



Chaos around You? Strength within You

Reminders from Mrs Peggy Chan, Founder of the ISS Family Institute before Retirement

管不到別人，先搞掂自己！

國際社家庭學院創辦人陳蘇陳英女士榮休專訪



With more than 40 years of dedicated service in Hong Kong's social welfare sector, Mrs Peggy Chan, founder of the ISS Family Institute, is embarking on a new chapter in life. Her more than 20 years of experience of promoting Bowen Theory in Hong Kong have helped countless students expand their perspectives, re-discover the restorative power within ourselves, and made changes in complex family situations possible. As she prepares to move on, Peggy looks back on this meaningful journey and how family system theory moves us forward.

在香港社福界深耕逾四十載，國際社家庭學院的創辦人陳蘇陳英即將迎來人生新一頁。她在香港推廣「博域家庭系統理論」逾二十年，帶領無數學員拉闊視野，從繁雜的家庭背景中尋回自癒與改變的力量。臨別在即，Peggy與我們回首與國際社並肩開墾廿四載的點滴，及家庭理論如何助我們繼續前行。

Q1: You helped found the ISS Family Institute in 2002. Why did you feel it essential to introduce Bowen theory? How was it like working under ISSHK on this new project?

你在2002年協助創立國際社家庭學院，是什麼關鍵原因讓你覺得，必須引入博域家庭系統理論？國際社又給了你一個怎樣的空間去開墾這片土壤？

I was introduced to Bowen Theory during my time in Canada in the 1990s, which made me realize the limitations of traditional counselling. Under the conventional individual therapy approaches, clients often focused on their immediate emotions, and may develop a victim mindset, blaming their suffering entirely on themselves or someone close. Bowen Theory, on the other hand, guides us to review the multi-generational system spanning at least three to four generations. Throughout the process, we often find out that our behaviours are actually traceable within family history. I do believe that this unique approach is closer to reality and offers more possibilities for changing one's own behaviours.

Upon returning to Hong Kong, I am deeply grateful to ISSHK for giving me immense freedom to introduce Bowen Theory to professionals and the general public here. I always felt the solid support from the organisation

and my colleagues, which gave me all the room and support I need along the way.

90年代移民加拿大時接觸到博域理論，讓我深刻體會到傳統輔導的局限。過去坊間多採用以個人為中心的治療，容易令當事人困在當下的深層情緒或受害者心態裡，覺得一切痛苦都是自己或眼前某個人的錯。但博域理論將視野擴大至起碼三四代的多代家庭系統，讓我們看清許多人的情緒行為在家族歷史中其實是有跡可尋。它更貼近現實，其獨特的系統理念，為改變自身行為提供了更多切入點。

回流香港後，非常感謝國際社給予我高度的發揮自由，讓我把博域理論在這裡落地生根。而在這份自由之中，我又隨時能感受到機構與同事們強大的支援與包容，才讓這片土壤得以順利開墾。





Q2: How would you explain Bowen Theory to the public in the simplest way possible?

你會如何用一句最簡單的話，向大眾解釋什麼是博域理論？

One key message in Bowen Theory is to focus on yourself, not others. By tuning into our own emotions and reactions, we can live a life that is true to who we are and what we believe in, while still staying connected to those around us. This approach fosters healthier, more respectful relationships where all parties can thrive. In simple terms, it promotes a mindset of "you're okay, and I'm okay too," which creates a true sense of harmony.

At its core, Bowen Theory is about ongoing personal growth: It encourages us to reflect on how we relate to others, become aware of our emotional reactions under stress, and take responsibility for our part in interactions rather than blaming others. Through this process of self-awareness and reflection, we can stay true to ourselves while also contributing positively to the well-being of people and wider communities.

