

# KELY SUPPORT GROUP ANNUAL REPORT 啟勵扶青會年報 2021



**KELY**  
SUPPORT GROUP  
啟勵扶青會

**30** YEARS OF 扶青三十載  
YOUTH EMPOWERMENT

# CONTENTS

## 目錄

# 4

MESSAGE FROM THE CHAIR  
& EXECUTIVE DIRECTOR  
主席及行政總監的話

# 6

30 YEARS WITH KELY  
與啟勵走過三十年

# 12

CELEBRATING  
30 YEARS OF IMPACT  
慶祝扶青三十年成果

# 16

OUR IMPACT  
我們的成就

# 41

FINANCIAL HIGHLIGHTS  
財政摘要

# 42

PEOPLE AT KELY  
啟勵成員

# 44

ACKNOWLEDGEMENTS  
鳴謝

# 50

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齊來參與

KELY Support Group does not receive any government subvention. Your generous donation will enable us to offer programmes around Drug and Alcohol Awareness, Mental Health and Wellbeing and Positive Youth Development to youth in need.

啟勵扶青會是非政府資助的慈善機構。您的慷慨捐助，可讓我們在精神健康、藥物及酒精意識，以及正向青年發展三方面，為有需要青年提供核心服務。

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## Moments of Impact

### 啟勵・一刻

# “

## A Girl Named Kelly 名叫「Kelly」的女孩

30 years ago, I watched as people around me died from addiction, and I responded in the best way I knew how. On any given night, I would be in a park where drug addicts were known to hang out, sent out by concerned parents to find their missing kids and help them detox. And once a week, I hosted an informal meeting in my living room for more than a dozen strangers, a mishmash of young people from all walks of life in Hong Kong, who shared one thing in common: a struggle with addiction.

The issue of addiction is personal for me. Growing up, I had watched my father struggle with heroin addiction. Even though it wasn't obvious from the outside, I saw the impact on him and our family, but we didn't know how to help him. Later, when I was a teenager, I started drinking to self-medicate. I found it to be very numbing and it made me forget about things going on in my own world.

When my drinking spiraled out of control, my family sent me to a rehabilitation center in the U.S. I was the only teenager there - everyone else was much older than I was, so it was hard to relate. I was only meant to be there for four weeks, but ended up staying an additional three weeks, because my story was less extreme than the adults in the programme, and they didn't think I was being honest about my experience.

After I went back to Hong Kong, I came across an article in the South China Morning Post about heroin overdoses amongst expat youth. It was great that he was highlighting this major problem, but there was a disconnect, because I knew from my own experience that there wasn't any support specifically for young people and that drug use was such a taboo subject that kids were

scared to ask for help. I contacted the reporter, Barry Grindod, to share my own story.

In February 1991, my story was published in the SCMP under the pseudonym "Kelly". The response was overwhelming. Barry and I received calls from young people who had nowhere else to turn, from family members who were burdened with the shame of a loved one's struggle with addiction, and from parents desperate to help their children.

I was barely 20 years old when I organised weekly "Kelly support group" meetings. It was a safe space - those who came didn't feel judged or preached to. I started it as something to save kids that I saw were drowning. For a lot of them, it was a lifeline. Soon, I was also getting requests from schools inviting me to speak to their students. It wasn't a drug class, it was an authentic sharing from someone who had been through it, so the students felt safe.

As more and more people contacted us for help over the first few months, we knew that we would have to formalise our group. We became officially incorporated as a nonprofit organisation, KELY Support Group (an acronym for Kids Everywhere Like You). Since then, KELY has grown and evolved to meet the needs for each new generation, but the heart of it is still the same. Looking back, the story of KELY is so simple to me. The story of KELY is about a girl named Kelly who cared a lot about the city that she lived in and the people who were dying from addiction.

