

2018

美中青少年 社区服务展示

American and Chinese Youth Community Service

Highlights



The Beauty and Praise
of Altruists Foundation

利他之美
基金会



利他之美基金会 创办人

杨宜诚 Robert Young

Founder of The Beauty and Praise of Altruists Foundation

自 2016 年於美国加州洛杉矶创办 The Beauty and Praise of Altruists Foundation(BPAF)「利他之美基金会」以来，除了尽力将手上的资源做最有效的运用，为弱势族群与急需救济之人提供实质帮助，最期盼的就是能邀请年轻人一同参与，在其心中播下慈善种子，发芽滋长。

基於相同的理念，我邀请到美国非营利的 Youth Volunteer Corps(YVC)「青少年志工团」与 Katie's Krops，提供学员社区服务的照片与心得，让这一本册子增添不少色彩。

中国文化源远流长，“扶贫济困、乐善好施”的传统美德更是中国文化的精随。基金会亦有幸得到中国山西、江苏、河北、河南、陕西等慈善协会的协助，邀请当地学校参与，提供学子社区服务与好人好事的照片、故事，在这一本册子里与美国「青少年志工团」与 Katie's Krops 共同谱出年轻人的热情美丽篇章。

我们期盼，透过这一本中英双语的小册子，中美青少年能够分享、学习并相互鼓励，让善行美德继续发扬光大，为美好明天共尽一份心力！

Since the founding of The Beauty and Praise of Altruists Foundation (BPAF) in Los Angeles in 2016, I have been trying my best to bring together resources to help disadvantaged people in urgent need. However, my #1 hope is to invite young people to participate in community service - to sow seeds of altruistic love in their hearts - and to see them grow.

With this hope in mind, I invited the nonprofit organizations, Youth Volunteer Corps (YVC) and Katie's Krops in the U.S. to provide photos and stories of youth community service - which has made this exhibit more colorful.

Chinese culture has a long and enchanting history. The traditional virtue, "helping the poor, happy to give" is a key part of this history. BPAF has been fortunate to receive support from charitable organizations from the Shanxi, Jiangsu, Hebei, Henan, and Shaanxi provinces in China. These groups invited local schools to participate in community service and provided photos showcasing their students' good deeds and community service. This BPAF booklet showcases youth from both countries demonstrating altruistic beauty, compassion, and enthusiasm for community service.

It is my hope that through this bilingual booklet, young people in China and the United States will learn from each other and encourage one another to give to those in need and to make the world a better place.

The Beauty and Praise of Altruists Foundation in U.S.

—— 美国「利他之美基金会」 ——

赞助当地弱势孩童夏季园游会

(孩童不应该因为家庭贫穷而失去欢乐)

Sponsored Summer Party for local children from disadvantaged families

(Children shouldn't be deprived of joy because of poverty).



孩童玩得不亦乐乎。
Bounce House Slide!



志工打扮成电影卡通人物，带给小朋友无限惊喜。
Local children posing with superheroes played by volunteers.

赞助圣诞节餐会

(无家可归者不应该因为贫穷而丧失佳节的欢乐气氛)

Sponsored Christmas Eve Party

(Those without homes shouldn't be deprived of the joy of holiday season because of poverty).



不分种族、肤色、地位都能享受圣诞佳节餐会的欢愉气氛。
Regardless of race, color, and socioeconomic status-all community members can enjoy a holiday meal.



本基金会有青年志工在餐会上服务，传达爱心，实践“利他”精神。
BPAF youth volunteers serving food with altruistic hearts.

在美国与中国，许多行善的人，
给人们添得适时的温暖 ...

***In the United States of America and China
there are many people who do good,
giving timely warmth to those in need ...***

美国一位老人家早上剷雪
时突然发病，被消防队员紧急
送往医院。之后，消防队员再
回头，帮他继续剷除未清完的
雪。

Firefighters returning
to finish shoveling snow
from a heart attack victim's
driveway.





2005 年，於洛杉磯經營餐館 Anaheim White House 的 Bruno Serato 先生，在母親 Caterina Lunardi 女士的鼓勵下，開始每日免費提供餐點給附近的弱勢孩童，現在每周受益孩童多达 17,900 多人，至今提供餐點已超過百万份。(Caterina's Club 提供)

Since 2005, Bruno Serato, the owner of Anaheim White House in Los Angeles has provided free meals for local kids from disadvantaged families. He was originally inspired by his mother Caterina Lunardi. Today, the event has expanded to feed over 17,900 children a week. The total number of meals they've offered has exceeded 1 million. (Provided by Caterina's Club)



已過世的 Caterina Lunardi 女士，
遺愛在人间。
Caterina Lunardi left behind her
love for this world.





