

NEWSLETTER 通讯 2020.08



SHANGHAI K
Charitable Foundation
上海嘉和公益基金会

上海嘉和公益基金会是于 2017 年在上海市民政局注册成立的慈善组织。

Shanghai K Charitable Foundation is a non-profit charitable organisation registered in 2017 under the Shanghai Bureau of Civil Affairs.

网站 www.shanghaik.org

校长寄语

FROM THE EXECUTIVE DIRECTOR



三期学员学习西点制作和西式烹调实操课程的热情像这个夏天一样火热，本期月报将为你揭晓这个 7 月他们都学到了什么。

The enthusiasm of youths to learn Western Culinary and Pastry skills is as hot as summer. You will discover what they have learned in July through their sharings in this newsletter.



三期学员来自全国 16 个省份，涵盖 9 个少数民族，学员背景和文化的多样性是良师益友项目的特色。本期，有两位同学将为我们介绍他们的家乡和他们家乡的特色美食。

The diversity of our youths makes our programme unique, with 16 Provinces and 9 ethnic minorities represented. In this issue, two youths will share highlights and the food culture from their respective hometowns.



良师益友笔友计划启动仪式于 7 月 2 日在贺理士嘉道理爵士青年发展中心举行，58 名来自餐旅业的专业人士成为三期学员的笔友，将指导和陪伴三期学员的成长。

Our Cycle 3 Global Pen Pals Community was inaugurated on the 2nd of July with the volunteer participation of 58 experienced hospitality industry professionals who will be mentoring our youths.

7 月 13 日我们启动了四期学员的招募，有兴趣加入良师益友项目的青年，可以通过上海嘉和公益基金会的微信公众号和官方网站了解详情和提交报名申请。

Meanwhile, we are thrilled to share with you that we have launched the recruitment of Cycle 4 on the 13th of July. The enrolment is open to all youths through our WeChat account and our website.

我们诚挚地感谢向我们捐赠防疫物资及其他各类物品的爱心人士与爱心企业。

We express our deepest gratitude to all those who donated hygiene and safety supplies, along with other types of donations received during the past months.

再次衷心地感谢您与我们携手并肩，共同帮助国内的困境青年。请将月报分享给你身边的朋友、同事，让更多的人了解良师益友项目，并加入我们。

As always, we are grateful for your continued support and for helping our work in youth poverty alleviation. Please share this newsletter with your friends and colleagues and help us expand our circle of friends and supporters.

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

学员动态

CYCLE 3 YOUTHS UPDATE

每周二和周四的全天是西点制作和西式烹调专业的实操课程。

Every Tuesday and Thursday, all-day technical vocational training sessions in western culinary and western pastry are held in our kitchens.

西式烹调专业着重于练习基本的刀工，学习制作沙拉酱汁、各类三明治以及罗宋汤等。与此同时，西点制作专业学习了制作面包、饼干、泡芙和蛋糕。

Youths in western culinary focus on basic cutting skills, whilst also learning to make salad dressings, sandwiches, and soups. Those in western pastry focus on preparing breads, cookies, puffs, and cakes.

我们来看看两位西点制作专业的学员最近都学到了哪些技能。

Let us see what two of our youths have learned.



李晓燕，西点制作，云南省，20岁
Iris Li, Western Pastry, Yunnan, 20 years old

叮叮叮.....

Tinkling.....

一听到这个熟悉的声音，闻到随之而来的浓郁香气，我就知道是西点班又有美味的食物出炉了，不知道是松软的面包还是酥脆的混酥制品，此刻我只想“循香而去”。

As soon as I heard this familiar ring and smelled the rich aroma, I knew there were items fresh out of the oven from the Western Pastry Class, be it a soft bread or a crispy pastry. I simply wanted to follow the fragrance which I knew would lead me to something delicious!

历经了几个月的网课后，我们终于迎来了线下的实操课，事实证明，理论和实践有着很大的差异，将一个面团揉圆并不容易，但是，黄油在手中打发的感觉真的很奇妙.....

After taking online classes for months, we were finally able to experience practical classes. We discovered that there was a big difference between theory and actual practice. Making a perfectly round dough was not as easy as seen online but it felt wonderful to knead butter.

