



# 「香港學生服務領袖選舉」 第一屆頒獎典禮暨第二屆開幕典禮

日期：二零二二年十二月三日（星期六）

時間：下午三時正至五時三十分

地點：香港中文大學逸夫書院大講堂

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賀香港學生服務領袖選舉典禮 致慶

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香港社會服務聯會主席

陳智思先生 大紫荊勳賢，GBS，JP

貳零貳貳年拾壹月





## 簡介

「童夢同行」為聯校國際助學組織（社團註冊編號：REF.CP/LIC/SO/19/63635），旨在為世界上貧窮地區有需要的學童提供教育機會與生活所需，長遠讓其改變命運。我們希望聯繫各界力量達成使命，而培育「青年服務領袖」亦為我們其一重點。

「香港學生服務領袖選舉」旨在嘉許本港學生領袖於社會服務上的貢獻，鼓勵他們繼續投入社會服務，以及達致社會倡議，推廣服務精神，期望推動大眾貢獻所長，服務他人。

在第一屆，參選同學參與了「童夢同行」與香港中文大學伍宜孫書院合辦的服務工作坊、籌備服務活動。我們亦有幸邀請到香港社會服務聯會主席陳智思先生，大紫荊勳賢，GBS, JP等社會賢達擔任決賽評審，選出十名「香港十大傑出學生服務領袖」及十名「香港傑出學生服務領袖」。

而第二屆，我們將與不同專家及香港中文大學合辦服務工作坊，推動學生領袖主辦本地及國際服務活動，回饋社會。除了創辦本地服務計劃外，學生領袖亦會主辦籌款活動籌建柬埔寨的村校圖書館、淨水設置等項目，相信能夠貢獻所學，服務香港及世界！





# 典禮流程

致歡迎辭

嘉賓致辭

頒發第一屆「香港傑出學生服務領袖」獎項

頒發第一屆「香港十大傑出學生服務領袖」獎項

決選生分享

- 休息 -

「第二屆香港學生服務領袖選舉」簡介

嘉賓致辭

頒發「第二屆香港學生服務領袖選舉」複選入圍證書

大合照

# - 評判及嘉賓 -

**陳智思先生，大紫荊勳賢，GBS, JP**

香港社會服務聯會主席

**湯啟康先生，BBS**

愛德基金會（香港）執行總幹事、前香港教育署副署長

**王莉莉校長**

聖公會莫壽增會督中學校長

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義務工作發展局前總幹事

**林溢欣先生**

凝皓教育創辦人

**倪錫欽教授**

香港中文大學社會工作學系教授

**張沁教授**

香港聯合國教科文組織協會執行會長兼秘書長  
香港可持續發展教育學院院長

**陳鳳翔教授**

香港城市大學客座教授及 MBA 課程協理主任

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福布斯亞洲年輕領袖

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**陳易楊先生**

童夢同行聯合創辦人

**潘銘基教授**

香港中文大學中國語言及文學系教授  
伍宜孫書院副院長

**羅敬玉校長**

何明華會督銀禧中學校長

（排名按筆劃排序）



# 第一屆香港學生服務領袖選舉

(排名按筆劃排序)

## 香港十大傑出學生服務領袖

- 余瑞琦 | 拔萃女書院
- 李浣冰 | 旅港開平商會中學
- 林子愨 | 嘉諾撒聖心書院
- 周彥行 | 屯門官立中學
- 張立欣 | 聖公會莫壽增會督中學
- 彭姿滋 | 裘錦秋中學 (元朗)
- 彭皓 | 皇仁書院
- 黃詩喬 | 何明華會督銀禧中學
- 鄧卓琳 | 九龍真光中學
- 謝卓珈 | 港大同學會書院



## 香港傑出學生服務領袖

- 王愷鏐 | 拔萃女書院
- 祁栢健 | 喇沙書院
- 李慧霞 | 新生命教育協會呂郭碧鳳中學
- 林欣彤 | 聖公會林護紀念中學
- 周晞然 | 聖母無玷聖心書院
- 吳詠琳 | 德蘭中學
- 范錦怡 | 中華基督教會基智中學
- 柯珮儀 | 華英中學
- 陳韋霖 | 何明華會督銀禧中學
- 楊昊 | 皇仁書院





# 第二屆香港學生服務領袖選舉

## 複選入圍同學

(排名按筆劃排序)

