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MTR
心繫生活每一程

‘TRAIN’出光輝每一程2.0

‘TRAIN’ FOR LIFE’S JOURNEYS 2.0

未來 · 共融 · 成就

ON TRACK TO THRIVE

學習主題 Learning Themes

- 設計思維 Design Thinking
- 財商素養 Financial Literacy
- 創業精神 Entrepreneurship
- AI應用 AI Usage

立刻掃描報名
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適合中一至中五同學參加 FOR S1 - S5 STUDENTS

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train 出光輝每一程

計劃一覽
PROGRAM OVERVIEW

年青人是未來的領導者、創新者和變革者。港鐵公司一直致力推動年青人的發展機遇，自2009年起舉辦以中學生為對象的「‘TRAIN’出光輝每一程」暑期計劃，透過一系列活動，為學生提供獨特的學習旅程，釋放他們的潛能，啟導他們思考未來及展開生涯規劃，為自己和社區創造光明前路。

今年我們將推出全新的「**‘TRAIN’出光輝每一程2.0**」計劃。配合港鐵公司的三大社會及環境目標：（1）推動社會共融，（2）促進發展及機遇以及（3）減少溫室氣體排放，2023-2024年計劃的主題為「未來 • 共融 • 成就」。我們希望鼓勵來自不同文化背景的學生參與活動，藉著互相認識、交流及合作，在學習旅程之中體驗多元共融的精彩。面對21世紀的「新常態」，我們致力讓下一代裝備未來必要的技能及創新能力，包括：設計思維、財商素養、創業精神和AI應用等，以助他們在多變、不確定、複雜與模糊的世界中茁壯成長。

對象：
中一至中五學生
(2023-2024 學年)

Young people are the leaders, innovators, and change-makers of the future. MTR Corporation has been committed to promoting development opportunities for young people. Since 2009, it has organized "Train for Life's Journeys" summer program for secondary school students. Through a series of activities, this program provides students with a unique learning journey to unleash their potential, inspire them to think about their future, and encourage them to start planning their lives, creating a bright future for themselves and the community.

This year, we are launching a brand-new **"Train for Life's Journeys 2.0"** Program. Aligned with MTR Corporation's three social and environmental objectives of (1) promoting social inclusion, (2) fostering advancement and opportunities, and (3) reducing greenhouse gas emissions, the 2023-2024 program theme is "On Track to Thrive". We aim to encourage students from different cultural backgrounds to participate in the activities and experience the benefits of diversity and inclusion through mutual understanding, exchange, and collaboration during the learning journey. In the face of the "new normal" of the 21st century, we are committed to equipping the next generation with the necessary future skills and innovation capacity, including design thinking, financial literacy, entrepreneurship and AI usage, for them to thrive in this volatile, uncertain, complex, ambiguous “VUCA” world.

Target Participants :
Secondary 1-5 Students
(2023-2024 Academic Year)

學習目標
LEARNING OBJECTIVES

- 設計思維 Design Thinking
- 創業精神 Entrepreneurship
- 財商素養 Financial Literacy
- AI應用 AI Usage

活動詳情
ACTIVITIES DETAILS

計劃截止報名日期： 2023年11月30日
Program enrollment deadline: 30 Nov 2023

整個計劃分為三個階段： The entire program is divided into 3 stages:

1 網課及工作坊
E-COURSE AND WORKSHOPS

2 社會創新挑戰賽
SOCIAL INNOVATION CHALLENGE

初賽 （2024年4月）
First Round（Apr 2024）

總決賽 （2024年5月）
Final Competition（May 2024）

3 遊學之旅
STUDY TOUR

活動形式：

第一階段為網上課程及實體工作坊。學生可以在第一階段完成後，自行選擇是否組隊參加第二階段。

第二階段以小組形式由學校老師帶隊進行。

第三階段為遊學之旅，於總決賽勝出的隊伍及其帶隊老師將獲邀免費參加。

活動語言：

以廣東話為主，活動資料為中英雙語，工作人員會按需要以英文促進交流。

Event Format :

Stage 1 of the program consists of online interactive courses and in-person workshops. After completing the first stage, students can choose whether to form a team to participate in the second stage of the competition.

