

2024 09

SDOTISING

KIIIB

齊步上 成就智障人士夢想 Step Up and Enact Bigger Dreams Together



「很開心學生能夠與機構組隊參加 比賽,對同學來說是一件很光榮的 事,鼓勵他們更加努力練習,為同 一目標努力,非常有正能量。」

"I am super happy that my students will be competing in the relay race with corporate members. Not only will it boost their positive energy in daily trainings, but also motivate them to work harder towards their goals."



正值暑假,兩位匡智獅子會晨崗學校的學生曾尚泓和蔡垂希,進行一項非一般的暑期活動。他們興奮地來到位於九龍灣的九巴車廠,因他們將聯同九巴員工,齊齊挑戰「匡智慈善跑樓梯大賽2024」75層共融接力賽!雖然離正式比賽仍有兩個月的時間,但他們已急不及待,率先進行一系列的特訓!

持之以恆的決心

尚泓和垂希一直於學校接受跑步訓練,陪同他們 進行特訓的施性概老師,也是一名長跑好手,而九 巴成員包括九巴安全總監兼九巴學院總監簡迪文 先生,車長侯耀武先生以及楊偉雄先生。首次碰 面,兩位同學非常熱切跟隊友打招呼。

施老師十分支持學生與企業參加共融接力賽事。 「很開心學生能夠與機構組隊參加比賽,對同學來 說是一件很光榮的事,鼓勵他們更加努力練習,為 同一目標努力,非常有正能量。」

曾經參加過75層接力賽的尚泓,已到後樓梯就位。 被問到對賽事的期望,他胸有成竹回答道:「我希望 拿到頭五名的成績!」話畢,便與侯車長練習接棒技 巧。儘管當日天氣酷熱,他亦樂此不疲。尚泓平時也 勤於訓練,「我一直有參加特殊奧運的田徑訓練, 每星期安排兩日練習跑步及跳遠,為比賽作準備。」

垂希則是首次參與跑樓梯大賽,既充滿期待,亦有 些緊張。「好開心與九巴員工一起跑樓梯,十分期 待當日的比賽!」隨後,他與楊車長進行跑樓梯特 訓,當跑到接棒點時,楊車長與他擊掌以示鼓勵, 他臉上展露出歡欣的笑容。「雖然感到辛苦,但 我會努力練習讓身體適應,合作完成賽事」簡單如 一個擊掌,已令垂希樂上半天,備受鼓舞。

齊步上 成就智障人士夢想

Step Up and Enact Bigger Dreams Together

On a hot summer day, two students from Hong Chi Lions Morninghill School, Tsang Sheung-wang and Choy Sui-hei, came to the KMB Kowloon Bay Depot for a very exciting summer activity. They are two avid runners who are going to participate in the 75-floor relay race (Integration) at Hong Chi Climbathon 2024 in two months' time. To prepare for the competition, they came all the way to the bus depot to team up with members of KMB for a series of trainings.

Persevere Through Challenges

Sheung-wang and Sui-hei have received years of trainings under the supervision of sports teacher Mr. Sze Shing-koi, who is an award-winning runner. Other than these two gifted students, the team also consists of three members from KMB, including Safety Director and Director of KMB Academy Mr. Martin Cadman, bus captain Mr. Hau Yiu-mo, and Mr. Yeung Wai-hung.

Mr. Sze fully supported students to participate in the integrated relay race. "I am super happy that my students will be competing in the relay race with corporate members. Not only will it boost their positive energy in daily trainings, but also motivate them to work harder towards their goals."

As the training began, Sheung-wang was already in position for his baton exchange training with Captain Hau. With his gained experience from last year's 75th-floor relay race, he spoke confidently, "I aim for the top five position!" Sheung-wang is also a very disciplined athlete. "To better prepare for the competition, I have been undergoing regular athletic trainings at the Special Olympics to practise running and long jump two days a week."

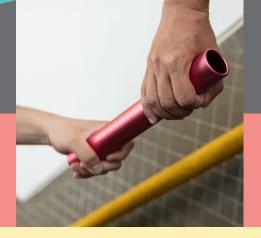
Another student Sui-hei was excited about his first competition at Hong Chi Climbathon. ''It was a pleasure to run the stairs with members of KMB and I very much look forward to the competition that day!'' Soon he began relay training with Captain Yeung. As he reached the exchange point, Captain Yeung gave him a heartwarming high five. To Sui-hei, it was the most heartening and unforgettable moment of the day. ''No matter the challenges ahead, I will put my heart and soul into my regular trainings and do my best in the competition.''











