



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

WOMEN'S
VOICE

聲

MAY
2009

婦女與家庭

在轉變世代中的挑戰



Women and Families: Challenges in a changing world

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Editor's Note

除了母親節外，在3至5月有兩個重要日子——國際婦女節及國際家庭日—女青年會也十分重視。

在社會或傳統文化，「婦女」自然地與「家庭」連繫著。而今期《女聲》專題就是「婦女與家庭」，以嘉賓專訪及服務介紹去探討婦女的角色，以及女青年會如何貼近社會步伐提供服務。

國際家庭日今年主題正合今期《女聲》之導言：「母親與家庭：轉變世代中的挑戰」

Apart from Mother's Day, H.K.Y.W.C.A. also sets eyes on two important days – the International Women's Day in March and International Day of the Family in May.

No matter whether we are talking about the society or traditional values, 'woman' and 'family' are closely tied together. With the theme 'women and families', Women's Voice is going to taking a closer look at the roles played by women. We will also give you a comprehensive introduction of our service programs for different women groups.

This echoes with the theme of the International Day of the Family this year - "Mothers and Families: Challenges in a changing world."

家庭健康

婦女與家庭服務 在轉變世代中的 挑戰

Women and Families: Challenges in a changing world

引言
Foreword

5月15日是國際家庭日，今年的主題是「母親與家庭：轉變世代中的挑戰」(“Mothers and Families: Challenges in a changing world”)。香港基督教女青年會一直致力為本地家庭及婦女服務，因此對此主題體會之深。

本會的家庭健康促進中心近來積極將外國的 Family Wellness (家庭健康) 理念本土化，並透過傳媒及會內不同服務，將本會提倡的家庭健康維他命在社區推廣。

婦女服務方面，除為有需要的女性爭取權益外，本會亦緊貼社會脈搏，針對愈見普遍的雙職婦女和單身女性，為她們提供適時適切的支援服務。

May 15 is the International Day of the Family. Its theme this year is “Mothers and Families: Challenges in a changing world”. As an NGO focusing on families and women's services, H.K.Y.W.C.A can profoundly relate itself to this notion.

Our Family Wellness Centre has been working very hard in recent years to introduce the concept of ‘family wellness’ to Hong Kong. Working with the mass media and through different service programs, it is our hope to promote family wellness vitamins to the community.

As for women's services, H.K.Y.W.C.A not only helps women groups fight for their rights, but also provides timely and suitable services for working moms and single women in response to the fast changing society.

婦女與家庭服務 – 在轉變世代中的挑戰

Women and Families: Challenges in a changing world



為「多職婦女」清除無形障礙

婦女服務新方向

國際社會工作學校聯盟會長 阮曾媛琪：



Angelina Yuen, President of International Association of Schools of Social Work: Let's put an end to gender stereotypes for multiple-role women!

香港基督教女青年會第五副會長阮曾媛琪女士多年來既致力推動中港兩地的社工培育，去年更獲選為國際社會工作學校聯盟首位來自亞太區的會長，可是她一再謙稱不是名人領袖。不過，當訪問開始，談及她最熟悉的社會服務，還有她關心的婦女議題，話題還是滔滔不絕。



身兼本會婦女事工部委員會主席的阮太指出，經過多年努力，本地女性無論在教育及工作各方面已享有與男性均等的機會，已婚女性更可聘用外籍家傭照顧家庭，因而不須在婚後完全放棄工作。在內地，她表示保障女性的政策更加走前一步，規定不同機關、部門、學校，女性必須佔一定數目。

For many years, Mrs. Angelina Yuen, the Fifth Vice President of H.K.Y.W.C.A., has devoted herself to promoting the training of social workers in Hong Kong and on the mainland. Although she humbly said time and again that she was not a famous leader, she was the first person from the Asia-Pacific region to be elected as the President of International Association of Schools of Social Work last year. As Mrs. Yuen has an intimate knowledge of social services and cares a lot about women's issues, she was eager to share with us her opinion in the interview.

Being the Chairperson of the Women Affairs Committee of Y.W.C.A., Mrs. Yuen pointed out that local women and men already enjoy equal opportunities nowadays in areas like education and careers after years of hard work. Moreover, by hiring foreign domestic helpers to take care of their families, married women no longer need to give up their jobs after marriage. According to Mrs. Yuen, policies that safeguard women on the mainland even go the extra mile, ensuring that a certain number of places in different organisations, departments and schools must be taken up by women.



不過，阮太多年來中港兩地走，觀察到兩地女性若要取得與男性同樣的成就，仍須付出雙倍的努力。她解釋：「傳統的角色定型依然影響我們，男人婚後拼搏被視為理所當然，女人卻會惹來『有野心』、『不顧家庭』等等負面評價，於是許多女性在事業上會不知不覺自我約束，不能一心一意勇往直前。」

因此，她認為現今的婦女服務不單要爭取各種權益，最重要是促進社會觀念轉變，打破傳統的男女角色定型，為女性清除無形的障礙，讓她們可以自我實現。但她強調：「我們不是要『硬繃繃』地爭取女權，而是希望兩性和諧共處，地位平等地分工合作，相輔相承，例如照顧子女，是否一定完全由女性負責呢？可否分工呢？這其實是一門藝術。」

時下流行說「雙職婦女」，她認為無疑須為她們提供適切的支援。不過她補充：「現在的女性何止是雙職，簡直是『Multi-functions』（多職）。」她們可能既是別人下屬和上司，又是妻子和母親，同時可能還在進修。

說到「多職」，育有兩女一子、身兼一連串公職的阮太，當然感同身受。談到如何在工作 and 家庭取得平衡，她笑言沒有心得可言，惟有多「開夜車」，待子女睡覺後才專心工作至深夜。她感恩道：「我很幸運，有好的老公，有好的媽媽，有好的家傭，而且得到他們的體諒，認同我喜歡做的工作。」

但她續道：「許多婦女沒有這麼好的支持，還談甚麼理想？」寄望將來，她期望本會的婦女服務繼續在不同活動中貫徹性別意識的教育工作，讓更多婦女可以真正自由地追尋自己的理想，活出榮神益人的生命。

However, having been working in Hong Kong and mainland China for many years; Mrs. Yuen has discovered that the amount of effort required is doubled for women in both places to be equally successful as men. "The traditional stereotypes still affect us. It is widely accepted that men strive for higher achievements in their work after they get married, whereas women who do the same are blamed for being 'too ambitious' or 'unconcerned about families'. Many women therefore unconsciously limit themselves and cannot pursue their careers wholeheartedly." She explained.

