



NEWSLETTER 通讯

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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。

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负责人寄语

FROM THE EXECUTIVE DIRECTOR



小雪已过，大雪将至，各位朋友冬衣要添起来了。As weather is now getting cold with “Greater Snow” upon us. And with Winter Solstice coming, we wish all of you warmth during the cold winter season.

转眼四期同学来到中心已近两个月，他们适应了中心的学习和生活了吗？他们对未来有怎样的期待呢？本期月报我们荣幸邀请到资深杂志主编、教育领域工作者林雯茵女士采访四期学员，她将以第三者的视角为大家讲述良师益友学员的故事。

After nearly two months at the Center, we wondered how Cycle 4 youths were adjusting to their new lives and studies, and what their expectations might be for the future. To find out, we invited Ms. Gloria Lam (an accomplished editor in chief and content creator with extensive experience in the media industry across the Greater China region) to interview four youths.

经过近 5 个多月的学习，西点制作和西式烹调专业同学的专业技能有了长足的进步，同学们学会了不少新品类。本月有一个好消息与大家分享，三期西式烹调专业 31 名学员全体取得“西式烹调师五级”证书。西点制作专业的实操考试于 12 月 12 日举行，期待他们的好消息。

Following five months of technical skills training, Cycle 3 youths have greatly improved and are now qualified to prepare many delicious dishes. We are so proud of the 31 Western Culinary youths who have passed their Level 5 Western Culinary Certificate. Meanwhile, the Western Pastry youths will take their examination on the 12th of December. We look forward to their positive results.

2020 年转眼就要过去了，三期同学即将开始为期六个月的行业体验。项目团队正在积极拓展酒店资源，学员们也在认真准备简历，忐忑又满怀期待踏上职场之旅。在此，我们也呼吁社会各界参与到我们的公益事业中，通过大家的共同努力，让每一位学员都有适合自己的就业机会。

As we near the end of 2020, Cycle 3 youths will soon leave the Centre to begin their six-month industry experience as part of their graduation prerequisite. The team is actively expanding our group of partner hotels while the youths are preparing their resumes to begin interviewing. They are eager yet nervous to start their careers. We call on you to help us by introducing potential hotel partners to us so that we can secure every youth with suitable employment.

本期月报将是我们本年度的最后一期月报，上海嘉和公益基金会、上海闵行区嘉和职业技能培训学校全体工作人员，良师益友项目三期和四期全体学员祝大家度过一个欢乐的假日季！

With this last newsletter of the year, our collective teams at Shanghai K Charitable Foundation, Shanghai Minhang District Jiahe Vocational Training School, as well as our youths from Cycles 3 and 4 join me in wishing you a happy Holiday Season full of joy and happiness.

彭晓 Shelley Peng

执行理事和项目负责人 Executive Director

我们的故事

THE STORIES OF CYCLE 4 YOUTHS

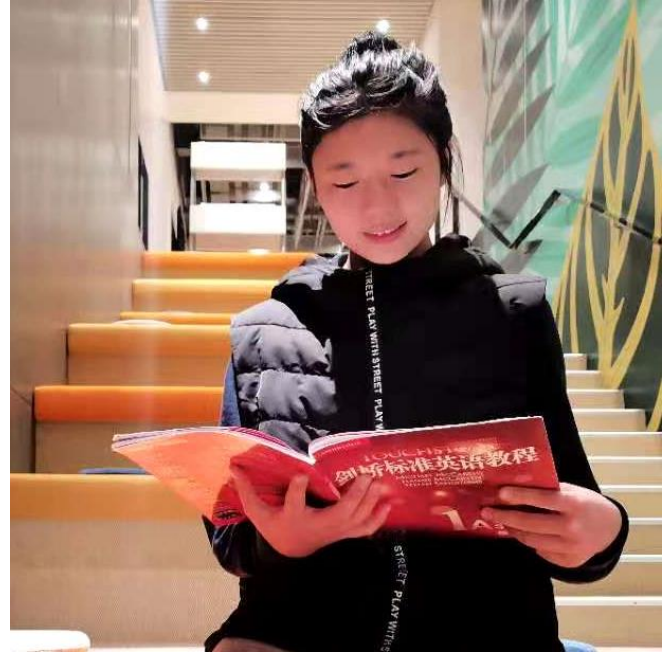
本期月报我们有幸邀请到林雯茵女士采访四期学员，她以第三者的视角为大家讲述良师益友学员的故事。In this month's newsletter, we have the honour of inviting Ms. Gloria Lam to interview four Cycle 4 youths. She tells the story of youths from a third party's perspective.