从早上8点到下午6点，同学们在实操教室里忙碌，每个人都很认真专注，致力于把手中的面粉、鸡蛋、黄油等食材制作成一个个极具诱惑力的成品，成品出炉的一瞬间，同学们脸上洋溢着愉悦和自豪。

From 8am to 6pm every day, we were busy in the pastry kitchen. Everyone concentrated on turning the flour, eggs, butter, and other raw ingredients into attractive baked goods. We all felt proud and happy when we saw the final products coming out of the oven.

每每载盛果而归，次次期待之下回.....

With these fruitful results, we looked forward to the next practical class.



付永军，西点制作，甘肃省，17岁
Jerry Fu, Western Pastry, Gansu, 17 years old

实操课上，我们能够练习到扎实的基本功，将理论与实践相结合，同学们团结协作，完成从“料”到“成品”的制作过程，烘焙出美观、可口的糕点制品，享受收获带来的喜悦。我们在这里学习到的软技能与专业技能帮助我们以后在职场上扎根.....

Basic skills were honed constantly during the practical classes which focused on combining theory and practical skills. We cooperated with classmates to complete the process from "raw material" to "finished product", baking

beautiful and delicious cakes which also provided us the opportunity to enjoy our work by tasting them. The life skills and technical skills we learned here will build a strong foundation for our future careers.....

家乡的美食

FOOD CULTURE FROM MY HOMETOWN

三期学员来自全国 16 个省份，其中有 18 名来自少数民族的同学，涵盖 9 个少数民族。良师益友项目注重文化和地域的多样性。本期，两位学员将向大家介绍他们的家乡和当地的饮食文化。

Cycle 3 youths come from 16 different Provinces, with 18 of them representing 9 ethnic minorities. We embrace cultural and geographic diversity in our programme. Two of them will introduce the food culture from their hometowns.

安吗依乌，西式烹调，四川省，19 岁，彝族
Augus, Western Culinary, Sichuan, 19 years old, Yi Minority

冕宁，我的家乡，是四川省凉山州管辖之内的一座小县城。它虽然很小，但它养育了很多人。听老一辈的老人说，抗战时期，刘伯承将军曾来过这座小城，并与当地彝族领袖小叶丹歃血为盟，因为地点是在冕宁彝海边，史称“彝海结盟”。

Mianning, my hometown, is a small county in Liangshan Prefecture, Sichuan Province. Although it is not big, it has produced many famous people. I heard from the older generation that General Liu Bochong came to the town during the anti-Japanese war, and allied with Yi ethnic people at the lakeside of Yihai.



(彝族大餐展示-A illustration of the famous "Feast of Yi")

希望大家能够到我的家乡做客，我会用鲜美的冕宁火腿，可口的樱桃，还有各式各样的水果招待你，带你去灵山景区徒步上山追寻古马道，山顶寺庙烧香祈福，到彝海体验那温情似水，到彝家中大口吃肉喝酒，体验彝族人民的热情好客。



(当地的水果-local fruits)

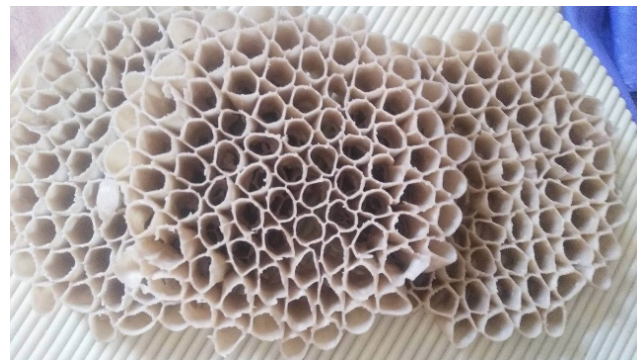
I welcome you all to visit my hometown where you can taste the delicious Mianning ham, cherries, and various other fruits. You can also visit the Lingshan Mountain and hike along the "Ancient Path of Tea and Horses". You can also visit the various Buddhist temples and enjoy the beautiful scenery of Yihai Lake. Lastly, a trip to my hometown would not be completed without a visit to a Yi home to experience Yi culture.

胡志化，西式烹调，山西省，17 岁，汉族
Joy Hu, Western Culinary, Shanxi, 17 years old, Han

我的家乡山西有 5000 多年的文明史，在这片土地上，不仅有辉煌灿烂的文化遗产，更有很多的美食文化。

My home is in Shanxi Province with a history of more than 5,000 years. It has splendid cultural heritage as well as a plentiful and rich food culture.

