

Olympism

Education Programme (OEP)



薪火相傳 一同成長!
Pass on the Flame and Thrive Together



願景 Vision

薪火相傳 一同成長!

「奧林匹克主義教育計劃」自2005年起推出，由香港現役或退役運動員擔任講者嘉賓，向中小學生、大專生及社區人士宣揚奧林匹克精神。透過參與計劃活動，參加者如同從運動員手中接過火炬，建立正面價值觀，實踐奧林匹克精神。

Pass on the Flame and Thrive Together!

Olympism Education Programme (OEP) has been organizing since 2005 to foster Olympism. Local serving or retired athletes will be designated as guest speakers. Beneficiaries include students and community members. Through the Programme, participants receive the "flame" from the athletes to build positive values and practice Olympic spirit.

計劃目的 Aims

- 提高參加者對奧林匹克主義的認識
To enhance participants' understanding on Olympism
- 加深參加者對香港體壇發展的知識
To enrich participants' knowledge on sports development in Hong Kong
- 鼓勵大眾參與體育運動
To encourage participation in sports



奧林匹克主義講座 Olympism Education Talk

奧林匹克主義講座主要涵蓋的資訊包括：古代及現代奧運、奧林匹克價值觀、奧運會冷知識、香港體壇發展及本地體育活動等。

The Talk covers ancient and modern Olympics, Olympic values, Olympic trivia and Hong Kong sports development.



▲ 講座以網上形式進行，更靈活配合機構安排。
The talk was carried out online which flexibly catered the organizations' arrangement.



Interactive sessions aroused participants' enthusiasm.

◀ 講座中加入問答環節，鼓勵參加者投入其中。

運動員分享 Athlete Sharing

運動員透過分享自身經歷，讓參加者了解他們在訓練或比賽時所遇到的挑戰及其面對的態度，從中獲得啟發，使他們身、心、靈三方面有所提升。

In order to inspire participants and enhance their self-growth, athletes share their personal experience in coping with challenges that they encountered during training or competitions.



Participants learnt how to apply Olympism to daily life.

◀ 參加者學習如何應用奧林匹克主義於日常生活。



Athlete encouraged students to exercise regularly during the period of pandemic.

◀ 運動員鼓勵學生在疫情下保持定期運動的習慣。

專項運動/新興運動 介紹及示範

Introduction and Demonstration of Individual Sports / New Sports

運動員透過介紹及示範專項或新興運動，包括箇中的基本動作及技巧，鼓勵參加者發掘自己的專長和對運動的興趣。

Athletes introduce and demonstrate individual / new sports, including movement and basic skills to encourage participants to explore their strengths and interest in sport.



◀ 運動員介紹武術中的「馬步」訓練學生的穩定性和毅力。

Athlete introduced "horse stance" in Wushu to train students' stability and perseverance.



◀ 學生在運動員教授賽艇的基本動作後，進行比賽，十分刺激。

Students had an exciting race after learning basic rowing skills from athlete.

運動會/活動 致辭及頒獎嘉賓

Speech and Award Presentation at Athletic Meet or Other Events

運動員在運動會或活動中致辭及擔任頒獎嘉賓，分享比賽經歷，激發參加者的熱誠和鬥志。

Athletes can be invited as guest speaker or award presenter at athletic meet or other events. Their sharing of personal experience can inspire the participants and make the events more delightful.



◀ 運動員在頒獎禮表揚得獎者努力拚搏的成果。

Athlete praised the effort of the winner.



◀ 運動員嘉許一班才藝出眾的老友記。

Athlete commended the talent of the elderly.

互動遊戲 Interactive Games

設有多項互動遊戲以增加活動的趣味性，鼓勵參加者投入其中：

Interactive games are designed to make more fun and increase engagement:

肌肉強化器材DIY Home Workout DIY



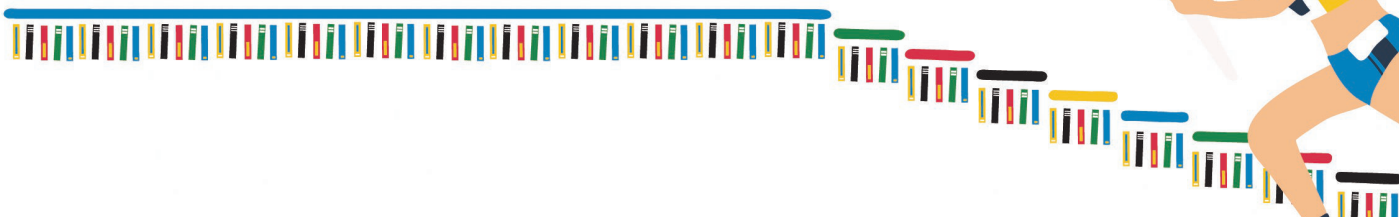
你體我又體 Olympism Board Game



集中擲中 Concentrate and Throw



體脂機數據分析 Body Fat Monitor Analysis



Olympic House Guided Tour

奧運大樓導賞活動

奧運大樓導賞活動讓公眾認識港協暨奧委會的歷史及背景。大樓亦藏有奧運會及其他大型綜合運動會的紀念品及珍藏，供大眾參觀。

Olympic House Guided Tour can provide the public an opportunity to understand the SF&OC. Valuable collections from multi-sports Games are exhibited.

奧運大樓導賞簡介

Brief on Olympic House Guided Tour



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Hong Kong Centre for Olympic Studies (COS)

香港奧林匹克資料中心

香港奧林匹克資料中心設於奧運大樓一樓，提供有關奧林匹克及體育運動項目等書籍和資源，歡迎公眾參觀。

Hong Kong Centre for Olympic Studies is located at 1/F of the Olympic House to provide Olympic Games and sports-related reference books and resources for the view of public.

