

CONTENTS



- 02 百人齊讀「愛家宣言」
Join Love Family Campaign with Your Family
More Than 150 People Read out the Declaration on Family Love

- 03 女青年會關注
成人上網影響家庭關係
發表首項相關調查研究
Y.W.C.A. expressed concern on use of Internet
by adults and its influence upon family relationship
First related research study published

- 05 家庭健康促進中心
為家庭輸送「家庭健康維他命」
Family Wellness Centre provides vital resources for local families

- 07 感恩 欣賞 實踐 愛 Be Grateful, Appreciative & Loving
女青年會首辦家庭營 逾百家庭成員享天倫
OVER 100 FAMILY MEMBERS JOINED Y.W.C.A. FIRST INITIATED FAMILY CAMP

- 09 慧妍雅集與女青年會首度合作
體現「女性互助互愛」精神
First Cooperation between Wai Yin Association and Y.W.C.A.
The Embodiment of the Spirit of 'Women Helping Women'

- 11 3000 YOUNGSTERS VISITED
暑期工招聘博覽
吸引3,000青年 THE SUMMER JOB EXPO 2008

- 13 讓長者
展現黃金歲月 女青年會三所長者學苑
YWCA ELDER ACADEMIES ENRICH THE LIVES OF THE ELDERLY

- 14 我們的成就 / 快訊
OUR PRIDE

女聲

編者話

Editor's Note

「家庭是甚麼？」這問題在去年《女聲》八月號的稿件中發問過。在編輯本期主題為「家庭工作」的《女聲》時，這問題又出現，同時有了更確切的答案，就是本會「家庭健康促進中心」所提倡的「家庭健康維他命」。

今期《女聲》介紹了中心正推廣的6項「家庭健康維他命」，單是「歡聚時光」這「維他命」已為家庭注入不少能量。談「家庭」也少不得女青首創的「家庭營」服務，正是「歡聚時光」的好機會。

'What is family?' Such a question was raised in the October Issue of Women's Voice last year. The same question appears again as we make 'family services' the theme of this issue. We are pleased to have come up with a clearer answer this time - 'Family Strengths' promoted by the YWCA Family Wellness Centre.

As one of the 6 family wellness vitamins, Vitamin E - 'enjoyable time together' injects vigor and vitality into families. Meanwhile, the family camp first initiated by YWCA provides opportunity of such a kind.



少一點冷漠、多一分關心；少一點埋怨、多一分鼓勵；
I hereby declare that I shall treat my family members with...; less indifference but more concern;
少一點挑剔、多一分欣賞；
less complaint but more encouragement;; less quibble but more appreciation;

少一點應酬、多一分陪伴；少一點必然、多一分感激。
less time on business but more family gathering; and less taking things for granted but more gratitude.



百人齊讀「愛家宣言」

Join Love Family Campaign with Your Family
More Than 150 People Read out the Declaration on Family Love

朗讀「愛家宣言」的超過150位人士，有婦女、有義工、有家庭及社福界人士，在5月10日他們就在九龍塘又一村見證「家庭健康促進中心」的開幕。這標誌著培育和諧家庭的工作邁向新里程。

女青年會一直倡議「愛家行動·全家起動」，這次朗讀「愛家宣言」特別邀請了家庭義工手牽手帶領參加者。在場每位都即時扣上「家庭健康大使」襟章，以行動來回應，承諾對家人多一點『愛』。

這所獲勞工及福利局局長張建宗先生讚揚為具前瞻性的「家庭健康促進中心」，在開幕當日，就發表了首項有關家庭關係的調查研究，題目為「港人上網情況與家人關係」研究，並舉行了主題為「網絡關係年代對家庭的衝?與啟示」的專題分享會。

There were more than 150 people, including women, volunteers, families and people of the social welfare sector, who read out the Declaration on Family Love. On 10th May, they witnessed the opening of Y.W.C.A. Family Wellness Centre at Yau Yat Chuen, Kowloon Tong. This marked the milestone in the nurturing of harmonious families.

Y.W.C.A. has been advocating family love. This time family volunteers were invited to read out the Declaration on Family Love, hand in hand, with the participants. To show support, every participant also immediately put on the badge of the 'Family Wellness Ambassadors', promising that they would treat their family members with more love.

Mr. Matthew Cheung, Secretary for Labour and Welfare, once expressed appreciation for the great foresight of the Family Wellness Centre. On its opening day, the first research study on family relationship titled 'The Use of the Internet by Hong Kong People and Family Relationship' was published, and a sharing session on the topic 'The Generation of Online Relationships – its Influence on and Inspiration for Families' was held.



