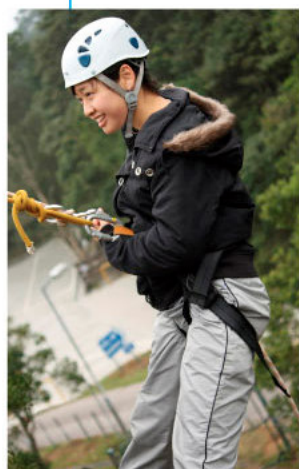


UNICEF Young Envoys Programme

聯合國兒童基金會青年使者計劃

2010



unite for children
攜手為兒童

unicef 
聯合國兒童基金會

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Introduction of Programme

United Nations Children's Fund (UNICEF)

Since 1946, UNICEF has been the world's leading charity for children, working in over 150 countries to help children survive and thrive, from early childhood through adolescence.

Our Vision

To be the driving force that helps build a world where the rights of every child are realized.

Our Mission

- Advocate for the protection of children's rights, help meet their basic needs and expand their opportunities to reach their full potential;
- Mobilize political will and material resources to help countries ensure a "first call for children" and build their capacity to do so;
- Respond in emergencies to relieve the suffering of children and of those who provide their care;
- Promote the equal rights of women and girls and support their full participation in the development of their communities;
- Work towards the human development goals, and the peace and social progress enshrined in the Charter of the United Nations.

The Hong Kong Committee for UNICEF was formed in 1986 and is one of the 36 National Committees worldwide. The Hong Kong Committee provides financial support to UNICEF's projects all over the world and raises public awareness on UNICEF's work and the condition of poor children in the developing countries.

UNICEF Young Envoys Programme

The UNICEF Young Envoys programme is a distinctive youth leadership scheme launched in 1996. Through a series of trainings and workshops, the programme enables local youth to understand more about the state of children in developing countries and the work of UNICEF in improving the lives of children. Outstanding Young Envoys will be selected to visit a developing country, to explore and experience the starkly contrasting life style in developing countries.

Objectives

- To promote the awareness of the Convention on the Rights of the Child (CRC);
- To arouse youngsters' awareness of children in developing countries and enable them to understand the roles and achievements of UNICEF in improving the lives of children;
- To provide opportunities for students to organize and participate in UNICEF local advocacy and fundraising programmes;
- To develop youngsters' skills in effective leadership, communication and cooperation, and boost their confidence;
- To cultivate youngsters to be our young leaders to advocate CRC and the work of UNICEF.

計劃簡介

聯合國兒童基金會

聯合國兒童基金會成立於1946年，是國際上維護兒童權益的主要組織，在全球超過150個國家幫助兒童生存及成長。

理念

成為一個促進實現兒童權利世界的主要推動力

使命

- 保護兒童權利、幫助他們得到基本需要和為他們提供發展潛能的機會。
- 動員政治力量和資源幫助國家，特別是發展中國家，確保他們在制定有關兒童的事情上能做到「兒童第一」。
- 在緊急情況下迅速為兒童及其照顧者提供支援，以減輕他們的痛苦。
- 宣揚兩性平等及支持女性參與社區發展。
- 致力實踐由全球各社區所認同的人類可持續發展目標及《聯合國憲章》中的和平及社會進展。

聯合國兒童基金香港委員會於一九八六年成立，是全球三十六個委員會之一；其主要工作是於本港舉辦各項籌募活動，為聯合國兒童基金會籌募經費，並鼓勵社會人士關注聯合國兒童基金會的工作及不幸兒童的生活狀況。

聯合國兒童基金會青年使者計劃

聯合國兒童基金會青年使者計劃於一九九六年開始舉辦，是一個為中學生而設之青年領袖計劃。透過一系列的訓練及工作坊，青年使者計劃讓青少年能更了解發展中國家兒童狀況及聯合國兒童基金會的工作。表現出色的青年使者將有機會遠赴發展中國家考察，認識自己及親身體驗貧困地區的生活方式。

目的

- 讓參加者更了解及宣揚《兒童權利公約》。
- 喚起參加者對發展中地區兒童的關注，使本港青年更了解聯合國兒童基金會在改善發展中國家的工作。
- 提供機會予參加者籌辦及參與聯合國兒童基金會的宣傳及籌募活動。
- 透過不同的挑戰以提高參加者的領導、溝通及合作技巧及增強自信心。
- 培訓青年使者成為出色的青年領袖，推廣《兒童權利公約》及聯合國兒童基金會的工作。



Foreword

UNICEF strives to improve the lives of children worldwide and protect their right to survival, development, protection and participation. We have been nurturing Hong Kong's young people to be UNICEF's youth ambassadors advocating for children's rights through our Young Envoys Programme since 1996.

This year marks the 15th anniversary of the Young Envoys Programme. To date, more than 700 youngsters have been trained and appointed as Young Envoys. We are very pleased that the programme has been gaining enormous support from the youth over the years. We are encouraged to see the increasing number of enrollment in the past few years and the record-high entries in the UNICEF Young Envoys Programme 2010.

In the past 9 months, 57 teenagers completed the stringent training sessions and were appointed UNICEF Young Envoys. They have gained a better understanding of lives of the under-privileged ones via their visit to Nepal in the last summer. This enlightening experience has definitely broadened their horizon and provided them invaluable insights for their own lives.

Every Young Envoy will take up the responsibility of advocating for children's rights upon appointment. I am confident all our Young Envoys 2010 will fully utilize what they learned in the Programme to actively work for the protection of children's rights together with their predecessors in the Young Envoys Club. Through united effort, we will see a better future for children.

Children are taking a greater interest nowadays in discussing their own issues. In the near future, we shall step up our training to facilitate children's participation and development. We hope the UNICEF Young Envoys Programme will equip a greater number of children and adolescents to speak for themselves in the society, and thus transforming Hong Kong into a child-friendly city.

Lastly, I wish to express my sincere gratitude to our major sponsor, AEON Credit Service (Asia) Co., Ltd. and advertising sponsors, Citybus Limited & New World First Bus Services Limited for supporting the Programme. Special thanks should also go to our colleagues in UNICEF Nepal for their kind assistance in the arrangement of the field visits. This publication summarizes all activities of the Programme. Please join us in the sharing of the experience and excitement in the path of becoming a Young Envoy.



Louis Loong

Chairman

Hong Kong Committee for UNICEF

前言

聯合國兒童基金會一直致力改善全球兒童的生活狀況，努力維護每一名兒童的生存權、發展權、參與權及受保護權。為了培訓更多香港青少年成為宣揚《兒童權利公約》及本會工作的使者，聯合國兒童基金香港委員會早在1996年起，便成立了「聯合國兒童基金會青年使者」計劃。

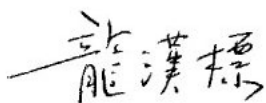
光陰似箭，計劃至今已經是第15屆了，累積培訓出來的青年使者多逾700名。本計劃多年來一直得到無數的香港青少年支持，今屆的申請人數更是歷年之冠，證明計劃在港屹立多年，愈來愈得到公眾的認同，為我們打下一支強心針。

今年有57位年輕人順利通過歷時9個月的嚴格訓練，正式被任命為聯合國兒童基金會青年使者2010。他們並於暑假期間遠赴尼泊爾考察，親身了解當地人民的生活實況，擴闊他們的眼界，也加深了他們對自己的認識，相信這些都讓他們畢生受用。

青年使者終生肩負起倡議兒童權利的使命，在此我謹祝願全體青年使者2010，在往後的日子能夠善用他們在計劃中學到的珍貴知識和經驗，積極參與由歷屆青年使者組成的「青年使者會」，與一眾師兄師姐續以青年使者的身份，透過不同的籌募及倡議活動，在兒童權利倡議的路途上發熱發光。

隨著社會的進步及發展，兒童在社會議題上的參與愈來愈多，亦愈益重要，未來我們將進一步提升計劃在兒童參與權及發展權的培訓。我們期望透過計劃，讓未來的青年使者更好地發揮為兒童及青少年發聲的重任，促進本港成為一個以兒童為本的和諧社會。

最後，我謹代表本會答謝AEON信貸財務(亞洲)有限公司、城巴有限公司及新世界第一巴士服務有限公司的慷慨贊助，以及聯合國兒童基金會尼泊爾辦事處同事的悉心安排，使今屆計劃得以順利進行。這刊物記錄了「聯合國兒童基金會青年使者」計劃2010自年初起的各項活動。希望大家細心閱讀，一同分享應屆青年使者過去一年的經歷和喜悅，並進一步了解本計劃。



龍漢標

聯合國兒童基金香港委員會主席

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



AEON Credit Service (Asia) Co., Ltd. and its subsidiaries are principally engaged in provision of consumer credit finance services, which include the issuance of credit cards, and insurance broking and agency business.

Guided by AEON Group's corporate philosophy of "pursuit of peace, respect for humanity and contribution to local communities", we actively support and promote charitable community projects and activities in both Hong Kong and China, especially in the areas of environmental protection, education and cultural exchange. We also promote social contribution through business activities, such as issuing of Charity Cards where a portion of its sales will be donated to charitable organizations, using AEON bonus points for donations to charities, and making donations through AEON Credit Cards. Through the above means, we deliver the goodwill of our company and many customers to charitable organizations.

It is our pleasure to support "UNICEF Young Envoys Programme" for three consecutive years. The programme, through a series of training workshops, in-school and community programs, has successfully appointed 57 young envoys. By sponsoring this unique programme, we sincerely hope the youth of Hong Kong would understand more about the sufferings and needs of the underprivileged children in developing countries; and encourage them to show their care to the needy.

AEON Credit Service (Asia) Co., Ltd.
AEON Education and Environment Fund

www.aeon.com.hk
www.aeonfund.org.hk



AEON信貸財務(亞洲)有限公司獻辭



AEON信貸財務(亞洲)有限公司及其附屬公司主要從事提供消費信貸融資服務，包括簽發信用卡及保險顧問代理業務。

本著「以顧客為原點、追求和平、尊重人類及貢獻社區」這一集團理念，我們熱心支持中港兩地環保、教育及文化交流等項目。我們還透過不同的商業活動回饋社會，例如：發行慈善信用卡，將部分的簽賬額捐給慈善機構；利用AEON信用卡積分用作捐款；及讓客戶透過AEON信用卡直接捐款給慈善機構。藉著以上不同的方法，將我們及顧客的愛心善意傳遞予慈善機構。

我們很高興能連續三年支持「聯合國兒童基金會青年使者計劃」。此計劃透過一連串的培訓工作坊、校內及社區活動，成功栽培了五十七名青年使者。我們衷心希望透過贊助這項獨特計劃，讓香港青年人更深入體會到發展中國家兒童的困苦和需要，從而鼓勵他們關心世界上有需要的人。

AEON信貸財務(亞洲)有限公司
AEON教育及環保基金

www.aeon.com.hk
www.aeonfund.org.hk



Message from Citybus Limited & New World First Bus Services Limited



As responsible corporate citizens, Citybus Limited & New World First Bus Services Limited actively support and participate in worthwhile causes organized by charities and social service groups to help those in need.

This year, UNICEF organized the UNICEF Young Envoys Programme again, with the aim of raising public concern about children's rights and their well-being. Through training and field visits, the Young Envoys were able to broaden their horizons, and learnt to assume greater responsibility to serve the community. We share these ideals: our mission is to improve the standard of living of our community, and we are pleased to play our part through the sponsorship of bus body and shelter space.

城巴有限公司及新世界第一巴士服務有限公司獻辭



作為負責任的企業公民，城巴有限公司及新世界第一巴士服務有限公司一向熱心公益，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交流活動及參與連串訓練課程得以擴闊視野及服務社群，可謂任重道遠，而這目標正與我們的理想一致：竭力為社會創建一個更美好的生活環境。我們很榮幸能夠再次贊助巴士車身廣告及巴士站燈箱廣告位置，為是次活動在宣傳推廣方面盡一分力。

Introduction of UNICEF Young Envoys 2010

聯合國兒童基金會青年使者2010簡介



01 Au Kai Man 區繼文

02 Chan Chi Yan 陳慈恩

03 Chan Ho Ching 陳灝晴

04 Chan Hu Ying 陳煦盈

05 Chan Cho Kit 陳楚傑

06 Chan Nga Man 陳雅雯

07 Chan Fun 陳寬

08 Chan Tsz Ying 陳紫瑩

09 Chan Yuen Kwan 陳婉君

10 Chee Ching Him 朱靜謙

11 Cheng Tsz Ching 鄭芷青

12 Cheung Sui Fong 張萃芳

13 Cheung Yanting 張恩庭

14 Cheung Yik 張翼

15 Cho Beattie 曹情怡

St. Paul's Co-educational College 聖保羅男女中學 (Age / 年齡 : 15)

Po Leung Kuk Laws Foundation College 保良局羅氏基金中學 (Age / 年齡 : 17)

Madam Lau Kam Lung Secondary School of MFBM 妙法寺劉金龍中學 (Age / 年齡 : 13)

Maryknoll Convent School 瑪利諾修院學校 (Age / 年齡 : 13)

St. Paul's Co-educational College 聖保羅男女中學 (Age / 年齡 : 15)

King Ling College 景嶺書院 (Age / 年齡 : 17)

Baptist Lui Ming Choi Secondary School 浸信會呂明才中學 (Age / 年齡 : 15)

T.W.G.H.s Kap Yan Directors' College 東華三院甲寅年總理中學 (Age / 年齡 : 14)

Rosaryhill School 玫瑰崗學校 (Age / 年齡 : 14)

Shatin College 沙田學院 (Age / 年齡 : 15)

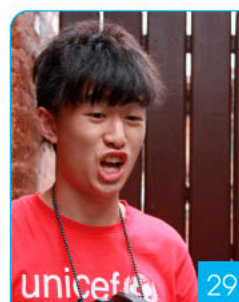
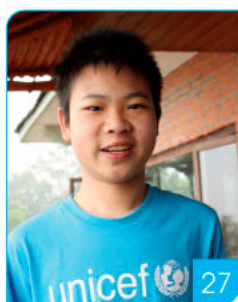
N.T. Heung Yee Kuk Yuen Long District Secondary School 新界鄉議局元朗區中學 (Age / 年齡 : 16)

Po Leung Kuk Tang Yuk Tien College 保良局董玉娣中學 (Age / 年齡 : 15)

Queen's College 皇仁書院 (Age / 年齡 : 14)

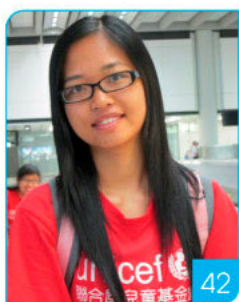
Queen Elizabeth School 伊利沙伯中學 (Age / 年齡 : 17)

Sacred Heart Canossian College 嘉諾撒聖心書院 (Age / 年齡 : 17)

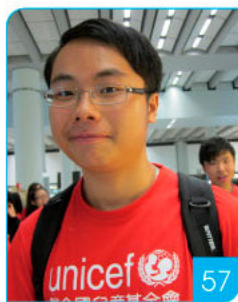
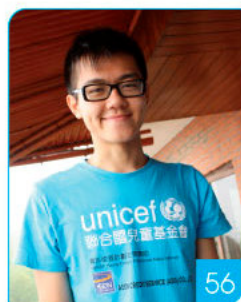


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| 16 Chu Kwok Ho 朱國豪 | Diocesan Boys' School 拔萃男書院 (Age / 年齡: 15) |
| 17 Chuk Hiu Na 祝曉娜 | Rosaryhill School 玫瑰崗學校 (Age / 年齡: 14) |
| 18 Chung Wing Fung 鍾穎峰 | Diocesan Boys' School 拔萃男書院 (Age / 年齡: 14) |
| 19 Fong Tim Ming 方添明 | French International School 法國國際學校 (Age / 年齡: 17) |
| 20 Ho Chung Sum 何頌琛 | Diocesan Boys' School 拔萃男書院 (Age / 年齡: 15) |
| 21 Hsue Cheuk Yiu 徐卓瑤 | St. Mary's Canossian College 嘉諾撒聖瑪利書院 (Age / 年齡: 15) |
| 22 Kwong Yu Yan 鄭好欣 | Diocesan Girls' School 拔萃女書院 (Age / 年齡: 15) |
| 23 Lai Chung Nga 黎頌雅 | Shatin College 沙田學院 (Age / 年齡: 17) |
| 24 Lam Cheuk Ling 林卓鈴 | Heep Yunn Secondary School 協恩中學 (Age / 年齡: 17) |
| 25 Lau Sin Yu 劉倩如 | CNEC Christian College 中華傳道會安柱中學 (Age / 年齡: 15) |
| 26 Lau Suet Ying 劉雪瑩 | St. Paul's College 聖保羅書院 (Age / 年齡: 17) |
| 27 Lau Tin Ching 劉天正 | St. Paul's Co-educational College 聖保羅男女中學 (Age / 年齡: 13) |
| 28 Lau Wui Yin 劉蕓妍 | Hang Seng School of Commerce 恆生商學書院 (Age / 年齡: 17) |
| 29 Law Cheuk Wun 羅焯桓 | La Salle College 喇沙書院 (Age / 年齡: 15) |
| 30 Lee Sandy 利穎妍 | S.K.H. Tsang Shiu Tim Secondary School 聖公會曾肇添中學 (Age / 年齡: 15) |

Introduction of UNICEF Young Envoys 2010 聯合國兒童基金會青年使者2010簡介



- | | |
|------------------------------|--|
| 31 Lee Wai Leuk 李偉畧 | St. Joseph's college 聖若瑟英文書院 (Age / 年齡 : 15) |
| 32 Lee Wing Yan 李穎茵 | Sacred Heart Canossian College 嘉諾撒聖心書院 (Age / 年齡 : 16) |
| 33 Leung Hoi Laam 梁凱嵐 | Po Leung Kuk Laws Foundation College 保良局羅氏基金中學 (Age / 年齡 : 17) |
| 34 Leung Lok Ting 梁樂婷 | Henrietta Secondary School 顯理中學 (Age / 年齡 : 14) |
| 35 Lim Kar Yee 林嘉怡 | Hang Seng School of Commerce 恒生商學書院 (Age / 年齡 : 17) |
| 36 Man Chor Lam 文楚霖 | Diocesan Girls' School 拔萃女書院 (Age / 年齡 : 15) |
| 37 Ng Hei Yan 伍希昕 | Heep Yunn Secondary School 協恩中學 (Age / 年齡 : 17) |
| 38 Ng Cheuk Lam 吳芍嵐 | Hang Seng School of Commerce 恒生商學書院 (Age / 年齡 : 16) |
| 39 Ng Hei Yee 吳熙怡 | Queen Elizabeth School 伊利沙伯中學 (Age / 年齡 : 15) |
| 40 Ng Man Ching 吳敏清 | T.W.G.H.s Kap Yan Directors' College 東華三院甲寅年總理中學 (Age / 年齡 : 18) |
| 41 Sit King Chun 薛璟雋 | St. Joseph's College 聖若瑟英文書院 (Age / 年齡 : 14) |
| 42 Siu Ching Ting 蕭靜婷 | Kwok Tak Seng Catholic Secondary School 天主教郭得勝中學 (Age / 年齡 : 18) |
| 43 Siu Wan Yung 蕭韻蓉 | Pui Ching Middle School 香港培正中學 (Age / 年齡 : 15) |
| 44 So Chun Hin 蘇振軒 | La Salle College 喇沙書院 (Age / 年齡 : 15) |
| 45 Tai Chun Ho 戴駿浩 | Sing Yin Secondary School 聖言中學 (Age / 年齡 : 15) |



- | | |
|--------------------------------|--|
| 46 Tai Hiu Ching 戴曉晴 | St. Mary's Canossian College 嘉諾撒聖瑪利書院 (Age / 年齡 : 14) |
| 47 Tsang Fuk Cheung 曾福祥 | Kwun Tong Maryknoll College 觀塘瑪利諾書院 (Age / 年齡 : 15) |
| 48 Tsang Yu Sum 曾如心 | Diocesan Girls' School 拔萃女書院 (Age / 年齡 : 17) |
| 49 Tse Nga Yi 謝雅兒 | Po Leung Kuk 1983 Board of Directors' College 保良局八三年總理中學 (Age / 年齡 : 15) |
| 50 Tse Pik Kei 謝璧琪 | Maryknoll Convent School 瑪利諾修院學校 (Age / 年齡 : 15) |
| 51 Weng Yuen Tsam 榮元沁 | Victoria Shanghai Academy 滬江維多利亞學校 (Age / 年齡 : 15) |
| 52 Wong Chung Sze 黃頌詩 | Maryknoll Convent School 瑪利諾修院學校 (Age / 年齡 : 14) |
| 53 Wong Wai Tak 黃偉德 | La Salle College 喇沙書院 (Age / 年齡 : 15) |
| 54 Wong Cho Ngai 黃祖毅 | Victoria Shanghai Academy 滬江維多利亞學校 (Age / 年齡 : 17) |
| 55 Yang Sze Ki 楊詩琪 | CNEC Christian College 中華傳道會安柱中學 (Age / 年齡 : 15) |
| 56 Yuen Chun Hei 阮濬晞 | S.K.H. Tsang Shiu Tim Secondary School 聖公會曾肇添中學 (Age / 年齡 : 17) |
| 57 Yuen Kin Hang 袁建恆 | Wah Yan College, Kowloon 九龍華仁書院 (Age / 年齡 : 17) |

Orientation Day



來年活動的簡介 Introduction to the forthcoming activities

All Young Envoys would agree that we could never forget how thrilled and excited we were receiving the notification email of our acceptance into the UNICEF Young Envoys Programme. We yearned for the various activities but at the same time were nervous about what's ahead.

