



# 運動員教育及職業發展計劃

## Athletes Educational and Vocational Development Programmes

激發潛能 · 突破界限 INSPIRE · TRAIN · EXCEL

# 序言 Preface

運動員事務部是精英培訓事務科轄下其中一個支援部門。

本冊子主要簡介運動員事務部為香港體育學院的獎學金運動員所提供的教育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不時作出修改以配合精英訓練的需要，如各教練及運動員對我們所提供的支援有任何意見，請與運動員事務部同事聯絡。

Athlete Affairs Department is one of the supporting departments under the High Performance Management Division.

This handbook provides brief introduction about the services and programmes provided by Athlete Affairs Department (“AAS”) for HKSI scholarship athletes who receive elite training in HKSI, supporting their educational and vocational development.

Every effort has been made to ensure that the information contained in the handbook is correct at the date of printing and the content and application guidelines are subject to changes when necessary. Athletes and coaches are advised to check directly with AAS for most updated information. Please feel free to contact us if you have any questions and suggestions about our services.



# 主要運動員支援及發展計劃 Major Athlete Support and Development Programme

## 運動員教育及職業發展計劃 Athletes Educational and Vocational Development Programmes

賽馬會精英運動員教育支援計劃  
Jockey Club Elite Athlete Education Support Programmes

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

精英運動員進修資助  
Elite Athletes Continuing Education Subsidy

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

賽馬會精英運動員發展計劃  
Jockey Club Elite Athlete Development Programmes

精英運動員個人發展計劃  
Elite Athletes Personal Development Programmes

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

其他運動員教育措施  
Other Athlete Education Initiatives

香港運動員基金  
Hong Kong Athletes Fund

精英教練工作體驗計劃  
Elite Coaching Apprenticeship Programme

學校體育計劃推廣主任  
School Sports Programme Coordinator Scheme

## 運動成就獎勵計劃 Incentive Programme for Sporting Achievements

傑出青少年運動員選舉  
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賽馬會優秀運動員獎勵計劃  
Jockey Club Athlete Incentive Awards Scheme

與大專院校合作  
精英運動員學習計劃  
Elite Athletes Study Programme in Collaboration with Tertiary Institutions

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

夥伴學校計劃（中學教育）  
Partnership School Programme for Secondary Education

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

## 運動員住宿及社交支援 Athlete Residence and Social Support

運動員宿舍  
Athlete Hostel

社交及福利支援  
Social & Welfare Support

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# 賽馬會精英運動員事業發展計劃 Jockey Club Elite Athlete Career-Path Programmes



# 賽馬會精英運動員教育支援計劃

## Jockey Club Elite Athlete Education Support Programmes

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

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

#### 合資格申請運動員

- ✓ 任何全職或兼職精英或青少年的獎學金運動員均合乎資格申請，而該申請必須由總教練推薦簽署方會接受處理

#### 支援服務內容

1. 申請獲批准的運動員，將在學術課程或掌握語言能力上獲得補習支援。詳情請聯絡運動員事務部。
2. 運動員應以不多於3個科目訂立補習安排。
3. 全職運動員視乎學習需要和效果，將會安排個人或小組補習（2-4人為一組）。
4. 兼職運動員只會安排小組補習。
5. 補習時間是依據兼職補習導師的時間表而作出安排。



