

FHS 扶康會「香港最佳老友」運動 · 賽馬會社會共融計劃 Best Buddies Hong Kong Movement · Jockey Club Social Inclusion Project

人物專訪—特殊學校林老師

林美芳老師現時為一所特殊學校（輕度及中度智障學校）的老師，教授智障人士中文及普通話。她於 2013 年畢業於香港教育大學，獲頒授小學教育榮譽學士學位，隨即加入特殊學校任教。她與「香港最佳老友」運動 (BBHK) 結下不解緣，有一次同事在出席「香港最佳老友」運動的活動時，與林老師攀談，才發現原來她是「老友」。林老師在任教前，是來自教育大學與才俊學校分社的學生領袖，但由於已畢業了數年，香港最佳老友也換上了新同工，幸而有心人終於碰上了。

林老師指，她於 2009 年加入「香港最佳老友」分社的，在一個巧合的情況下加入了大學社會服務團及此運動，及後她很喜歡這個計劃，一直持續參加了四年至大學畢業。參加「香港最佳老友」最難忘是：「他們（智障人士）的真摯與熱情，每次見面他們都捉著我不肯放手，要我鼓勵她們和別人相處，她們信任和喜歡我，讓我感到自己很被重視。」她續說：「BBHK 是一個平台，為社會人士提供了與智障人士相處的機會，如果沒有這個機會，相信我今天不會是一位特殊教育老師。」

林老師現在參加了 BBHK 舊生會，身邊的朋友對於對智障人士的疑問，她都很樂意解答，亦會嘗試告訴他們，智障人士的可愛之處。

說到她與智障老友的交往，即使林老師因為畢業離開了分社，原來她們自 2010 年以來一直保持聯絡，她的老友現時也有上班，她們之間偶然以社交媒體臉書及 Whatsapp 聯絡。林老師說，她們會談論戀愛及人際關係等話題，其實就與一般人無異。

原來，「香港最佳老友」運動除了為大家締結「良緣」外，也製造了一個平台，讓更多人認識智障人士，從而貢獻自己，一起推動社會共融。

Best Buddies Feature - Teacher of a Special School, Ms Fanny Lam

Ms Fanny Lam is teaching Chinese Language and Putonghau at a special school for children with intellectual disabilities. She joined Best Buddies Hong Kong (BBHK) in 2009 when she was a Year 1 student of Primary Education (Bachelor programme) at the University of Education. She then became a special school teacher in 2013 after graduation. BBHK staff met Fanny again in 2017 coincidentally in a chapter activity.

Fanny told us that without joining BBHK in 2009, she may not be a teacher of special school. She was so impressed of being a friend with a buddy with intellectual disabilities. She felt their passionate and sincerity. She had a lot of good memories with them. Joining BBHK in fact laid a foundation for her intention to learn more about people with intellectual disability and became a teacher in special school instead of general school afterwards. She also told us that she was still a friend of her best buddy met in 2010. They were staying in touch and chatted on Facebook and Whatsapp sometimes. They would talk about social relationship and love, just like you and me.

Best Buddies Hong Kong Movement is not only a programme encouraging people to establish friendship with persons with intellectual disabilities, but also a platform to help the youngsters to learn more about the needs of persons with intellectual disabilities and contribute themselves for a more inclusive society..



左二為林美芳
Fanny Lam (the second left)



左二為林美芳，她現時為拔萃女書院與天保民學校分社之其中一位帶領活動老師。Fanny Lam (the second left) is now the responsible teacher of a chapter at Mary Rose School and Discesan Girls' School respectively.



香港最佳老友大使演講

「香港最佳老友」運動現時培訓了 16 位「老友大使」，他們不時代表計劃出席宣傳活動，為智障朋友發聲，讓大眾更了解智障人士的需要及能力。扶康會「柔莊之家」的兩名服務使用者美琪及志豪於 2018 年 1 月便代表 BBHK 到明愛專上學院為 100 名準護士介紹計劃，並與他們分享生活及工作點滴。有護士學生於分享完結後說：「其實他們（智障人士）與我們沒有很大分別，當不開心時都會聽吓歌，瞓吓覺！」學院護理學系高級講師楊建強說，讓醫護專業人員了解智障人士的需要其實很重要。謝謝「老友大使」美琪與志豪！



老友大使美琪（左一）與志豪（中）向 100 名準護士分享生活及工作點滴，與台下打成一片。

Ambassadors, Maggie (the left one) and Chi Ho (the middle one) shared their stories with 100 nurse students.

