



## 02 Volunteer Works Deserve Your Participation

Only through proper encouragement and support can teenagers engage in the society step by step and hence contribute to our community in the future. Through participation in volunteer services, on one hand they can better understand the society and serve people, and on the other hand they can have a healthy development. Here are stories shared by two young volunteers.

### Keong: Being a volunteer changes my life

“My very first contact with volunteer work was when my mom encouraged me to join the flag-selling day”, said John, a sixteen-year-old student, recalling his first experience of selling fund-raising flags. He said he was nervous but full of joy.

Keong is a gentle and quiet young man. His mother encouraged him to participate in volunteer work when he was eleven, hoping that he could be more confident through contact with the community. His mother also participates in community volunteer work often. She thinks that the younger generation should take the initiative to learn, and thus anticipates his son to help the needy and contribute to the community through participating in volunteer work since childhood.

Last year, Keong joined the basic volunteer training series activities of “Cohesion of Forces” organised by the Youth Activity Centre of Areia Preta of the Education and Youth Affairs Bureau (DSEJ). At the very beginning, Keong didn’t know how to start the conversation with others; however, after completing the substantial volunteer training and participating in various activities and community services, Keong gradually tried to express himself and took the initiative to communicate and interact with other volunteers. His family were very glad to see Keong’s change. However, Keong himself thinks that he still has much room for improvement, and thereby he promises he will continue his participation in volunteer work in the future, not only for self-improvement, but also for helping others.

### Lok: Volunteer work boosts my positive energy

Lok, who is currently a studying in the first year of Senior Secondary, has been participating in flag selling volunteer work with his parents since he was in junior Primary. Recalling the moments when he sold flags for the very first time, Lok felt rather uneasy standing in a crowded street with people walking to and fro. However, when he later got used to it, he had a wonderful feeling with the fund-raising bag becoming heavier and heavier in his hand!

Last year, Lok joined the basic volunteer training series activities of “Cohesion of Forces” with his classmates and has become a volunteer of the Youth Activity Centre of Areia Preta. Since then, Lok has participated in many social services such as community visits, volunteer services, and assisting big events and competitions. Lok reveals that his parents greatly support and encourage him to actively take part in volunteer work, which has made him more definite about the value of his participation in volunteer work.

More importantly, Lok thinks that he has learnt to listen to others, improved his temper and become more confident after becoming a volunteer. Aside from being a volunteer in the youth centre, he has also joined the student council this year in order to serve other students in the school. In his spare time, he also participates in volunteer services and activities organised by other associations, hoping that he can inject more positive energy into himself and the society.



### Volunteer Training Information

The youth centres of the DSEJ provide teenagers with various volunteer training and activities every year, aiming at promoting youth’s active social participation and cultivating young people’s social commitment. Each social sector plays a different role in youth’s participation in volunteer work, therefore we hope that parents, schools and the community would work together and be committed to creating a safe, pleasant and proper growth environment for the youth, as well as promote their active participation in volunteer work so as to contribute to our society.

**For more information about volunteer training, please visit to the following websites:**

**Education and Youth Affairs Bureau:** <http://www.dsej.gov.mo/>

**Youth Centers of Education and Youth Affairs Bureau:** <http://www.dsej.gov.mo/cj/>

**Qoos Social News:** <http://www.qoos.com/moevents/cat.php>

Youth Activity Centre of Areia Preta  
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