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聯合國兒童基金會青年使者計劃 2023

UNICEF Young Envoys Programme

兒童權利與SDG目標3：良好健康與福祉

Child Rights and SDG 3: Good Health and Well-being



SDG 3



主辦機構 Organizer

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Contents
目錄

02	前言 Foreword	21	社區參與小組 Community Engagement Team
03	計劃簡介 Programme Introduction	23	多媒體小組 Multi-media Team
05	UNICEF獻辭 Message from UNICEF HK	25	社交媒體及刊物製作小組 Social Media and Publication Team
07	獨家贊助 AEON信貸財務（亞洲）有限公司獻辭 Sole Sponsor Message from the AEON Credit Service (Asia) Co., Ltd.	考察團 Learning Visits	
09	公眾倡議項目 GenAction Project	27	韓國 Korea
11	青年使者介紹 UNICEF Young Envoys	31	中國深圳 Shenzhen, China
15	封面設計 Cover Design Concept	關於青年使者 About Young Envoys	
17	精神健康調查 Mental Health Research - 'Survey on Resilience Ability of Secondary School Students'	35	青年使者的反思 Reflection of Young Envoys
19	倡議小組 Advocacy Team	45	鳴謝 Acknowledgments

前言
Foreword

2023年，新冠疫情結束，社會逐漸復常。一眾青年使者再次出發，踏上嶄新的旅程，積極學習兒童權利，並為兒童發聲。青年使者透過問卷調查、社區參與、微電影製作等方式，喚起大眾對兒童精神健康的關注。與此同時，青年使者透過韓國、深圳兩地的考察之旅，探索如何建設兒童友好城市，為兒童健康與福祉作出倡議，以實現更健康、更幸福的兒童生活。



In 2023, the COVID-19 pandemic came to an end and people's life gradually returned to normal. UNICEF Young Envoys embarked on a new journey, actively learning about child rights and advocating for children's voices to be heard via different platforms. Through the means of research, community engagement and micro-film production, Young Envoys raised public awareness of children's mental health. Meanwhile, Young Envoys visited Korea and Shenzhen to explore how to build a Child Friendly City, paving the way for advocacy of children's health and well-being, aiming to achieve a healthier and happier childhood.

計劃簡介

聯合國兒童基金會青年使者計劃（下稱「計劃」）由聯合國兒童基金會香港委員會於1996年推出，旨在為香港青少年提供寶貴機會，探討有關兒童生存權、保護權、發展權和參與權的全球及本地議題。計劃令本地青少年能夠更了解全球兒童面臨的困難和挑戰，並與聯合國兒童基金會合作，為兒童建立更美好的將來。

目標

- 透過認識兒童權利及發展領袖能力、溝通技巧、組織及動員力等一系列訓練，培育兒童權利倡議領袖。
- 喚起青年使者對世界各地兒童的關注，了解他們所面對的挑戰及威脅，以及聯合國兒童基金會的工作如何改善兒童的生活。
- 提供平台予青年使者參與及推動聯合國兒童基金會香港委員會的倡議及教育工作。
- 實踐兒童參與權及推廣聯合國《兒童權利公約》。

GenAction是指與聯合國兒童基金會香港委員會攜手致力解決全球和本地兒童相關議題的新一代。透過經驗分享意見及交流，鼓勵年青人為每個兒童的福祉提出可行的想法和作出行動。我們邀請所有充滿激情和創新精神的年青人加入GenAction行列。

About UNICEF Young Envoys Programme

Launched by UNICEF HK in 1996, UNICEF Young Envoys Programme (the Programme) aims to provide opportunities for Hong Kong youngsters to explore global and local issues in relation to children's rights to survival, protection, development and participation. The Programme enables local youngsters to better understand the difficulties and challenges that children are facing globally, and to partner with UNICEF to create a better future for every child.

Objectives

- To cultivate child rights advocates through capacity- and skill-building in terms of knowledge, leadership, communication, and critical thinking.
- To raise awareness of challenges and threats faced by children around the world and how UNICEF improves lives of millions of children.
- To offer a platform for young leaders to participate and take lead in UNICEF HK's advocacy and education works.
- To realize rights to participation and promote the United Nations Convention on the Rights of the Child.

GenAction refers to an action-oriented generation who cooperates with UNICEF HK to work on global and local children issues. Through experience sharing and idea incubation, we encourage youngsters to roll up their sleeves and come up with actionable ideas and projects for the well-being of every child. We invite all passionate and innovative youths to join GenAction.

UNICEF 獻辭

在社會全面復常的情況下，聯合國兒童基金香港委員會更積極推動青年參與的工作，培育及發掘他們的潛能，讓青少年發揮所長，攜手推動兒童權利倡議活動，關注全球各地弱勢兒童的狀況。

自1996年創立以來，「聯合國兒童基金會青年使者計劃」已培育了接近1,500位青年使者，旨在提高本地中學生對兒童權利的重要性意識，並提供一連串的培训及學習機會，發掘他們的潛能。此外，計劃亦為青年使者提供外地考察交流的機會，擴闊他們的視野，深入瞭解聯合國兒童基金會在各地的工作，對兒童議題有全方位的認識之同時，更激發青少年的創意，透過不同的機會從中學習及提升倡議能力。

今屆青年使者計劃關注的議題為「兒童的良好健康及福祉」，青年使者們透過兒童抗逆能力調查，深刻體會到疫情為兒童帶來的心理困擾，並運用自身的創意，以藝術、媒體創作等形式幫助兒童，向大眾宣揚精神健康的重要性，喚起對兒童精神健康的關注。隨著社會回復常態，今年暑假能夠成功舉辦考察團，讓一眾青年使者親身到訪韓國及深圳兩地，認識兒童友好基礎建設，加深對兒童友好城市的體會，從而反思學習環境對兒童成長發展和青年參與的重要性，實踐聯合國兒童基金會之精神，讓兒童擁有生存及發展權利，實現潛能。

藉此機會，我謹代表聯合國兒童基金香港委員會，衷心感謝AEON信貸財務(亞洲)有限公司連續16年的支持，讓聯合國兒童基金香港委員會能夠持續為香港青少年提供多元化的領袖培訓及實踐機會。

兒童是連結未來的新芽，儘管面臨各種挑戰，聯合國兒童基金香港委員會將繼續為他們灌溉希望，促進兒童發展及提升青年參與，一同建設更美好、全面和可持續發展的社會。衷心邀請大家細閱青年使者的故事及心聲，更期盼各界的持份者，尤其學校及家長們，攜手支持聯合國兒童基金香港委員會培育青年的工作。

聯合國兒童基金香港委員會

Message from UNICEF HK

As society returns to normalcy, UNICEF HK continues its unwavering efforts to promote youth engagement, cultivate and discover their potential, and empower young people to advocate for child rights.

