

7

Friendship Missions! 個互撐小任務！

@sokely

#KELYfriendshipack

#啟勵撐你打氣包



7 Friendship Missions! 個互撐小任務!

These "7 Friendship Missions!" are designed with different activities for you to stay connected and keep track of your mental health during this time. Each mission leads you to enjoy quality time, deeper conversations and self-reflections with your friends.

For each mission, you will find suggestions on an ideal number of friends to complete them with, as well as a few key elements:

這「7個互撐小任務！」為你你的朋友而設，讓你們在這個期間保持聯繫，互相照顧大家的身心靈健康。這些小任務將讓你與朋友渡過開心的時光，說說心底話，一起學習和反思。

每一個小任務都有建議玩家人數和幾個元素：



The Activity
活動建議



Let's Chat!
友你談談心



My Mood and Reflection
我的心情和反思

We hope that these 7 missions will give you and your friends a little bit of joy to stay strong and hopeful during this challenging time. We've also included some tips on how to support your friends. If you ever feel like you need extra support, there are mental health resources that you can find on the "**Other Things to Explore**" page (p.18).

Tag us **@suskely** and **#KELYfriendshippack** on Instagram (IG) anytime when you are completing the missions! To make things more fun, remember to keep a record of your progress for a chance to win some prizes!

Check out the "**Two Peas in a Pod**" page (p.16) for more information.

For now, enjoy and have fun!

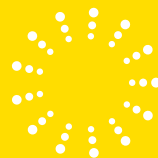
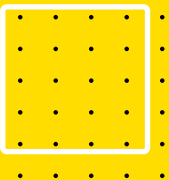
我們希望這些小任務可以让你和朋友在這個充滿挑戰的期間得到樂趣，能夠保持振作和信念。我們亦為你預備了一些關於朋輩支援的小貼士。如果你覺得你需要更多協助，你可以在「**探索更多的資訊**」內頁(p.18)找到其他精神健康的訊息。

在你進行任務的期間，可以隨時在Instagram(IG)標註**@suskely**和**#鼓勵撐你打氣包**！

另外，只要為你的任務作記錄就有機會贏得打氣獎品。

詳情請參閱「**拍住一齊賞**」內頁(p.16)。

現在就開始任務吧！



MISSION 1 任務1

Secret Code: Friends!
神秘密碼：朋友！



2-3
ppl 人



30-40
mins 分鐘



A phone 電話

When's the last time that you chatted with your friends on the phone? Hearing someone's voice can make a big difference in communication!

Instead of texting, make a video call, or just call (no voice recording!) one or two of your friends to complete this mission. Chat about whatever you want, but the goal is to try and make them say the secret code phrases below:

你上一次和朋友在電話談心是什麼時候呢？直接聽到對方的聲音，可以為溝通帶來很大的分別！

在這個任務中，你需要暫時放下以「訊息」溝通——與一至兩個朋友進行視像通話，或直接打電話給他們（不是語音訊息！）。你們可以討論任何話題，但你需要嘗試以任何方法，令他們說出以下的神秘密碼：

★ Lv1

We are friends.
Friend 黎架嘛！

★★ Lv2

I will be there for you.
我撐你㗎！

★★★ Lv3

Thanks for being a good friend!
多謝你做我好朋友！

★★★★ Lv4

We can get through this together!
我地一齊撐過去啦！

★★★★★ Lv5

You are awesome, just the way you are!
你做自己就已經好好㗎啦！

NO CHEATING!
不可以作弊啊！

You cannot say the secret code phrases directly to your friend.
你不能够直接將「神秘密碼」告訴你的朋友。

Let's Chat! 友你談談心

Communication 溝通

What do you prefer? Calling or texting? Why? How has COVID-19 changed this?
你喜歡直接打電話還是傳短訊？為什麼？這個習慣疫情下有改變嗎？

Do you prefer to talk or listen more in a group setting? Why?
在一群人裏，你較喜歡說話還是聆聽？為什麼？

What was the most encouraging thing that others have said to you?
你聽過最能鼓勵你的說話是什麼？

