

多個實習計劃 助青年未來發展 Multiple internship programmes support youth development

煤氣公司一直致力培育青年，透過多元化的職場體驗、實習計劃及交流活動，協助新一代探索職涯方向並提升實務能力，裝備他們未來職場技能，為職涯發展奠定堅實基礎。

Towngas remains committed to nurturing the next generation through a range of workplace experience initiatives, internship programmes and exchange activities. These efforts enable young people to explore career pathways, strengthen practical skills and build essential competencies for the future workplace, establishing a solid foundation for their long-term career development.

第八屆「職涯縮影」計劃破紀錄吸引12所中學共120位高中生參與，透過參觀智慧倉庫、餐桌禮儀和部門體驗等活動，助同學將理論轉化為實踐，提升解難、領導及職場技能。

The 8th Career in a Nutshell Programme attracts a record-breaking 120 senior secondary students from 12 schools. Through activities including a visit to the Smart Warehouse, dining etiquette training and departmental experience, students transform theory into practice, while enhancing their problem-solving, leadership and workplace skills.



煤氣公司連續第四年支持「共創明Teen」計劃，安排同學及友師參觀北角總部，了解業務及綠色能源發展；近百位同事擔任友師，分享經驗，助學員建立正向價值觀，訂立目標並增強自信。

Towngas supports the Strive and Rise Programme for the fourth consecutive year. Students and mentors visit our North Point Headquarters to gain insights into business operations and green energy development. Nearly 100 colleagues have served as mentors, sharing their experiences to help mentees build positive values, set goals and strengthen confidence.



超過50位實習生參與煤氣公司「2026暑期實習計劃」，並完成為期八星期的工作體驗，他們獲分配至不同部門崗位進行實習，不但體會職場文化，也在實戰中探索職涯方向。

Over 50 interns participate in the Towngas 2026 Summer Internship Programme and complete an eight-week work experience. Assigned to different departments, they gain first-hand exposure to workplace culture and explore their career directions through practical experience.



多元職場體驗 培育青年人才

Building future talent with
diverse workplace experiences

親子烹飪同樂日 煮出健康與關愛
Family cooking days for health and care



Towngas Cooking Centre導師Monica Tam (右一) 示範製作營養豐富的流心芝士漢堡扒愛心便當，同時向家長分享煮食貼士。

Towngas Cooking Centre instructor Monica Tam (1st from right) demonstrates preparing a nutritious "Lava Cheese Hamburger Steak Bento", and shares cooking tips to parents.

煤氣公司透過明火煮食傳遞溫暖，全力支持社區組織舉辦親子活動，幫助小朋友健康成長。

進入醫護行者「一個便當，一份用心」健康飯盒食譜設計比賽決賽的11組家庭，早前齊集Towngas Cooking Centre，善用各式時令食材，製作出兼具可愛造型、豐富色彩和均衡營養的飯盒。賽前，我們也特別安排導師示範，鼓勵家長善用顏色和造型，讓小朋友更容易接受多元食材。

Towngas brings warmth through flame cooking. We are proud to support family events organised by community groups, empowering children's healthy growth with heart-warming meals.

In Health in Action's "One Lunchbox, Full of Love" healthy lunchbox recipe competition, 11 finalist families gathered at Towngas Cooking Centre earlier, making the most of seasonal ingredients to create lunchboxes that combined adorable designs, vibrant colours and balanced nutrition. Through a special tutorial before the competition, Towngas also encouraged parents in using colours and shapes to help children embrace a wider variety of foods more readily.



而煤氣公司與維樂天(香港)合作舉辦的「小廚神出動」親子烹飪同樂日，邀請有特殊教育或情緒需要的兒童及青少年與家長一同製作「意式肉醬意粉」。

家長與小朋友分工合作，在導師指引下完成料理。活動不僅提升小朋友的自信心與成就感，更讓家長學會適時放手、見證孩子的實踐能力，有效增進親子關係，以美食連繫社區。

On the other hand, Towngas partnered with Variety Hong Kong to host the "Little Chefs in Action" Parent-Child Cooking Day, inviting children and youth with special educational or emotional needs to prepare Spaghetti Bolognese with their parents.

Guided by professional instructors, kids built self-confidence and hands-on skills, while parents learned the value of trusting their children's capabilities—strengthening family bonds and connecting the community through food.



「小廚神」成功製作出「意式肉醬意粉」，自信心與成就感大增。

Our "Little Chefs" gain greater confidence and sense of achievement from preparing Spaghetti Bolognese.

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Towngas Low Carbon Action!

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完成簡單任務，有機會贏取澳洲旅遊禮券，一家人齊齊去旅行！由2026年9月1日至2026年11月30日，住宅客戶使用煤氣電子賬單服務，即可自動參加Towngas「智FUN生活賞」大抽獎；額外完成報錶和易繳費任務，可獲更多抽獎機會，有機會贏取豐富禮品！

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