

AFS Hong Kong 香港

ANNUAL REPORT 年報

2022/2023



Connecting Lives ✦ Sharing Cultures
心繫生活 ✦ 互享文化

Intercultural
Exchanges
國際文化交流

www.afs.hk

目錄 Contents

01	關於 AFS About AFS
02	主席的話 Message from Chair
	海外交流計劃 Overseas Exchange Programs
06	2022/23 概況 Overview
07	交流生分享 Returnee Sharing
10	本地接待計劃 Local Hosting Programs
12	財政概況 Financial Overview
	鳴謝 Acknowledgement
13	獎學金 Scholarships
14	捐款 Donations
15	AFS 架構 Organization
16	義務工作 Volunteerism

關於 AFS



AFS國際文化交流是一個非牟利、非政府的國際義工組織，透過提供跨文化學習機會，使參加者增長知識、開拓思想、豐富自身技能，藉此宣揚世界和平。

AFS Intercultural Exchanges is an international, voluntary, non-governmental, non-profit organization that provides intercultural learning opportunities to help people develop the knowledge, skills and understanding needed to create a more just and peaceful world.



- 成立於1914年
Established in 1914



- 全球60間分會
60 offices around the world



- 全球>500,000舊生
>500,000 global alumni

AFS 香港



- 成立於1982年
Set up in 1982



- >4000海外交流計劃舊生
>4000 overseas exchange program alumni



- 曾經接待>900名外國交流生
Hosted>900 foreign exchange students

主席的話 Message from Chair



各位AFS 持份者：

作為新當選的AFS香港理事會主席，我很高興為2023年年度報告撰寫主席致詞。

2023年對AFS香港來說是令人振奮的一年。在AFS香港團隊的努力之下，我們度過了動盪不安的疫情時期，成為一個更強大的機構，有能力在後疫情時代推動新的計劃，面對新的挑戰。

在充滿挑戰和不安的時期，AFS香港仍然堅守並履行我們的使命，即「提供跨文化學習機會，使參加者增長知識、開拓思想、豐富自身技能，藉此宣揚世界和平」。當前世界各地的地緣政治發展和衝突亦時刻提醒我們AFS使命的意義和目的。

AFS香港致力透過不同計劃創造和提供跨文化學習機會，以履行我們的使命。2023年，我們看到海外交流計劃的需求上升。來自61所本地學校的66名香港學生前往21個國家交流一年。其中33名學生獲香港賽馬會慈善信託基金、共濟會遮打獎學基金、Jane Gellman獎學金、匯豐銀行、新鴻基地產、嘉里集團及煤氣公司贊助的獎學金。

接待計劃方面，2023年我們也迎接了12名來自巴西、芬蘭、法國、德國、義大利、俄羅斯和委內瑞拉等7個國家的學生來港交流一年。儘管今屆的學生人數比往年少，但他們的組成多元化，憑藉他們獨特的背景，仍能為香港的接待學校帶來令人期待的文化交流機會。

在海外交流計劃和本地接待計劃以外，AFS香港的其他計劃繼續為本地學生提供不同的跨文化學習機會。我們感受到學生、家長對我們暑期交流計劃的興趣，包括參與一項由利銘澤黃瑤璧慈善基金贊助、獨一無二的Youth Empowerment Project，爭取前往紐約參加AFS Youth Assembly的機會。

雖然AFS香港是一個小型機構，但我們擁有強大的「AFS網絡」，包括全球的AFS夥伴、持續支持我們的捐助者、支援前線的慷慨義工，還有AFS舊生，他們幫助展示我們所做工作的真實面貌和長期影響。這個網絡是AFS所獨有的寶貴資源，AFS香港也非常感謝你們每一個人的支持，無論是經濟上還是非經濟上的支持，這些支持對AFS香港來說同樣是無價的。

主席的話 Message from Chair

展望未來，我們將專注於加強與「AFS網絡」之間的互動和合作關係。過去幾年受疫情影響，人與人之間的當面接觸減少，維繫大家的關係不易。但在未來一年，我們將會做得更多，尤其是在義工和舊生方面。策略上，我們致力確保AFS香港能夠以負責任和永續的方式履行我們的使命。

