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## A Journey to Health and Success

### 踏上健康與成功的旅程

When David Chan worked as a nurse in a hospital, he had the idea of opening his own medical services centre. “Because I was a nurse, whenever I pitched my idea to investors, family or friends, they all turned me down or even made fun of me,” he told 40 students from MKMCF Ma Chan Duen Hey Memorial College, as part of the Chamber’s Business-Schools Partnership Programme.

“But I stood firm and believed in myself so never gave up. I finally managed to raise sufficient capital to start my own business Kinetics Medical & Health Group Company Ltd, in November 2001” he added.

Chan is a classic example of how hard work and perseverance are the keys to success. Today, his company offers a wide range of medical and healthcare services, and during our school’s visit we had the opportunity to have a variety of health tests that

checked our blood pressure, blood glucose and lung function. After the tests, Kinetics staff explained the test results to us, which also helped us understand more about ourselves and our health.

The respiratory system test was very impressive and obviously we all wanted to make sure our respiratory system was functioning properly. After the test, the instructor explained what the test results showed about our health. My classmates were all very eager to take the test to demonstrate that they are healthy! Although the test seemed simple, we all had much to learn. The instructor also explained practical measures that we could follow to prevent respiratory disease.

#### Fighting against adversity

During the outbreak of SARS in 2003, many Hong Kong people were reluctant to go out. It was also

a very dark and difficult period for businesses, as many customers were staying at home, consequently businesses’ revenues plunged. Kinetics was not spared and Hong Kong’s malls were deserted. Despite facing mounting debts, he remained optimistic and soldiered on.

“Employees are the most important asset of our company. That is why I shared my company’s profit with employees even before I cleared my debts, so that they would continue to work happily with us,” he said.

Kinetics finally emerged from the crisis due to Chan’s constant efforts to find new business opportunities. He also expanded his centres to outlying islands.

Chan’s experience and persistence taught us how to deal with adversity and to never give up. It also taught be to be more health conscious, and understand that prevention is always better than cure. 🌸



### Students' View 學生評價：



"I learned that prevention is better than cure, and if you work hard enough, you can grind an iron rod into a needle."

— Melody Hung

「經過是次活動，我明白到預防勝於治療，只要有恆心鐵柱磨成針的道理。」  
— 洪倩婷

### Business School Partnership Programme Calendar

Three groups of students from Heep Yunn School gave their presentations as part of a pre-assigned task to design an IT related social service in collaboration with an NGO at the NEC's office on 7 May. Despite a tight budget and operational constraints, the groups were able to come up with some brilliant ideas. The judging panel, consisting of NEC executives, chose the winning group, and their idea will become a reality this summer.

SKH Lam Woo Memorial Secondary School students learned about supply chain developments and technologies during a talk on 20 May by Dave Lim, Managing Director of DHL Supply Chain.

St. Rose of Lima's College students visited Cathy Pacific City on 22 May to learn about the airline and the aviation industry in Hong Kong.

Raimondi College students visited the Airport Authority on 29 May. They were given the opportunity to visit the airfield as well as the control room to learn about the airport and flight control.

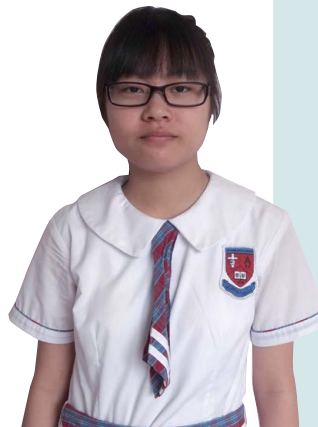
### 「商校交流計劃」活動一覽

三組協恩中學的學生於5月7日到訪日本電氣（NEC）的辦事處，以匯報其活動建議方案。該校學生將與非牟利機構合作，共同籌辦一項與資訊科技有關的社會服務。儘管財務及運作上有所限制，但學生都能發揮所長，提出不少具心思的方案。由NEC行政人員組成的評審委員會最後選出獲勝組別，而他們將在今年夏天實踐有關活動。

聖公會林護紀念中學學生於5月20日出席由DHL供應鏈董事總經理林金國主持的講座，了解供應鏈的發展及技術。

聖羅撒書院學生於5月22日參觀國泰城，了解國泰航空及本港航空業的發展。

高主教書院學生於5月29日到訪機場管理局，藉此機會參觀機場和控制室，以了解機場運作及航空管制措施。



"I was very impressed with David's story about how he became an entrepreneur. His perseverance and resilience in the face of failure led to success. His positive attitude also inspired me not to give up so easily and to seek solutions to problems that I encounter."

— May Shih

「最令我印象深刻的環節是陳浩然先生分享他的創業夢。他的毅力與恆心換來今天集團的成功，過程中實在跨過不少困境。他的正面態度，令我明白做事不要輕易放棄，凡事總有生機。」  
— 施雅娟



"David helped me to understand that hard work spells success and 'no pain no gain'."

— Lam Wai Kin

「陳先生的分享讓我明白成功須苦幹的道理，一分耕耘一分收穫。」

— 林煒健





**陳**浩然先生仍在醫院任職護士時，已萌生創立醫療服務中心的念頭。透過總商會的「商校交流計劃」，他向40名馬錦明慈善基金馬陳端喜紀念中學的學生表示：「作為護士的我，每當我向人介紹創立醫療中心的計劃，無論是投資者、家人或朋友都不表贊成，甚至嘲笑我的想法。」

他補充：「但我堅持自己的信念，永不放棄，最終也能籌備充足的資金，於2001年11月成立了毅力醫護健康集團。」

陳先生的經歷，正好體現了努力不懈是成功的關鍵。時至今日，他的集團為客戶提供多項醫護服務。透過參觀毅力醫護健康集團，我們有機會體驗一系列

的健康測試，包括血壓、血糖及肺功能檢查。員工隨後向我們講解測試結果，使我們的健康知識增進不少。

最令我印象深刻的莫過於呼吸系統測試，我們顯然都希望自己的呼吸系統功能運作正常。完成測試後，導師向我們解釋結果所反映的健康狀況。同學們為了證明自己的健康狀況理想，都很踴躍地參與這項活動！此項測試看似簡單，但我們亦有所得著，最後導師亦講解了多種防止出現呼吸困難的方法。

### 面對逆境

2003年，沙士肆虐香港，市民不願意出外消費，對企業來說更是一段艱難時

期，往往要面對顧客流失，盈業額下降等問題，毅力醫護健康集團也不例外。儘管公司債台高築，陳先生亦能堅持不懈，樂觀面對。

他說：「員工是公司最重要的財產，因此我在付清公司債務前，都先把利潤分給員工，使他們樂於為公司盡心工作。」

全憑陳先生努力尋找新商機，把公司的業務拓展至離島地區，毅力醫護健康集團才能逐漸擺脫危機。

在這次活動中，我們不但從陳浩然先生的創業過程中學會如何面對逆境，永不放棄，而且了解到健康的重要性，「預防勝於治療」才是最好的保健方法。✿