博域理論其中一個主要訊息是，管不到別人，就先搞掂自己。與其費力改變別人，不如先整理自己的情緒和反應，活出合乎自身處境的立場與意願，同時繼續與他人保持良好連繫。這樣一來，雙方關係自然會變得更平和自在，達至「你好、我也好」的和諧境界。

其核心在於個人的持續修練：認識自己與他人互動的模式，覺察並調整不恰當的情緒反應，勇於承擔自己的責任，不把問題歸咎於他人。透過不斷成長和自我完善，我們既能忠於自己，也能促進群體的健康發展。



Q3: Having witnessed Hong Kong's societal and family changes over the past two decades, what common relationship dilemmas do you observe in modern households?

你見證了香港這二十多年來的社會起伏與家庭變遷，你觀察到現代香港家庭最常陷入怎樣的相處困局？

The most common dilemma in Hong Kong families is that parents are often unaware of the immense pressure they place on their children. Many parents arrange everything for their kids, which inadvertently deprives children of the chance to learn how to handle their own problems. This leaves the child with a very weak sense of self, turning them into a mere extension of their parents.

Sometimes, what parents provide is not what children genuinely need in reality. For instance, a child joins an activity simply to enjoy the process of it, but then finds themselves being pushed by parents who think they should try harder. This over-pushing ends up robbing children of the joy they should have had.



現代香港家庭最常見的困局，是家長往往未察覺自己給了孩子過大壓力。許多父母將一切安排得太過完美，變相剝奪了孩子學習處理問題的機會，導致孩子的自我變得非常薄弱，淪為父母的延伸。

有時家長給的往往不是孩子現實中需要的，例如孩子參加活動想享受過程，家長卻會用

力推動：「既然參加了就要做好一點！」這種過度催谷，最終讓孩子連原本應有的喜樂也失去了。



Q4: With the rapid advance of technology over the past 20 years, how does it impact family relations? Does Bowen Theory stand the test of time to enlighten us still today?

二十年來科技急促發展，你覺得這些科技如何衝擊著家庭關係？博域家庭理論是否經得起時間的考驗，繼續在今天給我們啟示？

More than 40 years ago, Dr. Bowen already noted that technology would heighten human anxiety. Today, while the rapid advancement of technology seems to enhance connectivity, it actually distances families from genuine, real-life connections.

The greatest insight Bowen Theory offers us today is a reminder to step back, observe objectively, and maintain awareness amidst this flood of information. We must learn to manage our own emotions and build meaningful connections with the people and environment around us, so as not to get lost in anxiety.

Dr. Bowen在四十多年前就提到，科技會使人的焦慮程度更高，現今科技的急劇發展，讓許多家庭看似加強了聯繫，實際上真實的連結卻被淡化了。

博域理論在今天給我們最大的啟示，就是提醒我們在資訊氾濫的洪流中，更要懂得抽離、客



觀覺察，學會管理好自己的情緒，與身邊的環境、人建立聯繫，才不會在焦慮中迷失。

Q5: Over the last 20 years, has there been a moment or a student's transformation that still makes you smile and feel it was all worth it?

在過去二十多年，有沒有哪一個時刻，或者哪一位學員的轉變，讓你至今想起來仍然會心微笑，覺得這一切都值了？



There is this story of a lady in her 50s who had been unable to work due to depression for nearly 30 years. Habitually playing the "rescuer" role in the family, she became so overwhelmed by her inability to fix her siblings' conflicts that she once stood by the window, contemplating suicide.

Through counselling, I guided her to face reality: her siblings were all mature adults, and her exhaustive interventions merely repeated a childhood pattern of pleasing her mother at the expense of her own self. Together, we clarified her boundaries with others and awakened her inherent strengths. She later texted me to say that her entire world felt different. Previously, she felt that doctors merely saw her as a patient to be treated, putting her in a passive position; however, the core of Bowen Theory is precisely about awakening that buried inner strength within everyone to nurture themselves.