女青年會鑑於上網已成為大多數市民的生活重要部份，然而有關應用互聯網的研究，過往多數集中探討對青少年的影響，過去八年均未有關注成年人方面的研究。因此，新開幕的女青年會家庭健康促進中心，就這議題展開了以成年人為對象的「港人上網情況及家人關係」問卷調查，這亦是開幕後首項發表的研究。

調查於3月至4月期間進行，成功以問卷訪問了824名年齡介乎21至50歲的成年男女，當中發現近九成受訪者最近三個月有上網習慣，平均每星期上網5.6日。當談及上網時會否提供真實的個人資料時，過半數受訪者表示提供的資料「以真實為主」，而只提供「部份或全部虛假」個人資料，仍有24.5%（190名），這反映了網上的虛擬關係普遍性。

While the Internet has taken a significant part in the life of the majority of the citizens, most studies on the use of the Internet in the past mainly focused on its influence on teenagers. Over the last eight years, there was an absence of such study on adults. In view of this, the recently opened Y.W.C.A. Family Wellness Centre conducted a survey on 'the Use of the Internet by Hong Kong People and Family Relationship' with adults as the research objects. This was also the very first study published after the opening of the Centre.

The study was carried out between March and April. 824 adults aged between 21 and 50 responded to the questionnaire, among which almost 95% had been in the habit of using the Internet for 5.6 days per week in average over the past three months. As to whether real personal particulars would be provided when using the Internet, more than half of the surveyed expressed that most were real. However, 190 respondents claimed that they would offer false or partly false personal particulars, accounting for 24.5%. This reflected the commonality of online virtual relationships.

女青年會關注

成人上網影響家庭關係

發表首項相關調查研究

**Y.W.C.A. expressed concern on use of Internet by adults
and its influence upon family relationship
First related research study published**

虛擬關係漸破壞家庭健康

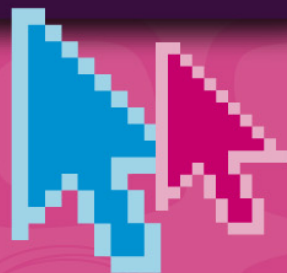
Online Virtual Relationships Harm Family Wellness

調查顯示，接近半數受訪者曾與網上認識的人建立關係，不單只是朋友關係，部份人士甚至與網友成為情人或性伴侶（詳見表一）。更惹人關注的是，在246名已婚受訪者中，有12名與網友發展成情人，有2名甚至建立性伴侶的關係。

研究發現，在網上有否固定的溝通對象會影響上網者的家庭關係。數據指出，若受訪者表示在網上有「固定的溝通對象」，相對網上「沒有固定溝通對象」的，每天與家人相處的時間顯著較少（詳見表二）。

The study revealed that nearly half of the surveyed had established some kinds of relationships with people they knew from the Internet. While some of them only made friends online, others even found their lovers or sex partners in the virtual world (Refer to Figure 1 for details). What deserves greater attention is that 12 out of 246 married respondents fell in love with net friends, and 2 even developed sexual relationship.

The study discovered that whether Internet users communicate with regular people online will affect their family relationship. According to the figures, respondents who did so spent much less time with their families every day, compared to those who did not (Refer to Figure 2 for details).



表一：與網上的人建立關係（受訪者可選擇多於一項）
Figure 1: Online Relationships (Respondents could choose more than one)

與網上的人建立的關係 Online Relationships	人次 Number of People	百分比 Percentage
朋友 Friends	325	59.96%
知己 Close Friends	74	13.65%
情人 Lovers	74	13.65%
性伴侶 Sex Partners	41	7.56%
誼親 Relatives	28	5.18%

基數 Base (N= 542)

表二：每天與家人相處的時間
Figure 2: Time Spent with Family Members Per Day

固定網上溝通對象 Communicate with Regular People Online	人數 Number of People	每天與家人相處的時間 平均數(小時) Average Time Spent with Family Members Per Day (Hours)
有 Yes	473	3.7770
沒有 No	257	4.3247

女青年會家庭健康促進中心督導主任李雯珊表示，虛擬的人際關係往往有很多美化及包裝，容易令人逃避真實關係的緊張狀態，尤以家庭關係，當中錯綜複雜、悲歡離合的情景，更是難以忍耐及包容。在惡性循環之下，網絡使用者繼續將情感轉移至網絡關係上，逃避現實關係中的失望和困難。近年開始有「網婚」的現象，這些『替代品』關係嚴重衝擊原有的家庭功能。

她表示，要改變這情況，其中一個方法就是協助家人認識互聯網，促進大家溝通的話題。她又建議家庭成員可刻意安排戶外或特別有趣之家庭活動，多享受彼此歡聚時光的機會。這「歡聚時光」亦是家庭健康促進中心倡議的「家庭健康維他命」之一。

Lee Man Shan, Supervisor of Y.W.C.A. Family Wellness Centre, said interpersonal relationship in the virtual world is often beautified. As a result, people tend to avoid the tense relationship in the real world, especially in the family with lots of complicated situations which are unbearable to many of them. In this vicious cycle, internet users continue to divert their emotion to online relationships in order to escape from the disappointment and difficulties encountered in real-life relationships. In recent years, cases of 'online marriage' were reported. These substitutes seriously weakened the traditional functions of families.

To change this situation, Lee suggested helping family members know more about the Internet and turning it into a topic which facilitates communication in the family. She also recommended family members to organize outdoor or other interesting family activities, through which they can enjoy the happy moments together. The "enjoyable time together" is also one of the 'Family Wellness Vitamins' advocated by Family Wellness Centre.

