



Sailability
HONG KONG

Limitless

Sailability Hong Kong
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無限可能
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Words of Welcome

歡迎辭

Welcome from Kay

Hi Everyone

Well, another year gone as we enter the Year of the Fire Horse, which I have researched and found will be good for those involved in watersports! So, hopefully another fruitful year ahead for Sailability Hong Kong Limited, our sailors, supporters and everyone connected to us.

It was a wonderful start to the year for Hebe Haven Yacht Club and Sailability HK with a Lunar New Year Lion Dance and blessing ceremony. The ceremony took place on the 6th day of Chinese New Year and was attended by a group from our Junior Sailing Programme and their coach Kevin Lewis, plus myself and several volunteers. Wishing all our sailors and supporters good health, prosperity, and smooth sailing throughout the year! For the first time too our classroom was blessed which was another very important part of the event for us all.

來自 Kay 的問候

大家好

隨著我們即將迎來火馬年，又一年即將過去。我經過研究發現，火馬年對從事水上運動的人士來說是個好年頭！因此，希望香港航能、我們的水手、支持者以及所有與我們有聯繫的人都能迎來碩果累累的一年。

今年的開始對白沙灣遊艇會和香港航能來說都非常美好，我們舉行了農曆新年的舞獅及祈福儀式。儀式於農曆年初六舉行，由我們青少年帆船課程的一組學員及其教練 Kevin Lewis，以及我本人和多位義工一同參與。祝願所有水手和支持者在新的一年里身體健康、萬事如意、航行順利！此外，今年也是我們首次為課室進行祝福，這對我們而言亦是非常重要的一環。

2025 年的整體數據依然非常亮眼，儘管我們在年度中遇到了一些挑戰，包括惡劣天氣和颱風導致的活動取消，以及 24 小時慈善小帆船賽的延期。該活動的新日期可在後文的活動日曆中找到，希望屆時能見到大家。



Our numbers for 2025 were again amazing, even with the programme disruptions we encountered. Bad weather and typhoons causing cancellations, plus the postponement of the 24hr Charity Dinghy Race. The new date for this event can be found in the Calendar as you read on. We hope to see you there.

Our January to December sailing figures in 2025:

Total number of sailors (beneficiaries and volunteers sailing): **4,759**

Total number of days sailed: **266**

Total number of programmes completed: **383**

A huge thank you to our Coaches, Instructors and Volunteers who all contribute to what we do, and of course to Hebe Haven Yacht Club for being 'Our Home'.

As you read on you will learn more about the variety of programmes we host at Sailability Hong Kong Limited. Our articles are written to highlight the accessibility and inclusiveness in all we do in Hong Kong, and the benefits it continues to bring to so many, sometimes from within forgotten areas of our community, who now have the opportunity to sail.

The last few months of 2025 and the start of 2026 saw a lot of activity with new SEN Schools joining and additional teacher training for more SEN schools looking to bring their students to sail. time. We also saw the introduction of our Inaugural School and Organisations Sail Together Day which was a huge success and highlights the inclusiveness of our programmes and shows how



2025年1月至12月的航行數據如下：

總參與水手人數（包括受惠者及義工）：**4,759人**

總航行日數：**266天**

完成課程總數：**383個**

衷心感謝我們的教練、指導員及義工，他們共同成就了我們的一切；同時亦感謝白沙灣遊艇會一直作為我們的「家」。

在接下來的內容中，您將了解香港航能所提供的多元課程。我們的文章旨在展示我們在香港所推動的無障礙性與包容性，以及這些努力為許多人帶來的益處，當中甚至包括一些原本被忽視的社群，如今也能擁有接觸帆船的機會。

2025年最後幾個月以及2026年初，我們的活動相當頻繁。多所新的特殊教育需要（SEN）學校加入我們，同時我們亦為更多有意帶學生參與航行的學校提供教師培訓。此外，我們首次舉辦「學校與機構共航日」，取得巨大成功，進一步體現了我們課程的包容性，亦展示了如何與香港其他常規帆船課程相互配合。

we can align our programmes with other regular sailing programmes organized in Hong Kong.

In December 2025 we also witnessed two of our Para Inclusive Sailors with Intellectual / Cognitive Impairment, chosen via the Hong Kong Sailing Federation's Selection Guidelines, compete in the 1st World Sailing Inclusion Championship in Oman in late November/December. Very proud to see one of our sailors bring home something special!! Won't spoil the story, you can read more later!!!!

MoHan participated in the COA (Cruiser Owners Association) Christmas Cup and also the RHKYC's Around the Island Race. This being a race many of our sailors and supporters love to be part of. It is something special day to be part of over 200 boats sailing the same course!!

Another first for us was seeing 5 sailors from our Junior Optimist Programme and 5 sailors sailing 2.4mRs compete in the Hong Kong Race Week in late January, adding another dimension to our sailing in this event. More about that as you read on too.....

Looking forward, we have lots more to do as we introduce additional inclusive and varied programmes to our community as a whole. One of these includes the integration from different areas of our sailing community coming together and working alongside CAS students (who are also very experienced sailors) from schools in Hong Kong. The programme is called 'Catch the Wind' and this will be featured in more depth in Edition 11. In the meantime, you can check out some great photos on our FB and IG to see what the programme has included since its start in February.

It's always good to see and witness our

在 2025 年 12 月，我們亦見證了兩位具智力／認知障礙的共融帆船運動員，經由中國香港帆船運動總會的選拔指引入選，於 11 月底至 12 月期間前往阿曼參加首屆世界帆船共融錦標賽。我們非常自豪，其中一位水手更帶回了特別的成就！詳細內容稍後再揭曉！

無限號亦參加了遊艇船主協會（COA）的聖誕盃，以及皇家香港遊艇會的「環島賽」。這項比賽深受我們水手和支持者喜愛，能夠與超過 200 艘船一同航行，是非常特別的一天。

另一項突破是，我們有 5 名來自青少年 Optimist 課程的學員，以及 5 名駕駛 2.4mR 級別的水手，在一月下旬參加香港帆船周，為我們在此賽事中增添了新的面向。更多詳情請繼續閱讀.....



展望未來，我們將持續推出更多多元且具包容性的課程。其中一項新計劃是促進不同帆船社群之間的融合，並與具備豐富航海經驗的民安隊學生合作——計劃名為「Catch the Wind」，將於第 11 期作更深入介紹。在此之前，歡迎瀏覽我們的 Facebook 和 Instagram，查看自 2 月啟動以來的精彩照片。

我們一向歡迎大家親身了解我們的課程，如您希望獲取更多資訊或有時間到白沙灣參觀，請隨時聯絡我們。3月 22 日的開放日將會是一個不錯的參觀機會。

最後，就此作結，祝大家閱讀愉快！

programmes for yourselves, so please don't hesitate to contact us if you need more information and have time to come to Hebe Haven to see us. Open Day is on 22nd March which may be good day to visit.

And finally, that's it from me and



we hope you enjoy your read.

Sailability Shines!!!!

