



匡智會
Hong Chi Association

匡扶智障
FOR people with intellectual disabilities

SPOTLIGHT
愛 心 之 光

04/19

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為夢想跑得更遠

Run to Dream



Photos of cover story by Lok Cheung

為夢想跑得更遠

Run to Dream



足本訪問片段
Full Video Interview

要完成42.195公里的馬拉松，是體能、耐力與心理質素的挑戰，也是許多跑者的目標，包括匡智學生家寶。
Completing a 42.195 km marathon is not only a test of endurance, physical and psychological strength, but also the dream of many runners, including Hong Chi student Ka Po.

馬拉松夢想

匡智會13間屬校去年初聯手成立匡智長跑隊，由輕、中至嚴重智障程度的學生也被邀請入隊，除希望發揮學生的運動潛能，更重要是透過培養健康生活習慣維持學生體能，同時提升他們的自信和社交能力。來自匡智獅子會晨崗學校、一向熱愛足球的家寶應老師彭Sir邀請加入長跑隊，平日要與同學結伴練跑，長假期間亦會按老師指導繼續練習，保持定時運動的習慣。慢慢地，家寶開始被跑步吸引，更以挑戰馬拉松為努力目標；而彭Sir也留意到家寶的長跑潛質，於是決定一起報名參加去年12月舉行的新加坡渣打馬拉松，在家寶畢業離校前「拍住上」達標。



不再「唔輸得」

備戰時間只有短短幾個月，彭Sir特別為家寶度身設計練跑課程，是體能鍛鍊，也磨練意志。「家寶是一個對運動表現有要求的學生。以前他會發脾氣，有點『唔輸得』，但經過長時間訓練，他在體能、專注力和情緒管理都有很大進步，這些改變對他日後進入職場非常有用。」但畢竟家寶跑齡尚淺，有時準備不足，「戰友」彭Sir會分享經驗。「最記得有一次，家寶打電話給我，說自己去練長跑，但跑到30公里已經很累很餓，不知怎麼辦。原來他出發前沒有預備補給物資，於是我用電話教他到最近的便利店買飲品和食物，先補充體力，再回家休息，下次再結伴練習。」



The Marathon Dream

Early last year, 13 Hong Chi schools formed a HC Running Team, recruiting students of mild, moderate and severe grade of intellectual disabilities. They joined to realize their sporting ability and more importantly, to maintain their physical fitness and to enhance confidence and social skills through sports. Ka Po is a student from Hong Chi Lions Morninghill School and a football player. He was invited by his teacher Mr Pang, to join the Running Team. Besides having regular training, students have to practice on their own during long holidays to improve their running habit. As Ka Po's passion for running continued to grow, he dreamt of completing his first marathon before graduation. To fulfill Ka Po's dream, Mr Pang took up the challenge with Ka Po. They both joined the Standard Chartered Singapore Marathon together in December 2018.

Win and Lose

With the limited preparation time to work with, Mr Pang specifically designed a training programme tailored for Ka Po. "He has a high demand for his performance. In the past he might lose his temper easily, taking winning and losing seriously. As we continued training, he has made great improvement on building physical strength, levels of attention and emotion management. These are very useful when he will start working in the future." Mr Pang is also glad to share his running experience with Ka Po from time to time. "One time Ka Po called me to say that he was tired and hungry after a 30km run on his own, without sufficient water and snacks. I instructed him to get himself some food and drinks at the nearest convenience store, then return home for a rest. We could practice together the next time."



