



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



聲

AUG
2007

勞工及福利局局長張建宗

「機會是留給有預備的人」

機會隨時來到，把握時機作好準備！



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女聲 編者話

張建宗局長到訪女青年會，帶來了一份手信：「機會是留給有預備的人。」

這句話語重心長，不單鼓勵與他「談心」的青少年，更為女青年會「打打氣」。

今期「女聲」的故事：「非一般就業服務」、「展翅青見超新星」、「年青女性領袖」、「傑出婦女義工」，——道出女青年會協助大眾裝備自己的故事。

局長的話與女青年會「生命的栽培」的宗旨互相呼應。正值暑期及放榜月，「女聲」的焦點放在青少年身上，讓讀者了解女青年會培育青少年的工作。

"Opportunity is reserved for those who have prepared.", a meaningful message to the teenagers and an encouraging phrase to YWCA, stated by the Secretary for Labour and Welfare, Mr Matthew Cheung Kin-chung.

To echo with the key message from our honorable guest, Mr. Matthew Cheung, the stories in August Issue of Women's Voice are all about how to equip yourself, for instance "Special Career Counseling", "YPTP & YWETS Super Star", "Young Woman Leaders" and "Outstanding Women Volunteers" Perhaps, it is the best timing to put up these topics in August, when the teenagers enjoying their summer time and waiting for the announcement of public examination results.

Enhancement of Life – Heart-to-heart talk with Secretary for Labour and Welfare

「走入群眾」是新一屆特區政府的口號，新任勞工及福利局局長張建宗更付諸行動，應香港基督教女青年會的邀請，在8月初出席「生命的栽培—青年人與局長談心」活動，這亦是張局長上任後首次與青年對話。

張局長與青少年接近兩小時的真情對話，有語重心長的鼓勵，有由心出發的欣賞。局長又分享了他的生活、工作態度及政府對青年就業的政策，更向不少青年派名片，親自跟進他們的訴求。青少年獲益之餘，對張局長亦滿有期望，他們還展示了對局長的衷心支持。

“Reaching out to the community” is the slogan of the HKSAR Government. In line with this direction, the newly appointed Secretary for Labour and Welfare, Mr Mathew Cheung Kin-chung was invited by YWCA to participate in a function “Enhancement of Life – Heart-to-heart talk with Mathew Cheung”. After taking the new post, it was the first time for Mr Cheung talking with teenagers in public.

Mr Cheung spent nearly two hours with the teenagers on the day. He shared his personal life and working attitude, and also encouraged the youth and appreciated their hardworking. He distributed his name cards and followed up the requests from the youth, that in person also impressed all participants very much.

生命的栽培

青年人與局長

談心



走進女青 走入群眾

Visit YWCA and Reach the Community

勞工及福利局局長張建宗

張建宗響應了新一屆特區政府的口號，走進群眾，聆聽青年人的心聲。



To encourage teenagers voicing out their views, YWCA invited the newly appointed Secretary for Labour and Welfare, Mr Mathew Cheung Kin-chung, as Guest of Honour of a function "Enhancement of Life- Sharing With Mathew Cheung" on 4th August. The benevolent Secretary accepted the invitation immediately. He dressed up in a smart casual way in order to break the barrier between participants who were teenagers and young adults of age 15 to 29.

One of the representatives, YWCA's retraining programme graduate, Luk Choi Lan spoke for her peers. She asked for lowering the minimum age requirement of 30 for retraining programmes so that more people could be benefited. Last year, when Luk was still living on CSSA, she tried to apply for the retraining programmes in Hospitality. but was not qualified due to the age limit. Fortunately, she was admitted after special consideration by YWCA and now get a job.

Mr Cheung responded to Luk's request and promised that the Employee Retraining Board would review the regulations accordingly.

女青年會為了提供青少年更多發聲的機會，早前特別邀請了剛上任的張局長，出席8月4日舉行的「生命的栽培—青年人與局長談心」活動。一向親民的張局長不單爽快答應出席，當日更加以一身「Smart Casual」打扮現身，務求與近百名15至29歲青年人打破隔閡，真誠交流。

其中一位青年代表、女青年會再培訓畢業學員陸彩蘭，勇敢地代表青年發聲，就是期望局長放寬再培訓課程報讀者須滿三十歲的規定。原來彩蘭去年還在領取綜援時，本想透過報讀再培訓課程投身酒店行業，可是當時廿九歲的她未符合報讀。另一位代表、女青年會「My Step走出我天地」青年就業計劃學員黎

振宇，亦與局長分享了他的心路歷程。這位獲局長大讚談吐得體、溫文爾雅的阿宇，其實半年前還是一位隱蔽青年，十年來一直窩在家中，每天打機十多小時，直至參加了「My Step」，透過九型人格及NLP等等訓練，重新享受到與人相處、投入工作的樂趣。

家住天水圍的阿宇，當天還向局長提到天水圍區缺乏適合他修讀的課程，一向以「有求必應」見稱的張局長立即取出名片，叮囑阿宇稍後致電給他，他會盡力協助阿宇在區內物色合適課程：「如果沒有合適的，我們會為你度身訂造一個。」話音未落，場內已響起一片掌聲。

Another representative Lai Chun Yu, a participant of YWCA's "My STEP-Special Training & Enhancement Programme", shared his story with Mr Cheung. It was hard to believe that this outspoken and decent gentleman was a hidden youth half-year ago. He has hid himself at home for ten years and spent all his time on computer games until he participated in "My STEP-Special Training & Enhancement Programme". After the training of the enneagram and NLP, he became open to others and enjoyed working.

Ah Yu raised his concern on the lack of suitable courses in Tin Shui Wai, where he lived. Mr Cheung responded quickly and passed his name card to Ah Yu for further action. "If there is really no course suitable, we will tailor-made one for you." Mr Cheung's promise won him thunders of clapping hands.



聽罷女青年會再培訓課程畢業生陸彩蘭的奮鬥故事，張局長立即趨前與她握手，還讚揚她是自力更生的好榜樣。



在活動尾聲，青年代表送上了畫有「Q版局長」的心意咭給張建宗局長。

張建宗局長：女青是「有心」的培訓機構

Mathew Cheung: YWCA is A Wholehearted Training Organization

張局長當日除了大讚各位青年代表外，亦公開盛讚女青年會是「有心」的培訓機構，在就業培訓方面碩果纍纍。他表示：「女青年會單在再培訓方面，多年來已培訓了6萬人次……台上的青年經過培訓，都脫胎換骨，他們沒有選錯培訓機構。」

「機會是留給有預備的人。」張局長以此鼓勵在場近百名青少年，還即席題字，在壁佈上揮筆寫上「自強不息」四字作紀念。為了答謝局長的盛情，女青年會今屆的「展翅青見超新星」陳喜杰亦特別設計了一張畫有局長肖像的心意咭，以感謝這位「展翅之父」多年來在發展青年就業服務的貢獻。

Mr Cheung not only acclaimed the youth representatives but also YWCA for its wholehearted contributions in providing quality training services. "The head count of retraining users reached six millions those youth representatives on stage turned a new page of their life after retraining that means they have chosen a right place to learn." Mr Cheung said.

"Opportunity is reserved for those who have prepared." Nearly a hundred of youngsters were encouraged by Mr Cheung. And he wrote a script of four Chinese characters meaning "Eternal Strength" as memento. In return, YWCA's YPTP & YWETS Star, Chan Hei Kit designed a card with Mr Cheung's image on cover to thank him for his participation and contribution in youth employment over the years.

「談心」問與答

Sharing and QA

Q&A

青少年問：有甚麼減壓良方？

張局長答：首先是要喜歡工作，就不會感到壓力。我亦喜歡運動，每天清晨起來，一邊跳繩，一邊看電視新聞。



除了與台上的青年代表真誠交流，當日張局長還親自回應了不少台下青年的問題。

青少年問：局長工作繁重，有何方法維繫與家人的感情？

張局長答：即使工作如何忙碌，我仍會抽時間陪伴家人。如果工作真的做不完，我會盡量將非機密的文件和報告帶回家裡做，爭取多點與家人相聚的時間。

Youth: How do you cope with stress?

Mr Cheung: I believe you won't feel stressful if you love your job. Also, doing sports make me relax and I enjoy rope-jumping while watching TV every morning.

Youth: How do you maintain family relationship under heavy workload?

Mr Cheung: No matter how busy I am, I will keep time to stay with my family. If I cannot finish the job in office, I will bring non-confidential paper with me and do it at home to allow more time with my family.

