

To: All Guild Members  
Date: 30<sup>th</sup> April 2025

致: 各位協會會員  
日期: 二零二五年四月三十日

## Notice of Guild Annual General Meeting 2025 二零二五年之協會會員週年大會通告

The Annual General Meeting of the Merchant Navy Officers' Guild - Hong Kong for 2025 will be held at the Merchant Service Club, Room 1101-03, Alliance Building, 130-136 Connaught Road Central, Sheung Wan, Hong Kong, on 28<sup>th</sup> June 2025 (Saturday) at 1330 hrs to deal with the matters set out in the agenda below.

香港商船高級船員協會二零二五年之會員週年大會已訂於二零二五年六月二十八日(星期六)下午一時三十分,在香港上環干諾道中一百三十至一百三十六號誠信大廈一一零一至零三室,香港商船高級船員會所舉行。會議程序將根據下列議程進行:

### Agenda 議程

1. To announce Annual Report.  
宣讀週年報告。
2. To confirm Guild minutes of the Annual General Meeting for 2024.  
確認協會二零二四年會員週年大會的會議記錄。
3. To consider and approve the statement of accounts for the Guild and the financial reports of the auditors for the year 2024-2025.  
審議以及通過協會二零二四至二零二五年度帳目報表及核數師的財政報告。
4. To confirm and authorize the Guild as a federation member union of the Nautilus Federation.  
確認及授權協會成為Nautilus Federation聯盟工會會員。
5. To confirm and authorize Captain Chung Tung Tong, General Secretary of the Guild, to assume the role of Executive Board Member of the International Transport Workers' Federation, effective 13<sup>th</sup> October, 2024.  
確認及授權協會秘書長鍾東堂船長成為國際運輸工人聯盟執行委員會委員,自二零二四年十月十三日起生效。

Capt. T. T. Chung  
General Secretary  
鍾東堂船長  
(秘書長)

Note: A Paid Up Ordinary Member shall be entitled to appoint another Paid Up Ordinary Member as proxy to attend and to vote at the Annual General Meeting and the instrument appointing a proxy shall be deposited at the registered office of the Guild not less than 3 working days before the day of the Annual General Meeting.

備註:已繳足費用的普通會員將有資格委任另一名已繳足費用的普通會員為其代表,代其出席及於會員週年大會中投票。至於委派代表書必須在會員週年大會前不少於三個工作天送抵協會的登記地址。



To: All Club Members  
Date: 30<sup>th</sup> April 2025

致: 各位會所會員  
日期: 二零二五年四月三十日

## Notice of The Merchant Service Club Annual General Meeting 2025 二零二五年之會所會員週年大會通告

The Annual General Meeting of the Merchant Service Club for 2025 will be held at the Merchant Service Club, Room 1101-03, Alliance Building, 130-136 Connaught Road Central, Sheung Wan, Hong Kong, on 28<sup>th</sup> June 2025 (Saturday) at 1400 hrs to deal with the matters set out in the agenda below.

香港商船高級船員會所二零二五年之會員週年大會已訂於二零二五年六月二十八日(星期六)下午二時正,在香港上環干諾道中一百三十至一百三十六號誠信大廈一一零一至零三室,香港商船高級船員會所舉行。會議程序將根據下列議程進行:

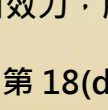
### Agenda 議程

1. To announce Annual Report.  
宣讀週年報告。
2. To confirm Club minutes of the Annual General Meeting for 2024.  
確認會所二零二四年會員週年大會的會議記錄。
3. To consider and approve the statement of accounts for the Club and the financial reports of the auditors for the year 2024-2025.  
審議以及通過會所二零二四至二零二五年度帳目報表及核數師的財政報告。

Capt. T. T. Chung  
General Secretary  
鍾東堂船長  
(秘書長)

Note: A Member shall be entitled to appoint another Member as proxy to attend and to vote at the Annual General Meeting and the instrument appointing a proxy shall be deposited at the registered office of the Guild not less than 3 working days before the day of the Annual General Meeting.