Sailability was honoured with two awards at the prestigious Sailing Federation of HK, China, Annual Dinner.

The award for the '2025 New Sailing Initiative' which has improved or developed sailing in HK was awarded to Sailability for the Junior Optimist Programme. Kay Rawbone received the award presented by Mei Han CHEUNG, President of the Sailing Federation of HK, China.

This programme offers children and youth from HK's grass roots population who wouldn't normally have the means to try sailing, for example, ethnic minorities and/or low-income families. This is another milestone for Sailability and adds a new level of support to access sailing in HK. It contributes

香港航能大放異彩！

香港航能於中國香港帆船運動總會年度晚宴中榮獲兩項殊榮。

其中，「2025 年度新帆船發展計劃」獎頒發予香港航能的青少年 Optimist 課程，以表揚其對香港帆船運動的發展與推動。創辦人兼行政總裁 Kay Rawbone 由中國香港帆船運動總會會長張美嫻頒發獎項。

該課程為來自基層社群、平時難以接觸帆船的兒童及青少年提供機會，例如少數族裔及低收入家庭。這標誌著香港航能的重要里程碑，進一步提升帆船運動在香港的可及性，並體現我們「讓每個人都能參與帆船」的使命。

此外，付遠威獲選為「年度殘疾帆船運動員」。2025 年對他而言是極為出色的一年，他先於澳洲漢莎自由級世界錦標賽奪得金牌，其後又於土耳其世界能力運動沙灘運動會獲得銀牌。

在領獎時，付遠威向帆船界及香港航能中所有貢獻者致敬，他表示：「一輛車不只是輪子，還需要許多部件共

to the Sailability mission as we continue to
'Make Sailing Accessible to Everyone' .

Yuan Wei FOO was recognised as Para Sailor of the year. 2025 was a wonderful year for him, first winning gold in the Hansa Liberty class World Championships in Australia and then silver at the World AbilitySports Beach Games in Turkey.

Accepting his award, Yuan Wai FOO paid tribute to the many people in sailing and Sailability who contribute, saying "like a car is not only about the wheels, it needs many parts working together to make the car run smoothly; sailing too has many parts and many people working to bring the joy of sailing to thousands of families. I hope everyone who wants to, can be given the opportunity."

同運作才能順暢行駛；帆船也是如此，需要許多人共同努力，才能把航行的喜悅帶給成千上萬個家庭。我希望每一個有意願的人，都能獲得這個機會。」



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 Spotlight - Junior Sailing Programme

香港航能專欄 - 少年樂天帆船水手計劃

A Gentle Transformation from the Sea
By Eva Chan, Social Worker, Chief Executive,
Sai Kung District Community Centre

海洋中的溫柔蛻變

來自西貢區社區中心總幹事社工的 Eva Chan 撰文



Junior Sailing group at Hebe Haven Yacht Club
青少年帆船小組在白沙灣遊艇會

I vividly recall the moment in 2024 when Kay approached me to discuss the vision for the Junior Sailing Program. It was the spark that ignited a journey, one made possible by the generous support of a humble couple who believed in this initiative. With their support, we welcomed our first group of young sailors in October 2024.

我仍然清晰地記得 2024 年，當 Kay 找我討論少年樂天帆船水手計劃的願景時，這一刻如同點燃了一段旅程。這段旅程能夠實現，全賴一對低調夫婦的慷慨支持，他們相信這個計劃的願景。在他們的支持下，我們於 2024 年 10 月迎來了第一批年輕水手。

西貢區社區中心（SKDCC）多年來一直服務西貢社區。為了幫助那些機會相對較少的兒童，我們將非華

The Sai Kung District Community Centre (SKDCC) has been a pillar of support for our local community for many years. In our mission to reach those who face limited opportunities, we made the heartfelt decision to include non-Chinese, low-income, and children with special educational needs (SEN) in our program. While we faced some challenges along the way, with a few dropouts and new faces joining us throughout the journey, the transformation I have witnessed in both the children and their parents has been truly heartwarming.

At the outset, I received calls from the parents reached out for absence and their concerns about their children, often tinged with frustration and tears. Yet, sailing is different from many other sports; it transcends mere competition. It teaches resilience, focus, and the importance of mastering oneself amidst the vastness of the sea. Sailing is a unique classroom where children learn to navigate the unpredictable - the currents, the waves, and the winds, about which you can't complain. It mirrors life, presenting challenges that are often beyond our control. But in facing these challenges, our young sailors cultivate resilience. There are no shortcuts and they must gather experiences, practice tirelessly, and persevere. In time, they will discover that the winds of life can carry them to extraordinary places, expanding their horizons in ways they could never have imagined.

We are incredibly proud to have Arvhela Cabusay on our team, who recently claimed victory in the 2026 HK Race Week Green Fleet Division. She embodies the spirit of a “Big Sister,” in the team, inspiring other younger teammates with her focus and confidence! It was an emotional moment for me as I watched other young sailors joining the 2026 HK Race Week - Ayesha, Luke,



Coach Kevin Lewis and student Arvhela
教練 Kevin 和學員馬嘉欣 Arvhela 的合照

裔、低收入、以及有特殊教育需要（SEN）的兒童納入我們的課程項目。雖然過程中遇到了不少挑戰，包括一些孩子中途退出和新隊員的加入，但我見證到孩子和他們的家長所經歷的轉變，讓我感到非常欣慰。

起初，我經常接到家長的電話為孩子請假，往往伴隨著挫折和眼淚。然而，帆船與許多其他運動不同，它超越了單純的競爭。它教會孩子們抗逆力、專注，以及在浩瀚大海中自我掌控的重要性。帆船是一個獨特的教室，孩子們在這裡學會如何應對不可預測的環境——水流、海浪和風，這些都無法抱怨。這就像人生一樣，面對許多我們無法控制的挑戰。但通過面對這些困難，培養了我們孩子的抗逆力。這沒有捷徑，他們必須積累經驗、持之以恆地練習和堅持不懈。假以時日，他們將發現生命中的風會將他們帶到非凡的地方，擴展他們無法想像的視野。

我們非常自豪能有馬嘉欣 Arvhela 在我們的課程當中。她最近在 2026 年香港帆船週 Green 船隊級別中獲得冠軍，而她在課程中亦展現了「大姐姐」的風

Nyzel, and Luca, shine during the race, delivering performances that truly surprised our coaches.

Currently, our program supports 12 kids, and their parents volunteer on a rotating basis to help. Their involvement speaks volumes about the spirit of community we are fostering together. I am deeply grateful to Kay for her unwavering dedication in making this program a reality, alongside the Sai Kung District Community Centre, which nurtures a loving, caring, and inclusive environment in Sai Kung. A special thanks also goes to Kevin Lewis, our chief coach for his continuous support and coach Rex; they go above and beyond for our sailors.

Together, we are creating ripples of change, guided by the wind and the waves, and I can't wait to see where this journey will take us next.