推動多元共融企業文化

作爲推廣多元共融文化的企業代表之一,九巴多年來積極鼓勵員工參加公益活動。今年是連續第二年參與「匡智慈善跑樓梯大賽」。他們認爲在香港具標誌性的大廈中環廣場進行跑樓梯比賽十分特別,更重要是讓企業員工對多元共融有更深刻的體會。「跑樓梯需要耐力,每一步都要小心,踏實地向上跑,正如推動多元共融,要一步一步踏實向上,才能有好的成績和效果。」簡迪文先生說。

今年亦是九巴第一次參加共融賽事,車長侯先生表示:「作為九巴員工,我認為活動非常有意義,不但可以幫助他人,還增強團隊的凝聚力及團隊精神。」在訓練的過程中,楊先生亦十分欣賞學生為完成賽事的拼搏精神,「即使後樓梯很熱,他們都不怕辛苦,很專注完成訓練。」

除參與公益活動,九巴亦為匡智學員提供就業機會。他們紛紛讚賞學員認真積極的工作態度,平時還會熱情地跟員工們打招呼,建立良好關係,締造多元共融的工作環境。

邁向高峰

對施老師而言,跑樓梯的意義不止於鍛煉體能。 「跑樓梯是一項公平的運動,有練習就會有所進步,給予學生很正面的鼓勵,讓他們領略到只要願意付出,就有一定的收穫,從而提升自信心,在各方面都表現得更積極。」

「匡智慈善跑樓梯大賽」除了是讓學生及學員展現才華的平台,更重要是透過比賽,讓他們學習訂立目標,努力奮進,通過互相合作,建立團隊精神及自信心。勝利一時,但過程中所學到的課題卻終身受用,引領他們在各自的人生階梯走得更高更遠。



Diversity and Inclusion in the Workplace

As one of the leading corporates that embraces diversity and inclusion in the workplace, KMB has been encouraging employees to participate in charitable activities. This is their second consecutive year competing in Hong Chi Climbathon as they believe the competition provides an immersive experience for learning about diversity and inclusion. "Running stairs requires endurance. You must be careful with every step and run upward steadily. Likewise, we must learn to take one step at a time in order to lay a solid foundation for diversity and inclusion in the workplace," said Mr. Cadman.

This year also marks their first participation in the integrated relay race. "This is a very meaningful event for us. Not only does it make a positive impact on the community, but also strengthen our bonds with each other," said Captain Hau. He genuinely admired students' vigorous and competitive spirits in finishing the trainings, despite the extreme heat at the stairs. "No matter the circumstances, they spare no effort to run towards the finish line."

In addition to taking part in charitable events, KMB also provides employment opportunities for Hong Chi trainees, who have won positive feedback for their proactive and hard-working attitude, as well as their amiable attribute in maintaining positive relationships with other colleagues.

A Leap to Success

The purpose of stair climbing is far beyond building physical strength. "There's no shortcut to success. The only way to achieving results is through hard work and discipline. This is an important lesson that motivates our students to push their boundaries and reach their goals," said Mr. Sze.



"Hong Chi Climbathon" is not only a platform for students and trainees to showcase their talents, but more importantly, a stepping stone that allows them to take the leap and pursue their dreams, from which they would learn to develop a sense of purpose, build their resilience and cultivate a strong team spirit as they compete as a team. These valuable lessons are worth more than just a medal, guiding them to overcome challenges ahead and achieve more success in the future.

自2004年起,匡智慈善跑樓梯大賽已成爲本會的年度籌款盛事。 活動旨在透過跑樓梯運動,讓匡智學生及學員一展所長,並加深社 會大衆對他們的了解。所籌得的款項將用於為智障人士及其家庭持 續提供優質服務。

First launched in 2004, Hong Chi Climbathon is an annual flagship event that supports Hong Chi students and trainees by giving them the opportunities to showcase their talents through stair running exercise, and crucially, deepen public understanding of people with intellectual disabilities (PIDs). The fund raised will be used to support the provision of quality services for PIDs and their families.

Special Feature

專 題 特 寫

首度海外演出

First Overseas Performance





7月初,匡智樂隊Focus Band獲「異彩·人生」邀請到新加坡國立 大學文化中心參與演出,他們第一次於海外表演,便以自信穩健的 舞台風采贏得全場掌聲!

