

# 全完中學校友會通訊

特別期號

二零二一年九月

## 編〈社〉人生計劃 2020-21

### 中二級活動報告

上學年全完中學之中二級同學參加了由香港大學、理工大學及突破匯動青年（現名：全球青年網絡）合辦之「賽馬會編〈社〉人生計劃」。透過課堂及服務，同學除了學習了編程相關知識，更在友師的指導下學習關心及了解自己的社區，並利用課堂學習的知識編寫手機程式來服務社會大眾。全完同學更在賽馬會編「社」人生計劃 2021 創意編程比賽中分別獲得運算思維組及設計思維組冠軍。



友師與中二級同學一起經歷各種活動



不同年代的友師與同學一起唱校歌，見證薪火相傳！



許婷殷及鄭芷悠同學編寫的手機程式獲得  
創意編程比賽設計思維組別冠軍

## Recipe App for Housewife

師奶食譜大全

- 蒸
- 炒
- 炆
- 煎
- 炸
- 湯
- 隨機


**蒸**



海鮮蒸水蛋



土魷馬蹄蒸肉餅



蒸蓮藕肉丸

 = 人氣推介

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YouTube



過濾加入蛋液  
Sieve egg mixture into clam bowl

材料：蝦仁、青口、蟹柳及龍蝦柳各適量，雞蛋2個，蔥粒適量，生抽1茶匙，粟粉半茶匙，胡椒粉少量，鹽1/4茶匙，油半茶匙

做法：

1. 蝦仁及龍蝦柳洗淨切塊，下醃料拌勻
2. 蟹柳切段；青口洗淨
3. 雞蛋去殼攪勻，下調味料及凍開水半杯拌勻
4. 將全部海鮮置於蒸碗中，注入蛋漿，隔水以中小火蒸15分鐘，待蛋漿凝固即成，加入蔥粒及生抽供食。

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YouTube



第二次油炸

材料：雞腿肉2片，花生醬1匙，燒肉醬1大匙，美乃大匙，蒜泥醬1湯匙，芥末一湯匙

做法

1. 先把材料混合，醃製15分鐘以後灑麵粉混合
2. 放入微波爐1000w7分鐘拿出來後換盤撒芝麻
3. 盛起供食

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[主目錄](#)

獲得設計思維組別冠軍的作品，應用程式主題是家庭主婦食譜



胡芷君、邱卓盈及鄭超悅同學獲得  
運算思維組別的冠軍 及 最佳功能及介面設計獎

## Medical App for Elderly People (Elderly Helper)



獲得運算思維組別冠軍的作品，應用程式主題是「老友記醫療寶」

## 友師分享 — 羅肖娟校友

作為「賽馬會編『社』人生計劃」師友同行的一份子，幸福！除了感謝主辦機構香港大學及捐助機構香港賽馬會慈善信託基金，還要謝謝突破匯動青年及母校全完中學的安排，為我們帶來一個很具意義的活動。再次回顧，種種體驗、感受、得著難以單單通過文字分享，惟相信會心微笑的點滴，將留在我們每个人的心，伴隨我們走未來的路。

開始時，得知活動大概分為兩個層面：「編程教育」及「師友同行」，旨在培養年輕人的運算思維和社會心理發展。那時心想：What a combo！疫情關係，初期的會面和課堂通過網上舉行，反應似乎未有所想的積極；後來多了實體會面，我們都很珍惜難得的面對面互動機會，份外投入。部份走進社區的項目因應疫情而有所調整，我們在彈性安排下善用互聯網及多媒體科技順利進行活動。友師在工餘時間了解計劃/師友理念及學習編程，並陪伴友員應用所學知識，嘗試建立程式以回應或解決社區議題。我們一同認識及實踐「設計思考(Design Thinking)」，亦討論如何在日常學習或生活中運用有關思維及精神，饒富趣味。



從獲邀成為友師、考慮後提交申請、出席網上簡介會及甄選面談、進入配對過程，到後來參與各項活動，收穫的確不少。活動給我帶來與師弟妹、師兄姐、突破匯動青年及母校工作人員寶貴的交流機會。師友間建立的關係或許超越編程，擴展至其他學習領域及個人成長計劃，結伴成長。友師間的共鳴超越年代與地域，1979年至2019年畢業的校友濟濟一堂，兩位師兄姐（分別身在美國及英國）越洋實時參與活動及分享意見，各以友師身份回歸母校，是意外驚喜，也發揮奇妙化學作用，體現全完中學薪火相傳的優良傳統。不久前收到來年計劃的資訊，相信會更精彩。願可與您，無論相遇或否，一起以各種形式，延續全完人情誼！



