

# NEWSLETTER 通讯 2021.02



我们

# NEWSLETTER 通讯 2021.02

负责人寄语

FROM THE EXECUTIVE DIRECTOR



鼠年即将画上句号，这具有挑战的一年让我们学到了许多东西，也成长了很多。

The year has come to an end. It has been a challenging year through which we learned and grew a lot.

三期56名学员已于十二月份全部找到专业对口的工作，目前已全部开始了在五星级酒店西厨和饼房的工作，就业率达到了100%。

The 56 youths of cycle 3 have all landed jobs in their fields and started work in the western kitchens and bakeries of five-star hotels. The employment rate is 100%.

四期学员在完成了一学期的课程后已开始放寒假。除了少部分学员继续留在上海进行勤工俭学外，大部分都返回了自己的家乡。因我们的学员来自全国14个省份和不同的民族，我们请学员们在本期中和大家分享一下家乡过春节的习俗，让我们通过视觉体验一个文化大融合的节日。

After completing courses for their first semester, cycle 4 youths have started their winter vacations. A few youths are staying in Shanghai for work-study jobs while most of them returned to their hometowns. Our youths come from 14 Provinces and different ethnic groups across the Country. In this issue, we would like to invite some of them to share with you the customs of celebrating the Spring Festival in their hometowns, so that we can visually experience a melting pot of culture.

音乐是我们每个人最好的朋友，对于我们的学员也不例外，唱歌、演奏乐器在学员中蔚然成风。本期，我们邀请郭书婷通过演奏乐器谈谈她对音乐的感受。

Music is best friend to all of us, and it is no exception for our youths. Singing and playing musical instruments has become popular among them. Our cycle 4 youth Guo Shuting will share her experience.

我们即将步入牛年，牛年将同样是一个不平凡的一年，困难、挑战、机遇并存。上海嘉和公益基金会在全体员工、志愿者、合作伙伴、资助者以及学员的共同努力下并将取得更大的进步。

As we enter the Year of the Ox, we realize that it will also be an extraordinary one with difficulties, challenges, and opportunities. With the concerted efforts of all staff, volunteers, partners, sponsors and youths, Shanghai K Charitable Foundation will continue to make greater progress.

感谢全体员工的辛勤付出、感谢志愿者、合作伙伴和资助者的无私奉献和大力支持！爱让我们同行！祝大家春节愉快！

We are grateful for the hard work of all staff and the dedication and great support from volunteers, partners, and sponsors. Love brings us together! I wish you all a happy Lunar New Year!

彭晓 Shelley Peng

执行理事和项目负责人 Executive Director

# NEWSLETTER 通讯 2021.02

## 秘书长寄语

GRACE WANG



本期月报我们采访了上海嘉和公益基金会秘书长王蓓蓓女士，她将与大家分享她加入上海嘉和公益基金会的初衷以及工作中的体悟。

We interviewed our Secretary General, Ms. Grace Wang, 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?

2014 年加入公益行业后，我逐渐对教育赋能类项目产生了浓厚的兴趣，尤其是针对农村贫困青年的职业教育项目。上海嘉和公益基金会正是扎扎实实地在做针对贫困青年的职业技能培训，我希望加入这个团队，为贫困青年带去第二次机会。

After joining the charity industry in 2014, I gradually became interested in education empowerment programmes, especially vocational training programmes for youths living in poverty in rural areas, which is Shanghai K Charitable Foundation's focus. I wanted to join this team to make contribution to youths living in poverty who deserve a chance.

### 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？

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

上海嘉和公益基金会深信“授人以鱼不如授人以渔”，注重每一个孩子的成长。这个理念贯彻到从项目设计与执行的每一个方面。参与到项目中的志愿者、爱心人士的反饋是项目理念和成果的最好见证。一位二期学员的笔友，也是餐旅业资深人士说到：“我的笔友对她的工作有很大的热情，会很开心地告诉我她被委以重要的职责，学到新的技能。在她身上我看到了的巨大变化，更加自信从容，甚至自信地在毕业典礼上用英文发言。”

Shanghai K Charitable Foundation believes that “teaching someone to fish is better than giving someone a fish”, therefore the Foundation values the development of every participating youth. This concept is implemented in every aspect of the programme from design to execution. The feedback from volunteers and caring people who participated are the best testament to our contributions. One of the pen pals of cycle 2 youths (an experienced professional in hospitality industry) sums it up well: “My pen pal spoke about how pleased she was to gain experience in more advanced roles and to learn new skills – she showed a true passion for working with guests. When we met it was a total transformation to see her level of English rise together with her self-confidence and the expression of her ability. The culmination was when I saw her speak at her Graduation ceremony with poise, grace, and confidence.”

