



香港基督教女青年會

Hong Kong Young Women's Christian Association



聲

AUG
2009

Say YES to Work
闖出一片天

適切培訓 家人支持

Youths can "Say Yes to Work" Through Appropriate Training and Family Support

CONTENTS

02

適切培訓 家人**支持**

造就青年
Say YES to Work

Youths can "Say Yes to Work"
Through Appropriate Training
and Family Support

07

愛・長・傳 Love Goes the Distance –
A Visit of Service and Experience to Sichuan 2009
四川探訪服務體驗計劃二〇〇九

09

女青熱線廿五周年
齊為生命 打打氣
YWCA Hotline 25th Anniversary Cheer on Life

11

9.12. 女青賣旗日

12

25/10 來！體驗 **抱抱力量**
第三屆抱抱家人慈善行

13

九龍東持續教育中心啟用
人才發展 **新里程**
Kowloon East Continuing Education Centre A New Milestone in Talent Development

15

Y世代 的生命發現與成長
The Life-long Discovery and Growth
of the Y Generation

16

與亞洲女青 緊密交流
Asian YWCAs holding hands

17

首度與紐約人壽合作
擴展「無國界」社區活動
Unprecedented Cooperation with New York Life Insurance
Promoting Activities Beyond Borders and Nationalities

18

團隊精神的成就
女青年會勇奪社工盃冠軍
Triumph of Team Spirit. YWCA Wins Social Work Cup.

女
聲

編者話

Editor's Note

“Say YES to Work” 這口號常見於本會青年就業活動，負責同工每次總不厭其煩地講解，工作經驗是青少年「生涯規劃」的重要環節，越早起步，對青年日後真正投身社會越大幫助。同工間有分享，今天不少生活及工作智慧，也是由當年暑期工開始累積，筆者亦更明白同工鏗而不捨的道理。

今期以青年服務為主題的《女聲》，更獻上青年義工四川之行。帶隊同工轉寄了義工們在旅程中製作的音樂片段，五、六分鐘就可看到他們對服務的熱誠。我們真的為他們感到驕傲！

“Say YES to Work” has always been the motto of each YWCA's youth employment activities. Our colleagues repeatedly put great emphasis on work experience, which is considered to be the key element of life planning for teenagers. The sooner teenagers start, the greater reward they would have on working in the society later on. Colleagues have shared that their wisdom of daily life and work are accumulated as early as the time they took up summer jobs. We now understand why colleagues insist to instill this concept in nowadays teenagers.

With youth services as theme of this issue's "Women's Voice", we present the most valuable sharing on Sichuan Service by the youth volunteers. The 6-minute music video produced by volunteers during the trip truly reflects their enthusiasm on serving the needy. We are too proud of them!



適切培訓

家人支持。

Foreword

青年失業率近月急升，4人便有1人失業。然而，在逆境中，3位由香港基督教女青年會培訓的青少年，憑著自身的努力及家人的支持，依然闖出一片天，更在8月分別榮獲勞工處頒發「展翅·青見超新星」及「展翅·青見優秀學員」的獎項。

此外，在剛過去的暑假，女青年會亦繼續致力鼓勵青年「Say YES to Work」，與多位僱主合作，為青年提供暑期實習培訓，讓青年及早認識工作世界，為未來鋪路。

The unemployment rate among youths has been surging in recent months with one in every four youths without jobs. However, despite such adverse conditions, three YWCA-trained teenagers managed to achieve their own breakthroughs with their own efforts and the support of their families. They received the "Most Improved Trainees Awards" and "Outstanding Trainee Awards" of YTPP & YWETS from the Labour Department in August.

During the summer, the Hong Kong YWCA joined hands with various employers to provide summer internship training for teenagers, encouraging them to "Say YES to Work" and help them pave the way to their future careers through on-the-job training that grants them knowledge of the professional world.

Youths can "Say Yes to Work" Through Appropriate Training and Family Support

造就青年
Say YES to Work



Recipient of the "Most Improved Trainees Award"
of YPTP & YWETS

Lam Sau Fan

林秀芬

「展翅・青見超新星2009」得獎者

青年有時以為自己未有所長，其實只是內在的潛質未被發掘出來。秀芬在參與「青少年見習就業計劃」初期，也未意識到自己的耐性，原來對於投身護理工作如此有幫助。

「我參加這個計劃後，才發現自己在這方面的長處。」現時在紫雲間沁怡護養院擔任復康助理的秀芬，更因此獲僱主盛讚：「作為一個年青人，卻能表現出一種有耐心的工作態度，對於院友所遇到的困難，亦會用一種關懷的方式去協助。」

她從與院友的相處中，亦體會到每個人都有不同的性格，必須尊重別人才能將工作做得圓滿的道理。秀芬人緣甚佳，同時有上進心，很快很掌握復康中心的運作。秀芬希望透過持續進修，在護理專業方面有更大的發展空間。

Some youths may think that they have no talents, when in truth their potentials are yet to be uncovered. When Sau Fan first joined the YWETS, she had no idea that her patience could be a great advantage for entering the nursing profession.

"I didn't recognize this aspect of my character before joining the scheme," said Sau Fan, who is now working as a rehabilitation assistant at Oasis Nursing Home. She was also highly commended by her employer. "It's remarkable that someone as young as her is capable of such patience and tolerance in terms of working attitude. She handles the problems faced by people in our Nursing Home with attention and care."

Through caring for those in the Nursing Home, Sau Fan learned that each individual has a different character, and that the key to success in the work of rehabilitation, or indeed in any other job, lies in a respect for others. Her amicable ties with others at work and her keenness to advance allowed her to understand the operation of the Nursing Home quickly. It is Sau Fan's wish to progress in the nursing profession in the future through pursuing further studies in the area.



