



Through Their Lens - How Ethnic Minorities Capture Hong Kong 影像中的香港：少數族裔的城市視角 Dialogue with Winners of the HOPE Photography Competition 2025 專訪HOPE少數族裔人士支援服務中心攝影比賽2025得獎者

S: Winner of the Category "Glimpses of People, Life & Culture" -
Mr Zarubin Sergey

「風土人情」組別得獎者Zarubin Sergey先生

J: Winner of Popularity Award - Mr Jobert Catabona Villar
人氣獎得主Jobert Catabona Villar先生



Sergey



Jobert

Q1. Can you introduce yourself? How many years have you been living in Hong Kong?
可以簡單介紹一下自己及來港年期嗎？

S: I am Sergey, originally from Russia, and I work in cybersecurity. I have been in Hong Kong for almost three years, and I am still adjusting to the local culture and customs.

J: I am Jobert from the Philippines. I have been living in Hong Kong for 16 years and currently work as a clothing quality specialist.

S: 我是來自俄羅斯的Sergey，從事網絡安全工作。我來香港已接近三年，仍然在慢慢適應這裡的生活和文化。

J: 我叫Jobert，來自菲律賓，在港居住已有16年。我是一名服裝品質管理員。

Q2. How did you come across HOPE Centre and the Photography Competition 2025? What motivated you to participate?

你是如何認識HOPE中心及得知這個攝影比賽？又為何會報名參加？

J: I got to know HOPE Centre through my first job back in 2009, which is the same year I arrived in Hong Kong. I initially joined the Cantonese classes and have been involved in their activities since then. Since photography is one of my hobbies, when I saw the competition announcement on social media, I thought it was an exciting chance to see if my photos were already competition-level.

S: When I heard about the Photography Competition, it seemed like a great opportunity to show Hong Kong through my lens. The real challenge, though, was choosing just one photo—this city is full of incredible scenes, from neon-lit streets to quiet harbour views.

J: 早在2009年，我剛來到香港之際，當時的公司介紹我到HOPE中心學習廣東話，之後我便不時會參與中心活動，延續至今。我向來喜歡攝影，當在社交平台上看到攝影比賽的宣傳，便覺趁機可以測試自己的作品水平，因此報名一試。

S: 我希望透過這個比賽，用自己拍攝的照片去展現我眼中的香港。令我苦惱的是，香港實在有太多獨特的面貌，難以用一張照片概括。

Q3 Can you briefly introduce your winning piece? What inspired you to choose that scene to tell the story of Hong Kong?

可以為我們介紹一下你的得獎作品嗎？為什麼會挑選其代表香港？

S: My photo captures a dragon boat from a top-down perspective, showing a dynamic and powerful moment that embodies both tradition and teamwork. Dragon boat racing is more than just a sport, it is a unique symbol of community, perseverance, and cultural heritage.

J: My shot captures the Victoria Harbour and towering skyscrapers under constructions. To me, this is a tribute to Hong Kong—a city that embodies hope and resilience. Despite facing challenges like political unrest and the COVID pandemic, Hong Kong continues to elevate itself, standing firm with perseverance—just like the rising buildings.

S: 我的作品是一幅從高空拍攝的划龍舟照片，相中可以感受得到健兒們充滿力量和朝氣，展現出龍舟作為運動之外，象徵的團體精神和傳統文化意義。

J: 我的作品以維港為背景，映襯前方正在興建的高樓大廈。這張照片代表了我對香港的期許—即使經歷風雨，這個城市仍然不斷發展，生機處處，就如同努力向上的堅固高樓般，充滿希望和韌力。

Q4. Where did you take that photo? Is there any interesting story behind the scene?

你在哪裡拍下這張照片？過程中有什麼有趣的故事嗎？

S: I took this photo from the Ap Lei Chau Bridge while heading to a viewpoint overlooking the Aberdeen Harbour. It wasn't planned—I was just enjoying the walk when I saw the dragon boat slicing through the water. It was too good to miss, so I stopped and captured the moment. And I am not just an observer—I actually trained for a few months and even took part in a race supported by HOPE Centre. The journey made the moment even more special.

J: I took this photo from Devil's Peak while hiking with my sister, who had travelled from the Philippines to visit me. That day was December 31, the final day of 2023. Looking out at the breathtaking view of Victoria Harbour, I felt like it was the perfect moment to reflect on the year and embrace the one ahead.

