



義工局 45 周年誌慶 頒授學會榮譽會士



義務工作發展局（義工局）成立 45 年了！義工局於 2015 年 11 月 17 日舉行 45 周年誌慶酒會及香港義工學會榮譽會士頒授典禮，獲超過 300 名各界嘉賓參與。政務司司長林鄭月娥 GBS 太平紳士親臨主禮，並頒授學會榮譽會士榮銜予徐嘉慎先生、鄧永鏘爵士及鄭慕智博士，以表揚他們對社會及義務工作的重大貢獻。

林司長在致辭時表示：「AVS 自 1970 年成立以來，已經積極與社會各界建立夥伴關係，合力推動義工參與，以締造一個互愛關懷的社會為己任。早在十多年前我擔任社會福利署署長時，AVS 已經是我的緊密合作夥伴，與特區政府合力推動香港義務工作的持續發展及優質服務。」林司長讚揚義工局在推動義工普及化方面功不可沒，讓每位朋友都能發揮所長，貢獻社會，並將義工版圖由香港拓展至世界各地。

義工局及學會主席李澤培 SBS, OBE 太平紳士回顧義工局過去 45 年豐盛成果之餘，特別提到：「在踏入 45 週年的時刻，目睹社會中種種值得深思的轉變、是需要及時處理的轉變，我們應反思一下：要幫助社會堅守我們的價值觀，擁抱積極的心態，向前邁進，本局在哪方面可以做得更多？義工又如何可以做得更好？本局致力推動服務，義工滿懷關愛熱誠，但我們不能孤軍作戰，我們熱切期盼結納更多夥伴，分享我們的抱負，攜手加強義務工作的能量，合力構建關愛的社會，為市民帶來幸福和快樂。」李主席又說學會已委託香港大學社會科學研究中心就年長人士參與義務工作進行研究，並於 2016 年 3 月 22 日舉行研討會，深入探討年長人士積極參與義務工作的契機。

45th Anniversary of AVS and Conferment of HKIoV Honorary Fellowship

The Agency for Volunteer Service (AVS) is celebrating its 45th anniversary! The AVS' 45th Anniversary Reception and HKIoV conferment of Honorary Fellowship were held on 17 November 2015 and participated by over 300 guests from different sectors. The Honourable Mrs Carrie Lam, GBS, JP, the Chief Secretary for Administration, officiated at the event and conferred Honorary Fellowship to Mr Winston Chu, Sir David Tang and Dr Moses Cheng in recognition of their significant contributions to volunteerism and society.

In her address, Mrs Lam said, "With the vision to build a caring community, AVS has proactively developed partnership with all sectors of the community since 1970. When I was Director of Social Welfare over a decade ago, AVS has already been my close partner; together the AVS and government pushed forward sustainable volunteerism and quality volunteering service." Mrs Lam praised AVS for its significant contribution to the popularization of volunteering, enabling people to make a difference to Society, while mapping volunteer from Hong Kong to different parts of the world.



Mr JP Lee, SBS, OBE, JP, Chairman of AVS and HKIoV in his review on AVS' achievement in the past 45 years, stressed that at this juncture, "As we step into our 45th anniversary, we could see the community has undergone soul searching changes, changes that need to be addressed sooner than later. This calls upon us to reflect on what AVS could do more, and how volunteers could do more to help our community move forward with positive outlook and with determination to uphold our values. AVS is committed to serve, and volunteers have the compassion to care, but we cannot do this alone. We earnestly look for more partners who share our vision to join effort with us in strengthening volunteerism for building a caring community, and for bringing happiness to fellow citizens in the years ahead." Mr Lee said that HKIoV had commissioned the Social Sciences Research Centre of The University of Hong Kong to conduct a study on volunteering of older people, and a seminar will be held on 22 March 2016 to deliberate ways of engaging older people in volunteering effectively.

