**生涯規劃．活出真我2**

**Life planning - I do 2**

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| 主持 - 黃佩芝  面對抉擇時感到徬徨，  可能是青春期的必經階段，  年輕人為升學或就業選擇的時候，  往往都會不知所措。  生涯規劃教育的目的  就是幫助學生認識自我、設立目標，  因應自己的興趣及能力，  為人生作出最佳的規劃。  而以下幾位傑出人士的經驗，  相信對年輕人  在規劃未來上會有所啟發。  年輕人在規劃未來的時候，  自己的興趣是一個重要的考慮。  不過興趣未必是天生就有的，  究竟我們應該怎樣培養興趣呢？  讓享譽創新科技界的  廖家俊教授告訴你吧！ | Host - Gigi Wong  It’s almost an unavoidable stage for adolescents  to feel hesitant in front of choices.  When it comes to making decision  on academic pursuit or career path,  young people may be at a loss .  The purpose of life planning education is to  teach students the way to understand themselves,  to set goals for life, as well as to make suitable choices in accordance with their interests and abilities.  Coming up next, the sharing of these outstanding individuals will bring enlightenment  to young people for life planning.  When it comes to planning for the future,  young people should seriously consider their own interest. However, it’s common for them to have no inborn passion. How do we cultivate an interest?  Renowned in the innovative technology sector, Professor Jack Lau is going to tell you. |
| 活出我天地  香港科技大學校董  廖家俊  我認為一個年青人或者一群年青人，常常要問自己，有甚麼對自己來說是真正很有興趣的。  我覺得現在的年青人  往往會受很多社會環境的影響，  尤其在我們華人社會裏，  很多人會說，甚麼東西是最賺錢的。  也有時會向大家說:  這東西很流行，  現時流行金融科技，  稍後流行大數據，  再遲一下可能流行生物科技，  於是你發覺自己  在不停地追逐這個浪潮。  所謂迷失，並不需要慌張，  因為這是一個人成長中自然的經歷。  我很鼓勵年青人，透過互聯網，  透過閱讀，透過詢問，  去發掘自己真真正正的興趣。  我深信你一旦找到興趣，  就自然會把那件事情做得好。  我覺得長輩最重要的是，  積極地鼓勵年青人，  去探索他們自己的興趣。 | Following our hearts  Council Member of the Hong Kong University of Science and Technology  Jack Lau  I reckon, for a young person,  or the young generation, it is important that  they should ask themselves where their interests lie.  I think teenagers are often susceptible to social influence. Especially in the Chinese society,  it is common for people to focus on  what is the most profitable trade,  and sometimes some may say,  ‘Hey, this trade is really popular lately!’  Financial technology may be popular recently,  then Big Data is celebrated later on,  and some time later  biological technology may become a fad.  You will find yourself constantly chasing the trend.  When you feel lost, there is no need to fear,  as it is a natural process of growing up.  I encourage young people to use the internet, as well as by reading and raising questions,  to discover their interest.  I believe that once you have found your interest,  you will do it well spontaneously.  On the other hand, the elder generation  should actively encourage young people  to explore their interests. |
| 年青人在投身職業的時候，  身邊的人，例如家長、朋友，  可能會給予很多不同的意見。  究竟我們應該怎樣看待身邊人的意見呢？  基層出身的創業家謝寶達先生，  自小就開始在商界打滾，  當中經歷過事業高低，  亦見盡人生百態，  最後他都可以苦盡甘來。  他的創業經歷和營商智慧，  對年輕人來說，就是一本活生生的教材！ | When young people start their career,  they may receive lots of opinions from those around them. How far should we take in these opinions?  An entrepreneur rose from a humble upbringing,  Mr. Donald Tse, started his own business  at a very young age. He went through ups and downs in his career and experienced different facets of life. Eventually, he can enjoy the fruit of his labour.  His experience in starting a business and insight on business operation can be invaluable examples for young people. |
