

港鐵青少年暑期計劃 'Train' 出光輝每一程

MTR Summer Youth Programme 'Train' for Life's Journeys

成就 • 共融 • 夢想

Achievement • Inclusion • Dream



協辦機構 Co-organiser



循道衛理中心  
Methodist Centre

 train  
出光輝每一程

# 計劃一覽 PROGRAMME OVERVIEW



年青人是未來的領導者、創新者和變革者。港鐵公司一直致力推動年青人的發展機遇，自2009年起舉辦以中學生為對象的「Train」出光輝每一程」暑期計劃，透過一系列活動，為學生提供獨特的學習旅程，釋放他們的潛能，啟導他們思考未來及展開生涯規劃，為自己和社區創造光明前路。

Youth is our future leaders, innovators and transformers. MTR Corporation strives to promote advancement and opportunities for youngsters through our summer programme 'Train' for Life's Journeys for secondary school students since 2009. Through a series of activities, we provide students with extraordinary learning experience to unleash their potential, inspire their future life planning, thus helping them thrive with the communities.

配合港鐵公司的三大社會及環境目標：(1) 社會共融，(2) 發展及機遇以及(3) 減少溫室氣體排放，今年計劃的主題是「成就 • 共融 • 夢想」，我們希望鼓勵來自不同文化背景的學生參與活動，藉著互相認識、交流及合作，在學習旅程之中體驗多元共融的精彩。面對「新常態」，我們致力讓下一代裝備必要的技能，在多變、不確定與複雜的世界中茁壯成長。

To echo the three social and environmental objectives of MTR Corporation, namely (1) Social Inclusion, (2) Advancement and Opportunities, and (3) Greenhouse Gas Emissions Reduction, the theme of this year's programme is "Achievement • Inclusion • Dream". We encourage students from different cultural backgrounds to participate in the activities, communicate and collaborate to experience the brilliance of diversity and inclusion throughout the learning journey. Amidst the "New Normal", we endeavour to equip our next generation with essential skills and abilities to thrive in a volatile, uncertain and complex world.

**對象** 2021-22學年 / 中三至中五學生

**Audience** 2021-22 Academic Year / Secondary 3-5 Students

## 目標 OBJECTIVES



# 活動詳情 **ACTIVITY\*** DETAILS



## 日期 Date

八月中至下旬  
Mid to Late August

## 內容 Content

工作坊 (2天)、歷奇體驗 (1天)、港鐵工作體驗 (2天) 及結業禮  
Workshops (2 Days), Experiential Adventure (1 Day), MTR Job Tasting (2 Days),  
Closing Ceremony

## 形式 Format

計劃為實體活動，以分組形式進行，每組由社工擔任組長，並由港鐵同事擔任師友  
Face-to-face programme in the format of groups, led by social workers and with  
MTR staff as mentors

## 語言 Language

以廣東話為主，活動資料為中英雙語，工作人員會按需要以英文促進交流  
Mainly in Cantonese, with bilingual information for activities, the crew will facilitate  
communication in English as needed

- \* 港鐵公司將贊助是次計劃之所有費用，包括活動舉行期間的港鐵車程。
- \* 活動安排有機會因疫情作出調整或改為網上活動。港鐵公司及循道衛理中心將適時審視並公佈詳情。

- \* All programme costs will be sponsored by MTR, including MTR rides between activities.
- \* Programme arrangement might be adjusted or changed to online activities depending on the pandemic situation. MTR and Methodist Centre will review and announce the details when appropriate.

