

# 2012

聯合國兒童基金會青年使者計劃  
UNICEF Young Envoys Programme



缺一不可 · 不分你我  
Together We Strive,  
Unitedly We Thrive



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# 缺一不可

一個團體最重要的是團體精神，要團結就要懂得「缺一不可」。今年，我們定立了「缺一不可·不分你我」的目標：前者意指青年使者的凝聚力，後者則引申到以我們的凝聚力去感染其他人，為甘肅兒童、越南兒童，以至世界兒童出一分力，平等看待所有人，不分你我。

「缺一不可」出自《水滸傳》第二十回，意思是缺少了任何一個也不能成事。套在青年使者計劃，代表少了一個青年使者的參與，我們這個團隊也不完整，如缺了一塊的拼圖般存有遺憾。同時，因為我們各有不同，若能互相取長補短，更能事半功倍！

我們 51 位由迎新日到考察團都貫徹「缺一不可」的精神，互相支持、鼓勵、發揮自己的長處。由迎新日開始，我們之間就建立起團體精神；在訓練營中大家同心協力地翻越高牆，力壯的先推輕巧的過高牆，其他人則提供保護；在話劇工作坊中，每個人都有自己的角色，有旁白、有演員、有觀眾，大家合力演出；籌辦校內推廣活動時大家亦各司其職、各盡其力；在委任典禮上，我們繼續分工合作、緊守崗位；寫稿、表演、流程管理等等；我們亦團結同心，進行各種倡議活動如街頭訪問、個案研究、倡議表演；到最後的考察團時，我們累積起來的團結和默契已牢不可破了。

計劃每個階段均需要大家合作才能成事，少一分力，事情都不會完整！青年使者計劃着重每個成員的參與。這一年的生涯讓我們對「缺一不可」有更深的體會，並共同展望未來，期望做到「不分你我」！



再複雜的機械都要由最簡單的零件組成，每位青年使者就像一塊小齒輪，只有互相配合才能發揮力量，推動社會實踐兒童權利。

# Together We Strive

The most important thing within a group is undoubtedly team spirit. Because of this, we have set our theme as "Together We Strive, Unitedly We Thrive". We believe that we Young Envoys could make changes around the world; to get people united for children in Gansu, Viet Nam, and for children worldwide. Therefore we tried very best to unite together and treat everybody equally.

The idea was inspired by a quote from classic Chinese novel Water Margin, "things become difficult when people do not get united." In the big family of Young Envoys Programme 2012, each of us is like a puzzle of a giant picture – any missing piece makes the picture incomplete. All our diverse talents can make our goals more reachable!

Since the orientation day until the field visits to Gansu and Viet Nam, all 51 of us encouraged each other and took advantage of everyone's strength. During these months, we worked as a team. This bond grew even stronger throughout the year as we took part in drama workshops, organising school activities, appointment ceremony, advocacy project and many other activities! What we achieved were far beyond our expectation, and there is one thing for sure: nothing can be achieved that well if we do not unite together.

The Young Envoys Programme emphasises mutual participation among members. In these 10 months, we learned the importance of union. We are looking forward to the future with everybody unifying for a better world.

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Complex machine is built by simple parts. Each Young Envoy is like a gearwheel, only by coordination and cooperation can they be push forward change in society to realise children's rights.



## 聯合國兒童基金會

聯合國兒童基金會(UNICEF)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

推動世界實踐兒童權利

## 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

聯合國兒童基金香港委員會(UNICEF HK)於 1986 年成立，是全球 36 個委員會之一；其主要工作是於本港舉辦各項籌募活動為 UNICEF 籌募經費，並鼓勵社會人士關注 UNICEF 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(下稱青年使者計劃)始創於1996年。這項計劃為本地青少年提供一個寶貴的機會，讓他們能夠認識自己及親身體驗貧困地區的生活方式。現時全球仍有 10 億多名兒童被剝奪在充足的營養、安全飲用食水、良好的衛生設施、健康保健服務、住房以及教育的環境下成長的權利。透過青年使者計劃，本港青少年能進一步了解發展中國家兒童狀況。表現出色的青年使者將有機會遠赴發展中國家考察。

## 目的

- 培訓青年使者成為出色的青年領袖，倡議兒童權利
- 喚起參加者對發展中地區兒童的關注，使本港青年更了解 UNICEF 在改善發展中國家的工作
- 讓參加者更了解及宣揚聯合國《兒童權利公約》
- 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
- 提供機會予參加者籌辦及參與 UNICEF HK 的推廣及籌募活動



## 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 realised

### Our Mission

- Advocate for the protection of children's rights, help meet their basic needs and expand their opportunities to reach their full potential
- Mobilise 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 (UNICEF HK)

UNICEF HK 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 children in the developing countries.

## UNICEF Young Envoys Programme

UNICEF Young Envoys programme (the Programme) was launched in 1996. It provides a valuable opportunity for youngsters to explore and experience a starkly contrasting life style in developing countries. Currently, there are still 1 billion children deprived of the right to grow in the environment of sufficient nutrition, safe water, sanitation and hygiene facilities, health and medication services, housing and education. The Programme will enable local youth to understand more about the state of the children in developing countries. Outstanding Young Envoys will be selected to visit a developing country.

### Objectives

- To cultivate youngsters to be our young leaders to advocate for children's rights
- To raise 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 promote the awareness of the United Nations *Convention on the Rights of the Child*
- To develop youngsters' skills in effective leadership, communication and cooperation, and boost their confidence
- To provide opportunities for students to organise and participate in UNICEF HK's advocacy and fundraising programmes





Judy Chen 陳晴  
Chairman of Hong Kong Committee for UNICEF  
聯合國兒童基金香港委員會主席

「要釋放青年人的力量，我們必須與之結為伙伴。」是聯合國秘書長潘基文響應今年國際青年日對國際社會作出的呼籲。其實「與青年人結為伙伴」不僅是今年國際青年日的主題，更是聯合國兒童基金會青年使者計劃（下稱青年使者計劃）的創辦理念。我們一直希望透過此計劃，為青年人提供更多更好的實踐機會及生活體驗，啟發青年使者成為本港推動兒童權利的先驅。

在香港推動兒童權利的道路，仍甚具挑戰。聯合國《兒童權利公約》由歐洲帶到來香港至今已有18年，但公眾對公約的認知以及支持，明顯仍然不足夠。恐怕在街上隨意找來一位朋友，亦很難以100%答對何為四大兒童基本權利。因此，我們必需藉着青年使者計劃，不斷培訓新血，為立志關心兒童狀況的青年領袖提供多元發展的機會；將兒童權利的種子不斷擴大，由他們把兒童權利的精神滲透社會各階層，以身作則，鼓勵、感染同輩的參與。

今年，再有51位年輕人成功通過歷時10個月的訓練，正式獲委任為新一屆青年使者。過程中，他們深入探討與兒童有關的議題，更遠赴中國甘肅及越南體會當地兒童及婦女的生活狀況，並詳細了解聯合國兒童基金會在當地的工作。這不單豐富了他們的知識，更真正使他們對事物的看法打開了一扇窗。

計及這班青年使者新鮮人，青年使者計劃自1996年開辦至今，已累積培訓了超過850名青少年。我相信，只要結合我們的資源及青年人的創新思維，一定可以讓香港兒童的參與權得到進一步實踐。更可為社會各界提供一個示範作用，讓大家知道夥拍兒童，以他們作為合作伙伴，是可以取得意想不到的效果和成就的。

我祝願新一屆的青年使者能承先啟後、繼往開來，在兒童權利倡議者的路途上發熱發亮。最後，我謹代表本會答謝AEON信貸財務（亞洲）有限公司的慷慨贊助，以及聯合國兒童基金會駐中國辦事處和駐越南辦事處的悉心安排，使今屆計劃的海外考察活動得以順利進行。

這刊物記錄了「聯合國兒童基金會青年使者計劃2012」的一點一滴，希望大家細心閱讀，分享應屆青年使者過去一年的經歷和體會。

聯合國兒童基金香港委員會主席

陳晴



"To unleash the power of young people, we need to partner with them." said United Nations Secretary-General Ban Ki-moon on the International Youth Day 2012. 'Partnering with youth' is not only the theme of the Day, but also the essence of UNICEF Young Envoys Programme (the Programme). Through the Programme, we aim to provide youngsters unique learning experiences and inspire them to be advocates of children's rights.

Child rights advocacy is a challenging subject in Hong Kong. United Nations Convention on the Rights of the Child has been enforced in Hong Kong for 18 years, but public awareness and support are far from satisfactory. It is hard to pick up someone on the street who can correctly name the four basic rights for children. Therefore we created the Programme to offer development opportunities to youngsters who care about the society, train them to disseminate children's rights to different walks of life, and encourage more child participation in the society.

This year, 51 young people were appointed as UNICEF Young Envoys after a 10-month training programme. Other than exploring various child-related issues, Young Envoys also visited Gansu in China, Dien Bien and Kon Tum in Vietnam to understand the living conditions of underprivileged children and women as well as UNICEF's work in developing countries. All these experiences have broadened their horizons and given them new perspectives on lives.

We have trained over 850 Young Envoys since the inception of the Programme in 1996. I believe, 'if we continue to partner with youth, we can take a great leap forward in children's rights to participation in Hong Kong.' At the same time, the achievements made by the Programme can inspire more similar partnership with youth in Hong Kong to build a better world for children.

Wish our Young Envoys every success in advocating for children's rights. May I take this opportunity to express my sincere gratitude to AEON Credit Service (Asia) Co., Ltd. for their generous support in the last five consecutive years. Also, my heartfelt thanks to our colleagues from UNICEF China and UNICEF Vietnam for their kind assistance to facilitate the field visits.

This publication captures the important moments of UNICEF Young Envoys Programme 2012. May I invite you to feel the joy and excitement of our Young Envoys as you read the publication.

Yours sincerely,



Judy Chen  
Chairman  
Hong Kong Committee for UNICEF



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5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，5年間成功栽培了268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 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 organisations.

It is our pleasure to support UNICEF Young Envoys Programme for five consecutive years. The Programme, through a series of training workshops, in-school and community programs, has successfully appointed 268 Young Envoys in the past five years. 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.







