



香港中華基督教青年會  
 Chinese YMCA of Hong Kong  
 大學及學院青年會部  
 University & College YMCA Department

VISION  
 2030



Meaningful  
 Work

# GLOBAL Y TRAINEE PROGRAMME 2025

海外工作實習計劃

# INFORMATION PACKAGE



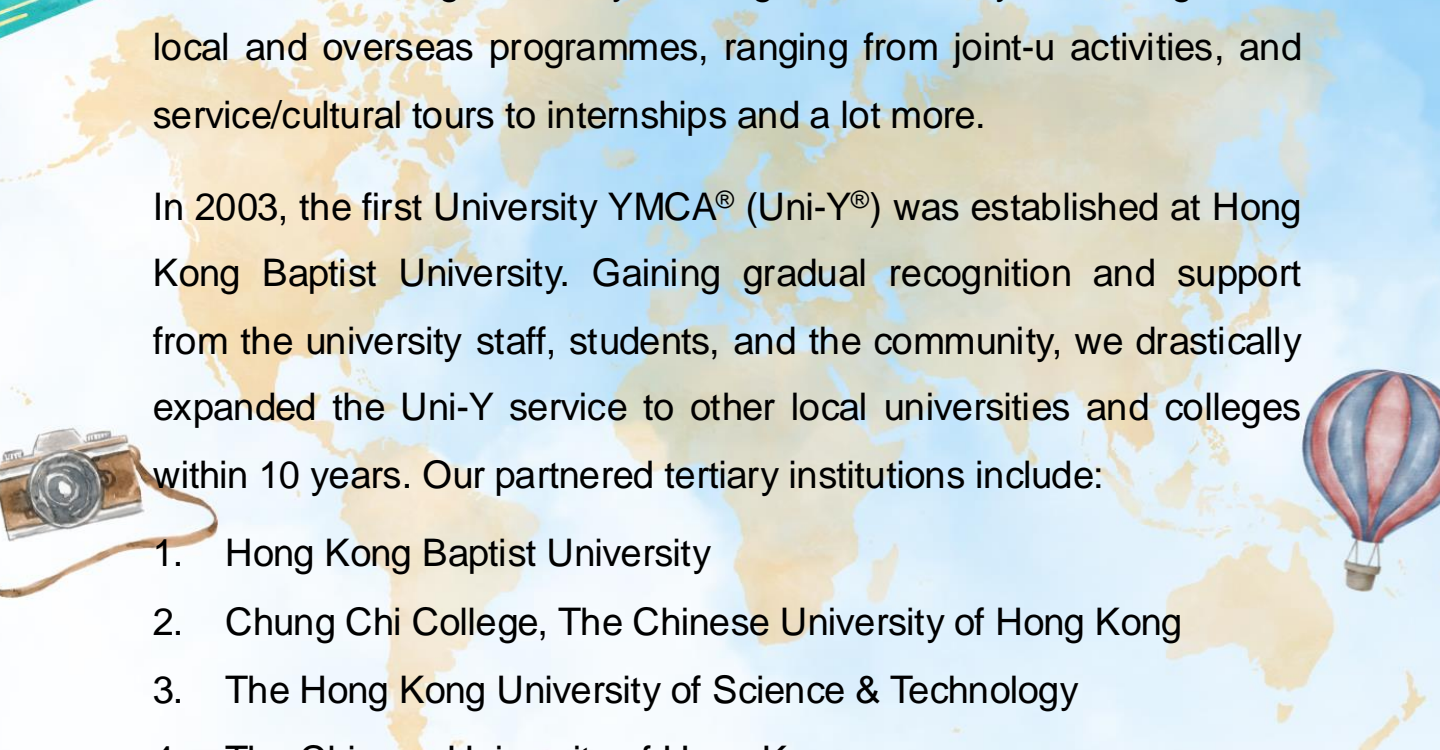
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# 1. University & College YMCAs



The University & College YMCA Department is dedicated to providing tertiary students with services that enrich their holistic development and engage them in the YMCA movement. We aim to nurture students into future leaders with strong adaptability, creative insights and passion for serving the community. With the slogan "U-Adventures Begin Here", we strive to make students' university life fruitful and unforgettable by offering a wide array of distinguished local and overseas programmes, ranging from joint-u activities, and service/cultural tours to internships and a lot more.



