Programme Schedule @ HOME Centre (YTM) 活動時間表:油尖旺中心 TIME 時間 VENUE 地路 SES AND COURSES 11:00am-1:00pm HOME Centre (YT 10:00am-12:00nn HOME Centre (YT Daily Life Chatting in Cantonese Ms Apple & Ms Geeta 10:00am-12:00nn HOME Centre (YTI 10:00am-12:00nn HOME Centre (YTI 6:00pm-8:00pm HOME Centre (YTI Daily Life Chatting in Cantonese Daily Life Chatting in Cantonese Daily Life Chatting in English Daily Life Chatting in English Daily Life Chatting in English Ms Apple & Ms Geeta Ms Apple & Ms Geeta 2 Jul-17 Sep 2025 (Every Wed) 3 Jul-18 Sep 2025 (Every Thur) 12 Jul-27 Sep 2025 (Every Sat) Ms Apple & Ms Geeta Ms Apple & Ms Geeta Ms Apple & Ms Geeta Mr. Tariq M Mr. Tariq M | Stitch & Style Sewing Workshop | 24 Jun., 8, 15, 22 | Induction Programme : That so Sharp Island | 9-Jul 2025 | Sat | Induction Programme : His et o Sharp Island | 9-Jul 2025 | Sat | Sew and Stitch (Beginner) | 17-Jul 2025 | 12 Aug 2025 (Tue) 16 Aug 2025 (Sat) 4 Sep 2025 (Thur) 12 Sep 2025 (Fri) Sew and Stitch (Advanced) Induction Programme : Family Outing Cultural Art : Lippan Mirror Induction Programme: Learn to a proper CV 27 Jul; 3, 10, 17 Aug 2025 (Sun) /isit 5, 12 19, 26 Aug 2025 (Tue) Becoming A KOL Elderly Mobility Class 15, 22, 29 Jun; 6, 13 Jul 2025 (Sur 8-29 Jul 2025 (Tue) 4-25 Jul 2025 (Tri) Ms. Marfa & Mr Samee Ms. Sasa Ms. Sasa Elderly Support Group Ladies Healthly Dishes Art Club: Beautiful Earth 4-25_Jul 2025 [Frl] 10, 17_Jul 2025 [Tru) 6-27_Jul 2025 [Sum] 1, 8, 18, 22, 29_Aug 2025 [Frl] 1, 8, 18, 22, 29_Aug 2025 [Srl] 9_Aug 2025 [Sarl) 9_Aug 2025 [Sarl) 2-30_Seg 2025 [Srevr] Tue-Frl] 2-30_Seg 2025 [Srevr] Tue-Frl] 2-30_Seg 2025 [Srevr] Tue-Frl] 13, 20, 27_Seg, 4_Oct 2025 [Sarl) TBC Sweet Tooth : Baking Class Art Club : Experimental Art C) Ms. Marfa & Ms Cherry After School Tutorial Class P1-P3 After School Tutorial Class P1-P3 (B) After School Tutorial Class P4-P6 (B) After School Tutorial Class P4-P6 (B) STEM Workshop Family Outing : Pineapple Farm Visit Mr. Zeshan Ms. Marfa & Mr Samee Happy Shrawan sankranti Horse Riding Programme Neon Team Building Challenge Bubble Soccer Outdoor Adventure 8 Jun 2025 (Sun) 3:00pm-5:00pm Hong Kong Horse Riding Society 6:00pm-8:00pm Crossfire Kwai Chung 12:00nn-9:00pm Cheung Chau Sai Yue 1:00pm-2:30pm HOME Centre (YTM) Chinese Classes for Youths Youth Ambassador Outreach Ping Pong Positivity: Youth Mutual Support A Career Talk at Beauty School 7 Jun - 27 Sep 2025 (Every Sat) 7, 14 Jun (Sat); 18, 25 Jul 2025 (Fri 21, 28 Jun; 5, 12 Jul 2025 (Sat) 4 Jul 2025 (Fri) Mr Afrii & Mr Samee Ms Narmeen & Mr Humail Mr Afrii & Mr Hamid 4 Jul 2025 (Fri) 6, 13, 20, 27 Jul 2025 (Sun) 3, 10, 17, 24 Aug 2025 (Sun) 6 Jul-28 Sep 2025 (Every Sun) Make Up Class Talent Traning Nail Art Career Training Scouts Training Brownies Team Female Volleyball Traning Dance Out Your Talent War Game Fun Time Female Volleyball Fun Time \$ 3.82, 2.40g, 6.50p. 2025 (Sat) 2.000pm + 200pm + 100pm + 100