是次演出,Focus Band為觀眾演唱多首不同語言的名曲,包括 "I Believe I Can Fly"、"Let It Be"、"Shall We Talk"、「海闊天空」、 「光輝歲月」以及「明天會更好」。他們僅用了五堂,合共十小時的時 間,便成功掌握了當中的演繹技巧,並得到觀眾的熱烈迴響。

Focus Band表現備受肯定,實在有賴何順明導師、林紫楓助教以及家長多年的悉心栽培。「這六首歌充份表達了Focus Band的成長歷程。學員猶如天上的星星,能在天空中盡情地自由飛翔。」何導師說道。近十年相處的時間裡,他見證著音樂為他們帶來的改變。「過去,他們曾不被理解,彷佛夜裡烏雲密佈,但音樂有如一道光照耀他們,讓他們發揮潛能。」除此之外,他亦見證著每一位學員的個人成長。「他們由初相識,到慢慢開始建立關係、過程中學會彼此信任,互相合作,各自在自己感興趣的樂器上努力。」

對於今次的海外演出,Focus Band隊員亦有不同的心聲。木結他手李倩兒為首次外地旅行便能夠上台表演感到高興及自豪。為準備演出,兼負樂隊發施號令的爵士鼓手伍子謙表示課餘在家中不斷練習,而主音歌手周啟基亦努力練習兩文三語的發音。低音結他手鍾梓晴及電子琴手周月亮則希望未來在音樂路上有更多進步,與不同樂隊作藝術交流。

我們期望Focus Band能夠抱著對夢想的堅持,繼續於國際舞台上 綻放異彩,透過音樂,向世界傳達平等友愛、多元共融的資訊。 如欲欣賞是次精采演出,請掃描上方二維碼。 Focus Band made their first international debut at the Music Hall of the National University of Singapore Cultural Centre in July. They won thunderous applause from the audience with their charismatic performance!

Invited by "Extra · Ordinary People", the talented band performed a variety of popular songs in different languages, including "I Believe I Can Fly", "Let It Be" and a few Cantonese and Taiwanese classics.

The band made studious efforts in preparing for the show, which included five lessons, a total of 10 hours of rehearsal. This dedication was a team effort that included their instructor Mr. Ho Shun-ming, teacher assistant Ms. Lam Tsz-fung and their parents who helped to make their appearance a reality.

Over the past decade, Mr. Ho has seen how music has created a positive impact on his students. "It is a beacon of hope that encourages them to reach their potentials," Mr. Ho commented. "They learnt to trust and work with each other as they continue to become professional musicians."

The band members also shared their thoughts on the overseas performance. Guitarist, Lee Seline was delighted and proud to perform on stage in her first overseas trip, while Drummer, Ng Tsz-him, who also serves as the band's conductor, shared his diligent practice helped him perform well.

Chau Kai-kei, the lead vocalist, practiced tirelessly to sharpen the articulation of the lyrics in different language. Bassist Chung Tse-ching and keyboard player Chow Yuet-leung enjoyed interacting with bands from around the world and ready to take their skills to the next level.

With their sheer dedications, we believe that Focus Band will continue to make their mark on the international stage, and convey messages of equality, love, diversity and inclusivity through their music. Watch their spectacular performance by scanning the QR code above.



傑出體育表現

Outstanding Sports Performance



大埔匡智松嶺綜合職業訓練中心學員謝浩然,於今年4月的馬拉喀什2024世界殘疾人田徑格蘭披治賽,刷新了1500米智障組香港紀錄,並錄得個人最佳成績4分26秒37。他本年亦贏得泰國布吉馬拉松5公里賽事總冠軍,及香港賽馬會特殊馬拉松3公里成人組冠軍等殊榮。浩然感謝匡智同工的幫助及悉心教導,全力支持及精心調配課程以配合他日實內訓練。他期望未來能達到帕運入選資格,代表香港出戰。

Tse Ho-yin, a trainee in Hong Chi Pinehill Integrated Vocational Training Centre, has broken the Hong Kong record (Intellectual disability) of 1500m race with a remarkable result of 4'26'37 in Marrakech 2024 World Para Athletics Grand Prix, it is also his personal best. Ho-yin has also won the champion of 5km run in Laguna Phuket Marathon 2024 and 3km run in ''iRun'' – The Hong Kong Jockey Club Special Marathon. Ho-yin much appreciates the help and guidance from Hong Chi staffs, who have supported him through his athletic journey and accommodated his training schedule. In the future, he hopes to reach the entry standard and become the representative of Hong Kong in Paralympics.

