



Limitless

Sailability Hong Kong
Newsletter, Issue 9
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無限可能
第九期出版



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Words of Welcome

歡迎辭

Welcome from Kay

Hi Everyone

Welcome back to **Limitless Edition 9** and we hope you have all survived the very hot, wet and stormy summer we have ALL had to endure!!!!

Times like this show the resilience of our Team, Instructors, Volunteers and of course our Sailors, who come from very diverse backgrounds and continue to come to sailing or help with typhoon preparations etc when needed. This to me and many others shows the impact that sailing has on people's lives, not only the sailing element but also the camaraderie, support and friendships seen within our Sailability family.

I just mentioned resilience which is seen every day within our programmes and also by our participation numbers recorded during the summer months. Many joined our summer camp and also we saw the start of our very exciting CUHK programme which you can read about more in this edition:

Participation numbers for information:

- July - 528 sailors
- August - 513 sailors
- September - 243 sailors

and the heat went on!!!!!!!

來自 Kay 的問候

各位好！

歡迎回到《無限可能》第9期，希望大家都安然度過了這個炎熱、潮濕又多風暴的夏天！！！！

這樣的時刻展現了我們團隊、教練、義工，當然還有來自不同背景的帆船水手們的堅韌不拔。他們在需要時繼續參與帆船活動或協助颱風準備工作等。對我和許多人來說，這顯示了帆船運動對人們生活的深遠影響，不僅是航海本身，還有在香港航能大家庭中看到的友誼、支持和團結精神。

我剛才提到的堅韌精神，在我們的日常項目中以及夏季月份記錄的參與人數中每天都能看到。許多人加入了我們的夏令營，我們也見證了令人興奮的香港中文大學項目的開始，您可以在本期中詳細了解：

- 7月 — 528名水手
- 8月 — 513名水手
- 9月 — 243名水手

儘管天氣依然炎熱！！！！！！

We are also including in this edition an article about our **Junior Optimist Programme** benefitting youth within our community who would not have the opportunity to learn to sail.

Other groups joining us during the summer included various branches of the Boys' & Girls' Clubs Association of Hong Kong, Heep Hong Society, Hong Chi Association, Inner City Ministries, Po Leung Kuk Laws Foundation College, Hong Kong Association for AD/HD, Sai Kung District Community Centre, Mary Rose School with the China Hong Kong Paralympic Committee (HKPC) and Jockey Club Sarah Roe School and TREATS beginning their annual programmes plus our regular weekly programmes. **A shout out to our sponsor, Sun Hung Kai Scallywag Foundation**, for funding many of our programmes for under-represented youth, which many of the above mentioned fall into.

The COA held a fund-raising event for us at Po Toi O with volunteers and our MoHan Crew attending. This was followed a few weeks later by COA Awards dinner at Deepwater Bay Gold Club on 13th September where MoHan collected 2 awards – Pasta Cooking and the 4 Bays Race. More on MoHan too as you read on.

We are delighted to announce that we attended **the World Abilitysports Beach Games in Mersin, Turkey**, from 20th to 24th October. We participated with 2 male and 2 female Para sailors and together we would like to say a huge thank you to the HKPC for their support. This event will also hopefully support the upcoming bid by World Sailing for re-entry of Para sailing into the Paralympics. More news on this in the next edition along with a report on the AISS, Asian Inclusive Sailing Series in Mysore, India. We returned with Silver medals from both events.

在本期中後頁，我們包含了一篇關於**少年樂天帆船水手計劃**的文章，該計劃讓社區中原本沒有機會學習帆船的青少年體驗帆船帶來的好處。

夏季期間加入我們的團體包括：香港小童群益會的各個分會、協康會、匡智會、內城事工、保良局羅氏基金中學、香港專注不足/過度活躍症（香港）協會、西貢區社區中心、天保民學校與及中國香港殘疾人奧委會（HKPC）、賽馬會善樂學校以及 TREATS 親切，與我們一同開設他們的年度項目，還有我們的常規週課程等。**特別感謝我們的贊助商新鴻基 Scallywag 慈善計劃**，資助了我們許多針對弱勢青少年的項目，上述提到的許多團體都屬於這一類別。

遊艇船主協會（COA）在西貢布袋澳為我們舉辦了籌款活動，我們的義工及無限號船員一同參與，展現社區支持的力量。數週後的 9 月 13 日，團體於深水灣高爾夫球會舉行頒獎晚宴，無限號團隊更榮獲獲面粉烹飪及四灣帆船賽兩項獎項！詳情將於後文介紹。

在國際舞台上，我們於 10 月 20 日至 24 日前往土耳其梅爾辛，參加**世界展能沙灘運動會**。我們派出了兩名男性和兩名女性傷健運動員參賽，特別感謝中國香港殘疾人奧委會的鼎力支持。這次賽事亦為推動傷健帆船重返殘奧會奠下基礎。與此同時，我們在印度 Mysuru 舉行的亞洲共融帆船系列賽 AISS 中勇奪銀牌——第 10 期將有更多關於這些賽事的消息！！！！

在白沙灣遊艇會的支持下，香港航能為支持俱樂部的假期營引入了 STEM 航海學習項目，將科學(S)、技術(T)、工程(E)、數學(M)與帆船元素結合來進行航行訓練。課程由義工設計及教授，讓學生在學習操控船隻的同時，也能培養創意思維與解難能力。為提供更廣闊的學習平台，未來我們的STEM課程將進一步擴展至特殊教育需要（SEN）包括：自閉症譜系障礙（ASD）及專注力不足/過度活躍症（ADHD）等等之學員航行訓練。

別忘了追蹤我們的 Facebook 及 Instagram —— 由熱心義工管理 及 更新，展示我們每週的活動點滴。

More news on these events in Edition 10!!!!!!

With the support received from HHYC for us to operate from the Club, Sailability has introduced, to support the Club's Holiday Camps, STEM' training. For those who are not familiar it is Science, Technology, Engineering and Math with sailing elements, again highlighting the additional benefits of sailing for young sailors. **Sailability Volunteers** prepare the content and oversee/facilitate the sessions on a voluntary basis. This will also be rolled out to our SEN/ASD/ADHD sailors very shortly providing additional learning opportunities to these sailors too.

Well, that's all from me now as you have plenty more to read and enjoy. Please don't forget to go on to our **Facebook and Instagram** which are kept up to date, also courtesy of our volunteers. We truly couldn't do what we do without them – a wonderful and amazing asset to our team.

