**教育局特約 - 生涯規劃．活出真我**

**Education Bureau sponsor - Life planning - I do**

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| 主持J.Arie  周星馳說過：「做人如果沒有夢想，跟鹹魚又有甚麼分別呢！」  但夢想不是一出世就會有，  所以在求學時期，  生涯規劃教育就可以幫助學生認識自我、訂立目標。  根據個人的興趣和能力，  配合所需要的知識、志向與技能，  為未來的就業及升學路途上作出一個明智的抉擇。  以下幾位成功人士的經驗可讓我們作為借鏡。 | Host J.Arie  As Stephen Chow said,  “A person without dreams is like a body without soul”.  But, we are not born with an aspiration.  Life planning education can help students know more about themselves and establish their goals.  Students can then make the right choice in their future careers or further studies according to their interests and abilities, as well as the knowledge, ambition and skills required for the career.  Youngsters can find inspiration from the experience of the following successful people. |
| 香港律師會副會長  彭韻僖女士, MH JP  我認為事業是人生很重要的一個環節。  小時候我也不清楚自己將來想做甚麼工作，  因為爸爸和很多叔父輩都是做律師的，  他們會帶我去參觀法庭及律師行。  就讀高中的時候，我也去了律師行做暑期工，  我發現做律師需要很強的分析能力，  而且學習到的法律知識也可以幫助別人，更與生活息息相關，  漸漸地我就對這個行業產生興趣了。  做律師可以運用法律的硬知識幫助顧客解決問題，令顧客安心。  也可以拉近人與人之間的距離，  是很有滿足感的工作。  我希望學生們可以多點去做暑期工，  增廣見聞，認識多些人，  也可以了解不同行業的特性，  從而找到自己的興趣。  我們香港律師會也有跟很多學校合作，  舉辦生涯規劃的活動，  讓多些學生可以了解多些法律的知識，  認識自己的權利與義務，  解決日常生活，遇到的法律難題  也希望他們了解多些如何成為我們法律界的一份子。 | Vice-president of the Law Society of Hong Kong  Ms Melissa Pang, MH JP  I think career is very important to our lives.  I had not thought about what to do in the future when I was young.  Since my father and many uncles were lawyers,  they very often brought me to law firms and courts.  I also had summer jobs in law firms when I was in secondary school.  I found that lawyers needed strong analytical power.  Legal knowledge could help in our daily lives.  Then I started to have interest in the legal profession.  Lawyers not only possess solid legal knowledge, they can also help people solve problems and bring people closer together.  That is a very satisfying thing to do.  That’s why I encourage students to be more outreaching by doing summer jobs to meet more people, widen their horizons, learn more about different industries and careers and discover their interests.  The Law Society of Hong Kong also works with schools to organise life planning activities for students.  We hope students can have more legal knowledge and understand their rights and duties  which can help in everyday life.  I hope they can know more about how to become members in the legal profession. |
| 剛才，彭律師分享了可以從暑期工當中找到事業抱負，究竟彭律師的故事可以給我們甚麼啟示呢？  生涯規劃並非只是幫助我們學習怎樣去找一份好工作，而是發展個人規劃的能力，  找一份適合自己的工作。  就如現任香港大學醫學院院長梁卓偉教授那樣，他在小時候的經歷及計劃，  最終就令他找到自己的價值及工作意義。 | Ms. Pang has just shared with us how she found her career aspiration in summer internship.  How can the story of Ms. Pang inspire us?  Life planning is more than helping you find a well-paid job, it will help build up your ability of planning for the future and then find a job that suits you.  Just like Professor Gabriel Leung, Dean of Li Ka Shing Faculty of Medicine of the University of Hong Kong, his experience as a boy and his planning help him find the values and meaning of his work. |
| 香港大學李嘉誠醫學院院長  梁卓偉教授, GBS JP  天生我材必有用，其實每一個年輕人，都有他們自己的潛能，都有他們自己的價值。  我自己小時候都多病，  所以經常都要看醫生。  家人亦都試過患大病，  在我成長的過程之中，  留下非常深刻的經歷。  做醫學生的時候，  究竟是希望去哪一個專科，  兜兜轉轉考慮過不同專科，  到現在真的可以得到  我自己很心滿意足的服務崗位。  在醫療的職系裡面，  更加需要有一個使命感，  尤其在公營醫療。  明天的香港，明天的中國，  其實都是我們年輕人的世界。  我們最重要是要有眼光，  最重要是不怕辛苦吃虧。  每天都幫自己增值，  我相信每一個人都可以闖出他們自己好的一個明天。 | Dean of Li Ka Shing Faculty of Medicine of the University of Hong Kong  Professor Gabriel Leung, GBS, JP  Everyone must be good at something.  Each teenager has his own potentials and own place in society.  I got sick easily when I was young,  so I needed to consult doctors frequently.  A family member of mine had been seriously ill.  These were the profound experiences to me as I grew up.  When I was a medical student, I was puzzled about what medical specialty I should study.  I considered several choices.  Now I am very grateful that I am able to serve in a position that gives me great satisfaction.  You must have a mission when you are working in healthcare services, especially in the public sector.  Young people are the future of Hong Kong and China.  It is very crucial for us to have vision.  We shouldn’t be afraid of working hard.  Learn more things every day.  I believe everyone can work for a brighter future. |
| 有意義的工作帶來滿足感固然開心，  但人有時難免會遇上壓力及挫折而半途而廢，  其實生涯規劃是一個持續和終身的過程，  協助個人達致人生不同階段的目標。  就如林曉鋒博士那樣，  究竟是甚麼推動他讀完大學，再讀碩士、然後完成博士學位，再成為十大傑青！  相信他的故事，會對青年人在規劃人生方面有所啟發。 | A meaningful work brings us with satisfaction, which is delightful.  However, at times one may experience pressure and frustration which is inevitable in life. Unfortunately, some may just give up.  Life planning is a life-long and continuous process.  It helps us achieve goals at different stages in our lives.  Just like Dr. Alan Lam, what motivated him to finish his studies in Bachelor, Master, Doctorate degrees, and finally became an awardee of the Hong Kong Ten Outstanding Young Persons?  I believe his story can inspire many young people in their life planning |
