



NEWSLETTER OF

THE 15TH NATIONAL GAMES

THE 12TH NATIONAL GAMES FOR PERSONS WITH DISABILITIES
AND THE 9TH NATIONAL SPECIAL OLYMPIC GAMES

MESSAGE FROM NGCO

第一期十五運會和殘特奧會通訊新鮮出爐！首次由廣東、香港、澳門共同承辦的第十五屆全國運動會（簡稱「十五運會」）和全國第十二屆殘疾人運動會暨第九屆特殊奧林匹克運動會（簡稱「殘特奧會」）即將於今年十一月及十二月舉行！

全國運動會香港賽區統籌辦公室（統籌辦）帶來的全運會精彩內容，將會不斷放送！

通訊將向你介紹十五運會和殘特奧會的最新消息和有趣資訊，讓你了解各項在香港主場舉辦的運動項目的技巧、規則和相關運動科學知識，以及幕後工作人員如何策劃今次全國性大型運動會，並設以下五個專欄：

全運全視野

了解更多全運會的點點滴滴

Get the inside scoops and fun facts about the Games!

National Games Lens

運動多面睇

從運動科學拆解不同香港主場競賽項目的科學原理和趣味知識

Explore the science behind the sports hosted in HK and uncover quirky tidbits!

Looking into Sports

全運主場出擊

分析精選主場競賽項目的技巧、規則與特色

A deep dive into the games we will host: the techniques, rules, and what makes each sport unique!

National Games in HK

屆時齊齊入場支持香港隊，為香港運動員打氣！

**JOIN US IN SUPPORTING
THE HONG KONG TEAM AND
CHEERING FOR OUR ATHLETES!**

Get ready for an exciting sports season as the 15th National Games (NG), the 12th National Games for Persons with Disabilities and the 9th National Special Olympics Games (NGD & NSOG) are coming this November and December! And guess what? For the first time ever, they are co-hosted by Guangdong, Hong Kong, and Macao!

National Games Coordination Office (Hong Kong) (NGCO) has got a whole bunch of awesome updates coming your way – so stay tuned!

This newsletter is packed with the latest news, fun facts, and insider scoops about the NG, NGD and NSOG. You will discover fascinating sports science, rules and techniques behind events hosted right here in Hong Kong, and the people who coordinate this mega event together!

This issue features five exciting sections:

4 全運全城運動 Ready Set Go

想成為該主場競賽項目的運動員，
由簡單體能訓練開始

*Ever dreamed of being an athlete? Start with
simple training tips for your favourite events!*

5 我們的故事 Our Stories

透過專訪不同運動員及全運會工作人員，
讓你認識更多幕後花絮

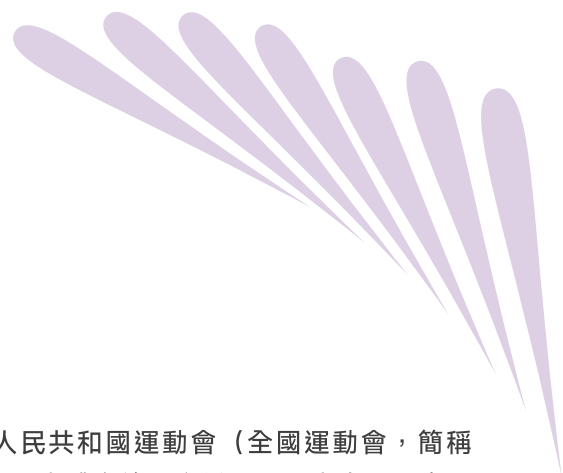
*Inspiring interviews with athletes
and people supporting the National
Games!*

統籌辦話你知

十五運會的主題口號是「激情全運會，活力大灣區」，殘特奧會的主題口號則為「追夢大灣區，出彩人生路」。期望透過此通訊，讓你了解更多運動知識，學習運動員堅毅不屈的精神；全城全運，共同構築休閒健康灣區。

The slogan for the 15th NG is "Play for the Dreams in GBA", while the slogan for the 12th NGD and the 9th NSOG is "Dream for the Games in GBA". We hope that through this newsletter, you will gain more sports knowledge and learn the resilient spirit of the athletes. Let us build a healthy and sporty Greater Bay Area together.

NATIONAL GAMES LENS



每四年一度的中華人民共和國運動會（全國運動會，簡稱「全運會」），由國家體育總局主辦，是國家水平最高、規模最大的全國性大型綜合運動會，以省、自治區、直轄市、特別行政區等為參賽單位。首屆全運會於1959年在北京舉行，至今已舉行了14屆。第一屆至第九屆全運會由北京、上海、廣東三地輪流舉辦，其後取消有關限制。

今年十五運會將於2025年11月9日至11月21日在廣東、香港及澳門舉行，首次由粵港澳三地共同承辦。開幕式和閉幕式將分別於廣州市和深圳市舉行。當中，香港將承辦八個競賽項目和一個群眾賽事活動——競賽項目包括籃球（男子22歲以下組）、場地自行車、擊劍、高爾夫球、手球（男子）、七人制橄欖球、鐵人三項及沙灘排球；群眾項目則為保齡球。

全運全視野

2025全運找亮點！ Spotting the Highlights of the 2025 National Games

Organised by the General Administration of Sport of China once every four years, the National Games of the People's Republic of China ("National Games") is the nation's highest level and largest national multi-sports event with provinces, autonomous

regions, municipalities and special administrative regions, etc. as the participating units. The National Games has been held for 14 editions since its inauguration in Beijing in 1959. The first nine editions of the National Games were held by Beijing, Shanghai and Guangdong in turn, and the concerned restriction was removed afterwards.

The 15th National Games will be held from 9 to 21 November 2025, in Guangdong, Hong Kong and Macao. This is the first time for the National Games to be co-hosted by Guangdong, Hong Kong and Macao. The opening and closing ceremonies will be held in Guangzhou and Shenzhen respectively.

Hong Kong will stage eight competition events, namely Basketball (Men's U22), Track cycling, Fencing, Golf, Handball (Men), Rugby sevens, Triathlon and Beach volleyball, as well as one mass participation event, which is Bowling.



十五運會和殘特奧會吉祥物
The Mascots of the 15th National Games, the 12th National Games for Persons with Disabilities and the 1st National Special Olympics Games

亮點之一

Highlight One

田徑(馬拉松)及公路自行車兩個項目以跨境形式舉行，分別由深圳市及珠海市負責承辦。

Athletics (Marathon) and road cycling events will be organised by Shenzhen and Zhuhai respectively.

• **田徑(馬拉松)賽事**由深港兩地合作舉辦，測試賽已於今年2月23日完成。起點及終點設於深圳市，路線從深圳灣體育中心出發，經深圳灣口岸進入香港，繼而途經深圳灣公路大橋，港深西部公路高架橋，之後按相同路線折返深圳灣口岸返回深圳，最終抵達位於深圳灣體育中心的終點。

Athletics (Marathon): Co-organised by Shenzhen and Hong Kong, the athletics (marathon) test event was held on February 23 this year. The race started and finished at Shenzhen. It started from the Shenzhen Bay Sports Center, entered Hong Kong via the Shenzhen Bay Port, passed through the Shenzhen Bay Bridge and Kong Sham Western Highway Viaduct, then turned back to the Shenzhen Bay Port through the same route and return to Shenzhen, and finally ended at the Shenzhen Bay Sports Center.