備註:會員將有資格委任另一名會員為其代表,代其出席及於會員週年大會中投票。至於委派代表書必須在會員週年大會前不少於三個工作天送抵協會的登記地址。



## Proxy Voting Guidelines and Procedures of the Guild and the Club Annual General Meeting 2025

In order to facilitate the smooth running of the Annual General Meeting of the Guild and the Club, the Executive Council decides that any Paid Up Ordinary Member of the Guild and Member of the Club who wishes to delegate another qualified Member to vote for them at the Annual General Meeting in their absence shall fill in an original proxy voting form with authorized stamp issued by the Guild Office. All qualified Members may obtain the original proxy forms by submitting a written request to the Guild Office by mail. Only original proxy forms bearing the authorized stamps issued by the Guild Office shall be valid. Any photocopies of forms shall be invalid.

Members should pay attention to the provision of Rules 18(c) and 18(d) of the Guild Rules.

Should you have any queries regarding this arrangement, please contact the Guild.

Enquiry  
Tel: (852) 2545 8269  
Email: mail@mnoghk.org

### 協會及會所會員週年大會2025 委托代表投票之指引及程序

為使協會及會所的會員週年大會工作暢順進行,執行理事會決定如已繳清相關費用的協會普通會員及會所會員欲委托另一名合資格的會員作為其代表,出席及於會員週年大會中投票,會員須填妥由協會辦事處發出的附有效蓋章的正本投票委托書。會員可以通過郵寄方式向協會辦事處書面申請索取正本投票委托書。只有協會辦事處發出的附有效蓋章的正本投票委托書才有效力,所有委托書之影印本均屬無效。

同時會員亦應注意協會章程第18(c)及第18(d)條的規定。

各會員如對安排有任何疑问,請即向協會查詢。

查詢  
電話: (852) 2545 8269  
電郵: mail@mnoghk.org

Capt. T. T. Chung  
General Secretary  
鍾東堂船長 (秘書長)



## Career Seminar for the Cruise Industry

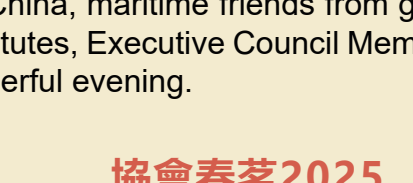
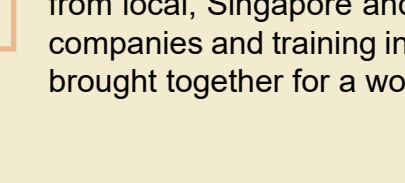
To further expand employment opportunities for local seafarers, the Guild welcomed senior HR personnel from Adora Cruises, who traveled from Shanghai to Hong Kong on 2<sup>nd</sup> April to host a cruise career seminar. The event was designed for teachers and students from the Vocational Training Council's Hotel and Tourism Institute, the certificate for junior general purpose ratings program at the Maritime Services Training Institute, and the Hong Kong Sea School.

During the seminar, representatives from Adora Cruises provided an insightful overview of the industry's development, as well as an in-depth look into life on board, including working conditions and onboard culture. They also highlighted promising career opportunities and future prospects for both hotel and maritime students, offering valuable guidance for those considering a career in the cruise industry.

### 郵輪職業講座

為進一步開拓本地船員就業機會,協會於四月二日邀請愛達郵輪人力資源高級管理人員專程由上海來港,為職業訓練局酒店及旅遊學院、海事訓練學院初級全能海員證書課程及香港航海學校的師生們舉辦郵輪職業講座。

在研討會上,愛達郵輪代表對產業發展進行了深入講解,並詳細介紹船上生活,包括工作環境和文化。她們更為酒店和海事專業學生闡述職業機會和未來前景,為考慮從事郵輪工作的學生提供了寶貴意見。

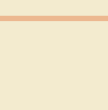
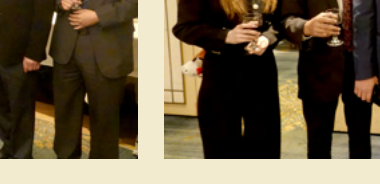


## MNOG Sailing Team Secures Another Impressive Result

The MNOG Sailing Team, aboard MNOG Alpha, delivered another strong performance in the Around the Island Race, earning the second runner-up position in the Big Boat PHS division on 18<sup>th</sup> January. Congratulations to the team on this fantastic achievement!

