

## 首次出戰渣馬 打開宿生自信之門

### ENRICHING OUR RESIDENTS' EXPERIENCE: BOOSTING CONFIDENCE WITH THEIR FIRST SCHKM

2024年第一季  
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上月舉行的渣打香港馬拉松2024，香港學生輔助會有幸成為馬拉松慈善計劃其中一間受惠機構，藉此籌款發展服務。我們的宿生在同工的帶領下參賽。作為十公里賽事的「新手」，他們背後都有屬於自己的小故事。

Last month, the Standard Chartered Hong Kong Marathon 2024 (SCHKM) took place, and the Hong Kong Student Aid Society (HKSAS) has the honour to become one of the charitable organisations in its first Marathon Charity Programme. Our staff members led our residents to join the race. Behind every resident runner, there is a unique story.



施偉壕：「今次的得着對我備戰文憑試亦有幫助。」

"I can apply the lessons learnt from this event to my DSE\* exams preparation," said Jacky Shi.

施偉壕擅長短跑，今次參加十公里賽事乃對自己的測試，「想看看我能否突破自己，那份成就感會令我很開心。」十七歲的偉壕，由於家庭關係問題，在2021年暑假入住本會的賽馬會馬可紀念之家。兩年半以來，在院舍同工及社工的幫助下，性格及心態有很大的改變。

「我從前十分內向，又缺乏自信，每次提及母親時甚至會變得暴躁。」入住院舍後，他有機會參與不同的活動。他志願成為工程師，去年獲本會安排，到建築工程公司進行暑期工作。「我以前對陌生人連『早晨』也不敢講，現在適應新環境的速度快了很多，與人溝通的技巧也進步了。」更重要的是，他現在能夠控制自己的情緒，以平常心談論家事，「我比以前開朗，也開心多了。」偉壕開始積極計劃自己的將來，除了珍惜不同的工作體驗機會，也專注準備即將舉行的香港中學文憑考試。

今次參加渣打香港馬拉松十公里賽事，他希望藉此鍛煉毅力和意志力，有助他面對日後的挑戰。「我從未試過跑這麼長距離，目標是希望跑畢全程。」他最終以1:10:16完成賽事，他笑說：「比預期中好。」今次他成功挑戰自己，增強面對文憑試的自信心。

Jacky excels in sprinting, and he took the 10-kilometer race as a personal challenge. He wanted to see if he could surpass himself to grab the sense of achievement. 17-year-old Jacky had strained relationship problems with his family, and he moved into HKSAS's Jockey Club Mark Memorial Home (JCMMH) during the summer of 2021. Over the past two and a half years, with the help of our staff members and social workers at JCMMH, he has undergone significant changes in his character and mindset.

"I used to be very introverted and lacked confidence. Talking about my mother would irritate me much," Jacky claimed. After moving into JCMMH, he has opportunities to participate in different activities. He always wants to become an engineer. With the help of HKSAS, he took up a summer job at a construction company to learn about the industry. "I used to be too timid to even say 'good morning' to strangers, but now I am much quicker in adapting to new environments, and my communication skills have greatly improved," he proudly noted.

More importantly, he can now control his emotions and calmly talk about family matters. "I am now more cheerful and happier," he said. Jacky has started actively planning his future. He cherishes various job shadowing opportunities and is focusing on preparing for the upcoming DSE examinations.

By participating in the SCHKM 10-kilometer race, he hopes to cultivate perseverance and willpower, which will help him facing future challenges. "I have never tried running such a long distance. My goal was to run the entire course, and it turned out to be better than expected," he said with a beaming smile. He finished the race in 1:10:16. This achievement boosts his confidence and willpower in preparing for and coping with his upcoming DSE exams.

\* Hong Kong Diploma of Secondary Education



偉壕(左一)與院舍同工及其他宿友跑手  
Jacky (first left) with JCMMH staff members and runner residents



黃天賜：「我希望做一件令自己感到自豪的事。」

"I want to do something that makes me proud," said Felix Wong.

