



**OUTWARD BOUND
CORPORATE CHALLENGE**
外展衝勁樂 2024

14 December, Saturday
12:00 noon – 5:30 pm
Football Pitch, Go Park

Programme Book



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LIVESCORE

www.obhkcorporatchallenge.com





Message from the Executive Director 行政總監致辭

This event is the culmination of a real community effort. We are blessed to have the support of our dedicated and hard-working organising committee who volunteer their time to ensure the day is as successful and enjoyable as possible. Our staff team work throughout the year to design the games, build the props and make sure everything is ready for our participants. Of course, the day would be nothing without our willing and energetic teams who make the day what it is.

We are fortunate to be able to host the event at the Go Park, a new community facility that is easily accessible and provides a venue that suits our rather unusual needs perfectly! Hopefully this is the first of many.

These combined efforts by sectors of our community directly support the positive development of our young people by enabling them to benefit from an Outward Bound Hong Kong experience. As such, this is a real 'community' event and my thanks go to everyone involved for their contribution and for the impact that will result.

Have a great day!

Message from the Chair 主席致辭

大家好！歡迎大家今天來到這麼漂亮的 Go Park場地參加「外展衝勁樂2024」。今年是香港外展訓練學校自1986年起，舉辦的第35屆「外展衝勁樂」。

近年大家經常聽到「Future Proof」這個名詞，而香港外展訓練學校這屆的主題正是「Future Proof Team」。我們希望透過今天的各項活動和遊戲，幫助大家提升未來所需的技能，例如韌性、自信、同理心、社交技巧和環保責任感。希望每位參加者都能在輕鬆愉快的氛圍下，展現團隊精神，互相交流，共同成長，為未來打下堅實的基礎。

「外展衝勁樂」不僅讓大家可以辦公室以外有團隊活動，還提供了一個機會來促進彼此合作和交流。今天活動所籌得的款項將用作支持香港外展訓練學校有需要的學員，積極參加更多活動！

今年共有34支隊伍參加不同的比賽，其中11隊是首次參加。相信將會一番激烈的競爭。不過，比賽的意義不僅在於勝利，更在於享受過程中得到的快樂。另外，名人賽將繼續舉行，衷心感謝香港電子業商會、香港電器業協會、香港玩具基金會 / 香港玩具廠商會、香港創新科技及製造業聯合總會及香港提升快樂指數基金的支持與參與，期待看到他們在這場龍爭虎鬥中的精彩表現！

在此，我想特別感謝黃大仙區康樂體育會的支持，以及Go Park 借出場地，讓我們可以在這個全新的地標舉辦這次慈善活動。同時，也要感謝所有贊助機構、籌委會的委員以及義工，有你們的支持，今天的「外展衝勁樂2024」才得以順利舉辦。當然還要感謝各位參賽者今日來到這裡，為我們的活動出一分力！

最後，希望大家今天有一個愉快的下午，謝謝大家！



Organising Committee 籌備委員會

Honorary Chairman 榮譽主席

Dr Roy Chung, GBS, JP

Dr Sunny Chai, SBS, JP

Chairman 主席

Ms Clara Chan, MH, JP

Vice Chairman 副主席

Mr Thomas Ting

Committee Members 籌委會成員

Mr Samson Chan

Mr Nick Cotton

Ms Alyson Hau

Mr Measure Hung

Mr Ryan Hung

Mr Vincent Kong

Ms Cheris Lee

Ms Rebecca Lee

Mr Bobby Liu

Ms Clara Liu

Mr Michael Tung

Ms Phoebe Wan

Mr Johnny Yeung

Ms Wendy Yeung

CELEB Challenge 名人賽籌委會成員

Mr Edward Chan

Ms Helen Chan

Ms Fionz Chan

Mr Samson Chan

Mr Measure Hung

Mr Samson Ko

Mr Vincent Kong

Mr Antony Sit

Mr Basil Wai

Ms Jan Yeung

Mr Johnny Yeung

Introduction of Outward Bound Hong Kong

Outward Bound Hong Kong (OBHK) is a leading outdoor experiential education provider in Hong Kong and a registered charity since 1970. We *#FutureProofYOUth* through outdoor experiential education to build a stronger Hong Kong.

In the past 50 years, OBHK programs have had a tremendous impact on over 300,000 youth in Hong Kong in equipping their **well-being**, enhancing **social inclusion**, and fostering **future skills**. The benefits of providing quality outdoor experiential education are well known and every Hong Kong youth deserves to benefit so that they can be part of Hong Kong's successful future.

有關香港外展訓練學校

香港外展訓練學校為一所於**1970**年註冊成立的慈善機構。我們透過野外體驗式教育。

#裝備青年未來，一起建立更強大的香港。創立至今，超過**30**萬名香港青年透過外展課程，從身心健康、社會共融和未來技能，均取得了顯著進步。弱勢青年透過具有挑戰性的訓練課程認識自我，發掘潛能，從而關注和幫助社會上其他有需要的人士。



**OUTWARD BOUND
HONG KONG**





Introduction of Outward Bound Corporate Challenge

Since 1986, Outward Bound Hong Kong has organised the Corporate Challenge every year to raise funds to support our work to #FutureProofYOUth by providing the equipment and facilities needed to deliver outdoor education to underprivileged youth in Hong Kong.

The Corporate Challenge aims to develop communication skills, strategic planning, teamwork, problem solving and physical challenge in participants.

Theme of this year is #FuturePProof, through the event of action, prizes and laughter, we aim to future proof your team, developing their future skills in resilience, confidence, compassion, social skills and environmental responsibility.