#### 申請手續

1. 全職及兼職運動員可於1或4樓運動員事務部索取補習表格
2. 運動員於報名前，必須先徵得總教練的同意，連同填妥的申請表格交回運動員事務部

#### 備註

1. 退役運動員可於退出香港體育學院獎學金運動員計劃的1個月內提出申請補習服務，同時只享有1年為限的補習支援，由退出香港體育學院獎學金計劃日期起計算。

\* 以上申請資格及手續將定期作出檢討

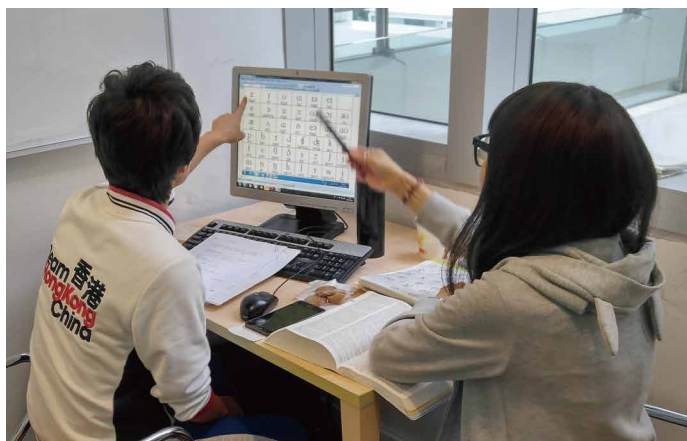
## 1.1 精英運動員補習支援計劃 Elite Athletes Tutorial Support Programme

### Eligibility

- ✓ Full-time and part-time elite and junior athletes will be eligible for application. Only applications with the recommendation of Head Coach will be handled.

### Content of Support

1. For approved application, athletes will be supported in academic course work or in mastering language proficiency. Please contact Athlete Affairs Department for details.
2. Athletes are strongly advised to take 3 subjects at maximum to develop your tutorial plan.
3. Full-time athletes will be provided with individual or group tutorial (i.e. 2-4 athletes per group) depending upon the learning needs and effectiveness.
4. Part-time athletes will be provided with group tutorial only.
5. Tutorial hours are not guaranteed since services are always subject to part-time tutor time availability.



### Application Procedure

1. Full-time and Part-time athletes can obtain the application form for tutorial services 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 to the Athlete Affairs Department for further process of the application.

### Remarks

1. Retired athletes will also be considered for support but athletes are required to submit application within one month upon the withdrawal from HKSI Scholarship Programme and the support period not more than 1 year following the withdrawal date.

\* The above criteria and procedures are subject to review periodically

## 1.2 精英運動員進修資助（第一及二級別） Elite Athletes Continuing Education Subsidy (Level 1 & 2)

### 合資格申請運動員

- ✓ 全職及兼職精英及青少年運動員
- ✓ 需得到總教練批准
- ✓ 資助級別：
  - 第一級別：須於青少年比賽中獲得精英評分3分或以上的運動成績
  - 第二級別：須於成年比賽中獲得精英評分3分或以上的運動成績

### 支援服務內容

為合資格的運動員提供進修資助，合資格的申請人可獲：

- 第一級別：發還全年課程費用的4成，或上限HK\$10,000（以數額較低者為準）；
- 第二級別：發還全年課程費用的8成，或上限HK\$20,000（以數額較低者為準）。

### 可獲接受申請的課程

1. 有系統的結構性課程，包括證書、文憑、高級文憑、副學士、學位及碩士課程
2. 中學課程
3. 與體育有關的課程（如NSCA-CPT或HKPFA）、語文課程及海外考試課程（如TOEFL、IELTS、SAT）及專業培訓課程（如LCCI或ACCA）
4. 網上及遙距學習課程
5. 其他與運動員未來職業發展相關的課程

### 申請手續

1. 運動員可於每年兩個時段（通常是7月或11月）遞交申請。
2. 申請應於上述其中一個時段遞交。
3. 合資格的運動員每年只可遞交一次申請，每次只會資助一個課程。
4. 運動員必須在申請限期前，向運動員事務部提交已填妥的申請表、學費單正本、成績表及相關的資料。

### 備註

1. 以下申請將不獲考慮：
  - (1) 運動員所申請的課程已獲全數學費資助；
  - (2) 運動員未能在提交申請的課程中取得合格證明。
2. 運動員必須每年作出申請。
3. 申請人須在就讀有關課程時，已取得香港體育學院獎學金計劃運動員的資格。
4. 總教練可推薦退役運動員，意即退出香港體育學院獎學金計劃的運動員，申請此支援。申請人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。

\* 以上申請資格及手續將定期作出檢討



## 1.2 精英運動員進修資助（第一及二級別） Elite Athletes Continuing Education Subsidy (Level 1 & 2)

### Eligibility

- ✓ Full-time and part-time elite and junior athletes
- ✓ With the approval of Head Coach
- ✓ Level of subsidy:
  - Level One: Athletes who have achieved Elite Vote Score point 3 level or above at Junior Level Competitions
  - Level Two: Athletes who have achieved Elite Vote Score point 3 level or above at Senior Level Competitions

### Content of Support

Both academic and vocational programmes will be supported to meet the specific needs of athletes.