2016 年 1 月，64 岁的侯女士住进了中国苏州大学医院，并检查出胃部有肿瘤。危医师告知家人，如果不及时手术，将危及生命。不料这个时候，苏州市血站却传来 O 型血严重不足。侯女士的丈夫年纪太大，儿子的身体也不适合献血。眼看着手术时间即将来临，一家人十分焦虑。「我们帮助解决吧！」侯女士万万没有想到，危医师带着院内研究生 6 人，去血站献血，7 个人一共献血 1,500 毫升，终于让手术圆满成功。(江苏现代快报提供)

In January 2016, 64-year-old Mrs. Hou was diagnosed with a stomach tumor at the Suzhou University Hospital in China. Her family was informed by Dr. Wei that her condition was life-threatening if she didn't have surgery immediately. Unfortunately, there was a shortage of her O-type blood at the blood bank. Mrs. Hou's husband was too old and their son's body wasn't suitable for a blood donation - time was ticking and her family grew anxious.

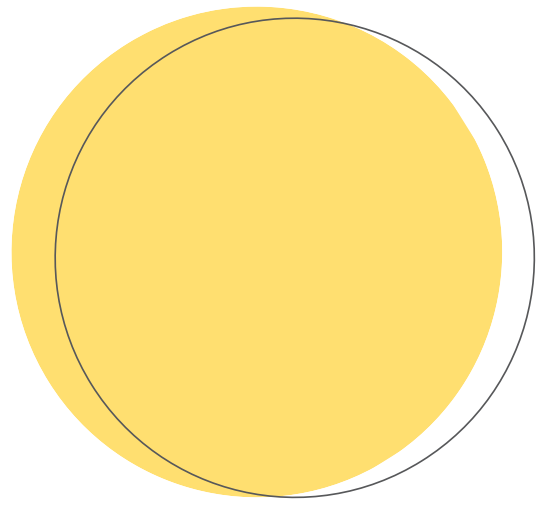
"Let's do it!"

Unbeknownst to Mrs. Hou, Dr. Wei, and six of his young medical school students went to the blood bank and donated a total of 1,500 ml of blood. With their blood donations in hand, Dr. Wei's team performed surgery successfully on Mrs. Hou and saved her life. (Provided by xdkb.net corporation)

陈树菊在台湾台东市中央市场卖菜 40 多年。小小的菜摊其实没有多少利润，但她省吃俭用，每天辛苦工作 16 个小时。点点滴滴的微薄收入，除了少部分用于生活费之外，都捐出去帮助贫困儿童或盖图书馆，几十年来，总计已经捐出千万台币（约 30 万美元）。单身的她说，赚来的钱捐出去帮助人“那天就睡得很好…只要把钱给需要的人，就会觉得很快乐。”

Chen Shuju has been selling vegetables for more than 40 years in the central market of Taitung City, Taiwan. She is single and works hard for 16 hours every day in her vegetable stand and doesn't make much profit. Every bit of her income, except for a small part for living expenses, is donated to help poor children and build libraries. Over a few decades, she has donated a total of 10 million Taiwan dollars (around US\$300,000). Every time after donating she says, "It makes me sleep very well...as long as I give money to those who need it, I feel very happy."





更可喜的是，有许多青年学子，
年纪虽轻，但满了正能量，亦编谱出精采篇章。
以下就是他们的故事，与大家分享 …

***There are so many young people,
in spite of their age, who are full of positive
energy and have made the world more joyful.
They have done this through their altruistic
beauty, compassion, and enthusiasm.
We would like to share their stories with you...***



美国「青少年志工团」

Youth Volunteer Corps

in the U.S.