有關外展衝勁樂

自一九八六年開始，香港外展訓練學校每年均舉辦外展衝勁樂為香港外展訓練學校籌募經費，用作支持香港外展訓練學校 #裝備青年未來 的工作，提供野外體驗式教育所需設備和設施，為更多弱勢青年提供更多機會。

這個競技比賽別具創意，有趣又講求合作。參加隊伍將透過參與競技遊戲，親身體會團隊合作、領導和應變技巧，從中加強同事間的默契和交流。

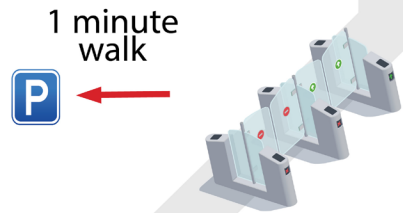
本年度主題是#FutureProof, 透過行動、獎品和笑聲的活動，我們旨在為你的團隊未來做好準備，培養他們在韌性、自信、同情心、社交技巧和環境責任方面的未來技能。

Programme Rundown 節目表

- 12:30 – 12:45 Final Captain's Briefing 隊長最後述要
- 13:15 – 13:30 Parade of Teams led of Pipe Band, Hong Kong Police Band 香港警察風笛隊帶領參賽者進場
- 13:30 – 13:55 Opening Ceremony 開幕典禮
1. Welcome Remarks by Ms Clara Chan, MH, JP, Chairman, Organising Committee
籌委會主席 陳婉珊小姐致歡迎辭
 2. Speech by Mr Nick Cotton, Executive Director, Outward Bound Hong Kong
香港外展訓練學校行政總監 郭力衡先生致謝辭
 3. Presentation of souvenirs to major sponsors and supporting organisations 頒發紀念品
 4. Awards for The Best Dressed Team and The Best Banner Team 頒發最佳服裝獎及最佳隊旗設計獎
- 14:15 – 15:00 Team Competition (Session 1) 比賽開始 (第一節)
- 15:00 – 15:45 Cheer Team Performance 啦啦隊比賽
- 15:50 – 16:22 Team Competition (Session 2) 比賽開始 (第二節)
- 16:25 – 17:00 Celeb Teams Competition 名人賽
- 17:00 – 17:30 Closing Ceremony 閉幕典禮
1. Thank You Remarks by Mr Nick Cotton, Executive Director, Outward Bound Hong Kong
香港外展訓練學校行政總監 郭力衡先生致謝辭
 2. Presentation of Awards and souvenirs 頒發獎項

Floorplan

場地平面圖



ROLLER SKATING

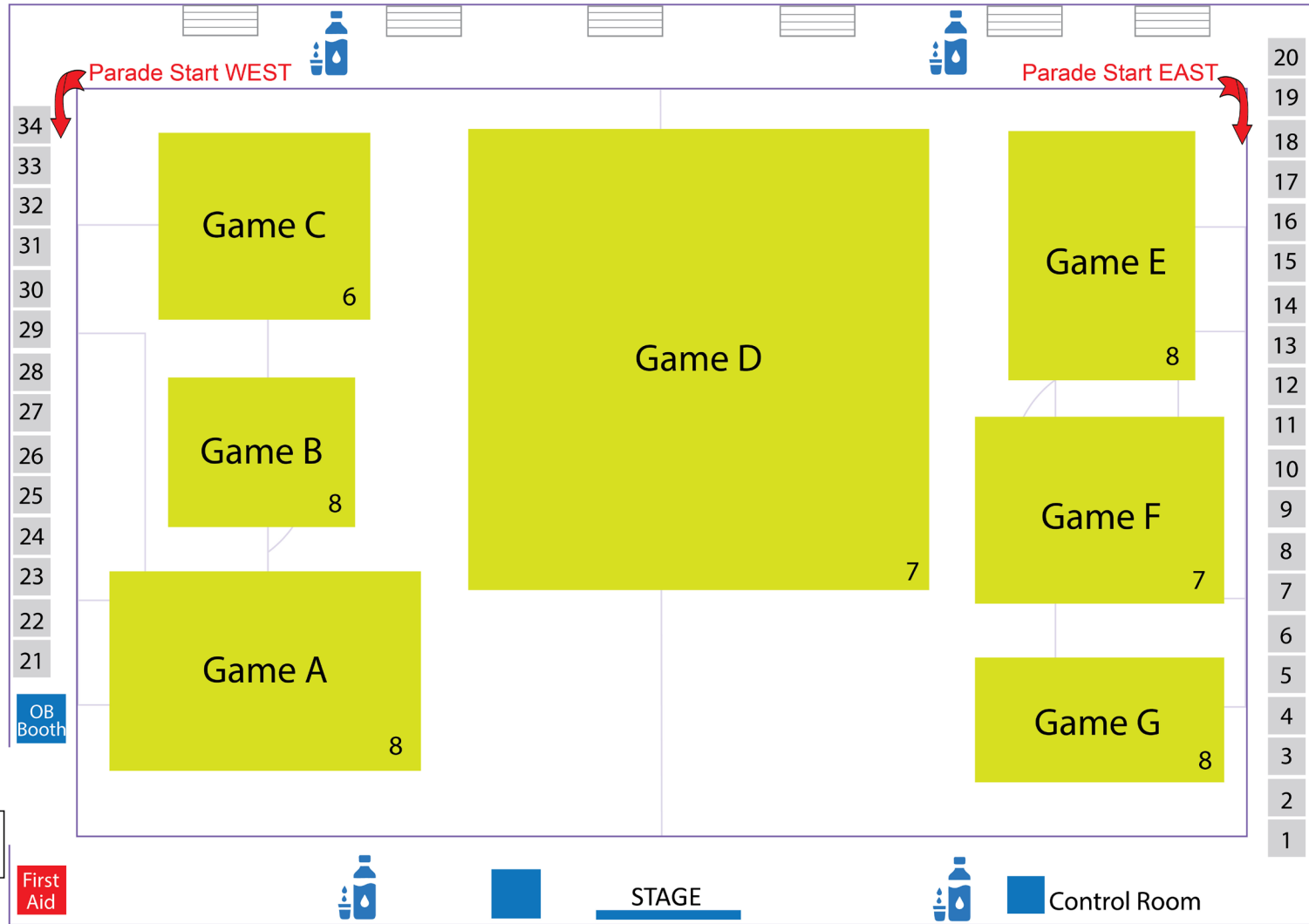
CHANGING ROOM

Welcome & Registration

First Aid

PADEL

VENDING MACHINE



Games & Rules 遊戲規則

Teams will engage in a series of 7 games specially designed at fostering teamwork, communication, and strategic thinking skills. Each game is set to run for a duration of 6 minutes.