The Orientation Day was the first time we met other Young Envoys. We were divided into groups and were led by mentors, who are past Young Envoys. First, we introduced ourselves and tried to get to know each other. We started off with the introduction of UNICEF and the CRC. The committee members of Young Envoys Club also introduced themselves and their year plan of the year.

Trainers who would be leading us in the orientation camp also participated in our Orientation Day to remind us of the things we need to be aware of and the attitudes we should have during the camp. We also played some exciting and meaningful ice-breaking games. Through these games, we began to realize some important qualities of a Young Envoy - to raise our opinions loudly and to participate in the programme actively. Besides, it was also essential to cooperate with others well so as to complete our work.

The Orientation Day was indeed an unforgettable beginning of the whole programme.



認識青年使者會的師兄师姐 Get to know Young Envoys Club members

相信所有青年使者也不會忘記收到入選信的興奮心情，我們期待著各種活動的來臨，同時又感到緊張。

迎新日是我們初相識的日子，我們被歷屆的青年使者帶領，分成不同的組別。首先，我們作了簡單的自我介紹，亦互相認識了。接著，就是聯合國兒童基金會以及《兒童權利公約》的介紹。而青年使者會的委員亦介紹了他們以及他們來年的計劃。

將會在迎新營帶領我們的訓練導師亦參與了這次的迎新日。他們提點了我們在迎新營所需的態度以及注意事項。我們更玩了既刺激又有意義的破冰遊戲，當中我們知道了成為青年使者的重要元素：我們需要大聲地發表自己的意見及積極地參與活動，更需要跟其他人合作去完成工作。

迎新日是我們整個計劃難忘的開始。



互相自我介紹
Self Introduction



一起玩破冰遊戲
Ice-breaking Game

Orientation Camp



通過訓練，一起合照 Group photo after the meaningful exercises

Among the series of activities in the UNICEF Young Envoys Programme 2010, the 2-day-1-night orientation camp was one of the most inspiring and valuable activities. Through different activities, not only did we, a group of passionate youngsters, developed from not knowing one another to uniting as one, but also learnt a lot about cooperation and communication skills.

In the early morning of the 9th of January, though not fully awake, a group of potential Young Envoys gathered at the UNICEF Youth and Information Centre bleary-eyed and travelled to the Hong Kong Gilwell Campsite. In the short bus journey, we met other Young Envoys, chatted and played harmoniously, creating a good start for this camp. The most important elements of knowing new friends are being active and willing to take the initiative. Only this can clear the rigid atmosphere and melt the freezing ice among people.

The temperature dropped as we went uphill. Nevertheless, the cold breeze did not affect our passion and excitement. After the ice-breaking game, we were divided into five groups and each strived to finish the most number of games in the limited time in order to gain most 'money'. The most interesting part was that the 'money' earned in the game was used to buy the food ingredient for dinner. Before the game began, every group was given 35 minutes for discussion and planning. The game was more difficult than it actually was. It was not easy to come up with a strategy while each of us had our own ideas and perspectives, and tactic understanding had not been developed. Since each person had a different personality, we needed to care about everyone's feelings when selecting the most appropriate idea. This was a real challenge.

After the discussion, the game started. Our sense of belonging to the team and cooperation increased through different challenges. Having the same goal, we were able to cooperate, help one another to finish each task. Those activities could not have been completed by one person alone. Only gathering everyone's strengths could make us reach our goal fastest and most effectively. The tasks were just a game. Success and failure would just affect that night's dinner. But most importantly, we learnt that improvement could only be achieved when we thought of and reflected on the process.

Time flies. In these two short days, we deeply felt the passion and enthusiasm of all the potential Young Envoys. We were ready to develop our potentials better, to contribute to the coming activities!

訓練營

聯合國兒童基金會青年使者計劃2010裡，兩日一夜領袖訓練營必定是其中一個令人獲益良多的重要迎新活動。這個領袖訓練營透過不同的活動，不單使我們一班熱血青年從氣氛僵硬到後來交投接耳；從毫不相識到後來融為一體，從眾多的活動中我們亦學習到不少合作和溝通的技巧。

一月九日的大清早，我們一班準青年使者還未睡醒，便睡眼惺忪地來到了青年資訊中心集合，然後乘穿梭巴士往飛鵝山基維爾訓練營。在短短的巴士旅程中，我們不單能夠結識到不同的準青年使者，還談天說地，打成一片，為這個兩日一夜領袖訓練營創造了一個好開始。原來，結識新朋友最重要的便是要主動，只有主動才能令打破僵硬的氣氛，只有主動才能令寒冷的冰融化。

上山後氣溫下降，然而，那一陣陣的冷風亦無損我們一班熱血青年興奮熾熱的心情。經過一輪破冰遊戲後，我們分成五大組，以團隊合作的方式在限時內完成最多的遊戲，以賺取最豐厚的金錢。這個遊戲最有趣的是，每組所賺取的金錢，是用來購買晚餐的食材的。在遊戲開始前，我們每組都給予了三十五分鐘作討論及計劃。雖然這個活動看似易如反掌，但是原來在毫無默契的情況下，要我們十幾個人一起討論出一個遊戲策略亦不是一件容易的事。每一個人也有不同的思考角度和意見，要在短時間內把十多個意見歸納出一個策略實在艱難。與此同時，每一個人亦有不同的性格，在挑選出最適用的意見同時，亦要顧及到各人的感受，這也是一大挑戰。

討論過後，遊戲正式開始。透過不同的挑戰，大家對團隊的歸屬感和默契都雙雙增強了。只因我們有著相同的目標，使我們能夠互相幫助、團結地完成各項遊戲。那些活動是無法以獨人之力去完成的，只有集合眾人之力，集腋成裘，才能最快速、有效地邁向我們的目標，到達終點。雖然這些活動只不過一個遊戲，成功和失敗最多也不過是影響到當晚的晚餐，但是最重要的是，我們在過程中所能感受的和學到的，只有用心思索和反省，我們才能得到進步。

在這短短的兩日內，我們深深地感受到我們一班準青年使者的熱誠和衝勁，在往下來的活動發揮所長，為青年使者計劃日後的活動出一分力！



出心合力，超越高牆
High Wall Event



聆聽教練指示
Listening to the trainer's instruction



遊繩下降，突破自我
Abseiling Activity



互相扶持，攀上巨人架
Giant Ladder Challenge

Understanding UNICEF Workshop

認識聯合國兒童基金會工作坊

27 February was the date that all the Young Envoys had to present on the topic: "Understanding UNICEF". This session was designed to increase our understanding of UNICEF and its role in the world, so as to help us become more competent Young Envoys and know more about CRC.

Each group was required to present the top priorities of UNICEF, and discuss how the following issues related to CRC. We all had a 20-minute presentation on the related topics. Most of us were very creative because we used different means to deliver the presentation, such as drama, role play, playing video clips etc. We did not only have fun during the session, but also brought out the messages related to the topics.

In recent years, there have been many natural disasters, which made children and women become more vulnerable. Therefore, more and more people are aware of how the charities provide the materials to the needy. As the matter of fact, The UNICEF Supply Division delivers emergency relief supplies to the emergency zones instantly to respond to the needs of children when emergencies arise. UNICEF also works to help affected populations regain their normal lives through provision of education, counseling and training.

All in all, this session helped us foster our understanding about different areas of UNICEF's work worldwide. We believe this workshop was a virtual part of our training and largely relevant to our field visit in July.

在二月二十七日，是青年使者為「認識聯合國兒童基金會工作坊」進行匯報。這工作坊的主要目的是讓大家對聯合國兒童基金會在全球的工作及《兒童權利公約》有更進一步的認識。

我們主要集中探討聯合國兒童基金會的重點工作，以及該重點工作如何根據《兒童權利公約》作為依歸。簡報主題包括：女童教育、對抗愛滋病、保護兒童、緊急援助等等。每組各有二十分鐘的時間，可以用不同的方式進行匯報，各組發揮無限的創意，令氣氛熱鬧之餘，亦不忘帶出聯合國兒童基金會的理念和兒童權益。

近年，天災不斷發生，無助的兒童及婦女往往是最脆弱的一群，大眾亦紛紛注意各慈善團體對災民的支援。原來，當災難爆發時，聯合國兒童基金會的物資供應中心會立即把緊急救援物資送到災區，並提供教育，心理輔導等支援予受影響的災民，協助他們盡快重過正常生活。

這個工作坊令我們對聯合國兒童基金會的工作有了概念及更認識《兒童權利公約》。我們相信，這次工作坊可以有助日後不同範疇的工作，亦與考察團的準備有密切關係。



戰爭對兒童影響的簡報
Presentation on "Effect of War toward Children"



有關童工的簡報
Presentation on "Child Labour"

Drama in Education Workshop

戲劇教育工作坊



青年使者與導師合照
Group photo with the trainer



有關少數族裔為主題的話劇
Drama about ethnic minority

The two drama workshops were an invaluable learning experience to all of us. Through drama, this particular medium, which requires practice by oneself, we have gained much more than the unidirectional knowledge from textbooks. In the two workshops, we explored ourselves, and knew more about the characters, the strengths and the weaknesses we had. On top of that, we comprehended our identities and roles; but the most important was that we realized the uniqueness of ourselves and learnt to appreciate the way we were. We could clearly set our goals and directions after we acquired a clear perception of our own identities. The workshops have helped us deliberate as well as position ourselves in our life.

In addition, through extemporaneous drama, we have learnt an essential dramatic element, which is how to respond to the inherent sense inside us. It is about our emotions, our sincerity and our passion of life, and we need to feel it. Yet, this is not merely about drama, but our life. A better way of putting it is that we are the actors and the directors of our own play. Whether it is an extraordinary or an idle one depends on us. An outstanding director should live, not only with his eyes, ears, mouth, nose, hands and other sense organs, but also with his heart.

這兩節戲劇教育工作坊是一次寶貴的經歷，使我們獲益良多。透過戲劇這特別的媒介，我們在實踐中所獲得的遠勝於我們在書本上所得到的知識。當中，我們對自己的性格、專長和弱點有深入的了解。除此之外，我們更加清楚自己的身份，亦發現到自己的過人之處，並且學會欣賞自己的優點。當我們對自身有清晰的理解，我們才會知道我們的目標和方向；而這工作坊使我們對自己以至我們的人生能重新定位。

另一方面，透過即興話劇，我們學習到一項重要戲劇元素——就是要順從我們的直覺。那是關係到我們的情感、真誠以及對生命的熱愛，然而我們需要的是用心去感受。但這不單單是指戲劇，更加是關乎我們對生命的態度。我們每一個人都是自己戲劇中的演員和導演；而這齣戲劇是否成功是在乎於我們的。要成為一個出色的導演，不僅是用感官去編劇，更需要的是用心去感悟。

School Fundraising and Advocacy Project

Young Envoys have the responsibility to promote children's rights and advocate the CRC. We are also responsible to plan and participate in UNICEF's advocacy and charitable activities. Our mission is to promote activities related to the CRC. We have hosted various activities in our school to fulfil our responsibilities. Below are some examples.

Charity Sale

We held a two-day jumble sale to raise funds for children in need and also provide a chance for our schoolmates to show their love. This charity sale was not only meaningful, but it also allowed students to buy their favorite cookies and notebooks. Besides achieving the purposes of this activity, our classmates enjoyed this interesting fundraising project too. We had set up a booth at the playground, so that students participating in the activity would also learn about the work of UNICEF. Cookies in the sale were made by our schoolmates while the notebooks were from UNICEF. We also gave out bookmarks and leaflets to the students for further understanding of UNICEF's work.



Charity Sale
慈善義賣籌款活動



Stall Game about Child's Right
籌辦有關兒童權利的攤位遊戲

Stall Game

After a few discussions, we decided the aim of our project should be to promote the CRC and the work of UNICEF. We provided working papers to encourage students to participate in our games. We designed 10 multiple choice questions related to the content of CRC as well as UNICEF's work. At recess and lunch time, students and teachers came to our booth to answer the questions on the working papers with the help of the exhibition boards. We were thankful for the full support from our school, our teachers and schoolmates.

Sharing Assembly

We held an assembly and a student forum to promote the United Nations Convention on the Rights of the Child.

Hunger Banquet

We have held a hunger banquet in our school where 60 participants were divided into rich, middle and poor by drawing. The least number of participants went into the rich group. They had plentiful food, such as pizzas and pastas. As for the middle, they had pork spareribs and rice. Lastly, the poor only had bread and water. Participants could experience the life of poor children after joining the hunger banquet. They also learnt that they should never waste food.

校內籌款及推廣活動

青年使者有責任推廣兒童權利，宣揚《兒童權利公約》的職責。我們也有責任籌辦和參與聯合國兒童基金會的推廣及籌募活動。而我們最重要的使命就是推廣《兒童權利公約》。今年，我們在學校裡舉辦了不同的活動，為達到我們的使命而努力。以下是其中一些我們所舉辦的活動：

慈善義賣籌款活動

本著讓同學一盡愛心的目標，我們舉辦了一次為期兩天的籌款活動，活動以義賣的形式進行。慈善義賣不但有意義，既能讓同學買到自己喜歡的曲奇和筆記本，又可以達到籌款助人的效果，而且同學們也不會覺得太沉悶。我們設置了攤位和展板，讓同學們在參與活動的同時也瞭解到聯合國兒童基金會的工作和原則。展銷的曲奇餅由學校的義工同學親手製作，而筆記本卻是來自于聯合國兒童基金會，意味深長。同時，我們又派發書籤和小冊子，以增加同學們的印象，並給大家留下一份美好的紀念。

問答遊戲環節

我們為了達到宣傳《兒童權利公約》及聯合國兒童基金會的效果，而且儘量避免使用講座等較為沉悶的方式，我們最終選擇了以問答工作紙形式組織活動鼓勵同學參與。事前，我們以《兒童權利公約》為材料編寫了10道與聯合國兒童基金會的工作相關的選擇題。在活動當天的小休和午休時間，同學和老師抽空來到我們的攤位，拿取工作紙，依照《兒童權利公約》的展板回答問題。最終成功獲得大家的支持，同學們也滿載而歸。

週會專題介紹

我們舉辦了「聯合國兒童基金會週」。三位就讀瑪利諾修院學校的青年使者以進行週會簡介和學生論壇的方法，推廣兒童權利和宣揚《兒童權利公約》。

貧富宴

我們在校內舉辦了貧富宴。60位參加者以抽籤形式分成貧，中，富三方。富的比例最小，他們享用的是豐盛，美味的午餐——批薩，意粉等。而中的比例也較少，他們吃的是分量足夠的午餐——排骨飯。最後，貧是佔最多的一群，他們吃的只是白麵包和水。同學透過這活動能簡單體驗貧窮兒童的生活，亦明白不應浪費這道理。



週會專題介紹
Sharing in Assembly



貧富宴
Hunger Banquet

Joint - School Project 聯校活動



來自五間不同學校的參加者 Participants from five different schools

Esperienza!.

Thirteen Young Envoys from five schools - La Salle College, St. Mary's Canossian College, Heep Yunn College, Maryknoll Convent School and Diocesan Girls' School organized a joint school workshop Esperienza!. 'Esperienza' means 'experience' in Italian. The aim of this project is to promote the Convention on the Rights of the Child (CRC) and awareness of climate change through experiencing the lives of children in the Third World. Working together at the workshop, students can experience the unity and joy of friendship while gaining a new perspective in life.

On the orientation day, there was a campus tracing. Sixty participants from five schools were divided into six groups. They ran around the Campus of Hong Kong Polytechnic University to complete the tasks through which they could gain basic knowledge of CRC. We also invited Mr. Leung Wing Mo, Assistant Director of the Hong Kong Observatory, to give us a lecture on 'Potential Impacts of Climate Change'. All participants found the lecture highly informative and were surprised at the many other impacts of climate change not commonly known. All in all, they were much convinced that climate change is directly related to our daily life.

The Sims City on Day 2 was the highlight of the whole programme. The participants experienced poverty in poor countries. To survive, they had to make newspaper bags to earn enough money for food and necessities. They had to buy 'weapons', which were game cards, to fight and protect their cities as well. Through these activities, they learned about the difficulties facing children living under the poverty line every day. The impacts of wars and climate change on children as well as social inequality were all food for thoughts for our participants. The last major activity was a forum. Six groups representing six different perspectives expressed their views towards the issue, 'should countries adopt the One Child Policy?'. They were trained to show concern for the rights of children, including the Right to Survival, Protection, Development and Participation. After the two-day workshop, all the participants have gained friendship with students from other schools and knowledge about CRC and climate change. Esperienza! is indeed a valuable memory to them all. And now, our participants are yearning for a large scale reunion – Esperienza!2 !

Esperienza !

來自五所學校：喇沙書院，嘉諾撒聖瑪利學校，協恩中學，瑪利諾修院學校以及拔萃女書院的十三位青年使者舉辦了聯校工作坊Esperienza！

Esperienza！是意大利文中的「體驗」。這個活動的目的是宣傳《兒童權利公約》以及讓參加者體驗第三世界兒童的生活。從中，大家體驗了團結以及認識朋友的樂趣，更對生活有了新的看法。

在Esperienza！的迎新日，我們舉辦了校園追蹤。來自五間學校的六十位參賽者分成六組，他們跑遍了香港理工大學的校園去完成有關《兒童權利公約》的難題。

我們更邀請了香港天文台助理台長梁榮武先生為我們在氣候變化的潛在影響議題上作演講。所有參加者也覺得這演講極具資料性，同時大家亦為氣候變化的其他影響感到吃驚。他們確信氣候變化直接影響日常生活。

第二天的模擬城市是整個活動的焦點。參加者體驗了貧窮生活。為了求生，他們需要製作報紙袋去賺取足夠金錢用作購買食物以及所需品。他們更需購買武器卡去保護自己的城市。

透過這些活動，他們了解到生活在貧窮線下的兒童的困難。戰爭，氣候變化以及社會不平等對兒童的影響是參加者的思想食糧。

最後一個主打活動就是論壇。代表六個不同意見的組別分享他們對國家應否採取「一孩政策」計劃生育的意見。經過訓練後，他們表現出對兒童權利生存權，受保護權，發展權以及參與權的關心。

經過兩日的工作坊後，所有參加者也獲得了友誼以及有關《兒童權利公約》和氣候變化的知識。Esperienza！對他們來說是一個珍貴的回憶。現在，大家也渴望一個更大規模的重聚-Esperienza!2。



邀請了香港天文台助理台長梁榮武先生演講
Speech of Mr. Leung Wing Mo, the Assistant
Director of the Hong Kong Observatory



參加者一起討論議題
Preparation of speech for the forum



參加者對議題發表意見
Participation in discussion



大合照
Group Photo



籌備及舉辦活動予新來港兒童 Activity for new immigrants

Visit 1 探訪 1

Anxious and excited, 18 Young Envoys conducted a service for a group of newly immigrated children. The cooperating NGO was the 'Christian Action, Mongkok Service Centre' and the venue was Tong Mei Road Government Primary School. We had to take care of all the preparation work of the whole programme from designing of games, to getting the rundown with thorough consideration. The name of our programme was '繽紛「童」樂日' (a fun day for kids), which aimed at giving them encouragement and reorganization as well as familiarizing them with places in Hong Kong. In this case, they would feel more adapted to life in Hong Kong. Through the ice breaking games, communication games, drawing Easter eggs with them, they started to enjoy the activities and had fun with us. Upon the folding and flying of paper planes, it marked the end of our programme. When asked of their feelings towards the programme, although they did not tell us in precise wordings, their laughs and claps for us was our biggest reward after all the preparation work. In the sound of applause, the programme ended in a gleeful way leaving a long lasting joy in everyone's heart.

