



01 MAY 2020
2020年05月01日

We have begun to prepare our first major fundraising activity of 2020 which will also be our primary one since the COVID-19 situation has resulted in the cancellation of our other initiatives for the first half of 2020.

我们正在筹备 2020 年的首次且最重要的筹款活动，由于新冠疫情的影响，我们已取消了原定于 2020 年上半年开展的其他筹款活动。

Online training has been conducted since mid-February which brings us many opportunities for innovation to overcome the current challenges from the COVID-19 situation. In this month's letter, we bring you comments and thoughts from our Cycle 3 youths.

二月中旬我们启动线上培训，得益于这种新的形式，我们的培训能够继续。一起来听听学员们的反馈吧。

Communication and mentoring are essential parts of our programme to inspire our youths. We are therefore preparing to launch our second round of Global Pen Pals Programme which connects youths with global friends who will act as mentors. Please subscribe Shanghai K WeChat account (WeChat ID: jiahegongyi2017) to apply or contact us at office@shanghaik.org if you wish to be considered as a Global Pen Pal for Cycle 3 which will last from this summer until their graduation in the fall of 2021.

交流与引导是激励学员的关键，因此，我们再次启动良师益友笔友计划，为学员与来自全球各地的朋友创建交流的机会，服务周期自今年夏天至明年秋天三期学员毕业。如果你有兴趣加入，欢迎关注上海嘉和公益基金会微信公众号(微信号: jiahegongyi2017)申请或通过邮件 office@shanghaik.org 咨询。

We are delighted to share updates on the programme with you which we hope you will enjoy and as always, thank you for your wonderful support.

我们很高兴能与您分享良师益友项目的动态，希望您喜欢我们的分享，感谢您一如既往的支持！

Shelley Peng 彭晓
Executive Director and Principal 执行理事和项目负责人

DARE TO DREAM SHANGHAI CHARITY FUNDRAISING GALA
2020“勇于梦想”上海慈善晚宴

Shanghai K Charitable Foundation's first charity fundraising gala will take place in Shanghai on Saturdays, 28 November 2020. Titled "Dare to Dream" reflects our quest to help our youths to look at their future and work towards their dreams.

上海嘉和公益基金会首次慈善晚宴将于 2020 年 11 月 28 日，周六在上海举办。我们的主题是“勇于梦想”，映射良师益友项目一贯的价值观，鼓励学员敢于梦想、追求梦想。

More details will be forthcoming in the next publication. Meanwhile, sponsorship opportunities are available as table sponsorships. Please contact Ms. Zoey Liu at zoeyliu@shanghaik.org for further information.

我们将会在下期简报中分享更多细节。赞助机会已经开放，请联系刘扬微女士(zoeyliu@shanghaik.org)了解详情。

CYCLE 3 YOUTH FEEDBACK
学员反馈

We asked Cycle 3 youths about how their feelings on their online class experience and time spent in their hometown during the COVID-19 situation.

我们一起来听听学员们对线上培训和这段时间在家生活的反馈吧。



In the beginning, I was not used to online classes, I could not concentrate. What impressed me most was demo classes teaching cutting skills, making mayonnaise, making chicken breasts, etc. I practiced accordingly at home. The Covid-19 pandemic is stable at hometown now, so I go out to walk and play at weekend. I really want to go back to the center and study with my classmates.

*Barry Bao, Western Culinary
17 years old, Qinghai Province*

开始的时候不习惯上网课，容易走神，现在可以专注上课了。我印象最深的是老师教我们练习刀工、做蛋黄酱、做鸡胸肉等，我自己在家练习削橄榄球。我们这里疫情已经清零，周末我会出去走走、打打球。特别想回上海，回到中心与大家一起上课。

保英才，西烹专业



17 岁, 青海省



I like demonstration classes very much; I can't wait to practice after classes. I made salads and sandwiches for my dad. I am busy and fulfilled. This long holiday makes me realize my responsibility. I am looking forward to return to the center and study with my teachers and classmates side by side.

*Joy Hu, Western Culinary
17 years old, Shanxi Province*

我非常喜欢实操演示课程，每次看完后，我都迫不及待地练习，练习刀工、制作沙拉、削橄榄、做三明治等，做好后我会让我爸爸先尝尝。在家上网课，忙碌而充实。这个假期让我更深刻的认识到了自己的责任，很期待回到中心，与老师、同学们一起专注地学习。

*胡志化, 西烹专业
17 岁, 山西省*



I really enjoyed the demonstration classes. Sometimes, I almost drooled when I watched them. The mentors asked us to practice cutting skills on raw materials, we practiced on potatoes. We will take theory examination of the Certificate of Western Culinary Level 5 soon, so our mentors are reviewing

examination contents with us.