My Mood 我的心情



My Reflection 我的反思

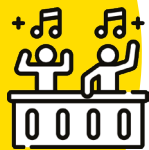
Peer Support Tips 朋輩支援小貼士



If we ever feel like we are having a bad day, why don't we just have a chat with someone to talk it out. Our friends are out there for us! Similarly, we can also just pick up the phone and check in with our friends to make sure they are doing okay. If not, we can give them some words of encouragement and let them know we are there for them. :)

如果覺得今天過得不太好，不如直接找人傾訴一下？我們的朋友會願意聆聽我們的心事！同樣地，我們也可以撥一通電話給朋友，看看他們今天過得如何。如果朋友過得不太好，我們可以鼓勵他們，讓他們知道我們的支持！：)

“MISSION 任務2”



Virtual Hang Out 「Chill」級俱樂部！



2-3
ppl 人



30-40
mins 分鐘



A tablet or computer 平板電腦或電腦

Access to media streaming platforms 媒體串流平台帳號

Headphones 耳機/Snacks and drinks 零食和飲品



What's your favourite song and movie? In this mission, we have put together playlists of our KELY's favourites for you to chill together with your friends. There are a variety of music and movies for you to choose from. Find a time to start a "virtual concert" or "watch party" with your friends!

你最喜歡什麼歌曲和電影？在這個任務中，我們為你預備了啟勵的播放清單，你可以和朋友選擇不同的音樂和電影，一起放鬆一下。找個時間和朋友一起進行網上音樂會或電影派對吧！



KELY Peer Support Playlist 「啟勵友你歌單」

(Full list on Spotify 在 Spotify 收聽所有歌曲)



You've Got a Friend in Me — Toy Story
Count on Me — Bruno Mars
Who Says — Selena Gomez & The Scene
Friends — BTS
神隊友 — Anson Lo

Movies on Friendships 以友情為主題的電影

(Full list on @sokely story highlight
在@sokely精選限時動態查看完整列表)

Stand by Me Doraemon

Jumanji Series

Luca

The Sisterhood
of the Traveling Pants

狂舞派

點五步



“Let's Chat! 友你談談心”

Relieving Stress 減壓

What are some of the things that stresses you out recently?

最近哪件事情最令你感到壓力呢？

Music or movies? Which one helps you relieve stress more and why?

你最喜歡的減壓活動是什麼？聽歌還是看電影？為什麼？

What do you think friends can do to help when someone is stressed out?

你覺得如何可以幫助朋友減壓？

My Mood 我的心情



My Reflection 我的反思

Peer Support Tips 朋輩支援小貼士



There are many ways to relieve stress. Some people may prefer listening to music, watching a movie, or talking it out with a friend. What's most important is for us to try to find healthy ways to relieve stress. Remember, you always have your friends to keep you company! Being there for each other makes a difference already.

減壓有很多方法，有些人喜歡聽歌、看電影或和朋友傾訴。重要的是我們找到健康的減壓方法。記住，你也有朋友陪伴你！互相陪伴已是一個好的支援。

MISSION 任務3



2+ ppl 人



20-30 mins 分鐘



Postcard 明信片/Pens 筆/Stamps 郵票
Your friends' address 朋友的地址

Hey Friend...
親愛的...

We love our screen time but just this once, let's try something different and go back to using old-fashioned pen and paper for this mission! We've provided some postcards in this "Friendship Pack" - write something to encourage a few of your friends. Think of who might appreciate some positivity in the mail! Below are some of the things you can write about:

我們不時都花費不少時間在電子設備上，就讓我們在這個任務回歸傳統吧！請用我們在「打氣包」為你準備的心意卡，寫一些東西寄給你的一兩位朋友，為他們送上小小心意！在不能見面的時候，給他們打打氣。以下是你可以寫在明信片的內容：

What you have been up to lately
你的近況

Something that reminds you of
your friend
有什麼事情令你想起你的朋友？

Something that you miss about him/her
朋友的哪些特質讓你想念他？

Some words of encouragement to
stay positive
鼓勵朋友的正能量信息



Virtual Tree of Hope
希望之樹

Upload the card to
"Virtual Tree of Hope",
so your friend can read
your message sooner!
將信分享到「希望之樹」，
讓朋友馬上看到你的祝福