林雯茵 Gloria Lam

林雯茵女士现在从事年轻人大学教育工作，曾在香港及大陆担任杂志主编工作超过十五年。她说“我深信年轻人就是社会的希望，能够接触年轻人和他们互动，才能保有一颗赤子之心。这次受邀与良师益友项目的四位新学员聊天，我感受到了年轻人对梦想的坚持，他们努力地为未来、为家人及家乡打拼，使我也不期然地充满力量，迎接光亮的未来。” Ms. Lam is currently involved in University education for young people and has worked as editor for magazines in Hong Kong and Mainland China for over 15 years. "I firmly believe that young people are the hope of Society. Only by reaching out to them and interacting with them can we maintain a pure heart" she said, "This time, I was invited to interview four Cycle 4 youths. I felt the persistence of young people in their dreams. And their hard work for the future, their

families and their hometowns made filled me with strength and hope for the future."



苗励心, 18岁, 西点制作, 云南省
Alice Miao, 18 years old, Western Pastry, Yunnan Province

英语有一个爱吃甜点的形容: sweet tooth。眼前的苗励心, 她纯真可爱的笑容, 让我不期然想到这个形容词。因为喜欢吃甜点蛋糕, 励心从云南来到上海, 加入良师益友项目, 学习西点制作。梦想毕业后从事西点制作, 待有个人实力和经济能力后, 回到云南自己的家乡, 开设一家自己的甜点店, 她甚至想好了雏形---暖色调的室内设计配上温馨的、舒服的风格。说起自己的未来, 励心虽然有点害羞, 但语气是坚定的, 没有因为只来了上海一个多月, 仍在适应大城市的种种挑战而忐忑不安。除了梦想开设个人甜点店, 励心另一个梦想是学播音, 希望有一天成为一位电台主持人。

There is an English phrase for love of desserts – SWEET TOOTH. In front of me is Alice, her innocent and lovely smile reminded me of this phrase because she likes eating cakes. Alice came from Yunnan province to Shanghai to join the Programme so that she could learn Western Pastry. After she becomes successful in pastry making and achieves financial self-dependence, she wants to return to Yunnan Province to open her own patisserie. She even thought of the theme of her

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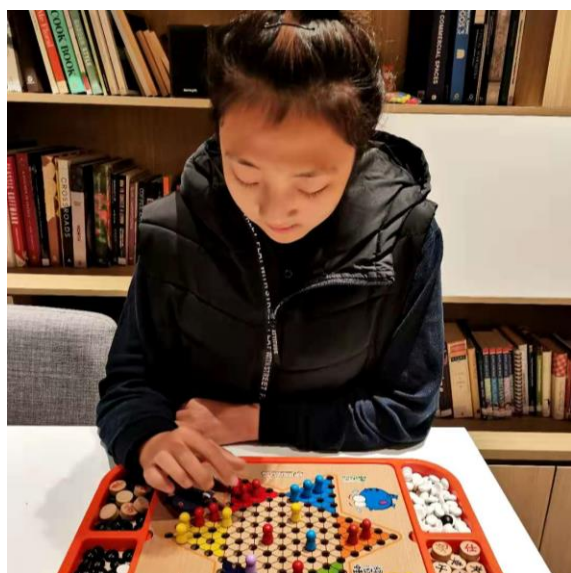
patisserie: a rich color-toned interior design which is warm and comfortable. Alice is a little shy when talking about her future, but the tone is firm. In addition to dreaming of opening her own patisserie, Alice's other dream is to learn broadcasting and to one day become a radio host.

