

Volunteering and mentoring

Volunteering isn't just for the few. Almost everybody who volunteers feels better for it. School voluntary corps learn the habit early. They mix with people of very different ages and backgrounds, learning generosity and tolerance as they grow.

Corporate volunteers are in a special position. Their employers support their efforts as well as ours, seeing how much good can be done in the community. There is added-value too if they work side-by-side with the youngsters from our Youth Volunteer Network (VNET).

Getting advice from the right people at the right time is crucial and the young people value mentors highly. With HKFYG, mentors help young employees, entrepreneurs and – on the Heart to Heart Project they work with youth volunteers. They provide practical advice, psychological and moral support when it is needed on a one-to-one basis.

Visit www.hkfyg.org.hk/yvn or call Ms. Anna Lau of the Youth Volunteer Network, tel 2169 0032, to find out more about VNET and the *Heart to Heart Project*. Call Louisa Lau, tel 3113 7999 or visit www.u21.org.hk/ybhc for more information about *Youth Business Hong Kong*.