Instead of confining women's services to striving for various rights, Mrs. Yuen considers that it is of the utmost importance to bring about changes in traditional concepts in society and to remove the invisible obstacle of gender stereotypes, making self-actualization possible for women. She emphasized, "We do not aim at fighting for women's rights in a stiff manner, but at fostering harmony between sexes, putting forward an equal division of labour and encouraging cooperation. A case in point is looking after children. Is it necessarily women's duty? Is the sharing of work possible? This is art indeed."

Nowadays, 'dual-role women' are not uncommon, and Mrs. Yuen feels the genuine need to provide them with suitable assistance. She further added, "Women these days do not only have dual roles, but 'multi-functions'!" They may be subordinates, seniors, wives and mothers. In addition, they may be even taking training courses.

Speaking of women's 'multi-functions', Mrs. Yuen, who is responsible for a series of public services and has brought up two daughters and one son, has her personal experience. Honestly, she admitted that she had no way out to seek the balance between her career and family. She could only sit up late and wait until her children went to bed before she concentrated on her work. 'I'm so lucky to have a good husband, a good mother and a good domestic helper. They are very understanding and recognize the job I enjoy.' She said gratefully.

However, she also said, 'A lot of women do not receive strong support like I do. How can they talk about ideals?' Looking forward to the future, she hopes that women's services provided by Y.W.C.A. can continue to educate the public on gender awareness through different activities. This will allow more women to pursue their ideals freely and live a life that honours God and benefits people.

小檔案 Personal Profile

1988年 協助成立「中國社會工作教育協會」
2004年 擔任香港理工大學應用社會科學系主任
2007年 升任理大協理副校長
2008年 與四川大學聯合成立「四川地震災後重建支援及研究中心」
2008年 獲選為國際社會工作學校聯盟會長

1998 Helped with the founding of China Association for Social Work Education
2004 Assumed office of the Head of the Department of Applied Social Sciences, The Hong Kong Polytechnic University
2007 Gained promotion to Associate Vice President, The Hong Kong Polytechnic University
2008 Collaborated with Sichuan University to establish the Sichuan Post-disaster Reconstruction Support and Research Centre
2008 Elected to be President of International Association of Schools of Social Work

婦女與家庭服務 - 在轉變世代中的挑戰

佳佳
單身
職女
性
興
起



性別意識工作更形關鍵

The Rise of Working Moms and Single Women Brings Gender Awareness Programs to the Next Level

數十年前，不少女性的終身職業便是「家庭主婦」；時至今日，婦女接受教育的機會普及了，社會上代之而起的是「雙職婦女」、「獨身女性」，她們面對的壓力、與家庭的關係，已截然不同。香港基督教女青年會婦女事工隊督導主任蘇艷芳指出，婦女服務因此更應加強性別意識工作，為這一代的新女性減輕來自性別角色定型的壓力。

蘇姑娘表示，隨著女性接受教育及工作晉升的機會增加，現今女性比以往無疑擁有更大發展空間，然而社會上的傳統角色定型卻未見鬆綁，婦女事務委員會的報告便曾指出，照顧子女的重擔依然落在女性身上。「現在的職業女性壓力很大，過了辦公時間仍要加班，回家要教仔做功課，自己還要進修，因此往往忽略了自身的需要，我們想為她們舉辦講座也不容易，因為她們太忙了！」

A few decades ago, many young girls saw 'housewife' as their life-long career. Nowadays, as women enjoy better education, working moms and single women have become more prominent in society. They face different kinds of pressure and share very different dynamics with their families. Ms. So Yim Fong of the Women Affairs Department of H.K.Y.W.C.A said women's services should focus more on raising gender awareness of these two women groups so as to ease their pressure brought by gender stereotypes.

Ms. So said even though women now enjoy more potential for self-enhancement because of better opportunities of education and at work, gender stereotypes in the society are still strong. Surveys of Women's Commission also pointed out that women still by large shoulder the responsibility of raising their children. 'Working moms now face immense pressure. They often have to work overtime. When they return home, they have to help their kids with their homework. They also have to take various training courses. Therefore they seldom pay attention to their own needs. It is difficult for us to organize talks for them too simply because they are really too busy!'

女青年會近年因此為雙職婦女提供不少支援，例如如何督導傭工講座、親職管教小組等等。不過，蘇姑娘強調，箇中關鍵仍是打破傳統角色定型，雙職婦女身上的重擔方能減輕，因此婦女事工隊近年積極進行性別意識教育工作，例如已舉行第二屆的「創領新青年」中學生性別意識領袖培育計劃，便是從年輕人開始入手。

她續道，女性地位的提升，亦令到單身女性愈見普遍。「可是受著傳統觀念影響，女人不結婚，會給人說『無人要』，男人不結婚相對面對的壓力較少。」她說，近期單身女性可能還要面對另一種負面批評——「港女」，被人認定是「眼角太高、掩尖聲悶」。

Y.W.C.A. has provided a lot of support to working moms in recent years. Examples are talks on supervising domestic helpers and parenting workshops. Yet, Ms. So emphasized the importance to break gender stereotypes. The 'gender youth leadership training program', which has been run for the second time, is an initiative to promote gender awareness among the secondary school students.