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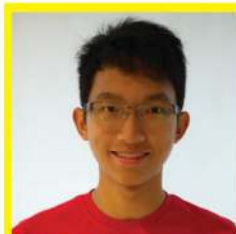
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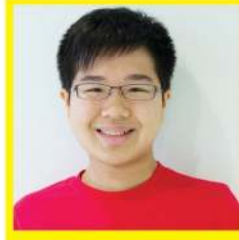
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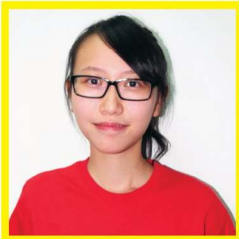


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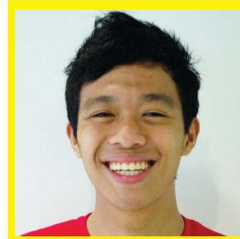




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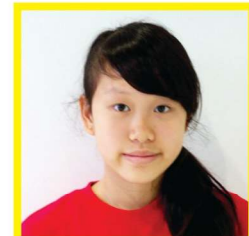
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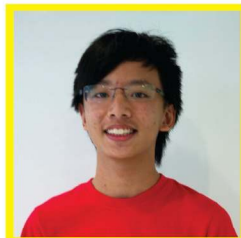
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Wan Yuk Ying, Natalie  
保祿六世書院  
Pope Paul VI College



王曉彤  
Wong Hiu Tung, Minnie  
拔萃女書院  
Diocesan Girls' School



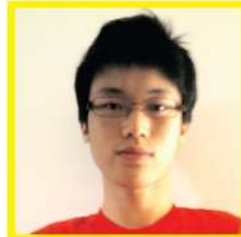
王文靜  
Wong Man Ching, MC  
仁愛堂田家炳中學  
Yan Oi Tong Tin Ka Ping  
Secondary School



黃嘉蕊  
Wong Ka Yui, Angel  
香港九龍塘基督教中華宣道會陳  
瑞芝紀念中學  
Christian Alliance S.C. Chan  
Memorial College



黃信傑  
Wong Shun Kit, Charles  
可風中學  
Ho Fung College



黃敏熹  
Wong Man Hei, Jack  
拔萃男書院  
Diocesan Boy's School



黃琬詠  
Wong Yuen Wing, Wing  
寶血會上智英文書院  
Holy Trinity College



胡偉豪  
Wu Wai Ho, Nicholas  
香海正覺蓮社佛教正覺中學  
Buddhist Ching Kok Secondary  
School



楊芷晴  
Teung Tsz Ching, TC  
田家炳中學  
Tin Ka Ping Secondary School



葉曉怡  
Yip Hiu Yi, Angel  
拔萃女書院  
Diocesan Girls' School



楊愷寧  
Young Kai Ning, Karen  
滙江維多利亞學校  
Victoria Shanghai Academy



余晉文  
Yu Chun Man, Jason  
聖保羅書院  
St. Paul's College





認識聯合國兒童基金會工作坊

## Understanding UNICEF Workshop

JANUARY 2012

作為青年使者，明白普世兒童的基本權利是十分重要的。在兩次「認識聯合國兒童基金會」工作坊當中，準青年使者需要討論有關兒童權利的議題，導師亦有講解聯合國兒童基金會在世界各地的兒童救援、保護及發展工作，並要求準青年使者就《兒童權利公約》中的不同部分，以專題話劇、匯報的形式互相交流、學習。

Being a Young Envoy, it is crucial to understand the basic rights of children worldwide. In the two workshops of "Understanding UNICEF", the potential Young Envoys had to discuss issues related to the rights of children and the trainers explained UNICEF's work all around the world. They also learned about the **Convention on the Rights of the Child** through role play and presentations.

領袖訓練營

## Leadership Training Camp

DECEMBER 2011

戲劇教育工作坊

## 'Drama In Education' Workshop

JANUARY 2012

透過參與戲劇工作坊，準青年使者從了解自己的優點及需要進步的地方，學會欣賞自己，提昇自信及表達能力，舉辦的校內活動、外地考察等活動作。

Through engaging in the workshop, the potential Young Envoys were able to learn their strengths and weaknesses. They also learned to appreciate themselves and become confident in their abilities. The purpose of the workshop was to get the potential Young Envoys prepared for the projects, such as school projects and field visits.







# Our journey starts!

我們的起步點

迎新日是青年使者計劃全年的首個活動，目的是令準青年使者能盡快適應新環境及認識新朋友。活動當天，一眾導師及青年使者會成員帶領準青年使者分組參與競技活動及破冰遊戲，大家都很投入，並訂下目標與承諾，努力完成全年的青年使者培訓。

The Orientation Day was the first activity of the Young Envoys Programme 2012. Its aims were to help potential Young Envoys adapt to the Programme and to make new friends. On that day, trainers and members of the Young Envoys Club led the potential Young Envoys to participate in various ice-breaking and team-building games. Everybody was eager to take part. All potential Young Envoys set their goals and commit themselves in completing the Programme throughout the year.

迎新日

**Orientation Day**

DECEMBER 2011

校內推廣活動

**School Project**

FEBRUARY-APRIL 2012



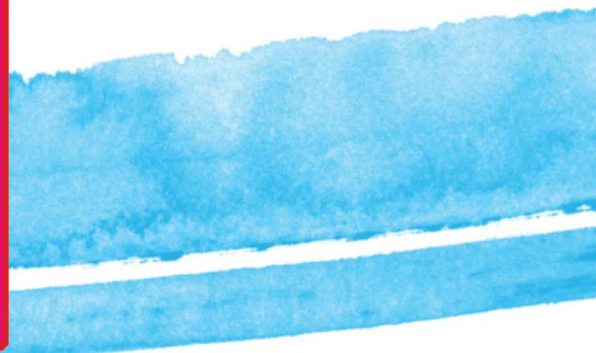
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聯校推廣活動-日營

**Joint-School Project  
-Day Camp**

APRIL 2012





To continue our journey...  
踏上兒童倡議者的道路...

全港倡議活動  
**Advocacy Project**  
SEPTEMBER 2012

海外考察 - 中

**Field Visit to Ga**  
JULY 201



海外考察 - 越南河內  
**Field Visit to**  
**Dien Bien, Kon Tu**  
JULY 20

聯校推廣活動 - 攝影比賽  
**Joint-School Project -**  
**Photography Competition**  
APRIL 2012

聯校推廣

**Joint-School**  
**Public Spea**







中國甘肅  
Gansu, China



委任典禮  
Appointment Ceremony  
MAY 2012

奠邊省及崑崙省  
Hanoi, Viet Nam

退修日  
Retreat Day  
APRIL 2012

演說活動 - 演講比賽  
School Project -  
Speaking Competition  
APRIL 2012

在退修日，準青年使者回顧和檢討了半年以來的訓練。讓他們能沉澱下來，一起分享各自的經歷與得失。

On the Retreat Day, the potential Young Envoys were able to slow down to review their experiences in the half year of training and share their learnings.



2011年12月29至30日，我們滿心歡喜地迎接期待已久的領袖訓練營。訓練營沒有想像中那麼輕鬆簡單，反而極具挑戰性。

第一天先來個地面的挑戰.....

我們在營地的草地上進行一連串的團隊活動。我們分為不同組別，接受任務，並與時間競賽：以在限時內盡力完成最多的任務為目標。當中，除了互相合作，大家都明白到時間管理和互相聆聽的重要性——如何能聽取各方意見，並得出最後的方案！

繼而，第二天是高空的挑戰.....

接下來的是更艱苦的團隊考驗，絕非一個人能獨自完成！除了個人繩網體驗外，教練給我們的終極任務，就是所有人合力在限時內徒手跨越一道超過十六尺的高牆。雖然我們無法完成，但是在過程中，我們體會到縱使一個人的力量有限，但只要團結齊心，目標仍是達到的。從此，我們建立了一份對青年使者團隊的歸屬感，並下定「在哪倒下，便要在哪站起來」的決心，在未來的日子更加團結和積極。

齊心必會跨過，從此不分你我！



On 29-30 December 2011, we joyfully welcomed the leadership training camp which we had been looking forward for long. Nevertheless the training camp was not as relaxing and playful as we imagined. Instead, it was rather challenging.

On the first day, we experienced all challenges on the ground...

We carried out lots of team challenges on the lawn of the campsite. We needed to compete against time and finish as many missions as we could. Through those activities, we learned the importance of listening and time management, as we needed to summarise every one's opinion to get a final plan.

On the second day, the challenges went beyond the ground...

The even harder challenges could not be accomplished with just one person. After the individual training at the rope course, trainers gave us a mission: all of us had to climb over a 16-foot high wall with bare hands. Striving to complete the mission, we learned that one's strength might be insufficient; but adding up strength of every member of the team could make things work. Although we failed to finish the task within time limit, we truly learned the importance of unity, determined to be more united and active in the team of Young Envoys 2012.





為期數月的訓練充份提升了我們對兒童權利的認識。然後，我們便發揮創意，在校園裡舉行各種推廣兒童權利的活動，務求讓更多同學關注與兒童權利相關的議題，及認識聯合國兒童基金會的工作。

After months of training, we finally gained a thorough understanding of children's rights. We came up with creative ways of delivering these messages to our schoolmates to raise their awareness on children's rights and UNICEF's work in improving living conditions of children worldwide.



準青年使者利用展板去推廣兒童權利，帶出兒童「零受苦」的信息。  
Young Envoys produced display board to promote children's rights and the message of 'Zero child suffering'.





準青年使者在課堂及早會，向同學講解兒童權利及聯合國兒童基金會的工作。

To spread the message, Young Envoys held presentations on children's rights and UNICEF's works in developing countries during assembly or classes.



準青年使者運用有限的資源舉行體驗日營，讓同學扮演發展中國家的兒童，並體驗他們的生活，學習珍惜現在所擁有的，許下為有需要的兒童出一分力的承諾。

Young Envoys organised experiential day camp, in which participants tried to imagine and experience the everyday life of children in developing countries. Participants committed to treasure what they have and to make contributions for children worldwide.



### 兒童權利演講比賽

2012年5月12日，我們成功舉行了聯校兒童權利演講比賽。比賽旨在提供一個平台，讓學生就發展中國家的兒童問題表達意見，及推廣聯合國兒童基金會的工作。籌辦這項比賽實在毫不容易，工作量遠超乎我們想像。幸好我們合作無間，比賽才得以順利舉行。當中，我們不但學以致用，發揮領導才能和溝通技巧，還學懂如何關懷及體諒組員。

聆聽各參賽者的演講也令我們獲益良多。我們希望這項比賽能作為一個起點，讓學生更關注與兒童權利有關的議題，手牽手，為兒童建立一個更美好的將來。

### Children's Rights Public Speech Competition

On 12 May 2012, we held a joint-school Children's Right Public Speech Competition. The event aimed at providing a platform for students to voice their opinions about the children's issues in developing countries and to promote UNICEF's work. Holding such an event was absolutely a tough challenge, the heavy workloads were beyond our expectations. Luckily, with the leadership and communication skills learned in the training, we cooperated well and led the event to a success. We also learned to be considerate and to work as a team.

Watching the contestants presenting their speeches, we had learnt a lot too. We wish this competition can become a starting point for students to pay more attention on children's rights and issues, joining hands to create a better future for children.



## 主題體驗日營

聯校體驗日營以兒童販賣為主題，透過偵探遊戲、話劇、扮演童工等一系列的活動，參加者能體驗兒童被販賣後的生活和非人道經歷，從中認識到童工及兒童販賣問題的嚴重性。

透過日營中的演講比賽和攝影比賽，參加者除了能探討兒童販賣的問題外，更有機會認識兒童「四權」：生存、發展、受保護及參與權，並了解聯合國兒童基金會在發展中國家的工作。這些活動由準青年使者全權統籌並帶領校內學生參與，藉此喚起同輩對兒童權利的關注。

當中，9位籌委在待人處事方面獲益良多。籌備活動時遇到的重重難關使我們明白到團隊中的每一人也是缺一不可的。另外，在磨擦和爭拗之中，我們學會了互相體諒，聆聽和尊重他人的意見，培養出深厚的默契。

## Joint-School Day Camp on Child Trafficking

A joint-school Day Camp was held with theme of anti-child trafficking. Through engaging games, such as detective games and drama showcase, participants were able to learn about the alarming issue of child trafficking.

There were also public speaking and photography contests during the day camp, through which the participants may reflect on the issue and learn about four basic children's rights, including rights to survival, development, protection and participation. All activities were designed and organised by the nine potential Young Envoys.

Organising the day camp was an enriching experience for the organising committee as well. Having encountered many difficulties throughout the preparation period, we learned that every member played an important role in the team. Through arguments, we learned to be considerate, to listen and to respect other's opinions.





click.  
rights.