Programme Schedule @ HOME Centre (SSP) 活動時間表:深水埗分中心

PROGRAMME NAME 活動名稱	DATE 日期	TIME 時間	VENUE 地點	RESPONSIBLE STAFF 負責同事
	LANGUAGE CLASS			RESPONSIBLE STAFF 異質同事
Daily Life Chatting in Cantonese	11 Jul-26 Sep 2025 (Every Fri)	1:30pm-3:30pm	HOME Sub-centre (SSP)	Ms Apple & Ms Rumi
Daily Life Chatting in Cantonese	5 Jul-20 Sep 2025 (Every Sat)	2:00pm-4:00pm	HOME Sub-centre (SSP)	Ms Apple & Ms Rumi
	ORIENTATION AND FAMILIA	RISATION PRO	GRAMMES	This replie of this realiti
HOME Volunteer Service	13, 17, 20 Jun; 22 Jul 2025	4:30pm-5:30pm	Offsite	Ms Apple & Ms Sumera
HOME Volunteer Service	17, 20 Jun; 22 Jul 2025	3:00pm-4:30pm	Offsite	Ms Apple & Ms Komal
Cross Culture Programme	14, 21, 28 Jun; 5, 12 Jul 2025 (Sat)	10:00am-11:00am	HOME Sub-centre (SSP)	Ms Apple & Ms Sumera
Employment Training Course	4, 11, 18, 25 Jul 2025 (Fri)	10:00am-11:00am	HOME Sub-centre (SSP)	Ms Apple & Ms Sumera
T Class	6, 13 Jul; 24, 31 Aug; 7, 14, 21 Sep 2025 (Sun)		HOME Sub-centre (SSP)	Ms Apple & Ms Rumi
STEM Class			HOME Sub-centre (SSP)	Ms Apple & Ms Rumi
Tutorial Class P1-P3	1-30 Sep 2025 (Every Mon Tue, Thur & Fri)	6:00pm-8:00pm	HOME Sub-centre (SSP)	Ms Apple & Ms Rumi
Tutorial Class P4-S3	1-30 Sep 2025 (Every Mon Tue, Thur & Fri)	6:30pm-8:00pm	HOME Sub-centre (SSP)	Ms Apple & Ms Rumi
Bollywood dance	19, 26 Jul; 2, 9, 16, 23 Aug 2025 (Sat)	10:00am-11:30am	Offsite	Ms. Anna
	DEDICATED PROGRAMME FOR			1146.74119
ife Planning Workshop (VASK Tast)	7 Jun 2025 (Sat)	1:00pm-4:00pm	Kowloon Sport Centre	Ms Cherry
ife Planning Workshop (VASK X Board Game)	22 Jun 2025 (Sun)	3:00pm-5:00pm	HOME Sub-centre (SSP)	Ms Cherry
Career Training Programme	4 Jul 2025 (Fri)	10:00am-12:00nn	Kowloon District	Ms Cherry
Drawing Class	1 Jun - 30 Sep 2025 (Every Sun)	12:00nn-1:00pm	HOME Sub-centre (SSP)	Mr. Umar
Chinese Class	1 Jun - 30 Sep 2025 (Every Sun)	1:15pm-2:15pm	HOME Sub-centre (SSP)	Mr. Umar
faths Class	1 Sep - 30 Sep 2025 (Every Mon)	8:00pm-9:00pm	HOME Sub-centre (SSP)	Mr. Umar
ootball Fun day	5 Jul 2025 (Sat)	10:00am-12:00nn	Shek Kip Mei	Miss Cherry & Miss Vivian
	ORIENTATION AND FAMILIA	RIZATION PRO	GRAMMES	Trinos servir y se (*1135 VIVIBII
ood @HK	19, 20, 26, 27 Jun 2025 (Thur & Fri)	10:00am-12:00nn	HOME Sub-centre (SSP)	Ms Vivian & Ms Sumera
Together We support	3, 4, 10, 11 Jul 2025 (Thur & Fri)	10:00am-12:00nn	HOME Sub-centre (SSP)	Ms Vivian & Ms Sumera



About Us 關於中心

The Home Affairs Department commissioned New Home Association to establish the HOME Support Service Centre for Ethnic Minorities in Yau Tsim Mong and a sub-centre in Sham Shuj Po.

