

第四屆香港傑出義工獎得獎者 THE FOURTH HONG KONG VOLUNTEER AWARD WINNER



何重恩先生
MR HO CHUNG YAN, DAVID

提名人
車淑梅女士
Nominator
Ms Candy CHEA

現職香港電台節目推廣組總監、亦是香港電台義工隊隊長，參與義務工作超過30年。何先生被喻為是一個天生義工，具無窮創意，經常為義工計劃出謀獻策。

2006年經歷人生低谷時，何先生認定人生方向，讓義務工作成為他生活的一部份！他擔任路進會的義務副主席，全力培育青少年正面價值觀，策劃多項課程和活動，推動學生參與義務工作及協助青少年學習創業，所推動項目多次獲得不同基金的認同及撥款資助。此外，何先生積極推廣大笑瑜伽操，將有益身心的活動帶入社區。何先生現為社會福利署義工運動義工服務推廣及宣傳小組委員會委員，並為勞工及福利局的社區投資共享基金擔任社會資本摯友，致力推廣關係網絡效益。

在服務的過程中，何先生領悟到「開心其實可以好簡單」，因此積極在全港各區推動促進物質、人際關係和身心靈健康三角平衡的「開你的心」行動。他深信義工的精神是「一不做，「義」不休。先動心，才有行動」，人幫人就是社會共享的基礎。

Mr Ho is the Head of Presentation Unit of Radio Television Hong Kong; and Leader of its volunteer team. Having been a volunteer for more than 30 years, Mr Ho is described as a born volunteer and never short of innovative ideas for volunteer projects.

Mr Ho experienced his downturn in 2006. Since then volunteering becomes part of Mr Ho's daily life. He is the Vice-chairman of Roads, an NGO which cultivates positive values among the youngsters. He also takes active steps to plan various programmes and activities to enhance the volunteer participation among students and promotes entrepreneurial spirit among the youngsters. The programmes under his planning have been endorsed and funded by different organizations. Mr Ho helps promoting laughter exercises in community. Mr Ho is a member of the Sub-Committee on Promotion and Publicity of Volunteer Service, Volunteer Movement of the Social Welfare Department. He also helps establish effective networks for the Community Investment and Inclusion Fund of the Labour and Welfare Bureau.

Through volunteer service, Mr Ho appreciates that "Cheering up can in fact be very simple". He actively promotes "Heart Openers In Action" all over Hong Kong to achieve a balance among the three elements, which encompass material wealth, interpersonal relationships, and physical, mental and spiritual well-being. He holds a firm belief that volunteering should be sustainable and actions are motivated by heart. And mutual helps is a basic of social inclusion.