

何家塔社区活动展览 Hejiata Neighborhood Activity



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招募 Recruit

志愿者邀请居民参与社区活动

Volunteers invite residents to attend the community activities

活动 Activity

居民一起学健身操以此互相了解熟悉

Residents learn to dance for the first time enhancing their relationship

活动 Activity

志愿者教居民使用常用手机软件

Volunteers teach residents to use popular mobile phone app

活动 Activity

居民们在学习中国传统茶道文化

Teacher was teaching residents the traditional Chinese tea culture

活动 Activity

居民在开心地包粽子准备端午节

Residents are wrapping rice dumpling happily preparing for the Dragon Boat Festival

心得感悟

在这次活动中，我们深入社区，走到随迁老人的日常生活中，学到了许多，也感受到了很多。在社区工作人员的帮助下，我们与随迁老人一起进行了一些有趣的活动，有加乒乓球一类的小游戏，有学茶道，学苏州话，包粽子，老人们也愿意同我

随着城市的发展，大学生毕业更倾向于在大城市工作就业，安家。而他们的父母在退休后大多选择跟随子女。

这一现象普遍，其中也存在着很多的问题。随迁老人在老家都有自己的房子，当他们跟随子女居住大城市定居时，买房又再次成了他们肩头上的压力。往往他们随迁的那个城市房价更高。他们需要给自己买一套房子养老，也希望能给子女另买一套房子结婚。一位叔叔在和我们交流的时候就提到他随迁到苏州就是用贷款买的房。

随迁老人面临的另一个困难可能就是无法融入当地生活。他们听不懂当地的方言，与本地老人交流之间有隔阂。随迁对他们来说意味新的城市，新的挑战。他们前半生的关系网朋友圈都被打断了。他们大多需要在一个陌生，没有朋友的城市开始生活。

对随迁老人而言，子女是他们在这个城市最大的慰藉，然而由于工作的原因，子女也没有足够的时间陪伴自己的父母。因此，社区开展随迁老人这个项目也是希望通过一些活动，使社区里的老人互相了解，互相认识，让老人们可以更快的融入当地的生活。

经过这几回活动，我们发现很多老人是愿意参加这类活动的，他们愿意去分享自己的经历，每个老人身上都有着岁月累累的沉淀，有属于他们自己的独特的故事。

Feelings and experiences

This semester we went into the community, the daily life of migrant seniors as well; we learned and experienced a lot in this progress. Interesting activities operated between the migrant seniors and us such as Ping-Pong, Sado, Suzhou dialect teaching, Zongzi making with the help of community stuffs, elders were willing to sharing their experiences as well as feelings during these activities.

With the urban development, there is a tendency among university graduates to find a job and settle down in prosperous big cities; meanwhile, most of the parents choose to follow their child after the retirement of themselves.

This phenomenon is really common; despite there exist considerable problems. Migrant seniors have their own house/apartment in the hometown; however, when they follow their children move to another city, buying a house/apartment become a heavy burden to them again. What noteworthy is that the price of the house/apartment is notably higher. They need a place to support their late life, also wish to buy a new house for their children's weddings. A male migrant senior mentioned that he bought his house in Suzhou use loan from bank during our communication.

Cannot blend right into the local life could be another problem that migrant seniors faces. They do not understand the local dialect, which leads to the language barrier between them and the local elders. Migrant with their children to them means the new city, new challenge. Their social relationships accumulated in their first half of life are broken. Most of them need to restart their life in a strange city with acquaintance-lack condition.

To all the migrant seniors, children are the best spiritual comfort; however, their children do not have enough time to company them due to career stress of the young people. After several times implements, we found that lots of elder people are willing to participate this kind of activity, willing to sharing their life experiences. There is a reflection of accumulating time on them and they all have their own unique story to tell.

结语 Conclusion

这次何家塔社区活动，从最初招募的十多个随迁老人到第五次端午节活动有将近三四十个老人参与。这一路的变化也在证明着社区活动带来的影响力和这活动本身的意义。类似这样的义工活动在表面上看来虽不如那些学术研究那么高大上，但活动深层的意义却是无比重要。它更关注于每一个鲜活个体的心灵建设，从那些弱势群体到我们大多数人，从随迁老人到年轻的上班族。每一个人，每一个社区都需要被关注被理解。我们希望这样的活动不要停止，要一直延续下去，延续到各个社区，各个年龄阶段，拉近居民彼此的距离。

In this Hejiata neighborhood project, it was witness the trend that from the beginning only around 10 participants to eventually around 40 residents involve. This trend demonstrate the significance and influence of this project. Those volunteering works are not as challenging as the technical research but the inner spirit is so valuable. It focus on the each individual's inherence ranging from minority to the workers. Everyone, every neighborhood need to be concerned and understood. We hope that this project will keep moving on, extending to more neighborhoods and demographic groups.

