

2024-2025
**ANNUAL
REPORT**
年度報告



PAWS HERO

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Message from Founder

Dear Friends and Supporters,

As I reflect on another year of dedication to animal welfare, I am filled with gratitude for what we've accomplished together in the past year. Our mission to create a more compassionate world for animals continues to evolve and strengthen through your unwavering support.

This year marked a significant milestone as we launched our first volunteer education programme. With valuable partnerships from the Hong Kong Animal Assisted Therapy Association and House of Joy and Mercy, we successfully organised "A Multi-faceted Look at Animal Volunteering." This comprehensive initiative recognizes that effective animal welfare work requires more than just enthusiasm—it demands knowledge, skills, and a deep understanding of animal needs. Through expert-led workshops and hands-on experiences, the programme ensures kind-hearted animal volunteers are truly prepared to make a positive difference.

I'm equally proud of the enhancements to our Public Education Programme (PEP), now in its seventh year. We've introduced new teaching materials including pre-activity worksheets, our original "Charlie & Friends Dog Care Tips," and fun props that create a joyful learning environment. These resources extend our impact beyond classroom activities, allowing children to share their newfound knowledge with family members and become lifelong advocates for animal welfare.

While celebrating these achievements, I must acknowledge the economic uncertainties we face. The financial landscape remains challenging, requiring us to work harder than ever to secure the resources needed for our preventative approach to animal welfare. Our programmes address issues at their source, reducing suffering before it begins—but this vital work depends entirely on your generosity.

As we look toward the future, I humbly ask for your continued support. Every donation, regardless of size, enables us to expand our educational initiatives and create lasting change. Together, we can build a community where animals are understood, respected, and protected.

With heartfelt appreciation,

Dr. Lam Ho Yi, JP
Founder



創辦人的話

親愛的朋友與支持者：

回顧過去一年，看著我們共同為動物福利努力的點滴，心中充滿感動與感謝。正因為有你們堅定不移的陪伴和支持，讓我們能持續朝著「為動物創造更溫暖世界」的使命前進。

今年是本會服務一個重要的里程碑！我們首次推出了「動物義工培訓計劃」，更在「香港動物輔助治療協會」和「阿棍屋」的大力支持下，成功舉辦了「動物義工多面睇」活動。這個計劃讓我們更加確信：真正的動物福利工作，除了滿滿的愛心，還需要專業知識和對動物需求的深入理解。透過專家工作坊和實地體驗，我們讓每位充滿熱情的義工都能獲得實用的技能，為收容所的毛孩帶來真正的改變。

同樣讓我驕傲的是，邁入第七年的「公眾教育計劃（PEP）」今年推出了全新教材！我們設計了活動前的熱身遊戲、可愛又實用的《查理與朋友們的狗狗照料小秘笈》，還有讓學習氣氛更加歡樂的趣味道具。希望這些資源能讓孩子們把動物保護的知識帶回家，與家人分享，讓愛護動物的理念從教室擴散到每個家庭。

在慶祝成果的同時，我們也面臨著經濟上的挑戰。目前的籌款環境並不容易，我們需要更加努力，才能確保這些重要的教育工作和源頭保護計劃能持續運作。這條路上，真的非常需要你們的繼續支持。

未來，誠摯邀請你們繼續與我們同行。無論捐助多少，每一份支持都能幫助我們擴大動物福利教育的影響力，攜手建設一個更懂得理解、尊重和保護動物的社會。衷心感謝每一位同行者！

林顥伊博士, JP
創辦人

Our Mission

Our fundamental belief remains clear and impactful: education possesses the transformative power to reshape our treatment and respect for animal companions, fostering a world where humans and animals live together in harmony. This vision continues to draw passionate individuals from diverse backgrounds—from experienced animal care professionals to committed educators—who collaborate with us to realize this aspiration.

我們始終堅信：教育是改變人類對待動物態度、促進人與動物和諧共處的關鍵。這份信念持續凝聚來自各界別的夥伴——從資深動物福利專家到充滿熱誠的教育工作者，感謝您們與我們並肩同行，共同實踐這份美好願景。



Focus of the Year

To further enhance the efficiency of animal care in different charitable organisations, in 2024-2025, our work has extended to include the comprehensive training of volunteers supporting their work. We recognized that there may be a significant knowledge gap: many well-intentioned individuals underestimate the complexity of shelter volunteering, which demands both physical abilities and specialized knowledge in animal handling and care. To address this need, we introduced a series of structured training activities designed to properly equip these volunteers with the necessary skills and understanding.

