



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



聲

OCT
2008

齊來抱抱家人

為香港打氣!





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Editor's Note

正當女青年會籌備一年一度的「抱抱家人慈善行」期間，香港遇上一場金融海嘯，失落和憂慮遍及社會各階層。這樣的氣氛不但沒有打擊女青年會籌備「慈善行」的決心，反之提醒各人要更加積極。只因我們看到社會需要更多正能量，正能量最大的來源就是「家庭」，「抱抱家人」就是愛家庭最直接的表達方式。

在艱難時為香港打氣，為社會服務是女青年會的使命，盼望大家更多「抱抱家人」。

At the time when Y.W.C.A. was preparing for the annual "Hug Families Charity Walk", Hong Kong was stricken by the financial tsunami, and people from all walks of life in our society felt depressed and worried. However, this had never affected our determination to hold the Charity Walk, but rather boosted it. This was all because of the genuine need we see in our society for positive energy, and an important source of which is our family. To show love and care for your family, there is no better choice than a hug.

It is the mission of Y.W.C.A. to support Hong Kong people and serve our society at the time of difficulty. Give your family members a hug!

面對不穩的經濟，刻下的香港人心
情難免忐忑。

有否想過如何為身邊人打氣？

In the face of economic instability,
Hong Kong people feel uneasy these
days. Have you ever thought of how to
support the people around you?

香港基督教女青年會在11月9日舉行的「抱抱家人慈善行2008」，除
為轄下自資營運之服務單位籌募經費之外，更發動了近千個家庭，
1,800人一起擁抱。根據外國專家的研究，擁抱可以提升血液含氧
量，能夠刺激神經末梢，助人減輕壓力、痛楚與憂慮。

H.K.Y.W.C.A. previously held the "Hug Families Charity Walk 2008" in which nearly a
thousand families gave their members a hug. This event is also aimed at raising money for
supporting the operation of Y.W.C.A's self-financing service units. According to the
research studies conducted by experts from foreign countries, hugging can increase the
oxygen content of blood and stimulate the nerve endings. As a result, pressure, pain and
worries can be relieved.

抱抱香港人

Give Your Family and
Friends a Hug



女青年會

Young Women's Christian Association

抱抱

在活動當日，參與家庭和企業都暫時放下平日生活的壓力，在社工帶領下一面參加步行籌款，一面享受與家人擁抱的歡聚時光。有家庭發動了一整個家族前來，二十多人一起擁抱，場面溫馨感人；又有中小企僱主在面對裁員潮下，依然樂意自掏荷包贊助員工及其家人參與活動。

活動已經順利結束，女青年會希望更進一步，鼓勵各位繼續藉著「擁抱」為家人、為朋友、為香港人打氣！

Despite the pressure from daily life, on the day when the activity was held, families and businesses joined in the charity walk led by social workers and enjoyed moments of happiness when they hugged their family members. It was so touching that one of the families mobilized more than 20 members to join the activity and hugged one another; there were also small and medium enterprises that were willing to sponsor their employees to take part in the walkathon with their families even in the upward trend of staff reduction.

The activity has already come to an end, it is hoped that all of us will continue to show support to our families, friends and even Hong Kong by giving people around us a hug!



「抱抱家人慈善行」 Snapshots from "Hug Families Charity Walk"

活動
花絮

社會福利署署長余志穩太平紳士當日應邀擔任「抱抱家人慈善行」的主禮嘉賓，並帶領在場近千個家庭齊齊擁抱家人。而象徵著港人奮鬥精神的殘奧金牌得主蘇樺偉，亦攜同母親蘇韓小貞女士前來，一同擔任活動特別嘉賓，並且與參加者分享「擁抱」在他勝利與失意時，如何發揮力量。他還呼籲港人要永不言敗，及要多點用行動向至親表示愛與關懷。

活動由香港科學園海洋廣場起步，沿白石角海濱長廊步行，沿途設有五個活動區域，包括「家添鼓勵GIVE ME FIVE」、「互相扶持手牽手」、「按摩肩膊添情趣」、「關懷慰問加油站」及「抱抱家人顯親情」，以鼓勵參加者用行動來表達對家人的支持。大會的終點亦設有「愛家嘉年華」，呼應主題「抱抱家人·歡聚時光」，當日近千個參與家庭均玩得十分盡興，共渡了一個溫馨愉快的下午。

