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Ho Yuen-kei's positive attitude and determination wins her the title of top 10 Regeneration Warriors

何宛淇同學堅毅奮鬥的精神，令她獲選為年度十大再生勇士

China Studies student Ho Yuen-kei named top 10 Regeneration Warrior

中國研究何宛淇同學榮膺年度十大再生勇士

Ho Yuen-kei, a Year 3 student of China Studies majoring in Sociology, was recently selected by the Regeneration Society as one of the Regeneration Warriors 2015-2016 for her unswerving positive attitude and determination to live a full life in spite of her severe illness. Her inspiring story has raised public concern and support towards people with chronic diseases or disabilities.

Yuen-kei suffers from congenital spinal muscular atrophy, yet this physical hindrance did not extinguish her passion for life nor her desire to make a difference. However, this was not always the case: when Yuen-kei was a child she lacked confidence and was hesitant about trying due to her illness. She gave up many opportunities for fear that her physical disabilities would cause inconvenience to others. Things changed dramatically when she took up the sport of boccia in secondary school and as a member of the Hong Kong team, she represented the HKSAR in international competitions and won numerous awards. She began to understand that as long as she is eager to try, the experience obtained through the process is far more important than the outcome. She also realised that opportunities always exist and persistence can overcome obstacles and challenges.

Yuen-kei was surprised and delighted to receive such a recognition. She expressed her gratitude to her secondary school for its nomination, the University for its support, and her family and friends for their assistance. She said: "The award brings not only a huge recognition of my accomplishments, but also a sense of responsibility. I hope that through sharing my personal story and experience I can positively influence lives."

The annual award is jointly organised by Hang Seng Bank and Regeneration Society to recognise people with chronic diseases who exhibit persistence, positive attitude and unquenchable vitality when overcoming hardships and by doing so have set good examples which encourage the community and people with disabilities to live a fruitful life.

For Yuen-kei's words of encouragement, please visit:

<https://www.facebook.com/hoyuenkei.hk/videos/1367238613321619/>.

中國研究社會學專業三年級何宛淇同學最近獲再生會選為2015-2016年度十大再生勇士，表揚她以個人積極抗病的經歷和堅毅奮鬥的精神，促進大眾社群對長期病患者和殘疾人士的關注和支持。

宛淇患有先天性脊髓肌肉萎縮症，然而身體上的缺陷無損她對生命的熱誠。她自小因病患欠缺自信，怯於嘗試，怕自己行動不便會影響他人，因而放棄了很多機會。後來，宛淇於中學開始接觸硬地滾球，曾代表香港參加不少世界公開賽並獲獎無數，令她明白到只要願意嘗試，從過程中得到的得著，比成敗更為重要；同時遇到障礙時亦不應輕言放棄，定要堅持下去。

宛淇對獲獎喜出望外，特別感謝她中學母校的提名和大學的支持，以及家人和朋友的幫忙。她說：「獎項帶來榮譽的同時亦多了一份責任，希望能與別人分享自己的經歷和故事，以生命影響生命。」

這項年度獎項由恒生銀行與再生會合辦，旨在表揚長期病患者克服困苦的奮鬥精神、積極態度和卓越生命力，以激勵社會人士與其他殘疾人士積極自強。有關宛淇的勵志分享，可瀏覽網頁：<https://www.facebook.com/hoyuenkei.hk/videos/1367238613321619/>。