

## 一技凝光，心向更生

清邁女子懲教所職業訓練中心 Jason分享

我身為友愛會的一份子也無時無刻心繫所員。所以我也會嘗試探尋協助在囚人士的各樣更生計劃。偶然的機會下得知泰國清邁女子懲教所職業訓練中心一個頗具當地色彩的更生項目。

據我搜尋相關的資料，這項名為「清邁女子監獄按摩計劃」大約始於2014年，是一個職業訓練計劃，主要幫助服刑女性發展專業泰式按摩技能。女所員需接受至少300小時的按摩課程——從而獲得泰國公共衛生部認可的官方證書。計劃目的是讓在囚者在服刑期間獲得寶貴技能和收入機會，幫助她們養家並作為出獄後的生活費用。

計劃推展這十多年間，清邁亦出現了多家由該計劃畢業生經營或受聘的按摩中心，提供更多的工作機會並減低再次犯罪。她們提供的高品質按摩服務而獲得國際關注，亦同時獲得監獄官員、政府機構及相關項目的非牟利組織支持。

我剛巧計劃到清邁旅遊，便嘗試預約這按摩服務作為體驗予以對她們的支持。步入訓練中心便是花園，原來園中的花草是由她們親手栽種，彷彿感到她們對此更生項目的認真。女所員由專屬囚車送到訓練中心，為我按摩的那位所員話不多，但她每一個按壓、揉捏的動作、力道與穴位的掌控也精準熟練，相信是日夜反覆練習的成果。這份刻苦與專注讓我感受到她們的專業。按摩結束後很開心與她有短暫交流，她訴說了自己的經歷：從入獄時的迷茫無助，到接觸按摩培訓後撥開雲霧的感覺；由手忙腳亂到嫻熟專業的手藝，不僅為他人緩解疲勞，亦重新找回了自我價值。她說的一句：「原來我也能靠雙手帶給別人舒服」，字裡行間感到有著破繭重生的力量。

這讓我聯想到香港懲教署也為不同所員提供不同的工作訓練，兩者有著異曲同工，皆是讓所員掌握切合社會需求的技能，實現從「獄中學習」到「社會就業」的銜接，為更生鋪路。

我對這次清邁之行有深刻的感悟：「技能重塑是所員更生的關鍵。唯有掌握能落地、謀生的手藝，才能讓所員釋放後擁有立足社會的底氣。」這份從清邁帶回的感動也將成為我們繼續堅守陪伴所員走畢這段更生之路，見證每位願意改變的人，也能以雙手撥走陰霾，改造自己的未來。



# Vocational Training Centre

Chiang Mai Women's Correctional Institution

Sharing by Jason

As a PFA member, I am concerned about inmates and explore rehabilitation programs worldwide. Recently, I learned about a rehabilitation project at Chiang Mai Women's Correctional Institution in Thailand.

The "Chiang Mai Women's Prison Massage Program," launched around 2014, helps female prisoners develop professional Thai massage skills. Inmates complete at least 300 hours of training to earn a certificate from the Thai Ministry of Public Health. The program provides valuable skills and income opportunities during their sentence, helping inmates support families and save for life after release.

In over ten years, many graduate-run massage centres have appeared in Chiang Mai, creating jobs and reducing recidivism. Their high-quality services gained international attention and support from prison officials, government agencies, and nonprofits.

On a trip to Chiang Mai, I booked a massage to support the program. The training centre's garden, tended by inmates, showed their dedication. An assigned inmate, quiet but precise in every massage motion, demonstrated skill through practice. Her diligence warmed my heart. After the massage, she shared how training lifted her from confusion to professionalism, helping others and restoring her self-worth. She said, "I never thought I could bring comfort to others with my own hands," showing her rebirth.

This reminded me of Hong Kong Correctional Services' training programs. Both aim to equip inmates with socially relevant skills, bridging "learning in prison" to "employment in society," paving the way for rehabilitation.

My insight from Chiang Mai, "Skill reshaping is key to rehabilitation. Practical skills give inmates confidence to stand firm in society after release."



# 3 個減少腰背痛的動作

## Stretches to reduce lower back pain

春天來到送走懶洋洋的冬日，所以我們也要動起來。送上3個看似簡單，但是很有效的伸展動作，堅持每天也伸展一下，一定會「筋長一寸命長十年」。

Spring has arrived, bidding farewell to the lazy winter days, so it's time for us to get moving. Here are five seemingly simple yet highly effective stretching exercises. By sticking to a daily stretching routine, you'll surely embrace the idea that "A flexible body leads to a longer life."