累積經驗

為了這次比賽，家寶和彭Sir都全力以赴，皆因這不單是家寶人生中的首個馬拉松，亦是彭Sir第一次與學生出戰。回想這次全馬體驗，家寶和彭Sir印象最深刻的，是新加坡天氣的悶熱，彭Sir要不時提醒家寶在天亮後要放慢速度，以免體力透支。最後家寶以4小時49分衝線，過程中的汗水與疲累，在他的招牌式陽光笑容下都不再重要。



Experience Gained

Ka Po and Mr Pang have given their best to the race. As this was not only Ka Po's first-ever marathon, it was also a wish come true for Mr Pang to run a marathon with his student. The most unforgettable thing about the race was the hot and humid weather in Singapore. Mr Pang had to remind Ka Po to slow down when the sun was up to avoid exhaustion. Ka Po finished the race in 4 hours and 49 minutes. Both Ka Po and Mr Pang have made their best effort in the race. It was all worth it as Ka Po had a big smile on this face when he crossed the finishing line.

撐你跑

請捐款支持「撐你跑」籌款項目，鼓勵更多匡智學生及學員參與運動及比賽，鍛鍊身心，提升體能與自信。（捐款時請註明支持「撐你跑」）

I Support, You Run

Please donate to support "I Support, You Run" programme to encourage more Hong Chi students and trainees to participate in sports and outdoor activities, enhance confidence, physical and emotional well-being.





玻璃樽回收計劃 圓滿完成

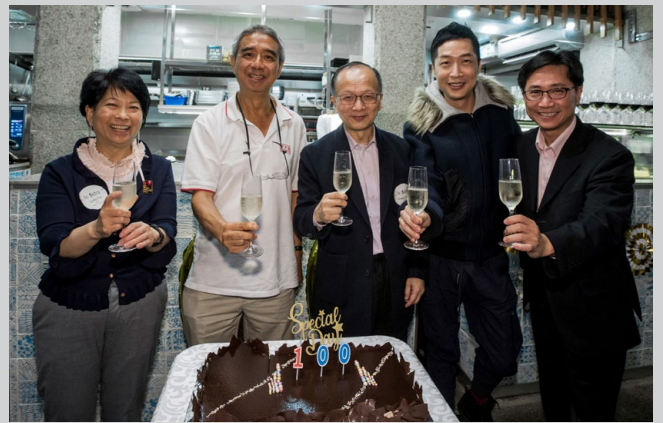
Glass Bottle Recycling Project Finale

自2010年開展，匡智賽馬會玻璃樽回收計劃於2019年年初圓滿完成。9年間，計劃成功回收約6,062噸被廢棄玻璃樽，經處理後循環再造成環保磚，數量足以鋪設636個標準籃球場，同時為

逾450名匡智學員提供訓練及工作機會。衷心感謝香港賽馬會慈善信託基金慷慨資助計劃推行、環境保護署提供專業意見，以及各商界企業全力參與，一同為建設綠色社區出力。

Launched in 2010, the Hong Chi Jockey Club Glass Bottle Recycling Project has reached its completion in early 2019. The 9-year Project has collected over 6,062 tonnes of used glass bottles, and provided training and job opportunities to over 450 Hong Chi trainees. Our genuine appreciation

goes to The Hong Kong Jockey Club Charities Trust for their benevolent funding support, their professional advice shared by the Environment Protection Bureau, as well as the keen participation of our corporate partners in creating a greener community in Hong Kong.



hc:Bistro百日宴

hc:Bistro's 100-Day Celebration

有賴大家的支持和鼓勵，我們於中環大館開設的旗艦社企餐廳hc:Bistro於1月舉行百日宴慶祝派對，並宴請慷慨捐助460萬元作餐廳啟動基金的周大福慈善基金主席鄭家成先生及一眾基金理事、

各匡智學員的家人，以及不辭勞苦到餐廳幫忙的義工們，感謝一路上有各位相伴扶持，並預祝餐廳業務繼續穩步上揚，讓更多匡智學員可以發揮所長，融入社會。

With so much love and support from everyone, our flagship social enterprise restaurant hc:Bistro had a 100-day celebration party in January to thank Chow Tai Fook Charity Foundation for its generous \$4.6 million donation in support of the restaurant's operations. The Chairman of the Foundation Mr Peter Cheng and other

representatives, families of our diligent Hong Chi trainees and the devoted volunteers were invited to attend a dinner in appreciation of their contributions made in making our dreams come true. Best wishes to hc:Bistro for keeping up the good work and enabling our trainees to integrate into society.