Since its establishment in 1996, the UNICEF Young Envoys Programme has nurtured nearly 1,500 outstanding Young Envoys. The Programme aims to raise awareness among local secondary school students about the importance of child rights and provides a series of training and learning opportunities to unleash their potential. It has offered Young Envoys the chance to participate in overseas visits in order to expand their horizons and deepen their understanding of UNICEF's global work. Through these experiences, they gain comprehensive insights into children's issues and to encourage them to utilize their creativity to advocate for children's rights.

This year's Programme places its emphasis on the theme of 'Children's Good Health and Well-being'. By conducting mental health research on children's resilience, Young Envoys have gained a profound understanding of the mental burden that the COVID-19 pandemic has brought to children. As a result, Young Envoys have utilized their creativity through art, media creations, and other means to support children, as well as to raise public awareness of the importance of mental well-being. This summer's learning visits to Korea and Shenzhen have deepened Young Envoys' understanding of child-friendly infrastructures, and broadened their insights into Child Friendly Cities, leading them to reflect on the significance of learning environment on children's growth and youth engagement. This helps achieve the UNICEF spirit in ensuring children's rights to survival and development as well as unleashing their full potential.

I would like to express my sincere gratitude to AEON Credit Service (Asia) Co., Ltd. for their generous support to the Programme for 16 consecutive years. Their commitment has enabled UNICEF HK to provide local youths with diverse opportunities for leadership development and practical experiences.

Children are seeds being planted today for the harvest of tomorrow. Despite various challenges we face, UNICEF HK remains steadfast in its commitment to nurture and promote child development, as well as enhance youth engagement. We hope to build a better, more comprehensive, and sustainable environment for all. Please dive into this booklet so as to share the unforgettable moments with Young Envoys. I also call upon our stakeholders, especially schools and parents, to join hands with us in nurturing the young generation.

Hong Kong Committee for UNICEF

獨家贊助 AEON信貸財務(亞洲)有限公司致辭

本著AEON 集團「以顧客為原點，追求和平，尊重人類，貢獻地區」的基本理念及履行社會企業責任，AEON信貸財務(亞洲)有限公司(「AEON信貸財務」)持續支持中國以及本地有關環保、教育及文化交流等慈善項目。為了促進可持續發展和創造長期價值，AEON信貸財務亦積極參與不同的社會及環保活動，例如：大學獎學金、植樹活動、理財教育等。

我們很高興能連續16年支持聯合國兒童基金會青年使者計劃。此計劃透過一連串的培訓工作坊，校內及社區倡議活動，成功孕育了超過900名青年使者。我們衷心希望透過贊助這項獨特的計劃，讓香港青年人更深入體會到世界各地兒童的狀況和需要，從而鼓勵他們關心有需要的人。



Message from the Sole Sponsor AEON Credit Service (Asia) Co., Ltd.



AEON CREDIT SERVICE

Guided by AEON Foundational Ideals of 'Pursuing peace, respecting humans, and contributing to local communities, always with customers as our starting point', AEON Credit Service (Asia) Co., Ltd. ("AEON Credit Service") continues to support local and Mainland charitable projects, especially in areas like environmental protection, education and cultural exchange. To promote sustainability and long-term value creation, AEON Credit Service has been actively participated in various social and environmental activities, such as scholarships to universities, tree planting activities, financial education, etc.

It is our pleasure that this is the sixteenth year for us to support UNICEF Young Envoys Programme. The Programme, through a series of training workshops, in-school and community advocacy projects, has successfully appointed over 900 Young Envoys. By sponsoring this unique Programme, we sincerely hope the youth of Hong Kong would understand the situations and needs of children in different parts of the world, and encourage them to show their care and empathy to others.

公眾倡議項目 GenAction Project

作為青年使者，我們深信每個兒童均享有發展權、生存權、保護權和參與權。我們矢志以青年使者的力量，確保每位兒童的身心健康得以正面發展。

因此，我們透過GenAction作為實踐，提出各種創新的倡議，並且設計多元化活動，倡議兒童權利和精神健康。我們的受眾不限於兒童，更包括社會上不同的持份者。透過不同活動，向社會傳達兒童權利的重要性訊息，以提高公眾對這些議題的關注。

兒童的整體發展和未來，取決於他們的抗逆力和精神健康。所謂抗逆力，是指兒童調整、應對和從壓力中恢復的能力，其中包括自我價值、情緒管理、問題解決能力和社會支持系統。而他們的情緒、心理和社會狀態，如滿足感、積極的自我認知和健康的人際關係，均屬於精神健康的範疇。

具備抗逆力的兒童能夠更好地應對壓力、適應生活、建立人際關係和面對挑戰等，從而提升精神健康。因此作為青年使者，我們關注可持續發展目標3「良好健康與福祉」，並致力讓大眾認識抗逆力對兒童的身心發展帶來的正面影響。

As Young Envoys, we believe that every child should have the rights to develop, survive, participate and be protected. We are also determined to do everything with our power as teenagers to ensure the mental well-being of every child.

Therefore, all of our passionate Young Envoys are dedicated to coming together to kick start GenAction. We work in groups to work out innovative solutions, including designing different campaigns and activities that utilize multiple platforms to advocate for child rights and mental well-being, not only targeting children but also different stakeholders in society. Throughout these activities, we aim to highlight the importance of child rights and mental well-being to society so as to raise awareness of these issues among the general public.

Children's development and future depend on their mental resilience and well-being. The ability of a child to cope with and recover from difficulties and stresses refers to mental resilience. It calls for self-worth, emotional control, problem-solving abilities, and social support systems. Their emotional, psychological and social states, such as contentment, positive self-perception, and healthy relationships, all fall under the category of mental well-being.

Children with better mental resilience are better equipped to deal with stress, navigate life, form relationships, and make ethical decisions. Early mental health has positive and enduring effects. Therefore, as Young Envoys, we care about SDG3: Good Health and Well-being and are committed to raising public awareness that help children achieve the aforementioned goal, contributing to the children's well-being.



青年使者介紹 Young Envoys

倡議小組

- 對約400名中學生進行了「中學生的抗逆能力調查」
- 評估本地中學生應對挑戰、適應環境、情緒管理、尋求協助以及保持積極態度的能力

Advocacy Team

- Conducted a survey on the Resilience Ability of secondary school students with around 400 respondents
- The survey assessed their capacity to cope with challenges, adapt to the environment, manage emotions, seek help and stay positive despite difficulties



Chan Ka Chun
陳嘉臻

Po Leung Kuk Laws
Foundation College



Chan Sin Sze
陳倩思

St Paul's
Co-Educational College



Cheung Wing Yan Constance
張詠甄

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Christian Alliance S.C. Chen
Memorial College



Lo Chun Wai Kenneth
盧俊緯

Wah Yan College
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Poon Joy Lam Jocelyn
潘在霖