Ms. So also said the rise of social status of women also gave birth to a single women class. 'Sadly, in our culture, women who are not married would be said as 'not wanted' while single men face less pressure of this kind.' Lately single women may also be dubbed as 'kong-nui' (typical Hong Kong women), a derogatory label suggesting they are being too picky and difficult to please.



面對這些無形壓力，在性別意識工作外，婦女事工隊近年致力推展「Single Zone」，為25歲以上的單身男女提供園地，讓他們可在社工帶領下增進自我認識，改善溝通技巧，擴闊生活圈子。

蘇姑娘認為近期被標籤的「港女」，部份成因正是她們太在意別人看法，忽略了自我真正需要。「有些女性結識異性時較受外界影響，設下很多標準化的條件，當然香港女性又叻又會打扮，有條件可以選擇，但是她們是否認識自己，了解怎樣才是適合自己的終身伴侶呢？」她表示，「Single Zone」鼓勵單身人士了解自我、欣賞自己，還要接納別人、學會與異性溝通，若果單身人士能夠做到，其實已化解所謂「港男」「港女」的指摘。

她強調：「我們希望無論 Single Zone 的會員最終結婚與否，都不再介意別人的看法，活出自信。」她最後表示，期望平等的性別意識能在社會更廣為推展，讓更多單身或已婚女性解除傳統觀念的束縛，活出真正的自己。

To deal with such social pressure, the Women Affairs Department has launched the 'Single Zone' for single men and women above the age of 25. Through this platform, social workers help participants enhance their self-understanding, improve their communication skills and widen their social circle.

Ms. So commented that some women who are dubbed as 'kong-nui' are over-sensitive about others' opinion on them and overlook their own needs. 'When looking for a boy friend, many local women are influenced by common values and set similar criteria for themselves. On one hand, Hong Kong women are smart and good at grooming. They really have a choice. Yet, on the other hand, do they truly understand themselves and what kind of person they are looking for as their life-long partners?' She said Single Zone gives single people a good chance to understand themselves better and appreciate themselves more. They will also learn to accept others and communicate with the opposite sex. By doing so, they do not have to give in to the criticism of 'kong nui' or 'kong nam'(typical Hong Kong men) anymore.

'We hope our participants can be confident about themselves and leave behind others' criticism no matter whether they will get married or not at the end. It is our hope to promote fairness between genders in society. We also hope women, single or married alike, to transcend traditional perceptions and be true to themselves.' Ms So concluded.

婦女與家庭服務 – 在轉變世代中的挑戰

根據政府統計處資料，本港女性首次生育年齡中位數由1981年的25.1歲上升至2005年的29.2歲，生育嬰兒的數目亦大幅減少。

According to the Census and Statistics Department of the HKSAR, the median age of women at first childbirth has risen from 25.1 years old in 1981 to 29.2 years old in 2005. The number of infants has also seen a significant drop.

生與不生的掙扎

Babies, *to have or not to have*

撰文：伍偉湛 Written By Ng Wai Cham

遲生育的外在壓力

External pressure of delayed procreation

相信不少新婚夫婦也認同，由選擇結婚起，很多決定已不由二人，例如婚期、酒席、新居等，更貼身的就是生育與否。家人也許明示或暗示：「隔離陳太太快做嫲嫲」、「有仔襯嫩生，唔係你想要都無」等等，希望你們及早決定是否「生BB」。我甚至聽聞，有家翁為求早日抱孫，以獎金利誘已婚兒女。

Many newly married couples would agree that a lot of choices are not up to them anymore once they decided to walk down the red carpet together: the date of the wedding ceremony, arrangements of wedding banquet, everything concerning their new home, etc... Whether to have babies is no exception. All kinds of hints from their families may include 'Mrs Chan, our neighbour, is about to be a grandma!' and 'better give birth when you are young; who can tell if you're able to do so when you get older!' All these suggest couples should make up their minds early whether to have babies or not. I once heard that a father wishes to be a granddad so much that he lures his children to have a baby with a cash-prize.

生育的個人掙扎

Personal struggles

人總不愛被催逼，何況新婚生活仍有很多要適應的地方。或許曾有過以下的憂慮：「懷孕過程要面對很大壓力…分娩過程很痛及危機重重…分娩後難修身…如何為子女安排供書教學……」。

然而，內心可能又會出現另一種掙扎：一旦決定頭幾年不生育，便會成為高齡產婦，懷孕和分娩的風險亦隨之上升。若決定以後不生育，又怕將來後悔，想「生BB」卻又為時已晚。

No one likes to be prodded, especially newly married couples who face a long way to adapt to brand new lives. Their concerns about pregnancy are immense psychological pressure, pain and danger undergone through delivery, difficulty to regain pre-pregnant body shape and economic burden to give a good education to their children. On the other hand, they are afraid of the danger of late-age pregnancy and childbirth. Also, they fear they may possibly regret when they get older and pass the child-bearing age.

