

## Introduction

“Be a Change-maker” (BACM) 2025 aims to empower the next generation of young global citizens and equip them with the essential knowledge, skills, and mindset to lead positive change in the community. “Change-makers” will embark on a transformative journey of training workshops, an overseas exposure trip, and youth-led awareness campaigns or seed projects. The programme is free of charge and open to all full-time secondary and tertiary students aged 15 to 24.

Through participating in BACM, you will:

- ✓ **Gain in-depth knowledge** of global development and girls’ rights issues, including climate change and climate resilience, tackling child marriage, disability inclusion during the exposure trip to Nepal
- ✓ **Realise your potential as a change-maker** with a global perspective, leadership skills, and hands-on experience through a series of interactive workshops
- ✓ **Drive positive social change** by designing and implementing your own awareness-raising activities

## Important Dates

Please note the following important dates. (All dates are tentative and subject to change)

Programme Phase	Activity	Date
<b>Application</b>	Application Deadline	12 February 2025 (Wednesday)
	Interviews	22 February 2025 (Saturday); 23 February 2025 (Sunday)
	Results Announcement	By 3 March 2025 (Monday)
<b>Training and Exposure Trip</b>	Orientation Day Camp	16 March 2025 (Sunday)
	Training Workshop (1)	29 March 2025 (Saturday)
	Pre-trip Briefing*	12 April 2025 (Saturday)
	<b>Exposure Trip (Tentative)</b>	<b>20 – 27 April 2025 (Arrival in Hong Kong on 28 April 2025)</b>
	Training Workshop (2)	10 May 2025 (Saturday)
	Training Workshop (3)	1 June 2025 (Sunday)
<b>Implementation</b>	Awareness Campaign	Before Final Exams; or Early – Mid-July 2025
<b>Graduation</b>	Graduation Ceremony	20 July 2025 (Sunday)

\* Parents / Guardians of participants under 18 are required to attend the pre-trip briefing.

**Target participants:** Full-time secondary and tertiary students aged 15 to 24  
Youth of all abilities, ethnicities, socio-economic backgrounds, genders are welcome

**Quota:** 20 students

**Applicants must be:**

- Supported by their school throughout the programme, which includes:
  - Obtaining a signed endorsement form by a school teacher or social worker
  - Conducting in-school activities to raise awareness upon return from the exposure trip, e.g. talk, workshop, etc.;
- Passionate in global citizenship, girls' rights and other development issues; and committed to advocating for the rights of children and girls;

**Priority** will be given to applicants who have:

- previously participated in youth programmes or activities organised by Plan International Hong Kong and/ or
- formed a group of five

**Important information**

- **Attendance Requirement:** Full attendance is required for all activities listed in the above Programme Schedule, unless an excused absence has been granted for legitimate reasons by Plan International Hong Kong (PIHK) staff
- **Deposit: HK\$2,000** (Participants who meet the attendance requirement will receive a full refund upon completing the programme. Applicants facing difficulties in paying the deposit should contact PIHK staff after being selected for the programme.)

**Enquiries**

For enquiries, please contact Ivy Cheung (Phone: 3405-5325) or Mandy Lau (Phone: 3405-5353).



Plan International HK  
Official Webpage



Plan International HK  
Facebook Page

### Important Note:

1. 15 - 20 shortlisted participants will be selected by Plan International Hong Kong (hereafter as 'Plan International') based on the information provided in their applications. Applicants may be invited to attend the briefing and interview session scheduled for **22 or 23 February 2025 (Saturday or Sunday)**. Plan International reserves the right to cancel the programme if there are insufficient applications.
2. (For secondary school students only) Applicants must be recommended by a school teacher / social worker and provide a signed **School Endorsement Form** (as attached below). The responsible school teacher / social worker should acknowledge their obligations in providing guidance and support to students, facilitating their participation throughout the programme, including **in-school activities, awareness campaign, etc.**
3. Applicants should return the completed application form, together with **i) a photocopy of the applicant's HKID card, ii) a photocopy of the applicant's travel document (personal information page), and iii) a copy of the academic year 2024-25 school calendar** to Plan International via email. Except in special circumstances, applications will not be accepted if the information is incorrect, incomplete or insufficient, or if the applicant does not meet the eligibility requirements.
4. Plan International will cover the costs of local workshops, flights, overseas transportation, food, accommodation, and travel insurance for the exposure trip. However, **immunisation and visa application costs (if applicable) are not covered**. If a shortlisted participant withdraws from the programme, the deposit paid **will not be refunded**.
5. Participants must attend all pre-trip and post-trip activities. Full attendance is required for all activities listed in the above Programme Schedule, unless an excused absence is granted for legitimate reasons at the discretion of Plan International. **Participants who are not able to meet the attendance requirement will not receive a full refund upon completing the programme.**
6. Applicants under the age of 18 must complete the parent/ guardian consent form.
7. Participants should abide by Plan International's Child Safeguarding guidelines and policy, and should follow the instructions as given from all event personnel throughout the duration of the events.
8. Plan International reserves the right to disqualify any participant who violates the regulations or engages in any misbehaviour, and to terminate their participation in the event immediately.
9. Participants should be responsible for their own safety during the events and bear the risk of any damage caused by accidents or else. Plan International is not liable for any harm incurred by participants during the activities.
10. Participants should take care of their personal belongings during the events. The organiser is not liable for any claims related to lost or damaged personal possessions.
11. Plan International may take photos, videos or audio recordings during the events. Plan International retains sole rights to all photos, videos, videotapes, audiotapes or any other materials produced during the events. Participants are informed that these materials may be used by Plan International and/or its licensed offices worldwide legally and reasonably in accordance with their principles, including for promotional activities. Any photos, audio, videos, or information obtain during the events cannot be used for commercial purposes, or shared with the third parties for any form of publication without the explicit consent of Plan International.
12. The terms and conditions of the programme and other arrangements are subject to changes at Plan International's discretion, without prior notice to the participants. Plan International reserves the right to cancel events without assigning a reason. Participants should regularly check Plan International's website, and keep themselves updated about any information or changes related to the programme.
13. If activities need to be postponed or cancelled due to potential pandemics, weather conditions or other reasons, Plan International will provide updates with participants as soon as possible.
14. If any of the above terms are unclear or ambiguous, Plan International reserves the right to interpret and amend the regulations and details of the programme.
15. If you do not wish to receive future promotional materials of Plan International, please tick '✓' this box .