「展翅・青見計劃」2009/10 年度招生開展禮
展翅・青見 超新星 2009



Recipient of the "Most Improved Trainees Award"
of YPTP & YWETS

Jiang Wei Wei

江薇薇

「展翅・青見超新星2009」得獎者



有說這一代青年不少都是「三無」，即「無學歷、無技能、無經驗」，對於來港只有一年、家人無法繼續支持在港升學的薇薇來說，「三無」更是正中要害。不單如此，港人說話常夾雜英語，她日常溝通也聽不懂；上網打中文，可惜她在內地慣用拼音而非倉頡……種種不適應，令她更苦無出路。

然而，她慶幸媽媽一直支持她。「她明白我還要時間適應，無迫我之餘，亦不會講打擊我的說話，例如『你咁樣架，睇下人地啦！』，所以我覺得她很明白我。」雖然薇薇參加展翅計劃初期，幾乎每隔幾天就改變志願，不過她媽媽絕不責怪，反而慢慢與她分析適合的出路。就是這份體諒和信任，令薇薇能夠接受母親的建議，一步一步闖出新天地。

親子溝通，當然也有意見不合的時候。她的媽媽陪同她出席頒獎禮時表示：「有少少磨擦好自然，但我覺得又打又鬧無用，有問題時，我會先入房冷靜，亦同時給時間她思考一下。數小時後，她有時就會話：『我剛才發脾氣咋，講下啱！』，或者『唔好意思！』」

經過母親和個案經理的循循善誘，薇薇終於找到目標，在展翅實習時更加表現出色，亦因此破例在實習期間已獲聘為元朗大會堂正式的活動工作人員。短短一年，薇薇已不再徬徨，並且定下目標繼續進修，希望將來成為社工。

Some say that young people of this generation can be summarized with 3 "No's": No academic background, no technical skills, and no experience. For Wei Wei, who arrived in Hong Kong only a year ago and whose family could no longer support her education in Hong Kong financially, that description was spot-on. To make matters worse, she was having a hard time trying to understand the kind of English-infused Chinese Hong Kong people speak, and struggling with typing Chinese with a completely different input method. The obstacles seemed insurmountable, and she saw no way out.

But Wei Wei's mother was always there for her, and for that she was grateful. "She could see that I need time to get used to all this. She didn't pressure me, nor did she say discouraging things like 'Look what others can do!'. I felt that she understands me." When she first joined the YPTP, Wei Wei's hopes and aspirations shifted frequently. Yet her mother did not admonish her for that. Instead, she patiently examined each possible future with her daughter, analyzing and choosing with her. Wei Wei listen to her mother's advice and helped her discover new horizons.

As with all parents and children, it was not always sunshine with Wei Wei and her mother. "Of course there are clashes from time to time. It's only natural," said her mother when she accompanied Wei Wei to the awards ceremony. "But I think it's useless to scold or punish her. Whenever we have a problem, I'd go to my room, to calm myself down and also give her time to think. A few hours later she'd come and say 'I lost my temper just then. I didn't mean that' or 'I'm sorry about that'."

Under the patient guidance of her mother and a social worker in charge of her case, Wei Wei found her own target and did very well in her YPTP internship. Because of her outstanding performance, she was hired as an activity official by Yuen Long Town Hall even before she has completed her internship. In just a year, Wei Wei has left her hesitations and anxiousness behind. She is now gearing herself up for further studies, and hopes to become a social worker one day.



Recipient of the "Outstanding Trainee Award"
of YPTP & YWETS

Tam Kam Wai

譚錦蔚

「展翅・青見」優秀學員

早在2007年8月的《女聲》，已有介紹譚錦蔚的故事，因為當年他勇奪「展翅・青見超新星2007」的榮銜。還記得當時他自言會考「麻麻地」，常窩在家中打機，可是自從他參加了「Pokka Café 餐廳服務助理職前訓練課程」，對餐飲業產生興趣，表現立時脫胎換骨，更在入行後1年內升職2次。

2年不見，他已更上一層樓，開始負責培訓其他年輕人。入行3年升職3次，在其公司可說前無古人。如此亮麗的成績單，難怪他今年再次獲得勞工處「展翅・青見優秀學員」的殊榮。

在頒獎禮上，他分享了其心得：「我入行以來身邊都帶著一本筆記簿，將在水吧樓面學到的東西記住，隨時拿來溫習。」此外，他認為家人支持也很重要：「做餐飲其實幾辛苦，入行初期不時想放棄，但是家人常常對我說『俾心機』、『未夠架』、『支持多一排啦』，令我能夠繼續堅持下去。」

他續道，以前他跟家人關係不甚理想，現在才懂得珍惜彼此相處時間，有時放假也寧願陪伴家人。他笑言，參加展翅，不單為他帶來目標和工作，還有融洽的家庭關係。

Tam Kam Wai's story was reported as early as in the 2007 August issue of Women's Voice, when he received the "Most Improved Trainee Award" of YPTP & YWETS. Back then he described his HKCEE results as "less than satisfactory" and admitted to being someone who spends most of his time at home playing video games. However, ever since he joined Pokka Café's restaurant service assistant pre-employment training programme, he has developed an interest in restaurants and related trades, and has since changed for the better. This change was most obvious when he was twice promoted in his first year in the business.

Two years on Tam Kam Wai is boasting even greater achievements and has taken on training other youngsters. He has now been promoted an unprecedented three times within his three years in the business, and his extraordinary accomplishment has earned him the title of Outstanding Trainee of the YPTP & YWETS from the Labour Department.

