



# *Humble Mission*

## **Humble Mission 'The Poem'**

Humble Mission is established by a group of HKU students in 2014, with an aim to contribute to the community by using the knowledge we have acquired. In 2015, we will start our first service project 'The Poem' in collaboration with St. James Settlement Central and Western Elderly Community Centre.

'The Poem' is a life story book publishing project. We will recruit 20 volunteers to be Humble Reporters. Humble Reporters will visit the elderly in the elderly centre and collect stories from them. Also, by giving 'Reminiscence Therapy' to the elderly, Humble Reporters can help the elderly assert their achievements in life. We will summarize all the stories and do the printing work. At the end of the project, elderly will have their own life story books called 'The Poem'.

We will provide a training to volunteers. Volunteers can choose to participate in Term 1 or Term 2 or Both Terms and need to attend all visits in one term. Do come and join us to show your love and care to the elderly!

### **Details of 'The Poem':**

**DATE:** Year 2015 Term 1 & Term 2

Term 1: 7/3, 14/3, 21/3, 28/3, 11/4

Term 2: 6/6, 13/6, 20/6, 27/6, 11/7

**TIME:** 09:30-11:30

**VENUE:** St. James Settlement Central and Western Elderly Community Centre

11/F, Sheung Wan Municipal Services Building, 345 Queen's Road, Central,  
Hong Kong

**APPLICATION:**

[https://docs.google.com/forms/d/1GIbSDksJlarl2khrNOqBlik\\_22sLEk-uC1GAR-aI3uQ/viewform?c=0&w=1](https://docs.google.com/forms/d/1GIbSDksJlarl2khrNOqBlik_22sLEk-uC1GAR-aI3uQ/viewform?c=0&w=1)

**APPLICATION DEADLINE:** 31/1 (Term 1) ; 30/4 (Term 2)

For more information, please visit us at <http://humblemission.org/>



# Humble Mission

## 謙行者「一·叟·詩」

謙行者由一群大學年青人於 2014 年成立。我們希望要小小的知識及行動回饋社會，把愛傳播到社區每個角落。

我們將於 2015 年推行「一·叟·詩」出版活動。「一·叟·詩」是一本為長者出版的生命書籍。每一本均是訴說著一個獨特的人生，希望把長者的智慧及故事存留，亦希望此書能藉以給長者一個肯定及安慰。我們與聖雅各福群會中西區長者地區中心合作，現招募 20 名謙記者，謙記者會到長者中心探訪長者，透過訪談和進行懷緬治療，記錄長者的故事。

我們會為義工提供義工訓練。義工可選擇參加第一期或 / 及第二期活動，並需出席每期共五次的探訪活動。我們誠意邀請你們的參與，與我們一起完成不同的「一·叟·詩」。

### 活動詳情：

**日期：** 2015 年第一期及第二期

第一期：7/3, 14/3, 21/3, 28/3, 11/4

第二期：6/6, 13/6, 20/6, 27/6, 11/7

**時間：** 0930-1130

**地點：** 香港皇后大道中 345 號上環市政大廈 11 樓  
聖雅各福群會中西區長者地區中心

**報名：**

[https://docs.google.com/forms/d/1GlbSDksJlarI2khrNOqBlik\\_22sLEk-uC1GAR-al3uQ/viewform?c=0&w=1](https://docs.google.com/forms/d/1GlbSDksJlarI2khrNOqBlik_22sLEk-uC1GAR-al3uQ/viewform?c=0&w=1)

**截止日期：** 31/1 （第一期）； 30/4 （第二期）

如果想知道更多資料，可瀏覽 <http://humblemission.org/>



# 謙行者 一·叟·詩 計劃 現正招募義工！

Humble  
Mission

Be Humble  
Be Thankful  
Be Helpful



成為謙記者，

跟老人家訪談，進行懷緬治療，  
記錄他們的故事；

成為謙編者，

為他們設計、出版生命書籍；  
把老人的智慧及故事存留。  
每一本成品，都是懷緬人生的詩。

合作機構：聖雅各福羣會中西區長者地區中心  
[皇后大道中345號上環市政大廈十一樓]

第一期探訪：7, 14, 21, 28/3; 11/4 (六)

第二期：6, 13, 20, 27/6; 11/7 (六)

時間：9:30 - 11:30

謙記者人數：20人，二人對一位長者

截止報名日期：第一期 31/1；第二期 30/4

聯絡  
我們

humblemissioners@gmail.com

/humblemission

humblemission.org



了解  
更多



立即  
報名



或  
致電

6891 9623  
Janet

SERVICE 100