參與的隊伍將挑戰7個旨在培養團隊合作、溝通和戰略思維能力的遊戲。每個遊戲將持續6分鐘。

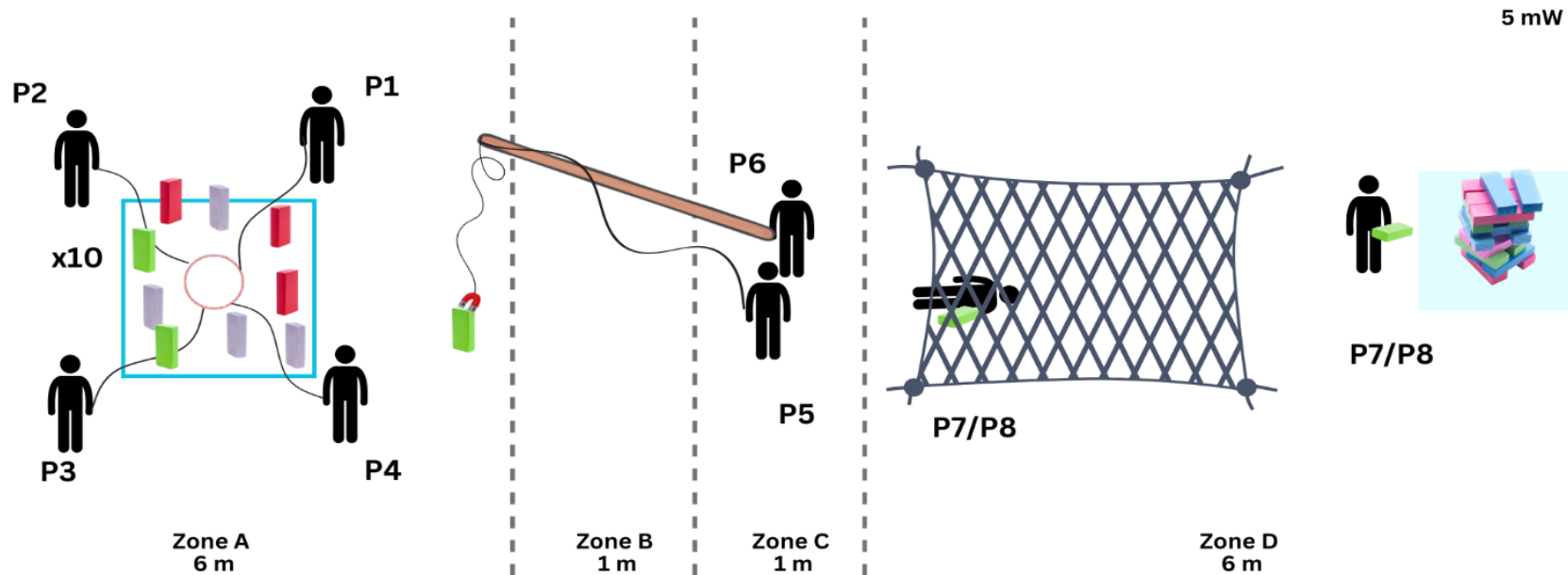
Game 遊戲	Name 名稱
Game A	<u>Gold Brick Heist 勇奪金磚</u>
Game B	<u>Conjuring Ball 大球變小球</u>
Game C	<u>Step & Throw 步步投擲</u>
Game D	<u>Happy Duck Expedition 鴨仔遠航</u>
Game E	<u>Waveball Pass 波動傳球</u>
Game F	<u>Clock Chase 時間競賽</u>
Game G	<u>Water SOS 水柱危機</u>

Game A

Gold Brick Heist 勇奪金磚 (8 players)

P1-P4 in Zone A use rubber bands to pick up the bricks and move towards Zone B. P5-6 use a special tool with a magnet to collect the bricks and pass to P7-P8, who transport them across a rope net and then stack on the carpet. Each team has 10 bricks to complete the challenge. Scoring awards 1 point per brick and additional points based on the stacked layer, up to 45 points for layer 10.

P1-P4在A區使用橡筋帶撿起磚塊並移動至B區。P5-P6使用帶有磁鐵的特殊工具吸起磚塊並傳遞給P7-P8再穿過繩網運送至地氈上的長磚疊高。每隊有10塊磚塊完成挑戰。得分為每塊磚1分，並根據堆疊的層數額外加分，最高可達第10層45分。

