

方力申、陳睿琳率眾學生 備戰「匡智慈善跑樓梯大賽」

Alex & Yui-lam with Hong Chi students, Step Up Together for Hong Chi Climbathon!



愛心之光

2025 August

SPOTLIGHT



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一年一度的匡智慈善跑樓梯大賽將於10月18日在中環廣場舉行，一眾學員、同學正積極備戰，務求以最佳狀態示人。兩位匡智共融大使陳睿琳、方力申就在初夏兵分兩路，分別到匡智翠林晨崗學校及匡智獅子會晨崗學校探班兼「教路」，了解同學的訓練進度之餘，同時分享作為運動員的鍛鍊秘訣。

對匡智會及母校的感謝

作為匡智翠林晨崗學校舊生，睿琳習泳之初被校內老師注意到其潛力，增強了她對游泳的信心與興趣，更鼓勵她接受香港智障人士體育協會的邀請，加入訓練梯隊，代表香港出賽。睿琳近年屢創佳績，在2024年於巴黎殘奧上以破亞洲成績取得女子S14級100米蝶泳銀牌。雖然過往未曾參與過宣傳工作，亦長期忙於訓練，她仍然一口答應擔任今次跑樓梯大賽的共融大使，「希望可以回饋匡智會和翠林的支持與栽培」，同時鼓勵學姊妹、以至社會各界參與跑樓梯大賽，推動共融理念。

這天難得抽空回到母校，睿琳即場指導師弟妹提腿訓練與閉眼呼吸法。她解釋說跑樓梯是陸上運動，游泳則是水中運動，兩者也有共通之處，提腿訓練能增強體關節力量和柔韌性，同時訓練軀幹核心平衡力，減低跌倒的機會；而閉眼呼吸則是自己賽前提升專注力的心得，可以感受身體力量，放鬆身心備戰，發揮最佳水準。

由泳池暢泳到跑樓梯

熱身過後，下一步就是實戰。水中飛魚初試落地跑樓梯，僅是訓練已令睿琳感到刺激有趣。她說在學期間沒機會出戰跑樓梯，但去年負責頒發7層親子體驗跑「最佳造型獎」，家庭組的趣怪造型與另一邊認真備戰的學員相映成趣，場面熱鬧。

Get ready to conquer the stairs! The annual Hong Chi Climbathon is hitting Central Plaza on October 18, and our students and participants are in full-on training mode, gearing up to shine! This year, our Hong Chi Integration Ambassadors, Chan Yui-lam and Alex Fong, teamed up separately in early summer to visit Hong Chi Morninghill School, Tsui Lam, and Hong Chi Lions Morninghill School to cheer on the teams, share pro tips, and soak up the training buzz!

Yui-lam's Heartfelt Homecoming

As a proud alumna of Hong Chi Morninghill School, Tsui Lam, Chan Yui-lam is no stranger to smashing goals. Spotted by her teachers for her swimming talent, she found her passion and confidence in the pool, leading to a silver medal in the Women's S14 100m Butterfly at the 2024 Paris Paralympics, breaking an Asian record. Despite her packed training schedule, Yui-lam jumped at the chance to be this year's Integration Ambassador. "It's my way of giving back to Hong Chi and my alma mater for all their support," she says, encouraging everyone to join the stair climb and spread the love for inclusion.

During her visit to her alma mater, Yui-lam introduced leg-lift training and breathing techniques to her juniors. She explained that stair climbing and swimming share similarities: leg-lift exercises enhance hip strength and flexibility, while improved core balance reduces the risk of falls. The breathing technique, a pre-race ritual she uses to boost focus, helps athletes relax and perform at their best.

Flying Fish Takes on Stairs

After warming up, it was time for stair climbing! Our "Flying Fish" swapped water for steps and found her first stair climb totally exciting. Though she never raced during her school days, Yui-lam presented the "Best Costume Award" at last year's 7-floor Family Fun Run, where interesting family outfits stole the show alongside the hardcore runners.



掃描 QR Code
親睹睿琳衝刺英姿！
Scan the QR code to
catch Yui-lam sprint!