Pui Ching
Middle School



Tse Wing Tim Fiona
謝穎甜

Good Hope School



Valerie Shek
石斯艾

The Independent Schools
Foundation Academy



Wong Hiu Wai
黃曉慧

Sacred Heart
Canossian College



Cheung Kin Leung
張鍵樑

Shun Lee Catholic
Secondary School



Chow Mei Miu, Mable
周美妙

St Paul's
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Poon Yi Ling Elaine
潘依伶

Tak Oi
Secondary School



Sum Chung Fai Jeff
岑頌輝

Munsang College



Law Tsz Ching Felice
羅紫晴

Po Leung Kuk
Choi Kai Yau School



Tsoi Sheung Lim Chloe
蔡尚濂

The Y.W.C.A.
Hioe Tjo Yoeng College



Wong Ching Tung Emily
黃靖桐

G.T. (Ellen Yeung) College



Wong Ka Yi Anna
黃嘉兒

NLSI Lui Kwok Pat
Fong College



Wong Yan Hang, Grace
黃恩行

Marymount
Secondary School



Xie Mingjuan
謝明娟

S.K.H. Lui Ming Choi
Secondary School

社區參與小組

- 與香港單親協會合作
- 籌辦社區服務，為單親兒童提供「兒童權利」的學習機會
- 目標對象為高小學生

Community Engagement Team

- Collaborated with the Hong Kong Single Parents Association
- Organized community services for children from single-parent families with learning opportunities on child rights
- The target audience was senior primary school students

青年使者介紹 Young Envoys

多媒體小組

- 以短片方式提升大眾對兒童權利和可持續發展目標3「良好健康與福祉」的認識
- 透過短片及其訊息，讓社會各界能夠聆聽更多兒童的聲音

Multi-Media Team

- Raised public awareness of child rights and SDG3: Good Health and Well-being through short videos
- Let the public hear the voices of children through messages delivered in short videos



Chan Check Yan
陳綽妍

Shatin Tsung Tsin
Secondary School



Chung Chit Hang
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Graduate Association College



Lee Yat Yin Beatrice
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Tsuen Wan Government
Secondary School



Sze Cheuk Yu Charlotte
施卓妤

Maryknoll Convent School
(Secondary Section)



Wan Ka Ki Kelly
溫嘉琪

PLK No.1 W.H.
Cheung College



Wang Gabriel
王啟然

Victoria Shanghai Academy



Wong Hing Yip Silas
黃興業

Victoria Shanghai Academy



Wong Ho Fai
黃皓揮

Sing Yin Secondary School



Lau Tin Yuet Joyce
劉天悅

French International School
Hong Kong



Ng Yan Ting
吳姻霆

Shatin Tsung Tsin
Secondary School



Pow Lok Ching
鮑樂澄

Sacred Heart
Canossian College



Tsang Sum Wai
曾心慧

Tai Po Sam Yok
Secondary School



Wong Ning Him
黃甯謙

G.T. (Ellen Yeung) College



Wong Yeung Ting
黃揚廷

Queen Elizabeth School



Yan Hok Yee
殷學儀

Tin Ka Ping Secondary School



Yeung Ho Lun
楊浩倫

St. Paul's College



Yuen Yee Huen
袁而萱

St Stephen's Girls' College

社交媒體及刊物製作小組

- 構思刊物內容及製作刊物
- 撰寫和編輯社交媒體文章
- 與其他團隊合作，記錄相關項目的實踐

Social Media and Publication Team

- Managed the content and preparation of publications
- Drafted and edited social media posts
- Cooperated with other teams to record the implementation of the GenAction Project

封面設計 Cover Design Concept

今年的封面設計中，我們加入了可持續發展目標3「良好健康與福祉」的元素，突顯計劃的年度主題。

隨著疫情的緩解，青年使者得以進行實體活動，面對面交流。封面上也加入了許多活動照片，記錄青年使者們相處的點滴，展現他們每次參與活動時的投入和與組員相處融洽的情景。

This year's cover design highlights SDG3: Good Health and Well-being, which is the Programme's theme of the year.

As the pandemic eases, Young Envoys could take part in physical activities and communicate in person. Many photos of the events were put on the cover page, showing the journey of our Young Envoys. It also demonstrated their involvement in different activities and harmonious relationships between each other.

GOOD HEALTH AND WELL-BEING

SDG 3

精神健康調查

聯合國兒童基金會青年使者於2023年5月22日至6月21日期間，向本港中學生進行了網上問卷調查，探討他們的精神健康狀況。「有關中學生的抗逆能力調查」成功收集了408份有效問卷，結果顯示雖然新冠疫情已經減弱，但仍有接近三成中學生對在公共場合摘下口罩感到不適，其中四分之一受訪者表示因對自己外表感到憂慮，仍不會在公共場合除下口罩。這反映了部分中學生對自己的外表缺乏自信，欲藉戴口罩隱藏面部特徵；而疫情期間長期遮掩半臉，亦讓中學生更在意自己的容貌觀感，或加劇了容貌焦慮。

此外，高達99%受訪中學生認為學業為他們帶來壓力，當中接近九成認為他們承受的學業壓力屬中至高等。另外，僅6.6%受訪中學生表示在過去兩星期內沒有感到壓力，情況令人擔憂。另一方面，有約三成受訪中學生表示他們會透過參加課外活動來抒發情緒。青年使者期望透過是項問卷調查，幫助社會大眾了解中學生心理狀況，從而提高他們對兒童精神健康的關注。此外，青年使者更就有關情況，透過社區服務、社交媒體、和微電影等方式，在本港推廣兒童權利和聯合國可持續發展目標3「良好健康與福祉」的概念。



Mental Health Research ‘Survey on Resilience Ability of Secondary School Students’

UNICEF Young Envoys conducted an online survey from 22 May to 21 June 2023 to explore the mental health conditions of Hong Kong secondary school students. The ‘Survey on Resilience Ability of Secondary School Students’ successfully collected 408 valid responses. Results showed that although the COVID-19 pandemic had subsided, nearly 30% of secondary school students still felt uncomfortable when removing their masks in public. One-quarter of the respondents stated that they would not remove their masks in public due to appearance-related concerns. This also reflected their lack of confidence on appearance, causing them to hide away with masks. Wearing masks for a prolonged period during the pandemic might have made students more conscious of how they look, potentially aggravating appearance anxiety.

Besides, a staggering 99% of the respondents reported feeling academic pressure, with nearly 90% respondents considering the pressure level from moderate to high. Another worrying sign was that only 6.6% of the respondents indicated not feeling stressed in the past two weeks. Around 30% of the respondents mentioned that they managed their emotions through participation in extra-curricular activities. Through this survey, Young Envoys hoped to facilitate the public to understand the mental conditions of secondary school students, thereby increasing their awareness to children's mental health. In addition, Young Envoys promoted child rights and the concept of SDG 3: Good Health and Well-Being in Hong Kong through community services, social media and micro-films.

