

# Voluntariado, uma experiência inesquecível

## 一次難忘的義工經歷

### “Volunteering”, an unforgettable experience

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“Voluntariado”... palavra que, desde sempre, ecoou insistentemente na minha cabeça.

Tudo começou quando tive de preparar uma apresentação, sobre uma organização, para umas aulas de Tecnologias de Informação. Não me lembro porquê, mas acabei por escolher a ACNUR – agência da ONU para os refugiados. Decorria a guerra na antiga Jugoslávia e a situação era dramática. Depois desse trabalho, percebi que “voluntariado” era uma das coisas que gostaria de experimentar.

“義工”這個詞一直縈繞在我的心頭，從未間斷。

一切緣起於我曾經在資訊科技課上所做的一份報告，當時需要介紹某個組織，我已記不起為何要做這份報告，但最後我選取了聯合國難民署作為報告的主題。那時候，前南斯拉夫正經歷戰爭，情況慘不忍睹。做完這份報告後，我意識到原來“義工”是一項我一直都想去嘗試的工作。

“Volunteering”... a word that has been echoing in my mind continuously.

It all began with a presentation I had once conducted in an IT class with the need to introduce a certain organization. I can't remember why I had to do the presentation, but I ended up choosing UN Refugee Agency as the topic. At that time war was going on in the former Yugoslavia and the situation was appalling. After the presentation, I realized that “volunteering” was a job that I had always wanted to try.

Tinha escolhido ser enfermeira, mas as notas exigidas eram demasiado elevadas. Decidi, depois, ser professora: pensava que poderia cumprir o mesmo propósito, na área da Educação. Os quatro anos do curso voaram, e fui sempre fazendo voluntariado.



A primeira oportunidade de trabalho que tive foi em África. Ensinei um ano em Luanda – eram tempos de final de guerra; a situação não era estável. Regressei a Lisboa e, passado um ano, vim para Macau. Quando completei sete anos no ensino, decidi fazer uma pausa e desafiar-me com seis meses de voluntariado. O destino – Moçambique – foi fácil de escolher: pela proximidade da língua e porque tinha lá grandes amigos.

Moçambique era, segundo o relatório de 2012 da ONU

考大學時，我本來想報讀護士專業，但無奈要求的分數實在太高，所以後來我選擇了當老師。當時，我覺得在教育界也可以一樣履行護士的使命。光陰似箭，日月如梭。轉眼間，四年的求學生活就過去了，而我在這四年裡也參加了很多義工項目，從中受益匪淺。

第一份義工是去非洲教書，地點位於安哥拉首都盧安達。那時候，雖然安哥拉的內戰已經處於結束的邊緣，但社會仍舊動蕩不安。於是一年後，我回到了里斯本。又過了一年，我來到了澳門。在澳門一直教了七年書之後，我決定讓自己停頓下來：我想做些別的事情來挑戰一下自己。於是，我去莫桑比克做了六個月的義工。為何選擇莫桑比克？不僅因為莫桑比克講葡語，還因為那裡亦有我十分要好的朋友。

根據2012年聯合國《可持續發展和平等報告》，在187個接受評估

When applying for university admission, I had wanted to enroll in a nursing course, but the grades required were far too high. That was why I chose to become a teacher. At that time I believed that I could fulfill the same mission in the education field. Time flies. During the fleeting four years of my university, I participated in many voluntary projects, from which I have benefited greatly.

My first voluntary job was to teach in Africa. It was in Luanda, capital of Angola. At that time, the civil war in Angola was drawing to an end but the social situation was still chaotic. So, after one year I went back to Lisbon and, another year later, I moved to Macau. After seven years of teaching in Macau, I decided to settle down; I wanted to challenge myself by doing something different. So I went to Mozambique and did voluntary work for six months. Why had I chosen Mozambique? It was not only because Portuguese was spoken in Mozambique but also because I had very good friends there.

According to the 2012 UN's Sustainability and Equity

sobre Sustentabilidade e Equidade, o 4.º país mais pobre dos 187 avaliados. As pessoas, fora de Maputo, vivem essencialmente da agricultura de subsistência, sem acesso a água nem à saúde. Vivem, diariamente, o drama do VIH e da malária; a esperança média de vida é de 43 anos. Os moçambicanos falam, sobretudo, dialectos; o português, embora língua oficial, é apenas aquela que se aprende na escola.



Neste contexto, valem as ONG, os doadores e voluntários para lhes tornar a vida mais leve.

Conheci a organização Um Pequeno Gesto-Uma Grande Ajuda (UPG), através de uns amigos que apadrinhavam crianças na Escolinha do Xai Xai. Assim que vi as primeiras fotos dos projectos, apaixonei-me.

