

不同的文化，一樣快樂

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」項目令我這一趟旅程特別奇妙。

我到達香港後剛好趕得上參加「第十一屆香港最佳老友電能烹飪比賽」。這是一個十分精彩的比賽！「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賣相令我刮目相看。我相信，「香港最佳老友」項目中蘊藏著一些未來大廚師！

我跟參加者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，老友已在閒談，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加者。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。當我想到這兩群活在地球兩端的學生，為了同一個使命而努力時，我就不經意地笑了起來。顯而易見，友誼，不論在哪个文化裏，都能帶來歡樂和為生命增添色彩！

這趟旅程最精彩的環節，便要數「香港最佳老友大使」訓練了。演講導師和大使都十分踴躍參與，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天前所做的準備工夫。每一位受訓員都全情投入，努力將他們的想法和經驗透過演講辭表達出來。他們分享了激勵人心的真人真事，挑戰社會去認識人的所有能力。不過，大使訓練也不全是艱苦的。我們透過破冰遊戲互相認識，又一起「飲茶」，大家都不亦樂乎！我可以跟這麼棒的同伴共享這麼多美食，是一個相當難忘的經驗！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……我在這個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 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! The team from Best Buddies Hong Kong brought together participants, families, board members, special guests and community members to enjoy the final round 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 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 a day of learning. Each trainee gave their full effort as they worked to turn their ideas and experience 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 dim sum lunch together. It was quite the experience for me to try so many delicious dishes and a 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 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 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!

國際「最佳老友」全球計劃副總監
戴安娜女士(右)

Ms. Diana RIHL, Deputy Director of
Best Buddies International(right)



接待活動

Welcome Activity

為歡迎國際「最佳老友」全球計劃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能烹飪比賽」，「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聚，出席者包括兩位董事局委員王林小玲女士MH及郭鍵勳博士BBS, JP、總幹事陸慧妍女士、助理總幹事徐群燕女士、區域經理麥潤芸女士及「香港最佳老友」項目經理曾淑玲女士。兩位董事局委員在席間介紹扶康會的服務和「香港最佳老友」的發展，戴女士細心聆聽後，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 RIHL, 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. Attendants include two board members, Mrs. Cecilia WONG LAM, MH, 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 RIHL the services of Fu Hong Society and the development of Best Buddies Hong Kong, after which Ms. Diana RIHL expressed her appreciation and gave much recognition to Best Buddies Hong Kong!

探訪分社活動

A Visit to BBHK Chapter Activity



戴安娜女士在留港期間，於2015年4月27日參與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。葵興中心的老友得悉教院的學生老友即將於暑假開始艱辛的社工實習，故此特意去到教院的將軍澳校舍為學生老友加油，並為他們送上親手製作的禮物打氣。這份窩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 RIHL stayed in Hong Kong for a week. On 27 April 2015, Ms. Diana RIHL 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 Tseung 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



Best Buddies Hong Kong held the Best Buddies Hong Kong Ambassador Training on 29 April 2015, in which all buddies shown great enthusiasm. The training aimed to discover talents of buddies with intellectual disabilities and to help them build confidence. Among various sections, speech training was included particularly, hoping that buddies can become the spokespersons of Best Buddies Hong Kong Movement on different occasions, to express their needs in society and to raise public awareness on the welfare of persons with intellectual disabilities.

在2015年4月29日，「香港最佳老友」舉辦了「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，讓大眾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、黃佩華（葵興中心）、黃駿安、霍志豪（柔莊之家）及郭耀華（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。六位老友大使均會在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-fun, CHUNG Hoi-yeun, WONG Pui-wah, WONG Chun-on, FOK Chi-ho and KWOK Yiu-wah. It was our honour to have Ms. Diana RIHL, Deputy Director of Best Buddies International, in Hong Kong to take charge of the training course. Ms. Diana RIHL 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日抽空到訪扶康會轄下位於尖沙咀香港歷史博物館的社企餐廳——「香城茶室」。戴女士十分欣賞餐廳的懷舊陳設，當然少不了品嚐餐廳馳名的「老香港」奶茶及食品。此外，戴女士亦趁機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，區域經理麥潤芸女士及「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「康姨曲奇」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 RIHL 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 RIHL 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 RIHL for her active involvement over the week, Ms. Silvia MAK, Regional Manager, and Ms. Elaine TSANG, Project Manager of BBHK, presented to Ms. Diana RIHL our own brand, Madam Hong's Bakery Cookie, and the BBHK T-Shirts on behalf of Fu Hong Society.

分社花絮

Chapter Activities



樂華成人訓練中心及捷和實業有限公司分社活動
Lok Wah Adult Training Centre and Chiaphua Industries Limited held a Chapter activity



秦石成人訓練中心及香港李寶椿聯合世界書院分社
新春活動
Chun Shek Adult Training Centre and Li Po Chun United World College of Hong Kong celebrated Lunar New Year



港島東服務單位及培僑中學分社
活動「合作無間野戰樂」
Hong Kong Island East service units and Pui Kiu Middle School enjoyed Chapter activity "Let's play War game together"



分社老友一同參加烹飪比賽
Chapter Buddies formed a team to participate in the BBHK Cooking Competition



長沙灣成人訓練中心及東華學院分社一同於烹飪比賽
決賽當日推行攤位遊戲
Cheung Sha Wan Adult Training Centre and Tung Wah College organized a gaming booth during the Final of BBHK Cooking Competition



秦石成人訓練中心及香港李寶椿聯合世界書院分社
「快樂椅子舞」表演
Chun Shek Adult Training Centre and Li Po Chun United World College of Hong Kong performed "Happy Chair Dance"



全港18個分社代表在烹飪比賽決賽當中表演唱歌及介紹
各分社
Representatives from 18 Chapters introduced themselves and sang together on the stage during the Final of BBHK Cooking Competition