At the awards ceremony, Tam Kam Wai shared his experience. "I've been carrying a notepad around ever since I first started working to note down anything I learned from my work in the restaurant, and I'd go through my notes all the time." On top of his own hard work, Tam Kam Wai believed his family's support was also important to him. "This is not an easy business, and in the beginning I considered quitting more than once. But my family encouraged me to hang on and convinced me to try harder."

He recalled that in the past his relationship with his family was strained at best. Now he has learned to treasure his time with them, and would often prefer spending his holidays with his family. He commented with pleasure that the YPTP not only brought him prospects in life and a job, but also a harmonious family.



我第一份工作是這樣的…… *What's my first job like...*

賴建邦 Leo Lai

實習機構：鴻福堂集團

Internship organization: Hung Fook Tong Holdings

「剛剛上班時，覺得工作並不容易，我需要在沒有佩戴手套的情況下，將熱包從熱窩內拿出來，但是後來習慣了，也不覺得是什麼一回事。」

"When I first began I thought the job wasn't easy at all. For example I have to take hot buns out of their red hot containers with my bare hands. It took some time getting used to, but I'm quite good at it now."

陳定邦 Chan Ting Pong

實習機構：精英舞台音響工程有限公司

Internship organization: S C Engineering Ltd.

「我學習到如何與同事們溝通。他們在工作上十分認真，有時我把工作做錯了，他們會不留情面地指責，但下班後他們又會對我們關懷備至，例如會請我們吃飯、對我們照顧有加。」

"I learned how to communicate with my colleagues. They are very serious about their work, and won't hold back in reproaching me when I've done something wrong. But once we get off work they do show their care for us trainees. They'll take us to dinner and take care of us all the time."

黃麗華 Yoyo Wong

實習機構：恒通資源集團有限公司(百仁基金)

Internship organization: Hang Tung Resources Holding Ltd.
(Centum Charitas Foundation)

「每天的工作雖然差不多，但是每當完成一項工作，心中都會有一份成功感，這是用錢買不到的。」

"Although my work is similar every day, I can feel a sense of achievement every time I complete a task. That's a feeling money just can't buy."



這個暑假，我做了第一份工！ *I found my first job this summer!*

女青年會一直重視給予年輕人機會。在今個暑假，本會便舉行了「Say Yes to Work 暑期傑出僱員計劃 2009」，旨在透過暑期工培訓15至24歲的青年，提高他們的就業能力，為未來奠下良好基礎。

繼上年度試驗計劃得到百仁基金的愛心贊助後，該基金今年再次為本會提供6個暑期工空缺，分別來自恒基集團有限公司、恒通資源集團有限公司、香江國際集團、金夏集團旗下之匯勤投資有限公司及華人置業集團。此外，今年計劃更獲鴻福堂集團、麻布茶房及精英舞台音響工程有限公司提供空缺，合共惠及18位青年。

The Hong Kong YWCA has always paid much attention to providing opportunities to the younger generation. This summer, the YWCA organized a "Say Yes to Work Summer Outstanding Employee Programme 2009", which aims at improving youths' abilities before they enter the professional world and planting the seeds of a better future for them through providing summer job training to youngsters of age 15 to 24.

After last year's generous support for our experimental programme, the Centum Charitas Foundation has again provided us with six summer job vacancies this year. These vacancies included positions at The Henderson Group, Hang Tung Resources Holding Ltd., HKI Group, Welkin Capital Partners of Golden Building Group and the Chinese Estates Group. In addition, Hung Fook Tong Holdings, Azabusabo Tokyo and S C Engineering Ltd also provided positions for our programme, bringing a total of 18 vacancies to this year's programme.



Love Goes the Distance – A Visit of Service and Experience to Sichuan 2009

為了表達對四川受災民的爱與關懷，香港基督教女青年會青社部特別於7月29日至8月2日，舉辦「愛・長傳 - 四川探訪服務體驗計劃2009」。是次計劃獲得華人墳場管理委員會及本會青社部備用款贊助，共招募了31位來自不同部門及單位的義工，透過探訪、服務及體驗，親身瞭解四川災後重建的情況。義工在出發前進行了四次訓練，藉以掌握當地情況及服務技巧，為是次計劃作好準備。

In light of the earthquake in Sichuan Province, the Hong Kong YWCA Youth and Community Service Department organized a "Love Goes the Distance – A Visit of Service and Experience to Sichuan 2009" programme from 29th July to 2nd August, to reach out with love and care to those affected in this tragic event. The programme was co-sponsored by the Board of Management of the Chinese Permanent Cemeteries and the YWCA Youth and Community Service Department's Reserve Fund. A total of 31 volunteers from various backgrounds were recruited for the programme, and they experienced first-hand the rebuilding of Sichuan after the disaster through visits and providing services. The volunteers attended four training sessions before setting off, to better prepare themselves for the situation there and to hone their techniques in serving those in need.

四川探訪服務體驗計劃二〇〇九

愛

長

傳



「愛」心有如蓮花瓣
 「長」存心間驅不散
 「傳」到女青生文葉
 「四」散頭上長花環
 「川」災512為患
 「探」試民意在民間
 「訪」問望能輕舒困
 「團」結力量互分擔

義工心聲

Thoughts of a Volunteer

是次計劃行程包括探訪成都女青年會、什邡市穿心店地震遺址、金堂縣雲繡小學、都江堰心語幼稚園、都江堰幸福家園災民安置區、大熊貓基地及金沙文化博物館等。義工在探訪期間，還帶領了幼稚園的學生及災民安置區的兒童進行集體遊戲，並在幼稚園完成了一幅長逾百呎的壁畫，把歡樂與關愛帶到當地。

是次計劃行程雖然緊密勞累，但對義工來說，卻是十分有意義及值得的，因為有機會讓他們反省珍惜所有。

The programme included visits to the Chengdu YWCA, the Earthquake Memorial site at Chuanxindian of Shifang city, the Yun Shiou Primary School in Jintang County, the Xin Yu Elementary School and resettlement areas in Dujiangyan, the Giant Panda Base, and the Jinsha Culture Museum. During these visits, the volunteers brought joy and love to the place as they played games with children from the elementary school and the resettlement areas, and completed together with them a mural at the elementary school that was over a hundred foot wide.