# 2022 計劃時間表 **2022 PROGRAMME TIMETABLE**



# 嘉許計劃 RECOGNITION SCHEME

此計劃設立獎項以嘉許積極參與及投入學習的學生：

- 出席率達八成以上的參加者可獲頒發列明「其他學習經歷時數」的證書
- 獎項包括「最傑出學員獎」、「我最喜愛組員獎」、「最具潛能學員獎」及「最佳作品演繹獎」，得獎學生將獲頒獎狀及獎品，以示鼓勵

This programme offers awards to commend students who actively participate and immerse themselves in learning:

- Participants with 80% or above attendance will receive a certificate specifying their "other learning experiences hours"
- Awards include "Outstanding Student Award", "Our Favourite Team Member Award", "Most Outstanding Student Award", and "Presentation Award". Certificates and prizes will be presented to awardees for encouragement



## 2022計劃內容 2022 PROGRAMME INTRODUCTION

### 成就 Achievement

#### 港鐵工作體驗

- 由來自不同專業範疇的港鐵職員講解日常工作，讓學生探索並體驗不同的港鐵工作崗位和運作，了解所需技能及發掘個人興趣，為其生涯規劃過程提供啟導及支援
- 透過了解不同人士的乘車經驗，培養學生的同理心

#### 歷奇體驗

- 設有多項歷奇活動及團隊遊戲，協助學生提升自信心、解難能力及溝通技巧，擴大人際網絡及發揮團隊精神



#### MTR Job Tasting

- MTR staff members from various fields of profession will introduce their daily work, allowing students to explore and experience different job positions and operations of MTR, understand the required skill sets and identify personal interests, providing enlightenment and support for their life planning process
- The programme also aims to cultivate a sense of empathy in students through understanding the MTR travelling experience of different stakeholders in the community

#### Experiential Adventure

- The programme provides various adventure and team building activities to enhance the confidence, and problem-solving and communication skills of students, as well as to expand their personal network and build team spirit



# 共融 Inclusion



## 建立共融社區

- 我們鼓勵來自不同文化背景的同學參與活動，互相尊重、了解並欣賞多元文化
- 「親親社區」由社工安排探訪社區不同群體，例如視障、聽障、傷健人士和無家者等
- 讓學生走入社區，培育同理心，關愛有需要人士及建立共融社區

## Building an inclusive community

- We encourage students from different cultural backgrounds to join the programme with mutual respect, and to understand and appreciate diverse cultures
- “Embracing the Community” will be arranged by social workers for participants to visit different groups in the community, such as the visually and audibly impaired, disabled, and homeless persons
- We walk into the community with students to cultivate their sense of empathy and care about the need for building an inclusive community

# 夢想 Dream

## 行業逐個 look

- 透過職業性向的講解及分析，讓學生了解自己的興趣及專長，為職涯規劃作準備
- 由不同行業的人士分享日常工作情況，學習行業相關技巧和知識，了解入行條件及晉升階梯

## 學以致用、融匯貫通

- 結業禮由歷屆畢業生及現屆參與計劃的學生共同籌備，將他們在計劃中所學應用於項目管理及活動統籌上，並透過表演及不同形式作出分享



## Career Sharing

- Through career orientation analysis, students can understand their interests and strengths, and get prepared for career planning
- Professionals from different industries will share about their day-to-day work for the students to understand the entry requirements and career ladder

## Applying the learnings

- The closing ceremony will be organised jointly by the alumni and participants of the programme, who will apply their learnings on project management and offer sharings through performances and various forms of expression



# 2021年度活動回顧 2021 PROGRAMME REVIEW

2021年是港鐵「Train' 出光輝每一程」舉行的第13年，主題為「探索、了解、共融」。在疫情的影響下，暑期活動以網上方式舉行，但活動形式並無阻參加者的熱誠，過百名就讀中三至中五的學生在4天的旅程中均積極參與各項活動。為了讓同學們獲得更多實踐機會，並體現社會共融的理念，我們更推出了為期4天的冬季特別活動，讓近40位於過去兩年參與網上活動的學生實地參觀交流。兩次活動涵蓋了豐富的內容，包括生涯規劃、逆境下的靜觀練習、由多個非政府社區服務機構安排的工作坊和分享會，以及港鐵工作分享和體驗。

透過這些多元化的活動，參加者得以提升個人潛能，並以同理心感受社會各界的需要，經歷了一次不平凡的學習旅程。相信他們在未來的日子定能發揮所長，創造更美好的明天。

2021 is the 13th year since the launch of MTR's 'Train' for Life's Journeys summer programme, with the theme "Exploration, Understanding, Inclusion". Under the impact of the pandemic, the summer programme was held online, participants' passion was unshakable regardless of the format. Over 100 S3 - S5 secondary school students actively participated in various activities throughout the 4-day journey. To provide students with more practical experience and to promote social inclusion, we rolled out another 4-day winter special programme, around 40 participants selected from the online version over the past two years joined MTR site visits and interacted in person. Both the summer and the winter programmes covered diversified activities, including life planning workshops, mindfulness practice in times of adversity, workshops and sharing sessions arranged by non-governmental organisations, as well as MTR job sharing and tasting.