範，以她的專注和自信激勵著其他年幼的隊員！我看著其他參與 2026 年香港帆船週的年輕水手——嘉欣、Luke、Nyzel 和 Luca；在比賽中的出色表現令教練們驚喜不已，這對我來說是一個非常感動的時刻。

目前，我們的課程支持 12 名孩子，他們的父母輪流提供協助。這種參與展現了我們共同培養的社區精神。我深深感謝 Kay 為實現這個課程所付出的不懈努力，與西貢區社區中心一同在西貢培育愛心、關懷和包容的環境。特別感謝我們的首席教練 Kevin Lewis 的持續支持，以及教練 Rex，他們為我們的水手們付出了超乎所需的努力。

我們共同創造了改變的漣漪，在風和浪的引領下，我迫不及待想看到這段旅程將帶領我們前往何方。



Junior Sailing Cohort A - posing for another photo!
青少年帆船 A 組合照！



Coaching in action - December 2024
水上指導實況。攝於 2024 年 12 月

A Personal Perspective from Coach Kevin Lewis

來自教練 Kevin Lewis 的撰文



Coach Kevin Lewis showing Junior Sailors how to prepare the Optimist for sailing
教練 Kevin Lewis 向青少年水手示範如何為 Optimist 小艇出航做準備

Sailing in Hong Kong is thriving. The larger yacht clubs do a tremendous job teaching and nurturing young sailors. Over at the government's LCSD sailing centres hundreds learn to sail. Our elite Tier A athletes have amazing support from the HK Sports Institute and results are impressive. Hong Kong sailors qualify for the Olympic games. So what's missing?

Opportunities for local, young sailors to develop outside the "club environment" are limited. The LCSD has two centres that run Junior sailing for those under 14 years old. Some outstanding efforts are being made by a few other small centres, notably the HK School Sailing Association and the Sailing Federation at Little Palm Beach, but still, some other sports offer a richer variety of opportunities for local children.

香港的帆船運動蓬勃發展。大型遊艇會在培養年輕水手方面做得非常出色，康樂及文化事務署的帆船中心則讓數百人學習航行。我們的精英 A 級運動員獲得香港體育學院的大力支持，成績令人矚目。香港水手更取得奧運會參賽資格。那麼還缺少什麼？

對於本地年輕水手來說，體驗「會所環境」以外發展的機會有限。康樂及文化事務署有兩個中心為 14 歲以下的青少年提供帆船課程。其他一些小型中心也做出了卓越的努力，特別是香港學界帆船協會和中國香港帆船運動總會在小棕林泳灘的項目，但相比其他運動，本地兒童的選擇仍然較少。

香港航能的青少年帆船課程秉持「讓每個人都能航行」的理念，為原本沒有機會航行的本地年輕孩子提供了航行機會。課程已經運作了一年多，雖然規模相對較小，但證明了它的潛力。這些水手們最年幼只有 8 歲，部分有特殊教育需要；有些在香港被標籤為少數族裔，有些則來自家庭無法負擔遊艇會會費的本地孩子。

The Sailability Junior Programme, running for a little over one year, with its ethos of “sailing for all” is a project providing an opportunity to young local kids, who would otherwise not be able to sail. It’s a relatively small-scale scheme, but proves what is possible. Our youngest sailors are aged 8 and some have “Special Educational Needs”. Some are from what HK calls “ethnic minority backgrounds” and others are just local kids who couldn’t afford a yacht club fee.

How we measure success in developing our sport varies. Mass participation and life-long involvement are some indicators, but competitive sailing does have a larger role for many. The success of our small group at the recent HK Race Week, albeit at Green Fleet level, is great to see. It shows what can be done, and even after just one year, it’s providing a life-changing experience for our young sailors. It’s also a great example of cooperation with amazing financial support from our sponsors, together with the Royal HK Yacht Club, Hebe Haven Yacht Club and of course Sailability HK.

I am incredibly proud to be involved and hope our programme can continue and grow, bringing our sport to new youngsters and making a real difference.



Our Junior Sailors joined the RHKYC Development Squad for joint training just before HK Race Week

我們的香港航能青少年水手在香港帆船週前與皇家香港遊艇會發展隊進行聯合訓練

我們衡量運動發展成功與否的標準各有不同。大眾參與和終身投入是一些指標，但競技帆船對許多人來說更為重要。我們的小團隊最近在香港帆船週中取得的成績，儘管只是 Green 船隊級別，但令人鼓舞。這展示了可以做的事情，即使只有短短一年，已經為我們的年輕水手帶來了改變人生的體驗。計劃擁有出色的合作典範，得到贊助商的大力財務支持、還有皇家香港遊艇會、白沙灣遊艇會，以及我們香港航能的共同努力。

我為能參與其中感到無比自豪，讓我們的課程能夠持續發展，令更多年輕人接觸這項運動，真正帶來改變。



Our Junior Sailors joined the RHKYC Development Squad for joint training just before HK Race Week
我們的香港航能青少年水手在香港帆船週前與皇家香港遊艇會發展隊進行聯合訓練

Volunteer Spotlight 1

義工專欄一

A Quiet Contributor with a Big Heart – Daoud Kamal Abukhaleel

心地廣闊默默的奉獻者 - Daoud Kamal Abukhaleel

Daoud is a softly spoken young man, who loves sailing because unlike other sports such as soccer or basketball, it can either be a competitive sport or a more leisurely activity. After his mother reached out to Kay, he came to Sailability for the first time in 2020 for a sailing taster course and remembers being presented with his certificate by Mike Rawbone.

In recent months he has been helping Myrian Fan with her pioneering PhD study into the impact that nature-based interventions (sailing) have on resilience in children with autism.



Daoud helping young sailors
Daoud 協助年輕帆船水手



Daoud at HHYC
Daoud 在白沙灣遊艇會

Daoud 是一位溫文爾雅的年輕人，他熱愛帆船運動，因為足球及籃球等與其他運動不同，帆船運動既可以是競技性的運動，也可以是休閒的活動。2020 年，他的母親聯繫 Kay，讓他接觸香港航能的帆船體驗課程，他至今仍記得由已故創辦人 Mike Rawbone 為他頒發證書的情景。

近幾個月來，他一直在協助范詩雅進行其哲學博士學位的先導計劃，專注於帆船運動對自閉症譜系障礙兒童抗逆力的影響。

“The kids in these groups can be quite challenging,” Daoud explains, “in part because there is a new group each week. By contrast, the sailors I work with on Saturday Sailing have been sailing for longer and have learnt more, so it’s not as demanding.”

Myrian describes Daoud as a “quiet contributor with a big heart”. She continues, “He really cares about the children, and his calm steady presence has been a source of strength for me during this intense summer. He is a humble and hardworking individual who quietly makes a significant impact behind the scenes.”

