

SUSTAINWELL

Sustainability + Wellness



永利澳門守護逾萬員工
身心健康的故事

The Wynn Way

Caring for the Body and Mind of its 11,000+ Employees

專題：2026多元共融團隊活動新靈感

Feature: Fresh Ideas for Inclusive Team Building in 2026

Publisher

GO Natural@Work

Edition

Issue 01 | Spring/Summer 2026

Editorial & Design

GO Natural Marketing & PR

Disclaimer

The images, materials, and content featured in this magazine are for reference only. For all matters and disputes, the final interpretation is reserved by GO Natural Marketing & PR Co Ltd.

免責聲明

本雜誌所載之圖片、素材及內容僅供參考。一切事宜及爭議，一切以天然生活市場推廣及公關有限公司的最終解釋為準。

Sustainability + Wellness



Inside...



Issue 01
Spring/Summer 2026

On the cover

(from left to right – all from Wynn Macau and Wynn Palace)
Sam Low, Employee Services Manager
Jasmine Cheong, VP, Community & Government Relations
Guilherme Martins, Sustainability Director
Stephanie So, SVP, Human Resources
Kelvin Lo, Assistant Director, Employee Services
Fanny Pun, Assistant Manager, Employee Services

Photo credit: Wynn Macau and Wynn Palace

封面故事 COVER STORY

- 6** 解構澳門永利如何照顧逾萬名員工身心健康
The Wynn Way: Caring for the Body and Mind of its
11,000+ Employee

專題 FEATURE

- 18** 2026多元共融團隊活動新靈感
Fresh Ideas for Inclusive Team Building in 2026
- 22** 本土養殖
Local Aquaculture
- 26** 廚尊香港
Dignity Kitchen
- 30** 可可阿樂
Hello Cocoa
- 34** 炮台山循道衛理中學
Fortress Hill Methodist Secondary School

文化保育 CULTURAL CONSERVATION

- 38** 自然為根，文化為脈
Rooted in Nature, Steeped in Heritage
- 40** 荔枝窩
Lai Chi Wo
- 44** 樂遊仁
Travel for Better

職場健康 WELLNESS AT WORK

- 48** 香港港安醫院
Hong Kong Adventist Hospital
- 52** 投資者及理財教育委員會
The Investor and Financial Education Council

綠活好物 SUSTAINWELL SELECT

- 58** Eco Viphoo
- 60** GreenLeaf
- 62** Teisseire
- 64** 廣州十甫voco酒店
voco Guangzhou Shifu Hotel



經濟下行、AI搶飯碗、企業削減預算、裁員潮接連不斷.....在這樣的大環境下，打工仔的身心狀態會好嗎？恐怕不少人都在「扮工」，甚至開始抗拒上班。至於Z世代，他們追求的從來不只是薪酬，更渴望工作有目標感、生活有平衡、身心俱健康。身為僱主，要怎樣做，才能讓不同世代的員工都工作得開開心心？

香港人在公司待的時間，往往比在家還長。既然如此，何不把職場環境變得更好一點？正是帶著這個想法，我們創辦了 **SUSTAINWELL** — 致力推動「**可持續發展**」與「**職場健康**」，希望透過輕鬆實用的內容，為僱主提供各種靈感與參考，讓公司氣氛更輕鬆、工作環境更健

A slowing economy. AI threatening jobs. Budget cuts. Redundancies. In this climate, can we honestly expect employees to be thriving? Many are simply going through the motions — or dreading coming in altogether. Gen Z, meanwhile, want more than a pay cheque; they want purpose, balance, and genuine wellbeing. So how do you keep every generation on your team truly happy at work?

Most people in Hong Kong spend more waking hours at the office than at home. Surely that environment is worth getting right. That is exactly why we launched **SUSTAINWELL** — dedicated to championing **sustainability**

康，同時也能為環境保護和弱勢社群盡一分力。不求高深，只求實用有趣。

較早前，我們有幸造訪 **澳門永利渡假村** 旗下永利皇宮的員工後勤區，親身了解其團隊如何為員工提供日常健康及可持續發展配套。澳門永利渡假村旗下設有永利皇宮及永利澳門兩間酒店，合共逾11,000名員工——要讓如此龐大的團隊保持健康與快樂，絕非易事。今期封面故事將為大家詳述他們如何達成這一目標，當中的經驗，相信對不少企業都大有參考價值。

此外，專題報導走訪了三間社會企業及一所中學，他們懷著同一份信念：為有特殊教育需要 (SEN) 或殘障的年輕人

and **workplace wellness**, offering employers practical, accessible ideas for building a healthier, happier workplace, while also doing their part for the environment and the wider community. Nothing too complicated. Just useful, inspiring, and a little fun.

We recently visited the staff facilities at Wynn Palace, part of **Wynn Resorts Macau**, to see first-hand how their team supports the health and wellbeing of over 11,000 employees across Wynn Palace and Wynn Macau. Our cover story goes behind the scenes to explore how they do it — with lessons any business can apply.

提供專業培訓，甚至開創珍貴的就業機會。在經濟前景充滿挑戰的當下，企業的支持比以往更加舉足輕重。企業的一次到訪、一場工作坊、一張訂單或是一個職位——這些看似微小的舉動，足以改變一個人的生命軌跡。

SUSTAINWELL 的核心使命，是連結有心為員工、社區和環境帶來改變的企業，與能夠協助他們實現這份美好願景的機構。

如有任何意見，歡迎在LinkedIn上與我聯繫。感謝您的閱讀。

Yvonne Chang
SUSTAINWELL 出版人

Our feature section visits three social enterprises and a secondary school, all united by one belief: that young people with SEN or disabilities deserve real, meaningful employment opportunities. A visit, a workshop, an order, or a job offer — small gestures that can change the entire course of a life.

SUSTAINWELL exists to connect businesses that want to make a difference with the organisations that can help them get there.

Feel free to reach out on LinkedIn. Thank you for reading.

Yvonne Chang
Publisher, **SUSTAINWELL** 



出版人語 PUBLISHER NOTES

解構澳門永利 如何照顧逾萬名員工身心健康

THE WYNN WAY

CARING FOR THE BODY & MIND OF OVER 11,000 EMPLOYEES



在競爭激烈的人才市場中，如何有效提升員工的身心健康與歸屬感，已成為企業可持續發展的重要課題。

作為大型綜合度假村營運商，**澳門永利渡假村**（下稱「永利」）旗下兩間酒店 – 永利皇宮及永利澳門 – 合共聘用超過11,000名員工。面對如此龐大的團隊，永利構建了一套涵蓋健康檢查、運動、飲食及心理健康四大領域的員工福祉策略，為業界樹立了具參考價值的成功例子。

In an increasingly competitive talent landscape, fostering employee wellbeing and their genuine sense of belonging has become a critical pillar of sustainable business growth.

As the operator of two large integrated resorts — Wynn Palace and Wynn Macau — **Wynn Resorts Macau** (hereafter “Wynn”) boasts a combined workforce of over 11,000. To meet the needs of such a large team, Wynn has built a comprehensive employee wellbeing strategy spanning four key areas: health screening, physical activity, nutrition, and mental health — offering an example for the industry.

從被動參與轉為 主動管理

要推動逾萬名員工關注自身健康，單靠零散的活動難以奏效。過去二十年，永利一直將員工的「健康」與「幸福感」作為企業文化的重要組成部分，公司策略的核心在於將健康理念融入日常，引導員工從「被動參與」轉向「主動管理」。

為此，永利自2024年起參與澳門衛生局的「健康企業計劃」，以「健康人生、活力滿分」為主題，系統性地推行多項健康措施。其中，設於員工後勤區的「永利健康站」是重要一環——貫徹預防勝於治療的理念，提供24小時自助健康檢測服務，員工可隨時量度血壓、體重指數及身體組成等數據，即時掌握自身健康狀況。

如有進一步需要，員工亦可前往同設於後勤區的員工診所尋求診療與諮詢——診所由上午八時至晚上十時均有護士當值，並有醫生、物理治療師及營養師定期駐診，全方位守護員工健康。目前，有六成員工是「永利健康站」的活躍用戶。



「永利健康站」讓員工隨時輕鬆掌握自己的身體狀況。
Wynn Wellness Zone gives employees round-the-clock access to self-health monitoring.



診所另設「醫生與您」諮詢及慢性病篩查服務，協助員工及早識別潛在健康風險。
The employee clinic also offers a Talk with a Doctor consultation service alongside chronic disease screening, helping employees identify potential health risks early and take preventive action.

From Passive Participation to Active Engagement

Motivating more than 11,000 people to take ownership of their own health cannot be achieved through ad-hoc programs alone. Over the past two decades, Wynn has embedded employee wellbeing as a core component of its corporate culture — integrating health into everyday work life rather than offering it as a peripheral benefit. The goal is to shift employees from passive participation in wellness schemes to proactive, self-directed health management.

In 2024, Wynn joined the Macau Health Bureau's Healthy Enterprise Program, adopting the theme *Healthy Life · Live Bright* as the framework for systematically implementing a range of wellness initiatives. The most visible expression of this philosophy is the Back-of-House Self-Service Health Check Kiosk at the **Wynn Wellness Zone**, featuring self-service health check kiosks located in employee areas across both properties.

Operating around the clock, the kiosks allow staff to monitor their blood pressure, body mass index, and body composition at any time, with results instantly available to support personalised health plans. The uptake is telling: 60% of employees are now active users — a figure that suggests genuine engagement rather than token participation.





吃得美味，更要吃得聰明。清晰的營養標籤與份量建議，引導員工輕鬆實踐均衡飲食。
 Eating well means eating smart. Clear nutritional labels and portion guidelines help employees adopt a balanced diet with ease.



把「食得好」成為企業責任

永利旗下共有3間餐廳榮獲《香港澳門米芝蓮指南2026》星級殊榮，而這份對飲食的講究，也延伸至員工餐廳，以同等高規格照顧團隊成員的日常所需。

為照顧來自逾20個國家員工的不同口味，後勤員工餐廳「我家廚」及「聚一堂」每日提供多款環球美食。兩年前，為配合政府「健康企業計劃」，餐廳全面推行減鹽、減油等措施，菜單設計更參考了營養師的意見，增設低糖、低脂、沙律吧、植物肉及可持續海鮮等選項。每款菜式均標示熱量，並提供膳食份量建議 – 例如每餐需攝取三份蔬菜、兩份肉類、兩份主食和一份水果，引導員工在享用心儀食物的同時，兼顧營養均衡。

Making Eating Well a Corporate Responsibility

Three of Wynn's restaurants are recognised in the Michelin Guide Hong Kong Macau 2026. The company's position is that the standard of attention applied to guest dining should also be reflected in what its employees eat every day — and the staff restaurant operation is built around that premise.

The two back-of-house canteens, **Our Place** and **Meet & Eat**, serve employees from more than 20 countries and offer a daily rotation of international dishes. Two years ago, both underwent a nutrition-led redesign aligned with the Healthy Enterprise Program. Salt and oil content were reduced, menus were developed in consultation with nutritionists, and new options were introduced: low-sugar and low-fat dishes, salad bars, plant-based proteins, and sustainably sourced seafood. Every dish carries a calorie count, with portion guidance displayed to provide a practical framework for balanced eating—three servings of vegetables, two of protein, two of staple food, and one of fruit per meal—without removing personal choice. It is a relatively low-cost intervention with a broad daily reach across the entire workforce.



員工餐廳榮獲澳門衛生局頒發「卓越健康員工餐廳獎」。
Wynn's staff restaurants are recognised with the Macau Health Bureau's Excellence Award for Healthy Staff Cafeterias.

心理與家庭支援

身體健康固然重要，心理健康同樣不容忽視。

永利設有24小時員工心理援助計劃(EAP)電話熱線，為有需要的員工提供即時情緒支援，並定期舉辦壓力管理與情緒覺察等主題工作坊，加強員工的心理韌性。

澳門旅遊業發達，女性從業員為數不少。永利為了照顧在職媽媽的需要，不斷優化政策。現時澳門法定有薪產假為70天，而永利為工作滿一年的員工提供長達90天的產假，較法定標準多出近三週，而男士有薪待產假更早於2018年調升至7天，領先澳門業界標準。

永利亦設立「媽媽天地」哺乳室，為重返職場的媽媽在生產後提供私人空間。「媽媽天地」備有舒適軟墊扶手椅、雪櫃、母乳儲存袋、充電插座、飲水機及電視，並設有緊急按鈕，確保媽媽使用時安心無憂。

Supporting Mental Health and the Working Family

Wynn operates a 24-hour Employee Assistance Program (EAP) telephone helpline providing immediate emotional support to employees facing personal or professional difficulties. Regular workshops on stress management and emotional awareness complement the helpline, with the goal of building psychological resilience across the workforce over time — not only intervening at moments of crisis, but working to prevent them.

