





●● Every child
deserves to thrive

讓每一個孩子都能
茁壯成長 ●●



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ABOUT LEAP 關於生活教育活動計劃

Established in 1994, Life Education Activity Programme (LEAP) is a registered charity dedicated to providing internationally recognised health-based preventive education programmes for students in kindergarten, primary, secondary, and special needs education. Our initiatives are endorsed by the Education Bureau, the Narcotics Division of the Security Bureau, and the Tobacco and Alcohol Control Office of the Department of Health. The Honourable John Lee Ka-Chiu, GBM, SBS, PDSM, PMSM, the Chief Executive of the Hong Kong SAR, is our patron.

The first Life Education Centre was established by the Reverend Ted Noffs in Sydney in 1979. Since then, the concept has flourished, extending its reach across Australia and internationally. Today Life Education operates in Barbados, Cyprus, Finland, Hong Kong, Hungary, Macau, New Zealand, the UK, and the USA.

At LEAP, we are dedicated to equipping students with vital life skills and knowledge that empower them to make informed, positive choices. Our comprehensive curriculum is built around three key focus areas:

1. **Physical Health:** Encouraging fitness and overall well-being.
2. **Social and Emotional Health:** Cultivating healthy relationships and emotional resilience.
3. **Personal Safety:** Promoting awareness and strategies for safeguarding oneself.

These areas of focus work together to foster a holistic understanding of health and well-being.

For over 30 years, LEAP has delivered its Primary Programme through specially designed mobile classrooms that traverse the territory, offering a unique learning experience. Equipped with audiovisual technology, the classrooms create a relaxed and intimate environment conducive to children's enjoyment and open discussion.

Currently, LEAP operates a fleet of eight mobile classrooms along with a Static Centre located at its headquarters in Lai Yiu. All facilities are outfitted with Augmented Reality (AR) and Kinect technologies, ensuring students engage in a dynamic learning experience that seamlessly integrates technology, enjoyment, and valuable knowledge.

LEAP also runs a Secondary Programme, a Special Needs Programme and a Parent Programme aimed at equipping parents with knowledge and parenting skills to help their children establish correct values.

LEAP has proudly achieved its strategic goal of reaching 25% of the primary and 10% of the secondary student populations in Hong Kong. We remain dedicated to expanding our reach, aiming to deliver our programmes to even more children and young people in the future.

生活教育活動計劃 (LEAP) 於 1994 年在香港成立，是一間註冊慈善機構，專為幼稚園、小學、中學及特殊教育學生，提供一套國際認可的健康生活及預防教育課程。課程獲教育局、保安局禁毒處及衛生署控煙酒辦公室的認可，香港特別行政區行政長官李家超先生亦是 LEAP 的贊助人。

首間生活教育中心由 Ted Noffs 牧師於 1979 年在澳洲悉尼創辦。此後，這理念迅速在澳洲各地推廣，並擴展至全球多個地區。現時生活教育已遍及巴巴多斯、塞浦路斯、芬蘭、香港、匈牙利、澳門、新西蘭、英國及美國等地。

LEAP 致力為兒童及青少年提供健康為本的預防教育課程，賦予他們做出更安全、更明智的抉擇能力。課程內容涵蓋三大範疇：

1. **身體健康** —— 推廣強健體格及全面的身體健康；
2. **社交及情緒健康** —— 建立在日常生活中的解難及抗逆能力，培養健康的人際關係；
3. **人身安全** —— 提高安全意識及自我保護技巧。

這三大範疇相互結合，是達成全人健康不可或缺的要素。

30 年來，LEAP 透過設計獨特的流動課室，將生活教育課程帶進全港各區的小學。流動教室配備完善，營造輕鬆愉快的學習環境，讓學生積極參與課堂討論。

LEAP 現有八所流動教室，及一所位於麗瑤邨的固定教育中心。為配合科技發展，LEAP 已全面引入擴增實境 (AR) 和體感 (Kinect) 技術，讓學生享受結合科技、趣味與知識的嶄新學習體驗。

此外，LEAP 亦為中學、特殊教育學校及家長提供服務，裝備家長育兒知識及技巧，協助他們培養子女建立正面價值觀與態度。

LEAP 每年服務全港 25% 的小學生以及 10% 的中學生，我們致力擴展服務，讓更多學生受惠於 LEAP 的課程，並繼續朝這目標努力。

Our Mission

To equip children and young people with essential life skills and knowledge to make informed and positive choices through health-based preventive education programmes.

我們的使命

透過健康為本的預防教育課程，裝備兒童及青少年生活技能和知識，讓他們做出正面及明智的抉擇。

PEOPLE AT LEAP

生活教育活動計劃成員

PATRON

The Honourable John Lee Ka-Chiu, GBM, SBS, PDSM, PMSM
Chief Executive of the Hong Kong Special Administrative Region

CHAIR

Patricia Hwang Wai Tung

VICE CHAIR

Kerry McGlynn

TREASURER

Philip Hilliard (until July 2024)

SECRETARY

Bernadette Mak Lomas

DIRECTORS

Pauline Chan Lo Po Ling
Tammy Fan Goh Kwai Fong
Billy Lam Chung Lun, GBS, JP
Emma Smith
Richard Tang Yat Sun, SBS, JP
Brenda Wu Shuk Yin

LEAP HEALTH AMBASSADOR

Andy Lau Tak Wah

LEAP LIFE BUDDY

Vivienne Tam

贊助人

香港特別行政區行政長官李家超

主席

黃瑋彤

副主席

麥奇連

司庫

許利嘉 (至2024年7月)

秘書

麥潔貞

董事

陳羅寶靈
范葛桂芳
林中麟 GBS, 太平紳士
冼愛敏
鄧日樂 SBS, 太平紳士
鄔淑賢

健康大使

劉德華

愛生命之友

譚燕玉

EXECUTIVE DIRECTOR

Stephanie Choi Bo Ming

EDUCATION TEAM

Joyce Liu Hoi Shan, Head of Education
Joyce Chow Lam Yan, Education Manager
Vincent Chan Wai Kuen, Assistant Education Manager
Him Lam Chun Him, Senior Education Officer
Sam Wu Wang Kau, Senior Education Officer
Miranda Chan Chor Yin, Senior Educator
Esther Fong Mei Yin, Senior Educator
Tiffany Lam Lai Fan, Senior Educator
Sharon Pun Tsz Yan, Senior Educator
Kiko Tsang Lok Ting, Senior Educator
Catherine Chang Hiu Yu, Educator
Arion Chow Hiu Long, Educator
Joey Chui Mei Hoi, Educator
Karmen Chung Ka Man, Educator
Stephanie Tu Ho Yau, Educator
Christy Yeung Tak Wing, Educator

ADMINISTRATIVE TEAM

Nelson Chan Po Man, Accountant
Jessica Chan Ka Ying, Marketing Manager
Anita Lim Sheung Wai, Assistant Marketing Manager
Karen Fan Pik Ki, Marketing Officer
Maggie Lau Chi Wing, Administrative Officer
Danny Mok Yiu Keung, Caretaker / Driver

(As of December 2024 截至 2024 年 12 月)

總幹事

蔡寶明

教學團隊

廖海珊 - 課程主管
周藍恩 - 教育經理
陳偉權 - 助理教育經理
林俊謙 - 高級教育主任
吳宏球 - 高級教育主任
陳楚燕 - 高級教育幹事
房美言 - 高級教育幹事
林麗帆 - 高級教育幹事
潘梓恩 - 高級教育幹事
曾樂婷 - 高級教育幹事
鄭曉榆 - 教育幹事
鄒曉朗 - 教育幹事
崔媚凱 - 教育幹事
鍾嘉雯 - 教育幹事
堵可姜 - 教育幹事
楊德穎 - 教育幹事

行政團隊

陳步文 - 會計師
陳嘉瑩 - 傳訊及推廣經理
林湘維 - 助理傳訊及推廣經理
范碧琪 - 推廣主任
劉緻穎 - 行政主任
莫耀強 - 技工 / 司機

CHAIR'S REPORT

主席報告

Patricia Hwang Chair, LEAP
黃瑋彤 生活教育活動計劃主席



It is with great pleasure that I present to you the 2023-2024 Annual Report as Chair of Life Education Activity Programme. This year has been a momentous one for LEAP as we both celebrated our 30th anniversary and sought to further our mission of supporting the holistic development of children and young people in Hong Kong.

I am delighted to announce that during the 2023/24 academic year, LEAP made significant strides in broadening its influence and impact. Following the full reinstatement of our mobile classroom service in September 2023, LEAP engaged with a record total of 300 schools, connecting with nearly 94,000 students through in-person teaching. We also provided training and workshops for approximately 5,200 parents. These figures underscore our unwavering commitment to positively influencing the lives of young people and families, and we are committed to further extending our scope in the years ahead.

Amidst our achievements, we should also take a moment to acknowledge the loss that our organisation has suffered this year. We bade a sorrowful farewell to a valued Board member, Mr Philip Hilliard, who passed away in July 2024. Philip had been serving on the Board since 1994. His dedication, backing, and advocacy for LEAP have left a lasting imprint, and he will be greatly missed.

Recognising the challenging issues faced by our community, LEAP has taken proactive measures to tackle the alarming increase in youth suicide rates since September 2023 and the profoundly negative impact of COVID-19 on students' well-being. I am excited to announce the introduction of a new Social and Emotional Learning (SEL) Programme in the 2024/25 academic year. The SEL initiative aims to equip students with essential skills to cultivate healthy relationships, manage emotions, boost self-esteem, develop problem-solving skills, and prevent self-harm behaviour. We believe this new programme, along with our continued efforts, will play a pivotal role in fostering the social and emotional well-being of young people in Hong Kong, instilling hope for a brighter future.

LEAP has been fortunate to receive steadfast support from numerous partners over the past 30 years, and I extend my heartfelt gratitude to each of them. I would like to express our deepest appreciation to our long-standing major sponsors, Swire and Cathay, the Hong Kong Jockey Club Charities Trust, the Education Bureau, the Narcotics Division of the Security Bureau, the Tobacco and Alcohol Control Office of the Department of Health, alongside towing companies Eastern Worldwide Co. Ltd, Sun Hing Group of Companies, and Orient Trucking Ltd, and RSM and Dah Chong Hong. Additionally, I would like to recognise the exceptional contributions of our Health Ambassador, Mr Andy Lau, and our Life Buddy, Ms Vivienne Tam, who for many years have given their unfaltering support and commitment to our cause.

In conclusion, I reconfirm LEAP's dedication to serving the children and young people of Hong Kong. Every child deserves the opportunity to thrive, and with the support of our community and partners, we remain resolute in our efforts to empower them with the skills and knowledge they need to lead healthy and fulfilling lives. I extend my heartfelt thanks to each of you for being a part of our journey over the past 30 years, and I eagerly anticipate continuing our mission to positively impact young people's lives in Hong Kong for many more years to come.

Finally, I would like to thank all our fellow directors and the dedicated LEAP team for their unswerving dedication and support. We rely wholeheartedly on our talented and professional educators to ensure that our preventive education programmes are of the highest quality to safeguard our children's future.

我非常榮幸以生活教育活動計劃 (LEAP) 主席的身份，向大家呈交 2023 至 2024 年度報告。今年對 LEAP 而言是具有重大意義的一年——我們慶祝了成立 30 周年，並持續推動我們的使命，致力促進香港兒童及青少年的全人發展。

在 2023/24 學年期間，LEAP 在擴大影響力和服務成效方面取得了顯著進展，為此我感到十分欣慰。自 2023 年 9 月全面恢復流動教室服務以來，我們創下新紀錄，與全港逾 300 間學校合作，透過實體教學服務接近 94,000 名學生，並為約 5,200 位家長人次提供培訓和工作坊。這些數字印證了我們對年輕一代及其家庭堅定不移的承諾。展望未來，我們將繼續拓展服務，深化影響力。

在慶祝服務成果之餘，我們亦懷着沉痛的心情，哀悼董事會的重要成員——許利嘉先生於 2024 年 7 月離世。自 1994 年起，許先生一直在董事會服務，長年來對 LEAP 的熱誠投身、全力支持及積極倡議，為機構留下深遠而持久的貢獻。我們將永遠懷念他的精神與奉獻。

面對當前社會的嚴峻挑戰，LEAP 積極回應。自 2023 年 9 月起，青少年自殺率顯著上升，而新冠疫情對學生身心健康亦帶來深遠影響。為此，LEAP 在 2024/25 學年推出全新的「社交及情緒學習 (Social and Emotional Learning, SEL)」課程，旨在裝備學生必要的技能，協助他們建立健康人際關係、有效管理情緒、增強自信心、提升解難能力，並預防自我傷害行為。我們深信，透過這項新計劃，以及我們持續推展的教育工作，將對香港兒童及青少年的社交及情緒健康發展，帶來希望與正面動力。

在過去 30 年來，LEAP 有幸獲得眾多合作夥伴的鼎力支持，我謹向每一位致以衷心謝意。特別感謝我們的主要贊助機構——太古集團、國泰、香港賽馬會慈善信託基金、教育局、保安局禁毒處及衛生署控煙酒辦公室，以及支持我們營運的合作夥伴——拖車公司東源大地有限公司、新興集團及亞聯貨運有限公司，羅申美會計師事務所及大昌行。同時，我亦誠摯感謝我們的健康大使劉德華先生及「愛生命之友」譚燕玉女士，長年來對 LEAP 的堅定支持與貢獻。

總括而言，我重申 LEAP 對香港兒童及青少年的承諾——每一位孩子都應享有茁壯成長的機會。憑藉社會各界及合作夥伴的支持，我們將持續努力，裝備孩子們所需的知識和技能，助他們擁有健康、充實及有希望的人生。我衷心感謝大家在過去 30 年與 LEAP 並肩，並期盼在未來繼續攜手前行，為香港兒童及青少年的幸福成長貢獻力量。

最後，我亦藉此機會，感謝所有董事會成員及 LEAP 團隊的無私奉獻與堅定支持。有賴我們專業而優秀的教育團隊，LEAP 才能持續透過高質素的預防教育，為下一代的未來保駕護航。



EXECUTIVE DIRECTOR'S REPORT

總幹事報告



I am pleased to share our significant achievements throughout 2024, a year that marks our 30th anniversary—a milestone celebrating three decades of dedicated service to the children and young people of Hong Kong. This anniversary underscores our unwavering commitment to addressing the evolving needs of the current and future generations.

