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我们

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负责人寄语

FROM THE EXECUTIVE DIRECTOR



邵翔博士是上海嘉和公益基金会监事会成员，同时也是良师益友项目招生委员会的成员，本期他将与大家分享他加入上海嘉和公益基金会，参与良师益友项目的初衷以及体悟。

In this issue, we meet Dr. Ryan Shao, a member of our Board of Supervisors and a member of our Youth Recruitment Admissions Committee to discover his motivation in being part of our endeavours.

寒假结束之后，4期学员回到学校，开始实操课学习。本期我们为大家重点介绍西式烹调专业的老师和学员。

Cycle 4 has returned to the Center following their Winter Break and started to learn technical skills. We will introduce several trainers and youths from the Western Culinary track to you.

我们一直持续关注毕业生的职业进展，二期毕业生潘凯月将与大家分享她在米其林二星餐厅 8 1/2 Otto E Mezzo Bombana 的工作。

We are always happy to learn from our graduates about their career progress. On this occasion, we ask graduate Kathy Pan (Cycle 2) about her new role at the Two Michelin starred 8 1/2 Otto E Mezzo Bombana in Shanghai.

四期师生代表参加了植树活动，积极参与环境保护。四期学员李禹坤参加了植树活动，他将与大家分享他对环境保护的理解。

Cycle 4 youths learned about caring for the environment by participating in a tree planting activity along with faculty representatives. Terry Li shares his thoughts on this meaningful activity.

春天到了，祝大家在新的季节里心情愉悦、身体健康平安，我们一如既往地感谢您的支持。

With the arrival of Spring, I wish you a wonderful, healthy, and safe new season and thanks, as always, for your support.

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

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邵翔博士

DR RYAN SHAO



本期月报我们采访了上海嘉和公益基金会监事邵翔博士，请他与大家分享他加入上海嘉和公益基金会，参与良师益友项目的初衷以及体悟。

We interviewed one of the Supervisors of Shanghai K Charitable Foundation, Dr. Ryan Shao, to discover his motivation in being part of our endeavours.

为什么加入上海嘉和公益基金会？

Why are you involved with Shanghai K?

我十分认同上海嘉和公益基金会“助人自助”的公益理念，基金会支持的良师益友项目帮助困境青年接受专业技能及人生技能培训，让他们有能力过上自给自足的生活，并回馈社会。此外，项目专业而热忱的团队也深深的打动了我，为真正需要帮助的青年提供了专业并且充满爱心的学习和成长的平台。

The concept of “Helping others help themselves”, which is the centrepiece of Shanghai K Charitable Foundation’s endeavors, resonates with me deeply. This project helps underprivileged youths develop both life and professional skills, and goes a long way towards allowing them to make a living for themselves and give back to society. The dedicated

and highly professional working team also left an indelible impression, as they are the ones who make it possible for the youths to have a reliable platform on which to learn and grow.

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?

我有幸参与过基金会的招生工作，整个团队专业而富有同理心。项目招生过程中，会对所有报名者都进行全面而又细致的考察，其中包括多轮的面试以及实地走访。基金会的一切考量都从受益人的利益出发，力图帮助所有基金会所能帮助到的孩子。

I was fortunate to part-take in the Foundation’s recruitment efforts, and the team impressed me highly with their professionalism and empathy. All applicants are evaluated holistically and carefully, with several rounds of interviews and on-site visits conducted. The Foundation always places the interest of the future beneficiaries first and tries its absolute best to help all children.

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?

基金会着重培养的不单单是学员的专业技能，而是学员全方面的能力，使其不仅懂得如何在社会中谋生，同时还懂得如何更好地生活。

The Foundation focuses not only on technical skills, but also a holistic set of life skills. It enables youths to acquire skills not just to survive, but to thrive in life.

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?

公益的意义不在于施舍所带来的满足，它能同时给与他人和我们自身心灵的力量。嘉和公益关注的是学员心灵与人格的成长。行之于途而应于心——在这样的愿景下，帮助培育这些年轻人将不再仅仅是一个“给予”的过程，同时也是我们互相印证心灵之美的历程。

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The true satisfaction of charity lies not just in the joy of giving, but the strength that can arise jointly between us and those we help. Shanghai K relentlessly focuses on the psychological and humanistic growth of the youths, making this journey together not just about giving, but about the connection between our hearts.

