



社評  
雙語道

# 加強支援少數族裔 紓減壓力解困境

Strengthen support for ethnic minorities to help them overcome adversity

原文

下文摘錄自2023年6月6日香港《文匯報》：深水埗發生少數族裔母親疑焗死三幼女倫常慘案，事件令人震驚、心痛及惋惜。包括兒童在內任何人的生存權利必須得到尊重和珍惜，無論有何困難，父母都無權剝奪子女的生命。今次悲劇亦再次提醒全社會，本港作為多元化的國際城市，對於少數族裔的基層家庭和群體，需要充分了解其面對的困難和迫切所需，加強具針對性的社區支援和關愛服務，協助他們減輕生活壓力、主動融入社會走出困境，促進本港社會和諧共融。

消息指，涉案的印度裔女子隻身帶着三名女童，母女四人靠綜援度日，居住於深水埗200呎的劏房，生活壓力極大；分居的丈夫已有很長時間沒有聯絡她們，該女子正面對女兒撫養權的官司。有分析指，在飽受婚變打擊及要獨力照護三名女兒壓力下，該女子情緒瀕臨崩潰，惟身在異鄉難以向外求助，而她由社工所跟進檔案亦於去年底關閉。在缺乏適當輔導及支援，加上擔心失去三名女兒撫養權困擾下，懷疑精神出現異常而失控釀成殺女悲劇。

悲劇既已釀成，我們更應反思如何改善對類似家庭的支援，避免悲劇重演。首先，涉事家庭依賴綜援生活，社會福利署也曾派社工跟進，但事發前該個案已關閉檔案。事實上該家庭屬單親而且有多名年齡幼小的兒童，母親一個人照顧多人，經濟上、情緒上的壓力都非常大，理應被重點關注。社工或地區團體應該展開有效協助，多一點走訪或致電詢問相關家庭的情況，了解當事人是否有能力照顧子女，精神狀

態是否正常。如果能及時溝通為當事人排解情緒，相信可以降低極端事件發生的機會。

其次，涉事家庭屬少數族裔。據統計處2021年人口普查資料，本港少數族裔人口約30萬，當中南亞裔人士（包括印度、巴基斯坦及尼泊爾裔）佔比最大，達9.6萬。但因語言、文化等差異，這些少數族裔家庭未必會主動尋求社會協助，遇到困難容易「鑽牛角尖」。另外，本港社會服務對少數族裔的支援也有不足之處，容易令這些家庭成為被忽略的「隱蔽家庭」。本港完善社區治理之後，區議員、社區組織、關愛隊等社區服務組織及團體，應撥出更多資源和力量，特別是調動少數族裔團體的力量，增強對少數族裔家庭的支援，舉辦更多具有針對性的活動，相信有助於「隱蔽家庭」走出狹小空間，主動尋求協助渡過難關。

再次，親朋戚友和左鄰右里之間的關愛，對於防止類似悲劇的發生十分重要。市民大眾要發揮守望相助精神，多一點關注、關心身邊的朋友及有需要人士，發現問題可主動尋求有關政府部門或組織的協助。

本港是一個多元共融的文明社會，類似悲劇一宗都嫌多。政府應完善對少數族裔群體的支援，提供資源設立少數族裔互助組織，發揮社群內部「同聲同氣」的優勢，幫助找出有需要協助的家庭；加強外展及家庭輔導服務，主動識別及介入個案。社會各界應向少數族裔展示互助關愛的赤誠之心，改善少數族裔基層家庭的生活，讓他們在本港多元大家庭的生活其樂融融，增進族群和諧，防範悲劇重演。



◆ 深水埗桂林街早前發生少數族裔母親疑焗死三幼女的倫常慘案，圖為警方案發後到現場一帶調查蒐證。

譯文

The tragic incident in Sham Shui Po in which an ethnic minority mother was suspected of suffocating her three young daughters is shocking, heart-breaking and deplorable. The right to life of all people, including children, must be respected and cherished, and parents have no right to deprive their children of their lives, no matter what difficulties they face. The tragedy reminds the community once again that Hong Kong, a diversified international city, needs to fully understand the difficulties and urgent needs of low-income families and groups of ethnic minorities, and to strengthen targeted community support and care services to help them alleviate the pressure of life and integrate into society to overcome their difficulties, so as to promote social harmony and inclusion in Hong Kong.

