

# 青海兒童之友通訊

## Friends of Qinghai Children Newsletter

### 總幹事的話

#### A Message from the Executive Director

新型冠狀病毒蔓延全球，為保持社交距離及防疫，大家都要改變生活模式，這些轉變成為所謂的「新常態」。雖然疫情帶來挑戰，但我們對青海兒童及青少年的服務並沒有停止。

因為疫情，去年香港浸會大學中醫藥學院的導師和學生未能到青海探訪本會「橋樑計劃」的員工及青少年，但仍透過互聯網協助提供醫療評估及康復治療訓練。

我也未能前往青海出席最近一次的「大學生助學金發放儀式」，但利用互聯網參與其中，向學生們送上鼓勵的話語。看到他們一直自強不息，持續學習以追求夢想，我深感安慰，期望有日他們能以所學回饋社會。雖然社交距離措施令人與人之間多了隔閡，但我相信只要大家的心同在，青海的孩子也能感受到我們的愛和關懷。

期望您對青海孩子的愛與關懷沒因疫情而止息。

As COVID-19 continues to spread globally, we have had to make different lifestyle changes to practise social distancing and stay safe, many of these adjustments have become the so-called "new normal". Despite the challenges imposed by the pandemic, we did not suspend our services to our Qinghai youth and children.

For example, due to the pandemic, lecturers and students from the Hong Kong Baptist University School of Chinese Medicine (HKBU SCM) couldn't pay a visit to Qinghai to see the Bridge Programme staff and teens last year, but the team still assisted in medical assessments and rehabilitation trainings online.

As I couldn't travel to Qinghai to present the most recent "Education Grant Presentation Ceremony", I joined the event online to send my words of encouragement. Seeing that students are constantly striving to improve themselves by continuing their studies to pursue their dreams, I am deeply comforted and look forward to the day when they can give back to the society with what they have learned.

Although the practice of social distancing has created some separation among people, I believe that as long as our hearts are united, the children in Qinghai can feel our love and care.

I hope your affections for the children in Qinghai would not cease due to the pandemic.



*Ang Cheung*

張洪秀美

Mrs. Cheung-Ang Siew Mei, JP



能夠繼續得到浸大中醫團隊的關顧，橋樑家園的青年都喜出望外！  
Our teens at the Bridge Home were elated to get the care provided by HKBU.



本地康復師與香港浸會大學中醫團隊積極交流。  
Our rehabilitation specialists are learning eagerly from the Hong Kong Baptist University Chinese Medicine team.

### 網上中醫交流 提升孩子康復治療服務質素

#### Online medical exchange enhances the quality of rehabilitation services

孩子的健康是我們最為著緊的事！去年暑假結束前，香港浸會大學中醫藥學院的團隊一如既往，為橋樑家園的康復師和青年安排康復交流學習，透過互聯網指導康復師為12名橋樑家園的青年提供每人4節康復服務。

在康復師和中醫導師的積極交流下，我們得以改善日常的康復治療服務，加入中醫治療手法，為青年提供更高質素的康復鍛煉，包括提高腦癱青年的骨關節活動能力，以及向當地人員和青年教授基礎中醫和推拿技巧，推動助人自助。

疫情令出入境受到限制，青海的員工和青年都以為在2020年不會見到中醫團的哥哥姐姐，可以在螢幕上看見他們，青年們簡直喜出望外！他們都希望浸大中醫團隊明年可以親身到青海與他們再聚。

Children's health is our top priority! Last year before summer holidays came to an end, the team from Hong Kong Baptist University School of Chinese Medicine (HKBU SCM) conducted a rehabilitation exchange with the Bridge Home's staff and teens. The Hong Kong team provided four rehabilitation sessions to each of the 12 Bridge Home teens online.

Thanks to the active exchanges between our rehabilitation staff and HKBU SCM's Chinese medicine instructors, we were able to improve our daily rehabilitation treatment services and provide the youth at our Bridge Home with higher quality care. This includes the improvement of joint mobility among teens with cerebral palsy, and the teaching of basic Chinese medical and Tuina skills to local workers and youths.

Our Qinghai staff and teens thought they would not be able to see their older brothers and sisters from HKBU SCM in 2020 due to travel restrictions, but they were delighted to see them online. Our Qinghai caretakers and residents hope to reunite with the faculty and students from HKBU SCM this year.



