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

GUILD NEWS & 季刊
QUARTERLY REPORT

May 2026
二零二六年 五月份

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To: All Guild Members
Date: 30th April 2026

致: 各位協會會員
日期：二零二六年四月三十日

Notice of Guild Annual General Meeting 2026
二零二六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 2026 will be held at the Merchant Service Club, Room 1101-03, Alliance Building, 130-136 Connaught Road Central, Sheung Wan, Hong Kong, on 27th June 2026 (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二零二六年之會員週年大會已訂於二零二六年六月二十七日（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 2025.
   確認協會二零二五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 2025-2026.
   審議以及通過協會二零二五至二零二六年度帳目報表及核數師的財政報告。
4. To elect one member of the Executive Council (2024-2027).
   補選一名二零二四年至二零二七年度執行理事會成員。

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：已繳足會費的普通會員將有資格委托另一名已繳足會費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: 30th April 2026

致: 各位會所會員
日期：二零二六年四月三十日

Notice of The Merchant Service Club Annual General Meeting 2026
二零二六年之會所會員週年大會通告

The Annual General Meeting of the Merchant Service Club for 2026 will be held at the Merchant Service Club, Room 1101-03, Alliance Building, 130-136 Connaught Road Central, Sheung Wan, Hong Kong, on 27th June 2026 (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二零二六年之會員週年大會已訂於二零二六年六月二十七日（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 2025.
   確認會所二零二五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 of 2025-2026.
   審議以及通過會所二零二五至二零二六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：會員將有資格委託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 2026

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 provisions 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

二零二六年之協會及會所會員週年大會
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前述正本投票委托書。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會章第 18(c) 及第 18(d) 條的規定。

各會員如對安排有任何疑問，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）

The Guild Spring Dinner 2026

The New Year Spring Dinner and cocktail reception was held on 9th 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2026

春茗晚宴及雞尾酒會在三月九日舉行，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聚首一堂，共渡美好晚上。

Ladies Helm 2026

It was a brisk and beautiful day on Victoria Harbour as female sailors rose to the challenge in light to fresh breeze under clear blue skies. This year's Ladies Helm, held on 14th March in celebration of International Women's Day, provided the perfect backdrop for showcasing women's talent on the water. Congratulations to MNOG sailing team, led by Carmen Au-Yeung with MNOG One won the Big Boat PHS race.

女子舵手賽 2026

為慶祝國際婦女節，香港遊艇會於三月十四日舉辦女子舵手賽，在晴朗的藍天下，大部份船隊的常任舵手退居幕後，讓女性全面掌舵，齊集維多利亞港東面海域一展身手。協會帆船隊由歐陽嘉敏擔任舵手，以MNOG One勝出大船 PHS 賽，可喜可賀。

HKSS Maritime Employer Information Session

On 21st March, the Guild took part in the 6th Maritime Employer Information Session organized by the Hong Kong Sea School. A booth was set up to showcase the Guild's work and facilities, while a thematic talk was delivered to students and parents, highlighting the Hong Kong Maritime Scholarship Fund and encouraging young people to pursue careers in the ocean-going maritime industry.

The event drew strong interest from students, many of whom asked about the work and career prospects of ocean-going seafarers. Some also expressed interest in the Seagoing Seafarers Supporting Scheme for Hong Kong Ratings, funded by the Hong Kong Maritime Scholarship Fund.

This year's session saw participation from nineteen organizations—the highest in recent years—including local passenger and cargo shipping companies as well as maritime education institutions.

