

NEWSLETTER 简报 2021.06-08



我们

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负责人寄语

FROM THE EXECUTIVE DIRECTOR



转眼夏天已接近尾声，良师益友的各项工作也在如火如荼地进行中。这个夏天，四期同学完成在校学习，参加了职业技能大赛，满怀期待和忐忑地步入职场，开启“社会人”旅程。团队紧锣密鼓地招募五期学员，准备迎接五期学员入学。Time flies, the summer is coming to

an end, and preparation work for the new School Year at Shanghai K is in full swing. This summer, Cycle 4 Youths participated in and completed their vocational skills competition. They entered their respective workplaces with anticipation and anxiety, embarking on their journeys as contributing members society. Meanwhile, the team was intensively recruiting Cycle 5 Youths and preparing to welcome them to the Programme.

2021年7月1日，是中国共产党100周年华诞，在这个举国庆祝的时刻，嘉和公益、嘉和职业技能培训学校、良师益友项目积极开展了丰富多彩的纪念活动，表达我们难掩的激动和感恩之情，我们感恩中国共产党为人民创建了和平、安全、繁荣的生活环境。

1st of July 2021 marked the 100th Anniversary of the Founding of the Communist Party of China. At this time of celebration, Shanghai K Charitable foundation, Shanghai Minhang District Jiahe Vocational Training School as well as participants of the Jiahe Vocational Training and Mentoring Programme carried out a variety of commemorative activities to express our excitement and gratitude. We are grateful that the Party has created a peaceful, safe, and prosperous living environment for the people.

公益事业发展离不开社会各界人士的参与，嘉和公益和良师益友项目收获了众多支持。我们非常荣幸能够邀请到何凌子女士担任上海嘉和公益基金会的爱心传播大使。何凌子女士是一位优秀的葡萄酒资深导师，同时热心公益事业，她将自己的专长给学员们带来新的技能和灵感。

Charity work is not possible without participation from people from all walks of life, and here at Shanghai K Charitable Foundation, we are deeply grateful for the great support we have always received. We are very honoured to have Ms. Lingzi He to serve as our first Awareness Ambassador. Ms. He is a renowned senior wine tutor, and at the same time an enthusiastic participant in charity programmes. She will use her expertise to bring new skills and inspiration to the students.

我们的实习生不仅是工作中的好帮手，还为团队带来活力和欢笑。

Meanwhile, we are also grateful to our interns who are not only good helpers at work, but also bring vitality and laughter to the team.

面向青少年的培训工作需要投入大量的时间和精力，良师益友团队一直在幕后默默付出，8月份我们忙里偷闲，去到崇明放松一下，今天向大家展示我们团队的风采。

Vocational training for youths requires a lot of time and energy. The team of mentors and friends have always worked tirelessly behind the scenes. In August, we took a break from the busy work and went to Chongming Island to relax. Today we show you a glimpse of this outing.

五期学员将于9月13日开学，我们将与大家分享良师益友的新动态。欢迎大家继续关注和支持我们！

Cycle 5 Youths will begin on September 13, and we will share the latest developments with all of you. We greatly appreciate your continued attention and support!