- |                        |                                  |
|------------------------|----------------------------------|
| 王誼聲   景嶺書院             | 莊程程   顯理中學                       |
| 安芷君   嘉諾撒聖心書院          | 梁雅欣   何文田官立中學                    |
| 何雅喬   聖公會莫壽增會督中學       | 許怡彤   何明華會督銀禧中學                  |
| 何嘉慧   香港教育工作者聯會黃楚標中學   | 郭泳彤   拔萃女書院                      |
| 呂心月   拔萃女書院            | 陳泳希   拔萃女書院                      |
| 宋昕朗   保良局羅氏基金中學        | 陳雪琴   保良局胡忠中學                    |
| 李卓橋   聖嘉勒女書院           | 彭志聰   英皇書院                       |
| 李欣陶   嘉諾撒聖心書院          | 馮乙翹   香港真光中學                     |
| 李朗曦   荃灣公立何傳耀紀念中學      | 黃俊熙   聖若瑟書院                      |
| 李國華   東華三院馮黃鳳亭中學       | 黃煒文   何文田官立中學                    |
| 李鎂琪   基督教香港信義會元朗信義中學   | 黃頌晞   拔萃女書院                      |
| 吳芷暄   香港中國婦女會中學        | 黃曉慧   嘉諾撒聖心書院                    |
| 周君灝   中華傳道會安柱中學        | 黃靜遙   聖馬可中學                      |
| 周樂兒   旅港開平商會中學         | 楊鎧雯   德瑞國際學校                     |
| 林巧怡   博愛醫院歷屆總理聯誼會梁省德中學 | 楊馥蕾   九龍真光中學                     |
| 林芋澄   香港神託會培基書院        | 源思棋   華英中學                       |
| 林楚雯   九龍真光中學           | 劉芷昕   保良局李城璧中學                   |
| 林熹怡   嘉諾撒聖心書院          | 盧小彤   屯門官立中學                     |
| 邱可晴   旅港開平商會中學         | 賴曉瑜   聖公會莫壽增會督中學                 |
| 施珞澄   德望學校             | 謝慧珊   明愛聖若瑟中學                    |
| 莫凱霖   漢華中學             | 鍾宛汶   聖母無玷聖心書院                   |
| 區敏莉   崇真書院             | 鍾瑋茵   伊利沙伯中學                     |
| 張恩桐   華英中學             | 簡鴻欣   何明華會督銀禧中學                  |
| 張樂怡   保良局姚連生中學         | <b>Khan Bibi Aisha Lachica  </b> |
| 梁家豪   喇沙書院             | 伊斯蘭脫維善紀念中學                       |



# 第一屆香港學生服務領袖選舉



余瑞琦 Yu Sui Ki Rita

HKSSLA has been an enriching and inspiring journey. I had the chance to befriend like-minded peers, passionate about serving the community. I thoroughly enjoyed the planning and implementation of the service project「童老人」with my group. From designing interactive activities to bridge the children and the elderly, to exchanging knowledge and service experiences, I could see how we were different yet united. It was encouraging to witness how our collective effort and mutual understanding led to final success. Some were more creative in brainstorming ideas, others more at ease with service targets, or more confident in leading discussions. Our qualities complemented each other's and our compounded determination fueled the project. The experience also reminded me that there is much more about poverty, education, housing, and ageing in the community. Only by increasing our exposure to such issues, can we design more down-to-earth service projects catered to people's needs in the future.

HKSSLA is also an encouragement and close reminder that although my efforts may seem futile at times, I am on the right track as I grow, learn and serve. To me, service is a lifelong journey of understanding and reaching out to the needy, also revealing to myself what I am most concerned about in the community. Being a service leader requires further commitment and courage, and I am more than eager to take up the challenge. In the near future, I hope to initiate and engage in more education-related service programs, to instil in children knowledge and a moral compass, so more receive a holistic quality education and grow up to flourish as dexterous and thoughtful individuals. I also aspire to serve underprivileged children as a clinical psychologist or a paediatrician, so I can connect my interest in psychology and medicine with my long-standing vision of serving the community.