在这几个月的学习中，最令励心大开眼界的是学习打扫卫生。“打扫卫生是一个很大挑战，要顾及的细节非常多。理论课也不容易，但老师讲解细致、深入浅出我真的获益良多。”

Over the past few months' study, what broadened Alice's outlook is how to clean. "Cleaning is a big challenge with so many details that need to be considered. The theory class is also not easy, but I really benefited from the teachers' detailed and simple explanations."

平时同学们一起学习、一起吃饭，年轻人很快混熟起来，新生活原来也没有想像中困难。唯一的不习惯，就是上海菜：太清淡啊。说罢再一次露出她的甜如蛋糕的笑容。

"Youths study and eat together and get to know each other quickly. The new life is not as difficult as I had imagined. The only thing I did not get used to is Shanghainese cuisine which is too light for me." said Alice, upon which she flashed her sweet smile again.



王慈欣，16岁，西点制作，河北省

Carol Wang, 16 years old, Western Pastry, Hebei Province

戴着眼镜有点害羞的王慈欣来自河北省，虽然是四位被采访学员中最年轻的一位，但她可没有被上海这个节奏急促的大城市吓倒，反而对自己的未来充满希望。

Carol, a shy little girl with glasses, comes from Hebei Province. She is the youngest of the four youths interviewed. However, instead of being intimidated by the fast-paced big city of Shanghai, she is full of hope about her future.

能够成为良师益友项目学员，她十分感谢姐姐的推荐。“在家乡时，我在蛋糕店打过工，姐姐看见我很投入又喜欢吃甜点，刚巧看到这个项目在招募学员，姐姐告诉我如果想有一技之长，只在实体店工作是不足够的，于是鼓励我报名。我很幸运地被录取了，获得这个难能可贵的机会，我高兴的不得了。和妈妈商量，但她也是考虑了好几天才理解这个机会的意义，最后答应我到上海学习。”也难怪，慈欣一家人关系十分好，闲暇时最爱就是和妈妈一起包饺子吃，现在即便学习忙碌，也会每天和妈妈通过电话分享新生活的点滴。

When she became a youth in the Jiahe Hospitality and Mentoring Programme, she felt very grateful for her sister's recommendation to apply. "When I was in my hometown, I had worked in a cake shop. My sister found that I was focused on the work and liked eating desserts. She then learned about this programme (which was recruiting) and told me that it is not enough to work in a physical store if I want to truly gain a skill. She therefore encouraged me to apply for the Programme which I was lucky to receive an offer from. I was so delighted to get this precious opportunity in Shanghai, which I discussed with my mother. After better understanding the program and what it meant to me, she finally agreed." It is evident that Carol's family has a good and caring relationship, as one of her favorite activities in her spare time is making dumplings with her mother. Even though she is busy with her studies, she calls her mother every day to share the details of her new life.

慈欣特别希望学习文化课和加强英语训练，因为她有两个梦想：有一天回到家乡开设自己的甜点店，或者成为英语老师，在家乡帮助其他小朋友。如果，

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每一个年轻人都像她一样，得到机会，并珍惜机会，这个世界一定会变得更好！

Carol especially wants to take academic classes and strengthen her English skills, for she has two dreams: return to her hometown to open a patisserie one day, or become an English teacher to help other children in her hometown. If every teenager was like her and cherished such opportunities, the world would become a better place.



