

Civil Service Newsletter

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Anniversary of the Founding of the People's Republic of China



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Elaborating on the rule of law in a people-oriented approach

Civil Service Newsletter Editorial Board



Determined to switch to a new career path, Mr Paul Lam Ting-kwok, a senior counsel in private practice, joined the political team of the incumbent Government as the Secretary for Justice. Mr Lam has well-defined goals, among which is to play a proactive role in deepening people's understanding of the rule of law so as to dispel their worries and misconception. He devotes himself to telling the world the good stories of Hong Kong's rule of law. Furthermore, Mr Lam is resolved to promote the diversification of legal services in Hong Kong, as well as the city's development into a centre for international legal and dispute resolution services in the Asia-Pacific Region. In this interview Mr Lam shares his insights and perspective on these issues with us.

Switching path to join the Government

Before joining the Government, Mr Lam was a senior counsel in private practice and had sat as a Deputy Judge of the High Court of Hong Kong on an irregular basis. Mr Lam said with a chuckle that he “worked solo” in the past, and described joining the Government as akin to working at a “big corporation”. “Counsels are more independent at work. They are mainly specialised in court matters and are heavily engaged in legal studies. There is a world of difference in my role, duties and scope of work between private practice and service with the Government. To mesh nicely with approximately 1,500 fellow colleagues in the Department of Justice, I need to know about them and let them know about me.” Mr Lam said.

Mr Lam was hailed as the “king of public service” for having held many public positions such as Chairman of the Hong Kong Bar Association and Chairman of the Consumer Council. His public service has allowed him the chance to be exposed, beyond the legal setting, to various social issues and gain invaluable experience, which has proven conducive to his role as the Secretary for Justice.



Mr Paul Lam attended the thematic forum on clean silk road of the third Belt and Road Forum for International Cooperation in Beijing.

Mr Lam recalled that embarking on a new path of working at this “big corporation” was a thoughtful decision. “The Department of Justice plays an important role in maintaining the rule of law and the legal system in Hong Kong. It is my pleasure and honour to have this chance to play my part in delivering the relevant work.” He remarked.

Safeguarding rule of law and explaining to the public

As the head of the Department of Justice, Mr Lam pointed out that his primary responsibility is to safeguard the rule of law in Hong Kong, which is particularly crucial to the well-being of our society. “I understand that people attach great importance to the rule of law in Hong Kong, however, given the abstraction of the concept, they may have difficulties figuring out what that actually means. During the previous period there has been divergence of views on the application of the rule of law in Hong Kong, some people being very positive and some very negative. The polarisation of views has made it even more difficult for the public to make sound judgment.”

Mr Lam has spared no effort in explaining to the public the state of rule of law in Hong Kong, using layman’s terms at different platforms and citing real-life examples so that the public could have an accurate understanding of the legal system and the concept of rule of law. He said, “Lawyers may be accustomed to using professional jargons in legal matters. However, when explaining to the public, we have to make our speech clear and punchy, with real-life examples provided, for their easy understanding. In this way, we can certainly instil public confidence in and respect for the rule of law in Hong Kong. We also have to help the public fully understand the importance of safeguarding national security at the same time.”



Mr Paul Lam (first row, centre) and The Deputy Secretary for Justice, Mr Cheung Kwok-kwan, posed with the winning and participating students and other guests of the Law Drafting Competition 2023.

Mr Lam said explicitly that the need to explain to the public the rule of law in Hong Kong and the importance of safeguarding national security at the same time complicates the work. That said, he is ready to devote more time to his explanation work, and will keep mulling over how to make it more effective. If the public have a deeper understanding of the Hong Kong National Security Law, it will certainly allay their doubts and concerns.

Apart from communicating with the public, Mr Lam has taken on the important task of explaining the local legal environment to the world. Given the geopolitical challenges and the outbreak of the COVID-19 pandemic in the past few years, it has been a daunting task to tell the world the good stories of Hong Kong's rule of law. He pointed out, "Hong Kong is an externally-oriented society, people in other regions are welcome to come and see what's going on here, but the pandemic stood in the way. What's more, we were not able to go out and tell the good stories. As a result of all these factors, the formation of incorrect or negative impression of

Hong Kong's legal environment was unavoidable, causing some extent of damage."

These challenges, on the contrary, have become a driving force for Mr Lam to ponder how to do a better job of explaining to the world. He seizes every opportunity to tell the good stories of Hong Kong during overseas visits and believes that people outside Hong Kong should be invited in large numbers to come and experience personally the rule of law here. He said, "The most effective way is to let them exchange views with our legal professionals and experience the freedoms and rights enjoyed by Hong Kong people. In this case, we have to think about how to woo more people to come and have first-hand experience."

Mr Paul Lam attended Hague Conference on Private International Law (HCCH) Asia Pacific Week 2023.





Mr Paul Lam (first row, centre) led a Hong Kong legal and dispute resolution sector delegation to attend sixth Hong Kong Legal Services Forum in Chengdu.

Connecting to the world with support of the motherland

Hong Kong boasts a sound legal system. Under “One Country, Two Systems”, Hong Kong’s unique role as a “super-connector” between our country and the rest of the world enables us to provide quality legal services for both Chinese and foreign enterprises and establish ourselves as an international legal and dispute resolution service centre in the Asia Pacific region. Mr Lam explained, “Hong Kong operates on a common law system and is well-versed in the legal affairs of the mainland



Mr Paul Lam (first right) attended 8th ICC Asia Pacific Conference on International Arbitration.

given our close connection with each other. This is why both the mainland Chinese and foreigners have trust in our legal services which are renowned for their credibility and professional standards. Our legal professionals are famous worldwide for their skills and talents. As such, Hong Kong can play the role as a “super-connector” and being an ideal place for litigation, arbitration and mediation, can provide a platform for foreign enterprises and their mainland counterparts to go through these procedures in protection of their interests.”

Convinced that the abundance of legal talent is one of the major strengths of Hong Kong’s legal services, Mr Lam emphasised that the legal practitioners have to be open-minded if they are to play the role as a “super-connector”. In particular, he encourages young talents of the legal profession to

travel abroad more often and develop an international perspective. To grasp future opportunities, they should also understand more about the development of the rule of law in our country and the demands of its people for legal services. He is actively planning to lead a delegation of the Hong Kong legal profession to Southeast Asia or the Middle East to tell the good stories about the rule of law in Hong Kong and promote our legal services.

Looking back on his work and the tasks accomplished

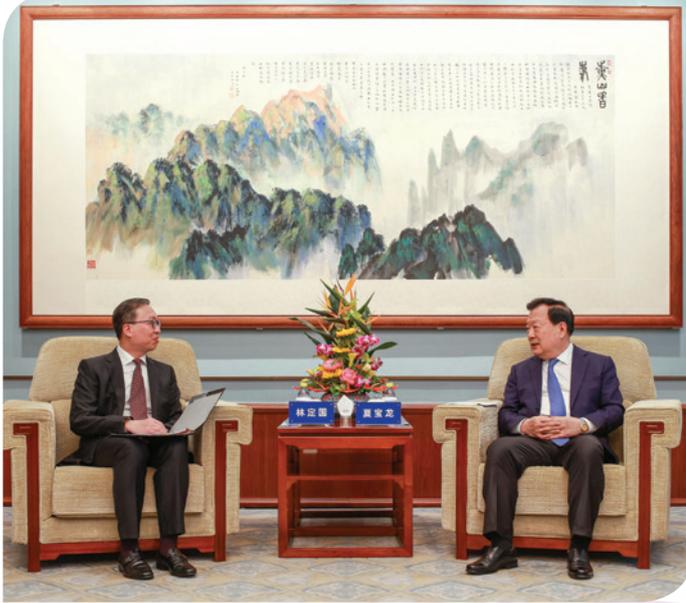
Having assumed office for more than one year, Mr Lam, together with his colleagues at the Department of Justice, has established the Legal Enhancement and Development Office, the Steering Committee on Rule of Law Education and the Guangdong-Hong Kong-Macao Greater Bay Area Task Force, etc. Looking back over the past year, he believes that he has achieved the desired results in meeting the targets. Among all these targets, he would particularly like to see a rise in happiness of Hong Kong people.



Mr Paul Lam (first right), the Commissioner of the Ministry of Foreign Affairs in the Hong Kong Special Administrative Region, Mr Liu Guangyuan, and the Director-General of the International Organization for Mediation (IOMed) Preparatory Office, Dr Sun Jin, officiating at the plaque unveiling ceremony of the IOMed Preparatory Office.



Mr Paul Lam spoke at legal summit organised by Hong Kong Policy Research Institute.



Mr Paul Lam (left) called on the Director of the Hong Kong and Macao Affairs Office of the State Council, Mr Xia Baolong, in Beijing.

Throughout the interview, Mr Lam has shown his “down-to-earth” way of thinking which is deeply ingrained in his philosophy of life. “It is important to maintain work-life balance. I would go to see movies with my wife, eat out at Hong Kong-style cafes and gather with friends during my spare time to keep myself in the loop of the community and the world. By remaining sensitive to social issues the Government can help people to solve their problems,” said Mr Lam.