是次活動得以成功舉行，有賴各界的支持，包括場地贊助香港科學園、禮品贊助Huggies、Shiseido及道地，以及協助當日活動的警察義工隊、水警義工隊及女童軍等等。女青在未來之日子定必繼續宣揚「和諧家庭」的信念，希望獲得更多普羅大眾的支持。



Mr. Stephen Fisher, J.P., Director of Social Welfare, was invited to be the guest of honour in the 'Hug Families Charity Walk', leading nearly a thousand participating families to hug their members. So Wa Wai, gold medalist in the Paralympics, is an icon for Hong Kong people's determination and hard work. He together with his mother, Mrs So Hon Siu Ching, also took part in the activity and both of them were invited to be the special guests. So shared with all the participants how hugs helped him at the time when he won victories and faced failures. He also encouraged Hong Kong people not to give up and to use actions to express our love and care for our beloved ones.

The Walk marked its starting point at the Ocean Square of Hong Kong Science & Technology Parks. Along Pak Shek Kok Waterfront Promenade, five activity zones were set up to encourage participants to show support to their families by actions. They included 'Give More Encouragement! Give Me Five!', 'Support! Hand in Hand!', 'Massage Shoulders for Fun!', 'Show More Care!' and 'Hug Your Family!'. In response to the theme, 'Hug Your Family, Enjoyable Time Together', Y.W.C.A. also organized the 'Love Families' Carnival at the destination. On that day, about a thousand families spent a warm and joyful afternoon together with great fun.

The success of the activity was attributed to the support from various parties, including the provision of the venue by Hong Kong Science & Technology Parks, gifts sponsorship from Huggies, Shiseido and Tao Ti as well as the assistance rendered by the police and marine police volunteers and girl guides, etc. In future, Y.W.C.A. will continue to promote family harmony so as to gain more support from the general public.



到了2030年，我們當中每4人便有1人是65歲以上的長者。面對未來4分1人口的需要，如何讓他們投入「活躍晚年」，如何為護老者開拓適切的服務，均是香港基督教女青年會耆年服務部未來發展的重點。

女青年會服務發展總監潘廣輝表示，長者本身具有很多不同的潛能，女青年會的耆年服務一直致力創造平台給他們發揮。「例如我們的長者義工活動，『老友記』不會純粹只是參與者，我們鼓勵他們成為策劃者，由他們籌辦活動。」他續道，女青每個長者中心，都設有長者議會，鼓勵長者就著社區問題發聲。

女青在這方面的努力亦屢獲肯定，在社會福利署的老有所為頒獎禮中，女青十年來便獲得多達40個獎項，當中9個更是全港性大獎。

面對人口持續老化，潘廣輝表示，女青未來還會開拓護老者的支援服務。他指出：「照顧體弱長者其實需要許多知識和技巧，既要妥善照顧，又要避免長者依賴，讓長者保持一定自理能力，藉以維持尊嚴，保持身心健康。」他續道，正因如此，女青年會今年繼續積極參與「敬老護老愛心券」，期望所籌善款可以幫助開展這項嶄新服務，令更多長者及護老者得以受惠。

女青倡導——活躍晚年—— 迎接人口老化的挑戰

YWCA ADVOCATES ACTIVE AGEING

By 2030, 1 out of 4 Hong Kong people will be over 65 years old. In light of the need of the growing elderly population, the Elderly Services Department of HKYWCA has put a strong emphasis on extending our services for caretakers and promoting 'active ageing'.

Mr Poon Kwong Fai, Director of Service Development of HKYWCA, expresses that elders have a lot of potentials and it has been the mission of HKYWCA to create a platform for the elders to realize them. 'Take our elderly voluntary programs as an example. We encourage our "old folks" not only to be participants but also to take the lead in putting together different events and programs.' Poon also points out that the elderly councils in each YWCA elderly centre are established to let old people voice their opinion on issues in their community.

Our effort in elderly services has been highly recognized. In the prize presentation of the Opportunities for the Elderly Project 2008 of the Social Welfare Department, HKYWCA won 40 awards, of which 9 were territorial awards.