蒙锦德，20岁，西式烹调，广西省
Simon Meng, 20 years old, Western Culinary, Guangxi Province

瑶族人蒙锦德爽快自信,调侃说广西人个子不高,自己就是典型的广西人。锦德的自信心和成熟度可不是来自什么成功经验,反而,他成长的困难,才是使他成为今天的自己的原因。锦德来自广西省的一个低保户家庭,家里孩子多,五个孩子中他排行第四,父母是没什么收入的农民,要供养五个小孩,非常不容易,只能靠已经出来工作的大姐和大哥不多的收入来维持家计。因此锦德放弃了升高中的机会。

Simon, a Yao ethnic minority, is straightforward and confident. He joked that Guangxi people are not tall, and he is a typical Guangxi person. Simon's self-confidence and maturity are not from any experience of success. The difficulties that he has been through in

his young life have made him who he is today. Simon comes from a low-income family and is the fourth child among five. His parents are farmers and have always had financial difficulties in raising five children. He was relying on the limited income of his elder brother and sister to maintain a basic life. Therefore, Simon had to give up the opportunity to study in high school owing to financial difficulties.

“我本来学习成绩也不怎么优秀,更不知道将来做什么,后来通过我们本地的公益机构了解到良师益友项目,这是一个千载难逢的机会。”锦德回想:“在人生交叉路上遇上这个机会,就是替我在黑暗中亮起了一点光,我要把握,我要珍惜,我要发光。未来有一天,我会成为一位专业西餐厨师,和朋友开一家酒店。我希望学有所成后,煮许多的菜给家人吃,改善家里环境,也能帮助别人。”今天乐观成熟的锦德成为良师益友项目的学员,其实在他内心深处,希望有一天,也能成为别人的良师益友。“I didn't do well in my studies and I did not know what I was going to do in the future. Then I learned about the once-in-a-lifetime opportunity of the Jiahe Hospitality and Mentoring Programme through local public welfare organizations." Simon recalls, "Encountering this opportunity at this crossroad in life was like a shining light in the darkness. I must grasp and cherish this opportunity and shine. One day, I will become a professional Western chef and open a hotel with friends. I hope that after I have complete my studies, I can cook a lot of food for my family to improve their living environment and to help others." Today, Simon, a youth in the program, holds firm the aspiration that he can also become a mentor to others one day.

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吉尔牛子, 16岁, 西点制作, 四川省
Sean, 16 years old, Western Culinary, Sichuan Province

来自彝族的吉尔牛子形容彝族人直率、外向、好玩。但他自己内向一点，话不多，可能因为双亲过世较早，自小便跟着奶奶和叔叔生活，要帮助打理家中的生活，所以比较成熟。因此有了这个黄金机会来到大城市学习，牛子十分珍惜，决定了要好好改变自己。

Sean, from the Yi ethnic minority group, described the Yi people as straightforward, outgoing, and playful. But he himself is a bit more introverted and doesn't talk much. It is probably because his parents died, and he lived with his grandmother and uncle from his early childhood. He must help take care of the family and had to look and act more mature than others at his age. Therefore, Sean cherished this golden opportunity to study in the big city and decided to change himself.

“在家乡，西餐是一个十分昂贵的餐饮，我家负担不起，我也从来没有吃过西餐；不过来上海前我在成都读了一年书，之后在一家酒店工作了一段日子，对西餐和西点制作产生了浓厚兴趣，十分希望日后能有机会在这方面发展。”牛子娓娓道来他参加良师益友项目的初衷。看来牛子真的在一点一点地改变自己的内向性格，他开心地告诉我他喜欢听歌、唱歌，因为常听广东歌曲，学会了一点广东话。他

还分享说理论课并不容易掌握，但老师们循循善诱，自己也在努力适应，慢慢建立了一些自信心。他希望能有更多机会学习英语，他说自己会更加勤奋，因为他深信，只要努力朝着目标进发，梦想便可以成真。

"In my hometown, Western cuisine is very expensive, we cannot afford it and I had never eaten any Western food. Before coming to Shanghai, I studied a year in Chengdu and worked in a hotel. I gained a strong interest in western culinary and pastry and hope that I can develop my career in this field." Sean confidently talked about his motivations for joining the Jiahe Hospitality and Mentoring Programme, showing that he is already changing his introverted personality bit by bit. He happily told me that he likes listening to songs and singing. Because he often listens to Cantonese songs, he learned a little Cantonese. Sean also shared that it is not easy to master the content of theory class, but with teachers' guidance, he is trying to gradually adapt and build up self-confidence. He wanted more opportunities to learn English and said that he would be more diligent. He believes that dreams could come true if he works hard towards his goals.

