hours to the equivalent of a normal part-time programme (i.e. not more than 10 hours per week on average). Documentation issued by the school/employer is required under these circumstances;
- c) A minimum of 5 days and 25 hours of supervised training per week;
- d) Athletes taking up part-time job/studies must be approved by Head Coaches/NSAs.

Part-time Athlete

A minimum of 4 days and 15 hours supervised training per week.

Secondary Student Athlete Category 1

- a) Athletes are current secondary school students;
- b) Athletes have written confirmation from their respective schools to support their elite training programme arrangements;
- c) A minimum of 5 days and 25 hours of supervised training per week.

Secondary Student Athlete Category 2

- a) Athletes are current secondary school students;
- b) A minimum of 4 days and 15 hours of supervised training per week.

* 資料來源：
Source of information: 香港體育學院精英訓練資助評核準則2019-2020
查詢：
Enquiry: HKSI Elite Training Grant Criteria 2019-2020
精英培訓行政部
High Performance Administration Department
電話Tel.: (852) 2681 6359
電郵 Email: etg@hksi.org.hk



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