



Non-local Placement
港外實習



2015

香港中文大學社會工作學系
Department of Social Work
The Chinese University of Hong Kong

This collection is dedicated to donors of the Non-local Field Placement Award, Madam Tan Jen Chiu Fund and our social work teachers of the Department of Social Work, The Chinese University of Hong Kong.

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Chinese Christian Mission of Canada
Catholic Centre for Immigrants, Ottawa, Canada
Chinese Family Services of Ontario, Toronto, Canada
Ottawa Immigrant Women Services, Ottawa, Canada
Canadian Mental Health Association
Strathcona Community Centre
Singapore General Hospital
馬偕紀念醫院台北院區
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Message from Department Chairperson

倪錫欽教授
Prof. NGAI Sek-yum, Steven
Chairperson, Department of Social Work,
The Chinese University of Hong Kong
香港中文大學 社會工作學系系主任



As the Department Chairperson, I am gracious to express our sincere gratitude to Madam Tan Jen-chiu and Mr. Paul Cheng, donor of the Madam Tan Jen Chiu Fund, on behalf of our colleagues and students. With the kind consent of Mr. Cheng, we have broadened the use of the funding in setting up the Non-Local Field Placement Award for our students at the undergraduate and postgraduate levels. Mr. Cheng's endless support to our Department is beyond words.

The Department of Social Work is committed to high-quality social work research, practice and teaching. As a professional training department and educator of social work, one of our missions is to provide professional training and education for our students in order to prepare them to be academic and professional leaders in social welfare field locally, nationally and internationally. To realize this objective, in recent decades, we provide non-local placements to students of our undergraduate programme and the Master of Social Science in Social Work (part-time and full-time) in order to help develop an international perspective and vision in social work practice which can in turn stimulate their reflection on local welfare policy and service delivery.

Undeniably, non-local placements offer many types of learning – anecdotal, experiential, academic, observational and cultural – which can facilitate students' growth, maturity and competence in diverse social work settings, and their understanding of cross-border, cross-cultural and international dimensions of social work practice. With our growing national and international connections, and the unfailing effort of the Field Instruction Team of the Department, we are able to procure non-local placements in different countries including Canada, Singapore, Taiwan, and Macau SAR.

In order to encourage more students to participate in non-local field placements, we have set up the "Non-local Field Placement Award" in summer 2011 with the support of our donor, Mr. Paul Cheng. In 2015, the Department has also set up the "Departmental Non-local Placement Award" to support our students to join the non-local field placements. During evaluation meetings with our students in the past years, students have given positive and encouraging feedbacks on their learning experiences, reporting that their learning were fruitful academically, socially and culturally.

Students taking these placements had to deal with challenges arising from the cultural differences between Hong Kong and the place where they practiced, the different social welfare systems and different clientele whom they served. Nevertheless, with these challenges, our students are able to develop greater independence as well as problem-solving abilities in cross-cultural social work practice, which would be assets to the students in future practice. All of our students find the non-local placement memories unforgettable. They treasure this invaluable opportunity of learning, and are eager to share with our donor on their personal, academic and professional growth throughout the placement.

No work is ever completed without the assistance of a great of many people along the way, such as the great support, encouragement and assistance given by the Director of Field Instruction, Mrs. Eva Lo Ng Mei-kuen and her team. I would also like to take this opportunity to thank those social welfare agencies and field supervisors for their endless and strong support for our students.

系主任的話

作為系主任，讓我謹代表敝系同仁衷心感謝已故譚紉就女士及其兒子鄭明訓先生一譚紉就研究基金的捐贈者。我們十分感激鄭先生允許我們運用研究基金為我系本科及研究課程成立《港外實習獎》。鄭先生對我系的支持，盡在不言中，我們必定銘記於心。

社會工作學系一直致力於卓越的社會工作研究、實務及教學。作為專業的培訓部門及社會工作教育工作者，我們其中一個任務乃為本地、中國大陸及國際的社會福利界培養學術及專業的領袖。為了實現這目標，我們一直致力為本科及社會工作社會科學碩士學生提供港外實習的機會，以助他們在社會工作實務上建立國際視野及觀點，及他們對本地社會福利制度及服務發展的反思。

無疑，港外實習為學生提供真實的生活體驗，對他們在學術及文化方面的發展均有裨益。這樣的實習機會，不但能促進學生成長、建立成熟人格，以及培養在不同的專業環境中實踐的能力；還讓同學藉此從跨地域、跨文化及國際的角度，深入了解社會工作的實務工作。隨我們與國家及國際的聯繫日益緊密，加上我系負責實習課程團隊的努力，我們已與不同國家及城市合作，為學生提供包括加拿大、新加坡、台灣及澳門等地的港外實習機會。

在鄭明訓先生的支持下，我們 2011 年成立了《港外實習獎》來支持更多學生走出香港，前往世界各地參與實習，而社會工作學系亦於 2015 年設立《學系港外實習獎》鼓勵學生參與海外的實習。過往多年，港外實習學生在評估會議中，對設立港外實習均抱正面意見。他們認為港外實習的學習經驗不僅有助提昇學術知識及能力，亦為他們在社交及文化方面帶來正面學習成果。

港外實習期間，同學均要面對文化差異、有別於本地的社會福利及服務對象系統帶來的挑戰。然而，他們因應這些挑戰，也發展了獨立工作和跨文化社會工作實踐的能力；這對學生在社會工作專業發展路途上，無疑有很大幫助。同學很珍惜是次難忘的學習機會，更非常希望與鄭先生及所有同學分享從是次實習經驗學習中所得到的個人、學術及專業的成長；因此他們花了很多時間及努力去準備這些文章。

是次港外實習能順利進行，實有賴實習課程主任盧吳美娟老師及其團隊的幫助，以及她對學生的鼓勵。此外，我也希望藉此機會，對提供實習機會的服務機構及實習導師致以萬分的謝意，他們對我系的全力支持，為學生的學習及成長提供了難得的機會及培訓。

Message from Director of Field Instruction

盧吳美娟女士

Mrs. LO NG Mei-kuen, Eva

Director of Field Instruction, Department of Social Work,
The Chinese University of Hong Kong
香港中文大學 社會工作學系實習課程主任



Each summer, we will send students to cities outside Hong Kong for placement, expecting them to have unique and challenging learning experience. In June 2015, we sent out a total of 22 students from our social work programmes, at both undergraduate and postgraduate levels to have placement in Canada, Singapore, Taiwan and Macau.

Students who finished non-local placement will be invited to reflect and share their learning with teachers and fellow students when they are back to Hong Kong. These 22 students shared their learning experience with others in September 2015. I was happy to see how excited and inspired they were when they presented their learning experience. They did not just share their joy and happiness but also the challenges and barriers they encountered, how they worked hard to overcome difficulties and achieve their goals. Their horizons were expanded both professionally and culturally. I am sure that their learning does not stop at the end of placement but serves as a solid ground for them to go further.

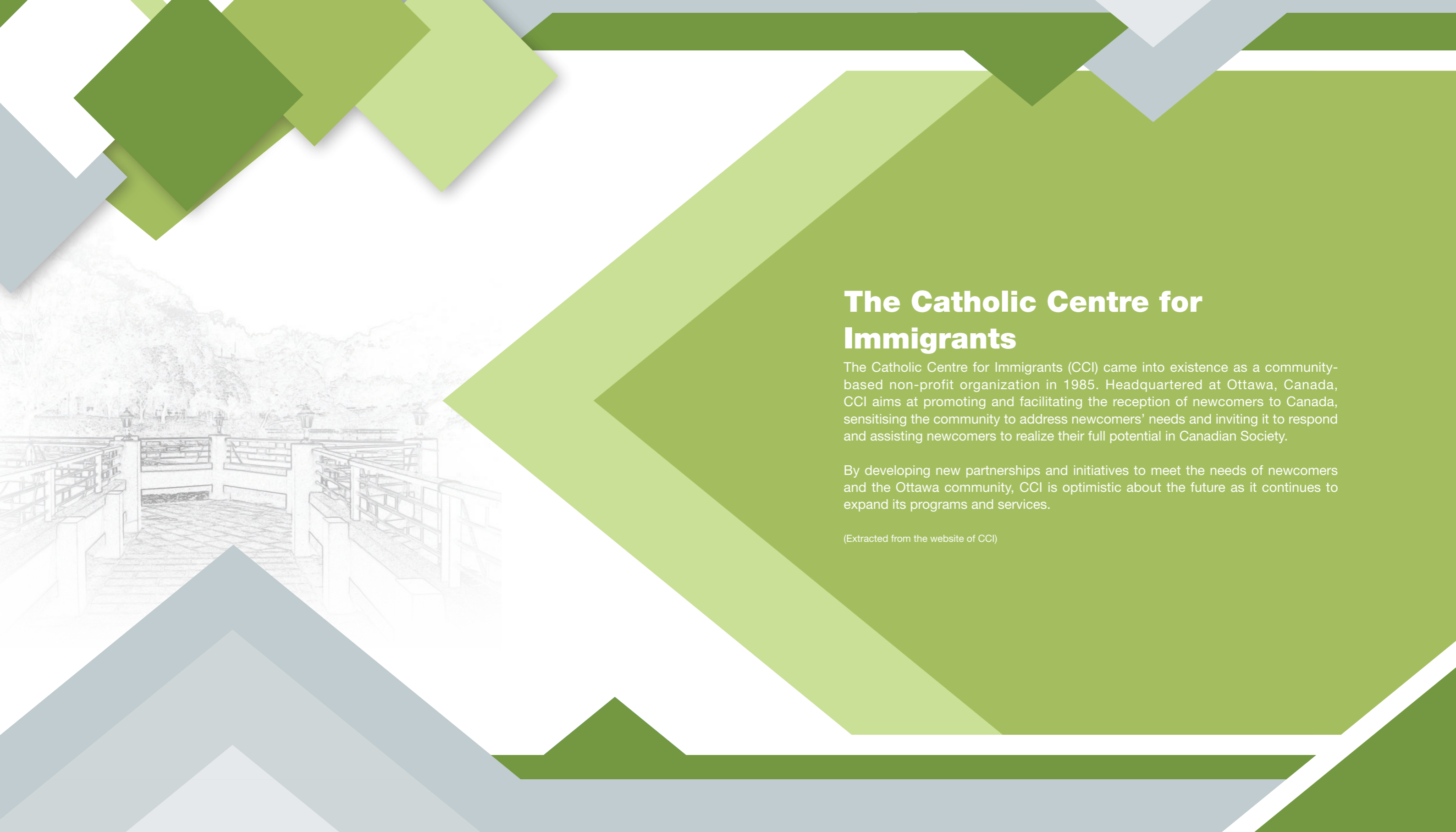
So, I would like to invite you to share the learning and joy of each of them through their writings. I would also like to thank all those who have made these non-local placements possible including the non-local placement agencies and field supervisors. Last but not least, without the support from our Department, Madam Tan Jen Chiu Fund and Mr. Paul Cheng, many outstanding and committed students would not be able to afford this valuable learning experience.

實習課程主任的話

本系的同學到香港以外地區實習已超過十年，每年六至八月，我們都會安排同學到香港以外的城市實習。2015年共派了二十二名本科及碩士班同學到溫哥華、渥太華、多倫多、新加坡、臺北、桃園、屏東、高雄、澳門等地，實習性質涵蓋醫務社工、長期病患者、精神病康復者、家庭服務、青少年、家暴、移民及病態賭徒等不同範疇。

究竟同學在港外實習得到些什麼呢？有甚麼是本地實習得不到的呢？每年九月當他們完成實習，從各地回來後，我們讓他們舉辦了分享會，他們說了些甚麼？2015年度的同學得到了甚麼？還是讓他們親自告訴你。本文集讓他們將所思所想化為文字，讓更多的人可以知道他們寶貴的學習歷程，包括一切幫助他們的人。

在此，衷心感謝各港外實習機構、眾位實習導師，並學系和譚鈞就研究基金多年來的資助，讓我們的學生可以有外地實習的機會，獲取畢生受用的經歷。



The Catholic Centre for Immigrants

The Catholic Centre for Immigrants (CCI) came into existence as a community-based non-profit organization in 1985. Headquartered at Ottawa, Canada, CCI aims at promoting and facilitating the reception of newcomers to Canada, sensitising the community to address newcomers' needs and inviting it to respond and assisting newcomers to realize their full potential in Canadian Society.