學會動態：義務工作的專業精神

學會的管理委員會就學會的發展方向，對義務工作的價值、優質服務準則及義工專業精神等課題作出探討。管理委員會於較早前通過一份有關義務工作專業精神的文件，作為進一步提倡及發展義務工作發展專業精神的依據。藉此機會與大家分享。

義務工作源遠流長，自古已有文獻記載各種行義事蹟。義務工作可被視為一種為他人造福的人與人之間關係。雖然義務工作精神沒有一個標準的定義，但大家還是對它的本質有普遍共識。《香港義工約章》就簡潔地列出其精髓，包括義務工作精神及價值。它明確地指出「義務工作精神跨越界限」，「義務工作出自愛心……基於個人意願……不期求任何物質回報」。義務工作主要源於愛心，人性尊嚴和自由意願。

雖然義務工作包含知識及同理心，但它不是一種專業。專業一般被定義為透過考核或認證，於某些範疇內為生計而精通的知識或技能。義務工作沒有此門檻，亦顯然不是維生手段。

儘管如此，義務工作精神卻擁有作為專業的元素。牛津字典描述「專業的」為達到專業標準。這裡很明顯意指質素和行為。義工可以類似的專業標準來檢視，尤其於

- a) 敬業樂業
- b) 全力以赴，追求完美
- c) 具同理心，關懷他人
- d) 尊重人類及生命；及
- e) 擁有一定的技能

作為一套知識及原則，義務工作是一個需要熱誠和心思的服務與學習過程。它包含來自不同職業或專業的知識外，亦會使用到日

常生活的技能。雖然義務工作不是一種專業，亦不需要成為專業，但義工可自行透過持續的實踐和學習，追求專業質素¹。

眾所周知，任何人皆可以成為義工。但是，義務工作涉及不同層面，而每位義工的參與度各有不同。有些義工的參與度會隨著時間不斷增加，但義務工作的成效又會因應義工的付出而有所不同。專業的義工會有決心、有目的及方向地去服務，並遵守相關工作指引。在這方面，《香港義工約章》闡明實踐義務工作精神的原則，以及義工的服務環境。於實踐方面，《約章》提出責任感、熱誠、理性、誠信、自律等等。我們可以發現人們對專業人士與專業義工的期望其實有相似之處。人們同樣期望兩者可以獨立完成工作，並具有誠信的表現²。

義務工作精神蘊含專業固有的一切元素，問題只在於它們有否被發揚和培養。義務工作精神是值得實踐、學習和對個人發展具有裨益的任命。當義工被視為專業人士，他們的努力和成就也會獲得充分的嘉許。此等嘉許將提升大眾對義務工作精神的認受性，認同義務工作是應受到尊重及推崇的使命，亦是一種關懷他人和服務社會的承諾。

¹ 民政事務局局長 2011 年在其網誌表示，義工不但要具備一定的技能和專業精神，……還要有很高的情緒商數。

² 於 2014 年香港大學一個頒獎禮上，學會榮譽會士李國棟醫生說：「作為醫護人員，我們受到希波克拉提斯宣言的約束，表現須專業、合符人性及道德，並時常為病人和社會竭盡所能。」

歡迎提供意見。

What's on HKIoV: Professionalism in Volunteerism

On the direction of development of HKIoV, the Governing Committee (GC) has deliberated on the value of volunteerism, good service practices, and professionalism of volunteering. GC approved earlier a paper elaborating the thrust of professionalism in volunteerism, which will underpin the future work of HKIoV. We take this opportunity to share it with you.

Acts of volunteerism are recorded since ancient times, and volunteering is as old as history. Volunteering can be regarded as a man-to-man relationship in working for good for others. While there is no standard definition of volunteerism, there is general consensus of its substance. A succinct description can be found in the Hong Kong Volunteer Charter which sets out, among other things, volunteerism and its values. Essentially it states that “Volunteerism is universal by nature”, and volunteers serve “out of love and free will, with no expectation of any materialistic return.” The core ingredients of volunteering are love, human dignity and free will.

While volunteerism embodies both knowledge and empathy, it is not a profession. The definition of a profession normally refers to attainment in a specific field of knowledge or skill through examination or certification, which is practised for earning a living. Volunteering has no such entry restriction, and is certainly not a means of sustenance.

Nevertheless, volunteerism has the elements of being professional. The Oxford dictionary depicts “professional” as attaining standards of a profession. The point here obviously refers to quality and conduct. A volunteer may be assessed on similar standards of a profession particularly

- a) to respect and find contentment in what one does;
- b) to strive for perfection, and to do one's best;
- c) to be empathetic, and to care for what one undertakes;
- d) to respect humankind and respect life; and
- e) to possess certain skill sets.

