

# 夢想，我曾經遇上

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每個人都有夢想，但是實現夢想的過程和結果就各有不同。可能你有實現夢想的結果，也可能你有更多未能成夢的理由。你的夢想是否只是偶然的想法，沒有真正去擁抱、去承諾和去執行？參與過今年五月舉辦的兩岸四地「Dream Expo 夢想啟航」，我有以下的反思及感觸：

二十一世紀的青年，精力充沛、激情四射；朋友是他們悲喜與共的伙伴，而父母則是他們想要努力掙脫的對象；家長與年青人的興趣同價值觀亦相差甚遠。

然而我相信，作為 80 後或 90 後的你，一定也會有夢想。也許，它們源於兒時的嬉戲（踏單車、扮醫生、砌模型...）；是你對家居的期望（私家房、向海、有露台...），是追星、是跳舞、是樂隊，是求學、是公益，是理想工作、或是環遊世界...？

那麼，你的夢想到底源於何時何人何物？你有志同道合的友人支持你的夢想嗎？你可曾向身邊的親朋好友表達過你的夢想？你是否有足夠的勇氣和信念來堅持你的夢想？對於你的夢想，父母是理解支持，還是反對阻撓？築構夢想，你有沒有大概的方向或是確切的目標？究竟夢想與現實能否兼容共存？你是在紙上談兵還是在潛移默化地推動向前？要夢想，就總會有點難度與不可能；那麼，哪些是環境資源的限制，哪些是你態度或能力的不足？你又應該怎樣做呢？

如果成就夢想對你有重大的意義；那麼，我建議你停下來作第一步嘗試 - 找些知音人，尋個啟航者，乘風破浪走！我們「和孩樂」的成長教練，願為你揚帆展翅，助你把握機會，抓住夢想，不枉走一趟無悔人生！

如果你真有決心，歡迎加入我們的 Dreaming Team，並可免費索取第一階段「夢想啟航問卷」一份，請電郵至 [touchbuddies@gmail.com](mailto:touchbuddies@gmail.com)，現在就開始活出夢想吧！

<http://www.youthexchange.org.hk/>

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# I used to have a Dream...

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Everyone has a dream; however, the process of development and result could be very different. Either you have RESULTS of the dream, or you have lots of REASONS of not making your dream come true. Perhaps your dream only flash by, you never embraced it, committed to it and execute it. After attending this year's 'Dream Expo' in May, I had the following reflection and realization:

The youth of the 21<sup>st</sup> century are full of energy and passion. They share their ups and downs with friends; but on the contrary, their parents take on controlling and suppressing roles. At this age, the need for parental guidance is far from the youth's thoughts. Well in that case, who will listen to their story of dreams?

I strongly believe that you, as a part of the 80s or the 90s generation, must also have dreams. Where does your dream originate? Is it inspired by innocent childhood games (such as cycling, dressing up as doctors, and building toy models...)? Do you dream about having your own property (like having a house by the sea or with a balcony...), dream about being a fan of a famous pop star, forming a dance group or even your own band? Would your dream be to acquire higher education, form a community charity, search for a suitable career, or even to travel around the world?

Whichever your dream may be, what kind of steps do you need to take to make it come true? Do you depend on someone for support? Have you tried to express your vision or dream to your family and friends? Do you have the courage to stick to your dream, and to follow it through? Is your dream and reality compatible and can they co-exist with each other? Are your parents your source of support or do they discourage you and hold you back from your dream? Do you have a general idea of how to move towards your dream? Or is your dream planned out step by step? Do you only talk the talk or do you also walk the talk? No matter what your dream may be, you will face hardships and barriers along the way: Are the barriers due to limited resources at hand. Or are they due to your attitude or incorrect approach to your goal? Are you able to pinpoint these problems? How can you make the impossible possible?

If reaching your dream is of great value to you, then I suggest you make the first step by discovering your motivation, and finding a guiding mentor and a supportive buddy! At "Buddies Station", our coach can help you by providing the resources and assistance you require to realize your dream and get it started! We can help you spot your opportunities and follow your dream courageously so that you can live a prosperous and meaningful life with no regrets.

If you are determined to accomplish your dreams, we warmly welcome you to join our Dreaming Team. You can begin your first step towards your dream by sending us an email at [touchbuddies@gmail.com](mailto:touchbuddies@gmail.com) to acquire our free "Dream Survey". Begin to LIVE your dreams today!

<http://www.youthexchange.org.hk/>

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