**Level One:** Reimbursement of 40% of tuition fees, subject to a maximum sum of HK\$10,000 whichever is the less.

**Level Two:** Reimbursement of 80% of tuition fees, subject to a maximum sum of HK\$20,000 whichever is the less.

### Type of Reimbursable Course

1. Structured courses including certificate, diploma, higher diploma, associate degree, bachelor degree and master degree, etc.
2. Sport related course (e.g. fitness course or personal trainer programme), test preparation courses (i.e. TOEFL, SAT, IELTS etc.) and professional training courses (e.g. LCCI and ACCA)
3. Secondary school education programmes
4. Virtual school and distance learning courses
5. Other courses directly related to athletes' career development

### Application Procedure

1. Application will be accepted TWICE each year, in around July and November.
2. Application should be submitted in either one aforesaid application period only.
3. Athletes can only receive support through the Subsidy for ONLY ONE course/programme and ONCE A YEAR for each successful application.
4. Completed application form together with annual tuition fee receipt (original copy), academic transcripts and/or further information should be submitted to the Athlete Affairs Department on or before the deadline specified in the application form.

### Remarks

1. The applications will not be considered if:
  - (1) Athletes have already received other scholarship schemes, grants and/or loans in full payment;
  - (2) Athletes have not completed the study programme (fail to achieve a pass result).
2. Athletes are required to submit application for approval each year.
3. All education programmes/training courses should commence after the applicant has attained the eligibility as HKSI Scholarship Athlete.
4. Head Coach can recommend retired athletes who have withdrawn from the HKSI Scholarship Scheme for application and applicants should complete the study programme and submit application within the support grace period which is 1-year at maximum following the withdrawal date.

\* The above criteria and procedures are subject to review periodically

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

### 支援服務內容

運動員若成功入讀「香港體育學院夥伴學校計劃」（見頁14），合資格運動員可獲學費資助，金額為實際學費支出，上限為每年HK\$30,000。目前共有4間夥伴學校參與「香港體育學院夥伴學校計劃」，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，為合資格運動員提供高中教育課程。

### Content of Support

Athletes who have been successfully enrolled to the “HKSI Partnership School Programme” (see page 14) will be provided a scholarship equivalent to the tuition fees capped at HK\$30,000 per year based on the actual tuition fee. Under the HKSI Partnership School Programme, a total of 4 Partnership Schools are currently providing senior secondary education programme for eligible athletes, namely Lam Tai Fai College, Sha Tin College, Renaissance College and King George V School of English Schools Foundation (ESF).



# 賽馬會精英運動員發展計劃

## Jockey Club Elite Athlete Development Programmes

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

### 2.1 精英運動員個人發展計劃 Elite Athletes Personal Development Programmes

#### 合資格申請運動員

- ✓ 全職及兼職精英、青少年及有潛質的運動員
- ✓ 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。

計劃分為三部分：

**第一部分：**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

**第二部分：**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

**第三部分：**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



第一部分：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

第二部分：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
- ✓ 自僱人士之稅務概覽
- ✓ 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。

## 2.1 精英運動員個人發展計劃 Elite Athletes Personal Development Programmes

### Eligibility

- ✓ Full-time and part-time elite, junior and potential 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**

Each component focuses on basic knowledge and generic principles

1. Athlete Services Orientation
2. Self Understanding
3. Goal Setting
4. Time Management
5. Communication
6. Team Building

#### **Elite Athletes**

Each component is sport-specific and enhances professional capabilities

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

### 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.

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

### 合資格申請運動員

- ✓ 全職及兼職精英及青少年運動員
- ✓ 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

- ✓ Full-time and part-time elite and junior 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

