JCI Hong Kong

十大傑出青年選舉 2024
Ten Outstanding Young Persons Selection

青年雙手 創造未來

十大傑青

傑出．從未停步



主辦機構
Organizer

JCI Hong Kong

名譽贊助人
Honorary Patron

CHAN Kwok-ki, GBS, IDSM, JP
Chief Secretary for Administration
The Government of the
Hong Kong Special Administrative Region

甄選顧問
Selection Consultant

Deloitte.

企業贊助
Corporate Sponsor

十大傑青

傑出·從未停步



JCI Creed

We believe:

That faith in God gives meaning and purpose to human life;
That the brotherhood of man transcends the sovereignty of nations;
That economic justice can best be won by free men through free enterprise;
That government should be of laws rather than of men;
That earth's great treasure lies in human personality;
And that service to humanity is the best work of life.

JCI Mission

To provide leadership development opportunities that empower young people to create positive change.

JCI Vision

To be the foremost global network of young leaders.

青商信條

我們深信
篤信真理可使人類的生命具有意義和目的；
人類的親愛精神沒有疆域的限制；
經濟上的公平應由自由的人通過自由企業的途徑獲得之；
健全的組織應建立在法治的精神上；
人格是世界上最大的寶藏；
服務人群是人生最崇高的工作。

青商使命

提供領導才能發展機會，促進青年創造積極正面的改變。

青商願景

成為全球具領導性的青年領袖網絡。



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MESSAGE FROM

Guest of Honour
Deputy Chief Secretary for Administration
The Hon CHEUK Wing-hing, GBS, JP

十大傑出青年選舉二零二四

雋才秀拔
嘉績顯揚

政務司副司長卓永興



MESSAGE FROM

Guest of Honour and Chief Judge
Dr. the Hon KO Wing-man, GBS, JP

I would like to offer my warmest congratulations to the Ten Outstanding Young Persons Selection 2024 awardees. As Chief Judge, this year is especially significant as we recognise ten remarkable individuals for the first time in a decade, each exemplifying excellence in their respective fields. Having served on the selection panel for six years, I am delighted to lead this year's selection during the 52nd anniversary of this prestigious award, organised by Junior Chamber International Hong Kong. I commend the Organising Committee and the Selection Consultant for their exceptional dedication and professionalism, which have enabled the Selection Panel to successfully fulfil its mission of presenting the TOYP awardees this year.

The theme 'Keep Striving' resonates deeply with the spirit of this selection, as each awardee has shown unwavering commitment to their passions, overcoming challenges, and inspiring those around them. Their achievements illustrate the power of perseverance and the profound impact that youthful determination can have on our communities. Representing diverse backgrounds, these individuals embody the industrious and resilient spirit of the people of Hong Kong, united by a shared vision for a brighter future.

To our awardees: as we celebrate your accomplishments, let this moment remind you that your journey doesn't end here. Continue to strive for greatness, uplift others, and make positive contributions to society; the world needs your vision and voice.

The Selection Panel, the Selection Consultant, and the Organiser have collaboratively refined this year's selection process to better align with the ever-changing environment. Through our collective efforts, we aim to foster broader and more diverse participation and nominations, seeking to identify and honour leaders who not only excel in their individual accomplishments but also take on the vital responsibility of serving their communities.

Congratulations once again to the ten awardees. May your future endeavours be filled with continued success and inspiration.

Dr. the Hon KO Wing-man, GBS, JP
Chief Judge



MESSAGE FROM

Honorary Patron
The Hon CHAN Kwok-ki, GBS, IDSM, JP

My warmest congratulations to all the distinguished awardees of the Ten Outstanding Young Persons (TOYP) Selection 2024! Your remarkable achievements have shone brightly, serving as a beacon of inspiration for us all.

For over five decades, the TOYP Selection has stood as a prestigious platform, honouring and celebrating young talents who not only excel in their professional endeavours but also make positive contributions to society with unwavering dedication and passion. I extend my heartfelt gratitude to the Junior Chamber International (JCI) Hong Kong and its esteemed panel of judges for organising this meaningful event every year, inspiring young people to follow in the footsteps of these outstanding individuals and work tirelessly for the betterment of Hong Kong, our country and the world at large.

The TOYP awardees exemplify the incredible diversity and dynamism of Hong Kong's youth. They have made significant strides in their respective fields, ranging from sports and medical science to robotic innovation, business and environmental conservation. They are not just achievers; they are shining examples of excellence, resilience and motivation, inspiring fellow young people to pursue their dreams fearlessly.

The Government of the Hong Kong Special Administrative Region attaches great importance to youth development, which is essential to our future prosperity. Our vision is to raise a new generation with a profound love for Hong Kong and our country, a global perspective, an aspirational mindset, and positive thinking. Since the release of the Youth Development Blueprint in late 2022, we have been diligently implementing over 160 measures to provide comprehensive support to our young people. In addition, we introduced nearly 60 new initiatives last year to meet the evolving needs of our youth, ensuring that our efforts remain relevant and impactful.

Looking ahead, I am confident that with the continued efforts of JCI Hong Kong, the TOYP Selection will continue to be a source of encouragement for our younger generation. Together, we will strive to create a brighter future where our young people can shine, thrive and contribute to a better society for all.

The Hon CHAN Kwok-ki, GBS, IDSM, JP
Chief Secretary for Administration
The Government of the Hong Kong Special Administrative Region



MESSAGE FROM

Secretary for Culture, Sports and Tourism
The Hon Kevin YEUNG Yun-hung, GBS, JP

十大傑出青年選舉二零二四

德才兼備 功望俱隆

文化體育及旅遊局局長楊潤雄



MESSAGE FROM

Secretary for Environment and Ecology
The Hon Tse Chin-wan, BBS, JP

十大傑出青年選舉二零二四

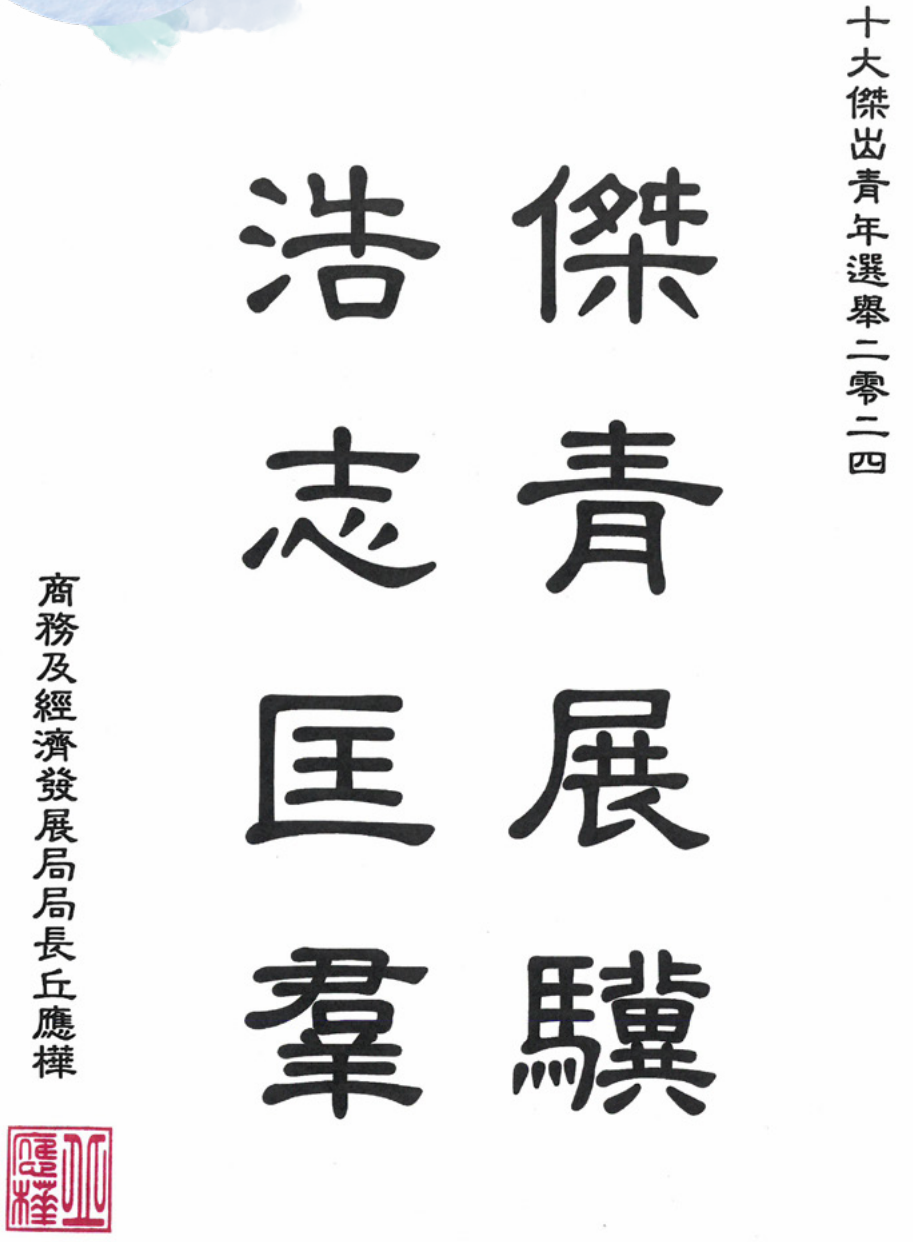
青賢秀立 懋績煥彰

環境及生態局局長謝展寰



MESSAGE FROM

Secretary for Commerce and Economic Development
The Hon Algernon YAU, JP





MESSAGE FROM

Secretary for Home and Youth Affairs
The Hon Alice MAK Mei-kuen, SBS, JP

十大傑出青年選舉二零二四

奮進臻善

拓新惠羣

民政及青年事務局局長麥美娟



MESSAGE FROM

National President
Junior Chamber International Hong Kong
Mr. Ben MAK

On behalf of JCI Hong Kong, I am pleased to welcome you to The Ten Outstanding Young Persons (TOYP) Selection Awards Presentation. We gather to honor and celebrate the exceptional accomplishments of 10 remarkable individuals who have demonstrated outstanding achievements and contributions in their respective fields.

Firstly, a heartfelt appreciation goes to our esteemed panel of judges, led by Dr. the Hon KO Wing-man, GBS, JP. Your expertise and unwavering dedication have been pivotal in ensuring a transparent and comprehensive selection process. We deeply value the time and effort you've invested, elevating the prestige of this award.

I'd also like to express my gratitude to Deloitte, our selection consultant. Your valuable insights and meticulous approach have provided invaluable guidance throughout the selection process. Your professionalism and commitment to excellence have contributed significantly to the integrity and fairness of the entire process.

A sincere thank you to the TOYP Selection Steering Committee, spearheaded by 1984 National President, Senator John Chan. Alongside him are 2006 National President, Dr. Senator James Tsui, MH, 2013 National President, Senator Paul Wu, and 2022 National President, Senator Karen Yeung. Your guidance and unwavering support have been crucial in bringing today's event to fruition.

Special recognition goes to TOYP Project Chairman, Senator Patricia Loo and the Project Supervisor, National Immediate Past President, Senator Kenneth Yu, along with their exceptional team. Your relentless efforts and passion have ensured that today unfolds seamlessly, providing a memorable celebration for our awardees. Your commitment to the ideals of JCI Hong Kong and the TOYP Selection is commendable.

As we celebrate the accomplishments of our awardees today, let's also embrace the immense potential of youth and the remarkable impact we can achieve when united by a common vision. By spotlighting these outstanding young leaders, we aim to inspire others to chase their dreams, pursue their passions, and contribute positively to society.

Congratulations to all the awardees and a heartfelt thank you to everyone who played a role in making this event a success. Let's continue to empower emerging leaders, foster positive change, and cultivate a brighter future for everyone.

Thank you!

Mr. Ben Mak
2024 National President
JCI Hong Kong



MESSAGE FROM

President
Junior Chamber International
Mr. Kaveen Kumar KUMARAVEL

Dear JCI Hong Kong Members, Honored Guests, and Esteemed Awardees,

It is with great honor and joy that I extend my heartfelt congratulations to JCI Hong Kong on the exceptional success of the 52nd Ten Outstanding Young Persons (TOYP) Selection. For over five decades, this iconic program has recognized individuals whose talent, determination, and leadership have made a profound impact on society. This year's theme, "Outstanding Young Persons, Keep Striving", captures the unyielding spirit of the awardees and their relentless pursuit of excellence.

The ten extraordinary individuals recognized this year exemplify the very best of what young leaders can achieve when driven by passion and purpose. Each awardee's unique journey reflects resilience, innovation, and a deep commitment to serving others. Dr. Mak Lung Yi's groundbreaking work in hepatology has redefined patient care, while Cheung Siu Lun's dedication to fencing demonstrates how sports can build character and inspire the next generation. Mark Mak's pioneering work in robotics continues to push the boundaries of technology for a brighter future, and Janet Kung's success in ice climbing proves that courage and persistence can overcome any obstacle. Furthermore, awardees like and Juanita Mok's mastery of Tai Chi show how diverse talents can create lasting impact.

Zhang Ling 's passion for revitalizing tennis has inspired future players, while Gary Lau's pioneering work in educational technologies has significantly enhanced the training of future healthcare professionals. Solomon Yung's exceptional efforts in anti-epidemic initiatives during the pandemic, alongside Wong Oi Man's advancements in both adult and pediatric care—streamlining surgeries and contributing to global glaucoma research—are truly commendable. Meanwhile, Amos Tai's groundbreaking work in climate research is helping pave the way for a sustainable future.

To each TOYP awardee: this recognition is a testament to your extraordinary efforts. Your contributions are not only shaping Hong Kong but also serving as a beacon of inspiration for leaders across the globe. Your stories remind us of the incredible potential within each individual to transform challenges into opportunities and leave an indelible mark on the world.

I also wish to commend JCI Hong Kong, under the leadership of National President Ben Mak, for your unwavering commitment to empowering young leaders and fostering a culture of excellence. This program is a powerful example of how JCI enables individuals to create a better future while celebrating the achievements of those who lead the way.

As we celebrate this milestone, let us take inspiration from the TOYP awardees to continue striving for a brighter, more inclusive, and innovative tomorrow. Together, Let's Make a Difference!
Thank you!

With warm regards,

Mr. Kaveen Kumar Kumaravel
2024 JCI President

MESSAGE FROM Panel of Judges



Dr. Carlye W.L. TSUI, SBS, JP

Sustainability is now a global focus. The Ten Outstanding Young Persons Selection project has endured over time, making a significant impact on young people and the entire community. JCI Hong Kong has successfully carried this project forward for 52 rounds, demonstrating its commitment and excellence. The strong governance framework, high standards, and professional execution have established the project's credibility and reliability. It is a great pleasure to participate in the adjudication process.

As a Past Chairman of TOYPA, I have witnessed inspiring stories from different eras, all embodying the outstanding qualities that serve as role models for young people.

As a Past Awardee, I can attest to the encouragement this recognition provides, motivating me to work harder in my career and public service. I am grateful for the opportunity to connect with my peers in solidarity and to further service in collective efforts. The expanded horizons and networks are invaluable benefits that come with this recognition.

Congratulations to JCI Hong Kong and the 2024 Awardees!



Dr. Maggie KOONG, BBS, JP

As a member of the panel, I am honoured to be able to witness the achievements of ten outstanding young people. Firstly, I wish to give my congratulations to this year's award winners, and as invaluable members of Hong Kong they have made incredible contributions to the community. They have each demonstrated exceptional qualities that we can learn from. Behind their success and accomplishments, they also faced many hardships and challenges. Their resilience and perseverance is inspirational to us all, and I trust they will serve as positive role models to the next generation.

All awardees are truly deserving of this award, and their success will not end here. As they continue to work in their respective careers, they will make further impact and advancements to their field. Hong Kong is truly fortunate to have such outstanding young people to lead us into a brighter and better future!



Mr. Raymond C.Y. TAM, GBS, JP

Congratulations on becoming The Junior Chamber International Hong Kong (JCIHK)'s "Ten Outstanding Young Persons Selection 2024". I enjoyed meeting every one of you and hearing you share your personal stories.

Thank you for embodying this year's theme, "Keep Striving". You have shown resilience, determination and excellence in not only your work, but also your mission to serve Hong Kong. Your commitment and dedication to your profession, and also your passion, is truly remarkable. Your work has had a life-changing impact on our community and you inspire more young people to work hard, persevere and pursue their dreams.

With this recognition, we hope you will continue to inspire the community and pass on the legacy. I am confident that you will continue to achieve the extraordinary and bring Hong Kong to the world stage. We are proud to have you represent Hong Kong and we look forward to seeing you inspire, impact and excel!



Mr. Ricky M.K. CHU, SBS, IDS

My hearty congratulations to Junior Chamber International Hong Kong (JCIHK) for successfully hosting the Ten Outstanding Young Persons Selection (TOYP) 2024, and the 10 awardees for their excellent accomplishments. This Award is a prestigious recognition to our young talents, marking their exceptional dedication and contribution to our community.

I firmly believe that all the awardees can serve as the role models of our youths. Their vision, resilience, creativity and innovation are definitely inspiring to all. The commitment to excellence showcased by the awardees not only sets a high standard for our younger generation, but also contributes to the advancement of our community.

I am proud to be a member of the judging panel of the TOYP 2024 and would like to offer my best wishes to all the awardees for their continued success and impact on shaping Hong Kong's future in the years to come.



MESSAGE FROM

Selection Consultant
Deloitte China
Mr. Edward AU

Congratulations to all the esteemed recipients of the 2024 Ten Outstanding Young Persons (TOYP) awards and to the dedicated team at Junior Chamber International Hong Kong (JCI Hong Kong) for successfully organizing this prestigious event, now in its 52nd edition.

In a world that constantly seeks inspiration, it is with immense gratitude that we acknowledge the contributions of these young visionaries, whose stories are a testament to the power of perseverance and the drive to make an impact that matters.

It has been a tremendous privilege for Deloitte China to serve once more as the TOYP Selection Consultant, affording us the opportunity to witness the exceptional achievements and inspiring journeys of these young leaders. Their contributions to society, across various fields, underscore a profound truth: the future is not just promising but is being molded with wisdom, foresight, and unwavering commitment.

At Deloitte, we understand that investing in young talent is not just crucial to our growth, but it is also vital to the ongoing prosperity of Hong Kong and beyond. We remain deeply committed to nurturing the next generation of leaders by attracting and empowering the most brilliant minds from Hong Kong, the Mainland, and around the globe.

Our INspire HK initiative stands as a testament to this commitment, aiming to foster sustainable development through a spectrum of digital services and comprehensive sustainability solutions. The TOYP winners exemplify the kind of innovative thinking and transformative action that resonates with our strategic vision.

To each of the TOYP 2024 winners, allow me to extend my warmest congratulations. It has been an immense honor to learn about your achievements and to consider how your visions can influence the path ahead. As we at Deloitte continue to advocate for positive change and to cultivate top talent, we will carry the torch of your ideals and endeavors, confident that together, we can illuminate a future filled with endless possibilities. Your stories remind us that in every endeavor, there is an opportunity to make an impact that matters.

May your continued success serve as a beacon of inspiration for all young people striving to make a difference in the world. Congratulations once again, and we look forward to seeing the incredible impact you will have in the years to come.

Mr. Edward Au
Southern Region Managing Partner
Deloitte China



MESSAGE FROM
TOYPA Chairman
Prof. Jacky TANG, PhD

It is with immense pleasure and pride that I extend my warmest congratulations to each of you on being chosen as the winners of the 52nd Ten Outstanding Young Persons Selection, organized by the Junior Chamber International Hong Kong (JCIHK). This prestigious recognition is a testament to your exceptional achievements across various fields.

I would also like to extend a heartfelt welcome to all of you as you join The Outstanding Young Persons' Association (TOYPA), comprised of outstanding individuals like yourselves. Winning this award marks the beginning of a new phase in your journey, where we can collectively strive to accomplish even greater social welfare initiatives within the association. It is our shared responsibility to serve society and make a positive impact.

Together, let us channel our efforts towards engaging in meaningful philanthropic endeavors and embracing the noble task of serving the community. With our hands united, we can work towards shaping a brighter future for all.

Once again, congratulations on your well-deserved accolades. May your determination, passion, and commitment continue to inspire others as we embark on this remarkable journey together.

Prof. Jacky Tang, PhD
Chairman
The Outstanding Young Persons' Association



MESSAGE FROM

Project Chairman
Ms. Patricia LOO

I extend my heartfelt congratulations to the ten exceptional young individuals selected this year as we commemorate another fruitful year of the Ten Outstanding Young Persons (TOYP) Selection project. It is an honour to serve as Project Chairman for this prestigious initiative during a year that exemplifies resilience and determination.

This year's TOYP Selection theme, "Keep Striving" (傑出·從未停步), embodies the relentless pursuit of excellence among the people of Hong Kong, transcending generations. It serves as a powerful reminder that the spirit of the Outstanding Young Person is not confined to a single era; rather, it is passed down through inspiring stories and transformative experiences. Our ten awardees collectively embody this spirit, encouraging all of us to strive for a future filled with possibilities.

This year is significant, as we celebrate the recognition of ten remarkable individuals for the first time in a decade. Their achievements not only reflect their individual talents but also their commitment to making a positive impact on society and future generations. In support of Hong Kong's carbon neutrality goal by 2050, we are also proud to introduce the first carbon-neutral Ten Outstanding Young Persons Selection, achieved through carbon reduction strategies and the use of carbon credits to offset emissions.

I am deeply grateful to our organizing committee, whose perseverance, adaptability, and creativity have enabled this project to overcome challenges and achieve breakthroughs. I also want to thank the record-breaking number of supporting organizations that actively promoted nominations this year. This unprecedented engagement demonstrates a collective belief in our mission and encourages greater participation in future selections.

Special thanks go to our sponsors and partners, whose invaluable support has allowed us to share the spirit and stories of our awardees through various events and channels, reaching the hearts of the public. Their contributions are essential in amplifying the messages of hope and aspiration that our awardees represent. My sincere gratitude also extends to our dedicated judges and Selection Consultant, whose invaluable time and expertise have been instrumental in the selection process.

Lastly, I am incredibly thankful to National President Senator Ben Mak, National Immediate Past President Senator Kenneth Yu, and the TOYP Selection Steering Committee for their steadfast support and guidance. A special acknowledgment goes to my mother chapter, JCI Harbour, whose nurturing environment has helped shape my development and leadership skills.

As we look ahead, I encourage everyone to embrace the ethos of "Keep Striving." Together, let us build on the legacies of the past, confront present challenges, and create a future brimming with hope and possibilities. Thank you all for your unwavering support of the TOYP Selection 2024. May we continue to inspire and empower the leaders of tomorrow!

Ms. Patricia Loo
Chairman
Ten Outstanding Young Persons Selection 2024

About
Junior Chamber International

JCI is a membership-based non-profit organization of young active citizens aged 18 to 40 who are engaged and committed to create impact in their communities. Active citizens are individuals invested in the future of our world. They develop the skills, knowledge and understanding to make informed decisions and take action.JCI members are active citizens from all sectors of society including business owners, government officials, doctors, entrepreneurs, teachers, public officials, social workers and students.

As global citizens, we all have rights and responsibilities, as well as shared goals. Through active citizenship, we encourage young people to take responsibility for the local issues, find targeted and sustainable solutions that benefit our communities and the world. JCI members embrace new ideas, collaboration and diversity. Guided by the passion to transform their lives and the world, JCI members have the courage to address the critical challenges of our time.

With around 5,000 JCI Local Organizations in more than 100 nations, JCI forms a vibrant global community of nearly 200,000 active citizens. All members belong to a JCI Local Organization where they focus on finding solutions to issues in their communities. The collective action of all JCI Local Organizations forms a global grassroots movement, empowering members to run effective projects, exchange ideas and work together to develop new ways to improve their communities and the world.



About
Junior Chamber International Hong Kong

JCI Hong Kong (formerly named as “Hong Kong Junior Chamber”) was inaugurated in 1950. It is affiliated with the worldwide youth leadership development organization — Junior Chamber International (“JCI”). JCI has a worldwide membership of over 200,000 in more than 100 countries and territories around the world.

JCI Hong Kong is a non-profit making and voluntary organization for young active citizens aged 18 to 40. Its objective is to provide young people with the opportunities to develop their leadership qualities, enhance their sense of social responsibilities, acquire business skills and develop social network, through which they can help make positive changes in the community and contribute to the social development of Hong Kong and the world.