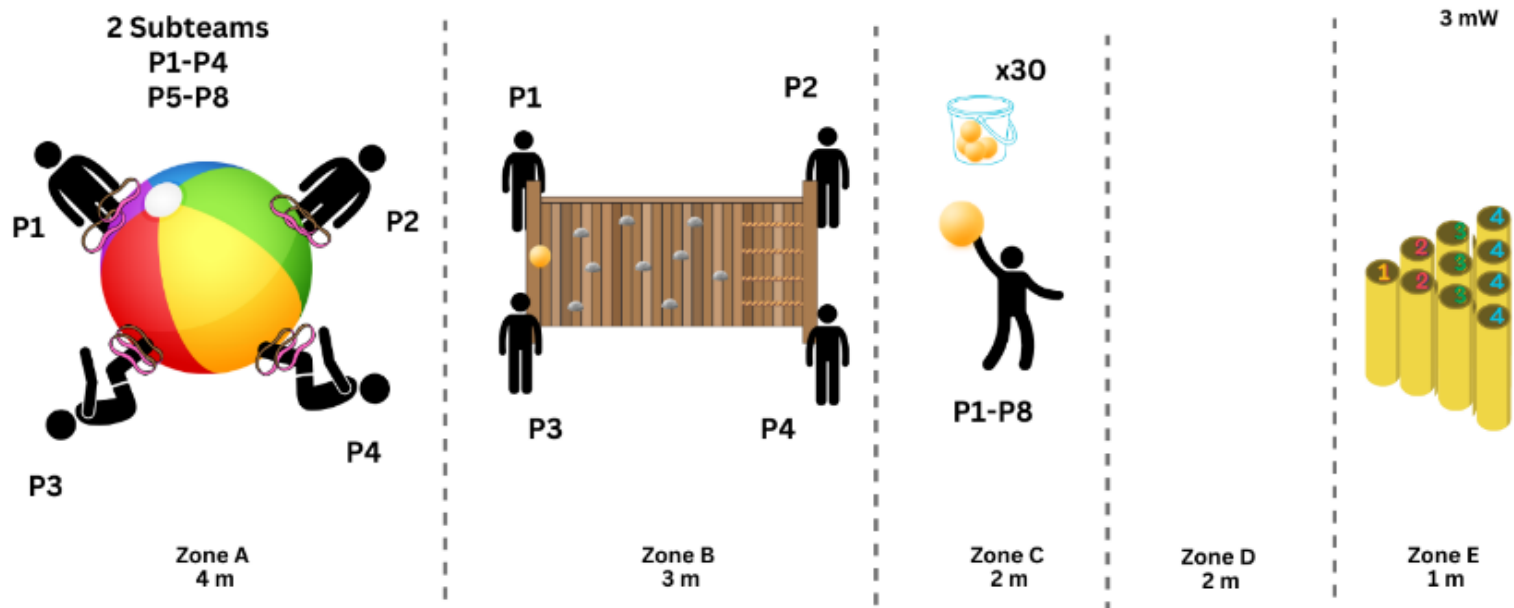


Game B

Conjuring Ball 大球變小球 (8 players)

Players split into two subgroups: P1-P4 and P5-P8. P1-P4 wear elastic bands in Zone A, use the legs to support an inflatable ball, remove the elastic bands from their feet one by one without dropping the ball. Moving to Zone B, they slide table tennis ball into marked intervals for points. P1-P4 can send members to throw balls into Zone E for scores. Scoring is based on table tennis ball intervals and successful throws into the tube.

隊員分成兩個小組：P1-P4和P5-P8。P1-P4在A區戴上橡筋帶，用雙腳支撐一個充氣球，必須逐一從雙腳上除去橡筋帶，直至所有橡筋帶都被取下，而且不能讓球掉落。移至B區後，他們將乒乓球滑入標示的間隔以獲得分數。P1至P4可以派成員將球投入E區以得分。得分基於乒乓球的間隔和成功投入管道的次數。

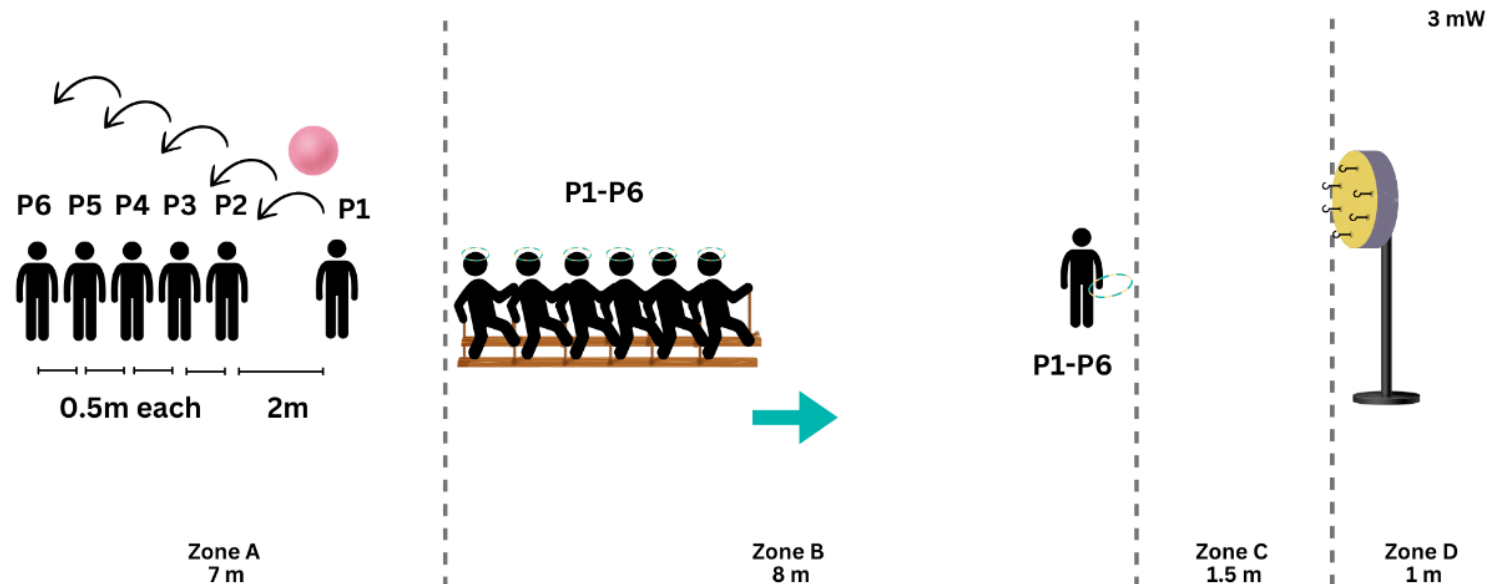


Game C

Step & Throw 步步投擲 (6 players)

P2-P6 position themselves facing P1 in Zone A. P1 throws the ball to P2, who throws it back to P1 and then squats down immediately. P1 repeats the above action and throws the ball to all 5 members one by one until P6 throws the ball back to P1 at the end. They will then move to Zone B with hula hoops on their heads while walking on the wooden bars. They must carry the hoops to Zone C and then throw them to a target in Zone D for scoring. Points are earned based on the number of hoops at Zone C and the accuracy of landing the hoops on the hooks.

