



NEWSLETTER 通讯 2020.11



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

负责人寄语

FROM THE EXECUTIVE DIRECTOR



金秋十月是欢乐又满有收获的月份!
Golden October was a very joyful and rewarding month!

大家都知道由上海嘉和公益基金会发起的上海闵行区嘉和职业技能培训学校已经成立，良师益友项目由培训学校运营，王娜女士担任校长。

As you all know, Shanghai Minhang District Jiahe Vocational Training School (founded by Shanghai K Charitable Foundation) has been established. The Jiahe Hospitality and Mentoring Programme will be operated by the School which is headed by Principal Sara Wang.



良师益友项目四期招募到 46 名学生，他们在 10 月 8 号和 9 号到校报到。在学员招募过程中我们得到了全国各

地公益伙伴，乃至当地政府相关部门的大力支持，再次感谢大家的支持！本期我们邀请到两家公益机构负责人分享他们对良师益友项目的反馈。

We recruited 46 youths for cycle 4 who arrived in Shanghai on the 8th and 9th of October. We are truly grateful to our local NGO partners and local governments who gave us tremendous support during the annual recruitment process! We share with you in this newsletter the feedback from two such Partners.

入学之初，我们为四期学生安排了很多课程与活动，帮助他们融入新的环境，包括为期一周的军训。本期我们邀请到两位四期同学与大家分享入学感想。

Cycle 4 youths underwent an orientation which included military-style training for one week. We asked some of the new youths to share with us their feelings after their first month in Shanghai and at the Centre.



与公众分享我们在做的事情和学员的故事有助于大家更多地了解我们，形成信任关系，进而与我们携手帮助更多困境青年。我们非常荣幸能够得到新华社的认可，新华社为良师益友拍摄的微纪录片已经发布，欢迎大家观看。

Sharing our story with the public is important in creating awareness for the youth poverty alleviation initiatives that Shanghai K Charitable Foundation is supporting. We are honoured that the Xinhua News Agency has filmed a short documentary about us.

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

上海闵行区嘉和职业技能培训学校校长王娜
Sara Wang, Principal of Shanghai Minhang District Jiahe Vocational Training School



王娜, 上海闵行区嘉和职业技能培训学校校长
Sara Wang, Principal, Shanghai Minhang District Jiahe Vocational Training School

大家好, 我是王娜, 现担任上海闵行区嘉和职业技能培训学校校长一职, 我在上海的职业教育机构做管理工作数十年, 很荣幸能够加入此团队。

Hello everyone, my name is Sara Wang and I am the Principal of Shanghai Minhang District Jiahe Vocational Training School. I have worked in vocational training schools for many years and am delighted to be part of this team.

此前我从未想过加入公益组织。一个偶然的的机会我接触到了上海嘉和公益基金会和良师益友项目。良师益友项目改变了我对公益的认识, 它不是单纯的金钱资助, 而是身体力行地践行陪伴和全人教育, 为贫困青年赋能, 助人自助。我觉得这是一家有大爱和抱负的机构, 因此, 我于 2019 年 9 月加入了良师益友大家庭。

I never thought I would join a charitable organization. By chance, I became connected to Shanghai K Charitable Foundation and the Jiahe hospitality and mentoring programme. This changed my opinion about how charitable organizations can impact a young person's life. Rather than simply providing relief money, they spend time to support the youths, provide them holistic education, and teach them to help themselves. I saw their great love for and great

ambition towards helping these youths and decided to join their team in September 2019.

加入良师益友的一年多, 我更进一步了解了公益项目的运作与管理, 以及面临的挑战, 比如公益项目普遍面临的筹款压力, 如何帮助有特殊经历的青少年。尽管有挑战, 但我也收获了很多正能量。学生点点滴滴的进步都让我感到欣慰, 有成就感。

Throughout the past year, I learned more about the management and operations of a charitable foundation, as well as challenges such as programme funding, how to help youths from underprivileged background, etc. Despite the challenges, I gained a lot of positive energy through witnessing the youths' accomplishments.

未来, 我希望良师益友项目的影响力越来越大, 帮助的青年越来越多。希望我们的学生都能够找到适合自己的工作, 拥有多姿多彩的生活。

In the future, I hope the reach and influence of our programme will increase, and more and more youths will benefit from it. I wish that all students will find suitable jobs and have joyful lives and careers.

