



ARMY SCENE 軍信

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擺脫隱閉陰霾
重上職場

Youth stepping out of cocoon
and rejoining society

耶穌又對眾人說：「我是世界的光。跟從我的，就不在黑暗裡走，必要得著生命的光。」(約翰福音 8章12節)

When Jesus spoke again to the people, he said, "I am the light of the world.

Whoever follows me will never walk in darkness, but will have the light of life." (John 8:12)



三十而立，立甚麼？ What have I established at 30?

30 歲是一個怎樣的年紀？在搜尋引擎輸入「30 歲」，隨之出現「30 歲 轉行」、「30 歲 人工」、「30 歲 儲蓄」、「30 歲 單身」……這些疑惑，彷彿看到一個 30 歲的人該有的模樣：有一份穩定又收入不俗的理想工作、有一定積蓄、踏入婚姻甚至生兒育女。按照這個約定俗成的社會標準，三十而立之年，你對你所立的又滿意嗎？

對於上述人生框架，不論你點頭稱是，抑或一笑置之，我們都不能否認，人生應該有些事物值得我們努力追尋；然而是否要跟隨固有框架，又或為目標設限，你和我的答案都不盡相同，因為生命最美麗的，正是擁有無限可能。

「三十而立」來自孔子的《論語·為政》，指他在這個時候做事合於禮，言行都很得當；這種自我覺醒的「立身」意識，確立自己的德行修養，比起後人忙著「立業」、「立家」更有深意。今期封面故事主角 Kenny，在快將踏入 30 歲時，雖然距離成家立業仍然很遠，但生命的大逆轉，讓他找到了自己的位置，做到一個有承擔的人，這個成就同樣難能可貴。●

What does it like to be 30 years old? At this significant point in life, many will think about things like whether to change jobs, how much should one earn, how much should one have in savings, or is it ok to stay single. In society, there seems to be an ideal standard that people agree on: having a stable, well-paid and ideal job, having some savings, having been married, or even having children. Do you live up to this conventional social standard? Are you satisfied with what you have established at the age of 30?

Whether you agree to the above convention or just laugh it off, we cannot deny that in life there are always things worth pursuing for. There are no definite answers of what kind of life we should lead, but one thing is certain – the beauty of life lies in the infinite possibilities of it.

'At the age of thirty, I established myself.' This saying comes from the politics section of The Analects of Confucius. It points out that at this age one should behave with propriety and speak correctly. Such self-awakening 'establishment' affirms one's moral self-cultivation, which weighs so much more than being busy with 'establishing a career' or 'establishing a family' as the later generations do. The Cover Story features Kenny, who may still have a long way to go from establishing his career and family, but as his life turned around, he found his position and has become a responsible man, which is indeed an invaluable accomplishment. ●

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▲ Kenny (左三) 透過「師徒計劃」入職當烘焙員，得到生命導師 Alex (左二)、師傅 Vincent (右二) 及救世軍教育及就業服務高級主任羅偉業 (Tony Sir) 的啟迪，今年 7 月獲得晉升，指導新人兼計劃師弟 Brandon (右一)。Through the 'Mentorship Scheme', Kenny (3rd left) starts working as a baker. Under the guidance from his life instructor Alex (2nd left), workplace mentor Vincent (2nd right) and the Salvation Army Education and Employment Service Supervisor Tony, Kenny got promoted this July and started guiding Brandon (1st right), his junior in the Scheme and a newcomer of his workplace.

擺脫隱閉陰霾 重上職場

Youth stepping out of cocoon and rejoining society

出糧請家人飲茶對很多人來說是正常不過的事，但對朱少雄 (Kenny) 而言，卻是人生中一個重要的突破。29 歲的 Kenny 曾長時間隱閉在家，九年來沒有任何工作，每天靠上網度日；家人看在眼裡雖不是味兒，卻因兒子嚴重的社交恐懼症，他們對這情況也無從入手。直至接觸到救世軍「E.A.S.Y. Job 青年師徒計劃 (師徒計劃)」，Kenny 成功「脫隱」重返職場，在烘焙界找到志向，更尋獲與人相處的自信。

Treating family to a meal after payday may be common for many people, but for Kenny, it is a significant breakthrough in his life. The 29-year-old has cocooned at home without working over the past nine years, spending every single day surfing the Web. His parents, despite feeling downhearted about their son's severe social phobia, did not know how to help the situation until they found The Salvation Army 'E.A.S.Y. Job: Mentorship Scheme for Youth' (Mentorship Scheme), a program that helped Kenny stepping out of his cocoon and rejoining the society. Today, Kenny has found his aspiration in the bakery industry and gained confidence in getting along with other people.