Family-oriented benefits reflect the demographic realities of Macau's tourism-driven workforce, in which women make up a significant proportion of employees. Wynn's paid maternity leave stands at 90 days for employees with at least one year of service—20 days beyond Macau's statutory minimum of 70. Paid paternity leave was extended to seven days as early as 2018, ahead of prevailing industry practice in the city at the time.

For breastfeeding employees, the **Mothers' Rooms** provides a fully equipped private space for lactation, with a cushioned armchair, refrigerator, milk storage bags, charging sockets, a water dispenser, a television, and an emergency call button.



定期與政府及專業機構舉辦多元化身心健康推廣活動及課程。
Wynn regularly organises a wide range of physical and mental wellbeing promotion activities and programs in collaboration with government agencies and professional institutions.





「媽媽天地」自2019年起連續七年獲澳門衛生局頒發
「母乳餵哺友善工作間」嘉許狀。
Mothers' Rooms has received the Macau Health Bureau's Breastfeeding
Friendly Workplace commendation every year since 2019.

共建積極運動文化

為推廣恆常運動的重要性，永利每年舉辦「運動月」活動，透過內部「每日運動挑戰」，以獎勵機制鼓勵團隊成員與親友上傳運動紀錄。活動更邀請中國澳門全民運動協會為員工度身訂制個人化運動計劃，鼓勵他們與親友攜手共享健康生活。此外，永利亦與環保團體攜手合辦戶外步行活動，將運動推廣與綠色理念融為一體。

Building a Culture of Active Living

To champion the importance of regular exercise, Wynn holds the **Sports Month** featuring an internal **Daily Exercise Challenge**, using a reward system to encourage employees and their families to log their workouts and share the records. The Macau China Citizens Sports Association is also invited to develop personalised exercise plans for participating employees, encouraging them to get active alongside their loved ones. Beyond the workplace, Wynn also co-organises outdoor walking activities with environmental groups, weaving the spirit of physical exercise together with a commitment to green living.



永利運動月 – 全員動起來。
Wynn Sports Month: Moving as One.

肯定 從企業內部開始

永利多年來建立多元而完善的嘉許制度。自2007年起推行「永利之星」每月傑出員工選舉，持續表揚在崗位上表現卓越的前線及支援人員。

同時，永利亦設立「鑽石主管」獎項，嘉許在領導能力、團隊管理及服務質素方面表現出色的主管級員工，鼓勵以身作則，進一步凝聚團隊向心力。

Seen, Valued & Celebrated: Recognition from Within

Wynn's internal recognition program has been running long enough to have become a fixture of its culture. The **Star of the Month** employee election, which has been in place since 2007, acknowledges frontline and support staff who have demonstrated outstanding performance in their roles.

At the supervisory and managerial level, the **Diamond Award** program recognises leadership capability and team management—reinforcing the expectation that strong performance at every tier of the organisation is seen and valued.



張貼於員工後勤區域的巨型「永利之星」海報。
A floor-to-ceiling Star of the Month poster displayed in back-of-house areas.



「團隊成員禮賓服務中心」由專人即時解答員工關於薪酬、福利與保險的疑問。
Team Member Concierge offers employees direct, one-stop access to personalised support and guidance on remuneration, benefits, and HR matters.

安心有道 以透明溝通建立信任

薪酬、福利及權益方面的疑問，往往是員工的焦慮來源 - 永利透過一套完善的溝通機制，正面回應這一需求。「**團隊成員禮賓服務中心**」及24小時「**資訊自助站**」，讓員工隨時獲取所需資訊，無論選擇面對面諮詢或自行查閱，均可按個人需要靈活處理。便利的溝通渠道，不僅有助提升員工對公司的信任，亦有效減少誤解，促進和諧的勞資關係。

Putting Minds at Ease: Communication Built on Transparency

Uncertainty about pay, benefits, and entitlements can be a quiet but persistent source of anxiety — and Wynn addresses this head-on through a dedicated communication framework. **Team Member Concierge** service and 24-hour **Self-Service Information Kiosks** give employees direct access to the answers they need, whether through face-to-face consultation or independently at their own convenience. The result goes beyond efficiency: clear, accessible channels reduce misunderstanding and foster a more stable, transparent, and trusting employment relationship.

責任延伸至可持續發展

Beyond the Workplace: Sustainability in Practice



照顧員工以外，永利同樣將責任落實於可持續發展的日常行動之中。

- 早於2019年引入**Nordaq2000**自動化過濾水裝瓶系統，將本地食水過濾為飲用水，以可循環使用的玻璃瓶盛載。
- 2024年的**可持續海鮮**採購金額較2023年上升41.6%
- 自2024年起全面採購**非籠養帶殼雞蛋**。

國際殊榮

- 澳門唯一旗下所有物業均獲得**EarthCheck**認證的度假村營運商。
- 澳門首家及唯一旗下所有物業獲得**海洋管理委員 (MSC) 海產品產銷監管鏈 (CoC)** 及**水產養殖管理委員會 (ASC) 水產品產銷監管鏈 (CoC)** 雙重國際認證的綜合度假村。

Wynn's sustainability efforts reflect the same values of responsibility that underpin its approach to employee care.

- As early as 2019, Wynn introduced the **Nordaq 2000 automated water refilling system**, converting local tap water into drinking water served in reusable glass bottles
- **Sustainable seafood** procurement at Wynn Palace rose 41.6% in 2024 compared to 2023.
- Procured **cage-free chicken shell eggs** since 2024.

Recognitions

- The only Macau resort operator with **EarthCheck** certification across all properties.
- The first and only integrated resort in Macau with all its properties to hold **Marine Stewardship Council (MSC) Chain of Custody (CoC)** and the **Aquaculture Stewardship Council (ASC) Chain of Custody (CoC)** dual certifications.



成效與展望

根據永利2025年的調查數據，超過九成員工表示知悉公司推行的各項健康計劃、並認同公司在積極推動健康文化方面的努力。過去兩年，永利舉辦了過百場健康推廣活動，累計參與人次超過七萬。這些成果為永利帶來多個獎項，包括澳門衛生局頒發的「卓越健康企業獎」及「卓越健康員工餐廳獎」及在2025第五屆全國人力資源管理大賽中榮獲「社會責任與ESG實踐創新領軍品牌」等殊榮。

Results and Outlook

The results of this multi-year investment are quantifiable. A 2025 internal survey found that more than 90% of employees were aware of Wynn's health initiatives and affirmed the company's active role in building a healthy workplace culture. Over the past two years, more than 100 health promotion events have been held, recording over 70,000 cumulative attendances. External recognition has

followed: recent accolades include the Macau Health Bureau's **Excellence Award for Healthy Enterprises** and **Excellence Award for Healthy Staff Cafeterias**, and the **Leading Brand in Social Responsibility and Innovative ESG Practices** title awarded at the 2025 Fifth National Human Resources Innovation Competition. 🌞



永利在員工福祉與社會責任方面的努力備受業界肯定。
Wynn's employee wellbeing and ESG programs have earned industry-wide recognition.

永利將協助員工在日常工作中建立良好的健康習慣，實踐「健康人生、活力滿分」。與此同時，永利將深化與政府及專業機構的合作，配合「健康澳門」的政策方向，推動社區健康發展，實踐深根澳門、共創永續的企業使命。

The next phase focuses on broadening health initiatives to help employees build positive health habits as part of everyday work life. Wynn will also strengthen collaboration with government and professional partners, aligning with the "Healthy Macau" policy to promote community health and advance its mission of being deeply rooted in Macau while creating a sustainable future together.

永利澳門及永利皇宮 人力資源高級副總裁 蘇家雯
Stephanie So, Senior Vice President of Human Resources of Wynn Macau and Wynn Palace



2026多元共融 團隊活動新靈感

FRESH IDEAS FOR INCLUSIVE TEAM BUILDING IN 2026

在ESG框架中，「社會」(S)往往是最難落地的一環。環境承諾可以量化，管治架構可以制度化，唯獨「多元共融」，必須透過真實參與與長期投入，方能將理念轉化為現實。

香港現時約有53萬名殘疾人士，加上數以萬計有特殊教育需要 (SEN) 的青年，他們當中許多都具備真實的技能與潛能，卻往往只欠一個機會與舞台。

企業的一個選擇——次共融體驗活動、一場工作坊、一份企業禮品訂單、一個實習或就業機會——都可以成為改變的起點。

今期專題，我們走訪了三間社會企業及一間學校，為HR及ESG管理人員帶來可即時付諸行動的2026多元共融團隊活動新靈感，讓「共融」不再停留於理念，而是在企業文化中真正發生。

其中，廚尊與可可阿樂的故事，亦恰好映照出香港作為多元社會的獨特面貌——廚尊創辦人許先生因熱愛香港，特意將源自新加坡的共融飲食理念引進本地；可可阿樂的創辦人為台籍港人，同樣以異鄉人的視野，在這片土地上推動共融事業。

身為香港人，我們更有理由守望相助，支持本地共融事業。

Within the ESG framework, “Social” (S) is often the hardest to act on meaningfully. Yet the answer may be closer than you think. Hong Kong is home to approximately 530,000 people with disabilities and tens of thousands of young people with Special Educational Needs (SEN) — many with real skills and potential, but lacking the opportunity to prove it.

A single corporate decision — one inclusive activity, one workshop, one order, one job offer — can be the starting point for meaningful change.

In this feature, we visit three social enterprises and one school to bring HR and ESG professionals fresh, actionable D&I team activity ideas for 2026, so that inclusion truly takes root within your company culture.

The stories of Project Dignity and Hello Cocoa also reflect something distinctly Hong Kong — a city shaped by those who arrived from elsewhere and made it their own. Project Dignity’s founder brought an inclusive dining concept from Singapore out of his love for Hong Kong, while Hello Cocoa’s Taiwanese-born founder champions inclusion with the heart of someone who chose to call this city home.

As Hongkongers, we have every reason to look out for one another and champion inclusion right here at home.

”

我們看到的是他們的才能而非缺陷。

We see their abilities, not their disabilities.

廚尊 創辦人許承俊
Koh Seng Choon
Founder, Dignity Kitchen



”

我常說授人以魚，不如授人以漁。與其給你魚，不如教你養魚。

I always say: give a man a fish, and you feed him for a day; teach a man to fish, and you feed him for a lifetime.

本土養殖 創辦人林子龍
Alex Lam
Founder, Local Aquaculture





”

當父母老去，誰來照顧SEN
子女的將來？

*When parents grow
old, who will take care
of their SEN children's
future?*

可可阿樂 創辦人盧禮宇
Louie Lou
Founder, Hello Cocoa



”

要協助 SEN 青年人穩定就
業，需要社會各界持份者，
特別是僱主的共同參與和支
持，方能推動更廣泛的共融
就業環境。

*Helping SEN young
people achieve stable
employment requires the
collective participation
and support of all
stakeholders in society,
especially employers,
to drive a broader
environment of inclusive
employment.*

炮台山循道衛理中學 校長沈立平
Shum Lap-Ping
Principal, Fortress Hill Methodist
Secondary School

01 本土養殖

以魚排為教室，培訓殘疾人士成為養殖專才

社創基金自2022開始資助由本地可持續海鮮品牌本土養殖和「自閉兒生命建立發展社」聯合開辦的「自閉青年水產養殖培訓計劃」，為有自閉症、智障及特殊教育需要（SEN）的青年，提供為期18個月的專業培訓及工作體驗。