Although the schedule of the programme was tight and tiring, it was a meaningful and valuable opportunity for the volunteers to reflect and to learn to treasure what they have.

在完結活動之前有一位小男孩抱著我跟我說：「我捨不得你呀！你會再回來嗎？」當時我非常感動，我真的希望可以再為小朋友服務，帶給他們歡樂。

As the event drew to a close, a little boy hugged me and said, "I don't want you to go! Will you come back again?" I was very moved then, and I truly wish that I can serve these children again and bring them happiness.

他們面對未來的氣慨與豪情令人充滿了希望，其實也同時提醒了我們在上生活遇到挫折時該有的心態。親愛的你們，當我們把愛向外傳開之時，請也別忘了，將同樣的心帶回自己的家！

The people of Sichuan showed courage and passion in facing tomorrow, which filled us with hope and reminded us of the mindset we should possess in the face of setbacks in life. My dear friends, as you spread love out, remember to bring with you the same heart of love back home!

從受災者中，體會了原來只要有愛，光是活着也感到幸福。衷心希望愛能長傳，讓奇蹟一直延續下去。

Among the victims, I have experienced the happiness of being alive through love. May this love live on, and may the miracle of love be everlasting.

愛長傳四川探訪服務體驗計劃2009片段：
http://www.youtube.com/watch?v=0JPQK_ZHv7g



香港基督教女青年會家庭健康促進中心屬下的「熱線輔導服務」為了慶祝廿五周年，於今年七月四日假香港理工大學舉行了「生命連線 — 熱線服務的發展與生命反思研討會」。是次研討會共有二百多位嘉賓及參加者，來自二十多間不同的政府及社福界熱線機構參與，反應十分踴躍。

當日本會有幸邀請到勞工及福利局局長張建宗太平紳士GBS擔任主禮嘉賓。張局長除致辭讚賞女青輔導熱線的專業及對香港的委身外，亦感謝一班熱心投入熱線服務的義工朋友。張局長真摯幽默的演講，不用講稿，能即時背出女青熱線及多個不同服務熱線的電話號碼，獲得全場掌聲如雷。



女青熱線廿五周年 齊為生命

YWCA Hotline 25th Anniversary

打打氣

Cheer on Life



鑽牛角尖？



不如轉吓打嚟「女青輔導熱線」



2711 6622

女青熱線情常在
伴妳成長廿五載

女青熱線輔導服務始於一九八四年，服務香港至今已二十五年，已為逾八萬名市民提供專業、方便及適切的電話輔導服務，近百名受過專業訓練的義工一直與市民風雨同路、分憂解困。除設全港首條婦女專線外，也設有輔導專線及護老者專線，有效回應社會殷切的需求。

The YWCA hotline service began in 1984 and has served Hong Kong for 25 years. It has provided professional, accessible and appropriate telephone counselling services to over 80,000 people in Hong Kong, with close to 100 professionally trained volunteers helping to shoulder the sorrows and difficulties of those in need. Aside from the first hotline for women in Hong Kong, counselling and elderly hotlines are also provided to respond effectively to the society's most ardent needs.

她續道，女青熱線曾訪問熱線受眾及了解他們的需要，結果正正與這句說話背後的精神吻合。當日現場二百多位參加者也齊聲說出這句最高票數的說話：「無論發生咩事，我都會喺你身邊支持你！」，齊心為生命打打氣。

其後，在主題演講部份，侯傑泰博士具批判性地帶出與時並進的熱線服務發展，需要清晰正確的定位，並叮囑熱線義工自強不息；臨床心理學家、本會前熱線義工李志強先生則以過來人的經驗，用五個熱線生命的故事，帶出對生命的反思。

此外，是次研討會吸引了十多間傳媒機構到場採訪，本會三位資深義工－葉松柏、鄭燕華及連玉華接受了傳媒訪問及分享了多年熱線服務的經驗和心得。

負責是次社區調查的督導主任李雯珊表示，五年前女青熱線亦曾進行類似調查，結果最高票數同樣是「無論發生咩事，我都會喺你身邊支持你！」。她解釋，這句連續兩次高票當選的說話，雖然未必能為傾訴者帶來即時性及實質性的支援，但反映大部份的受訪者也喜歡他人的全力支持，無論什麼光景也願意隨時守候的態度，往往最令失意人感到支持，鼓勵他們繼續積極面對困難。

According to Miss Lee Man-Shan, supervisor of the community survey, the sentence "I'll be there for you no matter what" also garnered the highest number of votes five years ago, when the YWCA conducted a similar survey. She believes that while the words themselves do not bring any immediate and substantial aid, the continuous favour for this particular sentence reflects the fact that people appreciate others' full support and willingness to be there for them under whatever circumstances. She explains that this attitude can often be the most supportive for those who are sad and weary, encouraging them to face their difficulties positively.