亮點之二

Highlight Two

2025年全運會新增了一些特別項目，目的是為了吸引更多年輕參賽者，提高活動的多样性和吸引力。你又知不知道有哪些？

To attract more young athletes and enhance the diversity and appeal of the event, the 2025 National Games will introduce special events. Do you know what they are?

• **攀岩：**攀岩保持身體靠近牆面，利用腿部力量推進，而不是單靠手臂，精確地放置腳，要利用腳尖抓住岩石邊緣。攀爬時，運動員要觀察路線，規劃好每一步動作。

Rock Climbing: Athletes must keep their bodies close to the wall, using leg strength to advance rather than relying solely on their arms, and precisely placing their feet to grip rock edges. They must observe the routes and plan each movement carefully.

- **公路自行車賽事**是十五運會唯一一個粵港澳三地融合比賽項目，測試賽已於2024年11月24日舉行。賽事起終點設置於珠海市，從珠海博物館出發，途經澳門、港珠澳大橋，沿北大嶼山公路，途經香港迪士尼樂園度假區後折返，沿北大嶼山公路返回大橋，進入橫琴粵澳深度合作區，返回珠海博物館，總里程230公里。

Road Cycling: This is the event that connects and integrates Guangdong, Hong Kong and Macao, and it is also the only event being arranged across the three places, with test event held on November 24, 2024. Setting off from the Zhuhai Museum, the race passed through Macao, then entered Hong Kong via the Hong Kong-Zhuhai-Macao Bridge, traveled along the North Lantau Highway, passed through the Hong Kong Disneyland Resort and turned back to the North Lantau Highway and the Hong Kong-Zhuhai-Macao Bridge, entered Hengqin before racing to finish at the Zhuhai Museum, covering a total distance of 230 kilometres.

- 兩項賽事的正式路線仍在修訂中，我們期待最後的路線，繼續讓參賽者和觀眾在觀賞精彩賽事之餘，也能飽覽三地的風光。

The official routes for the two events are still under revision. We look forward to the final routes, which will enable participants and spectators to enjoy not only the thrilling competitions but also the stunning scenery of the three locations.



- **滑板：**滑板運動是一種包含滑行和用滑板表演雜技的極限運動。運動員確定主導腳之後，前腳放在滑板前部，後腳放在尾部，保持身體平衡，準備好後調整姿勢，用後腳推動滑板向前。

Skateboarding: An extreme sport that involves gliding and performing tricks on a skateboard. After determining their dominant foot, athletes place their front foot on the board's front and their back foot on the tail, maintaining balance while preparing to push off with the back foot.

ROCK CLIMBING

SKATEBOARDING

香港承辦的全運會和殘特奧會項目將會在哪裏舉行？ Where will the NG, NGD and NSOG sports events hosted by Hong Kong be held?

香港體育館
Hong Kong Coliseum

籃球（男子22歲以下組）
Basketball (Men's U22)

啟德體育園
Kai Tak Sports Park

保齡球（群眾賽事項目）
Bowling (Mass Participation Event)
擊劍
Fencing
手球（男子）
Handball (Men)
七人制橄欖球
Rugby Sevens
硬地滾球
Boccia

香港單車館
Hong Kong Velodrome

場地自行車
Track Cycling

香港哥爾夫球會（粉嶺球場）
Hong Kong Golf Club –
Fanling Course

高爾夫球
Golf

中環海濱活動空間及
維多利亞港
Central Harbourfront
Event Space and
Victoria Harbour

鐵人三項
Triathlon

維多利亞公園
Victoria Park

沙灘排球
Beach Volleyball

馬鞍山體育館
Ma On Shan Sports
Centre

輪椅擊劍
Wheelchair Fencing
輪椅舞蹈（大眾項目）
Para Dance Sport (Mass
Participation Event)

荃灣體育館
Tsuen Wan Sports Centre

殘奧乒乓球（TT11組）
Para Table Tennis (TT11)
特奧乒乓球
Special Olympics Table Tennis

全運會中，你所不知道的傳統中國項目？ Traditional Chinese events at the National Games – What you may not know?

七十年代開始，中國競技運動走向國際化，1983年第五屆全運會成為首次全面以奧運選拔和訓練的重要平台，項目設置與奧運接軌。自第七屆全運會起，全運會固定在奧運後一年舉辦，形成「全運會出人才，亞運會練人才，奧運會出成績」的格局。1994年，奧運獎牌納入全運會成績統計。

全運會自2017年第十三屆起，秉承「全運惠民，健康中國」的理念，設有分為比賽類和展演類的群眾賽事活動項目。除與奧運會相同的競賽項目外，全運會還包含傳統的中國項目，如武術和龍舟。結合動作美學與表演藝術的武術，體現中國文化的陰陽平衡哲學；龍舟則是一項需要20多人共同參與的競技活動，體現團結協作和拼搏精神。

Back in the 1970s, Chinese competitive sports embarked on a path of internationalisation. By the 5th National Games in 1983, the event had become a major platform for selection and training of elite athletes, with its structure aligning closely with Olympic standards. Since the 7th National Games, it has been held in the year following the Olympics, establishing a pattern where "the National Games nurture athletes, the Asian Games train athletes, and the Olympics produce results." In 1994, Olympic medals were formally incorporated into National Games performance statistics.

