

Guild Travel 2025

From 25th to 26th October, the Guild organized a two-day tour to Foshan, Guangdong Province, with over 160 members and their families taking part in a relaxing and enriching weekend.

The group departed from City Hall in Central by tour bus and enjoyed an authentic local lunch upon arrival. Their first stop was Florentia Village, where European-style architecture and luxury shopping created an immersive experience. Participants then toured Qing Hui Yuan—celebrated as one of Southern China's Four Most Beautiful Manor Houses—before checking into a five-star hotel for a delightful buffet dinner.

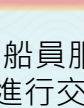
The following day featured Foshan's signature lunch banquet, along with Guild-organized games, lucky draws, and souvenir giveaways, adding a festive touch to the trip. Before returning to Hong Kong, the group visited Foshan Guangdong Romance Park, a vibrant cultural destination known for its immersive attractions, dazzling performances, and rich storytelling that celebrates the spirit of Cantonese heritage.

協會旅行 2025

十月廿五至廿六日，協會舉辦了「佛山千古情、義大利風格佛羅倫薩小鎮兩天遊」，獲超過一百六十名會員及其家人參加，共遊輕鬆而充實的週末旅程。

行程從中環大會堂出發，搭乘旅遊巴士抵達佛山後，享用地道特式午餐。第一站是遊覽義大利風格佛羅倫薩歐洲小鎮，那裡的歐式建築令人神往，各式名店更為人提供耳目一新的沉浸式購物體驗。隨後，參加者遊覽被譽為嶺南四大名園之一的「佛山清輝園」，再入住五星級酒店及享用豐盛的自助晚餐。

第二天，協會舉辦了佛山特色午餐，期間更安排了遊戲、抽獎和紀念品贈送活動，為行程增添歡樂氣氛。回港前，參加者遊覽「廣東千古情」，這是一座大型旅遊景點，透過身臨其境的景點、視覺效果逼真震撼的大型表演，以頌揚廣東文化傳統精神，為旅程劃上完美句號。



Merchant Navy Officers' Guild - Hong Kong 香港商船高級船員協會

Seafarers' Career Development & Health Experience Exchange

The Guild participated in the 'Seafarers' Career Development, Safety and Health Experience Exchange Seminar', held on 8th August in Guangzhou and organized by the Guangdong Seamen Service Association.

During the seminar, maritime professionals shared insights into international standards and best practices for promoting onboard safety and health. A WeChat mini program addressing the psychological well-being of seafarers was also introduced, highlighting the growing attention to mental health in the maritime industry.

Mr. Al Li Kwun Yeung, Executive Council Member of the Guild, presented the 'Crew Care: Seafarers' Psychological Support' initiative, developed by the Hong Kong International Seafarer Services Centre.

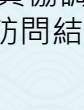
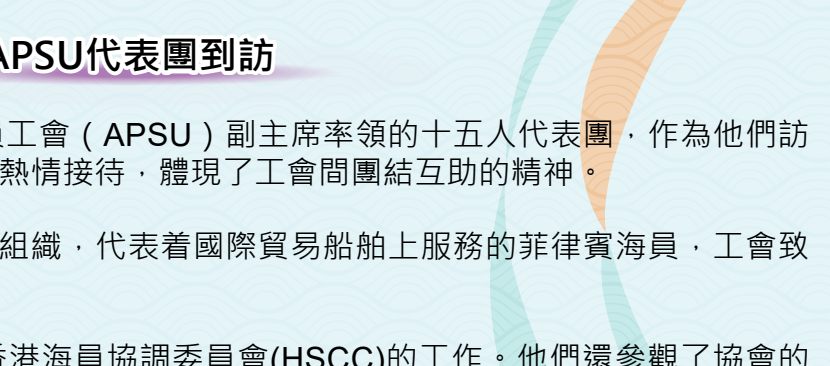
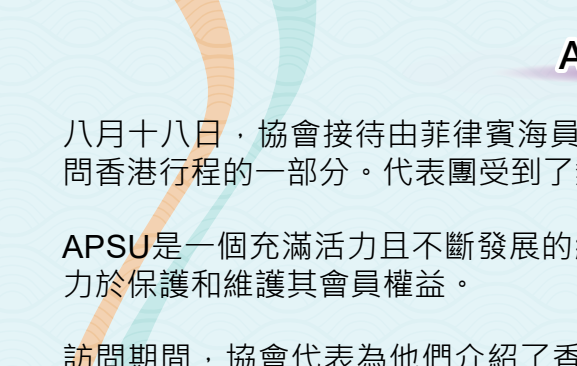
The Guild's presentation included a real-life case study, which sparked meaningful discussion among attendees. Representatives from Chinese shipping companies actively contributed valuable feedback and recommendations, further enriching the dialogue on enhancing seafarers' welfare.

