



Corporate Social Responsibility 企業社會責任

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Public Bank (Hong Kong) Limited: Internship Placement for Undergraduates 大眾銀行(香港)有限公司：大學本科 生實習機會

Public Bank (Hong Kong) Limited participated in the “Social Innovation Internship” programme organised by The University of Hong Kong (“HKU”). A Social Science undergraduate student, Irena Luk was offered to be placed under the Corporate Culture & Social Responsibility Department (“CSR”) during the period of September 2021 to April 2022. The aim of the programme was to empower the young generation through providing real working experience to them.

She shared her learning experiences and showed her appreciation to the Bank which empowered her in future career development.

大眾銀行(香港)有限公司參加了由香港大學(「港大」)舉辦的「社會創新實習計劃」。在2021年9月至2022年4月期間，一名社會科學系本科生 Irena Luk 被安排在企業文化及社會責任部實習。是次計劃的目的是透過真實的工作經驗，提升年輕一代的能力。

實習生分享了自己的學習經驗，以及向銀行為她未來職業發展的幫助表達謝意。



NAME : IRENA LUK
MAJOR : SOCIAL SCIENCES AND LAW

姓名 : Irena Luk
主修 : 社會科學及法律

“Hello everyone, I am Irena Luk, a Year 2 Social Sciences and Law student from University of Hong Kong (“HKU”).

Firstly, I would like to extend my gratitude to Public Bank (Hong Kong) and HKU for giving me the internship opportunity to work in the CSR Department. The internship has enabled me to view things from corporate and social perspectives, especially from those with a different cultural or working background from mine. I was able to immerse myself in a new working environment and go beyond a purely academic experience.

Secondly, the internship has given me first-hand experiences of being a professional social innovator. I had the opportunity to engage in practical CSR works, including reaching out to different NGOs, drafting newsletters and emails, conducting research, and administrative work etc. I cherished the practical application of knowledge from the internship programme. The newfound knowledge and skills gained were important which helped sharpen my working skills. Last but not least, the internship has facilitated my future career path as I will be more confident, mature and experienced to work in a real environment.

Overall, I am honored to join this internship and have served the society for the greater benefit.”

“大家好，我是 Irena Luk，正就讀香港大學社會科學系和法律系二年級。

首先，很感謝大眾銀行(香港)和香港大學給我在大眾銀行企業文化及社會責任部實習的機會。是次實習讓我有機會從企業和社會的角度看待事物，尤其是與我有著不同文化或工作背景的同事共事，能讓我從課堂學習融入新的工作環境。這是一個很寶貴的課外體驗。

其次，實習的工作內容讓我獲益良多，包括接觸不同的非牟利機構，草擬員工通訊和銀行內部電子郵件，進行資料搜集和日常行政工作等等。我很珍惜在實習中獲得的新知識和技能，可以增強我的工作技能。實習期間所獲得的經驗能幫助我未來的生涯規劃，使我在職場環境中更自信和成熟。

總括而言，我很榮幸能參與這次的實習，並為服務社會作出貢獻。”

Public Bank Group, Hong Kong: Earth Hour 2022

大眾銀行集團(香港): 地球一小時 2022



Public Bank Group, Hong Kong participated in the Earth Hour, a light-out initiative organised by the World Wildlife Fund for Nature (WWF) on 26 March 2022 from 8:30pm to 9:30pm.

Earth Hour is organised annually at 8:30pm on the last Saturday of March by WWF, with the aim of raising awareness of the global climate issues and encouraging actions. The event has been supported by over 190 countries. The theme of the year is “Habits Protect Habitats” — we are encouraged to protect the wetlands which are important to human and wildlife, but have been damaged due to various human activities. Hence, it is important for us to take action and protect the wetlands which provide essential ecosystem services, from absorbing excessive rainfall during typhoon season to serving as the world’s largest carbon sink to build climate resilience.

During the activity, staff were encouraged to turn off the unnecessary lights for an hour to show support with action to save our environment and protect the wetland habitats. All branches of PBHK, PFL and Winton switched off the lights on 26 March 2022 from 8:30pm to 9:30pm to support the activity as well.

This meaningful initiative has raised our staff awareness on environmental protection, and motivated staff to put into actions to protect wetlands.