Mr Lam has his own line of thinking about life and work. After two decades of private practice as a counsel, he decided to switch to a new path, joined the Government and became the head of the Department of Justice. In face of a job which is completely different in nature, Mr Lam has gradually adapted to the new work pace and style. “When it comes to work attitude, I think we should approach our tasks with diligence, while taking care not to become emotionally overwhelmed. In this way, we will find the perseverance we need to get through a long career.”



Mr Paul Lam attended Thematic Forum on Sub-national Cooperation of the third Belt and Road Forum for International Cooperation in Beijing.



Mr Paul Lam (right) signed record of meeting with the Minister of Justice, Ms He Rong, to deepen exchanges and co-operation on talent nurturing and legal services.

The Chief Executive's Award for Exemplary Performance

*Contribution of meritorious civil service team
recognised and commended*

Civil Service Bureau



The Chief Executive, Mr John Lee Ka-chiu (first row, left), presented commendation certificates to the HKSAR search and rescue team members deployed to the quake-stricken areas of Türkiye in 2023 at the presentation ceremony of the Chief Executive's Award for Exemplary Performance on 13 July 2023.

THE presentation ceremony of the inaugural Chief Executive's Award for Exemplary Performance was successfully held on 13 July 2023. The Chief Executive (CE), Mr John Lee Ka-chiu, presented an award certificate to the winning team, the Hong Kong Special Administrative Region (HKSAR) search and rescue team, and its team members with commendation certificates in recognition of their outstanding performance.

Mr Lee announced in his 2022 Policy Address that the Government would strengthen the reward and punishment system for civil servants by launching the Chief Executive's Award for Exemplary Performance. The Award aims to openly recognise meritorious and exemplary civil service teams or individuals on a regular basis, encouraging them to constantly strive for excellence and showcasing more clearly to the public the Government's work and the excellence of the civil service. After thorough consideration by the Selection Committee and the CE, the HKSAR search and rescue team deployed to the earthquake-stricken areas of Türkiye to help with the search and rescue mission received the inaugural Chief Executive's Award for Exemplary Performance.

The 59-strong search and rescue team, led by the then commander Mr Yiu Men-yeung, comprised

officers from ten different grades, of which 49 are from the former Urban Search and Rescue Team (now known as Disaster Response and Rescue Team) of the Fire Services Department (FSD), and ten are from the Security Bureau (SB), the Immigration Department (ImmD) and the Department of Health (DH).



The Chief Executive, Mr John Lee Ka-chiu, praised the HKSAR search and rescue team for their remarkable work in his speech delivered at the presentation ceremony of the Chief Executive's Award for Exemplary Performance.

Features

The HKSAR search and rescue team was deployed in February 2023 to carry out search and rescue operations in quake-stricken areas of Türkiye and rescued four survivors. In his speech delivered at the ceremony, Mr Lee commended the team for its commitment, perseverance, courage and professional competence, which the Government holds in high esteem. He also praised the team members for risking their lives during the operation and upholding the humanitarian spirit of “lives matter most”, thereby telling a good story of Hong Kong civil servants. He said the team was well-deserved to receive the inaugural Chief Executive’s Award for Exemplary Performance.

Mr Lee said the Chief Executive’s Award for Exemplary Performance was launched to motivate civil servants to strive for excellence. “I encourage the civil service to look to the team as a role model and pursue excellence in their work, so as to bring into full play the spirit of teamwork and courageous commitment of the civil service, to take a

result-oriented approach, and to safeguard public safety and health so that the public can live with greater safety, peace of mind and happiness,” he said.

The Secretary for the Civil Service, Mrs Ingrid Yeung Ho Poi-yan, also extended heartfelt congratulations to the HKSAR search and rescue team for being awarded the Chief Executive’s Award for Exemplary Performance. She said, “The 59-strong team worked in unity to overcome all the difficulties in the earthquake-stricken areas of Türkiye and rescued four people. The glory of humanity and the commitment expected of civil servants were manifested in their work, which has told the world an inspiring and touching story of Hong Kong civil servants. Their selfless devotion is the pride of Hong Kong people. The Award not only recognises outstanding teams and individuals, but also encourages all civil servants to take the awardees as role models and make ongoing efforts to strive for excellence.”



Consultant (Family Medicine) of the DH, Dr Cecilia Fan (third right); the then Commander of the HKSAR search and rescue team, Mr Yiu Men-yeung (fourth left); the then Government Security Officer of the SB, Mr Ernest Chu (third left); Senior Immigration Officer of the ImmD, Mr Wong Ho-chor (second left); and dog handler of the Search and Rescue Dog Team of the FSD, Mr Chiang Tin-long (second right) shared their experiences and feelings on the rescue mission at the ceremony.

Live webcast of the Chief Executive’s Award for Exemplary Performance Presentation Ceremony (Archive)
(url: <https://isd.wecast.hk/vod/?id=15227>)



TV programme of the Chief Executive's Award for Exemplary Performance
(url: <https://www.rthk.hk/tv/dtt31/programme/ceawardforexemplaryperformance/episode/891160?lang=zh-hant>)



An extraordinary rescue mission that tells the good story of civil servants



Group photo of the 59-strong search and rescue team. (Photo provided by FSD)

An urgent and unexpected task

An earthquake measuring 7.8 on the Richter scale hit Türkiye on 6 February 2023. In view of the large number of casualties, countries around the world promptly offered help in rescue work. At the request of the Turkish Consulate General in Hong Kong, the HKSAR Government, in a short period of time, formed a 59-strong search and rescue team. With two rescue dogs and around eight tonnes of rescue tool, the team went to the quake-stricken areas of Türkiye on 8 February to participate in the rescue operation.



On the evening of 8 February, the HKSAR Government sent a 59-strong search and rescue team to the quake-stricken areas of Türkiye to help in the search and rescue work. The Acting Chief Executive, Mr Chan Kowk-ki (fourth left (front)), gave words of encouragement to the HKSAR search and rescue team.



The Acting Chief Executive, Mr Chan Kwok-ki (centre), the Secretary for Security, Mr Tang Ping-keung (third left), the Permanent Secretary for Security, Mr Patrick Li Pak-chuen (second left), the Director of Health, Dr Ronald Lam Man-kin (first left), the Director of Fire Services, Mr Andy Yeung Yan-kin (third right) and the then Consul General of Türkiye in Hong Kong, Mr Peyami Kalyoncu (second right) took a group photo with the HKSAR search and rescue team before their departure.

Features



The team members were shocked by the ruins and rubble at the quake-stricken areas despite their preparedness for the tragic situation. (Photos provided by FSD)

Search and rescue dogs Umi and Twix were deployed in this operation. With their superb sense of smell, they could accurately catch and trace human scents, and being swift and effective in searching a large area, they took much shorter time to carry out rescue work. (Photos provided by FSD)



Overcoming difficulties

The search and rescue team arrived at the quake-stricken areas on 9 February. The weather was very cold there and the condition woeful. These, coupled with the vastness of the quake-stricken area and the fact that many buildings were damaged to various degrees, made it extremely dangerous and difficult to conduct search and rescue work. The team members had to employ technology in their work, for instance, using drones to conduct extensive assessments and produce 3D models of the affected areas, as well as locating survivors with such devices as life detectors.

Support all the way

Before embarking on the rescue mission, thorough preparation must be done. DH deployed four healthcare officers to take care the mental and physical health of the HKSAR search and rescue team by arranging all team members to receive vaccines against hepatitis A, typhoid fever and tetanus before departure. They also prepared sufficient medications, antiseptics and first-aid supplies to ensure proper infection control and prevent infectious disease and hypothermia. Round-the-clock medical support was also provided to ensure that team members were in their best conditions for the mission.



DH colleagues kept a close eye on the health conditions of team members, providing frequent check-ups to make sure that they were physically fit for the rescue tasks and thus could avoid accidents. (Photo provided by FSD)



Officers in different roles and positions joined hands to support the search and rescue team. To make all the necessary arrangements for the rescue team, SB maintained close communication during the rescue operation with the Chinese Embassy in Türkiye which had effectively offered support in areas like supplies and translation services. Officers from ImmD swiftly arranged clearance for the team while medical staff from DH watched over their health. (Photo provided by FSD)



The drone system could reach inaccessible places with collapsed buildings to assess the conditions and numbers of the injured. (Photos provided by FSD)

The team members used ultra wideband radar technology and 360-degree search camera to detect vital signs of survivors under the rubble. Breathing and minor movements can be detected at the longest distance of 10m and 12m respectively. (Photos provided by FSD)

Working together

With the full support from the Mainland and the Liaison Office of the Central People's Government in the Hong Kong Special Administrative Region, the HKSAR team joined the China search and rescue team in their operation in Türkiye. During the 6-day mission that lasted for 216 hours, 269 count of rescuers were sent in 19 batches. They searched through 13 areas of about 28,000 square metres, rescuing four survivors and recovering six bodies. With professional performance, the HKSAR search and rescue team has told the world the good story of Hong Kong civil service, winning the recognition of the Government and the people.



