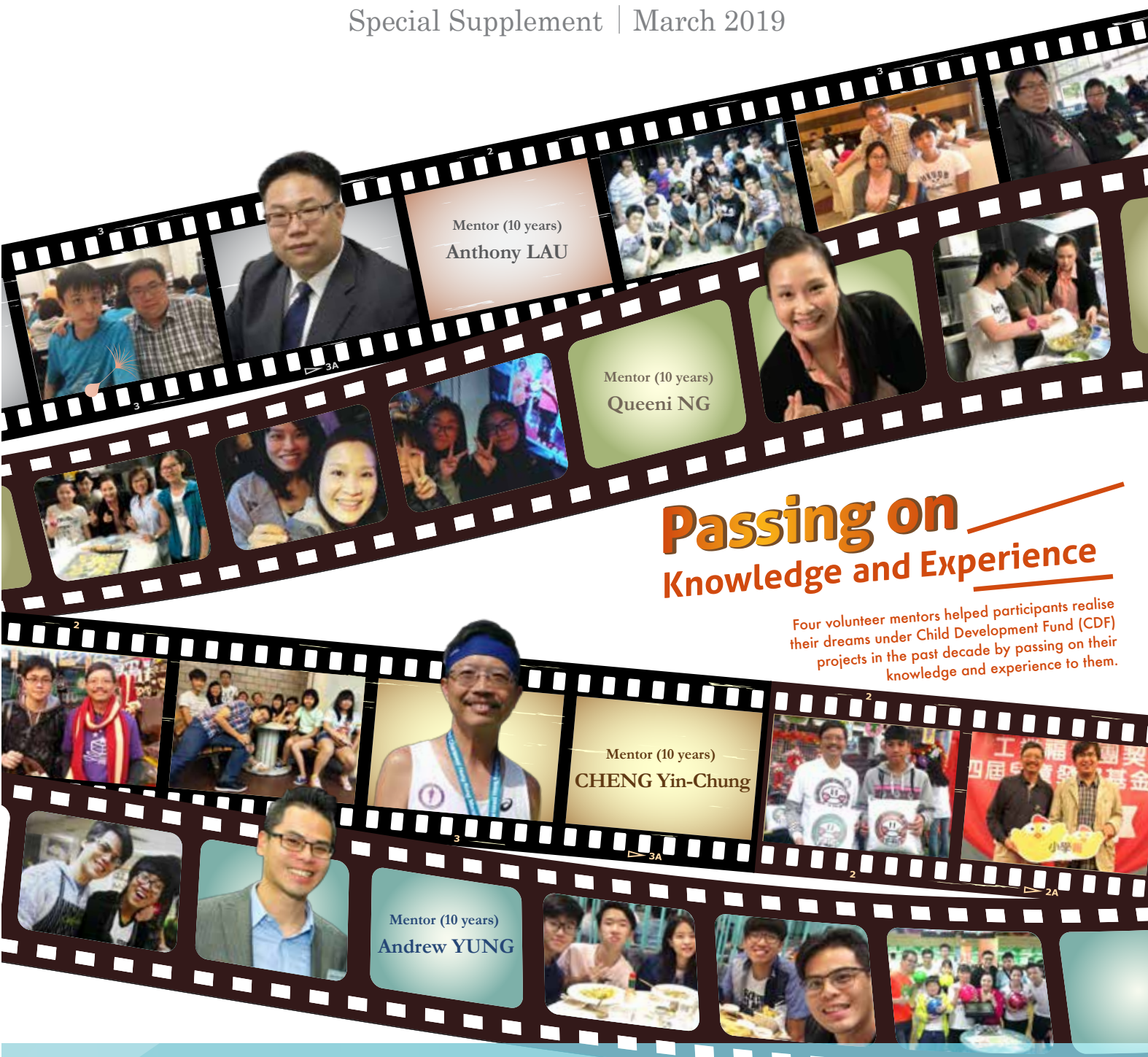


# Celebrating 10 Years of Dreams for Future Child Development Fund

Special Supplement | March 2019



## Passing on Knowledge and Experience

Four volunteer mentors helped participants realise their dreams under Child Development Fund (CDF) projects in the past decade by passing on their knowledge and experience to them.

