

梁紹榮度假村隆重開幕

發展嶄新「家庭度假村」服務



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

WOMEN'S  
VOICE

聲

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香港基督教女青年會梁紹榮度假村  
Hong Kong Young Women's Christian Association  
Sydney Leong Holiday Lodge

梁紹榮度假村 開幕典禮

Sydney Leong Holiday Lodge



香港基督教女青年會梁紹榮度假村  
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## 女聲

編者話

### Editor's Note

作為全港十大社福機構之一，這場「金融海嘯」的影響，即時列入女青年會制訂服務的議程。經歷97年金融風暴、沙士等逆境，女青年會明白公眾需要社會服務機構更大的支持。

陳麗歡總幹事在《女聲》闡述女青年會回應這場海嘯服務的方向。本會的青年就業、再培訓及家庭健康促進中心等服務，將會投入更多資源，以應付更大的社會需要。女青年會的使命就是協助社會跨越這次逆境。

Recently, the financial tsunami which hit the whole world is deemed to top the list for important events. Being one of the ten most well-developed social welfare organizations in Hong Kong, YWCA promptly responds to the influence of the financial crisis by organizing relevant service programmes. Having undergone hard times like the Asian Financial Crisis in 1997 and SARS, YWCA understands the need of the public for more support from social services organizations.

In this issue of Women's Voice, Miranda Chan, our Chief Executive, will explain the orientation of YWCA in terms of how services will be held in response to the financial tsunami. Meanwhile, more resources will be allocated to two areas of services provided by our association, namely youth employment, employees retraining and Family Wellness Centre in order to cope with the growing demand. To help our society overcome this adversity is the mission of YWCA.





# 隆重開幕

梁紹榮度假村

發展嶄新「家庭度假村」服務



## The HONG KONG Y.W.C.A. Sydney Leong Holiday Lodge offers brand new family camping service

香港基督教女青年會梁紹榮度假村於今年1月中旬正式舉行開幕典禮，並邀得香港特別行政區行政長官夫人曾鮑笑薇女士擔任主禮嘉賓。度假村原為具有四十年歷史的青年營，在善長、社會人士及政府部門的鼎力支持下，成功重建成為設備先進的度假設施。為感謝善長梁紹榮伉儷慷慨捐輸超過一千萬元，度假村命名為「香港基督教女青年會梁紹榮度假村」。

The grand opening ceremony of the HONG KONG Y.W.C.A. Sydney Leong Holiday Lodge was held in mid-January. The ceremony was officiated by MRS. SELINA TSANG, Wife of the Chief Executive of the HKSAR. Sydney Leong Holiday Lodge was originally a youth camp site established more than 40 years ago. With the support of donors, members of the public and the government, it is renovated into a modern holiday camp site with cutting-edge facilities. To honour Mr and Mrs Sydney Leong's generous donation of over HK\$10 million, it is named Y.W.C.A. Sydney Leong Holiday Lodge.







梁紹榮  
度假村



# 感受悠然

## 梁紹榮度假村介紹

查詢電話：2980 2321

地點：大嶼山南區磡石灣 面積：10,800平方米

### 特色

- 首推創新的「家庭度假村」，專業的歷奇訓練中，加入社會服務及家庭健康的元素，從活動中強化家庭凝聚力。
- 度假村內的空中花園，讓大家日間可以遠眺長沙海灘及周遭大自然環境，晚間更可欣賞天文奇觀。
- 貫徹「可持續發展」的建築概念，度假村均採用自然採光及高空氣流通量的設計，參加者可盡情享受與大自然親近的時間，以及產生環保節能的效用。

### 設備

- 客房備有2人及4人家庭房，以及8人團體房，最多可容納200人。
- 室內設施包括大禮堂、活動室、會議室、數碼天地及餐廳等。
- 室外設有射箭場、攀石牆及繩網陣等。

## Hong Kong Young Women's Christian Association Sydney Leong Holiday Lodge – Quick Facts

Location: San Shek Wan, South District, Lantau Island

Area: 10,800m<sup>2</sup>

### Features:

- Pioneer in integrating social services and family wellness into adventure activities. Participants can foster a stronger bond with their families.
- Roof gardens overlook Cheung Sha Beach and natural scenery of the neighbourhood. At night, it gives a clear view of the sky that allowing star gazing.
- Sustainable design of the holiday lodge makes use of natural daylighting and natural ventilation which gives visitors a good taste of nature and saves energy at the same time.

### Facilities:

- rooms for 2, 4, and 8 (maximum capacity: 200 persons)
- assembly hall, conference room, multi-functional court, IT area, restaurants
- archery range, artificial climbing wall, ropes course

Enquiry: 2980 2321





位於大嶼山的梁紹榮度假村耗資超過五千萬重建，其規劃布局、建築設計、用料等都彰顯環保及與大自然融合的設計特色，展現可持續發展的建築概念。度假村的建築設計更榮獲香港建築師學會2007年境內優異獎。

The renovation of Y.W.C.A. Sydney Leong Holiday Lodge costs over HK\$50 million. Its design, architectural style and materials embrace a green theme of sustainability and integration with the nature. It also won the Merit Award of Hong Kong - Community Building from the Hong Kong Institute of Architects in 2007.



重建後的度假村不獨優化了硬件，更銳意提供嶄新的軟件服務，由「青年營」逐漸轉型為全港獨一無二「家庭度假村」。香港基督教女青年會會長黃文瑋太平紳士當日致歡迎辭時表示，女青年會了解到近年的社會需要，於是積極在不同服務中推廣「家庭健康」運動，以打穩社會的根基。

The camp site not only enjoys an improvement of facilities, but also provides new services as it switches from a youth camp site to a family holiday lodge. Mrs. Mona Leong, MBE, BBS, JP, president of HKYWCA pointed out in the welcoming speech of the opening ceremony that such a transformation was to address the need of the public and to promote the idea of 'family wellness' so as to foster the functions of family as a basic unit in our community.