Since its inauguration, JCI Hong Kong has offered various training opportunities to thousands of members through four areas of development namely Individual Development, Community Development, International Relationship Development and Business Development. There are now approximately 2,200 members spanning 21 Chapters. Through organizing a great variety of meaningful projects to serve the community, members of JCI Hong Kong learn by doing and enhance their management skills to prepare themselves for taking up leadership roles in respective fields.

21 LOCAL ORGANIZATIONS

JCI Victoria	維多利亞青年商會
JCI Kowloon	九龍青年商會
JCI Island	港島青年商會
JCI Peninsula	半島青年商會
JCI Hong Kong Jayceettes	香港女青年商會
JCI Lion Rock	獅子山青年商會
JCI Harbour	海港青年商會
JCI Yuen Long	元朗青年商會
JCI Tai Ping Shan	太平山青年商會
JCI Bauhinia	紫荊青年商會
JCI Dragon	騰龍青年商會
JCI East Kowloon	東九龍青年商會
JCI City	城市青年商會
JCI Queensway	經緯青年商會
JCI North District	北區青年商會
JCI Ocean	浩洋青年商會
JCI Sha Tin	沙田青年商會
JCI Apex	晉峰青年商會
JCI City Lady	城市女青年商會
JCI Tsuen Wan	荃灣青年商會
JCI Lantau	大嶼山青年商會



TOYP Selection 2024
Organizing Committee

JCI Hong Kong

Steering Committee Members

John Chan	1984 National President
James Tsui, MH	2006 National President
Paul Wu	2013 National President
Karen Yeung	2022 National President



Chairman
Patricia Loo
JCI Harbour



Supervising Officer
Kenneth Yu
National Immediate Past President



Deputy Chairman
Christy Mak
JCI Kowloon

- Secretary OC
  - Tiffany Yam, JCI Hong Kong Jayceettes
- Community Service Day OC
  - Kin Mak, JCI Kowloon
  - Wanda Tang, JCI Hong Kong Jayceettes
  - Alvin Cheung, JCI Harbour
  - Kuri Wong, JCI East Kowloon
  - Kiki Chan, JCI Lantau



Sub-committee Chairman
Karen Lo
JCI Lion Rock



Deputy Chairman
Zoe Mo
JCI Bauhinia

- Kick-Off Ceremony OC
  - Dodo Lam, JCI Hong Kong Jayceettes
  - Michelle Yu, JCI Tai Ping Shan
  - Ivan Li, JCI Ocean



Sub-committee Chairman
Theresa Wong
JCI Kowloon



Deputy Chairman
Vincy Wong
JCI Hong Kong Jayceettes

- Partnership OC
  - Chan Kwan Yee, JCI Hong Kong Jayceettes
- Nomination OC
  - Emily Wu, JCI Hong Kong Jayceettes
  - Tiffany Yam, JCI Hong Kong Jayceettes



Sub-committee Chairman
Fung Kong
JCI Tai Ping Shan



Sub-committee Chairman
Wallace Sham
JCI Victoria

- Result Announcement OC
  - Jenny Fong, JCI Peninsula
  - Chan Yuen Wai, JCI Harbour
  - Candice Mak, JCI Harbour
  - Flora Ching, JCI Tai Ping Shan
  - Joey Ho, JCI Queensway



Deputy Chairman
Dorothy Chan
JCI Harbour



Sub-committee Chairman
Shirley Tsang
JCI Sha Tin

- Public Relations OC
  - Gigi Tsui, JCI Victoria
  - Audrey Yip, JCI Hong Kong Jayceettes



Sub-committee Chairman
Leo Hung
JCI City

- Promotion OC
  - Dodo Lam, JCI Hong Kong Jayceettes
  - Nicole Lee, JCI Lion Rock
  - Alva Yang, JCI Harbour
  - Bonny Fu, JCI Yuen Long
  - Ivan Li, JCI Ocean



Sub-committee Chairman
Waynes Seto
JCI City Lady

- Awards Presentation OC
  - Evan Lau, JCI Victoria
  - Tegrisco Chow, JCI Hong Kong Jayceettes
  - Daniel Li, JCI City
  - Oscar Wong, JCI City
  - Cacey Li, JCI City Lady
  - Dorthy Wong, JCI City Lady



About
Ten Outstanding Young Persons Selection

The Ten Outstanding Young Persons Selection ("TOYP Selection") is a flagship project founded by Junior Chamber International Hong Kong ("JCI Hong Kong") in 1970. As of today, more than 400 outstanding young persons have been selected.

Candidates of the TOYP Selection are nominated by the public from different sectors of the community. All the nominations are first screened by the Selection Consultant. Next, shortlisted candidates will be interviewed by a Panel of Judges comprising prominent figures in the government, business and professional sectors. The Panel of Judges considers the candidates' outstanding performances in their respective fields of work or profession as well as their contributions to the community, with the ultimate goal of selecting the Ten Outstanding Young Persons of the year.

The objectives of TOYP Selection are:

- To give formal recognitions to young people who excel in their professional endeavors and contribution to the community;
- To encourage young people to take on important responsibilities so as to contribute actively in shaping a better future for the community; and
- To inspire young people

Eligibility of Nominee

- The nominee must be between the ages of 21-40;
- Be a Hong Kong permanent resident;
- Be able to attend the initial screening interview arranged by the Selection Consultant and the final judging interview by the Panel of Judges; and
- Be nominated by one proposer only.

Note: Nomination is not open to a deceased person.

Proposers

Nominations can be made by individuals who are 21 years of age or above, or by a public/private organization. There is no limit to the number of nominations to be made by each party but the proposer cannot be the nominee him/herself. Categories

- Education
- Commerce and Industry
- Professionals
- Civil and Social Services
- Performing Arts / Sports / Culture and Arts

TOYP WEBSITE

TOYP Facebook

About
The Outstanding Young Persons' Association

The Outstanding Young Persons' Association, TOYPA in short, was formed in 1977. The Association is made up of awardees of the Ten Outstanding Young Persons Selection. Now, the membership of TOYPA exceeds three hundred.

Ten Outstanding Young Persons Selection, introduced to Hong Kong in 1970, is a major project of Junior Chamber International Hong Kong. Each year, the Selection is open for nominations to the public. After the process of carefully vetting candidates' data by an appointed auditor/law firm, the candidates are presented to a Panel of Judges consisting of renowned leaders in the government, business, industries, education and various professions. Merits are given to the candidates' exceptional achievements in their respective fields as well as their contributions of personal time and efforts in serving the community.

The Outstanding Young Persons' Association not only gives proper recognition to the achievements of the recipients, but also carries with its certain responsibilities. All those selected are expected to make further contributions to the community of Hong Kong and to serve as inspirational examples to other young people. It is with this spirit that recipients of the award work together to serve the community.

The aims of TOYPA are:

1. To sponsor and organize projects for the well-being of Hong Kong.

2. To propose recommendations to the Government or relevant authorities on matters pertaining to the welfare of Hong Kong.

3. To assist in the annual selection of the Ten Outstanding Young Persons.

TOYPA membership covers diverse industries and professions including a number of active members in decisive arenas, serving on the Executive Council, Legislative Council, District Councils, Advisory Committees, Drafting Committee for the Basic Law of HKSAR, and National Peoples' Congress of the PRC and Hong Kong Affairs Advisors etc.

Since its inception, TOYPA has organized and sponsored numerous community service projects. All financial resources have been generated from funds raised over the years. In all projects organized, co-organized or sponsored by TOYPA, members take an active role with commitment and dedication.

SINCE 1970
傑出青年協會
青年雙手創造未來
THE OUTSTANDING YOUNG PERSONS' ASSOCIATION

www.toypa.org





List of **2024 Awardees**



張小倫
Cheung Siu Lun

界別 CATEGORY

演藝、康體、文化及藝術
Performing Arts / Sports / Culture & Arts

提名人 PROPOSER

周世傑先生
Mr. Chou Sai Kit



龔子珊
Kung Tsz Shan Janet

界別 CATEGORY

演藝、康體、文化及藝術
Performing Arts / Sports / Culture & Arts

提名人 PROPOSER

翟冬青女士
Ms. Chak Tung Ching Yvonne



莫宛螢
Mok Uen Ying Juanita

界別 CATEGORY

演藝、康體、文化及藝術
Performing Arts / Sports / Culture & Arts

提名人 PROPOSER

周定宇先生
Mr. Chow Ting Yu



戴沛權
Tai Pui Kuen Amos

界別 CATEGORY

專業工作
Professionals

提名人 PROPOSER

陳英凝教授，MH
Prof. Chan Ying Yang Emily, MH

JCI Hong Kong

十大傑出青年選舉 2024
Ten Outstanding Young Persons Selection



劉巨基
Lau Kui Kai Gary

界別 CATEGORY
專業工作
Professionals

提名人 PROPOSER
梁嘉傑教授
Prof. Leung Ka Kit Gilberto



麥騫譽
Mak Hin Yu Mark

界別 CATEGORY
專業工作
Professionals

提名人 PROPOSER
陳志輝教授，SBS, JP
Prof. Chan Chi Fai Andrew, SBS, JP



麥龍兒
Mak Lung Yi Loey

界別 CATEGORY
專業工作
Professionals

提名人 PROPOSER
袁孟峰教授
Prof. Yuen Man Fung



黃藹汶
Wong Oi Man

界別 CATEGORY
專業工作
Professionals

提名人 PROPOSER
袁國禮教授
Prof. Yuen Kwok Lai Hunter



容思瀚
Yung Sze Hon Solomon

界別 CATEGORY
專業工作
Professionals

提名人 PROPOSER
梁冬陽醫生
Dr. Leung Tung Yeung



張 玲
Zhang Ling

界別 CATEGORY
演藝、康體、文化及藝術
Performing Arts / Sports / Culture & Arts

提名人 PROPOSER
陳念慈女士，BBS, JP
Ms. Chan Lim Chee Amy, BBS, JP

AWARDEE

張小倫
CHEUNG Siu Lun

前香港男子劍擊運動員
Former Hong Kong Men's Fencing Athlete

「劍舍」技術總監
Technical Director of LEHK Fencing

2024年巴黎奧運劍擊比賽評述員
Commentator for 2024 Paris Olympic fencing



2018年，他在傷患影響下仍贏得了亞洲劍擊錦標賽花劍個人金牌，並且連續十三年成為亞洲錦標賽的獎牌得主。儘管面對生計的挑戰，他依然選擇留下來，帶領香港劍擊隊歷史性地於2020年首次出線東京奧運會。

當全世界討論張家朗在決勝分的三劍是否應該重打時，張小倫以直播評述員的身份第一時間大膽公開回應，認為重打是不可接受的，並指出裁判的猶豫對運動員是不公平的。他始終全力護航他的師弟師妹們。

同時，張小倫歸納了自己20年學習劍擊的經驗，編寫相應的課程，以「劍舍」劍擊教育所的技術總監身份，協助本地劍擊發展。他承擔著傳承這項運動的使命感，這一切源於他當年中學的體育老師。這位老師因擔心張小倫的生活困難，每日放學後在學校大門口等他，給他二十元零用錢，鼓勵他一定要去練習。老師所傳承的精神，成就了今天的「大師兄」。

座右銘 Motto

因為熱愛，所以堅持。



最能代表自己的物件
花劍是我最重要的物品、最好的朋友
An Item that Best Represents Me
The foil is my most important possession and my best friend.

關於張小倫 About CHEUNG Siu Lun

香港花劍隊七朝元老，「大師兄」連續十三年亞洲錦標賽獎牌得主，2018年贏得亞洲劍擊錦標賽花劍個人金牌，2020年帶領香港劍擊隊團體歷史性第一次出線東京奧運。今年退役後以直播評述員的身份，繼續為戰友們集氣打氣。另一方面他歸納20年學習劍擊的經驗並編寫課程，以「劍舍」的技術總監的身份，協助本地劍擊發展。

Leader of Hong Kong men's foil team across seven generations. He won medals at the Asian Fencing Championships for 13 consecutive years, and brought home gold in the men's foil individual final in 2018. He led the team to make its first appearance at the 2020 Tokyo Olympics. He retired earlier this year, and continues to support his comrades remotely as a live commentator. Additionally, he has crafted a curriculum to promote the development of local fencing based on his 20 years of experience in his capacity as the Technical Director of LEHK Fencing.



從學校走進社會，我最初為自己定下什麼目標:
代表香港在奧運出賽

追求目標的過程中，曾遇過最大的挑戰:
2012年嚴重腰椎盤突出需要臥床半年，
亦因此錯失倫敦奧運的資格

遇到挫折時，我會做的一件事:
接受，反思，認真去面對

最想做而未做到的事:
希望自己教導嘅學生成為亞洲及世界冠軍

留港發展的原因:
協助本地劍擊發展，延續運動傳承呢份使命

未來五年，希望見到香港變得更好，我最希望達成的一個願望:
希望運動可以喺香港普及化，完善運動員制度，
希望多啲年輕人參與

揀一首歌 / 一套電影，勉勵香港年輕人:
「男兒當入樽」以高中籃球為題材嘅日本漫畫，作品中不只描寫主角一個人的心路歷程，還有其他高中生們透過籃球，正面成長的模樣。「人是可以改變的。」主角花道在進入高中後，才終於開始打籃球。剛開始總是被人瞧不起，揶揄他是「初學者」，但最後大家認可他是個運動員，並成為球隊不可或缺的選手。因為自己也是高中才接觸劍擊，當時剛開始也不被重視和看好。看過後非常之有同感！

我成長的學校(中學/ 大學): 新法書院

From school to society, what was the first goal I set for myself :
To represent Hong Kong in the Olympic Games

The biggest challenge I've encountered in the pursuit of my goal:
I had the most problematic form of herniation in 2012, which led to bed rest for half a year. As result, I missed the London Olympics

What I'd do in the face of adversity:
Accept, introspect and take it seriously

What do I want to do most but have not yet done:
My students to be crowned champions of Asia and the world

Reason for staying in Hong Kong:
To promote the development of fencing in Hong Kong and to pass on the legacy

In the next five years, my wish for Hong Kong to become a better place:
I hope everyone in Hong Kong can participate in sports. And hopefully more young people will become athletes under an improved system with more support

Pick a song / film to encourage young people in Hong Kong:
Slam Dunk, a Japanese manga about high school basketball. It's not only about the journey of the leading character, but also the growth and development of other high school students. 'People can change.' Hanamichi, the protagonist, who only picked up basketball in senior high school. At first, people looked down on him as a 'beginner', but eventually he was recognised as an athlete and became indispensable in the team. I only picked up fencing in high school and was not taken seriously at first. I can see myself in this story.

My Schools (secondary school/university):
New Method College



得獎感言:

20年堅持做自己最熱愛的工作

今年初我宣布退役，想不到只半年時間，今天，又能夠再一次踏上頒獎台，要再一次多謝，過去二十多年來，身邊一直支持我的家人朋友、各位隊友、教練，亦多謝社會、主辦機構對運動員努力的認同，讓我今天能夠得到傑青這份榮譽。

年初退役的時候，曾經形容運動員的生涯有限，是一個追夢、突破自己的旅程。有幸這旅程，自己一玩就20年，現在離開令人真心捨不得。回想自己這追夢旅程，太多難忘、起起伏伏的回憶。我形容這運動員的生涯，是一場追逐初心、追求突破的角力遊戲，如果要將過去廿年的心底話，盡都和大家分享，可能大會要給我一個小時才能說完。

如果要我挑選當中最重要，最想和大家分享的，是期望將我過去職業運動員的經歷、克服困難的信念，用作鼓勵和支持那些繼續追夢的年輕運動員，給他們作為參考和激勵。回想運動員的生涯，個人的努力固然重要，而身旁同路人的支持，同樣重要。我記得2010年亞運會取得一銀一銅，是我國際比賽的第一個大豐收，原本打算乘勝追擊，向兩年後的倫敦奧運邁進，但不幸，在奧運前夕，自己竟遇上椎間盤突出的傷患，記得當醫生說手術以後，最多只能回復八成的活動能力。當時心境，可謂由天堂跌進地獄。最終，我放下倫敦奧運的夢想，接下來的半年，不斷做治療、針灸、游水和吃藥，期間更重要的，是身邊教練、隊友、醫療團隊的默默支持鼓勵，最終傷 患慢慢康復過來。

康復以後，我以為自己的運動生涯已完結，要多謝教練當時給我很大的支持和鼓勵，讓我再次回歸訓練，逐漸恢復狀態，最終能夠繼續代表香港出戰，並且踏足東京奧運圓夢。職業運動員的生涯，好需要別人的支持，除了家人、教練隊友之外，更期望得到在坐各位，和社會大眾的認同和鼓勵。我亦期望大家多關注不同運動項目，仍在默默耕耘的運動員，你們的支持，將可以造就更多出色的運動員。我亦鼓勵仍在追夢的年輕運動員，繼續堅持、努力，發揮香港人的努力不懈的精神，向着標竿直跑。

20 years of persistence: Doing what I love most



Earlier this year, I announced my retirement from fencing. Now, today, after only half a year, I am thrilled to step onto the stage again. I would like to thank my family and friends, teammates and coaches who have supported me over the past two decades, as well as the community and the organisers for recognising the efforts of Hong Kong's athletes. You have all contributed to this honour of me being named an Outstanding Young Person today.

When I retired, I described the career of an athlete as a limited one, but also a journey of pursuing dreams and making breakthroughs. I have been fortunate to have travelled this wonderful road for 20 years, and it has been very difficult to leave it behind. Looking back on the years of chasing my dream, I have so many unforgettable memories, both ups and downs. My career as an athlete has been a game of initial struggle and eventual success in overcoming setbacks and pursuing breakthroughs. If I were to share with you all my heartfelt words from the past 20 years, I would need to ask the organiser for an extra hour.

So, if I had to choose the most important thing to share with you here, I would like to use my past experiences as a professional athlete and my determination in overcoming obstacles to encourage young athletes who continue to pursue their dreams through support, guidance and motivation.

Looking back on an athlete's career, while strong personal commitment is important, the support of fellow athletes is equally essential. I remember when I won one silver and one bronze in the 2010 Asian Games, which was my first big success in international competition. I looked forward enthusiastically to ride on those wins all the way to the London Olympics two years later. Unfortunately, on the eve of the Olympics, I suffered a herniated intervertebral disc. I recall vividly when the doctor told me that I would only be able to regain at most 80% of my mobility after the surgery. At that time, I felt like I was falling from heaven to hell. Eventually, I let go of my dream of the London Olympics and spent the next six months on treatment, acupuncture, swimming and medication. Fortunately, thanks to the support and encouragement of my coaches, teammates and medical team, I eventually recovered from the injury.

However, at that time I still thought my sports career was over. But with the unrelenting support and encouragement of my coach, I was able to return to training and gradually regain my form to eventually represent Hong Kong once again and fulfil my dream of competing in the Olympics, in Tokyo.

The success of professional athletes depends on the great support of many other people, not only their families, coaches and teammates, but also the recognition and encouragement from all of you and the community at large. I hope that you will continue to pay even more consideration to those athletes who are still working hard in different sports, because it is only through community support that more outstanding athletes can be created. For young athletes who are still pursuing their dreams, I encourage them to continue to persevere and work hard through all barriers, give your fullest effort to the spirit of Hong Kong people, and to press on towards your ultimate goal.

AWARDEE

龔子珊

KUNG Tsz Shan Janet

香港唯一冰雪攀登女運動員 世界排名第四
Hong Kong's only female Ice Climbing Athlete - ranked 4th in the world

長洲包山后 (2019、2024年)
Bun Scrambling Champion (2019, 2024)

她熱愛雪山，17歲便已經征服了一座超過3000米的雪山，而21歲時，她首次代表香港參加世界賽。

然而香港沒有雪山，由尋找練習場地、教練、以至飛往歐美比賽的經費都是挑戰。

沒有雪山練習場，她便四處尋找本地的攀石場進行冰斧練習；沒有教練，她便依靠自己在YouTube上尋找資料，自學攀冰技術；沒有資源，她便從全職護士轉為兼職，並同時擔任游泳教練，努力儲蓄攀冰所需的經費。

為了理想她從未停步，最終苦盡甘來，成為香港唯一的冰雪攀登女運動員，代表香港參加冰雪攀登世界賽，並獲得世界排名第四的佳績。

2024年對她來說是豐收的一年，不僅成為世界排名第四，還在長洲包山賽事中再次蟬聯包山后。



座右銘 Motto

Be Prepared!
Never Stop Exploring!



最能代表自己的物件
冰斧讓我攀得更高，成就更高

An Item that Best Represents Me
The ice axe allows me to climb higher and achieve more

關於 龔 子 珊 About KUNG Tsz Shan Janet

在缺乏資源、場地和教練的情況下，依然堅持鑽研攀冰技術，並在世界賽中為香港爭光，獲得世界排名第四。從香港的海平線起步，登上世界各地的高峰，其中包括尼泊爾的阿瑪達布拉姆峰(6,812m)，一座需要高超技術和卓越體能才能征服的山峰。回到香港後，積極到不同院校、工商及社福機構分享自己的經驗和價值觀，並撒下種子，啟發更多人勇於追尋自己的理想。

She mastered her skills independently, without formal training, facilities, or mentors, proudly representing Hong Kong at the World Championships and achieving a global ranking of 4th. Starting from sea level, she has conquered several of the world's most challenging peaks, including Ama Dablam (6,812m) in Nepal, celebrated for its technical and physical demands. Upon returning to Hong Kong, she passionately shares her knowledge and experiences with institutions, businesses, and social welfare organizations, planting seeds of inspiration to empower more individuals to pursue their dreams.



從學校走進社會，我最初為自己定下什麼目標:
做最好和最專業的自己

追求目標的過程中，曾遇過最大的挑戰:
在表現較差時，質疑自己應否繼續追求理想，
最後找回初心和肯定自己

遇到挫折時，我會做的一件事: 休息重整

最想做而未做到的事:
登上世界僅有14座8000米以上的高峰

留港發展的原因: 鼓勵港人迎難而上，成就不可能

**未來五年，希望見到香港變得更好，
我最希望達成的一個願望:**
支持每一位奮鬥的青年人

揀一首歌 / 一套電影，勉勵香港年輕人:
《梅艷芳》–「一個人無可能永遠站在高峰，此高峰既不是由外界所界定，應由自己去界定。」

我成長的學校(中學 / 大學): 聖母書院 / 香港都會大學

From school to society, what was the first goal I set for myself :
To become the best and most professional version of myself

The biggest challenge I've encountered in the pursuit of my goal:
During moments of doubt and underperformance, I have always rediscovered and reaffirmed my original aspirations

What I'd do in the face of adversity:
Take a break to regroup and come back stronger

What do I want to do most but have not yet done:
Climb the world's 14 highest peaks above 8,000 meters

Reason for staying in Hong Kong:
To inspire Hong Kong people through adversity and achieve the extraordinary

In the next five years, my wish for Hong Kong to become a better place:
To support every young person in realizing their potential

Pick a song/film to encourage young people in Hong Kong:
Anita Mui - 'One cannot stand at the peak forever, and the peak should be defined by oneself, not by the rest of the world.'