羅尚娟

## 友師分享 — 張錦泉校友

在全完中學渡過了美好的七年，結識了很多終生朋友，建立了良好的學識基礎進而繼續升學，亦從不同的課外活動學會了不少做人態度和技巧，實在是非常感激眾多老師和母校的栽培，一直都希望可以回饋母校。去年八月透過校友會的通訊，知道有一個「師友同行」的活動，能回母校和師弟們交流，便欣然報名參加。



活動由香港大學主辦，賽馬會捐助，突破青年全球網絡和理工大學協辦。全完是其中一所參加的中學，共招募了四十位全完校友作為「友師」，而「友員」則是四班中二的在讀學生。友員在校內完成創意編碼課程，再分組製作一個活學活用的手機程式，例如尋找社區支援資訊或向個別弱勢社群提供網上輔助。友師則在過程中鼓勵和協助友員反思和歸納在活動的體驗，協助友員認識自己和發揮潛能，並向友員展現積極的處事態度和正面的價值觀。

友師和友員共有四次聚會，友師在每次聚會前都有培訓，籍以掌握必需的背景資料和相關的知識技巧。我和三名中二男生合成一組，女友師則與女友員合組，每組人數不同，約四至六人，以方便溝通和照應。我與三名師弟，樂、滔、杰，都很投緣，或許是因為大家有著相似的背景，是住公屋的基層市民，生活環境較為困難，成長資源並不充裕，中二時的學術成績同屬“C班”，在學習上面對不少障礙和疑惑，考試的成績總是不理想，生活上有不少限制和挫折，但對人生又滿有期盼，對未來亦有各樣的希望。四次聚會當然不能起很大的作用，但友師們都盡力投入，亦會在活動前後與友員保持聯絡，給予他們支持，活動亦會在今年再辦，這樣便能繼續與師弟妹同行，進一步回饋母校。

張錦泉

## 友師分享 — 謝崇熙校友

There is nothing more fulfilling to me than helping others grow, especially when it comes to serving my alma mater and my fellow students. I graduated from CYC in 1995 (F.7) and have been living in the States ever since. Like you, I have a strong connection with CYC, my classmates as well as teachers, and I would like to find ways to give back to my high school despite the distance. In the past 6 months, I was lucky to join a fantastic mentoring program called Jockey Club Coding for Community Project which aims at coaching F.2 students to complete mobile app projects that solve community problems. It's for such a good cause, and I was thrilled to be part of it. Here is the kicker: you do not even need to know how to code at all to be a mentor. So, I highly recommend anyone to sign up.



You may be wondering, “How could one even participate in all the activities when the operation is so far away?” Besides the time difference, the distance is a real challenge, but I was still allowed to join. First off, CYC was closed due to the pandemic, so we had to meet remotely through video conferencing in our first few sessions regardless of where the mentors live. I also teamed up with three of my old classmates, one in the UK and two in HK, for this project. We worked closely together to keep us connected in each training and activity session via Zoom and WhatsApp video. Had it not been for my awesome classmates in HK, I would not have been able to keep up with the mentees and the project for sure. So, kudos to them! What impressed me the most was how well designed the project itself was. Another perk was how experienced the trainers were. Their ability to coach any first-timers to be comfortable to lead, mentor, and motivate students is truly inspiring. Not to mention, we had Ms. J Lam as the in-house advisor who knows CYC and the students like the back of her hand. All of these wonderful people helped run the project smoothly. In this program, CYC taught the students mobile app development with YouCodia, an easy-to-use pseudo and visual programming language, while the trainers coached us alumni to build trust and rapport with the students gradually. Our job was to provide guidance, motivation and support for our mentees. The project was evolving in the sense that our trainers were constantly revising the details with the help of our feedback and surveys after each training and activity session.

In my group, we had four F.2 students to mentor. They were initially reserved and reluctant to speak, but willing to participate in our team-building activities. We took into account that students could not even go to school to learn and interact with each other as they normally would but resorted to virtual learning for a whole year. Thus, we never forced it but kept our door open by sending them encouraging and caring messages sporadically just to keep them

engaged and show support. In the end, my group designed an app to help visually impaired people order food and takeout from restaurants. We still chat on WhatsApp nowadays. In recent years, mobile app development has been in high demand in the global job market, ever since smartphones have become such an indispensable device in modern society. Mobile apps are popular among all generations. This project teaches our fellow students to identify community needs and then come up with creative solutions to solve them via mobile apps. The technical skill, the problem-solving skill, and the collaborative skills will definitely serve them well in the long run.



Even if students choose not to code in the future, at least they could have identified what their strong suits are from this group project and can progress forward. It is never the outcome but the process we should focus on. I am glad to have been part of the process even though I could only watch the student activities and cheer for them through my computer screen thousands of miles away from Hong Kong. After all, this is a great volunteering program and it is so well worth the time and effort to participate. Any alumni reading this should seriously consider joining this phenomenal experience in the upcoming school year.