Through these activities, participants were able to unleash their potential, understand the community needs with empathy, and enjoy an extraordinary learning journey. We believe that they will surely grow and contribute their strength for a brighter future.



各個非政府社區服務機構與學生分享，讓他們了解社會上不同人士的需要，建立共融社區。

Non-governmental community service organisations shared with the students, to promote understanding of different stakeholders' needs in the society, for building an inclusive community.

學生們參觀了港鐵學院、香港西九龍站、宋皇臺站、屯門車廠以及小蠔灣車廠。除了進行模擬駕駛訓練，參加者更深入探索車站及車廠的運作。港鐵的見習人員也擔任師友，與學生們分享升學和事業發展的心路歷程。

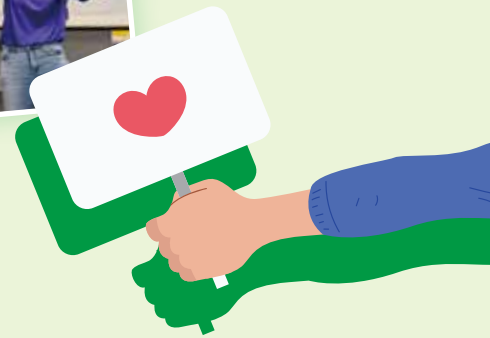
Students visited MTR Academy, Hong Kong West Kowloon Station, Sung Wong Toi Station, as well as Tuen Mun Depot and Siu Ho Wan Depot. Apart from having a train cab simulator driving experience, participants explored station and depot operations in detail. MTR trainees and associates served as mentors to share with the students their journeys in pursuing academic and career development.





學生們到訪多個非政府社區服務機構，包括香港盲人輔導會、語橋社資、自強協會，以及基督教關懷無家者協會。參加者了解到視障、聽障、傷健人士和無家者的需要，並向他們表達關愛，為建立共融社區出一分力。

Students visited a number of non-governmental organisations including The Hong Kong Society for the Blind, SLCO Community Resources, 1st Step Association, and Christian Concern for the Homeless Association. They experienced the needs of the visually and hearing impaired, disabled, and homeless persons, and also showed their care to them for building an inclusive community.



## 參加者感言 PARTICIPANTS' FEEDBACK

### 林靖恩 Lam Ching Yan Chloe

王肇枝中學中四學生  
Wong Shiu Chi Secondary School S4 Student

整個計劃每一個活動都好好玩、好有意義。以參觀屯門輕鐵車廠為最享受的一日，我們有機會試用輕鐵模擬駕駛器。而「親親社區」為最有意義的一日，令我知道原來社區中仍有不少弱勢社群，需要我們彼此尊重，以減少歧視的氣氛出現在社區中。



Each activity of the programme was of great fun and meaningful. We had the most enjoyable day visiting Tuen Mun Depot, with the chance to try out the Light Rail train cab simulator. The day of "Embracing the Community" was the most meaningful, it made me realise there are many underprivileged groups in the community and our mutual respect is needed to reduce discrimination in our society.

### 李芷穎 Lee Tsz Wing Jacie

協恩中學中四學生  
Heep Yunn School S4 Student

我參觀了車廠，又體驗到車長每日的工作，發現日常乘搭的港鐵並不是想像中簡單，背後原來有不同的專業人士支援著港鐵每天的運作，以後乘搭港鐵真的也要再細心留意下啊！



After visiting the depots and experiencing the day-to-day work of train captains, I realised that my usual MTR journeys are not as simple as I imagined, and the daily operations are supported by professionals in various areas. From now on, I will pay more attention when I take MTR!