傳媒支持 Media Support

女青年會這次「青年人與局長談心」的活動，除了獲得張建宗局長的支持外，傳媒亦廣泛報導了活動，當天有6家電子媒體及8家文字傳媒到來採訪。

This function was widely reported by media including six electronic media and eight printing media.

張建宗局長還特別叮囑當日採訪的記者專訪台上的青年代表，讓全港市民了解這班青年的奮鬥故事及努力成果。部分傳媒訪問青年代表後，隨即為青年向局長進一步了解政府的跟進工作，如再培訓課程的安排及青年就業的情況。這顯示女青年會及青年代表的意見是獲得認同的，令女青年會十分鼓舞。

Mr Cheung also invited the media to report the success stories of the youth representatives on stage so that the general of public could share their experience. After the sharing, media were interested to follow the policies on the retraining programmes planning and local employment situation. This showed the opinions of YWCA and youth representatives were well recognised. It is indeed encouraging.

http://rsad.ywca.org.hk



是次活動吸引了多家傳媒採訪，當中不少記者更就著活動上青年提出的訴求向局長追問。

不會放棄

Never Give-up the Youth - YWCA's Special Career Counseling

青少年 女青非一般的就業服務



高牆，一個人攀不過，只有合作才能成事。社工藉著課程內的訓練營，讓學員學習團隊合作的技巧。

隨著公開試放榜結果塵埃落定，青年就業問題再次備受關注。雖然青少年的失業率已回落至9.2%，但相對其他年齡組別的失業率依然偏高。

女青年會一直堅持「不會放棄任何一位青少年」。因應不一樣的青少年需要，女青年會舉辦一系列「非一般的就業服務」。

The issue of teenagers' unemployment was once again addressed during the announcement of public examination results. Although the unemployment rate was reducing to 9.2%, the figure was still high compared with other age groups.

"Never give up any single youth" is the YWCA's motto. The Association offers a wide range of career counseling services to cater different needs of teenagers.

Special Career Counselling:
Close Monitoring Urges Youth's Growth

非一般就業輔導： 班主任貼身跟進 促進成長蛻變

零分、三分、四分……每年許多會考生手上就是這樣的成績，技能欠奉，究竟怎樣才能提升他們的就業競爭力呢？女青年會持續教育部督導主任胡婉玲認為，除了為他們提供技能訓練外，協助他們提升個人質素，亦是重要關鍵。

「女青年會的一年制文憑課程，每班均有社工擔任班主任，負責教授『個人成長科』，以提升年輕人的自我形象、溝通技巧、團隊合作能力等等。」她續道，不少持續進修機構所設的學生輔導服務是鼓勵學生主動求助，而非主動接觸學生。「事實上，這批學生主動性相對較低，所以我們的班主任會主動與學生建立緊密的關係，深入了解他們的個性及困難，從旁提點，協助他們將來求職時增添優勢。」



Say Y.E.S. to Work 青年招聘會吸引了近千五位青少年參加。

Quite a lot of graduates only attained a few points in the public examinations, they don't realize their talents and have no idea of how to enhance their competitiveness in the labour market. Ms. Woo Yuen Ling, Supervisor of YWCA's Continuing Education Department pointed out that enhancement of personal qualities is as important as vocational training.

"In the YWCA one-year diploma programme, "Personal Development" is the core of the curriculum. All class teachers are qualified social workers and they are responsible to develop students' self-image, communication skills and team spirit. The class teachers also take a proactive role to see the needs of the students, to understand their personal problems and then to provide appropriate counseling services, instead of waiting the students to knock on their doors to look for help. As you know, this group of students is generally lack of confidence to face their own problems. Hence, our class teachers heavily stress on the development of relationship building with their students..

Extraordinary Recruitment Day: Know-how about Interview and Workplace Survival

非一般招聘會：兼教面試技巧、職場適應秘訣

年輕人初出茅廬，難免感到徬徨無助，女青年會舉辦的「Say Y.E.S. To Work 青年招聘會」，不獨提供職位空缺，更因應青年就業常見問題舉辦講座，教授年輕人欠缺的面試技巧，及職場適應秘訣。

女青年會青年就業服務督導主任林遠濠表示：「有些在招聘會上未能獲聘的年輕人，可能只是欠缺一點面試經驗，所以我們即場提供履歷表修改、模擬面試等服務，希望可以提升他們將來的獲聘機會。」

不過，不少青少年縱然成功入職，當面對與學校完全不同的工作世界時，都會無所適從，例如不懂處理人際關係、不懂與上司溝通等等。林遠濠指出：「例如同事『埋堆』，自己應否加入呢？這些都是青年初入職場的常見煩惱，所以女青在招聘會後亦舉辦了『我要做好呢份工！』工作坊，以解答他們的疑難。」

As teenagers are still green in the society, they easily feel helpless in job hunting and in the new workplace. In view of this, YWCA's recruitment day not only provided job vacancy information, but also seminars on interview and workplace survival skills.

Supervisor of the YWCA Youth Employment Services, Mr. Lam Yuen Ho said, "Some teenagers are only in lack of interview experience, and so we arranged interview rehearsal and provided resume editing service on Recruitment Day."

Even when teenagers have successfully secured a job, they still feel uncomfortable to adapt themselves in the new working environment, as it is so much different from their school life. They have hesitation on interpersonal relationship and very often have problems to communicate with supervisors. Lam Yuen Ho further illustrated, "The youth sometimes wonder 'should I join the small circle?' so we need to organize workshop to help them pass through."



女青年會文憑課程每班均由社工擔任班主任，貼身跟進學員的成長問題。

除了協助青少年「搵工」，女青年會近年亦著重加強青年對工作世界的了解。今年龍翔、樂華和將軍澳綜合社會服務處便開辦了「『嚟點店』暑期工作體驗計劃」，讓15-24歲的青年參加者透過營運小食店學習工作之道。

「參加者接受特訓之後，會獲安排營運女青年會中心的小食店，售賣魚蛋、燒賣等小食和飲品。」林遠濠表示，他們在開店前將獲中心墊支500元作為成本，然後自己製訂經營策略、入貨、銷售、宣傳，數星期後活動完結，他們須從收入中交還500元，若有盈餘則歸參加者。這可以訓練參加者的責任感和獨立處事能力，這些正是踏入社會工作所需的素質。

非一般暑期工：

Extraordinary Summer Job:
Acquire Working Attitude in Fish-ball Business

從賣魚蛋學習工作之道

Besides helping teenagers to find a job, YWCA put much effort in widening teenager's horizon. This year, Lung Cheung, Lok Wah and Tseung Kwan O Integrated Social Service Centre organized a "Snack Bar Summer Job Experience Programme". Some 15-24 years old teenagers acquired working attitude through real life business operation.

"After training, participants have to operate the snack bar in YWCA centres on their own. They served fish ball, siu mai and drinks," said Lam Yuen Ho. The centres paid \$500 in advance for the operational expenses. Participants had to manage the business strategies, stock ordering, selling and promotion etc. After a few weeks, they had to refund the \$500 and could keep the surplus if any. Participants' sense of responsibility and independent working ability were enhanced in the process. These are the essential qualities for them before stepping into the society.



為了提升學員競爭力，文憑課程特設模擬面試工作坊。

社工藉著課程內的訓練營，讓學員領會團隊精神的重要。

女青導航3顆展翅超新星

YWCA Led The Way - The Born Of
Three "YPTP & YWETS" Stars

光芒誕生

香港基督教女青年會一直積極參與勞工處舉辦的展翅計劃及青少年見習就業計劃，協助培訓青少年。在展翅及青見計劃今年首次聯合舉辦的「展翅青見超新星」選舉中，女青年會的學員便獲得肯定，全港12位得獎者中，有3位是來自女青年會。

事實上，女青年會的學員多年來都表現優秀。去年的勞工處「展翅之星」選舉，全港10位得獎者中，女青年會同樣有3位學員脫穎而出。而女青年會至今已五次在勞工處官員手上獲得「愛心培訓機構」的殊榮。

今年的3位出爐超新星在7月25日的頒獎禮上，從勞工及福利局局長張建宗先生手上接過獎項時，皆喜上眉梢。這3個「摘星」故事，實在有賴3位得獎者個人的努力，與社工的悉心栽培。

YWCA has been working hand in hand with Labour Department for its "Youth Pre-employment Training Programme" (YPTP) and "Youth Work Experience and Training Scheme" (YWETS) to train the young generation. In the first joint election for "Most Improved Trainees of YPTP & YWETS" this year, the achievement of YWCA's trainees was fully recognized. It was encouraging to have 3 of the 12 awardees came from YWCA.

