

# NEWSLETTER 通讯 2020.09



99公益日

良师益友 教育扶贫  
爱心不分大小 行动就是力量

良师益友项目为贫困青年免费提供为期两年的人生技能和职业技能培训，通过教育赋能助其脱贫、自立。



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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.

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## 校长寄语

FROM THE EXECUTIVE DIRECTOR



夏天已接近尾声，今年八月，我们组织了多场欢快的学生活动。

The end of Summer has arrived, and it was full of exciting activities for our youths.

学员们已经上了两个月的实操课，到了检验学习成果的时候，因此，我们举办了一次技能比赛，特意邀请了高富诺管理咨询（上海）有限公司的朋友来参加本次活动。学员和嘉宾也在本次月报中分享了他们参加活动的感受。After two months of practical training in the kitchens, we held a competition for the youths to showcase what they have learned with participation of friends from Grosvenor Management Consulting (Shanghai) Limited. This most enjoyable activity is recapped in this newsletter by several of our youths and guests.

我们希望可以为世界的可持续发展做出力所能及的贡献，所以我们的学员和工作人员发起了“中心无塑料”运动，希望此举能够帮助到水生动物。学员们准备了宣传海报张贴在中心各处，进行倡导。

Continuing with our efforts to focus on sustainable development, our team and youths focused on saving “Life Below Water” by launching a “No Plastics in the Centre” Campaign which is supported by awareness tools created by youths.

在莘庄镇政府的协调下，浦江书院王新华院长到中心为学员开展《弟子规》讲座，为学员讲解孝、悌等传统文化的精髓。

We also introduced the first of a series of activities to promote traditional Chinese Culture. Organised in collaboration with the Xin Zhuang government, we welcomed Madam Wang Xinhua, President of Pujiang Academy, to speak about Di Zi Gui, the “Standards for being a Good Pupil and Child.”

本月，一群来自河南省上蔡县的小朋友来到中心参观，他们由智行基金会组织到上海参加智行基金会上海夏令营。我们的学员中也有不少来自上蔡的同学。

One of the highlights was the visit of youngsters from the Chi Heng Foundation, one of our charity partners. The young visitors were from Shangcai County, Henan Province which is also where some of our graduates and current youths are from.

今年，我们将首次参加腾讯 99 公益日活动，9 月 7、9、9 号，诚请你与我们一起加入线上筹款活动，为困境青年筑梦启航。

As we enter September, we will, for the first time, participate in the annual “Tencent 99 Charity Day” from 7<sup>th</sup> to 9<sup>th</sup> September. Please help us and donate to this campaign to help us raise funds!

最后，我们的理事和秘书长刘扬微女士暂时离开我们一段时间，但她将以顾问的形式继续为基金会服务。

Finally, we bade farewell to Zoey Liu, our Director and Secretary General, who has decided to take a break but will still remain as an advisor to the [EF](#) Foundation.

9 月 7、8、9 日，敬请您参加腾讯 99 公益日。再次感谢您的慷慨支持！

Thank you, as always, for your support and please remember to donate to us in the “Tencent 99 Charity Day” campaign!

彭晓 Shelley Peng

执行理事和项目负责人 Executive Director

## 专业技能比赛

### TECHINICAL SKILLS COMPETITION

6月30号起，同学们经过两个月紧锣密鼓的实操课学习，到了检验成果的时候，因此，我们举行了第一次专业技能比赛。

After two months of intensive practical training, the first Technical Skills Competition was held so that youths could showcase what they have learnt.

比赛分为初赛和决赛，两个专业同学被分为七个小组。我们还荣幸地邀请到高富诺管理咨询（上海）有限公司的7位朋友加入比赛。

The preliminary and final competitions included youths from both vocations (Western Culinary and Western Pastry) divided into seven groups. We were also honoured to welcome 7 friends from Grosvenor Management Consulting (Shanghai) Limited who also participated in the competition.

本次比赛既紧张又充满欢声笑语，学员和嘉宾都全身心地投入其中。那么，他们感受如何呢，一起来看看吧。

The competition was intense yet enjoyable, with all youths and visiting friends devoted to doing their best. Let's take a look at what some of them had to say!



