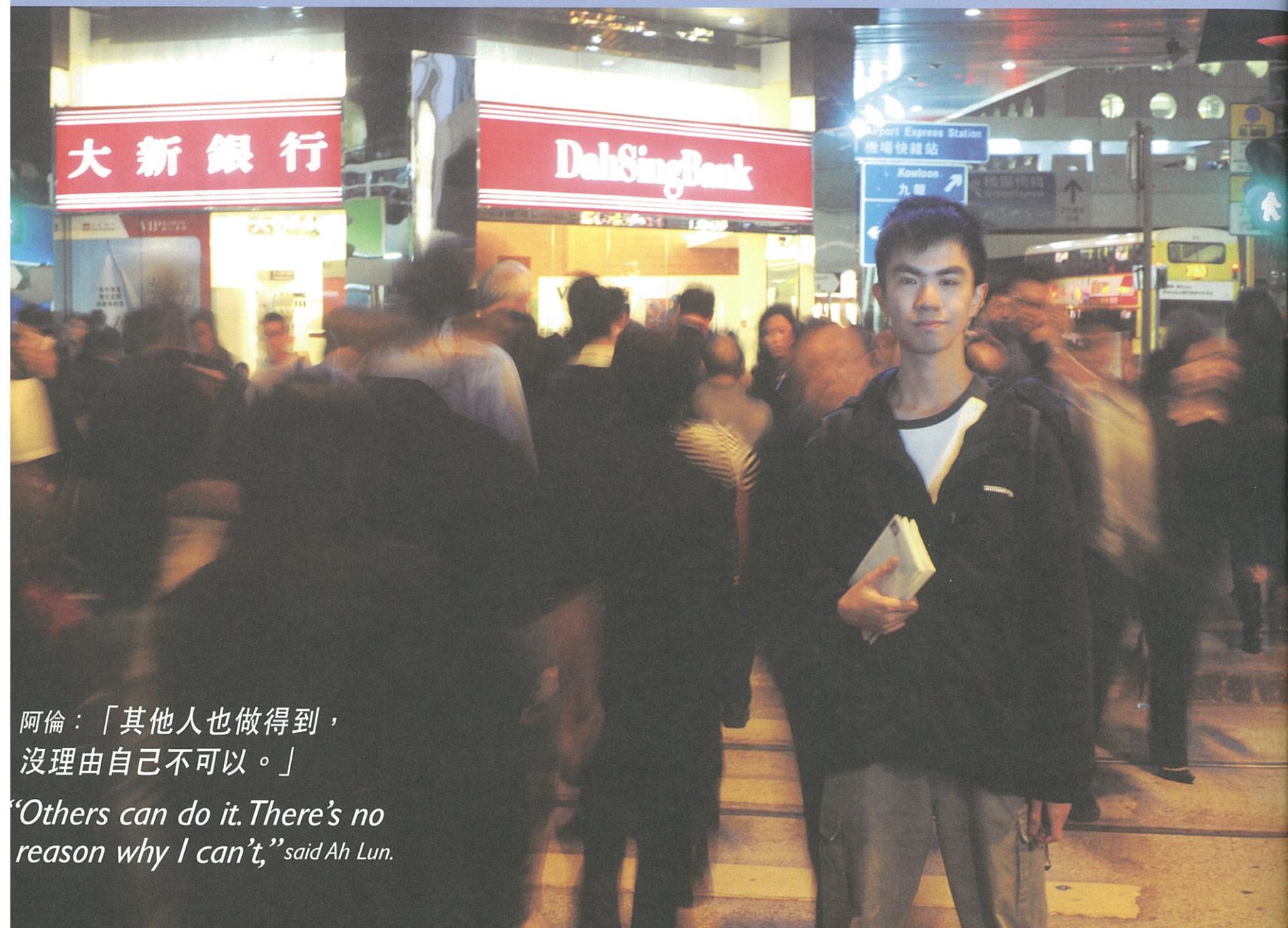


我的名字不是「雙失」

透過「伴我啟航」計劃找到人生方向的麥浩倫

My Name Is Not Double Disengaged

Ah Lun Finds Direction in Life Through "Sail" Program



阿倫：「其他人也做得到，
沒理由自己不可以。」

*"Others can do it. There's no
reason why I can't," said Ah Lun.*

社會需要：

現時香港青年失業情況嚴重，更有青年因長期失業而領取綜援。除欠缺職業技能和工作經驗外，他們不少都缺乏自信、溝通技巧、動機和人生方向，致未能成功就業，部分甚至不認識就業輔導服務，在求助無門下成為隱蔽青年。

Community Needs:

At present, Hong Kong youths are faced with serious unemployment problem. Some have remained jobless for a long time and need to receive Comprehensive Social Security Assistance. Besides lacking job skills and work experience, many are unable to find jobs because they also lack self-confidence, communication skills, motivation and life direction. Some of them, being totally ignorant of available employment counseling services and not knowing where to seek help, have become hidden youths.

