

# 「廢青」變「沸」青

## From a Young Freeloader to an Active Youth

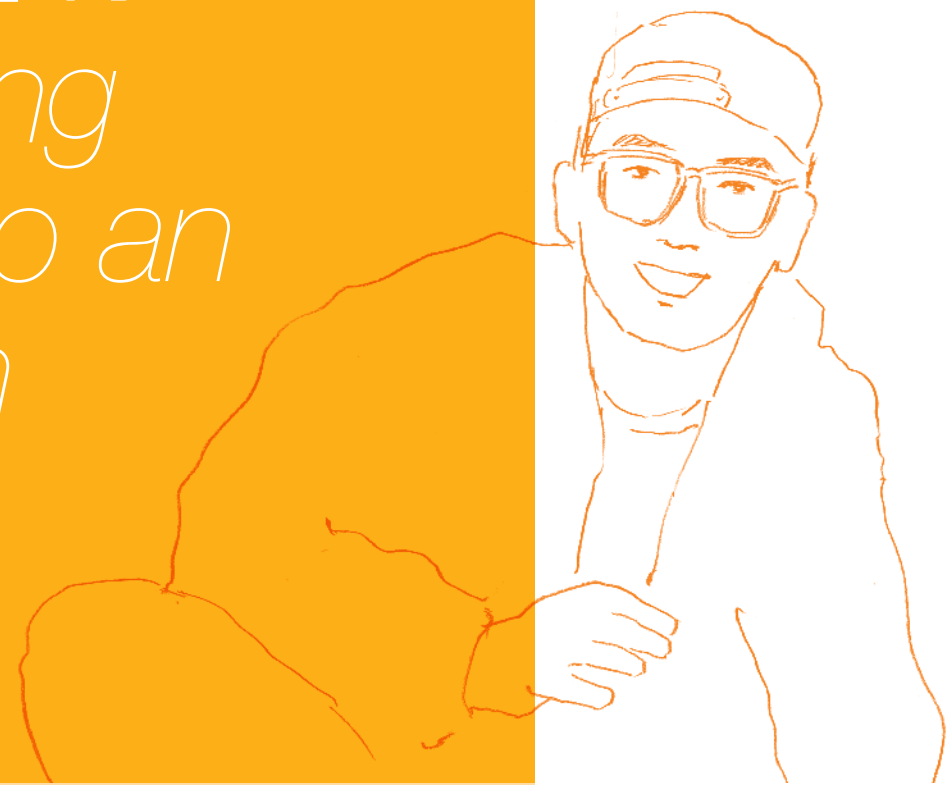


現時的年輕人多被冠以「廢青」的名銜，被外界認為終日無所事事，只懂「打機」、玩樂。現年二十一歲的Frank亦直認曾是一名「廢青」，雖然會間中跟朋友外出，但更多時間會躲在家中「打機」，或流連網吧。

中五那年，Frank機緣巧合下在學校認識到賽馬會大埔青少年綜合服務中心的社工軒Sir，不但興趣變得更廣泛，心態上亦有所轉變，開始有目標及方向。

Nowadays, the public always labels teenagers as freeloaders, who only focus on playing computer games and hanging out for nothing. Frank, currently 21 years old, describes himself as freeloader before he met Mr. Tse (Hin Sir) and went to the Jockey Club Tai Po Integrated Children & Youth Services Centre (the Centre). He used to play computer games at home alone or even in Internet café.

Frank met Hin Sir when he was in Form Five. After that, Frank was no longer a freeloader. He joined many different activities, such as camping, hiking and playing war games. His mindset has also become more positive. He started to have clear goals and directions.



### 由流連網吧 轉到中心活動

Frank以前是一個沒有自信、比較衝動的人。他認為自己成績不好，怕被批評未夠資格而卻步。「不會主動參與，但在同學鼓吹下，因為面子而做，以致自己騎虎難下。」他笑言現時無懼他人的想法，反而會多想活動及行為會否對自己有益處。他亦從其他參加者身上看到自己以前的影子，「起初會笑他們傻，但其實自己以前都不成熟」。現時Frank會以自身的經驗，盡力幫助身邊的人，過往亦曾幫助情緒較波動及衝動的朋友調停紛爭。

Frank現時仍會「打機」，但地點由網吧轉到中心，由以前的消磨時間變為相約朋友聯誼，興趣及參與的活動亦變得更廣泛，曾參與中心舉辦的行山、露營、宿營及室內射擊等活動。

讓Frank最深刻的一次活動是參與中心舉辦的夜行活動，Frank與朋友間增進了友誼，彼此變得無所不談，更會主動付出及幫忙。「以前即使朋友認識了五、六年，解決不了的問題自己都會放在心底，因為怕深入了解後像脫光衣服般，赤裸裸毫無私隱。」在活動中他們坦誠溝通，說起以往的點點滴滴，解開了不少以前的誤會，對朋友再重新認識，直至現時他們亦會在群組中主動分享私事，共商對策。Frank形容彼此如家人般親近，中心是其第二個家，更打趣軒Sir是其「爸爸」。

