



# 香港體育學院 - 你的活動選址

## HOSTING YOUR EVENT AT HONG KONG SPORTS INSTITUTE

# 香港體育學院 Hong Kong Sports Institute

香港體育學院（體院）是香港的精英體育培訓中心，旨在協助本港具天賦的運動員在國際體壇爭取佳績。

於北京2008奧運會和殘疾人奧運會期間，體院成為馬術項目的比賽場地。隨着此歷史性賽事結束，體院展開了全面的重新發展計劃，以配合香港精英體育的迅速發展。

今天，體院擁有多項煥然一新、最先進及無障礙的體育及會議設施，我們誠意邀請你於體院舉辦活動，無論是精英體育訓練營、提升表現課程、學術交流活動、各類型比賽、企業運動會，以至商務會議，均是理想場地。

體院並提供不同類型服務，例如可透過商務會議套餐，把你的會議結合體院平日專為精英訓練而設的營養餐飲；亦可藉舉辦訓練營，體驗這裡的精英培訓設施，一嚐運動員的營養膳食，並在體育旅舍住宿。

把握機會，讓你和你的團隊在體院經歷一次激發潛能、突破界限之旅！

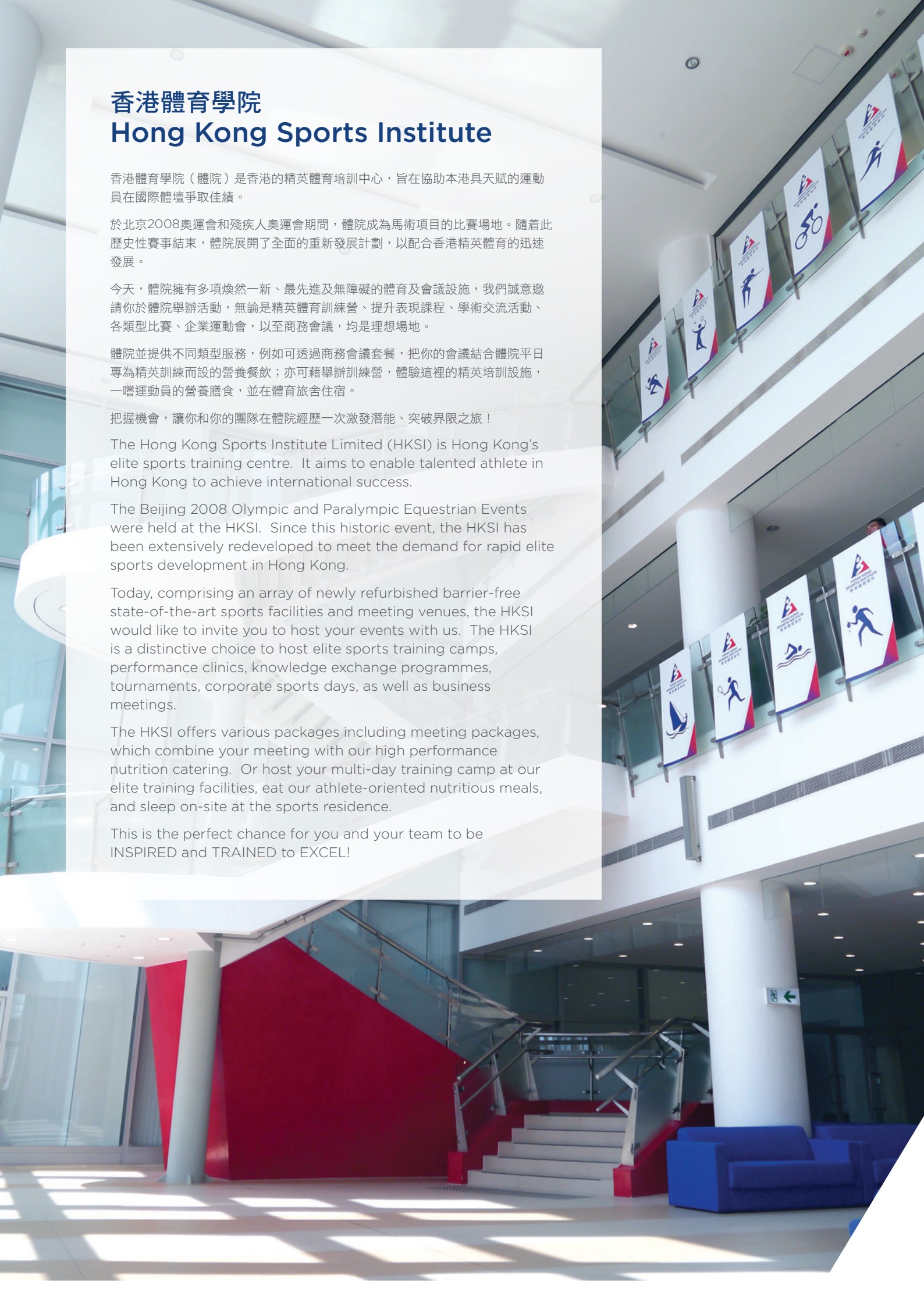
The Hong Kong Sports Institute Limited (HKSI) is Hong Kong's elite sports training centre. It aims to enable talented athlete in Hong Kong to achieve international success.