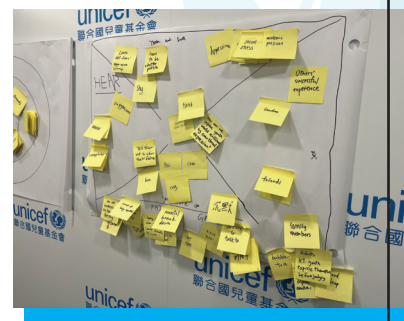


倡議小組

我們是一群充滿激情的青年使者，深信溝通的力量能夠推動正面的改變。我們致力倡議可持續發展目標3「良好健康與福祉」，並提高中學生對精神健康的意識。我們為團隊內部以及與合作夥伴之間建立良好的溝通感到自豪，這是我們項目成功的關鍵所在。透過我們的共同的努力，我們在中學生適應能力調查方面取得了豐碩成果，我們對能夠持續作出貢獻感到非常高興。

我們深信，提升中學生的健康和適應能力是建立健康社會的基石。因此，為了評估學生的適應能力，我們對約400名中學生進行了「中學生的抗逆能力調查」。此調查旨在評估他們應對挑戰、適應環境、情緒管理、尋求協助以及保持積極態度的能力。

我們建議在中學校園強化復原能力訓練、提供情感支持的資源和推行精神健康措施。我們相信，這種全面的預防性方法將培養出健康且具靈活性的年輕人，使他們能夠應對當今世代的迅速變遷。我們期望此調查能夠提高公眾對於青少年需求的認知，並鼓勵他們採取行動，確保所有學生都能夠培養具備健康和福祉所需的生活技能。



Advocacy Team

We are a group of passionate youngsters who believe in the power of communication to drive positive change. Our team is dedicated to advocate for SDG 3: Good Health and Well-being as well as promoting awareness about mental health of secondary school students. We pride ourselves in fostering effective communication within our group and with our partners, which is the key to our projects' success. Through our collaborative efforts, we have achieved fruitful results on our 'Survey on Resilience Ability of Secondary School Students' and we are excited to continue making a difference.

We believe promoting health and resilience among secondary school students lays the foundation for a healthy society. To assess students' resilience, we conducted a 'Survey on Resilience Ability of Secondary School Students' to which around 400 secondary school students responded. The survey aimed to assess their capacity to cope with challenges, adapt to environment, manage emotions, seek help and remain positive despite difficulties.

We suggest secondary schools to strengthen resilience training, emotional support resources and mental health initiatives. We believe this holistic, preventive approach will cultivate healthy, resilient youth and prepare them to thrive in today's world. We hope our survey can raise awareness of youth needs and call for actions to ensure students develop the essential life skills for health and well-being.



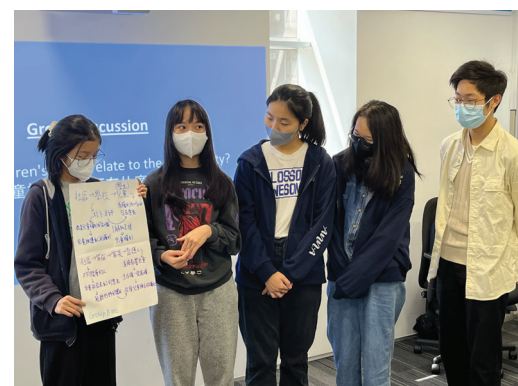
社區參與小組

我們是社區參與小組，共有十位成員，每個人都擁有不同的才能和優勢。我們對於倡導兒童權利充滿熱情，因此我們組成了公眾參與項目（社區服務）隊。

我們透過舉辦四節工作坊，向香港單親協會的參加者介紹了兒童權利和SDG 3「良好健康與福祉」。同時，我們透過製作流沙瓶和和諧粉彩，協助參加者減壓，藉此提升參加者對自己精神健康的關注。

在過程中，我們與參加者一同玩了破冰遊戲，互相認識和建立關係。透過影片向參加者講解了兒童權利的概念，並透過卡牌配對遊戲深化對兒童四權的認識和印象。此外，通過問答環節和熱身遊戲，協助參加者重溫每節所學的知識。

我們向參加者介紹了可持續發展目標3「良好健康與福祉」，並準備了桌上遊戲讓參加者在遊戲中學習。除此之外，我們更向參與者解釋了壓力的概念，與他們一同製作了流沙瓶，希望參與者能夠透過彩沙的流動來舒緩壓力。最後，我們安排了「和諧粉彩」，讓參加者在繪畫過程中釋放壓力。這個活動吸引了參與者的家長與我們一同創作！每個人臉上都洋溢著燦爛的笑容，仿佛在告訴我們——努力籌劃是值得的！



Community Engagement Team

We are the Community Engagement Team. We have a total of 10 members, each with different talents and strengths. Passionate about advocating child rights, we teamed up together.

We organized four workshops to introduce child rights and SDG 3: Good Health and Well-being for the underprivileged children from the Hong Kong Single Parents Association. At the same time, we assisted the children to release their stress by making sand art bottles and Pastel Nagomi Art, thereby raising their awareness of mental health.

During the process, we played icebreaker games with the children and built relationships. The concept of child rights was explained to them through a video and PowerPoint slides, and a card matching game to deepen their understanding of the four basic rights of children. In addition, Q&A sessions and warm-up games were provided to help participants review the knowledge learned from each session.

We introduced SDG 3: Good Health and Well-being to participants and prepared board games for them to learn through play. In addition, we explained the concept of stress to the children and made sand bottles with them, hoping the children could relieve stress through the flow of coloured sand. Finally, children were able to release stress through Pastel Nagomi art painting. Parents were also attracted to join the creation process with us. Everyone had a bright smile on their face, as if they were telling us that our hard work paid off.

多媒體小組

我們是多媒體小組，一群充滿活力且對所做事情皆充滿熱情的青年使者。今年，計劃因應我們的個人興趣，安排到不同的小組，這便是我們友誼的起點。透過參與不同培訓活動、遊戲和小組討論，我們開始相互認識和了解，從此我們由陌生人成為好朋友，建立真摯的友誼。更重要的是，我們學習了兒童權利和17項可持續發展目標，從而實踐GenAction的精神。

我們相信家庭是兒童的精神健康的基石，透過建立穩健的親子關係和成長環境，孩子們能更快樂和更健康地成長。此外，積極溝通和家庭支持有助促進兒童的精神健康。

為了倡議可持續發展目標3「良好健康與福祉」，我們善用訓練活動所學，製作了一部長達五分鐘的微電影。該影片旨在喚起公眾對兒童情緒與精神健康的關注，並鼓勵家長能夠關心和支持子女。

微電影講述主角May在實現跳舞夢想上遇到的困難，並透過親子之間的互動，突顯正面的溝通模式如何有助提升兒童精神健康，以及實踐家庭的支援在兒童成長階段的重要性。



Multi-media Team

We are the Multi-media Creation Team, a group of Young Envoys who are energetic and passionate about what we are doing. From the start of the year, we were divided into different groups based on our interests, and that was the beginning of our friendship. In the training sessions, game sessions and interactive discussions, we started to know each other more – turning from strangers to close friends. We have gained a genuine friendship. More importantly, we learned about child rights and 17 SDGs, implementing the spirit of GenAction.