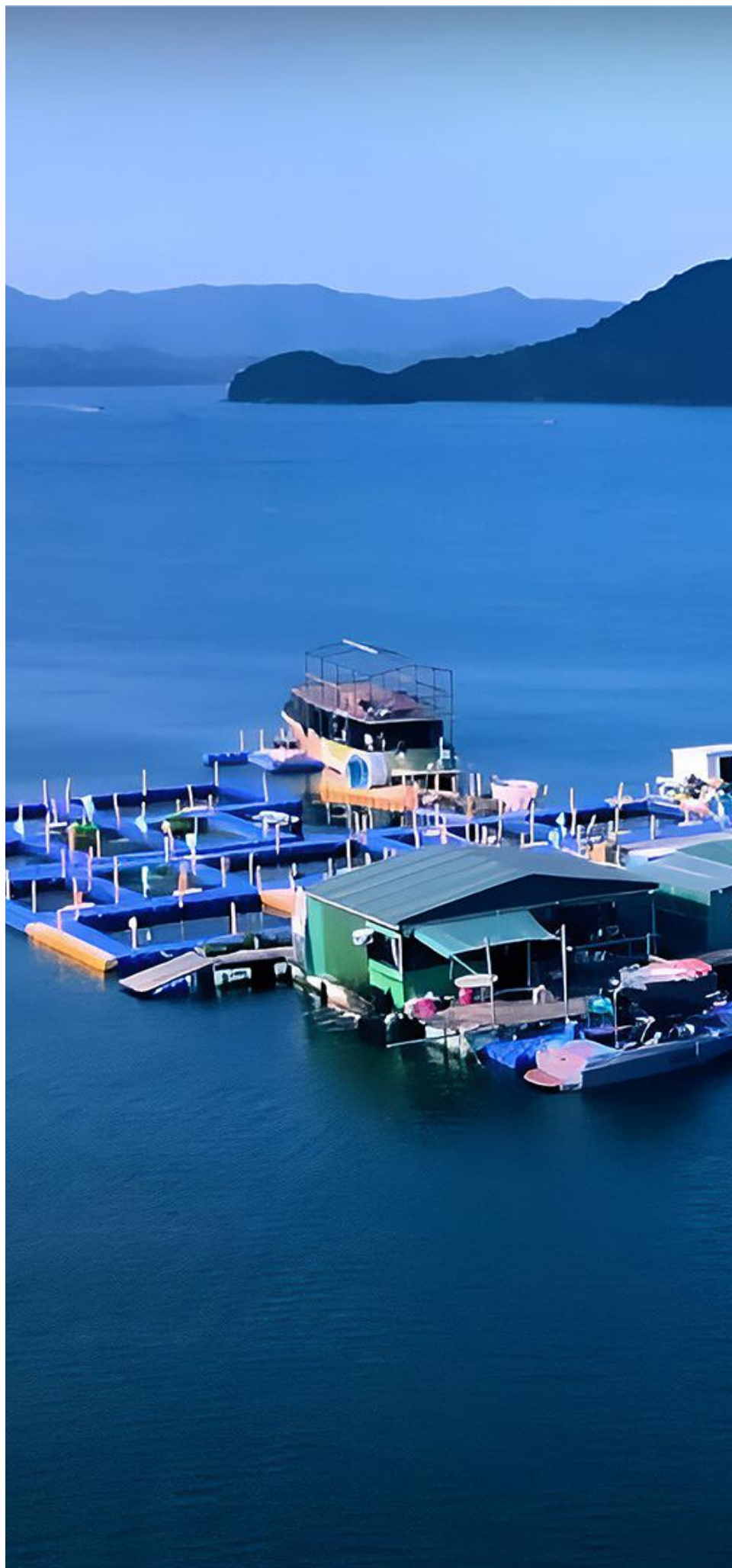
計劃分三階段進行：水產養殖體驗坊（一天體驗日）、水產養殖有薪培訓課程（40小時，時薪港幣\$70），以及小型漁產品攤位銷售。由2022年起截至2025年11月，已有近200位有需要的青年完成培訓。

01 Local Aquaculture

Using a fish raft as a classroom to train people with disabilities as aquaculture specialists

Since 2022, Local Aquaculture — a local sustainable seafood brand managed by founder Alex Lam at a fish raft in Sai Kung's Yung Shue O — has partnered with the Autism Children Life Development Association to run an 18-month aquaculture training program for SEN youth, funded by the SIE Fund. The program spans three phases: a one-day experience, a 40-hour paid training course (HK\$70/hour), and fishery product stall sales. Close to 200 young people have completed the training since its launch.

Refusing to catch wild fish fry, the farm raises fish using natural high-protein feed and Chinese herbal ingredients, allowing the public to enjoy quality local seafood at a reasonable price while promoting the sustainable development of the local fishing industry.





企業可參與的活動

How Companies Can Get Involved

魚排體驗日

Join the Aquaculture Experience Day

遠離辦公室、置身大自然。由SEN青年帶領的水產養殖體驗活動，了解本地漁業的日常運作，品嚐可持續海鮮午餐。是一項兼具ESG與社會共融的另類戶外活動，同時支持本地漁業。

Step away from the office and into nature. Led by SEN youth, this hands-on aquaculture experience offers an insight into the daily workings of local fisheries, rounded off with a sustainable seafood lunch. An outdoor aquaculture experience with a difference — combining ESG environmental awareness with the spirit of social inclusion, while supporting Hong Kong's local fishing industry.



共創產品

Co-Create Products with SEN Trainees

與SEN學員共同參與天然食品製作，包括本魚精、手工鷹嘴豆醬、麻辣花椒油等，在共創過程中建立跨界別連結，同時締造獨一無二的員工凝聚體驗。

Produce natural food products, including fish essence, handcrafted chickpea sauce, and spicy Sichuan pepper oil, alongside SEN trainees.

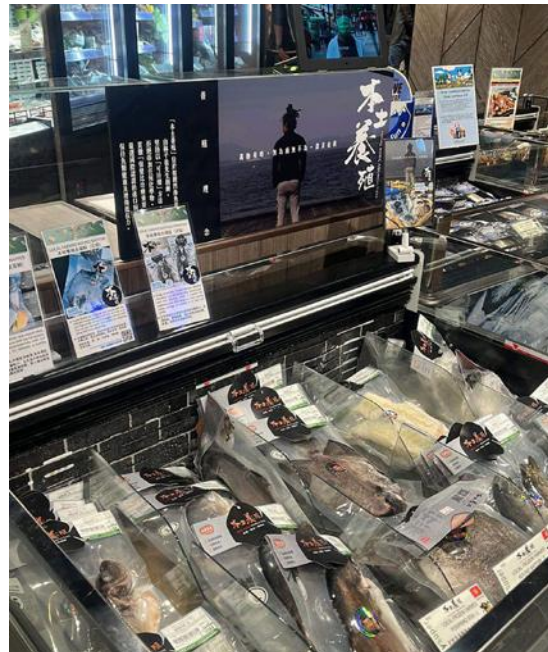




實地參觀 Tour the Fish Farm and Production Facility

參觀西貢榕樹凹漁排或旗下「共濟食品製造工場」，親身了解由水產養殖至食品生產的完整供應鏈，以及SEN青年在其中擔當的重要角色。

Tour the fish farm or food production facility to see the full supply chain and the role SEN youth play within it.



購買本地可持續產品 Purchase Local Sustainable Products

可於本土養殖網站、City Super及一田採購由SEN學員參與製作的食品，包括花露本魚麵、本魚精、酒粕鹽麴、手工鷹嘴豆醬、麻辣花椒油及咖哩膽等，直接為SEN青年的培訓計劃帶來可持續營運收入。

Products made with the participation of SEN trainees are available via the Local Aquaculture website, City Super, and Yata — including fish noodles, fish essence, sake lees shio koji, handcrafted chickpea sauce, spicy Sichuan pepper oil, and curry paste. Every purchase directly contributes to the sustainable operation of the SEN youth training program.



提供就業機會 Hire Program Graduates

企業可考慮聘用完成18個月培訓的SEN學員，給予他們踏入職場的第一步，實踐共融僱用的企業承諾。

Hire graduates of the 18-month program and fulfil your commitment to inclusive hiring.

漁排及工場地址 Fish Farm and Factory Addresses

魚排：西貢榕樹凹海魚養殖區

工場：火炭坳背灣街41-43號安華工業大廈 15樓J室

Fish Farm : Yung Shue O Marine Fish Culture Zone, Sai Kung

Factory : Unit 15J, On Wa Industrial Building, 41-43 Au Pui Wan Street, Fo Tan

聯絡 Contact

Tel : (852) 9846-8018 WhatsApp: (852) 9846-8018

Email : info@hk.fish URL : <https://www.hkfish.co/zh-hant/>





02 廚尊香港

共融美食廣場 正宗新加坡風味 為殘疾人士提供培練及就業機會

社企廚尊由許承俊於2010年在新加坡創立，旨在為殘疾人士提供餐飲業在職培訓及就業機會，協助他們融入社會、實現自力更生。許承俊更榮獲新加坡《海峽時報》選為2024年度風雲人物。

2019年，廚尊應市區重建局邀請進駐旺角「618上海街」活化項目，開設全球首間由殘疾人士營運的美食廣場，同時兼作職業訓練中心。廚尊採用「全方位課程設計」的教學理念，為不同能力的學員提供系統化的餐飲職業培訓。迄今，廚尊已培訓逾300名殘疾及有特殊需要人士，現時聘用約70名員工，不少學員在累積經驗後更受聘於其他機構。

廚尊供應正宗新加坡美食，包括海南雞飯、咖央多士、叻沙及班蘭蛋糕等。餐廳內的「孺尊」書店售賣捐贈的二手書籍，以及由員工和員工媽媽製作的手工藝品，每一個細節都承載著廚尊對共融社會的堅持。



02 Dignity Kitchen HK

Inclusive food court - authentic Singapore flavours Bringing training & employment opportunities to people with disabilities

Founded in Singapore in 2010 by Hui Shing-Chun — named the Straits Times Singapore Person of the Year 2024 — Dignity Kitchen was brought to Hong Kong in 2019 at the Urban Renewal Authority's invitation. It operates the world's first food court run by people with disabilities at 618 Shanghai Street, Mong Kok. Serving authentic Singaporean cuisine, it also functions as a vocational training centre adopting Universal Design for Learning (UDL), having trained over 300 people with disabilities to date and currently employing approximately 70 staff.

Located within the restaurant, Digital Mama sells donated second-hand books from various donors, making reading more accessible for those in need at affordable prices.

企業可參與的活動 How Companies Can Get Involved

「一日小販」體驗 Participate in the “Hawker for a Day”

廚尊的招牌Team Building活動「一日小販」，讓員工親身體驗殘障人士在小販攤檔工作時所面對的日常挑戰。參加者會被分配至不同攤檔，在限定時間內完成指定任務，以第一身角度感受共融就業的真實處境。

“Hawker for a Day” invites employees to personally experience the day-to-day challenges faced by people with disabilities working at hawker stalls. Participants are assigned to different stalls and tasked with completing designated activities within a set time, gaining a first-hand understanding of the realities of inclusive employment.

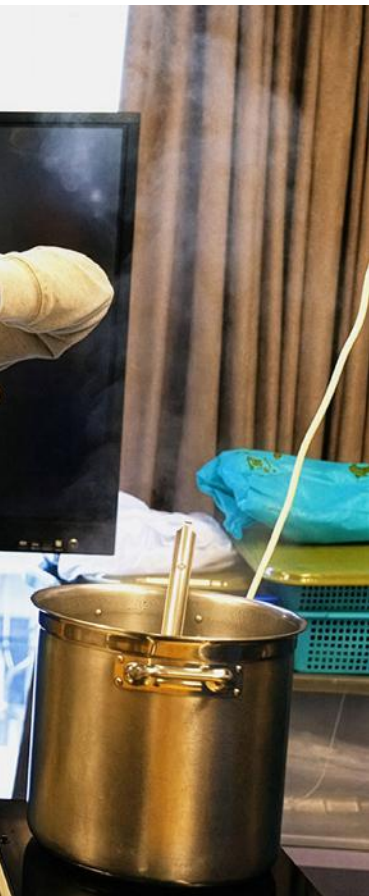


「請你食飯」贊助或義工計劃 Sponsor or Volunteer for the “Pay it Forward” Program

企業可透過贊助「請你吃飯」飯卷計劃（每張HK\$50）或成為義工團隊，親身參與飯盒包裝及派發，將溫暖直送區內低收入家庭及長者。

Companies can sponsor meal vouchers at HK\$50 each, or participate as a volunteer team in the packing and distribution of meal boxes — bringing warmth directly to low-income families and elderly residents in the local community.





烹飪及烘焙工作坊 Attend a Cooking & Baking Workshop

廚尊亦提供甜品烘焙工作坊及烹飪工作坊，由受過培訓的殘疾員工親身帶領，讓參加者在動手學習的過程中，建立對共融就業的認識與支持。

Hands-on workshops led by trained employees with disabilities.



訂購到會服務 Order Catering Services

從商務飯盒到大型活動全面餐飲，廚尊均可度身訂造。企業每一次訂購，同時直接支持殘疾人士就業。

From corporate lunch boxes to large-scale event catering; every order directly supports inclusive employment.



場地租用 Book the Venue

佔地7,000平方呎、位於旺角「618上海街」的廚尊香港，提供6,000平方呎的靈活活動空間，可配合各類企業需要，可舉辦各會議、工作坊、商務交流活動或新聞發佈會，是兼具社企理念與實用功能的場地之選。

6,000 sq ft of flexible event space for meetings, workshops, or press conferences.

地址 Address

旺角上海街618號2樓
2/F, 618 Shanghai Street, Mong Kok

聯絡 Contact

Tel : (852) 6972-9618 / (852) 6027-2618
Email : enquiry@projectdignity.hk
URL : www.projectdignity.hk





03 可可阿樂

手工朱古力品牌 培訓SEN青年為朱古力師

「當父母老去，誰來照顧SEN子女的將來？」這是可可阿樂創辦人盧禮宇Louie心中最深的問題，也是這個品牌誕生的初心。

社會企業可可阿樂於2019年創立，是香港的手工朱古力品牌，致力培養SEN青年成為專業朱古力師與店長。

目前，可可阿樂共聘請16位SEN員工，分別負責工廠生產、行政跟單、日常店務、設計以至市場策劃等工作，於旗下ISO22000認證食品工廠及兩間門市中，透過持續在職培訓，協助他們實現自立自強的目標。

Louie的終極願景，是建立「SEN雙老莊園計劃」，結合庇護工場、照顧院舍及支援中心，為SEN子女及其年邁家長提供全方位的終身支援。

03 Hello Cocoa

An artisan chocolate brand training SEN youth to become professional chocolatiers

“When parents grow old, who will take care of their SEN children’s future?” This is the question closest to Hello Cocoa founder Louie’s heart — and the reason this brand was born.