With the aid of advanced equipment and technology, the HKSAR search and rescue team successfully rescued survivors under the rubble after days of non-stop efforts. (Photos provided by FSD)

Promotion of green volunteering

AFCD Staff Club Volunteer Team dedicates to **conserving natural environment**

Agriculture, Fisheries and Conservation Department



THE Agriculture, Fisheries and Conservation Department Staff Club Volunteer Team (the Volunteer Team) has been actively organising and participating in voluntary work to serve the community since its establishment in July 2022. In just over a year, nearly 170 enthusiasts have participated in the Volunteer Team activities, contributing over 650 hours of service.

The Volunteer Team took part in the weeding activity in the Hong Kong Wetland Park.

The scope of the Volunteer Team's work covers a wide range of services, such as maintenance of hiking trails, coastal cleaning and weeding activity. The Volunteer Team also collaborates with the fisheries and agriculture trades and charitable organisations to conduct visits, collect and distribute leftover bread and prepare lunch boxes for those in need.

Trail Maintenance Workshop

In early 2023, the Volunteer Team organised a trail maintenance workshop that involved repairing damaged hiking trails in Lam Tsuen Country Park. By repairing the trails, the volunteers gained an in-depth understanding of the causes of wear and tear, as well as the difficulty of trail maintenance.



The Volunteer Team participated in the trail maintenance workshop and cleaning drainage ditch in the Lam Tsuen Country Park.

Through this activity, the volunteers realised that trail maintenance required skills and professional knowledge and will be reminded to always walk along the main paths to reduce unnecessary damage to the trails.

Coastal Cleaning Activity

In April 2023, the Volunteer Team conducted a coastal cleaning activity in Hoi Ha Wan Marine Park.



Mr Perry Chen, one of the volunteers, said, "The activity dawned on me that even in remote coasts, large amounts of marine debris are washed up on the shore with the waves. To protect beautiful beaches and marine environment, each and every one of us should reduce waste production proactively."



The Volunteer Team collected garbage in the coastal cleaning activity without fear of wind and rain.

Weeding Activity

In April 2023, the Volunteer Team conducted a weeding activity in the Conservation Area of the Hong Kong Wetland Park. Through this activity, the volunteers not only learned about common wetland plants but also gained an idea of the function of wetlands in purifying water quality.

One of the volunteers, Mr Leung Yiu-hung said, "The oyster shells, reed beds and bricks filtered and collected rainwater to provide water source for the freshwater marsh in the Wetland Park. Weeds grown on the brick bed can undermine its water filtration function. I was impressed by the efficiency and hard work of the volunteers despite the hot weather that day. The Volunteer Team quickly restored the brick bed to its original state."



The Volunteer Team took part in the weeding activity and cleared the weeds grown on the brick bed swiftly.

Shorelines Cleanup Day by Water Supplies Department

Water Supplies Department



LED by the Director of Water Supplies, Mr Tony Yau Kwok-ting, the Water Supplies Department (WSD) volunteer team, in collaboration with colleagues from the Transport Department (TD) and representatives from the Conservancy Association, jointly took part in the Shorelines Cleanup Day held at Lung Kwu Tan in Tuen Mun on 6 May 2023 to promote the message of keeping our shorelines clean.

The activity was well received with the participation of 80 and 20 volunteers from WSD and TD respectively. Many of them even invited their relatives and friends to the activity to protect the coastal environment.

Despite the hot weather, we were glad to see how patient, hardworking and persistent the children were in completing the work. The WSD volunteer team hopes that this event would foster a sense of environmental protection among our next generation.



Experience sharing by the Director of Water Supplies, Mr Tony Yau Kwok-ting.

Volunteers participated in the activity with their children.



Housing Department Volunteers Corps joined hands with *the community to build a greener Hong Kong* in the Hong Kong Tree Planting Day

Housing Department



More than 100 volunteers of the Housing Department Volunteers Corps took part in the Hong Kong Tree Planting Day together with their family members.

THE Housing Department (HD) has been striving to achieve the department's core value of caring by founding the Housing Department Volunteers Corps (Volunteers Corps) in February 1997. The Volunteers Corps now has more than 500 members coming from different disciplines in the department who serve the community in their spare time.

The Volunteers Corps aims to serve the elderly residents living in public rental housing by organising activities such as home visits, afternoon gatherings and Chinese festive food preparation for them in traditional festivals. Moreover, the Volunteers Corps demonstrates the spirit of social contribution by participating in a vast array of community activities.

On 29 April 2023, it mobilised more than 100 volunteers to participate in the Hong Kong Tree Planting Day after a 3-year break due to the epidemic. The event, which was held at Tai Tong, Yuen Long, was supported by various organisations, with more than 2,000 volunteers planting over 8,000 tree seedlings to promote the green messages of nature and tree preservation, and environmental protection. The volunteers of HD planted tree seedlings together after walking uphill in hot weather so as to cultivate a greener countryside.

One of the volunteers, Assistant Housing Manager, Mr Cheuk Shing-wai said, "Volunteer work gives me the opportunity to devote love and care to the community. The tree seedlings that we planted represent our heartfelt wishes to make Hong Kong a greener and better home."



Volunteers actively participated in the tree planting activities.



Volunteers joined hands to plant more than 8,000 seedlings.

Volunteer Activity for the Lunar New Year –

New Year Flower Giveaway 2023

Food and Environmental Hygiene Department



Mr Tse Chin-wan, Secretary for Environment and Ecology, Miss Diane Wong, Under Secretary for Environment and Ecology, and Ms Irene Young, Director of Food and Environmental Hygiene, took a group photo with FEHD volunteers who participated in the New Year Flower Giveaway activity.

2023 is the 17th year that the volunteer team of the Food and Environmental Hygiene Department (FEHD) Staff Club has participated in the New Year Flower Giveaway activity to convey their blessings to the needy and promote the messages of waste reduction and recycling to the public.

In the rainy morning on the first day of the Year of the Rabbit, 15 FEHD volunteers arrived at the Lunar New Year (LNY) Fair at Victoria Park in great spirits and assisted the Department in delivering over 100 pots of flowers and plants collected from the vendors to over 30 elderly homes/residential care homes for persons with disabilities and public hospitals. All the volunteers were satisfied and delighted to see the joy of the beneficiaries when they received the flowers. The New Year Flower Giveaway activity was conducted smoothly with the enthusiastic participation and selfless devotion of all FEHD volunteers who contributed their precious

time for family gathering in the early morning of the first day of the LNY and sent warm wishes to those in need in this festive season.



Volunteer team of FEHD delivered the flowers and potted plants collected to residential care homes.

Bread Run - Collect Surplus Bread to Reduce Food Waste

Land Registry



"Collecting surplus food not only can reduce food waste but can also help save our environment. Let's feed people in need, not landfills." said Alice Leung, team leader of the Land Registry's volunteer team who participated in the "Collect Surplus Bread" in collaboration with Feeding Hong Kong on 23 March 2023.

Volunteers brought the bread to the collection point of Feeding Hong Kong for redistribution to food banks and welfare organisations.

Three teams of Bread Runners collected surplus bread from various bakeries located in Admiralty, Central and Kowloon Bay after the shops closed. The surplus bread were then delivered to the collection point and redistributed to those who were in need of food assistance in the following morning.

Ms Leung said, "Finding time to help the community after busy working hours is meaningful. The volunteer team is so glad that we could participate in this event, rescue surplus food and help those in need. "

Volunteers were dedicated to collecting the surplus bread.



Make one blood donation Save three precious lives

Civil Service Bureau



Mrs Ingrid Yeung Ho Poi-yan, the Secretary for the Civil Service, together with colleagues in the Civil Service Bureau, donated blood on the mobile blood donation vehicle of the Hong Kong Red Cross Blood Transfusion Service parked at the Central Government Offices to save lives.

THE mobile blood donation vehicle of the Hong Kong Red Cross Blood Transfusion Service (BTS) was parked at the Central Government Offices from 14 to 16 August 2023 for three consecutive days to make it more convenient for civil servants to give blood. In response, various government departments have organised a number of blood donation activities to support the cause. Mrs Ingrid Yeung Ho Poi-yan, the Secretary for the Civil Service, called upon civil servants and members of the public to join hands and give blood to the needy.

“Give blood right now! Do it regularly! One donation can save three lives!” Blood donation is not a one-off endeavour. It is important for the public to walk the talk and make donation to achieve stable blood supply in Hong Kong. This is particularly meaningful because the blood donated not only can save patients’ lives, it can also bring them hope and blessings. But given the limited shelf life of blood, the BTS has to collect 650 units of blood every day to provide sufficient blood for clinical transfusions in hospitals across the city. A single bag of whole blood

donated can save three or more patients, allowing them a chance to live a new life.