▲高級烘焙員 Vincent (中) 貼身指導 Kenny (右一) 的實習工作。Senior Baker Vincent (middle) works closely with Kenny (1st right), giving him guidance in the job training.

恐懼社交成隱青

「以前見到人會好緊張，好大壓力……」Kenny 一再道出過往對社交的恐懼；這份恐懼源自於中學時期被同學排擠，由於當時得不到適當支援，使他漸漸封閉自己。不幸地，他更患上「廣場恐懼症」，每當身處人多擠迫的環境就會感到恐慌，後來他連踏出家門也得花上巨大的勇氣，結果除了上學，大部分時間就只躲在家中。

中學會考後，Kenny 因為成績欠佳未能繼續升學，也缺乏動力尋找工作，有九年時間都是在家上網度日。Kenny 說：「天天上網漫無目的，很悶又沒意義，家人間也會冷言冷語，久不久又吵架，心情其實很低落。」可是一想到上班要面對陌生人，心裏隨即打了「退堂鼓」。後來雖然有朋友介紹工作，他卻因無法適應與同事相處，在不足一個月內便自行離職。

重新探索自我

去年，Kenny 從家人帶回家的宣傳單張接觸到救世軍「師徒計劃」，令他萌生改變的念頭，最後鼓起勇氣報了名；意想不到地，這個決定為他帶來全新的經歷和視野！在培訓課堂裏，Kenny 重新學習溝通技巧，認識如何跟不同性格的人相處；計劃又安排了「生命導師」和社工，陪伴他從新認識自我，並協助他探索生涯規劃，

Cocooning because of social phobia

'I used to feel very nervous and stressed about meeting people...' Kenny recalled his experience of social phobia. It originated from the days when he was being excluded from his classmates in secondary school. With no appropriate support obtained at that time, he gradually shut himself in and was later diagnosed with agoraphobia, a condition that made him terrified whenever he found himself in a crowded place. Eventually it had to take him a great deal of courage just to step out of his home. As a result, other than going to school, he kept himself hidden at home most of the time.

Kenny did not do well in his secondary school certificate examinations and was not able to continue his studies. Lacking motivation to find employment, for the next nine years he spent his days surfing the Web at home. 'Web surfing every day without a purpose is boring and meaningless. Sometimes my parents would say something sarcastic to me and I would talk back, but deep down I actually felt rather bad,' said Kenny. However, when he thought about having to deal with strangers at work, he would cop out right away. Even though his friends occasionally referred him to different jobs, Kenny found it difficult to fit in and get along with his colleagues, so he has not stayed in any job for more than a month.

Rediscovering self

Last year, Kenny's family brought him a leaflet about The Salvation Army 'Mentorship Scheme', which made him change his mind and finally summoned the courage to enroll into the



▲得到師傅和同事鼓勵，Kenny 逐漸掌握當烘焙員的所需技能，同事間的關係也變得融洽。Encouraged by his mentor and colleagues, Kenny gradually masters the necessary skills as a baker. He also gets along well with colleagues.