P2-P6在A區面對P1站定。P1將球投向P2，P2再將球反拋給P1，然後立即蹲下。P1重覆上述動作，將球逐一傳給全部5名成員，直到P6最終將球傳回給P1。然後，每人拿起一個迷你呼拉圈放在頭上在木條上行走前往B區。他們必須將呼拉圈帶到C區，然後將其投向D區的目標得分。根據C區的呼拉圈數量和成功將呼拉圈掛上勾子獲得積分。





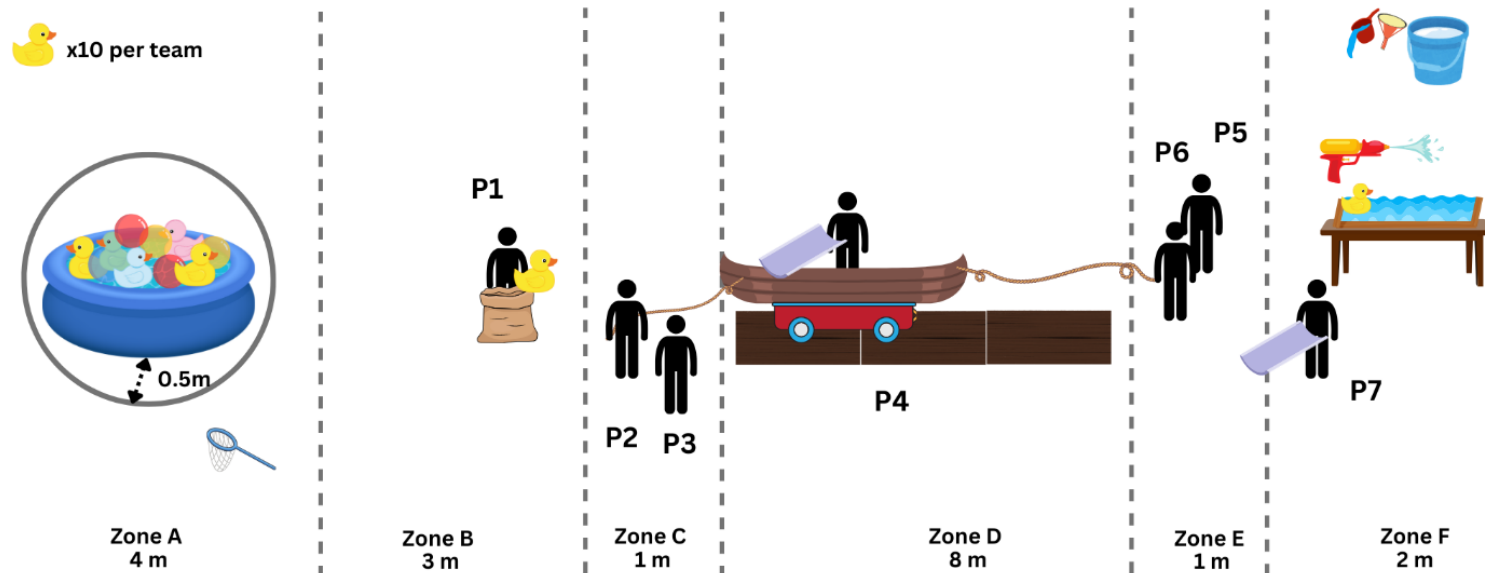
SF Supply Chain China
In partnership with DHL

Game D

Happy Duck Expedition 鴨仔遠航 (7 players)

P1 pick up a duck matching its lane color using a fishing tool from the pool boundary. P1 then jumps to Zone B with the duck in a sack. In Zone B, P1 passes the duck to P4 on a kayak with a hose. P5 and P6 collaborate to move the kayak to Zone E. P4 transfers the duck to P7 using the hose. P7 places the duck at the water pipe start, shooting it to the end for points.

P1使用釣魚工具從池邊撈起一隻與他們線道顏色相符的鴨子，然後用麻袋中帶著鴨子跳至B區。在B區，P1將鴨子交給坐在獨木舟上並持有水管的P4。P5和P6合作將獨木舟拉至E區。P4用水管將鴨子傳遞給P7。P7再利用水槍把鴨仔由水管的起點射到終點，以獲得積分。

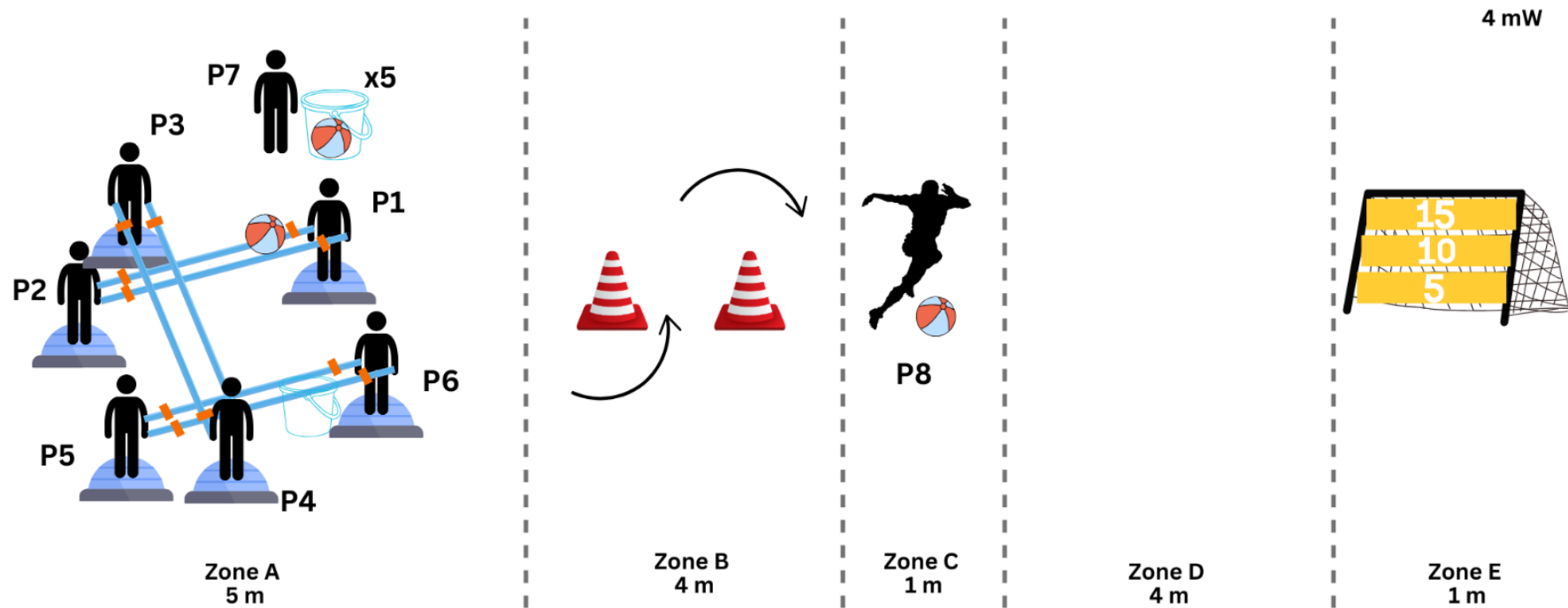


Game E

Waveball Pass 波動傳球 (8 players)