性格內向、怯懦的麥浩倫(阿倫)，因感覺難以融入社群，以致他無論在學業和事業上都成為失敗者，彷彿「雙失」就是他唯一的結局。然而，命運是可以改寫的。過去兩年，在熱心人士的支持和鼓勵下，阿倫重拾信心，還找到一份穩定的工作，重新肯定個人價值。他的路，從此不再一樣。

2008年2月25日對22歲的阿倫來說，是一個重要的日子。在這天，他終於成功就業，也成功與社會接軌。至今年，受聘於大律師行當辦公室助理的阿倫，工作表現獲得不少同事的讚賞和肯定。經常與他有工作接觸的接待員Patty，就以「肯學、勤力、不偷懶」來形容這位年輕人。阿倫聽後，笑得合不攏嘴。

譏笑聲中成長

事實上，掌聲和讚賞聲，一直是阿倫夢寐以求的東西。然而，在成長過程中，他聽得最多的偏偏是譏笑和謾罵聲。阿倫自小膽小被動，又不擅辭令，以至社交圈子狹窄。升上中學後，他更成為被同學欺凌的對象。阿倫不願多談五年中學生涯，只說：「經常提心吊膽，很不開心，是慘痛的回憶。」校園生活不愉快，加上學業成績欠佳，

Introverted and timid, Mak Ho-lun (Ah Lun) found it hard to fit into a group. Consequently he was a failure both in school and at work. He seemed fated to be double disengaged - jobless and not receiving an education. However, fate can be rewritten. In the past two years, with the support and encouragement of people who care, Ah Lun regained self-confidence and even found a steady job. His worth reaffirmed. He is on a different road.

To 22-year-old Ah Lun, 25th February 2008 was an important day. On this day, he at last succeeded in securing a job and converging with society. Today, a year later, Ah Lun's performance at work has won appreciation and affirmation from many colleagues at the law firm where he is an office assistant. Receptionist Patty, who is in contacts with him at work, describes him as: "willing to learn, hardworking and never lazy." Ah Lun couldn't wipe the wide smile off his face when he heard those words.

Growing Up in Ridicule

Actually Ah Lun had craved for cheers and praises all along. Only what he heard most while growing up was ridicule and abuse. He had always been timid and passive. He was

1 曾幾何時，阿倫因求職問題而苦惱不堪。

1 Ah Lun had trouble finding a job not long ago.



令阿倫的自信心跌至谷底。父母與兄姊雖然關心他，卻愛莫能助。

阿倫在中學畢業後，報讀了職業訓練局兩年制的印刷課程。他坦言，那時毫無目標，純粹抱著「有書就讀、有學就返」的心態過日子。完成課程後，他花了半年時間，才在一間印刷公司覓得操作員一職。然而，只工作了七天，他已被僱主以「工作表現不理想」為由辭退。之後，他參加「展翅計劃」。豈料，在參加工作實習的首半天，他再次因「表現差勁」，被僱主終止原定為期一個月的實習職位。阿倫坦言，當時的反應是失望和氣憤，也有怨天尤人。

「其實我也知道自已的問題，就是信心不足，做起事來很慌張，但愈慌張愈容易出錯。我也想改變自己的性格。」基於這份求變的心，加上社工的鼓勵，阿倫參加了中華錫安傳道會舉辦的「伴我啟航」青年就業嚮導計劃。

克服心理障礙

在為期五個月的計劃中，阿倫在一班成長嚮導的指導下，與其他學員一起參加了歷奇訓練和社區義工服務等

not a good speaker as well and so his social circle was small. In secondary school, he further became an object of bullying by his schoolmates. Reluctant to talk about his five years in secondary school, he just says, "I was in constant dread, very unhappy. It is a painful memory." On top of his unpleasant life at school, he did not do well in his studies. His self-confidence could not be lower. His parents and siblings were concerned but there was nothing they could do to help.