然後將所學知識於職場實踐。經過面試和工作配對，他成功入職 BreadTalk Concept Hong Kong Limited 任職「初級烘焙員」，跟「師傅」由零開始學做麵包。

問到何以想做烘焙員，Kenny 露出孩子般的笑容說：「因為我喜歡吃，自己做就更開心！」原來在自我探索過程中，他記起以前在家做蛋糕的愉快經驗，發現很享受親手製作的滿足感。當然，在現實職場裏，有熱誠只是基本條件，Kenny 還要跟足「師傅」要求，學習準時、整潔兼眼明手快，早上「密密手」完成百多盆麵包後，下午隨即要準備翌日所需餡料，放工前還要抓緊時間清潔好廚房，幾乎每分鐘都沒有浪費。

於職場重建人際關係

上述這位貼身指導 Kenny 的「師傅」，正是 BreadTalk 高級烘焙員陳駿威 (Vincent)。在 Kenny 入職至今近兩年裏，Vincent 循循善誘，耐心指導他成為獨當一面的專業烘焙員。看到他的轉變，對 Vincent 來說是參與計劃的最大得著：「記得他剛入職時，只會用單字回應別人，甚至幾乎不說話，



▲Alex 是貿易公司老闆，他表示擔當生命導師令他變得更「貼地」，不再用「老闆」眼光看待青年人；跟他們成為朋友，反而更明白他們的需要。Alex, a trading company owner, says being a life instructor has made him more 'down-to-earth'. He no longer looks at young people from a 'boss's perspective'; rather, he becomes their friends and understands their needs even more.



▲「師徒計劃」為 Kenny 及弱勢青年人提供一星期職前啟導課程，為接下來的實習做好準備。The 'Mentorship Scheme' provided one-week pre-employment induction training to Kenny and other disadvantaged youths, equipping them for the job training that followed.

scheme. To his surprise, this decision brought him completely new experience and perspective. In the training sessions, Kenny took up communication skills again and learnt how to get along with people with different personalities. In addition, a 'life instructor' and social worker were arranged for Kenny through the Scheme to help him discover his own self, explore his life plans and apply his newly acquired skills in the future workplace. After going through interviews and job matching, he got an offer from BreadTalk Concept Hong Kong Limited, working as 'Junior Baker' in a branch where he learnt to make bread from scratch from his workplace mentor.

When asked why he wanted to be a baker, Kenny beamed like a child, 'It's because I like eating bread. It's more fun if I make it myself!' Encouraged by the Scheme, Kenny worked on finding out his true passion and the pleasant experience of cake-making once he had at home came to his mind, making him realise how much he enjoyed the sense of satisfaction from baking. Of course, having passion is not enough for things to work out in the real workplace - Kenny must adhere to the standards set by his mentor, i.e. punctuality, tidiness and cleanliness, sharp eyes and quick hands. Now the young man manages to make over a hundred trays of bread non-stop in the morning, then prepare for the next day's filling right in the afternoon, and clean up the kitchen by the end of the day - literally not a minute is wasted!

Start building interpersonal relationships in the workplace

Vincent, Senior Baker of the BreadTalk Shop, is Kenny's workplace mentor who works closely with him. Since Kenny

對於他能否明白我的意思，我只能『估估吓』；及後我清楚向他指出應有的應對技巧，他也願意改變。」

更令 Vincent 欣慰的是，Kenny 日漸敞開心窗，與同事打成一片，下班一起吃飯，談打機、談喜歡的動畫，人際關係有了 180 度轉變！Kenny 也感受到「師傅」給予的無比耐心，故願意認真學習。現在每當遇到工作上的難題，都會想辦法自己解決，讓 Vincent 很放心把工作交給他。因為在工作上有良好表現，今年 7 月他更獲得晉升，基本工作以外更擔當小師傅指導新人！

成就生命轉變

不只協助弱勢青年尋找工作機會，更重要是為他們帶來生命轉變，所以計劃會邀請富經驗人士擔當生命導師，麥仲威（Alex）是其中一位合作無間的伙伴。於貿易市場拼搏多年，深明溝通之道的 Alex 樂於向 Kenny 及其他青年學員分享箇中秘訣，他坦言：「協助青年人改善溝通能力是重要一環，溝通不是 Common sense（常識），要有良好的溝通是需要學習的；許多青年人與 Kenny 一樣，他們需要學習和實踐的機會。」

joining the shop two years ago, Vincent has been giving his mentee step-by-step guidance, patiently guiding him to become a professional baker who can work on his own. For Vincent, seeing the changes in Kenny has been the greatest reward for taking part in this Scheme. 'When he started working here, he would only respond with single words or even hardly speak. I could only guess whether he understood what I meant. Later, I clearly instructed him on how to respond properly, and he was willing to change.'