她續道：「重建以後的度假村更加任重道遠，不但進一步優化和培育青少年，我們更加會發展和創新，成為一所『家庭度假村』，將社會服務及家庭健康的元素，融合在歷奇活動當中，令不同階層及背景的人士，在參與運動中，強化家庭成員的溝通和凝聚力，令家庭更加和諧和快樂。」

'The holiday lodge now has a more important role to play. It is only not to foster the growth of youngsters but also to promote family harmony by integrating social services and the concept of family wellness into adventure activities. Participating in these family activities, people from all walks of life can benefit in terms of better communication and stronger bond with their families,' Mrs Leong commented.



## 樂助梁紹榮度假村 建築費者芳名

### 樂助壹仟萬元以上者芳名

- 梁紹榮伉儷

### 樂助貳佰萬元者芳名

- 楊邦鐸女士

### 樂助壹佰萬元者芳名

- 智翰慈善基金有限公司
- 滙豐銀行慈善基金
- 慧妍雅集

### 樂助陸拾萬元者芳名

- KONNONIA LIMITED

### 樂助叁拾萬元者芳名

- 鄭容麗女士
- 黎用冠夫人

### 樂助貳拾萬元者芳名

- 孫巽元女士
- 黃炳禮伉儷
- 羅章文女士
- 李國賢基金會有限公司

### 樂助拾萬元者芳名

- 李如蘭女士
- 李宛羣女士
- 利榮傑夫人
- 何志偉夫人
- 吳夢珍博士
- 周厚澄夫人
- 林珏伉儷
- 胡秀霞女士
- 高茗華女士
- 孫雅娜女士
- 陳子政伉儷
- 陳素薇女士
- 梁慕玲女士
- 梁慕清女士
- 陸西琳女士
- 湯偉奇伉儷
- 詹振群先生
- 靳羽珊女士
- 趙錦屏女士
- 蔡衍濤伉儷
- 潘寶釧女士
- BANK OF COMMUNICATIONS CHARITABLE FOUNDATION LTD.

### 樂助伍萬元者芳名

- JUNIC CONSTRUCTION CO. LTD.

### 樂助叁萬元者芳名

- 江婉菩女士
- 林樹翔女士
- 梁守肫伉儷
- 梁國偉先生
- 劉輔臣先生、夫人
- 婦光團編織組





# 女青一家 同步同心

香港基督教女青年會經過88年來的不斷擴展，能躋身全港十大社會服務機構之一，全賴全體董事委員、同工及義工齊心努力的成果。一年一度的周年大會暨董事就職典禮在去年12月5日順利舉行。這項全會一年一度的盛事，不但為女青年會過去一年努力作個總結，更是慶祝新一屆董事就職的大日子。

在女青年會總會所舉行的典禮，有超過200名會員、同工及企業合作伙伴出席參加。本會邀請了梁永善牧師擔任董事就職典禮嘉賓，他十分欣賞各董事委員一直義務為女青年會獻上時間及心思，相信女青年會在董事委員及全體員工的努力下，各項服務將令更多人能夠受惠。



After a long strife of 88 years, HKYWCA has become one of the top ten social services organizations in Hong Kong. It is attributed to the hard work of YWCA board of directors, members, staff, and volunteers. The 88th Annual General Meeting cum Board of Directors Inauguration Ceremony of HKYWCA was held on December 5 2008. It provided a good opportunity for us to review the achievements of the organization over the past year and also to give a warm welcoming to the new board of directors.

The ceremony was attended by over 200 YWCA members, staff, volunteers and representatives of our corporate and business partners. Rev. Leung Wing Sin joined us as the officiating guest of honour. He held the dedication of the board members in high regards and believed that with the concerted effort of the new board and staff, the organization is going to benefit more members of the public.





# One Family One Heart

The 88th Annual General Meeting cum  
Board of Directors Inauguration Ceremony

## 第88屆周年大會暨董事就職典禮



梁牧師為大會主持「獻心」儀式，新一屆董事成員從牧師手上接過特製之心型裝飾後，隨即放進巨型女青大廈模型內，象徵著董事們願意付上心思、意念、精神、關懷、時間和才幹，把愛的力量注滿女青之內，承諾未來與女青大家庭，繼續本著「生命的栽培」為宗旨，同步同心，造福社群。

女青年會當晚亦舉行了周年聚餐，邀請女青董事、委員、義工、會員、同工及其他商界合作伙伴等逾300人出席。聚餐期間除頒發長期服務獎外，亦由長者及青年義工表演Hip Hop舞蹈，充分表現出他們跨年代的活力，長幼共融，引得席上眾人大拍手掌。大家在欣賞表演之同時，亦互祝未來一年工作順利。

In the 'devote our heart' ceremony, new board members received decorations in heart shape from Rev. Leung and put them into a model of the YWCA building to represent that the new board is going to contribute their love, devotion, mind, thoughts, spirits, care, time and talent to the organization, and to lead the YWCA family to make contributions to society in the spirit of 'Enhancement of Life'.

The annual dinner was also held on the same occasion, attended by over 300 YWCA board members, committee members, volunteers, members, staff and representatives of our business partners. The dinner was highlighted by the presentation of long-service awards and a hip-hop dance performance by elderly and young volunteers. Their energy and spirit of generation-integration received a thunderous applause from the audience. Wishes were extended to the work of the organization in the coming year.