### “Click.Rights” 攝影比賽

為了提高大眾對兒童權利的認識，我們特意舉辦了“Click. Rights”攝影比賽，號召全港各區的青少年，紛紛拿起照相機，以「我知我的權」為主題，拍下照片參加比賽。

我們把參賽照片上載至Facebook讓公眾瀏覽，成功把訊息傳遞給逾8,500人。

我們亦從實踐中學習如何去領導、管理、組織、與人合作及解難，實在獲益良多。而最令我們鼓舞的是感受到即使作為學生，我們都有影響力，並可以為社會帶來正面的改變！

click.  
rights.

### “Click.Rights” Photography Competition

This year's Young Envoys organised the “Click.Rights” Photography Competition to raise public awareness of children's rights. We had teenagers all over Hong Kong “clicking” their cameras and sending in snapshots with the theme of “Right to know, Know our rights.”

By uploading submitted photos to Facebook for public viewing, our message successfully reached more than 8,500 people.

This project, being a wonderful opportunity to practise leadership, management, organisation, cooperation and problem-solving skills, all members of the “Click.Rights” Committee were greatly benefited. Best of all, we realised that we students could actually make a positive impact to move forward.

official facebook page for 2012 competition

official facebook page for 2012 competition

official facebook page for 2012 competition

click.  
rights.

official facebook page for 2012 competition

click.  
rights.

official facebook page for 2012 competition

click.  
rights.

official facebook page for 2012 competition



1



Trixy Tse

Victoria Shanghai Academy 滬江維多利亞學校

「平凡是福」。貧窮不但沒有影響兒童對生命的熱愛及對學習的熱誠，反而更能令他們把握每一個機會去體會人生最美好的一面！何解小孩還懂得甚麼叫知足，珍惜所擁有的一切，而我們生活在物質豐盛的社會，卻只會埋怨只會逃避？然而透過他們真摯的笑容，我學會了感恩、珍惜，因幸福不是必然。

Being content with what you have leads to true happiness.

click. rights click. rights

2



Michael Linennen  
Victoria Shanghai Academy  
滬江維多利亞學校

相片的小男孩來自印尼的鄉村，他的願望是長大後能像小鳥般自由自在，環遊世界。

This photo was taken in a rural village in Indonesia, and this little boy hoped that he could be as free as the bird and be able to travel around the world when he grew up.

3



Wong Cheuk Hei  
Carmel Secondary School 迦密中學

在發展中國家中生活的兒童往往欠缺應享有的保護。我們應幫助他們，令他們不需擔驚受怕。

Children in those less-developed nations are underprivileged. So poor that they aren't even well-protected. All those child labour and prostitution are purely unfair to them. Sufficient medical services and education do not reach them. Let's help them and make them less worried in every single day.





在倡議活動中，我們選擇了「讓兒童參與決定」為主題，探討兒童在家庭事務中的參與權。現今社會競爭激烈，家長大多望子成龍，望女成鳳。他們安排子女參加林林總總的活動，替他們打點日常生活的瑣碎事，使子女參與決定的機會可能很少。作為UNICEF的青年使者，我們決定深入探討這個問題，讓更多人關注兒童在做決定時的參與權利。

探討過程中，為求掌握更多資料，我們訪問了不同範疇的專業人士，及參考了各種學術文獻。及後，我們設定了一套問卷並訪問了逾700位家長和子女，分析和了解香港兒童在家庭事務中參與決定的情況。我們發現，有兩成家長仍認為應由父母主導做決定。

為了帶出讓兒童參與決定這個訊息，我們以「童參與，齊決定」為口號，在9月中於銅鑼灣作街頭表演，務求引起大家關注，讓大眾給予兒童參與決定的機會。

青年使者在街頭訪問了逾 700 名市民，探討兒童在家庭參與決定的狀況。  
Young Envoys carried out street interview for 700 citizens, to acknowledge the situation about children's participation in decision making at home.



We chose 'children's participation in decision making' as the theme of our advocacy project, to investigate children's participation in matters that affect them in daily life. It is common for parents nowadays to wish for their children becoming successful people. They arrange many extra-curricular activities for their children and may decide everything without seeking the prior agreement from their children. As UNICEF Young Envoys, we decided to dig deep and find the roots to this problem by understanding the reasons of its causes and arouse public awareness towards the children's right to participation in decision making.

We first gathered information in a professional perspective through secondary sources as well as interviews with experts in different fields such as child development. We then strengthened our understanding by creating our own primary source of data through surveys which were given out to approximately 800 parents and children, and through analyses of these results. To our surprise, we discovered that there are still 20% parents dominate the decision making process about children's issue without seeking children's opinion.

We believe that effective communication would enable children to become more capable of making choices in their own lives along with their parents, and therefore came up with the slogan "Children involvement makes better decisions" as the focus of our street advocacy that is to be done in Causeway Bay in September, through which we sincerely wish children's voices can be heard and listened to!

訪問大學學者，加深對題目之了解。  
Interview scholar, to enrich the understanding toward the topic.





「從此，不分你我。」

5月27日，在主題曲伴隨下，51位準青年使者於基督教家庭服務中心禮堂接過委任狀，正式成為新一屆的青年使者，肩負起兒童權利倡議者的使命。

當天，除了有UNICEF HK的委員及總幹事外，更有幸邀請到贊助青年使者計劃的AEON信貸財務（亞洲）有限公司的代表出席委任典禮，這不但肯定了我們這半年來的付出，亦一同見證着我們努力的成果。

「手牽手，心連心，改變世界可成真」是今年青年使者計劃的主題。正式成為青年使者後，我們承諾會團結一致，由自己做起，以行動去宣揚及捍衛兒童權利，與UNICEF一起成就兒童「零受苦」的目標。

到了典禮的尾聲，我們為逾200位來賓表演音樂劇，用精彩的歌舞展現出我們的訓練歷程和點滴，包括迎新日、訓練營及聯校活動等等。更在全體大合唱中唱出「I Believe」——一首由我們自行作曲作詞及彈奏的主題曲。

「缺一不可，不分你我」。對，我們就要為改變世界出一分力。





On 27 May, with the company of our theme song, all of us received the certificate of appointment at Kwun Tong Christian Family Service Centre and formally became the new Young Envoys, shouldering the mission as the "Child Rights Advocates".

On that day, we were honored to have representatives from AEON Credit Services (Asia) Co. Ltd., which sponsored the Young Envoys programme as our guests. Together with the council members of UNICEF HK, all our guests witnessed and affirmed our effort over the months.

"Hands in hands, heart to heart, let our dream of ZERO start" was the theme this year. As Young Envoys, we committed to unite together and take the lead in advocating children's rights and UNICEF's belief of "Believe In Zero".

Coming to the end of the ceremony, we performed a musical that narrated the training activities we had experienced over the year. By the end of the performance, all Young Envoys joined in the chorus and sang the theme song written by us – I Believe.

"Together We Strive, Unitedly We Thrive." We have got to make an effort to change the world!





在甘肅的七天旅程中，我們踏遍很多地方，如衛生院、中小學及幼兒園等等，每個地方都為我們帶來深刻的體會。我們不但明白到UNICEF在當地的實質工作及影響，更能感受到每位工作人員在實施項目時的堅持。

### 稍峪郭河小學

在第三天，我們探訪一所稍峪郭河小學，碰巧天公不做美，連續數天的雨水把前往小學的唯一山路化為「泥漿路」。那「泥漿路」把我們的腳都吸住，每走一步都要比平常的來得小心和吃力，令我們這群習慣了城市生活的青年人不禁叫苦連天。但想到當地的每位小孩子為了自己的前途、理想，日復日的走上這條崎嶇山路上學，我們都不禁為他們所堅持的而感動。

### 龍門村

在第六天，我們來到龍門村進行家訪。村民都臉帶笑容，十分友善。我們分為幾個小組，探訪村民的住所，了解他們的生活環境及婦幼保健的情況。看到他們為了下一代而摒棄了傳統，努力地作出改變，接受外來的新思維，如到醫院產子、衛生準則等等。無疑這一切對他們是一個大突破，就因為他們堅持要改善下一代的生活及成長。

During the week at Gansu, we visited many places like medical centers, secondary schools, primary schools and kindergartens. We appreciated of the persistent effort of local personnel in supporting and implementing UNICEF's projects which greatly improved the welfare and situation of children and women there.

### Shao Yu Gao He Primary School

On the third day, we went to Shao Yu Gao He Primary School. Although the weather was not good as we had expected, we still got to proceed our journey. The heavy rain turned the only way to the school into a mud road. Spoiled kids like us grumbled about the muddy road, because every step we took was like walking on super glue. In contrast, children in Gansu climb this mountainous road day after day to attend school. We were much impressed by their strong perseverance.

### Long Men Village

We also visited Long Men Village on the sixth day. The villagers were very friendly, their happy faces were what we could not forget even few months after the field visit. In the village, we visited their homes and farmlands to learn more about their living condition and the state of maternal health. We were glad to know they had accepted the new mind set which includes laboring at hospital and sanitation standards. Changing mindset was no doubt a breakthrough to them, while it is all for the benefit and development of next generation.





## 渭河村桃李幼兒園

甘肅資源缺乏，生活窮困，要在農村裡辦學實非易事，而桃李幼兒園的情況便是一個好例子。為了建校辦學而欠債多年的劉校長，一直堅信「知識改變命運」，一直致力為農村的留守兒童提供優質的早期幼兒教育。在UNICEF「貧困地區兒童發展」項目的支援下，引入「愛生」的辦學理念、改善校園衛生環境及建立圖書室等等。他了解到填鴨式教育並不是最好的教學方式，並採用互動教學，務求令孩子能接受最好的教育。

劉校長排除萬難，堅守理念，無私地奉獻，為農村小孩帶來希望，讓幼兒在缺乏父母照顧的情況下，給他們一個身心溫暖的「家」。這深深地打動了我們，成為我們學習的典範。縱使現在我們未能為有需要的兒童作出實在的貢獻，但愛的種子已埋在我們的心坎裡。我們堅信，只要憑著信念，好好裝備自己，這愛的種子必定能在將來茁壯成長。

## Taoli Kindergarten

With limited resources and comparatively low living standard, setting up and running a school in rural area of Gansu is never an easy task; Taoli Kindergarten is the best example. While Principal Liu of Taoli Kindergarten has been facing financial pressure for years, he still determined and devoted himself to provide quality early childhood education to left-behind children, with the belief in "knowledge changes destiny". With the support of the Local Action for Rural Children Programme (LARC) of UNICEF, the learning environment has been impressively improved with the adaptation of "child-friendly" approach, improvement in sanitation facilities and setting up of a library. Principal Liu and teachers realised that spoon-feed education was not the best way to educate students. Therefore, they are enthusiastic to make a change by adopting the interactive approach for the best sake of the children.

Principal Liu, in all his might, contributed himself to bring hopes to the children; the left-behind children are granted a warm and caring "home" though their parents are not around. Not only the students there are embraced, we were inspired astonishingly by his devotion.

It may not be possible for us to contribute the children in need concretely at the moment, but seed was deeply buried in our heart. We believe with a united stance and a well-prepared soul, as we grow older and wiser, the seed will grow and thrive in our heart someday.





