

香港青新交流協會

Hong Kong Flash Exchange Association



2025 — 2026 年度報告

ANNUAL REPORT
2025 — 2026

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新青年 新行動

新青年，時代的驅動力，以行動創造未來
新行動，新青年的宣言，讓夢想在實踐中閃耀！

New Youth • New Action

New Youth, the driving force of the era, shaping the future through action.

New Action, the manifesto of the youth, letting dreams shine through practice!

關於我們 About Us

香港菁新交流協會的宗旨為，透過不同的活動項目匯聚青年理想，建立青年人的自信心讓青少年發揮自己的潛能，認識自己更多不同領域；促進青年的團結和溝通，鍛鍊會員的領導力、組織力和執行力，集結力量，發揚互助互愛的精神；致力促進兩岸四地青年交流，加強青年國家民族觀念，為社會培養出關心祖國、熱愛香港、敬業樂群的青年精英。

香港菁新交流協會多次組織青年活動，包括：

- 「大灣區粵港青年交流團、走進五邑文化之旅」，了解外地城市發展，加強青少年對國內發展的認識；
- 遊走十八區認識基本法流動宣傳車，遊走香港之膳養費、知多點等，向公眾推廣公民教育及認識社會議題；
- 各類型的班組活動，如墨魚團及龍舟體驗日，加強青少年身心發展，擴闊社交圈子。

The Mission of the Hong Kong Flash Exchange Association is to gather the aspirations of young people through various activities, build their self-confidence, and enable them to unlock their potential and explore different fields. It aims to promote unity and communication among youth, cultivate members' leadership, organizational skills, and execution capabilities, and unite their strengths to carry forward the spirit of mutual help and love. Furthermore, it is dedicated to promoting youth exchanges across the Cross-Strait four regions, strengthening young people's sense of national identity, and nurturing youth elites who care for the motherland, love Hong Kong, and are dedicated to their professions and communities.

- "Greater Bay Area Guangdong-Hong Kong Youth Exchange Tour: A Journey into Wuyi Culture": Designed to help young people understand the development of other cities and enhance their knowledge of Mainland China's development.
- "Roaming the 18 Districts to Learn about the Basic Law" Promotional Truck and "Roaming Hong Kong: Learn More About Alimony" Campaign: Aimed at promoting civic education and raising public awareness of social issues.
- Various Group Activities (e.g., Cuttlefish Fishing Tours and Dragon Boat Experience Days): Organized to enhance youth physical and mental development and broaden their social circles

四大核心宗旨 Core Pillars

本會一直以來緊扣四大核心宗旨，積極推動各項工作：

Our association has always stayed true to our four core pillars, driving various initiatives forward with purpose:

匯聚青年理想，深耕社區服務

Uniting Youth Ideals to Serve the Community

關注青年成長，引領英才培育

Fostering Youth Growth and Cultivating Future Talents

激發多元潛能，深化公民教育

Unlocking Youth Potential and Advancing Civic Education

促進跨域交流，厚植家國情懷

Enhancing Cross-Strait Exchanges and Strengthening National Identity

香港青新交流協會 (組織架構)

榮譽會長:

Honorary Presidents:

譚耀宗先生 (大紫荊勳賢, GBS, JP)

李慧琼女士, GBS, JP (全國人大常委, 立法會議員)

陳克勤先生, SBS, JP (民建聯主席, 立法會議員)

陳勇先生, SBS, JP (港區全國人大代表召集人, 立法會議員, 民建聯副主席, 新社聯會長)

葛珮帆女士, SBS, JP (立法會議員)

彭長緯先生, GBS, SBS, JP

Mr. TAM Yiu-chung, GBM, GBS, JP

Ms. Starry LEE Wai-king, GBS, JP (Member of NPCSC, Member of the Legislative Council)

Mr. CHAN Hak-kan, SBS, JP (Chairman of DAB, Member of the Legislative Council)

Mr. CHAN Yung, SBS, JP (Convenor of the HKSAR Deputies to the NPC, Member of the Legislative Council, Vice Chairperson of DAB, President of NTAS)

Dr. Elizabeth QUAT, SBS, JP (Member of the Legislative Council)