十八個青年使者懷著既緊張又興奮的心情到塘尾道官立小學為一班新來港兒童進行一系列的義工服務。而是次活動的合作伙伴為基督教勵行會旺角服務中心。之前我們大多數都只有參與義工服務的經驗，而從未試過親身負責籌劃一個義工服務。從遊戲設計到整個活動流程，我們都要考慮得清清楚楚，其中的溝通與協調尤其重要。是次活動名為『繽紛「童」樂日』，目的是鼓勵新來港兒童，讓他們更加熟悉香港各處地方，從而令他們更快適應香港。透過一連串熱身遊戲、溝通遊戲及復活蛋繪製，他們漸漸投入並且享受活動。完成了紙飛機製作及放飛機之後，活動亦宣告完滿結束。雖然當我們問及對是次活動的感受時他們並沒有適當的措辭去回答，但聽到他們的歡笑與掌聲，我們覺得準備時的一切辛苦困難都是值得的。活動於掌聲之中完結，不過活動中的歡樂與喜悅一定會長留每一個人心中。

Visit 2 探訪 2

A group of inexperienced, yet brave spirited Young Envoys went to Hong Chi Morningjoy School, Yuen Long to give a visit to a group of medium mentally challenged students aged below 15. As we had not mastered the best way of communicating with them at first, we were passive in terms of making interactions with them. However, gradually they understood that we Young Envoys were there to have fun with them and to enjoy the time we spent with each other. They slowly participated more actively in the activities, they even held our hands to play 'hide-and-seek' in the school campus as well as made sandwiches together. Lastly, we arranged a game, 'imprinting of hands' with them. We were influenced by their innocence, initiation and joyfulness and heartily enjoyed the activity with them, without caring at all about the colours stained on our clothes as we painted. At last, we could really get along with them and build a good relationship. This visit did not simply let us Young Envoys understand that smiles and friendliness could pull people closer to each other, but we also had a great and unforgettable experience with the group of students.

一群對探訪活動全無經驗，但又懷著一股勇氣的青年使者到匡智元朗晨樂學校，探訪一群屬中等智障的十五歲以下小朋友。由於當初我們未能掌握與他們溝通的最佳方法，所以開始時大家十分被動。但後來，他們漸漸明白到我們這班哥哥姐姐能跟他們玩耍，所以開始主動投入遊戲，更牽著我們的手一起在學校裡玩捉迷藏、弄三文治等。到最後，我們安排了一個打手印的環節，我們完全被小朋友們的天真、好動和歡笑所渲染，也不在乎弄得整身都是顏料，盡情地和小朋友一起往畫紙上打手印，終於和他們打成一片。這次的探訪活動不但令青年使者明白到歡笑能拉近人與人之間的關係，亦令他們得到一次難忘的經歷。



製作手掌畫
Drawing by the palm



一起食午餐
Having lunch together



小組成員合照
Small group photo



手掌畫完成圖
The finished palm painting



籌備及舉辦活動予少數族裔兒童 Activity for ethnic minority children

Visit 3 探訪 3

A group of twenty Young Envoys went to the Caritas Social Community Centre in Kowloon City to conduct a social service for ethnic minority children. Through the games we designed for them, we felt that they were very contented and appreciative. Even though they were just some simple games, they enjoyed them a lot. We had always thought that it had been us giving them a service, but after the time we spent with them, we Young Envoys learned that it was actually them who were also teaching us a great lesson. From this service, we knew that what children of ethnic minorities wanted were a little care and love from society – even the simplest games could brighten up their days. Joy and laughs were something they treasured and easily gained. After this activity, we believe we should all do some introspection, and care more about someone who might be neglected by us or society.

一群約二十人的青年使者到了位於九龍城的明愛社區中心為少數族裔的小朋友進行社會服務，跟他們玩遊戲。我們發現這群小孩對這些小型的遊戲都非常投入，而且過程中非常快樂。或許他們會覺得我們在服務他們，但青年使者們的心裡都很明白——他們也在教我們。我們從這次社會服務中明白了這些少數族裔的小朋友所需要的其實很簡單，而且看得到他們平時很少有人陪他們玩。活動結束後，我們對平時的生活作出反思，並承諾以後會多加留意這些常被忽略的人。

Retreat Day 退修日



畫出自己，了解自我 Learning of one's strengths and weaknesses by drawing

Retreat Day gave all Young Envoys a chance to review our hard work in the previous months. Different workshops and projects have taken place before the Retreat Day. We shared our feelings on this particular occasion which was in the middle of the programme. It reminded us Young Envoys to go back to the goals we set at the beginning and gave us new directions for the rest of the programme.

We shared mainly about the school projects and social service visits. Many of us agreed that we have grown through those events. As Young Envoys, we are not only to arouse awareness in society, but also to realize the needs of the needy. We also shared our happy moments with others during the session. Some especially enjoyed the satisfaction gained in the social service visits. Inevitably, some suffered from frustration when facing difficulties during the school projects. However, they regained confidence under the encouragement of teammates. After the Retreat Day, we started to prepare for our most unforgettable event – Appointment Ceremony.

退修日是青年使者計劃中的一個中途站，就好像在漫長的人生中，走得久了便可能迷失了方向、迷失了自己。因此過了計劃的一半，我們便要往後看，看看我們這數個月所走的路與原本目標有否偏離，才能知道餘下的時間我們該怎樣做。

退修日定於五月，當天青年使者聚首一堂，反思及分享過去數月各組分道揚鑣在校內推廣和社會服務後的感受。當中開心的、不愉快的、徬徨的、難忘的經歷都在這裡盡訴 - 有人說自己成長了，有人要感謝組員的付出，有人說可以做得更好。分享得著及感受後，青年使者便分組著手預備委任典禮，踏上青年使者計劃的下半部分。

Appointment Ceremony 委任典禮



青年使者與來臨之嘉賓合照 Young Envoys and guests



一起準備開幕典禮
Preparation for appointment ceremony



青年使者旅程的畫劇表演
Drama about Young Envoys Journey

Fifty - seven Young Envoys have waited for this moment for such a long time. We, the Young Envoys 2010, tried our best to prepare for the appointment ceremony so as to make it perfect and unforgettable. After three months of preparation, the appointment ceremony was successfully held at Wei Hing Theatre of the City University of Hong Kong. The opening speech by the master of the ceremony, the dancing performance of Young Envoys and the choral singing by all of us, all these were just like what the lyrics of our theme song '結果先知我們 原來注定要一起' (not until the end, did we find out that we are bound to be together). We already have had an unbreakable bond after nine months of training. At that moment, we were excited because we were finally appointed and became Young Envoys. We looked forward to the upcoming challenges and we will treasure the friendship among all the Young Envoys forever. Indeed, we are taking our responsibilities on our shoulders in order to achieve our mission.



青年使者在台上表演歌舞劇 Musical show by Young Envoys

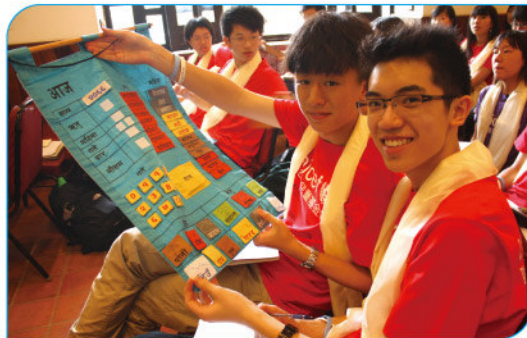
終於都到了五十七個準青年使者期待已久的時刻。為了這個委任典禮，我們都努力地準備，為求把這個典禮做到最完美最難忘。三個星期的準備過後，在香港城市大學的惠卿劇院裡，委任典禮的大日子終於來到。由司儀上台的一刻，到十幾個青年使者在台上載歌載舞，再到全體青年使者在台上唱出我們的主題曲。的確好像歌詞中提到“結果先知我們原來注定要一起”，經過九個月的訓練後，我們之間有著不可分離的連繫。在那一刻，我們都帶著興奮、期待和依依不捨的心情唱出這首總結了我們這九個月歷程的主題曲。興奮，終於成為青年使者，期待，接下來的實地體驗，不捨，我們之間的一份情。然而這一天，正式代表我們並肩負起青年使者的使命。

獲委任為青年使者的一刻
Moment of being appointed as Young Envoys青年使者擔任典禮的主持
Young Envoys were the master of ceremony



Day 1 第一天

Arrived at Kathmandu, Nepal 到達尼泊爾加德滿都



Day 2 第二天

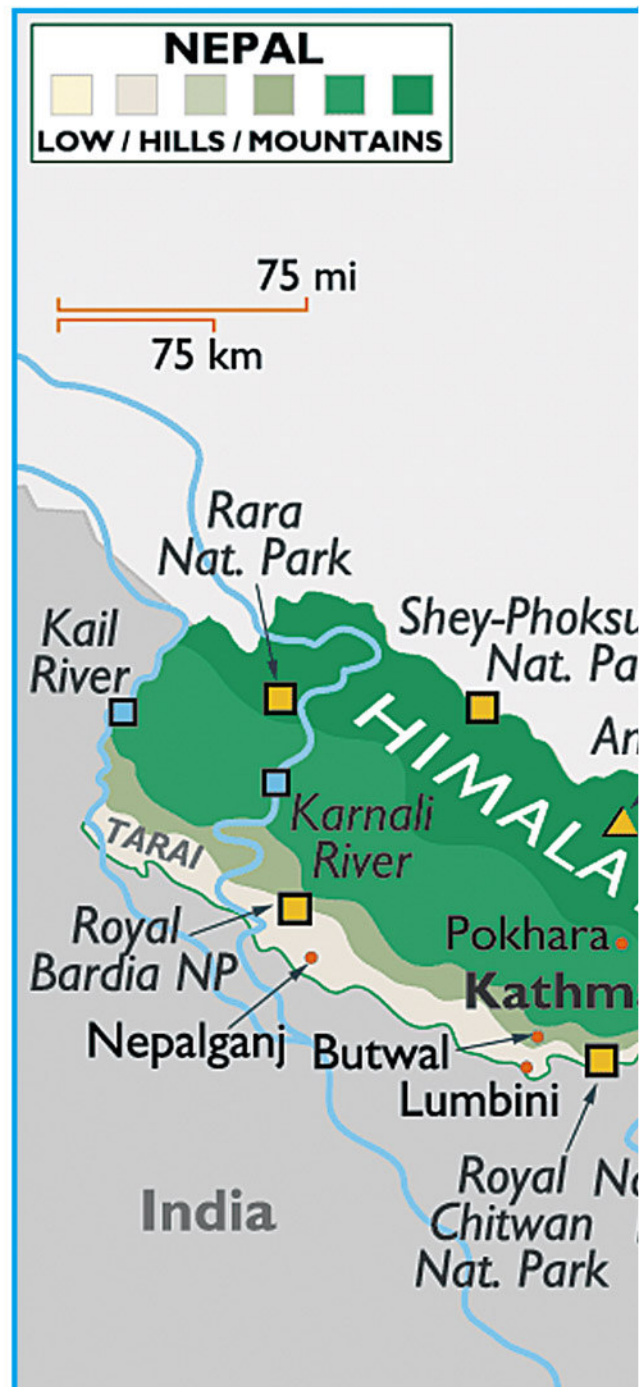
Briefing and meeting with representatives of UNICEF Nepal
Visited SSMK - Saathi Sanga Manka Kura
與聯合國兒童基金會尼泊爾辦事處代表會面及進行簡介
參觀 SSMK



Day 3 第三天

Visited Urban Out of School Programme
2 local schools to understand the child-friendly school initiative
Primary Health Care Centre
參觀外校計劃
探訪當地友兒學校計劃
參觀當地健康中心

Itinerary 行程



Date : 14-18/7/2010
日期 : 7月14日至7月18日
Destination : Kavre, Nepal
目的地 : 尼泊爾加雷



Day 4 第四天

Visited Panchkhaal Village Development Committee (VDC)
Community Organizations for the DACAW Project –
Decentralized Action for Children and Women
參觀 Panchkhaal 農村發展委員會
探訪社區組織了解 DACAW 項目



Day 5 第五天

Interacted with peer to peer volunteer and SSMK listener's club
Sight-seeing
Return to Hong Kong
與朋輩義工及SSMK聽眾會交流
遊覽加德滿都
回程

Day 1 第一天

In the afternoon, a group of teenagers dressed in cyan-blue UNICEF T-shirts appeared in the bustling Hong Kong International Airport. You could see aspirations in their eyes and sense the excitement in their laughter. These UNICEF Young Envoys 2010 were going to explore Nepal in their 5-day-and-4-night field visit!

Before entering the departure gate, the energetic Young Envoys with the front row holding the UNICEF banner, took a group photo with some yells. Although there was a delay of the flight, it did not hurt the joyous atmosphere among the Young Envoys.

Chatting, photo-taking, playing card games were the most common activities on the plane for Young Envoys. Time passed soundlessly, and quickly we arrived at the capital of Nepal - Kathmandu.



精神奕奕，準備出發
Departed for Nepal

Once stepped into the Nepal Kathmandu Airport, we could immediately feel the great difference between Hong Kong and Nepal. There was no air-conditioning in Nepal Kathmandu Airport nor was there any appealing shops, let alone the E-way for immigration. This is it- the first impression we had for one of the poorest countries in Asia.

There were loads of people waiting outside the airport. As we were all dressed in the uniform cyan-blue UNICEF T-shirts, we became the centre of interest. Locals gazed at us with curiosity. We swiftly moved towards the coaches. Thanks to the UNICEF Nepal Staff who had prepared everything for us in advance, we arrived at Greenwich Village Hotel safely.

We did not receive our room keys until midnight 00:00am, but we still gathered at our chaperones' room afterwards, sharing our thoughts and some memorable scenes on the first day. All of us were absolutely thrilled to await the coming of our following day.

下午，一群穿着藍色聯合國兒童基金會T恤的年青人，在繁華的香港國際機場出現。大家可以看到他們眼睛底下的渴求，以及他們因興奮而發出的笑聲。這些聯合國兒童基金會青年使者2010將要在尼泊爾實地考察五日和四夜！

進入禁區之前，充滿活力的青年大使高舉聯合國兒童基金會的旗幟，拍了一張大合照。雖然航班延誤了，但絕對沒有減低我們的興致。拍照，打牌是在飛機上最常見的活動。時間過得很快，我們迅速抵達尼泊爾首都 - 加德滿都。

到達了尼泊爾加德滿都機場，我們可以立即感受到香港和尼泊爾有很大的差異。在尼泊爾加德滿都機場，沒有空調，也沒有任何一間有吸引力的商店，也不能透過“E道”入境。這便是我們對亞洲中最貧窮國家的第一印象。

有很多人都在機場外等候。由於我們都穿着一模一樣的T恤，我們成了眾人的焦點，當地人好奇地望着我們。我們迅速走向尼泊爾聯合國兒童基金會職員預早為我們安排的客貨車，使我們安全地抵達格林威治村酒店。

我們直到午夜12時才收到我們的房間鑰匙，但我們仍然聚首一堂，分享我們對當天的感受和一些難忘的場景。大家都期待著第二天的來臨。

Day 2 第二天

The day began. We started our trip with excitement and this marked the beginning of our journey which is filled with a lot of things to be learnt and to be acquired. UNICEF Nepal particularly treated us with warm hospitality. Before the talks began, the representatives of UNICEF Nepal presented a scarf to each one of us Young Envoys, symbolizing their welcome. They have also helped us to prepare a pack of information which was all very useful along the whole trip. The representatives of UNICEF Nepal gave us different kinds of talks in the morning, teaching us the work of different community organizations and reminding us of the importance of self hygiene.

Other than the briefing session held in the morning, we went to a nearby radio station named Saathi Sanga Man Ka Kura (Chatting with my best friends), SSMK. It is a radio program created by a group of youngsters there. This radio program has been on air for over nine years mainly around the issues facing young people daily, such as women's menstruation, love affairs, AIDS and so on. These issues are relatively sensitive to Nepalese and will not be discussed in public.

On these topics, the Nepalese do not even have the basic knowledge. It was the birth of the radio program when they started to be more open minded in viewing things. We, youngsters here should learn from them. They have the courage to move forward, and this is what we are lacking.

早上，我們帶着興奮的心情出發，正式開始這次的求學之旅。尼泊爾的聯合國兒童基金會熱情地款待我們，在我們講座開始前，尼泊爾的代表給了我們每一位青年使者一條圍巾，象徵着歡迎的意思，亦為我們準備了很多資料，全部都是對這旅程很有用的資訊。講座歷時三小時，尼泊爾代表細心詳盡的講解，使我們更了解他們的工作，並小心注意個人衛生。

午飯後，我們探訪一個由當地年青人舉辦的電台，簡稱SSMK。這個電台開辦已經有九年，節目內容主要是圍繞一些年青人的問題，例如是女性的月經、愛情、愛滋病等。這些對於尼泊爾人來說都是一些敏感性比較高的話題，以往的他們從不在公眾場合討論，對這些話題連基本的知識也沒有。由於這個電台，他們的思想因此開放起來。我們青年使者都覺得最值得學習，就是那份促使他們踏出第一步的勇氣，這是我們所缺乏的。



致送紀念品予聯合國兒童基金會駐尼泊爾代表
Presentation of souvenir to Representative,
UNICEF Nepal



參觀 SSMK 電台之資料部
Visit to SSMK's information session

Day 3

We visited a primary school in the town of Banepa, where the Urban Out of School Programme (UOSP) was implemented.

The first thing that caught our eyes was the crowd of children. The class was a blend of children of different ages ranging from four to fourteen. In the match-box-sized classroom which housed around forty students, there are not much equipment except pieces of chalk, a blackboard and some exercise books. Such inadequacy of teaching aids confined teaching and learning through the 'chalk and talk' method.

Though there is a lack of resources, the students really do treasure their chance to study while the teachers try their best to deliver their lessons and preach about basic knowledge like language and arithmetic. We remember vividly how the students read aloud the numbers and letters. The children's eyes were on the board and they projected their voice as loud as they can.

Later on it came to a sharing session when some of the children told their stories. One of them was a child abandoned by his parents. Originally living in a well-off family, he was nicely fed, clothed, sheltered and educated. However his happy days as a school child ended when his birth-mother passed away and his step-mother banished him. Until the introduction of the Urban Out of School Program, he was offered an opportunity to study again. Yet when school finishes, he had nowhere to go to. For street children like him, home is a word that has always been out of their reach.

Like anyone of us, all of these children there have talent, yet they are born in a place where the development of these gifts is not available. Though their life is harsh, these children try their very best to live their own lives to the fullest. We will never forget how happy they were when they all danced along while singing their favourite songs and how they broke into smiles when we handed out our note books to them.

We hope wholeheartedly that they can catch the trains of their lives one day.



到外校計劃參觀上課情況
Visit to Urban Out of School Programme



參觀兒童發展中心
Visit to early childhood development centre

第三天

我們參觀了一所位於巴內帕鎮的小學，這兒實施了一個專為失學兒童而設的教育計劃 - 外校計劃。

令我們驚訝的事，是孩子們的人數，該班集合了從四至十四歲的兒童，大約四十名學生就在火柴盒大小般的教室上課。除了粉筆、黑板和一些練習簿，他們再沒有其他設備，教學用具的不足局限了他們的學習形式。

雖然缺乏學習資源，但學生依然很珍惜學習的機會，而教師亦盡力把他們的知識如語言和算術教授給他們。學生目不轉睛地看着黑板，以響亮的聲音朗讀數字和字母的情景，令我們十分難忘。

之後是分享會的環節，一些孩子們告訴我們他的故事。其中一個小朋友是被父母遺棄的孩子。原本他生活在一個富裕的家庭，擁有很好的食物、衣物、住所和教育。然而，他幸福的日子在他母親去世時結束，他被繼母遺棄了。直到這計劃的出現，他才有機會再上學去。可是放學後，他便無處可去。像他這樣的流浪兒童，家庭生活一直遙不可及。

這些孩子跟我們一樣，也是有才能的，只是他們出生在一個沒有機會發展的地方。雖然他們的生活艱辛，他們仍盡自己所能，活出獨特的人生。我們永遠不會忘記他們一邊唱歌，一邊跳舞時的快樂；當我們送筆記本給他們，他們在臉上流露出的微笑。

我們衷心希望有一天他們能搭上通向美好生活的列車。



細心教授當地兒童寫英文字
Teaching local students



與當地兒童共舞
Dance with local children



與當地小學生合照
Young Envoys and primary school students

Day 4 第四天

After having breakfast, we took a 30-minute ride to Panchkhaal Village Development Committees (VDC) to understand the job of Decentralized Action for Women and Children (DACAW). We met members from different community groups facilitated by DACAW, namely paralegal committees, child clubs and Female Community Health Volunteers. The committees act as a surveillance system, protecting children and women from violence, abuse, exploitation and discrimination. It has been functional since 2005. The committee contains fifteen members and all of them are women. They have received twelve-day intensive training on legal rights and social issues.



與女性公共健康志願者作交流
Interaction with Female Community Health Volunteer

What we appreciated so much was their passion and devotion to the committee. Although their work is tough and difficult, they still find it enjoyable and worthy as they helped others. They said it is a big step to achieve sex equality in society. FCHV was established in 1988, it serves as frontline health resource persons, providing community-based health education and services in rural areas.