The Beijing 2008 Olympic and Paralympic Equestrian Events were held at the HKSI. Since this historic event, the HKSI has been extensively redeveloped to meet the demand for rapid elite sports development in Hong Kong.

Today, comprising an array of newly refurbished barrier-free state-of-the-art sports facilities and meeting venues, the HKSI would like to invite you to host your events with us. The HKSI is a distinctive choice to host elite sports training camps, performance clinics, knowledge exchange programmes, tournaments, corporate sports days, as well as business meetings.

The HKSI offers various packages including meeting packages, which combine your meeting with our high performance nutrition catering. Or host your multi-day training camp at our elite training facilities, eat our athlete-oriented nutritious meals, and sleep on-site at the sports residence.

This is the perfect chance for you and your team to be INSPIRED and TRAINED to EXCEL!



# 游泳館 Swimming Complex

新建之52米國際標準泳池是特別為精英培訓而建造，館內設有水底觀察窗，配合先進的攝錄系統以作分析之用。

The new 52m international standard swimming pool is purpose-built for elite training. It boasts under-water observation windows and a state-of-the-art video analysis system.



- ▲ 52米之室內泳池可視乎訓練需要，用作50米國際標準泳池、或以浮橋分為兩個25米短池  
An indoor 52m swimming pool which can be used as a 50m international standard pool or divided into two 25m pools via a movable bulkhead
- ▲ 符合奧運標準的起跳台  
Olympic-standard starting platforms
- ▲ 電子計時系統  
Electronic timing system
- ▲ 水底觀察窗，配合攝錄分析系統使用  
Installed with under-water observation windows and a video analysis system
- ▲ 影音設備  
Audio-visual facilities
- ▲ 可提供1,500個座位之觀眾席  
Spectator seating capacity of 1,500 people
- ▲ 寬敞池面範圍可用作陸上訓練，並供三項鐵人轉換項目(游泳/單車)訓練之用  
Spacious deck area for land-drills and swim/bike exchange training for triathletes

# 田徑場 Athletic Track & Field

體院擁有完備的跑道及田項訓練設施，是精英培訓及舉辦社區或機構運動會的首選場地。

HKSI boasts a well-equipped track and field facility; it hosts elite training and is a popular venue for community and corporate sports days.



- ▶ 可作標準足球／欖球場之用  
Full size football/rugby pitch
- ▶ 設有8條跑道  
8-lane athletics track
- ▶ 2條有蓋跑道供熱身之用  
2 covered inclined warm-up tracks
- ▶ 跳遠及三級跳遠  
Long jump and triple jump
- ▶ 跳高及撐竿跳高  
High jump and pole vault
- ▶ 標槍及擲鐵餅  
Javelin and disc throw
- ▶ 推鉛球  
Shot put

# 賽艇中心 Rowing Centre

賽艇中心位於城門河側，提供全面的精英訓練及分析設施，以及賽艇存放和維修保養之工作室。中心天台更建有觀看台，可無阻擋地觀察在城門河進行的訓練活動。

The Rowing Centre stands next to the Shing Mun Riverside providing full athlete training and analysis facilities, boat storage and a maintenance workshop. A viewing tower is also located on rooftop, providing an unobstructed observation point for the training activities in the River.