Facing such an ageing population, Poon said HKYWCA will extend its services to support elderly caretakers. 'In fact, looking after the elderly requires a lot of specific knowledge and skills. While offering good care, helping old people maintain their self-care ability so that they enjoy independence, dignity as well as psychological health is also very important.' As a result, HKYWCA continues its partnership with the annual 'Care for the Elderly Charity Tickets' this year with a hope to raise funds for expanding our elderly services.



推動長者發揮老有所為的精神，香港基督教女青年會一向不遺餘力。繼去年在社署「老有所為活動計劃」頒獎禮中囊括多個獎項後，女青年會在今屆頒獎禮繼續秉承佳績，勇奪「全港最佳老有所為活動計劃獎」、跨代義工獎及4個地區獎項，成績斐然。

It has always been the goal of HKYWCA to promote the idea of 'productive ageing' in society. Just like last year, HKYWCA has been recently awarded the 'OEP Hong Kong Best Grand Award', the 'Multi-generation Volunteers Award' and four 'District Best Awards' in the prize presentation of the Opportunities for the Elderly Project 2008 of the Social Welfare Department.

女青讓更多長者發光發熱

YWCA Wins 6 OEP Awards in the Promotion of Productive Ageing

勇奪社署 6 個「老有所為活動計劃獎」



明儒松柏社區服務中心
Ming Yue District Elderly Community Centre

共諧連您計劃

ELDERLY COUPLES SERVICE PROGRAM

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全港最佳活動計劃獎
東區及灣仔區地區最佳活動計劃獎
Opportunities for the Elderly Project Best Grand Award
District Best Awards – Eastern and Wan Chai Districts

這個活動計劃難得之處在於，不單推動長者擔任義工，更加鼓勵長者夫婦一起推行活動。他們在社工帶領下，透過唱遊、角色扮演及遊戲，到青少年中心宣揚良好品格。他們又特別為長者中心設計了不同活動宣揚家庭和諧。

在過程中，長者夫婦不單有機會服務他人，還可藉此重溫夫婦相處之道。社工在計劃中亦派發了「耆妙家溫馨夫婦手冊」及舉行了「十大夫婦相處重要元素選舉」，藉以提醒參加者繼續愛惜身邊人。

The essence of this program is to mobilize elderly couples to be volunteers. Led by social workers, they promoted good values among teenagers through singing, role plays and games. They also designed different activities to promote family harmony for elderly centres.

Elderly couples not only enjoyed the chance to serve others, but also had the opportunity to take a fresh perspective on the way they got along with each other. Other programs like 'Happy Marriage for the Elderly Pamphlet' and a poll on '10 Elements for a Happy Marriage' were included so as to remind elders to treasure their beloved ones.



獎

和諧頻道樂傳送

HARMONY CHANNEL SERVICE PROGRAM

深水埗區地區最佳活動計劃獎

District Best Award – Sham Shui Po District

雲華護理安老苑

Wan Wah Care of Attention Home for the Elderly

女青年會一向鼓勵長者突破自己。此得獎計劃便安排了長者義工與親子義工，一同學習廣播技巧，然後為自家創作的漫畫故事配音，最後透過廣播故事在區內傳播品格教育的重要。

YWCA encourages the elderly to make breakthroughs in their lives. In this program, elderly and family volunteers learnt skills in communications and produced their own animations with voice-overs on the theme of character building.



獎

金色年華和諧頌

GOLDEN OLDIES SERVICE PROGRAM

黃大仙及西貢區地區最佳活動計劃獎

District Best Award – Wong Tai Sin and Sai Kung Districts

將軍澳綜合社會服務處

Tseung Kwan O Integrated Social Service Centre

退休人士擁有豐富的人生經驗，絕不止於成為活動參與者。此得獎計劃便組織了區內長者組成義工組，讓他們負責籌辦多項活動，包括「夏日狂歡兒童樂園」及功課輔導服務等，以幫助區內有需要的家庭和兒童。

With valuable life experience, retirees can in fact take a more active role in organizing social activities than solely being participants. In this program, a group of elders were the organizers of many social service programs, serving families and children of the neighbourhoods.