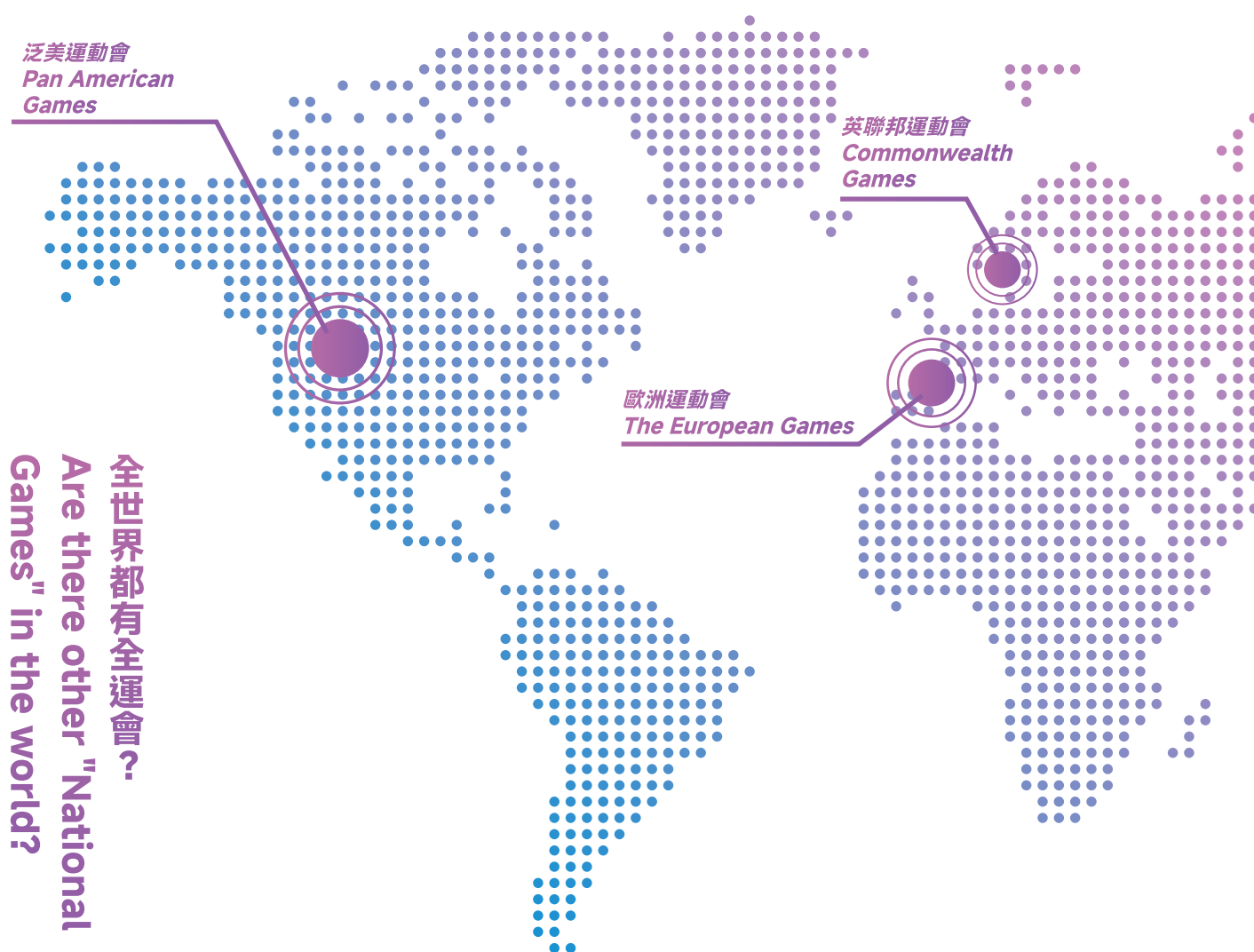
Since the 13th National Games in 2017, the event has upheld the ideal of "benefit ordinary people, make a healthy China", with mass participation events attracting enrolment in their competitive and demonstration categories.

Aside from Olympic-standard competitions, the National Games also feature traditional Chinese sports including: Wushu, which combines movement aesthetics with performance artistry, embodies the Chinese philosophical concept of Yin-Yang balance. Dragon boat racing requires over 20 participants working in concert, exemplifying the values of unity, collaboration and perseverance.

殘特奧會你知多少？

How much do you know about the National Games for Persons with Disabilities and National Special Olympic Games?

- 中華人民共和國殘疾人運動會暨特殊奧林匹克運動會，由中國殘疾人聯合會和國家體育總局合辦。
- 全國殘疾人運動會（簡稱「殘運會」）包含殘奧會的項目，是全國最高水平的綜合性殘疾人士運動會。首屆殘運會於1984年在安徽省舉行，至今已舉行11屆。全國特殊奧林匹克運動會（簡稱「特奧會」）旨在鼓勵智障人士參與體育比賽，首屆於1987年在廣東省舉行，至今已舉行八屆。殘運會和特奧會於2015年起合併舉辦，約每四年舉辦一次，參賽者為肢體、視力、聽力或智力方面有殘疾的運動員。
- The National Games for Persons with Disabilities (NGD) and the National Special Olympic Games of the People's Republic of China (NSOG) are co-organised by the China Disabled Persons' Federation and the General Administration of Sport of China.
- The NGD, featuring Paralympic sports, is the nation's highest level multi-sports event for persons with disabilities. The first NGD was held in Anhui in 1984 and 11 editions have been held so far. As regards the NSOG, which encourages persons with intellectual disability to participate in sports competitions, eight editions have been held since its inauguration in Guangdong in 1987. The two Games have been held as a joint event from 2015 onwards around once every four years for athletes with physical, visual, hearing or intellectual disability.



一直以來，運動會比賽的最大意義是培養體育精神、團結一心，以至超越自我，更快、更高、更強；故此，全世界不同地區、不同國家都有各種形式的「全運會」，例如，英聯邦運動會是泛大不列顛同泛安圭拉的競賽和節日，目的是促進成員之間的友誼和理解，目前共有53個英聯邦國家參與，是最多運動員參與的國際運動會之一。而泛美全運會則是美洲的國際綜合性運動會，每四年舉辦一次，近數屆每屆均有來自42個國家地區超過五千名運動員參與，泛美運動會的比賽項目基本上與奧運會的項目相同。歐洲運動會則是較新設立的綜合運動會，首屆賽事在2015年於阿塞拜疆首都巴庫舉行。

至於亞洲方面，日本國民體育大會最大特點是集競技與娛樂於一身，每年由全國47個都道府縣輪流舉辦，特設有高中棒球及

體育藝術等公開比賽項目，有趣的是更有主婦排球及拔河等表演項目。那邊廂，韓國全國體育大會的競技項目包括棒球、足球、網球、田徑、籃球。由全國16個道或直轄市輪流舉辦；除奧運項目外，還包括傳統的韓國摔跤、傳統射箭、民間遊戲如拔河和踢毽子等，強調社區參與和傳統習俗。

Yes – they do! National and regional sporting events around the world serve the same goal: to promote sportsmanship, unity, and the pursuit of excellence, as the Olympic motto says – Faster. Higher. Stronger. This ethos is reflected in various "National Games" and international competitions held across regions and countries around the world. For example, the Commonwealth Games unite nations of the British Commonwealth and Anguilla in friendly competition, promoting friendship and mutual understanding among member states. With 53 participating countries, it is one of the largest international sporting events globally.



香港在全運會的「威水史」 Hong Kong's "Prestigious History" in the National Games

香港於1997年首次派員參加當時的第八屆全運會，第一次參賽便由黃金寶在男子157公里個人公路單車賽勇奪得金牌，讓香港人引以為傲。至2024年，香港已連續參加七屆，歷屆的港區代表平均參與18至25項全運會競賽項目，超越總項目數量一半以上；至2017年的十三運會，獎牌數目已上升至16面。香港運動員每每全力以赴，做到最好！

Hong Kong made its first participation at the 8th National Games in 1997, where Wong Kam-po delivered a historic performance by winning gold in the men's 157 km individual road cycling event, bringing immense pride to the city. By 2024, Hong Kong had participated in seven consecutive editions, with its athletes competing in 18 to 25 events – more than half of the total offerings. By the 13th National Games in 2017, Hong Kong's medal count had reached an impressive 16. Throughout these Games, Hong Kong's athletes have consistently demonstrated outstanding dedication to win.

Similarly, the Pan American Games are a major international multi-sport event in the Americas, held every four years. Recent editions have featured over 5,000 athletes from 42 countries, with events largely mirroring those of the Olympics. Europe joined this tradition more recently with the launch of the European Games, which debuted in Baku, Azerbaijan, in 2015.