According to the source, the woman suspect, an Indian national, lives on Comprehensive Social Security Assistance (CSSA) in a 200-square-foot sub-divided flat in Sham Shui Po with her three daughters, thus being under great pressure. Her estranged husband has not contacted them for a long time and the woman is facing a custody case for her daughters. According to some analyses,

the woman is on the verge of an emotional breakdown after the shock of her marriage problems and the pressure of having to take care of her three daughters on her own. However, it is difficult for her to seek help in a foreign city and her case followed up by the social workers was closed at the end of last year. The lack of proper counseling and support, coupled with the fear of losing the custody of her three daughters, could have caused her mental disorder that led to the tragedy of killing her daughters.

Now that the tragedy has happened, we should reflect on how to improve the support for similar families to avoid a repeat of the tragedy. First of all, the family in the case live on CSSA and the case was followed up by social workers sent by the Social Welfare Department, but the case was closed before the incident. In fact, the single mother takes care of several very young children all by herself, and inevitably suffers from enormous financial and emotional stress; therefore, the case should have been highlighted with special attention. Social workers or district organisations should provide effective assistance by paying more visits or calling the mother to find out whether she is able to take care of her children and whether she is in a normal state of mind. It is believed

that if timely communication could have been made to help the mother release her emotions, the chance of the extreme incident would have been reduced.

Secondly, the family involved is ethnic minority. According to the 2021 Census by the Census and Statistics Department, the number of ethnic minorities in Hong Kong is about 300,000, of which South Asians (including Indian, Pakistani and Nepalese) account for the largest number, at 96,000. However, due to language and cultural differences, these ethnic minority families may not actively seek help from the community and are prone to getting into blind alleys when they encounter difficulties; in addition, the support for ethnic minorities in Hong Kong's social services is also inadequate, making these families easily overlooked "hidden families". With the improvement of community governance in Hong Kong, district council members, community organisations, District Services & Community Care Teams and other community service organisations and groups should allocate more resources, exercise more powers, and especially mobilise the strengths of ethnic minority groups, to enhance support for ethnic minority families and organise more targeted activities, which is believed to help "hidden

families" to get out of their confined space and actively seek help to tide over their difficulties.

Moreover, love and care among relatives, friends and neighbours are important to prevent similar tragedies from happening. The public should promote the mutual support, offer more concern and care for their friends and those in need, and proactively seek help from relevant government departments or organisations when they identify issues.

Hong Kong is a harmonious and civilised community with heterogeneous diversity, where one tragedy of this kind is too many. The Government should improve its support to ethnic minority groups: it should provide resources to set up ethnic minority mutual support groups, which will help identify families in need of assistance by leveraging the strengths of "one voice" within the community; it should strengthen outreach and family counselling services to proactively identify and intervene in cases. All sectors of the community should show their heartfelt concern for the ethnic minorities and improve the lives of low-income families of such groups, so that they can live happily in the diversified community, which would promote community harmony and prevent the recurrence of tragedies.

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## 職場遇上馬屁精 不妨盡情翻白眼 魯莽易陷險境 如蠟翼遭烈陽融化

恒 大英萃

眼耳口鼻的英文 eyes、ear、mouth 和 nose，由幼稚園學起。那麼「翻白眼翻到太空」、「貌嘴貌舌」又如何以英語表達？

辦公室內那位阿諛奉承的馬屁精 (brown-noser) 又行動了！不妨來個盡情 roll your eyes，對他翻白眼吧！Whenever that brown-noser starts complimenting the boss, I can't help but roll my eyes. (每當那個馬屁精開始恭維老闆時，我就忍不住翻白眼。) 要加大力度「翻白眼翻到太空」嗎？Let's roll your eyes to the back of your head!

擁棕色鼻子 暗喻是擦鞋仔

補充：Brown-noser 這裡語字面意思是「棕色鼻子的人」，暗示這些人不擇手段地奉承他人，就像彎腰親吻別人屁股，使得鼻頭沾上糞便，因此得出啡色鼻頭 (brown nose)。故此詞彙用來形容那些對上司或權威人士拍馬屁、討好以取得好處或晉升的人。

馬屁精的存在，亦要湊巧有相應「認知障礙」的上司才能成事。此類上司多為 smart ass (自以為是的人)。在他們面前未能盡情翻白眼嗎？皺皺眉好了：frown。這字本身當動詞時就指「皺眉」，後面不需再加上代表眉毛的單字 eyebrow。If you frown too much, you may get wrinkles! 小心皺眉太多容易

長皺紋哦！

若想配上動詞用，可用 furrow one's eyebrows。The pain of the headache made me furrow my brow. 頭痛使我眉頭深鎖。

若換上另一個動詞 raise，意思就大不同了！Raise an eyebrow 表示驚訝、懷疑或好笑：When I told my boss that I needed a month off work, she raised an eyebrow and asked why. 當我告訴上司要請一個月假期時，她抬起了一根眉毛問我原因。

