



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

序言 Preface

運動員事務部是香港體育學院（體院）社區關係及市務科轄下其中一個支援部門。

本小冊子旨在簡介運動員事務部為體院獎學金運動員所提供的教育、社交及個人發展的支援服務及計劃。

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 brief introduction about the services and programmes provided by AAS for HKSI Sports Scholarship Athletes who receive elite training in the HKSI, supporting their educational, social and personal development.

※支援服務及計劃的內容及申請資格會定期檢討並按需要作出修改，請聯絡運動員事務部索取最新的申請指引及表格。

※The content and eligibility of the programme/service will be reviewed regularly and revised as necessary. Please contact Athlete Affairs Department for the updated application guidelines and forms.



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計劃贊助 Programme Sponsor

HKAF	香港運動員基金 Hong Kong Athletes Fund
HKJCEAF	香港賽馬會精英運動員基金 Hong Kong Jockey Club Elite Athletes Fund
STF	香港善德基金會 Hong Kong Shine Tak Foundation





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 Elite Athlete Tutorial Support

合資格運動員

- ▲ 體院精英、青少年或中學生運動員
- ▲ 申請必須由總教練推薦簽署
- ※ 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 科訂立補習安排。
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. 補習課堂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	中國語文 / 英國語文 / 數學 / 通識

- ※ 運動員於退役後 1 年內，可獲每月最多 8 小時的補習時數。如退役運動員曾接受全職訓練 8 年或以上可申請額外的補習時數，惟有關申請須經特別批准。

申請手續及審批

運動員必須事前徵得總教練同意，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。申請經審批後，將為運動員安排補習服務。

※ 支援服務及計劃的內容及申請資格會定期檢討並按需要作出修改，請聯絡運動員事務部索取最新的申請指引及表格。

1 精英運動員補習支援 Elite Athlete Tutorial Support

Eligible Athlete

- ▲ HKSI Elite, Junior or Secondary Student Athletes
- ▲ With recommendation of Head Coach
- ※ Retired athletes who have withdrawn from the HKSI Sports Scholarship Scheme are required to submit application within 1 month upon the withdrawal from HKSI Sports Scholarship Scheme and the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 availability of part-time tutors.

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 <u>32 tutorial hours</u> per month	A maximum of <u>8 tutorial hours</u> per month
Subject	All subjects	Chinese / English / Mathematics / Liberal Studies

- ※ Retired athletes will be supported for a maximum of 8 tutorial hours per month during the 1-year grace period. Retired athletes with full-time training for at least 8 years will be considered eligible to apply for extra tutorial hours but it is subject to special approval.

Application Procedure & Approval

Athletes should get approval from the Head Coach in advance and submit the completed application together with a copy of academic result (if applicable) to the Athlete Affairs Department. Upon approval, tutorials will be arranged for the athletes.

※ The content and eligibility of the programme/service will be reviewed regularly and revised as necessary. Please contact Athlete Affairs Department for the updated application guidelines and forms.

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

合資格運動員

- ▲ 現役體院精英、青少年或中學生運動員
- ▲ 必須得到總教練批准
- ※ 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。

支援內容

資助級別	運動成績	最高資助金額
第一級別	於精英評分達 3 分 的青少年比賽 取得獎牌 (>9 隊) 或 排名前 1/3 (≤ 9 隊) 或 取得同級或更高成績	可獲發還所申請的已完成課程 學費 40% 或上限 10,000 港元 (以金額較少者為準)
第二級別	於精英評分達 3 分 的成年比賽 取得獎牌 (>9 隊) 或 排名前 1/3 (≤ 9 隊) 或 取得同級或更高成績	可獲發還所申請的已完成課程 學費 80% 或上限 20,000 港元 (以金額較少者為準)

1. 申請人每年只可遞交 1 次申請，每次只資助 1 個課程。
2. 若課程修讀年期少於 1 年，申請人應在完成整個課程後提出申請。若課程修讀年期多於 1 年，申請人應在至少完成 1 個學期的課程後才提出申請。
3. 課程 / 就讀的學年一般須於上一年內完成。
4. 只有成績合格的學科才可獲資助。

合資格課程

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（如碩士課程）
5. 其他與運動員未來職業發展相關的課程

申請手續及審批

1. 申請人可於每年兩個時段（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的申請表（並獲總教練簽署）、學費收據正本、成績表副本及相關資料。
3. 成功獲批申請者將獲發資助。



