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港  
青  
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聲

# Y's Choices



使他們都合而為一 .....

使他們也在我們裡面。

*Father, may they all be one...  
as we are one.*

約翰福音 John 17:21

主題 Theme

愛・共融  
Love • Unity



港青之聲 Y's Voices

香港基督教青年會季刊

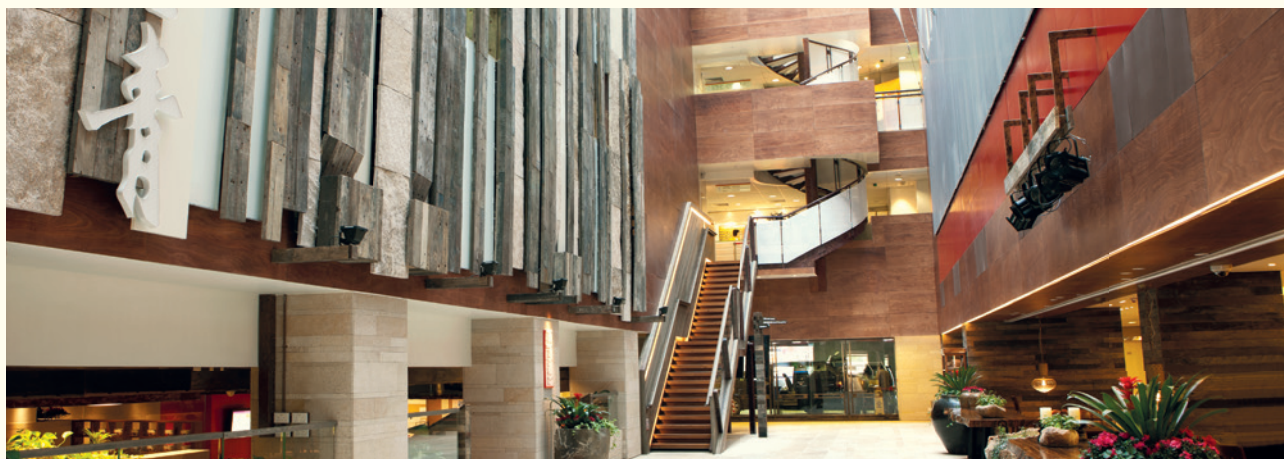
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香港基督教青年會  
YMCA OF HONG KONG

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## 父啊，使他們都合而為一 Father, may they all be one (約 John 17:21)

願復活基督的平安與你常在！

他不在這裡，照他所說的，已經復活了。（馬太福音28:6）雖然耶穌曾向門徒預言他的受難，但他們要在親身遇見復活的耶穌後，才明白箇中之意。既然與耶穌共處三年的門徒都不能明白，現今我們又怎能理解逾兩千年前發生的事？復活節與我們有何關係？

在耶穌復活與升天之間的四十天，門徒在日常生活裏親身遇見耶穌，但最初他們都沒有認出耶穌來。抹大拉的馬利亞以為耶穌是個園丁；兩名前往以馬忤斯的門徒在路途上與耶穌同行、交談，卻完全沒察覺那是耶穌。復活節傍晚，耶穌向十位門徒顯現，他們卻以為所看見的是魂。當我們今天遇見耶穌時，又能否認出他？

我們每天都可在港青的活動、港青的中心、在港青碰見的每個人——不論是員工、義工、活動參與者，還是會員的身上，遇見耶穌。但我們必須以心靈刻意在其中尋找他的臨在。過去數月，港青為一些關鍵職位進行招聘，一些優秀的申請者在面試過程中自動退出，有些答應到港青上班而其後改變主意，亦有人因某些原因始料不及地離開港青。雖然這些情況可能會令人洩氣，但神為每位踏入港青的人都安排了其目的，無論在此工作三十年的，還是只是出席面試。

世界基督教青年會協會（世界協會）在坦桑尼亞舉辦全國總幹事會議，緊接會議的是乞力馬扎羅山攀山之旅，當我為此接受訓練時，我的腳踝受傷

骨折了，很明顯這次登山不是神的心意。但這是否受傷的唯一目的？我打上了六星期的石膏，這讓我想起刻鑄在每塊港青奠基石上的經文的精髓——約翰福音17:21「使他們都合而為一……使他們也在我們裡面。」就如石膏對保護斷裂的骨頭來說是必須的，以防止骨折進一步惡化，我們也必須決斷地處理社群或機構裏任何分裂或分化，以確保機構團結穩定，長治久安。如果團結共融不存在於愛內，別人又如何得知我們是耶穌的門徒？如何得知我們是港青？

無論是在坦桑尼亞舉行的世界協會全國總幹事會議（見第13頁）、寮國青年會發展服務計劃（見第14頁）、亞太協會執行委員會年會（見第15頁），還是在香港舉行的感動之旅聖經展（見第16頁），都有很多很多機會讓我們示範、建立和活出團結共融，團結是個重要的標誌，肯定了我們與復活的基督合而為一。當我錯過了與其他全國總幹事一起攀登乞力馬扎羅山的挑戰時，聖靈仍在帶領並讓我於情人節當天能與新會商會港青基信學校的教師和職員在身、心、靈上留下極具紀念性的合照。

五旬節快將來臨，願聖靈在禱告裏團結港青，並開啟我們的眼睛，使我們當中得以認識耶穌！願聖靈繼續引領港青，壯大港青，持續堅守我們的使命！主，請差遣祢的聖靈，更新世界的面貌！

總幹事 / 行政總裁  
何慶濂



May the peace of the Risen Lord be with you!

*“He is not here, for he has been raised just as he said” (Matthew 28:6).* Even though Jesus predicted the Passion to his apostles, who among them understood its meaning until they met Jesus in person after the resurrection? How can we comprehend today what happened over 2,000 years ago if the apostles who spent three years with Jesus could not? How is Easter relevant to each of us?

The disciples encountered Jesus face to face during the 40 days between the resurrection and the ascension as they were going about their daily routines. But they could not recognise him initially. Mary Magdalene thought Jesus was a gardener. The two Emmaus disciples were completely oblivious to Jesus’ presence while they were walking and conversing together. The 10 apostles thought they were seeing a ghost when Jesus stood in their midst on Easter evening. When we encounter Jesus today, can we recognise him?

We can encounter Jesus everyday at the YMCA in our programmes, in our centres, in every person we meet – staff, volunteers, programme participants and members. But we have to be intentional about looking for his presence in our midst with our spiritual eyes. In filling some key positions at the YMCA in the last few months, I have seen good candidates withdraw from the interview process. Others accepted our offers and changed their minds. Still others left the YMCA unexpectedly due to various reasons. While these situations could be discouraging, God has a purpose for everyone who steps foot into the YMCA, whether for 30 years or just an interview.

When my ankle was fractured during training for an expedition to Mount Kilimanjaro which was planned after the World Alliance of YMCAs (WAY) National General Secretary (NGS) Meeting in Tanzania, it was clear to me that God did not want me to make the climb. But was that the only purpose for the injury? The cast that I wore for six weeks reminded me of the essence of the YMCA scripture that is engraved in each of our foundation stones -

John XVII:21 –*“Father, may they all be one... as we are one.”* Just like a cast is necessary to protect the fractured bone from breaking, **any** fracture or division in a community or an organisation **must** be addressed decisively in order that unity can **be restored**, nurtured and preserved. Without unity in love, how can others see that we are Jesus’ disciples? How can others see that we are the YMCA?

Whether it is the WAY NGS Meeting in Tanzania (see p.13), the Partner Support Group Meeting in Laos (see p.14), the Asia & Pacific Alliance of YMCAs Executive Committee Meeting (see p.15) or the INSPIRED Exhibit in Hong Kong (see p.16), opportunities are abundant for us to model, build and live out unity which is a sure sign that we are a part of the one Body of the Risen Christ. While I missed my fellow NGSs and the Mount Kilimanjaro challenge, the Holy Spirit is at work and I could be with our teachers and staff at the SWCS YMCA of Hong Kong Christian School to take a most memorable school photo on Valentine’s Day in spirit, mind and body.



