

Exam Broadband 2777 1112

「公考寬頻2777 1112」計劃



Not facing pressure alone

In our collective memories we share the agony and stress of late night study, exams and either the joy or disappointment of results.

“Exam Broadband 2777 1112”, a counselling project for Form 5 and 7 students, was launched in 2001 with the aim to organise a wide range of tailor-made services to support students who face the pressures of public examinations. In 2011, hotline and online counselling, talks and a guidebook were promoted.

The way these services were delivered included:

- **i menu:** an online study resource guide, mock exam papers, an A-level mark calculator and mock interviews
- **i search:** an online search for government recognised self-financing associate degree and higher diploma programmes
- **i support:** providing MSN and Facebook counselling services

In total, around 7,915 students benefited from this project.



並肩克服應試壓力

這是我們絕大多數人的青春集體記憶：挑燈夜讀、疾筆答卷、收到成績單後或笑或淚……

「公考寬頻2777 1112」計劃自2001年推展，為會考及高考生提供升學及情緒輔導支援服務。於2011年度，除了舉辦升學講座及出版放榜刊物外，更於放榜期間加強輔導服務，全面支援高考生的需要，協助他們為前路作出理想的抉擇。

計劃更推出網上的服務，為考生提供快捷便利及全面的支援，包括：

- **i menu:** 開設網上互動學習平台，搜羅各科模擬試卷，設計高考計分器；另舉辦模擬面試工作坊，提升考生面試技巧。
- **i search:** 於網頁提供搜尋器，方便考生找出獲政府評審的自資專上課程。
- **i support:** 為考生提供MSN及Facebook等網上輔導服務。

本年度共有近 7,915位學生於上述服務中獲得支援。



“Exam Broadband service provides us direction and emotional support to overcome challenges.”

Hiu-tung, F.7 student

「『公考寬頻』的服務為我們提供了方向，使我們學懂如何面對前路的挑戰，壓力得以舒緩。」

中七高考生 曉彤

Collaborating Organisations

Vocational Training Council, HKU SPACE Community College, Hong Kong Community College, The Hong Kong Polytechnic University, The Hong Kong Educational Publishing Company, Pan Lloyds Publishers Ltd.

合作機構

職業訓練局、香港大學附屬學院、香港理工大學香港專上學院、香港教育圖書公司、樂思教育出版有限公司

HSBC Volunteer English Teaching Programme

滙豐銀行外籍太太英語教學活動



Speak English with confidence

On a Wednesday afternoon at a school in Tin Shui Wai, a group of expat wives go to their respective classrooms as usual, and start telling stories to the students gathered around, who are totally absorbed to the tales in English...

Mrs. Camay Wong, wife of Mr. Peter Wong, Chief Executive of HSBC, Asia Pacific, has always hoped to motivate the Bank's senior executives' wives to do voluntary work in the community. Since December 2010, under the coordination of Mrs. Laurie Constantinides, an experienced teacher and an HSBC spouse, some 20 other women join her in the journey from Central to HKFYG Lee Shau Kee Primary School in Tin Shiu Wai on Wednesdays to tell English stories and conduct interview skills training with students.

This programme provides students with extra opportunities to interact with native English speakers. So far, over 200 students have participated, becoming more confident and eager in their abilities to communicate and understand English.



提升說英語的自信心

一個星期三下午，一群外籍太太浩浩蕩蕩地走進天水圍一所小學裡，找到各自的教室後，便像往常一樣開始說起故事來，圍著她坐的學生都沉醉在有趣的英語世界裡……

滙豐銀行亞太區行政總裁王冬勝太太吳金薇女士一直希望，該行一班外籍高級行政人員的太太能為香港社區提供義工服務。自2010年12月起，在她的推動及擁有豐富教學經驗、本身亦為該行員工外籍太太的

Mrs. Laurie Constantinides 統籌下，約20位外籍太太逢周三由中環走到天水圍，為香港青年協會李兆基小學的學生說英語故事及進行英語面試技巧訓練。

這計劃為學生提供更多與外籍人士溝通的機會。全校已有逾200個學生參與其中，他們說英語的信心得到提升，亦變得主動地與外籍人士以英語溝通。



"The HSBC Volunteer English Teaching Programme has been beneficial for us all: many of my volunteers say that this is one of the best experiences they have had in Hong Kong, and the children benefit because it is immersion for them as we do not speak Cantonese. I am so proud of what we are accomplishing and I love to see the children's smiling faces. I am committed to running this programme for as long as I live in Hong Kong."

Mrs. Laurie Constantinides, Programme Coordinator

「滙豐銀行外籍太太英語教學活動讓所有參與者獲益良多：很多義工都表示這是她們在香港最美好的經歷之一；而因我們都不懂說廣東話，學生都因必須與我們說英語而沉浸在全英語的環境中。我喜歡看到學生的笑臉，並為我們所成就的而驕傲。只要我仍在香港，我都會繼續全情投入推行這個活動。」

活動統籌 Mrs. Laurie Constantinides

Supporting Organisation

The Hongkong and Shanghai Banking Corporation Ltd.

支持機構

香港上海滙豐銀行有限公司

Stationing School Social Work Services for Kindergartens/Nurseries

幼稚園/幼兒園駐校社工服務計劃



Caring for the emotional well-being of children

Some children are too shy to participate in group games, while others get easily worked up. When things go wrong, these small eyes brim with tears, as these young children struggle with their emotions.

With funding support from the Bank of China (Hong Kong), both Ching Lok Kindergartens hired a half-time social worker to provide two-year stationing school social work services from the 2011-12 school year, with the aim of enhancing the emotional management skills of children, parents and teachers.

The school social worker collaborates with teachers to organise educational activities to help children understand their feelings and deal with their emotions. Child-centred play therapy is provided to children with specific emotional or behavioural problems. Apart from counselling and consultation services, the school social worker also offers structured parent education programmes to assist parents.



關注幼兒情緒健康

有些小孩子害羞得很，集體遊戲時常常躲起來；有些則容易情緒高漲，動不動就亂跑亂跳；一旦出了亂子，小眼睛便霎時變得淚汪汪，只因小孩子也需要宣洩個人感受。

在中銀香港贊助下，青協兩間青樂幼稚園由2011-12學年開始，各聘請了一位半職社工，提供為期兩年的駐校社工服務，旨在提升幼兒、家長和老師處理情緒的技巧，為幼稚園建立一個全面的關愛支援網絡。

駐校社工工作包括與老師合作，為幼兒提供認識情緒和學習控制情緒的教育活動，同時為有特定情緒和行為問題的幼兒進行遊戲治療。除輔導及諮詢服務外，社工亦提供系統性的家長教育活動，用以提升家長管理情緒的技巧。

"I am happy that the social worker listened to my problems, which made me feel relaxed. Her suggestions provided me with direction to solve my problems."

Parent of a K3 student

「很開心社工傾聽我的煩惱，令我可以放鬆，並提供一些建議，讓我找到解決的方法。」

K3 學生家長

Sponsor

Bank of China (Hong Kong) Ltd. – "Caring Hong Kong – A Heart Warming Campaign"

贊助機構

中銀香港暖心愛港計劃