Founded in 2019, Hello Cocoa is a Hong Kong artisan chocolate social enterprise dedicated to nurturing young people with SEN into professional chocolatiers and store managers. Today, the team includes 16 employees with SEN, taking on roles spanning factory production, administrative coordination, daily retail operations, design, and marketing — across their ISO22000-certified food factory and two retail stores.

Louie’s ultimate vision is to establish the “SEN Dual Ageing Estate Programme” — an integrated facility bringing together a sheltered workshop, residential care, and a support centre, offering lifelong, all-round support for both individuals with SEN and their ageing parents.

企業可參與的活動 How Companies Can Get Involved

朱古力工作坊 Attend a Chocolate Workshop

可可阿樂提供三類由SEN朱古力師親自帶領的互動工作坊，讓參加者在品嚐手工朱古力的同時，為SEN學員創造真實的實戰機會：

- 可可沖飲及朱古力品嚐工作坊
- 朱古力品嚐及彩繪工作坊
- 專業朱古力調溫工作坊

Hello Cocoa offers three hands-on workshops, each led by their SEN chocolatiers. Participants get to savour artisan chocolates while giving SEN trainees invaluable real-world experience:

- Cocoa Drinks and Chocolate Tasting Workshop
- Chocolate Tasting and Painting Workshop
- Professional Chocolate Tempering Workshop





企業禮品採購 Order Corporate Gifts

可可阿樂現有逾60款手工朱古力產品，包括朱古力月餅、朱古力棒、曲奇、可可粉及即沖飲品等，均採用台灣單一產區可可豆，於新蒲崗自設食品工場烘焙、研磨、調溫及倒模，並設有無糖系列。

Over 60 artisan chocolate products made from single-origin Taiwanese cacao beans, including mooncakes, chocolate bars, cookies, and instant drinks, with a sugar-free range available.



聘用培訓畢業生 Hire the Trained Graduates

企業（尤其是咖啡店、零售店或食品相關行業）可考慮聘用可可阿樂培訓的畢業生，為SEN青年提供踏入職場的機會。

Companies — particularly those in the café, retail, or food-related sectors — may consider hiring graduates trained by Hello Cocoa, offering SEN youth their first step into the workplace.



實地參觀 Visit the Production Facility or Retail Outlets

參觀位於新蒲崗的食品工場或兩間港鐵門市，親身了解SEN青年由培訓至獨當一面的成長歷程。

Visit the San Po Kong production facility or either MTR retail outlet.

門市及工場地址 Shops and Factory Addresses

荃灣西站店：港鐵荃灣西站A出口17號舖（閘外）

柯士甸站店：港鐵柯士甸站208號舖（閘外）

新蒲崗工場：新蒲崗大有街2-4號旺景工業大廈9樓A室

Tsuen Wan Station : MTR Tsuen Wan Station (Exit A) Shop No. 17

Austin Station : MTR Austin Station Shop No. 208

Factory : 9A, Wong King Industrial Building, 2-4 Tai Yu Street, San Po Kong

聯絡 Contact

Tel : (852) 3157-9058 WhatsApp: (852) 9161-1975

Email : hello@hilococoahk.com URL : www.hilococoahk.com

04 炮台山循道衛理中學

全港唯一為SEN學生提供完整 中一至中六課程的基督教主流中學

炮台山循道衛理中學自1995年創辦，是全港唯一為SEN學生提供完整中一至中六課程的基督教主流中學，現有約有300名學生。學校不以公開試為唯一目標，而是著重職涯規劃與就業能力培養。

2017年推出「職場『新』力軍」就業培訓計劃（由賴顯積善堂慈善基金資助），為中六畢業生提供約七星期職場實習。2023/24及2024/25學年共有81名學生參與，其中41人成功獲聘，就業率達51%。

課程方面，炮中設有10個獲納入資歷架構（QF）第一及第二級的校本課程，涵蓋烘焙、康體服務及長者溝通等範疇。校內亦設有**25間情境教室**，模擬真實工作環境，讓學生在實踐中提升技能與自信，為未來就業做好準備。

04 Fortress Hill Methodist Secondary School

Hong Kong's only mainstream Christian secondary school offering a complete Form 1 to Form 6 curriculum for SEN students

Founded in 1995, Fortress Hill Methodist Secondary School (FHMS) is Hong Kong's only mainstream Christian secondary school offering a full Secondary 1–6 curriculum dedicated to SEN students, with around 300 students enrolled.

Placing strong emphasis on career planning and employability, the school launched the “Experiential, Enriching and Empowering Internship Programme” (funded by Koo's Giving Charitable Foundation) in 2017. The initiative provides Form 6 students with a seven-week workplace internship before graduation. Across the 2023/24 and 2024/25 school years, 81 students participated, with 41 securing employment — a 51% placement rate.

FHMS also offers 10 school-based courses accredited under Qualifications Framework (QF) Levels 1 and 2, covering areas such as baking, recreation services, and elderly communication skills. Supported by **25 contextual classrooms** that simulate real work environments, students gain practical experience and confidence as they prepare for future careers.





企業可參與的活動 How Companies Can Get Involved

為「職場『新』力軍」 提供實習機會 Provide Internship Opportunities

如實習由學校安排或認可，僱主毋須支付薪酬。炮中將全程提供支援與監督，並安排保險及相關津貼，同時與僱主協作，確保工作內容及環境配合學生需要。畢業生已投身長者服務、酒店、零售、交通、會計、餐飲及社企等行業。

If the internship is arranged or endorsed by the school, no salary is required from the employer. FHMS provides full supervision and support, including insurance and relevant allowances, while working closely with employers to ensure duties and workplace arrangements suit students' needs. Graduates have entered sectors such as elderly services, hospitality, retail, transport, accounting, F&B, and social enterprises.



實習期滿後聘任學員 Hire Interns After Placement

實習結束後，如僱主有意聘任學生，學校將協助跟進聘用安排及與家長溝通。如需申請勞工處「展翅青年就業計劃」，校方亦可提供支援及轉介協助。

Should employers wish to hire interns after the seven-week placement, the school will assist with employment arrangements and parent communication. Support is also available for applications to the Labour Department's Youth Employment and Training Program.

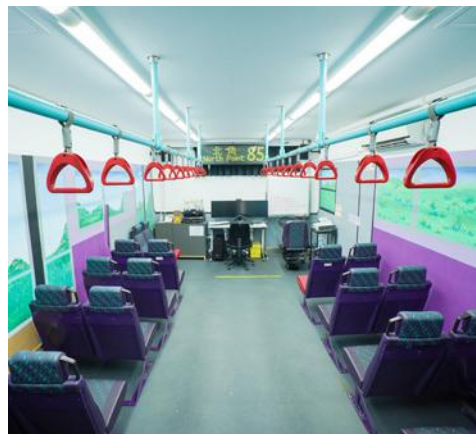




實地參觀 Visit the School Campus

親身到訪炮台山循道衛理中學，是了解學生技能最直接的方式。校園內設有25間情境教室，高度模擬真實工作場景，包括洗衣訓練教室、長者護理訓練室、FM茶記餐廳、鐵路教室、巴士教室、多媒體設計中心及攝影Studio等，讓HR及ESG專業人士親眼見到SEN學生如何在接近真實職場的環境中學習實用技能。

Visiting FHMS in person is the most direct way to understand the skills and potential of its students. The campus features 25 contextual classrooms that closely simulate real workplace environments — including a laundry training room, an elderly care training room, the FM Cha Chaa Teng (café), a railway classroom, a bus classroom, a multimedia design centre, and a photography studio. A perspective-shifting experience for any HR or ESG professional.



外判工作 (多媒體製作) Outsource the Multimedia Production Services

需要影片製作、廣告設計、產品開發或市場推廣的企業，可考慮委託炮中多媒體設計中心及攝影Studio，讓SEN學生在實戰中累積經驗。

Companies requiring video production, advertising design, product development, or marketing support are welcome to engage the school's Multimedia Design Centre and Photography Studio — giving SEN students valuable real-world experience while meeting your business needs. ☀️



地址 Address

香港北角炮台山道19號
19 Fortress Hill Road, North Point, Hong Kong

聯絡 Contact

Tel : (852) 2510 7688

Email : info@fhms.edu.hk

URL : www.fhms.edu.hk



文化保育 CULTURAL CONSERVATION

自然為根 文化為脈

ROOTED IN NATURE STEEPED IN HERITAGE

香港近年悄悄冒起了一批以可持續發展、自然體驗與文化傳承為核心的戶外活動，讓你的團隊走出冷氣室，真正感受這片土地的生命力。無論是踏入逾三百年歷史的客家村落，還是親手將竹子變成筏、變成燈、變成遊樂場，這些體驗不只是好玩——它們讓人與自然、人與人之間，重新建立真實的連繫。

以下介紹兩家機構——思網絡與樂遊仁，他們各自提供一系列精彩活動，讓人與自然、人與人之間，重新建立真實的連繫。

But quietly, a new wave of outdoor experiences has been taking root in Hong Kong — ones that weave sustainability, nature, and living cultural heritage into genuinely memorable team journeys. Picture your colleagues exploring a centuries-old Hakka village, joining a river clean-up, or building their very own bamboo raft before launching it into the open sea. These aren't just fun (though they absolutely are) — they create the kind of real, grounded connections that no conference room exercise ever could.

Here, we introduce two organisations — SEE Network and Travel for Better — each bringing a rich menu of experiences designed to reconnect people with nature, culture, and each other.

Once hidden, the legendary Hakka village of Lai Chi Wo has been revived, becoming a centerpiece of Hong Kong's rural cultural tourism.

荔枝窩隱於新界東北，是保存逾三百年客家原真智慧的傳奇村落，近來更成為香港鄉郊文化旅遊的焦點之一。

Photo credit: SEE Network







01 荔枝窩

「活」化自然文化 共育鄉土

荔枝窩隱於新界東北，是保存逾三百年客家原真智慧的傳奇村落。近十年，有賴多個非牟利機構投入復育，令這偏遠村落重現大眾視野，更成為香港鄉郊文化旅遊的焦點之一。由原居民組成的社會企業「暖窩」，肩負連繫各界、推動村落可持續發展的重任。他們不僅參與環境治理、接待訪客、協調村務，更致力文化傳承與鄉村活化，期望在保育原生態之餘，也為城市人保留一片喘息的自然空間。

如今這裡四季有農作、古宅變民宿、鄉土藝術百花齊放，村民近年更針對企業設計不同主題的體驗方案，達至不同目標。

01 Lai Chi Wo

Revive Nature, Culture and Rural Heritage

Lai Chi Wo, hidden in the northeastern New Territories, is a legendary Hakka village that has safeguarded over three centuries of indigenous wisdom.

Over the past decade, sustained efforts by NGOs have brought this remote settlement back into public view, making it a centerpiece of Hong Kong's rural cultural tourism. HakkaHome at LCW, founded by indigenous villagers, carries the mission of linking stakeholders and advancing sustainable development. Its work spans environmental stewardship, visitor reception, and village coordination, while also driving cultural transmission and rural revitalization. The vision is to protect the original ecology while preserving a natural sanctuary for urban dwellers to pause and reconnect.

Seasonal harvests, restored heritage guesthouses, flourishing folk arts — all here, for the corporate teams, the villagers now offer themed experience packages tailored to your goals.

團隊活動

What to Do with Your Team?

團隊合作

Hands-On Collaboration

鄉村體驗由你定，一起清河、一起護田、一起划龍舟。幾小時的真實勞動，換來會議室裡建立不到的默契。

Customize your rural experience — clean a river, tend the fields, paddle a dragon boat, or dive into real farm work. Hours of real labor. Bonds a conference room can't build.



文化連結體驗

Culture as Connector

村民帶你走進三百年古村，親手搓湯丸、炆豬肉。在協作中感受手作的溫度，也認識客家智慧。

Villagers will guide your team into the 300-year-old village — hand-roll tangyuan, braise pork, and discover Hakka wisdom through hands-on collaboration.





跳島遊 探索凝聚力 Adventure as Bonding: Island-Hopping

預約專屬快艇，與你穿越印洲塘，一島又一島，在壯麗地質公園中，創造共同驚嘆的時刻。

Book a private speedboat, and we'll guide you through Yan Chau Tong, island after island — where the stunning geopark becomes the backdrop for unforgettable moments of shared awe.



自然療癒力 Nature as Healer

跟著生態導賞員走進鄉野。不只認識花草，更在自然中釋放壓力——這是最好的 Team Building。

Follow an eco-guide into the countryside. You'll not only discover local plants and flowers — you'll also unwind in nature. This is team building at its best.