Let's Chat! 友你談談心

Acts of Kindness 窩心小舉動

What nice things do you do for others to show kindness?
你會為其他人做什麼窩心的行為？

What acts of kindness do you like receiving from others?
你喜歡別人為你做什麼窩心的行為？

How do you feel when you give and receive these acts of kindness?
在你們相互關心後，你感覺如何？

My Mood 我的心情



My Reflection 我的反思

Peer Support Tips 朋輩支援小貼士



A small act of kindness can mean a lot to others! When we do something nice for someone, we are often rewarded by seeing the happiness in others. Don't be shy in letting others know that you care about them or show your appreciation for their thoughtfulness to you.

Expressing gratitude and our feelings can help us understand what makes us feel better about ourselves. Stay connected and let your friends know they are always on your mind!

一些窩心小舉動對其他人來說可能意義重大！在我們給其他人送上小心意時，看到他們的反應亦會令自己感到滿足。請不要吝嗇向其他人表達你的關心和感謝他們的心意。勇於表達感受和懂得感恩，可以令我們更了解自己的快樂來源。和朋友保持聯絡和讓他們知道你的關心吧！

MISSION 任務4

Game Time!
一齊玩啦!



2-4
ppl 人



30
mins 分鐘



A phone, tablet
or computer
電話、平板電腦
或電腦

Feeling a bit isolated or bored lately? The goal of this task is simple: try new ways to have **FUN** together with your friends. Let's take a break from all that e-learning and the news, pick a game below with your friends and play!

最近覺得有些孤獨和無聊? 這個任務很簡單: 就是和你的朋友盡情地**玩**! 你可以和朋友一起暫時拋開網上學習和新聞時事, 挑選以下的遊戲和朋友玩耍吧!



KELY crossword puzzle EN
啟勵填字拼圖

<https://crosswordlabs.com/embed/kely>

English crossword puzzle with 20 statements about friendship. Try completing it with your friends and see how in sync you guys are.

拼圖內隱藏了20個有關友誼的英文填字。看看你和朋友能夠一起完成多少題?



Online gaming websites 遊戲網站



Scribble EN

A drawing and guessing game like Pictionary 類似「猜猜畫畫」的畫畫猜字遊戲



Spyfall EN

A detective game to find the spy in your department

找出「誰是間諜」的偵探遊戲

Free game apps 免費的遊戲應用程式



Party animal

A game hub which includes Charades, Who's the Spy, Guess the Songs and Draw & Guess

一個包含大電視、誰是臥底、估歌仔、猜猜畫畫等遊戲的大集匯



Plato - play together

45 different games all in one app which comes with a group chat function

包含45個不同的小遊戲和聊天功能



Among us 太空狼人殺

Team player or double agent? Make your decision in this social deduction game!

隊友還是間諜? 在這個推理遊戲中作出你的選擇吧!



UNO!

A popular shedding card game 受歡迎的卡牌遊戲

中 EN



Let's Chat! 友你談談心

Having Fun 玩樂

Do you prefer to play with each other online or in person? Why?

你喜歡跟朋友在線上玩樂還是面對面? 為什麼?

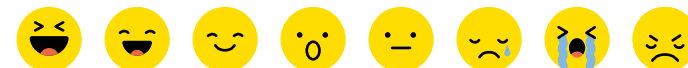
What do you think is the biggest limitation in playing online with friends?

你覺得在網上跟朋友玩樂最大的限制是什麼?

What are the emotional changes that you experienced before and after playing with your friends?

你留意到你的情緒在跟朋友玩樂後有什麼不同嗎?

My Mood 我的心情



My Reflection 我的反思

Peer Support Tips 朋輩支援小貼士



Research shows that having fun with your friends can lower stress levels, build trust in friendship, enhance creativity and boost energy. While there is a wide range of things that we can do at home alone, interaction with friends can often enlighten our days. Some people may not feel comfortable talking about the tough times that they are going through, but spending some fun time together can definitely help to distract them a bit and cheer them up.