## 熱誠

在這七天中，我們參觀了多間學校。雖然這些學校建於山區，上學的路遙遠而崎嶇，下雨天時甚至要踏著泥濘，但當地的學生並沒有因此而放棄上學，深信終有一天能學有所成，改變自己的命運及家人的生活，實在佩服他們對學習的熱誠。

除了學生，校長和老師的熱誠亦深深的打動我們。有校長直言辦學校的確困難重重，教學資源亦不夠；但為了下一代，他仍堅持教學的道路。曾有老師表示教學是他的理想，到現在理想實現，縱使待遇不算好，他亦會繼續堅持，為不同的學生服務。在這次考察團中，我們不單走進了別人奮鬥的故事，同時亦深入探討UNICEF在中國的發展項目，如「愛生學校」、「學前教育發展計劃」、「有條件現金轉移」及「水、環境和衛生」等等，並了解實踐項目時的所遇到的困難。要全面改善山區兒童的生活狀況像是一個遙不可及的目標，但經過這次親身體會及考察，憑著UNICEF的職員和當地政府的努力，我們看見了成果和成效，其實這一切都是可以成真的。

在此，我們衷心希望各老師、校長、當地政府及UNICEF都能繼續堅守那份熱誠，令更多有需要的兒童受惠。身為青年使者的我們，亦將懷著一份熱誠，為倡議兒童權利出一分力。

## Passion

During these seven days of the trip, we visited many schools which are built in the remote hilly areas and found the local students never give up to go to school although they have to travel far, sometimes trudge through the mud in rainy days just because they believe that knowledge can change their lives. I deeply appreciated their passion and eagerness to learn.

We were also moved by the principals and teachers' passion in teaching. One of the principals said that it is really hard to run a school and they have to face lots of difficulties such as a lack of resources. However, he still works very hard for the best of the next generations. Besides, one of the teachers said that becoming a teacher is his dream. He is really delighted that his dream comes true and he will definitely persevere with the meaningful work even he does not get a good pay.

Throughout the trip, we gained a deeper understanding of UNICEF's work in rural area of China through different projects such as 'Child-Friendly School', 'Early Childhood Education Programme', 'Conditional Cash Transfer Programme', and 'Water, Sanitation and Hygiene Programme'. We also understood the goals and objectives behind these projects. Although there is still a long way to go, we can see the effect and potential impact of the projects due to UNICEF's effort.

Last but not least, we hope that everyone can keep being passionate to help the others. We will also maintain our passion and strive for the betterment of children.

魚老師熱心地為UNICEF工作超過20年，盡心地為兒童服務。  
Ms. Yu has been working for UNICEF for over 20 years, wholeheartedly to serve children.





## 甘肅省考察團後記 -- 究竟什麼是快樂？

在香港人眼中，快樂來自什麼？是考試滿分、升職加薪，或是擁有最新潮的手提電話？相對於生活在甘肅的小朋友來說，他們需要的，就只是一個完整的家，一個親切的笑容。還記得，桃李幼兒園的校長跟我們說，幼兒園的學生大部份都是「留守兒童」，父母出了城打工，留下了小朋友在鄉間和他們家中的老人家生活，加上當地生活條件差，兒童怎能開心快樂地生活？

但，就我們所見所感，他們比我們每一個都快樂。

他們知足，感恩自己能擁有的，所以臉上常掛著笑容。在交流的過程中，我們好像尋回久違了的快樂。一句俗氣的老生常談隨即浮現腦海——「快樂原是很簡單」。與甘肅小朋友的簡單相處，令我們體會到平日的煩惱和失意，都是取決於我們對事物的看法。他們可以笑著、正面地面對挑戰，為何我們不可以呢？

### What is Happiness?

How do we define it? Is it scoring full marks in an exam? Is it being promoted and have a salary rise? Or to own the latest smartphone? To Hong Kong people like us, maybe these are our measurements of happiness. But to children living in the rural areas of Gansu, what they need is just a chance to be with their families, even a warm smile can make their day. Recalling what the principal of Taoli Kindergarten told us during our visit to their campus was that most students are forced to separate with their parents. Their parents have all gone to the cities to work while their children were left behind at home with the elderly. How can children live happily when their parents are not even by their side? Not to mention that the living standard in the villages is not desirable, we all question how is it quite possible that they can live happily?

But the truth is that they are, in fact, living happier than most, if not all of us.

Only after interacting with them and learning more about their lives that we realised that, in their eyes, happiness is not measured by the amount of money they have or the things they own, to them, happiness is far simpler. To them, happiness is to be grateful for what they own, what they live with. How ironic it is we often feel unhappy even our living standard is far better than those children who lives in the rural villages. Through conversations with them, we realised that it is actually very simple to be happy. We also learned from these children that the frustration we met in daily lives mostly depends on the way we thought. They can face challenges positively, why can't we do the same?





## 馬田浩公社的保健中心

由酒店出發，約3小時的車程後，我們終於到達了馬田浩村，並隨即展開山區的考察。我們沿着泥濘路向保健中心走，穿着波鞋的我們躬着腰，低着頭上山，下雨天令我們更覺舉步維艱，但當看見只穿着拖鞋的村民輕盈地跑下山，我們不禁反思自己是否過於嬌生慣養.....過了寸步難行的半小時，我們才到達保健中心。保健中心的工作包括提供基本醫療服務、婦幼檢查、教育村民基本保健常識及籌辦健康外展計劃等等。只是，前往保健中心的路程既遙遠又崎嶇，試問又有幾多人願意定時來作檢查？

## 母嬰健康檢查

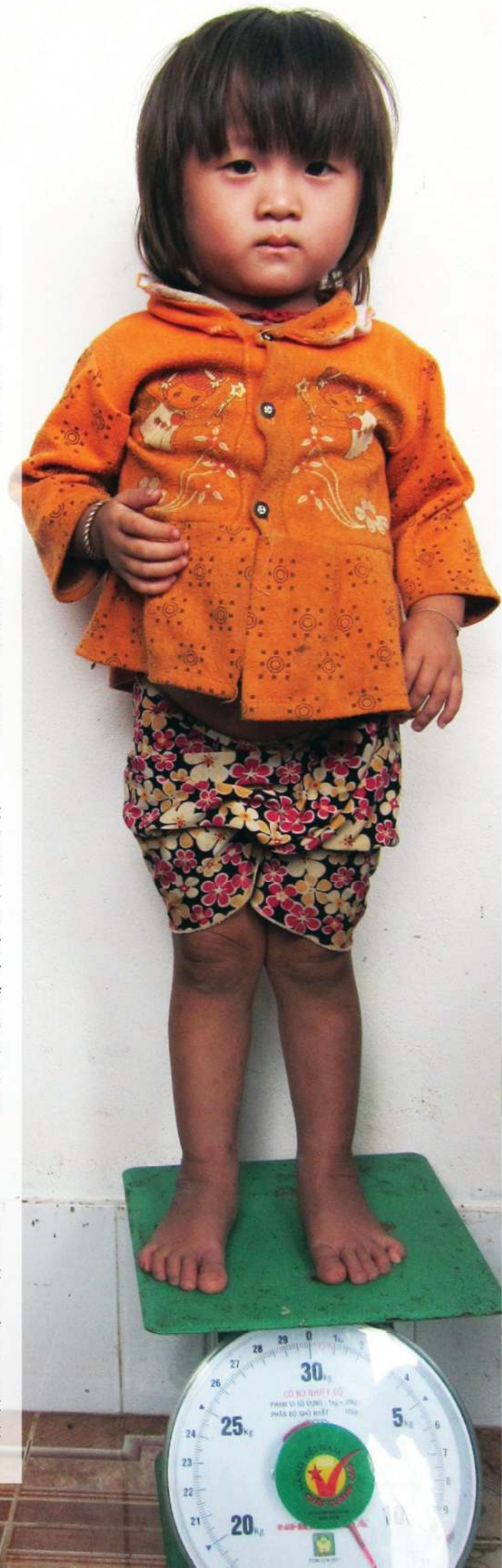
婦幼檢查分為產前檢查和兒童身體檢查兩個部份。那兒沒有產前檢查所需的X光和超聲波儀器，只有為孕婦量體重、肚腹大小和血壓的簡單器材，確保母親的身體沒異樣；而兒童身體檢查會為兒童量度高度和體重，用的磅想必不是電子磅，但我們也沒料到會跟街市菜磅沒兩樣，只是稍稍大一點。量度完畢後，那裏的兒童跟香港的兒童一樣會有標準參考及記錄，而唯一不同的是，那裡並沒有過重的孩子，至少我們

## Ma Thi Ho Commune Health Centre

Getting off the bus after a three-hour ride, we finally arrived at Ma Thi Ho Commune, where we were about to begin a day around the mountain regions. We had to walk through a soiled path to get to the health centre, but the soil became a thick layer of mud that sank our shoes, making each step hard to climb up to the mountain. While we were walking with our sneakers, the locals ran around with their half-broken slipper and we felt quite ashamed of ourselves. After half an hour of difficult walk, we reached the health centre which provides basic medical services, maternal checkups, educational talks and outreach services. Nevertheless, because of the long and rugged road, not many people are willing to take such a long trip for checkup.

## Maternal Checkups

There are generally two types of checkup in the health centre: prenatal examinations and regular checkup for children. The centre was not equipped with advanced X-Rays or ultrasonic waves, but only with basic equipments such as measuring scales, measuring tapes, blood pressure measurers to monitor mother's health. As for children, they were simply put on a scale that we can see in wet markets in Hong Kong. Afterward, their weights will be recorded and compared to the weight standard. Unlike children in Hong Kong, children here are not obese.





## 烹調幼兒營養食品講座

曾接受UNICEF培訓的保健人員每月會舉辦兩次營養食品講座，教導當地母親怎樣以最簡單的食材烹調富營養的食物給幼兒，以改善兒童營養不良的情況。保健中心會鼓勵母親以純母乳餵哺半歲以下的幼兒；而半歲至兩歲的幼兒，除母乳以外，也需要補給不同的食物及營養，保健人員邊講邊示範，用在當地較易得到的食材，如豆、粟米、南瓜、魚等，切碎後煮成糊狀，雖然食物的賣相和味道對我們來說不太討好，不過這些營養食品對當地兒童來說已是恩物。

## 健康外展計劃


又經過一番長途跋涉後，我們到了距離健康外展隊基地最近的服務村落，雖說「最近」，但也要花足足1.5小時的車程才能到達，我們不禁問道：其他距離較遠的村落，又要走多久呢？「醫生」細心地為每位兒童注射防疫針，想不到，他們已有了「針卡」（防疫注射記錄卡），並有一套詳盡的醫療記錄！初時我們想，這些「醫生」的醫學水平應該很高，但原來他們只是一些接受過保健服務訓練的義工，純粹懷着無私的心去幫助山區兒童，並不是為了任何金錢利益，那一刻真的震撼了我們在場每一位的心靈！我們當中更有人立志要參與人道救援的工作，以幫助兒童為目標！除了感動，亦有不少的笑料.....例如我們見證了甚麼是「驚到瀨尿」，有個男嬰看到尖尖的針筒，還未注射疫苗，他便禁不住當場「瀨尿」了！

## Education Talks on Nutritious Diet

Twice a month, health workers trained by UNICEF will organise education talks to educate mothers preparing nutritious food with simple ingredients for their infants, so as to improve the general situation of malnutrition in children. The centre encourages mothers to breastfeed their babies for the first six months. For infants aged from six months old to two years old, in addition to breastfeeding, supplementary stirred food such as beans, corn, pumpkin and fish are recommended which are good for children's health.

## Health Care Services

After another long ride, we took 1.5 hours to visit the "nearest" village. These scarce services makes us wonder how long the locals would take to get there, especially when they are in immediate need of the help. "Doctors" here were busily injecting vaccines for children, and we could not believe that they have such a systematic medical records for children. Most surprisingly, these "doctors" were trained health care volunteers only, who are enthusiastic to help the children in remote villages .We all were touched! After the visit, one of us even decided to take part in humanitarian work to help children in need. Also, we burst out laughing when we saw a little boy who wet his pants just because he was too frightened to receive injection!