獎

愛家村計劃

PLEASANTVILLE SERVICE PROGRAM

大埔及北區地區最佳活動計劃獎

District Best Award – Tai Po and Northern Districts

秀群松柏社區服務中心

Ellen Li District Elderly Community Centre

常言「各處鄉村各處例」，此得獎計劃便旨在打破村與村之間文化圍牆，組織區內不同村落一起參加「護老家庭教育工作坊」、「愛家村、愛家老選舉計劃」，讓年輕的參加者得以體會長者以往為家庭的貢獻及認識鄉村文化。

As the common saying goes, 'each village has its own rules'. This program aimed at breaking the cultural barriers between villages. Through mobilizing villages in Tai Po and Northern District, programs like 'Home Care for the Elderly Workshop' and 'Pleasantville Election' were held to let young people appreciate the contribution of the elderly in their families and have a better understanding of village culture.

獎

「融和沐耆年」跨代融和計劃

HARMONY ACROSS GENERATION SERVICE PROGRAM

跨代義工獎

Multi-generation Volunteers Award

蝴蝶灣綜合社會服務處

Butterfly Estate Integrated Social Service Centre

此計劃透過舉辦參觀、戶外活動及探訪活動等，使老、中、青、幼不同年齡組別人士能在活動中互相學習，並鼓勵長者發揮培育幼小的功能。計劃中的「積極自強」院舍關懷行動，亦鼓勵長者、婦女及青少年一同為院舍長者服務。

In this program, outings and visits were organized so as to give a chance for elders, adults, teenagers and children to learn from each other. The function of elders as caregivers of young children was so highlighted. Elderly, women and teenage volunteers were encouraged to serve residents in elderly homes in the 'Stand and Stay Strong Elderly Home Support Program'.

百仁同心中秋暖萬家

Centum Charitas Foundation Celebrates Moon Festival With Elderly

在今年的中秋佳節期間，女青年會獲得百仁基金的熱心贊助，於九月中旬舉辦了「百仁同心中秋暖萬家」活動，並邀請一批剛被識別的隱蔽長者，與區內其他「老友記」共度佳節，讓他們可以體驗久未嘗過的歡聚時光。

是次饒富意義的活動，共有13位隱蔽長者及60位獨居長者參加。百仁基金副主席鄭建山先生及楊華勇先生、委員許廣熙先生及廖偉麟先生均抽空出席當日活動，與剛剛重新接觸社區的隱蔽長者，一起欣賞由長者及青年義工合作的醒獅表演，寓意「長幼共融」，並與長者義工合力製作象徵團圓的湯丸。

此外，有見物價飛漲，獨居長者生活壓力沉重，百仁基金成員亦為多區逾千位獨居長者送上豐富的心意包。

百仁基金副主席兼是次活動籌劃人鄭建山先生表示，了解到社區部分長者在生活上有所缺乏，所以該會十分願意施以援手，同時亦期望藉著親身參與活動，鼓勵較少接觸社區的長者，重新與社會連繫。



With the sponsorship from Centum Charitas Foundation, HKYWCA held a fiesta called 'Celebrate the Moon Festival with Centum Charitas Foundation' in mid-September. The aim of this charitable program was to let a group of socially withdrawn elderly experience joy and warmth together with the residents of their neighbourhood upon the festive period.

13 hidden seniors and 60 singleton elders joined the fiesta. Mr Christopher C.S. Cheng, the vice chairman of Centum Charitas, Mr Johnny W.Y. Yu, the vice chairman of Centum Charitas, Mr Quincy Hui, member of Centum Charitas and Mr Jeffrey Liu, member of the Centum Charitas were the guests of honour. They together watched a lion dance performance put on by elders and teenage volunteers. Also the guests and some elderly volunteers made rice dumplings. These two items carried the meanings of integration of the old and the young and family reunion.

In light of the soaring costs of living, members of the Centum Charitas Foundation gave out gift packs to over 1,000 singleton elders in the neighbourhood hoping to ease their pressure.

Mr Christopher C.S. Cheng, the vice chairman of Centum Charitas Foundation and the convener of the fiesta expressed the foundation's concerns of the livelihood of the elderly and their willingness to lend a helping hand. It is also their hope to encourage socially withdrawn elders to integrate themselves into the community.

