



TRANSLATE FOR HER

VISION TO ACTION: THE WAY FORWARD

Oct, 2023



Taking Charge:
*Sports Without Boundaries
for Ethnic Minority Children*

Dare to Dream and Aspire:
*How Three Women Empower
Fellow Ethnic Minorities*

Breaking Silence with Words
*Experience Turned Into Words,
Words Express Emotions*

**Early Detection of Cancer
Is Not a Lost Cause:**
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A Gentle Breeze of Spring:
*The Journey of Mental
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Workers*

PREFACE

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The Cantonese slang phrase “sik jan hou gwo sik zi” (識人好過識字) highlights the value of personal connections over academic credentials. Though not always accurate, this adage is particularly relevant for ethnic minorities in Hong Kong who face language barriers and may struggle to access crucial information. For these individuals, knowing people who can help with translation and interpretation can be the key to understanding everything from community notices to government policies.

Translate for Her (TheM) is a free translation platform for ethnic minority women in Hong Kong that was founded on the importance of personal connections. The platform began with a simple WhatsApp conversation between a Chinese woman and a Pakistani woman. The Pakistani woman needed help translating a Chinese lease agreement and turned to her Chinese friend for assistance. This experience inspired the pair to create a larger translation group that would provide support to women who face similar struggles. Over time, the group evolved into a more mature platform that provides free translation services to ethnic minority women in Hong Kong. To use the platform, users simply take a photo of the materials they need translated and upload it to a WhatsApp group, where volunteers from around Hong Kong (even around the world) are available to provide assistance. Since its establishment in 2014, TheM has grown to include 250 volunteers and 300 ethnic minority women who access important information through the platform.

TheM’s mission extends beyond translation services.

The organisation aims to promote mutual support and foster a sense of community between Chinese and non-Chinese individuals. In addition to translation, TheM organises various activities, including cultural exchange events, Cantonese classes and mental health workshops to bring the community together. In 2020, the COVID-19 pandemic swept across the globe, leaving everyone struggling to keep up with constantly changing information. For ethnic minorities who were already facing language barriers, lack of social networks, and limited access to information, the situation was particularly daunting. That was where TheM’s platform

識人是否好過識字？對香港的少數族裔而言，或許是。人在異地，語言不通，唯有識人，才能識字——透過翻譯，獲取生活中的重要資訊。

Translate for Her (TheM)的雛形，其實正是一個WhatsApp對話，由華人朋友為在港巴基斯坦朋友將中文租約翻譯成英文。意外探索到服務的可能性，兩人集合了更多華人與少數族裔婦女，讓一對一的對話演變為翻譯群組。翻譯群組日趨成熟、有系統、最後正式成為在港少數族裔婦女服務的免費翻譯平台。每當遇上語言障礙，婦女只須用手機拍下文字，上載至WhatsApp群組，就有來自五湖四海的義工為她們翻譯內容。自2014年TheM正式成立到今時今日，義工與少數族裔婦女人數分別已達250及300人。小至學校通告，大至房契租約，義工每天都為少數族裔婦女解決生活中遇到的各種奇難雜症。

比起單純的翻譯服務，TheM的願景是推動社群互助關係，讓華人、非華人都能無分彼此，發揮互助精神。因此除翻譯服務以外，TheM過去亦積極策劃各種文化交流活動、粵語班、及心理健康講座等，望能凝聚少數族裔與華人。

2020年，新冠病毒肆虐全球，資訊千變萬化，人人無所適從，遑論不諳中文、缺乏人脈、資訊的少數族裔。因此，TheM的平台在此時發揮了重要作用，不少少數族裔婦女每天都在平台上詢問有關疫苗、出入境、隔離政策相關的問題，而其他婦女均會積極提供資訊及分享經驗。同時，華人義工團隊又會第一時間將政府的通告翻譯成英語，讓用戶可於最短時間內獲得最準確和扼要的資訊。TheM平台不但為少數族裔婦女提供實際的幫助，更大大減輕她們面對的壓力與焦慮。可見TheM不只是單純的翻譯平台，更是一個平等的互助平台，不論華人、非華人都可以自由地分享社區資源和資訊。

去年，TheM再度作出新嘗試，首次推出跨文化互助微創基金計劃。社會上雖然不乏為少數族裔女性提供支援的社福機構，但往往由華人提供援助，除了權力關係不一定平等，社福機構的目標與少數族裔女性的需求亦常常出現落差，

came in and played a crucial role. Many ethnic minority women turned to the platform to ask questions about vaccine information, entry and exit regulations, and quarantine policies. Other women on the platform actively provided information and shared their experiences. The Chinese volunteer team also translated government announcements into English to ensure users received timely and accurate information. TheM's platform has not only provided practical assistance, but has also served to alleviate the stress and anxiety ethnic minority women face. TheM is much more than just a translation platform; it is an equal mutual support platform that empowers both Chinese and non-Chinese communities to share resources and information without barriers.

Last year, TheM embarked on a new endeavour and introduced its first-ever Micro Fund for Cross-cultural Mutual Support Projects. While there are many social service agencies that provide support for ethnic minority women, these organisations are often run by Chinese individuals. This not only creates a power imbalance but also leads to discrepancies between the goals of organisations and the needs of ethnic minority women. As a result, ethnic minority women often find themselves unable to obtain the support they truly need. TheM's Micro Fund for Cross-cultural Mutual Support Projects sets out to change this approach. As the saying goes, "Provide someone with a fish and you feed them for a day; empower them to fish and you feed them for a lifetime". The Micro Fund breaks away from traditional frameworks and refuses to view ethnic minority women as mere "recipients" of aid. Instead, it empowers them to take the lead and unleash their potential and be seen and heard. TheM provides training, funding, and resources to help Micro Fund participants realise their community projects, enabling them to help other ethnic minority women and the wider community, and promote gender equality and cultural exchange.

