



香港基督教青年會  
YMCA OF HONG KONG



# 抗逆 Resilience 2020-2021 年報 Annual Report 復原

# 目錄 Contents

2020-2021 年報 Annual Report

願景和使命	Vision & Mission	2
歷史	History	3
名譽會長、義務顧問、董事局	Honorary Presidents, Honorary Advisors, Board of Directors	5
香港基督教青年會協會	Council of YMCAs of Hong Kong	
董事局管治委員會	Board Governance Committees	6
會長和總幹事的話	Message from the President & General Secretary	8
見證	Testimonies	14
與港青同行	Walk Along with YMCA	26
尖沙咀(國際)聯青社	Y's Men's Club of Tsim Sha Tsui	31
相片剪輯	Photo Clippings	32
管理層員工	Management Staff	41
人力資源	Human Recourses	42
統計資料	Statistics	
社區服務及活動	Community Services & Programmes	45
會員服務、專業及運動培訓	Member Services, Professional & Sports Training	47
學前教育及小學文娛服務	Pre-school & Primary Leisure Education Services	49
會員服務與義工服務	Member Services & Volunteer Services	50
新會商會港青基信學校	SWCS YMCA of Hong Kong Christian School	51
港青基信書院	YMCA of Hong Kong Christian College	52
賓館服務	Hostel Services	53
財務報表	Financial Report	
收入/支出/收入用途	Income / Expenses / Income Usage	58
感謝	Appreciation	60

## 願景和使命 Vision & Mission

### 願景

香港基督教青年會宣揚和實踐基督教價值，以愛與誠信致志促進地區和國際層面的公義、和平，弘揚真理和盼望。本會致力於：

- 培育個人成長，履行社會責任，服務社群，尤其關注青少年發展；
- 協助大眾鑑定所需，提供適切服務，於可持續發展之環境下改善其生活質素；
- 促進種族融和，提倡互相尊重和諒解。

### 使命

香港基督教青年會以其悠久歷史及豐富經驗，提供各種服務，滿足社會人士在社會、教育、康體及靈性的需要，展望將來，滿具信心與承擔。本會仍將忠誠地貫徹其使命，作為基督教團體，藉提供充實生活的各項程序活動予參與的社會人士，致力促進社會的平等、公義與和平。

身為社會整體一份子的團體，香港基督教青年會為表達其使命，採用整合的方法，就香港社會人士的期望與心願，鑑定此一多種語言及多元文化社會的，尤其是青年人的獨特需要，從而提供服務。

為認定本會服務的前景及進而確定我們服務的公眾對象，香港基督教青年會將決志繼續為香港社會的和諧與國際諒解，作積極的貢獻。再者，本會致力其為「國際基督教青年會」一員的職責，繼續加強與香港中華基督教青年會、香港基督教女青年會及本港其他社會服務團體的聯繫，保證為我們社區所有人士，不分年齡、性別、種族、宗教信仰，提供服務或給予機會以改進其個人、家庭以及社會的生活質素。

### Vision Statement

The YMCA of Hong Kong promotes and practises Christian values, and is committed to the furtherance of justice, peace, truth and hope with love and integrity, both locally and globally. We are dedicated to:

- Enabling personal growth and fulfilling our social responsibility to the community, especially focusing on the youth;
- Ascertaining social needs and offering services to improve the quality of life in a sustainable environment for all people;
- Fostering intercultural harmony through respect and understanding.

### Mission Statement

The YMCA of Hong Kong, with its long history and depth of experience in providing services that cater to the social, educational, physical and spiritual needs of the people in our community, looks to the future with confidence and commitment. It will faithfully endeavour to fulfil its mission as a Christian association dedicated to the furtherance of equality, justice and peace in our society through the provision of life enriching activities to all persons in our community who desire to participate.

As an organisation founded to be an integral part of the Hong Kong community, the YMCA will express its mission by adopting an integrated, indigenous approach to identify with the hopes and aspirations of the people of Hong Kong and work to serve the unique needs of a multilingual and multicultural community especially those of the young people.

In so identifying our vision of service and further defining our target publics, our YMCA desires to actively continue to make a positive contribution to the social tapestry, harmony and international understanding within a great city. Moreover, in its role as an "International YMCA", it will further strengthen its network with the Chinese YMCA of Hong Kong, the YWCA of Hong Kong and other local social service agencies to ensure that all persons in our community regardless of age, gender, race, religious conviction, or ethnic background are being provided service, and otherwise afforded opportunities, to improve the quality of life for themselves, their families and the community at large.



## 歷史 History

### 基督教青年會普世運動源起

#### The Founding of the YMCA Movement Worldwide

在佐治衛良先生的領導下，十二名人士於1844年在英國倫敦創立基督教青年會。他們希望通過成立查經班、家庭和社群祈禱聚會、互愛會，或心靈聚會等，讓就職青年在心靈上得到充實，並以此為青年會的目標。為了將青年會精神與普世的人分享，這國際性新運動的領袖致力在世界不同地方成立青年會，包括香港。Led by Mr. George Williams, 12 men founded the YMCA in London, England in 1844. Their objective was the "improvement of the spiritual condition of the young men engaged in houses of business, by the formation of Bible classes, family and social prayer meetings, mutual improvement societies, or any other spiritual agency." To share the vision of the YMCA Movement with people worldwide, leaders of the new international movement decided to establish Associations in different parts of the world, included Hong Kong.



### 基督教青年會運動在香港的發展

#### The Development of the YMCA Movement in Hong Kong

# 1901

基督教青年會於香港正式成立，由蘇心先生擔任總幹事，並租用德輔道二十七號為會所。YMCA was formally established in Hong Kong with Mr. Walter Southam as General Secretary. Premises were rented at 27 Des Voeux Road as the service centre.



# 1908

華人部和西人部分別擴展為「香港中華基督教青年會」與「香港基督教青年會」。

The Chinese and European Departments of the YMCA formed two autonomous Associations, the Chinese YMCA of Hong Kong and the YMCA of Hong Kong.

# 1922-24

位處尖沙咀梳士巴利道之現址獲選為會址。1924年由時任港督司徒拔先生主持奠基禮。

The current site situated on Salisbury Road was finally selected as YMCA's home. The foundation stone was laid by the then Governor, Sir Donald Stubbs in 1924.



# 1960s年代

青年會通過體育運動推廣健康生活模式，培育品格，更派出年輕田徑選手代表參與國際賽事。

YMCA promoted healthy lifestyle and nurtured the character of young people through sports activities. YMCA young athletes had also represented Hong Kong in international games.

# 1974

完成梳士巴利道中心第一期重建，擴展服務。由時任港督麥理浩爵士蒞臨主持開幕禮。

Phase 1 of the New East or Bradbury Wing redevelopment project of the Salisbury Centre was completed. The opening ceremony was officiated by the then Governor, Sir Murray Maclehorse.





## 1990s年代

梳士巴利道總部於1992年完成重建工程。港青國際幼稚園（1992）、港青專業進修書院（1996）和農圃道幼兒學校（1999）亦相繼成立。1998年開設長沙灣中心，積極拓展地區服務。

The re-development of Salisbury Headquarters was completed in 1992. The YMCA International Kindergarten (1992), the YMCA College of Continuing Education (1996) and Farm Road Nursery School (1999) were established. Cheung Sha Wan Community Centre was opened in 1998 to activate assertively community services.



## 2000s年代

京士柏百周年紀念中心於2000年開幕，以慶祝基督教青年會運動在港創立一百周年。港青基信書院於2003年正式開辦收生。同年港青與成都基督教青年會合作，於四川省金堂縣資助開設金堂縣港青小學。2009年，港青開辦東涌綠機田與東涌社區中心，為當地社區提供多元化服務。

The King's Park Centenary Centre was opened to celebrate the 100th Anniversary of the YMCA in 2000. The YMCA of Hong Kong Christian College was established in September 2003. YMCA of Hong Kong partnered with Chengdu YMCA to set up YMCA Jintang Primary School in Jintang, Sichuan in the same year. Tung Chung Green Organic Farm and Tung Chung Community Centre were opened in 2009 to provide a variety of services to the local community.

## 2010s年代

西九龍耀信發展學習中心和耀信國際幼稚園於2010年啟用。2013年，港青與新會商會協辦的新會商會港青基信學校正式啟用；同年南丫島戶外及環保活動中心亦正式開幕。港青基信幼稚園（啟晴）則於2015年成立，提供日托服務及幼兒課程。2016年，本會三所幼稚園獲教育局批准，改名為港青基信國際幼稚園、港青基信國際幼稚園（西九龍）、港青基信幼兒學校（農圃道），以表徵港青的教育使命以基督為本的精神。港青的社區藝術中心The DOOOR於2018年1月26日開幕，通過藝術來匯聚更大的社群，包括酒店賓客、旅客、尖沙咀居民及學校的師生等。

Beacon Centre Lifelong Learning Institute and Beacon International Kindergarten were opened in 2010. YMCA of Hong Kong partnered with San Wui Commercial Society to establish San Wui Commercial Society YMCA of Hong Kong Christian School in 2013; Lamma Island Outdoor Centre was officially opened in the same year. Christian Kindergarten (Kai Ching) was also opened in 2015 to provide day care services and early childhood education programmes to children. In 2016, with the approval of the Education Bureau, the three existing YMCA pre-school units were renamed to YMCA of Hong Kong Christian International Kindergarten, YMCA of Hong Kong Christian International Kindergarten (West Kowloon) and YMCA of Hong Kong Christian Nursery School (Farm Road), for the sake of showing that the YMCA has put Christ at the centre of its mission in education. The DOOOR, as YMCA's Community Art Centre, was established on January 26, 2018, to engage a wider community including our hostel guests, tourists, local residents and school community in Tsim Sha Tsui.



## 2020s年代

2020年12月，尖沙咀總部完成外牆維修工程，工程為期21個月。2021年1月，港青基信國際幼兒園（西九龍）正式成立，為2至3歲的兒童提供學前教育服務。

Within the schedule of 21 months, the external façade renovation of the Headquarters was completed in December 2020. YMCA of Hong Kong Christian International Nursery (West Kowloon) was officially established in January 2021, providing pre-nursery education for children aged 2-3.



## 名譽會長、義務顧問、董事局

### Honorary Presidents, Honorary Advisors, Board of Directors as of June 30, 2021

#### 名譽會長 Honorary Presidents

夏德先生 Mr. R. S. (Bob) Huthart *(passed away on March 4, 2021)*

楊澤麟牧師 Rev. Jack C. Young

#### 義務顧問 Honorary Advisors

蘇以葆主教 The Rt. Rev. Dr. Thomas Soo, J.P.

鄭慕智博士 Dr. Moses Cheng, G.B.M., G.B.S., O.B.E., J.P.

夏德先生 Mr. R. S. (Bob) Huthart *(passed away on March 4, 2021)*

#### 董事局 Board of Directors

會長 President

葉偉文先生 Mr. Patrick Yip

副會長 Vice President

王主心女士 Ms. Julia Ong

黃佩翰先生 Mr. David P.H. Wong

義務司庫 Hon. Treasurer

莊簡舜卿女士 Mrs. Sheila Chuang

義務會牧 Hon. Chaplain

施力高牧師 Rev. Dr. John Snelgrove

總幹事 General Secretary

何慶濂先生 Mr. Peter Ho

董事 Directors

方麗麗女士 Ms. Lily Fong, S.B.S.

傅孟雄先生 Mr. William Fu

葉頌文先生 Mr. Tony Ip

陳熙炅女士 Ms. Jaclyn Jhin

林昭先生 Mr. Benjamin Lam

劉鼎新先生 Mr. Andrew Lau

沈樂年先生 Mr. L.N. Shun

## 香港基督教青年會協會

### Council of YMCAs of Hong Kong as of June 30, 2021

郭志權博士# Dr. Philip Kwok, S.B.S., J.P.#

蘇以葆主教 The Rt. Rev. Dr. Thomas Soo, J.P.

傅孟雄先生 Mr. William Fu

任德輝先生 Mr. Ronald Yam

何慶濂先生 Mr. Peter Ho

劉俊泉先生 Mr. Karl Lau

葉頌文先生 Mr. Tony Ip

林昭先生 Mr. Benjamin Lam

劉鼎新先生 Mr. Andrew Lau

鄭卓生博士 Dr. Arnold Cheng

潘展聰先生 Mr. Philip Poon

林巧兒女士 Ms. Natalie Lam

趙梓晴女士 Ms. Agnes Zhao

陳卓賢先生 Mr. Table Chan

馮愨悠女士 Ms. Sharen Fung

薛棋文先生 Mr. Oscar Xue

## 董事局管治委員會

## Board Governance Committees as of June 30, 2021

### 宗教推廣 Christian Outreach

施力高牧師 <sup>^</sup>	Rev. Dr. John Snelgrove <sup>^</sup>
林昭先生	Mr. Benjamin Lam
江瑞榮先生	Mr. Sam Kong
何慶濂先生	Mr. Peter Ho
單芷筠女士*	Ms. Vivian Shan*
譚子榮先生*	Mr. Irwin Tam* (until January 23, 2021)

### 機構管治 Corporate Governance

陳熙炅女士 <sup>^</sup>	Ms. Jaclyn Jhin <sup>^</sup> (as from January 1, 2021)
劉鼎新先生 <sup>^</sup>	Mr. Andrew Lau <sup>^</sup> (until December 31, 2020)
黃佩翰先生	Mr. David P.H. Wong
羅詠欣女士	Ms. Flora Lo (as from May 28, 2021)
何慶濂先生	Mr. Peter Ho
陳華靜女士*	Ms. Corinia Chan*
楊廷偉先生*	Mr. Kenneth Yong*

### 教育 Education Committee

林昭先生 <sup>^</sup>	Mr. Benjamin Lam <sup>^</sup>
王主心女士	Ms. Julia Ong
葉偉文先生	Mr. Patrick Yip
陳熙炅女士	Ms. Jaclyn Jhin (until December 31, 2020)
劉鼎新先生	Mr. Andrew Lau (as from January 1, 2021)
何慶濂先生	Mr. Peter Ho

School Management Committees under the Education Committee:

#### 持續教育 Continuing Education

劉鼎新先生 <sup>^</sup> #	Mr. Andrew Lau <sup>^</sup> # (as from January 1, 2021)
陳熙炅女士 <sup>^</sup> ~	Ms. Jaclyn Jhin <sup>^</sup> ~ (until December 31, 2020)
方麗麗女士	Ms. Lily Fong, S.B.S.
何慶濂先生	Mr. Peter Ho
馮慧妍女士	Ms. Vivienne Fung
高泳恩女士	Ms. Sharon Ko (until September 18, 2020)

#### 中學教育 Secondary Education

葉偉文先生 <sup>^</sup>	Mr. Patrick Yip <sup>^</sup>
林昭先生	Mr. Benjamin Lam
莊簡舜卿女士	Mrs. Sheila Chuang
王主心女士	Ms. Julia Ong
方麗麗女士	Ms. Lily Fong, S.B.S.
葉頌文先生	Mr. Tony Ip
何慶濂先生	Mr. Peter Ho
馮慧妍女士	Ms. Vivienne Fung
關恒生先生	Mr. Alexander Kwan
李鎮洪先生	Mr. Dave Lee
封華貴博士	Dr. Andy Fung
陳狄安先生	Mr. Dion Chen
盧裕敏女士	Ms. Diana Lo
陳飛雄先生	Mr. Standy Chan
	Mr. Jocelyn Gagnon

#### 小學教育 Primary School

(與新會商會合辦 in partnership with San Wui Commercial Society)

葉偉文先生 <sup>^</sup>	Mr. Patrick Yip <sup>^</sup>
梁世光先生	Mr. Leung Sai Kwong
方麗麗女士	Ms. Lily Fong, S.B.S.
王主心女士	Ms. Julia Ong
林昭先生	Mr. Benjamin Lam
何慶濂先生	Mr. Peter Ho
陳狄安先生	Mr. Dion Chen
趙子基先生	Mr. Chiu Tsz Kei
周振強先生	Mr. Stephen Chow
馮慧妍女士	Ms. Vivienne Fung
曾慧明女士	Ms. Tami Tsang
	Mr. Thomas Moore
謝詠湘女士	Ms. Tammy Tse

#### 學前教育 Pre-school & Elementary Education

王主心女士 <sup>^</sup>	Ms. Julia Ong <sup>^</sup>
何慶濂先生	Mr. Peter Ho
單芷筠女士	Ms. Vivian Shan
高泳恩女士	Ms. Sharon Ko (until September 18, 2020)
曾燕君女士	Ms. Jorence Tsang
吳少華女士	Ms. Sylvia Wu
陳何惠敏女士	Mrs. Catherine Chan (as from March 19, 2021)

<sup>^</sup> 委員會主席 Chairperson of Committee # Registered in April 2021

\* 列席員工 Staff members in attendance ~ Deregistered in March 2021



## 設施管理及發展

### Facilities Maintenance & Development

葉頌文先生 <sup>^</sup>	Mr. Tony Ip <sup>^</sup>
林昭先生	Mr. Benjamin Lam
沈樂年先生	Mr. L.N. Shun
彭秋立先生	Mr. Raymond Pang
杜潤明先生	Mr. Tony To
阮禮民先生	Mr. Yuen Lai Man
何慶濂先生	Mr. Peter Ho
陳華靜女士*	Ms. Corinia Chan*
楊廷偉先生*	Mr. Kenneth Yong*
余達榮先生*	Mr. Peter Yu*
胡漢森先生*	Mr. Michael Wu*

### 財務及稽核 Finance & Audit

莊簡舜卿女士 <sup>^</sup>	Mrs. Sheila Chuang <sup>^</sup>
王主心女士	Ms. Julia Ong
曾慧明女士	Ms. Tami Tsang
麥志偉先生	Mr. Trevor Mak
何慶濂先生	Mr. Peter Ho
陳華靜女士*	Ms. Corinia Chan*
楊廷偉先生*	Mr. Kenneth Yong*
單芷筠女士*	Ms. Vivian Shan*
關健薇女士*	Ms. Kwan Kin Mei*