三十年前，幾乎每一個晚上，我總會在充斥著癮君子的公園徘徊，我不是尋找失去縱影的青年，就是在電話上勸阻年輕人莫要酗酒或吸毒。每星期，我又會抽一天時間，將我的家開放予十多名陌生青年作庇護所。這群年青人來自五湖四海，但都同樣面對藥物或酒精成癮的問題。

**Samantha Martin**  
Founder  
創始人



我對此並不陌生。小時候，我便親眼見證著我的父親沉淪海洛英。到了青春期，我開始以酒精麻醉自己。因為我發現喝酒可以讓人麻木，然後我就可以藉此忘卻現實。

但後來，我酗酒的問題日漸失控，我被送往美國一所復康中心療養。當我成功戒酒後，我發現我與中心內認識的人有一定疏離感，因為他們大部分都比我年長許多。

我回港後，在《南華早報》讀到一篇報導，指愈來愈多外籍青年在香港吸食海洛英。我主動聯絡撰寫有關報導的記者Barry Grindod，向他分享自己的故事。根據自身同朋輩的經驗，我意識到香港青年未有得到足夠支援。而當他們真的希望得到幫助時，他們都不願向父母或老師訴說這個難題。

1991年2月，我以化名Kelly刊登於《南華早報》的故事，馬上獲得廣泛關注。我和Barry接到不同人士的來電，包括求助無門的年青人、因親人有上癮問題而感到難以啟齒的家庭成員，以及熱切希望能夠幫助孩子擺脫成癮問題的父母。

那時我才剛20歲。我開始每周主持「Kelly Support Group 聚會」，他們在分享期間得到安全感，因為其他人不會評論或責備他們。對於那些想被拯救的年青人而言，我們所做的一切彷彿為他們駁通求救熱線。隨著向我求助的青年愈來愈多，互助會亦開始得到學校的關注。而我亦被學校邀請，來跟學生作分享。由於我只是以過來人身份作分享，這個非藥物教學班讓學生們感到滿滿的安全感。

互助會隨後被更名為KELY Support Group啟勵扶青會（KELY是Kids Everywhere Like You的縮寫，中文意為「像你一樣的青年無處不在」）。在短短數月之間，啟勵被官方承認為非牟利機構，為青年不斷增加的需求提供足夠支援。自此，啟勵不斷成長，抱著支援青年朋輩的初衷，以回應新世代的需要。回望過去30年，啟勵的故事其實一語道破：「一個名為Kelly的女孩很關心她身處的城市和所有受困於上癮問題的人。」

# ”



# MESSAGE FROM THE CHAIR & EXECUTIVE DIRECTOR

## 主席及行政總監的話

2021 was a year of celebration and reflection for us at KELY. In some ways, the idea of celebrating felt strange to some of us – as we continue to face an uncertain future here in Hong Kong, as we continue to fight a pandemic around the world. But if anything, these difficult times have taught us the importance of celebrating milestones and reflecting on how we must adapt to meet the present moment. Our 30th anniversary gave us the opportunity to celebrate how far KELY has come and reflect on where we might go next.

對啟勵扶青會而言，2021年是值得慶祝但又需要反思的一年，有人或許會對慶祝這個說法感到詫異——畢竟香港未來未知何去何從、全球應對抗新冠肺炎亦未見盡頭。惟艱辛的日子裏，我們學懂在慶祝一個又一個里程碑的同時，亦要思考如何適應當前的環境。啟勵成立三十周年正好是一個契機，讓我們為過去多年的扶青歷程好好慶祝之餘，不忘探索啟勵未來的發展路向。



Working in prevention can sometimes feel discouraging because we don't often see the immediate impact of our work. Only time can tell whether we have made a difference, whether we've truly been able to change the trajectory of a young person by equipping them with the skills and knowledge needed to navigate through the various pressures of growing up. So for our 30th anniversary, we were proud to celebrate the journeys of young people who we have had the privilege of impacting. Over the past three decades, we have walked alongside thousands of young people as they grew up and tackled challenges along the way. With KELY's support, they were able to get to know themselves better, develop their strengths, and learn invaluable life skills. In this annual report, we are very honoured to share some of their stories with you.

We also celebrated our achievements, especially KELY's strong history of taking innovative approaches to supporting young people and being recognised by international organisations such as UNESCO for our work. KELY has always been unafraid of trying new things to meet the evolving needs of young people, and in this report, you'll read about our many 'firsts', and how those pioneering initiatives have grown beyond just KELY's participants to impact the wider community. As we look forward

to the next 30 years, we want to take what we've learned from those new approaches to create sustainable solutions for supporting young people. We hope that what we build will not only benefit future generations of young people, but will also benefit the larger community of those working to support young people.

