



金鐘扶輪社賽馬會「無毒青年友出路」計劃

Rotary Club of Admiralty Jockey Club "Say No To Drugs – Path Builders for Youth" Project



出路，在同行中展開

New path unfolds as we walk together

主辦機構 Organised by

可持續發展目標
聯合國全球方案
UNGP endorsed project



捐助機構 Funded by



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

正在**重塑**的生命軌跡

Life Trajectories Being **Reshaped**



計劃簡介

Introduction

金鐘扶輪社賽馬會「無毒青年友出路」計劃於2010年受保安局禁毒處邀請成立，曾獲禁毒基金2017-2023資助並擴展計劃，2024年起獲香港賽馬會慈善信託基金捐助，是全港唯一透過商界及專業人士擔任一對一終生的志願師友的計劃。

Established in 2010 at the invitation of the Narcotics Division of the Security Bureau and previously expanded with Beat Drugs Fund between 2017 - 2023 support, the Rotary Club of Admiralty Jockey Club "Say No To Drugs – Path Builders for Youth" Project has been funded by The Hong Kong Jockey Club Charities Trust since 2024. It is Hong Kong's only programme engaging business and professional volunteers as lifelong, one-to-one mentors.

計劃宗旨

Mission

計劃秉持「生命影響生命」的信念，讓師友與已戒毒青年在「亦師亦友」的交流中互相啟發、分享經驗，共同協助復康青年及其家庭重建新生，達致教學相長。

Upholding the "Lives Impacting Lives" belief, the project cultivates a relationship of both mentorship and friendship. Through mutual inspiration and shared experiences, mentors and youths collaborate to help rehabilitated youths and their families rebuild their lives, achieving mutual growth and learning.



計劃目標

Objective

- 動員社會各界推行師友配對，協助已戒毒復康青年建立正面社交網絡，促進家庭和諧，減輕社會負擔，共同建立關愛和共融的社會。
Mobilize community to implement mentor-mentee matching, helping rehabilitated youth establish positive social networks, foster family harmony, alleviate social burdens, and collectively build a caring and inclusive society.
- 透過教育、小組活動及多元化義工服務，提升已戒毒復康青年的生活技能、自我認識和自信，鼓勵他們回饋社會，建立成就感。
Enhance life skills, self-awareness, and confidence of rehabilitated youth through education, group activities, and diverse volunteer services, encouraging them to give back to society and develop a sense of achievement.
- 為有需要的已戒毒復康青年提供行業資訊、技能培訓及就業支援，協助他們投入職場，重建獨立自主的生活。
Provide industry information, skills training, and employment support for rehabilitated youth in need, facilitating their integration into the workplace and helping them rebuild an independent and self-reliant life.
- 透過校園禁毒講座及教育活動，加強學生對毒品禍害的認識，提升警覺和拒毒能力，從源頭預防青少年誤墮毒品陷阱。
Conduct school-based anti-drug talks and educational activities to raise students' understanding of drug hazards, improve their awareness and ability to refuse drugs, and prevent teenagers from falling into drug traps.

計劃內容

Content



師青配對 / 師友培訓 / 師青關係提升活動

Mentor-Mentee Matching / Mentor Training / Mentor-Mentee Relationship-Building Activities



入校宣傳禁毒講座 增強學生對拒絕毒品的意識

In-School Anti-Drug Talks to Strengthen Students' Awareness of Rejecting Drugs



才藝興趣、培訓及證書課程

Talent, Interest, Training & Certificate Courses



青年支援輔導 / 職涯發展、就業輔導

Youth Support & Counselling / Career Development & Employment Counselling



義工服務 / 朋輩支援工作員培訓

Volunteer Services / Peer Support Worker Training



個人成長、預防復吸小組及義工小組 / 家庭支援

Personal Growth, Relapse Prevention Group & Volunteer Groups / Family Support



遠離毒品、健康成長工作坊

Drug-Free & Healthy Growth Workshops



企業導師宣講

Enterprise Advisor Scheme

數字背後，是 250 個正在發生的改變

Behind the Numbers, 250 Changes in the Making

服務對象

Service Target

青年 Youth

40 歲或以下的已戒毒復康青年。
Rehabilitated youth aged 40 or below.