We know that effective animal shelter volunteers require more than just compassion—they also need professional competencies. Our workshops covered some essential knowledge including behavioral assessment, stress recognition, safety tips while working in shelters, dog walking techniques and ethical considerations in animal welfare. By elevating volunteer capabilities through dedicated training, we're ensuring the best outcome for all the parties involved.

2024至2025年度，我們將支援範疇拓展至「義工專業化培訓」，協助動物慈善組織提升運作效能。我們觀察到，許多滿懷熱忱的義工往往低估收容所工作的專業要求——這不僅需要體力，更需系統化的動物照護知識。為此，我們與有關機構設計相關培訓課程，讓義工掌握實務技能，讓愛心轉化為更有效的實際行動。

我們深知，優質的收容所服務需要「專業」與「熱情」並重。我們的培訓課程涵蓋關鍵知識，包括動物行為評估、識別壓力、收容所工作安全守則、和狗狗散步技巧，以及動物福利的考慮等。透過專注的培訓提升義工能力，期望為各方面創造最理想的成果。

A Multi-faceted look at Animal Volunteering



Thanks to the support from Hong Kong Animal Assisted Therapy Association and House of Joy and Mercy, our organisation successfully launched the "A Multi-faceted look at Animal Volunteering" programme in September, demonstrating that effective animal welfare work requires far more than just love and enthusiasm for animals.

Beyond Simple Compassion

"Is having a loving heart, enthusiasm, and not being afraid of dogs enough to be an animal volunteer?" This provocative question formed the foundation of our innovative three-part educational series designed to provide aspiring volunteers with a comprehensive understanding of their potential roles and responsibilities.

Expert-Led Learning

The programme began with an in-depth workshop titled "What Should New Shelter Volunteers Do?" featuring renowned expert Debbie Ngai, Founder and Service Director of the Hong Kong Animal Assisted Therapy Association (HKAATA) where she discussed the Physical and Psychological Needs of Shelter Dogs, Canine Communication and Body Language, as well as Safety Awareness and Practical Skills for Shelter Volunteers. The session also included valuable information about shelter operations and adoption day procedures, ensuring volunteers understood the broader context of their contributions.

Hands-On Experience

To complement the educational workshop earlier, the programme also offered practical volunteer opportunities. Participants visited the shelter of House of Joy and Mercy on September 22 for a half-day of hands-on volunteering, and then on October 13, volunteers assisted with their adoption day activities at Paws Hero's Education Centre. These experiences not only deepened participants' understanding of animal welfare work but also fostered a stronger connection with the shelter dogs.

動物義工多面睇

在「香港動物輔助治療協會」(HKAATA) 及「阿棍屋」的支持下，本機構於九月成功推出「動物義工多面睇」培訓計劃，向公眾介紹有效的動物福利工作不僅需要愛心與熱忱，更需具備專業的動物照料知識。

超越單純的同情心

「懷抱愛心、滿腔熱忱，再加上不怕狗，就足以成為動物義工嗎？」這個發人深省的提問，成為我們三節課堂的核心概念。我們希望透過系統化培訓，讓有意投身義工服務的參與者全面理解其角色與責任。

專家引領的專業學習

計劃以「新手狗場義工點算好？」工作坊揭開序幕，特邀「香港動物輔助治療協會」(HKAATA) 創辦人暨服務總監倪曉暉擔任講師。課程深入探討三大議題，包括：「狗場狗狗的身心需求」，「犬類溝通語言及訊號解讀」及「狗場義工安全守則與實用技巧」。同時亦分享了狗場日常運作流程與領養日注意事項，幫助義工深入認識自身工作的價值與影響。

現場實習深化體驗

為強化工作坊的學習成效，計劃更安排實習機會給學員。在9月22日，學員前往「阿棍屋」進行半天義務工作；10月13日則於本會教育中心協助領養日活動。這些經驗不僅深化參與者對動物福利工作的認識，更建立起他們與收容所狗狗之間深厚的感情。



Innovative "Dog Walking Specialist" Training

「散步專員」義工培訓



In addition to the shelter volunteer training, we also launched a specialized "Walking Specialist" volunteer training in collaboration with PAWcess Human Animal Collab. The comprehensive curriculum covered six essential areas: canine body language, differences between household and shelter dogs, volunteer safety protocols, leash handling techniques, the importance of companionship for shelter dogs, and socialization needs.

Through four intensive sessions, participants learned advanced concepts like "environmental enrichment" where random items were placed in the venue as distractions for the dogs while walking. This seemingly simple sniffing exercise significantly reduces stress and builds confidence in shelter dogs.

The practical training included real-world application with over ten shelter dogs at the House of Joy and Mercy, followed by thorough review sessions. Participants not only gained a deeper understanding of dogs but also reflected positively on their ability to help animals.