# 為社會服務 女青年會走在最前 力推社會企業 推動就業



## YWCA in the front line of social services Support social enterprises to create employment

失業率每月上升，政府再三指出金融海嘯對勞工市場的不利影響會逐步增加，失業率數字將再有壓力。

這訊息在社會上早已預料得到，尤其女青年會有十多年青年就業服務的經驗，亦是最早參與提供再培訓課程的機構之一，女青年會的團隊早已受命，要比社會走前一步。

在金融海嘯的巨浪剛至，女青年會的青年就業服務即時進行了一項意見調查，五百名待業及在職青年，過半數都表示金融海嘯後就業定會比以前更加困難，部分青年更早在十月份因被裁減而失業。此外，負責再培訓課程的持續教育部，亦已發現報讀再培訓課程的人數大幅上升。團隊已加緊安排開辦新班，更積極研究推出新課程，讓公眾有更多進修機會，預防失業。

女青年會總幹事陳麗歡博士接受《女聲》專訪時指出，生計是一個家庭首要處理的事情，失業更可能是家庭問題的導火線。女青年會一直深明這一點，因此，多年以來，在青年就業服務及再培訓工作上均全力以赴。陳博士透露這只是開端，為了應付社會需要，女青年會正研究兩項社會企業，包括是由長者及婦女主導的餐飲服務，以及支援健康知識的「社區健康中心」。

In mid-December, the government announced the latest unemployment rate with a rise to 4.6%. It also pointed out that the adverse impact of the financial tsunami on the labour market will increase gradually.

This situation has been anticipated by the general public well in advance, especially for YWCA, which has not only provided youth employment services for more than 10 years, but is also one of the organizations offering the earliest retraining courses. YWCA has been determined to cope with challenges in society with our foresight.

At the onset of the financial crisis, the youth employment service of YWCA immediately surveyed a total of 500 young people, both employed and those who were looking for jobs. More than half of the surveyed expressed that getting a job after the financial tsunami must become even more difficult. Some of them were even laid off earlier in October. Meanwhile, Continuing Education Department, which is responsible for providing retraining courses, also reported a marked increase in the number of applicants for retraining courses. Our team has already stepped up our efforts to hold more classes. In addition, it is actively considering organizing new courses to give more opportunities of training to the public in order to avoid unemployment.

In an interview conducted by Women's Voice, Dr. Miranda Chan, Chief Executive of YWCA, pointed out that to make a living is a priority in a family, and unemployment can be an immediate cause of family problems. Having realized this, YWCA has made every effort to offer youth employment services and retraining programmes over the years. Dr. Chan said this is only a start. To meet the need of society, YWCA is considering two social enterprise projects, including the catering services managed by a group of elderly people and women as well as the Community Health Centre which educates the public on health knowledge.



## 總幹事：

## 「笑看挑戰，抱抱家人，陽光就在不遠處。」

當問到總幹事會給港人甚麼寄語？她微笑道：「笑看挑戰，抱抱家人。」

'Let's wear a smile and hug our family,' Dr. Chan shares her genuine wish with all Hong Kong people in a nutshell.



作為十大社會服務機構之一的領袖，女青年會總幹事陳麗歡博士開宗明義，要對抗逆境家庭是最重要的。「要為社會提供好的服務，女青年會首要是關心員工及他們的家人。海嘯的巨浪開始時，我們即時舉辦多場『同工心靈加油站』，找來專家以至應付過經濟逆境的過來人分享與家庭成員共同應對挑戰的經驗。」

女青年會除了發展新的社會企業外，亦會加強公眾的精神及家庭健康服務。陳博士總結過去多年的社會服務經驗指出，生計往往是家庭悲劇的導火線，因此，女青年會希望在就業方面下多一點工夫。而本會成立了25年，由資深義工接聽的輔導熱線亦將加強培訓，以應付越見複雜的社會狀況：「有些資深義工的經驗不下於專業社工，有時接聽來電時更易於掌握求助者的需要。」

**YWCA Chief Executive: Wear a smile and hug your family. A brighter future is about to come.**

Being the leader of one of the top ten social services organizations in Hong Kong, Dr. Miranda Chan, Chief Executive of YWCA, strongly believes that family is of the utmost importance to fight adversity. "YWCA thinks that care and support for our staff as well as their families are crucial to our quality services in society. That's why at the onset of the financial tsunami, a number of "Spiritual Support for Staff Workshops" were held, inviting professionals and those who had overcome financial hardship before to share with our fellow colleagues their experience of facing challenges together with their families.

Not only does YWCA start new types of social enterprises, but also improves its mental and family health services for the general public. Reflecting on her experience of social services in the past years, Dr. Chan considers livelihood as the immediate cause of family tragedies. In response to this, YWCA would like to provide better services to ease unemployment issues. On the other hand, regarding a more complicated society, enhancement training will be given to our veteran volunteers who answer phone calls to the YWCA counseling hotline which has been in service for 25 years. 'Some of our veteran volunteers are as experienced as professional social workers. They are able to address the concerns of callers swiftly and sensitively.'



正當各界著力重整經濟時，香港基督教女青年會深信市民的心理質素及家庭狀況同樣是對抗逆境的關鍵。為此，女青年會得到恒生銀行贊助，於1月18日假香港大學舉行「對抗逆境講座」，並免費招待了逾300名市民參加。

Alongside with the struggle for an economic recovery, HKYWCA believes that psychological wellness and family wellness are two essential factors for Hong Kong people to fight adversities brought by the financial meltdown. With the generous sponsorship of Hang Seng Bank, the organization held a seminar called 'Up against Adversity' on 18 January at the University of Hong Kong. Over 300 citizens were received for free as audiences.



匯聚多方專業

YWCA draws in professional synergy to fight challenges ahead

# 共迎未來挑戰

女青年會獲恒生贊助舉行「對抗逆境講座」

**'Up against Adversity' Seminar receives Hang Seng Bank Sponsorship**

逆境有時未必最為可怕，孤立無援往往更易使人陷入低谷。是次講座因此邀得多位名人及專家分享經驗，包括資深演藝人夏雨先生、恒生銀行副董事長兼行政總裁柯清輝先生、香港基督教女青年會總幹事陳麗歡博士、資深精神科醫生及報章專欄作家陳國棟醫生和香港大學榮譽助理教授及資深執業心理及催眠治療師鄧國永博士，並由資深傳媒人張笑容女士擔任嘉賓主持。

講座務求匯聚多方專業，發揮集思廣益的精神，帶領參加者，包括專業人士、在職青年、大專學生及來自天水圍、屯門、青衣與深水埗等各區的基層家庭，重新審視刻下面對的逆境，及如何提升個人精神健康及抗逆力。

Adversity may not be the worst fear; isolation can send people to deep distress. Hosted by renowned journalist Ms Cheung Siu Yung, the seminar featured speakers ranging from celebrities to professionals. They included veteran actor Mr Ha Yu, Vice-President and Chief Executive of Hang Seng Bank Mr Raymond Or, Chief Executive of HKYWCA Dr Miranda Chan, veteran psychiatrist and columnist Dr Chan Kwok Tung and Honorary Assistant Professor of the University of Hong Kong, certified psychotherapist and hypnotherapist Dr Tang Kwok Wing.