### 賓館服務 Hostel Services

傅孟雄先生 <sup>^</sup>	Mr. William Fu <sup>^</sup>
劉鼎新先生	Mr. Andrew Lau
沈樂年先生	Mr. L.N. Shun
伍智聰先生	Mr. Eric Ng
何慶濂先生	Mr. Peter Ho
陳華靜女士*	Ms. Corinia Chan*
楊廷偉先生*	Mr. Kenneth Yong*

## 人力資源 Human Resources\*

黃佩翰先生 <sup>^</sup>	Mr. David P.H. Wong <sup>^</sup>
葉偉文先生	Mr. Patrick Yip
陳熙炅女士	Ms. Jaclyn Jhin <i>(until March 18, 2021)</i>
霍瑞恆先生	Mr. Chak Shui Hang <i>(as from May 28, 2021)</i>
簡金港生女士	Mrs. Mimi Cunningham
何慶濂先生	Mr. Peter Ho
陳華靜女士*	Ms. Corinia Chan*
楊廷偉先生*	Mr. Kenneth Yong*
關健薇女士*	Ms. Kwan Kin Mei*
單芷筠女士*	Ms. Vivian Shan*

### 會員服務及活動

#### Member Service and Programme

王主心女士 <sup>^</sup>	Ms. Julia Ong <sup>^</sup>
莊簡舜卿女士	Mrs. Sheila Chuang
方麗麗女士	Ms. Lily Fong, S.B.S.
江瑞榮先生	Mr. Sam Kong
關恆生先生	Mr. Alexander Kwan
陸景榮先生	Mr. Isaac Luk
何慶濂先生	Mr. Peter Ho
單芷筠女士*	Ms. Vivian Shan*
蔡偉邦先生*	Mr. James Choi*
蕭燕鳳女士*	Ms. Samantha Hsiao*
羅立敏女士*	Ms. Law Lap Man*

### 聯繫持份者

#### Stakeholder Engagement *(established on June 25, 2021)*

陳熙炅女士 <sup>^</sup>	Ms. Jaclyn Jhin <sup>^</sup>
施力高牧師	Rev. Dr. John Snelgrove
沈嘉美女士	Ms. Carrie Chen
何慶濂先生	Mr. Peter Ho

<sup>^</sup> 委員會主席 Chairperson of Committee

\* 列席員工 Staff members in attendance

## 會長和總幹事的話

# Message from the President & General Secretary



會長葉偉文先生  
Patrick Yip,  
President



總幹事何慶濂先生  
Peter Ho,  
General Secretary



願天父和主耶穌的恩典和憐憫與你同在，主內平安！

大家好！

儘管社交距離措施及新冠肺炎的陰霾持續籠罩着香港，我們的同工仍傾力籌備了1月20日的揭幕儀式，為120周年揭開序幕。來自不同部門的同工接力持着由二手玩具組件併合而成的「火炬」，跑畢鑲在外牆上一節又一節的金句，董事局成員隨



同工傳遞「火炬」予總幹事  
Staff representative passed the 'torch' to GS

即為相關的經文揭幕。「火炬」象徵着1844年12位青年人創立基督教青年會時在心內燃燒的愛之火，而這團火亦於1901年傳到香港。同一份愛在2021年的香港基督教青年會（港青）仍然燃燒着，及成就了外牆上的12節金句，述說自創世記至啟示錄，神對人類愛的故事。在青年會的東、南、西、北的外牆上分別鑲嵌3節金句。神對青年會何等慈悲，因此無論在任何境況下，我們都要將祂的慈悲，藉着我們的服務及課程，歡喜快樂地傳揚出去。

當2020至2021年財政年度開始時，香港正受到第三波新冠肺炎襲擊。全港學校於7月13日停課並提前放暑假。2020年的暑期活動幾乎全被取消。我們再錄得年度財務虧蝕。營運虧損再次超過一億元。幸好在投資上獲利及得到政府的工資補貼，虧損淨額得以減少五千萬元至六千五百萬元。於2019至2020年度所實施嚴謹的節流措施及人才優化在2020至2021年度繼續執行。許多新出現的空缺並未填補。同工們在本年度繼續放取無薪假。

於7月至12月期間，接受隔離的房客佔賓館業績百分之五十一，至政府於2020年12月22日全面實施指定檢疫酒店計劃止。The Salisbury全年的入住率錄得新低百分之二十點六，而平均房價持續下跌，較2019至2020財政年度下跌了近三成。然而，在這十分艱難的處境，仍無阻我們的賓館服務團隊以基督服務的精神接待每一位房客。賓館團隊親切及妥善地安排安

全及舒適的環境予房客渡過此艱難時期。我們為收到許多接受隔離的房客的感謝及嘉許信而非常鼓舞。

The Salisbury提供了28款不同類型的宅度假優惠及家庭套餐，予賓客們體驗青年會的熱情款待。或許賓館服務取得亮麗盈餘的日子不再，然而箴言提醒我們擁有過多或過少都非好事。我們要滿足於每日主所賜的飲食；也為着所付出的努力——五餅及二魚——能加倍地成就主的旨意而欣喜。2021年6月，我們開展與教會關懷貧窮網絡（教關）合作，向弱勢家庭在2021年暑假提供「Y' Carecation」宅度假。

2020至2021年財政年度起起伏伏的營運情況猶如乘坐過山車。當學校於2020年9月重開，而課程活動得以恢復時，我們感到萬分欣喜。看着小孩子回歸游泳班、芭蕾舞班及童軍活動等，令港青的周末再次充滿喜樂的面孔和聲音。11月份由於香港出現第四波疫情而再度收緊防疫措施。學校停課、教會關閉至2021年的復活節。復活節後港青所有學校為學生們重開。港青的設施再度提供服務。平台花園再次充滿基信國際幼稚園學生的笑聲。家長得以帶孩子來參加不同的課程。只要保持不多於一半的入座率，賓客可回歸港青咖啡座及再臨閣用膳。我們的同工亦努力地籌備2021年的暑期活動。我們在這充滿挑戰的處境中仍然經歷着喜樂和平安，便是神同在的確據。因我們豐富地得來，故能夠慷慨地捨去。正如主說：「我的恩典夠你用的」。

縱使去年許多活動被取消，亦無礙我們致力為「傲翔新世代」全方位青年領袖訓練計劃（YLD）、A-Life Academy（A-Life）和Boundless等青年計劃的參加者提供最佳的學習體驗。負責這些計劃的同工及委員會熱誠不減，在2020年10月籌辦網上畢業典禮。第二十屆YLD的得獎同學獲邀與專題研習的評判，以線上、線下混合模式，就研習主題「全民減壓」進行對話；A-Life為其10周年慶典製作了短片；第四屆Boundless委員會則輯錄了參加者、師友、委員會成員、創辦人及港青管理的深刻反思，印製成年刊作紀念。

在教育方面，基信幼稚園（啟晴）於2020年7月完成了第5個學年。儘管許多已準備就緒的周年慶祝活動被迫取消了，新冠肺炎並不能奪去我們過去5年所擁有的美好回憶。由於對兩歲小孩子的教育服務需求迫切，我們早於2018年10月申請將基信幼稚園（西九龍）其中一個班房註冊為幼兒中心。經過比預期漫長的過程，我們在兩年多後的2020年12月3日成功註冊了。縱使受疫情影響令收生情況未如理想，終在復活節後開班，人數由6位小孩子增長至2021年6月的10位。港青基信書院亦於2021年4月公布了新校長。副校長及創校老師之一的盧裕敏女士會接任為新校長，與基信小學及幼稚園合作無間，致力推動港青的K-F-6一條龍教育。於2003年開辦、位於四川省的

金堂縣港青學校一直致力協助留守兒童，近年積極鼓勵在外工作的父母回金堂就業，成績斐然，留守兒童的數目從2016年約230名減少至現時約60名。

愛心午餐計劃於2020至2021財政年度仍然繼續進行，支援獨



Cafe Imagine支援聖士提芬會「愛心行動社區廚房」  
Cafe Imagine supports Love in Action Community Kitchen by St Stephen's Society

居長者、在疫情期間失業的人士及綜緩家庭。The Salisbury的行政總廚設計營養餐單，由餐飲部同工準備飯盒，並送到西九龍耀信中心派發。2020年11月，Café Imagine透過教關與聖士提芬會連繫，支援其「愛心行動社區廚房」，每星期3次向長者、露宿者及有需要的人派發200個飯盒。飯盒不過是一顆種子。我們祈求建基於愛與關懷的屬靈基礎上的社區服務，所結的果子能達到100或60或30倍。

港青開放日2020繼續以「盼望明天」為主題。我們祈求於2021年能「遇見彩虹」，及呼求主的應許：「我把虹放在雲彩中，這就可作我與地立約的記號了。」（創世記9:13）在第四屆Change Agents牽頭下，我們將一個教室改造成全新的青年空間#TAGS，讓青年人進行交流討論，進一步推動青年會的使命。#TAGS特色牆上寫着：「你當剛強壯膽！不要懼怕，也不要驚惶；因為你無論往哪裏去，耶和華——你的神必與你同在。」（約書亞記1:9）藉此提醒青年人要學效約書亞的精神，且如何趁年輕被神揀選繼承典範者摩西，帶領以色列人進入應許之地。

另一個位於總部的課室同樣被改造作環保項目之用。以源頭減廢、升級再造及推廣惜玩文化為目標的再生玩具項目2.0已經推出。人類為大自然環境的管理者，再生玩具項目2.0所舉辦的外展教育活動及工作坊正建於此基礎上，正如門外牆上的經文：「耶和華神將那人安置在伊甸園，使他修理，看守。」

（創世記2:15）於1月20日舉行的120周年慶典揭幕儀式之其中一個環節，是邀請董事局成員在特色牆上，為未完成、代表着青年會特色的壁畫填上色彩。

在這復活節期，我們慶祝港青其中一位重要領袖夏德先生的一生（1922-2021）。夏德先生在董事局服侍了33年（1968-2001），並擔任港青會長12年（1979-1990）。1960年代中期，董事局有一個願景，希望透過新建築物「賺錢」，以拓展港青的服務及課程。1970年代，夏德先生為港青籌款興建白普理翼作出了莫大的貢獻，包括將免利息貸款改為捐獻予港青。港青在1990年代初進行重建時，夏德先生也是其中一位重要的決策者。願夏德先生在天父永恆的平安中安息。

5月份，董事局接納了5位新選舉委員。他們分別是設計、活動統籌、人力資源、法律合規及市場營銷方面的專業人士。我們十分感恩這些專業人士願意為宏揚港青的願景和使命，透過事工去影響社區而付出他們的時間和專業知識。其中3位選舉委員將會加入機構管治委員會、人力資源委員會及持份者聯繫委員會。

5月7至10日的母親節周末，在The Salisbury大堂舉行「恩典太美麗」慈善花祭，慶祝成立120周年。港青的長期義工及花藝師游玉輝老師及學生將作品「恩典」放置於正中央，由其他9盆花藝作品——「仁愛」、「喜樂」、「和平」、「忍耐」、「恩慈」、「信實」、「溫柔」、「節制」、「良善」伴隨着。所籌得的款項全數捐給兒童發展基金「展才創富」計劃。

神已將恩典賜與港青上下的同工，好讓我們得以繼續作基督的事工。只要我們定睛於耶穌，不讓任何事物阻隔我們與神的關係，在愛及團結中活出真理，因信仍有指望，堅守青年會最初的愛與決心，我們便能在祂裏面繼續成長，並以愛建立青年會。

藉着港青120周年，正正是重新探索自我、更新意志，及再次燃點我們的使命之時。縱使對新冠肺炎後的世界如何毫無頭緒，然而我們知道那一位——驅使美國及加拿大國際委員會於1901年差派蘇心牧師來香港擔任首位總幹事的那一位，是十分可信的。我們為前人所作的美好事工而感恩。而在延續青年會的使命至120周年甚至更長上有份，乃我們的榮幸及責任。

神是慈悲的，祂堅定不移的慈愛定必使我們茁壯成長，為將來的世代帶來益處。願主如過去的120年一樣繼續引領我們！願我們先尋求神的國和祂的義，好讓我們領受一切所需去延續港青的使命！

願主祝福你！

葉偉文、何慶濂 敬上



港青董事、管理層、同工及青年代表在#TAGS合照  
Group photo of Board of Directors, management team, staff and youth representatives at #TAGS



Grace, mercy, and peace from God the Father and Christ Jesus our Lord.

Greetings from the YMCA of Hong Kong!

Despite the social distancing restrictions and the dark cloud of Covid-19 continued to hover over Hong Kong, our staff diligently channeled their energy to plan a meaningful kickoff ceremony to celebrate our 120th anniversary on January 20. The Board of Directors unveiled the 12 scriptures on the external walls, while representatives from different YMCA units carried a torch made from recycled toys from scripture plate to scripture plate. The torch symbolises the fire of love that was burning in the hearts of the 12 young men who founded the YMCA in 1844 that have been passed to Hong Kong since 1901. The same love is still burning in the YMCA of Hong Kong in 2021 to bring to life the 12 scriptures that tell God's love story for humanity from Genesis to Revelation. There are three scripture plates on each side of the YMCA external walls facing North, South, East and West. God has been merciful to the YMCA, and we continue to minister his mercy joyfully through our service and programmes no matter the circumstances.

Hong Kong was hit with the 3rd wave of Covid-19 infection as we began FY2020/2021. Schools in Hong Kong closed on July 13, 2020 for early summer holidays. Almost all 2020 summer programmes were cancelled. We suffered another year of record financial losses. Operation losses again exceeded \$100 million. Thanks to investment gains and wage subsidies from the HKSAR Government, net deficit for FY2020/2021 decreased by \$50 million to \$65 million. Stringent cost reduction measures and manpower optimisation that were in place in FY2019/2020 continued through FY2020/2021. Many newly vacant positions were left unfilled. Staff continued to take no pay leave during the year.

Quarantine guests accounted for 51% of our hostel business from July to December until the HKSAR Government fully implemented the Designated Quarantine Hotel Scheme on December 22, 2020. Full year room occupancy in The Salisbury hit a record low of 20.6% while average room rate continued to fall by almost 30% from FY2019/2020. The harsh realities, however, could not hinder the love and compassion of our Hostel Team to continue to treat every guest with our authentic Christian hospitality. The Hostel Team graciously and courageously

provided a safe and comfortable environment for our guests, meeting their needs during this very difficult time. We were encouraged with many letters of gratitude and appreciation received from quarantine guests.

The Salisbury offered 28 various staycation and family packages for our guests to experience YMCA hospitality. Gone may be the days of handsome surpluses from Hostel Service, but Proverbs reminds us the drawbacks of having either too much or too little. We are content with receiving our daily bread from the Lord; and we are happy to offer our efforts - our five loaves and two fish - for the Lord to multiply for His purpose. In June 2021, we began a collaboration with the Hong Kong Church Network for the Poor (HKCNP) to offer Y'Carecation in summer 2021 to vulnerable families.

FY2020/2021 was a roller coaster year for operation. We rejoiced when schools reopened and programmes resumed in September 2020. Joyous faces and sounds filled the YMCA again on the weekends when boys and girls returned for swimming classes, ballet dances, and scout activities etc. In November, social gathering rules tightened again, as fears of a 4th wave of Covid-19 infections gripped Hong Kong, as schools were suspended and churches closed until Easter 2021. All YMCA schools reopened again for all students after Easter. Facilities at the YMCA once again became available. Christian International Kindergarten children filled the podium garden with their laughter. Parents brought their children back to The Salisbury to enjoy various YMCA programmes. Guests returned to Mall Café and The Haven to half capacity. Our staff worked hard to prepare for 2021 summer programmes. We experienced joy and peace that are evidence of God's presence despite our challenging circumstances. We can give generously because we have received generously. As the Lord said, "My grace is sufficient for you".



第二十屆「傲翔新世代」全方位青年領袖訓練計劃畢業禮  
20th Youth Leadership Development Scheme closing ceremony

Although many activities were cancelled last year, no less effort was put into developing what could be the best learning experience for our programme participants in Youth Leadership Development (YLD), A-Life Academy (A-Life) and Boundless etc. Staff and committees responsible for these programmes were no less enthusiastic in organising virtual closings in October 2020. Award winners from the 20th YLD were invited to a dialogue with panel judges on the community research project “Reducing stress for everyone in Hong Kong” at the hybrid online/live closing. A-Life produced a video to celebrate its 10th anniversary. The 4th Boundless Committee made a yearbook with many thoughtful reflections from participants, mentors, committee members, co-founders and YMCA management for a keepsake.



港青基信幼稚園（啟晴）於2014年開校  
YMCA of Hong Kong Christian Kindergarten (Kai Ching) was opened in 2014

In education, Christian Kindergarten Kai Ching completed its 5th school year in July 2020. Despite the cancellation of many planned anniversary festivities, Covid-19 could not take away the beautiful memories we have in the past five years. Seeing the demand for education service for the 2 year-olds, we submitted an application to register one of the CIKGWK classrooms as a Child Care Centre (CCC) in October 2018. The process took longer than we expected. More than two years later, on December 3, 2020, we finally obtained the registration. Although the response to admission to the CCC was slow due to the pandemic, we finally started a CCC class with a small group of 6 children after Easter and it grew to 10 children by June 2021. YHKCC announced a new Principal in April 2021. Ms. Diana Lo, Deputy Principal and a founding teacher of YHKCC would take over the leadership of the school and work closely with Christian School and Christian Kindergartens to continue building the YMCA K-F.6 education through train. Established in 2003, YMCA Jintang School in Jintang, Sichuan always strives

to help the left-behind children. We have encouraged the parents who work as migrant workers to return to Jintang for work. The result is encouraging as the number of left-behind children of the School dropped drastically from around 230 to 60 nowadays.

