



香港基督教女青年會
Hong Kong Young Women's Christian Association



聲

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2006

專題報導
Feature

婦女事工

Women's Movement

Capacity Building

能力建設

自由

Freedom

平等

Equality



放眼看女青

An EYE on YWCA

香港基督教女青年會是一個提供多元化社會服務的基督教團體，服務對象由兩歲幼兒至長者，服務單位遍及港九新界各區，每年服務人次高達三百萬。

女青年會的多元服務，由不同的事工部門專責營運，歷年來隨著社會的急劇轉變，不斷推陳出新，透過不同的服務計劃回應社會需求。為使各界人士及本會會員對女青年會的服務有進一步的了解，由今期起，「女聲」將新增「放眼看女青」服務專題介紹，帶你走訪每一項服務。首個呈現大家眼前的服務是「婦女事工」。

The Hong Kong YWCA is a Christian organization providing multi faceted services for targets ranging from infants to senior persons. We have service units spreading over the territory with an annual attendance of over 3 millions.

Services at YWCA are run by different service departments. In response to the ever-changing social needs, we have been initiating a large variety of projects and programmes. To enhance your understanding towards the Association, this new column named "An Eye on YWCA" would introduce our services to you one by one. The first presented here is "Women's Movement".

瘦身使
MISS
IMPO

本會乃一個委身於婦女運動的團體。基於對平等、自主的堅持及對兩性差異的尊重，本會致力於從女性的角度發展婦女，豐富她們的生命，促進她們的福祉。除以倡議工作提升婦女地位外，更設各項婦女為本的服務，支援婦女在家庭和社會上所擔當的角色，計有技能及領袖訓練、義工服務、婦女熱線、關懷婦女健康計劃、支援逆境婦女工作、互助網絡、法律諮詢及輔導服務等。

近年，本會看到「瘦身文化」為社會帶來的衝擊、單身女性所承受的壓力，也看到婚外情及家庭暴力令越來越多女性陷入婚姻逆境，故分別開展兩項活動－「健康就是美」婦女健康計劃及「活出新天地」女性自強小組。

「瘦身」vs「健康就是美」 女青年會大力提倡婦女健康計劃

相信一提起「瘦身」，大家自然就聯想到一連串的廣告句語、一張張的代言人面孔、一個個衣著性感的女明星。瘦身公司不斷吹噓「瘦＝美＝幸福」，對社會文化和女性形象俱帶來負面影響。

面對這衝擊，本會婦女事工部矢志向社會灌輸正確的健康價值，推行「健康就是美」婦女健康計劃，鼓勵女性以致整個社會反思這個「瘦身文化」，為推動婦女健康而努力。

As a women organization dedicated to advancing Women's Movement and striving for equality and justness with due respect for gender differences, the Association has been advocating women's status. We have also developed women-centred services to enhance women's wholesome well-being and support their multiple roles in the society. These services include skills and leadership training, volunteer service, women's hotline, health care project, supportive projects for women in adversity, mutual aid network, women's groups, legal consultation and counselling service, together with advocacy for raising women's status.

While looking at the women-related societal problems in recent years, one can easily find that the message and value of "slim is beauty" has been very overwhelming. Single Ladies are over-burden. Extra-marital affairs and family violence have brought tragedy to many women. In view of these, the Association developed two initiatives – "Healthy is Beauty" Project and "Self-Strengthening Support Group".

"Slimming" vs "Healthy is Beauty" YWCA Strives to Promote Women's Health Project

Hearing the word "slimming", you must be able to associate various advertising punch lines and sexy pop stars endorsing the service. The more the slimming companies promotes "slim = beauty = happy", the more damaging effects caused to the social value and women's image.

To fight against this, our Women's Affairs Department has launched a "Healthy is Beauty" Project to encourage women, and the society at large to reflect on this slimming culture, and promote women's health in the meantime.



實行兩年計劃，培育健康意識

「健康就是美」婦女健康計劃的對象是雙職女性及單身女性，再者因社會人口結構的轉變，達至適婚年齡的女性已較男性為多，越來越多女士面對單身的處境，婦女事工部更積極關心這群單身女性精神健康的需要。整項計劃為期兩年，由2005年7月1日至2007年6月30日止。

A Two-year Project to Promote Health Messages

The two-year project operating from 1 July 2005 to 30 June 2007 sets the targets on dual-role working women and single ladies. We also concern the psychosocial needs of the single ladies, whose number has been increasing due to the changes of the social structure.

計劃共分三部分：

The project comprises of 3 parts:

1. 啟動女性健康服務 Start off Women and Health Services

服務項目 Service	內容 Contents
健康課程 Health Courses	邀請專業人士教授課程，灌輸健康訊息 Professionals to share health related messages
健康巡迴展 Health Roadshow	製作婦女健康展板，以「瘦身、美白」為題，舉行巡迴展覽 An exhibition themed "slimming & whitening"
婦女健康刊物 Publications	每四個月出版一期，以不同專題發佈健康資訊，抗衡扭曲文化 To be published every four months, focusing on health messages
婦女健康資源閣 Resources Corner	含健康教材、參考及資料庫 Provided with health-related teaching kits and references

2. 建立女性健康網絡 Build up Women's Health Network

服務項目 Service	內容 Contents
健康大使小組 Health Ambassador	吸納有志人士，組織婦女健康大使，提供訓練及組織，關注不同女性健康專題，如纖體瘦身、精神健康等，並帶領組員反思瘦身文化 Interested ladies would be recruited as Health Ambassador. We shall provide training on various health issues, eg, slimming, mental health etc. They shall have a reflection on the over heated slimming culture.
單身女性健康成長坊 Single Ladies' Growth Group	舉辦課程、講座、戶外活動等，讓單身女性彼此支持，並反思成長上的問題，讓她們能跳出單身的壓力，獲得真正的健康人生 Through courses, talks and outdoor activities, we encourage single ladies to support each other and overcome the stress as being single.
健康大使社區推廣活動 Community Promotions	由健康大使小組籌備及推行活動，宣揚健康訊息 To be organized by the Health Ambassadors to promote health messages.

3. 提升女性健康關注 Arouse Awareness

服務項目 Service	內容 Contents
女性健康專題比賽 Health Issue Competition	舉辦以女性健康為題之公開比賽，讓公眾人士參與及關注 An open competition on women's health issue to arouse public awareness.
社區健康教育日 Community Health Education Day	在大型商場以嘉年華會、講座、攤位等舉行健康教育活動 Carnival, talks and games to be organized in shopping malls.
女性健康專題調查及發佈 Survey	就女性健康題目進行公開調查，公開發表並製作研究報告 Conduct and announce a survey on Women's health.

