

# Voices of Hope

HARNESSING OPPORTUNITIES AND POTENTIALS FOR ETHNIC MINORITIES

Join the race as a participant to compete against other teams to win grand prizes



To register, please visit and enrol in person at HOPE Centre (a \$100 HKD refundable deposit is required)

3 /F, Tak Lee Commercial Building, 113-117 Wan Chai Road, Wan Chai

## BEYOND RACE

Sunday 3 Dec. 2023

Chater Road, Central

10:00 am - 5:00 pm

Join the race as a participant to compete against other teams to win grand prizes

Registration deadline extended until 15th Nov

### REGISTER NOW!

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3 /F, Tak Lee Commercial Building, 113-117 Wan Chai Road, Wan Chai



SCAN ME!

To know more about the race

PROMOTING RACIAL HARMONY, DIVERSITY AND INTEGRATION

We are celebrating  
**ISSHK 65<sup>th</sup> ANNIVERSARY**

 International Social Service  
HONG KONG BRANCH  
香港國際社會服務社

**65<sup>th</sup> Anniversary**  
  
凝聚力量 服務社群65載  
United to Serve Communities for 65 Years



## Artistic Journey of the Soul

Ethnic minority children living in Hong Kong may face many emotional problems related to their cultural differences, identity, language barriers, family background, social integration, and other factors. Emotional programs can help them to recognize and understand their emotions, improve their emotional regulation, reduce emotional stress, and enhance social support and a sense of belonging. By providing emotional support through art-making, such as assisting them with self-expression, the group can help members to address these issues and promote their mental health.

## Poster Design Workshop



Participants were taught how to create their own posters using Canva. With the various tools at their disposal, they were able to let their creativity flow. They were most interested in the animation feature on Canva, creating flying bees and moving clouds on their posters. By using Canva, kids were able to experiment with different fonts, colors, and layouts to create visually appealing posters. This hands-on activity not only fostered artistic expression but also equipped children with valuable digital skills that can be applied in various future endeavours.

## First Aid Training



First aid is very important for everyone to learn because it would help people in emergency situations. Therefore, HOPE Centre organized a first aid training for youth to train them in some basic first aid skills. We invited a professional first aid tutor Mr. Gary to teach the participants and give them practical exercises for better learning of the skills. In the end, the participants were able to learn new first aid skills and they will be able to apply these skills in their real life.

## AIESEC Talk



We invited AIESEC to bring their youth volunteers to learn and interact with HOPE Centre. We introduced them to HOPE Centre and the service that we provide. After that, we had a brief sharing with ethnic minority participants to talk about their personal experiences of living in Hong Kong.

## Dragon Boat Tour

Hong Kong has many beautiful places that people can explore, one of them being the dragon boat base in Ap Lei Chau. We brought our youth to visit the dragon boat base and learn about dragon boat races during the Dragon Boat Festival. The participants were able to learn about the culture of dragon boat racing and they made mini paper dragon boats with the help of the tour guide. The tour was very informative and let the participants know more about the Dragon Boat Festival.



## Rice Dumpling Making Workshop

HOPE Centre organized a cultural exchange activity on learning about the customs of the Dragon Boat Festival. The participants learned about the culture and the tradition of rice dumpling. We collaborated with Members' CARE@hkjc where their Chinese volunteers enjoyed alongside our service users to learn how to make different kinds of rice dumplings. We invited a professional rice dumpling maker who instructed the participants and volunteers to make the rice dumplings.



# 2023年區議會一般選舉

2023 DISTRICT COUNCIL ORDINARY ELECTION

投票日

POLLING DAY

12月10日

10 Dec

1210

區選齊投票  
共建美好社區

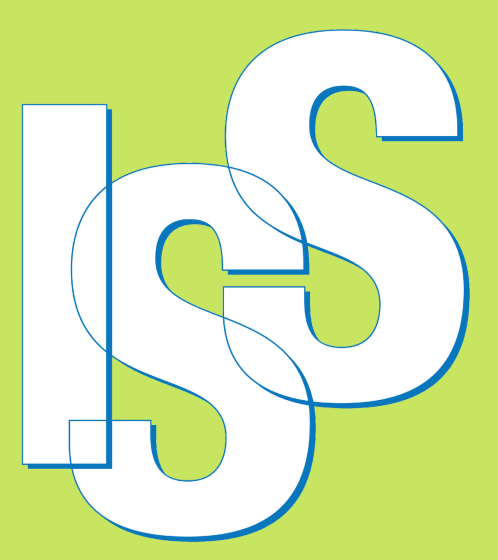
Cast your vote at DC election  
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查詢 Enquiries:  
2891 1001

網址 Website:  
[www.elections.gov.hk](http://www.elections.gov.hk)





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HONG KONG BRANCH  
香港國際社會服務社

# HARNESSING OPPORTUNITIES AND POTENTIALS FOR ETHNIC MINORITIES

## About Us International Social Service HOPE Centre

Funded by the Home Affairs Department, HOPE Support Service Centre (HOPE Centre) is operated by ISSHK with the goal of providing support service to ethnic minorities to facilitate their integration into Hong Kong community. Aiming to create an inclusive community that embraces cultural diversity, racial harmony and equality for all, HOPE Centre has been providing services and programmes since May 31, 2009.