Contents	P.2-3	P.4	P.5-8
Passing on Knowledge and Experience	# ThankYouMentor Video Contest	CDF Board Game Competition	Value-added Activities Dare to Dream

## Passing on Knowledge and Experience

Four volunteer mentors helped participants realise their dreams under Child Development Fund (CDF) projects in the past decade by passing on their knowledge and experience to them.

### A role model to show mentees how to live a healthy life

Kai-fung joined a CDF project at the age of 15 when he was studying Form 3. He said, "I studied in a Band 3 school and many of my classmates were problem teens. In order to fit in with them, I hung around with them and acted recklessly."

Kai-fung regards Andrew as a kind mentor and a good friend as well. He remarked, "At that time my parents wanted me to choose business subjects but I preferred computer science. On this matter, Andrew asked me whether I could carry on with my study if I chose the subjects that I was not interested in. I realised what I should do after thinking about this question. Andrew even helped persuade my family to support my decision. It turned out that in my two upper-form years, I was awarded scholarships four times for outstanding performance in computer subjects."

In the past, Kai-fung was a rather self-centred and irritable person. It was Andrew who made him change a lot, and helped him improve relationship with his family. He said, "Andrew seldom preached at me. I learned the right values and the proper ways to deal with people and things from what he had said and done. Now I will try to understand others' standpoints and feelings. And I have never thought that this attitude can help me at work. For example, when communicating with my clients, I will put myself in their shoes before proposing a solution that best suits their needs."

"I can lead a healthy life simply because I have made friends with someone who gives me good advice." This was how Kai-fung described Andrew's impact on him.

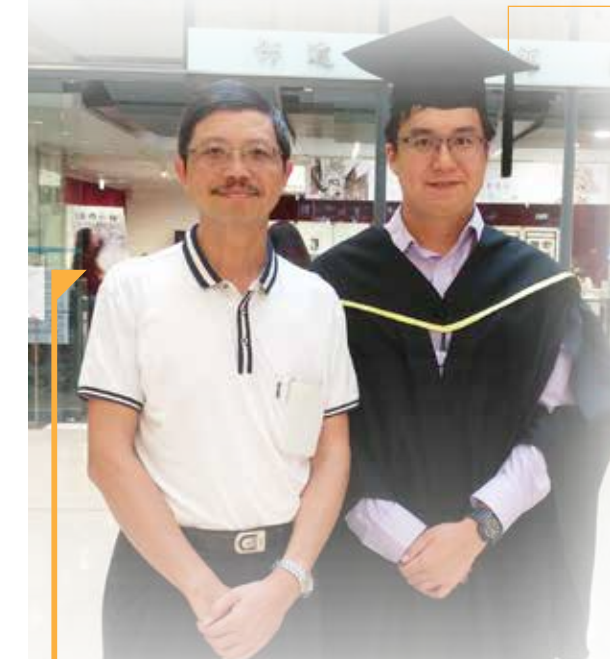


Mentor  
**Andrew YUNG**

participated in 12 CDF projects and took care of a total of 15 participants in the past decade

Participant **MAN Kai-fung (Kai-fung)**

participated in the first batch of CDF projects run by the Tung Wah Group of Hospitals



Participant **Jimmy YIU**

participated in the first batch of CDF projects run by The Industrial Evangelistic Fellowship

### Always there to help participants through hard times and pass on the spirit of selfless contribution

Mentor Yiu-chung has all along given much academic guidance to his mentee Jimmy. Jimmy could still clearly recall what happened on the day his A Level results were released. He explained, "At that time, the three-year project was already over. But when I phoned Yiu-chung to tell him that my results were unsatisfactory, he immediately rushed from his home in Tsuen Wan to my school in Sham Shui Po. He then accompanied me to enrol in the appropriate courses offered by other schools."

With such unsatisfactory results, Jimmy was too ashamed to face his parents. "During dinner, I was lucky to have Yiu-chung's presence because he helped ease the embarrassing atmosphere so that we all could calmly discuss my future."

"Even today, Yiu-chung is still very willing to advise me on my studies and work. Last year, I was conferred a bachelor's degree by the College of Engineering of the City University of Hong Kong. Yiu-chung also attended my graduation ceremony to give me support."