香港航海學校「本地船舶業僱主見面會」

協會於三月廿一日參與香港航海學校舉行的第六屆「本地船舶業僱主見面會」，設置攤位介紹協會工作及設施，並主持專題講座，向學生及家長介紹香港船員助學基金，鼓勵學生投身遠洋航海行業。

當日參加的同學踴躍，不少人查詢遠洋海員工作及前景，亦有人對香港船員助學基金資助之「香港遠洋海員支援計劃」甚感興趣。參與當日展覽的單位達十九個，為歷年之冠，當中包括多間本地客貨運船公司及海事教育機構。

Dinghy Training

To promote water sports, the Guild organized a series of dinghy training sessions in mid-March. Participants—including youth members and serving seafarers—received instruction from a professional coach and acquired fundamental dinghy sailing skills. They enjoyed the refreshing sea breeze ahead of the summer heat, and with their newly gained confidence, quickly picked up steering and balancing techniques

小帆船訓練

為了推廣水上運動，協會於三月中旬舉辦了一系列小帆船訓練課程。參與者包括青年會員和現役海員，他們在專業教練指導下學習小帆船的基本航行技巧。在盛夏來臨之前，他們享受著清爽的海風，迅速掌握了小帆船掌舵和平衡技巧。

Maritime Facilities Visit

To inspire young people to pursue careers in the seafaring industry, the Guild organized two yacht visits to maritime facilities for MSTI students in March and April. These sessions were designed not only as enjoyable outings but also as structured learning experiences.

Under the guidance of instructors and serving seafarers, students were introduced to essential maritime facilities along the route, including lateral marks, cardinal marks, and lighthouses. By combining practical sailing experience with explanations of navigation aids, the program provided students with a deeper understanding of maritime operations and safety.

This initiative underscores the Guild's commitment to education and aims to cultivate the next generation of skilled professionals for Hong Kong's maritime sector.

參觀港口海事設施

為鼓勵青年投身航海業，協會於三月至四月期間，為香港海事訓練學院師生舉行兩次海事設施參觀。學生在遊艇上享受海港風光的同時，更是一項注重系統性的學習體驗，凸顯協會對教育的重視，旨在為香港海事界培養下一代專業人才。

在MSTI導師及現役海員的帶領下，學生們沿途了解重要的航海設施，如側標、方位標和燈塔等。透過結合實際航海體驗和導航設備的講解，活動幫助學生更深入地了解海事作業和安全知識。

We Stand with You

The escalating war continues to affect the safety of seafarers. Vessels have been struck by projectiles, and at one point around 20,000 seafarers aboard 2,000 ships were stranded in the Persian Gulf.

Designated risk areas in collective bargaining agreements—including war operations and high-risk area—are updated regularly to ensure seafarers receive the additional protections they are entitled to, including the right to refuse sailing in such areas. The Guild is committed to protecting and supporting you. Please do not hesitate to contact us if you have any concerns.

協會與海員並肩同行

持續的戰事令海員生命風險日益嚴峻，有貨船遇襲，波斯灣更一度有約二萬名海員在二千艘船舶上滯留。

集體談判協議中的指定風險區域，包括戰爭行動區及高風險地區劃分適時更新，以確保海員獲得其應有的額外保障，包括拒絕在這些區域航行的權利。協會致力於保護和支持船員，如有任何疑問，請隨時與我們聯繫。

Identity Before Performance

Clinical Psychologist Dr Joseph Lam

I am deeply honored to collaborate with for the Crew Care seafarer psychological support at the Hong Kong International Seafarer Services Centre since last year. When I first accepted the invitation, I felt a tinge of apprehension—I knew almost nothing about seafaring. Yet, after a year, my horizons have expanded greatly, and I would like to share some reflections from a psychological perspective.

From childhood, I was fascinated by the ocean, drawn to boats, and even passionate about piloting them. But I vividly recall my parents insisting that only "professional" careers led to success. To them, seafarer was backbreaking labour for those who couldn't study, like Popeye. That impression discouraged me from pursuing a maritime path.

However, as I became more involved in the industry, especially after boarding a container ship and standing on its bridge, I realized how profoundly professional "sailing" truly is. An ULCS can carry up to 24,000 TEU—imagine the magnificence of piloting such a vessel! The responsibilities borne by seafarers are immense, and the expertise required is both advanced and specialized. This has filled me with deep respect for sea-going captains and pride in their profession.

Over the past year, I have spoken with maritime students, seafarers, industry professionals, and educators, many of whom lament that fewer people are entering the profession today. Yet, when I interview outsiders, most still perceive seafaring as a "Popeye"-like job, and the image of ocean-going captains remains far less prestigious than that of airline pilots. Even among young seafarers, few express aspirations of becoming captains.