師友 Mentor

年滿 21 歲或以上，有志協助已戒毒青年的熱心人士。
Aged 21 or above, with a heart to support recovering youth.

累計青年培訓

Cumulative Youth Training Engagements

7,000+ 人次

合作機構

Partner Organisations

30+

受惠青年*

Direct Youth Beneficiaries*

250 名

可持續發展目標

聯合國全球方案

國際認可

Internationally Recognised by UNGP for SDGs

獲得香港保安局禁毒處認可，
成為毒品問題聯絡委員會成員

Recognized by the Narcotics Division of the Security Bureau as a member of the Drug Liaison Committee.

*2024年至2026年香港賽馬會慈善信託基金捐助期間
*During the 2024-2026 funding period by The Hong Kong Jockey Club Charities Trust.

跨代同行：三代師友共建支援網

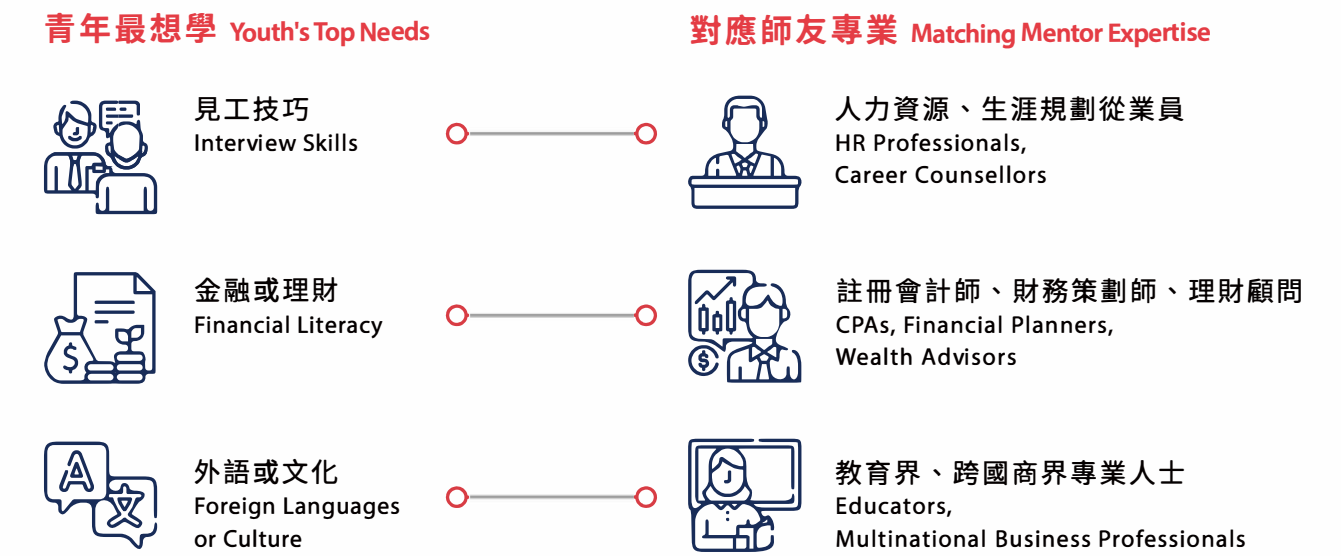
Cross-Generational Companionship: A Three-Tier Mentor Network