的國家中，莫桑比克貧窮指數位居第四。除了首都馬普托人，很多莫桑比克人仍然需要依靠務農才能維持生計。這裡的許多人沒有醫療保障，也無法獲得清潔的用水，隨時還會受到艾滋病毒和瘧疾的威脅，人均壽命僅為43歲。雖然葡萄牙語是莫桑比克的官方語言，但是莫桑比克大部分人的母語還是當地的方言。因為對於他們來說，葡萄牙語只有去學校才能學到。

在這樣惡劣的環境下，一些非政府組織、捐助者和義工的幫助對於莫桑比克人民無疑是雪中送炭。有了這些好心的關懷，他們就能稍微活得輕鬆點，不用那麼苦了。



通過一些資助莫桑比克“賽賽學校”孩子的朋友，我接觸到一個名為“小小一步，大大幫助”的非政府組織(下稱UPG)。當我第一眼看到UPG的活動照片時，便被深深的吸引了。

Report, Mozambique was the 4th poorest among the 187 countries rated. Besides the people in Maputo, the capital city, many Mozambicans still depended on farming for their living without access to clean water or health care. Under threat of HIV and Malaria; the average life expectancy was at 43. The mother tongue of most of the Mozambicans were their dialects because, for them, Portuguese, though the official language, was learnt only at school.

Under such adverse conditions, help from some non-governmental organizations, donors and volunteers was undoubtedly what was most needed. Because of their caring concern, the people there felt slightly relieved of their suffering.

I got in contact with a non-governmental organization named Um Pequeno Gesto - Uma Grande Ajuda (UPG) [A small gesture- a big help] through some friends who sponsored children at Xai Xai School (Escolinha do Xai Xai, in Portuguese). I was fascinated at the first sight of the pictures of the activities.

Fundada por quem queria doar mais do que uns meses de ajuda, a UPG é uma ONG que trabalha na área do apoio à pobreza, educação e sustentabilidade, em três localidades na área de Gaza. Trabalha há 11 anos com parceiros no terreno, nomeadamente congregações católicas dominicanas e vicentinas, as quais promovem o desenvolvimento da educação e da literacia em locais onde o nível de analfabetismo é elevado. A UPG trabalha, através de um programa de apadrinhamento e de outros projetos complementares, e em cooperação constante com a comunidade local, no combate às insuficiências através de apoio alimentar, formação académica e técnica, apoio à saúde, assim como de construção de infraestruturas habitacionais, de saneamento básico ou de postos de abastecimento de água. A selecção das crianças apoiadas é feita pelas congregações, as quais escolhem as mais carenciadas (órfãs, com pais doentes, ou afectadas pelo VIH).



UPG是一個非政府組織，由一群致力於長期提供捐助的熱心人士創立。該組織分別在加沙三個地區幫助貧苦民眾，為其提供教育機會，以促進地區持續發展。除此之外，UPG還與其他機構(例如多明尼加和聖文森特天主教會)合作十一載，在文盲率較高的地區推動教育和掃盲事業的發展。通過贊助計劃和其他配套項目，UPG還與當地社區展開持久合作，致力於向當地提供糧食、教育、技術培訓和醫療等服務，以及實施房屋、衛生站及供水站等基礎設施。對於兒童的捐助，其受捐助的對象一般由教會決定。通常情況下，獲得捐助的兒童都是父母患病、孤兒或者艾滋病感染者等最需要幫助的群體。

UPG was a non-governmental organization established by enthusiasts dedicated to long-term donation. The organization worked separately in three different locations in the Gaza area, helping the poor by providing them with education opportunities to promote regional sustainable development. In addition, UPG had been working jointly with other organizations (for example, the Dominican and Vincentian Catholic Church) for 11 years, promoting education and wiping out illiteracy in places where there was a comparatively high illiteracy rate. UPG worked through sponsorship programs and other supportive projects in constant cooperation, at the same time, with the local communities to dedicate themselves to providing food and services such as education, technical training and health care, as well as implementing infrastructures such as housing, sanitation stations and water supply stations. Regarding donation to children, the beneficiaries were to be decided by the church. In general, children who received donation were the groups with the greatest need for help, including orphans, children with sick parents or HIV victims.

Naqueles meses, dei apoio escolar, visitei as famílias com os técnicos para saber como estavam e acompanhei o desenvolvimento das crianças. Mais tarde, também formei técnicos da ONG e professores.