在AFS香港理事會的層面，我想向即將離任的理事會成員表示敬意和感謝。在前任主席黃家浩先生的領導下，AFS香港成功度過了充滿挑戰的疫情時期，並仍然運作良好；剛離任的副主席麥尚文先生對AFS香港充滿熱情，並貢獻良多；邵高森先生雖然辭去了理事會成員的職務，但AFS香港繼續受益於他設立的Jane Gellman獎學金。

與此同時，我謹歡迎新任AFS香港理事會成員。Dr. Arnett Edwards是一位經驗豐富的教育家，其經驗和信念與AFS非常一致；Ms. Filipa Sofia是現居澳門的AFS葡萄牙前任主席；劉慧怡女士為深受信賴的AFS資深義工。

就我而言，在擔任現任職務之前，我曾擔任 AFS 香港的副主席，現在能被任命為新主席確實是我的榮幸。我非常幸運能成為前任主席黃家浩先生領導下團隊的一員，並經歷角色上的轉變。我期待與AFS香港理事會成員和管理團隊合作，引領AFS香港實現我們的使命。

我還要感謝我們的總幹事詹秀霞博士和她的團隊。AFS香港是一個小團隊，但責任重大。機構的持續成功取決於我們與AFS網絡合作的能力，而他們以出色的技巧做到了這一點，忠於我們的使命。感謝你們的貢獻和出色的表現。

凌顯猷
AFS香港理事會主席

主席的話 Message from Chair

To our Dear AFS Hong Kong Stakeholders,

As the newly elected Chair of AFS HK, it is my great pleasure to pen this Chairman's message for the 2023 Annual Report.

2023 was an exciting year for AFS HK in a post-Covid world. I would like to commend the AFS HK team for navigating through the uncertain Covid times and emerging as a stronger organisation well placed to take on new initiatives and to face new challenges.

In these challenging and uncertain times, AFS HK has been able to adhere to and execute our mission of "providing intercultural learning opportunities to help people develop the knowledge, skills and understanding needed to create a more just and peaceful world". The current geo-political developments and conflicts around the world serve as a sobering reminder of the meaning and intent of AFS's mission.

Staying true to our mission, AFS HK strives to create and provide intercultural learning opportunities through our various programmes. In 2023, we saw stronger demand in our sending program with 66 students who went to 21 different countries and representing 61 different local schools in Hong Kong. 33 of the students benefited from the scholarships sponsored by the Hong Kong Jockey Club Charities Trust, The Charter Masonic Scholarship Fund, The RC Lee Charitable Foundation, Jane Gellman Scholarship, HSBC, Sun Hung Kai Properties, Kerry Group and Towngas.

Our hosting program in 2023 welcomed 12 students from 7 countries – Brazil, Finland, France, Germany, Italy, Russia and Venezuela. Although this cohort is smaller than previous years, it is a truly diverse group and with their unique background, the intercultural exposure to our Hong Kong host schools promises to be an exciting one.

In addition to the sending and hosting program, AFS HK's other programmes continue to provide a diverse offering for students in Hong Kong. We saw solid interest and participation in our summer programmes including a one-of-a-kind Youth Empowerment Project which provides an opportunity to join the AFS Youth Assembly Programme in New York City.

AFS HK is a small organisation but one that has been able to benefit through the "AFS network" and that includes our longstanding international AFS partners, our supportive donors, our generous volunteers on the ground and last but by no means least, our AFS alumni who helpfully showcase the real-life and longer term impact of our mission. This network is uniquely AFS and AFS HK is most grateful to each of you for your support, financially or non-financially, the support is equally invaluable to AFS HK.

主席的話 Message from Chair

Looking ahead, we will be focusing on strengthening our engagement and working relationships with our diverse “AFS network”. An area that had been compromised in the past few years due to Covid had been the in-person engagement and this is where we will be doing a lot more of in the coming year, especially with our volunteer support and alumni. Strategically, we are committed to ensuring that AFS HK is able to deliver on our mission responsibly and in a sustainable manner.