專業師友連結

Professional Mentor Connection

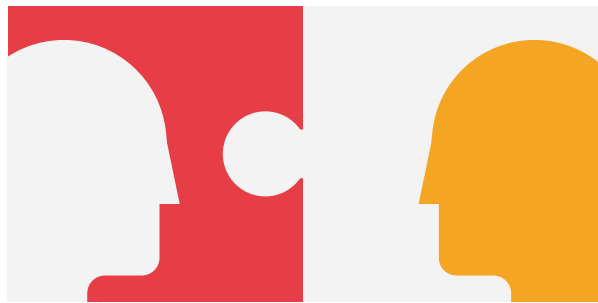
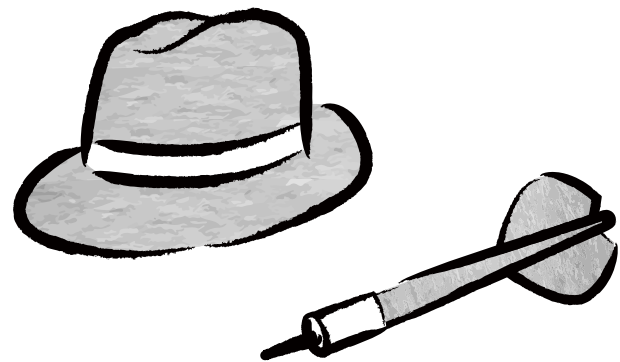
計劃匯聚跨界別專業力量，將「青年想學的三件事」直接對應「師友能教的三件事」
A cross-sector professional force, directly mapping "the three things youth want to learn" to "the three things mentors can teach."



其他專業背景

Other Professional Backgrounds

社工、護士、醫生、物理治療師、化驗師、言語治療師、律師（包括大律師）、心理學 / 正念禪修教練、資訊科技 / 人工智能 / 工程顧問
Social workers, nurses, doctors, physiotherapists, medical laboratory technologists, speech therapists, lawyers (incl. barristers), psychologists / mindfulness coaches, IT / AI / engineering consultants



飛鏢與同行：

Roger與青檸的師青故事

從社工視角看見，一段由興趣開始的師友關係

20多歲的青檸（化名）握著紅色飛鏢，站在靶前停頓了幾秒。他沒有立刻出手，而是先深呼吸。

兩年前，青檸若擲不中目標，可能會摔鏢、發脾氣；現在，他學會先停一停，再鼓勵自己：「再擲一次。」

在同組社工張姑娘眼中，旁人未必留意得到的微小停頓正是她與師友 Roger 一年多陪伴累積出來的改變。

張姑娘第一次見青檸，是2024年8月。那時的他搵工屢屢碰壁，做過送貨、建築炒散，努力卻總是做不長；加上學歷不高、工作經驗零散，令他常把「我做咩都唔會得」掛在心裏。但她很快發現，青檸並非沒有能力，只是太久沒有被人看見。

第一次相信「我可以」

每當青檸談起飛鏢，整個人都亮起來。從規則、計分，到比賽策略，通通如數家珍。於是，張姑娘在中心開辦飛鏢班，嘗試邀請他擔任導師，青檸不但主動安裝飛鏢靶，還製作詳細教學簡報，逐一指導參加者動作。

“以前我一直都係嚟中心參加活動嘅人，從來冇諗過自己有一日會企喺前面做導師。
青檸”

Roger正是在那次飛鏢班中第一次真正認識青檸。作為已有多多年師友經驗的義工，他看見的不是一個「需要被改造」的青年，而是一個有亮點、值得被相信的人。他們透過飛鏢自然破冰；

Roger溫和、有耐性、具有適合的人生閱歷和工作經驗，不以教導者自居；而青檸最需要的，正是一個願意陪他慢慢試、慢慢重建信心的人，社工後來決定把二人配對。

參加「金鐘扶輪社賽馬會無毒青年友出路計劃」前，青檸形容自己的生活只是「吃喝玩樂和睡覺」，連「責任」是甚麼也不太清楚。如今，他不僅逐步建立穩定的工作節奏，亦考獲飛鏢助教證書，走進學校開班，更在禁毒講座中以過來人身份分享自己的經歷。