作者簡介 Profile

伍偉湛 – 香港基督教女青年會 家庭健康促進中心 中心主任
NG Wai Cham, Raymond - Centre-in-charge, Hong Kong Y.W.C.A. Family Wellness Centre

香港大學社會工作碩士，曾在其他大學深造家庭暴力心理學、家長教育、調解訓練、遊戲治療、復康工作等專業範疇。現於女青年會家庭健康促進中心擔任中心主任。多年來為公務員事務局、勞工及福利局、社會福利署、非政府機構、學校、私營機構等舉辦專題講座和訓練工作坊逾百場；曾在電台和電視台擔任客席嘉賓、在報章上撰寫專題文章等。

- Master of Social Work from HKU and training on psychology of family violence, parent education, mediation, play therapy, rehabilitation, etc. in other universities.
- Providing seminars, talks and workshops for various government bureaux and departments, NGOs, schools and private firms.
- Guests and writers for mass media programmes

考慮育兒的重要因素 Major considerations about having children

從我的婚前輔導和婚姻培育經驗得知，以上的心理掙扎十分普遍。事實上，「生BB」的確是人生一個重要決定，新生命確實為家庭帶來無比的歡樂。可是，不少研究顯示，有了BB後，大部份夫婦的婚姻滿足感會下降。所以決定「生BB」前確實應該好好考慮以下是五大要素：

From my experience of pre-marriage and marriage counseling, these struggles are common to many couples. Indeed, whether to have children is a very important decision in life. On one hand, a new life brings great joy to the family. Yet, on the other hand, many researches point out that couples feel less satisfied about their marriage after having children. The following 5 areas are worth pondering for couples before making such a decision:

1 充足心理準備 Be fully ready

夫婦二人是否已有撫養下一代的渴望，願意犧牲和承擔？若果一方願意而另一方未準備好的話，往後便難以共同承擔撫養的責任。若果只因外來壓力而急於「生BB」，甚至以為「生BB」可以解決婚姻問題，日後難免會感後悔和失望，而且連累了下一代。

至於懷孕和分娩方面的恐懼，則可尋求醫生協助。若然是因為莫名的恐懼而不敢生育，有可能與原生家庭或個人成長有關，建議先尋求適合的心理輔導。你亦可考慮致電我們的「新婚適應熱線」，以擴闊自己的認知和心理預備。

Do both of you have the wish of having a baby, and are you willing to commit and make sacrifices? If that is true for one of you only, it will be difficult for the couple to bear the responsibilities of raising the child together. If the wish to have a child is due to external pressure or is even seen as a hope to mend a relationship, disappointment and regret will be inevitable. The next generation is bound to an unhappy life.

As of the fear about pregnancy and labour, couples can seek advice from their doctors. For some people, such fear can be attributed to their family background and own history. They are advised to seek counseling service. Give a call to our hotline for the newly married for more information.

2 良好感情基礎 Solid relationship

夫婦間是否能夠互相支持，共同應付生活上難題而不損關係呢？還是仍然有好多適應上的問題未解決，導致經常吵架、冷戰又或是關係疏離？夫婦要承擔下一代的來臨，有良好的感情基礎是極為重要的。

Are both of you supportive to each other, weathering difficulties in life without hurting your relationship? Or are you two still struggling with all kinds of problems so that you often quarrel, fight a cold war and get more distant? No matter what, a solid relationship of the spouses is the cornerstone of child-rearing.

3 經濟因素 Financial concerns

家庭的經濟條件是否穩定，並且已經為生兒育女有所儲備，能應付額外開支？

Does your family enjoy a solid economic basis? Are your savings enough to cover various expenses of raising a child?

4 孩子照顧 Taking care of the baby

BB出生後是否有合適人選來幫助照顧呢？夫婦二人又是否需要在工作上作出轉變來配合照顧BB的重任？

Have you got a suitable person(s) to help take care of the new born baby? Do you need to make changes in work to make room for raising the baby?

5 適合時機 Right timing

夫婦原生家庭是否正經歷至親去世、計劃進修、轉職等巨變？同時出現太多轉變，會為新婚夫婦帶來適應上的困難。若可以的話，生育大計該與其他人生計劃互相配合。

Are you undergoing big changes in life like the passing away of family member(s) or planning to study or change job? Too many changes at the same time can become a challenge too big for couples to deal with. If possible, couples should put the plan to have children along side with other life plans for consideration.

「生與不生」只是新婚生活其中一個重要課題，若處理得宜，既可促進夫婦溝通，亦可鞏固婚姻關係。當然，這一切都需要彼此的付出和努力，情感的交流和體諒。

Whether to have children or not is truly an important agenda for newly married couples. If this issue is dealt with properly, understanding can be enhanced and their marriage can be brought to the next level. It all relies on the devotion, commitment, communication and appreciation of both members of the couple.

婦女與家庭服務 – 在轉變世代中的挑戰

在刻下的經濟困境，社會更需要協助家庭重建親密及互相支持的關係，以提升家庭抗逆力。女青年會因此在今年3月舉行了「健康和諧家庭」嘉許計劃頒獎禮，旨在透過「健康和諧家庭」真實故事分享，為社會注入更多正能量。

Amidst the economic meltdown, it is essential to rebuild an intimate and supportive relationship within families so as to help all Hong Kong people weather the storm. In the 'Healthy and Harmonious Families Recognition Ceremony' held in March, H.K.Y.W.C.A presented real-life stories of 'healthy and harmonious families' in hope of injecting positive energy to the community.



健康和諧家庭選舉

逆境中喚起家庭力量

Harmonious Family Election Hails Brave Souls Amidst Adversity

是次選舉鼓勵參加者透過影片紀錄其家庭故事，例如維持喜樂家庭之妙法、如何克服家庭中所面對困難等，藉以鼓勵香港家庭要團結一致面對逆境。

是次計劃於2008年7月展開，邀請了全港長者地區中心、長者鄰舍中心、家庭服務中心及青少年綜合社區中心的服務家庭參加，並獲得多位社會名人及學者擔任評判團成員，包括資深藝人陳敏兒女士、婦女事務委員會委員兼香港大學社會工作及行政學系高級教學顧問楊家正博士、本會耆年服務委員會主席陳素薇女士及婦女事工委員會副主席馬家儀女士。

Participating families of the election produced video clips of their family stories on themes like the way to maintain a delightful spirit in families and to face difficulties together. These were real-life examples to encourage local families to stick together at tough times.