船員職業發展和安全健康工作經驗交流會

八月八日，協會派出代表與由廣東省船員服務協會主辦的「船員職業發展和安全健康工作經驗交流會」，與內地船公司代表及海事專家進行交流。

研討會上，內地海事專家分享促進船隻上安全健康的國際標準和最佳實踐，並簡介一個關注海員心理健康的微信小程序，突顯近年業界對海員心理健康的日益關注。

協會理事會成員李冠揚先生亦介紹了由香港國際海員服務中心推出的「同航」海員心理支援計劃。之後，協會代表提出一個真實的海上醫療案例，引發與會者的討論，來自內地航運公司的代表積極貢獻寶貴的意見和建議，進一步豐富提升海員福祉的兩地交流。



Merchant Navy Officers' Guild - Hong Kong 香港商船高級船員協會

Visit of APSU Delegates

On 18th August, the Guild had the pleasure of welcoming a 15-member delegation from the Associated Philippine Seafarers Union (APSU), led by their Vice President, as part of their visit to Hong Kong. The delegation was warmly received, reflecting the spirit of solidarity and mutual support between unions.

APSU is a dynamic and expanding organization that represents Filipino seafarers serving on vessels engaged in global trade. The union is steadfast in its mission to protect and uphold the rights of its members.

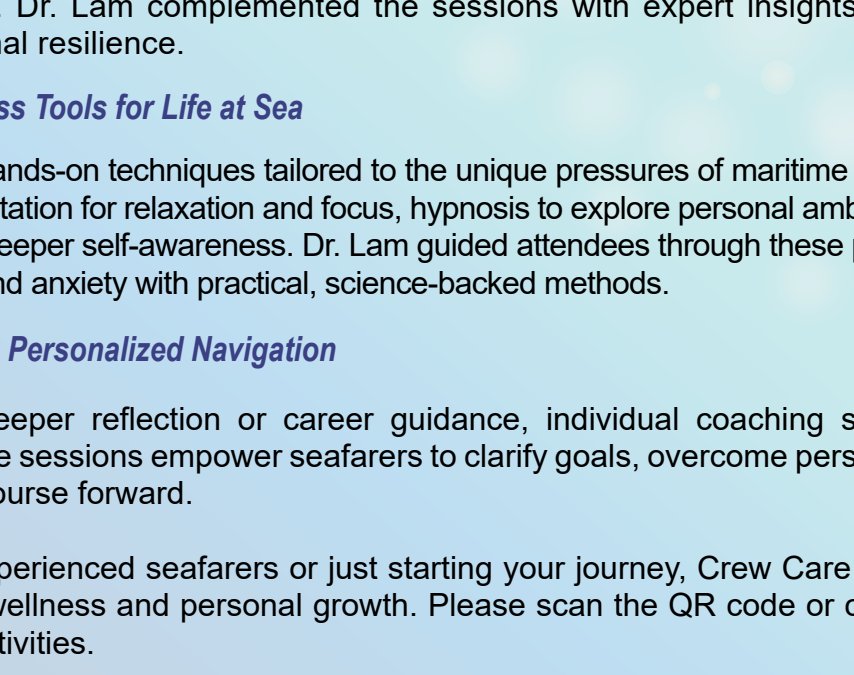
During their visit, the delegates attended a presentation on the work of the Hong Kong Seafarers' Co-ordination Committee (HSCC). They also toured the Guild's facilities, including the Club, Gym Room, and Crew Care Oasis. The visit concluded with a dinner held in their honor, further strengthening the bonds of friendship and cooperation between our organizations.