李浣冰 Lee Yuen Bing



感謝學校及老師推薦，讓我能參與香港學生服務領袖選舉。雖然比賽的各種服務計劃因疫情而有所變動或延期，但我們都一起攜手跨過，來到決賽尾聲！還記得20位決選生被分成三組，與組員由初時互不相識，到現在已成為好拍檔，神隊友。感恩遇上6位同路人，一起籌備及實踐服務計劃都是難忘的經歷，從一切由零開始，到每星期進行線上會議，一起商討如何作出改善，再向評判匯報計劃方案。為了購買所需物資及實踐兩天服務活動，大家就是再忙碌也會抽空見面，目的就是為了要盡心盡力去完成服務活動。感謝由童夢同行舉辦的香港學生服務領袖選舉促成今次能與跨校學生合作的機會，也感謝組員對我的信任及支持，更感謝各單位的支援，才能讓計劃得以順利進行，提倡長幼共融的精神。我期望將來有機會再一起合作推行服務！在將來，我仍然會繼續抽空進行義務工作，為社會上的弱勢社群提供服務。更希望以自身的知識、能力為有需要人士改善及提高生活質素。

Thanks to the school and teachers for recommending me to participate in the HKSSLA competition. Although the various service plans of the competition have been changed or postponed due to the epidemic, we are all working together to get over it and come to the end of the finals! I still remember that the 20 finalists were divided into three groups, and the team members did not know each other from the beginning, and now we all have become good partners and teammates in sync. I am grateful to have met 6 "fellow travelers", and it was an unforgettable experience to prepare and implement the service plan together. From starting everything from scratch, to conducting online meetings every week, discussing how to improve together, and then reporting the plan to the judges. In order to purchase the necessary materials and practice the two-day service activities, no matter how busy everyone is, we will still try our best to find time to meet each other, so as to complete the service activities whole-heartedly.

I would like to thank HKSSLA organized by Dream Compassioners for facilitating this opportunity to work with inter-school students. I would also like to thank the team members for their trust and support in me, and even more thanks to the support of various units, so that the project can be carried out smoothly and promote the spirit of harmony between young and old. I look forward to having the opportunity to cooperate and implement services together again in the future!

In the future, I will continue to take time out to do voluntary work and provide services to the disadvantaged groups and the needy people in the society. I also hope to use my knowledge and ability to improve our quality of life.



# 第一屆香港學生服務領袖選舉

## 林子愨 Lam Tsz Yan



在是次香港學生服務領袖選舉中，我得以認識來自不同社區的同輩，與志同道合的組員針對青年心理健康籌辦服務。疫情飄忽不定，我們憑著滿腔熱誠，一同將理念化為行動。

在兩次服務中，我們向同輩分享如何看待情緒，以及健康排解情緒的方法。能夠將心比己去服務同齡人不僅是可貴的經驗，也讓我有機會學習如何照顧、回應身邊朋輩的情緒需要。最觸動我的，是大家在繪畫、靜觀時一同進入心流，感到平靜的時刻。得到這種饋贈和滿足感，彷彿我也是被服務的對象之一，我想這就是「助人為快樂之本」吧。

將近一年的經歷，令我更堅信自己助人的初衷。我期望日後的林子愨有更廣闊的視野，可以接觸到更多社群，用謙卑的心回應他們的需要。

Through the HKSSLA, I met peers from different communities and of the same values. Our group organised two services for enhancing youth mental health in particular. Amid the pandemic, there were various challenges that we came across, and I would like to thank all my group mates for supporting each other and overcoming them.

In our services, we shared how we should view our emotions, as well as ways to relieve the negative ones. To put ourselves into the shoes of our peers is a unique service experience, that teaches me to be aware of and respond to the emotional needs of my peers. The most rewarding part to me, is the moments that we, the participants and us, concentrate in our drawing or meditation and enter the state of flow. It is definitely my pleasure to see our participants being at peace.

The experience I have gained in the HKSSLA has reinforced my passion and values of assisting others. In the future, I hope to see myself with a broader vision, to embrace more communities and serve them humbly.



## 周彥行 Chow Yin Hang, Pronie



HKSSLA is a brand new experience to me. Before joining this programme, I mainly had services near the community I'm in, but this programme has offered me various opportunities to explore the society, not simply around my district. For instance, I've acquired that Sham Shui Po is a place where many newcomers would live in as it's near the urban areas and with comparatively lower rents. I learnt more about some realistic social issues outside textbooks, I realised that he that travels far knows much.

I would like to treasure the team spirit my team members and I had built up throughout the programme. From finding out the target audience, and modifying our project from the beginning, to practically working out the whole service, we've corporated a lot and started to become closer. It's really a rare and precious chance to gather students all around Hong Kong who are passionate towards service together and to come up with a creative service.