除收容所義工培訓外，我們特別與「動．人研習所」合作，推出專業級「散步專員」義工培訓課程。課程包括六大領域：狗狗身體語言、家犬與收容所犬隻的差異、狗場義工注意事項、散步/牽繩技巧及注意事項、散步及陪伴對狗場狗狗的重要性以及狗場狗狗社會化的重要性。

透過四節課堂，學員更深入掌握「環境豐富化」(Environmental Enrichment) 等進階概念，即是透過在散步路線隨機放置聞嗅物品作為環境刺激。此項訓練看似簡單，但能有效降低收容所狗狗的壓力指數，並逐步重建牠們的自信心。

在「阿棍屋」安排的實習環節中，學員們與超過十隻收容所狗狗出外散步，並透過事後檢討深化學習到的經驗。參與者不但增進了對犬隻行為的理解，更對自己幫助動物的能力有了更深刻的體會。



New Educational Materials for PEP

PEP全新教材登場

In this reporting period, our Public Education Programme (PEP) introduced exciting new teaching materials to enrich its seventh year of operation. The latest additions include warm-up exercises for the school children and the launch of our original "Charlie & Friends Dog Care Tips," designed to reinforce proper animal care behaviours learned during activities.

Fun animal masks featuring lovely doggies have been added to create an engaging, joyful learning atmosphere. These enhancements transformed the programme into a more comprehensive educational experience, extending learning beyond the classroom to home environments where children can share valuable lifelong knowledge with their families.

The programme has consistently prioritized making education entertaining through giant storybooks, games, and interactions with volunteer dogs. By incorporating entertainment and games, students naturally develop greater interest in learning. These new materials, including masks, activity booklets, and worksheets, serve as both souvenirs and educational tools, allowing students to review and reinforce their learning long after activities end.

今年，我們的公眾教育計劃（PEP）迎來第七週年之際，推出了一系列精彩的新教材。最新內容加入專為學童設計的「討論前熱身活動」，以及原創教材《查理與朋友們的狗狗照料小秘笈》，以活潑生動的方式引導孩子掌握正確照顧動物的實用技巧。

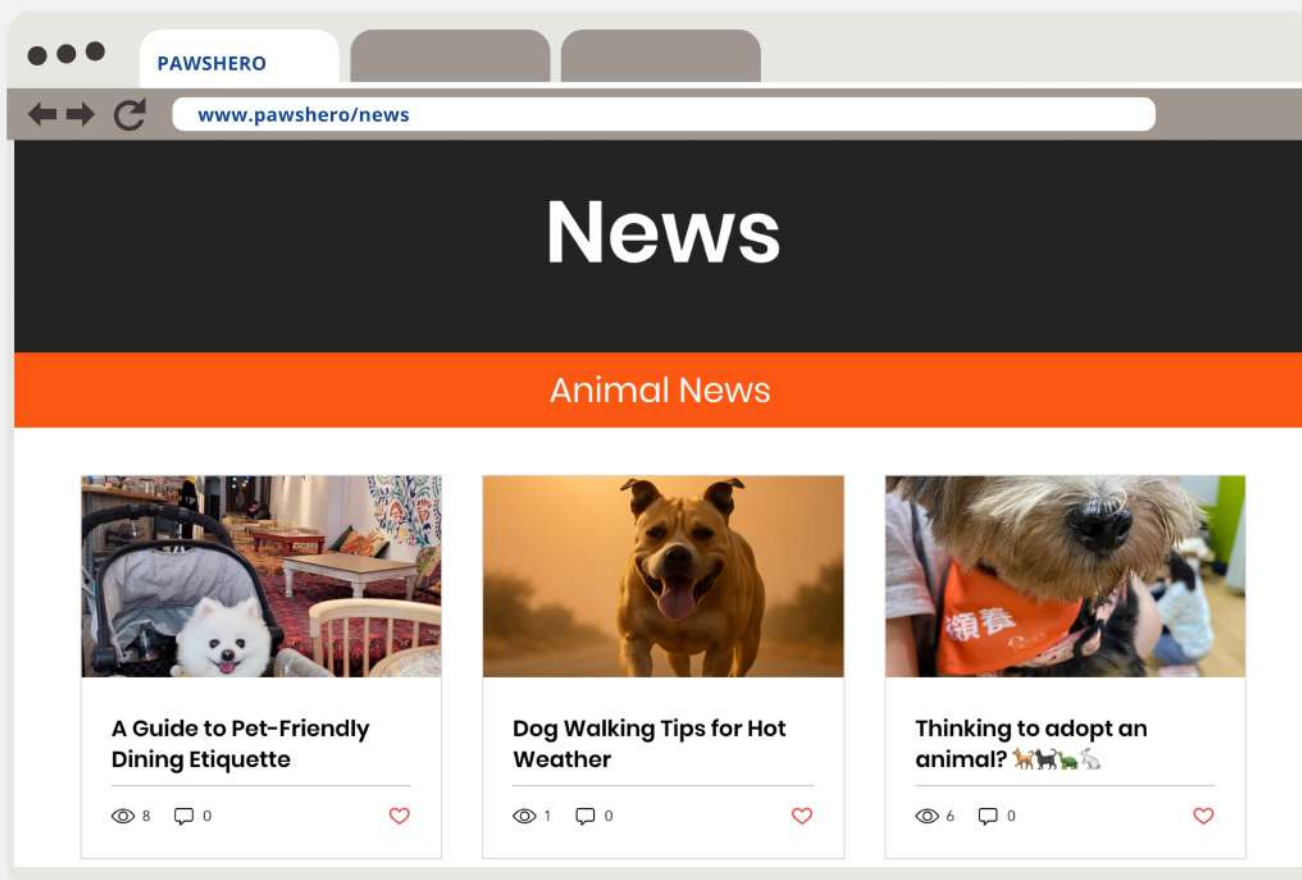
我們特別新增了可愛狗狗造型的趣味動物面具，營造出歡樂互動的學習氛圍。這些升級使教育計劃更趨完善，同時也將學習環境由教室延伸至家庭，讓孩子們與家人分享這些終身受用的寶貴知識。

