

義工及服務對象心聲

Volunteers and Service Users' Tribute

香港義工團

『十分感謝義務工作發展局邀請香港海關義工隊參加「院舍新冠疫苗注射」外展服務，協助醫護團隊到院舍替長者進行疫苗注射。還記得服務簡介會中，醫生團隊清楚告訴義工，這份工作受感染的風險極高，叮囑我們要考慮清楚。說實的，我們也感到忐忑，擔心受感染，但當我們想到第五波疫情下累計死亡個案中大多是沒有接種疫苗的長者，我們各人二話不說，即時答應參加服務，希望為院舍長者提供適切保護，以實現「減少感染、減少重症、減少死亡」的目標。服務進行期間，我們得知有不少院友未趕及接種疫苗已受感染，心中十分難過。但這些訊息令我們更明白必須把握時間，盡快到院舍替更多院友接種疫苗，為社會上需要幫助的人付出關懷與支持。服務已經踏入第二階段，到達院舍看見健健康康的院友等待接種第二針疫苗，感到十分欣慰。海關義工 同心同行！』

何美玲女士
香港海關義工隊外務副主席
香港義工團團體會員

『又來到每年一度萬眾同心公益金的服務，過去數年都有參與其中，擔任組長帶領義工進行服務。回想起每年都面對不同挑戰，不是交通擠塞就是傾盆大雨，今年捐款熱線反應非常熱烈，100條熱線整晚響過不停，在各位義工齊心協力下，使3個小時非常緊湊的籌款活動順利完成。讓我明白到只要每個人都能做好自己的崗位，互助互諒，發揮團隊精神，所有挑戰都能迎刃而解。』

葉慧心女士
香港義工團－義工組長隊隊員

Hong Kong Community Volunteers (HKCV)

"We are very grateful to AVS for inviting Hong Kong Customs Volunteer Team to take part in the Outreach Vaccination Service, assisting the medics in the vaccination of the elderly in Residential Care Homes. I still remember that at the service briefing, the doctors' team clearly told the volunteers that this job involved extremely high risk of being infected and advised us to consider carefully. To tell the truth, we did feel uneasy; we were worried about being infected. But when we considered that most of the accumulated death cases in the 5th wave of the epidemic were the elderly who had not been vaccinated, we, without any hesitation, at once agreed to join the service. We hoped that we could offer the elderly timely and proper protection, to achieve the aim of "reducing infection, reducing serious cases, reducing death". During the service, we felt distressed to learn that many residents of the elderly care homes were infected before they could get vaccinated. However, such messages reinforced our understanding that we must grasp the time to go to elderly residential care homes to vaccinate more residents and to offer our care and support to people in society who needed them. The service is now in the second stage. We feel gratified when we see healthy looking residents waiting for us for the second vaccination as we arrive at the residential homes. Customs volunteers walk hand in hand and are of one mind!"

Ms Ho Mei Ling
Vice-President of External Affairs
Customs and Excise Department Volunteer Team
HKCV Corporate Member

"It is time again for volunteer service of the annual Community for the Chest TV Show. In the past several years, I had been involved in it, acting as a leader to lead volunteers to deliver the service. On recollection, we faced different challenges every year, be it traffic jam or heavy rain. This year response to the donation hotlines was overwhelming. The 100 hotlines kept ringing the whole night. The concerted efforts of all volunteers had ensured the smooth completion of the 3 hours of intense donation activities. It made me realize that all challenges could be overcome as long as everyone did one's job well, exercised mutual help and showed understanding, with the strong team spirit."

Ms Fion Ip
HKCV – Volunteer Leaders Team Member

「在家行義 同心抗疫」 關懷行動

『這項服務，表面看似簡單，但是，想深一層，在疫症期間，人與人之間的一點點聯繫，其實是很重要的。聯繫方式，那怕是一個笑話，一個溫馨提示，一個問候，都可以起著支持、鼓勵的作用，增強人們堅持下去的精神力量，燃點希望，期待著疫情過後，可以重新出發。』

秦鏗池先生
香港義工團會員

‘Volunteer from Home, Fight Against Coronavirus’ Caring Campaign

“This service appears simple. Yet looking deeper, one would find that during the epidemic time, all bits of contact among people are important. The way of contact can be a joke, a gentle reminder or a greeting. They all serve the purpose of support and encouragement, strengthening people’s will power to press on and kindling the hope of a fresh start when the epidemic is over.”