No início, o choque cultural foi enorme: pessoas com uma cultura e necessidades diferentes, mas com sorrisos e corações completamente arrebatadores. A generosidade e a entreatura foi, sem dúvida, o que mais me comoveu. Exemplo disto é a estória de duas crianças órfãs que foram encontradas a viver sozinhas. Uma Vovó teve pena delas e levou-as para a sua casa de matope que estava inclinada e que, segundo um técnico da UPG, iria cair na época das chuvas. Viviam de uma machamba, da qual tiravam milho e outros legumes, e da ajuda da UPG que, todos os meses, lhes dava uma cesta com arroz, feijão, óleo, sabão, sal e açúcar. A Vovó estava tão velhinha que quase já não trabalhava e eram os rapazes, com 6 e 7 anos, que ajudavam no trabalho diário da machamba ou que

在那幾個月裡，我隨同當地人員一起提供學校援助，對學生的家庭進行走訪，以便了解他們的成長狀況。之後，我還參與了非政府組織人員和教師的培訓工作。

起初，文化差異對於我是一個巨大的衝擊，因為不同文化背景的人需求也不一樣。不過，微笑和真誠總能詮釋一切，而最讓我感動的還是人們的慷慨和互助。我在那裡聽過一個感人的故事：有位老奶奶，她遇見兩個孤苦無依的孤兒，便起了惻隱之心，將他們帶回了自己的土坯房。根據UPG工作人員的說法，那個土坯房其實是危房，雨季的時候隨時可能倒塌。儘管如此，他們還是一起住在裡面，並且在屋子周圍的菜地裡還種了玉米和一些瓜果蔬菜。每個月，UPG的人員都會給他們送些大米、豆角、食用油、香皂、食鹽和糖等生活物質。老奶奶因為年事已高，基本無法

During those few months, together with the local members, I gave support at schools and visited the students' families to be informed about their growth. Later, I also participated in the work of training the teachers and the members of the non-governmental organizations.

In the beginning I felt an enormous culture shock as people of different cultural backgrounds have various needs. However, a smile and a sincere heart can explain everything. Their generosity and mutual help were, definitely, what moved me most. There I heard a touching story ("estória"). An old lady met two helpless orphans with no one to depend on. Feeling sympathetic for them, she took them to her house made of clay. Her house, according to UPG's experts, was dilapidated and would probably fall apart at any time during the raining season. In spite of this, they lived there together and cultivated some corn, melons and vegetables on the plot of land surrounding the house. Every month the UPG members delivered to them some rice, beans, cooking oil, soap, salt and sugar and other daily needs. The lady was

andavam 2 a 3 km para irem buscar água. Soube depois que tinham VIH e que, por isso, todos os meses teriam que tomar os retrovirais distribuídos no centro de saúde da povoação mais próxima, a uns 15 Km. Ao fim de uns meses, a UPG construiu uma casa para esta família. Foi a primeira estória de muitas que conheci. Aprendi com aquela Vovó que a bondade não tem limites e com aqueles meninos que há esperança até ao fim.

Durante a minha estadia, desenvolvi dois projectos: um de alfabetização de adultos e outro de criação de uma biblioteca para uma das escolas.

O primeiro foi desenvolvido em Banhine e Conjoene, lugares onde não havia energia; a água vinha de dois ou três furos de água, distribuídos pelas comunidades, e as pessoas viviam essencialmente do que colhiam na horta. Muitos dos adultos não sabiam ler nem escrever – daí surgiu a ideia. O meu trabalho era simples:



勞動，只有靠那兩個六歲和七歲的孩子幫忙照顧菜地。有時候，為了取水，兩個孩子要走兩三公里的路。後來我了解到，這

兩個孩子感染了艾滋病，每個月都需要長途跋涉到15多公里以外的衛生站拿取治療藥物。為了改善他們的生活環境，幾個月之後，UPG幫助他們修建了一座小房子。這是我做義工生涯中所聽到的其中一個故事，老奶奶讓我明白了善無止境，而孩子們讓我知道了永遠不要放棄希望。

在莫桑比克期間，我一共參與了兩個項目：一個是成人脫盲，另一個是修建學校圖書館。第一個項目是在巴尼內和孔卓內進行。這兩個地方都沒有通電，水資源也極度緊缺，僅有兩三口水井，卻要供應當地所有人。當地居民幾乎都需要依靠自家的小菜園生活。最糟糕的是，這裡許多成年人

far too old to work. The two boys, six and seven years old respectively, thus had to help her look after the vegetable field. Sometimes they had to walk 2 or 3 kilometers to find water. Later, I got to know that they were suffering from HIV and needed to get the medicine from the health center 15 kilometers away every month. After a few months, to improve their living environment, UPG helped them build a small house. This is one of the stories that I have learned from my life as a volunteer. From the old lady I have learned that kindness has no limits. And those children have taught me never to give up hope.

When I was in Mozambique, I participated in two projects; one was about wiping out adult illiteracy and the other involved the construction of a school library. The first was carried out in Banhine and Conjoene, where electricity was unavailable and water from two or three wells was also in limited supply but that was all the people were provided with. Almost all the local people had to depend on their small vegetable plots for their livelihood. What was worse was that many of the adults were illiterate, and so

trabalhava directamente com um técnico local (estudante bolsheiro da UPG) que fazia a coordenação entre formadores e alunos. Ele, por sua vez, formava os formadores, pessoas voluntárias que tinham, pelo menos, mais que a 6.<sup>a</sup> ou a 7.<sup>a</sup> classes e se ofereciam para ensinar os outros. Felizmente, conseguimos financiá-los.