As I have said many times '**seeing is believing**'. So, if you would like to come to see us please reach out and we can arrange a visit for you.

A huge thank you to EVERYONE as we continue to change the lives of our sailors and many others.

我們始終相信：「眼見為實 Seeing is Believing」。若您想了解我們的工作，歡迎親臨白沙灣遊艇會，我們樂意帶您親身感受這份共融的力量。

一如既往，衷心感謝您們這些讀者，以及白沙灣遊艇會、會長、理事會、職員和會員們，感謝大家的持續，讓我們繼續在社區中改變生命。



Kay Rawbone BEM, 羅博淇
Co-founder and Chief Executive
Sailability Hong Kong Limited
香港航能聯合創始人兼董事

***Make Sailing Accessible to
EVERYONE***

Sailability Junior Programme Update 香港航能少年樂天帆船水手計劃最新動向

As we approach the one-year anniversary of this ground-breaking project, we look back at how a unique opportunity has turned into reality

香港航能開創性項目少年樂天帆船水手計劃
將迎來一周年紀念日之際
讓我們回顧它如何由這個獨特的機會變成現實



Words & Photos / 文字和照片: Kevin Lewis

“I so like sailing because it literally makes me feel like I won the sea! Spending my day sailing with my friends also makes me feel happy and connected. It is always a fun experience for me... Fun and adventure at the same time!”

So writes 10 year old Luke Pestroza who started sailing with Sailability just six months ago and recently competed in his first major event, the Green Fleet at the 2025 Hong Kong National Championships. Twelve-year-old Arvhela Cabusay, who stepped foot into a dinghy for the first time last November, finished 4th, and won 2 races in the 9 race series.

「我非常喜歡帆船運動，因為它真的讓我感覺我贏得了大海！與朋友一起航行的一天也讓我感到快樂和聯繫。對我來說，這總是一次有趣的經歷……同時充滿樂趣和冒險！」

這是 10 歲的 Luke Pestroza 所寫的，他六個月前才開始與香港航能一起航行，最近參加了他的第一個重大賽事 — 2025 年香港全國錦標賽的綠色初賽組。12 歲的 Arvhela Cabusay 去年 11 月第一次踏上小艇，在 9 場系列賽中獲得第 4 名，並贏得了 2 場比賽。

香港遊艇會峯徑篤基地基本上沒有任何小艇航行活動，遊艇會熨波州帆船中心是他們進行小船活動航行的主要地方。峯徑篤位於白沙灣遊艇會正對面，它是龍級別

Apart from special events, regular dinghy sailing from the Shelter Cove base of the Royal Hong Kong Yacht Club had been largely absent, with the club's Middle Island sailing centre being their main focus for their small boat sailing. Shelter Cove, directly opposite Hebe Haven Yacht Club, is the home of various keelboat classes including Dragons and Sportsboats, but the Yacht Club wanted to broaden its appeal, increase usage and attract non-members. Getting sub-vented, outside community organisations involved was hoped for, and RHKYC advertised a Tender for an operator to set up some form of Sail Training at Shelter Cove.

Raghav Maliah and Jane Lah were already keen supporters and sponsors of Sailability and had seen the benefits of sailing as their own two children, Tara and Rohan progressed through Optimist training. They wondered how they could help those who might not be able to afford or have opportunity to sail, including ethnic minorities and under-represented community groups.

And so it was that Kay Rawbone, our joint founder and CEO sensed an opportunity and the Sailability Junior Programme was born. The Royal Hong Kong Yacht Club had a few spare Optimist Dinghies they transferred to Shelter Cove and agreed to let Sailability hire a club RIB at a cost-only basis. Reaching out to the Sai Kung District Community Centre, the first six potential sailors attended started in November 2024; the youngest was aged 7 and the oldest 11.

Sailing every Saturday, the first "Group A" were joined by another 6 new beginners in April of this year. The programme is run by Senior Instructor and Trainer Kevin Lewis, with the help of experienced local Instructor Rex Cheng. Following the Hong Kong Sailing Federation Junior Sail



船和運動艇基地，香港遊艇會期望增加使用率，讓更多市民參加航行活動。她也希望外界社區組織參與其中。故此遊艇會發出運營商招標項目在其峯徑篤基地建立新的帆船訓練中心。

Raghav Maliah 和 Jane Lah 已經是香港航能的熱心支持者和贊助商，他們看到了航行的好處，因為他們自己的兩個孩子 Tara 和 Rohan 通過樂天訓練取得了進步。他們想知道如何幫助那些可能負擔不起或沒有機會航行的人，包括少數族裔和弱勢社區群體。

因此，我們的聯合創始人兼董事羅博淇察覺到了一個機會，於是香港航能少年樂天帆船水手計劃便誕生了。皇家香港遊艇會有一些備用的樂天小艇出讓，他們將其轉移到峯徑篤基地，並同意香港航能以成本價租用這些的快艇。與西貢區社區中心合作，第一批 6 名初航水手於 2024 年 11 月開始項目；最小的 7 歲，最大的 11 歲。

第一批「A 組」每週六航行，在今年 4 月又有 6 名新初學者加入。該計劃由高級教練和培訓師 Kevin Lewis 負責，在經驗豐富的高級教練鄭先生的幫助下進行。遵循香港帆船運動總會青少年帆船訓練計劃，課程每週六進

Training Programme, sessions take place every Saturday and include both technical instruction and also lots of fun activities and community building. Parents play an active role in the first few months and guidance and even on-site assistance comes from expert Social Workers who help manage group dynamics and administrative matters.

Recently both teams successfully completed their first ever Barts Bash regatta, and the slightly more experienced “Group A” joined the Green Fleet in the October 2025 Optimist National Championships. Arvhela Cabusay finished 4th overall while the rest of the team finished all races and showed great commitment and stamina.

Its more than just the races, however, in fact its more than just the sailing. We have built a new community of young people who would otherwise have no opportunity to sail. Thanks to our sponsors, it costs the sailors very little. The Royal HK Yacht Club had space and some “spare” dinghies, and they have more non-member community outreach at their centre. As to Sailability, its another new direction and fits our ideals of “making sailing assessable to everyone, whilst changing lives”.