**狄佳银，西点制作，云南省，18岁**

**Ivy Di, Western Pastry, Yunnan Province, 18 years**

这次技能比赛中，我担任曲奇饼干组的组长，既兴奋又紧张。作为组长我的任务有点繁多，但进行小组分工之后一切都井井有条了。这次比赛不仅是学员之间的竞赛，来自高富诺公司的嘉宾 Jessica 也加入了我们的小组。比赛开始前，我们为她详细地介绍了咸淇淋和 S 曲奇饼干的制作工艺和注意事项。比赛开始的口令一响，所有人都专注于手上的工作。

I served as the group leader of the cookie team in the technical skills competition, which made me both excited and My responsibilities included many tasks but to my delight, everything was in good order after the division of labour. Ms. Jessica Chen from Grosvenor Asia joined my team as a guest and was given a detailed introduction to the craftsmanship of cookie making and the precautions to be taken for successfully making salted and S-shaped cookies. As soon as the competition started, everyone fully concentrated on their tasks.

这次比赛中，我们小组团结一心，既注重工艺又讲究卫生，关注摆盘、挤制、烘焙等每一个环节。最终，我们小组获得了西点专业技能比赛的第一名！同时，嘉宾 Jessica 很高兴地说自己又多了一门技能，还认识了一群可爱的弟弟妹妹，感觉自己很幸福。

During the competition, our team remained united, paying attention to both skills and hygiene, as well as each step such as dish setting, extrusion, and baking. In the end, we won the first prize to the delight of Jessica who told us that she was glad to learn a new skill, while meeting such a lovely group of young people.



**李开显，西点制作，云南省，23岁**

**Roy Li, Western Pastry, Yunnan Province, 23 Years old**

受疫情的影响，实操课比原计划推后了近四个月，这期间我心心念念地想上实操课。回来后，经过两个月的实训，我们终于迎来了期待已久的专业技能比赛。这次比赛分为初赛和决赛。我们西点班分为三组进行比拼。经过激烈角逐，我们蛋糕组以第二名的成绩进入了决赛。在第二轮决赛中我们蛋糕组由于用力过猛，遗憾地与冠军失之交臂。

Our technical training classes were delayed by nearly four months until the end of June due to the impact of the COVID-19 pandemic. After finally undertaking two months of technical training classes, we participated in this long-awaited technical skills competition that included

preliminary and final stages. Youths in Western Pastry were divided into three groups with ours named the cake team. During this intense competition, we entered the final round in second place but sadly did not get the championship.

晚上休息的时候，我反省了我们小组没有夺冠的原因：一个原因是我们的技术还不够娴熟，另一个原因可能是我们小组的契合度还不够高。虽然我们组没有得到第一名，但正如我们的专业老师夏老师所说：“比赛不重要，重要的是你能在比赛中学习到什么”。

I reflected on what we did and found two reasons which led to us not winning: First, our skills need to be improved. Second, it may be that our teamwork was not sufficient. While we were disappointed for not winning the championship, our trainer, Ms. Xia, said: "Learning from our experience in the competition is more important than winning the competition itself".



**杨雍, 西式烹调, 湖南省, 20 岁**

**Bob Yang, Western Culinary, Hunan Province, 20 Years Old**

这次比赛，西烹专业分为四个小组进行比拼，每个组都有一位来自高富诺的嘉宾加入。初赛的内容是在一个小时内切好土豆丝、削四个橄榄，决赛则是把土豆丝煎成土豆饼。

Youths in Western Culinary were divided into four groups with each group having a guest from the Grosvenor Group. In the first round, we needed to evenly shred potatoes and peel four carrots into olive shapes within an hour. In the final round, we needed make a potato pancake by using the shredded potato from the first round.

虽说友谊第一，比赛第二，但我还是有点紧张。初赛中切土豆丝的时候，有几片我切得太厚，导致土豆丝也不够均匀。还剩 15 分钟的时候，我们组基本完成了切土豆丝和削橄榄，只剩摆盘了。我们组对自己很有信心，但评分结果出来后，我们组就比第一名差了 0.66 分，让对方险胜。我们决心在决赛中一决胜负，但事与愿违，又让对方得了第一。

Although we value our friendship more than the competition itself, I still felt a little nervous. When I shredded potatoes, I noticed that a few pieces were too thick. With 15 minutes left, we finished the first round of assignments and worked on the plating presentation. We felt confident yet lost out by 0.66 points and finished second. We were determined to win the first prize in the final round, but sadly, we still failed.