The Micro Fund, which ran from December 2022 to June 2023, was an outstanding success, with five groups of participants from different ethnicities creating and implementing their community initiatives of diverse themes. If you're curious to learn more about the inspiring stories of these participants, we invite you to read on and be captivated by their journeys.

對少數族裔來說，常常搔不到癢處。TheM的跨文化互助微創基金計劃正欲一改傳統，改善這個局面。所謂「授人以魚，不如授人以漁」，微創基金計劃打破傳統框架，拒絕將少數族裔女性視為「受助者」，反而讓她們「擔大旗」，旨在讓她們發揮潛能，被看見和聽見。TheM為參加計劃的少數族裔婦女提供培訓，並向她們提供資金、資源，輔助她們落手落腳策劃自己構想的社區項目，為其他少數族裔女性以致整個社區提供服務與援助，推動性別平等及文化交流。

微創基金計劃為期約半年，由去年12月開始，至今年6月正式結束，共有五組成功完成計劃。每組都由不同族裔的成員組成，活動主題各異，但同樣精彩。到底參加微創基金計劃的是甚麼人？他們又懷著甚麼故事、甚麼想法，策劃了甚麼活動？誠邀您繼續閱讀！

TAKING CHARGE: SPORTS WITHOUT BOUNDARIES FOR ETHNIC MINORITY CHILDREN

運動無疆界 自己小孩自己幫



**FUN SAT 'EM -
Nusrat & Pete**

Like any concerned parent, Nusrat witnessed her primary school-aged son spending his days cooped up at home during the pandemic, with little exercise or social interaction, which made her worried about the long-term impact on his physical and mental health. In addition to seeking resources available to ethnic minority children from social welfare organisations, Nusrat also invited her son's friends over to play football. However, due to cultural differences, the children often had disagreements on the field, prompting Nusrat to realise the need for a professional coach. When discussing the situation with her friend Pete, who shares her enthusiasm for serving ethnic minorities, he mentioned Translate for Her's Micro Fund programme. Inspired by this, the two of them collaborated to plan the FUN SAT 'EM (FSE) project, which aimed to provide professional sports training for ethnic minority children.

The FSE team consists of only two members, Nusrat from Bangladesh and Pete from Hong Kong. The former is a mother of two, while the latter, although not a father, is enthusiastic about serving ethnic minorities. Despite their differences in gender, ethnicity, and background, they formed a strong bond and in just a few months, they organised eight football classes and eight swimming classes for ethnic minority children. They also provided parent sessions for parents waiting outside the venue, where they encouraged them to relax, have fun, and share useful information on different aspects, such as navigating the Hong Kong education system.

跟本地家長一樣，Nusrat眼見高小的兒子在疫情期間終日待在家中，缺乏運動和社交，心想長久下去將有損身心健康。於是，Nusrat除了向社福機構查詢少數族裔孩子可以享用的資源外，亦邀請了兒子的朋友一起踢足球。不過，因著不同的文化背景，小朋友在球場上常常意見不合，Nusrat因而意識到聘請專業教練的必要。與友人Pete談起這個狀況時，Pete又剛好聽聞Translate for Her的微創基金計劃，於是兩人坐言起行，一同策劃FUN SAT'EM (FSE)項目，申請資金為少數族裔孩子提供專業的運動培訓。

FSE團隊只有兩位成員，他們正是來自孟加拉的Nusrat與來自香港的Pete。前者是二孩之母，後者雖然未為人父，卻熱心於服務少數族裔。兩人性別、種族、身份不同，卻一拍即合，在短短幾個月間，為少數族裔小孩舉辦了八節足球班和八節游泳班，同時為在場外等待接送的父母提供「家長環節」，鼓勵他們一同玩樂、放鬆身心，並提供平台與他們分享關於升學等有用資訊。

Perfect Dream Team: Efficient Division of Labour for Creating Better Opportunities for Children

The active participation of both children and parents throughout the event was certainly impressive. However, for Pete, the division of labour with Nusrat left a lasting impression. Being a local Chinese, Pete has access to valuable information and resources, and as such, he was responsible for pre-project preparation, such as finding coaches and inviting guest speakers. On the other hand, Nusrat, being an ethnic minority parent, possessed a reliable network and a deep understanding of parents' mindset. Therefore, she was tasked with promoting the project and contacting parents, among other responsibilities. The two complemented each other's shortcomings and worked together seamlessly. Pete expressed his satisfaction, saying, "I think this collaborative model is really worth promoting."

As for Nusrat, her children are both FSE participants. They loved the sports classes and have made many friends through them. What excites Nusrat the most is seeing the changes and growth of both parents and children. She admits, "Many ethnic minority families are deterred from extracurricular activities due to language barriers and financial burdens, I am delighted that this project provides equal opportunities for ethnic minority children to develop their potential." However, there is a lack of similar activities in society, so like Pete, Nusrat is eager for this programme to be promoted in all districts of Hong Kong, and for parents in each district to voluntarily organise the most needed and appropriate activities for their children. She says, "Even if I am not involved in the future, I hope parents will continue to take over."