In Asia, Japan's National Sports Festival uniquely blends competition with entertainment and is hosted annually by one of the country's 47 prefectures. The festival includes public competitions in high school baseball and sports arts, along with engaging demonstration events such as volleyball, tug-of-war and golf. Meanwhile, the Korea National Sports Festival features competitive events in sports such as baseball, football, tennis, athletics and basketball. The festival is held on a rotating basis across the 16 provinces and metropolitan cities. In addition to Olympic sports, it highlights traditional Korean activities such as wrestling, archery and folk games like tug-of-war and shuttlecock kicking, placing a strong emphasis on community participation and cultural heritage.

擊劍比賽 擊劍快過眨眼

Fencing – A Strike Faster than a Blink

今年全運會，其中一項最令人期待的運動是擊劍。還記得在去年巴黎奧林匹克運動會，微笑劍后江旻憓和劍神張家朗在決賽中以「決一劍」下勇奪金牌，至今天仍讓人印象深刻，但可曾想過運動員要刺出這一劍的反應有多快？答案是：0.25秒。0.25秒有多快？即是說：比你眨眼還快！

LOOKING INTO SPORTS



One of the most anticipated competitions at this year's National Games is fencing. Remember the Paris Olympic Games last year, when the "Smiling Queen of Fencing" Vivian Kong Man-wai and the "Fencing God" Edgar Cheung Ka-long captured gold medals in the Épée and Foil finals with "a final strike"? These unforgettable moments left a lasting impression – but have you ever wondered just how fast athletes must react to land that winning touch? The answer: 0.25 seconds. How fast is that? Faster than the blink of an eye!

運動多面睇

以為頂尖擊劍運動員天生神速？科學顯示，他們的大腦運作竟與人工智能的深度學習如出一轍。當普通人還在**眨眼（約0.3秒）**的瞬間，劍手已能完成識破破綻、編寫攻擊程式、發動致命一擊的完整流程；這**0.25秒的極限反應**，正是擊劍運動員成為人體AI的終極進化形態。

但羅馬不是一天建成，擊劍運動員是要經過像訓練AI的學習過程。首先是記憶訓練：頂尖劍手的眼睛就像**24小時**運作的超頻掃描器，劍手每天要「掃描」**5,000次對戰影像**，但重點不是記着招式，而是讓大腦神經元形成「反射迴路」。接着，這種反射迴路特訓的核心在於「**0.1秒預判法則**」：當對手的肩膀肌肉移動0.1毫米位，頂尖劍手能瞬間解讀出**18種可能的攻擊路徑**，就像捉圍棋時，高手預判**十步棋局**的狀態，這樣便可棋高一着。很有趣吧，但好戲還在後頭……

Are top fencing athletes naturally lightning-fast? Science reveals that their brains operate in ways remarkably similar to deep learning systems used in artificial intelligence. In the time it takes an average person to **blink – about 0.3 seconds** – a fencer can complete the entire process of identifying an opponent's weakness, formulating an attack strategy and executing a decisive strike **in just 0.25 seconds**. This extraordinary reaction time represents the ultimate evolution of fencers as human-like AIs.

Rome wasn't built in a day – and neither are fencing athletes. Their training process mirrors the development of AI. It begins with memory training: elite fencers' eyes act like ultra-fast scanners, processing up to **5,000 combat images per day**. The goal is not to memorise specific moves, but to develop neural "reflex circuits" in the brain.

Next, the core of this reflex circuit training lies in the "**0.1-second prediction rule**": when an opponent's shoulder muscle moves by just 0.1 millimetres, elite fencers can instantly anticipate up to **18 possible attack trajectories**. It is similar to how **Go masters visualise 10 moves ahead**, allowing them to stay one step ahead of their opponent. Fascinating, isn't it? But the best is yet to come...

以人工智能破解人工智能 - 「fake」人之技 Using AI to Outwit AI – The Art of "Faking"

既然每個頂尖擊劍高手都能預判對手動作，他們還要進一步學習「詐騙」術，簡單地說：就是「fake」人。劍手交鋒時，大腦的前額葉會同步運行「攻擊代碼」與「欺騙代碼」，就像黑客同時打開十個虛擬視窗，用假動作誘使對方防禦系統誤判，再從視覺盲區發動真實攻擊。然而要將人體訓練成像機器，擊劍選手要跨越三重數位高牆。

Since every elite fencing master can anticipate their opponent's movements, they must also master the art of deception – essentially, the ability to "fake out" their opponents. During a fencing bout, the prefrontal cortex runs both an "attack code" and a "deception code" simultaneously, much like a hacker operating multiple virtual windows at once. Feints are used to mislead the opponent's defensive system, setting up the real attack from a visual blind spot. However, for the human body to function with machine-like precision, fencers must overcome three key digital barriers.

「感知閾值突破」 Breaking the Perception Threshold

人類肉眼偵測率約60Hz，要捕捉0.1秒的細微動作，需要將動態視覺敏銳度提升三倍。擊劍運動員採用「閃電靶訓練法」，結合虛擬實境與神經可塑性原理的訓練裝置，在0.008秒內投射出攻擊標靶。為了捕捉這轉瞬即逝的光點，運動員的視覺皮層被迫啟動「超頻模式」，讓大腦視覺皮層產生慢動作幻覺；略嫌太複雜？你該看過《22世紀殺人網絡》的子彈慢動作重播的特效效果！

The human eye can capture about 60 frames per second, but perceiving subtle movements within 0.1 seconds requires tripling dynamic visual acuity. Fencers employ the "lightning target training" method, which combines virtual reality with neuroplasticity principles to project attack targets within 0.008 seconds. To capture these fleeting light points, athletes' visual cortices are forced into an "overclocking mode," creating slow-motion illusions in the brain's visual processing. Too complex? Think of the bullet-time special effects you've seen in "The Matrix"!

第一關 First Barrier

偵測率約60Hz

0.008秒內
投射出攻擊標靶

視覺敏銳度提升3倍

第二關 Second Barrier

「決策迷宮」 The Decision Maze

當大腦同時處理多個變量（距離／角度／力度），容易產生認知負荷。法國神經科學團隊研發出「三色燈矩陣」，實質是將戰術思維轉化為機器學習模型。當紅黃綠三色光譜以量子點技術隨機疊加時，選手必須在400毫秒內完成：**紅燈亮起要防禦**，**黃燈要佯攻**，**綠燈要突擊**。但三色燈也會隨機疊加出現，強制大腦建立多線式思維，就像電腦要同一時間運行防毒軟體及下載檔案等幾個程式。

When the brain processes multiple variables simultaneously – such as distance, angle and force – the cognitive load can become overwhelming. A French neuroscience team developed the "Traffic Light Matrix," a system that effectively translates tactical thinking into a machine learning model. Using quantum dot technology, red, yellow and green lights are combined randomly, requiring athletes to respond within 400 milliseconds: **defend on red, feint on yellow and attack on green**. The unpredictable sequence of lights forces the brain to engage in multi-threaded thinking, much like a computer running antivirus software while downloading files.



「反人工智能陷阱」 The Anti-AI Trap

這關最棘手。當對手也是頂尖劍手，雙方都在預判對方的動作，這時唯有靠另一個「量子訓練系統」，透過人工智能生成永不重複的攻擊模式，迫使選手跳出預判的思維框架，以人工智能破解人工智能陷阱，是不是愈想愈有趣呢？

This is the most challenging barrier. When both opponents are elite fencers, each predicting the other's moves, the only way to gain an edge is through a "quantum training system" that uses AI to generate attack patterns that never repeat – forcing athletes to break free from predictable thinking. Using AI to outsmart AI – doesn't that sound increasingly intriguing?