西式烹调专业的高光时刻

HIGHLIGHT FROM THE WESTERN CULINARY TRACK



李仲，西式烹调专业，培训主管

Sheldon Li, Supervisor

Culinary Vocational Training, Western Cuisine

良师益友四期的学员是我教的第二批学员，与三期学员相对内敛的性格不同，四期学员的个性更鲜明，对厨房也有着更多的好奇心。

Cycle 4 youths are the second batch of students I have taught as part of the program. In contrast to the sometimes introverted personality of Cycle 3 youths, Cycle 4 have more vibrant personalities and are more curious around the kitchen.

从个人仪容仪表的要求，到基础刀工的练习，再到目前学习制作沙拉，学员们对于西式烹调有了初步的认识。

为了使学员将来能顺利的在我们合作的五星级酒店的后厨工作，学校会以高标准来要求学员。学员们在进校的时候，由项目组织学员统一办理健康证，进入实操室学习需统一穿戴厨师服、围裙、帽子、头套、口罩、手套等，在实操间制作食物要符合厨房安全和食品安全。项目实操室的设备与五星级酒店的设备并无二致，这可以让学员进入到酒店厨房后更快的适应工作环境。这一切的软件和硬件条件都为学员进入酒店开展工作做着准备。From basic appearance and etiquette, to practicing knife skills, to learning how to make salads, Cycle 4 youths have now gained a basic understanding of Western Culinary skills. Youths are subjected to high standards to ensure that they all can successfully graduate and secure jobs in the kitchens of our hospitality partners. When they start their training, a Health Certificate is required and they must also wear standardised Chef's uniforms, aprons, hats, hairnets, facemasks, gloves etc. In the kitchen all procedures must strictly adhere to operational safety and food safety standards. The kitchen is faithfully created based on those seen in five-star hotels, and this can enable Youths to quickly get used to their new working environments.

三期学员在酒店和餐厅已经工作一段时间，从开始有些生涩到现在很多学员都可以自己独当一面，其中肯定有辛劳的付出，同时，他们的成长也是显而易见的。把简单的工作干得迅速，重复的工作干得出色，在基础工作中磨练自己，在困难挑战中提升自己。希望学员能在烹饪生涯中站稳脚跟，持续往前走下去。

Cycle 3 Youths have by now worked for a period of time at their respective hotels and restaurants, and in many cases have gone from timid beginners to independent self-starters. Whilst hard work goes without saying, their growth is also evident for all to see. This is accomplished through making fast work of simple tasks, achieving excellence in repetitive tasks, and ceaselessly improving oneself through overcoming difficulties yet never forgetting about the basics. It is my sincere hope that they all survive and thrive in the culinary industry.

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张神仲，西式烹调专业，培训助理
John Zhang, Assistant
Culinary Vocational Training, Western Cuisine

我们的学员来自于全国各地，他们各自有着不同的经历、性格、脾气和学习能力。所以，他们在学校中的学习会有着不同的接受和掌握程度。

Our youths come from all over the country, and they have different experiences, personalities, temperament, and abilities. As a result, their progress in learning and inculcation of skills are at different levels.

因材施教是我们在授课中贯彻的理念，在培训过程中我也深深地体会到每个个体的差异影响着他们学习的态度和对职业技能的掌握。对于聪明好学的学员，常教导他们要有持之以恒和深入钻研的态度来对待学习，并鼓励他们在班内起带头作用，发挥团队精神；对于学习能力弱的学员，需要培养他们坚韧和不断尝试的能力，以建立自信；对于不善于表达的学员，则安排他们更多的参

与在小组活动中，更多以实现小组目标的大局为关注焦点，来培养协作能力；对于规则执行度不高的同学，则多些强调班级和团队中的规则，来强化这方面的认知。要培养学员做事认真仔细的习惯，简单操作事项要极致完成，增加做事追求完美的认知。

A customised teaching approach is deeply inculcated in our methods, and here I have had a deep appreciation of how the subtle differences in each youth impacts their learning process both in terms of attitude and results. To self-starters and proactive learners, the approach is usually on ensuring they remain focused and begin acting as leaders. To those who learn a bit slower, we encourage them to keep trying in order to boost confidence. To introverted youths, we consciously try to place them in group settings to train their team contribution skills. To those whose sense of discipline needs re-enforcement, we stress rules and standards of conduct. In any case, diligence, attention to detail, and constant pursuit of perfection are traits that we stress repeatedly.

