

Laidlaw Scholars Programme

Leadership-in-Action Weekly Blogs



香港大學
THE UNIVERSITY OF HONG KONG

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Week 5 & Week 6: Aug 12- Aug 23

Overall goal:

Help with filing all documents needed. Help check life qualities of the empty nesters in the community.

Our duties:

Filling documents: this time we take advantage of our last working experience and functioned with a higher efficiency. Being in charge of the coding work last time, I improved my coding to be able to function better this time as well.

Helping with empty nesters:

We were given permission and duty to make phone calls to the documented empty nesters and check whether they have signed up for their privileges in enjoying some community health insurance. Moreover, we were assigned the duty to collect satisfaction information in the community cafeteria in order to report to the manager to improve the quality.

In the meantime, we discovered a charity organization called “RiSahn” Cafeteria. The name means to do something good every day. This organization is currently opening 4 cafeterias in my hometown to provide volunteering opportunities for all ages to make lunch for free for the elderlies. The elderlies are able to obtain social achievements by being a volunteer and can also have material insurance by going there for food. Moreover, every day before lunch, fixed volunteers from the red-cross charity along with other temporary volunteers would perform dancing, singing and other entertainment activities for the elderly audiences to join and enjoy. We took turns to volunteer for 6 days in one of its cafeterias. After this experience, we proposed this charity and these places to our managing teacher in the volunteering community for consideration as a place where the elderlies in this community can enjoy.



Self-reflection:

During this two weeks' in-depth understanding of empty-nest elderlies, we find it to be a problem with increasing significance. China is currently on a trend of “Aging Population” and the elderly population have actually been through a hard time during the founding of our nation and many have made great contributions in their youth. Therefore, it's important to take the material and spiritual needs of empty nest

elderlies into consideration and this needs to arouse the awareness of the whole society. After some visits, we find that the community we've been volunteering in is actually one of the few communities who have taken consideration of this issue. And the one of the "RiShan" Cafeterias needs to close intermittently due to little acknowledgement.

After this project we made posters to spread the words of how these cafeterias are a great place for elderly people to gain material benefits but also mental joy and also a place where children of the empty nest elderlies who have the heart but are far away from home busy working to send financial support to improve their parents' lives. We hope by this way more empty-nest elderlies and their family members are able to recognize places similar to these cafeteria. We also start some local donations, both food supplies and cash, to support the charity.

Round up:

The last two weeks of our volunteering experience is truly a combined practice of what we learnt in the past four weeks, and it has also made us realize a social issue on a large scale. If I'd be given another chance to do this type of volunteering again, I would really like to consider this problem as my social issue topic. With the difficulties encountered and lessons learned in this past experience, I would be more confident to try to come up with ways in mitigating this issue.