

福泽互传计划 *BLISS*

Blessing and Loving Initiatives through Servicing and Support

Summer · 2008

The University of Hong Kong
Shantou University

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1. Program design
2. Trainings
3. Students' experience



Program design



Organising Committee

- Centre on Behavioral Health, The University of Hong Kong
- Centre of Development and Resources for Students (CEDARS), The University of Hong Kong
- General Education Unit, The University of Hong Kong
- Student Affairs Office, Shantou University
- CCYL Shantou University Committee
- Medical Aid for the Poor - Li Ka Shing Foundation, Medical College of Shantou University

Sponsored by

- Mrs Li Ka Shing Fund

Our major missions

- To promote the establishment of values in personal, social and global level, as a way to enhance their personal growth.
- To enrich their understanding in public health issues and the concept of holistic healthcare
- To enhance their skills in program planning and execution
- To equip our students with ability to handle problems independently and uplift their creativity.

Project nature

- Promotion of holistic healthcare campaign to the village area in Shantou
- Healthcare research on selected theme: eg. - chronically ill patients, cancer care and support service, basic hygiene for kids, etc.



Core project theme

Public health and service learning

- Institute of Medicine (IOM) 2003 –
Public health as “an essential part of the training of citizens”.
- Public health literate citizenry: “Recognition and understanding of how the social and physical environment shape health”
- The experiential elements in service learning as an appropriate and effective approach for teaching undergraduate public health
- Promoting social change and social justice through the service and the lifelong commitment to community engagement

Cashman, S. B. and Seifer, S. D. (2008)

Students' background

- Undergraduate and postgraduate students
- Open to students from different disciplines

Mutual learning among students from multidisciplinary backgrounds!

Trainings



2008 – Apr

- train the trainers program in Shantou
- Student recruitment

2008 - Jun

Students' groupwork preparation

2008 - Mar

Program design

2008 – May

Local training for students (5 days)

2008 - Jul

BLISS service learning trip in Shantou (7 days)

2008 - Feb

Meetings in HK

2008 - Aug

research report preparataion

2008 – Sep report submission

2009 – Mar

Sharing session at HKU

2008 - 09

Program design and preparation
Service-learning trip
Report submission
Sharing session with other HKU students

Our training for students

■ The structure -

- To give them the sense of autonomy and opportunities to express their creativity through the service learning program, to achieve the personally defined learning objectives
- Personal growth in terms of value articulation at the worldview, community, peer and personal level.



Our training for students

■ The content -

- Knowledge and techniques in holistic health care through experiential and self-reflective practices
- Practical skills in program planning, interviewing, needs assessment, innovative presentations, healthcare promotion strategy, action-research and death education



The value of experiential learning

- The experiential practices in the training program for students
 - They learn by reflecting their own experience in the practice as a participants
 - The practices become the demonstration of the techniques they may consider as reference for intervention program to the service target

Local training in Hong Kong

- Role of university students
- Holistic healthcare concept and practice: body-mind-spirit approach
- Healthcare promotion program design
- Death education



Students' experience



Experiential training

My first ride on a wheelchair...

- Learning how to use a wheelchair
- Understand the feelings and concerns from a patient's perspective



Insights from the research project

- Seeing the practical constraints in the healthcare system.
- Understanding the discrepancy between the policy and the service provided to those in need.
- Integration of their study with the current social issues.
- Giving practical reflection on the current social issues.



Sharing from our student

Ms Liu Tingting

(PhD candidate – Social Sciences)

“As a student coming from the social sciences steam, actually I have the basic understanding about the social and healthcare issues in the poor village region in mainland...”

However all those concepts are mainly coming from reading materials, some are even idealistic as they are in lack of the support from observations in the real environment and experience...

After this service learning trip to Shantou, I witnessed the enormous power in healthcare support promoted by a non-governmental organization. Also, through the sharing from the program trainers, I understand a lot more about the real life situation of this group of people living in the village area. All these supported my learning at school and my research.”

Sharing from our student

Ms Michelle Zhou (MBBS)





- Program details - <http://cbh.hku.hk/bliss/index.html>

- Reference

Cashman, S. B. & Seifer, S. D. (2008). Service-learning: An integral part of undergraduate public health. *American journal of Preventive Medicine*, (35(3), 273-277.

Thank You!

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