

沙田區  
Sha Tin District



賽馬會齡活城市  
Jockey Club Age-friendly City



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

策劃及捐助 Initiated and funded by

## 耆青共樂 Fun Fun Fun Fun with Elderly and Youth

主辦 Organised by



### 計劃主要元素 Key components

透過舉辦友師工作坊及幫助弱勢社群的義工活動在社區推廣年輕長者與青少年的跨代共融。

To promote intergeneration understanding between young olds and adolescents by organising mentoring workshop and volunteer activities serving the vulnerable in the district.

### 友師工作坊 Mentoring Workshop

年輕長者與青少年在工作坊進行破冰活動及團體遊戲去學習相處和增進雙方的了解。

Bring young olds together with adolescents over an creative platform doing fun activities like ice-breaking games and team building to learn and increase the understanding from each others.



### 義工訓練營 Volunteer Training Camp

舉辦2日1夜的宿營讓年輕長者及青少年認識弱勢社群的困難及增進跨代的互相了解。

Organise a "2 Days Camp" to learn about the issues and difficulties that vulnerable older people are facing and enhance mutual understanding across generations.



### 跨代共融義工訓練平台及義工大行動 Intergenerational Volunteer Activities

年輕長者及青少年為區內年長弱勢社群提供義工服務，包括家居清潔及剪髮等，促進跨代共融。

Provide volunteer service like household cleaning, home modification and haircutting to vulnerable older people in the district to bolster intergenerational interactions.

### 嘉許禮暨分享會 Recognition Ceremony

嘉許及鼓勵參與計劃的街頭外展青少年、年輕長者友師及長者導師，並邀請他們分享生命正能量及義務工作所帶來之快樂。

Recognition ceremony is organised to recognise the contribution of the participants. During the ceremony, adolescents, young old mentors and instructors share their fruitful and positive experience from the volunteer activities.



推行日期：2017年06月 - 2017年12月  
Implementation date: June 2017 - December 2017

### 長者及年齡友善社區範疇 Domains of Age-friendly City



公民參與和就業  
Civic Participation  
& Employment



尊重和社會包容  
Respect and  
Social Inclusion



社會參與  
Social  
Participation