與新會商會青基信學校教師和職員合照  
Photo with teachers and staff of the SWCS YMCA of Hong Kong Christian School

As Pentecost is fast approaching, may the Holy Spirit unite the YMCA together in prayer and open our eyes that we may recognise Jesus in our midst! May the Holy Spirit continue to guide the YMCA and strengthen us to continue our mission! Lord, send out your Spirit and renew the face of the earth!

**Peter Ho**

General Secretary / Chief Executive Officer





從幼童軍至童軍領袖

From YMCA Cub Scout to Scout Leader

陳海盛 Benny Chan

## “愛就是關懷” Love is care”

港青長沙灣中心較資深的員工都喜歡稱呼陳海盛全名，因為他們算是看着他長大。陳海盛在小學三年級加入幼童軍，接着做童軍、深資童軍，現更成為領袖帶領小童軍。他最初參加童軍，純粹「阿媽幫他報名」，之後一直堅持做下去，是因為一班摯友。「當時有六十多人參加幼童軍，到童軍時已減少至二十多人，深資童軍時又走了十多個，至現在時常聯絡的只有七個。」

一起長大，彼此的情誼絕非泛泛，還有與他們一起成長的童軍領袖，陳海盛視他們為家人。「兩位領袖剛好是一男一女，就好像是我的父母。我畢業時他們幫我搵工；我失戀時他們安慰我。」最難忘一次，是中一參加童軍營時，他在一個訓練膽量的夜行活動中迷路，「我無聽清楚領袖的指示，幸好



領袖報警，最後由消防車載我返營地。」回去後看見領袖們都急紅了眼。「我與他們非親非故，他們是真的着緊我。」

### 從陳海盛到陳Sir

自小被「爸爸」、「媽媽」關懷着，二十二歲的陳海盛於五年前也成為一班小童軍的「爸爸」，自始他多了一個稱號「陳Sir」。「最初我不懂怎樣帶小朋友，他們一嚮我就鬧，後來發現這個方式不對，應該耐心地向他們解釋犯錯的地方，這樣他們才能從中學習，大家的關係也較好。」

陳海盛坦言他自小在港青長大，已視港青為另一個家，在「家」幫手十分理所當然。去年港青協辦深水埗區幸福由「深」出發運動，陳海盛也有幫手，且創作歌曲《追夢》參加其中的歌曲創作比賽並取得冠軍。「我希望透過這首歌鼓勵人勇敢去追尋夢想，雖然條路可能是崎嶇及漫長，但你會發現身邊有許多人支持你。」正如他喜歡音樂，曾經辭職打算全職創作音樂，卻發現理想和現實的距離太遠，當時在身邊鼓勵他的，就是「爸爸」和「媽媽」。

The veteran staff members of the YMCAHK Cheung Sha Wan Centre like to call Benny by his full Chinese name, as they have known him since he was a child. Benny joined the YMCA Cub Scouts when he was studying at Primary 3; he then became a Scout and Venture Scout. He is now a Scout Leader leading Grasshopper Scouts. He first joined the Cub Scouts because of his mother, but later he decided to stay in the scouting groups with his friends. “More than 60 children joined the Cub Scouts, but only 20 stayed on when we moved on to the Scouts. Around 10 Scouts then moved on to Venture Scouts and only 7 of us still remain very close now.”

They grew up together, including their Scout Leaders, and Benny considers them as family members. “Our Scout Leaders are one man and one woman, and thus they seem like to be my parents. They helped me to look for a job after my graduation; they also helped soothe the pain of my unrequited love.” The most unforgettable experience was when he joined a scout camp during Form 1; he got lost on a night walking activity on courage training. “I didn’t pay attention during the leaders’ briefing; luckily they called the police and I was taken back to the camp site in a fire engine.” When he saw the leaders were so worried and nearly in tears, he was moved emotionally. “They are neither my relatives nor friends, but they really cared about me.”

### From Benny Chan to “Chan Sir”

He has been cared for by “father” and “mother” since he was young, so 22-year old Benny decided to be a “father” of Grasshopper Scouts 5 years ago. Since then, he has held one more title “Chan Sir”. “At first I didn’t know how to look after all those children. I scolded them when they

got too noisy. Later I found that this was not the right way to deal with them, instead I should explain to them what they had done wrong patiently and helped them to learn. Our relationships also get better this way.”

Benny said he has grown up with the YMCA of Hong Kong and considered it as another home, so helping out at “home” was only natural. The YMCA of Hong Kong was one of the co-organisers of the Sham Shui Po Well Being Movement and he helped out on the programme. He composed a song called “Pursuing Dreams”, participated in the song composing competition and won the championship. “I want to encourage people to pursue their dreams courageously through the song. Although the path could be rugged and long, you would find a lot of people around who would support you.” Just like his love for music, he quitted his job to pursue this dream, but later realising that there is a big gap between dreams and reality. Who were around to support him at that time? His “father” and “mother”.




### 陳海盛認為愛是……

「愛就是關懷，即是一種表達方式，好像平時我不會對母親說『我愛你』，但我會問她『工作如何？』、『辛苦嗎？』。這種關懷不單止對家人，對你的另一半和朋友也一樣，問他們『最近生活如何？』。當我在創作音樂的路上感覺好黑暗時，就是這份關懷，才讓我不覺得孤單。」

### Benny reckons “love is ...”

“Love is care, which is a way of expression, just like I normally won’t say ‘I love you’ to my mum, but I asked her ‘how’s your job?’, ‘was it hard?’. This kind of care is not only for your family members, but also your better half and friends, you would ask them ‘how are you doing’. When I felt desperate and hopeless during my ‘music production’ path, it was this kind of care which made me feel less lonely.”





港青資深救生員

*Experienced lifeguard of the YMCA of Hong Kong*

李穎聖 Michael Lee

## “愛是一種責任

Love is a kind of responsibility”

救生員並不是李穎聖的第一份工作，但他自小愛玩水，也會救人，似乎早已注定他從事這份救急扶危的工作。「小時未學會游泳已經跟一些大哥哥去水庫玩水，遇溺時由大哥哥扯我上水，怎料第二年在同一個地方，我也救了一個小孩子。」三歲定八十，果然有道理。

九六年加入港青任職救生員，李穎聖也沒想過一做二十年，由單身至結婚，現在女兒已經三歲，懂得叫他教游泳。「經歷金融風暴、沙士，公司都沒有裁員減薪，待員工真的不薄。」更吸引他的，是這份工作帶給他的責任感和挑戰性。「作為救生員，我要對來這裏游泳的每一位會員的生命負責；加上我在這裏工作了二十年，已很熟悉那些會員，所以很多時可以避免意外發生。」李穎聖從他們的一個動作，已知道他們需不需要幫忙。

至於挑戰性，是指來港青游泳的會員多。泳隊隊員及一般會員，每日平均接待五百位，李穎聖說人數是一般會所的十倍，「夏天旺季時還不止這個

數目，每日觀察着五百人，你說有沒有挑戰性？」不過救生員不能走來走去，有時難免有瞌睡蟲「呼召」，李穎聖會以拳頭打大腿，「一路掙，人就會精神。」

### 汰舊換新 新定勝舊

去年十月，港青泳池開始進行裝修工程，李穎聖的工作時間由從前的早、夜更轉為中更，即返早上十一時至晚上七時，「可以日日返屋企食飯。」他開玩笑說從前返夜更，生活是「無朋友、無屋企、自己一個人孤零零」，幸好每兩個月換一次更，不過他會把握工餘「孤獨」時做運動操練身體。

泳池將於七月重開，李穎聖期待再見一班會員朋友，更期待看看泳池的新貌。「泳池比我在港青的『年資』還久，很多地方都舊了，裝修後水質、空氣都會好些，地面也不會那麼濕滑，對會員和員工都好。我望了這個池二十年，對它很有感情，新的一定會比舊的更加好。」





李穎聖認為愛是……

Michael reckons “love is ...”