学校的学员将来要进入高端酒店工作，细致认真、团队合作、坚韧持续的态度能够让他们更快的适应酒店的工作环境和人际交往。也希望更多的业内大厨能参与其中，为他们的成长助力。

Our youths all aspire to eventually work in top tier hotels, where diligence, attention to detail, team spirit and perseverance will allow them to blend in quickly. I hope that more chefs can join our programme as trainers and help the youths in their journey of growth.

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黄游华, 18岁, 西式烹调, 广西省
Hank Huang, 18 years old, Guangxi Province
Western Culinary

我叫黄游华, 今年十八岁, 来自广西省贺州市, 是良师益友项目四期学员, 正在学习西式烹调专业。

My name is Huang Youhua, I am 18 years old and come from Hezhou, Guangxi Province. I am a Cycle 4 youth specialising in Western Culinary.

这学期我们开始上实操课, 刚进入实操室的我们, 主要任务就是先把刀工基础学好, 我们花了两周的时间练习切胡萝卜和土豆, 切丝、切丁、切粒、切片等。之后便开始学习削橄榄球, 这个难度比较高, 非常考验手上的刀法和基本功。第三周的时候我们学习制作田园沙拉和凯撒沙拉。基础油醋汁、意大利油醋汁、凯撒汁等等这些是制作沙拉比较常用的, 我们会把配方记到本子上, 以增强对制作过程的记忆。学习了三周专业课, 我发现自己有了很大的进步, 刀工方面也打下了坚实的基础, 两位专业老师非常认真地把知识一点点的传授给我们。

We took technical training since the beginning of this semester. Our first task is to practice basic cutting skills, where we spent about two weeks practicing cutting carrots and potatoes into shreds, cubes, slices, etc. Thereafter we began making olive balls, which was a far more complex task requiring a high level of dexterity. By the third week, we were learning to make Garden and Caesar Salads. Basic vinaigrette, Italian vinaigrette, Caesar dressing etc. were all common ingredients for salads, and we would record recipes into our notebooks to re-enforce the memory. In all I have improved a lot through those three weeks, thanks to the tireless work from the two highly professional trainers.

来到项目之后, 我发现自己变得更自律了, 在项目学习和生活的过程中, 我把游戏完全戒掉了, 我学会了要有一颗善良和懂得感恩的心, 要进行时间管理和情绪管理, 以及处理好人际关系。

Since participating in the programme, my self-discipline has improved significantly. I have been able to completely kick my addiction to Games, and have also become a far more grateful and kind-hearted person. I now understand the importance of time management, emotion management, as well as forming good interpersonal relationships.

良师益友是一个慈善组织, 免学费和食宿费, 不仅减轻了家里负担, 还能学到一技之长, 让我将来能够有更好的发展机会, 更好的回馈社会。想加入良师益友的小伙伴们, 这个充满爱的大家庭等着你呢, 一定要把握好机会, 不要错过良师益友项目!

This is a charity project, where I am able to learn without having to pay any tuition or room/board fees. This significantly alleviates the burden on my family and allows me to give back to society one day. To those of you aspiring to be part of the programme, a big, warm family is awaiting you, do not miss this opportunity!

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赵志博, 19岁, 西式烹调, 辽宁省
Vincent Zhao, 19 years old, Liaoning Province
Western Culinary

阳春三月，寒风已去，春风到来，距离来到学校，已经过去五个月了。今年一月份，我们完成了第一学期的课程，寒假过后，我们迎来了新的学期。在以往的经历中，我是非常讨厌开学的，刚开学的那段时间里，我虽然人坐在教室里，但我的心却还停留在假期的状态。这一次开学，我却没有了以往对开学的厌烦情绪。这次开学可以说是我人生中的一个里程碑，它标志着我真正的踏入了厨师这个行业，开启了我人生全新的征程。

It is now April, winter is over and the warmth of Spring is here. It has been five months since we joined the programme and we have started our second semester of studies after finishing the first semester back in January. Previously I always detested the start of school, and usually when I sat in the classroom, I was still mentally on holiday. But this time was different, as I was truly embarking on a brand-new journey in my life as an aspiring new Chef.