董事会成员 Board of Directors

1987 年成立於美国密苏里州堪萨斯城、非营利的 Youth Volunteer Corps(YVC)「青少年志工团」，由 David Battey 先生所创办。开始时只是为当地青少年提供暑期服务，时至今日 YVC 已发展成为一个跨国组织，30 多个分支机构遍布美国及加拿大。

「青少年志工团」与许多机构合作，专门为 11 至 18 岁的青少年提供丰富多样、具有弹性的社区服务机会。强调团队精神，不论经验、种族、经济状况、性别、能力、来自何处，最后都能与同伴达成目标并建立友谊。

自 1987 年起，参加的青少年志工已达 30 万人，为社区服务近 500 万个小时，感动无数的人，证明了青少年的潜力与热忱可以让这个世界变得更美好。

Youth Volunteer Corps (YVC) is a nonprofit organization founded by David Battey. YVC began in 1987 as a summer service program for the youth of Kansas City,

Missouri, in the United States. Today, YVC has grown into an international volunteer service organization with more than 30 affiliates across the U.S. and Canada.

YVC has collaborated with many affiliates and provides team-based, structured, diverse, and flexible opportunities for youth ages 11-18, regardless of experience, race, socioeconomic status, gender, ability, or geography. By the end of a YVC project, many friendships are formed.

Since 1987, 300,000 youth YVC volunteers have given nearly 5 million hours of service and have touched countless hearts. They've shown that young people have the potential and the passion to truly change the world.



「青少年志工团」对杰出青年志工颁发奖状以兹鼓励
YVC honors youth volunteers with awards for their outstanding community service.

弗吉尼亚州 - 汉普顿道路分部

Hampton Roads, Virginia



大家好！我的名字是宝拉安·罗伯逊 (Paula-Ann Robertson)，我是弗吉尼亚州 Tidewater 的高中生。除了在 YVC 服务外，我还是游泳、垒球、帆船等校队。我的爱好包括阅读、远足、烹饪和学习新语言。我喜欢独特的体验和结识新朋友！透过 YVC，我找到了自己的服务热忱，并希望在我的生命中持续下去。

Hi everyone!

My name is Paula-Ann Robertson and I'm a senior in high school from Tidewater, Virginia. Besides serving with YVC, I'm a member of the varsity swimming, varsity softball, and sailing team at my high school. My favorite hobbies include reading, hiking, cooking, and learning new languages. I love having unique experiences and meeting new people! Through YVC, I have discovered a passion for serving others that I hope to carry throughout my life.



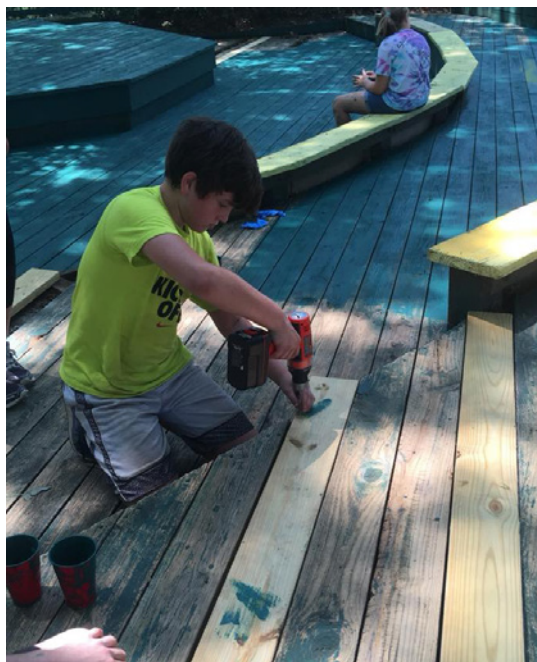
帮忙行动不便的老人。
A youth volunteer pushing an elderly resident in a wheelchair.



陪伴前座这位小朋友读书。
Helping a young boy learn how to read.



- 1** 协助食物银行分类。
Sorting donated food at a local food bank.
- 2** 帮忙制作防洪沙袋，以备不时之需。
Shoveling sand into sand bags that will be used to prevent flooding.
- 3** 防洪沙袋终于完成！
All done!



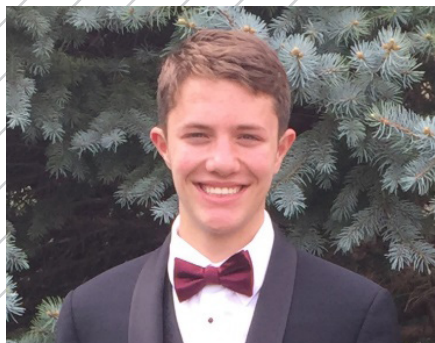
修理公园地板。
Repairing a wooden deck at a park.



为社区公园制作壁画。
Youth volunteers painting murals to be displayed in parks
in their local community.

