

# 回轉人生

## *A Reviving Life*

我都可以重新來過，  
我相信每一個人一樣可以  
有去創造自己的未來。

*Even worst like me can  
start again, I believe  
everyone is capable to  
create his own future.*



東在十三歲時就開始接觸社工，同年他亦開始接觸毒品。東年少時，是一個沒有自信的人，做每件事都半途而廢，沒有一件事讓他感到自豪。還記得中一時，級上沒有人不認識他，因為大家都知道他是全級成績排名最後的一個。他亦曾加入黑社會，嘗試獲得認同。那時透過撩事鬥非、打架，開始讓別人知道他的存在，令他找到成功感，他以為只有這樣的生活才能找到自己。

Tung started to meet social workers when he was thirteen years old. He had also come into contact with drugs since that year. He found no confidence in himself when he was a teenager. He always did everything halfway. Never did he have an accomplishment in which he could take pride. In his Secondary One, no one in the form did not know who he was because his academic performance ranked the last among all his peers. He joined a triad society to seek recognition. He let the world recognise his existence through making trouble and fighting, which gave him a sense of achievement. He could find his identity through this kind of life, he thought.

## 沉淪毒海 誤入歧途

十四歲時，東因為一次傷人而被捕，被還押懲教所，他從沒想過失去自由的感覺。東最終被判接受感化，入住男童院六個月，不用繼續接受懲教所的管治。但這半年沒有使東改過，反之因為見識更多，覺得只要行事小心便可。東開始每天過著荒亂的生活，經常北上夜店吸毒和飲酒。吸毒帶給他即時的快樂，但在清醒後也讓他失去更多。昔日的所謂兄弟，大家都為了毒品而變得自私。東的身體也開始出現問題，經常胃痛、尿頻及出現幻覺。家人不斷為東還債，但換來是一次又一次的失望。

## 重獲新生 學習技能

感激這些日子裡，有一位社工不斷在東身邊。感謝那位在他十八歲時沒有放棄他，轉介他去正生書院接受戒毒。在正生的日子並不容易，但同時塑造了一個全新的東。正生的工作刻苦，每件事情都要他自己去做，全年也要用凍水洗澡，生活亦非常有規律。那時東除了學習一套新的價值觀外，也學懂承擔責任及不少技能，他開始學習攝影、剪髮及照顧狗隻。東在正生時，為其他同學和老師外出工作剪髮及攝影時，也得到別人的欣賞和認同。這與以前黑社會所找到的認同截然不同，而東在照顧狗隻中亦開始訓練他的耐性。



## Abusing Drugs Being Led Astray

When he was fourteen, he was arrested because of wounding and was remanded in custody at a correctional institution. He had never imagined the feeling of losing his freedom. In the final judgment, He was put on probation and sent to a Boys' Home for half a year, so he was freed from the supervision of a correctional institution. However, he did not become a better person in these six months. As he saw the world more, he was more confident about things would work out if he was careful enough. Messy life was what he had every day at that time. He always drank and took drugs in clubs in the Mainland. Drugs offered him immediate pleasure, but he lost a lot more after waking up from the fantasy. Because of drugs, the so-called brothers in the past became selfish. His health started to deteriorate. He frequently experienced stomach-ache, frequent urination, and hallucinations. His family continued to pay off his debts, but in return he gave them only disappointments, one after another.

## New Skills, New Life

He should be grateful, as there was a social worker who had been supporting him throughout those years. He thanked her for not giving him up when he was eighteen. She referred him to Zheng Sheng College to participate in drug rehabilitation. There was no comfortable life in Zheng Sheng, and that experience remolded his life. He had to work hard at Zheng Sheng. He did everything on his own there. Only cold water was offered for the shower, and life had to be very disciplined. He learned a new set of values, and he got to know how to take up responsibilities. He acquired many different skill sets. For example, he started learning photography, hair-styling, and taking care of dogs there. He set out to take pictures and cut hair for his teachers and peers at Zheng Sheng, from which he got people's recognition and admiration. This recognition was entirely different from what he got in a triad society. Taking care of dogs also trained up his patience.



## 重返校園 立志助人

在正生的四年多中，不只是戒毒，也讓東重拾學生的身份。從前，東是一個全級成績排名最後的學生，從沒有想過大專的生活。東很感恩自己最後能考上高級文憑的社工課程，現在是社會工作一年級的學生。未來，他想成為一位社工。因為他的社工讓我明白走錯路的年青人需要一位同路人去陪同，他希望自己是其中一位。那怕要五年或十年，甚至更長的時間才會改變。在正生時，有不少義工進校幫助他們，義工們放棄私人時間去幫助他們，讓他也明白到有餘力，便應該去幫助或服務更多有需要的人。去年東從正生畢業後，開始去不同地方分享過往的改變經歷；參加探訪露宿者活動，希望透過傾談及少許食物讓有需要的人士感受到關愛。東亦開始去狗場做義工，希望讓身邊更多朋友學習「領養代替購買狗隻」的想法。另外，東也會去協助義剪服務及服務在囚人士的兒女，希望日後能幫助更多的人。

## Resuming Study Determined to Help Others

He spent four years in Zheng Sheng for the purpose of not only drug rehabilitation, but also returning to school. He had never imagined about college life as he got the poorest academic performance in school before. He was grateful that he was admitted to the Higher Diploma in Social Work at last. He is a year-one student in Social Work right now. He would like to be a social worker in the future. It is his social worker who made him believe that the teenagers who go to a wrong direction need some people to accompany them. He hopes he will be one of them, no matter the teenager will need five years, ten years or more to change. At Zheng Sheng, there were a lot of volunteers coming to help them. They gave up their private time in order to do so, which inspired him to help or serve others in need whenever he has extra energy. After graduating last year, he began to share his experiences on various occasions. He visited homeless people. He hoped their chats and food sharing can make them feel loved. He also volunteered at dog kennels to let his friends learn about the idea of "adopting dogs instead of buying them." Besides, he assisted in free hair-cutting services and served the children of inmates. He hopes he can help more people in the future.