With its missions to promote racial harmony and facilitate the integration of ethnic minorities into Hong Kong community. HOME Centre provides a wide range of services, which include Language Classes; Tutorial Classes, Computer Classes, Family Outrings, Interest Classes; Employment Support Service, Volunteer Service; Youth and School Projects; Integration Programmes, Social Harmony Programmes, Counseling Service; Emergency Fund and Scholarship

民政事務總署委託新家園協會在油尖旺區成立HOME少數族裔人士支援服務中心及在深水埗成立分中心,為少數族裔人士提 供一系列的支援服務,以促進種族和諧及協助他們盡早融入香港社區。這些服務包括中英語文課程、功課輔導班、電腦班、參觀活 動、興趣班、就業支援服務、義工服務、青少年和學校項目、共融活動、社會和諧活動、諮詢和輔導服務、緊急援助基金和獎學金。

Homey, originated from the word. "Home", means pleasant, domestic and warm. We hope that through this newsletter, which provides news and information about our Centre is activities and community resources to our ethnic minority friends, will make them feel like home while living in Hong Kong.

HOMEY是源自HOME (家) 的字詞,意指滿足,家園和溫暖。我們希望透過報導中心和社區有關少數族裔的資訊,讓少數 族裔朋友們威受計區和香港帶來「家」的溫暖。

Join Us 加入我們

HOME Centre Membership is free of charge. By becoming a member, you'll gain access to services and benefits from both HOME Centre and New Home Association. Please contact our staff for details.

申請成為HOME中心會員是免費的。成為會員後。您將可享用由HOME中心及新家園協會提供的各項服務和福利。 詳情請向中心職員查詢。

We are actively recruiting volunteers from different cultural backgrounds including local and ethnic groups If you are willing to spend your time and enthusiastic about serving the community, please join us!

我們現正積極招募不同文化背景包括本地和少數族裔的義工 只要您願意奉獻您的時間服務社會,請即報名成為本會義工

Contact Us 聯絡我們

HOME Centre (YTM) (油尖旺中心)

Shop B, G/F and 1/F, Sun Wah Building, 73 Battery Street, Yau Ma Tei, Kowloon 九龍油磨地炮台街 73號順華大廈地下B鋪及1樓

3610 4418 3590 4642



Tuesdays - Sundays (9am - 9pm) 星期二至日 (早上九時至晚上九時) ** Mondays & Public Holidays Closed ** 星期一及公眾假期休息

HOME Sub-centre (SSP) (深水埗分中心)

Shop A & B, G/F, South Ocean Building, 130 Kiu Kiang Street, Sham Shui Po, Kowloon 九龍深水埗九江街 130號南洋大廈地下A及B舗





Thursdays - Tuesdays (9am - 9pm 星期四至二 (早上九時至晚上九時) ** Wednesdays & Public Holidays Closed ** 星期三及公眾假期休息





There's no place like home Deusletter Vol. 51 (Jul - Sep 2025)



新家園協會







You are cordially invited to register for our coming activities through our website (www.nhahome.hk).
Please also follow us on Facebook (www.facebook.com/NHAHOMECentre).
我們也誠識你透過中心的網站(www.nhahome.hk) 登記參加即將推出的活動,
若要留意我們的最新消息,亦可前往我們的Facebook 專頁(www.facebook.com/NHAHOMECentre)。

Dedicated Programmes for Ethnic Minority Youths:

Youth Talent Training - Learn How to Sketch

HOME Centre (YTM) recently concluded its "Learn How to Sketch" programme, aimed at empowering ethnic minority youths. Participants enjoyed structured sketching lessons that fostered creativity and built confidence. The programme encouraged self-expression and social inclusion, allowing youths to connect and share their artistic journeys. By showcasing their diverse perspectives, we celebrated creativity within the community.