By developing new partnerships and initiatives to meet the needs of newcomers and the Ottawa community, CCI is optimistic about the future as it continues to expand its programs and services.

(Extracted from the website of CCI)



DU Julie
Full-time MSc Year 1

The student was having fun in Parc Omega during a weekend

Following My Own Heart

21 August 2015 was my last night at work, the night my last project was done. Four people including me, were sitting together at the venue, drinking beers and talking about our views about our work. Early next morning, I left Ottawa. Staying at the hotel, tears fell down. I already started to miss my colleagues, who had given me tremendous support and help during my placement, without whom my journey would be impossible to complete. I also missed my beautiful clients, who had experienced difficulties in their lives, and would complete their tough migration process in the future.

In retrospect, my placement at Catholic Centre for Immigrants (CCI) is both challenging and rewarding. What is so special about my placement is that it allowed me, as a student, to play a very important role in placement, from exploring possible learning opportunities, to deciding my assignments, to completing them. Through the whole process, I explored myself deeply, and followed my heart in making all the decisions, to maximize my learning experience.

Below are the themes I summarized for this wonderful placement experience.

Theme One: Being Adaptive

CCI is an agency which has many different projects with a variety of funding sources. Being a placement student, we were expected to fit into the agency context, and equip ourselves with Canadian life skills, policies, laws and regulations. We need to prepare ourselves in these aspects as fast as possible, because our placement period was short.

Another aspect is multiculturalism. Our colleagues come from a variety of different religions and backgrounds, and so do our clients. We need to adapt to such environment quickly. In addition, we need to know more about refugee population.

For me, all of these were brand new. It was like entering a new world - exciting and challenging.

Theme Two: Independent Working Style

Colleagues in CCI are open-minded and they welcome students to initiate their own projects during placement. Usually no one would assign tasks to students, and students need to be very active and on the initiative to win learning opportunities or tasks already existed in agency, or start their own projects. It meant that I need to know myself and the agency well to find out the best direction to fulfil my learning needs, and work hard towards it.

Choosing tasks already existed in agency's schedule was relatively easy as compared with starting a new project. The only challenge was the complexity of the whole agency. The whole process began with knowing more about projects existing in the whole agency, then negotiating with different departments and projects to see whether it would be possible to participate in or take over.



Workers and clients were playing music together during Music Night.



Students ran an Employment Group for Government Assisted Refugees.

However, it was harder to initiate a new project as we need to identify the needs of clients, understanding the working environment, proposing the project, negotiating with related parties, and implementing the project in a brand new environment within a short period of time. The project I initiated is Youth Art Project at Reception House. In this project, a local PhD student and I ran an art group together for a group of older refugee children. Body mapping, which is both expressive and introspective, was chosen as the main activity. The group was very difficult due to the multi-language of group members, the instability of residents at reception house, and many disturbances from other residents. We adjusted the group from time to time. Finally, the group turned out to be successful and worth all the efforts. It was a very rewarding experience.

Theme Three: Seeking Support

Sometimes, working in an unfamiliar setting abroad was stressful. We need a lot of support. As a placement student, we need to be very sensitive in identifying sources of support, for example, colleagues, friends, teachers, previous placement students, and supervisor. For example, colleagues could share with us many of their previous experiences, possible ways that work well with a specific group of clients, possible resources within and outside the agency, and so on. Even supporting staff might have very valuable input, as they are familiar with the context. We were not working alone, and it would be impossible to work alone in this era and context. Apart from work-related support, my colleagues sometimes were also a very good source of emotional support.



This is a group photo with colleagues at Client Support Services.

Theme Four: Professional Growth

I encountered workers with very different working styles, and learned a lot from how they carry out the work. For me, sometimes it was so easy to just focus on the content of the work, not the direction behind the content, which made me rigidly following the plans. Such stubbornness might affect how effective my work could be done. I need to open my mind and body to understand the situation of clients, and tailor-make everything according to different people. Every client, or every group of client is unique.

Theme Five: Enjoy Life

All work and no play makes Jack a dull boy. We enjoyed our lives there via having a taste of local Canadian life through home stay, touring around important buildings and joining festivals within the city, enjoying the beautiful scenery of Ottawa, and traveling to nearby cities. Life is peaceful and relaxing in Ottawa. We were once a special part of it, and such experience also makes us special.

Theme Six: Gratitude

Last but not least, I'd like to express my gratitude to all colleagues I worked with, for their tremendous support during my placement. I'd also like to express my gratitude to our landlord's family, who gave us warmth and care during these three months. Lastly, I was grateful for all the work our supervisor Vivian did for us.



This is a group photo of Youth Art Project at Reception House.

SUEN Shu Bond James
Part-time MSSc Year 2



Enjoying my holiday at Park Omega in Gatineau

Catholic Centre for Immigrants (CCI)

I am glad that I had been assigned to Catholic Centre for Immigrants (CCI) in Ottawa, Canada for non-local placement. CCI is the largest organization that has a long history of serving new immigrants, especially refugees, in Ottawa; it serves new immigrants for more than sixty years and the programs and services provided by CCI emphasizing on holistic perspective which the evidences can easily be found from the ways that it implementing policies within and outside the agency.

CCI provides many types of programs including Settlement, Reception house, Client Support Services, Community Cup, Community Connection, Youth program and many others. In CCI, the placement coordinator provided us freedom to choose the programs that interested us and she allowed us to try some other programs during the placement if we want to.

Settlement Department

Settlement program aims at helping newcomers to adapt to and integrate into Canada through the approach of case management; the clients will receive services such as orientation, interpretation, translation and documentation, counseling, house searching, life-skill training, peer group support, daily drop-in service, advocacy, and referrals to other community services. The program has settlement counselors who can speak several languages including English, French, Arabic, Somali and many other languages from Africa and Middle East region. I spent most of the time during the placement period in the settlement department and worked as a settlement counselor. The placement experience was wonderful.

During my time in CCI, I received many support from the helpful colleagues. Their warm welcome was fantastic. During lunch time, the colleagues always invited me to join them. And we had wonderful chitchats and also had chance to listen to their sharing about their experience as a settlement counselor. On the other hand, all the colleagues were very knowledgeable, resourceful, and helpful. They were keen on assisting me when I encounter any difficulty. Although working as a settlement counselor was very challenging because I had no knowledge about the Canadian immigration law, policies and resources in the community, fortunately, the department manager supported be tremendously throughout the placement period such as providing me a lot of materials from the government officials, opportunities to attend courses funded by the Citizenship Immigration Canada and various workshops hosted by different agencies. With all the support from the colleagues and the manager, I had quickly caught up with the working styles, pace, and duties in settlement department.



A nice visit at Gatineau Park after my placement completed

In the department, I had multiple duties; for example, being a receptionist, organizing and distributing food bank, data entry and filing, and, more importantly, conducting intake interviews and providing case management. My agency supervisor was very supportive. She allowed me to carry out my duty with the maximum amount of freedom. My agency supervisor had arranged cases for me to conduct one-on-one counseling independently and I needed to do my own recording in the database of the department. At one point, I actually thought I was one of the settlement counselors who worked at the department. The experience was fascinating! Before I went to CCI, I was told that agencies in North America seldom allow students to handle cases independently; instead, students can only back up the workers and observe how they work with the cases. Personally, I never expect I can "work" independently in a foreign country and such experience really expanded my vision and is definitely a piece of priceless memory in my lifetime.

Wonderful scenery at Wakefield near one of the colleague's house



Life in Canada

It is hard not to mention the delightful part of the placement because Canada is such a beautiful place which can always distract you easily. During my time in Canada, my fieldmates and I spent most of the holidays and weekends to explore Ottawa and the nearby cities, like Toronto, Montreal and Quebec City. Ottawa is a beautiful city which is natural, quite, and relaxing. In the city, you can find beautiful scenarios everywhere, especially places along the canal. Meanwhile, it is a city that full of history and culture representing Canada. If you are in Ottawa, I will highly recommend you to visit those historical buildings and museums which for sure will not disappoint you. Besides, living in Canada is very enjoyable because all the local citizens are friendly and helpful. You will find no difficulty to integrate into the life of Canada. I am lucky that I met a lot of nice people in Ottawa which helped me a lot during the stay but it also made me hard to say goodbye to them when I left.

I would like to take this chance to say thank you to the Department of Social Work at CUHK for giving me the precious chance to go to Canada for placement; thank you to CCI, especially to all the people in the settlement department, for providing me the greatest support in my placement; thank you to my field supervisor for all the support and caring during my stay; and last but not least, my fieldmates who we supported each other during the placement. Without all of them, my placement can hardly be that fruitful and memorable. THANK YOU TO YOU ALL! ~~.



Hosting an employment group with the fieldmate



Our colleagues in CCI



The working environment at Settlement Department



Chinese Christian Mission

Chinese Christian Mission (CCM) was founded by Rev. Thomas Wang in Detroit, Michigan in 1961. In order to meet the need of the rapid growth of Chinese population in Canada, CCM of Canada was set up in 1979 with its headquarter in Vancouver. CCM Centres in Calgary (1992), Vancouver (2000), Montreal (2003), Toronto (2007) and Richmond (2009) were opened to serve the local communities. After fifty years of serving, CCM has developed into a multi-faceted mission organization from a humble literature ministry. CCMs strategy is reaching the Chinese to reach the world, by sending missionaries to the Chinese to bring them the gospel in their language, and equip believers to reach the local ethnic groups.

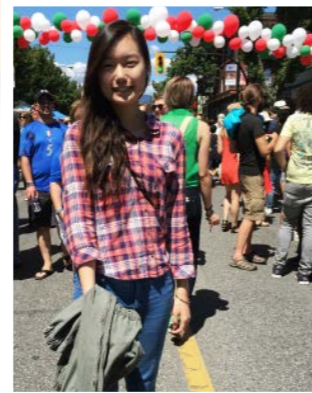
(Extracted from the website of CCM)

Chinese Christian Mission Centre

The CCM Centre in Vancouver was opened in 2000 to serve the local communities and Chinese immigrants, providing a wide range of services to different age groups while promoting Christian values. The premise, in which different ministry units specializing on various fields are based, is a building complex of counselling centre, book room, youth centre, art gallery and multi-purpose facilities for worship service, program for seniors, women, children and youth, video and movie as well as large-scale community and cultural activities.

(Extracted from the website of CCM Centre)

CHENG Ka Pui
Full-time MSSc Year 1



Off-work life-Italian Festival

Three months of non-local placement has quickly come to an end! Recalling the experience and learning throughout this summer in Vancouver, my heart is full of gratitude and satisfaction.

If you ask me what I have gained in this placement, there is a lot can be shared.

Firstly, concerning placement work, being placed in the Caring Ministry of Chinese Christian Mission (CCM), I had a chance to take a close look and have very fresh experience of being the companion with cancer patients. This is a precious opportunity for me to reflect on the topic of life, death and illness, as well as learning to be a sincere and beneficial helping person to the ill. Shadowing under my helpful and friendly agency supervisor, I learnt a lot about caring work for critically-ill people and the proper working attitude via her daily live demonstration as well as sincere and generous sharing and teaching!