密苏里州 - 堪萨斯城分部

Kansas City, Missouri



我的名字是巴顿·米肯 (Patton Meacham)，目前是堪萨斯城 Blue Valley North 高中学生。在过去的 7 年里我一直在 YVC 做志工，并在过去的 5 年里在当地的青年顾问委员会任职。在学校，我对数学和科学感兴趣，并且还参与了许多学校赞助的俱乐部，例如 DECA 和西班牙俱乐部。此外，我还参加曲棍球队，并通过志工服务和社交活动来努力帮助我的社区。

My name is Patton Meacham and I'm currently a senior at Blue Valley North High School in Kansas City. I have been volunteering with Youth Volunteer Corps for the past 7 years and have served on my local Youth Advisory Board for the past 5 years. In school I'm interested in both math and science and am also involved in many school-sponsored clubs such as DECA and Spanish Club. Additionally, I play varsity lacrosse and continually strive to help my community through volunteer service and social activism.



河边收拾垃圾。
Cleaning trash off a river bank.



访问社区长者，了解其生活经历。
Interviewing an elderly community member about their life experience.



1

以歌唱娱乐养老院的长者。
Performing a song at a local elderly care home.

2

为饥者与弱势族群制作比萨。
Making pizzas to serve hungry people.

3

在爱心服装店内帮忙分类。
Sorting clothing for a local thrift store.

4

社区厨房内帮忙切水果。
Cutting watermelon to be served at
a local community kitchen.

5

清洁并陪伴动物之家幼犬，让他们信任人们。
Cleaning and playing with a puppy at a local animal
shelter. Playing with the puppy helps socialize it and
make it friendly to other people.

6

“小猫睡在我的怀里。”
"Kitty sleeps in my arms."

宾夕法尼亚州 - 费城分部

Philadelphia, Pennsylvania



大家好！我的名字是安迪·切克 (Andy Chek)，是 YVC 费城分部的荣誉成员，自高中一年级起就一直在 YVC 做志工。我喜欢结识新朋友，不怕离开家里的舒适小窝。我喜欢晨跑及羽毛球，也喜欢窝在角落里狂看电视节目，比如“我怎么遇见你的母亲”。我希望高中毕业后能在大学学习工程，并继续帮助我的社区。

Hey there! My name is Andy Chek.

I am a proud member of YVC Philadelphia and have been volunteering with Youth Volunteer Corps since my freshman year of high school. I love meeting new people and I am not afraid to get out of my comfort zone. While I enjoy going for that morning run or playing a game of badminton, there's a chance you'll find me snuggled up in a corner, binge-watching TV shows like "How I Met Your Mother." After high school, I hope to study engineering in college and to continue to help out my community through service.





1 陪伴幼童游戏。
Playing a game with a young kid.

2 学习塑化类用品回收。
Learning about recycling different plastics.

3 於公园内安装人工鸟巢。
Installing newly-built bird houses in a local park.

4 帮忙棒球场铺沙。
Helping spread new dirt on a baseball field.

5 捡拾公园垃圾，给游客留下一个干净的环境。
Cleaning a park so that others can enjoy the space without debris.

6 垃圾集袋，休息一下！
Youth volunteers sitting with all the trash they've collected from the park.



4



5



6

美国「青少年志工团」

2018 年度大会

YVC Summit 2018

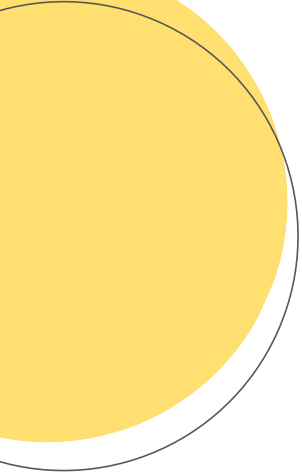
美国「青少年志工团」平日为各地青少年提供丰富多样的社区服务活动。每年的 10 月，总部会举办一次一连两天的大型联谊会，将各地的学员、分区负责人以及董事会成员齐聚一堂，分享一年来的心得，并在举办地实行半日志工服务，为当地社区带来温暖。在活动结束前的晚宴上，总部一一表扬并颁发奖状给予各区杰出负责人及热心公益的青年学子，让一场盛会在不断的鼓掌及喝采声中结束，见证青少年可以让这个世界变得更美好。

Youth Volunteer Corps (YVC) provides various volunteer opportunities to the youth throughout the U.S. and Canada. Every year in October, YVC holds a 2-day summit, gathering staffs and young volunteers to celebrate and reflect on their volunteering achievements from the past year. During the summit, they also spend an afternoon providing free services at the location where the summit is held, thereby bringing warmth to the local communities. On the last day of the summit, YVC holds an evening banquet, presenting awards to executive directors and to the youth for their outstanding achievements. The venue is rolled with praises and standing ovations, testifying that the youth has potential to make this world a better place.



