

UNICEF Young Leaders Programme

聯合國兒童基金會青年領袖計劃



NO
NO
NO
NO
NO
NO
4

For every child 為每一名兒童
Health, Education, Equality, Protection 健康、教育、平等、保護
ADVANCE HUMANITY 促進仁愛精神

unicef 
聯合國兒童基金會



Editor's words

As a first time as editor-in-chief for a publication, the job was rather challenging, as it was a great responsibility even for an appointed Young Leader to bear. However, after all the endless meetings, the rushes with deadlines, the numerous phone calls, e-mails to the section editors and the rest of the group, I find myself left with two feelings: success and disappointment. The former comes from seeing the group's effort becoming reality, just like parents witnessing the birth of their child. The latter feeling originates from the fact that simultaneously everything is approaching an end.

'Everything that has a beginning, has an end.' The pictures and memories locked within this publication witnessed the beginning and the final chapters of the UNICEF Young Leaders Programme 2003/2004, and the publishing date will also mark the end of this legacy.

Here from the bottom of my heart I would like to express our dedication of thanks to the following people on behalf of the publication staff: Ringo, Kimmy, Johnny and preceding Young Leaders for being with us throughout the training programme. All the UNICEF staff from Vietnam and Lao PDR for hosting us on our expedition. Connie, Rev. Wong, Walter and Cecilia for being such enjoyable guests. Abey, Andy, Jessie and Yan for you efforts and articles. Grace and Kelly for being such wonderful assistants. And all of the Young Leaders that participated in making this publication reality. I apologize for those not mentioned due to limited space, but do remember, the present would not be the same if it wasn't for your existence.

I wish to thank Ms. Evelyn Razack for granting me this chance. You are truly a great friend and mentor. If it wasn't for you, I wouldn't have been here from the very beginning.

Finally, one big thank you to all UNICEF Young Leaders of 2003/2004: we worked together, we cried together, we laughed together. We and the spirit of UNICEF shall live forever!

Li Chenk Kei Editor-in-chief
UNICEF Young Leader 2003/2004

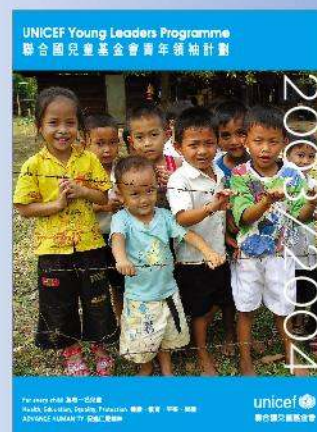
編者的話

第一次身為總編輯去出版一本刊物，這個工作對我來說是甚具挑戰性。當中要負的責任更不是一個青年領袖所能承受的。經過無數次會議、要命的趕稿、不斷地打電話和發送電郵，此刊物終於面世了。我現在的心情挺複雜的：既有成功的喜悅，也有依依不捨的傷感。喜悅來自見證各組成員的努力，終於有所收穫，就如父母親目睹子女的誕生般開心興奮；傷感是因為眨眼間今屆計劃就要結束了。不過，凡事都有始有終。刊物中的圖片和文字見證了聯合國兒童基金會青年領袖計劃2003/2004的始末，而出版的日子是值得我們紀念的。而我相信，一切美麗和愉快的記憶都會永印記在這本刊物裡，留存在我們的心底裏。

藉此，我僅代表本刊的全體出版成員衷心感謝一直於訓練活動指導和陪伴我們的 Ringo、Kimmy、Johnny、前兩屆的青年領袖；所有為我們安排行程的聯合國兒童基金會越南和老撾辦事處的職員：Connie、黃牧師、Walter、Cecilia、Abey、Andy、Jessie、Yan，也感謝 Grace 和 Kelly 的幫助以及所有曾協助出版的人士；還有所有參與出版此刊物的青年領袖。今天的成功，實全賴他們的鼎力支持。另外，我想特別感謝亦師亦友的石愷忻小姐給我當總編輯的機會。

最後，我再次多謝所有2003/2004年度的聯合國兒童基金會青年領袖。我不會忘記我們一起走過苦與樂的日子。但願聯合國兒童基金會的精神和我們長存！

李焯基 總編輯
聯合國兒童基金會青年領袖計劃2003/2004



Photos, Jessie Hui, South China Morning Post

Content 目錄

Introduction of the Programme 計劃簡介	2 - 3
Message from the Chairman of the Hong Kong Committee for UNICEF 聯合國兒童基金會香港委員會主席獻辭	4 - 5
Message from New World First Bus Services Limited 新世界第一巴士服務有限公司獻辭	6 - 7
UNICEF Young Leaders 聯合國兒童基金會青年領袖	8 - 11
Training Programme and Voluntary Projects 訓練課程及義工活動	12 - 15
School Fundraising and Advocacy Projects 校內籌款及推廣活動	16 - 17
Appointment Ceremony 委任典禮	18 - 19
Field Visit to Lao PDR - Itinerary 老撾考察團行程表	20 - 21
Issue 1. Water and Sanitation 專題一食水及衛生	22 - 23
Issue 2. Water and Sanitation 專題二教育	24 - 25
Issue 3. Water and Sanitation 專題三愛滋病	26 - 27
Dreams 夢想	28 - 29
Sharing of UNICEF Young Leaders 聯合國兒童基金會青年領袖分享	30 - 39
Acknowledgements 鳴謝	40

United Nations Children's Fund

The United Nations Children's Fund (UNICEF) was founded in 1946 to meet the humanitarian needs of children in the aftermath of World War II. With more than half a century of operations in hand, UNICEF's mandate encompasses children and women, particularly in developing countries. Priority is given to the most disadvantaged and the countries in greatest need.

UNICEF is guided by the Convention on the Rights of the Child. UNICEF has been working in 158 countries, areas and territories to improve the situation for children and women in the areas of health and nutrition, basic education, safe water and sanitation, and for children in need of special protection. UNICEF supports many countries in their efforts to immunize all their children against the six main child-killing diseases and also to increase access to safe water.

The Hong Kong Committee for UNICEF was formed in 1986 and is one of the 37 National Committees worldwide. The Hong Kong Committee provides financial support to UNICEF and raises public awareness of UNICEF's work and the condition of poor children in developing countries.

UNICEF Young Leaders Programme

UNICEF Young Leaders Programme is a unique youth leadership programme. It aims to raise public concern about children's rights and the state of the world's children, and to enable the participants to understand the roles and achievements of UNICEF in improving the lives of children in developing countries. It also aims at providing opportunities for participants to develop their potential for personal development and encourages them to participate in social service programmes.

Selection of UNICEF Young Leaders

After a month of promotion, the Hong Kong Committee for UNICEF received hundreds of nominations from schools. For the initial screening, applicants were required to submit a project proposal of not more than 500 words on one of the following topics: "Advocacy programmes for UNICEF in your school" and "Fundraising programmes for UNICEF in your school".

Based on the proposals and the applicants' experience in community service, 100 shortlisted candidates were invited to the selection interview on 18 October 2003. The panel of judges included Dr. Patricia Ip, Executive Committee Member, Hong Kong Committee on Children's Rights, Ms. Irene Leung, Chief Officer (Human Resources and Community Network), Social Services Department, The Salvation Army Hong Kong & Macau Command, Rev. Jerry Wong, Pastor-In-Charge, Christian & Missionary Alliance Heng Fa Chuen Church, Ms. Billy Wong, Executive Secretary, Hong Kong Committee on Children's Rights, Mrs. Corina Wong, Council Member, Hong Kong Committee for UNICEF, Mr. Gilbert Mo, Council Member, Hong Kong Committee for UNICEF and Dr. Alex Chan, Council Member, Hong Kong Committee for UNICEF. After thorough consideration, 30 UNICEF Young Leaders with different backgrounds were selected.

聯合國兒童基金會

聯合國兒童基金會於一九四六年成立，目的是照顧在第二次世界大戰後兒童的緊急人道需要。聯合國兒童基金會的服務對象包括兒童及婦女，並加倍照顧在發展中國家遭受剝削的一群及有需要的國家。

聯合國兒童基金會的工作方向是根據聯合國《兒童權利公約》的指引。聯合國兒童基金會在全球一百五十八個國家和地區提供救援，為兒童及婦女提供健康護理、營養、基礎教育、清潔食水衛生設施及給予有需要的兒童特別保護。聯合國兒童基金會幫助各國對六種主要奪去兒童生命的疾病提供免疫接種服務及增加清潔食水供應。

聯合國兒童基金香港委員會於一九八六年成立，是全球三十七個委員會之一。主要的工作是在本港舉辦各項籌募活動為聯合國兒童基金會籌募經費，並鼓勵社會人士關注聯合國兒童基金會的工作及不幸兒童的生活狀況。

聯合國兒童基金會青年領袖計劃

聯合國兒童基金會青年領袖計劃是一項獨特的青年領袖計劃。計劃旨在喚起公眾對兒童權利及全球兒童的狀況的關注，讓參加者更了解聯合國兒童基金會在改善發展中國家的生活狀況所擔當的角色及成效，以及為參加者提供一個發展潛能的機會和鼓勵他們服務本港社群。

聯合國兒童基金會青年領袖的甄選

經過為期一個月的宣傳和公開接受報名後，聯合國兒童基金會收到二百多份報名表格。每一位參加者須隨報名表格提交一份不多於五百字的計劃書，題目是「在校內推廣聯合國兒童基金會的使命和工作」或「在校內籌辦為聯合國兒童基金會籌款之活動」。根據各參加者所遞交的計劃書和過往的義務工作經驗，我們挑選出當中的100位於2003年10月18日進行甄選面試。評審團的成員包括香港兒童權利委員會執行委員葉麗嫦醫生，救世軍港澳軍區社會服務部總主任(人力資源及社區網絡)梁佩瑤女士，宣道會杏花邨堂黃克勤牧師，香港兒童權利委員會執行幹事黃惠玉女士，聯合國兒童基金香港委員會委員黃高美雲女士，聯合國兒童基金香港委員會委員毛錫強先生及聯合國兒童基金香港委員會委員陳國興醫生。經過周詳的考慮和嚴謹的討論，七位評審委員挑選出30位來自不同背景的聯合國兒童基金會青年領袖。



Message from the Chairman of the Hong Kong Committee for UNICEF

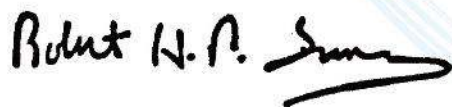
Since the extension of the United Nations Convention on the Rights of the Child to Hong Kong in 1994, the Hong Kong Government has assumed a legal and moral obligation to promote the best interests of our children. However, implementing the Convention and actualizing these rights are never easy tasks. It requires the collaboration of the Government, non-governmental organizations and, most importantly, society. Ten years have passed since the extension, but we have failed to see practical improvements regarding the rights of children in Hong Kong. We recognize that out in the general public, among both adults and children, there is still widespread ignorance of the Convention's existence. The Convention cannot begin to have any real impact in Hong Kong unless people know its existence and fully understand its implications.

The Hong Kong Committee for UNICEF strives to promote the fullest possible implementation of the Convention on the Rights of the Child in Hong Kong. We believe that one of the best ways to actualize children's rights is to educate our future generation on the Convention and empower them to participate in decisions affecting them, as well as providing them with a role in crafting a better future for themselves.

Since 1996, the Hong Kong Committee for UNICEF has organized youth leadership programmes based around the Convention's four guiding principles of survival, development, protection and participation. The programmes aim at helping children to understand, experience, respect and be concerned about their rights as well as the rights of others. Leadership programmes allow the Young Leaders to grow and prepare themselves to take more active roles in society; self-initiated, UNICEF organized advocacy and social service programmes were testimonials of participation in changing the well being of our society. Field visits to different parts of the world, such as Nepal and Lao PDR, gave them the opportunities to experience some of the fundamental survival problems children elsewhere in the world face and development programmes they inherit. The field visit to Switzerland gave the Young Leaders the chance to exchange ideas and information on the philosophy of children's participation and on the education of the child. The Young Leaders returned with a broader view of the world and a deeper understanding of themselves.

I would like to express my sincerest gratitude to the staff of UNICEF Lao PDR and UNICEF Vietnam and for their immense effort in organizing this inspiring visit. Special thanks should also be given to our major sponsor for supporting the Programme and New World First Bus for generously financing our advertising.

We are very proud to include in this publication the activities held during the Young Leaders Programme. After reading this publication, I am sure that you will be able to understand how important it is to engage children and adolescents and to seize their special insights as well as their eagerness to help create positive changes. Let us believe that children do play an integral role in shaping our future and that children are leaders of today.



