

Voices of Hope

HARNESSING OPPORTUNITIES AND POTENTIALS FOR ETHNIC MINORITIES



Beyond Race and Cultural Show 2024

On 24 November 2024, HOPE Centre organized Beyond Race and Cultural Show 2024 at Chater Road, Central. Beyond Race kick off ceremony started in the morning with invited honorable guests from Home Affairs Department, ISS-HK Branch and from different organizations. Twenty teams participated in this multi-ethnic race with four members in each team. Teams visited 7 pit stops across Hong Kong and Kowloon to perform a certain task. In the afternoon, 14 cultural booths display and 24 multi-ethnic stage performances graced the event. The three winning teams were awarded with cash voucher and medals before the event ended. It was a fun and festive day indeed!



Christmas Party

HOPE Centre was filled with many multi-ethnic service users on 15 December 2024 during Christmas Party organized by the centre. Fun Games, raffle draws and yummy food made the participants joyful and happy by joining the activity. Everyone was most excited and grateful when they received the Christmas Gift from Centre.



YOUTH CORNER

Volunteering



At the HOPE Centre, we empower youth to develop skills and confidence while encouraging community service through volunteering. On 25 January 2025 participants visited a Sikh temple to learn about its culture and helped prepare and serve a traditional meal, deepening their appreciation for helping others. They also took part in a hiking clean-up at Shek O beach on 7 December 2024 and on 4 January 2025 to Sunset Peak, where they collected rubbish and learned about environmental pollution, all while enjoying stunning views.

On 29 December 2024, our K-POP Dance class delivered an electrifying performance at AIA that captivated the audience with their dynamic choreography and infectious energy, as students showcased their hard work and dedication through intricate formations and sharp transitions. They performed Christmas Songs with their Christmas outfits and the event not only highlighted their impressive skills but showed off their hard worked to put on the perfect show.



AIA K-POP Dance Performance



Christmas Party for Youths



During our Christmas party for youths on 24 December 2024, we organized a fun and educational event where participants not only enjoyed festive activities but also learned about endangered animals through interactive presentations and engaging discussions, highlighting the importance of wildlife conservation while they crafted their own DIY holiday decorations using recycled materials, creating beautiful ornaments and gifts that reflected their newfound knowledge, fostering a sense of environmental stewardship, creativity, and community spirit as they celebrated the season together.



Football Training For Youths



As part of our football training program for youths, we conducted six intensive sessions that provided a comprehensive learning experience for young players, where they mastered various dribbling techniques, including ball control, step-overs, and inside cuts, under the guidance of experienced coaches who emphasized the importance of footwork, agility, and ball awareness. Through a combination of drills, exercises, and games, the participants showed significant improvement in their speed, agility, and overall skill level, while also being instilled with essential life values such as hard work, discipline, and perseverance, as our coaches stressed the importance of dedication and teamwork.



Register as an Elector

You are eligible to be registered as an elector if you:

- are aged 18 or above;
- are a Hong Kong permanent resident; and
- ordinarily reside in Hong Kong

(Address proofs are required when individuals submit their applications for new registration or applications for change in registered address except for those who are the authorised occupants of public rental housing under the Housing Department or registered residents in the tenancy of subsidised housing under the Hong Kong Housing Society and that the addresses in the tenancy records match the residential addresses provided by them.)

Application deadlines

New registration: 2 June 2025

Report on change of particulars: 2 June 2025

See the Address Proof Requirement: <https://www.reo.gov.hk/en/voter/ap.htm>

Government and Other Offices

- Registration and Electoral Office (REO)
- District Offices and management offices of public housing estates
- Application forms can also be downloaded from the voter registration website (vr.gov.hk).

