香港青年獎勵計劃 賽馬會愛丁堡公爵訓練營

The Hong Kong Award for Young People
Jockey Club Duke of Edinburgh Training Camp



令你有意想不到的 歷奇體驗





#01 > 營地介紹

香港青年獎勵計劃賽馬會愛丁堡公爵訓練營

自1983年起一直致力為各中小學、大專院校、制服團體、宗教團體及社區中心等提供多元化的營舍服務。 承蒙香港賽馬會慈善信託基金撥款捐助,於2020年完成重建的訓練營提供更完善的營地服務,並融入多個 創新節能元素,為青年人提供一個學習數碼科技、創新體育運動及文化創意的發展平台。除了 傳統的團隊訓練設施之外,營地採用嶄新科技以配合不同的訓練項目,如擴增實境 (AR) 運動及創新運動、 HADO AR 閃避球、AR 攀石等,從而啟發青年人發掘潛能、培育創新思維、提升個人能力、發展個人和社區 精神。

營地採用可持續發展標準,並獲得「綠建環評」的銀級認證及中電「創新節能企業大獎」2020 - 智能技術 卓越大獎,期望將可持續發展元素融入青年發展及營地管理,為社區帶來最大裨益。



「綠建環評」

銀級認證



全港首個4人合作繩網



設有**AR**元素的 嶄新科技運動

TEENCAN

社企模式餐廳 青薪煮意





歷奇公園

全港首個4人團隊挑戰繩網,讓參加者在壯麗 美景的戶外空間下, 享受高結構繩網挑戰帶來 的刺激和樂趣。其中不同的攀爬路線需要不同 的合作元素, 讓參加者在專業的指導下參與 高空挑戰, 合力完成不同的難關。 團隊完成 當刻的滿足感必定會令參加者難以忘懷。

帶好頭盔、扣好安全帶 玩所有歷奇都輕鬆過關啦!!





有全天候繩網, 就算落雨都唔驚 無得玩~♪

玩完高空繩網, 自信都返晒嚟//









AR攀石/運動攀登

擴增實境 (Augmented Reality) 近年越來越受歡迎, 攀石與AR結合,打破攀石只有向上爬的傳統觀念。 AR攀石不但需要攀石技巧,而且需要運用腦筋去獲得 分數。兩大模式包括對戰和合作,對戰模式就像玩 氣墊球, 鬥快射入對方的龍門得分, 合作模式則要 互相配合去獲取分數。





在全新的廚藝教學空間,小朋友可以在家長的帶領下盡情 體驗烘烤手工餅乾的樂趣。課程主要讓小朋友學習不同的 材料、製作餅乾的基本步驟以及提供機會讓他們發揮

> 創意。活動過程不但可以提升小朋友對烹飪的樂趣及 自理能力,而且可以透過親子互動提升親子關係。

S.T.E.A.M.



HADO AR 閃避球

以擴增實景技術 (AR) 結合傳統閃避球的運動, 而創立HADO AR實境閃避球。AR閃避球結合 STEAM元素,讓學生一邊運動,一邊接觸新科技, 激發他們的協作與溝通能力,成為讓參加者真正 動起來的電競項目。



智能定向

營地活動可因應唔同 家庭/團體 度身訂造活動內容!

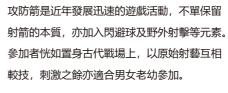


繁染手提袋啦_!





攻防箭









地壺球同冰壺 - 樣刺激好玩!!



#活動一覽



想了解更多活動 內容可掃描 **QR** Code 探索更多資訊!



#03 青年項目

歷奇訓練

AYP一直希望透過歷奇訓練,幫助青年人成長並達至 全人發展。於歷奇訓練融入創新元素,包括運動歷奇、 綠色歷奇及科技歷奇,讓青年人跳出他們的舒適圈, 並提升身心健康、正向思維、團體意識和抗逆力, 培育正面價值觀和健康積極意識。



促進社會融洽及建立互助 互信的社會是AYP的願景 之一,希望透過不同教育 項目, 切合社會不同階層人士 的需要。我們為多元人才及邊緣青年 提供互相交流的機會,亦協助家長提升親子 關係, 更鼓勵青年人參加義工服務, 學習與 長者相處的方式,繼而推廣多元共融。



體育發展

AYP 一直著重推動青年 體育發展, 積極引入 新興運動,並提供平台 讓青年人學習及推廣 不同運動項目,藉此為

他們提供發展事業的機會。我們亦希望透過引入容易上手的平板賽艇 及VR室内賽艇,增加青年人對賽艇運動的興趣,同時致力向各階層 市民推廣新興水上活動的樂趣,讓他們培養運動的習慣,從而令身心 得以健康成長。