「活出新天地」

女性自強小組

Self-Strengthening Support Group Brings New Hope to Divorced Women

離婚帶來的情緒、子女管教及歧視問題

近年離婚數字不斷上升，由1981年的每年2,060宗，上升至2000年的13,048宗。很多女性在婚姻瀕臨破裂邊緣，都會經歷一段長時間的掙扎，希望挽回婚姻。期間，她們都會變得情緒低落，封閉自己，一旦離婚成了定局，她們感到被傷害和被欺騙，更會產生自責感，認為自己是一個失敗者，內疚、自責、憤怒、不甘心、痛苦、無助、寂寞等情緒充斥著，個人的自尊和自信很容易跌至谷底，近年來更不斷有婦女因為面對離婚而釀成家庭慘劇。

女性在協助子女適應父母離異方面，亦是一門要學習的功課。父母離異對子女心靈的影響不可低估，母親對前夫複雜、矛盾的心情，在有意無意間帶動著子女的情緒；而母親過份的期望及倚賴很容易對孩子構成沉重的壓力及負擔。

再者，社會仍以雙親家庭為合理觀念，離婚女性被視為不幸、失敗、有缺陷的一群。歧視的態度，在就業、租住房屋，甚至人際交往上為單親家庭帶來極大困擾。

Sources of Pain: Emotions, Parenting and Discrimination

Divorced rate rose from 2,060 cases in 1981 to 13,048 in 2000. Women at the edge of marital breakdown often struggle to restore the relationship. They become extremely depressed. Should the relationship turn out to be a divorce, they feel being hurt and fooled. Some would blame themselves and name themselves losers. They have mixed feelings of guilt, self-blame, anger, pain, helplessness and loneliness. They felt stripped of dignity and self-confidence. Family tragedies even occurred for those who failed to handle the grievances.

Helping the children to get through parents' divorce is another problem. The adverse effects the divorce brought to the children can never be underestimated. Mothers, though unintentionally, are triggering the children's every emotion because of their complex feelings towards their spouses. Worse still, over expectation and reliance on the children's support often turn into children's stress and burden.

While the society still regard a father-and-mother family as normal, divorced women are labeled as the unfortunates, losers and malfunctions. This discrimination is a hurdle to divorced women's employments, accommodations and interpersonal relationships.

離婚 ≠ 末路 自強小組成苦海明燈

「活出新天地」女性自強小組是一個情緒支援小組，為面對離婚或單親女性提供輔導及支援服務，協助她們處理因離婚而帶來的不愉快經驗和情緒，重拾自我，增強獨立生活的自信心，並鼓勵一群同路人互相支持，建立互助的支援網絡。

Divorce ≠ The End of Life Self-Strengthening Support Group Light up Their Lives

The Self-Strengthening Support Group is an emotional support group designated to provide counselling and support to divorced women or single mothers. They are helped to turn the regretful relationship and negative feelings to self-confidence and power restoration. They are encouraged to support each other as well.

具體內容 Programme Contents:

活動內容 Contents :

分六節進行，每節設一個主題：

Six sessions, each with a theme:

- (1) 崎嶇中成長 Grow at hard times
- (2) 愛的釋放 The Release of Love
- (3) 愛惜自己 Love Yourself
- (4) 自我昇華 Self-enhancement
- (5) 孩子成長路 Grow with the Children
- (6) 同創新生活 A New Life Ahead

活動形式 Format :

以小組形式分享、鬆弛運動、唱歌、運動、功課、練習等 Group sharing, exercises, songs, homework, etc

自強同學會 延續支援網絡

完成了自強小組的婦女，可加入自強同學會。自強同學會的目的為聯繫面對婚姻逆境姊妹，透過季度活動關心自己與子女的身心健康及社交發展。

同時，面對不完美的法律及不公義的政策，自強同學亦會積極關心婚姻法、贍養費、房屋政策等問題，為婦女及其子女爭取較合理的資源分配。

Self-Strengthening Fellowship A Continuation of Support Network

Graduates of the support group can join the fellowship, which aims at continuing their mutual support and enhancing their social lives through quarterly activities.

Advocacy to fight against unfair laws and policies is also a focus of the fellowship. Members show concern on the marital law, alimony, housing policies, etc. and voice out for reasonable resources allocation to women and children.



何女士(左二)獲邀參與<關注兩性平等促進婦女就業研討會>「真情對話」環節，代表單親家庭主婦在台上發言，分享中年主婦在再就業上的種種困難



自強小組學員 現身說法 分享心路歷程

何女士於97年參加自強小組。曾經，何女士在婚姻問題的困擾下，情緒到達不能控制的地步，她甚至任由家中食物耗盡也不願意到市場購買，她甚至每天站在窗前呆呆等待丈夫回來，又替他編造不回家的借口，女兒都擔心不已。幸好，何女士看到本會「活出新天地」自強小組的廣告，不知從那裡來的勇氣，致電報名，也就這樣，教她從封閉的生活中醒過來。

小組的課程讓她學懂放低，學懂正面思想，學懂愛惜自己，意識到過去經已過去，積極面對未來才是真諦。她憶述說社工於小組的第一課跟她們說，她們雖帶著不快到來，但她們將會放低，帶著快樂離去，何女士當時心想：「說笑吧，沒可能！」但她真的做到了，做到的，還不止她一個，還有其他的組員。何女士現時積極為她的個人經歷作分享，希望感染其他有同樣遭遇的婦女，她說：「這段經歷像一塊大石壓在心，每一次分享，每一次看到自己幫到人，那塊石頭變得越來越小！」

莫女士去年年中完成小組課程。在參加這課程之前，她一直抑壓著婚姻問題帶給她的情緒，一來自己以為撐得過去，二來，也害怕別人會看不起自己。這段裝作堅強的日子，一點兒也不好過。及至參加了這個課程，她最大的得著是學懂面對自己，接受自己的情緒，繼而解開心鎖，真正的堅強起來。而這段心路歷程的改變絕不孤單，她有著社工的帶領，有著組員的互相支持。莫女士也參加了自強同學會，透過月前的親子做蛋糕活動，她結識到更多朋友，讓互相支持的氛圍維繫下去。

Touching Stories to Tell

Ms Ho joined the support group in 1997. Once, Ms Ho was greatly disturbed by her marital relationship in a way that she could not control herself. She could let the food at home consumed and refused to go out and buy any. She could stand a whole day long before the window waiting for her husband to return. She made up many excuses for her husband's no-show to convince herself. Fortunately, Ms Ho read the Association's advertisement on the Self-Strengthening Support Group. Courage came from nowhere, she called and enrolled the group. That came the start of her new life.

The group taught her to let go. It led her to positive thinking and self-love. She then realized that bygones are bygones. She vowed to live the way ahead positively. She recalled in the first session when the social worker said that though every member came with grievances, they would learn to let go and leave with cheer. Ms Ho then thought to herself, "You must be kidding, that's impossible!" But the truth was, not only Ms Ho, but all the members did it! Now, Ms Ho keeps sharing her experiences to those at times of marital breakdown. She hopes that she can play a part to help them get through. Ms Ho said, "My hard times look like a large stone presses onto my heart. Each time I share with others and find myself of help, the stone gets smaller!"

Ms Mok finished her group sessions last year.

Before joining it, she had been suppressing her emotions brought by the break-up. For one reason, she thought that she could handle it. For another, she was afraid to be looked down upon by others. Pretending to be strong had not been easy for Ms Mok. Grateful that she joined the support group and learnt to face and accept her own emotions. Until then could she really live strong. Her road to change had never been lonely. She was led by the social worker. She was supported by other members. Ms Mok also joined the fellowship and made more friends, together they continue to spread the warmth and care towards each other.