He is Co-Founder with his mother of the Institute of Leadership and Management which upskills young adults and others who lack employment opportunities, so that it is less difficult for them to find a job. He is currently studying for a bachelor degree in Industrial and Systems

Daoud 解釋說：「面對這組孩子對我頗具挑戰性，部分原因是每週都有新的水手加入。相比之下，在我週六指導下的水手們已經航行了一段好長時間，學到的也多，因此沒那麼吃力。」

范詩雅形容 Daoud 是位「心地廣闊默默奉獻者」。她繼續說道：「他真心關懷孩子們，在這個緊張的夏季，他平靜穩定一直是我力量的源泉。他是一個謙遜勤奮的人，在幕後默默地產生深遠的影響。」

他與母親共同創立了領導與管理學院，為缺乏就業機會的年輕成人和其他人提升技能，使他們更容易找到工作。他目前正在理工大學攻讀工業及系統工程學士學位。

Daoud 的家庭背景多元。他的母親是華裔菲律賓人而父親是巴勒斯坦人。因貿易生意機會，他們一家曾在世界各地居住，例如在中國內地、菲律賓、杜拜以及香港生活。如此廣闊的視野，加上他默默的奉獻精神，使他成為香港航能如此出色的義工。



Daoud (far R) after receiving his certificate from Mike Rawbone (2nd from L) in 2020
Daoud(最右) 於 2020 年從 Mike Rawbone (左二) 手中領取證書後

Engineering at Polytechnic University.

Daoud has a wide variety of influences in his family. His Mum is a Chinese Filipino and his father a Palestinian. As a family they moved around the world as the opportunities for trade shifted, and so he has lived in Mainland China, The Philippines and Dubai, as well as Hong Kong. Such a broad perspective combined with his quiet dedication, makes him such a wonderful volunteer for Sailability.

Author 撰文: Andrew Sheard



Daoud and Joseph at a COA fundraising lunch
Daoud 和 Joseph 在遊艇船主協會布袋澳慈善午餐的合照



Daoud accompanying a young sailor in a Hansa
Daoud 陪伴年輕帆船水手駕駛漢莎帆船

Volunteer Spotlight 2

義工專欄二

Volunteering Toward a New Perspective
by David Cheng

義工服務帶來的新視角



David Cheng enjoying Hong Kong Race Week with Kay Rawbone
David Cheng 與 Kay Rawbone 一起享受香港帆船週

The easterly winds were blowing at around 8-10 knots, picking up after the race was postponed due to unfavourable conditions. The course overlooked the high-rises of Repulse Bay on one side and the giant shipping tankers in the South China Sea on the other.

I watched Arvhela Cabusay, a 12-year-old Sailability sailor, in the final stretch of her winning race in the Green Fleet Class. Laser-

東風以約 8-10 節的風速吹拂，因風勢開始增強的不利條件下，比賽延遲。賽道一側可俯瞰淺水灣的高樓大廈，另一側則是南中國海上的巨型貨輪。

我看著 12 歲的香港航能水手馬嘉欣 Arvhela 在 Green 船隊級別賽事中作最後衝刺。她全神貫注，需再掉頭一次就能直達終點線。當她越過終點線的那一刻，立即從教練 Kevin Lewis 手中接過香港航能旗幟，就像奧運選手一樣勝利地揮舞著旗。那天我在香港航能的船上擔任義工，非常幸運能見證她與大家分享這個特別時刻。

focused, just one more tack and she would have a clear path to the finish line. The moment she crossed the finish line, Arvhela immediately grabbed the Sailability flag from her coach, Kevin Lewis, and triumphantly waved it like athletes do at the Olympics. Volunteering onboard the Sailability boat that day, I was so fortunate to witness this special moment that Arvhela shared with everyone.

Back in the summer of 2025, the first time I found out about Sailability was at a sailing event hosted by Hebe Haven Yacht Club. Every time I encountered a para-sailor, I was always curious and amazed by how well they sailed. After a brief but inspiring conversation with Kay Rawbone, the co-founder of Sailability, about the mission of inclusive sailing, I knew I wanted to get involved and learn more. The chance came on Hong Kong Race Week's final race day. Kay messaged me to ask if I had time to volunteer onboard the *MoHan* support boat.

The weather was chilly and gloomy in the morning when we departed from Causeway Bay for Middle Island, where the race was held. En route, I put my newly learned sailing skills to work - everything from coiling lines and furling jibs to helping navigate the boat in open water. Interacting and working with other Sailability volunteers was a blast! We shared parasailor stories and talked about how we were inspired by their strong mindsets and unconventional perspectives on life.

Back onboard *MoHan*, we were exuberant, clapping nonstop as Arvhela and coach Kevin revelled in joy after winning the race. My initial motivation to volunteer was to help and inspire others, but that special moment showed me a new perspective - witnessing

回望 2025 年夏天，那是我第一次參與白沙灣遊艇會的帆船活動，並認識香港航能。每當我遇到傷健水手，我總是好奇他們的航行技術並為他們出色的表現感到驚嘆。在一次機會中，我與香港航能創始人 Kay 進行了一場簡短但鼓舞人心的話題，了解更多關於共融帆船運動的使命，我知道我想參與其中，學習更多。再到後期，機會來臨於香港帆船週的最後比賽日。Kay 發訊息問我是否有時間為無限號支援船擔任義工。

當天，我們從銅鑼灣出發前往舉行比賽的中間島時，早上的天氣陰冷而灰暗。運行途中，我運用新學到的帆船技能——從捲繩和收起前帆，到協助在開闊水域中導航。我有機會與其他香港航能義工互動和合作，感到非常愉快！我們分享傷健水手的故事，談論他們如何以堅強的心態和面對生活，這種的非傳統視角度啟發著我們每一個人。

回到無限號上，我們興高采烈，不停鼓掌，看著小水手馬嘉欣 Arvhela 和教練 Kevin 在贏得比賽後欣喜若狂。我最初擔任義工的動機是想幫助和啟發他人，但那個特別的時刻讓我看到了新的視角——見證傷健水手的自信，以及他們如何定義自己的身份，而不是受限於社會強加的標籤。

當我們返航駛向銅鑼灣時，陽光普照，天氣也變得溫暖起來。同場的李文斌 Ransom 和 陳思敏 Daphne 資深義工體現了香港航能的共融使命，他們向我展示了更多航行技巧，並鼓勵我再次回來。回望海洋，我已準備好與香港航能團隊進行下一次航行！

the para-sailors' confidence and how they are defining their own identities, rather than the limited labels imposed by society.

As we cruised back toward Causeway Bay, the sun was out and the weather was getting warmer. Ransom and Daphne, two veteran volunteers who exemplified Sailability's inclusion mission, showed me more sailing techniques and encouraged me to return. Looking back at the ocean, I am so ready for the next outing with the Sailability team!



Programme/Event Roundup: 項目/活動總結

Gold x 2 for Sailability HK at the Sun Hung Kai & Co Hong Kong Race Week 2026

香港航能在新鴻基香港帆船週 2026 勇奪兩金



Arvhela Cabusay on her way to GOLD
馬嘉欣邁向金牌之路

In the Optimist Green Fleet, a stunning performance by Arvhela Cabusay saw her win gold! Making her debut appearance at HKRW, 12 year old Arvhela won 5 of the 8 races completed, and led the fleet from the first race to the last!