### MNOG帆船隊再創佳績

MNOG帆船隊以MNOG Alpha於一月十八日在由香港遊艇會舉辦的Around the Island賽中表現出色,勇奪大船PHS組別的季軍,可喜可賀!



## Seagoing Seafarer Support Scheme for Hong Kong Ratings

The Seagoing Seafarer Support Scheme of Hong Kong Maritime Scholarship Fund aims to inspire young individuals who aspire to join the maritime industry by encouraging them to begin their seagoing careers as ratings. To further promote the scheme, the Guild hosted a launch briefing session on 13<sup>th</sup> March in its Conference Room, inviting teachers and students from the Hong Kong Sea School to participate.

During the event, Captain Kong Cheuk-kwan, Chairman of the Administrative Committee of the Hong Kong Seafarer Mutual Assistance and Scholarship Trust, and Mr. Cowen Chiu, MH, Chairman of the Board of Management of the Hong Kong Sea School, signed a memorandum of cooperation, symbolizing the joint efforts of both parties to advance the initiative.

With coordination from Orient Overseas Container Line Limited, over a dozen teachers and students from the Hong Kong Sea School boarded the container ship OOCL KOREA for an immersive visit, gaining valuable firsthand experience of a seafarer's working environment. They had the unique opportunity to explore key areas of the vessel, including the bridge, engine room, restaurant, and lounge, providing them with an insightful glimpse into life at sea.

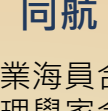
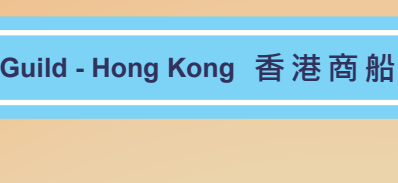
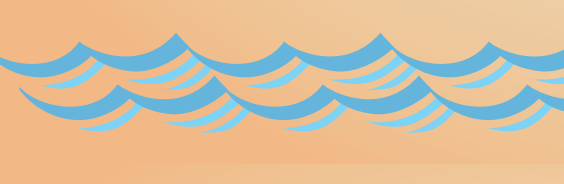
The Seagoing Seafarer Support Scheme was officially approved by the Administrative Committee of the Hong Kong Seafarer Mutual Assistance and Scholarship Trust in July last year, aiming to strengthen manpower development in the local maritime industry. The scheme subsidizes junior seafarers starting their careers from rating positions aboard seagoing vessels, with a maximum subsidy amount of HK\$64,000 per applicant.

### 遠洋海員支援計劃

香港船員助學基金之「遠洋海員支援計劃」鼓勵有志投身海運業的年輕人,以初級海員身份開展遠洋航海事業。為進一步推廣計劃,協會於三月十三日邀請香港航海學校師生於會議室舉行啟動簡介會,並由香港船員互助及助學基金行政委員會主席江卓君船長及香港航海學校校監趙不求先生簽署合作備忘錄,標誌雙方共同合作推動計劃。

期後,在東方海外貨櫃航運公司協調下,十多名香港航海學校師生同登上集裝箱船「東方韓國」實地參觀,親身體驗海員工作環境,深入了解駕駛艙、機房、餐廳和休息室等,大開眼界。

由香港船員互助及助學基金行政委員會於去年七月通過的「遠洋海員支援計劃」,資助遠洋船隻上工作的初級海員,每位申請人的資助金額最高可達港幣六萬四千元,以促進本地業內人力發展。