三期学员手艺秀

SHOWCASE OF TECHNICAL SKILLS OF CYCLE 3

经过一段时间的学习和练习，西点制作和西式烹调专业同学的专业技能有了突飞猛进的进步，学会了不少新的点心和菜品。我们来看看他们学到了什么吧！

After a period of study and practice, youths' Western Culinary and Pastry skills have greatly improved, having learned how to prepare many new dishes and pastries. We now share their thoughts on their achievements.



赵中美, 17岁, 西点制作, 辽宁省
Kama Zhao, 17 years old, Western Pastry, Liaoning Province

在这段时间的西点专业学习中, 我们学习了如何制作马卡龙、巧克力磅蛋糕、黑巧、蛋糕抹面裱花装饰、韩式裱花以及苹果派, 此外, 老师还给我们扩展了关于中点制作的学习, 包括馄饨、叉烧、小笼包、汤圆、奶黄包、烧卖、虾饺、月牙饺、状元饺、鸳鸯饺等。

During this period of professional study of Western Pastry, we learned how to make macaroons, chocolate pound cakes, black forest cakes, cake decorations, Korean style decorations and apple pie. In addition, we had extended learning on how to make Chinese snacks, including wonton, char siu, xiaolongbao, sweet dumplings, custard buns, siu mai, shrimp dumplings, crescent dumplings, champion dumplings, two-flavored dumplings, etc.



让我印象深刻的是广东省广州市的一种特色小吃—虾饺。在广州的大街上, 无论是在早晨、中午、下午还是晚上, 都可以看到大嚼虾饺的人。它看起来像是裹在一只只水晶里的美食, 漂亮精致, 咬上一口, 便能品尝到虾的鲜香和柔嫩。

What impressed me most was the shrimp dumplings, a specialty snack from Guangzhou. On the streets, you can see people eating "shrimp dumplings" no matter whether it is morning, noon, in the afternoon or in the evening. It is beautiful and looks like a delicacy wrapped in crystals. With one bite, you can taste the fragrance and tenderness of the shrimp.

虾饺的特别在于它的皮和普通的饺子皮不一样, 虾饺皮是用开水烫过的澄面制作的, 这样才能体现出晶莹剔透的感觉(切记: 倒水速度要慢, 每个地方都要烫到)。揉面时最好加入一些猪油, 再让面多醒发一会, 搓成条再切成小剂子, 然后用擀面棒擀出圆形饺皮。虾饺馅要选用新鲜的虾, 添加葱姜盐等调料。美食能给人带来快乐, 当吃到自己亲手做的成品时, 成就感爆棚。

The distinctiveness of shrimp dumplings is that its skin is different from ordinary dumpling skins. The skins of shrimp dumplings are made with wheat flour that have been blanched in boiling water to make them delicate (remember, pour the water slowly to soak into the whole wheat flour). It is best to add some lard while kneading the dough. Let the dough rise a little longer, roll them into strips and cut them into small pieces, and then use a rolling pin to roll out round dumpling skins. The stuffing of the shrimp dumpling is fresh shrimps

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mixed with seasonings such as green onion, ginger, and salt. Delicious food can bring happiness to people. It gives me a strong sense of accomplishment when I eat the product made by myself.

