

Message from President

Dear Members,

As we welcome the new year, on behalf of the Executive Council of the Guild, I extend our heartfelt wishes to all members and maritime friends. May 2026 bring happiness, good health, prosperity, and success to you and your families.

會長的話

Through every circumstance, merchant seafarers steadfastly uphold their duties, keeping the wheels of global trade turning. With your support, the Guild has remained committed to delivering high-quality services over the past year. Our facilities have operated smoothly, our events have been well received, and we have proudly launched new initiatives. Among them, the mid-year Golden Years Dinner — honoring our Life Members and esteemed seniors of the shipping industry — stood out as a warm and memorable gathering.

We have also worked to expand career opportunities for maritime students. Early last year, we organized a cruise ship visit, followed by a seminar led by senior HR executives from a mainland cruise company. In the same month, students toured a cargo ship, gaining valuable firsthand experience. Meanwhile, the Hong Kong Maritime Scholarship Fund introduced several new programs to attract young talent to the seafaring profession.

各位會員：

新春之際，我謹代表協會執行理事會，向全體會員及海事同仁致以誠摯問候，祝願各位在二零二六年安康順遂，事業興隆。

無論環境如何變化，商船船員始終恪守崗位，保障全球貿易暢通。承蒙各位會員的支持，過去一年，協會一如既往致力提供優質服務。各項設施運作順暢，活動圓滿舉辦，更推出新企劃：如年中的「百人萬歲宴」邀請協會永久會員與航運界前輩共聚，場面溫馨熱鬧。

協會亦積極為海事學子拓展前程。去年初組織郵輪參觀，隨後邀請內地郵輪公司人事主管舉辦專題講座，同月亦安排學生登輪參觀貨船實務。此外，香港船員助學基金推出多項新資助計劃，期望吸引更多人才投身航海事業。

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

The Hong Kong International Seafarer Services Centre (HKISSC) jointly established by the Guild and the Amalgamated Union of Seafarers, Hong Kong (AUSHK) in 2019, has continued to grow rapidly. Not only during holiday seasons, HKISSC staff now visit container terminals weekly, boarding arriving cargo ships to greet seafarers from around the world and present them with welfare packages. Since its founding, more than 900 ship visits have been conducted, benefiting over 20,000 seafarers. The HKISSC Activity Room has also opened, offering weekly interest classes led by professional instructors, which have been met with enthusiastic participation.

Beyond physical welfare, HKISSC is deeply committed to supporting seafarers' mental well-being. In collaboration with a clinical psychologist, we launched the "Crew Care" Seafarers' Psychological Support to help them alleviate stress and emotional challenges. Last year, we expanded these services with the creation of "Crew Care Oasis", a dedicated space for weekly sharing sessions, stress-relief workshops, and one-on-one coaching consultation. Following the tragic Tai Po fire last year, Crew Care also established an emergency emotional support service, including a WhatsApp hotline for counselling appointments. The Guild additionally provided relief fund to assist affected member in rebuilding his home.

Looking ahead, we recognize the challenges posed by an uncertain global environment. During the US-China trade tensions, a portion of Hong Kong-registered merchant ships reflagged, which may impact the Guild's income and membership. Yet we remain confident that, through unity and collaboration with our members and industry partners, we will overcome these difficulties together.

On behalf of the Guild, I sincerely invite all members and friends of the industry to continue standing shoulder to shoulder with us as we move forward. May the Year of the Horse bring you good fortune, peace, and auspiciousness.

Captain Wu Kwok Hau

The President

協會與香港航業海員合併工會(AUSHK)於一九年共同成立的香港國際海員服務中心(HKISSC)，服務範圍持續擴展。中心人員定期探訪，甚至現在每星期，都入貨櫃碼頭探訪抵港貨船，慰問各國船員並贈送禮品，探訪船次至今已超過九百次，受惠的船員超過二萬人。中心活動室亦已經開放，每星期開設專業教練開辦興趣班，參與會員踴躍。

中心不僅關注海員身體健康，更重視心理福祉。我們與臨床心理學家合作推出「同航」海員心理支援，協助船員緩解壓力與情緒困擾。去年進一步拓展服務，打造專業支援空間「同航綠洲」，每週舉辦心理分享會、減壓工作坊及一對一導航諮詢，全面促進海員心理健康。此外，因應去年大浦火災，「同航」亦特別開設緊急情緒支援服務，提供WhatsApp專線，供會員預約心理輔導。協會亦於災後迅速發放援金，支援受影響會員重建家园。

展望未來，全球局勢多變，協會亦面臨挑戰。中美貿易摩擦期間，部分香港商船轉換船旗，預計將對協會收入及會員人數帶來影響。然而，協會始終堅信，只要與會員及業界同心協力，定能迎難而上。在此，我謹邀請全體會員與業界朋友，繼續與我們攜手並進。祝願各位今年馬年萬事如意，平安吉祥！

會長

胡國豪 船長



The Guild AGM to be held in June

According to the Guild Rules, the Annual General Meeting (AGM) is held in June every year. The AGM is the most important decision-making body of the Guild. Members will receive reports from the Executive Council about the works and financial operations throughout the year. All members with voting rights are also eligible to vote on the Guild's issues raised in the AGM.