創意啟發 Creative Inspiration

我們提供植物拓染、廣彩陶瓷工作坊，讓大自然的色彩流入你的創作，每位同仁都能帶走獨一無二的紀念。

Try botanical dyeing or paint your own Guancai ceramics — let the colours of nature inspire something uniquely yours to take home.

查詢及預約

Enquiries & Reservations

活動由暖窩及文化機構思網絡合辦，提無一站式交通接駁、在地導賞、餐飲體驗，到活動後的回饋評估。

These activities are co-organized by HakkaHome at LCW and SEE Network – a one-stop service covering transport, guided tours, dining, and post-activity feedback .

Tel : (852) 2127-4503 Email : contact@project-see.net

URL : www.facebook.com/seenetwork.ltd

02 樂遊仁 「竹」救地球

竹——是香港隨處可見卻常被忽略的尋常植物，看似平凡，卻承載著無數傳統工藝與文化記憶。成立於2022年的樂遊仁，就選中了它 - 以竹為核心，將自然教育、文化傳承與動手創作融為一體，策劃出一系列真正有意義的可持續體驗活動，重新連結人與自然、人與社區的連繫。





02 Travel for Better

Connect People with Nature through Bamboo

Bamboo is everywhere in Hong Kong, yet so often overlooked. Founded in 2022, Travel for Better is on a mission to change that — using bamboo as the heart of every experience, weaving together environmental education, cultural heritage, and hands-on creation. The result? Team activities that are genuinely unlike anything else, and that leave both people and the planet a little better off.

團隊活動

What to Do with Your Team?

傳統搭棚技藝工作坊

Traditional Bamboo Scaffolding

搭棚技藝是香港獨有的非物質文化遺產，卻鮮少有人真正親身嘗試。只需短短10分鐘，你便能掌握當中的基本技巧。此後每當路過城市裡忙碌的搭棚師傅，定會對他們多一點敬佩。

Bamboo scaffolding is a Hong Kong intangible cultural heritage — and yes, you can try it yourself. In just 10 minutes, you'll get hands-on with this iconic craft and walk away with a whole new respect for the scaffolders quietly shaping our city's skyline.



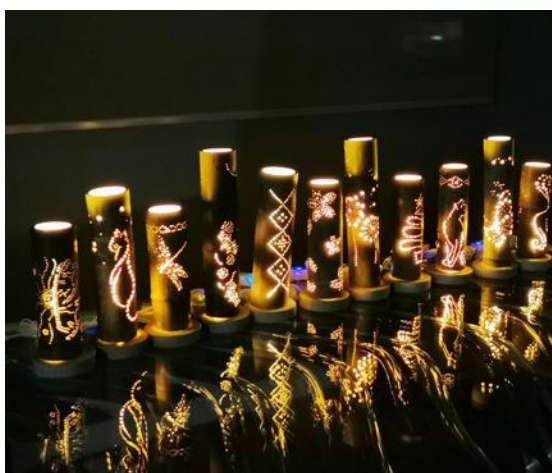
竹筏動手造

Bamboo Raft Building Experience

親手搭建竹筏，合力把它推向大海，一次真正難忘的團隊「下水禮」。

Build your own bamboo raft from scratch, then launch it into the sea. Equal parts team challenge, engineering test, and pure adrenaline — this one makes for great stories, and even better photos.





竹燈工作坊 Bamboo Lantern Workshop

將靈感化為光影，在竹面上刻下專屬紋理，成就一件會發光的藝術品。

Design, draw, drill — craft your own bamboo lantern from start to finish. When the warm light finally shines through, you'll want to keep it forever. (We won't judge if you do.)

設計專屬「竹」遊樂場 Bamboo Playground Construction

從構思到搭建，創造屬於自己的竹製遊樂場——攀爬架、繩網、竹鞦韆、圓形樹屋，自由發揮。

Yes, you read that right — design and build your very own bamboo playground. Climbing frames, rope nets, stages, round treehouses, swings — the only limit is your imagination. Turns out adults can get just as excited about playgrounds as kids. ☀️

查詢及預約

Enquiries & Reservations

Tel : (852) 9552 9278 Email : info@travelforbetter.com

URL : www.travelforbetter.com

Facebook / IG: Travel for Better 樂遊仁



Corporate Wellness Programs

PREVENTION IS BETTER THAN CURE BUILDING A HEALTHIER WORKFORCE 預防勝於治療 打造健康職場

ABOUT AHEALTH@WORK CORPORATE WELLNESS PROGRAMS

Ahealth@Work Corporate Wellness Programs offer employers a wide range of holistic health activities. Our professional medical team visits your workplace, making health participation accessible to all employees, helping them build sustainable healthy lifestyle, and reducing your organisation's long-term healthcare expenditure.

PROFESSIONAL MEDICAL TEAM

All programs are designed and led by the professional healthcare team at Hong Kong Adventist Hospital, comprising doctors, physiotherapists, registered dietitians, and nurses. The team works with each employer to identify the most suitable combination of activities for their workforce's specific needs and objectives.

關於AHEALTH@WORK企業員工健康計劃

Ahealth@Work企業員工健康計劃為僱主提供多元化的全人健康活動，我們的專業醫療團隊會親臨貴公司辦公室，讓你的全體員工均可輕鬆參與，幫助員工建立可持續的健康生活習慣，有助企業降低長遠的醫療開支。

專業醫療團隊

所有活動均由香港港安醫院的專業醫療團隊設計及主持，成員包括醫生、物理治療師、註冊營養師及護士。團隊將與各僱主緊密協作，按企業員工的特定需求及目標，制定最適切的活動組合。



KEY ACTIVITIES 主要服務項目

1. Health Assessments

All assessments are non-invasive and conducted on-site at the employer's premises. No doctor referral is required. Each assessment takes a few minutes to complete, with immediate analysis results provided.

- Tests for Three Highs & Uric Acid
- Ultrasound Fatty Liver Analysis
- Ultrasound Bone Density Analysis
- Eye Screening
- Hearing Test
- Vitamin D Rapid Test
- Arterial Stiffness Assessment
- Stool Analysis for Gut Health
- Kinvent Strength and Mobility Assessment
- Heart Rate Variability Cardiovascular Health Analysis
- 3D Muscle & Joint Analysis
- Sleep Quality Assessment
- Body Composition Analysis
- Handgrip Strength Test
- Peak Expiratory Flow Measurement (Lung Function Test)
- Urine Strip Test

1. 健康評估

所有評估項目均為非入侵性，直接在貴公司辦公室進行，毋需醫生轉介。每項評估只需數分鐘，並即時提供分析結果。

- 三高及尿酸測試
- 超聲波脂肪肝分析
- 超聲波骨質密度分析
- 視力測試
- 聽力測試
- 維他命D快速測試
- 動脈僵硬度評估
- 腸道健康糞便分析
- Kinvent 肌力及活動能力評估
- 心率變異性心血管健康分析
- 3D肌肉及關節分析
- 睡眠質素評估
- 身體組成分析
- 手握肌力測試
- 呼氣峰值流量測量(肺功能測試)
- 尿液試紙測試

Ultrasound Fatty Liver Analysis

Common misconceptions

- Only overweight people get fatty liver
- No alcohol means no fatty liver
- Going oil-free and vegetarian can cure it
- It's not fatal, so no need to worry

Why is this assessment important?

According to data from local university research, approximately one in four adults in Hong Kong is affected by fatty liver, with over 100,000 new cases recorded each year. Furthermore, patients aged 70 or above with fatty liver disease face a significantly elevated risk of liver disease-related mortality, with female patients being at even greater risk.

Our solution

Portable ultrasound equipment performs a rapid, non-invasive hepatic scan on-site. Results are available within minutes.



超聲波脂肪肝分析

常見謬誤

- 肥人才有脂肪肝
- 滴酒不沾便不會有脂肪肝
- 戒油食素可根治
- 脂肪肝不會致命故毋須理會

為何需要此評估？

根據本地大學研究數據推斷，本港約有四分之一的成年人口患有脂肪肝，每年新症超過10萬，再者70歲及以上的脂肪肝患者因肝病而致命的風險也大幅提升，女患者更甚。

我們的方案

便攜式超聲波設備讓我們可於你的辦公室進行快速、非入侵性的肝臟掃描，數分鐘內即可獲得結果。

3D Muscle & Joint Analysis

Common misconceptions

- Headaches only need to be treated at the head
- Using aids like lumbar cushions, belts, and insoles can cure pain
- Weight loss alone reduces joint pain

Why is this assessment important?

White-collar workers often suffer from discomfort due to prolonged sitting, while blue-collar workers may experience various occupational diseases and injuries due to repetitive labor and improper posture.

Our solution

An AI-powered 3D scanning system performs a rapid, non-invasive analysis of posture, muscle balance, and joint alignment. Results are available within minutes.



3D肌肉及關節分析

常見謬誤

- 頭痛僅需針對頭部治療即可
- 使用護腰墊、護腰帶及墊等輔助工具可根治痛症
- 單靠減重即可減少關節痛

為何需要此評估？

白領族群常常被困於辦公桌前，承受久坐帶來的身體不適；藍領工友則因重複性勞動與不當姿勢而導致多種職業病及工傷。

我們的方案

我們的AI人工智能3D掃描系統對姿勢、肌肉平衡及關節排列進行快速、非入侵性分析，數分鐘內即可獲得結果。

2. Health Talks & Workshops

Conducted on-site or online, these interactive sessions promote health awareness, disease prevention, and sustainable lifestyle habits, covering topics such as:

- Stress Management
- Healthy Eating
- Smart Exercise
- K-Taping Sports Protection Taping Techniques
- Traditional Chinese Medicine

2. 健康講座及工作坊

所有講座及工作坊均可於辦公室或網上進行，透過互動形式提升員工的健康意識、疾病預防知識及可持續的健康生活習慣，涵蓋主題包括：

- 壓力管理
- 健康飲食
- 正確的運動模式
- K-Taping 運動保護貼布貼紮技術
- 中醫養生



One-on-One Wellness Consultation

Our healthcare professionals will visit your workplace to provide individual consultations, analysing health data and offering personalised, actionable lifestyle improvement recommendations.

一對一健康諮詢

我們的醫療專業人員將親赴貴公司，為員工提供個人化諮詢服務，分析健康數據，並提供切實可行的生活方式改善建議。



3. Healthy Eating Social Wellness Activities

These on-site activities and services connect your team through nutritious food.

- Power Drink Bar
- Vegetarian Catering Services

3. 健康飲食分享活動

以健康美食連繫團隊。

- 健康飲品吧
- 素食餐飲服務

The Only Vegetarian Hospital in HK

Menus are carefully crafted by registered dietitians and chefs, offering international dining options including vegan, lacto-ovo vegetarian, and gluten-free selections. Available for all in-room patient services and staff restaurants. The restaurant at Hong Kong Adventist Hospital – Tsuen Wan is also open to the general public.

香港唯一素食醫院

為所有住院病人膳食及員工餐廳提供的多元化的國際素食，無論是純素、蛋奶素及無麩質菜式，均由本院註冊營養師及廚師精心設計。香港安醫院 – 荃灣的餐廳亦歡迎公眾人士惠顧。



ADVENTIST HEALTH HONG KONG (AHHK)

As part of a worldwide network of over 240 hospitals, Adventist Health Hong Kong has been serving the community for over 50 years. With two private hospitals and two satellite centers, we are committed to delivering high quality, personalized medical care, while continuously introducing advanced medical technologies.

Dedicated Corporate Services

Our hospitals and medical centers support corporate HR to deliver a smooth and employee-focused healthcare experience, including customized check-up plans for executives, priority booking and VIP room arrangements for senior executives, and coordinated support for employees undergoing designated procedures or treatments.

