

開啟未來路 用心創前途

Start Your Future
In a Caring Profession



2023 4月通訊 Community Newsletter April 2023

「賽馬會專業創未來計劃」第二屆第一期見習生由一月入職至今已接近四個月，我們邀請了來自四個專業領域的見習生分享他們的工作情況及感受。
It has been nearly four months since JC PROcruit C Phase 2 Cohort 1 trainees onboarded in January. We have invited four trainees to share their stories.

周俊熙：在培訓之中 找到職涯方向 Hector Chau: Finding career direction during training (社區健康諮詢師 Community Care Practitioner)



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Hector目前於聖公會天水圍靈愛小學擔任社區健康諮詢師，服務有特殊教育需要 (SEN) 的學生。去年快將畢業時，修讀應用社會研究的他雖然對人文科目感興趣，但始終未有清晰的就業路向。

Hector is currently working as a Community Care Practitioner in S.K.H. Tin Shui Wai Ling Oi Primary School supporting students with special educational needs (SEN). Last year when he was about to graduate, he was uncertain about his career path despite having interest in humanities subject.

起初，我非常擔心自己缺乏社健相關的學術背景及工作經驗，或許未能勝任這份工作。然而，計劃中的職前特備訓練營令我掌握了解決問題的能力、學習設計思維及遊戲治療等基礎知識，使我能更順利地由大學過渡至職場，適應全新的工作環境。

通過模擬職場可能出現的突發情況，讓我了解 SEN 學生的需要，並學習有效的應對方案，令我有信心為學生提供合適的幫助，並啟發了我對遊戲治療的興趣。從工作中獲得的滿足感啟發我思考未來事業發展的路向。未來，我希望持續進修有關遊戲治療、社工或教師等相關的專業資格，從而繼續幫助SEN學生，為社區作出貢獻。

At first, I was worried that I might not be qualified for the job due to the lack of healthcare related academic background or work experience. Yet, the programme's multi-day bootcamp has equipped me with problem-solving skills, design thinking and workplace essential skills, which have supported my school-to-work transition.

By simulating different workplace scenarios, the bootcamp enhanced my ability to respond to different situations that may arise and strengthened my understanding of the needs of SEN students, which empowered me to offer appropriate support for the students and sparked my interest in game therapy. Apart from gaining job satisfaction, the traineeship has inspired me to think about the direction of my future career plan. I wish to pursue further studies in order to obtain professional qualifications in the field of social work or education such that I can continue to support SEN students and contribute to the community.

黃海林：勇闖社企 找尋長者回憶 Eric Wong: Venturing into Social Enterprise for Elderly Service (企業社會責任項目助理 Corporate Social Responsibility Associate)



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Business
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Eric於大學主修健康管理與社會關懷科，現於社企 The Project Futurus 擔任企業社會責任項目助理，提供社區服務予長者。

Eric majored in Health and Social Care at the university. He currently works as a Corporate Social Responsibility Associate at The Project Futurus, mainly working on elderly and community projects.

由於在畢業後未能找到與自己專業相關的工作，我經歷過一陣迷惘。慶幸在老師的介紹下認識了「賽馬會專業創未來計劃」，並成功獲社企The Project Futurus錄取為企業社會責任項目助理。

見習工作開始後，我逐漸感受到長者服務工作的魅力和樂趣。印象最深刻是其中一個長者活動將不同的安老院佈置成茶樓，並放置舊式茶壺、點心咭、點心車等道具。我和同事一起扮演酒樓部長、侍應、客人及點心師傅，為長者提供沉浸式的飲茶體驗。長者投入和積極的參與，令有份協助是次活動的我很很有成就感。這讓我體會到長者服務遠遠不只是一份工作，更重要的是與他們同行，用心與他們溝通及建立關係。希望未來可以發揮更大的影響力，將社企實踐社會關懷的使命推廣至社會不同層面，為社會帶來正面影響。

After graduation, I felt lost and confused as I could not find a job related to what I have studied. Fortunately, my teacher introduced JC PROcruit C to me. I was successfully employed by a social enterprise, The Project Futurus, as a Corporate Social Responsibility Associate.

I felt a great sense of accomplishment and realized that elderly care service is much more than just a job. The most memorable project was to mock up different nursing homes into restaurants. My colleagues and I acted as the restaurant manager, waiters, customers and dim sum chef, providing an immersive tea-drinking experience for the elderly. I realized that elderly service is far more than just a job but more importantly is to communicate and build relationships with them. I hope to make a greater impact in the future and contribute more to the society.