We also interacted with the child club members. It was so inspiring to know what the activities child clubs are doing and how children got involved in those activities. After having lunch, we visited individual Community Organizations (CO). It is a group of twenty-five members who have come together through social mobilization. After the talk, we learnt more about what CO exactly did in the village. For instance, they weigh the baby to see if they are malnourished. They draw maps to see if the households within the village have access to toilets or water taps. They also hold talks for the pregnant women on topics like malnutrition and breast-feeding.

吃完早餐後，用了三十分鐘便到達Panchkhaal村莊發展委員會（VDC）了解DACAW的工作。我們接觸了不同的社區團體，例如律師助手委員會、兒童俱樂部和女性公共健康志願者組織。村莊發展委員會以保護孩子和婦女為目標，避免他們受到暴力、剝削和歧視所影響。委員會於2005年成立，當中包括十五名婦女成員，他們全都受過專業的訓練。

我們最欣賞的是他們的熱情和對委員會的熱愛。雖然他們的工作很困難，但卻認為這是值得的，當中最成功是推動社會男女平等。女性健康志願者組織在1988年於鄉區建立，提供了社區衛生教育和服務。

我們亦與兒童俱樂部會員交流，從而知道兒童俱樂部舉辦的活動類型及人們平日的生活習慣。吃完午餐後，我們參觀了公共組織，它是由二十五名社會成員組成的小組。透過互相交談，我們學會了更多關於公共組織的工作，例如他們如何醫治營養不良的嬰孩、將村莊內各處乾淨水源告訴各個家庭、為孕婦舉行專題講座。

Day 5 第五天

It was the last day of our stay in Nepal. We checked out of the hotel and drove to Kathmandu. We had our lunch in Bakery Café in Baneshwor. When we were about to order our dishes, we were so surprised to discover that the waiters there were actually people who are deaf / hard of hearing. We were so deeply impressed by what the restaurant owner had done for them. Not only does it offer a chance for the disabled to be self-reliant and financially independent, but it also means social acceptance of the disabled and a sign for civilization. Then, we were taken to Kathmandu Durbar Square for sightseeing. Our Nepalese friends especially introduced the Kumari-ghar to us.

It is a must-go place in the Square. Surprisingly, Kathmandu was a much developed and busier city than we could have ever thought of. The scene was a big contrast to the village we visited. Soon, we arrived at Thamel and we got some time to shop for souvenirs. With the help of our Nepali friends, we tried to bargain with the seller. Our bargaining ended with a success.



We had our last meal at Authentic Nepali Restaurant. We were so glad to watch a lovely dancing performance while having the dinner. The most remarkable thing must have been all the Young Envoys being invited to dance with the performers and the local staff. Everyone had great fun and certainly we could hardly forget this amazing night. It was time for us to leave. We seized our every moment to thank our Nepali friends for their generosity, take pictures and ask them for contact methods. We were completely exhausted when we got on the plane. To conclude, this field visit widened our horizons and led us see the world in a different way. We learnt that we were here not to see others' misfortune, but to see how people strive for their lives. Sometimes living in a poor condition is not necessarily a bad thing. Simple is happiness.

這是旅程的最後一天，我們乘車到加德滿都。我們在Baneshwor吃午餐，卻驚訝地發現這裡侍應全都是聾人，我們很欣賞餐廳老闆的做法，這不僅提供傷殘人士一個自力更生的機會，更意味著社會願意接納傷殘人士和幫助他們。之後，我們來到加德滿都的Durbar廣場觀光。同行的尼泊爾朋友特別介紹了Kumari-ghar給我們，它是一個必到的景點。驚奇地，我們發現加德滿都是一個已開發和繁忙的城市，這和鄉區造成一個很大的對比。接著，我們到達了Thamel，並且用了不少時間購買紀念品。在尼泊爾朋友的幫助下，我們設法與賣主議價，最後我們講價成功！

我們在一間地道的尼泊爾餐館享用晚餐，並欣賞了一場精彩的舞蹈表演，我們有幸被邀請與當地工作人員及舞者共舞一番，玩得不亦樂乎，留下難忘回憶。離開的時間終於來到，我們把握機會謝謝尼泊爾朋友的款待，與他們拍照及取得聯絡方法。上到飛機後，我們完全累透了。總的來說，這次的考察擴闊了我們的視野和引導我們以不同的方式看世界。我們在尼泊爾不是要看他們的不幸，而是要看見他們怎樣為生活而奮鬥，其實，有時候居住在一個惡劣的環境並不是一件壞事，正所謂「簡單就是快樂」。



Day 1 第一天

Arrived at Kathmandu, Nepal 到達尼泊爾加德滿都



Day 2 第二天

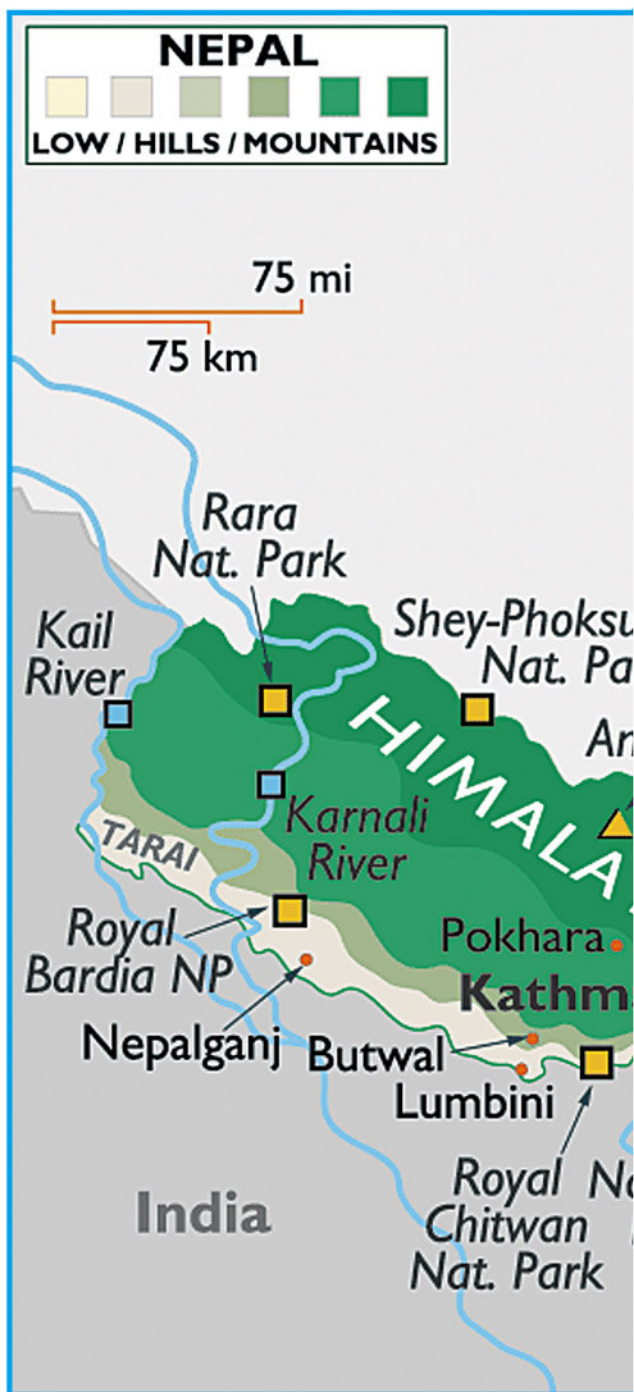
Briefing and meeting with representatives of UNICEF Nepal
Visited SSMK – Saathi Sanga Manka Kura
與聯合國兒童基金會尼泊爾辦事處代表會面及進行簡介
參觀 SSMK



Day 3 第三天

Visited District Child Welfare Board for the DACAW Project –
Decentralized Action for Children and Women
Local schools to understand the child-friendly school initiative
Women Federation Office
參觀地區兒童福利局了解 DACAW 項目
探訪當地友兒學校計劃
探訪當地女性聯合會

Itinerary 行程



Date : 21-25/7/2010
日期 : 7月21日至7月25日
Destination : Tanahu, Nepal
目的地 : 尼泊爾塔納胡

TIBET

China



undo
rk

napurna

TIBET

Nepal

Sagarmatha
Mt. Nat. Park

Everest

anduh
litpur

Tanahun

Dharan
Bazaar

arayani
River

Kosi
River

Biratnagar

Bangladesh



Day 4 第四天

Visited local child club

Shyamgha Village Development Committee for the DACAW Project

探訪當地兒童會

參觀 Shyamgha 農村發展委員會了解 DACAW 項目



Day 5 第五天

Sight-seeing

Return to Hong Kong

遊覽加德滿都

回程

Project Research

1. Water, Sanitation and Health

After visiting Nepal, we knew that their major water source is from the snowmelt on the Himalayas. However, the rivers are always contaminated because of the low awareness and education towards sanitation. Nepalese use their rivers as toilets and get water from those rivers for washing and drinking. Diseases related to contaminated water, such as malaria and cholera are serious in Nepal.

WASH

WASH stands for Water, Sanitation and Hygiene, a programme that works to increase access to sustainable and safe drinking water, sanitation facilities, and improved hygiene practices in schools and communities, thus contributing to a reduction of related diseases. Because of the programme, 76% of household now have access to an improved source of water.

In Tanahu, six Village Development Committees (VDCs) has declared Open Defecation Free (ODF), which means ensuring toilets for all households. From this achievement, we can see that a clean toilet is valuable in Nepal. In addition, School Sanitation and Hygiene Education (SSHE) is implemented in 169 schools. School Sanitation Child Clubs are formed and they are functioning and has made 31 schools declared ODF. Safe drinking water and sanitary child-friendly toilets are installed. On the other hand, Public Private Partnership for Hand-washing with Soap launched Global Hand-washing Day (15th October) in order to foster a global and local culture of hand-washing with soap as a better hygiene.

Health and Nutrition

This programme aims to improve access to preventive services for maternal, newborn and children's health. As we observed, Nepalese children are usually shorter and thinner than usual. The major reason may be malnutrition.

Female Community Health Volunteer (FCHV) Programme District Public Health Office (DPHO)

The FCHV programme focuses on family planning, maternal/neonatal and child health, including the bi-annual vitamin A supplementation programme. It develops at least one FCHV in each ward, a knowledgeable, trained, and well-supported health resource person. It provides FCHVs with skills and support necessary to empower rural women with basic health knowledge and skills that will increase their utilization of available primary healthcare services and their participation in community health development.



在尼泊爾聯合國總部聆聽有關健康與營養的講座
Learn about Nepal's health and nutrition status



到訪地區辦事處了解有關衛生的計劃
Learn about hygiene situation in Nepal

專題研習

1. 水、衛生與健康

水，生命之源，同時是衛生健康之根本。當我們訪問尼泊爾人，我們知道，當地人主要的水源來自於喜馬拉雅山融雪。然而，因為低程度的衛生教育，人民不注意保護河流，導致其嚴重污染。尼泊爾人通常在河裡便溺，但同時其他人也用河水去清潔和飲用。因此，令有關水的疾病，例如瘧疾和霍亂在尼泊爾橫行。

WASH (Water, Sanitation and Hygiene Programme)

這項衛生計劃工程，以增加獲得可持續和安全的飲用水，衛生設施，改善衛生習慣和在學校和社區，從而推動減少有關的疾病為目標。在推行此計劃後，76%的家庭能夠獲得經處理，乾淨的食水。

在塔那洪，6個村發展委員會（VDCs）宣佈成為ODF（Open Defecation Free），即使所有家庭都有一個廁所。從這一成就，我們可以看到，一個乾淨的廁所在尼泊爾是對當地人有重大意義與價值的。此外，學校衛生和衛生教育計劃（SSHE）在169所學校實施。學校衛生兒童俱樂部的形成，促使31所學校宣布開始成為ODF，令至學童能夠享用安全飲用水和衛生的廁所。

另一方面，Public Private Partnership for Hand-washing with Soap發起的全球洗手日（10月15日），通過宣傳和教育當地民眾——洗手要用肥皂，希望令其成為一項全球和本土文化，為的是建立一個更衛生的尼泊爾。

健康與營養

這項計劃旨在改善獲得產前檢查和保護的孕產婦，新生兒和其他兒童的健康。正如我們觀察到，尼泊爾的兒童通常比普通香港兒童更矮，更瘦。主要的原因可能是營養不良。

女性社區健康志願者（FCHV）計劃

社區公眾衛生局（DPHO）

FCHV計劃的重點放在計劃生育，產婦/新生兒和兒童健康，包括兩年一度的維生素A補充計劃。希望至少在每個病房，都有「有知識，受過培訓和備受支持醫療資源的人」——FCHV。這項計劃亦為FCHVs提供技能訓練和必要的支持，增強農村婦女的基本健康知識，提高他們現有的初級保健服務的使用和社區健康發展的參與。



到訪當地學校了解衛生情況
Visit to local school to observe the implementation of SSHE programme



與當地女性社區健康志願者溝通
Interaction with Female Community Health Volunteer

2. Education

Throughout the 5 days in Nepal, we visited several schools and child clubs which were organized and built up after the hard work and support from children, teachers, parents, adults, UNICEF and many other NGOs.

To begin with, let's understand the situation of boys' and girls' participation in schools. Due to the severe gender discrimination in Nepal, boys are always the privileged ones in the family. They are often sent to private schools for better education. Although girls are also able to receive education, they are going to public schools, obviously less privileged. That's also a main reason for the "girls participating more than boys" trend. As various programmes organized by child clubs and UNICEF are implemented in public schools, plus the situation stated above, it is actually an illusion that girls participate more than boys, and that girls' status are rising sharply. Girls' status is rising, that's true, but not that skyrocketing.

Besides, through the visit to a secondary school, we found out that the teaching ratio in the district we stayed was 1:29 which is much much better than the national requirement – 1:45. This can be a reflection of the efforts of the government, local communities and NGOs. However, in the secondary school we visited, even though they acquired advance equipment (e.g. science laboratory). They were still facing obstacles like not having enough teaching space. Sometimes they would face a situation where 75 students need to stay in one classroom for the lesson.

Some other information about the school:

1. They have subjects like English, Nepalese, Science, Mathematics, and Social Studies.
2. They don't have public exams but a final test before graduating from secondary school.
3. Many students take foreign exams like IELTS/SAT which is very surprising!!



了解當地學校校舍情況
Local school tour



與當地中學生溝通
Interaction with local secondary school students



青年使者代表致送紀念品予當地學校校長
Young Envoys representative presented souvenir
to the principal of local school



青年使者及當地兒童會成員合照 Photo of Young Envoys and Child Club Members

2. 教育

在尼泊爾的5天，我們走訪了幾所由許多其他非政府組織，兒童，教師，家長，聯合國兒童基金會協助建成和建立的學校及兒童會。

首先，讓我們了解一下當地教育情況——男孩和女孩於學校的參與率。由於尼泊爾存在嚴重的性別歧視。男孩總是在家庭中享有特權。他們往往被送到私人學校接受更好的教育。雖然女孩也能接受教育，但他們去的是公立學校，這是明顯比私立學校低一級的。這也是導致「女孩比男孩多參與」趨勢的一個主要原因。因為各種幫助女孩的活動與方案都是由聯合國兒童基金會和兒童會以及政府制定且執行，公立學校就是這些方案的使用者，再加上上述情況，它就造成了一個錯覺，女孩比男孩多參加，而且似乎是女孩的地位正在上升。無可否認，女孩的地位正在上升，但不是暴漲...

此外，透過訪問一所中學，我們知道，該學校的師生比例是1:29。這是遠高於他們的國家規定- 1:45，是一個可以反映當地政府，地方社區和非政府組織的努力的光輝點。然而，在我們訪問中學，幸運地，他們擁有較先進的設備（如科學實驗室）。儘管如此，他們所面臨的障礙還是挺大的而且是艱苦的，如沒有足夠的教學空間，有時候他們將面臨75名學生需要留在一個教室聽課。

縱然如此，他們的教育制度尚算完善，他們需要修的科目，如英語，尼泊爾語，科學，數學，社會研究。但比較特別的是，他們沒有公開考試，但從中學畢業之前有一個校內的畢業試，決定他們能否升讀大學。不過，許多學生都有參加國外考試，如IELTS / SAT考試，實在令人驚訝！

3. AIDS 愛滋病

Situation in Nepal

It is far too important to build a HIV protection system for children in Nepal. Some Nepalese do not understand that they will be infected by AIDS through casual sex. They do not know what problem they are facing and why it is their responsibility to prevent AIDS. The main path of AIDS spreading is mainly due to casual sex among the low-educated workers. Those workers have very limited knowledge about AIDS. This finally brings to the horrible consequence as the workers catch AIDS easily from carrying out sexual intercourse with local prostitutes. The infected male workers may at the end infect their other sex partners and even their wives.



青年使者與各 SSMK DJ 合照
Young Envoys and SSMK DJ

Saathi Sanga Manka Kura

'Saathi Sanga Manka Kura (SSMK) or 'Chatting with my best friend' in English, is a radio program developed by young people for young people in Nepal. It was initiated in 2001 with the support from UNICEF and now institutionalized within a NGO – Equal Access Nepal. With a content focus aimed at imparting life skills among young people, the program has dwelt on various topics which would generally be interest to teenagers, including sexual and reproductive health and staying safe from HIV infection and AIDS. One major impact of the programme has been to ease off some of the taboos around talking publicly about sexually related issues and concerns among youths in Nepal. This obviously raises the awareness of prevention from HIV infection and the education about AIDS, which can indirectly reduce the seriousness of AIDS in Nepal.

愛滋病在尼泊爾之現況

為了保護尼泊爾兒童的健康，聯合國兒童基金會知道，建立一套完善保障他們遠離愛滋病的重要性。部分尼泊爾人並不了解他們可能會因濫交而感染愛滋病病毒，他們都不清楚所面對的問題，亦不了解他們在當中的責任。大部分的愛滋病患者皆是低學歷的勞動人口，他們大多缺乏對愛滋病的了解，亦不知道濫交的後果。這最終導致現今尼泊爾愛滋病問題的惡性循環，工人因嫖妓受感染後，將病毒傳給其他性伴侶，甚至把病毒傳給自己的妻子，最後受害的更是新生的小孩。

Saathi Sanga Manka Kura

Saathi Sanga Manka Kura (SSMK)，意是“與最好的朋友聊天”，是一個在尼泊爾由年青人建立的電台計劃，目標也是為了年青人。得到聯合國兒童基金會的支持及當地非政府組織Equal Access 的確立，電台由2001年開始廣播。由於節目內容主要是關於傳授生活技能予年青人，電台會詳述形形色色的議題，全部都是年青人所關注的，包括性健康及如何免受愛滋病毒感染。電台其中一項最大的影響就是放寬了在尼泊爾公開談及有關性的議題上的忌諱。這明顯地提高了年青人對愛滋病毒的防護意識及有關愛滋病的健康教育，並間接地降低了愛滋病在尼泊爾的嚴重程度。

4. Dreams 夢想

What do Nepalese children dream about?

It is more important for us to recognize the difference between the dreams of children in Nepal and children in Hong Kong. We recognize that many children wish to be nurses and teachers because they will be able to help others.

In Hong Kong, many of the youngsters may aim at gaining a lot of money; they aim at being a lawyer, doctor or getting any job that can make them rich in the future. On the other hand, Nepal children only dream about simple jobs that can contribute to the society. They are happy to work as anybody and serve their society in their own ways.

The reason for the difference may due to the different environments in which Nepalese children and we grow up. And the influence of the different cultures in the two places. Anyway, it seems to be a great chance for us to reflect when we consider what to be or what to do in the future. Hopefully, Hong Kong children will learn from the Nepalese to enjoy a peaceful life.

