

# 承擔·超越——廿一世紀女性

Women's Commission Conference 2009  
Beyond Limits - Women in the 21<sup>st</sup> Century

## 活得精彩每一天生命交流計劃

"Leading a Prosperous Life" - A Project on Life Experience Sharing

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Hong Kong Outlying Islands Women's Association



開心敬老日  
A day to show respect for the elderly



婦女及家庭健康檢查日  
Health check-ups for women and families



活得精彩每一天2006-2009義工  
嘉許禮  
Volunteer Appreciation Ceremony  
2006-2009



萬眾同心為公益  
Rice dumplings for charity



墨寶獻瑞迎金牛  
Celebration to welcome the Year of the Ox

計劃旨在於東涌區內培育一種互相幫助、積極樂觀的人生觀；並加強長者、婦女、青少年之間的聯結，鼓勵其發揮潛質及領袖才能；以及推動跨層跨代的互助精神，建立鞏固而持續的社會網絡。計劃分為三部分：

- 「生命聯繫」互聯網：透過「關心學堂」及成立「好鄰居義工隊」聯繫東涌居民，實踐「以社區承托家庭」的理念。
- 「生命交響曲」工作坊：以街頭資訊站、工作坊、表演等形式接觸居民，合力提倡互相信任、助人自助的精神。
- 「社區服務站」：透過不同類型的社區服務，鼓勵居民互相幫助、關心社區。

The Project aims at fostering a positive attitude – be optimistic and helpful – among Tung Chung residents. It also aims to strengthen the bonding among elderly, women and youth, and encourage them to utilize their potentials and leadership skills. In addition, a cross sector, cross generations mutual help spirit is promoted so as to establish a sustainable social network. The Project consists of three parts:

- Life Connection Network: this establishes close ties among Tung Chung residents so as to live up to the vision of "community supports families" through "Caring Classroom" and the "Neighbourhood Support Team".
- Life Symphony Workshop: this enhances mutual trust and help among residents through information stations on the streets, workshops, performances, etc.
- Community Service Station: this encourages residents to help each other and care about the community through various kinds of community services.