彭晓 Shelley Peng

执行理事和项目负责人 Executive Director



SIR HORACE KADOORIE
Youth Development Centre
爵士士嘉堡區爵士青年發展中心



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。

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爱心传播大使

AWARENESS AMBASSADOR



何凌子
爱心传播大使
Ms. Lingzi He
Awareness
Ambassador

上海嘉和公益基金会很荣幸地邀请到何凌子女士担任爱心传播大使。何凌子女士是一名精通多国语言和文化的葡萄酒资深导师。她曾荣获英国葡萄酒与烈酒教育基金

会以及国际葡萄酒与烈酒大赛组委会颁发的“未来五十人”奖项，《尚流 TATLER》GenT 新锐先锋 2020 年入榜者，也曾撰写多部英语学习和葡萄酒相关专著并开发相关课程，积极推广葡萄酒文化和生活方式。何凌子女士热心公益事业，期待她的专长给学员们带来新的技能和灵感。The Shanghai K Charitable Foundation is honoured to have Ms. Lingzi He as our Awareness Ambassador. Ms. Lingzi He is a renowned wine educator, multilingual with a deep understanding of different cultures around the world. She won “The Future 50 Award” by WSET and IWSC, was Tatler’s Gen. T Leaders of Tomorrow Winner, and authored wine books and courses, actively promoting wine culture and lifestyle. Ms. Lingzi He is very passionate about charity, and we are looking forward to the skills and inspiration she will bring to the Foundation’s youths.

本期月报我们邀请何凌子女士，请她与大家分享她加入上海嘉和公益基金会，参与良师益友项目的初衷以及感悟。We interviewed the Awareness Ambassador of Shanghai K Charitable Foundation, Ms. Lingzi He, to discover her 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?

我从初中开始就独自一人在国外读书，十六岁便到餐厅和补习社打工，经历了很多艰苦磨炼，也得到过许多人的指点帮助，最终获得了成长。嘉和公益的良师益友项目，给困境青年正确的人生观教育，以及就业技能的培养，帮助他们自食其力，建立有尊严的美好人生，结合自己的经历，我对这个项目的创办理念和运作模式非常认同，希望能参与其中，奉献一份力量。

I went to study overseas alone when I was in middle school, and started working at restaurants and English learning centers when I was sixteen. It was very stressful and difficult, but I received help from a lot of people. I learnt a lot and grew from it. The Foundation’s Jiahe Vocational Training and Mentoring Programme gives disadvantaged youth a good outlook on life and provides them with vocational training, teaching them to be independent and living a dignified life. Incorporating my own experiences, I agree completely with this foundation’s philosophy and the way it operates, and I want to make a contribution.

上海嘉和公益基金会的公益理念体现在哪些方面，你能举个例子吗？

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

育人是一个精细活。人数少，课程全面结合实践，展现嘉和对公益理念很踏实的理解和落实。最打动我的一个细节是大概一年前在闵行校区参观时，辅导员对孩子们生活起居的高要求，细到床铺的整理，被子的折叠。这些生活的细节勾起了我在法国念研究的回忆，当时波尔多寄宿家庭对日常生活的高要求给我带来深远影响。公益项目落实到最后就是一个改变人的过程，而生活细节的改变是改变人内心非常强大的催化剂！

Education is a detail-oriented and labo-intensive work. The hallmarks of the Shanghai K take on Charity work is one of carefully selected individuals, plus highly interactive and practical curriculum. What really struck me was when I was visiting the Minhang Campus a year ago, the instructors placed high standards on youths’ daily habits, including how they made their beds and folded their sheets. This brought back memories of my work-study days back in France, when my host family in Bordeaux had likewise high standards when it came to daily habits, from which I eventually benefit tremendously. At the end of the day, Charity Projects are



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aimed at changing lives, and an important catalyst of that are the seemingly inconspicuous daily details.

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?

如何让慈善捐赠落在实处，更有效深远地影响公益受益者，这是一个永恒的目标和难题。良师益友项目学员为期 18 个月结合课程和实习的培训，让每位学员经过一年半的培训后，都能凭借一技之长找到一份稳定的工作，立足社会并实现自己的职业生涯发展，授人以渔。很明显，嘉和公益基金会的项目做的是深度而非广度，这也正是我选择嘉和的原因。

One of the internal challenges of the charity industry, is to how to ensure efforts and givings are allocated to where it is needed, and how to ensure long term impact. Jiahe Vocational Training and Mentoring Programme allows youths to experience 18 months of highly interactive practical vocational training, giving them all a chance to find a stable job and become a contributing member of society. It is very obvious, that Shanghai K aims for depth versus breadth, which is exactly why I have chosen this Program as my partner.

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?

