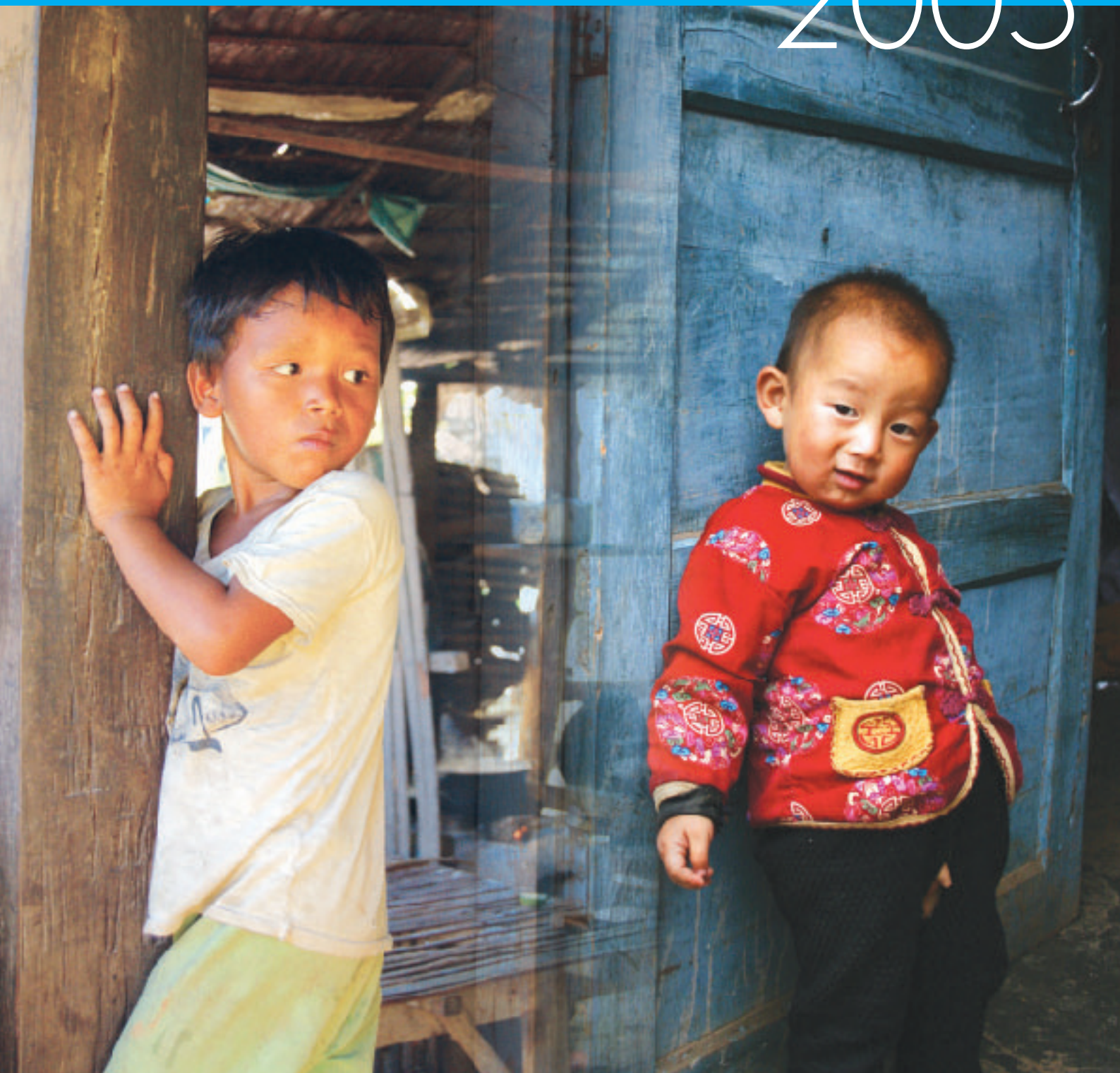


UNICEF Young Envoys Programme

聯合國兒童基金會青年使者計劃

2005



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

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聯合國兒童基金會

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 Service Limited 新世界第一巴士服務有限公司獻辭	6 - 7
Introduction of UNICEF Young Envoys 2005 聯合國兒童基金會青年使者二零零五簡介	8 - 13
Training Programme 訓練計劃	14 - 17
School Fundraising and Advocacy Projects 校內籌款及推廣活動	18 - 19
Mother's Day Charity Sale 母親節慈善義賣	20 - 21
Appointment Ceremony 委任典禮	22 - 23
Field Visit to Cambodia 柬埔寨考察團	24 - 33
Field Visit to Shaanxi 陝西考察團	34 - 43
Sharings of UNICEF Young Envoys 2005 聯合國兒童基金會青年使者分享	44 - 55
Acknowledgement 鳴謝	56

United Nations Children's Fund

The United Nations Children's Fund (UNICEF) was founded in 1946 to meet the humanitarian needs of children suffering from the aftermath of World War II. For more than half a century of operation, UNICEF has the mandate to embrace children and women, particularly in developing countries, giving priority to the most disadvantaged and those countries in greatest need.

UNICEF is guided by the Convention on the Rights of the Child. UNICEF has been working in 157 developing countries, and territories to improve the situation for children and women in areas like health and nutrition, basic education, safe water supplies and sanitation. Attention is also directed to those children in need of special protection. UNICEF supports many countries in an effort to increase locals' access to safe drinking water and to immunize all children against the child-killing diseases.

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

UNICEF Young Envoys Programme

The UNICEF Young Envoys Programme is a unique youth leadership scheme. It aims to elicit public concern about the issues of children's rights and the situation of children worldwide, and to enable participants to understand the role and achievements of UNICEF in improving children's lives within developing countries. It also aims at providing opportunities for participants to foster their personal development and encouraging them to participate in social service programmes across the community.

Selection of UNICEF Young Envoys

Merely a month after the programme application period, the Hong Kong Committee for UNICEF received hundreds of applications. To apply, applicants were required to submit an essay of not more than 500 words on the topic "How would you like to change the world?" Based on the proposals and applicants' experience in community service, 300 candidates were shortlisted for selection interviews on 4 & 11 December 2004. The panel of judges were as follows: Dr. Patricia Ip (Executive Committee Member, Hong Kong Committee on Children's Rights), Ms. Irene Leung (Chief Officer, the 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. Shirley Wong (former Acting Chief Executive, Save the Children Hong Kong), Ms. Kathy Wong (Executive Director, Playright Children's Play Association), Dr. Chow Chun Bong (Chairperson, Hong Kong Committee on Children's Rights), Ms. Jessie Yee (Executive Director, Kely Support Group), Ms. Anita Lam (Supervisor, Youth Exchange, The Hong Kong Federation of Youth Group), Ms. Maggie Koong (Vice-chairperson, Hong Kong Committee for UNICEF), Mrs. Corina Wong (Council Member, Hong Kong Committee for UNICEF), Ms. Leonie Ki (Council Member, Hong Kong Committee for UNICEF) and Mr. Gilbert Mo (Council Member, Hong Kong Committee for UNICEF). After thorough consideration, 100 UNICEF Young Envoys, all from different backgrounds, were selected.



聯合國兒童基金會

聯合國兒童基金會成立於一九四六年，目的是照顧在第二次世界大戰後兒童的緊急人道需要。在過往超過半世紀的工作中，聯合國兒童基金會的服務對象包括兒童及婦女，特別是在發展中國家遭受剝削的一群及其他有迫切需要的國家。

聯合國兒童基金會根據聯合國《兒童權利公約》的指引，在全球共一百五十七個發展中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。聯合國兒童基金會向多個國家提供疫苗對抗兒童容易感染的致會疾病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，是全球三十七個國家委員會之一；致力於本港舉辦各項活動為聯合國兒童基金會籌募經費及推廣兒童權利，並鼓勵社會人士關注聯合國兒童基金會的工作及發展中國家不幸兒童的生活狀況。

聯合國兒童基金會青年使者計劃

聯合國兒童基金會青年使者計劃是一個獨特的青年領袖計劃。這計劃旨在喚起公眾對兒童權利及全球兒童生活狀況的關注，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中，所擔當的角色及成效，並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

計劃公開接受報名後，短短一個月內，聯合國兒童基金香港委員會收到五百多份報名表格。每位參加者需隨報名表格提交一份不多於五百字的短文，題目為「你能為這世界帶來什麼改變？」。根據各參加者所遞交的短文和過往的義務工作經驗，我們挑選出三百位參加者於二零零四年十二月四日及十一日進行甄選面試。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、前香港救助兒童會助理行政總監黃慧筠女士、智樂兒童遊樂協會總幹事王見好女士、香港兒童權利委員會主席周鎮邦醫生、啟勵扶青會執行總監余敏芳女士、香港青年協會督導主任林小鳳女士、聯合國兒童基金香港委員會副主席孔美琪女士、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紀文鳳小姐及聯合國兒童基金香港委員會委員毛錫強先生。經過周詳的考慮和嚴謹的討論，評審委員挑選出一百位來自不同背景的聯合國兒童基金會青年使者。

Message from the Chairman of the Hong Kong Committee for UNICEF

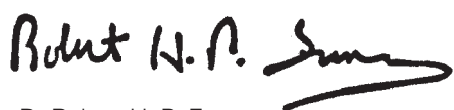
Our future is our Children. No matter how much we try to cultivate our younger generation to become international citizens with global perspectives, it is important to let them have an opportunity to know why. Learning requires a special environment. Today young people need avenues to express their views, to grasp initiatives to learn how to serve society and to explore this world so that they can understand the importance of promoting and implementing children's rights.

We believe that one of the best ways to equip our youth with a global outlook is to get them involved on the ground level in person. Since 1996, the Hong Kong Committee for UNICEF has been providing opportunities for the younger generation to familiarize themselves with the Convention on the Rights of the Child through our youth leadership programmes. These are structured to reflect the Convention's four guiding principles of survival, development, protection and participation. Over the past nine years, the programme has been able to enhance the participant's appreciation and respect of their own rights as well as the rights of others.

Our leadership programmes have given young people in our community an opportunity to prepare themselves for an active role in society; and to understand how UNICEF's social service programmes improve children's lives worldwide. The field visit to Switzerland in 2001 gave participants a chance to exchange ideas with youths of many other nationalities in order for them to participate in international affairs. Field visits to countries like Nepal, Lao PDR, Cambodia and China exposed our younger generation to basic survival difficulties of children in the developing world. They were able to witness UNICEF's development programmes first hand. All participants returned with increased maturity and a broader view of the world as well as a deeper understanding of their own selves.

I would like to express my sincere thanks to our major sponsor for supporting the Programme and the New World First Bus company for its advertising. Special thanks should also be given to all the staff of UNICEF Cambodia Office and UNICEF China for their immense effort in organizing these inspiring and memorable Young Envoy visits.

In this publication, the Hong Kong Committee for UNICEF is very proud to promote the various programmes and activities of the Young Envoy Programme. I am sure that you will understand how important it is for us to engage our youth. With their energy and special insights, they will help create a better world. We are fully committed to the role of children in shaping our society's future.



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



主席的話

兒童是我們的未來。我們積極投放資源培育我們的新一代成為擁有國際視野的世界公民，讓青年人明白到放眼世界、關心全球的重要性。學習需要環境及機會的配合。我們需要給予青年人機會和環境表達意見、讓他們主動為社會服務作出貢獻，並探索世界。這樣才能讓青年人明白推廣和實踐兒童權利的重要性。

我們深信培育下一代擁有國際視野的最佳方法是讓他們親身參與及體驗。自一九九六年起，聯合國兒童基金會一直致力透過舉辦青年使者計劃，推廣《兒童權利公約》四項基本原則：生存、發展、受保護和參與。過去九年，我們一直堅持計劃的目的，決心讓青少年珍惜、尊重及關心自己和他人的權益。

青年使者計劃令青年成長，為他們日後積極回饋社會作好準備。透過不同活動，青年能夠深入了解聯合國兒童基金會如何改善全球兒童的狀況的工作。二零零一年的瑞士之行讓學員與當地年青人就「兒童參與」和文化差異作交流。他們亦探訪發展中國家如老撾、柬埔寨及中國等地，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。探訪活動不但拓闊了年青人的眼界，也加深了他們對自己的認識。

在此，我要感謝贊助是次計劃的主要贊助機構，以及新世界第一巴士服務有限公司贊助宣傳是次計劃。此外，我亦要特別向聯合國兒童基金會柬埔寨及中國辦事處的職員致以萬分謝意，感謝他們安排了這具啟發性和難忘的探訪活動。

這本刊物報導了今屆青年使者計劃中的各項活動。我相信大家看畢這刊物後，會明白到青年的啟發內在潛能及鼓勵他們積極參與的重要性。我們深信兒童在規劃世界未來的藍圖上需要擔當一個重要的角色。

馮慶彪

聯合國兒童基金香港委員會主席
馮慶彪醫生

New World First Bus Services Limited

As a member of society, New World First Bus Services Limited ("NWFB") actively supports a wide range of worthwhile causes organized by charities and social service groups.

This year, UNICEF again organized the Young Envoys Programme, with the aim of raising public concern about children's rights and their well being. Through training, alongside with field visits to Cambodia and Shaanxi, China, the Young Envoys were able to broaden their horizons, learning to assume greater responsibility in serving the community. NWFB shares these ideals - our mission is to improve our community's standard of living, and that of the world beyond. We are pleased to play our part through the advertising sponsorship of this most worthy organization.





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使者計劃」，秉承推動市民關心全球兒童權利及福利的宗旨，讓青年使者透過探訪柬埔寨和中國陝西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是次活動的宣傳推廣，為培育青年盡一分力。

Introduction

聯合

- | | | |
|----|--|-----------------|
| 1 | Name : 李敏豐 Lee Man Fung
School : 伊利沙伯中學 Queen Elizabeth Sch. | Age : 17
F.6 |
| 2 | Name : 連潔瑩 Lin Kit Ying, Agatha
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| 3 | Name : 吳劍凌 Wu Joy Kin
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| 4 | Name : 蘇智玲 So Chi Ling, Veronica
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| 5 | Name : 呂穎宜 Lui Wing Yi
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| 6 | Name : 鍾宛華 FongYan Yuen Wah, Stephanie
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| 7 | Name : 陳卓盈 Chan Cheuk Ying, Nikita
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HKCWC Fung Yiu King Mem. Sec. Sch. | Age : 17
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| 9 | Name : 施啟賢 Sze Kai Yin, Kelvin
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F.3 |
| 10 | Name : 區以駿 Au Yee Chun, Matthew
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F.2 |
| 11 | Name : 李樂琳 Lee Lok Lam, Rose
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| 13 | Name : 林凱源 Lam Hoi Yuen
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F.6 |
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G10 |
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| 17 | Name : 陳可宜 Chan Ho Yi
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F.6 |
| 18 | Name : 梁煒鈞 Leung Wai Kwan
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| 19 | Name : 朱映樺 Chu Ying Wah, Sanna
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N.T. Heung Yee Kuk Yuen Long District Sec. Sch. | Age : 17
F.6 |
| 20 | Name : 沃穎琪 Yuk Wing Ki, Stephanie
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F.2 |
| 21 | Name : 周翠珊 Chow Chui Shan
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F.4 |
| 22 | Name : 黃曉虹 Wong Hiu Hung, Rainbow
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| 24 | Name : 周芷韻 Chau Tsz Wan, Katie
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F.6 |
| 25 | Name : 李宛珊 Lee Yuen Shan, Joyce
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F.1 |
| 26 | Name : 符海玫 Fu Hoi Man, Mandy
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F.6 |
| 27 | Name : 伍善茹 Ng Sin Yu, Aggie
School : 聖保祿中學 St. Paul's Sec. Sch. | Age : 18
F.6 |
| 28 | Name : 蘇柏林 So Par Lum, Stephanie
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F.3 |
| 29 | Name : 金晉民 Kam Bryce
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G10 |
| 30 | Name : 盧善瑩 Lo Sin Ying, Ron
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F.6 |
| 31 | Name : 洪聖奇 Hong Shing Kei, David
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F.6 |