展現 藝術天賦

Showcase of Artistic Talent

一班匡智學員和學生早前獲邀參與香港警隊175周年大匯演暨警民同樂日，除擺設慈善攤位推廣由匡智學員和學生親手製作的陶瓷作品及手工藝品外，學生和學員更為現場來賓即席繪畫人像速寫，展示藝術天分。



Hong Chi trainees and students were invited to participate in the Hong Kong Police Force 175th Anniversary Open Day. Besides promoting the potteries and beautiful handicrafts handmade by our talented students and trainees, they also drew quick portraits for the guests to showcase their artistic talents.



匡智盃 Hong Chi Cup

第六屆匡智盃足球比賽已於2月22日舉行，上午為本會屬校賽事，共8支隊伍參加，由匡智翠林晨崗學校及匡智元朗晨曦學校分別在輕度和中度組摘冠；下午則為友校共融賽，邀請了4間友校及機構與2支匡智聯隊對壘，結果匡智聯隊A奪得最高榮譽的盃賽冠軍，香海正覺蓮社佛教普光學校和天保民學校則分別在碟賽和盾賽奪魁。

The 6th "Hong Chi Cup" Soccer Competition was held on the 22 February. 8 Hong Chi school teams competed in the morning session. The championships for mild and for moderate grade schools went to Hong Chi Morninghill School, Tsui Lam and Hong Chi Morninglight School, Yuen Long respectively. 4 non-Hong Chi teams and 2 Hong Chi joint schools teams played games in the afternoon. The Cup, Plate and Shield winners were Hong Chi Team A, HHCKLA Buddhist Po Kwong School and Mary Rose School respectively.



九巴招聘會 KMB Job Fair



我們很多學生都是「巴士迷」，當中兩位更寓興趣於工作，成功獲九龍巴士(一九三三)聘請為巴士清潔工人，表現備受讚賞！有見及此，九巴更於2月下旬在匡智屯門晨輝學校舉行了招聘會，讓各匡智學校的準畢業生和校友即場進行技能測驗及面試。非常感謝九巴為智障人士提供就業機會。

Many of our students are bus spotters, 2 of whom are very happy to engage in a cleaning job at Kowloon Motor Bus Co. (1933) recently. Because of their good work performance, KMB organized a job fair at Hong Chi Morninghope School, Tuen Mun, in late February. At the fair, onsite interview and skills tests were arranged solely for our Hong Chi prospective graduates and alumni. Heartfelt thanks to KMB for providing career opportunities to people with intellectual disabilities!

新加坡 考察之旅

A Fruitful Journey to Singapore

本會教育部、學校及服務管理部共15位同工於3月10日至13日前赴新加坡，了解當地特殊學校及服務單位的最新發展，並就「生涯規劃」及「職業訓練」議題與當地同工進行了專業交流，收穫甚豐！

A group of 15 representatives from Hong Chi travelled to Singapore for a 4-day study trip from 10-13 March. Participants not only learnt more about the latest development of special education and services in Singapore, but also had professional exchanges on life planning and vocational training with their local counterparts.





慶祝農曆新年 Celebrate Chinese New Year

香港歐萊雅每年慷慨贊助匡智屯門晨輝學校學生參與新年行花市活動，並向學生送上利是，讓學生可以在花市購買賀年小禮物，感受傳統過節氣氛。

Sincere thanks to L'Oréal Hong Kong for sponsoring all students from Hong Chi Morninghope School, Tuen Mun, to visit the Chinese New Year flower market, as well as to bless them with red packets for buying gifts and for sharing the festive occasion among classmates.