尽管没有得第一，我还是很开心。因为通过比赛，我发现了自己需要提高的地方。而且整个比赛过程中，大家都非常投入和开心。

I was still happy despite not finishing first, because I realized what I needed to improve on, moreover, everyone really enjoyed this event.



**林良体, 西式烹调, 广东省, 20 岁**

**Amy Lin, Western Pastry, Guangdong Province, 20 Years Old**

这次的技能比赛，不只是比我们的刀工，更是对我们之前所学的总结。输赢不是最重要的，更重要的是懂得了团队合作的重要性。

The technical skills competition is not just about hard skills, but also a summary of what we have learned to date. Compared to the winning or losing, understanding the importance of teamwork was more important.

笛卡尔说过：“我思故我在”。这句话我理解为：因为不断地丰富自我的知识系统，不断地提高自身素质和素养，所以才能够适应今后竞争激烈的社会，能够体现自身的价值。正如这次的比赛，虽然没有拿到名次，但是我学习到别人的很多优点，也看到了自己的不足。我知道了自己仍然需要学习的东西，例如团队的合作、提高

自身的效率等。这些新的感悟和经验对我以后的学习和工作也有很大的帮助。

"I think, therefore I am," said Descartes. I take it this way: we should constantly enrich our knowledge and improve ourselves comprehensively, therefore, we can adapt to this fiercely competitive society and find the value of ourselves. Although I did not win any prizes, I noticed the many advantages had over me and saw my own shortcomings. I realized what I still needed to learn such as teamwork, efficiency and so on. These new insights and experiences will be of great help to my future study and work.



**陆一鑫, 财务总监, 高富诺管理咨询(上海)有限公司**  
**Peter Lu, Financial Controller, Grosvenor Management Consulting (Shanghai) Limited**

很荣幸能够参加这次活动。上海嘉和公益基金会的公益理念和良师益友项目的运营给我们留下了深刻印象。

It is a great honour to participate in this activity. We are deeply impressed by the excellent values of Shanghai K Charitable Foundation and its great programme operation and youth training.

这项活动也展示了我们高富诺公司的企业社会责任。作为员工,我认同这样的价值观,并很高兴能够参与其中。我和我的同事们积极地投入到比赛,与学员们互动,聊生活,分享技能,在这个过程中成为朋友。

This activity showcased Grosvenor Group's commitment to social responsibility. As employees, we fully support this programme and had great pleasure in participating. Each of Grosvenor's employees interacted with the youths, participated in the technical skills competition, shared experiences, and skills, and in the process, became friends.

我们小组幸运地赢得了冠军。我为我们小组中年轻的学员们感到骄傲,不是因为我们获得了冠军,而是因为他们拥有微笑、自信和对生活充满希望。无论成长背景如何,年轻人都可以借助上海嘉和公益基金会搭建的平台成长为优秀的人才,开创自己的生活并回馈社会。

Our team was fortunate to win the Championship. I am proud of my young team members, not for the championship, but for always smiling, exuding self-confidence, and hope for life. No matter their family background, youths can grow up to excel with the help of the platform built by Shanghai K Charitable Foundation, thereby creating an exciting life and contributing to society.



**陈珏, 办公室经理, 高富诺管理咨询(上海)有限公司**  
**Jessica Chen, Office Manager, Grosvenor Management Consulting (Shanghai) Limited**

非常荣幸有这样的机会参加良师益友项目举行的“实操技能比赛”。

I am so grateful for having the opportunity to attend this amazing event named "Hospitality and Mentoring Programme Basic Skills Competition".

与良师益友项目的学员们一起制作曲奇,让我觉得特别的开心和有意义。制作曲奇对我来说并不是一件简单的事,学员们都很积极活跃,他们是如此耐心和热情地带我一起制作曲奇。我从他们身上学到了很多,不仅仅是技能方面,更多的是他们身上的一种精神鼓舞了我。从来没想到有一天我会在与厨房相关的工作上获胜。其实我一直很担心自己会给学员们添麻烦,因为我之前从来没做过烘焙。真的很开心,我担心的事情不但没有发生,而我所在的小组还获得了第一名。

Baking cookies with youths was really an exciting and meaningful activity. The pastry making was not easy for me and youths were active and demonstrated so much patience and passion. I learned a lot from them not only in terms of skills but also their spirit. I never thought that one day I would have been a winning member of a culinary related team. I was actually quite worried if I would make mistakes and be a burden to the youths as I have never done any baking before. I am glad that everything went well and that those kids are the true winners.