- ▶ 可存放140艘賽艇（所有艇架可調較高度及闊度，以配合不同大小的賽艇）  
Storage for 140 rowing boats (all the boat racks are adjustable horizontally and vertically to accommodate different sizes of boat)
- ▶ 設有維修、保養及裝配賽艇之工作室  
Workshop for repair, maintenance and rigging of rowing boats
- ▶ 體能訓練室  
Fitness training room
- ▶ 設有先進的划艇器械，可模擬在水面划艇的動作及人體節奏規律  
Advanced dynamic rowing machines capable of simulating on-water rowing action and body sequences
- ▶ 天台提供有蓋場地，可供運動員作伸展訓練；並設有觀看台  
Rooftop semi-covered stretching area and observation deck

綜合體育館提供了多個世界級訓練場地和設施，以助提升香港精英運動員的表現。

The Sports Complex houses an array of international-standard training facilities to enhance the performance of Hong Kong elite athletes.

## 劍擊館 FENCING HALL



- 13條賽道配備內置計分系統  
13 pistes with built-in scoring system

## 網球場 TENNIS COURTS



- 2個有蓋硬地球場  
2 covered hard courts
- 4個硬地球場  
4 hard courts
- 2個泥地球場  
2 clay courts

## 羽毛球館 BADMINTON HALL



- 16個羽毛球球場  
16 badminton courts
- 可提供150個座位之觀眾席  
150-seat spectator stand

## 乒乓球館 TABLE TENNIS HALL



- 16張符合國際標準賽事的乒乓球桌  
16 competition level table tennis tables

## 武術館 WUSHU HALL



- ▲ 面積1,454平方米，並設三幅18x12米、及兩幅16x10米巨型軟墊  
1,454 sq. m. with 3 training mats of 18m x 12m and 2 mats of 16m x 10m
- ▲ 可提供100個座位之觀眾席  
100-seat spectator stand
- ▲ 場內配備巨型電子計分板可供舉行國際賽事時使用  
Large electronic scoreboard for international competition

## 壁球場 SQUASH COURTS



- ▲ 提供共15個單打壁球場（其中4個單打場可轉換成3個雙打場）  
A total of 15 singles squash courts  
(4 singles courts convertible to 3 doubles courts)

## 賽馬會體育館 Jockey Club Sports Building

賽馬會體育館設有一個多用途訓練場館及精英體育項目教練辦公室，以支援殘疾人士體育項目、青少年運動員，及教練培訓的長遠發展。整座體育館均屬無障礙設施，包括可同時容納兩部輪椅使用的升降機。

The Building comprises a multi-purpose training hall and elite coaching teams' offices for long-term development of Paralympic sports, junior athletes, and coach education in Hong Kong. The whole building is barrier-free, with a lift especially designed to accommodate two wheelchairs simultaneously.

## 多用途訓練場館 MULTI-PURPOSE TRAINING HALL



- ▲ 面積1,875平方米，並設有活動間牆  
1,875 sq. m. with movable partitions
- ▲ 可轉換為2個小型訓練室，以配合不同訓練需要  
Convertible into 2 smaller training venues to suit different training needs



總面積逾1,000平方米，並劃分為不同區域：

Floor area of over 1,000 sq. m. with different major training zones available for:

- ▲ 力量和爆發力鍛練  
Strength and Power
- ▲ 氣壓式  
Air Power
- ▲ 機械式  
Machine Circuit
- ▲ 自由力量訓練  
Free Weights
- ▲ 心肺能力  
Cardio
- ▲ 功能式及核心訓練  
Functional and Core Training Area
- ▲ 運動恢復中心  
Recovery Centre

## 精英訓練科技

### ELITE TRAINING SCIENCE & TECHNOLOGY

體院的跨學科精英訓練科技支援，提供最先進及以數據為本的解決方案，以提升運動員的最佳表現。當中包括：

The multi-disciplinary Elite Training Science & Technology provides state-of-the-art, evidence based solutions to enhance high performance outcomes. ETST includes:

- ▲ 體能科學訓練  
Scientific Conditioning
- ▲ 運動生物力學及科技  
Sports Biomechanics & Technology
- ▲ 運動醫學  
Sports Medicine
- ▲ 運動心理  
Sport Psychology
- ▲ 運動營養監控  
Sport Nutrition Monitoring



# 香港體育學院大樓 HKSI Main Building

樓高九層的全新體院大樓於2013年10月落成啟用，是體院重新發展後的中心地標。大樓為精英體育行政及國際交流提供綜合設施，當中包括為運動員及訪客而設的餐廳和旅舍等。

配合體院專業人員的支援，訪客可於此獨有的培訓基地自行訂定訓練日營或住宿計劃。

The new 9-storey Main Building, officially opened in October 2013, is the centre-piece of the redeveloped HKSI. It provides integrated facilities for elite sports administration, international exchanges, includes a restaurant as well as residence accommodation for athletes and visitors.

With the support of HKSI's qualified staff, you may design your own residential or single-day training package at this unique training base.



## 演講廳 LECTURE THEATRE

- ▲ 設有400個座位  
400 seats
- ▲ 配備即時傳譯房間及系統  
Simultaneous interpretation room and equipment
- ▲ 影音設備  
Audio visual facilities
- ▲ 免費無線上網  
Free wifi service



## 會議及活動場地 MEETING AND ACTIVITY ROOMS

- ▲ 配備影音設施及無線上網之會議及活動室（50-200平方米）  
Furnished rooms (50-200 sq. m.) fully equipped with audio visual and wifi
- ▲ 座位可配合不同類型活動靈活調動，如研討會、專業培訓工作坊、週年大會、大型會議及酒會  
Flexible seating formats available to accommodate seminars, professional training workshops, annual general meetings, conferences, receptions, etc.







## 餐廳及餐飲服務 RESTAURANT AND CATERING SERVICES

- ▲ 多款早餐、午餐及晚餐菜式以供選擇  
Offers a great choice of healthy and tasty dishes for breakfast, lunch and dinner
- ▲ 寬敞之貴賓室（150平方米）可作私人宴會之用  
Spacious VIP Room (150 sq. m.) for private group dining
- ▲ 場地設備可因應活動性質靈活調配，包括宴會、自助餐、雞尾酒會及茶會等  
Catering services available in flexible settings including banquet, buffet, cocktail reception, coffee & tea refreshments



## 訪客住宿 SPORTS RESIDENCE



48間客房（22-27平方米）均配備：  
48 rooms (22-27 sq. m.) each fitted with:

- ▲ 2張單人床  
Two twin-beds
- ▲ 免費無線上網  
Free wifi service
- ▲ 高清電視  
HD TV
- ▲ 微型冰箱  
Mini fridge
- ▲ 盥洗用品  
Complimentary toiletries