What has defined KELY's work thus far is our commitment to being for youth, by youth. Throughout the years, we have let the needs of young people guide our work, and we have intentionally engaged them as a key support for their peers. In the next few years, we are excited about partnering with young people to lead our work and to drive the future of KELY's support for young people.

Finally, we also celebrated you, our community. Whether as staff, volunteers, donors, partners, or otherwise, we are deeply grateful to each and every one of you for being a part of our story and for making KELY the organisation it is today. We are firm believers in peer support and each of you have been a valuable peer to KELY – contributing your skills, experiences and resources to support us in times of need.

With deepest gratitude,

**Sky Siu, Executive Director & Fern Ngai, Chair**



**Sky SIU**  
**蕭加欣**  
Executive Director 行政總監

**Fern NGAI**  
**魏余雪奕**  
Chair 主席

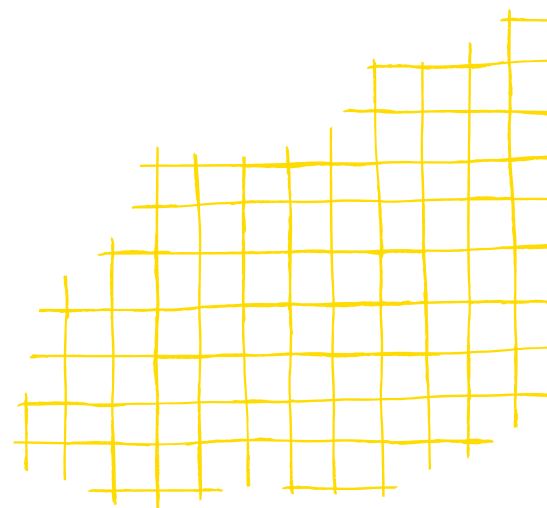
啟勵專注的預防工作有時會令人感到洩氣，因為這些工作往往難以立見成效。我們只能持之以恆地投放時間到青年工作，傳授年輕人所需的技能和知識，幫助他們在成長路上跨越各種壓力。久而久之，大家方能知曉我們所下的工夫能否改變他們的成長軌跡。藉此周年慶，我們很高興能夠和大家慶賀和分享啟勵曾經支援青年之故事。在過去三十年，我們與數以萬計年輕人同行，陪伴他們成長及面對種種挑戰。在啟勵的支援下，他們對自己有更深入的了解、培養與發揮自己的長處、以及學習必要的生活技能。我們很榮幸能透過這份年報，與你們分享一些年輕人的成長故事。

我們亦希望慶祝啟勵歷年的成就，特別是過去為支援青年而實踐的諸多創新手法，以及啟勵的青年工作獲得聯合國教科文組織等國際機構的認可。啟勵一直勇於創新，以應對年輕人不斷轉變的需求。我們將會在這份年報中，與你分享啟勵多個「第一次」，以及這些原本只針對啟勵服務受眾的創新倡議，如何被推展到廣大的社區層面。展望未來，我們會總結這些創新想法的實踐經驗，去蕪存菁，就青年支援工作的難題構想可持續的良方。我們希望啟勵的工作不僅能幫助新一代的青年，亦可惠及其他同樣有志支援青年的廣大同道。

啟勵扶青會一直以服務青年為己任，並積極推動由青年主導的扶青工作。多年以來，我們因應青年的需求制訂工作方針，並著意邀請他們參與我們的工作、成為同輩的重要支柱。我們熱切期待在未來數年，繼續與年輕人攜手實踐和推動我們未來的工作。

最後，我們亦希望鳴謝正讀着這份年報的每一位，不論是啟勵的員工、義工、捐助者、合作夥伴，以及任何支持啟勵的社會人士，我們衷心感謝你們每一位，成就今天的啟勵。同道相益，我們深信來自同道的支援對我們的青年工作有着重要的作用。各位每每在我們有需要的時候貢獻技能、經驗和資源，啟勵有着諸位重要夥伴的支持，實在不勝榮幸。

行政總監 **蕭加欣** 及  
主席 **魏余雪奕**



# 30 YEARS WITH KELY 與啟勵走過三十年

## For Youth, By Youth 與青年同行 促朋輩互助



### 1991

In 1991, our founder Samantha Martin, barely in her 20s at the time, hosted a support group in her family living room for young people struggling with addiction. Driven by her own personal experience with addiction and her firm belief in the power of peer support, Samantha was determined to create a safe space for young people from all walks of life to find the help they needed.