After graduating from secondary school, Ah Lun enrolled in a two-year printing course at the Institute of Vocational Education. He admits he had no goal whatsoever at that time. He just went along passively: studying because he was admitted to the program, going to school because he was in school. After completing the course, it took him six months to find a job as an operator in a printing press. But in only seven days he was dismissed, on grounds of "unsatisfactory performance." Then he enlisted in the Youth Pre-Employment Training Program. However, when he entered the month-long workplace attachment training, he was terminated on the first morning, again for "poor performance." Ah Lun says he was disappointed and angry, feeling that heaven and men were unfair to him.

2 阿倫在乘風航活動中成功挑戰自我，自信心大增。

3 一張嘉許證書，見證阿倫曾付出的努力。

2 Having successfully challenged himself in Adventure-Ship training, Ah Lun is much more confident.

3 An award certificate bears witness to Ah Lun's efforts.



活動。「最難忘乘風航的跳海訓練。我本身不懂游泳，加上那早上氣溫只得12度，我真的想過放棄。」惟眼見其他學員也做得到，阿倫心想沒理由自己不可以，於是鼓起勇氣，從船上欄杆一躍而下。這一躍，不單讓他克服畏水和畏高的心理障礙，更讓他成功挑戰自我，自信心大增。

此外，在歷奇訓練中，他學會處事要冷靜和細心；其他群體活動亦讓他學懂與人相處的技巧，更因而結識到幾位好友。「現在自信心大了，說話也較以前多。」從前的阿倫很少主動跟人攀談，但經過計劃的連串訓練後，他不單變得開朗，更會主動跟其他較文靜和被動的學員溝通，又協助導師聯絡其他學員。他願意開放自己，相信就是讓他最終能成功就業的重要因素。

曾是典型雙失

成長嚮導林銘基最能感受到阿倫的轉變。林銘基笑言，阿倫是當初云云學員中給他留下最深印象的學員之一。「他無論是外型 and 說話態度，都是典型的『雙失青年』，很容易令人感覺到 he 是一名『弱者』，很需要幫助。」不過，更令林銘基印象難忘和對他另眼相看的，是阿倫在活動中的表現。

“Actually I knew my own problem. I was not confident enough and got very nervous when working. But nervousness just leads to more mistakes. I wanted to change my personality too.” With this desire for change and encouragement from social workers, Ah Lun joined the “Sail” Youth Employment Mentorship Program of the Chinese Evangelical Zion Church.

Overcoming Psychological Obstacles

In the five-month program, under the direction of mentors, Ah Lun and the other trainees underwent adventure training and volunteered for community programs. “The most unforgettable was training to dive into the sea in Adventure-Ship training. I didn’t know how to swim and the air temperature was only 12 degree celsius that morning. I really wanted to give up.” However, when seeing that other trainees could do it, Ah Lun saw no reason why he could not. So he mustered up his courage and jumped from the ship’s railing. That jump not only helped him to overcome the psychological obstacles of fearing water and height but allowed him to challenge himself. It was a significant boost to his self-confidence.

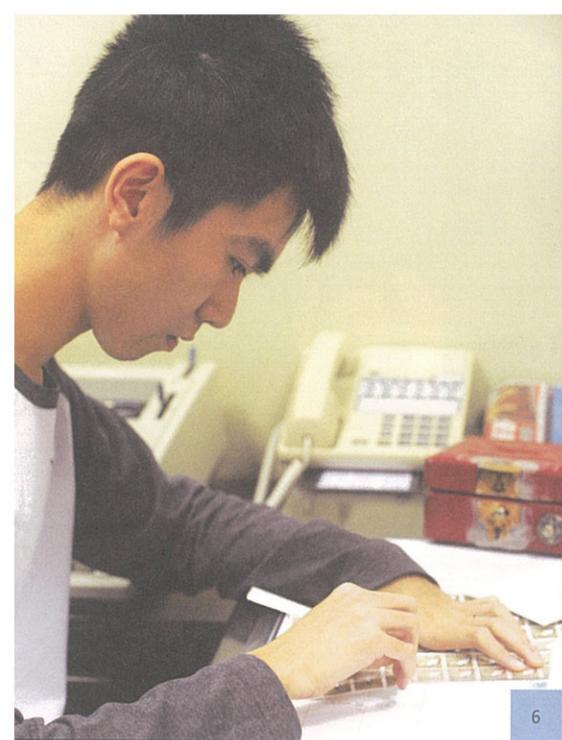
Adventure training taught him to be calm and careful while other group activities taught him skills for getting along