S: 那天我正前往觀賞香港仔避風塘，經過鴨脷洲大橋時，忽然看見一艘龍舟在海面划過，於是我立即停下腳步，捕捉了這個突如其來的美麗畫面。碰巧的是，過去幾個月我參加了HOPE中心的龍舟訓練，甚至出場比賽，因此對划龍舟有深刻的感受。

J: 我的照片拍攝於魔鬼山上，當時我的姐姐從菲律賓來到香港探望我，於是我便邀請她一同登山。那天剛好是2023年12月31日，我們眺望著眼前的維港景色，總結過去一年的辛勞，展望美好的新一年。



Q5 How did you feel about winning? Did you gain any insights or takeaways from the competition?
當知道自己得獎時，你有什麼感受？比賽中有什麼得著和收獲？

S: It was a surprise for me—I wasn't expecting to win, especially after seeing so many incredible photos on display. The competition wasn't just about taking a good picture—it was about seeing Hong Kong differently, noticing moments that often go overlooked.

J: When I found out my photo was shortlisted, I was excited and shared the news with my friends and family. Also, I had the chance to volunteer as a photographer at the photo exhibition, where I could share the story behind my photo with visitors. Winning the award was secondary to me, what mattered most was being part of the competition and the HOPE Centre community.

S：能夠在眾多出色的作品中獲勝，我感到相當意外和驚喜。這個比賽啟發我以另一角度去觀察香港，留意平日被忽略的事物。

J：當知道自己的作品入選後，我滿懷興奮地與家人朋友分享了這個消息。照片展覽當天，我有幸以攝影義工的身份到場幫忙，因此得以與參觀者分享我的作品理念及故事。相比獲獎，我更慶幸能夠成為比賽及HOPE中心的一份子。



Q6. What are your impressions of Hong Kong and the people here as a foreigner? Do you notice any similarities or differences between Hong Kong and your home country?

作為外國人，你對香港及本地人有什麼印象？與你的原居地有什麼同異？

S: Hong Kong is a convenient place to live, with an efficient transport system that reminds me of Moscow, where I moved from. Getting around is easy, and the city is impressively clean and well-maintained. Undoubtedly, Hong Kong is a fast-paced city, but Moscow has its unique rhythm that keeps things moving.

J: Upon my arrival in Hong Kong, I initially felt that the locals sounded angry while speaking. However, as I began to learn Cantonese, I came to realize that it was just a matter of intonation patterns. A cultural practice I noticed is that Hong Kong people often greet each other by asking whether they have eaten, which is similar to the tradition in the Philippines, reflecting a shared value of caring for others.

S：香港和莫斯科一樣，都是交通便利的城市，四通八達。我感覺整個城市很乾淨，管理得宜，而且生活節奏急速，與莫斯科的氣氛明顯不同。

J：初時，我感覺本地人說話時總是很生氣，但當我開始學習廣東話後，才明白這只是語調形成的錯覺。另外，我留意到人們習慣問候別人「你食咗飯未？」，這跟菲律賓的文化不謀而合，令我感受到兩個地方對人的關懷。

Q7. What aspects of the city do you like most?
你最喜歡香港的哪個部分？

S: One of the best things of living here is how welcoming Hongkongers are. People are always eager to share their culture, whether through food, traditions, or festivals.

J: Despite being such a modern metropolis, I was amazed by the significant resources and efforts dedicated to social services that support the underprivileged. I also love the street food, especially egg puffs and Cheung Fun, which make me feel connected to the local culture.

S：香港人很熱情，他們熱衷於分享自己的本地文化，讓我可以從食物、傳統習俗及節日等方面去認識這個地方。

J：即使作為繁華的大都市，我很欣賞社會各界仍然投放很多資源，去幫助不同弱勢群體。另外，我很喜歡香港的街頭小食，尤其是雞蛋仔和腸粉，很有本土風味。

Q8. Have you encountered any challenges while living in Hong Kong? Did HOPE Centre offer any support to you?
你在港生活時曾遇到什麼困難嗎？HOPE中心有為你提供支援嗎？

S: Getting familiar with menus, navigating food markets, and figuring out daily routines took some trial and error, but that was just part of adjusting to life here. The biggest challenge for me was the language barrier, especially in local neighbourhoods. HOPE Centre helped make easier transition by providing opportunities to connect with both locals and other expats while exploring new activities.