Mr. PANG Cheung-wai, Thomas, GBS, SBS, JP

名譽會長:

Honorary Vice-Presidents:

黃英豪先生, BBS, JP (港區全國人大代表)

林琳女士 (立法會議員)

李世榮先生, MH, JP

Dr. Kennedy WONG Ying-ho, BBS, JP (HKSAR Deputy to the NPC)

Ms. Nixie LAM Lam (Member of the Legislative Council)

Mr. Stanley LI Sai-wing, MH, JP

會務顧問:

Advisors

黃寶儀 女士 (沙田區議員)

梁振邦 先生 (沙田區議員)

林港坤 博士 (沙田區議員)

蔡惠誠 先生 (沙田區議員)

吳啟泰 先生 (沙田區議員)

陳壇丹 先生 (沙田區議員)

羅婉珮 女士 (沙田區議員)

朱煥釗 先生 (沙田區議員)

楊英瀚 先生 (沙田區議員)

Mr. LEUNG Chun-pong, Maverick (Member, Shatin District Council)

Dr. LAM Kong-kwan (Member, Shatin District Council)

Mr. CHOI Wai-shing (Member, Shatin District Council)

Ms. WONG Po-yee (Member, Shatin District Council)

Mr. NG Kai-tai (Member, Shatin District Council)

Mr. CHAN Tan-tan (Member, Shatin District Council)

Ms. LAW Yuen-pui (Member, Shatin District Council)

Mr. CHU Wun-chiu (Member, Shatin District Council)

Mr. YEUNG Ying-hon, Ronald (Member, Shatin District Council)

創會會長:

Founding President

黃冰芬 女士, MH (港區全國人大代表)

Ms. WONG Ping-fan, Iris MH (HKSAR Deputy to the NPC)

會長:

President:

董建莉 女士 (沙田區議員)

Ms. TUNG Kin-lei (Member, Shatin District Council)

主席:

Chairperson:

龔美姿 女士 (沙田區議員)

Ms. KUNG Mei-chi (Member, Shatin District Council)



會長的話

President's Message

董健莉女士 Ms. TUNG Kin-lei

香港菁新交流協會會長 沙田區議員
President Member, Shatin District

新青年，是時代的驅動力；新行動，是創造未來的宣言。本會自成立以來，始終秉持著「匯聚青年理想，結集力量，服務社區」的初心。我們深信，青年人作為社會的新生力量，擁有無限的創造力、夢想與熱情。

青年時期是形塑個人價值觀、成就未來的關鍵階段。因此，本會將「關注青年成長，建立自信心，培養青年人才」視為我們的核心使命。我們透過搭建多元化的社會實踐平台，激發青年人的內在潛能，並積極推動公民教育，引導年輕一代深刻體會社會責任，將夢想轉化為建設社區的實際行動。

同時，身處全球化與區域融合的時代，我們致力於促進兩岸四地青年交流。透過跨地域的文化、科技與學術互動，我們期望加強青年的國家民族觀念與認同感，消除隔閡，建立共同的價值觀，攜手為國家與民族的繁榮復興貢獻青春力量。

展望未來，本會將繼續作為青年的堅實後盾，陪伴大家勇敢追求夢想，讓青年的光芒在實踐中閃耀！

The younger generation defines the future through action. Since the Hong Kong Flash Exchange Association was founded, we have been guided by a singular conviction: to bring together young minds, gather our strengths, and serve the community. In our eyes, every young person holds the limitless potential to make a meaningful difference.

Every step taken during youth shapes who we become. This is why we focus heavily on supporting youth growth, building self-confidence, and nurturing talent. From rich cultural and recreational activities to meaningful civic education, we provide a stage for young people to discover their potential, helping them embrace social responsibility and work together for a better community.

At the same time, we keep our finger on the pulse of the era by actively driving youth exchanges across the four regions of the Taiwan Strait. Through these interactive programs, we encourage young individuals to break down regional boundaries, strengthen national pride, spark new ideas, and build a strong consensus, fulfilling the historical mission of this generation.

Flash Exchange will always be your most trusted partner on your journey of chasing dreams. We are here to support you as you explore and take bold steps forward, letting your dreams take root and flourish in reality.