In fact, YWCA's trainees have had outstanding performance in the past years. Among the ten awardees of "Most Improved Trainees" election held by Labour Department last year, three of them were YWCA's trainees. On top of this, it has been the fifth year that YWCA received the honor of "Caring Training Bodies" from Labour Department.

In the award presentation ceremony on 25th July, three award-winning YWCA trainees were glad to receive the prizes from Secretary for Labour and Welfare, Mr Matthew Cheung Kin-chung. Their success stories were results of their painstaking efforts and the dedication of their social workers.





「我要做平面廣告設計師。」
"I want to be a graphic designer."

Chan Hei Kit (Kit)

陳喜杰(阿杰)

陳喜杰當年一紙強差人意的會考成績單，曾經令他完全失去自信，缺乏方向。直至參加展翅計劃，女青年會社工邀請他參與「年宵創業計劃」，方發現他富有美術天份，在社工細問下，他才透露自己自小希望成為設計師的理想。

Holding an unsatisfactory HKCEE results slip, Kit lost his confidence and direction of life. Until he participated in YPTP and "Flower Market Business Innovation Project" as invited by YWCA's social worker, his talent in arts and design was unearthed. Kit told social worker his dream was to become a designer.

After the hit of exam failure, Kit gave up. The social worker helps Kit to build up confidence through a number of opportunities on design. Kit was confident again with the continuous recognitions received. He has been appointed as a Youth Ambassador and was responsible for the design of posters and newsletters. To make his dream come true, he has started his studies of "Diploma in Advertising and Graphic Design". He speaks confidently: "I want to be a graphic designer."

「我要學懂泡製一杯好咖啡。」
"I want to make a cup of delicious coffee"



Tam Kam Wai (Ah Sai)

譚錦蔚(阿細)

從前常常掛在口邊的是「是但啦」、「唔知」的譚錦蔚，從未計劃過自己的前路。他的個案經理、女青年會社工不禁大嘆可惜：「他聽教、醒目，只是不知自己應該怎樣走。」

不過，一杯咖啡改變了譚錦蔚。「Pokka Café 餐廳服務助理職前訓練課程」，令阿細開始對餐飲業產生興趣，不足一年，由店務助理晉升為初級店務員。

阿細其中一個目標就是沖一杯靚咖啡：「現在工作有目標，相比未讀展翅前，呆在家百無聊賴的半年，現在生活真的十分充實！」

In the old days, Tam Kam Wai always said "whatever", "I don't know" etc. and he had no planning for his future. His case manager was disappointed and said, "He is smart and willing to learn, yet he don't know his way ahead."

However, a cup of coffee changed his life. "Pokka Cafe Restaurant Customer Service Pre-employment Training Programme" interested Ah Sai to explore the chance in catering industry. Within a year, he was promoted to junior trainee from shop assistant.

Make a cup of delicious coffee is one of Ah Sai's goal. He said, "I have a target now. Comparing to the days doing nothing before joining YPTP, my life has become fruitful and meaningful."



「我希望可以帶團去西藏。」
"I want to take a tour group to Tibet"

Keung Hiu Man (Kamily)

姜曉汶(Kamily)

跟另外兩位得獎者不同，姜曉汶完成會考後已有清晰目標，就是成為領隊。不過，目標明確，並不等於會一帆風順。

Kamily參加展翅計劃後，獲安排到旅行社實習，可是她當時只有十七歲，未符合領隊最低年齡要求，負責的實務不多，她因此曾經失望不已，甚至想過放棄理想。這時，女青年會的社工就充當導航員，成功引領Kamily重新抓緊學習機會，打穩基礎，終於如願以償。

「現在我可以自己設計行程，更開始帶團到東南亞及內地。」Kamily還分享了她下一個做領隊的目標：「帶團到西藏吧！只因我喜歡冒險。」

Different from the other two awardees, Kamily got a clear target to be a tour guide. However, a clear goal has not paved her way.

Kamily was arranged to have internship in a travel agent after joining YPTP. As she was only 17 years old, she did not meet the minimum age requirement to be a tour guide. She was upset and decided to give up because she was assigned the tedious work. YWCA's social worker guided her to explore learning opportunities and built up solid knowledge at the critical moment. Finally, her dream came true.

"I am able to design itinerary and bring the tour groups to South East Asia and Mainland now." She added, "I like adventure and I hope I could bring a group to Tibet."

第2屆

香港女聲：年青女性領袖培育計劃

Title: Women Leaders Creating a Bright Future

"Women's Voice: Young Women Leadership Training Programme"



「又一熾」以雙職婦女為研究主題，憑著出色的表現勇奪冠軍。

「女創明天 盛放領袖姿彩」是第二屆「香港女聲：年青女性領袖培育計劃」的口號。經過逾半年的培訓，共80名年青女性參加者就在7月14日舉行的嘉許禮上，展現了她們的領袖姿彩。當中最傑出的參加者，更獲安排於8月下旬遠赴瑞士日內瓦取經，放眼國際。

分作8個組別的年青女性，在嘉許禮當日透過話劇、默劇、歌舞等不同方式展示她們數月來的研習成果。她們研習的議題均環繞女性的權益與地位：「婦女與和平」、「婦女與媒體」、「婦女與社會參與」、「婦女與家庭」和「婦女與健康」。

今屆的評審團由多位學者及社會名人組成，包括電訊盈科社區關係助理副總裁方競生先生、沙田崇真中

學葉秀華校長、《信報財經月刊》總編輯文灼非先生、香港理工大學應用社會科學系講師何潔雲博士、中文大學性別研究中心譚少薇教授、中山大學社會工作系主任羅觀翠教授及香港基督教女青年會董事馬家儀女士。

"Women Leaders Creating a Bright Future" (「女創明天 盛放領袖姿彩」) is the slogan of the second "Women's Voice: Young Women Leadership Training Programme". After half a year of training, 80 young leaders showed their charisma at the awarding ceremony held on July 14th.

At the ceremony, the young leaders grouped into eight teams presented their study reports in the form of drama, pantomime, singing and dancing. During the training, each group had selected specific topics relating to power and status of women to study, such as "Women and Peace", "Women and Media", "Women and Community Participation", "Women and Family" and "Women and Health".

我們要為女性發聲！
We have to get the women's voice heard!

經過半年的培訓，80位參加者已經踏上年青領袖之路。





評審團主席何潔雲博士表示，十分欣賞各組組員的認真和創意，更讚揚各組在回答評審團尖銳的問題時應對得體，分析獨到。

「香港女聲：年青女性培育計劃」是女青年會每兩年一度的大型領袖培訓計劃，目的是透過培育課程、體驗活動及專題研究，裝備及提升參加者的性別意識及領袖才能。今屆80位參加者當中，有近9成參加者現正修讀大專或碩士課程。

香港基督教女青年會總幹事陳麗歡博士對這班年青女性領袖寄予厚望：「她們除了需要有兩性平等意識、愛國愛港及社會責任外，最重要是有放眼國際的視野。」

為達到放眼國際的目標，今屆的冠軍組別及每組的最傑出組員，於8月下旬代表香港的女青年會遠赴瑞士日內瓦交流，負責向團體介紹本港婦女地位及現況，並會到聯合國總部及國際性婦女組織取經，進一步提升領袖才能。

The champion team, "Another Flame" (「又一熾」), analyzed the current situation of career women and their economic contributions in the society. They handed over 1000 signatures to the officiating guest, Miss Nancy Law, J.P. Deputy Director of Social Welfare (Administration) on the day, to show their determination to voice out on behalf of women.

The first runner-up team "Mulan" (「花木蘭」) selected a topic on "Women and Violence – Love Violence". The team found that 60% of the survey respondents had experienced love violence, such as being restricted to make friends, unauthorized emails checking by boyfriends. The team recommended to include "proper attitude to get along with your partner" into the education curriculum, so teenagers can learn the art of love at an earlier age.

The second runner-up team, "Singing Phoenix" (「鳳鳴Team」), chosen the topic of "Women and Self Image Building". The team delivered the message of "living out your true self" in their wonderful drama.