杨会长赞助 10 位学员报名之费用。

Mr. Young offers scholarships to 10 young volunteers to participate in the summit.



1



2

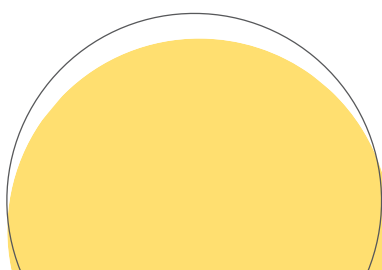


3

1 分组讨论。
Group discussion.

2 三位基金会创办人与学子分享慈善理念。会后许多学子表示长大后也要成立基金会，帮助贫困的人。
Three founders share their beliefs about philanthropy. After the workshop, many youngsters expressed the desire to create their own foundation when they grow up in order to help people in need.

3 户外教学 - 参观医院自设之有机蔬菜园。
Field trip: visiting an organic vegetable garden established by a local hospital.





回馈社区，实际行动，协助该有机蔬菜园制作盆栽木架。

Give back to the community and take actions: assisting at the vegetable garden in building wooden frames used for growing vegetables.



杨会长介绍「美中青少年社区服务展示」手册，赠送全体与会人员，并感谢所有的协助单位，让这一本册子的印制得以实现，共同见证青少年可以让这个世界变得更美好。

Mr. Young introduced the "American and Chinese Youth Community Service" booklet. Booklets were distributed to each of the attendees. He also thanked all the participants who helped make the booklet a reality, together testifying that the youth has potential to make this world a better place.



团体大合照。
Group photo.



晚宴上颁发奖状给予各区杰出负责人
及热心公益的青年学子。
Presenting awards to executive
directors and to the youth for their
outstanding achievements.



美国「凯蒂爱心蔬菜园」 Katie's Krops in U.S.

从9岁起就在自家后院种植蔬菜捐给救济院的凯蒂 (Katie)，目前全美国已有100个「凯蒂爱心蔬菜园」加入她的公益活动，捐助成千上万磅的新鲜蔬菜给弱势族群。(Katie's Krops 提供)

Katie has been planting cabbage in her backyard and donating to charitable organizations to feed people in need since she was 9 years old. Katie's Krops now has

100 gardens growing across the country and has donated thousands and thousands of pounds of fresh produce to people in need. (Provided by Katie's Krops)



join the fight
against hunger.



我的名字是西西 (CeCe)，我参加「凯蒂爱心蔬菜园」已有 3 年。从我很小的时候就一直想帮助其他有需要的人，如今我幸运地在我的花园里做到了，也得到社区的支持。当地农民捐赠给我 3 小块地，我妈妈也帮我租了两块地，我还帮我小学的空地恢复了活力，让花园的面积增加了一倍。我将这些农作物捐给了当地的救援组织以及老年人社区。回馈社区让我很开心。

My name is CeCe and I am a 3rd year Katie's Krops grower. Every since I was very young, I have always wanted to help others in need. With Katie's Krops, I have been blessed to be able to do just that with my gardens. My community support has also been amazing. In total I have 3 beds that have been donated to me by a local farmer, my mom has rented two plots for me and I have revitalized and doubles the size of my elementary school garden. I donate to our local rescue mission and pantry and to a local senior citizens community. I love being able to give back to my community.



9 岁时的 Katie。9-year-old Katie.