My Schools (secondary school/university):
Our Lady's College /
Hong Kong Metropolitan University



得獎感言:

只要不斷向上 一定能攀上

我是一位冰雪攀登運動員，不過，可能大家對我印象比較深，是我在長洲搶包山，成為包山后，反而較少知道有關我攀冰比賽的故事。我希望成為傑青後，可以將攀冰運動推廣出去，讓更多香港人可以參與。亦都希望用我嘅故事，去感動他人，鼓勵其他人去追尋自己的理想。

攀冰是一項十分個人的運動，大家可以試想像一下，在嚴寒的天氣下，在冰封的冰牆峭壁找緊縫隙，用冰斧支撐身體，不斷向上攀爬，這份感覺，我相信對於大部人來說都很陌生，其實對於我自己而言，有時亦會覺得有點陌生感覺。

為什麼會這樣說，是因為香港沒有冰攀教練，要學習攀冰技巧，由零開始，只可以在YouTube找資料，自學攀冰。加上香港好熱，更不可能有冰攀的訓練場地，唯有在攀石場練習，自己和朋友想方法，加入各種道具，模仿在冰牆上的感覺。不過要找攀石場也不容易，因為練習時冰斧有機會跌下容易傷人，練習時都要封場，而且保險都不受，所以找練習場地亦不是一件易事。

早前，有朋友邀約我去尼泊爾爬雪山，這是我夢寐以求的挑戰，但去尼泊爾爬雪山要兩個多月的時間，於是我決定辭去護士工作，更開始踏上全職冰雪攀登運動員之路。當時好多人都質疑我的想法，因為護士工作收入穩定，但我卻認為，將來自己年紀大了，即使有錢，亦再難有體力去攀登雪山。就這樣，我辭去全職工作，當年，亦成功登上六千米的雪山，同時亦向中國香港攀山及攀登總會投遞自薦，爭取代表香港出國比賽。

我喜歡極限運動，難以找到相同程度的人，很多時候都會一個人爬山，一個人遠足，就算遠征外國幾千米的大山，有時都會一個人出發。現時我是唯一代表香港出戰世界比賽的冰攀運動員，我努力推廣這項運動，希望將來會有隊友，和我一齊出戰。上月，我帶隊與一行12個不同經驗、體能、步速的人，挑戰海拔5,895米、非洲最高峰，Mt. Kilimanjaro ，登上山頂的成功率只有70%。哭笑交雜，我們互相扶持，最終12個隊員一個不漏站在「非洲屋脊」的頂峰，揚起香港區旗拍照留念。我希望更多年青人可以透過我的攀冰故事，肯為自己努力和堅持，一步一步向自己的目標上走。

在攀冰運動上，我要多謝家人一直對我默默的支持，很多人都說我跟媽媽的性格很像，很有自己的個性，堅持執著，相信就是這份執著，推動我去繼續攀冰，雖然資源好有限，有時亦會感到迷惘，亦覺得自己的力量很小，但我會對自己說，攀冰是我現實生活中最想做的事。只要肯向前行，像攀冰一樣，不斷向上，一定都會做到。

If you keep moving up, you will reach the top!



I would like to share my journey as an ice-climbing athlete with you. You might know me as the Buns Scrambling champion in Cheung Chau, but my passion lies in ice climbing. As an Outstanding Young Person, I would love to use this platform to promote ice climbing and encourage more people in Hong Kong to join this thrilling sport. I also hope, with my story, to motivate and encourage others to pursue their dreams.

Ice climbing is incredibly personal. Picture this - under sub-zero temperatures, you search for cracks in frozen ice walls and cliffs, using ice axes to support climbing upwards. It's a world unfamiliar to many in Hong Kong, including myself. Without local instructors or facilities, I turned to YouTube and other resources to learn.

In a city as hot as Hong Kong, finding a training ground for ice climbing is nearly impossible. So, I had to get creative, practicing on rock climbing sites with props to mimic ice walls. It was far from ideal, with the constant risk of injury and no insurance available.

Despite the challenges, my love for ice climbing led me to make a bold decision. I left my stable nursing job to pursue full-time ice climbing in the snowy mountains of Nepal. Many questioned my choice, but I knew that as I grew older, physical strength for climbing would diminish. That year, I conquered a 6,000-meter mountain covered in ice and snow, and I haven't looked back since. At the same time, I recommended myself to Hong Kong, China Mountaineering and Climbing Union as a representative to compete in the World Championship.

I'm an extreme sports enthusiast, and it's not easy finding partners who share the same level of expertise in HK. I often go climbing and hiking alone even in foreign countries. Currently, I'm the only ice climber representing Hong Kong in World competitions, but my goal is to inspire others to participate together and to promote sport. Recently, I led a team of 12 people to conquer the highest mountain in Africa, Mt. Kilimanjaro with a success rate of 70% to summit. Together we stood at the "Roof of Africa," raising the HKSAR flag in triumph. I hope that by sharing my ice climbing journey, I can inspire more young people to work hard, persevere, and pursue their dreams step by step.



When it comes to ice climbing, I have to thank everyone who has kept supporting me along the way. Many say I take after my mother, and I believe it's our shared perseverance that drives me forward. Despite limited resources and moments of doubt, I'm committed to continuing my ice climbing journey. Although it may feel daunting at times, I remind myself that ice climbing is my true passion. As long as you're willing to forge ahead, like ascending ice-covered cliffs, and keep pushing upward, success is inevitable.

AWARDEE

劉巨基

LAU Kui Kai Gary

腦神經科專科醫生
Neurologist

香港大學臨床醫學學院內科學系臨床副教授
Clinical Associate Professor, Department of Medicine, School of Clinical Medicine, The University of Hong Kong

香港大學醫學院助理院長(教學創新)
Assistant Dean (Education Innovations), LKS Faculty of Medicine, The University of Hong Kong



香港每年平均有三千多人死於中風，中風目前是香港的第四號「致命殺手」，同時也是導致殘障的常見原因。為了應對這問題，劉巨基醫生成立了香港大學中風研究及預防組，帶領團隊積極研究中風的成因、預防措施及處理方法，並提倡公眾教育。

他團隊的研究顯示，香港的中風發病年齡趨向年輕化，55歲以下人群的發病率增加近三成，因此他們倡導高血壓患者實行低鈉、低脂、低糖的飲食，保持恆常運動及戒煙。

他的患者中不乏中風後行動不便的老人家。他深知，除了治療疾病外，更重要的是關心和理解患者所面臨的困境及情感。

為此，劉巨基醫生與其他學科及各界專家合作，聯合研發了「風起航App」及「SmartRehab」兩個流動應用程式，為患者及其照顧者提供全面的支持。從未停步，他也成為香港大學醫學院的助理院長，透過創新教育培養新一代。

座右銘 Motto

Be the change you wish to see in the world



最能代表自己的物件
從小陪伴我成長的鋼琴
An Item that Best Represents Me
The piano that accompanied me as I grew up

關於劉巨基 About LAU Kui Kai Gary

2018年成立香港大學中風研究及預防組 (HKU Stroke) ，研究中風的成因、預防及處理方法，並致力謀求中風患者及其照顧者最大的福祉。研發兩 個流動應用程式 –「風起航App」及「SmartRehab」，提供一個全面的平台，以支持中風患者和照顧者的各種需求。在香港大學醫學院擔任助理院長(教學創新)，積極參與創新教育技術，發展和整合教學活動，從而改善未來醫療人員的學習體驗及質素。

Established in 2018, The University of Hong Kong Stroke Research and Prevention Group aims to study the causes, prevention and management of stroke, and is committed to maximising the well-being of stroke patients and their carers. Two mobile applications - 'WeRISE App' and 'SmartRehab' were developed to provide a comprehensive platform to support the various needs of stroke patients and carers. Served as Assistant Dean (Education Innovations) at the Faculty of Medicine of the University of Hong Kong, he was actively involved in the development and integration of innovative educational technologies in teaching and learning activities, thereby directly improving the learning experience and quality of future healthcare professionals.



從學校走進社會，我最初為自己定下什麼目標:
以生命影響生命；以人為本

追求目標的過程中，曾遇過最大的挑戰:
作為一名醫生、教育者和研究人員，我常常都會遇到大大小小的挑戰。然而，憑著「信、望、愛」，我將每一個障礙和挑戰都視為學習和成長的機會！

遇到挫折時，我會做的一件事:
祈禱並尋求上帝賜予我智慧

最想做而未做到的事:
透過教育、醫療服務、研究及創新減輕中風對社會的的負擔

留港發展的原因:
我在香港長大，因此留港為香港服務

未來五年，希望見到香港變得更好，我最希望達成的一個願望:
傳承愛人如己，社會共融

揀一首歌 / 一套電影，勉勵香港年輕人:
《心靈點滴》 這部電影根據真實故事改編，展示了如何透過同理心及關懷「以生命影響生命」

我成長的學校(中學 / 大學): 漢基國際學校 / Epsom College / 香港大學李嘉誠醫學院 / 牛津大學

From school to society, what was the first goal I set for myself :
To inspire, impact, and improve the well-being of others

The biggest challenge I've encountered in the pursuit of my goal:
As a doctor, educator, and researcher, I am constantly faced with challenges, both large and small. However, with faith, hope and love, I see every obstacle and challenge as an opportunity to learn and grow!

What I'd do in the face of adversity:
Pray and ask God for granting me wisdom

What do I want to do most but have not yet done:
Reduce the burden of stroke on society through education, medical services, research and innovation

Reason for staying in Hong Kong:
I was raised in Hong Kong, so I stayed here to serve

In the next five years, my wish for Hong Kong to become a better place:
A community that is passionate about public welfare, love and harmony

Pick a song / film to encourage young people in Hong Kong:
Patch Adams. This film is based on a true story and how one can improve the well-being of others through empathy and care

My Schools (secondary school / university):
Chinese International School / Epsom College / HKU Li Ka Shing Faculty of Medicine / University of Oxford







得獎感言:

以生命影響生命 祝福帶來改變

很多謝評審和大家對我工作的認同，讓我今日能夠獲選傑青。我亦要在這感恩，上帝一直以來的帶領祝福，讓我可以透過我的專長和工作，幫助有需要的人。我亦要多謝我的家人和我香港大學的團隊、合作夥伴透過不斷的研究、臨床服務和研發創新科技，改善中風患者及其照顧者的生活質素。

我在工作上，接觸很多中風和腦神經疾病的病人，當中不少是長者，部分因中風，長期影響身體活動機能，我深深明白到，除了為他們治病以外，亦需要關心、了解他們面對的困境和心情。我經常會年輕同事、學生說，我們為病人診症，要易地而處，試想像在你老後患病，你想醫生怎樣對待你，你現在就該怎樣對待自己的病人。作為醫生，隨了診斷病情和治療之外，亦需要理解病者的心理和情緒。即使病人患了不治之症，又或者嚴重的重病，是依然能透過用心了解病人的心理真正需要，去改善病人的困境。

在這頒獎禮前，主辦機構請我去選一首歌或一套電影去勉勵年青人，我選了一套舊電影名叫 Patch Adams ，中文名是《心靈點滴》，是一套以真實故事改編的電影，不知大家有否看過。故事是講男主角年輕時患了抑鬱症，在醫院裏醫生為他治病，但醫生對他和其他病人卻毫不關心。男主角長大以後成為醫生，他相信藥物以外，關心和歡笑是最好的處方，因此，他會扮小丑逗病童開心、講笑話給癌症末期的病人等，他亦慢慢感染其他同事去關心病人的心境需要。我選這套電影的原因是想表達，雖然有些病未必能醫治，但讓病人及家人感受到關懷，以生命影響生命，從心去觀察、理解和支持，相信會是最好的「藥方」。

我期望透過傑青這平台，不單止推動社會關注和預防中風、腦血管疾病，亦期望鼓勵同儕、年輕醫生、學生，多關注病人的心理需要，一點點慰問，可能帶來很大的改變。最後，我希望寄語年青人：「讓你成為你希望在世界上看到的改變」我衷心希望新一代能夠勇敢追夢，積極主動改善和貢獻社區，讓世界變得更美好！

Transforming Lives with Compassion



I would like to thank the judges and all of you for recognising my work and allowing me to be selected as an Outstanding Young Person. I would also like to express my gratitude to our Heavenly Father for His guidance and blessings so that I can help the needy through my expertise and work. Finally, I want to thank my family and recognise the members of the medical and research team who have been working with me for so many years. Together we have worked hard to establish the Stroke Research and Prevention Group of the University of Hong Kong where we strive to improve the well-being of stroke patients and their caregivers through research, clinical service and innovation.

Through my experiences with stroke patients and their caregivers, I have come to understand the significance of catering to not just their medical requirements but also their emotional welfare. Even when confronted with illnesses that may have no cure, we have the power to uplift patients' spirits by demonstrating empathy and attentively listening to their worries. I frequently emphasize to my junior colleagues and students the importance of putting themselves in the position of our patients, enabling them to grasp the patient's viewpoint. This understanding is fundamental in delivering care that is both compassionate and impactful.

Prior to this award ceremony, I was asked to select a song or film to inspire young individuals. I chose the movie 'Patch Adams,' a true story about a doctor who believes in the healing power of compassion and humor. This film exemplifies how genuine care and laughter can positively impact the lives of patients, emphasizing the importance of holistic patient care.

Through this platform, I aim to raise awareness about stroke prevention within our community. I also encourage my peers, young doctors, and students to prioritize the psychological needs of their patients. A small gesture of kindness and a touch of humor can create a significant impact.

In conclusion, I urge everyone to 'be the change you wish to see in the world.' Let us inspire the newer generation to dream big, actively contribute to enhancing community well-being, and strive to make the world a better place for all.

Thank you.



AWARDEE

麥騫譽

MAK Hin Yu Mark

科技公司「路邦」創辦人
Founder of the technology company "Roborn"

中國第一台5G機器人的總設計師及項目負責人
Chief designer and project leader of China's first 5G robot



這位高達迷從小的夢想是希望自己能夠駕駛高達。畢業後，和朋友開設創科公司追夢。

很多人認為在香港從事科技行業是不可能的，投身銀行界別才有前景。他置之不理，埋首堅持自主研發，設計出第一個全關節人形機械手臂 。

疫情期間，他設計的機械人協助醫護人員在醫院深切治療部和呼吸道傳染隔離病房工作，減低醫護人員染疫風險。從未停步，他也曾參與美國太空總署AMES研究院空間站反射式太陽能板機械臂控制算法設計，後來更成功將技術轉化並應用於國際企業的智慧光伏太陽追蹤系統。

近年，他成為中國第一台5G機器人的總設計師和項目負責人，將5G遠程控制機械人帶到國內、歐洲及「一帶一路」多國展示，彰顯國家科技實力。

座右銘 Motto

在機械的細節中感受生活，
在科技的細節中成就世界



最能代表自己的物件
我最喜歡的紅慧星模型
An Item that Best Represents Me
My favourite Red Comet model

關於麥騫譽 About MAK Hin Yu Mark

曾參與美國太空總署AMES研究院空間站反射式太陽能板機械臂控制算法設計。中國第一台5G機器人的總設計師及項目負責人，遠程控制機械人由中國到歐洲及非洲多國。他創立的科技公司，獲超過100個專利，設計多個完整方案來解決社會問題，包括防疫抗疫，醫院遠程手術及深切治療病房機械人方案，機場港鐵及電力公司的方案等。

Participated in the design of control algorithms for reflective solar panel robotic arms on NASA AMES Space Station. Chief designer and project leader of China's first 5G robot, remote control robot from China to many countries in Europe and Africa. Founded the technology company Roborn, he won more than 100 patents, designed many complete solutions to solve social problems and pain points, including epidemic prevention and fight against epidemics, hospital remote surgery and ICU robotic solutions, airport, subway and power company's solutions.



從學校走進社會，我最初為自己定下什麼目標:
成為一個科學家，讓人過得更健康更幸福更愉快

追求目標的過程中，曾遇過最大的挑戰:
很多人認為在香港從事科技行業是不可能的，沒人脈沒金錢沒有資源，到投資銀行工作比成為科學家更有前景

遇到挫折時，我會做的一件事:
彈鋼琴和打乒乓球

最想做而未做到的事:
做到一個令香港人引以為傲的世界科技品牌 / 及與家人旅遊

留港發展的原因:
香港是我家，希望可以將夢想放在香港萌芽

未來五年，希望見到香港變得更好，我最希望達成的一個願望:
希望可以在香港做到一個令香港人引以為傲的世界科技品牌

揀一首歌 / 一套電影，勉勵香港年輕人:
郭富城 – 強 「其實你了不起 假使你永不說不能做到」，「如敗倒 再掙起 永沒言死 才是活著的真理」

我成長的學校(中學 / 大學): 香港科技大學 / 香港中文大學

From school to society, what was the first goal I set for myself:
To become a scientist and to make people healthier, happier and more joyful

The biggest challenge I've encountered in the pursuit of my goal:
Many people think that it is impossible to be a scientist in Hong Kong because there are no people, no money and no resources, so it is better to go to investment banks for money

What I'd do in the face of adversity:
Playing piano and table tennis

What do I want to do most but have not yet done:
To become a global technology brand that Hong Kong people can be proud of / To go on a trip with my family

Reason for staying in Hong Kong:
This is my home, I want to be able to nurture my dreams here.

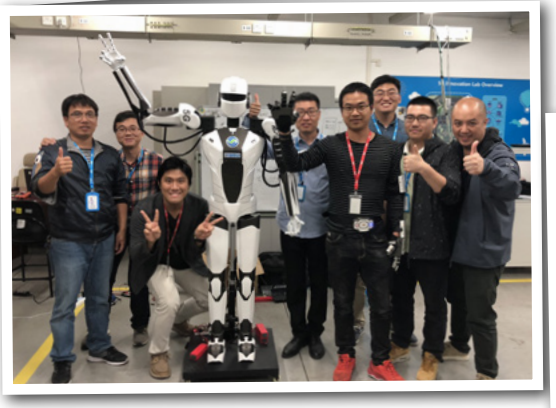
In the next five years, my wish for Hong Kong to become a better place:
I hope to become a global technology brand that Hong Kong people can be proud of

Pick a song / film to encourage young people in Hong Kong:
Aaron Kwok - Strong 'You're amazing if you never say you can't do it', 'If you fall down and struggle back up, never give up, that's the truth of living'.

My Schools (secondary school/university):
The Hong Kong University of Science and Technology / The Chinese University of Hong Kong









得獎感言:

20年堅持夢想駕駛高達 相信有天可以達成願望

我很榮幸，能夠當選傑青。首先，要多謝家人一直以來的支持，讓我可以不斷追夢，找到自己的理想。另外，我亦希望多謝高達的創作者，富野由悠季，他四十多年前創作了《機動戰士高達》，自始，就讓我從小就迷上高達和機械人。認識我的人都知道，我是一位高達迷，有很多珍藏的高達模型，我亦喜歡很多和機械人有關的動畫、電影。除高達之外，例如超時空要賽、變形金剛等等。我小時候甚至夢想自己可以駕駛高達。

為了追求的夢想，大學報讀了電機及電子工程，之後更與朋友開設初創公司，研發機械人。記得我就讀大學一年級的時候，遇上2003年的疫情（沙士），當時有不少屋苑爆發疫情，大家都避免走進這些社區，抗疫工作遇到不少困難，尤其是醫院的呼吸道傳染隔離病房。當時我在想這些情況機械人是可以幫忙的。為什麼電影情節裡面有，但現實卻沒有發生。那時候，腦裡浮現用機械人代替醫護人員進行防疫工作的想法。十多年前，當時智能手機和電子支付仍未普及，香港亦甚少人搞創科，更何況是研發機械人。當我們說要創業，研製機械人時，人們總說：「不能相信，這個項目會花光金錢，為什麼這麼傻？」記得我們剛成立機械人初創公司的時候，很多人都不看好，要尋找投資者，更是難上加難。當時我們抬著自己研發的機械人到大灣區及不同地方，參加一個又一個比賽和展覽，希望讓更多人認識我們研發的機械人，亦希望社會慢慢接納機械人科技。回想過程一點不容易，有時甚至自覺有點傻。這份堅持，慢慢換來成果，我們研發的機械人，開始在不同行業應用。過去多年的疫情期間，我們團隊研發了多款抗疫機械人，部分機械人亦投身抗疫工作，服務市民大眾。配合近年快速發展的人工智能，令機械人的發展有無限的可能性。將來，或許我真的能夠達成願望，駕駛高達。在這裡鼓勵香港年輕人，激發更多創新思維，全力向自己的目標奮進。

Dreaming of piloting Gundam one day



I am honoured to be selected as an Outstanding Young Person and would like to express my gratitude to the judges and organisers. I would especially like to thank my family for their continuous support, which has enabled me to pursue and realise my dreams. Finally, I want to thank Yoshiyuki Tomino, who created Gundam more than 40 years ago, an event that sparked my fascination with Gundam and robots.

Friends who have known me long, know that I am a passionate Gundam fan and I have collected a large number of cherished Gundam figures. I am also a big fan of animations and movies related to robots, such as Super Dimension Fortress Macross, Transformers, and so on. When I was young, I even dreamt of piloting a Gundam myself. To pursue my dreams, I enrolled in a Electrical and Electronic Engineering programme at university and, after my graduation, founded a start-up company with some friends to research and develop robots.

During my first year of university in 2003, Hong Kong was hit with the SARs outbreak and many housing estates were thought to be contaminated. People were too terrified to even enter these neighbourhoods, which made it difficult to deal with the spread of the virus, especially in Airborne Infection Isolation Rooms in hospital. I wondered why we couldn't introduce robots to help in these situations, and how robots could play an important role, but in real life rather than just films. As a result, the idea of using robots to replace healthcare workers in combating the epidemic came to my mind.

About a decade ago, when smart phones and electronic payment were not as advanced as they are now, few people in Hong Kong were involved in innovation and technology, let alone the development of robots. When we first started our business to develop robots, people always asked, "Are you kidding? It sounds like burning money, why are you so foolish?" I remember when we first created our startup, many people were skeptical, and it was extremely difficult to find investors.

Back then we carried our prototype robots to different places in the Greater Bay Area, taking part in competitions and exhibitions one after another in hopes that more people would learn about our products, and society would gradually accept this new technology. The whole process was not easy at all, and sometimes I even remember feeling a bit silly. However, our determination gradually reaped results, and the robots we developed have now been introduced in many different industries. During the COVID 19 crisis, our team developed a number of anti-epidemic robots, some of which were assigned to undertake work to combat the pandemic and serve the community.



With the rapid development of artificial intelligence in recent years, infinite possibilities for the development of robots have been opened. It is quite possible that in the future my dream of driving a Gundam will actually come true. I would like to take this opportunity to encourage young people in Hong Kong to be innovative in their thinking and to follow their goals.

AWARDEE

麥龍兒
MAK Lung Yi Loey

腸胃肝臟科專科醫生
Gastroenterologist and Hepatologist

香港大學臨床醫學學院內科學系臨床助理教授
Clinical Assistant Professor, Department of Medicine, School of Clinical Medicine, The University of Hong Kong

她為本港在囚人士成立了丙型肝炎篩查計劃，並推動及早檢測及診治常見肝病。此外，她還協助籌備了香港肝壽基金的乙型肝炎檢測快車，並在瑪麗醫院成立了脂肪肝專科門診。她在科研方面的努力成果受到國際專業團體的肯定，是首位年輕中國女臨床醫生科學家獲得歐洲肝科協會頒授的新進領導獎，並入圍了由英國愛丁堡皇家內科醫學院協辦的全球女醫護人員新星獎決賽。

在學生眼中，她是最好的老師，但她告訴學生們，病人才是最好的老師。她強調把握機會親自了解每一位病人的病情及治療進展，相較於埋頭苦讀十小時書本，這樣的學習方式更加珍貴，更具價值。



座右銘 Motto

總要過些人 Never Stand Still



最能代表自己的物件
白袍 (行醫或研究時穿) 給我使命感

An Item that Best Represents Me
The White Coat (worn during medical practise or research) gives me a sense of purpose

關於 麥龍兒 About MAK Lung Yi Loey

為本港在囚人士成立丙型肝炎篩查計劃的先驅者。推動及早檢測及診治常見肝病（乙肝 6%，脂肪肝 42%），例如協助籌備香港肝壽基金的乙肝檢測快車、於瑪麗醫院成立脂肪肝專科門診等。科研成果受國際專業團體肯定，獲歐洲肝科協會頒授新進領導獎及英國愛丁堡皇家醫學院協辦的新星獎入圍決賽，是首位亞太區/中國的年輕女臨床醫生科學家獲得這些殊榮。

Pioneer in setting up a Hepatitis C screening programme for inmates in Hong Kong. Promoting early detection and treatment of common liver diseases (Hepatitis B 6%, Fatty Liver Disease 42%), e.g. organising the Mobile Truck for hepatitis B free testing service by the Hong Kong Liver Foundation, setting up a Fatty Liver Disease Specialist Clinic at Queen Mary Hospital, etc. Her research achievements have been recognised by international professional bodies, and she was the first young female clinician-scientist from Asia Pacific/China to be awarded the Emerging Leader Award by the European Association for the Study of Liver, and the Rising Star Award, Global Women in Healthcare Awards Finalist by theRoyal College of Physicians of Edinburgh in the United Kingdom.