張局長更即場揭曉本會「為生命打打氣」的社區調查結果，並親自深情地演繹了由二千三百三十一名市民於五月中至六月中，從十二句說話中投票選出「當唔開心時，最想聽到的說話」。首五位依次為：

Mr. Cheung also announced the results of the "Cheer on Life" community survey. The survey was conducted from mid-May to mid-June. 2,331 people in Hong Kong cast their votes and chose "the words they want to hear most when they are unhappy" out of twelve sentences. The top five results were cordially presented by Mr. Cheung:

- | | | |
|---|---|--------------|
| 1 | 無論發生咩事，我都會喺你身邊支持你！
I'll be there for you no matter what. | 1,551 票votes |
| 2 | 等你想講嘅時候，隨時搵我傾！
You can talk to me whenever you want. | 1,380 票votes |
| 3 | 講俾我知你做咩唔開心呀！
Tell me what's troubling you. | 1,259 票votes |
| 4 | 點我都撐你嘅！
You have my support no matter what. | 1,027 票votes |
| 5 | 我知道你已經好盡力嫁嘞！
I know you're doing your best. | 1,019 票votes |

“讓生命重拾歡笑”



To Celebrate the 25th Anniversary of its counselling hotline, the Hong Kong YWCA Family Wellness Centre held a seminar on the development of hotline service and life introspection titled "Connecting Lives" at the Hong Kong Polytechnic University on 4th July. Over 200 guests and participants from different governmental and social service organizations attended the seminar with great enthusiasm.

We were honoured by the presence of Mr. Matthew Cheung Kin-chung, GBS, JP, Secretary for Labour and Welfare, as our guest of honour at the seminar. In his speech, Mr. Cheung commended the professionalism and dedication of the HKYWCA's counselling hotline, and thanked the volunteers' devotion. Mr. Cheung's warm sincerity and good humour was particularly impressive, and his ability to recite the hotline number of YWCA and that of different services, earned him rounds of applause from the participants.

Miss Lee also believes that the spirit behind those words echo the needs of the users of the YWCA's hotline service. At the seminar, the participants chanted together the words "I'll be there for you no matter what", cheering on life itself.

Later at the keynote speech of the event, Dr. Hau Kit-Tai observed from a critical point of view that a clear and appropriate direction is required for hotline services to advance. He also urged volunteers to maintain a spirit of self-improvement; while Mr. Lee Chi-Keung, a clinical psychologist who used to be a hotline volunteer for the YWCA, drew from his own experience and spoke on life introspection through five stories from his hotline service years.

Moreover, the seminar attracted the coverage of over 10 news media, and three of our experienced volunteers Yip Chong Pak, Cheng Yan Wah and Lin Yuk Wah had interviews with the press in which they shared the fruits of their years in hotline service.

香港基督教女青年會今年九龍區賣旗日是繼1993年後首次舉行，同樣為「女青輔導熱線」籌款。事隔十六年，會方上下均十分重視，將發動至少三千名義工參與，希望為「輔導熱線」籌募經費，以維持及提升服務質素。

成立二十五年的「女青輔導熱線」，至今服務了逾八萬名市民。現時除設有一般熱線輔導外，還有「婦女專線」及「產後婦女慰問服務」，去年更新增「護老者專線」，為護老者提供資訊及情緒支援。自去年金融海嘯後，「輔導熱線」每月均接獲四百多個求助電話，較海嘯前上升百分之二十四，可見熱線服務需求之殷切及意義。

9.12 女青賣旗日

九龍區

學前教育

青年及社區服務

婦女及家庭服務

耆年服務

中學教育

持續教育

一點支持，
多人受惠！

9.12 YWCA Flag Day

The Hong Kong YWCA organized its second Flag Day after the unprecedented one in 1993 to raise fund for the Counseling Hotline. Though after 16 years, the Hong Kong YWCA has put great emphasis on this fund raising event and hence mobilized nearly 3,000 volunteers to help around, aiming to raise enough fund to maintain and enhance service quality.

The YWCA Counselling Hotline has been in place for 25 years with more than 80,000 citizens being served. In addition to the general hotline service, we offer "Women Hotline" and "Post Natal Counseling Service", as well as the "Elderly Hotline" launched last year, which provides immediate information and emotional support to the elderly. Since the financial tsunami last year, the Counseling Hotline has received more than 400 calls each month, with 24% increase that reflects the society's ardent needs on counseling hotline services.



回應社會需要，提供適切服務。
全賴有您的支持！

香港基督教女青年會成立於1920年，現有七十二個單位為不同年齡之人士提供多元化服務。是次賣旗目的為本會自資營運之輔導熱線籌募發展經費，為有需要之人士提供情緒支援及資訊。

社會福利署已批准三個機構於2009年9月12日分別於港島區、九龍區及新界區賣旗，而本會已獲授權當天於九龍區進行賣旗。



「晴天」、「陰天」，天天都是「抱抱天」



來！體驗 抱抱力量

25/10

第三屆抱抱家人慈善行

Hug Families Charity Walk

Numbers of international studies revealed that "hug" can boost blood oxygen, soothe pain, show support and enhance self-esteem.....In view of its positive effects, the Hong Kong YWCA's professional social workers designed a family activity titled "Hug Power", combining the "Hug Therapy" and "Adventure Training" and integrating into the Charity Walk. We hope to build up closer ties among family members and enhance family wellness through hug and love.

The fund raised by Charity Walk will be used for the establishment of the Hong Kong YWCA's self-financed "Tin Shui Wai (North) Family Wellness Centre", which provides preventive family services for citizens in the district.

You are one of them to determine its existence!

Your participation will make dreams come true!