服務查詢 Service Enquiry

免費電子化婦女法律諮詢服務 Free Legal Consultation for women
預約電話 Appointment enquiry : 3443 1600

“活出新天地”女性自強課程 Self-Strengthening Support Group
查詢電話 Enquiry : 3443 1600

青心直說

(人物專訪)

前線義工心聲 娓娓道來

TOUCHING REFLECTIONS OF FRONTLINE VOLUNTEERS

女青的前線義工服務範疇多元化，有義務為女青年會整體發展獻策及監管的董事委員，亦有於前線服務層面，策劃及參與直接服務計劃的義工。今期女聲，我們特別專訪兩位分別參與熱線輔導及義工小組的義工，跟大家分享感受。

Volunteers are a group of dedicated people who never cease to devote their time and effort regardless of any rewards. In YWCA, our volunteers have a mission to enlighten their own and someone else's lives. They enhance their life management skills in volunteers training. And through delivery of services, they bring along changes.



馬家儀（前右一）於2000年獲選為「全港傑出婦女義工」 Grace was awarded as the "Hong Kong Outstanding Woman Volunteer" in 2000)

馬家儀 女士

Grace Ma experienced "Enhancement of Life"

馬家儀藉義工服務 豐盛人生
體會女青「生命的栽培」

馬家儀於1992年開始加入女青年會熱線輔導義工行列，負責接聽求助電話，為求助者抒緩情緒，並尋求解決辦法。她還記得當初面見的過程非常嚴謹，共有兩個專業社工進行面見，並問了她很多問題。馬女士當時心想：「嘩！面見義工都這麼認真，這個熱線輔導的工作一定做得很好，如果我獲取錄，一定要落足心機啊！」

就是這樣，馬家儀加入了熱線義工行列，亦讓她經歷了人生的一

個重要改變。在接聽熱線的過程中，她接觸過不同的個案，令她體會到自己從前的視野太狹窄，原來社會上存在著很多問題；在協助求助者解決困難的同時，她對自己的多重角色－妻子、母親、護士、女兒均有深層的反省，於是，漸漸地，自己也改變了，變得更有耐性、與丈夫及孩子的相處技巧有所改善，心靈上滿足了，人也快樂了。馬家儀覺得有能力幫助別人，是一種福氣，她對熱線輔導這項義工，著實有限大的使命感。

因著馬女士出色的表現，她獲女青邀請加入董事局及委員會，參與機構的決策及為服務提供意見。馬女士覺得這另一層次的參與，令她學習更多，眼界更廣。

「我深深體會女青“生命的栽培”的宗旨得到切實的體現，女青栽培了我，又透過我們一班董事、委員及義工，鼓勵其他生命重新得力。」

Grace Ma started taking part in the hotline volunteer service at YWCA in 1992. She was responsible for receiving calls from help-seekers, helping them to ventilate emotions and find ways out. It has been 14 years from now but Grace can never forget the recruitment process. She recalled that she was asked plenty of questions by two professional social workers at the recruitment interview. "Seeing how serious the interview was, I could imagine the quality of the hotline service. It must be very professional. So I thought to myself, if I was recruited, I must be very serious, too." Grace said.

This was how Grace joined the hotline volunteer team. This was also where she experienced a remarkable change in her life. Understanding the stories of the clients led to Grace's self-reflection. Her field of vision began to extend from her family and workplace and came to realize that there are societal problems everywhere. She reviewed her multiple roles as a wife, a mother, a nurse and a daughter. Gradually, she has changed. She learned to be more patient. She learned to communicate better with her husband and children. She found happiness and peace of mind. According to Grace, it is a blessing to be able to help others. She is so attached to the hotline service.

In view of Grace's devotion and outstanding performance, she was invited to the Board of Directors and various committees. Grace thought that it was another level of volunteerism and enjoyed taking part in it. She also took this as another opportunity for exposure and learning. In Grace's words, "I can really feel the motto of YWCA - Enhancement of Life, reaches its actualization. YWCA enhances me, and in return, our BOD members, Committee members and volunteers dedicate to enhance somebody else's life."

從義工服務開創快樂新生活

關秀娟，現年五十歲，加入沙田綜合社會服務處的「相知社」婦女義工組已八年。憑著關女士出色的表現，她剛於今年三月獲得女青年會榮譽義工獎章。

Linda Kwan, aged 50, has been joining the woman volunteer group of our Shatin Integrated Social Service Centre for 8 years. She has just received an Honorary Volunteer Award in March.



關秀娟女士

Linda Kwan – Led a New Life through Volunteer Service



關：關秀娟
聲：女聲編者
Kwan: Linda Kwan
Voice: Women's Voice Editor

聲：你是怎樣開始義工服務的？

關：其實我一向來都很封閉自己的，多年來擔當著家庭主婦的角色，在家看顧兩個小朋友，沒有什麼朋友，說話也不多。直至一天遇到一位親戚，她帶領我參加女青年會沙田綜合社會服務處的活動。我很享受參加活動的過程，社工更鼓勵我參加義工小組。

聲：你成為義工以來，印象最深刻的服務是什麼？

關：那次派糴給獨居長者的經驗最教我難忘。我記得我到訪的那位老人家為了迎接我們，把家裡打掃得一塵不染，又為我們預備茶點，更重要的，是她視我們為傾訴對象，把生活軼事和感受娓娓道來，頃刻之間我感受到原來長者是多麼喜歡與人談天，是多麼希望能獲得關心的，這種溝通，遠較金錢和物質來得重要。於是，我反思自己與父親的溝通，雖然我經常與他到酒樓「飲茶」，但往往總是你看你的報紙，我有我自己進食，大家好像互不相干似的。於是，我開始多與他談天，多關心他的健康，漸漸地，關係也好轉了。

聲：你說你很封閉，不要說話，這與現在健談的你，相差很遠呵！

關：真的沒騙你，從前的我是可以整天也不說一句話的，我想我的轉變發生在我加入義工小組的一兩年後。這個義工小組的組員都能互相關心，為策劃義工服務盡心盡力，漸漸，我也受到感染，開始在會議

中提意見，哈！組員都讚賞我勇於表達意見呢！現在我不但開朗了，亦樂於分享己見，更慶幸認識到二十位志同道合的朋友，在大家有困難時又能互相安慰支持，有時亦互相獻策，希望為對方解決問題。

聲：你的家人對你參與義務工作，又有何看法？

關：我相信他們都是支持的，特別是我的女兒。她與我很相似，都不愛說話，於是她中四時，我又把她帶到女青年會來。殊不知轉變又在她身上發生了，她開朗了很多，更擔起活動司儀呢！現在她已是大學生了，還參與學生會的工作呢！

在關秀娟身上，我們又再一次看到經文「施比受更為有福」的真諦！做義工，起初總是抱著幫助別人的心態，但事實是，在幫助別人的過程中，不論在個人成長或人際關係方面，原來都可帶來終身受用的轉變。



Voice: How did you start your volunteer service?