冠軍組別「又一熾」便以雙職婦女為研究主題，集中探討現時婦女的經濟參與。她們在滙報期間，更加即場向當日的主禮嘉賓社會福利署副署長（行政）羅德賢太平紳士，遞交早前於街頭收集的1000個簽名，以行動證明她們為婦女發聲的決心。

亞軍組別「花木蘭」就「婦女與暴力—戀愛暴力」的研究，在今年4月訪問了362名12歲以上人士，發現約有6成受訪者曾出現戀愛暴力的問題，例如被伴侶限制結交朋友、被伴侶偷看電郵等。該組建議將兩性的相處態度納入正規課程，從小教育青年人戀愛的藝術。

季軍組別「鳳鳴Team」則以「婦女與自我形象建立」為研究主題，並以反映時弊的話劇帶出該隊「活出真我」的訊息。

The panel of judges this year was formed by the scholars and eminent persons of the society, including Mr. Quentin Fong, Assistant Vice President, Community Relations of PCCW Limited; Ms. Lisa Yip Sau-wah, Principal of Shatin Tsung Tsin Secondary School; Mr. Man Cheuk-fei, Chief Editor of Hong Kong Economic Journal; Dr. Helen Ho Kit-wan, Assistant Professor at the Department of Applied Social Sciences of The Hong Kong Polytechnic University; Professor Maria Tam Siumi, Co-chair of the Gender Studies Programme at The Chinese University of Hong Kong; Professor Agnes Law Koon-chui, Head of the Department of Sociology and Social Work, Sun Yat Sen (Zhong Shan) University; and Ms Ma Gar Yee, Board Member of Hong Kong YWCA.

The head of the Panel highly appreciated the spirit and creativity of the teams, and their witty and analytical responses to the judges' questions.

"Women's Voice: Young Women Leadership Training Programme" is a bi-yearly leadership training programme organized by YWCA, with an aim to develop and to enhance gender awareness and leadership through lectures, experiential activities and research projects.

To this end, the champion team and the most excellent member from each team will represent Hong Kong YWCA in an exchange tour to Geneva, Switzerland, where they will introduce the status and situation of women in Hong Kong. They will also visit the UN headquarters and international women's organizations to further brush up their leadership skills.





慈善券只
需
十元

和諧家庭

卻是

無價

同心培育和諧家庭支持「家庭健康促進中心」



"Make Your Move, Love Your Home"



家庭是甚麼？

What is "home"?

「是一個休息的地方。」

「是一個避難所。」

「是一個很溫暖的地方，也是幫助小朋友成長的基石。」

"It is a place for rest."

"It is a shelter."

"It is a place of warmth and foundation for children development"



每個人對家庭都有不同的定義，亦不難找到共通點就是「家庭」乃是與家人分享的地方，感覺舒服而溫暖，這亦正是「和諧家庭」的基本元素。

然而，急劇上升的家庭暴個案數字，反映出部分香港家庭不和諧。社會福利署之數字顯示，單是2007年1至3月之家庭暴力個案就有1,780宗，較去年同期急升1.2倍，即每日約有19.7宗家庭暴力個案發生。

有見及此，「以家為本」的香港基督教女青年會即將成立「家庭健康促進中心」，以關愛家庭及個人為宗旨，提升個人及家庭身、心、社、靈之全人健康，為全港200多萬個家庭服務。而健康的重點不在於治療「病徵」，乃著重協助個人及家庭發展潛能，增強「快樂能量」，促進家庭健康。

Everyone has their own understanding on "home". However, they share the same view that "home" is a place for family members to share. It is warm and comfortable those are the elements of "domestic harmony".

It was sad that the figure of domestic violence has increased rapidly. It reflected the existence of inharmonious families in Hong Kong. According to the figure of Social Welfare Department, there were 1,780 cases of domestic violence from January to March 2007 which was 1.2 times of the figure during the same period last year. It meant a number of 19.7 domestic violence cases in every day.

In view of this, YWCA has planned to establish a "Family Wellness Centre" which aims not only at promoting caring families and individuals but also strengthening the physical, psychological, social and spiritual well-being of over two millions families in Hong Kong. The essence of health is not symptom treatment but to discover the potential of individuals and families so that the "positive energy" for fostering healthy family lives will be increased.

YWCA "Family Wellness Centre" Services: 女青年會「家庭健康促進中心」的服務：

個人健康成長 Personal Growth

- 個人身心靈的培育
Enhancement of personal spiritual, mental & physical developments

婚姻關係 Marital Relationship

- 戀愛培育及輔導
Cultivation and counseling on heterosexual relationship
- 婚前輔導
Pre-marital counseling
- 婚姻培育及輔導
Marital cultivation and counseling
- 婚姻逆境支援
Support for adversity marital relationship

家庭支援 Family Support

- 家庭愛的溝通
Communication skills
- 壓力處理
Stress management
- 情緒管理
Emotion management
- 熱線輔導
Hotline service

親子關係 Parent-child Relationship

- 幼兒管教與培育
Parenting skill training
- 親子關係與溝通
Parent-child relationship and communication
- 遊戲治療
Play Therapy
- 親職支援
Support for working parents

慈善券只需十元 和諧家庭卻是無價

Ten Dollars for a Charity Ticket Priceless for Domestic Harmony

要支援「家庭健康促進中心」的多元化服務，女青年會在8月27日至10月13日期間銷售「2007女青慈善券」，每張慈善券售價為10元，希望為中心籌得100萬元的經費。

這次「女青慈善券」活動獲得鄧萃雯、陳法蓉及王菀之三位藝人支持，義務協助拍攝宣傳短片。她們都因為認同女青年會「家庭健康促進中心」的定位及服務目標，所以特別撥出時間義務協助。

此外，活動亦獲得多間大企業贊助現金券、優惠券及宣傳，為香港社會培育「和諧家庭」作出貢獻。

In support of the multifarious services provided by Family Wellness Centre, Charity Ticket campaign has been launched from 27th August to 13th October. It costs \$10 for each YWCA Charity Ticket. We aim at raising one million dollars for the Centre's operation.

Three artists Sheren Tang, Monica Chan and Ivana Wong were appointed to be the ambassador. As they recognized the mission of the Centre, they appealed in the promotional trailer voluntarily.

On top of this, the function was sponsored by various corporations in the form of cash vouchers, gift vouchers and free promotion. Their generosity contributed to Hong Kong's domestic harmony.

愛心贊助 SPONSORS



做義工是為幫助別人，相信無人否認。但說做義工的就是生活清閒，相信很多人會群起反對。

培訓義工是香港基督教女青年會的強項，女青的義工紀錄中，亦有不少是在職人士，更不乏在職女性。按社會福利署義工運動的統計數字，自1998年起，女性登記義工平均佔整體義工六成¹。有女青的婦女義工曾豪邁地說：「國家有難，匹夫有責」，以參與義工服務，貢獻社會為使命。

為表揚一群無私的婦女義工，香港基督教女青年會自1992年起舉辦「全港傑出青年婦女義工選舉」明年三月將舉行第六屆的選舉，正開展籌備工作。

歷屆的「傑出青年婦女義工」得獎者中，有是照顧長期病患的孩子以外，仍然沒有吝嗇自己專長，積極參與義務工作。她不求回報，甚至拒絕機構推薦參選傑出青年婦女義工，最後為鼓勵更多婦女參與，這位義工接受提名，並且獲獎。亦有投身義工服務十多年的得獎者，道出「施比受更為有福」的道理，與受眾建立互信，個人亦從中成長，體現「助人自助」的精神。

女青年會今屆亦會貫徹過往的信念，除了希望藉選舉表揚這班傑出女性義工，更希望以選舉作為一個平台，凝聚來自五湖四海的婦女義工，讓她們互相支持及交流，並吸納更多婦女參與義務工作，締造及宣揚和諧、互相守望的社會。是次選舉的提名截止日期為11月15日，歡迎18至45歲的婦女義工參加。

¹ 義工運動網頁：http://www.volunteering-hk.org/tc_chi/aboutvs/vs_stat.html

¹ Volunteering website: http://www.volunteering-hk.org/tc_chi/aboutvs/vs_stat.html

義工≠閒人？！

非也

Volunteering = Having nothing else to do? WRONG!
Women volunteers: "Every woman is responsible for her own country"

婦女義工：「國家有難，匹夫有責。」

Volunteering is about helping others, but it is absolutely wrong to say volunteers help just because they have time to kill.

Hong Kong YWCA has been training volunteers over the years and our records show that many volunteers are working and a lot of them female outworkers. Statistics of the Social Welfare Department shows that female volunteers make up 60% ¹ of total number of registered volunteers since 1998. As the hearty statement of a YWCA women volunteer goes, "every woman is responsible for her own country", many women volunteers make contributing to the society as their own missions.

To commend woman volunteers, Hong Kong YWCA holds the "Hong Kong Outstanding Young Volunteers Election" (「全港傑出青年婦女義工選舉」) since 1992, and preparation is going on for the sixth election coming in March next year.