成員各司其職 為小孩創造機會

整個活動中，小孩與家長的積極參與固然令人難忘，但對Pete而言，與拍檔Nusrat的分工亦令他印象深刻。作為本地華人，Pete掌握的是資訊與資源，所以項目的籌備工作，包括找教練、分享嘉賓等，均由他負責。相反，Nusrat作為少數族裔家長，除有人脈外，也能理解父母心。於是，項目的推廣、聯絡家長等事務，便落在Nusrat身上。兩人互補不足，合作無間。Pete滿意地說：「我覺得這種合作模式其實非常值得別人參考和推廣。」

至於Nusrat，她的子女都是FSE的參加者。他們非常喜歡FSE的運動班，更從中交了不少朋友。而令Nusrat最興奮的，莫過於看見家長和小孩在活動中的改變與成長。Nusrat坦言：「很多少數族裔家庭會因語言障礙和經濟負擔而對課餘活動卻步，所以我很高興這次活動能為少數族裔小孩提供平等的機會發展潛能」。不過，社會上缺少同類活動，因此Nusrat跟Pete一樣，十分期望這樣的計劃可以推廣至全港各區，並由各區家長自發為子女籌辦他們最需要和最合適的活動。她說：「希望即使我日後不在其中，也有家長繼續承接下去。」



Sparking a New Model for Community Activities: A Hope for the Future

Lasting just a few months, the training classes had an impressive attendance rate. Children fell in love with exciting and beneficial sports activities, and the football team members even wore jerseys and played friendly matches with a local Chinese team. Meanwhile, parents outside the field enjoyed every parent session and gained valuable insights through exchanges with other parents and guest speakers.

Nusrat and Pete are actively exploring ways to expand the reach of this community project. While primarily serving parents and children in the Kennedy Town area, they aspire to secure additional funding and replicate this model, empowering ethnic minority parents in each district to become leaders and promote similar initiatives, ultimately benefitting parents and children throughout their communities.

活動反應佳 推社區活動新模式

訓練班持續短短幾個月，每節課堂的出席率都非常高。場內小孩愛上有益身心的體育運動，足球隊隊員更曾穿上球衣，與華人隊伍踢友誼賽。另一邊廂，場外家長也在樂在其中，享受每一次「家長環節」的活動，並透過與其他家長的交流及嘉賓的分享，獲得有用的情報。

如上文所言，Nusrat和Pete正積極研究將這樣的社區項目推而廣之。是次項目以服務堅尼地城的家長與小孩為主，但他們期望不久的將來能申請更多資助，並複製這樣的模式，讓各區的少數族裔家長成為區內領袖，在社區推動類似的項目，自發策劃活動，幫助區內的家長和小孩。





DARE TO DREAM AND ASPIRE: HOW THREE WOMEN EMPOWER FELLOW ETHNIC MINORITIES

**敢夢敢想：
少數族裔女性助同路人
逆轉人生路**



**Empower Her -
Nebra, Aiman &
Guramrita**

According to the 2021 census, there are 66,375 ethnic minority students studying full-time courses in Hong Kong, accounting for approximately 6.25% of the total. These students receive fewer resources and attention than their Chinese peers when it comes to education and employment, and ethnic minority women face even more challenges. In response, three young South Asian women born and raised in Hong Kong, Nebra, Aiman, and Guramrita, founded the Empower Her initiative, providing a series of workshops for local ethnic minority women aged 16 to 25 to enhance their self-awareness, employment skills, and networking opportunities. The team also invited guest speakers to provide participants with information on mental health, education, and employment.

根據2021年人口普查，全港共有66,375名少數族裔學生就讀全日制課程，約佔全港總數6.25%，他們在升學和就業方面所得的資源和關注較華人學生少，而少數族裔女性面對的挑戰則更多。有見及此，三位在香港土生土長的南亞裔年輕女生Nebra、Aiman和Guramrita組織Empower Her活動，為本地16至25歲的少數族裔女性提供一系列工作坊，提升她們的自我認知、就業技能和建立人際網絡。隊亦邀請嘉賓進行講座，為參加者提供有關心理健康、升學就業的資訊。



Struggle for Education and Employment Amid Clear Dreams and Open Minds

In the Hong Kong society, there exist various stereotypes regarding South Asians, one of the most prevalent is the notion that South Asian women must conform to traditional gender roles, including marriage, child-rearing, and home-making. While such traditional beliefs are deeply rooted in the older generation, many South Asians, particularly those residing in Hong Kong, have gradually moved beyond them with the times. Take the three members of Empower Her as an example. Their parents immigrated to Hong Kong to create a comfortable environment for their children, allowing them to receive an improved education and aspire to a better life. Therefore, they strongly support their children in pursuing their dreams.

However, despite having clear aspirations and open-minded parents, the journey to pursuing their dreams can often be fraught with obstacles for ethnic minority women, more so than their local peers. When it comes to employment and education, the three founders of Empower Her are quick to note the difficulties faced by ethnic minority students, due to various factors within Hong Kong's education system. One major obstacle is language, with many ethnic minority students reporting that schools only teach them basic Chinese, which is not practical and does not aid their career development. The presence of a language barrier poses a significant obstacle for students and their parents to access information related to education and employment, which can lead to a lack of support. Moreover, school teachers may not receive sufficient training to understand the cultural nuances of different ethnic groups, and might even unintentionally label and stereotype students from minority communities. Similarly, many employers may hold biases against ethnic minorities and hesitate when it comes to hiring them.

志向清晰父母開明 升學就業依舊困難重重

社會對南亞裔人士存有許多刻板印象，最具代表性的大概是認為南亞裔女性必須遵循傳統，視結婚生子、照顧家庭為己任。上一代的傳統思想固然根深蒂固，可幸的是，隨時代變遷，不少南亞裔人士，特別是居港的一群，早已摒棄這些傳統思想。以Empower Her三位成員為例，她們的父母移民來港，正是為了讓下一代在舒適環境中接受更好的教育，過更好的生活，所以，都十分支持子女追尋自己的夢想。

不過，無論志向有多麼清晰，父母有多麼開明，少數族裔女性的追夢之旅往往比本地學生崎嶇。說起少數族裔就業及升學的難處，三人都滔滔不絕，因為在香港教育制度下，各項因素都令少數族裔學生在這兩方面遇上重重障礙。語言方面，不少少數族裔學生指出學校只教授簡易中文，實用性不高，亦無助他們的職業發展。語言的障礙亦令學生及家長難以接收升學和就業資訊，變相缺乏支援。另一方面，學校教師缺乏培訓，對少數族裔文化認識不足，甚至無意間標籤少數族裔學生。同樣地，不少僱主亦對少數族裔存有偏見，在聘用少數族裔時有所卻步。



The Power of Peer Support Outshines NGO Aid

Although numerous local NGOs provide support services for ethnic minority groups, the founders of Empower Her emphasise that these organisations often view ethnic minority women as victims of traditional beliefs. This outdated and overgeneralised view does not allow NGOs to provide appropriate support. Nebra, Aiman, and Guramrita recognise the need for a service initiated and advocated by ethnic minority women to provide the most suitable help.