就讀中四的黃天賜，入住本會石壁宿舍已有三年。他的父母在很年輕時誕下他和弟弟，分開後兄弟倆與父親同住。然而父親太忙碌，負責照顧他們的外婆偏愛弟弟，令天賜一直有被遺棄的感覺，遇到挫折時更會有自殘行為。

入住宿舍初期，天賜仍有自殘的傾向，社工鼓勵他參加表達藝術治療。他自小五已開始彈結他，便嘗試以音樂表達內心所想。「他們未必能夠完全明白，但願意聆聽對我已經足夠。」除了音樂，運動也成為天賜抒發情緒的途徑。他熱愛跑步，覺得跑步可以鍛鍊意志力及心態。「曾有人教我，做一件事成功與否，心態決定境界。」他開始以積極正面的心態去看待事情。

他形容入住石壁宿舍是他人生的轉捩點。過往的經歷令他初入宿舍時像渾身是刺的刺蝟，不但對人防備，亦因此經常得罪人。直至宿舍導師問他：「你天天與別人爭執，不累嗎？」天賜才醒覺這些爭執其實毫無意義，便開始學習與人協調。宿舍導師亦



天賜的獎狀 Felix's certificates

每晚與他「談心」，差不多一年後他終於能心平氣和地與人相處。他亦積極參與宿舍舉辦的不同活動，代表學校(天賜就讀本會的群育學校東灣莫羅瑞華學校)參賽，更在石壁宿舍的開放日表演。「我希望到年老時回望自己的一生，會有些令自己感到自豪的事。」

在宿舍導師及社工的陪伴及鼓勵下，天賜逐漸發現自身的價值，亦希望人生過得有意義。今次參加渣打香港馬拉松十公里賽事，他努力練跑，恆常健身，結果以1:01:46「完走」。他笑言可以自豪地與父親說：「老豆，我得咗喇。」



天賜與馬拉松管理委員會委員梁匡舜先生(中)及馬拉松慈善計劃評審小組代表陸志聰醫生(左)分享參賽心得  
Felix shared his learnings with Mr. Alexander Leung, Member of Marathon Management Committee (middle) and Dr. Luk Che Chung, Representative of Marathon Charity Programme judge panel (left)

Felix, a Form 4 student, has stayed in the HKSAS's Island Hostel (IH) for 3 years. His parents had him and his younger brother at a young age. After they separated, Felix and his brother lived with their father. Their father was too occupied to look after them and their grandmother became their carer. She favoured the younger brother, leaving Felix with the constant feeling of being abandoned. He resorted to self-harm when facing setbacks.

When Felix moved into IH, he still had tendencies to self-harm, and our social worker encouraged him to participate in expressive arts therapy. As he has played guitar since Primary 5, he tries to express his thoughts with music. "People may not fully understand but their willingness to listen is enough for me." Apart from music, sports have also become a means for Felix to vent. He enjoys running and believes that it can strengthen his willpower and mindset. "Someone once taught me that attitude determines altitude, and this is the key to success." He then has begun to adopt a positive and optimistic attitude.

He describes moving into IH as a turning point in his life. His experience made him into a prickly hedgehog, often offending others. One day, a staff member asked him, "aren't you tired of arguing with others every day?" Not until then did Felix realise these arguments were meaningless. He started learning to compromise with others and the social worker had nightly heart-to-heart talks with him. It was almost a year later that he finally managed to get along with others calmly. He has also actively participated in various activities organised by IH, representing his school (Felix attends the Tung Wan Mok Law Shui Wah School, a school for social development under HKSAS) in competitions and performed during IH's open day. "I hope that when I look back on my life at old age, there are things that I can be proud of."

With the support and encouragement of our staff members and social workers, Felix gradually establishes self-esteem and hopes to live a meaningful life. To prepare for the SCHKM 10-kilometer race, he trained hard and exercised regularly. He finally completed the race in 1:01:46. Now he can proudly say to his father, "Dad, I made it."



方境熙：「跑步幫助我穩定性格。」

*"Running helps stabilise my character," said Lucas Fong*

「我不是一個性格穩定的人。」境熙說的性格不穩定，其實是指他在做許多事情時不懂得節制，打機便是其中一例。十七歲的方境熙，當年由於媽媽遭父親家暴，所以與媽媽被安排到婦女庇護中心暫住，及後獲分派公屋單位。後來他媽媽因患病而不能正常工作，亦未能妥善照顧境熙。入住荷蘭宿舍前，境熙每天打機二十小時，不但影響生活作息，更導致他不願上學，為此與媽媽經常發生衝突。