Sherman Tse



# 編<社>人生計劃第二階段

## 中三級活動-友師招募

上年度曾參與計劃的同學將會繼續進行第二階段的體驗。活動旨在透過一系列的編碼教育和師友同行計劃，提升青少年解難能力和心理質素，以面對未來急速轉變的科技社會。在學習編碼技巧的同時，同學亦透過師友同行活動建立社會網絡和個人發展。

**計劃目標：**協助青少年善用科技並建立正向態度

**第二階段內容重點：**運用不同的分析工具及互動遊戲，讓同學了解自己的性向及工作價值觀。

透過友師的協助及經驗分享，認識不同的升學及就業方向。

**服務對象：**全完中學中三級同學

**招募對象：**願意關心、支持和鼓勵青少年及開放學習的成年人

- 大專或以上學歷的全完校友
- 亦歡迎正在修讀大專課程的校友報名

**活動形式：**友師培訓(4節) + 入校服務(4節) (每節 2-3 小時)

**活動時段：**2021 年 9 月至 2021 年 12 月 (約 4 個月)

**費用：**全免

**\*出席率超過八成，可獲發證書**

節數	活動類型	主題	活動 (與創意科技課程主題配合，非專案配合)	日期
1	培訓 1	少年的「你」	<ul style="list-style-type: none"><li>● 簡介項目</li><li>● 推己及人，以體驗式活動了解青少年需求</li></ul>	4/10(一) 7:30pm-9:30pm
2	服務 1	團隊建立及自我認識 (Team building & self understanding)	<ul style="list-style-type: none"><li>● 團隊活動</li><li>● 認識自我活動</li></ul>	9/10(六) 9:00am-12:00pm
3	培訓 2	遊戲化與生活 (Gamification & Living)	<ul style="list-style-type: none"><li>● 遊戲化概念初探 (Gamification)</li><li>● 體驗活動</li></ul>	25/10(一) 7:30pm-9:30pm
4	服務 2	遊戲化社區 (Gamify your community)	<ul style="list-style-type: none"><li>● 探索並以遊戲化元素介紹社區</li></ul>	30/10(六) 9:00am-12:00pm
5	培訓 3	升學指南針 (Career Compass)	<ul style="list-style-type: none"><li>● 邀請老師介紹升學資訊</li><li>● 探索人生方向工具分享和個人省思</li></ul>	23/11(二) 7:30pm-9:30pm
6	服務 3	我的前路 (My career pathway)	<ul style="list-style-type: none"><li>● 探索個人的方向</li></ul>	27/11(六) 9:00am-12:00pm
7	服務 4	回顧及慶祝 (Retrospect & celebration)	<ul style="list-style-type: none"><li>● 回顧</li><li>● 頒發獎項及證書</li></ul>	11/12(六) 9:00am-12:00pm
8	培訓 4	總結及慶祝 (Summary & celebration)	<ul style="list-style-type: none"><li>● 經歷、學習總結及分享</li><li>● 頒發證書</li></ul>	11/12(六) 12:00pm-1:00pm

校友可以透過以下途徑對上述計劃作更深入了解：

**1. 計劃簡介影片連結：**

<https://www.youtube.com/watch?v=s38PGRdTE4o>

影片 QR code



**2. 與相關單位聯絡：**

- 李鴻基老師（全完中學校友會顧問老師）  
符文霖老師（全完中學資訊科技組老師）  
電話： 24205050      Email: [cyclhk@chuenyuen.edu.hk](mailto:cyclhk@chuenyuen.edu.hk)
  
- 蕭林麗琪老師（友師導師、前全完中學老師）  
Email: [jlamcyc@hotmail.com](mailto:jlamcyc@hotmail.com)
  
- 何先生（全球青年網絡）  
電話： 9742 9965      Email: [ivan.ho@ygn.org.hk](mailto:ivan.ho@ygn.org.hk)

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**若校友有興趣參與此計劃：**

- 可點擊以下超連結填寫報名表格  
<https://www.shorturl.at/hinFQ>

報名表 QR code



**若校友在報名上遇上任何困難，請聯絡：**

- 李鴻基老師（全完中學校友會顧問老師）  
符文霖老師（全完中學資訊科技組老師）  
電話： 24205050      Email: [cyclhk@chuenyuen.edu.hk](mailto:cyclhk@chuenyuen.edu.hk)

# 投稿、更改會員通訊地址及電郵

全完校友會通訊會透過電郵寄給各會員，並同時刊載於學校的校友會

網頁內：<https://www.chuenyuen.edu.hk/web/cyc-alum/>

若會員要投稿、更新電郵、通訊地址或電話號碼，可將資料電郵到

[alumni@chuenyuen.edu.hk](mailto:alumni@chuenyuen.edu.hk)。



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