In fact, Sailability had 4 sailors (Arvhela plus Luke Prestoza, Ayesha Delizo, and Luca Chan) in the top half of the Green Fleet, a wonderful achievement for everyone associated with the Junior Sailing programme. This



Arvhela Cabusay proudly displaying her GOLD medal
馬嘉欣自豪地展示她的金牌

在 Optimist Green 船隊中，馬嘉欣 Arvhela 表現出色，勇奪金牌！這是 12 歲的她首次亮相香港帆船週，8 場比賽中贏得了 5 場，從第 1 場比賽到最後 1 場都遙遙領先！

香港航能有 4 名水手（馬嘉欣 Arvhela、Luke Prestoza、Ayesha Delizo 和陳皓澄 Luca）並列於 Green 船隊精英隊員名單中的前一半，這對所有參與青少年帆船課程的人來說都是一項出色的成就。課程於 2024 年底成立，得到捐助者 Raghav Maliah 和 Jane Lah（透過 Goldman Sachs Gives），為少數族裔和弱勢群體提供帆船訓練。課程由高級教練 Kevin Lewis 與經驗豐富的鄭教練 Rex 共同負責。



Sailability's Green Fleet team - Kay, Rex Cheng & Kevin Lewis
香港航能的 Green 船隊團隊 - Kay、鄭教練 Rex 和 Kevin Lewis

programme was established in late 2024 with the support of Raghav Maliah and Jane Lah (through the Goldman Sachs Gives), to offer sailing training to minorities and underrepresented groups. The programme is run by Senior Coach Kevin Lewis with the help of the experienced instructor Rex Cheng.

In the 2.4mR class, Yuen Wai Foo took gold as he did in 2023 and 2024 too. There was a strong performance by Eric Cheung who came second overall, after winning races number 5 and 10. Mention also for Murray McDonald from Scotland, who, sailing in Hong Kong for the first time, came 4th and added an international dimension.

At the presentation ceremony, HKRW Chairperson, Lucy Sutro told the assembled sailors "You should be proud: whether you leave with a medal or memories, you've grown as athletes and contributed to the spirit that makes Hong Kong Race Week special!"

During the week, all the sailors and race



Yuen Wai Foo presented with the winner's trophy by Adrian Pang (RHKYC) and Kay Rawbone
付遠威從 Kay 和 皇家香港遊艇會的 Adrian 手中接過冠軍獎盃

在 2.4mR 級別中，付遠威奪得金牌，繼 2023 年和 2024 年之後再次奪冠。Eric Cheung 表現也相當出色，在第 5 場和第 10 場比賽中分別獲勝，總成績排名第二。值得一提的是來自蘇格蘭的 Murray McDonald，他首次在香港參賽便獲得第四名，為賽事增添了國際色彩。



Eric Cheung came second in the 2.4mR class
Eric Cheung 在 2.4mR 級別中獲得第二名

officials had to contend with a wide and fast changing range of weather conditions. From rain, no wind, to strong breeze and sunshine, the conditions tested the competitors and their resilience. On Saturday no racing was possible and on the final day, which started off damp and grey, the first race was delayed but the afternoon concluded with breeze with sunshine.

Hong Kong Race Week was co organised by the Sailing Federation of HK China (HKSF) and Royal HK Yacht Club and this year included 306 sailors from 12 countries and territories: Australia, China, Great Britain, Greece, Hong Kong China, Italy, Japan, Macau China, Puerto Rico, Singapore, Sri Lanka, and Thailand.

Adrian Pang, Commodore of RHKYC, extended his heartfelt thanks to over 100 volunteers whose dedication made the regatta possible.

Author 撰文: Andrew Sheard



Yuen Wai Foo secured GOLD in the 2.4mR class
付遠威在 2.4mR 級別中奪得金牌

在頒獎典禮上，香港帆船週主席蘇洛詩對在場的水手們說：「您們應該感到自豪：無論您們帶走的是獎牌還是回憶，您們都已成長為運動員，您們的貢獻為香港帆船週的氣氛變得更加特別！」



Optimists on the final day
最後一天的 Optimists



在整個賽事週期間中，所有水手和賽會人員都要對付快速及多變的天氣狀況。從下雨、無風、強風到陽光普照，種種環境變化都考驗著參賽者的抗逆力。週六停賽，到最後一天比賽開始時，卻因天氣潮濕灰暗而令到第一場比賽被推遲了，最後賽事在下午的微風和陽光天氣下結束。

香港帆船週由中國香港帆船運動總會 (HKSF) 和皇家香港遊艇會共同主辦，今年共有來自 12 個國家和地區的 306 名水手參賽，包括：澳洲、中國、英國、希臘、中國香港、意大利、日本、中國澳門、波多黎各、新加坡、斯里蘭卡和泰國。

皇家香港遊艇會會長彭考書向超過 100 名義工致以衷心感謝，他們的奉獻使這次帆船賽得以順利進行。

World Sailing Inclusion Championships in Mussanah, Oman Sailability HK win a Bronze Medal

在阿曼穆薩納舉行的世界帆船共融錦標賽 香港航能勇奪銅牌



Joseph Cheung in the Sailing Inclusion Championships
張子軒 Joseph 在世界帆船共融錦標賽期間

At the World Sailing Inclusion Championships, 19-year-old Joseph Cheung Tsz Hin achieved a podium finish by coming 3rd in the Intellectual Impairment Championship.

A total of 154 athletes, alongside coaches and support staff, had entered the landmark event held in Mussanah, Oman, from 30 November to 8 December 2025.

The championship was the first event of its kind and a cornerstone of World Sailing's Para Inclusive Strategy 2024-2029. The strong registration numbers highlighted the global enthusiasm for inclusive sailing and the sport's commitment to creating opportunities for all.

The Championships saw the debut of several nations in inclusive sailing, proving the potential

在世界帆船共融錦標賽中，19歲的張子軒 Joseph 在智力障礙錦標賽中獲得第三名，站上領獎台。

這項具有里程碑意義的賽事於 2025 年 11 月 30 日至 12 月 8 日在阿曼穆薩納舉行，共有 154 名運動員及教練和支援人員參加。這是首屆此類錦標賽，也是世界帆船總會 2024-2029 年傷健共融策略的基石。強勁的報名人數突顯了全球對共融帆船運動的熱情，以及這項運動致力為所有人創造機會的承諾。

錦標賽見證了多個國家首次參與共融帆船運動，證明了運動啟發來自各大洲不同社群的潛力。來自千里達及多巴哥、印度、沙特阿拉伯、韓國、伊拉克、印尼和烏拉圭的水手均首次參賽。智力障礙錦標賽使用 ILCA 6 小艇，這是香港航能沒有的船型！我們的兩名水手是真正的邊學邊航！經過 3 天的比賽後，梁文匡在排行榜上位列第二，對於這位 17 歲的年輕水手在他的首次國際比賽中取得如此成績，實在令人驚嘆。

of the sport to inspire diverse communities from all continents. Sailors from Trinidad and Tobago, India, Saudi Arabia, Korea, Iraq, Indonesia and Uruguay all competed for the first time.