The three members include both working professional and university students who were born and raised in Hong Kong, and received local education. As someone who have been through similar experiences, they understand the struggles and needs of their peers, which is why they initiated this project. Through Empower Her, they hope to “provide a safe space for local ethnic minority women” to connect and share their experiences. They also hope that ethnic minority women will no longer underestimate their own power and can proudly share their stories and achievements, showing others that “I can do it too.”

The five workshops were held over a three-month period and were a success. The founders of Empower Her do not see this as the end but rather the beginning of their initiative. When asked about their future plans, they said, “We hope to expand the programme to secondary schools in the future, providing career planning support for more ethnic minority students to live their lives to the fullest.”

NGO支援再多 不及過來人互助

組織Empower Her活動的三位女生都提到，雖然不少本地NGO也有支援少數族裔的服務，但它們作為局外人，總視少數族裔女性為被傳統觀念束縛的受害人。這種視角既過時，又不全面，並不能提供適切支援。相反，由少數族裔女性推動和倡議的服務少之又少，而Nebra、Aiman和Guramrita正能填補這個空缺，為她們提供最合宜的幫助。

三位成員中有職場人亦有大學學生，都在香港土生土長並接受本地教育。作為過來人，她們深明同路人的困境和需要，遂發起是次活動。三人多次強調，除了希望活動能為本地少數族裔女性「提供一個安全的空間」，彼此聯繫，分享經驗外，她們更希望少數族裔女性不再低估自己的力量，而能透過這樣的交流，自豪地分享自己的故事與成就，告訴別人「我也能夠做得到」。

為期三個月，一連五節工作坊圓滿舉行。她們並不希望Empower Her是個終點，而是起點。問到未來計劃，她們說：「希望日後能將活動推廣至中學，為更多少數族裔學生提供生涯規劃的支援，活出自我。」



A GENTLE BREEZE OF SPRING: THE JOURNEY OF MENTAL HEALING FOR FOREIGN DOMESTIC WORKERS

陣陣春風柔 外傭的心靈療癒之旅



**Project Mental
Wellness:
Spring Healing -
Leeh Ann & Eny**

Spring brings a refreshing change as nature wakes up from hibernation, with the gentle breeze carrying a sense of renewal. Emotions can likewise experience a similar cycle, needing a period of revitalisation after a long winter. This is the focus of the community project “Project Mental Wellness: Spring Healing” organised by Leeh Ann and Eny, which aims to enhance the understanding of mental health among foreign domestic workers in Hong Kong. The programme offered a series of diverse workshops including laughter yoga, Zumba, acrylic painting, embroidery, and more. Their goal is to encourage participants to pay more attention to their mental well-being, and to love themselves a little more.

Leeh Ann and Eny, originally from the Philippines and Indonesia respectively, are domestic workers who play active roles in their community. Leeh Ann is a photographer who is involved in various community organisations and advocates for social justice in different capacities, while Eny founded mutual support platform Self Love Cupid and is dedicated to promoting the mental health of migrant domestic workers. The two met on previous occasions and collaborated on the Spring Healing project due to their shared concern for the mental well-being of this community.

春回大地，萬象更新。自然界經過寒冬以後，柔和的春風隨春天來臨。情緒亦有時如此，經歷嚴冬，需要一場復甦。由 Leeh Ann 和 Eny 策劃的社區項目 Project Mental Wellness: Spring Healing，正以此為主軸，期望透過一系列的工作坊，提升本地外傭對心理健康的認識。一系列的活動多元精彩，包括大笑瑜伽、尊巴舞、丙烯畫、刺繡等，旨在提升參加者對心靈健康的關注，愛自己多一點點。

主導 Spring Healing 的 Leeh Ann 和 Eny 分別來自菲律賓和印尼，她們既是家庭傭工，亦有著其他身份。Leeh Ann 是一名攝影師，也活躍於不同的社區組織，以各種身份推動社會公義；Eny 則關注外傭精神健康，是互助平台 Self Love Cupid 的創辦人。兩人相識於其他場合，及後因對外傭心理健康有共同的關注，便一同策劃了 Spring Healing。

Migrant Workers' Silent Struggles

Despite actively promoting mental health, Leeh Ann and Eny had no prior knowledge of it. It was only through their own experiences of going through a difficult time that they learnt how to help themselves. While working in Hong Kong, Eny underwent emotional distress due to past trauma and work pressure. She said, "At that time, I had no knowledge of mental health and could only search the internet continuously. I suspected that I had depression and called the Samaritans for help." Eny was referred to a psychiatric clinic and gradually recovered. Looking back on her struggles, she said, "I am grateful that I know English because it is a prerequisite for receiving psychological counseling in Hong Kong." However, she realised that fellow migrant workers might be hesitant to seek help due to economic, linguistic, cultural, or taboo-related barriers.

Therefore, she started organising weekly gatherings for domestic workers with similar cultural backgrounds, providing a space for them to share their difficulties, inspire one another, and learn to prioritise their physical and mental well-being.

