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

GUILD NEWS & 季刊
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Celebration for the Founding of People's Republic of China

To mark the 77th Anniversary of the founding of the People's Republic of China, The Associations of Hong Kong Shipping Community hosted a National Day Cocktail Reception on the evening of 22nd September. As one of the co-organizers, the Guild President together with several Executive Members attended the ceremony.



香港航運界國慶酒會

為慶祝中華人民共和國成立七十七周年，香港航運界於九月廿二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。

Shanghai Exchange

From 17th to 19th September, Executive Council Member Mr. Lau Ka Chun represented the Guild, together with delegates from the Hong Kong International Seafarer Services Centre, in Shanghai to exchange views on seafarers' welfare with a mainland seafarer service centre.

During the visit, they toured the Yangshan International Seafarers' Centre and boarded a Hong Kong flagged container vessel to engage directly with the crew. Mr. Lau noted that the local seafarer centre operates around the clock, enabling seafarers to access transport, rest facilities, purchasing services, and internet support at any time. Cultural activities such as portrait sketching are also organized during short shore leave, helping seafarers feel cared for and enhancing their mental well being—practices maybe worth adopting in Hong Kong. In addition, the centre frequently hosts social gatherings for seafarers' family, broadening the scope of support, which also offers valuable reference for local institutions.



上海交流

九月十七至十九日，理事會成員劉嘉俊代表協會，與香港國際海員服務中心代表同赴上海，與內地海員服務中心交流。

期間，他們除參觀洋山國際海員中心外，更登上一艘掛香港旗的貨櫃船與船員直接交流互動。劉理事指出，當地海員中心全年無休，讓船員無論何時抵港，都可以享用接駁、休息、代購及上網等服務；並在船員短暫靠泊期間，都為他們舉辦如人像畫等文化活動，讓他們感受被關心，從而增進心理健康，均值得本港借鑑。此外，中心經常舉辦船員家屬聯誼活動，拓展支援層面，亦可供本地機構參考。

Crew Care



On 29th September, Pacific Basin invited clinical psychologist Dr. Joseph Lam, representing "Crew Care" Seafarers' Psychological Support, to deliver a talk on "Emotion and Decision Making Cognition."

The session, attended by more than twenty serving crew members, provided an overview of common emotional concerns, relevant psychological theories, and the ways in which emotions influence decision making. Dr. Lam also introduced a range of practical, everyday techniques designed to help seafarers strengthen emotional resilience and better navigate both professional and personal challenges.

Crew Care was launched by the Hong Kong International Seafarer Services Centre, which is jointly established by the Guild and the Amalgamated Union of Seafarers, Hong Kong. At the Crew Care Oasis, weekly workshops and one-on-one coaching sessions are offered to support seafarers' mental health and personal development. All members and registered individuals are warmly welcome to participate.

「同航」海員心理支援

「同航」海員心理支援持續舉辦各類活動，以促進船員的心理健康與情緒福祉。九月廿九日，應船公司太平洋航運邀請，臨床心理學家林家進博士代表「同航」，向該公司的船員主講《情緒與決策認知》。

是次講座共有逾二十位在職船員出席，內容探討常見的情緒困擾、相關心理學理論，以及情緒如何影響決策。林博士亦介紹了一系列實用的日常技巧，協助船員提升情緒韌性，更有效地應對工作與生活上的挑戰。

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，開設「同航」海員心理支援，每周於「同航綠洲」提供工作坊及一對一輔導等，歡迎所有會員及已登記人士參與。

MSTI Briefing Session



The Guild conducts an annual visit to the Maritime Services Training Institute (MSTI), during which a briefing session is hosted for freshmen. A highlight of this year's session was the invitation of clinical psychologist Dr. Joseph Lam as guest speaker on 6th October. During the briefing, Guild representatives introduced key topics including Guild services, seafarer protections under collective bargaining agreements, and application details of the Hong Kong Maritime Scholarship Fund. Dr. Lam also provided valuable advice on stress management, offering practical guidance to support students in their academic and professional journeys.

海事訓練學院簡介會

協會每年到訪海事訓練學院，為新生主持簡介會。於十月六日舉行的簡介會，一大亮點是邀請了臨床心理學家林家進博士擔任嘉賓。在簡介會上，協會代表介紹了協會服務、集體談判協議下的海員保障以及香港海事助學基金的申請詳情等。林博士為學生的壓力管理提供寶貴而具體建議，幫助他們的學業和職業發展。

New Equipment at the Guild Gym Room



Since its opening, the Guild Gym Room has continuously reviewed and upgraded its fitness equipment to meet user needs. In July, several new machines were added. Guild Members and registered users of the Hong Kong International Seafarer Services Centre Activity Room are welcome to purchase tickets and join in strengthening their fitness.