Giveaway Lunch Box programme continued in FY2020/2021 to support elderly living alone, as well as those who have lost their jobs during the pandemic, and families under the Comprehensive Social Security Assistance Scheme. Menus were carefully planned by the Executive Chef of The Salisbury emphasising on nutritional value, prepared by Food & Beverage staff and delivered to Beacon Centre to serve the Cheung Sha Wan community. In November 2020, HKCNP connected Café Imagine with St Stephen’s Society to offer Love in Action Community Kitchen, delivering 200 rice box dinners three times a week to some elderly, street sleepers and friends with needs. The rice box is only a seed. We prayed that our community service built upon a spiritual foundation of love and care would produce fruit a hundred or sixty or thirtyfold.

Open House 2020 continued with the theme “Hope for Tomorrow”. We prayed that we will “See The Rainbow” in 2021 and claimed the Lord’s promise, “I set my rainbow in the cloud, and it shall be the sign of the covenant between Me and the earth.” (Genesis 9:13) We transformed a classroom into #TAGS, designed by our 4th Cohort Change Agents, and dedicated it as space for youth to brainstorm ideas to further YMCA’s mission. “Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God is with you wherever you go.” (Joshua 1:9) was written on the feature wall of #TAGS. This scripture reminds our young people of the spirit of Joshua and how young Joshua was chosen by God to succeed the iconic Moses to lead the Israelites into the Promised Land.

Another classroom in TST was transformed and dedicated to green programmes. Toy Reborn (TR) 2.0 was launched with the values “Reduce, Recreate and Replay”. Education outreach programmes and workshops for TR 2.0 will be built on the foundation that humanity is called to be stewards of our environment as the scripture on the entrance wall says, “The Lord God then took the man and settled him in the garden of Eden, to cultivate and care for it.” (Genesis 2:15) On January 20, 2021, Board members completed painting 12 unfinished items with YMCA significance on the TR feature wall as part of our 120th anniversary celebration.



During this Easter season, we celebrated the life of one of the great leaders of the YMCA of Hong Kong – Mr. Robert Steer (Bob) Huthart (1922-2021). Bob served on the Board of Directors for 33 years (1968-2001) and was President for 12 years (1979-1990). In the mid-1960s, the Board of Directors had a vision of a new building “to make money” so YMCA could expand its service and programmes. Bob was instrumental in securing the necessary funding to build the YMCA Bradbury Wing in the 1970s, including converting an interest free loan from the Bradbury Investment Co. Ltd into a donation to YMCA. Bob was also one of the chief architects of YMCA’s redevelopment into The Salisbury in the early 1990s. May Bob rest in the eternal peace of our Heavenly Father.



「恩典太美麗」慈善花祭的「恩典」  
“Grace is So Beautiful” Flower Festival centrepiece “Grace”

The Board of Directors admitted five Voting Members (VMs) to the YMCA in May. They are professionals in design, event management, human resources, legal compliance and marketing. We are grateful that these professionals

are willing to contribute their time and expertise to further the vision and mission of the YMCA in making an impact in the local community through our work. Three new VMs will be joining the Corporate Governance Committee, Human Resources Committee and Stakeholders Engagement Committee.

Over Mother’s Day weekend from May 7 to 10, 2021, “Grace is So Beautiful” Flower Festival was held in the atrium lobby of The Salisbury to celebrate YMCAHK120. “Grace” was the centrepiece together with nine other floral pieces – Love, Joy, Peace, Patience, Kindness, Faithfulness, Gentleness, Self-Control and Goodness, were beautifully arranged by long-time YMCA volunteer and floral artist Ms. Lily Yau and her students. Funds were raised for the YMCA Child Development Fund BOSS Programme.

Grace has been given to each of us at the YMCA to equip us to continue the work of Christ. As long as we keep our eyes fixed on Jesus, let nothing get in the way of our relationship with God, living the truth in love and unity, hoping against hope, and holding fast on the first love and purpose of the YMCA, we will continue to grow in Him and build up the YMCA in love.

YMCAHK120 is a time to rediscover ourselves, renew our spirit, and rekindle our mission. Although not knowing what the post-Covid-19 world would be like, we know the One who inspired the International Committee of USA and Canada to send Rev. Walter Southam to be the first General Secretary of the YMCA in Hong Kong in 1901 is trustworthy. We are grateful for the good work of our predecessors. It is our privilege and responsibility to carry forward the YMCA mission to YMCAHK120 and beyond. God is merciful and His steadfast love will bring forth the growth to bear fruit for future generations. May the Lord continue to guide us as He has been in the past 120 years! May we seek first the kingdom of God and His righteousness that we may receive what we need to continue the mission of the YMCA!

God bless!

Patrick Yip and Peter Ho





同心  
Solidarity



## 見證 Testimonies

### 彭君宇媽媽 Pang Kwan Yu's Mother

長沙灣中心課餘託管服務參加者家長  
Parent from After School Care Programme of  
Cheung Sha Wan Centre



去年十月，長子君宇升上小一，因疫情關係學校暫停面授上課，君宇一直在家進行網上課堂。我發現他上課時一直不能專心，心想應是未適應小一課程，加上因為長期被困在家中，早已將應有的學習態度拋諸腦後，只好祈望疫情早日緩和，待學校復課便會有所改善。終於盼到學校復課，港青課餘託管服務（課託）亦恢復服務，我卻收到老師的來電，告知君宇在學校及課託變成「小搵蛋」，情緒猶如「計時炸彈」，嚴重影響課堂的秩序。君宇的情況日趨嚴重，他在家裏、學校及課託的表現除了給我們一家人帶來很大的壓力，亦嚴重影響大家的情緒。我一方面十分擔心君宇的狀況，另一方面要兼顧工作，更需要平衡家中各人不同的壓力，使我十分無力及沮喪。

與長沙灣中心的社工傾談後，我了解到君宇特別的學習需要及問題的迫切性。在中心社工的協助下，我們聯絡到學校社工，然而學校未能安排評估及提供服務。幸好得到中心社工的提點，並陪伴我帶君宇到醫院作評估，讓君宇及時得到適當的治療。現時君宇的情況已逐漸穩定，課託導師亦因應他的狀況調整了教學方法，並讓他定期參與課託活動。我非常感謝各位導師對君宇的照顧及體諒。

該要求君宇做「完美的兒子」。我應該協助他認識自己，從錯誤中學習，接受並改善自己。這個領悟對我十分重要，讓我不再單單要求別人作甚麼，而是認識並接納自己的限制。

這一年的經歷亦讓我明白，作為父母也需要裝備自己。我想用「儲蓄」來比喻親子關係。許多父母在孩子年幼時，為他們準備教育或置業基金，卻忽略了最重要的「親子關係基金」。這一年我深深明白親子關係遠比一切重要，因為只有父母是最明白孩子的狀況，也最關注孩子的發展。我會繼續投資「親子關係基金」，以便日後君宇進入最具挑戰的青少年時期足夠「消費」。我衷心相信只要少怪責、少抱怨、多讚賞、多溝通，以開明的態度接納君宇的一切，便能維持親子關係，並與丈夫一起建立充滿愛的家。



In October last year, my eldest son Kwan Yu entered primary school. Due to the pandemic, the school suspended face-to-face learning and therefore he had to stay home for e-learning. During that period, I noticed that he was not able to concentrate in class. I thought he was just adapting to primary one, but being stuck at home due to the pandemic also did not help him with the routines. I was hoping that he would improve once face-to-face learning resumed, and fortunately finally school resumed and the After School Care Programme at YMCA Cheung Sha Wan Centre went back to normal. However, what followed were calls from school teachers and tutors informing me that Kwan Yu had become a 'troublemaker'. His temper was very bad, which affected the order in the class. His situation worsened each day. He was not cooperative at home, at school and at the Centre, creating a lot of stress for the family and affecting everyone's emotions. Not only did I have to worry about him, on the other hand I also worried about work, as well as to balance the stress levels of different family members. I was so helpless and frustrated at that time.

這次的經歷讓我明白到除了小朋友需要不斷地學習——課本上的知識、群體生活的禮儀、如何接納及處理自己的情緒，作為母親亦需要學習「如何當稱職的母親」。面對家裏的挑戰、長輩的期望及因不同的管教模式而衍生的壓力，我首先要學習梳理情緒，然後學習接納君宇的獨特需要及如何與他進行良好的溝通。我不斷提醒自己，既然我不懂得做「完美的母親」，便不應



After talking with the social worker of the Centre, I realised Kwan Yu's special learning needs and the urgency of the problem. With the help of the YMCA's social worker, we contacted the school's social worker. However, they were unable to arrange assessments or provide services for us. Fortunately, the YMCA's social worker advised us what to do and even took us to the hospital for assessments, so that Kwan Yu could receive timely treatment. Currently, Kwan Yu's condition is getting stable. The after school care tutors have also adjusted the teaching methods to cater for his needs, allowing him to participate regularly in the after school care activities. I truly appreciate their care and understanding towards Kwan Yu.

Active learning is crucial for children. They have to acquire knowledge from books, learn social norms and social manners, and learn how to accept and deal with their own emotions. In this process, not only did Kwan Yu learn, as a mother, I also learnt to be a proper mother. Faced with all kinds of challenges from my family as well as the pressure from different expectations on parenting styles of the older generations, I had to first learn how to control my emotions. I had to acknowledge the special needs of Kwan Yu and learn how to communicate better with him. I had to constantly

remind myself that as there is no perfect mother, I should not expect Kwan Yu to be a perfect child either. My role is to assist him in understanding himself, learning from his mistakes, accepting who he is, and keep on improving himself. This way of thinking is very important to me, helping me not to become demanding, but to be understanding and accepting towards my own limitations.

As parents, we need to equip ourselves. I want to use the concept of 'savings' as a metaphor for the parent-child relationship. Many parents would invest a lot financially in education and properties for the sake of their children, but they would often neglect the most important 'parent-child relationship fund'. This year's experience enabled me to realise the importance of parent-child relationship. Only parents know our children best, and only parents care about our children's development. I will continue to invest in the 'parent-child relationship fund' in order to prepare ahead for the challenging adolescence period of Kwan Yu. I am convinced that by investing into the parent-child relationship, minimising the use of blame and finding faults, praising more and communicating better, accepting Kwan Yu with an open mind, together with my husband, we will surely build a loving home.





## 張婉瑩 Cheung Yuen Ying

A-Life Academy 第三屆參加者、舊生會會長  
A-Life Academy 3rd Cohort Participant & Chairman of Alumni Committee



「關關難過，關關過！」沒有困難是解決不了的，差別只在於你想不想面對！

人生不如意的事十常八九，感恩在我的人生路上有「你」和「妳」，跟我一起跨過許多不同的挑戰及困難。在A-Life Academy (A-Life) 的七年中，讓我認識了很多知心好友和工作夥伴，也令我找到人生更有意義的事。

今年A-Life踏入第十年，對我們來說是一個里程碑。我很榮幸在今年成為A-Life舊生會會長。作為一名大學四年級的學生，我需要兼顧學業、家庭、生活、信仰及A-Life的大小事務，有時真的忙得不可開交。加上疫情緣故，計劃往往趕不上變化，上任初期我已感受到挑戰。記得有一次與幹事會成員開會，那次會議是商討來年活動的方向，為配合疫情，許多活動都需要改為線上舉行。然而，成員的經驗各有深淺，看法及建議不一，雖然我希望能顧及大家的感受而作出合適的決定，但往往事與願違，有時甚至會吵起來。我向來是個謹慎的人，策劃活動時也會準備很多後備方案，但畢竟每個人的處事方式均有不同，未必同意我的做法，久而久之出現許多磨擦。我向A-Life的職員及其他參加者傾訴後，發現是自己過份憂慮，我只需放下己見，好好地與大家溝通並互相配合，事情便會迎刃而解。

我亦是古道熱腸的人，當身邊的人有需要時，我會盡全力去幫助他們，有時投入得連休息時間也忽略了。然而，我的身體開始感到異樣，有些事情以往做了會感到開心快樂的，現在只會迷失和不快。我也說不出不想做的理由，只是認為別人交托給我的就必須好好完成。



這個情況終於嚴重影響我參與A-Life的活動及自己的學業。今年四月，我感到生活壓力很大，身體開始經常不適，精神非常崩緊，胸口不時忍忍作痛，最後需要入院休養。回想起來，那時的我只著緊身邊的人，卻忽略了自己的需要。休養期間，感恩有A-Life的同伴（包括職員及舊生們）陪伴着我，關心我的狀況，替我處理幹事會的事務，因此我很想向他們說：「謝謝！」假如沒有他們，我真的不知道怎能渡過這段艱難的時期。

參與A-Life讓我學會感恩、信任和委身。感恩在A-Life認識到「你」和「妳」，陪伴我左右，並一起經歷高低起伏。這一年的經歷，令我學習到有時工作並非獨自能夠完成，需要信任我的團隊，互相支持，便可以事半功倍。這一年也讓我反思到時間管理的重要性，將需要做的事情排列優先次序，做一些有意義及想做的事情，而非為別人而做；不能做到或不想做的盡量拒絕，生活上取得平衡，騰出時間適當地休息，令我能更有效率地完成工作。聖經說：「所以，不要為明天憂慮，因為明天自有明天的憂慮；一天的難處一天當就夠了。」每天發生不同的事情、出現不同的困難和挑戰，只要做好當天該做的事，其他的容後再處理。

最後，感謝A-Life的人與事令我成長，也讓我明白到人生許多決擇需要為自己而做，而非隨波逐流。盼望在未來的日子中，我可以繼續裝備及更新自己，竭盡所能地繼續回饋A-Life，回饋社會。

盼望我以上的分享，及這一年的得着和領悟，能鼓勵「你」和「妳」！

Nothing is impossible! Every problem has a solution, the question is whether you have the will to solve it or not!

Life is full of ups and downs. I am so grateful to have all of you to accompany me to overcome different kinds of challenges and difficulties. Throughout the seven years in A-Life Academy (A-Life), I have made many close friends and have met many work partners and A-Life has also enabled me to find something more meaningful in my life.

A-Life enters its tenth year in 2021, which was a milestone in our lives. I am very honoured to be Chairman of the A-Life



Academy Alumni Committee this year. As a year 4 university student, I have to handle studies, family life, faith and A-Life matters all at once, I was kept extremely busy. Due to the COVID-19 pandemic, plans never keep up with changes. I found it difficult to adapt to these challenges when I first became Chairman. I remembered when I had a meeting with the alumni committee members, we discussed and planned the strategies of the upcoming activities. In order to cope with the COVID-19 pandemic, many activities had to go online. However, as the experiences of the members varied, opinions and suggestions were also different among the members, even I tried to consider everyone's feelings and opinions and make suitable decisions, it always ended up turning into an argument. I am always a prudent person and prepare many backup plans while organising activities. Different people had different working styles, it was hard to get others to entirely follow my way. Conflicts emerged as time went by. After I shared with the staff and other participants in A-Life, I found out that I worried too much. I realised that the most important is for me to be humble and try to communicate and cooperate with others.

I am also obliged and generous in giving help, if other people need my help, I will try my best to make time to help them. Once I am into something I will put forth my best efforts and sometimes I got so busy that I gave up my own rest time. Hence, I started feeling unwell. I found out that the joy I used to get when I completed certain tasks had gone. I felt lost and unhappy instead. I could not explain why I did not want to handle them, I just thought I should complete the tasks given to me. This problem even affected my participation in A-Life and my study. It was in April when I felt the huge pressure in life and I always felt unwell. I was stressed and I felt pain on my chest from time to time. I knew my body was giving me a signal that I needed to take a rest. I was admitted into the hospital. Come to think of it, at that time I only focused on the people around me and I neglected my own needs. During my recovery, my friends in A-Life (including staff and alumni) accompanied me, they often checked on how I was doing and helped me handle the work of A-Life. I really want to say thank-you to all of them. I cannot imagine how I could go through all the challenges without them.

After joining A-Life, I learnt to give thanks, to trust and to commit. I want to give thanks to everyone from A-Life, they were always there with me to experience my ups and downs. Over the past

year, I learnt that we cannot do everything by ourselves; trust your team, support each other and you would yield twice the result with half the effort. I also reflected on the importance of time management and learnt to prioritise my tasks. Finding something meaningful to do, and something I want to do but not for others; say no to whom asking for something I can't do or I don't want to do. We should have time to rest and strike a balance between work and life, so that we can have time to take care of everything and finish them efficiently. The Bible says, *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."* Difficulties and challenges will be around and things will be accumulated every day. So we should finish the work of the day today and handle the tasks of tomorrow.

Last but not least, I would like to give thanks to A-Life which helped me grow. I realised that we should make decisions for ourselves and should not just follow the flow. I hope that in the near future I can further equip and renew myself and try my very best to give back to A-Life as well as society.

I hope my sharing about what I learnt from the past year would be an encouragement to all of you.





## 小楊 Yeung

長沙灣中心就業支援服務參加者  
Participant of the Employment Support Services,  
Cheung Sha Wan Centre



大家好，我是就業支援服務的參加者小楊，想向大家分享我的故事。

我在潮州出生，在八兄弟姊妹中排行第四，父母重男輕女，從沒有讓我上學，因此我連自己的名字也不會寫。後來我跟隨父母去印尼，在那裏經營咖啡店，生活過得不俗。廿多歲時，有一位香港親戚帶我來香港旅遊，那時我覺得香港挺不錯，便決定留下來。親戚介紹了一位男士給我認識，雖然他比我大十多歲，我還是選擇與他結婚。丈夫是一名愛穿名牌衣服的的士司機，待我不錯。婚後我曾短暫做過家傭，後來才成為全職家庭主婦，生活無憂。可是好景不常，我發現丈夫開始吸毒，將所有金錢花在毒品上，亦曾在吸毒後打我，甚至沒再去工作，但我一直啞忍。丈夫過身前患上肺癆經常需要出入醫院，我也有盡心照顧他。

丈夫離世後我積極地工作，雖然當洗碗工和清潔工很辛苦，但寄情於工作令我感到很充實自在。然而不知是否工作時間太長，我患上皮膚病，腳部又癢又腫迫使我不能繼續工作。我在香港和印尼的親人已多年沒有聯絡，失業後我捉襟見肘，家裏沒有電視和冷氣，夏天酷熱的天氣令我不想留在家中，令我十分苦悶。

幸好於今年三月，我參加了港青長沙灣中心的就業支援服務。我嘗試打開心扉向工作人員訴說我的故事，工作人員細心聆聽

並邀請我參加中心的活動。四月時我首次參加有關健康生活的網上課程。我不懂怎樣上網，工作人員耐心地教我，讓我學習新知識，我感到很開心。五月時，工作人員帶我參加婦女招聘會。這是我第一次去招聘會及接受即場面試，雖然沒有收到回音，但重燃起我找工作的決心。我終於找到一份清潔工作，卻在數天後因為腳腫而辭職，我再次感到無助。幸好得到中心就業支援服務工作人員鼓勵，又介紹我參加中心的健康檢查，讓我明白必須先調理好身體，才能容易找到工作。在徬徨無助的時候，若有人願意聆聽，關心自己，幫助真的很大，我希望將來亦能成為別人的傾訴對象。

這些不愉快的經歷，令我曾經有輕生的念頭。然而我領悟到只要珍惜身邊的朋友，學會感恩和寬恕，知足常樂，就算我沒有擁有太多物質，生活也可以很快樂。

因此，我很感謝港青長沙灣中心就業支援服務，讓我有機會充實自己，在困難中與我同行。



Hi! My name is Yeung, a participant of the Employment Support Services. I want to share my story with you.

