

梦想  
心 很远  
我们让你走得更远。

IT IS POSSIBLE!



万通保險小太空人训练计划  
YF Life Jr. Space Camp Program



2025  
ISSUE

# 万通保险小太空人训练计划

## YF LIFE JR. SPACE CAMP PROGRAM

于1999年创办，为全港澳首个为小朋友提供模拟太空人训练的计划。今年，计划一共招募8位敢于活出「It is Possible!」精神的万通保险小太空人，将与同行家长于暑假期间，远赴美国阿拉巴马州亨茨维尔的美国太空及火箭中心参加太空训练营以及甘迺迪太空中心，体验为期9天的太空探索之旅，亲身接受模拟太空人训练。旅程的一切费用，包括各小太空人及家长参加海外太空训练营的费用、来回机票、住宿、膳食及旅游保险等，均由万通保险全费赞助。

万通保险小太空人训练计划之太空训练营由美国太空总署(NASA)官方访客中心 - 美国太空及火箭中心举办。太空训练营的毕业生包括NASA及欧洲太空总署的太空人、工程师、科学家和技术专家。

Founded in 1999, it is the first program to provide simulated astronaut training for children from Hong Kong and Macau. This year, eight outstanding children who live the spirit of "It is Possible!" will be appointed as YF Life Jr. Astronauts to undergo a nine-day simulated astronaut training together with their parents this summer at the U.S. Space and Rocket Center in Huntsville, Alabama and Kennedy Space Center in Florida, USA. All expenses incurred, including the training program fee, round trip air-tickets, accommodation, meals and travel insurance, will be fully sponsored by us.

The U.S. Space Camp is organized by the U.S. Space and Rocket Center, the official National Aeronautics and Space Administration (NASA) Visitor Information Center. Space Camp Alumni include NASA and the European Space Agency astronauts, engineers, scientists and technologists.

SPACE



只要你勇于接受挑战、突破自我，对探索太空及高科技航天知识充满热情，便有机会成为万通保险小太空人，实现星空梦想，**IT IS POSSIBLE!**

If you dare to accept challenges, achieve personal breakthroughs and are enthusiastic about space exploration and advanced technology, you can also become a YF Life Jr. Astronaut. **IT IS POSSIBLE!**

### 网上报名 ONLINE ENROLLMENT

On or before 3/30 或之前

申请人须登入 [www.itispossible.com.hk](http://www.itispossible.com.hk) 递交报名表格及上传短片。

Applicants are required to submit application and upload video via [www.itispossible.com.hk](http://www.itispossible.com.hk).



# 2025 计划详情

## 2025 PROGRAM DETAILS

### 1st Round

#### 第一轮遴选 Recruitment 4/12

入围的申请人必须亲身前往万通保险办事处递交创意作品，主题为「It is Possible!」，及进行简单面谈。

On this day, all shortlisted applicants should submit a creative item on the theme of "It is Possible!" and undergo a brief interview at our office.

### 全能小太空人训练营\*

#### All-round Jr. Astronaut Training Camp\* 5/4 & 5/10

50位晋身第二轮复选的申请人，各与一名同行家长参加「全能小太空人训练营」，包括由香港太空馆精心安排的星空探索体验，以及户外体能训练，借此让小朋友发挥潜能、挑战自我，提升自信心、探索精神，以及太空知识，为参加第二轮复选作好准备。

In order to be better equipped for the second-round selection, the 50 shortlisted applicants, each with one parent, attend a training camp consisting of a space-exploration program conducted by the Hong Kong Space Museum, and an adventure-based experiential learning course to enhance their self-confidence, inquisitiveness and space knowledge.

### 2nd Round 5/17

#### 第二轮复选 Competition

50位准小太空人将会接受有关体能、太空知识及沟通表达能力测试。

The 50 shortlisted candidates will undergo a series of tests assessing their physical fitness, space knowledge and presentation skills.

### 3rd Round 6/7

#### 第三轮面试 Interview

20位进入最后面试的准小太空人与同行家长接受名誉赞助人及评判面试。

Program patrons and judges interview the 20 finalists together with their parents.