今年匡智慈善跑樓梯大賽75層個人賽榮獲世界高塔競速協會(Towerrunning World Association)認可，亦是現時全港唯一具60積分的國際賽事，往屆比賽吸引到世界級選手來港參與。睿琳對此表示驚訝，「原以為只是以運動形式推廣共融，沒想到原來跑樓梯也可獲國際認可！」

被問到想參與體驗跑，還是爭先登上終點的競速組別，睿琳思索片刻，最終決定要挑戰自己，「我始終是外出比賽的運動員，還是競技項目比較貼切一點！」她笑著補充，「75層都幾多，可能無咁快完成到」。不過跑樓梯新秀也不用擔心，大賽除了29層個人賽、以及29層和75層接力賽組別，更新增了7層個人賽，讓不同程度人士也可以寓運動於慈善，感受行善與競技的樂趣。

熱愛跑步的心

另一邊廂，連續兩年擔任匡智共融大使的方力申(Alex)也來到匡智獅子會晨崗學校，與去年曾一起特訓的同學重聚。今年他們分成兩組，在施Sir帶領下挑戰「拍打反應燈」及「跳躍摘豆袋」，訓練反應及合作性，最終以一比一打平，體現「比賽第二，兄弟情第一」的精神。作為退役運動員的Alex，好勝心依然不減，帶領一行人轉戰附近配水庫休憩處，進行耐力跑訓練。Alex滿意地說：「他們跑完兩圈，個個遊刃有餘，我有信心，他們已為比賽打好基礎，今年一定跑出好成績。」

一年沒見，Alex仍記得每位同學的名字及特點，說同學們都有所成長，但不變的是熱愛跑步及運動的心。Alex深信運動不僅強身，更可作為目標，「當他們付出努力，就可以有收穫及滿足感，可以繼續前進」。

為慈善築夢同行

除了陪同學特訓，Alex去年亦有出席大賽，他說當日氣氛一流，有不同企業、名人及藝人朋友組隊參與，亦有不同義工支持。大賽另一個焦點當屬主題市集，展示及售賣匡智學生與學員親手製作的文創工藝品，Alex去年亦被作品吸引，即場購買了一隻陶瓷水杯，上方有立體的雲圖案，造工特別，至今仍愛不釋手。



作為全港歷史最悠久的慈善垂直跑賽事，「匡智慈善跑樓梯大賽」以跑樓梯寓意社會大眾與智障人士共同克服障礙、築夢同行。連續兩年支持跑樓梯大賽的Alex亦被同學們的拼勁激勵，分享道：「只要目光夠遠、決心夠大，面前所有障礙都很渺小，就像跑樓梯一樣，看上去似乎遙遠崎嶇，但只要一步一步向上行，始終都會到達終點」。

This year's 75-floor individual race has been certified by the Towerrunning World Association as Hong Kong's only international event with 60 points, attracting world-class competitors in past editions. Yui-lam was surprised, saying, "I thought it was just a way to promote inclusion through sport, but I didn't realize stair climbing could gain international recognition!"

When asked whether she'd prefer the fun run or the competitive race to the top, Yui-lam pondered briefly before choosing to challenge herself: "As an athlete who competes abroad, the competitive category feels more fitting!" She then added, "75-floors is quite a lot," and "I might not finish that quickly." Newcomers need not worry, as the event also offers a 29-floor individual race, 29- and 75-floor relay races, and a new 7-floor individual race, allowing people of all abilities to enjoy sports while supporting charity.

A Passion for Running

Over at Hong Chi Lions Morninghill School, Alex Fong, our two-time Integration Ambassador, reunited with last year's training squad. Under Mr. Sze's lead, the team split into two groups for high-energy fun: reaction-light tapping and beanbag-jumping games to sharpen reflexes and teamwork. As a former athlete, Alex's competitive spirit remains strong. He led the group to a nearby reservoir park for endurance running training. With satisfaction, Alex said, "After two laps, everyone looked relaxed and at ease. I'm confident they've laid a solid foundation for the upcoming races. They're definitely going to achieve great results this year."

A year later, Alex still remembered each student's name and traits, noting their growth while highlighting their unchanged passion for running and sports. Alex believes sports not only promote healthy growth but also provide a goal: "When they put in effort, they gain rewards and satisfaction, which motivates them to keep going."

Climb for a Cause

Beyond training with students, Alex attended last year's event and described the atmosphere as fantastic, with teams from companies, celebrities, and volunteers joining in. Another highlight was the themed market, showcasing and selling exquisite handicrafts made by Hong Chi students and trainees. Alex purchased a ceramic cup with a 3D cloud pattern, which he still uses today, praising its unique craftsmanship.



As Hong Kong's longest-running charity vertical race, the Hong Chi Climbathon symbolizes overcoming obstacles alongside people with intellectual disabilities, building dreams together. Supporting the event for two consecutive years, Alex was inspired by the students' efforts, sharing, "With a far-reaching vision and strong determination, all obstacles seem small." Like stair climbing, the journey may seem long and daunting, but by taking one step at a time, everyone can reach the finish line.

掃描 QR Code
觀看 Alex 與學員備戰！
Scan the QR code to watch
Alex train with the students!