主席的話

Chairperson's Message

龔美姿女士 Ms. KUNG Mei-chi

香港菁新交流協會主席 沙田區議員
Chairperson Member, Shatin District Council

新作為專為年青人提供多元化服務的慈善團體，香港菁新交流協會始終堅信，青年人身上蘊藏著無限的創造力與夢想。我們全力搭建全方位發展平台，透過組織社區活動與創新科技，將青年的理想轉化為實際行動，切實解決社區問題，在互相激勵中共同為社區的繁榮與和諧作出貢獻。

我們深知關注青年成長的重要性，因此積極提供社會實踐與自我展示的舞台，協助青年建立自信、激發無限潛能。透過音樂、舞蹈、體育及藝術等豐富多元的文娛活動，我們在促進青年身心健康的同時，更將其轉化為公民教育的重要載體，引導青年在參與中深刻理解社會責任，培育出具備擔當的未來社會領袖。

此外，我們積極推動兩岸四地青年的深度交流，透過跨地域的互動，協助青年深入了解彼此的文化與歷史，消除隔閡並厚植家國情懷。展望未來，本會將繼續與青年同行，凝聚更多夥伴力量，為國家的繁榮、民族的復興以及香港的長期繁榮穩定，打下最堅實的青年基礎。

As a charitable organization dedicated to providing diversified services for youth, Flash Exchange has always firmly believed that young people possess boundless creativity and dreams. We are fully committed to building a comprehensive development platform, transforming youth ideals into practical actions through community activities and innovative technologies to effectively solve community problems, and contributing together to the prosperity and harmony of the community through mutual inspiration.

We deeply understand the importance of focusing on youth growth. Therefore, we actively provide stages for social practice and self-display, helping young people build self-confidence and unleash their unlimited potential. Through rich and diverse cultural and recreational activities such as music, dance, sports, and art, we not only promote the physical and mental health of young people, but also transform these activities into important vehicles for civic education. This guides youth to deeply understand social responsibility through participation and nurtures future community leaders with a sense of commitment.

Furthermore, we actively promote deep exchanges among youth from Mainland China, Taiwan, Hong Kong, and Macau. Through cross-regional interactions, we help young people gain an in-depth understanding of each other's culture and history, breaking down barriers and fostering a strong sense of national pride. Looking ahead, the Association will continue to walk alongside youth, unite more partner forces, and lay the most solid youth foundation for the prosperity of the country, the rejuvenation of the nation, as well as the long-term prosperity and stability of Hong Kong.

01 青年發展與創新交流

Chapert 1: Youth Development and Innovative Exchange

沙田青年音樂節 -- 2025年5月4日

「音樂凝聚・多元沙田」不僅是一個口號，更是本次青年音樂節的靈魂所在。我們非常榮幸能匯聚沙田區內由幼稚園、中小學到大專院校的跨世代音樂力量，讓不同年齡層的青年人在同一個舞台上發光發熱。音樂是凝聚人心最強大的力量。這場橫跨全區的文化盛事，透過學界與社區的深度協同，打破隔閡，彰顯了沙田區兼容並蓄的包容性，用青年人的聲音與才華，共同譜寫並說好屬於沙田的故事。

The Youth Music Festival 2025 --- 4th.May.2025

Gathering through Music • Diverse Shatin" is more than just a slogan—it is the soul of this Youth Music Festival. We are proud to bring together young musical talents of all ages, from kindergarten to university, to shine on the same stage. Music has the power to unite people. By connecting schools and the community, this grand event breaks down barriers and shows the inclusive spirit of Shatin. Through the voices and talents of our youth, we are coming together to tell the story of Shatin.



舞龍舞獅體驗班 -- 2025年7月

活動走進校園，引領本港小學生親身體驗並傳承中國傳統非物質文化藝術的獨特魅力。透過結合龍獅互動與傳統武術體驗，讓學生親手接觸龍頭、獅頭並學習武術精髓。此舉不僅能讓學生在輕鬆愉快的氣氛下體會深厚的文化底蘊，更能達到鍛鍊體魄、薪火相傳的效果

Dragon and Lion Dance Experience Class --- Jul.2025

It gives local primary students a hands-on experience with traditional Chinese intangible cultural arts. By trying out lion dance and traditional martial arts, students get to handle the dragon and lion heads while learning the basics of kung fu. This fun and engaging activity helps students stay fit, experience deep cultural heritage, and pass on these historic traditions.