P1-P6 should each hold the end of 2 poles and stand firmly on the semi-circular balancing ball. P7 is responsible for placing the ball on the sticks that P1 is holding. P1-P6 use the sticks on their hands aiming to transport and drop the ball into the bucket next to P6. P8 then kicks the ball around the cones, aiming for a goal in Zone E to score points.

P1-P6各自拿住兩根棍子的末端，穩固地站在半圓形平衡球上。P7負責將球放在P1手中的棍上。P1至P6使用手上的棍子，旨在將球運送並放入靠近P6的桶中。接著，P8繞過錐體踢球，目標是在E區射門得分。

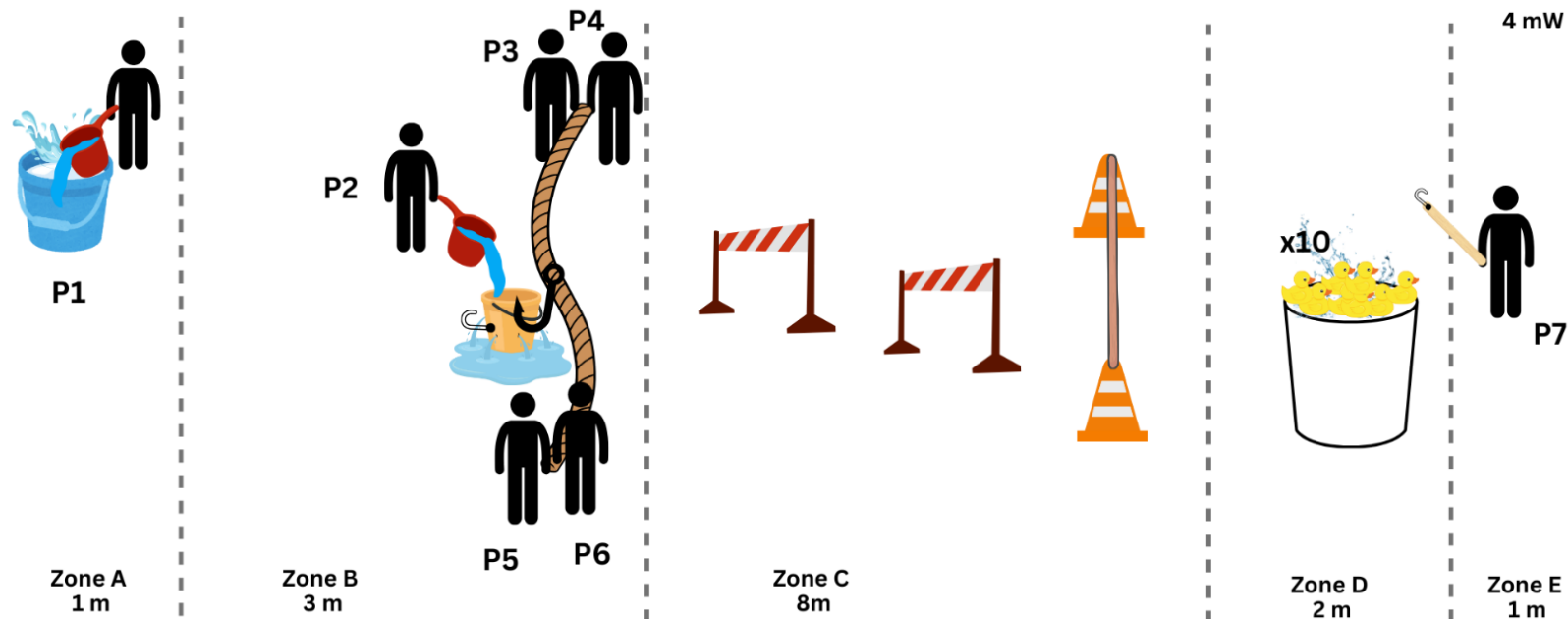


Game F

Clock Chase 時間競賽 (7 players)

P1-P2 fill the leaky bucket with water, then P3-P6 lift it using the hooks on the twine. Passing the obstacles, P3-P6 transport the water to Zone D, collaborating with P7 to tilt the bucket for water to fill a cylinder holding 10 ducks. If ducks float, water in the cylinder will be emptied. The cylinder has 3 height level to measure water for scores.

P1-P2將有孔的桶裝滿水，然後P3-P6使用繩子上的金屬把水桶鉤起。通過障礙物後，P3-P6將水運送到D區，與P7合作把水傾斜，使水流入裝有10隻鴨子的圓筒。如果鴨子浮起，圓筒內的水將被排空。圓筒上有3個高度水位來計分。