Dr Robert H. P. Fung
Chairman
Hong Kong Committee for UNICEF

主席的話

自從聯合國《兒童權利公約》於一九九四年延伸至香港，香港政府便將為兒童爭取權益作為己任，然而，推廣及實行公約並非一件輕而易舉的事。當中除了需要香港政府和非政府機構的通力合作，更需要社會大眾的支持和配合。可惜的是，即使經過了十年的推廣工作，香港兒童的權利仍沒有顯著的改善，公約的存在仍不為大眾所知。只有當全港市民明確知道公約的存在及意義，公約才能發揮其影響力。

聯合國兒童基金香港委員會一直致力推廣聯合國《兒童權利公約》。我們深信實現兒童權利的其中一個好方法是教育下一代有關公約的內容及鼓勵他們就影響自身的事情上參與作出決定，為自己塑造美好的將來。

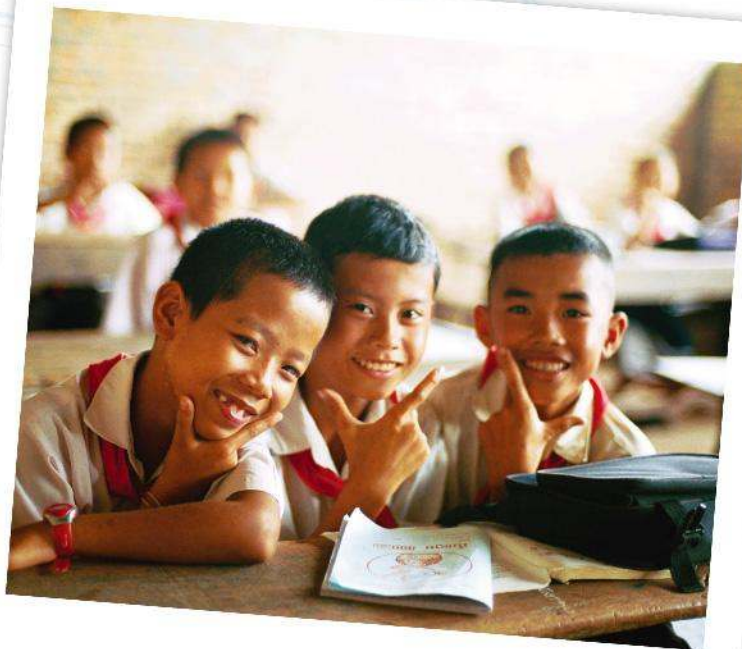
自一九九六年起，本會舉辦多項青少年領袖培訓的計劃，這些計劃都是以公約裡面的四個基本原則：生存、發展、受保護和參與為基礎。計劃的目的是讓參加者明白、體驗、尊重及關心自己和他人的權益。計劃令青年得到成長，亦為他們日後積極投身社會作好準備。透過不同活動，青年能夠深入了解以見證聯合國兒童基金會的倡導及社會服務計劃如何改善兒童的狀況。世界各地的探訪，如尼泊爾、老撾，給予青年領袖了解發展中國家兒童所面對的生存問題和聯合國兒童基金會服務發展項目。瑞士之行，青年領袖與有關人士就兒童的參與和教育交換了想法，不但拓闊了他們眼界，也加深了對自己的認識。

在此，我向聯合國兒童基金老撾及越南辦事處的職員致以萬分謝意，感謝他們安排了這麼難忘和具啟發性的行程。此外，也要感謝贊助是次計劃的主要贊助機構，亦特別鳴謝新世界第一巴士服務有限公司贊助廣告宣傳。

這本刊物報導了今屆青年領袖計劃中的各項活動。我相信大家看畢這刊物後，會更明白引發青年的內在潛能及鼓勵他們積極參與的重要性。我深信兒童在規劃世界未來的藍圖上應擔當一個重要的角色。

馮慶彪

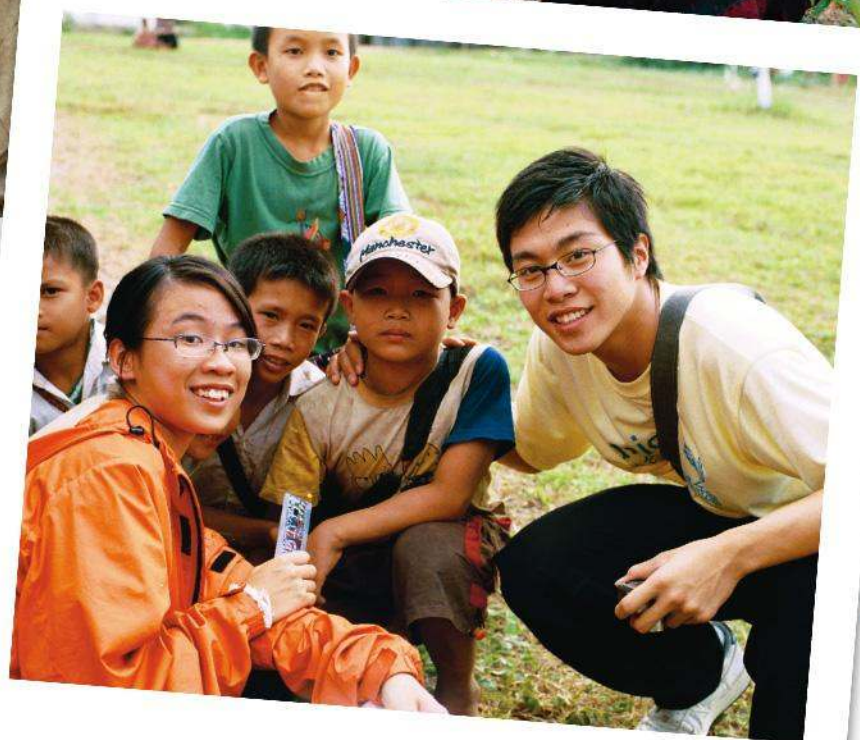
聯合國兒童基金會
主席
馮慶彪醫生



New World First Bus Services Limited

As a member of the society, New World First Bus Services Limited ("NWFB") actively supports and participates in worthwhile causes organized by charities and social service groups to help those in need.

This year, UNICEF again organized the UNICEF Young Leaders Programme, with the aim of raising public concern about children's rights and their well being. Through training, and the study tour to Lao PDR our young leaders were able to broaden their horizons, and learned to assume greater responsibility to serve the community. NWFB shares these ideals: our mission is to improve the standard of living of our community, and we are pleased to play our part through the sponsorship of bus body and shelter space.



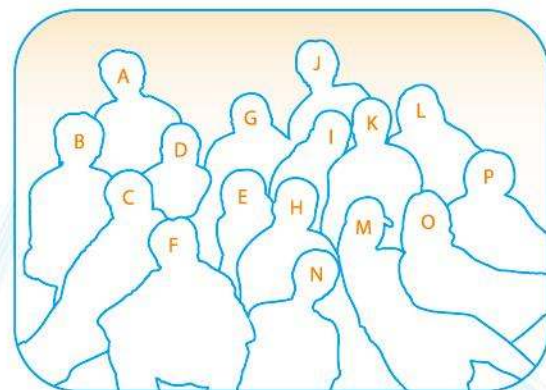
新世界第一巴士服務有限公司

作為負責任的企業公民，新世界第一巴士服務有限公司（“新巴”）一向熱心公益，並積極支持社會服務機構及慈善團體的工作，幫助有需要的人士。

聯合國兒童基金會今年再次舉辦「聯合國兒童基金會青年領袖計劃」，秉承推動市民關心全球兒童權利及福利的宗旨，讓青年領袖透過探訪老撾的交流活動及參與連串訓練課程，從而擴闊視野及服務社群，可謂任重道遠，而這目標正與新巴的理想一致：竭力為社會創建一個更美好的生活環境。新巴十分榮幸能夠再次贊助巴士車身廣告及巴士站燈箱廣告位置，為是次活動在宣傳推廣方面盡一分力。



- A** Name: 陳浩維 Chan Ho Wai, Oscar Age: 18 School: King's College 英皇書院 F.6
I am an ordinary kid who possesses a skinny body and puts on no weight no matter how much food you stuff into him.
我是一個平常的小孩子，身形瘦削，吃多少也不會肥。
- B** Name: 周雁仁 Chow Wui Yan, Jeffery Age: 19 School: Kwun Tong Maryknoll College 觀塘瑪利諾書院 F.4
I am fond of reading, Chinese Music as well as making friends with various people.
我熱愛閱讀，熱愛中樂，更愛結交朋友。
- C** Name: 李熙奕 Lee Hei Yik, Dennis Age: 17 School: Queen's College Old Boys' Association Sec.S 皇仁舊生會中學 F.4
Life is like a flim, therefore to treasure every minute and people I love is my motto.
人生如戲，把握每分每秒，珍惜眼前人，就是我的座右銘。
- D** Name: 吳嘉鈺 Ng Ka Yuk, Carrie Age: 15 School: Diocesans Girls' School 拔萃女書院 F.3
That's me - confident, ardent, responsible, ready, inquisitive, enterprising.
大家好！我是個以「嘉言善行、力臻完美」為目標的女孩。
- E** Name: 覃燕筠 Cham Yin Kwan, Esther Age: 18 School: Heep Yunn School 協恩中學 F.6
I am an earnest, sagacious, thoughtful, happy, enthusiastic, resourceful person.
做事誠懇，喜愛思考，熱愛人生，古靈精怪——這就是我。
- F** Name: Marcus Age: 16
Through this programme I learnt to be a better leader.
透過這計劃，我學會怎樣去做一個更好的領袖。
- G** Name: 羅凱文 Law Hoi Man, Jacqueline Age: 15 School: Good Hope School 德望學校 F.3
I'm learning to be a good leader and listener, which is indeed not an easy job.
我正在學習做個優秀的領袖及聆聽者，縱然這不是易於達成的目標。
- H** Name: 李焯基 Li Cheuk Kei, Francis Age: 17 School: Hong Kong International School 香港國際學校 Junior (G.11)
A great name, comes with great responsibilities. As a leader one must be prepared to bear responsibilities and consequences - that is no matter how unbearable they are.
響亮的名聲背後是沉重的責任。無論代價是大是小，身為領袖都需要隨時準備好承受責任，負擔後果。
- I** Name: 賀錦珊 Ho Kam Shan, Cecila Age: 14 School: Diocesan Girls' School 拔萃女書院 F.2 *
I believe, falling is not failure; but being unable to stand back on your legs is. I am a little girl that keeps on moving forward.
一個深信「跌倒了並非失敗，跌倒了卻不站起來才是真正的失敗」，不斷求進的女孩。
- J** Name: 吳德豐 Ng Ting Fung, Karson Age: 17 School: Queen's College 皇仁書院 F.6
Smart genius yet a crazy guy. Knows quite a lot yet sometimes can't avoid silly moves.
Talks and laughs always, brings fun to everyone.
是那種聰明的天才，卻又帶點瘋狂。知道很多東西卻又常常不能避免一些愚蠢的行為。常常說話和笑，永遠給大家帶來幽默感和歡樂。
- K** Name: 麥詩敏 Mak Sze Man, Clara Age: 18 School: Queen Elizabeth School 伊利沙伯中學 F.6
Goal-oriented. Eager to meet challenges.
積極追求理想，勇於接受挑戰。
- L** Name: 吳嘉盈 Ng Pamela, Jessica Age: 15 School: St Paul's Convent School 聖保祿學校 F.2
I don't believe in natural born leaders, however I know willingness to learn and enthusiasm in overcoming challenges are the basic criteria for being a leader.
我並不相信「天生領袖」，不過我知道無盡的求知慾和面對挑戰的決心才是領袖的必要條件。
- M** Name: 周泳彤 Chau Wing Tong, Florentina Age: 18 School: St. Paul's Convent School 聖保祿學校 F.6
I share the unique characteristic of young leaders; I am enthusiastic, cheerful, responsible and inquisitive.
我擁有青年領袖獨有的氣質，熱誠、爽朗、盡責和一副好奇心。
- N** Name: 鄭炳和 Kwong Bing Woo, Walter Age: 13 School: Queen's College 皇仁書院 F.1 *
I am active, I love reading and sports, music and drawing is also my favourite.
我性格活潑好動，喜愛閱讀及運動，音樂與繪畫也是我的強項。
- O** Name: 余詩璇 Yu Sze Shuen, Christina Age: 18 School: Good Hope School 德望學校 F.6
I am a little girl who always speaks loudly and laughs loudly, walking on her way to maturity.
一個個子小但說話大聲，愛笑的中六小女孩。
- P** Name: 謝冠群 Tse Kwun Kwan, Tiffany Age: 16 School: CNEC Christian College 中華傳道會安柱中學 F.4
I am an active musician that likes to play the piano and violin.
我是個活躍的音樂人，熱愛鋼琴與小提琴。