I was born in Chaozhou. I was the fourth out of my eight siblings. My parents prefer sons over daughters and therefore never let me go to school, so I cannot even write my name. Later I migrated to Indonesia with my parents, we





opened a coffee shop there, and life was not bad. When I was in my twenties, a relative in Hong Kong took me to Hong Kong for a sightseeing trip. At that time, I thought Hong Kong was quite a good place, therefore I decided to stay. My relative later introduced a man to me and I married him even though he was more than ten years older than me. My husband was a taxi driver who loved to wear branded clothes, and he treated me well. After getting married, I also worked for a while as a domestic helper, and later I became a full-time housewife. My life was carefree and without worries. However, the good times did not last long. I discovered that my husband was into drugs. He spent all his money on buying drugs. Once after taking drugs, he beat me up and did not even go to work again. I did not say a word and took it all in. Before he passed away, I still took care of him when he was suffering from tuberculosis and had to go to the hospital frequently.

I worked very hard after my husband passed away. Although working as a dishwasher and a cleaner was so tough, I put my best effort into my work. I felt fulfilled and at ease when I could occupy my mind with work. However, I am not sure whether it was caused by the long working hours or other reasons, I suffered from severe skin diseases; my itchy and swollen feet forced me to stop working. I had not contacted my relatives in Hong Kong and Indonesia for many years, and now I have no job, money, TV, and air-conditioning at home. The hot summer weather makes it difficult for me to stay at home, which makes me very depressed.

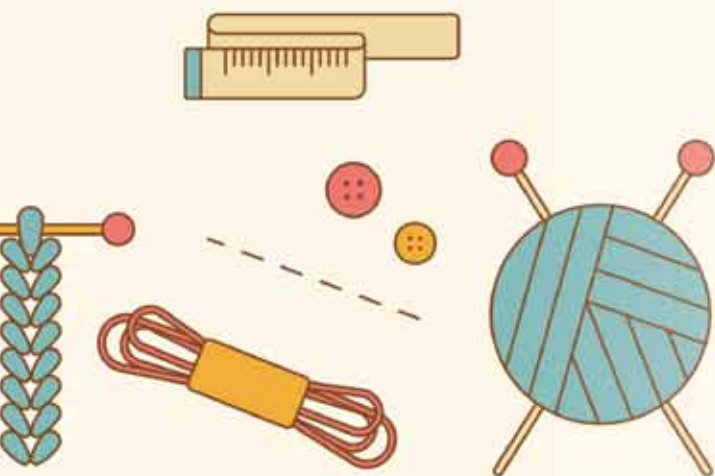
Fortunately, in March this year, I participated in the Employment Support Services of YMCAHK Cheung Sha Wan Centre. I tried to open my heart and share my story to the staff. The staff listened attentively and invited me to participate in the Centre's activities. In April, I participated in an online course on healthy living for the first time. Although I do not know how to surf the internet, the staff was



very patient to teach me, so I was pleased. In May, the staff took me to the Women's Job. It was the first time I went to a job fair and had interview on the spot. Though I was not able to secure a job that day, this job fair inspired me to continue my job search. I finally found a cleaner position, but after working for a few days, I had to quit again due to my swollen feet. I felt so helpless again. Luckily, I was encouraged by the Employment Support Services staff and they introduced me to the health check programme in the Centre, which helped me understand that I must solve my medical problems first. It will make the job searching process more effective. I learnt that when you are feeling helpless, it helps a lot if someone around you is willing to listen to your sharing and care about you. I hope that one day I could become a shoulder for someone to cry on.

After encountering so many unpleasant experiences, I did think about suicide, but I realised that I can be very happy if I can cherish the friends around me, learning gratitude, forgiveness, and contentment, even I don't have too much material possessions.

Thus, I am very grateful for the Employment Support Services operated by the YMCAHK Cheung Sha Wan Centre, which enabled me to enrich myself and walk with me in difficult times.



## 雷綺琳 Jasmine Louie Yee Lam

Boundless第二屆參加者、舊生會幹事  
2nd Cohort of Boundless, Committee Member of Clapotis



自新冠肺炎爆發後，每天都出現許多變化，令大家的工作和生活變得都不穩定。在未知疫情何時才會終結下，大家只感到沮喪和疲憊。

查爾斯·達爾文曾說：「能夠生存的人並非最強壯或最聰明，而是最能夠適應及應付變化。」在這個充滿變數的世界，特別在疫情期間，適應變化的能力變得非常重要。保持靈活性可能是適應新常態的關鍵。

過去一年，本地感染個案飄忽不定，政府需因應情況推出不同的社交距離措施。當疫情嚴峻時，政府甚至須實施更嚴厲的限聚令，如二人限聚令。這些限制令我們難以按原訂計劃舉辦活動。

作為Clapotis的幹事，我的職責包括支援Boundless，促進舊生與社區的連繫及舊生之間的友誼。疫情期間，許多Boundless的工作坊及實體義務工作被迫暫停，因此我們決定集中促進舊生之間的關係。此外，我們亦盡量在疫情期間減少聚會的人數及安排在戶外聚會。

起初所有活動均進行得十分順利。中秋節時，我們成功舉辦第一個舊生會聚會，乃2019年12月後首次實體聚會，舊生們均踴躍參加。我們在港青長沙灣中心一起製作冰皮月餅，當晚大家玩得盡興。此後，

我們在10月還組織了一次行山活動。由於收到許多熱烈的反饋，我們於10月底滿心期待地開始籌備聖誕聯歡會。我們為聯歡會制定了主題及遊戲，舊生們亦充滿期待。然而於12月初卻迎來第四波疫情。政府收緊社交距離措施以防止疫情繼續惡化。最後，我們不得不取消期待已久的聖誕聯歡會。我們甚至未能改為網上舉行。

直至1月，疫情仍然沒有緩和的跡象。鑑於12月的經驗，我們為新年的聚會作出後備方案。我們和職員共同構思以較有趣的形式進行網上聚會。我們計劃為舊生們烹調晚餐並透過zoom作網上直播。萬事俱備下，2月時疫情受控，政府終於放寬社交距離措施。這突如其來的驚喜，我們決定改為在港青長沙灣中心舉行聚會，讓大家都多些互動。最後，我們一起煮年糕和玩遊戲，過程充滿歡樂。

在新冠肺炎期間，每天都充滿變化。生命中許多事情已不在我們的掌控之中。我們所能做的便是作好準備迎接不同的變化。正如我們計劃舊生聚會一樣，隨機應變。保持靈活性和採取開放的態度可能是應對變化的最佳方案。

我相信變化已成為生命中不可避免的一環，且大部分變化亦不在我們的掌控之中。既然無法擺脫，只有保持開放的態度面對。我學會保持心境開放，且不再奢求生活無風無浪。在我們的人生旅途中，挑戰無處不在，然而這也是我們成長和變得更好的契機。當挑戰來了，我們只需盡力地克服。無論結果如何，我們已經盡力了。即使被難倒，我們總會在過程中有所得着。這些經歷能使我们變得強大，更有自信地面對未來。





The COVID-19 pandemic has created many uncertainties in our work and social lives. Changes are indeed occurring daily. With no clear end in sight, it is not uncommon for people to experience frustrations and burn-outs.

Charles Darwin once said, "it is not the strongest or the most intelligent who will survive but those who can best manage change." The ability to adapt to change is very crucial for us to survive in this rapidly changing world, especially during the COVID-19 pandemic. Staying agile could possibly be the key to adjust to our new normal.

As the daily infection count and local coronavirus situation have been fluctuating greatly throughout the year, the government launches various social-distancing measures from time to time. When the wave becomes apparent, the government has no choice but to impose stricter bans, including a ban on gatherings of more than two people. With the restrictions, it is very difficult for us to stick with the original activity plans.

As the committee member of Clapotis, my duty is supposed to provide support to Boundless, connect the alumni with the community, as well as to enhance the relationship between alumni. Under the pandemic, many workshops in Boundless, and face-to-face volunteer work were suspended. This was why we decided to emphasise more on alumni relationship this year. Meanwhile, in response to the pandemic, we tried to cut down the participant size for gatherings and move our gatherings outdoor.

Everything seemed running smoothly at the very beginning. In Mid-Autumn Festival, we successfully organised our first alumni gathering. Many alumni signed up for the gathering, and we had an enjoyable night making snowy mooncakes together at the YMCA Cheung Sha Wan Centre. It was the first face-to-face gathering ever since December 2019. After that, a hiking event was held in October. With the overwhelming response received for our activities, we were excited to plan our Christmas party in late October. We worked out many details for the party, including the theme and games. Every alumnus was down for the party. Unfortunately, we did not expect

a fourth wave coming in early December. The government continued to tighten social-distancing measures to cope with the worsening coronavirus situation. Consequently, we were forced to cancel our long-awaited Christmas party. Furthermore, given the limited time, we were unable to move the party online.

The local coronavirus situation did not improve even in January. After the experience in December, we worked out our contingency plans for the New Year gathering. Together with the staff members, we proactively worked on how to organise an online gathering in a more interesting way. We planned to cook a dinner for the alumni and allow them to have a virtual new year dinner together via ZOOM. Everything seemed to have settled. Surprisingly, the local infection count dropped drastically in February and the government finally lifted some social-distancing measures, we decided to move our gathering back to the YMCA Cheung Sha Wan Centre so that alumni could have fun and more face-to-face interactions together. At last, we had a wonderful time cooking Chinese New Year rice cakes and playing games.

In the era of the COVID-19 pandemic, changes are occurring daily. Life is seemingly getting more challenging as we are never in control of our own lives. All we could do is to go with the flow and be ready for any changes. Just as how we were planning for the alumni gathering, we just focus on what we can do with the current situation when changes arise. Staying flexible and keeping an open-mind are probably the best solutions when facing changes.

I believe that change would become an unavoidable constant in our lives, and most often they are not within our control. Since we could never be freed from changes, it is important to stay free to decide how we should respond to them. All I have learnt is to stay open-minded and stop expecting stability in life. Challenges are everywhere in our life journey but they are also the opportunities for us to grow and become a better person. When challenges come, we just need to overcome them with our best efforts. No matter how the result maybe, we have already tried our best. Even if we are defeated, there must be something for us to take away. These experiences would mould you into a stronger person and allow you to handle the future with confidence.





## Limbu Som Kumari

多元文化融匯網絡參加者  
Multicultural Team Participant



我叫Som，來自尼泊爾，於1997年隨僱傭兵後代的丈夫來香港，希望改善生活質素。初來港時，我們住在佐敦，我很快便找到一份廚房幫工的工作。其後我也曾到地盤工作，在香港謀生很容易，我對當時的生活十分滿意。10年後，丈夫提出移居英國生活，因為他認為英國的生活水平必定比香港好。於是他離開了，獨留我在香港。他離開後曾回港數次，而我於2012年懷孕。然而在女兒出生時，他沒有回來，所有事情都需要靠自己安排。起初丈夫仍偶爾致電與女兒說話，但他逐漸「消失」了，我成了單親媽媽，那時我只感到絕望。

我在香港舉目無親，為了女兒將來的教育環境，我也不想回尼泊爾。我需要照顧年幼的女兒，故不能外出工作，只能靠積蓄度日，生活變得十分艱苦，差點花光所有的積蓄。那時丈夫仍不時與我們聯絡，我只感到不快樂，反而當我決定不再對他存有希望時，才覺得一切都會好起來。我學習到與其對不可靠的人心存希望，倒不如靠自己及尋找可信賴的朋友。朋友建議我申請綜合社會保障援助計劃（綜援）。我很感謝她們給我的建議及對我無條件的愛。後來我搬到深水埗，朋友介紹我參加港青的活動，多元文化融匯網絡的職員很熱心地幫助我，並給予我許多情感上的支援。我和女兒在港青認識了許多新朋友，令我們感到很快樂。

女兒現在就讀小學三年級，去年疫情很嚴峻時，她不能回校上課，所有課堂需要在網上進行，但我只有一部又小又殘舊的智能手機讓她上課。我不懂得閱讀和書寫，因此不能在課後指導她。為此我很擔憂，也擔心她的廣東話因為疫情期間減少與本地人接觸而退步了。我們居住的「劏房」很狹小，通風系統很差，所以即使在疫情很嚴峻時，我也不得不帶女兒到公園放鬆一下。我也很擔心家鄉的情況，雖然很掛念父親，卻因為疫情不能回家鄉探望他。

儘管面對許多挑戰，我很慶幸得到港青許多的捐助，如口罩、零食，甚至一部二手電腦。我很感激港青的職員時常記掛着我和女兒的情況，給予我們許多愛及關懷。能夠建立自己的人際網絡、有人能夠聆聽自己的傾訴真的十分重要，這會令艱難的生活過得容易一點。最近港青的職員邀請我參加健康工作坊，護士發現我的血壓竟然高達205上壓/102下壓。這是我近年首次量度血壓，我對此感到很震驚，因為身體並沒有出現任何徵狀。大家都很擔心我的狀況，港青的職員更不斷致電我確保我有就醫，並給予我許多意見。我原本想到公立診所求診，然而一直未能預約成功，我別無選擇只有到私家診所看病。現在我一直服藥，血壓已回覆正常。再次感謝港青，如果沒有參加健康工作坊，我便不會知道自己的健康狀況出現危機。

我相信最傷心的日子已經過去了，每天我只會變得更強大更堅韌。時間是良藥，它能夠治愈一切。我希望在女兒年長一點便停止申請綜援，屆時便可以再次外出工作。我希望她能夠接受良好的教育及建立美好的品格。在所有支持我的朋友幫助下，我相信我的未來一定會更好更明朗！



My name is Som, and I am from Nepal. I came to Hong Kong in 1997 with my husband, who is a Gurkha army descendent. We wish to find a better life that is why we left our home country. We lived in Jordan when we first came to Hong Kong, and I soon found a job as a kitchen helper. I also worked as a construction site worker afterward, it is so easy to earn money in Hong Kong, and I am satisfied with my life. After almost 10 years, my husband said he would like to move to the UK, believing the UK must be better than Hong Kong. He then left, leaving me in Hong Kong alone. He visited me several times during that period, and I was pregnant in 2012. However, He did not come back to Hong Kong when our daughter was born. I had to take care of myself and settled everything alone. In the beginning, he would call and talk to our daughter, but gradually, he disappeared from our lives. I then became a single mum, and I was so desperate.

I do not have any relatives here, but I do not want to go back to Nepal, for the sake of my daughter's future education. I cannot go to work at that time because I need to take care of my young child. I had to rely on my savings, life became so challenging, and I almost spent all my savings. I felt bad when my husband still kept in contact with us, and everything started to be better when I finally lost all hope in him. I learnt that it is more important to rely on yourself and have friends to rely on instead of having hope in someone who is not dependable. My friends suggested me to apply for Comprehensive Social Security Assistance Scheme (CSSA). I am so indebted to their advice and unconditional love. Later, when I moved to Sham Shui Po, my friends introduced me to YMCA's activities. The Multicultural Team staff were so helpful and gave me a lot of emotional support. My daughter and I made many new friends at the YMCA, which makes us feel happy.

My daughter is now studying in P.3. Last year when the pandemic came, she could not go to school to attend class, everything needed to be done online, but all I had was a small outdated smartphone, which was the only device we had for her online lesson. Not being able to read or write myself, I could not teach her after the online lessons. I was worried about her situation, and her Cantonese was worsening because of the lack of chances to hang out with the locals. Living in a tiny subdivided flat also made our life very uneasy. There is no proper ventilation system; that is why I had to take my daughter to the park despite the severe pandemic. I also worried about my home country's situation, and I missed my dad a lot, but I could not visit him because of the pandemic.

Despite all the challenges, I feel so fortunate to have received so much donation in kind from the YMCA, such as masks, snacks, and even a second hand notebook. YMCA staff know our situation and always remember us. I feel so

thankful for the kindness and the love from the YMCA. It is so important to have your network and someone to talk to, this makes your tough life easier. Recently when the YMCA staff invited me to attend a health workshop, the nurse found that I had very high blood pressure, measuring 205 mmHg/102 mmHg. This was the first time I checked my blood pressure recently, and I was shocked as I never had any symptoms. Everyone was so worried about my situation, the YMCA staff kept calling me to make sure I see the doctor and kept giving me advice. I wanted to go to the Government clinic, but I tried so many times to make an appointment but still failed to register. I had no choice but to go to the private clinic. I am

now on medication, and my blood pressure is now under control. I would like to thank YMCA again for their help. If I hadn't attended this health workshop, I might never find out about the grave health situation I was in.

I believe the saddest time in my life has passed. I am stronger and tougher every day. I think time is the best medicine, and it will heal everything. In the future, I want to quit CSSA when my daughter grows older, then I can go back to work again. I hope she will receive good education and develop a pleasant character. With the help of all my supportive friends, I believe my future will be better and brighter each day!





