



蘇淑真女士

Madam So Shuk Chun

## 提名人

Nominator

明愛元朗長者社區中心

Caritas District Elderly Centre –

Yuen Long

## 第五屆香港傑出義工獎得獎者

## The Fifth Hong Kong Volunteer Award Winner

83歲高齡的蘇淑真，參與義務工作8年，從未接受正式教育。憑著「活到老、學到老」的精神，不斷學習及參與，成為「明愛數碼長者大使」及「長者資訊科技大使」。蘇女士以「福婆婆」之名，在網上寫網誌，結交不同年齡、國籍的朋友，更把網絡上得到的樂趣與其他長者分享。2009年開始擔任中心導師，教導長者寫網誌及其他電腦知識，並帶同手提電腦探訪住在鄉郊、院舍的體弱長者，積極參與各類與電腦有關的義務工作。

福婆婆的服務成果備受肯定，先後獲社會福利署及香港社會服務聯會頒發「元朗區傑出義工選舉——長者組亞軍」及「全港傑出第三齡人士獎」，真正活出了「夕陽無限好，黃昏價更高」的精神，由過往目不識丁，成為一位積極投入、努力學習的義工，成功將退休長者轉化為社會資本和新力量。8年來不斷充實自己，又將所學與眾分享，是長者義工的榜樣。

At the age of 83, Madam So Shuk Chun has been a volunteer for 8 years. She has never received any formal education, but she keenly observes the spirit of "to Live and to Learn" and became Caritas's Elderly Digital and Informatics Ambassador. Madam So wrote blogs on the internet to make friends with people of all ages and nationalities in the name of "Granny Fu". She also shared her joy on the internet with other elderly people. In 2009, she serviced as volunteer instructor to teach the elderly members writing a blog and other computer knowledge. She would take along a lap-top computer when she visited the feeble elderly living in elderly homes and rural villages. She also actively participated in many other volunteering activities related to computer.

The service of "Granny Fu" was duly recognized as she won the second prize in the Elderly Award of Yuen Long Outstanding Volunteer Election organized by the Social Welfare Department and the Outstanding Third Age Citizens Award by the Hong Kong Council for Social Service. From an illiterate person to an active volunteer, Madam So's experience vividly brought out the message that elderly people after retirement can be turned into a new force of social asset. In the past 8 years and through her continuous learning and illustrious self-improvement, Madam So sets a role model for other elderly volunteers, which truly realizes the value that "Sunset is beautiful but Dusk is more valuable".