與一眾「豬隊友」長期在會議室浪費青春的討論亦是「長皺紋系列」！聽到來來回回、不明所以的議題時，你會：

- a. scratch one's head 抓頭
- b. shake one's head 搖頭
- c. nod one's head 點頭
- d. Tilt one's head to the side 頭部微微傾斜
- e. 以上全部皆是

只想破口大罵，叫其收聲嗎？當心後果堪虞：進一步延長會議呢！到時你就後悔莫及，grimace with pain：疼得齜牙咧嘴！倒不如 bite your lips 咬咬唇或是 compress your lips 抿抿嘴 (用於感到困惑、焦慮時)。

事情，總會過去的。工作，總有完結的一刻的。

可愛的你，回家後跟家人、愛人或友人撒撒嬌，亦可以 pout 嘟嘟嘴巴、purse your lips 噘噘嘴、shrug your shoulders 聳聳肩、make a face 做鬼臉，消消怨氣。

英語世界

希臘神話有很多有趣有意思的故事，其中有關於少年伊卡洛斯 Icarus。Icarus 的父親達洛士 Daedalus 是希臘著名發明家兼建築師，Daedalus 替克里特島的國王建造了一座精妙的迷宮，用來關押國王牛頭人身的兒子，後來國王懷疑達洛士父子洩露了迷宮的秘密，把他們關在迷宮的高塔裏面。

為了逃離高塔，達洛士設計了飛行用的翅膀，用蜂蠟黏合羽毛製成。出發前，他警告兒子伊卡洛斯不可自滿高傲、狂妄自大，並指示伊卡洛斯不要飛得太低，以免靠近海面，因為海水會弄濕羽毛，亦不要飛得太高，以免接近太陽，因為太陽熱力會融化蜂蠟。伊卡洛斯年少氣盛，起飛後，沉醉於空中飛行的喜悅，對父親的叮囑置之不理，愈飛愈高，結果太接近太陽，蠟翼融化散落，伊卡洛斯便跌落海中溺斃了。父親目睹兒子淹死，悲傷地飛回故鄉，掛起翅膀，從此不再飛翔。

英文的一句慣用語 fly too close to the sun (飛太近太陽)，就是從這希臘神話而來，說某人 fly too close to the sun 是指這人高傲自大，野心太大，不知道自己的局限，做事魯莽，行事不智，令自己身陷險境，造成自己的衰落，釀成失敗或滅亡。說 Don't fly too close to the sun，是提醒別人不要過度自信和忽視自身的限制，亦不要不計後果和不理危險。

The new boss was flying too close to the sun. His expansion plans were over-ambitious and highly risky. Finally, he sank the company and was in heavy debts.

新老闆太狂妄自大了，做事魯莽。他的擴張計劃野心過大，風險極高，最終令公司衰落，負債纍纍。

He failed the election probably because he flew too close to the sun at the end of his campaign. He was over-confident and carelessly offended some powerful groups.

他落選了，大抵是他在競選活動後期自視過高，行事欠謹慎。太過有自信，不小心地開罪了一些有勢力的團體。

Promoting environmental protection is important. But don't fly too close to the sun. Be reasonable and don't take extreme actions.

宣揚環保是很重要，但不要過於激進，要考慮後果。必須合理，而且不採取極端行動。

沉醉於一時的成功、勝利或是喜悅，很容易就會放鬆警戒，把戒心拋諸腦後，忘記風險，英文的另一句用語 throw caution to the wind/s 亦描述了這種情況。用語中的 caution 是謹慎、小心的意思，wind 就是風，throw caution to the wind/s (把謹慎掉入風中)，即是不顧危險、不想後果，行事魯莽，不理性，沒有仔細考慮清楚。

She threw caution to the winds and borrowed money to buy a house she might not be able to afford.

她過於輕率，借錢購買了一幢她可能負擔不來的房屋。

Hikers should never throw caution to the winds while hiking along the seaside. They should beware of bad weather, strong winds and big waves.

行山客到海邊遠足時絕不應該不顧風險，應小心惡劣天氣、強風和大浪。

長者缺乏警覺性 誤墮電騙招損失

Some elderly people throw caution to the wind and lose money to phone scams.

一些長者沒有警覺性，誤墮電話騙局而蒙受損失。這些慣用語，除了平日應用之外，亦有警世的作用。Don't throw caution to the winds. 就是要時刻提高警覺，不要放下戒心，而 Don't fly too close to the sun. 就是要知道自己的限制，避免作出不智和魯莽的行為，令自己陷入危機困局，不能自救。

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