The campaign was launched in July 2008. Families from District Elderly Community Centres, Neighbourhood Elderly Centres, Family Service Centres and Integrated Service Centres for Young People of the territory were invited to join. Judging panel included celebrities and academics like veteran artist Ms Chan Man Yee, Exco Member of Women's Commission cum Senior Teaching Consultant of the Department of Social Work and Social Administration of the University of Hong Kong Dr. Yeung Ka Ching, Chairperson of Elderly Service Committee of H.K.Y.W.C.A Mrs. Lau Chan So May, Lucy and Vice Chairperson of Women Affairs Committee of H.K.Y.W.C.A. Mrs. Lau Ma Gar Yee, Grace.



在刻下的經濟困境，社會更需要協助家庭重建親密及互相支評團就參選家庭對回應頌揚健康和諧家庭，建立良好品格；實踐「家庭健康維他命」的六種元素，及以生命影響生命等作為評選準則。最後獲選為冠、亞、季軍及優異獎家庭，更在嘉許禮上透過其自拍或由本會協助拍攝之影片講述其家庭故事。

是次選舉的得獎家庭均充份表現對家人無條件的真愛、接納、愛護，即使走過一段段破碎、備受傷害的經歷，仍能透過寬恕、感恩、包容等，重建幸福快樂的家庭，以愛面對生命的逆境。

其家庭獲選為冠軍的吳觀清先生，他的老伴曾經突然嚴重中風，於是他風雨不改的天天跑到醫院陪伴妻子。那次突如其來的家庭逆境，使全家上下都憂心忡忡，但卻燃亮了家人互愛精神。吳先生憑著一生一世、全心全意照顧老妻的堅強意志，帶領家人走過逆境，其妻終於在留院50天後漸漸康復。太太出院後，更在吳先生鼓勵下一同到老人中心做義工，她因此也變得更積極及樂觀。一家人經歷風雨後，又回復昔日的歡笑。

Entries were shot and edited by participating families, some of which were assisted by H.K.Y.W.C.A. Judging criteria were based on how well the clips got across the message of building healthy and harmonious families and moral values, putting the 6 'family wellness vitamins' in practice and influencing others with ones' lives. Prizes of champion, first runner-up, second runner-up and merit awards were given. In the recognition ceremony, winning families showed their video clips and shared their stories with the public.

The winning 'happy families' were vivid examples of love, care and unconditional regards. They were able to brave unpleasant experiences of various kinds with mercy, grace, understanding and acceptance and to embrace adversity with a positive mind.

Ng Chun Ching was the husband of the champion family. After his wife suffered a massive stroke, Mr. Ng visited her in the hospital every day without a stop. The suffering deeply worried the whole family, but at the same time brought them closer together. Ng's total devotion to his wife and perseverance led his family through the difficult time. Mrs. Ng gradually recovered after staying in the hospital for around 2 months. Encouraged by her husband, she joined Mr. Ng to volunteer in elderly centres, and became a more positive and optimistic person.

本會將製作小冊子把美好家庭見證記錄下來，並連同本會家庭健康六個維他命及典禮活動花絮等，向社會大眾宣揚，藉此鼓勵市民大眾加入「健康和諧家庭，由我全家做起」的行動。

Testimonies of these heart-warming stories, together with articles on Family Wellness Vitamins and highlights of the recognition ceremony will be put into pamphlets to be distributed in the community. H.K.Y.W.C.A would like to encourage all members of the public to live out the spirit of harmonious family – 'Harmony begins at home'.

婦女與家庭服務 – 在轉變世代中的挑戰



實踐家庭健康維他命

以行動活出愛

愛

無論時代如何轉變，每個人都離不開家庭。香港基督教女青年會家庭健康促進中心便一直致力透過不同媒介推廣六個家庭健康維他命，鼓勵全港家庭以行動活出愛。

Nobody is an island. At any time, any place, everybody in society shares a strong bond with their families. The Family Wellness Centre is dedicated to promote family wellness vitamins so as to encourage the public to act out love in their daily life.

Love in Action with Family Wellness Vitamins

維他命 Vitamin A

關懷欣賞 Affection and Appreciation

從家人的角度瞭解其需要，用言語和行動向他們表達關愛，並欣賞家人的長處及包容其短處。例如當家人下班回家時，我們可以給予對方一個歡迎的笑容，或者倒杯水給對方。

Try to put yourself in your family's perspective. Express your love to them through words and actions. Appreciate their strengths and accept their shortcomings. When a family member returns home from work, welcome him or her with a big smile or give him a glass of water.

維他命 Vitamin C

責任承擔 Commitment

不論年紀老幼，每個人都願意承擔對家庭的責任，盡力支持家人，就如小朋友也可在飯後幫忙執拾，為家庭盡一分力。

Everyone should play a role in his or her family and should be supportive to each other. Even children can help tidy up the dining table after a meal.

維他命 Vitamin E

歡聚時光 Enjoyable time together

刻意安排時間，享受彼此的相聚機會，例如安排每月一次的家庭活動，並在特定日子安排特別節目。

Organize family gatherings and have a good time together. Try to have monthly family activities and organize activities on special days.

維他命 Vitamin P

溝通分享 Positive Communication

樂意與家人溝通，並會恰當地表達，亦重視對方的看法、意見及感受，如家人有事想分享時，其他人會專心聆聽對方。

Communicate with your family genuinely. Respond in appropriate ways. Respect their views, opinions and feelings. If a family member wants to talk about an important issue, you should listen to him or her with your full attention.

維他命 Vitamin R

家庭抗逆力 Resilience

以開放的態度去接受轉變，願意與家人共同面對挑戰，並藉著危機增進大家的感情。

Embrace changes. Be willing to face adversity together with your family and see it as a chance to develop a stronger bond.