於體院網頁下載申請表格

※ 支援服務及計劃的內容及申請資格會定期檢討並按需要作出修改，請聯絡運動員事務部索取最新的申請指引及表格。

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

Eligible Athlete

- ▲ Current HKSI Elite, Junior or Secondary Student Athletes
- ▲ With the approval of Head Coach
- ※ Retired athletes withdrawn from the HKSI Sports 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	Medallist (>9 entries) or top 1/3 (≤9 entries) at an Elite Vote point 3 level, or equivalent or above, in Junior competition (according to the Elite Vote Scoring Table)	40% of tuition fees will be reimbursed, subject to a maximum sum of HK\$10,000 , on successful completion of the course (whichever is the less)
Level 2	Medallist (>9 entries) or top 1/3 (≤9 entries) at an Elite Vote point 3 level, or equivalent or above, in Senior competition (according to the Elite Vote Scoring Table)	80% of tuition fees will be reimbursed, subject to a maximum sum of HK\$20,000 , on successful completion of the course (whichever is the less)

1. Applicants can only receive EACES once a year for 1 programme/course only.
2. If the programme lasts less than 1 year, application should be submitted upon the completion of the programme. If the programme lasts for more than 1 year, applicants should submit application after completing at least 1 semester's study.
3. Study programme/year of study should be completed within the previous year at the time of application.
4. Only subjects/modules completed with a passing result would be eligible for support.

Eligible Study Programme/Course

1. Recognised courses of different levels (i.e. Degree, Associate Degree, Higher Diploma, Diploma and 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 & Approval

1. EACES is open for application 2 times a year and applicants could only submit application during either the first or second application cycle, 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.
3. Only successful applicants will be provided with the subsidy.



[Download application form](#)
from HKSI website

※ The content and eligibility of the programme/service will be reviewed regularly and revised as necessary.
Please contact Athlete Affairs Department for the updated application guidelines and forms.

3 香港運動員基金教育資助 HKAF Education Grant

合資格運動員

- ▲ 認可體育總會之現役成年或退役 (2 年寬限期內) 精英運動員；及
- ▲ 根據精英資助評分表，**成績達 3 分或以上**，
即在全國成年錦標賽取得獎牌 (> 9 隊) 或排名前 3 分之 1 (≤ 9 隊)，或同級或更高的成績
(青少年組賽事成績不獲考慮)；及
- ▲ 符合代表香港參與國際體育總會認可比賽的資格；及
- ▲ 持有效香港身份證及居港至少 3 年

支援內容

資助類別	教育資助	運動證書資助
課程資歷範圍	所有 <u>全日制及兼讀制</u> <u>專上課程</u> (包括碩士及博士課程)	<u>短期</u> <u>運動證書課程</u>
獲資助課程數目	<u>第一個學術課程</u> (1) 符合香港運動員基金申請資格 <u>第二個學術課程</u> (1) 符合香港運動員基金申請資格 (2) 具備 4 年或以上全職訓練資歷 注意：申請人須提交全職訓練的證明文件 / 資料。	最多 <u>兩個</u>
資助金額	<u>每年最高資助金額 70,000 港元</u> ， <u>每個課程資助年期最多 6 年</u> ， <u>每個課程資助金額上限 300,000 港元</u>	每個課程最高資助金額 <u>20,000 港元</u>
生活津貼	退役運動員如修讀全日制長期學術課程， 可同時申請 <u>每年最高資助額為 40,000 港元</u> 的生活津貼， 根據課程年期 <u>最多可獲 6 年資助</u> 。	不適用

申請者須於學年 / 課程開始前提交申請，截止申請日期前已開始的學期 / 課程將不獲資助。

申請手續及審批

- 1 每年約於 7 月和 12 月兩個週期接受申請。
- 2 於截止申請日期前，將填妥的申請表格與有關證明文件一併遞交至運動員事務部。
 - 已退役的申請人必須在正式退役日期後的 2 年寬限期內提交申請。
 - 如已退役的申請人不能在 2 年的寬限期內提交申請，則必須在寬限期結束後的最近一個申請週期內提交申請。否則，逾期申請將不被接受。
- 3 所有申請將呈交體院精英培訓及運動員事務委員會檢閱及批核。
- 4 成功批核的學費資助會分期發還，運動員需於每年 2 次的資助發還期內遞交學費收據正本及成功修畢該學期的成績證明 (獲發還學費的學科必須合格)。



於體院網頁[下載申請表格](#)

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3 香港運動員基金教育資助 HKAF Education Grant

Eligible Athlete

- ▲ Senior current or retired elite athlete (within 2-year grace period) of a recognised National Sports Association (NSA); and
- ▲ Has achieved **Elite Vote (EV) Point 3** or above according to the EV Scoring Table, medallist (> 9 entries) or top 1/3 (≤ 9 entries) in National Senior Championships, or equivalent or above (Results of junior championships will not be considered.); and
- ▲ 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; and
- ▲ Has resided in HK for a minimum of 3 years and is a holder of HKID Card at the time of application.