of UNICEF Young Envoys 2005

國兒童基金會青年使者2005簡介



Introduction

聯合

- 1 Name : 尹德恩 Wan, Phoebe
School : 拔萃女書院 Diocesan Girls' Sch. Age : 14
F.3
- 2 Name : 梁綺薇 Leung Yee Mei, April
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- 3 Name : 周穎希 Chow Wing Hei, Amy
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- 4 Name : 蔣熙然 Chiang Hei Yin, Miranda
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- 5 Name : 施藝婷 Sze Mo Ting, Sara
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F.5
- 6 Name : 陳思思 Chen Szu Szu
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F.4
- 7 Name : 梁俊彥 Leung Chun Yin, Alex
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F.2
- 8 Name : 馮倩雯 Fung Sin Man, Cindy
School : 荃灣官立中學 Tsuen Wan Govt. Sec. Sch. Age : 18
F.6
- 9 Name : 曾黎華 Tsang Lai Wa, Claudia
School : 庇理羅士女子中學 Belliios Public Sch. Age : 15
F.4
- 10 Name : 李鍵欣 Lee Kin Yan, Megan
School : 筲箕灣東官立中學 Sau Kei Wan East Govt. Sec. Sch. Age : 17
F.6
- 11 Name : 張獻文 Cheung Yui Man, Bertha
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F.2
- 12 Name : 翁曉琳 Yung Hiu Lam, Cheryl
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F.2
- 13 Name : 吳善欣 Ng Lui Yan, Beverly
School : 瑪利曼中學 Marymount Sec. Sch. Age : 14
F.3
- 14 Name : 庾伊翎 Yu Yee Ling, Charlotte
School : 聖傑靈女子中學 St. Catharine School for Girls Age : 15
F.4
- 15 Name : 賴皓茵 Lai Ho Yan, Fiona
School : 拔萃女書院 Diocesan Girls' Sch. Age : 17
F.6
- 16 Name : 周穎怡 Chow Wing Yi, Winnie
School : 寶血會上智英文書院 Holy Trinity College Age : 16
F.6
- 17 Name : 吳麗麗 Ng Lai Lai, Charlotte
School : 聖公會林護紀念中學 SKH Lam Woo Mem. Sec. Sch. Age : 17
F.6
- 18 Name : 張家晞 Cheung Ka Hei, Fioni
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F.4
- 19 Name : 呂蔚昕 Lui Wai Yan, Janice
School : 民生書院 Munsang College Age : 17
F.6
- 20 Name : 劉子健 Lau Tsz Kin, Daniel
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F.7
- 21 Name : 蔡穎妍 Choi Wing Yin, Winnie
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F.6
- 22 Name : 楊鍵倫 Yeung Kin Lun, Kent
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- 23 Name : 杜子中 To Tsz Chung, Steven
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F.6
- 24 Name : 李恩年 Li Yan Lin, Jubi
School : 喇沙書院 La Salle College Age : 14
F.3
- 25 Name : 鄧展翔 Tang Chin Cheung
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F.6
- 26 Name : 李嶺亨 Li Ling Hang, Henry
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- 27 Name : 劉穎韶 Lau Wing Siu, Connie
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F.6
- 28 Name : 馬沅君 Ma, Stephanie
School : 漢基國際學校 Chinese Intl. Sch. Age : 15
G10
- 29 Name : 簡穎誼 Kan Wing Yi
School : 恒生商學書院 Hang Seng School of Commerce Age : 17
F.6
- 30 Name : 劉煦婷 Lau Hui Ting Joanne
School : 聖保祿學校 St. Paul's Convent Sch. Age : 16
F.4



of UNICEF Young Envoys 2005

國兒童基金會青年使者2005簡介



Introduction

聯合

- | | | |
|----|--|-------------------|
| 1 | Name : 何浩威 Ho Hou Wai, Jorge
School : 聖貞德中學 St. Joan of Arc Sec. Sch. | Age : 18
F.6 |
| 2 | Name : 李婉嫻 Lee Yuen Pan, Alice
School : 循道衛理聯合教會李惠利中學 The Methodist Lee Wai Lee College | Age : 19
F.6 |
| 3 | Name : 梁嘉穎 Leung Ka Wing, Connie
School : 沙田官立中學 Shatin Govt. Sec. Sch. | Age : 12
F.1 |
| 4 | Name : 梁鈺婷 Leung Yuk Ting, Yvonne
School : 嘉諾撒聖心書院 Sacred Heart Canossian College | Age : 17
F.6 |
| 5 | Name : 何雅雯 Ho Ngar Man
School : 嘉諾撒聖方濟各書院 St. Francis' Canossian College | Age : 16
F.5 |
| 6 | Name : 杜惠琮 To Wai King
School : 基督教宣道會宣基中學 C&MA Sun Kei Sec. Sch. | Age : 18
F.3 |
| 7 | Name : 朱詠曦 Chu Wing Hei, Christy
School : 香港真光中學 True Light Middle School of Hong Kong | Age : 17
F.6 |
| 8 | Name : 吳睿穎 Ng Yui Wing, Joane
School : 庇理羅士女子中學 Belilios Public Sch. | Age : 14
F.3 |
| 9 | Name : 陳鳳冰 Chan Fung Ping
School : 保良局百周年李兆忠紀念中學
Po Leung Kuk Centenary Li Shiu Chung Memorial College | Age : 13
F.2 |
| 10 | Name : 黎清蓮 Lai Odilia Marcella
School : 羅定邦中學 Law Ting Pong Sec. Sch. | Age : 14
F.3 |
| 11 | Name : 范凱傑 Fan Hoi Kit, Alex
School : 聖公會莫壽增會督中學 SKH Bishop Mok Sau Tseng Sec. Sch. | Age : 16
F.6 |
| 12 | Name : 胡德欣 Woo, Tiffany
School : 漢基國際學校 Chinese Intl. Sch. | Age : 17
Yr.12 |
| 13 | Name : 黃俊傑 Wong Chun Kit
School : 迦密柏雨中學 Carmel Pak U Sec. Sch. | Age : 13
F.2 |
| 14 | Name : 邵萬寬 Siu Man Fun Vincent
School : 慕光英文書院 Mu Kuang English Sch. | Age : 20
F.6 |
| 15 | Name : 陳麗怡 Chan Courtney
School : 聖保祿學校 St. Paul's Convent Sch. | Age : 12
F.1 |
| 16 | Name : 林婉琪 Lam Yuen Kei, Fiona
School : 嘉諾撒聖方濟各書院 St. Francis' Canossian College | Age : 16
F.5 |
| 17 | Name : 廖毅勤 Liu Ngai Kan, Natalie
School : 沙田官立中學 Shatin Govt. Sec. Sch. | Age : 14
F.3 |
| 18 | Name : 施展鵬 Sy Alexander
School : 香港李寶椿聯合世界書院 Li Po Chun United World College of Hong Kong | Age : 18
Yr.6 |
| 19 | Name : 黃彥俊 Wong Yin Chun
School : 拔萃男書院 Diocesan Boys' Sch. | Age : 16
F.5 |
| 20 | Name : 池曉安 Chih Angela
School : 香港國際學校 Hong Kong Intl. Sch. | Age : 16
G.11 |
| 21 | Name : 張雅雯 Cheung Nga Man
School : 聖公會莫壽增會督中學 SKH Bishop Mok Sau Tseng Sec. Sch. | Age : 13
F.2 |
| N | Name : 鄭兆鈞 Cheng, Ray
School : 聖若瑟書院 St. Joseph's College | Age : 17
F.6 |
| N | Name : 蔡譯堤 Choi Yik Tai
School : 恒生商學書院 Hang Seng School of Commerce | Age : 17
F.6 |
| N | Name : 何家惠 Ho Ka Wai
School : 屯門天主教中學 Tuen Mun Catholic Sec. Sch. | Age : 17
F.6 |
| N | Name : 洪錦綸 Hung Kam Sau, Crystal
School : 保良局八三年總理中學 Po Leung Kuk 1983 Board of Directors' College | Age : 19
F.6 |
| N | Name : 許悅敏 Hui Yuet Man, Janet
School : 協恩中學 Heep Yunn Sch. | Age : 13
F.2 |
| N | Name : 許悅怡 Hui Yuet Yi, Jessica
School : 何明華會督銀禧中學 Bishop Hall Jubilee Sch. | Age : 15
F.4 |
| N | Name : 關穎怡 Kwan Wing Yee
School : 荃灣官立中學 Tsuen Wan Govt. Sec. Sch. | Age : 17
F.5 |
| N | Name : 林佳樂 Lam Kai Lok Felix
School : 英皇佐治五世學校 King George V Sch. | Age : 16
Yr.12 |
| N | Name : 劉敏儀 Lau Man Yi
School : 寶血會上智英文書院 Holy Trinity College | Age : 18
F.6 |
| N | Name : 梁鍵瑋 Leung Kin Wai
School : 拔萃男書院 Diocesan Boys' Sch. | Age : 17
F.6 |
| N | Name : 李宗興 Li Chung Hing Simon
School : 聖若瑟書院 St. Joseph's College | Age : 17
F.6 |
| N | Name : 羅家聰 Lo Ka Chung, Brian
School : 聖保羅男女中學 St. Paul's Co-educational College | Age : 16
F.5 |



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|---|--|-----------------|
| N | Name : 羅嘉敏 Lo Ka Man, Michelle
School : 聖保羅男女中學 St. Paul's Co-educational College | Age : 15
F.4 |
| N | Name : 廖俊媚 Liu Chun Mei, Kristy
School : 聖公會林護紀念中學 SKH Lam Woo Memorial Sec. Sch. | Age : 17
F.6 |

of UNICEF Young Envoys 2005

國兒童基金會青年使者2005簡介



N Name : 馬璧文 Ma Dorothy Beekman
School : 嘉諾撒聖心書院 Sacred Heart Canossian College

N Name : 余雋知 She Chun Chi, Kenneth
School : 香港李寶椿聯合世界書院 Li Po Chun United World College of Hong Kong

Age : 16
F.6

Age : 17
F.6

N Name : 曾景怡 Tsang King Yi, Elina
School : 嘉諾撒聖心書院 Sacred Heart Canossian College

N Name : 徐庭鏗 Tsui Tan Hun, Justin
School : 聖保羅男女中學 St. Paul's Co-educational College

Age : 13
F.2

Age : 13
F.3



Training Programme

Orientation Day

The UNICEF Young Envoys 2005 Programme officially started on 30 December 2004 in the Caritas Ngau Tau Kok Community Centre. This day was indeed memorable for all Young Envoys 2005 (YE05s) since it was our first gathering and it signified the official start of our programme. We played some ice-breaking games to get to know each other. After that, there was a briefing session by the trainers and the Young Envoys Club (YEC) Executive Committee members. From this half-day programme, we all became more familiar with UNICEF, the Young Envoys Programme and YEC.





訓練計劃

迎新日

聯合國兒童基金會青年使者計劃於二零零四年十二月三十日在牛頭角明愛中心正式展開。迎新日對所有二零零五年度青年使者來說都是一個難忘的日子；它是青年使者們首次見面的機會，亦象徵著計劃的開始。經過一連串的破冰遊戲及自我介紹，我們都加深了對彼此的認識。及後，計劃的導師和聯合國兒童基金會青年使者會的委員會成員向我們簡介了聯合國兒童基金會及青年使者會的工作。經過這半天的訓練活動，大家對聯合國兒童基金會及來年的活動都有更深的認識。





Training Camp

In order to let Young Envoys familiarize themselves with each other, and get them fully prepared for the programme, an orientation camp was held on 8 – 9 January 2005 at the Breakthrough Youth Village in Shatin. Upon our arrival, the trainers gave us a briefing, which was followed by a series of ice-breaking games. We were then divided into different groups with which we would work and collaborate throughout the training activities in the two days ahead of us.

Through a variety of challenging games, we developed strong team spirit, communication skills and cogent trust in our group mates. Our task that night, Sim City, was the camp's highlight because every Young Envoy had to contribute towards constructing a "city" using very limited resources. We learnt about the importance of time-management, leadership, positive co-operation and effective communication from this very challenging and innovative task. On the second day, we participated in some adventure-based activities. Upon completion of these strenuous tasks, we realised that nothing is impossible if we have the determination and courage. The camp certainly enhanced our personal growth, and was really of great benefit to us.

Social Service

After a briefing and preparatory session held on 19 March 2005, we took part in a service at Kathleen McDouall Children Care Centre on 2 April 2005. Our main task that day was to assist the teachers and help create a jovial and harmonious atmosphere for the children at the center's Open Day. On that day, we were divided into groups, each with a different responsibility, including serving our visitors at reception, singing karaoke with the children, and making deserts with them, etc. We strongly believe that this was a great opportunity for us to learn more community service skills and how to communicate with little kids. This training also increased our social concern and provided a chance for us to contribute to society.



It was most delightful and relaxing to play with the cute and innocent children. At the same time, we have become more independent and responsible individuals through this meaningful experience.



訓練營

為了讓青年使者們互相加深認識，並為未來的訓練活動做好準備，青年使者於二零零五年一月八日至九日在沙田突破中心青年營進行為期兩日的訓練活動。在導師的簡介和破冰遊戲之後，青年使者們分成了不同的小組，以便於未來兩日進行一連串的訓練活動時可互相合作。

進行過不同富挑戰性的遊戲後，大家的團隊精神越來越強，隊員之間的溝通和信任都不斷增加。晚上的任務——建設模擬城市，更是精采，每一位青年使者都為這個任務盡心盡力。而我們在這個任務中亦學到有關時間管理、領導、合作和溝通等技巧。第二天的歷奇活動，使我們體會到「只要有決心和勇氣，世上無難事」這個道理。這個訓練營無疑對我們的個人成長有著很大的幫助，大家都畢生受用。

義務工作參與

在二零零五年三月十九日的簡介日及預備工作坊後，我們於二零零五年四月二日為麥潔蓮幼兒中心的開放日服務。我們分成不同的小組，負責不同的工作，如接待及照顧當天參與活動的兒童、跟中心的小朋友唱歌、做手工及製作甜品等。

這次社會服務的經驗給予我們一個學習各種技巧，特別是與兒童溝通的技巧及服務兒童的機會。是次經驗也加深了大家對社會的關注，並給我們一個機會回饋社會。

服務中能夠與天真可愛的兒童交流，令大家都感受到難以形容的喜悅，同時亦培養了我們的獨立能力和責任感。



School Fundraising and Advocacy Projects

Introduction

After a series of training programmes and social services, it was time for something challenging and stimulating. The challenge was for Young Envoys to organize school fundraising and advocacy projects – one of the highlights of the programme. Through implementing these projects, we reached the goal of advocating the work of UNICEF as well as raising funds for the organization. From February to April 2005, we organized a series of fundraising and advocacy projects at school. From giving presentations and holding debates to coordinating hunger banquets, charity sales and talent shows, we reached the aim of letting our teachers and fellow schoolmates learn about the situation of underprivileged children worldwide and the work of UNICEF. We paid a lot of efforts and organized a large variety of wonderful activities. The following provides an account of some of these activities that were particularly remarkable.

We Love, We Care Campaign

Organized by Alex Leung

'We Love, We Care Campaign' included the Sign Your Name Campaign, Fai Chun Design Competition and Red Packet Money Donation. The students had the chance to reflect upon their own lives and donate money to the children in need through calligraphy. Participants showed their support to UNICEF's work by signing their name to endorse what UNICEF has been doing worldwide. The Fai Chun Design Competition enabled them to show sympathy and concern for children in need. They shared the red packets that they recently received during Chinese New Year with the less fortunate children. The We Love, We Care Campaign was extremely well received. Zealous students got to know more about UNICEF and demonstrated their willingness to help those people in need.

UNICEF Week

Organized by Stephanie FongYan, Agatha Lin, Silvia Lam, Sara Sze

The core of UNICEF Week was to arouse students' awareness of children in poverty. First, we held a Chocolate Charity Sale. We handmade about 100 packs of chocolate and sold them to our schoolmates. After that we held a Blue Ribbon Day. Blue ribbons, attached to a UNICEF logo, were made and sold to the students. This also aims to enhance students' awareness of the UNICEF logo and brand colour. Another highlight of the week was the Hunger Banquet. The lucky students randomly selected to be "rich" had pizza for lunch, while the others only received bread. Through participating in this activity, students were able to experience the inequity prevalent in developing countries. All these campaigns provided an opportunity for students to reflect upon their own lives and the privileges that they enjoy.

Internal Talent Quest

Organized by Kent Yeung, Simon Li, Ray Cheng

We merged our school project with our school's annual show, the Internal Talent Quest (ITQ), which brought about a perfect combination for achieving both advocacy and entertainment. Apart from the singing contest and dance performances, we played a video about children living in developing countries, prepared promotional leaflets and UNICEF souvenirs, and set up donation boxes for spontaneous contributions. The performers and audience all contributed their compassion, money and talents to helping the needy in the developing countries. By the end of the show, all participants were very contented and came to realize how UNICEF helps the poor.