健康外展隊正準備為住在偏遠山區的小朋友接種疫苗  
Local health mobile team is preparing vaccination for children in remote area



## 奠邊府社區保護中心

在越南，孤兒問題日益嚴重，所以當地對社區保護中心（即孤兒院）的需求也日益增加。越南政府定立了一套基本標準，確保社區保護中心的環境能讓兒童健康成長。其中最特別的一項是社區保護中心需設有遊樂場供兒童嬉戲，以保障兒童玩耍的權利，並讓他們透過遊戲學習。真想不到有否設有遊樂場對社區保護中心的成立竟有着這麼大的影響！

當天，我們訪問了兩間社區保護中心，一間未達標準，一間則高於標準要求。在兒童的身上我們也能看出這種分別：後者的兒童比起前者的明顯笑容較多，亦較燦爛，而且更活潑和主動！原來是因為這社區保護中心實行了以「家庭」為單位的運作模式，每十個孩子就會有一個「媽媽」照顧，令他們可以感受到母愛。記得那天，看到的兒童個個都笑容滿面，更把他們「家」裏的每一部分指給我們看。

在陽光下，大家一起在遊樂場玩耍，他們的笑臉深深地烙印在我們的心裏。雖然語言不通，但無阻我們的交流，因為.....交流是從心出發的！「不分你我」，不就是這個意思嗎？

## Dien Bien Phu Social Protection Centre

The increasing number of orphans leads to an escalating demand of social protection centre, which is also known as orphanage. To ensure the environment of centres are good for children's development, the local government set up an official Minimum Standards of Care for Institutions; centers must provide playgrounds to protect children's rights to play, that foster their development. We can never imagine the advantages of setting up a playground.

We visited two social protection centres that day. The first one is far below the standard while the second one is far beyond that. The difference was obviously shown on the children's face: children in the second centre looked happier and more energetic! The reason lies on the "home-based" operation: each "mother" will take care of 10 homeless children. It is hard to forget that the moment when the happy little kids grabbed our hands and showed us around every little corner of their "home".

Playing with them in a sunny day and seeing those beautiful smiles on their faces was definitely a beautiful scene. The language difference was not a barrier for us to know each other.





## 太陽花支持網絡

在奠邊，愛滋病病毒感染的情況十分嚴重，感染愛滋病的女性尤其無助，她們多是經有吸毒習慣的丈夫或不安全的性行為而受感染。

太陽花支持網絡的成立就是為了幫助這群受愛滋病病毒感染的婦女，他們主要由一班患有愛滋病的女性組成，為成員提供身、心及財政上的支援。

太陽花支持網絡透過不同的渠道籌募資金，為婦女提供小型借貸。獲得資金之後，婦女可以經營小生意例如飼養兔子再轉售維生，其餘則用作歸還借貸；這樣，太陽花支持網絡便可幫助更多有需要的家庭。我們有幸探訪了一個獲支援的家庭，據其中一位女士說，買入一隻兔子約需5美元，4個月後可以10美元賣出，所賺的足夠支持整個家庭。當問到她們為何丈夫都不去戒毒，她們苦笑說從未見過成功戒毒的例子。縱使他們從小便知道毒品的害處，但是因地理鄰近毒品運輸情況非常鼎盛的金三角地區，因此還是有不少人經不起誘惑。

受愛滋病病毒感染的婦女在當地仍受到極大的歧視，其實，她們也是受害的一群，為何社會就不

### Sunflower Support Network (SSN)

HIV/AIDS is very common in Dien Bien. Women who are infected with HIV/AIDS through unsafe sex or their husbands who are drug addicts. To help these women make their own living, the Sunflower Support Network (SSN) was founded to provide these women with both physical, psychological as well as financial support.

We were fortunate enough to be able to visit a family under the assistance of the SSN. The SSN would raise funds in different ways to offer loans for women. Hence, women may be able to run small business such as selling rabbits for a living. The circulating system enable SSN to help more families in need. A woman from a family which received help said a rabbit which costs US\$5 will then worth US\$10 as selling price within four months. The income is already enough for a family. When they were asked about why their husbands do not kick drugs, the women sadly told us that nobody had succeeded in doing so. Despite knowing the harmful consequences of taking drugs in their young age, many people are still addicted to drugs as they live nearby the regions where there are strong presence of drugs.

Possibly because of misunderstandings, women infected with HIV/AIDS are often discriminated. They are even victims, but why can't the society try to accept them?





## 社區保護中心

沿途遍地泥濘水溝，車輪在路上留下深深的印痕，我們帶著沉重的心情到訪社區保護中心。眼前的是一群衣著簡陋的小朋友，有的坐著，有的站著，以好奇的眼光打量著我們這群陌生人.....對我們而言，這種景象並不陌生，與經常流傳的那些楚楚可憐的兒童照片無異。這時候耳邊傳來悅耳旋律打破沉默，回頭一看，社區保護中心的孩童在台上載歌載舞地歡迎我們，這份見面禮實在讓人驚喜。之後我們探望了受橙劑(越戰時美國所用的化學物)影響的兒童，他們的身體及四肢都長成畸形的模樣，有些甚至不能下床，一生與病床為伴。

稍年長和較健康的兒童，平常都會在中心幹一些粗活兒，如織魚網、製作掃帚、牙籤等等，幫補生計。中心也提供各類型的物理治療，幫助肢體困難的幼兒。雖然言語不通，但耍樂不分國界，透過嬉戲、音樂和笑聲，我們與中心的兒童連繫在一起，互相分享快樂和愛。這次探訪中，我們感受到當地兒童對生命的熱愛，更明白到他們需要的並不是別人的同情，而是愛護和尊重。

## Social Protection Centre

We were all sad when we arrived the Social Protection Centre. We saw children in shabby clothes looking curious towards us. Suddenly, a song was on and children from the centre sang and dance to welcome us. We were am cheered up by that fantastic welcoming. Later, we met children suffering from the harmful consequences of "Agent Orange" (a chemical weapon used by US in Viet Nam War), some of them were physically impaired, and some even had to lie on bed in the lifetime...

Those children who were older and healthier would help weaving nets, making brooms and toothpicks to help earn a living in the centre, where provided treatments for physically-disabled children. Even though we were all from different background, we had a delightful time playing games and singing with the children. In this visit, we realised that they need care and respect instead of sympathy.



## 急性營養不良整合管理計劃

我們到訪崑崙省的一所地區診所，了解當地婦幼保健的情況。當天有不少婦女抱着孩子等候接受治療及定期身體檢查。由於服務是免費的，所以使用率很高，尤其是婦幼健康服務，包括兒童發育情況的定期檢查。護士向我們示範用軟尺量度小孩的手臂，原來只要他們的手臂圍周少於11.5厘米，就代表他們患有營養不良。孩子便會獲分發一份Hebi能量條，食用分量足有500卡路里，能提供足夠的蛋白質、碳水化合物以及維他命等。簡言之，Hebi含豐富營養，能用於治療患有營養不良的小朋友。

整個整合管理計劃於2011年7月開展，除了我們身處的這一所地區診所外，尚有另外8間診所分佈在崑崙省的不同角落。若有嚴重營養不良的個案，病人會獲轉送往崑崙市醫院接受進一步治療。這裡的醫護人員除了一般醫務工作之外，還會定期為村民舉行教育講座，推廣母乳餵哺及預防愛滋病等。

UNICEF與當地政府合作，為醫護人員進行婦幼保健培訓、訂立標準、提供檢查工具及購買Hebi能量條等等，並有系統地監察過程及評估成效。

## Integrated Management of Acute Malnutrition

We visited a regional clinic in Kon Tum to learn about the condition of maternal health of local women and children. There were many mothers carrying their children in arms, lining up for various health care services and checkups. The usage of the health care services was high because the cost was supported by the government, especially in maternal care and regular checkups. The nurse demonstrated how to examine children's health with a measuring tape. If the circumference of a child's arm is less than 11.5 cm, it would be considered as malnutrition. They usually visit the centre once a week for checkups and a nutritious Hebi energy bar, which has 500 calories and many essential nutrients such as protein, carbohydrates and vitamins for children who is suffered from malnutrition.

This project of Integrated Management of Acute Malnutrition was launched since July 2011. There are eight more regional clinics scattered around the Kon Tum Province apart from the one we had visited. If a case of acute malnutrition is reported, the patient would be transferred to Kon Tum Hospital for further diagnosis and treatment. Apart from basic health care services, the centre also promotes breastfeeding and HIV/AIDS prevention through talks.

UNICEF works closely with the local government on providing maternal health trainings to health care workers, setting up standards, supplying medical tools, and Hebi energy bars, as well as systematic monitoring and effectiveness evaluation.



為營養不良的小孩量高度  
Growth monitoring for children with malnutrition



## 社區保護兒童計劃

社區保護兒童計劃由越南政府的勞工及社會事務部負責，希望全面地加強對兒童的保護和保障，對象主要是16歲以下的兒童，當中更有不少是孤兒。在行程的第五日，我們探訪了兒童會及一些家庭，從中得知更多關於計劃的資料及實施情況。兒童會是當地一個服務兒童的組織，工作是向兒童灌輸正面的訊息。由於兒童會地方狹小，沒有足夠空間容納那麼多的訪客，所以借用了附近一所幼兒園的校舍來招待我們。與工作人員對話期間，我們發現越南政府的人員與當地人（少數民族）偶有溝通障礙，這令我們深深體會到計劃的推行與落實是何等的困難重重。即使語言不通，但因為兒童會的小朋友充滿着演戲天分，為我們演出了一場關於沉迷電腦遊戲壞處的話劇，整場表演絕無冷場。

我們到當地家庭探訪了一名知錯能改的男孩，他天資聰穎，但是一度逃學，後來得到社區保護兒童計劃的幫助，他與媽媽和好如初。由此可見計劃對改善當地兒童狀況十分重要。UNICEF透過建立及支援兒童社區組織，加強及完善當地的兒童保護架構，又參與制定預防措施、介入方法及監察標準等等，在計劃中擔當舉足輕重的角色。

## Community-Based Child Protection Model

The Ministry of Labour and Social Affairs (MOLISA) is in charge of community-based child protection in Viet Nam, aiming to comprehensively strengthen the protection and support to children under sixteen, which many of them are abandoned. On the fifth day of our visit, we made a visit to the children centre and families to know more about the implementation of the policy. The children centre was established to educate children of the local community with positive messages which are good for their development. As the children centre was too small to accommodate all of us, we went to a kindergarten arranged by the centre. Throughout the conversation, we noticed that the language difference between the government officials and the local people became a barrier when it comes to project implementation. At the end of the visit, the children who were very fond of drama performed us a drama about the bad influences of being addicted to computer games. We enjoyed their enthusiastic performance.

During the family visit, we came across a 12-year-old boy who was brave enough to share with us his past experience. He had always been a quick learner who got brilliant academic results. However, he played truant. Thanks to the Community-Based Child Protection Model, the relationship between him and his mother was improved. We all could see the importance of the system in building a healthy next generation. Through UNICEF's establishment and support of community-based associations for children, the child protection structure can be strengthened. UNICEF also plays an important role in implementing prevention, intervention and monitoring system.



