

# NEWSLETTER 通讯 2021.01



我们

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负责人寄语

FROM THE EXECUTIVE DIRECTOR



迈入 2021 年之际，首先请允许我代表我们的团队和我们的学员祝大家新年快乐！

On behalf of our team and youths, let me begin by wishing you a very happy new year as we enter 2021.

2020 年 12 月 30 日，我们为 10 月份来到项目中心的四期学员举办了期待已久的开学典礼，并正式送别在本月底离开中心的三期学员，他们将搬入酒店的宿舍，开启为期 6 个月的行业体验。2020 年伴随着这场非常特殊并且有意义的活动而结束了。

The year 2020 ended with a very special and meaningful event on the 30<sup>th</sup> of December, when we held the long-awaited induction ceremony for Cycle 4 youths (who arrived last October) and officially bid farewell to Cycle 3 youths who will be moving out of the Centre later this month to the dormitory of the hotels where they will be embarking on their six-months industry experience.

我们的理事长彭丽昕女士，与我们分享了她加入基金会工作的热情以及她与学员们之间的一些互动故事。

Our Chair, Ms Penny Peng, shared with us the passion that drives her to be involved with the Foundation and a few heart-warming stories from her interaction with youths.

本月，我们将介绍上海闵行区嘉和职业技能培训学校新的品牌形象，由奇华饼家免费为我们提供设计。

This month, we will be introducing to you the new branding and imaging for the Shanghai Minhang District Jiahe Vocational Training School, which was developed as a gift to us by Kee Wah Bakery.

本期我们继续与大家分享 3 位学员的学习体验。

We continue to showcase some of the students enrolled in the Jiahe Hospitality and Mentoring Programme with three of them sharing their experiences.

着装对于成功来说非常重要，感谢吉尊服饰持续为学员捐赠西服和厨师服，为学员开启职业生涯奠定基础。

Dressing for success is important, and through the kind and continued contribution of J Z Uniforms, our youths have the foundation to embark on their careers.

12 月份，我们的月捐二维码正式启用，您可以通过扫描二维码成为我们的月捐人，轻松地加入公益事业。

Our monthly donation QR code officially went on-line in December. It provides ease and convenience through which to support us with monthly givings.

此外，本期月报中我们还披露了其他赞助我们的机会。

Per your requests, from this month on, we will also be adding sponsorship opportunities so that you always know how to help!

我与我们的团队和学员一起，再次祝您新年快乐，衷心感谢您的支持！

Our team and youths join me in once again wishing you a very happy New Year. Once again, we sincerely appreciate your support!

彭晓 Shelley Peng

执行理事和项目负责人 Executive Director



SIR HORACE KADOORIE  
Youth Development Centre  
西理士嘉堡青年发展中心



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



嘉和职业技能培训学校  
JIAHE Vocational Training School

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## 理事长寄语

MS PENNY PENG



We spoke with our Chair, Ms. Penny Peng, and asked her a few questions about her association with Shanghai K Charitable Foundation.

### 为什么加入上海嘉和公益基金会？ Why are you involved in Shanghai K?

我深信施比受有福，上海嘉和公益基金会给了我一个可以回馈社会的机会，而这一点微不足道的帮助却能改变一个年轻人的命运。

*I always believed that it is a much more significant blessing to give than to receive. I saw Shanghai K as an opportunity to give back to society by making an impact on individual lives.*

### 上海嘉和公益基金会的公益理念体现在哪些方面，你能否举个例子吗？

Can you cite one experience that you feel embodies the spirit of Shanghai K?

我最近去看了我们一位在米其林餐厅工作的毕业生，他非常地专业、自信，已经可以管理一个小团队。不禁让我回想起他刚加入良师益友项目的时候还是一个青涩的小男孩。他就是嘉和公益“助人自助”理念的最好例证，从懵懂少年成长为有为青年。我们还有很多其他的毕业生像他一样实现了蜕变与自我成长。

*I recently visited one of our graduates who is working at a Michelin-Starred restaurant. He was professional,*

*confident, and already capable of managing a small team of his peers. I recalled the little boy who knew nothing when he first joined our programme. There is no better example of the spirit of Shanghai K's "Help Others Help Themselves" than his transformation and that of other recent graduates and the positive impact this has had on their lives.*