Among those awarded "Outstanding Young Woman Volunteers" over the years, there was a caring mother for a kid suffering from chronic disease, who still didn't spare any effort to participate in volunteering. She did it for no return that she even turned down the offer to be nominated. But she wanted to encourage more women to join volunteering that she accepted the nomination finally. Another winner who has been volunteering for over ten years shared with us, "it is more blessed to give than to receive", as she has also learned through helping others.

YWCA takes this award as an opportunity to appreciate the contribution by outstanding volunteers and uses the election as a platform for woman volunteers to come together and support each other. We strive to encourage more women to join our volunteering work and create a peaceful and helping society.

是次活動得到香港電台「開心日報」協辦，著名DJ車淑梅女士亦是今屆的評判之一。



得獎者均可成為傑出婦女義工協會的會員，與志同道合的義工一起參與不同的社會服務。

剛過去的暑假，香港基督教女青年會發佈了「香港青少年品格問卷調查」，希望藉此喚醒社會對於青少年品格教育的關注，及引導青少年學習如何過一個「有品」假期。調查結果引起社會廣泛關注及傳媒連串跟進報導。

是次調查在今年2月至3月進行，由女青年會青年及社區服務部的品格教育工作小組負責，共訪問了1,181位10至19歲青少年對時下香港青年品格的意見。結果發現，87.1%受訪青年自評品格分數僅為3分及2分(5分為滿分)(見圖a)，同時33.7%青年亦自認會做出缺德行為，例如在公眾場合講粗口、大聲玩耍、不懂說多謝及「唔該」等。

To arouse public's attention on youth moral education, YWCA conducted a "Youth Morality Survey" and announced the findings in July.

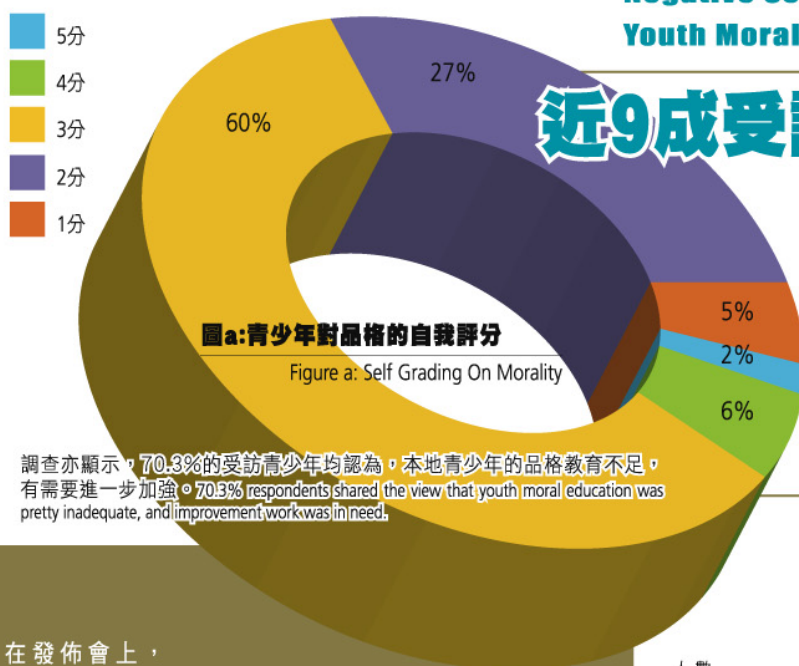
The survey was done in February and March this year by Moral Education Team of YWCA's Youth and Community Service Department. 1,181 aged from 10 to 19 were interviewed. The findings reflected that 87.1% of respondents gave themselves only 3 points or 2 points (Highest point was 5) (see Figure a). Meanwhile, 33.7% respondents admitted their own immoral behavior such as saying foul language in public area, playing loudly, never saying "thank you" etc.

Negative Self-value for 90% Youth Respondents Youth Morality Survey Caught Media Attention

近9成受訪青少年自評品格

中下

青少年品格調查 掀起傳媒關注



調查亦顯示，70.3%的受訪青少年均認為，本地青少年的品格教育不足，有需要進一步加強。70.3% respondents shared the view that youth moral education was pretty inadequate, and improvement work was in need.

在發佈會上，

女青年會學校社工組督導主

任李穎思建議，參考加拿大及美國等地的做法，制訂有系統的品格教育課程，學校亦可訂立品格指標，以鼓勵學生在追求成績以外，同時注重個人品格的建立。

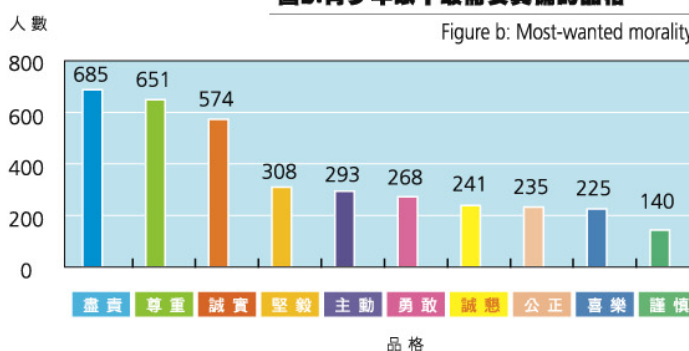
藉著是次的調查發佈，青少年品格問題成功引起了不少社會及傳媒的關注。除了發佈會當日吸引了5家電子傳媒及9家文字傳媒蒞臨採訪外，其後《信報》、《成報》、《太陽報》、《互動電視》亦有專欄文章及論壇節目進一步討論這個議題。

Li Wing Sze, the Supervisor of YWCA School Social Work Office, suggested establishing a systematic moral education framework similar to the practice in Canada and USA. She expressed that schools should encourage students to assess the value of a person not merely by academic achievement, but morality as well.

The findings of this survey had so much attracted the interest of mass media and the public. Five electronic media and nine printing media reported the results. In addition, Hong Kong Economic Times, Sing Pao, The Sun and the Interactive Channel had further discussed the findings in their forum.

圖b: 青少年眼中最需要具備的品格

Figure b: Most-wanted morality



督導主任李穎思(左二)建議香港仿做外國制訂有系統的品格教育課程。

黃朱清蓮

Wong Chu Ching Leen

名譽董事黃朱清蓮

本著基督精神熱心奉獻



Mrs. Wong Chu Ching Leen, Honorary Board Members of Hong Kong YWCA:

Great Devotion in the Spirit of God

在網上搜尋香港基督教女青年會名譽董事黃朱清蓮的名字，大部份顯示的網頁都與公益事業有關。事實上，作為虔誠的基督徒，黃朱清蓮一直熱心事奉，包括四十年代開始透過女青年會家庭婦女部參與社會服務，到今天與丈夫經常慷慨解囊，熱心慈善。

黃太與丈夫黃炳禮先生的善行遍佈香港、澳門、內地，過往曾經受助的機構和組織多不勝數，包括大學、中小學、師範學校、圖書館、護士學校、醫院、安老院等等，當中當然還包括女青年會。

If you google the name "Mrs. Wong Chu Ching Leen", you will come up with page after page of charity-related good deeds. In fact, as a Christian, Mrs. Wong has deeply devoted herself to the community, for example serving as a volunteer in social services activities organized by YWCA Family Women Department (家庭婦女部) since the 40's and making donations with her husband in numerous charity programmes.

The benevolence of Mr. and Mrs. Wong spread around Hong Kong, Macau and Mainland China and many organizations have been benefited, including universities, schools, teaching institutes, libraries, nursing schools, hospitals, elderly homes etc., and YWCA is among one of them.