A highlight of this year was the inaugural Life Education Forum held in June 2024, on the theme “Life Education in a New Era: Equipping Children and Youth with Skills for Life through Social & Emotional Learning (SEL).” This event successfully convened over 100 experts, academics, and stakeholders to engage in critical discussions about the essential role of SEL in promoting positive youth development.

In response to the alarming rise in youth suicide rates in Hong Kong since the beginning of the 2023/24 academic year, LEAP launched several initiatives aimed at supporting the holistic well-being of young people. Our Health and Wellness Campaign commenced with a series of school-based events, including game booths, informative talks, mindfulness sessions, and workshops tailored for parents. This initiative evolved into public events that fostered open discussions on vital mental health issues.

Additionally, based on insights gathered from research conducted between March and June 2024, we collaborated with Emeritus Professor Helen Cahill from the University of Melbourne to develop a new SEL Programme tailored for primary students. A trial launch was conducted starting in September 2024. We have been greatly encouraged by the positive feedback received from participating schools thus far.

In alignment with the Education Bureau's new Primary Humanities Curriculum introduced in 2023, we have enhanced our Sex Education and Cyber Citizenship Programmes. The revised initiatives now offer three distinct levels of learning for each topic, ensuring comprehensive coverage. Furthermore, we expanded our resources and organised informative talks to address the transitional challenges children face when moving from primary to secondary school, while also providing support to parents to assist their children during this transition.

This year, we faced the emerging challenge of “space oil” becoming a popular drug among young people. In response, LEAP has incorporated vital information regarding the dangers of space oil into our programme materials, highlighting the importance of education and awareness of such critical issues.

We successfully renewed our sponsorship arrangement with The Hong Kong Jockey Club Charities Trust, securing a financial commitment of HK\$2,502,000 over the next three years for our Special Needs Programme, effective from April 2024. Our fundraising efforts—including the Spare a Lai-See Campaign and Flag Day—have also raised essential funds to enhance our support for children and young people.

Throughout 2024, we achieved our strategic goal of reaching 25% of the primary and 10% of the secondary student populations in Hong Kong. This achievement was made possible through the dedication of our professional team of educators and supporting staff, the generosity of our sponsors and donors, our collaborations with schools and community partners, and the invaluable guidance of our Board of Directors.

很高興與大家分享我們在 2024 年的重要成果。今年適逢 LEAP 踏入 30 周年，這個重要的里程碑，不僅見證了我們 30 年來致力服務香港兒童及青少年的歷程，亦彰顯了我們對回應當代以至未來世代需要的堅定承諾。

今年焦點活動是於 2024 年 6 月舉辦的首屆「生活教育研討會」，主題為《生活教育新「細」代：為兒童及青少年裝備一生受用的社交及情緒技能》。活動匯聚超過 100 位專家、學者及持份者，共同深入探討社交及情緒學習 (SEL) 在促進青少年正向發展方面所扮演的重要角色。

鑑於 2023/24 學年初以來香港青少年自殺率急升，LEAP 推出多個新項目，積極支援兒童及青少年的整全身心健康。首先，我們在校園內推出「身心健康●家校童行」計劃，內容包括遊戲攤位、專題講座、靜觀練習及為家長而設的工作坊。其後，更將計劃延伸至社區，透過舉辦公眾活動，鼓勵社會就精神健康這一重要議題進行公開而真誠的交流。

此外，我們於 2024 年 3 至 6 月期間進行了一項研究，並根據調查結果，聯同澳洲墨爾本大學榮譽教授 Helen Cahill 合作，為小學生度身設計一套全新的社交及情緒學習課程，並於 2024 年 9 月展開試行計劃，獲得參與學校的正面回應，讓我們深受鼓舞。

配合教育局於 2023 年推出的全新小學人文科課程，我們更新了性教育和網絡公民素養及網絡安全的課程內容，每個主題均設有三個不同程度的學習階段，確保內容更全面、更切合學生需要。同時，我們亦增強教學資源並舉辦講座，協助學生應對由小學升上中學的轉變，並支援家長陪伴子女順利過渡這一關鍵階段。

我們今年亦面對新挑戰——「太空油」等新型毒品在青少年中日漸普及。LEAP 已即時將相關資訊納入教材，提醒學生認識其風險與禍害，強調教育與提升認知對預防藥物濫用方面的重要性。

資源方面，我們成功獲得香港賽馬會慈善信託基金續簽贊助協議，由 2024 年 4 月起三年內，為我們的特殊教育項目提供港幣 2,502,000 元的資助。同時，「哈樂利是」及賣旗日等籌款活動亦順利舉行，為支援更多兒童及青少年提供所需資源。

在 2024 年，我們的服務覆蓋率達至全港 25% 的小學生及 10% 的中學生，圓滿達成目標。這一成果有賴於 LEAP 教育團隊及支援團隊的專業投入、贊助機構及捐款者的慷慨支持、學校及社區夥伴的密切合作，以及董事會的寶貴指導。

展望未來，我們將繼續專注回應社區需要，並確保 LEAP 為香港青少年提供可靠的支援。我們將致力擴展服務範圍，讓更多兒童及青少年掌握必要的生活技能和知識，發揮潛能，邁向健康、積極的人生。

感謝您在這段旅程中擔當着極其重要的角色。

As we look to the future, our focus remains on adapting to the needs of our community while ensuring that LEAP continues to be a beacon of support for young people in Hong Kong. We remain committed to expanding our reach in the coming years, empowering even more children and youth with the essential life skills and knowledge necessary for them to realise their full potential.

Thank you for playing an integral role in this vital journey.

Stephanie Choi Executive Director, LEAP
蔡寶明 生活教育活動計劃總幹事

30 YEARS OF LEAP: A-Z

LEAP 30 載：A-Z

Since 1994, Life Education Activity Programme (LEAP) has been a cornerstone of preventive education in Hong Kong. With a mission to equip children and young people with the knowledge, skills, and values to make informed, healthy, and positive life choices, LEAP has reached hundreds of thousands of students across the territory. From humble beginnings with a single mobile classroom, LEAP has grown into a trusted partner in education and youth development. As we mark our 30th anniversary, we reflect on the people, programmes, and partnerships that have shaped our journey—one letter at a time.

自 1994 年以來，LEAP 一直是香港預防教育的重要基石。LEAP 的使命是裝備兒童和青少年，使他們擁有正確的知識、技能和價值觀，從而作出明智、健康和正向的人生選擇。多年來，LEAP 已惠及全港數以百萬計的學生。由最初只有一輛流動教室的簡樸起步，LEAP 發展成為教育界和青年發展培育方面值得信賴的夥伴。踏入 30 周年，我們回顧一路走來的點滴——每一位同行者、每一項計劃、每一段夥伴關係，都是 LEAP 成長旅程中不可或缺的一部分。



ANDY LAU

• Andy Lau became LEAP's Health Ambassador in 1996 and has been dedicated to supporting LEAP ever since. He stated, "Prevention is key, and I strongly believe that LEAP's positive approach makes a real difference. By equipping young people with the right knowledge and skills early on, we can build a generation that is more resilient and empowered to make smarter choices." Additionally, his charity foundation donated HKD 1 million to LEAP to establish a static centre at the Lai Yiu office.

• 劉德華先生自 1996 年起擔任 LEAP 健康大使，至今一直全力支持 LEAP。他表示：「預防勝於治療，我深信『生活教育活動計劃』以正向方式進行的教育，能夠帶來真正改變。透過及早為青少年裝備正確的知識和技能，我們可以培育出更具抗逆力、更有能力作出明智選擇的新一代。」此外，劉先生透過其慈善基金捐贈港幣 100 萬元，資助 LEAP 於麗瑤辦事處設立固定教育中心，進一步擴展服務網絡。

BEAT DRUGS FUND

- LEAP's Parent Programme, "Safe and Successful," launched in 2006 with support from the Beat Drugs Fund of the Narcotics Division, focuses on interactive skills development for parents. It provides knowledge about drugs and enhances communication between parents and children. Parents learn to identify warning signs of drug abuse and offer guidance during critical developmental stages. Since its launch, the programme has reached over 100,000 parents.
- LEAP 的家長課程「新一代健康成長錦囊」於 2006 年在禁毒處禁毒基金的贊助下推出，專注為家長提供與子女互動技巧的培訓。課程旨在裝備家長有關藥物及毒品的知識，協助他們識別子女濫藥的早期警號，並加強親子溝通，從而在子女成長的關鍵階段提供適切的引導與支持。課程自推出以來，已惠及超過十萬名家長人次。



DR CH'IENT

- Dr James Ming-Nien Ch'ien, MBE, was instrumental in founding LEAP. After meeting Reverend Ted Noffs, the founder of Life Education, during a trip to Australia, Dr Ch'ien returned to Hong Kong and collaborated with community leaders to introduce preventive drug education. Initially faced with funding challenges, he noted that in the 1990s, the Hong Kong Government began to play a vital role in drug prevention and treatment, recognising that prevention is more cost-effective than cure. This shift helped secure the sponsorships needed to launch LEAP.
- 錢明年博士 MBE 是創立 LEAP 的關鍵人物。在一次前往澳洲的旅程中，他結識了「生活教育」創辦人 Ted Noffs 牧師。回港後，他隨即聯同多位社區領袖，攜手將藥物預防教育引入香港。錢博士指出，雖然初期面臨資金短缺的挑戰，但自 1990 年代起，香港政府開始積極參與禁毒和戒毒工作，並認同「預防勝於治療」的原則更具成本效益。這一政策轉變有助於爭取社會支持及所需資源，最終促成 LEAP 的成立。

CATHAY

- Cathay has supported LEAP since 1995, and enabled it to expand its operations and reach more students.
- 國泰自 1995 年起一直支持 LEAP，協助我們擴展服務範疇，讓更多學生受惠於我們的預防教育課程。



DRUG PREVENTION

- LEAP launched its drug prevention programme in ESF and international primary schools in 1994. Since then, the programme has been translated into Chinese and successfully implemented in local schools. Over the years, the initiative has expanded to cover a broader range of topics, including physical health, social and emotional well-being, and personal safety, ensuring that it continues to meet the evolving needs of children and young people.
- LEAP 於 1994 年在英基學校及國際小學推出藥物預防教育課程。其後，課程翻譯成中文並成功在本地學校推行。多年來，LEAP 課程不斷擴展並涵蓋更廣泛的範疇，包括身體健康、社交及情緒健康和人身安全，確保持續回應兒童及青少年不斷轉變的需要。

EDUCATORS

- At LEAP, it is our outstanding educators who truly stand out. Each day, they bring passion and purpose to delivering our programmes. Their dedication not only enhances the learning experience for children but also supports the well-being and decision-making skills of the next generation.
- LEAP 的卓越教育幹事一直是課程的靈魂人物。教育團隊每天都懷着熱誠和使命感投入課程，他們的專業與奉獻精神不僅提升了學習體驗，更有助培養下一代的身心健康及良好決策能力。



教育局
Education Bureau

EDUCATION BUREAU

- The Education Bureau has been a key supporter of LEAP, helping to fund the salaries of two of our educators since 1995.
- 自 1995 年起，教育局一直是 LEAP 的重要支持夥伴，並資助兩名教育幹事的薪酬，推動我們的教育使命得以延續和發展。

FULL POTENTIAL

- LEAP envisions a Hong Kong where every child can thrive – healthy, happy, and empowered to reach their full potential.
- LEAP 的願景是讓每位香港的兒童都能健康、快樂地茁壯成長，並賦予他們能力去盡展所長。



GIRAFFE (HAROLD)

- LEAP's favourite mascot, Harold the Giraffe, was born in Sydney, Australia, in 1979 (most giraffes are born in Africa, but Harold always has to be different!). He teaches children about health in a fun way and symbolises standing tall, proud, and embracing uniqueness. Children's letters to Harold and interactions with him foster emotional connections and trust.
- LEAP 的吉祥物長頸鹿哈樂於 1979 年在澳洲悉尼「出生」（雖然大部分長頸鹿都在非洲出生，但哈樂總是與別不同！）。他透過趣味互動的方式向兒童傳遞健康知識，象徵著挺身而立、自豪和擁抱獨特。哈樂與學生的書信來往有助他們建立情感聯繫和信任，成為學習旅程中的親切夥伴。

HONG KONG JOCKEY CLUB CHARITIES TRUST

- The Hong Kong Jockey Club Charities Trust provides funding for our mobile classrooms and Special Needs Programme. This programme is the only sequential and interactive preventive initiative in Hong Kong designed for students with mild, moderate, or severe intellectual or physical disabilities.
- 香港賽馬會慈善信託基金一直資助我們的流動教室及特殊教育課程。該課程是本港唯一循序漸進、互動性高的預防教育項目，專為有輕度、中度或嚴重智力或肢體殘障的學生而設，致力為每位學生提供有意義的學習體驗。



HOLLY THE HORSE

- LEAP's mascot Holly is Harold's best friend who has travelled to many countries. Her family loves Hong Kong's energy. Cheerful and supportive, Holly comforts her friends in need and tackles challenges courageously. She enjoys eating fruits and vegetables, staying active, and is a champion runner at school. Their shared interests have made Harold and Holly close friends.
- 凱莉是哈樂的摯友，也曾到訪多個國家。她的家人熱愛香港的活力。凱莉性格開朗、樂於助人，常常安慰有需要的朋友，並勇敢面對挑戰。她喜歡吃水果和蔬菜，平日活力十足，更是學校的冠軍跑手。共同的興趣讓她與哈樂成為好朋友。

