

## 聖誕節期間的小建議

又是一年的這個時候了，大學的考試已經結束了，暑假又來了。對於一些國際留學生和那些過去在原居國可以與自己的家人和朋友共同生活的移民來說，這是一段孤獨的時候。

所以，如果你沒有回國的話，你有什麼暑期的計劃嗎，或打算與朋友相聚嗎？或許你大多數的朋友都回國了，你不知道自己該做些什麼。

開心行動願意幫助你享受這段寶貴的時光。我們收集整理了一些小建議給你，這些小建議都是從今年的精神健康宣傳周的主題裏整理出來的，它們是一些可以贏得康樂的方法，這包括：付出愛心，保持聯絡，多做運動，愛好學習和關注周遭。這只是一些例子，我們相信你比我們更富有創造力。

第一次參加聚會對你來說也許會很難。所以記住要去尋求幫助，你可以問你身邊的人他們是否有和你有共同愛好的朋友。

### 付出愛心

有很多機構需要義工去幫助他人。如果你有奉獻的精神，你可以去離你家不遠的敬老院，問他們需不需要幫助。這只是其中的一個例子，有許多義工的組織需要有人加入，特別是在經濟衰退時期。

### 保持聯絡

去到你的地區社區中心，瞭解它們和更廣泛的社會在做些什麼。地區議會一定會組織一些活動，這包括：音樂會，美術展和其他活動。參加這些活動也會有機會更多瞭解你所居住的社區。

### 多做運動

在你自己的原居國，你有些什麼喜歡的運動嗎？例如：打羽毛球、乒乓球、游泳等。你知道在哪里可以加入本地的運動團體嗎？這樣你可以有機會多交朋友和認識本地人。

### 愛好學習

你會考慮過你想學些什麼嗎？歌唱？繪畫？樂器？學一門外語或提高你的日常英語對話？同樣，看一看你的地區社區教育中心，他們提供什麼課程。有一些課程的收費並不貴，而且你還有機會去交朋友。

### **關注周遭**

關注你周圍的事。你最近有閒暇時間看日落嗎？你會花些時間漫步在海灘上，享受紐西蘭的美景嗎？不要忽略生活中那些細小的事情，它們會非常有益于你的生活。

開心行動預祝我們的華人和亞裔社區有一個安全和愉快的假期。

## **Have yourself a merry little Christmas – in New Zealand**

It's that time of year again, when university exams are over and the summer holidays are here. This can be a lonely time for many international students and people used to living in a country where their family and social networks are present.

So, if you are one of those left behind this year, do you have any plans for a holiday or for getting together with friends? You may not know what to do if most of your friends have left the country.

Kai Xin Xing Dong would like to help you to use this time enjoyably. We have put together some tips based on the theme of this year's Mental Health Awareness Week: winning ways to wellbeing, give, connect, be active, learn and take notice. These are just some examples, and we believe you are much more creative than we are!

It might be hard attending any event for the first time. So remember to ask for help and talk to someone who might be close to you to get you in touch with people who might have the same interests as you.

### **Give**

There are many organisations that need volunteers to visit and help other people. If you would like to share the spirit of giving, you can visit the rest home closest to where you live and ask if they need a hand. This is just one example and there are many more volunteer organisations that need a hand, especially during the time of a recession.

### **Connect**

Find your local community centre and what they are doing with the wider communities. There will be many events being organized by the local council. This includes concerts, art exhibitions and other activities. Taking part in such things will also give you an opportunity to learn about the community that you are living in.

**Be Active**

Are there any activities you used to do in your own country that you enjoyed? Such as playing badminton, table tennis, swimming and so on. Do you know where can you join a local group for these sports? This will create you an opportunity to make new friends and local people.

**Learn**

Have you ever considered what you would like to learn? Singing? Painting? Playing a musical instrument? Learning another language, or even improving your daily English conversation? Again, have a look at your local community education centre on what courses they provide. Some of them are not that expensive and this will give you an opportunity to make new friends.

**Take notice**

Take notice of the things surrounding you. Have even taking time to look at the sunset lately? Have you ever taken time to walk on the beach and enjoy the beauty of New Zealand's scenery? Taking notice of the little things in life that we often neglect can be very beneficial.

Kai Xin Xing Dong would like to wish our Chinese and Asian communities a safe and wonderful season.