\* 可选择性参与 Optional participation

万通保险保留更改上述各项活动日期的权利  
YF Life reserves the right to change the above schedule without prior notice

小太空人热线 Jr. Astronaut Hotline:

香港 HK (852) 2533 5525

澳门 Macau (853) 2832 2622



# 9天 美国太空探索之旅

9-DAY U.S. SPACE-EXPLORATION JOURNEY

## Day 1 7/23 (Wed)

8位小太空人和家长由香港乘坐航机前往太空探索之旅首站。

The eight Jr. Astronauts and their parents depart from Hong Kong on the first leg of their space-exploration journey.

## Day 2 7/24 (Thu)

抵达后，争取时间休息，为即将展开的太空探索之旅作好准备。

After arrival in the U.S., the Jr. Astronauts and parents will take a good rest in order to prepare for the upcoming space-exploration journey.

出发  
Let's go!



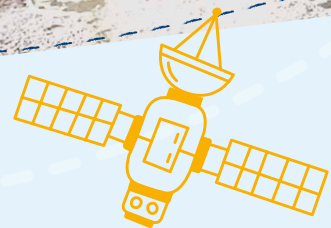
## Day 3 & 4 7/25 - 26 (Fri - Sat)

前往亨茨维尔太空训练营，办理入营手续后，随即接受各项充满挑战性的训练，包括：

- ▼ 在1/6地心吸力下感受月球漫步
- ▼ 模拟驾驶实物原大的穿梭机升空及执行指令
- ▼ 乘坐多轴椅感受太空无重和倒转回旋的状态
- ▼ 模拟步出穿梭机机舱外执行「太空任务」
- ▼ 参与趣味太空科学堂
- ▼ 学习空气动力学
- ▼ 欣赏IMAX 3D太空电影
- ▼ 与家长合力制作及发射模型火箭

After enrollment at the Huntsville Space Camp, the Jr. Astronauts will face various challenges, including:

- ▼ Riding the "1/6<sup>th</sup> Moon Gravity Trainer" to experience the virtual reality of walking on the moon
- ▼ Controlling a full-scale space orbiter in executing a "space-shuttle mission"
- ▼ Experiencing both weightlessness and free movement in space on the Multi-Axis Trainer
- ▼ Practicing simulated moonwalk and performing missions outside the space shuttle while in orbit
- ▼ Participating in fascinating space science lectures
- ▼ Learning about aerodynamics
- ▼ Enjoying an IMAX 3D space movie
- ▼ Building a working model rocket with their parents



## Day 5 7/27 (Sun)

参观太空展览馆，认识人类探索太空的历史。各位小太空人将出席太空训练营毕业典礼，并获颁发证书。随后，小太空人和家长飞往佛罗里达州，继续启程向太空探索之旅第二站进发。

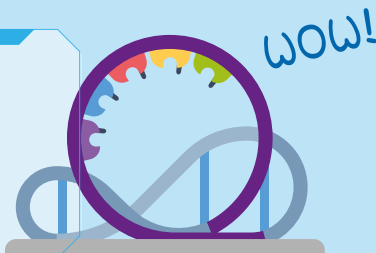
Touring the space museum to learn more about the history of man's exploration of space. They will then attend their Space Camp graduation ceremony, at which they will be awarded their certificates. They then leave for Florida to start the second leg of their space-exploration journey.



## Day 6 7/28 (Mon)

是日特别为小太空人及家长安排自由活动时间，可选择顺道畅游座落于奥兰度全球最大的主题乐园，尽享各项新奇刺激的机动游乐设施。

The Jr. Astronauts and parents may choose to spend their day visiting the world's largest theme park in Orlando to try out the full range of exciting rides.



## Day 7 7/29 (Tue)

小太空人和家长参观甘迺迪太空中心，亲身体会模拟乘坐穿梭机进入地球轨道的刺激太空旅程、近距离观看把太空人送上国际太空站的穿梭机发射台，参观土星5号火箭及标志着太空探索重要里程的穿梭机「亚特兰蒂斯」号等，并会与真正的太空人会面，真情对话。当晚，万通保险将安排祝捷晚宴，庆祝完成连日来太空探索之旅的各项挑战。

At the Kennedy Space Center, they will get a first-hand view of a space shuttle blasting off and heading into earth orbit, and a close-up view of the launch pads that send space shuttles and their payloads up to the International Space Station, as well as a real Saturn V rocket and the "Space Shuttle Atlantis", which represent important milestones in space exploration. They will also have an opportunity to meet and talk with a real-life astronaut. In the evening, we will hold a celebration dinner on the completion of all the challenges in the space-exploration journey.