INFORMED CHOICES

- An informed choice refers to making a decision after understanding all available options and their potential consequences. LEAP's preventive education focuses on providing information and resources to help children and young people understand risks and make choices that can prevent health issues.
- 「明智的選擇」指的是在充分了解所有可行方案及其潛在後果後作出決定。LEAP 的預防教育著重提供資訊和相關資源，幫助兒童及青少年辨識風險、分析結果，從而作出保障健康與安全的選擇。



JENNY MCGLYNN

- Jenny McGlynn was the first Executive Director of LEAP and played a crucial role in its development during the early years. She started in 1993 with a staff of two, operating from an office on Borrett Road. Beginning in 1994, Jenny received invaluable support from the Swire Group and Cathay, as well as assistance from various government departments and the Hong Kong Jockey Club. By the time Jenny retired from LEAP in 2001, the organisation had grown from one mobile classroom serving 8,000 children to five mobile classrooms and one static centre, serving over 50,000 children, including many with special needs.
- 麥珍妮女士（Jenny McGlynn）是 LEAP 首任總幹事，在機構早期發展中擔當着關鍵角色。她於 1993 年上任，當時只有兩名員工，辦公室設於波老道。自 1994 年起，麥女士獲得太古集團和國泰的鼎力支持，以及多個政府部門和香港賽馬會的協助。至麥女士於 2001 年退休時，LEAP 已由一部服務 8,000 名兒童的流動教室，擴展至擁有五部流動教室和一個固定教育中心，服務超過 50,000 名兒童，當中包括許多有特殊學習需要的學童，為 LEAP 奠定穩健基礎。

KINECT

- Interactive technologies like Kinect and AR enhance engagement in our mobile classrooms. These tools make learning fun, memorable, and accessible for all students. They also encourage active participation and movement-based learning.
- 在我們的流動教室中，體感 (Kinect) 和擴增實境 (AR) 技術等互動科技大大提升了學生的參與度，使學習更具趣味性和深刻印象。這些科技不僅讓學生更輕鬆投入課堂，亦鼓勵他們積極參與，推動以動作為本的學習模式。



LIFE EDUCATION CENTRES (LECs)

- For 30 years, LEAP has delivered its Primary and Special Needs Programmes using mobile classrooms called Life Education Centres (LECs) that travel across the territory. These unique classrooms feature advanced technology, including audiovisual aids, a transparent anatomical mannequin, and illuminated body system modules that illustrate how the human body works. Our mascots, Harold the Giraffe and Holly the Horse, also engage with students by talking and singing to reinforce key health messages.
- 30 年來，LEAP 一直透過名為「生活教育中心」(LECs) 的流動教室，在全港各區提供小學及特殊教育課程。這些獨特教室配備完善的科技設施，包括視聽教材、發光人體模型，以及可展示身體機能運作的燈箱。我們的吉祥物——長頸鹿哈樂和小馬凱莉，更會與學生互動對話和唱歌，進一步加強健康教育訊息的傳遞。



MENTAL HEALTH

- Suicides among school students in Hong Kong have increased in recent years, raising serious concern. LEAP recognises mental health distress as a critical issue affecting our youth. In response, we have developed a range of health and wellness initiatives, along with a comprehensive Social and Emotional Learning Programme designed to support youth mental well-being.
- 近年，香港學童自殺個案持續上升，引起社會廣泛的關注。LEAP 深明精神健康已成為影響青少年福祉的關鍵問題，因此推出了一系列促進身心健康的項目，並設計了全面而有系統的「社交及情緒學習」課程，以支援青少年的精神健康發展與情緒管理能力。



TED NOFFS

- Life Education originated in Australia. The first Life Education Centre was established in Sydney in 1979 by the Reverend Ted Noffs. He championed a positive approach to education, stating, "Let's not frighten our kids with scare tactics so they act in ways that we think are best for them. Let's motivate and empower them so they can and will actively draw on their own knowledge to make safer and healthier choices."
- 生活教育源於澳洲。首個生活教育中心於 1979 年在悉尼成立，由 Ted Noffs 牧師創辦。他強調採用正面教育方式，曾指出：「我們不應以恐嚇手段來令孩子按照我們認為對他們最好的方式行事。相反，我們應激勵並賦予他們能力，讓他們能夠並願意主動運用自己的知識，作出更安全、更健康的選擇。」



OGILVYONE WORLDWIDE

- LEAP's current logo, designed by OgilvyOne Worldwide, was launched in 2008. The leaping man forms the "A" in the word "LEAP," symbolising an embrace of life, self-empowerment, and the pursuit of a fulfilled life.
- LEAP 的現行標誌由 OgilvyOne Worldwide 於 2008 年設計。標誌中跳躍的人形構成「LEAP」一字中的「A」，象徵擁抱生命、自我賦權及追求充實人生。



PREVENTIVE EDUCATION

- Unlike reactive measures, preventive education focuses on equipping young minds with the skills and knowledge needed to avoid potential risks before they arise. LEAP's preventive education programme plays a vital role in helping students make informed decisions, build healthy behaviour, and prepare for challenges they may encounter.
- 與被動應對措施不同，預防教育著重於讓年輕一代掌握必要的技能與知識，以便於潛在風險出現之前就能加以避免。LEAP 的預防教育課程在幫助學生做出明智決策、建立健康行為模式，以及為未來可能面對的挑戰做好準備方面，發揮了至關重要的作用。

QUALITY

- LEAP never stops improving. Every programme is refined, researched, and reviewed to ensure the highest quality experience for every student.
- LEAP 一直秉持精益求精的精神，每個課程均經過嚴謹的設計、研究和檢討，務求為每位學生提供最高質素的學習體驗。

REACH

- LEAP's reach has expanded significantly since its inception. Today, LEAP serves approximately 25% of the primary student population and 10% of the secondary student population. Additionally, our Special Needs programme has benefited more than 60% of students in special needs schools.
- 自成立以來，LEAP 的服務範圍不斷擴展。現時，我們的課程已覆蓋全港約 25% 的小學生及 10% 的中學生。此外，我們的特殊教育課程亦已惠及超過 60% 的特殊教育學生。



SWIRE

- Swire has been the major sponsor of LEAP since 1996, and its support has been crucial in sustaining LEAP's programmes and extending its reach over the years.
- 太古集團自 1996 年起成為 LEAP 的主要贊助機構。多年來，太古對 LEAP 各項課程的運作及擴展提供了持續而重要的支持，為我們的發展奠定基礎。



TOWING COMPANIES

- LEAP is proud to have partnered with three dedicated towing companies – Eastern Worldwide Co. Ltd, Sun Hing Group of Companies, and Orient Trucking Ltd. – since the 90s. They have generously sponsored our towing services, and their drivers ensure our LECs arrive at the schools safely and on time, rain or shine. Their assistance over the years has significantly impacted our community's educational landscape.
- LEAP 自 90 年代起有幸與三間專業拖車公司建立長期合作夥伴關係，包括東源大地、新興集團及亞聯貨運有限公司。他們慷慨贊助我們的拖車服務，其司機團隊無懼風雨，確保我們的流動教室能準時、安全地抵達每間學校，對我們的課程推展貢獻良多。



TOBACCO AND ALCOHOL CONTROL OFFICE (TACO)

- The Tobacco and Alcohol Control Office (TACO), Department of Health, has provided funding for the complimentary delivery of LEAP's anti-smoking programmes to Primary 5 and junior secondary students since 2011.
- 衛生署控煙酒辦公室 (TACO) 自2011年起，持續資助 LEAP 向小五及初中學生提供免費的反吸煙教育課程，推動健康生活理念，培養青少年遠離煙草的意識與能力。



UNIQUENESS

- Every child is unique. LEAP celebrates individuality and encourages students to stand tall and be proud. We teach them to embrace their differences and support one another.
- 每個孩子都是獨一無二的。LEAP 珍視每個學生的獨特性，鼓勵他們昂首挺胸，以自我為傲。我們致力營造包容的學習環境，讓學生學懂欣賞彼此的差異，互相尊重與支持，建立正面價值觀和自我認同感。



VIVIENNE TAM

- Vivienne Tam became LEAP's Life Buddy in 2011. "I appreciate the creative concept of the mobile classroom that effectively delivers important life messages. It is vital to educate children early to prepare them for life, and I am delighted to be part of this meaningful cause," she said.
- 譚燕玉小姐於 2011 年成為 LEAP 的「愛生命之友」。她表示：「我欣賞流動教室這個創意概念，它能有效地傳遞重要的生活訊息。及早教育孩子，為他們的人生作好準備是非常重要的，我很高興能參與這項有意義的善舉。」



WELL-BEING

- LEAP's comprehensive curriculum focuses on three key areas: physical health, social and emotional well-being, and personal safety. These areas work together to foster holistic well-being in youth, promoting balanced and healthy development.
- LEAP 的全面課程分為三大重點範疇：身體健康、社交及情緒健康，以及人身安全。三者相輔相成，共同促進青少年的全人健康，引導他們均衡健康地成長，建立正面的人生態度。

X-FACTOR

- What's the secret of LEAP's success? Unwavering support from sponsors, partners, schools, and the community. That's our X-factor.
- LEAP 的成功秘訣是甚麼？就是來自贊助機構、合作夥伴、學校及社區堅定不移的支持與信任，成就我們獨特的影響力，這正是我們成功的關鍵。

YEAR OF ESTABLISHMENT

- LEAP began its service in Hong Kong in 1994. With over 30 years of local experience in preventive education, LEAP has become an integral and highly respected part of Hong Kong's education system.
- LEAP 於 1994 年在香港開展服務，迄今累積超過 30 年的本地預防教育經驗，已成為香港教育體系中不可或缺且深受信賴的重要一員。



ZELDA THE ALIEN

- LEAP's mascot Zelda the Alien is Harold's most curious friend. She loves exploring new things across the universe, especially anything related to food, since her planet only provides liquid nourishment. After arriving on Earth, she learned about the importance of a balanced diet from Harold.
- 外星人「芝達」是哈樂最富好奇心的朋友。她喜歡探索宇宙中的新事物，特別對食物充滿興趣，因為她的星球只有液體燃料作為營養來源。來到地球後，她從哈樂身上學到了均衡飲食的重要性。

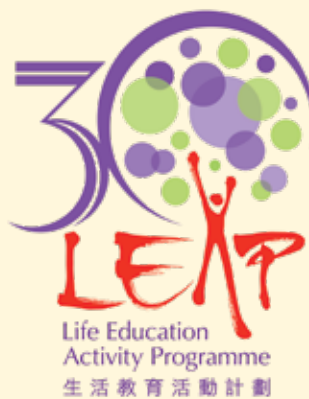


As we celebrate 30 years of life-changing health-based preventive education, we remain committed to our mission: empowering the next generation to live safer, healthier, and more fulfilling lives. With the continued support of our sponsors, partners, schools, and the community, LEAP will continue to evolve to meet the needs of Hong Kong's youth—today and for decades to come.

Here's to the next LEAP forward!

在慶祝 LEAP 30 周年之際，我們仍然堅守初心與使命：裝備下一代，讓他們過一個更安全、更健康、更充實的人生。憑藉來自贊助機構、合作夥伴、學校及社區的長期支持，我們將繼續回應香港年輕一代的需要——無論今天，還是未來數十年。