At the AFS HK Board level, I would like to pay tribute to and thank our outgoing Board Members; our immediate past Chair, Mr. Matthew Wong and under his leadership, AFS HK managed to sail through the challenging Covid times and emerge as an organisation in “good shape”; outgoing Vice Chair, Mr. Mike Sherman who contributed to AFS HK so passionately; and Mr. Sam Gellman, although he has stepped down as a Board Member but AFS HK continues to benefit from his “Jane Gellman” scholarship.

At the same time, I would like to welcome our new AFS HK Board Members; Dr. Arnett Edwards, a seasoned educator whose experience and beliefs are well aligned with those of AFS; Ms. Filipa Santos, the former Chair of AFS Portugal now based in Macao; and Ms. Joey Lau, an experienced and well regarded volunteer for AFS HK.

For my part, I was the Vice Chair of AFS HK prior to taking up the current role and it’s truly a great honour to be appointed as the new Chair. I have been very fortunate to be able to be part of the leadership team under our former Chair, Mr. Matthew Wong and to transition into my new leadership role. I look forward to working with our AFS HK Board Members and the management team to lead AFS HK in delivering on our mission.

I also wish to thank Josephine, our Executive Director and her team. The organisation is a small team with big tasks and responsibilities, the continued success of AFS HK relies on our ability to orchestrate and work with the unique AFS network. They have done this so expertly, staying true to our mission. Thank you and well done.

Michael Ling
Chairperson, AFS Hong Kong

海外交流計劃 Overseas Exchange Programs

AFS一年海外交流計劃的對象為15至18.5歲之本地中學生，學生將在海外生活十個月，入住當地義務接待家庭，入讀當地中學。暑期交流計劃則為13至18歲學生提供短期交流機會。

Participants for AFS overseas exchange programs are local secondary school students aged 15 to 18.5. Students immerse in a foreign culture for 10 months, live with a local voluntary host family and study at local secondary school. Summer exchange program provides short-term exchange opportunities for students aged 13 to 18.

2022/23 概況 Overview



53

位學生參加一年海外交流計劃
students participated in year exchange program



25

位學生參加暑期交流計劃
students participated in summer exchange program



24

位學生領取經濟援助獎學金
students received financial assistance scholarship

10

位學生領取企業獎學金
students received corporate scholarship



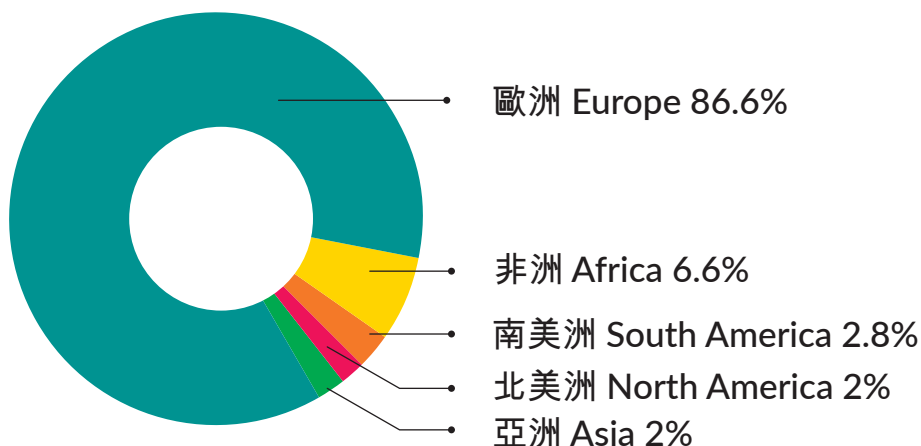
57

間不同中學的學生參加
different secondary schools' students participated



20

個交流目的地
exchange destinations



海外交流計劃 Overseas Exchange Programs

交流生分享 Returnee Sharing

李應心 Lee Ying Sum

香港到匈牙利交流 Hong Kong to Hungary



我的匈牙利交流體驗無疑是一段寶貴的旅程，我不僅觀摩了匈牙利的文化和歷史，更重要的是這段時間讓我成長、開拓視野，這會是影響我一生的時光。除了結交匈牙利朋友，我還透過AFS認識來自不同國家的朋友。AFS作為我們接觸世界的橋樑，舉辦了各種活動連繫從世界各地前來匈牙利交流的同學，大家互相分享自己國家的文化、在當地遇到的趣事和困難，並且互相幫助，讓我們建立起可能影響我們一生的友誼。