# 其他運動員教育、職業及個人發展支援 Other Athlete Education, Vocational and Personal Development Support



### 3 其他運動員教育措施 Other Athlete Education Initiatives

體院與中學及大學合作為精英運動員提供適切教育支援，協調他們在「精英運動訓練」及「學習」兩方面，藉此確保運動員在不同階段的需要，得到支援的同時，為投入全職訓練作更好的準備。

In providing flexible and integrated education options, HKSI has cooperated with secondary and tertiary education sectors to cater for the athletes' needs across the whole life of their athletic career while preparing for training full time.

#### 3.1 與大專院校合作精英運動員學習計劃 Elite Athletes Study Programme in Collaboration with Tertiary Institutions

體院透過與各大專院校簽署合作備忘錄，取錄合資格的體院運動員入讀大專院校的課程，讓運動員投入訓練之餘，亦能兼顧學業。

HKSI has signed the Memorandum of Understanding with tertiary institutions for a range of collaboration in athlete education, including the admission of eligible athletes into the tertiary Institutions for athletes focusing on sports training while maintaining studies.

##### (I) 香港教育大學 健康教育（榮譽）學士學位課程 Education University of Hong Kong (EdUHK) Bachelor of Health Education (Honor) Degree Programme



HKSI has signed the Memorandum of Understanding with The Education University of Hong Kong (EdUHK) in 2014 for a range of collaboration in athlete education, including the nomination of full-time athletes for admission application to the Bachelor of Health Education (Honor) Degree Programme which is a part-time self-financed degree programmes suitable for full-time athletes.

體院透過與教大於2014年簽署的更緊密合作框架，可提名合資格的體院全職運動員，申請入讀教大健康教育（榮譽）學士學位課程，此課程為兼讀制自資學位課程，適合全職運動員修讀。





## (II) 香港中文大學 Chinese University of Hong Kong (CUHK)

體院透過與中大於2017年簽署的更緊密合作框架，可提名合資格的全職運動員，申請入讀中大本科全日制學士學位課程及中大專業進修學院所提供的高級文憑課程。

HKSI has signed the Memorandum of Understanding with The Chinese University of Hong Kong (CUHK) in 2017 to support the nomination of full-time athletes for admission application to full-time undergraduate programmes in CUHK and higher diploma programmes in the School of Continuing and Professional Studies, CUHK (CUSCS).



## (III) 香港浸會大學 Hong Kong Baptist University (HKBU)

體院透過與浸大簽署的更緊密合作框架，可提名合資格的全職運動員，申請入讀浸大本科課程。

HKSI has signed the Memorandum of Understanding with The Hong Kong Baptist University (HKBU) to support the nomination of full-time athletes for admission to all academic programmes.

### 3.2 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.

### 3.3 夥伴學校計劃（中學教育） Partnership School Programme for Secondary Education

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，提供度身訂造的高中課程，讓運動員一邊在體院訓練，同時在學校完成高中課程。此計劃已於2015/16年展開。

HKSI is running a Partnership School Programme starting from 2015/16 in collaboration with the Lam Tai Fai (LTF) College and ESF schools for athletes who would like to turn full-time training while maintaining their study at the senior secondary level at these partnership schools.



## 4 香港運動員基金 Hong Kong Athletes Fund

### 合資格申請運動員

- ✓ 必須為本港認可體育總會之現役或退役精英運動員（運動員可在其退役後2年內申請資助）
- ✓ 在遞交申請表時，須持有效香港身份證及最少居港3年
- ✓ 在截止報名前，該運動員須符合代表香港參與體育總會所認可之國際性比賽資格
- ✓ 在高級組別或大型賽事運動成績得到精英資助評分4分或以上，青少年的比賽成績並不計算在內。

### 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：

- **全日制長期課程**（為期1年或以上）：每年最高獲HK\$42,100及最長為期6年的資助。
- **兼讀制課程**：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**（為期不足1年）：每年最高資助額為HK\$10,000。