青少年才藝培訓一學習素描技巧

HOME中心(油尖旺)最近成功舉辦了旨在賦予少數 族裔青少年力量的"學習素描"班。參加者透過有 系統的素描訓練提升了他們的創造力和自信心。此 課程鼓勵他們自我表達並促進社會共融,讓 青少年互相交流藝術創作的心路歷程。 透過展示多元文化視角,我們共同 彰顯了社區內的創造力。





YTM: homeytm@nhahome.hk / homeytm@nha.org.hk SSP: homessp@nhahome.hk / homessp@nha.org.hk







Youth Training Programme - Rise Up Youth Training Programme

HOME Centre (YTM) recently concluded its "Rise Up Youth Training Programme" designed to empower ethnic minority youths through self-awareness, self-management and personal development. This initiative engaged 10 participants. Through the programme, the participants joined the NEC Youth • CT Dodgeball Experience that organised by Regional Crime Prevention Office of New Territory South, Hong Kong Police Force and supported by the Hong Kong Dodgeball Association. This unique experience combined sports with education on crime prevention and community safety. Thanks to all the participants for making this programme a success!

HOME中心(油尖旺)最近圆滿結束了「青年崛起訓練計劃」,旨在透過 自我認知、自我管理和個人發展,提升少數族裔青年的能力。計劃 共有10名參與者,期間他們參加了香港警務處新界南總區防止罪案 辦公室主辦、香港閃遊球總會支持的非華裔青年反恐閃避球體驗活動。這次獨特的體驗結合運動與防罪教育,讓青年們學習社區 安全知識。感謝所有活動參與者的投入,令計劃取得成功!



Youth Channel - Hong Kong Sevens

Service users of HOME Centre (YTM) were thrilled to be invited to watch the Hong Kong Sevens, which took place at Kai Tak Stadium on 29 March 2025. The Hong Kong Sevens is an internationally recognised rugby tournament and a cherished activity in Hong Kong. This programme aimed to foster users' sense of belonging by showcasing the beauty of Hong Kong and supporting the Hong Kong Rugby Team.
Additionally, it sought to build a close community connection and broaden users' norizons regarding international rugby matches. By encouraging users to share news and upload pictures on their social media after the event, we promoted peer interaction and helped build a stronger network.



青少年聯繫活動 - 觀賞香港七人欖球賽活動

HOME中心(油尖旺)的服務使用者很榮幸獲邀觀看在三月二十九日於啟德 主場館舉辦的「香港國際七人欖球賽」。這項國際知名的欖球盛事,一直是香港 深受歡迎的體育活動。是次活動透過讓參加者感受香港的活力及支持香港橄欖 球隊,培養他們的錦屬感。同時,活動還致力於建立與社區的緊密聯繫,並 拓寬參與者對國際橄欖球賽事的視野。我們更鼓勵參與者在活動後於社交 媒體分享賽事花絮和上傳照片,促進朋輩間的互動,建立更強大的社交網路

Youth Training Programme - Female Gym Class

HOME Centre (YTM) successfully organised the "Female Gym Class" programme in April and May 2025, aimed at creating a secure and encouraging space for females to exercise and maintain a healthy lifestyle.

The 12 participants actively engaged in the programme and were encouraged to build a supportive network. Through their dedication and hard work, all participants demonstrated significant improvement in their fitness levels. Due to the high effectiveness of the programme, we plan to organise more similar programme in the future.



女性健身班 - 新興運動訓練

HOME中心(油尖旺)於四至五月期間舉辦了「女性健身班」,旨在為女性提供一個 安全的運動空間,培養健康生活習慣。12位參加者積極投入活動,並被鼓勵建立 互助網絡。憑藉她們的堅持和努力,所有參加者的體能水平均有顯著提升。由於 活動成效顯差,我們未來將思辦更多同類型活動。



HOME Centre EM Care Team

HOME Centre (YTM) - Voter Registration 2025

To enhance civic awareness and foster a sense of belonging to Hong Kong among To enhance civic awareness and toster a sense of belonging to many Rong among ethnic minorities, the HOME Centre (YTM) organised a "Voter Registration 2025" event on 20 May 2025. The event provided members with essential information about the qualifications, rights, and obligations of being a voter. Staff from the Registration and Electoral Office set up a booth at the centre on the same day, offering on-the-spot registration assistance to eligible individuals. Additionally, some service users collected registration forms from the centre, planning to complete and submit them to the Registration and Electoral Office from home at their convenience