香港港安醫院

香港港安醫院隸屬於擁有超過240間醫院的全球醫療網絡。五十多年來，我們透過兩間私家醫院和兩間衛星診所，致力為香港社區提供高品質、個性化的醫療服務，並不斷引入先進的醫療科技。

企業專屬服務

本院各醫院及醫療中心為企業人力資源部門提供全面支援，協助打造順暢且以員工為本的醫療體驗，包括為管理層提供度身訂造的體檢計劃、優先預約及VIP房間安排，以及為需要接受診療程序或治療的員工提供統籌協調服務。

Locations 地址

The Hong Kong Adventist Hospital - Stubbs Road
40 Stubbs Road, Wanchai, Hong Kong

The Hong Kong Adventist Hospital - Tsuen Wan
199 Tsuen King Circuit, Tsuen Wan, N.T., Hong Kong

Adventist Medical Center - Taikoo Place
19/F, Oxford House, Taikoo Place, 979 King's Road,
Quarry Bay, Hong Kong

Adventist Medical Center - Causeway Bay
Room 2601, 26/F, Lee Garden Two, 28 Yun Ping Road,
Causeway Bay, Hong Kong

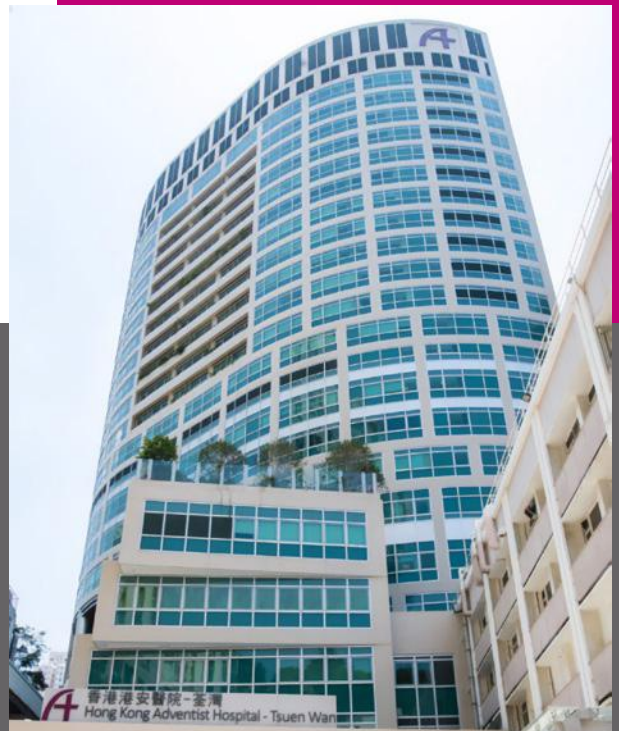
香港港安醫院 – 司徒拔道
香港灣仔司徒拔道40號

香港港安醫院 – 荃灣
香港新界荃灣荃景圍199號

港安醫療中心 – 太古坊
香港鯉魚涌英皇道979號太古坊牛津大廈19樓

港安醫療中心 – 銅鑼灣
香港銅鑼灣恩平道28號利園二期26樓2601室

The Hong Kong Adventist Hospital - Stubbs Road
香港港安醫院 – 司徒拔道



The Hong Kong Adventist Hospital - Tsuen Wan
香港港安醫院 – 荃灣

Enquiry & Booking 查詢及預約

Lifestyle Management Center
The Hong Kong Adventist Hospital - Stubbs Road
健康生活促進中心
香港港安醫院 – 司徒拔道

Phone 電話 : (852) 3651 8742

Email 電郵 : brian.yiu@hkah.org.hk

Website 網站 : www.hkah.org.hk

投委會免費資源 助你提升員工財務健康

FREE RESOURCES FROM IFEC TO SUPPORT EMPLOYEE FINANCIAL WELLNESS

對於資源有限的中小企而言，建立完善的員工財務健康支援系統往往並非易事。香港公營機構——投資者及理財教育委員會（投委會），長期為大眾及企業提供免費、持平的理財教育資源，值得僱主及HR經理善加利用。

For small and medium-sized enterprises with limited resources, building a comprehensive employee financial wellness support system can be a daunting task. the **Investor and Financial Education Council (IFEC)**, a public body in Hong Kong, has long provided free and impartial financial education resources for both the public and businesses — making it a valuable tool for employers and HR managers alike.



01 一站式網上理財工具

投委會網站設有「實用個人理財工具」專區，涵蓋個人及家庭財務規劃的免費網上資源，員工可按需要自行使用。

理財應用程式及計算機

工具種類齊全，涵蓋日常收支至長遠規劃，包括：「收支管家」流動應用程式、個人收支計算機、削減開支計算機、個人理財分析、貸款及債務計算機、儲蓄目標計算機、資產淨值計算機、人壽保額計算機、退休計劃計算機及利息收支計算機等。

針對人生大事的開支預算表

另設多款Excel預算表範本供免費下載，協助員工規劃不同人生階段的重大開支，包括：農曆新年家庭開支、婚禮、裝修、迎接新生命及海外升學等。

僱主及HR可如何善用

可透過公司內部通訊、電郵或內聯網，向員工分享相關工具連結，讓員工按個人節奏自主管理財務。

01 One-Stop Online Financial Tools

The IFEC website hosts a dedicated “Online Money Management Tools” section, offering free online resources covering personal and family financial planning for employees to use at their own pace.

Financial Apps & Calculators

The tools span everyday budgeting to long-term planning, including: the “Money Tracker” mobile app, budget planner, financial health check, borrowing and debt calculator, savings goal calculator, net worth calculator, life protection coverage calculator, retirement planner calculator, and Laisee money budget planner, among others.

Budgeting Worksheet

A range of free downloadable Excel budgeting worksheet are also available to help employees plan for significant life milestones, including Lunar New Year family expenses, weddings, home renovation, welcoming a new baby, and overseas education.

How Employers & HR Can Make Use Of It

Share the relevant links with employees via internal newsletters, email, or the company intranet, allowing them to manage their finances independently and at their own pace.



02 為企業提供免費理財講座

投委會的「財務健康教育計劃」為企業提供全免費用的理財講座，由專家主講，形式靈活，可選擇面授或網上進行，每節約一小時，適合作為Lunch & Learn活動。

講座主題涵蓋不同年齡層及需要的員工，例如：

- **理財Do's and Don'ts**：適合初入職場的年輕員工。
- **投資P牌**：為投資新手解答基本疑問，建立正確投資觀念。
- **親子理財**：專為有年幼子女的員工而設。
- **拆解你對人壽保單的疑問**：適合所有員工
- **退休策劃懶人包**：協助員工及早規劃退休生活。
- **管理退休老本**：專為臨近退休的員工而設。

講座主題或會不定期更新，最新資訊請瀏覽投委會網站或直接聯絡投委會查詢。

僱主及HR可如何善用

可按員工背景及需要挑選合適主題，聯絡投委會安排。

02 Free Financial Wellness Talks for Organisations

Under its Financial Wellness Programme, IFEC offers complimentary expert-led talks for businesses. Sessions are available in both in-person and online formats, each lasting approximately one hour — ideal for a Lunch & Learn setting.

Talk topics are designed to cater to employees of different age groups and needs, for example:

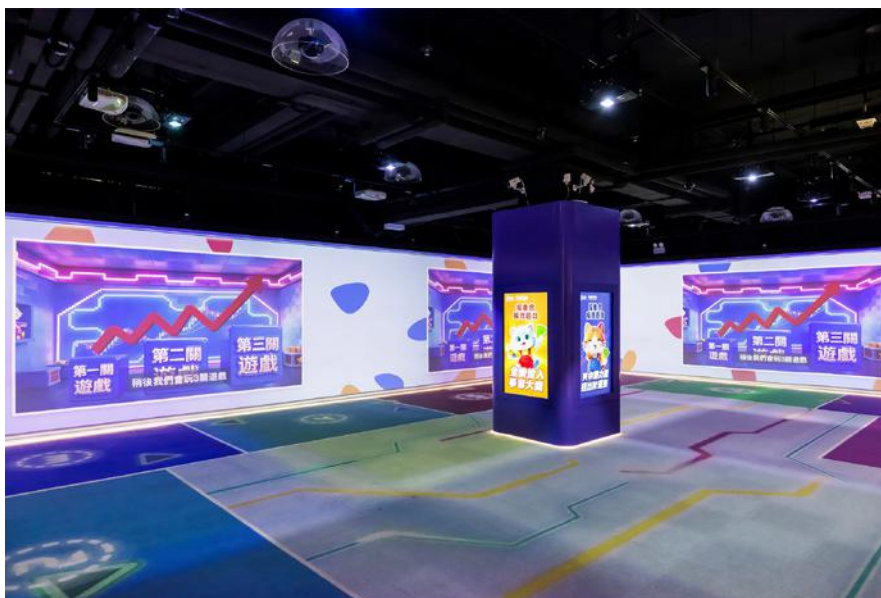
- **Do's & Don'ts of Money Management**: Suitable for young employees new to the workforce.
- **The ABC of Investing**: Addresses common questions for first-time investors and helps build sound investment habits.
- **Parenting & Money**: Tailored for employees with young children.
- **Understanding My Life Insurance Policies**: Relevant to all employees.
- **Starting My Retirement Plan**: Helps employees start planning for retirement early.
- **Managing My Retirement Fund**: Designed for employees approaching retirement.

Talk topics are subject to periodic updates. For the latest information, please visit the IFEC website or contact IFEC.

How Employers & HR Can Make Use Of It

Select the most relevant topics based on your employees' backgrounds and needs, and contact IFEC to make arrangements.





03 親臨「理財教育體驗館」寓學習於娛樂

投委會位於荃灣南豐紗廠的「理財教育體驗館」，提供沉浸式互動學習體驗，設有「投委會投資遊戲」、「理財農場」、「錢宇宙傳說」及「識辨騙徒」等遊戲，讓參加者在輕鬆的環境中學習理財知識。個人或團體參觀均費用全免。

企業可於週一至週五預約團體參觀，每節約一小時，亦可作為別具心思的團隊建設活動。

僱主及HR可如何善用

預約可電郵 hub@pob.hk 或致電 (852) 2394-7822。



03 Visit the IFEC FinEd Hub — Where Learning Meets Fun

IFEC's FinEd Hub, located at Nan Fung Mills in Tsuen Wan, offers an immersive, interactive learning experience. Through games such as the IFEC Investment Game, FinEd Farm, Money-verse, and Spot the fraudster, participants can pick up financial knowledge in an engaging and relaxed environment. Admission is free for both individuals and groups.

Organisations can book group visits from Monday to Friday, with each session lasting approximately one hour — an ideal option for a team-building activity with a difference.

How Employers & HR Can Make Use Of It

To book, email hub@pob.hk or call (852) 2394-7822.

有關投委會 About IFEC



投資者及理財教育委員會（投委會）是證券及期貨事務監察委員會（證監會）轄下一間公營機構，專責提升香港的投資者及理財教育，並獲四家金融監管機構，包括香港金融管理局（金管局）、保險業監管局（保監局）、強制性公積金計劃管理局（積金局）及證監會，以及教育局支持。

The Investor and Financial Education Council (IFEC) is a public organisation and a subsidiary of the Securities and Futures Commission (SFC), dedicated to improving

investor and financial education in the Hong Kong Special Administrative Region (HKSAR). The IFEC is supported by the four financial regulators, namely the Hong Kong Monetary Authority (HKMA), Insurance Authority (IA), Mandatory Provident Fund Schemes Authority (MPFA) and SFC, as well as the Education Bureau (EDB).

詳情及聯絡 Enquiries & Contacts

Tel : (852) 2732-2500 Email : info@ifec.org.hk

URL : www.ifec.org.hk

FB : www.facebook.com/ifec.chinfamily/



綠活好物 SUSTAINWELL SELECT

搜羅員工優惠 原來可以咁簡單!

每期精選供應商（均為品牌廠商或香港獨家總代理）為你搜羅優質可持續健康產品，提供專屬團購優惠及企業折扣，讓員工食得天然，健康樂活。

HR毋須再四處搜羅員工優惠 – 無論是籌辦Wellness Day，還是公司市集，「綠活好物」都是你的最佳採購拍檔。

Sourcing Employee Perks - Easier Than You Think!

Each issue, our handpicked suppliers — all established brands or exclusive Hong Kong distributors — bring you quality sustainable and wellness products with corporate group buying rates and exclusive discounts, helping your employees eat clean and live well.

As an HR professional, no more hunting for employee perks. Whether you're organising a Wellness Day or a Green Mart, **SustainWell Select** is your ultimate sourcing partner.





從天然餐桌到綠色生活 守護地球和員工健康

From Nature's Table to Green Living: Protecting Our Planet and Your Staff's Health



堅持5大無添加承諾

- ✗ 不含化學添加劑
- ✗ 不含人造防腐劑
- ✗ 不含人造色素
- ✗ 無殘留農藥
- ✗ 無麩質

Our 5 NO-Additives Commitment

- ✗ NO Chemical Additives
- ✗ NO Artificial Preservatives
- ✗ NO Artificial Colors
- ✗ NO Pesticide Residue
- ✗ Gluten-Free

我們深信，真正的健康源於自然，而可持續的生活方式是對地球最溫柔的回饋。
我們走遍越南，嚴選最優質的全天然穀物及原材料，用心製作每一款營養麵條。所有產品均榮獲美國
FDA、**Eurofins**、**SGS**等國際權威品質認證，安全可靠，讓您吃得安心。

We believe that true health comes from nature, and living sustainably is the kindest way to give back to our planet.
We travel across Vietnam to source the finest all-natural grains and ingredients, crafting each of our nutritious
noodles with care. All our products are certified by respected international authorities including the **US FDA**,
Eurofins, and **SGS**, so you can trust their safety and quality and enjoy them with peace of mind.