匡智學校屢獲殊榮

Celebrating Excellence: Hong Chi's Latest Achievements



恭賀匡智張玉瓊晨輝學校第六度榮獲行政長官卓越教學獎，亦為首屆「創新教育獎」的唯一獲獎學校。三位得獎同工分別是袁佩兒副校長、陳浩妍老師、譚佩怡老師，透過「以設計思維模式培養智障自閉症兒童的同理心」主題，突破智障自閉症學童的社交限制，協助他們展現不平凡的潛力。

香港西區扶輪社匡智晨輝學校及匡智張玉瓊晨輝學校最近亦獲「2024年度關愛校園獎勵計劃」中「卓越關愛校園」之「彼此連繫盡顯關愛」特殊學校組別優異獎，充分肯定學校對推動關愛校園文化的努力和付出。

Congratulations to Hong Chi Winifred Mary Cheung Morninghope School on receiving the Chief Executive's Award for Teaching Excellence for the sixth time, particularly the only school to win the inaugural "Award for Education Innovation". The award-winning team, including Ms Yuen Pui Yee, vice-principal, Ms Chan Ho Yin and Ms Tam Pui Yee, teachers, has broken through the social limitations faced by the students through a theme of "Applying Design Thinking Approaches to Develop Empathy in Children with Autism and Intellectual Disabilities", helping students showcase their potentials.

Rotary Club of Hong Kong Island West Hong Chi Morninghope School and Hong Chi Winifred Mary Cheung Morninghope School received merit awards in the Caring School Award Scheme 2024 under the "Special Schools" category, which recognized the schools' efforts and contributions to promote a caring culture on campus.



匡智學生揚威海外

Hong Chi Student shines at International Competitions

匡智屯門晨崗學校學生劉肖儀在2025 Citi世界殘疾人游泳系列賽取得優異成績，她分別在意大利利尼亞諾薩比亞多羅站及日本靜岡站賽事，摘下3金3銀3銅，為港爭光！

Student Lau Chiu Yee from Hong Chi Morninghill School, Tuen Mun achieved outstanding results in the Citi Para Swimming World Series 2025. She brought glory for Hong Kong by winning 3 gold, 3 silver and 3 bronze medals, in the events of Lignano Sabbiadoro, Italy and Shizuoka, Japan!

照片來源：中國香港智障人士體育協會

Photo Credit: Hong Kong, China Sports Association for Persons with Intellectual Disability



雀巢 x 匡智「綠」升級體驗日 @ 南豐紗廠

Nestlé x Hong Chi: the "Green" Upcycling Experience Day@The Mills

雀巢x匡智「綠」升級體驗日@南豐紗廠在6月1日舉行，活動響應世界環境日「塑戰速決」(Beat Plastic Pollution)主題，呼籲社會各界人士採取集體行動解決塑膠污染問題。當日共有超過300人次參加，活動包括升級再造工作坊、環保體驗遊戲、再造設計作品展覽、升級再造產品展銷，身體力行實踐環保生活，反應非常熱烈。

On June 1, and Hong Chi organized the "Green" Upcycling Experience Day@The Mills. The event resonated with "Beat Plastic Pollution", the theme of the United Nations' World Environment Day of the year. It featured hands-on upcycling workshops, environmental games, an upcycled design exhibition and upcycled product market. More than 300 participants took part, demonstrating wide public enthusiasm and a growing commitment to environmental action.



與香港浸會大學及歐綠保綜合環保有限公司 (ALBA) 合辦「生態藝術創作工作坊」

Co-Creating Eco-Art with HKBU and ALBA



匡智會一直期望培育智障學員的藝術天賦，今年3月與香港浸會大學及歐綠保綜合環保有限公司 (ALBA) 合作，為學員舉辦生態藝術創作工作坊。匡智會學員、家長及浸會大學學生先參觀由歐綠保營運、位於屯門環保園的廢電器電子產品處理及回收設施「WEEE • PARK」，尋找創作靈感。各參加者及後分享獨有觀察及感受，再以歐綠保公司提供的洗衣機頂蓋為畫板，創作出6幅各有特色的生態藝術作品。作品其後在「WEEE • PARK」園區內及匡智60周年松嶺村開放日暨綠色嘉年華期間展出。

Hong Chi Association has long been dedicated to nurturing the artistic talents of individuals with intellectual disabilities. In March 2025, we collaborated with Hong Kong Baptist University and ALBA Integrated Waste Solutions to host an eco-art workshop for our service users. Students from HKBU, together with Hong Chi service users and their parents, visited WEEE • PARK in Tuen Mun, an electronic waste treatment and recycling facility operated by ALBA, to gather inspiration. After the tour, participants shared their unique observations and experiences, then used washing machine lids provided by ALBA as canvases to create six distinctive eco-art pieces. These artworks were later showcased at WEEE • PARK and featured during our Hong Chi 60th Anniversary Open Day & Green Charity Carnival.

