

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.

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.

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

會長的話

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艙實務。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。

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，打造專業支援中心「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，因應去年大埔火災，「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助金，支援受影響會員重建家園。

展望未来，全球局勢多變，協會亦面臨挑戰。中美貿易摩擦期間，部分香港旗商船轉換船旗，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，我誠摯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



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

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書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

根據章程規定，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。當選成員之任期，將與本屆執行理事會任期同步，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儕參選，請於本年三月至四月期間，與協會行政總管陳小姐聯絡。

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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 how 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, established by the Guild and the Amalgamated Union of Seafarers, Hong Kong. Since last year, the Crew Care Oasis located on 23rd floor of the Alliance Building has further enhanced its services by providing a dedicated space for weekly sharing groups, workshops, and one-on-one coaching sessions. All members and registered individuals are welcome to participate.

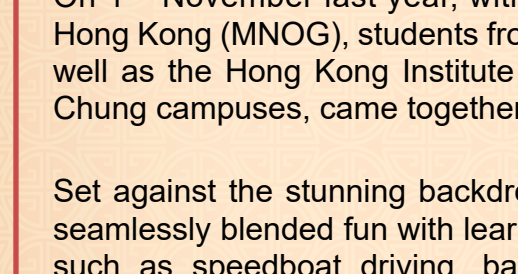


同航動向

為關懷海員的心理福祉，「同航」海員心理支援舉辦多元活動，以促進精神健康。早前，計劃臨床心理學家主持專題講座，與船員分享壓力管理技巧；同時亦邀請專業治療師親臨「同航綠洲」，講解香薰與情緒的關係，並帶領參加者調配個人專屬香薰，提升情緒健康。

去年十一月七日，臨床心理學家林家進博士應船公司邀請，代表「同航」前往太平洋航運公司主講「船員壓力管理與調適策略」講座。當日共有二十多位在職船員及管理層參與，林博士深入剖析常見的壓力來源、相關心理學理論及身心症狀，並介紹一系列日常可用的壓力管理方法，協助船員提升心理韌性，從容應對職場與生活中的各種挑戰。

此外，香薰治療師Michelle Mok亦於去年十二月十日在「同航綠洲」舉辦香薰治療工作坊，透過認識不同香氣的療效特性，參加者學習如何以香薰舒緩壓力、平衡情緒。工作坊中，十多位參加者即場動手調製自己喜愛的香薰，以獨一無二的香氣喚醒感官，培養積極心境。



「同航」由香港國際海員服務中心（協會和香港航業海員合併工會共同成立）推出，自去年起於誠信大廈廿三樓設立「同航綠洲」作為常設活動空間，每週舉辦分享小組、主題工作坊及一對一導航輔導，歡迎所有會員及已登記人士參與。

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

HKCC Meeting

The International Transport Workers' Federation (ITF) Hong Kong Coordinating Committee (HKCC) held its 52nd meeting on 4th December 2025. The Guild was elected as convener for the 2026-2028 term. Representatives from ITF Hong Kong affiliates presented updates on union development, highlighting their contributions to the policy of the industry while raising concerns about challenges faced across different sectors.

HKCC會議

國際運輸工人聯盟（ITF）香港區協調委員會（HKCC）於去年十二月四日舉行第五十二次會議。協會再度被選為二〇二六至二〇二八年度的召集人。來自ITF香港各屬會代表報告了工會發展的最新情況，重點介紹了他們對行業政策制訂的貢獻，同時也提出了不同行業面對的挑戰。



Activity Room Program Updates

The Hong Kong International Seafarer Services Centre, jointly established by the Guild and the Amalgamated Union of Seafarers, Hong Kong, has broadened its offerings at the Activity Room on the 14th floor of the Alliance Building.

Opened in 2023, the Activity Room has become a hub for seafarers and maritime-related persons, providing a range of interest classes designed to promote wellness and community engagement. In the new year, the Centre introduced Mindfulness Yoga and a Stress Relief Tea Workshop, reflecting growing demand for activities that support mental health and relaxation.

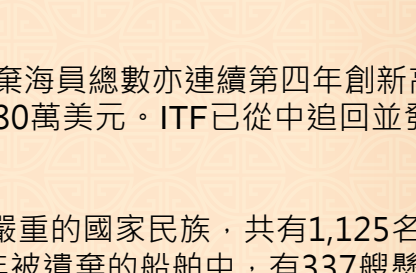
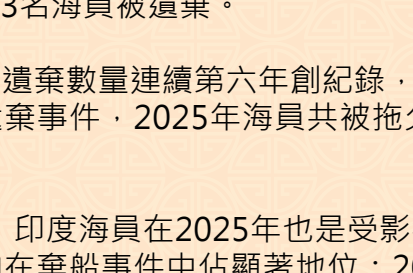
Popular programs such as Muay Thai, Relaxing Stretching, Baduanjin Exercise, and Calligraphy are continue to be available, ensuring a diverse mix of physical, cultural, and recreational options. Registration for classes can be made through the Guild Office.