We believe that families are the foundation of a child's mental health. By establishing a strong parent-child relationship and creating a nurturing environment, children can grow up in a happy and healthy environment. Additionally, active communication and family support are crucial for promoting children's mental health.

To advocate for SDG 3: Good Health and Well-being, we leverage the knowledge learned in class to produce a five-minute short film. The film aims to increase public awareness of children's emotional and mental health and encourage parents to be more attentive and supportive for their children.

The short film is about May, who pursued her passion in dance but faced opposition from her mother. We wish to highlight the importance of parent-child communication, including how positive communication can enhance children's mental health, as well as the importance of family support for children's development.



社交媒體及刊物製作小組

我們是編輯及製作小組，又名Kidism! 我們為什麼要改這個名字？是因為我們作為兒童代表，希望以此身份向社會倡議兒童權利，令更多人關注正在努力成長的幼苗，營造更美好的環境，讓他們在未來成為社會的棟樑！

為推廣可持續發展目標3「良好健康與福祉」，我們進行了一系列線上線下宣傳，包括運用社交媒體平台，以及到訪社區宣傳兒童權利和抗逆力的重要性，提升兒童和社會人士相關的認識，引起公眾關注兒童精神健康議題。

我們的反思：我們在開始的沉默和尷尬中，逐漸建立起互相的連結，如今變得默契十足，見證著彼此的轉變。在短短的一年裡，雲端中不斷累積的文件，證明了我們一年來的努力和進步。

從探索到井井有條；從開會時的昏昏欲睡，到會議後效率的大幅提升；從追趕到能夠按時完成工作，這一切均見證了我們踏上巔峰的足跡。

這一年的各種經歷都是為了裝備自己，成為青年使者。仰望遠方，我們看到耀眼的陽光、湛藍的天空和孩子們的笑容，那正是我們再次邁向另一個巔峰的目標。



Social Media and Publication Team

We are editing and production team—Kidism! Why the name? As representatives of children, we hope to advocate for children's rights in society. Our goal is to raise awareness of the growing seedlings of society, and to create a better environment for them to become pillars of society.

To promote SDG 3: Good Health and Well-being, we launched a series of online and offline campaigns, including creating an Instagram account, and distributing leaflets to promote the importance of child rights and resilience in the community. The campaigns aroused the public concern on children's mental health.

Our reflection: From the initial silence and awkwardness, we gradually built a connection, and now, we've become highly in sync, witnessing each other's transformation. In just one year, the number of documents we worked on collectively have proven our continuous efforts and progresses.

From exploration to organization; from feeling drowsy during meetings to a significant increase in efficiency; from chasing deadlines to being able to complete work on schedule—these experiences all witnessed our journey to the peak.

Our various experiences this year have all equipped ourselves to become young ambassadors. Looking forward to the future, we see the dazzling sunlight, the blue sky, and the smiles of children—these are the goals we strive to achieve.

考察活動 Learning Visits

■ 韓國 Korea

隨着社會復常，聯合國兒童基金會委員會向青年使者提供外地考察機會，讓青年使者能夠認識韓國的兒童議題，以及聯合國兒童基金會如何改善當地兒童的生活，更透過實地考察，實踐兒童的發展權和參與權。

短短幾天的考察活動，我們拜訪了聯合國兒童基金會韓國辦事處，認識基金會在當地的籌款及倡議工作。此外，更到訪完州郡政府，與當地兒童代表交流兩地由青年為主導的倡議計劃。此外，我們透過參觀各項兒童友好設施，認識「兒童友好城市」如何在韓國實踐，相關組織如何讓兒童的聲音得以獲社會人士聆聽。

第一天，我們在聯合國兒童基金會韓國辦事處的展覽中，體驗了扛著水桶，模擬在惡劣環境下取得水源的挑戰，讓我們反思潔淨水資源來得不易。此外，聯合國兒童基金會更讓我們製作了代表拯救生命的 Awoo 娃娃。這些獨特的娃娃由聯合國兒童基金會贊助，讓公眾可以透過購買或領養娃娃，藉此籌集資金用於發展中地區的兒童工作，包括疫苗、帳篷和教育物資等。



As society returned to normalcy, UNICEF HK provided Young Envoys with the opportunities to participate in overseas visits to comprehend children's issues in South Korea and how UNICEF improves the lives of local children. They were able to witness the implementation of children's developmental and participatory rights.

During the field trip, Young Envoys visited the UNICEF Korea office to learn about their fundraising and advocacy efforts. They also engaged with the local provincial government and discussed children's issues and youth-led advocacy projects with local representatives. Furthermore, Young Envoys visited various child-friendly facilities to understand how the concept of Child Friendly City was put into practice in Korea, as well as how related organizations can ensure that children's voices were heard in society.

On the first day, we experienced a simulation of obtaining clean water at the exhibition held in UNICEF Korea office, where we carried water buckets to feel the challenges under adverse conditions, encouraging us to rethink clean water resources. Moreover, we created Awoo dolls, sponsored by UNICEF, that symbolized saving lives. These unique dolls were available for purchase or adoption, with the funds used to support the developing countries in terms of vaccines, tents, educational supplies, and more.

考察活動 Learning Visits

第二天，我們與韓國青年進行交流，雖然過程中受到語言限制，但我們嘗試使用智能電話進行翻譯，以及身體語言向對方分享對兒童權利的看法，因而建立了友誼。此外，我們更參觀了完州郡的「兒童友好城市」的設施，其中包括Noltopia，一個為兒童提供遊玩和發展的中心，多元化的設施能夠讓兒童一展所長，發揮無限可能，為他們與家人或朋輩提供遊戲空間，反映了韓國推動兒童友好城市倡議的發展。



第三天，我們探索了兒童友好的Ujuro1216圖書館，圖書館除了一般的閱讀區外，更根據兒童發展需要設計，為兒童額外增設手工藝區、休閒區和音樂室等，讓兒童能夠在舒適和充滿色彩的環境下閱讀、遊戲和學習。此外，我們還參觀了Momggeot Sup & House，這是一個結合了室外和室內可以令人放鬆的場所，供兒童和家長閱讀，甚至能夠享受大自然環境所帶來的樂趣，讓兒童能夠因應不同的需要進行活動。

這次旅程為我們帶來說是一個非常難忘的體驗，感謝聯合國兒童基金會香港委員會為我們提供寶貴的機會，讓我們作為兒童能夠在韓國切身處地認識聯合國兒童基金會在海外的工作，更能夠與當地青年進行交流並互相學習，讓我們在日後能夠以第一身的分享向朋輩、家人，以至學校和社區進行兒童權利倡議工作。

On the second day, we engaged in discussion with Korean youth representatives. We made use of translation tools and non-verbal communication to overcome language barriers and shared our opinions on child rights, establishing friendship along the way. Additionally, we visited child-friendly facilities in Wanju Gun, including Noltopia, which was a center providing children with opportunities to play and develop. The diverse facilities enabled children to develop their talents and potentials, providing them with spaces to play with families and peers, highlighting the characteristics of children-friendly cities.