校內籌款及推廣活動

簡介

經過一連串的訓練計劃和義工參與後，我們再迎接一個既具挑戰又富啟發性的項目。這就是校內籌款活動－聯合國兒童基金會青年使者計劃的重點之一，目的為推廣聯合國兒童基金會的工作和籌募經費。二零零五年二月至四月期間，我們各自於校內舉行了不同模式的校內籌款及推廣活動，由講座、辯論比賽到貧富宴、慈善義賣等各式其式的推廣活動，旨在加深我們身邊的同學和老師對世界各地兒童生活狀況及聯合國兒童基金會工作的認識。我們付出了很多努力，舉辦了不少出色的活動，就讓我們藉此向大家介紹一下部份出色的例子。

「我們愛，我們關心」

活動統籌：梁俊彥

「我們愛，我們關心」運動包括簽名大行動，揮春設計比賽及「一人一利是募捐活動」。透過揮春設計比賽，同學可將自己的生活及對貧困兒童的關愛寓於文字藝術和書法中。參加者除了透過簽名運動表達他們對聯合國兒童基金會的工作的認同和支持外，亦踴躍捐出小部分的利是錢來表達對貧困兒童的關心。「我們愛，我們關心」活動引起了廣大的迴響。熱心公益的同學不但積極了解聯合國兒童基金會，更為有需要的人付出了一分力。

「聯合國兒童基金會兒童週」

活動統籌：鍾宛華、連潔瑩、林小燕、施嫻婷

透過舉辦「聯合國兒童基金會兒童週」，我們喚起了同學們對饑餓兒童的關注。首先，我們舉辦了朱古力慈善義賣，共售出約一百包親手製作的朱古力。另外，我們亦舉辦了藍絲帶日。我們把藍絲帶繫上聯合國兒童基金會的標誌，並向同學出售。售賣藍絲帶除了可為聯合國兒童基金會籌款，其設計也包含了聯合國兒童基金會的象徵意義，加深同學們對組織的認識，極具推廣意義。「聯合國兒童基金會兒童週」的重頭戲是貧富宴。透過抽籤，幸運的同學會成為富者，並可享用薄餅作午餐；其餘的同學便要體驗一下缺乏糧食的滋味，只能以麵包充饑。貧富宴令同學更了解發展中國家的苦況及不公平待遇，尤其是大家都是公平地來到世上，卻得到相距甚遠的對待。「聯合國兒童基金會兒童週」舉辦的活動給予同學們一個自省的機會。

才藝表演

活動統籌：楊鍵倫、李宗興、鄭兆鈞

為了讓推廣活動更添娛樂性，我們將校內推廣活動跟才藝表演融合在一起。活動當日，我們除了預備具娛樂性質的表演外，還向同學播放有關發展中國家兒童情況的片段，印製有關聯合國兒童基金會的宣傳單張及紀念品，並設有籌款箱供同學即時捐款。活動接近尾聲時，所有表演參加者都非常盡興並認識到聯合國兒童基金會的工作。他們「有錢出錢，有力出力」，將愛心、金錢及才藝都獻給世上有需要的人。



Mother's Day Charity Sale

8 May 2005 is a perfect day to show your gratitude to your mother for her care and nurture over the years. In order to pay our respects to all mothers, we organized a UNICEF Mother's Day Charity Sale. For us Young Envoys of 2005, this was especially meaningful since we single-handedly organized the event, recruited volunteers and made the Mother's Day gift packs.

About two weeks before the actual sale, all Young Envoys collaborated very well together, and in one short morning we finished wrapping all gift packs to be sold the following week. On 7-8 May 2005, 100 Young Envoys, together with more than 200 volunteers, set up charity counters in 25 shopping malls all over Hong Kong. Over the two days of our Mother's Day Charity Sale, we successfully sold out more than 12,000 gift packs. In this significant event, not only could we express our deepest gratitude to our dearest mothers, but also help UNICEF raise funds. It was an invaluable experience and we all learnt a lot.

Last but not least, we must not forget to thank our most valued trainers Norris, Rosanna and Dennis. Without their help, we would never be able to pull off such a successful event!





母親節慈善義賣

二零零五年五月八日，是子女一盡孝道的好機會。為對所有母親的關懷備至致以感激，我們舉行了聯合國兒童基金會母親節慈善義賣。而對於二零零五年度的青年使者來說，這更是意義重大，因為本活動無論統籌、招募義工、製作及售賣禮品包都由我們一手包辦。

義賣前大概兩星期，我們同心協力於短短一個早上的時間把所有禮品包包裝好。義賣當天，我們與二百多名義工於香港、九龍、新界廿五個大型商場，為籌款的工作努力。這兩天的義賣活動中，我們成功售出超過一萬二千個禮品包，把所有禮品包售罄。透過是次活動，我們不但能表達我們對母親的愛，更為聯合國兒童基金會籌得善款，可說是一舉兩得。我們在當中獲益良多。

最後不能少的是要對我們親愛的Norris, Rosanna及Dennis致以深深的謝意，因為沒有他們的幫助，此活動絕不可能如此成功！



Appointment Ceremony

On 28 May 2005, the Appointment Ceremony of UNICEF Young Envoys Programme 2005 was held at the North Atrium, Olympian City 2. Mrs. Anson Chan, JP, the Vice-Chairman of the Hong Kong Committee for UNICEF, was cordially invited to be the ceremony's officiating guest. During the event, Mrs. Chan and other honorable guests presented certificates to the Young Envoys. Since then, 100 Young Envoys have officially shouldered the responsibilities of serving the community, promoting children's rights and advancing humanity.

The ceremony started with a tuneful melody, "The Greatest Love of All", played in a duet of flute and harmonica, by two representatives of YE05s. Subsequently, some YEs put on drama performance, about how we had become Young Envoys, what we had learnt in the Programme and how we had grown through the process. Finally, a big handmade globe, covered with the figures of one hundred Envoys hand in hand, was presented on the stage. Mrs. Chan placed a UNICEF flag on the top of globe, symbolizing our duty to care the children and spread love all over the world.

"All endings are also beginnings." The appointment ceremony put an end to our training session, but our duties as Young Envoys has just commenced. A fruitful future awaits each of us!



委任典禮

「聯合國兒童基金會青年使者計劃二零零五」委任典禮於二零零五年五月二十八日假奧海城二期北翼中庭舉行。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。典禮上，陳太與出席的嘉賓頒發委任証書給我們。從那一刻開始，我們一百位聯合國兒童基金會青年使者便肩負起服務社群、推廣兒童權利和促進仁愛精神的責任。

委任典禮由兩位青年使者代表以長笛、口琴二重奏奏出的《The Greatest Love of All》掀起序幕。及後，我們把成為青年使者的經過、在訓練期間所學習到的以及我們的成長以短劇形式跟到場嘉賓分享。最後，我們邀請了陳太把一面聯合國兒童基金會的旗幟放在一個我們手製的、由一百個「小青年使者」手牽手覆蓋的地球上。這象徵著我們成為青年使者後，會同心協力去關心世界各地的兒童，並把愛的種子散播到世界的每一角落。

「一個故事的結局，往往是另一個故事的開始。」委任典禮雖然標誌著「聯合國兒童基金會青年使者計劃二零零五」的訓練活動接近尾聲，但也是我們開始履行青年使者任務的時刻，明天美好的莊稼正等待著我們收割呢！





18 July (Monday) 七月十八日 (星期一)

Hong Kong → Phnom Penh, Cambodia 香港 → 金邊, 柬埔寨



19 July (Tuesday)
七月十九日 (星期二)

Briefing at UNICEF Cambodia
於聯合國兒童基金會柬埔寨辦事處之簡介會

Visit "Friends" outreach activities with street children
探訪「Friends」街童外展活動

Visit Peer Education Activities on HIV/AIDS
at Cambodia Youth Development, HIV/AIDS
Hotline and Clinic RHAC Toul Tampung
探訪Cambodia Youth Development的愛滋病朋輩
教育活動, 愛滋病熱線中心及RHAC Toul
Tampung診所

Dinner hosted by UNICEF Cambodia
參加聯合國兒童基金會柬埔寨辦事處職員舉辦之
歡迎晚宴



20 July (Wednesday) 七月二十日 (星期三)

Phnom Penh → Kampong Speu 金邊 → Kampong Speu

Visit Trapang Kong Health Centre 探訪Trapang Kong保健中心

Kampong Speu → Sam Rong village

Visit health centre outreach activities 探訪保健中心外展活動

Sam Rong village → Phnom Penh Sam Rong village → 金邊

Visit the Veterans International Physical Rehabilitation Centre
探訪柬埔寨國際退伍軍人復康中心

Field Visit to Cambodia 柬埔寨考察團行程



bodia - Itinerary



21 July (Thursday)
七月二十一日 (星期四)

Phnom Penh → Kampong Thom Province
金邊 → 磅同省

Visit community pre-school at Chong Doung Commune
探訪Chong Doung Commune的社區幼兒園

Visit Child Friendly School at Acha Lark School and exchange with students
探訪Acha Lark School並與當地小學生交流

Meeting with Commune Committee for Women and Children and officers of Provincial Office of Education
與當地婦女兒童社區委員會及政府的教育部主任會面



22 July (Friday)
七月二十二日 (星期五)

Kampong Thom Province → Srayang
磅同省 → Srayang

Visit CMAC de-mining and mine risk education activities
探訪柬埔寨地雷清理中心掃雷及地雷教育活動

Participate in de-mining activities
參與掃雷活動

Visit temple 探訪廟宇

Srayang → Kampong Thom Province
Srayang → 磅同省



23 July (Saturday)
七月二十三日 (星期六)

Kampong Thom Province → Phnom Penh 磅同省 → 金邊

Visit Friends vocational training centre for street children
探訪Friends為街童而設的職業訓練中心

Visit Youth TV Bureau project at Support Children and Young People office
探訪兒童與青少年發展計劃中心之電視製作室

Phnom Penh → Hong Kong 金邊 → 香港





Issue 1: Landmine

Introduction of the Cambodia Mine Action Centre (CMAC)

CMAC is one of the biggest mine clearance organization in Cambodia. Not only do they operate clearance activities but also other services such as mine risk education.

Mine Risk Education

When we arrived at CMAC centre, around 200 people were attending lessons by the Mobile Awareness Team (MAT).

Targeting people at risk in mine contaminated areas and uneducated children, they conduct 3 to 4 hour presentation once every day and night, using a TV and a projector to attract as many attendees as possible. Surprisingly, about 1000 people attended the night session although it took place at an open sandy area. Not only do these video presentations teach people how to avoid landmines, the extensive question and answer sessions also allow any enquiries that they might have. This kind of interactive education is indeed meaningful because listeners can often obtain useful knowledge of landmines and the danger associated with them.

Current situation of mines

From 1992 till 2004, 1.6 million landmines and unexploded ordnance (UXO) have been located and destroyed. However, about 4 to 6 million landmines still remain buried in Cambodia, mostly in the Northern and the Western areas. The process of de-mining requires a considerable period of time. UNICEF officials estimated that it could take 100 years to clear all Cambodian mines.

Process of De-mining

At the end of a typical working day, CMAC staff members will manually remove all mines found in a remote place once they identify that the mines are movable. These are put into a rectangular area dug into the ground and are covered with sand bags to prevent them from exploding upwards. Using a lengthy wire device, the mines are detonated. However, if immovable mines are encountered, deminers would destroy them on the spot.



專題一：地雷

柬埔寨地雷清理中心（Cambodia Mine Action Centre, CMAC）簡介

「柬埔寨地雷清理中心」（CMAC）是柬埔寨其中一個最大的地雷清拆機構。除了清拆地雷以外，他們還會提供有關地雷危機的教育。

地雷危機教育

當我們到達「柬埔寨地雷清理中心」的時候，參觀了約有二百位村民正在參與由「流動警覺宣傳小隊」（Mobile Awareness Team, MAT）舉辦的課堂。他們的主要對象是居住在受地雷影響地帶的村民及失學兒童。工作人員使用電視機及投射器進行三至四小時的互動式演講，以吸引村民參與。令人值得高興的是，雖然教學地點只是一塊沙地，仍有上千的村民參加晚間課堂。這樣的教育對當地人來說是非常有意義的，透過這樣的教育，他們能夠學到很多地雷及其危險的知識，從而避免悲劇發生。

地雷現況

由一九九二年到二零零四年，「柬埔寨地雷清理中心」已經發現並摧毀了一百六十萬的地雷及未引爆武器。然而，至今還有四至六百萬的地雷埋在柬埔寨的土地下。根據聯合國兒童基金會在柬埔寨的職員估計，如果繼續使用這種清拆地雷的方法，他們將會需要大約一百年的時間去完全清拆所有柬埔寨境內的地雷。

地雷清拆程序

發現地雷後，「柬埔寨地雷清理中心」的工作人員先測試地雷是否可移動的。之後，他們先將不可移動的地雷就地引爆；而可移動的地雷則會在每天日落前收集起並搬移至受控制地區，集合於泥土中用作收集地雷的盒子內，再用數個沙包蓋著盒頂以防止地雷爆炸時彈出碎片；最後利用一個線路裝置將地雷引爆。

Problems of deminers

We were privileged to be allowed the opportunity to follow the CMAC officers around a real de-mining site. The field staff (deminers) are less educated but they are prepared to put their lives at immense risk for a mere US\$160 a month. Their protective equipments are clearly insufficient for their needs, as they are dealing with actual landmines and UXO used in war. They are facing genuine danger and there is noway of escaping while tampering with the landmines. If they suffer from any injuries at work, they may be entitled to a one-off compensation of US\$3000 - and only if they are able to prove that they have indeed followed all safety rules.



Veterans International Physical Rehabilitation Centre (VIC)

We visited the Veterans International Physical Rehabilitation Centre (VIC) at Kien Klaing, a program launched by Vietnam Veterans of America Foundation (VVAF) in Cambodia since 1991. The goal of this program is to increase the capacity of Persons with Disabilities (PWDs) to pursue a fulfilling life. All the services provided are free of charge for both poor and rich. However, as the total annual cost for running the centre is over US\$351,722, donations play a very important role in the program. This project is funded by various donors, including UNICEF, USAID, AusAID and VVAF.

The majority of adult patients are victims of war and landmines while underage patients are mostly affected by diseases. The centre provides services to the PWDs: 1) centre care, 2) accommodation for patients and family, 3) referrals and, 4) community follow-up. It provides prosthetics making and fitting services, medical treatments, surgeries, orthotics and physiotherapy to the patients. During treatment, all patients and their family members are allowed to stay in the dormitory and are given 3 meals a day. In some cases if the patients cannot be fully examined or cured in the centre, they will be referred to Kantha Bapha hospital. There will be staff visiting the patients at home to make sure that the devices they use are functioning and to collect information on their living conditions. In addition, the centre will also integrate suitable schooling for disabled children and provide money for the families to sustain their own living. It is a comprehensive rehabilitation centre for the PWDs.

However, the goal mentioned is only partly fulfilled. Although many benefited families have already attained higher capacity to fulfill their life activities, many PWDs still remain to be helped. "The centre can only handle 10 patients a day due to the limited funding." "Funding is needed to get more and more PWDs benefited," said the staff in the rehabilitation center.

掃雷工人問題

負責掃雷的工作人員每天都在跟死神搏鬥，可是他們每月的薪金大約只有160美元。他們的保護衣服十分簡陋，並不足以令他們脫離生命危險。因為他們每天要面對的，並不是電影中的炸彈，而是真正在戰爭中使用的武器。如果他們真的不幸地因工受傷，導致永久傷殘，他們只會獲得3,000美元的一次性賠償。若他們被發現因為沒有遵守清拆地雷的安全程序而受傷，則不會獲得賠償。

「柬埔寨國際退伍軍人計劃」

在行程的第三天，我們探訪了位於Kien Klaing的「柬埔寨國際退伍軍人復康中心」（Veterans International Physical Rehabilitation Centre, VIC）。這個計劃是由「越南退伍軍人美國基金」（Vietnam Veterans of America Foundation, VVAF）於一九九一年開始推行的。目的是提高傷殘人士及其家人的生活能力。中心內提供的所有服務都是免費的。由於復康中心一年的總開支高達351,722美元，捐款對於中心非常重要，支持這個計劃的捐款者包括聯合國兒童基金會、USAID、AusAID和VVAF等。

到中心求助的人有很多，當中最大部份的成年人都是戰爭及地雷的受害者，而到訪的兒童則大多受到疾病的影響。中心提供的服務包括：1）中心看護，2）病人及其家人的住宿服務，3）轉介服務，4）跟進服務。復康中心還會為有需要人士製造及安裝義肢、進行藥物及手術治療和矯正以及物理治療等服務。就診期間，病人及其家屬可以住在中心的宿舍內，而中心亦會提供每日的飲食。至於那些情況比較嚴重的病人，則會被轉介到Kantha Bapha醫院。工作人員會定期到病人的家裡檢查其所有儀器是否正常運作，並了解他們的生活狀況。中心還會轉介傷殘兒童入學接受教育、提供金錢援助予其家庭，以維持生活。對於有需要的人士而言，中心所提供的服務的確涵蓋了他們大部份的生活所需。

然而，復康中心的目的還只是達到了一部份。受惠的家庭的確已經成功地改善了他們的生活，可是還有很多有需要的人士還未有機會接受治療。中心的工作人員說：「我們的中心每日只能處理十個個案。為了令更多的人受惠，希望各界可以繼續捐款及支持我們這個計劃。」





Issue 2: Education

Pre-school at Chong Dong Commune

The Cambodian government is now advocating the need of providing proper education for children. With cooperative efforts from many Non Governmental Organisations (NGOs), community pre-schools (similar to Hong Kong kindergartens) have been established. The aim of establishing a pre-school system is to improve early childhood care and development in communities. Children aged three to five will join these pre-school classes. According to statistics given out by UNICEF Cambodia, 91 classes are operating, with 2,022 children (including 1,082 girls) attending. However, many Cambodian children do not benefit from this project due to a lack of funding.