**Plan International Hong Kong 'Be a Change-maker 2025'  
Application Form**

**Note**

- Please read the 'Application Guidelines' before filling in this application form
- Applicants may be invited to attend an interview session on 22 or 23 February 2025 (Saturday or Sunday).
- Please complete the application form and submit the following documents to [ivy.cheung@plan.org.hk](mailto:ivy.cheung@plan.org.hk) and [mandy.lau@plan.org.hk](mailto:mandy.lau@plan.org.hk) by **12 February 2025 (Wednesday)** –
  - A photocopy of applicant's HKID card
  - A photocopy of applicant's travel document (personal information page)
  - A copy of academic year 2024-25 school calendar (for secondary school students only)
- For enquiries, please contact Ivy Cheung (Tel.no: 3405 5325) or Mandy Lau (Tel. no.: 3405 5353 )

**Personal Information**

Name: (in Chinese) (in English) \* *Name provided must match your passport*

Preferred name:

Date of birth:  
( DD/MM/YYYY )

Mobile no./ WhatsApp :

Email:

Gender:

Tel. no. (Home):

Address:

School:

Class and department (if applicable) attended in academic year 24-25:

Language proficiency (Beginner / Intermediate / Fluent / Native):

Cantonese:

English:

Putonghua:

Others (please specify):

Special educational needs (If any):

Participation in Plan International Hong Kong's previous activities

[Please tick '√' the appropriate box(es). If not applicable, please leave this section blank]

- ESD Learning Programme (In partnership with UNESCO Hong Kong Association) (Year: \_\_\_\_\_)
- 'Be a Change-maker' (Year: \_\_\_\_\_)
- Global Perspectives: An Adventure in Our Society at HK Disneyland
- Letter translation Volunteer (Year: \_\_\_\_\_)
- Others (Please specify : \_\_\_\_\_)

How did you learn about this programme? \_\_\_\_\_

**Emergency Contact**

Name:	Relationship	Contact no. (Daytime):	Mobile no. :

**Travel Document Details**

HKID No.:	Travel document type: HKSAR Passport/ Others (Please specify: )		
Travel documents/ Passport No.:	Date of issue: (DD/MM/YYYY)		
Nationality:	Place of birth:	Date of expiry: (DD/MM/YYYY)	

**Health Condition**

Any major or chronic medical conditions?	<input type="checkbox"/> No <input type="checkbox"/> Yes, Details :
Any surgery or hospitalizations you have had in the past?	<input type="checkbox"/> No <input type="checkbox"/> Yes, Details :
Any regular prescriptions?	<input type="checkbox"/> No <input type="checkbox"/> Yes, Details :
Any allergies to food, medications, or other allergies?	<input type="checkbox"/> No <input type="checkbox"/> Yes, Details :
Any special dietary needs?	<input type="checkbox"/> No <input type="checkbox"/> Yes, Details :

Other health conditions that may affect your participation in the programme:

**Grouping Preference**

Participants will form into group of 5 throughout the programme, please indicate your grouping preference as below (applicants who applied in groups of 5 may be prioritised):

- I have not formed a group. Please assign me to any of the groups.  
 I have formed a group. Please provide a full list of group members below:

Name	School	Class (e.g. Form 4A / Year 1)	Contact No.
(Applicant)			

Would you like to participate in the programme in case your groupmates are not selected?