开学后的第二天，我们统一穿上了厨师专属的“作战服”，老师讲解了在实操教室需要注意的事项后，便带领我们进入了实操教室。兴奋，兴奋，还是兴奋，脑子里面充

满了兴奋，完全不同以往开学之后的状态。我们第一天进实操教室并没有开始“动刀”，而是先打扫卫生，但就算是劳动，我也干得津津有味，乐此不疲，感觉浑身有使不完的力气。第二天，我们就开始“动刀”了，开始了厨艺的修行。在我的印象中，学厨艺不就是切切菜，做做饭嘛，有什么难的，但是当真正自己动手开始做了，我才知道，我的想法是有多么的愚蠢，一个基础的刀工，就需要我花很长的时间进行练习，我深刻意识到自己要做的很多。刀工的课程，持续了一周半，之后我们开始接触真正的西餐。就像打开了新世界的大门一样，西餐完全不同于中餐，这完全是新的，就像启蒙教育一样。好在我们对于新知识有着很高的激情，所以比较容易接受。让人觉得很有挑战性的是，老师给我们的菜谱是全英文的，我能理解，这是为了我们能够快速记住常用的食材，而且效果也比较显著，我以前可是连 ABCD 都不会的人，而现在，全英文的菜谱我都能看懂了，我以很好的状态又完成了 1 周半的学习。

On the second day of school, we put on our chef's uniforms. After the teacher explained what we needed to do, he led us into the practical classroom. For us it was excitement, excitement, and more excitement. I was filled with a kind of thrill that I never experienced previously when I started school. On the first day when we entered the practical classroom, we did not deal with kitchen knives, but instead cleaned the classroom. Even if it was manual labor, I did it with gusto. On the second day, we started hands on experience with the kitchen knife and started to practice cooking. I had originally assumed that cooking was just playing around with the knife and doing some basic culinary tasks, how wrong I was. Even basic knife skills took a long time to practice, and I am deeply aware that I have to do a lot more. The knife skills class lasted for a week and a half, after which we started to get in touch with real Western food, which opened a whole new World to me. Western food is completely different from Chinese food, and it turned out to be an enlightening education. Fortunately, we have a high passion for new knowledge, which made learning easier. What also challenged us was that the recipes the teacher gave us were all in English. I can understand that this is so that we can quickly remember the commonly used ingredients. I used to not even know basic English including

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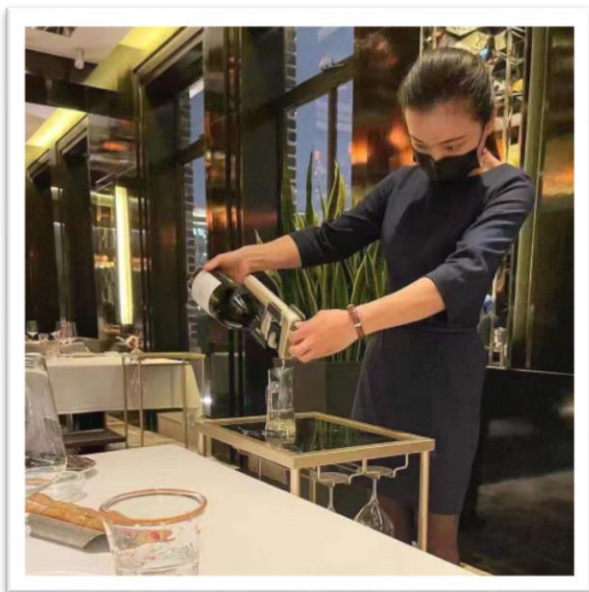
A, B, C, D's. But now I can read English recipes independently. I was able to complete another week and half of classes in a very productive manner.

我感觉自己变了，从里到外都变了，虽说在项目学习的时间并不长，但我感觉自己的变化可以说是翻天覆地。如果说这个学校是一个丹炉，那我就是一颗待练的丹药，我要珍惜这次重铸的机会，保持热情，努力学习，让自己变成一个以前自己不敢想象的自己。

I feel that I have changed inside and out. Although it has only been a short time since I joined the project, but this change has been significant. If the Program is an incubator, then I am an egg waiting to be hatched. I will treasure this opportunity, maintain my enthusiasm, study hard, and become somebody that I myself never dared to imagine just a short while ago.

在米其林餐厅工作的感受

WORKING AT MICHELIN-STARRED RESTAURANTS



潘凯月，二期毕业生，河南省
8 1/2 Otto E Mezzo Bombana，资深领班
Kathy Pan, Cycle 2, Henan Province
Senior Captain, 8 1/2 Otto E Mezzo Bombana

我是潘凯月，良师益友项目二期的毕业生，目前在米其林二星的意大利餐厅 8 1/2 Otto e Mezzo Bombana 工作。I am Kathy Pan, Cycle 2 graduate. I am now working at the Michelin 2-Star 8 1/2 Otto e Mezzo Bombana

我之前在上海半岛酒店的 Sir Elly's 餐厅工作。两年的时间过得很快，内心逐渐有了想要挑战自己的想法，于是决定去面试我现在的工作，从正式入职到现在已经过去 4 个月。

Prior to this, I worked for two years at Sir Elly's restaurant at The Peninsula Shanghai. Two years flew by and I wanted to further challenge myself so I applied for my current job. It has been four months since I started.