當然，交流亦會面臨挑戰，於我而言當中最大的便是尋求幫助。在香港時我是一個獨立的人，很怕麻煩到別人，因此起初在匈牙利即使遇到困難，都不想尋求別人的幫助。但我發現作為交流生，所有事情對於我來說都非常陌生，不尋求當地人的幫助很難解決問題。而且我的接待家庭和我的朋友叫我遇到任何事情都可以跟他們分享，尋求幫助和支持。尤其我的接待家庭就像我第二個家，在他們的愛護和幫助下，我每天都保持着愉快的心境，這些都有助我克服交流期間遇到的困難。

My exchange in Hungary was undoubtedly a valuable journey. Not only did I learn the culture and history of Hungary, more importantly, such experience allowed me to grow and broaden my horizons. It serves as a significant period in my life. Apart from making Hungarian friends, I also met friends from different countries through AFS which organizes various activities to connect fellow exchange students from all over the world. Everyone were keen to share their own cultures, fun experiences and difficulties encountered abroad. We helped each other to adapt to life in Hungary, through which we built a strong bond that may impose a lifelong impact on us.

I came across some challenges back then. For me the biggest one was seeking help. When I was in Hong Kong, I was the kind of independent person who always avoid causing troubles to others. Therefore, when I had difficulties in Hungary, I refused to seek help from others at first. But I found that as an exchange student, everything was so unfamiliar to me that it was difficult to solve problems without the help from local people. My host family and friends told me that I could share anything with them to seek help and support. In particular, my host family is like my second home. With their love and help, I managed to keep a good mood every day, which helped me to overcome the difficulties I encountered while studying abroad.



更多交流故事
More Exchange Stories

www.afs.hk/yp/story

施懿婷 Sze Yee Ting

香港到丹麥交流 Hong Kong to Denmark



短短半年的丹麥交流期間，我做到許多自己以前認為沒可能達成的事，上了許多寶貴的人生課堂，以及認識到來自世界各地志同道合的好友。回想初抵丹麥的第一個月，因為語言及文化差異，我有點迴避結識新朋友。當別人暢談一番時，我一句說話也插不上，最後只能尷尬離開。我會思考如何融入他們的圈子，最後我發現雖然文化差異無從改變，但只要以真誠的態度去聆聽及回應，亦能收穫珍貴的友誼。

我的心態亦隨着時間而改變了許多，或許是受丹麥「Hygge」這種生活態度影響。Hygge代表舒適、快樂、滿足及在生活中找到安逸感的美好狀態。在這裏的半年期間，我的生活節奏不再急促，開始留意身邊一些點滴，學會珍惜生活中的小美好。我身邊的朋友經常給我正面回應及毫不吝嗇的讚賞，令我更自信及喜歡以不同方式表達自己。記得有一次我跟接待媽媽傾訴時，提到我對未來升學的擔憂，她輕輕地抱我一下，說：「我相信你可以的。」我很感恩自己有這個寶貴機會，隻身一人去到九千多公里外的地方生活及學習。不但讓我探索世界，而且改變了我對人生的看法。回到丹麥這個想法成為了我的動力，鼓勵着我前行。

During my six-month exchange in Denmark, I have accomplished many things that I thought were impossible before, learned many valuable life lessons, and made friends with like-minded people from all over the world. Looking back on my first month upon arrival, I was a bit shy about meeting new friends due to the differences in language and culture. When others were chatting happily, I could not get a word. I did think about how to integrate into their circle. In the end, I found that although cultural differences cannot be changed, as long as I listen to what other people say and respond in a sincere manner, I can gain precious friendship.

My mentality has changed a lot over time, perhaps due to the influence of the Danish attitude towards life called "Hygge" which represents comfort, happiness, contentment, and the beautiful state of finding ease in life. During my exchange, my pace of life slowed down. I started to pay attention to the details around me and learn to cherish the little pleasures in life. Friends around me often give me positive responses and praise, which makes me more confident so I like expressing myself in different ways. I remember when I told my host mom I was worried about my future career, she hugged me gently and said, "I believe you can do it." I am very grateful that I have such a precious exposure to live and study abroad. Not only did it allow me to explore the world, it also changed my perspective on life. The idea of returning to Denmark has become my motivation to go forward ever since.