我想起一位曾來接受輔導的女士，她約五十多歲，受抑鬱困擾近三十年，甚至無法工作。她多年來習慣在家庭中扮演「拯救者」的角色，多番嘗試介入兄弟姊妹的紛爭，卻因無法改變局面而深感無力，甚至一度企圖輕生。

在多次輔導中，我帶她看清現實：兄弟姊妹皆是成年人，她扭盡六壬地介入只是重蹈童年時期討好母親、失去自我的覆轍。我陪伴她認清她本身真正的需要，釐清與他人的界線。她後來傳訊息致謝，說感覺整個世界都不同了。以往她感覺醫生只把她當病人醫治，

讓她變得被動；但博域理論的核心，正是要喚醒每個人內心被埋藏、能自醫的強大力量。

Q6: What are your major plans after retirement?
面對「退休」這個人生大轉變，你有沒有什麼大計？

Due to financial constraints, an elder sister was given away in infancy, and we have never met. I hope to try and locate her, regardless of the outcome. Additionally, from my mother and many clients, I see that many Chinese women endure a life of hardship and misery. Looking back, I feel they did not have to suffer so much; this is often related to the traditional preference for sons and not knowing how to advocate for themselves. I want to study how this phenomenon develops and how it can be improved, and I will devote myself to family and women's studies.

小時候因家境不好，有一個姐姐很小就送了人，我從未與她見過面。退休後，我希望能夠嘗試尋親，雖不知結果，但總想了卻這個心願。此外，從我媽媽及眾多個案身上，我看到很多中國婦女一生含辛茹苦、過得淒涼，現在回頭看，總覺得她們其實不必那麼辛苦，這往往與傳統重男輕女及不懂為自己爭取有關。我想多做一些家族和女性研究，深入探討這個現象如何改善。

Q7: With seven grandchildren, what family role do you most look forward to returning to after retirement?

你有7個孫兒，退休後你最期待回歸到一個怎樣的家居角色？

My wish this year is to take each grandchild out for a meal. I also want to do the same with my daughter-in-law and son-in-law too.

I noticed that family gatherings have become just a routine. It would be a regret if I passed away without truly knowing them individually. I also want them to know more about me. Our understanding of one another feels rather superficial, even though our conversations



during family gatherings seem pleasant enough. I sometimes worry that they might actually know less about me than my students do! I also believe that the family has a stronger bond and is more flexible if each family member builds a meaningful relationship with all other members.

我今年的願望是，希望能與每個孫兒單獨出門一次，發展獨立的個人關係。其實就算是我的女婿和媳婦，我都希望能有與他們單獨吃一頓飯的機會。

我發覺子女結婚後，全家聚會變得很形式化。如果我即將離世，卻沒機會真正地、個別地認識我的女婿、媳婦以及孫兒，我會感到很遺憾。同時我也想讓他們認識我，因為我發現即使全家熱鬧吃飯，談的也只是表面話題，他們對我的了解，可能還不如我的學生多。我亦相信，每一個家庭成員都能與其他成員獨立地建立關係，有助於令家庭系統更穩固，也可以更靈活多變。

Q8: As you move on, what are your hopes for the future ISS Family Institute? What kind of spirit do you hope it carries forward?

你即將轉身，你對未來的國際社家庭學院有什麼期望？希望學院能延續一份怎樣的精神？

I hope ISS FI will continue to develop, as the current foundation is already well-established.

We can continue training professionals. We already have good engagement with social workers, counsellors, and teachers; it would be even better to connect more with medical professionals. We have also begun engaging with the legal sector, with some lawyers attending our courses and applying family systems concepts to their field, especially when they manage businesses for wealthy families.

I also wish that Bowen Theory will be promoted to the general public, as this knowledge is highly practical in daily life regardless of age and social sectors.

我希望能繼續延續現有的精神，因目前的基礎已經建立得不錯。第一，我們可以繼續為專業人士合作提供訓練。我們與社工、輔導員和老師等人士已有良好的交流，未來若能與醫護人員有更多聯繫會更好。我們也開始與法律界接觸，有些律師來上課，個別同學為富裕家族處理不同事務，發現家庭系統理論對他們的工作大有幫助。

第二，我希望可以面向普羅大眾推廣，因為這些知識在日常生活和處理各種關係都非常實用，也覺得不同年齡及階層的人都能有所得著。

Stories from Foster Families in the media 媒體採訪寄養家庭的動人故事



Foster Care Service provides children in need with a temporary yet stable family environment, allowing them to grow up with care and support. On Father's Day, the story of our foster father Mr. Leung and his foster child "Tung Tung" was featured by Ming Pao and RTHK's TV Programme "Hong Kong Today." The coverage highlights Mr. Leung's first-year foster care journey and the meaningful bond he has built with "Tung Tung" who has ADHD, through his patience and care.