On the third day, we visited the child-friendly Ujuro1216 Library, which was designed based on the needs of children development. Apart from reading areas, the library had designed spaces for crafts, leisure, and a music room, in order to create a comfortable environment for children to read, learn and play. Furthermore, we went to Momggeot Sup & House, a relaxing place that combined indoor and outdoor spaces, allowing children and parents to read and enjoy the beauty of nature. This enables children to engage in numerous activities based on their needs.

It is a unique and invaluable experience. We would like to express deep gratitude to UNICEF HK for providing this opportunity, enabling Young Envoys to understand UNICEF's work in foreign countries. Through interactions with local youths, we could learn from each other and widen our horizons. It has enabled us to advocate for child right among our peers, families, schools, and communities with the first-hand experiences.



考察活動 Learning Visits

■ 中國深圳 Shenzhen, China

青年使者走訪中國深圳市有關「兒童友好城市」的設施，包括社區中心，康健中心及實驗學校等，並與當地兒童代表交流，反思社會各持份者如何有效地推動「兒童友好城市」的發展。

我們首先參觀婦女兒童大樓，與深圳其他建築物截然不同，建築物擁有色彩繽紛的外觀及充滿活力的氛圍。大樓內設有兒童探索博物館，特別是「我們的自然世界」展區為兒童提供了親身體驗不同氣候區域的機會，讓他們有機會深入了解氣候變化、極端天氣條件以及食物鏈中的生物多樣性，進一步認識和探索自然環境的奧秘。

隨後，我們到訪了東湖區和羅湖街道，探訪這個社區的轉變過程，從一個類似「有牆城市」的地方演變為一個兒童友善的區域。這裡展現了色彩斑斕的新基礎建設和專為兒童而設計的設施，給人留下了深刻的印象。當中我們參觀了社區中心和兒童醫院，對兒童安全系統的運作有更深入的認識。



Young Envoys visited various child-friendly facilities in Shenzhen, including community centers, health centers and experimental schools. They engaged in discussions with local youths representatives to reflect on how different stakeholders can effectively promote the development of a Child Friendly City.

Firstly, Young Envoys visited the Shenzhen Women & Children Center which stood out from other buildings with its colorful and refreshing exterior. Young Envoys had the chance to explore the children's theatre inside the building, particularly the exhibition titled 'Our Natural World'. Children could experience different climate regions, allowing them to understand climate change, extreme weather conditions, and biodiversity in relation to food chain. It further deepened their exploration and understanding of the natural environment.

Next, Young Envoys visited the Donghu District and Luohu Street to investigate the transformation of these communities, from something similar to 'walled cities' to child-friendly areas. The energetic infrastructure and facilities specifically designed for children were very impressive. Young Envoys also visited several community centers and children's hospitals to understand the functioning of child safety systems.



考察活動 Learning Visits

我們更參觀了華南實驗學校，並與當地兒童代表進行了互動交流。兒童代表向我們介紹了校園的設計過程，該校不僅邀請建築師擔任設計，並考慮到學生的需求進行諮詢，積極聆聽他們的意見，對設計進行了多次調整，務求達到完美的效果。

此外，青年使者與當地代表就兒童友好城市倡議所涉及的問題和解決方案進行了討論，共同探討如何在未來建設兒童友善城市。在這次討論中，我們與當地代表互相分享彼此的觀點，並提出了創新的想法和建議，希望城市的發展和建設能夠充分考慮到兒童的需求和權利。



Young Envoys also visited the Shenzhen Experimental School and engaged in exchanges with local youth representatives. The representatives introduced the campus design. Young Envoys were impressed by the thoughtful considerations made by the Board. The school not only invited architects for design, but also discussed and proactively responded to children's needs, making adjustments to the design until it became perfect.

Furthermore, Young Envoys had the opportunity to discuss the issues and solutions surrounding Child Friendly Cities with local representatives. They explored how to collaboratively build a Child Friendly City in the future. During the discussions, they shared their perspectives, proposed innovative ideas and suggestions with the goal of ensuring that the city's development and construction take into account of children's needs and rights.

青年使者的 反思

Reflection of Young Envoys



青年使者是來自不同學校的青少年，皆為倡議兒童權利而共聚於此。透過計劃將兒童四大權利——發展權、生存權、受保護權和參與權——以及SDG 3推廣給公眾。令兒童都能認識四權並意識到自己是社會中不可缺少的一部分。青年使者計劃亦可以讓兒童實踐兒童權利中的參與權，幫助兒童最大化他們的權益，讓他們的笑容照亮每個角落。除了領袖訓練、學習溝通技巧外，青年使者更通過不同訓練和社區活動深入了解到社會中不同兒童的需求和他們所面對的問題。

Youth Envoys from different schools gather to advocate for child rights. This programme aims to promote the four fundamental rights of children - the right to development, survival, protection and participation - as well as SDG 3 to the public. It enables children to understand these four rights and realize their indispensable role in society. The Young Envoys programme allows children to practice their right to participation, which can achieve children's rights, and let their smiles illuminate every corner. Through various trainings and social participation activities, Young Envoys not only enhanced their leadership and communication skills, but also gained deeper insights into children's needs and critical issues they face.



我很榮幸能夠成為青年使者，這是一個非常寶貴的機會。通過不同的訓練、工作坊、考察，令我對兒童權利有更深的了解。此外，這也令我明白到世界各地都向著同一個目標努力，只是大家採取不同的措施，有不同的效果。我們如何取長補短，不斷地完善整個系統，是我們需要面對的挑戰之一。這是一個很棒的旅程，增進自己的溝通和合作技巧之餘，我還認識了一群知己。我很幸運能夠成為青年使者，並為社會出一分力。

I am honoured to be a member of Young Envoys. It is a valuable opportunity for me. Through various training programmes, workshops and visits, I have gained a deeper understanding of child rights. Additionally, I have come to a realization that people from all over the world are working towards a common goal, though they have taken different approaches with varying effects. One of our challenges is how we can learn from each other and continuously improve the entire system. It has been a great journey in which I improved my communication and collaboration skills, and also made some good friends. I am fortunate to be a part of UNICEF Young Envoys and contribute to society.