* 如欲了解研究報告詳情，歡迎電郵至 fwc@ywca.org.hk 查詢。

For more details of the research report, please send an e-mail to fwc@ywca.org.hk.

「生命的栽培」是女青年會的服務宗旨。女青年會認為，培育生命健康成長，最關鍵是從家庭著手。因此，女青年會在去年9月自資成立「家庭健康促進中心」，以提升家庭健康（Family Wellness），倡導社會關注自身的家庭狀況，改善家庭素質。

家庭健康促進中心的使命是將健康人生的價值觀融入每個家庭。中心相信，維他命能夠強健體魄，「家庭健康維他命」則為家庭注入正面力量。中心就透過多元化的服務提供了6種「家庭健康維他命」：

In light with its guiding principle -- 'Enhancement of Life', YWCA believes that the key to foster abundance in life lies in family. In September 2007, YWCA established the Family Wellness Centre to raise family wellness, quality as well as public concern on their own families.

The mission of the Family Wellness Centre is to promote the concept of personal well-being to every family. The centre believes that while vitamins strengthen our bodies, 'family strengths' bring positive energy to family units. Through a variety of services, the centre provides 6 kinds of 'family wellness vitamins' as follows:

家庭健康促進中心 為家庭輸送「家庭健康維他命」 Family Wellness Centre provides vital resources for local families

維他命 Vitamin A

關懷體諒：從對方角度了解家人需要，作出體貼的關懷

Appreciation and affection: Put oneself in the shoes of family members, and show concern and care

維他命 Vitamin C

責任承諾：承擔對家庭的責任，堅守對家人的承諾

Commitment: Shoulder one's responsibilities in and stick to ones' promises to his/her family

維他命 Vitamin E

歡聚時光：刻意安排時間，享受彼此相聚的機會

Enjoyable time together: Set aside time family activities and enjoy such family gatherings

維他命 Vitamin P

連繫溝通：適當地表達期望及感受，促進雙方明白，接納彼此分歧

Positive communication: Express one's feelings and expectations through suitable manner so as to achieve mutual understanding and accept different opinions

維他命 Vitamin R

家庭抗逆力：願意面對逆境所帶來的轉變和挑戰，共同渡過難關

The ability to effectively manage stress and crisis adaptability: Embrace changes and challenges brought by adversities; the whole family sticks together in face of difficult time.

維他命 Vitamin S

積極信念：以信、望、愛建立積極人生；以良好品格培養具質素的家庭成員

Spiritual well-being: build a positive life with faith, hope and love; to nurture family members with good qualities through high moral standard

註：「家庭健康」概念參考美國學者Dr. DeFraim J.的文獻。

* The concept of 'family wellness' is taken from professional articles by Dr. J. DeFraim on family studies.

家庭健康促進中心的專業團隊包括具10年以上資歷的輔導員、訓練顧問及臨床心理學家，並有精神科醫生及律師擔任顧問，透過專業輔導及培育工作提升家庭的功能。中心亦會從事科學化的研究調查，探討社會上不斷變遷的家庭狀況，向公眾提供培育家庭的專業意見。

The professional team serving at the Family Wellness Centre comprises counselors with 10-year work experience, training consultants and clinical psychologists, and is supported by psychiatrists and lawyers as consultants. They are dedicated to raising the function of family units through professional counseling services and various workshops. The centre also conducts research and surveys to study the ever-changing family status and to provide their expertise to the public on family nurturing.



家庭健康促進中心核心服務： Core Services at Family Wellness Centre

個人健康成長 PERSONAL GROWTH

透過個別輔導或工作小組，提升參加者自我認識。

活動介紹：“Who am I 個人成長小組”——協助參加者尋回自我，改善人際關係及實踐目標。

To enhance participants self-understanding through individual counseling sessions or group counseling workshops.

Activity highlight: the 'Who am I' personal growth workshop aims at helping participants to raise self-understanding, improve inter-personal skills and achieve self-actualization.

婚姻培育 MARRIAGE WORKSHOPS

中心通過一系列婚前及婚後探索與滋養課程，加強情侶、準新人及夫婦間的認識，協調彼此異同及學習溝通，期望能夠達到「牽手一輩子、由女青開始」。

活動介紹：「纏綿一生」婚姻培育工作坊——為夫婦作九型人格分析評估，以增加對伴侶性格的認識，掌握相處的竅門。

The centre offers a variety of pre-marriage and post-marriage workshops to help couples, dating, engaged or married, achieve better mutual understandings and communication.

Activity highlight: 'Till Death Do Us Part' marriage workshop aims at helping couples achieve better mutual understandings and communication through the study of Enneagram of Personality.

親子關係 PARENT-CHILDREN RELATIONSHIP

健康家庭和有效的管教，能孕育健康的子女。中心除了透過活動培育兒童健康成長外，亦因應社會需要舉辦專題講座，例如督導傭工成為好幫手、網上虛擬關係對家庭關係影響等。

活動介紹：遊戲治療、品格教育及親職教育

Healthy family and effective parenting are two essential elements in nurturing the growth of children. The centre holds different children activities and seminars on topics like 'parenting with the help of domestic helpers' and 'the impact of virtual relationships on families'.

