



運動員事務部

Athlete Affairs Department

運動員教育及個人發展支援

Athlete Education & Personal Development Support

序言 Preface

運動員事務部 (AAS) 是香港體育學院 (HKSI) 社區關係及市務科的一個支援部門。

本手冊主要介紹 AAS 為接受精英訓練的 HKSI 體育獎學金運動員提供的服務和計劃，旨在支持運動員的教育、社交和個人發展。計劃及服務內容以及資格將定期進行審查和調整。如需最新的申請指引及表格，請聯絡 AAS。

The Athlete Affairs Department (AAS) is a supporting department within the Community Relations and Marketing Division of the Hong Kong Sports Institute (HKSI).

This handbook serves as a concise introduction to the services and programmes offered by AAS mainly for HKSI Sports Scholarship Athletes who undergo elite training at HKSI. It aims to support their educational, social, and personal development. The programme and service content, as well as eligibility, will be periodically reviewed and adjusted as needed. For the latest application guidelines and forms, please get in touch with AAS.

運動員教育及個人發展支援計劃

Athlete Education & Personal Development Support Programme



教育支援

Education Support

P.4

- | | | |
|-----|--|------|
| 1 | 精英運動員補習支援
Elite Athlete Tutorial Support | P.5 |
| 2 | 精英運動員進修資助
Elite Athlete Continuing Education Subsidy | P.6 |
| 3 | 夥伴學校計劃 (高中教育)
Partnership School Programme for Senior Secondary Education | P.8 |
| 3.1 | 精英運動員中學教育獎學金計劃
Elite Athlete Education Secondary School Scholarship Programme | P.9 |
| 4 | 精英運動員友好學校網絡
Elite Athlete-Friendly School Network | P.9 |
| 5 | 推薦運動員申請報讀本地大專院校
Nomination of Elite Athletes for Admission Application to Local Tertiary Institutions | P.10 |



香港運動員基金

Hong Kong Athletes Fund

P.13

- | | | |
|---|--|------|
| 6 | 教育資助
Education Grant | P.14 |
| 7 | 青年運動員獎學金
Youth Athletes Scholarship Award | P.16 |
| 8 | 精英運動員優秀表現嘉許計劃
Elite Athletes Performance Recognition Scheme | P.17 |



住宿、社交及個人發展支援

Hostel Accommodation, Social and Personal Development Support

P.18

- | | | |
|----|---|------|
| 9 | 運動員宿舍
Athlete Hostel | P.19 |
| 10 | 精英運動員個人發展計劃
Elite Athlete Personal Development Programme | P.20 |
| 11 | 精英運動員交流學習計劃
Elite Athlete Exchange Programme | P.22 |
| 12 | 精英運動員學徒體驗計劃
Elite Athletes Apprenticeship Programme | P.23 |



獎勵及嘉許計劃

Incentive Award and Recognition Scheme

P.27

- | | | |
|----|---|------|
| 13 | 善德基金會傑出青少年運動員選舉
Shine Tak Foundation Outstanding Junior Athlete Awards | P.28 |
| 14 | 優秀運動員獎勵計劃
Athlete Incentive Awards Scheme | P.30 |



教育支援 Education Support



精英運動員學習計劃合作備忘錄簽署儀式
MOU Signing Ceremony for Elite Athletes Study Programme



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



合資格運動員

- ▲ 現役體院獎學金運動員
(全職或兼職)
- ▲ 申請必須由總教練推薦簽署

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. 補習課堂需要依據兼職補習導師可以提供的時間表而作出安排。

Eligible Athlete

- ▲ Current HKSI Sports Scholarship Athlete (Full-time or part-time)
- ▲ With recommendation of Head Coach

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.

補習支援 Tutorial Support	全職 精英 / 青少年運動員 / 中學生運動員 類別一 Full-time Elite / Junior Athlete / Secondary Student Athlete Category 1	兼職 精英 / 青少年運動員 / 中學生運動員 類別二 Part-time Elite / Junior Athlete / Secondary Student Athlete Category 2
時數 Hours	每月最多 32 小時 Maximum of 32 tutorial hours /month	每月最多 8 小時 Maximum of 8 tutorial hours /month

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。

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.