「愛是一種責任，好像公司多年來好關照我們員工一樣，就算經歷金融風暴、沙士這些大事，都沒有像私人公司一樣裁員，所以我們要做好自己本份、盡自己的責任，去報答公司的大愛。」

“Love is a kind of responsibility, just like how the Association has looked after us in all these years, no matter if there was a financial crisis or the SARS, it never laid off any staff like private companies did. Therefore, we need to perform our duties well and be responsible in order to pay back the selfless love of the Association.”

Lifeguard wasn't the first job of Michael, but he liked playing in water and had even saved someone from drowning when he was younger, this life-saving job seems to be an act of fate. “I went to the reservoir and played in the water with some older children before I learned to swim, having to be rescued by one of them when I was nearly drowned. Then, the following year, I saved a younger kid at the same location.” It's very true with the Chinese saying “Three years old fixes eighty”.

Michael has been working as a lifeguard at the YMCAHK since 1996. He never expected he would work here for this long, from being single to getting married, till now with his 3 year-old daughter who is old enough to ask him to teach her swimming. “The Association didn't lay any staff off or implement pay cuts even during the financial crisis and SARS; they really treat us very well.” What attracted him most was this job has given him a sense of responsibility and challenge. “As a lifeguard, I need to be responsible for the life of every member who swims here. Having worked here for 20 years, I am also very familiar with the members and normally able to avoid the problems before any accidents happened.” Michael can tell if someone needs help from their movement.

The challenges come from the large number of members the Association has. There are around 500 members, either swimming team participants or general members, who come and swim at the YMCAHK every day. Michael said the number is ten times the average of other clubhouses

in Hong Kong. “More people swim here in the summer, so you can imagine how challenging it is for me to look after 500 people every day.” A lifeguard is not supposed to walk up and down and one could feel doze off at times; Michael keeps himself awake by hitting his thigh with fist. “I resume my energy through the hit.”

#### “The new must be better than the old”

The swimming pool was closed for renovation in October 2016, and therefore Michael's shift arrangement has been changed from early or late shift to middle shift. This means he works from 11am to 7pm, “now I can go home for dinner every evening.” He joked that it was a life of “no friend and family but him” when working the late shift. Luckily his shift arrangement changed every 2 months, so he could make good use of his “lonely” time by doing some exercise to keep his body fit.

The swimming pool is going to reopen in July and Michael is looking forward to seeing his member friends again, as well as the new look of the pool. “The swimming pool had been used for much longer than I have worked at the YMCAHK and there were many places which had worn out. I expect the water, the air quality, as well as the slippery floor condition will have been improved after the renovation, which will be good for both members and us. I had watched it for 20 years and have a great passion for it. The new one should be better than the old one.”





施力高牧師

Rev. John Snelgrove

港青董事局義務會牧

Founding Pastor, The Vine Church

Hon. Chaplain to the Board of Directors,  
YMCA of Hong Kong

## 新時代 A New Season

執筆之時，香港正準備迎接新任行政長官。這緊接着美國、英國及各地的選舉，以及英國脫歐等事件。無論你的政治立場如何，我們的世界正處於轉變的狀態，這說法不無道理。有人曾說過：「轉變才是永恆。」

很多時候，轉變本身並不是問題，問題是我們如何面對轉變。大部分人傾向抗拒轉變，較喜歡已知的，多於未知的。但《聖經》不斷提醒我們，神是不會改變的。例如瑪拉基書3:6：「因我耶和華是不改變的……」神常常在我們生命裏創造新事物。

As I write this article, Hong Kong is about to welcome a new Chief Executive. This follows hard on elections in US, UK and elsewhere, and things like Brexit. Whatever your political stance, it is fair to say our world is in a state of change. Someone once said "The only constant is Change".

The issue is often not the change itself, but how we react to it. Many of us like to resist change, preferring the known to the unknown. But the Bible constantly reminds us that God, who Himself does not change. Malachi 3:6 for example says "I the LORD do not change..." is a God who is always about doing new things in our lives.

**以賽亞書 Isaiah 43:18-19 道 says :**

**「你們不要記念從前的事，也不要思想古時的事。看哪，我要做一件新事！」**

**"Forget the former things; do not dwell on the past. See, I am doing a new thing!"**

新的政治領袖上場，為其國家宣告新時代的來臨，我們的生活也因此受新時代所影響。不論是新的工作，新的居所，甚至是新的興趣，我們都有如潛進未經探索的水域，面對新時代、迎接新時節。香港上升的濕度提醒了我這個轉變！

作為基督徒所領受的感召是，我們要完全擁抱神在我們生命裏做的新事。過去已然過去——梁振英、奧巴馬、卡梅倫都不屬於未來。我們駕車時不能只從倒後鏡往外看。「不要思想古時的事」是《聖經》給我們的鼓勵。

我亦鼓勵你擁抱你的未來——並讓它有價值。每天只為自己而活是一種浪費，為他人的福祉而活會讓你的生命更有意義。在這所有之上，為耶穌基督而活會給你的生命帶來未來和目標。無論任何政客當權，你都能充滿喜樂地擁抱你的新時代！

Just as a new political leader heralds a new season in their country, so our lives are seasonal. Whether it be a new job, a new home or even a new hobby, we all have to enter into uncharted water and face a new season. The rising humidity in Hong Kong reminds of this!

The call to us as Christians is to fully embrace the new things that God is doing in our lives. The past is gone - CY Leung, Barack Obama and David Cameron are not the future. We cannot drive a car by looking out of the rear view mirror. "Do not dwell on the past" is Scripture's encouragement.

I want to encourage you to embrace your future - and make it count. Every day lived for yourself is a waste. But living your life for the benefit of others will give your life meaning. And above all, living your life for Jesus Christ will give you a future and purpose. Whatever politician is in power, you can embrace your new season with joy!



10小時的存活不過一聲嘆息？在人看來許是傷痛、無價值的歷程，陳頌恩卻在當中體會了生命的永恆。她知道懷著的第三個孩子朱瑋恆沒有頭蓋骨，存活率是零，但堅持把兒子生下來。

當時，即使是基督徒朋友，也會對頌恩說：「如果我是你，我會不要他」。但是作為母親，頌恩深信神所賜每個生命都是一份賞賜，一份祝福……「沒有誰可以代替瑋恆說話，我也不知道他痛不痛，我只能做的，就是盡父母的責任，去表達這份愛，不以『有沒有用』去衡量他的價值！」。

**“瑋恆眼睛張開了一條線，追光，感到這是生命力！”**

瑋恆過了預產期七天才催生，因為沒有頭蓋骨，沒有力推自己出來，醫生希望最好的狀態是不會穿羊水，「連胎膜整個出來，以胎膜作頭蓋順利滑出來」。果然，「瑋恆真的像醫生說的這樣出來！」頌恩感動的說。

比蜉蝣生命更短的時間，頌恩不花在無盡的傷感上，早計劃好與瑋恆要做的事：唱歌，拍照，蓋手腳印，按摩，讓他感到被擁抱被愛，並錄下瑋恆的聲音和樣子。

「天亮時拉開窗簾，瑋恆眼睛張開了一條線，追光，感到這是生命力！」可是，瑋恆的生命一分一秒的消逝。「最崩潰的一刻是醫生宣佈：

朱瑋恆，早上9時正死亡。當時我大哭，迎接孩子的興奮，以至看著他離開，短短10小時，生命彷彿一個濃縮版……。」

瑋恆離世後，頌恩希望為瑋恆做一些有意義的事情，無意中看到中文大學遺體捐贈「無言老師」的計畫，藉由醫學生的解剖課教導他們生命價值，向公眾推行生死教育。當時她心想：「讓醫科生在無言老師身上下一刀，也許在活人身上減少錯下的一刀，甚或少一刀！」