### 与其他公益机构相比，上海嘉和公益基金会的不同之处在哪里？

**What makes the foundation different from other ones?**

上海嘉和公益基金会践行“助人自助”的公益理念，在这里，良师益友项目不仅教授学员职业技能，让他们拥有一技之长；还教授人生技能，帮助他们完成行为的改变和人格的成长，希望他们成长为成熟、自立、自信、懂得感恩和对社会有价值的青年。

*At Shanghai K, not only do we teach our youths the necessary technical skills to help them build a career, but we also teach them valuable life skills to prepare them for life after graduation and as contributing members of society.*

### 对那些有意为上海嘉和公益基金会提供志愿服务的爱心人士们，你认为嘉和公益值得大家帮助的理由是什么？ If someone was considering volunteering for the foundation, why should they?

上海嘉和公益基金会真正改变了贫困青年的人生，能够亲历一个年轻人的生命成长与转变是一件非常有价值的事情。我们需要大家的参与共同帮助这些青年。我们希望有更多的爱心人士能加入我们嘉和公益这个大家庭，一起践行助人自助。

*Shanghai K is truly making a difference in our youth's lives. The most beautiful thing in the world is to witness and be part of an individual's life transformation. All youths who come through our doors are very important to us and we need your support to help them. We hope that many of you will join our Shanghai K family because together, we can help more young people help themselves.*

### 是否还有其他的反馈？

**Any other comments you wish to make.**

上海嘉和公益基金会发展至今，离不开社会各界的捐赠和志愿服务，再次衷心地感谢大家的关爱和支持。公益



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不分大小，无论是金钱的捐赠、物资的支持又或是志愿服务的时间都会帮助到贫困青年。再次感谢大家的支持和信任，祝大家在新的一年里身体健康，万事如意！  
Thank you to all of you who are supporting us by donating or volunteering your time. We would not be where we are today without your care and passion to help others. No contribution is too small, whether it be financial, in-kind or in time. Thank you once again for your support and confidence in Shanghai K. We wish you a healthy and prosperous new year.

## 上海闵行区嘉和职业技能培训学校品牌形象 BRANDING FOR JIAHE VOCATIONAL TRAINING SCHOOL

我们很高兴与您分享上海闵行区嘉和职业技能培训学校的机构标识，该标识由奇华饼家协助设计，该创意巧妙地将“嘉和”一字的拼音和汉字结合在一起。

We are delighted to unveil the new branding and imaging for Shanghai Minhang District Jiahe Vocational Training School, which was developed by the design team of Kee Wah Bakery, cleverly transforming the roman alphabet of the word Jiahe into the corresponding Chinese character.



“嘉”既代表嘉奖、美好的意思，又谐音家庭的“家”，嘉和职业技能培训学校是由良师益友学员和工作人员组成的大家庭，也努力帮学员创造美好的明天。

The Chinese character Jia conveys fulfilment, wonder, and also has the same pronunciation as “family” in Chinese. Indeed, the School is a warm family for all youths and staff who aim to build a bright future together.

## 三期同学开启行业体验

### CYCLE 3 YOUTHS START INDUSTRY EXPERIENCE

一月份，三期同学陆续步入职场，开始行业体验。在2020年的12月份，28家酒店通过线上和线下的方式向

学生宣讲他们的酒店，同学们全心地准备和投入面试。我们来听同学们找工作的心情吧。

Cycle 3 youths will start their six-month industry experiences this month. Over 28 hotels were introduced to them last month either in person or online so that they may select their preferred potential future place of employment to interview with. We share with you their feedback on what was for them a very new and exciting experience, as they prepare to move out of the Sir Horace Kadoorie Youth Development Centre and begin their new lives.



王丽美，20岁，西式烹调，云南省  
Diana Wang, 20 years old, Western Culinary  
Yunnan Province

2020年已经过去，我们三期学生也即将要步入工作岗位。12月有28家酒店通过线上或线下的方式向我们做宣讲，为我们之后的人生道路搭建一条虹桥。

2020 is now in the rear-view mirror, and we Cycle 3 youths will join the workplaces soon. Managers of 28 hotels made presentations about their properties last December, building a bridge towards our future life.