### 前三角肌伸展 伸展方法：

1. 將左手臂貼於牆面，手肘位置略低於肩關節。
2. 身體微微向右轉動，上臂會被拉緊，停留15 – 30 秒換邊。

### Front Delt Stretch How to stretch:

1. Place your left arm against a wall, with your elbow slightly lower than your shoulder joint.
2. Gently turn your body to the right until you feel a tension in your upper arm. Hold for 15–30 seconds, then switch sides.



### 嬰兒式伸展 伸展方法：

1. 跪在地板上，大腳趾相觸，雙膝分開。
2. 坐回腳跟，伸展雙臂向前，身體下垂在大腿之間。
3. 將額頭放在地板上，保持20–30秒。

### Child's Pose How to stretch:

1. Kneel on the floor with your big toes touching and your knees apart.
2. Sit back onto your heels, extend your arms forward, and lower your torso between your thighs.
3. Rest your forehead on the floor and hold the position for 20–30 seconds.

### 梨狀肌伸展 伸展方法：

1. 仰臥在地板上，雙膝彎曲，雙腳平放地面。
2. 將一條腿交叉放在另一條腿上，踝部靠在對側膝蓋上。
3. 將下方腿拉向胸部。
4. 每邊保持15到30秒，然後換邊。重複2到3次。

### Piriformis Stretch How to stretch:

1. Lie on your back on the floor with your knees bent and feet flat on the ground.
2. Cross one leg over the other, resting your ankle on the opposite knee.
3. Gently pull the uncrossed leg toward your chest.
4. Hold for 15 to 30 seconds on each side, then switch. Repeat 2 to 3 times.



若大家也想得知可以改善其他痛症的伸展運動，歡迎也回信給我們，讓我們可以在日後的期刊上刊登。謝謝。

If you would also like to learn about stretching exercises that can help improve other aches and pains, feel free to write back to us so that we can feature them in our future newsletters. Thank you.

# MBTI性格測試 (簡易版)

## MBTI Personality Test (Short Version)

MBTI (Myers–Briggs Type Indicator) 即「邁爾斯–布里格斯類型指標」，是一種源自心理學家榮格理論的人格性格分類測驗。它將人類的性格劃分為16種不同的類型，常被用於自我探索、職場發展及溝通方式的自我了解。

今天送上這個簡易版本，一起用幾分鐘時間來了解自己吧!

MBTI (Myers–Briggs Type Indicator), it is a personality classification test derived from psychologist Carl Jung's theories. It divides human personality into 16 different types. It is often used for self-exploration, career development, and understanding one's communication style.

Today we're sharing this simplified version—take a few minutes to get to know yourself!

### 12 題快速測驗 12 Quiz simply test

1. 參加社交活動後，你通常感到：After a social event, you usually feel:  
(E) 精力變多、想繼續互動 / Recharged, want more interaction  
(I) 精力下降、想安靜一下 / Drained, need quiet time
2. 在團體討論中，你更常：In group discussions, you more often:  
(E) 邊說邊想、透過互動整理思路 / Think out loud through interaction  
(I) 先想清楚再說、需要時間內化 / Think first, then speak
3. 面對新資訊，你更相信：When taking in new information, you trust more:  
(S) 具體事實與可觀察細節 / Concrete facts and observable details  
(N) 整體脈絡與可能性推論 / Patterns, meanings, and possibilities
4. 聽人描述一件事時，你更想先知道：When someone tells a story, you want to know first:  
(S) 發生了什麼、細節與順序 / What happened—details and sequence  
(N) 這代表什麼、背後的重點 (N) / What it means—the main takeaway
5. 做決定時，你更在意：When making decisions, you care more about:  
(T) 合理一致、客觀標準 / Logical consistency and objective criteria  
(F) 影響他人、是否符合價值與感受 / People impact, values and feelings
6. 給建議時，你比較自然會：When giving advice, you naturally:  
(T) 直接指出問題、提出可行方案 / Identify the problem and propose solutions  
(F) 先共感安慰、再一起想辦法 / Empathize first, then problem-solve
7. 工作安排上，你偏好：In how you work, you prefer:  
(J) 先訂計畫與期限，照表推進 / Set plans and deadlines, then follow through  
(P) 先保留彈性，視情況調整 / Keep options open and adapt as you go