It is even more gratifying for Vincent as he sees Kenny slowly open his mind and start mingling with his colleagues. After work, they have dinner together and talk about video games and their favourite animations, which is indeed a 180-degree change for Kenny! Feeling the incredible patience given by his mentor, Kenny is willing to take heart in his learning, and if there is a problem at work, he will take the initiative to solve it by his own, which allows Vincent to know that he is worth counting on. Because of his good work performance, Kenny was promoted this July. On top of his basic duties, he now acts as a little mentor for new staff!

Bring about life transformation

The Scheme not only helps the disadvantaged youths to seek job opportunities, but more importantly it can bring changes to their lives. Hence, the Scheme invites experienced persons to act as life instructors. Alex is one of our close partners. Having been working in the trading market for years, Alex knows full well the way of communication and takes delight in

關心有助建立良好溝通關係，Kenny 接納了 Alex 建議，現在會關心家人，又主動找聊天話題，家庭成員間的關係變得緊密了。Kenny 珍惜這份喜歡又穩定的工作，能夠「自給自足」之餘，又能回饋家人，「會請他們飲茶，又會給家用，這也是我的動力，亦代表着我有承擔。」Kenny 滿足地說。●

sharing some useful tips with Kenny and other young trainees. Alex admits, 'it is requisite to help young people improve their communication skills. Good communication is not common sense, but a skill to be acquired through learning. Kenny and many young people alike need the opportunities to learn and put such skills into practice.'

Genuine caring helps to enhance good communication and relationships. Kenny took Alex's advice and now he knows how to show his care about his family and open conversations with them. Now the family has a much stronger bonding. Kenny treasures this stable job that he likes. Not only can he become self-reliant, he can also repay his family for their support. 'I will treat them to yum-cha and I can bring home some money. Being able to do these gives me motivation and it is a symbol of my capability of taking responsibility', said Kenny, satisfied. ●

關於救世軍「E.A.S.Y. Job 青年師徒計劃」 E.A.S.Y. Job: Mentorship Scheme for Youth

對象為 15 至 29 歲在過去一年沒有全職工作經驗超過 3 個月的青年人。透過一星期職前啟導課程及 3 個月有薪全職見習就業工作，由三方面專業人士為青年人提供支援：富有經驗的公司資深職員會擔任師傅，在工作上作出指導；生命導師會擴闊他們的視野，帶領青年人探索生涯規劃；救世軍社工的專業輔導及一系列職前啟導課程，助提升他們的就業力和自信心。三方攜手，讓青年人能裝備自己，達至持續就業，自力更生的目標。



▲ 計劃幫助青年人提升自信，加強對生涯規劃的意識。The Scheme helps young people improve their confidence and enhance their awareness of life planning.

The Scheme serves young people aged 15 to 29 who have less than three months' full-time employment experience over the past year. Consisted of a one-week pre-employment induction training and three-month full-time paid training, the Scheme provides support to young people in three aspects by professionals including experienced senior staff members of corporates as mentors to provide guidance at work; life instructors that encourage young people to broaden their horizons and guide them to explore their life plans; and Salvation Army social workers who conduct professional counselling and a series of pre-employment induction training to help boost the young's employability and confidence. This three-fold collaboration equips the young to achieve sustainable employment and self-reliance.



01

- ▲ 01. 參與計劃的「師傅」及「生命導師」會由救世軍社工作培訓支援。
'Mentors' and 'life instructors' participating in the Scheme will receive training and support from Salvation Army social workers.
- 02. 計劃與不同公司合作，為青年人提供寶貴的實習機會。
The Scheme works with various corporates to provide valuable job training opportunities for young people.