### 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 unique?

上海嘉和公益基金会专注支持“良师益友”项目，倡导“助人自助”的公益理念，注重青年的全人发展。虽然受益人规模不大，但深耕细作，既教给孩子们一技之长，还帮助孩子全面提升，真正影响一个人的人生。

Shanghai K Charitable Foundation has focused on the Jiahe Hospitality and Mentoring Programme since it was established. It advocates the public welfare concept of “helping others help themselves” and specializes in the holistic development of disadvantage youths. Although the beneficiaries are not large in scale, the philosophy of deep cultivation teaches the youths not just a skill, but also impacts and improves their lives in a profound way.



# NEWSLETTER 通讯 2021.02

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帮助的孩子是一群被忽视但更需要帮助、支持和关爱的群体。上海嘉和公益基金会在用心地陪伴和培养这群孩子。众人拾柴火焰高，您的参与，将帮助这些孩子们走的更远，开创更美好的未来。

Youths supported by Shanghai K Charitable Foundation are a neglected group who need help, support and care, and the Foundation is dedicated to accompanying and cultivating them. "With everyone gathering firewood, the flames will rise higher", your participation will guide these children to go above-and-beyond to create a better future.

## 我家乡的盛大节日

### CELEBRATING THE LUNAR NEW YEAR AT HOME

四期学员已经回到家乡过春节了，他们将与我们将分享他们的家乡如何庆祝这个一年一度的节日。

Cycle 4 youths have returned home for the Lunar New Year. We asked them to share with us how they usually celebrate this annual festival in their home Provinces.



**蒙有飞, 17岁, 西式烹调, 广西省**  
**Mars Meng, 17 years old, Western Culinary**  
**Guangxi Province**

我叫蒙有飞，是良师益友的四期学员，来自美丽的广西河池市大化县，我是大瑶山土生土长的瑶族人。我们布

努瑶的春节与汉族并没有什么不同，而每年农历五月二十九日的祝著节则是瑶族一年一度最为隆重的传统节日，相当于我们瑶族人的“年三十”。

I am Meng Youfei, a cycle 4 youth from the Jiahe Hospitality and Mentoring Programme. I come from beautiful Dahua County of Hechi City, Guangxi Province. I am a native of the Yao ethnic group from the Dayao Mountains. Bunu Yao's Spring Festival is no different from that of the Han Majority. But the Zhuzhu festival on May 29th of the Lunar calendar every year is the most important traditional festival of the Yao nationality, equivalent to our "New Year's Eve".



祝著节是布努瑶为了纪念始祖母亲密洛陀而特有的传统节日，也是布努瑶同胞为庆祝丰收而举办的节日。为了庆祝这个传统佳节，人们要打扫屋舍、祭拜先祖、聚会宴饮还有敲鼓跳舞。早上起床后穿上亮丽的服装，大人们杀鸡宰羊，煮粽子，小孩子打扫屋舍，洗碗洗锅，非常的忙乎，却是乐在其中。祭祖是布努瑶自古以来形成的亘古不变的过节习俗，寄托着布努瑶对祥瑞的祈求、美满的憧憬，祝著节的时候会用羊头或猪头祭祖。节庆期间，人们以宗族或家庭为单位，采取轮流做东的形式，宴请亲朋好友，欢欢喜喜同庆本民族的传统佳节。敲打铜鼓、跳铜鼓舞则是节庆的主题活动，男女老少一起跳，铜鼓越多，人数越多，场面更精彩。

# NEWSLETTER 通讯 2021.02



Zhuzhu Festival is a traditional festival unique to the Bunuyao. It is meant to commemorate the ancestor mother Milotuo, and to celebrate the harvest. To celebrate this traditional festival, people clean their houses, pay respects to their ancestors, have parties and feasts, and beat drums and dance. People put on beautiful clothes after getting up in the morning. Adults kill chickens and sheep, cook rice dumplings, children clean houses, wash dishes and pots. Despite being so busy everybody enjoys themselves. Ancestor worship has been Bunuyao's constant custom since ancient times. It is shrouded in our people's prayers for auspiciousness and happy longings. During the festival, sheep heads or pigs' heads are used to worship ancestors. Different family clans take turns to host relatives and friends for feasts and celebration. A highlight of the festival is to beat bronze drums and dance. Men, women, and children do this together. The more drum beating, the more people, the merrier the scene.