Recently, I was involved in a construction project with a dozen people. Few days ago, we transported bricks with carts or motorbikes. It was very difficult to transport bricks by motorbikes on narrow and rugged mountain roads. Just after half a day, I was so tired that I felt asleep in a chair.

No matter where we are, we can have achievements if we concentrate on study or think.

*Frank Tao, Western Culinary
18 years old, Yunnan Province*

我很喜欢实操演示课程，有时看着老师做菜，我都要流口水了。老师教我们削橄榄球来练习刀工，我拿土豆来练习，但我削的不好。我们正在准备西式烹调师五级证书（Certificate of Western Culinary Level 5）的理论考试，所以老师会花时间和我们一起复习考试内容。

最近，我与十几个人一起参与建房子，前几天我们去搬砖，有的人拿推车推，而我们年轻人开摩托车去拖。虽

然是用摩托车，但还是非常累，因为我们经过的是一条狭窄又不平坦的小路，所以很难平衡车子，干了半天，我就累得躺在椅子上面睡着了。

不管身在何处，只要能静下心来学习或者思考就会有收获。

*陶杨, 西式烹饪
18 岁, 云南*



During this period, I was taking online classes together with my brother and practiced at home with limited ingredients and utensils. But it's hard to concentrate without mentors' supervision, so I wish to return the Centre as soon as possible.

We helped with farm works and chores at home. Once, 15 of us went to transport bamboo shoots, however, one of us was lost in the woods when on the way back. The rest of us looked for her for hours till 2am and eventually we found out that she had stayed safely at a farmhouse.

*Harry Tao, Western Culinary
21, Yunnan Province*

在家这段时间，我与我弟弟都是一起上网课，用家里有限的食材来练习实操。但是希望快点回到中心，在网上学习，因为老师看不到，学习就没有那么认真。

平时我们会帮家里干活，有一次周末我们十五个人一起回老家搬竹笋，晚上回家的时候发现少了一个人，我们又回到大森林去找人，找了很长时间，到了半夜一两点才得知她到其他地方找了一户放牛的人家住下了。

*陶云, 西式烹饪
21 岁, 云南省*



The finance class impressed me and taught me how to plan my finances in the future. I also like demo classes, I practiced at home, for instance, I made puddings and toasts. I even bought mould online. During holidays, I read a book named "Innocent Like a Child"

wrote by Mr. Wang Zengqi, which inspired me how to deal with the impact caused by my native family.

*Selena Zeng, Western Pastry
18 years old, Hunan Province*

投资理财课程让我印象深刻，教我学会以后如何规划自己的财务。我特别喜欢实操演示课程，在家自己练习做布丁、吐司等，还特意上网买了吐司磨具。假期期间，



我读了汪曾祺先生的《天真到像个孩子》，这本书引发我很多感悟，我也在慢慢摸索如何应对原生家庭带给我的影响。

曾悦, 西点专业
18岁, 湖南省



The internet in my house is not very good and breaks time to time, it is hard for me to follow live online classes, so I am worried I may lag behind by others. I wish go back to the Centre and study with my classmates. On the other hand, there are a lot of fun things to do in my hometown, such as watching horse races, skiing, and herding with my brother.

Cassie, Western Pastry
19 years old, Sichuan Province

我家所在的地方网络不太好，上网课的时候总是断断续续，勉强可以听清楚课程内容，所以我很担心跟不上老师和同学们的节奏。我个人很期待能够回中心与大家一起学习。在老家好玩的事情还蛮多的，比如：看赛马，滑雪，跟弟弟一起去放牛.....

热沙卓玛, 西点专业
19岁, 四川省



I concentrated on online classes at first, but then an incident happened in my family that caused my absence from online classes. Due to limited conditions, I can't practice at home. But I went through my notes again and again.

My grandmother is staying with a relative after discharge from hospital, so I am alone. When I felt lonely or bored, I looked through the photos I took in Shanghai with my classmate and once I even washed the dishes twice to kill time. Fortunately, my classmates are accompanying me online every day. I miss them and the mentors very much.

The most interesting thing at home is to catch the loaches which are freshwater fish, which is not easy. Every Saturday I will spend a while in the field to catch loaches, but I release them after catching.

