

義工及服務對象心聲

Volunteers and Service Users' Tribute

香港義工團

『疫情下連義工也「失業」的日子中，很感恩能參與香港長者協會的電話關懷服務，協助聯絡長者、更新會員資料、執拾倉庫及家訪派米。我非常珍惜每一次服務機會，特別是自己正職是在大公司的「熱廚房」工作，來到這個寧靜簡單的環境令我感到很舒適自在，可以減輕生活上和疫症帶來的壓力，幸福原來很簡單。』

李耀陞先生
香港義工團會員

Hong Kong Community Volunteers (HKCV)

"During the pandemic when even volunteers became 'unemployed', I was grateful to be able to support Hong Kong Association of Senior Citizens with their telephonic care service, helping to contact the elderly, updating membership records, tidying up the warehouse and conducting home visits to give out rice. I have treasured dearly every service opportunity, especially because in my regular job I work in the 'hot kitchen' of a large company. When I was in the quiet and unsophisticated environment of my volunteer work, I felt comfortable and calm. It alleviated the stress of life and the pandemic. Happiness can be simple."

Mr Lee Yiu Sing
HKCV member

4C 青年義工領袖計劃

『疫情影響了我們的生活，也影響了義工服務，今年參與「4C青年義工領袖計劃」給予我很大的啟發和得著。啟發是「克服困難、與時並進」。沒有實體的學生培訓和服務，一切都要改為網上進行，電腦技術不精的我真的感到有點憂慮，只怕不能發揮到導師的作用，最後還是硬著頭皮嘗試學習，利用網上會議程式（如Zoom）和學生開會和溝通，完全突破我的心理關口，成功解決困難。得著的是「放低身段、愉快交流」。年青人的世界是單純的，也正是我喜愛與他們溝通的原動力，自己年紀雖大，但多嘗試從他們的角度出發去想他們所想、去做他們所做，多聆聽他們的說話，就會對他們瞭解多一些。看到學生透過4C計劃的培訓、服務和體驗而有所得著，真的很有滿足感。』

黃慕娟女士
4C義務團隊導師

4C Youth Volunteer Leadership Project

"The pandemic affected not only our lives but also volunteer work. My participation in the 4C Youth Volunteer Leadership Project enlightened and benefited me immensely. Enlightenment was 'overcoming difficulties and advancing with time'. When face-to-face student trainings and services were no longer possible, everything had to be done online. Weak in computer skills, I was somewhat worried. I was concerned that I could not perform effectively as a leader. At last I had no choice but to try to learn online applications for meetings such as Zoom to organize meetings and communicate with the students. It was a complete psychological breakthrough for me and I had successfully solved my problem. Benefit was 'being humble and exchanging happily'. Young people's world is simple, and this made me enjoy communicating with them. I was older but I would try to think the way they thought and act the way they acted. Listening more to what they said helped me understand them more. I felt really satisfied as I know that the students have benefited through the 4C training, services and experience."

Ms Felicia Wong
4C Volunteer Mentor

「同心抗疫」 義工服務

『今次參與「18區快閃義工服務」為前線清潔工友送上防疫包和簡單慰問，深刻體驗到他們的工作殊不容易。清潔工友在防疫物資有限的情況下，長時間在垃圾站、公廁工作，往往整天只用一個口罩和一對手套。希望藉著參與「快閃」活動，略盡綿力，解決燃眉之急。非常感謝清潔工友在這困難時刻繼續服務社會。大家繼續加油，齊心抗疫。』



林倍司小姐
快閃義工隊

‘Fight Coronavirus Together’ Volunteer Action

“This time I took part in the ‘Flash Mob Volunteer Service in 18 Districts’, giving out anti-pandemic packs to front-line cleaning workers and conveying our care to them through simple words. I came to appreciate deeply that their work was never easy. Inadequately protected, they worked long hours in refuse collection points and public toilets. Very often they had to use only one face mask and one pair of gloves for the whole day. I hoped that through taking part in this activity, I could lend a helping hand to alleviate their imminent need. I am very grateful to the cleaning workers for their services during this difficult period. Let’s keep our spirit up in our fight against the pandemic.”