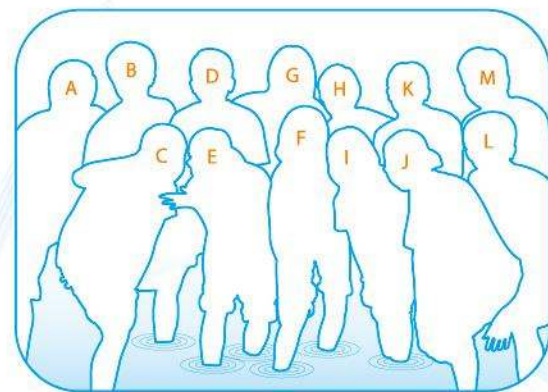


* Student of the year, MTR Shopping Malls Good Student Club

UNICEF Young Leaders



- A** Name: 林嘉成 Lam Ka Shing, George Age: 18 School: Wa Ying College 華英中學 F.6
Working and playing are my hobbies.
工作及玩樂是我的嗜好。
- B** Name: 黃啟綱 Wong Kai Kwong, Sunny Age: 18 School: PLK Tang Yuk Tien College 保良局董玉娣中學 F.6
Treasure the present, and laugh for happiness.
珍惜現在，笑口常開。
- C** Name: 何詠彤 Ho Wing Tung, Dorothy Age: 14 School: Marynoll Convert School (Secondary School) 瑪利諾修院中學 F.1
I am an active one in the group and I like to speak up when I want to express myself.
我是計劃裏的活躍分子，有需要時我會毫無保留地表達自己。
- D** Name: 梁緯睿 Leung Cheuk Yui, Curtis Age: 18 School: Baptist Lui Ming Choi Secondary School 浸信會呂明才中學 F.6
I am serious, but also curious.
積極認真，笑面迎人。
- E** Name: 李春蓉 Lee Chun Yung, Aggie Age: 16 School: St. Catherine's School for Girls 聖保羅女子中學 F.4
I love playing and enjoy learning to make my life meaningful.
我鍾意玩，更鍾意不斷學習來豐富我的人生。
- F** Name: 何靜芝 Ho Ching Chi, Grace Age: 18 School: St. Mary's Canossian College 嘉諾撒聖瑪利書院 F.6
I have been striving hard to be a leader who is able to lead and be led.
我一直努力當一個領導者，有領導能力的同時，亦樂意服從領導。
- G** Name: 楊翠玲 Yeung Chui Ling, Kelly Age: 18 School: Holy Trinity College 寶血會上智英文書院 F.6
I love laughing as well as crying, as they would make me feel alive.
我喜歡笑也喜歡哭，因為這樣讓我覺得自己是活著。
- H** Name: 黃子鎮 Wong Tsz Wan, Janie Age: 19 School: Heung To Middle School 香島中學 F.6
Writing and swimming makes me feel free!
寫作和游泳令我身心舒暢。
- I** Name: 張慧玲 Cheung Wai Ling, Sabrina Age: 18 School: HKTA Lee Heng Kwei Secondary S. 香港教師會李興貴中學 F.6
I'm a conversational and optimistic girl.
我是一個健談而開朗的女孩。
- J** Name: 黃曉恩 Wong Hiu Yan, Cathy Age: 15 School: St. Rose of Lima's College 聖羅撒書院 F.3
I am a big fan of English pop musics.
我是英式流行音樂的忠實支持者。
- K** Name: 張靈 Cheung Ling, Elizabeth Age: 15 School: Baptist Lui Ming Choi Secondary School 浸信會呂明才中學 F.3
Sa baai di! I am a girl who loves traveling. I want to go through every part of this earth to explore the culture of nations!
各位好！我是一個喜歡揹起背囊四處遊歷的女孩。我希望能夠走遍世界每處角落，認識不同民族的文化。
- L** Name: 龔啟宏 Kung, Kevin Age: 14 School: Ying Wa College 英華書院 F.2
At my leisure, I like to take part in voluntary services.
空閒時我最愛參與義工服務。
- M** Name: 林雋溢 Lam, Jonathan Age: 15 School: La Salle College 喇沙中學 F.3
This trip to Laos PDR not only broadened my horizons but also gave me a lot to think about.
這次老撾之旅不單擴闊我的視野，更啟發我的思維。



Absentees

Name: 譚月華 Tam Yuet Wah, Clarissa Age: 18 School: German Swiss International School 德瑞國際學校 F.6
I've just graduated from the German Swiss International School, where I've been crazy enough to study French and German in addition to English and Chinese.
在下剛從德瑞國際學校畢業，在那裡有幸學習法文和德文，增進我對語文的認識。

Name: 王富瑜 Wong Fu Yu, Steve Age: 16 School: Lingnan Secondary School 嶺南中學 F.3
I like to sing, play football and to talk with different people.
我喜歡唱歌、踢足球和與不同人物交談。

Name: 黃家敏 Wong Ka Man, Carmen Age: 14 School: Queen Elizabeth School 伊利沙伯中學 F.2
I enjoy taking part in voluntary services.
我享受參與義工服務。

聯合國兒童基金會青年領袖



TRAINING PROGRAMME

Training sessions

Our programme lasted from November 2003 to March 2004. During this period, we attended a series of training sessions, held by Mr. Chan Kwok Choi, to learn about leadership qualities such as the techniques to lead a group, the attitude a leader should possess etc. After each training session, we needed to write feedback in order to evaluate ourselves as to what we had learnt.

The training led us to understand we have to prepare ourselves to be leaders. "Opportunities are there for those who are prepared." – said Mr. Yang Li Wei, the first astronaut in China. This sentence reminds us to equip ourselves for the future and to keep abreast of time.



訓練課程

訓練活動

我們的訓練活動跨越了兩年，從二零零三的十一月直到二零零四年的三月。在資深導師陳國財先生的帶領和啟導下，我們進行了不同方面的訓練活動，學習作為一名領袖應具備的素質，例如：個人的態度，領導知識和領導技巧。每次訓練完畢，我們都會將個人的想法和體會寫下，作為自我的思想累積和反省。

經過這半年光景，我們深明成為一名青年領袖絕不容易，陳國財先生曾引用中國首位太空人楊利偉先生的話提醒我們，"機會永遠只會留給有準備的人"。我們這些年青人有必要時刻裝備自己，不斷力求進步。



Training camp

We participated in outdoor training in the Chong Hing Water Sports Centre, Sai Kung, in January 2004. During the training, we needed to complete a number of tasks such as trust walk and transferring balls through a narrow pipe etc. We also cooked and played canon together. We overcame a lot of difficulties in various tasks and all these encouraged us and developed our team spirit.

Through these activities, we got to know more about ourselves, learn more leadership skills, and found out our strengths and space for improvement.

Voluntary Service

Being a UNICEF Young Leader, caring for others is as important as having good leadership skills. Therefore we were trained in this aspect.

During March 2004, we organized activities for the elderly and children, including holding outdoor activities with them, visiting the elderly and arousing learning interest within the children. These activities let us utilize the skills we had learnt and motivated us to care more about the people around us.



訓練營

在二零零四年嚴寒的一月裡，我們到了西貢創興水上活動中心進行為期兩日一夜的訓練營。

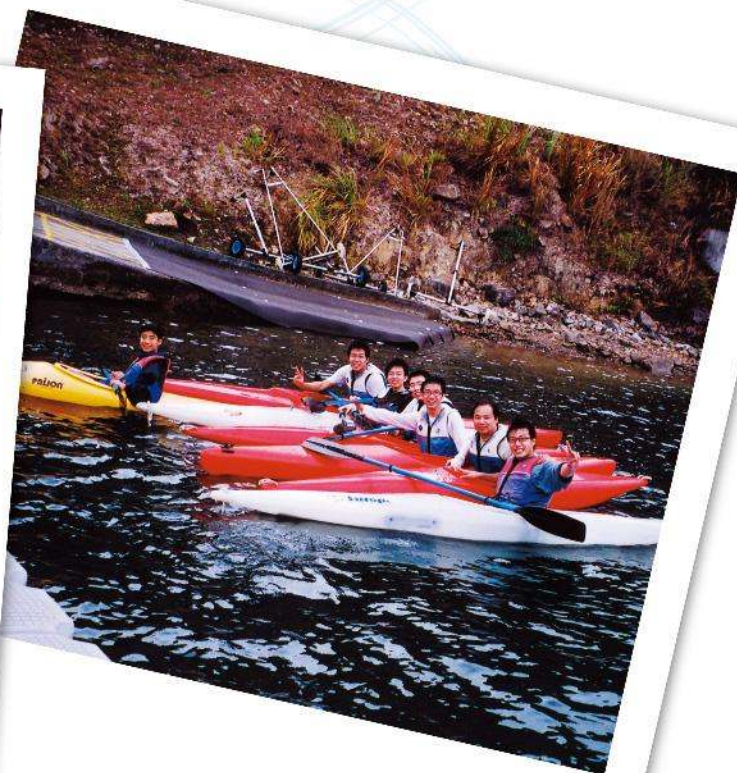
在不同的活動裡，例如：矇眼於黑夜裡摸繩前行；高難度傳球等等，我們克服了不少困難，在教訓和經驗中，鍛鍊了我們的團隊精神，增強了個人的自信。除此以外，我們還一起煮晚飯，宵夜，划獨木舟，增進了大家的友誼。

凡此種種，都增強了我們的領導才能，加深了對自己的認識，從而發掘自己的長處和需要改進的地方。

義務工作

作為聯合國兒童基金會青年領袖，除了要有個人的領導才能外，更需要有一顆關懷別人的心。因此，我們進行了相關方面的技巧訓練。

在二零零四年的三月份，我們分組為長者和小朋友舉辦活動，例如：與兒童之家的小朋友出外活動；上門探訪長者；以遊戲方式提昇小朋友對學習的興趣等等。這些活動給予我們空間運用和發揮學到的東西，也讓我們更主動去關心身邊有需要的人。



School Fundraising and Advocacy Projects

Introduction

One of the highlights of our training programme is to organize a school project. During November 2003 to January 2004, we organized different activities for two aims, to advocate the work of UNICEF and to raise funds for UNICEF. All the activities were successful and effective. For the advocacy purpose, we invited some staff from UNICEF to hold school-talks, to give our schoolmates a clearer insight into the work of UNICEF. Some of us even gave talks ourselves and had games and discussions with the students. There were special activities like kaleidoscope, singing contests, card design competitions, and orienteering championships. Many of us organized charity sales as fund-raising projects. We got the products from sponsors, donors and making them ourselves. The following were some excellent activities that we enjoyed and the Young Leaders did a really great job.

Poverty Meal

"Poverty Meal" was a fund-raising activity in which participating students picked a rich meal or a poor meal randomly through lucky draw. 10 sets of set lunch from PizzaHut were prepared as the 'rich meal'; while the rest of the participants would have the "poor meal" which has only 2 slices of white bread and were not allowed to eat anything else. Participants were asked beforehand to find themselves sponsors to participate in the activity.

The activity was welcomed in the school. The school principal and teachers joined the activity along with over 200 students. Through participating in the activity, participants had a chance to experience what it was like to have insufficient food and what it was like in the poorer countries. The contrast between the two types of meals also let participants feel the unfairness of the world — especially when some have better things than others.

Organized by Clara Mak

UNICEF Week

A UNICEF Week called, "Put into the girls' shoes – girls in another world" was held to arouse students' awareness on girls' education. The highlight of the week was the "One Dollar Fundraising Campaign". Students were not encouraged to donate a lot of money, only one dollar from their own savings each day. Through the campaign, students grew to understand that every single action is very important in helping those living in poverty. They also felt happy because they were able to share what they had with the poor. Moreover, through the introduction of UNICEF during morning assembly, a card cover design competition and decoration of human figures representing different nations were organized. All these have provided students with a chance to know more about the world and to express their points of view on how it could be improved.

Organized by Grace Ho

The Story Rewriting Competition

The Story Rewriting Competition aims at promoting the work and mission of UNICEF. Students could understand the needs of women and children in developing countries through joining the competition. A question-answering game in booklet form was designed for the students to learn more about the role of UNICEF in helping the needy and read about some real cases of underprivileged children in the poor countries. In the Story Rewriting Competition, students developed their own ideas and realized how UNICEF does help the poor and changes their life.