To encourage more youngsters to keep alive the spirit of “Give blood, save lives”, Hong Kong Red Cross launched the “Young Donor Medal” scheme. Those who give blood three times before turning 26 years of age will receive a medal as a recognition. We are looking forward to the strong support of our young colleagues; so please join us and donate blood to help others!

Appointments can be made by calling blood donation centres or via the “HK Blood” mobile apps. For details, please visit the following website:



www.ha.org.hk/rcbts

For departments which are interested in organising blood donation activities, please contact Ms Ng of the Hong Kong Red Cross BTS. Contact details are as follows:

Tel : 2710 1239

Email : btsmu@ha.org.hk

Avid supporters in the civil service tell the stories of giving blood to save lives



Mr Kwan (right) and Mr To (left), both are regular blood donors of the Hong Kong Red Cross, always encourage others to give blood to further the cause of mutual help and care.

Mr Kwan Sek-yiu, Former Chief Engineer of the Water Supplies Department

"I have been donating whole blood, which contains all the blood components, since 1972 when I was 21 years old. During this 50-year stint, I gave blood once every 75 days and have successfully donated whole blood 190 times, making me the record holder of whole blood donation in Hong Kong. I still remember the time when I met my

secondary school principal during my second blood donation. Deeply impressed by the fact that he had already made 50 donations, I realised that blood donation is harmless to health and started to make a habit of it. I also encourage my fellow colleagues and friends to donate blood regularly so as to promote this meaningful deed and share the joy of saving lives. If my health permits, I will continue to give blood until the age of 75, which is the limit set by the Hong Kong Red Cross, in the hope of breaking the record of 200 blood donations by then. I believe that the power of an individual, which is like a drop in the ocean, is limited but when we act together, our combined efforts would achieve significant results. My biggest hope is that more people will be inspired to perform good deeds and give blood to save lives."

As long ago as 1994, Mr Kwan had donated blood for 75 times and was awarded a donation badge at the Annual Donor Award Ceremony of the Hong Kong Red Cross. The story was covered by issue no. 28 of the Civil Service Newsletter. When interviewed again this year about his blood donation record, Mr Kwan said the figure has already reached 190. He wrote a Chinese poem to express his strong belief in saving lives through blood donation, and to encourage colleagues in the civil service to do the same.

捐血五十載 關錫堯

感恩體健思回饋，
恆常捐血五十載。
到期立刻去奉獻，
習慣經年無變改。
一己力量如涓滴，
眾志成城滙大海。
為善最樂心安泰，
燦爛人生多姿采。



Mr Kwan (left) was awarded a donation badge for his 75th blood donation at the Annual Donor Award Ceremony of the Hong Kong Red Cross in 1994.

Mr To Tin-long, Customs Officer

"My parents were regular blood donors and would take me along to donation centres when I was still a little boy. Under their influence, I had always wanted to be a regular donor since childhood because blood donation not only helps patients, it also constitutes a healthy lifestyle. That is why I became a donor as soon as I reached 16. Later I switched to Apheresis donation, which involves separation of plasma and platelets from blood by machines. I have made more than 200 Apheresis donations since then. Unlike whole blood donation, Apheresis allows donors to recover quicker, making it possible for them to donate every two weeks. I would pay more attention to my health conditions to ensure that donation can be made every two weeks, thus helping others and myself."



Mr Kwan (left) and Mr To (right) always give blood at donation centres of the Hong Kong Red Cross Blood Transfusion Service and have received numerous commendations.

The two civil servants have set a good example for their fellow colleagues by promoting the good cause of helping others through blood donation. They hope that all civil servants and the public would join them, become avid blood donors and save more lives.

Please visit CSB **Facebook** page (https://fb.watch/nSV06_gYS2/) for more engaging interview content.



Care Teams – Go the Extra Mile, Care for the Community

Home Affairs Department



Care Team in the Southern District and tenants of BeLIVING Youth Hub jointly visited elderly in the district.

IT was announced in the 2022 Policy Address that District Services and Community Care Teams (“CTs”) would be set up in all 18 districts. The purposes of setting up CTs are to consolidate community resources and strengths with a view to supporting the Government’s district work and strengthening community network. CTs will organise caring activities in 18 districts such as home visit, assistance in handling emergencies, dissemination of Government information and reflecting public views to the Government.

Composition and resources

The Government delineates the 18 districts into 452 sub-districts, with one CT for each sub-district. Each CT will have around 8 to 12 members, including one captain and one vice-captain. District Officers are the commanders of all CTs in their districts.

The Government provides CTs with some of the resources required. The total amount of funding for each CT for a two-year service agreement ranges from about \$800,000 to \$1,200,000. CTs will also provide services to members of the public through sponsorship, donation or internal resources.

Joining forces, organising caring activities

CTs in Southern and Tsuen Wan districts were launched in April and May this year respectively while those in the other 16 districts have also been established recently.

CTs pull together people from sectors such as the youth, women and professionals, etc. who are committed to strengthening community support and providing caring services. They pay visits to elderly households and needy families; provide them with basic home maintenance and cleansing service; and assist in registering for



CT members assisted in repairing an electrical appliance for a singleton elderly.



CT promptly set up an inter-departmental help desk at the A&E department of a hospital after a traffic accident to provide assistance for affected persons.

public services, etc. CTs in Southern and Tsuen Wan districts have visited around 5,000 elderly households and needy families, and provided 1,300 support services since their launch.

Standing by for emergencies, serving with passion

CTs spare no effort in helping members of the public during emergencies. After a severe traffic accident happened on Texaco Road, Tsuen Wan in mid-May 2023, CT members immediately set up an inter-departmental help desk at the hospital to help the injured and their families. They worked tirelessly in sweltering heat to provide fresh water for the

and fix adhesive tape to windows. During the typhoon and heavy rainstorms, CT members also manned temporary shelters and helped clear fallen branches and road obstacles afterwards. Visits were also paid to affected residents, with a view to alleviating the impact of the typhoon and rainstorms on the public.



A CT member disseminated information on precautionary measures against typhoon.



CT members provided fresh water for residents of Ap Lei Chau Estate during emergency water suspension.



CT members helped clear fallen branches and road obstacles after the typhoon.

households of Ap Lei Chau Estate in the Southern district in June this year during fresh water suspension. Not to mention the work of the CT teams of these two districts before Super Typhoon Saola and heavy rainstorms struck Hong Kong in early September. CT members of both districts worked timelessly during this period. Before the typhoon came to Hong Kong, they disseminated information on precautionary measures and helped residents in low-lying areas to place sandbags to protect their home from flooding

Connecting the Government and the public, disseminating important messages

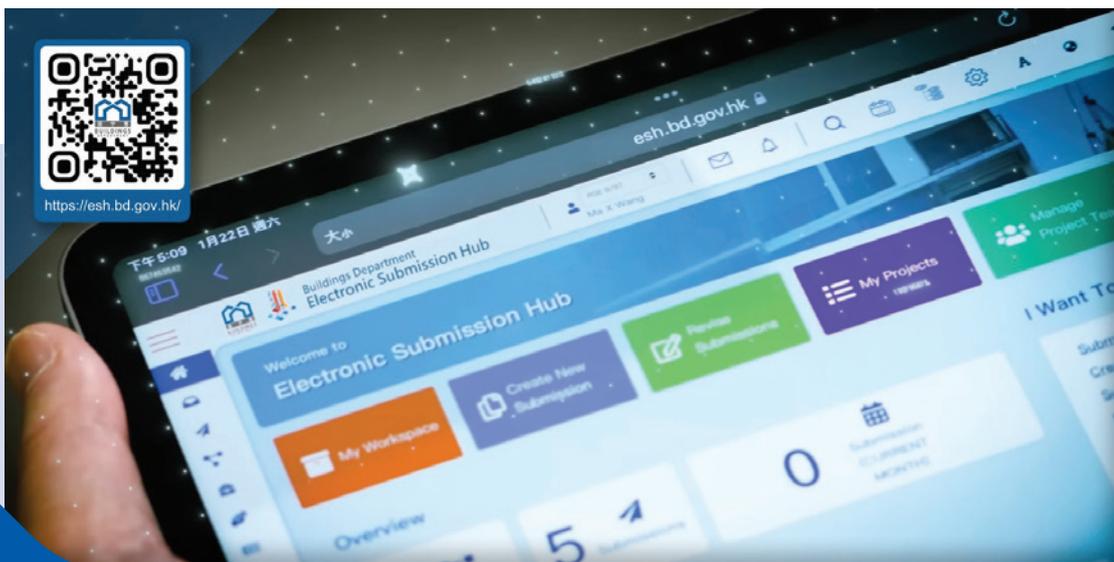
CTs forge friendly relationships with residents and help promote important government policies including proposals on improving governance at district level, appealing for support for organ donation, etc. through established communication channels.

Way forward

452 CTs in 18 districts have all been launched, weaving a tighter network of community support. Please help promote CTs' work among people in need, and build a better community together.