As part of its Mother's Day campaign this year, P&G featured our foster mother Mrs. Lee through a story published on shemom.com, sharing her remarkable journey of caring for 14 foster children over the past 40 years. Despite facing health challenges, she has remained steadfast in providing love and support to every child entrusted to her care, showing the enduring love and commitment of foster families.

We extend our heartfelt gratitude to all foster families for their tireless dedication, and hope more caring individuals and families will join in providing a loving and supportive home for children in need.

寄養服務為有需要的兒童提供暫時而穩定的家庭照顧，讓他們在充滿關愛的環境中健康成長。在父親節，本社寄養爸爸梁先生與寄養女兒「童童」的故事，獲《明報》及港台節目《新聞天地》等報導，分享他在過去一年的寄養旅程，記述他以耐心與關懷陪伴患有過度活躍症的童童，建立深厚情誼，充分展現寄養家庭在兒童成長中的重要角色。

較早前，P&G的母親節企劃亦以本社寄養媽媽李太為主角，透過shemom.com分享她40年來照顧14名寄養兒童的經歷。即使面對健康挑戰，李太仍堅守初心，持續為孩子提供關愛與支持，彰顯寄養家庭持久付出的愛與責任。

我們衷心感謝寄養家庭的無私付出，亦期望更多有心人士與家庭加入寄養行列，為孩子締造一個充滿關愛與希望的成長環境。



李太家中擺滿寵物的角落，見證她為寄養服務多年的付出。

回首寄養路 14+2 個孩子的「超人媽媽」

走進李太的家，最先感受到的，是一種溫馨而安穩的氣息。她一頭銀白的頭髮，在燈光下泛著柔和的光澤。臉上綻放著親切的笑容，那份溫暖讓人彷彿回到自己熟悉的家中。她忙著端上熱茶，又細心地切好水果，一切自然得像是家人之間的日常。

李太本身育有一對子女，但在過去 40 年的寄養生涯裡，她的愛從不曾停歇。她先後照顧了 14 個沒有血緣的孩子，對她而言，家中子女成員的名單從來不是 2 個人，而是 16 個人，每一個孩子，都被她同樣重視，在心中佔有同等的位置。

2026 Medical and Health and Medical Social Work Exchange Tour 2026醫療健康公益與醫務社會工作交流會

The "2026 Medical Health Philanthropy and Medical Social Work Exchange," co-hosted by China Philanthropy Times and Guangdong Social Workers Association, and organized by ISS-HK Guangdong Office, was held on 23-24 April. ISSHK arranged delegation visits to Heep Hong Society, Christian Family Service Centre, Hong Kong Children's Hospital etc, showcasing Hong Kong's diverse and professional "medical-social collaboration" in primary care, paediatric services, and rehabilitation.

Mr. Stephen Yau, Chief Executive of ISS-HK, attended the seminar held at Shenzhen Luohu Women and Children's Building and gave a speech to the attendants on 24 April 2026. Industry veterans from China's social welfare sector also attended and fostered deeper professional collaboration within the Greater Bay Area.