多項外國研究顯示，「抱抱」可以提升血液含氧量、減輕痛楚、表達支持、提升自尊……為此，本會的專業社工結合「擁抱治療」及「歷奇體驗」的專門知識，精心設計「抱抱力量」家庭活動，並滲透在慈善行中，讓更多家庭藉抱抱力量拉近關係，促進家庭健康！

慈善行所得善款將用作籌建本會自資營運的「天水圍（北）家庭健康促進中心」，提供預防性的家庭服務，建構「陽光社區」！

這所中心能否在天水圍出現，全賴你一個決定！

你的參與將會成就這個夢想！

精選抱抱活動，沿路又攞又玩，分享抱抱感動！

地點：沙田香港科學園（沿白石角海濱長廊）

Route: From HK Science Park to Pak Shek Kok Waterfront Promenade

日期：2009年10月25日（星期日） 時間：下午2時至5時
Date: 25 October 2009 (Sunday) Time: 2:00pm – 5:00pm

Facebook 大使：抱抱達人 [Add me](#)

Facebook 群組：抱抱力量 [Join us](#)

☎ 3476 1419

🌐 www.ywca.org.hk/hugfamily2009

主禮嘉賓：社會福利署署長聶德權太平紳士

Officiating Guest: Mr. Patrick Nip, JP, Director of Social Welfare

籌款目的：籌建天水圍（北）家庭健康促進中心（本會自資營運）
Fundraising for self-financed Family Wellness Centre in Tin Shui Wai

首席贊助 Principal Sponsor:



俊和發展集團
CHUN WO DEVELOPMENT HOLDINGS LIMITED

場地贊助 Venue Sponsor:



Hong Kong Science & Technology Parks



香港科學園
HK Science Park



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



九龍東持續教育中心啟用

人才發展 新里程

Kowloon East Continuing Education Centre

A New Milestone in Talent Development

香港基督教女青年會九龍東持續教育中心於六月十九日舉行啟用禮，並榮幸邀得僱員再培訓局主席伍達倫博士蒞臨主禮，當日百多位嘉賓共同見證了女青年會在人才培訓方面再創新里程。

是次啟用禮以「九龍東培訓新『招』點」為主題，並介紹了最新課程資訊，過往畢業學員更即場為嘉賓進行美容及按摩示範。本會四位來自保健推拿、物業管理、個人服務及餐飲業的傑出再培訓學員亦出席了典禮，與傳媒分享他們的奮鬥故事，為經濟低迷就業困難的現況注入新力量。

本會持續教育部督導主任胡婉玲表示，近期金融海嘯對勞工市場構成壓力，培訓工作更見關鍵，單是今年三至五月，本會的再培訓課程報讀人數已較去年十至十二月上升了百分之十一，足見經濟不景令更多人需要進修增值，深信九龍東新中心的啟用，正好能為更多公眾人士提供進修增值機會。

The Opening Ceremony of the Hong Kong YWCA's Kowloon East Continuing Education Centre was held on 19th June. The guest of honour Dr. Ng Tat-lun, Chairman of the Employees Retraining Board, together with over 100 guests witnessed a new milestone set by the Hong Kong YWCA in talent development.

The theme of the ceremony was "A New Vantage Point of Kowloon East Retraining". At the ceremony, information on the latest programmes was introduced, while previous graduates from retraining programmes demonstrated their skills in beauty treatment and massage. Four outstanding participants of retraining programmes in healthcare and massage, property management, personal services, and food and beverage business also attended the ceremony and shared their stories with the press, which was undoubtedly a boost to the present despair of economic downturn.

Miss Woo Yuen-ling, Supervisor of the YWCA's Continuing Education Department considers that retraining is the key amid the immense pressure of recent financial tsunami on the labour market. In fact, the enrollment rate of the YWCA's retraining programmes has risen by 11% in March to May when compared to the last quarter of 2008, a sign suggesting that more people now consider retraining essential for better equipping themselves under the current economic turmoil. The opening of the new centre in Kowloon East will provide more opportunities in learning and retraining for the general public.



事實上，女青年會的再培訓課程一直緊貼社會經濟狀況提供適切課程。自一九九三年開始，本會持續教育部已與僱員再培訓局緊密合作，為本港失業、轉業以及在職人士提供多元化的技能培訓及就業支援服務，乃全港首批提供再培訓課程的機構之一。

The YWCA has always been offering retraining programmes that suit the society's economic conditions. Since 1993, our Continuing Education Department has been working closely with the Employees Retraining Board in providing diversified technical training and employment support services for displaced workers, the unemployed and the currently employed. The YWCA is also among the first organizations in Hong Kong to offer retraining programmes.



多年來，本會已開展了超過十間中心，累積服務人數達七萬多人。本會目前為失業及待業人士提供的課程多達四十多個，畢業生平均就業率超逾八成。在去年，女青年會更榮獲僱員再培訓局頒發「十五周年培訓成就獎」，肯定了本會在培訓工作上的努力。

Over the years the YWCA has established over 10 centres and served more than 70,000 people. Currently the YWCA offers more than 40 programmes for displaced and unemployed workers, with an employment rate of over 80% of graduates. Last year the YWCA was presented with the "15th Anniversary Retraining Achievement Award" by the Employees Retraining Board, in recognition of our effort in retraining.

凡十五歲或以上、副學士程度或以下之人士，如欲提升就業能力及個人質素，女青再培訓及就業服務可助你踏上青雲路。

Anyone who is 15 or above, with education level of an associate degree or lower, and would like to improve their working capabilities and personal qualities, are welcomed to apply for the YWCA's retraining and employment services.