## 辛勤的回報

### Hard work pays off

黃南州兒童福利院  
Huangnan Children's Home

2020年內地高考成績揭曉！黃南州兒童福利院的孩子繼續保持優異表現，18名參加高考的學生，有6名獲大學取錄，其餘則升讀職業訓練院校，他們的努力終於得到回報。

Results of the 2020 National College Entrance Examination results were out! Older teenagers from Huangnan Children's Home continue to maintain a high level of academic excellence. Among the 18 students who took the college entrance examination, 6 have secured admission in universities, and the rest have entered vocational colleges. Their hard work finally paid off!



除了努力學習準備日後應付高考，黃南州兒童福利院的孩子也愛閱讀課外書。  
In addition to studying hard to prepare for their National College Entrance Examination one day, our kids in Huangnan Children's Home also love to read outside of school.

## 助學圓夢

### Granted to achieve a dream

助學金項目  
Education Grant Programme

2019/20學年「助學金發放儀式」順利完成，共64名受助大學生及其家長出席了簡單而隆重的典禮。祝願他們往後學習順利！

On the other hand, we held a successful "Education Grant Presentation Ceremony" for the academic year of 2019-2020. A total of 64 university students and their parents attended the simple yet grand ceremony. We would like to wish them all the best and good luck in their future studies!



榮獲助學金的學生透過視像會議，接受本會總幹事張太的鼓勵和祝賀。  
"Education Grant" awardees got our Executive Director Mrs. Cheung's encouragement and congratulatory messages through video conference.

## 動手包糰子

### Making rice dumplings

西寧市兒童福利院  
Xining Children's Home

端午節是我們的孩子最期待的節日之一，因為可以嘗到平日無法吃到、美味可口的糰子。

西寧市兒童福利院召集院內5個心寧家園的家庭，讓孩子們一起包糰慶祝。在小組家庭家長悉心指導下，大家都在一片喜慶中歡度端午，為節日多添一重意義！

The Dragon Boat Festival is the most anticipated festivities among our children because they get to taste the delicious rice dumplings which aren't available on usual day. The Xining Children's Home gathered 5 small group families to let their children make dumplings together to celebrate the festival. Under the careful guidance of the home parents, everyone celebrated the Dragon Boat Festival in a festive season, adding more meaning to the festival!



西寧市兒童福利院心寧家園的家長，耐心地教導孩子包糰子。

A home group parent patiently teaching her child dumpling wrapping.

孩子、家長和同工聚首一堂，慶祝端午節。  
Children, home parents and staff at the Children's Home happily gathered to celebrate the festival!



## 安全小組

### Safety Committee

海南州兒童福利院  
Hainan Children's Home

為加強孩子們的安全意識，海南州兒童福利院籌辦了5節「安全小組」，內容涵蓋交通安全、預防溺水、防止拐賣等孩子可能遇到的緊急情況。透過活動式學習，他們都學會了實用的知識以應對不同的突發狀況。

To enhance children's safety awareness, the Hainan Children's Home organised five sessions of "safety committee". The programme covered traffic safety, drowning prevention, abduction prevention, and other emergencies that children might encounter. Through experiential learning, they all gained the practical knowledge to cope with different emergencies.



透過活動式學習，孩子們更能掌握安全技能。  
Through experiential learning, the children mastered the safety skills easily!

孩子們正觀看有關安全的教學短片，看他們多留心！  
Watching educational videos on safety, look at how attentive they are!





## 重塑人生劇本

### Rewrite Your Story

在青藏高原上以畜牧為生不容易，毅然放棄固有的放牧技能、舉家移居到城鎮生活，更是艱難的決定。在重重困難下，索南一家仍作了這樣的選擇。

While it is not easy to live on livestock on the Qinghai-Tibetan plateau, to resolutely give up innate herding skills and uproot the entire family to the urban town is an even tougher decision. Against the odds, that was Suonan's family's choice.