UNICEF and the Ministry of Education, Youth and Sports are working hard to establish more preschools in different provinces in Cambodia. They estimate that attendance figures will increase from the current 20% to 50% by 2010. Though the facilities of classes are simple, children learn Khmer (the official Cambodian language), draw pictures, dance and sing.

Acha Lark Child Friendly School

We travelled to Kampong Thom province to visit a "Child Friendly" primary school supported by UNICEF. With assistance from UNICEF, students are able to have simple but adequate learning facilities.

After that, we played a range of games with the students there. We also taught them simple English and had a cultural exchange activity. In the end, the students showed us a traditional Cambodian dance and we sang our national anthem to demonstrate our respect and gratitude. We indeed had a great time together.

Vocational Training of Street Children

The problem of street children is very acute in Cambodia. There are 20,000 street children in Phnom Penh and most of them earn a living by shoe polishing and scavenging. Street children can be divided into 3 categories: street living, street working, and street family.

We visited Friends Vocational Training Centre, a branch of Mith Samlanh. It currently provides vocational trainings such as cooking, hairdressing, electronics, and manicure for around 300 teenagers in Phnom Penh. Besides the vocational training centre, Mith Samlanh, which is a programme for street children, their families and their community, also has outreach programmes with services including non-formal education, counseling and other training on basic survival skills for children living on the street.

專題二：教育

學前教育 (Chong Dong Commune)

在柬埔寨政府不斷向公眾推廣讓「兒童接受合適的適齡教育」的訊息。有賴國內外志願組織的合作，社區學前教育已於近年推行，目的改善早期的兒童照顧服務。其主要的服務對象為三至五歲的兒童。現時共有91個教育班正在國內執行，當中有2,022名小童（包括1,082名女童）上課。可惜資源缺乏，仍有很多兒童未能受惠。

聯合國兒童基金會及柬埔寨政府的教育、青年及體育署（Ministry of Education, Youth and Sports）正攜手於不同省份成立學前教育班。他們希望教育班的兒童人口覆蓋率會由現時的百分之二十提升至二零一零年的百分之五十。雖然班上設施簡單，但這並無損兒童學習的決心。他們學習柬埔寨語、繪畫、跳舞、唱歌等。

小學 (Acha Lark School)

我們到Kampong Thom省探訪由聯合國兒童基金會資助的小學。在聯合國兒童基金會的支持下，學校設施尚算完善。我們教授他們一些簡單的英語和進行文化交流活動。最後，學生教導我們跳傳統柬埔寨舞蹈，及安排了精彩的表演，而我們亦唱了中國的國歌以表謝意，大家都感到樂而忘返。

街童的職業培訓

街童是柬埔寨另一個嚴重問題。單在金邊，街童數目已超過20,000，他們大多以擦鞋和拾荒維持生計。街童大致可分三類：在街上獨居的、在街上工作的和與家人一起住在街上的。

我們探訪了隸屬於Mith Samlanh的Friends職業訓練中心，它現時為大約300名於金邊的青年提供職業訓練如烹飪、理髮、電子、修甲等職業訓練。除了職業訓練中心外，專為街童重投社會而設的Mith Samlanh亦有為住在街上的街童提供外展服務，包括讀寫訓練、情緒輔導及其他求生技能的訓練。



Issue 3: Health-related projects

Immunization Programme

We will never forget how shocked we were when we realized what a dark future the Cambodian public health system has. This land has long been tortured by HIV/AIDS, tuberculosis, as well as the backwardness of government policies. The limited number of hospitals is not able to meet the enormous demand for health care services. However, this field trip has granted us the opportunity of viewing a positive side of the nation. With the aid of UNICEF and other NGOs, the Cambodian Ministry of Health operates a National Immunization Programme providing vaccinations for infants. In recent years, Hepatitis B vaccines have also been included and more than 90% of infants below the age of one benefit from this programme. In hope of popularizing this programme, it is currently carried out in big villages. At the same time, a USG Equity Fund targeting the grass roots is gradually attaining maturity.

HIV/AIDS

The problem of HIV/AIDS is quite serious in Cambodia. Its existence mainly stems from the country's active and widespread sex industry, alongside with the sex workers' inadequate knowledge of sexually transmitted diseases. Many might think that being a poverty-stricken developing country, Cambodia turns a blind eye to the problem of HIV/AIDS. Conversely, the government appears to be facing this problem head-on and is trying to improve the situation and with some degree of success over recent years. While preventing HIV/AIDS through offering voluntary counseling and testing services and carrying out schemes for the prevention of mother-to-child transmission, the government also assists orphans and infected individuals to reintegrate into society. Moreover, the government has set up several organizations to spread HIV/AIDS-related messages. In this trip, we are honoured to meet three of them – the Inthanou Association, Cambodian Youth Development (CYD) and Youth Friendly Clinic.

The Inthanou Association was founded by the government, UNICEF and Mobitel, a local charity, aiming to provide channels for the public to learn more about HIV/AIDS. It is the only HIV/AIDS hotline centre in the nation free of charge. Not only does it offer its clients counseling and psychological support, but also delivers HIV/AIDS-related messages to the public through media.

The CYD is an NGO fully sponsored by UNICEF. There are about 150 peer educators in the centre, whose major task is to organize activities like youth camps, concerts and forums, with HIV/AIDS prevention as their main focus. They were very enthusiastic and welcoming – not only did they introduce us to their work, but they also prepared a series of performances for us.

The Youth Friendly Clinic was set up by the Reproductive Health Association in Cambodia (RHAC). It aims to provide youngsters with HIV/AIDS tests, vasectomies, premarital counseling, education on contraception, pre-abortion counseling and other services of the sort. At present, there are seven clinics located in six provinces that serve the young population. At the top of each clinic, there is a youth centre, with a library and a counseling room. Many youngsters are attracted to these facilities and they pay regular visits to the clinic.





專題三：醫療保健項目

防疫注射

我們不會忘記發現柬埔寨惡劣的公共衛生情況時的震驚：這片土地多年來受著愛滋病、肺結核的蹂躪，政策落後的影響和醫院不足的窘困。然而，這次考察團令我們看到當地積極的一面，柬埔寨衛生署在聯合國兒童基金會及其他的志願組織幫助下，為一歲以下的嬰兒提供疫苗注射，近年更增添乙型肝炎的疫苗，受惠嬰兒佔同齡嬰兒九成多。這計劃主要在一些大村落推行，希望能夠使之普及化。同時一套為草根階層而設的病人津貼服務亦越趨成熟。

愛滋病

由於該國性行業十分蓬勃，性工作者往往因缺乏足夠的性病知識而染病，所以柬埔寨的愛滋病問題比較嚴重。許多人會認為如此落後的國家對於愛滋病的問題就只會置之不理、不聞不問；可是剛巧相反，當地政府為了積極正視問題，推出一系列的政策，使情況近年有所改善。政策一方面透過自願接受輔導和檢驗及防止母嬰傳染等計劃去預防愛滋病；一方面提供援助予受感染人士和因病失去至親的孤兒，使他們能融入社會。同時，國內亦有多個組織推廣這方面的知識，在這次考察團我們有幸探訪了其中三個有關組織，包括Inthanou Association，Cambodia Youth Development (CYD) 和 Youth Friendly Clinic。

Inthanou Association是由柬埔寨政府、聯合國兒童基金會及當地另一慈善組織Mobitel聯手設立，旨在讓大眾透過電話查詢有關愛滋病的資訊。它是全國唯一的愛滋病熱線部門，提供免費查詢熱線，為有需要人士提供心理輔導及透過不同媒介向市民提供愛滋病資訊。

CYD 是一個由聯合國兒童基金會全數資助的非政府組織，中心大約有150位朋輩輔導員，他們的主要工作是舉辦以愛滋病為主題的活動，如青年營、音樂會、論壇等，宣揚預防愛滋病的訊息。

Youth Friendly Clinic是由Reproductive Health Association in Cambodia (RHAC) 成立的，主要目的是為青年人提供愛滋病測試、結紮手術、婚前輔導、避孕方法、墮胎前的輔導等，現時共有七間診所於六個省為青年人提供服務。診所的頂層是青年中心，內有圖書館、輔導室等。設施吸引了不少青少年定期到訪。



Field Visit to Shaanxi 陝西考察團行程

15 August (Monday) 八月十五日 (星期一)

Hong Kong → Shaanxi Tong Chuan City Yintai District
香港 → 陝西省銅川市印臺區

Dine with Yintai District People's Government Officials at Yintai Business Hotel
於印臺區商務酒店與印臺區人民政府官員晚宴

16 August (Tuesday) 八月十六日 (星期二)

Attend a briefing session on the implementation of the Local Planning and Action for Children (LPAC) Programme at Tongchuan City
參與歡迎儀式，並了解貧困地區兒童規劃與發展項目於銅川市印臺區的實施情況



Visit Jinsuoguan Town Chenjiashan Village to attend the LPAC Programme training lesson in Chenjiashan Primary School

前往金鎖關鎮陳家山村了解貧困地區兒童規劃與發展項目戶並參與於陳家山小學舉行的項目生產技能培訓



17 August (Wednesday) 八月十七日 (星期三)

Visit Jinsuoguan Town Liulingou Village Clinic and Jinsuoguan Hospital
參觀金鎖關鎮柳林溝村醫務室及金鎖關鎮衛生院

Dine with the LPAC Programme clients and doing field work
到項目婦女家中動手協造農家飯，並協助幹農活，以了解項目婦女家庭生活情況

Cultural Exchange with students of Taishan Middle School. Spend a night at the school's dormitory to experience Shaanxi students' school life
與泰山中學學生交流，並入住泰山中學，體驗農村學生的校園生活

- Itinerary



18 August (Thursday) 八月十八日 (星期四)

Visit Yaozhou Kilns Museum 參觀耀州窯博物館

Visit cave dwellings and families in Chenlu Town and pottery making
前往中國耀瓷古鎮—陳爐鎮，參觀窯洞，探訪古鎮家戶並動手做陶瓷



19 August (Friday) 八月十九日 (星期五)

Sight-seeing at Qin Bingmayong and Xian City Wall
參觀兵馬俑博物館及西安古城牆

Dine with Shaanxi DOFCOM Officials
與陝西省商務廳官員晚宴



20 August (Saturday)
八月二十日 (星期六)

Xian → Hong Kong
西安 → 香港

Local Planning and Action for Children (LPAC)

Economic reforms in China have lifted an estimated 200 million people above the poverty line, but millions more remain below the World Bank-defined level of poverty of US \$1 per day.



Thus, following the success of the Social Development Programme for Poor Areas (SPPA), UNICEF launched its second micro-credit programme, Local Planning and Action for Children (LPAC), in 2001.

The programme is child-centered with a poverty alleviation focus and has as an objective of the empowerment of women in poor areas so as to enable them to lift themselves from poverty and improve their capacity to meet their children's needs. The LPAC programme provides micro-credit loans, training on key health, nutrition issues and production techniques to poor women to improve household income of participating families by reducing seasonal fluctuations and improving the status and confidence of women and girls. It promotes organization building in which women actively participates in training activities in both large and small groups, exchange experiences and support one another within groups. Also, the programme enhances the awareness on child and woman protection through organizing trainings. More girls are provided chances to go to schools.

Under the support of UNICEF China, Ministry of Commerce and local governments, the LPAC programme has now been implemented in 34 poor counties of 11 provinces in central and western China. It has been a success in nearly every regard, and has considerably benefited the lives of many people in rural areas.

After a series of training sessions, participants are given a RMB 1000 loan for the first year. If they manage to return this, they are given a RMB 1500 loan for the second year and a RMB 2000 loan for the third year. Its reimbursement period is one year. By 2005, the combined programmes has reached over 50,000 women with small loans in excess of US \$8 million. Over 5,000 small lending groups have been created to self-manage credit operations and over 100,000 women have been trained on techniques of agriculture, animal husbandry, and other income-generating skills. In addition, school scholarships have been provided to 2,200 female dropouts in Gansu, Sichuan, Henan, and Yunnan Provinces. Now, 34% of households indicated they had improved their sanitation facilities since.

For example, the LPAC programme has been introduced into Chenjiashan Village and Liulingou Village we visited in this trip since 2003. Until now, a total of RMB 110,000 and 75,000 was loaned respectively. There are a total of 65 and 53 women involved in the project in two villages, forming 3 and 2 big groups and 8 and 6 small groups respectively. The 3-year implementation of the LPAC programme has been increasing the annual income of the women by RMB 300-500 and 400 respectively. The programme assists the construction of the village washrooms and helps boost the development of rearing and farming industries in the village. As a result, the living conditions of the women and children there have been greatly improved. Therefore, your support to the work of UNICEF in poor areas is very important.



貧困地區兒童規劃與發展項目

中國經濟近年快速轉型，令全國約二億人口的生活水平得以提高。然而，仍有千千萬萬的人口是活在世界銀行所制定的貧窮線以下，即每天收入少於1美元。

因此，繼貧困地區社會發展項目（Social Development Programme for Poor Areas (SPPA)）後，聯合國兒童基金會於二零零一年在內地貧困地區推行另一小額貸款計劃——貧困地區兒童規劃與發展項目（Local Planning and Action for Children, 簡稱LPAC項目）。這個項目是以兒童為中心的扶貧項目，項目的目標是通過提高貧困地區婦女的能力，達到減少貧困，使兒童受益。這個項目中，向貧困婦女發放小額貸款，然後向她們傳授以婦女兒童為中心的脫貧策略，生命知識和生產技術，改善她們的生活，幫助她們建立自信與自尊。LPAC項目倡導的是以社區活動為基礎，幫助婦女個人及婦女小組增強決策能力，使她們提高生活技能，增加衛生及健康知識，改變日常生活和衛生保健習慣，提高她們的生活水平。同時，通過培訓，從而提高農村保護婦女兒童的意識，減低地貧地區女童失學的情況。

在聯合國兒童基金會駐中國辦事處，中華人民共和國商務部，及當地政府的全力支持下，LPAC項目得以在中國中西部十一個省分的三十四個縣順利推行，使內地貧困農村生活水平得以提高，逐漸脫離貧窮。

經過一連串的訓練課堂後，首次申請貸款的婦女可獲發放1000元人民幣，一年內若能還清款項，可獲第二次貸款，金額為1500元人民幣，至第三年，婦女可再獲發放2000元人民幣貸款，還款期亦為一年。至二零零五年，LPAC項目已成功發放貸款予五萬名婦女，總金額超過800萬美元。現時已建立的婦女小組逾5,000個，超過十萬婦女接受養殖訓練、技術培訓及其他增加收入的技能培訓。另外，更有2,200名在甘肅、四川、河南及雲南的女童獲頒發獎學金到學校升學。現時，百分之三十四的項目婦女家庭的衛生設施有顯著的改善，她們改善衛生設施的意識亦有所提升。

如我們今次探訪的陝西省印臺區金鎖關鎮陳家山村及柳林溝村，也是於二零零三年開始實施LPAC項目，項目分別向兩村發放信貸資金11萬及7.5萬元人民幣，項目婦女分別為六十五及五十三人，分別組建婦女大組三及兩個，小組八及六個。在LPAC項目實施的三年來，分別為項目婦女每年平均增加收入300-500及400元人民幣。項目協助修建衛生沼氣廁所，帶動了當地養殖、種植業的發展，令貧困婦女、兒童的生存狀況和生活條件得到極大的改善。由此可見，大家的支持對聯合國兒童基金會的工作十分重要。只有你們的支持才可繼續令更多貧困地區的農村居民得到幫助。

The LPAC training programme:

To get loans and better use them, the LPAC programme participants need to attend a series of training on health care and productivity techniques. The contents are as follows:

1. Hygiene and health care education: It emphasizes personal and household hygiene practices like the adoption and use of sanitary latrines and soap. It also focuses on "Fact for Life"- child care practices and nutrition knowledge like iodine deficiency and treatment of children's diarrhea.
2. Production skills training: It teaches farmers how to improve income generation in rural areas, with training typically centering on agriculture and animal husbandry.