Content of Support

Type of Grant	Education Grant	Sports Certificate Grant
Qualifications of Study Programme	All full-time (FT) and part-time (PT) post-secondary study programmes (including master and doctor degree programmes)	Short-term sports certificate programmes
Number of Programmes Supported	1st Study Programme (1) Meeting HKAF criteria 2nd Study Programme (1) Meeting HKAF criteria; & (2) With 4 or more years of full-time training Note: Document/information to certify full-time training are required to support application	Up to 2 programmes
Amount of Grant	Maximum HK\$70,000/year for maximum 6 years for the length of grant per programme; maximum HK\$300,000/programme	Maximum HK\$20,000/programme
Subsistence allowance	<u>Retired athletes</u> undertaking <u>long-term FT study programmes</u> may apply for a subsistence allowance <u>up to a maximum of HK\$40,000 per year</u> for a <u>maximum of 6 years</u> , subject to the length of study programme.	N/A

Applicants are required to submit application prior to commencement of the study year/course. Courses/modules commenced/completed before the application deadline will not be subsidised.

Application Procedure & Approval

- 1 Applications are invited twice a year (around July and December).
- 2 Applicants have to submit the completed application form together with supporting documents to the Athlete Affairs Department of the HKSI by the specified deadline.
 - Retired athletes have to submit the application within 2-year grace period following the official retirement date.
 - If retired athletes are unable to submit the application within 2-year grace period, applicants have to submit their applications in the most recent application cycle upon the end of the grace period. Otherwise, late application will not be accepted.
- 3 Applications will be presented to the Elite Training and Athletes Affairs Committee of the HKSI for approval.
- 4 Approved grant will be reimbursed by instalments twice a year upon receipt of official tuition fee receipt and proof of satisfactory completion of the previous term of study (i.e. courses are completed with a passing grade).



[Download application form](#)
from HKSI website

※ The content and eligibility of the programme/service will be reviewed regularly and revised as necessary. Please contact Athlete Affairs Department for the updated application guidelines and forms.

4 夥伴學校計劃 (高中教育)

Partnership School Programme for Senior Secondary Education (PSP)

夥伴學校計劃於 2015/16 年開展，體院與林大輝中學及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。

體院提供的支援措施：

- 體院運動員宿舍
- 獎學金 (即學費資助，見 4.1)
- 額外功課輔導
- 來往體院和夥伴學校的交通支援 / 津貼 (如適用)

運動員須就上述的支援措施提交個別申請，符合申請資格並通過審批方可獲得支援。

The Partnership School Programme was set up from 2015/16 academic year. In collaboration with the Lam Tai Fai College (LTFC) and the English Schools Foundation (ESF), the partnership school will provide tailor-made and highly integrated secondary education curriculum for student athletes who would like to turn full-time training and combine their study in parallel in which a range of support including time-tabling, extension of years of learning as well as other individualised educational guidance will be provided.

Support measures provided by the HKSI:

- Hostel Accommodation
- Scholarship (i.e. tuition fee subsidy, see 4.1)
- Enhanced tutorial support
- Transportation support/allowance to and from the HKSI and the Partnership Schools (where applicable)

Applications must be submitted separately for the above support measures and are subject to approval. Support will only be provided to athletes meeting the specific eligibility requirements.



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※ The content and eligibility of the programme/service will be reviewed regularly and revised as necessary. Please contact Athlete Affairs Department for the updated application guidelines and forms.

4.1 精英運動員中學教育獎學金計劃

Elite Athlete Education Secondary School Scholarship Programme

「精英運動員中學教育獎學金計劃」為就讀於「夥伴學校計劃」的全職訓練運動員提供學費資助。

成功被錄取並就讀於夥伴學校計劃的合資格全職獎學金運動員，如符合出席率要求，將可獲實報實銷方式發還的學費資助型式獎學金，上限為每年 30,000 港元，以金額較低者為準。運動員需於每學年終填妥並遞交申請表格，經審批後，合資格運動員將獲發獎學金（即學費資助）。

The “Elite Athlete Education Secondary School Scholarship Programme” provides tuition fee subsidy for full-time training athletes studying under the “Partnership School Programme” (PSP).