願未來 LEAP 繼續飛躍，向前邁進！



OUR IMPACT

我們的成就

Celebrating 30 Years of Impact 慶祝扶植兒童及青少年 30 載

Our Cumulative Service Footprint Since 1994 我們自 1994 年以來的服務成果總覽

2,335,439 Students Served
服務學生總人數

Parents Served
服務家長總人次 108,818

646 Unique Schools Served
服務學校總數

Lessons Conducted
課堂總數 77,800

3,677 Parent Workshops
家長工作坊總數

Schools participating in the Programme for 10 years or more
參與本計劃十年或以上的學校總數 112

Our Impact in Academic Year 2023/24 我們於 2023/24 學年的服務成果

Students Reached
服務學生人數 93,983

Lessons Conducted
課堂總數 4,023

Schools Served
服務學校總數 300

Parents and Teachers Reached
服務家長及教師人次 5,343

Workshops
工作坊總數 229

Talks
講座總數 32

New Modules Developed
新課程發展總數 31

LEAP in the Media 我們在媒體的聲音

Media Coverage
媒體報導數目 17

Facebook Reach
觸及率 +1300%

Content Engagement
內容互動率 +325%

Our Social Media Platform Reach in 2024
LEAP 社交媒體觸及率 420,986

Link Clicks
連結點擊次數 +191%

Instagram Reach
觸及率 +1800%

Content Engagement
內容互動率 +100%

Link Clicks
連結點擊次數 +978%

*All social media figures compared to 2023 社交媒體數字均與 2023 年比較

OUR IMPACT

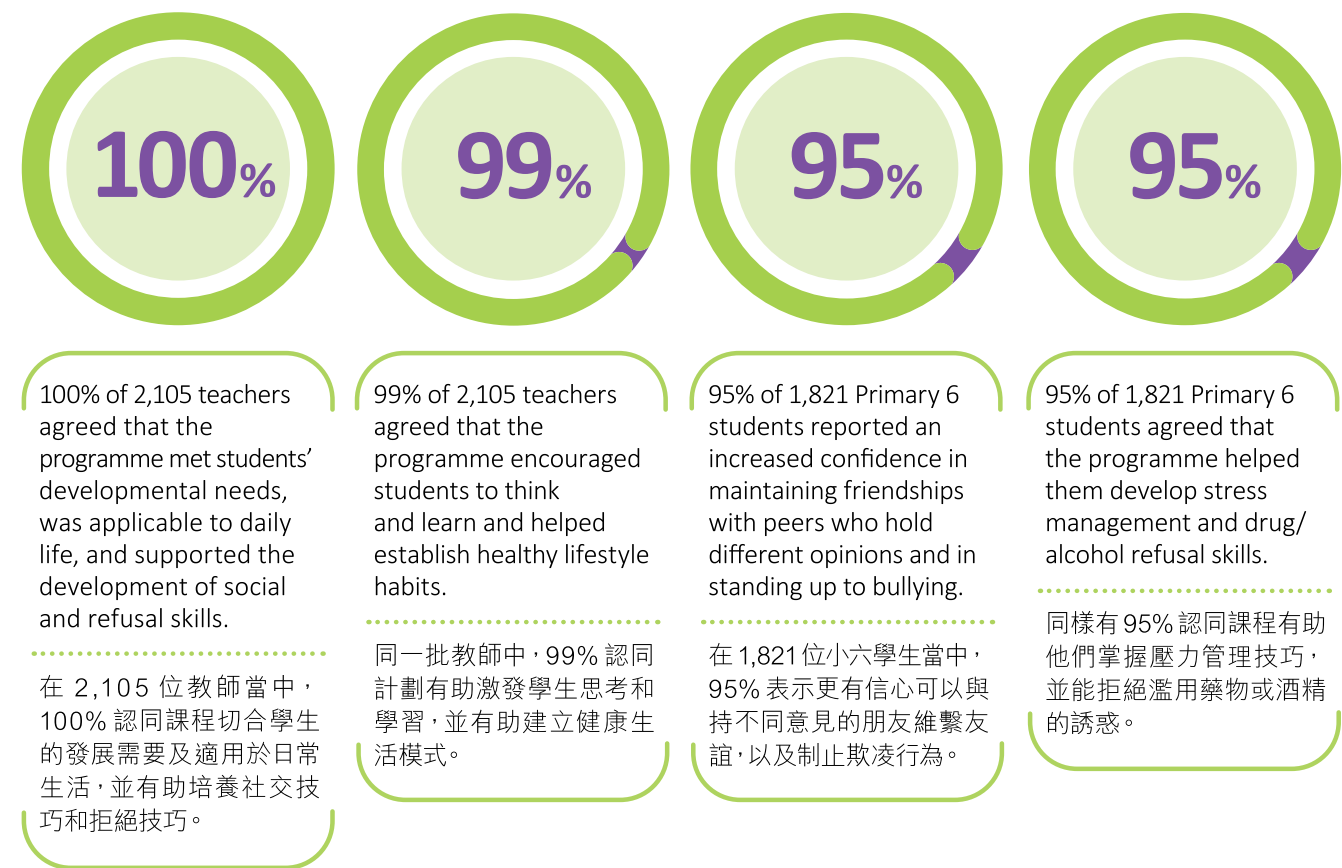
我們的成就

PROGRAMME EVALUATION 課程評估

Every year, we listen to the voices that matter most - teachers and students from primary and secondary schools, as well as parents across our network. Through careful random selection, we gather authentic insights that reveal how our programmes truly make a difference in classrooms and lives.

每年，我們都會細心聆聽最重要的聲音——來自全港各區小學及中學的教師、學生及我們所接觸的家長。透過隨機抽樣方式，收集真實的意見，深入了解我們的課程及活動，如何在課堂以至日常生活中帶來實質的影響與正面改變。

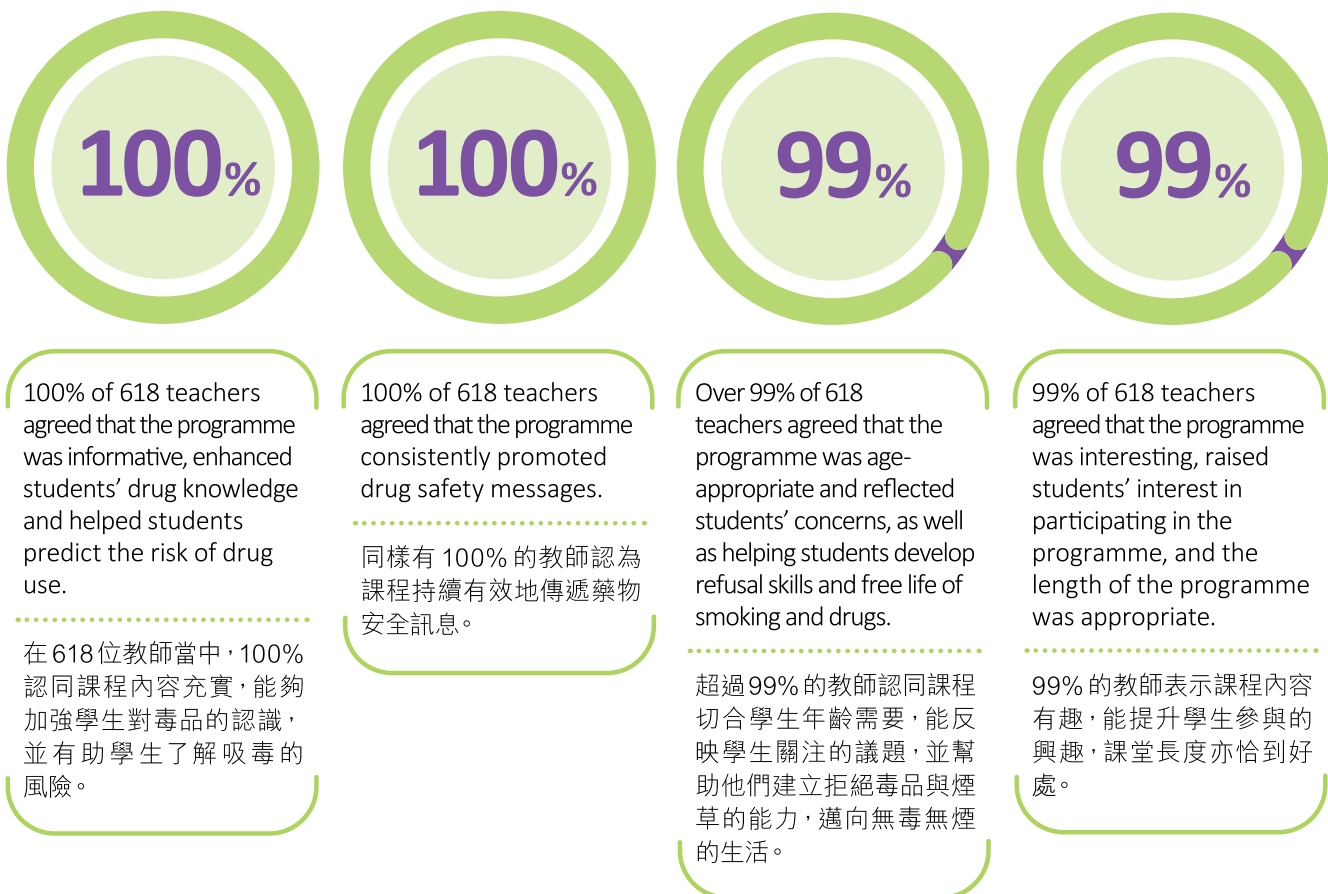
PRIMARY PROGRAMME 小學課程



Very good in helping them understand the concept of conflict and friendship, the role play allowed them to learn how to compromise as well.
角色扮演不單能有效地幫助他們理解衝突與友誼的概念，亦令他們學會如何作出妥協。

- Teacher, French International School 法國國際學校 老師

SECONDARY PROGRAMME 中學課程



The activity made me realise the importance of cherishing life, and that I have both the responsibility and the right to make good choices in every aspect of my life.
活動讓我知道珍惜生命的重要，而且我有責任和權利做好自己生命的每一個選擇。

- Student, ELCHK Lutheran Secondary School 基督教香港信義會信義中學 學生

Games and cartoons make explanations vivid and engaging, helping junior high students retain what they learn. The instructor encourages participation through questions and promotes perspective-taking.
以遊戲、卡通講解，生動又吸引，能加深初中生的印象。
導師通過提問加強學生的參與度，並引發學生學習換位思考。

- Teacher, NTHYK Tai Po District Secondary School 新界鄉議局大埔區中學 老師

OUR IMPACT 我們的成就

PROGRAMME EVALUATION 課程評估

PARENT PROGRAMME 家長課程

93%

93% of 239 parents agreed that the programme improved their ability to identify signs and symptoms of drug abuse and also enhanced their drug-related parenting skills.

在 239 名參與計劃的家長中，有 93% 認同課程提升了他們識別吸毒跡象及徵狀的能力，並加強了相關管教技巧。

91%

91% of 239 parents agreed that the programme increased their awareness of drug prevention and the harmful effects of cannabis, the most commonly abused drug among young people.

同樣有 91% 的家長表示，課程提升了他們對預防吸毒的意識，以及加深對大麻（青少年最常濫用的毒品）禍害的認識。

The programme perfectly addresses parents' needs through up-to-date resources, engaging teaching methods and comprehensive analysis. Every section provides vital content, serving as an excellent resource for parents seeking to support their children's development.

課程切合家長需要，內容與時並進，導師講解生動，分析透徹，每個單元都各具重點，是協助家長管教子女的優良教材。

- Parent, Munsang College Primary School 民生書院小學 家長

OUR IMPACT 我們的成就

PROGRAMME REVIEW 課程回顧

Cyber Citizenship and Sex Education

Following the Education Bureau's release of the Primary Humanities Curriculum in 2023, LEAP enriched its cyber citizenship and sex education content to align with these new guidelines.

We restructured the Cyber Citizenship Programme to offer three learning levels, ensuring age-appropriate progression. Two new curricula were launched: "Cyber Safety" for Primary 3-4 students and "Cyber Encoding" for Primary 5-6 students. These curricula are designed to enhance students' awareness in an ever-evolving digital environment, offering comprehensive coverage of online safety and cyber citizenship skills.

Similarly, we restructured the Sex Education Programme into three learning levels to ensure age-appropriate progression. Two new curricula were launched: "Wise Net Surfing and Self Protection" for Primary 3-4 students and "Respectful Relationship" for Primary 5-6 students. The enhanced programme focuses on critical areas, including sexual harassment awareness and healthy relationships.

網絡公民素養及性教育

隨着教育局於 2023 年推行小學人文學科課程，LEAP 亦相應加強了性教育和網絡公民素養的教學內容，以配合新教學指引。

我們重新編排兩個「網絡公民素養」課程，分為三個學習階段，確保學生能循序漸進地學習，符合不同年齡層的需要。全新推出的兩套課程分別是為小三至小四學生設計的《網絡安全遊》，以及為小五至小六學生設計的《網絡解碼》。這些課程旨在提升學生在不斷發展的數碼環境中的意識，全面涵蓋網絡安全與數碼公民素養的相關知識與技能。

同樣地，我們亦將性教育課程重新設計為三個學習階段，以確保學生能按年齡逐步學習。兩套全新課程已正式推出，分別是為小三至小四學生而設的《智 NET 智性》，以及為小五至小六學生而設的《智情智性》。強化後的課程聚焦於關鍵議題，包括性騷擾的認識與預防，以及建立健康的人際關係。



OUR IMPACT

我們的成就

PROGRAMME REVIEW 課程回顧

Cyber Safety Programme for Students with Special Needs

Thanks to new funding from The Hong Kong Jockey Club Charities Trust, LEAP developed a specialised cyber safety programme for students with special needs, launched in April 2024. This tailored programme ensures that all learners, regardless of their abilities, can benefit from essential online safety education designed specifically for their needs.

為特殊教育需要學生而設的網絡安全課程

承蒙香港賽馬會慈善信託基金的資助，LEAP 於 2024 年 4 月正式推出專為特殊教育需要學生而設的網絡安全課程。該課程經過專門設計，旨在確保各類能力的學習者均能獲得切合其需求的基本網絡安全教育，從而提升他們的網絡安全意識與保護能力。

Transition Programme

In June 2024, we launched the Transition Programme to help students navigate the important move from primary to secondary school. As part of this initiative, we also launched the Parent Talk sessions to provide families with valuable guidance during this significant period of change. Both the student programme and parent session were thoughtfully designed to ease anxieties and build confidence for the journey ahead. The enthusiastic feedback from students, school social workers, and parents has highlighted the effectiveness of our efforts in addressing the genuine needs of students during this critical stage in their lives.

升中適應課程

LEAP 於 2024 年 6 月推出了升中適應課程，協助學生應對升中這個重要轉變。課程亦設有家長工作坊為家長提供實用的支援與指引，與子女一同面對這過渡時期。無論是學生課程還是家長工作坊，均旨在減輕學生的焦慮情緒，並為未來的學習旅程建立信心。學生、學校社工及家長對課程均給予正面回饋，普遍反映此課程切合他們在這關鍵階段的實際需要。

I learnt various social skills and stress management topics in addition to the regular lessons at school. This information could help me manage academic stress and learn how to make new friends, especially during the transition to secondary school.

除了平日課堂內容，我亦學到不同的社交技巧及壓力管理方法。這些資訊有助我應對學業壓力，亦讓我了解如何在升中後結識新朋友。

- Student, SKH Holy Cross Primary School 聖公會聖十架小學 學生



Health & Wellness Campaign

LEAP launched a “Health & Wellness” Campaign in the 2023/24 academic year to support youth mental health through school-based initiatives. The activities align seamlessly with the Education Bureau’s “4Rs Mental Health Charter” (Rest, Relaxation, Relationship and Resilience), featuring interactive game booths and workshops that help students develop emotional management and relaxation skills. The campaign also includes parent workshops and online resources for teachers.

Our passionate Health & Wellness Coach, Harold the Giraffe, has visited schools to share healthy living tips and lead mindfulness activities, earning positive feedback from students and teachers.

