

# “肖像援梦队” 为弱势群体 捕捉美丽时光

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拍照，对许多拥有智能手机的年轻一族来说，是件再简单不过的事。对于社会上较弱势的群体而言，拍照却未必是他们能轻易享有的乐趣。

本地年轻业余摄影师陈冠中（27岁）四年前发起“肖像援梦队”（Help-Portrait）计划，汇集一群摄影爱好者，用相机为社会上的弱势群体捕捉生活中珍贵时刻，散播温暖。

陈冠中说，“肖像援梦队”是五年前在美国冒起的运动，由摄影家杰里米·科沃特（Jeremy Cowart）发起，让摄影师使用专业技术，帮助有需要的人拍下生活中的宝贵镜头，免费打印照片送给他们，以此回馈社会。

帮人拍照，看似简单却又充满善意的举动，至今已在各地掀起风潮，目前已有67个国家有“肖像援梦队”。各地的摄影师、录影师、发型师和化妆师，每年12月也会齐心协力，举办大型的世界性活动，为当地弱势群体送出超过28万幅照片。



“肖像援梦队”为临终护理病童家庭拍摄全家福。

在圣淘沙名胜世界采购部门担任执行员的陈冠中，几年前听说“肖像援梦队”的活动，于是在2009年将它带到本地。第一年，他召集一群摄影爱好者和义工，为新加坡妇女组织理事会（SCWO）属下“Star Shelter”的家暴受害者照相。隔年，他们为一家养老院的乐龄人士服务，2011年他们再度和“Star Shelter”合作举办照相活动。去年，团队与“黄丝带计划”（Yellow Ribbon Project）联手，为100多名前囚犯拍摄护照照片，让他们在求职时有照片能用。

团队今年在HCA慈怀护理“星光友伴”（Star PALS）的支持下，上周六（7日）在裕廊飞禽公园为20名临终护理病童家庭拍摄全家福，为他们留下温



陈冠中（前排中）四年前在本地发起“肖像援梦队”。

馨动人的画面。

陈冠中说：“简单一张全家福就能给病童和家人带来微笑，这就是这项活动最有意义的地方。对这些病童来说，与家人度过的一分一秒都非常珍贵，所以我们希望为他们留下一幅永恒的画面。”

“肖像援梦队”的活动通常有五六名摄影师和20多名义工参与。今年的活动由于获得HCA慈怀护理的协助，有200多名义工参加。

**“但对社会上某些社群来说，能够和家人团聚在一起合照，是件无比幸福的事。……简单的一张全家福，就能给病童和家人带来微笑，我想这就是这项活动最有意义的地方。”**

——本地“肖像援梦队”发起人陈冠中

是什么样力量推动着陈冠中和团队每年坚持这项活动？他说：“现在的年轻人人手一机，拍照只是举手之劳，但对社会上某些社群来说，能够和家人团聚在一起合照，是件无比幸福的事。”

“身为业余摄影师，我们既然有这个能力，就应该尽力帮助弱势的一群，把爱心和温暖传播出去。”

（星光友伴和肖像援梦队提供照片）

**“Help-Portrait”**  
**Capturing beautiful moments for the disadvantaged**  
Reported by Deng Hua Gui

Taking photographs is a most simple act to many from the young generation holding a smart phone. However, to the socially disadvantaged, it may not be something that they can readily enjoy.

Local young amateur photographer Tan Guan Chong (27) started the “Help-Portrait” movement here four years ago, forming a group of photography enthusiasts to spread care and warmth by capturing precious moments for the disadvantaged.

Tan Guan Chong said that the “Help-Portrait” is a movement initiated five years ago in the United States by photographer Jeremy Cowart. With their expertise, photographers capture precious moments in life for those in need and deliver the printed photographs free-of-charge as a way of giving back to the society.

The seemingly simple act of taking photos for others is filled with kind thoughts and the movement has become a trend in many countries. At the moment, “Help-Portrait” has set foot in 67 countries. Every December, the photographers, videographers, hair stylists and make-up artists all over the world will also jointly organised a global event where more than 280,000 photos were taken and given out to the local people in need.

Tan Guan Chong, an executive in the procurement department of Resort World Sentosa, came to know about the activities of “Help-Portrait” a few years ago and eventually started the movement here in 2009. In the first year, he organised a group of photography enthusiasts and volunteers to take photos for victims of family violence from the “Star Shelter” under the wings of Singapore Council of Women's Organisations (SCWO). The following year, they extended their help to the elderlies in a home for the aged. In 2011, they worked with “Star Shelter” again for the photo-shooting event. Last year, the team joined hands with “Yellow Ribbon Project” and took passport photos for more than 100 ex-convicts so that they can use them for job applications.

This year, with the support of HCA Hospice Care Star PALS, “Help-Portrait” took family portraits for twenty families with young patients under palliative care at the Jurong Bird Park last Saturday (7<sup>th</sup> Dec), helping them capture precious and touching moments in their lives.

Tan Guan Chong said, “A simple family portrait will bring on smiles to the young patients and their family members. This is the most meaningful part of the activity. To these young patients, every minute spent with their family counts, so we hope to help them leave a lasting image of their precious moments together.”

There are usually 5 to 6 photographers and over 20 volunteers taking part in the activities of “Help-Portrait”. With assistance from HCA Hospice Care, more than 200 volunteers took part in this year’s event.

So what motivates Tan Guan Chong and his team to continue with the yearly event? He said, “These days, young people are armed with a handphone each and taking photos are just a touch away. However, for some people in the society, to be able to spend time with their family members and take a family portrait is something they cherished and feel grateful about.”

“As amateur photographers, we should do our best to spread love and warmth to help the disadvantaged in the society with our skills and expertise.”

*“However, for some people in the society, to be able to spend time with their family members and take a family portrait is something they cherished and feel grateful about.... a simple family portrait will bring on smiles to the young patients and their family members. This is the most meaningful part of the activity. ”*

- Tan Guan Chong, founder of “Help-Portrait” in Singapore

Photo captions:

<i>“Help-Portrait” taking a family portrait for the family of a young patient under palliative care.</i>	<i>Tan Guan Chong (front row, middle) started “Help-Portrait” in Singapore four years ago.</i>
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