



2026年調解周
Mediation Week 2026

調解為先：一分調解 十分和諧
Mediate First: An Attempt of Mediation
Harvests Abundant Harmony

長者調解研討會
Elder Mediation Seminar

化衝突為關懷：調解在長者爭議中的角色
Conflict to Care: The Role of Mediation in
Elder Disputes

日期 Date: 2026年5月6日 (星期三) | 6 May 2026 (Wed)

時間 Time: 9:30 – 12:15 (GMT+8)

語言:
Language: 研討會將以粵語進行，並提供英語及普通話即時傳譯
The Seminar will be conducted in Cantonese, with simultaneous interpretation in English and Putonghua

地點:
Venue: 香港中環下亞厘畢道18號律政中心中座1樓多功能活動廳
Function Hall, 1/F, Main Wing, Justice Place, 18 Lower Albert Road, Central, Hong Kong

持續專業發展學分 Continuing Professional Development (CPD) Points

現擬向以下機構申請持續專業發展(CPD)學分:
Continuing Professional Development (CPD) points will be applied for from the following organisations:

1. 國際爭議解決及風險管理協會 International Dispute Resolution and Risk Management Institute
2. 香港國際仲裁中心 Hong Kong International Arbitration Centre
3. 香港調解資歷評審協會有限公司 Hong Kong Mediation Accreditation Association Limited
4. 香港調解仲裁中心 Hong Kong Mediation and Arbitration Centre
5. 香港和解中心 Hong Kong Mediation Centre
6. 香港律師會 The Law Society of Hong Kong
7. 內地-香港聯合調解中心 Mainland - Hong Kong Joint Mediation Center

活動簡介 Synopsis:

香港的長者人口持續攀升，現時逾五分之一的市民年齡達65歲或以上。這個比例預計在未來數十年將進一步顯著上升。人口結構的轉變衍生出複雜且個人的衝突，涵蓋跨代關係、照顧者壓力以至遺產安排與繼承的爭議。鑑於這類爭議的敏感性及複雜性，以及社會文化普遍傾向避免在公開場合處理私人家庭糾紛，傳統的爭議解決方式如訴訟在這些情況下未必合適。

推廣長者調解旨在為處理長者相關爭議提供保密、可信及協作的環境。這與《2025年施政報告》中政府致力構建長者友善的樂齡社會的承諾一致。

本研討會將深入探討香港人口老化所帶來的獨特挑戰與機遇，展示調解作為一種具同理心、支援性及高效的替代方式，解決長者相關爭議的同時，促進家庭和諧及維繫關係。

Hong Kong's elderly population continues to grow rapidly, with more than one-fifth of residents aged 65 or above and the proportion is expected to rise significantly in the coming decades. This demographic shift brings complex personal conflicts, such as intergenerational tensions, caregiving burdens and succession planning challenges. Given the sensitive and complicated nature of these disputes and the cultural reluctance to have private family disputes resolved in public, traditional resolution methods like litigation may not always be suitable.

The promotion of elder mediation, which provides a private, trusting and collaborative environment for resolving elder-related disputes, is in line with the Government's commitment to build an elderly-friendly society as outlined in the 2025 Policy Address.

This seminar delves into the unique challenges and opportunities arising from Hong Kong's ageing society, showcasing mediation as a compassionate, supportive and effective tool that fosters harmony and preserves family bonds while resolving elder-related disputes.

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支持機構 Supporting Organisations



有關調解的資訊，請瀏覽：

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Please submit any questions to info@mediationweek2026.hk