

**CUHK Convocation Outstanding Services  
and Creativity Student Awards 2023/24**  
香港中文大學校友評議會傑出服務及創意學生獎 2023/24

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From serving the local community to assisting Nepalese villagers overseas, my journey in the field of community service has been deeply fulfilling. Over the years of volunteering locally, the repertoire of service targets has expanded, and this experience has undoubtedly helped develop skills that have led to my appointment as the Vice President of Team C in the 14<sup>th</sup> Executive Committee of Medical Outreachers HK.

Medical Outreachers Hong Kong is a student-led organization that emphasizes direct service and aims to address health gaps at the local (Team A), regional (Team B), and international (Team C) levels. Regarding Team C, we are responsible for organizing and carrying out biannual service trips to rural villages in Nepal. Through annual evaluations, we have identified several persistent health gaps in these communities, including limited access to health services, lack of awareness about available services, and the absence of a comprehensive health education curriculum. In an effort to address these issues in both the short and long term, we have designed a multi-faceted intervention program. This includes household visits, health checks, health education initiatives, health camps, and a train-the-trainer program.

As the Vice President of Team C, it was my responsibility to ensure the success and safety of our service trips to Nepal. During my tenure, I participated in three such trips - Project Namtar 5, Project Namtar 6 and Bharta 2, as well as Project Namtar 6.5 and Bharta 2.5, which lasted 10, 22, 11 days respectively. Before each service trip, my team and I undertook extensive preparations. This involved meticulously gathering all the necessary materials and resources for our planned interventions, recruiting both student participants and medical professionals from Hong Kong to ensure we were fully prepared. My primary role involved delegating responsibilities, organizing logistics, and communicating with external organizations. Overall, it was immensely gratifying, knowing that the efforts my team and I have put in have directly benefitted thousands of Nepalese villagers.

Of course, prior to my university studies, I had the opportunity to serve a variety of demographics, including the elderly, special education needs (SEN) children, and frontline workers during the peak of the COVID-19 pandemic in 2020. Each of these formative experiences further cultivated my passion for community service, ultimately driving my decision to explore opportunities beyond Hong Kong and reach communities I never imagined I would have the chance to assist.

Lastly, I would like to express my heartfelt gratitude to CUHK convocation for selecting me as the recipient of this award. This award will bolster my ability to continue pursuing impactful endeavors in the field of community service, allowing me to further contribute to the wellbeing of those in need



A picture taken at the start of Project Namtar 6 and Bharta 2 at the airport, consisting of Medical Outreacher Executive Committee members, recruited participants and an experienced nurse in humanitarian missions from Hong Kong.

(I am the 5<sup>th</sup> person from the left on the first row)



A picture taken after holding a health camp in Kalikatar, a rural village in Nepal.

(I am the 5<sup>th</sup> person from the left on the first row)