APSU代表團到訪

八月十八日，協會接待由菲律賓海員工會（APSU）副主席率領的十五人代表團，作為他們訪問香港行程的一部分，代表團受到了熱情接待，體現了工會間團結互助的精神。

APSU是一個充滿活力且不斷發展的組織，代表著國際貿易船舶上服務的菲律賓海員，工會致力於保護和維護其會員權益。

訪問期間，協會代表為他們介紹了香港海員協調委員會（HSCC）的工作。他們還參觀了協會的設施，包括會所、健身室和同航綠洲等。訪問結束後，協會更為他們舉辦了晚宴，進一步加強兩個組織之間的友誼與合作。



Merchant Navy Officers' Guild - Hong Kong 香港商船高級船員協會

Crew Care Oasis: A Safe Harbour for Seafarers' Well-being

Since its opening, the Crew Care Oasis has become a weekly anchor point for seafarers and aspiring mariners seeking emotional support, personal growth, and community connection. Every Wednesday, Room 2301-02 of the Alliance Building transforms into a vibrant wellness space, offering sharing groups, practical workshops or one-on-one coaching session led by clinical psychologist Dr. Lam.

This initiative is part of the Crew Care - psychological support for seafarers, launched last year by the Hong Kong International Seafarer Services Centre, a joint effort by the Guild and the Amalgamated Union of Seafarers, Hong Kong. The Oasis marks a major expansion of the program, providing a dedicated venue for psychological support and to foster emotional resilience.

Sharing Groups: Stories That Sail Beyond the Surface

Each session brings together seasoned seafarers and newcomers to exchange experiences, challenges, and laughter. Topics ranged from "All Men's Talk" and "Newcomers' Challenges at Sea" to quirky themes like "Ocean Weird Tales" and "Dark Cuisine Onboard." These weren't just conversations—they were immersive experiences featuring role-playing games, tasting activities, and lively discussion. Dr. Lam complemented the sessions with expert insights and actionable strategies for emotional resilience.

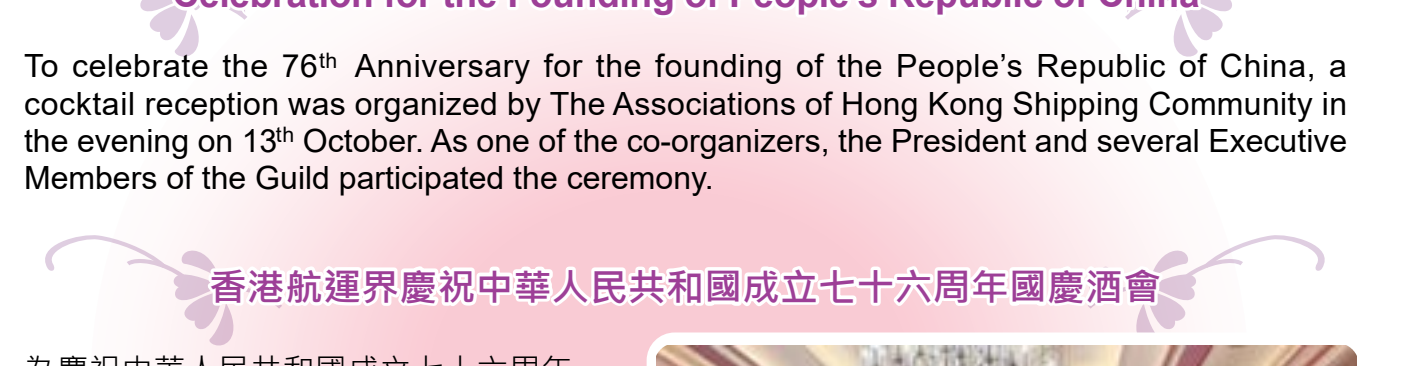
Workshops: Mindfulness Tools for Life at Sea

The workshops offer hands-on techniques tailored to the unique pressures of maritime life. For instance, participants learnt meditation for relaxation and focus, hypnosis to explore personal ambition and personality assessments for deeper self-awareness. Dr. Lam guided attendees through these practices, helping them manage stress and anxiety with practical, science-backed methods.

One-on-One Coaching: Personalized Navigation

For those seeking deeper reflection or career guidance, individual coaching sessions provide tailored support. These sessions empower seafarers to clarify goals, overcome personal challenges, and chart a fulfilling course forward.

Whether you're an experienced seafarer or just starting your journey, Crew Care Oasis is here to support your mental wellness and personal growth. Please scan the QR code or contact the Guild Office for details of activities.