| 年輕企業家  林曉鋒博士  我覺得生涯規劃的重點應該是誘發年輕人對事物的興趣，  然後朝著那個方向發展。  好像我從小到大都喜歡科學和科技，  沉迷玩機械人，又喜歡看卡通片，  好像叮噹和IQ博士，  加上我自己是讀理科的，  很想成為發明家。  我以前經常都參加雞蛋撞地球、紙飛機和環保科技等等的比賽。  而這個小時候的興趣成就了我的職業。  我現在開產品設計公司，  每逢去一些展覽會，  見到很多人玩我的發明、  玩我的產品很開心的時候，  就會令到我更加有動力去設計更多好的科研產品了。  興趣除了成為了我的事業，  還令我由一個街童變成博士。  經過多年的努力，我在業界上得到認同，  將創意回饋給社會，  令我今年有幸成為十大傑青。  時下很多年輕人都有很多不同的興趣，  暫時未必找到心目中最理想的目標。  其實不需要擔心，  跟隨自己的喜好去嘗試，  只要你有熱誠去堅持，  努力朝著那個方向去發展，  你便會成功在望。 | Innovative technology entrepreneur  Dr. Alan Lam  I think the importance of life planning is to bring out youngsters’ awareness about their interests and pursue their aspirations.  I like science and technology since I was a little boy.  I spent a lot of time in playing robots and watching cartoons such as Doraemon and Dr. Slump.  I studied science subjects and wanted to be an inventor.  I used to join many science competitions such as “Egg Crushing the Earth”, paper planes and eco friendly technology.  These childhood interests become my career.  Now, I have my own company in product design and development.  Every time when I was in exhibitions and saw people playing around happily with my products,  I felt like I was more determined to develop more well designed products.  My interest not only developed into my career but also turned me from an average boy to a doctor.  I got recognition in the industry after years of efforts.  I would like to contribute to society with my innovation ideas. I also am honoured to be awarded the Hong Kong Ten Outstanding Young Persons.  Nowadays, teenagers may have many different interests.  They may not be able to fix their goals yet.  Don’t worry about it.  Let your interest leads you and persevere with passion.  Your effort is going to pay off. |
| 成功真的非僥倖，  要在工作上表現出色，  除了需要相關的知識與技能，  還要有熱誠及毅力。  他的作品曾經奪得奧斯卡電影大獎，  而他的新作更打破華語電影票房紀錄。  他由二十多年前一個鄰家青年人，  到今時今日成為荷里活動畫大師－許誠毅導演，  究竟他是怎樣將自己的興趣發展成為終生事業呢？ | Being successful is not by luck.  If you want to have outstanding performance in your work, apart from the required knowledge and skills, one’s passion and perseverance are essential, too.  His masterpiece won an Oscar award. His latest work also broke the box office record of Chinese films.  In the past 20 years, he turned from an ordinary young man to a renowned animator in Hollywood, movie director, Mr Raman Hui.  How can he develop his life time career from his interest? |
| 著名動畫師及導演  許誠毅先生  我從小到大都喜歡畫公仔。  小時候看電視，  看完電視便會在旁邊畫公仔。  我記得那時候我還在讀大學，  第一次拍了一條短的動畫片，  有些同學跟我說，  他看完之後覺得很感動。  那時候我覺得很神奇啊，  我用手畫出來的東西和拍攝出來的東西，  別人看了之後會有感覺。  我覺得年輕人做這件事，  不單止做動畫，  投身於他們想做的事情，  最重要是興趣。  可能你最終不是加入那一個行業，  但你在過程裡面，  你正在發展和學習那一件事情時，  你會找到其他興趣。  另外一件很重要的就是準備好自己。  你讀書也好，  或者去學一門技藝也好，  每一個環境裡面，  虛心去學習和聽別人的意見，  然後你慢慢便會成長，  慢慢你便會發現很多事情是：  原來這些事情我用得上！ | Famous animator and director  Director Raman Hui  I like drawing cartoon characters since I was a boy  I usually drew cartoon characters while I was watching TV programs.  I remember I created a short animated movie for the first time when I was still an undergraduate.  Some classmates told me that they were touched by the animation.  I was amazed that something I drew with my own hands could touch the hearts of other people.  It is not only about making animated films. I think young people should be aware of and follow their interests in their career.  Although your first career may not necessarily be your final one, while you are learning something in one area, perhaps you can find and develop other interests in the process.  It is also important to get yourself well-prepared.  Whether you are studying or practising craftsmanship,  keep an open mind to learn and consider opinions from other people.  You will be armouring yourself  and one day you will realize that the things you have learnt are very useful to you. |
| 教育局局長  吳克儉先生, SBS, JP  生涯規劃可以幫你活出精彩的人生。  我鼓勵青年人認識自我、訂立目標、  培養個人規劃和反思的能力，  同時要放眼世界，擴闊視野，  為個人的目標而奮鬥。  大家記住:  「生涯規劃建人才，  活出真我創未來」。  加油！ | Mr. Eddie Ng, SBS JP  Secretary for Education  Life Planning can bring about a wonderful life to you.  I encourage teenagers to understand themselves, establish their goals,  and develop the ability in planning and reflection.  Moreover, they need to broaden their horizons and work hard for their personal goals.  Remember:  “With life planning, live your true self, build your talent, create your own future.”  You can do it! |