



## 第四屆香港傑出義工獎得獎者 THE FOURTH HONG KONG VOLUNTEER AWARD WINNER



蘇鑑湖先生  
Mr SO KAM WU

提名人  
葉鵬威先生  
Nominator  
Mr YIP Pang Wai

退休長者，參與義務工作7年。蘇先生於2004年加入明愛元朗長者社區中心「資訊及耆青義工組」，一面學習，一面參與義工服務。自此，他的生活起了360度的轉變，不但戒了30多年的嗜賭和吸煙陋習，更持續學習資訊科技、導賞及攝影，成為健康大使，積極參加義務工作和社區活動，服務長者和與青少年學生交流，讓其退休生活過得更精彩。

為達成「回饋社會」的夢想和實踐「學習+服務」的信念，蘇先生以積極主動、勇於嘗試和樂於發揮的態度做義工，並不斷提升自己的電腦知識，曾取得香港資訊科技一數碼共融獎。蘇先生現為明愛中心的數碼大使及電腦老師，將電腦知識與其他長者分享，為令長者易於學習電腦知識，他更自行編排一套簡單易明方式教授長者。他亦是第三齡學苑管理小組委員及學長，不時鼓勵長者參與義務工作、與時並進，與社會共融。

蘇先生認為「長者不是社會負累，而是寶貴資源」，深信「生命影響生命」，希望把退休人士的潛能充分發揮。他有一個希望，就是能學習簡單電腦維修技能，以能幫助有需要的長者解決電腦小型故障。

Mr So has retired and participated in volunteer service for seven years. He joined the "Informatics and Elderly Volunteers Group" of the Caritas District Elderly Center - Yuen Long in 2004. While learning and serving go side by side, his life was completely changed. Not only has he quitted his 30-year gambling and smoking habits, he also engaged himself in continuous learning in the informatics, tour guidance, photography and became a health ambassador. He is currently participating in various volunteer services for the elderly and student exchange programmes, which has made his retirement life fully energized and invigorated.

To achieve his dream of "giving back to society" and belief of "learn and serve", Mr So takes active steps to enhance his computer knowledge with courage and perseverance. He won the Hong Kong ICT - Best Digital Inclusion Award. Serving as a Digital Ambassador and a computer instructor of the Caritas centre, Mr So is never shy to share his knowledge on computing sciences with other elderly members. To facilitate easier learning, he has developed a simple and user-friendly method suited for the elders. He is currently a committee member and mentor of the University of the Third Age (U3A), actively spreading the spirit of volunteerism, social inclusion and keeping abreast of time among the elders.

Mr So recognizes that elders are not burdens but precious resources of the society, and he believes in impact of life interactions. Therefore, he wishes to realize the full potentials of the retired. He has a dream: to equip himself with more skills on computer maintenance so that he can help those elders who come across computer downtimes.