Organized By Sunny Wong

校內籌款及推廣活動

簡介

聯合國兒童基金會青年領袖訓練課程的其中一個重點是在校內籌辦活動。在二零零三年十一月至二零零四年一月期間，我們舉辦了不同的活動，目的在於推廣聯合國兒童基金會的工作和為其籌募經費。所有的活動都非常成功，成效甚廣。在推廣活動上，我們在校內舉辦講座、籌辦遊戲和鼓勵同學交流討論。同時，我們亦舉辦了不少特別的活動，如萬花筒設計、歌唱比賽、賀卡設計比賽以及野外定向比賽等。不少的同學以慈善義賣作為籌款項目的活動。義賣的貨品來自贊助商和捐獻者，也會加入手造設計。以下是其中一些優秀的活動。在活動裡，這些青年領袖表現得十分出色。

貧富餐

貧富餐是一項籌款活動。「貧餐」的參加者只會獲派兩片麵包作為當日的午餐，而不得進食其他食物。他們需要尋找贊助人支持他們參與是次活動，作為給予聯合國兒童基金會的捐款。富餐以抽籤形式決定，以10個必勝客的套餐為上限。活動得到校長與老師的支持，參與學生更逾200人，反應熱烈。透過這次活動，參加者有機會體驗食物不足的情況，了解貧窮國家的社會現實。貧餐與富餐的強烈對比，也讓參加者感受世界的不公——特別是當中的一小部份人所得到的遠比其他人所擁有的更優厚。

活動統籌：麥詩敏

聯合國兒童基金會兒童週

在聯合國兒童基金會兒童週裡，我們以「易地而處——女孩子的另一個世界」來喚醒同學們對女子教育的關注。這個星期的焦點放在「一元捐獻顯愛心運動」。同學不必捐出大量金錢，只需要每天從零用錢裡節省一元作為善款就已經足夠。透過這次活動，同學明白到對於那些生活在貧困地區的人來說，每一點很小的施予都是十分重要的。他們都會感到高興，因為能夠以自己所擁有的與有需要的人分享。同時，我在早會上簡介聯合國基金會的工作，舉辦了賀卡封面設計比賽以及裝飾代表不同國家的人像，寓意萬國齊心，無分你我。這些活動為同學提供了一個增廣見聞的機會，讓他們更深入地了解世界狀況，也讓他們表達對改善世界狀況的看法。

活動統籌：何靜芝

故事續寫比賽

「故事續寫比賽」是希望透過校內活動，宣揚聯合國兒童基金委員會的工作及使命，讓同學可以明白到世界上發展中國家婦女及兒童的需要。同學可以在問答遊戲中透過小冊子知道聯合國兒童基金委員會在援助當地人民時的角色及貧困兒童的真實個案，亦可讓他們在續寫故事中發揮創意，明白聯合國兒童基金委員會如何幫助他們及改寫他們的命運。

活動統籌：黃啟綱



Appointment Ceremony

The UNICEF Young Leaders Programme 2003/2004 Appointment Ceremony was held on 20 March 2004 at the Paradise Mall. Mrs. Anson Chan, JP, the Vice-Chairman of the Hong Kong Committee of UNICEF, was cordially invited as the officiating guest of the ceremony. During the event, Mrs. Chan presented the certificates to the Young Leaders and appointed each one to be a UNICEF Young Leader to serve the community and to promote children's rights.

At the ceremony, honorable guests delivered speeches of encouragement and praised the Young Leaders who were graduating. The graduates all felt immensely proud of this recognition. The Young Leaders of 2003/2004 then shared the joy and tears of the training days and discussed their goals for the future, whilst the Young Leaders of 2002/2003 and Mrs. Chan dwelt on their past experiences. Their words contained invaluable lessons. However, most importantly, we were reminded of the need to justify their faith in us and succeed in our ultimate aim – of helping children across the globe.

After the Appointment Ceremony, all of us found a surge of energy flowing within our bodies – a strong momentum would support, guide and push forward each and every one of us to bring dreams into reality.



委任典禮

「聯合國兒童基金會青年領袖計劃 2003/2004」委任典禮於2004年3月20日假杏花新城舉行。我們很榮幸邀請到聯合國兒童基金會香港委員會副主席陳方安生太平紳士擔任主禮嘉賓。於典禮上，陳太頒發了委任証書給我們。從那一刻開始，我們便要肩負起服務社群、推廣兒童權利的責任。

在典禮中，出席的嘉賓分別先後致詞勉勵及讚揚應屆青年領袖，令與會的青年領袖感到與有榮焉。期間2003/2004年度的青年領袖和大家分享訓練過程中的喜與樂及未來的抱負，而2002/2003年度的青年領袖及陳太更和大家分享及回顧他們的服務經驗，令大家不但得益不少，還清楚明白到我們必須繼續秉承他們的信念，致力幫助全球的兒童。

委任典禮完成後，我們的內心感到更充實，內裡有一股強勁的動力推動著我們，就讓我們竭盡全力去實踐我們心中的理想吧！





4 April (Sunday) 四月四日(星期日)

Hong Kong → Hanoi Vietnam
香港 → 越南河內
Dinner with Hanoi Junior Reporter Club
members at UNICEF Vietnam
於聯合國兒童基金會越南辦事處跟河內青少
年記者會會員見面

Field Visit to Lao PDR - 老撾考察團行程



Map No. 3959 Rev. 2 UNITED NATIONS
January 2004

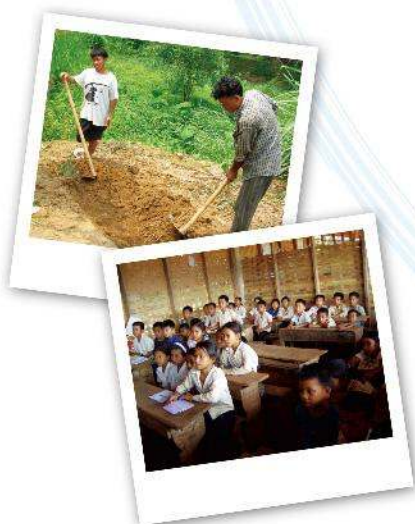
5 April (Monday) 四月五日(星期一)

Hanoi, Vietnam → Vientiane, Lao PDR
越南河內 → 老撾永珍
Visit to UNICEF Lao PDR
探訪聯合國兒童基金會老撾永珍辦事處
Visit to Phonghong Primary School
to observe Water, Environment
and Sanitation Project
探訪老撾Phonghong小學的食水、
環境及衛生計劃
Vientiane → Vangvieng
永珍 → 萬象



6 April (Tuesday) 四月六日(星期二)

Sight-seeing in an antre in Vangvieng
參觀老撾Vangvieng洞窟
Visit to Tanongsi's Mulberry Farm
老撾 Tanongsi桑基農莊



Itinerary

7 April (Wednesday)
四月七日(星期三)

Visit to Na Khoun Noy Primary School
探訪老撾 Na Khoun Noy 小學
Visit to Unexploded Ordnance (UXO)
office in Vientiane
探訪老撾永珍關注未爆炸軍械辦事處
Cultural Exchange with Lao Youth
AIDS Prevention Project members and
Youth Fighting AIDS Project members
與Lao Youth AIDS Prevention Project的
會員和 Youth Fighting AIDS Project 的
會員交流



8 April (Thursday)
四月八日(星期四)

Visit to Done Koi Children
Development Centre
探訪老撾 Done Koi 兒童發展中心
Visit to Vientiane Youth Health Centre
探訪老撾永珍青年健康中心

9 April (Friday)
四月九日(星期五)

Visit to a village with Water,
Environment and Sanitation Project
探訪已推行食水、環境及衛生計劃的鄉村
Day camping with Lao Youth AIDS
Prevention Project members and Youth
Fighting AIDS Project members
與Lao Youth AIDS Prevention Project的會員和
Youth Fighting AIDS Project 的會員參加日營活動



10 April (Saturday)
四月十日(星期六)

Vientiane, Lao PDR → Hong Kong
永珍 → 香港



Department of Peacekeeping Operations
Cartographic Section

Issue 1 : Water and Sanitation

"I want a healthy body"

To the children of Lao PDR, having a healthy body is a dream.

During the trip, we visited three primary schools and a village where we studied the actual hygiene conditions in Lao PDR. To learn more about them, we interviewed many local children and their teachers.

We learnt that water is one of the factors leading to problems. Only 1/3 of the population in Lao PDR has access to clean water. The local village officials said that they are so poor that they cannot even afford to build a water pipeline.

A girl from Phon Gnam Primary School told us that she had to fetch water every day before going to school. It not only makes her feel tired all the time, but also it sometimes prevents her from attending school. Would you give up going to school to fetch a pail of water for the family?

The villagers obtain their drinking water from rivers and wells. Unfortunately, many sources of water are unreliable, especially during the dry season when most of the wells dry up and other sources of water may be contaminated. We saw the real situation through a visit to a village next to, Vientiane, the capital of Lao PDR. The water in the well was muddy and brown in colour. Can you imagine? This muddy water is the only life support should they be unable to find another source of water. Unreliable water can lead to diseases such as cholera, diarrhea, hepatitis and typhoid fever, as well as being a means of transmitting parasites.

The lack of water and overwhelming poverty made the local villagers unable to build toilets. Toilets are so expensive that some villages could not raise enough money to build a public toilet. They had to solve their needs in the bushes around the community, which put public hygiene at risk.

The inadequate health service worsens the situation. It is not uncommon for the nearest clinic to the village to be 3 to 4 hours walk away. The villagers are helpless when they get ill.

UNICEF Lao PDR is implementing several projects to change the situation. One of the projects is producing a set of teaching materials, called "Bluebox", for teaching kids in primary schools. "Bluebox" introduces basic hygiene knowledge through games and role-plays. The primary students enjoy it and learn hygiene concepts from the games. They told us cheerfully that they would also teach their family all they had learnt in school.

We see hope for the children in Lao PDR. UNICEF has observed a significant drop in the incidence of digestive system diseases and parasites. We believe, and hope that the dreams of the Laotian children will soon come true.



專題一：食水及衛生

我想身體健康

對於老撾的小朋友來說，擁有一個健康的身體，是一個夢想。

這次老撾之行，我們總共採訪了三間小學和一條村莊，實際地了解當地的衛生情況。採訪期間，我們遇到很多老撾的小朋友，並且透過訪問加深對他們的認識。

在這次行程裏，我們得知一切問題的根源都是來自食水。老撾現時只有三分之一的人口能夠得到乾淨的食水。根據當地鄉村的官員說，他們因貧窮而負擔不起建水管的費用。一名在Phon Gnam小學讀書的女孩告訴我們，她每天上學前要去挑水。這不但令到她感到疲累，也多次令她不能上學。如果你是她，你會否為了挑一桶水供家人使用而放棄上學呢？

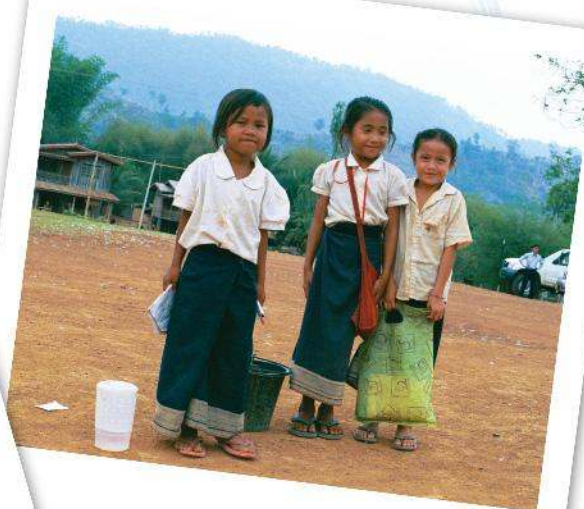
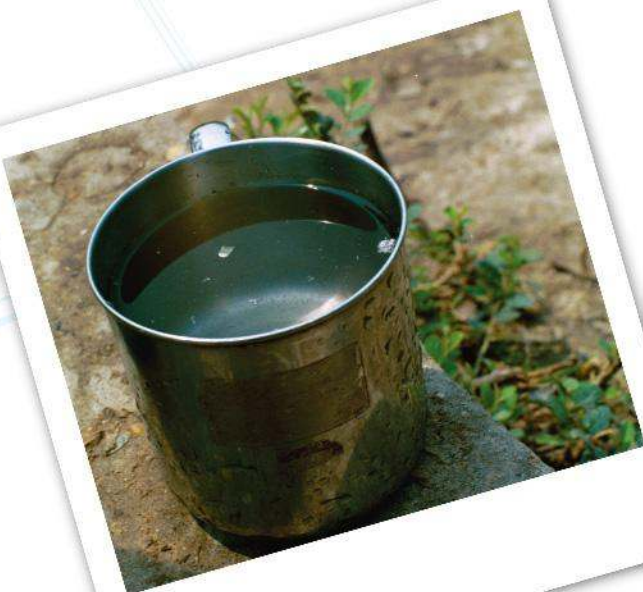
村民每天都要去河流及水井提取食水。不幸的是，這些水源的供應量都不是太穩定。尤其是在乾旱季節，很多河流及水井都乾涸。即使有水，都已被污染，不能飲用。我們在首都永珍的一條村莊裏看到這個真實的情況：混濁和泥黃色的井水。你可以想像到假如他們找不到乾淨的水，這些水就是他們唯一支持生命的水嗎？缺乏清潔食水的供應，不但會導致霍亂、痢疾、肝炎、傷寒等疾病，更大大的提高了各類寄生蟲傳播疾病的機會。

缺乏食水以及貧窮亦令到村民無法興建洗手間。由於建設洗手間費用高昂，村民無法籌集建築費。要解決生理的需要便唯有走到附近的草叢，嚴重影響公共衛生。

醫療服務的不足也加深了問題的嚴重性。對於當地人而言，步行三至四小時到最近村莊的診所絕對不是一件罕見的事。他們患病的時候，也只能用「無助」去形容。

聯合國兒童基金會老撾辦事處正在實施幾項計劃去改善老撾的現況。其中一項計劃是設計一套叫做「藍盒」的教材給小學。這套教材透過遊戲及角色扮演去介紹基本的衛生常識。當地的小學生也十分享受和投入遊戲教育。他們很喜悅地說會將他們在學校所學過的知識傳授給家人。

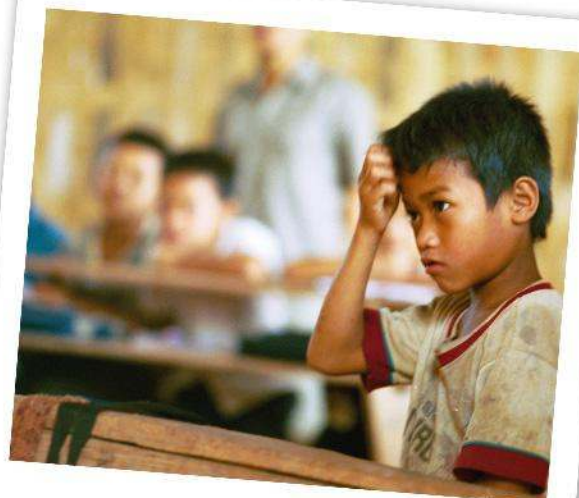
我們在老撾看到的，是希望。聯合國兒童基金會老撾辦事處明白到傳染病及消化系統疾病的重要影響，並設法幫助老撾人。我們相信老撾小朋友的夢想有一天會成真。



Issue 2 : Education

To learn more about the life of children in Lao PDR and their education system, we visited three schools (Phonghong Primary School, Phon Gnam Primary School and Na Khoune Noy Primary School) and two youth centres (Done Koi Children Development Centre, Vientiane Youth Health Centre). Visiting these places enabled us to learn more about the culture of local teenagers and their zeal to learn and overcome any difficulties despite very limited resources.