「百萬青年看祖國」惠州交流團 -- 2025年7月

青年通過親身以實地參訪、文化交流與互動學習相結合，接觸現代化工業與生態項目，了解粵港澳大灣區的發展機遇，增強對國家現代化進程的認同，激發民族自豪感與公民意識，深化青年對國家的認知與責任感，為培養愛國愛港、具備全球視野的新一代作出積極貢獻。

Huizhou Exchange Program --- Jul.2025

This program offers young people a unique opportunity to witness the cutting edge of modern industry and eco-friendly development in the Greater Bay Area. By experiencing these breakthroughs firsthand, participants will discover new career pathways, appreciate China's rapid modernization, and build a strong sense of national pride and civic duty. Ultimately, this journey aims to deepen their social responsibility and empower a globally-minded new generation dedicated to the prosperity of China.



與正向同行

--- 2025年7月 - 2027年7月

近年青少年面對學業、人際及數碼時代帶來的焦慮，菁新積極發揮專業橋樑角色，協助青年在多變的環境中尋找內心的錨點。我們以「建立正向思維」為核心，透過多元化的活動與專業資源：從觸動心靈的音樂會到寓教於樂的精神健康桌遊，從專業的家校研討會到厚植根基的法治與國家情懷講座，協助青年、學生、家長及學校共同建立正向思維，培養身心健康、法治意識及家國情懷，為社會注入積極向上的動力



Positive Forward --- Jul.2025-Jul.2027

In recent years, young people have increasingly faced anxieties stemming from academic pressures, social dynamics, and the complexities of the digital age. In response, the Flash Exchange actively serves as a vital bridge, empowering youth to find their inner anchor in an ever-changing world. Driven by our core mission to cultivate a positive mindset, we leverage diverse initiatives and professional resources—ranging from uplifting concerts and educational mental health board games to expert-led seminars and lectures on the rule of law and national identity. Together with schools, parents, and youth, we cultivate resilience, well-being, and civic pride to inspire a brighter, more positive society.





精神健康桌上遊戲：

透過十位心理學家及香港大學專科學生共同研發，特別設計遊戲模板，利用“合作通關”的遊戲規則，內置學生真實成長案例，呈現在成長需面對的經歷及正面的解決建議，把抽象心理概念，如抗逆力、成長型思維，以遊戲互動化方式促進青年對精神健康的理解及正向思維，讓學生更容易引發共鳴。

Mental Health Board Game:

Co-developed by ten psychologists and specialized students from the University of Hong Kong, this game features a specially designed template with a "cooperative breakthrough" gameplay mechanic. Incorporating real-life youth growth cases, it presents the common experiences young people face while growing up and offers positive solutions. By turning abstract psychological concepts—such as resilience and a growth mindset—into interactive gameplay, it fosters a better understanding of mental health and positive thinking among youth, making it easier for students to relate to and engage with.



精神治癒音樂會：

由本地青年樂隊到校內分享音樂，傳達正面信息，讓學生放鬆心情，營造積極校園氣氛。以年輕人喜愛的音樂傳遞正面信息，透過音樂會放鬆心情，釋放壓力，從而達到社區和諧共融。

Mental Healing Concert:

Local youth bands are invited to schools to share their music, deliver positive messages, and help students relax, creating a positive and uplifting campus atmosphere. By using music loved by young people to convey positive values, the concerts encourage students to unwind and relieve stress, ultimately fostering social harmony and inclusion within the community.