刚加入新工作的时候，每天都很兴奋，同时又有很强烈的紧迫感，新的工作环境对菜单、酒水、英文各方面细节的要求都很严苛，我觉得自身能力还存在着一定的不足。我每天会让自己去努力学习和成长，压力过大的时候，也曾想过退却，想过放任自己，但工作毕竟是工作，当初选择这份工作的初衷是想要挑战自己，那么就必须要去应战，即使这个过程会很艰辛。努力过，成长过，以后无论你再面对什么，都不会胆怯。

When I first joined, I was very excited every day, and at the same time I had a strong sense of urgency. The new working environment had very strict requirements regarding the menu, drinks, and the English language used. I felt my abilities still needed to be improved, and am definitely willing to work hard and improve every day. When I was under too much pressure, I also thought about quitting. But work is work, as the original objective of selecting this job was to challenge myself, I then had to persevere. After hard work and professional growth, nothing will intimidate me in the future.

虽然成长的过程会很痛苦，但是我会勇敢的往前走，我要学会如何面对压力，并且丰富自己的知识面。熬过成长的阵痛期，未来的人生路才能走得更好更远。

The process of growing up will be painful, and I will march forward bravely. I have to learn how to face pressure and enrich my knowledge. After an initial painful period, I am confident my life path will become smooth and fruitful.

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参加莘庄商务区党委组织的植树活动

PLANTING TREES ACTIVITY ORGANIZED BY COMMUNIST PARTY OF XINZHUANG CBD

3月10日，莘庄商务区党委为园区内各单位组织了植树活动。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的代表应莘庄商务区党委的邀请参加了本次活动，在党委的指导下，为园区环境建设贡献绵薄之力。四期同学李禹坤参加了植树活动，并写下了他的感想：

On the 10th of March, the Xinzhuang Town Business District Party Committee organized a tree planting activity which student and faculty representatives from Shanghai K Charitable Foundation and Shanghai Minhang District Jiahe Vocational Training School attended. Under the leadership of the Party Committee, we contributed our efforts to the greenification of the Community. Cycle 4 youth Terry Li shares his thoughts with us.



李禹坤 (右二)，22岁，西点制作，河南省
Terry Li (second right), 22 years old, Henan Province,
Western Pastry

春悄无声息的到来，处处展现着勃勃生机，树芽露出脑袋向春天微笑，预示着一年一度的植树节到了。3月10

日，我们在老师的带领下参加了由莘庄镇商务区党委组织的植树活动。这是我第一次参加植树活动，让我想起了在良师益友项目很多的“第一次”，是这里让我拥有了尝试新鲜事物的机会，打破自己的墨守陈规，从自卑到自信，这里有我别样的情感。这次植树，也让我感觉意义非凡。

Spring arrived silently, vitality was everywhere, and the tree buds showed themselves and smiled at the spring, heralding the arrival of the annual Tree Planting Day. On the 10th of March, under the leadership of our teacher, we participated in the tree planting activity organized by the Party Committee of Xinzhuang Town Business District. This is my first time participating in tree planting activities. It reminded me of many other firsts I experienced in the programme. It is here that I had the opportunity to break out of my comfort zone and try many different new things. From being introverted to being confident, this place holds a special meaning to me, and this particular activity certainly added to the experience.

植树过程中，老师和同学们不停挥舞着手中的铁锹，我们脸上洋溢着开心的笑，心里充满了快乐与轻松，很快一棵棵树苗便耸立在春土中。我们栽下的不仅仅是一棵棵生机盎然的绿色生命，更是对现在美好生活环境的一份殷实回报。爱护环境，我们要落实到实际行动中，短暂的汗水换来了永恒的绿色，是此次植树最重要的意义。保护环境，留住绿色，为自己赖以生存的环境，献出自己的一份力量。

While planting trees with the shovels, our faces were filled with happy smiles, and our hearts were filled with happiness and relaxation. Soon, the saplings stood up in the spring soil. What we have planted is not only a tree of vigorous green life, but also a tangible return to the current beautiful living environment. We must put environment protection into

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practice. Short term sweat will be rewarded with eternal greenness. Protect the green environment and contribute to the environment in which we live.