最后, 我代表全体学生和团队感谢社会各界给予我们的无私支持!

Finally, I would like to say on behalf of all students and the entire team how much we appreciate everyone who has helped us!

四期学生入学

WELCOME CYCLE 4 YOUTHS

10月8号、9号四期学生陆续到校报到。其中, 25人学习西式烹调, 21人学习西点制作。入学后的前几周, 主要用来让四期学生熟悉和了解学校的环境、生活及学习安排。

Cycle 4 youths from 14 Provinces arrived in Shanghai on the 8th and 9th of October. There were 25 enrolling in western culinary, and the remaining 21 in western pastry. They spent their first few weeks adjusting to their new lives in the school and in Shanghai.

这期间, 四期同学参观了上海地标性景点, 比如外滩、城隍庙、上海半岛酒店等。还参加了为期一周的军训。Some of the activities organised for them included visits to Shanghai landmarks such as the Bund, City God Temple of Shanghai, a hospitality-related tour of The Peninsula Shanghai and a one-week military-style training.

对于四期同学而言, 上海是一个陌生的大都市, 学校也是一个陌生的环境。那么, 他们来之前的期待是什么?

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对学校的第一印象又如何？三期同学如何看待四期同学的到来？我们来听听同学们怎么说？

The impressive Megacity of Shanghai, as well as the School, are both new environments for the youths of Cycle 4. What were their expectations prior to arriving and how do they feel now? Meanwhile, how do Cycle 3 youths feel about having their Cycle 4 counterparts joining them at the Centre? Let us share some of the youths' feedback.



杨韩, 四期, 17岁, 西式烹调, 辽宁
Danny Yang, C4, 17 years old
Liaoning Province, Western Culinary

2020年10月10日，迎着清晨的阳光来到了新的学校。面对简洁大气的中心，宽敞明亮的教室，我们心中有说不出的喜悦。我们带着自己的目标、梦想来到了大上海，来到学校。起初我以为这里会是一所大大学校，交朋友和别人沟通会比较难。结果出乎意料，这里老师们是那么的和蔼可亲，像家人一样关心着我们。而且我们每个人都有有一对一的学长学姐，他们是那样的热情，来到宿舍的学长给我整理柜子，为我领生活用品，学长还把自己的生活技巧都教给了我。到这里我感觉好像是回到了家，一个温馨又舒适的家。虽然对这里还不算熟悉，但是我相信很快会熟悉这里，融入这个大家庭。

On the 10th of October, we arrived at the new school as the sun was rising. Seeing the Centre for the first time with its simplistic and practical charm, its spacious and bright classrooms, we felt indescribable joy in our hearts. We came

to Shanghai and the school with our goals and dreams. At first, I thought it would be a big school where it would be difficult to make friends. However, the teachers are so friendly and caring like a family. Moreover, the school matched every one of us with a Cycle 3 youth as mentor. Cycle 3 youths are very kind and the one assigned to me led me to our dormitory, helped me arrange my belongings in my closet and assisted me in acquiring my daily necessities. He also shared tips for living in the centre. The school feels like a warm and comfortable home. I am confident that I will adjust well to living here and will fit in very soon.

我们要认真学习，改变自己，超越自己，永不退缩，相信我们的未来灿烂无比。

We will study hard, improve ourselves, and build our own bright future.



杨甜甜, 四期, 19岁, 西点制作, 河南
June Yang, C4, 19 years old
Henan Province, Western Pastry

10月8日，我到中心报道，给我印象最深的是来接我的两位学长和学姐。因为刚到，不熟悉环境，找不到学校在哪，就拖着行李在楼下干着急，这时听见二楼有人喊我的名字“杨甜甜”，抬头一看是两张陌生但充满笑容的面孔，原来是学长和学姐来接我，他们特别热情，带我坐电梯上楼，陪我一起报道，中间有好多小细节让我很感动。

I arrived at the school on the 8th of October, greeted by two senior students from Cycle 4 who really impressed me a lot.

I was lost and stood at the ground floor with my luggage. Suddenly, I heard someone calling my name and when I looked up, I saw two unfamiliar but friendly and smiling faces. They came downstairs to greet me.