在1991年，啟勵創辦人Samantha Martin在她年僅20多歲時，在家中為有藥物及酒精成癮問題的青年舉辦了一個互助小組。因着其自身藥物成癮的經驗，加上深信朋輩支援的重要性，Samantha因而決心為青年創造一個安全的平台，讓他們適時找到幫助。

### 2003

In 2003, we launched a teen publication, Match Magazine, as a platform for young people to share their perspectives with each other and the wider Hong Kong community. Through the magazine, we engaged 130+ young writers and creators, and we reached 500+ schools, youth agencies, and public libraries.

在2003年，我們首度出版青年刊物《Match》，以此作為幫助青年與香港社群分享心聲的平台。該刊物由本港超過130名中學生共同創作，並於500所學校、青年機構，以及公共圖書館派發。



In 2021, we celebrated 30 years of KELY's impact in Hong Kong and beyond. While KELY has evolved over the years to respond to the needs of each new generation, our motivation has remained the same: to empower young people to reach their full potential.

在2021年，我們慶祝啟勵立足香港30年來的發展。多年來啟勵一直與時並進，回應及支援每個新世代的需要。而啟勵一直毋忘初心——致力啟發青年潛能，讓其盡展所長。

### 2018

In 2018, we partnered with two ethnic minority youth to present their multimedia project, "Own Voices: Breaking Stereotype". The project featured documentary-style videos and photographs, highlighting stories of ethnic minorities in Hong Kong in their own voice and challenging racial stereotypes.

在2018年，我們與兩名居港少數族裔青年合作，展示他們自行製作的多媒體作品《Own Voices: Breaking Stereotypes》。作品包括紀錄片和照片，呈現在港少數族裔的真實故事，以打破種族定型。



### 2019

In 2019, together with another community organisation Mind HK, we worked with young people with personal mental health experiences in organising the Coolminds Youth Summit to create conversation around mental health among youth in our city.

在2019年，我們與另一社區組織Mind HK合作，與曾經歷精神健康問題的青年大使共同策劃Coolminds「香港青年高峰會」，與青年一同探討精神健康議題。



Today, we continue this tradition of amplifying youth voices through our podcast, This Hong Kong Life. Launched in 2020 and with five seasons under our belt, we're proud to highlight stories of young people from different backgrounds across Hong Kong.

時至今天，我們傳達青年聲音的傳統不變。透過播客節目《香港生活》，我們繼續讓不同青年發聲。節目於2020年首播，現今已經進入第5季，每集均為聽眾帶來不同背景青年的成長故事。



## Pioneering Spirit 創新精神

We've never been afraid of trying something new and our history is dotted with "firsts". In 1991, KELY was the first NGO in Hong Kong dedicated to drug and alcohol prevention specifically in youth. Although other organisations were doing fantastic work in the area of drug and alcohol use, they were largely focussed on the experiences of adults, and our founder saw a gap in support for young people..

我們一直勇於接受新嘗試，歷史中不乏無數個「第一次」。在1991年，KELY成為香港第一個專注於預防青年濫藥和酗酒工作的非政府組織。儘管其他組織在濫藥和酗酒方面的工作相當出色，但他們主要服務對象為成年人。而我們的創辦人看到這一缺口，展開了對青年的支援。



### 1998

In 1998, KELY's team decided to start the bilingual "KELY Circus School", teaching Stilt-Walking, Juggling, Fire-eating and more to a group of teenagers from local and international schools. An article in the SCMP Post Magazine was written about the School working with youth in the Tai Tam Girls Correctional Centre and in 2002. Cirque du Soleil saw this and sent a trainer from their Cirque du Monde programme to train up all of KELY's staff in strengthening the programme. In 2007, KELY became a Community Chest member, with today's Get Positive! Programme.

