



# 『友』妳啟導友師計劃

## “She Inspires” Mentorship Programme

### 計劃對象 Mentee Eligibility

1. 在2025/26學年於本港大學（見註）修讀全日制學士學位課程的女學生（大學一年級學生及修讀大學最後一年課程的應屆畢業生除外）；  
Female students studying full-time bachelor's degree programmes at a local university (see note) in the 2025/26 academic year (excluding first-year students and final-year undergraduates);
2. 香港永久性居民或持有香港身份證的全日制學生；及  
Permanent residents of Hong Kong or Hong Kong identity cardholders who are currently registered as full-time students in Hong Kong; and
3. 有志在專業行業或商界發展。  
Aspire to pursue a career in the professional or business sectors.



註：12所本地大學包括：香港城市大學、香港浸會大學、香港都會大學、香港樹仁大學、嶺南大學、聖方濟各大學、香港中文大學、香港教育大學、香港恒生大學、香港理工大學、香港科技大學及香港大學。（按英文名稱順序排列）

Note: The 12 local universities are City University of Hong Kong, Hong Kong Baptist University, Hong Kong Metropolitan University, Hong Kong Shue Yan University, Lingnan University, Saint Francis University, The Chinese University of Hong Kong, The Education University of Hong Kong, The Hong Kong Baptist University, The Hong Kong Polytechnic University, The Hong Kong University of Science and Technology, and The University of Hong Kong (listed in alphabetical order).



[www.sheinspires.gov.hk](http://www.sheinspires.gov.hk)



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中華人民共和國香港特別行政區政府  
民政及青年事務局  
Home and Youth Affairs Bureau  
The Government of the Hong Kong Special Administrative Region  
of the People's Republic of China



婦女事務委員會  
Women's Commission



# 『友』妳啟導友師計劃

## “She Inspires” Mentorship Programme

啟迪前程新方向 培育未來她力量  
She Inspires, She Empowered

### 計劃背景 Programme Background

為促進女性職場發展，行政長官在《2024年施政報告》中宣布民政及青年事務局（民青局）將推出「『友』妳啟導」友師計劃（計劃），為有志投身專業行業或商界的本港女大學生配對女性領袖友師，並提供相關培訓及活動，培育未來「半邊天」的力量。計劃旨在賦能年輕女性大學生，協助她們提升技能、建立自信及人際網絡，為她們投入職場做好準備。

To promote women's workplace development, the Chief Executive announced in the 2024 Policy Address that the Home and Youth Affairs Bureau (HYAB) will launch the “She Inspires” Mentorship Programme (the Programme). Under the Programme, local female university students who aspire to pursue a career in the professional or business sectors will be matched with women leader mentors, and provided with relevant training and activities in order to nurture the future strength that “hold up half the sky”. The Programme aims to empower young female university students to build the necessary skills, confidence, and network to thrive in their future career.

## 計劃詳情及內容 Programme Details and Content

「『友』妳啟導」友師計劃每屆為期一年。計劃第一屆的活動預計於2025年7月開始，至2026年6月止。計劃涵蓋以下幾個不同元素：

Each cohort of the “She Inspires” Mentorship Programme shall last for one year. The activities of the first cohort is expected to commence in July 2025 and conclude in June 2026. The Programme encompasses the following elements:



師友配對  
Mentorship

友師將與學員分享人生經驗，為她們提供指導，讓她們可更好地訂立職涯及個人發展規劃。民青局已就計劃招募了約50名友師，當中不乏女行政總裁或合夥人。

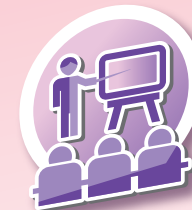
Mentors will share their life experiences and provide guidance to the mentees, so as to allow them to better establish their career and personal development plans. HYAB has recruited some 50 mentors for the Programme, including a number of female CEOs and corporation partners.

友師名單可掃描二維碼  
Please scan QR code  
for the mentor list



計劃會為學員安排不同的培訓活動，包括職涯規劃、求職技巧、軟技能及商務禮儀等不同範疇，以提升學員的軟技能和求職技巧，為她們步入職場做好準備。

The Programme will arrange different training activities for mentees to enhance their soft skills and job-hunting skills, preparing them for their career. The training activities cover various areas such as career planning, job-hunting skills, soft skills, and business etiquette, etc.



培訓  
(職涯規劃、求職技巧、  
軟技能、商務禮儀)

Training  
(Career planning, job-hunting,  
soft skills, business etiquette)



參觀及團體活動  
Visits and Group  
Activities

計劃會安排參觀及團體活動，如邀請女性領袖或專業人士分享特定行業的趨勢，協助學員探索職業路向，加深對行業的理解。

The Programme will arrange visits and group activities, for example invite female leaders / professionals to share insights on trends in specific industries, with a view to helping mentees enhance understanding on the industries and explore career paths.

我們預計在一年期的計劃內將會安排約10節培訓及參觀／團體活動（與友師的會面不計算在內）。

We expect to arrange approximately 10 training sessions, visits and group activities (excluding meetings with mentors) within the one-year programme period.