## Day 8 7/30 (Wed)

乘坐航机返回香港。

Depart Florida for Hong Kong.

**MISSION ACCOMPLISHED**

## Day 9 7/31 (Thu)

抵达香港国际机场。

Arrival at Hong Kong International Airport



快来浏览模拟太空人训练精彩片段！

Experience exciting astronaut training now!

[www.itispossible.com.hk](http://www.itispossible.com.hk)

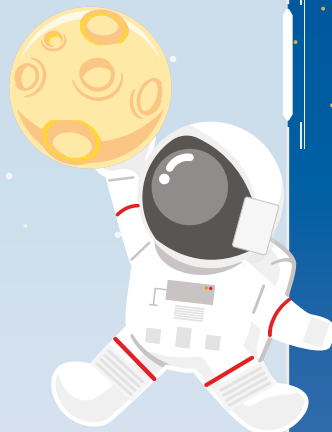
万通保险保留更改以上行程及内容的权利。

We reserve the right to change the above schedule and program details without prior notice.

# 要成为万通保险小太空人，只要你.....

YOU CAN BE ONE OF THE YF LIFE JR. ASTRONAUTS! IF YOU ARE...

- ▼ 年龄介乎7至11岁  
Age 7-11
- ▼ 身高1.2米或以上  
1.2m or above in height
- ▼ 体格健康  
Physically fit
- ▼ 积极自信、具备「It is Possible!」永不言败的坚毅精神  
Self-confident and live the spirit of "It is Possible!"
- ▼ 中英文沟通能力良好  
Having good Chinese and English communication skills



## 网上报名 ONLINE ENROLLMENT

由即日起至2025年3月30日登入[www.itispossible.com.hk](http://www.itispossible.com.hk)报名，  
并提交以下档案，可获赠**限量版太空礼品\***：

Complete your online application between now and March 30, 2025<sup>^</sup> and submit the following files, you will receive a **limited-edition space gift\***:

自我介绍及创意作品展示短片，内容包括：

- 申请人需以YouTube连结形式提交短片。请将短片自行上载至YouTube，并将短片设置为「公开」(Public)；
- 申请人可选择以中文或英文作自我介绍。若以中文作自我介绍，创意作品需以英文作介绍；若以英文作自我介绍，创意作品需以中文作介绍；
- 创意作品展示，主题：「It is Possible!」(创意作品形式不限，例如中文或英文写作、诗作、画作、歌曲创作、模型创作等)；
- 短片长度不可超过2分钟(若短片超过2分钟，2分钟后的内容将不会纳入评审范围)；及
- 短片须以申请人的英文拼音命名(如：申请人的英文姓名字是Chan Tai Man，短片名称须为「chantaiman」，不包括空格或符号)

A video introducing yourself plus a creative item, as follows:

- Applicants must submit the video with a YouTube link. Please upload the video to YouTube and set it as "Public";
- Applicants may choose to introduce themselves in Chinese or English. If the Applicant has introduced themselves in Chinese, they must present the creative item using English, and vice versa;
- The creative item should be on the theme of "It is Possible!" (and may be in any medium, e.g., a Chinese or English composition, poem, drawing, song composition, a model, etc.);
- The video should not exceed 2 minutes in duration (any content beyond 2 minutes will not be assessed); and
- The video must be named according to the Applicant's English name in pinyin (for example: if the Applicant's English name is "Chan Tai Man", the video name should be "chantaiman", in lower case, without spaces or symbols)



立刻报名成为  
「万通保险小太空人」  
APPLY NOW TO BECOME  
A YF LIFE JR. ASTRONAUT

<sup>^</sup> 成功入国的申请人将于4月9日或之前获个别电邮通知，并需亲身前往万通保险办事处递交创意作品及进行简单面谈。每人只限申请一次。

\* 太空礼品将随机送出，数量有限，先到先得，送完即止。

<sup>^</sup> Shortlisted applicants will be then notified by email individually on or before April 9 to present their creative items and have a brief interview at our office in person. Each applicant may make application once only.