同学们纷纷向心仪的酒店投递了简历，部分同学也陆续完成了面试。正在准备面试的我也不能放松警惕，每天会利用课余时间和同学们进行模拟面试，比如练习仪容仪表、肢体语言和语言表达。我个人觉得最重要的是要提前做好功课，对要面试的酒店有所了解，知道酒店想要招聘什么样的员工，看重哪些素质或才能，这些



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都会影响最终的面试结果。我会认真地准备将要到来的面试，相信自己能够进入到心仪的酒店。

We sent out our resumes to our favourite hotels and some of us have already completed the interviews. I have no time to relax as I am still preparing for my interview. I am conducting mock interviews with my classmates in my spare time every day, as well as paying more attention to my appearance, body language and oral expression. Personally, I think the most important thing is to have a good understanding in advance of the hotel you will be interviewed at. We need to know what kind of staff the hotel prefers to recruit, and what qualities or talent it values. These will affect the final interview result. I will prepare for the upcoming interview diligently and believe that I can receive an offer from my favourite hotel.



**李滔, 17岁, 西式烹调, 湖南省**  
**Frank Li, 17 years old, Western Pastry**  
**Hunan Province**

时光如梭，转眼间大家就都要各奔东西了。相较于面试后的如释重负，我更喜欢面试前大家如临大敌的状态，一有空闲时间就借来电脑查阅资料，互相交流面试时有几率问到的问题与自我介绍，大家互相学习，互相进步着，这种感觉、这种状态，让身处于此的我们精力充沛。面试后给我最直观的感觉是“爽”，因为这几天准备的资料，都在面试过程中得到灵验，这种感觉，真的很美妙，大家心中的巨石也挪开了，开始全力以赴的参加下一场挑战。

Time flies! Everyone will soon go their own separate ways! During the remaining time in the centre, we were all busy preparing for our job interviews. Whenever I had free time, I borrowed the computer to search information about the hotels I was interested in and tips on how to better prepare for the interviews. Rather than the feeling of relief after the interview, I quite enjoyed the state of being nervous prior to it since we, students, spent a lot of time together, communicating with one another about the questions that might be asked, and how to improve the content of our self-introductions. Learning from each other and making progress during the preparation was exciting and helped energise us! It is great that all those preparations turned out to be greatly helpful during the interview. This enabled us to unburden ourselves and positively go all out for the next challenges in our lives.



**粟安谊, 19岁, 西点制作, 湖南省**  
**Ann Su, 19 years old, Western Pastry**  
**Hunan Province**

我们三期学生即将踏入社会，开始我们的行业体验，心中万分忐忑和期待。中心为我们提供了很好的平台，学习一年多的知识也要派上用场啦！去年12月我们听了20多场酒店的宣讲，有线上也有线下，每家酒店的HR都做了非常精彩的讲解，通过每家酒店的宣讲，使我对各家酒店的认知更加深刻。

We Cycle 3 youths are about step into society and start our industry experience. We are anxious yet expectant. The centre provided us with a good platform, and the knowledge

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we have learned for more than a year will come in handy! Recently, we have participated in more than 20 hotels' online and offline presentations. The Directors of Human Resource gave wonderful presentations on their hotels through which I learned more about them and understood them better.

大部分酒店对我来说是新奇而陌生的，每家酒店的文化截然不同，但都充满魅力。作为一名之后将在酒店就业的学生，很期待能亲身到酒店感受酒店的氛围。通过各家酒店的宣讲使我感受到，在酒店这个行业里特别是我们后厨部，有耐心、能吃苦耐劳是很重要的，脚踏实地，一步一个脚印，向着自己的目标努力，就会有成功的一天，所谓行行出状元嘛！

Most hotels are new and unfamiliar to me. Their different cultures are full of charm even though they are completely different from one another. As a student who will soon be employed, I am looking forward to experiencing the hotel atmosphere in person. Through their presentations, I felt that it is very important to be patient and have an enormous capacity for hard work, especially within the kitchen department. If you keep your feet on the ground and work step by step towards your goals, you will one day be successful. All roads lead to Rome!

宣讲会结束之后，同学们也陆续报了自己心仪的酒店。等待面试的过程既紧张又期待，最后希望我们都能顺利拿到 offer!

After the presentations, we applied to our favourite hotels. The process of waiting for the interview is a combination anxiety and expectation. In the end, I hope we can all successfully receive job offers!