我认为“伟大”的定义就是去鼓舞你身边的人，它并不是说和一个人同生共死，而是说你鼓舞了这个人，然后这个人再去鼓舞另外一个人，一个人接一个人地把这种鼓舞的力量传下去，这就是我在上海嘉和公益基金会所感受到的。项目执行人、老师、工作人员以及学员，他们组成了一个大家庭，一个人激励另外一个人，一个人帮助另外一个人，他们为自己创造了更光明的未来，并且将这种力量传递到社会，这就是他们所创造的、可以一直延续下去的东西。他们知道他们的故事会如何影响其他人，然后激励这些人去创造属于自己的伟大。上海嘉和公益基金会是一个了不起的组织，难以想象他们有这样一种“渴望做得更好”的精神和紧密的团队合作。

I believe the definition of “greatness” is to inspire people next to you. It does not have to be life or death. It is how you can inspire another person to then, in turn, inspire another and so on. That is what I saw and felt at Shanghai K Charitable Foundation. The Executive Director, trainers, staffs and youths are all a big family. Here inspiration gets passed on, thereby creating a brighter future for themselves and delivering positivity to society. That is how they create something everlasting. They successfully discovered how their story can impact others and motivate them in a way to create their own greatness. Shanghai K Charitable Foundation is an amazing organization. I could not have imagined that they have such a strong “desire to do better” in their spirit and work as a team.

### 可持续发展

### SUSTAINABLE DEVELOPMENT

### 中心无塑料倡导

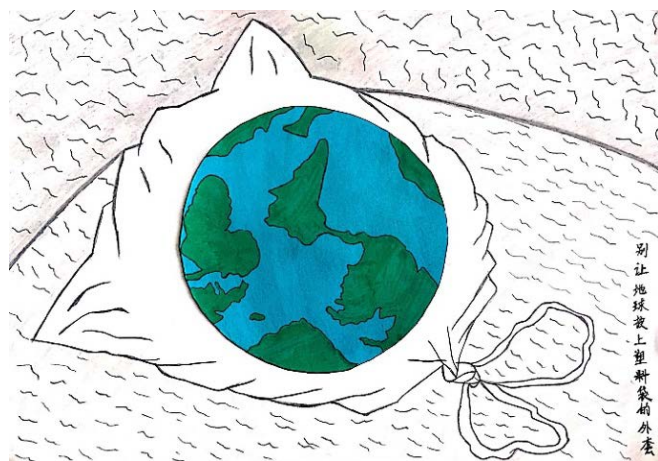
### NO PLASTIC IN THE CENTRE

在学生会的牵头下，学员们开展了中心无塑料倡导活动，即在中心内不使用塑料瓶水、不可降解的塑料袋、一次性纸杯等可能对环境造程污染的产品。



The Youth Union launched the “No Plastics in The Centre” campaign, promoting not using plastic beverage bottles, non-degradable plastic bags, disposable paper cups and other products that may pollute the environment.

为此学员们绘制了宣传海报，张贴在中心各处，并做成小视频，在前台处滚动播放。接下来，将有一系列以环保为主题的活动陆续开展。



Youths drew several posters which are now on display in the Centre. They also made a video which is now broadcast at reception to remind everyone of the importance of saving our Oceans. A series of activities about environmental protection will be organized monthly.



### 浦江书院《弟子规》讲座

### LECTURE ON DI ZI GUI BY PU JIANG ACADEMY

作为‘2020 闵行区“家风·家道·家文”文化进社区暨文明家庭创建系列活动’的其中一站，8月12日，浦江书院王新华院长来到良师益友为学员讲解《弟子规》中的修身之道。王院长深入浅出地为学员们讲解孝、悌等《弟子规》中的精髓，学员们听的聚精会神，用心体悟着王院

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长在课程中提到的人生道理。接下来我们一起听听学员的反馈吧。



The first of a series of activities with the theme of promoting Chinese Traditional Culture was organized by the Minhang District Government on 12<sup>th</sup> August, during which Madam Wang Xinhua, President of Pujiang Academy, came to the Centre to give a lecture on Di Zi Gui. Madam Wang explained the essence of Di Zi Gui to youths who listened attentively and learned of the principles of life mentioned by her. Let us listen to the feedback from youths regarding this cultural activity.