In the upcoming time, I would definitely continue to serve the community. Not only will I hope to help the necessities, but I may like to influence others if I can. We should not deliver fishes to someone's mouth directly in the long term, we should teach them how to catch fishes instead. Moreover, I'm determined to affect people around me to act. I hope to be one of their role models to motivate them and take their first step of service, care about our own parents and friends for example. I wish everyone could put themselves into others shoes, a small act from each person can change the world.

With such invaluable experience and rare exposure to society, I'm really glad and grateful for taking part in HKSSLA.

# 第一屆香港學生服務領袖選舉



張立欣 Cheung Lap Yan



Through participating in SSLA services and events, I have gotten to know more people from elite schools and saw their perspective on services and events similar to our current one. I was able to gain more perspectives from them and cultivate my own.

I am well aware that my power is limited, and this service has only enforced my view. Throughout this service we have only catered to the needs of 20 or so children; but when I think of the number of people out there that need services like this, I know that our service amounts to very little to the overall cause.

Nonetheless, this has not and will not stop my desire and ability to help the disadvantaged and needy. Throughout my service I have seen the joy that has been brought by our team, children who have genuinely enjoyed our company and what we have prepared for them. This has only strengthened my resolve and my aim to help those who require our services.

There are still plenty of people out there that require services from different organisations. And although the power of the individual is very little, I hope that through my power, all the future services that I will participate in will result in the needy getting the services that they need, and a smile on their face.

I hope that I can in some way combine my future career and social services together so that I can help those in need and further my life experiences.



彭姿滋 Pang Chi Chi



這次有幸收到朋友的邀請參加第一屆香港學生服務領袖選舉，並成功入圍決選生，嘗試了不同的活動與計劃、遇到來自不同學校的人，亦遇到能與之心靈相通的好組員。由一開始的客套，到大家自然流露想法，最後打開話匣子開心地聊日常，這短短的日子內有數不盡的感謝。無論是如何制定目標內容、組織活動、策劃設施場地等事情，每個人都有不同的做法，我們取各自長處，互補缺點，形成一幅完整美麗的拼圖。

我十分感激有這次機會能讓我學會許多，成長更多。我自己本是一個亂糟糟的人，經常忘記東西，沒有效率，但在這裡看見組員們有效率、有規律地整理好各種資源、分類等清晰步驟，讓我明白清晰的整理會讓事情事半功倍。

另外，這次的比賽讓我認識到社會與世界上還有很多需要我們幫助的人，縱使我只有微弱的力量，但我不會放棄每一個可以作出改變與幫助別人的機會。感謝這次比賽讓我重新燃起對自己力量的自信，堅定我對未來道路的去向。能遇到來自不同地方志同道合的人，大家抱着相同的抱負，互相支持鼓勵，我們結合成更大的一團火，用我們年輕的力量為社會帶來更多的幫助。



# 第一屆香港學生服務領袖選舉



鄧卓琳 Tang Cheuk Lam

因為疫情的關係，已經好久沒有親身進行服務，有幸參與到SSLA當中，在疫情開始緩和後，可以進行以南亞裔小朋友為對象的服務實在難得。在此我亦都認識到很多對服務很有熱誠的朋友，在籌備服務的過程中大家都盡展所長，盡我們最大的能力，為服務對象提供最大的幫助。牽着南亞裔小朋友的小手一同遊香港，看着他們臉上的笑容和投入的態度，令我更有動力在服務範疇繼續前行。我希望在未來日子可以在服務範疇有更多的突破，多關注社會在不同範疇的需要。除了本地的服務外，更可以參與其他國際義工服務，親身到其他較落後國家了解他們的需要，為地球上其他角落的人伸出援手，為他們帶來一點幸福和溫暖。



謝卓珈 Chia Audrey Cheuka



Being able to join as an active part of HKSSLA, I have met a wide circle of acquaintances from schools in Hong Kong, as well as a few close friends with alike mindsets. All twenty finalists spent over half a year in this competition, ranging from workshops, presentations, Zoom meetings, as well as service sessions. HKSSLA seems more like a large community to me, with Excocs being our advisors and my fellow finalists working together, trying our very best to organise a service series, from zero to one.

In my humble opinion, volunteering during student years should be more normalised in Hong Kong, and contribution to society should be treated as important as other academic, music or sports accomplishments. I really appreciate Dream Compassioneers for organising this award, so that more kind and capable young people can be recognised. I sincerely hope that Hong Kong could be a city with more love and compassion, and normalising volunteering could be a leap towards inclusiveness within the community.

