



爱特儿特殊协会
Intellectually Disabled
Association Malaysia

爱特儿特刊

IDA Newsletter

2025

温暖相伴， 共筑成长

Companionship with
Warmth,
Building **Growth Together**

2025年，爱特儿成功举办一系列富有意义的活动，涵盖节庆聚会、技能培养、公益合作及青少年交流，为参与者带来温暖而充实的成长体验。

In 2025, IDA successfully organized a series of meaningful activities, ranging from festive gatherings and skill-building workshops to public welfare collaborations and youth exchanges. These initiatives created opportunities for inclusion, learning, and shared growth, bringing participants an inspiring and memorable year.

新的开始

A New Beginning



手工艺术疗愈工作坊

Handmade Art Therapy Workshop



4/1

与 Harriot University AIESEC 合作，透过手工创作舒缓情绪，体验艺术疗愈的独特魅力。

In collaboration with Harriot University AIESEC, participants explored the therapeutic value of arts and crafts while fostering relaxation and creativity.

爱特儿·爱团圆

IDA Reunion Gathering



25/1

成员欢聚一堂，共享美食与笑声，在温馨氛围中迎接新年。

Members came together for a joyful pre-Lunar New Year celebration, sharing food, laughter, and community spirit.

欢庆蛇年

Celebrating the Year of the Snake



蛇年新春佳节

Lunar New Year Celebration



7/2

感谢 2323 Restaurant 每年新春的邀请，大家一同享用美食、欣赏舞狮，并获赠红包，共度热闹喜庆的春节。

Thanks to the generous support of 2323 Restaurant, participants enjoyed festive food, a vibrant lion dance, and red packets distributed to our friends with disabilities – creating a warm and inclusive celebration.

志工感恩会

Volunteer Appreciation Gathering



9/2

专为志工举办，感谢他们过去一年的无私付出，并展望未来服务计划。

A dedicated event to honor volunteers for their selfless contributions in 2024 and to plan for future service together.

成长与共融

Growth and Inclusion



公益义卖与分享

Echo Exhibition



3/3

联合博特拉大学（UPM）举办展览及义卖，推广社会共融，并分享爱特儿的使命与故事。

Co-organized with Universiti Putra Malaysia (UPM), the event raised awareness of social inclusion and showcased IDA's mission and stories through exhibition and charity sales.

种植工作坊

Planting Workshop



8/3

参与者体验种植乐趣、学习环保知识，倡导绿色生活。

Participants gained hands-on experience in gardening, learned environmental practices, and promoted sustainable green living.

成长与共融

Growth and Inclusion



自立生活 3.0 营队

Independent Living 3.0 Camp



17/3
|
18/3

为期两天的生活技能培训，包括烹饪、时间管理等实用课程，协助学员提升独立生活能力。

A two-day training program covering essential life skills such as cooking and time management, empowering participants to strengthen independence and confidence.

荣美生命堂青年来访交流

Youth Exchange with Glory Life Church



22/3

通过游戏与交流，增进彼此了解，促进青少年的互动与成长。

Through games and conversations, youths engaged in mutual learning and understanding, building bridges of empathy and growth.

厨艺满飞

Excellent Cooking Skill

04
四月 APRIL

日本寿司交流课

Japanese Sushi Workshop



3/4

来自日本的实习生带来了日本传统与文化的分享。这堂寿司制作交流课，为学员们带来了无限欢乐。

On April 3, interns student from Japan shared their traditional culture. The sushi-making workshop brought endless joy to the trainees.

爱特儿“小小厨房”

IDA “Little Kitchen” program



11/4

热爱烹饪的孩子少不了巧手厨艺。在“爱特儿小小厨房”中，我们特别邀请了毕业于台湾厨艺专业的胜川传道，指导学员们制作海南鸡扒。期待小小厨房的顺利开展。

On April 11, children who love cooking showcased their culinary skills. In the “Little Kitchen” program, we invited Pastor Sheng Chuan, a culinary graduate from Taiwan, to teach the trainees how to prepare Hainanese chicken chop. We look forward to the success of this project.

交流·关怀·成长

Connection · Care · Growth



2025年环球东方旅游小姐总决赛

Miss Orient Tourism Global Final 2025



22/5

我们受邀出席2025年环球东方旅游小姐总决赛，与来自世界各地的佳丽们互动交流，度过了一段美好时光。

On May 22, we were invited to the Miss Orient Tourism Global Final 2025, where we had a wonderful time interacting with beauty pageant contestants from around the world.

与 *Angel Bud* 一起大扫除

Spring Cleaning with Angel Bud



25/5

这一天，来自Angel Bud的一群小小义工浩浩荡荡来到爱特儿，为中心进行大扫除。

On May 25, a group of young volunteers from Angel Bud came to IDA to carry out a thorough spring cleaning at the center.

交流·关怀·成长

Connection · Care · Growth



烹饪自立考核月

Culinary Independence Assessment Month



五月是烹饪自立考核月，老师们亲自到学员家中进行实地考察。每位学员都用心准备，努力完成各项测试。

27/5

On May 27, May was designated as the Culinary Independence Assessment Month. Teachers visited each trainees's home to conduct practical evaluations. Every student worked diligently to complete the tasks.

敬爱父母 培育亲情

Honoring Parents,
Nurturing Bonds



亲子绘画

Parent Child Painting



2/6

感恩与孝敬父母是每位孩子应具备的美德。这一天，我们举办了亲子绘画与趣味游戏，在欢声笑语与歌声中圆满落幕。

On June 2, gratitude and honor for parents were highlighted as essential virtues for every child. The parent child painting and fun games ended on a joyful and heartwarming note.

