

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



令你有意思想不到的
歷奇體驗



香港青年獎勵計劃
THE HONG KONG AWARD FOR YOUNG PEOPLE



#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，營地按照不同的訓練項目去採用各種更嶄新科技，如擴增實境 (AR) 運動及創新運動、HADO AR 閃避球、AR 攀石等，從而協助青年人發掘潛能、培育創新思維、提升個人能力、以及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。



SILVER
銀級
V1.2 2022
HKGBC
BEAM Plus
綠建環評

「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

#02 營地活動



約齊四個朋友過關無難度!!

歷奇體驗



“歷奇公園”

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，讓參加者在專業教練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
玩咩歷奇都輕鬆過關啦!!



“全天候繩網”



“游繩下降”



玩完高空繩網，
自信都返晒嚟!!

“高空繩網”



“運動攀登”



運動攀登同AR攀石
可以日夜交換玩



“AR攀石”



有全天候繩網，
就算落雨都唔驚
無得玩~🎵

親子活動



“料理大師”

料理大師

在全新的廚藝教學空間中，小朋友可以在家長的陪同下盡情體驗製作料理的樂趣，例如：烘烤手工餅乾或薄餅等。課程讓小朋友學習製作的基本步驟，以及提供讓他們發揮創意的機會。活動過程不但可以提升小朋友對烹飪的樂趣及自理能力，而且可以透過互動增進親子關係。

“康樂繩網”



S.T.E.A.M.



“AR 閃避球”

HADO AR 閃避球

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

嚟製作獨一無二嘅
紮染環保袋啦!



“紮染體驗”



“營地定向”



新興運動

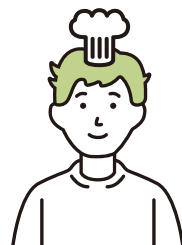


“攻防箭”

#活動一覽



想了解更多活動
內容可掃描
QR Code
了解更多資訊!



攻防箭

攻防箭是近年發展迅速的新興運動，不單保留射箭的本質，亦加入閃避球及野外射擊等元素。參加者恍如置身古代戰場上，以原始射藝互相較技，刺激之餘亦適合男女老幼參加。

“布袋球”



“地壺球”

地壺球同冰壺
一樣刺激好玩!!



“芬蘭木棋”

Mölkky

其實係芬蘭語，
係1996年由芬蘭發明
嘅一個投擲遊戲。



#03 自訂項目

AYP可因應參加者的年齡、背景、訓練目標等，為不同團體及院校設計專屬的訓練方案，度身訂造各類型的活動計劃。除了於訓練營體驗外，本會亦提供外展服務，可安排到校或機構進行活動。

訓練元素

我們會因應需要度身訂造訓練活動安排，設計一個具有團隊合作、溝通解難、創造力、開拓視野、抗逆力和領袖培訓等元素的三日兩夜訓練活動，例如：



訓練元素比重
安排例子：

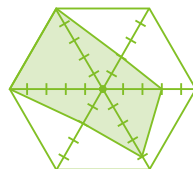


團隊合作

領袖培訓

創造力

抗逆力



開拓視野

溝通解難

三日兩夜訓練活動計劃範例：

時間	活動(第一天)	時間	活動(第二天)	時間	活動(第三天)
15:00 - 15:15	入營安頓	08:00 - 08:45	早餐	08:00 - 08:45	早餐
15:15 - 15:30	營規及目標簡介	09:00 - 10:00	熱身活動	09:00 - 09:30	熱身活動
15:30 - 16:00	熱身及破冰	10:00 - 12:00	新興運動會	09:30 - 11:30	STEAM工作坊
16:00 - 17:45	歷奇活動 - 團體建立	12:00 - 12:45	午餐	11:30 - 12:00	房間收拾
17:45 - 18:00	分享及解說	13:00 - 14:00	歷奇公園	12:00 - 12:45	午餐
18:00 - 18:45	晚餐	14:00 - 16:00	羅馬炮架	13:00~	離營
19:00 - 20:45	奪分定向	17:00 - 20:45	原野烹飪		
20:45 - 21:00	分享及解說	20:45 - 21:00	分享及解說		
21:00~	休息	21:00~	休息		

- 歷奇體驗 (團隊合作, 抗逆力)
- S.T.E.A.M. (創造力, 溝通解難)
- 新興運動 (開拓視野, 溝通解難)

營地活動可因應唔同
團體/學校所需
度身訂造活動內容!