“让这个世界变得更好”听着是一个宏大且遥不可及的目标，但其实不管是餐饮从业者或美食爱好者，我们都通过一日三餐去改变这个世界。近年不少餐厅就在做多方面的尝试，比如选用本地食材，用农业改变环境，扶持贫困社区，甚至有米其林餐厅毅然转作素食，发出保护环境的宣言。而良师益友项目帮助困境青年从事并热爱这个行业，对嘉和的支持不也是通过餐饮让世界变的更好的其中一种方式吗？

“To make the world a better place” sounds like an overly ambitious target. But whether it's industry professionals or food lovers, we can change the world with every meal we choose to eat. Many restaurants have been doing a lot of experiments, for example using locally sourced ingredients, changing the environment through agriculture, helping

communities living in poverty, even Michelin star restaurants are turning vegetarian and promoting environmental protection. The Programme can help disadvantaged youths to learn and love what they are doing in the F&B industry, so isn't this just another way to make the world better place?

良师益友庆祝中国共产党成立一百周年 CELEBRATING THE 100TH ANNIVERSARY OF THE COMMUNIST PARTY OF CHINA

在中国共产党成立 100 周年之际，嘉和公益、嘉和职业技能培训学校、良师益友项目积极开展了丰富多彩的纪念活动。

On the 100th Anniversary of the Founding of the Communist Party of China, the Foundation, School and the Programme, and carried out many commemorative activities.



2021 年 6 月 28 日，全体师生齐聚一堂，隆重举行“庆祝中国共产党成立 100 周年图片展及讲解活动”。

On June 28th, All staff and youths gathered together to take part in “Celebrating the 100th Anniversary of the Founding of the Communist Party of China Photo Exhibition and Talk”.

展板上的一张照片，记录着中国共产党一路走来的光辉历程。每位学员轮番走到展板前，用洪亮的声音和流畅的语言，为听众讲解每张图片背后承载的故事。一个又一个故事，连成了一座壮丽的发展史。

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Every photo on the exhibition boards records the glorious history of the Communist Party of China. Every youth stepped in front of the boards, and explained to the audience in loud and fluent voices about the stories behind every photo. The stories built up to become a magnificent piece of history.



2021年7月1日，正式迎来中国共产党100岁华诞。良师益友项目四期学员和老师手执鲜艳的五星红旗，走出校园，参观了中共二大会址纪念馆，共同追忆中国共产党创建初期的峥嵘岁月。我们还参观了四行仓库抗战纪念馆。

July 1st was the official 100th Anniversary of the Founding of the Communist Party of China. Staff and youths from Cycle 4 walked out of the school campus holding the Chinese flag, visiting the Site of the first National Congress of the Communist Party of China Memorial Museum, commemorating the memorial moments of early years of the Party. We visited Sihang Warehouse Patriotic War Commemorative Museum too.

从1921到2021，中国共产党的一百年，是鲜血、汗水、泪水写就的一百年，是筚路蓝缕、披荆斩棘、砥砺前行的一百年。通过一系列的教育活动，每位学员都从中收获颇丰。正如大家齐唱过的那句歌词“党的光辉照我心”，相信青年们心中的那一束光芒，会照亮和温暖他们前行的路。



From 1921 to 2021, The Communist Party of China has been through a century of blood, sweat and tears, through a variety of educational programs, every youth received training that will turn out to be valuable for the rest of their lives. Just like the song “The Glory of the Party Shines in my Heart”, we believe that light in their hearts will illuminate their paths forward.