為推動全國醫務社會工作專業化發展，由《公益時報》社及廣東省社會工作師聯合會共同主辦，香港國際社會服務社(中國香港)廣東辦事處承辦的「2026醫療健康公益與醫務社會工作交流會」在4月23-24日順利舉行。

國際社安排到訪團實地走訪多個香港機構，包括協康會、基督教家庭服務中心、香港兒童醫院等，了解香港基層醫療服務、兒童醫療與康復訓練，見證了香港「醫社合作」的多元與專業。

國際社行政總裁邱浩波先生於4月24日出席於深圳羅湖區婦兒大廈舉行的座談會並致詞，中國社會工作聯合會副會長周冰先生及廣東省社會工作聯合會會長關冬生先生亦出席致辭，鼓勵大灣區醫務社工深度交流協作。



International and local media outlets cover Fitness Classes for Wang Fuk Court Residents 國際及本地傳媒採訪國際社安排的宏福苑居民健身班

The CBIC team organized fitness six classes for Wang Fuk Court residents in April to prepare them both physically and mentally for returning home to pack their belongings. The initiative was covered by I-Cable News and BBC News Chinese on 10 April and 21 April 2026, respectively. A colleague in charge of the programme, a frontline social worker, coaches, and residents were interviewed, highlighting the uniqueness and effectiveness of the fitness classes.

We are delighted that our work has been recognized by service users as reflected by a small gift and card received by the Headquarters from a resident at Wang Fuk Court in early May. We will continue to support residents during their transition to normality. 本社跨境及國際社會服務團隊於四月為宏福苑居民舉辦了6場健身班，讓居民可以身心都有充份準備回單位收拾物品。活動得到媒體注意，有線電視新聞及BBC(中文)分別於2026年4月10日及21日報導該活動，並訪問了負責同事、前線社工、教練及服務使用者，突顯健身班獨特而有效的支援。

我們在災後的支援工作亦獲得宏福苑居民認可，總部於5月7日收到來自宏仁閣居民的小禮物及心意卡。未來我們將持續支持居民，讓他們順利過渡這段艱難時期。



The 4th "Beyond Race & Cultural Show" 第四屆「Beyond Race 超越種族界限」活動



The HOPE Support Service Centre for Ethnic Minorities held its annual "Beyond Race" event at Kowloon City Plaza on 29 March 2026, combining a team-based competition with multicultural performances to strengthen social cohesion and foster mutual understanding across ethnic groups as well as local residents. The event was made possible with the full support of the Home Affairs Department.

The event attracted nearly 20 teams of participants from diverse ethnic backgrounds, including India, Myanmar, Nepal, Russia, and several African countries. Working in teams, participants visited various cultural landmarks across Hong Kong and Kowloon to complete tasks inspired by different countries and cultures, such as learning the Filipino Fish Folk Dance and trying Thai Pandan Leaf Basket Making. These interactive challenges offered a relaxed setting for participants to explore and appreciate cultural differences.

Apart from the competition, the event featured vibrant performances by 13 groups and over 120 performers, showcasing amazing acts such as the Bollywood fusion dance, Tari Gandrung from Indonesia, and Tamang Selo from Nepal.

HOPE 少數族裔支援服務中心於2026年3月29日舉行年度盛事「Beyond Race 超越種族界限」活動，結合團隊競賽及多元文化表演，促進少數族裔群體與本地市民之間的交流與共融，並獲民政事務總署全力支持。

今年活動吸引近20隊來自不同族裔背景的健兒參與，包括印度、緬甸、尼泊爾、俄羅斯及多個非洲國家。參加者以團隊形式走訪香港及九龍多個文化地標，完成各項融合不同國家特色的任務，例如學習「菲律賓漁民俗舞」（Filipino Fish Folk Dance）、體驗以班蘭葉編織泰式傳統籃子（Thai Pandan Leaf Basket Making）等，讓參加者在輕鬆互動的過程中加深對多元文化的認識。

除團隊競賽外，活動亦設有多元文化表演，共13隊逾120名表演者參與，帶來印度寶萊塢融合舞、印尼甘德隆舞及尼泊爾達芒族歌舞等，場面繽紛熱鬧。

Tseung Kwan O Cultural & Creative Day Tour 將軍澳文化創意一日遊

The ISSHK Shenzhen Nan Shan Centre organised a "One-Day Tseung Kwan O Cultural & Creative Day Tour" on 14 May 2026. On the day, participants first visited the TKO Heritage Post, where they learned about the development of Tiu Keng Leng and the local community from historical records. They then visited the Hong Kong Design Institute, where college instructors introduced the strengths and career prospects of their flagship disciplines such as architectural design, fashion design and digital media. A total of 33 cross-border parents joined the activity. The tour enhanced their understanding of the local community and knowledge of vocational and professional education in Hong Kong.