到訪當地兒童會  
Visit to local children's club



## 傳統助產士

在家產子仍然是越南少數民族的傳統習俗，崑嵩市內9成半的婦女都選擇這方式去迎接她們的下一代。因此，傳統助產士在越南有着顯著的社會地位。

我們探訪了一名年僅27歲但已第3度懷孕的婦女。即使她明知在家產子的孕婦必須承受失血過多及受細菌感染的風險，但她因先前兩次成功的經驗而十分堅持在家產子，在這情況下，傳統助產士對婦幼健康便變得十分重要。可是須麻容縣內只有一名專業傳統助產士及兩名仍在接受訓練的實習生，所以該名專業傳統助產士要隨時候命才能應付需求。

為確保市內孕婦能順利生產，UNICEF為傳統助產士提供專業培訓，有系統地提昇他們的專業質素及技巧。據知，這名傳統助產士已成功協助42名孕婦分娩，每月平均迎接3至4名新生命。同時，市內的健康中心亦與傳統助產士攜手合作，透過家訪保障孕婦得到基本的產前檢查及妥善照顧。

## Traditional Birth Attendants

Home birth has long been a tradition in Viet Nam. In fact, more than 90 percent of mothers in Kon Tum Province chose to give birth to their children at home; therefore, traditional birth attendants play a vital role in their community.

We came across a 27-year-old pregnant woman who had given birth to her first two children at home and was about to have her third child. Despite knowing the risks of excessive blood loss and bacterial infection, she still determined to give birth at home in her third laboring. In these cases, traditional birth attendants became very important to the maternal and child health. However, there were only one professional traditional birth attendant and her two apprentices in the Tu Mo Rong District, which means the only traditional birth attendant has to be stand-by days and nights to meet the needs.

To ensure safe laboring, UNICEF equipped traditional birth attendants with professional skills through systematic trainings. As informed, up until today, the midwife in the Tu Mo Rong District has successfully assisted 42 mothers, delivering 3-4 newborns every month.

In addition, local health care centers work together with traditional birth attendant to ensure that mothers-to-be could receive basic pregnancy checkups and optimal care through home visits.



青年使者與傳統助產士互動，了解他們的狀況。  
Young Envoys interacted with traditional birth attendants, to get to know their situation.



唯一

渺小

感恩



Tommy

無憾

感恩 能成為YE的一份子；  
感恩 有機會遇見你們；  
感恩 我們一起玩過笑過愛過；

感恩 我身處在香港這福地；  
感恩 我能夠為受苦的兒童出一分力；  
感恩 體會到——快樂可以很簡單。

有些事，只可以一個人做；  
有些路，只能夠一個人走；  
有些關，只容許一個人闖；  
但值得慶幸的是，  
這些事，我們一起做完了。

答案

可以



Nicole

豐富

可以是一個很普通的詞語，但對我來說是這一年最好的印證。YE生涯中，我發現原來自己可以突破自身弱點，可以承擔不同的工作，可以籌劃活動，可以由我們一群YE去策劃一個屬於我們的委任典禮！在考察團中，我感受到自己可以給小朋友帶來快樂，可以為他們發聲，可以為他們留下一個美好的回憶！和UNICEF一起為兒童「零受苦」而努力是一件十分幸福的事，一件需要恆心的事，一件你和我也可以做的事。

執着



Angel Yip

翻牆

不公平的事情天天都發生，有些人會啞忍接受、有些人會抱怨但仍隨波逐流、有些人明白自己的渺小仍不屈服於現實。

而我們這群青少年就是執着，執着要令這個社會更美好、更公平，才成為青年使者，希望以自己的綿力，了解不公平背後的原因，作出改變。

我們就是憑這一份執著，手牽手，心連心，建造大同世界。

幸福

常樂

充實

堅持



Apple

角度

堅持信念，為理想而戰：我是YE12！  
堅持完美，將每個計劃做到完美！  
堅持改變，從訓練中充實自我，改變自己。  
堅持熱誠，親身體驗，為倡議兒童權利努力！  
堅持，使我成長，享受YE12的生活！

無窮

填充



放棄

使命



Adam

膽量

一年前，為了好好粉飾自己的履歷，報名參加了YE。  
坦白說，一年前，UNICEF是幹什麼的，我完全沒有概念。  
有人說：中五才來玩這些那些，忙死你呀！  
參加了YE，令生活由五天工作週，延長成六天。  
起初，我認為這一條會是條苦路；  
慢慢，我學會了享受在這兒的每一刻。  
我，從沒有什麼宏大的理想，  
YE忙？  
忙。  
但我沒有抱怨，  
因為在這裡我找到屬於我自己的使命。

追求

突破

肩負

認識



TC

感歎

對我而言，「認識」是我經歷過這一個青年使者計劃後最為貼切的形容詞。不論是在這個計劃裡認識到不同學校、不同背景的朋友，還是從剛開始報名時所看的資料，到往後的一些工作坊，甚至是剛剛完成的越南交流，讓我對聯合國兒童基金會有更深的了解，他們的工作、成效。在交流過程中跟當地小朋友的相處，我對「知足、感恩」更是認識更多。

漣漪

尋夢



Nicholas

這一切就如夢一般，使我的人生變得不平凡！雖然我最初只是抱著嘗試的心態報名，但入選並到越南探訪，那奇妙的感覺將會永遠烙印在我心中！我要感激一直共渡難關的摯友，因為緣分我們相聚，因為你們令我慢慢成長。更要感謝陳慧妮老師，沒有你.....我就不會參與這成長的旅程！結束是新的開始，我們必定會繼續實踐共同的夢想.....  
unite for children!!

轉變

成長

相信



Minnie

感動

今年UNICEF的主題是相信「零，可以成真」；

「相信」二字，正好表達了我對今年青年使者計劃的感想。

成為青年使者，踏上倡議兒童權利的路並不容易，這十個月的訓練過得並不容易，途中遇到不少挑戰，亦曾感到氣餒。此外，活動頻密，要完成的事堆積如山，有時候實在會覺得喘不過氣來。

可是，現在回想起在計劃中經歷的種種，我相信收獲絕對多於付出。正如一位導師所說，我們所做的可能看起來很渺小，但其實影響力和成效可能已經很大！

今後，作為一名YE，我相信著「零，可以成真」，繼續為兒童發聲。

刺激



感動



Mandy

漣漪

感動，中文詞典註解為心靈上的觸動，意思有點抽象。然而參加了這個計劃，我發現這個形容詞其實帶著一股神奇的力量。看著大家為同一個目標奮鬥，看著大家所滴下的汗與淚，看著每一個笑容，只能告訴大家，這就是為感動帶來力量的源泉。這些經歷會深深刻在我心中，大家傻傻的幹勁也會被我牢記。我希望我們能繼續用這股力量來感動世界。

投入

權責

角度



Wing

「您的視野是多少度？」

「哈！我只知我近視多少度！這是什麼鬼問題？」

參加了YE12後，我才知道自己從來只活於自己的世界內，看事情亦只從一面，說有180°也多了。

經過半年來的訓練，我們一起翻過天般高的高牆，計劃無疾而終的聯校活動，經過畢生難忘的甘肅考察團，看過令我快樂一輩子的小孩笑臉...

我想我找到那另一個180°了！

無憾

填充



Jason

總括來說，YE12 可以說是      的。

當中的兩個空格，你可以填下任何形容詞，因為甜的、酸的、苦的、辣的，在今年都經歷過。

過了一年，我拿走了什麼？身體沒有因此而強壯了，腦筋也沒有因此而靈活了。接收了的資訊、認識了的朋友和培養了的感情，也會隨著時間的洗禮而沖淡。似乎拿到的東西不能長久。

但是，過了一年，我會永遠永遠拿走以上的填充。

幸福

常樂

承擔



Ivan

放棄

四十八週的點滴，交織著每個人的汗與淚，在思想中凝聚、累積，由往日的小溪小河，集成此時思緒的大江大海，心中淌流。回憶的詩句，隨水流鑽入心房，酸酸的。終於，我成了青年使者，肩負兒童倡議者之使命。回想當日籌辦的活動，擔當全責，我倒下，活動也難存，使我學懂要有膊頭、有承擔。培養領袖素質是一生的學問，而承擔是成年禮中首要的一課。

認識



## 膽量



啊橙

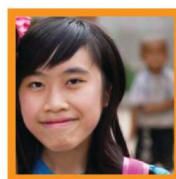
渺小

每個人的膽量都不同，可能是很大，也可能是很小。而我覺得自己屬於前者。因為我有膽量才會參加青年使者計劃；有膽量才會主動提倡兒童權利；有膽量才會越過高牆；有膽量才會表達自己的意見；有膽量才會分享自己的經歷；有膽量才會比其他人跨出更大的一步去親身接觸世界上其他國家中的兒童所面對的迫切情況。而我相信在這十個月內我得到的遠超過我想象的，而且得到的並不是只有膽量。

可以

感恩

## 翻牆



Alicia

由我報名參加青年使者計劃開始，其實這大半年來我都是一直在翻牆。在經過篩選以及兩輪面試後，幾經辛苦終於成為了準YE。但在邁向正式成為YE前，要面對舉辦聯校活動的挑戰，還要同時兼顧學業。這一堵堵的高牆讓我跌過、氣餒過、哭過；但也是這一堵堵的高牆，教我成長，更在彼此扶持中讓我得到一段段真摯的友誼。參加這個青年使者計劃，我無悔亦無憾。

肩負

真摯

## 特別



Rebecca

對我而言，這是一個特別的旅程。而在旅程當中，我們經常會面對很多的挑戰與困難，當中有成功更少不了失敗，有快樂亦有失意。但無論喜或憂，歡或愁，我總不感到孤單，因為我擁有五十多位同行者，陪伴我跨過無數的高山與幽谷，與我一同分享和分擔。就是這些，悲喜交集的經歷還有與我結伴走過了這大半年路的YE們，交織成這特別與難忘的回憶。

充實

刺激

## 無窮



Toto

當遞交了表格後，老師囑咐我要好好享受這次越級挑戰。一直抱持著竭盡所能的我，堅信經過這重重考驗，無論得失成敗，都會有所得著。只要堅持夢想，前路定充滿無窮的可能，最終我也成為了YE12的一份子。在甘肅考察，讓我體會到生活在惡劣環境下的中國農村兒童別無選擇，世世代代忍受著貧窮困苦，但他們一張張的笑臉仍每天無求地過著樸實的生活。他們讓我醒悟到幸福不是必然的，祈願憑著信念，堅持和關懷，讓我們攜手為他們燃點希望，創造更多無「窮」的可能。

好玩



同伴

珍惜



Sophie

熱誠

「活在當下，學懂珍惜所擁有的。」生在香港這福地的孩子相信必會聽過一句話。但是，又該如何實行呢？我一直都摸不著頭腦。

在這一年間，有幸成為青年使者以及參加甘肅考察團，讓我有所覺悟。真的，我們現在的力量很微少，難以改變他人的厄運。但是，我們可從他們的困境，如滿佈泥濘的上學路，改變自己的心態。有能力為他人付出的人是幸福，我們不應再空談，而是身體力行，珍惜每一個學習機會，好好裝備自己。

肩負

幸福



Natalie

有時候，我會發現，自己也分不清甚麼是幸福，甚麼是不幸。但經過這一年來青年使者的訓練，特別是越南的實地考察後，我終於明白到幸福的含義。

很多人會拿自己與別人比較，不過.....幸福真的有單位讓我們比較嗎？為甚麼我們一定要在意自己的「不幸程度」，而不看看「幸福程度」呢？為何要去強求一些不屬於自己的幸福呢？

有時候，你會發現，能睜開眼睛看見夕陽也是一種幸福。為何要執著看見日出呢？

投入

充實

感歎



Hoey

意義

回想一年前的我，總是那麼的迷惘。迷惘著各式各樣的事情或是煩惱，也不知道如何和別人傾訴。但參加了這個計劃後，我認識了五十幾位朋友。我們一起趕計劃書；一起為我們的意見爭取；一起笑著哭著，這一年時間裡，我學會了溝通。我所感歎的，是在這短短的一年中，我學到和得到甚多。不但把那迷惘的我改變了，更讓我明白我所追求的是什麼。謝謝這使我感歎的一年。