- Yes  
 No

### Time Commitment

Do you have any prior engagement / foreseeable events or classes that may take place during the Easter holidays?

- Yes
- No

If yes, please explain:

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Do you have any prior engagement / foreseeable events or classes that may affect your participation in other BACM activities?

- Yes
- No

If yes, please explain which activities you may miss and why:

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### Additional Question (attach separate sheet if needed)

1. Have you participated in any overseas exposure/service trips in the past?

- No  Yes · Please specify year, destination, and organiser: \_\_\_\_\_

2. Have you participated in any activities relevant to 'Be a Change-maker 2025' in the past? Please provide details for at most 3 activities focusing on global citizenship, girls' rights, leadership development or other relevant topics. (Maximum word count: 50 words per activity, in Chinese or English)

Activity	Organiser	Activity Content and Your Role(s)	Year of Participation

3. Why do you want to participate in 'Be a Change-maker 2025', and what are your expectations for the programme? (No more than 200 words in English or Chinese)

## Parent/ Guardian Consent (for applicants under the age of 18)

I give my consent for \_\_\_\_\_ (Applicant's name) to participate in 'Be a Change-maker 2025' and related activities organised by Plan International Hong Kong. I have read, understood, and will abide by the 'Application Guidelines'. I declare the information in this form is true, correct and complete, and that my son/ daughter/ ward is healthy, physically fit, and suitable to participate in the above activities.

Name of parent/ guardian: \_\_\_\_\_ Relationship with applicant: \_\_\_\_\_

Signature of parent/ guardian: \_\_\_\_\_ Date: \_\_\_\_\_

If you are not the emergency contact persons listed above, please also provide your contact details:

Contact no.: \_\_\_\_\_ Email: \_\_\_\_\_

## Declaration

- ✓ I have read, understood, and will abide by the 'Application Guidelines'.
- ✓ If I have been selected to join 'Be a Change-maker 2025', I promise to proactively participate in the activities.
- ✓ I understand and agree that the provision of personal information and answer to additional questions by means of application form is voluntary. However, if the applicant fails to provide sufficient information, Plan International may not be able to process the application.
- ✓ I understand and agree that if I have been selected to join 'Be a Change-maker 2025' the answer to the additional questions in this form may be published on Plan International's publications and promotional materials.
- ✓ I declare that all information in this form and all attached documents are true, correct and complete, otherwise, the applications will be disqualified, Plan International reserves all rights to pursue legal actions.

### Purpose of Collection and Guideline for Use of Personal Data

1. Plan International Hong Kong may use your personal data for the purposes of handling Be a Change-maker 2025' applications, communication and promoting future activities.
2. The provision of personal data to Plan international Hong Kong in this form is on voluntary basis. However, if you do not provide sufficient personal data, we may not be able to process your application.
3. Applicants' personal information may be disclosed and transferred to third parties authorised by Plan International Hong Kong for administration procedures relevant and necessary for the purposes as stated in (1),
4. In accordance with the Personal Data (Privacy) Ordinance, you are entitled to access and correct your personal data held by Plan International Hong Kong. The right of access includes the right to obtain a copy of your personal data provided by you in the application.
5. Enquiries concerning personal data provided by you in this form should be addressed to Plan International Hong Kong office at 3405 5325/ 3505 5353 during office hours.

Please enclose the following documents with this application form upon submission.

- Photocopy of applicant's HKID card
- Photocopy of applicant's travel document (personal information page)
- Copy of academic year 2024-25 school calendar (secondary school applicant only)

Applicant Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## School Endorsement Form (for Secondary School Students only)

### Introduction

Plan International works with children and girls in at least 85 countries to help create a world where we are all equal. We cordially invite young people passionate about global citizenship and girls' rights to participate in "Be a Change-maker" (BACM) 2025. From March to July 2025, BACM offers a series of activities and an overseas exposure trip to deepen participants' understanding of important global issues and enable them to tackle challenges and inequalities facing children and young girls.

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### School Endorsement Form

Our school recommends \_\_\_\_\_ to participate in "Be a Change-maker 2025" programme and I am willing to serve as the teacher / social worker in charge of the group.

- As the teacher / social worker-in-charge, I have read and understood the requirements of "Be a Change-maker 2025" and confirm that school agrees and supports the participant's attendance of all activities listed above.

**Priority will be given to schools that support students in organising in-school awareness-raising activities** (e.g. talks, sharing sessions). Please check the box below if you confirm that the school will make necessary arrangements for at least one activity.

- I confirm that the school will enable participants to organise in-school awareness-raising activities, including talks, sharing sessions, or other activities

Teacher's / social worker's name: \_\_\_\_\_ Contact number: \_\_\_\_\_

Email address: \_\_\_\_\_

Signature : \_\_\_\_\_ Date : \_\_\_\_\_

School Principal' Signature : \_\_\_\_\_ School Chop : \_\_\_\_\_