Among the audiences were professionals, working youths, tertiary students and members of grassroots families from Tin Shui Wai, Tuen Mun, Tsing Yi and Sham Shui Po. Synergy of the guest speakers led the participants to reflect on themselves and the adversities they were facing, and to foster their mental well-being and raise their resilience.

為了進一步提升市民的精神健康，女青年會將於3月至5月期間舉行多場由恒生銀行贊助的情緒病認知治療工作坊及處理失眠工作坊，詳情可瀏覽 <http://counselling.ywca.org.hk/main.htm>。

查詢：3443 1601(香港基督教女青年會家庭健康促進中心)





## 柯清輝先生

柯清輝先生表示：「雖然香港只是一個細小的地方，卻能發展成國際金融中心，作為港人應該覺得驕傲。在這個非常時期，大家不要灰心。因為每次逆境過後，香港都會變得更強壯；冬去春來，黑夜過後就有光明的早上。恒生銀行亦會繼續履行企業責任，關心社會；希望大家亦積極發揮香港人自強不息的精神。」

'Hong Kong has grown from a minor spot to an international financial centre. Hong Kong people should be proud of our hometown. We should not lose our faith in this difficult period since Hong Kong will only grow stronger after storms. Bitter winter passes and the spring comes. Dark night ends, and a great day dawns. Hang Seng Bank will continue to carry out social responsibility and extend our care to members of the public. It is also our hope that Hong Kong people can continue to hold a high spirit and their steadfast determination,' said Raymond Or.



夏雨先生亦真情剖白他演藝生涯中的低潮，他表示：「我在人生每一階段都為自己設下目標，遇到逆境亦要勇於面對。即使在演藝事業上屢遇挫折，亦沒有氣餒。如果當初遇到失意便放棄，便沒有今天的成就。我感謝家人的支持，他們是我的推動力。」

Ha Yu shared with the participants the ups and downs in his life as an entertainer. 'I set goals for myself in every stage of my life, and I am determined to embrace all challenges. I didn't give up even at the tough times in my acting career. I would not be able to enjoy what I've achieved today had I given up at the beginning. I am grateful for the support of my family too. They have always been my driving force'



## 夏雨先生



陳麗歡博士表示：「女青年會十分高興與恒生銀行攜手合作，舉辦一系列對抗逆境講座，提升個人及家庭心理質素。女青年會一直致力推廣『家庭健康』的訊息，當中提倡的『積極信念』及提升『家庭抗逆力』，正正是對抗逆境的關鍵元素，而透過多方專業分享，相信能為香港市民注入強大正能量，面對逆境的挑戰。」

Dr Chan said, 'YWCA is very pleased to work hand in hand with Hang Seng Bank in organizing this series of seminars on fighting adversity. YWCA has spared no effort in promoting the idea of family wellness, in which 'strong faith' and 'family resilience' are the keys to staying strong amidst hard times. We hope to inject positive energy to every Hong Kong citizens with this series of seminars.'

## 陳麗歡博士

To further raise the awareness of our citizens on mental wellness, HKYWCA is going to hold a number of workshops with the sponsorship from Hang Seng Bank on cognitive therapy on psychological illnesses and ways to tackle insomnia from March to May. For details, please visit <http://counselling.ywca.org.hk/main.htm>.

Hotline: 3443 1601 (HKYWCA Family Wellness Centre)



# 金融海嘯下 逾4成人焦慮失眠

## 40% interviewees suffer anxiety and insomnia amidst financial meltdown

為了進一步關顧本港市民在金融海嘯下的精神健康，女青年會於去年11月下旬至今年1月初還進行了「香港兩性面對金融海嘯之精神健康狀況調查」。是次調查共訪問了1,058位18歲以上的市民，結果發現逾4成受訪者在金融海嘯下出現焦慮失眠等問題，同時亦有近4成半人出現社交障礙的徵狀。

負責調查的家庭健康促進中心督導主任李雯珊還指出，調查顯示兩性面對壓力時出現的反應或徵兆不盡相同。女性面對壓力時，較容易出現身體不適等問題，例如痛症、精神不濟等，因此若女性表達有此情況時，大家應多留意其精神健康狀況。而男性則較傾向質疑自己做得不夠好，持續有精神壓力，並且傾向以「獨自思考」面對難題，故家人或朋友應給予他們空間思考及沉澱感受。另須緊記的是，男士並非沒有壓力，只是較少表達，所以大家應多關心及支持身邊的男士。

In order to study how bad the financial tsunami has mentally affected Hong Kong citizens, a survey called 'Mental Health of Males and Females in Hong Kong amidst Financial Meltdown' was conducted by the HKYWCA from late November 2008 to early January 2009. Out of the 1058 people aged 18 or above interviewed, over 40 percent of them expressed they suffered anxiety and insomnia; more than 45 percent had developed symptoms of social dysfunction.

Ms Lee Man Shan, supervisor of the Family Wellness Centre and person-in-charge of the survey, pointed out that the way males and females react to stress and related symptoms are different. Under stress, females are more likely to feel physically unwell, e.g. pains and aches and a lack of energy. Therefore, if females around us have such complaints, we should pay attention to their mental wellness. Males on the other hand tend to suffer from self-doubt and prolonged stress. They also tend to keep the problems to themselves and try to figure the way out on their own. We are advised to give them space to ponder on their issues and settle down their feelings. What we should bear in mind is that males also have stress but it is not common for them to express their anxiety verbally. Ms Lee reminded the public to care for and support men as well.