Volunteering as a body of knowledge and principles is a process of serving and learning with the heart and the mind. It not only embraces knowledge borrowed and adapted from different occupations or

professions, but also employs skills of daily life. Although volunteerism is not a profession, and volunteering need not be professional, a volunteer can in his pursuit, achieve the qualities of a professional through continuous practice and learning¹.

It is generally acknowledged that everyone can be a volunteer. Volunteering however has many facets, and the extent of participation is personal. Some become increasingly committed over time, but the impact of volunteering varies with the effort. The professional volunteer takes a personal oath to serve with purpose and direction, and subscribes to a code of conduct. In this regard, the Hong Kong Volunteer Charter sets out the principles of practising volunteerism, and the service setting for everyone involved in volunteering one way or the other. In practice, the Charter points to responsibility, passion, integrity, self-discipline and so forth. Similarities can be found between expectations of a professional and a professional volunteer. Both are expected to be able to complete work independently, and both are expected to behave with integrity².

Volunteerism has all the ingrained elements of being professional, and it is a matter if these will be released and cultivated. Volunteerism is a worthwhile vocation for practice and advance in learning as well as a course for personal development. Recognized as a professional, a volunteer will be given due commendation of his effort or attainment. Such recognition will enhance public acceptance of volunteerism, as a respected vocation to aspire for, and a commitment to care for others and to serve community.

¹ In 2011, the Secretary for Home Affairs observed in his blog that volunteers should possess not only a certain level of skill and the professional spirit, but also have a high emotion quotient.

² At a presentation ceremony at the University of Hong Kong in 2014, Dr Donald Li Kwok-Tung, an HKIoV Honorary Fellow, said, “As medical and healthcare workers, we are bound by the Hippocratic Oath to act professionally, humanely and ethically, and to always be our best and do our best for the benefit of our patients and society.”

Your views are welcome.

香港義務工作議會成立 10 周年誌慶暨專業人士義工服務嘉許計劃聯合頒獎禮

10th Anniversary of the Hong Kong Council of Volunteering & Professional Volunteer Service Accreditation Joint Presentation



由義工局聯同不同界別團體成立的香港義務工作議會，於 2015 年 10 月 19 日慶祝其成立 10 周年，同時舉行「專業人士義工服務嘉許計劃聯合頒獎禮」。

是次盛會由國際義工協會全球會長 Ms Kylee Bates 及民政事務局常任秘書長馮程淑儀太平紳士主禮，嘉許約 150 位「專業人士義工服務嘉許計劃」的得獎者，包括測量師、建築師、工程師、律師、護士和商界人士。

Ms Bates 表示，每年有近 10 億人參與義務工作，其經濟價值達 1.348 萬億美元。她補充：「隨著聯合國於 2015 年 9 月通過的 17 個可持續發展全球目標，如教育、貧窮、健康等對香港而言是重要的範疇。『專才義工』的角色和鼓勵企業參與義務工作對達致上述目標具關鍵作用。」

馮程淑儀女士表揚專業界別對義務工作的熱誠不斷提升，正適切地回應社會對專才義工服務不斷提升的需求。

香港義務工作議會李澤培主席表示，「義務工作是建立公民社會的重要基石，是一個關愛社會和文明持續發展的要素。而「專業人士義工服務嘉許計劃是議會一個重要的里程碑，旨在推動專業人士及高級行政人員參與義務工作，一方面在其專業領域作出努力，另一方面善用其專業才能服務有需要人士，為社會作出貢獻。」

Hong Kong Council of Volunteering (HKCOV), founded by AVS in conjunction with representative organizations from different sectors, organized the Professional Volunteer Service Accreditation (PVSA) Joint Presentation Ceremony to celebrate its 10th Anniversary on 19 October 2015.

The occasion was officiated by Ms Kylee Bates, World President of the International Association for Volunteer Effort and Mrs Betty Fung, JP, Permanent Secretary for Home Affairs. About 150 awardees of the PVSA Programme were recognized, including surveyors, architects, engineers, lawyers, nurses and business people.