J: Language and tone were the only true hurdles when I first set foot in Hong Kong. Thankfully, I took Cantonese classes at the HOPE Centre and completed them up to the intermediate level. Now, I can confidently order food in local restaurants.

S：初來香港時，我花了些心力去適應陌生的飲食、街市和交通方式，但並沒有造成太大困難。於我而言，最困擾的是語言障礙，尤其來到不諳英語的民生社區。透過參加HOPE中心的活動，我結識了很多本地及移民朋友，在探索不同興趣之餘，亦逐步適應新生活。

J：我認為語言是最大阻礙。幸好，在HOPE中心完成廣東話中級課程後，現在我能夠自信地以廣東話在餐廳點餐。

Q9. What programme did you join at the HOPE Centre? What was the experience like?
過去你曾參與其他HOPE中心的活動？感覺如何？

S: Over the past two years, I have joined several programs and events at HOPE Centre, including kayaking, SUP session, cycling, and group tours to various spots around Hong Kong. Each activity had something unique to offer—teamwork and endurance, the thrill of exploring Hong Kong's waters, and the excitement of discovering places I might not have visited on my own. During the last event I attended, I even discovered that I could surf!

J: Recently, I joined a public housing visit and Cheung Chau tour right before the Bun Festival. I was excited to see people practicing their climbs on the Bun Tower! Also, I took an AI class that enhanced my knowledge of the latest technology, helping me assist my friend with social media marketing. I am grateful to organizations like ISS-HK and HOPE Centre providing these opportunities.

S：過去兩年，我曾參與中心舉辦的獨木舟、直立板、單車及其他本地旅行活動。每項活動都帶給我獨特的體驗，不但可以訓練團隊合作及鍛鍊耐力，更能探索香港不同地方。上次活動中，我甚至發掘到自己的滑浪天賦，真是驚喜連連！

J：最近我參與了中心的公共屋邨探訪及長洲旅行。臨近太平清醮，我看到不少選手在練習搶包山，實在令我大開眼界！另外，我也報讀了有關人工智能的課程，學習如何運用最新科技，協助朋友在社交媒體推廣生意。我很感謝國際社及HOPE中心提供如此豐富多元的活動！



ISS-HK Takes Part in Social Work Run 2025 國際社參與2025社工長跑



To celebrate the World Social Work Day, over 70 colleagues, family members and service users took part in the Social Work Run 2025 on 13 April at the Pak Shek Kok Promenade, Science Park. From the 10k Run, 3k Run, 3k Walk to the 4 x 1 Relay Race, everyone gave their best with the spirit of teamwork and determination. A huge congratulations to Kylie Cheung from School Social Work, who clinched the bronze medal in the 3km Run (18-39 years of age). In addition, Mr Kerin Cham, Programme Director of ISS-HK, represented the Agency at the kick-off ceremony and also officiated the starting ceremony of 3km Walk.

World Social Work Day is initiated by the International Federation of Social Workers and marked the third Tuesday of March each year. Social work organizations worldwide hold activities to enhance public understanding of social work and honoring social workers.

為響應世界社工日，本社逾70位同工、家屬及服務使用者於4月13日參與「同行共跑—社工長跑2025」，齊集科學園白石角海濱長廊出戰10公里個人賽、3公里個人賽、3公里同行漫步及4×1公里團體接力賽。所有健兒都全力投入比賽，齊齊並肩同行，學校社會工作及學校支援服務同工張凱然女士更於「3公里個人賽—女子18至39歲」勇奪銅牌，可喜可賀！另外，服務總監湛國榮先生亦代表機構出席大會典禮，並主持了3公里同行漫步的起步禮，為健兒加油打氣。

「世界社工日」由國際社會工作者聯會發起，定於每年3月的第三個星期二。世界各地的社工團體會舉辦不同活動，增進公眾對社會工作的了解，並向社會工作者致意。



The Director of Home Affairs and District Officer of Kowloon City District Visited DREAM Support Service Centre for Ethnic Minorities 民政事務總署署長及九龍城民政事務專員蒞臨 DREAM少數族裔支援服務中心

We were honored to welcome Ms. Priscilla To, JP, Director of Home Affairs, and Mr. Ivanhoe Chang, JP, the District Officer of Kowloon City District, to the DREAM Support Service Centre for Ethnic Minorities on 29 April 2025. The honourable guests were warmly received by Mr. Stephen Yau, our Chief Executive, Mr. James Suen, Programme Director of the Migrants Programme, and Mr. Terence Chung, the Centre In-Charge. They were given a guided tour of the Centre, and got to understand more about its daily operations and extensive range of services.