## Common reactions (physical and mental) of males and females under stress 兩性面對壓力時最常出現的身體或精神徵兆

	女性 Female	男性 Male
第一位 1st	有些事情非你能預計(47.1%) Feeling a loss of control of life (47.1%)	有些事情非你能預計(48.7%) Feeling a loss of control of life (48.7%)
第二位 2nd	情緒十分低落(35.5%) Feeling depressed (35.5%)	持續有精神壓力(34.2%) Feeling under prolonged stress (34.2%)
第三位 3rd	身體不適(33.0%) Feeling physically unwell (33.0%)	自己處事方法不太好(33.9%) Feeling not having done the best (33.9%)
第四位 4th	難以熟睡(31.8%) Difficult to have deep sleep (31.8%)	情緒十分低落(32.8%) Feeling depressed (32.8%)
第五位 5th	時常令自己奔波勞碌(31.6%) Exhausting myself with work/ chores (31.6%)	時常令自己奔波勞碌(31.3%) Exhausting myself with work/ chores (31.3%)

此外，調查亦發現，許多受訪者面對金融海嘯引致的壓力及困難時，大多傾向自己解決，例如逾半受訪者表示嘗試以正面積極的態度，透過一己之力解決金融海嘯引發的問題，亦會自我調節以適應當前的環境。李雯珊認為，有正面積極態度是好事，然而獨力面對問題時，壓力相對較大，亦容易鑽牛角尖，危機往往由此而生。

她續道，是次調查亦顯示，超過一成受訪者從不與親友分享感受、聽取意見及接受旁人的關心與支持，他們薄弱的社交支援，實在教人擔心與憂慮。因此，她呼籲市民留意個人的社交支援網絡是否健康，並學習在困境中與家人朋友互相扶持，同舟共濟。

The survey also revealed that most people chose to face pressure and difficulties brought by the financial meltdown on their own. Over 50 percent of the interviewees expressed they would adopt a positive attitude in face of hard time and make certain adjustments on their lives. While a positive reappraisal can help definitely, Ms Lee warned that counting on one's own might bring a person greater pressure. It could be dangerous if his or her thoughts went extreme.

In the survey, more 10 percent of the interviewees expressed they never shared their feelings with their families or friends, listened to or accepted care and support from other people. Ms Lee commented that their weak social support was worrying and therefore reminded the public to review whether they had a healthy social support network as well as to support their families and friends at difficult times.



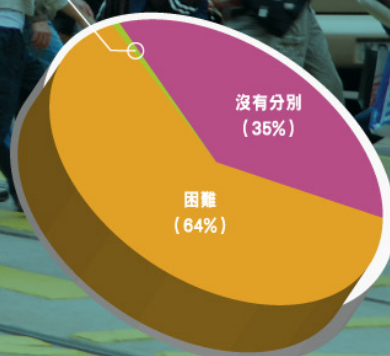
女青年會家庭健康促進中心督導主任李雯珊，除了在發布會上公布調查外，其後亦獲NOW新聞台及香港電台「自由風自由phone」邊請分享有關結果。