02

首屆粵港澳融合教育論壇

First Guangdong-Hong Kong-Macau Inclusive Education Forum

於11月6日及7日舉行的粵港澳融合教育論壇以「和而不同——融合教育理論與實務前瞻」為主題，集合超過200名來自三地的融合教育學者、專家及教師分享專業意見，並邀請學者專家進行專題演講，同時就融合教育理論及實務專業等範疇交流心得。



The first Guangdong-Hong Kong-Macau Inclusive Education Forum themed 'Harmony in Diversity - Prospects of Inclusive Education Theory and Practice' was held on 6 and 7 November. Over 200 inclusive educationalists, experts and teachers from Hong Kong, Macau and Guangdong attended. Scholars were invited on the occasion to deliver keynote speeches and exchange their experience on inclusive educational theory and professional practices.

長者創意 3D 產品參展

Seniors showcasing innovative 3D-products in exhibition

來自救世軍「耆才拓展計劃」的長者學員把科技結合日常經驗，運用3D打印技術，創作適合獨居長者的小發明。今年，他們再度參與由香港社會服務聯會舉辦的「樂齡科技博覽暨高峰會2019」，展出適合用於客廳、浴室、睡房、運動四方面的新發明，滿足獨居長者的生活需要。



In The Salvation Army 'Senior Citizens Talent Advancement Project', senior members use their own daily life inspiration to create little inventions with 3D printing technology for elders living alone. This year, they participated again in the Gerontech and Innovation Expo cum Summit 2019 (GIES) organised by The Hong Kong Council of Social Service (HKCSS)

to showcase their new inventions focusing on the daily needs of elderly living alone that can be used in living room, bathroom and bedroom and during exercise.

大灣區青年義工體驗

Greater Bay Area youth volunteer experiences



救世軍(澳門)教育中心於9月29日舉行「愛·共融」大灣區青年義工體驗嘉許禮。50名18至35歲的澳門青年義工先後於澳門、香港及佛山學校交流，為當地有特殊學習需要(Special Educational Needs, SEN)的學童提供支援，包括訓練他們自理及專注力，學習遵守課堂秩序等。是次計劃希望啟發青年服務社區，在大灣區宣傳共融的訊息。

Morning Light 2019 Volunteer Programme Award Presentation Ceremony was held by The Salvation Army (Macau) Education Centre on 29 September. 50 young volunteers from Macau aged 18 to 35 attended the programmes in Macau, Hong Kong and Foshan to provide support for local students with special educational needs (SEN), such as self-care and concentration training and classroom discipline training. This Project aims to inspire young people to serve the community and promote the message of inclusive education in the Greater Bay Area.

照顧者月電影欣賞會

Carer Month Film Screening

為響應「照顧者月」，救世軍護老者協會於10月28日舉辦電影《淪落人》欣賞會。電影以寫實、溫情及幽默方式，道出照顧者的苦與樂，引發在場200多位參加者的共鳴；他們在活動中踴躍分享感受，互相勉勵及支持，度過一個充滿溫情的早上。

In response to 'The Carer Month', The Salvation Army Carer's Association held the film screening of *Still Human* on 28 October. The film gives a realistic and yet heartwarming and humorous portrait of the daily life of a carer. Finding the challenging and warm moments described in the film truly relatable, over 200 audiences were



keen in the sharing session and all of them enjoyed a warm morning with their morale lifted.

蘇屋邨深度遊

Explore So Uk



▲ 救世軍「滿FUN蘇屋人—深水埗新屋邨社會資本發展計劃」不時舉辦屋邨導賞團，由舊街坊帶你「慢」遊蘇屋邨。The Salvation Army 'So Uk Estate Capital Development Project' organises guided tours from time to time. Participants will be led by old residents to explore the Estate.