退役運動員如選讀長期全日制課程，可同時申請生活津貼，最高資助額為HK\$40,000，並根據課程年期最多可獲連續6年資助。於2012/13年度開始，如退役運動員選修全日制課程，資助年期延長至4年。

### 申請手續

基金每年接受2次申請，大約在每年7月及11月期間。申請表格可於香港體育學院網頁下載。

合資格運動員必須填妥申請表格，並於表格上列明的截止日期前，交回運動員事務部。

### 審查及批核

經精英培訓及運動員事務委員會批准，成功的申請者，其申請結果於10月及翌年的3月公佈。

## 4 香港運動員基金 Hong Kong Athletes Fund

### Eligibility

- ✓ Senior current or retired athletes (Athletes will have a grace period of 2 years following retirement during which to apply for grants) of a recognized National Sports Association
- ✓ Resided in Hong Kong for a minimum of 3 years at the time of application
- ✓ Eligible to represent HK in competitions
- ✓ Athletes achieved at elite vote point 4 or above at senior level at major competitions. Results of junior level competitions will not be considered.

### Content of Support

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

- **Full-Time Course** (1 year duration or longer): A maximum of HK\$42,100 per year for a maximum of 6 years.
- **Part-Time Course**: 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** (less than 1 year duration): A maximum of HK\$10,000 per year.

A maximum of HK\$40,000 subsistence allowances may be provided to retired athletes if the application for a full-time study programme is approved. A maximum of 6 years subsistence allowance will be provided to the successful recipients.

### Application Procedure

Applications will be accepted TWICE each year, in around July and November. Application forms can be downloaded from the HKSI website. Athletes are required to submit their completed application to the Athlete Affairs Department no later than the deadline as specified in the application form.

### Vetting and Approval

With the approval of the Elite Training and Athletes Affairs Committee of HKSI, successful applicants will be informed of the results of their applications in October and March of the following year.

## 4.1 青年運動員獎學金 Youth Athletes Scholarship Award

### 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：

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

經由精英培訓及運動員事務委員會確認後，得獎運動員將會個別得到通知。

### 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:

### Vetting and Approval

Successful recipients will be informed of their award result following the approval by the Elite Training and Athletes Affairs Committee of HKSI.

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

### 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
- ✓ 運動員必須居港至少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	2017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 Years or more
獲取之精英評分 EV Score attained			
4分 points	6個月months (HK\$198,240)	8個月months (HK\$264,320)	10個月months (HK\$330,400)
5分 points	8個月months (HK\$264,320)	10個月months (HK\$330,400)	12個月months (HK\$396,480)

### 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。

### 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.

## 5 精英教練工作體驗計劃 Elite Coaching Apprenticeship Programme

### 合資格申請運動員

- ✓ 準備在2年內退役的香港體育學院精英運動員，而且獲總教練及總會推薦批准
- ✓ 香港體育學院獎學金運動員最少8年全職訓練或以上
- ✓ 曾在高級組別成績得到精英資助評分3分或以上

### 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、強積金、勞工假期及年假的權益。

在正常情況下，運動員將於完成計劃後2年內退役。如有任何特殊情況，例如於此計劃後繼續運動員生涯，必須由總教練提供充分理由並獲總會認可及得到體院管理層批准。

### 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。



## 5 精英教練工作體驗計劃 Elite Coaching Apprenticeship Programme

### Eligibility

- ✓ Elite athletes who have a plan to retire from their sports within 2 years, as endorsed by the Head Coach and NSA
- ✓ A minimum of 8 years full-time training as a HKSI Scholarship Athlete
- ✓ Has achieved elite vote level point 3 or above at senior level

### 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, MPF employer's contribution, statutory holidays and annual leave entitlement.

Under normal circumstances, the athlete will retire after completing the Programme within 2 years. If athletes would like to resume their elite training after the Programme, full justification should be provided by the Head Coach and endorsed by the NSA for application and approval should be sought from the HKSI Management.