**十一月在啟德體育園現場看比賽，
你可發現更多觀賞擊劍的樂趣！**

**Come to Kai Tak Sports Park this
November to watch the competitions
and experience the first-hand
excitement and joy of fencing!**

破解之道：與機器合作！

The Path to Breakthrough – Collaborating with Machines!

要突破這些訓練瓶頸，現代擊劍訓練還發展出三項人與機器協作方案。

- 第一：「肌肉記憶植入術」**，設計出電刺戰衣，用特定頻率的微電流強化神經記憶，記下每個動作，直接「寫入」大腦的運動皮層。
- 第二：「戰術沙盒系統」**，將過去十年所有國際賽事數據建立資料庫，選手可隨時與特定對手的「數位分身」進行模擬戰，更厲害的是系統會自動進化，當你擊敗某個對手十次，第11次它就會變得更強，如同AlphaGo般學習。
- 第三：「腦波校準儀」**，最新研發出「戰術欺瞞訓練盔甲」透過超導量子干擾儀，捕捉到選手在發動假動作前大腦的前額葉的頻率共振，幫助選手精準掌握「詐術觸發時機」。

To overcome these training bottlenecks, modern fencing training has developed three major human-machine collaboration schemes:

- 1. Muscle Memory Implantation:** This approach involves designing an electric suit that delivers microcurrents at specific frequencies to enhance neural memory. The suit records each movement and directly "writing" it into the brain's motor cortex.
- 2. Tactical Sandbox System:** A comprehensive database compiled from a decade of international competition data enables athletes to engage in simulated battles against "digital avatars" of specific opponents. The system adapts autonomously; for example, if an athlete defeats an opponent ten times, the avatar becomes stronger in the eleventh encounter, similar to how AlphaGo learns and improves.
- 3. Brainwave Calibration Device:** The latest development is the "Tactical Deception Training Armor," which utilises superconducting quantum interference to detect the frequency resonance of the brain's prefrontal cortex just before an athlete performs a feint. This technology helps athletes precisely master the timing of their deceptive moves.

未來戰場：當人體AI遇上真正AI

The Future Battlefield – When Human AI Meets Real AI...

有趣的是，最新研究顯示人體AI正在反哺科技發展。瑞士洛桑聯邦理工學院透過分析劍手大腦，開發出能預判人類動作的機械手臂，反應速度比傳統AI快47%。這印證了運動科學家的預言，最頂尖的人體，終將成為最完美的演算法，所以，當你下次看見劍手電光火石般的交鋒，請記得那不只是肌肉的碰撞，更是兩個高度進化的人腦AI在進行代碼攻防戰。在這場永不停歇的進化競賽中，人類正用自己的方式，證明血肉之軀也能超越晶片的極限。

Interestingly, recent research reveals that human AI is now influencing technological development. Scientists at the Swiss Federal Institute of Technology in Lausanne have analysed the brains of fencers to create robotic arms capable of predicting human movements, responding 47% faster than conventional AI systems. This finding supports sports scientists' prediction that the pinnacle of human capability will ultimately be embodied in a perfect algorithm. So, the next time you witness the lightning-fast exchanges between fencers, remember it's not merely a clash of muscles but a battle between two highly evolved human brain AIs engaged in a code of defence and attack. In this relentless race of evolution, humanity is demonstrating that flesh and blood can surpass the limits of silicon chips.

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手球（男子）比賽將會在啟德體育園啟德體藝館舉行，其最大的特點是激烈的對抗和快速的節奏，結合速度、力量與策略，強調團隊配合與個人技術的平衡，充分展現動態競技的趣味。球員需在瞬間判斷傳球、突破或射門，攻防轉換極快，所以手球賽事節奏明快，精彩刺激。

由於手球場地較小，身體接觸的機會更多，增加了比賽的強度。另外，規則規定進攻球員只要在不失去平衡下就可繼續進攻，這設計保持了比賽的連續性和高速度。

比賽中，運動員常用魚躍射門等技巧爭取得分，形成多樣化的空中動作和射門方式。此外，守門員的快速撲救和靈活的隱蔽傳球也為比賽增添吸引力，為觀眾帶來強烈的視覺衝擊和觀賞樂趣。

The men's handball matches will be held at the Kai Tak Arena in Kai Tak Sports Park. This dynamic sport captivates audiences with its intense competition and rapid pace, masterfully blending speed, strength and strategic play. It strikes an impressive balance between collaborative teamwork and individual skill, delivering the excitement of fast-paced competitive action. Players must make split-second decisions – whether to pass, break through defensive lines or attempt a shot on goal – while constantly transitioning between offensive and defensive roles, creating a fast-tempo and exhilarating spectacle.

Due to the smaller court size, there are more opportunities for physical contact, which increases the intensity of the game. Additionally, the rules allow attacking players to continue their offensive play as long as they maintain their balance, a design that preserves the match's continuity and fast pace.

During matches, athletes often use techniques such as diving shots to score, resulting in a variety of aerial movements and shooting styles. The goalkeeper's lightning-fast saves and agile passing further enhance the game's appeal, providing spectators with a powerful visual experience and great enjoyment.

Unlock Basic Skills

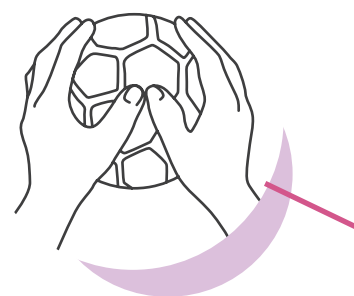
註：動作說明是以右手擲球者為基礎，左手擲球者則以相反動作指示執行
Note: Instructions are based on right-handed throwers; left-handed throwers should follow the opposite directions/instructions.

1 接球 RECEIVING

當來球高於胸部時：
When the incoming ball is higher than the chest:

手的姿勢：接球的雙手十指朝上，兩手大拇指和食指約成三角形，雙手則呈圓形，以略大於球體大小為原則。

Hand Posture: The receiver's hands should have the fingers pointing upwards. The thumbs and index fingers of both hands should form a triangular shape, with the hands rounded and slightly larger than the size of the ball.



全運主場出擊

NATIONAL GAMES IN HK

手球運動源自丹麥

不單止是曲奇！包含跑、跳、擲的手球運動也源於丹麥。丹麥人霍革尼爾森於1898年在丹麥職業學校以室內場地首創了七人制手球，隨後於1906年制定七人制手球規則，廣受北歐各國喜愛，並於1938年在德國舉行了第一屆世界盃七人制手球賽。

Handball Originated from Denmark

Not only cookies – handball, a sport involving running, jumping and throwing, also originated in Denmark. Danish teacher Holger Nielsen introduced the first seven-a-side handball at a vocational school with an indoor venue in 1898. In 1906, the formal rules for seven-a-side handball were established, leading to widespread popularity throughout the Nordic countries. This growth culminated in the first World Cup seven-a-side handball tournament, held in Germany in 1938.