香港公共屋邨歷史悠久，承載香港人的回憶，隨着社區重建，一些舊屋邨也重建成為新屋邨，以往歷史及人情味漸漸消失，新舊住客亦面臨適應新邨的問題。為此，救世軍「滿FUN蘇屋人—深水埗新屋邨社會資本發展計劃」不時舉辦屋邨導賞團，帶你「慢」遊蘇屋邨，重新認識該邨的典故及小故事。

導賞團由計劃社工及蘇屋邨舊邨民帶領，共分兩條路線，一條是以介紹及走遍深水埗區內的社區設施為主，為邨內居民而設。另一條路線以邨內導賞為主，對新街坊及公眾人士介紹屋邨保留的特色及文物，例如「蘇屋三寶」——「白屋仔」、「燕子亭」及金漆大門牌，以及文物徑，舊街坊又會分享以前的生活軼事及趣聞，例如有不少明星在蘇屋邨成長；此外，曾有車輛發生意外，撞進民居等，讓參加者進一步認識這條多姿多彩的屋邨。

該計劃除了推行導賞團外，街坊義工亦會每個星期定期擺放街站，每次均有不同主題，如兒童角及湯水派發等。導賞團及街站等活動推出以來，慢慢凝聚了一班新舊街坊，讓他們建立歸屬感及蘇屋情，也讓公眾人士重新認識蘇屋邨的歷史。

This history of public housing estates in Hong Kong has been long, and for many Hongkongers, these estates have been the great source of memories. In recent years, many old housing estates have been redeveloped in the urban renewal project. A lot of history and bonds among neighbours faded during the process and both old and new residents have to adapt to living in the refurbished estate. For So Uk Estate, one of the redeveloped estates, The Salvation Army 'So Uk Estate Capital Development Project' organises guided tours from time to time, which introduce people to the history and stories of the Estate.

Led by the Project social workers and residents of the old So Uk Estate, there are two tours to offer: the first one is specially designed for the residents, which focuses on community facilities within the Shamshuipo district. Another one is a walking tour in the Estate, introducing to new residents and the public the preserved characteristics and relics of the Estate, such as the 'Three Treasures of So Uk' – the Little White Shed, Swallow Pavilions and the gold-painted estate entrance portal, and a heritage trail. As tour guides, old residents will share interesting happenings and stories about their life in the old days during the tour, such as the stories of the celebrities that grew up in the Estate, or the accident of a car crushing into a resident's flat. Participants get to learn more about the colourful history of the Estate.

The Project not only launches guided tours. Every week fellow volunteer residents also set up a themed booth in the Estate, such as children's corner and soup giving. These guided tours and themed booths gradually bring the new and old residents together, allowing them to build a sense of belonging and connection for So Uk, at the same time allowing the public to rediscover the Estate's history from a new perspective.

▲ 導賞團帶新街坊認識深水埗社區。Guided tours lead new residents to go around the community of Shamshuipo.



▲ 新舊街坊因為導賞團而成為朋友。Old and new residents become friends through the guided tours.



▲ 街坊定期擺放街站，與居民聚首一堂。Fellow neighbours set up booths regularly as an occasion for residents to meet up.

蘇屋精神

So Uk Spirit

導遊之一的蘇屋邨舊街坊關瑞欽（關仁）在該邨生活超過50年，於導賞過程中分享不同的蘇屋點滴，猶如一本活生生的歷史故事書。當中他最懷念及自豪的是蘇屋邨民互相幫助的精神。故此，當蘇屋邨重新入伙後，為幫助新舊住客適應，關仁二話不說加入導賞團義工行列，發揮互助互愛的蘇屋人精神，給更多人認識該邨：「我不怕辛苦，只要社工需要我，我就會去幫忙。最開心是能透過導賞團讓新住客、參加者認識及喜歡這條邨，新住客住得開心，我也開心！」

Kam Shui-yum, an old resident of So Uk Estate, is one of the tour guides. Having lived in So Uk Estate for over 50 years, Kam, a living chronicle of the Estate, has many So Uk stories to share in the tours. What he finds most memorable and proud of is the spirit of mutual help and love of the So Uk residents, and out of this So Uk spirit, Kam is more than happy to join the volunteer tour guide team to help both new and old residents to adapt to living in the new environment, as well as to help more people know more about the Estate, 'I don't mind the trouble - whenever the social workers need me, I will go help. I'm happiest when I see new residents and participants learn more about and like this Estate. When new residents find themselves happy living here, I am happy too!'

