

THE HONG KONG AWARD FOR YOUNG PEOPLE

香 港 青 年 獎 勵 計 劃



5 Sections

Release Potential

The award has 5 Sections and participants must complete all the activities before the 25th birthday:



General Conditions

Bronze, Direct Silver and Direct Gold Participants

- Choose from Skills, Physical Recreation or Service
 - One Section as the “Major”
 - The other two Sections will be “Minors”

- Participants have to participate in activities of the “Major” section for a longer duration (Months + Hours)
 - Participants are free to choose the subjects they are more interested in as their “Major”

General Conditions

Progressive Silver and Progressive Gold participants

- are not required to choose their “Major” or “Minor” from Skills, Physical Recreation and Service Sections



Service

Aim

- To help participants become more active, engaged citizens, playing their part in strengthening and improving their communities

Examples

- Prefect, class leader, first aid, ambassadors, etc.
- Flag raising, voluntary services from welfare institutions



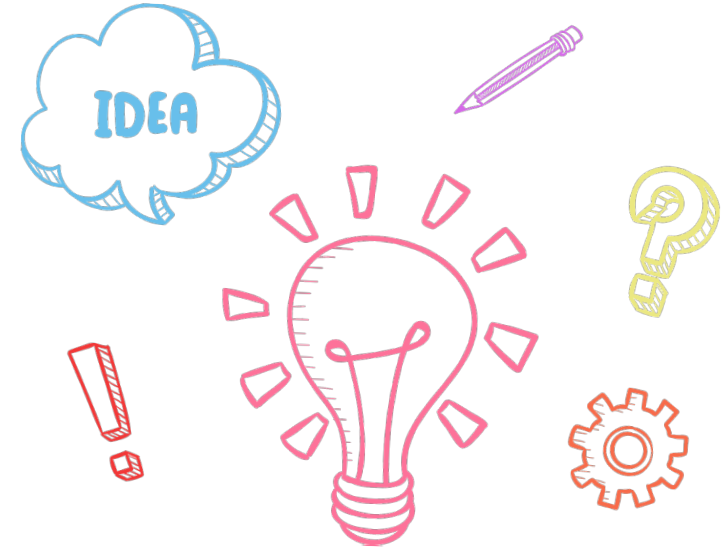
Skills

Aim

- To encourage the discovery and development of personal interests, social and practical skills.

Examples

- Drama, cooking, drawing, playing a musical instrument, learning a language, driving, etc.



Physical Recreation

Aim

- Encourage participation in physical recreation activities and improvement of performance
- Participants should choose an activity, improve their personal standard and performance through regular training

Examples

- Athletics, ball games (football, badminton), water sports (swimming, kayaking), dancing etc.



Requirements for Service, Skills and Physical Recreation Sections

| Level | Requirements (updated) |
|--------------------|--|
| Bronze | Major: Min. 26 hours over a min. of 6 months (26 weeks) Minor: Min. 13 hours over a min. of 3 months (13 weeks) |
| Direct Silver | Major: Min. 52 hours over a min. of 12 months (52 weeks) Minor: Min. 26 hours over a min. of 6 months (26 weeks) |
| Progressive Silver | Min. 26 hours over a min. of 6 months (26 weeks) (Not required to choose "Major" and "Minors") |
| Direct Gold | Major: Min. 78 hours over a min. of 18 months (78 weeks) Minor: Min. 52 hours over a min. of 12 months (52 weeks) |
| Progressive Gold | Min. 52 hours over a min. of 12 months (52 weeks) (Not required to choose "Major" and "Minors") |

Adventurous Journey

Aim

- To encourage a spirit of adventure and discovery, to train the physical fitness and willpower of participants.

Format

- The programme is conducted in small groups and is planned and completed by the participants themselves under the supervision of experienced instructors.



Adventurous Journey

Basic Training:

Equipment, Navigation, Camp craft, Food and cooking, First Aid, Safety precautions and emergency procedure



Adventurous Journey

Modes of activity

- Hiking
- Cycling
- Canoeing
- Sailing

- Multiple Modes



Adventurous Journey

Course content

- Training
- Practice Journeys
- Assessment Venture



Adventurous Journey

| Level | Updated requirements |
|--------------------|---|
| Bronze | $1+1$ (Practice) + 2 (Assessment) = 4 |
| Direct Silver | $1+2+2$ (Practice) + 3 (Assessment) = 8 |
| Progressive Silver | $1+2$ (Practice) + 3 (Assessment) = 6 |
| Direct Gold | $1+2+2$ (Practice) + 3 (Practice) + 4 (Assessment) = 12 |
| Progressive Gold | $2+2$ (Practice) + 4 (Assessment) = 8 |



Practice = Practice Journeys
Assessment = Assessment Venture

Adventurous Journey

Assessment Venture Requirements

- Calculated in terms of activity hour
- Participants can allocate daily journeying hours according to their physical strength and team goal.
- Distance will no longer be used as a requirement



| Level | Hours requirement | Remarks |
|--------|--|--|
| Bronze | 12 hours of planned activities over two days | - Purposeful effort includes journeying, working on the purpose, setting up a camp, cooking, preparation work related to the specialty is taken into account |
| Silver | 21 hours of planned activities over three days | |
| Gold | 32 hours of planned activities over four days | |

Residential Project

Aim

- To introduce young people to some form of purposeful activity in the company of others who are not already known to them. Young people will develop maturity and a sense of responsibility for their actions.

Examples

- Outward Bound, voluntary work, leadership training courses and exchange programme
- For Gold Level participants only
- Participants are required to undertake some shared purposeful activity away from home for a total period of not less than five consecutive days and four nights away





2014 Czech Republic Exchange Project



2016 Laos Service Project



2017 Korea Exchange Project



2019 Sri Lanka Exchange Project



2021 Green to Goal RP camp



2022 Feel Your Heart RP camp



2023 Fly My Way Exchange Programme



2023 Discover Shanghai