Full-time HKSI Sports Scholarship Athletes, who have been successfully admitted to and studying under the PSP, fulfilling the attendance requirement, will be eligible to apply for the Scholarship for the actual tuition fee paid (on reimbursement basis), up to a maximum of HK\$30,000 per year, whichever is the less. Athletes need to complete application procedures for the Scholarship at the end of each academic year. Upon approval, eligible athletes will be provided with the Scholarship (i.e. tuition fee subsidy).

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

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

體院於 2014 年 6 月成立精英運動員友好學校網絡，共 30 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。

The HKSI has established the Elite Athlete-Friendly School Network in June 2014. A total of 30 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.



※ 支援服務及計劃的內容及申請資格會定期檢討並按需要作出修改，請聯絡運動員事務部索取最新的申請指引及表格。



※ The content and eligibility of the programme/service will be reviewed regularly and revised as necessary. Please contact Athlete Affairs Department for the updated application guidelines and forms.

6 體學雙軌發展 - 推薦運動員申請報讀本地大專院校 Dual Career Support - Nomination of Elite Athletes for Admission Application to Local Tertiary Institutions

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 4 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。
- **延長修業年期：**
視乎就讀科目及個別情況，容許運動員延長修業年期至 5 至 8 年不等，以配合運動員海外訓練和比賽的需要。

The 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 4 self-financed Tertiary Institutions. Under the spirit of MoU, the HKSI may nominate its full-time athletes to apply for admission for full-time Degree, Postgraduate and Higher Diploma Programme (where applicable) at these institutions.

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.

與體院合作之大專院校

Tertiary Institutions established collaboration with the HKSI

教資會資助大學 UGC-funded Universities

- | | |
|----------|--|
| ▲ 香港城市大學 | City University of Hong Kong (CityU) |
| ▲ 香港浸會大學 | Hong Kong Baptist University (HKBU) |
| ▲ 嶺南大學 | Lingnan University (LU) |
| ▲ 香港中文大學 | The Chinese University of Hong Kong (CUHK) |
| ▲ 香港教育大學 | The Education University of Hong Kong (EdUHK) |
| ▲ 香港理工大學 | The Hong Kong Polytechnic University (PolyU) |
| ▲ 香港科技大學 | The Hong Kong University of Science and Technology (HKUST) |
| ▲ 香港大學 | The University of Hong Kong (HKU) |

自資大學 / 大專院校 Self-financed Universities/Tertiary Institutions

- | | |
|----------------|--|
| ▲ 香港都會大學 | Hong Kong Metropolitan University (HKMU) |
| ▲ 香港中文大學專業進修學院 | School of Continuing and Professional Studies, CUHK (CUSCS) |
| ▲ 香港高等教育科技學院 | Technological and Higher Education Institute of Hong Kong (THEi) |
| ▲ 香港恒生大學 | The Hang Seng University of Hong Kong (HSUHK) |

體院與本地大專院校學簽署合作備忘錄

HKSI signing MoU with Local Tertiary Institutions







精英運動員社交及個人發展支援簡介

Elite Athlete Social and Personal Development Support



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

合資格運動員

- ▲ 體院獎學金運動員
- ▲ 獲總教練推薦及批准

支援服務內容

運動員事務部為體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	精英運動員
內容主要集中於基本知識以及一般理論	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● 自僱人士之稅務簡介	<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，通過本院採購部門確認及安排後，再與服務提供者洽談細節，舉辦工作坊。

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

Eligible Athlete

- ▲ HKSI Sports 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 Sports 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** – covering various topics to suit individual 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 Orientation2. Self-understanding3. Goal Setting4. Time Management5. Communication6. Team Building	<ol style="list-style-type: none">1. Professionalism2. Planning Skills3. Public Speaking & Presentation Skills4. Relationship Management5. Media Handling Skills6. Financial Planning7. Team Building

Part 2 - Individual Programme (take any topic from the following list to meet individual 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/topic and the confirmation of appointed service provider by the Procurement Department, 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 Athlete Exchange Programme

合資格運動員

- ▲ 體院精英、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。

申請手續及審批

經總教練推薦的運動員，將被安排參與為期 4 至 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。

Eligible Athlete

- ▲ 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 & Approval

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 精英運動員學徒體驗計劃 Elite Athletes Apprenticeship Programme (EAAP)