Best Buddy Ambassadors Delivering Speech

The Best Buddies Hong Kong (BBHK) has trained up 16 ambassadors up to now. The ambassadors will represent the Movement to attend promotional activities sometimes, and deliver speeches to let public knowing more about the needs and abilities of the persons with intellectual disabilities. Two ambassadors of Yau Chong Home, Maggie and Chi Ho shared their lives and work with 100 nurse students from Caritas Institute of Higher Education in January 2018. One of the students expressed that “actually there is no big difference between persons with intellectual disabilities and us. We will listen to songs or go to bed when feeling unhappy!” The Senior Lecturer, Mr. Frederick Yeung, of the Nursing Department mentioned that understanding the needs of persons with intellectual disabilities was crucial to medical professionals. We would like to express our deepest thanks to our ambassadors, Maggie and Chi Ho.

澳門交流團

「香港最佳老友」運動·賽馬會社會共融計劃一行 45 人於 2017 年 9 月 23 及 24 日到澳門交流，到訪了數個團體，包括：澳門最佳老友、澳門扶康會及澳門弱智人士家長協進會。各位老友除探訪了不同的康復團體外，更重要是透過這次交流活動，老友們能一起結伴到境外旅遊，是一個難得的體驗和美好的回憶。



香港最佳老友探訪澳門扶康會。
Best Buddies Hong Kong visited Fuhong Society of Macau.

Macau Exchange Tour

A Total of 45 Best Buddies and staff of HKBB Movement · Jockey Club Social Inclusion Project, joined an exchange tour to Macau on 23 and 24 September 2017. They visited several rehabilitation organizations there, namely, Best Buddies Macau Association, Fuhong Society of Macau and Association of Parents of the People with Intellectual Disabilities of Macau. Besides the visits, the most important was the Best Buddies could experience travelling together which gave them a very good memory!



香港最佳老友一同到澳門旅遊。

Friends of Best Buddies Hong Kong visited Macau together.

發夢集思會

於 2017 年 10 月，香港最佳老友舊生會與最佳老友大使一同參加了「發夢集思會」，共同為「香港最佳老友」運動獻計。而美國最佳老友國際項目總監 Ms Jennifer Allen 也應邀出席，並與大家分享了一些美國的經驗。

Dream the Big Dream Workshop

A “Dream the Big Dream” Workshop was held in last October with the joining of Best Buddies Alumni and Ambassadors. Ms Jennifer Allen, Director of International Programme of Best Buddies International, participated as well and shared the experiences in US with us.



Alumni and Ambassadors of Best Buddies Hong Kong joined ‘Dream the Big Dream’ Workshop in last October.

香港最佳老友舊生會成員與老友大使於去年 10 月一同參加「發夢集思會」。

全港分社同樂日

約 360 名香港最佳老友分社成員於 2018 年 1 月參加了一年一度的全港分社同樂日，一同到機場童夢城製作杯麵、參觀航空探知館及到機場天台參觀飛機升降，其後到嶺南大學共晉午膳。

Fun day of all chapters in Hong Kong

About 360 best buddies from our 22 chapters joined Fun day in January 2018. They participated the cup noodles DIY session at "Dream Comes True" studio, visited Aviation Center and Skydeck to watch planes lift off and landing. After that, they arrived Lingnan University for luncheon.



Best Buddies wrote "Fai Chun" together at Fun day.
香港最佳老友於同樂日一起寫揮春。



About 360 best buddies joined cup noodles DIY activity.
約 360 名香港最佳老友參與了杯麵製作活動。

家庭老友活動

家庭老友於去年 10 月舉行了一次「傷健共融好友營」，約有 100 名家庭老友參加，推廣傷健共融，為將來家庭配對作出努力。

Family Buddies Activities

Family Buddies Programme held a day camp last October and about 100 family members from families with and without intellectual disabilities joined for promoting social inclusion and family buddies.



家庭老友在營裏參加了其中一個遊戲，憑無限創意為大家創作一個家庭角色！In the camp, some of the family buddies participated in a creativity game to create a family character



家庭老友一同種植盆栽。
Family Buddies did the planting together.



家庭老友一同製作皮革錢包。
Family Buddies joined the leather wallet DIY workshop.

各分社活動一覽

2017 年 8 月至 2018 年 2 月期間，「香港最佳老友」進行了多個共融活動，透過這些活動，老友們能定期見面，發展一對一友誼。請瀏覽以下各分社精彩的活動花絮，細看每張歡樂美麗臉容！

Chapters Gathering Updates

Between August 2017 and February, 2018, our chapters conducted many social inclusive activities. Members could meet their buddies regularly and develop deeper friendship in these activities. Please see their happy and beautiful faces in the snapshots below .