My fieldmates and my friendly supervisor

Visiting a lot of tourist attractions-the Parliament Buildings on Victoria Island



I enjoyed the harmonious and friendly working environment in CCM, in which all colleagues shared the common goal of 'serving the community' and co-working without obvious division by hierarchy. It constructs great motivation and passion for ones to whole-heartedly devote themselves to help the people in need. I was guided by an all-rounded supervisor with rich experience in different fields in social work both in Hong Kong and Vancouver. With his time and dedication in teaching us, I was inspired not only on placement work, but also on values and attitudes on doing human work. In particular, I was greatly enlightened on casework practice. Moreover, by having my placement in a country outside of Hong Kong, I had the chance to take a close look at a different social welfare system. It had broadened my horizons in the multiple possibilities in social work and enlightened me on seeing the good and bad sides of Hong Kong setting in comparison with that in Canada.

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Furthermore, I have experienced the multi-cultural characteristic in Vancouver. It was a place with wide acceptance of all races. It was very human-oriented with its governance based on honest system. Living in such a city was very pleasant and the daily little things added on my life experience. In addition, staying in a place very different and far away from home, I have learnt to have proper self-care and be mature in handling all the things independently. Besides, adaptation to a new living place within a short period of time and getting myself prepared for my first placement is another challenge. Gratefully, all has been through well. Finally, being a full-time staff of an agency for the first time, I have also learnt a lot in the basic criteria in being a responsible worker, and working effectively by adopting social work elements in this informal social work setting.



My nice colleagues in CCM

Secondly, I have also been exposed to a lot of other human work in Vancouver, with the help and arrangement by both supervisor and agency supervisor for the sake of letting us learn more. We had visits to a wide variety of agencies covering settlement work for new immigrants, mental health issues, senior homes, hospice and shelters. We were also arranged to have a community walk in the poorest area in Vancouver, getting to know the inner face of the city and corresponding social measures. All these experiences constituted to my fruitful learning in Vancouver.

In addition to performing placement work and taking active learning in social work setting in Vancouver, exploring the city was also a crucial part of my three-month experience!

During off-hours, my fieldmates and I had visited a lot of scenic spots in the city, traveling to almost all the possible well-known tourist attractions at the utmost we could. Moreover, there were opportunities to get close to the nature like picking berries and visiting local farms, which were rare activities in Hong Kong. We also participated in a lot of cultural festivals during weekends, such as the Italian Festival, cross-nation firework competition, Canada Day, etc. All of these added life adventures as well as spices to our placement days!

Overall, this placement in Vancouver is an experience with fruitful learning and fun! I am grateful to be offered such a valuable opportunity to be exposed and to explore as much as I could!



My lovely and caring agency supervisor

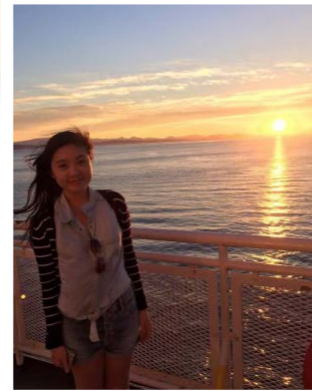
Canadian Mental Health Association

The Canadian Mental Health Association (CMHA), founded in 1918, is one of the oldest voluntary organizations in Canada. Each year, CMHA provides a wide range of innovative services and supports to people who are experiencing mental illness and their families to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteers and staff across Canada in over 120 communities. The services are tailored to the needs and resources of the communities where they are based.

As a nation-wide, voluntary organization, the Canadian Mental Health Association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. The CMHA accomplishes this mission through advocacy, education, research and service.

(Extracted from the website of CMHA)

CHEUNG Sze Lan
Undergraduate Year 3



Beautiful sunset on the ferry back from Victoria

Professional Growth

Vancouver focuses on human rights. The policies and welfare systems of Vancouver are totally different from Hong Kong. I learned more about the welfare systems and policies of Vancouver in this placement. For example, the government of Vancouver provides a safe and legal place for people to take drugs (Injection home). It is a strange concept for Hong Kong people as drug-taking is illegal in Hong Kong. It is difficult for me to imagine how the injection home is before visiting it. The room is clean and tidy. There are nurses and doctors on duty to prevent the people from overdosing and experiencing serious side-effects after taking drugs. As Vancouver emphasizes on human rights, the government also wants to protect the people who take drugs. It is a special experience for me to visit this room. Human rights are important for social workers as social workers believe everyone has their rights. I think human rights should also be considered in the policy-making in Hong Kong. Apart from that, the government of

Vancouver is considering the policy of allowing men to enter female toilets when they think that they are women on that day. Such idea has shocked me. However, we can see that Vancouver focuses on human rights and it is an open-minded city. It is really different from Hong Kong.



Food prepared by my groupmate in one session of my group



BBQ program of CMHA (The middle one in purple shirt is one of the staff)

This non-local placement gave me a lot of treasurable memories and experiences. Non-local placement in Vancouver enhanced my professional and even personal growth. As a social work student, professional growth is very important as social work requires experience and practices. Therefore, there are two placement opportunities for social work students. Social work students also need to devote themselves to helping the people in need. Personal growth is also important for social work students. This non-local placement gave me both of them.



Joining the Italian Festival with my lovely fieldmates in Vancouver

Apart from the policies and welfare, this placement also gave me an opportunity to work with clients suffering from mental disorders. In this placement, I learnt how to work with clients with mental health disorders by using casework and group work in Canadian Mental Health Association. It was my first time to contact with people with mental disorders. It was a new challenge for me. However, I have understood more about the mental health systems of Vancouver in this placement. And I have learned more about mental disorders, in particular, depression and dependency personality disorder as two of my clients have been suffering from these two disorders respectively. Participating in groups and cases offered me positive experiences as I witnessed the changes of clients in both groups and cases. The first-hand experience in the field is more impressive than listening to the others' experience during lessons. I believe that I can be a responsible social worker after this placement and make some changes to service recipients.

Also, I had the opportunities to visit different agencies and services of Vancouver such as funeral, elderly homes and hospice. These services are better than those in Hong Kong as the services and environment provided are more comprehensive. For instance, the staff of elderly home in Vancouver treats the service recipients nicely. I felt positive for living in elderly home in Vancouver. However, the elderly home in Hong Kong often correlate with negative feeling to me. It is the difference between Vancouver and Hong Kong.



Ride Don't Hide 2015 (A big program held by CMHA each year)

Personal Growth

For personal growth, I am more independent after these three months. I needed to take care of myself in these three months. For example, I needed to find the ways myself by using Google map. I also needed to fine the homestay myself before arriving Vancouver. It was my first time to leave family far away for three months. However, I become more independent and know how to take care of myself in these three months.

In addition, I am more active in these three months. I did not have a fixed seat Canadian Mental Health Association (CMHA) and I could design my schedule flexibly. My agency supervisor also did not ask me to join the programs and gave me much freedom to choose my working schedule. Therefore, I needed to be active to join the programs of CMHA instead of doing paperwork in office only. I joined the programs of other departments under CMHA instead of joining the programs of my Chinese department only.

I also become good at time management in this placement as I learned how to strike a balance between work and life. Vancouver is a good place to explore and is full of beautiful scenic views. Therefore, playing and enjoying life are also important in this placement. Vancouver is a city with people from diversified cultures and has many nice places to explore. Therefore, I learned to finish work first and enjoy the life in Vancouver after working.

Moreover, as I needed to invite service recipients to talk in order to build up the relationship with them and understand them more, I am able to talk with others and join different activities actively after these three months.

To conclude, I have experienced both personal and professional growth in this non-local placement. I have obtained more knowledge and I have also met many nice people in these three months. The non-local placement is a treasurable opportunity and worth to apply.

Strathcona Community Centre

Constructed in 1972 through the efforts of the Vancouver Board of Parks and Recreation and the local residents, the Strathcona Community Centre (SCC) is located in one of Vancouver's oldest neighbourhoods, 1.5 blocks east of the central business district of Chinatown, operating 7 days a week year-round.

In addition to fitness facilities, basketball camps, floor hockey and piano recitals as other community centres, SSC offers several specific programmes to not only entertain, but to help the entire community, especially the children, learn invaluable life skills for themselves and their families. Over the past 40 years, SSC has been providing a variety of services, including but not limited to licensed childcare, preschool, children, youth, adult, fitness centre and seniors programmes.

(Extracted from the website of SCC)

In the last three months, I had a really fruitful non-local placement. I felt so lucky that I had the chance to go to Vancouver to have my second placement. Through the valuable experience, I improved my knowledge and skills in social work practice, knew more about the social welfare system in Vancouver, especially the senior services, and gave me a boost in personal growth.

Strathcona Community Centre is located in Strathcona, one of Vancouver's oldest neighborhood. It has been serving the community with recreational services since 1972 through the effort of the Vancouver Board of Parks and Recreation and the residents. Strathcona Community Centre holds the mission to sustain, promote, and develop a resource that supports the changing social and recreational needs and aspirations of the Strathcona Community. It provides a variety of services: licensed childcare, preschool, children, youth, adult, and fitness center and seniors programs. Among all community centers, Strathcona is also one of a few community centers that has a Breakfast and Food Security program for children as poverty is an ongoing issue in the community, and it is impressive that the center met the needs of the people and enhanced their wellbeing by fulfilling the basic needs of the families.



601 Keefer Street, my wonderful center.

LAU Mei Ki
Undergraduate Year 3



Dressing in red and taking picture with Canada's flag are a perfect match in Canada Day!



Art program for the senior: They made the puppets themselves and performed on the stage confidently!! Proud of them!

I still remembered the strong feeling of nervousness before starting the practicum. Although I have completed my first placement, I have always worried whether or not I could handle the assignment successfully, especially as I was actually a beginner in handling cases. However, the more I got into the practicum, the more at ease I felt. With the support and advice from my supervisor and colleagues, I acquired knowledge and skills in social work practice. In the practicum, I was involved in three case: 2 cases were referred as parenting issues and 1 senior case was referred as feeling stressful from taking care of spouse. However, it turned out to be different issues from the clients. Working with the cases, I realized that I need to be more sensitive to discover the causes of the problem. Thankfully, our supervisor was an experienced caseworker, I learnt to analyze clients' issue from different perspectives deeply. Truly, I have enhanced my interviewing skills and assessment skills through the counselling sessions.

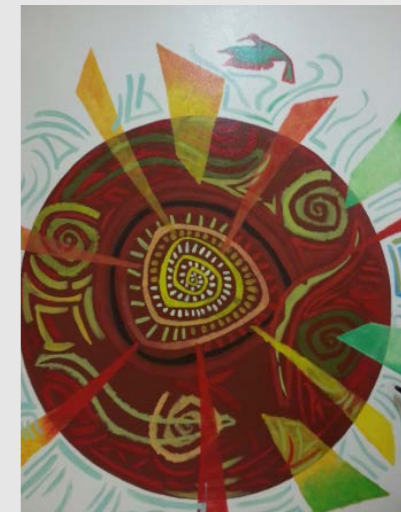
Photo with the Mayor of Vancouver when participating in Pride Parade for Strathcona's team



Apart from focusing on the assignment, I was also involved in different activities in Strathcona, such as senior summer program, youth paddling team, interpretation service, and pride parade. It enabled me to expose in different areas of the center and had in-depth contacts with services users of different age groups. Therefore, I adapted to my workplace easily and understood more about the center.