本計劃始終秉持「寓教於樂」理念，透過巨型繪本、互動遊戲及義工狗狗大使等互動等多元形式，讓學童在歡笑中自然培養學習興趣。新增的面具、活動手冊與學習單等教材，既是紀念品也是教育工具，讓學童在活動結束後仍能溫故知新，由淺入深地了解和培養愛護、尊重動物的珍貴價值觀。



New Content on Website

網站內容全新升級



We're excited to introduce "Animal-News," a new dedicated section on our website featuring informative blogs and articles on proper pet care, animal welfare advocacy, and critical issues affecting animals today.

We've also expanded our presence across social media platforms with educational content for both experienced pet owners and animal enthusiasts. This year, we're emphasizing our "Animals Come First" philosophy, which reminds us to respect animals' comfort and emotional needs during interactions. Many animals experience anxiety during social encounters, so we encourage prioritizing their well-being above our desire for interaction.

本會網站誠意推出全新專區「動物之日常」，透過部落格與文章，與讀者探討照顧寵物須知及有關知識、動物權益倡議，以及動物所面對的困難等議題。

我們同時加強了在社交媒體的教育資訊內容，為各飼主與動物愛好者提供豐富資源。今年我們特別提倡「毛孩至上」這個理念——提醒大家在與動物互動時應尊重牠們的感受與情感需求。許多動物在社交場合容易感到焦慮，因此我們應該要留意以牠們的福祉為先，不要只顧自己與牠們互動的樂趣。

Embracing Diversity

學習關愛 共融教育

This year, our Public Education Programme visited 17 schools as well as expanded its reach to include a special session at Hong Chi Morninglight School in Tuen Mun for children with diverse learning needs. During this meaningful visit, our team members Kam Jai, Fatty, and Venice participated as volunteer ambassadors, creating an inclusive and suitable learning environment where children of different capabilities could engage and learn about animal welfare concepts.

The session focused on understanding animal needs, the responsibilities of pet ownership, and the importance of adoption rather than purchasing pets. We were deeply touched when one student spoke out, "We must care for them for their entire lives!" This heartfelt commitment demonstrated that children of all abilities can grasp these essential values of compassion and responsibility.

今年，我們的公眾教育計劃不僅走訪17所主流學校，更首度踏入屯門匡智晨輝學校，為有特殊學習需要的學童量身打造生命教育活動。義工狗狗大使「金仔」、「肥妹」和「Venice」的親臨，為現場帶來溫暖的互動。我們精心設計一套適切的學習體驗，讓不同能力的學童都能全情投入，學習善待動物的課題。

活動圍繞三大範圍，包括：理解動物基本需求、認識作為主人的責任，以及推廣「領養代替購買」的重要理念。當日有一位同學有感而發，真摯地說出「我們要照顧牠們一輩子！」，令我們的團隊深受感動。這番發自內心的承諾，正代表了所有孩子不論能力差異，都一樣能領悟關愛與責任的真諦。



Learning Knows No Age Limits

學習無分年齡界限



Our visit to TWGHs Stephen Yow Mok Shing Neighbourhood Elderly Centre marked our first educational outreach specifically designed for seniors, proving that learning knows no age limits! The session revealed fascinating generational perspectives on animal companionship. While many seniors shared memories of keeping animals primarily for practical purposes like catching mice or guarding homes, we introduced the modern view of pets as beloved family members.