布努瑶的祝著节庆祝活动气氛隆重热烈，内容丰富多彩，等你们来了，你们自然会体会得到这种风情，瑶乡的风情！

The celebration of Bunu Yao's Zhuzhu Festival is grand and warm, rich and colourful. If you can join us, you too can experience the unique cultural customs of our people!



阿木以付，18岁，西式烹调，四川省  
Roger, 18 years old, Western Culinary  
Sichuan Province

四川彝族过春节的习俗与其他地方差不多，但我们彝族有个特别的节日—火把节。相信大家一定都听说过火把节，这是一个古老又传统的节日，是所有节日中最热闹、最重要的节日，火把节对彝族来讲就相当于汉族的春节，每年农历六月份举行。





# NEWSLETTER 通讯 2021.02

Lunar New Year customs of the Yi ethnic group in Sichuan Province is like those of other areas, but we have a special festival called Torch Festival. I believe you must have heard of it. It is an ancient and traditional festival, the most lively and important one of all. For the Yi people, the Torch Festival is equivalent to the Spring Festival of the Han people, and happens in June in the Lunar Calendar.



每年在火把节期间，大家都会宰猪宰牛祭神，每家每户都会倒一杯酒，放在柜子上或者桌子上祭祖，为家人祈求平安。晚上在坝子里点起火把，邻里街坊点着火把，载歌载舞。亲戚朋友之间会互相走动，共同庆祝节日。火把节当天，彝族人会穿上传统服饰，女人穿上鲜艳的裙子，带上专属的发饰，男人将腰带一样的带子斜挂在肩上，再带黑色的头巾、帽子。

Every year during the Torch Festival, people will sacrifice pig and cattle to the Gods. Each family puts a glass of wine on the cabinet of the table to offer sacrifices to ancestors and to pray for the safety of the family. At night, torches are lit in the dam, with the entire neighbourhood singing and dancing in the midst of the torches. Friends and relatives visit each other and celebrate together. On the day of the Torch Festival, Yi people wear their traditional costumes. Women wear bright skirts and exclusive hair accessories. Men sling a belt-like strap over their shoulders, and then wear black headscarves and hats.



在整个节日过程中，所有的彝家人不做饭，只吃肉喝酒。坨坨肉是将当地的黑猪宰杀，剁成拳头大小的肉块，用热水煮熟，不下任何佐料，包括盐；肉熟后捞起，再撒蒜水、盐及花椒等即可食用；杆杆酒是一种粮食酿的酒，用细竹子掏空了杆子插在酿好的酒中吸着喝，所以称为杆杆酒。

Throughout the festival, all Yi people do not cook but eat meat and drink wine. Tuo Tuo meat is made from local black pigs. The meat is chopped into fist-sized pieces, cooked in hot water without any seasonings such as salt. Afterwards it is picked up and sprinkled with garlic water, salt and pepper, etc. Gan Gan wine ("Straw wine") is a kind of grain wine, with a hollowed-out bamboo straw inserted in the wine for drinking, hence the name.

欢迎大家来体验我们彝族的火把节！

I welcome everyone to come experience the Torch Festival of Yi Nationality!

# NEWSLETTER 通讯 2021.02

## 三期学员工作感想

### INDUSTRY EXPERIENCE AT CHINA'S TOP HOTELS FROM CYCLE 3 YOUTHS



王丽霞, 20岁, 西点制作, 山西省  
Dawn Wang, 20 years old, Western Culinary  
Shanxi Province

在参加多家酒店的宣讲, 选择自己心仪的酒店投递简历, 参加面试, 等待 offer 等一系列的流程之后, 我成功入职上海东方佘山索菲特大酒店。1月6日, 是我入职的第一天, HR 姐姐把我带到酒店的厨房, 并把我介绍给饼房的管理人员, 至此, 我的行业体验正式开启。

After taking part in presentations given by many hotels, applying for my favourite jobs, attending the interviews, and waiting for the offers, I successfully joined Sofitel Sheshan Oriental Shanghai Hotel. January 6<sup>th</sup> was my first day of employment. The HR of the hotel took me to the kitchen and introduced me to the management staff of the bakery. With that, my industry experience officially started.



在大姐姐的带领下, 我们先参观并了解了一下厨房, 看见厨房里的前辈们有条不紊的忙着自己手头上的事, 心里想着, 自己是不是也可以做到像他们一样呢。了解完厨房之后便开始工作了, 在这几周的工作中, 我学会了怎么看订单, 不同种类的茶歇用不同的餐具, 下午茶怎么做等等。现在我已经可以做到自己独立出餐, 独立的上早班了。

Under the guidance of the supervisor, we first visited and learned about the kitchen. When I saw the experienced staff in the kitchen methodically tackling their tasks at hand, I was wondering if I could also do it like them. After getting to know the kitchen, I began to work. During the past few weeks, I learned how to read orders, use different tableware for different kinds of tea breaks, and how to make afternoon tea. Now I can deliver the meals and work the morning shifts independently.