接球姿勢：雙手微屈平行前伸，指尖朝上，待球到達時，右腳前跨一小步，雙手同時隨球體後縮，以減輕手掌的衝擊力。

Receiving Position: Bend the hands slightly and extend them forward in parallel, with the fingertips facing upwards. As the ball approaches, take a small step forward with the right foot and retract both hands simultaneously with the ball to reduce the impact on the palms.



當來球低於腰部時：
When the incoming ball is below the waist:

手的姿勢：雙手十指朝下，兩小指微微接觸；雙手呈圓形，以略大於球體大小為原則。

Hand Posture: Fingers should point downwards, with the two little fingers making slight contact. The hands should be rounded and slightly larger than the size of the ball.

手球運動
「不要急，最緊要快」？
Handball – No Rush,
but Speed Up?

接球姿勢：身體重心降低，雙手平行下伸，指尖朝下，待球到達時雙手隨球體後縮，以減輕手掌的衝擊力。

Receiving Position: Lower your centre of gravity, extending the hands downward in parallel with the fingertips facing down. As the ball arrives, retract both hands with the ball to lessen the impact on the palms.

2 傳球 PASSING

傳球的好壞足以影響接球或射門的成敗

- 分為正面、體側、背後及鉤腕傳球；正面傳球又分肩上傳球、推傳及低手傳球等。
- 肩上傳球是最普遍的傳球方式——傳球時將球舉高過頭，重心轉移到後腳，以手臂為長軸，向前擺臂前壓，利用扭腰、擺臂和手腕下扣的力量將球傳出。

The Quality of a Pass is Key to Success.

- Common types of passes include the overhead pass, shoulder pass, underarm pass and bounce pass.
- The shoulder pass is the most common form: lift the ball over your head, shift your weight to your back foot, use your arm as the long axis, swing your arm forward while pressing down, and utilise the power of your waist twist, arm swing and wrist snap to propel the ball.

4 步法 FOOTWORK

持球時最多可移動三步，計步方法為：持球後一腳離地再落地時為一步；若跑動中接到球後第一隻落地的腳為基準腳(不計步)，再有一腳離地落地才計一步。

When holding the ball, you may take up to three steps. The method of counting steps is as follows: after securing the ball, lifting one foot off the ground and then landing counts as one step. If you receive the ball while running, the first foot that lands is considered the base foot (and does not count as a step). The next foot that lifts off the ground will then count as one step.



3 運球 DRIBBLING

以前手臂及手腕的力量控制，須注意掌心朝下的接觸球體作運球動作，不可翻手或球體停留在手掌過久，因規則不允許。

Use the arm and wrist to control the ball, keeping it at wrist level with your hand on top. Avoid turning your hand over or allowing the ball to remain in your palm for too long, as the rules do not permit this.

5 射門 SHOOTING

射門是中心技術，要得分就必須借助射門的技術來完成。

- 分別有跨步、墊步、跳躍、倒身、魚躍、滾翻、飛身、背後及七公尺射門等；以跳躍射門最多。
- 以跳躍射門使用最廣——以左腳(右手擲球者)起跳，右腳向上帶動躍起，手臂高舉後擺（動作比肩上傳球略大），擲球時如同肩上傳球動作，但以更大的力量將球擲出，隨即以左腳落地，完成射門動作。

Shooting is a Fundamental Skill for Scoring.

- Types of shots include the overarm shot, underarm shot, diving shot, jump shot, jumping with both feet, back shot and 7-metre shot.
- The jump shot is the most widely used: jump with your left foot (for right-handed throwers), driving upward with your right foot, swing your arm high (slightly larger than a shoulder pass), throw the ball like a shoulder pass but with greater force, and then land with your left foot to complete the shot.

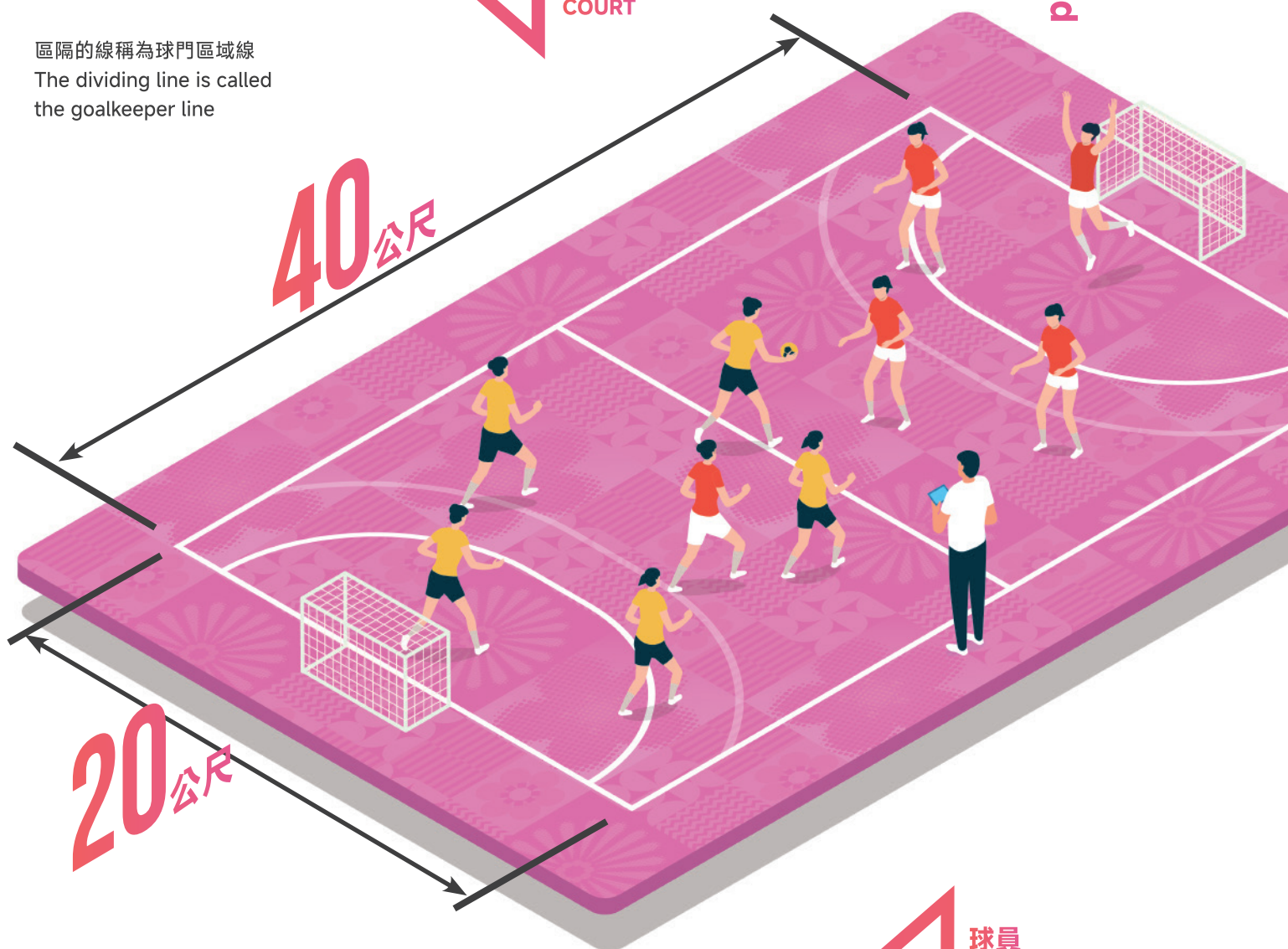
比賽場地與得分規則 Competition Venue and Scoring Rules

手球比賽在20 x 40公尺長方形的場地進行，球門高 2 公尺、寬 3 公尺，有一近似半圓形的球門區域，只允許守門員在範圍內活動。

The handball game is played on a rectangular field measuring 20 x 40 metres. The goal is two metres high and three metres wide, and there is a semi-circular goal area within which only the goalkeeper is allowed to stay.