As for Leeh Ann, she came to Hong Kong alone more than 10 years ago to work and support her family, having been a teacher in the Philippines. Suddenly becoming a domestic worker, she found it difficult to adapt and was physically and emotionally exhausted. In despair, Leeh Ann rediscovered her childhood interest in photography as an outlet for her emotions, and through this, she met a group of like-minded friends and eventually emerged from the depths of her emotions. Like Eny, Leeh Ann also observed that migrant domestic workers generally do not actively seek help even if they are experiencing emotional distress. Through her own experience and hearing from friends who used painting as a way to express emotions, Leeh Ann recognised the power of art in healing the mind. Therefore, she said, "I hope to help domestic workers who lack resources understand that self-love is not difficult. Just try to cultivate different interests, something will work for you." When Translate for Her launched its Micro Fund programme, Leeh Ann and Eny, who already knew each other, immediately teamed up to use their strengths to provide space and a platform for migrant domestic workers to learn to take care of their physical and mental health.



移工壓力大 有苦無路訴

Leeh Ann和Eny雖然積極推廣心理健康，但從前她們卻對此毫無認識，倒是走過低谷才知道如何自救。Eny在港工作期間，因為成長創傷和工作壓力等，情緒受困。她說：「當時我對精神健康毫無認識，只能在互聯網不斷搜尋，懷疑自己患上抑鬱症，便撥打撒瑪利亞會求助熱線。」Eny轉折被轉介到精神科診所就醫，情況才漸漸好轉。走過低谷的Eny回望過去，說：「我很慶幸我懂英語。」因為懂英語是在香港接受心理輔導的前提。但想到同鄉或因為語言、經濟、文化差異或禁忌而對求助卻步，Eny很希望以過來人的身份幫助她們。於是，她舉辦每周一次的聚會，讓文化背景相近的外傭得以分享難處，互相激勵，一同學習愛護自己的身心靈。

至於Leeh Ann十多年前為養家隻身來港打工，在菲律賓執教鞭的她突然成為寄人籬下的家傭，身份地位的突變讓她一時無法適應，身心皆疲。絕望之中，Leeh Ann重拾兒時興趣，以攝影作為情緒的出口，更因此結識了一批志同道合的朋友，終於走出情緒的深淵。如Eny所言，Leeh Ann也觀察到外傭即使有情緒困擾，普遍都不會主動求助。除了自己的經歷外，Leeh Ann亦曾聽聞有患抑鬱症的朋友透過繪畫抒發情緒，讓她意識到藝術療癒人心的力量。因此，Leeh Ann說：「我很希望讓缺乏資源的外傭明白，自愛其實不難，培養不同的興趣，總有一個可以紓解情緒的。」適逢Translate for Her推出微創基金計劃，本來已經互相認識的Leeh Ann與Eny一拍即合，期望發揮所長，為本地外傭提供空間與平台，學習照顧自己的身心健康。



Self-Love Starts With Simple Acts

This past spring, the Spring Healing team organised six workshops for migrant domestic workers, where they taught simple yet effective techniques and activities to help them relax and ease their minds. The team aimed to demonstrate that maintaining mental health is not a difficult feat, and that it does not necessarily require a significant amount of effort or expenditure. When asked about the future of Spring Healing, Eny appeared uncertain because of her work status in Hong Kong. However, she said with certainty, “No matter where I am, I want to do my best to promote awareness of mental health among migrant workers and society as a whole.”

自愛非難事 由簡單活動開始

Spring Healing 團隊在今年春季舉行了一連六場工作坊，教授外傭各種簡單又能放鬆心情的技巧與活動，目的是告訴她們保持心理健康並非難事，更不一定要大費周章、大花金錢。被問到Spring Healing的未來動向時，Eny顯得不肯定，因為她「不知道自己能否繼續留在香港工作」。但她肯定地說：「我無論身在何方，都想盡力推動移民勞工以致社會大眾對心理健康的認知。」



BREAKING SILENCE WITH WORDS

打破沉默 從文字開始

With a heavy heart, Nemy left her hometown and travelled to a foreign land to work. She soon found herself facing the harsh reality of unscrupulous intermediaries and employers who left her in tears every night. In despair, she turned to writing, channelling emotions into poignant articles and beautiful poems. From this journey of pain and creativity emerged Migrant Writers of Hong Kong (MWHK) and Write.able.

From January to February 2023, the Write.able team held four workshops on different themes, including interpersonal relationships, financial management, mental health, and writing trauma. In early May, the team held a graduation ceremony for the participants, allowing their works to be presented to a wider audience. The team hopes that this series of activities can enable foreign domestic workers to express their long-repressed emotions through creation, thereby promoting mental health.

The Write.able team consists of four members, each with their own roles in the project. Nemy and Ailenemae, both founders of MWHK, are responsible for hosting writing workshops and sharing their own experiences. Christine, a filmmaker from the Philippines, is responsible for curating the participants' works, allowing them to share their creative achievements with the public. Yvonne, from Hong Kong, is an assistant lecturer in creative writing at a local university and is primarily responsible for communication and venue rental.



一個人離鄉別井到異地打工，卻遇上無良中介、無良僱主，Nemy每夜都以淚洗臉。絕望中，她把心聲化為一篇篇文章與詩作。這是Migrant Writers of Hong Kong (下稱MWHK) 的緣起，也是Write.able的緣起。

今年1月至2月，Write.able團隊舉行了四場工作坊，圍繞不同主題，包括人際關係、財務管理、心理健康，及書寫創傷。5月初，團隊亦為參加者舉行了畢業典禮，讓參加者的作品得以面向觀眾。團隊期望一系列的活動可讓本地外傭通過創作，抒發自己抑壓已久的情緒，從而促進心理健康。

Write.able團隊共有四位成員，在活動中各司其職。同是MWHK創辦人的菲律賓外傭Nemy和Ailenemae負責主持寫作工作坊，分享自身經驗；電影製作人Christine亦來自菲律賓，在Write.able中負責參加者作品的策展，讓她們能與大眾分享創作成果。來自香港的Yvonne則是大學創意寫作課程的助理講師，主力負責場地租借等溝通工作。