Activity highlight: play therapy, moral education workshops and parent education workshops.

家庭支援 FAMILY SUPPORT

中心透過壓力處理、情緒失調輔導、輔導熱線和婚姻逆境支援等服務，協助家庭面對逆境，預防問題惡化。而熱線服務乃一項全港性服務，由專業社工督導、甄選及培訓義工提供電話輔導，亦設有全港唯一的「婦女專線」及產後電話慰問計劃。

Stress management workshops, emotional disorder counseling, counseling hotlines and marital guidance service are deployed to help families in adversity. The counseling hotline program serves the whole community in which professional social workers supervise, select and train volunteers working on telephone hotlines. The centre also provides a hotline especially for women and conducts a telephone support program for mothers after birth.

家庭健康促進中心 FAMILY WELLNESS CENTRE

查詢電話 Enquiry hotline: 3443 1601

傳真 Fax: 3443 1620

地址 Address: 九龍塘又一村海棠路66號
66 Begonia Rd., Yau Yat Chuen, Kowloon Tong

電郵 Email: fwc@ywca.org.hk

網頁 Homepage: <http://www.ywca.org.hk>

輔導熱線 COUNSELING HOTLINE: 2711 6622

逢星期一至五 下午2時至4時 - 婦女專線
晚上7時至10時 - 輔導專線

Women Hotline: Monday - Friday, 2 pm to 4 pm

Counseling Hotline: Monday - Friday, 7 pm to 10 pm

你上次公開稱讚兒子是何時？
你上次主動擁抱母親又是甚麼時候？
When did you last praise your child
in front of others?
When did you last hug your mother?



感恩 欣賞 實踐 愛 Be Grateful, Appreciative & Loving

女青年會首辦家庭營 逾百家庭成員享天倫

OVER 100 FAMILY MEMBERS JOINED Y.W.C.A. FIRST INITIATED FAMILY CAMP

在5月初，在香港基督教女青年會首次舉辦的「慧妍愛心家庭營2008」中，逾百位基層家庭的母親及其子女，便在社工鼓勵下打破親子隔閡，學習互相讚賞，主動擁抱家人，並且通過歷奇活動重塑家庭關係，渡過了兩天一夜的歡聚時光。

「家庭營」的概念乃女青年會首創，目標是善用剛剛重建完成的女青年會梁紹榮度假村，將企業及教育界常用的歷奇訓練應用在家庭培育上，讓家庭成員可以在度假村內體會愛家的幸福和快樂，提升家庭成員的關係。

作為首次舉行的家庭營，活動免費招待了來自天水圍、深水埗、青衣、觀塘等區的基層家庭參加。深水埗綜合社會服務處主任葉慧蓉表示，基層家庭為口奔馳，無論在時間或金錢上都難以安排出外遊玩，是次家庭營正好提供上佳的機會。「最難忘是晚上安排媽媽跟子女一起跳舞，我們特別調暗了燈光，安裝了猶如的士高的射燈，難得的是各位母親都暫時放下長輩身份，跟子女一起投入地手舞足蹈，她們也分享道未嘗與子女一起如此盡興。」

In early May, Y.W.C.A. first held the 'Wai Yin Charity Family Camp 2008'. With the encouragement of social workers, over 100 mothers from grass-roots families and their children ended their estrangement, learnt to appreciate each other and hugged their family members. Meanwhile, they also improved family relationship through various adventure games. The two-day camp was brimming with moments of happiness.

The idea of 'family camp' was first initiated by Y.W.C.A.. Held in the just redeveloped Y.W.C.A. Sydney Leong Holiday Lodge, the camp not only made good use of the site, but also aimed to apply adventure training, which is common in businesses and schools, to the nurture of family care. With a view to strengthening family relationship, this allowed participants to feel the blissfulness of sharing family love during the activities.

Being the first family camp held by Y.W.C.A., the 'Wai Yin Charity Family Camp 2008' invited grass-roots families from districts like Tin Shui Wai, Sham Shui Po, Tsing Yi and Kwun Tong to join for free. Janice Yip, Unit-in-charge of the H.K.Y.W.C.A. Sham Shui Po Integrated Social Service Centre, said many grass-roots families work very hard to earn a living, making it difficult to spare time and money for outdoor activities; this family camp was therefore the best opportunity. 'The most memorable part was the evening dance. We especially dimmed the lights and installed some disco lights. At that time, mothers were dancing with their children for fun, putting aside their seniority in the family. They also shared that they had never been so happy with their children before.'