我们的行业体验还只是刚刚开始, 还有很多需要学习的地方, 我目前的状态就是边工作边学习, 提高自己专业技能的同时, 还要加强自己其他方面的能力。我们还年轻, 未来的路很长, 我们要一步一步坚定的往前走, 加油!

Our industry experience is just starting, and there are still many things to learn. My current focus is to observe and learn while working. While improving my professional skills, I also need to strengthen my abilities in other areas. We are still young, and the road ahead is long. We must move forward firmly step by step. Add Oil!



# NEWSLETTER 通讯 2021.02



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

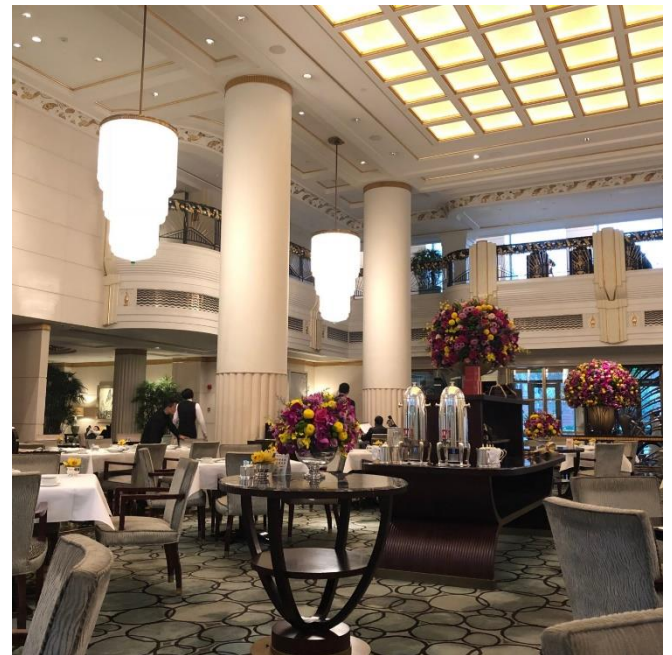
时间过得真快, 我到上海半岛酒店工作已经有三周了。在开始工作之前, 我觉得自己已经调整好心态, 可以很好地面对工作, 但真正开始工作后, 我的内心还是会有一些忐忑。我常想接下来会有哪些工作需要我来做呢? 而工作中接触到很多新的东西会让我感到紧张, 不知道自己是不是都可以完成得很好。

How time flies! It has been three weeks since I started my new job in Peninsula Hotel Shanghai. Before I started work, I thought I had made all the necessary adjustments. However I still felt nervous when things actually got started. I am looking forward to my work ahead. What makes me nervous is that I come into contact with a lot of new things at work and I don't know if I can finish them well.



现在的工作和在学校学习有很大的不同, 一方面是工作的节奏比学习的时候快很多, 在同样的时间内, 现在需要做出更多的成品。另一方面是对自己的工作效率和团队协作能力有了更高的要求, 在学校学习的时候, 我们每个人都是独立完成一个成品的制作, 而在工作中, 我只需要完成制作过程的某一个环节, 由团队共同完成成品制作, 如果我的制作环节出现问题, 就会影响团队整体的完成效率和质量。

The work now is very different from when we were studying at the Center. On the one hand, the pace of work is much faster. In addition we now need to make more finished products. At the same time, there are higher requirements on work efficiency and teamwork. At the Center, each of us completed the production independently. Now we only need to complete a certain part of the production process, and the team will complete the rest of the process together. One problem on my part will affect the overall efficiency and quality of the team output.

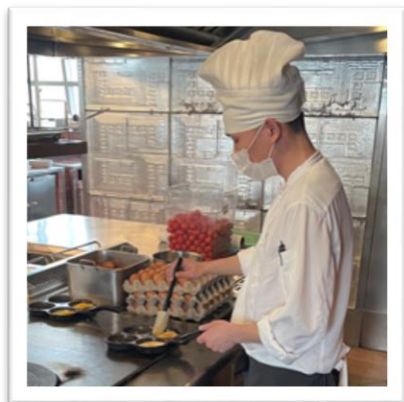


对于厨房, 对于食材, 我的内心始终是有的一种敬畏之心, 正是这种敬畏之心, 让我拥有饱满的热情, 迎接接下来每一天的工作。



# NEWSLETTER 通讯 2021.02

My heart has always been filled with awe and respect for the kitchen and all its ingredients, and it is this respect that fills me with enthusiasm for the work ahead.