During the visit, the guests also participated in programmes at the Centre, including the Expressive Art Through Mask-making Programme for the elderly, as well as Beauty and Facial Skills Workshop for female service users. Their engagement demonstrated strong support for community-based services and affirmed the Centre's role in empowering ethnic minority residents through creative expression and skill-building initiatives.

我們非常榮幸獲民政事務總署署長杜潔麗女士，JP，以及九龍城民政事務專員蔣志豪先生，JP，於2025年4月29日到訪DREAM少數族裔人士支援服務中心，並由本社行政總裁邱浩波先生、服務總監孫樹邦先生及中心主任鍾德崑先生接待，陪同嘉賓參觀中心各項設施，讓他們深入瞭解中心的日常運作及多元化的服務內容。

在參觀期間，嘉賓們還積極參與了中心正在進行的小組活動，包括為長者舉辦的「面譜藝術表達工作坊」及為女性服務使用者而設的「美容及面部護理技巧工作坊」。他們的參與充分展現了對社區服務的全力支持，並肯定了本中心培訓，賦能少數族裔人士的重要角色。



Youth Talent Show Showcasing Creativity and Cultural Diversity 青少年達人秀 展現創意與多元文化



The HOPE Support Service Centre for Ethnic Minorities hosted the "Youth Talent Show" at 7 Mallory Street on 4 May 2025. Nearly 80 young performers took to the stage to showcase their diverse talents, including skillful yo-yo tricks, captivating singing performances, energetic Sri Lankan, elegant traditional Indian dances, as well as dynamic band performances. The exciting programme thrilled the audience of over 500, who responded with enthusiastic applause.

In addition to stage performances, the event also featured a series of beautiful artworks created by children from the HOPE Centre. There were also fun photo booths and an exquisite Henna painting experience area, creating a vibrant atmosphere filled with cultural diversity and artistic flair, and truly highlighting the creativity of the younger generation.

HOPE少數族裔人士支援服務中心於2025年5月4日在茂蘿街7號舉辦「青少年達人秀」，近80位年輕人登上舞台，展現他們多姿多彩的才藝，包括技巧高超的花

式搖搖、動人心弦的歌唱表演、充滿活力的斯里蘭卡舞蹈、優雅迷人的印度傳統舞蹈，以及熱情澎湃的樂隊演奏等，精彩的節目令現場超過500名觀眾目不暇給，掌聲不斷。

除了舞台表演，活動當天還展出一系列由HOPE中心兒童創作的精美藝術作品，並設有趣味拍照區及精緻的印度彩繪（Henna）體驗區，營造出文化的多樣性與濃厚的藝術氛圍，同時展現年輕一代的才藝天賦與創造力。



Storytelling for Emotion Connection 親子共讀·連繫心靈



Our Programme Director, Mr. Kerin Cham, and Social Worker, Ms. Yining Guan at Shamshuipo (South) Integrated Family Service Centre, were interviewed on RTHK's programme "Healthpedia" on 29 April 2025, where they discussed connecting with children's emotions through picture book storytelling.

During the interview, they discussed how families have adapted to online activities since the pandemic, which inspired the Centre to launch the "Zoom Online Storytelling Group for Parent-Child Bonding." This initiative aims to enhance parent-child communication, strengthen emotional bonds and foster a harmonious family relationship.

Mr. Cham and Ms. Guan also shared practical tips for parents on how to engage their children in storytelling at home. They highlighted encouraging feedback and experiences from participants, showing the programme's positive impact on families.