The schools in Lao PDR lack teaching resources, as they are really poor. Some don't even have basic facilities. They have to use broken chairs and desks, with walls of bamboo sticks that are not effective in blocking out the noise of other classrooms. Surprisingly, the enthusiasm of the children was not affected even though they had to study in such harsh environments. Their zeal to learn, their determination to explore the world and their courage to overcome difficulties enlightened us. They possess a virtue we all should learn.



The schools in Lao PDR are usually built in remote areas where they are far away from the students' homes. A great amount of time is usually required for the students to travel to school. Some students need at least five hours to get to school. The high dropout rate in Lao PDR is also a serious problem. Girls' rights to study were often violated due to traditional values of honouring boys over girls. Therefore, a lot of girls were forced to stop studying and had to do the housework, look after siblings or get employment to help finance their families. A lot of parents overlooked the importance of education, thus making it very hard for the children to stay in school. To many children in Lao PDR, education may well be a wish that would never come true.

Poor sanitation also affects the life of the children. In one of the primary schools, Phon Gnam Primary School, they had no access to latrines. They had to use the bushes behind the school as toilets. The children are prone to getting sick and this further prevents them from attending school. Things we may consider as basic necessities are actually lavish in their world. Having all these privileges, shouldn't we cherish them?

UNICEF has always been concerned about children's rights, to help students to get what they deserve. One example is hygiene education. By promoting it in schools, students are more aware of personal hygiene and keeping their houses clean. The school encourages them to spread the knowledge to their families. Besides providing funds to primary schools, UNICEF also supports youth centres. We visited two of them: Done Koi Children Development Centre and Vientiane Youth Health Centre. The Development Centre made the best of their limited resources to promote children's rights. Children could spend their free time in the centre, in woodcraft or weaving. It also provides English lessons to the children so as to promote an all rounded development. The Health Centre was a centre made up of local teenagers. It aims to promote AIDS prevention through peer education.

Throughout the trip we are greatly taken by the smiles of the children with their innocent eyes, their determination and courage to overcome difficulties. The children in Lao PDR have become our teachers, giving us valuable lessons to treasure what we already have and to help us work towards a better future.

專題二：教育

為更深入體驗老撾兒童的生活和了解老撾的教育制度，我們在當地有幸探訪三間山區小學（Phonghong小學，Phon Gnam小學和Na Khoun Noy小學）和兩間青年中心（Done Koi Children Development Centre和Vientiane Youth Health Centre），與當地兒童及青少年作交流，從中了解他們的生活和文化，得知他們縱使在惡劣和缺乏資源的學習環境中求學，亦堅守熱切求學的心，以積極心態克服貧窮的可怕。

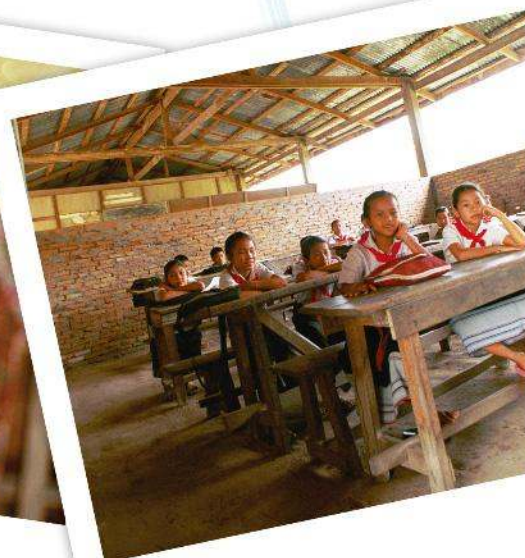
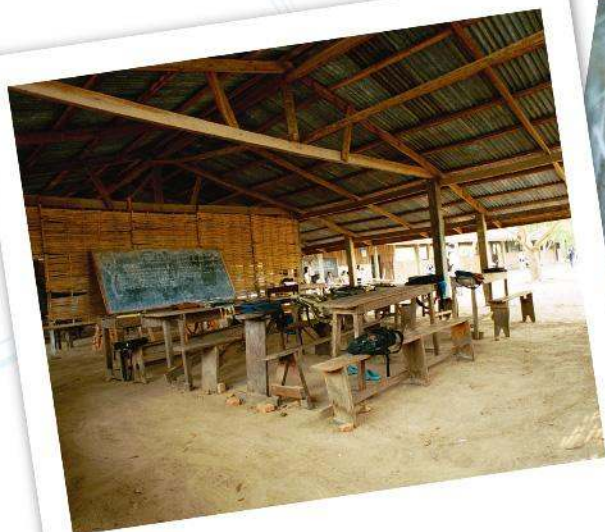
老撾的學校普遍都因貧窮而缺乏足夠的教學資源。當地的學校甚至連基本的教學設備亦缺乏，孩子只好以破爛的桌椅上課，各課室之間只用破爛竹枝間隔，沒隔音作用，學習環境的惡劣沒打敗孩子們對學習的熱誠。他們對知識有無盡的渴求、探索世界的決心、克服困難的勇氣，燃亮了我們學習當地兒童的決心。

老撾學校多建於山區，與學生的住處距離甚遠，往往要花不少時間往返學校，有些學生要花5小時才能到校。另外，兒童輟學率高亦是老撾其中一個頗嚴重的問題。礙於受傳統重男輕女的觀念影響，女童往往被剝削其讀書的權利，在年幼時就被迫中途輟學，改為在家裡處理一切家務，照顧弟妹或出外工作以幫補家計。不少父母均忽略教育的重要性，令當地兒童的讀書機會大為減少，接受教育對於老撾兒童來說，就等於是一個難以實現的心願。

惡劣的衛生情況亦嚴重影響兒童的正常生活。我們曾探訪一間小學（Phon Gnam Primary School）。該校缺乏洗手間設施，只好以後山充當洗手間，衛生情況惡劣令兒童患傳染病的機會增加。目睹此情況，我們明白到日常視為日用品的基本設施，對他們而言已是一種奢求。擁有一切的我們，不是應該好好珍惜嗎？

聯合國兒童基金會一向關注兒童權利，亦致力協助當地學生爭取應有的權利，藉課堂向兒童傳遞衛生保健常識，例如衛生教育，清潔家居及個人衛生，並鼓勵他們傳授這些知識給其家人。聯合國兒童基金會除資助小學外，我們亦到訪兩間青年中心，Done Koi Children Development Centre 和 Vientiane Youth Health Centre，前者是一間以保障兒童權利為主的發展中心。兒童可以在課餘時間到中心玩手藝及編織。中心亦有提供英語課程予兒童，令兒童得到全面的發展。後者是一間由當地青年建立的中心，為老撾青年宣傳朋輩教育及愛滋病預防教育。

探訪老撾，令我們最深刻的莫過於兒童的笑臉和無邪的大眼睛，當然還有他們敢於克服貧窮的決心。老撾兒童如我們的老師一樣，教導我們珍惜所有，擁抱朝陽，展望美好的將來。



Issue 3 : AIDS

Diseases are always spreading at an incredibly fast rate. They usually come suddenly and are not limited by borders. This can be seen in the spread of AIDS around the globe. People have heard about it and feel frightened. The rate of AIDS transmission over the world is a very worrying issue.

Lao PDR, located in South-East Asia, should not be overlooked with respect to AIDS.

By April 2003, 952 people had died, with a further 590 infected due to AIDS. Although the death and infection rate may not seem very high, we cannot ignore the problem. The neighboring countries of Vietnam, Cambodia, Thailand and Burma are seriously affected by AIDS. With the rapid development of the economy and the changes in Laotian society, there will be more cross-border trading activities and more contact between the countries. The increasing mobility of people between Lao PDR and adjacent countries threatens to aggravate the situation of AIDS in Lao PDR.

In this trip to Lao PDR, we met two youth groups – Youth Fighting AIDS and Laos Youth AIDS Prevention. These two organizations were founded by the local youths. As the AIDS problem in Lao PDR worsens, these two groups aim to gather youngsters together, to organize activities so as to teach people about AIDS prevention and to help minimize discrimination against AIDS patients. We are so lucky to live in a prosperous city, but what have we done to help combat the AIDS problem?

We also made friends with two AIDS patients. We were greatly impressed, not only because of their strong will, but also because of their positive and optimistic attitude. One of them appeared a little sad and passive at first. We thought perhaps that he had lost hope and was living in despair. But after getting to know him, things were not as we thought. He said, "I know there is nothing I can do and since I can't change the fact, I might as well face the problem! I will share my experience with teenagers and youngsters and I hope they will get to know more about HIV/AIDS."

Life seems so vulnerable and insignificant when it faces death. Though there is no escape from the approach of death, they still cherish their remaining time, and they devote themselves to whatever they think needs to be done. We found that a strong will, along with a positive attitude, will lead us to living a meaningful life.

Associated with HIV/AIDS are not only medical and health problems, but also social difficulties like poverty, discrimination and inequality. There are still many people who have misconceptions of HIV/AIDS and patients are being discriminated against. Their rights to equality are being strangled. Where has humanity, the heart of acceptance originally possessed by humans, gone?



專題三：愛滋病

是醒覺的時候了

疾病的傳播永遠是那麼快，那麼突然，那麼不分國界，特別是「世紀絕症」愛滋病，人們早已聞風喪膽。愛滋病毒在全球蔓延的情況令人越來越擔憂了。

位於東南亞的老撾，其愛滋病傳染的潛在問題實在不容忽視。

直至二零零三年四月，老撾有952人死於愛滋病和590個愛滋病患者。

儘管當地愛滋病的死亡率和感染人數不是十分高，我們卻不能因此掉以輕心。老撾毗鄰的國家如：越南，柬埔寨，泰國，緬甸，都是愛滋病情況較為嚴重的國家。隨著高速的經濟發展和社會的改變，國與國之間跨國界的往來增加，老撾和相鄰國家人口的流動性也因而上升，當地的愛滋病情況便受到威脅了。

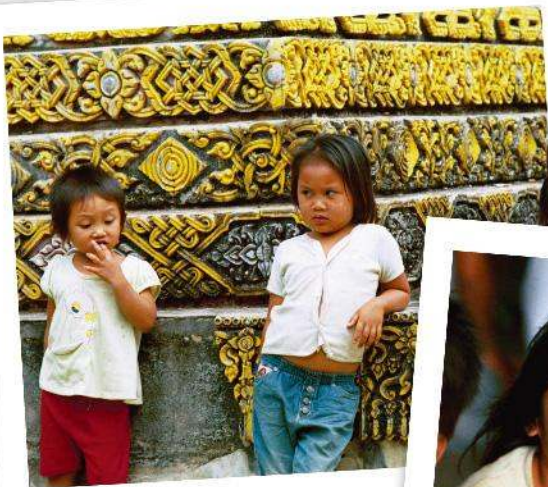
在這次考察團，我們接觸了當地兩個青年組織，分別是Youth Fighting AIDS 和 Laos Youth AIDS Prevention。這兩個組織都是由當地的青年自發成立，從他們身上我們看到了理想的光輝。組織的目的是針對老撾日益嚴重的愛滋病問題，凝聚一群青年舉辦活動，宣揚預防愛滋病及反歧視的訊息。他們喚醒我們的反思，在香港這資源充足的環境，相較老撾青年，我們這群自稱新世代的青年，又為香港的愛滋病問題做過什麼？

這次老撾之行，在一次青年聚會中認識了兩位愛滋病患者，感動我們的並不只是他們堅強的意志，還有那種樂觀積極的態度。在他們身上，我們看到了生命的熱和光。

當中一位愛滋病患者比較被動。我們起初以為他因為自己得了絕症而對前路失去希望，心中充塞著無奈和仇恨。可是，跟他相處後才發覺他已不再介意這事實。他向我們說：「我知道這是一個不能改變的事實，既然不能逃避，便面對吧！我會將自己的經歷和年青人分享，希望增加他們對愛滋病的認識。」

面對著死神的召喚，生命是如此脆弱和渺小。縱使逃不過死亡的來臨，他們還是那麼熱愛生命，擁抱餘下的人生。原來堅強的意志是讓生命走得更燦爛的不二法門，而樂觀積極的態度更是當中的催化劑！

愛滋病並不純粹是醫療健康的問題，它與貧窮，歧視，不平等的社會問題是息息相關的。世界上仍有很多人帶著有色眼鏡看待他們，使愛滋病患者備受歧視，扼殺了他們的被平等對待的機會，究竟世人本有的仁愛精神和那顆包容的心到哪兒去了？



Dream Introduction

"I have a DREAM" said Martin Luther King, Jr.