Kwan: I used to hide myself up. I used to stay at home taking care of my two children without making any friends. I seldom talked. Until one day I met a relative on street and she led me to the YWCA Shatin Integrated Social Service Centre. I enjoyed the activities there. And the social worker encouraged me to join a volunteer group.

Voice: Which was your most unforgettable volunteer experience?

Kwan: It was visiting and giving away rice dumpling to the lived-alone elderly. The old lady I visited received us warmly. She tidied up her home and served us tea and snacks. Most importantly, she kept telling us her stories and feelings. She enjoyed being listened. I suddenly realized what the elderly really needs. They need someone to talk to. They need to be cared. These are far more treasurable than money and materials. Then, I reviewed my communication patterns with my father. Though we come out for lunch together frequently, we seldom talked. It seemed that we did not know each other: he read his newspapers and I took my food. Was that what my father wanted? I guessed not. So I started to talk to him. I asked about his daily life. I cared for his health. And gradually, we got closer.

Voice: You said that you seldom talked in the past. I could hardly imagine that as you look so talkative today!

Kwan: Sure I was! You know, I could speak not even a word a day in the past! I think I started to change 1-2 years after I had taken part in the volunteer group. Members in the group were very caring. They were so committed to the volunteer services. Gradually infected by them, I tried to voice out my opinions in the group meetings. How amazing was I being recognized! Now, I am happier than before. I am willing to share with others. I am so thankful for getting

to know these friends who can be a source of comfort and advices at times of difficulties.

Voice: Do your family members support you as a devoted volunteer?

Kwan: Yes, I think so, especially my daughter. She seldom talked in the past as well. In view of that, I took her to the YWCA, expecting a change. And she really changed! She was even courageous enough to be a Master of Ceremony. She is now a university student, taking up a position in the Student's Union.

Looking at Linda, it is another proof of the Bible version "it is more blessed to give than to receive". At the start of the volunteer service, one expects to give. But at the end, one gains more than expected.

榮譽義工獎章知多啲 Know more about Honorary Volunteer Award

榮譽義工是女青年會義工獎勵計劃的最高章級，義工必須先累積200服務時數，獲頒鑽石章，然後策劃及執行逾五十小時之義工服務計劃；服務表現優秀者可獲邀請面見榮譽義工評審團，經評估成為榮譽義工。

Honorary Volunteer Award is the highest award in YWCA's Volunteer Award System. A volunteer must accumulate 200 service hours, given the Diamond Award, and plan for a 50-hour volunteer service plan. The volunteer would then be interviewed by a judgment panel for award considerations.

隨著香港教育之普及，女性在工作及社會事務之參與機會大大提升。不難發現，越來越多女性於不同領域上擔當領導角色。香港基督教女青年會為了解不同年齡人士對女性領袖當具備的素質的看法，以及了解香港人眼中的女性領袖，本會在2005年12月至2006年1月期間，收集了二千多名年齡界乎12 - 75歲社區人士之意見，並選出七項「我心目中最重要女性領袖特質」，繼而進行「香港人眼中的女性領袖選舉」。

Women's participation has become increasingly important. Many of them are taking up leading positions in the job market and the community. To understand the general public's perception on woman leaders' qualities and the most recognized woman leaders, the HKYWCA has conducted a survey from December 2005 to January 2006 on over 2000 people aged between 12-75. Opinions have drawn seven most important woman leader qualities and revealed respective representing leaders.

香港人眼中的 Hong Kong



七位當選之女性領袖



李樂詩博士
Dr. Rebecca Lee



范徐麗泰GBS太平紳士
Mrs. Rita Fan, GBS, JP



蕭芳芳博士
Dr. Josephine Siao



李麗娟太平紳士
Ms. Shelley Lee, JP



汪明荃女士 SBS
Ms. Lisa Wang, SBS



葉錫恩女士 GBM
Ms. Elsie Hume, GBM



俞宗怡GBS太平紳士
Ms. Denise Yue, GBS, JP

女性領袖調查

People's Perception on Woman Leaders

七項女性領袖特質

在2,013名之被訪者心目中，最重要之7項女性領袖特質，依次為：有遠見(1,109票)、顧全大局(1,095票)、聰明智慧(1,032票)、做事靈活變通(997票)、願意承擔(946票)、胸襟廣闊(897票)及知人善任(834票)。

Seven Woman Leader Qualities

Among the 2,013 replies, the most important woman leader qualities, in descending order, are: forward looking (1,109 votes), consider for the macro-situation (1,095 votes), wisdom (1,032 votes), flexibility (997 votes), responsibilities bearing (946 votes), broad-minded (897 votes), and know well of the subordinates and assign duties (834 votes).



七位當選之女性領袖

Seven Most Representing Woman Leaders

那麼，在香港人眼中，那些女性領袖具備以上的特質呢？

經投票後，七位女性獲選的領袖分別為：

Based on these qualities, opinions collected further revealed seven most representing woman leaders:

有遠見：李樂詩博士

顧全大局：范徐麗泰GBS太平紳士

聰明智慧：蕭芳芳博士

做事靈活變通：李麗娟太平紳士

願意承擔：汪明荃女士SBS

胸襟廣闊：葉錫恩女士GBM

知人善任：俞宗怡GBS太平紳士

Forward Looking: Dr. Rebecca Lee

Consider for the macro-situation: Mrs. Rita Fan, GBS, JP

Wisdom: Dr. Josephine Siao

Flexibility: Ms. Shelley Lee, JP

Responsibilities Bearing: Ms Lisa Wang, SBS

Broad-minded: Ms Elsie Hume, GBM

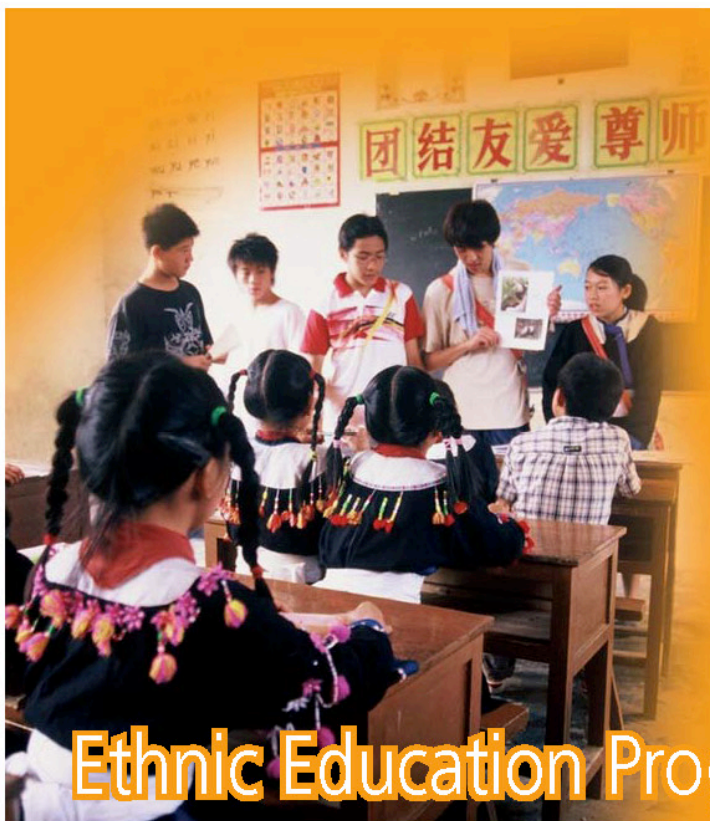
Know well of the subordinates and assign duties:

Ms Denise Yue, GBS, JP



2006年3月4日，本會舉行了盛大的「誰領風騷」香港人眼中女性領袖頒獎典禮，公佈是次意見調查結果，並頒發獎項予獲選的女性領袖。活動當日非常熱鬧，得獎者更與在場觀眾暢談得獎感受，分享其成功之道。大會更特設一個女性領袖時間囊，邀請各得獎者將一份被認為重要、有意思、座右銘或紀念品放進於時間囊內，期望五年後之三八婦女節再重開時間囊，以比較這五年香港之環境、民生或女性領袖發展之轉變。

The survey results were announced on 4 March 2006 at an award presentation ceremony. The awardees shared with us their keys to success. They also brought a most important or memorable item and put them into a time capsule which would be opened in five years to compare the societal changes, democratic and woman leaders' development of now and then.



國情教育 巡禮 暨分享會

Ethnic Education Programme Sharing Session



本會銳意發展國情教育，期望透過內地考察、交流活動、認識國情、總結及反思，讓青少年加深兩地文化及國情的認識，和國民身分的認同。去年，本會曾舉辦多項交流活動，包括：「戰爭與和平」南京上海考察團、「中國粵北貧困山區助學與扶貧計劃」、「農城願國內農村及學校生活文化交流體驗服務計劃」及「樂在清遠親子體驗計劃」等等。

黃土地上 體驗國情

為總結經驗及展望未來的國民教育計劃，本會於2月18日舉行了「國情教育活動巡禮暨分享會」，邀請了參與計劃的參加者包括：年青人、小朋友、家長，以及美國運通股份有限公司義工高樹容女士作分享。分享的青少年表示他們透過交流活動，更深入瞭解內地的情況，特別是一些偏遠地區的實際需要，學習「幸福非必然」的道理。而作為負責任的社會企業，美國運通股份有限公司近年與本會合辦各項籌款活動、扶貧助學計劃及山區體驗活動，讓公司職員體驗內地貧困山區生活、協助學校改善設施、更為有需要學童提供助學，讓山區兒童享有接受教育的機會。

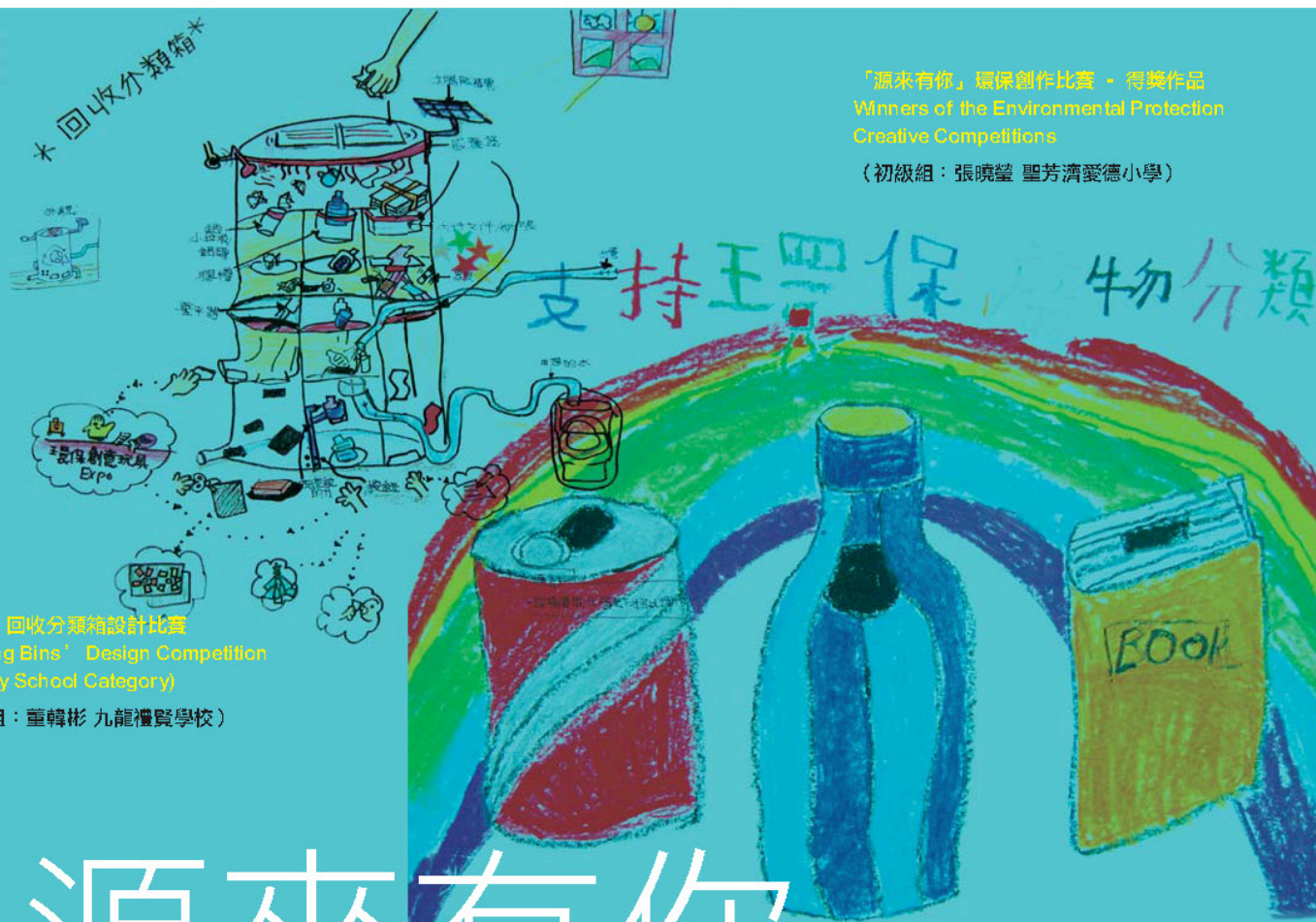
除此之外，當日亦頒發多項比賽獎項，包括：國情教育標語創作比賽、「我最喜愛相片選舉」、「最感人相片選舉」。一張張的相片，令人再次憶起真摯的笑容及難忘的片段。

The Association has been organizing ethnic programmes on Mainland China to enhance youth's national consciousness. These programmes allow youngsters to comprehend cultural differences and national issues, as well as strengthen their identities as Chinese. A number of exchange and study trips to Nanjing, Shanghai, Yuebei, Qinyuang, etc. were held last year.

To Learn by Experience

To conclude the learning experiences, a sharing session was held on 18 February. Participating youngsters, children, parents and Ms. Kao from American Express International Incorporation shared their trips with us. Youngsters revealed that they have learnt more about the situation in China, especially the acute needs of the remote rural areas. They also learnt to treasure what they had in hand. As a socially responsible company, American Express has been joining hands with us to organize various fundraising events, child sponsorship programmes and experiential learning activities where their staff are exposed to the life of the underprivileged as well as contribute to the learning facilities enhancement.