Collaboration and Digitalisation with the Buildings Department

Buildings Department



THE Buildings Department (BD) is spearheading the development of an Electronic Submission Hub (ESH) (<https://esh.bd.gov.hk/>) which is a digital platform operating 24/7 to facilitate electronic submission of building plans and applications by registered building professionals (RBP) under the Buildings Ordinance (Cap. 123) (BO) and to allow BD and over 30 other government departments/organisations to process submissions through the Centralised Processing System (CPS).

ESH is one of the some 130 smart city initiatives set out in the Hong Kong Smart City Blueprint 2.0 released on 10 December 2020 .

ESH is being implemented in three stages, each of which covers different types of building works. The stages 1 and 2 of ESH were rolled out on 30 June 2022 and 31 March 2023 respectively whereas stage 3 is scheduled to be launched in the second quarter of 2025 but BD is striving to advance it to the second quarter of 2024.

Processing of plans, documents and Submissions

Conventionally, any person in private sector who intends to carry out building works under the BO is required to appoint RBP to prepare and submit building plans and documents in paper format for the approval of the Building Authority (BA). BD is the central clearing house to process all building plan submissions received from RBP through CPS. If necessary, BD will refer hard copies of building plans and documents to relevant departments and organisations (i.e. CPS participants) for comments.



Feature highlights of ESH

ESH opens up many opportunities to enhance government services and efficiency of the building industry. Some feature highlights are outlined below.



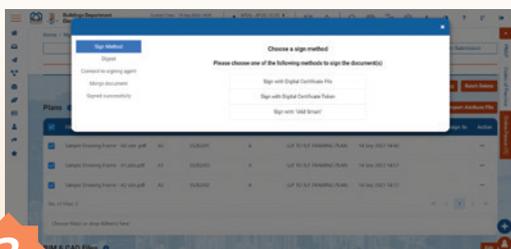
1

Formation of project team with collaborative e-workspace and useful reference to facilitate preparation of submissions.



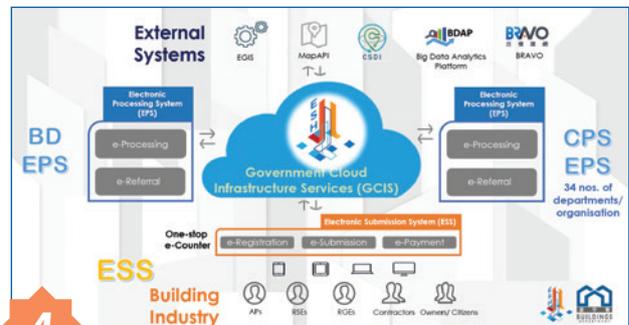
2

Smart functions such as auto-filling of existing information in the system and auto-extraction of data from uploaded documents to fill in the required information.



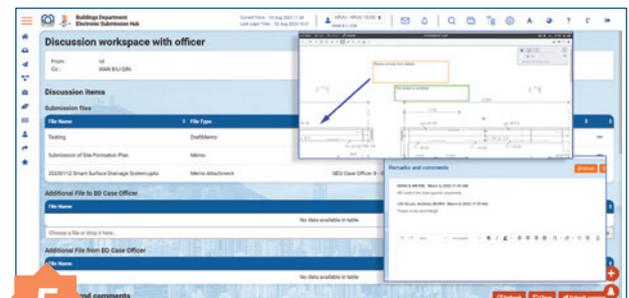
3

Digital signing for multiple plans and documents in one-go.



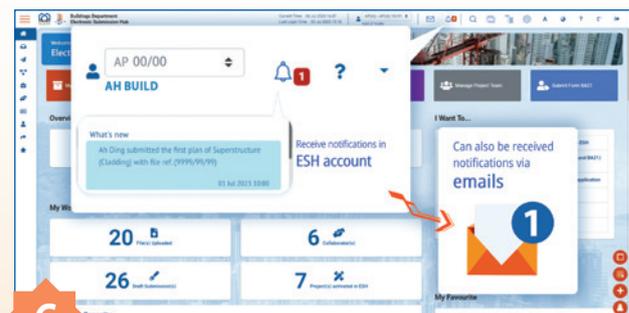
4

Concurrent plan processing by different departments/organisations.



5

Real-time exchange of information between BD, different departments/organisations and building professionals.



6

Progress tracking of application status and notification of results.

Stakeholders' engagement

Effective stakeholder engagement is crucial in the process of developing ESH as different stakeholders may have various requirements and preferences. To achieve this, BD has organised regular meetings, briefing sessions, and workshops with representatives from the building industry, CPS participants as well as BD's internal staff.

The views and comments collected were carefully considered and incorporated into ESH, where appropriate.

BD remains dedicated to ongoing stakeholder engagement and continuous improvement of ESH to ensure that it continues to meet the evolving needs of the building industry and other users.



Various stakeholders' engagement for ESH

Benefits and recognition of ESH

Users of ESH could enjoy the benefits of paper and resources saving as well as working smartly, efficiently, collaboratively and sustainably.

ESH has been well recognised by the industry and recently received a Merit Award under the Research and Innovation Category and two special awards, viz Sustainability Award and Value Enhancement Award of Building Surveyor Awards 2023 organised by the Building Surveying Division of the Hong Kong Institute of Surveyors. The awards are not only a recognition of the collaborated effort of BD and the building



Features and advantages of ESH

(<https://www.youtube.com/watch?v=bVvuXFCIz8>)

industry as well as other CPS participants but also a highlight of BD's contribution to the promotion of digitalisation, sustainability and value enhancement for the building industry.



30th Anniversary of BD



Over the past 30 years, BD has been dedicated to making the built environment safe and healthy for our community. The department is committed to going the extra mile in serving the customers

and the community in general, and will continue to collaborate with the building industry and leverage the latest technologies such as Building Information Modelling to enhance the quantity, speed, efficiency and quality of the building development.

CSD utilises innovative technology to promote smart training for correctional officers

Correctional Services Department



Trainees used e-classroom with multi-function collaboration system during lesson.

In line with the concept of "Smart Prison" in the "Strategic Plan" formulated by the Correctional Services Department in 2018, Hong Kong Correctional Services Academy (HKCSA) is committed to transforming the traditional training into "Smart Training" to promote the all-round development of human resources.

The goal of "Smart Training" is to use innovative technology to enhance professionalism and efficiency of training in the HKCSA and to cultivate knowledge-based correctional officers by promoting a self-learning culture for the sustainable development of correctional work.

The HKCSA has designed a three-tier Teaching and Learning Framework. Tier 1 is "Interactive Classroom Training", which converts traditional classrooms into e-classrooms to enhance interactive teaching. These include the addition of innovative classroom design and facility settings, which can help enhance new recruit trainees' sense of engagement and facilitate

communication between each other. The e-classrooms are equipped with multi-function collaboration systems that can efficiently display, record and distribute various types of multimedia materials to trainees.

Tier 2 is "Bridging Scenario Training", which allows trainees to apply knowledge and skills they have learnt during lessons through Virtual Reality (VR) training. In addition to the existing Virtual Reality Training Facilities and large-scale LED Wall in gymnasiums, the HKCSA has also provided cinema screens in two e-classrooms to create an "e-theatre", an intense virtual environment, to enhance the training effect.



Virtual Reality Training Facilities created an intense virtual environment.

Moreover, the HKCSA has developed the “AI Chinese-style Foot Drill Self-Learning System” (The System) which uses Artificial Intelligence to analyse trainees' Chinese-style foot drill movements in order to effectively help them to master the skill sets. The system recorded the demonstration by the Guard of Honour of the Hong Kong Garrison of the People’s Liberation Army as the standard movements for learning. The System also collects a wide range of data of the trainees, such as the response time to commands, the pace and the angles of body movements, etc. for analysis and evaluation by artificial intelligence.



“AI Chinese-style Foot Drill Self-Learning System” assisted in teaching foot drill.

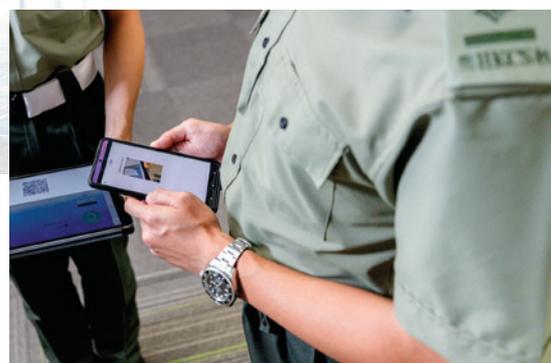
As for Tier 3 “Scenario Training”, the existing scenario training facilities in the HKCSA and Ma Hang Prison enable trainees to undergo training in simulated institutional settings in order to

practice the knowledge and skills learned in Tier 1 and Tier 2. The HKCSA also organises “Cross training” where colleagues lead trainees to deal with simulated incidents. Teaching officers will also add unexpected situations to train the resilience of colleagues and trainees.