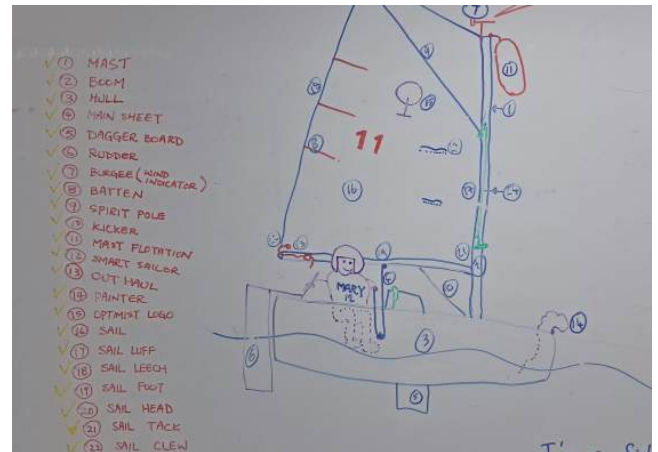
行，包括技術指導以及許多有趣的活動和社區建設。家長在最初幾個月裡發揮積極作用，專業社工提供指導甚至現場協助，幫助管理團體動態和行政事務。

最近，兩支小隊伍成功完成了他們的第一次 Bart’s Bash 帆船賽，經驗稍豐富的「A組」加入了 2025 年 10 月舉辦的樂天級香港地區公開賽綠色初航組別。

然而這不僅是比賽，事實上也不僅僅是帆船運動。我們建立了一個由年輕人組成的新社群，否則他們將沒有機會參與航行活動。

感謝贊助商香港遊艇會，使我們以非常低的成本，在西貢峯徑篤基地使用場地及備用小艇，並吸引更多市民參與中心的活動。對於香港航能而言，這是一個全新方向去完成我們的使命：「讓每個人都有機會參與帆船運動；同時讓得我們繼續改變生命」。





In their own words 他們自己的心聲



“I like sailing because it helps me stay off my phone, helps me be more aware of my surroundings and helps me feel independent because we have to try to solve problems out in the sea by ourselves. And it also let's me be more of a risk taker, especially sailing during strong winds. It's fun because I get to work together with other people in different ages. (which can help test my patience a lot)” (Arvhela, age 12)

「我喜歡帆船運動，因為它幫助我遠離手機，幫助我更加了解周圍環境，幫助我感到獨立，因為我們必須試圖自己解決海上的問題。它也讓我更願意冒險，特別是在強風中航行。它很有趣，因為我可以與不同年齡的其他人一起工作（這可以幫助測試我的耐心）」(Arvhela 12 歲)

“I so like sailing because it literally makes me feel like I won the sea! Spending my day sailing with my friends also makes me feel happy and connected. It is always a fun experience for me.... Fun and adventure at the same time!” (Luke, age, 10)

「我喜歡帆船運動，因為它讓我真正感受到自己贏得了大海！在海上度過一整天，與朋友們一起航行，對我來說總是充滿樂趣.....既好玩又刺激！」
(Luke 10 歲)

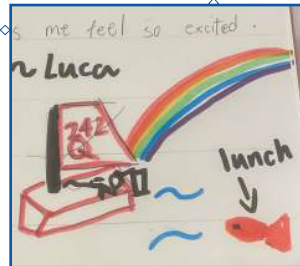


“I like sailing because you can learn more, have fun, eat lunch, and make friends. Sailing could be scary but I have my friends to comfort me” (Amber, age 9)

「我喜歡帆船運動，因為你可以學到很多，玩得開心，吃午餐同時可認識新朋友。航行可能很可怕，但我有朋友的陪伴」
(Amber 9 歲)

“I like sailing because I enjoy the feeling of controlling the boat, and the adventures every time makes me feel excited” (Luca, age 9)

「我喜歡帆船運動，因為我享受控制船隻的感覺，每次的冒險都讓我感到興奮」
(Luca 9 歲)



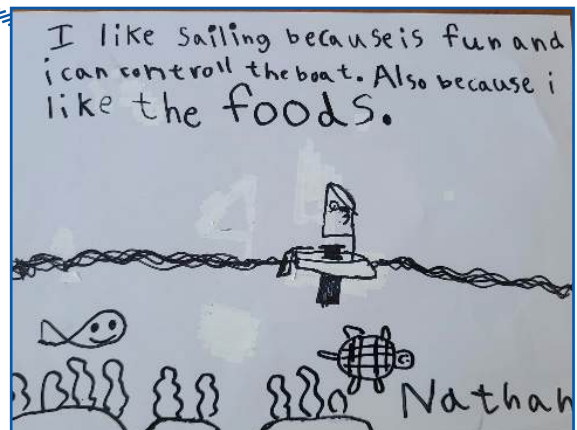
“I like sailing because it can be fun for everyone! You can do lots of fun stuff! Make sailing accessible for everyone and people are nice! Races can be scary but you have company around you. Maybe one day I’ll be a good sailor!” (Nyzel, age 9)

「我喜歡帆船運動，因為每個人都可以玩得開心！你可以做很多有趣的事情！讓每個人都能參與航行，人們都很友好！比賽可能很可怕，但你周圍有同伴。也許有一天我會成為一名優秀的水手！」(Nyzel 9 歲)



“Sailing is fun because it offers adventure, physical and mental challenges” (Ayesha, age 12)

「航行很有趣，因為它提供冒險、身體和心理挑戰」(Ayesha 12 歲)



“I like sailing because it is my favourite sport and we learn many things. Sailing is so fun because we get to sail to different places and sailing in the sea. We get to play with our friends and get to swim or get wet with the hose! Thank you to our Coaches for giving us a lot of experience and knowledge about sailing” (Lohansa, age 10)

「我喜歡帆船運動，因為這是最喜歡的運動，我們學到了很多東西。航行非常有趣，因為我們可以航行到不同的地方，在海上航行。我們可以和朋友一起玩，游泳或弄濕褲管！感謝我們的教練給我們很多航行的經驗和知識」(Lohansa 10 歲)

Sailability Spotlight

香港航能專欄

COA Charity Lunch at Po Toi O

遊艇船主協會的布袋澳慈善午餐



Sailability volunteers enjoying a seafood lunch at the COA fundraising event at Po Toi O
香港航能義工在布袋澳的遊艇船主協會籌款活動中享用海鮮午餐

This most enjoyable, fun filled event raised HKD 43k so far for Sailability HK!

這次最愉快、充滿歡樂的活動目前已為香港航能籌得 43,000 港元!

The Cruiser Owners Association (COA) held a Charity Luncheon on Saturday 30 August to raise funds for Sailability HK!