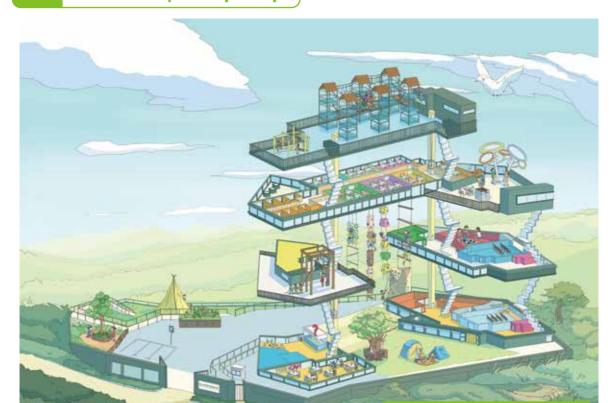


環境保育

面對海洋污染問題, AYP希望 能為現況作出改變。透過獨木舟 之旅收集海岸垃圾來提高大眾對 海洋污染的警覺性,以及重用 塑膠廢料製造新興運動物資來 推廣「零耗」運動,推廣「轉廢 為能 | 的概念, 期望令青年人及 社區投入環保生活。



為了提高青年人對氣候變化的警覺性及 潔淨能源的了解,AYP於訓練營興建了 「中電 E-Playground」,更推出了 多個以能源效益為主題的教育項目, 希望青年人可以在新穎有趣的環境下 學習能源和環境保護的應用知識。AYP 亦希望透過一系列的STEAM教育及 智能體驗,提升青年人對電力工程的 興趣, 令他們得以發揮自身多元潛能。



#05▶租借場地 | Venue Booking









歡迎不同家庭、團體入住及租借場地, 想了解更多可掃描 QR Code。 Familes and groups are welcome to book and











#06 聯絡方法 | Contact Us

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#01 > Introduction





HKAYP Jockey Club Duke of Edinburgh Training Camp

has commenced camp services to schools, tertiary institutions, uniform groups, religious groups and community centres since 1983. It provides young people with a learning venue integrating digital technology, creative culture and innovative sports.

With the generous support from The Hong Kong Jockey Club Charities Trust, the completion of the camp in 2020 marks an important milestone in our training camp reconstruction plan. The campsite breaks traditional stereotype by merging new energy-saving and environmental protection elements. We have achieved the Silver Rating of Final Assessment under the BEAM Plus and CLP Smart Energy Award 2020 -Smart Technology Grand Award for its conservation of materials and energy in the design, construction, operations and maintenance of the building.

Activities #02



Wear your helmet and safety belts to enjoy adventurous activities!

Adventure Training

We provide various adventure training like Adventure Park, High Rope Course, Sports Climbing, etc. These adventurous activities not only challenge participants' self-confidence, but also benefit them from team-building with fostering communication and trust.

S.T.E.A.M. Activities

Our campsite introduces various technological experiences like Virtual Reality (VR), Drones, Robots, Augmented Reality (AR) like HADO AR Dodgeball and AR Climbing, to let our participants experience the latest technological trends. Regarding arts, participants can join our Tie-dye Workshop and learn different tie-dyeing techniques maximise their creativity to design their unique products.



Family Activities

Families participate in our activities for enhancing parent-child relationships. Children challenge themselves physically and mentally when participating in our Recreational Rope Course, in which parents' support is important.

> Cookery class let children experience cooking, gain confidence, cherish food, and provide an opportunity for parents to understand more about their children.

Newly Emerged Sports

In order to provide an opportunity for all individuals to participate in physical activities, we introduce newly emerged sports like Mölkky and Floor Curling, which are suitable for all ages. Besides, Archery Combat is a combination of archery, dodgeball, and paintball that requires accuracy and teamwork strategies to eliminate opponents.



#03 > Programmes



Adventure-Based Training

AYP is committed to helping young people to grow and achieve whole-person development through adventure-based training. Therefore, youths can step out of their comfort zone by adding innovative elements into the training, like sports, eco, and technology, so as to improve their physical and mental health, sense of collectivism, resilience, and cultivate positive value.

Social Cohesion

Fostering social harmony and building a philanthropic society is one of the visions of AYP. We aim to meet the needs of different segments from the society with diversified youth programmes. For instance, we provide opportunities for marginal youths and disabled participants to communicate with each other, enhance parent-child relationships through interactive activities, and encourage teenagers to participate in volunteer services for the elderly, thus promote diversity and inclusion in our society.



Future Potential

To raise the awareness of young people on climate change and clean energy, AYP built "CLP E-Playground" and launched different energy-themed educational projects to deliver a novel experience for youths to learn about energy technology and environmental protection. AYP also aims to increase youths' interest in power engineering through a series of STEAM education and advanced technology experiences, to let young people to explore their potentials.

Sports Development

To promote the development of youth sports, AYP actively introduces emerging provides a platform for young people to learn and promotes different sports activities, also builds their career development. We also hope to enhance youths' interest in rowing by including Board Rowing and VR Rowing, so they can use water sports to promote doing exercise.



Environmental Conservation

Facing marine pollution problem, AYP aims to raise public awareness through kayak coastal clean-up and promote sports with "Zero Waste" through

reusing the plastic waste to create newly emerged sports materials. We hope to encourage the concept of "Waste-to-Energy", and inspire the public to live a sustainable lifestyle.