“Bridging Scenario Training” enhanced the resilience of the trainees.

As for the application of innovation and technology, the newly designed “e-CSA” app serves as an internal interactive communication platform, through which not only can trainees browse the latest information about the HKCSA, their personal learning progress and assessment results, they can also initiate online discussion with the teaching staff and other trainees outside the classroom.



“e-CSA” app served as a platform of assessment and communication.

FEHD's professional training programme

gained recognition of accreditation at Level 5 of Hong Kong Qualifications Framework



Food and Environmental Hygiene Department

THE Food and Environmental Hygiene Department (FEHD) has been dedicated to working with the community for enhancing food safety, sustaining a high standard of public health services, ensuring food sold in Hong Kong is safe and fit for consumption, and maintaining a clean and hygienic living environment for the public. FEHD values staff training and development, and organises a wide range of training programmes to provide staff with leadership development opportunities, support departmental initiatives and bring out the best of staff for serving the public effectively and professionally.



Professional qualification

The Professional Diploma Training Programme in Waste Management, Meat and Foods Inspection (Professional Diploma Programme) is a two-year mandatory part-time on-the-job training programme specially designed by FEHD for Health Inspectors II, which is also one of the pre-requisites for Health Inspectors II to be appointed on permanent terms upon passage of probation bar. With the aim to further enhance the professional knowledge of Health Inspectors II as well as to promote the professionalism and recognition of the Professional Diploma Programme, FEHD awarded



Trainees engaged in academic exchanges with students of overseas universities through online conferences organised by HKMU.

to the Hong Kong Metropolitan University (HKMU) the tender to undertake the provision of two-year professional diploma training



Trainees underwent hands-on training on meat inspection skills in Sheung Shui Slaughterhouse.

programme accredited at Level 5 of Hong Kong Qualifications Framework (QF Level 5) (equivalent to the level of bachelor degree qualification).

Accreditation of qualification

With the design enhancement and development of the programme by HKMU, the newly developed Professional Diploma Programme successfully passed the professional assessment conducted by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications in July 2022. The programme has gained recognition of accreditation at QF Level 5 with on-going validity in the Qualifications Register and titled as "Professional Diploma in Waste Management and Meat and Foods Inspection for Health Inspectors". It consists of 13 modules with a total of 696 teaching hours, including "Meat Inspection Skills", "Food Safety Risk Analysis" and "Public Cleansing, Waste Collection and Reduction", etc.

Lifelong learning

The two-year Professional Diploma Programme has commenced since January 2023. Trainees

having completed the new programme will be awarded a professional diploma as well as credits for enabling them to be exempted from taking similar subjects through the Credit Accumulation and Transfer Scheme in future tertiary related courses. It aims at encouraging trainees to pursue further studies, establishing lifelong learning culture and enhancing team efficiency.

New era of professional training

The recognition of Professional Diploma Programme accredited at QF Level 5 is a significant affirmation of the quality of the programme. In its pursuit of excellence, FEHD also brings its professional training into a new era.



Trainees visited a food factory to understand food production process.

Qualifications awarded by HKMU Li Ka Shing School of Professional and Continuing Education on behalf of FEHD

Title of Qualification	: Professional Diploma in Waste Management and Meat and Foods Inspection for Health Inspectors
QR Registration No.	: 22/000596/L5
Registration Validity Period:	11/07/2022 to Ongoing
Level	: 5

A tireless explorer; a joyful retirement life

Civil Service Newsletter Editorial Board



Mr Wong Yiu-wah was an Assistant Curator I of the Leisure and Cultural Services Department before retirement. He had shown a strong sense of curiosity since his tender age and started exploring the mysteries of the starry skies as early as during his senior secondary school years. Turning his hobby into a career, he worked at the Space Museum and Science Museum upon graduation. Apart from being curious about the starry sky, Mr Wong is interested in things around him. Motivated by his inquisitiveness, he makes many new attempts after retirement, leading to an eventful and interesting retirement life.

Astronomical career guided by dazzling stars

"I developed an interest in astronomy when I was a senior secondary student," Mr Wong's eyes sparkled with immense passion as he talked about astronomy. He became a "stargazer" and was fascinated by astronomy when he was still a secondary four student in the 1970s. He acquired theoretical knowledge through reading and put it into practice by actively participating in stargazing activities organised by amateur astronomical societies. When enrolled in university, as a matter of course, he held the post of committee member in the astronomy club and was responsible for organising activities including stargazing and astrophotography to promote astronomical education.

By the time Mr Wong graduated from university, the Hong Kong Space Museum had come into service and was carrying out recruitment work. He responded to it with no hesitation and joined the civil service as Assistant Curator II of the former Urban Services Department (now known as the Leisure and Cultural Services Department) in October 1982. He

worked in the Space Museum for over two decades until he was transferred to the Hong Kong Science Museum in 2010. He then retired in 2018.

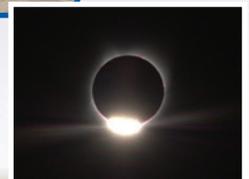
Over a span of more than 30 years in the civil service, Mr Wong's most favourite job was public education, in which he explored the vault of heaven together with members of the public and students. "Before the Internet became widespread, the Space Museum had served as the best place for the public to appreciate the stars and the heavens through telescopes." He recounted the nights of Mars gazing activities organised by the Space Museum during the Mars perihelic opposition in 2003, for which telescopes were set up for the public to observe the astronomical phenomenon. The activities were so popular that lots of people remained in the queue even during midnight and the Space Museum had to extend its service hours as a result. Mr Wong finds it highly rewarding to be able to organise this kind of activities. "We satisfied public curiosity by promoting astronomical knowledge through various programmes."



Mr Wong (first right) participated in voluntary work for the Museum Summit Forum 2023.



The Space Museum held a partial solar eclipse observation activity in 2019, and Mr Wong (back row, fifth left) explained how to observe this astronomical phenomena through a telescope with filter to the participants as a volunteer.



In 2023, Mr Wong (first right) served as team leader and accompanied 30 secondary school students participating in "Young Astronaut Training Camp 2023" on their trip to Beijing, Gansu and Qinghai to visit the local astronomical facilities.



Science preacher with never-ending commitment

After retirement in 2018, Mr Wong volunteered his service in astronomical-related work and joined the Museum Volunteer Scheme of the Leisure and Cultural Services Department to provide support for museums and their events. He contributed a great deal to an array of activities, such as volunteering to explain astronomical concepts to participants during activities on the theme of solar eclipse held by the Hong Kong Space Museum. This year, he accompanied 30 secondary-school students participating "Young Astronaut Training Camp 2023" on their eight-day camping trip to Beijing and Lenghu in Qinghai. Moreover, he always gave talks in primary and secondary schools on topics such as space technology and the development of aerospace science and technology in China. "Actually, there is nothing so abstruse about science and scientific knowledge is useful in daily life. It makes our life more comfortable. I want to continue sharing with others the knowledge that I have devoted my whole life to pursue after retirement," said Mr Wong.

Sustained curiosity to savour the taste of life

Spending a quarter of his time on astronomy-related activities and the remainder on travelling and various kinds of sports, he firmly believes that people should stay curious after retirement and after all, age does not matter. "60 to 70, as the saying goes, is the golden ten years of our life. We may not be as physically fit as before but we should not stay where we are and refuse to learn something new," he said, believing that retirement marks the beginning of a new chapter in life.

Mr Wong has an inquisitive mind. To him, travelling is more than just having fun. Whenever he sets foot in an unfamiliar place, he goes out of his way to learn about the local life and price level; verifying for himself what was said of the place on the Internet. "To stop working does not mean

you stop thinking. On the contrary, we should sift through the information we received to make sure it is true," he said. Mr Wong is open to new things. Whether he is joining a group tour or going on an in-depth solo tour, he always embraces local customs and relishes the fun of travelling to the fullest.

Social circle expanded by engagement in sports

Driven by curiosity, Mr Wong plays various kinds of sports for the elderly after retirement, one of which is the "Walking Football". Mr Wong used to be a football lover when he was young, but he left the pitch as his "football buddies" went their own way. It was not until he came across the budding "Walking Football" after retirement that he rekindled his passion for the sport. Based on five-a-side football, "Walking Football" is very suitable for the middle-aged and elderly as players are only allowed to walk instead of running. By attending classes on "Walking Football", Mr Wong built up his physical fitness and got to know a lot of new "football buddies", with whom he teamed up to participate in competitions. "After joining this activity, not only have I re-lived the good old days of playing football, I have also made new friends. It is easy for me to make friends. In fact, if we share the same interests, it will be easy for us to have common topics even though we have just known each other," he remarked.



In 2019, Mr Wong (back row, first right) helped lead the winning team of the "SciPOP" Science Demonstration Contest to participate in the "Young Scientists Study Tour 2019". They went to Singapore to visit the Singapore Science Museum, famous academic and scientific research institutions, and participate in STEM (science, technology, engineering and mathematics) - related workshops.