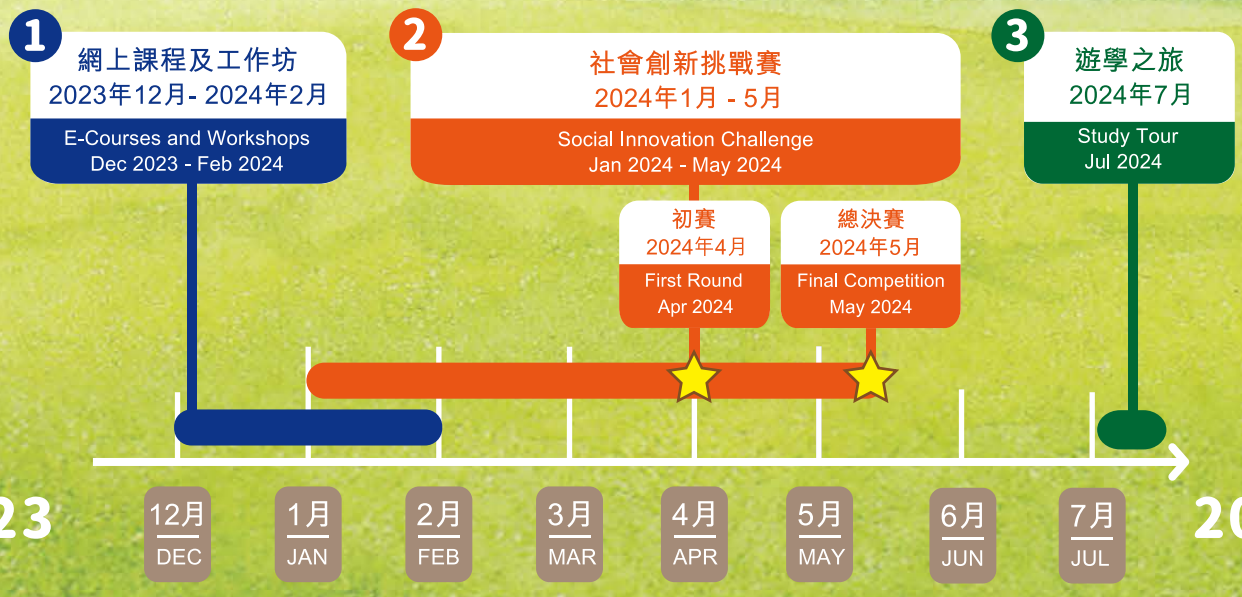
Stage 2 of the program is conducted in small groups with the lead of a school teacher.

Stage 3 of the program is a study tour, students from winning teams of the Final Competition and the leading school teacher will be invited to participate for free.

Language :

Mainly in Cantonese. The event material is bilingual in English and Chinese, and staff will facilitate communication in English as needed.

2023-2024 計劃時間表
2023-2024 PROGRAM TIMETABLE



第一階段：網上課程及工作坊

STAGE 1 : E - COURSES AND WORKSHOPS

港鐵及所羅門教育將舉行一系列網上課程及工作坊，讓全港學生對設計思維、財商素養、創業精神和AI應用等有初步認識。

我們也會到校或聯校舉辦實體講座或工作坊，讓有興趣參與的老師及同學發問。

MTR Corporation and Solomon Learning will hold a series of online training or workshops to provide Hong Kong students with an initial understanding of design thinking, financial literacy, entrepreneurship, and AI usage.

We will also organize in-person lectures or workshops at schools or inter-school events, allowing interested teachers and students to raise enquiries.

學生可以在第一階段完成後，自行選擇是否組隊參加第二階段的比賽。

After completing Stage 1, students can choose whether to form a team to participate in Stage 2 of the competition.

網上學習平台

- 將會為參與學校的每位學生建立帳戶。
- 鼓勵自主學習，學生可以根據自己的進度獨立學習。
- 提供了 4 個關鍵領域的學習內容，共 16 堂課可供選擇，另亦設有獨立單元介紹港鐵案例。
- 每堂課的學習時間約為 25 - 35 分鐘，視乎學生進度。

Online Learning Management System

- Accounts will be created for students of each participating school.
- Self-directed learning is encouraged, and students can learn independently at their own pace.
- Learning content is offered in 4 key areas, with a total of 16 lessons to choose from, and a module of MTR case studies.
- The duration of each lesson is approximately 25 - 35 minutes, depending on the student's progress.