上楼途中，学长想帮我提行李箱，但我不好意思，双方僵持不下，学姐出来解围，说“没关系，让学长来吧，男生嘛，不怕累的”。学长就一路提着行李箱把我送到了寝室，虽然他话很少，但用行动表达对我这个新学生的关心。另外，在学姐招待我和给我讲解的过程中，我能看到她身上透露出的自信、涵养和从容，这是我身上没有的。希望在学校两年学习里，我能通过学习认识自己，改变自己，成为自信美丽的女孩！

The Cycle 3 student offered to help me with my luggage. I felt bashful and politely declined. But the Cycle 3 girl convinced me and said that it was okay and that he just wanted to help. She introduced every function of the Centre to me. I was impressed by her confidence and calmness and wished I would become the same after two years of training.



税正意，三期，17岁，西点制作，云南
Bard Shui, C3, 17 years old
Yunnan Province, Western Pastry

接待那天看到学弟学妹的样子，不禁想起我刚来上海的时候也很茫然，是一个啥也不知道，啥也不懂的少年，来到新环境比较胆怯。我很期待看到学弟学妹们两年后的变化，希望那些比较内向的同学变得活泼起来。两年看着长，其实也不长，也就一眨眼的功夫吧！学弟学妹们，不管你们之前是什么样子，这里是你们新的起点，牢记你来这的目的，也记住你现在所做的选择，不要遗忘自己的初心。加油加油加油！！

On Cycle 4 enrolment day, I recalled my own first day a year ago. I was a perplexed young man who knew nothing and felt timid in the new environment. I am looking forward to seeing the changes of Cycle 4 youths during their two years here and hope those introverted youths will become more confident and extroverted. Two years seems long, but in fact it will pass very fast! Cycle 4 youths, this is the turning point in your life – please kindly remember your original intentions and goals, and work hard to achieve them!



辛五牛，三期，18岁，西式烹调，四川
Andy Xin, C3, 18 years old
Sichuan Province, Western Culinary

一年前我们也是学弟学妹，如今转眼间就成了即将毕业的学姐学长们。从前的狂妄幼稚、天真都历历在目，现在已成长懂事。学弟学妹们，希望你们能把握青春，珍惜现在的时光。在中心的生活中你们会遇到各种事情，接触不同的人，也可能会遇到困难，在这里我想告诉你们，无论前面有多少困难，坚持就一定会有希望。确保自己对于学习有自己的规划，不要随波逐流，虚度光阴，好好珍惜在学校的日子，把握每一次学习的机会，提升自己各方面能力，多参加自己喜欢的、有意义的活动。只有这样，当你回忆往事的时候，不会因未曾热血而悔恨，也不会因终日闲散而羞愧，认真走过青春的每一天。各位学弟学妹们，加油哦！

I was new to the program last year, and now I will soon graduate. I am no longer the arrogant and naive boy of the past. Cycle 4 youths, I hope you will cherish the time you will spend in the Programme. You will encounter many new things, meet different people, and may even face challenges, but do not be scared by them. You should make an achievable plan to guide yourself, join meaningful activities, and improve yourself as much as you can. Only in this way, when you recall your life at here, will you not regret having given all that you could. Cycle 4 youths, do you best!

公益伙伴反馈

NGO PARTNERS' TESTIMONIALS

良师益友项目在招募学生的过程中得到全国各地公益组织的大力支持，他们不仅为项目推荐学生，还义务在当地宣传良师益友项目，亦见证了学生们的成长。广西大化瑶族自治县龙万爱心家园副园长戚晓光和水富苗圃公益服务中心执行副院长狄杨书将与大家分享他们的见证。



戚晓光，广西大化瑶族自治县龙万爱心家园 副院长
Mr. Xiaoguang Qi, Deputy Director, Longwan Love Home of Dahua Yao Autonomous County in Guangxi

We received a lot of support from local NGO partners all over China during the Cycle 4 youth recruitment. They not only helped us promote our work but were also able to witness the changes in youths after admission to our programme. Mr. Xiaoguang Qi, Deputy Director of Longwan Love Home of Dahua Yao Autonomous County in Guangxi, and Ms. Yangshu Di, the Executive Deputy Director of Shuifu Miaopu Public Service Center in Yunnan share their thoughts below.