## 體育資訊中心 SPORTS INFORMATION CENTRE

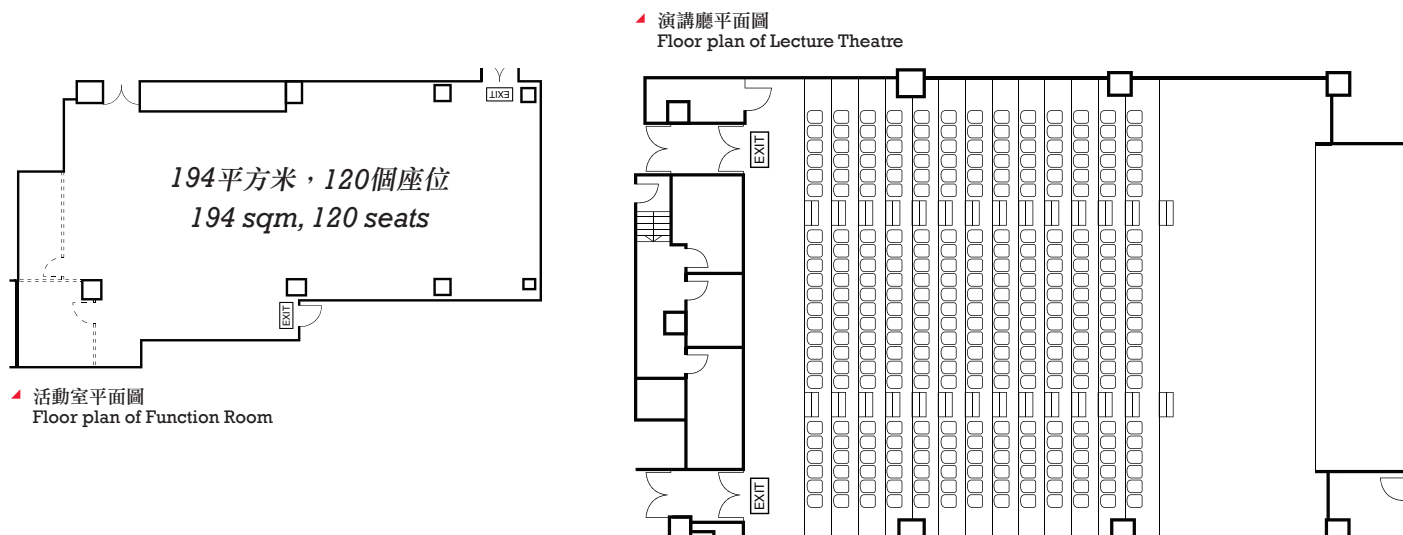


- ▲ 收藏逾15,000冊書籍、2,500項視聽資料及2,000份期刊，內容涵蓋運動科學及運動醫學、教練學、體育及康樂  
Houses over 15,000 books, 2,500 audio-visual items and 2,000 journals, covering sports science and sports medicine, coaching, physical education and recreation
- ▲ 提供網上目錄、研究報告及其他互聯網資源  
Online catalogues, research reports and other Internet resources are also available