Submission of Forms

Completed and signed application form can be sent to REO:

- (1) by post (address: 29/F, Standard Chartered Tower, Millennium City 1, 388 Kwun Tong Road, Kwun Tong, Kowloon);
- (2) by fax (fax number: 2891 1180);
- (3) by email (email address: form@reo.gov.hk); or
- (4) by uploading the scanned form at the Registration and Electoral Office Online Upload Platform (www.reo-form.gov.hk)

Application forms are available at:

Support Service Centres for Ethnic Minorities

- HOPE Centre (Wanchai)
- CHEER Centre (Kwun Tong)
- HOME Centre (Yau Tsim Mong)
- HOME Sub-centre (Sham Shui Po)
- DREAM Centre (Kowloon City)
- LINK Centre (Kwai Tsing)
- ONE Centre (Tuen Mun)
- YLTH Centre (Yuen Long)
- TOUCH Sub-centre (Tung Chung)
- IDEA Centre (Sha Tin)

Eligible persons may also submit applications for new registration as geographical constituency electors by using 'iAM Smart+' through 'iAM Smart' mobile App (www.reo.gov.hk/video/voter/GCVRguide-EN.mp4) or online platform (<https://eform.cefs.gov.hk/form/vre001/en/>).

Electors should provide true and accurate information. It is an offence for a person under the Electoral Affairs Commission Regulations to knowingly or recklessly give false or misleading information for voter registration (e.g. false residential address) to the Registration and Electoral Office, and if the person subsequently votes at an election, he/she will also breach the Elections (Corrupt and Illegal Conduct) Ordinance (Cap. 554).

Enquiries

If you do not speak both Chinese and English and wish to make enquiries to REO on matters in relation to voter registration, you may seek assistance from CHEER which provides free of charge over-the-phone interpretation service. You may request the interpreter from CHEER to make a conference call with REO's officer by dialing the REO's enquiry hotline (2891 1001) during REO's office hours from 8:45 a.m. to 6 p.m. from Mondays to Fridays (except public holidays). Once the conference call is connected, you can speak directly to the REO's officer through CHEER's interpreter.

Hotline numbers of CHEER are as follows:

Language	Hotline No.
Bahasa Indonesia	3755 6811
Nepali	3755 6822
Urdu	3755 6833
Punjabi	3755 6844
Tagalog	3755 6855
Thai	3755 6866
Hindi	3755 6877
Vietnamese	3755 6888

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
EM Care Team

Follow Us / Subscribe Us



After School Tutorial Programme

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

Contact Us

Tel. : 2836 3598
Fax. : 2508 0207
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 : 9.00 am - 6.30 pm
Tuesday - Sunday : 9.00 am - 9.00 pm

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

Emergency Hotline



999

Police
Fire
Ambulance

Upcoming Programmes

Programme Name	Date	Time	Quota	Location
Women's health	14 March 2025	11:00am - 1:00pm	30 EM	HOPE Centre
Relax through Art Workshop	22 and 29 March 2025	2:00pm - 4:00pm	16 EM Youth	HOPE Centre
Dental health Check	23 March 2025	2:00pm - 5:00pm	30 EM	HOPE Centre
Noah's Ark	15, 16 & 30 March 2025	11:00am - 5:00pm	185 EM	Noah's Ark
Dress making	8, 10 and 11 April 2025	11:00 am- 2:00pm	12 EM	HOPE Centre
First Aid Training	27 April 2025	3:00pm - 5:00pm	15 EM Youth	HOPE Centre

RECENT ACTIVITIES

Cantonese Speaking Skills Competition for Youth

Sixteen youths showed their skills in public speaking, drama and singing in Cantonese Speaking Youth Competition organized by HOPE Centre on 22 December 2024 at Wan Chai Activity Centre. Three youths performed well that stand out and wowed the judges. The winners were awarded with medals and AIA Carnival tickets for them and for their loved ones. Participants and parents were excited and happy about the activity. After the competition, all participants were given souvenirs and Certificate of Appreciation!



Christmas Volunteering for Children Living in Shelters

On 23 December 2024, volunteers assisted with a Christmas Party held for children living in shelters. A total of 6 ethnic minority volunteers contributed to the activity. Volunteers assisted with fun booth games for the party, including making Christmas Mindfulness Bottles, Christmas Bauble Decorations, and Knock-Over-The-Christmas-Tower games. The children also received notebooks as Christmas presents, which were designed and handcrafted by the volunteers. It was a fun, memorable and meaningful time for the volunteers and the children.



Monthly Hiking Group



Starting on 7 December 2024, HOPE Centre formed a monthly hiking group. Ever since then, our EM participants have met up on the first Saturday of every month and explored Dragon's Back trail, Sunset Peak trail and Jardine's Lookout trail. The hikes were physically and mentally challenging but our participants motivated each other to finish every hike. Everyone committed to adopting hiking as a healthy lifestyle activity and we are looking forward to our future hikes.