During our visit, the women aged between 20 to 40 were attending training in Chenjiashan Primary School in Chenjiashan Village. They were learning something about animal husbandry, like the epidemic prevention on livestock and how to differentiate fake medicines. The women proactively asked questions and made good responses the interactive lessons.

The way LPAC programme receivers make use of the loans and changes on lives

Loans of limited amount cannot be used in large-scale developments. Therefore, most people only use the loans for pasturing and farming. Some people might spend them on improving their living environment, e.g. setting up a toilet. Through the LPAC programme, they receive higher incomes, thus people's lives have improved and the next generation can have higher chances to receive education.

Case A: Jia Shengli, a farmer and a father of two sons, is a high school graduate living in Chenjiashan Village. His wife has joined the LPAC programme since 2001. Before his wife joining the programme, the living and hygiene conditions were far from satisfactory, his yearly income was as low as RMB 1000, and he earned his living by growing maize, wheat and apples. However, with the help of the programme, apart from merely growing crops for a living, his wife is also able to rear poultry. The faeces of cow and sheep can be used as fertilizers, pesticides and fuel. Through the trading of agricultural products and animals, his wife is able to bring in more than three times of the income he used to make, and now Jia Shengli and his wife really want to support his sons to get into a university in town so that they could have a better life.

Case B: Guo xiaofong and her family live in Liulinguo Village. Since they do not have clean water supply, they need to walk a long way to get 6 buckets of water for daily use and for about half an hour to a place where they can wash their bodies. This causes great inconvenience. Guo xiaofong has been joining the LPAC programme since 2003. The first loan was RMB 1,000 and the second was RMB 1,500. After several trainings, she used the loans to buy pigs and chickens. By selling the pigs, they now can earn an extra income of RMB 900. Also, she has learnt the skills of growing vegetables. She is now able to sell vegetables to increase the family's income. Compared to the past when the whole family relied on the income made by her husband through riding tricycle, the life of her family has thus improved a lot. Guo xiaofong wants to continue joining the LPAC programme and its training programmes to further learn more income-generating skills and knowledge. She is eager to let her daughter continue her education, get into a university, and pursue her dream to become a teacher.





LPAC項目培訓課程：

LPAC項目婦女在獲發貸款額之前，必須先接受一連串有關生命知識的培訓，向她們傳授健康、營養、衛生知識和生產技術，好讓她們能善用貸款，以建立自己的事業來維持生計，以下為培訓課程的內容：

1. 衛生及健康教育：加強個人及家居衛生，如使用衛生間及肥皂等。另外，項目亦為婦女「提供生命知識培訓」，讓她們學到照顧兒童、營養和健康知識，如使用碘鹽及學會處理兒童腹瀉等。
2. 生產技能培訓：向婦女傳授先進的種植及飼養技術，並安排參觀相關的展覽會及會議，提升她們的能力，增加家庭收入。

是次考察團我們參觀的一個LPAC項目的培訓課程，是在陳家山村陳家山小學內舉行，對象為大約二十至四十歲的婦女和女孩，主要教導婦女畜牧的常識，如豬牛防疫知識，如何分辨假藥等。課堂主要以互動對答形式進行，婦女主動提問，反應十分熱烈。

LPAC項目戶如何運用貸款及其生活改變：

由於LPAC項目的貸款數目有限，不能運用於大型發展上。因此，一般項目戶都會用於畜牧及種植上，如買禽畜及農田等；另外，亦有項目戶會將貸款用在改善生活環境上，如建造廁所等。普遍項目戶的生活都有明顯的改善，除了人均收入上升，改善家庭狀況及生活環境以外，更令他們的下一代獲得更多接受教育的機會。

個案一：賈勝利，四十歲，高中教育程度，於陳家山村以種植為生，育有兩子。他的妻子於二零零一年參加項目。在他的妻子未參加項目以前，家中環境及衛生狀況較差，年均收入大約只有1,000元人民幣，只能靠種植玉米，小麥和蘋果為生。現時，除了種地以外，其妻子亦有飼養牛及羊，而牛羊的糞便亦可作肥料、殺蟲藥及生產沼氣作燃料。賈家透過種植及賣牛羊，現時的年均收入增加至3,200元人民幣。隨著生活的改善，賈勝利及他的妻子希望兒子們好好地讀書，上大學，走出山村，改變生活。

個案二：郭小芳一家四口住在柳林溝村。由於家中沒有潔淨的水源，她每天都需要走路挑六桶水，來應付一日所需，而她一家每次洗澡都需走路半小時到沐浴的地方，十分不方便。她從零三年開始參加LPAC項目，第一次為1,000元人民幣，之後一年再借1,500元人民幣，經過兩三次培訓，郭小芳開始用貸款飼養動物，如豬和雞。他們養的豬大多拿去賣，而賣豬所得的收入令一年的收入增加了900元人民幣。此外，參加培訓後，郭小芳學懂了種菜，以前他們種的菜只夠自己食用，現時還有多餘的供他們拿去賣，對比從前只靠丈夫踏三輪車賺錢為生，家中經濟及生活得到顯著改善。郭小芳期望繼續參加LPAC項目，參與培訓，多學一點知識及技能。她分渴望女兒繼續有機會讀書，升上大學，使女兒可實踐她的夢想—成為一位老師。

Sanitation, Water and Medical Services

During our trip to Shaanxi, we visited two villages (Jinsuoguan Town Chenjiashan Village and Liulingou Village), two schools (Taishan Middle School and Chenjiashan Primary School), one clinic (Liulingou Village Clinic) and one hospital (Jinsuoguan Township Hospital). The overall situation was reviewed as follows:

Sanitation *When we think that a living environment is naturally and deservedly clean, comfortable and hygienic.....*

We realized the sanitation of Shaanxi, especially in the villages, is not that satisfactory. Some of the villagers do not have a toilet in their homes. If they need to use the toilet, they would do so at the back of their houses without any privacy. Also, even when the toilets in Jinsuoguan Town hospital, Taishan Middle School and Chenjiashan Primary School are indoors, their ventilation is not done properly and without flushing facilities. The serious problem of insects makes the toilets even more unbearable.

Luckily, some of the women have joined the LPAC programme and improved the sanitation of their living environment. Gao Fenglian has joined the LPAC programme since 2001 and the income of the whole family has increased by RMB 4000. She has used her loan on building a toilet and this improved the sanitation and raised the family's awareness of the importance of sanitation.

Personal hygiene together with the individual health consciousness are the basic elements of the sanitation of our living environment. As we observed from visiting the two villages, the villagers' personal hygiene has been improved. When we assisted the Liulingou villagers to prepare the meal during our visit, they know to wash their hands. However, they washed their hands in the same container of water. We can see that their hygiene practices still have room for improvement. So the LPAC programme is important in raising the level of health consciousness in the poor areas.

Water *When we have an unlimited supply of clean water in our homes.....*

The supply of clean tap water undesirable. There are people living in inland Shaanxi, where sources of water are limited. They have to get water from saving rain water or spring uphill. Villager Li Dongmei of Chenjiashan Village said that she has to walk uphill to get water everyday. Then the water would be stored in a large container for that day.

Some of those who have joined the LPAC programme now have clean running water in their homes. The Liulingou Village we visited is one of the villages where the LPAC programme is implemented. This implementation has raised the overall income of the village by an average of RMB 400, so that they have enough money to build a pipe system to provide clean tap water to each family in the village making it much easier for them to get water.

Medical Services *When there are more than forty fully-equipped hospitals in Hong Kong.....*

The basic medical service is insufficient in Shaanxi. When villagers want to see doctor, they would have to go to the hospital in the remote town. After receiving help from the LPAC programme, the Jinsuoguan village clinic in Chenjiashan village has been built. There are two doctors and medicines ready in the clinic. Other than being convenient for consultation, the clinic gives the villagers a channel to know more about healthcare. Medical staffs would visit families and schools to deliver healthcare and disease prevention knowledge. Through promotion, villagers can know more about the symptoms and preventions of endemic diseases and realize the need of vaccination. It also provides free medical check for women and children. With the setting up of the clinic, the infant mortality rate has been decreased by 87% while the average life span has been increased to 75 years old. The LPAC programme has improved the basic health service in the village and raised the average health standard. However, the doctor said that the basic health service there is still not enough though being improved and the facilities of the clinic are still primitive and simple.

The Jinsuoguan Township Hospital with better facilities we visited is the only hospital in Jinsuoguan Town, and serving over 20,000 people including villagers in the town. The hospital staff try their best to arouse the villagers' attention on health-related problems. Under the free vaccination campaign, the percentage of children accepted the seven free vaccinations reaches 100%. The rate of the infectious disease outbreak thus drops year by year. In 2004, the hospital established a halfway house for people suffering from drugs indulgence and this is the only halfway house in western Shaanxi. As we visited, the facilities of the hospital are just a little bit better than that of the clinic. Though the basic medical service has been improving, it is still not enough.

Hence, your support to the LPAC programme is very crucial to continuously improve the basic medical service and the situation of the lack of supply of medicine.

衛生、食水及醫療

今次陝西之行，我們探訪了兩條村莊（印臺區金鎖關鎮的陳家山村及柳林溝村）、兩間學校（泰山中學及陳家山小學）、一間醫務室（柳林溝村醫務室）及一間衛生院（金鎖關鎮衛生院）。以下是當地衛生、食水及醫療的整體情況：

衛生

當我們認為清潔、舒適、衛生的生活環境是理所當然時.....

我們發覺陝西，尤其農村的衛生條件仍然不甚理想，有些農戶連一個廁所也沒有。若他們有需要，便會於屋後沒有遮掩的情況下方便。另外，建於金鎖關鎮衛生院、泰山中學及陳家山小學的廁所雖然不是露天，可是通風系統做得不好，又沒有沖水系統，蟲患也嚴重，環境極為惡劣。

幸而，有些參加了LPAC項目的婦女，如四十九歲的陳家山村村民高鳳蓮，她於二零零一年參加LPAC項目，全年全家的年均收入增加4,000元人民幣，並運用貸款興建廁所，提高家人的衛生意識。

衛生的生活環境是由個人衛生做起，而這亦取決於個人的衛生意識。我們探訪的兩條村的農戶中，村民的個人衛生意識已逐漸提高。我們在柳林溝村與農戶一起做飯時，他們已有在做飯前洗手的衛生意識，可是他們共用同一盆水來洗手，可見他們的個人衛生意識仍有待改善。故LPAC項目的衛生健康常識培訓對提升貧困地區的村民的健康意識是很重要的。

食水 當我們家裡有用不完且潔淨的自來水時.....

當地的自來水供應仍然不理想，村民表示陝西地處內陸，水源有限，很多時候都只能儲存雨水或到山上的水泉提取食水。陳家山村農戶李冬梅指，她們每天也要走路上山取水，然後把水儲在儲水器裡供那天使用。

而一些參與LPAC項目的農戶表示，家中開始有清潔的自來水。柳林溝村成為LPAC項目村後，全村每戶的平均收入都增加了400元人民幣，有了資金接駁喉管引來地下水作自來水到村裡的農戶，令他們有清潔的自來水，使取水的工作既省時又省力。

醫療 當香港有四十多間設備齊全的醫院時.....

當地的基本醫療服務不足夠。村民若看醫生，便要到遙遠的城鎮裡的醫院。柳林溝村成為項目村後，建造了柳林溝村醫務室。醫務室有兩位醫生駐診，備有各種成藥供村民不時之需。醫務室除了方便了患病的村民求醫外，更教育村民有關醫療健康及預防疾病的常識。醫護人員會定期到農戶及學校宣傳，使他們認識地方病的病徵及預防方法，還呼籲他們要接種疫苗，讓他們明白預防疫苗的重要性等；此外，醫務室亦為婦女及兒童提供免費身體檢查。醫務室的設立令嬰兒夭折率下降了百分之八十七，及令平均村民的壽命延長到七十五歲，可見LPAC項目改善了基本的醫療服務，並提高整村的健康水平。醫務室的醫生表示當地缺醫缺藥的情況雖有改善，但仍然不足。

金鎖關鎮衛生院是鎮中唯一一所醫院，為鎮內二萬多人提供服務，而醫護人員致力向鎮內居民推廣保健。在免費疫苗計劃推行下，全鎮兒童的七種疫苗的覆蓋率達百分之百，故傳染病的病發率連年下降。於二零零四年，醫院的戒毒康復專科中心建成，而這是陝西西北部唯一的戒毒康復專科中心。於我們所見，醫院的設施只較柳林溝村醫務室好一些，但設備仍嫌簡單，基本的醫療服務縱有改善但並不足夠。

因此，LPAC項目仍十分需要大家的支持，以繼續改善農村缺醫缺藥的情況及基本的醫療服務水平。



Education

There is nine-year free education in Shaanxi, as in Hong Kong, meaning that the school fees are supported by the Government, but the book fees are paid by parents. From the information provided by the villagers of Chenjiashan Village and Liulingou Village, the average annual income per person is from RMB 700 to RMB 1,200. But the annual book fee of the primary school ranged from RMB 300 to RMB 600 while those of secondary school ranged from RMB 300 to RMB 1,200. We can see that school fees can be a heavy burden for most of the village families. For example, Lai's family of Chenjiashan Village has two kids. The daughter, 14-year-old Lai Miao, is in Form One and the son, 13-year-old Lai Junying is in Primary Six. With only an annual income of RMB 1,000 before joining the LPAC programme, the family's life was hard in order to support the book fee which is about RMB 400. After joining the programme, they use the loans to raise cattle and chickens, and are now earning RMB 2,500. They are leading a better life now. With the LPAC programme, more families can support their children to go to school.

There are basic facilities in primary and secondary schools in Shaanxi Village like blackboards, desks and chairs. However, the facilities are too primitive and insufficient when compared to those of Hong Kong, like the old and shabby desks and chairs in Chenjiashan Primary School. In Taishan Middle School, there is fluorescent light illumination, and in the dormitory, there are bunk beds made of wood. The facilities are already very good, compared with the local situation.

The schools are always far away from the village. The students need to take at least one to two hours traveling to their schools on foot or by transport. Like the villager Jia Shengli of Chenjiashan Village, his son, Jia Pengfei studying in Form One needs to take about two hours to go to school which is seven kilometers far away from his home. He thus lives in the school dormitory and goes back to home for one or two times a week. His lessons start from 7a.m. to 12p.m. and from 2p.m. to 5:30p.m. There are 60 to 70 students in a class. He does his homework, assists the housework as well as field work in his spare time.

In Shaanxi, a secondary school is divided into two parts, namely "junior secondary" and "senior secondary". The mode of teaching is similar to that of Hong Kong, so does the subjects, with some on poetry and working technique subjects. The school puts extra-curricular activities as one of its priorities for students; they have different activities like dancing, drama performances and clown acts, so students have chances to develop their potentials.

On the night of 17 August, 2005, we participated in the variety show of Taishan Middle School and had a cultural exchange with the students there. The students at Taishan Middle School were so enthusiastic and friendly. They were eager to make friends and keep contact with us, and eagerly asked for our contact numbers and addresses! We stayed in the school dormitory that night and slept on the wooden bunk beds as to experience their lives. Compared with those of ours, their facilities are far from being satisfactory. Yet the local students still enjoy their schooling, work very hard and treasure the opportunity to go to school. We really appreciate their diligence and positive attitude towards life very much.

We can see one conspicuous culture difference in the way Shaanxi and Hong Kong students organize activities. The games Shaanxi students prepared were one-on-one basis, that representatives competed against each other. Whereas Hong Kong students organized mass games that everyone has a chance to play. The local students told us they liked our games very much!

Cave Dwellings & Pottery in Chenlu Town

Cave dwellings, Yao Dong, are the traditional homes of Shaanxi. We visited cave dwellings to learn more about the lives of Shaanxi people in Chenlu Town, an ancient pottery town. The main advantages of cave dwellings are that they are warm in winter, yet cool in summer, and are able to reduce energy consumption. We still remember that was a particularly cold day yet it was warm inside the cave dwelling. The ventilation is good as there are several ventilators.

Although our stay in the cave dwellings was quite short, we were still able to sense the importance of pottery to the people of Shaanxi, particularly to those living in the Chenlu Town. In cave dwellings, we found that almost everything are pottery, for example, when you have a look at the corner, you may see various containers for oil and rice. In the kitchen, there are pottery pots and pans and containers for salt and vinegar. In the bedroom, even pillows are made of pottery. We were really astonished by the surroundings.