Chill 一夏！馬鞍山海濱長廊 Busking 音樂會

--- 2025年10月

音樂會邀請了多隊本地樂隊進行現場 Live 演出，著新將公共空間轉化為最具活力的開放式舞台，讓社區街坊與青年人能夠在此停下腳步、放鬆身心。透過音符的傳遞，活動不僅拉近了人與人之間的距離，更向大眾深度推廣本地街頭音樂文化，將藝術融入日常，為社區注入兼具創意與活力的文化氛圍。

Chill Summer! Ma On Shan Busking Concert

--- Oct.2025

The concert features live performances by several local bands. We have turned a public space into a lively open stage where neighbors and young people can pause and relax. Through music, this event brings people closer together and showcases local street music culture. It brings art into everyday life, filling the community with a creative and energetic atmosphere.

尋科技之光 傳文化火種—— 港青「黔港尋光記」交流團

--- 2025年12月 - 2026年1月

為了讓香港青年深讀祖國西南，「尋科技之光 傳文化火種——港青「黔港尋光記」」項目，致力構築黔港青年深度交流的新紐帶。活動聚焦貴州在現代科技、傳統文化與民族融合方面的非凡蛻變，旨在增強香港青年的民族自豪感，引導他們將個人發展融入國家繁榮的大局之中。本次行程集「視、聽、學、訪」於一體，讓參與者在科技前沿與文化根脈的碰撞中，全方位提升文化自信。透過與貴州青年的深度互動，兩地青年在交流中加深情誼、強化民族凝聚力。

Guizhou-Hong Kong Youth Exchange Program

--- Dec.2025- Jan.2027

This journey takes Hong Kong youth deep into Southwest China to explore Guizhou's breakthroughs in modern tech, rich culture, and ethnic unity. By combining site visits, hands-on learning, and deep interactions with local peers, the program boosts national pride and cultural confidence. It is an inspiring experience designed to help the next generation connect their personal dreams with the country's bright future!





青年創意市集

— 2026年1月

市集提供免租金攤位，致力打造一個融合「創意設計」與「商業實踐」的發展平台。活動緊扣現代環保與文創理念，鼓勵青年學生親身參與市集營運，深入體驗本土農業與手作藝術的獨特魅力。項目積極回應政府的「可持續發展」及「青年發展」政策，全方位賦能香港青年，助其在綠色環保與創新創業領域中茁壯成長。

Youth Creative Bazaar --- Jan.2026

Offering rent-free booths, this bazaar is the perfect launchpad for blending creative ideas with real business experience! The event focuses on sustainability and culture, giving youth a hands-on chance to run a business while exploring local farming and crafts.



02 家庭教育與親子共融



Chapter 2: Family Education and Parent-Child Inclusivity

香港迪士尼奇妙親子日

--- 2026年5月16日

本次公益活動特別為經濟困難及基層群體開啟夢幻樂園的大門，讓他們與家人免費同行，織造難忘的溫馨時光。繽紛的娛樂設施與奇幻表演，不僅是孩子激發想像力與創造力的心靈養分，更是全家人暫別生活重擔、釋放身心壓力的心靈綠洲。活動藉由緊密的親子互動深化家庭的情感紐帶，並透過實踐社會包容，提升弱勢群體的歸屬感與幸福感，為社會注入更多正能量，共築和諧共融的社區。



Hong Kong Disneyland Magical Family Day --- 16th.May.2025

This charity event opens the doors of a magical theme park for low-income and underprivileged families, allowing them to visit for free with their loved ones and create unforgettable memories together. The colorful rides and magical shows not only inspire children's imagination and creativity, but also provide a relaxing escape where the whole family can take a break from daily life and relieve stress. By encouraging close parent-child interaction, the event strengthens family bonds. It also promotes social inclusion, helps disadvantaged groups feel a sense of belonging and happiness, brings positive energy to society, and builds a harmonious community together.



出前一丁工作坊

--- 2025年8月19日

本活動以好玩、吸睛的「出前一丁手作製麵」為主題，吸引區內新婚夫婦與年輕家長帶同子女一同參與。小朋友在活動中化身「小小拉麵大師」，由零開始親手搓麵團、切麵，並發揮創意設計自己專屬的拉麵包裝袋。

Demae Iccho Ramen Workshop
--- 19th.Aug.2025

This event featured a fun, hands-on Demae Iccho ramen-making workshop, drawing enthusiastic participation from local newlyweds and young families. Children became 'Little Ramen Masters' for the day, learning to knead and cut noodles from scratch, while creating their own personalized ramen bag designs.