The new equipment includes: a multi purpose adjustable pulley for comprehensive strength training; a seated leg curl/extension machine focusing on lower body strength; and a set of barbells suitable for power training. In addition, the Guild's professional fitness coach conducts weekly classes in the Gym Room. These sessions not only teach the correct use of equipment but also feature themed training programs to help members gradually improve their physical fitness. For details, please contact the Guild Office or the Gym Room.

協會健身室新增設備



自健身室開放以來，協會持續檢討並優化健身設備，以回應使用者需求。於七月期間，健身室再添置多款器材，歡迎協會會員及香港國際海員服務中心活動室登記人士購票使用，一同強健體魄！

新增設備包括：一台多用途可調式滑輪，提供全面肌力訓練；一台坐式腿彎舉 / 伸展機，專注下半身力量訓練；一套槓鈴組合，適合健力訓練。協會聘請的專業健身教練每週均在健身室開辦課程，不僅教授正確使用器材的方法，更設有主題訓練課程，協助會員循序漸進提升體能。詳情可向協會辦公室或健身室查詢。

HKCC

The International Transport Workers' Federation (ITF) Hong Kong Coordinating Committee (HKCC) convened its 53rd meeting on 28th October. Mr. Scott McDine, ITF Asia Pacific Regional Secretary, delivered remarks at the meeting and listened to reports from representatives of the various ITF-affiliated unions in Hong Kong. The reports provided updates on the development of the affiliated unions, the challenges faced by their respective sectors, and related issues of concern.

HKCC會議

國際運輸工人聯盟（ITF）香港區協調委員會（HKCC）於十月廿八日召開了第五十三次會議。ITF亞太區區域秘書長Scott McDine先生在會上致辭，並聽取了ITF香港各屬會代表的會務報告，以了解各屬會的發展狀況，各行業所面臨的挑戰及相關議題。



Donations to Mainland Education

The Guild has always upheld a spirit of generosity and has, on multiple occasions, contributed to Hopeful Schools in Mainland China. Recently, through a Fogang County education charity association, it once again sponsored four local schools to upgrade student computer rooms and other facilities. Together with the Amalgamated Union of Seafarers, Hong Kong, a total donation of RMB 1,050,000 was made.

The beneficiary schools include two primary schools and two kindergartens. Specifically, the donation supported the renewal of computer classroom equipment at Fogang County Third Primary School, the improvement of student computer facilities at Fogang County Fourth Primary School, the repair of the exterior wall of the teaching building at Fogang County Chengbei Kindergarten, and the installation of a multifunctional audio visual conference room at Fogang County Beilei Kindergarten.

捐助內地教育

協會一向樂善好施，過去曾多次捐助內地希望小學，早前經佛岡縣教育慈善會，再次資助當地四間學校更換學生電腦室及其他設備設施，與香港航業海員合併工會，合共捐助一百零五萬元人民幣。

是次捐助受惠學校包括兩間小學及兩間幼兒園，當中為佛岡縣第三小學更新電腦教室設備、為佛岡縣第四小學改善學生計算機設備、為佛岡縣城北幼兒園解決教學樓外牆修繕工程，及為佛岡縣蓓蕾幼兒園增設多功能音體會議室設施設備。



Updated HKCBA for 2027 & 2028

The Hong Kong Collective Bargaining Agreement (HKCBA) for 2027 and 2028 was updated and circulated to shipping companies. In recognition of the contributions of seafarers, minimum wages across all ranks will be increased. In addition, several provisions have been revised to further strengthen the protection of seafarers' rights and welfare.