有研究發現和朋友一起玩樂可以減壓、建立友誼的信任、增加創意和能量。儘管我們在家中獨自消遣的方法很多, 能夠和朋友互相聯繫總能令我們更加開懷。或許有些人不願意談及他們現在面對的困難, 若我們能夠和他們一起玩樂, 這已經能夠幫助他們分散一下注意力和帶來一點歡樂。

MISSION 任務5



4-9
ppl 人



20-30
mins 分鐘



A phone, tablet or computer 電話、平板電腦或電腦
Access to video conferencing tools 網上會議工具的帳號
Funny costumes 趣怪的服飾



We are a Team!
團結就是力量!

In this mission, we have some teamwork for you. Gather your friends for a video call and complete the following steps!

這個任務需要團隊合作 - 集合你的朋友完成以下步驟吧!

Step 1 第1步



Get your team costume!
Here are some inspirations for you:

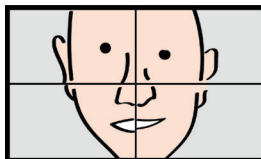
穿上你的團隊服飾!
你可以參考以下建議:

- In same colour tone 同一色系的服裝
- Pajamas 睡衣派對
- Cartoon characters 卡通人物
- 90s style 90年代風
- A theme of your choice! 你們的自選主題!

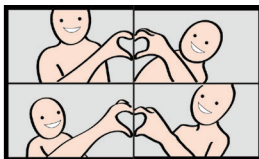
Step 2 第2步

Get a photo of your team in the following poses:
和你的隊員一起做出以下的動作, 然後拍下大合照:

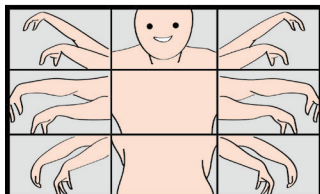
The Face 臉孔



The Smol Hearts 小心心



The Cockroach 蟑螂



Create Your Own Poses!
自創屬於你們的動作!



Let's Chat! 友你談談心

Teamwork 團隊合作

Do you enjoy teamwork? What do you like and dislike about teamwork?
你喜歡團隊合作嗎? 有什麼令你喜惡的地方?

When there is a conflict in the team, how do you usually solve it?
當團隊有衝突時, 你通常如何面對?

What kind of team player do you think you are? How do you contribute to a team?
你覺得你是怎樣的團隊成員呢? 你如何為你的團隊付出?

My Mood 我的心情



My Reflection 我的反思

Peer Support Tips 朋輩支援小貼士



Teamwork can spark creativity, improve efficiency and inspire personal growth. Most importantly, when we work together, we have teammates by our side to give us support! Challenges become easier when we are in it together. Find your dream team and let them know you've got their back, too!

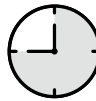
團隊合作可以激發創意、改善效率和促進個人成長。最重要的是我們在團隊中互相支持! 團隊可以令再難的挑戰也變得簡單。尋找你的夢幻之隊, 告訴隊員你會一直默默支持他們!

MISSION 任務6

See You Soon!
到時見啦!



2-3
ppl 人



30-60
mins 分鐘



A phone, tablet
or computer
電話、平板電腦
或電腦

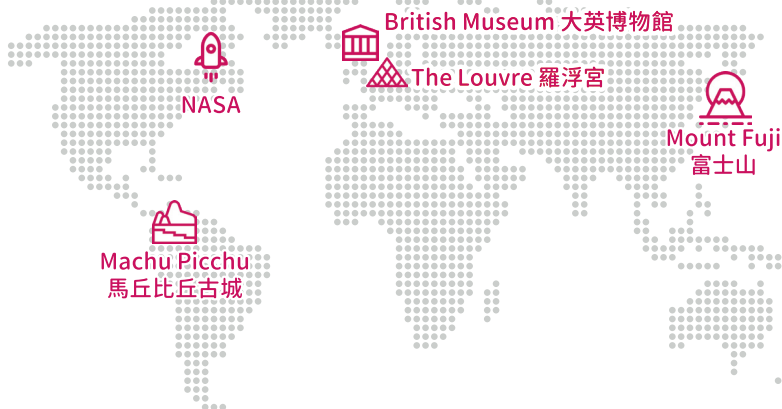
Do you miss going out and having a fun day out with your friends? What are some places that you have always wanted to go check out? Gather your friends for a virtual tour around the world and plan your next Hong Kong trip together for when you see each other!