曾有人粗略統計，二人多年來累積捐出的善款已達數千萬元。向黃太求證，她笑言數字都忘記了，然而過往行善時點點滴滴的情景依然歷歷在目。「我們參加家庭婦女部活動時，常常探訪老人院，端午節又會派糰，我們一班婦女情同姊妹，一起同心協力做事，回想起也很開心。」

今年八十八歲的黃太自四十年代加入女青年會，這些年來會內不少大型募捐計劃她都積極參與，當中令她最深刻的莫過於總會所的重建。原來她當年除了捐款，她丈夫的建築公司更負責承建工作。「工程開始了，方發現麥當勞道地盤下面有大石，地基工程較預期複雜。」黃太憶述道，雖然丈夫承接這項工程賺不到錢，甚至要賠本，不過她倆毫不介意，因為二人都是熱心的基督徒，均抱著為女青年會服務的精神。她續道：「大家都出點力，人人都參與，事情便容易辦了！」

喜歡與人分享，正是黃太的生活態度。除了熱心奉獻外，身為基督教事工委員

會委員的她對於傳揚福音的工作亦十分著緊。「我在福音裡找到喜樂，祈禱給予我力量，我很希望可以與人分享。」在本地福音工作以外，黃太亦希望福音可以在內地進一步傳揚。「我每次回內地推動公益活動，都會邀請一位牧師同行，初時當地官員也不喜歡，不過我不擔心，因為我是倚靠著主去做事的。」

黃太續道，女青年會其中一個獨特性，便是本著基督的精神提供服務。「當年家翁家姑每聽見我到女青年會開會，都會大表支持，因為他們對女青年會有信心，對基督教有信心。」

展望將來，她希望女青年會繼續秉承基督精神，緊貼社會，關懷不同人士的需要，尤其是婦女工作。「當年家庭婦女部照顧到我們這批已婚婦女的需要，六七十年代雙職婦女愈來愈多，女青年會又積極發展托兒所服務，期望未來女青年會可以繼續與時並進，為現今婦女提供適切的服務，幫助女性擴闊視野。」

Someone made a rough estimation of their donations worth more than ten millions dollars. Mrs. Wong responded to us with a sweet smile "I never count how much that have been donated, but those wonderful moments of serving the public are always in my mind. I have joined many activities organized by the Family Women Department, such as visiting elderly homes, and giving out rice dumplings in Dragon Boat Festivals. I treasure so much to work with the team members, as all of us have very intimate relationships as sisters"

Mrs. Wong, who is now 88 years old, joined YWCA in the 40's and since then has taken an active role in numerous donation campaigns, of which she remembered the most was the reconstruction of the YWCA headquarters. Not only did Mrs. Wong help to fund the project, her husband's construction company also supervised the work. "The rocks under the site of Macdonnell Road were only found after the work was commenced, which made the groundwork more complicated than expected", recalled Mrs. Wong. Financially, Mr. Wong couldn't even break an even in this project, but as a Christian, he considered this as a good opportunity for him to donate and contribute to YWCA. Certainly, his sincere act was fully supported by his wife. Mrs. Wong addressed that "When everyone puts an effort, everyone devotes a bit, everything can then be made!"

Loving to share, is a life enjoyment for Mrs. Wong. Apart from donations, as a member of the Christian Ministry Committee, she is also very dedicated to preach the words of God. "I found happiness in the Gospel and power in praying. I really wish to share it with others and it is also my dream to do the sharing in mainland China as well. Every time when I promoted charity in China, I will invite a minister to travel with me. At the beginning, we were not very welcomed by government officials, but I never worry, as I know God is always with me."

Mrs. Wong continued, YWCA is serving the community under the spirit of God, "My parents-in-law always supported me when they knew I was helping out in YWCA. They had confidence in YWCA as they had faith in Christianity."

Looking forward, she hopes YWCA will carry on the spirit of Christianity to care for the society in meeting with the changing environment, particularly on women's affairs. "Long time ago, the YWCA provided service to help the married women, and in the 60's and 70's the Association offered child care service to the working mothers. Nowadays, the YWCA shall move forward to vision the needs of women, to plan ahead and to tailor-make the services for women, and meanwhile broaden their horizons."



董事生日會



戴翰芬幼兒園開幕



女青大廈開幕



董事會暨修



前名譽會長董趙洪娉女士訪女青



幼稚園聯合畢業禮

黃朱清蓮

Wong Chu Ching Leen

每年為超過300萬人次提供服務的香港基督教女青年會，今年七月首次參與香港書展，將累積多年的豐富社會服務經驗與市民分享，向大眾介紹女青年會為兩歲至長者所提供的服務。

(是次售賣及展出的書刊及光碟，均是因應社會不同人士的需要而製作，例如輔導及熱線服務部特別為受壓力、失眠困擾人士而製作的《心寧空間—情緒管理光碟》，於是次書展當中最為暢銷)

我們除了於場內售賣不同單位所出版的書刊及光碟外，單位亦邀請了義工分別在不同時段於攤位內進行遊戲及示範，以生動有趣的形式吸引大眾，亦加深他們對本會服務的了解。



女青年會首度參與香港書展 (18/7 — 24/7)

將服務帶進人群

YWCA's First Promotion in Hong Kong Book Fair (18th – 24th July)
Bringing Services To The Community

Every year, YWCA provides services to over three million residents. In the Hong Kong Book Fair 2007, the Association introduced its extensive services catered for 2 years old to elderly and shared its solid experience in social service industry with the attendants

The publications and CDs, displayed on shelf, were all tailor-made to meet with the current social needs. For example, one of the best-selling CDs was designed for people suffering from stress and insomnia, and that was produced by the Counseling and Hotline Service Department

Apart from selling books and CDs, YWCA's volunteers performed demonstration and conducted games in the promotion booth to arouse public's interest to understand more about the YWCA's services.

平日於中心作電腦導師，教導一班長者學習電腦的李耀雄伯伯，今次亦抽空參與女青年會的書展攤位，藉著派發本會的資料及免費刊物，向公眾介紹本會的服務。對他來說，是一種新的體驗，亦能夠接觸更多人。

李東豪與何秀女兩位女士，特意於攤位內展出她們親手用珠子和魚絲製成的手錶。而作為中心的手工藝導師的李東豪，更即場示範製作介子，送給惠顧的參觀人士。

Lee Yiu Hung, one of the elderly computer teachers serving in the elderly education centre, used his free time to distribute YWCA's promotional leaflets in the Book Fair. It was really a brand new experience for him to introduce the services of YWCA to so many people.

Lee Tung Ho and Ho Shau Lui demonstrated the production of hand-made watches. Lee, one of the centre's instructors, showing the technique of making hand rings and that were given away as souvenir to the customers purchased the YWCA's books or CDs.

長者持續教育中心
Elderly Continuing Education Centre





龍翔綜合社會服務處
Lung Cheung Integrated
Social Service Centre

單位將一項名為《史諾比姐姐信箱》的文字輔導計劃由學校帶進書展。接受了義工訓練的 Stanley、Bernice 及盧雯與小朋友一起用砌圖砌出《史諾比姐姐》的樣貌，小朋友認識她後，便可以與她通訊，分享生活上的喜與憂。義工亦可藉此將一些正面積極的訊息灌輸給小朋友。書展過後，已有小朋友開始跟《史諾比姐姐》通信了！

YWCA introduced a school based project called "Sister Snoopy Mail Box" to the public. The trained volunteers Stanley, Bernice and Lo Man used puzzles to create a portrait of "Sister Snoopy" with the children, meanwhile they took the chance to use "Sister Snoopy" as a tool to educate the kids. After the Book Fair, children can write to "Sister Snoopy" to share their happiness and sadness. Right now, quite a number of children had already sent mails to "Sister Snoopy".



參加了本會的《深入就業援助計劃》的亞萍與 Maggie，從未在公開場合示範手工藝製作。今次特意為到書展活動，花了兩天時間接受訓練，學習用色彩繽紛的泥膠，製作有趣的公仔，送贈予在場人士。每當她們展示出製作好的作品時，參觀者都擠擁到攤位爭相向她們索取。看到自己的作品大受歡迎，個人的自信心亦加倍提升，這正正達到了本會栽培會員及義工的目的，希望發掘他們的個人潛能，培育他們成長。

Before participated in "Intensive Employment Assistance Project" organized by the YWCA, Ah Ping and Maggie had never demonstrated their clay artworks in front of the public. They had spent two days to learn how to use colorful clay to make lovely dolls. When they saw the visitors came over to request for a piece of their artworks, they felt delightful and gained greater confidence. Indeed, this is the core objective of the YWCA to explore and to develop the potentials and talents of every member and volunteer.

屯門綜合社會服務處
Tuen Mun Integrated
Social Service Centre



小丑婆婆

Popo Clowns

19

「帶給別人歡樂的感覺好好！」

Elderly Clowns: We just love to see people smile!



We love clowns because they make us laugh. Usually we only see young clowns around, but the truth is that elderly clowns are as cheerful and lively as young clowns!

Last year, the Hong Kong YWCA Elderly Service Department set up a team of "Elderly Clowns", members of which are elderly who like to cheer up others as well as themselves. The team is growing bigger and expanding to different regions which YWCA serves.

This one-of-a-kind team started in YWCA Wan Wah Care and Attention Home for the Elderly. The 78 year-old volunteer, Lee Hang Kuen and 58 year-old Chan Faai Wan, joined the team since it established and now they have become good teammates after performing together for two years. They both said, "We just love to see people smile!"