深木埗（南）綜合家庭服務中心服務總監湛國榮先生與社工關藝寧姑娘於2025年4月29日接受香港電台節目《精靈一點》的訪問，主題為《親親孩子·繪本談心情》。節目中，兩位分享了中心的服務使用者在疫情後，已逐漸習慣參與網上活動，因此中心特別舉辦《Zoom線上親子伴讀繪本小組》，希望透過網上小組形式的親子伴讀，促進親子溝通、提升親子關係，並營造和諧的家庭氛圍。他們亦介紹實用的伴讀技巧及親子共讀小貼士，以及參加者的感受及回饋。



Ultimate Frisbee Bonding Battle 親子飛盤大作戰



To promote parent-child interaction and foster a culture of family sports, the Luohu Centre in Shenzhen organized an exciting frisbee activity at the Luohu Sunshine Park Football Field on 1 March 2025. Sponsored by The Hong Kong Jockey Club Charities Trust, the event attracted 18 families with over 40 participants.

Parents and children were introduced to the basics of frisbee and had the opportunity to practice their throwing skills. This was followed by an exciting parent-child dodgebee competition. The day was filled with cheers and laughter, creating many wonderful memories as all enjoyed the fun and the quality time.

為促進親子互動及推廣家庭運動文化，深圳羅湖中心於2025年3月1日在羅湖陽光樂園足球場舉辦親子飛盤活動，讓參與的家庭透過運動增強凝聚力。活動得到香港賽馬會慈善信託基金贊助，吸引了18個家庭逾40人熱烈參與。

參與家庭首先了解飛盤運動的基本知識及練習投擲技巧，隨後進行緊張刺激的親子躲避盤比賽。比賽現場充滿歡呼聲與笑聲，參加者都樂在其中，並享受親子互動的時光。



Power Up Together: Recharging Hearts, Conquering Challenges! 「開·心伴你」：齊心充充電 無懼新挑戰！



For the 2024-25 academic year, the School Social Work and Support Services team adopted the theme "Connecting Teachers & Parents: Wholeheartedly Accompanying Students to Face Challenges." As part of the campaign, students and teachers collaborated to produce short videos to share how they seek support and recharge when feeling physically or mentally drained. The videos were showcased to encourage open conversations about mental health in the school campus.

From February to March 2025, our School Social Workers also set up game booths at the serving schools. Highlights included the "Ball Pit with Happiness@5 Senses" where participants learned to use their senses to relieve stress and cope with negative emotions. Another interactive game, "Companions@Tic Tac Toe" introduced the concept of the "social battery," encouraging participants to discover meaningful ways to recharge and support one another.

These activities were well-received by both students and teachers, offering practical stress relief tips and strengthening their sense of mutual support and connection within the school community.

學校社會工作及支援服務以「開·心伴你」為2024-25學年主題，致力提升學生和老師對情緒健康及「社交電量」的關注。我們邀請師生共同製作短片，並於校內播放，分享他們在感到身心疲累時，如何獲得支持和能量。

學校社工亦於2025年2至3月期間，在服務中學設置「開·心伴你」系列遊戲攤位，如「開心五感波波池」，幫助師生認識如何運用五感舒緩壓力、提升應對負面情緒的能力。另一互動遊戲「陪你過三關」，則讓師生掌握「社交電量」的概念，學習提升社交能量的方法，並推廣正向互助的校園文化。參加的學生和老師均表示活動有趣又實用，不但學會了減壓的小技巧，還增強了相互關係的支持與連結。



Congratulations to School Social Worker Ms. Cathy Chan on Receiving the "Hong Kong School Social Worker Excellence in Collaboration Scheme" Merit Award

恭賀本社學校社工陳嘉媛女士榮獲「香港學校社工協作卓越計劃」個人優異獎

Our school social worker, Ms. Chan Ka Woon, Cathy, was nominated by the Principal of the NTHYK Tai Po District Secondary School to participate in the "Hong Kong School Social Worker Excellence in Collaboration Scheme" election. The scheme is jointly organized by the Hong Kong Federation of Education Workers and Connecting Hearts, with the full support from the Social Welfare Department and the Education Bureau.

Among numerous outstanding candidates, Ms. Chan distinguished herself and was honoured with the Individual Merit Award, which recognises her professionalism in student support and school collaboration.

The award ceremony was held on 19 July 2025, officiated by Mr. Chris Sun, JP, Secretary for Labour and Welfare, Dr. Sze Chun-fai, JP, Under Secretary for Education, and several Legislative Council members. The event celebrated the invaluable contributions of school social workers, affirm their crucial role in bridging schools and social workers to address increasingly complex student challenges, and highlighted their dedication to enhancing students' overall well-being.