境熙於2021年2月入住本會荷蘭宿舍，在職員和社工的協助下，逐漸改變生活習慣。打機的時間減少了，而且宿舍規定每晚十點後不能用手機，生活作息亦大大改善，更開始認真學習。今次他主動參加十公里賽事，原本只打算做一件未曾做過的事，結果在過程中他學會了克制，令飲食習慣和心態都得到改善。

首先，他戒掉暴飲暴食的壞習慣。「為了增加體重，及令自己『大隻』，我經常吃很多東西。開始練跑後，發現跑步前後都不適宜吃太多，因此我開始減少食量，不知不覺間食量便被糾正過來。」此外，練跑時常有宿生超越他，起初境熙會不顧一切地提速追趕，結果腿抽筋了也追不上。「我學會長跑最重要是按照自己的體能及狀態，掌握適合的節奏及呼吸頻率，才可以持久及跑完全程。」雖然境熙最後比預期長的時間才完成賽事，但他從今次經驗中已取得跑步的竅門，並期待下次比賽可跑出更理想的成績。



境熙 Lucas

"I am not a person with a stable character," said 17-year-old Lucas. By this he means he lacks discipline when engaging in activities, playing video games being one of them. Lucas's mother experienced domestic violence by his father, hence he and his mother were temporarily placed in a shelter for women. Later they were allocated to a public housing unit. However, his mother later suffered from illness, preventing her from working normally and taking proper care of Lucas. Before moving into the HKSAS's Holland Hostel (HH), Lucas would play video games for 20 hours a day. This not only affected his daily routine, but also led him being unwilling to go to school, resulting in frequent clashes with his mother.

Lucas moved into HH in February 2021 and gradually changed his lifestyle with the help of staff members and social workers. He reduced the time on playing video games and stopped using his phone after 10 p.m. as regulated in HH. His daily routine has improved significantly, and he started taking his studies seriously. When he signed up for the SCHKM 10-kilometer race, his intent was merely to do something he had never done before. Yet, during the process, he learnt self-control and thus improved his eating habits and mindset.

Firstly, he got over the habit of overeating. "Wanting to gain weight for a more muscular body, I used to eat a lot. However, for the 10-km training, eating too much before or after running is not appropriate. I started reducing my food intake, without realising the portion eventually became normal," explained Lucas. Moreover, often in training, fellow residents would overtake him. Lucas used to try speeding up and chase after them at all costs, at times ended up getting cramped legs with fail attempts. "The most important thing in long-distance running is to follow my own physical abilities and condition and find a pace and breathing rate and rhythm that best suits me, so that I can complete the entire race," Lucas reflected. Although Lucas finished the race taking more time than expected, he has gained valuable insights into running and looks forward to achieving better results in future races.

每位宿生都在不同經驗中有獨到的啟發。本會一直致力為宿生提供多元化活動，讓他們有全人發展。活動當日所有同工及宿生在完成賽事後，齊集在本會的攤位合照。他們的笑顔不僅代表完成賽事的滿足感，更是所有同工服務的動力，延續如此美麗的笑容。

Every resident has their own takeaway from various activities. HKSAS has always been committed to enriching our residents' experience for their holistic development. On the event day, all the staff members and residents gathered at our booth for group photos after completing the race. Their smiles not only reflected the satisfaction of accomplishment, but also motivate all our dedicated staff members. We hope to perpetuate these beautiful smiles and continue creating positive impact.

如果你希望支持我們的宿生，或表揚他們如此努力完成賽事，讓他們明年再有機會藉慈善名額再度參與活動，請掃瞄二維碼捐款贊助他們。



If you wish to support our residents or commend their efforts in completing the race, allowing them the opportunity to participate in the event again next year, please scan the QR code to contribute and sponsor them.

UPCOMING  
EVENT  
活動預告

2024.6.15 (六 SATURDAY)



## 全港賣旗日 TERRITORY-WIDE FLAG DAY

籌款目的：為缺乏家庭照顧、有行為及情緒的孩子提供所需要的服務，豐富他們的體驗。

Purpose: Providing the necessary services for children lacking family care, with behavioural and emotional needs, and enriching their experience.

如果你支持我們為宿生提供更多元化的服務，請成為我們的賣旗義工。  
If you support our mission of providing diverse services to our residents, please become a volunteer for our Flag Day.