### 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.





## 6 「學校體育計劃推廣主任」計劃 School Sports Programme Coordinator Scheme

由民政事務局及教育局主辦、康樂及文化事務署和香港體育學院協辦的「學校體育計劃推廣主任」先導計劃於2012年起推行，一方面為加強推廣校園體育文化，另一方面為退役運動員提供在職培訓平台，協助他們發展事業。

為鼓勵退役運動員擔任推廣主任工作，加強推動校園體育文化，新一期3年計劃（2015年9月至2018年8月）設有名額23個，供退役運動員申請。參加者必須為退役運動員，具中學程度，並曾接受最少2年香港代表隊訓練及代表香港參加國際賽事。體院將負責招募退役運動員，並於計劃期內為推廣主任提供職前和在職培訓及指導。

Organised by Home Affairs Bureau and Education Bureau and co-organised by Leisure and Cultural Services Department and Hong Kong Sports Institute, the School Sports Programme Coordinator (SSPC) Pilot Scheme has been launched since 2012, with an aim to enhance the sporting culture in schools by providing more opportunities for students to take part in sports activities as well as serving as a career training platform for retired athletes.

In order to encourage retired athletes to serve as the SSPCs and enhance the sporting culture in schools, the Scheme continued to recruit 23 retired athletes for three years from September 2015/16 to August 2017/18. Applicant must be a retired athlete with secondary education level, who has received training at least 2 years under Hong Kong National Team and has represented Hong Kong to participate in international competitions. To this end, HKSI will be responsible to recruit retired athletes and provide the SSPCs with pre-service training and on-the-job training during this term of 3-year services.





# 運動成就獎勵計劃 Incentive Programme for Sporting Achievements



## 7 傑出青少年運動員選舉 Outstanding Junior Athlete Awards

### 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**（包括團體組別）
  - 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
- 於取得其參選成績時，最少半數隊員年齡在19歲以下，其隊際項目成績才會獲考慮



### 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）
- ✓ 對該項運動的投入程度及成績的改善進度

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。

### 獎項內容

- ▲ **個人運動項目**（包括團體組別）  
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。
- ▲ **以下運動員將獲頒發優異證書乙張**
  - 1) 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
  - 2) 運動員如刷新香港紀錄（必須是成年組的紀錄）

### 參選辦法

提名以季度形式進行：

第一季：1月至3月；

第二季：4月至6月；

第三季：7月至9月；以及

第四季：10月至12月。

所有提名必須於提名表格上列明之截止日期前交到運動員事務部。

## 7 傑出青少年運動員選舉 Outstanding Junior Athlete Awards

### Eligibility

- ✓ Nominee should hold a Hong Kong Identity Card and reside in Hong Kong for at least 3 years
- ✓ Nominee should be recommended by his/her respective National Sports Association
- ✓ Each NSA can nominate candidate(s) in the following nomination award categories every quarter:
  - Individual Sport** (including 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 Sport**
    - a maximum of 1 team
    - at least 50% of the team members are under the age of 19 on the date of performance

### 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
- ✓ Commitment to his/her sport and improvement in performance

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

### Content of the Award

#### ▲ **Individual Sport (including 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 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, respectively.

#### ▲ **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).

### Nomination Procedure

Nomination will be accepted on a quarterly basis, i.e. first quarter (January to March), second quarter (April to June), third quarter (July to September) and fourth quarter (October to December).

All nominations should be submitted to the Athlete Affairs Department no later than the deadline as specified in the nomination form.