除了營造歡聚時光的氣氛，是次家庭營還以「感恩、欣賞、實踐愛」為主題，藉此提醒參加者欣賞家人的重要。在其中一個活動「愛的追蹤」裡，參加者便須分組在營內完成不同的任務，例如家長與子女互相向對方說出欣賞或感謝的說話、主動擁抱母親等等。來自天水圍的女青年會社工張佩芳表示：「不少家長聽到孩子的讚美既高興又意外。一句出自孩子的簡單讚美，令母親們萬分感動，只因過去太少說出口而已。」

她續道，有些孩子平日表現反叛及不合群，起初也不肯參與營內活動，不過社工們均抱著『一個都不能少』的宗旨，最終感動他們參與。「有位家長也說，難以想像自己的兒子竟會在群體中表現得如此有使命感，令她重新認識兒子。」

除了讓逾百位家長與子女共度天倫外，5月3日亦是梁紹榮度假村慧妍雅集堂的開幕禮。當日，慧妍雅集信託委員會主席王愛倫女士、執行委員會副會長李惠欣女士、執行委員會司庫顧慧麗女士、信託委員會委員朱翠娟女士、本會副會長伍孫雅娜女士、執行委員會書記林樹翔女士、康體事工委員會主席李陳靜嫻女士、資源拓展委員會主席譚希韞女士及本會總幹事陳麗歡博士一同主持了簡單而隆重的命名儀式，並且與參加者歡渡了一個洋溢愛心的下午。

Apart from the joyful time, with the theme 'Be Grateful, Appreciative and Loving', the family camp was also aimed at reminding participants of the importance of appreciating their family members. During one of the activities named 'Love Tracing', participants needed to finish various tasks in groups in the lodge. For example, parents and children were asked to praise or thank each other verbally, or sometimes, the children were requested to hug their mothers, etc. Judy Cheung, a Y.W.C.A. social worker from Tin Shui Wai said, 'A lot of parents felt very delighted and surprised to hear their children's praise for them. As the children seldom expressed their appreciation in the past, this became so touching for the mothers.'

She also said some children were usually rebellious and did not get on well with others. At the beginning, they were also reluctant to join activities in the camp. However, with the belief of 'not one less', the social workers finally succeeded to motivate them to join in. 'One of the parents said it was unimaginable that her son would have such commitment in a group. This encouraged her to understand her son from a new perspective.'

Not only was 3 May a day for over 100 parents and children to enjoy their family life, but it also marked the date for the opening ceremony of Wai Yin Hall in Y.W.C.A. Sydney Leong Holiday Lodge. On that day, many distinct guests from Wai Yin Association held the grand naming ceremony and enjoyed an afternoon full of love with the participants. They included Ms. Ellen Wong, Chairman of the Board of Trustee, Ms. Cezarine Lee, Vice President of the Executive Committee, Ms. Winnie Koo, Hon. Treasurer and Ms. Teresa Chu, Member of the Board of Trustee. In addition, there were other guests from our Association, namely Mrs. Ella Ng, Vice President of Y.W.C.A., Ms. Lam Shu Cheung, Hon. Secretary of the Board, Mrs. Lee Chan Ching Han, Chairperson of Recreation and Sports Affairs Committee, Ms. Louise Tam Hay Wan, Chairperson of Resources Development Committee and Dr. Miranda Chan, Chief Executive of Y.W.C.A.





女青年會總幹事陳麗歡博士(左)出席慧妍雅集慈善活動。

慧妍雅集與女青年會首度合作

體現「女性互助互愛」精神

First Cooperation between Wai Yin Association and Y.W.C.A.

The Embodiment of the Spirit of 'Women Helping Women'

近年捐獻講求Wisegiving (明智捐款)，作為慈善組織的慧妍雅集捐款亦絕對認真謹慎。該會為了最有效地資助婦女服務，不單特別成立了研究小組專責籌備，還用了一年時間搜集資料及分析本地的婦女服務。該會最終選擇首度與香港基督教女青年會合作，慷慨捐贈了100萬元予本會發展嶄新的家庭營服務。



女青年會這次獲得慧妍雅集捐贈100萬元，以發展梁紹榮度假村的家庭營服務，原來是經過非常嚴謹的審核程序。慧妍雅集永遠名譽會長朱玲玲接受專訪時表示，該會早在2006年已為今年創會25周年籌備，並擬訂捐獻計劃。「作為女性組織，我們希望能夠發揮Women helping women（女性互助）的精神，而且我們認為現今女性在家庭及社會上正擔當很重要的角色，特別需要支援。加上，近年家庭慘案頻生，所以我們希望可以藉著支援女性，幫助更多家庭變得更健康。」

她續道，為此該會成立了一位研究小組專責搜集本地婦女組織的資料，了解她們的服務，並分析本港婦女所需的支援，前後花了近一年時間。她補充，慧妍雅集正善用其獨特性向商界籌款，然後讓不同社會服務機構受惠，她們正是兩者之間的橋樑。「所以我們必須謹慎運用捐款，否則難以向善長交待。」

至於為何揀選女青年會作為受惠機構之一，該會信託委員會主席王愛倫解釋，該會認為女青年會服務認真之餘，亦很欣賞女青提出的創新家庭營服務。「基層家庭婦女居住環境狹窄，很少機會出外舒展，女青的家庭營服務，正好給機會她們遠離家務瑣事，在優美的環境下進行輔導，提升精神健康，改善家庭關係。」