In 2003, the first University YMCA® (Uni-Y®) was established at Hong Kong Baptist University. Gaining gradual recognition and support from the university staff, students, and the community, we drastically expanded the Uni-Y service to other local universities and colleges within 10 years. Our partnered tertiary institutions include:

1. Hong Kong Baptist University
2. Chung Chi College, The Chinese University of Hong Kong
3. The Hong Kong University of Science & Technology
4. The Chinese University of Hong Kong
5. Lingnan University
6. The Hang Seng University of Hong Kong
7. The Hong Kong Polytechnic University
8. The University of Hong Kong
9. YMCA College of Careers



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## 2. Global Y Trainee Programme



### 2.1 Introduction

The Global Y Trainee Programme has served hundreds of students since it was first launched in 2004. An appreciable partnership has been developed with YMCAs in over 20 countries and regions (e.g. Bangladesh, Brazil, Cambodia, Canada, England, Fiji, Germany, Greece, India, Japan, Korea, Mainland China, New Zealand, Nepal, the Philippines, Singapore, Spain, Sri Lanka, Taiwan, Tanzania, Thailand and the United States etc.), offering students with valuable opportunities to work abroad during summer. However, affected by the global pandemic, it has been paused since 2020. Following the recovery steps of the pandemic, we would like to relaunch this international internship programme in 2023.

The Programme has continually received positive feedback from students, who often comment on their work experience in overseas YMCAs as rewarding. It has not only enriched their university life and offered them working experience but also allowed them to gain a better understanding of the mission of YMCA.





## 2. Global Y Trainee Programme



### 2.2 Objectives

- To provide a platform for students to develop positive working attitudes, explore their unique potentials, and strengthen their leadership, communication skills, and sense of responsibility, all of which will enhance their employability in their future careers
- To promote cultural exchange and global citizenship
- To foster friendships and collaborations among YMCAs worldwide by connecting university volunteers with overseas YMCA service units, increasing mutual cultural understanding

### 2.3 Internship Period

June to August 2025 (4 to 10 weeks)

### 2.4 Job Nature

The job nature of the internship may include, but not limited to the followings:



Camping Instructor  
/ Assistant



Cultural Programme  
/ Interest Class Tutor



Administrative  
/ Clerical Support



Child Care



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## 2. Global Y Trainee Programme

### 2.5 Internship Location & Programme Fees

\*The destination options will be updated from time to time. Please stay tuned with our website.

Continents	Internship Locations	Programme Fee*
North America	USA	\$18,000
South America	Colombia	\$12,000
Europe	Portugal	\$12,000
Asia	The Philippines, Laos	\$6,500
	South Korea, Taiwan	\$7,500

\* **Including accommodation and partial meals.**

A portion of the programme fee will be used to support incoming interns from overseas YMCAs to Hong Kong. Your participation helps foster meaningful learning opportunities and cultural exchange.

#### Additional Expenses to be paid by Participants:

- Round- trip flight tickets
- Travel Insurance
- VISA application fee (if any)
- Local transportation & other personal expenses
- \$1,000 deposit

### 2.6 Content & Schedule

Highlighted Activities	Schedule
Pre-departure Training Camp	12-13 April 2025 (Overnight)
Overseas Internship	Early June to mid-August 2025 (4 to 10 weeks)

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# 3. Internship Details

\*The destination options will be updated from time to time. Please stay tuned with our website.

## 3.1 North America

Destination	USA
Name of Campsite / Organisation	China Town YMCA, San Francisco
Internship Period (Tentative)	28 May to 8 Aug (10 weeks)
Vancancies	4
Type of Accommodation	Dormitory
About Working Hours	8 hours per day, 40 hours per week
Allowance / Stipend	USD 500
Roles	<ul style="list-style-type: none"><li>• Language instructor</li><li>• Summer programmes for youth</li><li>• Assistant for youth and families worker</li><li>• Clerical work</li></ul>

*\* For ref. only. May subject to change due to actual circumstances*

# 3. Internship Details

\*The destination options will be updated from time to time. Please stay tuned with our website.

## 3.1 North America

Destination	USA
Name of Campsite / Organisation	Sherman Lake YMCA Outdoor Center,
Internship Period (Tentative)	1 Jun to 15 Aug (approx.)
Vancancies	2
Type of Accommodation	Dormitory
About Working Hours	Depends on the overnight camp
Allowance / Stipend	USD 425 per week
Roles	Day and Overnight Camp Counselor

*\* For ref. only. May subject to change due to actual circumstances*







# 3. Internship Details

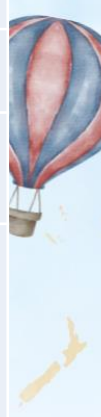


\*The destination options will be updated from time to time. Please stay tuned with our website.

## 3.2 South America



Destination	Colombia
Name of Campsite / Organisation	YMCA Bogota
Internship Period (Tentative)	15 Jun to 18 Aug
Vancancies	2
Type of Accommodation	Host Family
About Working Hours	7 hours per day, 6 working days per week
Allowance / Stipend	N/A
Roles	<ul style="list-style-type: none"><li>• Language Instructor</li><li>• Childcare assistant</li><li>• Clerical support</li></ul>



*\* For ref. only. May subject to change due to actual circumstances*





## 3. Internship Details

\*The destination options will be updated from time to time. Please stay tuned with our website.