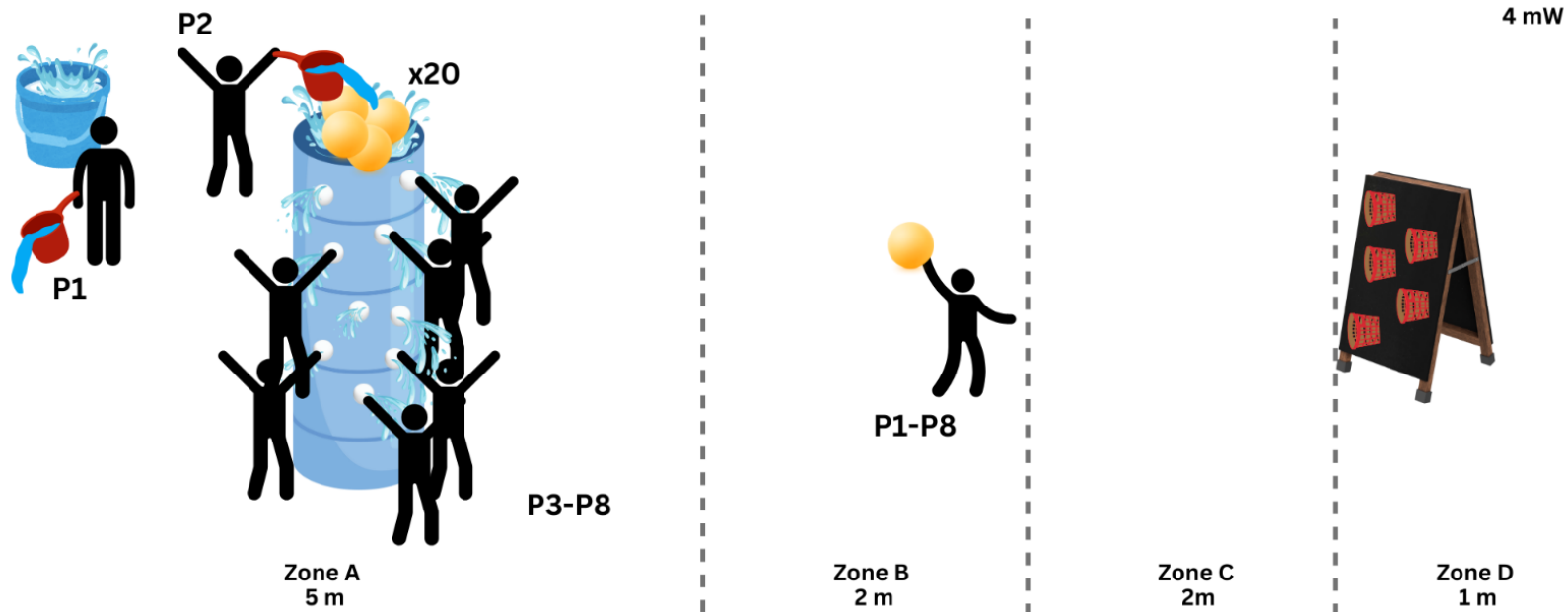


Game G

Water SOS 水柱危機 (8 players)

P3 to P8 keep the tube upright, covering holes with their hands or body parts. P1 & P2 pour water aiming to float ping pong balls out. Balls floating out signal a team member to transport them to Zone B for throwing into baskets in Zone D, each basket offering varying points for extra score.

P3至P8合力豎起透明管中，並用手或身體部位把小孔封住。P1-P2倒水讓乒乓球浮出。當乒乓球從管子裡浮出時，團隊中的一名成員可以將球帶到 B 區，並將球投進 D 區的籃子中，這些籃子具有不同的得分值以獲得額外分數。



Game Schedule 遊戲時間表

		TEAM / TIME SCHEDULE	14:15 – 14:21	14:28 – 14:34	14:41 – 14:47	14:54 – 15:00	15:50 – 15:56	16:03 – 16:09	16:16 – 16:22
Group A	6	Fujikon Industrial Holdings Ltd	A	B	C	D	E	F	G
	9	Goal Diggers							
	20	Milwaukee Power Up							
	21	MTR (Team 1)							
	32	You Eal							
Group B	2	CBRE	B	C	D	E	F	G	A
	14	滬港獎門人							
	17	Lee Kee Group							
	22	MTR (Team 2)							
	26	SF Supply Chain (Hong Kong) Limited							
Group C	5	E-dean	C	D	E	F	G	A	B
	11	模具挑戰							
	23	MTR (Team 3)							
	31	TTR							
	33	FHKI YEC							
Group D	4	商業電台 馬路的事	D	E	F	G	A	B	C
	10	Cyber Légion							
	18	李錦記							
	24	MTR (Team 4)							
	29	LittleDUST							
Group E	1	BPS Global	E	F	G	A	B	C	D
	12	HKPC							
	19	Home A Day							
	25	外展夢想家							
	28	BGCA							
Group F	3	Clover Display Limited	F	G	A	B	C	D	E
	15	鴻利達 Hongrita							
	16	Office Avengers							
	30	TK Group							
	34	Wong Tai Sin District Recreation & Sports Council							
Group G	7	G.T. College	G	A	B	C	D	E	F
	8	Happy Meal!							
	13	Team SPARK							
	27	SUGA							



Participating Teams 參加隊伍

- 1 BPS Global Management Limited 威裕環球集團
- 2 CBRE Advisory Hong Kong 世邦魏理仕
- 3 Clover Display Ltd 高發液晶有限公司
- 4 Road Co-op Commercial Radio 商業電台 馬路的事
- 5 "The E-League" Programme, The Eastern District Office 東區民政事務處「東區青藤」計劃
- 6 Fujikon Industrial Holdings Limited 富士高實業控股有限公司
- 7 G.T. (Ellen Yeung) College (Secondary) 優才(楊殷有娣)書院
- 8 Wong Tai Sin Youth Development Network 黃大仙青年發展網絡
- 9 Hong Kong Aero Engine Services Ltd 香港航空發動機維修服務有限公司
- 10 Hong Kong Cyberport Management Company Limited 數碼港
- 11 Hong Kong Mould & Die Council 香港模具協會
- 12 Hong Kong Productivity Council 香港生產力促進局
- 13 Hong Kong Science & Technology Parks Corporation 香港科技園公司
- 14 Hong Kong Shanghai Alliance Holdings Limited 滬港聯合控股有限公司
- 15 Hongrita Mold Co., Ltd 鴻利達模具有限公司
- 16 Kwinnie Electrical Products Limited 光榮電業有限公司
- 17 Lee Kee Group 利記集團