The recent Muay Thai course provided participants with an engaging and comprehensive introduction to the art of Muay Thai. Throughout the program, participants learned essential techniques, with a strong focus on kicking, self-defence, and protective strategies. The sessions were designed not just to teach physical skills, but also to instil confidence and awareness in self-defence situations. Feedback from participants highlighted the course's effectiveness in equipping them with valuable defensive skills, enhancing their ability to safeguard themselves in everyday situations. The program was attended by over 10 participants. Overall, the program was a great success, fostering a supportive community and promoting both physical fitness and personal safety.

Muay Thai Class



RECENT ACTIVITIES

Education & Career Expo Visit

On 18 January 2025, HOPE Centre organized an engaging visit to the Education & Career Expo at the Hong Kong Convention and Exhibition Centre. Participants had the opportunity to explore various job industries and educational institutions, gaining valuable insights into potential career paths. The expo featured interactive games that made the experience enjoyable and informative, allowing participants to engage with different fields in a fun way. This visit not only broadened their understanding of available opportunities but also encouraged networking and personal development. Overall, it was a rewarding experience that inspired participants to think about their futures.



The recent Mini Food Business Experience held on 14 January 2025 centred around the beloved Indian snack, pani puri, and provided participants with an exciting and educational opportunity. They learned the fundamentals of marketing skills, equipping themselves with essential tools for promoting their culinary creations. Over 20 participants were divided into groups and competed. Each participant crafted their own unique pani puri recipe using a selection of ingredients provided. This hands-on approach fostered creativity and allowed them to explore various flavor combinations and presentation techniques. Additionally, participants engaged in role-playing exercises to practice their selling techniques. This interactive element helped them build confidence and learn effective communication strategies to attract customers. Overall, this experience successfully blended culinary arts with entrepreneurial skills, giving participants a memorable taste of both cooking and business in a fun and dynamic environment.

Mini Food Business Experience: Pani Puri Competition



Chinese New Year Party

HOPE EM Care Team arranged a Chinese New Year party to celebrate Chinese New Year while educating ethnically diverse people about Chinese New Year traditions. Participants were taught how to make tong yuen, and were provided pun choi so they could taste Chinese cuisine. We included certain custom, such as eating tong yuen in even numbers, which signifies family unions. During the program, service users were introduced to various Chinese cultural traditions. They appreciated the tong yuen-making process. Many of them were excited to try vegetarian pun choi.



GOVERNMENT CORNER

Seasonal Influenza



Seasonal influenza is an acute illness of the respiratory tract caused by influenza viruses. It is usually more common in periods from January to March/April and from July to August in Hong Kong. Three types of seasonal influenza viruses are recognised to cause human infection, namely A, B and C. Influenza A viruses can further be subtyped on the basis of two surface antigens: haemagglutinin (H) and neuraminidase (N). Currently, there are two subtypes of seasonal influenza A viruses circulating in humans, namely influenza A (H1N1)pdm09 and influenza A (H3N2). Influenza A (H1N1)pdm09 virus has now become one of the seasonal influenza strains worldwide.

SYMPTOMS

- Fever
- cough
- Sore throat
- Runny Nose
- Muscle and Joint pain
- Fatigue
- Vomiting
- Diarrhoea

For healthy individuals, seasonal influenza is usually self-limiting with recovery in a few days to less than two weeks. However, seasonal influenza can cause serious illnesses in high-risk individuals, such as the elderly, children under 5 years of age, pregnant women, and people with underlying medical conditions. Flu-related complications include pneumonia, sepsis, encephalitis, myocarditis or even death.

Mode of transmission

Influenza viruses mainly spread through droplets when infected people cough, sneeze or talk. The infection may also spread by direct contact with the secretions of infected persons



*Scan the QR code for more information on vaccination



Prevention of Seasonal Influenza



Cover nose and mouth while sneezing or coughing



Wash hands with liquid soap and water for at least 20 seconds



Wear a surgical mask when having respiratory symptoms



Do not smoke and avoid alcohol consumption



Drink plenty water