在1998年，啟勵團隊決定創辦雙語「KELY Circus School」，向來自本地和國際學校的青年教授高蹺、雜耍和吞火等。《南華早報 Post Magazine》曾報道 KELY Circus School 在 2002 年與大潭女子懲教中心的青年合作。太陽馬戲團讀到這篇文章後，透過他們的「Cirque du Monde 計劃」，派出一名導師為啟勵所有員工提供培訓，藉此加強該計劃。在2007年，啟勵成為公益金會員，並展開了今天的「成功在望！」計劃。

### 1999

In 1999, the Narcotics Division of the HKSAR Government invited KELY to design and deliver drug education programmes in local primary and secondary schools, bringing much-needed age-appropriate drug awareness and education to young people across Hong Kong.

在1999年，香港特別行政區政府保安局禁毒處邀請啟勵為本地中、小學設計和展開藥物教育項目，為全港青年帶來適時及適齡的教育，提高他們對濫藥的意識。



### 2011

In 2011, we rolled out SOSKELY at Hong Kong's largest sporting event, the Hong Kong Sevens, where our outreach team and volunteers created a safe space for young people to get help, rest and recover, and engage in fun, substance-free activities. This was the first harm reduction programme of its kind at a large-scale event and today, it's hard to find a major sporting event or music festival where SOSKELY isn't present!

在2011年，我們在香港最大的體育賽事「香港國際七人欖球賽」推出SOSKELY。當中我們的外展隊和義工為場內青年提供了一個安全地方，讓他們獲得適時協助和歇息機會，同時亦可參與有趣和零酒精的活動。這是第一個在如此大型賽事中舉行的緩害活動。時至今日，在各大型體育及音樂盛事，均可找到SOSKELY的身影！



### 2014

In 2014, we launched Talk2Me IM, a pilot bilingual WhatsApp helpline for young people in need of emotional and psychological support during a critical period of uncertainty in Hong Kong's history - the first of its kind to harness new communication channels to support young people. Our team of experienced counsellors and psychologists provided immediate support, conducted quick mental health assessments, and offered referrals to additional services where needed.

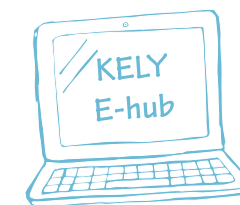
在2014年，我們推出先導項目Talk2Me IM，透過WhatsApp雙語輔導服務熱線，在當時香港充滿不確定性的時刻，為有需要的青年提供情緒和心理支持。這亦是我們第一次善用全新溝通渠道支援青年。團隊由經驗豐富的輔導員和心理專家組成，為青年提供即時支援，進行快速精神健康評估，並轉介有需要的青年接受進一步服務。



### 2021

In 2021, driven by the need of online and hybrid offerings to schools, we piloted an online platform offering social and emotional learning modules including our drug & alcohol workshops in digital format. The KELY E-hub is one of the few youth centered online platforms offering workshops & training of this kind.

在2021年，為回應學校對網上及混合模式培訓的需要，我們試行一個網上學習平台，提供網上社交和情緒教育課程，當中包括我們的濫藥和酗酒工作坊。啟勵 E-hub是少數以青年為中心，提供此類工作坊和培訓的網上平台。



## Research-Driven 研究為本

### 2011

In 2011, we kicked off our Stand Up and Say Something! Research – youth-driven research that was the first of its kind in Hong Kong, where young people could determine the issues they cared about and how they wanted the issues to be heard and addressed. The first series of research focused on supporting youth who might be vulnerable to drug abuse.

在2011年，我們展開首個由香港青年作主導的研究調查《企出嚟話我知你諗乜》，由青年擬定其關注的議題及建議。第一個研究系列的焦點為支援容易墜入濫藥危機的青年。

Today, we continue to keep our ear to the ground through regular youth surveys. Our hope is not only to use the data to improve our programmes, but also to share findings with the wider Hong Kong community so that we can collectively build a better future for today's young people.