**索**南一家原是牧民，父親為了讓子女可以接受更好的教育，於2006年退牧還草，舉家移居到城鎮。從前索南的父親以照顧牛羊為生，現在則靠經營小賣店售賣零食、飲料、藏族服裝，賺取微薄的收入養活一家七口。雖然生活艱苦，他仍堅持讓4名子女上學，所以教育成了他們最大的開支負擔。索南與二弟在大學時，必須向政府申請學生貸款，但相繼而來的是巨大的還款壓力，而且他們還要照顧兩名就讀中學的弟妹。幸好有基督教勵行會青海助學金計劃，索南獲得全額獎學金，減輕了他與家人的經濟及心理負擔，讓他可專注學業，並於今年完成大學課程。

索南喜愛拍攝相片和影片。畢業前，他在四川一家藏族影視公司實習，公司負責人是藏族知名導演萬瑪才旦的學生。那時候，索南不但學會拍攝、編輯影片等技巧，更對娛樂製作行業有更深認識。該公司負責人十分著重對索南的培訓，更讓他參與撰寫劇本及電影拍攝。

索南說：「這次實習讓我學到不同的拍攝和攝影技術，並啟發我要在人生中做得更好……」



在本會安排下，索南在學期間參與社區服務。  
Under Christian Action's arrangement, Suonan participated in community service when he was a student.



索南熱愛拍攝相片及影片。  
Suonan loves photography and shooting!

**S**uonan comes from a family of herdsmen. In 2006, Suonan's father left the grassland and moved his family to the town so his children could get a better education. Used to looking after cattle and sheep, Suonan's father now runs a small shop selling snacks, drinks and Tibetan clothing, and earns a meagre income to support his family of seven. Although life is not easy, Suonan's father still insists on letting his four children go to school, and the family spends the most on the children's education. Suonan and his second brother had to apply for a student loan from the government when they were in college. The loans had put an immense amount of pressure on the brothers who had to study well to repay their debts and look after their two younger siblings still in middle school! Thanks to Christian Action's Qinghai Education Grant Programme, Suonan received a fully funded studentship which brought some financial and psychological relief to his family and allowed Suonan to focus on his studies and finish university this year!

Suonan loves photography and filming. Before his graduation, he interned at a Tibetan film and television production company in Sichuan, whose director was a student of the renowned Tibetan director, Wanma. Suonan not only learned how to shoot and edit films, but got a more in-depth understanding of the entertainment production industry. The company director took great care in training Suonan and even involved him in script-writing and film-shooting!

Suonan describes, "The internship allowed me to learn different shooting and photography techniques, and the exposure inspired me to do better in life..."



現時索南一邊做兼職，一邊預備投考公務員，希望可掙取更穩定收入，以支持家人的生活。事實上，他有更遠大的人生目標——成立個人攝影工作室。雖然距離夢想成真還有一段遙遠的路，但索南正一步一步地重塑其人生劇本。

Suonan is now working part-time while preparing for his civil servant exam in hopes of earning a stable income to better support his family. In truth, he has a far more ambitious life goal – to open his own photography studio. Although there is still a long way for Suonan to achieve his dream, he is rewriting his story with each step he takes.



索南的父母經營小賣店養活一家七口  
Suonan's parents run a small shop to feed a family of seven.

