



## Session 2

9. Ask students whether they understand the work of a volunteer. Suggest raising the following questions:

1. What is volunteer service? [Volunteer service is a voluntary act of an individual or group contributing freely their own time and labour to provide service for people in need.]
2. Why do you want to participate in volunteer service? [Students can answer freely.]
3. What do you think are the requirements of being a volunteer? Can you fulfil these requirements? [Students can answer freely.]

Continue with **(Activity/Game 5)**, and show students the characteristics and nature of volunteer service. Point out that volunteer service requires some preparation work. Distribute the worksheets of **(Activity/Game 5)** and guide students to think about matters that need attention in volunteer service.

Use elderly services (meal delivery, cleaning and computer tutorial) as examples, ask students to answer the following questions in the worksheet, including things in common among the service recipients, things to pay attention to in communication, and preparation work before the service. After they finish the worksheet, pick some students to answer, and elaborate on the following:

### **(1) Things in common among the service recipients**

1. Living alone, feeling lonely with no companion
2. Physical condition: weak and perhaps mobility impaired
3. Have limited knowledge of information technology
4. Not much contact with friends, lack social life
5. Isolated from the society, low social engagement

### **(2) Things to pay attention to in communication**

1. Some elderly have poor hearing, do not speak too fast or too soft
2. Use simple expressions instead of complicated sentences
3. Try to avoid mixing Chinese with English words or new slangs
4. Avoid topics related to family, as that may trigger their negative emotion

## Activity/Game

### **Activity/Game 5:**

#### **Get Ready to be a Volunteer**

- (1) Distribute worksheets to students.
- (2) Remind students that they are going to provide service to elderly people. Ask them questions using meal delivery, cleaning and computer tutorial as examples.
- (3) Give students several minutes to think about the answers and finish the worksheet.
- (4) Pick students randomly and ask them to spell out their answers.
- (5) Teachers to summarise and supplement.

5. Some elderly may have poor memory and slow response, be patient when communicating with them; if they do not understand what you say, repeat and explain it clearly

### (3) Preparation before the Service

1. Contact the voluntary agency in advance
2. Check the service location and traffic arrangement, allow enough time for traveling
3. Wear casual clothing which suits the service, avoid anything extravagant
4. Bring items that suit the type of service, for example, cleaning tools for cleaning service, laptop for computer tutorial, etc.

Teachers are recommended to search for 「香港義務發展局 助人技巧篇」 on the internet for notes on skills in serving different community groups.

There are many different types of volunteer services. Apart from the above elderly service, teachers can introduce other types of service to students so as to improve their understanding on the subject. Other volunteer services/organisations include: service for ethnic minorities (Hong Kong Community Network), service for the disabled (The Neighbourhood Advice-Action Council), service for children with special education needs (Hong Kong Lutheran Social Service) etc. Apart from Agency for Volunteer Service, organisations such as The Community Chest of Hong Kong, Hong Kong Red Cross, Tung Wah Group of Hospitals, Po Leung Kuk, The Hong Kong Federation of Youth Groups, Chinese YMCA of Hong Kong, Hong Kong YWCA will recruit volunteers for their different areas of service.

On the other hand, the Hong Kong Institute of Volunteers under Agency for Volunteer Service will provide training for volunteers. Teachers may search for "Volunteer Link" on the internet (an online platform set up by the Hong Kong Institute of Volunteers) to find out more about ways to participate in volunteer service.

Recommended time for teaching + activity:  
about 15 - 20 minutes in total

## Activity/Game

### Activity 5 Concept

Let students think about and better understand the characteristics of volunteer service through simulating the preparation work involved. Using elderly service as an example, help students understand the needs of others and matters they should pay attention to, so as to prepare them for participating in volunteer service in future.

If time allows, play promotion video of Agency for Volunteer Service before explaining volunteer service to arouse interest of the students.

**Title:** 唔想DRY?! 嚟義務工作發展局登記做義工啦!! (2016)  
(Length: 1'23")



★ 10. After **(Activity/Game 5)**, ask students to share their feelings in preparing for the volunteer service. Then, point out that volunteer service and caring for the others is not only about giving (helping others). In the process of giving, we are getting something out of it (“helping oneself”), such as becoming happier and learnt to care about others. Teachers can then conduct **(Activity/Game 6)**. In the following examples, recommend to play Hui Pui-To, Sam’s video 「善火雄心。真。生命影響生命」 first, using the first part (0’01”-1’00”) of the video to bring out the message of “Helping Others is the Source of Happiness”.