Since the launch of our campaign, we have successfully reached 27 schools, engaging approximately 10,751 students and 244 parents. We are eager to expand our outreach and invite more schools to prioritise mental health. Together, we can foster a culture of positivity and resilience among students, creating a more nurturing and joyful school environment.

「身心健康・家校童行」項目

LEAP 於 2023/24 年度推出「身心健康・家校童行」項目，以回應對青少年自殺率上升的問題，並透過校本活動加強學生的情緒及心理健康。項目內容配合教育局的《4Rs 精神健康約章》所提出的四個促進精神健康的重要元素：「休息」、「放鬆」、「人際關係」和「抗逆力」。活動包括互動遊戲攤位、專題講座及工作坊，旨在協助學生培養情緒管理、壓力調適及放鬆技巧。同時，我們亦為家長舉辦專屬工作坊，並為教師提供網上資源。在活動中，身心健康教練長頸鹿哈樂亦親臨校園，與學生分享健康生活貼士，並一同練習靜觀。活動獲得學生和教師的積極好評。

自項目推出以來，已有 27 間學校參與、涵蓋約 10,751 名學生和 244 名家長。我們期望繼續擴展服務，與更多學校攜手，共同建立關懷、積極、愉快的校園環境，促進學生的整身心發展。



OUR IMPACT 我們的成就

PROGRAMME REVIEW 課程回顧

Update on Programmes about Space Oil

LEAP updated its secondary and parent programmes to address the growing use of “space oil”, a drug which can cause severe harm including addiction, seizures, unconsciousness, and even death. Programme materials have been revised to raise awareness about the dangers of vaping this harmful e-cigarette substance.

關於「太空油毒品」的課程更新

近年，「太空油毒品」在青少年間的濫用情況日益嚴重。為回應此一趨勢，LEAP 已即時更新小學、中學及家長課程內容，深入講解吸食「太空油」對身心健康所構成的重大風險，包括成癮、抽搐、失去知覺，甚至導致死亡等嚴重後果。我們已於課程教材加入最新相關資訊，旨在提升學生及家長對此類電子煙及新型毒品的認識與防範意識，從而加強社區在毒品預防教育上的整體效能。

Research on Social and Emotional Needs of Hong Kong Primary Students

From March to June 2024, LEAP conducted comprehensive research aimed at understanding the social and emotional needs of Hong Kong primary school students in the post-COVID-19 era. The study collected 1,108 valid questionnaires from four primary schools and included three parent focus groups and three in-depth teacher interviews. These findings provide insights that directly shape our new preventive education programmes, ensuring they reflect the real experiences of those we serve.

香港小學生社交及情緒需要研究

LEAP 於 2024 年 3 月至 6 月期間，進行了一項全面研究，旨在深入了解後疫情時代香港小學生的社交及情緒需要。研究期間共收集了來自四間小學的 1,108 份有效問卷，並舉行了三場家長焦點小組討論及三次教師深入訪談。研究結果為我們設計嶄新的預防教育課程提供了重要的數據支持，確保課程內容貼合學生及家長的實際經歷及需要。

FIVE KEY RESEARCH INSIGHTS 五大報告重點

High Stress Prevalence: 80.6% of students reported experiencing stress, primarily from academic performance (86.0%) and parental pressure (51.3%).

Students Crave Connection: 62.8% of students most desire parental companionship, followed by encouragement and support (58.4%).

Online Safety Concerns and Bullying: Nearly 20% of students reported experiencing online harassment or bullying (19.6%), with 30% choosing to tell no one.

Help-Seeking Patterns: Younger students (Primary 3-4) tend to seek help from parents (73.5%), while older students (Primary 5-6) prefer self-reliance (69.5%).

Barriers to Seeking Help: 46.2% struggle to express themselves, while fear of ridicule (37.8%) and feeling misunderstood (37.2%) prevent many from seeking assistance.

壓力普遍存在：80.6% 的學生表示有壓力，主要來自學業表現 (86.0%) 及家長期望 (51.3%)。

學生渴望親子聯繫：62.8% 的學生最渴望父母的陪伴，隨後是鼓勵與支持 (58.4%)。

網絡安全及欺凌問題：約 19.6% 的學生曾遭受網上騷擾或欺凌，當中 30% 選擇隱瞞不報。

求助行為模式：較年幼的學生 (小三至小四) 主要向父母尋求協助 (73.5%)，而年長學生 (小五至小六) 則偏向自我處理 (69.5%)。

求助障礙：46.2% 的學生難以表達自我，另有 37.8% 因害怕被嘲笑及 37.2% 因感覺被誤解而不願尋求協助。



Social and Emotional Learning (SEL) Programme

Recognising the rising pressures our students face, from rapid societal changes and academic demands to high expectations and relationship challenges, LEAP has introduced a comprehensive Social and Emotional Learning (SEL) programme to tackle these urgent challenges effectively. We collaborated with Emeritus Professor Helen Cahill from the Graduate School of Education at the University of Melbourne, who leads a body of research addressing child and youth well-being. As the lead author of over 100 academic publications, including 60 peer-reviewed research papers and over 40 well-being-related preventive education programmes for schools and communities, her expertise has been invaluable in shaping our approach to supporting students' social and emotional development.

The new SEL programme addresses six essential areas: Emotional Awareness, Personal Strengths and Values, Relationship Skills, Resilience Skills, Bullying Prevention, and Help-Seeking Skills. A total of 36 tailored modules for six grades of primary students are to be launched in stages. In the 2023/24 academic year, we introduced the first 18 modules. These modules equip primary students to enhance their well-being, develop positive values, and build resilience for life's challenges. To support this initiative, we also provide dedicated workshops and online resources for parents and teachers.

社交及情緒學習 (SEL) 課程

在面對社會急速變遷、學業壓力、外界的高度期望及人際關係等多重挑戰下，學生的情緒健康備受關注。

為有效回應這些迫切需要，LEAP 與澳洲墨爾本大學教育研究院的榮譽教授 Helen Cahill 合作，共同編制一套全面而有系統的社交及情緒學習 (SEL) 課程。Helen Cahill 教授致力投身廣泛的研究，曾經發表的過百篇學術論文，包括 60 篇同行評審的研究文章，並主導編制超過 40 套針對兒童及青少年健康及預防教育的學校及社區課程。她的專業知識為 LEAP 支援青少年的社交及情緒健康發展提供了寶貴指引。

全新的 SEL 課程涵蓋六大核心範疇：情緒覺察、個人強項及價值觀、人際關係、抗逆力的提升、欺凌的處理、尋求協助。共計 36 個針對小學六個年級的量身訂製課程單元將分階段推出。在 2023/24 學年，我們推出了首階段的 18 個單元。這些單元旨在幫助小學生提升身心健康，培養正向價值觀，並建立面對人生挑戰的抗逆力。為支持此項計劃，我們亦為家長及教師提供專門的工作坊及線上資源。

SEL Training Workshop & Trial Classes

LEAP's education team has completed comprehensive SEL training with Professor Helen Cahill and adapted the curriculum to suit Hong Kong's educational context. Trial classes launched in September and October 2024 received positive and encouraging feedback from participating schools.

社交及情緒學習培訓工作坊和課程試行

LEAP 教育團隊已順利完成由 Helen Cahill 教授提供的全面社交及情緒學習培訓。團隊並根據香港教育環境對課程進行本地化調整，以確保課程更貼近本地學生的實際需要。新課程已於 2024 年 9 月至 10 月期間在部分學校進行試行，並獲得來自參與學校的熱烈反應及正面回饋，顯示課程具高度實用性與教育成效。



OUR IMPACT 我們的成就

COMMUNITY ENGAGEMENT AND ADVOCACY 社區參與和倡議

Health & Wellness Day @ Lee Tung Avenue

Building on the success of the Health & Wellness Campaign in schools, LEAP extended this initiative to the broader community with Health & Wellness Day @ Lee Tung Avenue, held on 5 and 6 October 2024. The event successfully fostered meaningful conversations about mental health and engaged participants of all ages.

A highlight of the event was the giant inflatable Harold display, which stirred fond memories for many adults, reminding them of their enjoyable childhood experiences in LEAP's classes.

During the event, attendees were able to explore practical tips on maintaining both mental and physical health. With interactive game booths and activities utilising AR and Kinect technology, we made learning engaging and fun for children, young people, and parents alike.

We are grateful to everyone—parents, educators, and community members—who joined us in supporting the well-being of our younger generation. By coming together in this important cause, we helped create a more connected and nurturing environment for all.

身心健康日@利東街

承接「身心健康・家校童行」項目的成功經驗，LEAP將活動延伸至社區，於2024年10月5及6日在灣仔利東街舉辦了「身心健康日」，該活動促進了關於精神健康的對話，並吸引了各年齡層的參與者積極投入。

活動的一大亮點是巨型充氣哈樂展覽，喚起了許多成人的美好回憶，讓他們想起在LEAP課堂中度過的愉快童年時光。

活動期間，參加者能夠了解維持身心健康的實用技巧。我們透過互動遊戲攤位和結合擴增實境（AR）及 Kinect 技術的活動，讓兒童、青少年及家長親身體驗既生動又有趣的學習過程。

衷心感謝所有支持我們的家長、教育工作者及社區成員。正因為大家的齊心協力，我們才能共同推動年輕一代的身心健康，並營造一個更具連繫性與關愛的成長環境。



Forum on Social and Emotional Learning

As part of LEAP's 30th anniversary initiatives, a forum titled "Life Education in a New Era: Equipping Children and Youth with Skills for Life through Social & Emotional Learning" was held on 28 June 2024. The event brought together over 100 experts, academics, like-minded organisations, and stakeholders to delve into the critical role of Social and Emotional Learning (SEL) in fostering emotional and social competencies of the younger generation.

Keynote speakers included Emeritus Professor Helen Cahill from the Graduate School of Education at the University of Melbourne; Professor Paul S.F. Yip, Director of the HKJC Centre for Suicide Research and Prevention at the University of Hong Kong; and Professor Sylvia Kwok from the Department of Social and Behavioural Sciences at the City University of Hong Kong. Their presentations emphasised the necessity of equipping children and youth with skills that enhance resilience, improve relationships, and bolster academic achievement.

The forum also featured a practical workshop designed for educators focusing on effective strategies for implementing SEL in their classrooms. This interactive session provided educators with tools to support the well-being of both students and teachers, promoting a holistic approach to education.

One of the highlights of the forum was the "Voices of Children" special session, where participants engaged with written and audio messages from students to their parents and teachers. This segment offered educators valuable insights into the perspectives and needs of children, fostering a deeper understanding of how to support their social and emotional development.

Overall, this forum served as a catalyst for continued collaboration and action, reinforcing the message that Social and Emotional Learning is an essential component of child and youth development.

社交及情緒學習研討會

作為LEAP 30周年慶祝活動的重要一環，我們於2024年6月28日舉行了主題為《生活教育新「細」代：為兒童及青少年裝備一生受用的社交及情緒技能》研討會。是次活動吸引逾100位專家、學者、相關機構及持份者參與，深入探討社交及情緒學習（SEL）在裝備兒童及青少年相關能力的重要角色。

研討會主講嘉賓包括澳洲墨爾本大學教育研究院榮譽教授 Helen Cahill、香港大學香港賽馬會防止自殺研究中心總監葉兆輝教授，以及香港城市大學社會及行為科學系郭玉晶教授。他們的演說強調了為兒童和青少年提供社交及情緒技能的必要性，這些技能有助於提升抗逆力、改善人際關係，並促進學業成就。

會議同時設有專為教育工作者而設的實務工作坊，重點探討在課堂中有效推行社交及情緒學習（SEL）的策略。這場互動環節為教師提供實用工具，以支持學生與教師的整體福祉，推動更全面的教育模式。

研討會其中一個亮點是「童心童聲」環節，參加者透過學生寫給家長和老師的文字與語音訊息，深入了解兒童的心聲。這個環節為教育工作者提供了寶貴的啟示，有助更全面地掌握兒童的觀點與需要，從而更有效地支援他們的社交及情緒發展。

整體而言，是次研討會成功促成跨界協作與行動，進一步強調社交及情緒學習是兒童及青少年健康成長中的重要元素。



OUR IMPACT 我們的成就

COMMUNITY ENGAGEMENT AND ADVOCACY 社區參與和倡議

Fostering Child Development with Parental Support

At LEAP, we are deeply committed to supporting parents as they navigate the challenges of raising children.

To empower parents to provide better support for their children, LEAP hosted a public talk, addressing the challenges faced by both children and parents during the transition from primary to secondary school. We also organised workshops for corporate partners, covering essential topics such as stress management skills, communication skills with children, mindfulness exercises and help-seeking resources.

The positive feedback from these workshops has inspired us to plan future events. Together, we can build a sustainable support network that not only equips parents with knowledge and tools but also reinforces a holistic, community-driven approach to the development of children and young people.

支持家長促進兒童發展

LEAP 一向致力支持家長應對育兒過程中的各種挑戰，協助他們在子女成長的不同階段發揮積極角色。為幫助家長更有效地陪伴子女邁向中學階段，我們舉辦了一場公開家長講座，深入探討小學升中學過渡期中，家長與子女所面對的壓力與適應挑戰。我們亦為商業夥伴舉辦工作坊，內容涵蓋壓力管理技巧、親子溝通、靜觀練習及求助資源等主題，實用而具啟發性，協助家長提升情緒調適與家庭互動能力。

來自家長的正面回饋為我們帶來莫大鼓舞，亦成為未來籌辦更多支援活動的重要推動力。我們相信，透過社區、學校與家長之間的合作，能夠逐步建立一個可持續的支援網絡，共同培養兒童及青少年的健康成長環境。

Promoting Public Health

LEAP joined forces with like-minded organisations to promote public health by co-signing a letter to the Legislative Council advocating for a HK\$0.80 increase in the tobacco tax per cigarette — a bold 32% rise aimed at protecting our young people from smoking.