大眾銀行集團(香港)參加於2022年3月26日晚上8:30至9:30由世界自然基金會舉辦的「地球一小時」熄燈活動。

世界自然基金會每年皆於3月的最後一個星期六晚上8:30舉辦「地球一小時」，希望提高人們對氣候問題的認識並鼓勵人們採取行動去保護環境。這項活動獲得190多個國家的支持。今年的活動主題是「生活態度」，旨在鼓勵我們保護被人類活動而破壞的濕地。保護濕地尤其重要，因為它為人類和動物提供重要的生態系統，例如吸收颱風季節的過多降雨量和充當世界上最大的儲碳庫，有助建立針對氣候變遷的抵禦力。

活動期間，我們鼓勵員工關燈一小時，以行動支持拯救環境和保護濕地的保育工作。此外，所有大眾銀行、大眾財務及運通泰分行也於2022年3月26日晚上8:30至9:30參與是次活動，並關掉所有分行的燈光。

這項活動提高了員工對環境保護的意識，亦推動員工透過參與此活動，為保護濕地作出貢獻。

Public Bank Group, Hong Kong: Green Power Hike Bank Cup

大眾銀行集團(香港): 綠色力量環島 行銀行杯



Souvenirs to participants in Green Power Hike

Public Bank Group, Hong Kong sponsored HK\$5,000 for staff in their participation of “The 29th Green Power Hike Bank Cup”, a long-standing and one of the largest charitable walkathons in Hong Kong organised by Green Power from 21 January to 21 February 2022, in support of environmental protection and educational work.

The Bank Cup was launched virtually due to the COVID-19 pandemic. Participants were instructed to hike along the Hong Kong Trail, with no distance limit at any time during the activity period. Along the hike, participants were required to screenshot the distance achieved on their electronic sport devices / mobile phone and upload their hike records to the organiser website. Participants who took part received a commemorative sports towel, a medal and E-certificate as souvenirs.

The key messages of the Bank Cup was the promotion of nature appreciation of the ecology of Hong Kong Trail and practice the “Leave-No-Trace” concept. Participants were encouraged to take part in eco-friendly practice together and uplift the “Leave-No-Trace” concept in building up habits and positive attitudes that show respect to nature. Participants learnt the 7 principles of “Leave-No-Trace”, namely plan ahead and prepare; travel and camp on durable surfaces; dispose of waste properly; leave what you find; minimize campfire impacts; respect wildlife and be considerate to other visitors.

Overall, the participants and their family members enjoyed the hike with spectacular view along the way and learned practical green tips of “Leave-No-Trace”. Let it be a reminder for all and preserve the beauty of mother nature for our next generation to enjoy the bliss of nature hiking sustainably.

大眾銀行集團(香港)贊助港幣 5,000元讓同事參加2022年1月21日至2月21日由綠色力量舉辦的第29屆綠色力量環島行銀行杯。這是其中一項全港最大型的步行籌款活動，旨在身體力行支持環境保育及教育工作。

由於2019冠狀病毒病疫情關係，銀行杯於線上舉辦。參加者可於活動期內不限距離及時間在港島徑郊遊。參加者需要把他們電子運動設備或手機上的行山記錄及螢幕截圖上載至主辦單位的網站。每位參加者會獲得限量版毛巾一條、一個獎牌及電子證書作為獎品。

銀行杯的主要目的是透過探索港島徑的生態，推廣欣賞大自然及練習「無痕行山」的概念，並鼓勵參加者共同以環保的方式參加活動及支持「無痕行山」的概念，以此實踐尊重大自然的習慣及態度。參加者學習「無痕行山」概念的七大守則，包括充分規劃和準備、在恰當的地方遊覽和露營、妥善處理廢物、保持原有風貌、減低營火影響、尊重野生動物和顧及其他郊遊者。

總結而言，參加者和他們的家人都非常享受是次郊遊的沿途美景及學習到一些實際的「無痕行山」綠色提示，並提示著大家一起保護美麗的地球，讓我們及下一代可持續地享受行山帶來的喜悅。

Public Bank Group, Hong Kong: Dragon Boat Festival Donation to Singleton Elderly 2022

大眾銀行集團(香港):「端陽暖萬心 - 關懷獨居長者服務計劃 2022」



Public Bank Group, Hong Kong (“the Group”) participated in the “Dragon Boat Festival Donation to Singleton Elderly 2022”, a fundraising activity organised by Yang Memorial Methodist Social Service and Hong Kong Sheng Kung Hui Welfare Council between 21 April 2022 and 6 May 2022.