## 蘇宏豐 Su Wang Fung

中華傳道會劉永生中學中五學生  
Christian Nationals' Evangelism Commission  
Lau Wing Sang Secondary School S5 Student

我特別感謝港鐵給予我們這個寶貴的機會。我從中學習了很多，包括職業規劃、團隊協作，並到訪非政府組織。

I would like to specially thank MTR Corporation for offering us this precious opportunity. I learnt a lot, such as career planning, team collaboration and visited different NGOs.



## 梁加祈 Leung Ka Ki

2021計劃同行者  
2021 Programme Alumni Helper

闊別了「'Train' 出光輝每一程」這個大家庭2年了，今次是我第二次以同行者身份參加這個計劃。我很感謝這個計劃提供一個平台讓我能再次參與港鐵公司的活動以及在「親親社區」的活動中探訪不同機構。更讓我難忘的是，從認識不同參加者的過程中，學懂互相溝通和與人合作，還記得我們一起參觀車廠、一起參與人生規劃遊戲、一起拍微电影等等... 豐富了我的青葱歲月。



Being away from the big family of 'Train' for Life's Journeys for two years, this is my second time joining the programme as an alumni helper. I am grateful that this programme offered a platform for me to join MTR's event again and I was able to visit different organisations during the "Embracing the Community" activities. The most unforgettable part is the process of getting to know different participants, from whom I learned how to communicate and collaborate with others. I still vividly remember when we visited depots, participated in life planning games, and shot the minimovie together, all of these have enriched my teenage life.

# 港鐵師友感言 Mentors' Feedback

## 陳婉欣 Cathy Chan

企業傳訊經理 - 項目及工程拓展  
2021計劃港鐵師友  
Corporate Communications Manager -  
Capital Works  
2021 Programme MTR Mentor

這個計劃讓我有機會與年青人分享我在港鐵新鐵路項目的工作及體會，希望我的分享可以加深同學對企業傳訊工作的認識，讓他們獲得啟發，及早裝備自己，規劃未來發展。

This programme has provided me with the opportunity to share with the youth about my work and experience on MTR's new railway projects. I hope that my sharing strengthened students' understanding of corporate communications career and enlightened them to get prepared earlier for their future development.

## 夏繹惠 Tiffany Ha

見習管理人員  
2021計劃港鐵師友  
Graduate Trainee  
2021 Programme MTR Mentor

參與活動的年青人都來自不同的背景，但一樣對未來有憧憬和抱負。我很慶幸能見證他們的成長，由質疑自己到展現自信。希望他們可以堅持自己的目標，努力前進。

The youngsters who joined the programme came from different backgrounds, but they have one thing in common – possessing vision and ambition for the future. I'm glad to witness their growth, from doubting themselves to demonstrating confidence. I hope they can persist and strive for their goals.



## 黃家明 Horace Wong

高級站長  
2021計劃港鐵師友  
Senior Station Master  
2021 Programme MTR Mentor

十分高興可以為參加計劃的同學分享我的工作，以及港鐵的車站營運。我希望同學們能從中找到自己的理想，在未來的路途上繼續發光發亮。加油。

I'm delighted to share about my career and MTR's station operations with the students participating in this programme. I hope they can all find their own ambition and continue to shine as they work their way into the future.

## 黃元灝 Sam Wong

會計主任 - 企業資源規劃系統變革  
2021計劃港鐵師友  
Accountant - ERP Transformation  
2021 Programme MTR Mentor

在第一天和學生們交流，我已經非常欣賞他們的活力和正能量。很開心可以跟他們談天說地，互訴心底話。但願這段難忘的經歷可以鼓勵他們探索並突破自己，創造更好的明天。

From the moment I met the students, I was impressed by their energy and positivity. I'm glad that we were able to share our thoughts on a wide range of topics, and I hope that this unforgettable experience would motivate the students to do some soul-searching and create a better tomorrow.



## 查詢及報名 Enquiry and Application

 循道衛理中心 Methodist Centre  
9133 7521 / 9162 7507  
www.trainforlifsjourneys.com

 港鐵「Train'出光輝每一程」  trainforlifsjourneys