從學校走進社會，我最初為自己定下什麼目標:
善用知識去幫助別人

追求目標的過程中，曾遇過最大的挑戰:
讓其他人看見我的VISION，由零開始，
最後步向一致的目標

遇到挫折時，我會做的一件事:
跑步: 重整思緒，放鬆身心

最想做而未做到的事:
進修音樂

留港發展的原因:
想回饋社會多年的栽培

**未來五年，希望見到香港變得更好，
我最希望達成的一個願望:**
港人更快樂、更健康

揀一首歌 / 一套電影，勉勵香港年輕人:
電影《白日夢冒險王 The Secret Life of Walter Mitty》:
「開拓視野，看見世界，貼近彼此，感受生活，這就是生活的目的。」

我成長的學校(中學 / 大學): 迦密主恩中學 / 香港大學

From school to society, what was the first goal I set for myself :
To use your knowledge to help others

The biggest challenge I've encountered in the pursuit of my goal:
Showing others my vision, starting from scratch and eventually moving towards a common goal

What I'd do in the face of adversity:
Go for a run to regroup and relax

What do I want to do most but have not yet done:
To pursue further studies in music

Reason for staying in Hong Kong:
I want to give back to the community for all the years of cultivation

In the next five years, my wish for Hong Kong to become a better place:
Hong Kong people to be happier and healthier

Pick a song / film to encourage young people in Hong Kong:
"To see the world, things dangerous to come to, to see behind walls, draw closer, to find each other, and to feel. That is the purpose of life."

My Schools (secondary school/university):
Carmel Divine Grace Foundation Secondary School / The University of Hong Kong







得獎感言:

我不是神醫亦不是天才 但珍惜身邊每一位老師。

我是一位腸胃肝臟科醫生，可能大家曾經在某些醫學講座，聽過我講解肝病研究和及早篩查的重要性，我亦是港大醫學院內科學系的臨床助理教授。這教學工作，讓我經常有機會帶學生巡病房，了解病人的情況和需要，我常對學生說：病人其實是我們最好的老師，把握機會了解病人的需要、狀況，由他們親口對你講出病情、治療的進展，相比一個人埋頭苦讀十個小時的書本，當中所得的知識更保貴，更有價值。

我亦寄語醫科學生，不期望將來可以成為神醫，但要成為一位穩陣可靠的醫生，首先要了解自己的能力和短處，虛心向身邊人學習，包括教授、同學，以至你診治的病人，他們都是最好的老師。我亦經常提點自己，認清自己的能力和限制，尋找進步的空間和可能。記得少時中學會考的時候，我媽咪會對身邊朋友說，我女兒將來會讀醫，雖然我當時確實想讀醫科，但亦未有十足把握可以考入大學讀醫科，所以一直有不少壓力，不過媽媽這一招數，對我來說，雖然有不少壓力，但可謂一道「殺手鐧」，成為我努力考入醫學院最大的動力。

考入港大醫學院以後，更深切明白自己不是什麼天才，要求知識增長，就要調整心態，虛心向身邊的師友互相學習。我覺得求學是一種態度，知識的增長有時好緩慢，是一小步一小步地向前。記得在學院讀書的時候，為了練好問症技巧，我和同學飾演病人，飾演醫生，互相提問。當時我們都好認真提問，彷彿自己應該選擇投身演藝界，而不是從醫。不過當中會發現，好多病理細節，別人看到的，原來自己卻忽略了，相反我看到的，同學又未必留意到。原來彼此為師，相互學習，是很有果效。增進知識，那怕只一小步，但仍是慢慢累積經驗，緩緩前行。

這學習的過程，到今天仍在延續，成為醫生以後，我和大學醫生團隊，為不同醫療機構，例如中途宿舍、復康中心和懲教署等，推行肝炎篩查先導計劃。我們每天進行的測試，例如肝酵素等，得來很多珍貴的數據幫助醫患以無創的方法了解病情，我也期望透過研究，持續尋找精準的生物標記測試和治療方法，讓研究成果能回饋肝病患者。我們現時可用的醫學測試或治療，不少是前人研究的成果，在這些基礎上，我們繼續累積延續，雖然緩緩向前，哪怕只是一點點的進展，幫到病人一點點，都是非常值得。

I am not a miracle doctor nor a genius, but I treasure every moment to learn from every teacher around me



With many years of experience as a gastroenterologist and hepatologist, I am a Clinical Assistant Professor in the Department of Medicine of the University of Hong Kong. Hopefully, you may have attended or heard some of my seminars about the importance of liver disease research and early screening.

This teaching job is very rewarding as it allows me to lead my students to understand the actual situational needs of patients. I like to remind them that the patients are, in fact, our best teachers. By seizing the opportunity to interact with patients and letting them tell you in person about their condition and the progress of their treatment, can provide students with valuable knowledge that they may not get from hours of textbook study.

I also caution my students that they should not expect to become a miracle doctor. That it is more important to be a stable and reliable practitioner, they should fully understand their own abilities and shortcomings, and always keep an open mind in order to learn from those around them, including professors, fellow students, and especially the patients. I too constantly remind myself to recognise my own abilities and limitations and search out room for improvement.

I remember, when I was young, my mum telling her friends that I would be a doctor someday. Although I always dreamt of studying medicine, I was not confident that I could get into medical school. But my mum's prophesy, even though adding a lot of extra pressure, was the biggest incentive for me to strive for medical school.

Since joining HKU medical school, I have come to understand my own abilities and areas for improvement, and, by keeping an open mind, there is always something to learn from my peers. I believe that learning is both an attitude and a journey, and that deep knowledge is gained one small step at a time. I recall as a student my classmates and I acting as patients and doctors and asking each other questions. We were so serious about the roles we were playing as if we were performing arts students instead. It turns out that it is very fruitful to learn from each other. Even though it was only a small step in advancing knowledge, it was a pivotal part of the process of accumulating experience and moving forward.

This personal learning process continues even today. After I became a doctor, I worked with a team of university physicians to implement a pilot hepatitis screening programme for different healthcare institutions, such as



halfway houses, rehabilitation centres and the Correctional Services Department. The tests that we perform on a daily basis, such as liver enzymes, have yielded a lot of valuable data to aid the healthcare team and the patients understand the condition in a non-invasive manner, and I look forward to continuing to explore biomarkers and therapeutic options for people living with chronic liver disease through research. The tests and drugs that we are using to help our patients nowadays are the legacy left by our predecessors who conducted meticulous research, and on this basis, we continue to accumulate and extend, albeit slowly. However, even small progress that helps patients through illness makes it all very worthwhile.

AWARDEE

莫宛螢
MOK Uen Ying Juanita

香港女子武術運動員
首位取得亞運太極全能獎牌的香港本土運動員
Hong Kong Female Wushu Athlete
First homegrown athlete from Hong Kong to win an all-round medal in Taijiquan and Taijijian

世界太極拳錦標賽金牌
Gold Medal at World Taijiquan Championships

她8歲初次接觸武術，除了學習招式以外，拉柔韌也是一大難關，她用了幾個月時間才能下到一字馬，導師每次撕腿也是很痛苦的。

15歲那年，經歷左腳腳腕骨裂後，在短短兩個月內出戰世界青少年武術錦標賽，最終成為雙料世界冠軍。2018年首次參加亞運會獲得女子太極拳、劍全能銀牌，是香港相隔16年來的女子太極獎牌，亦是首位奪得太極全能獎牌的土生土長香港運動員。

她希望藉着電影<熱辣滾燙>的對白勉勵年輕人：「人一輩子，總要贏一次， 而真正的對手其實是自己」。



座右銘 Motto

相信自己，你擁有超越困難的能力



最能代表自己的物件
一把刻有自己名字的劍
An Item that Best Represents Me
A sword engraved with my name

關於 莫宛螢 About MOK Uen Ying Juanita

2018年首次參加亞運會獲得女子太極拳、劍全能銀牌，是香港相隔16年來的女子太極獎牌，亦是首位奪得太極全能獎牌的土生土長香港運動員。2023年第二次出戰亞運會，獲奧委會挑選為香港代表團的女持旗手。剛剛於2024年世界太極拳錦標賽取得自己第10面及第11面的世界賽金牌。

In 2018, she won her first Asian Games medal, a silver, in Women's Taijiquan and Taijijian (Tai Chi and Tai Chi sword), bringing home the first women's Tai Chi medal in 16 years. She is also the first homegrown athlete from Hong Kong to win an all-around medal in Taijiquan and Taijijian. She was named a flag bearer for the Hong Kong team at her second Asian Games in 2023. Recently, she won her 10th and 11th gold medals at the 2024 World Taijiquan Championships.



從學校走進社會，我最初為自己定下什麼目標:
在國際賽事中取得佳績

追求目標的過程中，曾遇過最大的挑戰:
在競技體育比賽中，勝敗乃兵家常事，如何在落敗後調整好心態，冷靜的找出原因並克服困難，是最大的挑戰

遇到挫折時，我會做的一件事:
先放鬆心情然後自省

最想做而未做到的事:
推廣武術至全港中小學

留港發展的原因:
香港是我最喜歡的地方

未來五年，希望見到香港變得更好，我最希望達成的一個願望:
加大對體育培訓的資源投入，提高人才競爭力

揀一首歌 / 一套電影，勉勵香港年輕人:
我想藉着 <熱辣滾燙> 這部電影來勉勵年輕人，在人生的旅途中，每一次的失敗都是成功的累積，只有我們勇敢地面對這些困境，努力地突破自己，才能真正的贏得人生。正如電影中所言：「人一輩子，總要贏一次，而真正的對手其實是自己」

我成長的學校(中學 / 大學): 嘉諾撒聖家書院 / 北京體育大學

From school to society, what was the first goal I set for myself :
To achieve outstanding results in international competitions

The biggest challenge I've encountered in the pursuit of my goal:
Victory and defeat are common in competitive sports. How to restore a defeated mindset and find out the reason why we fail, and overcome the adversities are the biggest challenge!

What I'd do in the face of adversity:
Calm down and be introspective

What do I want to do most but have not yet done:
Promote martial arts in all primary and secondary schools in Hong Kong

Reason for staying in Hong Kong:
Hong Kong is my favourite place

In the next five years, my wish for Hong Kong to become a better place:
More resources for sports training to enhance the competitiveness of our talents

Pick a song / film to encourage young people in Hong Kong:
I would like to use the film "Yolo" to encourage young people that in the journey of life, every failure is an essential prerequisite for success. Only when we face failure bravely and endeavour to break through can we be a true winner. As the film says, 'You get only one shot in life, be a winner. You are your own enemy'.

My schools (secondary school/university):
Holy Family Canossian College /
Beijing Sport University








得獎感言:

獎牌不是人生頂點 要尋找我心中的太極

好高興可以成為傑青，首先要多謝我爸爸媽媽，他們一直陪伴我學習武術，我每一次比賽，他們都陪伴我左右，給我支持和鼓勵。更要多謝李暉師傅，她不單教曉我太極，更幫助我領悟太極當中的人生哲理。

我小時候，媽媽帶我學過芭蕾舞，彈過鋼琴，吹過長笛，之後爸爸帶我去學習武術。我8歲開始習武，先學長拳，12歲開始練習太極，我從師傅及各位教導過我的老師身上學到的，不單太極的招式要訣，更慢慢領悟武術的品德及哲理。我亦希望透過傑青這平台，和大家分享習武所學到的智慧。

回想過去參加不同的武術比賽，去年的亞運會，給我最深刻的印象和經歷。我有幸在開幕禮擔當香港持旗手，感覺是一種莫大的榮幸，另一方面，我於前一屆雅加達亞運會拿到太極拳太極劍全能銀牌，所以當時大家都說，莫宛螢是衝着金牌去比賽，當時心裡的壓力很大。

去年亞運比賽，爸爸為我改編新的出戰的配樂，新的樂曲是配合我有別於以往的全新太極套路。其實我每刻都想突破自己，以新套路演繹武術，透過內心世界的表達，期望以新太極套路，展現成長中的我。所以我在比賽中，由過去著重表現個人魅力、美態，演化為更內心層次的表現，就是散發一種內在的武術氣場。

最終，成績未如理想，由衝金，到結果得到太極劍第四名，全能決賽第七名。賽後我雖然忍不住落淚，失望沒有完美完成難度動作。但其實我對於自己太極技術上的表現頗為滿意，因為我要展現的，是屬於莫宛螢的太極，我覺得我做到了，雖然當中有點瑕疵，但我對自己說，不要緊，要對自己有信心，下個比賽再贏回來。獎牌不會是我人生頂點，比賽總有得失，重視過程，勇敢面對挫折，到今天，我仍會告訴自己，繼續努力，展示出自己的太極。而剛剛於世界太極拳錦標賽取得自己第10同第11面的世界賽金牌。

太極「以柔制剛」的道理，說來容易，但實踐卻難。太極拳講求動靜結合，隨曲就伸。這種陰陽平衡的法度，不經不覺亦影響著我，遇到難關倍加忍耐，等候時機才可以得機得勢。武術不止是搏擊技巧，當中蘊含著高尚的品格及各樣人生哲理，我仍在不斷學習，亦希望以此鼓勵每一位香港人。我會繼續努力，將中國武術精髓推展出去，讓大家一同領悟當中的智慧和道理。

Appreciating inner Tai Chi values was through my heart, not medals



I am so happy to be named one of Hong Kong's Outstanding Young Persons. Firstly, I would like to thank my parents, who always accompanied me to my Tai Chi training sessions and tournaments, giving me the support and encouragement to succeed. Then my Tai Chi mentor, Lee Fai, who not only taught me Tai Chi, but helped me better understand the philosophy behind this ancient art.

When I was a child, my mom took me to ballet, piano, and flute lessons, and my dad eventually sent me to learn martial arts. At just eight years old, I learned my first technique, 'long fist'. Then, at the age of 12, I enrolled in Tai Chi lessons. What I learnt from my mentor and teachers were not only the techniques of Tai Chi, but the theories and values behind martial arts. I hope that I can make use of this platform you have awarded me to share the wisdom I gained from martial arts with the people of Hong Kong.

Looking back at the various tournaments I have taken part in, last year's Asian Games gave me an unforgettable experience when I was honoured to be the flag bearer for Hong Kong at the opening ceremony. At the previous Asian Games in Jakarta, I won a silver medal in Tai Chi Boxing and Tai Chi Sword. At that time everyone said that I had my eye on the gold medal, which gave me tremendous pressure.

For the Asian Games last year, my father rearranged a soundtrack for my competition. The new music arrangement was created to reflect my Tai Chi moves, which represent a breakthrough from my previous routines. In fact, I have always wanted to challenge myself and develop new ways to express myself through martial arts. I believe martial arts helps articulate my inner soul, and I hope to develop myself through these new Tai Chi routines. In the tournaments I competed in, I have progressed from focusing on individual flair and aesthetics to a more spiritual, inner expression, which emphasises the inner aura that radiates from my martial arts practice.

In the end, the result was not as good as it could have been. Rather than coveting gold medals, I was ranked 4th place in the Tai Chi sword category and 7th in the overall finals. I couldn't help but cry for not performing the most challenging moves perfectly. But I was actually very satisfied with my performance because what I wanted was to show everyone Mok's distinctive version of Tai Chi. There were a few imperfections, but I was proud that I had given my best. There are always gains and losses in every competition, but I began to look at these tournaments from a fresh perspective. After all, a medal is not the pinnacle of life, so to this day, I still tell myself to continue to work hard and develop my own Tai Chi. Recently, I just won my 10th and 11th World Gold Medals at World Taijiquan Championships in 2024.



The principle of 'using flexibility to control rigidity' in Tai Chi is easier said than done. When we encounter challenges, we should be patient and wait for the right time, in order to regain the right balance. Only by achieving this can we combat speed with slowness and overcome strength with soft moves. We need to bear in mind that martial arts is not only about fighting, but embodies the various philosophies of life, which I still strive to perfect. I also hope to encourage everyone in Hong Kong to do the same. With this in mind, I will continue to work hard to promote the essence of Chinese martial arts, so that we can all benefit from the wisdom and logic behind this ancient and incredible art. Thank you!

AWARDEE

戴沛權
TAI Pui Kuen Amos

香港唯一獲頒世界氣象組織青年科學家研究獎的氣候科學家
Hong Kong's only climate scientist to be awarded the World Meteorological Organization Research Award for Young Scientists

香港中文大學地球與環境科學系副教授
Associate Professor, Department of Earth and Environmental Sciences, The Chinese University of Hong Kong

香港青年科學院院士
Founding member of the Hong Kong Young Academy of Sciences

香港地球之友董事
Board Governor of Friends of the Earth (HK)

有人認為他有醫科不讀、放棄平步青雲的道路很傻。但係對他來說，去MIT追夢研究如何醫治地球更緊要。依靠獎學金與兼職，他完成本科畢業，之後更完成哈佛大學的博士學位，隨即就返回香港到中大做研究與教書，研究成果發表在頂級期刊上，獲得國際關注。他是香港唯一獲頒世界氣象組織青年科學家研究獎的氣候環境科學家。問他為什麼留在香港，他說這裏需要土生土長的氣候科學家，推動本地氣候環境教育。



座右銘 Motto

人生的呼召，就是你最深的熱情和
這個世界最深的渴望相結合的地方！



最能代表自己的物件
地球儀 (大學時朋友送的禮物)
An Item that Best Represents Me
Terrestrial Globe (A gift from friends in college)

關於 戴沛權 About TAI Pui Kuen Amos

在氣候變化、空氣污染和農業等課題的研究成果曾發表在頂級期刊上，獲得國際媒體關注。致力推動可持續發展教育，曾獲頒中大校長模範教學獎。致力於公眾氣候及環境教育與倡議，恆常為政府、業界及公民組織提供諮詢及培訓，並擔任香港地球之友董事，加入中國代表團參與聯合國氣候變化大會。

His research findings on climate change, air pollution and agriculture have been published in top journals and gained international media attention. Dedicated to the promotion of education for sustainable development and was awarded the CUHK Vice-Chancellor Exemplary Teaching Award for Exemplary Teaching. Dedicated to public education and advocacy on climate and the environment, he regularly provides consultation and training to government, industry and civic organisations. He also serves on the board of Friends of the Earth (HK), and was part of the Chinese delegation to the United Nations Climate Change Conference.



從學校走進社會，我最初為自己定下什麼目標:
推動氣候行動，造福社會

追求目標的過程中，曾遇過最大的挑戰:
怎樣平衡科究、教學與公共服務這三大召命，
以發揮最大社會影響力

遇到挫折時，我會做的一件事: 祈禱，在信仰裡重新出發

最想做而未做到的事:
讓所有大學生認識可持續發展與氣候行動

留港發展的原因: 香港需要土生土長的氣候科學家

**未來五年，希望見到香港變得更好，
我最希望達成的一個願望:**
香港能有可持續糧食系統

揀一首歌 / 一套電影，勉勵香港年輕人:
林家謙的Just Carry On，鼓勵年輕人擁抱召命，排除萬難，
為世界褪色的角落添上色彩

我成長的學校(中學 / 大學): 中華傳道會安柱中學(中一至中五)/ 李寶椿聯合世界書院(高中) / 麻省理工學院(本科) / 哈佛大學(博士)

From school to society, what was the first goal I set for myself :
To promote climate action for the benefit of society

The biggest challenge I've encountered in the pursuit of my goal:
How to balance the three missions of research, teaching and public service to maximise social impact.

What I'd do in the face of adversity:
Pray and start over in faith

What do I want to do most but have not yet done:
Educate all university students about sustainable development and climate action

Reason for staying in Hong Kong:
Hong Kong needs home-grown climate scientists.

In the next five years, my wish for Hong Kong to become a better place:
Hong Kong can have a sustainable food system

Pick a song / film to encourage young people in Hong Kong:
Just Carry On by Terence Lam, encourage young people to embrace their calling, overcome obstacles and add colour to the faded corners of the world

My Schools (secondary school/university):
CNEC Christian College (S1-S5) /
Li Po Chun United World College (High School) /
Massachusetts Institute of Technology (Undergraduate) /
Harvard University (PhD)






得獎感言:

大家多走一步 一同做地球醫生

首先，感謝評審同社會大眾認同和支持我的研究和教育工作。說到我對環境氣候專業，請容許我說一下讀書時候的故事。我在一個傳統的小康家庭成長，有好的教育機會。不過我讀初中的時候，遇上亞洲金融風暴，爸爸的生意倒閉，家裏生活很困難。爸爸獨自承擔所有壓力，亦不多與我溝通，讓我以為他對我的學業漠不關心。結果我會考拿到8A，父親來一句：我一早知道你得！才讓我知道他對我的愛與期望只是一直放在心裡面。

後來高中IB成績好，當時中大醫學院錄取了我，跟著行可以有穩定收入，幫補家庭經濟。不過，我有另一個夢想，就是修讀父母都未必理解的環境工程科學，這夢想是源於我自小對大自然的愛好，亦是因為我看見世界日益嚴重的環境問題，希望自己可以幫手解決，最終收到我夢想的大學MIT取錄信，那一刻真的很開心。我很感激我媽咪，因為她注重教育，就算家庭經濟欠佳，仍盡力支持我發展自己所長和興趣。

不過有醫科不讀，卻選擇去外國讀環境科學！一門不知是否有前景的學科，學費從何來？當時心裡忐忑。很感恩，很快我收到另一封來自MIT的全額獎學金確認信，讓我可以向我的理想邁進。這亦證明了我的選擇是對的，十多年前我完成了哈佛大學的博士學位後，中大開展了新的地球系統科學課程，正切合我的專業，最終我回來香港，在中大從事氣候及環境科學的研究，並教育公眾關於環境保護和可持續發展的意識。在大學的工作，研究不同的環境問題，例如糧食危機與氣候變化之間的關係，氣候暖化如何令貧窮人口增加等，亦期望透過科學數據，推動政府、商界、學界和社會大眾，緊密合作去應對氣候變化的問題。

因為環境問題，會影響到糧食、經濟、健康和我們每天的生活。可能大家有機會聽過我的呼籲，實行多菜少肉的飲食模式，因為肉類的製造是空氣污染和氣候變化的重要來源之一；又例如種植適當的樹木品種，才可以有效調節城市氣溫等。回想我當初我無讀醫，選擇透過科研改善生態環境，從另一個角度去改善人的生活，亦是在醫人、醫治環境和我們的健康。我想透過一位神學家Frederick Buechner的說話，鼓勵年輕人追求自己的理想：“The place God calls you to is the place where your deep gladness and the world’s deep hunger meet.” 我亦是得到這份啟發而去追求我的目標。

Healing the world step by step



First of all, my sincere thanks go to the judges, the community and everyone who has given me such acknowledgement and support for my work as a researcher and an educator.

I would like to share with you some memories from my school years so you may better understand the roots of my profession in environmental protection and climate change. Growing up in a middle-class family, I was fortunate to benefit from a good education. In the years of my junior secondary education, however, Hong Kong was hit by an unprecedented economic crisis, and my father's business had to close down. My father chose to go through the hardship himself without sharing too much with me, I thought he didn't care about my studies. When I achieved an 8A in my exams, he said to me, 'I knew you could do it.' Only then I realised my father just didn't share with me his love and expectation.

I scored high in IB exam, and was admitted by the Faculty of Medicine of the Chinese University of Hong Kong. As a doctor, I could have a stable income and provide a better support to my family. However, I had another dream, which was to go to MIT to study environmental engineering, a decision that my parents found hard to understand. This dream originated from my childhood love for nature and all her beauty, I wish to do something to conserve it when I see more and more environmental issues in the world. I was really happy when I received an acceptance letter from MIT. And I am beyond grateful to the full support from my mom who values education.

However, as I mentioned, my family was in a rather poor financial situation at that time, so I didn't know where I would get the tuition fees from or even if there was a future in the field. Thankfully, I was soon offered a full scholarship from MIT which allowed me to pursue my lifelong dream.

It turned out that I had made the right decision for myself. More than 10 years after completing my PhD from Harvard Univsersity, CUHK launched a new programme on earth sciences, which is exactly where I could share my knowledge. Eventually, I returned to Hong Kong and commenced my research on environmental science in CUHK, promoting the community awareness towards environmental protection and sustainable development. My work at the university involves researching the various environmental issues such as the connection between food shortage and climate change, or how climate change has caused increased poverty in the world. Through the use of scientific data, I hope to facilitate the collaboration between government, the business and education sectors as well as the community, to tackle together the issues arising from climate change, especially since these environmental issues have a tremendous impact on our food supply, economy, health and everyday lives.