本社學校社工陳嘉媛女士獲新界鄉議局大埔區中學校長推薦，參加由香港教育工作者聯會及香港社福界心連心大行動聯合主辦、社會福利署及教育局全力支持的「香港學校社工協作卓越計劃」選舉。陳女士在眾多優秀候選人中脫穎而出，榮獲個人優異獎，充分展現她在學生支援及學校協作方面的專業能力。

頒獎典禮於7月19日舉行，勞工及福利局局長孫玉菡先生，JP、教育局副局長施俊輝博士，JP及多位立法會議員親臨主禮及頒獎。活動旨在表揚學校社工的專業貢獻，肯定他們在學生問題日益複雜的今天，積極推動學校與社工之間的合作，並致力促進學生的整體福祉。



ISS' Got Talent Scholarship Winners Visit Baron School of Music

國際社展才藝獎學金得獎者參觀伯樂音樂學院



The ISS' Got Talent Scholarship receives an array of impressive music submissions every year, inspiring young talents to pursue their creative dreams.

On 21 June, a group of awardees had the rare opportunity to visit one of our valued Supporting Partners, the Baron School of Music. Under the expert guidance of Production Supervisor Chris Fu, the students immersed in the world of music production from hands-on exploration of professional studio equipment to uncovering the magic of post-production effects. Highlight of the tour was stepping into a real recording studio and experiencing the thrill of performing like a true artist. A heartfelt thank you to the Baron School of Music for their warm hospitality and continued support. It was unforgettable and inspiring experience!

國際社展才藝獎學金每年都收到不少優秀的音樂作品，激勵有天份的兒童及青少年追尋音樂夢想。今年6月21日，一眾得獎者獲邀參觀我們的長期支持單位—伯樂音樂學院。導師Chris帶領小朋友探索音樂製作過程，除了介紹專業錄音器材及後製特效外，參加者更有機會親身體驗錄音，初嘗當歌手的滋味。衷心感謝伯樂音樂學院的全力支持，為得獎者締造難忘的音樂之旅！

Name of Activity: Hong Kong Customs College Open Day

Date: 18 April 2025

Location: Hong Kong Customs College

Brief description: Sponsored by the Beat Drugs Fund, 46 cross-border families and new arrivals from Mainland China visited the Hong Kong Customs College on 18 April. Through various interactive games, participants learned about the mission and work of Hong Kong Customs in safeguarding national security, and deepened their awareness of the dangers of drugs.

活動名稱：香港海關學院開放日

日期：2025年4月18日

地點：香港海關學院

簡介：由禁毒基金贊助，46位跨境及內地新來港人士於4月18日親身參觀香港海關學院。參加者透過不同的互動遊戲，多角度了解香港海關維護國家安全的使命和工作，並加深對毒品禍害的認識。



Name of Activity: Otaku Glow Stick Dance Workshop

Date: 22 April 2025

Location: Hong Kong Youth Arts Foundation Quarry Bay Studio

Brief description: 21 children from Small Group Home Programme took part in the Otaku Glow Stick Dance Workshop organised by the Hong Kong Youth Arts Foundation, diving into the vibrant and energetic world of Japanese "otaku-gei." Originating from Japanese idol culture, otaku-gei began as cheering moves and gradually evolved into a creative dance style that blends glowing lights, dynamic music and playful rhythms. Guided by professional artists, the workshop helped participants to master musical beats, enhance physical coordination, and cultivate teamwork spirit. In a relaxed and joyful setting, the children enjoyed the workout, unleashed their creativity, and experienced the charm of this unique dance form.

活動名稱：御宅藝螢光棒舞蹈工作坊

日期：2025年4月22日

地點：香港青年藝術協會鰂魚涌排練室

簡介：21名兒童之家家童參與了由香港青年藝術協會舉辦的御宅藝螢光棒舞蹈工作坊，一嚐華麗又熱血的日本御宅藝。「御宅藝」是一種源自日本偶像文化的創意舞蹈，原為粉絲支持偶像的打氣動作，隨後御宅族利用這種技藝來編舞，逐漸發展成融合光影與強勁音樂及節奏的舞步。工作坊由專業藝術家帶領，透過舞蹈讓家童掌握音樂節拍、提升身體協調能力，並培養團隊合作精神。在自由愉快的氛圍中，家童們不僅鍛鍊了身體，還釋放無限創意，親身感受御宅藝這種獨特舞蹈的藝術魅力。



Name of Activity: World Book Day

Date: 23 April 2025

Location: Tin Shui Wai (North) Integrated Family Service Centre

Brief description: In response to World Book Day on 23 April 2025, the Tin Shui Wai (North) Integrated Family Service Centre welcomed visitors as the community library in the district. Neighbors were invited to join and spend time reading at the Centre as an effort to foster the reading culture in the community and encourage daily reading habits among residents.