4 阿倫能成功擺脫「雙失」，社工梁鳳兒是背後支持他的力量之一。

5 在成長嚮導林銘基眼中，阿倫是充滿決心和毅力的年青人。

4 Social worker Fanny Leung was one of the supporters who helped Ah Lun to free himself from double disengagement.

5 In the eyes of mentor Lam Ming-kei, Ah Lun is a determined and persistent young man.



「在攀繩訓練中，他雖然最終也是失敗，但過程中表現出很大的決心，並不斷努力嘗試。」經過近五個月的相處，林銘基和阿倫建立了亦師亦友的關係。今天阿倫能擁有穩定的工作，也多得林銘基的推薦，以及一直給予鼓勵和提點。

以往，阿倫連做夢也沒有想過會在金鐘甲級寫字樓上班，更從未踏足中環。「現在已很熟悉中區的不同街道。藉著幫律師送文件，有機會到不同的法庭，也令我眼界大開。」阿倫不單勝任工作，還與其他同事融洽相處。這一切猶如一支強心針，使阿倫更加肯定自己的能力和價值。

定下人生大計

今天的阿倫，不再漫無目的地過生活，還為自己定下連串大計：「現在晚間進修英文……，先在這崗位工作兩、三年，之後希望可轉做文職……，還想找女朋友，希望34、35歲時結婚……」

阿倫的轉變固然令人欣喜，但更令人鼓舞的，是有很多有心人——包括成長嚮導和僱主等，願意給予支持，讓年輕人有機會學習和改進。◆

6 試過工作半天後便被辭退的阿倫，很珍惜現在的工作機會。

7 同事的認同，猶如一支強心針，令阿倫更肯定自己的能力和價值。



with people. Through them, he also made some good friends. “Now I am more confident and I talk more.” In the past, Ah Lun seldom took the initiative of talking to others. After the series of training, not only did he become more open, but he would actively seek out other more quiet and passive trainees to communicate with them. He also assisted the mentors in contacting the other trainees. His willingness to open up is believed to be a major reason for his final success in getting a job.

Once a Typical Double Disengaged Youth

Mentor Lam Ming-kei is most sensitive of Ah Lun's transformation. He said, laughing, that Ah Lun was one of the trainees who left him with the deepest impression. “Both in appearance and in the way he spoke, he was a typical double-disengaged youth who could easily be taken as a ‘loser’ that needed help badly.” But what impressed Lam Ming-kei more and made him view the youngster in a different light was Ah Lun's performance in the activities.

“In rope climbing, even though he failed in the end, he showed great determination in the process and kept trying.” After spending five months together, Lam Ming-kei and Ah Lun

6 Once sacked after half a day at a new job, Ah Lun really treasures his present job opportunity.

7 Acceptance by fellow workers is a booster shot that reassures Ah Lun of his ability and value.



formed a close bond as both teacher-student and friends. It is largely due to Lam's recommendation, encouragements and reminders that Ah Lun now has a stable job.

Ah Lun never even dreamed that he would one day work in a high-class office building in Queensway. He had never set foot in Central before as well. "Now I am very familiar with the different streets in Central. Delivering papers for the lawyers has given me a chance to go to various court houses and really opened my eyes." Not only is Ah Lun capable at his job but he gets along well with his colleagues. All of this is like a booster shot, reassuring Ah Lun of his own capability and worth.

Laying Down His Life Plan

Today Ah Lun no longer lives without a goal. He has in fact drawn up a series of plans for himself, "Right now I'm studying English in the evening... In two or three years' time, I hope to switch to a clerical position... I also want to find a girl friend and to get married at 34 or 35..."