王愛倫還指出，該會不單捐款謹慎，對於選擇贊助商亦然。「有時我們也要忍痛割愛，因為我們不想因為眼前一時之利，影響慧妍的形象，長遠影響籌款及慈善工作。」

事實上，慧妍雅集25周年的籌款計劃成績斐然，合共籌集了700萬元。作為籌募要員的慧妍雅集執行委員會秘書楊婉儀表示，這有賴該會25年來一直鋪路，逐漸建立起專業的形象。她續道，雖然她們全是義工，然而向企業籌募前，同樣做足功課，了解清楚企業的需要，她亦一直提醒自己，須向外界展現慧妍認真務實的形象。

當然，除了籌募善款，該會亦鼓勵會員身體力行。在快將來臨的暑假，該會的親善大使便會在女青安排下探訪單親媽媽及其子女，為有需要的家庭獻出愛與關懷。她們表示，作為全世界唯一由選美成員組成的慈善組織，慧妍雅集未來將會以不同形式，繼續發揮女性互助互愛的精神。

In recent years, wisegiving is of concern to many donors. As a charitable organization, Wai Yin Association is very careful with this as well. To subsidize women services most effectively, not only did Wai Yin appoint a research team especially to organize matters about giving donations, but also spent one year researching and analyzing local women services. In the end, it decided to cooperate with Y.W.C.A. for the first time and generously contributed one million dollars to our Association for developing the brand-new family camp service.

There had been a very rigorous approval examination before Y.W.C.A. received the one-million-dollar donation from Wai Yin Association for developing the family camp service at Y.W.C.A. Sydney Leong Holiday Lodge. Ms. Loletta Chu, Honorary Life President of Wai Yin Association, explained in an interview that in as early as 2006 their Association had started preparing for the 25th anniversary this year and drawn up donation plans. 'Being a women organization, we hope we can bring the spirit of "women helping women" into full play. Also, we believe that women nowadays need assistance especially, since they are playing very important roles in families and society. In addition, family tragedies often happen in recent years. So we wish to help more families establish healthier relationship through supporting women.'

She also said, Wai Yin Association appointed a research team to spend one year collecting information about local women organizations, understanding more about their services and analyzing what assistance local women need. She added that Wai Yin Association was raising funds from the business sector with the help of its uniqueness; and various community service organizations would benefit from this. The Association was exactly the bridge between them. 'That's why we must make use of the donations very carefully, or else we can't explain to our donors.'

As for the reason why Y.W.C.A. was selected to be one of the beneficiary organizations, Ms. Ellen Wong, Chairman of the Board of Trustee of Wai Yin Association, explained that they considered Y.W.C.A. taking its services seriously, and appreciated the brand-new family camp service initiated by it. 'Women from grass-roots families live in tiny places, and seldom have physical activities in outdoor areas. The family camp service of Y.W.C.A. is an opportunity for them to put aside their household chores, and receive counseling in a beautiful environment. This can improve their mental health as well as family relationship.'

Wong also pointed out that Wai Yin was conscientious not only about donating money, but also about the selection of sponsoring companies. 'Sometimes we have to give up some sponsorship reluctantly, because we don't want to harm the image of Wai Yin due to some short-term benefit. This might affect our fund-raising and charity work in the long run.'

In fact, the fund-raising project of the 25th Anniversary of Wai Yin Association was so successful that it collected a total of seven million dollars. Winnie Young, Honorary Secretary of the Executive Committee of Wai Yin, was a major member who helped with raising money. She said the professional image of the Association gradually established over the past 25 years paved the way for the success today. She added that although all of them were volunteers, they had thorough preparation and realized the needs of the enterprises before they appealed for donations. She also bore in mind that she needed to demonstrate to the public the image of Wai Yin as being serious and down-to-earth.

Of course, apart from fund-raising, Wai Yin Association also encouraged its members to take part in voluntary work. In the upcoming Summer vacation, to show love and care to families in need, goodwill ambassadors from Wai Yin will visit mothers from single-parent families and their children under the arrangement of Y.W.C.A.. They claimed that in future, Wai Yin Association, being the only charitable organization around the globe which is formed by members of a beauty contest, will continue to bring the spirit of 'women helping women' into full play through different ways.

女聲
11

招聘

A group of young men, likely students, are gathered outdoors, looking at and holding large sheets of paper, possibly a map or a project display. They are wearing casual clothing like t-shirts and backpacks.

圖書介紹
本書是根據教育部頒布
的《中學物理教學大綱》
和《中學物理教學大綱
說明書》編寫的。本書
內容豐富，圖文並茂，
易於理解，是物理教
師教學和學生自學的
好幫手。

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博覽

香港基督教女青年會督導主任林遠濠表示，是次博覽的反應較預期踴躍，反映不少青少年都渴望善用暑假爭取工作經驗，但往往缺乏適當的渠道。他因此呼籲企業在能力範圍內增設暑期工職位，讓更多年輕人有機會及早接觸真正的工作世界。

他續道，由女青年會管理的「勞工處青年就業起點（旺角朗豪坊）」每周均會舉行小型招聘會，並會繼續物色適合的暑期工空缺，歡迎有意尋找暑期工的青年人致電查詢，電話為 2111 8533。

Mr Lam Yuen Ho, a supervisor of the HKYWCA, pointed out that the unexpectedly positive response of the Summer Job Expo reflected a strong desire of our teenagers to gain working experience in their summer vacations as well as a lack of proper channels for them to seek summer job placements. He urged different businesses to provide more job placements so as to let more young people experience the working world at an earlier time.