國際社深圳南山中心於2026年5月14日舉辦「將軍澳文化創意一日遊」，團員先到訪將軍澳風物訊，透過歷史記錄了解調景嶺的發展及社區文化；下午前往香港知專設計學院，在院校老師帶領下，深入認識建築設計、時裝設計、數碼媒體等王牌專業的行業優勢及就業前景。是次活動共33位跨境家長參與，除了加深認識社區外，也提升其對本地專業教育與發展的認知，掌握子女不同升學路徑的可能性。

Social Work Run 2026 2026 社工長跑



Organised by the Hong Kong Social Workers Association, the "Social Work Run 2026" was successfully held on 12 April. Our agency was one of the supporting organisations, with over 60 colleagues, family members, and service users representing us in the event at Ma On Shan Promenade to mark World Social Work Day.

Our team participated in the 5km and 3km individual races, 3km Fun Walk and 4x1km Team Relay. During the event, all participants gave their all, fully demonstrating the "running side-by-side" sportsmanship.

由香港社會工作者協會主辦的「同行共跑 - 社工長跑2026」已於4月12日順利舉行。本社是活動支持機構之一，當日超過60位同工、家屬及服務使用者代表本機構參加了馬鞍山海濱長廊的比賽，以響應世界社工日。

本社健兒分別出戰5公里個人賽、3公里個人賽、3公里同行漫步及4 × 1公里團體接力賽。比賽期間，所有參賽者均全力投入，充分展現「並肩同行」的體育精神。



The 35th Social Work Agencies Basketball Tournament 第三十五屆社工機構籃球賽



The finals of the 35th Social Work Agencies Basketball Tournament took place on 21 June 2026 at Southern Stadium. Mr Stephen Yau, Chief Executive of ISS-HK, delivered a speech as the Organising Committee Chairman and presented awards to the winning teams.

Spanning from last November to this June, the tournament featured over 170 matches involving 33 men's teams and 10 women's teams. ISS-HK fielded a men's team, while women staff members joined colleagues from other social welfare agencies to form a "Joint Girl's Team of HKCSS Agency Members," successfully advancing to the semi-finals. We extend our gratitude to all participating colleagues for their hard work and dedication, and for demonstrating excellent team work and sportsmanship.

第三十五屆社工機構籃球賽決賽賽事在2026年6月21日於修頓球場順利舉行。國際社行政總裁邱浩波先生以籌委會主席身份致詞，並頒獎予得獎隊伍。

整項賽事由去年11月至今年6月舉行，從小組賽到季後賽共33隊男子隊及10隊女子隊，參與超過170場賽事。國際社派出男子籃球隊參與賽事，女同工亦與其他社福機構同工組成「女子社聯機構會員聯隊」，更成功殺入四強。感謝各位同工努力參賽，揮灑汗水，發揮團隊和體育精神。

Name of Activity: The "Life Rider" Career and Life Planning Programme - Joint School Greater Bay Area Workplace Visit

Date: 16 May 2026

Location: BGI Genomics, Shenzhen, and The Chinese University of Hong Kong, Shenzhen

Brief description: The programme enabled 22 students to gain a first-hand insight into study pathways in the Greater Bay Area, as well as industry trends and career prospects. Participants visited BGI Genomics' office building, laboratories and facility, and toured the CUHK-Shenzhen campus to learn more about university life in the Mainland, broadening their horizons for future career planning.

活動名稱：《Life Rider》生涯規劃活動計劃 — 「職場大步走」聯校大灣區職場參觀

日期：2026年5月16日

地點：深圳華大基因、香港中文大學（深圳）

簡介：是次活動讓22位學生實地了解大灣區升學資訊、行業發展及職場前景。參加者先後參觀深圳華大基因的工作大樓、實驗室及其他設施，並到訪香港中文大學（深圳）校園，透過講解及導賞加深對內地大學生活的認識，拓闊生涯規劃視野。



Participants' testimonial 參加者感言：

"The most memorable part of this activity was visiting BGI Shenzhen, where I felt their strong research capabilities and professional environment. I was also deeply impressed by CUHK-Shenzhen's modern campus and atmosphere."