更多交流故事

More Exchange Stories

www.afs.hk/yp/story

劉家好 Lau Ka Yu

香港到芬蘭交流 Hong Kong to Finland



在芬蘭交流的一年對我來說是個改變人生的體驗，促使我在許多方面成長和發展。我對自己、其他人和文化有了更深入的了解，也學到實用的生活技能，終生受用。獨自在國外生活令我變得更獨立，遠離家人和朋友使我學會依靠自己、自己做決定，並對自己的一切負責任。縱然時有困難和挑戰，克服過後卻使人更自主自立。我不但學會隨機應變，還學會解決問題以及適應新環境。

交流期間經歷最大的變化是我的性格和人生觀，我從接待爸爸身上學到情緒管理，無論發生什麼情況，他總是十分冷靜和鎮定。他教會我如何保持冷靜的頭腦，積極面對逆境。我學會好好管理自己的情緒，不讓它們壓倒我。接待媽媽總是充滿活力和熱情，她無比正面的態度感染了我，我因而變得積極外向。我學會多去著眼人事物的優點，社交時變得更有自信。交流生活讓我遇到來自世界各地的人，認識他們的習俗和傳統，教會我以更開放的心態去接受其他文化和觀點。接觸不同文化令我以更廣闊的視角看世界，欣賞文化多樣性。這一年改變了我的生命軌跡，讓我成為了今天的我，我很感激能夠擁有這個體驗。

My exchange year in Finland was a life-changing experience that fostered my growth and personal development in many ways. I learned a lot about myself, other people and cultures, and gained valuable life skills that will benefit to the rest of my life. Besides, living abroad has also taught me to become more independent. Being away from family and friends has forced me to rely on myself, to make decisions on my own, and to take responsibility for my well-being. While this might be challenging at times, it has been incredibly empowering. I have learned to navigate new situations, to solve problems, and to adapt to new environments.

The most significant change that I experienced during my exchange year was about my personality and outlook on life. Emotional stability played a large part as I learned a lot from my host dad who was always calm and composed in whatever situations he were. He taught me how to stay level-headed and handle challenges in a constructive way. I learned to manage my emotions better instead of being overwhelmed. I have become more positive and outgoing, thanks to my host mum. She was always full of energy and enthusiasm. Her positive attitude rubbed off on me. I learned to see the good in people and situations, and I became more confident in social occasions. My exchange year enabled me to be more open-minded and accepting other people's cultures and perspectives. I met people from all over the world and learned about their customs and traditions. This exposure allows me to see the world from a broader perspective and appreciate the diversity we have. My exchange year was a life-changing experience that helped me to become the person I am today, and I will always be grateful for the opportunity to have experienced it.



更多交流故事
More Exchange Stories

www.afs.hk/yp/story

本地接待計劃 Local Hosting Programs

2022/23 概況 Overview

AFS接待計劃為本地家庭及學校提供機會，接待來自世界各地、介乎15至17歲的交流生十個月。

AFS hosting program offers opportunities for local families and schools to host exchange students coming from all over the world, who are aged 15 to 17, for 10 months.