You might be familiar with my call to action in advocating a more vegetables, less meat, diet, since the production of meat products is the major cause of air pollution. Moreover, we can find ways to plant suitable tree species, which effectively control the temperature of the city.

In hindsight, though I did not choose to become a doctor, I still endeavoured to help people through my scientific research to improve the environment. From another perspective, it is also about treating people, the environment and our health. Finally, I would like to quote from Frederick Buechner, a theologian who encourages young people to follow their dreams: "The place God calls you to is the place where your deep gladness and the world's deep hunger meet." I too have been inspired in this way to follow my dream.

AWARDEE

黃藹汶
WONG Oi Man

眼科專科醫生
Specialist in Ophthalmology

香港眼科醫院 顧問醫生及青光眼科主管
Consultant and Coordinator of Glaucoma Team, Hong Kong Eye Hospital

數以萬計的市民因為她帶領的團隊保存視力與自信心。這位十優女生一心一意立志當一位令病人安心的醫生，留守香港眼科醫院為患有青光眼的成人看症。

她不遺餘力與小兒眼科同事創立專門診所，提升香港小兒青光眼的服務，優化手術流程以縮減手術時間，促進眼科醫生相關培訓。

臨床工作以外，她還帶領團隊分析全球數據，指出選擇性小梁激光於青光眼的成效與長期用藥相若，結果於國際期刊上發表，被全球各地廣為引用。

一直由來她從未停步回饋香港。



座右銘 Motto

每次挑戰都是成長的機會，
努力面對，成為更好的自己



最能代表自己的物件
前房角鏡 (評估青光眼的重要工具)
An Item that Best Represents Me
Gonioscope (an important tool for assessing glaucoma)

關於 黃藹汶 About WONG Oi Man

帶領香港眼科醫院的青光眼團隊為數以萬計的市民服務，令病人可以保存視力及自主生活的信心。同時致力提升香港小兒青光眼的服務，與小兒眼科同事創立專門診所，優化手術流程以縮減手術時間，促進眼科醫生相關培訓等。從未停步，除臨床工作外，帶領團隊分析全球數據，指出選擇性小樑激光於青光眼的成效與長期用藥相若，於國際期刊上發表並被廣為引用。

She leads the glaucoma team at the Hong Kong Eye Hospital to serve tens of thousands of people, enabling patients to preserve their vision and live independently. She is also committed to enhancing paediatric glaucoma services in Hong Kong by setting up a dedicated clinic with her colleagues in paediatric ophthalmology, optimising surgical workflow to reduce operating time, and facilitating relevant training for ophthalmologists. Never stopping, apart from clinical service, she has led a team to analyse global data to show that selective laser trabeculoplasty for glaucoma is as effective as long term medication, which has been published in international journal and widely cited.



從學校走進社會，我最初為自己定下什麼目標:
做一個稱職的醫生

追求目標的過程中，曾遇過最大的挑戰:
建立小兒青光眼科服務時資源緊張、病例複雜，不久後更要經歷疫情

遇到挫折時，我會做的一件事:
跑步，思考可改善的地方

最想做而未做到的事: 令失明人士恢復視力

留港發展的原因: 土生土長，希望回饋香港

未來五年，希望見到香港變得更好，我最希望達成的一個願望:
促進智慧醫療的發展

揀一首歌 / 一套電影，勉勵香港年輕人:
《人生馬拉松》， 追夢過程中總會累或想放棄，歌詞描繪跑者將其克服的歷程

我成長的學校(中學 / 大學): 拔萃女書院 / 香港大學

From school to society, what was the first goal I set for myself :
To be a competent doctor

The biggest challenge I've encountered in the pursuit of my goal:
Establishing a pediatric glaucoma service when resources were tight, cases were complex, and an epidemic was soon to follow

What I'd do in the face of adversity:
Go for a run and think about areas for improvement

What do I want to do most but have not yet done:
Restore sight to the blind

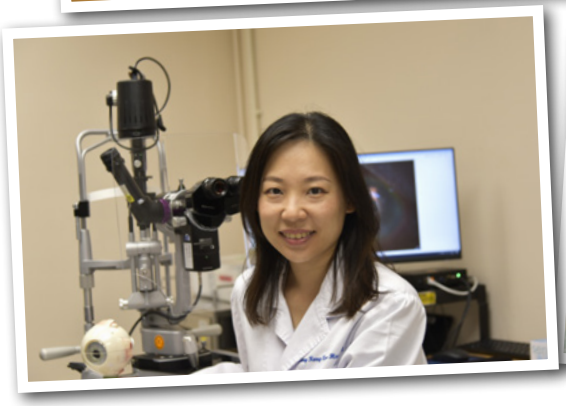
Reason for staying in Hong Kong:
Born and raised in Hong Kong, I want to give back to Hong Kong

In the next five years, my wish for Hong Kong to become a better place:
To promote the development of smart healthcare

Pick a song / film to encourage young people in Hong Kong:
"Life and Marathon", the lyrics of the song depict the runner's journey of overcoming the tiredness and desire to give up when pursuing his/her dreams.

My Schools (secondary school / university):
Diocesan Girls' School / The University of Hong Kong






得獎感言:

十優女生立志當一位令病人安心的醫生

很高興能夠在這裡分享我的經歷和故事，本人首先需要感謝多位眼科前輩，包括袁國禮教授、譚智勇教授和陳嘉敏教授，他們一直以來的指導和支持，亦感謝眼科醫院的醫療團隊，我們一同創立了兒童青光眼的專科門診，並研究改進青光眼的治療，令更多病患者得到妥切和安心的治療。

記得我小時候去看醫生，醫生能夠準確診治我的病情，藥到病除，自己的病況很快好轉，遇到這樣的醫生，自己和家人都會有一份難以言喻的安心感覺。自那時開始，我立志希望將來可以成為一位，能夠讓病人「安心」的醫生。

小時候，我在學校的成績不錯，中學會考以後，心願達成，順利入讀港大醫學院，畢業後再完成專科培訓，成為一位眼科醫生，及後再深造青光眼領域。雖然我讀書一直成績優越，但最重要的是，如何將書本知識，應用在病人的治療上面。初為醫生的時候，心裡有著一股雄心壯志，要服務病人，濟世為懷。

不過，回想當初眼科醫生，要短時間掌握大量新的醫療技術，實在不容易消化，當時曾經被前輩指工作追不上進度，心裡感到挫折和難受。當時明白要成為一位令病人「安心」的醫生，仍需不斷努力，記得當時我翻看又翻看自己的手術錄影，參考不同的教科書，不斷向前輩和同儕請教學習，為病人做手術的技術才慢慢得到改善。現在回想起來，明白有挫折，才有進步。

這挫折的經驗亦使我明白到，不少年輕的眼科醫生和自己一樣，需要團隊的支援，妥善的學習環境，從而慢慢進步。所以我和同僚設計了入門課程，幫助年青醫生學習和適應工作環境。同時，我們團隊亦為兒童接受青光眼檢查制定標準流程，縮短診治的時間和成本。同事的支援合作，不單改進整體的診治技術，更重要是令更多眼疾的病人受惠。

早前，主辦單位通知我獲獎，希望我選出一首歌去勉勵香港年輕人，我選擇了《人生馬拉松》，歌詞提到即使氣力用盡，仍要提醒自己去堅持目標，最後會經歷奧妙的旅程。這不單鼓勉勵年輕人，同時亦勉勵自己、醫療團隊的每一位同事，盡力去做一位令病人「安心」的醫生，感謝大家。

Bringing patients' peace of mind inspires a young eye doctor



I am so happy to be able to share my experience and story here with you. Firstly, I would like to thank my seniors in ophthalmology, including Professor Hunter Yuen Kwok Lai, Professor Clement Tham Chee Yung and Professor Carmen Chan Kar Mun, for their unfailing guidance and support. I would also like to thank the fabulous medical team at the Hong Kong Eye Hospital. Together we have established the Pediatric Glaucoma Clinic and spent countless hours researching and improving the treatment of glaucoma, so that more patients can receive effective treatment.

I recall as a child, a doctor I often saw was always able to diagnose and treat my conditions accurately to quickly restore my health. I realised that having access to capable doctors was a wonderful thing that brought tremendous peace of mind, and for which me and my family were always thankful for. Since then, I have always aspired to become a doctor who can put patients' minds at ease.

I excelled in school from a young age. After taking the Hong Kong Certificate of Education Examination, I was fortunate enough to achieve my dream and be admitted to the Faculty of Medicine at the University of Hong Kong. After graduation, I further completed specialist training in ophthalmology, and focused further on glaucoma. Although I had strived to achieve excellence in my studies, I also knew how important it was to apply my knowledge to the treatment of patients. When I first became a qualified doctor, I had an intense desire to serve my patients and help our society.

However, to become a competent ophthalmologist was not easy, especially at the start when I had to learn about a vast range of unfamiliar ophthalmic knowledge and techniques within a short period of time. Initially, I was criticised by my seniors for falling behind my peers in my surgical skills, which was frustrating and disheartening. I realised that I had to work harder to become a “reassuring” doctor and to be trusted by my patients. I remember reviewing hours of surgical video recordings, studying a wide range of textbooks, and seeking the advice of my seniors and peers in order to improve my surgical skills. In retrospect, I now realise how important it is for people to learn from setbacks in order to improve.

That experience helped me understand how important team support and a positive learning environment are for young ophthalmologists, like myself, to progress. With this in mind, my colleagues and I set out to design an introductory programme to support young doctors in their training and to help them adapt to the working environment. At the same time, our team developed a standardised protocol for examining children with glaucoma under general anesthesia, which reduces the time and cost of managing this condition. The teamwork of my medical colleagues not only improve our treatment effectiveness, but also more importantly, translates it into direct benefits to our patients with eye diseases and improve their peace of mind.



When the organiser reached out to me about this award, they asked me to pick a song that could encourage young people in Hong Kong. I have chosen ‘Life and Marathon’ because of its inspiring lyrics, which says that even if you were exhausted, if you persevere towards your goal, you will witness a wonderful journey. Not only does this encourage the young people, it also encourages myself and my colleagues in the medical team to do their best to be doctors who can put patients at ease.

AWARDEE

容思瀚
YUNG Sze Hon Solomon

香港人壽保險經理協會副會長
Vice President, General Agents and Managers Association of Hong Kong

香港友邦保險(國際)有限公司 最年輕的資深區域總監
The Youngest Senior District Director of AIA International Hong Kong



有些人認為他在起跑線上佔有優勢，因此應該不需要付出太多努力 。然而，他卻對自己說：我要比人更加努力，才能獲得認同與信任。

他在每一個微小的細節上都力求做到最專業，在下雨時為客人撐傘，並關心客戶的需求，希望藉此幫助更多人。

在過去的十二年間，他屢次打破業績紀錄，個人及團隊均獲得多項本地和國際殊榮。

他與業界同行，和政府、保險監管機構及不同持份者密切合作，竭力提升業界的專業水平和操守。此外，他還多次受邀出席美加及亞洲各國的大型保險會議，鞏固香港在國際舞台上的關鍵角色。

座右銘 Motto

態度決定高度……

勇謀大事而失敗，強如不謀一事而成功。



最能代表自己的物件
長柄傘子
An Item that Best Represents Me
Long handle umbrella

關於 容思瀚 About YUNG Sze Hon Solomon

法律系榮譽畢業，加入保險行業12年，每年均獲獨立國際組織 MDRT 資格，其中 8 年成為MDRT的頂尖會員 (Top of the Table)，他屢獲本地和國際多個獎項，其中包括2019年獲香港保險業聯會和南華早報頒發的 Outstanding Young Professional of the Year。在疫情期間，牽頭與香港人壽保險經理協會及保險業界人士，向有需要的社會服務團體捐贈抗疫物資。疫情結束後，積極提升業界的專業水平和操守，舉辦不同的專題講座和研討會，並邀請政府及不同持份者參與分享。過去十多年來被邀請前往美國、加拿大及亞洲不同國家作為演講嘉賓，推動香港保險業在國際地區上的關鍵角色，鼓勵不同國家的同業與時並進。

Law graduate with honors. He achieves the independent global association MDRT qualification every year (including 8 years as a Top of the Table member) since he joined the industry 12 years ago. He has received numerous awards both locally and internationally, including the Outstanding Young Professional of the Year from the Hong Kong Federation of Insurance and the SCMP in 2019. During the pandemic, he led the General Agents and Managers Association of Hong Kong and industry professionals in donating anti-epidemic supplies to social organizations. Post-pandemic, he has focused on enhancing professionalism and ethics in the industry by organizing lectures and seminars, and invitng the government and various stakeholders as speakers. Over the past decade, he has been invited as a guest speaker across North America and Asia, advocating for the critical role of Hong Kong's insurance sector on the global stage and inspiring peers from different countries to keep pace with the times.



從學校走進社會，我最初為自己定下什麼目標:
深耕專業，幫助他人

追求目標的過程中，曾遇過最大的挑戰:
疫情封關，但態度決定一切，我選擇迎難而上

遇到挫折時，我會做的一件事:
回歸初心，重新出發

最想做而未做到的事:
讓「保險業」成為年青人的事業首選 /
與家人到非洲看動物大遷徙

留港發展的原因: 心繫香港

未來五年，希望見到香港變得更好，你最希望達成的一個願望:
幫助年青人有長遠多元的發展

揀一首歌 / 一套電影，勉勵香港年輕人:
Rocky 3 – 盼望年青人遇到困難時，找回自己向前的動力，重拾初心，奪回寶座

我成長的學校(中學 / 大學): 聖保羅男女中學 / Sherborne International College / King's College, Taunton

From school to society, what was the first goal I set for myself :
To deepen my profession and help others

The biggest challenge I've encountered in the pursuit of my goal:
Pandemic lockdowns, but attitude is everything,
I chose to take things positively

What I'd do in the face of adversity:
Pick up my original aspiration and restart

What do you want to do most but have not yet done:
"Insurance" to be the first career choice for young people / To see the Great Wildlife Migration in Africa with my family

Reason for staying in Hong Kong:
I love and treasure Hong Kong

In the next five years, my wish for Hong Kong to become a better place:
Strive to nurture young people by providing diversified progression pathways

Pick a song / film to encourage young people in Hong Kong:
Rocky 3. I hope that in the face of adversity, young people will pick up themselves through rediscovering their original aspirations.

My schools (secondary school / university):
St.Paul's Co-Educational College /
Sherborne International College/
King's College, Taunton



得獎感言:

保持初心落雨為你開傘 竭力提升行業專業水平

十分感恩今天能夠獲得「十大傑出青年」這一殊榮。我希望借此機會分享一些個人感想和經歷。與許多香港人一樣，我從小看TVB的電視劇成長，《壹號皇庭》啟發了我成為律師，因此我選擇修讀法律。畢業後，我曾到律師事務所及高等法院短暫工作，但不久後我便意識到，性格外向的我並不適合法律工作，因此希望尋找一份能發揮自身專長的職業。

在此時期，因一次踢足球意外受傷，讓我親身經歷了一次人生重要的醫療保險理賠，讓我深刻體會到保險的作用和好處。因此，我決定轉換職業跑道，投身於保險業，通過個人的經歷向更多朋友分享保險的價值，希望能幫助更多人。

我立志成為一名專業的財務策劃顧問，在每一個細節上都力求完美，關心客戶的需求，並期望在雨天時能夠及時為客戶撐傘。我堅信，持續的成功需要恆久的堅持。我與所有新入行的同事一樣，我逐一聯絡客戶，親自會見他們，為他們提供專業的壽險及財務規劃服務。感謝每一個信任我的客人，因為一步一腳印，他們每一個都讓我在保險業有所成長。

要在保險業有更大發展，我認識到單靠個人的努力是不夠的，我期望與團隊共同成長、攜手成功。我重視團隊中每一位成員的培訓、溝通、關懷與鼓勵，期望他們成為專業的財務策劃顧問，竭力為客戶服務。

我堅信「施比受更有福」，我樂意與業界人士進行交流與分享。近年來，我參與了不少提升業界專業水平的工作，也很榮幸多次被邀請作為嘉賓出席MDRT全球及不同地區的會議，作為香港的代表鼓勵全球同業與時並進。我會繼續努力，與業界同行，和政府、保監以及不同持分者，竭力提升保險業的專業水平，鞏固香港保險業於國際上的關鍵角色，及提升香港保險業在亞太地區的領導地位。

感謝主的恩典！也感謝父母的教導及代禱、妹妹及太太的支持，團隊的兄弟姐妹對我的信任。此外，更多謝AIA－香港友邦給我發展事業的平台，我才有今天少許的成績。最後，特別多謝所有評委、各界的支持與肯定，今天獲得「十大傑出青年」殊榮是對我最大的鼓勵，我將不忘初心，繼續為保險行業和香港社會作出最大的努力！以專業精神造福社群，多謝各位！

Striving to provide clients with an umbrella from the rain and cultivate professionalism



I am very grateful to be awarded as one of the 'Ten Outstanding Young Persons'. I would like to take this opportunity to share some personal thoughts and experiences.

Like many people in Hong Kong, I grew up watching TVB dramas, and 'The File of Justice' inspired me to become a lawyer to help others, which led me to study law. After graduating, I briefly worked at a law firm and the High Court, but soon realized that my active and extroverted personality was not suited for legal work. I wanted a job that could leverage my strengths. During a period of uncertainty, I suffered an unexpected injury while playing football, which led me to experience a significant medical insurance claim firsthand. This made me realize the practical uses and benefits of insurance. Therefore, I decided to switch careers and join the insurance industry, hoping to share the benefits of insurance with more friends through my own experiences and assist more people.

I am determined to be a professional financial planner, striving to excel even in the smallest details, and caring for my clients' needs. I hope to be there to 'hold an umbrella' for my clients when it rains. I firmly believe that to achieve ongoing success, one must persist. Like any new entrant in the industry, I made calls to clients one by one and met with them personally to provide my professional advice on insurance and financial planning. I set very high performance and activity targets for myself and achieved the goals I set for ten consecutive years. I am grateful to every client who has trusted me; with every step, they have all contributed to my growth in the insurance industry.

To dream big in the insurance industry, it is not enough to rely solely on personal effort; I hope to grow and succeed together with my team! Every time I receive a message of thanks from a client on WhatsApp, I share it with the team: we did it right. I value the training, communication, care, and encouragement for every team member, and I hope to nurture them into professional financial planners who are committed to serving our clients. I believe that 'it is more blessed to give than to receive,' so I am very willing to exchange and share ideas with industry peers. In recent years, I have participated in various initiatives to enhance the professionalism of the industry, and I have been fortunate to be invited multiple times as a speaker at MDRT global and regional conferences, representing Hong Kong to encourage peers worldwide to keep pace with the times. I will continue to work hard, engage with the industry, the government, the Insurance Authority, and different stakeholders to enhance the professional standards of the insurance industry, solidify the key role of Hong Kong's insurance sector on the international stage, and elevate Hong Kong's position as a leader in the Asia-Pacific insurance market.

The value of 'giving back to society' has been rooted in my heart since childhood. The flexibility of my work schedule allows me to participate in various youth organizations, hold different public service roles, and engage in efforts to promote the diverse development of youth. During the COVID-19 pandemic, I assisted various organizations in gathering pandemic supplies and led the General Agents and Managers Association of Hong Kong in delivering materials to grassroots families, demonstrating the industry's concern for society. In the future, I will continue to do my part by giving back to society and caring for young people.



Ten Outstanding Young Persons Selection 2024

Lastly, I was born into a Christian family. I am especially grateful for God's grace and my parents' past teachings and prayers. I also thank all my supportive and loving family members, my sister and wife, and every brother and sister in my team. Furthermore, I would like to thank AIA – the Hong Kong office, for providing me with a platform to develop my career, enabling me to achieve this small success today. Finally, I am thankful for the support and recognition from all sectors; receiving the honor of 'Ten Outstanding Young Persons' is a great encouragement and motivation for me and also a starting point. I will continue to stay true to my original intentions, 'holding an umbrella' for my clients when it rains, and striving to contribute the most to the advancement of the insurance industry and Hong Kong society! I will use my professional spirit to benefit the community. Thank you!

AWARDEE

張 玲
ZHANG Ling

前港隊網球一姐
Former Hong Kong Women's No.1 Tennis Player

女子網球港隊隊長
Captain for Hong Kong Women's Tennis Team

網球盛事助理總監
Assistant Tournament Director for Tennis Mega Events

她在15歲時獨自從湖南來到香港發展，成為一名職業網球選手。在職業生涯中，她共贏得了14個單打和7個雙打冠軍，並三度代表香港參加亞運會和全運會。自1991年以來，她更是唯一一位世界排名前200的香港女子網球運動員。

在2013年，她憑藉在亞洲錦標賽上獲得的單打銀牌和雙打銅牌，幫助香港網球重回精英項目，從而為更多青少年和全職球員提供了資源。

經歷手肘重建手術後，她於2020年退休。回想起自己第一次參加大滿貫賽事的經歷，當時她連如何前往更衣室都不清楚，並對國家隊年輕球員有前輩帶領的情況感到羨慕。她認為香港網球需要更多的傳承，因此重返女子網球香港隊擔任隊長，帶領年輕球員參加國際比賽，以回饋香港體壇。



座右銘 Motto

Pressure is a privilege



最能代表自己的物件
比莉珍金盃成就獎
An Item that Best Represents Me
Billie Jean King Cup
Commitment Award

關於張玲 About ZHANG Ling

一直穩居香港首席女子網球手的寶座，並且是自1991年以來唯一一位世界排名前200的香港女網球運動員。在15歲時，她獨自從湖南來到香港發展，成為職業網球選手。在她的職業生涯中，共贏得了14個單打和7個雙打冠軍，並三度代表香港參加亞運會和全運會。她的職業生涯最高女單世界排名為第184位。2013年，她在亞洲錦標賽上獲得單打銀牌和雙打銅牌，這兩枚獎牌為香港網球重回精英項目作出了貢獻，並為更多青少年和全職球員提供了資源。

A leading local female tennis player in Hong Kong, she is the only Hong Kong female tennis player to be ranked in the world's top 200 since 1991. At the age of 15, she came to Hong Kong from Hunan province to become a professional tennis player, winning 14 singles and 7 doubles titles, representing Hong Kong at the Asian Games and the National Games three times with a career-high ranking of 184th in the world for women's singles. In 2013, she won a silver medal in singles and a bronze medal in doubles at the Asian Championships, which helped Hong Kong's tennis regain its place among the elite programmes and enabled more junior and full-time players access to more resources.