新翼大樓啟用禮

New Wing Opening Ceremony



匡智屯門晨崗學校於7月16日舉行新翼大樓啟用禮,並邀請教育局局長蔡若蓮博士親臨主禮。新翼大樓樓高3層,內設5個課室、2個教員室、1個社工室、1個言語治療室別個多功能活動空間,與2個多節生創造更理想的教學及活動空間,促進學生全方位發展。

The opening ceremony of new wing of Hong Chi Morninghill School, Tuen Mun was held on 16 July. Dr. Choi Yuk-lin, JP, Secretary for Education, was invited to officiate at the ceremony. The 3-story new wing extension creates substantial spaces for 5 classrooms, 2 teacher rooms, 1 social worker room, speech therapy room and multi-purpose activity space for teaching and learning.

《藝・遊記》載譽重演

The Journey in Art Re-run

匡智會大型音樂劇《藝·遊記》去年公演反應熱烈,今年11月將載譽重演。改編自中國文學鉅著《西遊記》的《藝·遊記》,由115位學員,共23個成人服務單位共同參與,導演根據學員性格特質打造角色,不但能增加學員的歸屬感及自信心,亦能突出每位演員的獨特性及才能。重演將於11月23至24日作公開演出,9月22日開始於購票通售票,敬請密切留意!

Hong Chi Association proudly announces the re-run of our musical "The Journey in Art" this November! With 115 trainees from 23 units, we created this unique performance adapted from the classic novel "Journey to the West". Characters in the plot are created based on the talents of actors and actresses. By personalising the character, we hope to get each participant motivated and involved, as well as to show the world their uniqueness and talents! Join us in celebrating the re-run on 23-24 November. Tickets available at Cityline from 22 September, stay tuned!



Event Highlights

Hong Chi Charity Raffles



獎券活動牌照號碼 Lottery Licence No.: xxxx

支持本會特殊教育、職業訓練以及公眾教育等的經費、協助智障人士發展潛能,融入社會 Raise funds to support our special education, vocational trainings and public education programmes to help individual with intellectual disabilities develop their potentials and

喜慈善變義2024

Hong Chi Association Charity Raffles

銷售日期 Sales Period

17.9.2024 - 11.11.2024 12:00 noon

抽樂日期及時間 Drawing Date and Time: 11.11.2024 5:00pm

抽獎地點 Drawing Venue:

香港灣仔年尼詩道15號溫莎公爵社會服務大廈705室運警會香港游事處 Hong Chi Association - Hong Kong Office, Room 705, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai

中獎號碼將於2024年11月15日刊登於英文虎稱、星島日報及載於匡智會網百內 Results will be published in The Standard, Sing Tao Daily and at Hong Chi As:



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Nº 00001



享9折優惠 \$50 現金券 (加一服務費前計) 有效期由2024年9月17日至 2025年1月28日 (2024年12月20-31日除外)



到Dr. Kong健康鞋專門店購買 何產品,可作\$10現全使用 原顧正價主養精滿 (加一服務費前計) 有效期由2024年9月17日至 2025年1月31日



\$5現金券 有效期由2024年9月17日至 2025年6月30日 (只適用於星期一至五 , 星期六、日 及公眾假期除外)





\$20現金券 購買滿\$398或以上,享有\$20 F惠(不適用於購買花膠及日本 期由2024年9月17日至12月31日



CATAIO

奇華餅家

\$10現金券

凡於奇華餅家香港分店選購正價產品 滿\$50、即可享\$10折扣優惠

有效期由2024年9月18日至 2025年3月31日



免費細豆漿 或 汽水 乙杯 正價粉麵一碗滿\$4 (以每張單計算) 有效期由2024年9月17日至 2025年1月31日



\$2優惠券 券於香港天仁茗茶分店 何正價消費·可作\$2使用 收期由2024年9月17日至 2025年1月31日

匡智會慈善獎券將於9月17日公開發售!是次獎券得到贊助商 熱烈支持,合共贊助12張門市優惠券,面值超過220元!另外 有126份抽獎獎品,總值超過10萬元!

每張獎券售價為20元,籌得的善款將用於支持本會特殊教育、 職業訓練以及公衆教育等的經費,協助智障人士發展潛能, 融入社會。

希望大家能夠踴躍支持!如有興趣購買獎券,請掃描上方二維 碼訂購。獎券數量有限,售完即止,截止售賣時間:11月11日 中午12時。

Hong Chi Charity Raffles will go on sale on 17 September. Supported by our generous sponsors, this year's raffle tickets include a total of 12 vouchers worth over HK\$220, with 126 lucky draw prizes worth over HK\$100,000 in total!

Each ticket is sold at HK\$20. The funds raised will be used to support the Association's special education, vocational training and public education to help people with intellectual disabilities to develop their potentials and integrate into society.

Number of tickets are limited. Sales ends at 12 noon, 11 November. Scan the QR code to order now!

