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」。這裏的文化和「最佳老友」項目令我這一週旅程特別奇妙。

我到達香港後剛好赶上參加「第十一屆香港最佳老友電競烹煮比賽」。這是一個十分精彩的比赛！「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，讓他們一同享受這獨特賽事的決賽。十二隊隊伍在九十分鐘內競逐出，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和菜餚的實相令我刮目相看。我相信，「香港最佳老友」項目中蘊藏着一些未來大廚師！

我跟參加者的交流並不於烹煮比賽。之後的數天，我更有機會參加香港教育局社會工作高級文憑課程所舉辦的分社活動。當我們進入課堂時，老友已在開課，而分社職員正在為這群老友準備遊戲，所以淑玲和我都立刻加入。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當「馬里蘭最佳老友」項目經理時的一點一滴。當我想到這兩個地方在全球兩端的學生，為了同一個使命努力時，我就不禁把頭點了起來。顯而易見，友誼，不論在那個地方，都能帶來歡樂和為生命增添色彩！

這次旅程最精彩的環節，要數「香港最佳老友大使」訓練營。演講導師和大使都十分踊躍參與，為求令訓練成功進行。最令我印象深刻的是大使以及他們在訓練前所做的準備工夫，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表達出來。他們分享了激勵人心的真人事蹟，挑戰社會去認識人的所有能力，不過，大使訓練也不全然是艱苦的。我們透過親子遊戲互相認識，又一起「飲茶」，大家都樂在其中！我可以說這裡的同伴分享這種健康美食，是一種相當難忘的經驗！那天最後，大使輪流演講，我能感受到當時他們展現出前所未有的自信心和自豪感。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，我在香港的一周旅程就來到尾聲了……我在這裡的美妙的城市裏遇見了許多了不起的隊員和參加者，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，當然也有出色的「最佳老友」項目！香港，下次再見！

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 programs.

I arrived in Hong Kong just in time to take part in Best Buddies Hong Kong’s 11th Annual Cooking Competition, What an event! The teams from Best Buddies Hong Kong brought together participants, families, board members, special guests and community members to enjoy the finales of this very 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 Chapter 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 of 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 a 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 the audience 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 dim sum lunch together. It was quite the experience for me to try so many delicious dishes and to have the pleasure to share food 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 so 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 participants and experienced so much in this tremendous city, Hong Kong is filled with friendly people, great sights, delicious food, and of course on excellent Best Buddies program! Until next time, Hong Kong!
Welcome Activity

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

A Visit to BBHK Chapter Activity

Ms. Diana RHIL stayed in Hong Kong for a week. On 27 April 2015, Ms. Diana RHIL took part in an event organized by FHS Kwai Hing Vocational Development Centre and HKIEd 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 HKIEd Tsuen Kwan O Campus to boost the students’ morale by giving them some handmade 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!

Ms. Diana RHIL stayed in Hong Kong for a week. On 27 April 2015, Ms. Diana RHIL took part in an event organized by FHS Kwai Hing Vocational Development Centre and HKIEd 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 HKIEd Tsuen Kwan O Campus to boost the students’ morale by giving them some handmade 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，一眾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演說技巧，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）、鍾海洋、黃觀華（澳門中心）、黃華安、黃志華（柔莊之家）及鄭慧華（石圍角工場）。國際『最佳老友』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。六位老友大使均在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-fun, 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

在繁忙過後，戴安娜女士於2015年4月30日抽空到訪茶室，她位於尖沙咀香港歷史博物館的社企餐廳——『香城茶室』。戴安娜女士十分欣賞茶室的懷舊氛圍，當然少不了品嚐茶室的名聲小吃。另外，戴安娜女士亦了解社企一直支持弱勢社群的社會責任，認為活動能為社企帶來更廣的關注。戴安娜女士將於未來親自出席茶室的周年慶典，屆時將會頒發紀念品給茶室的員工。感謝戴安娜女士的親臨支持，讓香城茶室能夠保持活力，為社會貢獻更多正能量。

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 Chaphua Industries Limited held a Chapter activity.

Chun Shue 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”.

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

Chun Shue 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 BB HK Cooking Competition.