你想念和朋友一起出遊的日子嗎？你有沒有一直想去的地方呢？在可以再與朋友見面之前，和他們一起在網上環遊世界和計劃你們下一個「香港一日遊」吧！

Step 1 第1步

Open Google Earth and explore the areas that you and your friends want to visit. Try to go around the world and visit all the continents!

使用Google地球和朋友一起遊覽你們想去的地方。
試試環遊世界，遊歷五大洲吧！



Step 2 第2步

Find an itinerary template on IG @sokely story highlights and plan your next trip within Hong Kong!

你可以使用在IG@sokely限時動態精選的行程表，計劃你們下次的香港一日遊吧！



Let's Chat! 友你談談心

Planning for the Future 計劃未來

Are you more of a planner or a spontaneous person? Any examples?
你是一個有計劃或隨遇而安的人？有例子嗎？

How do you feel when things do not go according to your plan?
當事情未能如你所計劃進行時，你會有什麼感覺？

How can people around you support you to improve the situation?
在這些情況下，你覺得身邊的人可以如何支持你？

My Mood 我的心情



My Reflection 我的反思

Peer Support Tips 朋輩支援小貼士



Making plans helps us stay focused in achieving our goals. Whether it's a small plan for a day out, or a big plan for the future, sharing your plan with your friends can keep you accountable for each other's progress. Even when we are unable to execute our plans immediately, it is good to stay hopeful and know that we have something great to look forward to. Hope keeps us strong and helps us go forward.

Celebrate your successes along the way when you have completed a part of your plan!

為自己定下計劃可以幫助我們實踐目標。不論是某天外出的小計劃，或是對未來的長遠打算，向朋友分享各自的計劃可以鼓勵大家跟進彼此進度。即使有些計劃未能即時實行，我們也可對未來抱有希望和期待計劃完成的那一天。保持盼望可以使我們堅定，讓我們有前進的動力。記得要和朋友慶祝你達成計劃的每一步！

MISSION 7 任務 7

Sharing is Caring!
分享在乎你!



The digital world and social media is the number one communication channel that brings everyone together. Other than just posting what you have been up to online, you can actually share more to support your friends with the tools we created in this mission.

數碼世界和社交媒體已成為聯結我們的主要溝通渠道。除了在網上分享你最近的動向外，你亦可以利用我們在這個任務為你而設的工具，給你的朋友支持和鼓勵!

1 Project Connect IG filters 「呼蜂喚語」IG 濾鏡

Random quotes about peer support and bee mascots for you and your friends.

隨機的濾鏡中有不同關於朋輩支援的字句和蜜蜂吉祥物，送給你和你的朋友。

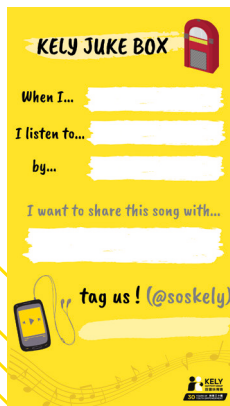


2 KELY JukeBox 啟勵點唱機

Music connects our souls and we all have our go-to songs for different occasions.

Share your favourites with your friends and KELY! 音樂連結心靈—每個人在不同的場合總有一張專屬的歌單。與你的朋友和我們分享你的最愛吧!

Go to IG @sokely story highlights to share and tag your friends!
到IG@sokely的限時動態精選分享和標註你的朋友吧!



Let's Chat! 友你談談心

Staying Social 社交活躍

How much time do you spend on social media every day?
你每天在社交平台上花多少時間?

What do you usually do when interacting with your friends online?
你如何跟朋友在網上交流?

Do you think that it's easier to show care and concern for others in person or online? Which way do you prefer more and why?
你覺得在網上表達關愛還是面對面表達較容易? 你較傾向用哪一種方式呢? 為什麼?