In America of the 1950s, the equality of man envisioned by the Declaration of Independence was far from a reality and black people had been enslaved for centuries. Dreaming, a fledgling yet fighting, Martin Luther King eventually transcended the barrier between whites and blacks.

Since Genesis, dreams have been the fundamental driving force for the advancement of human development. In the field trip to Lao PDR, we were moved by the Laotians' passion for their future and their vision of their country.

Let's look at their thoughts and try to understand their thoughts and culture.

馬丁路德金說：「我有一個夢想。」

在五十年代，人權、自由並沒有在剛宣佈獨立的美國中體現——黑人社會地位之低仍然處於水深火熱之中。經過不斷的夢想、奮鬥，馬丁路德金終於成功消除黑、白人之間的隔膜。

自遠古以來，夢想成為人類發展的基本動力。我們在老撾深深感受到當地人對老撾的熱愛和將來的憧憬。就讓我們細看老撾人民的想法和了解他們的文化吧！



All children in Lao PDR will not contract HIV/AIDS.

我希望愛滋病會遠離所有老撾的小朋友

Mr. Bounnhoth Vorabouth, the master trainer in the Vientiane Education Municipality
在永珍教育自治市的首席教官Bounnhoth Vorabout先生

My life is here. I wish to learn hair cutting tomorrow and contribute my skills back to the centre.
我的生命就在此。如果明日我能學剪髮便好了！那麼我日後就能為中心服務。

A 16-year-old, secondary school girl in Done Koi Children Development Centre, Miss Many Von. She grew up in the centre for 16 years and once worked in a garment factory. She liked being in the centre and her family supported her.

Many Von小姐，一名中七、十六歲的女孩，在中心已生活了十六年。她曾在製衣廠工作。她很喜歡在 Done Koi Children Development Centre工作，而且她的家庭也很支持她。

My dream is to work here. It's already a dream come true.

我的夢想就是在這裡工作。我的願望已成真了！

A social worker, who provides voluntary services to children, in Done Koi Children Development Centre.

一名在Done Koi Children Development Centre工作的義務社工。



I want to have a larger house and a car.

我希望有一間大些的屋和車。

Ms Douang Chang Meuntha Languzy, an ordinary housewife whose life depends on farming in the village

一名以靠耕種為生的農村婦人Douang Chang Meuntha Languzy 女士



I want all people (in Lao PDR) to cooperate and remove all the bombs. The land is for the people to plant.

我希望所有老撾人民攜手清除所有危險炸彈，那麼我們便可安心在地上耕種了！

Mr. Khampan Latsavong, the Chief of Community Awareness, is keen on promoting UXO safety within the territory.

社區關注主任Khampan Latsavong先生一向積極推動UXO於境內的安全。



I dream of promoting AIDS prevention in schools and activities amongst teenagers.

我希望透過學校及青少年活動宣揚防止愛滋病的訊息。

Miss Somlith Cwoy, a Year 1 student studying English at the University of Laos, who is a volunteer of a group fighting against AIDS, promoting sex safety to teenagers.

十八歲的Somlith Cwoy於老撾大學修讀英語，她是一名防止愛滋病小組的義工。



I dream to be a good person who can help others. I want to work for the Government in order to change some policies.

我夢想成為一位樂於助人的人。我也希望將來可以在政府工作，改善現有之政策。

Mr. Sayxon, a 19-years-old. He is a 2nd year student studying Finance, Economics and Management at the University of Laos.

十九歲的 Sayxon現就讀於老撾大學



I want to be a soldier so that I can protect my country.

我想成為軍人，保衛自己的國家。

A student at a primary school

當地一間小學的學生



I want to be a teacher in the future and I can teach the others.

我立志未來成為一位好老師，這樣我便可以教育下一代。

A student at a primary school

當地一間小學的學生



I hope there would be a healthy and clean environment for the students.

我希望同學可以在一個健康及潔淨的環境下成長。

A teacher at a primary school promoting water sanitation

當地一間小學負責推廣衛生食水的老師



I hope the school will have an indoor playground and the students are healthy.

我希望我的學校可以加建一個室內運動場，而且每個小朋友都可以健康地成長。

The Principal at a primary school

當地一間小學的校長

I want to live abroad and lead a happy life.

我希望移民外國及擁有愉快的生活。

A junior Vietnamese reporter, who volunteers for the media to spread news to other youngsters throughout the country.

一位年青的越南籍記者正協助當地一個青年電台宣揚訊息。



Sharing of UNICEF Young Leaders

麥詩敏 Clara

"There are people crying, if you care enough for the living..." (Michael Jackson's 《Heal the World》)

When I close my eyes, I still seem to see the Laotian children with smiles on their faces... to hear the sound of their laughter...

The optimistic children of Lao PDR have shown me just how simple life can be.

Before, I would get swept away by the hustle and bustle of busy school-life. Day after day, week after week, month after month ... I somehow got lost and forgot where I was heading for.

I clearly remember something that the lady at the Done Koi Children Development Centre told us before we left, "...they need you, and they need you now." Not tomorrow, not next week, not after my exams, not when I'm 'not that busy' but NOW.

Last year, 500,000 children died of HIV/AIDS-associated illnesses.

Each month, 17 Laotian girls drop out of school because of poverty.

Every 8 seconds, a child dies due to a lack of clean water.

Today, I cannot improve the water and sanitation in Lao PDR. I cannot build a school for the children there. I cannot cure them of AIDS. What CAN I do for them?

"Start with the simple things. Start from people around you." Evelyn said.

With a heart, a little bit can do a lot.

"Heal the world, make it a better place, for you and for me and the entire human race." This is my new goal in life.

龔啟宏 Kevin

去年十月，我參加了「聯合國兒童基金會青年領袖計劃」。經過一連串的評選，我有幸獲選為聯合國兒童基金會青年領袖，能夠到老撾作實地考察。耳聞不如目睹，老撾經過無情的戰火摧殘後，雖然得到慈善團體及義務機構的幫忙，但由於人民大多務農為生，教育水平偏低，大部份的人民仍然生活在貧困中；例如，有些學校連洗手間的設備也欠缺，同學們有需要，祇可以利用附近的草叢和空地解決，使當地的傳染病傳播得很快。就算偶爾發現公用洗手間，這些洗手間也殘破得不能保持平衡，搖搖欲墜。這些只是冰山一角，生活在這樣的環境中，是否真的比生活在大都會的人快樂？我們在當地作了七天的考察，從透過與當地居民接觸，我發現他們多性格樂天，經常笑容滿臉。我們雖然言語不通，但透過翻譯，我瞭解到雖然他們生活貧困，但他們心中充滿希望，相信只要努力學習，知識可賜予他們力量，將來必可脫貧。這樣一個單純的信念令他們比我們笑得更燦爛，心靈上更富裕！從中我得到一些啟示，亦為之前的問題找到了答案，不知你有沒有同感？

Marcus

A poet once said, "I have yet still to learn though I have done it a thousand times." Although frankly I have been to several similar programmes before, this is one of my most memorable experiences.

Through this programme I have learnt to be constantly prepared to take up responsibilities and make full use of opportunities.

What can be achieved by one man is limited. Only through the collaboration of teamwork can the impossible be achieved. A leader does not necessarily have to be the one best at executing the actual ideas, but rather set the direction for a group of people. Now I try to set up inspirational yet achievable goals in order to create a compelling sense of direction for the team.

Furthermore, being willing to step out of one's comfort zone and take risks for a successful leader merely because: how would one predict that they cannot achieve a particular task without practical trials? By taking up risky assignment I am making use of the chance to improve. Thus my words of advice: Don't be afraid to take risks, for that is when you will make your achievements.

Finally, a leader should be a good listener and always seek to understand before to be understood. Do not always insist on your way of doing things but rather put yourself into other people's shoes when you try to understand an issue.

Here I would like to thank Evelyn, Kimmy, Ringo and the former UNICEF Young Leaders for putting together the UNICEF Young Leaders Programme and my fellow Young Leaders of 2003/2004 for the wonderful times we had.

黃子韻 Janie

發達的交通和資訊不斷將地球人拉近，名義上是一家人，但實際上，我們當中的大多數對這個大家庭的許多成員是如此陌生，對他們的痛苦感覺冷漠，對他們的際遇和將來漠不關心。他們的份量不及我們心中的偶像，他們的故事如同發生在另一個星球。

對於老撾的人們來說，我們只不過是匆匆的過客罷了。他們卻不同，得切切實實面對眼前的生活難題——乾淨的食水，衛生間，地雷的埋伏等等。他們很努力地要把困境扭轉。反觀自己，除了關心他們，我應該做些甚麼去幫助這些兄弟姊妹？

世界很小，不過我對於自己身外的事情，卻知道得更少；甚至，有時除了自己之外，不曾記起別人的存在。但原來，認識別人，同時是反省自我的過程。許多老撾的小朋友時刻輾轉於生死邊緣，從中，我感到人只有站在「生命」這塊基石上才能得到成長和發揮潛能的機會。試問，當一個人失去了生命，他/她還能做些甚麼？

最受打動的莫過於老撾人們樂觀堅忍的精神。我在想，如果香港人在失意困頓的時候知道世上有更大的苦難，能夠放開懷抱，勇敢的跨過去，該多好！

吳嘉鈺 Carrie

The kids in Laos have the most enchanting eyes I've ever seen. They shimmered with deep courage, determination, expectation, passion and love. Though poor and deprived, they have with them the most precious thing – smiles. A simple smile can transcend the crevice of language and bind us all together; but in Hong Kong, it's rather hard to find such heartfelt smiles.

I still remember how much fun it was when we held hands with the children and ran around on the lawn. Happiness is simple – even running around can make us feel satisfied. Life is simple too – the Laotians live in poverty, yet, they led a far more colourful life than that of ours. Why is that so? Hong Kong is too complicated.

Maybe we should all slow down a bit and try to think more of those around us. Starting from this moment onwards, we should work together for a brighter future. Unity is strength. You just can't be successful without others' support. Put aside your self-interest for a while and you will find more. Back in Laos, kids as young as six years old can tell you that their dream is to strengthen their country. But where is this fire in Hong Kong?

Sometimes it is rather ironic. They lack our materials, but we lack their tranquility, determination and unity.

周匯仁 Jeffery

自飛機升起的一刻，我的心就跌盪著。

我曾經聽過別人說老撾貧窮落後。

我曾在電視上看見老撾戰禍連年。

然而，在這次的旅程裡，我所目睹的卻比這些更多。

在簡樸農村的小徑上漫步，放眼望去，一片淒涼。簡陋的木屋錯落有致地散落在山下，遠遠近近，十分貧乏。每所房子都飽經滄桑，彷彿年邁的老人，再抵擋不住風吹雨打，破落殘舊。村民掘井取水，大部分人家並沒建有廁所。食水供應不完善，環境衛生惡劣。道路黃泥飛揚，孩子們光著腳，一身塵土在跑著、跳著，衣服盡是灰黑黑的。望著這樣的情景，心中不禁陷入極大的震撼裡。在農村的學校裡，教室只是由木頭搭成，朗朗的讀書聲傳遍四周。據當地的村民所說，不少學生，每天翻山越嶺，步行超過兩小時回到學校上課。放學後又要花上同樣的時間趕著回家分擔父母的工作負擔。為了上學，他們把鞋子也踏破了。但是，還有更多老撾的孩子因為家裡的農耕工作而失去了寶貴的學習機會。這一切一切，是「貧窮」和「落後」所能涵蓋的嗎？

在香港，生活富裕，從沒有想過在同一天空下，老撾的孩子衣不足，食不飽，每天為生存而掙扎努力。能夠接受教育，已經是我們最大的福氣了。對於這些貧困艱苦的孩子來說，我們對生活還能要求甚麼呢？

余詩璇 Christina

One never believes something until its experienced it. That's how I feel after the trip to Laos. I could never imagine how badly off developing countries were before the trip. It is amazing to see a simple grass house called a school. While in Hong Kong, we have computers in each classroom and are still not satisfied! The world is just so unfair.

I met a teacher in Laos. We talked about the drop out problem. She is just relieved that all of her students are able to finish primary school. Then I asked, "How about being promoted into secondary schools?" She answered, "We can do nothing about it because it needs large amount of resources that we can't afford." I could see the sadness in her eyes. No matter how hard they tried, poverty is the root of the problem that they cannot change. Education is the only solution – but there is just no money for education! How many talented students are wasted every year? I can't imagine the figure.