合資格運動員

- ▲ 現役全職或由全職退役未滿 1 年的運動員
- ▲ 於成年組項目成績達到精英資助評分 3 分或以上
- ▲ 不少於 8 年體院獎學金運動員訓練（兼職或全職均可）
- ▲ 已計劃將於 2 年內退役並獲總教練及總會推薦及批准

支援服務內容

精英運動員學徒體驗計劃目標不單止為準備退役的運動員提供執教的工作機會，同時亦將計劃推廣至體院其他部門以優化運動員的行政工作經驗。透過此計劃，讓他們在實習的同時，每月獲取生活資助，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，運動員將成為體院兼職員工並任職於精英教練部門或社區關係及市務科旗下 3 個部門。每月最多 60 小時，以單一合約計最多維持 12 個月*，每小時津貼為 200 至 250 港元（視乎運動員是否已擁有第一級別教練資格 / 學士學位資格）並享有勞工保險及強積金僱主供款部分。

* 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。

申請手續及審批

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。經審批及內部協調後，合資格運動員可以展開轉型工作體驗。



9 精英運動員學徒體驗計劃 Elite Athletes Apprenticeship Programme (EAAP)

Eligible Athlete

- ▲ Current HKSI full-time athlete or athlete retired from full-time training status within one year
- ▲ Sporting achievement at Elite Vote Point 3 or above at senior level
- ▲ A minimum of 8 years as a HKSI Sports Scholarship Athlete (either full-time or part-time training)
- ▲ Plan to retire within 2 years, as endorsed by the Head Coach and NSA

Content of Support

The Elite Athletes Apprenticeship Programme aims not only at providing enhanced support to athletes who are in preparation for their career transition by providing them with different job opportunities in sports coaching, but also extending to other HKSI departments in order to enrich their job experience for administrative duties. Through this programme, athletes will be provided with working allowance while gaining on-the-job training opportunities in transition to their post-athletic career.

Successful applicants will be employed as HKSI part-time staff, being attached to elite coaching department or 3 departments under Division of Community Relations and Marketing. The athlete will be supported for a period of 12 months* at maximum by single contract for not more than 60 hours per month, with HK\$200-250 per hour (subject to athlete's coaching qualification and if possessing a bachelor degree) and fringe benefit including insurances coverage and MPF employer's contribution.

* 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.

Application Procedure & Approval

Application forms should be completed by Head Coach for recommendation and endorsement of the NSA and should be returned to AAS for further process. Upon approval and internal coordination, eligible athlete will benefit from the programme for transition support.







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)

合資格運動員

- ▲ 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：

個人體育項目 (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

隊際體育項目

- 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

獎項		獎勵 / 證書
得獎者	個人體育項目 個人項目	每位得獎者現金獎 7,500 港元、運動用品禮券價值 2,500 港元及嘉許獎狀乙張。
	個人體育項目 團體項目	
	隊際體育項目	每隊現金獎 20,000 港元、運動用品禮券價值 10,000 港元及每位隊員獲嘉許獎狀乙張。
優異證書		運動員如未能得獎而運動成績達精英資助評分表中 3 分的成績或運動員如刷新香港紀錄 (必須是成年組的紀錄) 將獲頒現金獎 1,000 港元及優異證書乙張。
嘉許證書 *		被提名運動員符合參選資格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

總會須填妥提名表格，連同所需資料 (見提名表格)，在截止日期前遞交至運動員事務部。

截止提名日期：

- 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)

Eligible Athlete

- ▲ 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

Award		Prize/Certificate
Awardee	Individual Sport Individual Event	Each recipient will receive a cash award of HK\$7,500, a gift voucher of sports apparel worth of HK\$2,500 and a certificate of achievement.
	Individual Sport Team Event	
	Team Only Sport	Each team will receive a cash award of HK\$20,000, a gift voucher of sports apparel worth of HK\$10,000. Each member will also receive a certificate of achievement.
Certificate of Merit		A cash award of HK\$1,000 and a certificate of merit will be presented to athletes who: 1) 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) 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 meeting the selection criteria and being selected as awardees or recognised with Certificate of Merit, those team members who are aged 19 or above will be provided with a Certificate of Appreciation instead.

Nomination Procedure

NSA shall complete and submit the nomination with required documents to the Athlete Affairs Department before the deadline.

