

## 第八屆香港傑出義工獎得獎者

### The 8th Hong Kong Volunteer Award Winner



鍾少琼女士

Ms CHUNG Siu King Olivia

提名人 : 葉湛溪先生  
Nominator : Mr YIP Cham Kai

鍾少琼女士參與義務工作 13 年。1992 年，鍾女士因患上類風濕關節炎導致下半身癱瘓，患病後，她害怕與人相處，因恐被問及自身遭遇而感觸落淚。幸好在住院的 3 年間，遇上無數善心的義工，他們的熱情和真摯的關顧令鍾女士動容，蛻變成今日熱情開朗、充滿自信的她。

鍾女士在一次學校講座中，有位小學生對她說「妳坐輪椅之後幸福咗」，這突如其來的一句讓她有所體會，有時認為做義工是為了幫助別人，但原來自己得到的反比付出的更多，真正感受到「施比受更有福」的道理。

鍾女士於 2009 年開始學習輪椅舞，熱愛舞蹈的她多次代表香港遠赴世界各地比賽和表演。鍾女士曾說：「音樂和舞蹈是最好的溝通語言。」因此她創立了「手舞觸動」舞蹈團，以手語歌加上「排排舞」感染身邊的人，將歡樂和正能量傳揚開去。她更到學校教導殘疾學童跳舞，並擔當訓練義工表演的職責，更鼓勵他們參與不同種類義工服務，積極推動無障礙及傷健共融的訊息，讓她助人自助的這份精神得以薪火相傳。

Ms Chung Siu King Olivia has taken part in volunteering for 13 years. In 1992, Ms Chung became paralyzed in the lower part of the body as a result of rheumatoid arthritis. After that, she was afraid of meeting people because she was worried moving into tears when she was asked about what she had undergone. Fortunately, during her 3 years' stay in hospital, she came across numerous kind-hearted volunteers. Ms Chung was touched by their enthusiasm and sincere care. That turned her into a warm, extrovert and confident person of today.

During a school talk, a primary school student told her, "you are happier after you have used the wheel chair" She was surprised and this made her realize one thing: sometimes we thought that volunteer work was to help other people, but in fact, one got back more than giving out. She really came to understand the

meaning of "it is more blessed to give than to receive".

Ms Chung began to learn wheel chair dance in 2009. A passionate lover of dancing, she represented Hong Kong in dancing competitions and performances all over the world. Ms Chung has said, "Music and dancing are the best languages of communication." So she established "Colors" Wheelchair Dance Team. It uses sign language coupled with line dance to inspire others so that they will pass on the joy and positive energy. She goes to schools to provide dancing training to "Colors" Wheelchair Dance Team. She also takes up the duty of training volunteers to perform. She encourages them to take part in different kinds of volunteering service and to promote actively the message of barrier free and social inclusion, so that her spirit of helping others to self-help can perpetuate.