



Chinese YMCA of Hong Kong
University & College YMCA Department

VISION
2030



Global Y

Trainee Programme 2026

海外工作實習計劃



Information
Package



#GlobalY2026

Mar 2026

W-Adventures
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1. University & College YMCAs

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

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

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

2. Global Y Trainee Programme

2.1 Introduction

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

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

2. Global Y Trainee Programme

2.2 Objectives

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

2.3 Internship Period

June to August 2026 (4 to 10 weeks)

2.4 Job Nature

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



Camping Instructor
/ Assistant



Cultural Programme
/ Interest Class Tutor



Administrative
/ Clerical Support



Child Care

2. Global Y Trainee Programme

2.5 Internship Locations & Programme Fees

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

Continents	Internship Locations	Programme Fee*
North America	USA	\$19,000
Africa	Kenya	\$12,000
Asia	The Philippines, Sri Lanka	\$6,500
	Taiwan	\$7,500

*** Including accommodation and partial meals.**

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

Additional Expenses to be paid by Participants:

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

2.6 Contents & Schedule

Highlighted Activities	Schedule
Pre-departure Training Day	11 April 2026
Overseas Internship	Early June to mid-August 2026 (4 to 10 weeks)

3. Internship Details

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

3.1 North America



Destination	USA
Name of Campsite / Organisation	Sherman Lake YMCA Outdoor Center
Internship Period (Tentative)	31 May - 21 Aug 2026
Vacancies	2
Type of Accommodation	Shared Cabin
About Working Hours	Sessions are from Monday to Friday, Saturday to Sunday morning OFF. Daily breaks of 3 hours. For Day Camp weeks work time will be from Monday through Friday, having the full weekend off, shifts will be from 7:30am to 5:00pm
Allowance / Stipend	USD 350 weekly for Day Camp; USD 400 weekly for Overnight Camp
Roles	Day and Overnight Camp Counselor

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

3. Internship Details

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

3.3 Africa



Destination	South Africa
Name of Campsite / Organisation	Kenya YMCA
Internship Period (Tentative)	15 Jun to 15 Jul 2026
Vacancies	2
Type of Accommodation	Hostel
About Working Hours	8 hours per day on Mondays to Fridays 5 hours per day on Saturdays
Allowance / Stipend	N/A
Roles	Programmes facilitator on Programmes- Environmental, Sports, Mentorship etc
Remarks	Good at English

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

3. Internship Details

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

3.5 Asia

Destination	Sri Lanka
Name of Campsite / Organisation	Rambukkana YMCA
Internship Period (Tentative)	15 Jun to 18 Aug 2026
Vacancies	2
Type of Accommodation	Host family
About Working Hours	8 hours per day, 6 days per week
Allowance / Stipend	N/A
Roles	<ul style="list-style-type: none">• Campsite work/ instructor assistant• Interest class• Language instructor• Summer programme for youth/ children• Administrative/ clerical support

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

3. Internship Details

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

3.5 Asia

Destination	Taiwan
Name of Campsite / Organisation	Changhua YMCA
Internship Period (Tentative)	29 Jun to 21 Aug 2026
Vacancies	4
Type of Accommodation	Dormitory
About Working Hours	8-10 hours per day, 5 days per week
Allowance / Stipend	NTD 1,500
Roles	<ul style="list-style-type: none">• Campsite worker/ assistant• Interest class/ language instructor• Childcare assistant/• Summer programmes for youths/ children
Remarks	<ul style="list-style-type: none">• Having swimming skills or expertise in early childhood education would be an advantage.

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

3. Internship Details

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

3.5 Asia

Destination	Taiwan
Name of Campsite / Organisation	Tainan YMCA
Internship Period (Tentative)	23 Jun to 11 Aug 2026
Vacancies	3
Type of Accommodation	Hostel
About Working Hours	7 hours per day, 5 days per week
Allowance / Stipend	N/A
Roles	<ul style="list-style-type: none">• Camp administrative work, summer camp activity planning and leading• Administrative/ clerical support

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

3. Internship Details

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

3.5 Asia

Destination	The Philippines
Name of Campsite / Organisation	YMCA of Makati
Internship Period (Tentative)	1 Jun to 28 Aug 2026
Vacancies	2
Type of Accommodation	Dormitory
About Working Hours	8 hours per day, 6 days per week
Allowance / Stipend	PHP 1,000 per week
Roles	<ul style="list-style-type: none">• Administrative/ Front Office Support (Hotel, Gym, Basketball, Reservations)• Programme Support Staff (Child Literacy Programme, High school Clubs)

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

3. Internship Details

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

3.5 Asia

Destination	The Philippines
Name of Campsite / Organisation	YMCA of Manila
Internship Period (Tentative)	tbc
Vacancies	1
Type of Accommodation	Hostel
About Working Hours	8 hours per day, 6 days per week
Allowance / Stipend	N/A
Roles	Administrative/Clerical Support