**Write.able -
Nemy, Ailenemae,
Christine & Yvonne**

Experience Turned Into Words, Words Express Emotions

Nemy was an undergraduate student of Bachelor of Science in Liberal Arts at a university in the Philippines and originally made a living as a writer. She later travelled alone to Singapore to work as a domestic worker, where she unfortunately encountered harsh intermediaries and employers. In addition to enduring insults, discrimination, and harassment, she was restricted from basic rights and freedoms. "At that time, my phone was confiscated, and I couldn't even communicate with the outside world!" During that difficult time, Nemy turned to writing and used scrap paper left by her employer to heal herself through words. Later, she came to Hong Kong to work and participated in various activities and organisations, gradually developing an interest in and understanding of migrant writers. During the pandemic, when her employer did not allow her to leave the house, Nemy felt her freedom was once again restricted. As the nightmare returned, she began to write poetry again. "One day, while washing dishes, I had a sudden inspiration and called Ailenemae and others to establish MWHK." With this sudden idea from Nemy, MWHK was born. The organisation quickly gained momentum, attracting more and more members and garnering support from universities and non-profit organisations. They have successfully held numerous events.

By chance, Nemy and her friends applied for Translate for Her's Micro Fund for Cross-cultural Mutual Support Projects, and successfully launched their own event series. Seeing that participants were able to articulate their nuanced emotions about leaving home through creation, the team felt a sense of fulfillment. As the only local Chinese member of the team, Yvonne admitted that she mainly played a communicative role, and activities were mainly led by the three Filipino members. She noted that in previous MWHK events, they were often constrained by the frameworks of their collaborating partners, but this project was truly "from the migrants, for the migrants", which made it particularly meaningful.

經歷化作文字 文字道出心聲

Nemy早年在菲律賓的大學修讀理學士（博雅教育）學位，本來以寫作維生，後來隻身前往新加坡當外傭，不幸遇上苛刻中介和僱主。除了飽受辱罵、歧視和騷擾外，更被限制基本權利和自由。「我當時被沒收手機，根本沒法與外界溝通！」當時Nemy承受極大痛苦，只好用僱主遺下的廢紙寫作，以寫作療傷。後來，Nemy輾轉來到香港工作，參加了不同的活動與組織，亦漸漸對移民作家產生興趣和了解。疫情期間，僱主不容許Nemy外出，她感到自由再被限制。噩夢重臨，她再次寫起詩來，以文字抵抗現實。「有一次我在洗碗，忽發奇想，便叫Ailenemae等人一起成立了MWHK。」MWHK的成立雖然偶然，組織卻迅速發展，成員越來越多，更在大專院校和各組織的支持下舉辦過不少活動。

機緣巧合之下，Nemy與MWHK的好友一同報名參加Translate for Her的跨文化互助微創基金計劃，最終推行自己策劃的活動，與移工分享文字的力量。看見活動參加者均能透過創作抒發她們離鄉別井的各種複雜感情，團隊都心滿意足。作為團隊中唯一的本地人，Yvonne坦言自己主要擔任溝通角色，活動大致由三位菲籍成員主導。她指過往MWHK舉辦活動時，多數受合作單位的框架所限，但是次活動卻是一場「由移民主導，為移民服務」的活動，別具意義。





Foreign Domestic Workers Should Be Heard and Respected

Foreign domestic workers are often viewed as nothing more than employees, their contributions confined to household care and little else. But in reality, they play a crucial role in freeing up local women from such responsibilities. Despite their contributions to Hong Kong's economic development, their rights and conditions are often ignored. The team hopes to raise awareness by encouraging workers to speak and write about their experiences, so that the public can see them as individuals with their own families and stories, deserving of respect, appreciation, and consideration.

Although the Write.able series has come to an end, Nemy is certain that they will not stop. Nemy is constantly on the lookout for funding opportunities, often finding inspiration while doing household chores. MWHK explores different possibilities, hoping to advocate for more resources and rights for migrant writers, and further promote creative expression and mental health among domestic workers.

外傭非奴隸 應被聽見被尊重

在僱主眼中，外傭或許只是僱員。但其實她們的貢獻不單是照顧家庭，更間接釋放本地女性勞動力。外傭對香港的經濟發展功不可沒，但她們的權益和處境卻常常被大眾忽視。團隊期望外傭可以勇敢地透過說話以及文字表達自己的心聲與訴求，讓大眾知道外傭也是人，有自己的家庭，有自己的故事，同樣值得被尊重、被欣賞、被體諒。

Write.able活動雖然暫告一段落，但Nemy表示她們不會停步。她笑說自己時刻都在留意各種可申請的資金，「我總是在做家務時獲得靈感」，探討各種可能性，希望為移民作家爭取更多資源與權益，也能進一步在外傭之間推廣創作與心理健康。

EARLY DETECTION OF CANCER IS NOT A LOST CAUSE: CANCER AWARENESS EDUCATION FOR DOMESTIC WORKERS

癌症及早知 並非冇得醫
外傭的癌症健康教育



For migrant domestic workers, cancer is a nightmare that not only causes physical pain but also threatens their job security. While employers are not legally permitted to terminate workers due to illness, workers' health status can impact their job opportunities and hence their visa status. Consequently, many workers choose to conceal their health problems, ignoring warning signs and suffering silently.

Tekla established Social Justice for Migrant Workers (SJMW) a few years ago to advocate for the rights of migrant domestic workers in Hong Kong. In 2021 alone, over 20 workers sought support from SJMW regarding cancer-related issues. With a personal

understanding of the problem due to the loss of loved ones to cancer, Tekla joined forces with other domestic workers, Contrinx, Bing, and Josie, and Edwina, Executive Director of Bethune House, a temporary shelter for female migrant workers. They participated in Translate for Her's Micro Fund to launch the Cancer Public Awareness for Migrant Domestic Workers Project, which aimed to increase awareness among migrant domestic workers about cancer, encourage them to seek medical attention early, and reduce the risk of death.

