

義工及服務對象心聲

Volunteers and Service Users' Tribute

「築夢同行」義工計劃

義務工作發展局獲匯豐銀行慈善基金贊助舉辦的「築夢同行」計劃兩年來服務了40位有需要長者及罕見疾病兒童。我擔任工作小組成員，協調及跟進十多個個案，其中兩個個案令我印象特別深刻：一位長者家中有滲水問題，木地板及入牆大衣櫃損毀嚴重，曾進行維修但效果不理想，經計劃轉介專才義工網的家居維修師傅上門，修好地板及衣櫃，使戶主和家人生活回復正常。另一位長者利用碎布和環保布料做成各式各樣精美絕倫的拼布產品，但計劃期間，她因配偶不幸過世而大受打擊，痛不欲生，幸好這計劃的義工陪伴她走過艱難歲月，我陪伴她去醫院探訪病危丈夫、送他上山、協助找牌位、舉行工作坊等，令她重拾生活樂趣再展歡顏。

李惠心女士
香港義工團會員

'Share Your Dreams' Volunteer Project

The 'Share Your Dreams' Volunteer Project launched by AVS and the Hong Kong Bank Foundation has served 40 elderly persons and children with rare diseases in the past two years. As a member of the working group, I coordinated and handled over ten cases. Two of them were particularly memorable: an elderly person had water seepage problem in her home, resulting in severe damage to the wooden floor and the built-in wardrobe. Despite having repaired, the outcome was unsatisfactory. After being referred to the Home Safety Team of AVS Volunteer Talent Bank, the skillful volunteers fixed the problem such that the elderly and her family could regain a normal life. Another elderly lady used rags and environmental-friendly fabrics to make colorful, exquisite patchwork products. Unfortunately, her spouse passed away during the project period and she indulged in grief. With the support of the project's volunteers, she eventually got through the difficult time. I accompanied her to the hospital to visit her critically ill husband, helped with arrangements for the cremation and niche, organized workshops, etc., so that she could regain the joy of life.

Ms Alice Lee
HKCV member

「2019冠狀病毒病疫苗 接種計劃」院舍外展 接種服務

2022年初香港正處於冠狀病毒感染人數高峯期之際，老人院舍出現了很多感染和死亡個案。聞者痛心！知悉香港醫學組織聯會與義務工作發展局發起院舍外展接種服務，我二話不說就報名參加。我主力協助聯絡在職或退休護士到全港各區院舍為長者接種疫苗，期望可以減輕長者確診後的重症或死亡風險。服務於2022年3月開展，為期一年。有賴各單位的努力，合作院舍的長者大部分都已經完成疫苗接種，冠狀病毒的確診數字及死亡率亦大大減少。我有幸能參與是次難能可貴的服務，在疫情下服務有需要長者，感到非常安慰和喜樂。

鍾麗貞女士
香港義工團會員

Federation Vaccination Volunteer Team (FVVT)

In early 2022, Hong Kong was in the midst of a peak in coronavirus infections. There were many cases of infection and death in elderly homes. It was heartbreaking to hear about this. When I learned that the Federation of Medical Societies of Hong Kong and the Agency for Volunteer Service had launched an outreach vaccination service for elderly homes, I immediately signed up without hesitation. My main role was to assist in contacting working or retired nurses to provide vaccinations for elderly homes throughout Hong Kong, hoping to lower the risk of severe illness or death for the elderly after infection. The service began in March 2022 and lasted for one year. Thanks to the efforts of all parties involved, most of the elderly in the participating elderly homes had received their vaccinations, and the number of confirmed cases and death rates from the coronavirus had greatly decreased. I was honored to be able to participate in this meaningful service during the pandemic and felt very comforted and joyful to be able to serve the elderly in need.