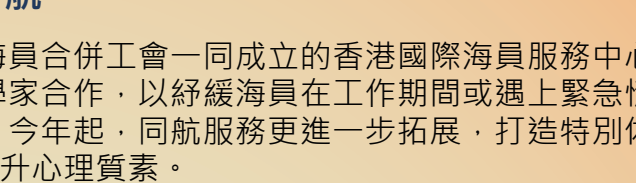
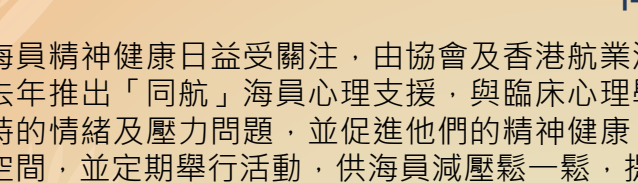
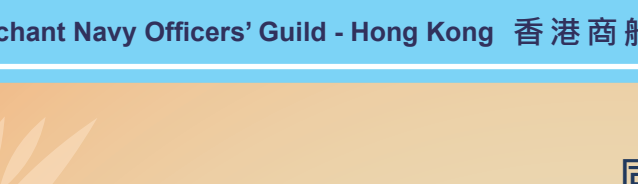


## The Guild Spring Dinner 2025

The New Year Spring Dinner and cocktail reception was held on 10<sup>th</sup> March. Union friends from local, Singapore and China, maritime friends from government departments, shipping companies and training institutes, Executive Council Members and staff of Guild Office were brought together for a wonderful evening.

### 協會春茗2025

春茗晚宴及雞尾酒會在三月十日舉行,來自本地、新加坡和內地的工會朋友,來自政府部門、航運公司和培訓機構的海事朋友,執行理事會成員以及協會辦公室的工作人員歡聚一堂,共渡美好晚上。

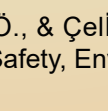


## Amendments to the "Trade Unions Ordinance"

The Hong Kong Government has proposed amendments to the Trade Unions Ordinance to enhance its role in safeguarding national safety. In late April, several Executive Council Members of the Guild attended an online seminar organized by the Registry of Trade Unions to gain a deeper understanding of the proposed changes. The legislative process for these amendments is expected to be completed within the year.

### 《職工會條例》修例草案

港府建議修訂《職工會條例》,增加維護國家安全條款。四月下旬,多名協會理事會成員參加職工會登記局舉辦的「國家安全與《職工會條例》線上研討會」,以了解相關修訂建議內容。有關修例草案料今年內完成立法。



## Crew Care

There is growing recognition of the impact of mental health conditions on seafarers. The Hong Kong International Seafarer Services Centre, jointly established by the Guild and the Amalgamated Union of Seafarers, Hong Kong, launched the Crew Care Seafarers' Psychological Support last year. In collaboration with a clinical psychologist, the initiative aims to help seafarers manage emotional and stress-related challenges at work or in emergency situations while also promoting mental well-being. This year, the Crew Care program has expanded to introduce a dedicated special space, designed to host regular activities that help seafarers relieve stress and improve their psychological well-being.

The special space is located at Room 2301-02 on the 23<sup>rd</sup> floor of the Alliance Building. It is equipped with game consoles, simulators, audio-visual equipment, board games and more, offering a welcoming game for seafarers to gather with friends. The cozy and relaxed environment is designed to provide comfort, allowing members to unwind and ease emotional tension.

Clinical psychologist Dr. Joseph Lam is available in the room each week to provide one-on-one counseling, lead group opening sessions, and facilitate stress-relief workshops. The individual counseling lead seafarers open up and share their personal thoughts with Dr. Lam in private, allowing them to address concerns in a safe, supportive setting. Group sharing sessions through engaging themes such as mysterious in sea tales and romantic encounters to foster lighthearted and friendly conversations, strengthening bonds among seafarers. During stress-relief workshops, Dr. Lam leads participants in various relaxation techniques, such as meditation and hypnosis, to enhance their physical and mental well-being.

Starting the beginning of this year, one-on-one counseling sessions were arranged for seafarers and maritime students to gain a deeper understanding of their concerns and stressors. Findings revealed that younger seafarers, especially newcomers to the industry, often face significant psychological challenges. These include gender and nationality discrimination, strained family relationships, and low self-esteem.