In sports psychology, there is a well-known principle: identity before performance. Research shows that outstanding athletes often take pride in their profession, respect their industry, and aspire to belong to a particular team. This sense of identity fuels their drive and elevates their performance. Conversely, athletes with exceptional skills sometimes fail to reach the top because they lack respect for their sport or a sense of belonging—ultimately, they lack identity.

So why are fewer people entering seafaring today? I believe one key reason is the absence of a strong professional identity. To address this, it is essential to enhance public awareness and recognition of the professionalism of ocean-going seafarers. Moreover, by cultivating respect and admiration for the profession among younger seafarers and maritime students, we can strengthen their sense of identity—and, in turn, their performance.

I sincerely hope to contribute my expertise in psychology to the continued development of this industry. Above all, I pay tribute to all ocean-going seafarers—past, present, and future—whose dedication sustains the lifeblood of global trade and connects our world.

身份先於表現

臨床心理學家 林家進博士

自去年起與香港國際海員服務中心「同航」海員心理支援合作，心感榮幸。還記得當初接受邀請時，內心有點忐忑，因我對遠洋航海沒半點認識。經過一年時間，這行業令我眼界大開，希望從心理學角度分享一下對行業的少少愚見。

我從小對海洋充滿幻想，非常喜愛坐船，甚至對駕駛船隻充滿熱情。但我非常記得當時父母教導，長大後要成為專業人士才是有出色。航海？他們印象就是「行船」，是「大力水手」那些讀不成書的人才會做的苦力工作，導致我放棄選擇航海事業。

但接觸此行業後，尤其是當我有機會登上貨輪參觀，站在駕駛台前，頓悟「行船」是多麼專業！超大型貨櫃輪最多可裝載二萬四千個貨櫃，試想像駕駛著此等貨櫃輪，是何其壯觀！船員肩負的責任重大，所需要的專業知識，既高級又專業，令我對遠洋船長內心充滿敬佩，為他們的身份感到自豪。

這一年來，不少海事學生、船員、行內人士及老師等，都不約而同向我透露，近年入行人數越來越少。不過，我訪問過不少行外人，在大部份人印象中，遠洋船員仍停留在「大力水手」的工作，對遠洋船長印象亦普遍不及飛機師「威水」。即使我詢問年輕海員是什麼驅使他們入行，亦絕少人提及因為崇尚成為遠洋船長一職。

運動心理學內有句名言：「身份先於表現」（Identity before performance）。心理學家發現，不少非常出色或獲獎無數的運動員，他們總以自己的工作身份為榮，尊重運動這個行業，甚至非常崇尚擠身某一個運動團隊中；亦因為這個身份成為他們的推動力，令他們變得更出色。同時，有些運動員雖然擁有高超技術，卻當不上世界第一，原因就是他們缺乏對運動的尊重，或對自己的球隊缺乏歸屬感，沒有身份認同。

今天為何較少人入行？我認為部分原因是對這專業身份缺少認同。根據理論，提高大眾對遠洋船員的專業身份認知、認同是非常重要的，同時，如果能夠提升年資較淺的船員、海事學生對行業專業性多一分尊重和敬佩，我相信他們的表現亦一定能提升。

真心希望我能以心理學之學識貢獻此行業發展，向曾經、現在、未來的遠洋船員致敬！

Crew Care was launched by the Hong Kong International Seafarer Services Centre, established by the Guild and the Amalgamated Union of Seafarers, Hong Kong. At the ***Crew Care Oasis***, seafarers and members can join weekly sharing groups, interactive workshops, and personalized one-on-one coaching sessions. For details and enrollment, please scan the QR code.

「同航」由香港國際海員服務中心（由協會及香港航業海員合併工會共同成立）推出。在 「同航綠洲」，每週均設有分享小組、主題工作坊及一對一導航輔導，為海員及會員提供心理支援。欲了解詳情及報名，請掃描二維碼。