School Open Day

AEON捐款箱活動 **AEON Donation Box Placement**



匡智松嶺學校於3月中旬舉辦「松嶺好精神、Happy處處見」開放日,旨在向社會大眾展現 學生的學習成果,及向不同的義工團隊表達謝意。活動設有不同的遊戲攤位、美食和具 本地特色的雪糕車,場面非常熱鬧!

An open day was held by Hong Chi Pinehill School in mid-March. The event, themed "Good Pinehill Spirit, Happy Everywhere", was a great opportunity for school to showcase the learning achievements of students and to express gratitude to various volunteer groups. An array of fun game booths, delicious food and unique local-style ice cream truck created a lively and festive atmosphere.

由9月1日至10月31日期 間,我們將於港九新界多間 AEON分店擺放捐款箱, 希望大家購物時,亦同時 捐款支持匡智會,協助我 們匡扶智障的工作。

衷心感謝永旺(香港)百貨 有限公司對本會的支持,

如有愛心企業有意參與匡智會的捐款箱計劃,請電郵 至cfr@hongchi.org.hk與我們聯絡。

From 1 September to 31 October, our donation boxes will be available at multiple AEON stores across different districts. Please make a donation in support of our work in serving people with intellectual disabilities when you go shopping at AEON.

We sincerely thank AEON Stores (Hong Kong) Co. Limited for their support of the Association. If any corporations are interested in participating in the Hong Chi Association donation box placement programme, please get in touch with us at cfr@hongchi.org.hk.



成就智障人士夢想 支持匡智慈善跑樓梯大賽2024

Step Up and Support Hong Chi Climbathon 2024!

本會年度盛事「匡智慈善跑樓梯大賽 2024 將於10月19日在灣仔中環廣場 隆重舉行,今年非常高興邀請到方力 申和陳健安成為匡智共融大使,與匡 智學員拍攝宣傳短片,歡迎到本會社 交媒體重溫。跑樓梯大賽除了是匡智 會一年一度的籌款盛事,亦是本會學 生、學員、教職員和同工聚首一堂的 嘉年華,當日將會有由各匡智學校和 工場擺設的慈善攤位,以及學員和學 生的才藝表演,我們誠意邀請各位 一起參與,感受匡智學員的運動熱情 和創作才華,敬請捐款支持本年度跑 樓梯大賽!

We are happy to announce the return of our annual flagship event - Hong Chi Climbathon 2024! The Climbathon will be held in Central Plaza, Wan Chai on 19 October. We are honored to have Alex Fong and On Chan to be our Integration Ambassadors this year and collaborate with our students to make promotional videos Climbathon. Please visit our social



media to watch the videos! The annual Climbathon is not only one of the biggest fundraising events of HCA, but also a carnival for all Hong Chi students, trainees, teachers and volunteers. There will be charity booths set up by our schools and units, as well as talent performances by students and trainees. We sincerely invite you to join us in sharing the joy and appreciating their hard work and talents! Please donate to support Hong Chi Climbathon 2024!

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本人 / 機構願意捐款HK\$,以支持匡智慈善跑樓梯大賽 。(捐款港幣\$100	0或以上將獲發收據以作扣減稅項之用)
I / We would like to donate HK\$ in support of the Hong Chi Climbathon. (Office	ial receipt will be issued for donation of HK\$100 or above for tax deduction purpose)
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- You can also make donation via any of the 7-Eleven outlets to support the event. (Cash donation of HK\$100 or above is accepted)

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香港灣仔軒尼詩道15號 溫莎公爵社會服務大廈705室 匡智會傳訊及經費籌募部 Hong Chi Association - Communications and Fund Raising Office Room 705, Duke of Windsor Social Service Building 15 Hennessy Road, Wan Chai, Hong Kong

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Thank You!

多謝支持!

匡扶智障 For People with Intellectual Disabilities

医智會──前香港弱智人士服務協進會──本著「匡扶智障」的精神,竭誠為智障人士和他們的家庭提供服務。本會轄下共有104個服務單位,當中包括14所特殊學校及13個社會企業,主要為不同年龄和程度的智障人士提供全面服務。**我們盼望得到你的鼓勵和支持,請與我們聯絡**。

Hong Chi Association - formerly The Hong Kong Association for the Mentally Handicapped - is dedicated to primarily serving people with intellectual disabilities and their families. We operate a total of 104 service units, including 14 special schools and 13 social enterprise projects to provide comprehensive services to people of all ages and all grades of intellectual disabilities. Offers of help and support are always welcome. Please contact us.

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香港稅局檔案號碼 Inland Revenue Department, HKSAR, File No: 91/466









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