

豪氣的一步

A Confident Step



對於畏高的人來說，高空就是他們的弱點，嘉豪亦如是。嘉豪曾參與歷奇活動，在兩米高空上，他無法踏出第一步。但如今，二十歲的他正從事高空工作，只因為社工的一句話，「你踏出第一步，或許就會發現這一步沒有想像中那麼困難。」

People having acrophobia fear heights. Ka-ho is no exception. Once he was in an adventurous game, he found himself unable to take the first step which was two metres from the ground. But now, the twenty-year-old young man is working at heights, thanks to the encouragement from a social worker—'You will probably realize it is a lot easier than you thought after you have taken the first step.'



乏味人生 催生反叛

「我的路很曲折。」嘉豪這樣形容自己過去二十年的人生。小學時期，嘉豪的父母親都忙於工作，沒有時間照顧嘉豪。於是，母親將他送往課餘託管中心。六年的小學生涯裡，嘉豪上學、放學、到課餘託管中心溫書和做功課，除此以外，嘉豪沒有其他娛樂。整個六年的小學時光，嘉豪都在「唸書」。嘉豪形容那時的自己很乖，生活卻很沉悶，而這正是嘉豪不喜歡讀書的原因，「我深刻記得，我堅決地跟母親說過，我讀完小學就不會讀書了。」

中一時讀精英班的嘉豪，透過運動認識了一班朋友，學會了另一種生活態度：「原來我可以嘗試不同的事物，亦無需怯於開電視。」自此，嘉豪大膽嘗試了不同事物，包括到網吧打機、吸煙。但嘗試得過了火位的嘉豪卻開始反叛、學壞了，成為了學校的滋事分子。

點滴陪伴 治癒良藥

有一次，嘉豪有朋友被退學，他便陪同朋友到中心找社工，請求社工替他寫求情信。嘉豪亦因此認識了社工Ray，一同參與活動，同時亦不時爽約、或者放棄一些活動的機會。之後，嘉豪亦成為了那位因退學而尋求Ray幫助的人。

His Monotonous Life became a Catalyst for Rebellion

‘It is full of twists and turns,’ Ka-ho concluded his life in the past twenty years. When he was in primary school, his parents were very busy at work and had no time to take care of him, so his mother put him in a child care centre. During the six years, Ka-ho was repeating the routines of going to school and staying in the centre after school to study and do homework on every single school day. He did not have any entertainment; textbooks and homework were all he had. Ka-ho was obedient at that time, and yet he started to get bored. The boredom destroyed his patience in studying. ‘I remembered I had told my mum I would discontinue my study after primary school,’ he said.

Ka-ho was in the elite class of Form One, and he met a new group of friends through sports. He learnt a new way to live his life from them. ‘They taught me that I could always try different things. And I did not have to be afraid of switching the television on,’ he recalled. Since then, he tried a lot of different things, including going to internet cafes and smoking. And those rebellious behaviors made him a trouble maker in the eyes of people in the school.

Company is a Remedy for Wounded Souls

A friend of Ka-ho was asked to quit school, so he accompanied the friend to a Centre to get a letter of mitigation from the social worker. He met Ray, the social worker in the Centre. Ray invited Ka-ho to join activities occasionally. He joined some activities, and yet did not show up although he had promised to go for many times. Soon, he became another person who needed Ray’s help for being expelled.

中三時的嘉豪因與老師發生衝突而被要求退學。Ray陪他找學校，但是入讀第二間學校之後第二十九日，嘉豪再次被踢出校。嘉豪說，Ray那段時間的陪伴，印象尤其很深刻。Ray與他同行，一起找出路，跟他談過將來的路向，嘉豪說，社工的角色很特別：「我和家人關係一般，因此不會跟家人討論將來的路向，亦會覺得他們囉唆；朋友同樣反叛，有時候又會覺得他們說話很「九唔搭八」。或許同一句說話由不同人演繹，效果又會不一樣。」於是，Ray就以這個特別的角色與嘉豪分析面前的種種選擇，分析讀書的好處，「那時候分析完之後發現若選擇讀書，之後的路會比較好走，於是便聽了他的話，修讀了VTC課程。依現在而言，的確是這樣的。」

十七歲時，嘉豪透過中心認識了兩位友師，嘉豪更認為他們是人生的導師。嘉豪表示，友師會以自身的經驗、轉折點鼓勵他從多方面去分析事情，以自身的故事讓嘉豪知道自己從未接觸、人生尚未開發的地圖。一位導師邀請他出國到馬來西亞進行交流團，學習保育知識、體驗及接觸當地基層生活，讓他見識世界之闊；另一位導師以自身的旅遊經驗，啟發了嘉豪自己去旅行的興趣，讓他見識世界之趣。在今年一月，嘉豪趁著自己生日，獨自一人到台灣旅行八天。他滔滔不絕地分享自己的旅程，旅程中更主動認識了不少朋友，了解當地文化，當中固然遇上不少困難，但他仍然一一克服，堅持到底。

嘉豪說，從過去到現在，所謂的改變其實都是透過一次又一次的小改變累積而來，才能成就今天的自己。嘉豪說，之前參加歷奇活動時，需要在兩米的高空完成任務，畏高的他一直不願意踏出第一步，再加上易於放棄的性格，嘉豪一直拒絕嘗試高空活動。中心社工一直跟他說：「既然來了，不嘗試就離開豈不可惜？你踏出第一步，或許就會發現這一步沒有想像中那麼困難。第一步是最重要的。」最後，他被說服了，嘗試後更成功完成任務。現在，二十歲的他從事高空工作，「那次之後知道其實自己不是那麼怕高的。就如很多事情其實沒有想像中困難，試過之後反而可以輕鬆應對。」

Ka-ho was kicked out of school in Form Three due to a conflict with a teacher, and Ray helped him get admitted to another school. Nonetheless, only on the 29th day in the new school, he was expelled again. Ka-ho thought the company of Ray at that time was unforgettable. The kind social worker was looking for a way out with him, and at times they talked about future. ‘I was not particularly close with my family, so we did not get to discuss our future, not to mention the fact that I thought they were long-winded. For my rebellious friends, sometimes I felt like they were talking nonsense. Maybe the influence of an idea depends largely on who brings that up,’ Ka-ho explained why he thought the role of social worker is special.

Ka-ho met two new tutors in the Centre when he was 17, and they became his coaches in life. He said they explained to him different perspectives of different situations according to their own experience, and their fascinating stories made him realize what the missing parts of his life were. One of the ‘coaches’ invited him to an exchange tour to Malaysia to learn about conservation and experience the local life, which allowed him to witness the greatness of the world; another ‘coach’ motivated Ka-ho’s to travel by his own travel stories, which allowed him to witness the wonders of the world.

Ka-ho defined his changes as a result of the accumulation of numerous small things, and those tiny little things made him become who he is today. Ka-ho recalled the time he needed to complete a mission of two metres from the ground when he was in an adventurous game, and he did not have the courage to take the first step. Due to the fear of height, he had been trying to avoid overhead games before. ‘It would be a shame if you leave without trying. You will probably realize it is a lot easier than you thought after you take the first step. The first step is the key,’ the social worker told Ka-ho. He was convinced to attempt the mission, and successfully completed it at last. Now, he is working at height. ‘Since then (the adventurous game), I found that height is not as frightening as I thought. There are a lot of things like that, you may find them easy to deal with if you are willing to try,’ he said proudly.

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