時至今日，啟勵繼續定期透過青年調查，耳聽八方。除了透過研究結果提高我們的項目質素外，我們亦希望藉着與香港社群分享資訊，共同為青年建立更美好的將來。



### 2015

In 2015, we launched Operation Big Bird, an investigation of youth accessibility to alcohol in Hong Kong. Over the two years of data gathered from 'mystery shopper' operations and surveys, we found that there were few restrictions on young people purchasing alcohol, and ID checks were few and far between. This data was key to our advocacy efforts, in 2018, the Hong Kong government enacted a new law to restrict the sales of alcohol to minors across retail stores in Hong Kong.

在2015年，我們展開Operation Big Bird項目，旨在調查青年在香港接觸酒精的機會。經過兩年從「神秘顧客」行動和問卷調查所搜集的數據顯示，青年在購買酒精飲料時面對甚少限制，檢查身份證更屬少之又少。這些數據均成為我們展開倡導宣傳工作的關鍵資訊。2018年，香港政府頒布一項新法例，限制本港零售商店向本港未成年人士販賣酒類飲品。

## Moments of Impact 啟勵・一刻

“

### The Power of the Pen 筆桿的力量

As a lifelong journalist, I can say that a journalist's most important asset is his contacts. In January 1991, I was working as a journalist for the South China Morning Post, when a police contact reached out to me with a tip about a spike in heroin overdoses amongst expat youth. He asked if I would write an article about it to help raise awareness about the issue and hopefully deter young people from the dangers of drug use.

Almost immediately after the article was published, I started receiving calls from parents of addicts looking for help, teenagers who saw their peers struggle with drugs, and from young addicts themselves. The response was so tremendous that my editor agreed to run a weeklong series called "Drug Watch" to highlight the different perspectives of those touched by the drug crisis. One of the people who reached out to me was a young woman who had become addicted to alcohol at 15 years old. She shared her story (under the pseudonym of "Kelly") of addiction and recovery, hoping that it would resonate with other young people who were struggling, but didn't want to confide in their parents or teachers. The article referred students to a peer support group at Kelly's home.

Drug Watch was only meant to run for a week, but I ended up writing more than 150 articles over nine months. Because of this, people who were impacted by the drug epidemic would reach out to me – some wanted to share their story, and some just needed to talk. Word passed from teenager to teenager – here was somebody who could be trusted, who would not inform the police or the school and, most importantly, would lend a sympathetic ear to what they had to say.

30 years later, I can honestly say that the Drug Watch column is one of my biggest achievements as a journalist. We exposed the widespread nature of drug use in Hong Kong and established very quickly that no family in Hong Kong could afford to be complacent. We also helped to expose drug-pushing schemes and highlight particularly lethal strains of heroin being used on the streets. I will never forget the individuals I came across, like the young addict who shared his dreams of one day becoming a journalist. I told him not to wait, to "start now" by writing a story about his experience. I didn't think anything would come of it, but a few days later, I received a story from him and we printed it in the SCMP!

Because of my work, I became close to the KELY team in those early days. Through Drug Watch, I helped to publicise information about the peer support meetings and and later the hotline. I also personally referred any young addicts I met to KELY. A few months after that first article, KELY needed startup cash to transition from a volunteer group to a professional organisation, so I wrote an article to help drum up support in the community.

I'm very proud of what we achieved, what KELY achieved. The work that KELY did saved lives and helped a lot of people. Drug Watch had its moment and it did a load of good. KELY, on the other hand, stood the test of time.

