

Organizer  
主辦機構



社區藥物教育輔導會  
Community Drug Advisory Council

Funder  
資助機構



HKEX  
Foundation  
香港交易所慈善基金

Allocated and Monitored by  
撥款及監察機構



香港公益金  
THE COMMUNITY CHEST

# Project WHOLE

Little Wealth and Health Manager  
Incubation Programme

理財與健康小管家育成計劃



First Come First Served  
名額有限 先到先得



W - Wealth 財富  
H - Health 健康  
O - Opportunity 機會  
L - Leader 領袖  
E - Esteem 自尊

Language 活動語言  
English  
(Supplemented with  
Chinese)  
英語為主 (以中文輔助)

Target 對象  
Primary 4 to 6  
小四至小六

01

Date 日期	Withdrawal 支出	Deposit 存入	Balance 結存
01SEP22	\$500		
07SEP22		ATM	\$1000
19SEP22	\$598	\$800	\$1800
20SEP22	\$128	Cardeshop	\$1202
01OCT22		GameStore	\$1074
07OCT22	\$80	\$800	\$1874
20OCT22	\$300	Donation	\$1794
		Lunch (Nov)	\$1494



社區藥物教育輔導會  
Community Drug Advisory Council

CDAC is a bilingual charitable organization that was established in 1985 and motivate drugs and health education. The Mission of the CDAC is to prevent initiation into drug misuse and to minimize drug-related harm. This is achieved through educational programmes which raise community awareness, develop social skills and promote healthy lifestyle choices.

- 1 Increase in knowledge about drug and health-related issues.
- 2 Increase in skills on health management, build and maintain a healthy social life, as well as say no to smoking and drug
- 3 Engaging different professions in knowledge exchange on drug-related topics and interventions

社區藥物教育輔導會始於1985年，致力推動藥物及健康教育。我們的使命是預防濫用藥物問題及減低因濫藥問題帶來的禍害。以下是我們達成使命的方法：

- 1 提高社會對濫用藥物問題的關注
- 2 協助服務使用者發展社交技能，拒絕濫用藥物的引誘
- 3 向社會大眾推廣健康生活模式

With the belief that "health is wealth", financial literacy is considered as an essential factor establishing a family's financial foundation. It performs as a key social determinant of health, building up and incubating everyone's financial literacy contributes to forming grounds for a healthier society.

Granted by the HKEX Foundation Limited, the "Project WHOLE" encourages upper primary student participants to take up the role as a family manager and peer influencer, promoting healthy lifestyles, financial knowledge, and wise spending at home and school. The project develops social support network and promote inclusion among local Chinese and Ethnic Minority students.

個人的財政狀況與其健康息息相關，除了作為「健康的決定因素」之一，亦構成建立家庭的理財能力的基礎。我們相信提升個人的理財能力能有效建立更健康的社會環境，達至「健康就是財富」的信念。

由香港交易所慈善基金撥款支持的「WHOLE理財與健康小管家育成計劃」，教導華語和非華語的高小學生宣揚健康生活、理財和明智消費的知識、技能和態度，培訓他們於家中和學校擔任小管家和小領袖，為家人和朋輩帶來正面的影響。計劃亦提供教育平台讓不同種族的學生發展共融理念，從而建立健康的社區支援網絡。

# OBJECTIVES

## 計劃目標



To achieve 5 objectives through a series of activities:

透過一系列活動達至以下五個目標：



### Wealth 財富

To encourage participants and their families learn and practice financial knowledge, especially on wise spending, budgeting, resource management and saving.

推動參加者及其家長學習並實踐理財知識，特別是明智消費、財務預算、資源管理及儲蓄技巧。

### Health 健康

To promote self-care, self-worth and healthy living habits among participants and their families.

向參加者及其家人推廣自我照顧、自我認同及健康生活的態度。

### Opportunity 機會

To provide participants opportunities spreading financial knowledge and health messages to their families, schools and public.

為參加者提供機會，讓他們向家人、學校和公眾人士傳遞理財知識和健康訊息。

### Leader 領導

To train participants as leaders to teach their schoolmates, families and public the financial knowledge and health management skills learnt from the programme.

訓練參加者成為領袖，向同學、家人及公眾人士推廣及分享理財知識和健康管理技巧。

### Esteem 自尊

To enhance positive personal development including financial literacy and environmental awareness of participants to strengthen their self-esteem.

透過提升參加者的正向個人發展，例如：理財知識及環境保護意識，以增加他們的自尊感。



## Wealth and Health Manager Group Training Programme 理財與健康小管家小組訓練

Managers are Required to Attend  
參與計劃的小管家須完成

### 4 mini-lectures + interactive activities 4次迷你講座及互動活動

- Budgeting and Resource Management  
建立財務預算及資源管理
- Wise Spending and Self-Understanding  
明智消費及自我認識
- Healthy Living  
健康生活
- Safe Medication and No Drug Abuse  
安全用藥及防止濫用藥物

1 Lesson 每堂  
1.5 hours 小時



Mission Cards with required tasks in Chinese, English, Hindi, Urdu, Nepalese and Thai will be given to participants. They are required to spread health information and tips on budgeting and resource management to their family members.