My Mood 我的心情



My Reflection 我的反思

Peer Support Tips 朋輩支援小貼士



Sometimes it's good to be reminded of how important you are to somebody. Show how much you care about someone by letting them know when something reminds you of them, especially when they are in need. Sharing can help us become more empathetic, increase social skills and train multi-dimensional thinking. Don't hesitate to spread love more from now on!

我們都喜歡其他人提醒我們對他人來說有多重要。你可以隨時向朋友分享一些讓你想起他們的東西，尤其是給需要幫助的朋友。分享可以令我們更加體會他人的感受，改善社交技巧和提供多角度思考。多和朋友分享你的關懷吧!

@sokely #KELYfriendshipack #啟勵撐你打氣包

Two Peas in a Pod! 拍住一齊賞!

1 IG Secret Challenges IG神秘挑戰

Starting from April, we will be posting secret challenges related to each mission on our IG @soksely. Follow the instructions of our posts to win these amazing prizes!

- 由4月起，我們將在@soksely IG專頁貼出與任務相關的「神秘挑戰」。記得按照指示挑戰贏取獎品！



Prizes include 獎品包括

logitech Gift Card 禮品卡
(Valued at 價值HKD 200)

or 或



Premium 3 Month Gift Card
3個月禮品卡 (Valued at 價值HKD174)

Stay tuned on IG@soksely and #KELYfriendshippack!
請緊貼IG@soksely 和 #啟勵撐你打氣包！

Let's see how many of you can get a BINGO on this final challenge!
讓我們看看有多少人可以達成賓果！

KELY Friendship BINGO!!

Circle the item if you have completed it with your friends! Tag us! (@soksely)

1 Call & record a friend saying the secret code	2 Online workout with a friend	3 Follow @soksely & like a post	4 Explore places on Google Earth with friend(s)	5 Finish KELY Crossword
6 Interact with Clear in Coolminds	7 Share KELY playlist with friend(s)	8 Post story with Project Connect IG filter	9 Send old photo to friend(s) & discuss	10 Write a letter to a friend
11 Post KELY Juke Box in your IG story	12 Write a post on our virtual Tree of Hope	13 KELY 30th Anniversary	14 Complete one course in KELY ehub	15 Complete BEEsociality test
16 Download Project Connect sticker & send to friend	17 Play online games with friend(s)	18 Write a postcard to a friend	19 Enroll as KELY volunteer OR make a donation	20 Follow & tag a friend in @coolmindshk
21 Video call & take funny group photo	22 Text a friend "I miss you, how are you?"	23 Plan a day trip for later with your friends	24 Follow @kelysupportgrp & like a post	25 Watch a movie with friends online

Tag 3 friends to this challenge!!

1 _____
2 _____
3 _____

啟勵撐你賓果!!

如果你已經同朋友一齊完成以下任務，就圈起佢啦！ Tag 搵佢地 (@soksely)

1 用神秘密碼打電話俾朋友	2 同朋友視像做運動	3 追蹤&讚好@soksely	4 同朋友遊覽google地球	5 完成啟勵拼字遊戲
6 跟Coolminds網站嘅Clear互動	7 和朋友分享啟勵友你歌單	8 唯IQ限時動態用「呼蜂喚語」濾鏡	9 傳送舊照片俾朋友兼討論	10 寫封信俾朋友
11 唯IQ限時動態用啟勵貼圖	12 唯啟勵「希望之樹」上留言	13 KELY 30th Anniversary	14 完成啟勵網上平台課程	15 完成「呼蜂喚語」性格測驗
16 下載同使用「呼蜂喚語」動態貼圖	17 同朋友玩線上遊戲	18 寫明信片俾朋友或捐款支持	19 登記為啟勵義工	20 追蹤&標記朋友@coolmindshk
21 同朋友視像兼拍照留念	22 傳訊息俾朋友「掛住你」詢問近況	23 同朋友一齊計劃一日遊	24 追蹤&讚好@soksupportgrp	25 同朋友一齊睇網上睇電影

Tag 3 個朋友一齊參加呢個挑戰啦!!

1 _____
2 _____
3 _____

We will be posting the template on IG@soksely story highlights. Circle the items you have done and follow instructions on the post to win AirPods for you and your friend!