Apart from the placement, I also seized the opportunity to explore the city during the leisure time. I went hiking, cycling, celebrating the Canada Day and BC Day, participating in Italian festival, Japanese festival, and Caribbean Sea festival. I also had fun in parks and visited the museums. Each experience was unique and inspiring, for example, cycling allowed me to think of urban planning of the city as the cycling paths were user-friendly and accessible in Vancouver. The design of the garbage bin on the street is approachable for scavengers, which can facilitate them taking the recycling materials from the bin without hurting them. Going to different festivals, I saw people from different parts of the city come together having a good time with the rest of the community. Although the obvious cultural differences existed between people, such as religion, languages and traditions, cultural diversity can be seen in the society that encompassed acceptance and respect of the others' cultures. All of these life experiences from the local life in Vancouver were valuable and memorable to me. Not only did it enhance my capability in social work practice, but also broadened my horizon.

Thanks for the overseas placement which allowed me to explore and gain this precious and unforgettable working and life experience. Life in Strathcona Community Centre was very warm and unforgettable.



The spiritual painting on the wall inside the center.



Senior Summer Cruiser: Exposed the water treatment in Vancouver.



Chinese Family Services of Ontario

Incorporated in 1988, Chinese Family Services of Ontario (CFSO) is a non-profit, accredited professional counselling, family services and settlement agency with a focus on Chinese Canadians. This community organization offers both linguistically and culturally sensitive services to enhance the functioning and enrich the quality of life of individuals and families.

Chinese Family Services of Ontario is funded by various levels of governments, United Way Toronto and York Region and community donations.

CFSO is staffed by a team of professionals in the disciplines of social work and counselling psychology. The staff consists of Bachelor and Master's level social workers who have been registered with the Ontario College of Social Workers and Social Service Workers and counsellors who hold Master or Ph.D. Degrees in Psychology and Certified Gambling Counsellors.

(Extracted from the website of CFSO)

CHAN Chi Mei
Full-time MSSc Year 1



Preparing balloons for the Agency's program
(From left to right: Shelby Chan and JIANG Lu)

My non-local placement unit was the Chinese Family Services of Ontario (CFSO), which was located in Toronto, Canada. All the CFSO staffs are Chinese who speak Cantonese or Mandarin. They are kind, caring and friendly. They helped me to adapt to the new working environment within a short period of time.

During my non-local placement in Toronto, I equipped myself with the knowledge of counseling including performing intake assessment, writing progress records and conducting case termination. I remembered that my first interview was the intake assessment. I paid too much attention on my own performance than on my client, e.g. I kept asking my client questions and taking the notes. I gave insufficient eye contact to my client, which made my client felt uncomfortable. After my supervisor (Mr. TM Tsang) co-worked with me during the intake assessment with another client, I learnt that I should not neglect my clients' non-verbal clues. For example, my client kept drinking water during the conversation can be a sign of feeling nervous. It might be resulted from my questions being too personal. But, the client was not ready to disclose it at the first session. I was not only trained to be a good observer, but also became a good listener for my client to reflect my understanding of his/her feelings during the sessions.

At the beginning of my non-local placement, I had no idea on how to write the progress records. I thought it was about writing all information collected in a session. After receiving the comments from my supervisor, I realized that



The BBQ party hosted by a CFSO staff

every progress record was relevant to the objectives of the interview session. For instance, one of the objectives is about facilitating the client to explore his/ her anxiety issues. My progress notes should include when and why my client feels anxious, how the anxiety issues affect his/her daily life and how he/she feels towards the anxiety issues, etc.

For my first time to terminate the case, my client's eyes turned red and looked very unexpected when being told it was the last session. I learnt to improve my techniques on case termination by giving my client more time to adsorb, prepare and accept the case termination. I found that it was helpful for my clients as they knew the session was for case termination and felt more comfortable to participate in the last session.



Last day working for the CFSO

Moreover, I built up my confidence to serve different kinds of clients. Despite of their different ages, genders, occupations, marital statuses and family backgrounds, etc., I am still capable to co-operate with my clients closely by giving them emotional support or even facilitating them to develop new insights.

I learnt that being on the initiative to keep the supervisor updated on my work progress was very important for learning. Otherwise, he would not know what I was doing and could not provide me adequate guidance. If I submitted the drafts of work assignments earlier to my supervisor, he would give me more useful advices and gave me more chances for improvement.



Taking the photo with my supervisor (From left to right: TM Tsang and Shelby Chan)

Although the work placement was quite stressful in Canada, I received lots of support from my new friends in Canada. I met them in the young adult fellowship of a local church. In my leisure times, they took me to play golf, visit the Canadian National Exhibition and go hiking in Scarborough Bluffs, etc. I was also trained to be independent to manage the basic household chores such as cleaning, cooking and laundry during my stay in Canada.

The non-local placement is a golden opportunity for me to learn the professional knowledge, develop new friendships and become more mature.



Taking the photo with my field mate and supervisor
(From left to right: JIANG Lu, Shelby Chan and TM Tsang)

JIANG Lu
Full-time MSc Year 1



A photo with my colleague

During the 400-hour-placement in Chinese Family services of Ontario, I had opportunity to be an intern social worker and get in touch with different types of cases and experience a lot about counseling service in social work practice. I was glad to help the clients; and it also provided me a chance for self-reflection and building up clear awareness to myself.

The individual counseling experience had strengthened my awareness and motivation to grow and assisting me in developing as a professional social worker. I started to realize the importance of client's capacity of change and had learnt how to help clients to identify their unique capacity. For example, I had helped a client, who was suffered from violence from her husband, to develop her strengths and abilities to deal with her marital issues and build up confidence in her further life.

Furthermore, I got in touch with different types of cases and worked with clients with different kinds of concerns. I had learnt to provide different services in individual counseling according to the various needs of clients. What's more, I had the opportunity to get in touch with the clients with multicultural background. I learnt from my supervisor and colleagues to better cope with the values and cultural differences between clients and social worker.



Gathering with my colleagues

From the discussion with my supervisor and other placement experience in group and individual supervision, I learnt about how to better respond and engage with clients. I tried to apply the skills I learnt from the supervision during the session to better improve my counseling ability.

In addition to the case work, I co-worked with other placement students in CFSSO's one-day outreach program about cyberbullying. We prepared the pamphlets, posters, gifts, videos, display boards and other materials in relation to the program. We facilitated the outreach program and present a 30-minute talk to the public about how to prevent cyberbullying in a Chinese shopping mall. The experience of co-facilitating the cyberbullying program inspired me a lot about teamwork. For instance, I had more reflection on myself about how to get along with other teammates and facilitate the program with efficiency.



Take a selfie with my field mate and colleague

During the placement, I also took part in the agency's in-service training every other week and co-facilitated one session of the in-service training about Positive Psychology in social work practice and discussed this topic with other colleagues.

Besides, I participated in other programs in CFSSO, especially the settlement programs for new arrivals. I helped the colleagues to prepare the talks and provided information about settlement services of Canada. The experience of being an assistant of settlement programs was very helpful because not only could I get in touch with many clients, but also allow me to gain more knowledge about social services in Canadian society.



Last day at CFSSO

Last but not least, I had the opportunities to attend case shadowing and observe how the counseling skills and social work approaches could better worked on clients in flexible and consistent manner. The debriefing discussion before and after the case shadowing helped me to clarify and purify the important learning moments from the shadowing.

To conclude, the placement in Chinese Family Services of Ontario taught me a lot in social work counseling service. I was so pleased to see my passions and efforts converting into knowledge, thoughts and experiences.



Taking a photo with my field mate and supervisor



Immigrant Women Services Ottawa

Immigrant Women Services Ottawa (IWSO) exists to provide immigrant and visible minority women and their families in the City of Ottawa and the surrounding area, with the supports and tools to achieve their full potential as members of Canadian society and participate in the elimination of all forms of abuse against women and children.

IWSO exists to empower women - women of colour, refugee women, black women – and their families in the City of Ottawa and the surrounding area to achieve their full potential, become productive members of society and participate in the elimination of all forms of abuse against women. Its mandates are to: i) empower immigrant and visible minority women in the City of Ottawa to participate in the elimination of all forms of abuse against women; ii) provide a culturally responsive crisis counselling service and a language interpretation service which will facilitate an abused woman's accessibility to community and mainstream services; and iii) develop services and/or programmes which will assist immigrant women in their journey to attain their full potential.

(Extracted from the website of IWSO)

TSANG Choi Man
Part-time MSSc Year 2



Sunshine always comes.



Welcome to Ottawa Week

The placement practicum at the Immigrant Women Services Ottawa (IWSO) was an unforgettable learning experience. The role of working as a placement crisis worker there enabled me to work with multi-discipline professional care service providers and clients with diverse cultural and religious backgrounds. It was a brand new experience as well as a great challenge for me in these twelve weeks. I would like to seize this opportunity to thank the Department of Social Work for giving me this exposure. Special credits should be given to Mrs. Eva Lo, Ms. Miranda Tse, Prof. Wong Yu Cheong and Mr. David Ip for the continuous fieldwork coordination and administrative support. I am also grateful to work as a team member in the IWSO Crisis and Counselling Service Team in which my supervisor, Ms. Vivian Chan- Brouillette and colleagues provided precious guidance and support throughout my placement period. Last but not least, I would like to express my appreciation toward my fieldmate, Ms. Catherine Yeung as well as my housemates, Ms. Julie Du and Mr. James Suen for the priceless sharing and inspiration.

IWSO Crisis and Counselling Service Team works with immigrant women, specifically those who are abused either physically, psychologically, sexually, verbally or/and financially. These clients come from various cultural and religious backgrounds which are quite unique in the Canadian culture. Indeed, it was quite a cultural shock when I worked with them. Many of them fled from the war in their home town and I remembered a lady who shared about how her baby son was shot to death on his birthday. However, she managed to come to Canada and settled down with her other children. Another thing was about the religion understanding. I did not realize that some religion would require homicide if the father fails to kill the daughter who violated the religious rules. Moreover, even some women initiated to seek help at first; they were somehow ambivalent towards the abusers and tried to protect those who were harming them.



Wonderful night show at the Parliament Hill in Ottawa.

Subsequently, a comprehensive risks and needs assessment for each client would be fundamental. We should learn to acknowledge our own cultural and social background framework and try to put ourselves into their shoes. Frankly speaking, it was never possible for us who live in a well-developed city to fully comprehend their experiences sometimes. We can never bring the deceased back nor change the abusers. It is an undeniable weakness. However, I learn to recognize my own weakness, show my genuine support and concern to each of my clients. Indeed, what I really admire is the inner strengths of these women. These women may actually be lost at times during the settlement period, but they are brave and only require little assistance. They are not the so-called "help-seekers", instead they are actually "help-generators". My job is not only about helping, but also about co-authorizing their own agency so as to generate the help they need. Indeed, I find them more and more confident and capable to go through their sufferings in each encounter.

On the other hand, it was amazing to work with Canadian colleagues. In Hong Kong, it may be normal for us to stay alerted all the times which makes us easily stressed out. However, it is completely different in Canada. You can be sensitive but humorous at the same time. Although we had staff meeting almost every week, we had a check-in time in which colleagues shared about whatever in their minds, from the management plans of clients to even meeting fox and raccoon in the woods. The work culture in Canada indeed promotes communications and friendliness among colleagues. It made us feel like a united family to work our best for the clients. This collaboration culture is also promoted among multi-discipline organizations so as to cater for the needs of the clients. Moreover, it was quite an exclusive experience to work with different interpreters who spoke French, Arabic, Dari, Farsi and Spanish. Indeed, it was more challenging when you have a third party to mediate between the client and you. It was an ongoing learning process for me to work with these partners and I hope to apply what I have learnt to other settings in Hong Kong.