Attending the AGM and executing the voting power are the rights of members. We welcome and expect your input to the Guild for improving performance and strategy. For those who cannot attend the AGM in person, they may authorize another qualified member to execute their voting rights by using proxy.

For details regarding the AGM or the collection of proxy forms, please feel free to contact the Guild Office.

會員週年大會將於6月召開

根據協會章程，協會會員週年大會於每年六月舉行。週年大會作為協會最重要的決策架構，執行理事會將向各會員報告過去一年工作及財務運作。所有具投票權之會員亦有資格就週年大會上各相關動議和事項進行表決。

參加週年大會及行使投票權是每名會員的權利，我們歡迎並期望您的參與，就協會工作和策略建言。未能出席週年大會之會員則可透過委託授權另一出席代表行使議決權。

如對週年大會事項和領取委託授權書事宜有任何查詢，歡迎隨時聯絡協會辦公室。

By-election for a Member of the Executive Council

In accordance with the Guild Rules, the Executive Council — vested with the absolute control and administration of the Guild — is composed of fifteen Ordinary Members serving a three-year term. At present, there is one vacancy on the Executive Council. A by-election will therefore be conducted to fill this position during the AGM in June of this year. The term of the elected member will be aligned with that of the current Executive Council, concluding at the AGM next year.

All Paid-Up Ordinary Members aged 21 or above are eligible to stand for election. Members who wish to stand for election, or to nominate an eligible fellow member, should contact Ms. Kitty Chan, Administrator of the Guild, during the period from March to April of this year.

執行理事會成員補選事宜

根據會章規定，執行理事會作為協會的管理機構，由十五名普通會員組成，每屆任期三年。目前，執行理事會存在一個成員空缺，將於本年六月舉行的協會會員週年大會上進行補選。當選成員之期，將與本屆執行理事會同步，至明年會員週年大會。

凡已繳清會費、年滿二十一歲的普通會員，均符合參選資格。如有意參選，或提名符合資格的同僚參選，請於本年三月至四月期間，與協會行政總管陳小姐聯絡。

Tel 查詢電話：2545 8269

Email 電郵：mail@mnoghk.org

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

Diverse Activities of Crew Care

The "Crew Care" Seafarers' Psychological Support initiative organizes a wide range of activities to promote mental health and emotional well-being among seafarers.

On 7th November last year, clinical psychologist Dr. Joseph Lam, representing Crew Care, was invited by Pacific Basin to deliver a talk on "Seafarers' Stress Management and Relief Strategies." The session, attended by more than twenty serving crew members, provided an in-depth overview of common sources of stress, relevant psychological theories, and associated symptoms. Dr. Lam also introduced a variety of practical, everyday techniques designed to help seafarers strengthen their emotional resilience and navigate both professional and personal challenges.

Furthermore, on 10th December, aromatherapist Michelle Mok conducted an interactive workshop at the Crew Care Oasis. Participants learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind. More than ten attendees had the opportunity to blend their own essential oils on-site, using their favourite aromas to foster positive emotions.

Crew Care was launched by the Hong Kong International Seafarer Services Centre (HKISSC) jointly established by the Guild and the Amalgamated Union of Seafarers, Hong Kong. Since its establishment, the Crew Care Oasis has further enhanced its services by grouping, workshops, space and one-on-one coaching sessions. All members and registered individuals are welcome to participate.

Seafarers' psychological support is a key component of the "Crew Care" initiative. The "Crew Care" team has organized various activities to promote mental health and emotional well-being among seafarers. These include stress management workshops, aromatherapy sessions, and one-on-one coaching sessions.

On 11th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 12th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 13th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 14th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 15th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 16th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 17th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 18th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 19th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 20th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 21st December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 22nd December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 23rd December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 24th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 25th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 26th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 27th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 28th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 29th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 30th December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 31st December, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 1st January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 2nd January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 3rd January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 4th January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 5th January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 6th January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 7th January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 8th January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 9th January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

On 10th January, the "Crew Care" team organized a stress management workshop for crew members. The workshop was attended by more than twenty crew members, who learned about the properties of different essential oils and explored which specific scents can help alleviate stress and calm the mind.

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