| 從失敗找成功  本地涼茶集團主席兼執行董事  謝寶達  被父親批評，也要堅持到底，就是要成功給他看！  自小已經因為家貧，  就懂得自力更生。  就像我當年開辦涼茶店，  開第一間店的時候，  我受到最大的打擊是來自我的父親，  他當面批評我說：  「兒子，你把全部本錢扔出去做這個虧本生意，你一定會虧大本！」  父親這樣說我，我就堅持，  心想他這樣小看我，我就要做成功給他看。  結果我這個夢想成功了！  由小朋友成長到踏足社會，  父母就要給他一個訊息，  做人要有誠信，還要有愛心，  這兩點很重要！  將來他成長後，  成功機會大很多！ | Creating success from failures  Chairman and Executive Director of a local herbal tea enterprise  Donald Tse  Even though I was criticized by my father, I still insisted, as I wanted him to see me succeed.  As I came from a poor family, I learnt to be  self-reliant when I was very young.  I remember that when I opened my first shop  to sell Chinese herbal tea,  the heaviest blow that ever struck me came from my father.  He criticized me directly by saying,  ‘My son, you are plunking down all your money into this business. You will suffer a great loss!’  Although he gave me such adverse comments,  I insisted on running the business because I wanted to prove to him that I can succeed.  My dream came true eventually.  We should be honest and caring.  Parents should deliver this message to their children from their tender age.  It still holds true when they step out into the world.  These qualities are very important in our life.  As they grow up, they will have bigger chance of becoming successful. |
| 不少人說興趣不可以當飯吃，  但在現實生活中也有不少人可以做得到。  要將興趣發展為事業，  其實很需要身邊人的支持及鼓勵。  世界女子桌球賽冠軍  兼香港傑出運動員吳安儀，  就是因為父母的無限量支持，  從而將自己的興趣發展為事業，  而且還為香港爭光。  一起聽聽她的故事！ | Many people believe that one cannot earn a living  by following his passion.  Yet in reality, some manage to do so.  For one to develop his interest into career,  the support and encouragement  from people around him is indispensable.  Getting unlimited support from her parents,  World Ladies’ Snooker Champion, Ng On-yee,  finds her path in life  and even brings glory to Hong Kong.  Let’s listen to her story. |
| 我有我志向  吳安儀  世界女子桌球賽冠軍兼香港傑出運動員  這個職業帶給我最大的滿足感就是它  除了是我的職業，也是我最大的興趣。」  因為我爸爸很喜歡打桌球，  所以我從小就經常看見他穿著一套像紳士的制服，  就是我現在穿著的這套服裝去比賽。  小時候的我覺得: 嘩! 很帥氣！  如果我也可以像他一樣  穿上那套服裝去比賽就好了！  我就開始要求爸爸教我，  他也很有耐性去教我，  而我也在開始玩這項運動之後，  越來越喜歡，就決定走這條路了。  其實一路上我爸爸媽媽  都很支持我在這項運動上發展。  生涯規劃這四個字  對一些年青人來說感覺上可能很遙遠，  我覺得他們只要找到自己的興趣，  然後主動去接觸與他們興趣有關的範疇，  以及主動地與人溝通，  就很容易走出自己的路，  最重要的是當你找到方向之後，  你要準備去付出、去努力。 | Working towards My Goal  World Ladies’ Snooker Champion  Winner of Best of the Best Hong Kong Sports Stars Award  Ng On-yee  The greatest contentment this occupation gives me is that, it is my greatest interest as well.  My father loves playing snooker,  I used to see him dress like a gentlemen,  in an outfit similar to this one when taking part in tournaments.  I thought, “he looks very smart!  It would be great if I could dress like him and join a tournament!”  I started to ask him to teach me how to play snooker and he taught me patiently.  Once I started playing snooker, I love it more and more and I decided to follow this path.  All along, my parents support me to develop my expertise in this sport.  Life planning may appear to be distant for some young people. As soon as one finds his own interest, then actively approaches the related areas,  and takes the initiative to seek advice from others,  one can easily make his own way.  The most important thing is that  once you have found your direction,  you have to get prepared and work hard on it. |