What I have gained in Canada was more than I had ever imagined. But it would not be possible without those brave women who came to IWSO for assistance. I would like to take this opportunity to send my best regards and express my highest gratitude to all of my clients. Ottawa is a tranquil but weird city in which it can be raining heavily one second but suddenly becomes sunny all the day. This is life, but sunshine always comes after the rain. I sincerely wish that every woman that comes to IWSO will experience the same. They will always find their way out no matter what difficulties they once went through.



It is all about babysitting XD

YEUNG Mung Ying
Part-time MSSc Year 2



We can eat strawberries during the strawberry picking event. It's like a strawberry buffet!



A surprise farewell party for us that makes us felt so warm.

I am so glad to have oversea placement at the Immigrant Women Services Ottawa (IWSO). This placement is treasurable to me as it does not only provide me an opportunity to operationalize the social work role and practice social work skills, but also broadens my cultural horizon to work in an organization who serves clients from different countries.

IWSO has the mission to provide tool and support for immigrant and visible minority women and their families to achieve their full potential and participates in the elimination of all forms of abuse against women and children.

The unit that I worked with is the crisis and counselling services department. My major duty is to provide one-to-one crisis intervention and short term counselling to immigrant women suffering from abuses. I was assigned with nine clients. They are migrated from different parts of world. Most of them did not know English, so I had a chance to work with interpreters for them. Most of them sought help because of the abuse of their intimate partners. While we assisted them to make the safety plan and provide short term crisis counseling, we connected clients to different social services, for instance, Legal Aid Ontario for immigration law or family law consultation, Ontario Works for financial assistance, Housing Registry for social housing, Children Aid Society for abuse involving children, City of Ottawa for shelter, etc. so as to provide a holistic assistance for them. Through working with different agencies, it could enrich my understanding about the social service system of Canada. Besides, we empowered the clients via advocacy and information provision. We also referred them to support groups to gain support from other abused immigrant women.

The placement experience motivates me to raise my cultural awareness and sensitivity and helps me develop cultural competence in social services provision. Understanding different cultural values, traditions and customs is important. For instance, women from some cultures are more reluctant to disclose the abuse and they often hesitate to leave the abusive relationship. With more understanding to clients' culture, I can start with where their situation are and have better connection with them.

All in all, the placement was very fruitful. Apart from the casework, I also had the chance to join the support group and CBT group and to shadow other experienced co-workers to work with clients. Besides, I was also given chance to join mass programmes such as World Refugee Day and Community Cup. More than that, I had the chance to visit many agencies and knew more about resources available for the clients.

Finally, I would like to take this opportunity to thank the Department of Social Work giving me this treasurable oversea placement opportunity. I would also like to thank the teachers and coordinators in Field Instruction who supported me throughout the placement. I would also like to thank my placement unit, supervisor and co-workers who gave me the opportunity to learn and reflect the helping process for abused immigrant women. Last but not least, I would like to thank my Ottawa field mates who worked together and shared every single happy moment with me.



We felt excited to wear traditional clothing to welcome visitors on WOW (Welcome to Ottawa Week) day!



Our host family treated us a great meal with homemade Spaghetti Bolognese. DIOS MIO! ES DELICIOSO! (Oh my god! It's delicious! Our host family taught us to say so in Spanish.)



City exploring is a must during weekend. What you can see behind us is Ottawa River.



Singapore General Hospital

Singapore General Hospital (SGH) is the first and largest hospital in Singapore. It provides affordable specialist care for patients, training for doctors and other healthcare professionals, and conducts research to bring better care to its patients.

A not-for-profit institution, SGH is wholly owned by the government of Singapore and the flagship hospital of the public healthcare system. SGH is a member of the SingHealth cluster of healthcare institutions.

(Extracted from the website of Singapore General Hospital)



LEE Sze Yee
Undergraduate Year 3

My supervisor is very supportive and caring at all times. Both supervisor and I prepare a gift for each other on the last day of placement.

From this second fieldwork placement, I achieve great personal and professional growth from being immersed in a different culture. With the support from both my agency and supervisor, I am able to maximize my learning opportunities.

Working in a fast-paced medical setting, I am trained to work independently and efficiently. Self-reflection is a crucial process throughout the learning process by reviewing one's own strengths and weaknesses, followed by making corresponding improvement independently. Being passionate, curious and open-minded, it is of paramount importance for me to take the initiative to ask and explore solutions with existing resources. In addition, I have to be diligent to learn about the local health care systems, agency policies and social work practice. Therefore, I am able to survive in such a hectic work setting. Additionally, I have learned to be a team player in an interdisciplinary team. I was given the opportunity to collaborate with other health care professionals, including doctors, nurses and therapists. Being a member of the multidisciplinary team, I try to play a supportive role to advocate for patient's interest, supporting other health care professionals on providing appropriate care and adopting a holistic perspective to enhance patient's quality of life.

Through shadowing colleagues and doing cases in person, my professional knowledge base is strengthened. I could acquire knowledge about illness perspective and psychological impacts with a structured framework along the illness trajectory. With a structured framework, I am able to gain insight about the impact of illness on both patients and their families. As a result, I have improved my skills in conducting a holistic and accurate assessment. In particular, through my colleagues' sharing, I could develop a more comprehensive understanding of working in a medical setting, as well as the joy and hardships throughout the years. Colleagues are willing to provide moral and social support at all times. At the intervention level, I had learned to carry out holistic management of patient's care when I work with a multidisciplinary team and perform the roles and responsibility of a medical social worker. Apart from enriching my social work and medical knowledge, I could also sharpen my clinical skills in communicating with patients and the families.



All colleagues dressed in Malay traditional costumes to celebrate Hari Raya together.



Office is not the only place that I meet with colleagues. We also have regular social activities with so much fun.

In addition to working in integrated health care settings, this overseas placement also offers me an opportunity to learn about different Asian cultures during the three-month-stay in such a multicultural nation. I am glad that I could celebrate Hari Raya (Malay's new year) in person, learning about Malay customs and trying the festive food and traditional Malay costumes. In addition, there are a huge number of patients of different races. I have the chance to collaborate with them, as well as their families. It enables me to discover how cultures influence the family coping and decision making of families from different races. In particular, I am living in three cultures at once, including Chinese, Malay and Indian. It is definitely an eye-opening experience in Singapore.



The department is full of love and care. Although all of us are overwhelmed by heavy workloads, they are the strongest backup force by providing moral and professional support at all times.

Most importantly, it is the first time for me to live independently for three months overseas. Living in a new country, I have to learn to live with continuous changes in living place, working environment and social network. I am given the chance to become more mature and independent, getting rid of the label of "spoiled child". Furthermore, when staying in a student hostel, I receive an unexpected gift during the stay there, which is the friendship with other international friends.

Last but not least, I would like to express my gratitude to both the Department of Social Work and Singapore General Hospital for offering this memorable overseas fieldwork placement to me.



The placement becomes more interesting and lively with local students from National University of Singapore. I am fortunate to become friends with local social work students.

TSE Cheuk Nam Lefrierko
Full-time MSSc Year 1



VIP in my placement. Every placement student will be given 1-on-1 training with your supervisor.

If you are interested to do your placement overseas, which countries do you have in mind? Canada? America? U.K? It is so typical to think of these western countries. I am not an exception. However, the experience of having overseas placement in Singapore totally blows my mind.

Having a placement in an overseas country is a total different experience from going for a short, pleasure, and travel trip. You may blend yourself in to feel and experience the living of a local Singaporean. After blending in, you will discover a lot of things that normally a tourist cannot see. For instances, Singapore is a multicultural country. You may find different races of people are living here, like Chinese, Malaysian, Indian, Peranakan, etc. Despite of their different skin colors, you will find them living together peacefully. They are very united and patriotic towards Singapore. They all show that they are very proud of being a Singaporean through their actions and words. Nevertheless, they never forget their own traditional culture. For example, you may feel the Chinese in Singapore are protecting Chinese culture in a more traditional and careful way than Hong Kong. Sometimes, you might even witness a grand and typical Indian wedding. Moreover, since you will live here and work like a local, you will also be required to learn about a total different system and policy from Hong Kong. It is good to see other countries' system and policy. Then, you could compare and appreciate all the good and advantage points from both sides.



Huge Campus. This is merely one of the wards I usually visit my inpatients.

Besides of the experiences of living in Singapore, agency/ organization is very important to a placement student. I cannot comment on other agencies/organizations, but if you ask me how was the experience of having the block placement in Singapore General Hospital (SGH), I could promise you that you will not regret to take placement there even being Medical Social Worker is not your first priority. SGH is the oldest hospital in Singapore. It covers a huge range of land areas, which is fair enough to call itself a campus. Moreover, the reason of calling it a campus is because it comprises a medical school. Not only does it focus on providing quality medical treatment services to the public, but also emphasizes education and research. Thus, it has its own medical school to train up qualified doctors and nurses. In addition, it also requests other allied health teams to maintain a good training and research trend. From this, there is a formal and perfect training protocol for all medical social worker (MSW) placement students. Every student will be assigned one MSW as a supervisor. The 12 weeks journey was wonderful, fruitful and amazing, as the supervisors are all very warm and considerate. They are very helpful and resourceful to look for every learning opportunity to their supervisees. Thus, other than working normally to see inpatient and outpatient cases in the hospital, I also have the chance to visit the NGOs, community groups, and attend some seminars organized by other agencies. Apart from my supervisor, the other colleagues are very friendly and nice. They are willing to teach and answer every question and doubt from me.



Interview Room. There are around 25 small interview rooms and 2 group/family interview rooms to see outpatients.

Many people might say, Singapore is the most similar country to Hong Kong in this world. But if you look closer, you definitely could find a lot of differences, which makes you fall in love with Singapore. Since, Singapore is expanding their health care system, she is recruiting Hong Kong graduate social work students every year. Thus, this placement might offer you an opportunity to consider working in Singapore after graduation as well.



Front Counter of the Medical Social Services Department of SGH. It serves over 100 outpatients a day.



Learning Opportunity outside SGH. This is one of the Family Service Centre that we visited.

家長於病友聯誼會的家長組別分享會中討論子女在病後的困難及適應狀況，並分享心得



親子互動團體活動：透過遊戲及藝術讓家長掌握與發展遲緩子女的相處及教導活動

在馬偕醫院以醫務社會工作為單位的實習是一次寶貴的經驗，不僅是實務運用社會工作的理論及知識，同時也是檢視自己的機會。與其他實習生相比，這次的實習表現或許未如理想，但是，我相信自己是有能力作為一名好社工，在社會上為有需要的人與他們同行。

小記：假如同學擔心自己對台灣的醫療制度、文化，以至福利制度都不大認識，在實習上不一定能夠得心應手。請放心！不管是醫院內，或是台灣的醫務社工協會，都會在實習初期（約六月底）為醫務社會工作的實習生舉辦訓練課程，讓你能夠了解社會工作及社會工作者在醫院及醫務工作上的角色和效能。而且，實習期間也有不同的團體活動、社區宣導及個案研討會讓你從經驗中學習。所以，只要你願意嘗試挑戰自己，在馬偕醫院實習絕對是一個理想的選擇哦！



個案研討會：實習最後一週時，由實習生報告個案工作的心得及分享經驗，並由督導及學院老師回饋意見



器官捐贈社區宣講方案：由社工實習生共同籌辦的社區宣講方案，從理念、方法、活動、場地及行政工作等都由實習生一手處理

台北院區
關文亮
社會工作社會科學碩士
課程（兼讀制）二年級

在過去的課程，我們好像學習過許多的知識、理論，技巧，並於實習時將它們實踐起來。相信同學們跟我一樣，面對即將來臨的實習，都希望能夠藉著實習準備自己成為一名準社工，同時吸收更多新知識。這個是我的期望，也是在這次到台灣實習的感受。以台北馬偕醫院作為首次實習的單位，醫務社會是別具挑戰的一既要了解病人的背景及疾病對他們的影響，也要明白制度上及社工的角色上有那些能夠促進服務對象成長；作為外地人，你也要適應不同文化（是的，台灣的文化與香港的文化是不同的），在這些困難中尋找令自己的知識、技巧以及個人層面都有所成長，不容易走，但成果難能可貴。

