

## Be an Active Volunteer Worker

In the last Day 6 morning assembly, we'd the prize presentation. It is wonderful to see so many students earn the rewards they deserve for their talent and hard work in the competitions in the 1<sup>st</sup> term. Among them, I was most impressed by the students who received Certificates of Outstanding Volunteer Services. As far as I know, it is not easy to reach this level in volunteer services. With these students as our good examples, I would like to encourage more students to participate in volunteer work for our society.

Volunteering is an act of service to others --- lending a helping hand in brotherhood. The volunteer asks for nothing in return for what they have contributed. The core values of volunteering are **caring, respect, love and generosity**. These are the basic virtues of mankind.

The late President of United States **Ronald Reagan** once said, "No matter how big and powerful government gets and the many services it provides, it can never take the place of volunteers." President Reagan believed that "the spirit of volunteering and compassion for others is a vital part of the character of Americans."

The multiple benefits of volunteering help to make the world a better place, not just in America. Many examples show us that love for other and personal sacrifice bring about positive changes to all walks of life.

**My dear students**, although you may think that you don't have extra time or pocket money to spend, but I can assure you that working with others can be a fun and enriching way to spend your time in a worthwhile way and you need not spend a lot of money.

There are a lot of reasons that you should contribute your time to do volunteer work. Here are four of the most important reasons to get out and volunteer.

1. **Get to Know Your Community:** There is no better way to get out and know the neighborhood than volunteering with the organizations that support it. By doing so, you are likely to meet new people and feel more connected to your community.
2. **Develop New Contacts:** One of the best ways to create professional contacts is by working with a wide variety of people. Volunteering offers the opportunity to expand your network, often in new professional areas.
3. **Gain Professional Experience:** Everyone knows that employment is increasingly competitive, but volunteer work can help you get a leg up in the labor market place. Often as a volunteer you will have opportunities to learn new skills while helping out those who need it most.
4. **Lowering Stress:** Volunteering is fun and fulfilling, and therefore a great way to relieve stress.

### **How can we begin volunteering?**

**First of all**, decide what kind of volunteer work you want to do. Do you want to help children, work with a spiritual organization, or support a cause you feel strongly about?

**Next**, search the phone book and Internet for organizations in your community that work with those causes.

**Then** contact those organizations to find out about their volunteer activities.

**Lastly**, think over the options you've discovered and determine the best fit for you. It is important to find a right organization that suits your need and character. The following are my little tips for finding the right organization:

1. **Ask around**, maybe you already know someone who is connected to an organization that could use your help. There are lots of organizations in the community need volunteer workers. Think about our neighbor: the PWH, the

McDonald House or Home for the Elders in Yuen Chau Kok.

2. When attending local community events, **keep an eye out for organizations** that may need volunteers for future community activities.
3. The **Agency for Volunteer Services in Hong Kong** 香港義務工作發展局 can help you find volunteer positions (<http://www.avso.org.hk/main/cht/> ). You'll find many interesting connections by visiting the website of the Agency.
4. **Remember**, an organization doesn't advertise the need for volunteers does not mean they aren't looking for volunteers. If you think you could help, just contact the staff of the organization directly or send them a letter, email, or stop by to talk with the workers in the office.

My dear students, volunteering give you an opportunity to change lives, including your own. If you're feeling frustrated or overwhelmed by the news of grief and pain (the collapse of the old building in Ma Tau Wai Rd, the tragic traffic accidents ....) and disasters (like earthquakes, tsunami ...), volunteering to help can be a great way to show your concern. It is much better than to air grievance by paying lip-services and commenting the government for not doing this and that.

I like to end my sharing this morning with an African proverb : *One volunteer is better than ten forced men.* I am looking forward to seeing that more and more students of PLHKS earn the Certificate of Outstanding Volunteer Services.

Wish a nice day of study and an enjoyable Picnic Day tomorrow. Thank you for your attention .

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