黃皓輝
Wong Ho Fai, Joe

這半年的旅程以來，我認識了不少平時沒有機會接觸到的兒童權利知識，更透過分享會進一步了解蘇丹戰亂，以及當地兒童權利受到剝削的情況；而在一次又一次的訓練與進行GenAction Project的過程中，我更收獲了與同組組員的友誼；由我們開始互不相識到如今的熟悉、每次見面的歡欣。希望在未來的日子裡，我能繼續和這班好朋友一起為保護兒童權利出一分力。

Throughout this journey in the last six months, I have gained knowledge of child rights that I would not have had the opportunity to learn elsewhere. Through sharing sessions, I have gained a deeper understanding of the situation in Sudan and the exploitation of child rights in the region. Through continuous trainings and participation in the GenAction Project, I have also established friendships with my teammates. From strangers to becoming friends with each other and sharing laughter every time we meet, I hope to continue working with them in protecting child rights for the future.

梁雯欣
Leung Man Yan, Miranda

我很榮幸今年可以成為青年使者以及MMC這一組中的成員。在這個計劃中，我們通過不同類型的訓練，不但學會了不同拍攝及剪接技巧，更清晰了解到兒童權利的重要性，並知道有些地方的兒童面對各種的挑戰。這些知識是我很難在書本上學到的。最重要的是，通過這個計劃，我結識了一班志同道合的好朋友。希望這段友誼可以延續下去，以及將來繼續為兒童權利出一分力。

It is honourable to be a member of Young Envoys and Team MMC this year. In this programme, through different types of training, not only have I learnt different photography and video editing skills, but also understood the importance of child rights, and became aware of children are facing different challenges in some places. Books can't teach me these things. More importantly, through this programme, I have met a group of youngsters with similar ambitions and goals. I hope this relationship will be long-lasting and I can continue to give a hand to child rights in the future.

陳綽妍
Chan Cheuk Yan, Vanessa

我很榮幸能參加青年使者計劃。在這次旅程中，我有機會遇見許多出色的人士，並獲得寶貴的經驗。我將不會忘記我學到的課程，並將永遠致力倡導兒童權利。

It has been an honour for me to participate in the Young Envoys Programme. Through my journey, I was able to meet such amazing people and gained invaluable experiences from them. I will never forget the lessons I attended and continue to do my part to advocate for child rights.

王啟然
Wang Qiran, Gabriel

我非常有幸成為本屆青年使者的一份子。透過這次的機會，我不但可以走出課室，領略到一般書本和學校裡學習不到的知識，例如兒童權利公約與17個SDGs目標。在多次的訓練當中，我們更深入地了解世界各地兒童目前所面臨的殘酷生活和困境。儘管我們在過程中遇上不少困難，但是我們積極面對，一次又一次地收穫了深厚的友誼。轉眼間，本屆的歷程已經達到尾聲，期望我們的友誼能夠長存，並為社會出一分綿力。

I am very fortunate that I can be part of Young Envoys. Throughout this opportunity, I have been able to step out of the classroom and gained knowledge that could not be learned from school curriculum, such as The Convention on the Rights of the Child and 17 SDGs. During the training sessions, we have deepened our understanding of the harsh living conditions of children facing in developing countries. Although we have encountered some challenges along the way, we have overcome and established profound friendships. In the blink of an eye, this programme has come to an end. I hope that our friendships will be long-lasting and we will continue working together to contribute to our society.

黃興業
Wong Hing Yip, Silas

我很感恩今年能有機會成為一位青年使者。在這個旅程當中，我學習到很多東西，例如溝通以及領導能力，又或者是有關兒童權利以及可持續發展目標等。更重要的是，我認識到很多志同道合的好朋友。期望我們可以繼續以一個團體，在不久未來於兒童權利方面為社會作出貢獻。

I am really thankful that I was given the chance to become a Young Envoy this year. Surely, I have learnt a lot in this journey. For example, communication and leadership skills, knowledge regarding child rights and SDGs, etc. More importantly, I have met a lot of friends with similar ambitions and goals. Hoping that in the near future we can continue to work as a team and contribute more to society.

施卓妤
Sze Cheuk Yu, Charlotte

成為聯合國兒童基金會青年使者令我獲益良多。我不僅豐富了導演、攝影、可持續發展目標和兒童權利等領域的知識，還培養了對媒體和新聞的意識等特質，同時增強了我的協作、溝通和創造能力。在準備 UNICEF GenAction 以及參加實地考察的過程中，我突破了自己的界限，擴闊了視野。我很高興能夠成為這個團隊的一員，為保護世界各地的兒童權利發揮影響力。

Being a part of the UNICEF's team of Young Envoys has been a rewarding experience for me. Not only did I enrich my knowledge on areas like directing, filming, SDGs and child rights, but also developed traits like awareness towards media and news, and enhanced my collaboration skills, communication skills and creativity. While preparing UNICEF GenAction and participating in the field trip, I have pushed my boundaries and broadened my horizons. I am glad that I can be part of this team to make an impact on securing child rights in different parts of the world.

李逸妍
Lee Yat Yin, Beatrice

加入青年使者是一次極其有教育意義的經歷。我們學到了很多關於兒童權利的知識，一些我們並未能真正理解的事情。此外，作為多媒體團隊的一員，我在媒體製作等方面也學到了很多知識。

Joining Young Envoys was an extremely beneficial and educational experience. We learnt a lot about child rights, something that sometimes we would not understand or know much about. Being part of the Multi-media Team, I have also learnt a lot in media production and more.

鍾哲行
Chung Chit Hang, David

作為社區參與小組其中一位組長，我很感恩每一個組員都願意付出心思和時間去達成我們共同的目標。雖然當中會遇上一些艱巨的挑戰，但我十分享受全部人一起絞盡腦汁去解決問題的過程。孩子快樂的面孔往往為我帶來滿足感，而這推動我在未來要繼續提倡兒童權利議題。

As one of the team leaders of Community engagement team, I am very grateful for how everyone of us paid much effort in implementing the activities. Although we have encountered some difficulties along the way, I enjoyed how we worked as a team to make the situation better. Seeing the happy faces of children has always made me feel satisfactory. That is why I would like to continue advocating for child rights in the future.

黃恩行
Wong Yan Hang, Grace

我感覺十分榮幸成為社區參與小組其中一位組長，並帶領全組一起完成整個計劃。我們十人帶著不同想法和目標走到一起，但猶幸我們懂得在適當時候放下己見，並攜手合作完成四節服務。過程並不容易，但看見參加者樂在其中，我相信一切都值得，並會在我們生命中留下深刻的回憶。

I am honoured to become one of the group leaders in Community engagement team and implemented our project starting from zero. Our group formed by ten youngsters with different aspirations and thoughts, but we managed to cooperate together and overcome all obstacles in the process. Seeing the joyful faces of the participants in the four sessions, I believe all the hard work has been paid off and they become our precious memories.