改變不是一句鼓勵就能發生，而是在一次又一次「有人陪」之中慢慢長出來。

陪他跌倒，也陪他重來

青檸曾報讀物理治療師助理證書課程，卻在實務考試失手。那一刻，他好不容易建立起來的信心幾乎崩潰。2025年1月補考當日早上8時，社工和Roger一同到達考場；

Roger更親自扮演患者，讓青檸反覆練習考核動作。最後，青檸重考合格，第一時間致電社工和Roger報喜。

對青檸而言，Roger早已不只是「師友」，更像一位兄長：不會替他完成每件事，卻會在他最想放棄時站在旁邊。

除了職業探索，Roger的陪伴亦延伸至生活層面。

Roger陪青檸做運動，與他一起訂立目標，從跑一兩圈喘氣，到參加三公里、五公里，甚至十公里馬拉松賽事。過程中，Roger不是站在終點等他，而是一步一步陪他跑。後來，青檸更成為視障人士伴跑員，當初曾覺得自己「做咩都唔得」的青年，開始成為別人向前的力量。

情緒低谷時，二人的關係同樣重要。青檸曾因人際關係困擾而情緒崩潰，甚至想重拾飲酒和吸食大麻。於是，張姑娘以認知行為治療協助他拆解負面思想，設計每日「情緒打卡」；而Roger則成為從旁協助的人。有時是一個emoji，有時是一句「今日點呀？想唔想講多少少？」簡單地關心，讓青檸知道：自己不是講了也沒有人理。

走進學校與社區的過來人

從被陪伴，到學懂陪伴別人，青檸的轉變愈來愈具體。他嘗試帶領單車導賞團，即使隊伍一度走散，也學會冷靜處理；他發掘扭氣球和魔術的能力，主動到院舍探訪長者；他走入學校分享禁毒信息，用自己的經歷提醒學生不要誤入歧途。

Roger也在這段關係中成長。多年來，他做過不同慈善和顧問工作，但他坦言，前線師友工作的成功感最深：

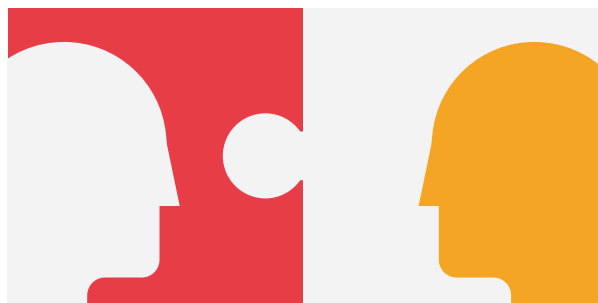
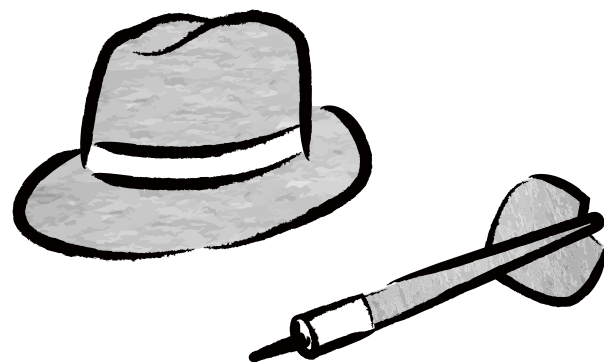
“你真的見到一個人，因為有人同行，而開始改變。
Roger”

「無毒青年友出路計劃」的價值，正在於這種長期而真實的關係。它不只是短期輔導，也不是單向幫助；而是讓商界及專業人士與青年建立一對一的同行關係，在彼此信任中實踐優質教育、減少不平等，也讓青年重新學會責任、同理心與自我肯定。

「每投出一支飛鏢，都係對自己嘅一次肯定。」青檸說。

此刻，他仍站在靶前。下一支鏢還未出手，但他已經知道——即使失手，也可以再來一次。





A SOCIAL WORKER'S PERSPECTIVE

One More Throw: Roger and Lime's Mentor-Mentee Story

What began with a shared interest in darts became a relationship built on trust, responsibility and the courage to begin again.

**Lime held a dart and stood before the board.
He paused, took a breath and prepared to throw again.**

There was a time when missing the target might have made him lose his temper. Now, he was learning that a setback did not have to be final.

When social worker Wenona first met Lime — a pseudonym for a man in his 20s — in August 2024, he was struggling to find direction. Delivery work and short-term construction jobs had not lasted. With limited formal education and an uneven work history, he had begun to believe he could not succeed.