**雷泽董, 20 岁, 西式烹饪, 广东省**  
**Leo Lei, 20 years old, Western Culinary**  
**Guangdong Province**

首先想要特别感谢嘉和良师益友项目, 为我们提供这么好的学习机会和平台。我们也通过自己的努力, 成功入职了心仪的酒店, 开始我们的行业体验。

First, I would like to express my gratitude to Jiahe Hospitality and Mentoring Programme for providing us such a good learning opportunity and platform. On top of this, through our own efforts, we successfully entered our dream hotels and started our industry experience.

我于 1 月 11 日入职上海柏悦酒店, 在这段不长的工作时间内, 我懂得了想要在餐饮行业做好, 并不是简单的会做一些菜就够了, 而是需要不断地去学习, 去进步, 去积累工作经验。一开始, 我觉得自己在学校学到了很多, 我的工作表现应该会很出色, 但是没想到, 刚开始工作就被领导批评了。学校对学员的学习要求和酒店对员工的工作要求是不一样的, 我在工作中慢慢意识到了这一点, 每个酒店的餐饮都是有自己的要求和风格的, 要按照规定工作。每一道菜既要做到符合标准, 又能体现出特色, 形成酒店统一的、独有的风格。



I joined Park Hyatt Shanghai on January 11<sup>th</sup>. During this short period of work, I learned that to do well in the hospitality industry is not just about cooking some dishes, but also to keep learning, making progress and accumulating work experience. At the beginning, I thought I had learned a lot at the Center and I would do a good job. I did not expect to be criticized by my manager right after starting work, which was exactly what happened. I gradually realized that the learning requirements of the programme for youths are different from the working requirements of an actual hotel. Each hotel has its own requirements and style which we need to comply with. The dishes should not only conform to the standards, but also have their own characteristics, thereby forming a unified and unique style of the hotel.



# NEWSLETTER 通讯 2021.02

作为新人，我学的很快，做事能吃苦，厨师长也很看好我，所以我能在这么短的时间内顺利的融入到工作中。既然做了这个行业的工作，就要去做好，而且只有自己付出了，才能真的掌握厨艺，才能让自己得到更好的成长。

As a newcomer, I am learning quickly through hard work and the Head Chef seems to think highly of me. That enabled me to integrate into the work smoothly in a short period of time. As I chose this path, I want to be the best, and the only thing I can count on is my hard work. Only then can I truly master cooking skills and achieve professional growth.



**张亮，20岁，西式烹饪，辽宁省**  
**Jayson Zhang, 20 years old, Western Culinary**  
**Liaoning Province**

1月4日，我离开学校，来到了苏州这座承载着三千年历史的古城，次日我便正式入职苏州凯悦酒店。经过两天的入职培训后，我开始了在苏州凯悦酒店最好的餐厅—悦庐厨房的工作。

On January 4th, I left the Center in Shanghai and moved to Suzhou, an ancient city with 3,000 years of history. The next day, I officially joined Hyatt Regency Suzhou. After two days of orientation, I started work in the best restaurant in Hyatt Regency Suzhou -- Yuelu Kitchen.



我在厨房里每天帮师傅打下手，做一些自己力所能及的事。做菜的材料不够的时候，师傅会吩咐我去其他餐厅取一些过来。刚开始，我跟其他餐厅的工作人员都不熟，来往次数多了，也就慢慢的熟悉起来，即使是做一些看起来不太起眼的工作，实际上也会有很多的收获。做丸子是我在厨房做的最上头的一件事儿，4×4cm大小的方型丸子每次差不多要做两三百个，每个星期都要做一到两次。

I do things within my scope to help the Master Chef in the kitchen every day. When we didn't have enough ingredients, he would tell me to go get some from another restaurant. At first, I was not familiar with the staff of other restaurants. With more interactions, we are getting to know each other. Even if one does something that seems like a small task, one will gain a lot. My favourite job is making square meatballs sized 4\*4cm. We make the meatballs once or twice a week, 200 or 300 each time.