The seniors listened attentively and engaged wholeheartedly with our presentation. When our canine ambassadors Dou Dou and Bear Bear made their appearance, the elders' eyes lit up with childlike delight—much like seeing beloved grandchildren.

Animals truly possess a magical ability to connect with humans of all ages. These seniors, with their wisdom, can significantly impact their families' perspectives on animal welfare. We're grateful for this opportunity to expand our educational mission across generations.

我們首度走訪「東華三院邱木城長者鄰舍中心」，開展專為銀髮族設計的教育活動，生動印證了「學習永不嫌晚」的真諦！活動中大家交流了很多不同年代對動物的不同觀點，例如許多長者分享早年飼養動物多為捕鼠、看門等實用目的，而我們則解析較年輕一代則往往將寵物視為家庭成員。

在場長者不僅專注聆聽，更全程熱情參與。當狗狗大使「豆豆」與「啤啤」登場時，長者們眼中閃現孩童般的欣喜光芒，宛如見到心愛的孫兒般溫馨。

動物確實擁有跨越年齡的魔力。這些具備生活智慧的長者，其實也可以改變整個家庭對善待動物的看法和認知。我們十分榮幸能將本會的教育使命拓展至不同世代，共創人與動物和諧共處的未來。



ONE STEP ONE PAW



3歲多多大樹下小班長

約一歲時被發現於一貨倉，拖著已壞死左手。大樹下義工心如刀割，快速送多多去救治，雖然要截肢，但無阻牠對生命的熱情，現化身溫柔小嫻姆，照顧大樹下其他小毛孩是最喜愛的日常生活。



One Step One Paw 2024

The 7th annual "One Step One Paw" fundraising campaign returned in November, benefiting both the Big Tree Animal Sanctuary and Paws Hero Education Hub. This beloved initiative has raised a total of HK\$565,000 over the past six years, a remarkable achievement where the concept "pets helping pets" received overwhelming support from the public.

This year's campaign kicked off on 3rd November together with a charity sale, and the entire month was filled with various exciting ways to participate, including a photo check-in programme where sponsors donate \$20 for each submitted pet photo, the "Shop for Paws" charity sale campaign, an online workshop about achieving real happiness for animals, the popular T-Touch technique workshop, a charity photography day, and the pioneering Hong Kong Island Coastal Trail Charity Walk (Human-Pet Integration Trial).

Additional activities include dog recall training workshops and Big Tree Sanctuary Volunteer Experience Day. All proceeds support animal rescue efforts and public education to build a more harmonious society for humans and animals.

第七屆「One Step One Paw」年度慈善籌款活動於十一月隆重舉行，本次活動收益撥捐「大樹下動物庇護站」及本會教育中心。這項廣受喜愛的活動在過去六年已累計籌得港幣565,000元，充分體現「以寵物幫助寵物」的互助理念，並獲得公眾廣泛支持。

今年活動於11月3日以慈善義賣揭開序幕，整個月期間推出多項精彩活動，包括：「照片打卡」- 每提交一張寵物照片，贊助商即捐出20港元、「Shop for Paws」慈善義賣活動、「寵物幸福秘訣」線上課、「Ttouch手法線上工作坊」、「慈善攝影日」及首屆「港島環島徑慈善步行日2024」等多個項目。其他活動還包括「狗狗召回訓練工作坊」及「大樹下義工體驗日」。所有收益用於支持動物救援工作及公眾教育，共建更和諧的人與動物社會。

Thank you for the generous support from our sponsors and partners including :

衷心感謝以下贊助商及合作伙伴的慷慨支持：

- Por Yen Charitable Foundation
百欣慈善基金
- My Little Korner
- Pets4Motion Rehabilitation Centre 寵健絡
- VProPet 位您寵
- Marriott HK Ocean Park
香港海洋公園萬豪酒店
- My Dog Fits Canine Training Academy
寵里犬隻訓練學校
- Tin Kee Dumplings 甜記餃子
- Tapmometale
- Katland Studio
- JcoNAT Naturally-Existing Disinfectant
JcoNAT原生除菌液
- Parks & Trails

Charity Walk Unites Pets and People

慈善步行促進人寵共融



On November 17th we organised the first "Hong Kong Island Coastal Trail Charity Walk" which successfully brought together pet owners and their furry companions for a pioneering pet-inclusive event. Over a hundred participants and 60 dogs walked from Wong Chuk Hang to the Aberdeen Promenade on a cool Sunday morning to raise awareness about the city's limited pet-friendly public spaces, especially along its beautiful waterfronts.