## 8 賽馬會優秀運動員獎勵計劃 Jockey Club Athlete Incentive Awards Scheme

### 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（殘奧會）
- ✓ 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：

比賽 Game 獎牌 Medal	奧運會 OG	亞運會 AG	世大 WUG	全運會 NG	殘奧會 PG	亞殘運 APG
<b>個人 Individual</b>	(HK\$)	(HK\$)	(HK\$)	(HK\$)	(HK\$)	(HK\$)
金牌 Gold	3,000,000	400,000	250,000	150,000	400,000	54,000
銀牌 Silver	1,500,000	200,000	125,000	75,000	200,000	27,000
銅牌 Bronze	750,000	100,000	50,000	30,000	100,000	13,500
<b>隊際 Team</b>	(HK\$)	(HK\$)	(HK\$)	(HK\$)	(HK\$)	(HK\$)
金牌 Gold	4,200,000	800,000	350,000	210,000	560,000	108,000
銀牌 Silver	2,100,000	400,000	200,000	120,000	280,000	54,000
銅牌 Bronze	1,050,000	200,000	100,000	60,000	140,000	27,000

### 審查及批核

經由精英培訓及運動員事務委員會確認後，將會通知得獎運動員/所屬體育總會。

### 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)

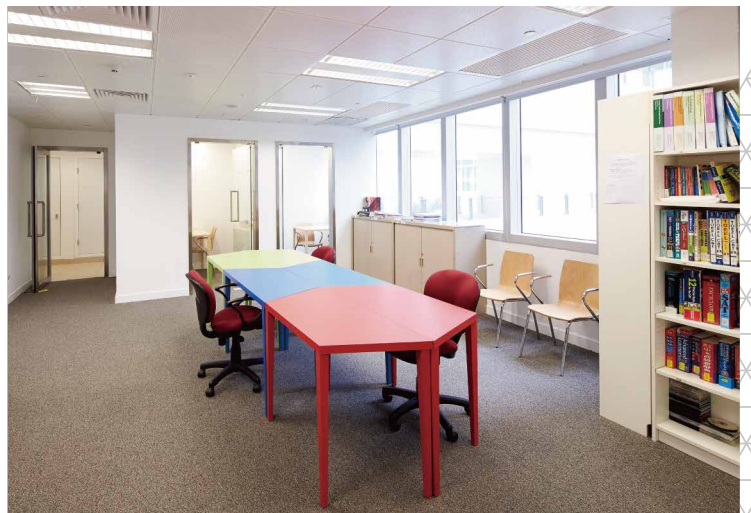
### Content of the Award

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

### Vetting and Approval

Successful recipients/NSA will be informed following the approval by the Elite Training and Athletes Affairs Committee of HKSI.

# 運動員住宿及社交支援 Athletes Residence and Social 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370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。

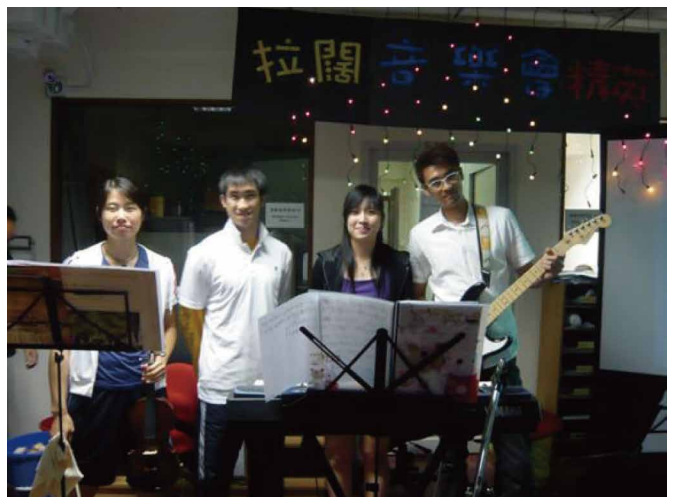
With accommodation up to 370 athletes, the new athlete hostel has been in operation since September 2013 and actually the hostel is a new comfortable home for elite athletes in order to help them focus on training to achieve their best at every major competition.



## 10 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、兼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。

#### 兼職運動員

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:  
查詢：  
Enquiry:

香港體育學院精英訓練資助評核準則2017-2018  
HKSI Elite Training Grant Criteria 2017-2018  
精英培訓行政部  
High Performance Administration Department  
電話Tel.: (852) 2681 6359  
電郵 Email: etg@hksi.org.hk



**HONG KONG  
SPORTS INSTITUTE**  
香港體育學院

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](http://www.hksi.org.hk)

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