

# LiA Blog Post – Week 4

## Hospital Volunteer in Taiwan

NGO: The Buddhist Tzu Chi Charity Foundation

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**LAIDLAW**  
SCHOLARS

**IMPERIAL**

## Continue to work in the elderly care centre



Like previous weeks, I helped measure and document elders' blood pressure and body temperature, collect lunchboxes, and distribute snacks. I also helped care for the elderly during both active and passive activities, distributing art materials, and assisting elders in creating artwork after learning how to do so from workshop leaders. This week was my first time helping with the Monday class measuring body indices. Unlike other classes, the Monday class are the "experimental group," who were given protein-rich snacks and encouraged to exercise regularly, so they had a more detailed body index measurement (including body composition). They will do this for a few months and compare the before and after results. If there are significant improvements, the elderly care centre will likely adopt this for all classes.

## Monthly volunteers meeting



Since there are so many volunteers (mostly elders) in the Taipei Tzu-Chi hospital, the hospital organise monthly meetings to not only encourage the volunteers, but also to

educate them about medical knowledge. For example, this week, they were taught how to interpret health check reports. After the meeting, my colleagues and I helped preparing lunch for the volunteers in the meeting room.

## In-patient visiting



Although I have been making gift boxes for patients (both in-patients and those receiving medical delivery services) for several weeks, I have not yet had the chance to visit the in-patients. Luckily, one day, my colleague in charge of inpatient visiting asked me if I would like to join them. We went upstairs to visit inpatients who were there for different diseases (cancer, stroke, alcoholism, etc). But one patient was very special to me. We met her in the palliative care unit, and even though we could tell how severely the cancer had progressed merely by the appearance, she kept smiling and seemed very calm. I was told that she passed away two days after the visit, and that she thought it was lucky to have met us.

## International guest reception: Ambassador of the Federation of Saint Christopher and Nevis



On Saturday, I worked with the Department of Public Relations to give the ambassador and college students from the Federation of Saint Christopher and Nevis a tour around the Tzu-Chi Foundation's centre of recycling centre based in the Tianmu Baseball Stadium. We first showed them how recycling is done and what products can be made from the recycled materials. Then, we let them have some hands-on experience with recycling. For example, sorting different types of paper, sorting cans based on their material, and extracting copper from wires. After the recycling education, the manager of the baseball team gave us a tour around the baseball stadium (including the exclusive areas like the VIP zone and players' practice room). Because the manager is not confident in speaking English, I was in charge of translating what he said into English. By the end of the tour, we had our vegetarian lunch (which the Tzu-Chi Foundation advocated for)