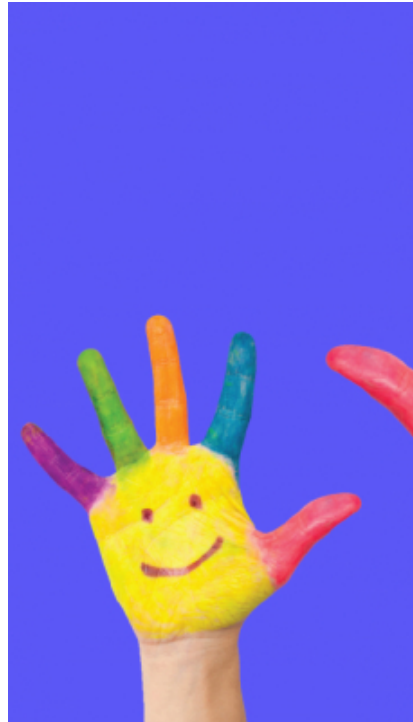


# 5 ways to give meaning to your 2018 summer holidays, from food waste to peer support

Whether you want to boost your CV or help people, freely offering your services to the community is one of the best things you can do

By Nicola Chan | June 13, 2018



Nicola Chan

## REPORTER

I read, sing and giggle. I am also a poet sometimes - more likely on the days when I hear the pitter-patter of the rain.

**Kaew, Thai**  
creator of  
**Facebook page**  
**Just Toon It**  
talks dim sum,  
football, and  
comics

June 08, 2018

**HK students**  
have mixed  
feelings about  
**June 4 vigil**  
commemorating  
**Tiananmen**  
**Movement**

June 04, 2018

Everybody loves a break from school, but that doesn't have to mean doing absolutely nothing for weeks on end. If you're the type of person that gets a little restless without an activity or two, don't worry, YP's got you covered. Here's a list of volunteer opportunities and summer programmes that are still accepting applicants for this year.

## Create a unique community project

If you have a project already in mind, or an issue you want to help solve, join this year's V-Studio Volunteer Service Training Course. The five-day workshops, organised by the Hong Kong Federation of Youth Groups (HKFYG), teach participants about social issues. Programme leaders will then help you plan and design solutions for your chosen issue. There are still vacancies for two of the three sessions this summer, all conducted in Cantonese. Visit [HKYAF](#) for more details.

**When:** July 23 - August 9

**Age Requirement:** 14 - 25 years old

**Application Deadline:** July 8

**From SPCA to Changing Young Lives - 10 organisations to volunteer for in Hong Kong**

**Write to fight for social justice**

## **Walking Past the Future is a beautiful but sad reality check [Review]**

June 03, 2018

## **Mega dance off: HK sisters to compete against 5,500 at Dance World Cup finals in Spain**

June 03, 2018

## **How to comfort someone who is sad, hurting or going through a hard time in a way that lets them know you're here to help**

June 01, 2018

## **HK movie 'No. 1 Chung Ying Street' cast talks fake news, activism, and getting better at understanding the world around you**

June 01, 2018

## **Catch the Oscar-nominated 'My Life as a Zucchini' and other great films at this summer's French animation festival**

May 27, 2018

## **'No. 1 Chung Ying Street' connects Hong Kong's colonial past to its post-Occupy present [Review]**

May 27, 2018

## **Tips on how, and where, to shop for prom to**

Standing up for your beliefs doesn't have to be all action. If you're interested in journalism and you can write Chinese, take a look at the Teen Journalist Training Course run by HKFYG. As part of a four-day workshop, professional journalists will teach you about the value of news and media ethics. You'll learn to write interview questions and how to conduct interviews, and try video shooting and editing. Visit [summer.hkfyg.org.hk](http://summer.hkfyg.org.hk) for more details.

If your Chinese is shaky at best (and even if it isn't), join us here at *Young Post*! Our two-week summer cadet programme is still accepting applications for August. Pitch and write stories for your favourite newspaper, and get the chance to interview celebs, review films, and dig deep into the city's social issues.

Drop us an email at [ypost@scmp.com](mailto:ypost@scmp.com), and introduce yourself and tell us why you want to be a cadet.

## **Change the world by being a part of the world**

If you are 17 or older, and you want to get some real-world experience under your belt, apply for the Crossroads Foundation's 2018 Summer Internship programme. For six weeks, you'll be one of many interns from more than 20 nations helping connect people to the resources they need – whether that's translating, accounting, or in administration. Internships are six weeks long, and English-speaking. After you finish the programme, you'll get a certificate and a reference letter for future jobs, as well as an invitation to a party with your international co-workers. Visit [Crossroads](http://Crossroads) for more details.

**When:** July 10 - August 18

**Age Requirement:** 17 years old or over

**Application Deadline:** June 16

## **Volunteer in Africa: because big changes start with little steps**

## **Stop food waste**

So much food gets thrown away every day when it could and should be given to those who need it. Local food banks, such as Feeding Hong Kong and Food Angel, are looking for volunteers to do just that. Students 16 and older are needed to help prepare vegetables, food packs, or meal boxes for Food Angel. If you're older than 18, you can work in the warehouse or as a delivery assistant for Feeding Hong Kong.

Younger than 16, but still want to help? Feeding Hong Kong is looking for people to help out with their Bread Run. They need to collect bread that will otherwise be thrown away, and bring them to the collection points. Visit [Food Angel](http://Food Angel) and [Feeding Hong Kong](http://Feeding Hong Kong) for more details.

**make the  
experience  
easier and less  
stressful**

May 25, 2018

**One in three HK  
students has  
experienced  
bullying in the  
past six months,  
survey says**

May 23, 2018



Young Post junior reporters at the Feeding Hong Kong headquarters after a bread run.

Photo: Chris Lau/SCMP

## Offer your peers a helping hand

Sometimes, when life gets you down, all you need is a helping hand to get back on top of things again.

Be that helping hand for someone this summer, by giving some of your free time to the Kely Support Group, an organisation that offers support, education, and life skills to Hongkongers aged 14-24. Right now, the group is looking for social media content creators, as well as translators proficient in both Chinese and English.

Visit [Kely Support Group](#) for more details.

Edited by Ginny Wong

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