良师益友四期学员专业技能水平评估大赛 CYCLE 4 TECHNICAL SKILLS COMPETITION

2021年8月6日下午，良师益友四期学员专业技能水平评估大赛如火如荼举行。大赛聘请上海市职业技能鉴定中心评审组专家团赖声强、侯越峰、任宗蓓分别担任西式烹调师和西点制作评审组的评审专家。专家们从专业严格的评审角度对四期学员的专业技能进行考评打分。经过四个小时的激烈比赛，最终两个专业各胜出一等奖1名，二等奖2名，三等奖3名，由评审专家签名并颁发获奖证书，专家们对学员的技能水平给予高度的评价和认可。

On the afternoon of the 6th of August, 2021, Cycle 4 Youths took part in the Technical Skills Competition. An expert panel from the Shanghai Vocational Skills Appraisal Center including Lai Shengqiang, Hou Yuefeng and Ren Zongpei were invited respectively to be the Western cuisine and

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pastries taste judges. They used strict criteria to give appropriate scores to the youths. After an intense 4 hours of competing, the judges gave out the prizes (1 Champion, 2 1st runners-up, 3 2nd runners-ups) Certificates were signed and given out to the winners by the judges. They all acknowledged the high skill-levels of the Cycle 4 youths.



通过本次技能大赛的举办，一方面对学员的专业技能学习成果进行检验，展示学员的专业技能和形象风采。更主要的是让专家们通过近距离的全程评估给予学员高度的专业点评指导，提高同学们专业技能水平。

Through holding the Technical Skills Competition, the skills of the youths can be tested, through which they can display their technical abilities and style. More importantly, this allows professionals to provide lots of guidance and advice through a very thorough evaluation, which increases the youths' technical skills.



四期学员开启行业体验，步入职场
CYCLE 4 YOUTHS INDUSTRY EXPERIENCE



在校的 12 个月，四期学员共完成 1468 课时的学习，紧接着就迎来了就业。“我怎么找工作？”、“我能找到工作吗？”学员们心中带着疑惑和不自信。为此学校安排了以实现 100% 就业为目的系列培训，包括：如何确定自己的职业目标、如何准备求职资料、面试技巧、认识劳动合同和五

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险一金、邀请大厨与学员们分享自己的职业成长经历、酒店进行宣讲、学员们挑选自己心仪的酒店、酒店对应聘的学员进行面试（包含部分学员参与了试工）等。

Cycle 4 Youths have collectively finished 1,468 hours of learning after spending 12 months at the Centre and are now preparing to step into their careers. "How do I find a job?" "Can I even find a job?" They feel a sense of doubt. In order to prevent this, the school has arranged training to ensure 100% employment rate of the youths, including teaching them how to make career goals, how to prepare application portfolios, interview techniques, understand labor contracts and employees benefits, inviting chefs to share their experiences with the students, arranging for hotels to conduct recruitment sessions, letting students choose the hotel they want to work in, scheduling interviews for students at hotels (including students on work trial) and more.



截止 8 月 16 日，所有学员均收到酒店的入职通知书并开启了自己的职业生涯。嘉和良师益友项目帮学员们在实现“经济独立、思想独立”的道路上迈开了最坚实的一步。As of the 16th of August, all youths have received admission notices from different hotels and have launched their

careers. The program has helped the youths to achieve a first step towards independence in economics and in thought.

四期西式烹调专业的学员阿木以付分享了他与大厨接触感想。

Roger, a western culinary student from Cycle 4, shared his takeaways from his exchanges with an Executive Chef.



在开始工作之前，学校邀请了几家酒店的大厨与我们一起设计菜单和制作菜肴，让我们身临其境的感受酒店的工作人员和他们的工作水准。

Before starting work, the Program invited several Executive Chefs from major hotels to design menus and prepare dishes with us, allowing us to understand the environment and standards expected at these hotels.

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我有幸接触到上海金茂君悦大酒店的行政总厨 Adam, 他和蔼可亲, 让我很快就没有了紧张, 感觉自己就是团队中的一员。他技术娴熟, 动作流畅, 所有的原材料经他的手都变成了艺术品。他掌握制作过程中的每一个环节和顺序, 工作一丝不苟。他边操作边讲解, 让我们能在理解中跟上他的节奏, 尽显一个大厨的能力与风范。

Fortunately, I met Adam, Chef de Cuisine of Grand Hyatt Shanghai. He was a very kind and understanding mentor, and I instantly felt more relaxed as he made me feel like I was part of the team. He knew exactly what he was doing, every dish he put on the table was a piece of art. He was familiar with every aspect of the process, and paid attention to every detail. He would explain and demonstrate to us the different steps, showing us his incredible ability and style and making it easier for us to understand and keep track of the process. 最后, 大厨让我们品尝了烹饪好的菜肴。我一边享受着美食, 一边在思考自己未来的工作, 我好像已明白了我想要成为什么样的厨师了。

Finally, Adam let us enjoy his dishes. While eating the scrumptious meal, I thought about my career, and I finally understood what kind of chef I wanted to become.