「今次活動最深刻的是參觀深圳華大基因，感受到其強大的科研實力和專業環境；同時亦對中大（深圳）的現代化校園及氛圍留下深刻印象。」

Name of Activity: Hong Kong Customs College Open Day

Date: 18 April 2026

Location: Hong Kong Customs College

Brief description: Cross - boundary and Intercountry Social Service organised the activity attended by 47 participants to deepen their understanding of the roles and functions of Hong Kong's disciplined services, including the efforts to combat drug-related crimes and safeguarding national security. Participants interacted with drug detection dogs, observed demonstrations of firearms and operational equipment under safety guidelines.

活動名稱：香港海關學院開放日

日期：2026年4月18日

地點：香港海關學院

簡介：跨境及國際社會服務安排47名參加者，深入了解香港紀律部隊的職責與功能，包括打擊毒品相關罪行及維護國家安全的工作。活動期間，參加者有機會與緝毒犬互動，又在安全指引及專業示範下，學習了有關槍械及各類行動裝備的知識。



Participants' testimonial 參加者感言：

Parent sharing:

"The activity helped my child and me to better understand the role and functions of Hong Kong Customs. In the future, I would also like my son to consider joining the disciplined services, and experiences like this help inspire his career interests."

家長分享：

「活動讓我和孩子認識香港海關職能，未來亦有意讓兒子考慮投身紀律部隊，這類體驗有助啟發孩子的職業興趣。」



Corner of Appreciation 「讚」不絕角

Who do you want to thank/encourage?
你想感謝/鼓勵的人是誰？

Why do you want to thank/
encourage him/her?
為什麼想感謝或
鼓勵他/她？

School Social Work and School Support Services
School Social Worker (Salesian English School): Ms May Tse
學校社會工作及學校支援服務 -
慈幼英文學校學校社工 謝淑媚姑娘

I would like to express my sincere gratitude to May for thoughtfully organising the "Lunchtime Fun Fair - Parents' Session: Fruit & Cream Cake -- Baking and Stree-Relief Workshop." It is never easy to attract parents to participate in activities arranged by school social workers, as these require extensive preparation and often take place on weekends. This workshop, however, received an enthusiastic response and was a great success, and it also helped to strengthen communication with parents.
我想特別感謝謝姑娘用心籌辦「午間同樂會 — 家長篇: 水果忌廉蛋糕 — 烘焙舒壓工作坊」，要吸引家長參與學校社工安排的活動並不容易，需要大量準備工作，社工同事亦往往要在週末進行活動。是次活動反應踴躍，非常成功，有利與家長溝通。

Referee: Ms Judy Lau,
Director of Programme,
School Social Work
and School Support Services
推薦人：劉惠敏女士
學校社會工作及學校
支援服務服務總監



Participants' Appreciation Quotes 參加者感謝語錄

Ms. Yu Ka Po:

"The arrangements were so thoughtful, and the instructor explained everything in detail. Everyone in the family loved my cake! I will definitely participate again if there's another event in the future!"

余家寶 女士：

「你安排好細心，導師又講解得詳細，大家都好開心！家人吃過蛋糕後，個個都讚不絕口！😊下次再有活動一定再參加！😊😊」

Ms Cheung Wan Ha

Thank you very much for arranging this activity for us. Both the children and parents were very well taken care of. We are deeply grateful.