「我的廚房」 烹飪比賽2018 “My Kitchen” Cooking Competition 2018

感謝萬豪國際集團香港區商委會每年贊助匡智屯門晨曦學校舉辦「我的廚房」烹飪比賽，除派出專業廚師擔任總決賽評審，萬豪國際更慷慨贊助獎品，鼓勵得獎學生繼續發揮創意，煮出打動人心的菜式。

Sincere thanks to The Hong Kong Business Council of Marriott International, Inc. for sponsoring the annual “My Kitchen” Cooking Competition organized by Hong Chi Morninglight School, Tuen Mun. Apart from sending professional chefs as guest judges in the final competition, Marriott International also sponsored prizes to reward the winning students, encouraging them to make efforts in developing their cooking talent and creativity.

購買善心環保袋 Purchasing Shopping Bags for a Good Cause

百佳超級市場早前舉辦「新鮮新意環保購物袋設計比賽」，出自匡智學生手筆的得獎作品(圖右)被印製成精美購物袋供顧客選購，收益將撥捐匡智會。環保袋於Fusion及TASTE有售，數量有限，售完即止。

“Love Fresh, Feel Fresh Shopping Bag Design Competition” organized by PARKnSHOP was concluded successfully. The winning artwork drawn by Hong Chi student (right) was featured on the PARKnSHOP shopping bag. The bags are now available for purchase at Fusion and TASTE. Proceeds will be contributed to support Hong Chi's work, while stocks last.





- 感謝香港城市獅子會與匡智屯門晨輝學校學生一起慶祝聖誕節，並送上禮物及祝福，與學生共度佳節。
- Sincere thanks to The City Lions Club of Hong Kong for paying a visit to Hong Chi Morninghope School, Tuen Mun before Christmas. Volunteers performed and distributed gifts to students to share festive joy.



- 匡智賽馬會展藝坊學員劉智明獲藝人吳業坤邀請一同接受傳媒訪問，智明更即場作鋼琴伴奏，與坤哥一同演繹其成名作。
- Lau Chi Ming, trainee from Hong Chi Jockey Club Arts Studio was invited by artiste James Ng (Kwan Gor), to have a media interview and live jam together to promote social inclusion.



- 嘉華建材的同事參加由匡智廣福慧妍雅集工場舉辦的插花班，在情人節為摯愛預備別具心思的禮物。
- Staff members from K. Wah Construction Materials Limited learnt to make floral bouquets at a Valentine's Day flower workshop organized by Hong Chi Kwong Fuk Wai Yin Workshop.



- 西安之旅加深了學生對中國歷史及文化的認識。
- Students learnt more about Chinese history and culture during a study visit to Xi'an.



- 感謝千禧新世界香港酒店邀請匡智屯門晨崗學校陳慶龍同學，為酒店職員即席寫揮春，展現學生的藝術天分。
- Special thanks to New World Millennium Hong Kong Hotel for inviting Chan Hing Lung, student from Hong Chi Morninghill School, Tuen Mun to write Spring Festival Couplets for hotel staff, so as to showcase our student's artistic talents.

每月捐款計劃 Monthly Donation Programme

「以孩子的需要為先」是我們50多年來一直秉持的信念，致力為智障人士在人生不同階段提供適時適切的教育及訓練服務，協助他們盡展所長，融入社會。你的定期捐款能為我們的服務發展帶來穩定支持，並優化各項非津助項目。與此同時，我們鼓勵大家與身邊的至親分享我們的理念，加入成為匡智會每月捐款者，讓智障人士活得更豐盛。**首次登記並連續3個月捐款(每次捐款港幣\$100或以上)**，即可獲贈以匡智學生畫作設計的精美環保帆布袋乙個，數量有限，送完即止。請立即掃描二維碼(下方)，上網登記成為匡智會每月捐款者。

"Children come first" is the service motto that we have been upholding for over 50 years. We serve and cater for the needs of people with intellectual disabilities throughout the different stages of their lives, assisting them to lead a meaningful life. Your regular donation will provide stable resources for our long-term development planning, as well as enhancing the quality of our non-subsidized services. We sincerely invite you, your families and friends to sign up as our monthly donors and share your blessing with the ones in need. **By becoming our new monthly donor and making donations for 3 consecutive months (HK\$100 or above per month), you will receive a canvas tote bag designed with paintings drawn by Hong Chi students, while stocks last.** So act now and sign up online by scanning the QR code (right).