I still remember the happy faces in Laos. I always asked myself – they can live so happily with nothing. How about me with everything? Live a simple life. Be happy. Treasure what we have. Work for the betterment of the human race. That's what we need in our lives.

Thanks to everyone in the trip, the Programme, and especially to the officers in UNICEF.

李春蓉 Aggie

還記得青年領袖計劃的第一堂是認識什麼是兒童權利。可是，我並沒有留下深刻的印象，因為這都是從小知道。

直到後來去到老撾，才對他們的生活有真切的感受。天啊！眼前就只有一片黃土和一排排簡陋的民居及課室。走進課室，就感到很悶熱，一把風扇也沒有。環顧四周，看見一塊破爛的黑板及佈滿洞的牆壁，而課室內的學生正在專心致志地上課。他們並未有被悶熱的天氣，破爛的設施所影響，仍一心一意地聽老師講書。這幅畫面給我深深的震撼！如果我要喝一口乾淨的水也要走數小時才能得到，上廁所卻要在草叢中解決，又要在這個連基本設施也沒有的地方上課，我完全不能想像我還能專心致志地上課。在這一刻，我終於深切地感受到什麼是兒童權利——他們最基本的所需。這比第一堂時所看的影像，所學的理论來得更深刻，來得更確切。完成這次探訪後，我真切了解到什麼是兒童權利。每個人都有與生俱來的權利，當然也包括兒童啦！難道就因為貧窮，權利就要被剝奪嗎？

梁緯睿 *Curtis*

在電視、報紙上認識的老撾，是一個冷酷、充滿憂愁的國家，看到的只是一張張無助的面孔……沒錯，我也認同老撾是貧窮及資源缺乏的，甚至連廁所及乾淨的食水也沒有，但我看到卻是貧窮中的歡笑，缺乏中的滿足。

老撾學校的牆只是用磚砌成，沒有窗戶，屋頂是用草鋪的，更不用說是沒有冷氣的了，當我踏進課室的時候，悶熱得使我汗流浹背，儘管學習環境是這樣的惡劣，但是我看到每一個老撾小朋友的臉上都流露出渴望上學的眼神，他們的專注的目光、積極的態度令我留下了深刻的印象。回想我們這班每天坐車上學、在有空調的課室裡上課的香港學生，根本完全不用憂慮失學、不用每天走幾小時上學，只是抱怨功課太多、測驗太難，實在深感慚愧，生活在這樣一個舒服的環境，難道我們不應該珍惜嗎？

記得我們還送了一些小禮物例如毬子、籃球給當地的學生，他們已十分高興，並熱情地與我們一同玩耍，原來快樂只是一件這麼簡單的事，更苦的日子也是可以找出快樂的。

老撾的旅程使我再一次反思自己的生活、自己的行為，真的要感謝聯合國兒童基金會給了我一個這樣的機會

李熙美 *Dennis*

從老撾回港後，我的心情仍未能平復起來。我仍想念當地年青人的熱情和笑容，仍想念與愛滋病帶菌者擁抱的一刻，一幕幕扣人心弦的影像依然在我的腦海中閃動，但更令我有如此感覺的是人世間還有愛。

「當你得到的東西越多，你就越會忘記什麼是最基本的。」(The more you gain, the more you forget the basics) 這句說話是聯合國兒童基金會老撾辦事處的職員說出來的。香港是一個物質豐裕的地方，但當大家身處在這個福地的時候，有沒有想過人與人之間的愛與情，愛與情是發自內心，而且也很容易表達出來。經過這七日的老撾交流，我更明白人的生存意義。這就是服務別人，讓自己與周圍的人快樂，而其實做到這一點也很簡單，多一點關心，多一點祝福，這世界便變得更溫暖，人便生存得更有意義。

最後，感謝爸爸媽媽和哥哥以及皇仁舊生會所有師生，你們給了我無比的支持、關心，不少得當然是 Ringo, Evelyn, Kimmy, Connie, Johnny 及所有 Young Leaders 感謝你們對我的教導，願大家以愛關心身邊所有的人。

何詠彤 *Dorothy*

"Sa baai di" is how people in Laos say hello to each other. After this trip, I recognize life as simple. Students over there are not as lucky as we in Hong Kong. They are required to walk to school, which is far away from their home, with no shoes on! When we gave them the souvenirs we prepared, they smiled thankfully with the most beautiful smiles I have ever seen. I seemed to notice that it was easy to be happy. I was fully touched. We were in contact with patients of HIV/AIDS. But I didn't hesitate about shaking hands or not. All I know is that they need people to care about them. Our group stayed up until the next morning discussing our plan. All of us were exhausted but everyone did a good job. In addition, I got to know more about my companions. I took pleasure in representing my school, MCS and Hong Kong in visiting Laos. It was an unforgettable experience.

張靈 *Elizabeth*

在聯合國兒童基金會青年領袖計劃內，我學懂如何成為一名更有信心的人。在訓練活動內，大家要完成很多難度十分高的目標。以前的我，會想這簡直是不可能的，然後便會放棄。透過這些活動，我發現假如我給自己多些信心，嘗試一下，事情未必是無可能的。我學懂了以多角度去思考及對待每一件事。這些，都是一個領袖必要的元素。

老撾的旅程的確改變了我對發展中國家的態度。以前，在電視機或報紙看到貧困國家人民的境况時，我會覺得是十分遙遠，捐了錢給他們便算了。但當我親眼看到原來老撾的人是那麼缺乏清水、生活條件是那樣差，我不再覺得這只是一幅圖畫，而是一個真實、切身的情況，因為我曾經親身了解過他們真實的生活環境。這擴闊了我對宏觀世界的價值觀，也使我學懂如何珍惜自己擁有的一切。我們這班身處香港的學生，常常當自己擁有的是理所當然。但我會覺得，這只是巧合的安排，我們才能生長在這安逸的環境中。我學懂經常問自己一句：「假若我是老撾人，事情會是怎樣呢？」

覃燕筠 *Esther*

When I hear somebody sigh, 'My life is hard,' I am always tempted to ask, 'Whose life are you comparing yours to?'

We are lucky that we do not have to worry about education in Hong Kong. Whenever we face a pile of homework, we mourn for studying. Yet, Laotians have to walk for hours to school daily at least and learn with a single pencil. They said, "I love my school." We may sometimes scream at a tiny insect and think it is the most terrible creature in the world. Yet, there are millions of unexploded ordnance in Laos that are really threatening people's lives. A Laotian would say, "I am used to it." There would be no dramatics.

Life can be simple. I always saw smiles of satisfaction on Laotian children. Life can be bitter. I could sense the tremendous burdens occupying their hearts. How could they cope with environmental sanitation, education, financial and human rights problems? Neither did they groan nor did they criticize. Yet, many would simply say, "My dream is to work hard to improve my community because my life belongs here."

What shall I do? I felt deeply grateful to UNICEF for giving me this eye-opening experience. I have learned that I should not take things for granted. I should try to help under-privileged children by donating money and becoming a volunteer. I care therefore I do these. I will put my experience into action and inspire others to help children around the world.

李焯基 *Francis*

To me, the visit to Laos was the most memorable and inspiring journey that I have ever been on. It was truly an eye opener; I was shown what poverty and vulnerability meant in reality. Though I acknowledge my visions may only be the tip of an iceberg; nevertheless it is already good enough for me to contrast from life here in Hong Kong. Take education for example, we have free mandatory education. Yet from observations, a high number of students don't take it seriously, whilst the young Laotians still attended school even if it took them two-hour daily walks, they carried out their routine no matter if it was the cold raindrops or the hot sun above them. From them I learn to appreciate and treasure what I already have.

Children are the pillars of tomorrow's society and as we know an individual has limited ability. As a leader, UNICEF is striving to preserve the seeds of tomorrow's society. However, only with supporters will they be able to accomplish their mission. I know some might respond with the question: What can I do? That I don't have the answer to, but I believe that in the bottom of our hearts, if we do possess the intention to raise our awareness of the surroundings. Mankind is already on pace 1 towards our road to a better global society.

吳庭豐 *Karson*

The most impressive part of the UNICEF Young Leaders Programme training sessions was looking at myself from a different angle. I now have a better understanding of myself. Through games, I found out about my strengths and weaknesses that were long neglected. Now I have a better self-understanding.

The trip to Laos gave me a new taste of life. It was my first time to be in contact with children in poverty. Unlike seeing pictures in books or on posters, I had a chance to talk and play with the children in Laos. This gave me a much stronger impression of their misfortunes. Through various visits and interviews, we discovered more about the current level of development in Laos, similar to many other developing countries. No clean water supply, no health services, facing the problem of unexploded ordnance and mines, etc. these factors debilitate millions of lives in Laos and all over the developing world. I did not believe it until I saw it with my eyes. Now I believe there are still many people in the world that need our help.

Finally, I would like to say thank you to Evelyn and Kimmy for organizing the entire programme. Thank you Connie, and Evelyn again, for leading the trip to Vietnam and Laos. Thank you Ringo for providing us with excellent training and thank you to all our friends in Vietnam and Laos for their hospitality. Thank you!

何靜芝 Grace

Arguments, conflicts and wars occur everywhere. People nowadays are said to be more self-centred, selfish and aggressive. What they lack is UNITY. But unity is exactly what I experienced during the trip.

Unity is demonstrated by the UNICEF staff worldwide. No matter where they are working, their belief is to fight for the rights of children. The Hong Kong Committee for UNICEF and UNICEF Lao PDR have worked so hard together to arrange this programme, so that we would become a group who would work for children in the future.

Unity in Laos drives the people there to dream for the betterment of their country, but not for themselves. I felt ashamed when I knew the dreams of the Laotian children. They want to become doctors, teachers or soldiers – not because these jobs provide them with fame or fortune. They just simply want to serve and to contribute.

Unity has been built up among the UNICEF Young Leaders. We might not deliver an excellent performance. We might have made mistakes from time to time. We might have been criticized for our behaviour. However, I can assure you that we put a lot of effort and practice into the performances. We did try our best to prepare for every visit by having group meetings every night. We felt worried whenever our teammates got sick. We evaluated ourselves to see where we could improve.

After all, we are the UNICEF Young Leaders and no one can replace us.

羅凱文 Jacqueline

Sa baai di! I would like to greet all the Laotians and my dear friends met in the LYAP, YFA and Vientiane Youth Health and Drop in Center.

I interviewed one of the LYAP members and found that she lives at a boarding house and can only see her family members twice every 4 months. When she went back home, all she wanted to do would be to talk to her family. From now on, I will treasure the time I have and contribute all that I can.

The most memorable part was the visit to Nakhoun Noi Primary School. The Hong Kong government should follow the schools in Laos and implement the HIV/AIDS education in the curriculum. The students in Laos have it every year since Primary 4. A boy who can speak a little bit of English told me that the life skills taught are very useful and he spreads the message to his family. The foundation of every state lies in the education of its youth. We should act together to make the world better.

"Ideal is the beacon. Without ideal, there is no secure direction – without a direction, there is no life." This is what I have learnt and what I still have to learn. The future is in my hands and I will not try my best but do my best.

楊翠玲 Kelly

「身在福中不知福」，在這一刻，我終於明白這句話的真正意思。

我們自小生長於繁榮富庶的社會，得到許多的東西，仍可能不滿足現狀，不斷的追求更多，得不到便埋怨，抱怨自己比別人得到少，卻未懂得去珍惜自己一直擁有的東西。然而，經過這一次的老撾考察團，我親身體會到貧窮地區的人民所面對的困難，譬如說，當地的兒童很困難才得到上學的機會，而且他們每天甚至要走一、二小時的路才可返回學校，相較於香港的學生，我們一不順心，一不如意便要任性不上學，只因我們未曾需要為得到這些機會而去爭取，這一切，對我們來說似是應份的，我們不懂得去珍惜這些機會，反之任意揮霍。

當地無論是大人還是兒童，他們面上都帶著燦爛的笑容，這是屬於他們的樂觀知足，縱然生活是那麼的艱苦，他們仍然比我們更易得到快樂，或許只是一句簡單的問候，一個普通的微笑，一份小小的禮物，已可令他們笑逐顏開。這次的經驗促使我反省現在面對生命的態度，提醒我要懂得珍惜一直擁有的一切，不要留待失去後才追悔，因為，那時所有已經不能挽回。

吳嘉盈 Jessica

The UNICEF Young Leaders Programme not only brought us together but also built up our friendship and team spirit during the few months. Most importantly, it developed our leadership skills and enriched our life experience.

Now, just imagine that you've got to walk three hours, bare foot, to school – how would you feel? That's exactly what the children in Laos experience every day. In spite of many obstacles they are facing they haven't given up on their strong desire to be educated. I was deeply impressed by their enthusiasm to learn. Many students in Hong Kong, including me, often complain about the busy school life and heavy workload. But now I realize that there are children who do not have the basic necessities in life, not to mention the luxury of having an all round education. Shouldn't we Hong Kong students be more thankful for what has been given to us and treasure all that we have?