導賞團報名及查詢

Guided tour enrolment and enquiry

☎ 3586 3096

✉ pic-ursst@ssd.salvation.org.hk



導賞語言：廣東話
Language: Cantonese



▲ 舊街坊關瑞欽（關仁）希望透過導賞團，讓參加者認識蘇屋邨及蘇屋精神。Old resident Kam Shui-yum hopes that the participants can get to learn more about So Uk Estate and the spirit of So Uk through the guided tours.



▲ 救世軍田家炳學校舞蹈組每星期努力排練。The Salvation Army Tin Ka Ping School dance groups practice hard every week.

舞出自信與成就

Dancing nurtures confidence and sense of achievement

反覆練習 力求完美

訪問當日，低舞組及高舞組的成員正積極地為即將舉行的沙田區舞蹈比賽作準備。低舞組跳朝氣勃勃的景頗族舞蹈；而高舞組則跳華麗的彝族舞。兩支舞蹈的編排皆要求成員高度配合，默契十足。「因為是與同學合作的大型舞蹈，所以在走位及配合上會有困難，需要互相遷就，在走位上要預留空間及『度位』，很講求默契。這時候，我們會多加練習，務求彼此能準確無

下課後，一班小學生在救世軍田家炳學校的舞蹈室排練。他們分成兩組 - 低年級舞蹈組（低舞組）及高年級舞蹈組（高舞組），穿著華麗的衣服，跳著喜氣洋洋的中國舞。細心留意，會發現這班舞蹈組成員有男有女，與一般學校傳統的全女班不同。

After school, a group of primary school students practise dancing in the dancing room of The Salvation Army Tin Ka Ping School. Divided into two groups, Lower Primary Dance Group (LPDG) and Upper Primary Dance Group (UPDG), the students are doing joyful Chinese dance in their gorgeous costumes. If you look carefully, you will notice these groups, unlike the usual all-girl dance groups, consist of both boys and girls.

Strive for perfection

On the day of the interview, members of both LPDG and UPDG were busy rehearsing for the upcoming Sha Tin District Dance Competition, where the LPDG was to perform an energetic Jingpo dance, and the UPDG an elegant Yi dance. These two dances are so choreographed that they demand high levels of cooperation and understanding among the dancers. 'Because it's a large-scale dance that we all have to work together, stage positioning and coordination is challenging. We need to make room for one another as we move around and be in the right position

誤地互相配合。」高舞組的四位成員李海悠、陳思睿、鍾苑棋及王元哲不約而同道。

此外，中國舞蹈有很多高難度動作，如掃腔腿、翻身等，均要不少時間去練習。四位成員除了在學校排舞外，也會在家中練習動作，再反覆檢視及練習每一個舞蹈細節。鍾苑棋更會找父母看她跳一遍，再讓他們給意見：「練習時做不好的地方，我會回家跳一次給父母看，讓他們給意見。很多時，他們會提醒我跳時要多點笑容，以前也曾經因為較少笑容或表情不到位而被安排到較後位置跳。」

舞蹈組成員有男有女

很多人認為傳統舞蹈，尤其是中國舞，較多是女孩子參與，所以舞蹈組的男成員便特別耀眼。王元哲說：「我是受陳老師邀請，於二年級時加入舞蹈組的。當時好多男生跳中國舞，所以想挑戰一下自己。」就算是一起練習，男女成員打成一片，一起認真排練之餘，有時更會互相開玩笑，沒有一點尷尬。

陳老師坦言，救世軍田家炳學校舞蹈組的其中一大特色是成員有女有男：「不少中國舞都是以喜慶、豐收等為主題，音樂比較熱鬧及有氣勢，故需要有男有女，才能跳出力量，也可以做更多的舞蹈變化。所以，我只要見到適合的學生，就會招募。有時，有些男孩子會覺得跳

at the right timing, all these require tacit connection among dancers, so now we will practise and practise so as to achieve flawless cooperation among us,' four members of the UPDG, Alyssia Lee, Zoe Chan, Yuki Chung and Castor Wong, agreed.

Moreover, Chinese dance involves many highly difficult moves that take time to practise, such as sweeping turns and windmills. These four members not only rehearse for the dance at school, but they also practise each move at home by breaking it down to details. Yuki Chung even asks her parents to watch her dance and give her feedbacks, 'If there's any move I didn't do well during the practice, I'll ask my parents to watch me do it once more at home and give me some comments. Very often they remind me to smile more when I dance, which is helpful as in the past I was arranged to dance upstage because I lacked smile or facial expression.'