從學校走進社會，我最初為自己定下什麼目標:
希望每天比昨天有進步

追求目標的過程中，曾遇過最大的挑戰:
在網球裡 就算最好的球員也只有 54%的平均得分率，在過程當中怎樣克服失敗和自我懷疑而繼續堅持追逐自己的夢想

遇到挫折時，我會做的一件事: 用美食治癒自己

最想做而未做到的事: 代表香港贏奧運金牌、贏大滿貫

留港發展的原因: 滴水之恩必當湧泉相報

未來五年，希望見到香港變得更好，我最希望達成的一個願望:
香港成為世界體育之都

揀一首歌 / 一套電影，勉勵香港年輕人:
Rocky，生活不僅僅取決於你能承受多少打擊，而是當你收到打擊是如何繼續前行

我成長的學校(中學 / 大學): 湖南體院 / 香港體院 / CUSCS / 湖南商學院

From school to society, what was the first goal I set for myself :
Be a better person everyday

The biggest challenge I've encountered in the pursuit of my goal:
The average tennis scoring, even for the best tennis player, is no more than 54%. How to pick up your dream in the face of adversity is a question

What I'd do in the face of adversity:
Good food makes me happy

What do you want to do most but have not yet done:
Win an Olympic Gold Medal and achieve a Grand Slam for Hong Kong

Reason for staying in Hong Kong:
To repay the kindness of a drops of water in need

In the next five years, my wish for Hong Kong to become a better place:
Hong Kong to become the new sports capital of the world

Pick a song / film to encourage young people in Hong Kong:
Rocky - life ain't about how hard you're hit, it's about how much you can take and keep moving forward

My schools (secondary school / university):
Hunan Sports Institute / Hong Kong Sports Institute / CUSCS / Hunan Business School



得獎感言:

網球是「真愛」，需要常存忍耐、堅持和努力

感謝評審團和大會，給予我一個很好的機會，讓我可以在傑青這平台，分享我在網球運動上的經驗，鼓勵更多年青運動員，為他們喜愛的運動努力和堅持。

我曾經講過，網球是我的「真愛」，它陪伴我大半的人生歲月。我覺得用「真愛」去形容自己鍾意的運動，又或者追求的理想，其實幾貼切！因為要和「真愛」走一世，真的不容易，少一點忍耐、堅持和努力都不成。記得我小時候體弱多病，爸爸希望我多做運動鍛練身體，結果我選擇了網球，一打就愛上它，由最初玩玩下，到每日都打，天天訓練，15歲就當上職業球員。一年後，當時我只16歲，說有機會可以到香港接受訓練，當時家人問我，想繼續打網球，還是選擇讀書，其實我當時根本不知道香港生活是怎樣，也不知道那裡的訓練如何，但我個性喜歡挑戰，毫不猶豫跟家人說，我要去香港打網球。

現在回想，覺得當時自己很大膽，但選擇是正確的，找到自己目標，就應該勇往直前。因為運動員是年輕時候才可以做，而讀書在退役以後，還有很多機會。做運動員是人生的另一種選擇，有點冒險、既辛苦又精彩。不過我這個選擇的背後，最大的支持是來自我家人，如果沒有他們默默支持，我也不敢肯定，自己是否真的有勇氣，獨自來港訓練和生活，是否一無掛慮，專注於練習。所以一定要藉這機會，衷心感謝我的家人。家人從小支持我打網球，一路以來，無論我來香港、出外比賽、成績不好，又或者受傷，他們都在背後為我打氣、鼓勵我。每次比賽，全家人都會看我比賽，為我加油。對我來說，打網球不單是運動，它亦開拓我的眼界，可以到不同地方比賽，遇到力量更強、技術更好的對手。記得打美網外圍賽，一開始就一直輸，到第二盤我對自己說：這是美網啊，我一定要加油！最後一分一分追上，還多贏了一場。那次比賽，開拓了眼界，讓我知道努力才會看到希望。

四年前，因為手部受傷，無奈退役，當時真的很難過，但傷感過後，明白到這是我和網球，一齊走上人生另一個階段。回想自己第一次參加大滿貫賽事，連更衣室也不懂得怎去，那時候很羨慕國家隊的年輕球員有前輩帶領，我覺得香港網球需要多一點傳承。現在我以領隊身份帶師妹參加國際比賽，將我所知的都分享給師妹，推動香港網球運動的發展。我寄語年輕運動員，要為目標努力向前，堅持下去，最終會看見成果。

Tennis as a "true love" built on patience, perseverance and hard work



I would like to thank the judges and the organisers for giving me this great opportunity to share my experience in tennis via the platform of this Award and to encourage more young athletes to work hard and persevere in their chosen sport.

For my part, tennis is my 'true love,' as it has always been a huge part of my life. Calling this favorite sport of mine or the dream I am pursuing my 'true love' is very apt. However, living with my 'true love' forever is not an easy task, as it requires a lot of patience, perseverance, commitment, and hard work to sustain it.

Growing up in Mainland China, I was a rather frail child, so my father encouraged me to do more sports to develop my strength. I chose tennis and fell in love with it from the moment I first played. In the beginning, I was just playing for fun and exercise, but then Istarted to take it more seriously and began a daily training routine. At the age of 15, I became a professional tennis player and, a year later, was offered the opportunity to be trained in Hong Kong.

My family asked me if I wanted to play tennis or to continue with my studies. Back then, I didn't know what living in Hong Kong would be like, and I didn't know how a tennis player's career would be either. I love challenges, so I didn't hesitate to tell my family I wanted to go to Hong Kong to play tennis.

Looking back, I think it was rather brave of me to make such a decision, but I am glad that I made the right choice. Athletes can only compete while they are still relatively young, while there are still many opportunities to study after retirement. Becoming an athlete is a huge choice in life: it is somewhat risky, tough, and yet very exciting and rewarding.

The greatest support behind my decision came from my family. Without their unfailing backing, I am not sure I would have had the courage to come to Hong Kong to undergo training and live alone in the city or whether I would have been able to focus on my training. Hence, I would like to take this opportunity to thank my family. My family has been so supportive of my dream since I was a child. Throughout my journey, I appreciated their support, whether it was when I first arrived in Hong Kong or when I was traveling overseas for tournaments. When I had bad results, got defeated, or even injured, they were always there to encourage me. Every time I competed in a match, my whole family would watch and cheer me on.

For me, tennis is more than just a sport. It has given me a chance to broaden my horizons, as I can travel to different places to compete, meet stronger and more skilled opponents, and interact with many interesting people.

Once, while playing in a US Open qualifying match, I remember losing at the beginning, but by the second set, I said to myself, "It's the US Open, after all; I have to work hard for it!" And so, I fought back one point at a time and won the game. The tournament broadened my horizons and showed me that it is only through hard work that you can find hope and success.



Four years ago, I had no choice but to retire from my tennis career due to a hand injury. At that time, I was really sad, but after I got over the sorrow, I realized that both I and tennis had another road to travel. Looking back at my first Grand Slam tournament, I didn't even know how to go to the dressing room. At that time, I envied the young players of the national team who were led by their seniors. I think Hong Kong tennis needs a bit more legacy. Now, I am leading my junior sisters to participate in international tournaments as a team leader. I am keen to share what I have learned with young athletes and help them appreciate that by working hard for their goals and persevering, they will eventually reap the harvest.

TOYP SELECTION 2024 HIGHLIGHTS
Nomination

甄選程序 SELECTION PROCESS

參選人由社會各屆提名，獲提名參選人士先由甄選顧問進行甄選。通過初選之參選人再經評審團進行面試。評審團成員均來自政商界及不同專業領域的知名人士，根據參選人於其工作或專業範疇的傑出表現以及對社會的貢獻，繼而選出本年度的十大傑出青年。

Candidates are nominated by all sectors of the society and all of the nominations are first screened by the Selection Consultant. Shortlisted candidates will be interviewed by the Panel of Judges. The Panel of Judges comes from different industries including goverment, commerce, and various professional fields. With the ultimate goal of selecting the Ten Outstanding Young Persons of the year, the Panel of Judges considers the outstanding performances of the candidates in relation to their individual profession and contributions to the society.



今年選舉雲集本港各界66個支持機構協助推廣提名，創下自1970年首屆以來的新高。
This year's selection has solicited 66 supporting organizations from various sectors in Hong Kong coming together to promote nominations, setting a new record since the first edition in 1970.







流程 PROCESS

★ 提名期 Nomination Period : 28 May 2024 - 12 July 2024

★ 初選面試 Initial Screening Interview : 13 July 2024 - 12 August 2024

★ 早餐會議 Breakfast Meeting : 28 August 2024

★ 評審團面試 Final Judging Interview : 7 September 2024

★ 結果公布記者招待會 Result Announcement Press Conference : 8 October 2024

感謝甄選顧問及評審團
APPRECIATION TO SELECTION CONSULTANT AND PANEL OF JUDGES

本年度的十位十大傑出青年順利誕生，全賴甄選顧問及評審團的努力及支持。我們衷心感謝他們的專業、獨立性和態度，為我們帶來一個獨一無二的選舉。

The successful selection of the 10 Ten Outstanding Young Persons in 2024 is attributable to the efforts and support of the Selection Consultant and Panel of Judges. We truly appreciate their professionalism, independence, and attitude for bringing us a unique selection.

TOYP SELECTION 2024 HIGHLIGHTS

Nomination



首席評審 Chief Judge

Dr. KO Wing-man, GBS, JP
高永文醫生，GBS, JP

評審團 The Panel of Judges



Dr. Carlye W.L. TSUI, SBS, JP
徐尉玲博士，SBS, JP



Dr. Maggie KOONG, BBS, JP
孔美琪博士，BBS, JP



Mr. Raymond C.Y. TAM, GBS, JP
譚志源先生，GBS, JP



Mr. Ricky M.K. CHU, SBS, IDS
朱敏健先生，SBS, IDS

甄選顧問 Selection Consultant

Deloitte.

TOYP SELECTION 2024 HIGHLIGHTS
Kick-off Ceremony 啟動禮



「十大傑出青年選舉2024」啟動禮已於5月28日順利舉行。是次活動很榮幸邀請到評審團全員、多位歷屆傑青、支持機構代表、傳媒朋友、嘉賓以及青商好友出席支持，全場滿座超過120人一同見証這個重要時刻。本年度更非常榮幸，雲集了本港各界逾60個支持機構，協助推廣提名，創下自1970年首屆以來的新高，足見本次選舉活動廣受各界關注和支持。

The Kick-off Ceremony of the "Ten Outstanding Young Persons Selection 2024" was successfully held on 28 May 2024. We were honored to have all members of the judging panel, several past awardees, representatives from supporting organizations, media, guests, and JCI Hong Kong members in attendance, with over 120 people present to witness this important moment. This year, we are particularly proud to have gathered more than 60 supporting organizations from various sectors in Hong Kong to assist with promoting nominations, setting a new record since the first election in 1970. This clearly demonstrates the widespread attention and support for this election.



評審團首席評審高永文先生，希望大家支持香港青年發展，讓大眾能看到更多香港青年的傑出故事，為社會注入希望及正能量。本年度的甄選顧問由德勤擔任。德勤中國華南區主管合夥人歐振興先生，致辭期望香港十大傑出青年可以以身作則，代表香港，向世界各地宣揚香港獨有故事。

Dr Ko Wing-man, Chief Judge, addressed the ceremony, expressing his hope that everyone can support the development of youth in Hong Kong, to present the outstanding stories of young people from Hong Kong to the public, and inject hope and positive change into society.

This year's selection consultant is Deloitte. Mr. Au Chun Hing, the managing partner of Deloitte China's South China region, expressed that the Ten Outstanding Young Persons of Hong Kong should lead by example and represent Hong Kong in promoting its unique stories to the world.



啟動儀式邀請了多位嘉賓，包括國際青年商會香港總會總會會長麥頌斌先生、首席評審高永文醫生， GBS， JP、甄選顧問德勤中國華南區主管合夥人歐振興先生、傑出青年協會副主席及2018年傑青莊淑貞醫生、國際青年商會香港總會上屆會長余修賢先生，以及2024年十大傑出青年選舉籌委會主席盧苡嘉女士。

Officiating guests at the Kick-Off Ceremony included Mr. Ben Mak, National President of JCI Hong Kong; Dr. Ko Wing Man, GBS, JP, Chief Judge of the Panel of Judges; Mr. Edward Au, Deloitte China Southern Region Managing Partner; Dr. Chong Shuk Ching, Vice President of the Outstanding Young Persons' Association and 2018 Awardee; Mr. Kenneth Yu, National Immediate Past President of JCI Hong Kong; and Ms. Patricia Loo, 2024 Ten Outstanding Young Persons Selection Chairman.





啟動禮很榮幸邀請了2010年傑青、藝人、唱片公司「淺白本部」老闆、「Kaytiquette」品牌創辦人謝安琪女士作為分享嘉賓，親臨分享她由19年前入行到今天從未停步，除了努力成為樂壇天后，三年前更決定創業，藉此為所有追夢的青年打氣。而另一位分享嘉賓，2019年傑青、中國香港首位輪椅羽毛球運動員陳浩源，MH，從巴林賽凱旋而歸分享賽果，分享了運動員生涯裏面代表香港出戰兩次奧運，有幸體現傳承的經歷，亦勉勵年輕人追夢的決心。

The Kick-off ceremony was honored to invite Ms Kay Tse, 2010 Awardee, artist, owner of "Light White Studio," and founder of the "Kaytiquette" brand, as a guest speaker. She shared her journey from joining the industry 19 years ago and never stopping since.Another guest speaker, Mr Daniel Chan, MH, 2019 Awardee and the first para-badminton player in Hong Kong to share his experiences. He shared about representing Hong Kong in two Olympic Games during his para-badminton player's career. Both guest speakers encouraged young people to have the determination to pursue their dreams.



謹此鳴謝名譽贊助人 – 香港特別行政區政府政務司司長陳國基先生，GBS, IDSM, JP，甄選顧問 – 德勤，六十多間支持支構，對本活動的鼎力支持。感謝「十大傑出青年選舉2024」籌委會及各工作人員的通力合作，以及總會、分會及各青商會友的協助，活動得以圓滿舉行。

We would like to express our sincere gratitude to our Honorary Patron, The Hon. Chan Kwok-ki, GBS, IDSM, JP, the Chief Secretary for Administration of the HKSARG, Selection Consultant - Deloitte, and more than 60 supporting organizations for their strong support of this event. We also appreciate the assistance and support from the "Ten Outstanding Young Persons Selection 2024" organizing committee and all helpers.

TOYP SELECTION 2024 HIGHLIGHTS

Result Announcement Press Conference
結果公布記者招待會

「十大傑出青年選舉2024」結果公布記者招待會已於10月8日（星期二）假香港海洋公園萬豪酒店舉行。今年是選舉近10年以來首次選出足足十位傑青，當中包括五男五女。十位傑青雖然來自不同界別，但卻擁有一個共通點，就是從未停步提升自己，做出成績保持香港在國際舞台上的一席位。他們每一位都熱愛香港，因為他們的夢想都在香港萌芽。同時，他們亦不遺餘力帶領師兄師妹，延續傳承使命，為香港人服務。

The Ten Outstanding Young Persons Selection 2024 Result Announcement Press Conference was successfully held on October 8 (Tue) at Hong Kong Ocean Park Marriott Hotel. For the first time in 10 years, we have 10 awardees in total, including five men and five women. The ten awardees, who have vastly different experiences and backgrounds, share one thing in common: they keep striving and reaching beyond their comfort zones. Their achievements uphold Hong Kong's position on the global arena, at the same time, they have spared no effort in passing on their experience to the next generation of talents.











活動當日有逾 200 位來自不同界別的嘉賓及團體代表出席，同時有超過50個媒體及知名社交平台帳號廣泛報導，包括：無綫新聞、TVB News、星島日報、頭條日報、香港經濟日報、明報、AM730、The Standard、文匯報、信報、大公報、成報、香港01、獨立媒體、TOPick等。

Over 200 guests and representatives from different sectors attended, with more than 50 traditional media and online news channels reported on the event. These include TVB News, Sing Tao Daily, Headline Daily, Hong Kong Economic Journal, Ming Pao, AM730, The Standard, Wen Wei Po, Ta Kung Pao, Sing Pao Daily New, HK01, Hong Kong Inmedia, TOPick, etc.

衷心感謝籌委會各成員從活動策劃到執行投入了大量時間和精力，以及大家對選舉的鼎力支持，使結果公布記者招待會能夠順利圓滿地完成。

Heartfelt appreciation to the organizing committee for their relentless effort and meticulous preparation, as well as everyone for their staunch support towards the selection, which made the press conference a resounding success.



TOYP SELECTION 2024 HIGHLIGHTS

Community Service Day 社會服務日

「與傑青「織」出正向人生」



傑青與青年人互動 共同「編織」未來

Awardees interact with young people to "breakthrough" the future together

「與傑青「織」出正向人生」社會服務日於2024年11月9日圓滿舉行，活動吸引了超過100位中學生及青年人參與。今年，我們邀請了「共創明『Teen』計劃」來自弱勢社群家庭之學員與青年人共同參加。活動內容涵蓋傑青分享和編織工作坊。參加者透過傑青的故事，啟發他們活出積極正向的人生。

The "Yarning a Positive Life with TOYP Awardees" community service day was successfully held on 9 November 2024, attracting over 100 secondary school students and young people. This year, the event invited participants from underprivileged students through the “Strive and Rise Program.” Activities featured inspiring stories shared by TOYP awardees and engaging arm knitting workshops. Participants not only learned about the awardees' journeys but also found motivation to embrace a positive life.

分享環節以研討會形式進行，重點討論了夢想與熱情、團隊溝通、如何迎接挑戰，以及價值觀與信念等主題。傑青們分享了他們對夢想的堅持，講述了個人成長的蛻變過程，並表達了他們希望在世界上實現的改變。他們勉勵同學們要堅持選擇，不隨波逐流，並相信努力會得到回報，鼓勵大家每天追求微小的進步。面對選擇時，要不忘初心，時刻提醒自己。唯有不斷探索與前行，才能活出真正的自我。

The sharing session centered on themes of dreams and passions, effective team communication, overcoming challenges, and core values and beliefs. The awardees shared their journeys of perseverance, transformation, and the changes they aspire to bring to the world. The awardees encouraged students to embrace positivity and remain steadfast. They emphasized that hard work yields rewards and that making small, consistent progress is vital. When faced with choices, it's important to remember your original intentions and stay true to yourself. Only through continuous exploration and forward momentum can you truly live your own life.





工作坊環節則安排了編織製作Emoji，融入了創意藝術和身心靈健康等元素。傑青與參加者之間的互動和共同創作，喻意及象徵著「青年雙手創造未來」的理念，並傳遞出不斷進取、從未停步的精神，發放正能量。傑青於活動上為每位參加者親筆寫下心意卡，將鼓勵及支持傳遞給他們。許多參加者很高興有這個難得機會與傑青交流，不僅讓他們感受到傑青鼓舞人心的故事，更使每位參加者體驗到正向人生的力量。

The workshop session focused on arm knitting, an engaging method for creating cozy and stylish knitted Emoji items using yarn and hands. The collaborative communication and arm knitting amongst awardees and participants embody the theme "Future in Youth's Hands," promoting a spirit of perseverance and positive energy. Awardees wrote heartfelt cards for each participant at the event, passing on encouragement and support to them. Many participants appreciated the opportunity to connect with awardees, fostering a sense of joy and optimism throughout the experience.











TOYP SELECTION 2024 HIGHLIGHTS
Partnership & Promotion 夥伴關係及宣傳

夥伴關係與宣傳團隊無縫協作，提升了選舉推廣的覆蓋範圍。透過新的夥伴合作，我們成功開啟了多樣化的宣傳渠道，擴大了提名期的關注度，並在選舉結果公布後與大眾分享應屆傑青的故事。特別宣傳亮點包括在市中心的LED屏幕、政府辦公大樓、公共交通工具等。我們亦創新地運用選舉設計元素推出了「TOYP電車」，於全香港島行駛，以提高市民對選舉及提名期的參與。作為香港最早的公共交通工具之一，電車不僅與我們今年「傑出·從未停步」的主題產生共鳴，同時亦呼應了我們作為香港歷史最悠久的青年選舉的濃厚歷史。當電車經過於市中心播放著選舉推廣影片的巨型LED屏幕時，傳承與現代科技完美融合。

The partnership and promotion teams have collaborated seamlessly to enhance the visibility and reach of our Selection. Through new partnerships, we have managed to unlock diverse promotional channels that amplify awareness during the nomination period and showcase our awardees' stories after results announcement. Special highlights include prominent LED screens, government buildings, public transportation, and more. A dedicated 'TOYP Tram,' decorated with our promotional visuals, was also dispatched to the city centre to boost engagement. As one of the earliest forms of public transportation in the city, Hong Kong's tram not only resonates with our theme, 'Keep Striving,' but also reflects our rich legacy and history as the longest–running youth selection in Hong Kong. Heritage and modern technology come together as the tram passes by a giant LED screen broadcasting our promotional video at the heart of the city.

Public Transportation 公共交通工具











Outdoor LED screen 戶外LED屏幕







Other Channels (News Media, Partners' Offices, etc.) 其他渠道













最新資訊可於 Facebook 專頁及 Instagram 查閱

Stay tuned to our Facebook page and Instagram for the latest updates.

Instagram

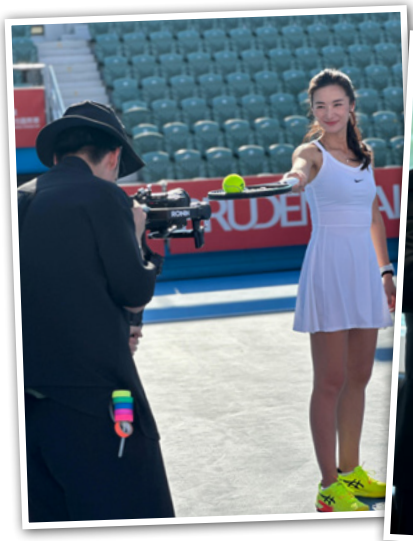
Facebook

TOYP SELECTION 2024 HIGHLIGHTS
Video Shooting 影片拍攝



籌委會與拍攝團隊精心為十位傑出青年錄製精彩影片，並於鬧市播放，讓大眾能更深入了解各傑青在其專業領域上的卓越成就與貢獻。

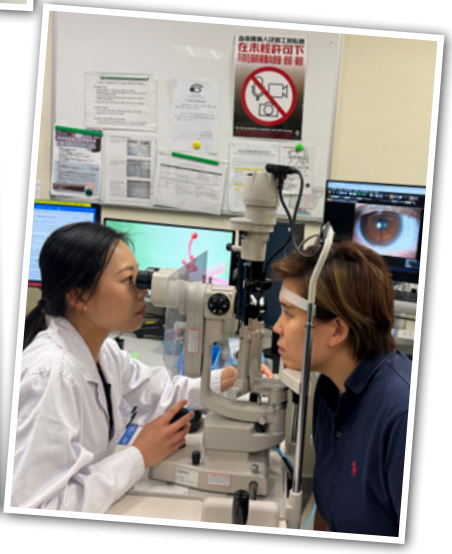
The Organizing Committee, in collaboration with the filming team, has meticulously produced captivating videos featuring the ten awardees. These videos have been showcased in bustling urban areas, allowing the public to gain deeper insights into their remarkable achievements and inspire young people to strive for a brighter future.














SMALLHD






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TOYP SELECTION 2024 HIGHLIGHTS
Public Relations 公共關係

十大傑出青年選舉2024一系列活動包括啟動禮、結果公布記者招待會、社會服務日，榮幸獲超過80個媒體報道，當中包括明報、星島日報、大公報、文匯報等大型報章，而啟動禮及結果公布記者招待會更獲鳳凰衛視、無線電視、點新聞等電視台錄播。今年獲30多個新傳媒報道，多個潮流媒體如Youtube, Facebook, Threads, Instagram 均有廣泛報道，足證備受新一代年青人關注及重視。

The Ten Outstanding Young Persons Selection 2024 features a series of events including Kick–Off Ceremony, Result Announcement Press Conference and Community Service Day. Remarkably, the selection has garnered a media coverage from over 80 media — including major news channels such as Ming Pao, Sing Tao Daily, Ta Kung Pao and Wen Wei Po. The Kick–Off Ceremony and Result Announcement Press Conference were also broadcasted by television channels such as Phoenix TV, TVB News and Dot Dot News. This year, we are also honored to have widespread reporting from more than 30 new medias like Youtube, Facebook, Threads and Instagram, demonstrating the significant attention that the event has received among the younger generation.