匡智 60 周年開放日暨環保慈善嘉年華

Hong Chi 60th Anniversary Open Day & Green Charity Carnival

適逢匡智會60周年，本會特意在4月12日開放大埔松嶺村予公眾參觀，讓更多人了解本會的服務。開幕典禮獲社會福利署大埔及北區福利專員馮曼瑜女士蒞臨致辭，其後由匡智樂隊Focus Band帶來精彩表演，氣氛熱烈。嘉年華設有37個以環保物料布置的攤位，包含工作坊及慈善義賣，推廣減廢與舊物共享理念。活動吸引約800人參與，並獲QI Group、歐綠保、食環署及紅十字會等機構支持，所籌款項將用於本會服務發展，寓慈善於環保，意義非凡。

Celebrating Hong Chi Association's 60th anniversary, Pinehill Village in Tai Po was opened to the public on 12th April. The opening ceremony was honored by the attendance of Ms. Fung Man-yu, May, District Social Welfare Officer (Tai Po & North District) of the Social Welfare Department, followed by an energetic and heartwarming performance by Hong Chi's Focus Band. The carnival showcased 37 stalls decorated with eco-friendly materials, offering workshops and charity sales to promote waste reduction and shared resources. Attracting approximately 800 participants, the event was supported by partners including QI Group, ALBA, Food and Environmental Hygiene Department and the Red Cross. All proceeds will fund Hong Chi's service development, seamlessly blending charity with environmental sustainability.



匡智藝術家作品亮相香港國際機場文化藝術節 2025

Hong Chi Artworks Featured at HKIA Arts and Culture Festival 2025

匡智會獲香港國際機場邀請，於「香港國際機場文化藝術節2025」展出曾亮相於Art Basel的匡智藝術家作品，作品涵蓋「存在與連結」及「Neighbour • 活」主題，體現多元共融的藝術理念。藝術節於7月28日開幕，匡智體藝學院籌備指導委員劉鳳霞博士及匡智會總幹事林純純女士應邀出席，匡智學員翌日更呈獻七場精彩演出，包括絲帶舞龍、手鐘及手鈴表演、步操樂團，以及手語歌，展現共融藝術的無限可能！

Hong Chi artists made a stunning appearance at the Hong Kong International Airport Arts and Culture Festival 2025, exhibiting works previously showcased at Art Basel under two core themes: Being and Belonging and Neighbour • 活. The festival launched on July 28, with guests Dr. Lesley Lau, member of the Hong Chi Sports & Arts Academy Preparatory Committee, and Ms. Zuie Lin, General Secretary of Hong Chi Association, in attendance. On the following day, Hong Chi students lit up the stage with seven captivating performances, including ribbon dragon dance, handbell and chime ensemble, marching band, and sign language songs, bringing to life the vibrant spirit and transformative power of inclusive art.



照片來源：香港國際機場

Photo Credit: Hong Kong International Airport

支持匡智慈善跑樓梯大賽 2025

Step Up Together – Support Hong Chi Climbathon 2025!

由匡智會主辦、新鴻基地產及信和集團協辦、中環廣場贊助場地的「匡智慈善跑樓梯大賽2025」將於10月18日(星期六)在中環廣場舉行!

活動即日起至9月9日(星期二)可透過www.hongchi.org.hk/climbathon報名。未能親身參與者,亦可捐款支持,與我們攜手「築夢同行」!

The Hong Chi Climbathon 2025, organized by Hong Chi Association, co-organized by Sun Hung Kai Properties and Sino Group, and with Central Plaza as the venue sponsor, will take place on Saturday, October 18, 2025, at Central Plaza.

Registration is now open until September 9, 2025, Tuesday. Sign up via the official Hong Chi Climbathon website at <https://hongchi.org.hk/climbathon>. For those unable to participate in person, donations are warmly welcomed to support this meaningful cause. Join us to “Step Up Together”!



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3. 透過7-Eleven便利店捐款支持此活動。(只接受現金捐款, 每次捐款額須為港幣\$100或以上)
Make donation via any of the 7-Eleven outlets to support the event. (Cash donation of HK\$100 or above is accepted)

捐款恕不退還。Donations are non-refundable.

Freepost No. 37 WCH

Hong Chi Association – Communications and Fund Raising Office
Room 705, Duke of Windsor Social Service Building
15 Hennessy Road, Wan Chai, Hong Kong
匡智會傳訊及經費籌募部
溫莎公爵社會服務大廈705室
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多謝支持!

匡扶智障 For People with Intellectual Disabilities

匡智會本著「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105個服務單位，當中包括14所特殊學校及15個社會企業項目，主要為不同年齡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 is dedicated to primarily serving people with intellectual disabilities and their families. We operate a total of 105 service units, including 14 special schools and 15 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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