



行義薈萃 Volunteer Connect

香港義工學會通訊第二期

Hong Kong Institute of Volunteers Newsletter Issue 2 2014

編者的話 From the Editors

「行義薈萃」又跟大家見面了！今期除了報導香港義工學會（學會）一週年等活動花絮之外，還有早前進行的會員意見調查摘要及義務工作發展局董事周健德工程師的義工經驗分享，大家切勿錯過！

This issue of Volunteer Connect covers the events of Hong Kong Institute of Volunteers (HKIoV) like the first Anniversary Dinner, the summary of members' opinion survey findings and also an inspiring article by Ir Alice Chow, Board Member of Agency for Volunteer Service. Don't miss it!

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學會的一週年晚宴於 2014 年 3 月 20 日舉行，當晚學會管理委員會成員、會員、各界義工領袖及嘉賓濟濟一堂，慶祝學會的一歲生辰！榮譽會士及晶苑集團主席羅樂風先生當晚暢談他對義務工作及企業社會責任的心得。羅先生表示，具社會價值的企業文化除了能提高品牌聲譽及員工凝聚力，更能培養員工的個人社會責任，讓他們透過家庭和社區宣揚關愛文化，締造和諧社會。此外，會士孫貴平先生亦分享他推廣健康運動的義工故事，並即場示範兩套簡單又實用的健體運動——八段錦和易筋棒，氣氛熱鬧。

The Institute's first Anniversary Gala Dinner was held on 20th March 2014. Governing Committee members and HKIoV members, volunteer leaders and guests gathered to celebrate the first birthday of the Institute. Mr Kenneth Lo Honorary Fellow and Chairman of Crystal Group shared his experience on volunteering and Corporate Social Responsibility (CSR). He expressed that not only could corporate culture with social value raise brand reputation and staff cohesion, but also cultivate staff's personal social responsibility. It inspires them to spread the caring culture through their families and district communities building a harmonious society. In addition, Fellow Mr Suen Kwai Ping presented his volunteer story in promoting some traditional Chinese healthy exercises and with demonstration too! The function was fun and everyone was high spirited.



義務工作發展局去年 12 月組織代表團參與於澳門舉行、主題為「凝聚義工力量 應對風險社會」的「第十四屆國際義工協會亞太區義工會會議」，與世界各地推動義務工作者交流經驗，探討義務工作的發展和策略。學會為此舉辦分享會，邀請代表團成員分享他們於會議中的體驗及獲益，例如提倡把義務工作與娛樂融合「Voluntainment」（Volunteering + Entertainment）以強化義工投入和持續參與。而學會管理委員會成員工程師陳福祥博士則就環保與義務工作進行專題講座。陳博士提出多項建議，鼓勵大家採取高效能方式使用資源，達到生態文明及可持續發展的目標。例如，回覆電郵時不需每次都「全部回覆」，及不要為了追求新款而頻頻更換手提電話等。

Last December, Agency for Volunteer Service (AVS) organized a delegation to attend the 14th IAVE Asia Pacific Regional Volunteer Conference in Macau with the theme "Allied Volunteer Efforts - Being Change Agents in a Risk Society". HKIoV members attended to share with overseas delegates volunteering experience, explore policy and development of volunteerism. A Sharing Workshop was conducted afterwards to share their experience and inspirations from the Conference, such as "Voluntainment" - the concept of combining Volunteering and Entertainment to maintain volunteers' commitment and sustainability. Ir Dr Chan Fuk-cheung, member of HKIoV Governing Committee delivered a talk on environmental protection and volunteering, suggesting various means to make the best use of energy in a high-efficiency manner so as to achieve the goals of ecology civilization and sustainable development. For example, we need not "Reply All" every time when replying emails, and not to change the mobile phone frequently because of fad.

會員意見調查 Members' Opinion Survey

學會早前舉行了一項「會員意見調查」，以了解會員對學會的意見及期望，以作為學會訂立角色及制訂未來發展計劃的參考。調查結果摘要如下：

- 有關加入學會的原因，受訪者表示主要是協助推動社會對義工貢獻的肯定，啟發更多人參與義務工作 (71.4%)，提昇自身的義務工作實踐質素 (67.9%) 及認同學會的使命及目標 (60.7%)。
- 在認為必要推行的活動和意念之中，超過八成受訪者選擇了「提倡優質義務工作準則」(85.7%)、出版「會員通訊」(82.1%) 及「推廣香港義工學會」(82.1%)。
- 最大比例的受訪者 (32.1%) 表示學會可透過「與香港義工學會會員分享經驗及知識，以促進對優質義務工作的追求」，對香港的義務工作作出貢獻。
- 受訪者對會員能為學會的開拓及發展作出貢獻普遍持正面態度，其中近九成受訪者表示會員可透過「知識傳承及經驗分享」(89.3%)，為學會作出貢獻。