「幸福家庭·從心出發」家庭教育推廣計劃

— 2026年5月 - 2027年5月

陪伴年輕家庭並肩成長，打造專屬你們的幸福配方！計劃精心策劃了一系列豐富多元的活動：在「專業講座」中解鎖科學育兒的密碼；在「家庭互動工作坊」與「桌遊課程」中體驗寓教於樂的溝通藝術；並透過「藝術療癒」為疲憊的身心充電，學會溫柔梳理情緒。我們深信，健康的婚姻與親密的親子關係需要用心灌溉。讓我們陪伴您和家人一起學習正向溝通，增進彼此的凝聚力，在歡笑與淚水中守護孩子的健康成長，讓溫暖的家教與優良家風，成為送給下一代最珍貴的人生禮物。

"Happy Family·From the Heart" Family Education Promotion Scheme

--- May.2025

We are here to grow with young families and help you build a happy home. Our program offers many activities: learn helpful parenting tips and practice good communication through our workshops. Participants can also relax and recharge their mind with Art Therapy. We believe that healthy marriages and close family ties thrive on love and care—let's build them together!



03 長者關懷與跨代文化

Chapter 3: Elderly Care and Intergenerational Cultural Exchange

沙田長者樂頤年計劃 樂齡科技 --- 2025年1月至2026年2月

面對香港人口老齡化的挑戰，我們積極推動「政、商、社」合作，希望普及自動通報系統等樂齡科技產品，讓老友記生活得更安全、照顧者更安心。計劃首先透過啟動禮提升大眾認知並招募義工；接著聯合關愛隊等地區夥伴舉辦培訓工作坊，提升義工的護理與急救專業能力；最後舉辦成果分享會並安排上門探訪，實地了解科技為獨居及雙居長者帶來的便利。我們期待這個計劃能拉近科技與長者的距離，為老友記營造一個自主、安全的居家環境，同時為社區注入更多互助與關愛的正能量。

Shatin Elderly Joyful Ageing Scheme: Gerontechnology --- Jan.2025-Feb.2026

To address Hong Kong's aging population, this project promotes cooperation across sectors to introduce elderly-care technology, like automatic alert systems, making seniors safer at home and giving caregivers peace of mind. The plan starts with a kick-off ceremony to recruit volunteers, followed by training workshops with local Care Teams to build caregiving skills, and ends with home visits to see the technology's benefits firsthand. Ultimately, we hope this program bridges the gap between technology and seniors, creates a self-reliant and safe home environment for them, and brings more mutual help and love to the community.



深圳樂頤之旅 --- 2025年2月

踏出家門，與老友記一起向深圳出發！「深圳樂頤之旅」帶大家暫別一成不變的日常生活，在歡聲笑語的旅程中廣結新朋友、暢談生活事，徹底驅走孤獨，讓心情天天保持開朗。這趟旅程不僅是一次放鬆身心的休養之旅，更是一場開拓眼界的非凡體驗。我們親身走訪深圳的最新發展景點，近距離感受祖國一日千里的進步與現代化面貌。

Shenzhen Joyful Ageing Tour --- Feb.2025

This trip is not only a relaxing getaway for mind and body, but also an eye-opening experience. We visited Shenzhen's latest developments to see firsthand the rapid progress and modern face of our country.



耆耆耆知音歌唱比賽2025一回歸杯 --- 2025年6月及8月

為熱烈慶祝香港特別行政區成立二十八週年，本項目旨在延續並深化「愛國愛港」的精神，積極響應政府建構「全齡友善社區」的號召。活動以音樂藝術為跨世代溝通的核心紐帶，一方面聚焦於長者的精神健康與心理關懷，另一方面致力培育青年的社會責任感與承擔精神。活動全面面向社區長者與青年，設有「公開組」與「金齡組」兩大組別以鼓勵廣泛參與，將中華文化精粹融入社區網絡，全面促進社區的代際融合與和諧共融。

"Voice of Golden Age" Singing Competition 2025 --- Jun-Aug.2025

This project aims to continue and deepen the spirit of loving the country and Hong Kong, while actively responding to the government's call to build an "age-friendly community." Using music and art as a bridge for different generations to connect, the event focuses on seniors' mental health and care, while also building a sense of social responsibility in young people.