張雲霞 女士：

「感謝妳安排活動俾我哋，小朋友及家長們都照顧得好好！❤️！萬分感謝！😊」

Ms. Yu Tsui Pik:

"I felt really satisfied being able to make my own cake, thanks to the instructor's clear explanations. It was a very memorable experience! The gifts and heartfelt cards you arranged for us truly touched me"

余翠碧 女士：

「見到自己親手整出嚟嘅作品，加上老師講解得清楚，真係好有滿足感。今日絕對是一個好難忘嘅經驗！你用心安排一連串禮物及心意卡，真的很感動😊」



有沒有哪一個國際社的團隊、同工或服務使用者，曾讓你倍感溫暖或深受啟發？誠邀你在這個全新專欄把內心的感謝，轉化為最實質的鼓勵與肯定！請即掃描QR Code寫下你的心意！

Has any ISSHK team, colleague or service user made a warm or inspiring impact on you? Use our new "Corner of Appreciation" Column to turn your thanks into meaningful encouragement and recognition. Scan the QR code to leave your note!



HOPE Interpretation and Translation Service Centre for Ethnic Minorities HOPE少數族裔傳譯及翻譯服務中心

Services Contents

- Telephone Interpretation
- On-site interpretation
- Sight translation
- Written Translation and Proofreading Services
- Simultaneous Interpretation
- Escort Service

(Service hours may vary according to service.
Please contact us for details.)

Service target

- Ethnic Minorities Individuals
- Government Bureaux / Departments
- NGOs, Schools and other Public Service Providers

The Interpretation/Translation languages

The Centre provides services to the following seven languages and English:

- | | |
|--------------------|-----------|
| • Bahasa Indonesia | • Punjabi |
| • Bengali | • Tagalog |
| • Hindi | • Urdu |
| • Nepali | |

Fees

Free of charge services:

- Services requested by service users:
Escort and onsite interpretation
- Sight Translation
- Telephone Interpretation

(Charges apply to other services. Please contact us for details.)

Service hours

Centre Operation:

- Monday 9am - 6:30pm
- Tuesday - Friday 9am - 9pm (except Public Holidays)



服務內容

- 電話傳譯服務
- 即場傳譯服務
- 視譯服務
- 筆譯及校對服務
- 即時傳譯服務
- 陪同服務

(各服務設有指定時段，詳情請聯絡本中心。)

服務對象

- 少數族裔人士
- 政府決策局/部門
- 社福機構、學校及其他公共服務提供者

傳譯/翻譯語言

中心提供以下七種語言及英語服務：

- | | |
|--------|--------|
| • 印尼語 | • 旁遮普語 |
| • 孟加拉語 | • 他加祿語 |
| • 印度語 | • 烏爾都語 |
| • 尼泊爾語 | |

收費

以下服務免費提供：

- 由服務使用者提出之陪同及現場傳譯服務
- 視譯
- 電話傳譯

(其他服務將收取費用，詳情聯絡本中心。)

服務時間

中心開放時間：

星期一：上午9時至下午6時30分

星期二至星期五：上午9時至晚上9時(公眾假期除外)

Words from Programme Director

服務總監的話

The HOPE Interpretation and Translation Service Centre for Ethnic Minorities officially commenced service in December 2025, as a key initiative under the 2025 Policy Address. The Centre represents a significant step forward in addressing the language barriers faced by ethnic minority communities in Hong Kong. It provides interpretation and translation services in English and seven minority ethnic languages, as well as a Rolling Translated News service to help the community stay informed of local developments.

We sincerely thank the Home and Youth Affairs Bureau and the Home Affairs Department for their continued trust and support and also appreciate our team's professionalism and dedication. Looking ahead, we will continue to strengthen collaboration with stakeholders and community partners to enhance minority ethnic-friendly services.

HOPE少數族裔傳譯及翻譯服務中心於2025年12月正式投入服務，作為《2025年施政報告》下的重要措施之一，標誌著香港在回應少數族裔社群語言需要方面邁出重要一步。中心提供英語及七種少數族裔語言的傳譯及翻譯服務，以及「翻譯新聞服務」，協助社群掌握本地資訊。

我們衷心感謝民青局及民政總署一直以來的信任與支持，亦感謝團隊同工的專業與投入，未來將繼續與各界攜手推動少數族裔友善服務，共建更共融和諧的香港。



Mr. James Suen
孫樹邦

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