活動名稱：世界閱讀日

日期：2025年4月23日

地點：天水圍(北)綜合家庭服務中心

簡介：為響應4月23日的「世界閱讀日」，天水圍(北)綜合家庭服務中心作為區內的「社區圖書館」，特別於當天開放，歡迎街坊前來閱讀，以提升社區閱讀風氣，並鼓勵市民將閱讀融入生活，養成良好的閱讀習慣。



Name of Activity: Career Xplorer Programme

Date: 26 April 2025

Location: VTC Tsing Yi Complex

Brief description: Organized by the JYC Girls Impact Foundation and funded by the Women Empowerment Fund, 120 women from Ripples Academy participated in an intergenerational learning workshop with young female students. They explored AI models, and learned to better present themselves and collaborated as volunteer mentors to create decorative designs with the students.

活動名稱：職將啟航

日期：2025年4月26日

地點：職業訓練局青衣大樓

簡介：120名漣漪學苑的婦女受邀參與由培菁女性創效基金主辦，獲婦女自強基金資助的「職將啟航」活動，與年輕女學生跨代共學，認識AI模型及打造個人品牌，並化身義工導師與女學生合力製作裝飾品。



Name of Activity: CHAT Sixth Factory Family Fun Day

Date: 24 May 2025

Location: The Mills

Brief description: Thanks to the support of the Hong Kong Youth Arts Foundation, 27 foster parents and children enjoyed an inspiring visit to The Mills. Guided tours offered a fascinating look into the history and development of the cotton mill, while hands-on workshops let kids craft their own mini heat-shrink woven keychains which they proudly displayed them on their backpacks. The day ended with tasty snacks and lively sharing among foster parents, making this cultural experience both joyful and memorable.

活動名稱：CHAT六廠藝術家庭同樂日

日期：2025年5月24日

地點：南豐紗廠

簡介：在香港青年藝術協會的贊助下，27名寄養家長及兒童有機會參觀南豐紗廠，了解棉紗廠的歷史與發展。參加者在導賞員的細心講解及帶領下，認識紡織生產的各個環節，體會到傳統工藝的精髓。活動還特別安排專業導師教授迷你熱縮織嘜匙扣，孩子們在完成製作後，均興奮地把精美的匙扣掛在背包上，流露出自豪與喜悅的笑容。最後，大家在輕鬆愉快的氣氛下，一同享用美味點心，寄養家長們更藉此機會交流育兒心得，為這次文化創意體驗活動畫上圓滿句號。



Feedback from Service User 服務使用者感想

Service Unit: School Social Work And School Support Service

服務單位：國際社學校社會工作及學校支援服務

"When I started my secondary schooling, I am often occupied with tutorials and homework, which make me feel stressed due to academic pressure. I would like to say thank you to my school social workers, for inviting me to join various innovative and creative experiential activities during Mental Health Week. What I most enjoyed was the "topping decoration" activity, where I could freely choose different ingredients to garnish the tart crust and create my own tart. The process helped me relax and let me engage in something I enjoy. Finally, I even got to savor my own delicious dessert. I look forward to joining the next event in the near future!"

“記得剛升上中學時，經常忙於補習及課業，感到很大壓力。多謝國際社學校社會工作及學校支援服務的各位學校社工邀請我參與精神健康週的各項新奇活動，其中令我印象最深刻的是名為「放題」的活動。我們可以製作屬於自己的水果撻，自由選擇不同的配料放在撻皮上，讓我專注於製作過程中，得以放鬆。最後，大家還可以品嚐美味的甜品。我很期待下次參與其他活動！”



Salesian English School
Form 2 student
Chow Cheuk Nam
慈幼英文學校
中二級 周卓南同學



ISS Family Institute 國際社家庭學院

Established in 2002, ISS Family Institute is dedicated to promoting the Bowen Family Systems Theory, a comprehensive conceptual framework developed by the late American psychiatrist Dr. Murray Bowen. The theory offers a blue print to lead a functional life and solve problems in our relationships, through knowledge of how the emotional system operates, and managing self effectively in our relationship systems.