推動公共健康

LEAP 長期與多個理念相近的機構合作，積極推動公共健康政策。我們最近聯署致函立法會，倡議將每支香煙的煙草稅增加港幣 0.80 元，即約 32% 的增幅，期望以此措施減低青少年接觸及嘗試吸煙的誘因，從源頭保護下一代免受煙害。



OUR IMPACT 我們的成就

FUNDRAISING & COMMUNICATIONS HIGHLIGHTS 籌募及宣傳



LEAP Flag Day – New Territories Region

A heartfelt thank you to over 1,600 individual and group volunteers who worked tirelessly selling flags despite Typhoon Signal No. 3. LEAP's Flag Day 2024 was successfully held on 26 October, raising over HK\$430,000 to support our preventive education programmes. Every donation, regardless of the amount, makes a meaningful impact on the lives of children and young people.

LEAP 新界區賣旗日

2024 年 10 月 26 日，即使當日懸掛三號強風信號，逾 1,600 位來自個人及團體的義工仍無懼風雨，堅守崗位，讓 LEAP 新界區賣旗日順利舉行。是次活動共籌得超過港幣 43 萬元善款，將用於支持我們的預防教育課程。每一分捐款，不論金額大小，都是對兒童與青少年健康成長的有力支持，讓我們能夠將正面價值、健康知識和抗逆能力帶進更多課堂，守護下一代的未來。

“Spare a Lai-See” Fundraising Campaign

Another signature LEAP event, “Spare a Lai-See” Campaign, invites students to donate one of their lai-see packets to LEAP during the Chinese New Year, instilling in them a sense of social responsibility from an early age. In 2024, the campaign garnered enthusiastic support from 33 local and international schools, resulting in over HK\$270,000 in donations.

「哈樂利是」籌款活動

LEAP 的另一項重點籌款活動——「哈樂利是」，鼓勵學生於農曆新年期間捐出一封利是，以行動培養他們的社會責任感及關懷精神。2024 年共有 33 間本地及國際學校踴躍支持，合共籌得超過港幣 27 萬元善款。這項活動不僅是一個籌款平台，更是一個教育機會，讓孩子們從小學習助人為樂、回饋社會的意義。



FINANCIAL HIGHLIGHTS 財務摘要

With heartfelt appreciation, we thank our funders and donors whose generous contributions empower children and young people to make safer and healthier choices through health-based preventive education. We deeply value every contribution, regardless of size, which helps fulfil our mission of enabling children and young people to reach their full potential.

衷心感謝我們的資助者和捐款者的慷慨支持，讓兒童和青少年透過以健康為本的預防教育，作出更安全、更健康的選擇。我們十分重視每一分支持，無論金額多少，都有助我們實踐使命，讓兒童和青少年發揮潛能，茁壯成長。

Income and Expenditure for the Financial Year Ended 31 December 2023 財政年度收支報告（截至 2023 年 12 月 31 日）



Income
年度總收入

Income 收入

HKD 港幣

Designated Funding & Grants 資助項目	5,135,128
Corporate Sponsorship 企業贊助	1,200,000
Income from School Programmes 學校項目收入	2,030,625
Other Income 其他收入	1,829,870

Total Annual Income 年度總收入 10,195,623



Expenditure
年度總開支

Expenditure 開支

HKD 港幣

Programme 課程支出	10,527,973
Promotion & Fundraising 宣傳及籌募	303,136
Administration 行政	822,399

Total Annual Expenditure 年度總開支 11,653,508

IN MEMORIAM 永遠懷念：

Honouring the Legacy of Philip McKenzie Hilliard 許利嘉先生 (1950 - 2024)



It is with deep sorrow that we announce the passing of Philip McKenzie Hilliard, a dedicated Board Director and Treasurer of LEAP, who passed away on 24 July 2024 in Melbourne. Philip was an integral part of LEAP for over 30 years, providing unwavering guidance and support to our mission since its inception in 1994.

While we mourn his loss, we also celebrate the indelible impact Philip had on LEAP and the children we serve. As the longest-serving Board Director, his strategic insight, particularly in financial management, was instrumental in shaping LEAP's growth and success.

Philip was a staunch advocate for preventive education, believing in the importance of equipping children and young people with the essential skills and knowledge to navigate life's challenges. His legacy is evident in the profound impact his work has had on the children and communities we serve.

Philip's remarkable spirit, unwavering support, and mentorship continue to inspire us. His absence will be deeply felt by all of us at LEAP, but his legacy and the lasting positive impact he made on the lives of children will forever be remembered. May he rest in peace.

我們懷著無比沉痛的心情，宣佈 LEAP 董事局成員兼司庫許利嘉先生於 2024 年 7 月 24 日在墨爾本辭世。許先生是 LEAP 超過 30 年的核心成員，自 1994 年機構成立以來，一直堅定地指導並支持我們的使命。

在哀悼他的逝去之際，我們同時向許先生對 LEAP 及我們服務的兒童作出的深遠貢獻致敬。作為任期最長的董事，許先生在財務管理方面的策略眼光，對機構的發展與成功起了關鍵作用。

許先生是預防教育的倡導者，深信賦予兒童及青少年面對人生挑戰的必要技能和知識至關重要。他的理念和努力，已深深植根於我們服務的兒童與社區之中。

許先生無私奉獻的精神及熱心投入，持續激勵著我們。他的離去令 LEAP 所有人深感悲痛，但他留下的精神與對兒童生命的深遠影響，將永遠被銘記。

願他安息。



ACKNOWLEDGEMENTS

鳴謝

LEAP extends sincere appreciation to all funding bodies, schools, donors, organisations, and volunteers whose dedication and support have been instrumental to our success over the past year.

我們謹此衷心感謝所有資助機構、學校、捐款者、合作團體及義工，在過去一年中對本機構的支持與付出。有賴各方無私的奉獻與鼎力協助，LEAP 方能持續推動使命，取得豐碩成果。

School Programmes

Special thanks to the following schools for participating in our education programmes during the 2023/24 academic year:

學校教育課程

謹此鳴謝以下學校於 2023/24 學年參與本機構的教育項目：

Primary Programme - Chinese 小學課程 - 中文

Alliance Primary School, Tai Hang Tung
Alliance Primary School, Whampoa
Baptist (STW) Lui Ming Choi Primary School
Baptist Church Shining Grace Kindergarten
Baptist Lui Ming Choi Primary School
Buddhist Lam Bing Yim Memorial School
Carmel Alison Lam Primary School
Castle Peak Catholic Primary School
CCC Chuen Yuen Second Primary School
CCC Chun Kwong Primary School
CCC Heep Woh Primary School
CCC Heep Woh Primary School (Cheung Sha Wan)
CCC Hoh Fuk Tong Primary School
CCC Kei Chun Primary School
CCC Kei Wai Primary School
CCC Kei Wan Primary School (Aldrich Bay)
CCC Mong Wong Far Yok Memorial Primary School
Chan Sui Ki (La Salle) Primary School
Chan's Creative School
Chi Lin Buddhist Primary School
Chinese Methodist School, Tanner Hill
Ching Chung Hau Po Woon Primary School
Chiu Yang Primary School of Hong Kong
Choi Wan St. Joseph's Primary School
Chung Sing School
Conservative Baptist Lui Ming Choi Primary School
Creative Primary School
Creative Primary School's Kindergarten
Cumberland Presbyterian Church Yao Dao Primary School
Diocesan Boys' School Primary Division
Fanling Public School

大坑東宣道小學
黃埔宣道小學
浸信會沙田團呂明才小學
浸信會華恩幼稚園
浸信會呂明才小學
佛教林炳炎紀念學校
迦密愛禮信小學
青山天主教小學
中華基督教會全完第二小學
中華基督教會元朗真光小學
中華基督教協和小學
中華基督教協和小學(長沙灣)
中華基督教會何福堂小學
中華基督教會基真小學
中華基督教會基慧小學
中華基督教會基灣小學(愛蝶灣)
中華基督教會蒙黃花沃紀念小學
陳瑞祺(喇沙)小學
啟基學校
佛教志蓮小學
循道衛理聯合教會丹拿山循道學校
青松侯寶垣小學
香港潮陽小學
彩雲聖若瑟小學
鐘聲學校
浸信宣道會呂明才小學
啟思小學
啟思小學附屬幼稚園
金巴崙長老會耀道小學
拔萃男書院附屬小學
粉嶺公立學校

Primary Programme - Chinese 小學課程 – 中文

Fuk Tak Education Society Primary School
Fung Kai No.1 Primary School
Good Health Anglo - Chinese Kindergarten (Ma On Shan)
Hennessy Road Government Primary School (Causeway Bay)
HKECA Wu Si Chong Memorial School
HKTA Shun Yeung Primary School
HKTA Yuen Yuen Institute Shek Wai Kok Primary School
Ho Ming Primary School (Sponsored by Sik Sik Yuen)
Hon Wah College cum primary section
Hong Kong And Macau Lutheran Church Ming Tao Primary School
Hong Kong Southern District Government Primary School
KCBC Hay Nien Primary School
Kwai Ming Wu Memorial School of the Precious Blood
Laichikok Catholic Primary School
Lam Tin Methodist Primary School
Lei Muk Shue Catholic Primary School
Leung Kui Kau Lutheran Primary School
Lok Sin Tong Leung Kau Kui Primary School
Lok Wah Catholic Primary School
Ma On Shan Ling Liang Primary School
Ma On Shan Methodist Primary School
Ma Tau Chung Government Primary School (Hung Hom Bay)
Maryknoll Convent School (Primary Section)
Our Lady’s Primary School
Pentecostal Yu Leung Fat Primary School
Ping Shek Estate Catholic Primary School
PLK Castar Primary School
PLK Tin Ka Ping Millennium Primary School
PLK Tin Ka Ping Primary School
Queen Elizabeth School Old Students’ Association Primary School
Raimondi College Primary Section
Sacred Heart Canossian School
Salesian Yip Hon Millennium Primary School
Salesian Yip Hon Primary School
Shak Chung Shan Memorial Catholic Primary School
Sham Shui Po Government Primary School
Shau Kei Wan Government Primary School
Shek Lei St. John’s Catholic Primary School
Shek Wu Hui Public School
Shun Tak Fraternal Association Lee Kam Primary School
Shun Tak Fraternal Association Leung Kit Wah Primary School
SKH Chai Wan St. Michael’s Primary School
SKH Chu Oi Primary School
SKH Ho Chak Wan Primary School
SKH Holy Cross Primary School
SKH Kei Hin Primary School
SKH Kei Lok Primary School
SKH Kei Wing Primary School
SKH Ma On Shan Holy Spirit Primary School
SKH Mung Yan Primary School
SKH St. Matthew’s Primary School
SKH Tin Wan Chi Nam Primary School

福德學社小學
鳳溪第一小學
康傑中英文幼稚園（馬鞍山正校）
軒尼詩道官立小學（銅鑼灣）
僑港伍氏宗親會伍時暢紀念學校
香港道教聯合會純陽小學
香港道教聯合會圓玄學院石圍角小學
薈色園主辦可銘學校
漢華中學附設小學部
港澳信義會明道小學
香港南區官立小學
九龍城浸信會禧年小學
寶血會伍季明紀念學校
荔枝角天主教小學
藍田循道衛理小學
梨木樹天主教小學
路德會梁鉅鏐小學
樂善堂梁銑琚學校
樂華天主教小學
馬鞍山靈糧小學
馬鞍山循道衛理小學
馬頭涌官立小學（紅磡灣）
瑪利諾修院學校（小學部）
聖母小學
五旬節于良發小學
坪石天主教小學
保良局世德小學
保良局田家炳千禧小學
保良局田家炳小學
伊利沙伯中學舊生會小學
高主教書院小學部
嘉諾撒聖心學校
慈幼葉漢千禧小學
慈幼葉漢小學
天主教石鐘山紀念小學
深水埗官立小學
筲箕灣官立小學
石籬聖若望天主教小學
石湖墟公立學校
順德聯誼總會李金小學
順德聯誼總會梁潔華小學
聖公會柴灣聖米迦勒小學
聖公會主愛小學
聖公會何澤芸小學
聖公會聖十架小學
聖公會基顯小學
聖公會基樂小學
聖公會基榮小學
聖公會馬鞍山主風小學
聖公會蒙恩小學
聖公會聖馬太小學
聖公會田灣始南小學

Primary Programme - Chinese 小學課程 – 中文

SKH Wei Lun Primary School
SKH Yan Laap Memorial Primary School
SKH Yuen Chen Maun Chen Primary School
South Yuen Long Government Primary School
SRBCEPSA Lu Kwong Fai Memorial School
St. Antonius Primary School
St. Bonaventure Catholic Primary School
St. Mary’s Canossian School
St. Patrick’s School
St. Paul’s Co-educational College Primary School
St. Paul’s College Primary School
Stewards Pooi Kei Primary School
Sung Tak Wong Kin Sheung Memorial School
Tai Po Methodist School
Tai Po Old Market Public School (Plover Cove)
Taikoo Primary School
The ELCHK Faith Lutheran School
The ELCHK Wo Che Lutheran School
The Endeavourers Leung Lee Sau Yu Memorial Primary School
The HKCCC Union Logos Academy
The Little Flower’s Catholic Primary School
The Salvation Army Ann Wyllie Memorial School
The Salvation Army Centaline Charity Fund School
The Salvation Army Ming Tak Nursery School
The Yuen Yuen Institute Chan Kwok Chiu Hing Tak Primary School
Tin Shui Wai Methodist Primary School
Tong Mei Road Government Primary School
Tsuen Wan Chiu Chow Public School
Tuen Mun Government Primary School
Tun Yu School
TWGHs Ko Ho Ning Memorial Primary School
TWGHs Lo Yu Chik Primary School
TWGHs Yiu Dak Chi Memorial Primary School (Yuen Long)
Wong Tai Sin Catholic Primary School
Wong Tai Sin Government Primary School
Y.O.T. Tin Ka Ping Primary School
Yan Chai Hospital Choi Hin To Primary School
Yuen Long Government Primary School
Yuen Long Merchants Association Primary School
Yuk Yin School