**“這奇蹟的結果是讓我們一家很真實地知道愛是無條件的”**

小瑋恆帶來的生死課是一家人共同學習的。頌恩對瑋恆的死毫不忌諱地跟兩個女兒談，正面地承認這小弟弟是家裏一份子。頌恩的丈夫子溢是傳道人，經歷了這事以後，也改變了工作方向，在大學裏推動關懷生死事工，帶著曾經面對生死卻不知如何傾訴的大學生去關心病人。

曾經，頌恩心裏也希望有奇跡，「但這奇跡的結果不是瑋恆生出來有頭蓋骨，而是讓我們一家很真實地知道，愛是無條件的。」「瑋恆」名字的意思，是神很愛他，視他為珍貴的孩子。一份對生命的珍視和愛，就在這家庭傳承和擴散……





# 透過跳舞，

## 她們之間建立了愛！

*Through dancing, love built between them!*

長沙灣中心的舞蹈室充滿了母親和女兒之間的愛。舞蹈班原本是為一班年輕女孩而設，她們對舞蹈的熱情逐漸感染到她們的母親，因此長沙灣中心於二零一五年年底開辦「媽媽組」，讓母親和女兒可以一同擔任「民族舞蹈大使」，從此舞蹈成了她們的共同興趣！

其中一位年輕參加者Season告訴我們，她與媽媽不時一起在家跳舞；「媽媽組」的參加者Yam也分享說：「有時候我女兒Sophia會教我跳她的舞步！」有一次，為了觀賞Sophia的舞蹈表演，甚少向公司請假的Yam也特地請了半天假。

女兒表演時，媽媽們都會站在台前屏氣凝神地拍影片。她們不只是女兒的最佳觀眾，也是隊中最忠誠的義工。由女兒表演時的衣著、化妝、髮型，甚至表演前的排練，她們都是親自打點。舞蹈也讓女兒看到媽媽的另一面，就像Khusa第一次表演時，她的女兒Reni既緊張又自豪，看得眼睛也沒有眨一下呢！

The dance room of the YMCAHK Cheung Sha Wan Centre (CSW Centre) is filled with love between mothers and daughters. The dance class was originally set up for the young girls. Their passion for dancing has gradually infected their mothers; therefore CSW Centre started the MaMa Dance at the end of 2015, which made both the mothers and the daughters become the Cultural Dance Ambassadors. Since then, dancing has become their common interest.



One of the young participants, Season, told us that she and her mother always dance at home together. They are not the only ones. A MaMa Dance participant, Yam, also shared, "Sophia (her daughter) taught me her steps at home!" In order to watch Sophia's performance, Yam took half-day off from work, which she rarely did.

When the daughters were performing, the mothers always stood at the front of the stage to videotape their performance. They are not only the most devoted audience, but also the most committed volunteers. They took part in the whole process of performance such as organising the costumes, doing the makeup and hair, as well as supervising the rehearsals. When Khusa, Reni's mother, performed for the first time, Reni watched it without blinking, feeling slightly nervous but also very proud. The daughters learned a different side of their mothers through dancing.



## 我們常可在 小孩身上學到東西

*We can always learn something from the children*



佳菜喜歡孩子，因為他們可愛又天真無邪。她現於日本慶應義塾大學修讀教育，閒時會去日間幼兒中心及孤兒院做義工。今年二月，她趁學校假期來港青基信國際幼稚園(西九龍)做義工。

選擇去那裏做義工並非偶然，她其實是港青基信國際幼稚園（前稱香港基督教青年會國際幼稚園）的校友。她於二零零一年畢業，可是因為太年幼，她已忘記唸幼稚園時的點滴，「我只記得我常在學校哭。」

擔任義工期間，她對香港小孩子的聰明感到十分驚訝。「這裏的小孩子一定比日本的小孩子要成熟得多，我對他們能做到如此多而感到驚訝。」

雖然只服務了兩星期，她在孩子和老師身上都學到很多東西。「孩子的吸收能力很強，所以當我和他們說話時要加倍小心，仔細想清楚用甚麼正確詞彙。我亦從老師們身上學會如何與小孩子說話和溝通，如果將來我想成為一名幼稚園老師，這對我很有用。」



## 今泉佳菜 Kana Imaizumi

Kana likes children as they are cute and innocent. She is studying Education at the Keio Gijuku University and volunteers at a day care centre as well as an orphanage in Japan. During her school holiday in February 2017, she visited Hong Kong and volunteered at the YMCA of Hong Kong Christian International Kindergarten (West Kowloon).

This was no coincidence. Kana is a member of the alumni of the YMCA of Hong Kong Christian International Kindergarten (formerly known as YMCA of Hong Kong International Kindergarten) where she graduated in 2001. She said she was too young to remember her kindergarten life, "I only remember I cried a lot at school."

During her volunteering, she was surprised at how mature the children in Hong Kong appeared to be. "I was surprised at how much the children could do by themselves. They are definitely more mature than the same age in Japan."

Although she only volunteered for two weeks, she learned a lot from the children and teachers. "Children absorb a lot of things, so when I talked to them, I had to be extra cautious and think carefully about my words. I also learned from the teachers on how to talk to and interact with the children, which will be very useful for me if I want to be a kindergarten teacher in the future."



## 世界基督教青年會協會全國總幹事會議

### World Alliance of YMCAs National General Secretary Meeting



65位來自世界各地的青年會代表於2月13至17日在坦桑尼亞莫希市聚首一堂，舉行世界基督教青年會協會（世界協會）全國總幹事會議。是次會議的討論建基於三大核心問題：1)青年會怎樣從一家機構進化為社會運動？2)青年會怎樣從政治沉默走向積極為道德倫理行動？3)青年會如何確保擁有相關資源，並承擔推行上述變革的責任？非洲藝術家以藝術創作描繪這些重大議題，從而引申很多具啟發性和值得反思的討論。



非洲藝術家描繪全國總幹事會議重大議題的藝術作品  
Artwork of African artists featuring the big themes of NGS Meeting

第十九屆世界大會將於2018年7月8至14日在泰國清邁舉行，屆時將落實世界協會2018-2022年度的發展策略。各國青年會運動為此在是次全國總幹事會議檢討2014-2018年度、以「我們的道」為題的發展策略，為世界大會作準備。會議亦啟動了2017普世青年會行動和2018百萬之聲研究計劃。

65 delegates from around the world gathered in Moshi, Tanzania from February 13-17 for the World Alliance of YMCAs (WAY) annual National General Secretary (NGS) Meeting. Three key questions provided the basis for NGSs discussion: 1) how can YMCA move from being an Institution to a Social Movement? 2) how can YMCA move from political silence to ethical action? 3) how can YMCA take responsibility and secure resources to do this? These big themes were captured by African artists during the meeting and inspired many thought-provoking conversations.

會議正式閉幕後，部分富冒險精神的青年會代表成功登上海平面5,895米高的乞力馬扎羅山峰頂，

The 2014-2018 WAY strategy "OUR WAY" was reviewed in the context of each national movement in preparation for the 2018-2022 strategy discussion for the 19th World Council, which will be held in Chiangmai, Thailand from July 8-14, 2018. Both the 2017 World Challenge and the 2018 One Million Voices Research were launched at the NGS Meeting.



其他代表亦在回程前參加了輕鬆悠閑的非洲動物探索之旅。

青年會代表成功登上乞力馬扎羅山之峰頂  
YMCA delegates reached the summit of Mount Kilimanjaro successfully

After the closing of the official programme, some adventurous delegates persevered and reached the summit of Mount Kilimanjaro at 5,895 metres above sea level, while others enjoyed a relaxing safari ride before returning home.