饮水思源，心存感恩，心向阳光就永远不会有阴影。让我们亲近自然，亲近社会，树立为人民服务的人生观，带着自己的使命与信念更加坚定地前进。希望我们种下的一颗颗树苗承载着我们的梦想随同国家的未来发展一起茁壮成长！

“When one drinks water, one has to think about its source”, allowing our hearts to be filled with gratitude and light will turn ourselves into positive persons forever. Let us get close to nature, get close to society, and build a positive outlook of serving the people, and move forward more firmly with our mission and beliefs. We hope that the trees we plant will carry our dreams and grow up together with our Nation.

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：
For Cycle 3 ending in September 2021 for 56 youths:
 - o 预计费用为 25,000 元
¥25,000 for the graduation ceremony
- 四期 45 名学员将于 2022 年 2 月举行毕业典礼：
For Cycle 4 ending in February 2022 for 45 youths:
 - o 毕业典礼预计费用为 25,000 元
¥25,000 for the graduation ceremony
 - o 毕业旅行预计费用为 65,000 元
¥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
¥25,000 for the military-style bootcamp
 - o 心理咨询服务，费用 26,400 元
¥26,400 for psychological counselling services
 - o 第三方检测与评估，费用 30,000 元
¥30,000 for Monitoring & Evaluations
 - o 短袖和长袖校服，费用 38,400 元
¥38,400 for short and long-sleeved polo shirts
 - o 学员考职业资格证书，费用 76,200 元
¥76,200 for trade certification tests
 - o 西式烹调和西点制作培训设备，费用 92,474 元
¥92,474 for culinary teaching equipment

详情请联系王蓓蓓女士：gracewang@shanghaik.org.

To sponsor one of the above items, please contact Ms. Grace Wang at gracewang@shanghaik.org.

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支持我们

SUPPORT US

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，请联系王蓓蓓女士：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.

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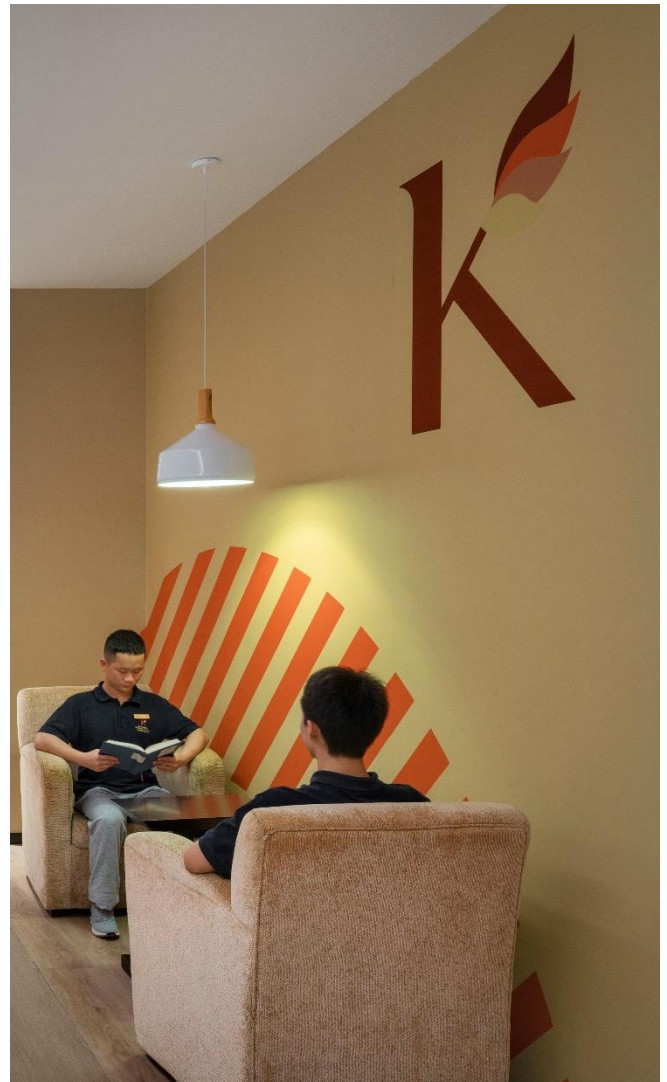
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