Organised in partnership with the Hong Kong Coastal Trail Challenge, the walk successfully raised funds for our "One Step One Paw" campaign, benefiting the Big Tree Animal Sanctuary and Paws Hero's Education Hub.

Despite weather concerns, owners and pets all enjoyed the outing as they advocated for more pet-inclusive urban planning. Thanks for the support from numerous sponsors and volunteers including: Teva, T8, ProVet, Hong Kong Observation Wheel & AIA Vitality Park, TePe, Sip Song, Limewood HK, JcoNAT, Metro Workspace, Hong Kong Ocean Park Marriott Hotel, Pets4Motion Rehabilitation Centre, Katland Studio and Re Pillow, as well as volunteers from Hong Kong Jockey Club and Time Auction.

11月17日涼爽的周日清晨，我們成功舉辦首屆「港島環島徑慈善步行日（人寵共融試行版）」，逾百名愛寵人士與60隻毛孩從黃竹坑漫步至香港仔海濱公園。這場創新活動不僅為「One Step One Paw 2024」籌款項目成功募資，更以實際行動呼籲社會正視香港寵物友善公共空間不足的現狀，特別是風景優美的海濱休閒區域的開放共享。

本次活動與「香港環島徑挑戰」攜手合作，所籌得善款撥捐支持「大樹下動物底護站」及本會教育中心的運作。儘管天氣不穩，主人與寵物們仍非常享受這次別具意義的戶外活動，共同倡議更包容寵物的城市規劃。

我們衷心感謝各界的鼎力支持，包括各贊助商：Teva、T8、ProVet、香港摩天輪及AIA Vitality公園、TePe、Sip Song、Limewood HK、JcoNAT、城市工作坊、海洋公園萬豪酒店、寵健絡寵物復健中心、Katland Studio及 Re Pillow；以及香港賽馬會和 Time Auction的義工團隊無私奉獻。





Heroes for Our Furry Friends

守護毛孩的英雄



A fundamental element of Paws Hero's purpose is our dedication to enhancing Hong Kong's animal welfare landscape through targeted financial assistance and collaborative relationships. We praised the essential role that many local animal welfare organisations play as the guardian of animal protection across our city, as well as their selfless contributions. Their unwavering commitment and compassion creates meaningful change for numerous animals who might otherwise encounter neglect or suffering.

During this reporting period, we've been fortunate to work alongside exceptional organisations and committed volunteers who align with our philosophy. These collaborative efforts have strengthened our combined influence and we feel honored to provide backing to these organisations as they pursue their noble objectives.

動物英雄聯盟的重要使命之一，是透過與各大動物福利機構合作並提供財政支援，共同提升香港的動物福利水平。我們深深敬佩本地動物福利組織的無私奉獻——他們以堅定的信念與同理心，為無數弱勢動物創造生命奇蹟，成為守護毛孩的關鍵力量。

在此報告期間，我們很榮幸能與理念相近的優秀組織及熱心義工攜手合作。這些協作不僅擴大了我們的社會影響力，更讓我們得以支持夥伴機構實踐崇高理想，為動物福祉開創更美好的未來。

The following organisations have served as our esteemed partners throughout this year (listed without particular order) 以下是我們在這一年裡的重要合作夥伴 (排名不分先後):

- 1/ House of Joy and Mercy 阿棍屋
- 2/ HK Bunny Rescue 香港救兔之家
- 3/ Bunny Base Rescue 兔兔基地
- 4/ Hong Kong Abandoned Turtles' Concern Group 香港棄龜關注組
- 5/ Homeless Paws Village 浪浪村
- 6/ Cats not Balls 不是貓球
- 7/ Big Tree Animal Sanctuary and Adoption Centre Limited 大樹下善待動物庇護站(錦田)有限公司
- 8/ Hong Kong Dog Rescue 救狗之家
- 9/ Hong Kong Hedgehog Association 香港刺蝟協會
- 10/ Piggy Club Hong Kong 香港天竺鼠豬友會
- 11/ Hamu Mirukuti 珍奶倉鼠幼稚園－校務處

A Lifelong Journey with Animals



PAWcess Human Animal Collab. has been our treasured partner this year, co-hosting various activities, e.g. Shelter Dog walking volunteers Training with us. We spoke with their one of the Founding member, Debbie Ngai about the philosophy behind their work.

"The name 'PAWcess' is derived from the word 'Process,' symbolizing both 'process' and 'journey.' We view our relationship with animals as a complete 'journey'—from meeting, living together, growing, to the eventually saying goodbye," Debbie explained. "From the moment they arrive at their new home, each stage holds unique significance and needs for both the animal and owner. Different species (such as cats, dogs, rabbits) also have their unique requirements.