五期学员整装待发 CYCLE 5 YOUTHS ARE COMING

良师益友五期学员招募三月份启动, 八月底已经近尾声。截至 2021 年 8 月 30 日, 累计收到 113 份申请表, 确认录取学员 59 名。分别来自河南、山西、江西、广东等 16 个省和自治区, 包含汉族、苗族、傣族、彝族等四个民族。

Recruitment for Cycle 5 youths began in March and ended in late August. As of August 30th, 113 applications were received, and 59 of the 113 were accepted. They come from Henan, Shanxi, Jiangxi, Guangdong and multiple other Provinces, and include Han, Miao, Dai and Yi ethnic groups.

学员们对来到良师益友项目学习技能充满期待, 也传达了希望通过自身努力改变个人与家庭命运的意愿。五期学员将于 9 月 13 日开学, 请大家期待我们之后的分享。

The youths are looking forward to being part of the program, and hope to change the destinies of themselves and their families through their own efforts. Cycle 5 youths will start their first semester in Shanghai on September 13th. We are looking forward to sharing more news with you.

实习生: 难忘的经历, 充实的暑假 INTERNS: MEMORABLE EXPERIENCE, FULFILLING LIFE

志愿者、实习生是嘉和公益和良师益友的中坚力量。这个暑假有两位优秀的实习生参与了我们的工作, 她们做了哪些工作, 感受如何, 一起来听听吧。

Volunteers and interns are the backbone of Shanghai K too. Two outstanding interns took part in our work this summer. Let's take a look at how they feel about their experiences at Shanghai K.



王艾琳, 实习生
Ms. Ellen Wang,
Intern

一转眼, 来到嘉和实习已经有两个半月了。第一次来到中心楼下时, 抬起头逐字念出 SHKYDC 的名字, 仿佛还只是昨天的事情。In the blink of an eye, I have already been an intern at Shanghai K for two and a half

months. When I first arrived at the Center, I remembered raising my head and reading out the SHKYDC sign, it felt like yesterday.

这是一个囊括了遇见、离别、开始与结束的夏天。我目睹四期学员们迈出校园走入职场, 也见证着五期学员的招募与录取进程。

This summer encapsulated meeting, parting, the beginning and the end. I witnessed Cycle 4 Youths leave the school and enter the workplace, as well as the recruitment of Cycle 5 Youths.

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招生工作是我平日里接触最多的内容。收集报名、整理资料、笔试面试、反馈结果……folder 里的东西越来越多，我也从最初的生疏，逐渐熟悉掌握了各个环节。这个过程于我意义非凡的一点在于，经手的每一份文件都不是冰冷的数据，而是一个个有温度的故事。某些瞬间，我曾窥到少年们盎然的青春，又或许短暂触碰到他们那充满无限可能的未来，而这是一种太神奇的感觉。

Admissions work is something I am very familiar with. Collecting applications, organizing information, handling interviews, providing feedback and results etc. As I do more admissions work, I have gradually become more and more familiar with the process. This process is very important to me as none of the applications are just factual files, there are stories behind every one of them. It is an amazing feeling to be able to experience the youthfulness of the Youths and to touch a small part of their lives filled with infinite possibilities.

