

一位滿載愛心的義工 A Volunteer loaded with love

燃燒生命中的熱誠，貢獻社會 *Burning the fire in life to serve the community*

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許嘉怡 (Cary)，港鐵義工隊成員，四年前開始參與扶康會的義工服務，第一次便是參與本會賣旗。那一次經歷，燃點起她為社區服務的熱誠，踏上義工之路。Cary 其後一直致力籌劃和參與不同社區活動，服務對象主要是殘疾和智障人士。

Cary Hui, member of the MTR Volunteer Team, joined Fu Hong Society's volunteer service four years ago. Her debut in volunteering was at our Society's Flag's Day, the experience of which ignited her enthusiasm to serve the community and become a volunteer. Since then, Cary has actively involved in organizing and participating in different community activities with persons with disabilities and intellectual disabilities as her main service targets.

背後的推動力 - 持續付出 *The force behind - continued serving*

相信不少人都曾經參與過賣旗、探訪老人院等義工活動，但真正能夠持續地投入義務工作，付出大量時間和精力的人又有多少？不少義工在活動期間，都會觸景生情、霎時感動；但時間過了，感動沒有了，做義工的熱誠也淡化了。Cary 能夠積極參與服務，是因為她希望自己在「有心有力」的時候，可以多為社會付出。她亦覺得做義工的時間越長，就越想投放更多時間。不知不覺間，Cary 在扶康會已經服務了四年多，她亦慢慢地與服務使用者培養了感情。「這份感情就是我的推動力。」Cary 笑說。

It is not surprising that many people have participated in flag-selling and paid visit to old age home, but how many of us can keep up our commitment, willing to spend enormous time and effort on it? Not few volunteers would be passionately moved during their volunteering activities; but as time goes by, the passion vanishes and their enthusiasm also diminishes. Cary is enthusiastic in her volunteer work because she hopes to contribute to the society when she is still "strong in mind and body". Her belief is that the longer time she serves as a volunteer, the more she hopes to invest in it. Unwittingly, Cary has been serving in Fu Hong Society for four years and she has also cultivated a good relationship with our service users. "The relationship is my driving force", remarked Cary.

成長的路程 - 助人自助 The path to growth - Helping others to help themselves

Cary最初不太敢於嘗試帶團，只負責聯絡的工作。後來為了增加勇氣和膽量，她便嘗試在不同機構擔任有關賣旗的聯絡工作。累積一定經驗後，她就開始籌劃各樣的義工服務，積極參與活動，並成為了義工隊的領隊。

In the beginning, Cary was hesitant about organizing and leading functions, she only involved herself in contact work. In order to boost her courage and guts, she tried to take up contact work for flag-selling among different organizations. After gaining considerable experience, Cary started to organize different kinds of volunteer service and actively involved in those activities, she has then become the leader of the volunteer team.



最難忘的一次 - 電能烹飪比賽

The most unforgettable experience - Electric Cooking Competition

講到最難忘的經驗，Cary隨即想起兩年前第六屆「香港最佳老友」運動電能烹飪比賽，那活動是要夥拍智障人士一起參加的煮食比賽。起初Cary沒有很大的衝勁去參加，因為她不懂煮食，沒有太大的信心。最後她鼓起勇氣參賽，和她的拍檔煮出



色香味俱全的菜餚，不但順利完成比賽，並且進入決賽。她說她很享受該次比賽的過程，確是難忘的經歷。今年她再次參加第八屆「香港最佳老友」運動電能烹飪比賽，更和拍檔獲得「傷健合拍烹飪大獎」的殊榮哩！

香港人生活勞勞碌碌，難得有空餘時間，多數人會選擇在假期時休息或盡情玩樂以減低工作壓力。Cary坦言，在工作上總會有壓力，亦需要空閒時間好好放鬆自己。經過一星期辛勞的工作，在假日還要一早起來參與義工活動，亦會有感到自顧不暇的時候。但每當一穿上義工制服，她便會忘記身心的疲勞，精神抖擻地去迎接各種義務工作。正正是這一顆熱愛服務的心，一直推動Cary付出工餘時間去服務社群、回饋社會。霎時的感動會隨時間消逝，只有熱誠和樂於服務的心，才能持續不斷付出，不計回報。

Sharing about her most unforgettable experience, Cary recalled the 6th "Best Buddies Hong Kong" Movement Electric Cooking Competition held two years ago. The event involved partnership with persons with intellectual disabilities in a cooking competition. Cary was not particularly enthusiastic about joining the Competition initially since she was not good at cooking and therefore not

confident at all. At the end she gathered her courage and took part in the competition, not only did she and her partner successfully cook a tasty dish with good smell and colour, they entered into the finals. Cary reflected that she enjoyed very much the process of the Competition which was memorable. This year, she again participated in the 8th "Best Buddies Hong Kong" Movement Electric Cooking Competition and was awarded the prize of "The Most Cooperative Team" with her partner with disabilities!

It is the characteristic of Hong Kong people to lead a busy life and enjoy little spare time, most will prefer to take some rest or have fun during holidays to relieve their work pressure. Cary admits that work pressure is always there and she also needs some spare time to relax herself. After a week's hard work, you will feel the burden if you still have to get up early to do volunteer service. However, once she puts on her volunteer uniform, she will forget all the fatigue and fill with good spirits and energy to take up all kinds of volunteer work. It is this passion for volunteer service that drives Cary to spend her leisure time on serving the community. Instant passion will disappear as time goes by; only enthusiasm and a heart willing to serve will sustain and disregard reward.