A mixed-gender dance group

It is common to think that mainly girls would be participating in traditional dances like Chinese dance, and boys will instantly draw more attention when they join the group. Castor Wong said, 'I was invited by our teacher Ms Chan to join the dance group when I was in Primary 2. At that time, few boys would do Chinese dance, so I wanted to challenge myself in that.' Both boy and girl members of the groups have a great time together even during their practices. They practise seriously, but they also play hard and joke around with each other without any embarrassment.

Ms Chan admits that one of the biggest characteristics of The Salvation Army Tin Ka Ping School dance groups is their mixed gender composition. 'Many Chinese dance repertoires are themed on joyful festivities or abundant harvest, and the music is usually rather lively and vigorous. That's why we need both boys and girls in the group to deliver an energetic performance. It also allows more variety to the dance.



▲ 舞蹈組有男有女，與觀念上的全女班不同。The School's dance groups consist of both boys and girls, which differ from the usual all-girl dance groups in other schools.

中國舞特別嬌柔，我會告訴他們，其實男成員跳的動作也可以很瀟灑豪邁，衣服也很帥氣。」

從舞蹈及舞台得益

傳統觀念下，家長或會覺得學習傳統舞蹈會讓兒子變得很「娘」，這會否對舞蹈組招收成員產生阻力？以陳老師所見，普遍家長是支持的：「我們的招募多數安排在學校開放日後，而很多家長都會看過我們的演出，知道男成員也會跳出如掃堂腿、風火輪等帥氣動作，所以他們都很欣賞我們舞蹈組的表演，不會反對孩子加入。」此外，她發現很多男成員最初被邀請加入時，可能會怕要做較女性化的動作，我也會解釋給他們。而且，很多時他們在比賽後，會建立自信及加深興趣，更投入於排練。」

猶幸舞蹈組成立至今，一直獲得不少支持，也屢獲獎項，更不時於沙田大會堂表演。陳老師記起成立舞蹈組首數年，曾着緊要於比賽奪獎，現在反而希望學生能從跳舞及舞台中培訓出自信，及增廣見聞。「好多以前比較『驚青』的學生自從踏過舞台後，變得大膽、有自信，而且在舞蹈組排練，也能訓練手腳、專注力及記憶力等。」●



▲ 成員反覆練習每個動作，務求達至完美。Members practise every move repeatedly, striving for perfection.

Therefore, I'll recruit any students I find suitable. Sometimes, some boys may think doing Chinese dance is just too feminine and I'll tell them boys can also do handsome and bold moves, and they will look dashing in costumes.'

Benefited from dancing and stage performances

Parents with traditional perceptions may think learning traditional dance may make boys become 'sissy' - Has it been a hindrance for recruiting boy members to the dance groups? Not from Ms Chan's observation. In fact, she thinks parents are in general supportive of the idea, 'Our recruitment is usually arranged some time after the School Open Day, by the time many parents would have seen our performances and been impressed by the handsome moves our boy dancers can do, such as sweeping turns and wind-and-fire wheels. That's why they are fine with their kids joining us.' Understandably, many boys thought they would have to do rather feminine moves when Ms Chan first invited them to join the groups. 'I will explain to them it is not so actually. Later, after taking part in a competition, very often they'll have a boost of confidence and become more interested in and devoted to dancing.'

Thankfully, the dance groups have been widely supported since they were established. They have won numerous awards over the years and performed in Sha Tin Town Hall from time to time. Ms Chan remembered that she was more concern about winning in the first few years, but now she would rather see students gaining confidence and widening their horizons from dancing and performing on stage. 'After performing on stage, many students who used to be shy have become bolder and confident. The dance groups' practice is also a training for the body, concentration and memory.' ●

▲ 成員之一的王元哲想挑戰一下自己，故加入舞蹈組。Castor Wong, one of the members, joined the dance group as a challenge for himself.



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