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## 聖誕活動焦點 — 衝出香港：絲綢之路甘肅站體驗

### Highlight of Christmas activities: Out of Hong Kong Experience SILK ROAD GANSU STOP

聖誕期間，我們有宿生獲贊助參加甘肅六天五夜的體驗團。他們許多都是第一次坐飛機出遊。旅程中有不少意外經歷，如登上鳴沙山時，由於山坡陡斜，地上的沙太軟，走上一步便需後退兩步，十分費力。此外，他們亦有個別的得着。

During the Christmas period, some of our residents were sponsored to participate in a six-day, five-night experiential tour to Gansu. Many of them were traveling by plane for the first time. During the journey, there were many unexpected experiences, such as when climbing Mingsha Mountain. Due to the steep slope and soft sand on the ground, it was very difficult to walk up. Each step forward required taking two steps back, making it extremely laborious. Each had his/her own take-away from the trip.



#### 荷蘭宿舍 馬銘浩(15歲)

「作為第一次出遊的我，對於冬天的甘肅充滿了期待。莫高窟展示了千百年來佛教的藝術，讓我感到震撼和敬畏。參觀嘉裕關關城讓我更了解中國古代的建築智慧和防禦工程，想到當時的士兵們如何守護邊疆，讓我深感敬佩和感激。參觀博物館讓我了解許多偉人的事蹟，激勵我不斷追求卓越。」

#### Ma Ming Ho (15-year-old) from the Holland Hostel

“As a first-time traveler, I was full of anticipation for winter in Gansu. Mogao Caves showcases the Buddhist art over thousands of years, which left me in awe and reverence. Visiting Jiayu Pass helped me better understand the wisdom of ancient China in architecture and defense engineering. I imagined how the soldiers guarded the border and felt deep admiration and gratitude. Visiting museums allowed me to understand the achievements of many great figures. It inspired and motivated me to constantly pursue excellence.”

#### 石壁宿舍 劉家希(14歲)

「在這六天，我經歷了許多第一次：（因為）第一次搭飛機、第一次離開香港，心情很激動。整個旅程我學到很多不同知識及了解當地文化，玩得很開心，也領略到原來有些事情是等不得，及守時的重要性。」

#### Lau Ka Hei (14-year-old) from the Island Hostel

“In these six days, I experienced many firsts: my first time taking a plane and my first time leaving Hong Kong, I was very excited. I learnt a lot of different knowledge and gained an understanding of the local culture during the entire journey. I had a great time and realised that some things cannot be delayed, and punctuality is important.”

#### 賽馬會馬可紀念之家 黃翔(18歲)

#### Huang Cheung (18-year-old) from the Jockey Club Mark Memorial Home

「這次的旅程經歷了許多新嘗試及第一次：嘗試去照顧人、嘗試去面對困難；第一次去北方和很冷的地方、第一次看到雪等。更重要的是，今次的旅程更堅定我希望成為宣教士的決心。之前暑假期間我獲贊助去東南亞短宣，天氣十分炎熱，今次則去了十分寒冷的地方。我發現自己能夠適應不同的環境和天氣，亦不怕與陌生人溝通和相處，對我日後成為宣教士的信心大大地提升。」

“This journey meant many new attempts and firsts for me: tried to take care of others, tried to face difficulties; it was my first time going to a northern cold region, my first time seeing snow, and so on. More importantly, this trip has strengthened my determination to become a missionary. During the summer vacation, I was sponsored to go on a short missionary trip in Southeast Asia, where the weather was extremely hot. This time, I went to a very cold place and discovered that I can adapt to various environments and weather conditions. I am also not afraid to communicate and interact with strangers, which has greatly boosted my confidence in becoming a missionary in the future.”

#### 兒童之家 黎浩宇(12歲)

「這次交流團我參觀了很多不同的景點及博物館，過程中我覺得自己長大了，希望將來有機會再參加類似的交流團。」

#### Lai Ho Yu (12-year-old) from small group home

“During this tour, I visited many different attractions and museums. Throughout the process, I felt like I grew up, and I hope to have the opportunity to participate in similar exchange tours in the future.”

本會會繼續積極尋求贊助，讓宿生有更多體驗機會，擴闊眼界。

We will continue to actively seek sponsorship to provide our residents with more opportunities for experiential learning and broaden their horizons.