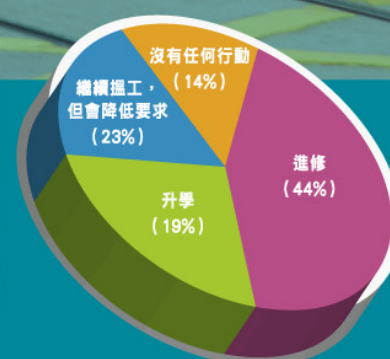


# 青年欠缺工作經驗 六成三擔心海嘯影響就業

表一：找工作會否比之前困難？



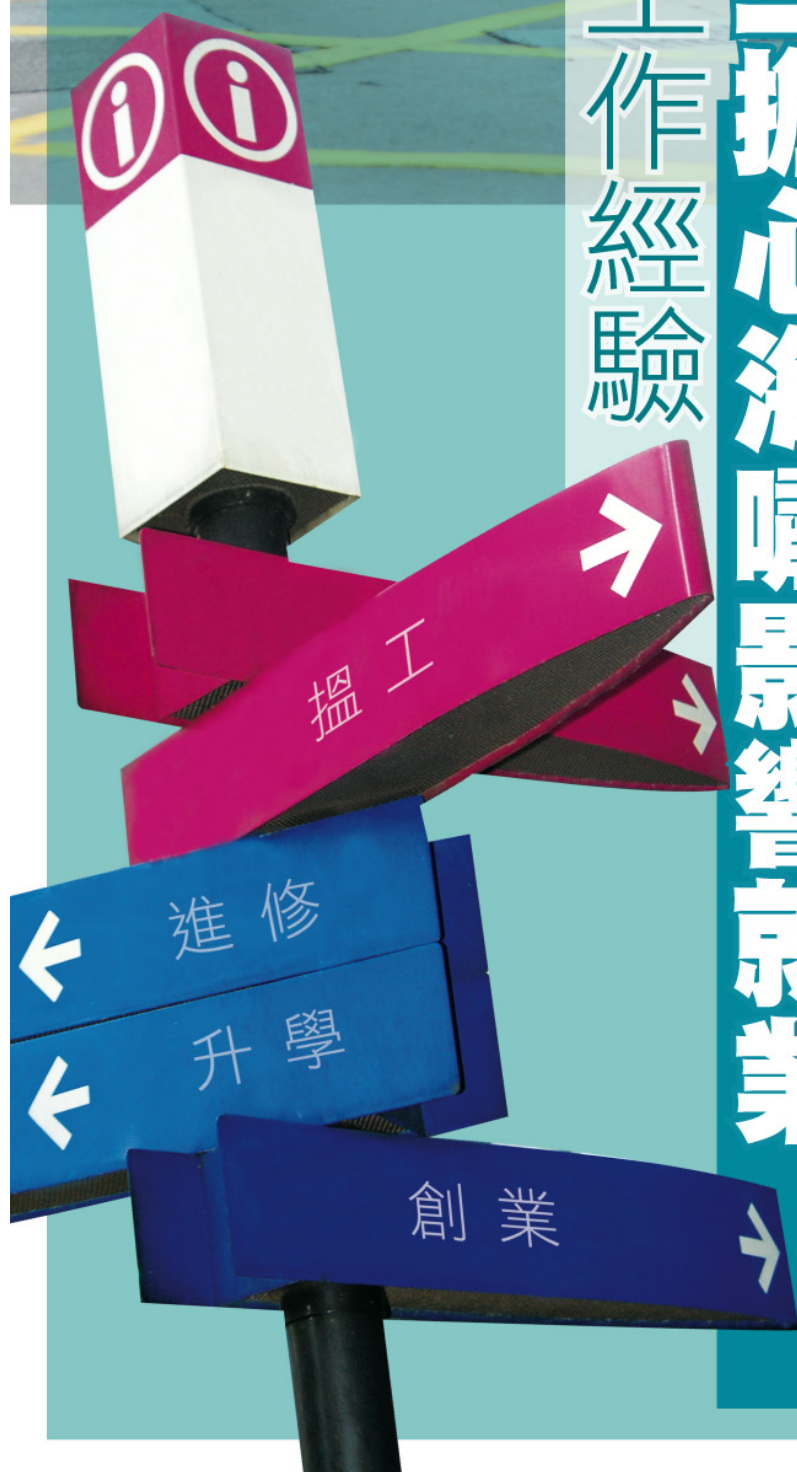
表二：會做什麼面對金融海嘯？



## 63% Young People Worry About Unemployment in the Midst of Financial Tsunami

金融海嘯席捲全球，失業率務必攀升，缺乏工作經驗的青年勢必首當其衝受到影響。一向關注青年就業問題的香港基督教女青年會，因此在去年10月中旬政府公布失業率前，向五百位待業及在職青年進行問卷調查，結果發現在待業青年當中，有六成四人表示金融海嘯後「搵工」較之前更加困難（見表一），六成三表示會選擇進修或降低要求（見表二），以增加就業機會。

As the financial tsunami sweeps the globe, local unemployment rate is expected to escalate inevitably. Young people who lack working experience are the most affected. HKYWCA has a strong concern over youth employment. Before the government released unemployment figures in October 2008, the organization had conducted a survey among 500 young people who were currently employed or looking for a job. Findings show that 64% of those unemployed expressed it became more difficult for them to find a job (see figure 1); 63% expressed they would opt for continuing their studies or lower their demands so as to raise their employability (see figure 2).





調查同時反映，仍有五成三受訪的待業青年，表示有信心在一個月內找到工作。女青年會青年就業服務督導主任林遠濠表示，雖然樂觀並非壞事，但面對接踵而來的負面消息，他呼籲青年須為最壞情況做足心理預備，亦宜加緊裝備自己，例如多點閱讀報章、修讀短期課程等，為即將出現的面試機會作準備。

此外，他預計今年就業情況將會雪上加霜，故女青年會現已積極聯繫企業，期望他們繼續為青年人提供寶貴的工作及實習空缺，讓更多年輕人在經濟低迷的環境下，仍有機會累積工作經驗，為日後發展作好準備。

Findings also show that 53% of the surveyed expressed their confidence in being able to get a job within a month. Lam Yuen Ho, Supervisor of Youth Employment Services of HKYWCA said it is good to remain optimistic. However, in face of the surge of businesses closures, youngsters should prepare themselves for the worst and equipped themselves through reading newspapers and taking short training courses for potential interview opportunities in future.

Lam also foresaw a more difficult time to come in the labour market in this year. In response, HKYWCA has been actively approaching businesses, appealing them to provide more job placements for young people so as to help our youth to gain valuable working experience for their career development.



## 商界支持青年就業服務 百仁基金副主席施榮忻：「要給年輕人機會！」 Centum Charitas Foundation Supports Youth Employment Services

暑期工可以伴同老闆出席大型論壇，還可列席中聯辦的會議？在2008年暑假，一位來自天水圍的19歲女學生便在女青年會安排下，有機會在百仁基金副主席施榮忻先生的公司擔任暑期工，因而大開眼界。這全因施先生的信念：「要給年輕人機會！」

百仁基金一向十分關心青年發展，在3月，該會已贊助了100位天水圍學童參與文化遊。施先生表示：「那次只是一個開端，百仁基金一直期望可為該區青年做得更多！」到了暑假，該會發動了成員提供多個工作實習空缺給天水圍的青年。

施先生認為：「我以前在加拿大讀書，也曾在酒樓當過暑期工，很明白這種訓練對青年人的長遠幫助。」故此，他毫不吝嗇地提供機會，甚至帶其公司的暑期工出席中聯辦會議，讓她知道上班是怎麼回事，大機構又是如何運作。

問他會否擔心初出茅廬的年輕人應付不了如此大場面嗎？施先生笑言絕不擔心：「我覺得『小朋友』第一次工作，不犯大錯已算很成功，他們不明白只須教導便行了！」

雖然社會經濟下滑，但施先生表示，百仁基金支持青年長遠發展的信念不變。他始終相信，需要給予年輕人機會，才能為社會栽培人才。

Can you imagine a teenager attending a symposium and a meeting of the Liaison Office of the Central People's Government in HKSAR? In summer 2008, a 19-year-old girl from Tin Shui Wai was given such invaluable chances all because she took up a summer job in the business of Sze Wine Him, Jaime, Vice President of Centum Charitas Foundation. 'We should give youngsters a chance!' said Sze.

Centum Charitas Foundation has a keen concern over youth development. In March 2008, it sponsored 100 students from Tin Shui Wai to join a cultural visit. 'It was a start only. We always want to do more for the youth in Tin Shui Wai,' said Sze. In summer, the foundation motivated many of its members to provide summer job vacancies for Tin Shui Wai youngsters.