In the future, I would love to participate more in services overseas. Language may be a linguistic barrier that prevents communication, but I know for sure, that love and kindness can be spread worldwide without borders. If there could be a service trip in the future, I would certainly join or even organise it if I have the chance to do so. United Nations Volunteers Programme is also something that I hope to do more during my university years. As of now, all of my volunteering experiences are based in Hong Kong, therefore engaging in international projects would be my top priority in the near future. The bliss that I have been experiencing ever since I started serving the community is so enormous, that it's hard to phrase it in words.



## 彭皓 Pang Ho



It has been a thorough pleasure to have taken part in this year's HKSSLA, a first-of-its-kind student-initiated service award election. The HKSSLA journey has been a fruitful one, especially taking into consideration the fact that this is one of the few, last events that I, as a secondary six student could take part in. From the preliminary round of interviews to the guided service implementation in collaboration with the CUHK social service team and more recently our self-initiated service project, HKSSLA has been the perfect platform for me to meet fellow student service leaders who take a proactive role in serving others no matter at school or in the community. I have had the opportunity to engage fellow students in the self-initiated service project to raise awareness about mental health, which enabled me to learn more about user-centred design from the planning process.

It is indeed a great privilege to join this meaningful activity and do good deeds for society through it in the past few months and I do intend to extend my dedication to service from a younger age even after the completion of this HKSSLA selection process. As I am soon stepping into the next stage of life and learning, namely going into university, there will definitely be new opportunities and challenges. Yet, I am still committed to serving the community, particularly in aspects that I am interested in and concerned about, including environmental protection, sustainable development and ethnic minorities inclusion. I am grateful for the paths that had been opened and minds enlightened by this year's first HKSSLA and pledge to spread the charitable spirit of sharing and serving others in the foreseeable future.



## 黃詩喬 Wong Sze Kiu



黃詩喬 Wong Sze Kiu

很榮幸過去一年有幸參選香港學生服務領袖選舉，結識了不少志同道合的朋友，共同向同一理念進發，為有需要群體出一分力。再整個計畫的初期，有幸學習設計思維，與中大的學生構思服務活動，從多角度構思服務活動，嘗試代入受助者的角度，將心比心地反思齊需要。及後與組員一同為少數族裔小朋友籌辦派對，了解到他們遇到的困況。儘管過程中面對語言障礙，但幸好他們非常熱情，活動順利完成，樂而忘返。其後與組員構思服務活動—「童路人」，希望提倡耆青共融，為長者加油打氣。過程中我們不斷反思活動詳情，希望完善活動，給予參與者一個難忘回憶，我們亦從收穫深厚友誼，互相支持，取長補短。活動首日，小朋友反應熱烈，享受其中。次日一眾長者亦樂在其中，氣氛和樂，讓我明白到長幼之間亦應互相包容體諒，成為彼此的同路人。是次選舉，實在令我獲益良多，受益匪淺，不僅收穫了一群理念一致的朋友，更深一層發覺了服務的價值與意義，期望未來能夠將自己所學回饋社會，服務大眾！





## 王愷鏐 Bertha Wong



Hong Kong Student Service Leaders Award was an eye-opening experience, granting me the opportunity to polish my leadership and communication skills, meet like-minded individuals who are passionate about service and widen my social perspective through joining service projects and workshops during the award scheme, such as the joint service programme coordinated by our finalist group and students from CUHK Woo Yee Sun College. Without the slightest doubt, participating in this award scheme was one of the highlights of my secondary school life. Despite social restrictions presented by the precarious health scare, I was fortunate enough to have engaged in two service projects throughout the competition, all related to the theme of mental health. Our finalist group carried out one of the service workshops with the theme of exploring and managing emotions right after the stressful exam season. Watching our workshop bring restless and tensed up students to welcoming and enthusiastic smiles was, needless to say, satisfying and fulfilling, once again validating my purpose of performing service-helping others in society.

Another highlight of this service competition was none other than the meditation session in one of the mental health workshops our finalist group coordinated. Meditation to some may seem like a religious ritual. Still, it is functional in giving participants a sense of calm, tranquillity and balance and is commonplace in today's society in maintaining positive mental health. Worried and troubled about whether first-timer students could fully immerse themselves in the activity, I have chosen to carry out a body scan meditation, hoping it would be easy to handle while engaging simultaneously. During the session, my groupmates assisted me in completing the reflection by asking intriguing food for thought questions. In contrast, I focused on guiding students in acknowledging their ever-growing bodies and signals presented by their torso and limbs. Gladly, our meditation session was shrouded by thunderous applause and raptures from participants. Many noted that meditation allowed them to release negative thoughts while increasing self-awareness and focusing more on the present. Participants' zestful eyes and energetic spirit after the reflection session have showered me with a sense of achievement.