Ms Hilda Chung
HKCV member

4C青年義工領袖計劃

感恩第一年協助4C青年義工領袖計劃，就遇到一間好學校，一位超級團長，以及一班非常乖巧勤奮的同學！

迎新會中，聽到很多同學訴說同一訊息——因疫情緣故，過去幾年困在家學習，自覺變得沒有信心，不擅溝通，不懂如何建立人際關係。

在一位超級團長帶領下，同學們成功組織了兩個義工活動，義賣手工皂為斯里蘭卡基層兒童籌募教育經費及舉辦家庭同樂日。

雖然每次線上開會都在晚上，及經過一天的課堂和功課，同學們仍然準時出席，實在難得。同學們有很多有趣的想法及見解，作為團隊導師，我主要是幫助他們思考，而不是「告訴」他們如何籌劃。

因需要線上開會，我第一次學會用Discord! 跟同學一起到街上派傳單、義賣手工皂，也是我人生中的第一次！作為團隊導師，我也從中學習成長！

經過大半年籌組義工活動的磨練，現在見到的是一班自信心增強不少，有承擔，不輕易放棄及懂得主動關心及支援隊友的同学！見到他們的轉變及成長，我也感到萬分欣慰。

計劃接近尾聲，開始有不捨得同學的感覺。盼望計劃學到的，會成為他們日後的幫助。

伍淑芬女士
4C義務團隊導師

4C Youth Volunteer Leadership Project

During my first year in the 4C Youth Volunteer Leadership Project, I was grateful to have encountered an excellent school, a superb team leader and nice students!

During the orientation, I heard many students sharing the same message — due to the pandemic, they had been confined to home learning for the past few years, and they felt they had lost confidence, struggled with communication, and didn't know how to build interpersonal relationships.

Under the leadership of a superb team leader, the students successfully organized two volunteer activities, selling handmade soaps to raise fund for the education of the underprivileged children in Sri Lanka and organizing a Family Fun Day.

Although our online meetings were always held in the evening, after a day of classes and homework, students still attended punctually, which was truly impressive. They had many interesting ideas and insights, and as a team mentor, my role was to help them in thinking, rather than just telling them what to do.

Because of the need for online meetings, I learned to use Discord for the first time! It was also my first time distributing flyers and selling handmade soaps with students on the street! As a team mentor, I also grew through the learning process.

After half year's experience in organizing volunteer activities, what I saw was a group of students who become more confident, committed, perseverant, and caring towards their teammates! I was extremely gratified to witness their transformation and growth.

As the service drew to a close, I felt reluctant to part with my students. I hope that what they have learned would be helpful to them in the future.

Ms Catherine Ng
4C Volunteer Mentor



第25屆渣打香港馬拉松

一年一度的渣打香港馬拉松，大家都不會陌生，可能也有參加過不同組別的賽事，但今年是我第一次參與這項盛事。受疫情影響，這項大型活動已停辦數年，起初我擔心自己未能應付這麼大型的服務，幸好AVS統籌了服務簡介會，邀請了經驗豐富的組織支援，讓我清楚了解活動的流程和注意事項，以便與義工溝通及協調。雖然活動當天要在凌晨時分集合，但義工們都準時到達，而且十分興奮和期待，因大家都未曾在熙來攘往的西區海底隧道範圍行走過。我們的主要工作是賽道管制，一方面要指示跑手賽道的路線，另一方面要防止途人誤入賽道。此外，我們亦提供補給物資予跑手，並在比賽最後階段引導跑手回終點。雖然是次服務的時間較長，但大家都樂在其中，並約定明年要再次參加這項服務！

譚健德先生
義工組長隊

The 25th Standard Chartered Hong Kong Marathon

The Standard Chartered Hong Kong Marathon is a renowned sports event that a lot of people might have participated in, yet, this was my first time joining this mega event. Due to the epidemic, the Marathon was suspended in the past few years. At first, I was worried that I would not be able to cope with such a large-scale event. Fortunately, AVS organized an informative briefing session and enlisted the support of experienced organizations, which enabled me to gain a clear understanding of the event's operation and facilitated my effective communication to volunteer members. On the race day, despite the requirement to assemble at midnight, all the volunteers arrived punctually. We were very excited as it was our first time walking in the restricted area of the Western Harbour Crossing. As course marshals, our primary responsibility was to ensure the runners staying on course while preventing other pedestrians from entering the race route. Additionally, we were entrusted with the task of supplying the runners with necessary provisions and guiding them to the finishing point. Despite the long duration of our service, we all enjoyed it very much. In fact, we planned to participate in this service again next year.

Mr Schroeder Tam
Volunteer Leaders Team