場地
COURT

區隔的線稱為球門區域線
The dividing line is called
the goalkeeper line



球員
PLAYERS

- 每隊由14名球員組成 (普通球員12名、守門員2名)。
- 出場比賽最多7名球員，包括1名守門員。
- 比賽開始時，每隊至少須有5名球員出賽，其中1名須為守門員。
- Each team consists of 14 players (12 regular players and two goalkeepers).
- A maximum of seven players may play at any one time, including one goalkeeper.
- At the start of the match, at least five players from each team must be on the field, one of whom must be the goalkeeper.

手球，用腳可以嗎？ Handball – Can You Use Your Feet to Play?

A 對球的動作 ACTIONS WITH THE BALL

- **球員允許的合法動作：**

用手（握拳或開掌）、臂、頭、軀幹、大腿及膝蓋等部位傳球、接球、擋球、推球、擊球或擲球。

- **Legal Actions for Players:**

Players are permitted to pass, receive, block, push, hit or throw the ball using their hands (fist or open palm), arms, head, torso, thighs and knees.

- **下列是不允許的，違者由對手在犯規地點擲任意球：**

a) **持球三秒：**持球未移動位置，時間最多為三秒鐘

b) **持球走步：**持球時最多移動三步

c) **空中運球：**球離手後未觸及地面、其他球員再觸球

d) **兩次運球：**用單手將球向地面一次或連續拍彈後，接住球又向地面運球而再接觸球者；或以雙手將球向地面拍彈兩次以上者

e) **腳踢球：**用膝蓋以下部位觸球者，但被對方擲擊時不在此限

f) **倒身撲球：**球在地面滾動或停止時倒身撲球者

- **Actions Not Allowed:** The following actions are prohibited, and violations result in the opponent being awarded a free throw from the foul spot:

a) **Holding the Ball for Three Seconds:** A player may hold the ball without moving for a maximum of three seconds.

b) **Traveling with the Ball:** A player may take up to three steps while holding the ball.

c) **Air Dribbling:** After the ball is released, it must touch the ground before another player touches it.

d) **Double Dribbling:** A player may not bounce the ball once or continuously with one hand, catch it and then bounce it again; nor may they bounce it more than twice with both hands.

e) **Kicking the Ball:** Touching the ball with any part below the knee is prohibited, except when the ball is being thrown by an opponent.

f) **Diving for the Ball:** Players may not dive for the ball when it is rolling or stationary on the ground.

B 對人的動作 ACTIONS AGAINST OTHER PLAYERS

- **球員允許的合法動作：**從任何方向以單手掌取得對方的球，無論對方控球與否均可用軀幹阻擋對方球員。

- **Legal Actions for Players:**

Players may use one hand to obtain the ball from an opponent from any direction. They may also use their torso to block an opponent, regardless of whether the opponent has possession of the ball.

- **下列是不允許的，違者視情況輕重給予適當的判罰：**

推人：用單臂或雙臂推對方球員

抱人：用單臂或雙臂抱對方球員

打人：用身體或四肢衝打對方球員

絆人：用身體或腳絆對方球員

撞人：無論持球與否，用身體衝或撞對方球員以及用其他任何方法威脅對方球員

- **Actions Not Allowed:**

The following actions are prohibited, and penalties will be assessed based on the severity of the infraction:

Pushing: Using one or both arms to push an opponent.

Holding: Using one or both arms to hold an opponent.

Striking: Colliding with an opponent using the body or limbs.

Tripping: Using the body or feet to trip an opponent.

Charging: Colliding with an opponent regardless of possession of the ball or threatening them by any means.

全運全城運動

READY SET GO



齊來打籃球 Let's Play Basketball

籃球是全球第三大受歡迎的運動，但你知道籃球在香港更是第二受歡迎的球類運動嗎？參與籃球的市民超過三十萬人。

Basketball is the third most popular sport globally, but did you know it ranks as the second most popular ball sport in Hong Kong? Over 300,000 residents participate in basketball across the city.

點解要打波？ Why Basketball?

#改變身型

Change Your Body Shape

處於發育期的人在身高、耐力和力量的發展遠大於其他時期。

身高：青春期（11至15歲之間）生長激素的分泌量顯著增加，身高增長速度可達每年8-12厘米。由於生長板在長骨（較長骨骼）的兩端，透過跳躍的拉長、收縮，可以幫助生長板生長，而籃球運動的特點正是「跳」、「跑」，能刺激生長板，刺激身高成長。

During developmental stages, individuals experience significantly greater increases in height, endurance and strength than at other times in their lives.

Height: During puberty (ages 11-15), the secretion of growth hormones increases markedly, with growth rates reaching 8-12 cm per year. The growth plates at the ends of long bones can be stimulated through jumping and stretching, which are fundamental aspects of basketball.

#提升體能

Improve Physical Fitness

心肺耐力：在發育期間進行有氧運動能顯著提升心肺耐力。青少年進行定期有氧訓練後，最大攝氧量可提高10-20%。肌肉力量、耐力和爆發力發展方面，青春期男性的睪丸酮和女性的雌激素水平都會上升，這些激素有助於肌肉增長。力量訓練可使青少年力量增長約20-40%。

在籃球運動中搶籃板、投籃、封阻、橫向移動、快速運球、進攻和防守的身體對抗，比賽中長距離追放和短距離衝刺快攻等動作，能增強心肺耐力、肌肉力量、耐力和爆發力。

Cardiovascular Endurance: Engaging in aerobic exercise during growth periods can significantly enhance cardiovascular endurance. Teenagers participating in regular aerobic training can improve their maximum oxygen uptake by 10%-20%. Testosterone levels in males and oestrogen levels in females rise during puberty, aiding muscle growth. Strength training can lead to a 20%-40% increase in strength for adolescents.

In basketball, actions such as rebounding, shooting, blocking, lateral movement, dribbling and both offensive and defensive physical confrontations, along with running and short sprints, enhance cardiovascular endurance, muscle strength, endurance and explosive power.



#提升心理

Enhance Mental Skills

專注度：在體力消耗的情況下，仍需要保持高度專注達成每一項要求，如搶籃板、防守快攻、射罰球克服觀眾的噓聲等。

協調性：比賽需要持球人以手腳完成動作，持球人需要訓練左右手運球、上籃，提升球感並改善非慣用手的協調性，有助促進左右腦全腦的開發。

Concentration: Even when physically fatigued, players must maintain high levels of concentration to meet various demands, such as rebounding, defending against fast breaks and overcoming the crowd's jeers while shooting free throws.