樂華成人訓練中心社區老友與他們的老友出外晚膳。
Buddies of Lok Wah Adult Training Center went for dinner with Community Buddies outside together.



捷和實業有限公司與樂華成人訓練中心分社成員一同探訪長者中心。Buddies from Chiaphua Industries and Lok Wah Adult Training Center Chapter visited an elderly center together.



香港賽馬會與毅誠工場分社一同探訪長者中心。
Buddies from The Hong Kong Jockey Club and Ngai Shing Workshop visited an elderly center.



寶覺中學與順利成人訓練中心的老友一起為探訪長者中心，在校內準備小禮品。Buddies from Po Kok Secondary School and Shun Lee Adult Training Center prepared souvenirs for visiting an elderly center with buddies.



新生命教育協會呂碧碧鳳中學與婉明軒的老友一同參與萬聖節活動。
Buddies of New Life Si Lui Kwok Pi Fong Secondary School and Splendor Casa Famiglia Chapter had fun in Halloween activity.



香港潮汕同學會學生與祖堯成人訓練中心老友到戶外散步。

Buddies from Hong Kong Chiu Chow Student Association and Cho Yiu Adult Training Center Chapter went for a leisure walk.

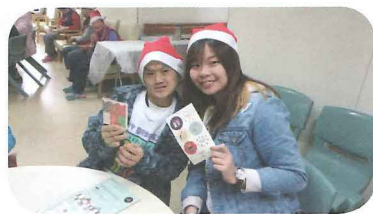


香港樹仁大學與澤安成人訓練中心老友玩遊戲，開心極了！

Buddies from Hong Kong Shue Yan University and Chak On Adult Training Center Chapter enjoyed playing games very much!



香港教育大學與才俊學校的老友於才俊學校 40 周年校慶的活動上一起舉辦攤位活動。 Buddies from The Education University of Hong Kong and Choi Jun School Chapter held a fun fair booth at Choi Jun School 40th Anniversary event.



嶺南大學的學生與友愛之家老友參加聖誕派對。

Buddies from Lingnan University and Father Tapella Home joined the Christmas party.



番色園可道中學與山景成人訓練中心老友到戶外野餐。

Buddies from Sik Sik Yuen Ho Dao College and Shan King Adult Training Center went for a picnic.



香港中文大學逸夫書院與石圍角工場的老友一同參加步行籌款。

Buddies from the Shaw College of the Chinese University and Shek Wai Kok Workshop Chapter joined the Walkathon.



香港保險中介人商會與怡諾成人訓練中心的老友一起探訪長者。

Buddies from Hong Kong Chamber of Insurance Intermediaries and Yi Lok Adult Training Center Chapter visited the elderly!



香港專業進修學院（屯門分校）與柔莊之家的老友一同慶祝聖誕。

Buddies from The Hong Kong Institute of Vocational Education (Tuen Mun) and Yau Chong Home Chapter had a Christmas Party.



培僑中學與扶康會港島東區服務單位老友在分社成立 13 周年典禮上拍照留念。 Buddies from Pui Kiu College and Fu Hong Society Hong Kong Island East service units took photos on the Chapter's 13th Anniversary Ceremony.



香港李寶椿聯合世界書院與秦石成人訓練中心老友到戶外散步。

Buddies from Li Po Chun United World College of Hong Kong and Chun Shek Adult Training Center Chapter went for a leisure walk.



拔萃女書院與天保民學校的老友在課後進行定期聚會。

Buddies from Diocesan Girls' School and Mary Rose School had their monthly gathering after school.



最佳老友舊生常洋（右）與長康之家老友阿蘭外出用膳。

Best Buddies Alumni Sheung Yeung (right) went out with her best buddy, Ah Lan from Cheung Hong Home for dinner.



東華學院老友與長沙灣成人訓練中心分社老友一同參觀可口可樂汽水廠。

Buddies from Tung Wah College and Cheung Sha Wan Adult Training Center Chapter visit Coca-Cola Soft Drink Plant together.

如有興趣以個人或團體名義加入扶康會「香港最佳老友」運動·賽馬會社會共融計劃，請致電 2360 2392 聯絡陳佩瓊姑娘或電郵至 bbhk@fuhong.org.

If you are interested to join FHS BEST BUDDIES HONG KONG Movement·Jockey Club Social Inclusion Project by individual or by group, please contact Ms. Fiona Chan at 2360 2392 or via email bbhk@fuhong.org.