

Volunteering - Experience and Growth

5E NG Ka Nim Flora,

I have been volunteering since I was in primary school. Volunteering has been a part of my life. After joining the Red Cross, volunteering service is even more indispensable.

In the past year, apart from visiting the elderly once a month, I have also done different types of elderly volunteer services. For example, delivering lunch or soup to the elderly's home, going to a nursing home to perform a physical examination for them, and introducing the elderly to the culture of different countries via zoom. Other than the Red Cross, I also volunteered at the YWCA, distributing mooncakes to the elderly, and also tried cooking dishes and soup for them.

You may ask if it is worth spending your spare time serving a group of people that you don't know. Volunteering can be time-consuming but I also gain a lot from it. Every conversation I have with my clients is a new experience to which I have never been exposed and that is very different from mine. When chatting with different service recipients, I learn to pay attention not only to the content but also to whether I have said something inappropriate, and over time, my speaking skills improve. Volunteering has expanded my attention to different social groups. Every time when I see people receive love, help and care from my service, I feel a great sense of satisfaction and accomplishment. Through these volunteer services, I also met a group of like-minded friends from different schools. Volunteering has enriched my life.

This year, I took on a new role as an organizer. I worked with other communities to organize a service plan for children from dual-career families to facilitate communication among family members and teach them some stress reduction methods. From the process of selecting and analyzing the needs of service recipients, formulating planning objectives, and then designing service content, I have learned to think about the needs of service clients from different perspectives, not to preconceive and define the other's need with fixed concepts.

After completing the exam, I encourage you to try volunteering during the summer holidays to learn more about this society, and I believe you will also benefit from it.

義工服務—體驗與成長

5E 伍家稔



義工服務，已屬於我生活中的一部分，由小學直至現在，從未停止。自中一加入紅十字會後，服務更加是不可或缺的。

在過去一年，除了每月一次探訪長者外，我亦做過不同類型的長者義工服務。例如，將長者的午餐或湯水送到他們的家中、到老人院為他們進行身體檢查、以 zoom 形式向長者介紹不同國家的文化。除了紅十字會，我亦在女青年會做義工，向長者派發月餅，也試過自行

烹調菜式和湯水給他們。

或許你會問，特地用空餘時間去服務一群你不認識的人，值得嗎？做義工的確會失去了一些休息和玩樂的時間，但我從中亦獲得了很多。每一次與服務對象交談，我都獲得更多未曾有過的經歷，與及截然不同的生活體驗。與不同服務對象聊天，既要注意內容充實，也要注意自己有沒有說些不恰當的話，久而久之，說話技巧就得到提升。做義工增加了我對不同社會群體的關注，每當看到服務對象因為自己的行動而得到溫暖和關心，就會有很大的滿足感和成就感。藉著這些義工服務，我結識了一班來自不同學校，志同道合的朋友，豐富了我的人生。

今年，我多了一個新角色—策劃者。我與其他委員為雙職家庭的小朋友籌辦了一個服務計劃，希望藉此促進家庭成員間的溝通和教他們學會一些減壓方法。由選擇和分析服務對象的需求、擬定計劃目標，再到設計服務內容，過程令我學會要以不同角度思考服務對象的需要，不能先入為主，以固有觀念設想對方的需要。

完成考試後，大家不妨在假期中嘗試參加一些義工服務，更多了解這個社會，相信大家一定會獲益良多。