Merchant Navy Officers' Guild - Hong Kong 香港商船高級船員協會

同航綠洲： 海員身心健康的港灣

自啟用以來，「同航綠洲」已成為海員和海事學生尋求情緒支援、個人成長和同行聯繫的休憩場所。逢週三，誠信大廈2301-02室都變身成活動空間，由臨床心理學家林博士帶領分享小組、實用工作坊或一對一導航，促進心靈健康。

由協會及香港航業海員合併工會共同成立的香港國際海員服務中心，去年推出「同航」海員心理支援服務。「同航綠洲」標誌著該計劃服務擴展，為心理支持和培養情緒韌性提供了一個專門的場地。

分享小組：航海故事，沉浸體驗

每次分享小組都會將經驗豐富的海員和新人聚集在一起，分享經驗、挑戰和歡笑，涵蓋從「男人最痛」、「新丁下海」到「海上怪談」和「暗黑料理」等新穎獨特的主題。這些不僅是簡單的對話，更是沉浸式體驗，包含角色扮演遊戲、試食活動和熱烈討論。期間，林博士提供了專家見解和切實可行的舒緩情緒技巧。

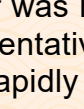
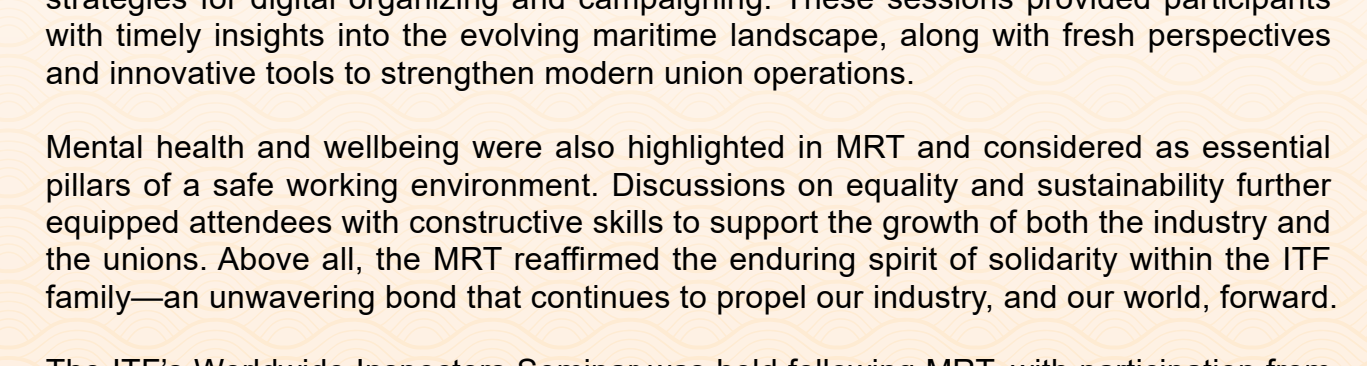
工作坊：海上生活正念工具

工作坊提供針對海上生活獨特壓力的實用技巧。例如，參與者學習冥想以放鬆身心、集中專注力，透過催眠探索個人抱負，以及透過性格評估來加深自我認知。透過這些練習，林博士傳授實用且科學的方法，幫助參加者管理壓力和焦慮。

一對一導航：個人成長啟發

對於那些尋求更深入反思，甚至是職業方向指導的海員，一對一導航時段提供量身定製的支援。透過心理輔導，林博士幫助參加者明確目標，克服個人挑戰，並規劃出充實的未來之路。

無論您是經驗豐富的海員，還是剛剛啟航海之旅，「同航綠洲」都希望能為您提供心理健康和個人成長的支援。請掃描二維碼或聯絡協會辦公室，以了解更多活動詳情。



Merchant Navy Officers' Guild - Hong Kong 香港商船高級船員協會

Celebration for the Founding of People's Republic of China

To celebrate the 76th Anniversary for the founding of the People's Republic of China, a cocktail reception was organized by The Associations of Hong Kong Shipping Community in the evening on 13th October. As one of the co-organizers, the President and several Executive Members of the Guild participated the ceremony.

香港航運界慶祝中華人民共和國成立七十六周年國慶酒會

為慶祝中華人民共和國成立七十六周年，香港航運界於十月十三日傍晚舉行國慶酒會。協會作為聯合舉辦單位之一，會長及多名理事會成員當晚均出席參加慶典。



MSTI Briefing Session

The Guild conducts a visit to Maritime Services Training Institute (MSTI) and hosting a briefing session for freshmen every year. The briefing session for this year held on 17th October. During the session, Guild representatives introduced key topics such as Guild history, seafarer protections under collective agreements, MNOG Youth Membership applications, and application details of Hong Kong Maritime Scholarship Fund.