### 3.3 Europe

Destination	Portugal
Name of Campsite / Organisation	YMCA Setúbal
Internship Period (Tentative)	Exact dates to be confirmed (4 weeks)
Vancancies	2
Type of Accommodation	Dormitory
About Working Hours	8 hours per day, 5 days per week
Allowance / Stipend	EUR 300
Roles	<ul style="list-style-type: none"><li>Organise summer programmes for youth/ kids</li></ul>

*\* For ref. only. May subject to change due to actual circumstances*



# 3. Internship Details



\*The destination options will be updated from time to time. Please stay tuned with our website.

## 3.3 Asia

Destination	Laos
Name of Campsite / Organisation	YMCA of Laos
Internship Period (Tentative)	To be confirmed
Vancancies	2
Type of Accommodation	Dormitory
About Working Hours	8 hours per day, 6 days per week
Allowance / Stipend	N/A
Roles	<ul style="list-style-type: none"> <li>• Summer programmes for youth</li> <li>• Campsite worker, interest class</li> <li>• Language instructor</li> </ul>

*\* For ref. only. May subject to change due to actual circumstances*





# 3. Internship Details



\*The destination options will be updated from time to time. Please stay tuned with our website.

## 3.3 Asia



Destination	South Korea
Name of Campsite / Organisation	Seoul YMCA
Internship Period (Tentative)	1 Jul to 29 Aug
Vancancies	2
Type of Accommodation	Hostel
About Working Hours	8 hours per day, 5.5 days per week
Allowance / Stipend	KRW 300,000 per month
Roles	<ul style="list-style-type: none"> <li>Working as an assistant teacher or doing a supportive job for sports competitions</li> <li>Being involved in Global events</li> </ul>
Remarks	Candidates who can speak Korean is an advantage.



*\* For ref. only. May subject to change due to actual circumstances*





## 3. Internship Details



\*The destination options will be updated from time to time. Please stay tuned with our website.

### 3.3 Asia



Destination	Taiwan
Name of Campsite / Organisation	Changhua YMCA
Internship Period (Tentative)	23 Jun to 15 Aug
Vancancies	4
Type of Accommodation	Dormitory
About Working Hours	8-10 hours per day
Allowance / Stipend	NTD 1,500 per week
Roles	<ul style="list-style-type: none"><li>• Campsite worker/ assistant</li><li>• Interest class/ language instructor</li><li>• Child care assistant/</li><li>• Summer programmes for youths/ children</li><li>• Administrative/ clerical support</li></ul>



*\* For ref. only. May subject to change due to actual circumstances*



# 3. Internship Details



\*The destination options will be updated from time to time. Please stay tuned with our website.

## 3.3 Asia

Destination	Taiwan
Name of Campsite / Organisation	Tainan YMCA
Internship Period (Tentative)	23 Jun to 14 Aug
Vancancies	4
Type of Accommodation	Hostel
About Working Hours	8-10 hours per day
Allowance / Stipend	NTD 1,500 per week
Roles	<ul style="list-style-type: none"> <li>• Camp administrative work, summer camp activity planning and leading</li> <li>• Administrative/ clerical support</li> </ul>

*\* For ref. only. May subject to change due to actual circumstances*



# 3. Internship Details

\*The destination options will be updated from time to time. Please stay tuned with our website.

## 3.3 Asia

Destination	The Philippines
Name of Campsite / Organisation	YMCA of Pangasinan
Internship Period (Tentative)	15 Jun to 18 Aug
Vancancies	2
Type of Accommodation	Hostel & Host family
About Working Hours	8 hours per day, 5.5 days per week
Allowance / Stipend	N/A
Roles	<ul style="list-style-type: none"><li>• Campsite worker</li><li>• Pre-school assistant(day care and childcare)</li><li>• Interest class</li><li>• Language instructor</li><li>• Youth Club Organising</li><li>• Summer programmes for youths/ children</li><li>• Clerical support</li></ul>

*\* For ref. only. May subject to change due to actual circumstances*



## 3. Internship Details



\*The destination options will be updated from time to time. Please stay tuned with our website.

### 3.3 Asia



Destination	The Philippines
Name of Campsite / Organisation	YMCA of Manila
Internship Period (Tentative)	8 Jun to 29 Jul
Vancancies	2
Type of Accommodation	Hostel
About Working Hours	8 hours per day, 6 days per week
Allowance / Stipend	PHP 2,100 per week
Roles	<ul style="list-style-type: none"><li>Programme Staff</li></ul>



*\* For ref. only. May subject to change due to actual circumstances*



# 3. Internship Details

\*The destination options will be updated from time to time. Please stay tuned with our website.