**Concept of Hui Pui-To, Sam’s Video**

Hui Pui-To, also known as “Sam Sir”, is a retired Principal Fireman. When he was a child, his father had already taught him that “helping others is the source of happiness”. Sam Sir has devoted himself to his career and saved many people from danger. Although he was strong, there were times that he needed help from others. When he was told that he had serious liver disease and only organ transplant could save him, he fell to the nadir of his life. After Hui Pui-To recovered from the surgery, he rejoined his life-saving career and has a deeper understanding on the meaning of life. His father’s words, his own life journey and his fireman career have taught him the true meaning of happiness and blessing. His stories of helping others, contributing to the society and views on life are worth sharing with students.

**Activity/Game**

★ **Activity/Game 6:  
Self-motivated Care for the Society**

If time allows, select different cases to introduce to students. The suggested videos can be found on the internet. Please refer to step 10 on the left for the concept of each case.

**Activity 6 Concept**

Through the real cases and examples, explain the importance of self-motivation which does not only help oneself but the others, and makes contribution to the society.

**(1) Hui Pui-To, Sam**

- Title:** 善火雄心。真。生命影響生命 (2020)  
[Length: 7’16”]
- 0’01” His life attitude and value
  - 2’14” Hui’s daily life after recovering from organ transplant
  - 5’18” Outlook on life: with sense of appreciation

### Concept of Lai Chi-Wai's Video

Lai Chi-Wai had won many awards in the bun-snatching events of Cheung Chau, and so getting the nickname "King of Bun Snatching". His fitness was so good that he was also a world champion in rock climbing. However, in late 2011, a traffic accident forced him to live on a wheelchair for the rest of his life. Despite such a heavy blow, Lai Chi-Wai did not give up. He decided to start all over again and set a goal for himself, which also acted as an example for his son. He finally climbed up to the top of Lion Rock. His self-encouraging and persevering spirit has moved numerous people in Hong Kong and is worth sharing with students.

Recommended time for teaching + video:  
about 5 - 10 minutes in total

### Activity/Game

#### [1] Hui Pui-To, Sam

**Title:** 細味人情：復康之路  
下集(2019)

[Length: 13'13"]

[Recommended: 0"-8'11"]

0'36" Introduction

1'39" His father's remarks

3'06" His life as a fireman

4'18" Regaining his life after a serious illness

6'08" His feeling after helping in the Sichuan disaster

#### [2] "The King of Bun Snatching" Lai Chi-Wai

**Title:** 谷底再攀獅頂 —  
黎志偉(2017)

[Length: 10'35"]

2'18" Learn to face adversity

3'32" Starting a new life

4'20" Decided to climb  
Lion Rock

5'47" The journey and  
difficulties he faced in  
the climb

8'01" Fulfilling the dream to  
reach the top

9'59" His feeling and  
encouragement

**Title:** Inspiring tale of  
paraplegic climber  
Lai Chi-wai (2017)

[Length: 2'53"]

(in Cantonese with  
English subtitles)



★ 11. There are many disadvantaged groups in Hong Kong that require supports, such as those suffering from chronic diseases, poverty and disabilities. Ask students what they can do to show their care. In fact, a card or a word of encouragement such as “Hang in there!” or “We have your back!” is already good enough to give them courage and support. Conduct **[Activity/Game 7]**.

Recommended time for game: about 5 - 10 minutes

12. **Summary:** Use questions to facilitate students’ reflection and briefly conclude the content of this lesson. Ask students the following questions:

- In our daily life, is there anyone around us who may need our help/care? (For example, parents, teachers, grandparents and other seniors, relatives, neighbours, classmates, etc.)
- How can we help them/show our care for them proactively? (For example, prepare food for parents, send regards through messages, collect homework for teachers, comfort classmates in low spirit, etc.)
- Have we paid attention to or tried to understand the disadvantaged groups in the society? (For example, people who suffer from poverty, disability, chronic disease, and those waiting for organ donation, etc.) How can we help them as a student? (For example, donating money, volunteer service, paying attention to people in need around us, etc.)

Recommended time for summary: about 4 - 5 minutes

**Conclusion:**

We can show our care for the society and help others by starting with something simple and small. A pin a day is a goat a year. We participate in volunteer service with an intention of helping the needy. The whole idea of contributing without asking for return and caring for others aligns with the spirit of selfless love in organ donation.

**Activity/Game**

**Activity/Game 7:**

**Caring & Cheering**

- (1) Distribute blank cards to students (or post-it in different colours)
- (2) Ask students to write some cheering words to show support to the disadvantaged group
- (3) Remind students that they can specify the people they wish to cheer, for example, “for those who are feeling low” and “for those who have fallen ill”, etc.
- (4) Collect the cards and post them onto the classroom bulletin board/blackboard. Take a picture as record/memory
- (5) Encourage students to set a date for sending the card to the target recipient

**Activity 7 Concept**

Use the caring cards to help students show their care to the others and encourage them to take action, with a view to deepening the concepts taught in the lesson.