Ms Bates said that every year nearly a billion people engaged in volunteering, and they made an economic contribution of about US\$1.348 trillion. “In the context of the 17 Global Goals agreed to by the United Nations in September 2015, key issues such as education, poverty and health etc. are areas that I know are important to Hong Kong, and the role of ‘skilled volunteers’ and an act of encouraging companies to volunteer is also critical to the achievement of those Goals.” she added.

Mrs Fung commended that the increasing enthusiasm of the professional sectors in volunteering and that was a timely response to the growing demand for specialized voluntary service in Society.

Mr J P Lee, Chairman of the HKCOV stated that “volunteerism is an important building block of civil society, crucial to the sustainable development of a caring community and human civilization.” he said. “PVSA is an important initiative of the Council, it aims to enlist members of the Council’s constituent bodies to volunteer firstly, for the advancement of their respective professional fields, and secondly to apply their professional knowledge and skills to serve those in need.”

樂聚學會 Joy@HKIoV

學會於 2015 年 7 月 2 日舉行會員聚會，邀得香港優質師友網絡前首席經理（培訓及發展）梁紹龍先生主講，分享如何能有效提供師友服務。

梁先生說，師友是一個青年人與一個為其個人發展提供指導、支持和鼓勵的成年人的關係。梁先生於聚會中講述年青人相處的技巧及青年人與成年人不同的思考方式。梁先生指出，成年人習慣依賴經驗及直覺去理解別人，有礙與青年人建立關係。他建議友師嘗試站在別人的立場，開放思想，以了解青年人的想法。其實，做任何形式的義務工作就像梁先生所述的師友一樣，義工必須放下成見，瞭解服務對象的真實想法及需要，始能確切地幫助他人，造福社群。



A Members’ Gathering was held on 2 July 2015, at which Mr Leung Siu Lung, Mark, former Chief Manager (Training & Development) of Hong Kong Quality Mentorship Network, was invited to share good practice of mentoring service.

According to Mr Leung, mentorship is a relationship between a young person and an adult who provides guidance, support and encouragement to the mentee. He talked about the skills of getting along with youth and the different modes of thinking between adults and youth. Adults often rely on their experience and intuition to understand others, which could hinder relationship building with youth. He suggested in order to understand youth, mentors should be open-minded, and try to put themselves in others’ shoes. Further, any form of volunteering and mentorship is very much alike. Volunteers should set aside their bias, understand the thinking and needs of service recipients to really help others to benefit the community.

義路分享：歐耀佳醫生與義務工作

義工局董事歐耀佳醫生擁有豐富戰地及災區緊急救援經驗，他接受我們的專訪邀請，分享他參與義務工作的心路歷程及對義務工作的見解。

早於 1987 年，歐醫生已定期為馬鞍山村退休老礦工及其家屬提供義務醫療服務。他亦於 1997 年與同事們成立了香港輪椅輔助隊，為輪椅使用者及其照顧者提供支援。自 2002 年，歐醫生開始參與香港紅十字會和無國界醫生的國際人道救援工作，為受武裝衝突和天然災難影響的人們提供緊急醫療服務。歐醫生於 2009 年獲頒香港人道年獎。

歐醫生表示，自己出身於基層家庭，鄰里關係非常好。幼時已視守望相助是種理所當然的行為。小學下課後，同學們都會到歐醫生家裡一起做功課，當時已開始擔任小老師，義教同學。到了中學，歐醫生參與青年領袖訓練計劃，受訓後成為營地管理員，帶領同學參與各種活動。歐醫生回想：「當時沒有思考過什麼是義務工作，只是想去做，便自然而然變成義工了。可見歐醫生對義務工作的熱情早已在年青時萌芽。

後來歐醫生在大學修讀醫科，畢業後聯同一班一起實習的年青醫生，創立「新蒲崗社區健康發展計劃」，逢星期日為該區的工友提供健康檢查，如檢查血壓、心跳、身高、體重、小便等。該計劃更為每位工友紀錄身體狀況，如發現問題就協助寫轉介信到醫院跟進。其後，實習醫生們開始訓練工友成為義工，於前線幫別人做身體檢查，讓更多有需要人士受惠，而實習醫生們則駐場支援，