Several prizes were presented on that day, including the "Ethnic Education Slogan Design Competition", "The Beloved Photo Election" and "The Most Touching Photo Election", which all served to remind participants of the unforgettable and fruitful experiences.



「源來有妳」環保創作比賽・得獎作品
Winners of the Environmental Protection
Creative Competitions

(初級組：張曉瑩 聖芳濟愛德小學)

小學組：回收分類箱設計比賽
Recycling Bins' Design Competition
(Primary School Category)

(高級組：董韓彬 九龍禮賢學校)

「源來有妳」

“Start from You” 環保活動 Green Project

近年港人的環保意識日漸提高，繼早前環保團體發動全港舉行無膠袋日，引起全城響應，市民對「環保」的意識和認同確實增加不少；但是實踐環境保護，並非政府部門或某個團體的工作，市民的持續響應才是最重要。當中婦女的參與尤為重要，事實上從工作經驗看到，婦女經常為着家人及自身的健康，對環保工作尤感興趣及經常從生活中實踐及推動環境保護。

宣傳環保訊息 締造美好環境

獲深水埗區議會贊助，本會婦女事工部與深水埗區議會環境及保護工作小組於2006年1月至3月期間於深水埗區合辦「源來有妳」環保計劃，透過一連串的環保推廣活動，促進市民減少廢物產

生，推行循環再造的可行性；並透過邀請不同團體參與，加強社區參與，共同推動環保力量。

此計劃主要分為三部份，包括：「源來有妳」環保創作比賽、「源來有妳」環保嘉年華及出版專為女性設計之「源來有妳」生活環保錦囊。為進一步提高婦女及其家人珍惜、保護及美化環境的意識，大會於3月5日假荔枝角社區會堂及泓景臺平台舉行「源來有妳」環保嘉年華，當日活動節目非常精彩，除頒發獎項予各創作比賽的得獎者外，亦安排表演節目及設置攤位遊戲，加強市民的環保意識，共同締造可持續的美好生活環境。



中學組：環保急口令設計比賽 Tongue Twister Design Competition (Secondary School Category)

家居廢物分類好
環保你我都做到
支持環保地球好
大人細路都知道

(初級組冠軍 何睿敏 香港培道中學)

廢物源頭在家居
膠樽鋁罐咪亂堆
廢紙再做要鼓吹
不要放進堆填區
家居廢物要分類
深水埗區做先驅

(高級組 李家欣 香港培道中學)

公開組：環保口號設計比賽 Slogan Design Competition (Open Category)

環境資源要珍惜
浪費能源好可惜
循環再造要認識
行動實踐確要識
未來環境更舒適

(郭珈莉 香港培道中學)

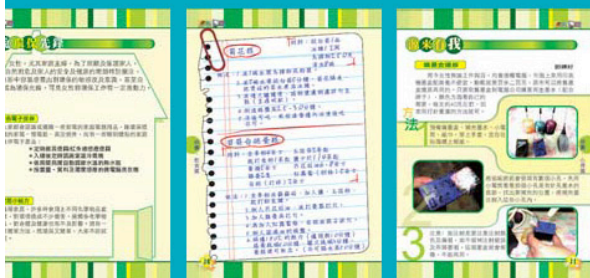


Public awareness on environmental protection is highly valued in recent years. Education programmes, like the “No Plastic Bag Day” held in mid April, was run to cultivate the message. While the onus for environmental protection should not only shouldered by government departments and conversational bodies, public’s continual support is vital to develop Hong Kong into a green fold community. In particular, women’s participation from daily household habits to environmental protection advocacy is of great importance.

Environmental Protection for a Sustainable Future

Sponsored by the Sham Shui Po District Council, the Women Affairs Department of the Association co-organized a “Start from You” Green Project jointly with the Environmental Protection Working Group of Sham Shui Po District Council from January to March in 2006, with the aims of promoting general environmental education by adopting waste recovery and recycling in daily life, and motivating community participation on environmental protection in collective power.

The “Start From You” Green Project mainly composed of Environmental Creative Competitions, Grand Carnival and the publication of “Daily Tips to Save the Earth” especially designed for women. To reinforce the public awareness on environmental protection, the Award Presentation cum Carnival was held on March 5, 2006. The campaign had drawn significant attention and awareness.



我們的成就 OUR PRIDE

本會成功投得社會福利署「**欣曉深入就業援助計劃**」20隊服務名額的其中兩隊，為綜援單親家長和兒童照顧者提供就業援助。

Our Association has successfully bid 2 New Dawn Intensive Employment Assistance Projects out of the 20 operating units. The projects aim at providing a package of intensive employment assistance services for CSSA single parent and child carer recipients.

婦女事工部家庭及事業促進服務成功競投公務員事務局「**性別意識提昇工作坊**」及「**僱員輔導工作坊**」訓練，分別為管理階層及各職級的公務員舉行有關性別意識訓練及僱員輔導訓練。

Women's Affairs Department bid the "Gender Awareness Enhancement Workshop" and "Staff Counselling Workshop" from the Civil Service Bureau, providing respective trainings to civil servants.

婦女事工部於零一至零三年度推行之「**婦女健康檢閱**」獲資助機構「**健康護理及促進基金**」評選為「**傑出計劃**」，得獎資料將於二零零六年五月二十二日於香港中央圖書館舉行之「**健康推廣計劃博覽2006**」展出。

The "Women Health Monitor" run by Women's Affairs Department in 2001-2003 was selected as an "Outstanding Scheme Award" by the Health Care and Promotion Fund. Programme exhibits would be displayed on 22 May at the "Health Promotion Project Expo 2006" to be held at the Hong Kong Central Library.

女青慈善獎券銷售圓滿結束



本會為籌募服務經費，今年首次舉辦「女青慈善獎券」活動，由1月6日起的7個星期，超過千名同工及義工於全港逾250個公眾街道、商場設置流動勸銷站，邀請市民認購。經過大家的努力，合共籌得善款逾128萬。

慈善獎券抽獎儀式於3月2日於女青年會總會所隆重舉行，康樂及文化事務署署長王倩儀太平紳士及「眾人媽打」李麗娟太平紳士應邀擔任主禮嘉賓，逾百名嘉賓及義工出席，氣氛熱鬧而興奮。

典禮上並頒發獎項予銷售成績最理想的單位及同工，以示嘉許，同時邀請他們分享勸銷獎券的心得，俾以借鏡。

The Association's first-ever Grand Raffle Sales Campaign was held for seven weeks from 6 January 2006. Over 1,000 staff and volunteers outreached to some 250 public streets and shopping malls to promote raffle sales. The joint effort had brought tremendous results. More than \$1.28 million was raised.

The Lucky Draw Ceremony was held on 2 March at the HKYWCA Headquarters. Ms Anissa Wong, JP, Director of Leisure and Cultural Services, and Ms Shelly Lee, JP were our Guests of Honour. Guests and volunteers also came and witnessed the draw. The venue was filled up with joy and excitement.