HOME Centre (YTM) 選民登記 2025

為提升少數族裔人士的公民意識及增強他們對香港的歸屬威,HOME中心(油尖旺)於5月20日 舉辦了「應民登記2025」活動,向會員提供了關於翅民資格、權利及義務的重要資訊。 握舉 事務處的職員當日更在中心設立掛位,為在場的合資格人士提供即場登記服務。此外,部分 人士在中心索取登記表格,計劃在家中自行填寫後寄回選舉事務處





Orientation and Familiarization Programme:

Our Home @ Hong Kong - Green Life @ Hong Kong

HOME Sub-centre (SSP) organised four "Green Life @ Hong Kong" group sessions in May, engaging over 60 women. These sessions were designed to introduce participants to the concepts of upcycling, complemented by low-carbon DIY activities such as bag design, vase making, paper crafting, and tie-dye. This initiative aligns with the broader mission of promoting carbon footprint reduction and encouraging a sustainable lifestyle within the Hong Kong community. By integrating green skills and design thinking into everyday life. the programme equips participants with the tool to effectively address future



我們的家@香港 - 綠色生活 @ 香港

HOME分中心(深水埗)於五月舉辦了四節「綠色生活在香港」小組活動,共吸引超級60多名牌女參與。這些活動「在向參加者介紹「升級再進」的理念,同時結合被物設計、花瓶製作、紙藝創作及際架工藝等低級手工實施。 法通诉债 音光社區 推動減緩與永續生活方式的宏觀目標。透過蔣綠色技能及設計思維融入日常生活, 舌動協助參與者有效應對未來環境挑戰



Employment Training Course - Barista Training Programme

HOME Centre (YTM) organised the "Barista Employment Training Programme", hosted at the YMCA of Hong Kong. The course comprised six classes, held every Sunday. Participants learned the art of coffee making, including latte art, cappuccino and espresso. Beyond technical skills, the course also covered essential knowledge for working as a barista in coffee shops or restaurants. Upon completion of the course, participants were awarded a certificate of



就業訓練課程一咖啡師培訓計劃

HOME中心(油尖旺)在香港基督教青年會 「咖啡師培訓計劃」。課程共六党 技巧,例如拉花、卡布奇諾和濃縮咖啡。除 製作技術培訓外,學生還學習了在咖啡店或 餐廳擔任咖啡師所需的實用知識。完成課程 後,學員均獲頒發結業證書。

Integration Programmes and Services:

STEM Workshop: 3D Dreams & Innovation Workshop

In April 2025, HOME Centre (YTM) held its "3D Dreams & Innovation Workshop" to inspire students by immersing them in the world of STEM (Science, Technology, Engineering, and Mathematics) through hands-on experiences in 3D design and printing. This workshop not only enhanced creativity and problem-solving skills but also equipped participants with essential technical knowledge in 3D modelling software and printing technology. It highlighted the importance of STEM education in preparing studied to the property of the importance of STEM education in preparing send fostered greater engagement in these critical fields. By the end of the workshop, participants left with improved skills and a portfolio of 3D designs, sparking a lasting interest in STEM

STEM 工作坊:3D 夢想與刪新工作坊

HOME中心(油尖旺)在四月舉辦了3D夢想與劇新工作坊,透過3D設計和列印的實踐體驗,激發學生對STEM(科學、技術、工程和數學)領域的興趣。是次工作坊不僅提升了参加者的創造力和解離店力,更編他的緊握了3D建模款件和列刊技術的基本知識。工作坊強調了STEM教育在為學生未來職業發展的重要性,該陶鍊學科學營,並促進他們對這些關鍵領域的學學生未來職業發展的重要性,該陶鍊學科學營,並促進他們對這些關鍵領域的學學生,不可能與第一級加名不僅按能有所 提升,更供走一系列3D設計作品,激發了他們對STEM學科的持久無趣



Parent Child Learning Programmes - Children's Play Right

Play is a child's birth right, essential for their physical and mental development. On 26 April 2025, HOME Centre (YTM) collaborated with JCI Tsuen Wan on "Children's Play Right" programme. This programme not only reinforced children's right to free play, ensuring they can enjoy one hour of free playtime daily, but also promoted this concept among ethnic minority families with diverse needs and raised publiawareness of children's mental health.