For the Intellectual Impairment Championship, the class used ILCA 6 boats, which we don't have at Sailability HK! So our two sailors were literally learning as they sailed! Nevertheless, after 3 days of competition, Leung Man Hong was in second place on the leaderboard, a marvellous achievement for the 17-year-old in his first international competition.

But there was drama on the last day of competition, with the two Hong Kong sailors battling one another in the final races. In the end, 19-year-old Joseph Cheung Tsz Hin narrowly grabbed 3rd place ahead of teammate, Man Hong Leung. Both Joseph and Man Hong finished just 4 points behind the winner, Murray MacDonald of the UK.

Kay Rawbone, who was with the team in Oman said she was, “so proud of the growth in both of them, the commitment to do better each day, and the camaraderie of friendship was really amazing.”



Man Hong Leung competing in an ILCA dinghy
梁文匡在 ILCA 小艇比賽中



Joseph Cheung, bronze medal, Intellectual Impairment category

Joseph 在智力障礙組別獲得第三名後接受銅牌

但在最後一天的比賽中出現了戲劇性的一幕，兩名香港水手在最後幾場比賽中互相比較。最終，19歲的張子軒 Joseph 以些微優勢力壓隊友梁文匡奪得第三名。Joseph 和文匡的成績僅落後冠軍、英國選手 Murray MacDonald 4 分。

與團隊一同前往阿曼的 Kay 表示，她「為他們兩人的成長、每天力求進步的決心，以及友誼中的同袍情誼感到非常自豪，這真是令人驚嘆。」

指導員林教練 Jesse Lam 是香港航能團隊的一員，這是他首次參加國際帆船錦標賽。回顧這次經歷，Jesse 說：「指導文匡和 Joseph 學習新的小艇 ILCA 比漢莎 303 更具挑戰性。要讓他們在短短三天內學會組裝和駕駛這種小艇並不容易，但每個人的成功都是他們努力的成果。從在岸上組裝船隻到下水，每一步練習都必須仔細、緩慢和準確地解釋，讓他們能夠輕易理解和跟隨。最終，Joseph 贏得銅牌，真的讓整個團隊非常高興。我個人也非常興奮能與來自世界各地不同國家的運動員

Instructor Jesse Lam was part of the Sailability team, and this was his first time at an international sailing Championship. Reflecting on his experience, Jesse said, “Instructing Man Hong and Joseph to learn a new dinghy ILCA was more challenging than the Hansa 303. It was not easy to get them learn to assemble and sail this type of dinghy in only three days, but the success of each one is the result of their efforts. From assembling a boat ashore to launching, each step of the exercise had to be explained carefully, slowly and precisely, so that they can easily understand and follow. In the end, Joseph won the bronze medal, which really made the whole team very happy. Personally, I was very excited to talk and exchange views with players and coaches from so many different countries around the world.”

In the One Person Keelboat Championship, using Hansa 303's, all 3 of our sailors struggled somewhat on Day One, but Wai On Fung showed real determination and in two of the later races achieved 2nd place. By the end of the Championship, he was in 12th place overall, Sylvia Leung was 23rd, and Chi Shing Tang was 30th. Rory McKinna of the UK was in 1st place.

The event also featured an Inclusive Development Programme (IDP) held prior to racing, providing critical training and development for sailors, coaches, and race officials from emerging nations.

Our participation in this event was thanks to support from the Sailing Federation of Hong Kong, China, and we are hugely grateful to them for their ongoing support.



Sylvia Leung, Man Hong Leung, Gary Yuen - opening ceremony
梁玉珍、梁文匡和袁錦棠出席開幕禮

和教練交流和交換意見。」

在使用漢莎 303 的單人龍骨船錦標賽中，我們的 3 名水手在第一天都遇到了一些困難，但馮偉安展現了真正的決心，在其中兩場後期比賽中取得第二名。錦標賽結束時，他的總成績排名第 12 位，梁玉珍 Sylvia 排名第 23 位，鄧志成排名第 30 位。英國的 Rory McKinna 獲得第一名。

賽事還包括在比賽前舉行的共融發展計劃（IDP），為來自新興國家的水手、教練和賽事官員提供關鍵的培訓和發展。

我們參加這次賽事有賴中國香港帆船運動總會的支持，我們非常感謝他們的持續支持。

The Hong Kong Team 香港隊：

Athletes 運動員

梁玉珍 Sylvia Leung Yuk Chun

馮偉安 Wai On Fung

梁文匡 Man Hong Leung

張子軒 Joseph Cheung Tsz Hin

鄧志成 Chi Shing Tang — Self-funded 自費

Coaches and Management 教練及管理人員

鄧炳輝 Ed Tang Bing Fai 林健光 Jesse Lam Kan Kwong

袁錦棠 Gary Yuen Kam Tong — 自費 梁國安 Ken Leung Kwok On — Self-funded 自費

Kay Rawbone BEM 羅博淇



Hansa 303's, World Sailing Inclusion Championships
漢莎 303 在世界帆船共融錦標賽期間比賽

Asian Inclusive Sailing Series in Mysore, India 印度邁索爾亞洲共融帆船系列賽



Aerial shot during the Championships
錦標賽期間的航拍照片

The Asian Inclusive Sailing Series (AISS) took place at Mysore in India in November and the Sailability HK team came back with a medal!

Experienced para sailor Tsun Ming Chan, who contracted polio as a child, was second place in the Hansa 303 one-person para category! It was his first podium finish in an international Championship! You can see his medal in the photos.

On his return to Hong Kong, Tsun Ming Chan thanked Sailability HK and Kay Rawbone for “giving me the chance to sail in India”.

He was pleased to find that the Hansa boats used for the Championship were “in very good condition”. Fortunately, he likes curry as it was served 3 times a day – breakfast, lunch, and dinner!

亞洲共融帆船系列賽 (AISS) 於 11 月在印度邁索爾舉行，香港航能團隊載譽而歸，贏得獎牌！

經驗豐富的傷健水手陳俊明自幼患小兒麻痺症，在漢莎 303 單人傷健組別中獲得第二名！這是他首次在國際錦標賽中登上領獎台！您可以在照片中看到他的獎牌。

回到香港後，陳俊明感謝香港航能和 Kay 羅博淇「給我機會到印度航行」。

他很高興地發現，用於錦標賽的漢莎帆船「狀況非常好」。幸運的是，他喜歡咖哩，因為每天三餐——早餐、午餐和晚餐都有咖哩！

參賽者均來自 13 個不同地區及國家——包括印度、法國、泰國、日本、阿曼、烏茲別克斯坦、印度尼西亞、馬來西亞、菲律賓和香港。

在其他成績方面，陳俊明和 Ken 梁國安在雙人漢莎 303 組別中獲得第五名。在單人組別中，陳俊明總排名第六，Ken 梁國安在 25 名參賽者中總排名第八。幹得好！



Hansa boats ready for sailing
漢莎帆船準備出海

Competitors from 13 countries participated – including India, France, Thailand, Japan, Oman, Uzbekistan, Indonesia, Malaysia, Philippines and Hong Kong.