Over 60 people attended including more than 30 volunteers and sailors from Sailability and we thank the COA for their effort and thoughtful generosity in holding this event!

Everyone enjoyed a wonderful seafood lunch including crab, squid, oysters and fish - delicious!

Sailability CEO and Co-Founder Kay Rawbone addressed those present thanking the COA for their generous support of Sailability. She spoke warmly about Sailability volunteers of all ages who have worked tirelessly over the summer despite the challenging weather at times!

The event included a “best photograph” competition and the winning photo was an action shot of Sailability’s 2.4mR boats!

Author: Andrew Sheard

遊艇船主協會於 8 月 30 日星期六舉辦了慈善午餐，為香港航能籌款！

當天超過 60 人出席，包括來自香港航能的 30 多名義工和水手，我們感謝遊艇船主協會舉辦這次活動的努力和慷慨支持！

每個人都享用了美味的海鮮午餐，包括螃蟹、魷魚、生蠔和魚——非常美味！

香港航能聯合創始人兼董事羅博淇向在場人士致辭，感謝遊艇船主協會對香港航能的慷慨支持。她熱情地談到了香港航能各年齡層的義工，儘管天氣有時充滿挑戰，他們在整個夏天仍然不知疲倦地工作！

活動包括「最佳照片」比賽，獲獎照片是香港航能 2.4mR 級帆船的動作照！

作者：Andrew Sheard



Volunteers enjoying the seafood lunch at Po Toi O
義工們在布袋澳享用海鮮午餐



FOO Yuen Wai signs a book purchased at the fundraising lunch
付遠威為在籌款晚宴上購買的書籍簽名



Sailability volunteers enjoying seafood at the COA lunch
香港航能義工在 COA 午宴中享用海鮮



Kay introduces some young volunteers to those present
羅博淇向在場人士介紹一些年輕義工

Volunteer Spotlight

義工專欄

Chloe Van



Volunteer Refresher Training
義工培訓

The Diplôme National du Brevet, commonly known as the Brevet, is a French national exam that marks the conclusion of middle school for students in their third year (9th grade). It assesses a range of academic skills, including an oral presentation of 15 minutes where students share a personal project to a pair of jury's.

In April 2025, I reached out to CEO Kay Rawbone, who warmly welcomed me to Sailability Hong Kong, granting me the wonderful opportunity to spend two days volunteering and observing their

法國國家文憑，通稱 Brevet，是法國的全國考試，標誌著學生完成初中三年級（9 年級）的學業。它評估一系列學術技能，包括向兩位評審進行 15 分鐘的口試讓學生分享個人項目。

2025 年 4 月，我聯繫了董事羅博淇，她熱情地歡迎我加入香港航能，給了我兩天時間做義工和觀察他們令人鼓舞的工作，讓帆船運動變得人人可及。5 月，我進行了 Brevet 口試項目。獲得了滿分 100/100，這次經歷不僅是我考試的滿意成果，也是一次大開眼界的旅程，讓我學到了很多關於共融和合作的知識。對於我的口試項目，我決定探討以下問題：像香港航能這樣的組織如

inspiring work to make sailing accessible to all. In May, I delivered my Brevet oral presentation. Earning a perfect score of 100/100, this experience was not only a victory for my exam but also an eye-opening journey that taught me so much about inclusion and collaboration. For my oral, I decided to explore the following question: How does an organization like Sailability make sailing accessible to all?

At the start, I felt anxious to meet the team as a new volunteer, but I immediately felt welcomed by their warmth. I participated in the Senior volunteer refresher training which was extremely memorable as I got to learn sailing for the first time whilst at the same time meeting many experienced people and learning new skills along with them. Although I found sailing quite challenging, I quickly felt at ease thanks to the team's patience and willingness to help me learn.

何讓帆船運動變得人人可及？

起初，我作為新義工與團隊見面時感到焦慮，大家的熱情立即讓我感受到善意。我參加了資深義工的複習培訓，是一場非常難忘的經歷，我是第一次學習帆船，同場認識了許多經驗豐富的人，與他們一起學習新技能。雖然我發現帆船運動相當具有挑戰性，但由於團隊的耐心和幫助我學習的意願，我很快就感到自在了。

午餐時，他們邀請我一同到附近的本地餐館共進午餐，這份親切的邀請，充分體現了香港航能所建立的強烈社群歸屬感。

能夠參與香港航能的義工服務，對我來說真是一段難忘的經歷。從學習操控快艇到練習以耐心溝通，這些技能將在我未來的人生旅程中長伴左右。

當我為我的「Brevet」報告回顧這段經歷時，才深刻意識到這段時間如何塑造了我。這不僅僅是為了取得完美成績，而是讓我發現像香港航能這樣的機構，如何透過行動促進共融。



Out on the water
水上合照

At lunchtime, they invited me to join them for a shared meal in a local restaurant nearby, a kind gesture that underlined the strong sense of community that Sailability creates. Volunteering with Sailability was truly an amazing experience for me. The skills I gained, from learning to steer a powerboat to communicating with patience, will stay with me as I move forward.

Looking back on this experience for my Brevet presentation, I realized how much it had shaped me. It wasn't just about earning a perfect score, it was about discovering the impact an association like Sailability can have in encouraging inclusion. Inspired by this experience, I hope to continue volunteering with Sailability and other organizations, making a meaningful difference in creating a more inclusive world!

受到這次經驗的啟發，我希望能繼續參與香港航能及其他機構的義工服務，為創建一個共融的世界，貢獻一份有意義的力量！



Lunchtime
午餐時間

Sailor Spotlight

帆船水手專欄

Navigating towards a PhD!
Research studies on the impact of sailing on
children with ASD

邁向博士之路！
研究探討帆船運動對自閉症譜系障礙兒童的影響



Myrian Fan sailing with her son, Aiden.
范詩雅與兒子愷承

Over the summer of 2025, Sailability has been active in a research project for a PhD, looking into the impact that nature-based interventions (sailing) have on resilience in children with ASD.

Led by Myrian Fan, a registered nurse and former nursing lecturer, and mother of a son with ASD, the Sailability team have been instrumental in

2025年夏天，香港航能積極參與了一項哲學博士研究，是專注於護士主導下的社區帆船計劃，對學齡自閉症譜系障礙，兒童抗逆力的影響。

該研究由范詩雅領導進行，她是一位註冊護士、前護理講師，同時也是一名患有自閉症譜系障礙兒童的母親。香港航能團隊在這項研究中發揮了重要作用。現在預測結果還為時過早，但我們有信心說這是專門針對自閉症

conducting the study. It's too soon to predict the outcomes, but we are confident in saying this is groundbreaking research specifically focused on ASD and sailing.