工作坊（可自由報名）

「做好和做好事」
日期： 2023年12月

「讓世界更美好」- 非政府組織的分享
日期： 2024年1月

Workshop（Optional）

Do good and do well
Date： Dec 2023

Make our world a better place - Sharing by NGOs
Date： Jan 2024

課程內容 Course content	設計思維 Design Thinking	創業精神 Entrepreneurship	財商素養 Financial Literacy	AI / 程式開發 AI / App Development	港鐵個案研究 MTR Case Studies
課堂 1 Lesson 1	什麼是設計思維? What's Design Thinking?	創業家是什麼？ What is an Entrepreneur?	什麼是消費與廣告？ What is consumption and advertising?	程式是如何製成的？ How are apps made?	環境及社會責任 Environmental & Social Responsibility
課堂 2 Lesson 2	如何理解和分析問題? How can we understand a problem?	我的想法可行嗎？ -市場研究 Is that a good idea? -Market Research	如何達成儲蓄目標？ How can we reach the savings goal?	程式優劣知多少（上） What makes an app good? (Part I)	服務和設施的設計 Design of Services & Facilities
課堂 3 Lesson 3	如何設計解決方案? How do we find solutions?	我的產品有競爭力嗎? -市場定位 Is my product competitive? - Value Proposition	如何做好預算？ How to make a budget?	程式優劣知多少（下） What makes an app good? (Part II)	創新與創業 Innovation & Entrepreneurship
課堂 4 Lesson 4	產品發行的方法與考慮 How do we deliver our product?	怎樣向市場介紹你的產品？ How to introduce your product to the market?	什麼是職業探索和投資？ What is career exploration and investment?	程式推廣及發行的步驟 How do we bring an app to market?	可持續的財政能力 Financial Sustainability

第二階段：社會創新挑戰賽

STAGE 2 : SOCIAL INNOVATION CHALLENGE

所有參加第二階段比賽的學生必需完成首輪培訓的所有課堂（網上課程及工作坊）
Students participating in Stage 2 of the challenge have to complete all trainings in Stage 1 (E-Courses and Workshops)

此社會創新挑戰賽鼓勵學生加深對全球和香港社會問題的認識。學生將會研究非政府組織提出的各種社會問題，探討創新的解決方案或改進措施。此外，比賽旨在幫助學生發展重要的技能，例如設計思維、創業精神、財商素養、批判性思維、研究技能、團隊合作、溝通與協作以及創新思維技能。這些技能有助學生於成為新一代有影響力的領導者，應對複雜的社會挑戰，並對世界產生正面的影響。

The social innovation challenge encourages students to develop a deeper understanding of social issues worldwide and in Hong Kong. By participating in the competition, students will investigate various social issues raised by NGOs and propose innovative solutions or improvement measures. In addition, the competition is designed to help students develop important skills such as design thinking, entrepreneurship, financial literacy, AI usage, critical and innovative thinking, research skills, teamwork, communication and collaboration. By fostering these skills in students, the competition helps equip the next generation of impactful leaders with the tools they need to tackle complex social challenges and positively impact the world.

歡迎2023-2024學年的中一至中五學生參加比賽。隊伍由同一學校的4名學生和一名學校導師組成。

Secondary 1-5 students in the 2023-2024 academic year are welcome to join the competition.The team consists of 4 students from the same school and a school tutor.

第二階段：社會創新挑戰賽
STAGE 2 : SOCIAL INNOVATION CHALLENGE

比賽截止報名日期：2024年1月31日
COMPETITION ENROLLMENT DEADLINE: 31 Jan 2024

初賽 1st round

學生需要完成第一階段網上課程和實體工作坊，方可報名參與第二階段的社會創新挑戰賽。參與比賽的隊伍將接受進階培訓，包括兩節的現場工作坊，讓學生學習使用AI進行簡單的應用程式編碼並提升演講技巧。 參加小隊需遞交一份社會創新項目提案和一段推廣影片。

Students are required to complete Stage 1 e-courses and in-person workshops to participate in the Stage 2 Social Innovation Challenge. The participating teams will undergo advanced trainings, including two on-site workshops allowing students to learn using AI to perform simple application coding and enhance presentation skills. Participating teams are required to submit a social innovation proposal and a promotional video.

決賽 Final

決賽模式為現場匯報及問答環節。

The final competition format will be a live presentation with a Q&A session.

重要日期：
社會創新挑戰賽截止報名日期：2024年1月31日
初賽提交：2024年4月8日
初賽結果發布：2024年4月30日
決賽：2024 年 5 月 (確實日期待定)
*港鐵公司及所羅門教育保留更改或調整活動細節及安排的權利

Important dates:
Social Innovation Challenge enrollment deadline: 31 Jan 2024
1st round submission: 8 Apr 2024
1st result release: 30 Apr 2024
Final competition: May 2024 (exact date TBC)
*MTR Corporation and Solomon Learning reserve the right to change or adjust the details and arrangement of the programme

所有參賽的學生將被邀請參與以下工作坊。
- 2024年2月 設計思維工作坊
- 2024年4月 編寫應用程式工作坊
  演講技巧工作坊

All students who have signed up for the competition will be invited to join the following workshops.
- Feb 2024 Design Thinking workshop
- Apr 2024 Coding for Apps workshop
  Presentation Skills workshop