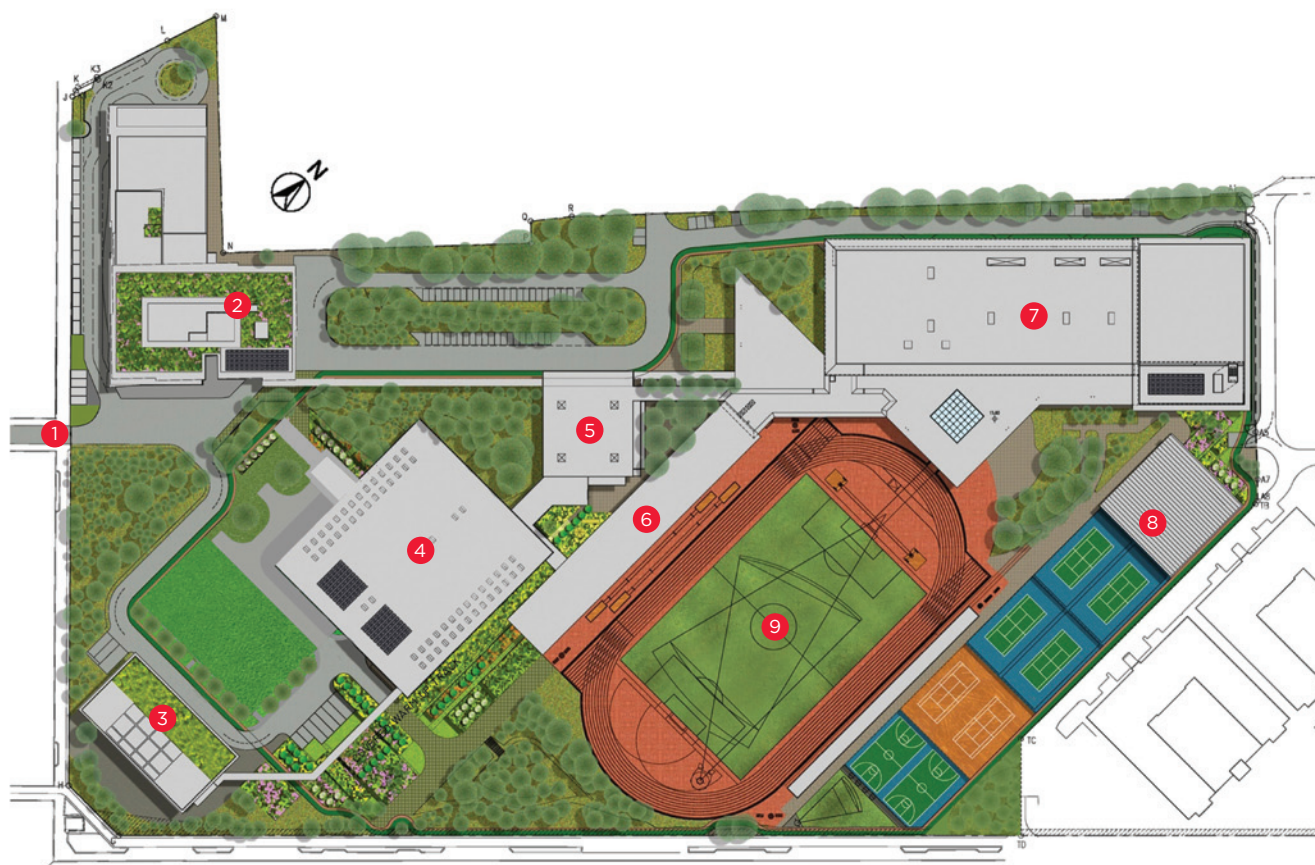
# 會議設施概覽 Meeting Facilities Overview

位置 LOCATION	樓層 LEVEL	場地 VENUE	面積 (平方米) FLOOR AREA (sq. m.)	可容納座位 SEATING CAPACITY
香港體育學院大樓 Main Building	L1 - L2	演講廳 Lecture Theatre*	410	400
	L1	活動室 Function Room	194	120 (研討會形式 seminar format)
		會議室 MB L1 Meeting Room	86	10 (會議形式 meeting format)
	L2	會議室 MB L2A* Meeting Room	109	70 (研討會形式 seminar format) 20 (會議形式 meeting format)
		會議室 MB L2B* Meeting Room	95	70 (研討會形式 seminar format)
		會議室 MB L2C* Meeting Room	135	100 (研討會形式 seminar format)
		會議室 MB L2E* Meeting Room	50	24 (研討會形式 seminar format)
綜合體育館 Sports Complex	L1	會議室 SC L1B Meeting Room	33	16 (會議形式 meeting format)
		會議室 SC L1C Meeting Room	33	16 (會議形式 meeting format)
賽馬會體育館 Jockey Club Sports Building	L2	會議室 JCSB L2A* Meeting Room	55	16 (研討會形式 seminar format)
		會議室 JCSB L2B* Meeting Room	68	40 (會議形式 meeting format)
賽艇中心 Rowing Centre	L1	會議室 RC L1 Meeting Room	20	6 (會議形式 meeting format)
游泳館 Swimming Complex	L2	會議室 SPC L2E Meeting Room	7	4 (會議形式 meeting format)
		會議室 SPC L2F Meeting Room	7	4 (會議形式 meeting format)

\*配備影音設施及無線上網  
\*Equipped with audio visual and wifi



# 體院位置圖 Location Map of HKSI



- |   |                              |
|---|------------------------------|
| 1 正門入口 Main Entrance                    | 2 體院大樓 HKSI Main Building    |
| 3 賽艇中心 Rowing Centre                    | 4 5 游泳館 Swimming Complex     |
| 6 賽馬會體育館<br>Jockey Club Sports Building | 7 綜合體育館 Sports Complex       |
| 8 網球場 Tennis Courts                     | 9 田徑場 Athletic Track & Field |

## 聯絡我們 CONTACT US

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<http://www.hksi.org.hk>

## 前往體院路線 DIRECTION TO HKSI



港鐵火炭站A出口 ▶ 火炭鐵路大樓 ▶ 有蓋行人天橋（步行約五分鐘便可直達）

Fo Tan MTR Station Exit A ▶ Fo Tan Railway House ▶ Covered Footbridge (About 5 minutes walk)