常樂

幸福

成長



Perri

尋夢

成長是一件觸不到的東西。當我面對校內計劃的壓力時，我成長了；當我和青年使者們搭着肩唱着YE12主題曲時，我成長了；當我看見十七歲的越南媽媽捧着肚子時，我成長了；當我在越南看見六歲的小男孩安撫着他九歲的傷殘哥哥時，我成長了。我說不出我為何成長，成長了多少，甚麼思想成長了.....但我知道成長只屬於我，並將隨我走向未來。

放棄



## 突破



Isis

感動

每一位青年使者在這個計劃的第一天都充滿着熱誠去為兒童權利發聲。儘管在計劃過程中，我們一起快樂過，一起失望過，一起傷心過；然而我們總是懷着熱誠攜手衝破所有困難。有時候結果跟我們預期的會有偏差，但我們心中的那股熱誠，只會隨著時間的歷練而增加，而且我們會利用熱誠去感染每一個人，把倡議兒童權利的種子散播到世界上每個人的心中。

膽量

## 真摯

## 尋覓



Shirley

我是個性格多變的人，一時沉默，一時熱情，可是我總想給自己找個定位，大概這個年齡的青年都是如此。正因如此，我想見識更多更廣，來讓自己成為一個更好的人。

YE12震撼了我，這裡每一個成員都是擁有獨特個性的出色青年，每一個人都有值得我學習的地方。經過一整年的訓練和倡議工作，一起歡笑一起努力，他們改變了我，讓我看見自己的路向！

漣漪

## 挑戰



John

深刻

作為一個青年使者，我在為期十個月的青年使者計劃中更深入地體驗到發展中國家的兒童水深火熱的狀況，從而領悟得到聯合國兒童基金會的工作是何等的任重道遠。身為一個高中生，成為一個小眾領袖已非垂手可得，但要成為一位名實相符的聯合國兒童基金會青年使者，我深深感受到自己的極限不斷被挑戰。過去三百多天的日子裡我參與的活動繁多，要準備的建議書及報告更是多不勝數，要成功地擔綱一個青年使者的職位及切實地履行其責任，更是我歷來前所未有的勁度身心挑戰。

特別

相信

承擔

## 唯一



Karen

## 好玩

很高興我是YE12的一分子。在這除了學會有關兒童權利的知識外，也有獨特的經歷。尤其是在甘肅的考察，在了解兒童生活狀況的同時也跟小朋友們玩得盡興，這使我體會到兒童眼中的快樂很簡單。在這裡得到的一切，我很確定，在其他地方不會找到。因為以後很難會有跟同一群人、到同一個地方、做同一件事。所以，YE12，是我的「唯一」。



## 反省

## 追求



Janet

可以

豐富

人活着是為了追求什麼？往往有不少人以追求名成利就為生存意義。可是，在這個計劃內，我學懂了追求一些很平凡的東西。委任典禮時，我要當司儀，我學懂了追求完美，把一句難讀的句子流暢地唸出來。

去考察時，我看見一些小朋友因受橙劑影響而四肢扭曲，卻因我們給糖他吃而展現燦爛的笑容，我學懂了追求心靈上的快樂。小孩子的臉上流露的笑容，也令我有了勇氣為他們追求「零可以成真」！

努力追求，不要保留，是我在YE計劃最大的得着。

投入

## 填充

## 漣漪



Xanda

使命

當一滴水點，落在湖水之中，所泛起的藍色波紋就會由小擴展出去，再湧回原處，來來回回，永不休止。我們兒童在成人社會上，是如何的微不足道，如何的不起眼，我們的聲音又是如何的不受重視，是如何的不公平。正因如此，我們青年大使要成為兒童權利倡導者，為我們兒童的福祉和利益發聲。今天，YE化為一顆顆小水珠，落在社會的大江湖泊裡。把我們的信念：「零，可成真」傳達到不同人的心中，並熱烈地期待著回饋的一刻。

## 權責



Charles

同伴

作為五十一位青年使者之一，對我而言，不僅是擁有一個引以為豪的身份，更是一份使命感。在我們生活的社區，許多人認為擁有專上學位、文化水平、經濟發展的條件等，則必然獲得美好的生活，其實未必。美好的生活的基礎，就是快樂，而快樂乃是透過與人施與、分享獲致的。整年的青年使者培訓及外訪工作讓我明白，聯合國兒童基金會的使命不只為完成人道任務，更是將愛心傳遍世界的每個角落，這令我十分感動。

刺激

## 反省



Angus

幸福

## 尋覓

「要成為一位UNICEF的YE絕對是十分困難的事。」這句「警惕」我已聽過不下五次，所以自己視大半年來的訓練為一個挑戰。要自己獨力由零開始策劃、宣傳、主持校內推廣活動，另一邊廂卻要兼顧學業成績。這個計劃就好像鏡子般，把我的弱點一一呈現出來，令我可以認清對時間管理，溝通技考等方面的不足，加以改善。況且，甘肅考察團的歷程令我懂得感恩自己所擁有的一切。這一切都把我領進反覆的反省，而最重要的是，透過反省，加以咀嚼從中所領悟的林林總總，我更認清了自己。



膽量

意義



Janny

答案

「這個計劃好玩嗎？」「不只是好玩，而且很有意義。」  
從前雖然經常聽到聯合國這個組織，但究竟是做甚麼呢卻幾乎說不出。  
很遙遠。透過YE，我竟然有幸成為其中一份子，而當中得到的，不只是  
學到更多關於兒童權利的知識，還有透過各種活動和考察，體會貧窮地  
區的生活，了解UNICEF具體的工作，感受UNICEF一齊以來對保護兒童  
的堅持，令我為我是UNICEF的一份子而感到自豪。  
現在，每當我穿起UNICEF的T-shirt，都像在提醒著我，要做更多有意  
義的事，幫助更多有需要的人。

熱血

特別

放棄



Christy

轉變

凡事有得必有失，有失必有得！  
參加YE的中四光陰過得異常的快，  
每星期的meetings和大大小小的projects均令人不得不放棄私人的時間，  
但換來的卻是難能可貴的機會和刻骨銘心的友誼，  
亦教曉了我放棄自己舊的執著，  
放棄別人強加的框框，  
敞開心房去以一個新的角度去看這個世界，  
而更重要是學會放棄輕易放棄這個陋習！！  
放棄該放棄的！堅持該堅持的，  
放棄歧視，堅持讓世界更美好！=D

執着

感恩

常樂



Jesse

成長

知足才得以常樂。這十個月以來，從個人內省的培養，經歷自我鍛煉的  
校內計劃，以至親身到越南的考察體驗，一步步地邁向成為兒童權利倡  
議者。從越南小孩身上，我體會到即使他們生活緊拙，但卻比我們任何  
一人都更懂得珍惜所擁有的；他們臉面上的笑容印證著心中的富足。反  
觀我們生活無憂，卻經常抱怨，社會上充斥著各種負面情緒。唯有懂得  
知足才能延續快樂。

無憾

熱誠



KK

渺小

每一位青年使者在這個計劃的第一天都充滿着熱誠去為兒童權利發聲。儘  
管在計劃過程中，我們一起快樂過，一起失望過，一起傷心過；然而我們  
總是懷着熱誠攜手衝破所有困難。有時侯結果跟我們預期的會有偏差，但  
我們心中的那股熱誠，只會隨著時間的歷練而增加，而且我們會利用熱誠  
去感染每一個人，把倡議兒童權利的種子散播到世界上每個人的心中。



## 改變



Catherine 投入

「經過數月的訓練活動後，你們有成為心目中的YE嗎？」導師曾經提出過這個問題。我承認沒有達到心中那個勇於接受挑戰的YE，但是我一直有向這個「理想的我」前進和改變！這幾個月我試過策劃活動，面對全校師生介紹UNICEF，這些經歷都幫助曾經膽怯的我，改變成為一個更開朗積極的YE。這個旅程即將完結，我們亦要各散東西，但是期間的得著，我們的友誼我是絕對不會忘記的！相信有一天我會和你們一起，成為心中理想的YE！

使命

## 真摯



Niki

承擔

甚麼是世上最珍貴、最純淨的真摯？在一間山村幼稚園中，我問一個小男孩：「你喜歡上學嗎？」他用那最真摯的笑容點頭回應。我知道他是真心喜歡這間學校，喜歡學習。在小男孩身上，我看到不足中的滿足，也許正因為不足，他明白每一樣事物都是彌足珍貴，擁有少許就彷彿擁有所有，這樣他才會用那發自內心、最真摯的笑容，細心地珍惜那些少許。

角度

## 力量



MC

「力量」不在於用多少秒擊倒另一個人，而是能影響多少個人。參加YE12後，我變得更相信「改變世界」這個想法，這就是UNICEF的力量。而作為YE的我們呢？能影響誰？我想是整個社會。我不但為貧窮的、受虐待的兒童發聲，更為了我們。我們要告訴社會：「我都有發言！」別看小兒童，因為我們都是力大無窮。

幸福

熱誠

## 希望



Angel Wong

堅持

「零，可以成真」一句簡單不過的話，卻蘊藏著無比堅定的決心，與對萬千生命的承諾。首次聽見這一句話，只覺要實現零飢餓、零童工、零瘧疾是不著邊際的奢望。然而，一年的訓練，尤其是赴甘肅之旅讓我親眼目睹UNICEF為兒童貢獻的種種，使無數曾經徘徊在生死邊緣的生命綻放璀璨的光華。這一切深刻地撼動了我的心靈，更讓我體會每人都擁有不可小覷的力量，只要不放棄希望，我們的努力必定會令世界有所改變。

深刻

渺小



膽量

留白



Stefan

世間變幻，叫人滄桑。

在這個旅程中，曾歷遍萬里路、曾與友人沉溺追夢、曾為世界的問題而懊惱；但站在越南一處像是天崖海角的山峰上，時光流逝、景色一瞬，心中不禁響起了零落的輕嘆，腦裡霎時一片空白。這片殘留下來的空白，也許是領悟到人的渺小、也許是對生命的一種啟發、也許，你我永遠都不會明白。

無憾

常樂

熱血



Terry

在參加所有訓練後，我們由互不相識的一群青年，變成齊心一致，勇於為兒童事務發聲的YE。

成為YE後，我學會有耐性地聆聽，因為細心聆聽才可瞭解到別人所需，也是成為YE的首要條件。期間，我們接受了不同的考驗和挑戰，在碰上難關時互相扶持，逐步邁向成為出色的YE，這就是我們的熱血！

充實

答案

好玩



Dominic

特別

這十個月，特別的是我在這好玩的過程中學習了一些做人的道理。又認識了一班好朋友。

同伴



Alice

挑戰

在這短短的一年間，我的確成長了不少。但對我而言最大的收穫，卻不是任何的知識或進步，而是我在YE結識到的一群朋友。透過訓練、開會和探訪，我們互相了解、慢慢磨合並培養出深厚的友誼，更由志趣相投的朋友昇華至互相信任並可依賴的同伴。這是一班與我一起成長，一班會陪伴我一生、難能可貴的同伴。

尋夢

肩負



Kim

穿上UNICEF的 T-shirt，我們肩負著做YE 的各種期望和要求。這樣說並不是埋怨沒完沒了的活動及死線，或晨早要起身的星期六；卻正因為 YE 是個五十一人一齊肩負的使命，把沉重的責任變成一種享受。互相取長補短之中，我們做過了許多沒想過自己能做到的事情，並肩作戰之下就連通宵工作的晚上都特別有意義！:D

放棄



唯一

改變

渺小



Felix

承擔

可笑 真的可笑 是我渺小還說笑 不經不覺 大個了多少  
沒錯，人就是這麼的渺小。UNICEF的宗旨，是「Unite for Children」。正正因為一個人的力量不夠，孤掌難鳴，所以要團結一致，攜手為兒童。單單這一點，我使用了整個青年使者計劃的時間去了解。畢竟，知道是一回事，真正體會卻是另一回事。但是，正因如此，我跟其他人一樣，感受到青年使者計劃的可貴之處。請容我以Charlie Chaplin "The Great Dictator"中演說的最後一句作結。In the name of equality : Let us all unite!