Studies indicate that poor mental health and wellbeing appear to be associated with younger age seafarers, possibly due to lower job autonomy and security. Their inexperience can make it harder to cope with demanding job conditions and decision-making pressures<sup>1</sup>. Research even shows that mental statuses of cadets are 2.8 times worse compared to masters and chief officers<sup>2</sup>. The special space seeks to create a safe, supportive environment where younger seafarers can relax, in addition to engage with more experienced colleagues, fostering mutual understanding and encouragement.

Given the demanding nature of maritime professions, seafarers face greater mental health challenges than workers in many other industries. According to the study conducted by the ITF Seafarers' Trust and Yale University, 25% of the seafarers completing questionnaire had scores suggesting depression, 17% of seafarers completing questionnaire defined as seafarers with anxiety and 20% of seafarers surveyed had suicidal ideation<sup>3</sup>.

The expansion of Crew Care service represents a significant step in addressing these challenges, providing seafarers with a dedicated space to support their emotional health and well-being.



## 同航

海員精神健康日益受關注,由協會及香港航業海員合併工會一同成立的香港國際海員緊急中心,去年推出「同航」海員心理支援,與臨床心理學家合作,以紓緩海員在工作期間或遇上緊急情況時的情緒及壓力問題,並促進他們的精神健康。今年起,同航服務更進一步拓展,打造特別休憩空間,並定期舉行活動,供海員減壓鬆一鬆,提升心理質素。

此特別空間位於誠信大廈廿三樓2301-02室,室內特別設有遊戲機、模擬器、影音器材、桌上遊戲等,讓海員與好友共聚,室內營造寫意悠閒的氣氛,佈置簡單舒適,供會員放鬆心情,緩和情緒。

臨床心理學家林家進博士每星期駐守室內,與海員單獨會面,或進行小組分享及減壓工作坊等。單對單談話讓海員打開心扉,與林博士傾心事;小組分享就透過有趣主題,如海上怪談、艱遇,鼓勵大家與同行聊天吹水,聯絡感情;減壓工作坊就由林博士帶領參加者進行各式放鬆活動,如冥想、打坐及催眠等,提升身心健康。

由今年年初起,同航已安排多位海員及海事學生與林博士單對單面談,以了解他們壓力來源。當中發現不少年輕海員,尤其是初入行者,都面對不同的心理壓力,如遭受其他性別或國籍海員歧視、與在岸家人關係和自我形象低等。

事實上,不少研究顯示,年輕海員錄得較差的心理健康,可能由於工作的自主性及保障較低,或因缺乏經驗,難以適應工作要求而過份緊張<sup>1</sup>;甚至有指實習生的心理健康狀況比高級海員差2.8倍<sup>2</sup>。此空間期望提供安全、可信靠的環境,讓年輕海員盡情放鬆,同時打造成可與資深海員共享交流、互相支持鼓勵的空間。

去年推出的同航計劃是為針對疫後海員精神健康問題而設,於不同社交平台設立求助渠道,供有需要海員尋求專業援助,並曾舉行分享會及專題講座等加強服務。基於航海職業的特殊性,海員精神健康比其他行業面臨更大挑戰,根據國際運輸工人聯盟海員信託基金及耶魯大學的問卷調查,達百分之廿五的受訪海員呈抑鬱傾向,百分之十七患有焦慮症,更有百分之二十的受訪者曾有自殺念頭<sup>3</sup>。

擴大同航的服務範圍是積極面對這些挑戰的重要一步,透過為海員提供一個專門的空間,以支援他們的情緒健康和幸福感。



1. Brooks, S.K., Greenberg, N. Mental health and psychological wellbeing of maritime personnel: a systematic review. BMC Psychol 10, 139 (2022). <https://doi.org/10.1186/s40359-022-00850-4>

2. Şenbursa, N., Şenbursa, G., Sivri, F., Uğurlu, Ö., & Çelik, B. (2024). Understanding seafarers' physical and mental health: A cross-sectional study. International Maritime Safety, Environment, Affairs, and Shipping, 8(4). <https://doi.org/10.1080/25725084.2024.2421708>

3. Lefkowitz R, Slade M. Seafarer Mental Health Study. ITF Seafarers' Trust & Yale University. ITF House; 2019.