## 寮國青年會發展服務計劃 Laos Partner Support Group



為支援寮國基督教青年會的成立，由亞太區基督教青年會協會（亞太協會）籌辦的寮國青年會發展服務計劃（計劃團隊）首次會議於3月20至23日在龍坡邦舉行。計劃團隊由香港基督教青年會、印度青年會全國協會、南韓梁山市青年會和泰國清邁青年會所組成。2015年6月，亞太協會前總幹事山田公平先生與清邁青年會一同到訪龍坡邦，與一群有志建立寮國青年會的寮國義工展開對話。

寮國臨時委員會（委員會）的創會委員在會上分享他們過去兩年的經歷，甚有啟發性。能與計劃團隊首次會面，對委員會來說實是鼓舞，因這標誌着夢想成真的開端。來年將集中實行工作計劃，舉辦社區活動，藉此喚醒大眾的關注，認識青年會的使命和目標，同時1)提升社群的生活質素；2)服務貧困和邊緣人士；3)促進公義、和平，弘揚真理和盼望。

委員會將繼續其社區工作，於孤兒學校培養閱讀的好習慣，亦通過製作本地手工藝以獲取可持續的穩定收入，並在小學推動回收和減廢。此外，來年的工作計劃包括1)研究與本地醫院合作，推行新的活動；2)發展青年會全球另類旅遊網絡；3)參與亞太協會的各種培訓；4)加強委員會的組成，加入更多人才，提供各種資源和專業技能；及5)邀請寮國基督教教會到訪其他亞洲國家的青年會。

The first Laos Partner Support Group (Laos PSG) meeting organised by the Asia & Pacific Alliance of YMCAs (APAY) to support the establishment of a YMCA in Laos was held in Luang Prabang from March 20-23. Laos PSG comprises the YMCA of Hong Kong, National Council of YMCAs of India, Yansang YMCA of Korea and Chiangmai YMCA of Thailand. In June 2015, former APAY General Secretary Mr. Kohei Yamada paid the first visit to Luang Prabang together with the Chiangmai YMCA to begin a dialogue with a group of Laotian volunteers interested in starting a YMCA in Laos.

Founding members of the Laos AdHoc Committee (LAC) shared their inspiring journey in the last 2 years. Seeing the Laos PSG for the first time was an encouragement for the LAC members, as it marked the beginning of a dream coming true. For the next year efforts will be devoted to executing the work plan, which is aimed at creating awareness in the community about the mission and objectives of the YMCA through programmes and activities in the local community to 1) improve their quality of lives, 2) serve the poor and marginalised, and 3) foster justice, peace, hope and truth.

LAC will continue its existing community work with the orphanage school to empower reading and generate sustainable income from making local handicraft, and with the primary school to promote recycling and create less trash. In addition, the work plan for the coming year includes 1) exploring a new programme with a local hospital, 2) developing the YMCA Global Alternative Tourism Network (GATN), 3) participating in various APAY trainings, 4) building up the LAC further with a diverse group of people providing various resources and professional expertise and 5) inviting the Lao Evangelical Church to visit YMCAs in other countries in Asia.

1. 寮國孤兒學校 Laos orphanage school

2. 寮國青年會發展服務計劃團隊 The team of Laos Partner Support Group

3. 與寮國學生合照 Group photo with Laos students



## 亞太區青年會協會執行委員會年會

### Asia and Pacific Alliance of YMCAs Executive Committee Meeting

亞太區青年會協會（亞太協會）於3月7至10日在香港中華基督教青年會舉行其執行委員會年會，來自22個世界各地的全國青年會運動，合共120名青年會代表出席。馬丁路德於1517年提倡宗教改革，本年正藉其500周年之際，執行委員會年會亦以檢討青年會的使命為題開展會議，請與會者反思 1) 個別青年會與其本土社群的關係；2) 個別青年會的使命與《廿一世紀的挑戰》所載的青年會使命是否一致。馬丁路德500年前提出的挑戰，呼召信仰與行動一致，仍適用於今日的青年會。

Asia and Pacific Alliance of YMCAs (APAY) Executive Committee Meeting (ECM) was held at the Chinese YMCA of Hong Kong from March 7-10 with 120 delegates from 22 national movements. On the 500th anniversary of the Protestant Reformation initiated by Martin Luther in 1517, the ECM began with Mission Review of the YMCA, as participants were asked to reflect on 1) the relevance of our individual YMCAs to our local communities, and 2) the alignment of our individual YMCA's mission against the Mission of the YMCA as stipulated in the Challenge 21. The challenge and call that Martin Luther made 500 years ago to join faith with action remains appropriate to the YMCA today.



香港兩個青年會獲亞太協會聯合頒發綠色環保獎。  
APAY Green Award awarded jointly to both YMCAs in Hong Kong.



（後排右五）亞太協會會長Babu Gomes先生與青年會領袖合照。  
(fifth from left, back row) Mr. Babu Gomes, APAY President, with the YMCA youth leaders.

執行委員會年會歡送晚宴於3月9日在港青大禮堂舉行，賓客皆在平台花園輕鬆閒適的氣氛下享用餐前酒會。宴席上，亞太協會推出為紀念宗教改革500周年、名為《改革再探討》的最新著作，並聯合頒發2016年度綠色環保獎予香港兩個青年會。此外，亞太協會會長Babu Gomes先生與各青年領袖分享他的青年會體驗，並勉勵他們繼續貫徹和肩負青年會的使命。

YMCA of Hong Kong hosted the APAY ECM Farewell Dinner on March 9 at the Grand Assembly Hall. Guests enjoyed cocktails in the relaxed, open atmosphere of the Podium Garden. In the evening, APAY launched its newly published book entitled "Revisiting the Reformation" to commemorate the 500th anniversary of the Protestant Reformation, and awarded the 2016 APAY Green Award jointly to the two YMCAs in Hong Kong. Mr. Babu Gomes, APAY President, shared his YMCA experience with our youth leaders and encouraged them to carry forward the mission of the YMCA.

## 妥拉卷軸展開幕禮

### Torah Exhibition Launching at YMCA of Hong Kong



「感動之旅聖經展」於3月至4月在香港舉行，港青是其主要贊助機構。妥拉卷軸展開幕禮在2月28日於港青大堂舉行，一卷19世紀的妥拉卷軸適逢大齋期內展出。開幕禮當天有50多位來賓出席，包括多名教牧同工、「感動之旅聖經展」代表、港青董事和委員、總幹事和港青同工等。

開幕禮由施力高牧師領禱展開，總幹事何慶濂先生致歡迎詞，並由「感動之旅聖經展」學者Carroll博士講述該卷軸的由來和意義。這聖經展能有緣在港舉行，實是奇妙恩典和祝福。這一切起源於一群基督徒看到的異象，經歷了多月的懇切禱告和多方無私的奉獻，終能成事。港青非常榮幸能展出這來自東歐、遠渡重洋並經歷二戰戰火洗禮的百年卷軸，讓參觀者讀到希伯來文古卷上有關祝福、十誡和讚美的經文。

The YMCA of Hong Kong was a major sponsor of the Inspired Exhibit in Hong Kong, held from March to April 2017. A Launching Ceremony of the event took place on February 28 at The Salisbury, when a 19th century Torah was unveiled and displayed throughout the period of Lent. Over 50 guests attended the ceremony, including church leaders, representatives of the Inspired Exhibit, YMCA Board Members and Committee Members, General Secretary and colleagues.

The Ceremony began with a prayer led by Rev. John Snelgrove, and a welcome speech by Mr. Peter Ho, General Secretary of YMCA of Hong Kong. It was followed by a keynote speech by Dr. Carroll on the Inspired Exhibit. It was truly an amazing grace that the vision for a Biblical exhibition by a few Christians finally came to fruition through many months of fervent prayers and selfless devotion. It is also our privilege and honour that this century-old scroll which was created in Eastern Europe, and travelled across continents during the Second World War, was finally displayed at the YMCA of Hong Kong. The chosen verses on display during the period covered the elements of blessings, Ten Commandments, as well as praises to the Lord.