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林穎施、凌曉君

紅葉奇緣 (曲)
郭鳳女 (國家一級演員)、邵國希

潞安州 (戲)
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慈普夜

YWCA Chinese
Opera Charity Night

香港基督教女青年會繼去年初與「愛心傳送」合作舉辦戲曲慈善夜後，今年再度獲得該會慷慨支持，將於2009年1月14日舉行「女青愛心戲曲慈善夜」。「愛心傳送」將會把所有門票收入及捐款撥給女青年會健康長者農場作營運經費。女青年會亦希望透過活動推廣「健康長者農場」這項服務，讓公眾了解農場是由長者義工負責管理、耕作，以及充當導賞員介紹有機耕作，從而幫助長者享受豐盛晚年。

In January 2007, HKYWCA held a Chinese Opera Charity Night together with 'Serving Love and Care'. We are pleased to have the support of 'Serving Love and Care' again and the coming 'YWCA Chinese Opera Charity Night' will be held on 14 January 2009. All the income from ticket sales and donations will be contributed to the operational costs of the YWCA Farm of Healthy Ageing. It is our hope to promote the Farm to members of the public through this charitable event. Managed by our elderly volunteers, the Farm is set up to help seniors enjoy fruitful and meaningful life through farming and being tour guides of this organic farm.

地點：香港大會堂音樂廳 日期：二零零九年一月十四日 (星期三) 時間：晚上七時十五分

票價：\$2,000 (名譽券), \$1,000, \$500, \$250, \$100, \$60

門票於2008年11月23日起在各城市電腦售票處公開發售。

訂座電話：2734 9009 信用卡電話訂票：2111 5999 節目查詢電話：9037 5575 陳小姐 / 9126 0897 任小姐



The HKYWCA
Volunteer Appreciation
Ceremony 2008

愛燃亮，愛分享！
閃耀義工力量

四年一度盛事 全會義工欣賞會2008

本會一直致力推動義工運動的發展，務求令會員及義工能夠透過義工服務拓展豐盛人生，體察社會需要，以愛去關懷更多人。為嘉許及表揚本會眾多義工為社會之付出及貢獻，本會自2000年起每四年舉辦「全會義工欣賞會」，並公佈四年一度的全會「傑出義工服務計劃選舉」得獎結果及進行頒獎。

Over the years, the HKYWCA has been devoted to promoting voluntary services. It is our firm belief that our members and volunteers can enrich their lives and care for the community through volunteering. To show appreciation to the contributions of our volunteers, the HKYWCA Volunteer Appreciation Ceremony has been held every four years since 2000. On this occasion, the results of the Outstanding Voluntary Service Programs Election are announced and awards are presented.



勞工及福利局常任秘書長鄧國威太平紳士擔任當日主禮嘉賓。

「人點燈，不放在斗底下，是放在燈臺上，就照亮一家的人。」 馬太福音 5:15

今年的「全會義工欣賞會」已於十月二十六日假九龍灣國際展貿中心順利舉行，逾800位不同服務的義工及會員透過「家庭與義工生活的啟示」主題講座、音樂劇、服務回顧及嘉許典禮，分享喜悅及互相學習，讓嘉賓了解如何透過義工運動宣揚本會推廣的「家庭健康」及「家庭義工」訊息。

當日的主题表演溫馨感人，由本會的義工粉墨登場。頒獎禮序幕——「愛家音樂劇」，由十多位來自不同單位的青年義工透過話劇及悅耳的歌聲，把家人之間的互動和關愛表達無遺，引發深思。而「跨代小丑及魔術」表演，就由兩位長者扮演小丑，與青年魔術師同台演出，詼諧惹笑，貫徹本會推廣「跨代共融」。最後由小學生表演的「少年非洲鼓」，把全場氣氛推至高峰。參加者都投入強勁節拍中，振臂和唱，展現本會義工的團結和活力。

本會將繼續朝着推廣家庭健康及和諧社會的方向，並積極推廣「家庭義工」的概念，組織及發動更多義工與家人一同投身義務工作，一同領略分享愛、分享關懷的滿足感，讓社會上綻放著義工們的委身，繼續「閃耀義工力量」！



前藝人黃愷欣女士及丈夫威劍豪先生獲邀在活動中分享家庭與義工的生活啟示。



愛燃亮、愛分享的精神不分年齡，當日出席的義工既有長者，亦有小朋友。

The Appreciation Ceremony was held successfully on October 26 this year, over 800 volunteers and members of different service units shared their joy and learned from each other through the thematic seminar on "Experiencing the Life of Family and Volunteering", musical, service reviews and the awards presentation ceremony. They also showed guests and members of the public how the HKYWCA promoted the message of "Family Wellness" and "Family Volunteers" through Volunteer Movement.

