不同的文化，一樣的快樂
Different Culture, Same Joy

我很高興在四月下旬能夠探訪「香港最佳老友」。這裡的文化和「最佳老友」項目令我這一趟旅程特別奇妙。

我到達香港後剛好趕上參加「第十屆香港最佳老友電競煮飯比賽」，這是一個十分精彩的文化節目「香港最佳老友」團隊將參賽者、家人、董事局委員、嘉賓和社區人士凝聚在一起，讓他們一同享受這特別賽事的決賽。十二隊隊伍從九十隊中脫穎而出，進入決賽，再由三位香港最有名的廚師評審。這些決賽隊伍的廚藝及菜餚的實在令人刮目相看。我相信，「香港最佳老友」項目中蘊藏著一些未來大廚師！

我很欣賞的交流並不止於烹飪比賽。之後的數天，我更有機會參加香港教育學院社會工作高級文憑課程所舉辦的分社活動。當我們進入課室時，老友已在開場，而分社職員正在為這群老友準備遊戲，所以蓓玲和我都立刻加入。我們非常開心認識到部分參賽者。跟分社一起享用午餐和參加活動，令我回想起我在美國擔任「馬里蘭最佳老友」項目裡所度過的一點一滴。當我想到這兩群活在香港兩端的學生，他們都有同樣使命和努力時，我就不經意地笑了起來。顯而易見，交際，不論是在香港或在美，都能帶來快樂和生命添色彩！

這個旅程最精采的環節，便是數「香港最佳老友大使」訓練營。演講導師和大使都十分熱誠參與，為令訓練營成功進行，我衷心感謝他們的付出以及他們對訓練營所做的準備工夫，每一位受訓者都全情投入，努力將他們的想法和經驗透過演講與表達出來。他們分享了激勵人心的真人真事，挑戰社會去認識人所有的能力，不過，大使訓練營也不全然是艱苦的。我們透過冰壆遊戲互相認識，一起「飲茶」......大家都充滿樂趣！我可以跟這樣的共同珍惜這麼多美食，是一個相當難忘的經驗！在活動後，大使輪流演講，我能感受到當時他們展現出前所未有的信心和自豪感。我為每一位香港大使而自豪，我期待看到他們下一個成就！

時間過得真快！眨眼間，我在香港的一週旅程就來到尾聲了......我在此個美妙的環境裡見過了許多不起眼的隊員和參加者，也經歷了不少。香港這個地方充滿了友善的人們、優美的景色、美味的食物。當然也充滿了「最佳老友」。項目！香港，下次見再！

In late April I had the pleasure of visiting Best Buddies Hong Kong. I experienced so many wonderful things, both culturally and within Best Buddies program.

I arrived in Hong Kong just in time to take part in Best Buddies Hong Kong’s 11th Annual Cooking Competition. What an event! I met the founders of Best Buddies Hong Kong, brought together participants, families, board members, special guests and community members to enjoy the finale of this extremely unique competition. Twelve teams out of ninety were in the running for the final heat, which was judged by three of Hong Kong’s most famous chefs. I was amazed by the cooking ability of the finalists and the presentation of their dishes. I think it’s safe to say there are some future chefs in the Best Buddies Hong Kong program!

My interaction with participants did not stop at the cooking competition. In the days following I had the opportunity to attend a Battle event organized by the Higher Diploma in Social Work Programme of the Hong Kong Institute of Education. As we entered the classroom, Buddy Pairs were chatting and the chapter officers were preparing to start a game with the group. Elaine and I quickly joined in on the fun and had a blast getting to know some of the participants. As we enjoyed lunch and further activities with the chapter, I was reminded of my time working as a Program Manager with Best Buddies programs in Maryland, USA. It brought a smile to my face to think about these two groups of students on opposite sides of the world working towards the same mission. It’s clear that friendship brings enrichment and joy in every culture.

A highlight during my trip was the inaugural Best Buddies Hong Kong Ambassador Training. The Speech Coaches and Ambassadors were eager to participate and make the training a success. I was most impressed by the Ambassadors and how well they prepared themselves for the day of learning. Each trainee gave their full effort as they worked to turn their ideas and experiences into speeches. They shared inspiring real-life stories and challenged society to see all people for their abilities. The Ambassador training wasn’t all hard work. We had fun getting to know one another while playing ice breaker games and enjoyed a sumptuous lunch together. It was quite the experience for me to try so many delicious dishes and the pleasure to share the meal with such great company! At the end of the day as the Ambassadors were giving their speeches, I could feel a new sense of pride and confidence in the room. I am proud of each of Hong Kong’s Ambassadors. I can’t wait to see what they accomplish next!

My week in Hong Kong came to a close too quickly. I met so many wonderful team members and participants and experienced so much in this tremendous city. Hong Kong is filled with friendly people, great sights, delicious food, and of course an excellent Best Buddies program! Until next time, Hong Kong!
**Welcome Activity**

为欢迎国际「最佳老友」全球计划副總監戴安娜女士及澳門至友協會總幹事崔恩明女士來港出席扶康會「第十一屆香港最佳老友電競烹飪比賽」、「香港最佳老友」董事會特意於2015年4月25日為兩位嘉賓舉行歡迎茶會。出席者包括兩位董事局委員長林小玲女士及副理事長Diana RHL等特別安排的「最佳老友」培訓課程及活動。戴安娜女士詳解課程安排後，表示對「香港最佳老友」的工作十分欣賞和肯定！

Best Buddies Hong Kong Council made a special effort to arrange a tea gathering on 25 April 2015, to welcome Ms. Diana RHL, Deputy Director of Best Buddies International, and Ms. Elizabeth TSW, Executive Director of Best Buddies Macao Association, to the 11th “Best Buddies Hong Kong” Movement Electric Cooking Competition held by Fu Hong Society. Attendants include two board members, Mrs. Cecilia WONG LAM, and Dr. Joseph KWOK BBS, JP; Ms. Becky LUK, Executive Director, Ms. Frankie TSW, Assistant Executive Director, Ms. Silvia MAK, Regional Manager, and Ms. Elaine TSANG, Project Manager of BBHK. The two board members introduced to Ms. Diana RHL the services of Fu Hong Society and the development of Best Buddies Hong Kong, after which Ms. Diana RHL expressed her appreciation and gave a much recognition to Best Buddies Hong Kong.