| 生涯規劃是一個持續和終身的過程，  在年輕人投身社會的時候，  除了要訂立短期的目標，  為未來作長遠的規劃，也很重要的。  在電子商務界享負盛名的洪為民，  他從工作中找到自己的使命，  他獨特的人生觀，  很值得我們學習！ | Life planning is a continuous and lifelong process. When young people step out into the world,  besides having short-term targets,  it is also important for them to set long-term goals for the future.  As a reputable professional in the e-commerce sector, Witman Hung finds his mission in work.  His unique perspective in life is really worth learning. |
| 人生使命  前海管理局香港事務首席聯絡官  洪為民  即使到我今日這樣的年紀，  我還想改變這個世界！  爸爸是從事電腦生產的硬件工程師，  所以小時候家中已有很多焊接工具，示波器等。  從小我便把玩這些工具，自己裝嵌電腦。  所以對電腦產生興趣。  我認為電腦是幫助人解決問題的，  在未有電腦的時候，有很多問題  大家是不懂怎樣處理，或者很困難才處理得到。有了電腦後這些問題便可一一解決。  我覺得人生是從一無所有，到無掛無牽的。  真正重要的是過程。  在這個過程中你有沒有留下一些東西給這個世界。  我覺得青年人在生涯規劃的時候，  最重要是隨著興趣走。  千萬不要純粹跟隨市場，  因為市場是千變萬化的。  今日一個火紅的職業，  可能三年後、五年後便不再流行。  跟隨興趣去走，  無論這個行業有甚麼起起跌跌，  你都可以從中生存。  但是如果你選擇自己沒有興趣的行業，  即使這個行業發展得很好，  可能漸漸你亦會失去動力。 | Living a fulfilling life  Principal Liaison Officer for Hong Kong,  Shenzhen Qianhai Authority  Witman Hung  Although I am at this age now,  I still want to change the world.  My father was a computer hardware engineer. Therefore, we had a lot of welding tools and oscilloscopes at home when I was small.  I liked to handle these tools and even tried to assemble computers myself.  Since then I have developed interest in computers. Computers are designed to solve problems for us.  In the time when there were no computers,  many problems were hard to tackle.  With the invention of computers,  solving these problems has become an easy task.  I think we brought nothing to the world at the beginning of our life and at the end we can take nothing out of it.  The only thing that matters is whether you have contributed anything for this world in the process. .  I believe it is very important that young people should follow their interests in life planning.  Do not blindly follow the market  because the market keeps on changing.  A popular job today may no longer be popular after three or five years.  Once you follow your interest,  no matter how the industry changes,  you will survive in it. However, if you choose an industry that you are not interested in,  no matter how prosperous this industry is,  you may lose your motivation sooner or later. |
| 家庭與學校合作事宜委員會主席  湯修齊  家長是子女在生涯規劃過程中  最佳的同行者。  作為家長，  我們要抱著開放的態度，  與子女溝通，  與及積極聆聽他們的心聲，  並且鼓勵及尊重他們按自己的興趣、  能力和志向，  規劃未來的發展方向。  家長可以與自己的子女分享寶貴的人生經歷和體驗，  透過理性分析，  協助他們作出知情的選擇，  成為子女在生涯規劃路途上  最強大的後盾。 | Chairman of the Committee on Home-School Cooperation:  Henry Tong  Parents are the best companions of their children in the process of life planning.  As parents, we have to communicate with our children open-mindedly and listen to their hearts actively.  We should also encourage them to plan for their future  according to their interest, ability and aspiration and respect their decisions.  Parents can share their own life experience and precious wisdom with their children.  We can help them to make informed choices  through rational analysis, and become their strongest supporters in the journey of life planning. |