成為匡智會
每月捐款者
Become a Hong Chi
Monthly Donor

捐款箱計劃 Donation Box Placement Programme

感謝各界友好企業支持，我們將於以下時段及地點設置捐款箱，大家外出享受購物時，也請捐款支持匡智會，協助我們匡扶智障的工作。其他企業友好如有興趣參與匡智會的捐款箱計劃，請電郵 cfr@hongchi.org.hk 與我們聯絡。



Sincere thanks to the caring corporates for joining our Donation Box Placement Programme. Our donation boxes will be placed during the following time periods and at the following locations to raise funds in support of the Association's work. For new corporate friends interested in participating, please contact us anytime at cfr@hongchi.org.hk.

匡智會捐款箱設置時段及地點 Hong Chi Association Donation Box Placement Periods & Locations

1.1.2019 - 30.6.2019	V City
由15.1.2019起 Starting from 15 Jan 2019	想甜嚐甜 Sweet Dreamer Dessert
由26.1.2019起 Starting from 26 Jan 2019	程班長台灣美食 Cheng Banzhang Taiwan Delicacy
1.3.2019 - 30.4.2019	AEON百貨公司及超市 AEON Department Stores and Supermarkets
1.3.2019 - 31.8.2019	慶鈺堂中醫診所 Ching Yu Tong



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匡智會傳訊及經費籌募部

Hong Chi Association - Communications and Fund Raising Office
Room 705, Duke of Windsor Social Service Building
15 Hennessy Road, Wan Chai, Hong Kong

Freepost No. 37 WCH

讓智障孩子活出不平凡

Let's Help Them Shine

50多年前，幾位家長成立了一個學習班，在還未有特殊學校之時，自發為有特殊需要的孩子提供合適的課堂，因為他們深信，智障孩子也可以有一樣的機會接受教育，經過訓練，長大後也可以成為貢獻社會的一分子。這就是匡智會的緣起。然後一天一天，我們的孩子長大了，按著他們的需要，我們開辦更多服務——工作訓練、日間照顧、院舍住宿、庇護工場等；後來再開設社會企業，讓有天分的孩子在真實環境裡接受工作訓練和實習，然後慢慢安排他們公開就業，融入社會。

一路走來，我們仍然本著為人父母者的心，照顧不同年齡和智障程度的孩子，提供適切教育、訓練和發展所長的機會，讓智障孩子也可以活出不平凡。衷心希望大家慷慨捐款支持我們匡扶智障的工作，為有需要的孩子和家庭送上祝福。



希望孩子每天愉快成長，是許多父母的初心。我們也一樣。

All parents want their children to be healthy and happy. We do, too.

Over 50 years ago, a few parents set up a learning class for their children with special needs, in the days when special education was still out of reach in Hong Kong. This was simply because they believed that children with intellectual disabilities had the right to receive an education. This was how the Hong Chi's story all began. Year by year, as our children grew with different needs; we started to widen our service range to provide job training, day care, residential services, sheltered employment and more. Later we set up social enterprises to provide job training and placement for trainees in a real-life setting to assist them to gradually enter the open market, and ultimately, to integrate into society.

Like all parents, our children's needs always come first. We aim to provide appropriate education, training and opportunities to people with intellectual disabilities of all ages and all grades. We sincerely solicit your donation support to live out our mission and to bring blessings to the families in need. Let's help them shine.

回條 Reply Form

請在以下適當方格內填上☑號，並以正楷填寫。Please ☑ where appropriate and fill in the form in CAPITAL letters.