Influenced by his mentor, Jimmy carries on the spirit of selfless contribution and actively takes part in CDF activities. "Though I don't think I am mature enough to shoulder the heavy responsibilities of a mentor, I do very much hope that I can contribute to CDF projects in one way or another. Through the arrangement of the centre, I was appointed as the chairman of the graduate association. Apart from liaising with the graduates, I also participate in the preparatory work of large-scale events and even serve as the master of ceremonies. And sharing my experience gained from the projects at the gatherings of mentors is part of my effort to promote the projects."

Mentor  
**CHENG Yiu-chung**

participated in four CDF projects and took care of a total of six participants in the past decade

## Ex-participant returning the favour by joining Mentorship Programme eight years after project completion

Eric participated in a CDF project eight years ago, but he seldom attended its activities. A quiet and reticent boy back then, Eric did not have many friends. His mentor Anthony said he was as dull as ditchwater.

Admitting that he was not proactive in maintaining the mentor-mentee relationship from the very beginning, Eric said, "It was not easy at all for Anthony to get in touch with me as mobile phones were not popular at that time." However, Anthony was persistent in trying to keep contact with Eric by asking him out for afternoon tea after school and sending a Christmas card to him every year.

Eric has determined to become an architect since Form 4. When preparing for the Hong Kong Diploma of Secondary Education Examination (i.e. during the last year of the project period), Eric was very worried that he could not meet the admission requirements of the university he preferred. Then he went to talk about that with Anthony. Eric said, "Anthony really knew how to motivate me to carry on. With his keen encouragement and recognition, my confidence was boosted hugely."

Since then, Eric began to take the initiative to discuss with Anthony matters related to his studies, and even joined Anthony and other participants for gatherings. Recently, Eric took a step further to apply for the role of mentor for the seventh batch of CDF projects. He said, "In those days, Anthony would take a day off from work only to meet up with me. And I was really touched. I can never tell why he has been so caring and has done so much for me all these years. There is no logic behind it. I am truly grateful to him."

Mentor  
**LAU Ming-fai, Anthony**

participated in ten CDF projects and took care of a total of 12 participants in the past decade



Participant **Eric TANG**

participated in the second batch of CDF projects run by Caritas Hong Kong

Mentor  
**Queenie NG**

participated in ten CDF projects and took care of a total of 19 participants in the past decade



Participant **CHEUNG Tin-oi**

participated in the second batch of CDF projects run by the Tung Wah Group of Hospitals

## Helping participants overcome obstacles in life with love and encouragement

Tin-oi, who has suffered from dyslexia since childhood, is most grateful that her mentor Queenie has always been willing to spend time with her and learn more about her. Even after the project was over, Queenie still actively keeps in touch with her and even writes to her.

Tin-oi described herself as plain in appearance and average at school, and not being confident enough. However, Queenie never stopped giving her support and encouragement. Recalling that she was once praised by Queenie for being so kind to adopt a stray cat, Tin-oi said, "In fact, I think Queenie is the one who is both kind-hearted and considerate."

Tin-oi went to the Mainland to pursue her studies three years ago. She said, "There were a lot of exams, and each of them was like a book reading competition. As I am not good at rote learning and slow in writing, I sometimes felt frustrated. However, Queenie told me that I had to be self-reliant and strive for the life I want on my own. Whenever I thought about her words, I would dismiss the idea of giving up halfway and become determined to continue with my studies."

"I was bullied before and doubted whether I was too tolerant towards the bullies then. Yet, on second thoughts, the fact that Queenie is not afraid of making sacrifice or being taken advantage of is exactly the reason why she is popular everywhere. To me, she is way too perfect!" said Tin-oi.

## #ThankYouMentor Video Contest

Throughout the three-year project period, Mentors have given mentees unwavering support by standing by their side and sharing experience with them generously. All these have made a profound impact on them. In return, these mentees produced short videos dedicated to their mentors to express their gratitude in a creative and thoughtful way by sharing the most unforgettable moments they spent together during the project period.

An opportunity to win two round-trip air tickets to an Asian city

A judging panel with members from the Hong Kong Airlines and the Steering Committee of the CDF selected among the videos submitted by project participants the winners of the following Awards: Most Inspirational Video Award, Gold Video Award, Silver Video Award and six Merit Awards. Each winner received two round-trip air tickets to an Asian city sponsored by the Hong Kong Airlines.

