

UNCOVERING THE POWER OF GOOD DEEDS



#PAYITFORWARD MOVEMENT

BY ALODIA LYN

Pay It Forward has something more than a good deed, it is about what you share that brings a real change to society. The purpose of Pay It Forward is you can change someone else's circumstances for the better because the possibility of kindness are endless.

It is inspire generosity and compassion to one another. Helping others in need, especially those who are less fortunate than yourself, can provide a real sense of perspective and make you realize how lucky you are, helping you to achieve a more positive outlook on things that may be causing you stress.

Humankind is inherently social. We gain emotional and psychological strength from

connecting with other people no matter who they are, but the most important thing is your sincerity. When, however, we reach across the void and touch a stranger's life, the potent feeling of having made a difference fills our hearts just as much as it fills theirs.

This is one of the most powerful benefits of the #payitforward movement: it benefits both parties. You've left the world a slightly better place by leaving someone else's world a considerably better place. You truly never know what demons someone may be fighting. Your moment of kindness may just be the light in someones darkness, be kind.



"WORDS OF WISDOM" HOW DO YOU ACT FOR THE WORLD?

During this period of coronavirus outbreak, people from all over the world facing so many difficulties. We are facing challenges and uncertainties, but, all those things shouldn't stop us from create a good movement. This pandemic is a window of opportunities to make this world a better place.

Latest charity released by China Hong Kong Culture Exchange Association.

China Hong Kong Culture Exchange Association is a Non - Governmental Organization based in Hong Kong just released their charity as a #payitforward movement.



'Together We Can Change The World'



"LIFE HAS A VALUE ONLY WHEN IT HAS SOMETHING VALUABLE AS ITS OBJECT." - Georg Wilhelm Friedrich Hegel (1770 - 1831), 'Introduction to Philosophy of History', Words of Wisdom, 197.

This movement targets are secondary schools in Hong Kong and this book is for the students. "Words Of Wisdom" aims to educate HKDSE students in hopes they will be a future leaders in Hong Kong society. The positive effects felt by an individual could become the positive effects felt by the neighborhood, the city, the country and the world. The potential for change out there could be enormous.

Have you ever been the recipients of someone's pay it forward moment?

Let's make this movement together and spreading positivity.



Volunteering To Distribute Anti-virus Equipment For People With Challenge in Hong Kong.



Charity Event of Unleash Foundation.

BY ALODIA LYN

Coronavirus pandemic infected cases all around the world have increased during this Spring season. In Hong Kong, there are 683 reported cases (source: <https://www.worldometers.info/coronavirus/>), and people are suggested by Hong Kong Government to reduce social interactions and they released a new policy to prevent the virus for spreading further. During this period, we need to stay strong, encourage each other and this pandemic should not be an obstacle for us to spread positivity and kindness.

Unleash Foundation released their Charity movement on 29 March 2020.

Unleash Foundation distribute anti-virus equipment such as hand sanitizer and mask, also give free food packages for people with challenge in Hong Kong.

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Helping each other is our duty as a human. The joy of doing this movement is that we gain emotional connection between the volunteers and the recipients. This movement aims to encourage Hong Kong people with physical challenge and give them support because they don't have resources to get that equipment themselves. This charity event received a very good response from both parties. The volunteers feel the satisfaction of helping them, and the recipients feel the gratitude for receiving the anti-virus equipment, as Ms. Lo said "Thank you for your anti-virus bags. The volunteer sisters are nice. We need those materials."

This charity event is considered as #PayItForward movement and it is very touching especially during this pandemic outbreak. This charity support people to protect themselves and it helps reduce the infected people in Hong Kong society. In the omnipresence of such mass-scale threats, and the uncertainty and fear that accompany people right now that lead to new behaviors and beliefs, we still need to make a change even just a little things, it might be a huge contribution to society. Above all, we hope that this movement could inspire people to keep spreading good deeds and become contagious.



"A helping hand doesn't need to be big in size.. It is the Helping Attitude that matters the most!"

JOHNNY STONES



Unleash Power (UPOWER); New Established Social Enterprise In Hong Kong.

BY ALODIA LYN

Social enterprises are changing the way people do business - from a profit-driven model to one that builds communities. In Asia, social enterprises are receiving more attention as the region faces a development conundrum. We have seen tremendous growth in the past decade: Asia accounts for a quarter of the global GDP. However, some of the countries, for example in Hong Kong itself continue to struggle with high levels of poverty, unemployment, and inequality. Social enterprises exist to balance activities that provide financial benefits with social goals, such as providing housing to low-income families or job training.

UPOWER brings new color for Hong Kong society to be a new platform to advocate disability rights and build a society with inclusion and diversity. UPOWER aims to enhance disability rights through work inclusion, raise cultural awareness of disabled rights in Hong Kong and discover new employment opportunities for both disabled and employers. According to the findings of a survey conducted by the Census and Statistics Department in 2013, the employment rate of PWDs aged 15 and above was 13.6%, and that of the 43000 PWDs holding post-secondary qualifications among them was around 34.7% as well as the percentage of civil servants with disabilities had dropping from 2.1% in 2013-2014 to 1.7% in 2017-2018. According to the survey, UPOWER targeting to engage Youth (Secondary and University graduates) with physical challenge.



'To release and run at will'

Social enterprise could introduce a social innovation say in the production or consumption realm of the SE's enterprise processes, and deliver direct benefits to the targeted disadvantaged groups, which could be employment creation. Through crafting and putting in place an alternative economic system, an SE could create values that would diffuse across the entire community. While social innovation would still be crucial even more important features would be active participation by multiple stakeholder groups in

the creation and maintenance of the social and economic ties. UPOWER will provide a range of services for the community such as online networking for business and e-platform, training for personal development, talent management with coaching services and encourage the process of self-discovery and job referral. UPOWER hopes to continue, strengthen and grow the SE sector that would put even more emphasis on producing greater and deeper social impact for the disabled and the disadvantaged.



CLAP FOR HONG KONG!

Show our heartfelt appreciation in a massive applause for our COVID heroes, who have been working tirelessly to keep us safe.

8p.m. Friday, 3 April 2020
#ClapforHK #TogetherWeFightTheVirus


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Help to keep this HK #PayItForward Movement newsletter going by sending us donation!

Thank You for Your Support ~

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