04 社區推廣與公眾教育

Chapter 4: Community Engagement and Public Education

仁安30週年健康檢查 -- 2025年3-5月

為響應香港基層醫療健康發展藍圖，我們在沙田區內巡迴舉辦了四場「常見過敏症診治新趨勢」健康講座及免費健康檢查活動，全方位提升公眾對各類型過敏症的科學認知，推廣預防醫學理念。活動當日特設由專業團隊主理的免費皮膚過敏測試，為長期飽受皮膚敏感困擾的居民進行實時檢測、精準鎖定潛在致敏源。此舉不僅能提供即時的臨床參考資訊與實用健康管理策略，更有助於在社區層面建立「早發現、早干預」的健康防線，切實減輕基層醫療負擔。

Comprehensive Health Check-up --- Mar - May.2025

Supporting Hong Kong's primary healthcare blueprint, we hosted four health talks on "New Trends in Allergy Diagnosis and Treatment" along with free health screenings across Sha Tin. Our goal was to raise public awareness about allergies and promote preventive health. During the events, a professional team offered free skin allergy tests to help residents with long-term skin issues find their allergy triggers. This provided them with immediate medical insights and practical health tips. By encouraging early detection and treatment, the program helps residents manage their health early and reduces the pressure on local healthcare services.



「平和戒賭號」香港全包围巡迴活動

--- 2026年2月

為了與大家一同向賭博陷阱說「不」，薈新的「平和戒賭號」流動宣傳車及活力攤位在過去一段日子遊走全港多區，把正能量與正確價值觀直接帶到街坊鄰里身邊！不少大朋友和小朋友都親身挑戰了我們首創的「防止賭博互動體驗」和趣味遊戲關卡。大家在歡笑聲中見證了賭博背後的危機，學會見招拆招、遠離誘惑！在宣揚「拒絕不法誘惑」的同時，切實協助市民重塑正確的理財與道德價值觀。

Ping Wo Fund Mobile Exhibition --- Feb.2026

To help everyone say "no" to gambling traps, our mobile exhibition van and lively booths recently traveled to many districts across Hong Kong, bringing positive energy and correct values directly to local neighborhoods! While promoting the message of "rejecting illegal temptations," this event truly helps residents rebuild good money habits and strong moral values.



贍養費知多點:遊走香港巡迴宣傳計劃

--- 2026年4月

在過去一段日子,我們的宣傳車帶著滿滿的關懷遊走全港各區,把最關切的家庭支援資訊直接送到街坊鄰里身邊!這趟巡迴不僅讓更多市民深刻了解贍養費受款人的合法權益,更提醒了支付人:按時支付贍養費,是為孩子編織安全網、履行家庭責任的重要一步。今次活動我們重點為街坊推廣了民政及青年事務局推出的「贍養費調解試行計劃」,手把手為大家解讀如何申請由香港家庭福利會營辦的免費、專業家事調解服務。現場街坊反應熱烈,不少人都表示活動有助減輕離異家庭的壓力。

"Understanding Alimony" Public Awareness Campaign

--- Apr.2026

This campaign not only helped the local understand the legal rights of alimony receivers, but also reminded payers that paying alimony on time is an important step in creating a safety net for their children and fulfilling family responsibilities. We focused on sharing the Government's Maintenance Mediation Pilot Scheme, and showed residents step-by-step how to apply for free, professional family mediation services run by the Hong Kong Family Welfare Society. The event got a great response, and many people said it really helps reduce stress for divorced families.