Mr Wong likes to visit museums when travelling.

In addition to playing football, Mr Wong also enjoys hiking and playing badminton with his many friends; making his retirement life more interesting and enjoyable. He advised retiring civil servants to make early planning, develop hobbies and keep their mind open. "We can have job satisfaction and there is always someone to talk to at work. However, we might fall prey to loneliness and feelings of loss after retirement. So it is important to develop hobbies such as reading, calligraphy, painting, playing chess and cooking etc. We should also bear in mind that even though exercises can help us maintain physical and emotional well-being, we should know our limits and

avoid overdoing it. All in all, keep in touch with old pals and make new ones to ensure that our retired life will not become lacklustre to us," he said. He believes that if you do nothing or do not even go out after retirement, it will affect your body function and accelerate aging.

Exploring novelties as a source of happiness

Mr Wong hopes to stay healthy, lively and curious after retirement. He said that everything is at your fingertips in this information-rich age of the Internet. With just a few touches on the screen of a mobile phone, you will know everything you need to know.

Many people lose their goals soon after their careers ended. Yet the story of Mr Wong tells us that learning new things is the only way to stimulate our minds and soothe anxiety. He walks his talk by embracing novelties while his young mindset keeps him ever energetic. In this way, he can keep meeting interesting people and exploring new things, from which he derives happiness and thus lives a fulfilling retirement life.



Mr Wong is a nature lover, he loves stargazing and traveling. He has travelled to many countries to explore the hidden gems of nature and took photos of them.



Integrity Management

e-learning Platform for Civil Servants

Independent Commission Against Corruption



THE Community Relations Department (CRD) of the Independent Commission Against Corruption (ICAC) launched the Integrity Management e-learning Platform for Civil Servants (the Platform) in 2020. The self-learning module aims at strengthening civil servants' understanding of anti-corruption laws and enhancing their alertness to corruption, conflict of interest and integrity issues. So far, over 25,000 civil servants have completed the courses provided by the Platform.



In June 2023, CRD of ICAC updated the content of the Platform to address the recent integrity challenges faced by civil servants. Content updates include:

- Handling of colleagues' requests for loans
- Advice against gambling and high-risk investment
- "Knowing more about the Offence of Misconduct in Public Office" Booklet content
- Supervision on both subordinates and contractors regarding Supervisory Accountability

Explaining integrity themes with diversified multi-media:

- Prevention of Bribery Ordinance
- The offence of Misconduct in Public Office
- Managing conflict of interest
- Supervisory accountability

Suitable for civil servants from all ranks



For updated content and self-enhancement, you are welcome to login CLC Plus or access CLC Plus through Departmental Portal.



CLC Plus

<https://www.clcplus.csc.gov.hk/clcplus/portal/welcome>

(CLC Plus → Resources Hub for Departments → Independent Commission Against Corruption)

Please scan the QR codes below for the latest information of ICAC



香港廉政公署 Hong Kong ICAC



Incorporate

“10,000 Steps a Day”

into daily routine to maintain physical and mental health

Department of Health



THE Department of Health (DH) is committed to combating non-communicable diseases through reducing the prevalence of insufficient physical activities in the local population, which is one of the nine local targets to be achieved by 2025 as set out in the “Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong” launched by the Government in 2018.

With the fast living and working pace, citizens in Hong Kong are prone to insufficient physical activity and prolonged sitting. With numerous health advantages, physical activity reduces the risk of death and non-communicable diseases, and improves mental health, cognitive health and sleep. As opposed to physical activity, sedentary behavior such as prolonged desk-based office work and watching television, is detrimental to our health. Prolonged sedentary time is associated with increased risks for cardiovascular disease, cancer, type 2 diabetes, as well as all-cause mortality.

DH is implementing a social marketing campaign “10,000 Steps a Day” to raise public

awareness of the health benefits of walking and encourage people to increase their physical activities. Walking is a simple form of physical activity that most people do every day and can be easily incorporated into daily routine. Walking confers various health benefits. Studies have shown that having an optimal amount of walking daily would reduce the risks of chronic non-communicable diseases and premature death. Walking at a faster pace burns body fat, increases cardiorespiratory fitness and reduces the risk of cardiovascular diseases (including hypertension, coronary heart disease and stroke), as well as prevents the onset of type 2 diabetes. Walking can also reduce the risk of some cancers (such as colon cancer). Besides, walking strengthens muscle and



bones and helps relieve symptoms of anxiety and depression. Walking with family for leisure or daily activities can also enhance family cohesion. Family members can support each other by walking more together for better health.

There are many ways to increase daily step count in routine daily activities. For example, using stairs instead of taking the lift or escalator; getting off public transport one stop earlier and walking the rest of the journey; taking morning stroll or casual walk after dinner etc. Adults are recommended to gradually increase their daily step goal to 10,000 based on individual's own physical conditions, abilities, pace and circumstances. Even if the goal cannot be reached yet, any amount of walking is better than none. Nowadays, many electronic devices are equipped with built-in function to track the steps taken. Walkers can use step counting

applications of smart phone or other wearable devices (such as smart watch and fitness trackers) to monitor progress and stay motivated.

Under the "10,000 Steps a Day" campaign organised by DH and the Occupational Safety and Health Council in November 2022, members of the public were encouraged to walk "10,000 Steps for Health". With the slogan of "Walk Together for Health and Happiness", DH will organise the second phase Walking Challenge to raise awareness on the physical and mental health benefits of walking and encourage family members or friends to support each other, walk together and integrate walking 10,000 steps a day into their daily life. Participating teams with all members achieving the target daily step count of the event during the challenge period will receive rewards as recognition. For details, please refer to <https://www.10000stepsaday.hk/?lang=en>



Further information about "10,000 Steps a Day" can be found on the Change for Health website of DH.

https://www.change4health.gov.hk/en/physical_activity/10000_steps_a_day/index2.html

Change for Health website

Colleagues on 2023 Honours List



Civil Service Bureau

THE 2023 Honours List was gazetted.
Warm congratulations to our current and former civil service colleagues who are on the Honours List.

Gold Bauhinia Star (GBS)

Miss Agnes Wong Tin-yu, JP

Silver Bauhinia Star (SBS)

Mr Au Ka-wang, IDSM
Mr Tommy Yuen Man-chung, JP
Mr Lo Kwok-wah, JP
Mr Victor Lam Wai-kiu, JP
Ms Rebecca Pun Ting-ting, JP
Mr Lo Chi-hong, JP
Ms Linda Lam Mei-sau
Dr Cheng Cho-ming, JP
Ir Pang Alice, JP
Mr Albert Yuen Yuk-kin, PDSM
Ms Edwina Lau Chi-wai, PDSM

Medal for Bravery (Silver) (MBS)

Mr Szeto Chi-pang
Mr Lui Ka-ching

Hong Kong Police Medal for Distinguished Service (PDSM)

Mr Mak Chin-ho, PMSM
Mr Kan Kai-yan, PMSM
Mr Lui Kam-ho
Ms Anna Tsang Yim-sheung
Mr Yip Wan-lung

Hong Kong Fire Services Medal for Distinguished Service (FSDSM)

Mr Wong Chun-yip
Mr Lee Koon-yau
Mr Cheng Sui-on

Hong Kong Immigration Service Medal for Distinguished Service (IDSM)

Mr Benson Kwok Joon-fung
Mr Andrew Chan Wai-lit

Hong Kong Customs and Excise Medal for Distinguished Service (CDSM)

Mr Chan Tsz-tat
Ms Lai Sau-ientg

Hong Kong Correctional Services Medal for Distinguished Service (CSDSM)

Dr Kenneth Leung Kin-ip
Mr Ng Chiu-kok

Bronze Bauhinia Star (BBS)

Ms Josephine Cheung Pui-lin, JP
Ms Sophia Chiang Chui-wan, JP
Mr Edward Tse Cheong-wo, JP
Mr Gilbert Mo Sik-keung
Mr Wu Wai-hung
Ir Cheung Yuen-fong
Mr Kok Che-leung
Ms Ying Fun-fong

Medal for Bravery (Bronze) (MBB)

Mr Li Ying-kit
Mr Tsang Po-ting

Hong Kong Police Medal for Meritorious Service (PMSM)

Mr Kwok Ka-chuen
Dr Frank Law Yuet-wing
Mr Wilkie Ng Wai-kei
Ms Yu Hoi-kwan
Mr Lee Tak-ming
Mr Lee Ying-wai
Mr Eric Yiu Chi-sun
Ms Hung Lai-fan
Mr Cheung Kwok-kwong
Mr Leung Kwok-yin

Mr Kwok Kwan-pang
Mr Chan Sai-leung
Ms Kitty Chan Yi-ping
Ms Tammy Mak Wai-man
Mr Wan Wai-kwai
Mr Wong Sun-keung
Mr Liu Ki-sun
Mr Au Tung-leung
Mr Tsoi Hei-ming
Miss Catherine Cheng Chi-man
Mr Cheng Chi-fai
Ms Tse Fung-lai