立冬时节，吃一碗热腾腾的虾饺，让人感受到家的温暖和爱的陪伴。一个爱美食的人，一定是爱生活的人；爱生活的人，一定是努力的人。

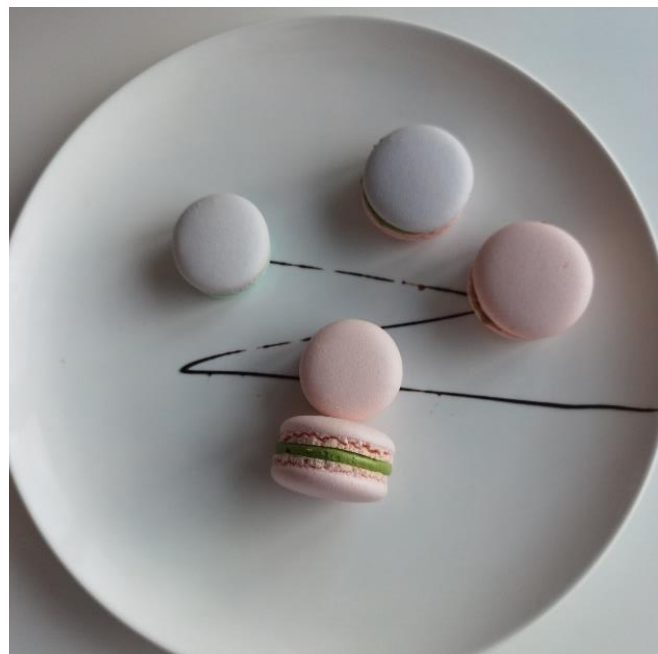
At the start of winter, eating a bowl of hot shrimp dumplings makes people feel the warmth and love of home. A person who loves food must be a person who loves life; a person who loves life must be a person who works hard.



王丽霞，20岁，西点制作，山西省
Dawn Wang, Western Pastry, Shanxi Province

在中心这一年多的学习中，我们学会了做很多种类的西点，最近我们拓展学习了马卡龙的制作。

Over the past year of my studies, we have learned to make many kinds of pastries. Recently, we have expanded to learn how to make macarons.



虽然马卡龙做起来有一定难度，不过我们都做成功了，裙边很漂亮。除了马卡龙的拓展以外，我们还拓展了很多四级、三级西点制作以及中点的内容，下次再分享哦。

Although it is difficult to make macarons, we all succeeded in making them. The skirts are very beautiful. In addition to learning how to make macarons, we have also expanded the learning for level 4, level 3 of pastries and Chinese snacks. We will share these with you next time.

12月我们有几件大事要做：西点的五级实操考试、C级英语考试，还有关乎我们未来的面试。最近两周，大家都在忙着做简历，每一位同学都很用心。面对将要到来的面试，我们都有一些忐忑，希望自己可以得到一份好的工作，从而提升自身的能力和水平。都说态度决定一切，我们都很努力，相信我们的未来都不会差，加油！

We have several important things to do in December, including Level 5 Western Pastry Practical Exam, C level English exam, and an interview about our future. In the past two weeks, everyone has been busy with their resumes, and every student has paid great attention to them. Facing the upcoming interview, we are all a little nervous, hoping that we can get a good job and improve our ability and level. It is said that attitude is everything, we are working hard and believe that we will have a bright future. Add Oil!

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陶云, 21 岁, 西式烹调, 云南省

Harry Tao, 21 years old, Western Culinary, Yunnan Province

不知不觉又过了一个月，在加入项目的 11 个月里，我们都很努力地学习，全班同学都成功地通过了西烹的实操考试。

Unknowingly, another month has passed. In past eleven month, we all studied very hard and everyone successfully passed the Western Culinary practical exam.