## 聖誕活動焦點 — 衝出香港：澳門服務學習體驗

### Highlight of Christmas activities: Out of Hong Kong Experience SERVICE LEARNING IN MACAU

聖誕假期期間，三十位十三歲以下的宿生獲得捐贈者的慷慨贊助，到澳門進行兩天一夜之旅。他們從未去過澳門，因此對旅程十分興奮。宿生在澳門參加工作坊學習製作聖誕樹，送給當地長者綜合服務中心患失智症的長者。他們亦品嚐了地道的葡萄牙菜，並學習餐桌禮儀。這是他們部分的分享。

During the Christmas break, we received generous support from sponsors so 30 of our younger residents aged under 13 could embark on a two-day, one-night journey to Macau. These residents had never been there, so they were super excited about it. They attended workshop in Macau to make Christmas trees just to present them as gifts to seniors suffering from dementia in the local elderly home. They also enjoyed the lunch which was also a table manner class on Portuguese cuisine. These are some clips of their sharing.

#### 我最開心的是 My happiest thing was:

吃了十個咖喱魚蛋  
eating 10 curry fish balls

有得去  
able to go to this trip

我食蘋果乾。  
啱，好味。  
I had dried apple treats,  
cos yummy

到大三巴  
visiting the Ruins of Saint Paul's

#### 我最難忘的是 My most unforgettable memory was:

吃雪糕  
eating ice-cream

12:00 吋睡  
(I) could go to bed at midnight

#### 我學習到 I learnt:

澳門的英文  
the English name "Macau"

幫助別人  
helping others

要學識感恩。  
(to) be grateful

留意身邊的事物  
paying attention to things around me

# 捐利是 · 分享愛

## Donate Laisee

## Share Love

捐一封利是，將愛分享給缺乏家庭支援的孩子及青少年。支持我們在節慶日子為宿生提供活動，豐富他們的體驗及視野。

Donate a red packet, and share love with children and youth who lack family support. Support our organisation to provide festive activities for our residents, enriching their experiences and broadening their horizons.

- ✧ 捐款日期 Donation Period : 10-29/2/2024
- ✧ 捐款方法 Donation Methods :

- 1) 直接存款入本會匯豐銀行戶口741-382055-292，並將存款收據寄回 / 電郵本會  
Direct credit into our HSBC Bank account number 741-382055-292 and send / email the bank-in slip to us
- 2) 劃線支票 (支票抬頭:「香港學生輔助會有限公司」)  
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# 關於香港學生輔助會 About Hong Kong Student Aid Society

- 成立於1957年，是一間基督教非牟利機構
- 以「一切為了孩子」為信念，實踐基督仁愛精神，致力為有需要的兒童及青少年提供整全的服務
- 提供兒童及青少年住宿服務（荷蘭宿舍、石壁宿舍、賽馬會馬可紀念之家、兒童之家和寄養服務）、教育服務（東灣莫羅瑞華學校、基督教培恩小學和香港學生輔助會寶達幼兒園）及家庭支援服務（家庭能量）
- 乃本港主要提供兒童及青少年住宿照顧服務的機構之一，服務名額佔全港約13%
- 本會的宿生大多缺乏足夠和合適的家庭照顧，因此我們除提供住宿照顧，也幫助他們在品格、情緒、行為等各方面有良好發展，讓他們得到關懷與愛護，發展潛能，健康快樂地成長



- Founded in 1957, we are a Christian non-profit organisation
- We uphold Christian values with the motto 'All for children', and are committed to providing holistic services to children and youth in need
- We provide residential care services for children and youth (Holland Hostel, Island Hostel, Jockey Club Mark Memorial Home, Small Group Homes and Foster Care), education services (Tung Wan Mok Law Shui Wah School, Christian Pui Yan Primary School and Hong Kong Student Aid Society Po Tat Nursery), and family support service (Family Energy)
- We are one of the major children and youth residential care service providers, accountable for almost 13% of the entire sector in Hong Kong
- Most beneficiaries lack adequate family care. We are committed to not only providing them residential care with love and care, but also assist with their character, emotions and behaviour development, for them to thrive

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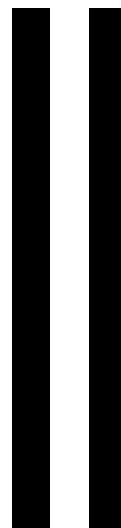
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