In the event, our volunteers performed several specially prepared entertainment shows. The prelude was the "Love Family Musical" performed by over ten young volunteers from different service units. With stylish drama and attractive singing, they presented the dynamics and love among family relations and led us into self-reflection. Two elderly volunteers became energetic clowns in the "Inter-generation Clown and Magic Show". Together with the young magician, the three funny performers made a harmonious scenery of inter-generational communication. The last performance is "African Drum" by a team of primary students. Following the strong rhythm, all the participants and volunteers showed our unity and cheerfulness.

The HKYWCA will keep promoting Family Wellness and Harmonious Family in the future. By organizing more volunteers to volunteer with their families, in order to feel the love and share the joy of giving care, our big team of volunteers will keep shining!



支持「敬老護老愛心券2008」

為女青「護老者服務」

籌募經費

“Care for the Elderly”
Charity Tickets 2008 Raises Funds for
YWCA Caretaker Services



一年一度的「敬老護老愛心券」籌款活動將於11月1日至12月7日期間舉行。香港基督教女青年會今年透過「愛心券」所得的善款，將用作耆年服務部的「護老者服務」經費，包括維持新增設的「護老者熱線」及加強現有服務。

The annual “Care for the Elderly” Charity Tickets fundraising program is held from October 27 to December 2. Donation raised from the ticket sales will be used to support the ‘caretaker services’ of the Elderly Service Department of HKYWCA, which include the newly established ‘caretaker hotline’ and the improvement of existing services.



「護老者」即指照顧長者的人士，我們經常會把注意力集中在長者身上，而忽略了那些一直在長者身邊默默付出、不辭勞苦、不問酬勞、不眠不休的護老者。我們相信一個長者能否身心康健，實有賴護老者無微不至的照料，倘若護老壓力得不到舒緩，焦慮、抑鬱等情緒問題也會相應萌生，亦影響長者本身。

'Caretakers' refers to people who take care of the elderly. In most cases, attention is directly to the elders but not those who selflessly devoted themselves in looking after the elders. The HKYWCA believes that there is a close relationship between the well-being of the elders and the well being of the caretakers. If the pressure which arises from looking after the old people is not carefully dealt with, caretakers may experience anxiety or even depression. This will certainly bring a negative impact on the elders.

耆年服務部一直關注護老者的需要，過往曾舉辦不同類別的活動，包括社區教育、護老者互助小組、探訪義工培訓、護老者資源閣、復康器材借用及轉贈、社交康樂活動等。

The Elderly Service Department has a strong concern with the need of caretakers in the territory. Various programs have been held to support them, including community education, caretakers support groups, training of voluntary visitors, caretaker resource centre, donation and loan service of rehabilitation equipment, social recreational activities, etc.



隨著人口老化，留在社區安老的長者日多，護老者的角色也越見重要。然而，社會投放在護老者服務的資源卻沒有增加。有見及此，本會已於今年度增設了「護老者熱線」服務，以電話熱線形式支援護老者在護老知識及情緒上的需要。女青年會亦將繼續開拓嶄新的護老者服務，及提供更多適切的支援及資訊，以協助舒緩照顧長者的壓力。

With a growing population of elders staying in the community, the role of caretakers has never been so important. To address the lack of resources in support of caretakers, the HKYWCA has established a 'caretaker hotline' this year, in which knowledge about looking after the elders as well as emotional support are provided. We aim at offering more services in the future so as to ease the pressure of caretakers.

盼望各位積極參與女青年會的「愛心券」籌款活動，慷慨解囊，與我們一起支援長者及護老者！

We look forward to your generous support to the Charity Tickets Sale.



與女青年會一起

尋找家鄉的故事

In Search of Roots together with YWCA

女青年會的國情教育工作，隨著香港回歸祖國，亦已踏入第十一個年頭。沒有課堂，沒有筆記，只有年青人及義工親身體驗，增強他們對祖國的認識、關心及歸屬感，令他們更願意為祖國及同胞貢獻自己的一分力。今年10月中舉行的國情教育節，就以短片創作比賽的形式，推動青少年「尋找家鄉的故事」。

It has been 10 years since HKYWCA launched its national education program upon the handover of Hong Kong to Mainland China. Over the years, many youngsters and volunteers have benefited from this program in terms of gaining a better understanding of and fostering a stronger sense of belonging and responsibility to their mother country. All these were not achieved through lessons or handouts but first-hand experience of voluntary services. In 2008, the National Education Festival took the form of a video-clip competition to encourage the youth to view their mother country from a new angle.