負責處理特別情況。計劃不斷發展，之後更推廣至青少年中心、老人院等，歐醫生及其他實習醫生將醫務知識傳授給該些機構的義工，並借出工具，讓他們可為其服務對象做身體檢查。

作為香港紅十字會和無國界醫生的醫療義工，歐醫生表示該些國際任務讓他有機會幫助於巴基斯坦、利比里亞、尼日利亞、蘇丹和泰國等地受戰亂和災害影響的人們。歐醫生說：「每次參與這些國際任務，都能學習到新的技術和知識。他把累積下來的實戰經驗和知識帶回香港，並到學校等地將這些國際行動的價值宣揚開去，希望鼓勵更多年青朋友參與這些義務工作。歐醫生補充：「在過去的任務中，我感悟到人與人之間的溝通其實可以很簡單，不應有任何障礙。我十分慶幸遇到很多有心人，體會到人性的美麗。今年，歐醫生計劃遠赴也門的武裝衝突地區繼續拯救生命。

歐醫生讚賞義工局的《香港義工約章》，認為它能提供相關的指引予義工及運用義工機構，即使一名義工沒有專業身份，亦應以服務對象為本，抱著專業精神去完成工作，平日要積極學習各種知識，有需要的時候便能挺身而出，幫助別人。

於訪問中，歐醫生屢次感謝親友和同事的配合和鼓勵，令他他可以全情投入義務工作，像忘記了自己的大量付出，而自己才是受幫助的人似的。其實，義務工作就是個助人助己的過程，不談功績，平常不過。「有需要而我又能幫忙的地方，我就會去。」歐醫生說。

V-Share : Dr Au Yiu Kai and Volunteering

Dr Au Yiu Kai, AVS Board member, is experienced in emergency aid at battlefields and disaster areas. He accepted our invitation to share his journey of and insight on volunteering.

Since 1987, Dr Au has been providing regular volunteer medical services to those retired old miners and their families in Ma On Shan Village. In 1997, Dr Au set up the Hong Kong Wheelchair Aid Service with his colleagues to assist the wheelchair users and their carers. Since 2002, Dr Au has been committed to international humanitarian aid of Hong Kong Red Cross and Médecins Sans Frontières in armed conflict and natural disaster areas. Dr Au was awarded the Hong Kong Humanity Award in 2009.

Dr Au was born with grassroots background where neighborhood relationship was very good, and since childhood he has considered “helping each other” as a normal act. During his primary school education, his schoolmates often finished their homework at his home, and he played the role of a little teacher and tutored fellow students voluntarily. At secondary school education, Dr Au joined a youth leadership training programme and became a camp warden, leading schoolmates in various activities. Dr Au recalled, “I did not think deeply about what volunteering was; I just wanted to help others and then became a volunteer naturally.” Apparently, Dr Au’s passion towards volunteering has already developed in his early days.

Dr Au studied medicine in university. After graduation, he established “San Po Kong Community Health Development Programme” with other young housemen after graduation to provide check-up service for workers in the district, including measurement of blood pressure, heartbeat rate, body height, weight, urine testing, recorded workers’ health conditions and offered referral letters for follow up in hospital when necessary. The housemen subsequently trained up workers as volunteers to conduct the check-up for those in need. The Programme kept growing and soon extended to youth centres, elderly homes etc. Dr Au and his housemen colleagues transferred medical knowledge to the organizations’ volunteers, so that they might provide the same service to their respective target groups.

As a medical volunteer of Hong Kong Red Cross and Médecins Sans Frontières, Dr Au expressed that their international operations allow him to help those who suffered from war and disasters in Pakistan, Liberia, Nigeria, Sudan, Thailand etc. Dr Au said, “I could always acquire new skills and knowledge every time when I participate in such international operations.” He has brought back practical experiences and knowledge over the years to Hong Kong, and shared the values of the international operations through schools and other occasions to encourage more young people to join volunteering. He added, “During the operations, I realized that communication between people could be really simple and no barriers should exist. I feel so lucky that I have met a lot of people with commitment and experienced the beauty of humanity.” Dr Au plans to continue his life-saving mission in armed conflict areas in Yemen this year.