From February to May 2023, the team organised a series of events, including online and offline seminars featuring doctors, psychologists, and cancer survivors, as well as created online and physical booklets. In addition to cancer-related information, the booklet includes comic strips to encourage workers to seek medical attention bravely. The team hopes to inspire workers to prioritise their own health while caring for their employers' families, recognising that their own well-being is equally important.

患癌對外傭而言是一大噩夢，除了肉體上的痛苦外，患癌亦意味飯碗隨時不保。雖然現時法例並不允許僱主因外傭患病而辭退外傭，但外傭的健康狀況往往會影響她們的工作機會甚至去留。因此不少外傭諱疾忌醫，寧願隱瞞身體的不適，也不願正視身體發出的警號。

Tekla數年前成立Social Justice for Migrant Workers (下稱SJMw)，推動本地外傭權益。而單在2021年，便有超過20名外傭向SJMw尋求有關患癌的支援。本身也有親友患癌離世的Tekla意識到問題的嚴重性，故聯同其他外傭Contrinx、Bing、Josie和移工庇護所白恩逢之家常務董事Edwina參加Translate for Her的微創基金計劃，一同策劃Cancer Public Awareness for Migrant Domestic Workers Project。計劃旨在提高外傭對癌症的認識，及早發現問題，降低死亡風險。

團隊於今年2月至5月期間舉辦了一系列活動，包括邀請醫生、心理學家和癌症倖存者進行線上及線下講座，又撰寫網上及實體小冊子，內裡除包含癌症相關資訊外，亦以漫畫形式鼓勵外傭勇敢求醫。團隊期望外傭能在照顧僱主家庭的同時，亦不忘好好照顧自己的身體，把自己遠方的家庭放在首位的同時，也同樣重視自己的健康。



Cancer Public Awareness for Migrant Domestic Workers Project- Tekla, Contrinx, Bing, Josie, Edwina



Poor Working Conditions Jeopardising Migrant Domestic Workers' Health

Tekla has visited migrant workers with cancer numerous times. On one occasion, she met a worker who was severely malnourished, surviving solely on instant noodles provided by her employer while refusing to get extra food in order to save money. While different factors can trigger cancer, Tekla believes that poor working environment is a significant contributor. "Domestic workers undergo physical examinations before coming to Hong Kong, so they are all in good health," she points out. However, after arriving in Hong Kong, some domestic workers are forced to live in harsh conditions, only given instant noodles and other nutrient-deficient foods, and are deprived of the right to rest and sleep. Gradually, due to overwork, they become ill and develop diseases. In addition, due to cultural taboos, domestic workers may be reluctant to touch their bodies or discuss sex-related topics, often missing the opportunity to detect and treat cancer.

One of the team members, Josie, describes herself as "very lucky." She previously suffered from breast cancer but was fortunate enough to receive understanding and assistance from her employer, allowing her to rest and recover from the disease. Similarly, Bing discovered abnormal menstrual bleeding early and underwent a series of examinations, preventing the condition from worsening into cervical cancer. Both of them are grateful for seeking medical attention early and receiving support from their employers. However, not everyone is so fortunate, so they hope their experiences can help and encourage other domestic workers, telling them that "having cancer is not the end," and what rights they have under the law.

工作環境惡劣 外傭熬出頑疾

Tekla有大量探訪患癌外傭的經驗。她憶述有次探訪對象骨瘦如柴，追問下才知道傭主只讓她吃即食麵，而她為了節省金錢，亦不願購買其他食物。雖然有不同因素都能誘發癌症，但Tekla認為外傭的工作環境是不能忽視的一大因素。她指出：「外傭來港前要通過體檢，所以都是有健康體魄的。」但是來港以後，部分外傭被逼在惡劣的環境下生活，只被給予即食麵等缺乏營養的食物，又被剝奪休息與睡眠的權利，漸漸因勞成疾，熬出病來。加上外傭可能因一些文化禁忌，不願隨意觸摸自己的身體，或談及性相關話題，因此往往錯失發現和治療癌症的良機。

團隊成員之一Josie形容自己「非常幸運」，她早前患上乳癌，幸得僱主體諒和協助，才能安心養病，戰勝病魔。而Bing亦及早發現自己經血異常，經歷了一連串的檢查和調理，才沒讓病情惡化，發展為子宮頸癌。兩人都慶幸自己及早求診，並得到僱主支持，才可快速康復。但並非人人都如此幸運，所以她們都希望自身經歷可以幫助及鼓勵其他外傭，告訴她們「患癌並非終點」，並了解法例之下她們所享有的權益。