企業員工優惠 CORPORATE STAFF OFFERS

各款營養麵條 (250克/包)

原價：\$26.00

企業專享價：\$19.50

米飲管-體驗裝 (獨立包裝)

幼管：15支/包，6mmx21cm 或 粗管：8支/包，13mmx21cm

原價：\$12.00

企業專享價：\$9.00

米飲管-家庭裝 (散裝)

幼管：170支/包，6mmx21cm 或 粗管：42支/包，13mmx21cm

原價：\$50.00

企業專享價：\$37.50

凡訂單折實滿港幣\$800，即可享**免費送貨服務**至單一辦公室地址。

All Varieties of Nutritious Noodles (250g/pack)

Retail Price: \$26.00

Exclusive Corporate Price: \$19.50

Rice Straws (Trial Pack - Individually wrapped)

Slim: 15 pcs/pack, 6mmx21cm or Large: 8 pcs/pack, 13mmx21cm

Retail Price: \$12.00

Exclusive Corporate Price: \$9.00

Rice Straws (Family Pack)

Slim: 170 pcs/pack, 6mmx21cm or Large: 42 pcs/pack, 13mmx21cm

Retail Price: \$50.00

Exclusive Corporate Price: \$37.50

Enjoy **free delivery** to a single office address for any order of HK\$800 or more (after discount).

01. 無糖米粉

採用獨家技術分離大米中的糖分，成為低升糖指數 (Low GI) 的健康主食，是關注血糖或注重體態人士的理想之選。

02. 玉米麵條

選用 100% 越南非轉基因玉米製成，低糖高纖，並含多種維他命 B&C 及礦物質。

03. 彩虹麵條

以七種天然食材：蝶豆花、薑黃、辣木、黑米、可可、白米與紅米製成，無糖高纖，並含多種維他命及抗氧化物。顏色七彩繽紛更能吸引小朋友與長者享受健康一餐。

04. 米飲管 (食品級物料生產)

我們的環保理念不止於食物本身。在生產麵條的過程中，我們將產生的米碎「升級再造」，加入天然木薯粉製成 100% 可食用、BPA & PFAS free 全天然的米飲管。

01. Sugar-free Noodles

Made with a special technique that separates the sugar from the rice, these noodles have a low glycemic index (Low GI). They are a perfect choice for anyone managing their blood sugar or watching their diet.

02. Corn Noodles

Made with 100% non-GMO Vietnamese corn. These noodles are low in sugar, high in fiber, and packed with B & C vitamins and minerals.

03. Rainbow Noodles

A blend of seven natural ingredients: butterfly pea flower, turmeric, moringa, black rice, cocoa, white rice, and red rice. These noodles are sugar-free, high in fiber, and rich in vitamins and antioxidants. Their vibrant colors make healthy eating fun for kids and seniors alike!

04. Edible Rice Straws

Our commitment to the environment goes beyond our food. We "upcycle" the rice fragments left over from our noodle production, mixing them with natural tapioca starch to create our 100% edible and all-natural rice straws. They are completely free of BPA & PFAS.



聯絡我們 Contact us today for more details on our corporate offers.

FMC Manufacturing Co Ltd

Address: 香港仔 黃竹坑道25號 甄沾記大廈 17字樓
17/F, Yan's Tower, 25 Wong Chuk Hang Road,
Aberdeen, Hong Kong

Phone: (852) 2554-0194 ext 127

Fax: (852) 2873-4930

WhatsApp: (852) 6223-8580

Email: sales@fmchk.com.hk

URL: www.plastic-nomore.com

www.live-natural-hk.com



健康零食 提升員工幸福感

HEALTHY SNACKS HAPPIER EMPLOYEES



想提升員工幸福感與工作士氣？GreenLeaf 為您從世界各地搜羅屢獲殊榮的健康零食。
我們絕大部份產品全天然、無添加，是向團隊表達關懷、提升企業形象的最佳選擇。

Boost employee wellness and morale with GreenLeaf's curated selection of award-winning healthy snacks. Our all-natural, additive-free products are the perfect way to show your care and enhance your company culture.

企業專享禮遇 EXCLUSIVE CORPORATE OFFERS

(優惠至 Offer valid until 31 Oct 2026)

免費送貨 Free Delivery

訂單滿港幣\$600，即享免費送貨至單一辦公室地址。
Free delivery to a single office address for orders over HK\$600.

多買多送 Free Gift with Purchase

訂單每消費滿港幣\$1,000，即額外獲贈 Wellinus 骨膠原啫喱10支裝一盒（價值\$130，口味隨機）。
滿\$2,000送2盒，如此類推。

For every HK\$1,000 spent, receive a complimentary box of Wellinus Collagen Jelly 10-pack (valued at \$130, random flavor).
Spend \$2,000 to get 2 boxes, and so on.

此優惠只適用於 GreenLeaf 網上商店。如有任何爭議，Greenleaf HK 為最終決定權。
This offer is only valid at the Greenleaf online store. In case of any dispute, Greenleaf HK reserves the right of final decision.



立即為您的團隊訂購

Order For Your Team Today

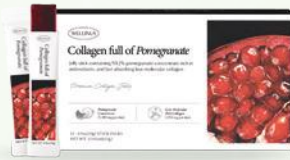
瀏覽網上商店
Visit Greenleaf
Online Shop
online.greenleafhk.com



如何兌換贈品 How to Redeem Your Gift

結帳前，請於 GIFTING 頁面將「特選企業贈品」加入購物車，並輸入優惠碼 **GONATURAL26**。

Before checking out, go to the GIFTING page to add the "Selected Corporate Gift" to your cart, then enter promo code **GONATURAL26**.



Wellinus 骨膠原啫喱棒 Collagen Jelly Sticks

維持皮膚、關節及頭髮健康

口味: 紅石榴 (抗衰老)、藍莓 (護眼)、芒果 (清甜較低糖)

Supports skin, joint & hair health

Flavors: Pomegranate (anti-aging), Blueberry (eye protection), Mango (lightly sweet & lower sugar)



Wellinus 有機意大利檸檬汁棒 Organic Italian Lemon Juice Sticks

1條 = 1個有機檸檬, 可直接或加水飲用

排毒美白、增強免疫力

1 stick = 1 organic lemon

Sip directly or mix with water to detox, brighten



That's It 純水果棒 100% Fruit Bars

由純水果製成, 不添加糖, 提供相當於2份水果的健康能量
益生菌版本更能促進腸道健康

Made from 100% real fruit with no added sugar, each bar provides the healthy energy of 2 fruit servings
Probiotic version available for enhanced gut health



Nuts & Berries 有機果仁棒 Organic Nut Bars

以龍舌蘭糖漿製造, 低升糖指數, 提供持久能量
Made with agave syrup for a lower glycemic index and lasting energy



PlaNeat 非油炸香烤魚仔 Non-Fried Roasted Fish Snacks

高蛋白、高鈣, 每包低於100卡路里

High protein & calcium, under 100 calories per pack



Moon Cheese 非油炸芝士脆脆 Non-Fried Cheese Crisps

100%純芝士, 高蛋白、無糖、無麩質的鬆脆零食
100% pure cheese, high-protein, zero-sugar, gluten-free crunchy snack



Nuts 'N Nuts 得獎果仁 Award-Winning Nuts

含豐富健康脂肪及抗氧化物, 有益心臟, 送禮自用皆宜
Rich in healthy fats & antioxidants for heart health, perfect for gifting or the office pantry

更多合作方式 More Ways to Partner

我們樂意為您的企業安排產品市集或協助舉辦團購活動, 讓員工享受更多優惠。歡迎查詢!

We can arrange in-office product fairs or group-buying events for your company. Contact us to learn more!

GreenLeaf Enterprise Limited

+852 6032-4784 (whatsapp)

info@greenleafhk.com



greenleaf.hk



法國第一糖漿品牌

No. 1 Syrup Brand
in France



無糖系列
0% SUGAR
SERIES

無糖糖漿系列 (600ml) 精選口味

- 黑加侖子 (Blackcurrant)
- 蜜桃 (Peach)
- 紅果糖漿 (Grenadine)
- 士多啤梨 (Strawberry)

All Teisseire products are made in France.
所有Teisseire產品均從法國生產及包裝。

Walton Possesion Ltd. 和田寶信有限公司

香港九龍灣宏開道20號楊耀松第八工業大廈2樓A室
Unit A, 2/F, Yeung Yiu Chung (No.8) Ind, Bldg., 20
Wang Hoi Road, Kowloon Bay, Kowloon, Hong Kong

從特色茶飲到創意雞尾酒, 由繽紛冰波波到幻彩波板糖, 一瓶隨心演繹。
From specialty teas to creative cocktails, from colorful ice cubes to fruity pops—endless creations in every bottle.



企業員工優惠 STAFF OFFER

Mathieu Teisseire 無糖糖漿系列 (600ml) 精選口味

原價 Retail Price: HK\$70

企業專享價 Exclusive Corporate Offer: HK\$55

免費送貨服務 Complimentary Delivery

凡訂購滿20支, 即可享免費送貨服務至單一辦公室地址。
Enjoy free delivery service to a single office address for any single order of 20 bottles or more.

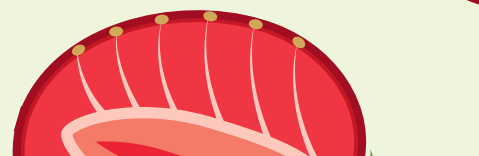
聯絡我們 Contact us

☎ 2873-3810 (CALL)

📞 6190-2331 (WHATSAPP)

✉ sales@walton.com.hk

🌐 www.walton.com.hk





廣州十甫voco酒店 voco Guangzhou Shifu

想衝出香港尋找 與別不同的活動體驗？

Looking for a Team Building Escape Outside Hong Kong? You've Found It.

由香港出發，乘搭高鐵僅需約47分鐘即抵廣州，帶領整個團隊深度遊走西關，盡享美食與文化的樂活之旅！廣州十甫voco酒店是洲際酒店集團旗下的優質品牌，坐落於廣州市荔灣區黃金地段上下九商業步行街。永慶坊、荔枝灣、粵劇藝術博物館、陳家祠及沙面島等西關經典景點，亦皆信步即至。

Just 47 minutes by high-speed rail from Hong Kong, **voco Guangzhou Shifu** invites your team to explore the vibrant heart of Xiguan — a journey rich in culture, flavour, and unforgettable experiences. A premium brand under **InterContinental Hotels Group (IHG)**, the hotel is ideally located in Liwan District, steps from Shangxiajiu Pedestrian Street. Yong Qing Fang, Lichee Bay, the Cantonese Opera Art Museum, Chen Clan Academy, and Shamian Island are all within easy walking distance, making it the perfect base for your next team escape.

團隊所需 一應俱全

酒店設有293間寬敞客房，面積由33至83平方米不等，讓您可輕鬆安頓整個團隊。工作、放鬆、聯誼，所有配套為您的團隊而設，包括健身中心及位於頂層的露天游泳池。餐飲方面，酒店設有多間特色餐廳及酒吧，包括十甫軒中餐廳、巨嘴自助餐廳、Birdie Bean咖啡店及V堂吧，滿足不同餐飲需要。此外，酒店亦設有停車場及商務中心，為商務旅客提供便利。

Everything Your Team Needs All Under One Roof

voco Guangzhou Shifu features 293 spacious guestrooms ranging from 33 to 83 square metres, comfortably accommodating your entire team. The hotel offers everything your team needs to work, unwind, and connect— including a fitness centre and a rooftop swimming pool. Guests can also enjoy a variety of dining options, including Shifu Court Chinese Restaurant, TOCO Cafe, Birdie Bean Café, and V98 Bar. A car park and business centre are also available, ensuring a seamless experience for every team member.



293間客房，面積33至83平方米，設計時尚舒適。
293 well-appointed guestrooms ranging from 33 to 83 sq. m., designed to make every team member feel right at home.



食在廣州，味在西關—十甫軒中餐廳從即點即做的手工粵式點心到創意嶺南佳餚，致力呈現地道飲食精粹。

From freshly handcrafted dim sum to creative Cantonese creations, Shifu Court Chinese Restaurant brings the essence of “the best food in Guangzhou, the finest flavours in Xiguan” to every table.

TOCO Cafe提供單點菜式、自助早餐及晚餐，多元選擇，滿足每位賓客的口味。

At TOCO Cafe, enjoy à la carte dining, buffet breakfast, and dinner — a flavourful experience for every appetite.