Ah Lun's transformation is a happy story. However, what most encouraging is that many people care – including the mentors and employers – and are willing to lend their

support, to give young people a chance to learn and improve themselves. ✦

8 阿倫終於找到自己的角色，也找到努力的目標。

9 兒子在待人接物方面成熟不少，麥太太大感欣慰。

8 Ah Lun has finally found his identity and the goal to strive for.

9 Mrs. Mak is happy to see her son's growing maturity.



協助青年就業

Assisting Youth Employment

- 中華錫安傳道會的「伴我啟航」青年就業嚮導計劃，透過舉辦激勵性的活動，包括歷奇訓練、行山活動、社區義工服務等，激發待業青年的動機，並安排成長嚮導作為青年學員的良好學習榜樣，協助他們重新計劃人生，投入勞動市場，自力更生。
- 在2007年9月舉辦的第一屆活動中，31名待業待學的青年完成為期5個月的活動後，當中22人已投入工作、參與實習或在進修中，其他的亦已找到方向，為就業作積極準備（如在成長嚮導協助下學習電腦）。
- 第一屆活動的總支出為\$36,500，部份活動費用由政府資助，其餘支出則由中心向公眾籌募。
- 21位義工擔任青年的成長嚮導。他們主要來自警隊和政府部門，其他如物流業、教育界、商界等，總服務時數達721.5小時。

- The Chinese Evangelical Zion Church runs the "Sail" Youth Employment Mentorship Program. It organizes challenging activities such as adventure training, hiking and community volunteer work to stimulate the motivation of unemployed youth. Adult volunteers are assigned to serve as mentors, helping youngsters to draw up their life plan and enter the job market to become more self-reliant.
- The program was first launched in September 2007. 31 unemployed youths completed the 5-month program. Among them, 22 have got on with a job, worked as trainees or continued with their studies. The others have also reformulated their directions and are actively preparing for employment (e.g. learning computer skills under the guidance of their mentors).
- The program cost was \$36,500, partly subsidized by the government and the rest of the funds came from public donations.
- 21 volunteers served as mentors. They are mainly from the Police Force and government departments, some from logistics, education and business fields. Together they put in 721.5 hours of services.

WiseGiver: 匠髮廊

惠施行動：透過WiseGiving與香港經濟日報合辦的「冬日展關懷」慈善大行動，捐款支持中華錫安傳道會的「伴我啟航」青年就業嚮導計劃

讓大眾認識機構的工作

「近年公司推行義工計劃，透過提供試工機會，讓失去人生方向的青少年明白，對工作要有責任感，對社會要有承擔。『伴我啟航』計劃的理念與此不謀而合，都是希望透過訓練活動，幫助青少年改善工作態度和確立人生目標。我們希望透過捐款及提供宣傳渠道，讓更多人認識中華錫安傳道會的青少年工作。」

藉了解尋找支持空間

「我們很重視機構寄來的宣傳單張和資料，更會閱讀機構的年報，並多了解受患者的感受，這些都有助掌握機構的工作進展和未來方向；更會主動瀏覽機構網站，多了解弱勢青少年的需要，繼而想想有沒有可以參與支持的地方。」

啟發員工培訓方向

「作為一間中小企，我們沒能力作大額捐款，所以希望以其他方法幫助有需要的人。許多髮型設計學徒都是年輕人，他們往往不明白要對工作有責任感的道理。『伴我啟航』計劃藉著啟發年青人的潛能，讓他們了解本身的長處和缺點。這做法對我們未來發展義工服務及培訓員工的工作，均有所啟發。」

WiseGiver: City Cut Hair & Beauty Salon

WiseGiving Act : Donation made through the Donation Program jointly organized by WiseGiving and the Hong Kong Economic Times, to support the "Sail" Youth Employment Mentorship Program of the Chinese Evangelical Zion Church

Support to promote the work of NGO

"In recent years, our company has been operating a volunteer program. We give youngsters a chance to work on a trial basis, letting those who have lost direction in life understand that they must take responsibility at work and be committed to society. Our idea happens to coincide with that of the 'Sail' program. We both want to help youngsters improve their work attitude and establish life goals through training activities. We hope our donation and the publicity channel we provide will make the youth work of the Chinese Evangelical Zion Church known to more people."

Find room to support through understanding needs

"We pay much attention to the publicity leaflets and information sent to us, read the annual report and try to understand the feelings of the beneficiaries. All these give us a grasp of the organization's work progress and future orientation. We also browse the organization's website to understand the needs of disadvantaged youths. Then we consider where we can give our support."

Enlightening to future staff training

"As a SME, we can't afford to make a large donation. Therefore, we hope to help those in need by other means. Many hair-styling apprentices are young people. They often do not understand the need for a sense of responsibility toward one's job. The 'Sail' program aims to help young people discover their own strengths and weaknesses through opening up their potential. This approach is enlightening to our staff training as well as the future development of our volunteer service."