尼泊爾小孩所夢與所想

我們應該要知道尼泊爾與香港的小孩分別十分大，那麼他們的夢想又有何分別呢？原來很多尼泊爾的小孩都夢想成一位醫生、護士或教師，因為他們都十分希望幫助他人。

在香港，很多青年人希望能賺錢，他們夢想成為律師、醫生或任何能致富的工作。對比尼泊爾兒童，他們的夢只是找一份簡單的工作，只想為社會出一分力。他們為工作而感到高興，亦以自己的方式貢獻社會。

這些差異的原因當然來自兩地小孩截然不同的成長環境，但不論這影響是好是壞，這個差異應該使我們反思，究竟要如何選擇自己的道路。希望，在不久的將來，香港的新一代能在尼泊爾小孩身上學習，學習如何享受在世上的平靜生活。



青年使者與樂於助人的尼泊爾青年合照 Young Envoys and Obliging Nepal youth

Sharing of UNICEF Young Envoys 2010

聯合國兒童基金會青年使者2010分享

Au Kai Man, Alvin 區繼文

Everything begins with an "O" and that's not a lot different for UNICEF Young Envoys Programme 2010. A milestone is laid on the Orientation Day when we potential YEs meet 59 new unknown faces and UNICEF staff. Not long since then comes the Drama Workshops, a platform to better prepare us for future services by learning to sense and feel emotions of companions. Time flies and it comes the School Project. Desperate but pressured, content but uncertain, we put our utmost for promoting the spirit of YEs within our community and simultaneously, showcase the ferocity of global warming in the current hotter and hotter world. It's April when we run the second self-designed project the Social Services. We Young Envoys, as the relatively advantaged social group, enter the community to care for the needs and wants of the underprivileged. Marking the end of the Programme we plan the Nepal field trip with care to offer help in action. I did not get the job done. Over the past months I've experienced frequent absences with inactive participation in training sessions. Thank you YEs. For innumerable times you have been trying your best to help and assist and make things go in a super perfect manner. There are times I can't involve but there're never any complaints and groans. There are moments of obstacles and difficulties but what I received were all tremendous support and encouragement. Once I fell ill but I thank god there was unconditional support and care. Thank you very much and may God bless you all. Thank you UNICEF. I cannot deny Programme officers are doing all they can to bring us a fruitful experience, making use of precious donors to design rich programme which put an ultimate aim at nurturing future leaders and UNICEF messengers. Facing hurdles and obstacles, they are forever the first batch to fight and grasp opportunities for us. Confronting dilemmas in life, they are forever aside to provide guidance and comfort. And very importantly, it's always our beloved Officers who bring us stuff we carelessly left behind. In a blink of an eye, the Young Envoys Programme ends with a more-than-perfect field visit. But we shall never forget it's the beginning of our assigned mission to protect and promote rights of children in the third world. They are under suffrage of social discrimination, unfairness, poverty and even a lack of survival materials. UNICEF equipping us with skills and knowledge, YEs should believe in power of the youth to make a change to the world. We are to make a change. May I take this chance to recommend all readers of this paragraph make themselves a way to be embraced by the well-being of UNICEF. Young Envoys Programme may take you time, take your efforts, but certainly what in return are invaluable memories and friendships with project management skills. Please, take your time and be ready to join the family of Young Envoys programme 2011.

Chan Chi Yan 陳慈恩

Joining Young Envoys Programme of UNICEF is a whole new experience to me as it gave me the opportunities to try some new things and it also created lots of memorable experiences which I cannot forget in my rest of life. To me, the hardest thing in this programme is to persevere and really hold on straight to the end and that is also the thing that I learnt most in the programme. We used a long time to design the activities and prepare for presentation and designing different activities and it is hard for me to strike a balance between my studies and the programme. This programme gave us the opportunities to take full control of what we do and be responsible for whatever consequences there may be. People always say that through organizing an activity, you can know yourself more and I was doubtful about it before. But after actually being an organizer myself, I cannot agree more. Now, I am more responsible to my own decisions, actions, choices and consequences and it is very fundamental that we should be true to our values. As a team, I think we really did a great job as we worked together to achieve the common goals. During the mission of designing the programme, we have many different ideas and opinions of what activity we should hold. In this mission, I understand a team consists of members and leaders and sometimes, we have to change our roles. As a member, we have to do our best to contribute to the team and sometimes follow the instructions which we may not agree with. As a leader, we have to listen to the others and also make the best out of different people's abilities. Nevertheless, we also have to respect the diversity and difference among different people personalities. After all, joining Young Envoys Programme made me understand that we shall not underestimate our potential. Nothing is impossible as long as you do not give up and believe yourself. I am very grateful for this programme which have enables me the opportunities to try some totally new activities and many memorable experiences.

Chan Cho Kit, John 陳楚傑

The UNICEF Young Envoys Program 2010 provided an opportunity for HK teenagers to gather and acquaint them with a better understanding of UNICEF and the state of children in developing countries. I discovered and understood things about UNICEF as well as the situation of children in destitution in other parts of the world that I was hitherto ignorant about. Being a give and take process, envoys had to contribute to the program and UNICEF as to stay apart of it. Memorable is a compliment conferred in retrospect and undoubtedly the young envoy program was a memorable experience to me.

Chan Fun, Nicholas 陳寬

回頭 - 九個月的時間一眨眼便過去了，但這些美好的回憶一輩子都不會忘記。還記得起初懷著試一試的心情去報名，過了第一第二次的面試後，到了收到電郵的一刻，心中的那份激動。到經過每次training，要交report時的那份辛苦，到終於成為青年大使的那份興奮，到去完尼泊爾的那份不捨。回頭看看，我的確長大了。回味 - 和每一個YE渡過的每一刻，o camp，school service、social service、appointment到field trip，每一分每一秒都充滿著我們的歡笑聲，那些開心落淚的經歷都令我回味無窮，令我期待著每個星期六的training。回憶 - 每一段旅程都有完結的時候，但最重要的卻是那留在腦中的過程。我們57個YE手牽手的走過每一個難關，而最令我不捨的是和你們每一個的回憶。不論是開心或是傷心的，都成了我畢生難忘的回憶。

Chan Hu Ying, Charmaine 陳煦盈

I have learnt a lot in this programme. Being one of the youngest in YE10, I have learnt a lot of leadership skills and planning skills from the F.4's and the F.6's. It had been a great pleasure working with them during the Training Sessions. The field visit to Nepal was very remarkable to me. I can now tell the differences between the lucky and unlucky ones. I believe that every child there has great ability and a tremendous potential which they do not have a chance to show it. Despite of that, they are happy. They may not be satisfied, but they are happy. The situation they are in will push their ability to their extremes and make their life better. I think this is what we should learn. They will not give up even though they are in their worst situations. Instead, they will fight until they succeed. My friends who I have worked with in the school project have the same attitude and this inspired me to strive for what I have to get. We had wristbands this year which has "YE10 Outstanding, To Make a Difference" on it. This is what I have to stick with. We are the ones who are outstanding and will make a difference in the future.

Chan Ho Ching, Monica 陳灝晴

YE10，這四個字對別人來說可能是很普通，但對我來說卻是永都不能忘記...自2010年參加了YE的活動，我得到的有很多，從迎新營 school project, social service, appointment ceremony, field visit，我得到很多的機會：體驗、經歷、友情、體諒、支持，當然有喜的亦有悲的。感謝大家在這大半年來的教導，這令我成長了很多，話我真的不會說，一切的我會深深的留在我的心中，就如一個烙印一樣，經過時間的洗滌，但都不會淡忘。謝謝您們。

Chan Nga Man, Annie 陳雅雯

How time flies! Nine months have passed since I trembled with nerve and fear during the interviews, but every moment in YE10 still lingers in my memory. I can still recall how I overjoyed when I received the notification email from UNICEF, informing me that I have selected to be one of the 60 potential YEs. From the orientation day, when our journey began, we started to know each other and know more about UNICEF. Never will I forget the leadership camp, which held during the school mid-term examination. Never will I forget the challenging school project, which meant hectic schedule with enormous preparation work, coming with much joyful moments with great sense of achievement. Never will I forget the heart-warming social service project, which ended with bright and brilliant smiles on those innocent kids' face. Never will I forget the inspiring trip to Nepal, which was full of fun and joys, sweats and tears. We have all gone through these, these unforgettable and once-in-a-life-time experiences, hand in hand together. Doubtless, the UNICEF Young Envoys Programme is a demanding course requiring tremendous time and commitment, but being an envoy, which not like any of my other duties I have been, is more than just a title. Finding myself becoming more active, cooperative, sociable and organized, I have acquired much more than I have ever anticipated and all these equip me for the future. The program enabled me to have a fruitful year with a lot of meaningful voluntaries and eye-opening experiences. It may now here end but our friendships will never, nor our missions to serve UNICEF. Last but not least, thousands and millions thanks for UNICEF granting me such a remarkable chance to explore the world, and for all my beloved counterparts who accompany me in this fabulous journey. I am really delighted and honoured to be one of the young envoys of UNICEF in 2010. Here is where I discover hopes and passions the most.

Chan Tsz Ying 陳紫瑩

一年前，聯合國兒童基金會對我來說是一個非常陌生的慈善組織。一年後的現在，我十分熟悉這個機構，並對它有一份強烈的歸屬感。我想，加入青年使者計劃令我難忘的是大家共同完成一件事的那顆心。因為要五十多個人一起去達成一些目標是很難的。但我們卻做到，我們一起攀過高牆，我們一起籌辦屬於我們的委任典禮，我們一起遠赴尼泊爾做實地考察。而每次，當我們完成這些事後，我也會覺得好滿足。看著自己是參與其中的一個，我相信沒有事是做不到的。依靠著其餘五十多人的手，再難的事我也可以克服。這些都是青年使者給我的，而我亦非常珍惜。這一年的青年使者計劃也接近尾聲了。希望來年的青年使者可以做得比我們更好吧！

Chan Yuen Kwan, Jenny 陳婉君

從7月21日到26日的短短幾天時間，我們從香港到了尼泊爾又再返回香港。這是一次與眾不同的經歷。如果在香港，這5天，我們會過著正常的暑假生活，逛街，吃飯，睡覺，補習。正正是因為離開了香港，才有這樣獨特的體驗。在到達首都加德滿都一直到民風淳樸的群山山帶，尼泊爾從未間斷地給予我驚喜。首先是我對於尼泊爾的印象，一路上，都在不停地改變。夜晚，我們到達加德滿都機場，遇到了並不是很禮貌的海關檢查人員，又遇上了行李輸送的意外，令我對尼泊爾這個素未謀面的地方，充滿未知的恐懼。後來，到了我們第一晚住的酒店，服務員友好的態度令我度過了舒適的夜晚，那一個晚上，很安心。不知道為什麼，我總覺得，在哪裡，是安全的，可以安心地睡。第二天，我們到了他達(?)這個地方。群山和瀑布給了我動感，引發我的浪子性格。青山常伴，人世何憂？這一天，我開始寄情於這個名為「尼泊爾」的山水。我開始慢慢去瞭解，用心去欣賞。到了位於喜馬拉雅山山腳的酒店附近，我幸運地一睹數秒喜馬拉雅山脈的豪氣輪廓。不禁再一次感嘆尼泊爾的美麗景觀。之後，當地的人民總是給我們熱情的招待，鮮花、花圈.....怎麼不滿意興鄉情懷？如果人情常在，多好！相比香港，這裡的生活，簡直截然不同。就這樣，我喜歡上了尼泊爾，尼泊爾的風土、尼泊爾的人情。直到離開，我仍然懷念尼泊爾這個地方。不捨，積聚了滿腔眷戀和溫暖，在心頭，揮之不去。終日過著忙碌，滿是節奏和原則的生活，我，不曾想過自己也許是個善變的人。的確，我因為到了尼泊爾，開始感受到濃濃的人情味。再者，作為YE10青年使者，我在尼泊爾看到的並不止湖光山色，同時也在瞭解聯合國兒童基金會於當地對於改善兒童和婦女生活及社會利益作出的努力。探訪SSMK，令我認識尼泊爾青年人的發生平臺；參觀學校，我看到了香港與尼泊爾的教育差距；走訪婦女機構，我感受到了作為女性在尼泊爾的使命和毅力；走進醫療診所，我明白尼泊爾要改善的地方還有很多。雖然，這只是一個概括，但仍然有令我印象深刻的。在一間尼泊爾的兒童社團(child's club)，不大的土地範圍，有不少的學生進進出出，不少還是家住在要走幾個小時路程的山村。除了一間滿是骯髒蟻的廁格，便再沒有任何衛生措施。社團內有幾個水龍頭，學生就是從這些水龍頭取水喝。另外還有大約50間課室，但有一部分因為太舊而建築不穩而停止使用。課室分為各個級別專用，不同級別學生使用的課室備有不同的設施。例如，一、二級的學生課室備有地席、軟墊和玩具供學生玩樂，而且牆上貼著基本的尼泊爾語文和英語語文的基本字母。高年級的課室部分備有稀少的實驗用具。學生使用的桌椅是一套用的，一排可坐4至5人，顯得十分擠迫。有時候，20平方尺左右的課室還必須容納60人左右。而教師就有12個，其中有一個是女老師。校長辦公室狹小，會議室大概有兩個半課室大小，容納了超過20個社團的代表、10名青年使者、還有不少工作人員。再回看香港，我才發現，自己是身在福中不知福。我不是在炫耀什麼，只是，兩地的差距實在太大了。原來，尼泊爾最根深蒂固的問題還是沒有解決。第一，衛生環境。先不說車道、馬路上隨地牲畜的糞便，在正規的學校、人多的鄉村，也沒有一個乾淨的廁所。大家也還不習慣在廁所內方便，民族觀念之中，解決三急問題還不是廁所，而是毫無私隱可言的草叢。這證實了一個在當地聽到的可笑故事。第二，設施問題。在一間狹窄的教室裏和當地的同學在一起聽了一段簡介，感受過酷熱難當和擠逼的學習環境。又在滿是昆蟲的草地上和同學聊了一會兒，幾次被蚱蜢從我頭上彈跳而過.....原來，在尼泊爾，不論是學校還是社團，都沒有一塊乾淨平坦的空地讓同學休閒娛樂。課室是木頂建築，沒有風扇，夏天室內氣溫極高。桌椅窄小，有不少修補過的痕跡，沒有打磨的表面經常會刺傷人。當然，這方面我也領教不少。當然，存在的問題不是一兩個而已，但在這裡，我又能詳述多少？總之，缺點是有的，但不是全部。我覺得，唯一能夠改變尼泊爾命運的是當地人的善良和毅力。就像SSMK的人員說，他們也承受過不少壓力，但最終都被人們所接納，並受到支持。既然一個電臺能扭轉社會的風氣，讓人勇於發聲。為什麼，不能透過UNICEF的努力，我們的支持，社會的聲音，而令尼泊爾這個地方改掉她的缺點，而抬頭望見陽光彩虹呢？

Chee Ching Him, Grace 朱靜謙

Time sure flies by! It seems like just yesterday when we were writing the application essay, and now here we are- writing our reflections for the whole YE experience. I must admit to some conflicting emotions; melancholy for the approaching end, yet also a deep sense of achievement. Without a doubt, my year as a UNICEF young envoy was an amazing and unforgettable experience. Though it was certainly challenging with undeniable sweat and hard work, it was also fun and rewarding. We were involved in many projects throughout the year, from the orientation camp to drama workshop, understanding unicef workshop to the school and social projects, etc. ... I learnt a lot of useful skills- planning, preparing, promoting, negotiating, marketing, organizing logistics, communicating, presenting, managing, persuading, people skills, reflecting, evaluating, time management, responsibility, teamwork and coordinating with our group mates...just to name a few. The list goes on, but the rewards I have gotten from being a YE cannot be so simply spelled out. Besides learning these technical skills, the YE experience has also led me to appreciate just how fortunate I am, and ignited a passion to further the work of UNICEF, to help those less lucky than I am. Being a YE gave me the opportunity to expand my social circle, get out of my comfort zone. It was very eye-opening (and honestly, rather daunting as well), getting to know all these successful teenagers from the most prestigious schools in Hong Kong. The program gave me a chance to expand my horizons, and made me realize that I still have much to improve on. Listening to my teammates share their insights was very motivating and inspiring, and I hope that in the future, I will be able to see things beyond the surface, as they do. They have taught me that sometimes, when you just take a step back, you can often see things from a very different perspective. Thank you, to the UNICEF counselors and staff, our group leaders and the YE's from previous years. Thank you for your guidance, and for helping us along this amazing journey as a YE.

Cheng Tsz Ching, Stephanie 鄭芷青

Being a UNICEF Young Envoy is one of my dreams and now I still do not believe that my dream really comes true. Thanks UNICEF for providing me a precious opportunity to participate in the programme, I have learnt a lot and formed lifelong friendships with other young envoys. Joining the programme enabled me to have a fruitful year with a lot of voluntary work and unique experiences. Thinking back, the orientation day, orientation camp, school project, social service, appointment ceremony and finally field trip to Nepal, all these leave me unforgettable memories. The most impressive part is the field trip to Nepal. I cannot imagine there are people in such poverty in somewhere in the world. That is the life I would never be able to experience in Hong Kong. At that moment, I realized how fortunate I am. Besides, I witnessed how UNICEF helps those people with my own eyes and understood how grateful they were. They cherished what they had and always did the best to achieve their goals. Their optimistic attitudes motivate me to make a self-examination about myself. Through all the trainings, I found myself becoming more sociable, active, cooperative and organized. YE 2010 is a strong-bonding team, we shared, we learnt, we played together, nothing could separate us and we need each other to strike for children and women. Although YE Programme comes to an end, our friendship will never cease. Last but not least, I want to give a big "Thank You" to my fellow young envoys and UNICEF staff, who had made this year such remarkable and significant one with me! Let's shout "YE10, we are outstanding!" again to mark a perfect full-stop for the programme.

Cheung Sui Fong, Christy 張萃芳

很幸運地，今年我能夠成為YE的一份子，這微妙的緣份好像一早就注定了。最初我只是抱着試下參加的心態，不敢奢望能輕易入圍。直至考試期間，我終於收到入圍的電話，一切來得很突然，當時那份喜悅正標誌着YE的開始。接踵而來的是一連串的活動，也是我一個又一個學習的機會，工作坊讓我更加認識UNICEF的使命和在發展中國家的工作；話劇工作坊教我如何設身處地，從他人的角度看待一件小事；校內推廣活動的策劃和實行是最艱辛的一環，但當我穿上青年使者的T恤站到台上時，自信心不知從哪裏冒出來了，我不再畏懼任何困難.....YE帶我走出自己的圈子，走出學校，走出社區，走出香港，放眼世界。尼泊爾的體驗是一段難忘的回憶，我不會忘記當地兒童和婦女堅持改變的勇氣、村民夾道歡迎的熱情和重視、與我們載歌載舞的風土人情、尼泊爾風光如畫的景色，還有他們純真的笑臉、簡樸的生活、樂天的性格，這一切都叫我回味。這一年在YE又認識了一班好朋友，一同經歷過一同感受過，願我們的友誼不變，繼續在成長道路上扶持，繼續燃點為兒童的熱誠火把。

Cheung Yan ting, Winston 張恩庭

At the beginning, joining YE programme in 2010 was totally for the sake of the brand of UNICEF and to challenge myself. To be honest, the CRC and other stuffs were not important for me at that time... However, after several big projects (school implementation, social service), my mind, my attitude has started to change. In school project, I had to research news, information, pictures, videos, etc. for my promotion in school. Through this process, I had seen many pictures that were shocking. For example: when I searched pictures for Haiti earthquake. One picture captured the children helpless wink of one of the wounded... That hit my mind instantly and, really, I started to devote myself physically and mentally to this project and hope I could raise as much fund as possible... Since then, I started to notice my daily activities to see whether I was wasting resources. (Now, I will feel guilty to the poor living children if I waste resources) and I started to pay more attention on UNICEF work and so as the news about the children in the poor developing countries. Till now, I think that I am a children-friendly person, as I had more attention no matter to my personal daily actions, to whatever news concerned about children, to CRC and so on. This is one of the differences, one of the changes brought by YE to me! Apart from the above, friendship is also one of the greatest gifts from YE. In this programme, at the beginning, I was a passive, shy boy. But after more cooperation, more experience with the other 57 YEs. I started to be more outgoing and active. This is what I glad to see now. And more importantly, in YE, I have built friendships with the rest of YEs. We encountered a lot of difficulties in projects, we had some unhappy times throughout a year, still, these laid the foundation for our unforgettable friendship. At first, I thought we would be only acquaintance. But now, I can say we are lifelong friends! They would help you when you were needed (no matter YE stuff, or your personal stuff), they would give sincere advice to you, these, impressed me and feelings are hard to express in words... Anyway, YE is an eye-opening experience for me in terms of personal growth, besides it gave me lots of valuable gifts!! I still have many stuff to write, but the word limits just stopped me... Final word-YE 2010, Thanks so much! I love you all!!! YE10! OUTSTANDING!