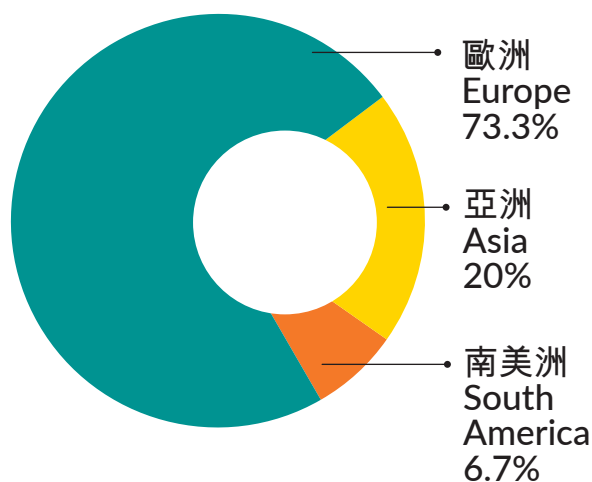
15 位接待交流生
host students



15 間接待學校
host schools



8 個國家的學生被接待
countries' students were hosted



接待學校 Host Schools

浸信會呂明才中學

迦密柏雨中學

張祝珊英文中學

香港管理專業協會李國寶中學

羅定邦中學

廖寶珊紀念書院

循道中學

民生書院

新會商會陳白沙紀念中學

順德聯誼總會梁銑琚中學

聖公會鄧肇堅中學

香港神託會培基書院

東華三院呂潤財紀念中學

田家炳中學

仁濟醫院羅陳楚思中學

Baptist Lui Ming Choi Secondary School

Carmel Pak U Secondary School

Cheung Chuk Shan College

HKMA David Li Kwok Po College

Law Ting Pong School

Liu Po Shan Memorial College

Methodist College

Munsang College

San Wui Commercial Society Chan Pak Sha School

Shun Tak Fraternal Association Leung Kau Kui College

SKH Tang Shiu Kin Secondary School

Stewards Pooi Kei College

T.W.G.Hs Lui Yun Choy Memorial College

Tin Ka Ping Secondary School

Yan Chai Hospital Law Chan Chor Si College

本地接待計劃 Local Hosting Programs

接待家庭故事 Host Family Stories

Jerry, Susanna

意大利、丹麥交流生的接待家庭 Host Family of Italian and Denmark Exchange Student



Jerry和Susanna曾經接待一位意大利交流生Nicolo及一位丹麥交流生Torben。加上交流生，家中共有四兄弟姊妹，大家生活習慣不同，自然會有磨擦，但Jerry和Susanna把這些衝突當作是一個機會，讓孩子學會如何透過溝通自行解決問題。

有時候遇到交流生不聽話，Jerry和Susanna當然也會生氣，也會思考是否應該繼續下去。不過，看到他們拿出來的書信，我們就明白了他們為何會選擇繼續當接待家庭。Nicolo十分敢於表達感情，除了平常會常跟接待父母聊天、撒嬌，更會在一些特

別的日子如生日買賀卡或是學寫中文信。Susanna記得在Nicolo離開之前，大家都很捨不得，有一次她喊了他意大利的名字，他就跟她說，媽咪，以後請繼續叫我的中文名字。上機之後，Nicolo傳訊息跟Jerry說，我把給你們的信藏在床底，回去一看，又是一封長長的感謝信。

時至今日，Nicolo仍然在他們家庭的Whatsapp群組中，他會跟Torben分享自己的經驗，也會跟Jerry一家分享自己追回學業的進度，甚至只是今天午餐吃了什麼。雖然只相處了短短一年，但對雙方而言，都已經把對方當成是真正的家人了。

Jerry and Susanna hosted an Italian student Nicolo and a Denmark student Torben before. Including the host student, there were 4 children at their home, the difference in habits and culture certainly led to conflicts, but Jerry and Susanna treated these conflicts as an opportunity for their children to learn how to solve a problem through communication.

Sometimes when the students are not willing to listen and follow the house rules, it really drives Jerry and Susanna mad, they also considered whether they should give up. However, when we took a look at the letters and cards that they shared with us, we understood why they would choose to continue. Nicolo is a kid who is very willing to express his emotion, apart from always chatting with host mum and dad, he also brought cards and learned how to write Chinese letters on special occasions like birthday. Susanna recalled the time before Nicolo left, she once called his Italian name, he said, mum, please keep calling me my Chinese name. After boarding, he also sent a message to Jerry and told him that he hid a letter under the bed, it was another long letter.

Until now, Nicolo is still in their family whatsapp group, he keeps sharing his experience with Torben, his progress in school work and even what he had at lunch with all family members. Although it is just a one-year stay, they have already treated each other as a family member.