## 迎新活动暨四期开学典礼

### YEAR-END CELEBRATIONS & A NEW BEGINNING FOR C3

12月30日，上海嘉和公益基金会联合上海闵行区职业技能培训学校共同举办迎新活动，为四期学员举办迟来的开学典礼，同时为即将离开中心加入酒店的三期学员践行。当日，众多爱心人士、志愿者、公益同行冒着严寒莅临活动现场。



On December 30<sup>th</sup>, Shanghai K Foundation, in collaboration with Shanghai Minhang District Jiahe Vocational Training School, held our 2020 Year-end Party. This was to welcome Cycle 4 youths and big farewell to Cycle 3 youths who will soon be leaving the Center. Many contributors, volunteers and other partners graced our event, braving the frigid temperatures to get here.



上海嘉和公益基金会荣誉主席陈宝山先生带领大家一起回顾了2020年，感谢爱心人士、志愿者、公益同行、团队工作人员、学员团结在一起走过不平凡的2020。嘱咐三期学员“保持健康，努力工作，成为老师们的骄傲！”叮嘱四期同学“认真学习，把握好自己的人生”。

Shanghai K Foundation Honorary Chair Mr. Paul Tchen led us in a recap of 2020, thanked all our kind contributors, volunteers, employees and youths for pulling together and surviving a challenging 2020. He advised Cycle 3 youths to “Take good care of your health, work hard, and become the pride of your teachers!”, and advised Cycle 4 youths to “study hard and take charge of your lives.”



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良师益友学员不仅会做西餐和西点，还多才多艺，活动上同学们大秀歌舞才艺。三期同学将象征传承的围裙郑重地交给四期同学，希望四期能够传承良师益友项目的精神。

Youths in the program are not only adept at Western Cuisine and Western Pastry but are also multi-talented. During the event youths showcased their artistic talent, finishing with Cycle 3 Youth representatives handing over the symbolic Apron to their Cycle 4 counterparts, with the hope that Cycle 4 youths can carry on the spirit of Helping others help themselves.



三期同学代表保英才发言说：“在项目的两年中，我们有很多丰富有趣的课程，也有很多意想不到的活动。刚来的时候我不爱说话，不喜欢和别人接触，但经过一年半的相处，我变得开朗，经常和同学们一起聊天学习”。

Cycle 3 representative Barry Bao said, “during the two years in the program we have had many interesting classes, and many unexpectedly interesting activities. I was shy and reserved when I first joined, but 1.5 years later, I have become open and extroverted, frequently having conversations with others about studies and life.”



四期同学代表李禹坤说：“加入良师益友项目是我做出最正确的选择，我们四期一直展现出的是一个团结友爱，奋发向上的一个集体。因为我们是幸运的，我们能遇到一个有爱心的机构。”

Cycle 4 representative Terry Li said, “Joining the Program is the best decision I have ever made. Cycle 4 youths exhibit loving team spirit and motivation to achieve. This is because we are truly lucky to have come into contact with an organization that loves and cares about us.”



捐赠方代表，高富诺管理咨询（上海）有限公司，大中华区项目开发常务董事王树荣带领四期西点班同学合唱披头士经典歌曲“Hey Jude”，鼓励同学们勇敢面对未来。Samuel Wong, Executive Director, Project Development, Greater China at Grosvenor Group in China and a great

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supporter of the foundation, led Cycle 4 Western Pastry youths in singing "Hey Jude" by the English rock band the Beatles, encouraging them to bravely face the future.



志愿者代表，豪威大通投资有限公司董事长李思蓉女士与学员和来宾分享了2020年她学到的最重要的三件事：爱、关怀和容错，并说“看到良师益友项目的学员走出农村，成为五星级酒店的厨师、甜点师，由衷地为他们感到骄傲和自豪”。

Strategic Advisory Council member and President of Swift Fortune Investment Co., Ltd, Ms. Audrey Li, shared that the three important things that she learned in 2020 were love, care and tolerance. She told the youths she was proud of them for overcoming their disadvantaged backgrounds and for becoming culinary and pastry professionals in five-star hotels.



志愿者代表，康奈尔大学学生周鑫参与了三期学员的招募，见证了学员的成长，他分享说他对良师益友项目有三个认可，认同助人自助的公益理念、全人教育模式及卓然的成果。

Mr. Zhou Xin, a Master of Public Administration student at Cornell University, was a volunteer for one semester and was involved in the recruitment of Cycle 3 youths. He witnessed first-hand the programme's holistic education and its philosophy of helping others help themselves. He commented that "seeing the youths, whom I had the opportunity to help recruit prepare for their next journey, re-affirms the tremendous outcome that the programme has had on their lives. I am so honoured to have been able to be part of this endeavour and can see how this programme positively contributes to youth poverty alleviation."