Cheung Yik 張翼

時間的確過得很快，彷彿一瞬間我和YE們便建立起如手足般的關係，但又彷彿一瞬間就要完結每星期都見面的YE training生活。在這短短的10個月訓練，我們從中接收了很多。由ocamp，drama training，school project，social service，appointment ceremony，到最尾的field trip，一浪接一浪地向我們灌輸了不同的技能和經驗，完成整個programme後每人都成長了不少，所學的更是畢生受用，銘記於心。如果你問我YE programme對我最大的得著是什麼，我會答是心靈上的感動。小至YE們的一個問候、一個笑話、一滴眼淚...全部都能觸動彼此間小小的心靈，所以我們都說「沒有您是撐不起」的。大至在社會或地球不同角落上看到需要幫助的兒童，有的是新來港、有的是輕度智障、甚至有發展中國家的兒童...縱使活於不幸中，但他們用的是樂觀積極及懂得珍惜的態度去面對人生，輕輕的一句「謝謝。」已經在我心中留下最高心的感動，試問自己對現有的一切幸福又是怎樣的態度呢...在YE programme所取得的一切，我們將永遠維持及宣揚開去：維持YE10 OUTSTANDING的精神；宣揚聯合國兒童基金會青年使者的使命。

Cho Beattie 曹倩怡

Frankly, the trip itself was not the most inspiring ever. Talk about experiencing the life of the poor, I have been to places worse 10 times, saw more melancholic scenarios with the deprived ones suffering more tremendously. But who needs a field trip to see to believe that there were people living in devastated places, starving, while we can already witness these situations everyday on TV or the internet. Still, the whole trip was remarkably memorable and rewarding for me because of the people I went with, no matter the trainers or the YEs themselves. Denise was our group's trainer and whatever I did or saw there, it was her insightful comment that always came right out and struck me. The one thing that she said which inspired me most was actually words that she told us to stop taking pictures. She also added that it was because what pictures reveal or capture is never as magnificent or sentimental as what is seen with our very own eyes and what is stored inside our heart. She was very right. Pictures, as nice as they can be, are never as great as the real scenes. And even if we do feel something from the pictures, that's only because of the memories we have which activates all other emotions that's within us. It is us who give those pictures meanings. Therefore, I tried hard not to take as much photos as I used to, and tried to perceive Nepal with both my heart and soul, and to experience what is beyond the mere appearance of places I passed by. Nevertheless, I still do take pictures some of the time, partly due to my habitual manner and partly due to the Nepalese children's request. They loved taking pictures, or I should say that they especially love seeing their own faces that is displayed on the screen of the camera. I was aware that, as Denise had mentioned, the camera could create distance between us and the children as they rarely came into contact with this technology. Yet I find it a very good means to bond with the children. It has helped broke our language barriers and it has also helped the children broke into smiles. It was not the picture that was taken which matters, it was the process where we take a step further to put our arms across their shoulder or to hug them close that the children would know that they were no different that anyone of us and that they are as "touchable" as anyone can be, and most importantly, they could feel that they were loved and cared despite the situation they were now in. During debriefings, I got to know that our YEs were very aspiring ones too. Though I'm older, I saw something from them that I can't see from myself, and that is dream. They all seem to have a goal in their head and though they may be dreams too big to realize, at least they dare to dream. They've got the courage and bravery to voice what's in their mind and have been through experiences that were not quite desirable. Yet I saw the flame that they were talking about in their eyes. They might have said that they were lost and confused because of the failures they have been through. But as an outsider, I know clearly that the flame that they are looking for has never been put out for they are well aware that they have to stand from their mistakes and run to the finish line again. They don't know about it only because the aim that they are trying to achieve is just somewhat distant at that moment. But it certainly is there for sure. And for this presence of flame in them, I admire all YEs here this year and I wish everything best for them. I used to say to myself that I'm just not ambitious enough, yet I realize that I am just a wimp who dares not to go any further because of my fear towards the possible failures ahead. Cowardly me, were hinder by the fear in head Yet I have transformed because of this trip. I dare not to say this change in me is big but I'm at least aware that the status quo is never enough and I'm capable of dreaming bigger no matter what happens at the end. Thanks everyone. Last but not least, I'm particular impressed by what the UNICEF has done to the Nepalese. And I'm marvelled by the approach that they adopt in helping the needy. They don't just help deal with their emergency offer but also take care of their long term needs. They teach them to make change by making the people of their own race to advocate the idea themselves. UNICEF uses their wit to make the most for the Nepalese with minimal resources. That explains the surplus! But honestly, I'm very impressed with what I saw.

Chu Kwok Ho, Gordon 朱國豪

Two years ago when my seniors joined the programme, the things they did during the UNICEF week at my school really brought me the attention to this programme. I was lucky enough to be chosen at the very end because of my late submission of application. It was then when I started learning more about the work of UNICEF during second interview preparation work. I never expected such an intensive schedule of trainings and meetings to attend in the first place. Drama workshops, School projects, Social Service projects...and even a series of preparation periods a few weeks before the exams. The start was never easy for me. Training sessions clashed with other classes and activities. My parents keep bugging me to sleep early despite the fact that there was still work to do for the school project. Midway through the programme I once had the idea of quitting YE10, focusing on certain activities and just give up all the things I've done. But seeing all the other Young Envoys striving for the best and working till 3am without any complaints, I started to think back and knowing what had I done as a YE10, and eventually the answer is – almost nothing. The preparation of the appointment ceremony brought me back in the YE programme. I realized that my attendance rate was one of the lowest among the entire group of YEs, and if I want to really reach out to the world and make a difference, that should be the first thing I need to improve. Then comes field trip to Nepal which gave me time to reflect my purpose of joining YE10, and it did work – to make a difference, and to change. Although I disappeared in the middle of the programme, everybody gave me a chance to come back into the big family. The lessons and experiences I went through are definitely valuable things that marks my growth in my journey of life. Thank you YE10. Thank you UYIC staffs and YEC mentors. My 2009-2010 semester would never been so remarkable without your support and reminders. I will truly treasure this wonderful pathway I've passed by, and will continue to make a difference, no matter small or big, on the pathway of hope. YE10 love you guys.

Chuk Hiu Na, Kristy 祝曉娜

青年使者計畫，一個讓我成長的地方。在這裡，我學到了很多，也感受了很多，當然，亦得到了很多。在這裡，忙過、累過，亦笑過。從一開始的陌生到現在的熟悉，一切，都經過了時間的洗禮，更重要的是少不了聯合國兒童基金會提供了這個平臺。9個月的訓練過去了，一切仿佛是昨天發生的事一樣。我還記得有人曾問過我，在這9個月裏面你們做了些什麼？那一刻，我腦子一片空白。是呀！在這9個月裏面，我們做了些什麼呢？難忘的？深刻的？疲累的？開心的？難過的？感動的？這一切都有。青年使者計畫為我的中三生涯添上了一份充實，幾乎每個星期六都少不了要回centre的“厄運”。呵！我很想用“忙得不亦樂乎”這一句話來形容這一個計畫。雖然有很多project、service要完成、要準備，但當中不失有著一份快樂與滿足。當每一次要交功課的時候，我們每一組都會日出而作，日落而息，甚至會犧牲吃飯時間來完成我們的工作。在這裡，我看到了YE的努力，我看到了YE的付出，我看到了YE的成果。Sofia曾在field trip的時候問過我們“YE的那一團火在整個計畫結束後會否消失呢？”這一個問題相信在大心中都曾浮起過，但我深信的是，即使有YE的那團火熄滅了，亦都會有人幫他重燃，因為YE是互為影響的，是發揮正能量的一個團隊，所以，我們都應當相信YE10並沒有結束，而是實行我們使命的一個開始。

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感謝、感謝YE10帶給我的每一份快樂、每一份感動。

感謝、感謝每一位YE陪我一起成長。

感謝、感謝YE10讓我學會很多、得到很多。

感謝、感謝YE10帶給我的每一份經歷。

一切盡在不言中……把最美好的祝福送給每一位YE，讓我們一起將YE精神傳揚下去，一起保住YE之火。YE10加油！

Chung Wing Fung, Harrison 鍾穎峰

When I look through the directory of my computer, there are numerous pieces of reflection I wrote in this year of YE trainings. I glance through the writings and my mind flashes back to what I have gone through in the past nine months. Time flies and this will probably be the last piece of reflection I write for the Young Envoys Programme. To me this nine-month journey is a roller-coaster ride filled with new experiences and emotional moments. It's a journey about growing up. Working on various projects and presentations, I gradually learnt to deal with other people and work out the best solutions with them as a team. Without the programme, I am sure that I will miss a lot of chances to liaise with numerous parties during the school project and to deal with a lot of difficulties in real life. I believe I handle problems much more maturely right now than nine months before. It's also a journey which provides me a chance to think what life is about. The field trip showed us how people in the other side of the world live. I am sure every YE's heart melted when they saw the smiles of the Nepali kids at the worn-out schools, their half-broken pencils and yellowed exercise books. I learnt to treasure what I have in my life when I saw how satisfying they were with the only possession they have. Last but not least, it's a journey which turns strangers into close friends of each other! It is so magical that the programme brings people from different background together for the same cause. I always remember vividly the moments when we all formed circles and enjoyed the feast we made on our own in the camp, when we all stuck in a room to share our thoughts and feelings for the field trip and of course, when all YEs sang along and gave me my birthday blessings at the centre. Thank you my fellows, you make a page of my life fruitful and colourful! Good luck to you all!

Fong Tim Ming, Vincent 方添明

UNICEF Young Envoys Programme is not only an extraordinary program, but a life changing experience. Unlike many other programs the UNICEF Young Envoys Programme prepares you in each and every aspect of life. They offered a wide variety of programs that enhance your social, public speaking and organization skills. I personally learnt most at organizing a field trip with mentally challenged children. Though the planning appeared to be quite a daunting task, with the support of other young envoy everything appear to be achievable. With detail and precise planning the execution process was smooth, we had just as much fun as the children did. It was their laughter and smile that made me understood "All who would win joy, must share it; happiness was born a twin." - Lord Byron,

Ho Chung Sum, Samuel 何頌琛

"...Life is like a roller coaster journey – there are numerous ups and downs. And YE programme has enabled me to experience this fluctuation..." I remember I said this on a sunshiny Saturday in May, when I was given an opportunity to share my feelings on the Retreat Day. Indeed, I was right. The UNICEF Young Envoy Programme has given me a treasurable chance to ride on a roller coaster, going through a series of extraordinary tasks. In January, along with my excitement and enthusiasm in the orientation camp, the roller coaster of my YE journey launched. From that moment onwards, I determined to dedicate myself to this programme, such that I would leave no regret. Afterwards, in February, the challenges came. Workshops, trainings, projects, services and appointment ceremony were carried out one after one. During the process, there were happiness and satisfaction, yet there were also tears and toughness, especially during the packed schedule of our school project. However, as I travelled through these ups and downs, I realized I had gained something else unexpectedly. I had gradually built up profound friendships with other YEs as we worked together. As a result, though our routes were full of obstacles, with our persistence and supports to each other, our journeys continue successfully. Last but not least, the Nepal field trip in July remarked the highlight of my roller coaster journey. As I stepped into the unpolished buildings of Nepalese schools and centres, I came across various groups of Nepalese people. From their attitudes towards life, I learnt the true essence of happiness. The roller coaster routes of most Nepalese are much more rugged than that of us, yet with a simple mind and a sense of satisfaction, their lives are filled with joy. And now, YE Programme has come to an end. Looking back, I am stunned by how fast time has passed. Throughout this short period of time, the Young Envoy programme has lightened my life. It granted me the ability and passion to see the world, to hear the world, and thus to serve the world. Perhaps, for this very moment, the YE roller coaster has stopped moving. But I believe that it is just a temporary stop. The roller coaster of our life has just begun.

Hsue Cheuk Yiu, Crystal 徐卓瑤

It's fate that we came together in the UYIC for a reason, that to be a Young Envoy. It's fate that we were once very good companions for a reason, that is to work on school projects, social services, appointment ceremony presentation, etc. But it's also the fate that this program has come to an end, that we will no longer have any training. Everything has been so magical since the very first day. It all happened in a blink. The unfamiliar faces on the orientation day no longer exists, as they have all become my long-lasting friends. Date back from the very beginning, the whole program was just like a blank piece of paper. It has been a miracle that 57 teenagers from various backgrounds unite together, working together, unleashing our creativities to construct this unique painting of YE10s as a whole. Bits and pieces of the program has enriched my experiences, say like the most large-scaled school project Esperienza, has unquestionably given me a platform to utilize our dream program, which involved over 60 participants. I remembered I was the one who proposed the word 'experience' as the theme for this project, but I can hardly image how this word has influenced my life since then. Now, I tend to spell every single word beginning with 'exp' as 'esp', like 'esperience', 'espection', etc. The blissful smiles shown on the participants' faces have recognized our concerted efforts, and I felt myself being loved. Life is always at a turning point, and this program is doubtlessly the twist in my life, especially the field trip I have been to, which was exceptionally heartening. It appears to everyone that people who live in poverty feel hopeless with their lives. Never do I expect to have that much introspective reflection after visiting Nepal. Soon after the interaction with the Nepal Child Club members, the District President Surya Gaudam came to me and asked for my name. In the wake of a short chit-chat, she clasped my arms firmly, and took me to her friends. She pointed at me, and said, "My best friend." These three words struck me, and tears filled my sockets. Hardly could I believe that I could befriend with a Nepalese, not only friends, but best friends. 'I love my heart because it loves you, only for you' is the last line in the poem she has written for me. Despite it seemed that we came from different worlds, the mutual trust had bind the hearts of two distinct teenagers together. Isn't it miraculous? 'YE10 Outstanding. To Make a Difference.' These two lines on my wristband have proved the success of this program. The reason I made this wristband for everyone is that I hope we could have something to symbolize our wonderful memories. Throughout these nine months, we stepped out of our comfort zones, and reached our limits, or ever go beyond them. With these, we grow, we learn, and achieve our goals. And yet, it comes to the end of this remarkable program, which also marks the beginning of our mission - To Make a Difference.

Kwong Yu Yan, Jacqueline 鄭好欣

YE10, it's just like a dream for me in my academic year of F.4. The email informing that I had successfully enrolled into YE10 was certainly the best gift for me in F.4. If you ask me, which programme, training or activity left me with the best memory; I would not have the answer. Every time I spent in YE10 was memorable, sounded cliché, but this was my heartfelt feeling. I remembered the day I stepped into UYIC, all I felt were nerves and uneasy. The feeling of being alone and unacquainted was not something I could stand. However, after the training camp, 'understanding UNICEF workshop'; our group gradually built a strong bonding with each other as well as with our mentor. Indeed, YE is a programme that encourages us to step out of our own 'comfort-zone' and work with another ones. After drama trainings, we conducted our social service and school project. This enabled us to work with other YEs, all the experiences I had during meetings and all the things I learned from all of you enriched my life. Appointment ceremony was another moment that I was touched and moved. When all of us held our hands and sang our song; tears were running in my eyes. With all our efforts, a successful performance was showed and every appointed YE held the cert with content. From all the times I spent in YE10, the things I cherished the most was the friendship and relationship built in between all of us. The tears I dropped in YE10 and all the laughter I had with all of you stay in me forever. The hugs and encouragements for me helped me overcome lots of hardships. Last but not least, the NEPAL field trip² was certainly memorable. The sceneries, the smiles on Nepal people, and the things we should actually learn from them were something I could not forget. Those 5 days were inspiring and the times with YE10 trip 2 members were equally enjoyable and precious. All I want to say to YE10 and UNICEF is 'Thank you!' Thank you for giving me the best Saturdays I've ever had, thank you for giving me the loveliest laughter and smiles, thank you for all the supports, and thank you for letting me build the most precious friendship with all of you. YE10 is the place where I experienced, where I could surmount my old self and where I could truly be myself without a slight disguise. 'WHO ARE WE?' 'YE10!' Let's extend out magic and spirit that they will never fade!

Lai Chung Nga, Joanne 黎頌雅

"I haven't been engaging in any community services in the past years and would like to take this opportunity and give it a try." I remembered this is what I said to the judges in the second interview. After one year's training, I have gained so much. Meeting new faces was the first challenge to me. Starting to view the world in a different perspective, in a way that I was not familiar with, this is one of the most important lessons I have learnt. Starting to be less self centered, trying to listen to the others, these are all the theories of life that I have gained from this program. I hope to apply these theories to my life, to change my own mentalities, to change the value of my life. It's not about doing great things; it is about making a difference, even a small one. Though this program has come to an end, I will never forget the strong spirit that we, the young envoys of 2010 have had. This will be and will forever be an experience that I will never forget in the rest of my life. It is an experience that you should not miss.

Lam Cheuk Ling, Stephanie 林卓羚

From the competitive interviews in November, to the field trip in mid-July, I must say I have gained so much throughout these months and the YE programme has entirely changed my life. Frankly, I was thrilled when I got the notification email from UNICEF, knowing that I was selected as one of the sixty potential young envoys. I thought it would be just fun and games, but it wasn't! I never expect there would be such a packed schedule, and have so many tasks and paperwork to be done. Talking about the most rewarding activity I have organized, I must say the joint school project "Esperienza" is a memorable one. I was impressed by how efficient, professional and mature the young envoys were working together to make this "impossible" and complicated plan came to reality. I was really glad to hear from YEC members that this is the most large-scaled and grand school project ever in YE's history, and the participants from different schools were enjoying it. I am so lucky to be part of it! The field trip to Nepal is undoubtedly the most important and inspiring part of the YE programme. I would never forget the generous and warm welcome given by the Nepalese. Every time when we arrived at the hotel, sites or villages, the Nepalese always treated us with the best thing they had got. Handmade files, garlands... These weren't expensive gifts, but I kept them very well as they symbolize their blessings to us. The experience and memories I had in Nepal was more than words. I remember a Nepali village woman raising a question, asking us what is the tip to educate her children to become people like us. All of us did not expect such a question since we see the education and accomplishments we got as for granted. They see ourselves as someone superior, but if we had not got the fortune to be born in Hong Kong, we are nothing. Seeing the Nepali children's smiling faces, I realized that our life should be much simpler. Happiness is not just about materialistic things, they are actually vague and meaningless. Perhaps, to smile wholeheartedly is something we could learn from the Nepalese. All in all, lots of thanks to the programme for giving me such a life-long experience and lots of wonderful friends in these nine months!

Lau Sin Yu, Cindy 劉倩如

青年使者計劃給了我很多難忘的回憶，十五歲中四的這一年因為這九個月而變得多姿多彩、有意義。從面試到往尼泊爾考察，每一時刻都不可或缺，組成了我人生中精彩的一部份。面試可說是一大驚喜，我心裡渴望成為UNICEF的一份，但當看到眼前的精英唇槍舌劍，卻又感到沒甚麼可能，收到通知的那一刻真是喜出望外。現在想來倘若我當天沒有被挑選，是多麼大的一個遺憾。O camp 過後是大大小小不同類型的project，每次都讓我與不同YE接觸，感覺很新鮮。School Project讓我更加了解同窗好友Katie，還記得每夜都跟她用電話談細節，用甚麼方法可以令同學認識UNICEF和CRC。從構思、訂購、搬運、宣傳種子都是自己一手一腳包辦，才真正了解何謂籌辦一個計劃。到了social service，與智障兒童相處一天，看著他們在奔跑，在大叫大笑，感慨原來快樂可以很簡單，籌劃的一切困難和辛酸已拋諸腦後，盡情享受。經過一番的辛勞後，得知獲正式委任為青年使者，實在興奮，這可說是對自己的付出的一個肯定。然後，又要在考試期間忙著籌劃委任典禮。大伙兒在台上唱著「六十個青年 都不懂愛 沒想到 Young Envoys 令我信心不變改」的場面實在感動，那時候我才真正感受到一群人凝聚起來的震撼，那時候才得知原來大家感情可以如此深厚，那時候才懂得珍惜接下來相處的時刻。屈指一算，最後是到尼泊爾的考察。這趟旅程的確擴闊了我的視野，讓我看到世界的另一邊。尼泊爾這個小國雖然貧窮卻比香港更迷人得多，迷人在尼泊爾人的濃厚人情味，他們教導我縱使資源短缺但知足常樂。SSMK主持對工作的熱誠和遠見、小朋友為讀書而對惡劣學習環境的忍耐、謙卑學習的主動、婦女互相幫助的組織、還有child club members的大志，都告訴make a difference是個輕易掌握在自己手上卻又很難完成的挑戰，過程中需要跨過重重難關，還要努力奮鬥，最重要的是放膽去夢想。整個計劃的確是難忘，但現在卻是難捨難離。樂富中心融合了我們來自港九新界不同地方的青年，為著兒童權益而努力，真是難得。請大家不要忘記五十七張臉孔和自己帶著來的理想。YE 10 不只是屬於我們的，還有世界各地的兒童。U-N-I-C-E-F 有它不再覺得生命無望，敢愛。

Lau Suet Ying, Alice 劉雪瑩

This is one of the greatest programs that I have ever joined. I have gained a lot of experience in the program and I am very much honored to be one of the UNICEF Young Envoys 2010. From the beginning of the program till the end, I can see that all the young envoys have tried their best to devote most of their time and ability. I am impressed that all of us are supporting each other. While encountering setbacks or failures in the program, we always strive our very best to finish our challenge and never give up. In July, we have participated in a trip to Nepal. This trip enables me to understand more about the state of the children in developing countries and the work of UNICEF in improving the lives of children, and for the first time, able to contribute myself in the meaningful services to those children. Youngsters in Hong Kong are very lucky, our parents often provide a lot of resources to raise and train us. Being extremely lucky to grow with substantial resources, there are many possibilities for our lives. However, most of us do not make good use of these opportunities. We only know how to complain. During the trip in Nepal, we found out that children in Nepal are trying their best to create a better environment even they were lack of resources. So why can't we do more to change the world? With strong determination and cooperation between young envoys, I believe that this would not be a difficult task for us to pass our passion on and to create a better world. To conclude, I would also like to show my gratitude to the staffs of UNICEF who provided numerous supports and guided us throughout the program. I am very pleased that Sofia, John and Cathy has spent more than an hour every day to lead us to reflect ourselves for the trip. It let me reflect our strength and weakness and the actions that I need to take in the future.