广西大化瑶族自治县龙万爱心家园是一家草根民间公益组织，当地偏远大瑶山区，服务困境家庭留守儿童和单亲及孤儿的关爱之家。我叫戚晓光，是副园长。家园的创办人和负责人是当地瑶族妇女班爱花老师。

Longwan Love Home of Dahua Yao Autonomous County in Guangxi Province is a Grassroots NPO helping left-behind children from disadvantage families, children from single parent families and orphans. My name is Xiaoguang Qi, the Deputy Director. The founder and director of our

organization is Aihua Ban who is from the Yao ethnic minority group.

2019 年我们通过智行基金会与上海嘉和公益基金会结缘。当时我们就觉得良师益友项目挺好，适合我们家园的学生。2019 年我们推荐了四名同学，2020 年我们又送去了 3 名同学。我们送去的学生都是偏远大瑶山贫困地区的学生，他们大多没有出过远门，有的没有坐过火车，上海又是全国最大最繁华的城市，所以去年我就亲自护送孩子们去上海，也想亲身了解一下良师益友项目。

We were connected to Shanghai K Charitable Foundation through the Chi Heng Foundation in 2019. We recommended four youths to cycle 3 in 2019, and three more to cycle 4 in 2020. Our children came from remote areas and had never been to big cities like Shanghai. Some of them had never even taken a train. I accompanied them to Shanghai last year to ensure their safe arrival and to also see the programme myself.

良师益友项目录取过程规范且严格。中心既现代化又舒适好看。实操教室一水的的不锈钢设备，很是气派。我接触到的良师益友项目工作人员既敬业又专业。今年寒假，我们的学生回来了，我看他们长大了，有的还胖了，精神抖擞，成熟了许多，都说学校挺好的。

Their recruitment process is strict. The Centre is modern and comfortable. Their practical kitchens are equipped with advanced stainless-steel equipment. Their staff are dedicated and professional which impressed me. When our youths came back for winter break this year, I noticed they had grown up and become more mature. They all told me great things about the school.

学校地处全国最繁华的大都市上海，起点高，而我们的学生来自偏远地区的县城山村，只要我们的同学努力学习，掌握知识和技能，学会做人，开阔视野，抓住这个新起点，在国家大的政策环境下，脱贫致富。

The school is in Shanghai, the most prosperous Metropolis in China, and it offers us a high-quality learning platform. I believe our youths will acquire the tools necessary to say goodbye to poverty through this program, despite their previous background.

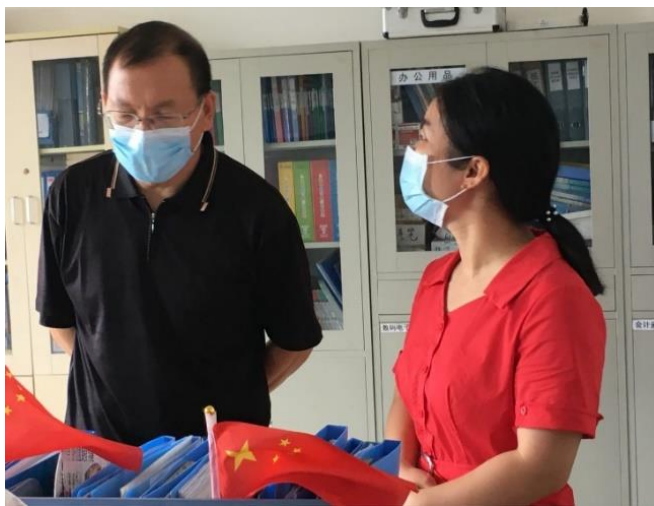
在这里我祝愿学校越办越好，为贫困地区培养更多更好的俊才和栋梁。谢谢！

Finally, I give my best wishes to the school and hope that you will welcome as many disadvantaged youths as possible to give them the tools to live a better life. Thank you very much!

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狄杨书, 云南水富苗圃公益服务中心 执行副院长
Ms. Shangshu Di, Executive Deputy Director
Shuifu Miaopu Public Service Centre

大家好, 我是水富苗圃公益服务中心执行副院长狄杨书, 我中心现有 76 名孩子, 每年都会有几名孩子因无法考上高中而不知如何选择, 更不用说改变自己的家庭了, 在如此条件下, 很荣幸通过上级机构了解到上海嘉和公益基金会“良师益友”项目。

Hello, I am Ms. Yangshu Di, the Executive Deputy Director of Shuifu Miaopu Public Service Center. There are currently 76 children in our centre. Every year, there are a few youths who are unable to pass the examination for entering senior high school and do not have any other options to study. Fortunately, we learned about the Jiahe Hospitality and Mentoring Programme.