Traditional News



TV Channels



Other New Medias





















LIST OF
World TOYP Honorees

1983 PAO PING WING 蒲炳榮

1984 LEUNG DOR LING, DOREEN 梁玳寧*

1985 TSANG WAI YIN 曾慧燕

1988 CHAN KONG SANG, JACKIE 陳港生 (成龍)

1994 MAK HON FAI 麥漢輝

1995 SHI KAI BIU 佘繼標 LAM SHUN CHIU, DENNIS 林順潮

1998 CHEUNG WAI LEUNG 張偉良

1999 CHEUNG HOK YAU 張學友

2000 LAU TAK WAH, ANDY 劉德華

2001 LO YUK MING, DENNIS 盧煜明

2003 WONG YING HO, KENNEDY 黃英豪

2004 CHEN WAI MAN, KELLY 陳慧汶 (陳慧琳)

2005 CHAN YING YANG, EMILY 陳英凝

2006 TO CHUNG CHI 杜聰 (杜宗智)

2008 YAN WAI KIU 甄韋喬

2014 LO PO MAN 羅寶文

2022 CHIU YIN TO, RICKY 招彥燾



Deceased 已故*

LIST OF TOYP Awardees

1970

張威麟*	Cheung, William*
馮慶鏘	Fung, Kenneth
李偉球	Lee Wai Kau, Richard
麥偉英*	Mak, John*
巴哈林真丹尼*	Ramchandani, Bahar *

1974

馮漢源	Fung Hon Yuen, Stephen
許賢發*	Hui Yin Fat*
黎炳昭	Lai Bing Chiu, Michael
劉柱輝	Lau Chu Fai, Jack
華慧娜	Waters Vera

1975

程文輝	Ching Man Fai, Lucy
李國寶	Li Kwok Po, David
伍靜國	Ng Ching Kwok
王一平	Wang Yat Ping, David
王梓濤	Wong, Philip
黃應堃*	Wong Ying Kwan*

1976

鮑瑞美	Bow Sui May
湛佑森	Cham Yau Sum
黎佑泉	Lai Yau Chuen
理盧幼慈布	Leben Nonna
李鳳岐	Li Fung Kee, John
鄧家發	Tang Ka Fat

1977

許冠文	Hui Koon Man, Michael
熊曼茵	Hung Man Yan, Esther
郭家明	Kwok Ka Ming
李鵬飛*	Lee Peng Fei, Allen*
李炳光	Li Ping–Kwong

1978

張鎏輝	Cheung Kwan Fai, Joseph
羅乃新	Loo Lai Sun, Nancy
張綠萍*	MACPHERSON Cheung Look Ping, Ophelia*
李自萱	Lee Tze Huen, Grace
伍淑清	Wu Suk Ching, Annie
楊孝華	Young How Wah, Howard

1979

陳黃穗	Chan Wong Shui, Pamela
靳埭強	Kan Tai Keung
林鉅津	Lam Kui Chun
孔梁少根	Hung Leung Siu Gun
潘宗光	Poon Chung Kwong

1980

陳坤耀	Chen Kwan Yiu, Edward
張敏儀	Cheung Man Yee
雷聲隆*	Lai Sing Lung, Richard*
林世光	Lam Sai Kwong, Paul
詹德隆	Tsim Tak Lung
胡淑星	Woo Shuk Sing, Betty

1981

陳福成*	Chan Fuk Sing, Peter*
陳英麟	Chan Ying Lun
莊紹樑	Chuang Siu Leung, Andrew
賴錦璋	Lai Kam Cheung, Michael
梁巨廷	Leung Kui Ting
譚惠珠	Tam Wai Chu, Maria
謝俊謙	Tse Tsun Him
徐尉玲	Tsui Wai Ling, Carlye
汪明荃	Wang, Liza
黃文傑	Wong Man Kit

1982

陳傑柱	Chan Kit Chu, Anthony
陳居常	Chan Kui Sheung, Colin
張郁德芬	Chong Yuk Tak Fun, Alice
關正傑	Kwan Ching Kit, Michael
梁玳寧*	Leung Dor Ling, Doreen*
梁淑姿	Leung Shuk Chee, Rosa
梁洲田*	Leung Tsau Tin, Fred*
蒲炳榮	Pao Ping Wing
包國平	Pau Kwok Ping
黃瑞良	Wong Sui Leung, Paul

1983

陳袁燕紅	Chan Yuen Yin Hung
朱培慶	Chu Pui Hing
劉培基	Lau, Eddie
梁志彬	Leung Chi Bun, Eric
龍炳頤	Lung Ping Yee, David
孫郁標	Sun Yuk Biu, Yvonne
譚百先 (羅文)*	Tam Pak Sin, Roman*
譚耀祖	Tam Yiu Cho
王敏超	Wong Man Chiu, Ronnie

1984

伍周美蓮	Ng Chow May Lin, Pauline
馮添枝	Fung Tim Chee, Ricky
林孝信	Lam Haw Shun, Dennis
林麗真	Lam Lai Chun, Ann
劉秀成	Lau Sau Shing, Patrick
麥永開	Mak Wing Hoi, Ringo
潘燊昌	Poon Sun Cheong, Patrick
譚宗定	Tam Chung Ding
曾慧燕	Tsang Wai Yin
葉迪奇	Yip Dicky, Peter

Deceased 已故*

LIST OF TOYP Awardees

1985

白仲安	Budge, John Robertson
陳美齡	Chan Mei Ling, Agnes
陳毓祥*	Chan Yuk Cheung*
韓秉華	Hon Bing Wah
李偉才	Lee Wai Choi
伍建新	Ng Kin Sun
潘景榮 (水禾田)	Poon Kwing Wing, Water
黃安源	Wong On Yuen
王葛鳴	Wong Yick Ming, Rosanna

1986

陳港生 (成龍)	Chan Kong Sang, Jackie
張之玨	Cheung Che Kwok
蔡啟仁	Choi Kai Yan
范世義	Fan Sai Yee
林光如	Lam Kwong Yu
麥洛新	Mak Lok Sun
譚社根*	Tam She Gun*
王　津	Wong Chun, Justein

1987

賈桂思	Bale, Chris
陳慎芝	Chan Shun Chi
錢玉麟	Chin Yuk Lun, Francis
朱丹娜	Chu Dana
朱鴻章	Chu Hung Cheung
霍佩儀	Fok Pui Yee
溫石麟	Wan Shek Lun
黃河清	Wong Ho Ching, Chris
楊福廣	Yeung Fook Kwong, David

1988

畢子融	But Aser Tze Yung
張瑪莉	Cheung Mary, Pandora
林小玲	Lam Shiu Ling, Cecilia
梁振英	Leung Chun Ying
陸恭蕙	Loh Kung Wai, Christine
麥華章	Mak Wah Cheung
蕭麗君	Siu Lai Kwan, Deborah
譚榮根	Tam Wing Kun
曾葉發	Tsang Yip Fat, Richard
謝勝生	Tse Sing Sang, Bell

1989

陳家駒	Chan Ka Kui
程介南	Cheng Kai Nam
張佩蘭	Cheung Pui Lan
林國輝	Lam, Ragence
盧葉媚	Lo, Brenda
吳明欽*	Ng Ming Yum*
蘇惠邦	So Wai Pong

1990

陳慧芳	Chan Wai Fong, Esther
張天愛	Cheong Leen Elizabeth, Flora
周潔冰	Chow Kit Bing, Jennifer
馮永基	Fung Wing Kee, Raymond
葉慶良	Ip Hing Leung, Thomas
盧子健	Lo Chi Kin
雷張慎佳	Lui Tsang Sun Kai, Priscilla
曹誠淵	Tsao Sing Yuen, Willy
黃匡忠	Wong Hong Chong, Johnston
葉詠詩	Yip Wing Sze

1991

歐成威*	Au Shing Wai, Eric*
陳一華	Chan Yut Wah
莊陳有	Chong Chan Yau
郭正光	Kwok Ching Kwong, John
梁子平	Leung Chi Ping, Michael
梁錦濠	Leung Kam Ho, Gilbert
李秀恆*	Li Sau Hung, Eddy*
龐劉湘文	Pang Lau Seung Man, Bessie
汪國成	Wong Kwok Shing, Thomas
余德新	Yu Tak Sun, Ignatius

1992

陳永華	Chan Wing Wah
車淑梅	Chea Shuk Mui, Candy
盧偉國	Lo Wai Kwok
麥漢輝	Mak Hon Fai
蕭智剛	Siu Chi Kong
蔡定國	Tsoi Ting Kwok, Peter
黃　琿	Wong Fai, Philip
阮德添	Yuen Tak Tim, Anthony

1993

陳兆根	Chan Siu Kun, Alex
鐘淑子	Chung Shuk Tze, Lucy
葉恩明	Ip Yan Ming
劉東利	Lau, Tony
倫永亮	Lun Wing Leung, Anthony
佘繼標	Shi Kai Biu
袁漢榮	Yuen Hong Wing, Jimmy

1994

周培賢*	Chau Pui Yin*
鄭玉臣	Cheng Yuk Sun, Andrew
周志堅	Chow Chi Kin, Cyril
林志桀	Lam Chi Kit, Lawrence
林順潮	Lam Shun Chiu, Dennis
李香濤	Li Heung To
羅冠蘭	Lo Koon Lan
莫鳳儀	Mok Fung Yee, Emily
余枝勝	Yu Chi Shing, Edwin
容永祺	Yung Wing Ki, Samuel

Deceased 已故*

LIST OF TOYP Awardees

1995

陳念慈	Chan Lim Chee, Amy
陳文敏	Chan Man Mun, Johannes
陳瑞麟	Chan Shui Lun, Dennis
陳天賜	Chan Tin Chi, Thomas
李超凡	Li Chiu Fan, Francis
梁憲孫	Liang Hin Suen, Raymond
廖璧欣	Liu, Peggy
龍子明	Lung, George
麥鄧碧儀	Mak Tang Pik Yee, Agnes

1996

鐘惠玲	Chung Wai Ling, Margaret
林章偉	Lam Cheung Wai, Leo
李麗珊	Lee Lai Shan
施展望	Sy Chin Mong, Stephen
葉維晉	Yip Wai Chung
葉惠民	Yip Wai Man

1997

張偉良	Cheung Wai Leung
金文傑	Kam Man Kit, Peter
劉柱柏	Lau Chu Park
劉小康	Lau Siu Hong, Freeman
吳　毅	Ng Lan
沈德寶莉	Sims, Deborah Anne
譚偉豪	Tam Wai Ho
楊重光	Yeung Chung Kwong

1998

陳偉光	Chan Wai Kwong, Victor
張學友	Cheung Hok Yau
郭寶賢	Kwok Po Yin, Samuel
黎　明	Lai Ming, Leon
龐愛蘭	Pong Oi Lan, Scarlett
黃英豪	Wong Ying Ho, Kennedy

1999

陳智思	Chan, Bernard
蔣麗莉	Chiang, Lily
劉德華	Lau Tak Wah, Andy
龍向榮	Lung Heung Wing
毛錫強	Mo Sik Keung Gilbert
莫儉榮	Mok Kim Wing
彭耀佳	Pang Yiu Kai
楊學明	Yeung Hok Ming, David

2000

陳兆焯	Chan Siu Cheuk
范瑩孫	Fan Yun Sun, Susan
孔美琪	Koong May Kay, Maggie
廖家俊	Lau, Jack
羅健中	Law Kin Chung, Christopher
梁美芬	Leung Mei Fun, Priscilla
盧煜明	Lo Yuk Ming, Dennis
吳長勝	Ng Cheung Shing
吳小清	Ng Siu Ching
倪文玲	Ngai Man Lin, Malina

2001

張建良	Cheung Kin Leung
霍嘉敏	Fok Ka Mun
李麗芬 (蓋鳴暉)	Lee Lai Fan
潘健侶	Poon Kin Lui
葛珮帆	Quat, Elizabeth

2002

陳慶芸	Chan Hing Wan, Eva
陳慧汶 (陳慧琳)	Chen Wai Man, Kelly
何百昌	Ho Pak Cheong
辛小紅	Hsin Hsiao Hung
廖家傑	Lau, George
李志剛	Lee Chi Kong, Stephen
梁建楓	Leung Kin Fung
梁冬陽	Leung Tung Yeung
黃真真	Wong Chun Chun, Barbara
任詠華	Yam Wing Wah, Vivian

2003

陳瑞燕	Chan Sui Yin, Agnes
陳偉民	Chan Wai Man
郭富城	Kwok Fu Shing, Aaron
李文俊	Lee Man Chun, Raymond
梁詠琪	Leung Wing Kei, Gigi
杜　聰 (杜宗智)	To Chung Chi
吳美樂	Wu, Mary

2004

陳建強	Chan Kin Keung, Eugene
陳丹蕾	Chan Tan Lui, Danielle
陳英凝	Chan Ying Yang, Emily
范舒屏	Fan Shu Ping, Dorothy
辛小玲	Hsin Hsiao Ling
王嘉恩	Wong, Albert
楊　丹	Yang Dan
姚　珏	Yao Jue
葉智榮	Yip Chi Wing, Alan

Deceased 已故*

LIST OF TOYP Awardees

2005

張國勳	Cheung Kwok Fan, Daniel
何周禮	Ho Chow Lai, Barrie
許志安	Hui Chi On, Andy
洪詠慈	Hung Wing Chee
古巨基	Ku Kui Kei, Leo
廖東梅	Liu Tung Mui
蘇樺偉	So Wa Wai
譚智勇	Tham Chee Yung, Clement
黃宏達	Wong Wang Tat, Victor
楊千嬅	Yeung Chin Wah, Miriam

2006

陳藝賢	Chan Ngai Yin
程詩灝	Ching See Ho
何猷龍	Ho Yau Lung
林景昇	Lin Sean
呂宇俊	Lui Yue Chun
蘇恩祺	So Yan Kei
蘇婉嫻	So Yuen Han, Bonnie
陳智勤	Tan Tze Ching
鄧淑明	Tang Shuk Ming

2007

朱祖順	Chu Cho Shun, Frederick
高永賢	Ko Wing Yin, Albert
羅寶文	Lo Po Man
鄧智偉	Tang Chi Wai, Sydney
黃金寶	Wong Kam Po
甄韋喬	Yan Wai Kiu
姚佩玲	Yiu Pui Ling
余翠怡	Yu Chui Yee
袁國禮	Yuen Kwok Lai
袁孟峰	Yuen Man Fung

2008

陳力元	Chan Lik Yuen
陳美玉	Chan Mei Yuk
錢國偉	Chin Kwok Wai
何嘉麗	Ho Kai Lai
洪為民	Hung Wai Man, Witman
姜炳耀	Kuen Ping Yiu
賴旭佑	Lai Yuk Yau, Timothy
汪明欣	Wong Ming Yan

2009

陳博智	Chan Pok Chi, Jonathan
鄭家豪	Cheng Ka Ho
鄭　慧	Cheng Wai
張潤衡	Cheung Yun Hang, Stanley
林志陞	Lam Chi Sing
李佑榮	Lee Yau Wing, Vincent
馬青雲	Ma Ching Wan, Ronald
容樹恆	Yung Shu Hang, Patrick

2010

高禮澤	Ko Lai Chak
劉曉鋒*	Lau Hiu Fung*
梁美儀	Leung Mei Yee, Kenneth
梁裕龍	Leung Yu Lung, Dexter
李　靜	Li Ching
盧思騁	Lo Sze Ping
吳兆文	Ng Siu Man, Simon
謝安琪	Tse On Kay
黃卓健	Wong Cheuk Kin, Legward
黃愛恩	Wong Oi Yan

2011

趙傑文	Chiu Kit Man, Calvin
趙慧君	Chiu Wai Kwun, Rossa
周定宇	Chow Ting Yu
李根興	Lee Kan Hing, Edwin
伍樂城	Ng Lok Shing, Ronald
魏華星	Ngai Wah Sing, Francis
黃傑龍	Wong Kit Lung, Simon
葉長安	Yip, Alvin
余　嬑	Yu Wah, Mary

2012

鍾志樂	Chung Chi Lok, Amold
黃煒燊	Wong Wai Sun, Vincent
關心妍	Kwan Sum Yin, Jade
李偉安	Lee Wai On, Warren
黃至生	Wong Chi Sang, Martin
王祖藍	Wong Cho Lam
賴恩慈	Lai Yan Chi
麥雅端	Mak Ngar Tuen, Prudence

2013

鄭偉才	Cheng Wai Tsoi, Frankie
張寶雯	Cheung Po Man Rowena
馮英騏*	Fung Ying Ki*
李行齊	Lee Hang Chai, Avon
湯啟宇	Tong Kai Yu, Raymond
岑健威	Shum Kin Wai
溫小蘋	Woon, Annie
丘雪祺	祺Yau Suet Ki Cecili

2014

陳嘉賢	Chan Ka Yin, Karen
方力申	Fong Lik Sun
高鼎國	Kao Geoffrey Edward
黎志偉	Lai Chi Wai
羅靈傑	Law Ling Kit, Ajax
馬興文	Ma Hing Man, Simon
彭秀慧	Pang Sau Wai, Kearen
蔡曉慧	Tsai Hiu Wai, Sherry
曾詠恆	Tsang, Janice
黃麗虹	Wong Lai Hung

Deceased 已故*

LIST OF TOYP Awardees

2015

張依勵	Cheung Yee Lai, Eliza
洪之韻	Hung Chi Wan, Emily
鄺海翔	Kwong Hiu Cheung, Rono
林曉鋒	Lam Hiu Fung, Alan
梁國成	Leung Kwok Shing
李琬微	Li Yuen Mei, Emmy
王建明	Wong Kin Ming, Robert
楊秉基	Yeung Ping Kei, Banky
楊駿業(楊大偉)	Yeung, David

2016

黃仰芳	Wong Yeung Fong, Fonia
葉頌文	Ip Chung Man, Tony
胡兆康	Wu Siu Hong
陳衍泓	Chan Hin Wang, Comma
蔡文力	Choi Man Lik, Edward

2017

鄭致知(鄭至芝)	Cheng Gi Gi
耿曉靈	Geng Xiaoling
郭灝霆	Kwok Ho Ting Marco
李浩然	Lee Hoey, Simon
鄧智傑	Tang Chi Kit
王家俊	Wong Ka Chun

2018

莊淑貞	Chong Shuk Ching
朱　子	Chu Tsz Wing
林凱源	Lam Hoi Yuen
李慧詩	Lee Wai Sze
	Mahbubani Vivek Ashok
吳俊霆	Ng Chun Ting
葉維昌	Yip Wai Cheong, Mh
余嘉龍	Yu Ka Lung, Carrel

2019

	Andrews Jeffrey Alterin
陳浩源	Chan Ho Yuen, Daniel
陳君洋	Chan Kwan Yeung, Arnold
鄭敏樂	Cheng, Mina
伍桂麟	Ng Kwai Lun, Pasu
鄺勵齡	Kwong Lai Ling, Louise
任卓昇	Yam Cheuk Sing
甄澤權	Yan Chak Kuen, Louis

2020

歐鎧淳	Au Hoi Shun, Stephanie
陳柏熹	Chan Pak Hei
周世傑	Chou Sai Kai
吳家榮	Ng Ka Wing
蕭凱恩	Siu Hoi Yan
曹蘊怡	Tso Wan Yee, Winnie
容祖兒	Yung Cho Yee, Joey

2021

招彥燾	Chiu Yin To, Ricky
徐汶緯	Chui Man Wai, Ray
林嘉安	Lam Ka On
廖國敏	Lio Kuokman
簡汝謙	Kan Yu Him, Ronald
江旻憓	Kong Man Wai, Vivian
張源津	Teoh Yuen Chun, Jeremy

2022

陳詩瓏	Shannon Melissa Chan
張家朗	Cheung Ka Long, Edgar
杜凱琹	Doo Hoi Kem
李皓晴	Lee Ho Ching
麥凱鈞	Mak Hoi Kwan, Calvin
潘智豪	Pun Chi Ho, Steven
蘇慧音	Soo Wai Yam
謝海發	Tse Hoi Fat

2023

張偉賢	Cheung Wai Yin Wilson
何宛淇	Ho Yuen Kei
高浩	Ko Ho
林衍聰	Lam Hin Chung Antonio
劉倩婷	Lau Sin Ting Sandy
馬承志	Mahboobani Neeraj Ramesh



Deceased 已故*



LIST OF
TOYP Patrons, Guests of Honour, Panels of Judges, Sponsors, Project Chairmen, and Selection Consultants

1970

Patron	His Excellency the Governor Sir David Trench, GCMG, MG
Guest of Honour	Dr. the Hon, Sir Albert Rodrigues, CBE, ED, JP
Panel of Judges	Cav Uff Leo T H Lee Dr. G H Chao, JP Mr. T K Ann, JP Mr. Kenneth Chung Mr. K C Lim, MBE The Hon J Canning, JP Mr. Shum Choi-Sang, MBE, JP
Sponsors	Members of the current Board of Directors, Tung Wah Group of Hospital and Various Others
Project Chairman	Dominic Yin

1974

Patron	His Excellency the Governor Sir Murray MacLehose, KCMG, MBE
Panel of Judges	Sir Y K Kan, CBE, JP Mrs. Ellen Li Shu-Pui, CBE, LLD, JP Miss Aw Sian, OBE, SS.J(A), JP Mr. K W J Topley, JP
Project Chairman	Catherine Yiul

1975

Patron	His Excellency the Governor Sir Murray MacLehose, KCMG, MBE
Panel of Judges	The Hon T K Ann, CBE, JP Mrs. Ellen Li Shu-Pui, CBE, LLD, JP Miss Aw Sian, OBE, SS.J(A), LLD, JP Mr. K W J Topley, JP
Sponsors	The Chase Manhattan Bank, N A South China Morning Post, Ltd
Project Chairman	K H Wun

1976

Patron	His Excellency the Governor Sir Murray MacLehose, KCMG, MBE
Panel of Judges	The Hon Hilton Cheong-Leen, OBE, JP Mr. D B M Board, JP Mr. G L Strickland Mr. Derek Davis Mr. GP T Carpenter
Project Chairman	Eddy Tsui

1977

Patron	His Excellency the Governor Sir Murray MacLehose, KCMG, MBE
Guest of Honour	The Hon Dr. S Y Chung, CBE
Panel of Judges	The Hon Dr. S Y Chung, CBE The Hon D Akers-Jones, JP Mr. T C Cheng, OBE, JP Mr. W R A Wyllie Mr. Y F Hui
Sponsors	Rediffusion Television Ltd Join-in Shirt, Yorkshire Int'l LtdDominic Yin
Project Chairman	Michael Young

1978

Guest of Honour	Dr. The Hon Sir S Y Chung, CBE, JP
Panel of Judges	Dr. The Hon Sir Y K Chung, CBE, JP The Hon D Akers-Jones, CMG, JP Professor S Y King, OBE, JP Mr. W R A Wyllie Mr. Y F Hui
Sponsors	Rediffusion Television Ltd Time Magazine
Project Chairman	Edmond Pang

1979

Guest of Honour	The Hon K W J Topley, CMG, JP
Panel of Judges	The Hon D Akers-Jones, CMG, JP The Hon Charles S C Yeung, JP Professor S Y King, OBE Mr. W R A Wyllie Mr. Y F Hui
Sponsors	Rediffusion Television Ltd
Project Chairman	Andrew Wong

1980

Panel of Judges	The Hon D Akers-Jones, CMG, JP The Hon Charles Yeung, JP Professor S Y King, OBE Mr. W R A Wyllie Mr. Y F Hui
Sponsors	Tse Sui Luen Jewellery Co Ltd
Project Chairman	Paul Chan

1981

Guest of Honour	The Hon Sir Phillip Haddon-Cave, KBE, CMG, JP
Panel of Judges	The Hon Eric Ho, CBE, JP The Hon Alex S C Wu, OBE, JP The Rev The Hon Joyce Bennet, OBE, JP Mr. Hui Yin Fat Dr. Keith Legg, OBE, JP
Sponsors	Tse Sui Luen Jewellery Co Ltd
Project Chairman	Lucas K C Tse

LIST OF
TOYP Patrons, Guests of Honour, Panels of Judges, Sponsors, Project Chairmen, and Selection Consultants

1982

Patron	The Hon Sir Phillip Haddon–Cave, KBE, CMG, JP
Guest of Honour	The Hon John H Brembridge, OBE
Panel of Judges	The Hon Eric P Ho, CBE, JP
	The Rev The Hon Joyce Bennet, OBE, JP
	Mr. Hui Yin Fat
	Dr. Keigh Legg, OBE, JP
Sponsors	A&A Continental (Holdings) Ltd
Project Chairman	John W H Chan

1983

Patron	The Hon Sir Phillip Haddon–Cave, KBE, CMG, JP
Guest of Honour	The Hon R H Lobo, CBE, LLD, JP
Panel of Judges	The Hon C Y Haye, CBE, JP
	Dr. The Hon K F Ho, OBE, JP
	The Hon Selina Chow, JP
	Dr. Keigh Legg, OBE, JP
Sponsors	Hang Seng Bank Ltd
Project Chairman	Winson Chan

1984

Patron	The Hon Sir Phillip Haddon–Cave, KBE, CMG, JP
Guest of Honour	The Hon Sir Phillip Haddon–Cave, KBE, CMG, JP
Panel of Judges	The Hon D G Jeaffreson, CBE, JP
	Dr. The Hon Harry Fang Sin–Yang, CBE, JP
	Dr. Henry F K Li, OBE, OStJ, JP
	Dr. Daniel C W Tse, PhD, LLD, JP
Sponsors	Citibank, N A
Project Chairman	Spencer Lo

1985

Patron	The Hon Sir David Akers–Jones, KBE, CMG, JP
Guest of Honour	The Hon Sir David Akers–Jones, KBE, CMG, JP
Panel of Judges	The Hon D G Jeaffreson, CBE, JP
	The Hon Maria W C Tam, OBE, JP
	Dr. Henry F K Li, OBE, OStJ, JP
	Dr. The Hon Daniel C W Tse, PhD, LLD, JP
	Mr. Howard Young
Sponsors	LTN Video Production Ltd (Video Production)
Project Chairman	Junia Ho