# NEWSLETTER 通讯 2021.02

厨房里只有丸子，面粉，鸡蛋，面包糠这四样东西，工作的时候，大家都各忙各的，给人一种比较紧张的感觉。在这里工作不像在项目中心的实操间学习，那时候有同学一起说说话，开开玩笑，气氛比较愉悦。现在的工作只是刚刚开始，要学习和适应的地方还很多，我会在人生的道路上继续努力。

There are only four things in the kitchen: meatballs, flour, eggs and bread crumbs. Everyone is busy with their own tasks and that brings me a sense of tension. Working here is not like studying in the Center. Back then the classmates talked and joked together and the atmosphere was more pleasant. My job is just at the beginning and there are still many things to learn and adapt to. I will continue to work hard.

## 党建活动

### COMMUNIST ACTIVITIES FOR STAFF



1月27日上午，上海嘉和公益基金会和上海闵行区嘉和职业技能培训学校联合举办党建活动。党建联络员高健做专题党课，带领全体工作人员学习“十九届五中全会”精神，加强全体人员的思想建设，开展爱国爱党教育。On the morning of January 27, Shanghai K Charity Foundation and Shanghai Minhang District Jiahe Vocational Training School jointly organized a Party building activity. Gao Jian, the Party building liaison, led the special session,

during which all staff learned the spirit of the "Fifth Plenary Session of the 19th Central Committee", strengthening their ideological foundation through education which fostered love for the Country and for the Party.



学习会上基金会秘书长王蓓蓓号召大家全面深入学习“十九届五中全会”精神，不断提高政治站位，进一步增强“四个意识”、坚定“四个自信”、做到“两个维护”，将基金会和学校的日常工作紧密结合到党的大政方针之下。

At the study meeting, Secretary-General of the Foundation Grace Wang called on everyone to thoroughly study the spirit of the "Fifth Plenary Session of the 19th Central Committee", continuously improve their political awareness, further strengthen the "Four Awarenesses", solidify the "Four types of Self Confidence", achieve the "Two Safeguards", thereby closely integrating the daily work of the Foundation and the School into the Party's wider policy.

培训学校校长王娜强调要将全会精神与学校工作紧密结合起来，全面对标十四五规划中“六大发展方向”和“五个必须”，认真总结学校各项工作、目标、任务，把握工作着力点，抓紧谋划“十四五”期间工作思路和具体措施。与此同时，继续加强关于职业资格证书考试相关政策的研究，更好地促进教育教学质量的全面提升。

Sara Wang, Principal of the Vocational Training School emphasized that the spirit of the Plenary session should be closely integrated with the school's work, that the "Six Development Priorities" and "Five Musts" in the 14th Five-Year Plan should be carefully benchmarked, that the school's overall work, objectives and tasks should be comprehensively planned out within the context of planning

# NEWSLETTER 通讯 2021.02

work concepts and specific measures during the "14th Five-Year Plan" period. At the same time, it is important to continue strengthening research on the relevant policies of the vocational certificate examination, to improve the overall quality of education and teaching.



项目总负责人彭晓提出进一步激励广大员工脚踏实地、砥砺前行。要通过学习宣传贯彻全会精神，充分激发党员干部内生动力，不断提高工作质效，推动学校高质量发展，为全面建设社会主义现代化国家贡献力量。

Shelley Peng, Executive Director, encouraged employees to work hard with initiatives and forge ahead. She stated it is necessary to publicize and implement the spirit of the Plenary Session, stimulate the self-initiated motivation of Party Members and Cadres, continuously improve the quality and efficiency of work, promote the high-quality development of the school, and contribute to the comprehensive construction of a Modern Socialist Country.

## 音乐是人类的通用语言

### MUSIC IS THE UNIVERSAL LANGUAGE OF MANKIND

音乐不分国界，是人类通用的语言。我们的学员中不乏音乐的爱好者，他们甚至还有着不为人知的音乐天赋。我们的一位热心捐赠者 Mr Jim Payne 与他的朋友们一起，精心挑选了一些乐器，并捐赠给学员，让学员们可以共同探索艺术技巧，我们一起来看看，音乐在学员们的生活中扮演着什么样的角色。

Music knows no National boundaries and is the true language of all Mankind. Our youths are all big fans of music and even have hidden musical talents. One of our kind supporters, Mr. Jim Payne, found friends to help gather a selection of musical instruments which were donated so that youths can explore their artistic skills. We asked a few of them what part music plays in their lives.



郭书婷, 18岁, 西点制作, 山西省  
Lilian Guo, 18 years old, Western Pastry  
Shanxi Province

我叫郭书婷，在小学3年级的时候，学校组织学习二胡，有专业的老师教我们，妈妈帮我报了名，于是我就开始学习二胡，并一直学到六年级。小学毕业后有报过学二胡的补习班，但是进入初中后课业相对比较多，就没有继续学习了。

My name is Guo Shuting. When I was in third grade of elementary school, the school offered courses to learn Erhu and there was a professional teacher who taught us. My mother signed up for me and I started to learn Erhu and continued the learning until sixth grade. After graduating from elementary school, I joined extracurricular Erhu classes for a time. Due to the tight academic schedules in junior high school, I gave up learning eventually.