We then visited families earning their living by making pottery to learn about their lives. The selling prizes of potteries and porcelains varies from several to thousands dollars. The salary of workers per month is about RMB 150. We learnt that some of the families are earning below RMB 1,000 year to support the whole family, and thus their lives are not easy. We also had a chance to make pottery in their workshops!

教育

陝西的教育制度也有九年免費教育，即學費由政府支付，而書簿費則由家長支付。綜合我們所探訪的陳家山村及柳林溝村農戶提供的資料，兩條村每年人均收入700-1,200元人民幣。小學生每年的書簿費約為300至600元人民幣，而中學生的則由300至1,200元人民幣不等。孩子的書簿費是一家人沉重的擔子；如陳家山村賴家五口，育有一子一女，女兒賴苗十四歲，就讀初中一，兒子賴軍營十三歲，就讀小六，每年書簿費約400元人民幣，在未參與LPAC項目前，賴家全年的收入為1,000元人民幣，為了供兒女讀書，生活非常吃力，參加了LPAC項目後，利用貸款飼養牛和雞，令收入增加至2,500元人民幣，生活因此而改善了。可見LPAC項目令更多農村孩童得到教育的機會。

學校設施方面，當地農村小學及中學雖然有一些基本的設施如黑板、桌椅，但當然比香港的落後、簡陋及不足夠，例如陳家山村陳家山小學的桌椅較為破舊；而在印臺區泰山中學，課室有光管照明，宿舍裡有木板床，以當地的經濟情況而言，學校的設施已算是不錯了。

上學路程遙遠，走路或乘車也至少需要一至兩小時。如陳家山村農戶賈勝利的兒子賈鵬飛，十四歲，在瑤曲中學唸初中。中學離家大約七公里，步行上學需要兩個小時，故他是住在宿舍，每星期回家一至兩次。每天上課時間由上午七時至中午十二時，下午二時至五時半。學校一班大約六十至七十人。閒時，鵬飛除了溫習功課，也要做家務並幫忙下田幹活。

陝西的中學分為初中中學和高中中學，上課模式與香港相近，科目也差不多，只多了一些詩品、勞作等科目。校方對學生課外活動的發展亦十分重視，多元化的興趣班包括舞蹈、話劇、朗誦、小丑戲班等，讓同學發展其才能。

二零零五年八月十七日晚上，我們參與泰山中學的聯歡晚會，與該校的初中生作文化交流。泰山中學的學生熱情有善，渴望與我們建立友誼並繼續與我們聯絡，故他們嚷著要交換電話地址！我們當天晚上住在學校宿舍，睡在木板床上，親身體驗當地學生的生活。

從他們安排的活動中，可體現兩地的文化差異：他們的遊戲多以競技為主，即每次兩位參賽者上前格鬥一番；而香港的則主要為集體遊戲，目的是希望全部人都可以參與。當地學生告訴我們很喜歡這種遊戲方式呢！

陳爐鎮 — 窯洞、陶瓷

窯洞是陝西人民的傳統居住建築，我們到訪陳爐鎮，一古老陶瓷城，參觀了窯洞以了解陝西人民的居住情況。窯洞是我國建築藝術的結晶，其冬暖夏涼，節省能源的特點。還記得當天氣寒冷，但走進窯洞後，卻感到暖呼呼的，可見窯洞真是「太陽曬不到，冷氣進不來」！窯洞有多個通風口，故不覺得侷促。

我們逗留在陳爐鎮的時間雖然短，但已經深深感受到陶瓷對陝西人民，特別是對陳爐鎮人民的重要性。在這個圓拱形的洞裡面可發現洞裡到處都是陶瓷製品，例如，到牆角一看，裝滿米和油的大罈；廚房裡，碗碗碟碟、盛鹽的、擱醋的、甚至床上的枕頭也是陶瓷，真教人大開眼界。

我們接著探訪以造陶瓷為生的家戶，了解他們的生活狀況。陶瓷的售價由幾元至幾千元人民幣不等，造瓷工人的每月工資約150元人民幣，有些家庭則每年只賺取少於1,000元人民幣來維持生計，生活也頗為艱苦。之後，我們還在陶瓷工作坊嘗試學造陶瓷呢！



Sharing of UNICEF Young Envoys

區以駿 ~ Matthew

「只不過是大自然給他們的條件不公平罷了。」一整年的訓練、六天在陝西的體驗，明白到我們給大自然善待多年。在香港，七百多萬人中有多少人會伸出自己雙手呢？不過，現在至少有一百個人會這樣做。

陳卓盈 ~ Nikita

了解，成長，朋友，就是我从這個計劃中得到的。這個計劃讓我學懂了解自己，同時學習了解他人。在多次的活動中，我了解到自己很多時候過份自我，所以我學習了解他人的想法，接受他人的意見。有機會到中國探訪，了解他們的文化，實在令我眼界大開，身心成長了不少。在這一整年的努力，我認識了很多好朋友，大家各有一顆熱心，無私的互相幫助。能夠認識這班朋友實在畢生難忘。

陳靄怡 ~ Courtney

Upon joining the Young Envoys programme, I learnt a lot of knowledge outside of books ~ like problem solving, self evaluating, sharing my experiences and learning from mistakes. I also had the opportunity of communicating with society. In this programme I gained experiences that I would never have had on my own. It has provided me with an easier future, with a much stronger and confident character. The programme has given me so many unforgettable memories, of meeting so many new friends and learning to organize activities. With all these benefits, I will certainly recommend my friends to apply for the programme in the future.

陳鳳冰 ~ Fung Ping

自從我參加了青年使者計劃後，我多了一份使命感，每當看到朋友浪費食物時，我都會向他們講述發展中國家兒童缺乏糧食的情況，希望能改變他們浪費食物的習慣。這個計劃讓我發現自己長大了，我從來沒想過自己可以在校內策劃及推行一個屬於自己的活動。雖然過程有時並不順利，但我在是次活動中汲取了非常寶貴的經驗，使我獲益良多。參加這個活動真是個難能可貴的機會，既可以讓我發揮自己的潛能，又可得到一個難忘的回憶。

陳可宜 ~ Doris

聯合國兒童基金會青年使者計劃不但增加了我的自信心和領導才能，最重要是加深了我對這個世界的了解和體會。我盼望將來能夠運用我所學的回饋社會。有朝一日，可以為世界帶來美好的改變。

周芷韻 ~ Katie

很高興能成為青年使者，透過不同的活動，除了認識到許多朋友外，更明白到這個世界上有很多需要我們幫助的人。只要我們懷著同一個信念而努力，我們必定可以改變世界！

陳思思 ~ Szu Szu

成為聯合國兒童基金會青年使者加強了我的使命感。在各種的義賣活動中，我邀請了不少同學一起去享受幫助及關懷別人的樂趣。這一年的我心靈上成長了很多，見識了很多，深思很多，令我重新把自己定位。一次短短六日的柬埔寨之旅令我們這三十個青年使者有進深一層的反思。究竟生活在富庶的香港的我們在追求什麼？物慾的享受？私利的擁有？不，經過柬埔寨這六天，我可以告訴你，我們追求的不是這些而是對世界的那份愛與關懷。最後衷心地感激Norris, Dennis, Rosanna他們勞心勞力地為我們舉辦各項的活動。多謝！^^

鄭兆鈞 ~ Ray

This is undoubtedly the best youth program students could have. Like others, UNICEF teaches you how to work as a team, yet develops leadership skills. But unlike others, UNICEF educates you to be a global citizen, and a responsible one. You are always more than you think you are ~ and you could always give more than you think you could.

張叡文 ~ Bertha

I would like to use one word to describe my feeling towards the whole year's YE Programme ~ Unforgettable. Throughout the whole year, I strongly agree the Programme that had enriched my vision a lot. Not only did I meet lots of friends from different schools, but I also experienced different social services through charity sales in schools and shopping malls. These valuable experiences indeed enhanced my leadership abilities. It also provided me with the challenge of total development and integration of abilities, personality and talent.

張家晞 ~ Fioni

"Congratulations! I am pleased to inform you that you are selected as one of our UNICEF Young Envoys 2005." She was totally astounded as she first opened up her letter. It was remarkable. It was December 2004. As happy as she was, she expected nothing more than an extra line to add onto her CV. But within a year's time, she found out she was wrong. She realized how naive she was. That year, everything about her changed. The programme meant so much more to her than she had thought it would be. She finally understands what real friendship is ~ to love and to share. She finally understands what true leadership is ~ to listen but not to ask. She finally understands that happiness can be gained simply through witnessing the happiness of others. She finally understands what the programme really meant ~ to contribute and to be thankful. She has changed for the better, indeed. Thanks YEs! Thanks Norris, Rosanna and Dennis! Thanks UNICEF! And that girl, of course, is me!

張雅雯 ~ Nga Man

參加青年使者計劃是出於一個偶然的機會。在一連串活動中，我學會不少在書本上學不到的知識，亦體會到一個現今青年人除了要關心身邊的事、人和物，更要明白到發展中國家的需要，而我也學會珍惜身邊的家人、朋友、同學和自己擁有的幸福。

蔣熙然 ~ Miranda

I'm so glad to have the chance to join the YE05 programme and visit Cambodia. It was an unforgettable trip, which gave me a precious experience that I would never get as a tourist. It was so touching to talk to the people there face to face, and witness their real lives. They definitely taught us that we need to be satisfied with what we've got. Gain fulfilment from our lives is the key to make our lives easier. I've benefited a lot from the programme - far more than I'd expected. It really inspired me through giving me a chance to know more about the world and also reach a better understanding of myself.

池曉安 ~ Angela

UNICEF Young Envoys Programme 2005 was a tough challenge but also extremely satisfying for all of us. We had the advantage of making new friends and enjoying each other's company when we were working together as one big team or in small groups. Personally, I'm glad to have gotten to know most of you and it was nice to be around everyone who didn't mind my broken Cantonese! All our projects resulted in a great accomplishment! Best of luck in life to all!

蔡穎妍 ~ Winnie

Joining the UNICEF Young Envoy Programme 2005 gave me a fruitful year. I gained a lot from the various activities including the training camp, school project and even the charity sale. While getting many new friends from different schools, I also learnt to be more independent and considerate. Through communicating with others, I have indeed broadened my horizon to address the global poverty issue and I have enriched my social experience. I treasured the chance to visit Cambodia very much because I witnessed the harsh life of Cambodians. There are many people who need help and I understood how UNICEF actually works to benefit the poor. I really appreciate what UNICEF does for the children all over the world. Finally, I would like to thank Norris, Rosanna and Dennis for their kind support throughout the programme. Last but not least, I would highly recommend to all young teenagers to join this meaningful programme.

周翠珊 ~ Trista

青年使者計劃帶給我一個難忘的成長過程，是一百多位年青人的集體回憶。由個人到團體的合作，當中需要許多的接納和忍耐。我每天都在自問可以為這世界、為兒童做些什麼？陝西之行看到的不只是貧窮，更大的那種文化、思想還有生活水平的差異，他們樸實、熱情而且對知識有一份執著，骨子裡有一股奮鬥，農村孩子的眼神充滿了期盼……腦海中仍然浮蕩著他們的一句：「錢是死的，文化是無限的！」

周穎希 ~ Amy

成為青年使者，我學到許多，反省更多。校內籌款及推廣活動給我機會籌備全校活動，使我對童工問題有更深入的了解。柬埔寨之旅，小朋友生活在物質貧乏的國度，仍活得比我們快樂，知足，就是原因所在。落後迫使他們成長，失去童真。這，令我心痛。一切一切都叫我畢生難忘！

周穎怡 ~ Winnie

柬埔寨的人十分貧困，但是他們卻知足常樂。一個擁抱、一聲慰問，他們已經心滿意足，原來，快樂就是那麼簡單。

朱詠曦 ~ Christy

In the programme, I remember that one of the questions was what motivated us to join the programme. My answer was that in this blissful land, there were more than enough for me to share with the others. Thus, I decided to join the programme, helping others. But then, after this year, I found that my point of view was wrong, I expected to give, but it turned out that I have gained more than I have given. The UNICEF Young Envoys Programme 2005 indeed brought me lots of great friends and valuable experiences.

朱映樺 ~ Sanna

「聯合國兒童基金會青年使者」——一個令人充滿使命感的身份。我就是憑著這個身份，增添了一百位有著共同目標的密友、嚐到多方面的人和事。大家一起義賣籌款、做義工、實地考察……從中學會堅持忍耐和感恩惜福，這無疑是我成長課程中很好的一課。

范凱傑 ~ Alex

It is my great pleasure to be one of the UNICEF Young Envoys. I have learnt a lot about the duty of UNICEF and had the chance to help advance humanity. Besides, I have met plenty of new friends. One of the most impressive experiences was the Mother's Day Charity Sale. It was the first time I sold things to pedestrians on the street for a whole day. This offered me an opportunity to raise money for LPAC, a project aiding poor children in the rural area of Mainland China. It was really meaningful!

鍾宛華 ~ Stephanie

The Young Envoys Programme was harsh but challenging and rewarding. We had to sacrifice most of our Saturdays to attend the trainings, but I enjoyed every moment we got together, especially our time in Shaanxi. The trip made me realize how lucky I am and become a happier youth. Overall, this programme has given me opportunity to develop friendship with friends from different schools, and also gain maturity, confidence and leadership skills. From now on, I will treasure everything I have and try to give happiness to others. Above all, I will treasure the unique experience and the friendship I found in UNICEF!

符海玟 ~ Mandy

Joining UNICEF family has been a very new and valuable experience to me. From receiving the letter of acceptance, to being officially appointed and later, chosen to go to Shaanxi, everything was so exciting and fun. I have met a lot of great people and have understood much more about the world I live in. Being a YE gives me a chance to reflect upon myself and my life - not only that I have to count my blessings, but at the same time, I have to take what I possess to help others.

馮倩雯 ~ Cindy

Silent and empty, endlessly long streets in Cambodia were veiled in a shroud of darkness — the first impression embedded in my mind after I came out of the airport. Despite the hustles and bustles on the surface, the country is still undergoing poverty and backwardness. As we proceeded further into the poorer provinces, more touching scenes were caught sight of — children without clothes on waved their hands with excitement…… strangers on the way were not "strange" at all as they were wreathed in smiles all the time. The most heart-wrenching moment was the time when I visited victims of mine explosions at a rehabilitation centre. I counted my blessings as I couldn't help reduce to tears. However, every cloud has its silver lining. The ill-fated Cambodian are endowed with optimistic personality that prompts them to stand on their own feet again and again after uncountable "falls". Isn't it exactly the positive quality that citizens in thriving cities like Hong Kong are lacking, to counter adversity? To give is better than to take. While we are learning optimism from the Cambodian, why don't we, in return, lend them a helping hand to combat their difficulties?

何家惠 ~ Ka Wai

參加青年使者計劃給我最深刻感受的是母親節義賣活動，本以為在經濟不景氣時做義賣會很困難的，但當市民知道是為內地失學兒童籌款後都慷慨解囊，很令人感動！整個計劃讓我體驗了不少，也交了不少朋友，希望將來仍可參加聯合國兒童基金會的活動！

何浩威 ~ Jorge

很高興可以今年成為青年使者！在我未參加這個活動前，我對聯合國兒童基金會的認識不太深，只知道她是為世界上有需要的兒童服務。參加了這個活動之後我對她的認識無疑是加深了，對她的歷史、宗旨、組織架構等等都有一定的了解。還記得在學校進行推廣活動，目的為了加深校內同學對聯合國兒童基金會的認識並了解發展中國家的童工問題。這過程令我非常難忘！因為我有不少同學看完有關影帶後而有點不安。

何嘉賢 ~ Ka Yin

It is my honor to be a UNICEF Young Envoy. I learnt far more than I expected from the Programme. There were many different training activities such as school projects, training camps, and charity sale. I found that all the training was meaningful to me. I learnt more about my personality through the training sessions. Also, I met a lot of friends from different schools. It was a great opportunity for us to share, learn and grow together. I would like to express my appreciation to God for giving me a valuable experience.

何雅雯 ~ Carmen

I am very pleased to have been one of the Young Envoys. I gained much from this programme - friendship, experience and happiness. All these made me far more mature, with added confidence. Those changes will definitely be for life long benefit to me. I would like to thank our three trainers Norris, Rosanna and Dennis for their constant support and care. I would further like to thank all the other Young Envoys for contributing to such a memorable and fruitful year.