## Our Services

Language Programmes  
Computer Classes  
Employment Services and Seminars  
Recruitment Days  
Orientations and Seminars on Issues and Concerns  
Personality Development and Common Interest  
Support Groups  
Parent and Child Activities  
Self and Skills Enhancement Classes  
Cross-Cultural Appreciations  
Outdoor Activities  
Family Days and Outings  
Hotline, Counselling, Guidance  
Referrals and Sight Translation Services

## Contact Us

Tel. : 2836 3598  
Fax. : 2508 0204  
Hotline : 5188 8044  
E-Mail : ethnic\_centre@isshk.org  
Website : www.isshk-hope.org  
Address : 3/F Tak Lee Commercial Building  
113-117 Wan Chai Road, Wan Chai

## Office Hours

Monday : 9.00am - 6.30pm  
Tuesday - Sunday : 9.00am - 9.00pm

## Follow Us / Subscribe Us



## After School Tutorial Programme



Every Mon, Tues, Wed, Thurs  
Time: 4.30pm - 6.30pm

## Upcoming Programmes

### Aikido class:

Aikido class is a traditional Japanese Martial Arts, will start from 15th October 2023 with the cooperation of 'Aikido Shudokan Hong Kong'

### Leadership Training:

It's a one-year training programme where youth can learn different leadership skills to help with the development.

### Lantern Painting Workshop:

We will have this programme for Mid-Autumn Festival. Those who are interested to join, kindly register at HOPE Centre's reception.

### Internship Programme:

Ethnic minority youths who are Form 6 graduate or equivalent with the upper limit of age 24 years-old, can submit their application for the internship programme. Interns will be assigned to a team and receive training from their mentors, and they will complete tasks assigned by their mentors.

## Useful Contact

Airport Hotline	2181 8888
Consumer Council	2929 2222
Education Bureau	2891 0088
Equal Opportunities Commission	2511 8211
Department of Health	2961 8989
Home Affairs Department	2835 2500
Social Welfare Department	2343 2255

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## Emergency Hotline



Police  
Fire  
Ambulance

# RECENT ACTIVITIES



## Thai Vermicelli Salad



On 21st July 2023, HOPE Centre organized activities on teaching Thai cuisine, specifically how to make "Thai Vermicelli Salad" (Yum Woon Sen). The participants learned to prepare their own ingredients and cooking techniques in their preferred style. As a result, the flavours of the food are tailored to individual preferences and are exceptionally delicious. The programme also provided them a valuable opportunity to form social bonds with one another.



## Playgroup

Let's play! In July, HOPE Centre conducted 5 sessions of playgroup for children under age 6. We sang songs, danced, and used all of our five senses to explore this wondrous world of play. We can't wait to do it again!

## Badminton Day



On 22nd July 2023, HOPE Centre organized a sports activity – "Badminton Day" for a group of ethnic minority women, where they played badminton and friendly match against each other and got the prize, allowing the participants to have fun while exercising.

## Hiking to Ngong Ping 360



On 25th June 2023, Hiking to Ngong Ping 360 was organized for men. It was little tough hike but the weather was not that hot and with very nice sceneries of mountains and water falls on the way.

## Kung Fu (Martial Arts)

The Kung Fu class was organized under the sports activities for men. It was held at Practical Chinese Martial Arts Academy, a Martial Arts institute in Sheung Wan. Through the class, various kinds of Kung Fu techniques were introduced. The participants learned the arts and the forms of Kung Fu.



## Employment Seminar of grow your businesses

On 10th July 2023, HOPE Centre organized employment seminar of grow your businesses. We invited Ms. Gurung to share her personal experience in running a beauty salon business. The participants showed interest and asked about the process of obtaining a business license.





**WE ARE HONG KONGERS**

A movie viewing session of the “We are Hong Kongers” short film was held at HOPE Centre. The film portrays the difficulties and challenges faced by a retired South Asian Hong Konger, and how he gains strength from his family and social networks. The actors and producers of the short film also joined us to share the in-depth background and meaning behind the story. They had in-depth discussion with the audience where individuals from different ethnic backgrounds shared their views and family experiences in Hong Kong.



**Keratin treatment**



Keratin treatment was organized in HOPE Centre on 10th July 2023. During the keratin treatment, stylist applied keratin product to the hair before using the flat ironing to seal it. During the session, stylist shared the benefits of the treatment.



**Volunteer Outreach Service**

Our volunteers of different age groups participated in our outreaching initiatives throughout the past quarter. Through our outreach activities, we connected with the ethnic minority communities and individuals in different districts of Hong Kong. We connected with them and provided valuable information regarding the relevant resources and services. We also promoted HOPE Centre’s programmes and services. They also distributed our leaflets and promotional materials in different key areas in the community.



**Pest Control Workshop**

Who else is sick of creepy crawlies hiding around their homes? In August, over 70 HOPE Centre participants joined this pest control workshop in collaboration with Habitat for Humanity. We learned about different types of pests and best ways to control and manage them for a nice home. Don’t let pests control your home!