**张亮, 西式烹调, 辽宁省, 20岁**

**Jayson Zhang, Western Culinary, Liaoning Province, 20 years old**

浦江书院的王新华院长来到良师益友给我们讲解《弟子规》中的修身之道。《弟子规》以简练的文字阐明了古人对文明的态度。《弟子规》内容博大精深,其精髓绝不是短时间内我们所能感悟透的。

Madam Wang came to the Centre and gave a lecture on the way of self-cultivation in Di Zi GUI (Standards for Being a Good Student and Child), which expounded ancient people's attitude towards civilization in succinct words. The content of Di Zi GUI is so extensive and profound that it is

to be savoured and treasured, not necessarily understood within a short time.

时代在改变,《弟子规》作为中国传统文化的一部分,有些提议、做法与现代社会是不符的,因此我们不能全部肯定;但是其实质性的东西并没有改变,如其中的孝和友爱、文明礼仪、诚信修养等精髓的东西。我们学习《弟子规》的知识时要取其精华,弃其糟粕,与时俱进。As a part of ancient Chinese culture, some proposals and practices in the book are inevitably inconsistent with modern society, so we should not blindly agree with all of them. But some of its essence does not change throughout the centuries, such as honouring parents, loving neighbours, practicing civilized etiquette, integrity, and cultivation, etc. When we study Di Zi GUI, we should take in what is consistent with today's values.



**时小慧, 西点制作, 陕西省, 21岁**

**Amanda Shi, Western Pastry, Shenxi Province, 21 Years Old**

“弟子规, 圣人训。首孝弟, 次谨信……”这是小学的时候从教室里传出来的声音, 刚劲有力。

When I heard "Standards for Being a Good Student and Child" taught Chinese saints and sages of the ancient past..., I recalled voices from classrooms when I was in Primary School. These words remain strong and powerful.

《弟子规》教导我们心中有爱, 孝敬父母。古人云:“受人滴水之恩, 当涌泉相报”, 王新华院长的精彩教学也让我更加清晰地知道感恩生命, 感恩给我们生命的人, 感恩给我们衣食的人, 感恩传授我们知识的人, 感恩帮助过我们的人。

Di Zi GUI teaches us to love from our hearts and honour our parents. The ancients said: "A drop of water is rewarded by a spring." Madam Wang's wonderful lecture illuminated me with gratitude towards life. We need to be grateful for the ones who give us life, food, clothing, knowledge, and any other type of help.

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现在的我作为学生要努力学习，将来才有能力回馈父母，回馈帮助过我的人，再去传递这份爱和美好。

As a student, I should study hard so that I can repay my parents and those who have helped me, and then pass on the love and happiness to others.

### 共建良好关系

### RELATIONSHIP BUILDING

良师益友项目自启动以来得到社会的支持，在此过程中，上海嘉和公益基金会与各地政府、公益机构、企业等建立了良好的关系。

Since establishment, our programme has received generous support from Society as a whole. Shanghai K Charitable Foundation has built good relationships with Governments, charity organizations and various enterprises, one of which we would like to highlight.



智行基金会自良师益友项目启动以来，为项目输送了大量的学员，与上海嘉和公益基金会建立了深厚的友谊。8月18日，到上海参加智行基金会上海夏令营的河南省上蔡县的学生们，在智行基金会工作人员的陪同下，来到贺理士嘉道理爵士青年发展中心参观。

Chi Heng Foundation, one of the foundation's charity partners, has, over the years, recommended many youths to the programme and maintains a very good relationship with the Foundation. On the 8<sup>th</sup> of August, a group of students from Shangcai County, Henan Province, who were in Shanghai to participate in a summer camp accompanied Chi Heng Foundation's staff, came to visit the Centre.



良师益友三期中四位来自上蔡县的学员作为导游，带领智行一行参观中心，向他们详细介绍在中心的学习、生活。智行一行还走入实操厨房，观看学员和老师的操作。孩子们过了一个愉快的下午。

Four Cycle 3 youths, who are also from Shangcai County, led a tour at the Centre during which they introduced their academic and personal lives at the Centre. The Chi Heng students visited our practical kitchens and observed practical classes in session. They had a wonderful afternoon in the Centre and were able to make new friends.