Coordination: In a game, the ball handler performs actions using both hands and feet. Training to dribble and shoot with both hands not only enhances ball control but also improves coordination in the non-dominant hand, fostering the development of both hemispheres of the brain.



成就解鎖之投籃你要識！ Unlock your shooting ability!

籃球的最後決勝點就在投籃得分。投籃是全身協調動作，要有穩固的持球，依距離以適當的力量，結合上肢與下肢的動力鏈，抬肘伸臂，以最佳出手速度、出手高度與出手角度投籃，在屈腕撥指間讓球後旋，藉着空氣阻力和浮力，產生最佳投籃黃金弧線，調校好入籃角度，提升入籃率。

The decisive factor in basketball is scoring through shooting. Shooting is a full-body coordinated action that requires a stable grip on the ball, appropriate force based on distance and a combination of upper and lower body power. You need to lift your elbow, extend your arm and shoot with optimal speed, height and angle. By snapping your wrist and using backspin, you can create the best shooting arc, adjusting for the ideal entry angle to improve your shooting percentage.

要把握得分，就要掌握以下投籃原則：

快：爆發力好、起跳快、舉球和投球快；

高：出手點高、弧度高；

遠：遠離防守人、能夠遠射；

多：依距離、角度和防守採取不一樣的投籃技術；

變：在投籃過程中，依對方防守在空中做不同改變置或方向。

To maximise your scoring percentage, you need to master the following shooting principles:

Fast: Good explosiveness, quick jumping and rapid shot preparation.

High: High release point and arc.

Far: Maintain distance from defenders and be able to shoot from afar.

Varied: Use different shooting techniques based on distance, angle and defence.

Adaptive: Alter your shooting style in mid-air depending on the opponent's defence.

除投籃外，搶籃板球是籃球比賽中的關鍵一環。成功搶到防守籃板球可以有效控制比賽的節奏，避免對手的二次進攻，並確保防守球隊能夠獲得進攻機會。搶到進攻籃板能讓球隊獲得二次進攻的機會，增加得分的可能性。

In addition to shooting, rebounding is a crucial aspect of basketball. Successfully securing a defensive rebound helps control the game's pace, prevents second-chance opportunities for opponents, and ensures the defending team can seize offensive chances. Grabbing an offensive rebound provides the team with additional scoring opportunities.



想成功投籃？深蹲跳幫到你！
Want to shoot successfully?
Squat Jumps can help!



(參考圖片)

深蹲跳是增強下半身力量的最佳運動之一，而且可以使用啞鈴來進行。加重深蹲跳對於球員的垂直跳躍高度以及彈跳速度非常有益，還有助於提高籃球技能，如籃板球、灌籃和阻攻。

訓練方法：雙手自然垂在兩側，手持一個啞鈴，蹲下直到膝蓋與大腿呈現90度，膝蓋不能超過腳尖，然後爆發性地彈起，直至差不多伸直雙腿，盡可能跳得更高。為了取得最佳效果，可嘗試進行五組深蹲跳，每組大約持續30秒。

Squat jumps are among the best exercises to enhance lower body strength and can be performed with dumbbells. Weighted squat jumps are beneficial for improving vertical jump height and explosiveness, as well as enhancing basketball skills such as rebounding, dunking and shot-blocking.

Training Method: Stand with your arms naturally hanging at your sides, holding a dumbbell in one hand. Lower into a squat until your knees form a 90-degree angle with your thighs, ensuring that your knees do not extend past your toes. Then, explosively jump up, aiming to straighten your legs and jump as high as possible. For best results, aim to complete five sets of squat jumps, with each set lasting about 30 seconds.

專訪

FEATURE INTERVIEW

全國運動會 香港賽區統籌辦公室主任 楊德強先生

MR. YEUNG TAK-KEUNG

HEAD, NATIONAL GAMES COORDINATION OFFICE (HONG KONG)



立即去片
**Watch the
exclusive video**

全國運動會香港賽區統籌辦公室主任楊德強先生(TK)，自小參與多項體育運動，特別熱愛球類運動如足球、手球和壁球。2008年參與組織奧運和殘奧馬術項目，於2016-2022年擔任體育專員，負責推動香港的體育發展和制定相關政策措施，包括策劃和興建啟德體育園。2023年開始籌備全運會香港賽區的項目。

Mr. Yeung Tak-keung (TK), the Head of NGCO, has been actively involved in various sports since childhood, with a particular passion for ball games such as football, handball and squash. He participated in organising the Equestrian Events for the 2008 Olympic and Paralympic. From 2016 to 2022, he served as the Commissioner for Sports, responsible for promoting Hong Kong's sports development and formulating related policy measures, including strategising and planning the construction of the Kai Tak Sports Park. Since 2023, he has taken up the important role to champion the organisation of the 2025 National Games.

香港浸會大學一年級學生陳泳榆同學，修讀體育及康樂管理，滑浪風帆運動員。

A first-year student in Hong Kong Baptist University studying Physical Education and Recreation Management, a windsurfing athlete.

OUR STORIES 我們的故事

第十五屆全國運動會

香港賽區賽事日期

THE 15TH NATIONAL GAMES (HONG KONG) COMPETITION SCHEDULE

	比賽項目 Competition	比賽場地 Venue	比賽日期 Date
	沙灘排球 Beach Volleyball	維多利亞公園 Victoria Park	2025.10.31-11.8; 11.10
	手球 (男子) Handball (Men)	啟德體育園啟德體藝館 Kai Tak Arena, Kai Tak Sports Park	2025.11.1-5; 11.7-8; 11.10
	籃球 (男子22歲以下組) Basketball (Men's U22)	香港體育館 Hong Kong Coliseum	2025.11.10-20
	七人制橄欖球 Rugby Sevens	啟德體育園啟德主場館 Kai Tak Stadium, Kai Tak Sports Park	2025.11.12-14
	高爾夫球 Golf	香港哥爾夫球會一粉嶺球場 Hong Kong Golf Club – Fanling Course	2025.11.13-16
	場地自行車 Track Cycling	香港單車館 Hong Kong Velodrome	2025.11.13-17
	鐵人三項 Triathlon	中環海濱—維多利亞港 Central Harbourfront Event Space and Victoria Harbour	2025.11.15-16
	擊劍 Fencing	啟德體育園啟德體藝館 Kai Tak Arena, Kai Tak Sports Park	2025.11.15-20
	跨境公路自行車 (男子個人賽) Cross-boundary Road Cycling (Men's Individual Race)	珠海—香港/澳門公路自行車線路 Zhuhai - Hong Kong/ Macao Road Cycling Race Route	2025.11.8
	跨境田徑 (馬拉松) Cross-boundary Athletics (Marathon)	深圳—香港馬拉松線路 Shenzhen - Hong Kong Marathon Race Route	2025.11.15
	保齡球 (群眾賽事活動) Bowling (Mass Participation Event)	啟德體育園保齡球中心 Bowling Centre, Kai Tak Sports Park	2025.8.22-24



2025nationalgames.gov.hk



2025 National Games - HongKong



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