Mr Chun Sing Chee
HKCV Member

4C青年義工領袖計劃

『「打機都打到悶！」、「都唔知疫情幾時完！」，這是今年與4C計劃的中學生聊天時，他們跟我說的話。突如其來的「春假」，帶給年輕人的不是放假的渴望與期待，而是被困在家的苦悶和不安。作為團隊導師，我對同學的這些表現是擔心的，他們失去了正常的校園生活，沒有了一向的活潑和積極，影響了他們的情緒。在與4C計劃培訓員及其他團隊導師商量後，我們組織了一次網上聊天室，每位導師跟同學們分享一些有趣的話題，例如網上遊戲、漫畫、運動和網劇。同學們發現平常看似成熟的導師，興趣竟然跟他們一樣，大家有說有笑的交流着，彷彿回到了以往4C聯校培訓營的歡樂時光。疫情下，生活形式出現了改變，但只要有一顆關懷的心，人與人之間的距離還是很近的。』

余泳洋女士
4C義務團隊導師

4C Youth Volunteer Leadership Project

“Bored with video games!, ‘Don’t know when the epidemic will end!’ These were what they told us when I chatted with secondary school students of the 4C Project. The unexpected ‘spring holidays’ brought to young people not the longing and expectation associated with holidays, but the boredom and anxiety of being confined to home. As a mentor of the team, I was worried about the students’ behaviour. Having lost their normal school life, they were no longer active and zealous as they used to be and their mood was also affected. After discussing with trainers and other mentors, we organized an online chat-room. Every tutor shared some interesting topics with the students, such as online games, comics, sports and web dramas. Students found that usually mature-looking tutors had the same interest as them. Our joyous exchange seemed like a return to the happy times of the former 4C Joint School Training Camp. During the epidemic, ways of life undergo changes, but as long as you have a caring heart, people are still close in proximity.”

Ms Janet Yu
4C Volunteer Mentor

香港賽馬會社區資助 計劃：專才義工網

『「施比受更有福」雖是老生常談，但直至十多年前，我才深刻體會到箇中真義。一次機緣巧合，令我從此踏上了義工維修的道路，它改變了我的視野，甚至改變了我的價值觀和性格。當年在妻子的帶領下，我和孩子開始參與義工探訪服務，猶記得有一次幫助一位劏房戶伯伯搬屋，發現新居的所有水龍頭、面盆及坐廁均漏水，伯伯惆悵萬分，由於我是水電維修的業餘愛好者，我便毛遂自薦幫忙修繕妥當，從伯伯的笑聲和道謝聲中，我發現原來這種興趣是可以幫助他人的，我終於找到了一個人生的新方向—義工維修。於是我在網上搜尋關於義務工作的機構，一個非常亮眼的鮮紅色標誌"AVS"深深吸引了我，從此我便加入了AVS的家居維修服務隊。在這支服務隊，我結識了一班志同道合，助人而不計較付出的義工朋友，他們各有擅長的維修範疇，大家相互交流、學習，經過多年的合作，彼此不但建立了工作默契，還建立了深厚的友誼，我的性格也變得更加健談、隨和、開朗和包容。五年前我有幸被擢升為維修隊隊長，負起了統籌和帶領隊員的責任，令我更加真切了解基層的處境和需要，堅定了我作為隊長的使命！能夠成為AVS專才隊的一員，我感到非常自豪，AVS的徽號有如一盞燭光，照亮了社會上需要幫助的人，帶給他們溫暖。AVS，多謝你！』

區鑄倫先生
家居維修服務隊隊長

The Hong Kong Jockey Club Community Project Grant: Volunteer Talent Bank

"It is more blessed to give than to receive.' Although this is a common saying that I have been hearing for a very long time, it was not until over ten years ago that I had a profound understanding of its true meaning. By chance I became a volunteer in repair work. That changed my outlook, even my values and personality. Led by my wife in those years, my child and I began to take part in volunteer visiting service. I still remember that once we helped an old man living in a sub-divided unit move home. We found that all the taps, the washbasin and toilet bowl were leaking. The old man was disconsolate. As I loved plumbing and electrical repair work as a hobby, I offered to help him and carried out the repairs. From the old man's laughter and expression of gratitude, I learned that I could help people with this hobby. I found a new direction for my life - to be a volunteer in repair work. Then I searched on the internet for organizations engaging volunteers. The eye-catching red AVS logo attracted me intensely. From then on I joined the AVS Home-Safety Support Team. On the team, I have made friends with a group of volunteers who share my interest and are ready to help others without concern over making contributions. They all have their own area of skills in repair work. We exchange ideas and learn from one other. After working together for so many years, we have not only built up work rapport, but also strong friendship. It changes my personality and makes me talk more, amiable, open and tolerant. Five years ago, I was privileged to be promoted to be leader of the Home-Safety Support Team and took up the responsibility of coordinating and leading team members to provide service. That has made me understand more deeply the situation and need of the grassroots and reinforced my mission as leader of the team. I feel proud to be a part of volunteer talent teams. The AVS logo is like candle light. It gives light to those who need help and brings them warmth. AVS, thank you!"

Mr Albert Au
Home-Safety Support Team Leader