在實習期間的實務工作上，我經常擔心「不確定性」，害怕自己的說話及工作對個案帶來負面影響；擔心自己只是一個新手，能力上及知識上無法促進助人自助。回顧九週實習，儘管自己能做的不多，卻見證著個案，小組的參加者，以及自己的成長。還記得剛開始時，所有的社會工作知識及技巧都沒辦法用得順利，連基本的諮商技巧也顯得困難，但是，在整個實習內，我的成長，就像兩個團體工作的參加者一樣，一步步地顯現出來。

我很感謝實習單位的各位社工及同行的督導，與他們一起工作，能鼓勵自己持續自我覺察及反思，也可以鼓勵自己在實務上作出不同的嘗試。在實習期間，我的確學懂了體會自己，明白自己，對於自己的不足、各種的謬誤，也有了一個基本的掌握。對於社會工作的方向，知識及技巧的運用，也展開了第一次的嘗試。

馬偕紀念醫院

馬偕紀念醫院積極參與衛生政策，善盡社會責任：配合政府政策進行癌症防治成果績優，在多項診療品質認證及防治計畫評核中屢獲佳績；針對兒虐、愛滋、燙傷、早產兒、性侵及家暴等特殊個案，提供各種會談與心理諮商、經濟補助與轉介服務；為善盡醫療中心之緊急救護責任，承接新北市衛生局感染症醫療防治體系 H5N1 流感防治演習，設置第一個戶外最大醫療救護站。

對於援助弱勢，馬偕紀念醫院一向不遺餘力，總在第一時間全力投入災區醫療及心靈安撫等工作，如 1999 年 9 月 21 日集集大地震，醫院率先組織醫療團隊抵達埔里災區搶救傷患，員工捐款以協助災後重建；SARS 肆虐期間，發揮高度團隊合作精神，全力照料病人，收容最多 SARS 病人的私立醫院，廣獲各界肯定；2009 年莫拉克颱風侵襲南台灣，醫院也持續派遣醫療團南下協助賑災。醫院長期致力於社會公益、關懷弱勢、提供偏遠地區醫療服務。

（攝寫自馬偕紀念醫院網站）



我與三位督導

我感謝安寧團隊每一位同工，包括醫師、護士、護理員、牧師、心理咨商師和社工師，你們讓我知道生命的質素不單是生命的延長，一個病人不單是肉體的痛，在生命的最後階段，心理社交和靈性同等的重要，如何讓病人有尊嚴的離開。你們讓我學習一個跨專業的團隊如何平等地合作，如何以病人及其家庭為本作配合。以前常聽見不同專業合作總有主賓之分，無可否決，醫療團隊在醫院是第一線面對病人，最需要先解決病人的痛。但是，這裡的團隊會討論病人不同的需要，讓不同團隊的人參與，這是以病人為先，互相尊重的做法。

有幸到台灣首間成立安寧中心的台灣馬偕醫院實習，了解臨終病人及其家庭的需要，學習不同的介入技巧，最重要的是學習面對生命的完結。死亡，對我來說實在很遠，自己也從沒想過這課題，而在實習中，確切地面對死亡與人的關係，死亡為人所帶來的恐懼、痛苦、難過，死亡也為家庭帶來關係的修和、情感的聯繫。在這裡，最多看見的是眼淚，一滴滴充滿不捨的淚水，是人表達愛最直接的地方。



病房中舉辦的藝術治療

淡水院區
何美紅
社會工作社會科學碩士
課程（兼讀制）二年級

我十分感激三位督導（清惠老師，智凱老師，稚婷老師）的教導。我很幸運，一般實習是跟一位督導老師，而我今次有三位，很多的學習機會。多謝你們用心的教導和分享，從宏觀上理解安寧治療，病痛對人和家屬在身心社靈的影響，不同的理論和介入手法，到自己發現及軟技巧，你們也讓我學習，最重要的是你們願意帶著我做，直接從你們身上學習，實在獲益良多。

多謝中大給你機會，多謝每位新認識的朋友。今次海外實習是一個很充實的經驗。



院牧部的實習朋友

勵馨社會福利事業基金會

二十一世紀，勵馨基金會以基督信仰與專業倫理為核心價值，效法耶穌基督委身於弱勢族群的精神，不斷以實際行動來關懷台灣的兒少與婦女，從預防性、發展性、服務性三層面的工作持續努力，並致力於社會改造，創造對婦女及兒少的友善環境。

1985年，勵馨基金創辦人，帶領著一群基督徒朋友開始從事不幸少女的救援與輔導工作時，她的心中不斷地描繪著「中途之家」的藍圖，靠著上帝的引領和社會大眾的協助，於1988年5月成立「勵馨園」。

(擷取自勵馨社會福利事業基金會網站)





羅婉儀
本科三年級

香港同學的互相扶持

新北市寧馨家園

寧馨家園是勵馨基金會在新北市設立的家暴受害婦女及兒童的安置機構，以庇護所為基本性質和核心服務。新北市的受暴婦女及其孩子可以到家園申請暫時的安置。居住在家園期間，家園會給予婦女及其孩子提供相應的個案服務、團體活動、家園活動或外出活動等。

(擷取自新北市寧馨家園網站)



台灣的自在

二零一五年的暑假無疑是一個收穫滿滿的暑假，因為我到了台灣寧馨家園進行了我的第二次實習。

剛到家園的時候，因為不太清楚「家庭暴力」會對個案造成什麼的影響，我有些擔心該怎樣跟她們打開話題。但是絕大部分的婦女沒有如我想像中那麼害怕別人的靠近，也沒有很多避諱的話題，願意讓別人了解她們的狀況。暴力可能影響了她們的一些部分，但我們更要緊記她們並不是我們刻板印象中的弱者，她們都一定有其有能力的一面，是充滿力量的「生還者」，讓我看見人的獨特性和改變的能力。

除了婦女的個案工作，我也有機會設計和帶領目睹家暴兒童的團體。原來即使是看見或直接聽聞家庭暴力，暴力對他們的傷害也是深遠而不可磨滅的。他們最熟悉、最容易辨認的情緒就是生氣、憤怒；跟別人打架、被別人欺負也可能是他們生活常常出現的場面……但令我感動的是，團體提供了一個安全的氛圍去讓他們分享真正的想法和感受，也讓我認識這群可愛的孩子更多。



兒童小組的創作



兒童小組的遊戲

海外實習不單單是社工專業的訓練，更是獨立生活和自我成長的旅程。在香港不敢做的事情，在台灣卻有必須跨過去的勇氣和毅力，才發現自己的極限遠超過自己的想像。獨自一人在海外生活也多了很多自我對話的時間和空間，也對自己的性格和情緒有更深刻的理解和重新演繹。我也相信了解自己更多後，可以讓我在了解別人的生命故事之中，多一份理解、多一點接納、多一份包容、多一點愛。因此，我認為這個成長的過程不只限於我如何適應海外的工作模式和文化，是我在實習時不停更新對自己的認識。



兒童小組的遊戲 2



與同事合照

台北市蘭心家園

蘭心家園是勵馨基金會在台北市設立的家暴受害婦女及兒童的安置機構，以庇護所為基本性質和核心服務。台北市的受暴婦女及其孩子可以到家園申請暫時的安置。居住在家園期間，家園會給予婦女及其孩子提供相應的個案服務、團體活動、家園活動或外出活動等。

（擷取自台北市蘭心家園網站）



與家園的同事們和樂融融，他們給我許多的支持和鼓勵。

心還是熱的，也就不怕了

台灣是一個充滿濃濃人情味的寶島，而勵馨基金會的蘭心家園更是一個充滿愛與關懷的大家庭。在這裡，我體驗了很多，得到了很多，也成長了很多，這次實習的經驗也推動了我心中對社會工作的憧憬及熱誠。



洪菲雅
本科三年級

與小朋友們進行小組活動，小朋友們很調皮，但也很可愛。

「舊的傷痕剝落，新的生命跳動，愛是不停開的花朵。」

在進入家園前，我的心裡仍存在一絲的擔憂，擔心庇護所會籠罩著淒厲感，擔心自己會承載不了受暴婦女及目睹暴力兒童的情緒。但當我踏進家園時，家園裡「家」的窩心感覺、同事們的關懷、督導的細心指導，安撫了我荒亂的心。在家園當中，學習機會非常多，我所累積到的經驗也十分豐富，而我的實習工作主要是觀察社工的個案會談、舉辦兒童教育小組和親子小組及家暴防治宣導倡議活動，在過程當中的觀察和發現令我有許多的反思。



寄宿家庭的「媽媽」和「爸爸」及其家人為我慶生，非常窩心。

可能大多數人眼中的受暴婦女及目睹兒童都是意志消沉的、脆弱的，但站在社工的立場，我們不能只以負面消極的態度觀察，我們更應學習如何以能力為本的角度了解他們。家園中的婦女們雖然經歷創傷，但他們的意志仍然堅強，他們努力地學習和工作，嘗試離開暴力的關係，邁向獨立的生活。而目睹暴力的經驗雖然阻礙了兒童們的成長，讓他們多以哭鬧和破壞表達情緒，但他們仍然保留著童真、可愛、懂性的一面。我確信婦女及兒童們是有能力的，他們需要的只是一些引導，而社工在這一環當中便扮演了非常重要的角色，社工應以同理心了解他們，以愛及關懷陪伴他們同行。相信到最後，舊的傷痕會轉化成改變的力量，婦女及兒童們能如浴火重生的鳳凰一般，展開他們的新生命。



台灣好山好水好風景，令人心曠神怡。

「被風乾的脆弱，才能編成繩索，攀上成熟。」

眺望總是迷人的，在實習的過程當中，不免會有挫敗及疲憊的時候，但幸運地，我並不是孤單的，而挫折和困難也塑造了我，成為更成熟的人。在工作上，感謝督導和同事們讓我有許多的學習機會，在我失落時，更會關心我的感受，更會給予我很多支持及鼓勵；在生活上，感激寄宿家庭的「媽媽」和「爸爸」為我安排好起居飲食，讓我在一天忙碌的工作後可以在一個舒適的「家」休息，他們開朗愉快的心境也讓我繃緊的心情更為放鬆。

來到台灣，少不了的當然是體驗當地的社會文化。台灣是一個可以讓人追夢的地方，當地的創意空間讓人放下忙碌的腳步，放鬆自己的心境，尋覓自己的理想，放膽去嘗試及追尋，反思人生的意義，與香港的社會環境和氣氛簡直是大相徑庭。看來我也被台灣的社會文化所感染了，回到香港，希望自己可以實踐在台灣實習的所思所學，勇敢地追夢，成為更好的人，為追尋公義的理想繼續努力。

「我要為信仰去承諾，仍然勇敢而執著，絕不世故的沉默。」



穿著重達十公斤的孕婦裝作宣導活動，懷孕真的很辛苦啊！



勵馨實習生發表會，MSSc 臺北分事務所實習生合照

吳晞
社會工作社會科學碩士課程（全日制）一年級

台北市向晴家園

向晴家園是勵馨基金會承接北市公辦民營的少女中長期安置機構，服務對象為 12-18 歲需接受保護安置之少女。家園提供全面的生活照顧、身心靈的關懷，協助少女發展各項能力，使其未來能返家或朝向自立生活。