The results of the contest were announced at the 10th anniversary ceremony of the CDF held at the Hong Kong Convention and Exhibition Centre on 9 March 2019.



## CDF Board Game Competition

The first CDF Board Game Competition titled "Targeted Life" was one of the highlights to celebrate the 10th anniversary of the CDF. Its aim was to help participants reflect on the importance of life planning and making savings in the process of looking for the way to win the game. The competition, which comprised two categories (i.e. Individual Competition and Competition with competitors working in pairs), encouraged both CDF participants and non-CDF-participants to join and share the fun. The event attracted many skillful players. More than a hundred project participants, mentors and family members from 40 project operators participated in the training and initial screening. On 8 July 2018, the finalists gathered at the Central Government Offices for the ultimate competition. Dr Odalia WONG, Member of the Steering Committee on the CDF, was invited to serve as the Guest of Honour to present prizes to the winners. The results were as follows:

### Winners of the Individual Competition:

- Champion: LI For-shing (Salesians of Don Bosco Ng Siu Mui Secondary School)
  - awarded a \$3,000 gift voucher for electronic products and a certificate of commendation
- First Runner-up: LAU Wing-tat (The Industrial Evangelistic Fellowship)
  - awarded a \$2,000 gift voucher for electronic products and a certificate of commendation
- Second Runner-up: HUI Kwan-kit (Christian Action)
  - awarded a \$1,000 gift voucher for electronic products and a certificate of commendation

### Winners of the Competition with competitors working in pairs (in no particular order):

- Each winning team was awarded a \$1,000 gift voucher for electronic products and a certificate of commendation
- Participant HUANG Wei-xuan and Mentor WONG Kwok-wing (Tung Wah Group of Hospitals)
  - Participant HO Wing-ho and Mentor CHAN Chun-kit (Hong Kong Children & Youth Services)
  - Participant CHAN Kam-yin and Family Member CHAN Yun-sheung (Tung Wah Group of Hospitals)
  - Participant LAU Wing-tat and Mentor LI Wai-ming (The Industrial Evangelistic Fellowship)
  - Participant IP Siu-wang and Mentor OR Wing-chung (The Industrial Evangelistic Fellowship)



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# Celebrating 10 Years of Dreams for Future: Value-added Activities

To encourage project participants to dream for the future, the Labour and Welfare Bureau continued to collaborate with various supporting organisations to provide them with opportunities to try out new things and gain hands-on experience so that they could, through practice, better understand things around them, broaden their horizons and enhance their capabilities to take charge of their life.

## “Triumph Sky High” Experience Day

Hong Kong Airlines

Apart from learning about the preparation of inflight meals and the workflow of boarding service, project participants also had the chance to enter the apron and board a plane. They had interaction with the captains and cabin crew and got the first-hand experience of working in the aviation sector on the plane by making the captain's announcement and serving meals for passengers.



## Producing the World's Largest Gluten-free Bread

(Sponsored by Dr CHEUNG Wing-tak, Member of the Steering Committee on the CDF)

Project participants set a Guinness World Record by working together to produce the world's largest gluten-free bread at the 1st Freefrom Festival Hong Kong. All the gluten-free bread for the event was made by Angelchild, a social enterprise which helps autistic youngsters in finding jobs. After the festival, the bread, together with words of blessing written by project participants, was donated to charities for distribution to needy families so that the latter could feel the love and care.



Project participants arranging “The Love Train” made of gluten-free bread to convey the message of freefrom foods.

## Air, Sea and Land Leadership Training

JPC@Pat Heung

Project participants successfully completed a five-day-four-night leadership training programme at the JPC@Pat Heung. During the training period, they met the challenge of the longest (100 metres) zipline in Hong Kong, took part in night orienteering, learned the survival skills in the wild, built a raft and experienced canoeing. Other than enhancing their physical fitness, courage, problem-solving capability, team spirit and leadership, participants could also have a better understanding of the work of the Police Force through the programme.



Braving the challenges in mountains and at sea, project participants earned self-assurance with the effort they made.

## My dream is to become a firefighter

CHAN Tsz-yeung, Jimmy | aged 17  
Tung Wah Group of Hospitals (Tuen Mun)

Tsz-yeung has determined to become a firefighter ever since he wrote his first composition titled “My dream” during childhood. His cousin-in-law, a firefighter, has taught him the importance of being a responsible and broad-minded person. He also keeps reminding himself that he should never disappoint his father, who was a member of the former British Forces stationed in Hong Kong.