### 克服壓力 學會堅持

不斷說笑，看似樂觀的Frank亦面對不少難關，當中最困難的事要算是讀書了。現時修讀土木工程高級文憑的Frank指自己當初中學不努力以致讀書時事倍功半，加上要社交及組織樂隊等，令他倍感壓力，有放棄讀書的念頭。幸好，在參與了中心的一系列活動後，他心態有所轉變，為人變得堅持。「當時軒Sir帶我們到香港最高的大帽山看日出，他對我們說再走兩步就可到達，我們對他百般信任，誰不知走了兩小時後轉個彎真的到了山頂，看到美麗的日出。」他指這件事對自己的影響很大，讓Frank明白到辛苦過後，便可以看到美好的事情，做事變得堅持。

### From Lingering in Internet Cafés to Participating in Centre's Activities Frequently

Frank used to be an unconfident, impulsive person. He was afraid that others may criticize him for not being able to be a leader because he was not a model student. "Normally, I don't join any activities. However, if my friends urge me to join them, I will join them in order to protect my dignity. This impulsive behavior then put myself in a dilemma." He laughed when talking about his past. However, today, he does not mind others' opinion anymore. He just thinks whether the activities and behaviour are beneficial to me. Through different activities, he found some participants similar to his past. "At first, I laughed at them because they looked silly. But later I found that I also acted immaturely before." Therefore, he tries his best to help them, for example, mediating in the dispute between his friends, one is quite emotional while the other is impulsive.

He still plays computer games, but with his friends at the Centre. He has more interests, such as camping and hiking.

Through an unforgettable experience in the Centre's night walk programme, Frank has built deeper relationship with his friends. They started to talk about everything, from schoolwork to their personal issues. "Before I came to the Centre, even I had known my friends for more than five or six years, I didn't disclose everything to them. I am afraid that it leads to the lack of privacy, just like I take off all my clothes." During games, they talked about their past, including their disputes and misunderstandings. They had better understanding towards each other. Until now, they still share their personal issues in the group, so each can suggest solutions to solve the problems. Frank described their relationship as close as family. The Centre is his second home, he even called Hin Sir as "Papa" jokingly.

### Overcoming Pressure Learning Persistence

During the interview, Frank always laughed. However, he still faces many challenges and had hard time. Study is the hardest thing he has encountered so far. He is studying Higher Diploma in Civil Engineering and will graduate this year. He blamed that he is lagging far behind because he did not work hard in secondary school. Besides study, he needs to play instruments in the band. All things happened at the same time really put him under great pressure. He nearly gave up study. Fortunately, from the hiking activity organized by the Centre, he learnt to be persistent. "At that time, Hin Sir brought us to Tai Mo Shan, the highest peak in Hong Kong. He said we would arrive soon if we took a few more steps. We believed him and turned out that after we had walked for around two hours, we made a turn and eventually arrived!" This activity affected Frank a lot. From that time onwards, he has become more persistent. He works very hard on study.



為了讀書，Frank更特意租用酒店應付為期兩星期共八科的密集考試。軒Sir亦大讚Frank的抗壓能力有所提升，指其他人或早已放棄，但他則會正面地勇敢面對，解決問題而非逃避困難。軒Sir指從活動中看到Frank的成長，尤其於領導才能及感染力方面，除了會主動帶領新認識的人參與外，亦會主動幫忙及付出，並非如以往般沒方向及信心。參與外，亦會主動幫忙及付出，並非如以往般沒方向及信心。

Frank感謝軒Sir介紹他到中心，令他能參與不同類型的活動，並有所改變。他亦感激社工孫姑娘願意犧牲私人時間讓他可以於中心關門後繼續與隊友夾band練習及讚賞其音樂表現，以及前中心主任梁姑娘為他們的樂隊尋找及審批活動資助。



To have better preparation for the intensive examinations, he even booked a hotel room. He had eight examinations within two weeks. Hin Sir appreciated his ability in handling stress. He added that others may just give up and had fun with computers games, but Frank could face the challenges instead of avoiding. Hin Sir also pointed out that Frank has changed from an unconfident, aimless person to a leader that can influence others and willing to help.

Frank thanked Hin Sir for introducing him to the Centre as he could join different activities, also have changes in attitudes and hobbies. Besides, Frank thanked the social worker, Reggie for sacrificing her personal time and appreciating his music performance. Former Centre-in-charge, Doris also helped him by subsidizing the activities.

無懼他人的想法，多想活動及行為會否對自己有益處。

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