我们每周有两天的实操课，11 月份的实操课中，我们学习了天妇罗、意式什菜汤、披萨、肉酱、白酱、青酱、千层面、意大利焖鸡、意大利面、松饼、水

波蛋、蛋卷、荷兰汁等菜品的制作。看老师做这些菜品的时候觉得很简单，一到自己动起手来就感觉很难，老师不到 10 分钟就完成了一道菜品，而我们需要 20 到 30 分钟才能完成。我们的技能还有一定的欠缺，还需要在空闲时间多看一些关于西餐专业的书，将理论知识和实操更好的结合起来，提升自己的专业技能。

We have two days of practical classes a week. We learned about tempura, minestrone soup, pizza, meat sauce, white sauce, green sauce, lasagna, Italian chicken stew, pasta, scones, poached eggs, egg rolls, Dutch sauce, etc. It seems very simple when I watched the teacher make these dishes, but I felt that it was more difficult when I started to try it myself. The teacher completed a dish in less than 10 minutes, and it took us 20 to 30 minutes to complete the same. We still have some shortcomings in our skills and need to read more books about western culinary in our spare time to better combine knowledge and practice.



实操课结束了，接下来的 12 月，我们将迎来最后的一场考试—英语。看到同学们学习英语像上实操课一样努力，我相信我们全班同学一定能顺利通过考试。只要我们肯努力就一定会离目标更近一步！

The practical class came to an end. In December, we will have the last examination which is English. Seeing that all youths study English as hard as they did for the practical class, I believe that our entire class will successfully pass the English examination. If we are willing to work hard, we will definitely be one step closer to our goal!



魏家乐, 18 岁, 西式烹调, 河南省
Frances Wei, 18 years old, Western Culinary, Henan Province

这个学期我们已经学习了五个月的实操课程。开始的时候, 我们练习削橄榄、切土豆丝等基本功。之后我们学习了制作沙拉, 比如德国土豆沙拉、菠萝鸡肉沙拉; 三明治, 如鸡蛋蔬菜三明治、公司三明治; 汤类, 有罗宋汤、奶油海鲜汤等。还学习了很多热菜, 比如煮鱼柳配白酒汁, 煎羊排配迷迭香汁等。其中奶油海鲜汤稍微难一点, 因为做汤之前要先把大蒜切碎用油炒, 然后加入奶油和牛奶。油量要控制好, 如果油加多了, 汤的表面会浮一层薄薄的油。此外, 在拓展课上我们还学习了意大利菜、东南亚菜和日料。

We have studied practical courses for five months during this semester. At the beginning, we practiced basic skills such as cutting the carrots into the shape of olives and shredding potatoes. Then, we learned how to make salads, such as German potato salad, pineapple chicken salad; sandwiches, such as egg and vegetable sandwiches; soups, such as borscht, creamy seafood soup, etc. We also learned many hot dishes,

like boiled fish fillet served with white wine sauce, fried lamb chops with rosemary sauce, etc. Among them, the creamy seafood soup is a bit more difficult. Before making the soup, you need to chop the garlic and fry it in oil and then add the cream and milk. You need to use just the right amount of oil otherwise a thin layer of oil will float on the surface of the soup. In addition, we also learned in the extension class Italian cuisine, Southeast Asian cuisine, and Japanese cuisine.



来良师益友之前我没有接触过西餐, 实操课上每次看到自己做出的成品就特别开心。不过在实操课上我们也会出现一些小意外, 比如划伤手, 烤焦面包, 炸糊东西。实操课上我们都很忙碌, 大家并肩作战, 氛围非常好, 时间过的飞快。

I had no experience with western cuisine before I became a youth of the Jiahe Hospitality and Mentoring Programme. Now, every time I see the finished products I made, I feel very happy. However, we also have some small incidents in the practical class, such as accidentally cutting our hands, burning bread, and burning food. In the practical class, we were all very busy, working side by side and the atmosphere here was very good. Time flies!



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上海嘉和公益基金会开通了【月捐计划】，长期稳定的善款来源能够帮助基金会和良师益友项目长久地运作下去。邀请您加入良师益友【月捐计划】，与我们一起帮助困境青年！您可以扫描下方二维码为良师益友项目月捐，10元、50元、100元，或任何其他金额。再次感谢各位爱心人士的长期支持！



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