維他命 Vitamin S

積極信念 Spiritual Well-being

以信、望、愛建立積極人生，並以良好品格培養具質素的家庭成員。

Build a positive life with faith, hope and love; to nurture family members with good qualities through high moral standard.

與外地女青 緊密連繫

HKYWCA Connects the World



香港基督教女青年會一向與世界各地的女青年會保持緊密連繫。在今年4月，蒙古人民共和國女青年會會長兼創辦人之一 Ms Munkhtsetseg (Muni)，便特地前來參觀本會的服務及運作。Ms Muni更表示，期望開展與本會的合作，例如安排本會義工及會員到當地交流，亦希望本會安排人員前往當地提供訓練，協助該會在成立初期發展更具質素之社會服務。

此外，馬尼拉女青年會董事Ms Remedios Porio及家人亦曾到訪本會總會所，並在黃文璽會長及謝淑賢副總幹事接待下，參觀總會所設施及酒店房間，及了解本會宗旨及服務範疇（見左圖）。Ms Porio對本會之服務及設施均表示欣賞。

HKYWCA always connects the world. In April, our Association received Ms Muni, one of the founders of the YWCA of Mongolia, and introduced to her our services and general operation. Ms Muni showed her welcome for future cooperation with our Association, especially in exchange programme and training activities, which would help promote the YWCA of Mongolia in its initial stage of development.

Ms Remedios Porio, Board Member of the YWCA of Manila, and her family members also visited our Association. They were warmly received by Mrs. Mona Leong, our President, and Ms Tse Shuk In, our Deputy Chief Executive, and were shared the service brief of our Association. Ms Porio expressed her appreciation towards our overall services and facilities provided to needy people.

與孩子共渡 福音時光

Sharing Gospel with children



孩子的教養要從小塑造，因此父母在家庭中擔當的角色格外重要，故本會基督教事工部在本會轄下的三所幼兒學校開辦親子小組，把福音帶進家長群體，以生命影響生命。計劃自去年下旬開始以來，已有近千人次參加該小組。

地區教會也安排了牧者在親子小組中分享信息，並透過不同的活動帶領家長來到教會。部份家長表示自從參與教會活動後，他們的生命得到了重整，整個人有很大的改變，例如一些婦女從前自我價值低落，又不知道如何教養孩童，現在能從小組中得到支持及幫助，重新學習肯定自己，並以聖經的角度去教養自己的孩子。

Successful parenting skills are important to shape our children. The Christian Ministry Department therefore has introduced Gospel workshops to three HKYWCA nursery schools for parents and their children since last year. Near a thousand of participants have attended the workshops already.

Shepards of local churches have been invited to share Gospel in the workshops. They have also encouraged the parents to participate in church activities. Some parents reveal that their lives have begun all over again after joining the churches. By studying the Bible, some mothers further said that they have overcome low self-esteem and learned how to nurture children.





「松柏學院第六屆

三百長者齊畢業 百歲婆婆獲學位

The 6th Graduation Ceremony of Elderly Academy

女青年會的「松柏學院」持續學習計劃早在2000年成立，目的是讓長者在不著重測驗考試的氣氛下，學習新知識，加強個人能力。在畢業禮上獲頒「學位」的鄧仲琴婆婆正好是當中的佼佼者。四代同堂、年已百歲的鄧婆婆說：「年輕時無機會讀書，為了搵食養家，埋首幹活，不知學習的樂趣。到了老時，雖然身體有不少毛病，但我什麼都學，只要精神夠，我都請姑娘推我去學，學得一日得一日，要好好珍惜！」

陪伴她領獎的七十八歲女兒陳美仙亦表示：「我在美國打電話給她時，她竟說正在學電腦，遲些要發電郵給我，問我學了沒有？這句話激發我也去學電腦，怎可以落後於她呢？」陳女士續道：「我媽媽不但成為我的榜樣，也影響到我的兒子及孫女，他們見到太婆近一百歲還堅持學習，為甚麼我們年輕的還嚷著辛苦呢？於是大家都加倍努力！我兒子曾說，能在四十出頭完成學業，全因婆婆的好榜樣！」

當日典禮亦嘉許了一群願意將一己專長傳遞下去的導師。其中一位義務導師張笑蘭女士表示，退休後閒賦在家，偶然參加女青年會的長者書法班，才發現自己略具書法天賦。後來她更參加女青舉辦的師資培訓課程，成為書法班導師，教小朋友與長者書法。「我之後更參加了長者學苑管理委員會，跟其他長者一起構思推行學習課程，自己想學什麼就辦什麼課程，大家有商有量，誰敢說我們長者不了得？」

當日畢業禮以「自主齊學習、互學共成長」為題，並邀得安老事務委員會主席梁智鴻醫生及眾嘉賓為三百名畢業學員頒授證書。女青年會服務發展總監潘廣輝先生在嘉許禮上表示，長者透過不斷學習，除可增進知識，亦可加強長者信心，打破與家人及社會的隔膜，並且貢獻社會，好好發揮使這股銀髮力量。

「持續進修」已成城中熱話，不但呱呱落地的嬰孩去上堂，連公公婆婆也一樣背上書包上學去。在二月下旬，香港基督教女青年會「松柏學院第六屆畢業典禮」上，便有三百位長者因持續進修獲頒證書，當中更有一位百歲婆婆榮獲學位，志氣可嘉。

Continuing education is gaining popularity nowadays. Not only do newborn babies attend school, but the elderly also do the same. In late February, H.K.Y.W.C.A. held the 6th Graduation Ceremony of Elderly Academy, in which 300 elderly people were awarded certificates of graduation after receiving continuing education. Among them was a 100-year-old lady who was much admired for her high aspirations.