（攝寫自台北市向晴家園網站）



向晴 - 三天兩夜台南活動工作人員燦笑照

還記得實習開始之前，我一直很擔心這次的實習，擔心自己無法面對家園悲慘的氣氛和無法接受案主向我述說她們的經歷。但是，當我第一天到達向晴，我的擔憂就被面前的景象給打破了。第一天到達臺北，拖著重重的行李來到了家園，一進家園就看見小孩在打鬧，甚至有小孩走到我面前跟我打招呼，這跟我原本想象的悲慘的氣氛一點都不相符。隨即，還看見了小孩因為被懲罰而大發脾氣，甚至摔東西。眼前看到的這一幕幕，全部都出乎我的意料之外。在之後的實習與個督中，我漸漸瞭解到安置機構中小孩的狀況，由於她們距離兒時創傷已經一段時間了，所以不會出現我想象的悲慘的氣氛。其次，由於她們過往的創傷經歷，會導致她們的情緒很不穩定，有的小孩甚至不懂如何好好表達自己的情緒。這才讓我加深對安置機構這一工作領域的瞭解。

三個月的實習很充實，能接觸到個案工作、小組工作和項目設計。讓我印象深刻的是小組工作，真正帶小組就會發現沒有想象中那麼簡單，特別是在安置機構中進行小組工作。家園裡面的小孩都不太願意表達自己的想法，對於小組也不會有大的承諾，所以會導致困難重重。我在小組一開始的時候會覺得很受挫，但是經過不斷調整，最終也還是順利完成。除此之外，向晴還有很多學習的機會，像是創傷評估訓練、新案評估、返家會議、訓練會議和團督等等，這些會議都是很好的學習機會。

雖然在家園的實習有很多的機會，但是我覺得自己的主動性還是很重要的。家園中的社工和生輔員對於家園孩子的情況都很瞭解，再加上她們對於處理孩子的突發狀況很有經驗，所以，想要盡快地融入到家園的生活和工作中，就必須要好好向她們請教經驗，而這就需要自己積極主動去發問。儘管家園裡每一個工作人員都很忙，但是只要我提出想要和她們討論問題，她們都很樂意放下手上的工作去教導我，與我一起討論。

最後，一個人在外地生活和工作真的不是一件容易的事，從找房子到適應生活再到適應工作氛圍，每一件事都需要花費很大的精力。但是在這個過程當中，我發現台灣人真的很友善，他們都很願意幫助我，特別是機構裡面的同事，只要我對工作有疑問，生活上遇到困難，他們都很願意去幫助我。儘管獨自在外不容易，但我很開心在這個過程中，我學到了知識、看到了自己的成長、結交到了新的朋友。



勵馨實習生發表會，向晴同工合照



向晴 - 福隆一日遊



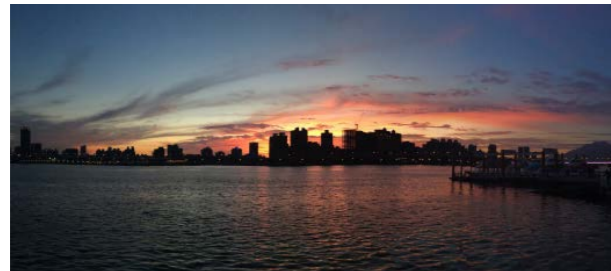
鍾小麗
社會工作社會科學碩士課程（全日制）一年級

自行車訓練留影 - 在香港的我是在單車徑行駛；在台灣我首次在馬路上騎自行車，體驗很不一樣。

台北市南區少年服務中心

台北市南區少年服務中心是由台北市政府社會局委託勵馨基金會辦理的公設民營機構，2004年5月正式啟用，是台北市最新一個成立的少年服務中心。服務中心位於大安區，主責辦理南區少年福利服務工作，成為在地化、社區化的少年福利服務窗口。

（擷取自台北市南區少年服務中心網站）



台北的日落紅霞很壯麗，讓我在忙碌的實習生活中放鬆下來。



宜蘭遊玩 - 除了認識台灣當地人和風土人情，與同學們的感情也增進不少呢。她們是我在台北的好伙伴，大家互相支持。

這次的暑期實習有幸到台灣實習，我的實習機構是勵馨的單位—台北市南區少年服務中心。台北市南區少年服務中心是一間公辦民營的兒童與少年服務單位，由台北市政府社會局委託勵馨基金會辦理，主要提供台北市南區（包括大安區及文山區）的危機少年相關輔導服務，使少年危機狀況得以解除並穩定其生活。除了危機少年相關輔導服務對象，服務對象也包括區內年齡介於12-18歲的少年。中心服務包括個案工作、團體工作、社少年外展工作、就業諮詢、預防宣傳及休閒娛樂。

為期兩個多月的實習，我嘗試了多方面的工作，例如個案、團體工作和方案等等。其中一個最主要的中心的重點項目是每年一度的築夢方案—自行車活動，透過一系列的活動讓少年從挑戰中獲得不同的自我成長、增強自信心。當中活動包括：車訓、專業訓練，以及為期八天八夜的長隊環島活動—由台灣以南的墾丁，騎自行車沿海線到花蓮。當中最讓我感受深刻是少年的充權部份，今年的活動增加了少年的參與，讓他們嘗試策劃和帶領。當我們信任他們的潛能，再加以從旁陪伴及引導，往往有意想不到的效果。



清境農場留影 - 到台灣各處走走，接觸人民文化，也要親親小綿羊。

作為一個香港的社工學生，有機會參與自行車活動、與少年一起完成環島築夢，是一個很難得的體驗。過程中除了克服體能和語言上的挑戰，也增進了自己的觀察能力、對人際互動的敏感度及危機處理的能力，對以後在社工專業發展很有幫助，我也獲得很大的滿足感。兩個多月的實習中，也加深我對台灣社會體系、文化和規範的認識，加強國際視野，讓我了解到不同社工的處事模式和理論應用。

除了在社工專業的成長，也加強了自我的了解及成長。而過程中加深對自己的了解，例如個人情緒覺察、了解能力和興趣，促進個人成長。而在台北的生活讓我更加獨立，因為這是我第一次在香港以外的地方逗留數個月。衣食住行、生活起居也需要自己處理，體會到生活的不容易，讓我更加珍惜現在所擁有，多點感恩。另外，對於台灣的印象，這個地方生活節奏很適中、有較多的生活空間，在那裡居住也感到很舒適。有一位當地實習生與我分享：「台灣最美的是人」。這句說話我也很認同，這兒給我的感覺是一個很親切、人情味很濃的地方。即使身在台北都市，人與人之間也沒有什麼距離感，與香港的大城市生活很不一樣。

整體而言，這次的海外實習經驗很難忘，也很寶貴，謝謝學系給予我這個珍貴的學習機會！



這印度彩繪象徵著我們環島團隊的團結一致、上下一心，也見證了大家由黃皮膚成了土著，哈哈。



實習成果發佈會 - 機構主任、南少社工與實習生大合照，留下了大家收穫豐富、又滿足的笑容。



總會實習生培訓

劉一凡

社會工作社會科學碩士課程（全日制）一年級

台北分事務所

台北市是勵馨基金會於西元 1988 年創會以來，首要開展之服務區域，2011 年組織調整，將台北市服務據點「北區辦事處」改為「台北市分事務所」，期許實踐在地關懷，用心落實在地服務，創造永續服務的目標。台北分事務所主要服務包括青少年懷孕暨青少年父母支持性服務、收出養服務、兒少性侵害被害人保護服務、婦女緊急庇護家園、少女中長期安置家園、台北市蒲公英諮商輔導中心及台北市南區少年服務中心。

（攝寫自台北分事務所網站）



參加機構倡議活動

我的冒險之旅

昨天班裡的友人問我，還記不記得剛剛收到台灣實習面試通過的電郵時，自己糾結的狀態。那時的畫面一下子湧現出來。擔心的不是自己能否適應台灣的生活，而是自己第一個實習如果不在香港，廣東話一定比其他大陸同學差了一大截，回來之後能否應對隨之而來的第二次實習……

想起當時自己竟為這樣的原因糾結，忍不住笑起來。跟友人說：雖然回來之後確實需要苦練廣東話了，但這次能去到台灣實習，真的太值得了。是呀，這樣的實習經歷，要有多幸運才能遇見。

最初和督導討論實習計劃時，她鼓勵我可以做一個出養人情緒支持小組，來回應她們的切實需要。但方案之前沒有過開設出養人小組的經驗。看到我的擔心害怕，督導鼓勵我，“可以試試看，試了才知道會怎樣”。簡單的話，卻讓我放下負擔，鼓起勇氣開始打電話做需求評估，設計小組，邀請組員，團體真的開起來了。



收出養方案的團體，實習督導（右四）

“試試看”的念頭，給了我信心。隨後面對兩次小組時間遭遇颱風，組員臨時有事缺席等狀況，都去想辦法靈活應對。我並不算擅長冒險，未知和不確定性容易讓我感到焦慮緊張。可這次實習真的讓我給自己鬆了綁，變得更能接納未知，更勇敢去嘗試，不拒絕冒險。

實習中另一個冒險，是探索情緒和失落。收出養服務常常需要觸碰人的情緒，不論是出養媽媽的出養失落，或是收養夫妻的不孕失落。而懂得他人的情緒之前，需要先看見自己。我真的遇到一群很勇敢，很用心服務的社工同事。開辦團隊的失落工作坊，我們互相陪伴，梳理個人失落史，談失落情緒。先是本能的抗拒，後來一點點鬆動，眼淚的流淌，真實感情的袒露，情緒開始流動。



豐富的團督，個案討論

慢慢的，便不再害怕情緒。在與出養媽媽會談中，學著感受，澄清她此刻的情緒；在出養支持團體中，學著好好陪伴那些承載委屈，憤怒，悲傷，遺憾，自責的眼淚，感受其中的傷痛；後來可以能理解到，原來社工自己在團體中的狀態和情緒，還是自己珍貴的資源。

“真正的關係建立，本來就是一場冒險”。在團隊的讀書會中讀到的這句話，深深地打動了我。是呀，社工並非只是追求善良，親和和溫暖的形象；而要認識自己，覺察自己的真實狀態，探索深層的情緒，承認自己的侷限。

在關係中成為一個真正的人，是需要冒險的，也是這次實習帶給我，接下來最大的功課。一次實習的意義在於，當時當下的投入與用心體驗。一次很棒的實習的驚喜在於，之後每次回憶與反思之時，又會產生新的看見和沉澱。而我，正是感受到，這次台灣實習於我內心珍藏了一處寶藏，每次想起，都是滋養生命的過程。



辦公樓安保大叔的溫馨提示



"一起來探險吧!"——為目睹家暴之兒童少年開設的暑期團體

呼夢雅

社會工作社會科學碩士課程(全日制)一年級

桃園分事務所

桃園分事務所以關懷最弱勢女性為宗旨，提供各項相關服務。陪伴其走出暴力陰影，脫離生命困境，開展內在能力，創一個疼惜自己的人生。桃園服務三大主軸為性侵害防治服務、受暴婦女服務及青少年懷孕服務。

(擷取自桃園分事務所網站)



"保護令申請請走這邊"——於家暴事件服務處提供服務

服務是社工心中開出的花

——勸馨桃園分事務所實習之感

人似乎很喜歡在生命中標記第一次。幼兒開口說的第一句話，少年懵懂喜歡的第一個人，青年獨立生活的第一份工……每個第一次都備受重視，象徵著新的長成。

今次實習亦是第一次社工實踐。三個月桃園之行，彷彿一支畫筆在白紙一張的社工經驗上留下了絢麗顏色。若細細分辨，最鮮明的色彩並非某種社工理論或會談技巧；深深印在心上的，是捫心自問探尋的社工初衷，是反覆思量確認的社工價值，是又琢又磨勾畫的案主動力，更是真誠自然相處的同行情誼。每一次與督導討論時配出新的色彩，又在每一次與服務對象的接觸中逐漸加深，一筆一畫，冥冥中鋪墊著仍未細想過方向的社工之路。