## 義工行動115 綻放「義」彩 並肩同行 115 Volunteer Movement Walking Hand-in-Hand



2016年港青舉行「義工行動115」，積極推動會員及學員參與義工服務，累積服務時數達115個小時或以上，將關愛傳遍社區。逾500名登記義工組成不同義工隊伍，其中81隊成功累積最低要求115個小時或以上的服務時數，合共提供近13,800小時的義工服務。港青於4月8日舉行嘉許典禮，邀請成功達標的義工團隊代表出席，頒發嘉許狀。當日更邀請嘉賓「深水埗明哥」分享服務弱勢社群經驗，鼓勵大家綻放「義」彩，並肩同行。

As part of the 115 Volunteer Movement in 2016, YMCA Members and participants have been encouraged to join voluntary work to accumulate 115 service hours or above to help spread our care for the community. More than 500 registered volunteers enrolled into different participating groups; and among them, 81 groups have successfully fulfilled at least or beyond the minimum required 115 service hours. Altogether, they devoted close to 13,800 hours of service to the community. Those groups who had fulfilled the required service hours were awarded a Volunteer Award Certificate and invited to attend the appreciation ceremony on April 8. "Sham Shui Po Ming Gor" was also invited as our guest to share his experience in supporting the underprivileged and encourage everyone to contribute to voluntary work.

## 支持新春國際匯演

### Supporting the International Chinese New Year Night Parade

香港旅遊發展局於1月28日農曆大年初一在大禮堂為當天參與國泰航空新春國際匯演之夜的中學生安排休息地方和熱食。當晚約有400人到場，活動順利圓滿結束。

Hong Kong Tourism Board reserved The Grand Assembly Hall on January 28, the first day of Chinese New Year, for 400 secondary students who participated in the International Chinese New Year Night Parade sponsored by Cathay Pacific Airways. Students could take a rest and had some hot dishes at the YMCA. The Parade was held smoothly and successfully on that night.



## 世界基督教青年會協會會長與拉美及加勒基督教青年會總幹事到訪港青 President of WAY & General Secretary of LACA Visited YMCA of Hong Kong



（後排左三）世界協會會長Peter Posner與（前排右一）拉美及加勒基督教青年會總幹事Antonio Merino到訪長沙灣中心  
(third from left, back row) Mr. Peter Posner, President of WAY, and  
(first from right, front row) Mr. Antonio Merino, General Secretary of LACA, visited Cheung Sha Wan Centre

世界基督教青年會協會（世界協會）會長Peter Posner和拉美及加勒基督教青年會總幹事Antonio Merino於3月10日到訪港青。Posner先生擔任義工並服務青年會逾30年，於2014年被選為世界協會會長。他的生命故事完全展示了青年會以基督作中心和義務為本的宗旨。Merino先生從小參與墨西哥青年會的興趣班，親身見證青年會多項有意義的社區工作。他亦到過不同地方的青年會工作，包括黎巴嫩和美國青年會。可見他自幼便擁有青年會的「基因」。

緊接着由港青董事局副會長黃佩翰先生主持午餐聚會，餐後兩位賓客參觀長沙灣中心、西九龍耀信發展學習中心、港青基信國際幼稚園（西九龍）及京士柏百周年紀念中心，探訪過程中與同事、地區人士、少數族裔和青年義工坦誠交流。Posner先生及Merino先生讚許港青的少數族裔事工扎實，讓社群經歷生命轉化，也欣賞我們設備的質素和服務的使命。其後兩位賓客與青年義工共晉晚膳，彼此分享效法基督和持守青年會願景的重要性。Posner先生及Merino先生鼓勵青年持續投入青年會工作，並反思自己10年後在青年會所擔當的角色和位置。

Mr. Peter Posner, President of World Alliance of YMCAs (WAY), and Mr. Antonio Merino, General Secretary of Latin American and Caribbean Alliance of YMCAs (LACA), paid a visit to YMCA of Hong Kong on March 10. Mr. Posner has been serving the YMCA as a volunteer for over 30 years and was appointed as the President of WAY in 2014. His life story best illustrates the Christ-centred and volunteer-based mission of YMCA. Mr. Merino joined interest classes of Mexico YMCA as a child and witnessed its meaningful community work. He also visited and worked at different YMCAs, including YMCA Lebanon and YMCA USA. The “DNA” of YMCA was planted in him since his childhood.

Following a lunch hosted by our Board Vice President Mr. David Wong, the guests visited Cheung Sha Wan Centre, Beacon Centre, Christian International Kindergarten (West Kowloon) and King’s Park Centenary Centre, and candidly shared with our staff members, neighbours in the community, ethnic minorities (EM) and youth volunteers. Mr. Posner and Mr. Merino recognised the solid contribution we have made to transform lives in the EM community. They also appreciated the quality of our facilities and the mission of our services. Our guests had dinner with the youth volunteers, where they shared the importance of following Jesus Christ and upholding our vision. Mr. Posner and Mr. Merino encouraged our youths to continue their involvement in the YMCA and think about their future long-term roles 10 years after in the YMCA.



與青年義工及港青員工共晉晚膳  
Dinner with youth volunteers and YMCA staff



## 四川金堂縣港青學校到訪港青基信書院

School Visit by Jintang County Gangqing School, Sichuan, China



港青基信書院的姊妹學校——四川金堂縣港青學校（金堂學校），於3月7至12日到訪港青基信書院並進行教育交流活動，為兩校師生帶來了寶貴的經驗和友誼。在此期間，金堂學校與港青基信書院的學生們結成伙伴，一同參與各種活動，包括課堂觀摩、到港青綠機田體驗有機耕作、參與社區服務、遊覽香港及品嚐本地菜式及小食，體驗香港生活。是次交流讓兩校學生加深了解不同地方的生活文化，展望日後可進行更多溝通與交流。

One of the YMCA of Hong Kong Christian College (YHKCC) sister schools, the Jintang County Gangqing School, Sichuan, China (Jintang School) visited YHKCC from March 7–12 for an academic and school life exchange which brought the teachers and students of both Schools with valuable experience and friendship.

Jintang students were paired up with the YHKCC students in various activities during the stay, such as having lessons in school, experiencing organic farming at the YMCA Green Organic Farm, participating in community service, sightseeing in Hong Kong as well as dining local food. It was an excellent opportunity for students of both Schools to have a better understanding about different lifestyles and cultures and we look forward to further cooperation and sharing in future.

## 千仙賀新歲——荊水仙

Daffodils Root Cutting Service Day



感謝200名義工出席去年12月18日「千仙賀新歲——荊水仙」義工活動。因為你們的支持及努力，今年新春有1,000名長者受惠，能於家中擺設水仙花迎接新春，為他們帶來祝福。社會服務部並於1月21日義賣水仙，收益撥作本會長者探訪服務之用。



A vote of thanks to 200 volunteers joining the Daffodils Root Cutting Service Day on December 18, 2016. With your heartfelt contribution, 1,000 elderly were blessed in the new year with a beautiful potted daffodils at home. A potted daffodils fund raising event was also held on January 21 by the Social Services Section. All donations will be used in the elderly home visit services of YMCA of Hong Kong.

## 第十七屆「傲翔新世代」全方位青年領袖訓練計劃啟動禮 Opening Ceremony of 17th Youth Leadership Development (YLD) Scheme



152位來自19所中學的同學參與第十七屆「傲翔新世代」全方位青年領袖訓練計劃，並出席了1月21日舉行的啟動禮。當日港青很榮幸邀請到環境局局長黃錦星太平紳士擔任主禮嘉賓。黃局長及港青董事葉頌文先生在「建構環保及可持續發展社會 青年人及政府的角色」論壇中就環保生活與同學展開熱烈的討論。

152 students from 19 secondary schools joined the 17th YLD Scheme and attended the Opening Ceremony on January 21. YMCA was honoured to have Mr. Wong Kam-sing, GBS, JP, Secretary for the Environment of the HKSAR, to officiate the kick-off ceremony. The topic for the Youth Forum was *Constructing an Environmental and Sustainable Society - the Role of Youth and the Government*. Mr. Wong and Mr. Tony Ip, Board Member of YMCA of Hong Kong shared their opinions on green living with the participating youth and engaged them in dialogue.