體驗回顧

活動結束後，教練均會與參加者進行分享及解說，透過分享自身及他人的經歷、優點及不足之處，讓參加者反思活動過程中的得着和困難，將學習到的知識和理念在日常生活上實踐及應用。

#04 營地地圖 | Camp Map



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。

#05 租借場地 | Venue Booking

Families and groups are welcome to stay and
rent venue. Scan the QR Codes for more details.



#場地一覽
Venues



#客房一覽
Rooms



#06 聯絡方法 | Contact Us

地址：新界大埔林村坑下莆90號

Address: No. 90, Hang Ha Po, Lam Tsuen, Tai Po, New Territories

電話 | Tel : (852) 2627 2000

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電郵 | Email : campservice@ayp.org.hk



 ayp.hk

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 aypsince1961

#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 a learning venue integrating digital technology, creative culture and innovative sports to young people.

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.

Wear your helmet and harness to enjoy adventurous activities!

#02 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 and 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 Mólkky 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

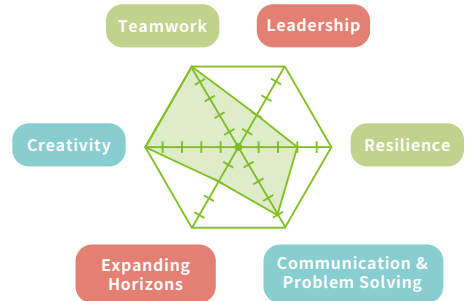
AYP offer tailored training programmes to different groups and institutions based on the participants' age, background, and training goals. In addition to the training camp experience, we also provide outreach services, where activities can be arranged at schools or institutions.



Training Goals

We can tailor made a 3-day-2-night camp activity that incorporates elements of teamwork, problem solving, creativity, broadening horizons, resilience, and leadership training based on organisations' needs, example:

Examples of elements weightings:



Three Days Two Nights Activity Plan Example :

Time	Activity(Day1)	Time	Activity(Day1)	Time	Activity(Day1)
15:00 - 15:15	Settling	08:00 - 08:45	Breakfast	08:00 - 08:45	Breakfast
15:15 - 15:30	Rules and Target Introduction	09:00 - 10:00	Warm up	09:00 - 09:30	Warm up
15:30 - 16:00	Warm up and Ice Breaking	10:00 - 12:00	Newsports Games	09:30 - 11:30	STEAM Workshop
16:00 - 17:45	Adventure Activities - Team Building	12:00 - 12:45	Lunch	11:30 - 12:00	Tidy up
17:45 - 18:00	Sharing and Debriefing	13:00 - 14:00	Adventure Park	12:00 - 12:45	Lunch
18:00 - 18:45	Dinner	14:00 - 16:00	Roma Catapult	13:00~	End of the Training Camp
19:00 - 20:45	Score Orientating	17:00 - 20:45	Wild Cooking		
20:45 - 21:00	Sharing and Debriefing	20:45 - 21:00	Sharing and Debriefing		
21:00~	Rest	21:00~	Rest		

● Adventure Training (Teamwork, Resilience)

● S.T.E.A.M. Activities (Creativity, Communication and Problem Solving)

● Newly Emerged Sports (Expanding Horizons, Communication and Problem Solving)

Welcome Groups and Schools reserve our activities!



Debriefing

After each activity, facilitator will conduct a debrief session with the participants. Through this process, they share their own experiences, strengths, and areas for improvement, as well as reflecting the gains and challenges they experienced in the activity. We hope to help participants to apply the knowledge and concepts they gained from the programme into their daily lives and practices.