Bard Shui, Western Culinary
17, Yunnan Province

开始上网课的时候挺顺利，但之后家中发生了一些事情，导致我耽搁了很多课。由于家中条件所限，无法在家练习实操内容，但我会翻翻笔记本温习老师的讲课内容。

我奶奶出院后在亲戚家修养，我一个人在家，无聊的时候，我会看看手机里在上海时拍的照片，有一次觉得特别无聊，把洗过的碗又洗了一遍。但好在每天都有很多小伙伴在线上陪我，我很想念我的小伙伴们，还有老师们。在家里最有趣的事情就是去田里捉泥鳅，这可是个技术活，每个周六我都会去田里溜达十几分钟，捉到泥鳅后，再放生。

税正意, 西点制作
云南, 17岁

GLOBAL PEN PALS COMMUNITY 良师益友笔友计划启动

The Sir Horace Kadoorie Hospitality and Mentoring Global Pen Pals Programme connects youths enrolled in the programme with global friends who will act as mentors for the youths to provide them with guidance and support on English learning, cultural exchange, and career development etc., and to encourage them to explore the world beyond their own.

良师益友笔友计划旨在为良师益友学员与来自各地的笔友搭建交流平台，笔友可以在英语学习、文化交流、职业发展、探索世界等方面给予学员指导和帮助。

We are looking for experienced professionals working in the hospitality industry as pen pals for cycle 2019 – 2021. Each volunteer commitment is for a term of 15 months. The mode of communication can be by any means that is convenient for both the volunteer and their assigned youth. Written letters, emails, or chatting on social media through WeChat are all acceptable.

我们期待在餐旅业中有着丰富工作经验的专业人士能够成为三期学员（2019-2021期）的笔友，笔友与学员可以通过写信、邮件、微信等方式进行交流。

If you are interested in applying, please kindly refer to "read the original" at the bottom right corner for detailed information and submit your application online.

如果你对此计划感兴趣，请通过“阅读原文”了解详细信息，提交你的申请。



CONTRIBUTIONS

致谢捐赠者

We would like to extend our appreciation to the following contributors for in cash or in-kind donations to the foundation from 01 January up to 31 April 2020 (names listed in random order):

我们诚挚地感谢为良师益友项目提供资金和物资捐赠的单位与个人，以下是 2020 年 1 月 1 日至 4 月 31 日的部分捐赠名单（排名不分先后）。

Cash donations 现金捐赠

Active Advance Limited, CNY6,000 cash donation
沛进有限公司，捐赠 6,000 元

Cash donations from Graduates and Cycle 3 Youths 毕业生和三期学员捐赠

Mr Ben Chen 陈累, Cycle 2 graduate 二期毕业, CNY100
Ms Kyle Tian 田沿沿, Cycle 2 graduate 二期毕业生, CNY100
Mr Ken Zhao 赵嘉利, Cycle 2 graduate 二期毕业, CNY100
Mr Luke Liu 刘章, Cycle 2 graduate 二期毕业, CNY50
Ms Tina Wan 万义芳, Cycle 2 graduate 二期毕业, CNY100
Ms Vivian Nie 聂丹娜, Cycle 2 graduate 二期毕业生, CNY100
Ms. Frances Wei 魏家乐, Cycle 3 youths 三期学员, CNY20

In-kind donations 物资捐赠

Feng Foundation, 100 bottles of hand sanitizer
大丰基金会，100 瓶消毒液
Jizun Uniform, 63 sets of chef's uniforms (jackets/pants/aprons)
吉尊服饰，63 厨师服（上衣/裤子/围裙）
Time-in-Step, 2,000 surgical masks
泰尔同步，2000 个医用口罩
Mr Boris Yu, 64 bottles of hand sanitizer
俞仰慈先生，64 瓶 500ML 免洗洗手液
Ms Clair Chang, 12 cases of toilet paper
张菁文女士，12 箱卫生纸
Mr Dennis Wong, 1,000 surgical masks
黄嘉恒先生，1000 个医用口罩
Chef Eddie Leung, new miscellaneous chinaware and glassware
梁伟富大厨，餐具和杯具
Lady Gail Rebeck, Second-hand collection of cookbooks
Lady Gail Rebeck, 烹饪书籍
Ms Mary Wong, 40 N95 masks
谭月霞女士，40 个 N95 口罩
Mr Ricci Wu, 72 bottles of hand sanitizer
胡伟智，72 瓶 200ML 免洗洗手液
Mrs Ruth Kennedy, second-hand collection of cookbooks
Mrs Ruth Kennedy, 烹饪书籍
Ms Sarah Zhao, 200 bottles hand sanitizer
赵俊女士，200 瓶 300ML 免洗洗手液
Mr Susan Chan, 38 bottles hand sanitizer
陈雪珊女士，38 瓶 400ML 免洗洗手液

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支持我们



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期待您的帮助与慷慨支持，无论大小，都将助我们走得更远。您可以扫描下面的微信或支付宝二维码进行捐赠。



You can also help fund-raise for us within your community. To explore this, please contact us at info@shanghaik.org.

您亦可以在您的周围为我们筹款，想要了解更多信息，请通过 info@shanghaik.org 联系我们。