初賽（2024年1月-4月8日）
提交項目：
1. 社會創新項目提案
2. 解決社會問題的推廣影片

決賽（2024年5月）
提交項目：
1. 社會創新項目提案
2. 現場匯報演示

First Round (Jan - 8 Apr 2024)
Submission items
1. Social innovation proposal
2. Pitch video on the solution to the social issue

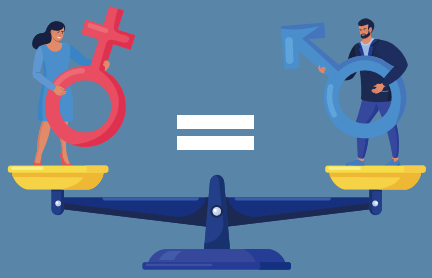
Final Competition (May 2024)
Submission items
1. Social innovation proposal
2. On-site presentation

規則
- 每個團隊必須由 4 名成員組成。
- 每個參與者只能參與一個團隊。
- 每個團隊必須有一名顧問老師向團隊成員提供適當的指引。
- 任何形式的抄襲都將導致取消資格。

Rules
- Each team must consist of 4 members.
- Each participant can only be associated with one team.
- Each team must include one teacher advisor to guide the team members
- Any form of plagiarism will result in disqualification.

社會創新挑戰賽的四大主題
FOUR KEY TRACKS OF SOCIAL INNOVATION CHALLENGE

多元族裔
Ethnic Diversity



性別平等
Gender Equity

跨代關係
Intergenerational Relationship

傷健共融
Disability Inclusion

獎項一覽
PRIZES / AWARDS

1 總冠軍 Champion

2 亞軍 First Runner-up

3 季軍 Second Runner-up

獲得冠亞季軍的隊伍
能夠免費參與澳洲遊學之旅！

Teams that win Champion, First Runner-up, and Second Runner-up will receive a free study tour to Australia!

第 4 至 8 名得獎者可免費參加中國內地之旅
Top 4 to 8 winners can participate in a free study tour to Mainland China

傑出獎（第 4 至 8 名）
Distinction Award for Top 4 - Top 8

最佳現場報告獎
Best Presentation Award

最具創意獎
Most Creative Award

最具社會影響力獎
Social Impact Award

最佳團隊合作獎
Best Teamwork Award

第三階段：遊學之旅
STAGE 3 : STUDY TOUR

學生將有機會參觀及認識港鐵在澳洲及中國內地的業務，感受獨特的旅程體驗。

Students will have the opportunity to visit and learn about MTR's operations in Australia and Mainland China to gain a unique journey experience.

這次旅程為學生提供了與各種具創意的當地公司互動的機會，探索科技和創新的魅力，並體驗當地文化。

This journey provides students with an opportunity to engage with a variety of creative local companies, explore the allure of technology and innovation, and experience the local culture.

常見問題
FREQUENTLY ASKED QUESTIONS

Q 計劃何時截止報名？ / What is the deadline for program enrollment?

A
截止報名日期：
「'TRAIN' 出光輝每一程 2.0」計劃：**2023 年 11 月 30 日**
社會創新挑戰賽：**2024年1月31日**

Enrollment Deadline:
"Train for Life's Journeys 2.0" Program: **30 Nov 2023**
Social Innovation Challenge: **31 Jan 2024**

Q 是否必須有指導老師？ / Is it compulsory to have a teacher advisor?

A 是 / Yes

Q 指導老師的職責是什麼？ / What are the duties of a teacher advisor?

A 引導學生分析及提出方案，以解決社會問題，並幫助他們擴展設計思維、解決問題等技能。

Guiding students to analyse and propose solutions for social issues and helping them develop skills such as design thinking and problem-solving skills.

Q 比賽期間可以增加 / 更改團隊成員嗎？ / Can I add/change the team members during the competition?

A 不可以。所有成員必須和初賽一樣。

No. All team members must be the same throughout the competition.

Q 誰將獲邀參加遊學之旅？ / Who will be invited to join the study tour?

A 得獎隊伍和其負責老師。

Winning teams and their responsible teachers.

Q 可以重新提交作品嗎？ / Can I resubmit the work?

A 只可以截止日期前重新提交。

Before the deadline, yes.

如有任何問題，歡迎電郵 info@projectm2.net 或致電 +852 8489 5527（適用於星期一至五辦公時間 9am-5pm）查詢。

If you have any questions, please email info@projectm2.net or call +852 8489 5527 (office hours 9am-5pm from Monday to Friday).

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