Acting as the Vice-Chairlady of DGS's Counselling and Guidance Committee and throughout the competition process, I was fortunate enough to explore more about Hong Kong, specifically in the aspect of mental wellbeing. Hong Kong is entering a stage of meteoric development, crowned as the Pearl of the Orient. Yet, we must not be easily dazzled and clouded by the bright outlook. There are still people struggling with psychological disorders. There are still more than half of secondary students in Hong Kong with depression symptoms. There is still an ongoing stigma surrounding mental health issues and patients, often denouncing those suffering as "lack of willpower and self-discipline". Attributive to the public outcry in solving the above situations, I strive to be a doctor specialising in psychiatry in the future. I desire to serve the community of Hong Kong by destigmatising the public's understanding of medical conditions with emotional or character defects, maintaining positive mental health and wellbeing throughout the society and providing a supportive social network for those who have recovered or are recovering from psychiatric conditions.



## 祁栢健 Kenneth Kai



Everyone wants to 'change the world' when they were young. I was no exception, but it is only as I have matured and watched events unfold that I realised the importance of teamwork and communication skills.

Talent, perseverance, leadership, creativity, kindness and unity are the character strengths that I perceive in my teammates. Though the Covid-19 epidemic has brought a serious loss of our precious secondary school time in the past two years, our pursuit of serving the public did not diminish in the slightest. I am very glad that I have the chance to become one of the finalists of the HKSSLA and meet many student leaders from different schools. Though dream compassioneers, we have linked together and organised more kinds of services to improve our society.

To build a strong sense of social consciousness and be particularly intrigued by the rhetoric of different stakeholders in our society, our team has chosen teenagers' mental health as the topic of our service project. After several meetings, we have decided to run a social media platform to promote an optimistic mindset as well as organise a mental health workshop to understand more about issues related to mental health and inject vitality into the community for self-improvement in adversity. This precious experience provided me with the basic skills of emotional management and even helped me to relieve my daily stress in the future.

What's more, all the experiences and people I have met will be fondly remembered, as HKSSLA is the last program I have joined during my secondary school life. However, the dream of 'changing our world' through innovation and sustainability services will never end.

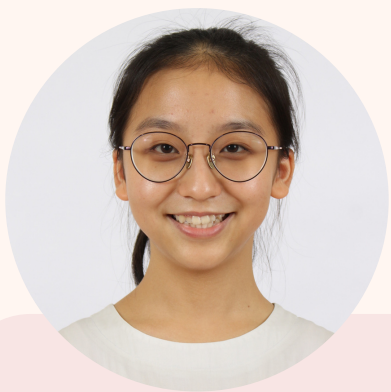


## 李慧霞 Lee Wai Ha



對我來說，SSLA不單單只是一個選舉這麼簡單，而是可讓我增廣見聞、拓闊視野，更多的是，讓我在此遇見一班志同道合、同樣熱衷於服務的同學，一同服務、貢獻社會。當中，感謝 SSLA 提供不少服務的機會，例如：和中大學生合作所舉辦的心理健康講座及籌辦精神健康工作坊。透過這些合作、服務，讓我提升溝通技巧及協作能力，亦能與來自不同學校的同學交流、互相切磋，交流彼此的服務心得及經驗，學習書本以外的知識，真是獲益良多！同時亦可藉此機會向青少年分享精神健康的議題，以生動、有趣的方式讓他們認識、了解更多，例如：不同減壓的方法，讓他們正視問題，期望能為社區注入逆境自強的新活力。未來，我希望能保持初心—「生命影響生命」，以自身的能力幫助有需要的兒童。而我認為，童年是非常重要的，兒童能快樂、健康地成長是足以影響一個人的人生，但無奈社會的不平等，不少兒童未能獲得資源，未可容易地做到自己想要做的事情。因此，我盼望可提升社會各界對兒童的關注，為他們提供更多的援助，盼望他們在逆境中也能茁壯成長，擁有豐盛的人生。