畢業典禮」



The Y.W.C.A. 'Elderly Academy Continuing Education Scheme' was established in as early as 2000 with an aim to help elderly people acquire new knowledge and enhance their ability regardless of tests and examinations. Ms. Tang Chung Kam, who is already 100 years old and has her grand-grandchildren, was an outstanding graduate in the ceremony. She said, 'I didn't have an opportunity to go to school when I was young. To earn a living, I just kept working and never knew the interest of learning. But even I'm getting old now and my body is not as strong, I'm willing to learn anything. As long as my body condition allows, I ask the social workers to help me get to the class since I treasure every single day of learning!'

Tang received the certificate in the company of her 78-year-old daughter, Chan Mei Sin. Chan said, 'Once I called her from America, and she said she was learning how to use the computer and was going to send me an e-mail. She even asked me whether I had learnt so. Her words motivated me to learn about computer applications as well. I can't lag behind her!' She further said, 'My mother is not only my role model, but also has an influence on my children and grandchildren. As they see their grand-grandmother's perseverance with learning at the age of 100, how can they blame for leading a hard life? So everybody works harder! My son once said that he could only finish his studies at the age of 40 with his grandmother's good role model!'

On the day of the ceremony, appreciation was also extended to a group of course tutors who devoted themselves to the teaching of the elderly with their specialties. Ms Cheung Siu Lan, one of the voluntary tutors, said she joined the Y.W.C.A. calligraphy class for the elderly after retirement. It was at that time that she discovered her talent in calligraphy. Later, she even took part in the Senior Tutor Training Programme organised by Y.W.C.A. and became a tutor teaching little children and elderly people calligraphy. 'I later joined the Management Committee of Elder Academies. Together with other elderly people, we work out the running of courses. We discuss and run courses that we are interested in. Who dares to say we elderly people are incapable?'

'Autonomous Learning and Mutual Growth' was the theme of the graduation ceremony. Dr. Leung Che Hung, Chairman of Elderly Commission, and other guests were invited to award 300 elderly people certificates of graduation. In the ceremony, Mr. Poon Kwong Fai, Director of Service Development of Y.W.C.A., said the elderly can learn more and become more confident through continuing education. It can also help the elderly bring to an end their estrangement from families and society, and contribute to society.



暑期

“Teen Go”計劃2009

Summer “Teen Go” Project 2009

“TEEN GO”讀音“天高”，「青年人，出發吧！」

香港基督教女青年會相信青少年「天」賦的潛能極「高」，因此，培育青少年發揮所長正是我們的使命。每年暑期這個黃金時間，正好是青年人綻放生命姿彩的好機會！！

女青年會的暑期“TEEN GO”計劃，今年度就在各區提供逾 **5,000** 項活動，為青少年全面成長作規劃。

HKYWCA is committed to uncover the talent of our youth.
Our “Teen Go” Project will provide over 5000 activities for the youth during this summer, providing a planning for their up bringing.

培育

良好品格 Education for Better Character

女青年會推廣的「品格教育」是一項倡導社會不以成果來衡量個人，而以品格來衡量個人的運動。品格教育強調要建立一種彼此鼓勵、表揚和讚美的文化，從而幫助個人建立良好品格，以至家庭及社會問題亦得以改善。

“Character Education” as advocated by HKYWCA is to promote our Society not to be result oriented but to rely on character to measure an individual. Character Education emphasizes the establishment of the culture of mutual encouragement, recognition and praise so as to assist the youth in building up a good character, and thus, family and social problems could be solved.

沙田綜合社會服務處

「品格學堂」（4-12歲兒童及其家長）

培育「有品」孩子，講道理外，透過互動體驗遊戲、角色扮演、木偶劇等活動，可讓孩子不知不覺「玩出好品格」！

Character Training Institute (for 4-12 yrs old child & parents)

Through some interesting activities such as interactive games, role-play, puppet show, children can learn how to develop good character.

蝴蝶灣綜合社會服務處

品格教育~「律」正新人王（6-9歲兒童）

小學階段是培養孩子自理與自律的黃金時間，活動以小組指導及示範，強化孩子在生活自理、家務分擔及金錢管理的學習。

Character Education- discipline (for 6-9 yrs old child)

Through team directions and demonstrations, primary school children will be strengthened in taking care themselves at home, sharing of household works and managing money.



學習

Learn to plan your life

「生涯規劃」

人生等於工作？學有所成等於完美人生？

時代在變，挑戰日增。女青年會在青年發展力推早日作「生涯規劃」，在青少年階段開始接觸工作世界，累積工作經驗，學習建立良好工作態度，以提昇青少年就業競爭力，使青年可以“Say YES to work”，為社會未來領袖打穩基礎。

The HKYWCA advocates the youth to develop their life's plan. They should obtain working experiences earlier and establish good working manner, so as to enhance their competitive power in the future.

將軍澳綜合社會服務處

「嚐點店」暑期工作體驗計劃2009 (15-24歲青年)

青少年做「老闆」？絕非做夢！這個計劃正是透過一系列的訓練及工作實習，讓青少年初嚐擔任小食店老闆的滋味，學會合作、溝通、勤奮等態度。

"Be a boss" summer job experiencing program 2009
(for 15-24 yrs old)

The Youth could learn how to communicate and cooperate with others and also, boost their hardworking attitude through a series of training and actual operation of a food stall

西環綜合社會服務處

Amazing Race - 奇案大追縱 (14歲或以上青少年)

你有無偵探頭腦？想考驗團隊合作性？第四屆青少年城市歷奇挑戰賽適合喜歡突破自我的青少年！你們將會調查一宗曲折離奇的命案，稍不留神可能會令你的偵探團隊身陷險境！

Amazing Race - Investigation on the mysterious case
(for 14 yrs old or above)

Through some interesting activities such as interactive games, role-play, puppet show, children can learn how to develop good character

建立

Love the summer with family

「愛家暑假」

孩子放暑假令家長頭痛嗎？何不一起享受暑期共聚的時間。

有質素的家庭活動，有助家庭成員的溝通，從不同活動中有更多的了解、分享，甚至一同克服一些障礙及挑戰，將有助強化家庭關係。

Why not enjoy the summer holiday with your children together?