Lau Tin Ching, Timothy 劉天正

"你的心中 或許不重要 其實小小心靈 沒有你是撐不起
很簡單 卻使生命無懼 世上很多快樂 正在等你" - YE 2010 Song

長達九個月的YE活動一眨眼就完結了，這幾句歌詞卻深深的印在我的腦海中……還記得我第一次到樂富UNICEF面試的時候，心裏是多麼的緊張……但是過了兩星期後，收到了那封取錄email的我卻不怎麼興奮，更別說會開心得哭起來……不知為什麼，我總是不太珍惜這個機會，總是提不起勁……不過很快，我們六十個YE就有機會透過O-camp互相認識，雖然過程很辛苦，但我們在解決這些重重的問題的時，建立了我們大家深厚的友誼……在這短短的幾個月裏，我認識了一班共渡生死的朋友，我們大家一同經歷了很多很多，各種各樣的苦與樂……從一開始的"Understanding UNICEF"報告，直至接下來的"Drama in Education Workshop"和"Social Service"，以及後期在校內推行的"School Project"等等，雖然我不是太投入，但我從中學會了不少東西……而在"Appointment Ceremony"，當我成為了YE的一份子以後，我反問了一下自己，"究竟我這七、八個月以來，為YE付出了多少？"，我當時呆定了……連我自己都覺得意外，我真的好像沒怎麼盡過努力，我當時真的很後悔自己沒有珍惜這個機會……光陰一去不復返，我在後悔的同時也只有後悔……反思過後，我只好在剩下的日子裏，"Field Trip to Nepal"，發奮努力……我在尼泊爾當地只有短短的五天，但這五天卻在我的生命裏發揮了很大的意義……五天的旅程，可說是短，也可說是長……短的，是旅程的時間；長的，卻是我們的回憶……這些可貴的回憶令我成長了，令我從頹廢中再次振作……同時在我人生的路上添加了一樣很重要的東西……也就是愛。

Lau Wui Yin, Candice 劉蕙妍

I always believe learning is more than just reading lifeless textbooks or having compulsory lectures at school. In the most energetic years of teens, it is certainly a good idea to make new friends and have some crazy extra-curricular activities. So I supposed it would be quite cool if I could get involved in some of UNICEF work---the name "UNICEF" itself is cool enough. For these reasons, I opted to join UNICEF Young Envoys Programme 2010. This is how my YE journey began. Of course, bearing the name "UNICEF Young Envoy", doing services is unavoidable. We learned to organize a service day for ethnic minority children and we volunteered in the UNICEF X HSBC Easter Charity Sale. "Service opens windows in your life instead of just mirrors that always reflect yourself." In planning the service day for ethnic minority children, as a programme organizer, I understood the importance of putting yourself in others' shoes. Planning a service is not an easy task because you have to be extremely careful and considerate with your target group's feelings. Fortunately, with group work, this formidable task was achieved with laughter successfully. Through the social service project, I have learned to be a humble volunteer and am very grateful of experiencing the joy in doing service. Talking about the highlight of the entire YE programme, the field trip to Nepal is genuinely a once-in-a-life experience. Visiting the areas where UNICEF (Nepal) has improved, I have understood how the donations are wisely used there. Apart from witnessing the physical environment in Nepal, I realized the Nepali actually had great life attitudes. For children, most of them aspire to become doctors or teachers in the future. For adults, they aspire to bring a better growing environment for their children. True, Hong Kong is more affluent than Nepal. But in comparing our perceptions of life, our counterparts in Nepal are definitely more certain about their dreams than we Hong Kong people, who have been worshipping money for half our lives. Well, there are simply too many to be noted. So my fellows, experience the magical YE journey by yourself!

Law Cheuk Wun, Jake 羅焯桓

光陰似箭，日月如梭，時間飛逝，轉眼之間，九個月的歡樂歲月悄悄的完結了。回想起當初填寫報名表格的時候，心中一股感慨。那時的我，空有志向，但鬱鬱不得志，終日流連白日夢之中。曾多番嘗試爬上高處。可是屢戰屢敗，人窮志短，如乞酒的醉翁被小孩所玩弄，乞兒尚得到幾個零錢，我卻乞不到個夢，只有發牢騷的份兒。失意之際，友人送我一網網址，叫我去看看。我看見「聯合國兒童基金會青年使者計劃2010」，一股衝勁再時注入我的腦袋，我收拾好心情，一口氣填好表格，還寫好了文章，一併交出去了。等了幾天，心情不太緊張，失敗我嘗得多，挫折算不上什麼。後來一封電郵傳到我的郵箱，有點驚喜，就這樣，懷著既興奮又不以為意的心情去第一輪面試。到了樂富的聯合國兒童基金會青年資訊中心，看見門口排著一大堆椅子，上面坐著一排排的人，我心裡暗暗發慌，「好多競爭對手啊。」進去面試，有自我介紹和小組討論，內容不太難，自己表現不錯。又等了幾天，收到了第二輪面試的通知書，這趟去了跑馬地總部面試，也是小組討論，不過要以英語對答，還碰上了讀國際學校的對手，情況不太好，我身邊坐了另一個男孩，他叫戴駿浩，也是陷於苦況，難以發言。好不容易爭到了少許時間說話，忽而察覺身旁的他已經好久沒發言，轉念之間，向他打了個眼色，把發言機會讓了給他。聽起來好像很愚蠢的決定，我卻決心這樣做。雖然覺得自己當時表現不太好，但面試都過去了，就不再執著，也沒遺憾。直到再一封來自聯合國兒童基金會傳到我的郵箱，我畢竟考進去了！那是個好消息。我去了迎新日，認識了幾個新朋友。九個月以來，有訓練營、工作坊、學校推廣計劃、義工服務、委任典禮、尼泊爾考察團等等。途中遇到了種種挑戰，亦經過不少歡樂時光，也反思過很多問題，有了屬於我自己的得著。大家可能會質疑，為何不多寫計劃途中的感受，卻寫了面試時的情況？其實，每個人都有屬於他自己的經歷，每人得著不同，我印象最深刻的，還是面試的過程。我和戴駿浩都當上了青年使者，還成了好朋友。相信大家都在青年使者計劃之中獲益良多，希望來年的青年使者後浪推前浪，更進一步！

Lee Sandy 利穎妍

How time flies! It's been nine months since I've first pushed open the door of the UNICEF centre and met all those new faces. When the new faces become so familiar and meant a lot to me now, however, this programme has to come to an end. Looking back on times, from leadership training camp, drama workshops, school project, social services, appointment ceremony to field visit, we've grown and learnt a lot. Young Envoys Programme has made my 2010 a fruitful, meaningful and invaluable one. There were touching moments when we successfully completed our goal together. There were hard times when we had to fight against our tight schedule mingles with loads of schoolwork. There were proud hours when we were appointed as Young Envoys. These are experiences that etched in my mind forever. Being Young Envoys, we can enlighten people that there are more in our lives than self-interest and profit; plant a seed to people's hearts that we are responsible to give a helping hand to others. I didn't know teenagers like us could do this before. But now, I am confident and determined to step out and make a difference to the needies in the world. I also wish to express my thanks to our trainers- Sofia, Lily, Jonathan and John, who teach us a lot about life and support us all the time, with all the YEs. They have left a trail in my life and my heart. Every time when I see the logo of UNICEF, I can strongly feel an unbreakable bond between UNICEF and me. Although the programme has ended, our passion and faith in making the world a better place for children and woman will not fade. YE10, outstanding!!!

Lee Wai Leuk, Adrian 李偉畧

歲月，總在不知不覺間流逝。人，卻總在笑聲淚影中成長。猶記得迎新當日掛著一絲靦腆的笑容步入聯合國兒童基金會青年資訊中心，在陌生的地方面對陌生的人。而今，年曆翻動不足一回，起起伏伏，靦腆日漸消散，陌生的臉孔日漸熟稔，經歷的、學到的、得到的，不落言筌。很多很多事難以忘懷，但是於我而言，最難忘懷的卻是笑聲和淚影。不論飛鵝山上露營、社區活動、校內活動或尼泊爾實地考察如何艱辛如何困難，我們總能攜手笑對難關，良辰美景，往事當然歷歷在目，而在尼泊爾山區小學學童收到禮物後，天真爛漫純潔可愛的一線笑容，更是刻骨銘心。然而驪歌高奏，離愁別緒盡化熱淚盈眶，在暗處偷偷抹去淚珠的情景，長存五內，任憑年月沖擦，又怎能遺忘？每每載歌歡笑，每每潸然淚下，每條簡單的道理，每次深刻的經歷，都是成長路上的足跡腳印，一步一步，印在內心深處。成長過後，我最希望能把YE中所學到的回饋社會，幫助有需要的兒童，協助他們健康成長。

Lee Wing Yan, Winnie 李穎茵

"Give me a Y!" "Y!" "Give me an E!" "E!" "Who are we!" "YE10!!" "O~~USH!!! 打這篇感想，這句簡單不過的口號不其然於腦海間浮現。一句只屬於YE10的口號。九個月前，曾歡天喜地收到確認為YE10的一員；八個月前，曾經呆望著訓練時間表一度嘆氣；六個月前，曾藉大家的努力而對聯合國兒童基金會的工作認識更深而沾沾自喜；五個月前，曾因義工訓練而接觸一群南亞裔的小朋友，而頭痛，而認識一群愛發瘋的好友；四個月前，曾與師姐在校內推廣聯合國兒童基金會而弄得頭昏腦脹；三個月前，曾在考試期間共同硬著頭皮準備屬於我們的青年大使就任典禮；一個月，五十七個青年大使浩浩蕩蕩往尼泊爾出發。曾經，我們或連打招呼亦感尷尬，但在這旅途中，卻再沒有誰介意在這個家庭中敞開心扉。原來，我們在不經不覺間已建立了對彼此之間的信任。屬於YE10這個大家庭內每一個人的手早已搭住了大家的肩膀。在考察團中，一團屬於YE10的火亦燃燒起來。我深信，這團火不會因計劃的結束而熄滅，卻是點起更多人心中的火。曾經因訓練活動的頻繁而感無奈，到今天，卻又再因訓練活動的完結而感到失落。九個月的訓練驟眼過去，滿載而歸的我自然心滿意足。在這個計劃中，遇上了一群有自信、有方向、心中有一團火、有目標的同行者，夫復何求？

Leung Hoi Laam, Haily 梁凱嵐

記得在二零零九年十一月，我報名參加了二零一零年聯合國兒童基金會青年大使計劃，經過重重的面試及考驗，在十二月尾收到了我入選的電郵，那時的我多麼的吃驚及雀躍！轉眼間就是二零一零年八月了，經過半年的時間我完成了所有的訓練課程，成為一個真真正正的青年大使！起初的我以為這個計劃只是青年大使去幫助和協助兒童及婦女而已，完全沒有想過能得到甚麼，帶走甚麼。可是我錯了，沒想到學到最多，帶走最多的竟然是我——自己！在這裏，我除了認識聯合國兒童基金會，我亦認識了一班好友，和他們建立了友誼及默契，他們使我了解自己，開放自己；使我快樂，成熟！這半年間，我學會珍惜，懂得信任，得到經驗；在過程中，我們試過失敗，想過放棄，可是我們一班青年大使不但互相扶持，不怕艱難面對挑戰，而且更變成了一個大家庭！這裏充滿奇蹟、信心、勇氣、歡樂！雖然這個大家庭有時也會有互相猜疑，出現分歧的情況，但我們卻在這些事情，經歷裏得到成長，使我們更信任及愛護彼此！不知不覺間，這個計劃已經去到尾聲，這個溫暖而快樂的家庭就要各散東西，可是我希望所有的青年大使都不要忘記我們在訓練裏的汗水，淚水；不要忘記我們的友誼；更不要忘記我們的信念！我相信只要我們有共同信念，發揮青年大使不放棄、積極、勇於嘗試的精神，總有一天我們會再走在一起！

Leung Lok Ting, Letty 梁樂婷

由一開始的面試到暑期時的考察活動，足足有半年有多了。由當初抱著「什麼啊？學校都夠多功課要做了，我媽幹嗎還要我參加這些活動啊！？」的心態去面試，到考察後最後一次聚會「啊！已經完了啊？那以後會更少時間見面了，人人都各散東西了！」，不知不覺間透過半年來不同的活動，認識了一群年紀相若，興趣相近，性格各異的年青人，深覺天外有天，不能再把自己困在學校這個小圈子裡。一直以來，我自知自己不是太主動，凡事都處於被動，也對自己沒多大信心，往往下決定時都把持不定。一切都怪自己不夠爽快，在到尼泊爾考察期間，有幾個YE 向我表示他們現在才真正認識我或是我姓什麼，我那時就想「糟糕了，整個programme都已近尾聲了，這個時候才真正認識我！」不過沒緊要，只要有心，我們57個YE10的友誼永遠長存！這半年，說長不長，說短不短。但都已足夠我學懂了不少道理，其實有很多是我們日常微不足道的小事，就如一個微笑，有時候我們只當它是一個給別人的應酬或是敷衍，但對於小朋友或是尼泊爾的人們，這就足以大大拉近彼此的關係。對尼泊爾男女老少說一句「Namaste!(你好)」他們會即時合十雙手回你一句「Namaste!(你好)」不管他們認不認識你，這是文明社會不會學懂的事。你試著在街上四處向人說早安，他們不是向你投以奇怪的眼光，或是說你一句「有病！」，甚至會替你打電話到精神病院訂房。快樂，對每個人而言都是必需的，無論他/她身處哪裡？年紀多大？身家多少？健康如何？快樂都是不可割缺的。正所謂「一笑天下無難事！」

Lim Kar Yee, Shirley 林嘉怡

Landing on the airport of Nepal, I felt extremely complicated. Thanks to UNICEF, we had a golden opportunity to visit Nepal and have a thorough exchange with those who have been making effort to help the needy in Nepal. After a series of trainings and preparation, I thought I had a brief understanding of the local situation. However, things are worse than what I had imagined. Children looked different from those shown in the promotion video clips. The situation was awful but they still hope to have a promising future. You can never see their little happiness in the videos. The trip is undoubtedly inspiring. Thank you, UNICEF.

Man Chor Lam, Michelle 文楚霖

Tears are not a sign of weakness, but a way to tell others that I actually care. This is why I become very emotional and sensitive after joining the UNICEF Young Envoys Programme. Sometimes I shed tears from joy, tears from misery; sometimes I snivel and I just cannot explain. Although this demanding course required a substantial and significant commitment of time and effort, I must admit that I gained perspective, encouragement and motivation every minute I spent on this program. Before joining as a youth representative, I used to be an introvert, mainly because of hesitancy and fearfulness in showing hints of my comparatively limited knowledge. I worried about revealing my imperfections. I feared criticism. However, completing the nine-month Young Envoys Training Program enables me to recognize that I cannot and should not stay passive when children in developing countries are not given the opportunity to be heard, even though they usually suffer from multiple violations of their fundamental rights. The program has managed to inspire me to believe in myself and that I can make a difference whenever we are. Everything from Leadership Camp to our field trip in Nepal has rewarded me with a sense of contentment. When I look back on all we have done and see how far we have come, I feel surprisingly proud. I am glad to know that through the good and through the bad, 57 YE10s have been on the side of each other when no one was there to give us all the support we needed. All I want to say is Thank You. Thank you YE10 for making me feel loved, noticed and appreciated. Thank you for granting me a glimpse of UNICEF Young Envoys magic. The power it gives as a whole. The nourishment it brings to your soul.

Ng Cheuk Lam, Astina 吳苟嵐

This is the turning point of us, we children. 是的，短短半年的青年使者訓練計劃就這樣的完結了。由interview, 到o day, 到o camp, 接下來的drama workshop, social service 直至Appointment 跟 field trip....每件事，每個活動，都像是在一瞬間，消逝了....無聲無色的。然而，這裡的種種，都見證著我、見證著我們59個YE 10的成長。或許，是我們太幸福了；也許，這亦是我們的悲哀。每天，都市人如我們都只懂得為生活營營役役。但是，可有想過，原來在我們不斷為物質生活勞碌的同時，在同一片的天空下，卻有著一群又一群的小孩婦女，是亟待我們的幫助呢？在整年的活動裡，得到的，學到的，看到的，聽到的，領略到的，是無價的，對事物的看法也不同了。友儕間的互勵互勉，大家一起的成長，友誼的深厚，是我們心中的瑰寶。前頭的路，誰也猜不通，摸不透。然而，這亦是我們的機會，去改變這個世界，為在另一個角落的兒童而努力！是的，我的昇華在這裡，YE10....

Ng Hei Yan, Alecia 伍希昕

It is always said that time flies. This is certainly describing my time at UNICEF. I could still remember vividly the interviews conducted at the Centre nearly half a year ago. It is unbelievable that the fifty passionate teenagers, once strangers to each other, are now real friends sharing same memories. The friendship that I discovered in UNICEF will always be an invaluable treasure I cherish. Apart from that, I always made a great step in advocating for children's rights and work of UNICEF by implementing the school project. It is such a delightful experience to see schoolmates queuing to buy our rice crispy. The coins, which they threw into the donation box, not only showed their appreciation to the work of UNICEF, but also encouraged us to take greater steps to raise the awareness of Hong Kong people to the mission and vision of UNICEF. Yet, I still haven't really grasped thoroughly the work of UNICEF and its effectiveness in helping the in need until the field trip to Nepal. This trip to Nepal totally changed my perspective to the world at the same time enriching me the real situation of the status of women in developing countries. After gaining all these fruitful and juicy experience, I sincerely hope that I could continue the work supported by so many people around the globe and promote the meaningful work to more and more people of different ages and races to bring a brighter future to children around the world.

Ng Hei Yee, Sharon 吳熙怡

UNICEF Young Envoys Programmes, a program packed with lots of once-in-a-lifetime and unforgettable memories. These memories are rare experience and every precious memory has added constructive changes to my life. I am 'transformed' after all these trainings. My knowledge towards the outside world is amplified. I can confidently tell you what the main problems that people living in third countries are facing. My perceptions of different values in the world have become mature, especially after coming back from the Nepal field trip. What I have experienced in the Nepal trip is remarkable and cannot simply be described by words. Living in such a materialistic city as Hong Kong, I might be an ordinary teenager who was too numb to have empathy for people living in the third world countries. However, I was thoroughly touched by the warming smiles and the diligence from the Nepali. Besides learning to cherish how materially-abundant we are, as an appointed Young Envoy, I am determined to have the rights of children widespread and continually give the community a helping hand. UNICEF Young Envoy Program has also given me a valuable opportunity to approach teenagers from different schools. Through these trainings, I have learnt a lot about working as a team and corporate efficiently. This program provides a platform for us to exchange our ideas, knowledge and skills. I learned to appreciate others, as well as myself. The bonds among the Young Envoys are strengthened throughout the trainings and more importantly, the blissful friendship we have gained. Devoting much time into UNICEF Young Envoy Program is inevitable but it is never time-consuming to learn, share and serve!

Ng Man Ching 吳敏清

時光荏苒，半年多的訓練就在歡笑聲和不捨中結束。迎新日中彼此迷茫的眼神已不再復見，換來的是信任的眼神。在這半年中，我著實獲益良多。在一系列的訓練和尼泊爾的考察團中，我除了對聯合國兒童基金會的工作有更深入的認識，亦完成了一個個我以為會不能完成的任務。猶記得當初在迎新營中，我走過了懸掛在半空的獨木橋，讓我明白自己是有潛能去完成自以為做不到的事。以往在學校中，我都是擔任實踐者而非策劃者的角色。這令我一直都沒有信心去策劃活動。但在青年使者計劃的訓練中，教了我一些領導技巧和策劃技巧，並給予我機會在學校和社區實踐所學。當中，我們會擔心學校活動的參與人數會過少，或者和特殊需要兒童玩遊戲時的秩序會十分混亂，但透過不斷的宣傳、更周詳的策劃，以及彼此的互信，我們最終都能順利完成我們的任務。現在，每當我在日常生活中遇上困難，我都會記起在青年使者計劃中所學到的——要相信自己有潛能和能力去應付各種挑戰。

Sit King Chun, Nixon 薛璟雋

When I first knew this UNICEF Young Envoys Programme, I did not expect much. I just went to the two interviews. Fortunately, I was chosen as one of the young envoys. At first, there was an orientation day and camp. I think I could make some new friends in these two training sessions. After that, a drama workshop and some projects were carried out. From this, we could know more about the situation of children in developing countries. Moreover, we were told to conduct a school project in our schools in order to promote UNICEF and introduce its work. At last, we were appointed in the appointment ceremony as UNICEF Young Envoys. I was delighted to be appointed as a young envoy and keep on promoting the work of UNICEF.