Mother, Nurse, and PhD candidate

Myrian is mother to two boys, Aiden and Oliver and her eldest son has been diagnosed with ASD. Whilst spending time with Aiden, Myrian realized how much she wanted to contribute to understanding ASD. "I didn't fully understand or accept Aiden's ASD at first. But looking back he's the reason I decided to pursue a PhD and focus on something meaningful and purposeful."

Myrian's PhD research focuses on the effects of a nurse-led, community-based sailing program on the resilience of school-aged autistic children. She said, "Over the past 2.5 years, I've worked on

"As parents, we often try to shield our children from adversity, but I've learned that it's not about avoiding challenges. It's about learning how to navigate them."

「作為父母，我們常常試圖讓孩子遠離逆境，但我明白了，人生並非要逃避挑戰，而是要學會如何駕馭它們。」

building an evidence base for this: two systematic reviews and meta-analyses, one cross-sectional observational study, and a qualitative study conducted at Sailability HK."

A PhD takes at least 4 years to complete and is full time, meaning Myrian had to make the difficult decision to quit her nursing lecturing job to focus on the study.

Initially Myrian considered studying the impact

譜系障礙和帆船運動的開創性研究。

母親、護士和博士候選人

范詩雅是兩個男孩，愷承和恩諾的母親，她的長子被診斷患有自閉症譜系障礙。在與愷承相處的過程中，范詩雅意識到她多麼想為理解自閉症譜系障礙的兒童作出貢獻。「起初我並不完全理解或接受愷承所面對的障礙。但回顧過去，正是他讓我決定攻讀博士學位，專注於真正有意義和有目的活動的研究。」

范詩雅的博士研究是專注於護士主導下的社區帆船計劃對學齡自閉症譜系障礙兒童抗逆力的影響。她說：「在過去兩年半年裡，我一直致力建立證據基礎，當中包括兩項系統評價和薈萃分析、一項橫斷面觀察研究，以及在香港航能進行的一項品質研究。」

攻讀博士學位至少需要4年全職時間，這意味著范詩雅不得不做出艱難抉擇，辭去護理講師的工作，全心投入研究當中。

最初，她曾考慮研究高爾夫球等活動的影響，最終選定了帆船運動。她經 Rowan Logan 介紹後才認識香港航能，至今仍記得第一次到訪白沙灣遊艇會的情景。



Aiden preparing for the golf driving range
愷承正在為高爾夫球練習場作準備

of activities such as playing golf before finally settling on sailing. She was introduced to Sailability by Rowan Logan and remembers her first visit to Sailability at Hebe Haven Yacht Club. “I didn’t know anyone on my first day, but Ryan, a volunteer instructor, introduced me to the dinghy park, the people, and the boats. There was so much going on! It was all overwhelming! I ended up on a boat with Karen and Daoud. Little did I know that Daoud and I would later work together on my PhD project, and Karen would become one of the most supportive people in this journey.”

Summer 2025

This summer, Myrian and a team of Sailability Instructors have spent almost every day at Sailability in Hebe Haven carrying out the training activities of her Randomized Control Test (RCT). All being well, this phase of the study should be wrapped up by January 2026.

Key to the RCT has been Sailability’s fleet of Hansa 303 boats, universal designed to be sailed by people of all ages and abilities, ideal for young first-time sailors with ASD.

The weather hasn’t been kind for sailing in Hong Kong this summer, but by the end of the trial, around 220 children aged 7 to 12 years, with a confirmed ASD diagnosis had taken part the Test. Half of the children took part in sailing, with the others in the control group doing a non-sailing activity. Parents have brought their children, both girls and boys, from all over The New Territories, Kowloon and Hong Kong Island.

The Team Behind Success

Two people have profoundly shaped Myrian’s experience at Sailability this summer: Instructor Jesse and Daoud, his assistant. Myrian explained that “Executing the RCT protocol we developed

「第一天我不認識任何人，何教練向我介紹了小艇停泊區、工作人員和各種船隻。現場有太多活動同時進行，令人應接不暇！最後我和郭教練以及 Daoud 一起上了船。當時我並不知道，Daoud 日後會成為我博士項目的合作夥伴，而郭教練則成為這段旅程中最支持我的人之一。」

2025 年夏天

今年夏天，范詩雅與香港航能教練團隊幾乎每天都在白沙灣進行隨機對照試驗（RCT）的訓練活動。如果一切順利，這個研究階段將於 2026 年 1 月完成。

隨機對照試驗的關鍵在於香港航能的漢莎 303 級帆船級帆船隊，這些船隻的通用設計可供各級年齡和能力的人仕航，行並非常適合患有自閉症譜系障礙初級小水手。

雖然今年夏天香港的航行天氣並不理想，但在試驗結束時，已經約有 220 名 7 至 12 歲確診自閉症譜系障礙的兒童參加了測試。一半兒童參與帆船活動，另一半則作為對照組進行非帆船活動。家長們帶著孩子，包括男孩和女孩，從港九新界各區前來參加。

成功背後的團隊

林教練和他的助手 Daoud 深刻塑造了范詩雅今年夏天在香港航能的經歷。她解釋：「在香港航能執行我們共同制定的隨機對照試驗協議並不容易，但林教練和 Daoud 不僅與我並肩工作，更深切關心項目進展，竭盡全力確保研究成功。」

許多其他人士也對這個夏天的成功作出了貢獻：吳子聰、郭教練、黎敏霞、鄧炳輝教練、何教練、胡教練和沈瑞。范詩雅說：「我深深感謝他們的支持、奉獻和善意。我還要特別感謝兩位年輕義工鄭穎勤和林灝天，他們提供了極大的幫助，體現了香港航能的真正精神——一步一步地作出微小但有意義的改變。」

幫助向家長推廣這項研究的幾個非政府組織的參與也至關重要。這些組織包括主流教育自閉學童家長會、OneSEN、自閉兒生命建立發展社及香港航能。如果沒有他們多年來建立的網絡，這項研究就無法涵蓋如此多的兒童。

最後，范詩雅坦言，如果沒有「Kay 媽媽」的堅定支



Planning the Randomised Control Test (RCT) ; L-R: Jack, Kay, Dr. Raija, Myrian, Paul Ng, Karen, Jesse
規劃隨機對照試驗 (RCT); 左至右: 沈瑞、羅博淇、Dr. Raija、范詩雅、吳子聰教練、郭教練和林教練

together at Sailability wasn't easy but Jesse and Daoud didn't just work alongside me; they cared deeply and went above and beyond to make things happen."