For me, SSLA is not just a simple election. In other words, it allows me to broaden my horizons. More importantly, it lets me meet a group of like-minded students who are also passionate about service and serve together. We contribute together to society through service projects. I would like to thank SSLA for providing many service opportunities, such as mental health talks and mental health workshops organized in cooperation with CUHK students. Through these projects and services, I have improved my communication skills and collaboration skills. I can also communicate with students from different schools, learn from each other, share our service experience, and learn knowledge other than books. What an amazing experience! At the same time, I can also share mental health issues with young people. It is hoped that teenagers can know and learn more in a lively and interesting way, such as different ways to reduce stress. It helps them to face the problem. I believe that these activities can inject new ideas into the community for self-improvement in adversity vitality. In the future, I hope to maintain my original intention - "life on life", and use my own abilities to help children in need. I believe that childhood is very important. Children can grow up happily and healthily which can definitely affect a person's life. Therefore, I hope to increase the community's attention to children, provide them with more assistance and hope that they can thrive in adversity and have a prosperous life.



## 林欣彤 Lam Yan Tung



Thanks to various experiences I got, it's my honour to be one of the finalists of the Hong Kong Student Service Leader Award. It's my pleasure to be part of the finalist groups, initiating a whole new volunteer project by ourselves, starting from outlining to putting our project plan into practice. I'm impressed by the other two groups' project plans also. As the proverb says, 'Helping others makes us happy.' Personally, the Student Service Leader Award is already not simply an election, but a meaningful project that I cooperate with my group mates, not only bringing happiness to elderly and children who joined the workshop, also triggering the satisfaction from the bottom of our hearts. Children went all out when playing educational games; elderly felt the care and warmth from us and the children who had chatted with them; all of us were more than delightful during the two-day workshop and enjoyed ourselves, internalising values of services and sense of community in children, especially of the elderly, bringing them a brand new experience of volunteering.

Throughout the process, my group mates have been being supportive. I appreciate their hard work, they are one of the best service leaders I have ever met. They taught me valuable lessons and left me unforgettable memories during these months. Once again, I am grateful to have the chance provided by the Hong Kong Student Service Leader Award, and Dream Compassioners.

Fulfilling my role as a service leader, I would like to lead youngsters at my age to devote themselves to give a helping hand to the ones in need, embracing the community. In the foreseeable future, I hope to be the role model of other teenagers, invite peers to participate in meaningful services in the community, no matter if we are just youths, we are the future pillars of our society.





## 周晞然 Hyatt Chau

我很感恩可以參選並能夠成為SSLA的一分子。在過去的數月中，有幸與香港各區中學的服務領袖攜手合作，學習成為一位更優秀的社區僕人。雖然過程中，我們未必對所有服務籌備工作瞭如指掌，慶幸童夢同行安排工作坊教導大家，讓學生有更多機會嘗試及進步。

整個計劃中，我最深刻的經歷是與同組成員一起設計並實行服務。我們由0開始籌備，運用從匯報會所學到的技巧及意見，大家分工合作，即使撞上成員們的考試期間，大家亦互相取長補短，務求把服務安排得盡善盡美。最後，看見參加者享受我們設計的活動，大家都感到十分滿足！

未來我希望可以用同輩的角度出發並善用對運動的熱誠，關注香港青少年的心理健康，學懂處理及認知情緒管理，亦為他們建立良好生活習慣。希望各年齡層的青少年能夠正視情緒健康，將來以身作則，願意關心身邊的人，分享資訊給同輩甚至成個社會。



## 吳詠琳 Ng Wing Lam Rainbow

第一次策劃服務的對象為少數族裔的小朋友。我一直對少數族裔沒有太多的認識，只是從平日從課堂上談及有關種族歧視的議題時，才增加對他們的認識。他們被套上特別頑皮及有暴力傾向的社會標籤，但經過跟他們的互動，我明白到其實他們也只是跟普通的小朋友一樣淘氣、可愛、喜歡玩耍而已。

至於第二次的服務，我們的服務對象為獨居長者以及高小的學生，活動名為「童老人」，旨在提倡長幼共融的概念。活動首日，我們為高小學生提供義工訓練。透過不同的遊戲，培養其同理心及為日後服務日作準備。次日，我們讓小義工與長者分組，一起做毛巾操，並協助他們完成馬賽克相框及一同拍下倩影留念。活動開始時，不免會擔心小朋友能否尊重長者，但在活動過程中，可以看到小朋友均能耐心與長者交流及教導長者製作相架，氣氛和樂融融，活動亦順利完成。