The most committed staff and service units worth appreciation. Prizes were presented to these top raffle sellers at the ceremony. They also shared with us the skills and techniques for achieving these brilliant sales.

「 囍樂之源 」

The Be Happy Attitudes – Elderly Evangelistic Meeting

耆年福音佈道會

強壯乃少年人的榮耀；白髮為老年人的尊榮。
(箴言20:29)

為了讓更多長者認識耶穌基督，本會基督教事工部與耆年服務部於3月9日假禮頓山社區會堂聯合舉辦「囍樂之源」耆年福音佈道會。

是次佈道會，我們除邀得鮑彼得牧師講道及呼召，還有粵劇名伶紅虹女士，以嶄新的福音粵曲讚美主上帝；及香港城市大學教授及本會耆年服務部專業顧問關銳煊博士的個人見證分享。關博士的患病經歷，讓長者深深體會到神的保守和眷顧。佈道會當日共有275位長者出席，23位長者決志信主。哈利路亞！

"The glory of young men is their strength, and the honour of old men is their grey hairs."
(Proverbs 20: 29)

To spread the evangelistic work, the Christian Ministry Department and the Elderly Services Department of the Association jointly organized "The Be Happy Attitudes – Elderly Evangelistic Meeting" on March 9, 2006 at the Community Hall of Leighton Hill.

We were honored to have Rev. Peter Pau to deliver a sermon, together with Ms. Hong Hong, a renowned singer to have Cantonese Opera Gospel performance and Prof. Alex Kwan's thanksgiving sharing. Prof. Kwan's message brought great impact to the participants. Though life is always full of ups and downs. The Lord is always faithful.

The feedback of this meeting was very positive and encouraging. Among the 275 participants, 23 elderly accepted the Christian faith.



在職人士自我增值獎

**Tough time
never lasts,**

Single Mother, Ms. Chao Wai Lan received the 19th Sir Edward Youde Memorial Awards for Self-improvement for Working Adults 2005-2006 on March 11, 2006 at the Concert Hall of the Hong Kong City Hall in recognition of her perseverance and determination towards career achievement.

Before 1997, Ms. Chao used to occupy a managerial position at a garment factory, with a monthly salary of over ten thousand. She then got divorced with her husband. In order to take care of her two children, she had no choice but to give up her work and apply for the Comprehensive Social Security Allowance (CSSA). In 2003, Ms. Chao attended the property management retraining course organized by the YWCA and managed to secure a property management job. Although she earned less than the CSSA subsidy, she determined to earn her own living. And as soon as the family economic situation became stable, she immediately ceased as a CSSA recipient. Ms Chao was forward looking and realized the need to pursue better qualifications. She attended evening continuing education despite her tiredness after 12-hours' daytime work. She would also sit for this year's HKCEE. She had finished a number of job-related courses in the hope of equipping for enhancement.

The story of Ms Chao sets a good example for us in time of challenges. It is the toughness and perseverance that counts.

【本報訊】「家
人，是有尊嚴，需
歲的胡兆芬○3年
理課程，成為專業
與人分享「家務小
士紀念基金」在職
單親媽媽周慧蘭完
獲聘為物業管理員

家務助理

第十九屆光
禮昨舉行。四名
人士自稱值契
一胡兆芬為照
年。芬姐○3年
衣工作，但難
務助理課程，並

怨天尤人，時不與我，這並不是現實的生活態度。只要隨時裝備自己，哪怕身處困境，遇到機會定能重新出發。憑著堅毅不屈的精神，本會再培訓服務學員周慧蘭榮獲第十九屆「尤德爵士紀念基金 - 在職人士自我增值獎」。

周慧蘭97年前任職製衣廠主管，月入萬多元，自與丈夫離婚後，因要獨力照顧一對正在求學子女，只好辭去工作，申請綜援過活。2003年，她報讀香港基督教女青年會有關保安及物業管理的再培訓課程，修畢後順利任職物業管理員，雖然薪金比綜援還要少，但周女士仍決定自力更生，待家庭經濟穩定後，便立刻取消領取綜援。得到上司和住戶肯定的慧蘭未有因此而停步，只有中二程度的她堅持在工作十二個小時後，繼續在夜間進修英語，更報考本年度的會考。她亦已修讀多個有關物業管理提升、急救和英語課程。

面對婚姻問題、單親家庭和經濟壓力，四十七歲的周慧蘭深信「跌倒，起身便可再起步」；並鼓勵失業人士要逆境自強，隨時作好裝備，迎接人生各項挑戰。



香港基督教女青年會
Hong Kong Young Women's Christian Association
English Speaking Members Department

For Enquiries and Registrations
Please call us at
3476 1340
or email:
esmd@ywca.org.hk



KIDS SUMMER COURSES

• BASKET BABES • FUN IN THE KITCHEN • INFANT MASSAGE • ARTS & CRAFTS •
• READING TREE • SKATING • SUMMER LITERACY CAMP • KINDERMUSIK • MAD SCIENCE •



由本會英語會員部舉辦，一年一度的春季賣物會於2006年3月14日圓滿結束，當日氣氛熱鬧，到來選購貨品的人絡繹不絕，不少家長更攜同小朋友觀看魔術表演及參加兒童面部化妝，盡興而歸！

賣物會的貨品琳瑯滿目，包括珠寶、紅酒美食、家飾用品、藝術精品、書籍賀卡、嬰兒用品及潮流服飾等，叫人愛不釋手。同時厚蒙多位董事委員捐出心愛物品作慈善售賣用途，謹此致謝！

The annual Spring Bazaar organized by the English Speaking Members Department was successfully held on 14 March 2006. The gymnasium turned into a jolly market with shoppers coming over and over. Parents brought along their children and watched the magic show. The children were especially excited when they got their faces painted with lovely graphics and colours.

The Spring Bazaar was a showcase of a large variety of quality products, including designers' jewellery, gourmet wine and food, homewares, arts and crafts, books and cards, baby accessories, fashion, etc. Our heartfelt thanks also went to many Board of Directors and Committee members who had donated their beloved collections for charity sales.

春季 SPRING BAZAAR 2006 賣物會



婦女事務委員會「攜手共建和諧社會」研討會

日期：2006年6月19日(星期一)

時間：上午9時至下午6時30分

地點：香港會議展覽中心

講題：女性決策、性別觀點主流化、
增強能力、經濟參與、能力建設、
婦女與健康等

"Together We Build a Harmonious Community" Conference

Date: 19 June 2006 (Monday)

Time: 9:00am - 6:30pm

Venue: Hong Kong Convention and Exhibition Centre

Topics: Women's Participation in Decision-making,
Gender Mainstreaming, Empowerment, Economic Participation,
Capacity Building, Women and Health, etc.

新增會員優惠

New Exclusive Membership Benefits

作為女青年會尊貴的會員，除可享用本會的服務及設施外，更可憑會員證到各大商號享有優惠，今期特別為大家介紹新增的四項會員優惠：

As our valued members, we are always dedicated to explore new exclusive benefits and privileges for you. The following 4 special membership privileges are the new updates.