中国校园慈善活动

Chinese Campus Charity Activities

中国文化源远流长，“扶贫济困、乐善好施”是传统美德的精髓。为了让学子从小就能体会“助人为快乐之本”的真谛，许多学校都会购买慈善相关的课外读物或举办校外慈善活动，弘扬慈善精神，在幼小的心灵里播散爱心种子。

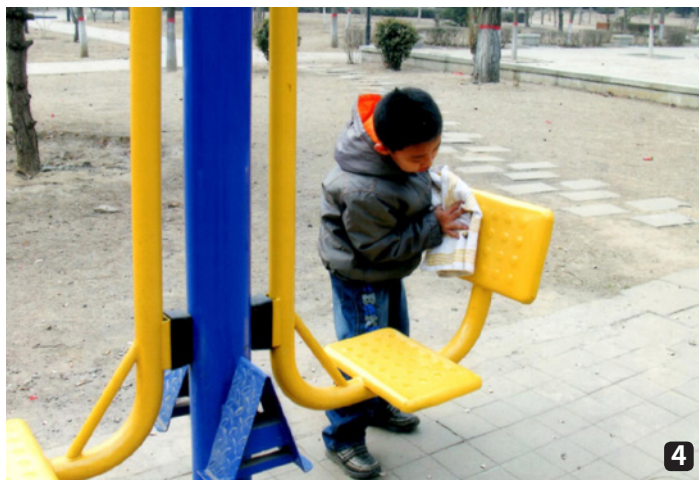
Broad and grand, Chinese culture has a long, enchanting history. The traditional virtue, "helping the poor, happy to give" is a key part of this history. In order to let young people learn the true meaning of "Helping others is the spring of happiness" from a young age, many schools buy charity-related extracurricular reading materials or conduct off-campus volunteering activities to promote a charitable spirit and sow loving seeds in the children's hearts.



山西太原雷锋小学

Taiyuan Leifeng Primary School, Shanxi Province

- 1 帮隔壁生病的老人洗碗筷。
Helping wash dishes for an elderly neighbor who is ill.
- 2 给老人院发送礼物。
Giving gifts to the elderly in a nursing home.
- 3 清理河床垃圾。
Cleaning the river bank.
- 4 帮忙擦拭公园运动器材。
Cleaning the exercise facility of a local park.
- 5 维持社区整洁。
Cleaning up the local community.
- 6 帮忙清扫老人社区。
Cleaning a nursing home.
- 7 清理道路残雪。
Cleaning snow on the streets.
- 8 帮忙环卫捡拾街道垃圾。
Lending an environmental worker a helping hand.



江苏金坛市河头小学

Hetou Primary School in Jintan City, Jiangsu Province

1 携带礼物,准备出发探望老人院。
Carrying gifts, ready to visit a nursing home.

2 3 4 为老人表演余兴节目。
Entertaining elders with songs in the nursing home.

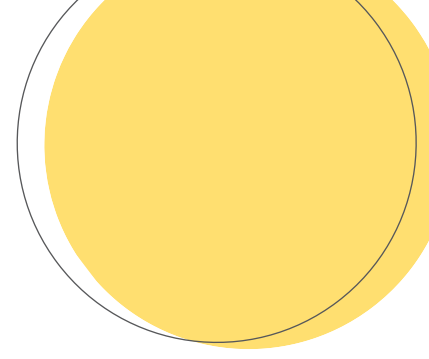
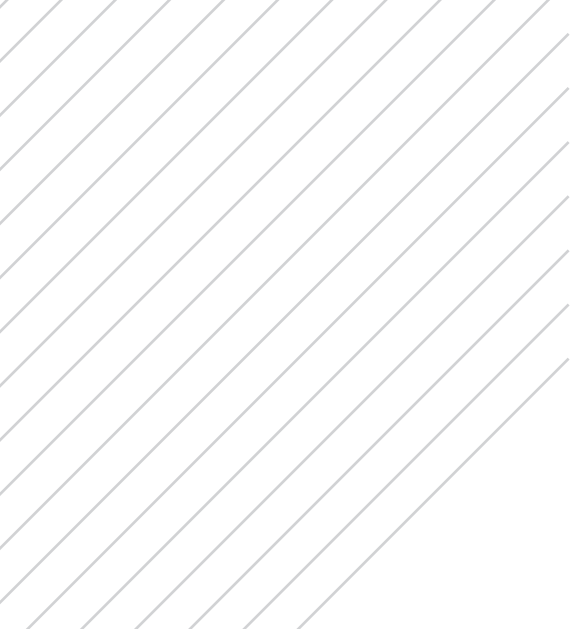
5 让老人享用水果,让他们感受到关怀。
Giving fruit and compassion to elders.

6 为老人铺床。
Making the bed for elders.

7 帮忙清理房间。
Helping to clean a bedroom.

8 探望病患。
Visiting ill elders.