多用途活動場地

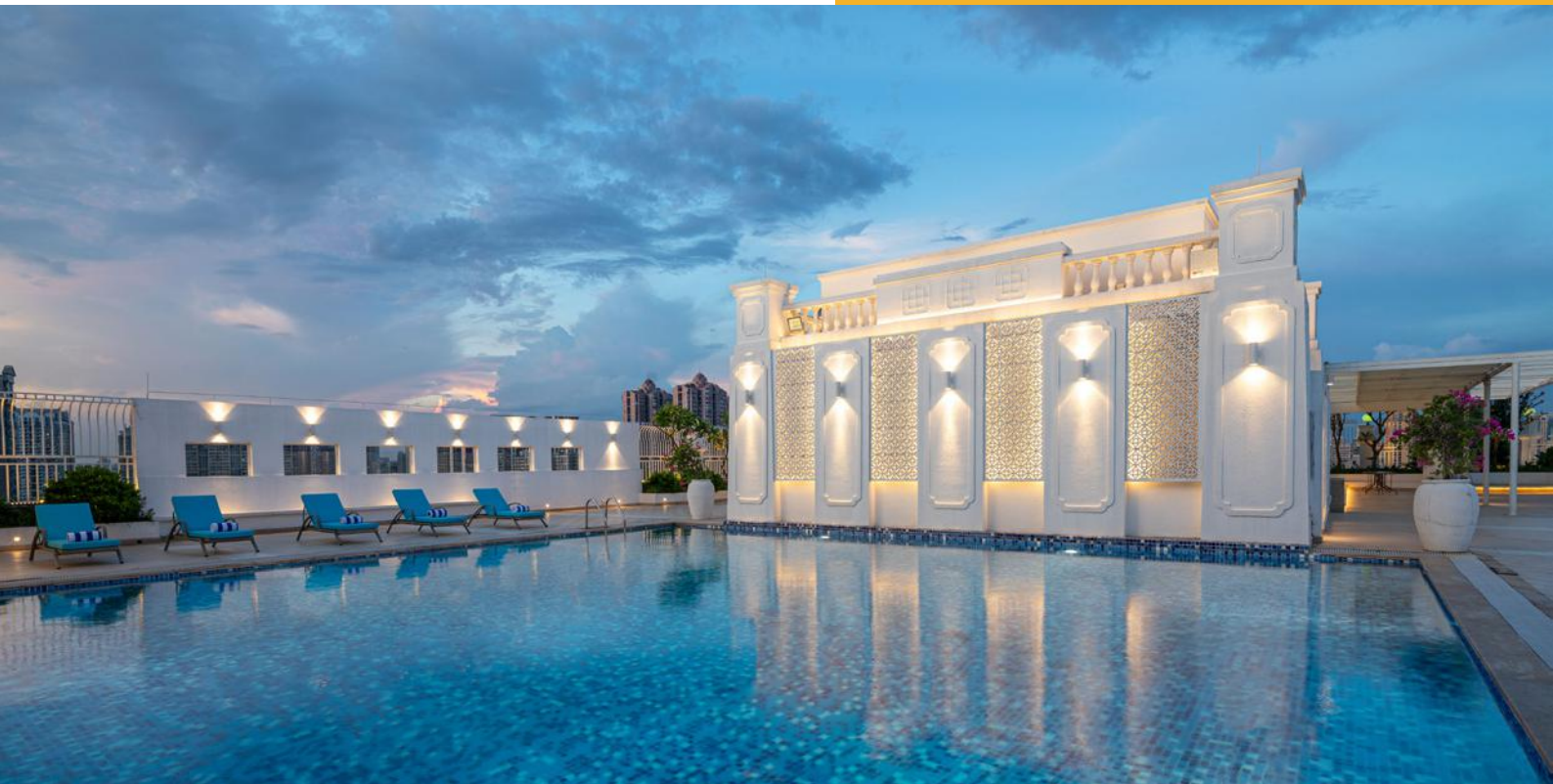
酒店擁有逾780平方米的彈性活動場地，大宴會廳可容納多達320位賓客，並可靈活分隔為3個獨立會議室，另設3個多功能廳，適合舉辦各類型團體及企業活動。

Flexible Spaces Designed for Your Team

The hotel boasts over 780 square metres of flexible, state-of-the-art team building and event spaces. The Grand Ballroom accommodates up to 320 guests and can be partitioned into three independent meeting rooms, complemented by three additional multi-purpose function rooms — making it the perfect setting for team building days, off-site meetings, and corporate retreats of all sizes.



逾780平方米的會議場地，為您的企業會議、研討會及各類活動提供理想空間。
Host inspiring team building events, meetings, and corporate functions in over 780 sq. m. of flexible, state-of-the-art venues designed to elevate every occasion.



位於酒店14樓的皓玥庭，連接室外花園及泳池，環境清幽，是舉辦團隊派對、雞尾酒會，乃至晨間瑜伽等健康活動的絕佳場所。

On the 14th floor, Moongaze's Rooftop connects seamlessly to an outdoor garden and pool, offering a serene and exclusive ambience ideal for team celebrations, cocktail receptions, and outdoor wellness activities such as morning yoga sessions.



voco[®]
AN IHG HOTEL
Guangzhou Shifu

企業專屬優惠 夏日限定(6月至8月)

Corporate Offer
Summer Special (June – August)

粵劇藝術博物館 45分鐘免費導賞團

今個夏天，跟您的團隊一起走進西關文化心臟地帶！企業凡於6月至8月期間預訂廣州十甫voco酒店，即可參加粵劇藝術博物館的導賞團，探索嶺南文化瑰寶與西關歷史建築之美。每節最多接待30位賓客，須提前預約。

預訂或查詢 Bookings & Enquiries

Tel : (86) 020-8138-0088 Email : info@vocogz.com

URL : <https://shorturl.at/jLpG9>

Address : 廣東省廣州市荔灣區第十甫路188號

No. 188, Di Shi Fu Road, Liwan District, Guangzhou,
Guangdong, China

Complimentary 45-minute Professional Guided Tour at the Cantonese Opera Art Museum

This summer, bring your team to the cultural heart of Xiguan! Corporate groups booking **voco Guangzhou Shifu** between June and August are invited to enjoy an exclusive guided tour at the **Cantonese Opera Art Museum**, exploring the splendour of Lingnan cultural heritage and the timeless elegance of Xiguan's historic architecture. Limited to 30 guests per session. Advance reservation required.

文化樂活之旅 - 盡在廣州 Guangzhou: Where Culture Meets the Good Life



沙面島 Shamian Island



陳家祠 Chen Clan Academy



荔枝灣 Lichee Bay



永慶坊 Yong Qing Fang



寶源路舊民居建築
Baoyuan Road History Culture Block



石室聖心主教座堂
The Sacred Heart Cathedral

2025

活動回顧 EVENT RECAP

10 October 2025 香港港安醫院 – 荃灣
Hong Kong Adventist Hospital – Tsuen Wan



8個會議環節 8 Conference Sessions

雲集多間大學、專業機構及醫院的頂尖健康專家，包括投資者及理財教育委員會、香港理工大學、香港浸會大學、基督教家庭服務中心及香港港安醫院——為你剖析最新職場健康趨勢。

Learn from top wellness experts from leading universities, organisations, and hospitals — including the Investor and Financial Education Council, PolyU, Hong Kong Baptist University, Christian Family Service Centre, and Hong Kong Adventist Hospital.



健康評估 Health Assessments

6項健康評估，讓您掌握個人健康狀況。
Experience 6 health assessments and become the gatekeeper of your own health.



綠色聯誼 Green Networking

透過趣味植物遊戲，輕鬆認識其他參加者。
Get to know your HR counterparts through an engaging nature game.



素食自助午餐 Vegetarian Buffet

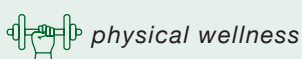
品嚐由醫院行政總廚精心預備的美味素食自助午餐。
Savour a delicious and wholesome vegetarian buffet lunch crafted by the hospital's executive chef.

人力資源領袖健康體驗日

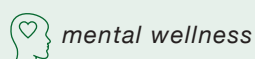
由GO Natural@Work主辦的年度活動，專為香港及澳門的人力資源領袖而設，讓他們策劃公司的健康日、健康週或健康月活動時提供嶄新的活動靈感。

HR Leaders' Wellness Experience Day

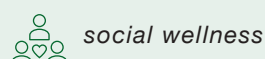
HR Leaders' Wellness Experience Day is annual event organized by GO Natural@Work. The event is dedicated to HR leaders in Hong Kong and Macau who are looking for fresh, hands-on inspiration for their company's Wellness Day, Wellness Week, or Wellness Month program.



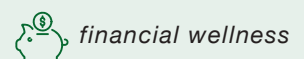
physical wellness



mental wellness



social wellness



financial wellness

From the Publisher of SUSTAINWELL



THE 3RD HR LEADERS' WELLNESS EXPERIENCE DAY

Date: 30 October 2026 (Friday)

Time: 10:00am - 5:00pm

Venue: 6/F, Lecture Hall, Hong Kong Adventist Hospital - Tsuen Wan

Organizer: GO Natural@Work

Experience it First. Transform Your Team Tomorrow

To give HR leaders a first-hand experience of curated wellness activities — so they can confidently bring the best ones back to their workplace and help their teams live and work healthier and happier.

Full programme details coming in August. Stay tuned!



For more about us

www.gonatural-atwork.com



Inquiries

info@GoNaturalMarketing.com

Lead with the bigger idea.



GOOD WORK. GOOD HEALTH. GOOD WORLD.

It all starts with one decision.

SUSTAINWELL — the magazine for companies that care.



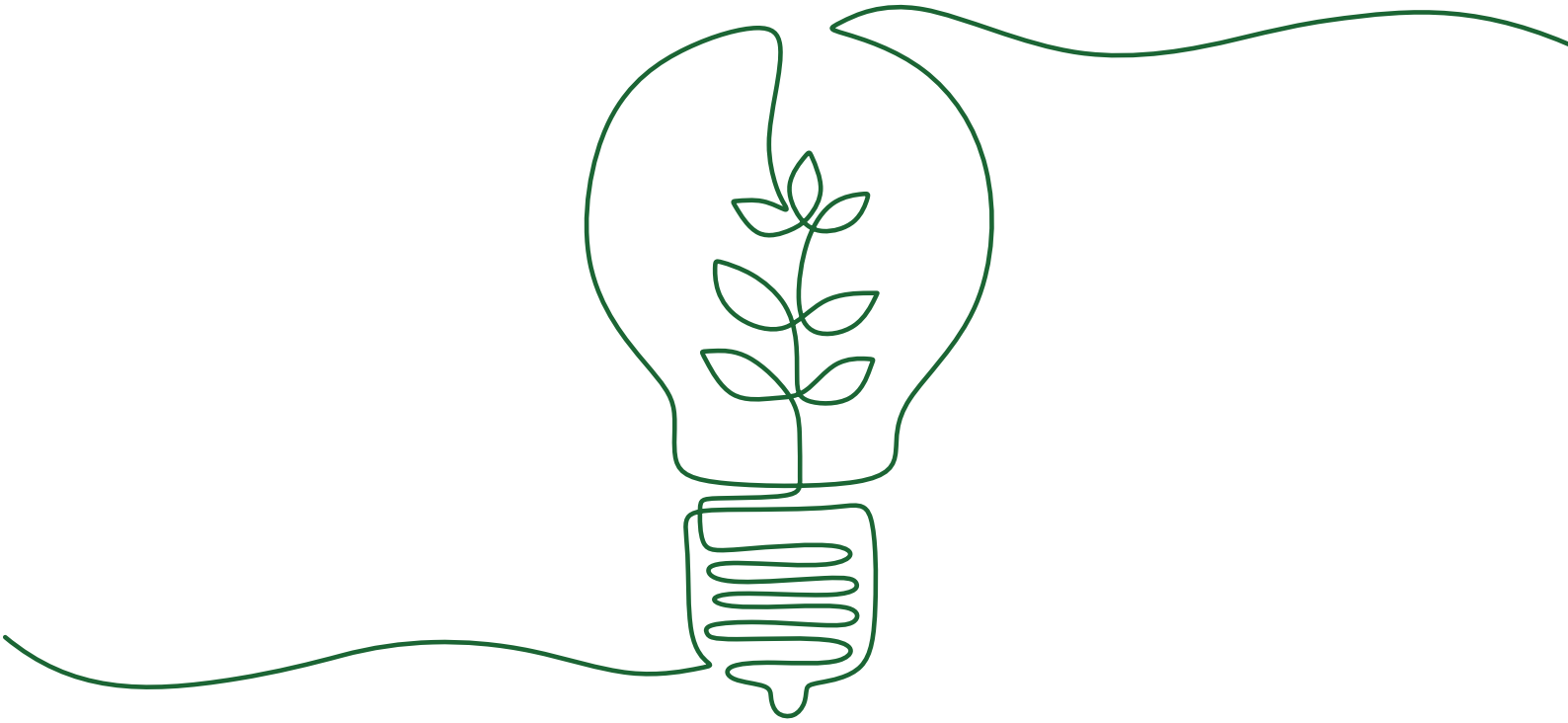
Next Issue | Fall/Winter 2026

October 2026

Get your free copy.

www.gonatural-atwork.com/sustainwell







 (852) 8202-0126  info@GoNaturalMarketing.com

 Hong Kong: Room 1104, Crawford House, 70 Queen's Road, Central

 Singapore: Level 9 Tampines Junction, 300 Tampines Avenue 5, 529653

GO Natural Marketing & PR

GO Natural Food Hub

GO Natural@Work