"Nothing I do will ever work out," he often said.

Wenona saw something different: a young man whose abilities had gone unnoticed for too long.

From Participant to Instructor

Whenever Lime talked about darts, his eyes brightened. He could explain its rules, scoring strategies and competitive psychology with confidence.

Recognizing this strength, Wenona organized a darts class and invited him to teach. Lime helped install the dartboard, prepared a detailed presentation and patiently guided each participant.

"I had always been the person coming to the center to join activities," he said. "I never imagined I would one day stand at the front as the instructor."

The change from participant to instructor showed him that he had something to offer.

***I still remember how patiently
he taught others. He was not incapable.
His abilities had simply gone unseen.***

Wenona

Roger first came to know Lime through the class. Their subsequent pairing through the Rotary Club of Admiralty Jockey Club "Say No to Drugs — Path Builders for Youth" Project was carefully considered. Darts gave them common ground, while Roger's patience and willingness to listen allowed trust to develop naturally.

He did not approach Lime as someone who needed to be corrected, but as someone whose strengths deserved recognition.

Someone Beside Him

Roger encouraged Lime to explore different career paths. Lime eventually enrolled in a certificate course for physiotherapy assistants but failed the practical examination, nearly losing the confidence he had begun to rebuild.

On the morning of his resit, Wenona and Roger arrived at the examination venue at 8 a.m. Roger acted as a patient so Lime could repeatedly practise the required movements.

Lime passed. His first call was to Wenona and Roger.

"Roger had become more than a mentor," Wenona said. "He was like an older brother — someone willing to show up when Lime needed him most."

Roger's support also extended into everyday life. He exercised alongside Lime, who initially became breathless after running only a lap or two. Gradually, Lime progressed to 3-, 5- and 10-kilometer races. He later volunteered as a guide runner for people with visual impairments.

The young man who once believed he could do nothing was now helping someone else move forward.

Their relationship also mattered during emotional setbacks. When personal difficulties led Lime back to heavy drinking, Wenona used techniques informed by cognitive behavioral therapy to help him recognize negative thought patterns and emotional triggers.

She introduced a daily emotion check-in. Roger responded each time — sometimes with an emoji, sometimes with encouragement, and sometimes by asking, "Do you want to tell me more?"

***Lime used to think there was no point
talking about his feelings because nobody
would care, Roger showed him
that someone was listening.***

Wenona

Learning to Help Others

Over time, Lime moved from receiving support to supporting others. He volunteered at residential homes, helped lead activities and shared anti-drug messages in schools. Darts, once simply a personal interest, became a way for him to teach and connect with his community.

For Wenona, his journey illustrates that mentoring is less about instruction than presence. Roger did not remake Lime. He stayed beside him as he discovered his own abilities.

Change has not followed a straight line, and Lime is still exploring his future. But he is no longer the young man Wenona met in August 2024, convinced that nothing he did would matter.

"Every dart I throw is another way of believing in myself," he said.

He cannot know where the next dart will land. But he now understands that a miss is not the end of the game.

He can pause, reset and throw again.

Editor's note:

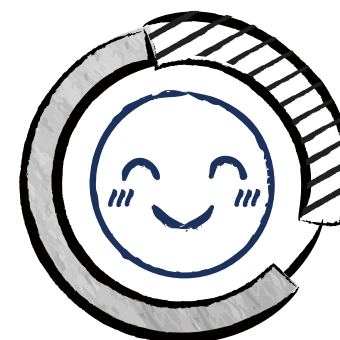
Interviews were conducted in Cantonese. Quotations have been translated into English and lightly edited for clarity without altering their meaning. Lime is a pseudonym. His exact age and certain identifying or professional details about Roger and Wenona have been withheld to protect their privacy. All consented to the publication of the contents described in this article.



共同興趣，是配對的橋樑 Shared Interests , The Bridge of Matching

行山、烹飪、聽音樂、電影及球類運動是師友與青年最常出現的共同興趣。我們透過超過 40 種活動，拉近「師友高高在上」的距離，讓「友出路」成為真正的「同路人」。

Hiking, cooking, music, film, and ball sports are the most frequently shared interests between mentors and youth. Through 40+ activity categories, we dissolve the "mentor-above-mentee" distance, making "Path Builders" truly a community of fellow travellers.