陕西榆林市星元小学

Xingyuan Elementary School in Yulin City, Shaanxi Province



大家好！我的名字是朱白玥。

“日行一善”的活动在我校一直开展着。“日行一善”听起来也许很难，但是其实你的一个小小的举动，也许就是一件善事。善，大到捐献器官、为国捐躯，小到捡起地上的纸屑，捐献一块钱，这些，都是善。善，也许是一句鼓励，一句安慰，也许是一点爱心，一丝温暖。也许，社会就是缺少这些小善，这种令人温暖的善。

做善事就像一滴水。看似很小，但日积月累起来，就会成为一片湖泊。

日行一善，给我快乐，给我自信，它让我相信，只要你有心，善事并不难做，它让我知道，每个人都日行一善，世界将充满了温暖和爱。

Hi everyone! My name is Zhu Baiyu.

The activity, "one good deed a day," has been carried out in my school for years. It may sound difficult to do, but a simple, small act may count as a good deed. A good deed can be as large as donating your organ or sacrificing yourself for your country, to as small as picking up litter from the ground or giving away a dollar. Good deeds can be a word of encouragement or comfort, a little love, or a warm heart. Perhaps, society today is short of these good deeds - the kindness that warms people's heart.

Doing a good deed is like a drop of water. It may seem small in size, but after a long period of time, it will become a lake.

"One good deed a day" gives me happiness and confidence. It makes me believe that it isn't difficult as long as you are willing to do it. I also believe that if everyone does "one good deed a day" the world will be full of warmth and love.

- 1 学校志愿队探望独居老人。
A volunteer team visiting elders living alone.
- 2 学校校长携带生活用品探望弱势家庭。
School principal visiting a disadvantaged family with food.
- 3 学校干部携带生活用品探望弱势家庭。
School staff visiting a family in need with food.
- 4 鼓励学生捐款给有需要的人。
Encouraging students to make a donation to people in need.





5

- 5 协助清理后院。
Helping to clean a backyard.



6

- 6 帮忙打扫社区。
Helping to clean the community quarters.

- 7 旧衣捐献。
Donating used clothes.

- 8 探望老人，并以街舞来娱乐大家。
Students entertaining elders with street dance performances.

- 9 社区服务，以歌唱娱乐邻里居民。
Entertaining the community with a song performance.



7



8



9

台湾屏东县民和国小

Minhe Elementary School in Pingtung County, Taiwan Province

屏东县民和国小常常可听到消防车或救护车出勤的警报声。同学们深感消防人员辛劳，并常吃冷饭好辛苦，於是就相互讨论如何能帮助消防员。於是学生们一起集结零用钱，再加上老师的帮忙，让队员们享用热腾腾的午餐，用他们小小的心意感谢消防队员们的辛劳。



The Minhe Elementary School can often hear the sirens of fire trucks and ambulances responding to emergencies. The students felt that the firefighters were working hard and were often left to eat cold meals. Therefore the students discussed how they could help. One day - with the help of the school teachers - the students collected their allowances and brought warm meals and encouragement to the firefighters.



小学生为消防队叔叔们准备的菜肴。
Hot meals prepared by the students.



1



2



3



4

感谢以下组织 及学校的协助， 让这一本册子的 印制得以实现

- 1 凯蒂爱心蔬菜园。
Katie's Krops.



- 2 青少年志工团。
Youth Volunteer Corps (YVC).



- 3 山西省慈善协会与太原雷锋小学。
Shanxi Provincial Charity Association
and Taiyuan Leifeng Primary School.



- 4 江苏省慈善协会与金坛市河头小学。
Jiangsu Provincial Charity Association
and Jintan City Hetou Primary School.



**Thank you to
the following
organizations
and schools
for your support
in helping to
make this booklet
a reality.**



- 5** 河北省慈善协会与石家庄市长安东路小学。
Hebei Provincial Charity Association and
Shijiazhuang City Chang An East Road
Primary School.



- 6** 河南省慈善协会与郑州金星希望小学。
Henan Provincial Charity Association and
Zhengzhou Jinxing Hope Primary
School.



- 7** 陕西省慈善协会、榆林市慈善协会。
Shaanxi Provincial Charity Association and
Yulin City Charity Association.



- 8** 榆林市星元小学。
The Yulin City Xingyuan
Elementary School.



喜乐的泉源来自於行善与助人

- 希腊哲人 柏拉图

Happiness springs from doing good and helping others

- Greek philosopher Plato

除了上述组织机构之外,也要感谢个人赞助者,
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huge thanks also goes to our individual sponsors
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