Many others have contributed too, making this summer a success: Paul Ng, Karen, Mona, Ed Sir, Ryan, Paul Wu and Jack. "I'm deeply grateful for all their support, dedication, and kindness," said Myrian. "I also want to give special thanks to two young volunteers, Kristy and Mike, who have been an incredible help, embodying the true spirit of Sailability, making small but meaningful differences, one step at a time."

The involvement of several NGO's who helped promote the study to parents has also been essential. These include the Parents Association

持，她的博士研究根本無法起步；「她為我打開了大門，並運用她出色的人際網絡，將我與帆船界和自閉症譜系障礙社群中的關鍵人物連繫起來。沒有 Kay 媽媽的幫助，我的博士學位只會是一個夢想。」

作者：Andrew Sheard

of Autistic Children in Mainstream Education, OneSEN, Autistic Children’s Life Building and Development Society (DeS), and Sailability HK. Without their networks, built up over many years, the study would not have included so many children.

And finally, Myrian admits that her PhD wouldn’t have got across the starting line if not for “Mama Kay” and her unwavering support. “She has opened doors for me and used her incredible networking skills to connect me with the right people within the sailing and ASD communities” said Myrian, “Without her help, my PhD would have remained a dream.”

Author: Andrew Sheard



L to R: Myrian Fan, Kay Rawbone, Aiden Chou, and Paul Ng (Instructor)

從左至右：范詩雅、羅博淇、周愷承和吳子聰教練

“I truly believe in what I am proposing and one day hope to be able to proudly present my ideas, not just as a narrative, but as empirical evidence supported by rigorous research”
– Myrian Fan

「我真心相信自己所提出的理念，並希望有一天能自豪地展示這些想法，不僅作為敘述，而是以嚴謹研究支持的實證成果。」
—— 范詩雅

Sponsor Spotlight

贊助專欄

Sailing with Terence and Without Limits: A Day on the Water with Sailability Hong Kong

與林保森一起航行，超越極限：
與香港航能一起在水上的一天



Veteran sailor Terence Lam sits down with Kay Rawbone to explore how Sailability Hong Kong is breaking down barriers and creating opportunities for everyone to experience the joy of sailing

資深水手林保森與羅博淇坐下來探討香港航能如何打破障礙，為每個人創造體驗帆船運動樂趣的機會。其他圖片的翻譯保持不變，因為沒有涉及這個人名。感謝您指出這個重要的更正！

Terence Lam knows something about pushing boundaries on the water. With over 40 years of sailing experience and the distinction of being the first Chinese sailor to sail around the world solo, Terence has witnessed sailing's transformative power firsthand.

林保森深知突破水上界限的意義。擁有超過 40 年的帆船經驗，並成為第一位單人環球航行的中國水手，他親身見證了帆船運動的變革力量。

通過他的 YouTube 頻道「與 Terence 一起航行」：
<https://www.youtube.com/@sailingwithterence>
—— 他希望推廣遠程航行，分享這項運動的經驗，並鼓

Through his YouTube Channel “Sailing with Terence” - <https://www.youtube.com/@sailingwithterence> - he hopes to promote long range sailing, share experiences from the sport, and encourage more people to join the sailing community. So when he set out to document Sailability Hong Kong’s work, he brought both expertise and genuine curiosity to understand how this remarkable organization makes sailing accessible to everyone.

On a perfect sailing day off Hong Kong’s coast, more than 10 dinghies prepared to depart from Hebe Haven Yacht Club. The scene was both familiar and extraordinary – familiar because it looked like any sailing club’s busy day, extraordinary because of who was aboard these boats.

勵更多人加入帆船社區。因此，當他開始記錄香港航能的工作時，他帶著專業知識和真誠的好奇心來了解這個 Bart’s Bash 繼續連接全球帆船社群為人們創造更多水上活動的機會，並為 ASF 基金會 籌集重要資金。在您的幫助下，Bart’s Bash 將繼續成為一項全球活動，讓人們能夠出海揚帆讓 Bart 的名字世代相傳。如何讓每個人都能參與帆船運動。

在香港海岸外的一個完美航行日，超過 10 艘小艇準備從白沙灣遊艇會出發。這個場景既熟悉又非凡——熟悉是因為它看起來像任何帆船會繁忙的一天；非凡是因為這些船上的人所作出的貢獻。

Programme/Event Roundup: 項目/活動總結

Bart's Bash – Hebe Haven Yacht Club 13 September 2025 Once again, raising funds for Sailability HK

Bart's Bash – 白沙灣遊艇會再次為香港航能籌款

“From yachts and dinghies to paddleboards, windsurfers, canoes and kayaks - if it floats, you're welcome at Bart's Bash!

Bart's Bash is the flagship fundraising and participation event for the Andrew Simpson Foundation (ASF).

Andrew 'Bart' Simpson was a British Olympic Gold and Silver medallist who tragically passed away in 2013. Andrew passionately believed that everyone should have the opportunity to experience sailing and water sports, regardless of their background or circumstances. The first Bart's Bash took place in 2014. Thousands of people from around the world came together to race in memory of Bart. The event was such a success it was awarded a Guinness World Record for the world's largest sailing race.

Bart's Bash continues to connect the global sailing community, creating opportunities for people to get on the water and raise essential funds for the ASF. With your help, Bart's Bash will continue to be a global event, enabling people to get out on the water and keeping Bart's name alive for generations to come. Together we can transform lives through sailing.”