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姜卓峯：餐飲到創科的成長之路

Edwin Keung: From Food and Beverage to Innovation and Technology

(業務拓展實習生 Business Development Trainee)



Edwin修畢酒店及餐飲管理高級文憑課程後恰逢新冠疫情，行業面對潛在風險且需時恢復。在思考是否應該轉換跑道時，他認識了「賽馬會專業創未來計劃」，踏入充滿挑戰和機遇的創科行業，成為 Insight Robotics的業務拓展實習生。

Edwin completed the Higher Diploma in Hotel and Catering Management during the pandemic. While considering whether to change his career path, he learned about JC PROcruit C and joined a tech startup, Insight Robotics, as a Business Development Trainee.

開始工作後，我發現在startup公司工作的節奏和模式雖與自己以往的客戶服務工作的經驗非常不同，但亦同時體會到創科行業不僅需要技術型人才，團隊亦需要具備溝通能力強的成員。因此，我很高興可以應用我的強項到工作崗位上。

目前的工作令我有更多機會參與及了解公司各項業務，例如要出外開會、草擬商業文件等。從中，我學習了許多新事物，而同事亦非常友善。我希望未來向創科和業務拓展方面發展，持續進修並貢獻社會。

Despite the working style and mode of startup are very different from my previous customer service work experience, I also found out that the industry requires not only technical talents but also people with strong communication skills. I am happy that I could put my strength to work and contribute.

I have more opportunities now to participate in various business activities, such as going out for meetings with my supervisor, and drafting business documents. I learned many new things and my colleagues are friendly to me. I hope to continue to learn in the industry and contribute to society in the future.

廖曉怡：從迷惘到成長

Phoebe Liu: From Confusion to Growth

(社區項目助理 Community Project Assistant)



畢業於香港浸會大學人文及創作系的Phoebe，參加計劃前，她與大部分的畢業生一樣不太了解自己真正感興趣的就業方向。抱著即管一試的想法，她成功加入計劃，成為社區項目助理。

Graduated from HKBU with a major in Humanities and Creative Writing, Phoebe was not sure about her career aspirations before joining JC PROcruit C. When she came across the programme, she decided to give it a try and is now a Community Project Assistant.

在Good Lab見習不經不覺已三個多月，經過不斷的摸索，現在已越來越熟悉公司的運作，令我在工作上更有自信及滿足感。這段時間，很開心有機會參與到一個有關少數族裔青年就業的項目，發現他們某程度上的經歷和在工作場所遇到的問題和自己有些相似，這讓我學會以同理心去主動聆聽及觀察，了解到多些包容，就會比較容易明白對方的感受和處境。另一意外的收穫是透過在專業輔導環節，我認識了很多處境相同的見習生，在這路上可以大家互相分享、支持和共同成長。

在見習期間，我會不斷探索文創行業知識，期望可以慢慢累積經驗向前行，繼續為團隊及社區創造更多價值。

Three months into the traineeship at Good Lab, through continuous exploration and familiarisation of the Company's operation, I am now more confident at work and have more job satisfaction. During this period, I was excited to be involved in a project related to the employment of ethnic minority youth. I found so many similarities between their experiences and problems in the workplace, and mine. In this project, I realised practising tolerance and empathy not only enabled me to establish rapport quickly, but also allowed me to have a better and easier understanding of others' feelings and problems. Another unexpected gain is that at the coaching session, I have met many trainees who shared my same background and experiences, with whom I can learn, support and thrive together in this caring community.

During the traineeship, I will continue to explore and accumulate experiences in the cultural and creative industry. I look forward to creating more values for the team and the society.

「賽馬會專業創未來計劃」報名詳情

JC PROcruit C Application Detail

最後一期由即日至2023年5月21日接受申請，尚有400個有心見習名額。歡迎大學學位、副學位（副學士及高級文憑）、香港中學文憑考試（HKDSE）或同等學歷（包括國際文憑大學預科課程（IB）、基礎課程文憑、毅進文憑）的畢業生申請。按此或掃描二維碼了解更多專業機會、報名詳情及重要日期。

The last Cohort is now is opened for application until 21 May 2023, offering 400 full-time traineeship opportunities. A graduate of a bachelor's degree, sub-degree program or Hong Kong Diploma of Secondary Education (HKDSE) holders or equivalent qualifications, including The International Baccalaureate (IB), Diploma of Foundation Studies and Diploma Yi Jin, is welcomed to apply. [Click here](#) or scan the QR code for more details about the program and the important dates.



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