九龍東持續教育中心 Kowloon East Continuing Education Centre

九龍黃大仙中心平台3樓
2/F Podium, Wong Tai Sin Shopping Centre, Kowloon
電話 Tel: 3146 3333 電郵 Email: rske@ywca.org.hk

女青年會持續教育部 YWCA Continuing Education Department

九龍窩打老道山文福道5號2樓
2/F, 5 Man Fuk Road, Waterloo Road Hill, Kowloon
電話 Tel: 2715 4301 電郵 Email: pcykc@ywca.org.hk
網頁 Website: <http://ce.ywca.org.hk>

Y⁺世代

的生命發現與成長

The Life-long Discovery and Growth of the Y Generation



奮路Teen兵小檔案：

成立期：2004年6月

累積受訓人數：299人

對象：應屆中五、中七及大專
或以上基督徒

譚詠芯 2009年學員

Tam Wing-sum

participant of 2009

「在『家庭隨想曲』的課堂中，神讓我認識寬恕的重要，祈禱饒恕爸爸。奇妙地，我居然跟爸爸說對不起，他亦跟全家說對不起！多謝神醫治我的家庭及修補破壞了的關係。」

"In one of the lessons on family relationship, I learned about the importance of forgiveness through God. I prayed to God that I would forgive my father, and sure enough, I apologized to my father and he in turn apologized to the family. I thank God for healing my family and mending our broken relationships."

學員心聲
Sharing of
Participants

Ryan

Teen Core of 2007-2009

「我向神祈禱，想成為別人的屬靈父母親，帶著耶穌的愛去影響身邊的生命，感謝主我成為Teen Core，有機會在此學習，讓我明白真正使生命改變的是神。」

"I prayed to God for a chance to become the spiritual parent of others and to influence the lives around me through Jesus love. I'm therefore grateful to God for granting me this opportunity to be a part of Teen Core, to learn and to truly understand God as the one who can really bring about changes in people's lives."

《奮路Teen兵青少年信徒領袖訓練證書課程》
"Teen Christians Certificate of Leadership Training Programme"

「我們不將這些事向他們的子孫隱瞞，要將耶和華的美德和他的能力並他奇妙的作為，述說給後代聽。……好叫他們仰望神，不忘記神的作為，惟要守他的命令。」(詩篇78篇4-7節)

上述的經文正是香港基督教女青年會基督教事工部在暑期舉辦青少年訓練的異象和目標。「奮路Teen兵青少年信徒領袖訓練證書課程」目的是讓青少年的生命得到栽培，並確立基督教價值觀和正確生活態度，不讓他們少看自己年輕，成為教會及社會未來的僕人領袖和同輩的好榜樣。

在每年六至七月，參與的青少年均會進行六星期之全時間訓練，方向以靈性培育、個人成長和社區關懷為主，形式包括開學營、課堂、小組、外展服侍及教會實習等。由二零零七年開始，基督教事工部還開辦了Teen Core Training（青年核心訓練），每年訓練十至十二位歷屆畢業生成為義工領袖，帶領新一屆奮路Teen兵小組。

"We will not hide them from their children, shewing to the generation to come the praises of the LORD, and his strength, and his wonderful works that he hath done..... That they might set their hope in God, and not forget the works of God, but keep his commandments" (Psalms 78:4-7)

The passage above summarizes precisely the objectives behind the summer training programme for teenagers organized by the YWCA Christian Ministry Department. The "Teen Christians Certificate of Leadership Training Programme" aims at providing life education to teenagers through establishing Christian values and a proper attitude in life, and building up themselves as servant leaders and peer role models of the church as well as the society in future.

In the months of June and July each year, teenage participants would receive six weeks of full-time training focusing on spiritual nurturing, personal growth and community care. The training would be conducted in various forms, including orientation camp, lessons, group sessions, outreach services and church internships. From 2007, the Christian Ministry Department also started a Teen Core Training programme in which 10 to 12 graduates were trained to be volunteer leaders to lead new groups of participants each year.

與亞洲女青 緊密交流

Asian YWCAs holding hands



上海女青年會陸揚女士於2009年5至6月到訪本會，進行為期兩個月在本會的受訓計劃，期間到各行政部門及特色服務單位了解本會管理和推行社會服務的理念及手法。陸女士感謝本會上下的充足預備及真誠分享，讓她能把香港的社會服務經驗帶回上海，並進一步開拓兩地日後的合作。本會亦很珍惜兩地同工就港滬社會發展及民生狀況之交流，讓彼此都有更廣的思維和視野。

Ms Lu Yang of Shanghai YWCA received a two-month training programme in the Hong Kong YWCA from May to June 2009. She came to various central administration departments and typical service units of the Association, and was introduced in detail our social work rationale and methodologies. Ms Lu was thankful to the Association and looked forward to further cooperation between YWCAs of Shanghai and Hong Kong in future.

另外，本會應韓國女青年會的邀請，派出4名年青代表（兩名員工及兩名義工）出席於2009年7月29日至8月1日在韓國首爾舉行之青年交流營（The YWCA Youth Camp 2009）。交流營主題為「Peace and Share」，為韓國女青最大規模的青年活動，超過250位來自韓國各地的大學生及青少年一起生活五天四夜，交流兩地文化及促進和平之工作。香港代表公開介紹本會如何透過義工發展推動社會和平，包括本會特色義工服務的推行、三三四新學制配合學校義工培訓、義工服務揉合國情教育等；同時，亦深深感受到韓國青年友善、和諧、團結之民族精神。

Invited by the YWCA of Korea, the Hong Kong YWCA had pleasure to send 4 representatives (2 staff and 2 volunteers) to the YWCA Youth Camp 2009 held in Seoul, Korea from July 29th to August 1st 2009, under the theme of "Peace and Share". The Camp was the biggest youth gathering in YWCA of Korea, and had more than 250 youths and students coming from local YWCAs of Korea and from other national YWCAs. All participants enjoyed sharing their stories of promoting Peace or Sharing in their home countries through YWCA.