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 優秀運動員獎勵計劃 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)
- ▲ 亞洲運動會 (亞運)
- ▲ 世界大學生運動會 (世大)
- ▲ 全國運動會 (全運)
- ▲ 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

得獎運動員將獲發一筆獎金，以表揚在大型比賽中的傑出成就，獎勵金額如下：

Eligible Athlete

- ▲ 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)

Award

Medallists will be granted with cash incentive for recognising their outstanding achievements in the Major Games. The awards are shown below:

比賽 Game 獎牌 Medal	奧運 OG	亞運 AG	世大 WUG	全運 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）
- ▲ 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

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，獎學金額如下：

Eligible Athlete

- ▲ 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)

Scholarship

Medallists will be granted scholarship awards to recognise their outstanding performance achieved at Major Games. The awards are shown below:

比賽 Game	青年奧運 YOG	亞青運 AYG	亞青殘運 AYPG
獎牌 Medal			
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體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 the 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
- ▲ 必須居港最少 3 年，並須在申請時持有有效的香港身份證
- ▲ 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獲考慮)

嘉許

為表揚香港運動員的貢獻及在大型運動會和比賽上為港爭光勇奪殊榮，香港政府於香港運動員基金下成立了精英運動員優秀表現嘉許計劃，宗旨是為退役運動員提供一次性資助，增強對他們退役後轉型發展的支援。

Eligible Athlete

- ▲ 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 Hong Kong Identity Card
- ▲ Achieved Elite Vote (EV) point 4 or above according to the EV Scoring Table (Results of junior championships will not be considered)

Recognition

To recognise athletes' dedication to sport and their achievement in representing Hong Kong in Major Games and competitions, the Government has established the EAPRS under the HKAF, aiming to provide a one-off grant for retired athletes as an enhanced support for their future post-athletic career development.

全職訓練年數 Years of Full-time Training	現金獎勵水平* Level of Cash Grant		
	8-9 年 Years	10-11 年 Years	12 年或以上 Years or more
獲取之精英評分 EV Score attained			
4 分 points	6 個月 months (HK\$246,180)	9 個月 months (HK\$369,270)	12 個月 months (HK\$492,360)
5 分或以上 points or above	12 個月 months (HK\$492,360)	18 個月 months (HK\$738,540)	24 個月 months (HK\$984,720)

* 一次性現金獎勵水平根據精英訓練資助的標準精英甲+資助金額 (現時為每月 41,030 港元) 及指定月數為計算基礎。The level of one-off cash grant is based on the number of months of the Elite Training Grant (ETG) for Standard EA+ athlete (i.e. currently HK\$41,030 per month).

申請手續

- 每年約於 7 月和 12 月兩個週期接受申請。
- 申請人必須在正式退役日期後的 2 年寬限期內提交申請。
- 如果申請人不能在 2 年的寬限期內提交申請，則必須在寬限期結束後的最近一個申請週期內提交申請。否則，逾期申請將不被接受。

審查及批核

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

Application Procedure

- Applications are invited twice a year (i.e. July and December).
- Applicants have to submit the application within 2-year grace period following the official retirement date.
- If applicants are unable to submit the application within 2-year grace period, applicants have to submit their applications in the most recent application cycle upon the end of the grace period. Otherwise, late application will not be accepted.

Vetting and Approval

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

※ 支援服務及計劃的內容及申請資格會定期檢討並按需要作出修改，請聯絡運動員事務部索取最新的申請指引及表格。

※ The content and eligibility of the programme/service will be reviewed regularly and revised as necessary. Please contact Athlete Affairs Department for the updated application guidelines and forms.



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

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

嶄新的運動員宿舍已於 2013 年 9 月開始運作，可以提供最多 446 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 446 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

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

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，如結他班、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



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；
殘疾運動員則需在教練安排下每週訓練時間不少於 5 天及 20 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。

殘疾運動員則需在教練安排下每週平均訓練時間不少於 4 日及 12 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 Athletes

- 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;
For athletes with disabilities, a minimum of 5 days and 20 hours of supervised training per week;
- d) Athletes taking up part-time job/studies must be approved by Head Coaches/NSAs.

Part-time Athletes

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

For athletes with disabilities, a minimum of 4 days and 12 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 : 精英訓練資助評核準則 2021-2022 及
Source of information 殘疾人精英訓練資助評核準則 2021-2022
Criteria for Elite Training Grant 2021-2022 &
Criteria for Elite Training Grant for Athletes with Disabilities 2021-2022

查詢 : 精英培訓行政部
Enquiry High Performance Administration Department
電話 Tel.: (852) 2681 6359
傳真 Fax: (852) 2504 3821
電郵 Email: etg@hksi.org.hk

運動員事務部
Athlete Affairs Department

查詢： (852) 2681 6178
Enquiry:



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