## 3.3 Asia

Destination	The Philippines
Name of Campsite / Organisation	YMCA of San Pablo
Internship Period (Tentative)	1 Jul to 15 Aug
Vancancies	2
Type of Accommodation	Dormitory
About Working Hours	8 hours per day, 6 days per week
Allowance / Stipend	N/A
Roles	<ul style="list-style-type: none"><li>• Instructors/Facilitators for kids and teens YMCA Programmes and Activities</li><li>• Documenter (photographs and videos) with editing knowledge is an added advantage</li><li>• Administrative and Clerical Support</li></ul>

*\* For ref. only. May subject to change due to actual circumstances*



## 4. Past Trainee Feedback



### Changhua YMCA, Taiwan

"I think the internship is good and amazing. The tree planting activity and summer day camp seem to have been incredibly enriching and impactful. First, I have learned many things such as improving my communication skills, organizing skills, and problem-solving skills. Second, I can meet more friends including Taiwanese volunteers and Hong Kong buddies. It can enrich your social network and provide diverse perspectives. Third, I can broaden my horizons by learning about the culture in Taiwan."

*Lai Ka Wing, Uni-Y (HSUHK)*



### Nantou YMCA, Taiwan

"My overall feedback is that it is a job that can let me know more about the Chinese YMCA, and a job that lets me know more about vulnerable communities. Because my job is focused on children, and different children have different backgrounds and personalities. And we need to teach and understand each of them. And the most meaningful part is that I can literally see their changes in 4 weeks. We both listen to each other and gain our trust, and hopefully they can grow up in a good way."

*Hui Ching Tung, Uni-Y (HSUHK)*





# 4. Past Trainee Feedback



## Osaka YMCA, Japan

“The activities were well-organized, allowing us to effectively connect with the kids while ensuring their safety and enjoyment. The diversity of activities, from playing in the wellness center to kayaking and canoeing, kept the children engaged and excited. It was great to see how these experiences fostered teamwork, confidence, and social skills among the kids. Moreover, I gained valuable skills in communication, leadership, and problem-solving, making it a worthwhile investment of my time. The staff was approachable and provided guidance, which made the experience even more enriching.”

*Chiang Cheuk Nam, Uni-Y (HKUST)*

## Seoul, Korea

“I am so thankful during this internship, as the people, the living environment and the events I have experienced in Korea are all nice and happy. I felt so beloved by the colleagues and the kids as they always express appreciation, caring, love and always take the initiative to chat with you. Although the workload is a bit challenging, I felt very happy in every task and mission. Communicating with the kids and the guests from other countries, and bonding with the globe despite the language barrier is super interesting, meaningful and touching for me! And the people there have taught me love and patience, bringing out the carefree me inside.”

*Sit Ka Wai, Uni-Y (HKBU)*



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# 4. Past Trainee Feedback



## YMCA San Pablo, The Philippines

“The internship has provided university students with precious opportunities to go on overseas cultural exchange at an acceptable price. The pre-departure training was a good choice to meet other volunteers from different backgrounds and equipped participants with the attitude and skills needed in overseas internships Overall, I am glad that my overseas advisor is a really supportive person who gave me a lot of advice regarding work and life. She is a truly inspirational figure that I would like to look up to in contributing to the betterment of our communities.”

*Tsoi Man Ka, Uni-Y (CUHK)*



## YMCA Siegerland, Germany

“Apart from working, the time I spent with my supervisors and host families was really amazing and unforgettable. We did lots of activities together, such as having excursions in other cities, exploring the nature, learning the history of the Germany and having family time etc. This programme really provides students with overseas working and cultural exchanges opportunities, encouraging them to explore the world and gain lots of fun and learnings from the internship.”

*Au Tsz Yan, Uni-Y (CUHK)*



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# 4. Past Trainee Feedback



## Chinatown YMCA, San Francisco, USA



“My internship experience in San Francisco has been truly exceptional. Engaging with locals and learning about the culture of the place through meaningful interactions has been eye-opening and enriching. The well-organized structure of the internship program provided a holistic experience, allowing me to develop a diverse set of skills and experiences. Establishing lifelong friendships with locals and forming strong connections with supervisors has been instrumental in my growth both personally and professionally.”

*Wu Yan Tung, Uni-Y(HKBU)*



“The Day Camp routine makes me familiarize with the educating method in the U.S. such as leading the activities scheduled such as handcrafts and outing section. I gained lots of opportunities to investigate the living of migrated Asians in San Francisco by visiting their homes and casual communication. I am pleased to acknowledge the culture difference between the U.S. and Hong Kong which brings me numerous new concepts. It provides me with a global perspective in the future when facing different situations. I am always thankful that I met many great people greeting foreigners generously so that it makes me feel at home even though I am not in Hong Kong.”



*Yip Che Shing Jason, Uni-Y(HKU)*

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# SAY YES TO AN UNFORGETTABLE SUMMER INTERNSHIP JOURNEY!

Global Y Trainee Programme 2025



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