聖公會偉倫小學
聖公會仁立紀念小學
聖公會阮鄭夢芹小學
南元朗官立小學
柏立基教育學院校友會盧光輝紀念學校
聖安當小學
聖文德天主教小學
嘉諾撒聖瑪利學校
聖博德學校
聖保羅男女中學附屬小學
聖保羅書院小學
培基小學
大埔崇德黃建常紀念學校
大埔循道衛理小學
大埔舊墟公立學校（寶湖道）
太古小學
基督教香港信義會深信學校
基督教香港信義會禾輦信義學校
勵志會梁李秀娛紀念小學
香港華人基督教聯合會真道書院
天主教聖華學校
救世軍韋理夫人紀念學校
救世軍中原慈善基金學校
救世軍明德幼兒學校
圓玄學院陳國超興德小學
天水圍循道衛理小學
塘尾道官立小學
荃灣潮州公學
屯門官立小學
惇裕學校
東華三院高可寧紀念小學
東華三院羅裕積小學
東華三院姚達之紀念小學（元朗）
黃大仙天主教小學
黃大仙官立小學
仁愛堂田家炳小學
仁濟醫院蔡衍濤小學
元朗官立小學
元朗商會小學
育賢學校

Primary Programme - English 小學課程 – 英文

American International School
Diocesan Boys’ School Primary Division
Diocesan Girls’ Junior School
DSC International School
ELCHK Lutheran Academy
French International School (Chai Wan)
French International School (Jardine’s Lookout)
Hong Kong Taoist Association Wun Tsuen School
Invictus School

美國國際學校
拔萃男書院附屬小學
拔萃女小學
香港德思齊加拿大國際學校
宏信書院
法國國際學校（柴灣校舍）
法國國際學校（渣甸山校舍）
香港道教聯合會雲泉學校
茵維特學校

Primary Programme - English 小學課程 – 英文

Islamic Dharwood Pau Memorial Primary School	伊斯蘭鮑伯濤紀念小學
Kingston International School	京斯敦國際學校
Li Sing Tai Hang School	李陞大坑學校
Mulberry Tree International Kindergarten/Academy	啓智學校
Oasis English Kindergarten	奧基英文幼稚園
Po Kok Primary School	寶覺小學
Po Leung Kuk Choi Kai Yau School	保良局蔡繼有學校
Po Leung Kuk Lam Man Chan English Primary School	保良局林文燦英文小學
Pui Kiu College	培僑書院
San Wui Commercial Society YMCA of Hong Kong Christian School	新會商會港青基信學校
Sir Ellis Kadoorie (Sookunpo) Primary School	官立嘉道理爵士小學
St. Stephen’s College Preparatory School	聖士提反書院附屬小學
Think International School	朗思國際學校
TWGHs Yiu Dak Chi Memorial Primary School (Yuen Long)	東華三院姚達之紀念小學（元朗）
Victoria Shanghai Academy	滬江維多利亞學校

Secondary Programme - Chinese 中學課程 – 中文

Buddhist Tai Kwong Chi Hong College	佛教大光慈航中學
Buddhist Yip Kei Nam Memorial College	佛教葉紀南紀念中學
Caritas Chong Yuet Ming Secondary School	明愛莊月明中學
CCC Heep Woh College	中華基督教會協和書院
CCC Kei Chi Secondary School	中華基督教會基智中學
CCC Kei San Secondary School	中華基督教會基新中學
CCC Ming Yin College	中華基督教會銘賢書院
CCC Tam Lee Lai Fun Memorial Secondary School	中華基督教會譚李麗芬紀念中學
China Holiness College	中聖書院
Choi Hung Estate Catholic Secondary School	彩虹邨天主教英文中學
Chong Gene Hang College	張振興伉儷書院
Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School	鐘聲慈善社胡陳金枝中學
CNEC Christian College	中華傳道會安柱中學
Cognitio College (Kowloon)	文理書院（九龍）
CUHK FAA Thomas Cheung Secondary School	香港中文大學校友會聯會張煊昌中學
De La Salle Secondary School, N.T.	新界喇沙中學
ELCHK Lutheran Secondary School	基督教香港信義會信義中學
Fanling Government Secondary School	粉嶺官立中學
Fanling Lutheran Secondary School	基督教香港信義會心誠中學
Fukien Secondary School (Siu Sai Wan)	福建中學（小西灣）
Gertrude Simon Lutheran College	路德會西門英才中學
Henrietta Secondary School	顯理中學
HHCKLA Buddhist Ching Kok Secondary School	香海正覺蓮社佛教正覺中學
HKMA David Li Kwok Po College	香港管理專業協會李國寶中學
HKSYC & IA Chan Nam Chong Memorial College	香港四邑商工總會陳南昌紀念中學
Ho Lap College (Sponsored by Sik Sik Yuen)	可立中學（薈色園主辦）
Hoi Ping Chamber of Commerce Secondary School	旅港開平商會中學
Homantin Government Secondary School	何文田官立中學
Hong Kong Tang King Po College	香港鄧鏡波書院
Jockey Club Government Secondary School	賽馬會官立中學
Kau Yan College	救恩書院
Kiangsu - Chekiang College (Kwai Chung)	葵涌蘇浙公學
Leung Shek Chee College	梁式芝書院

Secondary Programme - Chinese 中學課程 – 中文

Lions Clubs International Tseung Chui King College	獅子會蔣翠琮中學
Liu Po Shan Memorial College	廖寶珊紀念書院
Lok Sin Tong Leung Kau Kui College	樂善堂梁銑琚書院
Lok Sin Tong Young Ko Hsiao Lin Secondary School	樂善堂楊葛小琳中學
Lok Sin Tong Yu Kan Hing Secondary School	樂善堂余近卿中學
Lui Ming Choi Lutheran College	路德會呂明才中學
Ma On Shan Tsung Tsin Secondary School	馬鞍山崇真中學
Man Kwan Pak Kau College	萬鈞伯裘書院
Man Kwan QualiEd College	萬鈞匯知中學
Mu Kuang English School	慕光英文書院
Newman Catholic College	天主教新民書院
Notre Dame College	獻主會聖母院書院
NTHYK Tai Po District Secondary School	新界鄉議局大埔區中學
Our Lady of The Rosary College	聖母玫瑰書院
Our Lady’s College	聖母書院
Pentecostal Lam Hon Kwong School	五旬節林漢光中學
PHC Wing Kwong College	五旬節聖潔會永光書院
Po Kok Secondary School	寶覺中學
Po Leung Kuk C. W. Chu College	保良局朱敬文中學
Po Leung Kuk Centenary Li Shiu Chung Memorial College	保良局百周年李兆忠紀念中學
Po Leung Kuk Ho Yuk Ching (1984) College	保良局甲子何玉清中學
Po Leung Kuk Lo Kit Sing (1983) College	保良局羅傑承（一九八三）中學
Po Leung Kuk Ma Kam Ming College	保良局馬錦明中學
Pope Paul VI College	保祿六世書院
Pui Kiu Middle School	培僑中學
Queen Elizabeth School	伊利沙伯中學
Queen’s College Old Boys’ Association Secondary School	皇仁舊生會中學
Salesian English School	慈幼英文學校
San Wui Commercial Society Secondary School	新會商會中學
Semple Memorial Secondary School	基督教四方福音會深培中學
Shau Kei Wan Government Secondary School	筲箕灣官立中學
Shun Tak Fraternal Association Lee Shau Kee College	順德聯誼總會李兆基中學
Shun Tak Fraternal Association Leung Kau Kui College	順德聯誼總會梁銑琚中學
SKH All Saints’ Middle School	聖公會諸聖中學
SKH Kei Hau Secondary School	聖公會基孝中學
SKH Li Fook Hing Secondary School	聖公會李福慶中學
SKH Li Ping Secondary School	聖公會李炳中學
SKH Lui Ming Choi Secondary School	聖公會呂明才中學
SKH St. Benedict’s School	聖公會聖本德中學
SKH St. Simon’s Lui Ming Choi Secondary School	聖公會聖西門呂明才中學
SKH Tsoi Kung Po Secondary School	聖公會蔡功譜中學
St. Catharine’s School for Girls	聖傑靈女子中學
St. Francis of Assisi’s College	聖芳濟各書院
St. Louis School	聖類斯中學
St. Margaret’s Co-educational English Secondary and Primary School	聖瑪加利男女英文中小學
St. Paul’s School (Lam Tin)	藍田聖保祿中學
St. Paul’s Secondary School	聖保祿中學
Tak Nga Secondary School	德雅中學
Tang King Po School	鄧鏡波學校
The Chinese Foundation Secondary School	中華基金中學
TIACC Woo Hon Fai Secondary School	紡織學會美國商會胡漢輝中學
Tin Shui Wai Methodist College	天水圍循道衛理中學

Secondary Programme - Chinese 中學課程 – 中文

Tsung Tsin Christian Academy	基督教崇真中學
Tung Chung Catholic School	東涌天主教學校
Tung Wah Group of Hospitals Mrs. Wu York Yu Memorial College	東華三院伍若瑜夫人紀念中學
TWGHs Chen Zao Men College	東華三院陳兆民中學
TWGHs Lee Ching Dea Memorial College	東華三院李潤田紀念中學
TWGHs S.C. Gaw Memorial College	東華三院吳祥川紀念中學
Valtorta College	恩主教書院
Wa Ying College	華英中學
Yan Chai Hospital Lan Chi Pat Memorial Secondary School	仁濟醫院靚次伯紀念中學
Ying Wa Girls’ School	英華女學校

Special Needs Programme 特殊教育課程

Buddhist To Chi Fat She Yeung Yat Lam Memorial School	道慈佛社楊日霖紀念學校
Chi Yun School	慈恩學校
Choi Jun School	才俊學校
Ebenezer New Hope School	心光恩望學校
Haven of Hope Sunnyside School	靈實恩光學校
Heep Hong Society, Catherine Lo Centre	協康會慶華中心
Heep Hong Society, Chan Chung Hon Centre	協康會陳宗漢紀念中心
Heep Hong Society, Shui Pin Wai Centre	協康會水邊圍中心
Heep Hong Society, Wan Tsui Centre	協康會環翠中心
Heep Hong Society, Yu Ming Centre	協康會裕明中心
Heep Hong Society, Yung Ming Centre	協康會雍明中心
HHCKLA Buddhist Po Kwong School	香海正覺蓮社佛教普光學校
HKSYC&IA Chan Nam Chong Memorial School	香港四邑商工總會陳南昌紀念學校
Hong Chi Lions Morninghill School	匡智獅子會晨崗學校
Hong Chi Morninghill School, Tsui Lam	匡智翠林晨崗學校
Hong Chi Morninghill School, Tuen Mun	匡智屯門晨崗學校
Hong Chi Morninghope School, Tuen Mun	匡智屯門晨輝學校
Hong Chi Morningjoy School, Yuen Long	匡智元朗晨樂學校
Hong Chi Morninglight School, Tuen Mun	匡智屯門晨曦學校
Hong Chi Morninglight School, Yuen Long	匡智元朗晨曦學校
Hong Chi Pinehill No. 2 School	匡智松嶺第二校
Hong Chi Pinehill No. 3 School	匡智松嶺第三校
Hong Chi Pinehill School	匡智松嶺學校
Hong Chi Pinehill Integrated Vocational Training Centre	匡智松嶺綜合職業訓練中心
Hong Chi Shiu Pong Morninghope School	匡智紹邦晨輝學校
Hong Chi Winifred Mary Cheung Morninghope School	匡智張玉瓊晨輝學校
Hong Kong Christian Service Pui Oi School	香港基督教服務處培愛學校
Hong Kong Red Cross John F Kennedy Centre	香港紅十字會甘迺迪中心
Hong Kong Red Cross Margaret Trench School	香港紅十字會瑪嘉烈戴麟趾學校
Hong Kong Red Cross Princess Alexandra School	香港紅十字會雅麗珊郡主學校
Mary Rose School	天保民學校
PLK Anita L L Chan (Centenary) School	保良局陳麗玲（百周年）學校
PLK Chao King Lin Early Learning Centre	保良局曹金霖幼兒學習中心
PLK Malina Ngai (Hoi Tat) Child Development Centre	保良局倪文玲（海達）兒童發展中心
PLK Malina Ngai (Sham Shui Po) Child Development Centre	保良局倪文玲（深水埗）兒童發展中心
PLK Malina Ngai (Yuen Long) Child Development Centre	保良局倪文玲（元朗）兒童發展中心
PLK Mr & Mrs Chan Pak Keung Tsing Yi School	保良局陳百強伉儷青衣學校
PLK Yu Lee Mo Fan Memorial School	保良局余李慕芬紀念學校

Special Needs Programme 特殊教育課程

Rhenish Church Grace School	禮賢會恩慈學校
Rotary Club of Hong Kong Island West Hong Chi Morninghope School	香港西區扶輪社匡智晨輝學校
SAHK Jockey Club Elaine Field School	香港耀能協會賽馬會田綺玲學校
SAHK Pak Tin Pre-school Centre	香港耀能協會白田幼兒中心
SAHK Shek Wai Kok Pre-school Centre	香港耀能協會石圍角幼兒中心
SAHK On Tai Pre-school Centre	香港耀能協會安泰幼兒中心
Sam Shui Natives Association Lau Pun Cheung School	三水同鄉會劉本章學校
Saviour Lutheran School	路德會救主學校
Shatin Public School	沙田公立學校
The Church of Christ in China Kei Shun Special School	中華基督教會基順學校
The Church of Christ in China Mongkok Church Kai Oi School	中華基督教會望覺堂啟愛學校
The Jockey Club Hong Chi School	賽馬會匡智學校
The Mental Health Association of Hong Kong - Cornwall School	香港心理衛生會—臻和學校
The Neighbourhood Advice-Action Council Child Advancement Centre	鄰舍輔導會景康幼兒中心
The Neighbourhood Advice-Action Council Child Enlightenment Centre	鄰舍輔導會啟康幼兒中心
Tseung Kwan O Pui Chi School	將軍澳培智學校
TWGHs Chi-Li Pao School	東華三院包玉星學校
TWGHs Kwan Fong Kai Chi School	東華三院群芳啟智學校
TWGHs Tsui Tsin Tong School	東華三院徐展堂學校