1986

Patron	The Hon Sir David Akers–Jones, KBE, CMG, JP
Guest of Honour	The Hon Sir David Akers–Jones, KBE, CMG, JP
Panel of Judges	The Hon D G Jeaffreson, CBE, JP
	Dr. Nelson Chow
	Dr. Henry F K Li, OBE, OStJ, JP
	Mr. D S Devitre
	Dr. Lam Kui–Chun
Sponsors	Philip Morris Asia Incorporated
Project Chairman	Valerie Cheung

1987

Patron	The Hon David R Ford, LVO, OBE, JP
Guest of Honour	The Hon David R Ford, LVO, OBE, JP
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	Mr. John Chan, LVO, OBE, JP
	Mr. Denis Bray, CMG, CVO, JP
	Dr. John L Clark
	Ms. O S Devitre
Sponsors	Philip Morris Asia Incorporated
Project Chairman	Maureen Chu Lo

1988

Patron	The Hon David R Ford, LVO, OBE, JP
Guest of Honour	The Hon Allen Lee Peng Fei, CBE, J
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	The Hon Chan Ying Lin, JP
	Mr. Augustine Kam Chui, JP
	Mr. Denis Bray, CMG, CVO, JP
	Dr. John L Clark
Sponsors	Philip Morris Asia Incorporated
Project Chairman	Peter S Ma

1989

Patron	The Hon Sir David Ford, KBE, LVO, JP
Guest of Honour	The Hon Allen Lee Peng Fei, CBE, JP
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	The Hon Chan Ying Lin, JP
	Mr. Augustine Kam Chui, JP
	Mr. Denis Bray, CMG, CVO, JP
	Dr. John L Clark
Sponsors	Philip Morris Asia Incorporated
Project Chairman	Peter S Ma

1990

Patron	The Hon Sir David Ford, KBE, LVO, JP
Guest of Honour	Mr. Richard L Williams
	(American Consul General)
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	The Hon Allen Lee Peng Fei, CBE, JP
	Dr. The Hon Wang Gungwu
	The Hon Elizabeth Wong, ISO, JP
	Mr. Denis Bray, CMG, CVO, JP
Sponsors	Citibank, N A
Project Chairman	Peter M K Kam



LIST OF
TOYP Patrons, Guests of Honour, Panels of Judges, Sponsors, Project Chairmen, and Selection Consultants

1991

Patron	The Hon Sir David Ford, KBE, LVO, JP
Guest of Honour	The Hon John Swaine, CBE, QC, JP
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	The Hon Allen Lee Peng Fei, CBE, JP
	The Hon E B Wiggham, CBE, JP
	Dr. Daniel C W Tse, CBE, JP
	Mr. Denis Bray, CMG, CVO, JP
Sponsors	Pacific Link Communications Ltd
Project Chairman	Connia Chu Lo

1992

Patron	The Hon Sir David Ford, KBE, LVO, JP
Guest of Honour	The Right Hon The Baroness Dunn, DBE, LLD, JP
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	Mr. Denis Bray, CMG, CVO, JP
	Mr. Michael Suen, JP
	Prof. The Hon Poon Chung Kwong, OBE, PhD Dsc, JP
	The Hon Miriam Lau, OBE, JPPacific Link
Sponsors	Pacific Link Communications Ltd
Project Chairman	Jennifer Cheng

1993

Patron	The Hon Sir David Ford, Chief Secretary, KBE, LVO, JP
Guest of Honour	The Hon John J Swaine, CBE, LLD, QC, JP
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	The Hon Rosanna Wong, OBE, JP
	Mrs. Rita Fan, CBE, JP
	Mr. TH Chau, JP
	Professor Charles K Kao
Sponsors	Emperor Group
Project Chairman	Maisy Chan

1994

Patron	The Hon Anson Chan, CBE, JP, Chief Secretary
Guest of Honour	The Hon Sir Ti Liang Yang, Chief Justice
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	The Hon Rosanna Wong, CBE, JP
	The Hon Nicholas W F Ng, JP
	Professor Edward Chan
Sponsors	Manulife
Project Chairman	Winnie Yeh Kung

1995

Patron	The Hon Anson Chan, CBE, JP, Chief Secretary
Guest of Honour	The Hon Donald Tsang, OBE, JP, Financial Secretary
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	The Hon Rosanna Wong, CBE, JP
	The Hon Nicholas W F Ng, JP
	Professor C K Poon, OBE, JP
	Dr. Ronald D B Leung, OBE, JP
Sponsors	Manulife
Project Chairman	Angela Ying

1996

Patron	The Hon Anson Chan, CBE, JP Chief Secretary
Guest of Honour	Mr. Stephen IP, JP Secretary for Economic Services
Panel of Judges	Sir Roger Lobo, CBE, LLD, JP
	The Hon Rosanna Wong, CBE, JP
	Mr. Andrew K W So, OBE, JP
	Professor Arthur K C Li
	Mr. Roger K H Luk
Sponsors	Manulife
Project Chairman	Amy Leung

1997

Patron	The Hon Anson Chan, JP Chief Secretary for Administration
Guest of Honour	The Hon Justice Andrew Li The Chief Justice of the Court of Final Appeal
Panel of Judges	The Hon Rosanna Wong, JP
	Ms. Elsie Leung, JP
	Professor Arthur K C Li, JP
	Mr. K Y Yeung, CBE, JP
	Dr. Fanny M C Cheung, JP
Sponsors	Chase Manhattan Bank
Project Chairman	Rosa Chan

1998

Patron	The Hon Anson Chan, JP Chief Secretary for Administration
Guest of Honour	The Hon Elsie Leung, JP, The Chief Secretary of Justice
Panel of Judges	Dr. The Hon Rosanna Wong, JP
	Professor Cheng Yiu Chung
	Mr. K Y Yeung, JP
	The Hon T L Yang, GBM, JP
	Dr. Fanny M C Cheung, JP
Sponsors	Chase Manhattan Bank
Project Chairman	Wendy Pang

LIST OF
TOYP Patrons, Guests of Honour, Panels of Judges, Sponsors, Project Chairmen, and Selection Consultants

1999

Patron	The Hon Anson Chan, GBM, JP, Chief Secretary for Administration
Guest of Honour	Mr. Michael Suen Ming Yeung, GBS, JP Secretary for Constitutional Affairs
Panel of Judges	Dr. The Hon Rosanna Wong, JP Mr. K Y Yeung, JP The Hon Charles Y K Lee, JP Professor Arthur K C Li, JP Dr. Edgar Cheng Wai-kin
Sponsors	Bel Trade (Holdings) Co. Ltd.
Project Chairman	Shirley M K Chan

2000

Patron	The Hon Mrs. Anson Chan, GBM, JP Chief Secretary for Administration
Guest of Honour	Mrs. Regina Ip, JP, Secretary for Security Dr. The Hon Rosanna Wong, JP
Panel of Judges	Mr. K Y Yeung, JP Professor Arthur K C Li, JP Mr. Andrew L T Sheng, SBS Ms. Anna Wu Hung-yuk, JP
Sponsors	Shanghai Commercial Bank Ltd.
Project Chairman	Emily Au-Yeung

2001

Patron	The Hon Donald Tsang, JP Chief Secretary for Administration
Guest of Honour	The Hon Leung Chun Ying, GBS, JP Dr. The Hon Rosanna Wong, JP
Panel of Judges	Dr. The Hon Rosanna Wong, JP Mr. K Y Yeung, CBE, JP Professor Arthur K C Li, GBS, JP Mr. Andrew L T Sheng, SBS, JP Miss Denise Yue, GBS, JP
Sponsors	Shanghai Commercial Bank Ltd.
Project Chairman	Peggy Yen

2002

Patron	The Hon Donald Tsang, JP Chief Secretary for Administration
Guest of Honour	The Hon Rita Fan Hsu Lai Tai, GBS, JP Professor Arthur K C Li, GBS, JP
Panel of Judges	Mr. Stephen S K Ip, GBS, JP Dr. Alice Lam, JP Mr. Andrew L T Sheng, SBS, JP Mr. Jack C K So, JP
Sponsors	Bank of China (Hong Kong) Limited
Project Chairman	Andrea Suen

2003

Patron	The Hon Donald Tsang, JP Chief Secretary for Administration
Guest of Honour	The Hon Henry Tang Ying Yen, GBS, JP
Panel of Judges	Professor The Hon Arthur KC Li, GBS, JP Mr. Rafael Hui Si Yan, GBS, JP Dr. Alice Lam, GBS, JP Mr. Moses Cheng, GBS, JP Dr. K S Lo, GBS, JP
Project Chairman	William Wong

2004

Patron	The Hon Donald Tsang, JP Chief Secretary for Administration
Guest of Honour	The Hon Leung Chun-ying, GBS, JP Member of the Excutive Council
Panel of Judges	Professor The Hon Arthur KC Li, GBS, JP Dr. Alice Lam, GBS, JP Dr. Raymond KF Ch'ien, GBS, JP Dr. Lo Ka Shui, GBS, JP Mr. Rafael SY Hui, GBS, JP
Sponsors	Bank of Communications
Project Chairman	James Tsui

2005

Patron	The Hon Rafael Hui, GBS, JP Chief Secretary for Administration
Guest of Honour	Professor the Honourable Arthur K C Li, GBS, JP Secretary for Education and Manpower
Panel of Judges	Dr. Alice Lam, GBS, JP Dr. Raymond KF Ch'ien, GBS, CBE, JP Dr. K S Lo, GBS, JP Professor Lawrence J. Lau Dr. C H Leong, GBS, OBE, JP
Sponsors	Bank of Communications
Project Chairman	Cecilia Cheung

2006

Patron	The Hon Rafael Hui, GBS, JP Chief Secretary for Administration
Guest of Honour	The Hon Rita FAN HSU Lai-tai, GBS, JP The President of the Legislative Council, Hong Kong Special Administrative Region
Panel of Judges	Dr. Alice Lam, GBS, JP Dr. Raymond KF Ch'ien, GBS, CBE, JP Mr. Alfred W. K. Chan Mr. Leo Lin-Cheng Kung Mr. Karl C. Kwok
Sponsors	Bank of Communications
Project Chairman	Ada Koo

LIST OF
TOYP Patrons, Guests of Honour, Panels of Judges, Sponsors, Project Chairmen, and Selection Consultants

2007

Guest of Honour	Mr. John Tsang Chun-wah, JP Financial Secretary, Hong Kong Special Administrative Region
Panel of Judges	Dr. Raymond KF Ch'ien, GBS, CBE, JP Mr. Alfred Chan, BBS Mr. Leo Lin-Cheng Kung, JP Mr. Karl C. Kwok Prof. Y. C. Richard Wong, SBS, JP
Sponsors	Hui Kai Securities Limited
Project Chairman	Vincent Chung

2008

Patron	The Hon Henry Tang Ying-yen, GBS, JP Chief Secretary for Administration
Guest of Honour	Mr. Wang Zhimin The Deputy Director of the Liasion Office of the Central People's Government in the HKSAR
Panel of Judges	The Hon C Y Leung, GBS, JP Mr. Paul Yin, BBS, JP Prof. Chan Yuk Shee Ms. Christine Fang Mr. Alfred W K Chan, BBS
Sponsors	Hui Kai Securities Limited
Project Chairman	Benny Lam

2009

Patron	The Hon Henry Tang Ying-yen, GBM, GBS, JP Chief Secretary for Administration
Guest of Honour	Mr. Tsang Tak-sing, GBS, JP Secretary for Home Affairs
Panel of Judges	The Hon C Y Leung, GBS, JP Mr. Clement Chan, BBS, JP Prof. Richard Ho Mr. Andrew Liao Cheung-sing, GBS, SC, JP Dr. Rosanna Wong, DBE, JP
Sponsors	I-SKY Group
Project Chairman	KK Cheung

2010

Patron	The Hon Henry Tang Ying-yen, GBM, GBS, JP Chief Secretary for Administration
Guest of Honour	The Hon C Y Leung, GBS, JP Convenor, Non-official Members of the Executive Council, HKSARMr. Clement Chan,
Panel of Judges	The Hon C Y Leung, GBS, JP The Hon CHA, Laura M., GBS, JP The Hon Paul CHAN Mo-po, MH, JP The Hon CHEUNG Kwok-che Prof. Frederick MA Si-hang, GBS, JP Dr. David WONG Yau-kar, JP
Sponsors	I-SKY Group
Project Chairman	Paul Wu

2011

Patron	The Hon Stephen Lam Sui-lung, GBS, JP Chief Secretary for Administration
Guest of Honour	Prof. Frederick Ma Si-hang, GBS, JP Former Secretary for Commerce and Economic Development, HKSAR
Panel of Judges	Prof. Frederick Ma Si-hang, GBS, JP The Hon Paul Chan Mo-po, MH, JP The Hon Cheung Kwok-che Prof. Joseph Sung Jao-yiu, SBS Dr. David Wong Yau-kar, JP
Sponsors	ABC International Holdings Ltd.
Project Chairman	Leo Chan

2012

Patron	The Hon Mrs. Carrie Lam Cheng Yuet-ngor, GBS, JP Chief Secretary for Administration
Guest of Honour	Prof. Frederick Ma Si-hang, GBS, JP Former Secretary for Commerce and Economic Development, HKSAR
Panel of Judges	Prof. Frederick Ma Si-hang, GBS, JP The Hon. Chan Kin-por, JP The Hon. Cheung Kwok-che Prof. Joseph Sung Jao-yiu, SBS Ms. Sophia Kao Ching-chi, SBS, JP
Sponsors	COFCO Corporation
Project Chairman	Cammie Chan

2013

Patron	The Hon Mrs. Carrie Lam Cheng Yuet-ngor, GBS, JP, Chief Secretary for Administration
Guest of Honour	The Hon Lam Woon-kwong, GBS, JP, The Convenor of the Non-official Members of the Executive Council
Panel of Judges	Prof. Frederick Ma Si-hang, GBS, JP The Hon. Cheung Kwok-che Prof. Joseph Sung Jao-yiu, SBS Ms. Paddy Tang Lui Wai-yu, BBS, JP Ms. Anita Fung Yuen-mei
Project Chairman	Cynthia Wong

2014

Patron	The Hon Mrs. Carrie Lam Cheng Yuet-ngor, GBS, JP, Chief Secretary for Administration
Guest of Honour	The Hon Mr. Rimsky Yuen Kwok-keung, SC, JP Secretary for Justice Prof. Joseph Sung Jao-yiu, SBS, JP
Panel of Judges	The Hon. Cheung Kwok-che The Hon. Mr. Justice Patrick Chan Siu-oi, GBM Ms. Anita Fung Yuen-mei, BBS Ms. Amy Chan Lim-chee, JP Ms. Paddy Tang Lui Wai-yu, BBS, JP
Project Chairman	Ronald Kan

LIST OF
TOYP Patrons, Guests of Honour, Panels of Judges, Sponsors, Project Chairmen, and Selection Consultants

2015

Patron	The Hon Mrs. Carrie Lam Cheng Yuet-ngor, GBS, JP Chief Secretary for Administration
Guest of Honour	The Hon Mr. Leung Chun-Ying, GBM, JP Chief Executive
Panel of Judges	Professor Joseph Sung Jao-yiu, SBS, JP Ms. Amy Chan Lim-chee, JP Ms. Anita Fung Yuen-mei, BBS Ms. Rose Lee Wai-mun, JP Ms. Paddy Tang Lui Wai-yu, BBS, JP Professor Anthony Wu Ting-yuk, GBS, JP
Project Chairman	Roy Tang

2016

Patron	The Hon Mrs. Carrie Lam Cheng Yuet-ngor, GBS, JP Chief Secretary for Administration
Guest of Honour	Professor Anthony Wu Ting-yuk, GBS, JP Ms. Anita Fung Yuen-mei, BBS, JP
Panel of Judges	Mr. Tim Lui Tim-leung, BBS, JP Mr. Pang Yiu-kai, GBS, JP Professor Wong Yuk-shan, BBS, JP Dr. Wilfred Wong Ying-wai, GBS, JP
Sponsor	HF Group
Project Chairman	Alvina Chan

2017

Patron	The Hon Mr. Matthew Cheung Kin-chung, GBM, GBS, JP Chief Secretary for Administration
Guest of Honour	Professor Anthony Wu Ting-yuk, GBS, JPAlvina
Panel of Judges	Professor Anthony Wu Ting-yuk, GBS, JP Dr. Pang Yiu-kai, CBS, JP The Hon. Ma Fung-kwok, SBS, JP Mr. Tim Lui Tim-leung, SBS, JP Professor Wong Yuk-shan, BBS, JP
Sponsor	The Chinese Manufacturers' Association of Hong Kong
Project Chairman	Lena Wong

2018

Patron	The Hon Mr. Matthew Cheung Kin-chung, GBM, GBS, JP Chief Secretary for Administration
Guest of Honour	The Hon Mr. Matthew Cheung Kin-chung, GBM, GBS, JP Chief Secretary for Administration
Panel of Judges	Dr. Pang Yiu-Kai, CBS, JP Professor K.C. Chan, GBS, JP Dr. Ko Wing Man, GBS, JP Ms. Mok Fung Yee, Emily, MH, JP Mr. Ngai Wah Sing, Francis
Sponsor	Biel Crystal (HK) Manufactory Ltd
Project Chairman	Yoee Leung

2019

Patron	The Hon Mr. Matthew Cheung Kin-chung, GBM, GBS, JP Chief Secretary for Administration
Guest of Honour	The Hon Mr. Matthew Cheung Kin-chung, GBM, GBS, JP Chief Secretary for Administration
Panel of Judges	Dr. Pang Yiu-Kai, GBS, JP Professor K.C. Chan, CBS, JP Dr. Ko Wing Man, GBS, JP Ms. Mok Fung Yee, Emily, MH, JP Mr. Ngai Wah Sing, Francis
Sponsor	Biel Crystal (HK) Manufactory Ltd.
Project Chairman	Carol Yeung

2020

Patron	The Hon Mr. Matthew Cheung Kin-chung, GBM, GBS, JP Chief Secretary for Administration
Panel of Judges	Dr. Pang Yiu-Kai, GBS, JP Professor K.C. Chan, BBS, JP Dr. Ko Wing Man, GBS, JP Ms. Mok Fung Yee Emily, MH, JP Mr. Ngai Wah Sing, Francis
Project Chairman	Karen Yeung

2021

Patron	The Hon John Lee Ka-chiu, SBS, PDSM, PMSM, JP Chief Secretary for Administration
Panel of Judges	Dr. Ko Wing Man, GBS, JP Professor K.C. Chan, GBS, JP Dr. Lam Tai Fai, SBS, JP Ms. Mok Fung Yee, Emily, MH, JP Mr. Ngai Wah Sing, Francis
Project Chairman	Bess Li

2022

Patron	The Hon Eric Chan Kwok-Ki, GBS, IDSM, JP Chief Secretary for Administration
Panel of Judges	Dr. Ko Wing Man, GBS, JP Prof. Ceajer K.C. Chan, GBS, JP Dr. Lam Tai Fai, GBS, BBS, JP Dr. Carlye W.L. Tsui, SBS, MBE, JP Ir. Dr. Alan Lam
Project Chairman	Naomi Chan

2023

Patron	The Hon Eric Chan Kwok-ki, GBS, IDSM, JP Chief Secretary for Administration
Panel of Judges	Dr. Ko Wing Man, GBS, JP Professor K.C. Chan, GBS, JP Dr. Carlye W.L. Tsui, SBS, JP Ir. Professor Alan Lam, JP Dr. Maggie Koong, BBS, JP
Project Chairman	Rosanna Wong

LIST OF
Selection Consultants

1974–1979	Peat, Marwick Mitchell & Management Consultant
1980–1982	Arthur Anderson & Co
1983–1987	Price Waterhouse
1988–1992	Ernst & Young
1993–1996	Arthur Anderson & Co
1997	Coopers & Lybrand
1998	PricewaterhouseCoopers
1999–2000	Deloitte Touche Tohmatsu
2001	Ernst & Young
2002–2003	Sit, Fung, Kwong & Shum, Solicitors
2004–2006	Grant Thomton
2007–2016	Deloitte Touche Tohmatsu
2017–2021	EY
2022–2024	Deloitte China



Deloitte.

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祝賀

容思瀚先生

榮獲

十大傑出青年

殊榮

友邦香港

致意



香港政協青年聯會
Hong Kong CPPCC Youth Association



祝賀容思瀚第一常務副主席

榮獲香港十大傑出青年

GAMA HONG KONG

傳承30載・創新未來

祝賀

香港人壽保險經理協會
General Agents and Managers Association of Hong Kong

GAMAHK乃是保險業經理協會的專業組織，會員主要為資深前線經理領導人，直接管轄大概三萬保險前線代理人。

本會積極關注業界的規管與發展，並代表會員就與行業有關的事務與相關組織作溝通橋樑及發言，以業界福祉為依歸。本會秉承「薪火相傳」使命，透過榮譽獎項，專業培訓取得國際認可的專業資格，引領會員及業界邁向專業及肯定。

此外 GAMAHK 於2022年正式成立GAMAHK慈善基金，致力凝聚保險業界力量，旨在透過推動公益善業，讓保險博愛精神傳揚至社區每個角落，為社會帶來積極而正面的影響，彌補社會服務上的缺口。

容思瀚先生
香港人壽保險經理協會副會長
榮膺「香港十大傑出青年」

GAMA HONG KONG
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GAMAHK

JCI Hong Kong 十大傑出青年選舉 Ten Outstanding Young Persons Selection 2024



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YOUNG PERSONS' ASSOCIATION

2024-2025年度
傑出青年協會 執行委員會

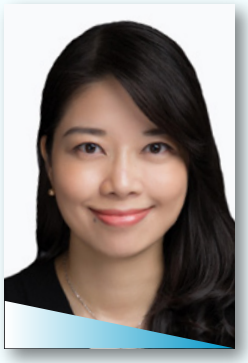
TOYPA
Executive Committee Members
2024-2025



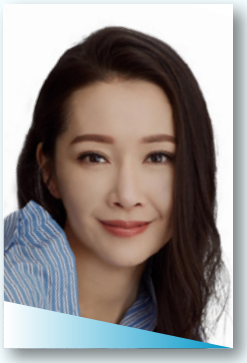
鄧智傑教授
Prof. Jacky Tang PhD
主席 Chairman
2017年十大傑出青年



梁建楓先生
Mr. Leung Kin Fung
常務副主席 Deputy Chairman
2002年十大傑出青年



莊淑貞醫生
Dr. Josephine Chong
副主席 Vice Chairman
2018年十大傑出青年



關心妍女士
Ms. Jade Kwan
副主席 Vice Chairman
2012年十大傑出青年



鄺勵齡女士
Ms. Louise Kwong
秘書長 Hon Secretary
2019年十大傑出青年



周世傑先生
Mr. Jet Chou
財務長 Hon Treasurer
2020年十大傑出青年



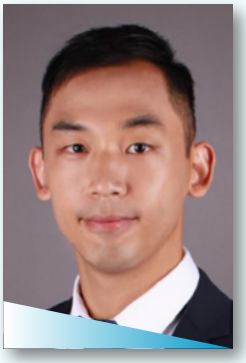
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第五十一屆



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圓滿成功



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Congratulations to the Ten Outstanding Young Persons Selection 2024 on the successful event



JCI Queensway



Congratulations to the success of Ten Outstanding Young Persons Selection 2024

With the compliments of 2024 Board of Directors

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TEN OUTSTANDING YOUNG PERSONS SELECTION 2024

WITH COMPLIMENTS OF JCI SHA TIN 2024 BOARD OF DIRECTORS

JCI Dragon

UNITED WE BUILD TO EMPOWER & RISE

Congratulations to JCI Hong Kong

On the Successful

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十大傑出青年選舉

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人和家富　民和國富
Harmony brings a family prosperity
Cohesion makes a nation wealthy



學校
School



長者
Elderly



社區
Community

和富

Wofoo Social Enterprises
和富社會企業

和富社會企業由李宗德博士於1997年創辦，
是一個為社會各界提供多元及創新服務的協作平台。

Wofoo Social Enterprises, found by Dr. Joseph Lee, GBS, OStJ, JP in 1997, is a collaboration platform that offers diversified and innovative services to different sectors in the community.







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