2027年及2028年香港旗船集體談判協議更新

二零二七年及二零二八年香港旗船集體談判協議（HKCBA）已更新並分發給各航運公司。為表彰海員的貢獻，所有級別的最低工資標準將提高。同時，協議還修訂了若干條款，以進一步加強保障海員的權利和福利。

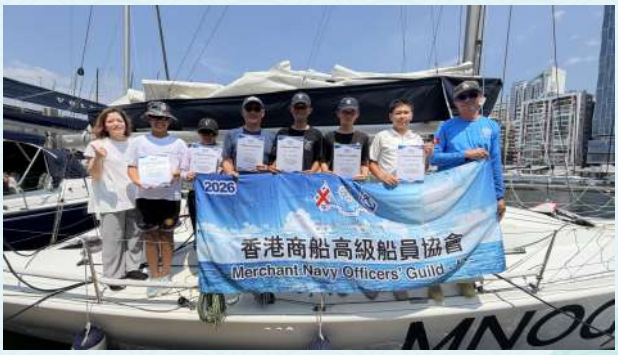
Deep Sorrow

It is with great sadness that the Guild has learned that Mr NG Wai Chiu (Roll no 009167), a Life Member of the Guild passed away on 18th August 2026. We would like to extend our sincere condolences to his family and friends at this time. He will be long and well-remembered by all who knew him.

深切哀悼

協會前永久會員吳偉釗先生 (會員編號009167) 不幸於二零二六年八月十八日逝世。本會對其離世深表哀悼，並對他的家人和朋友們致以衷心慰問。他將永遠留在大家的記憶之中。

Yacht Sailing Class for HKSS



From July to August this year, the Guild organized a series of ten sailing classes for the Hong Kong Sea School. The program aimed to equip students with professional international racing yacht handling techniques, strengthen adaptability and concentration, enhance teamwork, and allow them to experience the joy of sailing the A35 yacht.

The course was tailor-made by professional sailing coach Mr. Cheng Ying Kit, covering both practical and theoretical aspects—from basic sailing knowledge to hands-on maneuvering, culminating in each student having the opportunity to serve as "captain" and try steering.

Several students had previously studied dinghy sailing and accumulated considerable sailing experience, so they were excited to join this large-yacht program. During the ten lessons, the students not only sailed in Victoria Harbour but also ventured independently to more distant and rougher waters around Green Island and Cheung Chau, planning their own routes. With the coach's dedicated guidance, their sailing skills improved significantly, and on 7th August they represented the Guild in one race of the Royal Hong Kong Yacht Club's Sunset Series 2026, achieving an impressive second-place finish in that race.

Although the training period was often affected by unstable weather, the students persevered through wind and rain, successfully completing the final assessment. Each was awarded a certificate of completion in recognition of their achievement.

暑期帆船訓練

今年七月至八月，協會為香港航海學校開辦一連十堂的帆船班，讓學生掌握國際級賽船專業操控技術，鍛練應變力和專注力，提升團隊合作精神，體驗航行A35大帆船的樂趣。



課程由專業帆船教練鄭英傑先生為學生度身設計，內容覆蓋實踐和理論，從帆船基礎認識到實習操控，到最後每位學生都有機會擔任「船長」嘗試掌舵。

幾位同學們過往曾學習小帆船，擁有不少揚帆經驗，對於能參與今次大帆船的課程均表現興奮。在這十堂訓練中，同學們不只在維港航行，還有機會自主出航到青洲、長洲較遠和較大浪的海域練習，自行制定航行路線。經過連日來教練悉心的指導，同學們大大提升了航駛技術，還於八月七日代表協會參與香港遊艇會Sunset Series 2026其中一場比賽，更在該比賽獲得單場第二名衝線的佳績。

雖然上課期間經常遇上天氣不穩的情況，同學們仍不懼風雨堅持上課，順利完成最後一課的考核，獲頒發修畢證書以作嘉許。

Assistance to the Chief Engineer Following a Stroke

Mr. Tan Boon Soon, a Guild Ordinary Member and a Singaporean Chief Engineer, suffered a severe stroke while serving aboard a Hong Kong flagged container vessel in February last year. Despite early symptoms being reported, after his onset illness, he was not admitted to hospital until seven hours later. Following surgery, Mr. Tan was left with permanent neurological impairment and immobility.

As his employer provided only minimal compensation, the Hong Kong Seafarer Mutual Assistance Fund offered financial assistance to Mr. Tan and his family, expressing solidarity, care, and support for a fellow seafarer. Having served the same company for more than 30 years, Mr. Tan was declared medically fit for duty when he joined his last vessel on 4th November 2024. On 3rd February 2025, he experienced numbness and weakness in his left arm. The Master reported the case to an international doctor through Medsea Advisory Services. The doctor advised him to take Vitamin B12 supplements, and to continue resting while monitoring his condition daily.