岑頌輝
Sum Chung Fai, Jeff

我十分感激能夠成為社區參與小組的一員，在整個活動裡面，我最深刻的是參加者的改變。從一開始的害羞內斂，到後來慢慢地願意打開心扉，與我們分享日常生活的趣事，並且主動舉手回答問題，他們的改變讓我感到滿足。參加者不但能更投入的參與到工作坊裡面，他們還能在最後一節說出全部的兒童權利，以及舉出在日常生活中的例子。在這一段青年使者之路，我收獲了友誼以外，學習到的技巧及知識將會相伴我一生。

I am so proud and honoured to be one of the members in Community Engagement Team. Through the GenAction Project, the most remarkable memory is the changes of participants. It was so grateful to see them building up stronger bonding with us, thus more willing to share their daily lives and raising their hands more proactively to answer questions. It was satisfying when the participants can name out the four child rights and give out examples in daily life. I believe this Young Envoys journey will give me a group of life-long friends and I will always treasure the memories.

黃靖桐
Wong Ching Tung, Emily

我很榮幸和開心可以成為社區參與小組的一員。與大家一同將宣揚兒童權利的使命奉為圭臬，在活動進行的過程中大家相互勉勵，濡沫涸轍。組員皆是虛懷若谷、錚錚佼佼之人，讓我見識到世界之廣闊，亦從他們身上得著甚多。我很感恩當初自己勇於踏出第一步，讓青年使者計劃成為我人生的新篇章。

I am honoured and glad to be a part of Community Engagement Team. During the project, all of us took the mission of advocating for child rights as a standard. We encouraged each other and overcame obstacles together. My group members are all open-minded and outstanding people, who broadened my horizons, and I really learnt a lot from them. I am very grateful that I had the courage to take the first step and let this Young Envoys Programme become a new chapter in my life.

潘依伶
Poon Yi Ling, Elaine

我十分幸運能夠加入青年使者計劃的大家庭，無數的經歷不但令我認識更多關於兒童權利及可持續發展，還在個人層面上得到了成長，例如與社會中不同持份者包括弱勢社群、同儕等相處與溝通。此外，活動過程得到的友誼是另一個驚喜。我們的關係十分深厚，無所不談，這也讓我們能夠互相學習彼此的長處，而並肩作戰的感覺使我十分喜愛這個群體。毫無疑問，我比預期中得著到更多。

I am fortunate to be one of the participants of the Young Envoys Programme. Numerous experiences boosted not only my knowledge about child rights and SDGs, but also my personal growth, such as interaction and usage of language between different groups of people, such as the disadvantaged group and among peers. Besides, friendship is another thing that surprises me a lot. Our bonding is tied and we all learn from each other. We have a variety of memories hidden in our journey. I undoubtedly explored more than expected.

張鍵樑
Cheung Kin Leung, Jason

我常感恩自己能參與青年使者計劃，因為在這裡，我不僅能學習到關於兒童權利和可持續性發展目標的知識；更能與不同優秀的青年使者合作，互相學習，一同進步。特別是人才輩出的社區參與小組，讓我在多方面獲益良多，如氣氛營造、活動組織和演講技巧等，相信這些寶貴的經驗定能終生受用。

I am grateful to be a part of the Young Envoys Program 2023. It has allowed me to not only learn about child rights and SDGs, but also to broaden my horizons and collaborate with outstanding fellow Young Envoys from different backgrounds. In particular, the talented members of Community Engagement Team have taught me a lot in various aspects, such as creating a positive atmosphere, organizing events, and improving my public speaking skills, etc. I believe that these valuable experiences will benefit me for life.

謝明娟
Xie Ming Juan, Queenie

我很榮幸能夠成為社區參與小組和青年使者計劃的一員，多個月的培訓激勵了我不少。宣揚兒童權利並不容易，但從我們四節的活動中，看見參與者能享受活動的過程和吸收所帶來的信息令我們感到滿足，也成為了我們的動力來源之一。雖然過程中我們遇到一些困難，但也無阻我們一眾組員齊心地解決問題。我亦學會了多方面思考，因為每人都有其特別之處。組員們帶來的歡樂和參與者的改變，更為這個旅程帶來了獨一無二的經歷。

It is my pleasure to be a member of Community Engagement Team in the Young Envoys Programme. Advocating for child rights is not easy, but in the four sessions of our activities, we saw that the participants were able to enjoy the process and absorb the message we brought out. This gave us a sense of satisfaction and motivation to continue advocating for child rights. Although we encountered some difficulties along the way, they didn't stop us from working together as a team to overcome them. I also learnt to think from different perspectives as everyone is unique and special. By sharing happiness with the participants, my Young Envoy journey has become a more unique voyage.

黃嘉兒
Wong Ka Yi, Anna

作為青年使者計劃中的一份子，我感到十分榮幸與感恩。在過去的數個月裡，我對兒童權利及2030年可持續發展目標有了更深入的了解與認識，並且有幸能將所學會的知識，透過在社區服務的機會，分享給社會上不同的持分者。在這段旅途中收穫的友誼是最為珍貴的，我們彼此互相學習、互相扶持，在困難時並肩作戰，在路上勉勵同行。相信在這段旅途中的點點滴滴，將會深深地刻在我心底裡。

As a participant of the Young Envoys Programme, I am deeply honoured and grateful to have embarked on this journey with all of us. Over the past few months, we have gained a profound understanding of child rights and 2030 SDGs through a series of workshops and activities. By offering the precious opportunity to serve our community, we were able to share the knowledge acquired from various stakeholders in our society, especially with children. I take great pleasure in having the opportunity to meet and work together with my teammates. We have supported each other and overcome many obstacles throughout the journey. I believe that all the memories of this journey will be deeply engraved in my heart.

周美妙
Chow Mei Miu, Mable

我非常開心和榮幸能參加這個青年使者的計劃，讓我有機會認識組員，並參與提倡兒童權利的活動。這一年來，我不僅學到了關於兒童權利和SDGs的知識，更學會了與人協作，也在組員身上學到了不同的特性和了解更多自己的優缺點。我感到非常幸運，能夠有這樣的經歷和成長。而我相信這些經歷為我的將來奠定了紮實的基礎。

Participating in the UNICEF Young Envoys Programme has given me the opportunity to meet energetic teenagers from different schools to participate in different activities advocating for child rights. Over the past year, I not only learned about child rights and SDGs, but also learned to collaborate with others. I have learned from different characteristics of my teammates and understood more about my strengths and weaknesses. I am very thankful and fortunate to have these experiences to nurture my growth. They are making my life brighter and more fruitful.

蔡尚濂
Tsoi Sheung Lim, Chloe

我非常感恩自己有機會成為一名青年使者和社區參與小組的一員，為社區服務。透過這個項目，我不僅能更加了解兒童在世界各地所面臨的困難和挑戰，而且學會如何提倡兒童權利。我也感到非常幸運可以與值得依靠和信任的組員一起工作，這段經歷我會永遠珍藏且永不忘記。

I feel very grateful to be a Young Envoy and part of Community Engagement Team to serve the community. Throughout this programme, I have understood better not only the difficulties and challenges children have been facing, but also ways to promote child rights in the community. I am very fortunate to have teammates that I can rely on and work with. They are all very outstanding people. This experience is one that I will treasure forever and never forget.

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Law Tsz Ching, Felice

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