'When I was studying in Canada, I had a summer job in a Chinese restaurant. I understand how beneficial such an experience is for youth's growth.' That is the reason why Sze was so keen in their summer job program that he brought his summer job employee to a meeting of Liaison Office of the Central People's Government in HKSAR and let her see what it was like to go to work and how a big cooperation operated.

Would it be too much for a young girl to face such occasions? Sze said he didn't worry, 'I think for a 'kid' to pick up a job for the first time, it would be very good if he or she does not make big mistakes. If they don't know what to do, all we need to do is to show them the right way.'

Sze expressed Centum Charitas Foundation will hold onto its mission to support youth development despite the economic downturn. He firmly believed giving opportunities to youngsters is the best way to nurture talents for society.



## 報讀女青再培訓激增六成

# 海嘯下人才發展更見關鍵

**60% more people enroll on YWCA retraining courses**

**Manpower development becomes crucial during financial tsunami**

女青年會除了關顧青年就業的需要外，轄下持續教育部的再培訓工作同樣碩果纍纍。在今屆僱員再培訓局「人才發展頒獎禮」中，女青年會便有4位畢業生榮獲傑出或優異學員獎。持續教育部督導主任胡婉玲表示，女青栽培人才的成績令人欣喜，深信再培訓工作在金融海嘯下將會擔當更重要的角色。

Apart from our concerns on youth employment, the Continuing Education Department of HKYWCA also has achieved a lot in retraining services. In the Manpower Development Scheme Award Presentation Ceremony 2008 organized by the Employees Retraining Board (ERB), 4 YWCA trainees got the Outstanding Awards and Merit Awards for Trainees. Woo Yuen Ling, Supervisor of the Continuing Education Department of HKYWCA, took pride in the accomplishments of our trainers and expressed her belief that manpower development has taken a more crucial role during the economic crisis.





重新定位後的僱員再培訓局，在去年12月初舉辦了首屆「人才發展頒獎禮」。女青年會榮獲多個獎項，包括人才發展獎、策略伙伴獎、3個傑出學員獎、1個優異學員獎。而與女青緊密合作的6個合作伙伴亦獲得不同的僱主獎項（見附表）。

其中一位傑出學員得主，現職房務員的陸彩蘭早年曾因生活所迫而領取綜援。作為單親媽媽的她卻希望自力更生，奈何因當年僅29歲而未合資格報讀再培訓課程，苦無出路之下她更一度患上抑鬱症。她憶述：「幸好女青年會替我申請豁免報讀再培訓，讓我學會一技之長，女青導師不止教我酒店業知識，還當了我的形象顧問，令我告別『師奶』的形象，找工作時更有自信。」

With a new orientation, the ERB organized its first Manpower Development Scheme Award Presentation Ceremony in early December in 2008. HKYWCA won a number of awards, including Training Achievement Award, Strategic Partners Award, 3 Outstanding Awards for Trainees and 1 Merit Award for Trainees. 6 HKYWCA business partners also won various awards for employers.

Among the outstanding award winners was Lu Cai Lau. Currently working as a housekeeping officer, Lu once had to depend on CSSA subsidies. This single mother hoped to be self-reliant. Sadly, being 29-year-old then made her ineligible for the application for retraining courses. Feeling lost, Lu suffered depression for a period of time. 'It is fortunate for me that HKYWCA helped me apply for an exemption from the age requirement. As a result of retraining, I not only picked up job-based skills and knowledge of hotel management but also have rebuilt my image with the help of HKYWCA tutors. It gave me new confidence and facilitated my job-search.'

## 第1屆ERB人才發展計劃頒獎禮

## The 1st ERB Manpower Development Scheme Award

選舉 Election	獎項 Award	獲獎僱主/學員(由香港基督教女青年會提名) Awardee (Nominated by HKYWCA)
傑出僱主選舉 Election for Outstanding Employers	卓越僱主獎 ERB Excellence Award for Employers	雅麗氏何妙齡那打素長者服務 Alice Ho Miu Ling Nethersole Elderly Service
	傑出僱主獎 ERB Outstanding Award for Employers	仲量聯行物業管理有限公司 Jones Lang LaSalle Management Services Limited
	優異僱主獎 ERB Merit Award for Employers	保良局 Po Leung Kuk 富城集團 Urban Group 祥益地產代理有限公司 Many Wells Property Agent Ltd. 太興燒味餐廳集團 Tai Hing Roast Restaurant Group
傑出學員選舉 Election for Outstanding Trainees	傑出學員獎 ERB Outstanding Award for Trainees	陸彩蘭 Lu Cailan 杜卓妮 Do Cheuk Lei 吳麗琼 Ng Yim King
	優異學員獎 ERB Merit Awards for Trainees	陳海泉 Chan Hoi Chuen

彩蘭由屋村「師奶」蛻變成獨立自信的雙職婦女，女青年會持續教育部督導主任胡婉玲表示，其故事正正反映再培訓工作對於人才培育的重要性。她續道，在金融海嘯影響下，她相信重新定位的再培訓課程將更切合社會需要：「過往學歷較高的人士即使有需要，也不可以報讀再培訓。當再培訓重新定位為人才發展後，入讀學歷放寬至副學士，課程種類也大增，相信能夠幫助更多人發展Second Career（第二事業）。」

在金融海嘯後，去年9至11月報讀女青年會再培訓課程的人數，較6至8月上升了6成多。胡婉玲預計，由於去年底仍未完全反映海嘯對就業市場的衝擊，相信今年情況將更嚴峻，鼓勵學員向身邊親友推廣再培訓。「我們以往的學員以女性較多，男士遇到困難較少主動求助，所以我們鼓勵婦女支持丈夫積極參與再培訓，跨過逆境，甚至可以預防失業。」

Lu evolved from a housewife to an independent and confident working mom. Woo Yuen Ling, Supervisor of the Continuing Education Department of HKYWCA, said Lu's story is a strong testimony of the importance of retraining in manpower development. She expressed that under the economic downturn, retraining courses have been re-oriented to meet the needs of the society. 'In the past, those with a better education background could not take retraining courses despite their genuine need. Now ERB puts its focus on manpower development. People with associate degree education can also apply. Besides, there are much more different retraining courses for people to choose. With all these initiatives, we hope we can help more people to develop their second career.'