### 基金会动态

### CORPORATE NEWS

近期，上海嘉和公益基金会在人事上有了变动。刘扬微女士辞任上海嘉和公益基金会理事和秘书长，但她将以顾问的身份继续为基金会服务。

Ms. Zoey Liu, Director and Secretary General, has resigned from Shanghai K Charitable Foundation but will continue to contribute as an advisor.

2012年，刘扬微女士做为舜益公益慈善咨询的工作人员参与了良师益友项目的前期调研，并参加了第一期项目的监督与评估，2017年正式加入上海嘉和公益基金会。Zoey was part of a consulting team from Social Venture Group which was engaged in 2012 to conduct a study on the feasibility of creating our programme. She was involved in the Monitoring and Evaluation of the first pilot programme, now known as Cycle 1, and joined the foundation at the of that Cycle in 2017.

刘扬微女士是上海嘉和公益基金会的重要一员，我们衷心地感谢她为基金会和学员所做出的贡献。

Zoey has been an instrumental part of the development of this programme and we are grateful for her dedication not only to the foundation but all youths past and present.



王蓓蓓女士接替刘扬微女士，担任上海嘉和公益基金会理事及副秘书长。她将负责法务事项、筹款、宣传推广、企业社会责任，以及社会关系维护。

Grace Wang will succeed Zoey as Director and Deputy Secretary General. Under this new role Grace Wang will look after legal matters, fundraising, marketing & communications, Corporate Social Responsibility, and relationship building.

## 腾讯 99 公益日

### TENCENT 99 GIVING DAY



**良师益友 聚力脱贫**

**我们是谁**

由上海嘉和公益基金会支持的良师益友项目，资助年龄在16到22岁的困境青年。项目免费为他们提供餐饮业专业技能培训和人生技能培训，助其自立。从2015年开展第一期项目，到目前正在运营的第三期项目，我们收到了来自个人及企业的各类爱心捐赠。大家的爱心相伴，鼓舞我们帮助更多的困境青年勇敢追梦。

上海嘉和公益基金会加入了今年“腾讯99公益日”活动，良师益友项目会在腾讯公益平台进行线上筹款；活动中，腾讯官方会发放总计2.99亿爱心捐款。爱心不分大小，行动就是力量。我们期待您的共同参与。

**我们需要您——**

第一步，扫描右侧二维码进入捐款活动页面。



第二步，捐出不少于一元的爱心款。

第三步，获得配捐资格，分享链接或图片至朋友圈或好友。

第四步，号召好友点赞或捐赠送出小红花。  
小红花越多，可以获得腾讯官方平台给予良师益友项目的捐款越多哦！

**爱心不分大小 行动就是力量**

你是否听说过或参与过“腾讯 99 公益日”呢？它是由腾讯公益主办的一年一度的公益活动，2019 年，有上万家公益机构参与，共有超 4800 万人次爱心网友通过腾讯公益平台捐出善款 17.83 亿元。

Are you aware of or have you ever participated in the “Tencent 99 Charity Day”, China’s largest annual charity event hosted by Tencent Charity? In 2019, tens of thousands

of charity organizations participated, with more than 48 million caring netizens donating 1.783 billion yuan.

今年，我们首次参加“腾讯 99 公益日”，9 月 7、8、9 三天，我们将在腾讯公益平台进行线上筹款。爱心不分大小，行动就是力量！

This year, Shanghai K Charitable Foundation will participate in the “Tencent 99 Charity Day” for the first time, which will take place from 7<sup>th</sup> to 9<sup>th</sup> September. We will be crowdfunding on the Tencent charity platform and hope that you will support us by donating by scanning the barcode for this activity. No donation is too small and if you can help us reach a minimum of ¥1 million and 1,000 individual donors, we will be able to benefit from the Tencent Charity matching which will enable us to receive from Tencent an additional 8% donation of the raised. Thank you so much for helping us!!!

9 月 7、8、9，我们期待你为良师益友项目捐款，并转发、点赞，号召更多的人捐款、点赞，帮助贫困青年创造更美好的人生！

From 7<sup>th</sup> to 9<sup>th</sup> September, we look forward to your donations as well as your help in publicizing this information and our donation QR code to your family, friends, and colleagues. Please post it on your WeChat moment, and give likes. Please call on more people to donate and to help us create a better future for disadvantaged youths!

## 支持我们

### SUPPORT US

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](mailto: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](mailto:gracewang@shanghaik.org).

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网站 [www.shanghaik.org](http://www.shanghaik.org)