The workshop ran smoothly and successfully. Ethnic minority parent-child participants were divided into five groups, ensuring everyone had the opportunity to participate in different classes or game booths, which featured attractive sourcenirs (LEGO). The games were designed to be fun, challenging and flexible, incorporating elements of uncertainty to allow children to derive joy and a sense of accomplishment from the activities.



親子學習計劃 ― 兒童遊戲權利

遊戲是兒童與生俱來的權利,對他們的身心發展至關重要。今年4月26日,HOME中心(油尖旺)與香港青年商會荃灣分會合辦「兒童遊樂權」 活動。該活動除了鞏固兒童自由玩耍的權利,確保他們每天享有一小時的自由玩耍時間外,更向有不同需求的少數族裔家庭推廣此理念,並 提高公眾對兒童心理健康的認識。

活動順利舉行並取得圓滿成功。少數族商親子參與者被分成五組,確保每人都有機會參與不同工作坊並獲得樂高紀念品。遊戲設計兼具趣味 性、挑戰性和靈活性,並加入不確定元素,讓孩子們從活動中獲得樂趣和成就感

Festival Day - Eid Celebration

On 13 April 2025, HOME Centre (YTM) hosted a vibrant Eid celebration programme, uniting community members in a festive and inclusive atmosphere. The event featured a variety of engaging activities, including games that entertained participants of all ages, a henna booth and an exciting lucky draw that added an element of surprise. Additionally, the best-dressed awards celebrated the creativity and spirit of attendees. This joyous occasion fostered a sense of making it a memorable experience for all. Special thanks to the Pakistan Club for their collaboration in organising this delightful event.



4月13日,HOME中心(油尖旺)舉辦了一場充滿活力的開齋節慶祝活動,讓社區成員在 節慶氛圍中歡聚一堂。活動內容豐富多彩,包括老少皆宜的遊戲、彩繪攤位以及驚喜 連連的幸運抽獎環節。此外活動設有最佳服飾獎,表揚參加者的創意。這場歡樂的 盛會增強了社區歸屬賦,讓每個人都留下了難忘的回憶。特別鳴謝巴基斯坦俱樂部



Parent-child Learning Programme - Creative Workshop

HOME Centre (YTM) successfully organised a parent-child workshop in May that fostered creativity and strengthened family bonds. In the first session, participants celebrated Mother's Day by creating vibrant textured art, allowing children to express their love and appreciation for their mothers. The second session featured a delightful cooking activity, during which families made a delicious chocolate lazy cat cake, combining fun with culinary skills. The workshop concluded with a celebration of the Dragon Boat Festival, where participants painted beautiful dragon boat-themed fans and enjoyed exciting boat racing games. This enriching experience not only strength ened parent-child relationships but also created lasting memories and cherished



HOME中心(油尖旺)在五月成功地舉辦了一場親子工作坊,激發參加者的創意同時輩固家庭 凝聚力。首節活動以母親節為主題,孩子們以充滿活力的紋理藝術作品,表達對母親的愛和 感激。第二節活動則以趣味烹飪活動為主題,讓家人一起製作美味的巧克力懶貓蛋糕,將 烹飪的樂趣與技巧完美結合。工作坊以端午節慶祝活動壓軸,孩子們繪製了精美的龍舟主題 扇子,並參與了楊彩刺激的龍舟競波遊戲。這次豐富的龍轅不僅增進了親子關係,更為所有 參與家庭創造了珍貴回憶和培養了寶貴的技能。



Cross-culture programme - Harmony Bridge

In May 2025, HOME Sub-centre (SSP) organised a series of Cross Culture workshops for our members. One of the workshops involved creating Mandala design on a transparent fan. With summer approaching, what better way to prepare for the heat than by crafting a personalised fan? The workshop invited around 15 ladies to design their own Mandala fans using Mandala doting tools. All participants thoroughly enjoyed the creativ process, with some even helping others to finish their artworks.



HOME 分中心(深水埗)在5月時為會員學辦了一系列跨文化工作坊。其中一個 活動是設計一把有曼陀羅圖察的扁子。隨著夏季將至,有什麼比戰手製作一把 個人化扇子更能迎接炎炎夏日呢?我們一共邀請了約15名女士來參加是次活動, 使用曼陀羅點繪工具設計專屬扇子。所有參加者都全心投入是次活動,更有人 主動協助其他同伴完成作品,充分展現互助精神