\* The space gift will be allotted randomly. All gifts are offered on a first-come-first-served basis and will be available while stocks last.



## 2024 万通保险小太空人 YF Life Jr. Astronauts



陈一乐  
Godwin Chan

香港华人基督教联会  
真道书院  
The Hong Kong Chinese Christian  
Churches Union Logos Academy



周骏腾  
Aiden Chow

天主教总堂区学校  
Catholic Mission School



郭穆谦  
Ethan Guo

香港培正小学  
Pui Ching Primary School



许靖然  
Kean Hui

圣若瑟小学  
St. Joseph's Primary School



陆诗语  
Helen Luk

香港培正小学  
Pui Ching Primary School



谭梓希  
Hayden Tam

圣保罗书院小学  
St. Paul's College Primary School



黄卓琳  
Jasmine Wong

香港培正小学  
Pui Ching Primary School



黄允颢  
Ambrose Wong

香港培正小学  
Pui Ching Primary School

### 注意事项

1. 申请人上传的影片及相片将由万通保险国际有限公司(「本公司」)保留。上传的档案需符合本公司规范之条件及规格,如上传的档案不符合指定规格,申请人有可能被取消资格。
2. 请保留创意作品,本公司有权要求申请人随后递交创意作品。
3. 影片及相片一旦提交,将不会退还予申请人。本公司有权对影片、创意作品及相片进行修改,以及在任何情况之下使用、展示、刊出及发布该影片、创意作品或相片而毋须另行征得申请人的同意及另付费用。
4. 成功晋身遴选的申请人将于4月9日或之前接获个别电邮通知。
5. 参加者(即申请人及参加之家长)如在参加万通保险小太空人训练计划(「本计划」)期间受伤或遭遇意外、或因其行为而导致任何人受伤或任何财物损毁,本公司及其有关机构或人士将不会负上任何责任。
6. 参加者将需于香港出发前往海外参加太空训练营。如有需要,参加者需自行办理一切有关的签证事宜。本公司将不会就参加者未能成功办理签证作出任何赔偿。
7. 本公司的员工、顾问及其家属均不得参加本计划。
8. 参加者同意出席本公司就本计划安排的一切公关及宣传活动,并同意其照片及录影可供本公司作宣传之用,而本公司无须另行通知或另付费用。
9. 本公司保留更改本计划内容及各项条款的权利,并无须另行通知。

### POINTS TO NOTE:

1. The video and photo submitted by the Applicant will be retained by YF Life Insurance International Ltd. ("the Company"). The Applicant may be disqualified if the uploaded files do not meet the required specifications.
2. Please retain the creative item. The Company reserves the right to request the Applicant to submit the creative item at a later stage.
3. The video and photo submitted by the Applicant to the Company will not be returned to the Applicant. The Company has the right to edit, and under any condition to use, show, publish and release the video, creative item or photo without prior notice or compensation.
4. Short-listed candidates will be notified via individual email on or before April 9.
5. The Company and any related organizations or individuals shall not be liable for any accident or any injury suffered by the Participants (i.e., the Applicant and the Participating Parent) during the course of any part of the YF Life Jr. Space Camp Program ("the Program"), nor for any loss, damage or injury to any person or property caused by any act or behavior of the Participants.
6. Participants are required to travel from Hong Kong to attend the overseas Space Camp. Participants should make their own visa applications and pay for any visa if required. The Company will not compensate the Participants for any loss suffered by them due to their failure to apply for the necessary visas.
7. Staff and consultants of the Company and their relatives are not eligible to apply for the Program.
8. Participants agree to attend all promotional activities arranged by the Company related to the Program, and that their photos and videos may also be used for promotional purposes for the company without prior notice or compensation.
9. The Company reserves the right to change the details of the Program, terms and conditions without prior notice.