## 港青福音事工：探訪無家者 Christian Events: Care for the Homeless



(上Top) 探訪無家者 Visited the homeless

(下Bottom) 為無家者剪髮 Hair dressing service for the homeless

每月青年有道的探訪義工都會到深水埗探訪無家者，為他們送上日用品。義工希望透過關心無家者，與他們建立關係，將基督的愛帶進他們的群體。農曆新年時，青年有道與港青社會服務部合辦了第一次義剪服務，為無家者剪髮，讓他們以新形象迎接新的一年。歡迎你一同來關愛社區！

Volunteers recruited from Way for the Young visit the homeless in Sham Shui Po and provide them with daily necessities every month. They tried to build friendship with the homeless through communication and caring and to bring them the love of God. The Way for the Young and the Social Services Section of the YMCA co-organised the first hair dressing service for the homeless in the Sham Shui Po district during the Chinese New Year so that they could enjoy the new year with a new hair style. Please join them to share love with the community!



## 食物捐獻活動

### Chinese New Year Food Drive



基信國際幼稚園（西九龍）於1月9-12日舉行食物捐獻活動。學校收集由學生及其家庭捐獻的食物，如米、麵、餅乾和其他乾糧。其後把所得的食物捐獻給港青長沙灣中心之「食物分享計劃」，並於農曆新年期間贈予有需要人士。中心職員更向學生講解計劃目的及受惠對象。

Christian International Kindergarten (West Kowloon) held the Chinese New Year Food Drive 2017 from January 9 - 12. Children and their families were invited to donate food to the food drive. Rice, noodles, biscuits, and other non-perishable food items were collected. The food items were donated to the Food Redistribution Programme of the YMCA Cheung Sha Wan (CSW) Centre and were then distributed to the needy during Chinese New Year. Staff from CSW Centre had also given a talk to the children introducing the aim and beneficiaries of the Food Redistribution Programme.

## 先進會員大澳漁村及迪欣湖一天遊

### Tai-O Fishing Village & Inspiration Lake Recreation Centre Day Tour of Master Members



會員服務部於2月27日舉行大澳漁村及迪欣湖一天遊，逾40名先進會員報名參加，遊覽著名的大澳漁村、品嚐特色原居民宴及欣賞迪欣湖。感謝先進會員的積極參與，共同發掘美景，加深彼此認識。

Member Services Section held the Tai-O Fishing Village and Inspiration Lake Recreation Centre Day Tour on February 27. Over 40 Master Members participated in this outing. They visited the famous Tai-O Fishing Village, enjoyed the traditional Chinese Set Lunch and visited the Inspiration Lake. Thank you for the active participation of the Master Members to discover the beautiful scenery with the YMCA.

## 英國著名戲劇公司示範教學及表演 Frantic Assembly Workshop & Performance



Frantic Assembly是一家英國著名的戲劇公司，運用獨特、創新的方法表演戲劇。港青基信書院特意邀請他們團隊蒞臨示範教學及表演。學生們首先參加一個工作坊，學習運用各種基本戲劇技巧，再欣賞其最新作品「All This Will Be Gone」。作品描述九個人在生命倒數時的生活方式，令人目不暇給。是次交流表演帶來不少創作靈感及反思生活、善用時間的概念，學生獲益良多。

YMCA of Hong Kong Christian College (YHKCC) students were given the fantastic opportunity to work alongside a professional theatre company from the UK, namely, the Frantic Assembly, a famous theatre company for innovative ways of creating physical theatre. Our students first took part in a workshop to learn the basic techniques that Frantic Assembly uses in order to create their own plays and then were arranged to watch the latest production "All This Will Be Gone" which focusses on the lives of nine people who were counting down to something. It was an incredibly rewarding experience as the play gave inspiration to students, thinking about our own lives and making good use of it.

## 家長分享會 Parents Workshop



新會商會港青基信學校家長分享會於1月20日成功舉行。教師與家長分享他們的專業知識，教導家長如何在家中幫助孩子學習和促進家庭關係。教師在研討會中分享他們在拼讀法、寫作、家庭關係和兒童獨立問題上的豐富經驗，令家長獲益良多，學校期待將來為家長舉辦更多分享會。

SWCS YMCA of Hong Kong Christian School (SWYHKCS) Parents Workshop was successfully conducted on January 20. Teachers shared their professional experience with parents on how to facilitate children's learning at home and strengthen family bonding. Parents benefit from the teachers' experience sharing on phonics, writing, family relationship and child independence at the Workshop. SWYHKCS is looking forward to organising more workshops for parents in future.



## 長沙灣中心榮獲ERB課程管理獎

### ERB Course Management Award for Cheung Sha Wan Centre



長沙灣中心就業服務自2011年起連續於僱員再培訓局(ERB)的管理審計系統獲「第一組」之最佳評級。今年3月11日舉行，由僱員再培訓局主辦之頒獎禮上，長沙灣中心更獲頒ERB課程管理獎，進一步肯定了中心的貢獻及優質服務。

The YMCA Cheung Sha Wan (CSW) Centre employment service has consecutively got Band One from the Employees Retraining Board (ERB) Audit System since 2011. Besides, CSW Centre was invited to receive the Course Management Award this year at the ceremony organised by ERB on March 11. CSW Centre was honoured to have its contribution and quality services recognised.

## 第22屆海外家務助理畢業典禮

### Annual Graduation of the 22nd Overseas Domestic Workers Programme



港青多年來不遺餘力為本地海外家務助理締造交流及學習平台。1月31日，逾480名課程畢業生參加第22屆海外家務助理畢業典禮，並以「Dream・Explore・Discover・Empower」為主題。一眾義工及表演嘉賓為畢業典禮表演傳統的印尼及菲律賓舞蹈，推廣共融社會多元文化。

YMCA of Hong Kong dedicates to serve as an exchange and learning platform for the overseas domestic workers in Hong Kong. The Annual Graduation of the 22nd Overseas Domestic Workers Programme was held on January 31 with the theme of *Dream・Explore・Discover・Empower* and over 480 programme graduates joined. Pilipino and Indonesian dancing were performed in the ceremony to embrace diversity.

## 譚榮根集團有限公司慶祝酒會

Cocktail Party of Tam Wing Kun Holdings Ltd.



譚榮根集團有限公司於去年12月14日在大禮堂舉行大型酒會以慶祝與沙特阿拉伯航空公司及沙特阿拉伯貨運公司之30年的伙伴關係。當晚邀請了150多名賓客出席，並度過了一個愉快的晚上。

Tam Wing Kun Holdings Ltd hosted a cocktail reception at The Grand Assembly Hall to celebrate their 30 years of partnership with SAUDIA Airlines & SAUDIA Cargo on December 14, 2016. Around 150 guests joined the party and all had a joyful evening.



## Announcement

最新動態

### 音樂劇即將上演 Musical On Stage Soon



籌備了一年的新會商會港青基信學校音樂劇 The Musical Land of OZ 快將上演！音樂劇將於6月30日在基信學校禮堂演出。學校將會邀請家長一同見證孩子們的學習成果及分享音樂劇的喜悅。

Students of SWCS YMCA of Hong Kong Christian School have been practising for the School Musical, "The Magical Land of OZ", for a year. Their fascinating performance will be on stage soon! The School Musical will be held on June 30 in the School Hall. Parents will be invited to witness their children's learning outcome and share the joy of the performance.