是項調查某程度上反映學會的會員普遍對學會、對推廣義務工作有更高層次的追求，他們更渴望提昇自己的義工實踐質素、啟發更多人成為義工，參與服務，多於為得到他人的認同或擴展自己的網絡而參與學會，可見學會的會員都是誠意付出，希望能貢獻社會，是一群有質素的義工。相信會員寶貴的意見有助學會持續發展，讓義務工作精神繼續傳承下去。

HKIoV conducted a Members' Opinion Survey earlier this year to collect the opinion and expectations of members towards the Institute, based on which HKIoV's future development could be mapped. The Survey findings are summarized as below:

- The major reasons for members to join HKIoV were "To help promoting public affirmation of volunteer contribution and inspiring more people to volunteer"(71.4%), "To advance own volunteering practice"(67.9%) and "Fully concur with HKIoV's mission and objectives"(60.7%).
- Regarding core activities and initiatives, over 80% of the respondents chose "Good practice advocacy"(85.7%), "Newsletter"(82.1%) and "Promotion of HKIoV"(82.1%).
- The largest proportion of respondents (32.1%) stated that HKIoV might contribute to volunteerism in Hong Kong through "sharing experience and knowledge in volunteering among members to facilitate the pursuit of excellence in volunteering".
- The respondents generally maintained a positive attitude towards the establishment and expansion of HKIoV. Around 90% of them expressed that members might contribute to HKIoV through "Knowledge transfer and experience sharing" (89.3%).

The Survey to some extent reflects HKIoV members generally have expectations of a higher order towards the Institute and promotion of volunteerism. It revealed that members joining HKIoV mainly because they were more eager to advance their volunteering practices and inspire more people to volunteer, rather than to receive recognition or extend their network. HKIoV members are a group of ardent and seasoned volunteers ready to devote themselves to Society. We are sure that members' valuable opinion will contribute to the sustainable development of HKIoV and advancing good practice of volunteering.

義務工作的感悟

每次有人問我：「是誰啟發你要為無國界醫生當義工？」我總會這樣回答：「是一聲耳語把我的心喚醒。」

2002年10月的某天，我突然想做一些與我日常工作不同的東西。靈光一閃，我想起了無國界醫生。我在他們的官網發現，除了醫生和護士，他們亦需要其他具有專業背景的義工；之後，我就決定做我平時很討厭的工作——填寫申請表格；更出乎意料的是，在極短促的時間內，我成功拿到三份推薦書。

隨即我參加了他們安排的「全日」面試及測試！從當日與我一起進行面試及測試的五位專業人士當中，我有幸被揀選成為無國界醫生義工。在決定參與無國界醫生任務的一個月後，我被派到挪威及比利時接受兩星期的訓練。回來之後，我向公司申請了一年無薪假期，並分別於2003年1月及7月被委派到阿富汗及埃塞俄比亞執行任務。在這兩次任務中，我擔任後勤人員，職責很多元化，包括負責管理食物和藥物、建造庇護所、廢物管理、水電供應、車輛維修，及日常支援如照顧當地義工需要、病人及難民的住宿以及於戰區尤其重要的保安工作。



每當我講述於阿富汗曾經因逐步升級的軍閥槍戰或經歷地雷的恐怖而必須立即停止服務及撤走時，總有人問我當時會否害怕，有些人會認為在那種每天與死亡共存的环境下生活，實在令人難耐。但是我堅信，當我的大限來臨時，身處香港或阿富汗其實並不重要，重要的是我在那一刻究竟在做什麼。

值得嗎？於這些任務中，我與身處貧困、絕望人士親身接觸，也許我只讓他們的生活得到些微改善，但他們見到我時那真摯笑容，對我而言，實在是無價！雖然我如今只參與如班達亞齊海嘯和四川地震的緊急任務，但我仍為無國界醫生隨時候命。

(上文由義務工作發展局董事周健德工程師提供)

Enlightenment of Volunteering

When people asked me, "Who gave you the idea to do volunteering work with Medecins Sans Frontieres (MSF)?" I would say, "It came like a whisper in my ear which woke up my heart."