新增女青年會會員優惠 New Member Benefits of HKYWCA



香港攀山訓練中心



沙木尼登山用品

會員選購任何產品

可享八折優惠
(特價品除外)



長者安居服務協會
Senior Citizen Home Safety Association

會員可以優惠價租用

**「一線通平安鐘」及
「隨身寶」服務；**

並享有「居家通」長者用品店購物優惠。



會員可免費申請中石化VIP現金卡。持有中石化VIP現金卡到油站入油，均可獲得以下折扣：

超級電油
SINO X POWER 折扣: \$1.50/升

普通電油
SINO POWER 折扣: \$1.30/升



Unprecedented Cooperation
with New York Life Insurance

Promoting Activities Beyond
Borders and Nationalities



紐約人壽的義工除了為是次活動出錢出力，在活動前更接受了女青年會專業社工的義工服務訓練，部份並親身參與活動設計。他們表示，是次活動增加了他們對本港基層社群的了解，有助日後投入更多不同的社區服務。

The volunteers from NYLIC played their part in making this event a success as well. They received volunteer service training from the YWCA's professional social workers before the event, and some of them even took part in designing and planning. They have learned more about the grass-root community in Hong Kong through this event, and that the experience will help them as they take part in more community services in future.



首度與紐約人壽合作

推展「無國界」社區活動

在剛過去的五月，香港基督教女青年會獲紐約人壽國際公司(NYLIC)贊助舉行“Big Day Out”活動，邀請超過七十名來自本地基層及少數族裔之家庭成員一同參觀海洋公園。是次活動目的是讓他們與家人共敘天倫之餘，並從中學習與不同種族人士溝通，促進共融。

是次活動可稱得上是無國界限制，參加者包括本地基層家庭、南亞裔人士及國際學校學生義工，而紐約人壽亦派出六十多名不同國籍之員工擔任領隊，當中更有來自美國紐約人壽總公司之管理層。義工分組帶領參加者遊覽園內展館、玩機動遊戲及觀賞表演節目，大家打破了年齡及語言隔膜，沿途氣氛相當融洽。南亞裔小朋友更獲安排在午飯時表演魔術，讓他們有機會發揮才能及提升自信。

The Hong Kong YWCA organized a “Big Day Out” in May with the sponsorship from The New York Life Insurance Company (NYLIC). Over 70 members of local grass-root families and ethnic minorities were invited to visit Ocean Park. It offered a unique opportunity for the participants to enjoy the time with their family members; while at the same time learn to communicate with the ethnic minorities to promote social harmony.

It was an event that went beyond nationalities. Participants included local grass-root families, people from South Asia, and student volunteers from international schools. Over 60 staff members of different nationalities from NYLIC also served as group leaders, some of them were from the management level at the headquarters of NYLIC. The volunteers led the participants in groups in visiting Ocean Park's various attractions and watching the park's different shows. Their time together was harmonious in spite of their differences in age and language. During lunch, children from South Asia performed a magic show to showcase their abilities as well as to enhance their self-confidence.

團隊精神的成就

女青年會勇奪社工盃冠軍

Triumph of Team Spirit. YWCA Wins Social Work Cup.



就是那份永不放棄的團隊精神，成就了香港基督教女青年會在第廿三屆社工盃七人足球賽，首次勇奪總冠軍！

The Hong Kong YWCA has won the 23rd Social Work Cup Football Competition. By its unfaltering spirit and a resolve that would never give up, the team has won the championship for the first time.

決賽當晚，在二百多位市民見證，女青年會三十多位同事及友好打氣下，女青年會足球隊表現出最高水準，開賽初段控制比賽節奏，然而對手社會福利署嚴密防守，本隊久攻不下之際，卻被對手射入死角，半場落後零比一。

落後沒有打擊這隊心理素質極高的強隊，女青年會隊員在下半場以永不言敗、後來居上的經驗互相勉勵。在排山倒海的攻勢下，本隊終於扳成平手。惟兩隊在時限內仍難分勝負，須以互射九碼球決勝，最後本隊終以總比數四比三，歷史性首次捧走社工盃。頃刻間緊緊的相擁，代表了一切喜悅及感動！

頒獎台上，女青年會領隊及隊長何冠毅在社會福利署觀塘區福利專員林嘉泰先生手中接過冠軍獎盃；本隊葉永豪亦以十三球的佳績，成為賽事的神射手，由立法會議員張國柱先生頒獎。

最後大家高唱 “We all belong to the Y”，代表著女青年會這支勝利團隊分享的喜悅。

On the night of the final round match, the YWCA football team showed great skill under the cheering of their colleagues, friends and over 200 spectators. The team had slight edge right from the beginning over its opponent. However, close defence by Social Welfare Department team allowed them to get their first goal before half-time amid several attacks by our team.

But falling behind proved to be insufficient to bring the YWCA team down, as it only intensified their attacks on their opponent's goal in the second half until the teams were finally tied before full-time. In the end, a 9-yard shootout brought the YWCA team victory with a final score of 4-3, earning the team the Social Work Cup for the very first time. The team members were overjoyed and touched that they had won.

On the medal platform, the leader of the YWCA team, Ho Kwun-ngai, received on the team's behalf the Champion's Cup from Mr. Lam Ka-tai, the Kwun Tong District Social Welfare Officer of the Social Welfare Department; while team member Yip Wing-ho was awarded the Most Valuable Player by Legislative Council member Mr. Cheung Kwok Che, with a total of 13 goals scored.

The YWCA team later celebrated their victory by singing “We all belong to the Y” together.





Y.W.C.A. Y.W.C.A. Y.W.C.A. Y.W.C.A. Y.W.C.A. Y.W.C.A.
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 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