Dr Au praised the Hong Kong Volunteer Charter drawn up by AVS, for it could provide relevant guidelines for volunteers and volunteer-involving organizations. He believed a volunteer might not be a professional, but he/she should be people-oriented and perform the work with professionalism. Moreover, volunteers should acquire different knowledge enthusiastically in order to be able to help others when needed.

During the interview, Dr Au seemed forgetting his tremendous contribution over the years and thanked his relatives, friends and colleagues for their support and encouragement, allowing him to devote himself fully to volunteering, as if he himself was the one being helped. Indeed, volunteering is actually a process of mutual-aid. We volunteer not for recognition, which is just an ordinary act. “I will go wherever I am needed and wherever I could help.” Dr Au said.



行義脈搏：Volunteering Australia 義務工作新定義

國際義工協會澳洲代表機構 Volunteering Australia 早前發佈了其對義務工作的新定義，並接受以往的定義已過時及未能確切反映義工貢獻社會的許多不同方式，例如企業義工服務、微細的義工服務、數碼或網上義工服務，以至偶發或自發性的義工服務。

新定義

義務工作是沒有金錢收益而願意為共同利益付出的時間。

「沒有金錢收益」包涵以下情況：

- 義工可以取回其所墊支的款項
- 作為良好的實踐，義工可獲獎勵和認同。雖然此過程可能會令義工得到金錢上或物質上的得益，但該活動仍會被視為義務工作。
- 根據澳洲稅務局指引，義工可收取酬金、津貼或類似的款項，以嘉許其所提供的義工服務或義務提供的專業服務。基於該些款項的性質和收受者的狀況，收取此類的款項不會排除該人士被視為義工。

「為共同利益」：

- 此詞句聯合國的看法一致，它認為義務工作「應以公眾利益為目標。它應直接或間接地，以公益為前題，令家族或家庭等等以外的人受益，縱使義工自身亦會受益」¹。義務工作經常被看成為社區福祉，它的貢獻涵蓋但不限於以下社會各界、康樂及興趣範疇：

- 與動物相關（包括動物福利）

- 藝術 / 文物 / 文化
- 商業 / 專業 / 工會
- 教育及培訓
- 緊急服務
- 環境
- 信仰
- 健康
- 國際援助 / 發展
- 法律 / 司法 / 政治
- 親子 / 兒童及青年
- 體育及康樂
- 福利 / 社區

- 社會運動可被視為義務工作。這定義與聯合國對義務工作的立場一致：「當人們參與和平的社會運動，支持或反對動物研究或興建水壩，兩邊都在追求他們認為有益的結果。因此我們的定義都將它包括在內。與不符合義務工作價值而涉及或激發危害社會的暴力之活動或行動則不被納入我們的定義」¹。
- 義工不可被剝削圖利。
- 義務工作可包含相互性，例如在團體的參與中產生的相互作用使到他人及義工自身受益。

¹聯合國義工計劃組織（2011）。《2011年世界志願服務狀況報告：全球福祉的普世價值》（英文版）。頁4。

來源：Volunteering Australia

Volunteerism Pulse : New definition for volunteering by Volunteering Australia

Volunteering Australia, the national representative of International Association for Volunteer Effort (IAVE) for Australia, has released earlier its new definition for volunteering and has accepted that the past definition of volunteering was outdated and did not accurately reflect the many and varied ways that volunteers contribute to society, for instance, corporate volunteering, micro volunteering, digital or virtual volunteering as well as episodic and spontaneous volunteering.

The new definition

Volunteering is time willingly given for the common good and without financial gain.

“without financial gain” covers the following situations:

- volunteers can receive reimbursement of out of pocket expenses.
- volunteers can be rewarded and recognised as part of good practice. While this process may introduce an element of financial or material benefit to the volunteer it does not exclude the activity from being considered volunteering.
- volunteers may receive an honorarium, stipend or similar payment as recognition for voluntary services or professional services voluntarily rendered, in accordance with Australian Taxation Office rulings. Based on the nature of such payments and the recipient’s circumstances, the receipt of this type of payment does not preclude the person from being considered a volunteer.