Na primeira aula, distribuí cadernos e lápis, e fiquei



surpreendida, não pelo número de pessoas que lá estavam (mais de 60), mas pelo cenário: os quadros de giz no chão, encostados às árvores; as formadoras de pé, e os alunos sentados em cima das capulanas ou de troncos de árvores transformados em bancos, à sombra. Às duas da tarde, com um sol intenso, ver aquela gente a aprender, a bater palmas e a iniciar-se no

仍然不識字，於是我們想到了成人脫盲這個項目。我的工作跟一名當地人員（一名獲UPG獎學金的學生）協調教師和學生間的工作，這是件簡單的差事。與此同時，這名人員還負責培訓義工教師。接受培訓的人至少擁有小六或初一以上的學歷，在完成培訓後再去教授其他的人。條件雖然艱苦，慶幸我們爭取到給予學員資助。

開學的第一天，我準備分發書本和文具給學生時，抬頭一看，密密麻麻的學生映入眼簾，至少有60多人，但令我更為驚訝的是，一塊簡陋的黑板斜靠樹上，老師站在黑板前，學生有的坐在樹樁上，有的在地上鋪一塊布，席地而坐。下午兩點，雖然驕陽似火，但卻阻止不了這群人學習的熱情。他們在樹蔭下，時而拍手，時而咿呀學語。學生們都很開心，因為從那一刻開始，他們會寫自己的名字了，這讓他們覺得自

we came up with the idea of developing the literacy project. My work was simple: I worked with a local member (a student with a scholarship from UPG), coordinating the work between the instructors and the students. This was a simple task. At the same time, the member was also responsible for training the instructors, who were volunteers with a qualification of at least the second or third year of middle school. They would teach others after the training was completed. Though the situation was hectic, we were able to provide the students with financial support.

On the first day of school, when I was about to distribute the text books and stationery, I was surprised at the sight of the mass of students, at least 60 but what was more surprising was that the teacher was standing in front of a crude blackboard leaning against a tree while the students were sitting either on the tree stumps or on the ground. At 2 pm, the intense heat of the sun did not hinder their passion for learning. In the shade of the trees, they were clapping their hands at one time and learning to speak at another. They were happy because from then on,

alfabeto era qualquer coisa de inexplicável. Estavam felizes: a partir dali, e apenas a saber escrever o nome, muitos deles iriam sentir-se diferentes, mais valorizados e poderiam mostrar outras coisas aos filhos.

Momentos como estes fazem-me pensar que valeu a pena, que vale sempre a pena, mesmo que seja pouco de cada vez. Há sempre alguém que muda ou alguém que aprende com o nosso trabalho e a nossa ajuda. “Voluntariado” é isso mesmo: é vir de lá com mais do que fomos, porque no fundo fomos nós que mudámos a nossa vida para viver com eles, para lhes levarmos um pouco dos nossos saberes e aprendizagens e eles retribuírem-nos com aquilo que têm: amor e sorrisos.

己與眾不同，也能有更多的東西分享給後代。



回憶起這些點點滴滴，我覺得一切付出都是值得的。雖然每次提供的幫助是那麼的微不足道，但是在我們不懈努力下，總有人獲得改變或者學到知識。“義工服務”就是這樣的，收穫永遠比付出多。我們不僅讓自己獲得了昇華，還用行動和知識改變了受助者的生活，同時也獲得了他們的微笑和愛戴。

only by knowing how to write their names, many of them felt themselves different from the rest and with more to share with their descendants.

These bits of memories make me think that all my sacrifices were worth it. Even though what we could offer each time was only a little, there was always someone who got changed or someone who learned as a result of our endless efforts. This is what “volunteering” is all about: the reward is always greater than the sacrifice. Through our actions and knowledge, we have not only elevated ourselves, but have also changed the lives of the beneficiaries and won their love and smiles at the same time.

▶ Luanda:	cidade capital de Angola	安哥拉首都	capital of Angola
▶ Doar:	dar de forma gratuita	不求回報的捐贈	donor – one who gives without expecting anything in return
▶ Estória:	história	故事	story
▶ Vovó:	mulher idosa	年長的婦女	word to refer to an old lady in Portuguese, like grandmother (Granny)
▶ Matope:	barro	由黏土做成的房子	house made of clay
▶ Machamba:	pequena horta	小型農場	small farm
▶ Capulana:	tecido típico africano	非洲的傳統布料	traditional fabric from Africa
▶ Intenso:	forte	強烈的	strong, intense