In other results, Tsun Ming Chan and Ken Leung were 5th in the 2-person Hansa 303 category. In the 1-person category, Tsun Ming Chan was 6th overall, and Ken Leung was 8th overall out of 25.

Well done guys! 幹得好!

Author 撰文: Andrew Sheard



Tsun Ming Chan (left) and Ken Leung Kwok On
陳俊明(左)和 Ken 梁國安



Man Hong Leung competing in an ILCA dinghy
梁文匡參與 ILCA 小艇比賽

Inaugural InterSchool/NGO/Organisation Race Day 首屆校際/非政府組織/機構比賽日



The Inaugural InterSchool / NGO / Organisation Race Day, 16 November 2025
首屆校際 / 非政府組織 / 機構比賽日於 2025 年 11 月 16 日舉行

This inclusive event was a celebration of sailing open to schools and NGO's who have partnered with Sailability HK. The focus was on fun, teamwork, accessibility on the water, and making waves together.

On a sunny day, 13 boats competed over 4 races. The 26 sailors of all ages were drawn from a wide range of schools and NGO's including:

Po Yan Oblate Primary School, Hong Kong Red Cross Margaret Trench School, Ebenezer School & Home for the Visually Impaired, Morning Hope Hong Chi Winifred Mary Cheung School, T.W.G.HS Chi-li Pao School, Education University

這場共融活動是對香港航能合作的學校和非政府組織的一個帆船開放慶典。其重點在於樂趣、團隊合作、共同乘風破浪的共融水上活動。

在陽光明媚的一天，13 艘帆船進行了 4 場比賽。26 名不同年齡的帆船水手們來自眾多學校和非政府組織，包括：獻主會溥仁小學、香港紅十字會瑪嘉烈戴麟趾學校、心光盲人院暨學校、匡智張玉瓊晨輝學校、東華三院包玉星學校、香港教育大學、陳校長免費補習天地、西貢區社區中心、香港小童群益會、聖巴拿巴會之家、明愛樂勤學校、思拔中心和香港航能。

參與比成績更重要，但值得記錄的是，冠軍是陳心怡 Kayley 和陳司瀚 Lucas；亞軍是 Emma 和 Ralf，而邵知言 Henry 和邵凱 Kai 獲得季军。

of HK, Principal Chan Free Tutorial World, Sai Kung District Community Centre, The Boys' & Girls' Clubs Association of Hong Kong, Saint Barnabas' Society and Home, Caritas Lok Kan School, The Nesbitt Centre and Sailability HK. Taking part was more important than the result, but for the record, the winners were Kayley and Lucas in 1st place; in 2nd place were Emma and Ralf, while Henry and Kai came 3rd.

Events like this don't just happen – they require a lot of effort from many people! HUGE thank you's to everyone who made this event possible:

這樣的活動不會是偶然發生的，它需要許多人力物力！衷心感謝所有使這次活動成功的人士：

- to Sun Hung Kai Scallywag Foundation Programme for supporting most of the sailors to learn to sail.
- 感謝新鴻基 Scallywag 基金會計劃支持大部分帆船水手學習航行。
- to Jerry for his kind donation for the hire of Hebe One for parents to view the race near HKUST.
- 感謝 Jerry 梁明政 慷慨捐贈租用 Hebe One，讓家長們可以在香港科技大學附近觀看比賽。
- to Wallace Lau Autistic Child Life Building Development Association (DEA) for the prizes.
- 感謝來自自閉兒生命建立發展社 Wallace 劉國威先生所提供的獎品。
- SKDCC and IDEAL for providing delicious snacks
- 感謝西貢區社區中心 IDEAL 提供美味小食
- BGCA for the photos.
- 感謝香港小童群益會提供拍攝支援。
- and all the Instructors, Volunteers and the Race Management Team.
- 以及所有教練、義工們和比賽管理團隊。



Media Spotlight

媒體焦點

The History of Sailability 香港航能的歷史

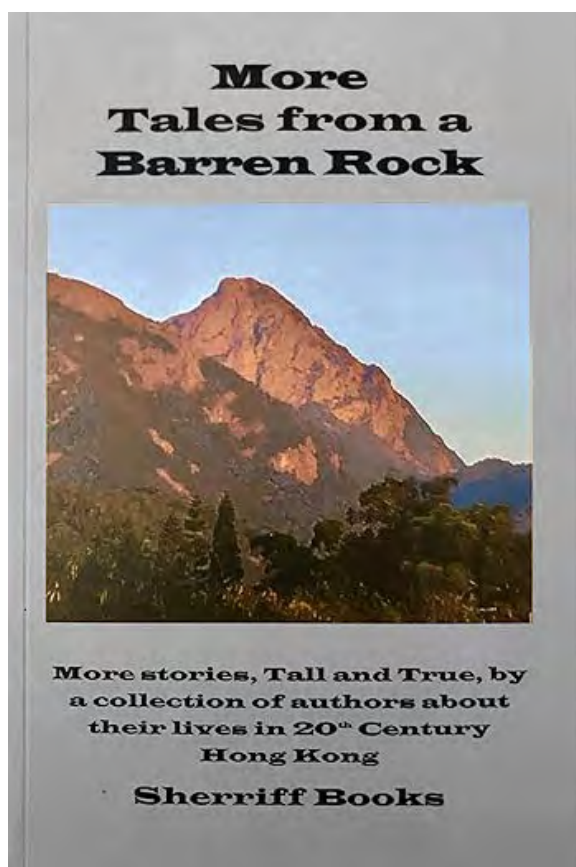
When Sherriff Books published “More Tales from a Barren Rock” earlier this year, all funds raised went to Sailability HK. So it was only right that it included a chapter about Sailability, written by Mike Rawbone before he passed away in 2020 and his wife Kay Rawbone BEM, the current Chair.

The book is now available from Amazon as both a Kindle e-book and a print-to-order paperback:

今年年初，當 Sherriff Books 出版《More Tales from a Barren Rock》時，所有籌集的資金都捐給了香港航能。因此，書中收錄了一章關於香港航能的內容是理所當然的，這一章由 Mike Rawbone 羅博文在 2020 年去世前撰寫，以及他的妻子、現任主席 Kay Rawbone BEM 羅博淇共同完成。

該書現已在亞馬遜上架，提供 Kindle 電子書和按需印刷平裝本兩種版本：

<https://www.amazon.com/More-Tales-Barren-Rock-collection-ebook/dp/B0F3X97BCJ>



Sailability Event Calendar for 2026

香港航能活動日曆

March to May Programmes & Events

3 - 5 月活動與課程

March

1st March – First day of the 2026 TREATS Sailing Scholarship – 4 sessions to be conducted
8th March – International Women’s Day
21st March – COA BBQ and Sail - *MoHan*
22nd March – Hebe Haven & Sailability Open Day – bookings being taken now for Dinghy and *MoHan* sailing experiences. Contact Kay – kay@sailability.org.hk