Besides, the Y.E.S. centre managed by YWCA holds weekly job fairs and will continue to seek suitable summer job placements. Teenagers interested can call 2111 8533 for more details.

名人的第一份工是 THE FIRST JOB OF CELEBRITIES...

除了舉辦招聘會，本會「青年就業服務」更加印製了12,000本《暑期工特刊》在5、6月免費派發。該特刊不單提供求職貼士、暑期工陷阱資訊，還邀請了3位社會名人分享他們第一份工作的經驗，包括勞工及福利局局長張建宗講述在大學暑假期間擔當工廠雜工的經驗、導演張堅庭分享當侍應的經歷，以及本會總幹事陳麗歡博士暢談第一次替人補習的感受。林遠濠表示，幾位名人通過第一份暑期工都培養了積極的工作態度，期望這些經驗可作為年輕人借鑑，讓他們明白到暑期工的真正意義。

Apart from job fairs, our youth employment service section has prepared a summer job bulletin. 12000 free copies will be available by June. The content of the bulletin covers tips on job seeking, summer job traps and the sharing of celebrities about their summer job experiences- Mr Matthew Cheung Kin-chung, Secretary for Labour and Welfare and film director Alfred Cheung share their stories of being an odd-job worker of a factory and as a waiter respectively. Dr Chan Lai-foon, Miranda, Chief Executive of H.K.Y.W.C.A., also recalls how she felt when she first became a private tutor. Mr Lam hoped that the positive working attitudes of these celebrities could serve as a good example of young people and help them understand the true meaning of summer job experiences.



讓長者展現

黃金歲月

學苑名稱

學校 / 上課地區

青顯長者學苑
Tsing Hin Elder
Academy

香港道教聯合會鄧顯紀念中學
HKTA Tang Hin Memorial
Secondary School
上水 Sheung Shui

明儒長者學苑
Ming Yue Elder
Academy

香港中國婦女會中學
Hong Kong Chinese Women's
Club College
西灣河 Sai Wan Ho

青崇長者學苑
Tsing Sung Elder
Academy

沙田崇真中學
Shatin Tsung Tsin
Secondary School
沙田 Shatin

查詢電話：2715 8389

YWCA ELDER ACADEMIES ENRICH THE LIVES OF THE ELDERLY

飲茶、下棋、養魚、種盆栽...，就是長者退休生活？
Is retirement only about yum-cha, playing chess,
keeping goldfish and growing plants?

青顯長者學苑委員張笑蘭女士就是書法班的導師：「看到一班白髮蒼蒼的長者用心的學習，實在很感動！而且，我也是長者，會更了解長者的需要，相信更會策劃一些適合長者及退休人士的課程。」

整個計劃由一班退休長者一手包辦，由自組委員會、計劃及籌備課程內容，至兼任導師，將個人專長及技能與人分享，正正實踐了女青年會的「老有所為」服務理念。三間長者學苑提供包括養生操、自我健康管理、電腦基礎班、排舞等課程，都是由一班具專業資格的退休人士任教，如退休護士、西方舞導師等。

一群退休長者暫時放下一般的活動，投身女青年會的三所長者學苑，參加「長者學習試驗計劃」，貢獻所長，發揮「互學互助」精神。由安老事務委員會撥款資助，並獲中學借出校舍的女青年會三所長者學苑：青顯長者學苑、明儒長者學苑及青崇長者學苑。

女青年會三所長者學苑



安老事務委員會主席梁智鴻醫生出席於5月10日舉行的「長者學苑交流日」時表示欣賞學苑籌委會的運作，又認為讓長者透過籌劃課程，更能體現「積極樂頤年」。

Dr LEONG Che-hung, the Elderly Commission Chairman took part in the Sharing Day of Elder Academies on May 10 and praised the running of the organizing committee for realizing the concept of active ageing.

A group of elders put aside their routine activities and join the Pilot Elder Learning Scheme. They devote themselves to three Y.W.C.A. Elder Academies, namely Tsing Hin Elder Academy, Ming Yue Elder Academy and Tsing Sung Elder Academy and lived the spirit of learning from and supporting each other. These Elder Academies are funded by the Elderly Commission and use secondary school campuses as their venues.

This Elder Learning Scheme is fully taken charge of by a group of retired people. They form the organizing committee, design course contents, prepare course material and conduct the courses. Sharing their expertise with other people,

these elders stand as testimony of Y.W.C.A.'s principle to foster a sense of worthiness among the elderly. Classes at the three Elder Academies include 'yang-sheng' (health improvement) exercise, health management, elementary computer skills and dancing. They are conducted by retired professionals like nurses and dance coaches.