活动结束后，学员为来宾准备了丰盛的晚宴，边吃边聊，在欢声笑语中一起辞旧迎新！

After the event, the youths prepared a sumptuous dinner for the guests including 7 beautiful turkeys donated by Sinodis. They ate, talked, bid farewell to 2020 and welcomed the New Year with laughter and joy!

加入月捐

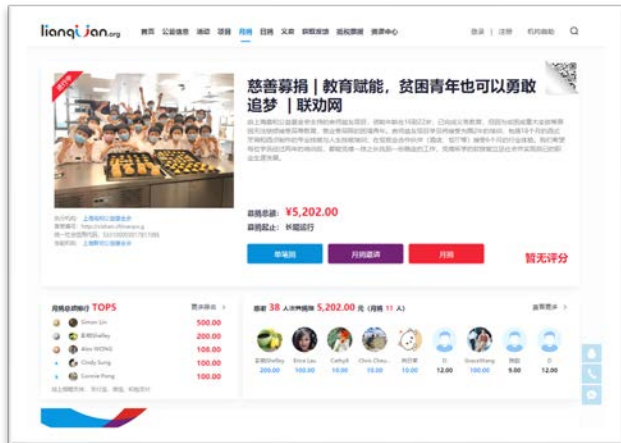
MONTHLY DONATIONS

我们在联劝平台上开通了月捐，你可以扫描二维码加入良师益友项目月捐，或为良师益友项目进行一次性捐赠，支持良师益友项目的运营。



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We are delighted to introduce our new QR code which has been established in partnership with Shanghai United Foundation to accept monthly and one-time donations. You can simply scan our QR code and follow the instructions to help us financially.



## 致谢

### ACKNOWLEDGEMENTS

吉尊服饰多年来持续为良师益友项目学员免费定制西服和厨师服，使同学们无论是在厨房还是在公开场合都能着装得体。吉尊服饰的李凯光先生莅临迎新活动现场，他谦逊地说“能够为良师益友项目做一点小事，能够帮助这些孩子是我的荣幸。”全体良师益友学员衷心地感谢李凯光先生和吉尊服饰的支持！

J Z Uniforms has continuously sponsored suits and chefs' uniforms for all our youths since the beginning of our programme, enabling them to properly dress in the kitchens

as well as in public. Mr. Danny Lee attended our year-end celebration and said that "It is my honour to be helpful to the programme and youths." All youths sincerely thank Mr. Lee and J Z Uniforms' generous and continuous support!



我们向在 2020 年 12 月份为良师益友项目捐赠的爱心人士表示诚挚的感谢：

We gratefully acknowledge donor contributions from December 2020:

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- 陈宝山 Paul Tchen
- 陈雪珊 Susan Chan
- 胡伟智 Ricci Wu
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- 陈进 Krystal Chen



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三期学员将于 2021 年 9 月举行三天两夜的毕业旅行，预计费用为 78,000 元，欢迎赞助或引荐朋友赞助此次旅行。

Please help us and consider sponsoring one of the following or refer us to your friends and associates who may be able to assist us:

- ¥78,000 for the 3-day and 2-night graduation trip of Cycle 3 for 60 persons (56 youths and 4 staff).

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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。

Please share this newsletter with your friends and colleagues and help us expand our circle of friends and supporters.

您亦可以在您的周围为我们筹款，了解更多信息，请联系

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## 工作人员

### CREDITS

#### 编辑 Editor

王蓓蓓 Grace Wang

#### 文字 Contributing Writers

陈宝山 Paul Tchen

李滔 Frank Li

粟安谊 Ann Su

王蓓蓓 Grace Wang

王丽美 Diana Wang

肖芬 Cathy Xiao

汤池 Tony Tang

#### 校订 Proof-reader

#### 聯繫信息 Contact

上海 201199 市闵行区秀

文路 908 弄 D 栋 3 楼

3F Building D

No. 908 Xiuwen Road

Minhang District

Shanghai 201199

#### 电话 Telephone

+86 21 6197 9500

#### 件 Email

office@shanghaik.org

#### 公众号 WeChat

jiahegongyi2017



SIR HORACE KADOORIE  
Youth Development Centre  
西诺迪士青年发展中心



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



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