3 月

3 月 1 日 – 2026 年親切帆船獎學金首日 – 共進行 4 節課程
3 月 8 日 – 國際婦女節
3 月 21 日 – 遊艇船主協會燒烤及航行日 - 無限號
3 月 22 日 – 白沙灣遊艇會及香港航能開放日 – 現正接受小艇和無限號航行體驗預約。請聯絡 Kay – kay@sailability.org.hk

March School, Organisation and Regular Weekly Sailing Programmes

- Caritas Lok Kan School
- Caritas Lok Yi School
- Caritas Pelletier School
- TREATS Scholarship
- Pun U Association Wah Yan Primary School
- Hong Chi Shiu Pong Morninghope School
- Hong Chi Pinehill No.3 School
- Rotary Club of Hong Kong Island West Hong Chi Morninghope School
- Red Cross Margaret Trench School, Teacher and Parent Training
- TWGHs Kwan Fong Kai Chi School
- Saturday Sailing
- Junior Sailing Programme
- CAS Catch the Wind Programme
- Para Team Training
- Po Yan School
- Tai Oi Fat Ho School

3 月學校、機構及每週常規帆船課程

- 明愛樂勤學校
- 明愛樂義學校
- 明愛培立學校
- 親切獎學金課程
- 番禺會所華仁小學
- 匡智紹邦晨輝學校
- 匡智松嶺第三校
- 香港西區扶輪社匡智晨輝學校
- 香港紅十字會瑪嘉烈戴麟趾學校，教師及家長培訓
- 東華三院群芳啟智學校
- 週六帆船日
- 青少年帆船課程
- 民安隊「乘風啟航」課程
- 傷健隊訓練
- 獻主會溥仁小學
- 佛教筏可紀念中學



Sailability Event Calendar for 2026

香港航能活動日曆

March to May Programmes & Events

3-5月活動與課程

April

18th April COA Pasta Cooking
Competition - *MoHan*

April School, Organisation and Regular Weekly Sailing Programmes

- Pun U Association Wah Yan Primary School
- Hong Chi Shiu Pong Morninghope School
- Rotary Club of Hong Kong Island West Hong Chi Morninghope School
- Red Cross Margaret Trench School, Teacher and Parent Training
- Red Cross Margaret Trench School
- TWGHs Kwan Fong Kai Chi School
- Saturday Sailing
- Junior Sailing Programme
- CAS Catch the Wind Programme
- Para Team Training
- Po Yan School
- Hong Kong Society for the Blind

4月

4月18日 — 遊艇船主協會
意粉烹飪比賽 - 無限號

4月學校、機構及每週常規帆船課程

- 番禺會所華仁小學
- 匡智紹邦晨輝學校
- 香港西區扶輪社匡智晨輝學校
- 香港紅十字會瑪嘉烈戴麟趾學校，教師及家長培訓
- 香港紅十字會瑪嘉烈戴麟趾學校
- 東華三院群芳啟智學校
- 週六帆船日
- 青少年帆船課程
- 民安隊「乘風啟航」課程
- 傷健隊訓練
- 獻主會溥仁小學
- 香港盲人輔導會



Sailability Event Calendar for 2026

香港航能活動日曆

March to May Programmes & Events

3-5月活動與課程

May

23rd & 24th May – Hebe Haven Yacht Club 24hr Dinghy Race – interested in supporting Sailability at the event let us know – as a sponsor, a volunteer or a sailor. We need you all!

25th May – 31st May – World Sailing Steering the Course, Women's Sailing Festival to encourage more women and girls into the world of sailing. This will be our 6th year of involvement in this event. Come and support us.

May School, Organisation and Regular Weekly Sailing Programmes

- The Boys' and Girls' Clubs Association of Hong Kong
- Rotary Club of Hong Kong Island West Hong Chi Morninghope School
- Red Cross Margaret Trench School
- TWGHs Kwan Fong Kai Chi School
- Saturday Sailing
- Junior Sailing Programme
- CAS Catch the Wind Programme
- Para Team Training
- Tai Oi Fat Ho School

5月

5月23日及24日 — 白沙灣遊艇會 24小時小艇賽 — 有興趣在活動中支持香港航能，請告知我們 — 無論是作為贊助商、義工或水手。我們需要您們的支持！

5月25日至31日 — 世界帆船總會「引領航向」女子航海節，鼓勵更多女性和女孩加入帆船世界。這將是我們第6年參與這項活動。歡迎前來支持我們。

5月學校、機構及每週常規帆船課程

- 香港小童群益會
- 香港西區扶輪社匡智晨輝學校
- 香港紅十字會瑪嘉烈戴麟趾學校
- 東華三院群芳啟智學校
- 週六帆船日
- 青少年帆船課程
- 民安隊「乘風啟航」課程
- 傷健隊訓練
- 佛教筏可紀念中學



Sailability Event Calendar for 2026

香港航能活動日曆

Looking further ahead 展望未來

June – World Abilitysports Beach Games in Turkey for youth sailors with physical impairment under 25yrs to join. Interested in learning – let us know.

August – 26th – 30th Eurasian Para Inclusion Cup in India – Mysore Sailing Club

September – 12th & 13th Barts Bash – Annual Global Fun Race – Sailability Hong Kong Limited with Hebe Haven Yacht Club
Peace Cup 2026 – Hiroshima Japan – sailing in Hansa dinghies

October – World Sailing Inclusion Championships Portimao, Portugal

November – 2026 Asian Inclusive Sailing Series (AISS). 1st Para Inclusive Sailing Event to be held near Dili, Timor Leste – dates to follow

December – Hansa Asia Pacific Championships. We won this event 2 years ago in Australia in the Hansa Liberty and now Sailability Hong Kong Limited is looking for sponsors to host this event in Hong Kong. Interested please contact Kay.

6月 – 土耳其世界傷健運動沙灘運動會，歡迎 25 歲以下身體障礙青少年水手參加。有興趣了解更多，請告知我們。

8月 26 日至 30 日 – 印度歐亞傷健共融盃 – 邁索爾帆船會

9月 12 日及 13 日 – Bart's Bash 年度全球趣味賽 – 香港航能與白沙灣遊艇會

和平盃 2026 – 日本廣島 – 駕駛漢莎小艇

10月 – 世界帆船共融錦標賽，葡萄牙波爾蒂芒

11月 – 2026 亞洲共融帆船系列賽 (AISS) 首屆傷健共融帆船活動將於東帝汶帝力附近舉行 – 日期待定

12月 – 漢莎亞太地區錦標賽，我們兩年前在澳洲的漢莎自由級賽事中贏得了這項賽事，現在香港航能正在尋找贊助商在香港舉辦這項活動。有興趣請聯絡 Kay。



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

The committee hope you have enjoyed reading this latest edition of Limitless!



L-R: Guy, Andrew, Kay, Shirley, Louis, Adam

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
電話：+852 9808 0570
電子郵件：kay@sailability.org.hk

《無限可能》季刊作出貢獻！

《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》！

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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 Fire Horse.

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

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