'I was deeply moved when seeing the elders trying so hard in my calligraphy class. As an elder, I believe I understand old people in general fairly well. Therefore I am able to design courses which suit their needs,' said Ms Cheung Siu Lan, a calligraphy teacher serving at Tsing Hin Elder Academy.

OUR 我們的 PRIDE 成就

女青籃球隊榮獲社工盃「碟賽冠軍」

YWCA BASKETBALL TEAM WON THE PLATE CHAMPIONSHIP OF SOCIAL WORKERS' CUP

全港社會服務機構均獲邀參與的第19屆社工盃籃球賽，有超過24支隊伍參加，競爭劇烈。女青年會員工籃球隊奮勇作賽，起初雖然處於下風，但憑著專業社工那份永不言棄的鬥志，在逆境中將形勢逆轉，結果以一分之微，險勝對手，勇奪社工盃「碟賽冠軍」。女青的足球隊亦在機構邀請賽中，奪得殿軍，成績令人鼓舞。

24 teams from various community service organizations in Hong Kong joined the 19th Social Workers' Cup Basketball Competition. In the final game, the YWCA team beat its opponent by 1 point and won the Plate Championship. The YWCA football team also came fourth in an invitational competition. Congratulations!



YWCA EXTENDS ITS CONCERN TO EARTHQUAKE VICTIMS IN SICHUAN 全會獻愛心，援助四川地震災民

中國四川汶川縣5月12日發生的黎克特制8級大地震，為中國30年來最嚴重的地震災害，至今已造成逾69000人死亡，數以萬計的人受傷，粉碎無數家庭。

女青年會服務香港社會，更關心祖國。鑑於地震災情嚴重，女青年會即時發動全會籌款賑災，僅僅兩星期，全會已籌集超過60萬元善款。女青年會相信災後重建乃漫長的工程，極需要長期支援，因此，將原定於5月28日結束的籌募工作延長，盼望善款會繼續增加。

香港女青年會亦已經與中華基督教女青年會全國協會及成都女青年會取得聯絡，正協商如何運用善款進行災後重建。香港女青年會的专业社工團隊亦已為投身災後重建服務作好準備。

The 8-magnitude earthquake, which devastated the Sichuan province of China on May 12 has left more than 69,000 people dead, and many more injured and homeless.

To extend our concern to our mother country stroke by the deadliest natural disaster in 30 years, HKYWCA immediately held a fund-raising program within the organization. Over 600 million dollars had been raised in two weeks. Knowing that post-quake reconstruction takes a long time and requires a long-term commitment, we have postponed the deadline of the fund-raising program, hoping for a gradual increase of donation.

We have also reached the National Committee's of YWCAs in China and The Chengdu YWCA and together studied the best utilization of the donation to assist post-quake reconstruction in Sichuan. The professional volunteer teams of HKYWCA have also got well-prepared to visit and provide services in the disaster areas.

第七屆教育博覽會 ED-EX 2008

**免費
FREE**

公開試快將放榜，又是應屆畢業生規劃升學途徑的時候。作為第七屆教育博覽會的支持機構，本會持續教育部將於該展覽設置攤位，為公開試畢業生提供實用文憑課程資訊，歡迎應屆畢業生及家長免費到場參加。

As a supporting organization of the free education exhibition ED- EX 2008, the Continuing Education Department of YWCA is glad to be one of the exhibitor to introduce useful information about our diploma programs. This event is ideal for F.5 and F.7 graduates who are interested in further education planning.

日期：2008年7月5日至6日（星期六及日）
時間：上午10時至晚上7時（星期六）、上午10時至下午6時（星期日）
地點：香港會議展覽中心展覽廳7B（本會攤位編號：A11）
查詢：2715 4301（本會持續教育部）

Date: 5-6 July 2008 (Saturday and Sunday)
Time: Saturday: 10am - 7pm & Sunday: 10am - 6pm
Venue: Hall 7B, Hong Kong Exhibition and Convention Centre
Booth No. of YWCA: A11
Enquiries: Please contact Continuing Education Department at 2715 4301

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 Counseling 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 Y.W.C.A.

捐款及義工登記表格 Donation and Volunteer Registration 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 Wish to donate

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\$ _____

我想成為義工，並有興趣參與以下服務

I wish to be a volunteer, taking part in the following services

- ☐ 婦女事工 Women's Services ☐ 兒童及青少年服務 Children & Youth Services
☐ 基督教事工 Christian Ministry ☐ 耆年服務 Elderly Services
☐ 輔導服務 Counselling Services ☐ 持續教育服務 Continuing Education Services

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) Telephone (day time) _____

電話 (夜間) Telephone (night time) _____

傳真 Fax _____

電郵 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有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 1300 · 傳真：3476 1364
電郵：ywca@ywca.org.hk · 網址：http://www.ywca.org.hk

Headquarters:

Address: 1 MacDonnell Road, Central, Hong Kong · Tel: 3476 1300 · Fax: 3476 1364
Email: ywca@ywca.org.hk · Website: www.ywca.org.hk