數據背後 Insights

師友與青年滿意度評分絕大多數落在「滿意」與「非常滿意」，「非常滿意」佔比達六成以上。

Both mentor and youth satisfaction ratings overwhelmingly fall within Satisfied and Very Satisfied, with Very Satisfied exceeding 60% on both sides.

運動與健康 Sports and Health



泰拳 Muay Thai

參加嘅玩得投入，欣賞有青年就算落唔到場一齊玩，但都黎一齊傾吓偈。
The participants were fully engaged. I appreciated that even the mentees who couldn't join the session still came along just to chat with us.
有獎項更好
It would be even better with awards or prizes.



很令人治愈的活動。
A truly healing activity.
(活動)讓我與其他參加者互動交流。
The activity allowed me to interact and connect with other participants.



和諧粉彩
Pastel Nagomi Art

藝術手作 Arts & Crafts



手鐲製作工作坊
Bangle DIY Workshop

入校禁毒講座及校園嘉年華 In-School Anti-Drug Talks & Carnival



生日會 Birthday Gatherings



面對面的真情分享，收獲良多。
A truly healing activity.
開心的聚會。
A joyful gathering.



計劃非常有意義，亦十分有用。
Rotary Club of Admiralty Schemes are very meaningful + useful.
社工分享如何與青年人相處、怎樣建立關係，非常有用。
The social workers shared how to get along with young people and how to build relationships with them, it was very useful.



師友培訓 Mentor training



職涯發展 Career Development



假眼睫毛工作坊
Eyelash Extension Workshop



香水製作體驗工作坊
Perfume DIY Workshop



電影修復工作坊
Digital Restoration Workshop

加入我們 Join Us

你的「正在」，就是另一個人的「出路」

Your "now" is someone else's "way out."



在香港賽馬會慈善信託基金2024-2026年的捐助下，計劃惠及的 250 名青年僅佔全港 40 歲或以下被呈報吸毒總人數的 3.13%*，全港仍有逾 96% 的吸毒青年亟待引路。同行之路仍需更多支援，透過成為師友或捐款支持，讓我們的服務幫助更多青年走出困局。

Under the grant from The Hong Kong Jockey Club Charities Trust in 2024 -2026, the 250 targeted youths benefiting from our project account for only 3.13%* of all reported drug abusers aged 40 or below in Hong Kong, leaving over 96% in urgent need of guidance. Our companionship journey requires more support. By becoming a mentor or making a donation, you can help us empower more youths to break free from their struggles.

*2023年至2025年香港保安局禁毒處統計數字 Narcotics Division, Security Bureau Statistics (2023-2025)

師友招募流程 Becoming a mentor



招募義工師友

Mentor Recruitment



社工面談

Social Worker Interview



師友培訓、導向

Mentor Training & Orientation



師青一同參與活動

Joint Mentor-Mentee Activities



社工為師青作 1:1 配對，安排面見認識，並詳細介紹計劃流程

Social Worker arranges 1:1 matching, introductory meeting, and full programme briefing



由師友定期聯繫青年，一同參加計劃活動，亦可平日邀約青年外出聚會

Mentor regularly connects with mentee, joining programme activities and casual catch-ups



社工定期跟進師青情況，提供輔導及支援

Social Worker provides ongoing follow-up, counselling and support



師友定期參與互助小組、精神健康關顧小組

Mentors join peer support and mental wellness groups



畢業及嘉許：師友向公眾分享青年成功故事

Graduation & Recognition: Mentors share success stories with the public

服務對象 Service Target

青年 Youth

40 歲或以下的

已戒毒復康青年。

Rehabilitated youth aged 40 or below.

師友 Mentor

年滿 21 歲或以上，有志協助已戒毒青年的熱心人士。

Aged 21 or above, with a heart to support recovering youth.

成為師友或了解更多 Become our mentor



聯絡我們 Contact Us

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