## 齊來支持2017普世青年會行動 Let's Support World Challenge 2017

為慶祝青年會在6月6日成立173周年，世界基督教青年會協會鼓勵全球各地的青年會響應普世青年會行動，藉此讓大眾了解青年會的工作及推廣青年會運動。港青將定於6月3日中午時分在京士柏百周年紀念中心舉行「2017普世青年會行動」的特別活動，主題為「以打籃球為年青人充權」，以紀念125年前James Naismith先生於Springfield College（即International YMCA Training School）發明籃球。這將會是一個充滿活力的活動，請踴躍支持！



World Challenge is coming back to celebrate the 173rd birthday of YMCA on June 6! The World Alliance of YMCAs encourages young people from all over the world to participate in the World Challenge 2017. Inspired by the invention of Basketball by Mr. James Naismith at Springfield College (known as the International YMCA Training School) 125 years ago, YMCA of Hong Kong will hold a dynamic, engaging and youth-oriented event, "Empowering Young People through Playing Basketball", at the King's Park Centenary Centre on June 3 noon time. Let's support youth empowerment and stay tuned!

## 一樓全新面貌 暑假開幕 Reopening of 1/F during Summer Holiday



◀ 設計概念  
Design concept

港青泳池將於暑假以全新面貌開幕，再次投入服務，為各位會員和賓客提供更完善舒適和優質的環境，絕對能為大家帶來不同感受，歡迎蒞臨。全新面貌之設施包括：

The YMCA Swimming Pool is being renovated and will reopen with complete new design during summer holiday. The fresh and bright environment will certainly bring a brand new experience to our members and guests. Visit us now. Newly designed areas include:

- ✓ 泳池範圍—訓練池、嬉水池及按摩池  
Swimming Pool Area – Training Pool, Leisure Pool & Jacuzzi
- ✓ 男更衣室 Male Changing Room
- ✓ 女更衣室 Female Changing Room
- ✓ 家庭更衣室 Family Changing Room

## 「商界展關懷」社區伙伴合作展2017 Caring Company Partnership Expo 2017



展覽於3月10日舉行，港青感謝各友好企業合作夥伴一直以來支持港青的社會服務工作，肩負起社會責任，建設共融社會，服務社群。2016年度獲港青提名並得到「商界展關懷」或「同心展關懷」標誌以作表揚的企業及機構如右所列：

The Expo was held on March 10. YMCA of Hong Kong expressed gratitude to our corporate and organisation partners for their continuous support towards the YMCA social service projects and their fulfillment of corporate social responsibility to create a more inclusive society over the past years. The companies and organisations which we nominated and were successfully awarded the Caring Company / Caring Organisation logos are listed on the right:

### 商界展關懷標誌 Caring Company Logo

- 致富集團(香港)有限公司  
Chief Holding (H.K.) Limited
- 港麗酒店  
CONRAD HONG KONG
- 香港觀塘帝盛酒店  
Dorsett Kwun Tong, Hong Kong
- 智盛財經媒體有限公司  
Gennex Financial Media Limited
- 逸泰居  
Headland Hotel
- 現代教育(香港)有限公司  
Modern Education (Hong Kong) Limited
- 新世界策略投資有限公司  
New World Strategic Investment Limited
- 新世界信息科技有限公司  
New World TMT Limited
- 諾富特東薈城酒店  
Novotel Citygate Hong Kong
- 澳加光學有限公司  
OKIA Optical Company Limited
- 空中快線直升機有限公司  
Sky Shuttle Helicopters Limited
- Tata Consultancy Services Limited
- 九龍仔業主會  
The Kowloon Tsai Home Owners Association

### 同心展關懷標誌 Caring Organisation Logo

- 香港新時代獅子會  
Lions Club of Hong Kong New Era

(按英文順序排列 in alphabetical order)

## 會員免費Wi-Fi服務 Free Wi-Fi Service for Members

為方便會員上網，港青於尖沙咀總部地下至六樓特設20分鐘免費Wi-Fi寬頻服務。只需開啟手機或手提電腦上的Wi-Fi功能，選擇「YMEM」網絡，並向地下、一樓或二樓會員服務部櫃台職員索取登入密碼，即可享用無線上網服務。



To provide internet connection for YMCA Members, free Wi-Fi service is now widely available from G/F to 6/F of YMCA of Hong Kong Tsimshatsui Headquarters providing 20 minutes of free wireless internet access. You can simply turn on the Wi-Fi of your mobile device or your laptop, select "YMEM" network and contact our Member Services staff at G/F, 1/F or 2/F counter for the access code to enjoy the internet service.

須受有關條款及細則約束 Terms and conditions apply



## 港青會籍新收費

### New Membership Fees of YMCA of Hong Kong

為提供更優質服務，由2017年7月1日起，港青將調整會籍年費及首次入會行政費，詳情如下：

To enhance our quality service, the membership fees of YMCA of Hong Kong will be adjusted as below with effect from July 1, 2017:

會籍種類 Category	年費 Annual Fee	首次入會行政費（一次性） Initial Administration Fee (one time)	總數 Total
青少年個人會籍 Youth Individual Membership	\$300	\$800	\$1,100
成人個人會籍 Associate Individual Membership	\$720	\$1,000	\$1,720
家庭會籍 Family Membership	\$1,440	\$2,000	\$3,440

港青多謝各位會員支持青年會運動。

YMCA of Hong Kong would like to thank all members for supporting the YMCA Movement.

## 游泳池「全月通」免費派發 盡享優質體驗

### Enjoy Quality Swimming Experience with Free Swimming Pool “Month Pass”

為答謝各會員於游泳池裝修期間保留或更新會籍以支持港青各種活動及服務，由即日起至九月，會員於地下、一樓或二樓會員服務部櫃台向職員出示有效會員證，即可獲贈**游泳池「全月通」**一張。會員憑「全月通」可於游泳池重開後指定月份內免費無限次使用游泳設施。有關「全月通」使用條款及細則，請參閱「全月通」背面。如有任何查詢，歡迎致電2368 7070。有關「全月通」之安排，港青保留最終決定權。

To express our gratitude for YMCA Members who retain or renew their membership during the swimming pool renovation period for supporting YMCA activities and services, Members can redeem a **FREE “Month Pass” for Swimming Pool** from now till September upon presenting their valid membership card at G/F, 1/F or 2/F Member Services counter. Members can enjoy free and unlimited swimming facilities with the “Month Pass” within the designated month. Please refer to the back of the “Month Pass” for terms and conditions. Members are most welcome to contact the YMCA at 2368 7070 for enquiries. The YMCA of Hong Kong reserves the right of final decision of the arrangement of the “Month Pass”.





# 「低頭族」 “Phubbers”

## 小心頸椎病

### *Be aware of cervical spondylosis*

智能手機已成為現代生活不可或缺的一部分，過度使用手機引致的健康問題亦引起社會關注。

長時間低頭使用手機會增加頸部壓力，令神經線在不知不覺間受到傷害，引致手臂或手指麻痺，產生刺痛的感覺，導致肩頸及脊椎出現問題，甚至頸椎退化。

應該避免長時間使用手機。當使用手機時，最好保持頭部挺直，將手機提高至眼睛水平位置；或把視線調低，而不是頭往前俯。我們亦應間歇轉換姿勢，每十五至三十分鐘須休息至少一分鐘。

With smartphone being an indispensable part of modern life, the health problems caused by the overuse of smartphone have drawn the attention of the society.

Frequent head tilting from long hours of using smartphone can increase pressure on the neck, which may damage the nerves and lead to numbness or tingling in the arms or fingers. It can cause cervical vertebrae problems or even cervical degeneration.

People should avoid using smartphone for long hours. When we use the smartphones, the best ways are to keep the head upright and hold the phone at eye level, or look at the screen downwards instead of tilting the head. We should also change our posture periodically and take at least one minute break every 15 to 30 minutes.