活動預告

Upcoming Event Highlights

9/7/2026-14/7/2026	山海踏歌 薪火相傳——香港青年山東交流之旅	這五個內地交流考察計劃主要面向香港青年，旨在透過前往山東、江門、南京、雲南、北京、哈爾濱等不同城市的多元化沉浸式參訪，引領青年人全方位領略祖國各地的文化底蘊、革命歷史與現代經濟發展成就。計畫期望在促進兩地青年友愛團結、增進相互尊重與民族凝聚力的同時，提升香港青年的文化自信與國家認同感，啟發他們思考傳承與創新的關係，為大灣區共同發展與中華民族的偉大復興貢獻力量。 Five study tours in Mainland China Through diverse, immersive visits to various cities—including Shandong, Jiangmen, Nanjing, Yunnan, Beijing, and Harbin—the initiatives aim to guide young people in exploring the deep cultural heritage, revolutionary history, and modern economic achievements across the motherland. The programs seek to foster friendship and solidarity between youth from both sides, while enhancing mutual respect and national cohesion.
3/8/2026-6/8/2026	僑鄉探蹤，古韻新生——香港青年江門僑鄉	
16/10/2026-20/10/2026	走讀金陵·共譜同心——香港青年南京交流之旅	
3/8/2026-6/8/2026	僑鄉探蹤，古韻新生——香港青年江門僑鄉	
16/10/2026-20/10/2026	走讀金陵·共譜同心——香港青年南京交流之旅	
20/12/2026-26/12/2026	共探彩雲之南——香港青年雲南民族交流行	
27/12/2026-3/1/2027	冰雪尋夢 青春逐光——香港青年京哈交流之旅	
2026年9月	沙田青年音樂節 2026	今年盛典再度啟航，全面連結區內由幼兒、中小學至大專院校的跨世代音樂新星，合力打造專屬青年展現自我的超級舞台。我們透過全面升級的舞台規模與豐富的音樂元素，激發年輕靈魂的才華，用音樂說好當代沙田故事，讓全港一同聆聽這首由本地青年譜寫的青春樂章！ The Youth Music Festival 2026 The Youth Music Festival is back! We are bringing together young musicians from kindergarten to university onto an upgraded stage. Join us to celebrate their talent, hear the story of Shatin, and listen to the voice of our youth!
2026年9月	慶祝中華人民共和國成立七十七周年 - 第十屆沙田節開幕禮暨「沙田共鳴·你我相連」青創引力市集	今年適逢沙田區迎來四年一度的社區盛事「第十屆沙田節」，舊新非常榮幸能與沙田民政事務處攜手合辦，透過官民青三方深度協作，於區內打造一個充滿獨特文藝氣息與現代活力的文創空間。市集不僅是一個展售平台，更是孵化青年夢想的搖籃；我們期望藉此全方位發掘本地青年的多元創意潛能，提供實戰的創業與藝術實踐機會。 Youth Innovative Bazaar Celebrating the 10th Shatin Festival, our new creative bazaar—co-organized with the Shatin District Office—is the ultimate launchpad for youth innovation. By offering hands-on experience in business and art, we are helping local youth realize their dream.

鳴謝 Acknowledgments

承蒙下列機構在2025-26年度鼎力支持，令香港菁新交流協會得以舉辦多項活動，造福青年和社區發展，未來期待更多合作夥伴，與菁新攜手前行。(排名不分先後)

Thanks to the strong support from the following organizations, Hong Kong Flash Exchange Association is able to organize various activities that benefit youth and community development (in no particular order). We look forward to more partnerships in the future, working hand in hand with Hong Kong Flash Exchange Association. (In no particular order)



同行菁新· 交流成就青年夢想 Support

我們由衷期待與更多志同道合的合作夥伴攜手，共同協助青年透過文化藝術實踐、創新創業市集、跨界別交流以及社區建設，全面發掘自身潛能，開拓無限的發展前途。我們深信，這不僅能為年輕一代築起追夢的舞台，更名為合作夥伴注入源源不絕的青春創意，深化社會參與，達致社區與青年的共融雙贏。

We sincerely look forward to joining hands with more like-minded partners to jointly help young people unlock their full potential and open up boundless prospects through cultural and artistic endeavors, innovative and entrepreneurial marketplaces, cross-sector exchanges, and community building. We firmly believe that this not only builds a stage for the younger generation to pursue their dreams, but also injects a continuous stream of youthful creativity into our partners, deepens social participation, and achieves a harmonious, win-win outcome for both the community and the youth.

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Account Name: Hong Kong Flash Exchange Association Limited

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Account Number: 370-711780-883

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