Siu Ching Ting, Emma 蕭靜婷

"CONGRATULATIONS!! This is a notification e-mail to inform you that you are selected as one of the 60 potential UNICEF Young Envoys in 2010" It all happened 9 months ago. The orientation camp was the first training of the entire programme. I've been participated in many camps before, but this time it surprised me. Although the tasks were challenging, they first brought us together. School project was another remarkable work. When I first heard that "all the potential YEs have to work on implementing a series of projects at school." It made me feel nerve-racking because I was the only person in my school that joined in this programme. Though works were much harder than I expected, the process of the whole project meant a lot to me. For instance, I've got a better understanding of the position of UNICEF, which helped me to get prepared for the field trip of Nepal in late-July. The 5-day journey was a blissful memory in my mind, in the company of fellow Yes. The happy memories we had bond us together. Of course, we must thank the staff of SSMK, Equal Access and DACAW.....those provided us an opportunity to visit their working environment. Most importantly, we owed our hearts to all the villages and schools which welcomed us warmly. I would definitely fulfill my role as YE to the fullest, and to always hold Nepal dear in my heart. By joining this programme, I can broaden my horizons. I shared what I've learn, what I've met, what I've experienced to my friends. Though this medium, I believe that more and more youngsters would realize how privileged they really are and they would learn to count the blessing throughout their life. Last but not least, I would like to thank UNICEF for giving such a valuable chance to explore the world and I will absolutely join in more volunteer work in the future.

Siu Wan Yung, Sally 蕭韻蓉

Those are the days that we laugh, the days that we cry, the days that we are together; and this time, it comes to the end, eventually. Yet, it does not matter – our heart will still go on, and here and now, it is the start of something new. We have gone through a long way. From different schools, we have come to gather here. From all the programmes, we have built up friendship with each other. From an ordinary teenager, we have become the UNICEF Young Envoys. This is not an easy way to go. Interviews, orientation day, orientation camp, understanding UNICEF workshop, drama in education workshop, school fundraising and advocacy project, social service project... all the trainings have brought us the intense happiness and joy, and have costs us 'quite a little' time. However, when we receive the invitation of the appointment ceremony and the field trip, how delighted we are! And it is the field trip that let us know the meaning of being a young envoy, which is far beyond the shirt we are wearing. There is poverty, there is starvation, and there is inequality... Nepal herself is a true story, which is telling us the starkness of life. But she also proves that it does not conflict with the love of life. As long as there is shadow, there is light. In this training programme, not only do we learn how to be a young envoy, but we also find our goals and directions. We are the candlelight. Although this may be a faint glow, we can light up the candle in the heart of the others; and by passing the light, we can brighten the whole world! "I dream, I test my dreams against my beliefs, I dare to take risks, and I execute my vision to make those dreams come true." ----- Walt Disney Here we are, YE10. So dream, dream out loud, and let the world hear our voice!

So Chun Hin, Owen 蘇振軒

These enjoyable few months in YE10 mark a beautiful page in my secondary life. It is really hard to imagine I've been through this so much with all my friends here - the interview, O camp, social service, appointment and field trip. Thinking back, it's like a clock that moves too fast. I can still remember the days that I panted for the coming of the next Saturday during the week. '六十個青年 都不懂愛 沒想到 Young envoys 令我信心不變改', 'U~N~I~C~E~F~ 促使我會珍惜世上每一分愛U~N~I~C~E~F~ 有它將令世間充滿期望 關愛'. The lyrics I filled for this YE theme song actually means a lot to me. Every time when I sing this song in my heart, my mind recalls the scene of appointment ceremony immediately – when all YEs standing on the stage singing this song, swinging their body with the rhythm. Gone are the days we all very happy together. If only we can go through it all again, as if turning over the hourglass. We hope our friendship will last long.

Tai Chun Ho, Matthew 戴駿浩

因為緣份，所以相聚。最初，每一個YE都因著不同的因由，交上參加表格。而我，皆因一份傻氣，毅然遞表參加YE。但沒想到，這個決定果真令我成為YE。同時，因為這個機緣，我認識了六十位志同道合的YE10，展開一整年的計劃。因為緣份，所以相親。雖說由計劃開始的第一天，每個YE都被分配到各組，而每一次新主題的活動，每個YE又再被編入不同的組別。但我感受到的，是「家」的感覺。每個YE在這一年裡，都近乎無間斷地每個星期六會來到樂富聚一聚。不單如此，為了籌備不同的活動，又相約在一起，度過許多晝夜。可是，這種親近，一點也不過份，因為我們都心繫兒童，為留住兒童的歡笑多盡一分力。因為緣份，所以相信。成為YE10，是我的榮幸。在經過了尼泊爾考察以後，計劃雖近尾聲，不過我更是多了一份信念。相信YE10會一直延續，攜手為兒童更美好的明天而努力，因為「這一年來，沿途有你，風光明媚；往後路上，忘不了你，豈能別離」！

Tsang Fuk Cheung, Ferdinand 曾福祥

當我開始打這一份感想之前，我看過之前所有O Camp、Drama Workshop的感想。看到自己曾經打過一句說話：接下來的困難，相信大家都有能力面對的。此時此刻，我們已經歷過許多問題、許多困難。回想起當初，若不是心中的那份堅持、心中的那份使命感，少不得當然還有所有青年使者的互相鼓勵，我們不能衝破重重難關，來到現在這一刻。曾有人說：「時間是手中的沙，它總會從手中溜走」。第一、二次的訓練，我都希望「沙」可以溜得快點、時間可以過得快些。可是，漸漸我就把手中的沙愈捉愈緊，希望它可以減慢速度，一粒一粒的從我的手中溜走，甚至希望它停止流動……我享受訓練的每一刻、享受與每一位青年使者相處、享受共同學習的樂趣，我相信每一位青年使者都有這樣的感覺。YE，真給我中四的生活增添了色彩以及樂趣，更讓我嘗盡「甜、酸、苦、辣」。在此，讓我向每一位YE真心說句??謝謝！還記得在面試的時候，說要為推動兒童權利出一份力，但我相信這是一條沒有終點的路，在乎的是你如何的走，用上甚麼方法。也許，這是最後的一篇YE感想；也許，今天YE10已完結。可是，接下來還有YE11、YEC，看來這只是一個「新」的開始。

Tsang Yu Sum, Gloria 曾如心

從沒想過，會認識到這班志同道合的好朋友
從沒想過，能憑十多人之力辦百人參與的聯校活動
從沒想過，南亞裔的小朋友是如此熱情可愛
從沒想過，即使在考試期間，會為一個十分鐘的表演日夜練習
從沒想過，尼泊爾人的快樂是如此簡單，唱歌跳舞也能樂一天
從沒想過，在酷熱天氣下，會有整村村民出來歡迎我們的到訪
從沒想過，同一天空下，世界另一方的生活方式和質素是如此不同
從沒想過，會因不捨初相識數天的尼泊爾人而哭
從沒想過，field trip時十一個人睡在兩張床上
從沒想過，會因星期六不用去訓練而感到傷心
從沒想過，我會如此掛念這半年的苦與樂
從沒想過，YE會為我帶來這些改變，令我在心態上和行為上成長不少
感激YE帶給我這好時光，感激在這好時光中有各位YE的相伴。

Tse Nga Yi 謝雅兒

參加青年大使的一年，可說是又驚又喜，既緊張又興奮，既辛苦又快樂……直到差不多計劃完結的這一刻仍有鬆一口氣卻依依不捨的矛盾心情！先說既緊張又興奮，起初鼓起勇氣，遞交報名表，進行第一第二次面試，每次都抱著十分緊張的心情，最後得知自己有幸成為其中一員，那興奮的心情到至今依然揮之不去。而既辛苦又快樂則可表達我在參與整個青年大使中最貼切的形容，每次看到那份長長的日程表，都像一塊塊大石壓在心口，但每次看見自己努力的心血，不管得不得到別人的讚賞，都會樂在心頭呢！到現在，鬆一口氣卻依依不捨的矛盾心情直捲心坎，雖然自己已經完成了一年來的訓練，但一想到以後不用再為「趕」計劃書開夜車，不用再每個星期六貢獻給這大家庭，不用再約各位好伙伴開會……真的有點不習慣，因為我回頭看，發現這大家庭已慢慢成為我生活的一部份，我精神的一部份！不過我們YE10精神永遠長存，而且在這豐盛的一年我所學到的，體會到的，將令我不空虛，不孤單。

Tse Pik Kei, Betty 謝璧琪

After this field trip to Nepal, I have learnt a lot from the people in Nepal and other Young Envoys. At first, I was very worried about going to this trip because I think Nepal is a very poor country with lots of hygiene problem. Luckily, when I reach to the destination, it was not like what I expected but a bit much better than I thought. Although the place was hot and the food was not that tasty compare to the food we have in Hong Kong, I still eat it as I thought that lots of the people in Nepal do not have food to eat. So I learn to treasure the food and not to waste it. Also, through visiting the schools in Nepal, I found that children living there love to study and their passion towards study made me felt regret that I haven't treasure my time studying at school. So from now on, I promise that I should study hard and to strive for a better future. Moreover, I found that people in Nepal are so passionate which they love to share their blessings with us by giving us flowers and giving us good presentations and speeches. Although some of us may not feel their love toward us, we still thank them with our warmest applause and by presenting souvenirs to them. Through this field trip, I also feel glad that I am living in Hong Kong, a good and luxurious environment, which we can receive free education system and with good transportation which we do not have to walk to school for around one hour. Also, we do not have to do housework and we do have mobile phones when we are young. I think we should treasure everything we have because we are the lucky ones. We should also think that we should learn to be more independent and not to rely on others. Lastly, this trip not only teaches me lots of things but also increase the friendship between other Young Envoys and me. I learn to get well with others and I found the trust and help between us, Young Envoys. When there are difficulties, all of us are united to let the problem to be solved. So, I really love this trip and all the Young Envoys. YE10 are really outstanding.

Weng Yeun Tsam, Sharon 榮元沁

To be honest, I had no idea what I was getting myself into when I handed in that application for UNICEF Young Envoy Program 2010. I remember thinking that it will be fun. Though the obligation that comes along with the title is enormous, the end of the journey was both exhilarating and rewarding. To recap all the things that we have done, we all have had our ups and downs. All of us find the activities challenging to some extent, but we have all kept it as a learning experience and learned to resolve the problem in the end. Perhaps the most memorable training that we have had in Hong Kong is the drama training workshop, partly because I never realized that leadership qualities can be trained in drama workshops. It was also fun getting to know more people in the same program. Who knew I would have the honor to experience Nepal with them? To that point, I finally realized that all the effort and the time put into the program were all worth it. If it wasn't that we have been through all the essential trainings, I would imagine that the trip to Nepal won't be as gratifying as it is to me now. Being able to see for myself what atrocious environment the Nepali children are educated in, the experience was indescribable and life-altering. I have sincerely learned a lot from the trip to Nepal, I am very grateful of the abundant life I have now and the chance given to me from UNICEF to join this amazing program. At last, I couldn't thank our sponsors, my mentors, and the friends I have made here enough for making this program such a pleasant experience.

Wong Cho Ngai, Napoleon 黃祖毅

After joining UNICEF Young Envoys Programme, I had been exposed to many different and unique experiences. During the program, I made friends with people in different schools; I learned new skills like how to convey a message with detailed body expression and how to organize an activity with limited budget for specific target group. The appointment ceremony is the most memorable event in the program because it's a ceremony that we put together with all the YE10 after we complete our training. Appointment ceremony is somehow an evidence for us to understand what and how much we have gained from the program. Field trip is the last official project that we did together; we went to Nepal where we experience what UNICEF Nepal work at for the local Nepalese. It's the highlight for the whole program because we went to a place outside of our community with a very different belief and live style, therefore I personally think we had experienced and gained the most from the trip. Although YE program is a very time consuming program, but I think it worth spending time on. After being exposed to these experiences, I think I know what my responsibility is for my community and this is the area that I'm willing to spend my time on. While serving different people, we will change our own perspective on things that happen around us; maybe because the person you are serving change you or people you work with change you. No matter what the reason is, I think it is very important for us to gain that perspective during our adolescence because I think after that it's too late for any change.

Wong Chung Sze, Kezia

Time seems to pass really quickly. Now I'm writing my feelings towards the programme, and this symbolizes the end of UNICEF Young Envoys Programme 2010. During this programme, we have to write lots of reflections. We have to hand in one after every training section. At that time, I didn't want to do it and I even hated it. Every time, I need to make up things in order to meet the minimum requirements of the number of words. However, this time, I think 300 words are just too limited to express my feelings towards this programme. From orientation day till the day of the field trip, I've learnt a lot. Despite that we can make lots of friends, we learnt cooperation and team work. In the leadership camp, besides the very cold weather which I would never forget, I also learnt to cooperate between team members. Afterwards, we had to do lots of project, social service project, school project, drama workshop, appointment ceremony, etc. Every time, we had lots of problems, but when we trust each other, everything can be solved. When I am concluding this passage, I turned back and think about YE programme. From the day we started to know each other till today, all of us are friends; at first, we all don't want to go to trainings till today, we miss all the trainings, we miss the Saturday mornings that we can be together and everything in this programme... YE10 gave me happiness, friendship, leadership, great memories... These will be the things that I'll never forget. "Give me a Y, "YI" Give me an E. "EI" Who are we? "YE10!" OUTSTANDING!"

Wong Wai Tak, Victor 黃偉德

回首過去九個月，由首次踏進YMC面試，到現今已進出了差不多五十次；由只認識數位YE，到很多都成為了好朋友；由抱怨要考試去訓練營，到抱怨要離開尼泊爾，這一切一切彷彿都只在電光火石之間。由尼泊爾回到香港的那個早上，我獨自乘坐巴士，沉澱著九個月來的點點滴滴。面試、迎新日、訓練營、戲劇訓練、專題研習、校園項目計劃、社會服務、委任典禮、考察之旅...多少個在開會、訓練、活動中與YE渡過的日與夜全已成為腦海中不能磨滅的幻影。坦白說，初期的YE活動(除了訓練營之外)對我來說挺沉悶，因此我並不太投入。往後，隨著活動愈來愈要求高，大家的投入度亦相應增加。還記得我們每一個活動便轉一次組，可惜，我仍然不能與每一位均有合作的機會。不過從中已令我認識了很多新朋友，使我對YE拾回一份歸屬感。ESPERIENZA是令我愛YE的第一件事。我有幸成為此項目的籌備委員會主席。各位委員，不管你地當中參與多少，是我們十三人一起完成了這歷史性的項目。多少個晚上，我們為YE而付出精力與時間，很感謝你們與我一起走過這日子。APPOINTMENT是第二個令我動容的時刻。PERFORMANCE TEAM，我們由沒甚麼靈感到後來PROGRAM太長要縮短，一起經歷了很多。到那天表演完畢後，我強忍著淚水領著大家唱YE版的每一個明天，那個景象我相信肯定會終生難忘。台下嘉賓DJ朱薰的淚光就像是一種強大的肯定與見證，為我們的APPOINTMENT劃上完美的句號。不可置否，FIELD TRIP對我自己的意義卻遠遠大於首兩件事。從TRIP 1的YE口中得知FIELD TRIP會辛苦，因此我已有心理準備。颱風襲港下，我們齊集機場，倖倖地避過風暴，如期地踏上機艙，展開五日半的旅程。我並不想在此記敘TRIP做過甚麼，只因探訪與交流的反思很多，恐怕寫十頁也寫不完。我更想分享的是我們三十一位TRIP 2 YE之間的感想。儘管之先有多少個PROGRAM，我們均不會一起連續渡過六日五夜。YE訓練的結束並不標誌著我們使命的完結。放眼未來，但願我與其他YE10在青年使者會或其他相關組織為兒童權利而出一分力。縱然我們的能力是多麼的微不足道，但是當我們活在一個較好的環境之時，又何不為那些仍活在水深火熱的兒童而出力，施比受更為有福。

Yang Sze Ki 楊詩琪

"Bop Bop Bop, Bop to the top, mission is to help those in need!" Up till now, I'm sure this is no longer a simple lyric to all YE10. Instead, it means something to us. Over this year, a glow of fire has been lit inside all our hearts. This is what unites every YE10 together. Thinking back, UNICEF Young Envoys Programme is a really long journey. There might be thorns and hardship on this long way, but still rewarding to all of us for sure. Missing the O-camp is the biggest pity in my YE journey. I still remember at the very beginning, joining YE program is just for filling up my OLE portfolio. I do bet some of the YE10 can understand my situation well. So that's why I still insisted that studies weighed much more than the O-camp. Eventually, I gave the camp up and buried myself in the exam preparation instead. But as days went on, I started to find myself getting into a family. It's large family where laughs, tears, happiness and disappointment we all share. YE10s have all become my best companion throughout this year. We experienced drama workshop, school project, social service and the highlight---field trip to Nepal. Time flies, we all now share these precious memories deep inside our hearts. Besides, I have grown up so much after this remarkable program. From time management to resource allocation, from problem solving to contribution, we all learn to sacrifice without any complaints. Field trip to Nepal undoubtedly is the most memorable to all of us. Talking to Nepalese face-to-face, visiting local tenants' homes, acting in SSMK.... all these have become surely our most unforgettable shots of life. Coming back to Hong Kong, I will try my very best to perform my promise which has been made long ,long time ago in my entrance writing to YE program, named, "How would you use what you have learnt from the Young Envoys Program to influence others?". Right now, right here, I'm sure all YE10 carries same mission as I do: bringing people, especially youngsters to children equality issue through our personal experience and form a harmonious world! So today, it may seem that Young Envoys program 2010 has come to an end. Instead, we are now standing at a starting point of another voyage, in which more and more challenges are waiting for us! Get ready, guys? Always remember who we are! We are YE10, OUTSTANDING!!!!

Yuen Chun Hei, Nathaniel 阮濟暉

YE10轉眼來到尾聲，實在令人產生依依不捨之感，當中所經歷的點點滴滴，依然深刻印烙在我的腦海裡。從面試、訓練、委任至赴外考察，我們一眾青年使者經歷長達九個月之久的計劃，不但讓我們充分了解兒童權益，彼此之間建立了深厚的友誼，在個人質素上亦有所提升。透過這個計劃，我深深體會到，這個世界實在有很多被忽略的兒童，甚或弱勢社群，正等待我們伸出援手。身處於香港這個都市，我們不愁衣食，物質豐裕，對於世界存在的問題，往往變得麻木，更甚乎視而不見，冷眼旁觀。可是，正當我們過著無憂無慮的生活，對於這些需要關注的兒童和弱勢社群，我們又應否多給以關懷和愛護？當世界上的兒童正受著各種的剝削、不公平待遇，我們又能否為他們挺身而出，保護和提倡他們的權利？對我來說，YE10並非標誌著終點，而是一個里程碑，引領我們走上更廣闊無垠的道路。青年使者並非單是一個過去的身份，而是我們在往後的日子，所堅持的一種態度、一種責任、一種信念。作為一個年青人，我們能做的範圍可能很小，可是關注世界兒童的問題，對親友分享經歷，自身減少浪費和珍惜生活，這些舉動又是否毫無意義和作用？我深信，每個人的一小步，便是社會的一大步。只要我們願意付出，繼續關注兒童，最終必定能夠感染身邊的人，延伸至整個社會，最終讓兒童得到保護和關注，得到應有的權利。

Yuen Kin Hang, Tom 袁建恆

一個旅程有多少收穫取決於投入多少的精神和努力。所有YE經過一整年不斷的訓練和活動，從一群互不認識的青年人成長為一群團結、有抱負的青年使者。每人的收穫與成長也不同，但可肯定這些的改變都將成為我們生命中重要的里程碑。大半年的旅程，終於來到完結的一刻，也許該說是下個旅程的開端？尼泊爾考察團的最後一刻，不少YE都流下心底的淚水，是因為認識了一班好兄弟，也是因為了解日後大家不同的道路。誰願意與好朋友分離？重要的是在未來的某天，重新發現自己的成長旅程，也就是印證着自己生命的一部分。回報取決於投放的多少，過去大半年我們花在此計劃的時候和精力絕不比花在學業上的少，然而我們為此而高興、自豪，因為我們在心底都清楚明白，在過去大半年所經歷的一切，在餘下的時光中都有着特別的位置。YE，一切盡在不言中。

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