※ 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 where deemed 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

- ▲ 現役體院獎學金運動員；或
已退出體院獎學金計劃的運動員，但運動員需於退出體院獎學金計劃之前已開始修讀相關的教育 / 培訓；及
- ▲ 必須獲得總教練同意支持其申請

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)

* 有關運動成績須於課程該學年 / 學期開始前獲取

合資格課程

符合資格的本地或海外認可學習課程範圍：

1. 小學及中學課程；
2. 語文試預備課程 (如 TOEFL、IELTS、SAT)；
3. 與體育有關的課程 (如 NSCA-CPT 及 HKPFA)；
4. 專業培訓課程 (如 LCCI 及 ACCA)；及
5. 職業訓練或其他個人發展相關的課程。

合資格課程的開課日期必須於上年度的 4 月 1 日或以後，並於截止申請日期 (8 月 31 日) 前完成及取得合格的成績。在申請截止日期後開始的課程，運動員應該於下一個申請年度提交申請，而不是當前年度。

申請手續及審批

1. 申請人可於每年 8 月遞交申請
2. 申請人必須在截止申請日期 (8 月 31 日) 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、成績表副本及相關資料
3. 申請人每年只可獲批 1 個課程
4. 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 Sports Scholarship Athlete; *or* if the applicant has withdrawn from the HKSI Sports Scholarship Scheme, it is still required that the applicant has commenced the study programme/course before his/her exit from the scheme; *and*
- ▲ With the endorsement from Head Coach to support the application

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)

* The sporting results should be achieved and obtained prior to the start of the year/semester of the course for which the athlete is applying for the EACES.

Eligible Study Programme/Course

Scope of eligible local or overseas recognised study programme/course:

1. Primary or secondary school education programme;
2. Exam preparation course for language (i.e. TOEFL, SAT, IELTS etc.);
3. Sport related course (e.g. NSCA-CPT and HKPFA);
4. Professional training course (e.g. LCCI and ACCA); and
5. Vocational training or other personal development related course.

All eligible courses must commence on or after 1st April of previous year and be completed (with a passing grade) before the application deadline (i.e. 31st August). For courses starting after the application deadline, athletes should apply for EACES in the next application year.

Application Procedure & Approval

1. EACES is open for application once a year in August.
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 (i.e. 31st August).
3. Applicants can only be approved for the EACES for only 1 programme/course per year.
4. 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 where deemed necessary.
Please contact Athlete Affairs Department for the updated application guidelines and forms.

3 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 3.1)
- ▲ 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 3.1)
- ▲ 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.



※ 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 where deemed necessary.
Please contact Athlete Affairs Department for the updated application guidelines and forms.

3.1 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形式獎學金，上限為每年 33,000 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\$33,000 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).

4 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 39 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. There are a total of 39 secondary schools joined the Network. 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 where deemed necessary.
Please contact Athlete Affairs Department for the updated application guidelines and forms.

5 推薦運動員申請報讀本地大專院校 Nomination of Elite Athletes for Admission Application to Local Tertiary Institutions

體院已與 8 間大學教育資助委員會(教資會)資助大學以及 5 間自資專上院校簽署精英運動員學習計劃合作備忘錄。根據合作備忘錄，體院可提名獎學金運動員申請報讀本科全日制學士學位、研究生課程或副學位課程(如適用)。各大專院校會為成功申請入讀的運動員提供靈活的修讀安排，例如按需要延長修讀年期，讓他們兼顧運動訓練、比賽及學習。此外，各校會為運動員提供導師支援、學習指導及就業輔導等。

教資會更於 2022 年推行「學生運動員學習支援及入學計劃」，進一步為學生運動員提供更聚焦、個性化和多管齊下的學習支援。計劃以運動員的體育成就為取錄基礎，不設最低學歷要求。

The HKSI has signed Memoranda of Understanding (MOUs) with 8 University-Grants-Committee-funded Universities and 5 self-financing Tertiary Institutions. Under the spirit of MOUs, the HKSI may nominate scholarship athletes to apply for the full-time undergraduate degree / postgraduate programmes / sub-degree programme (where applicable) of respective Tertiary Institutions. Each Tertiary Institution will provide flexibility in course delivery for athletes who are successfully admitted, such as extension of study, in order to better accommodate athletes' training and competition schedule. Mentorship programmes, study consultation and career counselling will also be provided to student athletes.

The UGC also launched the “Student-Athlete Learning Support and Admission Scheme (SALSA Scheme)” in 2022, to further step up their support for student-athletes, providing more focused, personalised and multi-pronged academic support to outstanding athletes. Athlete's outstanding sports achievement are considered without imposing a minimum entrance academic requirement.