Participating Teams 參加隊伍

- 18 Lee Kum Kee International Holdings Limited 李錦記國際控股有限公司
- 19 Home A Day
- 20 Milwaukee Tool Hong Kong 美沃奇專業電動工具
- 21 MTR 香港鐵路有限公司 (Team 1)
- 22 MTR 香港鐵路有限公司 (Team 2)
- 23 MTR 香港鐵路有限公司 (Team 3)
- 24 MTR 香港鐵路有限公司 (Team 4)
- 25 Outward Bound (Alumni) Association of Hong Kong 香港外展訓練學校同學會
- 26 SF Supply Chain (Hong Kong) Limited 順豐供應鏈
- 27 Suga International Holdings Ltd 信佳國際集團有限公司
- 28 The Boys' & Girls' Clubs Association of Hong Kong 香港小童群益會
- 29 The Hong Kong University of Science and Technology 香港科技大學
- 30 TK Group 東江集團 (控股) 有限公司
- 31 TTR Trailwalker Teaching Room Charity Foundation 毅行教室慈善基金
- 32 You Eal (HK) Ltd 唯一電子有限公司
- 33 Young Executive Council of Federation of Hong Kong Industries 香港工業總會
青年委員會
- 34 Wong Tai Sin District Recreation & Sports Council 黃大仙康樂體育會





CIELEB Teams 名人隊

Name of Association 機構名稱

Team Name 隊名

Hong Kong Electrical Appliance Industries Association
香港電器業協會

家電者聯盟

Hong Kong Federation of Innovative Technologies and
Manufacturing Industries
香港創新科技及製造業聯合總會

Fit到爆

Hong Kong Toy Foundation Ltd /The Toys Manufacturers'
Association of HK Ltd
香港玩具基金會有限公司 / 香港玩具廠商會

Super Heroes 超級英雄

Promoting Happiness Index Foundation
香港提升快樂指數基金

香港提升快樂指數基金

The Hong Kong Electronic Industries Association
香港電子業商會有限公司

High Tech 好嘢

Awards 獎項

Score Based Prizes 計分獎項

Overall Champion	全場總冠軍
1 st Runner-up	全場總亞軍
2 nd Runner-up	全場總季軍

All teams will be recognised in 3 tiers based on their performance in the 7 score-based games 所有隊伍將根據在7場以分數為基礎的比賽中的表現被分為3個層級

Gold Champion x 4, Silver Star x 10, Bronze Achiever x 17

CELEB Team Competition 名人賽

Champion, 1st Runner-up, 2nd Runner-up, 3rd Runner-up, 4th Runner-up 冠、亞、季、殿軍、第五名

YIC Cup 香港青年工業家協會盃 Sponsored by Hong Kong Young Industrialists Council 香港青年工業家協會贊助

Super TECH Cup 至尊科技盃

The Best New Team 最佳新隊伍

The Best Banner Team 最佳隊旗設計獎

The Best Dressed Team 最佳服裝獎

The Most Dynamic Team Captain 最有魄力隊長獎

The Best Cheer Team 最佳啦啦隊獎

Acknowledgements 鳴謝

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Co-organiser 協辦

Wong Tai Sin District Recreation & Sports Council
黃大仙區康樂體育會

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Fujikon Industrial Holdings Ltd 富士高實業控股有限公司
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SF Supply Chain (Hong Kong) Limited 順豐供應鏈
Techtronic Industries Company Limited 創科實業有限公司

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Hong Kong Young Industrialists Council 香港青年工業家協會

Team Sponsors 隊伍贊助

Dr Bobby Liu
Mr Johnny Yeung
Bright Future Charitable Foundation 鵬程慈善基金
Harmony Auto 和諧汽車

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Vitasoy International Holdings Ltd 維他奶國際集團有限公司

Game Props Production 遊戲道具製作

Wing On Department Stores (Hong Kong) Limited 永安百貨有限公司

Logistics Support 物流支援

SF Supply Chain (Hong Kong) Limited 順豐供應鏈

Performing Unit 表演單位

Pipe Band, Hong Kong Police Band 香港警察風笛隊
Mr James Wu
Ms June Ho

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Vcan Digital Marketing Solutions

Venue Support 場地支援

西沙 Go Park

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The Chinese Manufacturers' Association of Hong Kong (CMA)

Hong Kong Federation of Innovative Technologies and Manufacturing Industries

The Toy's Manufacturers' Association of Hong Kong (TMHK)

Participating Organisations 參與組織

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CBRE Advisory Hong Kong 世邦魏理仕

Clover Display Ltd 高發液晶有限公司

Fujikon Industrial Holdings Limited 富士高實業控股有限公司

G.T. (Ellen Yeung) College (Secondary) 優才(楊殷有娣)書院

Home A Day

Hong Kong Aero Engine Services Ltd 香港航空發動機維修服務有限公司

Hong Kong Cyberport Management Company Limited 數碼港

Hong Kong Mould & Die Council 香港模具協會

Hong Kong Productivity Council 香港生產力促進局

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Outward Bound (Alumni) Association of Hong Kong 香港外展訓練學校同學會

Road Co-op Commercial Radio 商業電台 馬路的事

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You Eal (HK) Ltd 唯一電子有限公司

Young Executive Council of Federation of Hong Kong Industries 香港工業總會青年委員會

Donation & Support 捐款與支持

Thank you for being part of the Outward Bound Corporate Challenge and for helping us create positive change!

As a registered charity, Outward Bound Hong Kong utilizes fundraising events to provide financial aid to needy individuals. Please help us make a bigger impact by sharing your donation link across your networks to have more collaborators join us to #futureproof underprivileged youth in Hong Kong. Every contribution counts! Thank you!

感謝您參與Outward Bound Corporate Challenge，並幫助我們創造積極的改變！

作為一家註冊慈善機構，香港外展訓練學校利用籌款活動為有需要的人提供經濟援助。請通過在您的社交網絡上分享捐款連結來幫助我們產生更大的影響，讓更多夥伴加入我們，共同為香港的貧困青年提供未來支持。每一份貢獻都很重要！謝謝！

Each team has a dedicated fundraising page, and you can find your donation link under the “Participant Teams” tab on our [official website](#)



For Enquiries 查詢

Fundraising Office

☎ (852) 2554 6080

✉ fundraising@outwardbound.org.hk