Before the trip, I did not have high expectations of myself. To see personally first hand problems and difficulties of the people in Laos has deepened my understanding of the lives of some less fortunate people in the world. I will never forget such an eye opening and inspiring experience for the rest of my life, especially the innocent smiles and happy faces of the children who have touched my heart. I would like to share my experience with others, to raise their awareness of the deprived conditions in Laos.

林萬溢 Jonathan

The trip to Laos and Vietnam did not only broaden my horizons, but also made me aware of the living conditions in developing countries. This helped me to realize how fortunate we are in Hong Kong where we have almost everything readily available. After the trip, I think I'll treasure the things that I have neglected before, such as clean water and the efficient public transport system, which I thought were available to everybody. I really admire the people in Laos as they are very strong-willed and can face adversity really well. The children have to walk for hours and go over rivers and mountains just to get to school, but still, they won't let the environment stop them from being passionate, happy and eager to learn. They really set very good examples for me to follow.

After seeing the children in Laos, I have learnt that one must be content with the things we have got. The children and youth in Laos do not complain about their poor living conditions, but here in Hong Kong, sometimes we are not satisfied with what we already have. Now, I always ask myself if it is really necessary to have additional things. I now see simplicity as a good thing and the trip was an invaluable lesson for me.

黃曉恩 Cathy

Joining the UNICEF Young Leaders Programme makes me know more about "leadership." I have learned when I should be the leader and when I should be the follower; when to let things go and when to seize the moment. Through the games and activities, I understand that not only does a leader command the followers, but also brings out the best in them. A real leader is not just assessed by his talent on leading a group of followers but also by his willingness to care and to listen to them.

Learning to be a real leader is a key to success. The UNICEF Young Leaders Programme allows us to have a firm grasp on leadership. We are now able to handle things well. We go all out to overcome difficulties.

Apart from this, joining the Programme has allowed me to have a new bunch of friends. They are all my very true friends. We share laughter – we share our lives. We cherish every moment that we are together. Although, the Programme has ended, and we may hardly meet each other again, (perish the thought!) I believe this friendship could never fade into nothingness.

Taking part in this Programme did make a difference to my life. It is an experience of a lifetime. I am glad to be an UNICEF Young Leader.

陳浩維 Oscar

When I first received the news about being selected to go to Laos with other Young Leaders, I felt really excited. After all this was my first time to visit a country with a special duty to fulfill. A duty to learn more about the situation of children in Laos.

Like everyone would have, I would take pictures of myself in Laos, experience life over there and try to put myself in their shoes in every aspect. I wondered exactly what I would see over there and how it would change my life.

After gathering much information, I finally took the plane and left for Laos. The trip was totally beyond my expectations. We slept in soft beds, had fulfilling dinners and most importantly received great hospitality from the people in Laos.

It was not a trip to taste the life in Laos, but to see and learn about it. We did not have to completely immerse ourselves in their situation to understand them. We learnt through observation and interaction. I learnt that life in different places can be so unequal. The children over there might have to fetch water before school every day while we can just turn on the tap anytime we want.

I want to thank you UNICEF for giving me such an experience and taking great care of us on our trip. The money spent on us will not be wasted – I am sure, after this trip, we, UNICEF Young Leaders, are more determined to work towards the equality of children around the world and will spread the message to everyone we know.

黃啟綢 Sunny

「珍惜現在，把握機會」 – 這是我今次老撾之行的最大收穫。

出發前，我幻想老撾是個落後的窮鄉僻壤；那裡的人飽受困苦，因此失去笑容。我憐憫他們、希望帶給他們幸福、知識、機會，使他們的生活出現轉機、前途及光明。

原來，需要改變的不是老撾的兒童，而是香港的兒童；是老撾的兒童帶給我們重要的啟示 – 需要轉變的是我們。

老撾人知道他們的機會比我們少；物質享受比我們簡單；連生活的權利他們也可能覺得十分難得。所以，他們知道如何珍惜，把握他們僅有的機會，發揮他們最大的潛力，爭取屬於自己、屬於國家的成就。大學生深知能入讀大學是他們最寶貴之財產，他們堅毅而且長遠的眼光及對國家的歸屬感令我動容。當地之小朋友就算是得到一支筆、一塊擦膠，對他們而言已經很寶貴。他們幸福及滿足的笑容是那麼的簡單、純潔和充滿希望。

這是值得我們反思、學習老撾人的美德 – 香港兒童有的機會比人多，享受的比人豐富，我們其實已擁有幸福 – 珍惜你身邊的人、事和物，把握每個機會，專於現狀，快樂原來是這麼簡單。

林嘉成 George

"Everything I possess I take for granted." This is a thought that followed me from my trip to Laos.

Children in Laos are living in extremely poor conditions. Most don't have access to clean water, nor is every child provided with an education. Some are even threatened by the unexploded ordnance and landmines.

When I had my first glimpse of the village, I was stunned. There were neither clean water nor toilets. I could hardly believe such a place was for the living. Yet the children didn't complain – they were used to it.

I have always believed that "everyone is born with basic human rights." I just can't understand why many are destined for poverty instead of prosperity. Before, I just took all the things for granted. Now I realize how fortunate I am. At least I have all necessities. Just as one of the UNICEF Lao PDR staff said, "When we are given more and more, we forget the basics." Now I have everything that I need, but I am not satisfied easily.

I remember a little kid in Laos being asked what his dream was. He quickly replied that he wanted health. And if I am ever asked this question, I would answer, "I want success." Why would I need it? Before, it would have been just because I want others know my capability. Now, it's because, through this, I can do more to help the children living in poverty.

張慧玲 Sabrina

「快樂是由自己爭取的，並不是空等別人來賦予。」以前，我對這說話一知半解，不明白真正的意義。四月的老撾之行，令我領略它的真實本義。

今年我有幸被挑選到老撾進行為期一週的探訪活動，親身體驗當地的風土人情及與當地學生交流。

當我探訪當地的山區小學時，令我親身體驗貧窮的可怕。兒童不但沒良好的學習環境，而且亦沒足夠的教學設備，甚至連廁所及供水設備亦是奢侈品。

面對如此惡劣的環境，當地兒童並沒有被貧窮打敗。他們告訴我縱使貧窮是很可怕，但他們卻活得快樂。

「什麼是快樂？」從他們的身上，我領略到快樂的可愛。快樂是能戰勝一切，無可置疑，身處危難、貧困、災害之中，必定會折磨軟弱的身軀，但它們定不能影響我們堅定面對現實的決心。難道終日自怨自艾便是解決問題之良方嗎？在老撾之行中，最令我深刻難忘的是當地人民的笑臉。貧窮確實可怕，但它卻戰勝不了心底快樂的老撾人民。

當地的人民有如我的老師，他們教導我什麼是知足常樂，學習到珍惜一切所擁有的，比盲目追求更為實際。快樂與否是操縱在我們的手中，只是視乎你是否願意讓它進駐你的心中。那麼，你快樂嗎？

賀錦珊 Cecilia

I was astonished when I saw the terrible situation in Laos -- no shoes, no access to clean water, no latrines in primary schools. The hygiene was incredibly poor. It led to a lot of fatal diseases such as typhoid and cholera that caused the high death rate in Laos.

I used to think that people living in such poor environments must be very gloomy. Contrary to my expectations, they are the most optimistic people I've ever met. I could see happiness written all over their faces, their heartfelt smiles and their eyes sparkling with hope and passion. On the other hand, people in Hong Kong, a much better environment materially, always wear worrying faces and seldom smile. It is ironic that the richer the people, the sadder they are.

One thing that impressed me the most was the determination and ambition of the teenagers in Laos. Some youngsters we met told us that their dreams were to make a contribution towards the betterment of their country. Teenagers in Hong Kong, however, tend place great emphasis on materialistic possessions and neglect others' feelings. Maybe it's time that we should be more considerate of others and put ourselves into others' shoes.

'A simple life is a happy life.' That's what I have learnt from the Laotians.

鄺炳和 Walter

前些時，老撾對我來說，只不過是東南亞某地。但經過這次旅程後，我對這地方的情況，頗有感觸。

大多數人生活在貧窮線之下，生活環境惡劣，更有不少「無產」家庭。失學兒童，多不勝數。重男輕女，更是此社會的通病。其他問題如經濟、教育、濫用藥物、愛滋及地雷傷人等等，都有待改善。

我們這次進行訪問，接觸對象是一般中小學生及普通家庭。每當問到他們的願望時，他們的答案竟然都是：

「我希望永遠身體健康。」

「我希望以後不用挨餓。」

回想起來，我都感到很慚愧。因為若有人問我的願望，答案都可能是一些奢侈的要求。這正正反映出彼此之間的生活體驗以及人生觀的不同，他們所要求的東西，我們都可輕易地得到，但老撾人卻缺乏一些我們認為是最基本的東西。而我們還不斷地對生活上作多方奢求。

其實這次旅程對我們來說是十分有意義的，令我明白到快樂並不一定需要金錢，只要知足，懂得珍惜，生活就會過得有意義，在逆境中生存也能活得快樂。我們應該好好向老撾人學習。



聯合國兒童基金會

Chief Editor

Francis Li

Vice Editor

Grace Ho, Kelly Yeung

English Editor

Oscar Chan

Chinese Editor

Janie Wong

Arts editor

Carrie Ng

Itinary

Christina Yu, Clara Mak,
Jacqueline Law, Curtis Leung

Education

Sabrina Cheung, Kevin Kung,
Jonathan Lam, Jessica Ng,
Cecilia Ho

Water & Sanitation

Karson Ng, Elizabeth Cheung,
George Lam

AIDS

Aggie Lee, Dennis Lee,
Dorothy Ho

Quotes

Florentina Chau

Dreams

Esther Cham, Walter Kwong

Coordinators

Ms. Evelyn Razack

Advocacy & Development
Coordinator

Ms. Kimmy Kee

Assistant Project Officer

Ms. Norris Lai

Assistant Project Officer

Acknowledgements 鳴謝

Our heartiest thanks to the following organizations and individuals for their substantial contributions, support and advice in the UNICEF Young Leaders Programme 2003/2004:
聯合國兒童基金會香港委員會衷心感謝下列機構及人士對「聯合國兒童基金會青年領袖計劃2003/2004」的贊助、支持及意見：

Advertising Sponsor 廣告贊助機構

New World First Bus Services Limited
新世界第一巴士服務有限公司

Panel of Judges 評審團

Dr. Patricia Ip, Executive Committee Member of Hong Kong Committee on Children's Rights
香港兒童權利委員會執行委員葉麗嫦醫生

Ms. Irene Leung, Chief Officer (Human Resources and Community Network), Social Services Department, The Salvation Army Hong Kong & Macau Command
救世軍港澳軍區社會服務部總主任(人力資源及社區網絡)梁佩瑤女士

Rev. Jerry Wong, Pastor-In-Charge, Christian & Missionary Alliance Heng Fa Chuen Church
宣道會杏花邨堂黃克勤牧師

Ms. Billy Wong, Executive Secretary, Hong Kong Committee on Children's Rights
香港兒童權利委員會執行幹事黃惠玉女士

Mrs. Corina Wong, Council Member, Hong Kong Committee for UNICEF
聯合國兒童基金會香港委員會委員黃高美雲女士

Mr. Gilbert Mo, Council Member, Hong Kong Committee for UNICEF
聯合國兒童基金會香港委員會委員毛錫強先生

Dr. Alex Chan, Council Member, Hong Kong Committee for UNICEF
聯合國兒童基金會香港委員會委員陳國興醫生

Thanks must also go to the following individuals and parties for their kindest help in the UNICEF Young Leaders Programme 2003/2004:
我們衷心向以下人士及單位致謝，非常感激各人對「聯合國兒童基金會青年領袖計劃2003/2004」所提供的協助：

Mrs. Anson Chan, GBM, GCMG, CBE, JP
陳方安生太平紳士

Paradise Mall
杏花新城

We also wish to express our deep appreciation to the following organizations in Vietnam and Lao PDR for their warmest reception:
我們特別多謝下列機構的協助和熱誠接待，令「聯合國兒童基金會青年領袖計劃2003/2004」的考察團得以順利進行：

UNICEF Lao PDR
聯合國兒童基金會老撾辦事處

UNICEF Vietnam
聯合國兒童基金會越南辦事處

Na Khoun Noy Primary School

Done Kai Children Development Centre

Unexploded Ordnance (UXO)
Office in Vientiane

Tanongsi's Mulberry Farm

Youth Fighting AIDS

Nakhok Noy village

Lao Youth AIDS Prevention

Dong Khouay village

Vientiane Youth Health Centre

Phon Gnam Primary school Phonghong Primary school

Organizer 主辦機構



香港跑馬地藍塘道60號三樓

3/F., 60 Blue Pool Road, Happy Valley, Hong Kong.

Tel 電話：2833 6139 Fax 傳真：2834 0996

Website 網址：www.unicef.org.hk

Email 電郵：info@unicef.org.hk

Advertising sponsor 廣告贊助機構