更多接待家庭故事
More Host Family Stories
www.afs.hk/hf

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財政概況 Financial Overview

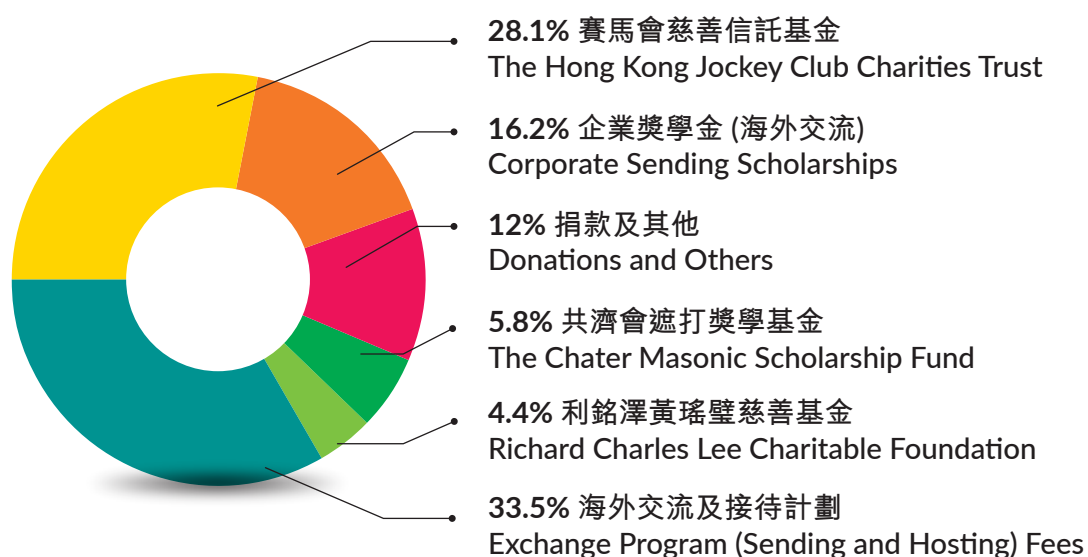
全賴各企業、團體及有心人士為AFS香港提供獎學金及捐款，令來自不同背景的學生皆能參與AFS的文化交流活動。

AFS depends significantly on scholarships and unrestricted donations from individuals, corporations and other organizations to make AFS programs accessible to students coming from different background.

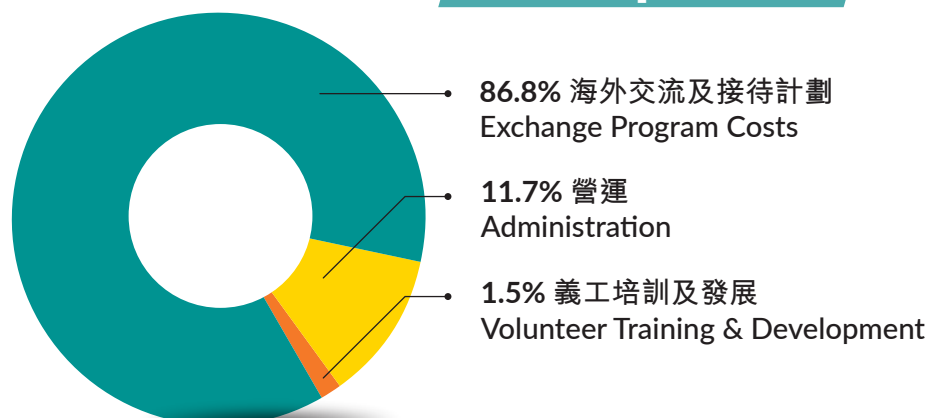
財政年度為 2022年7月1日至2023年6月30日

For the financial year from 1 July 2022 to 30 June 2023

收入 Income



支出 Expenditure



鳴謝 Acknowledgement

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承蒙各機構在過去一年的鼎力支持，使AFS香港能為更多學生提供文化交流機會。

AFS Hong Kong appreciates the unfailing support of partner organizations, which allows us to provide cultural exchange opportunities for more students.



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AFS香港衷心感謝以下善長的支持。

AFS Hong Kong wishes to express our gratitude to all donors for their support.

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義工的支持是AFS計劃賴以成功的因素

The support of our volunteers is essential for the success of AFS programs

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學生招募組 Recruitment Team

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*截至2023年6月30日 As of 30 June 2023





AFS國際文化交流是一個非牟利、非政府的國際義工組織，
多年來致力推動國際文化交流活動。

AFS is an international, voluntary, non-governmental, non-profit
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