## 梁佩妍 Liang Pui Yin

東涌中心課餘託管服務學生  
Tung Chung Centre After School Care Programme Student



2018年底我從東涌搬到長沙灣，因為不捨得離開一起長大的同學，於是決定留讀原校，就算每天需早起一小時乘車到東涌上學，也甘之如飴。而另一個我不捨離開東涌的原因，是因為我離不開港青東涌中心。

我從小一參加中心的課餘託管服務（課託），至今已至第5年。無論是中心的職員或課託導師，我均十分熟悉，而他們亦十分了解我的喜好和性格。同學和導師就好像我的家人，雖然不時有爭執，但很快便和好如初。數年前搬到完全陌生的地方，我感到很彷徨和不安，幸好得到課託導師及朋友的開解。他們建議我乘車時可以閱讀課外書籍或溫習功課，就算獨自乘車也不會害怕，我還曾經因為讀到好笑的內容而笑出聲來，好不尷尬呢！

新冠肺炎爆發後，學校停課，我怕受到感染，只能留在家中。我生長在單親家庭，母親是長期病患者，因此我非常害怕染上肺炎，入院後無人照拂；加上我居住的地方鄰近深水埗，而深水埗一度是爆疫重災區，我更加小心翼翼，足不出戶。

在家的日子十分苦悶，我一邊對反覆的疫情感到不安，一邊對未來感到迷惘，不知道何時才能恢復正常的生活。幸好東涌中心在疫情期間開啓網上課堂，讓我能夠與導師及同學們討論功課，也能夠和他們聊天。當我心情低落時，中心職員和課託導師會放下手上的工作，細心聆聽並開解、鼓勵我。他們亦鼓勵我聽音樂平靜不安的情緒。我很感激他們成為我的傾訴對象，亦很感激他們不時分享一些趣事，讓我感到窩心和溫暖。

我很懷念疫情前放學後到中心做功課的日子，亦很懷念和中心的朋友們一起玩遊戲的時光，更懷念星期六的各項興趣班，例如中英數的專科班及畫畫班等。疫情讓我明白到，原來能夠自由地到處游走是一件十分幸福的事情。

經歷過這些事情後，相信將來的我不會再害怕環境的轉變，就算面對不同的改變亦能夠游刃有餘地應付。我衷心感謝和佩服東涌中心的導師，在我不能夠到中心時，十分有耐性地運用網上平台指導我的功課，讓我的學習不至停滯。雖然我還沒想到長大後會從事甚麼工作，可是我現在覺得成為一名老師也是一個不錯的選擇呢！



I moved from Tung Chung to Cheung Sha Wan at the end of 2018, and because I really wanted to spend time with friends whom I grew up with, I chose to stay at my original school in Tung Chung, even though I need to get up one hour earlier to get ready for school every day. Another reason for me to make this decision, was that I don't want to leave the YMCA of Hong Kong Tung Chung Centre.



This has been my fifth year participated in the After School Care Programme of Tung Chung Centre since I studied Primary 1. I am very familiar with the staff and the after school care tutors, in return they also know my interest and personality very well. The students and tutors in the Programme are just like my family, though we argued sometimes, we always made up quickly. Moving to an unfamiliar place a few years ago had made me anxious and insecure. Luckily I have the support from my tutors and friends. They suggested me to make good use of the travelling time to read and study. Once I got occupied, I was no longer afraid of travelling alone. I once laughed out loud when I read some funny content in a book. It was so embarrassing!

After the outbreak of COVID-19, the school was suspended; I decided to stay home to stay safe. I grew up with a single parent and my mum has long-term illness, so I couldn't take risk, otherwise no one would be able to look after me. My home is very close to Sham Shui Po, which was once recorded a surge of infection cases. Since then, I have taken extra care of myself to stay safe.

Staying at home is really boring. I feel anxious about the continued fluctuating pandemic situation, and I am also confused about the future as not knowing when normal life can resume. Fortunately, the Centre provided online tutoring during the pandemic, so that I could discuss homework with my tutors and classmates online, and chat with them. When I was feeling low, the staff and tutors always responded to me immediately, listened to me and encouraged me. They





also suggested me to calm my nerves by listening to music. I am very thankful that they are always by my side, especially when they shared some interesting stories with me, which made me cuddly and warm.

I missed those days of going to the Centre after school, as well as the break time playing with my friends and the various interest classes on Saturdays, such as academic enhancement classes and painting class. The pandemic has made me realise that being able to roam around freely is a blessing.

After experiencing this challenging year, I believe that in the future, I will no longer be afraid of any changes and can face them calmly. At the same time, I am deeply grateful to the tutors of Tung Chung Centre. When I was unable to return to the Centre, the tutor used the online platform to patiently teach me, so that my learning would not be affected. Although I have not thought about what job I would do when I grow up, I think becoming a teacher is also not a bad idea!



## 與港青同行 Walk Along with YMCA

### 姚寶燕 Yiu Po Yin Sara

今年5月，我有幸參與港青舉辦的120周年「恩典太美麗」慈善花祭。有別於以往的花展，花祭的展品以不同的聖靈果子為設計主題，而我負責製作「喜樂」，主花是天堂鳥，寓意自由和幸福。非常高興能透過「喜樂」為籌款出一分力，給作品賦予不一樣的意義。

早在20多年前我加入港青成為會員，由最初只打算為女兒報讀課程，到後來自己也參加了不少興趣班，其中最感興趣的便是花藝設計，轉眼間已參加超過10年。

對插花產生興趣，源於我對港青花藝導師游玉嬋老師的敬佩。多年來，無論是課堂教學或展覽作品，幾乎沒有重複的設計，我非常佩服老師的創作力。參加港青的花藝班後，我結識了一班志同道合的好姊妹，透過分享插花、互相幫助和學習，漸漸令大家凝聚起來。插花讓我學懂欣賞花藝作品，更重要的是變得平和及有耐性，有空間去思考。

港青不但讓我得到珍貴的友誼，更有機會與身邊的人分享我的花藝作品，甚至作為禮物送給朋友，我感到十分滿足。未來我會繼續透過鮮花為身邊的人帶來喜樂。

I was extremely fortunate to take part in YMCA's 120th anniversary 'Grace is So Beautiful' Charity Flower Festival in May 2021. Different from the past festivals, each of the works exhibited is based on a fruit of the Holy Spirit



as its theme. I was responsible for the theme of 'Joy'; the main flower is Bird of Paradise, which implies freedom and happiness. I was delighted to use 'Joy' as my contribution to the fundraising event, making my work much more meaningful.

I became a member of YMCA about 20 years ago. At first, I helped my daughter enrol in classes; but eventually I myself also took part in many interest classes. Floral design class was the one that interests me the most, which I have been studying for more than 10 years.

Having an interest in floral design is partly due to my admiration for my teacher at YMCA, Miss Lily Yau. Learning from her all these years, whether it is class demonstration or exhibition works, there was almost never a repeated design, and I really commend her creativity. After joining YMCA's floral design classes, I have also met a group of like-minded close friends through sharing our designs, helping each other and learning from each other. Learning floral arrangement allows me to understand floral appreciation, more importantly it makes me more patient as a person, and more at peace, and it also creates more thinking space for me.

During my journey with YMCA, not only did I gain invaluable friendships, the most fulfilling of all is sharing my floral designs with the people around me, even giving them as gifts. In the future, I hope to continue to use flowers to bring joy to everyone.

### Trevor & Julie

Zachary Reading和Zoe Reading的家長(基信國際幼稚園)

Parents of Zachary Reading and Zoe Reading (Christian International Kindergarten)

對我們而言，一所富有關愛和樂於培育孩子成長的學校十分重要。港青基信國際幼稚園優秀的教學團隊，充份地展示出對學生的愛心和優良的教學水平。教職員無論在學校甚至是課後的時間，對家長和家傭均十分親切、關懷和歡迎。

5歲的Zachary和3歲的Zoe，在學校的照顧和關注下成長，讓他們在學業和整體發展上充滿自信。最重要的是，孩子們從學校學到的新技能，總能讓我們驚喜，他們也為此開心不已。毫無疑問，我們會推薦這所學校。

It was important for us to find a school environment that is caring and nurturing. The Christian International Kindergarten of YMCA has a wonderful supportive school community which embodies the values of kindness and excellent education. All the staff are warm, caring and very welcoming to all parents and carers when in school and even after school hours.

Our two kids aged 3 and 5 have grown in confidence with the great care and individual attention they received in school, which in turn supports their academic success and holistic development. And most importantly, our kids were extremely happy and never fail to surprise us with new talents they learnt from school. We would have no doubts in recommending the school to others.





## Parent of Teresa & Christina的家長

基信國際幼稚園(西九龍)

Christian International Kindergarden (West Kowloon)

「你們眾民當時時倚靠他，在他面前傾心吐意；神是我們的避難所。」(詩篇62:8)

這節經文是老師教Teresa寫的，現貼在我家的櫥櫃上，也成為我們一家這一年的鼓勵。

搬家、轉校、疫情，對一個4歲半的孩子來說，是人生的重大挑戰。Teresa以插班生的身份轉到基信國際幼稚園(西九龍)就讀K3。她的性格內向，加上從傳統本地學校轉到國際學校，作為母親的我，每天都很擔心和焦慮。感謝老師們的愛與關懷，讓Teresa克服了。她們的愛心和體諒成為Teresa敞開心扉的動力。

通過小班教學、具創意的教學方法，加上實習老師的幫助，Teresa從內向被動的孩子，變成積極的學習者。當看着她抱着自己製作的手作及數學遊戲卡，充當小老師教我和妹妹數學，及講解火山爆發，我便知道選對了學校！

後來，妹妹也入讀了幼兒班，她們每天高唱「YMCA is my School」。港青除了給予她們愉快的學習環境，還讓她們找到自己的好朋友。這是最珍貴、純真且難得的友誼。謝謝K3班Ariel的一家和幼兒班的Brandon一家，我們非常感恩Teresa和Christina能夠與你們成為好朋友。

神所給予的超乎我們的所想所求，願將榮耀歸給神！願神繼續保守港青，願基信國際幼稚園(西九龍)繼續成為更多小孩子的第二個家。

“People, always put your trust in God! Tell Him all your problems. God is our place of safety.” (Psalm 62:8)

This Bible verse, which the teachers taught Teresa how to write, is posted on our kitchen cabinet, and it has become an encouragement for our family this year.

Moving house, changing schools, and the epidemic are big challenges in life for a 4 1/2 year-old child. Teresa



was transferred to CIKGWK as a new K3 student. The fact that she is introverted and that she was transferred from a traditional local school to an international school made me, as a mother, feel worried and anxious every day. Thanks to the teachers' love and care, Teresa had overcome. The teachers' kindness and understanding became Teresa's motivation to open up herself.

From the small-class teaching to the creative teaching methods, and with the help from the student-teacher, Teresa has changed from being an introverted and passive child to an active learner. I knew I had chosen the right school when I saw her holding her arts and craft and math game cards, pretending to be a little teacher teaching me and her little sister how to do math and explaining how volcanic eruptions work.

Later on, even her younger sister also enrolled in the Nursery class. They sang 'YMCA is my School' every day. In addition to giving my children a chance to learn joyfully, YMCA also allows them to find their own good friends. This is the most precious, innocent and rarest kind of friendship. Thanks to the families of Ariel from K3 Class and Brandon from Nursery Class. We feel so blessed to have you as friends!

What God gave us is beyond imagination and may all glory be to God! May God continue to bless the YMCA and may CIKGWK continue to become the second home for more children!

## 吳錦英 Ng Kam Ying, Connie

僱員再培訓局花店實務及花藝設計助理基礎證書(長沙灣中心)學員

Student of ERB Foundation Certificate in Florist and Floriculture Assistant Training (Cheung Sha Wan Centre)

我是吳錦英。我從哥哥的分享中得知港青長沙灣中心舉辦僱員再培訓局花店實務及花藝設計助理基礎證書課程，於是我帶着緊張和興奮的心情在2019年5月開始學習花藝。課程中我遇到何詠南導師，在她用心教學下，我從初級課程一直讀到高級課程。在課程中學到的技巧，讓我為教會創作出不同的花藝作品獻給主。在主的奇妙帶領下，我和另一位同學在去年11月榮幸地被挑選了跟隨游玉輝老師一同代表港青參與由香港循道衛理聯合教會國際禮拜堂主辦的「以馬內利，上帝與我們同在」花展，在導師的悉心指導下共同完成「彩虹下的約定」這作品。感謝主！因為有祿，把我從普通的生命改變更新成為彩虹一般的生命！

My name is Connie Ng. I learnt from my brother that the YMCA of Hong Kong Cheung Sha Wan Centre offered Employees Retraining Board (ERB)'s Foundation Certificate in Florist and Floriculture Assistant Training course. Both nervous and excited, I then began my journey into floriculture in May 2019. I met my Instructor Ms. Ho Wing Nam; under her attentive teaching, I progressed through the beginner course to the advanced course. She helped me learn many skills, which I use for creating floral pieces for my church as an offering to God. With God's amazing guidance, my classmate and I were chosen to represent the YMCA of Hong Kong to join the flower festival 'Emmanuel - God with Us' organised by the Methodist International Church Hong Kong in November 2020 and to work with instructor Ms. Lily Yau. With Ms. Yau's guidance, we accomplished the floral piece 'Covenant under the Rainbow'. Thank you, God! You have transformed my ordinary life into a life full of rainbows.



## K3班黃子琦同學的爸爸

### Father of K3 Student Sebrina Ng

港青基信幼兒學校 (農圃道)  
YMCA of Hong Kong Christian Nursery School (Farm Road)

我的女兒黃子琦上了一所很棒的學校 — 基信幼兒學校 (農圃道)。我記得當我第一個孩子幼稚園畢業的時候，我心裏想：「哇！地球上真的有天使！」我所說的這些天使，是想到了幼稚園老師的形象。而今天，我相信大多數上帝的天使都成為了幼稚園老師。

因此我首先要感謝上帝賜予我祂的兩個天使成為我的孩子。也感謝上帝派遣更多的天使在我們中間。

這所幼兒學校擁有很多愛，這三年來充滿了悉心照顧我們孩子的教育者和幫助者。我們無法想像他們為學校每天的需要付出多少辛勞及工作，每次來接女兒放學時我所見到的耐心、愛和笑聲，是我每天期待的事情之一。

我衷心的感謝你們！

My daughter Sebrina goes to a very wonderful school - Christian Nursery School (Farm Road). I remember when my firstborn graduated from the kindergarten, I said to myself, "Wow...there really are angels on earth". And these 'angels' that I referred to took the form of the kindergarten teachers. And today, I am convinced that most of God's angels have become kindergarten teachers.

Therefore I would first like to thank God for blessing me with two of his angels which became my children. Then I would like to thank God for sending so many more of his angels into our midst.

This Nursery School is filled with so much love. My children's 3 years in the school were blessed with numerous educators and helpers who took such great care of them. We cannot imagine how much effort and hard work they put in running the day-to-day needs of the school. The patience, the love and the laughter that I witness every time I come pick my daughter up, is one of what I look forward to on a daily basis.

Thank you all from the bottom of my heart.



## K3班張嘉怡同學及母親

### K3 Student Della Cheung and her mother

港青基信幼稚園 (啟晴)  
YMCA of Hong Kong Christian Kindergarten (Kai Ching)

我是嘉怡媽媽，轉眼間，嘉怡快畢業了。感恩她可以在港青基信幼稚園 (啟晴) 這個充滿愛的大家庭，開心地渡過了數年的校園生活，認識了許多好朋友。原以為她在學校會很害羞，有一次在學校的照片中，我看到女兒那對小小的雙手竟舉得高高的，這一幕令我至今想起都深受感動。

這幾年，在老師們的熱誠和堅持下，嘉怡不但得到知識，還培養了良好的品德，更重要的是得到了快樂。衷心感謝校長及老師們用心的教導和悉心的照顧。感謝校工姨姨無微不至的照料。

我是張嘉怡，我快要升上小學了，感謝區校長和老師們的教導和愛，讓我能夠認識天父，和同學一起唱詩歌、祈禱及讀聖經。我也會帶著天父的愛和勇氣面對不同的挑戰。

祝福區校長、各位老師和校工姨姨：

生活愉快、身體健康、工作順利！

I'm Della Cheung's mother. Time flies, Della will soon graduate. I am so grateful that she can spend a few years of campus life happily in the big loving family of YMCA of Hong Kong Christian Kindergarten (Kai Ching) and make many good friends. At the beginning, I thought Della would be very shy at school. Much to my surprise, once in a school photo, I saw my daughter's little arms raised up high in excitement. I was deeply moved and this scene had stayed with me until now.

In the past few years, thanks to the enthusiasm and persistence of the teachers, Della has not only received knowledge, but also a good character, and more importantly, happiness. I sincerely thank the principal and teachers for their teaching, guidance and nurturing, and the amahs' for care.

I am Della Cheung and I am about to enter primary school. I am grateful to Principal Au and the teachers for their teaching and love, allowing me to know our Heavenly Father, sing hymns, pray and read the Bible with my classmates. In the future, I will face different challenges with our Heavenly Father's love and courage.

Best wishes to the Principal, teachers and amahs. May God grant you happiness, good health and fruitful work!



