



教學活動日

探訪靈實護養院記

中二慈 梁淑芬

十一月九日是本校的教學活動日，我們到靈實醫院護養院服務。這次我是第一次以校園記者的身份參加活動，感覺自然和以前的義工服務不同。

這天終於到了，我們校園小記者及幾位攝影組的同學，一早便回校跟老師部署當天的工作安排。甫一到埗，同學們便立即展開工作，老人家們都精神奕奕地以微笑歡迎我們。同學們落力演出，又和老人家們玩遊戲、派禮物、聊天，以及進行簡單的問卷調查。小記者們則在各樓層間穿梭工作，致力捕捉活動中有趣和感人的鏡頭。同學們雖然沒有做義工的經驗，但都能團結合作，為護養院的長者帶來歡樂，令整個院舍充滿生氣及笑聲。我們在這短短的一個多小時裡，既忙於拍照和錄影，又要爭取時間和長者們談天，真感到有點分身不暇。

這次的教學活動十分有意義。在活動中，同學們都悉力以赴，盡顯對長者們的愛心和耐性。而我除了攝影技術大有進步之外，也學會了要珍惜身邊的一切和關心長者。

細心聆聽，收集資料，完成問卷。



師生合力演出，長者們都聽出耳油。



愛心和耐性是義工的必備條件，我們都具備了。

Care, concern and compassion

When I first got there, I thought the old people were not friendly. However, once I started a conversation with them, I found them very kind. There was even an old man who taught me English while I was chatting with him. It was indeed a pleasant experience!

Albert Lee S.2A

After different kinds of performances, we talked to the old people and gave them some presents. When we were about to leave, some of them grasped us very firmly, reluctant to let us go.

Lily Lam S.2C

Most of the old people suffer from anxiety and loneliness. From the visit, I believe that as long as we give them more attention and love, they will be very happy.

Wendy Lee S.2A

Through the activities, I realized that the elderly are very bored, lonely and unhappy because their families seldom visit them. My schoolmates showed their concern to the old people. They filled the home with laughter and happiness.

Nicole Wong S.2B

We visited a hostel for the mentally retarded on Excursion Day. When we arrived at the hostel, the person who was in charge showed us around. We had been divided into groups a few days before our visit. We got into our groups and started playing games with the patients.

At first, the patients were very shy and passive, but they became more active and friendly after watching a magic show. They were very warm towards us. It seemed that they really enjoyed it.

After the magic show, we began to sing. While we sang, they clapped their hands in time to the music. Then, we gave presents and souvenirs to them. We finally took pictures together.

Before I took part in this visit, I thought that the mentally retarded were cold people and it was difficult to get along with them. However, this is not true. I found them to be very lovely and cute.

Biarta Lam S.4A



We found that when we spoke wholeheartedly to the residents, they listened attentively.



The 'V' sign everyone is showing with their hands, tells you how 'V'ictorious this visit has been.