山西作为我国面食界的扛把子，面粉在山西人民手中发挥的淋漓尽致，有据可查的面食就近 300 种，在山西就算一天吃三顿饭，连吃三个月都不会重样，剔尖，抿尖，饸饹，拨烂子，栲栳栳，打卤面，焖面，灌肠，碗托，沾片子多到数不过来，既有形状的繁华多变，又有味道的五花八门。



(莜面栲栳栳- Kaolaolao pasta)

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Shanxi is famous for its noodle culture. Shanxi people developed near 300 kinds of noodles which means that you can have different noodles for every meal for three months, with a rich variety of shapes and flavours. Some examples include sipping noodles, hele, bolanzi, kaolaolao, noodles with sauce, braised noodles, wantuo and dipping slices.



(猫耳朵 - Maoerdu pasta)

你可能听说过山西人爱吃醋，那你听说过山西人吃土吗？这可是经过官方认证的真人。在山西长治武乡县，人们把无污染的黄土用铁锅炒熟，再将用面制成的疙瘩倒入锅内搅拌均匀，香脆的“黄土炒指”便出锅了，虽然形状及名字略显残忍，但这种美食也得到了不少人的喜爱，而且吃它还有助于消化，目前已录入省级非物质文化遗产名录，你吃过土吗？

You have probably heard that Shanxi people like vinegar, but have you ever heard that Shanxi people eat soil? This is true. People in Wuxiang County stir-fry the pollution-free loess in an iron pan and mix them with many small noodle doughs into crispy "loess Chaozhi". Despite its shape and name, many people still love it, and enjoy its health benefits as it is good for digestion. It has been listed as part of our Provincial intangible cultural heritage. Would you like to try eating soil?

四期学员招募 CYCLE 4 RECRUITMENT

大家期盼已久的四期学员招募已于7月13日启动，想要报名良师益友项目的青少年，可以关注上海嘉和公益基金会微信公众号或登陆官方网站报名。

The eagerly anticipated recruitment for Cycle 4 was launched on the 13th of July on the foundation's WeChat account and Website.



以下是最基本的招募标准：

Some of the basic criteria for eligibility include:

- 中国公民
Chinese citizen
- 16-22 周岁 (2004 年 2 月 28 日前出生，以身份证信息为准)
Aged 16-22 (born on or before 28 February 2004)
- 完成九年制义务教育
Completed the nine-year compulsory education
- 贫困家庭青少年，申请人及与其共同生活的家庭成员的人均收入低于当地（地级市）最低工资标准。家庭出现重大变故导致贫困者酌情考虑
Household income lower than local minimum wage
- 由非营利性机构或熟知良师益友项目且熟知申请人的个人推荐
Recommended by a non-profit organization
- 无犯罪记录
No criminal record

由上海嘉和公益基金会工作人员和外部志愿者组成的评审委员会将严格按照流程，审核每一份报名资料，面试申请人及做必要的家访，并向终审委员会提交建议录取名单。

The Evaluations Committee, consisting of a mix of foundation staff and external evaluators, will review all qualified applications and will conduct a review of each applicant and will recommend the shortlisted candidates.

终审委员会由上海嘉和公益基金会工作人员和外部志愿者组成，独立于评审委员会，监督整个招募过程，并决定最终的录取名单。

The shortlisted list of candidates will be reviewed by the Admissions Committee, also consisting of a mix of foundation staff and external evaluators and completely independent from the Evaluations Committee, will

determine the successful candidates who will form Cycle 4 of the programme, graduating in the fall of 2022.

想要报名良师益友项目的青少年，请关注上海嘉和公益基金会微信公众号 (jiahegongyi2017) 或登陆官方网站 (www.shanghaik.org) 了解详情及提交报名资料。

Youths who are interested in learning western culinary and western pastry are encouraged to learn more and submit their applications online through our WeChat account (ID: jiahegongyi2017) or our website (www.shanghaik.org).