国庆 Merdeka



马来西亚国庆醒觉活动 Merdeka Inclusion Day



这是一个意义非凡的活动！从残障意识步行到非政府组织展位展览、儿童比赛、互动体验活动以及精彩表演，我们齐聚一堂，共同庆祝互相包容的社会。



23/8

愿马来西亚成为一个人人都能被倾听、每份才华都被珍惜、每个人都被尊重与肯定的国度。让我们携手通过包容与关怀推动社会进步，让残障人士及有特殊需要的儿童都能拥有平等而有尊严的生活环境。

24/8

Such a meaningful weekend! From the Disability Awareness Walk to NGO booth exhibitions, kids' contests, hands-on experiences, and lively performances, we came together to celebrate a Merdeka that truly embraces everyone.



Here's to a Malaysia where every voice is heard, every talent is valued, and everyone is celebrated. Let's work together to promote social progress through inclusion and care, so that people with disabilities and children with special needs can enjoy an equal and dignified living environment.

爱心画笔

Brush with Love



色彩艺术画笔课

Batik-style Coloring



这不仅仅是一场活动，更是一份深情的陪伴与鼓励。无论是通过色彩的表达，还是通过讲座的启发，孩子们都被激励去探索无限可能，同时也提醒我们社会共同携手的重要性。

7/9

艺术具有疗愈心灵的力量，让每位孩子拿起画笔，小心翼翼地为自己的作品添上属于自己的色彩；这些爱心画笔也记录了他们创作时流露出的纯真与喜悦。

The "Brush with Love" activity was a colorful and heartwarming morning for everyone. A special session was arranged for special needs to participate in a batik-style coloring activity. Each child picked up a paintbrush and carefully added their own colors to the artwork, sharing their joy and creativity.

志龙杯

ZL CUP



志龙杯生命斗士荣耀夜宴

Dinner of ZL Cup



燃生命之火, 聚斗士之光

曾志龙以满满正能量, 用行动点燃希望, 用坚持诠释力量。

感谢志龙杯 2025, 让爱特儿有幸参与其中, 为这场充满意义的活动加油助力。

Thanks to ZL Cup 2025, IDA was honored to participate in this meaningful event and show support for its inspiring mission.

17/10



国际 残障人士日 Hari OKU



齐庆国际残障人士日

The International Day of Persons with Disabilities 2025
(KL Gateway Mall)



国际残障人士日旨在庆祝残障人士的贡献与成就，同时提升公众对他们权利、需求和社会参与重要性的认识。

29/11

残障人士同样能够活出生命的色彩，用生命影响生命。愿我们继续彼此扶持，把爱传递出去，让世界因我们的努力而更加美好。

|

30/11

The International Day of Persons with Disabilities celebrates the achievements and contributions of people with disabilities while raising awareness about their rights and needs. People with disabilities can live life in full color and inspire others with their resilience. May we continue to support one another, spread love, and make the world a better place together.

幸福·圣诞

Happiness · Christmas



圣诞蒙恩

Blessed Christmas



11/12

这里有声音，有温度，有永不散场的团聚。此刻被定格成永恒，让我们无论身在何方，都能回到这个温暖的圆心。圣诞蒙恩！

Here there is sound, warmth, and an everlasting reunion. This moment is frozen in time, allowing us, wherever we are, to return to this warm center. Blessed Christmas!

幸福·圣诞

Happiness · Christmas



爱特儿 225公里长跑

IDA 225km ULTRA RUN



11/12

|

14/12

以有限的体能追逐无限的梦想。不确定能否完成，但这群战友选择出发，为爱特儿奔跑。

With limited strength but boundless dreams, these runners set off with love, running to raise funds for IDA.

幸福·圣诞

Happiness · Christmas



圣诞小小艺术家

Santa's Little Artists



14/12

感谢 GLP GLOBAL, LEO CLUB, University Malaya, BAC 学院生，为爱特儿精心筹办了充满温暖的圣诞活动「圣诞小小艺术家」。活动中，孩子们参与艺术体验，脸上洋溢着快乐的笑容；完成作品的那一刻，更充满了成就感。衷心感谢所有义工的耐心陪伴与投入，让爱与欢乐在这个圣诞温暖绽放。

Many thanks to GLP GLOBAL, Leo Club, and University Malaya, BAC students for organizing the heartwarming "Santa's Little Artist" event for the special needs. During the event, the children enjoyed art activities, their faces beaming with joy. The moment they completed their artwork brought a deep sense of accomplishment. Heartfelt thanks to all volunteers for their patient guidance and dedication, allowing love and joy to shine warmly this Christmas.



感谢

Acknowledgment

衷心感谢:

We extend our heartfelt gratitude to:

Go Tasty 对新春年菜的赞助

Go Tasty for sponsoring festive New Year meals.

2323 Restaurant 对春节活动的持续支持

2323 Restaurant for their continuous support of our Lunar New Year celebration

所有合作伙伴、志工与参与者的热情投入

All partners, volunteers, and participants for their dedication and passion.

正因为有你们的陪伴，爱特儿的2025年充满爱与希望。期待未来继续携手，共创更多美好回忆！

Your support made 2025 a year filled with love, inclusion, and hope. Together, we look forward to creating more meaningful memories and opportunities in the years to come.