海事訓練學院簡介會

協會每年到訪海事訓練學院，並為每年新學生主持簡介會。今年簡介會於十月十七日舉行，會上由協會代表介紹協會歷史，集體談判協議對船員的保障，簡介協會年青會員及香港船員助學基金申請詳情等。



Merchant Navy Officers' Guild - Hong Kong 香港商船高級船員協會

ITF Maritime Roundtable 2025

From 15th to 18th September, representatives from the Guild Office took part in the International Transport Workers' Federation (ITF) Maritime Roundtable (MRT) 2025, held in Limassol, Cyprus. The MRT continues to serve as a vital forum for ITF maritime unions to engage with the federation's latest initiatives and advocacy efforts, while fostering meaningful dialogue among affiliates. This year's event welcomed nearly 200 participants from 64 countries and regions across the globe.

MRT is a space for young maritime trade unionists to learn, share and grow as leaders in ITF movement. This year, the theme of building sustainable and safer workplaces was one of the programme foci. A series of learning workshops addressed pressing issues such as supply chain accountability, the impact of data and artificial intelligence on workers, and strategies for digital organizing and campaigning. These sessions provided participants with timely insights into the evolving maritime landscape, along with fresh perspectives and innovative tools to strengthen modern union operations.

Mental health and wellbeing were also highlighted in MRT and considered as essential pillars of a safe working environment. Discussions on equality and sustainability further equipped attendees with constructive skills to support the growth of both the industry and the unions. Above all, the MRT reaffirmed the enduring spirit of solidarity within the ITF family—an unwavering bond that continues to propel our industry, and our world, forward.

The ITF's Worldwide Inspectors Seminar was held following MRT, with participation from over 130 ITF inspectors, including representatives from Hong Kong. The seminar focused on preparing inspectors to adapt to the rapidly evolving maritime landscape—addressing challenges such as emerging technologies, new environmental regulations, and shifting global trade routes. The goal of ITF inspectors is to ensure that, regardless of how the industry changes, seafarers' rights continue to be upheld and enforced.

The ITF Inspectorate stands firmly with seafarers worldwide—including those who are abandoned, exploited, or denied their most fundamental rights. These inspectors are the frontline defenders of seafarers in every port, under every flag, every single day.

International Transport Workers' Federation (ITF) Maritime Roundtable (MRT) 2025
2025年國際運輸工人聯盟海事圓桌會議

Merchant Navy Officers' Guild - Hong Kong 香港商船高級船員協會

2025年ITF海事圓桌會議

九月十五至十八日，協會辦公室代表參加了在塞浦路斯利馬索爾舉行的國際運輸工人聯盟 (ITF) 2025年海事圓桌會議 (MRT)。今年的MRT吸引了來自全球64個國家及地區近200名代表參加，是了解ITF最新倡導工作的平台，同時促進同盟工會之間有意義的溝通互動。

MRT是一個讓年輕海員工會成員學習、分享和成長的機會，也是為工會運動培養領袖的平台。今年MRT會議的主題之一——建立可持續和更安全的工作場所，一系列工作坊探討了供應鏈責任、數據和人工智能對工人的影響以及數位化組織和宣傳策略等熱門議題。會議為參加者提供了緊貼海事業內、與時並進的最新發展，以及為現代工會運作提供了創新的視角和工具。

心理健康和福祉也是重點關注領域，更被認為是安全工作環境的重要組成部分。會議上，關於兩性平等和永續性的討論甚具建設性，進一步提升了參加者的技能，以支持行業發展及工會的發展。最重要的是，MRT加強了ITF大家庭的團結精神——這種堅定不移的關係將推動海運業，乃至世界，繼續向前發展。

MRT隨後舉行的ITF全球檢查員研討會，有超過130名ITF檢查員參加，其中包括香港區檢查員。研討會的重點是幫助檢查員適應快速發展的海事形勢，應對新興技術、新的環境法規和不斷變化的全球貿易路線等挑戰。ITF檢查員的目標是確保無論產業如何變化，海員的權利都能持續維護和有效行使。

ITF檢查員堅定地與世界各地的海員站在同一陣線——包括那些被遺棄、被剝削或被剝奪最基本權利的海員。這些檢查員是每個港口、每艘船上、每一天維護海員權益的最前線捍衛者。

ITF's Worldwide Inspectors Seminar 2025
2025年國際運輸工人聯盟全球檢查員研討會

Merchant Navy Officers' Guild - Hong Kong 香港商船高級船員協會