8. 面對待辦清單，你通常：With a to-do list, you usually:
  - (J) 喜歡一項項完成、勾掉才安心 / Like finishing and checking things off
  - (P) 視當下優先順序彈性處理 / Handle items flexibly by changing priorities
9. 旅行規劃時，你更傾向：When planning a trip, you tend to:
  - (J) 先把交通住宿與行程大致排好 / Plan transportation, lodging, and itinerary ahead
  - (P) 到當地再決定、保留即興空間 / Decide on-site and leave room for spontaneity
10. 遇到新任務時，你比較想先：With a new task, you prefer to first:
  - (S) 依照既有方法與步驟開始做 / Start with established methods and steps
  - (N) 重新構思做法、找更好的可能 / Reimagine the approach and explore possibilities
11. 團隊合作中，你更常扮演：In teamwork, you more often play the role of:
  - (T) 把事情講清楚、促進有效決策 / Clarifying and driving effective decisions
  - (F) 維持氣氛與關係、協調共識 / Maintaining harmony and building consensus
12. 週末或休假時，你比較喜歡：On weekends or days off, you prefer:
  - (E) 約人聚會、外出活動來充電 / Recharge by seeing people and going out
  - (I) 獨處放鬆、做自己的事來充電 / Recharge by being alone and doing your own thing

將每題所選擇的答案，剔在  
下面表格上。最後最高分數的  
四個英文字母，為你的性格。

Please mark the answer you  
choose for each question in  
the table below. The four  
letters with the highest totals  
at the end represent your  
personality type.

問題 Question	E	I	S	N	T	F	J	P
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
總分 Total								

若想索取自己性格的詳細分析，  
請寄信給我們索取MBTI測驗解說。

If you would like a detailed explanation  
of your personality type, please mail  
us for for MBTI Test Interpretation

## 測驗結果 The result of test



**INTJ**

建築師  
The Architect



**INTP**

邏輯學家  
The Logician



**ENTJ**

指揮官  
The Commander



**ENTP**

辯論家  
The Debater



**INFJ**

倡議者  
The Advocate



**INFP**

調停者  
The Mediator



**ENFJ**

主人公  
The Protagonist



**ENFP**

活動家  
The Campaigner



**ISTJ**

物流師  
The Logistician



**ISFJ**

守護者  
The Defender



**ESTJ**

管理者  
The Executive



**ESTJ**

執政官  
The Consul



**ISTP**

鑑賞家  
The Virtuoso



**ISFP**

探險家  
The Adventurer



**ESTP**

企業家  
The Entrepreneur



**ESFP**

表演者  
The Entertainer

Images source from: <https://medium.com>

# 「斜槓族」"Slashers / Slashies"

近年「斜槓族」一詞大為流行，源自英文 Slash。所謂斜槓族，指的是不再滿足於單一職業的人，他們選擇同時擁有多重身份與技能，並在自我介紹時以「/」分隔不同職業。斜槓族的核心並非單純兼職，而是透過多元專業打造多樣化收入與生活方式，將興趣與專長轉化為職涯。

想成為「斜槓族」？大家可試從以下幾個職業為入門而考慮。

The term "slashie" has become popular in recent years. It comes from the English word "slash" and refers to people who choose multiple careers instead of just one. They use slashes (/) to separate their roles when introducing themselves.

Being a slashie isn't simply about working odd jobs—it's about developing multiple skills to create diverse income streams and lifestyles.

Want to become a slashie? Here are some entry-level options:

## 便利店職員

便利店是大街小巷也有的一間24小時營業店，故全職、半兼職及兼職也需求穩定。適合對過著「夜貓子」生活的人士。

技能：工作需要細心（特別是收費找換），及處理店內貨物的體力工作

裝備：返夜班要挨眼瞓

時薪：全職大約\$ 14.5K–16.5K(未計其他津貼)，兼職大約\$53–63/小時



## Convenience Store Staff

These 24/7 stores often need full-time, semi-full-time, and part-time workers—good for night owls.

Skills: Careful with cash and handling store tasks.

Equipment: Physical stamina; alertness for night shifts.

Pay: Full-time ~\$14.5K–16.5K/month (excluding allowances); part-time ~\$53–63/hour.



## 網紅 / 剪片師

隨著網絡世界的興起，懂拍片、剪片軟件，甚至成為網紅，這也是「斜槓族」夢寐以求的工作。

技能：運用拍片、剪片的軟件，若成為網紅，當然要有不錯的表演技巧

裝備：現在很多地方也開設相關的課程。用最簡單的智能電話，製作影片吸流量並推廣商品賺佣金。

時薪：不定

## Influencer / Video editor

If you're good at filming and editing, or becoming an influencer yourself, this can be a dream slashie job.

Skills: Video shooting/editing; performance skills for influencers.

Equipment: A smartphone is enough to create content and earn commissions through social media.

Pay: Varies.

## 外賣平台 — 步兵 (步行去送餐) 或車手 (架電單車或私家車去送餐)

外賣送餐服務越趨普通，有不少外賣平台 (例如: foodpanda、Keeta)，申請簡單。

技能：步兵無特別要求；車手便需要合資格的駕駛執照

裝備：需要有可上網的智能手機

時薪：大約\$ 70–80/單 (每天能做 2–3單的平均數)

注意：平台依接單率與準時度派單

註：若不想送餐，亦可以考慮速遞平台 (例如: 順豐速遞或Lalamove)，他們也會請兼職步兵或車手送文件/貨件。



### Food Delivery Platforms – walker or rider

Platforms like foodpanda and Keeta are common in Hong Kong.