與體院合作之大專院校

Tertiary Institutions established collaboration with the HKSI

(根據合作備忘錄簽署日期排列 Listed in chronological order of MOU signing)

教資會資助大學 UGC-funded Universities

▲ 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)
▲ 香港浸會大學	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	Lingnan University (LU)
▲ 香港城市大學	City University of Hong Kong (CityUHK)
▲ 香港科技大學	The Hong Kong University of Science and Technology (HKUST)

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

▲ 香港中文大學專業進修學院	School of Continuing and Professional Studies, CUHK (CUSCS)
▲ 香港恒生大學	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)
▲ 香港都會大學	Hong Kong Metropolitan University (HKMU)
▲ 香港大學專業進修學院	HKU School of Professional and Continuing Education (HKU SPACE)

體院與本地大專院校學簽署合作備忘錄

HKSI signing MoU with Local Tertiary Institutions



教資會 2022 年推行「學生運動員學習支援及入學計劃」

UGC launched the “Student-Athlete Learning Support and Admission Scheme (SALSA Scheme)” in 2022



Student-Athlete Learning Support and Admission Scheme

February 2022

提供運動員直接錄取計劃的教資會資助大學

UGC-funded Universities Established Direct Admission Schemes for Athletes

- | | |
|----------|--|
| ▲ 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) |



香港運動員基金 Hong Kong Athletes Fund



教育資助 Education Grant

青年運動員獎學金 Youth Athletes Scholarship Award



精英運動員 優秀表現嘉許計劃 Elite Athletes Performance Recognition Scheme

6 教育資助 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 專上課程</u> (包括碩士及博士課程)	<u>短期 運動證書課程</u>
獲資助課程 數目	第一個學術課程 (1) 符合香港運動員基金申請資格 第二個學術課程 (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> ， 每個課程資助金額 <u>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

- 每年約於 7 月和 12 月兩個週期接受申請。
- 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。
- 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。
- 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](#)

6 教育資助 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 and part-time 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	Retired athletes undertaking <u>long-term full-time study programmes</u> may apply for a subsistence allowance up to a maximum of HK\$40,000 per year 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 where deemed necessary. Please contact Athlete Affairs Department for the updated application guidelines and forms.

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

獎學金

- ▲ 體院精英培訓及運動員事務委員會批核後，獎學金將提供予以下青年大型賽事得獎的 18 歲以下香港運動員，以表揚他們的傑出表現。

青年大型賽事

- 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）

Scholarship Award

- ▲ Upon approval by the Elite Training and Athletes Affairs Committee of the HKSI, scholarship award will be provided to Hong Kong medallists under the age of 18 at the below major youth games to recognise their outstanding performance.

Major Youth Games

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

比賽 Game 獎牌 Medal	青年奧運 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

8 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

- ▲ 提交申請前必須已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，達到精英評分成年組別 4 分或以上的成績 (青少年組別成績不獲考慮)

嘉許

為表彰運動員在體育領域的貢獻，以及他們代表香港在大型運動會及賽事中所取得的成就，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，為從香港代表隊退役的運動員提供一次性資助，以加強對運動員退役後職業轉型以及進一步發展的支援。

一次性現金資助水平按現行體院精英訓練資助 (ETG) 之標準精英甲+ (2025/26 年度為每月 48,190 港元) 及指定月數作依據計算，詳情如下：

Eligible Athlete

- ▲ Must have officially retired from the Team Hong Kong, China prior to submitting the application
- ▲ 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 holds a valid Hong Kong Identity Card
- ▲ Achieved Elite Vote (EV) Score of Senior 4 points or above in accordance with the EV Scoring Table (Results under the Junior category will not be considered)

Recognition

To honour the dedication of athletes in sport and their achievements in representing Hong Kong in major games and competitions, the Government has launched the EAPRS under the HKAF, providing a one-off grant to athletes who officially retired from the Team Hong Kong, China as an enhanced support for their transition into post-athletic careers and further development.

The level of one-off cash grant is calculated according to the specified number of months of the prevailing Standard Elite Training Grant (ETG) for Elite A+ of HKSI, i.e. HK\$48,190/month (for 2025/26). Details are as follows:

全職訓練年數 No. of Years of Full-time Training	8-9 年 Years		
	10-11 年 Years		
獲取之精英評分 EV Score attained	12 年或以上 Years or more		
4 分 points	HK\$289,140 (i.e. 6 個月 months ETG)	HK\$433,710 (i.e. 9 個月 months ETG)	HK\$578,280 (i.e. 12 個月 months ETG)
5 分或以上 points or above	HK\$578,280 (i.e. 12 個月 months ETG)	HK\$867,420 (i.e. 18 個月 months ETG)	HK\$1,156,560 (i.e. 24 個月 months ETG)

申請手續

- 每年約於 7 月和 12 月兩個週期接受申請。
- 申請人必須於正式退役日期起計 2 年內遞交申請。

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).
- Applications must be submitted within two years from the Official Retirement Date.