洪聖奇 ~ David

回顧成為青年使者的一年裡，各種活動及培訓令我成長了許多。從面試、訓練營、到義賣、社區服務和陝西考察，我學會了關懷別人，體諒別人，同時更珍惜身邊的一切。在陝西那些對未來充滿憧憬的青年們令我不由得衷心敬佩，我也要效法他們，積極向自己的夢想進發；並希望有朝一日，我也能協助別人完成他們的夢想。

洪錦綉 ~ Crystal

成為青年使者猶如肩負了一個愛的使命，不僅是關心或愛身邊的人，更是把愛宣揚。從個人出發，如拋下石子般，漣漪一圈圈往外擴散至整個湖。青年使者就如石子，期待著傳揚愛的使命。我們慶幸能成為一份子懷著熱誠，期待著把愛心擦亮，傳遍地球每個角落。

孔璟泰 ~ Eustace

我真的很開心能夠成為青年使者。計劃的活動令我得益不少，令我可以認識到一班新朋友。最難忘的有訓練營及陝西之旅。特別是陝西之旅，在六天的行程內每一天也十分充實，令我大開眼界。總括而言，青年使者計劃使我學到書本外的知識以及充實這一年的生活。我十分榮幸能成為青年使者之一。我相信我在計劃中所得到的東西對我未來的路一定有很大的幫助及鼓勵，也要多對Norris、Dennis、「陳老師」及Peter叔叔的教導，是你們令這計劃生色不少 - 多謝！

許悅敏 ~ Janet

This programme has really helped me learn many things out of school. For example, it has encouraged me to overcome my shyness, build confidence, enhance leadership potential and strengthen my ability to organize activities. I have gained much precious and valuable experience in this programme, such as promoting UNICEF to all my schoolmates during assembly. It was not an easy thing for a Form Two girl like me! Last but not least, I want to thank my family, my best friend Cho Chai, all the other YE05s and Norris & Rosanna for supporting and helping me all the time. I love you all!

許悅怡 ~ Jessica

I really enjoyed all the activities, sharing happy times and working with Young Envoys from different schools. The Mother's Day Charity Sale was an unforgettable event. In organizing and running that event, we showed huge enthusiasm and energy. Through the training programme, I learnt more about myself and became more considerate of the lives of poor children worldwide. I think it was worthwhile spending our time as Young Envoys. It was really enjoyable, particularly to share heartfelt warmth and love with other people.

金晉翰 ~ Bryan

It's very difficult to summarise a year of absolute fun, unforgettable experiences and exceptional learning. It's the euphoria of receiving the acceptance letter, the sudden realization of one's responsibilities. It's the anxiety of first meeting all the other Young Envoys, the sense of closeness nurtured at the Training Camp. It's the obstacles in organizing a School Project, the endeavours to promote children's rights. It's the struggle of selling carnations at the Charity Sale, the joy of success. It's the thrill of being appointed, the honour of representing UNICEF abroad. It's the beauty of the entire experience, the sorrow that it is all coming to an end.

金晉民 ~ Bryce

Reflecting on the past year of UNICEF's activities makes me smile. From school projects to charity sale to field trip, we really have experienced it all. To summarize the experience would be difficult. However, one key word to reflect it all would be inspiring. I did not think myself capable of organizing such a large-scale school project, nor did I know that selling cards in a shopping mall to raise funds for the LPAC could be so difficult - nor did I realize how fortunate I was. Now, however, after the Young Envoys Programme, I feel I have become more mature. And with this once in a lifetime experience, I have also made a group of friends whom I will never forget. Thus, THANKS UNICEF - Rosanna, Norris, Dennis and Peter, for making my year that much more enchanting!

簡穎誼 ~ Wing Yi

A lot of friends, unforgettable memories, eye-opening training sessions and an attitude-altering trip to Cambodia — the UNICEF Young Envoys Programme has given me so much! Through our participation in the various activities, we learnt a lot from our dearest Norris, Rosanna, Dennis, and other YEs. I was so lucky to have the opportunity to hone the skills and knowledge required to serve the underprivileged. My aspiration of devoting my life to the less-fortunate has been nurtured. Being a member of the UNICEF family has indeed added colour to my life. Thank you all, my brothers and sisters!

關穎怡 ~ Wendy

I learnt quite a lot from the YE programme this year. My favourite was the school project. My schoolmates didn't know much about charitable organizations like UNICEF and it was meaningful to introduce it to the school and to get different people involved. We organized a hunger banquet, a Love Quilt and a Lai See packet design competition. I was surprised to note how the students were eager to know more about the organization and YE programme. Missing some of the other activities made me feel pretty bad. But I'm looking forward to doing service again for UNICEF in the future.

賴皓茵 ~ Fiona

One for all and all for one. This is the spirit that forms our bond. True, there are loads of talented young people in the world. But what can be more meaningful than joining hands together to aid the needy? Inspiration alone cannot express my thoughts. Experience tells it all. All the toil and sweat paid off when I saw the broad smiles on people's faces. "The beauty of their hearts lies in their eagerness to learn, communicate, and integrate." It summarizes all my intense feelings towards the field trip. Love You all. Hail to YE 05!!!

黎清蓮 ~ Marcella

在過去的一年裡，我所學到的，將令我畢生受用，更讓我擁有了寶貴的經驗，難忘的回憶。雖然我們見面及相處的時間不多，但彼此卻間建立了一份深厚的感情；這更在我心裡留下深刻的感受。

林凱源 ~ Steven

參與聯合國兒童基金會青年使者計劃是我人生中十分寶貴的一個經歷。很慶幸自己能有此機會參與這個有意義的計劃，可以幫助有需要的人，讓自己更加了解這個世界和結交到許多好友。透過這個計劃，我對這個世界的看法完完全全改變過來，令我更有決心立志去回饋這個社會、和這個世界。

林佳樂 ~ Felix

My experience with the Unicef Young Envoy Programme has been exciting and memorable. It was a great experience to get to meet people and engage myself into community service. My most memorable moment was the Mother's Day Charity sale in which I sold Mothers Days' card in the busy streets of Causeway Bay. It was not easy to sell cards in a hot sunny day but with a heart of helping others, nothing mattered but to raise money. By the end of this project, I brought home with a truly memorable experience and many new friends whom I wouldn't have met or else.

林婉琪 ~ Fiona

What I have learn from the Young Envoy Programme is measured beyond words. From the Orientation Day to the Appointment Ceremony, I experienced a lot. It was the first time that I realized "Impossible" could be reinterpreted to read "I'm possible"! The Programme made all of us grow. I am amazed, proud and inspired. Lastly, I need to give a big hug to all the Young Envoys, as well as to Norris, Rosanna and Dennis for their support and encouragement which made me study harder in the HKCEE05!

林小燕 ~ Silvia

聯合國兒童基金會青年使者計劃給我機會去瞭解自己和社會，教我去幫助別人，更讓我可以有機會放眼世界。陝西一行，更令我懂得珍惜自己現在擁有的和明白到珍惜的重要！

劉煦婷 ~ Joanne

The Cambodian truly moved me with their strength and tough resolve in the face of poverty and hardship. Obstacles were seen as opportunities to improve, challenges became motivation to strive for a better tomorrow. Their life attitude inspires me to do all I can to reach out to the less privileged. I am blessed to be a YE05. It was a great experience getting to know Cambodia and all the wonderful Young Envoys.

劉敏儀 ~ Cheryl

Being a Unicef Young Envoy was honorable and memorable. Throughout the past year, we received trainings on different services, gained practical experiences and, most importantly, formed strong ties of friendship with other Envoys, who all came from different schools and shared a wide diversity of interests. There were just around 100 devoted young Envoys, however, our goal was much bigger than the number of participants. We hoped, despite the difficulties encountered, the more effort we put into this programme, the more the needy would benefit. Fortunately, our work paid off. Together with the utmost assistance from the trainers of the programme, we had made our programme this year a rewarding one, with our hard work witnessed by and joy shared among everyone who cared. Although the programme has already come to an end, I sincerely call for your continuous support for Unicef.

劉子健 ~ Daniel

在整個計劃中，最令我忘懷的是到柬埔寨探訪體驗。每人的生活及成長背景都不同，但卻有領袖的特質，要作該團的大組長去領導這一班領袖又豈是易事？縱然有沮喪和疲累的時刻，但憑著大家的合作、支持和體諒，工作總算順利完成。其實，看到當地小朋友的笑容時，一切都是值得的。很高興大家都能成為知己，坦誠互訴心事，感謝大家當中的參與，更要感謝天上的阿爸父的保守帶領！

劉穎韶 ~ Connie

To me, the trip to Cambodia was the most memorable journey that I have ever experienced. Through meeting different kinds of people, I was totally inspired by their positive perseverance. It not only broadened my horizons, but it also gave me a golden opportunity to be introspective, to examine my own behavior, and to appreciate what I already have. Joining the Young Envoys Programme really did enrich my life and enhance my cultural awareness. Lastly, thanks to Norris, Rosanna and Dennis, along with fellow Young Envoys who gave me an unforgettable year.

李鍵欣 ~ Megan

I never expected to gain so much from the programme, as I have joined so many other kinds of extra curricular activities before this. But the fact is that this is probably the best community-care-programme I have ever seen. After this, I will certainly make helping the community one of my priorities, and I believe all Envoys will devote their time to this in the future, for sure.

李婉斌 ~ Alice

在一年前，我對聯合國兒童基金會並不太熟悉，只知道這是一個為兒童籌款的基金會。其實，我從未想過自己可以成為青年使者，為需要幫助的兒童出一分力。成為聯合國兒童基金會的青年使者真不容易，要經過寫作和面試，才能從眾多參加者中被挑選出來。當知道自己成為聯合國兒童基金會的一份子後真的很開心，因為我知道自己在將會有一段不一樣的經歷。在過去的一年裡，我參與了很多聯合國兒童基金會的活動，例如領袖訓練營、社會服務、各種義賣、校內籌款及推廣活動等，從中學到不少東西，也有很多得著。計劃使我在領導、溝通、處事和與人合作等方面都進步了，透過各種活動令我對聯合國兒童基金會有更多的認識。一年已經過去了，聯合國兒童基金會對我的影響很大，使我在待人處事各方面都有了不少改變，真的很感謝各位導師的教導。謝謝你們！

李宛珊 ~ Joyce

I was glad when I first received the news about being selected to visit Shaanxi. The trip let me experience the lives of the poor and made my believe I have the responsibility to contribute towards my motherland. The trip helped me to understand more and it broadened my horizons. I aim to spread the message of 'helping others' as I realize how difficult some people's situations can be.

李樂琳 ~ Rose

十分感謝聯合國兒童基金會在過去一年給予我們一連串的領袖訓練活動、社會服務機會、校內籌款及推廣活動等，教我們怎樣待人處事。陝西之行讓我體驗當地人民的生活苦況，明白自己是多麼的幸運，並提醒自己不要身在福中不知福。

李敏豐 ~ Louis

為期一年的計劃即將結束，其中的點點滴滴，都盡化為這三個詞語。接納，使我更了解自己、更了解他人；珍惜，改變了我的價值觀；欣賞，令心靈得到富足與欣喜。同時，我因這三個詞語而成長，對自己、生活和世界有了新的期望及定位。

梁俊彥 ~ Alex

柬埔寨人民生活困苦，兒童失學問題嚴重，還面對著戰爭遺留下來的地雷問題，確實令人十分擔憂。然而，我認為愛與關懷能改變柬埔寨人的命運，只要我們伸出援手，必能為柬埔寨人民及兒童帶來希望，實現他們的理想。

梁嘉穎 ~ Connie

成為青年使者無疑是我於過去一年裡最難忘的經歷。透過參加義賣、校內推廣活動等項目，付出全副心力投入服務後，我不僅換來寶貴的經驗及開闊的視野，助人的滿足感更使我明白到自己的存在價值。原來愛人，就是真正快樂之源。

梁鍵璋 ~ Ian

這年，無疑是一個難忘的回憶。在Unicef這個大家庭中，我領悟了，成長了不少。一年來，經歷的，不只是一連串的活動；更是的衝擊、啟發、開竅.....這一年，不僅是人生中的一個年頭；其得著，其領悟，也許會影響著往後的餘生。但願烙在心坎裡的回憶，能在往後的日子裡影響自己和其他人。

梁煒鈞 ~ Ava

Never in my life had I experienced such an unforgettable and meaningful year, being a UNICEF Young Envoy. The leadership training camp, charity sale, school project, appointment ceremony and the field trip were all wonderful. Shaanxi trip echoes of the past, a vision of history and insight into another world. During the trip, I witnessed the work of UNICEF, and also the simple lives of people in Shaanxi. Even though they are poor, they still have big smiles on their faces. Yes, happiness is now we perceive the world.

梁鈺婷 ~ Yvonne

An all-rounder, ready to serve. Thinking back to the time when we were at the recruitment interviews, I realize that I have definitely benefited a lot more in this programme than expected "Service" and "leadership". Through participating in the training camp, organizing the school project and other charitable activities like the Mother's Day Sale, I realize that I am not only taking part in activities, but also planning and above all, leading. These roles give us comprehensive experiences, ultimately equipping all of us to be more competent and ready to serve.

梁綺薇 ~ April

看到貧窮和落後，我學會了「珍惜」。看到最簡單的快樂，我學會了「知足」。看到真正的偉大，我學會了「將心比心」。這些都是我在探訪柬埔寨時所領略到的。它使我改變對生活的看法，使我成長了。最後，願主保佑在柬埔寨或在香港的您！

吳劍凌 ~ Joy

參加聯合國兒童基金會青年使者計劃二零零五使我獲益良多。在一連串的活動如慈善義賣、社會服務中，我們學到不同的技巧。八月中，我們到了陝西考察。這次旅程使我認識了我的祖國，也認識了自己，明白到自己是多麼的渺小，卻又多麼的幸福。青年使者計劃是無價的，這大半年來所體驗到的，也將畢生受用，我希望能幫助更多婦女和兒童，為這個世界添上一點點色彩。

李嶺亨 ~ Henry

When I applied for this programme, writing the imaginative "How would I like to change the world" essay, my mind was filled with grand pictures of strong leaders commanding their followers - just like those in the movies. Only after this tough yet fruitful year, I find that it demands so much to be a Young Envoy, let alone change the world. One does not necessarily need a superficial commanding face. Instead, the things we have to do are to listen, communicate, and influence others wholeheartedly; for heroes are not those who achieve a lot but those who touch people's souls. Lastly, I would like to thank Norris, Rosanna and Dennis for giving us this opportunity to learn and experience.

李宗興 ~ Simon

UNICEF Young Envoys Programme represents contribution and fun. We have gained unforgotten memories as well as invaluable experience. I would say after 10 or 20 years, the strong bond among us will still exist, and also the precious memories. The programme has created a sense of belonging, distinct from other extra curricular activities. Norris, Dennis, Rosanna have been our parents, and we are brothers and sisters. We worked hard for the goodness of the family, gaining joy and happiness. Especially for the Sixth Formers, the Young Envoys Programme has brought our secondary school life to a fruitful ending. A sense of humanity is the soul of the organization. Norris, Veronica, LMF, Agatha, Aggie, Vincent, Fioni, Beverly and many others! It has been such a pleasure and treasure for me to come across all of you in my life. Really, thanks a lot!

李恩年 ~ Jubi

The whole Young Envoys Programme can be summarized as amazing and eye-opening. From the very first leadership camp to the Cambodian field trip, my knowledge on children's rights and relative issues has been broadened widely. I am now able to take part in more social activities and gain greater initiative in organizing activities. Knowing more of other children's misfortunes has resulted in an increased empathy and compassion for the underprivileged and the needy. It has also intensified my fervour for life, treasuring all I have. This maybe considered as the most prominent change within me. All in all, I find this programme extremely meaningful and I shall recommend it to all my friends.

連潔瑩 ~ Agatha

從今年一月的領袖訓練營開始到現在，轉瞬間我跟青年使者們已認識快九個月了。我們在互相學習，互相幫助下完成了整個計劃的活動。最令我難忘的必是陝西考察，感謝各位讓我在考察期間更了解自己，讓我親身，真切地感受貧窮地區兒童的需要，讓我看到了真實的情況。計劃雖然完滿結束，但我相信現在才是我們的使命，我們的友誼真正的開始。

羅家聰 ~ Brian

Becoming a UNICEF Young Envoy is a privilege as it provided me with so many opportunities as well as experiences from the service projects, seminars and YE outings. But I must also say that becoming a YE this year was a slight misfortune, the reason being that I was a Form 5 student preparing for my HKCEEs, which meant that I wasn't able to attend a lot of the activities in this packed and rewarding programme. The programme inspired me to organize a joint school variety show in the summer to raise funds for UNICEF, and I am proud to say that at least I contributed in some ways to the UNICEF community.

羅嘉敏 ~ Michelle

UNICEF Young Envoy Programme has given me a wonderful opportunity to collide with other unique and talented teens who are also passionate about helping and serving others. Together, we have experienced great exposure from the valuable opportunities of meeting Lang Lang, organizing Mother's Day Charity Sale to the fieldtrips in Shaanxi and Cambodia. As one of the coordinators during the Mother's Day Charity sale, I have realized the importance of responsibility, cooperation, and team spirit. Selling cards was definitely very exhausting and challenging, but knowing that our team had done our best to contribute in this event was already extremely rewarding. Finally, I'd like to thank Dennis, Rosanna, and Norris deeply for their devotion to YE05 for making things so meaningful, inspiring and enriching.