可持续发展 SUSTAINABLE DEVELOPMENT



我们希望能够为创建可持续发展的美好世界贡献绵薄之力，为此我们积极行动。本月我们倡导的主题是：消灭贫困 — 经济增长必须具有包容性，以提供稳定的就业和促进平等。

We are committed to making the world a better place and would like to share with you the actions we have taken to support as many sustainable development goals as possible. This month, we highlight issue number 1: No Poverty: Economic growth must be inclusive to provide sustainable jobs and promote equality.



良师益友项目为青少年提供人生技能和餐旅业专业技能培训，使其拥有一技之长，能够在餐旅业就业并发展，享受完善的福利待遇，走出贫困，实现自立。

Our programme is designed to provide youths with life skills and culinary vocational training so that they have the tools to enter the hospitality industry and sustainably support themselves as contributing members of their communities. After graduation, they will be employed with full benefits thus enabling them to begin a new journey no longer living in poverty.



良师益友笔友计划 GLOBAL PEN PALS COMMUNITY

良师益友笔友计划招募到 58 位来自餐旅业的专业人士作为三期学员的笔友。

The Global Pen Pals Community programme received a warm response from hospitality industry professionals as 58 volunteers signed-up to mentor Cycle 3 youths.



7月2日，我们在贺理士嘉道理爵士青年发展中心举办了良师益友笔友计划启动仪式，并向不能来到现场的笔友直播了启动仪式。

The inauguration ceremony of Global Pen Pals Community was held on the 2nd of July and was livestreamed to those unable to personally attend.



现场，上海嘉和公益基金会理事程红月女士，鼓励三期学员多与自己的笔友交流，以提高英语和拓展自己的知识面。她还分享了一些如何与新认识的人进行交谈的有用技巧。



Ms Laurie Cheng, one of the Board Directors of the Foundation, encouraged youths to communicate often with their assigned Pen Pals so that they may enhance their knowledge and use of English. She also shared very useful tips on initiating conversations with new acquaintances.

致谢 ACKNOWLEDGEMENTS

感谢以下个人或公司加入良师益友捐赠计划：

We welcome the following individual to our Donor's Circle:

黄金级关爱者 Gold Mentor (CNY5,888 to CNY8,887)

- 赵明倩女士（代表复旦大学旅游管理专业硕士项目捐赠）
Ms Yvonne Zhao on behalf of the Fudan University Master of Tourism Administration Programme

感谢以下个人或公司向良师益友项目捐赠物资：

We gratefully acknowledge the following supporters for their in-kind contributions:

蔡瑞珊女士 Ms Rowena Choi

- 1 台洗衣机 1 washing machine

卢宝玲女士 Ms Eileen Lo

- 1 台洗衣机 1 washing machine

吴郭丽英先生 Mrs Go, Kwok Lai Ying

- 4 台洗衣机 4 washing machines

东兴酒店用品有限公司 Dongxing Hotel Supplies Co., Ltd

- 2400 瓶洗手液 2,400 bottles of hand sanitising gel

林丽雅女士 Ms Anna Lam

- 三期学员核酸检测费用 COVID-19 testing for Cycle 3 Youths

李兴先生 Mr Jimi Lee

- 2,000 个一次性口罩 2,000 disposable face masks

上海吉尊服饰有限公司 J Z Uniforms Co

- 5,000 个一次性口罩 5,000 disposable face masks

绿洲食物银行 Green Food Bank

- 159 瓶酱料 159 bottles of various sauces

Mr. Jim Payne

- 1,000 个一次性口罩 1,000 disposable face masks

上剧场 The Theatre Above

- 《一夫二主》29 张门票

- 29 play tickets to A Servant of Two Masters
- 《隐藏的宝藏》33 张门票
- 33 play tickets to Hidden Treasure

如果您想为上海嘉和公益基金会捐赠资金或物资，请联系王蓓蓓女士: gracewang@shanghaik.org.

To become part of our Donor's Circle or to find out more about ways to contribute cash or materials, please contact Ms. Grace Wang by email at gracewang@shanghaik.org.

支持我们 SUPPORT US

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二维码进行捐赠。

We invite you to help and support us by contributing, however big or small, through WeChatPay.



您亦可以在您的周围为我们筹款，了解更多信息，请联系王蓓蓓女士: gracewang@shanghaik.org。

You can also help fund-raise for us within your community. To explore opportunities, please contact Ms. Grace Wang at gracewang@shanghaik.org.

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