企業義工：

我想回饋社會

Corporate volunteer:
I hope to serve the community

成為義工往往是偶然的機會。在「美國運通國際股份有限公司」工作的馮榮桂（Ronald）七年前就是機緣巧合下，參加了女青青衣綜合社會服務處的「粵北貧困山區助學與扶貧之旅」，自此與內地山區小朋友結下不解緣。至今，已有超過100名的美國運通員工及親友參加過各項服務。

一個公司的核心價值：「回饋社會」，令Ronald積極推動義工小組，同事Derek及Ray也受到感染加入。在公司支持下，他們每年都策動同事幫助因貧窮而絕學的山區兒童，籌款、到山區服務以至建設學校，各人都不遺餘力。

作為資深員工的Ronald也公司著想：「投入慈善事業，實踐企業的社會責任外，在人力資源的層面，社會服務是一種『軟性手法』促進同事間的人際關係，肯定能提高團隊精神，同事亦從中體現良好公民的責任。」

Derek及Ray興奮地分享道：「我們看到同事案頭或電腦屏幕，竟是我們探訪山區兒童的照片，總有一天他們會與我們並肩而行。」

Many people become volunteers by chance. Ronald Fung is no exception. Fung worked at American Express and joined an anti poverty cum education program of HKYWCA serving Yuebei 7 years ago. Since then, he has never stopped volunteering for children in remote regions of the mainland. Today, over 100 American Express employees and their families are currently in community service programs.

Ronald shares his company's mission to repay the society. Under his motivation, colleagues like Derek and Ray also joined community service programs. Every year, they organize fund raising programs and service programs for children who drop out from school because of poverty. They visit those remote areas and help build schools there.

'Apart from carrying out corporate responsibility, community services also bring positive impacts to the company. Voluntary services are actually an effective 'soft approach' to build work relationship and team spirit among our colleagues,' said Ronald.

Derek and Ray said, 'Some other workers at the office took the photos of our voluntary visits as their screen savers or decoration of their desks. We firmly believe they will join our voluntary programs some day.'

義工家庭：

豐富實在的生活教育

A volunteer family –
a rich and rewarding life

李若川及太太一家三口，四年前第一次參加內地山區農村親子活動，今年已是第14次參與。夫婦二人欣然分享道，生活變得比以前「簡單」，不會胡亂浪費，甚至有時晚飯只備燸菜，猶如在山區家訪時的簡樸生活。家庭日再不是駕車到商場購物，而是舉家到郊外走走，談天說地，家庭關係更密切。14歲兒子Donald已是不少青少年的「師兄」，每逢長假期必定堅持與父母到山區服務，每年利是錢也預留部分捐助山區助學扶貧。

「這是很豐富且實在的生活教育。」對他們一家而言，捐助少許金錢能幫助山區小朋友重返校園，又能令家庭有共同理想，體現助人為快樂之本的真諦，是城市人「洗滌心靈」的良方。

Mr Lee Yeuk-chun and his family started volunteering for villages in remote areas in China four years ago. They made their fourteenth visit this year. The voluntary experience has made their family life frugal. They now have simple meals. On family days, they prefer visiting the country side to heading to shopping malls. They have more time to communicate and therefore build a closer relationship. Donald, the 14-year-old son of the Lee's family, has already been a veteran volunteer among youngsters of his age. He joins his parents to serve remote areas in China during long school breaks. He also puts aside a certain amount of money he gets from red packets for charitable purposes every year.

Not only do they help those mainland children continue their education, but also share a mission in life and enjoy joy and peace at heart by lending a helping hand. The voluntary experience has definitely been a rewarding and rejuvenating one to the Lee's family.



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-subservanted 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-subservanted 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) 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.

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香港婦女團體聯合總會
Hong Kong Women's Federation & Associated Organizations

WOMEN'S
WZ
OCT
2009

香港婦女團體聯合總會

為香港打氣！