Child care centres, elderly homes, local elderly centres etc. have been the performance stages of the duo, but the most unforgettable one for them was a blind asylum. How did the audiences appreciate their performance? Chan Faai Wan explained, "Someone narrated the show to them, and they laughed as if they watched it with their eyes!" Lee Hang Kuen agreed, "It seemed they could see the show by their heart!"

Lee and Chan also recalled their first show in a kindergarten. The kids found these elderly clowns dressed in bright colours instead of dark clothing, looked very funny. "They fully concentrated on the show and we took this chance to educate them how to respect the elderly!" Lee Hang Kuen said.

Elderly are often conceived to be weak, but Chan has gained so much confidence after joining Elderly Clowns Team. She added "Many of our volunteers were very shy. They only helped the makeup at the backstage and not dared to join the performance team. After several successful performance, they were now being influenced and encouraged to join us," Lee happily said, "I really hope more elderly can join the team. This is really meaningful and bring joy both to the spectators and the performers themselves."

Recently, Cheng Pon Hing Hostel for the Aged under the YWCA Elderly Service Department also set up its Elderly Clowns team, started on their clown training program and will soon perform in kindergartens. The HKYWCA wish the Elderly Clown Program would not only bring joy to the attendants, but also build up a new image for the elderly and more important they would enjoy life more.

一般扮演小丑的都是年輕人，若換上長者扮演小丑，效果又會如何呢？香港基督教女青年會耆年服務部去年招募了一班婆婆和婦女組成小丑義工隊，她們帶來的歡樂，不單溫暖了別人的心，更為自己帶來了積極正面的能量。

這個與別不同的小丑義工隊沿起自女青年會雲華護理安老苑。78歲的苑友李杏娟婆婆和58歲的婦女義工陳快雲都是第一屆的成員，二人參與了約兩年的小丑義工服務，已經成為了「好拍檔」。她倆齊聲表示：「帶給別人歡樂的感覺好好！」

兩年以來，她們走遍幼兒園、安老院、長者地區中心。最教二人難忘的舞台是一所盲人院。盲人怎看表演？快雲解釋道：「有人從旁描述給他們聽，雖然看不見，但是他們也樂得哈哈大笑！」

她倆又憶述，小丑隊第一次表演是到幼兒園的。常見的長者衣著總是黑黑沉沉的，小朋友當日看見婆婆突然扮得「花哩花碌」，都覺得很新鮮。杏娟婆婆說：「他們很專心地看著我表演，我們亦趁機教導他們要尊重長者！」

以往長者常被誤以為是弱者，不過從小丑婆婆義工身上，快雲卻表示學會了勇敢。「初時幾個婦女義工都害羞不敢表演，可是當我看見婆婆們演出毫不畏縮時，我自己也壯起膽來去嘗試。」杏娟婆婆便笑道：「我很希望多點長者參加……活到這個年紀，有機會就要玩了！」

這個活動最近更擴展至女青年會鄭傍御護理安老苑，多位公公婆婆已經開展了小丑醫生的訓練，並在8月下旬開始到區內幼兒園服務，讓更多長者有機會突破自己，令黃金歲月更加燦爛。

今年78歲的杏娟婆婆認為長者更應把握機會嘗試新事物。

誰說長者要穿深色衣裳？杏娟婆婆穿起五彩繽紛的小丑衣便顯得精神奕奕！



參與了兩年的小丑義工活動，杏娟婆婆現在對化小丑妝容已經駕輕就熟。



從小丑婆婆身上，義工快雲表示學會了勇敢。

女青家庭健康促進中心資深社工：

子女沉迷打機

父母切忌強制式管教

這兩位都是致電電台節目訴苦的家長。

These were real stories shared by phone-in parents during the radio programme.

「我的兒子只有14歲，經常不上學，又離家出走，終日只懂流連網吧打機。」

"My son is 14 years old and spent all his time in internet bars even skipping classes and escaping from home."

「兒子每天放學回家，第一時間就是開電腦打機，有時甚至通宵達旦……我每次勸阻，他就變得暴躁！」

"The only thing my son does after school is playing computer games. He can play it from dark till dawn and throws tantrum when I stop him."



「上癮」：情緒及社交生活受影響

"Addiction" affects emotion and social life

李雯珊姑娘指出，若青少年因打機而影響正常生活，致不能自控，情緒及社交生活受到嚴重影響時，已視為「上癮」。

Lee explained in the radio programme that if teenagers could not stop themselves from playing computer games, and their normal life, emotion and social life were seriously affected, they were in addiction.

兩位專業社工提醒家長要正視問題，不宜用強制式的管教方法，還提供了與孩子溝通的秘訣：

The two social workers reminded parents that they should neither avoid the problem nor use coercive way to discipline their children. They also suggested some communication skills for parents:

- 宜先調節心態，不要假設上網或用電腦就是壞行為，切忌禁止孩子使用電腦。

Adjust their mind set. Do not treat web surfing or using computer as bad behavior and stop children whenever they use computer.

- 以輕鬆態度與孩子傾談，了解真實情況，比如孩子是否藉上網聯絡朋友，還是面對社交上的困擾，以打機來逃避與人溝通。

Talk with their children in a relaxing manner and try to understand their thoughts. For example, are they keeping friendship by the means of computer game or are they facing difficulties in social life and avoid the problem by playing computer games?

- 可嘗試採取「中庸之道」，不阻止孩子打機，讓他們學習安排時間，亦要設下底線，提醒孩子不要影響正常生活。

Take a mild approach. They can set up ground rules for their children and ask them to plan their own schedule instead of just stopping them from playing computer game.

- 宜裝備自己，例如參加課程、講座或工作坊等，增加電腦知識，從而加強與子女溝通。

Keep updated by participating courses, seminars or workshops to enhance their computer knowledge such as the popular online games and have better communication with their children.

- 若發現孩子過份沉迷，應尋求適當協助，例如女青年會的臨床心理學家、輔導員或社工可提供服務。

If parents find their children addicted to computer games, they can seek help from YWCA's clinical psychologists, counselors or social workers etc.



當晚有近百人走上台前舉手決志信主



鄧萃雯小姐分享見證



持續教育部夜校小學決志學生

師奶唔易做佈道會

"Desperate Housewife" Evangelistic Meeting

在2007年7月21日，女青年會基督教事工部（基教部）連同持續教育部、以勒基金、敬拜者使團、藝人之家、十八區福音遍傳運動港島東網絡主辦了「師奶唔易做佈道會」，由藝人鄧萃雯小姐分享見證，鴻福堂贊助飲品。當日約有600人出席，收回的問卷中有近60人願意決志，當中更有不少來自女青年會的夜校學生。基教部已計劃於九月中開辦啟發課程，以協助『師奶唔易做』佈道會的決志人士紮根信仰。當日的參加者除了有機會接觸福音，更獲派發了女青年會婦女部、熱線輔導、夜校課程及基教部課程的資料，以助他們更加了解女青年會的社會服務及福音工作。

YWCA's Christian Ministry Department arranged an evangelistic meeting with its Continuing Education Department, Jireh Fund, The Worshipers, The Home of Artists and 18 Districts Evangelistic Movement Island East Network. The function was supported by guest speaker Sheren Tang and drink sponsor Hung Fook Tong. Sheren's testimony attracted 600 attendants. 60 among all questionnaire respondents revealed their commitment in believing Jesus that some of them came from YWCA's evening school. Christian Ministry Department planned to offer Alpha Course in September to help establishing the foundation in faith for these attendants. Participants not only had chance to receive gospel but also information of the services provided by Women Affairs Department, Hotline Counseling, Evening School and courses offered by Christian Ministry Department.

2007奮路Teen兵青少年信徒領袖

Young Christian Leadership Training Programme 2007
訓練證書課程



課堂時彼此分享生命激勵



畢業禮上與眾嘉賓大合照

在6月7日至7月19日，基教部舉辦了今年第四次的「奮路Teen兵」青少年信徒領袖訓練證書課程。是次活動是與鑽石山浸信會合作舉辦。當中有41位青年參加者表示願意在暑假期間奉獻個人時間參加訓練，更有8位過往的畢業生成為TeenCore，擔任組長牧養下一代以回饋女青年會。在短短六個星期，他們不但堅持從早上到下午殷勤參與課堂，而且更努力投入外展服務和在教會機構實習。他們曾採訪的機構包括老人院、教會及國內的痲瘋復康村，並曾在不同社區進行服事。

The forth cohort of the "Young Christian Leadership Training Programme" was organized from 7th June to 19th July by Christian Ministry Department in collaboration with Diamond Hill Baptist Church. 41 youngsters decided to spend their summer time to equip themselves. There were also eight graduates who took part in Teen Core and looked after the new comers. During the six weeks, participants attended classes every day and joined outreach services and internship programmes in church. They visited various organizations including elderly home, church, and leper rehabilitation village in Mainland and served in various community activities.