“for the common good”:

- This phrase is consistent to United Nations’ (UN) view that volunteering ‘should be for the common good. It should directly or indirectly benefit people outside the family or household or else benefit a cause, even though the person volunteering normally benefits as well.’¹ Volunteering is often considered as contributing to community wellbeing and volunteering activities cover all sectors of

society, leisure and hobby areas and include, but are not limited to:

- animal-related including animal welfare
- arts/heritage/culture
- business/professional/union
- education and training
- emergency services
- environment
- faith-based
- health
- international aid/development
- law/justice/political
- parenting, children and youth
- sport and physical recreation
- welfare/community

- Activism can be considered volunteering. This is also consistent to UN’s position on volunteering that states: ‘When people participate in peaceful activism, for example, for or against animal research or building a dam, both sides seek what they consider to be beneficial outcomes. They are included in our definition. Activities involving or inciting violence that harm society and actions not corresponding to the values attributed to volunteerism are not included in our definition’.¹
- Volunteers cannot be exploited for profit.
- Volunteering can include the concept of reciprocity such as participating in groups where a reciprocal exchange of help/services is undertaken for the benefit of others as well as the volunteer.

¹United Nations (2011). State of the World’s Volunteerism Report, 2011: Universal Values for Global Well-being. United Nations Volunteers, P4.

Source: Volunteering Australia

歷「耆」之旅 Experiencing the Empathy for the Elderly



香港人口老化問題日益嚴重，社會各界對長者的需要亦越趨關注，但我們可有親身感受過長者日常所面對的困難？

「歷耆者」是全港首間提供長者體驗活動的社會企業，曾為逾 50 間學校、從事零售或社會服務的機構舉辦活動，參與人數逾千。歷耆活動的參加者需穿上特製的「老人體驗衣」，包括令人被迫駝背移動的繩索，再戴上營造老花、黃斑症的眼鏡、模擬聽覺退化的耳塞等，挑戰各種任務，藉著經歷長者生活困難，建立同理心，打破跨代隔膜。

歷耆者除了讓年輕人體驗長者生活，亦提供機會讓長者與年輕人交流。20 多名來自不同階層的長者，經過超過半年的培訓成為「長者導師團隊」，在活動後帶領小組討論，分享自身經歷。這些長者與年青人相處融洽，更憑著友善的態度和人生閱歷，得到不少參加者的認同。

相信有了這群充滿人生經驗的長者和滿懷創意的年輕人，歷耆者將會繼續啟發更多朋友為香港的人口老化議題作出貢獻。

參考資料：歷耆者及香港經濟日報網站

Ageing has become a major concern in Hong Kong and societal attention towards the needs of elderly is growing. However, have we ever personally experienced the daily difficulties of the elderly?

Eldpathy, the first social enterprise providing Elderly Simulation Programme in Hong Kong, has organized activities for over 1,000 participants from over 50 schools, retail or social service organizations. The participants are required to complete various missions, including putting on the Elderly Simulation Suit which includes ropes forcing people to move with crookback, with glasses simulating presbyopia and macular degeneration, and earplugs simulating auditory degeneration. Participants will experience daily difficulties of the elderly, build up empathy and resolve the generation gap through the Programme.

In addition to letting young people experience the life at older age, Eldpathy also provides opportunity for the elderly to exchange views and experience with young people. Eldpathy has over 20 elderly volunteer tutors leading post-activity group discussions and sharing their own experience. Their amicable attitude and rich experience enable them to get along well with young people and gain empathetic acceptance of participants.

With such groups of older people with profound experience in life and young people with creativity, Eldpathy hopes to inspire more people to contribute to the ageing issue in Hong Kong.

Reference: Websites of Eldpathy and Hong Kong Economic Times

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歡迎投稿 We Welcome Your Contributions

歡迎投稿到 iv@avs.org.hk 分享義務工作的心得和經驗（中文 500 字／英文 300 字以內）。編輯組對來稿保留刪改及取捨權。

Share your ideas and experience on volunteerism by sending your article to iv@avs.org.hk (within 300 words in English/ 500 words in Chinese). The Editor reserves the right to modify / accept the article.

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「行義薈萃」為香港義工學會定期半年出版的通訊。版權所有。

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香港義工約章



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