其实一开始，我对二胡并不是很感兴趣，因为妈妈报了名，我就坚持学了下去。在学习的过程中，我慢慢地喜欢上了二胡，它对我来说不再只是一个需要完成的任务，而是我平淡生活里的小美好。那时候，学校会组织我们



# NEWSLETTER 通讯 2021.02

到其他的学校去表演节目，每当我表演完，我的内心都会有会有种小小的成就感。

I was not very interested in Erhu at the very beginning. I insisted on learning because my mother signed up for me. During the process, I gradually fell in love with the instrument. It was no longer just a task to be completed, but an added pizzazz in my otherwise ordinary life. At that time, our school would organize us to perform in other schools. Every time I finished my performance, I gained a sense of achievement.

二胡是中国的传统乐器之一，是它开启了我的音乐之路。我最喜欢的二胡曲目是《金蛇狂舞》，之所以喜欢这首曲子，是因为它对我来说有特殊的意义。当时我们学校也有同学学习笛子，这首曲子是我们第一次使用二胡和笛子合奏的曲子，也是我最后一次在学校表演的曲子，表演的场景以及这首曲子会一直留存在我的心里，我永远都不会忘记。

Erhu is one of the traditional Chinese Musical Instruments, it is also what started my musical career. My favourite music for the Erhu is "Golden Snake Dance" and it has a special meaning for me. When I was learning Erhu, some students in our school also learned the flute. This piece marked the first time that we played Erhu and flute together, and it was also my last performance at the school. The scene of the performance and the song will always remain in my heart.

## 致谢

### ACKNOWLEDGEMENTS

我们向在 2021 年 1 月份新为良师益友项目捐赠的爱心人士表示诚挚的感谢：

We gratefully acknowledge new donor contributions from January 2021:

#### 月捐人 Monthly Donors

- 陈进 Krystal Chen
- 陈文彩 Monica Chen
- 李媛佳 Yuanjia Li
- 邱家若 Florence Chiu
- 松松 Songsong

- 汤池 Tony Tang
- 王娜 Sara Wang
- 吴蕙芳 Silvia Wu
- 于瑶琼 Eric Yu
- 张神仲 John Zhang
- 张苑薇 Yuanwei Zhang
- Joy
- Venice Lau

#### 月捐人 (毕业生/学员) Graduate/Youths Donors

- 陈累 Ben Chen (C2)
- 陈月 Karry Chen (C2)
- 李晓燕 Iris Li (C3)
- 陆磊 Jack Lu (C2)
- 刘章 Luke Liu (C2)
- 毛志豪 Joshua Mao (C2)
- 聂凌云 Larry Nie (C2)
- 聂丹娜 Vivian Nie (C2)
- 潘凯月 Kathy Pan (C2)
- 尚兴波 Nick Shang (C2)
- 万义芳 Tina Wan (C2)
- 王梦晴 Amor Wang (C2)
- 王丽霞 Dawn Wang (C3)
- 王喆 David Wang (C2)
- 闫富嵩 Eden Yan (C2)
- 田沿沿 Kyle Yan (C2)
- 邹怡 Joey Zou (C2)

#### 捐赠人 Donors

- Abel
- 阿B
- Baoshu
- 陈乐 Le Chen
- 楚兰轩 Chulanxuan
- 李Li
- Mandy Mok
- Rocky
- Tommy