“Join thousands of water lovers across the globe as we race, paddle, sail, float, and connect in the world's biggest celebration of sailing. Whether you're on a yacht, a paddleboard, a dinghy,

「無論是遊艇、小艇、槳板、風帆、獨木舟還是皮划艇——只要能在水上漂浮的，都歡迎來參加 Bart's Bash！它是由 Andrew Simpson 基金會（ASF）最重要的籌款和參與活動。

Andrew 'Bart' Simpson 是英國奧運金、銀牌得主，2013 年不幸離世。他一直深信，每個人都應該有機會享受帆船和水上運動的樂趣，不論出身背景。2014 年首屆 Bart's Bash 舉行時，全球數千人齊聚一堂，以比賽的方式紀念 Bart。活動大獲成功，更創下了世界最大規模帆船賽的吉尼斯世界紀錄。

如今，Bart's Bash 繼續連接全球帆船社群為人們創造更多水上活動的機會，並為 ASF 基金會籌集重要資金。在您的幫助下，Bart's Bash 將繼續成為一項全球活動，讓人們能夠出海揚帆讓 Bart 的名字世代相傳。

「與全球成千上萬的水上愛好者一起參加世界上最大的帆船慶典，參加比賽、划槳、航行、漂浮和交流。論您是在遊艇、槳板、小艇還是皮划艇上，現在都是您參與更大項目的時刻。

Bart's Bash 不只是一場比賽，將六大洲和九十多個國家的人們聚集在一起通過各樣的水上活動建立起更強大的社群，並幫助 Andrew Simpson 基金會和各地帆船俱樂部募集善款，支持全球基層帆船運動的發展。從湖泊到海岸，從新手到老手——只要您參與其中，就是 Bart's Bash 大家庭的一份子。」

or a kayak – this is your moment to be part of something bigger.

Bart’s Bash isn’t just a race. It’s a global movement that brings people together across six continents and over 90 countries. It opens up access to the water, builds stronger communities, and helps raise vital funds for the Andrew Simpson Foundation and local sailing clubs – supporting grassroots sailing and projects around the world. From lakes to coastlines, from first-timers to seasoned sailors – if you’re out there, you’re part of Bart’s Bash.”



Race Manager Rob Allen laying down the law, with chart and all

賽事經理 Rob Allen 正在發號施令，手持海圖等一切裝備



And from Hebe Haven Yacht Club

來自白沙灣遊艇會:

www.hhyc.org.hk

Bart's Bash 12 – Sail for a Cause!

13 September 2025

Join us for a thrilling day on the water at Bart's Bash, the world's largest sailing event — and this year, we're sailing with purpose!

This is a fundraising event for Sailability Hong Kong, supporting inclusive sailing opportunities for people with disabilities. We extend our heartfelt gratitude to ICHK Kindergarten & Primary @ichkhly for their generous sponsorship of this community sailing event. Their support is invaluable in helping us raise awareness and funds for this important cause. Together, we can make a meaningful difference!

Event Highlights:

- Morning setup & training
- Two exciting races around Port Shelter
- Afternoon BBQ & prize giving Bart's Bash 12 – Sail for a Cause!

This is not the first year that HHYC has generously run Bart's Bash to raise funds for Sailability HK; it did so first in 2017 once the Andrew Simpson Foundation relaxed the rules to permit fundraising for local endeavours. This year, as with previous years, the event was a tremendous success. HHYC, particularly the Race Management Team (run by the larger-than-life Rob Allen with his announcements and briefings heard clearly across Hebe Haven and perhaps Marina Cove,) and catering staff are to be congratulated for their efforts.

Bart's Bash 12 — 為公益而航！

2025年9月13日

誠邀您參與全球最大型帆船賽事 Bart's Bash，在水上共度熱血沸騰的一天——今年，我們為有意義的目標而航！

這是香港航能的籌款活動，旨在為傷健人士提供共融帆船運動的機會。我們衷心感謝 ICHK 國際幼稚園及小學 @ichkhly 慷慨贊助此次社區帆船活動。他們的支持對我們提升公眾意識和籌募善款至關重要。讓我們攜手同行，創造有意義的改變！

活動亮點：

- 早上佈置和培訓
- 兩場激動人心的牛尾海比賽
- 下午燒烤和頒獎典禮 Bart's Bash 12 — 為公益而航！

這不是白沙灣遊艇會第一年舉辦 Bart's Bash 為香港航能籌款；早在 2017 年，當 Andrew Simpson Foundation 放寬規則，容許為本地項目籌款後，白沙灣遊艇會便率先響應。今年一如既往，活動取得巨大成功。白沙灣遊艇會，特別是賽事管理團隊（由充滿活力的 Rob Allen 負責，他的司令公告和簡報清晰響徹整個白沙灣，甚至可能傳至匡湖居）以及餐飲團隊的辛勤付出，值得我們衷心讚揚。



Sylvia Leung signing in
梁玉珍簽到中

Sailability once again managed a large turnout of 41 sailors and 25 volunteers, martialled by CEO Kay who went out on the water to observe the two Races which, due to the substantial wind, were held out in Port Shelter. It was a very hot day, all participants were urged to keep well hydrated and were watched over closely by several safety boats as well as the Hebe One flagship.

Race Results

Kayley and Lucas, 10 year old twins who volunteer weekly at Sailability: 1st in Race 1 and 2nd in the overall Results. Well done!

Sailability On the Water

After the first race around Shelter Island, the flotilla raced back 4 miles to a final finish line at HHYC.

After signing back in at Registration, collecting a burger tag, de-rigging and cleaning up, all joined up for group photos and the event prize-giving and – burgers, chips and salad.



Kayley and Lucas
陳心怡和陳司瀚



“Studio special”
「攝影棚特寫」

香港航能再一次組織了大量參與者，包括 41 名水手和 25 名義工，由聯合創始人兼董事羅博淇統籌及出航觀察了兩場比賽，由於當天風力強勁，比賽地點改由在牛尾海舉行，當時天氣非常炎熱，所有參與者都被敦促保持充足的水分，並由幾艘安全船以及 Hebe One 旗艦密切監視。

比賽結果

陳心怡和陳司瀚，他們是每週在香港航能做義工的 10 歲龍鳳胎：他們在第一場比賽得到第 1 名，並在總成績取得第 2 名。做得好！

香港航能在水上

在繞過牛尾洲的第一場比賽後，船隊飛奔 4 英里返回白沙灣遊艇會終點線。大家紛紛報到、領取漢堡券、拆卸裝備，清理場面，所有人聚集拍攝集體照，參加活動頒獎典禮 和 漢堡薯條沙拉的簡單午餐。



Myrian with Aiden and Oliver
范詩雅與兒子愷承和恩諾



Kristy and Mike
鄭穎勤與林灝天



Waiting for the race start
等待比賽開始



Racing to the Finish, cooling off, preparing to disembark, tired, hot, thirsty but exhilarated
奔向終點、降溫、準備下船、疲倦、炎熱、口渴但興奮不已



Volunteer Naven at sign off and burger tag issue
義工 Naven 在簽退處和漢堡券發放處



Guy's Bart's Bash Burger – less salad!
Guy 的漢堡 - 少點沙拉!