我是一個較慢熱的人，所以需要較長的時間來融入團隊，主動接觸服務對象亦然。不過，幸好有這個活動，讓我能參與團隊的合作，也讓我再一次發覺自己的不足並持續改進。希望在日後，自己能夠成為一個更加積極和主動的青年人。同時，亦期望參與更多的義工服務，幫助社會上有需要的人並履行社會責任。





## 范錦怡 Fan Kam Yi



有人說，世界像一個巨大的鐘，由無數個細小的齒輪推動而進步。如果說人日以繼夜的勤勞工作學習是爲了文明的進步。那服務他人讓我感到自己像一支蠟燭，又像一點星光。蘊藏着一股熾熱的，想服務他人的心。而參與HKSSLA讓我認識到了很多與我一樣對服務他人充滿熱誠而且真誠的人，彼此互相共鳴。亦漸漸從計劃中互相加深認識，成爲同路人。在活動中，一同策劃一項義工服務。

在討論過程中，共同討論不少社會當下的問題和現況，又針對問題共同籌備服務。過程中能夠與其他同爲學校服務團體的領袖團體合作，實在獲益良多。亦感受到大家對服務的熱誠，彼此就像燭光互相照亮。而我們籌備的義工服務，幫助少數族裔融入本土文化。分別帶這群少數族裔兒童去能了解香港生態的濕地公園，和了解香港紡織業文化的南豐紗廠。透過幫助他們融入香港文化，恍如將我這一點燭光也交給他們，溫暖他人。

而與過往的義工服務同樣地，在看到服務對象的笑容，每每使我更堅定自己要繼續走在這條路的決心。而做到「非以役人 乃役於人」。



## 柯珮儀 Or Pui Yee



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## 陳韋霖 Chan Wai Lam

作為一名中六學生，香港學生服務領袖選舉是我中學生涯中最後一個參與的大型活動，為我在中學的課外活動路程上畫上句號。是次選舉中，第一次的服務工作坊讓我了解到有關環境保育的重要性和現時世界上不同氣候、地勢的特色。而在第二次服務中，我們親自構思了服務計畫「童心·同心」，帶領少數族裔小朋友遊覽香港的特色地點，讓他們更加了解香港、融入香港。透過與他們的交流，我明白到他們在香港的難處，亦了解到他們的可愛之處，堅定了我繼續服務的心。儘管活動時天氣炎熱，但看到小朋友們在活動中綻放的笑容、活潑地到處探索，所有的酷熱疲憊彷彿化作青煙。是次選舉不僅僅是一個選舉，更是一個讓我們服務社會的機會，以及認識不同有志服務社會的學生領袖的平台，其中的種種經歷亦讓我獲益良多。希望在大學生涯中，我仍能不忘初心，盡己綿力，堅定地繼續服務社會上更多有需要的人，回饋社會。

最後亦感謝童夢同行舉辦是次選舉，讓各位學生領袖有更大的平台實踐服務、貢獻社會的同時，亦能認識一群志同道合的朋友，在服務的路上走得更遠。



## 楊昊 Yeung Ho Eden

I am indeed grateful to Dream Compassioners for providing me such an invaluable opportunity for me to collaborate with outstanding student leaders from different schools around Hong Kong.

Before participating in the SSLA, I genuinely thought that volunteering only meant joining services. I only treat it as a job that every responsible citizen has to fulfill. However, after engaging in the SSLA, in which I participated in various activities and visits, and self-initiated a service project with my groupmates, my entire perspective on volunteer work has changed. We do not necessarily expect to receive anything from performing a social service. It is more like a mental comfort for the help and assistance you provided to the needy.

Moreover, the SSLA has provided me with a wider exposure to people and communications. Since I have been studying in a boy school since kindergarten, I gained experience in discussing matters with my female groupmates. Also, I get to communicate with sponsors and have tried my very best in persuading them to sponsor our events. Credits must be given to the International Social Service for sponsoring our service project. Undoubtedly, my social skills have significantly improved.

The SSLA surely enlightened me in continuing to engage in voluntary work. I will serve the community in the future at my leisure, and encourage and motivate the juniors to join in these meaningful activities. Since social service is a long lasting project to accomplish the betterment of society, such values must be passed on to the next generation. As young people are energetic, creative and have nothing to lose, they are considerably the best group to provide and initiate such services. Therefore, I will be focusing on nurturing future social service student leaders at school, providing them with advice and suggestions.





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