廖毅勤 ~ Natalie

Being a lucky girl with a peaceful family and a home in this prosperous city, Hong Kong, my life has always been very pleasant and graceful. But since I came across the UNICEF promotional video, I felt ashamed and decided to help the needy, the ones who are unfortunate. I took part in all the programme's advocacy activities, charity sale and other social services. Helping others always make people feel euphoric. Through planning and organizing the school fundraising and advocacy projects, we experienced the skills to make a school-scale campaign a success and to arouse awareness of our peers. I am proud to be a YE05 and I cherish it - with thanks to all of you!!

盧善瑩 ~ Ron

參與了一整年的聯合國兒童基金會青年使者計劃，我真的學到很多。除多了接觸有關兒童權利和認識了很多新朋友外，最大的收穫是對自己加深了解。經過訓練營、義賣、校內籌款、推廣活動和探訪等活動，我學會了怎樣與人相處和舉辦活動，最重要的是體驗多了，眼界廣了。在這，十分感謝聯合國兒童基金會，聯合國兒童基金會職員和各青年使者給了我寶貴的經歷。

勞穎 ~ Katy

我很榮幸能成為本年度的青年使者。在這大半年裡，我跟其他青年使者一起參與各項訓練活動、義賣籌款、義工服務以及剛完成的陝西考察之旅，我得到的不單是寶貴的經驗，還有一段段真摯的友誼和種種難忘的回憶。這次我可說是滿載而歸。

廖俊媚 ~ Kristy

由最初面試的緊張、收到取錄通知的興奮、訓練營的自我挑戰、校內籌款及推廣活動的挫折與成功、參與社會服務的快樂、義賣破紀錄的驚喜.....到被正式委任為聯合國兒童基金青年使者，這一年我得到的真不少。

呂穎宜 ~ Winnie

這一年，我肩負起聯合國兒童基金會青年使者的重任。從訓練營到各種義賣活動中，我感到無比的快樂。沒錯，其間我付出了不少時間心血，到現在，回顧過去我才發現得到的比付出的更多。我認識了一班好友；了解到聯合國兒童基金會的工作；還有機會踏足陝西農村，踩過雨後的爛泥路，從閒話家常到幫忙煮農家飯，都體會鄉村那自給自足的生活和貧困地區兒童規劃發展項目為他們生活帶來的曙光。從這計劃中，我挑戰了自己的極限，勇敢地踏出改善自我的第一步，使生命更精彩。

呂蔚昕 ~ Janice

從甚麼是「兒童權利」也不懂到成為青年使者只是一年內發生的事。迎新營：突破了自己的盲點。義賣、校內推廣活動及義工服務：為當上青年使者作好準備。柬埔寨之旅：看見人民對現有感到滿足，對未來抱有希望，覺得他們真的很棒！謝謝Norris, Dennis和Rosanna，謝謝Unicef的「成員」，謝謝每一位青年使者。我相信青年使者都準備好將這一年體會的宣揚開去！

馬璧文 ~ Dorothy

Being a UNICEF Young Envoy 2005, I gained insight and experience of UNICEF's operations and the unfortunate groups of people who desperately require our assistance and attention throughout the globe. I was able to meet many new friends and learn to perform within a group, hence enhancing my leadership and coordination skills in the process.

馬沅君 ~ Stephanie

Being a participant of the UNICEF Young Envoy programme is truly one of the best gifts any young person could ever receive. This programme is all about the process of growth, change and maturity. From overcoming the fear of heights to selling goods for LPAC, it's really hard for any participant not to change at all. Personally, the experience was enriching and mind-blowing all at once. From the first imposing thought of having to speak Cantonese to the final thrill of going to Cambodia, this programme has taught me things that no formal classroom education could ever provide. It has very simply taught me how to appreciate, experience from within and most importantly, share. Hence, I end with a very simple thank you to those that have helped make this experience that much more memorable.

吳麗麗 ~ Charlotte

一個學習的機會、一杯清水，對柬埔寨的兒童來說竟是奢侈品。能夠親身接觸貧困的兒童使我體驗甚多，原來我們生活中很多的必然並非必然，而我們幸運地擁有著它，何不與有需要的人分享呢？

吳蕾欣 ~ Beverly

Before I got into UNICEF, I doubted my abilities..... I never thought I could be a member of UNICEF. You can imagine how stunned I was when I received the letter. All the toil paid off in the end because it made me into the girl I am today. It not only helped me grow but also helped me recognize my abilities. It made me strive for better and better. I no longer lack confidence. Also because of the programme, I met a group of miracle workers. It is through their warm smiles, hugs and greetings that I now understand the true meaning of friendship and open up my heart. Lastly words are never enough to express my heartfelt gratitude to Norris, Rosanna and Dennis for their support and guidance throughout the year. You guys mean so much to me! Thank you for everything! Thank you UNICEF!

伍善茹 ~ Aggie

2005, is the most remarkable and unforgettable chapter in the book of my life. The UNICEF Young Envoys Programme has not only opened my eyes but also changed my attitude towards life. In the trip to Shaanxi, I experienced this mixed feeling of joy, guilty and gratitude. The feeling of joy lies within the great time we had with each other; the guilt comes from the reflection of my life when compared to those who live in Shaanxi; the gratitude is what I have to our homeland China and UNICEF, especially to the staff and all of us, the 100 sweet YEs.

吳睿穎 ~ Joane

"Local Initiative, Global Perspective" - being appointed as the Young Envoy is truly my honour and pleasure. Times flies and the programme has nearly come to an end. Recalling fragmented memories, I still remember everything so clearly. I shall never forget what I have gained, what I have learned and what I have experienced here. Don't only learn in the classroom, but also let the world be your compass - to broaden your horizons, to enrich your knowledge, and to develop your potentials - UNICEF has been the highlight of my fruitful year. Plan your work, then work your plan - be proactive and willing to help those in need. Sacrifice is a part of life and it is not something to regret, but something to aspire to. There are two ways to spread light: to be the candle or the mirror that reflects it.

余雋知 ~ Kenneth

The scene of the innocent kids in the childcare center where we 100 Young Envoys served still bombards my mind whenever I come across the silvery-framed UNICEF Certificate of appointment on my wall. Not to mention the friendship between us young envoys, but the services we have done this year are undoubtedly rewarding. Last but not least, loads of thanks to Norris, Rosanna and Dennis for their enormous support.

邵萬寬 ~ Vincent

成為青年使者是我的義工生涯的一個里程碑。在這裡的一切對我來說都是新奇的，如聯校貧富宴和全港性的慈善義賣都是我首次接觸的，在這一年所學到的，雖然不能改變我的人生，但可以肯定的是，我們這年裡所作的一切都是充滿意義的。

蘇智冷 ~ Veronica

This trip to Shaanxi has really broadened my horizons and made me learn to understand myself, as a person, and a part of the world. Some incidents moved me a lot. Although the families we visited were poor, they gave us the best. They know little about the modern world, but are content with what they have — they grow their own food, and have a peaceful life. The hospitals are really a tragic disaster. They don't have proper hospital beds, and the needles aren't sterilized or disposed of after use! I also met a girl at the school we visited who had braces too!! I guess that's a reason why we clicked the minute we met. We talked about how our lives were like. I had a really unforgettable and memorial trip to Shaanxi and I know this will have an impact on my life in the future.

蘇柏琳 ~ Stephanie

從前的我，總是對貧困弱小的一群抱有憐憫之心，可憐他們的遭遇。然而，這回當了青年使者，到農村裡去親身體驗農民的樸素生活，與他們聊天遊戲，才發現我以往的想法是多麼的愚昧。縱使農民的經濟環境不如我們般優越，但他們那樂天知命，知足感恩的性格，卻為那看似枯燥的生命添上燦爛的色彩。而這，正是我們活在繁華都市的城市人所欠缺的。

施展鵬 ~ Alexander

The end of the UNICEF Young Envoys Programme 2005 marks the beginning of a movement. This movement will continue in the lives of 100 young men and women. It is a movement for the betterment of children's lives in our world. Thank you UNICEF for organizing this programme for us. Thank you Norris, Rosanna and Dennis for your guidance. Thank you fellow Young Envoys for giving me this great experience. Thank you!

施啟賢 ~ Kelvin

回想一下，這學年的生活的確十分充實。從當起青年使者開始，我便訂下目標，決要提升自己。約半年的訓練，難忘的合作經驗和豐富的知識，令我學懂和不同的人相處，加深了解自己，更認識了一班朋友。雖然我們均來自不同的學校，但我卻永不會忘記那份友誼。

施嫻婷 ~ Sara

I gained a lot in this packed trip lasting six days. Before the trip, I thought Cambodia was an extremely poor country which could only wait for help from other countries. After visiting so many charitable organizations there, I realized that Cambodian are not only depending on others' help, but they also work together to help themselves. The street children there showed me what happiness is and how fortunate I am. Why do I always complain about this and that, and always ask for more even I possess a lot already?

鄧展翔 ~ Cheung

Having joined the whole year activities, I just have a sentence to express my feeling. UNICEF Young Envoys Programme is a meaningful and valuable experience that I had. I gained so much from it and make a group of friends. I learned how to treasure, and how to dedicate. Furthermore, we knew more about children in the other side of the world during the field trip to Cambodia. I really thank UNICEF to give me this chance to join the programme. Lastly I hope I can continuously help UNICEF's work.

杜子中 ~ Steven

Watching street children swimming happily in a garbage pool, you would be amazed at how easily happiness could be achieved. Although only an extremely small portion of children is offered help now, fortunately the problems of poverty and inadequate education are realized and there are more NGOs working to help alleviate these. It's a pity that we were all acting as reporters in the trip, asking questions and getting the information we wanted only, but we failed to work out the principles of exchange that would share our experiences with them.

杜惠琮 ~ Coco

幸運的我今年可以成為聯合國兒童基金會青年使者。在這個大家庭，我學懂了许多知識，亦認識了许多好朋友。記得在十二月三十日，那天是青年使者第一次的見面，初時，大家都很拘謹，但經過導師帶領的破冰遊戲後，大家開始都互相認識，成為了好友。難忘的是在訓練營中，我們分組跟導師一起接受訓練。在攀石和繩索時，我們都面對許多難關。在攀最高的木板橋時，我還害怕得差些哭出來；但在下面的組員卻異口同聲說：「加油呀！你一定能走過的！」，組員對我的關心和鼓勵，使我把恐懼化為動力，成功征服最高的木板橋。在這一年裡，我透過多次的培訓，多次的義賣，增加了我們的視野，教懂了我站出來，要為兒童爭取權利，要影響身邊的人多捐款給貧窮國家的兒童，好讓他們能讀書，有好的未來。

曾景怡 ~ Elina

This year was indeed a fruitful year for me, but sadly not for much longer. The UNICEF Young Envoy Programme will come to an end. I gained much from this meaningful programme. Not only did I make a lot of new friends, I even had a taste of being involved in charity sale and several fund raising events. The programme helped me develop a pleasant and optimistic personality and train up my interpersonal skills, as well as leadership potential. I could work co-operatively with others after joining the camp. I am feeling more mature and my problem solving skills were much better than before. Thanks to Norris, Rosanna and Dennis for your guidance!

曾黎華 ~ Claudia

I have spent a lot of time in this programme, but I would never feel regret! As a UNICEF Young Envoy, I realize how UNICEF fights for the rights of children in the world and how it raises funds for the people in need. And after my participation in loads of training in the programme, I have grown up a lot and learn a lot. In the future, I would spread the UNICEF's mission to everyone I know, to inform others more about the world.

徐庭鏗 ~ Justin

Some of the activities in the training programme could be improved. For example, during the Mother's Day Charity Sale, the demand was greater than originally anticipated, we needed to make flower packets at the selling point which was quite chaotic. Besides, the activities could be more varied and more frequent. We could also consider the difficulties of those students taking public examinations, so that participation in UNICEF activities would not impose too great a burden on them before and during examinations.

尹德恩 ~ Phoebe

I was fortunate to be chosen for the field trip to Cambodia. This trip surely helped us reflect upon ourselves and also things that hadn't come to mind before. We experienced a lot of unforgettable, treasurable activities that will always stay in our hearts, memories that we will all cherish. We were in Cambodia for six days to seek the wisdom we lack, to leave our cozy little beds for the time being to broaden our horizons. When I finally ran into the hands of my parents in the airport on 23 July 2005, I then truly realized how lucky we are to have a family, parents and a comfortable house to live in. I realized that those children in Cambodia desperately need our help to pass on this message - there are still many people who want our help and care. Love them as you love yourself.

黃曉虹 ~ Rainbow

謝謝您，聯合國兒童基金會！您令我們明白到世界上仍然有很多人需要我們的幫助。儘管我們能力有限，我們深信「燃亮自己，照亮他人」的信念。我們只要團結一起，宣揚愛的訊息，終有一天世界會變得更美好！

黃俊傑 ~ Chun Kit

雖然一百個青年使者來自不同的學校，年紀也不同，但各有所長，集合起來，就能互補不足，成為一股強大的力量，使我們所舉辦的服務、義賣等都十分成功。我在這個群體裡，學會了主動，開放自己。縱使我不是每一次都擔任重要角色，但只要各人都就自己的位置盡力而為便行了。在此，我衷心感謝三位導師和青年使者會的委員，他們無私的付出是我所敬佩的。^_^

黃彥俊 ~ Jeffrey

成為青年使者前我已參加過聯合國兒童基金會的活動，但此計劃令我更深入了解她的工作。訓練營具高挑戰性，為我帶來啟發，開拓思維。而從其他青年使者身上，我不只看到卓越的領袖才能，更重要的是那兼濟天下的熱誠。

胡德欣 ~ Tiffany

To summarize this year's experience as a Young Envoy in a few lines would both undermine and misrepresent all that I have gained. Indeed now that it has all come to an end, it leaves us with a lingering sense of nostalgia. But one thing that I am sure will last is the friendship that we have so strongly built, and the sweet memories of laughter that we have shared. "Be the change you wish to see in the world." - UNICEF indeed has brought us all together with a passion to serve, and I hope we will all continue to be the changes we wish to see in this world.

楊鍵倫 ~ Kent

Different from other charities, UNICEF is not only an organization to raise funds, but also a place for teenagers to give and gain. Different from other social services, the programme gave me new insight into the world. Different from all the travel tours, the Cambodia field trip, which let me see real poverty and correct my moral values in my life, gave me entirely new and real experiences. Different from any club posts, the name 'Young Envoy' is reserved for students who wholeheartedly want to give and contribute, with the initiative to learn and to gain more. All these differences help mould the Young Envoys into the best and unique group. Let's convey our message to the world. Let's help the less fortunate ones together!

庾伊翎 ~ Charlotte

L-O-V-E and W-A-R-M were what I felt during the trip. People from Cambodia have the passion to meet us and know us. Their smiles are the most beautiful I have ever seen. Even though their lives are not as good as ours, and far below standard, they have hopes and they are strong. At the same time, they are so enthusiastic, which leads me to think, "How come we usually give up on difficult tasks and prefer to avoid them?" The Cambodians can do it - we can do it as well. Let work out a better and fairer world together.

沃穎琪 ~ Stephanie

「一分耕耘，一分收穫」，回顧這數月在青年使者計劃裡得到的經驗，嚐遍過「辣苦酸甜」的滋味後所學會的比我預期中更多。「辣」——原來大會對參加者的要求殊不簡單，要成功完成這個計劃實非易事，計劃原來臥虎藏龍，部份的青年使者比我大數年，因此要令自己的表現及得上其他使者是個辣的挑戰。「苦」——為了令陝西之行成功及從中得到更多體會，我花了不少心血及時間作籌備，但要在密麻麻的時間表內如期將工作完成，配合其他組員的進度，箇中之苦自己知。「酸」——眼見同是中國人，自己能衣食無憂，但住在陝西山區的兒童，卻連一些最基本的生活所需也甚為缺乏，感到既難過又心酸。「甜」——能成功完成整個計劃，認識到一班志同道合的朋友，學到領導才能和溝通技巧等知識，過程所流下的汗與淚都變成了甜美的回憶。

翁曉琳 ~ Cheryl

I really gain a lot! From this programme, I could attempt many things I haven't attempted before, I could see lots of things I haven't seen before. I also broke through myself, changed maturely! I participated in this programme, I not only can help the people in need, but also can learn a lot. The Young Envoys Programme really had given a lot of great time, and had brought me wonderful experience!

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