However, at approximately 7:00 a.m. on 8th February 2025, Mr. Tan was found unable to stand upon waking. The vessel had already entered Singapore territorial waters at around 4:00 a.m. that day and was expected to be moored at port later that morning. Nevertheless, he was not admitted to a hospital emergency department until about 2:00 p.m. Following examination, he was diagnosed with an acute stroke caused by large vessel occlusion. Upon discharge on 7th April 2025, he was no longer able to care for himself due to suspected permanent neurological damage and required full-time assistance from a caregiver.

The Guild subsequently engaged with Mr. Tan's employer on multiple occasions and sought legal advice on his behalf. Thereafter, Mr. Tan's application to the Hong Kong Seafarer Mutual Assistance Fund was unanimously approved. In mid August 2026, Guild Office staff and the ITF Hong Kong Inspector visited Mr. Tan again found that his condition had further deteriorated, with prolonged periods of impaired consciousness. The assistance grant of SGD 100,000 was received on his behalf by his wife, who conveyed her sincere gratitude to the Fund for its support.



The Incorporated Trustees of Hong Kong Seafarer Mutual Assostance and Scholarship Trust

協助中風輪機長

協會普通會員、新加坡籍輪機長Tan Boon Soon (音譯 : 陳文順) 先生，於去年二月在一艘懸掛香港旗的集裝箱船上工作期間突發中風。雖然其病徵早有跡象，但由他病發至送院治理，卻花上七小時。經手術後，陳先生遺留永久性神經損傷及行動不便。由於僱主僅提供最低程度的賠償，香港船員互助基金遂向陳先生及其家屬提供經濟援助，以表達對同業間的關懷與祝福。

事發後，協會職員及國際運輸工人聯盟香港檢查員曾三度探訪陳先生，其病情惡化情況明顯。陳先生在同一公司服務逾三十年，於二零二四年十一月四日登上最後一艘船舶時，體檢報告仍顯示健康和適宜工作。二零二五年二月三日，他發現自己左手麻痺及肌力下降等，由船長透過國際網絡向醫生報告。醫生建議補充維生素B12，並繼續休息及每日觀察。

然而，二零二五年二月八日上午約七時，陳先生醒來時已無法站立。當天凌晨約四時船舶已進入新加坡領海，並預計上午停泊港口，不過，直至下午約二時，他才被送入醫院急症室。經診斷後，他證實急性大血管閉塞性中風。二零二五年四月七日出院時，疑因永久性神經損傷，他已不能自理，需依賴全職護理員照顧。

協會為陳先生多次與其僱主交涉，並諮詢法律意見。期後，陳先生向香港海員互助基金提出的援助申請獲一致通過。二零二六年八月中，協會職員及國際運輸工人聯盟香港檢查員再次探訪陳先生，發現其病情惡化，長時間神志不清。新加坡幣十萬元之援助款項已交由其妻子代收，她並向基金致以誠摯謝意。



Guild Travel 2026

From 24th to 25th October, the Guild organized a two-day tour to Shanwei City, Guangdong Province, with 170 members and their families participating in a relaxing and enriching weekend.

The group departed from City Hall in Central by tour bus and enjoyed lunch upon arrival. Their first stop was Haifeng Red Palace and Red Square, a national cultural heritage site renowned for its representative architecture. Participants then checked into a five-star hotel, and before a delightful buffet dinner, many took the opportunity to shop at the nearby mall.

The following day featured a visit to the Sea Castle, Shanwei's signature tourist attraction, which is an abandoned tidal power station tower at Red Bay. A lunch banquet, together with Guild-organized games, lucky draws, and souvenir giveaways, added a festive touch to the trip. Before returning to Hong Kong, the group visited Shanwei Ermalu Food and Souvenir Street, concluding the tour on a lively note.

協會旅行 2026

十月廿四至廿五日，協會舉辦了「廣東省汕尾兩天遊」，獲一百七十名會員及其家人參加，共渡輕鬆而充實的週末旅程。

行程從中環大會堂出發，搭乘旅遊巴士抵達汕尾，享用午餐後，第一站是遊覽海豐紅宮、紅場舊址，是全國重點文物保護單位及紅色旅遊地標。參加者隨後入住五星級酒店，在享用豐盛的自助晚餐前，不少人到酒店旁的商場享受購物樂。

第二天，參加者參觀汕尾紅海灣標誌景區海上古堡，是曾為潮汐發電試驗塔的古蹟。期後，參加者享用地道特式午餐，協會更安排了遊戲、抽獎和紀念品贈送活動，為行程增添歡樂氣氛。回港前，參加者遊覽汕尾二馬路小食手信一條街，人人滿載而歸，為旅程劃上完美句號。