一 華仁會影音電器購物優惠 Chinese Club

• 憑女青會員証到任何一間華仁會門市購物每滿 **\$2,000**，即減**\$100**，只限正價貨品及標價貨品；減價貨品及特價貨品除外。

• 免費電話或電郵查詢產品價格服務。各會員只需致電華仁會會員熱線：68136813或電郵至 cs@chinesclub.com.hk，提供您的女青會員號碼，職員便會為閣下提供所需產品價格以供參考。

華仁會網址：www.chinesclub.com.hk

• To receive a HK\$100 discount with every purchase of regular products valued HK\$2,000 in Chinese Club Shop by showing your valid YWCA membership card.

• Free phone and email enquiry on the quotation of electronic products.

Customer Services Hotline: 6813 6813

E-mail: cs@chinesclub.com.hk

Website: www.chinesclub.com.hk

二 香港榮華餅家全線九折優惠

(即日起至2007年4月30日)

Wing Wah Cake Shop

(Offer is valid from NOW till April 30, 2007)

• 於結賬前出示有效女青年會會員証，即可享用香港榮華餅家全線各店選購**任何產品9折優惠**（特價貨品除外）。

• 此優惠不可退換現金、不可與其他優惠同時使用，亦不適用於大贈送期間。

• 此優惠不適用於機場分店、網上店、昂平360茶館及各臨時銷售點。

• To enjoy 10% discount on all products in Wing Wah Cake Shops (except special promotion products) by showing your valid YWCA membership card.

• Benefit cannot be combined with any other discounts, promotions and used during the sales period.

• Benefit not including in the Hong Kong International Airport, E-shop, Wing Wah Ngong Ping Tea House and other temporary sales booth.

三 醫薈體檢坊推廣「婦科檢查計劃2006」 Pacific Check Gynaecological Examination Plan 2006

優惠價 Special Price \$300

• 基本體格檢驗：包括度身高、磅體重、量血壓數脈搏、身高體重比例指數分析

• 小便微分析：包括尿中糖、蛋白、紅血球、白血球、比重

• 女醫生婦科檢查：包括乳房檢查、盤腔檢查柏氏子宮頸細胞抹片檢查

尚有其他計劃優惠，詳情請致電61263036與葉小姐聯絡

• Basic check-up: Body Weight and Height, Blood Pressure and Pulse, Body Mass Index

• Urinalysis

• Gynaecological Examination By Female Physician: Breast Examination, Pelvic Examination, Papsmear

For other discounted plan, please contact Ms Yip at 6126 3036

四 健諾物理治療中心 Kinetic Physiotherapy Centre

1. 優惠診金每次每病患港幣 \$200接受物理治療（並不包括腦神經科病患，例如中風）

2. 購買各類復康設備、輪椅或助行器可享九折優惠

查詢優惠時段及地址請致電2712 3606與郭先生聯絡

• To receive a discount fee of HK\$200 per session per conditions (except those suffering from neurological condition e.g. Stroke)

• To receive 10% discount in purchasing wheelchair, walking aids and healthcare products.

For enquiries, please contact Mr. Samson Kwong at 2712 3606.



YW.CA. YW.CA. YW.CA. YW.CA. YW.CA. YW.CA.
Enhancement of Life
生命的栽培

回應社會需要 提供適切服務

INITIATE SERVICES TO RESPOND TO SOCIAL NEEDS

隨著社會的變遷，女青年會積極拓展各類型的非資助創新服務，以配合社會不同階層人士的需要；因此我們每年需要籌募龐大的善款，以支付各項擴展服務計劃的經費。您每一分一毫的捐助，對我們的工作都非常重要。

In response to social needs, Hong Kong YWCA develops many innovative non-subsidized services and projects to benefit all walks of life. The Association relies heavily upon proceeds from the society to perpetuate our mission. Therefore, your participation, generosity and continuous support to the Association are of great importance.

支援弱勢社群 全賴有您

Your support is vital to finance our innovative non-subsidized services

- 低收入家庭兒童支援 Helping Children in Poverty
- 危機青少年支援 Empowering Youth at Risk
- 成人夜小學課程 Running Adult Evening School
- 單親婦女支援 Supporting Single Parent Families
- 熱線輔導 Offering Hotline and Counselling Service
- 親職教育 Promoting Parenting Education
- 家庭危機支援 Supporting Crisis Families
- 長者持續教育 Continuing Education for the Elderly
- 國內山區助學 Schooling Sponsorship for Mainland Students
- 少數族裔支援 Strengthening Ethnic Minorities Community Network
- 「愛與關懷」緊急援助專款 Love and Care Special Emergency Fund



香港基督教女青年會 HONG KONG YOUNG WOMEN'S CHRISTIAN ASSOCIATION

捐款表格 DONATION FORM

衷心感謝您的慷慨支持！Thanks for your generosity!

捐款與參與 Supporting and Participating

我要捐款 I would like to support

我願意支持香港基督教女青年會的工作，現捐助：
I would like to donate the following amount to Hong Kong YWCA:

- ☐ HK\$1,000
☐ HK\$500
☐ HK\$300
☐ 其他 Others HK\$ _____

捐款方法 Donation Method

☐ 直接存款 Direct Transfer:

將善款直接存入「香港基督教女青年會」的銀行戶口：
恒生銀行：280-178559-670，請將銀行入數紙連同本捐款表格寄回—
香港基督教女青年會總會所香港中環麥當勞道1號208室。

Donation can be made by direct deposit at the following bank account of "Hong Kong YWCA",
Hang Seng Bank: 280-178559-670 Please send the bank-in slip together with this form
to the YWCA Headquarters Office at Room 208, 2/F, 1 MacDonnell Road, Central, Hong Kong.

☐ 支票捐款 By cheque:

請將抬頭「香港基督教女青年會」的劃線支票寄回—香港基督教女青年會
總會所香港中環麥當勞道1號208室。

Crossed cheque made payable to "Hong Kong YWCA" and send together with this form
to the YWCA Headquarters Office at Room 208, 2/F, 1 MacDonnell Road, Central, Hong Kong.

個人資料 Personal Data

姓名 (先生/女士/小姐)
Name (Mr./Mrs./Miss) _____
會員號碼 (如適用)
Membership No. (if any) _____
電話 (日間) _____ (夜間) _____
Telephone (day time) _____ (night time) _____
傳真 _____ 電郵 _____
Fax _____ E-mail _____
郵寄地址
Mailing Address _____

☐ 請寄回收據。若收據抬頭人並非捐款者，請填寫抬頭人之英文名稱：
Please issue a receipt. Please specify if the name of the receipts differs from the donor:

☐ 毋需發收據，以幫助節省行政開支。
Please do not send me a receipt to save administration cost.

備註：1. 您提供予本會的個人資料只用作處理捐款、簽發收據及寄奉本會籌募活動消息之用，
並會提供本會及銀行在工作上需要知道該等資料的職員使用。
The above information will be used for receipting and fundraising purposes only.
2. 捐助港幣一百元或以上可獲政府免稅。
Donations of HK\$100 or above are tax deductible with a receipt in Hong Kong.

總會所:

地址：香港中環麥當勞道1號 · 電話：3476 1391 · 傳真：3476 1364
電郵：ywca@ywca.org.hk · 網址：http://www.ywca.org.hk

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