在中心里，四期学员们亲手制作的美食、他们的礼貌与大方、在公开场合的谈吐与分享……都让我对良师益友项目的使命与成果有了更深刻、更直观的体会。我曾尝试思考，良师益友想要带给这群青年的是什么？如今我似乎找到了一个仍不完美、但比较贴合我当下感受的答案——一个能够随他们行四方的技能，和一个走出来、并找寻到真正自我的机会。相信在良师益友种下的每一颗种子，都能够在未来绽放出鲜艳的花朵。

The food prepared by the Cycle 4 Youths, their politeness and generosity and the conversations sharing all contributed to making working at Shanghai K a truly unforgettable experience. I used to wonder what Shanghai K is trying to bring the youths, and now I believe I have found an answer: to provide the youths with lifelong skills and an opportunity to discover their true selves. I believe that every seed planted by a mentor will blossom into gorgeous, colorful flowers in the future.

这里的每一位同事都是我的前辈，他们敬业、谦和、有趣而温暖，也给了我太多的包容和关怀。大家在“不躺平”这件事上有着默契的共识，一同思考、探索、付出，也会像一家人一样聚在一起干饭、玩耍、聊家常。我从未想过自己有机会参与到许多有意思的事情中，身处一

个优秀的团队，见证这份意义非凡的事业的发展，并为之贡献出自己的一丢丢微薄之力。在嘉和的日子带给了我参与感、成就感和幸福感，也一定将会成为我人生记忆中闪闪发亮的一段时光。

Every colleague here is role model to me. They are dedicated, humble, interesting and kind. They have given me so much care. Everybody here has a fighting spirit and no one is content with the status-quo. They think, explore and work together, and eat, play and chat with each other like they are family. I never thought I would be a part of something so meaningful, to be in such an amazing team, to witness the development of this remarkable career, and that caused me to pour my heart into my work. My days in Shanghai K gave me a sense of participation, accomplishment and happiness, and will definitely become a vibrant memory in my life.



徐睿，实习生
Ms. Rye Xu
Intern

我在上海嘉和公益基金会为期两个半月的暑期实习，是一段开拓我视野的工作经历，是我学术理论、知识实践的延伸，也是一次有趣且难忘的社会体验。

My two-and-a-half-month summer internship at Shanghai K Charitable Foundation was an eye-opening experience that broadened my horizons, provided an extension for my academic knowledge, and in general an interesting and unforgettable social experience.

面试该实习岗位时，面试官曾询问我对良师益友项目的资助对象——困境青年是否有所了解。当时的我自以为非常了解，无非是教育资源向大城市倾斜，欠发达地区的教育资源缺乏等原因导致一些青年人缺乏知识、没有出路。来到上海嘉和公益基金会实习的第一天，看了许

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多学员的资料后，我才知道自己囿于自身社交圈子的局限，被困在信息茧房之中，殊不知那些青年的“困境”比我想象的复杂的多。随着实习的进行，我对他们各种各样的困难境遇有了更多的了解，也为他们面对困难却依然乐观的心态所感动，同时也学习到了许多与他们深入交流的技巧。

When interviewing for this internship position, the interviewer asked me if I had any understanding of the target group of the Program – disadvantaged youths. At that time, I thought I knew it all and that it was nothing more than the fact that education resources were skewed towards big cities, and the lack of education resources in underdeveloped areas caused some young people to lack knowledge and have no way out. On the first day of my internship, after reading many students' materials, I realized I had been confined to the limitations of my social circle and trapped in an information cocoon. In fact, the difficult situations they were in were caused by factors far more complicated than I previously thought. As the internship progressed, I learned more about their difficulties and was moved by their optimistic attitude in the face of adversity. At the same time, I learned how to communicate in-depth with them.