活動室新課程

由協會和香港航業海員合併工會一同成立的香港國際海員服務中心，於誠信大廈十四樓開設活動室，新一年，興趣班更推陳出新，種類繁多。

活動室由二〇二三年啟用至今，已成為海員及海事相關人士的聚會點，提供一系列旨在促進身心健康和社交興趣的課程。新年伊始，中心新增了靜觀瑜珈和減壓靜心茶道工作坊，以滿足日益增長的心理健康和放鬆活動需求。

泰拳、放鬆伸展、八段錦和書法等熱門課程將繼續提供，讓會員有更豐富、更多元的運動、文化和休閒選擇。有興趣的會員可聯絡協會辦公室查詢報名。



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

Highlights of...

The Guild's Christmas Party 2025



The Guild's New Year Party 2026

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

Joy at Sea: MSTI Boat Trip Fosters Exchange and Sparks Passion for Sailing

By Sean Tse, Second-Year Student of MSTI

On 1st November last year, with support from the Merchant Navy Officers' Guild – Hong Kong (MNOG), students from the Maritime Training Services Institute (MSTI), as well as the Hong Kong Institute of Vocational Education (IVE) Tuen Mun and Kwai Chung campuses, came together for a lively and memorable boat trip.

Set against the stunning backdrop of Kau Sai Wan in Sai Kung, the day's activities seamlessly blended fun with learning. Attendees took part in exhilarating water sports such as speedboat driving, banana boating, waterskiing, and fishing, and even enjoyed karaoke sessions aboard the vessel. Beyond the entertainment, the event served as a meaningful platform for exchange. Captains and alumni shared gripping tales from their sailing journeys and offered insights into their educational experiences, captivating the audience with their stories.

More than just a day of enjoyment, the event strengthened connections among aspiring maritime professionals and reignited enthusiasm for sailing and port operations. As the organizer of the event, it is my hope that gatherings like this will inspire the younger generation to explore the maritime world more deeply, support the seafaring community, and contribute to the growth of the industry.

海上同樂：MSTI 遊船日促進交流 點燃航海熱情

海事訓練學院二年級學生 謝卓生

去年十一月一日，在香港商船高級船員協會（MNOG）的支持下，海事訓練學院（MSTI）、香港專業教育學院（IVE）屯門分校及葵青分校的學生齊聚一堂，參與了一場充滿活力與歡樂的遊船日活動。

在西貢灣西灣的美景映襯下，遊船活動將娛樂與學習巧妙結合。參加者盡情體驗了快艇駕駛、香蕉船、花式滑水及釣魚等多項水上活動，並在船上暢享卡拉OK。除了歡樂，是次活動亦為不同的持份者提供寶貴的交流機會。船長和已畢業的師兄師姐分享了驚險的航海故事及學習趣事，眾人聽得津津有味。

此次活動不僅連繫了未來海事專才，更進一步激發大家對航海與港口運作的興趣。本人期望通過是次活動，讓同輩年青一代加深對航海事業的認識，在支援海員、推動行業發展方面起著一定的作用。

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

Seafarer Abandonment Crisis: Shipping's Worst Year on Record

Seafarer abandonment hit record levels in 2025, according to new data compiled by the International Transport Workers' Federation (ITF), with 6,223 seafarers abandoned across 410 ships.

Seafarer abandonment data marks the sixth year in a row that the number of vessels on which abandonments occurred has broken records and the fourth year in a row that the total number of seafarers abandoned has broken records. ITF data also shows that seafarers were owed a total of USD25.8 million in 2025 as a consequence of the abandonments. From this total, the ITF has recovered and returned USD16.5 million to seafarers.

Indian seafarers were the worst affected national group in 2025, as in 2024, with 1,125 seafarers abandoned. Flag of Convenience (FOCs) vessels feature prominently in abandonment: 337 vessels abandoned in 2025 – 82% of the total – were flying FOC flags. The ITF has run a campaign on FOCs for more than 75 years and has long warned of the threat to seafarers' rights and the illegal and illicit activities enabled by the FOC system.

ITF General Secretary Stephen Cotton said: "How many more seafarers have to be put through the misery of abandonment until we see the changes that we know are needed to end this disgraceful practice? As we've long said, solutions to abandonment lie in accountability in the shipping industry ensuring that ship owners can't dodge their responsibilities."

遺棄海員危機：航運業史上最嚴峻

根據國際運輸工人聯盟（ITF）最新彙編的數據，2025年海員遺棄事件達到歷史性新高，410艘船隻上共有6,223名海員被遺棄。

數據顯示，船舶遺棄數量連續第六年創紀錄，被遺棄海員總數亦連續第四年創新高。ITF的數據顯示，由於船舶遺棄事件，2025年海員共被拖欠2,580萬美元。ITF已從中追回並發還1,650萬美元給受影響海員。

與2024年一樣，印度海員在2025年也是受影響最嚴重的國家民族，共有1,125名海員被遺棄。懸掛方便旗的船舶在遺棄事件中佔顯著地位：2025年被遺棄的船舶中，有337艘懸掛方便旗，佔總數的82%。ITF開展反方便旗船運動已超過75年，並長期警告稱，方便旗制度威脅海員權益，助長非法活動。

ITF秘書長 Stephen Cotton表示：「究竟還要有多少海員遭受遺棄的痛苦，我們才能看到必要的變革，從而終結這種可恥的做法？正如我們一直強調的，解決遺棄問題的方案在於航運業的問責制，需要確保船東無法逃避責任。」

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