After the financial tsunami, the enrollment rate of HKYWCA retraining courses from September to November of 2008 saw a 60% rise compared to that of June to August. Woo foresaw that the impact of the economic downturn had not been fully reflected in the labour market and she predicted an even more difficult time to come in this year. She encouraged YWCA trainees to promote retraining to their families and friends. 'Our trainees are predominately female while men are relatively more reluctant to seek help in face of adversity. Therefore, we hope they can encourage their husbands to actively join retraining programs so as to weather the storm or even prevent themselves from being laid-off.'



# 三成三青年與父母衝突後曾萌死念

**33% of teenagers considered committing suicide after conflicts with parents**

親子衝突，甚至暴力事件時有聽聞，在現實個案中亦有青少年因打機等問題而在家動武。有見及此，本會在處理的個案中，抽取了99名面對較嚴重親子衝突問題的青少年進行問卷訪問，並再深入訪問當中8個嚴重之個案，以了解青少年與父母衝突之現況，以便及早預防及作更專業之介入。

是次調查結果已於去年12月中旬發布，女青年會總幹事陳麗歡博士在發布會上指出，調查發現平均約有33%青少年與父母衝突後會有結束自己生命的想法，情況十分值得關注。(見表1)

陳博士表示，從深入訪談中可發現，在溫和衝突中，青少年多認為不被了解，但覺父母仍愛他們，但在較嚴重的衝突中，青少年多存有負面的核心信念，例如「父母不愛我」等。她指出，由此可見，青少年能否在衝突中仍感到被父母愛護，是衝突能否緩解的關鍵，她因此呼籲父母應重新思考及認定對親子關係的期望，例如子女的自信和品格是否比學業重要等。



Parent-child conflicts, or even violence, are not uncommon. In one case, a teenager turned to violence just because of family conflicts over electronic games. In view of this, YWCA had chosen 99 teenagers who faced more serious parent-child conflicts from all our cases for a survey. Among these selected cases, in-depth interviews were conducted with 8 of them. It was hoped that this could help carry out early prevention and intervention in similar cases when necessary.

The result of the survey was already presented in mid-December of 2008. In the presentation, Dr. Miranda Chan, Chief Executive of YWCA, said the survey discovered that in average about 33% of the teenagers considered committing suicide after having conflicts with their parents. This situation surely required more attention. (See figure 1.)

According to Dr. Chan, the in-depth interviews revealed that in mild conflicts, teenagers were often under the impression that they were not understood or trusted, but they still felt love from their parents. On the contrary, in more severe cases, negative belief such as 'my parents don't love me' was common among teenagers. Chan further put forward that the key to resolve the problem lies in whether teenagers can still feel being loved by their parents during the conflicts. She therefore recommended parents to reconsider their expectation on the parent-child relationship. For example, they should think about if children's self-confidence and morals are more important than academic performance, etc.

**被訪者與父母衝突時的身心反應 (表一)**

**Interviewees' physiological and psychological responses during conflicts with their parents (Figure 1)**

項目 Item	女兒 Daughter		兒子 Son	
	與母親衝突時 During conflicts with mother	與父親衝突時 During conflicts with father	與母親衝突時 During conflicts with mother	與父親衝突時 During conflicts with father
有結束自己生命的想法 Consider committing suicide	46%	32.1%	28.1%	11.5%
覺得憤恨 Feel angry	95.2%	77.4%	93.8%	88.5%
想哭 Want to cry	77.8%	66%	50%	46.2%
哭泣 Cry	74.6%	60.4%	46.9%	30.8%
覺得難過 Feel sad	74.6%	66%	59.4%	38.5%
心跳加快 Have faster heartbeat	42.9%	不適用 N.A.	50%	不適用 N.A.



# 「女青愛心戲曲慈善夜」順利舉行

## 為全港唯一的「健康長者農場」籌款

**'YWCA Chinese Opera Charity Night' has raised money for 'The Farm for Healthy Ageing'**



香港基督教女青年會一直積極推動「老有所為」的服務理念，自資營辦的「健康長者農場」更是全港唯一由長者義工主理的農場。他們按著才能與喜好負責不同的工作，包括日常管理、農務及充當導賞員。現在參與「健康長者農場」的長者義工已有一百位，有的堅持每日走到粉嶺的農地當值，大家均十分投入田園工作，體現其豐盛晚年。

由於「健康長者農場」是女青年會自資營運的服務，必須仰賴公眾的捐款支持作發展經費。「愛心傳送」於2009年1月14日舉行「女青愛心戲曲慈善夜」，並為「健康長者農場」籌得約二十萬元善款作發展經費，女青年會謹此致謝，並祈盼各界繼續支持本會長者服務。

HKYWCA has always been promoting the idea of 'productive ageing'. The 'Farm for Healthy Ageing' that it finances is the only farm in Hong Kong managed by elderly volunteers. According to their abilities and interests, elderly volunteers are responsible for various duties, including daily management, farm work and docent services. A hundred of them are now helping in the farm, and some of them persevere with carrying out duties there in Fanling every day. All the elderly people are very much devoted to working in the farm, leading a fruitful and meaning life at the old age.

As 'the Farm for Healthy Ageing' is a self-financing service programme operated by YWCA, contributions from the general public are an important source of its development costs. The "YWCA Chinese opera charity night held on 14 January 2009 which organized by the "Serving Love and Care" had raised approximately twenty thousand dollars for the farm. We would like to express our deeply appreciation to all donors for their generous support and we shall look forward to the continued support for the services for the elderly.







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

HONG KONG

## 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-subservent 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-subservent 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：

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