本人/機構願意捐款HK\$_____，以支持匡智會的工作。(捐款港幣\$100或以上將獲發收據以作扣減稅項之用)

I/We would like to donate HK\$_____ in support of Hong Chi Association. (Official receipt will be issued for donation of HK\$100 or above for tax deduction purpose)

捐款方法 Donation Method

網上捐款 By Online Donation

請登入「匡智會」網頁(www.hongchi.org.hk)，並於「支持活動/服務」中選擇「一般捐款」
Please visit Hong Chi's website (www.hongchi.org.hk), and select "General Donation" in "Event/Service Supported"

劃線支票 By Crossed Cheque

支票號碼 Cheque No.:
(祈付:「匡智會」Payable to "Hong Chi Association")

信用卡捐款 By Credit Card

AMEX Mastercard Visa

持卡人姓名 Name of Cardholder: _____

信用卡號碼 Card No.:

有效期至 Expiry Date: 持卡人簽署 Cardholder's Signature: _____



現金捐款 By Cash Deposit

- 匯豐銀行戶口 HSBC account: **002-318053-004**
- 中國銀行戶口 Bank of China account: **012-595-10202107**
- 東亞銀行戶口 The Bank of East Asia account: **015-514-68-02914-3**

*請於自動櫃員機轉賬通知書上清楚寫上姓名
Please write your name on the ATM Customer Advice Form

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· 繳費靈編號 Merchant Code: 9145
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Donor's Reference No.: Please refer to our mailing label

轉數快 Fast Payment System



*請將成功轉賬的資料截圖電郵至cfr@hongchi.org.hk
Send us the screenshot of successful payment information to cfr@hongchi.org.hk

聯絡資料 Contact Information

姓名 Name: _____ (先生Mr / 女士Ms / 公司Company) 捐款人編號 Donor's Reference No.: _____

電郵 Email: _____ 日間聯絡電話 Daytime Tel: _____

地址 Address: _____

只想以電郵方式收取本會資訊 Please send me further communications by email
以上資料只會作為發出收據及必須的聯絡使用，資料絕對保密。如不欲繼續收取本會通訊，請聯絡我們。
The information provided above is for issuing receipt and making necessary contact only. It will be kept in the strictest confidence. Please contact us if you do not wish to receive further communications.

請將填妥之回條 Please send the completed form:

1. 連同劃線支票寄回香港灣仔軒尼詩道15號溫莎公爵社會服務大廈705室匡智會傳訊及經費籌募部；或
With crossed cheque to Communications and Fund Raising Office, Hong Chi Association, Room 705, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, Hong Kong; or
2. 連銀行自動櫃員機轉賬通知書傳真至2866 0471 / 電郵至cfr@hongchi.org.hk / 郵寄方式交回本會籌募部，以便處理閣下之信用卡捐款
With ATM Customer Advice by fax to 2866 0471 / email to cfr@hongchi.org.hk / mail to our Communications and Fund Raising Office
3. 您亦可透過7-Eleven便利店捐款支持此活動。(只接受現金捐款，每次捐款額須為港幣\$100或以上)
You can also make donation via any of the 7-Eleven outlets to support the event. (Cash donation of HK\$100 or above is accepted)

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匡扶智障 For People with Intellectual Disabilities

匡智會——前香港弱智人士服務協進會——本著「匡扶智障」的精神，竭誠為智障人士和他們的家庭提供服務。本會轄下共有87個服務單位，當中包括13所特殊學校，為不同年齡和程度的智障人士提供全面服務。我們盼望得到您的鼓勵和支持，請與我們聯絡。
Hong Chi Association - formerly The Hong Kong Association for the Mentally Handicapped - is dedicated to serving people with intellectual disabilities and their families. We operate 87 service units, including 13 special schools, to provide comprehensive services to people of all ages and all grades of intellectual disabilities. **Offers of help and support are always welcome. Please contact us.**

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