國際社家庭學院成立於2002年，致力推廣「博域家庭系統理論」(Bowen Family Systems Theory)，以強化個人、

家庭及社會功能。此理論由已故美國精神科醫生梅利·博域創立，提供一套嶄新的系統思維框架去理解人類行為及情緒系統運作，以及在人際關係中如何可有效地提升自我情緒管理，使我們在生活中發揮有效功能來解決人際關係的問題。



Scope of Services

1. Counseling Services

- Addressing emotional and behavioral challenges such as marital issues, parent-child relationships, emotional management, grief and loss counseling, workplace stress, and family-of-origin problems.

2. Training Programmes

- Offering training programmes for professionals and community courses for the general public to enhance the application of Bowen Theory across diverse fields.

3. Professional Exchange

- Organizing conferences and seminars on Bowen Family Systems Theory to promote knowledge sharing and collaboration among industry professionals.

4. Public Education

- Delivering public education initiatives, including videos and online sharing sessions to enhance community awareness and understanding of effective self-management and interpersonal relationships.

服務範疇

1. 輔導服務

- 解決情緒及行為困擾，如婚姻問題、親子關係、情緒管理、哀傷輔導、職場壓力及原生家庭問題等。

2. 培訓課程

- 提供專為專業人士設計的培訓課程，並開設適合一般人士報讀的社區課程，讓更多人受惠於理論的實踐與應用。

3. 專業交流

- 舉辦「博域家庭系統理論」相關的會議及專題演講，促進業界交流。

4. 公眾教育

- 為社區提供公眾教育服務，包括短片、線上分享等，以提升有效的自我情緒管理及人際關係。

Words from Programme Director

服務總監的話

We are committed to using Bowen family systems theory to help our service users develop systems thinking, enabling them to objectively assess their situation, be aware of their own participation in their interactions with others and their mutual influences on each other, so as to focus on self-change, develop good balance of the emotion and intellect, establish appropriate principles, and maintain satisfactory relationships with their loved ones and communities.

ISS Family Institute collaborates closely with Bowen theory training centres around the world in the teaching and promotion of Bowen theory. It is grateful to the Lee Kum Kee Family Foundation for funding the production of the video project, Enhancing Family and Individual Functioning with Bowen Theory. The Family Institute has also recently launched the project, "Family Ties Beyond Distance" to promote the emotional well-being and resilience of the elderly who have family members emigrated overseas.

Many thanks to all those who have supported the ISS Family Institute! Let's work towards self-change first, as "An entire family can be changed through the effort of one person." (Murray Bowen, M.D., 1978)

我們致力運用「博域家庭系統理論」協助服務使用者建立系統思維，使能客觀評估身在的處境，覺察與他人互動中自己參與的部份，和彼此相互的影響，從而聚焦改變自己，建立適切的原則，達至情理兼備，與親人和身處的社群維繫滿意的關係。

國際社家庭學院與世界各地的博域理論訓練中心緊密合作，亦得到李錦記家族基金資助製作「幸福家庭由己出發」短片，以博域理論的角度了解和處理家庭常遇到的問題。國際社家庭學院並在社區推行「親情跨千里」計劃，促進有親人移民而留港之長者的情緒健康及適應能力。

感謝一直以來各界人士對國際社家庭學院的支持！讓我們努力由己出發，改變由自己開始，推進博域理論倡導的信念：「一人改變可轉化整個家庭」(博域醫生，1978)。



Mrs. Peggy Chan
陳蘇陳英



For the video series "Enhancing Family and Individual Functioning with Bowen Theory", please visit:
有關「幸福家庭由己出發」的短片系列，請瀏覽：
<https://www.youtube.com/@issfi>

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Service Hours 服務時間：

Mon 星期一
Tue - Fri 星期二至五
Sat, Sun & Public holiday 星期六、日及公眾假期

9am-1pm; 2pm-6pm 早上9時至下午1時；下午2時至6時
9am-1pm; 2pm-5:45pm 早上9時至下午1時；下午2時至5時45分
Closed 休息