Waiting for the race start
等待比賽開始



Waiting for the race start
等待比賽開始



Tired but happy Sailability sailors and volunteers
疲倦但快樂的香港航能水手和義工



Volunteer stalwart Lynn totting up the take
義工骨幹 Lynn 統計收入

And finally, our very own Sailability Race Winners!
最後，我們香港航能的比賽獲勝者！



Lucas & Kayley, winners of the Bart's Bash 2025 first race
陳司瀚和陳心怡成為2025年 Bart's Bash 第一場比賽的獲勝者

Story and photos by Kay Rawbone, Andrew Sheard and Guy Shirra
故事和照片由羅博淇、Andrew Sheard 和 Guy Shirra 提供

Sailability Event Calendar for 2025

香港航能活動日曆

November & December Programmes & Events

11及12月活動與課程

- TREATS Inclusive Sailing Race 2025 - 9th November
親切共融帆船挑戰賽 11月9日
- Inclusive Fun Sailing Race 16th November
趣味共融帆船賽 11月16日
- Po Yan School
獻主會溥仁小學
- Hong Chi Winifred Mary Cheung Morninghope School
匡智張玉瓊晨輝學校
- Po Leung Kuk Laws Foundation College
保良局羅氏基金中學
- Jockey Club Sarah Roe School
賽馬會善樂學校
- Saturday Sailing and Para Team Training
週六航行和傷健隊訓練
- World Sailing Conference in Dublin
在都柏林舉行國際帆船總會會議
- World Sailing Inclusion Champs December 2025 in Oman
2025年12月在阿曼舉行的世界帆船共融錦標賽
- Mike Rawbone Challenge Cup - December
Mike Rawbone 挑戰盃 — 12月



Final Words

結束語

We hope you have enjoyed reading this edition of Limitless!

If you want to support Sailability Hong Kong, there are many ways you can help:

Make a Donation

Donations of any amount are always welcome! Donations can be one-off amounts or there is an option to donate a fixed amount each month which really helps us with our financial planning.

Visit our webpage where you can donate online. www.sailability.org.hk/get_involved

希望您享受閱讀今期的《無限可能》出版！

如果您想支持香港航能，可以透過以下途徑：

進行捐贈

我們歡迎任何金額的捐款！

捐款可以是一次性，也可以設定每月捐款金額，每月的捐款對我們的財務規劃非常有幫助。

您可以造訪我們的官方網頁進行線上捐款。

www.sailability.org.hk/get_involved

Account Name: Sailability Hong Kong Limited

Account Number: 040 168379 838

Bank name: HSBC

Cheques to be sent to:

Sailability Hong Kong Limited

c/o Hebe Haven Yacht Club

10.5miles Hiram's Highway

Pak Sha Wan Sai Kung

帳號名稱: Sailability Hong Kong Limited

帳號: 040 168379 838

銀行名稱: HSBC

支票郵寄地址:

Sailability Hong Kong Limited

c/o Hebe Haven Yacht Club

10.5miles Hiram's Highway

Pak Sha Wan Sai Kung

Charitable Choice

This is a HK website that enables donations to over 60 charities – including Sailability HK!

You can make a one-off donation or commit to a regular monthly amount, which does help with our budgeting and planning.

Monthly donations may be made via bank transfer, website, Charitable Choice.

All receipts over HKD\$100 are tax deductible.

www.charitablechoice.org.hk/products/sailability

透過 Charitable Choice

一個第三方平台，讓您可以向香港航能及多達 60 個慈善機構進行捐款。

您可以選擇進行一次性捐款，或每月定額捐款，有利於我們規劃香港航能的財務預算。

每月定額捐款可透過銀行轉帳、香港航能官方網站、第三方平台 Charitable Choice 上進行。

超過100港元的捐款收據可用於申請扣除認可慈善捐款。

www.charitablechoice.org.hk/products/sailability

Become a Volunteer

Volunteers help with sailing and boat maintenance but we are also looking for additional volunteers to support us on marketing and communications, IT, public relations, translation, videography and photography.

Become a Sponsor

There are opportunities to sponsor a sailor, sponsor a boat, sponsor an event, or sponsor our participation in a Championship. We can be flexible depending on your goals and objectives. Contact our CEO, Kay, on +852 9808 0570

Become a Sailor or Join one of our Sailing Teams

Interested in becoming a sailor and/or representing Hong Kong? Contact our CEO, Kay, on +852 9808 0570 or kay@sailability.org.hk

Contribute to Limitless!

The Limitless! Editorial Committee welcome all articles and photographs. Please submit them by email to info@sailability.org.hk or guyshirra@gmail.com

Limitless! Editorial Committee

Kay Rawbone — Sailability Co-founder & CEO
Andrew Sheard — Facebook & LinkedIn
Guy Shirra — Drafting Editor
Shirley Tin — Design and Translation
Adam Charlton — Design
Louis Lee — Translation

We all hope you have enjoyed reading this edition of Limitless!

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成為義工

義工們可幫助進行出帆和船隻維護工作，我們正尋找額外的義工來支持我們的日常行銷、通訊傳播、網路科技支援、公共關係、中英文翻譯、錄影和攝影工作。

成為贊助商

您的熱心支持可助我們實現遠景，贊助機會不限於：一名帆船運動員；一艘船；一個活動；參加一場國際錦標賽。我們可根據您的目標以作出靈活安排。請聯絡我們的聯合創始人兼董事羅博淇 Kay
電話+852 9808 0570

加入成為帆船運動員或帆船水手

有興趣成為帆船運動員或代表香港出賽嗎？請聯絡我們的聯合創始人兼董事羅博淇 Kay
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《無限可能》編輯委員會歡迎各種文章和照片發佈。請透過電子郵件遞交至 info@sailability.org.hk 或 guyshirra@gmail.com

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Louis Lee — 中文翻譯

我們希望您喜歡閱讀這期的《無限可能》！

Website

www.sailability.org.hk/

Email

info@sailability.org.hk



The committee hope you have enjoyed reading this latest edition of Limitless! and wish you continuing Happiness, Health and Prosperity in this Year of the Snake.

委員會希望您喜歡閱讀最新一期的《無限可能》！
並祝願您在蛇年持續享有幸福、健康與繁榮。

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