"Although this journey is filled with ups and downs, it remains a rich and profound shared experience. If we can truly meet, understand, and trust each other at every stage, this 'human-animal relationship' will bring enriched meaning and joy to both parties."

PAWcess takes "human-pet co-existence" beyond 'hardware' such as allowing animals into public spaces. "PAWcess believes that 'software' is the core spirit of 'human-pet co-existence,' which is recognising each other's characteristics and needs, accepting, embracing, and making adjustments accordingly. For instance, we should be mindful of environmental noise levels and crowd conditions that might stress animals, rather than viewing things solely from a 'human perspective', neglecting their genuine needs. We encourage owners to learn to understand their pets' body language and signals, allowing both parties' feelings and needs to be truly 'heard.'"

PAWcess's philosophy aligns perfectly with Paws Hero's. The Chinese name of PAWcess, "動·人研習社," emphasizes "mutual study and learning." We believe that humans and animals can seek and co-create meaningful life journeys together, and serve as companions, teachers, inspirations, and even heroes for each other!

與動物同行 一生的旅程

PAWcess「動·人研習所」是本會今年一個重要的合作夥伴，與我們一起主辦了散步專員義工訓練活動。我們與他們的其中一位創會成員倪曉暉 (Debbie Ngai) 暢談大家對動物共處的理念。

「PAWcess 這個名字取自英文“Process”，寓意「過程」與「旅程」。我們視與動物的關係為一段完整的「旅程」——從相遇、同行、成長，到最後的說再見。我們深信，與動物共處的歲月中，從牠們初到新家的那一刻起，彼此摸索、磨合，逐漸建立默契，再到牠們慢慢成熟、步入老年，直至最後要說再見——每個階段對動物和主人都具有獨特的意義與需求，而不同物種（如貓、狗、兔）的需求也各不相同。這段旅程中充滿酸甜苦辣，卻也是一段豐富而深刻的共同經歷。如果我們能在每個階段好好相遇、相知、相信這段「動·人關係」將為彼此帶來更多幸福與意義。」Debbie 娓娓道來。

此外，PAWcess 推崇的「人寵共融」理念，不只是一般人認知的「硬件」配套，例如允許寵物進入商場、戲院、辦公室或搭乘交通工具。「PAWcess 認為「軟件」才是「人寵共融」的核心精神。「共融」的真正意義在於看見對方的特性與需求，並接納、包容，並願意為此做出調整。例如，做活動時大家應該注意環境音量和現場人流情況會否對動物造成壓力，不能只從「人類角度」，忽略了動物的真實需求。我們建議主人多學習理解毛孩的身體語言與溝通方式，讓雙方的感受與需求真正被「聽見」。」

PAWcess 與動物英雄聯盟的理念高度契合。PAWcess 的中文名稱是「動·人研習所」，強調的是「共同研究與學習」，我們相信人與動物能夠在相遇與同行中，一起尋找並建構幸福的生命旅程，彼此是陪伴者、老師、啟發者，甚至乎是大家的英雄！



The Art of Animal Communication



At Paws Hero, we believe the bond between humans and animals runs deeper than what meets the eye. Our recent conversation with our animal communication instructor Cass Shing-Biegala, revealed fascinating insights into this amazing connection that extends far beyond basic pet behaviour observation.

"Animal communication is any moment you connect with your animal through intuition," Cass explains. This is when we allow ourselves to receive signals through our inner senses, and tune into our feelings, mental images, sounds, or spontaneous thoughts. These may be subtle signals but rarely recognized as meaningful communication.

Science supports the foundation of these connections. Research shows animals can read human emotions through facial expressions, tone of voice, and body language. Animals may also be able to sense our bio-electrical magnetic fields—the invisible emotional atmosphere surrounding us. Our pets may not understand the reasons behind our emotions, but they can instinctively feel the difference.

Perhaps most intriguing is how our pets mirror our inner states. "Just like two tuning forks vibrate at the same frequency when placed side by side, our emotions naturally sync with

our pets," Cass notes. This mirroring effect often reveals emotional patterns we ourselves fail to recognize. "Pets can reflect back what we carry inside—fear, sadness, or frustration—sometimes more openly than we express ourselves. Observing our pets can give us clues about what's really going on inside us. They can help us reflect and inspire healing."

For those wanting to develop their animal communication skills, there is a simple and powerful way. "Spend a few mindful minutes daily with your pet, giving them your complete attention," Cass advises. "Breathe with them, notice their presence, smile, sing or speak to them. Acknowledge any subtle feelings or images that feel like they are coming from them. Just open your heart to a deeper connection."

The Paws Hero workshops offer a rare opportunity to explore these intuitive connections. "It's not about learning something entirely new," Cass emphasizes. "It's about returning to a heart language we've always known, but was taken over by logic and problem-solving. It's about coming home to a way of knowing we've always had."