25/9/2007 總會所福音午餐會 Gospel Luncheon in Headquarter on 25th September

香港基督教女青年會 基督教事工部

「特」警雄心

福音午餐會

與你分享警務人員的生涯，
及在警隊中得力的來源！

日期：25/9/2007 (二)
時間：1:00pm-2:00pm
地點：總會所101室
講員：陳國雄博士(現任人力資源科高級警司)
義務/工餘服務：恩雨之靈顧問、MEN佈道團幹事
及香港科技大學商學院助理教授
費用：免費(本部可代訂午餐飯盒優惠價每個\$20)
報名：與本部聯絡(截止報名日期：20/9/2007)
查詢：34761426 陳惠儀助理主任

好節目推介
Programmes Highlights

女地青圖

Y MAP

活動	內容	時間	區域	查詢
2007 女青慈善券 YWCA Charity Ticket 2007	協助於全港各區義賣慈善券及宣揚家庭和諧訊息，善款將用作籌建「家庭健康促進中心」的經費 To be volunteers for selling Charity Ticket in different districts that is one of our fund raising activities for the establishment of Family Wellness Centre.	8月27日至10月13日 27/8/2007 - 13/10/2007	全港各區 All Districts	3476 1300 (會員事工部) (Membership Affairs Department)
「月餅送贈心連心」 2007愛心大行動 "Moon Cakes Donation" Mid-Autumn Festival Love Action 2007	到有需要機構送贈月餅 (包括：視障人士福音中心、家樂護老院及秀群松柏社區服務中心) Share your love by donating and delivering moon cakes to needy groups (including: CMVIP, Happy Family For The Aged & Ellen Li District Elderly Community Centre)	9月18日 上午9時至下午5時 18/9/2007 9:00am – 5:00pm	九龍塘 Kowloon Tong	3443 1600 (婦女事工部) (Women Affairs Department)
尋求TEEN水圖的故事 Seeking for Stories from Tin Shui Wai				
媒體成長系列：「水草坊」 Mass communication training	透過錄像製作、街頭劇場(巡迴演出)等激發創意思維 Stimulate the creative thinking by video producing, street drama performing	2007年10月3日至 2008年2月16日 3/10/2007 – 16/2/2008	天水圍 Tin Shui Wai	2447 9228 (天水圍綜合社會服務處) (Tin Shui Wai Integrated Social Service Centre)
兒童成長系列之全能發展多面睇 Training for Children	透過不同的遊戲及歷奇活動學習事物 Learn form different games and Adventure Activities	2007年10月5日至 2008年2月16日 5/10/2007 – 16/2/2008		
「新-歷-情」成長系列 Hiking Activity	學習基本的山藝知識及考核一級山藝課程 Learn the basic knowledge of Hiking and assess the Level One Hiking	2007年10月15日至 2008年2月16日 15/10/2007–16/2/2008		
「自-創-業」系列： 「第三屆自僱創業體驗計劃」 G.O.F2007 - GET ON FUTURE	分析個人強弱、優勢及危機，以及教授市場策劃及評估 對象：有志創業的大專生 Analyze individuals strengths and weaknesses, and also share the view on marketing strategy	2007年10月23日至 2008年2月19日 23/10/2007–19/2/2008		
「青年賞識大集會」 嘉年華暨頒獎禮 Youth Appreciation Ceremony	義工心聲分享及頒獎及嘉許 Sharing of volunteers and awards presentation 活動出席達80%可退還全費 (但需先繳費) full payment will be reimbursed to applicants with 80% attendance (payment should be made at the in the first place)	2007年10月23日至 2008年2月19日 23/10/2007–19/2/2008		
「薪火相傳」2007 國情教育節 "Pass It On" National Education Festival 2007	透過嘉年華活動，推廣國情教育 (包括：國內服務計劃匯報、迎奧運比賽項目、國情教育展覽、心意咭 / 小手工製作、攤位遊戲及體驗遊戲) Promote the National Education by carnival activities	10月13日 下午2時半 13/10/2007 2:30pm	銅鑼灣 (維多利亞公園6號足球場) (No. 6 Football Field, Victoria Park)	27502521 (樂華綜合社會服務處) (Lok Wah Integrated Social Service Centre)





回應社會需要 提供適切服務

INITIATE SERVICES TO RESPOND TO SOCIAL NEEDS

隨著社會的變遷，女青年會積極拓展各類型的非資助創新服務，以配合社會不同階層人士的需要；因此我們每年需要籌募龐大的善款，以支付各項擴展服務計劃的經費。您每一分一毫的捐助，對我們的工作都非常重要。

In response to social needs, Hong Kong YWCA develops many innovative non-subservanted services and projects to benefit all walks of life. The Association relies heavily upon proceeds from the society to perpetuate our mission. Therefore, your participation, generosity and continuous support to the Association are of great importance.

支援弱勢社群 全賴有您

Your support is vital to finance our innovative non-subservanted services

- 低收入家庭兒童支援 Helping Children in Poverty
- 危機青少年支援 Empowering Youth at Risk
- 成人夜小學課程 Running Adult Evening School
- 單親婦女支援 Supporting Single Parent Families
- 熱線輔導 Offering Hotline and Counseling Service
- 親職教育 Promoting Parenting Education
- 家庭危機支援 Supporting Crisis Families
- 長者持續教育 Continuing Education for the Elderly
- 國內山區助學 Schooling Sponsorship for Mainland Students
- 少數族裔支援 Strengthening Ethnic Minorities Community Network
- 「愛與關懷」緊急援助專款 "Love and Care" Special Emergency Fund



香港基督教女青年會 HONG KONG Y.W.C.A.

捐款及義工登記表格 Donation and Volunteer Registration Form

衷心感謝您的慷慨支持！ Thanks for your generosity！

捐款與參與 Supporting and Participating

我要捐款 Wish to donate

我願意支持香港基督教女青年會的工作，現捐助：
I would like to donate the following amount to Hong Kong YWCA：

- ☐ HK\$ 1,000 ☐ HK\$ 500 ☐ HK\$ 300
☐ 其他 Others HK\$ _____

我想成為義工，並有興趣參與以下服務

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

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

捐款方法 Donation Method

☐ 直接存款 Direct Transfer：

將善款直接存入「香港基督教女青年會」的銀行戶口：

恒生銀行：280-178559-670，請將銀行入數紙連同本捐款表格寄回 - 香港基督教女青年會總會所香港中環麥當勞道1號208室。

Donation can be made by direct deposit at the following bank account of "Hong Kong YWCA",
Hang Seng Bank: 280-178559-670 Please send the bank-in slip together with this form to the YWCA Headquarters Office at Room 208, 2/F, 1 MacDonnell Road, Central, Hong Kong.

☐ 支票捐款 By cheque：

請將抬頭「香港基督教女青年會」的劃線支票寄回 - 香港基督教女青年會總會所香港中環麥當勞道1號208室。

Crossed cheque made payable to "Hong Kong YWCA" and send together with this form to the YWCA Headquarters Office at Room 208, 2/F, 1 MacDonnell Road, Central, Hong Kong.

個人資料 Personal Data

姓名 (先生/女士/小姐)

Name (Mr./Mrs./Miss) _____

會員號碼 (如適用)

Membership No. (if any) _____

電話 (日間) Telephone (day time) _____

電話 (夜間) Telephone (night time) _____

傳真 Fax _____

電郵 E-mail _____

郵寄地址 Mailing Address _____

☐ 請寄回收據。若收據抬頭人並非捐款者，請填寫抬頭人之英文名稱：

Please issue a receipt. Please specify if the name of the receipts differs from the donor：

☐ 毋需發收據，以幫助節省行政開支。

Please do not send me a receipt to save administration cost.

備註：1. 您提供予本會的個人資料只用作處理捐款、簽發收據及寄奉本會籌募活動消息之用，並會提供本會及銀行在工作上需要知道該等資料的職員使用。

The above information will be used for receipting and fundraising purposes only.

2. 捐助港幣一百元或以上可獲政府免稅。

Donations of HK\$100 or above are tax deductible with a receipt in Hong Kong.

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

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