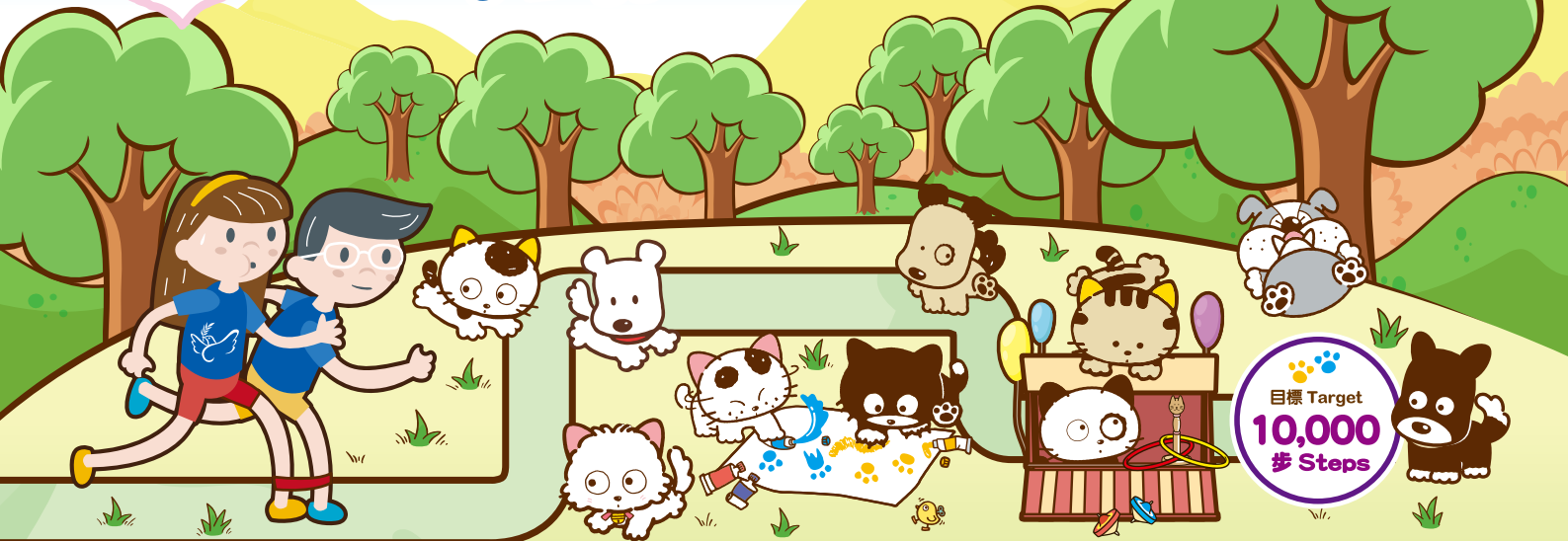


索南感謝青海助學金計劃的資助，讓他能完成學業。  
Suonan is thankful for the help received under the Qinghai Education Grant Programme, which enabled him to complete his studies.



## 2人3足勵同行 3-Legged Charity Walk

線上版  
Virtual Version



查詢 Enquiry **2716 8862** Christian Action 基督教勵行會

日期 Date **12-25.3.2021**

### 籌款目的 OBJECTIVE

為香港低收入家庭兒童、青海省孤兒及殘障兒童籌款  
To raise funds for children from low income families in Hong Kong as well as orphans and children with disabilities in Qinghai

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## 為他們伸出援手！ They need your help now!

### 捐助表格 Donation Form

- ☐ 我願意成為基督教勵行會青海兒童之友，每月捐款：  
I would like to make a one-off donation to support Christian Action's Friends of Qinghai Children, with a monthly donation of:  
HK\$ ☐ 150 ☐ 200 ☐ 300 ☐ 其他 Others \$ \_\_\_\_\_
- ☐ 我願意一次過捐助，以支持基督教勵行會青海兒童之友計劃：  
I would like to make a one-off donation to support Christian Action's Friends of Qinghai Children Programme  
HK\$ ☐ 300 ☐ 500 ☐ 1000 ☐ 其他 Others \$ \_\_\_\_\_
- ☐ 我願意調整我每月捐款金額，幫助更多青海孤兒。  
我現時每月捐款金額為 HK\$ \_\_\_\_\_，新的每月捐款金額為 HK\$ \_\_\_\_\_  
I would like to increase my monthly donation to help the Qinghai orphans.  
Currently, my monthly donation is \$ \_\_\_\_\_  
NOW, I want to upgrade my donation to \$ \_\_\_\_\_

#### 只要每月捐款 By donating monthly

- \$150** 一年可以為來自貧困鄉村的學生提供兩個月大專及大學的學費  
a year can support 2 months tertiary education tuition fee for a student from an impoverished village
- \$200** 一年可以讓一名小組家庭的兒童得到兩個月的照顧  
a year can provide 2 months of care to a child in a small group home
- \$300** 一年可以為過渡至成人階段的青少年提供26節康復訓練  
a year can provide 26 rehabilitation training sessions to youth in the adult transition programme who have disabilities.

- ☐ 個人捐款 Individual Donation ☐ 機構捐款 Organisation Donation
- 姓名 Name \_\_\_\_\_
- 機構名稱 Organisation \_\_\_\_\_
- 地址 Address \_\_\_\_\_
- 電話 Telephone \_\_\_\_\_
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#### 捐款方法 Donation Methods

- ☐ 信用卡付款 By Credit Card   
持卡人姓名 Card Holder's Name \_\_\_\_\_  
信用卡號碼 Credit Card No. \_\_\_\_\_  
到期日 Expiry Date \_\_\_\_\_ 簽署 Signature \_\_\_\_\_
- ☐ 郵寄劃線支票 By Crossed Cheque  
抬頭請寫「基督教勵行會—慈善服務」；支票背面請寫上捐助者姓名及聯絡方法。  
Payable to "Christian Action - Charity Services".  
Please write the name and contact information at the back.
- ☐ 網上捐款 By Internet  
可於本會網頁直接進行登記捐款及轉帳  
Donate online and make a money transfer.
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