每位參與學生會有任務卡，以六種語言，包括中文、英文、印度語、烏都語、尼泊爾語、泰文製作。他們需要根據任務卡上的指示向其他家庭成員宣傳健康資訊、資源管理及理財貼士。



## Smart Living Promotion Day 智慧生活推廣日

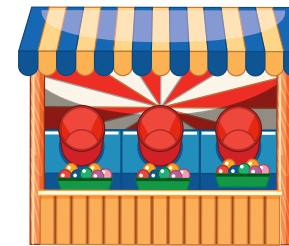
In-school Game Booth or Exhibition Prepared by Managers  
學生主導的校內遊戲攤位或展覽

- Spread financial and health knowledge to teachers and schoolmates  
向校內老師及同學傳遞有關理財及健康的知識
- Boost confidence in being a peer educator  
提升成為朋輩教育者的自信心
- Flexible event modes  
彈性活動模式

2 Lessons 節  
Briefing and Preparation  
簡介及準備

3 Lessons 節  
Game Booth or Exhibition  
攤位及展覽

1 Lesson 節  
Debriefing  
檢討



參加者可獲贈  
Drug Icon CC  
藥盒套裝  
Participants will be  
given a Drug Icon CC  
pillbox

1 Learning  
學習

2 Team Building  
團隊建立

3 Practice  
實踐

4 Commendation  
嘉許



Programme Timeline  
計劃內容



## Environmental Resource Center Family Visit Day 環保資源中心親子參觀日



To learn waste reduction concepts and raise environmental awareness  
學習有關環保減廢的概念及提升環境保護的意識



To understand relationship among eco-friendly actions and money saving  
理解環保行為與支出控制的關係



Half day family event  
半日親子活動



Coach provided for travelling between school and the venue  
提供巴士接送往來學校及參觀地點



## Wealth and Health Manager Training Programme Closing & Awarding Ceremony 理財及健康小管家訓練計劃結業及頒獎典禮



Become Wealth and Health Manager  
正式成為理財與健康小管家



# FEATURES

## 計劃特色

### Key Target 主要對象

- Primary 4 to 6 students  
小學四至六年級同學
- Including Non-Chinese and Chinese students in each group  
每組需由非華語及華語學生組成
- 8 to 10 students in a group  
每組8至10名同學
- Participants are required to attend all activities in the programme  
參加者需完成計劃內所有活動
- Each grade can form more than one group  
每級可多於一組參與



### Participation Mode 參與模式



Virtual classes available under circumstances  
如學校停課，可轉為網上進行





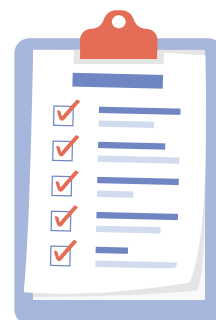
# Characteristic 計劃特點



**Increase family interaction**  
促進親子互動



**Inclusive activities**  
文化共融活動



**Match with existing curriculum**  
符合現有學校課程



**Experience in learning, practice and commendation**  
經歷學習、實踐及表揚的過程



**Develop supportive environment**  
建立互相支持的平台



**Enhance problem-solving skills**  
提升解難技巧

**Programme participant will receive**  
參與計劃的同學可以獲贈

## Pillbox designed by Drug Icon CC 藥物圖標藥物盒

Drug labels in Hong Kong are mainly presented in words. Elderly or ethnic minorities might find it difficult to fully understand them. The carers need to spend extra time explaining and handwriting remarks to ensure medication adherence.

The team of Drug Icon took reference from prescription labels in different countries and designed a set of unified Drug Icons, which users can stick them on the medicine packages to visualise the prescription notes for easier understanding.

香港現時的藥物標籤內容以文字為主，老年人、少數族裔人士閱讀標籤上有很大的障礙，照顧者需要花時間解釋及手寫備註，確保患者能正確用藥。Drug Icon團隊參考外國例子，設計出統一而全面的藥物圖標，可自行用於藥袋或藥盒上，輔助說明用藥指引，避免誤服藥物。

 <https://www.drugicon.cc/>

 [drugicon.cc](https://www.facebook.com/drugicon.cc)

 [drugicon.cc](https://www.instagram.com/drugicon.cc)





同學們在自由分享環節表現踴躍，互相學習。

Little Managers actively share their thoughts and learn from each other during the sharing section.



訓練小組讓同學彼此分享生活上遇到的健康和理財大小事。The training enables Little Managers to share their experience on managing health and finance.



同學透過活動了解自己特點和欣賞自己，為成為小管家做好準備。Students equip themselves as Little Managers through self-understanding and self-appreciation.



透過模擬購物遊戲，小管家們學習何為理性消費。Little Managers learn about wise spending through a consumption game.



任務卡包括六種語言，方便學生選擇家人常用的語言，一同完成小任務！One of the training tools - Mission cards, included six different languages, Little Managers can complete the missions with their family in their most convenient language.





學生和家長一同製作天然除濕劑，學習保護環境，促進親子互動。

Little Managers create an organic desiccant with their families, learn how to be environmentally-friendly while also fostering family bonds.



計劃包括半天的環保資源中心親子參觀，一同實踐分類回收。

The programme includes a half-day Family Visit to the environment resources centre, they can practice recycling altogether.



每位完成訓練小組的小管家均會獲得Drug Icon CC的藥盒，以小工具幫助有需要服藥的家人。

To facilitate family members in managing medication, every Little Managers will receive a Drug Icon CC Pillbox after the training group.



完成訓練的小管家們透過自己設計的遊戲攤位，向同學宣傳健康及理財訊息。

After training groups, Little Managers will design a promotional campaign, to spread tips on health and financial management.







社區藥物教育輔導會

Community Drug Advisory Council

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機構Facebook  
Official Facebook  
[facebook.com/cdac1985](https://facebook.com/cdac1985)

活動申請表可於機構網頁 <http://cdac.org.hk> 下載，  
請於填妥申請表後傳真或電郵本會，如有查詢歡迎與本會聯絡。

Application form is available on our official website, please  
submit to us through email or fax. For more information, please  
feel free to contact us.