One day in October 2002, I woke up with an urge to do something different from my day-to-day work. Like a bright light shining in the back of my mind, MSF was the first thing that flashed in front of me. So I visited their website and found that they required volunteers from all professional background apart from doctors and nurses. I decided to try and fill in the application form, which I normally hated to do! I was even surprised that I completed the task and obtained three references in a very short time.



I was immediately given a test and interview, for a whole day! Happily, I was blessed to be the one chosen among the five professionals who came for the same round of tests and interviews that day. The following month, I was sent to Norway and Belgium for a two-week training after which I decided to go on missions with MSF. I applied for a year of leave without pay from my company and was subsequently assigned on a mission to Afghanistan in January 2003 and then to Ethiopia in July 2003.

In both missions, I worked as a logistician responsible for food and medicine, building shelters, waste management, provision of power supply and water, maintenance of vehicles, and day-to-day logistics support to MSF operations including looking after the needs of local volunteers, patients and refugees' accommodation, and security which was critical especially in war zone areas. People asked me if I was afraid while doing these missions, particularly when I narrated the instances when we had to quickly stop our operation and left the site due to escalating gunfights among warlords or when we experienced the fear of landmines in the areas of Afghanistan. Some people may find such living conditions difficult to bear, facing life and death situations day to day. However, I firmly believe that if my time has come, it does not matter whether I am in Hong Kong or Afghanistan. What matters is what I am doing at that instant.

Is it worth it? Throughout the missions, I had close contact with the needy, the desperate and the hopeless. In a small way, I helped improve their conditions, and their sincere smile when they saw me was priceless! After the missions, although I now participate only on emergency missions such as the Tsunami in Banda Ache and the Sichuan earthquake, I still commit myself to MSF whenever they need me.

(By Ir Alice Chow, Board Member of Agency for Volunteer Service)

行義脈搏 Volunteerism Pulse

究竟要做什麼才能令別人開心？Project Hello Stranger (PHS) 告訴你，其實一些簡單的動作已足夠將許多快樂和溫暖散播開去！

PHS 是一個新加坡的義工運動，以各種街頭活動鼓勵路人展現他們友善的一面，例如，邀請路人與他們玩「包剪揀」或擊掌。這些雖是普通的動作，卻有著讓人開懷大笑的力量，也許快樂就是這麼簡單！

What does it take to make someone's day? Project Hello Stranger (PHS) tells you that a simple act can spread a whole lot of joy and warmth to the people around!

PHS is a voluntary movement in Singapore that involves many kinds of street activities to encourage strangers showing their friendly side, for example, asking strangers to play Rock-paper-scissors or High-Five with them. Although these are just common actions, they are powerful enough to make people laugh. It is that easy to be happy!

來源 Source : hellostrangerproject.wordpress.com



新書出版 New Publication

《繼往開來—香港的義務工作》英文版經已出版！本書除了討論義務工作的理念及價值，同時亦記載著香港義務工作的集體回憶。如有興趣，歡迎聯絡學會秘書處。

"Building on the Past · Heralding Future Progress - Volunteerism in Hong Kong" has been published! The book discusses the substance and value of volunteerism on the one hand, and records many unforgettable memories of volunteering in Hong Kong since its early days. For interest, please feel free to contact HKIoV Secretariat.

加入學會 Joining the Institute

香港義工學會透過訂立服務標準、義務工作研究及知識轉移，帶動優質義務工作。如您認同學會的理念，符合會員資格，有意提升知識及服務質素，我們誠意邀請您加入學會，一同推廣義務工作精神。詳情請參閱學會網址。

HKIoV is dedicated to promoting good practice in volunteerism through service standards setting, research studies and knowledge transfer, etc. If you share the same vision with HKIoV, fulfill the membership requirements, and commit to continuous volunteering through enhancing knowledge and service quality, we invite you to consider joining the Institute. Please visit our website for more information.

歡迎投稿 We Welcome Your Contributions

如您希望分享義務工作的經驗，歡迎投稿到 iv@avs.org.hk (中文 500 字／英文 300 字以內)。香港義工學會對來稿保留刪改權。

If you like to share your ideas and experience on volunteerism, kindly send your article (within 300 words in English/ 500 words in Chinese) to iv@avs.org.hk. HKIoV reserves the right to edit the content.



香港義工約章



請支持《香港義工約章》！
Please support the Hong Kong Volunteer Charter!

鳴謝 Acknowledgement

義務工作基金 Volunteer Service Trust

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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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The Hong Kong Institute of Volunteers is an institution of Agency for Volunteer Service dedicated to advancing volunteerism and promoting excellence in volunteering.