我本科所学的专业属于社会学，在大学课堂里，我学到了 Poverty 和 Lack of education 之间是互为因果的恶性循环关系。所以要解决一个家庭或一个地区的 Poverty，提升教育是最重要的方法之一。嘉和良师益友项目正是从教育入手，教会学员很重要的人生技能和职业技能，使得这些来自困难家庭的青年能有安身立命的本领。该项目让他们能够凭借自己的双手与勤奋，发展自己的职业道路，铸造自己的人生道路，跳出困境循环，改写命运。所以我认为，良师益友项目是意义重大的、影响深远的、符合可持续发展目标的公益项目。

My undergraduate major was sociology, through which I learned that poverty and lack of education are in fact mutually-enforcing elements in a vicious circle. Therefore, to address poverty situations (whether for

families or for geographic regions), improving education is of utmost importance. Jiahe Vocational Training and Mentoring Program places emphasis on education, through which students are taught important life skills and vocational skills so that they may one day become self-sufficient in society despite coming from difficult backgrounds. This project allows them to develop their own career and life paths, jump out of the cycle of predicament, and rewrite their destiny through their own diligence. Therefore, I believe that the Program is one with significant, far-reaching purpose; one that is consistent with Sustainable Development Goals.

我看到嘉和的老师们对学员们始终充满耐心和包容，也始终保持平等和尊重的态度，老师和学员们之间不仅仅是师生关系，而更像是亲密的朋友。午餐时同学们和老师们坐在一起畅聊南地北，往期学员返校时就像回家一样轻松地聊起自己工作时的趣事……对于学员来说，嘉和的老师们真是“亦师亦友”。而我作为一个没有工作经验的小白，时常在工作中犯一些错误，有的工作做不到位，同事和上级们也非常包容我，耐心地一步步教我如何完成任务、如何做得更好。嘉和的老师们给了我很多工作上的教导，也给了我不少人生的指引；和学员的相处中，我同样受益匪浅。对我来说，嘉和的老师和学员们，都是我的“良师益友”。

The teachers here at Shanghai K are always patient and tolerant towards the students, and have always maintained an attitude of equality and respect. The relationship between teachers and students was not a traditional one but one grounded in friendship. At lunch, the students and teachers sat together and chatted about everything. And when previous Cycle students returned to visit, they would relax and chat about their interesting experiences at work....for students, the teachers here were really “a mentor and a friend”. As a novice with no work experience, I often made some mistakes in my work and there were many occasions when things weren't quite right. My colleagues and



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superiors were very tolerant, and patiently guided me step-by-step on how to complete the tasks. Overall, the teachers at Shanghai K gave me not only work related instruction, but also guidance in life, and the same could be said about the students. For me, just like the Chinese namesake of the program, everybody here are "good teachers and helpful friends."

能在上海嘉和公益基金会实习，我倍感幸运。这次实习既充实了我的暑假、提升了我的工作技能，也丰富了我的阅历，让我得到不少人生启示。

I am very lucky to have been an intern at Shanghai K. This internship not only enriched my summer vacation, improved my professional skills, but also enriched my experience and gave me a lot of enlightenment in life.

良师益友团队的风采 Glimpse of Our Team Building

良师益友项目背后有一群充满爱心、热情，默默付出的团队。平日里他们是严肃的师长，是知心大姐姐，是独当一面的职场人士。今天我们来看看褪去这些标签的他们。8月25日，雨过天晴，风和日丽，良师益友团队忙里偷闲来到崇明团建。年长的、年轻的都开心的像个孩子！

Supporting the project from behind the scenes is a hard-working and passionate team. They can be demanding teachers, a big sister confidante, and also a professional role-model. Today we take a closer look at them in a personal setting. On the 25th of August, on a glorious day, our team made a visit to Chongming Island for team building. All those young and young at heart had great fun!



一群满怀热情和理想的人们
People with Passion and Dreams



不羁的骑手们
Brave Riders

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李老师在训导小羊
Sheldon Li was disciplining the sheep

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:

- 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 开学典礼，费用 25,000 元
¥25,000 for the intake ceremony

加入月捐

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Youth Development Centre
爵士士嘉堡耀耀士青年发展中心



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

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- 军训, 费用 25,000 元
¥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
- 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

详情请联系王蓓蓓女士: gracewang@shanghaik.org.
To sponsor one of the above items, please contact Ms. Grace Wang at gracewang@shanghaik.org.



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.

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.

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