我們會將這個模板放在@soksely的IG 限時動態精選中。你只要根據我們在IG帖文的指示，圈出你已完成的行動並分享，就有機會為你和你朋友一起贏得AirPods！



Grand Prize 終極大獎

Two AirPods (3rd gen.)
兩套AirPods (第三代)
(Valued at 價值HKD2,998)



Other Things to Explore 探索更多的資訊



KELY's COVID-19 Resources 啟勵的疫下資源



Here are some online workshops and resources around different mental wellbeing topics for you.
這裏有為你而設的網上工作坊及其他精神健康資訊。

Project Connect 呼蜂喚語

If you need additional support and are not sure who to go to, find us at Project Connect. We will always "B.E.E there for you"!

如果你需要更多支援卻無從入手，可以聯絡「呼蜂喚語」。
我們會「蜜蜜」陪伴你！

呼蜂喚語
Project Connect

Mental Health Referral Service for Youth
青年精神健康轉介服務

For Youth Aged 14-24 in HK
服務14至24歲在港青年

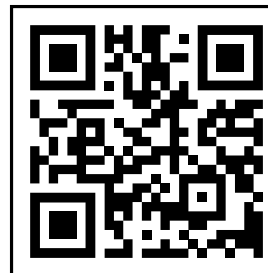
5647 6688

Mon-Fri: 9 am to 6 pm
星期一至五：上午9時至下午6時

Free & Confidential
服務免費及保密

Consider making a donation or sign up to become KELY's volunteer to support other young people like you in Hong Kong!
歡迎你捐款支持啟勵或成為我們的義工，身體力行支援香港青年！

Donate 捐款支持



Become Our Volunteer 成為我們的義工



Feedback Form 意見表

Spend 3 minutes to complete this questionnaire and let us know what you think!
花3分鐘填妥這份簡短的問卷，讓我們知道你的看法吧！



About KELY 關於啟勵

KELY Support Group (KELY) is a Hong Kong-based nonprofit organisation whose mission since 1991 is to equip young people with the skills, knowledge, and opportunities needed to support themselves and each other. We envision a world where young people are empowered to reach their full potential.

KELY is a Member of the Hong Kong Council of Social Services, a Member Agency of The Community Chest of Hong Kong and a charity listed on WiseGiving.

啟勵扶青會 (啟勵) 是本港非牟利機構，自1991年起，我們旨在為青年裝備所需技能、知識及提供機會，推動朋輩互助精神。我們致力啟發青年潛能，讓其盡展所長。

「啟勵扶青會」是香港公益金和香港社會服務聯會的會員機構，並隸屬於「惠施·慈善機構」。

Tax-exempt Charity under section 88 of the Inland Revenue Ordinance
— IR File Number: 91/3716

根據《稅務條例》第 88 條獲豁免繳稅的慈善機構
— 免稅檔案號碼：91/3716

Share the "7 Friendship Missions!" with Your Friends
向朋友分享「7個互撐小任務！」



Stay Strong! 加油！

In difficult times, it may seem impossible for us to foresee what is going to happen next. We may feel overwhelmed and frustrated by the constant changes happening. We just want to say your feelings are completely valid! After completing these missions, we hope that you are looking forward to meeting your friends, just as much as we are looking forward to meeting you in person! Remember, we are all in this together.

在困難的時候，我們很難預測將來會發生的事。有時或許會感到不知所措和沮喪，這些感覺絕對是合理的！我們希望你在完成這些任務後會更加期待和你朋友再次見面的日子，就好像我們也很期待看到你們一樣。請謹記，我們一直都在支持大家！



2521 6890



contact@kely.org



kely.org



@kelysupportgrp

@sokely



KELY
SUPPORT GROUP
啟勵扶青會

30

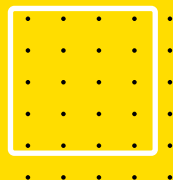
YEARS OF 扶青三十載
YOUTH EMPOWERMENT

KELY Support Group

2/F, East Wing, 12 Borrett Road
Central, Hong Kong

啟勵扶青會

香港中環波老道 12號東翼二樓



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