



Scout Association of Hong Kong

Training Branch

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1 August 2026
Circular No. 44/2026
[Activities/ Training]

73rd Lightweight Cooking Course

The captioned course will be held by Training Branch on the following dates and TSANG Kwok-leung Philip, Assistant Leader Trainer will be the Course Leader. After completing this course, participants should be able to:

1. Explain the definition of lightweight cooking;
2. Explain the application and significance of lightweight cooking through outdoor activities;
3. State the three basic elements required for combustion;
4. Demonstrate safe procedures for using fuel and operating stoves;
5. List three methods and techniques for using simple cooking utensils;
6. Select suitable food ingredients for lightweight cooking and describe hygienic storage methods;
7. Design a menu for at least one full day, including breakfast, lunch, and dinner; and
8. Demonstrate at least three lightweight cooking methods.

Details of the Course are as follows:

1. Date and Venue

Date	Day	Duration	Venue
17 November 2026	Tuesday	1900 – 2200	Hong Kong Scout Centre
29 November 2026	Sunday	1000 – 1600	Shatin Scout Centre
6 December 2026	Sunday	1000 – 1600	

2. Medium of instruction: English

3. Eligibility:
1. Leaders who hold a valid Warrant / Certificate of Appointment for Instructor / Certificate of Appointment for Lay Member / Salaried Staff; and
 2. Leaders who hold Certificate of General Information Course / Fundamentals of Scouting Course (Module 1B).

4. Course Fee:
1. Leaders who hold a valid Warrant / Certificate of Appointment for Instructor / Salaried Staff: \$160 per person (Recipients of Subsidy Scheme for Scout Training)
 2. Lay Members who hold a valid Appointment: \$320 per person (Non-recipients of Subsidy Scheme for Scout Training).
 3. Course fee covers the costs of meals, refreshment and accommodation.

5. Application:
1. Online: Application and payment of participation fee can be done through “Training Management System” (<https://tms.scout.org.hk/member/home>).
 2. By mail or by hand: Please complete the Application Form (PT/02e) and return it together with a crossed cheque payable to the “Scout Association of Hong Kong” to Training Branch, Room 908, 9/F, Hong Kong Scout Centre, Scout Path, Austin Road, Kowloon on or before the deadline. The Application Form can be downloaded at (<https://www.scout.org.hk/uploads/en/forms/19533/pt02e.pdf>).
 3. Incomplete information may affect the application result.

6. Deadline: 16 October 2026 (Friday)

7. Others:
1. Applicants will be informed by e-mail of the application result.
 2. No refund will be made once admitted to the course.
 3. Fee paid and place enrolled are not transferable.
 4. Participants should attend all sessions of the course on time. Certificates will only be issued to participants who fulfill the requirements of the course.
 5. During the course, participants should be dressed in Scout uniform or other attire assigned by the Course Leader.
 6. The training course is subsidized by the “Subsidy Scheme for Scout Training”. Eligible participants only need to pay half of the full course fee.
 7. Needy Scout Leaders may apply for full subsidy under the “Subsidy Scheme for Needy Leaders’ Training (2026-2027)” to participate in this training course. For more details, please refer to the AHQ Subsidy Scheme Circular No. 02/2026.
 8. If applicant does not receive notification of acceptance/rejection two weeks prior to the commencement of the course, or for enquiries, please contact Ms Mandy LEUNG, Training Officer at 2957 6475 during office hours.



(YEUNG Ying-yiu)

for Training Commissioner