## 鄺曉欣 Vanna Kwong

港青游泳隊員 YMCA Swimming Team Member

我是港青游泳隊員鄺曉欣Vanna，今年11歲。

我6個月大時跟媽媽參加了港青的親子游泳班，在泳班裏認識了同是嬰孩的Ocean和Chloe。往後的日子，我在泳池裏見他們的時間比在陸地上還要多呢！原來我們已經認識了11年了！



3歲起，我們便轉到學前兒童班，再不用媽媽抱着我了。再大一點我們便轉到兒童及少年游泳班，慢慢一級一級的游上去，由嬉水池游到很大、很深的訓練池！

記得數年前在一個課程中游得不好要留班，Ocean和Chloe都升了班，雖然我有點失望，但在得到東Sir的指導下再加倍努力，終於可以跟他們一起進入港青游泳隊。

泳隊的訓練比較密集，但也很具挑戰性。升到A隊後每星期有5課，包括一節陸上操練，更要參加比賽。

我想，我跟Ocean和Chloe最喜歡的時刻應該是2019年港青泳隊台北交流團。5天的時間過得很快，除了跟台北基督教青年會泳隊訓練及比賽外，還有騎單車、自製豆腐、觀光旅遊等。在旅遊巴士上聽歌嬉戲，真是很好玩呢！

認識了Ocean和Chloe這麼久了，我真的要跟他們說聲謝謝，當了我最親密的戰友，也一起玩了11年。雖然我將要離開香港，不能再一起訓練，但我永遠不會忘記這份友誼及那些快樂的時光。

見證着Vanna、Chloe和Ocean在港青成長的東Sir（姚景東）是我們資深教練，他回憶道：「看到這些照片，便回想起最初教他們游泳時大約是三歲，三個活潑開朗的小朋友，人見人愛。最難忘他們友好的程度，只要其中一個未能升班，其他兩個寧願一起留班，都不願分開。轉眼已經長大了，一起在泳隊訓練，真的很難得。但總有一天他們要到外國升學或居住，希望他們生活愉快，身體健康，有時間回來探望我們，我永遠記得這三寶。」



I'm Vanna Kwong of the YMCA Swimming Team, and I'm 11 years old.

I joined the YMCA Aqua-Tots class with my mum when I was 6 months old, and in that class I met babies Ocean and Chloe. Since then, I've spent more time with them in the pool than on land. Can't believe I've known them for 11 years!

When we turned 3, we switched to Aqua-Nauts classes, where I didn't have my mum holding me anymore. Slowly but surely, the three of us progressed up each level at the YMCA Swimming Academy, and when we became old enough, we enrolled in the Children and Youth classes, which were held in the bigger and deeper training pool.

I remember not doing so well in one course, and I had to repeat it, while both Ocean and Chloe got promoted. But with Tung Sir's help and some extra hard work, I was able to catch up the following term, and together we were admitted to the YMCA Swimming Team!

Swimming Team was very challenging, and we had to swim more than once a week. In Swimming Team A, there are 5 sessions a week, including one lesson on land, and in addition to that, we had to join competitions.

I think the best time I had with Ocean and Chloe was when Swimming Team went on an exchange trip to Taipei in 2019. The 5 days went by in a flash, and besides from the training and competition, we had sightseeing trips, made our own tofu, and went cycling. The time spent joking and singing on the bus was such a blast!

I have to say, having known Ocean and Chloe for so long, I must thank them for being my friends and teammates. We had 11 wonderful years together, and I'm sad that I will have to leave them and Hong Kong soon, but I will always cherish our friendship and the memories.

Coach Lu King Tung (Tung Sir), one of our most experienced instructors, was instrumental in guiding Vanna, Chloe and Ocean during their time in the YMCA's Swimming Academy. "Looking at these photos, I can still picture the three of them when they were only 3 years-old, the cutest threesome you could imagine. They were so inseparable that when one of them had to repeat a class, the other two who passed wanted to stay behind too. In the blink of an eye, they had grown up and are on our Swimming Team. Eventually they will have to go their separate ways, but I hope the three water babies will come back to visit us.

Vanna Kwong in 2021

## 藍秋琴及她的女兒 Candy Lan and her daughters

港青義工 YMCAHK's Registered Volunteers

小時候隨父母移民來港，對歷史悠久、座落維多利亞港旁的港青，已印象深刻。多年後我學成歸來，隨着女兒陳美橋和陳穎橋的出生，我決定放下原本在跨國公司的穩定工作，全身心投入照顧家庭及服務社會。為發掘更多活動給孩子，今年成為港青家庭會員；得知港青招募義工，亦登記成為義工，希望女兒參與義工服務，培養她們成為有愛心、善良和有責任感的人！

慶幸我與港青結緣。大女兒美橋小時候被醫生評估為有「專注力不足」的傾向，我曾經尋求教育心理服務，在專家的指引下，女兒逐漸變得開朗。在機緣際會下，我在一個討論會議上聽到港青總幹事在教學領域和孩子個人成長上的分享，讓我非常放心把自己的孩子送到港青學校接受教育。美橋和穎橋現時就讀新會商會港青基信學校小四及小六，與校內的老師和同學們相處愉快，同時美橋也樂於主動地參與學校各類活動，專注力更得到改善。

疫情關係，大部分社會服務都受到影響，得知港青招募義工向基層人士派發愛心飯盒的愛心午餐計劃，便毫不猶豫帶同孩子在星期日參與服務。希望透過親身參與，讓孩子認識到不同階層的需要，懂得珍惜、感恩自己所擁有的，同時提醒自己要有謙卑及同理心。感謝港青提供義工服務機會，亦欣賞職員有組織有效率的安排，每個人的分工明確，互有默契，一起同行。希望服務一直延續，我們會繼續參與各類義工服務，與港青齊心服務社會。

At a young age, I migrated to Hong Kong with my parents. The historic building of YMCAHK, standing by Victoria Harbor had left a lasting impression on me. Many years later, I returned to Hong Kong upon completion of my studies. Following the birth of my daughters, Chan Mei

Kiu and Chan Wing Kiu, I decided to leave my stable job at a multinational corporation, fully dedicated myself to looking after my family and serving our community. In order to find more activities for my children, we joined the YMCAHK's family membership this year. When informed about YMCAHK's volunteer recruitment, we also registered as volunteers, hoping that by joining volunteer services, my girls will grow to become kind, responsible, and loving people.

I was fortunate to connect with YMCAHK. My eldest daughter Mei Kiu was found to have attention deficit tendencies at a young age, I sought help from educational psychologists, and under their guidance, my daughter became happier. Once at a conference, I heard the CEO of YMCAHK's sharing on education and personal development of children, this allowed me to be very much at ease in sending my own children to continue their education at YMCAHK's schools. My daughters are currently Year 4 and 6 students at San Wui Commercial Society YMCA of Hong Kong Christian School, they get along extremely well with their teachers and classmates. Furthermore, Mei Kiu was highly proactive in joining all kinds of activities at school, her concentration has improved as well.

Due to the pandemic, most of the community services had been affected. At this time, we noticed that YMCAHK is recruiting volunteers for the Giveaway Lunchbox service. We joined without a second thought; bringing the girls with me to serve on Sundays. Hoping that through participating, my children would know about the needs of different people, and become more grateful for what they have, hence reminding themselves to have humility and empathy. Huge thanks to YMCAHK for providing us volunteering opportunities. I admire the staff's organisation and efficiency; everyone has their clear role and works together very well. I hope the service will continue, and we will continue to join all kinds of volunteer work, serving the community with YMCAHK.





## 尖沙咀(國際)聯青社 Y's Men's Club of Tsim Sha Tsui



自2020年1月新冠肺炎爆發後，尖沙咀(國際)聯青社仍然堅持服務社區。尤其是更緊密地與香港基督教青年會(港青)合作，促進與香港區各聯青社、及國際聯青社其他海外屬會的良好關係！

作為港青的合作夥伴，我們積極支持港青舉辦的各項活動。以下為聯青社於2020-2021年度曾參與之活動。

Since the outbreak of the Coronavirus in January 2020, the social service of the Y's Men's Club of Tsim Sha Tsui did not stop in this difficult time. We have worked closely with the YMCA of Hong Kong to reinforce the excellent relationship with all Y's Men's Clubs in Hong Kong District, as well as the other overseas clubs of Y's Men International!

As a close partner of YMCA of Hong Kong, we support its programmes and events which included the following in 2020-2021.



120周年慈善花卉祭  
120th Anniversary Charity Flower Festival



捐贈福袋予東涌中心  
Donation of blessing bags to the Tung Chung Centre



港青周年大會  
AGM of YMCA of Hong Kong



捐贈防疫物資予長沙灣區內的有需要人士  
Donation of epidemic-related supplies to people-in-need in Cheung Sha Wan.

慶祝尖沙咀(國際)聯青社成立40周年  
40th Anniversary Celebration of Y's Men's Club of Tsim Sha Tsui



尖沙咀(國際)聯青社於1981年3月19日成立。聯青社旨在服務基督教青年會及本地社區。成員通常於每月第一個星期四進行例會。我們歡迎基督教青年會會員參與本社之例會和活動。如欲進一步了解本社，歡迎聯絡我們的社秘書Tony，WhatsApp+852 9486 3616或電郵tonyng\_hk@hotmail.com。

The Y's Men's Club of Tsim Sha Tsui was chartered on March 19, 1981. The purpose of the Club is to serve the YMCAs and the local community. Members usually meet on the first Thursday evening of each month. We welcome YMCA members to join the club meetings and activities. If you are interested to know more about the Club, please feel free to contact our Club Secretary Tony via WhatsApp +852 9486 3616 or email to tonyng\_hk@hotmail.com.



## 相片剪輯 Photo Clipping



▶ 明愛培立學校的學生體驗天然蘇木染。  
Students from Caritas Pelletier School experienced sappan wood dyeing.



▶ A-Life Academy 2020-2021迎新會  
A-Life Academy Orientation 2020-2021



▶ 第五屆Boundless開幕禮  
5th Boundless Kick-off Ceremony

▶ 「九龍公園社區導賞」的參加者找尋在樟樹上生活的亞歷山大鸚鵡之蹤影。  
At 'Kowloon Park community guided tour', participants looked for the Alexandrine parrot living on the camphor trees.



▶ 「一齊學做藝術大師班」的學員學習創作瑞士雕塑家阿爾伯托·賈柯梅蒂所設計的人體雕像。  
Inspired by the Swiss sculptor Alberto Giacometti, students learnt how to make a human figure sculpture at 'Arts Master Class'.

▶ 「此地是朵泥」展覽參觀者一起探索紙樹和動物們的內心世界。  
Visitors participated in the dialogue with paper-crafted trees and animals at the 'TST Stories' exhibition.



▶ 由長春社帶領的「香港版十萬個為什麼」薄扶林村社區導賞，來自拔萃男書院附屬小學的學員雀躍地辨認社區雀鳥。  
'I Wonder Why HK version community tour' led by The Conservancy Association – students from Diocesan Boys' School Primary Division were excited to identify the bird species at Pokfulam Village.





▶ 港青花藝班同學，製作「恩典太美麗」慈善花祭10盆花藝作品。  
Students from floral design classes worked together to complete 10 floral arrangements for "Grace is So Beautiful" Charity Flower Festival.



▶ 第二屆全港中學生微電影製作比賽評審日以視像會議形式順利進行，各入團隊伍在短片中展現對心靈健康議題的關注。  
The judging day of the second Interschool Microfilm Making Competition was held successfully in the form of video conferencing. The shortlisted team showcased their concern over mental health issues in their microfilms.



▶ Café Imagine支持聖士提芬會的派飯活動，免費借出廚房製作及派發飯盒給社區有需要人士。過去一年，聖士提芬會派出的飯盒近12,000個。  
Café Imagine provides kitchen to St Stephen's Society for free to prepare dinner boxes to the underprivileged in the community. In the past year, nearly 12,000 dinner boxes were delivered.



▶ 港青持續教育部為港青基信書院安排職業探索活動。  
Continuing Education Section arranged a career visit for YHKCC students.



▶ 港青基信書院的學參觀 The Salisbury，了解接待處和房務的日常運作。  
YHKCC students visited The Salisbury to learn about the daily operations of the Front Desk and Housekeeping.



▶ 港青僱員再培訓局「高級保安及物業管理基礎證書課程」的學員參觀大廈設施及認識控制室運作，為就業作好準備。  
Students of the "Foundation Certificate in Advanced Security and Property Management" of ERB learnt about the building facilities and operation of the control room, in preparation for future employment.





▶ 兒童發展基金的學員十分感謝FITMI捐贈平板電腦。Child Development Fund students are so grateful for FITMI's donation.



▶ 香港創新科技及製造業聯合總會慷慨捐贈140部平板電腦予兒童發展基金的同學，助他們於停課期間仍能在上上課。  
One hundred forty tablet computers were donated to the Child Development Fund students by donors from the Hong Kong Federation of Innovative Technologies and Manufacturing Industries (FITMI). It was timely support for families in need of computers for their online classes.



▶ 兒童發展基金學員展示他們在蝶古巴特工作坊中所製成的作品。  
The CDF students presented their products after the decoupage workshop.



▶ 課餘託管服務的家長和小朋友一起體驗單線滾軸溜冰的樂趣！  
After School Care Programme parents and their children enjoyed Inline Skating Fun Day together!



▶ 透過桌上遊戲增進親子互動時間！  
Spending quality time together over board game!



▶ 托管小朋友們需繞過所有障礙物將復活蛋運送到安全地點。  
The mission for the children was to bypass all obstacles and move the Easter eggs to a safe place.



▶ 煤氣義工隊在端午節捐贈素粽，與街坊同慶節日。  
Towngas Volunteer Service Team donated some Vegetable Dumplings to CSW Centre users to celebrate the Dragon Boat Festival.





▶ 就業支援計劃服務使用者學習桌上遊戲。  
Recipients of Employment Support Services (EmSS) learnt how to play Rummikub to relieve stress.

▶ 港青僱員再培訓課程學員學習如何沖調港式奶茶。  
ERB students learnt how to prepare Hong Kong-style milk tea.



▶ 就業支援計劃求職者進行就業輔導。  
Employment Support Services (EmSS) service user underwent employment counseling.



▶ 和諧粉彩體驗讓身心得到放鬆。  
A relaxing night together with Pastel Nagomi art jamming.



▶ 民族舞蹈大使媽媽組力練習舞步，期待能在疫情過後公開演出。  
The Cultural Dance Ambassador MaMa Group worked hard to practice dance steps and looks forward performing publicly after the pandemic.



▶ 大點？再大點？我們給彼此再大一點支持，便可以一起做更大的事。  
Can we make a bigger circle? Let's give each other more support to achieve greater things.



▶ 評判團與第二十屆「傲翔新世代」全方位青年領袖訓練計劃學生代表分享有關態度和同理心的重要性。  
Judges shared with 20th Youth Leadership Development Scheme (YLD) student representatives on how having a positive attitude and empathy towards others is vital.



▶ 第二十一屆「傲翔新世代」全方位青年領袖訓練計劃同合力完成竹筏製作。  
The 21st Youth Leadership Development Scheme (YLD) students built a raft toge.





▶ 小朋友與港青專上學生聯會香港中文大學分部的義工一起嘗試手作升級再做玩具。  
Children made DIY toys in the upcycling activity with Campus Y of CUHK volunteers.



▶ 港青專上學生聯會香港理工大學分部每星期舉行被遺棄動物的服務以支援自營的動物收留所。  
Campus Y of PolyU supported small shelters by taking care of abandoned animals on a weekly basis.



▶ 在戶外訓練日的障礙賽裡，組員的支援是非常重要的。  
Support from teammates is so important during the obstacle race at training day camp.



▶ 港青專上學生聯會舉辦農場體驗活動。  
Campus Y Central Club's farming workshop.



▶ 港青專上學生聯會的籌委成員於就職典禮上介紹年度活動計劃。  
The Campus Y executive committees introduced their activity plans during inauguration day.



▶ 「傲翔新世代」全方位青年領袖訓練計劃舊生享受體驗藍染的樂趣。  
The YLD alumni had a great experience at the indigo Dye workshop.



▶ 海外家務助理學習製作天然染布。  
Domestic helpers learnt to create their natural dyed tote bags.



▶ 海外家務助理部於聖誕期間向學生和義工人派發衣物和玩具，好讓他們寄回家鄉予親友歡渡佳節，希望藉此傳遞愛和正能量。  
To spread love and positivity, the Domestic Helper Unit distributed clothing and toys donations to students and volunteers to send home during the Christmas season.



▶ 東涌綠機田的農友分享耕種感受。  
Farmers of Tung Chung Green Organic Farm shared their farming experience.



▶ 海外家務助理專心向導師學習男士和女裝的剪髮技巧。  
Domestic helpers learnt different techniques in haircutting for both men and women from the instructor.





► PeaceBox 祝福大行動 2021  
PeaceBox 2021



► 會員服務部舉辦零糯米素糰工作坊。  
Vegan rice dumpling workshop held by Member Services Section.



► 會員服務部母親節活動  
Mother's Day Special  
Vegetable Bouquet Workshop  
by Member Services Section



► 辛丑年揮春設計比賽——得獎者裴同學  
Fai Chun Design Competition 2021 –  
Pei Cherry Chanley



► 義工於港青南丫島戶外及環保活動中心中使用舊輪胎及攀石繩升級再造成座椅。  
Volunteers upcycled the old tyre and climbing rope to seat for YMCA Lamma Island Outdoor Centre.



► 職員及義工為「借玩文化工作空間」的壁畫塗上顏色。  
Staff and volunteers coloured the wall for Toy Reborn Work Space.



► 參加者使用細少或已損毀的玩具製作「再生玩具藝術品」。  
Participants used small or damaged toy pieces to make the "Toy Reborn Artwork".



► 義工於港青南丫島戶外及環保活動中心為壁畫塗上顏色。  
Volunteer coloured the wall for YMCA Lamma Island Outdoor Centre.



► 義工協助將二手玩具進行篩選及清潔。  
Volunteers sorted and cleaned the second-hand toys



► 香港童軍第1357旅小童軍宣誓儀式  
HK Scout 1357th Grasshopper Oath Ceremony



▶ 科學實驗？沒難度！  
Science experiment?  
No problem!



