

「家」「護」天使

“Home”
“Guardian”
Angel



現在就讀於香港中文大學護理系的志強文質彬彬、談吐有禮，帶着一股書卷氣，令人難以將他與照顧他八年的Auntie（家舍女家長）口中「害羞、沒信心，總是低着頭」等的形容詞連繫起來。見證着志強長大的Auntie回想起八年前的他入住家舍的時候不怎麼和人說話，也比現在貪玩、貪吃。「現在的他斯斯文文的，很有上進心和正義感，和以前判若兩人。」Auntie形容說。

由於父親在志強小學四年級時過身，而母親是長期病患者，志強因而要入住兒童之家。志強笑說自己初到家舍時是個「很難頂」的小孩，很自我中心，儘管對Uncle（家舍男家長）十分敬重，但並不理解Auntie、Uncle的苦心。Uncle指志強開始改變是大約中學的時候，「可能是大個仔了，開始懂事，變得刻苦用功。」

Chi Keung is studying nursing at the Chinese University of Hong Kong. He is urbane, which is hard to link with the words “shy and unconfident” as Auntie mentioned, who had taken care of him for eight years. Auntie recalled that he seldom talked with others when he just entered the Small Group Home eight years ago. He was also very playful and loved eating. “Now, he is gentle, self-motivated and righteous which is different from the past.” Auntie described.

His father died when he was in Primary Four while his mother is a chronic patient, so he was admitted to the Small Group Home. He mocked that he was very self-centred and he was a child who was difficult to be dealt with at the beginning. Although he respected Uncle and Auntie, he could not understand their efforts. Until he studied in secondary school, “Maybe he became mature, he started to work hard and became sensible.” Uncle mentioned.



體會人生 學習醫護

而令志強決心走上醫護一路的，是因母親在中三時離世，使志強對未來有了明確的目標。「中三選科時，我本來想選修商科。但媽媽過身一事令我深刻體會『錢容易搵，但生命捉不住』這句話的意思。」志強提到他本來對理科、生物也很有興趣，而在去醫院探病亦使他感觸頗深，這亦是他選擇護理系的原因。在找尋到自己的道路後，志強意識到他需要更加努力，才能達成理想。「當時他最大的弱點是語言，自知在英文方面要多下功夫。」

志強回想起那段時期Auntie、Uncle知道他需要專心溫習，雖然多人同住的家舍並不是最理想的讀書環境，但仍然盡量為他製造一個可以專心的空間。志強提到學校方面亦在他學習方面幫助不少，而正是因為如此，更堅定了他想從事醫護行業的意念：「有許多人幫過自己，所以想幫其他人。」

志強以行動證明了他的決心，Auntie談到這點時滔滔不絕，對志強稱讚不已：「他很無私地去幫人，而且會飲水思源。離開家舍四年，忙極還是會回來無償為其他小朋友補習。如果有小朋友請教他有關讀書的問題，他更會幫他們計劃如何溫習最有效，他是一個好好的榜樣。」

無奈生命無常 珍惜活在當下

儘管志強關心身邊人的性格是他的優點，但亦有為他帶來煩惱的時候。目前正在醫院實習的他提到一次親睹生死一刻的經歷：「我在心臟科內科實習時，為一位病人量完血壓，他還抓住我閒談。半個小時後，Miss叫我去休息一下，喝些水。我休息了十分鐘左右也不見有其他人進出，覺得奇怪，於是出去看看，發現大家圍着那位病人在急救。」志強亦立即過去幫忙，但最終那位病人仍是不治離世。

儘管知道生命無常，但當時志強仍怪責自己。「我忍不住去想：是不是我做漏了甚麼？他的離世是不是因為我的錯失？」雖然身邊的人都盡力開解他，告訴他生命總有走到盡頭的一天，志強也花了一段時間才走出自責的情緒：「最難接受的是事情發生的一刻我不在場。」但從這次經歷中他更深刻地體會到生命有限，更要把握和珍惜有限的時間，不要在過後才後悔。

Experiencing Life Determined to Learn Nursing

Chi Keung was determined to study nursing when his mother passed away in his Secondary Three. “When I needed to have subject selection in Form Three, I wanted to choose business stream at the beginning. However, my mother passed away. Then I realized that it could be easy to earn money but it was hard to bring people back to life.” He was also interested in the science stream and biology. He was moved by the visit to the hospital as well. Therefore, he chose Nursing. Then, he worked hard to achieve his dream. “He realized that he was weak in languages, such as English, so he worked very hard on this subject.”

He recalled that Auntie and Uncle knew he needed a suitable place to study, so gave him a quiet corner to study attentively. His school also helped him in his study, so he firmly believed that he should work in the medical sector. “Many people have helped me, so I want to help others as well.”

He has been using his action to prove his determination. Auntie praised him, “He is thankful and has been dedicated to helping others selflessly. He has left the Small Group Home for four years, but he still tutors other children in his spare time without being paid. If some children ask him about study, he will also help them plan how to study in the most effective way and he is a very good role model.”

Realizing Uncertainty in Life Living in the Present

Although “being caring for others” is Chi Keung’s merit, it also makes him worried. He is having an internship in a hospital and has witnessed the death. “I have an internship in the Department of Medicine. After I had helped a patient check his blood pressure, he talked to me. After half an hour, a nurse called me to take a rest and drink some water. I had rested for about 10 minutes and wondered why no one went inside. I went inside and saw others giving him first aid treatment.” Chi Keung also helped but the patient passed away unfortunately.

Although he understood that life was impermanent, he still blamed himself. “I checked if I had missed to do something to cause his death. I wondered if it was my mistake.” Though others comforted him and told him that life would end someday, he still blamed himself for a period of time. “The hardest thing for me to accept was I was not there when it was happening.” He learnt that life is short, so he needs to seize the day instead of regretting what he has missed.

填補生命缺口 不留一點遺憾

人生經驗豐富的Auntie早在志強中學時已不想他在生命中留下遺憾，因此除了照顧志強的飲食和日常生活外，更重視他的心理。他們提到從前母親到家舍過年時，Auntie準備了利是封讓母親封利是給志強，亦和志強買了一件粉紅色羽絨送給媽媽，為的是讓志強除了專注學習外，仍能有一個完滿的人生，填補母親不能隨時陪伴在側的缺口。「那是我第一次，也是最後一次看見媽媽哭。」志強感慨道。「那天令我覺得真的沒有遺憾了。」



Filling his Life's Emptiness No Regrets for Life

Auntie, has lots of life experiences and did not want Chi Keung to regret in his life when he was in secondary school. Therefore, besides taking care of his daily life and meals, she emphasized his mental health. When his mother went to celebrate the New Year in the Small Group Home, Auntie prepared the red packet for his mother so that she could give it to Chi Keung. She also bought a pink down jacket with him for his mother. Besides letting him study attentively, she strived to let him have a perfect life to fill the emptiness as his mother could not stay with him at any time. "That was my first time, also my last time to see mother crying." Chi Keung sighed. "I don't have any regrets since that day."

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*Many people have helped me,
so I want to help others as well.*