Frequently Asked Questions

1. How to download and use the Programme's App?

a. Downloading the App
b. First-Time Login
c. Update Personal Information & Take Attendance
d. Create Meet-up Session
e. Activities Enrollment
   - Activities Enrolment (applicable to mentee)
   - Activities Enrolment (applicable to mentor)
f. Apply / Review the Personal Development Plan (PDP)
   - Application for PDP (applicable to mentee)
   - Review the PDP (applicable to mentor)
g. Review Programme Progress
   - Review Programme Progress (applicable to mentee)
   - Review Programme Progress (applicable to mentor)
h. Share Activity Information

2. How can students apply for the Fifth Cohort of the Programme?

The Government started recruiting mentees (students) through local networks and secondary schools on 30 October 2026. Students can enquire about the Programme through their schools and District Organisers. Eligible students have to download and install the mobile application of the Programme with mobile phones or tablets and then complete the online application form through the mobile application. Recruitment will end on 19 November 2026.







3. How to enroll the Fifth Cohort through the mobile application?

Points to note for online application for the Programme

1. Target mentees of the Programme are Secondary One to Secondary Four students from underprivileged families, particularly those living in subdivided units, in 2026/27 school year.

2. Before starting the online application, the applicant should obtain consent from his/her parent or guardian and have the following items ready:

   - Applicant’s mobile phone number, which could receive calls and SMS;
   - Applicant’s Hong Kong Identity Card (HKIC), as all the applicant’s information filled in must match with that on the HKIC, or the application may not be processed; and
   - Applicant is required to illustrate the reasons for application for the Programme and

expectations for the Programme in around 100 words or by shooting a short video of no longer than 2 minutes.

3. Before submitting the electronic application, please check whether the information entered is correct. Once the application is submitted, all the information can no longer be amended and accessed in the mobile App. District Organisers of the Programme will contact the applicant and his/her parent or guardian for assessment of the application.

4. Each applicant only needs to submit one application.

5. Closing date of application: 19/11/2026 23:59, late applications will not be considered.

6. Applicant is required to keep relevant supporting documents for verification by Social Welfare Department and its authorised persons.

7. For enquiry and support, please visit: https://www.striveandrise.gov.hk/en/enquiries/

4. If the number of applicants exceeds 4 000, how will the mentees be selected?

The Government will accord a higher priority to eligible Form Four students.

5. How many activities do mentees need to participate in?

The one-year intensive foundation programme includes orientation, foundation training (compulsory and elective), mentor-mentee interaction, group activities and graduation ceremony amounting to about 14 activities. Mentees are welcome to join more activities subject to their interests and availability.

Upon completion of the intensive foundation programme, mentees will automatically become members of the Alumni Club, where they will continue to expand their social network and horizons through participating in diversified activities and job tasting/internship programmes.

6. Can students who are currently participating or have participated in the "Child Development Fund Projects" (CDF Projects) join the Programme?

Considering that the organisations/schools running the CDF Projects have arranged relevant training, matched mentors and/or formulated personal development plans for the students, students who are currently participating in CDF Projects will not be accorded priority for joining the Programme for better use of public funds.

Students who have already completed CDF Projects may apply if they meet the eligibility criteria of the Programme.

7. How to recruit mentors? What are the eligibility criteria of mentors?

The Government calls for the support of all sectors of the society, including but not limited to the commercial sector, professional associations, community organisations, public/statutory bodies to nominate mentors with rich life experience to mentor our mentees on a one-to-one basis. If you are interested in becoming a mentor, please enroll through your employer / organisation, you may contact the Social Welfare Department for more details.

The eligibility criteria of mentors are as follows:

- aged 21 or above, with preference for younger ones
- engaged in employment and are able to arrange visit to workplace
- able and willing to communicate with the youth
- responsible and committed, with a positive mindset and optimistic personality
- have rich life experience, and are open and frank to share his/her experience with the mentee
- prepared to actively participate throughout the one-year intensive foundation programme of the mentee

8. What is the role and responsibility of a mentor?

For details, please visit https://vimeo.com/1123123224/6c0775a4bb?share=copy

9. How can my company / organisation contribute to the Programme?

The Government calls for the support of all sectors of the society, including but not limited to the commercial sector, professional associations, community organisations, public/statutory bodies to contribute to the Programme by:

1. making a cash donation (for mentees' start-up sum and scholarship) or donation in- kind (such as team jersey, musical instrument, interest class, etc.)
2. nominating mentors with rich life experience to mentor our mentees on a one-to-one basis; and
3. organising group activities for mentees (e.g. visits to your organisation's facilities, unique experience, sharing session with senior management of your organisation, job shadowing opportunities) and cross-border study and exchange programmes etc.

Please contact the Social Welfare Department for more details. (email: ys@swd.gov.hk)

10. How are the mentees and mentors matched?

The arrangement of the Fourth Cohort will be continued in the Fifth Cohort. Each mentee will be paired with a suitable mentor according to his/her career aspiration or specific hobbies/ interests as stated in the application form. On top of one-on-one matching, two or three mentor-mentee pairs will form a mentoring group to enhance mutual sharing and support throughout the mentoring process.