**A Visit to BBHK Chapter Activity**

戴安娜女士在香港期間，於2015年4月27日參加扶康會葵興職業發展中心及香港教育學院社會工作高級文憑分社活動，親身感受學生老友及老友之間的友誼。葵興中心的老友們有機會到社會工作實習，並為他們送上親手製作的禮物打氣。這份滿心的祝福令學生老友既意外又感動。之後老友們一起玩遊戲，交談和午膳，使整個校園洋溢著溫馨及歡樂的氣氛！

Ms. Diana RHL stayed in Hong Kong for a week. On 27 April 2015, Ms. Diana RHL took part in an event organized by FHS Kwai Hing Vocational Development Centre and HKEd Higher Diploma in Social Work Programme Chapter, through which she closely felt the friendship between student buddies and buddies. After the buddies in Kwai Hing Centre had known that their student buddies will start their tough social work placement in the summer holiday, they made a special visit to HKEd Tsuen Kwan O Campus to boost the students’ morale by giving them some hand-made gifts. This heart-warming visit was both surprising and touching. Afterwards, buddies played games, chatted, and had lunch together, filling the campus with warmth and joy!
「香港最佳老友大使」訓練

Best Buddies Hong Kong Ambassador Training

在2015年4月29日，「香港最佳老友大使」訓練，一批老友都感到十分雀躍。是次訓練目標是發掘智障老友的潛能和培養他們的自信心，其中特別讓他們學習扮演技巧，希望他們在不同場合都可成為「香港最佳老友」運動的代言人，向社會人士表達他們的需要，讓大家多關注智障人士的福祉。

是次訓練共有六位老友參加，包括鄭佩芬（長康之家）、鍾海燕、黃佩華（斐樂中心）、黃敏安、鄭志豪（柔莊之家）及鄭鎮華（石圍角工場）。國際「最佳老友」全球計劃副總監戴安娜女士親臨香港負責老友大使訓練課程，令大家都感到十分榮幸。戴安娜女士更在六位老友大使完成訓練後即場頒贈證書給他們。六位老友大使的會在2015年7月4日出席「香港最佳老友」周年大會，屆時將會舉行一個簡單而隆重的「香港最佳老友大使」訓練畢業典禮，以肯定他們的努力。

Six buddies participated in the training, including CHENG Pui-wun, CHUNG Ho-yuen, WONG Pui-wah, WONG Chun-on, FOK Chi-ho and KWOK Yiu-wah. It was our honour to have Ms. Diana RHL, Deputy Director of Best Buddies International, in Hong Kong to take charge of the training course. Ms. Diana RHL also presented certificates to the six participants after training that day. The six buddy ambassadors will attend the “Best Buddies Hong Kong” Annual Gala on 4 July 2015, in which the graduation ceremony of Best Buddies Hong Kong Ambassador Training will be held in recognition of their efforts.

探訪香城茶室

A Visit to City Cafe

忙碌過後，戴安娜女士於2015年4月30日抽空到訪扶濟會轄下位於尖沙咀香港歷史博物館的社區茶室 — 「香城茶室」。戴女士十分欣賞茶室的懷舊陳設，當然少不了品嚐茶室受創名的「老香港」奶茶及食品。此外，戴女士亦欣賞了解社企運作及殘疾人士的就業情況。為感謝戴女士過去一星期的積極參與，國際專家傑輝女士及「香港最佳老友」項目經理曾淑玲女士代表本會致送自家品牌「康軒曲奇」及「香港最佳老友」運動T恤予戴女士作為紀念。

After the busy days, Ms. Diana RHL freed herself to visit City Cafe on 30 April 2015. City Cafe is a social enterprise restaurant of Fu Hong Society in Hong Kong Museum of History, Tsim Sha Tsui. Ms. Diana RHL appreciated the restaurant’s nostalgic setting, and of course, she also tried the popular “old Hong Kong” milk tea and other food. Besides, she took the opportunity to know more about the operation of social enterprises and the employment situation of persons with disabilities. In order to thank Ms. Diana RHL for her active involvement over the week, Ms. Silvia MAK, Regional Manager, and Ms. Elaine TSANG, Project Manager of BBHK, presented to Ms. Diana RHL our own brand, Madam Hong’s Bakery Cookie, and the BBHK T-Shirts on behalf of Fu Hong Society.
Chapter Activities

Lok Wah Adult Training Centre and Cheaphua Industries Limited held a Chapter activity.

Chun Shing Adult Training Centre and Li Po Chun United World College of Hong Kong celebrated Lunar New Year.

Hong Kong Island East Service Units and Pui Kiu Middle School enjoyed Chapter activity "Let's play War game together."

Chapter Buddies formed a team to participate in the BBHK Cooking Competition.

Cheung Sha Wan Adult Training Centre and Tung Wah College organized a gaming booth during the Final of BBHK Cooking Competition.

Chun Shing Adult Training Centre and Li Po Chun United World College of Hong Kong performed "Happy Chair Dance."

Representatives from 18 Chapters introduced themselves and sang together on the stage during the Final of BBHK Cooking Competition.