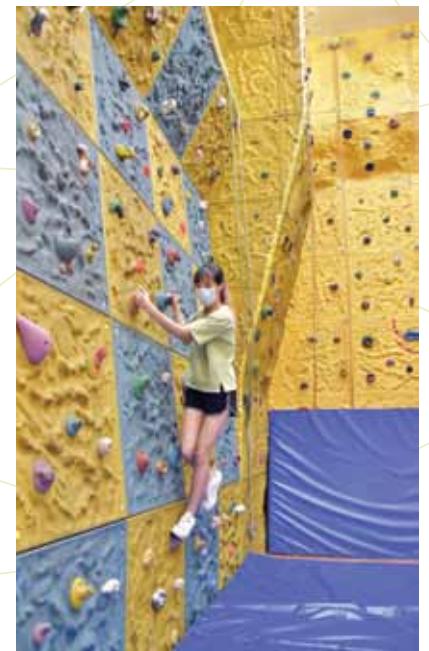
▶ 小野人於 Y Island  
成功完成求生任務。  
We successfully  
completed the survival  
mission on Y Island.



▶ 大朋友和小朋友都喜愛的水上沖氣樂園。  
Adults and Kids both love the water inflatable park.



▶ 營火是為了燒烤美食和棉花糖！  
Fire was burning at camp for barbecue and marshmallows!



▶ 為香港公開大學學生給予多元化樂趣，挑戰自己，走出舒適圈！  
To provide a variety of fun opportunities for students of the Open University of Hong Kong to challenge themselves and step out of their comfort zone!



▶ 保良局東涌兒童綜合服務中心的小孩子及其家長們在京士柏中心體驗健球活動。  
Families from Po Leung Kuk Tung Chung Children Integrated Services Centre had fun playing kin ball at KPCC.



▶ 香港信義會紅磡信義學校的學生們善用京士柏百周年紀念中心網球場進行帶式攔球練習。  
Students of ELCHK Hung Hom Lutheran Primary School practised tag rugby at KPCC tennis courts.



▶ 京士柏百周年紀念中心支持「健球、棍網球、巧固球聯合運動體驗日」。  
KPCC supported "Kin-ball, Lacrosse, Tchoukball Joint Promotion Trial Day".



▶ 從18米高的攀石場玩沿繩下遊是如此有趣！  
Abseiling from an 18 meters high climbing wall was so fun



▶ 保持冷靜，擊中目標。  
Keep clam and hit the target.



▶ 新興運動 – 圓網球有多FUN!  
Let's have fun and try a new sport – Roundnet!



▶ 港青京士柏五人足球比賽  
YMCAHK King's Park Futsal Tournament





► 疫情下聖誕工作坊轉為網課。  
Christmas online programme during class suspension.



► 「尋兔遊戲」樂趣多！  
Easter Hunt was so much FUN!



► 學前教育及小學文娛服務部首次舉辦「我的動物朋友」全港兒童繪畫比賽。  
The first Love Animals HK Children Drawing Competition held by Pre-school and Primary Leisure Education Services Division.



► 新會商會港青基信學校「STEM活動週」，鞏固學生對科學、技術、工程和數學四大範疇相關的知識和技能。  
"STEM WEEK" of SWCS YMCA of Hong Kong Christian School, enhancing students' knowledge and ability of science, technology, engineering and mathematics.



► 小手工，大創意。  
Making craft with creativity!



► 耀信中心之復活節工作坊2021  
Easter Bunnies Workshop 2021 at Beacon Centre



► 港青基信書院畢業生在親友的熱烈掌聲下，接受祝福，並懷著興奮的心情，展開人生新一頁，迎接挑戰。  
YMCA of Hong Kong Christian College graduates turned a new page with great joy and their achievements were well recognised by rounds of applause from their friends and families.



► 新會商會港青基信學校學生領袖就職典禮。  
SWCS YMCA of Hong Kong Christian School Student Leaders Inauguration.



► 港青基信書院社際活動  
YHKCC inter-house activities



► 港青基信書院特別員工大會中，宣佈盧裕敏女士為新任校長。  
Ms. Diana Lo was announced to be the next YHKCC Principal in the Special General Staff Meeting.





▶ 基信幼稚園(啟晴) 新生家長活動日。  
CKKC K1 new comer with parent activity.



▶ 基信國際幼稚園在復活節期間進行食物捐贈活動，贈予長沙灣中心。  
CIKG Easter Food Drive for the YMCAHK's Cheung Sha Wan Centre.



▶ 不同國籍服飾派對  
World Nationalities Costume Party



▶ 於6月25日，基信國際幼稚園在平台花園舉行畢業典禮。  
CIKG Graduation Ceremony was held at the podium garden on June 25.



▶ 基信幼稚園(啟晴) 學生參與防火安全講座。  
Fire safety education talk to students of Christian Kindergarten (Kai Ching).



▶ 小四至小六級戶外教育營  
Year 4 – Year 6 Life-Wide Learning Camp

▶ 家長陪同新生一起上課。  
New students class with parents.



▶ 基信幼稚園(啟晴) 環保教育之製作橙皮酵素。  
CKKC Environmental Education – Enzyme with Orange's skill.



▶ 基信幼稚園(農圃道) 2020-2021年度畢業典禮。  
Christian Nursery School (Farm Road) 2020-2021 Graduation Ceremony.



▶ 香港大學醫學院牙醫為基信幼稚園(農圃道) 幼兒班至高班學生口腔檢查及治療。  
Dentists from HKU Dentistry provided on-site dental check-up and treatment for Christian Nursery School (Farm Road) K1 to K3 children.



## 管理層員工 Management Staff as of June 30, 2021

### 行政總裁 Chief Executive Officer / 總幹事 General Secretary

何慶瀟 Peter Ho

### 財務及行政 Finance & Administration

Senior Director of Finance & Administration

陳華靜 Corinia Chan

Director of Finance & Operations

鄭綺華 Eva Cheng

Accounting Manager

蕭曉慧 Caroline Siu

Senior Manager, Procurement

林瑞賢 Rosanna Lam

### 機構事務 Corporate Services

Director of Corporate Services

關健薇 Kwan Kin Mei

Communications Manager

黃俐燕 Bryony Wong

Human Resources Manager

梁麗影 Ruby Leung

Information Technology Manager

張滿雄 Kenneth Cheung

### 賓館服務 Hostel Services

General Manager, The Salisbury

楊廷偉 Kenneth Yong

Director of Facilities Management

余達榮 Peter Yu

Senior Manager, Facilities Management

胡漢森 Michael Wu

Housekeeping (Public Area) & Hygiene Manager

伍沃輝 William Ng

Banquet Sales Manager

李嘉麗 Clara Lee

Banquet Services Manager

李紹裘 Johnny Li

Executive Chef

張潤林 Rix Cheung

Restaurant Manager

馬國明 Victor Ma

Director of Rooms

李克倫 Alan Lee

Housekeeping Manager (Floor)

王志權 Sidney Wong

Security & Safety Manager

何士從 Ivan Ho

Director of Sales & Marketing

林燕玲 Iris Lam

### 會員及社區服務 Member & Community Services

Director of Member & Community Services

單芷筠 Vivian Shan

Centre Manager (Cheung Sha Wan Centre)

羅立敏 Law Lap Man

Community Art Centre Manager

傅凱兒 Alice Fu

Director of Member Services & Professional Training

蔡偉邦 James Choi

Senior Manager, Sports & Recreation

蕭燕鳳 Samantha Hsiao

Member Services & Programmes Manager

鄧如翠 Pauline Teng

Pre-school & Primary Leisure Education Services Manager

林綺文 Mavis Lam

### 港青基信書院 Ymca of Hong Kong Christian College

Principal

陳狄安 Dion Chen

Deputy Principal (International Curriculum)

許安德 Andrew Higgins

Deputy Principal

盧裕敏 Diana Lo

Assistant Principal (Examinations)

吳潔盈 Kit Ng

Head of Local Curriculum

劉少龍 Wallace Lau

Head of Student Wellbeing Team

Peter Molan

Head of Student Wellbeing Team

Carly Natrass

Head of Student Development

招敬琛 Isaac Chiu

### 新會商會港青基信學校 San Wui Commercial Society YMCA of Hong Kong Christian School

Principal

Thomas Moore

Vice Principal

謝詠湘 Tammy Tse

UK Curriculum Coordinator

Laura Farrell-Pronesti

UK Curriculum Coordinator

Lucy Gallantine

# 人力資源 Human Resources

假期政策工作坊  
Leave Policy & Administration Workshop



中秋節禮盒  
Mid-Autumn Festival Celebratory Snack Boxes



成人心肺復甦法及自動體外  
心臟去纖維性顫動法證書(重溫)課程  
CPRAED Refreshing Course



職業健康講座 - 預防筋肌勞損(清潔工人)  
Occupational Health Talk - Prevention of  
Musculoskeletal Disorders for Cleansing Workers



「Back you up - 防治腰背疼痛」健康工作坊  
「Back you up - Prevention of Back Pain」Workshop



員工康樂委員會 - Y·解密者  
Staff Social Committee - Y·Decoder





農曆新年禮盒  
Chinese New Year Celebratory Snack Boxes



肩頸疼痛護理工作坊  
Pain Management Workshop for Shoulder and Neck Pain



2020 感恩聚會  
2020 Staff Appreciation Party



員工康樂委員會 - 南丫島營地美化行動  
Staff Social Committee - Volunteer Services  
(Lamma Campsite Artwork Decoration)







魄力  
Energy



# 社區服務及活動 Community Services and Programmes

統計資料 STATISTICS (July 1, 2020 - June 30, 2021)

長沙灣中心會友 Cheung Sha Wan Centre Membership Summary (截至 as of 30/6/2021)	會友人數 No. of Members
小童 Children	110
青年 Youth	0
成人 Adult	11
長者 Elderly	5
家庭 Family (pax)	85
<b>總數 Total</b>	<b>211</b>

長沙灣中心 Cheung Sha Wan Centre	課程/活動/聚會次數 No. of Courses/Events/Meetings	參與人數 No. of Participants/Enrolment	參與時數 No. of Participation (hours)
就業服務計劃 Employment Initiatives	122	1,205	61,374
兒童多元發展及家長支援 Children Multiple-development & Parent Support	221	2,596	25,027
青年發展 Youth Development	448	5,033	14,883
跨種族共融服務 Cross Cultural Integrative Services	76	3,237	5,909
社區服務 Community Services	8	37	142
中心活動 Centre Activities	2	11	15

社會服務 Social Services	課程/活動/聚會次數 No. of Courses/Events/Meetings	參與人數 No. of Participants/Enrolment	參與時數 No. of Participation (hours)
海外家務助理工餘進修課程及活動 Domestic Helper Courses and Programmes	126	1,065	6,546
社區服務 Community Services (Including Toy-Reborn and Scouts Activities)	59	747	1,294

東涌計劃 Tung Chung Project	課程/活動/聚會次數 No. of Courses/Events/Meetings	參與人數 No. of Participants/Enrolment	參與時數 No. of Participation (hours)
幼兒小組 Playgroup	15	97	998
兒童及青年發展 Children and Youth Development	147	1,490	46,627
地區活動 Community-based Activities	29	423	392
中心活動 Centre Activities	13	818	2,520

<b>東涌綠機田</b> <b>Tung Chung Green Organic Farm</b>	活動/聚會次數 No. of Events/Meetings	參與人數 No. of Participants/Enrolment	參與時數 No. of Participation (hours)
悠閒栽種 Leisure Planting	12	933	5,598

<b>西九龍耀信發展學習中心</b> <b>Beacon Centre Lifelong Learning Institute</b>	課程/活動/聚會次數 No. of Courses/Events/Meetings	使用人次/參與人數 No. of Users/ No. of Participants/Enrolment	使用時數/參與時數 No. of Usage (hours)/ No. of Participation (hours)
場地租用服務 Venue Rental	185	7,948	31,232
暑期學堂及小學功課輔導班 Full Day Summer School and Primary Tutorial Course	45	240	14,290

<b>基督教推廣</b> <b>Christian Outreach</b>	課程/活動/聚會次數 No. of Courses/Events/Meetings	參與人數 No. of Participants/Enrolment	參與時數 No. of Participation (hours)
定期活動(職員崇拜禮、職員及學生團契) Regular Programmes (Devotion, Staff and Student Fellowship)	12	156	156
特別活動(福音聚會、研經講座、 復活節及聖誕節活動) Special Events (Evangelistic Events, Biblical Seminars, Easter & Christmas Celebrations)	1	1,768	2,210

<b>The DOOR 藝術空間</b> <b>The DOOR Arts Space</b>	課程/活動/聚會次數 No. of Courses/Events/Meetings	參與人數 No. of Participants/Enrolment	參與時數 No. of Participation (hours)
定期活動 Regular Programmes	1	7	60
展覽 Exhibition	7	27,176	6,794
特別活動 Special Events	20	304	753



# 會員服務、專業及運動培訓

## Member Services, Professional & Sports Training

統計資料 STATISTICS (July 1, 2020 - June 30, 2021)

會員服務 Member Services (截至 as of 30/6/2021)	會員人數 No. of Members
會員 Member	15,800
先進會員 Master Member	2,073
健身會員 Fitness Member	555

會員服務 Member Services	課程/活動數目 No. of Courses/Events	參與人數 No. of Participants	參與時數 No. of Participation (hours)
會員活動 Activities for Member	7	71	115
適能及健康課程 (健身會員及非健身會員) Fitness & Wellness Courses (Fitness Member & Non-Fitness Member)	279	1,564*	8,692
私人健身訓練 Personal Training	198	109	1,536

\* 健身會員 Fitness Member : 728 ; 非健身會員 Non-Fitness Member : 836

持續教育部及港青專業進修書院 (尖沙咀) Continuing Education and College of Continuing Education (CCE Tsimshatsui)	班數 No. of Classes	學生人數 No. of Students	參與時數 No. of Participation (hours)
兼讀制 - 證書文憑課程 Part-time Diploma / Certificate Courses	68	744	27,464
持續教育 (短期課程) Continuing Education (Short Courses)	63	418	1,869
持續教育 (特別活動) Continuing Education (Special Events)	1	40	120
多元出路規劃課程 Ready-for-work	7	242	569
悠閒空間 Leisure Programmes	88	279	2,075

康樂及運動 Sports & Recreation	課程數目 No. of Courses	參與人數 No. of Participants	參與時數 No. of Participation (hours)
課程 Courses			
水運組 Aquatic Unit	254	1,311	8,972
攀登及歷險組 Climbing and Adventure Unit	122	555	3,139
運動及體育組 Sports & Physical Education Unit	175	1,222	13,621
京士柏百周年紀念中心 King's Park Centenary Centre	79	476	4,935
營務 Camping Unit	8	139	4,929
南丫島戶外及環保活動中心 Lamma Island Outdoor Centre	4	23	587

## 康樂及運動 Sports & Recreation

	活動數目 No. of Events	參與人數 No. of Participants	參與時數 No. of Participation (hours)
<b>特別活動 Special Events</b>			
水運組 Aquatic Unit	47	186	692
攀登及歷險組 Climbing and Adventure Unit	115	472	1,361
運動及體育組 Sports & Physical Education Unit	33	554	1,973
京士柏百周年紀念中心 King's Park Centenary Centre	62	1,254	6,393
營務 Camping Unit	4	181	3,177
南丫島戶外及環保活動中心 - 場地設施租用及特別活動 Lamma Island Outdoor Centre - External Booking and Special Events	561	3,822	82,105

## 競賽隊伍及運動俱樂部 Teams & Clubs

	聚會次數 No. of Meetings	參與人數 No. of Participants	參與時數 No. of Participation (hours)
標準舞會 Ballroom Dancing Club	2	8	5
網球隊 Tennis Team	175	20	3,516
體操隊 (港青體操預備隊, 港青體操隊) Gymnastics Team (YMCA Gymnastics Junior Team, YMCA Gymnastics Team)	119	30	1,224
游泳隊 (泳隊預備組, 先進游泳隊) Swimming Team (Junior Swimming Team, Master Swimming Team)	336	57	5,597
青少年籃球隊 Youth Basketball Team	22	23	862

## 康樂設施及場地使用狀況 Usage of Recreation Facilities

	使用人次 No. of Users
羽毛球場 Badminton Court	73,879
舞蹈室 Dance Studio	15,010
健身中心 Fitness Centre	30,962
壁球場 Squash Court	6,445
游泳池 Swimming Pool	41,909
攀石場 (尖沙咀) Climbing Wall (Tsimshatsui)	1,515
健康中心 Wellness Centre	9,292
單線滾軸溜冰場 (京士柏) Inline Skate Rink (KPCC)	16,930
戶外攀石場 (京士柏) Outdoor Climbing Wall (KPCC)	5,959
多用途活動室 (京士柏) Multi-function Room (KPCC)	806
網球場 (京士柏) Tennis Court (KPCC)	13,183



## 學前教育及小學文娛服務 Pre-school and Primary Leisure Education Services

統計資料 STATISTICS (July 1, 2020 - June 30, 2021)

### 幼兒學校及幼稚園

#### Nursery School and Kindergartens

	班數 No. of Classes	學生人數 No. of Students	參與時數 No. of Participation (hours)
基信國際幼稚園 Christian International Kindergarten (CIKG)	6	118	34,905
基信國際幼稚園(西九龍) Christian International Kindergarten (West Kowloon) (CIKG(WK))	3	41	11,388
基信國際幼兒園(西九龍) Christian International Nursery (West Kowloon) (CIN(WK))	1	10	1,407
基信幼兒學校(農圃道) Christian Nursery School (Farm Road)	4	108	32,322
基信幼稚園(啟晴) Christian Kindergarten (Kai Ching)	5	91	22,260

### 學前教育及小學文娛服務及課程(尖沙咀) Pre-school and Primary Leisure Education Services and Programmes (Tsimshatsui)

	班數 / 聚會次數 No. of Classes/ Meetings	參與時數 No. of Participants/ Enrolment	參與人數 No. of Participation (hours)
學前教育及小學文娛課程 Pre-school and Primary Leisure Education Programmes	223	1,186	10,839
寶寶世界 Toddlers' World	46	175	5,754
特別活動 Special Events	23	91	339