Family members could gain better understanding and enhance the relationship of each other when dealing with challenges and enjoy some quality activities together.

屯門綜合社會服務處

快樂人生體驗營(家庭篇) (4-6歲幼兒及家長)

活動透過「快樂七式」工作坊、「幼兒笑聲滿溫馨」家人體驗活動，培養參加者的積極正面心態。

Happy Family Life camp (for 4-6 yrs old child with parents)

Through "Happy 7" activities workshops, family experiences "the laughing of the youngsters" to create the positive thinking of the participants.

九龍會所

「親子教育系列」課程 (0-6歲兒童的家長)

由兒科專科醫生、嬰兒按摩導師及 Baby Sign® 香港國際認可導師主持一系列講座，讓家長學習 Baby Sign®、嬰兒按摩、親子溝通方法，成為孩子的「成長導師」。

Education workshop for parents and kids
(for parent with 0-6 yrs old infant)

A series of seminar will be conducted by pediatrician, infant massage therapist and registered baby sign trainer. Parents could learn the skills of baby sign®, baby massage as well as the better communication skills with their kids.





Say YES To Work

逆境中

女青年會續辦多項暑期工活動

踏入五月，又有一大批畢業生加入勞動市場，相信也是尋找工作的高峰期。但面對金融海嘯，職位空缺大幅減少，暑期工更可謂寥寥可數。雖然如此，香港基督教女青年會青年就業服務深信，暑期工對於青少年的成長甚有裨益，因此在今年勞動市場低迷的情況下，仍然堅持舉辦暑期工活動，繼續為青少年爭取更多工作機會。

女青年會青年就業服務督導主任林遠濠表示，今年舉辦了首屆「Say YES to Work — 暑期傑出青年僱員計劃2009」，藉以協助應屆畢業生及待業青年尋找合適的職位空缺，並期望透過暑期工作經驗，提升青少年對工作世界的認識，及學習應有的工作態度。他表示：「我們相信，青少年愈早有工作經驗，他們將來愈能夠Say YES to work。」

雖然今年暑期實習空缺普遍大減，但是次計劃仍榮幸地獲百仁基金、麻布茶房、鴻福堂及精英舞台全力支持，為高中生提供多個暑期工空缺。參加青少年將在5月進行面試，並在6至8月接受培訓及實習。



In May, a new batch of graduates enters the job market, and job searches reach its peak. However, because of the financial tsunami and the dramatic drop in vacancies, there are very few summer jobs available. Despite such unfavourable circumstances, Youth Employment Services of H.K.Y.W.C.A. still firmly believes that summer jobs are beneficial to teenagers' growth and summer job activities should be held irrespective of the weak job market this year. It is hoped that this can find more job opportunities for teenagers.

According to Lam Yuen Ho, Supervisor of Youth Employment Services of Y.W.C.A., this is the first year when 'Say YES to work – Outstanding Youth Employee Summer Programme 2009' is held. The programme aims at helping fresh graduates and unemployed youths look for suitable jobs. In addition, with the summer job experience, teenagers' understanding of the workplace environment can be enhanced, and they can acquire the right attitude of work. He said, 'We believe that the earlier our teenagers have work experience, the more likely that they can say YES to work in future.'



信念不變

Keep faith with youth services in adversity
Y.W.C.A. continues holding summer job activities



此外，青年就業服務亦一如往年於暑期舉行招聘會，名為「Say YES To Work 青年就業暨暑期工招聘博覽2009」。今年的招聘會更獲中西區區議會及中西區民政事務處支持合辦。

林遠濤續指，今年經濟不景，青年人要成功就業或爭取工作機會，更加必須做足事前準備工夫，所以女青年會亦於招聘會前舉辦了「職場新鮮人」求職講座，由資深社工向青少年傳授「求職技巧—突圍而出三部曲」、「招聘會脫穎而出必殺技」等。

他估計，今年尋找暑期工將十分困難，呼籲年輕人不要介意暑期工的薪金及工作類別，最重要是累積工作經驗。他指出，如果青年未能找到合適工作，應利用空閒時間報讀興趣班或做義工。

Although vacancies of summer internship fall significantly in general this year, the programme receives great support from Centum Charitas Foundation, Azabusabo, Hung Fook Tong and SC Engineering Ltd which offers many vacancies for senior secondary students. Participants will have interviews in May, and will receive training and field practice from June to August.

Besides, a job fair called 'Say YES To Work – Youth Employment and Summer Job Fair 2009' was held again this year during the summer holiday by Youth Employment Services. Central and Western District Council as well as Central and Western District Office also rendered support by being co-organizers of the job fair.

Lam also pointed out that in times of the economic hardship this year, it is essential for teenagers to get themselves prepared in advance in order to gain employment or successfully find work opportunities. Therefore, prior to the job fair, Y.W.C.A. organized a career talk called 'Newcomers to the Job Market' in which experienced social workers shared with teenagers some useful skills for job searches and interviews.

He expected that it will be very difficult to look for summer jobs this year. Hence, he encouraged teenagers not to put salary and work types as the major concern, since gaining work experience is of the utmost importance. If teenagers cannot find suitable jobs, they should spend the spare time taking interest classes or doing voluntary work, Lam added.

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

- | | |
|--|---|
| <input type="checkbox"/> 婦女事工 Women's Services | <input type="checkbox"/> 兒童及青少年服務 Children & Youth Services |
| <input type="checkbox"/> 基督教事工 Christian Ministry | <input type="checkbox"/> 耆年服務 Elderly Services |
| <input type="checkbox"/> 輔導服務 Counselling Services | <input type="checkbox"/> 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，
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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