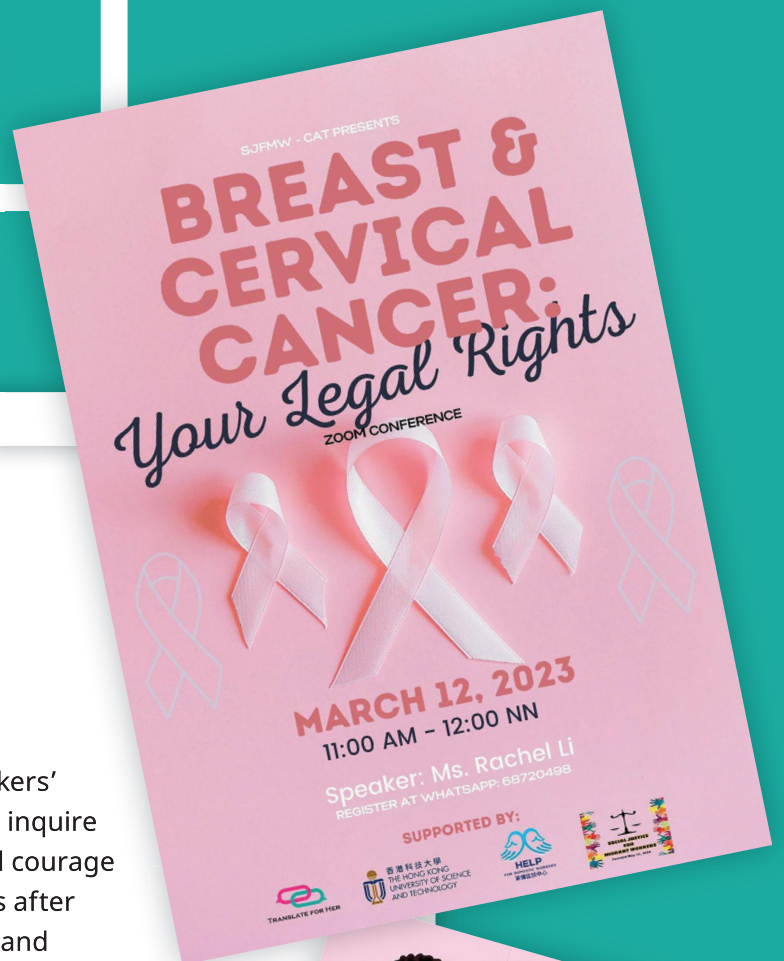


Booklet in More Languages to Come

The team's efforts successfully raised domestic workers' awareness. Over 300 workers contacted the team to inquire about related content, and nearly 20 workers gained courage to notify their employers and undergo health checks after attending the events. Some even discovered cancer and received early treatment. Nearly 1,500 people watched the online talks, and the booklets received widespread media coverage. The team's efforts were even recognised by the Philippine Consulate General in Hong Kong, who uploaded the booklets to their social media platform. The response to the project far exceeded expectations, and the team was thrilled and moved by the support. At present, the online talks and booklets are only available in English. Tekla said, "Due to the enthusiastic response, our next step will be to focus resources on translating them into Indonesian and Tagalog, so that more people can benefit."

反應熱烈 未來提供多語翻譯

團隊的活動成功喚起外傭對健康的關注，有超過300位外傭聯絡團隊查詢相關內容，亦有近20位外傭在參加活動後鼓起勇氣，決定知會僱主並接受身體檢查。甚至有人因此而發現患癌，得以及早接受治療。除此之外，網上講座亦吸引了近1,500人次收看，出版刊物也深受外傭歡迎，同時吸引大批媒體報道。團隊的努力甚至獲得菲律賓駐香港總領事館的肯定，把她們的小冊子上載至領事館的社交平台。活動反應遠超預期，團隊都感到非常雀躍和感動。現時，網上講座與小冊子均只有英語版本，Tekla說：「因為反應熱烈，下一步我們會集中資源把它們翻譯成印尼語和他加祿語，讓更多人受惠。」



SUMMARY

結語

The Micro Fund for Cross-cultural Mutual Support Projects, which lasted for nearly six months, has successfully concluded with positive feedback from participating groups. The journey is a valuable experience for all who were involved, including the grantee group members, participants at grantees' programmes, and the Translate for Her team. The themes covered by the five groups, such as career planning for ethnic minorities and mental and physical well-being, are important issues for everyone regardless of sex, gender or ethnicity, and are definitely worth continued attention.

The uniqueness of the Micro Fund lies in its emphasis on increasing ethnic minority women's social participation by enabling them to take charge of their community projects, rather than simply providing them with services. During the programme, ethnic minority women were no longer passive participants but leaders who actively engaged in various aspects of the projects, including planning, promotion, and execution. This approach not only allowed them to feel their own worth and contribution but also ensured that their project ideas were more closely aligned with the actual needs and situations of ethnic minorities, leading to more significant outcomes for the projects. Additionally, although Micro Fund participants came from different cultural backgrounds and ethnicities, they were able to exchange and learn from each other, turning the programme into a platform for cultural exchange with great significance.

Thanks to the unwavering efforts of each group and the active participation of activity participants and facilitators, the Micro Fund project reached a successful conclusion. Although this round of the Micro Fund has come to an end, for many of the groups, this is just the start of a long journey of community engagement and social change. It is our hope that group members can continue to use the knowledge they have acquired during this project to unleash their potential and strength in the community, and work together to build a more harmonious and equal society.

為期近半年的跨文化互助微創基金計劃圓滿結束，參加組別反應正面，活動亦十分成功。這次的微創基金計劃，不僅對各組成員而言是一次難忘的體驗，對Translate for Her和社區項目參加者而言，都是一次特別和珍貴的體驗。五組的主題包括少數族裔的生涯規劃以及身心靈健康。這些議題，其實無分性別、種族，對每個人都同樣重要，值得大家繼續關心與探討。

微創基金計劃的特色在於提升少數族裔婦女的社會參與度，讓她們親自主導活動，而不是單純的為她們提供服務。在活動中，少數族裔女性不再只是被動的參與者，而是活動的主導者。她們積極參與各個層面的工作，包括活動的策劃、宣傳、執行等等。這樣的參與方式不但讓她們感受到自己的價值和作用，同時，作為少數族裔的一分子，她們所提出的項目，亦更貼近少數族裔的實際需求和情況，社區項目的成效更為顯著。除此之外，參加微創基金計劃的成員雖來自不同的文化背景和族裔，但在計劃中卻彼此交流和學習，使計劃本身也成為了一個文化交流的平臺，別具意義。

全賴各組及促導員的投入認真、以及項目參加者的積極參與，微創基金計劃才得以順利完成。雖然Translate for Her的微創基金計劃暫告一段落，但對不少組別而言，這才是個開始。期望各組成員能帶著是次計劃中的所學所得，繼續在社區中發揮自己的潛能與力量，共建更和諧、平等的社會。

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