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

3. Internship Details

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

3.5 Asia

Destination	The Philippines
Name of Campsite / Organisation	YMCA of San Pablo
Internship Period (Tentative)	1 Jun to 15 Aug 2026
Vacancies	2
Type of Accommodation	Dormitory
About Working Hours	8 hours per day, 6 days per week
Allowance / Stipend	N/A
Roles	School base community works

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

4. Past Trainee Feedback



YMCA Setúbal, Portugal

“Here the focus is not on paperwork, but on interacting with children through engaging activities. The children were incredibly warm and enthusiastic. We communicated happily using translation tools. The language barrier didn’t stop us from connecting—rather, it encouraged both sides to interact more actively. The children were eager to share and communicate, showing strong willingness and trust. This experience made me realize the importance of sincere communication and the joy of human connection, which contrasts greatly with Hong Kong’s efficiency-driven and document-focused work environment.”

Leung Lok Yi, Uni-Y (CUHK)



YMCA Villeurbanne, France

“My journey at YMCA Villeurbanne has been a profound lesson in cultural exchange, social work, and the power of human connection. Each experience—whether organising activities or learning from colleagues—has reshaped my understanding of community empowerment. Beyond activities, conversations with social workers revealed YMCA’s mission: supporting young adults who aged out of state care and single mothers rebuilding lives. Their holistic approach—mentoring life skills, mental health, and employment—showed me how institutions can restore agency. I’m grateful for the learning opportunities and the warm, insightful team at YMCA.”



Leung Hoi Ching, Uni-Y (HKUST)

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4. Past Trainee Feedback



Tainan YMCA, Taiwan

“As I started my internship, I realised the Programme is much more meaningful than I imagined. Although the workload was quite heavy that we have to work until 10pm sometimes, it was the first time I work as a team to plan activities and host school camps. The working experience really improved my presentation skills and working ability. Also, I build great relationships with both the supervisors there and other interns. It was indeed an unforgettable experience for me as too many touching moments happened, filled with laughter and tears. Therefore, I won’t feel regret joining the programme at all.”

Chan Lok Ching, Uni-Y (CCC CUHK)



YMCA San Pablo, The Philippines

“My internship at YMCA San Pablo was a transformative experience that sharpened my cross-cultural communication, leadership, and creative planning skills. From organizing cultural exchanges to designing educational activities, I learned to adapt creatively to diverse needs and unpredictable challenges, including illness and shifting schedules. Each task became an opportunity to grow—not just as a volunteer, but as a global citizen. This journey taught me that leadership isn’t about control—it’s about service, collaboration, and the courage to try. Above all, it reminded me that true fulfilment comes from giving, learning, and connecting across borders”

Tse Ho Him Albert, Uni-Y (HSUHK)



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4. Past Trainee Feedback

Bogota YMCA, Colombia

"I believe that this internship experience has enriched me in many ways. First, I had to adapt to a completely unfamiliar country and workplace without knowing how to speak the local language. I also learned some Spanish by taking voluntary lessons once a week with a local staff member and being taught by my host family. Besides that, I believe this experience also enhanced my adaptability—whether to a new environment, new people, or a different culture. It also allowed me to experience personal growth by exploring my potential in various contexts.

Au-Yeung Ka Wai, Uni-Y (HKU)



YMCA Nelson Mandela Bay, South Africa

"Engaging with diverse communities and participating in various initiatives allowed me to gain a deeper understanding of social issues and community dynamics. The hands-on experience in planning and executing programs equipped me with practical skills that go beyond theoretical knowledge. Additionally, the emphasis on teamwork and open communication fostered a collaborative environment, encouraging me to exchange ideas and learn from others. Overall, this program has significantly enriched my perspective and prepared me for future challenges."

Lau Tsz Shan, Uni-Y (HKBU)



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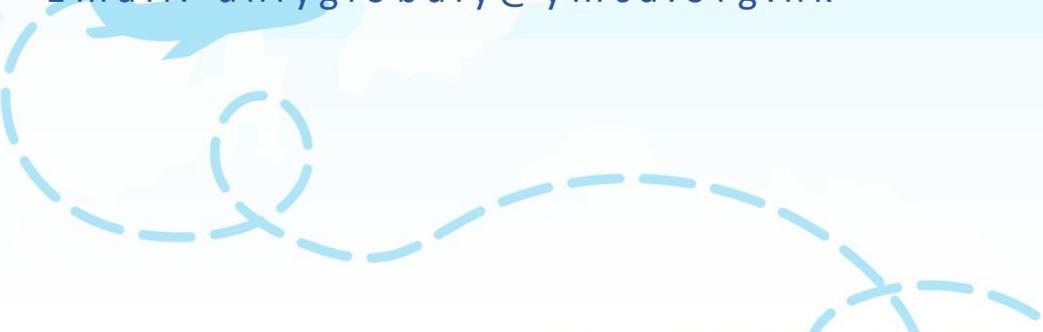
Global Y Trainee Programme 2026

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