Vetting and Approval

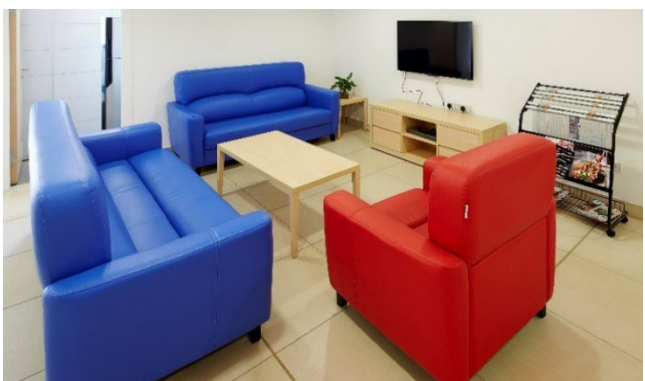
Applications will be reviewed by the Vetting Committee and then presented to the Elite Training and Athletes Affairs Committee of the HKSI for approval.

※ 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 where deemed necessary.
Please contact Athlete Affairs Department for the updated application guidelines and forms.



住宿、社交及個人發展支援

Hostel Accommodation, Social and Personal Development Support



9 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 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。

運動員事務部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。

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.

Social and hostel life-education activities will be organised by the Athlete Affairs Department 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.



10 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

內容主要集中於基本知識以及一般理論

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

精英運動員

內容主要是運動相關以及增進專業技能

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

- 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

- 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，再與服務提供者洽討細節，舉辦工作坊。

10 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
1. Athlete Services Orientation 2. Self-understanding 3. Goal Setting 4. Time Management 5. Communication 6. Team Building	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 individual needs of athletes)

Topics	
● Athlete Services Orientation ● Goal Setting & Time Management ● Communication Skills ● Professional Ethics ● Media Communication and Handling Skills ● Financial Planning ● Introduction to Taxation for Self-employment	● 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.

11 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 Chinese Mainland, 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.



12 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。

成功申請者將受聘為體院兼職員工，任職於精英教練部門或於社區關係及市務科旗下指定部門輪流工作。計劃的支援期一般最長為 12 個月*，每月工作時間上限為 60 小時，並會獲得工作津貼及附加福利。

* 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。



12 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 part-time staff at the HKSI, attached to either the elite coaching department or designated departments on rotation within the Division of Community Relations and Marketing. The support period for athletes will normally be a maximum of 12 months*, with a monthly cap of 60 hours. Working allowance and fringe benefits will be provided.

- * 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.



運動員生活隨影 Snapshots of Athlete's Life







獎勵及嘉許計劃

Incentive Award and Recognition Scheme



13 善德基金會傑出青少年運動員選舉 Shine Tak Foundation 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，該提名才會合符參選資格。

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 - 個人項目	每位得獎者現金獎 5,000 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 - 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。* 唯每位運動員所得的現金獎及禮券價值最高分別為 5,000 港元。
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）將獲得現金獎 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。

- * 合符參選資格個人體育團體項目及隊際體育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），在各季度截止提名日期前遞交至運動員事務部。

13 善德基金會傑出青少年運動員選舉 Shine Tak Foundation Outstanding Junior Athlete Awards (OJAA)

Eligible Athlete

- ▲ Nominee should hold a HKID 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\$5,000, 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. * However, the cash award and gift voucher value will not exceed \$5,000 per athlete, respectively.
Certificate of Merit		A certificate of merit and a cash award of HK\$1,000 will be given 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 as a token of encouragement to nominees who meet the selection eligibility but do not meet Elite Vote Point 3 or above.

* 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 all supporting documents to the Athlete Affairs Department before the deadline of each quarter.

14 優秀運動員獎勵計劃 Athlete Incentive Awards Scheme (AIAS)

獎勵

- ▲ 於以下大型賽事取得佳績的香港運動員將獲發現金獎勵，以表揚其優秀表現。

大型賽事

- 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）

Award

- ▲ Hong Kong athletes who have achieved top results in the below major games will be granted with cash incentive in recognition of their outstanding achievements.

Major Games

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



體院一覽 A Glance at HKSI



版本資訊 Version information

版本 Version: 15.12.2025

下載最新版本

Download latest version

[HKSI > Supporting the Athletes > Athlete Education & Personal Development Support](#)



聯絡運動員事務部 Contact the Athlete Affairs Department

運動員教育
Athlete Education



(852) 2681 6178

運動員宿舍及個人發展
Athlete Hostel & Personal Development

(852) 2681 6179



Whatsapp
(852) 9320 6026



香港體育學院有限公司
Hong Kong Sports Institute Limited

香港新界沙田源禾路 25 號
25 Yuen Wo Road, Sha Tin, New Territories, Hong Kong

電話 TEL (852) 2681 6888 傳真 FAX (852) 2695 4555 網址 URL www.hksi.org.hk