Miss Lam Pui See
Flash Mob Volunteers Team

『疫情期間多次參與AVS西園長者中心的義工活動，包括上門探訪派發物資、中西醫身心健康抗疫講座和長者本地遊等。首先，我看到社會中，人與人彼此守望的美好，許多有心人主動捐贈物資給有需要的人。我正好可以藉此機會將部份物資轉贈給西園長者中心。此外，我深深感受到西園長者中心的社工和義工們的愛心。疫情下，許多機構拒絕接收捐贈物資，甚至取消所有需要「面見」的服務。但是，為了長者的需要及利益，西園的社工在許可的情況下，盡力安排各種服務，讓關愛可以打破疫情造成的隔膜，傳遞開去。很多看似理所當然、垂手可達的事情，例如長者到中心閒坐、送一份禮物給長者，原來都不是必然可做的。這疫情不但讓我看見長者對接觸外界的渴望，也令我更珍惜做義工的機會。』

林家揚醫師
「第6屆香港傑出義工獎」得主

“Amidst the pandemic, I took part many times in the volunteer activities of AVS Western Garden Neighbourhood Elderly Centre (WGE), including home visits to distribute materials, talks on Chinese and Western medicines for physical, mental health and anti-virus purposes, and local tours for the elderly. It also gave me a good opportunity to donate some materials to the Centre. Moreover, I felt deeply the love of WGE’s social workers and volunteers. During the pandemic, many organizations refused to accept in-kind donations, and even cancelled services that required face-to-face interactions. Yet, for the need and benefit of the elderly, WGE’s social workers tried their best to provide various services, where circumstances permitted. It allowed care and love to spread, breaking the barriers created by the pandemic. Many things should not be taken for granted, such as sitting in leisure in the Centre or giving out a gift to an elderly. It turned out that there was no certainty that these could be done. The pandemic not only let me understand the elderly people’s desire to be in touch with the outside world, but also made me treasure my volunteering opportunity.”

Dr Eason Lam, Chinese Medicine Practitioner
6th Hong Kong Volunteer Awardee



「同心共建義工林」 綠色行義日

『感謝AVS安排「同心共建義工林」綠色行義日活動，讓我們認識到原生樹木有助促進生物多樣性，對香港生態環境有重要的作用。活動當日天氣炎熱，義工在前往植樹區的路上走得汗流浹背，幸好到達後該處有樹蔭遮擋陽光，四周較為涼快。樹木有助調節氣溫，在夏日溫度屢破紀錄的情況下，它們的重要性不言而喻。我們在心繫社群的同時，亦可以多關心環境，支持綠色行義。』

新創建愛心聯盟
香港義工團團體會員

‘Together • We Plant’ Volunteer Greening Day

“I am grateful to AVS for organizing ‘Together • We Plant’ Volunteer Greening Day. It made us understand that native plants help diversify living matters and have significant effects on Hong Kong’s ecological environment. It was hot on the day of the activity. Volunteers sweated profusely on the way to the planting area. It was good to find that the area was sheltered from the sun by the trees. Trees help regulate temperature. When the summer temperature breaks the record repeatedly, it goes without saying that they are important. While we care about the community, we can also care more about the environment and support green volunteering.”

NWS Volunteer Alliance
HKCV Corporate Member

「隔空互動玩」 網上體驗計劃

『最近與AVS合作舉辦了網上遊戲技巧工作坊，我亦是AVS義工，明白義工們需具備一定的服務經驗和帶領遊戲能力，希望藉著這次活動能給大家帶來新的挑戰和更多遊戲點子。透過與義工們一起渡過3節共5小時的網上遊戲工作坊，大家由最初較為拘謹到後來樂在其中，在短短的時間義工就能掌握遊戲技巧，並發揮創意把經典「包剪揼」遊戲融入農曆新年團拜，令我感受到義工們的積極學習和靈活多變的能力。期待與AVS再次合作，齊齊「玩學相長」，發放正能量。』

李秀慧女士
香港大學教育學院
融合與特殊教育研究發展中心
社區服務經理

‘Distance Interactive Games’ Online Experience Scheme

“Recently AVS and I co-organized an online workshop on the skills of games. As an AVS volunteer, I understand that volunteers need service experience and leadership ability in leading games. We hoped that this activity would prepare ourselves for new challenges and help us generate more gaming ideas. After three sessions in five hours of online workshop on games, we changed from being somewhat reserved to enjoying ourselves. Within a very short time, volunteers had mastered the techniques of games, and also exercised creative ability to assimilate the classic game of ‘Rock Paper Scissors’ into a Chinese New Year Party. I could feel the positive learning attitude and versatility of the volunteers. I look forward to cooperating with AVS again. Together we ‘Play n Gain’ and generate positive energy.”

Ms Cecilia Lee
Community Service Manager
Centre for Advancement in Inclusive and Special Education
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