動物傳心的藝術

我們深信人類與動物之間的情感連結，遠比表面所見更為深刻。我們最近與動物傳心導師 Cass Shing-Biegala 閒談，了解一下這種奇妙連結的奧秘。

「動物傳心是任何當你透過直覺與動物連結的時刻，」Cass 解釋道。「當我們敞開心扉，透過內在感官接收那些細微的訊號，例如突如其來的畫面、聲音、感受或念頭。這些微妙的訊息往往被我們忽略，但卻是與動物最真實的對話。」

科學研究亦證明了這種連結。動物能透過人類的面部表情、聲調和肢體語言讀懂我們的情緒，甚至可能感知我們的生物電磁場——那環繞著每個人的無形氛圍。寵物或許不理解人類情緒背後的緣由，卻能本能地感應其變化。

另一樣有趣的發現，莫過於寵物在某程度上會反映我們的內在狀態，像鏡子一樣。Cass 指出，「就像兩個放在一起的音叉會產生共振，我們的情緒也會與寵物自然同步。」這種鏡像效應往往揭露了我們自己都未必察覺到的情感狀態：「寵物能反映出我們內心的恐懼、悲傷或焦躁，牠們對這些情緒的表達有時比我們更直白。觀察寵物，其實是在讀懂自己。」

想培養與動物的溝通能力？Cass 分享了一個簡單而有效的方法：「每天花幾分鐘與你的寵物靜心相處。大家同步呼吸、輕聲說話、真誠微笑，留意那些彷彿來自牠們的細微感受或畫面。最重要的，是讓心保持開放。」

動物英雄聯盟所舉辦的動物傳心工作坊正提供探索這種以心和直覺連結的珍貴機會。「我們不是要學習新技能，」Cass 強調，「而是重拾我們與生俱來、卻被慣常的理性思維淹沒了的『心靈語言』。是回到我們一直擁有，卻遺忘已久的溝通方式。」



Income & Expenses

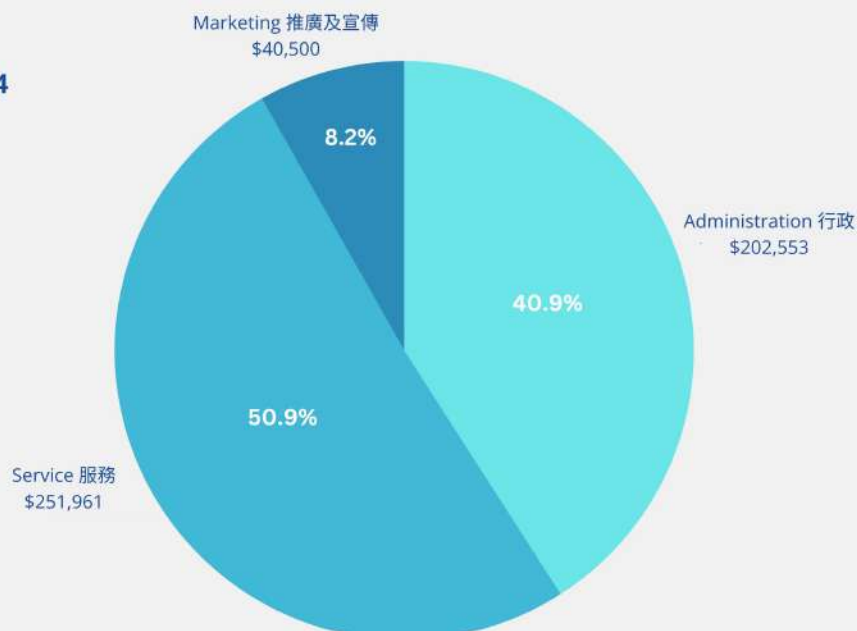
2024-2025

收支簡報

INCOME 收入 TOTAL 總額: \$420,339



EXPENSES 支出 TOTAL 總額: \$495,014



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Cats Not Balls 不是貓球
Charitable Choice 擇善坊
Hong Kong Animal Assisted Therapy Association 香港動物輔助治療協會
Hong Kong Bunny Rescue 香港救兔之家
House of Joy and Mercy 阿棍屋
LUA Foundation 香港人壽保險從業員協會慈善基金
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Thank You

www.pawshero.org

info@pawshero.org

2370 5444 / 5616 8426

 Paws Hero 動物英雄聯盟

 Paws Hero

914B, 9/ F, Lai Sun Commercial Centre
680 Cheung Sha Wan Road, Kowloon,
Hong Kong

香港九龍長沙灣道680號
麗新商業中心 9樓 914B 室

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