“Training and life in the disciplined services have made me deeply understand that strict self-control and disciplined lifestyle are conducive to the building of self-confidence and finding a way to achieve my goals. All these are the keys to living a satisfactory life.”



## My dream is to become a police officer

SIT Wing-yan, Winnie | aged 18  
The Industrial Evangelistic Fellowship  
(Wong Tai Sin including San Po Kong and Tsz Wan Shan)

Winnie always has the impression that police officers are valiant, brave and committed to justice. After she grew up, she has developed a strong sense of mission and hopes to join the Police Force to maintain law and order, and safeguard and protect life and property of the public.

“The training camp has deepened my understanding of the work of the Police Force. By constantly challenging myself, I feel that I have become stronger, and more confident and capable of helping others. The camp has also shown me what team spirit is. It made me realise that team effort could unleash such kind of power that enables us to achieve results beyond expectation and enhance our overall performance.”

## The ICT Interns

WTT HK Limited

Three project participants taking Information and Communication Technology (ICT) courses stood out from others in the interviews and were selected to work as summer interns in WTT HK Limited. They were assigned to the Customer Services Department and the Data Centre respectively to gain the experience of working as an assistant engineer and providing customer services, as well as to learn workplace etiquette and proper work attitude. They also had staff working in different positions to share with them work experience, industry prospects and entry requirements during the internship period.



Project participants MA Lok-ching (right), LAW Yiu-hei (top) and LEUNG Wai-lam (bottom) working as interns in a large telecommunications company to realise their aspirations.

## Fun of Culinary Arts

Chinese Culinary Institute

A group of project participants who wished to become cooks and join the catering industry visited the Chinese Culinary Institute. They put on chef hats and made Peking/Shanghai-style dim sum under the guidance of the instructors in a professional kitchen of the institute. After enjoying the end products together, they were given a guided tour of the institute's facilities to get to know more about the Chinese cook training programmes offered there and the information on entering the trade.

Project participants, who looked like professional chefs in their chef hats, making dim sum.



## Dare to Dream

## My dream is to become a chef

CHOW Wing-sze | aged 14  
Baptist Oi Kwan Social Service (Kowloon City and Yau Tsim Mong Districts)

Fond of cooking since childhood, Wing-sze considers kitchen a place full of fun and hopes to pursue a career as a cook in future. As her mother often shares cooking experience with her and her father is a dim sum chef, the occupation as a cook is not strange to Wing-sze. However, cooking in a professional kitchen on her own turned out to be an entirely new experience to her.

“It is my first time to join such a professional cooking class. The instructor taught us the skills of making Peking/Shanghai-style steamed pork dumplings and crispy red bean paste pancakes. The knowledge I acquired during the class is extremely helpful to me for embarking on my career path as a cook in future. I also learned the hardship experienced by my father at work. To ensure that dim sum can be supplied on time, he has to leave home for work early in the morning. Here I want to say from the bottom of my heart, ‘Thank you Daddy for working so hard.’”



## Meeting with Inmates

Correctional Services Department of Hong Kong

Project participants visited the Tai Lam Correctional Institution and the Lo Wu Correctional Institution to meet with inmates and understand more about their unique life experiences through interaction and exchange of ideas. Participants also toured the main facilities of the institutions, including the inmates' dormitory, canteen and workplace, and were briefed on the work of the institutional staff and their entry requirements.



Project participants visiting correctional institutions to learn the importance of law-abiding and supporting offender rehabilitation.

## Hotel Dining Etiquette

(Sponsored by Miss LAW Kar-shui, Elizabeth, M.H., Member of the Steering Committee on the CDF)



Project participants learning dining etiquette to help them feel at ease in social dining situations.

In addition to taking the opportunity to learn the western dining etiquette and table manners, project participants spent a pleasant afternoon enjoying a tea buffet at a hotel.

## Good Old Times

The Chin Family

Through playing the roles as “wage earners” at a nostalgic small shop in Hong Kong, project participants learned the basic concept of financial management such as identifying and counting money, preparing estimates of income and expenditure, and distinguishing between “wants” and “needs”.



Project participants learning financial management from the role-play game in an easy and relaxed manner.