SIR HORACE KADOORIE  
Youth Development Centre  
贾理士嘉道理爵士青年发展中心



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

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

# NEWSLETTER 通讯 2021.02

- 吴继龙 Jilong Wu
- Yeung Ming Hing
- 十亿少女的梦
- 张世强 Baron Zhang
- 王嘉豪 Peter Wang



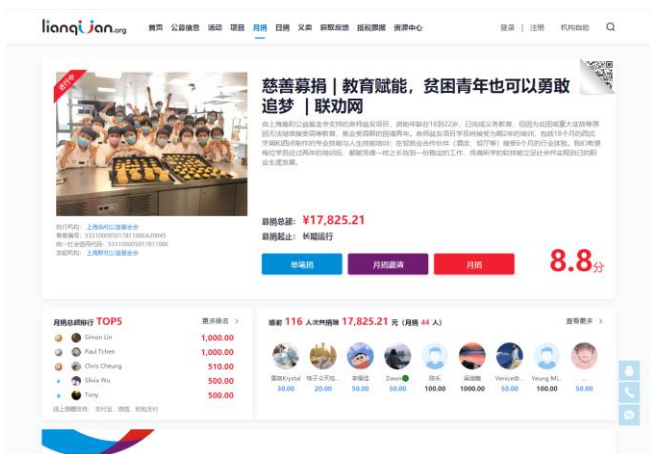
## 物资捐赠 In-Kind Donors

- FRETTE Fine Linen (Shanghai) Co., Ltd  
芙雷特纺织品（上海）有限公司
- iDA Workplace+Strategy  
优腾室内设计工程（上海）有限公司

## 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。

Become a monthly donor! You can simply scan our donation QR code established in partnership with Shanghai United Foundation and follow the instructions to help us financially.



## 赞助机会 SPONSORSHIP OPPORTUNITIES

亲爱的朋友们，伸出您热情的双手，参与到良师益友项目中来，欢迎赞助或引荐朋友赞助以下事项。

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:

- 三期 56 名学员将于 2021 年 9 月举行毕业典礼，预计费用为 25,000 元。  
For Cycle 3 ending in September 2021 for 56 youths:
  - o ¥25,000 for the graduation ceremony
- 四期 45 名学员将于 2022 年 2 月举行毕业典礼，预计费用为 25,000 元；毕业旅行，预计费用为 65,000 元。  
For Cycle 4 ending in February 2022 for 45 youths:
  - o ¥25,000 for the graduation ceremony
  - o ¥65,000 for the graduation trip
- 五期 80 名学员将于 2021 年 9 月入学，项目运营将需要以下费用。  
For Cycle 5 beginning in September 2021 for 80 youths:
  - o 防水的冬季外套，费用 24,000 元  
¥24,000 for waterproof winter jackets
  - o 开学典礼，费用 25,000 元  
¥25,000 for the intake ceremony
  - o 军训，费用 25,000 元



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



# NEWSLETTER 通讯 2021.02

- ¥25,000 for the military-style bootcamp
- 心理咨询服务, 费用 26,400 元
- ¥26,400 for psychological counselling services
- 第三方检测与评估, 费用 30,000 元
- ¥30,000 for Monitoring & Evaluations
- 短袖和长袖校服, 费用 38,400 元
- ¥38,400 for short and long-sleeved polo shirts
- 学员考职业资格证书, 费用 76,200 元
- ¥76,200 for trade certification tests
- 西式烹调和西点制作培训设备, 费用 92,474 元
- ¥92,474 for culinary teaching equipment

详情请联系肖芬女士: [cathyxiao@shanghaik.org](mailto:cathyxiao@shanghaik.org).

To sponsor one of the above items, please contact Ms. Cathy Xiao at [cathyxiao@shanghaik.org](mailto:cathyxiao@shanghaik.org).

## 支持我们

### SUPPORT US

请将月报分享给身边的朋友、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).

## 工作人员

### CREDITS

编辑 Editor 王蓓蓓 Grace Wang

文字 Contributing Writers 阿木以付 Roger Amu  
陈宝山 Paul Tchen  
高 健 Kenzo Gao  
郭书婷 Lilian Guo  
雷泽董 Leo Lei  
李晓燕 Iris Li

## 校订 Proof-reader

蒙有飞 Mars Meng  
彭 晓 Shelley Peng  
王蓓蓓 Grace Wang  
王丽霞 Dawn Wang  
肖 芬 Cathy Xiao  
张 亮 Jayson Zhang

汤池 Tony Tang

## 联络信息 Contact

上海市闵行区秀文路 908  
弄 D 栋 3 楼 201199  
3F Building D  
No. 908 Xiuwen Road  
Minhang District  
Shanghai 201199

电 话 Telephone

+86 21 6197 9500

邮 件 Email

office@shanghaik.org

公众号 WeChat

jiahegongyi2017



SIR HORACE KADOORIE  
Youth Development Centre  
贺理士嘉道理爵士青年发展中心



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

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

# NEWSLETTER 通讯 2021.02

HAPPY NEW YEAR 2021  
慈心奉献爱·善行暖人心

恭贺新年

“哞哞”

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

Monthly Donation  
加入月捐

Shanghai K Charitable Foundation and all youths sincerely appreciate your caring and support. We wish you and your families happiness and all the best!  
上海嘉和公益基金会携良师益友全体学员衷心感谢您的关爱与支持  
恭祝万事顺利，阖家幸福！