無憾



Jack

好玩

初接觸YE12是偶然聽朋友提及。十分幸運地，經過幾次遴選，我被選為其中一員，那刻的喜悅實在不能以筆墨表達得到。  
從領袖訓練營到每週的工作坊、台上分享到親手策劃的聯校活動，我感受到的不僅是大家給予我的歡樂，更是大家愛人如己的那份真誠。  
謝謝大家多月來的包容和體諒。如果將YE們聚集一起，我看到的會是耀眼的藍海；如果他朝YE們要為自己的人生奮鬥而要散去，我看到的會是一點點的水滴 - 帶著瀟灑的無憾。

充實



Clarence

相信

在這短短又密集的一年青年使者計劃，我感覺十分充實。從一開始的迎新營，不同的校內活動和倡議活動，以至到不同的工作坊，委任典禮和考察團，也能夠在這一年裏全部做完。這計劃不但讓我在學術方面進步了不少，還加強了我的組織能力，與不同人溝通的技巧，和領導才能。這計劃對我將來不同方面都有極大的幫助。

填充

答案



Steven

幸福

其實我深信着，在經歷任何事情中，不應問別人能夠給予你什麼，而是在過程中你想得到的是什麼。以付出和投入作為衡量的單位，便能反映你學會了什麼。世上並沒有不勞而獲的東西，只要自己加以不斷的投入和付出，我相信我不會白費自己所流的汗水。其實這年來的結束並不意着終結，而是新的開始，新挑戰也會接踵而來，能把在這裏學會的東西加以運用，能使未來的挑戰迎刃而解。  
這年得到了很多，我想我找到答案了.....

翻牆

常樂

無窮



使命

豐富



Hansen

膽量

在YE12的時光過得十分快，但我卻收獲豐富。我完全意想不到，僅僅大半年中，我可以學到如此此多的知識，體驗到那樣多的事物！在YE12中，我很慶幸能認識到很多朋友，而令我最深刻的是往越南奠邊的考察團，因為我親身的看到UNICEF前線人員為山區兒童所做的工作、所付出的努力！

突破

追求

轉變



Yip

肩負

「轉變」一個看似很簡單的詞語，但時至今日仍使我十分困惑。到底這是一個物理上對發展及改變的量度？一個在煽動的字詞？一個讓人憧憬未來的希望？還是一點希望與想像的光輝來讓人們嚮往更美好的將來？

自2011年加入UNICEF青年使者計劃起我便一直努力在尋找著屬於我的答案...

「轉變」並不單單只是一個物質上的考驗，更需要我們以持之以恆的決心和耐力，一小步一小步地邁向這個目標。

刺激



Agnes

執着

在青年使者計劃中，我有很多結識新朋友，探索世界的機會，而且學會了很多新事情。這些對我來說都是很刺激和新穎的。

而計劃中最為刺激的部份就是考察團了。我被分配到甘肅做考察，當我探訪當地的幼稚園和小學，和那裡的小孩一起玩耍時，我幾乎難以壓抑我的興奮之情。透過訪問他們，我不但了解到當地兒童在沒有聯合國兒童基金會的幫助之前的苦況，更學會了如何與別人溝通，以及怎樣走出自己的框框幫助別人。

感動

深刻



Siu

由我決定報名參加YE到現在已有一年了。這一年，從我遞交表格去申請參加這活動、面試、迎新日、實行校內與聯校推廣計劃及到越南奠邊實地考察，忙過不停，時間過得真快，就像流星般逝去，一去就不復返，但給看見它的人都留下了深刻的印象。在YE裡做每一件事，所經歷到的、學習到的、感受到的，都是值得我感恩，而這些美麗的回憶永遠留在我的心中。

留白

難忘



Julia

漣漪

YE12對我來說是一個特別而令我大開眼界的經歷，在這個群體中，我遇到了很好新朋友，並學會與他們合作完成不同的小組工作，從中，亦提升了我的領導才和時間管理能力！計劃最後的是令我獲益良多的越南考察團，因為我看到了生活在不同環境下的人，了解到當地人的生活文化。

YE12，帶我離開了自己的舒適區，去接觸新事物！我，是永遠不會忘記這年難忘的回憶！



花生

奔跑



John

問心

每個人也在不同的範疇，向著不同的目標，以不同的步伐邁進。有些人原地踏步、有些人緩緩而行、有些人竭力狂奔。過程中，總有喜、怒、哀、樂；經歷著成功與失敗，在心中刻下點點成長的印記。

看見YE們在倡議兒童權利的路途上努力向前，不單只有成長，更能帶動、感染身邊的人。願你們會繼續奔跑，燃亮大眾對兒童權利關注的心。

燭光

花生

花生



Joyce

這趟越南考察，我學到了一個「潮語」——「花生友」，意指愛冷眼旁觀的人。事實上，同行的YE都很「花生」，但此花生，不如彼花生。你們熱誠、投入、每每尋根究底，好有耙泥掘花生的精神；你們堅毅，頑強、不抱怨，正如花生具強頑生命力的性格。緊記！要將這次「花生」之旅——一個實而不華，細嚼回甘的旅程，提煉成「花生油」，傳到各家各戶。有你們，終有一天，兒童權利將會成為家傳戶曉的「開門七件事」。

開始

燭光



Sofia

問心

記得，有YE曾在考察團中分享：「.....個人的力量雖然看似微弱，但好比黑房中的一小點燭光，總能給人帶來希望和方向；而當不同的小燭光凝聚起來，更能照亮整個房間.....」聽罷，環觀四面，眼看在場青年使者那像觸電後被同化的模樣，我暗地在想：果然不能少覷這些「小燭光」，就這幾句簡單的話，就能燃亮身邊的每一人。「小燭光」就是這樣一直「看似微弱」地為兒童出力。

奔跑



花生

開始



Ruby

還記得在讀大家的申請文章時，最怕就是看到「兒童是社會未來的棟樑」這一句：兒童不應只參與在「未來」，兒童「現在」就是社會的一份子；社會不應只由一部分人撐起，參與不單是權利，更是義務。

燭光

看見您們一年來的參與，總讓我感到要世界變好還是有希望的。我希望成為YE只是您們關心人、關心世界的開始，而這份屬於世界公民的責任感會帶您們走得更遠。

奔跑

現在



Lucinda

您們常被稱為「未來」的主人翁，但相對「未來」，我更愛說您們是「現在」。青少年期足以影響個人的長遠發展；您們的將來其實建基於「現在」。行善也好，實踐目標也好，很多人總推三阻四說「找天啦！」，但您們卻活出了「現在」。縱使成果或要日後才看得見，但您們為世界各地兒童作出的努力，還是很多人在看的，繼續努力！

樂高

問心



Kitty

奔跑

每年都得從眾多頂尖學生中選出極少數擔任「青年使者」。儘管我們之間互動有限，但不難看出您們個個充滿活力、富創意且才能出眾。您們定會充分利用此中所獲，為自己創造更好的未來。當您們從中得到很多的同時，希望您們能夠真誠地問心，有否為兒童的福祉出過力。我不需要您們的答案，但期望您們會時不時問自己這個問題，提醒自己要為兒童未來作出貢獻。

開始

樂高



Lesley

在同行過程中，見證到一班YE的成長，在我心中產生了莫大的欣慰。大家在團隊裡發揮創意、積極表達意見及凝聚快樂氣氛，就像玩樂高方塊一樣，把大家優秀的創造力、樂趣、學習、關懷和質量拼湊成一件美麗絢爛、討人喜歡的玩意。

YE的優點、性格各有不同，盼望大家彼此學習，並藉著團隊的力量和熱心，延續使命，為兒童的未來帶來歡笑與希望。

現在



# 不分你我

「從此...不分你我！」是今年青年使者所作的主題曲 I Believe 的最後一句，更是精粹所在，正好道出了我們的使命——每一個兒童，無論是富是貧，都應享有他們的權利，而我們則為幫助他們實現權利而努力。

考察團中，當我們設身處地去體會他們的生活時，才發現甘肅和越南的小朋友生活雖然簡單，卻比我們更懂得去珍惜所有。他們沒因我們是外來人而有所顧忌，透過最簡單、真誠的互動就打破了我們之間的陌生感。他們能做到「不分你我」，那麼我們呢？我們能打破地域界限，為他們發聲，讓大眾關注他們未享有的基本權利嗎？

經歷十個月的旅程後，我們定下了共同的目標——為有需要的兒童爭取他們應有的權利，讓世界變得更適合兒童居住！即使我們將來各奔前程，但我們都會緊記使命，懷着為兒童付出的心走下去！

我們相信只要聯合眾人的力量，以生命影響生命，兒童「零受苦」可以成真！  
「從此...不分你我！」





# Unitedly We Thrive

"From now on, we are one!", that's the last sentence of our theme song "I Believe", and also our mission – Every children share the same rights regardless of race, age, gender and family background. As Young Envoys, we strive for the children's rights.

During the field visits to China and Vietnam, we discovered that children there living a simple life will cherish what they have. Children there were genuine to treat us well, so, are we able to arouse public's attention on some children's rights that are not yet achieved even if we are from different places?

After almost a year of training, fighting for the basic rights of children worldwide to create a more child-friendly world has become our common goal. Even though the programme has come to an end, we will keep our promise and fulfill our mission.

We believe that, if we join hands together, ZERO child suffering is an achievable goal!





## I BELIEVE

編曲：溫鈺瑩 余晉文

填詞：溫鈺瑩 黃信傑

圖畫一幅 流星一觸  
攜著我對你的祝福  
願各國糾紛不再 歌聲遠飄送

由此刻起 攜手高呼  
願世界會知道  
你共我 心中的呼告

從今開始 全新起點  
為了共處而踏向前  
縱使分開兩地 亦未曾嬉戲  
但我相信未來 一切都可改變  
那懼怕 面對挫折與挑戰

不紛爭 不偏心  
理想世界可成真  
只要相信著 愛便會再重臨

手牽手 心比心  
理想世界可成真  
如天般高的高牆  
齊心 必會跨過

就算此刻有多失落  
緊記 我在你身旁  
只要攜手去闖蕩  
必會等到曙光

從此 不分你我





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甘肅省武山縣山丹鄉渭河村桃李幼兒園

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Kon Tum Social Protection Center

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Tu-Mo-Rong District Commune Health Centre

甘肅省西和縣婦幼保健站

Kon Tum Provincial Hospital

甘肅省西和縣姜席鎮姜席衛生院

Dien Bien Social Protection Centre

甘肅省西和縣姜席鎮姜川中心小學

Dien Bien SOS Houses for Orphans

甘肅省西和縣十里鄉姚河小學

Dien Bien HIV/AIDS Prevention Department

甘肅省西和縣十里衛生院

Ma Thi Ho Commune Health Centre

甘肅省西和縣石堡鄉張劉小學

Ma Thi Ho Commune Child Protection Board

甘肅省西和縣稍峪王山小學



「我們幫助兒童並非出於憐憫之心，而是他們一生下來就應有這些權利！」

“We are helping children not because of compassion; indeed they are born to have the rights!”





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