Skills: No requirements for walkers; riders need a valid license.

Equipment: Smartphone with iOS 15.0 / Android 6.0 or above.

Pay: About \$70–80 per order (2–3 orders/day on average).

Orders are assigned based on performance (acceptance rate, punctuality).

Alternative: If you prefer not to deliver food, platforms like SF Express or Lalamove also hire walkers/riders for parcels and documents.



### 咖啡師

咖啡文化盛行，已成上班族的精神支柱，更是與好友傾偈相聚的文化。所以成為「斜槓族」的熱門職業。

技能：首要懂得沖調咖啡，可報讀專業課程，包括：(SCA咖啡認證課程或City & Guilds Barista Skills 咖啡師課程)。但想更快及便宜，可以考慮報讀僱員再培訓課程的咖啡師就業掛鈎課程。完成合格後，培訓局更會為學員尋找相關工作。

裝備：重要是細心、良好客戶服務、打理店舖大小事務，有時需要英文及普通話溝通

時薪：全職大約\$ 15K 或以上，兼職大約\$70–90/小時

### Barista

Coffee culture has grown over the past decade, making barista a popular slashie job.

Skills: Coffee-making skills. You can take courses (e.g., SCA, City & Guilds) or ERB for shorter employment-oriented programs that may offer job placement.

Equipment: Attention to detail, good customer service, ability to multitask; some English/Mandarin may be needed.

Pay: Full-time ~\$15K/month; part-time ~\$70–90/hour.

除了以上例子，斜槓族還可涉足餐飲服務員、護理、保安、夜間的士司機、補習老師、健身教練等。部分工作需專業資格或證書，但都能成為多元職涯的一環。

Other common part-time slashie jobs include food service, caregiving, security, night taxi driving, hobby class instructor, tutor, personal trainer, etc. Many require specific qualifications and time to obtain certifications.

榮譽主席 PFA Honorary President  
**Michael Tien, JP**

榮譽顧問 PFA Honorary Advisor  
**Andrew Wong**

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### 義工探訪

若你希望我們的義工來探訪你，可以聯絡福利官，  
或寫信直接告訴我們。

### Volunteer Visit

If you would like our volunteers to visit you, you may inform  
your Welfare Officer or write to us directly.

### 義工通信

有否想過與我們的義工成為筆友？如果你想與我們的義工  
通信，歡迎參與「愛【郵】你話事」。參加「愛【郵】你  
話事」，只需要郵寄到「香港筲箕灣郵政信箱44001號」，  
信封底請註明你的姓名和編號、回郵地址（所屬院所），  
以及「愛【郵】你話事」，就會有義工同你成為筆友，寫下  
信、傾下計。

### Correspondence with volunteers

How's about being penfriend with our volunteers?

If you are interested, please join our "Penfriend Program:  
Love Mails Around" by mailing to "P.O. Box 44001, Shau Kei  
Wan, Hong Kong". Please write your name, number, return  
address (the institution), and "Penfriend Program: Love  
Mails Around" on the envelope.



香港友愛會

The Prisoners' Friends' Association

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P.O. Box 44001, Shau Kei Wan, Hong Kong

電話 Tel: (852) 7041 1980

電郵 Email: info@pfa.org.hk

網址 Website: www.pfa.org.hk

### 香港友愛會簡介

香港友愛會的目標，是為那些缺乏親友探望的在囚  
人士送上關懷與陪伴。義工們透過書信往來和親身  
探訪，為他們提供情感上的支持。

這些行動不但在在囚期間給予他們力量，更讓他們  
感受到——這個世界，仍然有人關心他們，仍有  
希望可尋。

### Introduction of PFA

The Prisoners' Friends' Association's mission is to  
provide friendship to prisoners in Hong Kong who  
have no friends or family to visit them. Volunteers  
exchange letters and make visits to these prisoners to  
provide emotional support.

These actions provide benefit to prisoners by giving  
support while they are in custody and offering hope  
for the future in a world that still cares about them.

**免責聲明：**本會員通訊旨在促進友愛會成員和囚友之間的  
交流，友愛會及其成員不承擔任何因出版不準確內容的錯  
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失或傷害是否預見的或可預見的。

Disclaimer: The purpose of this Member Newsletter is to  
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in custody. The PFA and its officers are not liable for incidental,  
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of any kind, based on errors, omissions, or other inaccuracies in  
the content of the publication, whether or not such damage,

