

北斗義工

From Volunteering to Becoming a Social Worker

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得到滿足，繼而讓自己得到心靈滿足。

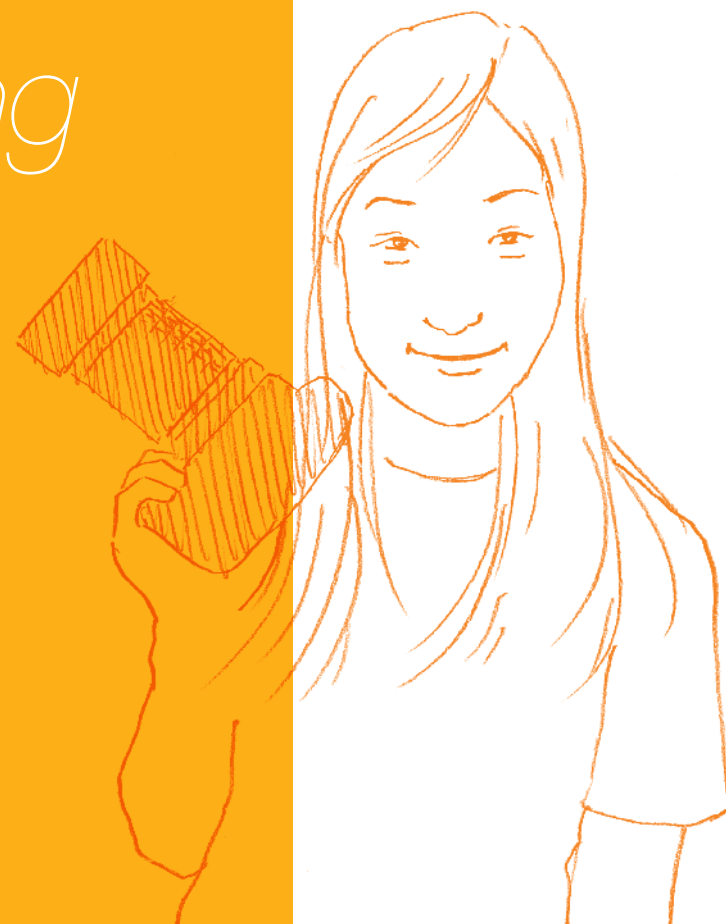
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when doing voluntary work, started to satisfy
participants and in turn satisfying herself.*

徐裕於中一時因為想以廉價找到娛樂，便與同學透過學校報名參加中心活動，期間時有義工服務。升中四暑假時，徐裕因為沒有活動及想到不同地方，便開始恒常到中心參加義工服務。她積極參加中心活動，所以有較高的義工時數，至今已持續五年。

她透過與負責義工活動的社工傾談，萌生未來發展的路向，現於大專院校就讀社工三年級。她從參加者身上得到滿足，亦會嘗試將課程的知識應用在義工活動上，為將來的社工作累積經驗。

In Secondary one, Tsui Yu wanted to have fun for an affordable price, so she joined activities in the Centre through her school which included voluntary work. During the summer vacation of Secondary four, she started to do voluntary work regularly since she was free and wanted to go to different places. She has actively joined activities for five years, recording high service hours.

Through talking with social workers who were in charge of voluntary work, they inspired her to be a social worker. She had a sense of satisfaction when doing voluntary work, and trying to apply her knowledge into voluntary work. She hopes this experience will help her to be a social worker in future.



助己助人 報讀社工

「初中時，想找娛樂，但因未懂賺錢，沒有足夠金錢承擔較昂貴的活動，認為能從中心的活動有所得著」，徐裕便與同學一起透過學校報名參加賽馬會天平綜合青少年服務中心的一系列活動。計劃亦間中要參與義工服務，如探訪長者宿舍。

她在活動中看到參加者的表現，令她在義工服務上不再追求滿足自己，開始想參加者得到滿足，繼而讓自己得到心靈滿足。她從小朋友的義工活動中，看到不少有趣的經歷，例如尋寶遊戲中，有小朋友一接過地圖就興奮得立刻跑，她要提醒小朋友注意安全。當小朋友認真完成任務後，她會稱讚他們的表現，從中亦得到滿足感。因此，她萌生成為社工的念頭。她特別感謝社工林姑娘及朱Sir邀請她做義工，兩人亦是啟蒙其成為社工的榜樣。而朱Sir亦讚賞徐裕一直很有責任心，會用心與小朋友交流。

義工服務 積極投入

徐裕在五年的義工活動中亦面臨角色的轉變。她開始時只負責照顧小朋友吃飯並留意他們的安全後，轉為要參與處理單據等行政工作，去年更有機會親自撰寫計劃書籌備活動。為期三日三夜的青年體驗活動，讓參加者了解及探討寮屋及露宿者的議題，亦有探訪活動，以及根據成績獲發資金準備晚餐。徐裕在義工活動的設計中會多考慮人與人的互動及轉變，除會應用課堂的知識，亦要根據情況作應變，經歷有助其成為社工。

除了小朋友，她亦有機會接觸流連街頭的青年。她從活動中亦可認識自己，因此在上班及功課的壓力下，她亦會堅持做義工。她期望畢業後可以成為社工，服務青少年及兒童。



Helping Oneself and Others Studying Social Work

“In Secondary one, I wanted to have fun for an affordable price and I thought I could learn from these activities”. Therefore, Tsui Yu joined activities with her friends in Jockey Club Tin Ping Integrated Children & Youth Services Centre through her school. Activities included irregular voluntary work, such as elderly home visit.

Through watching the participants' performance, she no longer wanted to satisfy herself only when doing voluntary work. She started to satisfy participants and in turn satisfying herself. She had much interesting experience with junior participants. For example, in City Hunt, some children ran immediately after they had picked up the map. She needed to remind them of their safety. When they had completed their tasks, she was amazed and satisfied. Therefore, she was determined to be a social worker and now is studying social work for the third year. She especially thanked Miss Maple Lam and Chu Sir for inviting her doing voluntary work and inspiring her to be a social worker. On the other hand, the social worker, Chu Sir admired Tsui Yu for being responsible and caring, especially for children.

Committed to Voluntary Work

Tsui Yu's role has changed through the five-year volunteering. At the beginning, she just looked after children and accompanied them to have meals. Later, she learnt administrative work, such as claiming money. Last year, she even got a chance to write a proposal for organizing an activity. A teenage camp was organized by her in which the participants understood or explored different issues in the society, such as homeless and squatters. The camp also included visits, preparation for their dinner by the money granted after assessing their performances. When designing activity, she had to consider the impacts on participants and interactions among participants. Besides applying course knowledge, she had to adjust the activity based on the real situation. Those experience will help her become a social worker in future.

Besides kids, she also had the opportunity to interact with teenagers, such as Young Night Drifters. She could also have better understanding of herself through voluntary work. Therefore, she continues to volunteer even under the great pressure of study and part-time work. She hopes that she can be a social worker after graduation, especially serving teenagers and children.