我中心 2019 年推荐了 5 名学生到良师益友学习, 当时在网上进行报名后, “良师益友”项目一行老师来我中心及孩子家庭进行了家访, 他们亲切和蔼, 不辞辛劳, 即使路途遥远, 但并没有因此而放弃任何一名孩子。很庆幸, 5 名孩子都被录取了。

In 2019, we recommended five youths to Cycle 3 who were all admitted. I remember Foundation staff coming to conduct home visits in our Centre and Youths' homes. They are kind, hardworking, and travelled a long journey to reach the Centre in more ways than one.

这一年的时间, 5 名孩子的改变特别大, 从最初的害羞、胆小到如今的大方、开朗, 自理能力特别强, 并且掌握了更好的生活技能、人生技能。“良师益友”项目不仅让他们掌握了技能, 更重要的是增长了见识, 这对于从小连基本生活都很难维持的他们来说, 直接改变了他们的人生、改变了他们的家庭。我相信当他们长大的那天, 也会投身公益事业, 回报社会。今年, 我中心又推荐了两名符合条件的孩子来到良师益友学习, 相信未来

的他们也会在良师益友的帮助下闪闪发光。

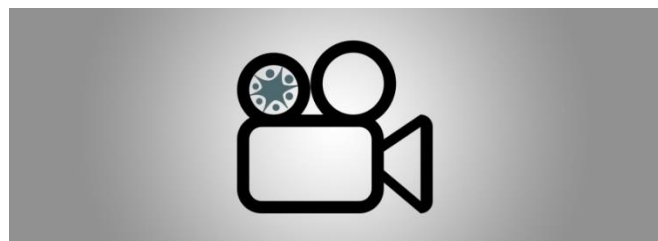
The five youths changed a lot in the past year. They became independent and confident. Their life skills, technical skills and experiences changed not only themselves, but also their families. I believe they will give back to society in the future. This year, we recommended two youths to Cycle 4 and I am sure they will have a bright future too.

最后, 非常感谢上海嘉和公益基金会“良师益友”项目对我中心孩子的帮助, 并衷心祝愿良师益友项目以及各界爱心人士, 明天更美好, 谢谢!

Finally, I would like to express my sincere gratitude to the Foundation for helping our youths, and sincerely wish the Programme and those involved a Better Tomorrow. Thank you!

新华社良师益友短片

FILM OF THE PROGRAMME BY XINHUA NEWS AGENCY



新华社将良师益友项目作为教育扶贫的典型代表, 特拍摄一支短片介绍上海嘉和公益基金会和良师益友项目。Xinhua News Agency made a short documentary about Shanghai K Charitable Foundation and the Jiahe Hospitality and Mentoring Programme, with a focus on showing disadvantaged youths successfully breaking away from the vicious cycle of poverty through vocational training. 短片记录了学生在校学习和日常生活, 并采访了毕业生代表张攀力和四位三期学生。他们都来自于经济发展相对落后的地区。



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The film recorded the daily lives of youths in the school. In addition, Cycle 1 graduate Owen Zhang and four Cycle 3 youths from the most underdeveloped areas in China were interviewed for the film.

2017 年张攀力毕业后加入上海半岛酒店做服务员，现已升为上海半岛酒店艾利爵士餐厅的主管。张攀力是借助教育扶贫实现脱贫自立的典型代表。三期学生们都以他为榜样，希望自己毕业后也能有所成就。

成长路上 | 我有一双隐形的翅膀

2020-09-09 13:15:36

浏览量: 131680

来源: 新华社



新视频

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Owen Zhang started his career as a waiter in The Peninsula Shanghai in 2017 and has been promoted to become the supervisor of Sir Elly's, a Michelin-Star rated restaurant at the Hotel. He exemplifies the spirit of achieving self-reliance through poverty alleviation by education. Cycle 3 youths look up to Owen and they wish to duplicate his accomplishments upon graduation.

短片发布在新华社官方网站和 APP 上，被新浪、腾讯视频等多家网站转载。你可以通过以下链接观看完整的短片。

The film was released on Xinhua News Agency's official website and APP and was reposted by mainstream websites including Sina and Tencent video. You can watch the film through this link:

<https://xhpfmapi.zhongguowangshi.com/vh512/share/9387489?channel=weixin>

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