社工與服務對象關係緊密，社工角色又與自我角色難解難分。不同於“專業自我與真實自我界限分明”的觀念，桃園家暴方案的團隊，相信著我們首先是人，然後才是社工。個人的點滴都影響著社工的樣子，帶著個人價值觀念與思考的社工，又會將這些特色反映在服務裡。自我，社工角色，提供的服務，環環相扣。這也是此次實習非常重視價值討論的原因。

因為相信案主具有為自己做決定的能力及責任，社工的角色定位在陪伴者或同行者，與婦女探討離開關係或留在關係可能出現的後果，留待案主自行決定；

因為相信暴力並非由單方面造成，在服務中便會關注雙方互動，“暴力發生之前對方有什麼舉動”、“這個時候你有什麼反應，說了什麼”、“聽到你說的話他又有什麼反應”，而不僅僅針對受害人討論安全計劃；

更因為相信沒有人應該被當下表現出的“問題”定義，每個人都是有情緒有思想有家庭有關係的生動個體，社工在服務中不僅看到暴力，更看到案主其人，由其生命經驗拼湊內心動力，由其所處系統尋找產生改變的契機。



設於桃園地方法院中庭簡易庭的家暴事件服務處



"育馨園，從心開始"——於受暴婦女安置家園提供服務

服務中的學習從來不是單方面，既為同路人陪伴者，雙方在相識過程中均有得著，社工與所服務的案主們也並無不同。正因為對“人”的看見，才會看到案主們在困境中的堅韌，從未放棄尋找方向；才會看到媽媽們為了孩子日夜兼工，選擇隱忍；才會看到婦女們在關係中幾經反覆，終有勇氣嘗試新的生活。

桃園三月，受到婦女們感動很多，對社工思考很多，對自身反省很多。

最後的最後，借一首幾米的詩，傳達對婦女們的感受及自己的心情：

“所有的悲傷，總會留下一絲歡樂的線索 / 所有的遺憾，總會留下一處完美的角落 / 我在冰封的深海，找尋希望的缺口 / 卻在午夜驚醒時，驀然瞥見絕美的月光。”

江雪瑩
社會工作社會科學碩士課程（全日制）一年級



家暴組

屏東分事務所

屏東分事務所是勵馨基金會於 2002 年設立的服務點，透過與屏東縣政府社會處及教育處密切合作，結合社會資源及網絡單位，共同服務協助在地弱勢家庭的需求。屏東分事務所主要服務包括弱勢少年就業力培訓計畫、性侵害個案追蹤輔導、家庭暴力家庭關懷服務、法院家事服務中心、耕馨家園及青少年懷孕及非婚生子女服務。

（擷取自屏東分事務所網站）



性別及白絲帶反暴力倡議



青少年影片討論團體

心中有愛有陽光

最後離開屏東分事務所的那天，想到再也不會回去那間辦公室，突然有些捨不得走。想像中，總不該這樣匆匆離開。第一天來屏東的樣子還歷歷在目，清晰如昨天。而我，卻不像當時的忐忑不安，憧憬又緊張。

這三個月的實習經歷已經讓我的心更加充盈和豐富，對開創新的生活更加堅強和勇敢，對助人工作也更加自信和和平。當然，最最難忘的，是這裡的人，最最寶貴的，是在這裡收穫的所有朋友。陪伴雖然短暫，卻已經是無比珍貴的緣分。

充實、豐富、多樣……大抵可以概括我整個實習的過程。事務所所有的方案都有了解和參與，適應在不同方案中自己角色的轉化，其實不論在何種工作模式中，建立關係的能力，高度的敏感和察覺力，評估和處遇對社工來說都至為重要。

人之千變萬化，決定了與人工作的社工，也要有高度的靈活性和隨機應變的能力。同時，又能在看似毫無章法的處遇背後，提煉與總結出自己“萬變不離其宗”的核心價值觀和具有個人風格的工作模式。

對待案主，永遠要付出真心和愛心，注重陪伴他們的質量，當好案主生命中的客人，不需要在乎太多我們是否能把案主帶向光明。有時，我們所做的工作不過是在案主心裡埋下一顆種子，無數個像我們一樣的角色接力出現在案主的生命中，給種子澆水、鬆土、施肥，終有一天，種子會發芽長大，長成參天大樹。

我常常在想，助人者，包括社工在內，是靠什麼力量走上這條路，並一直堅持下去？個人的生命體驗、價值觀、宗教信仰、對社會公益的追求、單純的利他主義、助人帶來的滿足感……原因可能有很多，但背後共同的一點，就是內心有愛有陽光。

那麼，愛心和力量從哪裡來？

一個人無論多麼天賦異稟與生俱來的充滿愛，如果不斷消耗付出，也總有耗盡的一天。所以最好的答案，還是在助人工作和自己的生命經驗中不斷地汲取愛、補充愛。

有次帶團體的時候和成員談到未來的規劃，有幾個少女非常確定的告訴我她們以後想當社工。以她們的成長環境和經歷，很難講本身擁有多充沛的愛，反而是在極度困難的生命經驗中感受到了社工的愛和幫助，才讓她們有愛去幫助其他處在生命困頓中的人。



實習生成果報告



機構一角

我甚至認為，恰恰是苦難的經歷，才讓我們對世人的苦難更加感同身受；更懂得有時我們付出的哪怕只是一點點愛，對苦難中的人有怎樣的意義；還有在我們付出愛的過程中，能夠怎樣收穫更多的愛和勇氣。

最後，謝謝實習帶給我所有美麗的回憶、學習和成長。屏東，再見！



勵馨基金會屏東分事務所



袁巧兒
社會工作社會科學碩士課程（全日制）一年級

藝術創作

高雄分事務所

勵馨基金會高雄市分事務所位處苓雅區，提供高雄性侵害個案服務、家暴婦女服務、目睹暴力兒童服務、婦女就業服務、物資分享中心、桃源區生活重建工作站、法院家暴事件服務處、未婚懷孕服務、不幸少女安置輔導及相關議題之教育宣導。除了提供典型心理輔導服務外，高雄市分事務所亦設立蒲公英諮商輔導中心，提供遭性暴力者及其家庭之心理輔導服務。

（擷取自高雄分事務所網站）



勵馨實習學生

台灣勵馨基金會

台灣勵馨基金會（簡稱勵馨）是由一個美國宣教士，看見社會對青少年的壓迫，為拯救被迫從事性工作的少女而成立的機構，是一個致力消除性侵害的機構，主要服務弱勢的婦女與兒少。在勵馨實習令我提升性別意識，包括性別定型中的限制及壓迫，這令我對社會傳統下的自由有新的理解。在勵馨我看見很多個案都是沒有自主權的少女，她們在家有權威型的父母，權力分佈不公平，很多時加上重男輕女及疏忽照顧等，少女們在缺乏物質或情感支持下成長，對環境總有種難以控制的感覺。



Power Girl 少女培力團體



高雄愛海

實習中的個人成長

在台灣實習是一個豐富的體驗之旅。原本只希望擴闊眼界，瞭解台灣的社會服務情況，誰知這次實習旅程除了於社工專業知識方面有所增進外，我也增加了對自己的認識，離開香港確實有很多不習慣，但也成了一次難忘的歷險旅程。首先是語言溝通方面，台灣人竟然不太聽得懂我說的話，可能是音調不太標準，他們很容易就聽出我的普通話有香港的口音，令我有些挫折感。當地人說話太快，或加入台語時，我也聽不明白，這令我於聽及講方面，同樣有壓力，幸好這語言壓力，於實習一個月後就慢慢地適應了，我的普通話也有所進步。

另一方面是陌生的生活環境，我發現自己看著地圖也會迷路，幸好台灣的生活節奏較慢，迷路後重新找路就好了。只是晚上回家就很不習慣，因為八時後，我家附近的路上近乎沒有行人，與香港的繁華形成強烈的對比，晚上回家還要經過一條長長的後巷，確是令人膽戰心驚。而最不習慣的是在台灣倒垃圾，他們要定時拿垃圾到街上等垃圾車來收，實在極不方便，晚上要走過無人的後巷倒垃圾，對我來說相當恐怖。生活上的孤單及恐懼感，再加上於新的社會服務範疇實習，需要學習很多專業知識，種種壓力加起來，令我晚上回家後，只想看偶像劇來逃避壓力，什麼也不用想。這些經歷令我明白離開安全區，在陌生地方生活及工作的困難，在很多新的嘗試中，也著實有很多突破成長，在此必須要感謝勵馨的督導及同事們的照顧及關懷，令我能順利完成在新環境的冒險歷程，這次實習是我人生中美好的回憶及祝福。



墾丁騎車

聖公會樂天倫賭博輔導暨 健康家庭服務中心

聖公會樂天倫賭博輔導暨健康家庭服務中心為澳門家庭及問題賭徒提供專業輔導服務，在預防與治療兼備的服務特色下，配合「家庭為本」的概念，提昇受助者及家庭成員的抗逆能力，加強及維持有效的家庭功能以滿足家庭成員的發展需求，並強化支援網絡及提供適當資源以助解決家庭困難，建立融洽和諧的家庭及更美好健康的人生。

（攝寫自聖公會樂天倫賭博輔導暨健康家庭服務中心網站）

盧俊杰
社會工作社會科學碩士課程（全日制）一年級



於永利賭場之員工通道內宣傳賭博迷思訊息



中期評估時與機構的上司們及督導合照

不知不覺，在聖公會樂天倫賭博輔導暨健康家庭服務中心的實習已經踏入尾聲。來到澳門在賭博輔導這個範疇的實習已經有十二個星期了。在這個時候，實習的一幕幕學習和經歷在腦海中浮現，不斷觸動我的心靈，牽動我的情緒。很感恩能遇上一個很好的督導和一班好同事和上司。

這段時間遇到的每一個案主，他們的故事每一個都是極其真實，充滿了血和淚。從求助者的角度去看，無論是賭徒或是賭徒家人都有接受輔導的需要。就賭徒而言，所謂「人力有時窮」，即使賭徒已發現了自己的問題，但問題賭徒的成因與其成長背景、家庭關係或價值觀等有著千絲萬縷的關係，導致戒賭之路困難重重。就賭徒家人而言，可以了解到他們在賭徒身上受到的傷害，更遑論他們背負著沉重的壓力，過著惶惶不可終日的日子。更甚者，就算賭徒戒賭了也好，家人仍如驚弓之鳥，惟恐哪一日惡夢再臨。

從社工的角度去看，作為一個未踏進職場的學生，這段時間的經歷令我獲益良多。究竟社工應抱著甚麼心態？在來到澳門前，我只是抱著「學習」及「體驗」的心態，因為我天真的以為自己只是一個學生，責任相對沒有那麼重大，但是從我走進這個賭城的開始，原來我已經走進了別人的生命！作為一個社工，我們只是別人生命路上一小段路的同行者，但同行時的態度卻足以影響別人一生！

在實習的開始時，中心主任要求我先看一本書——《賭城尋路》。這書記載了十個戒賭人士及其同行社工的故事，其書名寓意甚深。是的，受賭博困擾的人，需要在這四周都是賭場的城市中，尋找一條美好快樂的人生路；是的，社工需要作為一個同路人，把一群迷路者找出來。縱使長路漫漫，都要一直伴隨左右，直至他們找回他們的路；是的，這賭場林立的城市真的需要找出一條長遠發展之路！願這一群同工能一直保持火熱的心，在賭城中走出一條美好的大道。



於利澳賭場之員工飯堂內宣傳賭博禍害訊息



同事們之送別飯