11. Regarding the training programme/activities for the mentors, what will be the arrangement?

1. To provide in-person training for new mentors – "Understanding youth and mastering mentor's role and skills (one session), including:
    - To provide general briefing on the characteristics of youth, including their needs during different developmental stages, with emphasis on junior secondary students from underprivileged backgrounds.
    - To explain the role of mentors under the Programme, and provide advice on the dos and don'ts in arranging job shawowing, experience sharing and other interactive activities for the mentees.
    - To provide training on mentoring skills, with particular focus on goal-setting and financial planning.

2. A mixed mode of online and offline training programme/ activities will be arranged for mentors in the Fifth Cohort. A number of thematic videos on the overview of the Programme as well as the knowledge and skills of different topics involved in mentorship will be provided online for mentors through the mobile application of the Programme so as to allow flexibility for mentors to meet their training and development needs at their own pace. The topics of the videos include understanding youth and mastering mentor's role and responsibilities, understanding the characteristics and need of students with special educational needs, understanding the culture and religious of ethnic minorities, the need of ethnic minorities students, how to communication with parents, etc.

3. In addition, half-day interactive training programmes will be provided for mentors to consolidate their skillsets and provide them with opportunities to share experiences with other mentors and foster mutual support throughout the mentorship.

12. What is the purpose of the start-up sum of $5,000 and the scholarship of $5,000?

The start-up sum is for the mentees to achieve their personal development plans under the guidance of their mentors. Upon completion of the Programme, a scholarship of $5,000 will be awarded to the mentees for their own deployment by applying the financial planning concepts acquired.

13. For those mentees who have participated in the First to Fourth Cohorts of the Programme, can they participate in the Fifth Cohort?

Mentees of the First to Fourth Cohorts will be arranged to join a wide variety of activities and job tasting/internship programme organised by the Alumni Club to expand their social network and horizons. In this connection, it is not suitable for them to join the Fifth Cohort of the Programme.

14. What is the Alumni Club? What activities will be held?

The Alumni Club is established for the graduates of the Programme for expanding their social network and horizons through participating in a wide variety of activities and job tasting/internship programmes. The Alumni Club will also support and encourage alumni with good potentials to contribute to the Club, including sharing experiences with younger mentees and even becoming mentors when they grow up.

15. Arrangement of Activities under Severe Weather

Definition of Outdoor Activity :

The activity is an outdoor activity when it is conducted at a place outside a permanent building. Places like Ocean Park, Disneyland, or training camp of Scout Association of Hong Kong etc.

Definition of Indoor Activity :

The activity is an indoor activity when it is conducted at a place inside a permanent building. Places like visit to corporate bodies, bank, museum, university or airport etc.

<table>
<tr><th>Tropical Cyclone Signal / Rainstorm</th><th>Indoor Activity</th><th>Outdoor Activity</th></tr>
<tr><td>Typhoon No. 1 (T1)</td><td rowspan="2">Before the running of the activity or still in force during the time of the activity, the activity will be conducted as scheduled.</td><td rowspan="2">Before the running of the activity or still in force during the time of the activity, the activity will be conducted as scheduled.
Except that a higher signal or red rainstorm warning is expected to be raised two hours (according to the announcement of the Hong Kong Observatory (HKO)) before the event, the activity will then be cancelled.</td></tr>
<tr><td>Amber
Rainstorm Warning</td></tr>
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Typhoon No. **3 (T3)** **Red** Rainstorm Warning	Before the running of the activity or still in force during the time of the activity, the activity will be **conducted as scheduled**. Except that a higher signal or black rainstorm warning is expected to be raised two hours (according to the announcement of the HKO) before the event, the activity will then be **cancelled**.	Before the running of the activity or still in force during the time of the activity, the activity is **cancelled**.
Typhoon No. **8(T8)** **Black** Rainstorm Warning	Before the running of the activity or still in force during the time of the activity, the activity is **cancelled**. Should the HKO announce that T8 or black rainstorm warning will be replaced by a lower warning signal in a certain period, the activity which is scheduled to commence 2 hours after exact lowering of either signal, will remain to be conducted as scheduled, provided that it is not under inclement weather*. Eg 1. a visit to a Supporting Organization is scheduled at 9:30 am. If the HKO announces that T8 or black rainstorm signal warning will be replaced by a lower warning signal between 5:30 am and 7:30 am, and it is finally lowered at 7:30 am, provided the actual weather condition permits, the activity will remain to be conducted at 9:30 am.	Before the running of the activity or still in force during the time of the activity, the activity is **cancelled**.

	<u>Eg 2.</u> a visit to a Supporting Organization is scheduled at 4:30 pm. If the HKO announce that T8 or black rainstorm signal warning will be replaced by a lower warning signal between 1:30 pm and 3:30 pm, and it is finally lowered at 3:00 pm, since the interval is less than 2 hours (3 :00 pm vs 4:30 pm), the activity will remain as cancelled.	
Thunderstorm	**To be conducted as scheduled**.	**To be conducted as scheduled**.
***Extreme Weather**	Where there are road flooding or blockage, landslides or heavy rain (may be localized), serious disruption to/suspension of public transport services, etc., please consult SWD for the arrangement.	Where there are road flooding or blockage, landslides or heavy rain (may be localized), serious disruption to/suspension of public transport services, etc., please consult SWD for the arrangement.