This activity encouraged staff to donate HK\$20 or above for sponsoring a gift pack containing food and anti-epidemic supplies, such as a rice dumpling, face masks and noodles. The gift packs were distributed by volunteers during their visits to singleton elderly living Wong Tai Sin District to celebrate this Dragon Boat Festival tradition.

There were 37 staff from the Group participated in the activity with a total of HK\$7,300 donation raised. The raised funds were allocated to sponsor the anti-epidemic packs, allowing the singleton elderly to have a warm Dragon Boat Festival under the pandemic.

This charitable event enabled staff to continue supporting community services through donation, showing their love and care for the elderly community. The gift packs were delivered as festive blessings to the singleton elderly in Wong Tai Sin District.

為慶祝端午節，大眾銀行集團(香港)於2022年4月21日至5月6日參加由循道衛理楊震社會服務處及香港聖公會福利協會舉辦的「端陽暖萬心 - 關懷獨居長者服務計劃 2022」籌款活動。

是次活動鼓勵同事捐款港幣20元或以上，用作贊助「愛心粽子」禮品包。每份禮品包內有粽子、口罩及麵等食物和防疫物資，並由義工家訪送贈至黃大仙區內的獨居長者，以慶祝端午節的傳統習俗。

集團共有37名員工參與此活動，並籌得總值港幣7,300元的善款。善長仁翁窩心的捐款讓獨居長者於疫情下歡度端午節。

這次慈善活動使同事透過捐款繼續支持社區服務，向地區長者傳遞愛心和關懷。禮品包誠然為黃大仙區內的獨居長者帶來節日的祝福。

Public Bank Group, Hong Kong: Virtual Chinese Medicine Dietetic Strategies Workshop

大眾銀行集團(香港):中醫健康飲食 管理網上工作坊



Contents presented by Mr. Ng Chiu Fai during the Virtual Chinese Medicine Dietetic Strategies Workshop through Zoom



Wang Qi's nine body constitutions in traditional Chinese medicine being an important process for clinical diagnosis and treatment

Public Bank Group, Hong Kong ("the Group") participated in the Joyful@ Healthy Workplace Program's Virtual Chinese Medicine Dietetic Strategies Workshop which was organized by the Occupational Safety and Health Council on 23 June 2022 during lunchtime.

It was an honour to invite Mr. Ng Chiu Fai, a registered Chinese medicine practitioner from the School of Chinese Medicine at Hong Kong Baptist University, as the speaker. He introduced different dietetic theories, including seasonal health preservation and ways of conditioning during recovery from common diseases. The main message was that a healthy diet could help us regulate the physical condition of yin and yang, thereby enhancing our sub-health status.

A total of 30 participants from the Group attended the workshop. It was interactive and informative, with staff actively raising questions to know more about the diet tips.

The Group prioritises staff well-being and strives to establish a healthy workplace. The workshop reminded staff that making use of dietetic strategies as medicine may improve their health and reduce their risk of suffering disease.

大眾銀行集團(香港) (「本集團」) 於2022年6月23日中午參與了由職業安全健康局旗下「好心情@健康工作間」計劃舉辦的中醫健康飲食管理網上工作坊。

我們有幸邀請香港浸會大學中醫學院註冊中醫師吳朝輝先生作為講員。他講解了不同的中醫理論，內容包括四季養生及常見疾病的飲食調理。他亦主要講述如何透過健康的飲食，幫助我們調理到陰陽平和的身體狀況，從而改善我們的亞健康體質。

本集團於是次工作坊共有30名員工參與。這個工作坊互動性高且資訊豐富，員工亦積極發問去瞭解更多的飲食貼士。

本集團十分重視員工的福祉，致力建立一個健康的工作空間。工作坊提醒員工透過食療改善健康，減低患病風險。