Parent Programme 家長教育課程

CCC Kei Wan Primary School (Aldrich Bay)	中華基督教會基灣小學（愛蝶灣）
Chi Lin Buddhist Primary School	佛教志蓮小學
Farm Road Government Primary School	農圃道官立小學
Fung Kai No.1 Primary School	鳳溪第一小學
Heep Yunn Primary School	協恩中學附屬小學
Hennessy Road Government Primary School	軒尼詩官立小學
HHCKLA Buddhist Chan Shi Wan Primary School	香海正覺蓮社佛教陳式宏學校
HKSPC Thomas Tam Nursery School	香港保護兒童會譚雅士幼兒學校
Ho Ming Primary School (Sponsored Sik Sik Yuen)	嗇色園主辦可銘學校
Hoi Pa Street Government Primary School	海壩街官立小學
Hoi Ping Chamber of Commerce Primary School	旅港開平商會學校
Hong Kong Baptist Convention Primary School	香港浸信會聯會小學
Kowloon Ling Liang Church Kindergarten	九龍靈糧堂幼稚園
Lei Muk Shue Catholic Primary School	梨木樹天主教小學
Lok Wah Catholic Primary School	樂華天主教小學
Lutheran Tsang Shing Siu Leun School	香港路德會增城兆霖學校
Munsang College Primary School	民生書院小學
PLK Tin Ka Ping Primary School	保良局田家炳小學
Salesian Yip Hon Millennium Primary School	慈幼葉漢千禧小學
Salvation Army Centaline Charity Fund Queen’s Hill School	救世軍中原慈善基金皇后山學校
SKH Chai Wan St. Michael’s Primary School	聖公會柴灣聖米迦勒小學
SKH Holy Cross Primary School	聖公會聖十架小學
SKH Kei Oi Primary School	聖公會基愛小學
SKH Mung Yan Primary School	聖公會蒙恩小學
SKH Yuen Chen Maun Chen Jubilee Primary School	聖公會阮鄭夢芹銀禧小學
St. Bonaventure Catholic Primary School	聖文德天主教小學
Star of The Sea Catholic Kindergarten	天主教海星幼稚園
Stewards Pooi Kei Primary School	培基小學
Tai Po Old Market Public School (Plover Cove)	大埔舊墟公立學校（寶湖道）

Parent Programme 家長教育課程

The Hong Kong Eng Clansman Association Wu Si Chong Memorial School	僑港伍氏宗親會伍時暢紀念學校
The Little Flower’s Catholic Primary School	天主教聖華學校
The Yuen Yuen Institute Chan Kwok Chiu Hing Tak Primary School	圓玄學院陳國超興德小學
Tsang Mui Millennium School	曾梅千禧學校
Tseung Kwan O Catholic Primary School	將軍澳天主教小學
Tseung Kwan O Methodist Primary School	將軍澳循道衛理小學
TWGHs Ko Ho Ning Memorial Primary School	東華三院高可寧紀念小學

Spare a Lai-See Fundraising Campaign 2024 「哈樂利是」籌款活動 2024

Alliance Primary School (Tai Hang Tung)	大坑東宣道小學
Baptist (Shatin Wai) Lui Ming Choi Primary School	浸信會沙田圍呂明才小學
Buddhist Lam Bing Yim Memorial School	佛教林炳炎紀念學校
CCC Kei Wan Primary School (Aldrich Bay)	中華基督教會基灣小學（愛蝶灣）
Chan Sui Ki (La Salle) Primary School	陳瑞祺（喇沙）小學
Chan’s Creative Primary School	啟基學校
Creative Primary School	啟思小學
ELCHK Lutheran Academy	基督教香港信義會宏信書院
Fung Kai No.1 Primary School	鳳溪第一小學
HKTA Shun Yeung Primary School	香港道教聯合會純陽小學
Hon Wah College cum primary section	漢華中學附設小學部
Hong Kong Taoist Association Wun Tsuen School	香港道教聯合會雲泉學校
Invictus School Hong Kong (TKO)	茵維特（香港）學校
SKH Chai Wan St. Michael’s Primary School	聖公會柴灣聖米迦勒小學
SKH Fung Kei Primary School	聖公會奉基小學
SKH Kindly Light Church Holy Carpenter Kindergarten Nursery (Branch)	聖公會慈光堂聖匠幼稚園（分校）
SKH Kindly Light Church Holy Carpenter Kindergarten Nursery	聖公會慈光堂聖匠幼稚園
S.T.F.A. Leung Kit Wah Primary School	順德聯誼總會梁潔華小學
Sacred Heart Canossian School	嘉諾撒聖心學校
Salesian Yip Hon Primary School	慈幼葉漢小學
Shak Chung Shan Memorial Catholic Primary School	天主教石鐘山紀念小學
SKH Yuen Chen Maun Chen Primary School	聖公會阮鄭夢芹小學
St. Stephen’s College Preparatory School	聖士提反書院附屬小學
St. Louis School (Primary Section)	聖類斯中學（小學部）
St. Paul’s Co-educational College Primary School	聖保羅男女中學附屬小學
Taikoo Primary School	太古小學
Tai Po Baptist Public School	大埔浸信會公立學校
Taoist Ching Chung Primary School	道教青松小學
The ELCHK Faith Lutheran School	基督教香港信義會深信學校
The Little Flower’s Catholic Primary School	天主教聖華學校
Tong Mei Road Government Primary School	塘尾道官立小學
Tun Yu School	惇裕學校
Y.O.T. Tin Ka Ping Primary School	仁愛堂田家炳小學

Flag Day New Territories Region 2024 新界區賣旗日 2024

AD & FD POHL Mrs Cheng Yam On School	博愛醫院歷屆總理聯誼會鄭任安夫人學校
Agency for Volunteer Service	義務工作發展局
American International School	美國國際學校
Andy World Club	華仔天地
Castle Peak Catholic Primary School	青山天主教小學

Flag Day New Territories Region 2024 新界區賣旗日 2024

Citybase Property Management Limited - Kingswood Club	嘉湖愛心義工隊
CUHKFAA Thomas Cheung Secondary School	香港中文大學校友會聯會張煊昌學校
Dawn Cultural and Educational Association	晨曦文化教育協會
Department of Health Volunteer Team	衛生署義工隊
EasyVolunteer.hk	好易配
GO MUSEUM	GO MUSEUM
Goodwell Property Management Ltd	高衛物業管理有限公司 - 海柏花園
Hang Seng Bank	恒生銀行
Haven Of Hope Sunnyside School	靈實恩光學校
Hoi Pa Street Government Primary School	海壩街官立小學
Hong Kong Housing Authority	香港房屋委員會
Hong Kong Housing Society	香港房屋協會
Hong Kong Taoist Association Shun Yeung Primary School	香港道教聯合會純陽小學
Hong Kong Taoist Association Tang Hin Memorial Secondary School	香港道教聯合會鄧顯紀念中學
Labour Department Volunteer Team	勞工處義工隊
Lai King Catholic Secondary School	荔景天主教中學
Lam Tsuen Public Wong Fook Luen Memorial School	林村公立黃福鑾紀念學校
MTR Corporation Limited	香港鐵路有限公司
Netmon Information Systems Limited	科研資訊系統有限公司
Office of Ms Lam Yuk-Wa District Councillor	林玉華區議員辦事處
Po Leung Kuk Lo Kit Sing (1983) College	保良局羅傑承（一九八三）中學
Queen Elizabeth School Old Students’ Association Primary School	伊利沙伯中學舊生會小學
SKH Yuen Chen Maun Chen Primary School	聖公會阮鄭夢芹小學
SAHK Pak Tin Pre-school Centre	香港耀能協會 白田幼兒中心
Salesian Yip Hon Millennium Primary School	慈幼葉漢千禧小學
Saviour Lutheran School	路德會救主學校
Shanghai Commercial Bank	上海商業銀行
Simffee Roastery Limited	Simffee Roastery Limited
Social Career	社職
S. F. Express (Hong Kong) Limited	順豐速運
The Hongkong and Shanghai Banking Corporation Limited	香港上海滙豐銀行
The Jockey Club Hong Chi School	賽馬會匡智學校
The “Star” Ferry Company, Limited	天星小輪有限公司
The Yuen Yuen Institute Chan Kwok Chiu Hing Tak Primary School	圓玄學院陳國超興德小學
Time Auction	Time Auction
Water Supplies Department Volunteer Team	水務署義工隊

Parking Facilities 泊車設施贊助機構

Cathay Pacific City	國泰城
CCC Kei Chun Primary School	中華基督教會基真小學
CCC Hoh Fuk Tong Primary School	中華基督教會何福堂小學
City University of Hong Kong	香港城市大學
Diocesan Boys’ School Primary Division	拔萃男書院附屬小學
Diocesan Girls’ Junior School	拔萃女小學
Fung Kai No.1 Primary School	鳳溪第一小學
Hong Kong Aircraft Engineering Company Limited	香港飛機工程有限公司
Ma Tau Chung Government Primary School (Hung Hom Bay)	馬頭涌官立小學（紅磡灣）
SKH Yan Laap Memorial Primary School	聖公會仁立紀念小學
St. Paul’s College Primary School	聖保羅書院小學
Sung Tak Wong Kin Sheung Memorial School	大埔崇德黃建常紀念學校
Tun Yu School	惇裕學校

Corporate Partners 企業合作夥伴



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Department of Health



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust



教育局
Education Bureau



保安局禁毒處
Narcotics Division, Security Bureau

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生活教育活動計劃捐款表格
Life Education Activity Programme Donation Form

捐款金額 (請在適當 ☐ 內填上 ☒) Donation Amount (Please tick ☐ as appropriate)

- ☐ 我願意作每月定額捐款，以支持 LEAP 健康生活及預防教育課程。
I would like to make a monthly donation to support LEAP's health-based preventive education programmes.

☐ \$1,000 ☐ \$500 ☐ \$300 ☐ \$200 ☐ 其他 Other \$ _____

- ☐ 我願意作出單次捐款，以支持 LEAP 健康生活及預防教育課程。
I would like to make a one-off donation to support LEAP's health-based preventive education programmes.

☐ \$3,000 ☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ 其他 Other \$ _____

捐款者資料 Donor Information

姓名 Name (☐ 先生 Mr / ☐ 女士 Mrs / ☐ 小姐 Ms) _____

團體 / 公司名稱 Organisation / Company Name _____

地址 Address _____

聯絡電話 Contact No. _____ 電郵 Email _____

捐款方法 Donation Methods

- ☐ **網上捐款 Online Donation**
(Visa、Mastercard、中國銀聯、美國運通、發現卡、轉數快，支付寶香港及八達通)
(Visa, Mastercard, Union Pay, American Express, Discover Card, FPS, Alipay HK & Octopus)

leap.org.hk/donate



- ☐ **支票 By Cheque** **HK\$** _____
抬頭請註明「**生活教育活動計劃**」及連同此表格郵寄回 LEAP。
Please make cheque payable to “**Life Education Activity Programme**” and mail together with this form to us.

- ☐ **直接存入銀行 By Bank-in** **HK\$** _____
恒生銀行戶口 Hang Seng Bank: 289-160103-002
匯豐銀行戶口 HSBC Hong Kong: 582-240628-001

捐款港幣100元或以上，可憑收據申請退稅。
Donation of HK\$100 or above is tax deductible with official donation receipt.

- ☐ 為幫助節省行政開支，本人/機構無需收據。To help save administrative costs, I/we do not need a donation receipt.

- ☐ 需要捐款收據，收據抬頭 Receipt required, name on receipt _____

- ☐ 我已閱讀並清楚明白及同意以下有關「個人資料收集聲明」的內容，包括：本會持有的個人資料是以個人為基礎收集的或者當您為進行捐贈目的而自願披露的個人資料；所提供之個人資料只作發出捐款收據、會員服務及通訊、募捐、並邀請您出席本會活動等用途；本會只在獲得您同意的前提下，向本會在香港或境外的服務供應商轉交及披露您的個人資料；您有權隨時查閱及更正有關您的個人資料，可發電郵至 leap@leap.org.hk 或以書面形式提交本會。
- ☐ I have read, understood and agreed the below Personal Information Collection Statement, and agree the relevant content, including: Personal Data you knowingly choose to disclose is collected on an individual basis or for purposes of making donations; your Personal Information will only be used for handling your donation, issuing receipts, providing donor services, communication, appeal fundraising and inviting you to our events etc. LEAP will not provide your Personal Data to our service providers (within or outside Hong Kong) for direct marketing or other unrelated purposes without your consent; you may at any time request access to and update your Personal Data. Any request to access or update the Personal Data shall be in writing/ by email (leap@leap.org.hk) addressed to Life Education Activity Programme.
- ☐ 本人不同意接收生活教育活動計劃的資訊。
I do not wish to receive information from Life Education Activity Programme.

請以正楷填妥此表格，連同支票、銀行入數紙或其他匯款證明一併寄回本會。

新界葵涌麗瑤邨樂瑤樓地下 107-113 室或傳真至 2524 8878 / 電郵至 leap@leap.org.hk。

Please complete this form in BLOCK letters and return with cheque/ bank-in slip/ transaction record to us.

107-113, G/F., Lok Yiu House, Lai Yiu Estate, Kwai Chung, New Territories, HK / by fax to 2524 8878 / by email to leap@leap.org.hk.



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