# 名誉赞助人及评判 PATRONS & JUDGES

## 香港 Hong Kong

梅彦昌教授  
香港城市大学校长及大学杰出教授  
Prof. Freddy Boey  
President and University Distinguished  
Professor,  
City University of Hong Kong

何顺文教授  
香港恒生大学校长  
Prof. Simon S.M. Ho  
President,  
The Hang Seng University of Hong Kong

胡鸿烈博士, PhD, GBM, GBS, OBE, JP  
香港树仁大学校监兼校长  
Dr. Hu Hung Lick, Henry, PhD, GBM, GBS, OBE, JP  
President,  
Hong Kong Shue Yan University

叶玉如教授, PhD, SBS, BBS, MH, JP  
香港科技大学校长  
Prof. Nancy Y. Ip, PhD, SBS, BBS, MH, JP  
President,  
The Hong Kong University of Science &  
Technology

李子建教授, JP  
香港教育大学校长暨课程与教学讲座教授  
Prof. John Lee Chi-Kin, JP  
President and Chair Professor of  
Curriculum and Instruction,  
The Education University of Hong Kong

秦泗钊教授  
岭南大学校长及韦基球数据科学讲座教授  
Prof. S. Joe Qin  
President and Wai Kee Kau Chair Professor  
of Data Science,  
Lingnan University

滕锦光教授, BEng, PhD, MCAS, FHKEng,  
CorrFRSE, FHKIE, FIStructE, FIIFC,  
FASCE, BBS, JP  
香港理工大学校长  
Prof. Jin-Guang Teng, BEng, PhD, MCAS,  
FHKEng, CorrFRSE, FHKIE, FIStructE,  
FIIFC, FASCE, BBS, JP  
President,  
The Hong Kong Polytechnic University

卫炳江教授, JP  
香港浸会大学校长及光子学讲座教授  
Prof. Alexander Ping-kong Wai, JP  
President and Vice-Chancellor and Chair  
Professor of Photonics,  
Hong Kong Baptist University

张翔教授, JP  
香港大学校长  
Prof. Xiang Zhang, JP  
President and Vice-Chancellor,  
The University of Hong Kong

车淑梅小姐, MH  
香港十大杰出青年兼资深传媒人  
Ms. Candy Chea Shuk Mui, MH  
Ten Outstanding Young Persons Awardee  
& Media Veteran

何钟泰博士工程师, SBS, MBE, SBStJ, JP  
前立法会议员 (工程界)  
中华人民共和国第十及十一届全国人民代表  
大会香港区代表  
大舜基金主席  
Ir Dr Raymond Ho Chung-tai, SBS, MBE,  
SBStJ, JP  
Former Legislative Council Member  
(Engineering Functional Constituency)  
HK Deputy to the 10th & 11th National  
People's Congress of the PRC  
Chairman, Dashun Foundation

何万雄先生  
香港太空馆馆长  
Mr. Ho Man-hung, Timothy  
Curator of the Hong Kong Space  
Museum

李泽培先生, SBS, OBE, JP  
国际商会-香港区会主席  
Mr. J-P Lee, SBS, OBE, JP  
Chairman,  
International Chamber of Commerce  
- Hong Kong

麦何小娟女士  
ComboKid 创办人  
资优教育顾问及作者  
Mrs. Mak Ho Siu Kuen  
Founder of ComboKid  
Gifted Education Consultant and  
Author

吴安仪小姐, BBS, MH  
香港桌球运动员  
Ms. Ng On-Yee, BBS, MH  
Hong Kong Billiard Sports Athlete

雷健泉先生  
香港航天学会会长  
Mr. Peter Lui  
President,  
Hong Kong Aerospace Society

## 澳门 Macau

严肇基教授  
澳门理工大学校长  
Prof. Im Sio Kei, Marcus  
Rector,  
Macao Polytechnic University

李行伟讲座教授, FEng, FHKEng  
澳门科技大学副校监/校长  
Chair Prof. Joseph Hun Wei Lee;  
FEng, FHKEng  
Vice-Chancellor and President,  
Macao University of Science and  
Technology

宋永华教授  
澳门大学校长  
Prof. Yonghua Song  
Rector,  
University of Macau



万通保险小太空人训练计划 Facebook 专页  
YF Life Jr. Space Camp Program Facebook



万通保险小太空人训练计划网站  
YF Life Jr. Space Camp Program Website

主办及赞助机构 Program Organizer and Sponsor

**YFLife**  
萬通保險