### 學前教育及小學文娛服務及課程(耀信中心) Pre-school and Primary Leisure Education Services and Programmes (Beacon Centre)

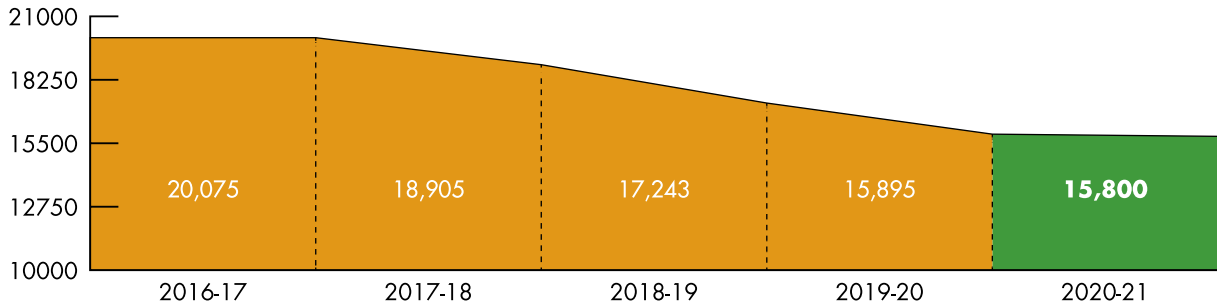
	班數 No. of Classes	參與人數 No. of Participants/ Enrolment	參與時數 No. of Participation (hours)
學前教育及小學文娛課程 Pre-school and Primary Leisure Education Programmes	166	616	7,011
寶寶世界 Toddlers' World	6	17	259
特別活動 Special Events	10	60	416

# 會員服務及義工服務 Member Services and Volunteer Services

統計資料 STATISTICS (過去五年比較 5-year comparison)

## 會員人數 Membership

(截至 as of 30/6/2021)



成年會員 Adult	6,652
青年會員 Youth	4,667
家庭會員 Registered as family member	4,285
選舉會員 Voting	72
公司會員 Corporate	124

**Total 15,800**

2020-21 活動參加者總人數 63,565

Total No. of Participants in 2020-21

2020-21 場地及設施使用總人次 223,838

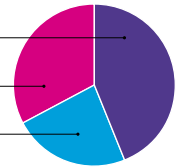
Total No. of Venue and Facility Users in 2020-21

## 宗教 Religion Registered

基督徒 Christian 43.9%

未說明 Non Stated 32.6%

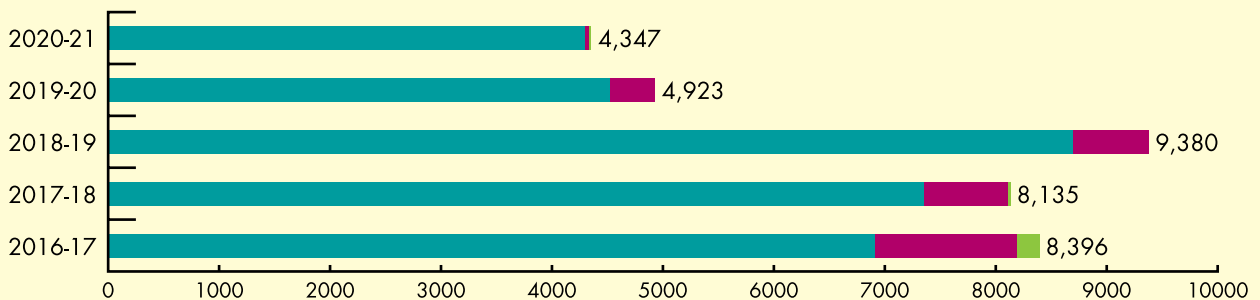
其他 Others 23.5%



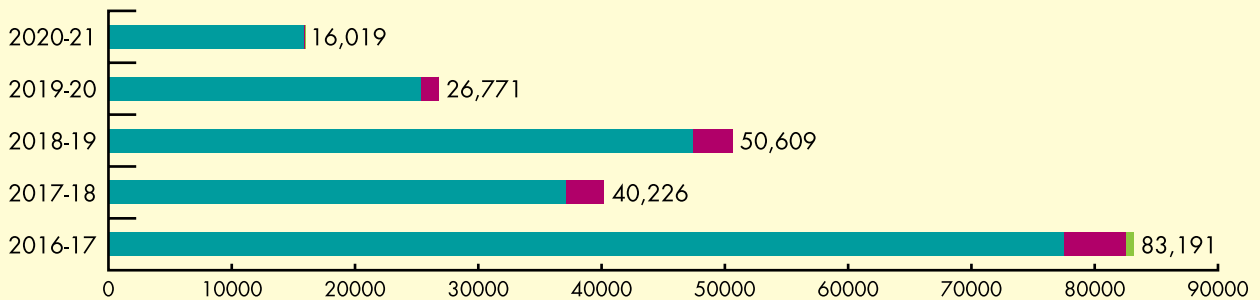
## 義工服務紀錄 Volunteer Services Record

(截至 as of 30/6/2021)

### 義工人數 Number of Volunteers



### 義工服務時數 Hours of Volunteer Services



■ 個人 Individuals    
 ■ 公司 Corporates    
 ■ 家庭 Families



# 新會商會港青基信學校 SWCS YMCA of Hong Kong Christian School

## 統計資料 STATISTICS

### 班數與學生統計

#### Classes & Students

	班數 No. of Classes	學生人數 No. of Students	參與時數 No. of Participation (hours)
一年級 Year 1	3	68	50,320
二年級 Year 2	3	70	51,800
三年級 Year 3	3	78	57,720
四年級 Year 4	3	69	51,060
五年級 Year 5	4	96	71,040
六年級 Year 6	3	72	53,280
<b>總數 Total</b>	<b>19</b>	<b>453</b>	<b>335,220</b>

### 大型活動

#### Major Events

	參與人數 No. of Participants	參與時數 No. of Participation (hours)
學生領袖就職典禮 Student Leaders Inauguration	113	94.2
STEM活動週 STEM Week	453	3,397.5
世界閱讀日 World Book Day	453	1,812
一年級家長資訊日(網上) Year 1 Parent Information Session (Zoom)	68	102
六年級畢業典禮 Year 6 Graduation Ceremony	277	554

# 港青基信書院 YMCA of Hong Kong Christian College

## 統計資料 STATISTICS

課程 Programme	班數 No. of Classes	學生人數 No. of Students	參與時數 No. of Participation (hours)
校本及混合課程 (中一至中四) School-based & Integrated Curriculum (F.1-F.4)	24	595	699,720
香港中學文憑課程 (中五至中六) HKDSE (F.5-F.6)	6	133	95,760
倫敦普通教育證書 (中五至中六) GCE A-LEVEL (F.5-F.6)	6	134	120,600

大型活動 Major Events	參與人數 No. of Participants	參與時數 No. of Participation (hours)
畢業典禮 Graduation Ceremony	450	1,350
全方位學習營 Life Wide Learning Camp	459	11,016
本地及海外服務周 Service Outreach Week	136	3,264
升學資訊日 Higher Education Preparation Days	138	3,174

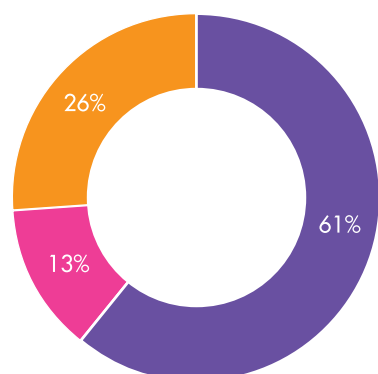
\* 因受新冠肺炎影響，許多活動均須取消。

Many events were cancelled due to the coronavirus outbreak.



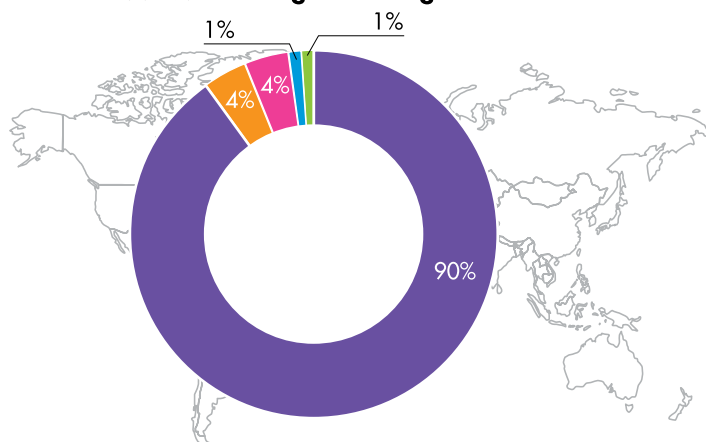
# 賓館服務統計資料 Hostel Services Statistics

## 旅客分類 User Segmentation



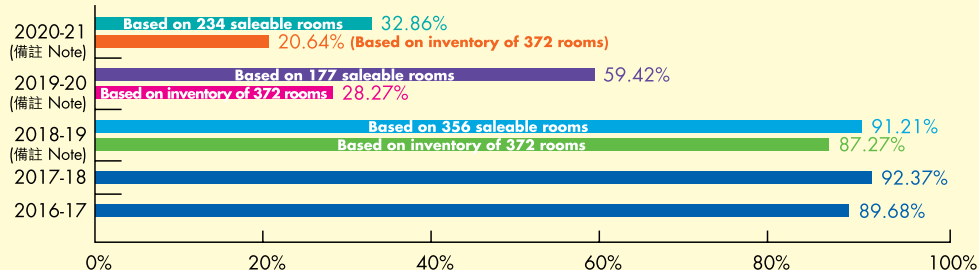
- 個人訂房 Individual Traveller
- 商務客戶 Corporate/Community Member
- 旅行社 (個人訂房) Travel Agents (Individual Traveller)

## 旅客原居地 Region of Origin of Guests



- 香港及東南亞 Hong Kong and Southeast Asia
- 歐洲 Europe
- 北美洲 North America
- 太平洋/澳紐 Pacific/Australia/New Zealand
- 其他 Others

## 過去五年的賓館入住率 Hostel Rooms Occupancy - 5 Year Comparison



備註：外牆翻新工程已於2019年2月11日展開及於2020年12月24日完成。

於2019年2月11日至6月30日工程期間，每日平均有42間客房停售以配合翻新工程及減低對房客的影響。

於2019年7月1日至2020年6月30日工程期間，每日平均有196間客房停售以配合翻新工程及減低對房客的影響。

於2020年7月1日至2020年12月24日工程期間，每日平均有141間客房停售以配合翻新工程及減低對房客的影響。

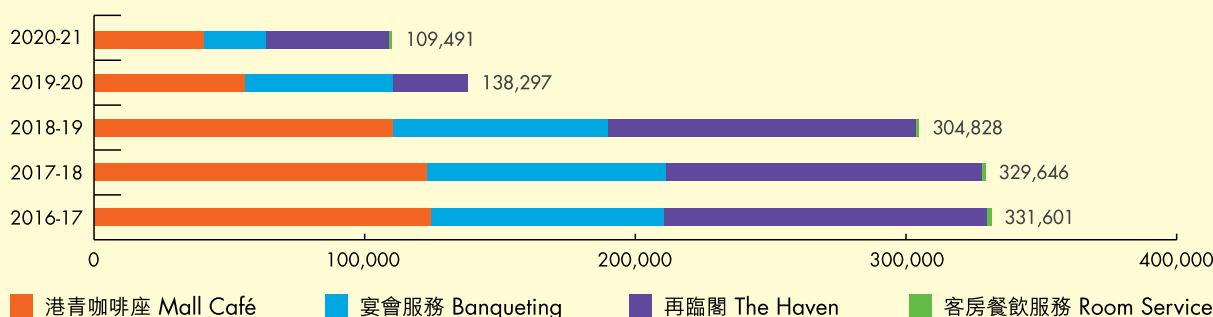
Note: The External Façade Renovation Project began on February 11, 2019 and was completed on December 24, 2020.

An average of 42 guestrooms had been blocked off daily during the period from February 11 to June 30, 2019.

An average of 196 guestrooms had been blocked off daily during the period from July 1, 2019 to June 30, 2020.

An average of 141 guestrooms had been blocked off daily during the period from July 1, 2020 to December 24, 2020.

## 餐飲服務顧客人數 Food & Beverage Covers



備註：再臨閣於2019年8月至11月關閉並進行翻新工程。

再臨閣於2019年12月更改了英文名稱。

Note: Salisbury Dining Room is closed for renovation from August to November 2019.

Salisbury Dining Room reopened as The Haven effective from December 2019.

# 毗鄰尖沙咀地鐵站及天星碼頭 擁覽維多利亞港優美景色

Located next to Tsimshatsui MTR Station and Star Ferry  
Overlooking the stunning Victoria Harbour



海景套房(廳) Harbour View Suite (Living Room)



海景套房(睡房) Harbour View Suite (Bedroom)

歡迎閣下蒞臨香港基督教青年會(港青)。

港青位於九龍半島的尖端，擁有美麗的維多利亞海景及香港島景色。本會佔盡地利環境，坐落於購物及娛樂中心，交通便利，閣下可盡情享受觀光，美食及購物之樂趣。

372 間客房裝潢現代化，採用時尚設計的家具及設備。

The Salisbury welcomes you to one of the city's best kept secret.

The Salisbury is situated at the tip of Kowloon and many of our rooms offer magnificent views of Victoria Harbour and Hong Kong Island. With The Salisbury as a base, there is ample opportunity to experience Hong Kong where an abundance of restaurants, sightseeing tours, shopping in the city's many specialty shops and shopping malls awaits you.

All 372 rooms feature a contemporary and functional design.

## 客房 Guest Rooms

- 四個基督教福音電視頻道  
4 dedicated TV channels for Christian gospel
- 免費房間 Wi-Fi 上網 Complimentary in-room Wi-Fi
- 免費房間供應自助茶及咖啡設施  
Complimentary in-room coffee and tea making facilities
- 房間設有電子私人保險箱 In-room personal safe
- 國際直撥電話及留言服務  
International direct dial phone
- 洗熨衣物服務 Laundry and dry cleaning service
- 迎賓新鮮水果籃 Welcome fresh fruit basket
- 免費蒸餾水 Complimentary bottled water
- LCD 電視包括有線電視頻道 LCD TV with cable channels

## 其他設施 Other Facilities

- 港青咖啡座 Mall Café
- 再臨閣 The Haven
- 宴會及會議設施  
Banquet & Conference Facilities
- 健身中心  
Fitness Centre
- 室內恆溫游泳池及按摩池  
Indoor temperature-controlled  
Swimming Pools and Jacuzzi
- 港青商店 The Y Shop
- 靈修室 Chapel



再臨閣 The Haven



港青咖啡座 Mall Café



室內恆溫游泳池 Indoor temperature-controlled Swimming Pools



港青商店 The Y Shop

41 Salisbury Road, Tsim Sha Tsui, Kowloon, Hong Kong  
(852) 2268 7000 | (852) 2739 9315 | sales@ymcahk.org.hk / room@ymcahk.org.hk | www.ymcahk.org.hk



## 宴會及會議設施 Banquet and Conference Facilities

共有10宴會廳、平台花園及大禮堂，可容納22圍中西式宴會或400人會議講座。

With 10 function rooms, the Podium Garden and The Grand Assembly Hall, our function venues are ideal for events up to 400 guests.



## 團體活動 Highlights of Banquet Functions



竹園區神召會教會部  
Pentecostal Church of Hong Kong



求職廣場 Job Market



香港獅子會主會  
Lions Clubs of Hong Kong (Host)



香港城市大學  
City University of Hong Kong



香港工人健康中心  
Hong Kong Workers' Health Centre





► 為感謝社區前線人員抗疫的努力和決心，港青基信書院與東涌健康安全城市攜手向滿東邨的保安員派發外科口罩和湯包以表支持及謝意。  
To appreciate the determination and endeavor of the frontline staff in the community to fight against the Covid-19, the members of the Community Service Club of YMCA of Hong Kong Christian College worked hand in hand with Tung Chung Safe and Healthy City to give out surgery face masks and soup bags to the security guards of Mun Tung Estate.



► 基信國際幼稚園學生到訪港青不同員工，利用五色珠向他們講解福音。  
CIKG children visited YMCA's staff and shared the gospel using the 5-coloured bead bracelets.



► 義工參與愛心午餐計劃，在長沙灣區向基層人士派發愛心飯盒。

Volunteer supported the Giveaway Lunchbox to deliver lunch boxes to the underprivileged in Cheung Sha Wan district.



► 「關懷社區，齊心抗疫」口罩派發活動  
Distributed face mask to the community





▶ 「愛心滿中秋」福袋派發活動  
Blessings bag for the Cheung Sha Wan community



▶ 在zoom教畫畫無難度！  
There is no difficulty teaching drawing through zoom!

# 抗逆 Resilience 復原



▶ 煤氣義工隊捐贈200份禮物給長沙灣中心的參加者。  
Towngas Volunteer Service Team donated 200 sets of gift packs to CSW Centre service users.



▶ 進入校院前先量度體溫。  
Temperature check before attending school.

## 感謝 Appreciation

本會謹藉此機會向各位熱心人士，在過去充滿挑戰的一年對本會事工的支持和貢獻致衷心感謝。

本會是由一群熱心社會服務、關心社區的人士組成的基督教機構。我們在感謝數千上萬的會員、義工和同工們為本會事工所作出的貢獻之同時，更深切體會到，當一群同道者攜手一起，本着服務社群為己任，慷慨無私地自願獻出時間、才智和精力，必定能夠為改善社區和社群作出無窮的貢獻。雖然前景仍然未明朗，但靠着 神的保守和帶領，及眾人的努力和支持，相信本會的事工仍能繼續順利地發展。各董事在此再向各位致謝。

The Association takes this opportunity to express its deepest appreciation to all who served throughout this challenging year and to those who continue to serve faithfully to support the work of the YMCA.

We are a Christian Association of people dedicated to serve and contribute to the wellbeing of others in our community. In expressing this appreciation to the thousands of volunteers, members and staff, we recognise the significant contribution that can be made when people join together in common mission for the selfless purpose of giving their time, talent and energy for the betterment of their community and the people who live therein. Even though the future is still unclear, with God's protection and guidance, we can continue our work in fulfilling our mission.

Thank you.

Board of Directors