Hong Kong Fire Services Medal for Meritorious Service (FSMSM)

Mr Ho Shu-cheung
Mr Leung Wing-ki
Mr Lo Chun-kam
Mr Wong Chi-man
Mr Wong Kwok-shing
Mr Louis Liu Kwok-hong
Mr Au Yeung Hong
Mr Eric Lo Kit-hung

Hong Kong Immigration Service Medal for Meritorious Service (IMSM)

Mr Lee Wing-yin
Mr Alan Lam Hing-cheung
Mr Wilson Lai Wai-sang
Ms Siu Yuk-lun
Ms Siu Hoi-fan

Hong Kong Customs and Excise Medal for Meritorious Service (CMSM)

Mr Lee Man-lok
Ms Wendy Hui Shui-fong
Mr Fung Chi-pui
Mr Wong Jug-tung
Ms Tam Pik-ling

Information

Hong Kong Correctional Services Medal for Meritorious Service (CSMSM)

Mr Lo Chi-keung
Mr Lee Fook-lun
Ms Janice Chung Lai-fong
Mr Nelson Tam Hok-ping

Medal of Honour (MH)

Dr Edmond Lau Kam-lun
Ms Betty Ng Shuk-fong
Ms To Chor-yan
Mr Ma Kwong-cho
Mr Charles Chan Yiu-kwong
Mr Pang Kam-wing
Dr Samuel Yeung Tze-kiu
Ms Magil Lau Sze-mui

Chief Executive's Commendation for Community Service

Ms Ng Yuk-lan
Mr Edward Chik Wai-on

Chief Executive's Commendation for Government / Public Service

Dr Cecilia Fan Yuen-man, JP
Mr Wan Kin-wai, MBS
Captain Chan Ka-to, GDSM, MBB
Captain Eric Leung Man-chiu, MBB
Mr Shylock Wong Yiu-ming, PMSM
Mr Man Wai-kit
Mr Ernest Chu Man-lung
Mr Chu Ka-ming
Mr Chow Tsun-kai
Mr Chou Wing-yin

Mr Bradan Kwok Chi-kwan
Dr Kinson Lau Kin-sang
Mr So Chi-on
Mr Yiu Men-yeung
Mr Man Ka-ping
Mr Fong Kwok-wing
Mr Wong Yu-ming
Mr Wong Kin-hei
Mr Chu Hoi-ho
Mr Barry Chu Kei-ming
Mr Carlson Chu Ka-suen
Mr Kong Ka-ho
Mr Ho Yu-bong
Mr Yu Chi-yin
Mr Ng Ting-pong
Mr Ng Ka-lok
Mr Ng Hoi-kit
Mr Ng Ka-lun
Mr Lee Chun-kit
Mr Lee Kwun-chung
Mr Nathaniel Li Pui-leung
Mr Kelvin Li Ka-wai
Mr Lee Wing-kei
Mr Sonny Chow Wai-tak
Mr Lam Heung-wing
Mr Yau Chi-chung
Mr Hung Ka-leung
Mr Hung Ngan
Ms Hung Lai-man
Mr Wu Tsun-ho
Miss Vivian Yuen Wai-yan
Captain Cheung Wing-kin
Mr Cheung Cho-lock
Mr Leung Chi-wang
Mr Alex Leung Chun-yin
Miss Leung Shu-yan
Mr Leung Kwai-sum
Mr Leong Kin-ho
Ms Phoebe Leung Sui-chu

Mr Hui Ka-wo
Mr Kwok Chin-fung
Miss Maggie Chan Yau-fung
Mr Raymond Chan Bak-hang
Mr Chan Chu-hong
Mr Chan Cho-kin
Mr Chan Chin-man
Ms Connie Chan Kwai-ye
Mr Chan Kwok-wai
Mr Sunny Wong Sze-lut
Mr Wong Ying-cheung
Mr Wong Ka-wai
Mr Wong Ho-chor
Mr Wong Hoi-keung
Mr Gallant Wong Kwok-lun
Mr Victor Wong Tat-tong
Mr Wong Tak-chi
Ms Yeung Chun-ye
Mr Yeung Keung-sang
Mr Yip Kim-hung
Mr Lau Man-faat
Mr Lau Chi-keung
Mr Lau Wai-hong
Miss Lau Shuk-ping
Mr Suki Pun Siu-kit
Mr Poon Ping-yeung
Mr Choi Sze-long
Mr Sunny Chiang Tin-long
Mr Tang Pak-kin
Mr Cheng Ka-wai
Mr Henry Lo Siu-fai
Ms Carol Lai Sau-yan
Mr Tai Ho-yin
Ms Candy Kwong Sau-lan
Mr Stephen Ngai Wing-sum
Mr Law Man-kit
Mr Tam Ngo-man
Mr So Chun-pong
Mr Victor George Paddy

Appointment of Senior Civil Servants

Effective from	Name	Post
May 15, 2023	Tony Wong Chi-kwong	Government Chief Information Officer
June 6, 2023	Shirley Yung Pui-man	Special Representative for Hong Kong Economic and Trade Affairs to the European Union
June 12, 2023	Ivan Lee Kwok-bun	Commissioner for Innovation and Technology
June 12, 2023	Patricia So Pui-sai	Commissioner for Efficiency
June 12, 2023	Vic Yau Cheuk-hang	Director, Northern Metropolis Co-ordination Office
July 10, 2023	Maisie Chan Kit-ling	Commissioner for the Development of the Guangdong-Hong Kong-Macao Greater Bay Area
August 15, 2023	Rosanna Law Shuk-pui	Permanent Secretary for Housing/ Director of Housing
August 28, 2023	Angela Lee Chung-yan	Commissioner for Transport
September 6, 2023	Winky So Yuen-ling	Permanent Representative of the Hong Kong Special Administrative Region of China to the World Trade Organisation
September 19, 2023	Benson Kwok Joon-fung	Director of Immigration



Seminar Series on “Holistic View of National Security”

Civil Service College
Civil Service Bureau

THE civil service is an integral part of the Hong Kong Special Administrative Region (HKSAR) governance system, and civil servants should be proactive in discharging their duties of safeguarding national security. In this regard, the Civil Service College launched the “Holistic View of National Security” seminar series to provide systematic and continuous training for civil servants to recognise the necessity of safeguarding national security in a complex international environment and act in full accord with the HKSAR Government so as to support the work of safeguarding national security.

The seminar series, delivered by the team of experts from the Center for a Holistic Approach to National Security, consists of seven talks and provides a comprehensive analysis of the development of the holistic view of national security, its main content, its significance to the country’s development and the challenges of safeguarding national security.

The seminar series covers the following topics:

Topic	Remark
The Overview of the Development of Holistic View of National Security	Held in August and October
National Security in the Rise and Fall of Great Nations	
Observations and Reflections on “Colour Revolution”	To be launched, please keep in view
Global Economic Change and National Security	
Politics and Practice of Democracy Worldwide	
The Opportunities and Challenges of Technological Development for Safeguarding National Security and Protecting Human Rights	
The Changing International Landscape and the Great-power Game	

About 200 middle and senior-level civil servants attended the first seminar “The Overview of the Development of Holistic View of National Security” held on 2 August.



政府禮品店

Government Gift Shop

政府新聞處開設「政府禮品店」，公開發售多款有香港特色的精美禮品，以加強市民對香港的歸屬感和向外推廣香港。實體和網上店鋪於二零二三年七月七日正式開張營業。

禮品店有多款精美產品供選購，包括印有香港特別行政區區旗、區徽、香港風景、旅遊景點、「開心香港」設計的產品，藉此推廣香港的文化特色及魅力。

禮品款式多元化，有碗碟套裝、茶壺、茶杯、咖啡杯、餐具、文件夾、筆記簿、購物袋和玩具熊等。



As part of an ongoing promotional effort to strengthen the sense of identity among Hong Kong people, and to promote Hong Kong externally, the Information Services Department has set up the Government Gift Shop that sells a variety of souvenir items with unique Hong Kong features. The physical shop and online store opened on 7 July 2023.

A wide range of items are on sale, including memorabilia bearing the Hong Kong Special Administrative Region Regional Flag, Regional Emblem, scenery and tourism landmarks, as well as souvenirs with “Happy Hong Kong” Campaign designs to advocate cultural traditions and the allure of the city.

The souvenir collection is diverse, including bowl and plate sets, tea pots, tea cups, coffee mugs, tableware, folders, notebooks, tote bags and bear toys.



禮品店網站：www.giftshop.gov.hk

禮品店地址：香港添美道2號政府總部東翼1樓
(供政府總部職員和訪客使用)

營業時間：星期一至五上午10時至下午6時



Online store website：www.giftshop.gov.hk

Gift shop address：1/F, East Wing, Central Government Offices (CGO),
2 Tim Mei Avenue, Tamar, Hong Kong
(For staff of and visitors to the Central Government Offices (CGO))

Opening hours：10am to 6pm, Monday to Friday