我做了半輩子記者，認為人脈是當記者最重要的資產。1991年1月，一名警察突然找上時任《南華早報》記者的我，他告訴我，香港外藉青年吸食海洛英的情況急速惡化，希望我能就此寫一篇報導，喚起大眾的關注和勸阻青少年吸毒。

相關報導刊登後不久，我馬上接到不少人來電求助，包括有濫藥青年，以及他們的父母和朋友。由於整個報導的回應十分熱烈，編輯決定展開為期一周的「Drug Watch」專欄，以多角度呈現不同年輕人濫

Barry Grindod  
Journalist  
新聞從業員



藥的故事。其中一位主動聯絡我的受訪者，是一名在15歲時酗酒的女孩。她以化名「Kelly」分享她從酒精成癮至康復的故事，她希望這會引起受藥物及酒精困惑中，卻不願向父母和老師敞開心扉的年青人之共鳴。我在報導中提及到Kelly在自己家中成立的朋輩支援小組，演變為讓有需要年青人求助的平台，也就是後來正式成為非牟利機構的「啟勵扶青會」。

「Drug Watch」專欄原意只會刊登一周，但最後卻花了我超過九個月時間，摘寫出超過150篇文章。也因如此，不少受毒品影響的人都主動聯絡我——有的會向我分享他們的故事，有的則只想找我聊聊天。一傳十、十傳百，不少人逐漸視我這個專欄為一個傾訴平台。他們認為我是一個可以被信賴的人，我不會把他們告訴我的事告知警方或學校；而更重要的，是我願意以同理心聆聽他們。

三十年過去，我可以說「Drug Watch」專欄是我在記者生涯中，最大的一個成就。報導揭示香港吸毒問題的廣泛和嚴重程度，讓香港大眾不敢掉以輕心。我們也拆穿毒品拆家的計謀，並聚焦於一種普及而又致命的毒品——海洛英。我永遠不會忘記從這個專欄而所認識的所有人，例如，有個年輕吸毒者告訴我，他將來想要成為一個記者。我告訴他，不要再等了，現在就馬上行動，立刻拿起筆寫下自己的故事吧！當時我並沒有想太多，誰料數天過後，他親筆摘寫的故事還真的刊登在《南華早報》中。

也因為我的工作，我與啟勵團隊在早期緊密合作。透過「Drug Watch」專欄，我幫忙發佈有關朋輩支援小組和熱線的資訊。我個人也會轉介一些吸毒青年前往啟勵。幾個月後，啟勵需要一筆創始基金，讓其從一個義工小組轉型成一個專業機構，所以我也為此寫了一篇文章，推動社會支持其成立。

我為我們和啟勵的成就感到自豪。啟勵的確拯救了很多生命。「Drug Watch」專欄有過其光輝時刻，而啟勵經過時間的考驗，仍然繼續茁壯成長。

”



# CELEBRATING 30 YEARS OF IMPACT 慶祝扶青三十年成果

In 2021, we celebrated KELY's 30 years of impact with a series of events and special initiatives. Below, you'll read about some highlights from our celebrations this year. We are also thankful to all of the companies who helped us to celebrate our 30th anniversary by raising awareness and funds for our work this year.

在2021年，我們舉辦一連串特別活動，以慶祝啟勵過去30年的成果，我們將在以下章節，列出一些重要的慶祝活動。在此，我們特別鳴謝所有曾支持啟勵推動30周年慶祝活動的企業，為我們今年的工作帶來公眾關注及籌款。

## Moments of Impact 「啟勵·一刻」

Looking back on the past three decades, what's clear is that KELY's story is made up of hundreds and thousands of stories of the people in our community – the individuals we have had the privilege of impacting through our work, and the individuals who have deeply impacted who KELY is today.

For our 30th anniversary, we invited 30 champions of youth empowerment from different backgrounds to tell us about their moment of impact – the moment that has had a significant impact on who they are today. We shared these stories in an exhibition at Central Market, but they can also be found on our website, and we've chosen a few stories that are especially close to our hearts to share with you in this annual report.

回顧過去30年，是數以百計甚至以千計的故事成就了啟勵——這些故事包括得到啟勵幫助，以及幫助啟勵踏出每一步的每一個人。

為慶祝啟勵30週年這一里程碑，我們邀請了30名來自不同背景的人士，分享他們人生中的重要一刻。我們早前已在中環街市的展覽中，以及啟勵網站上分享了他們的故事。在這年度報告中，我們亦選取了當中幾個對啟勵有特別意義的故事讓你們細味。



## Tree of Hope 希望之樹

KELY wouldn't be here today without the support and encouragement of our community. As we celebrated our accomplishments over the past 30 years, we also wanted to recognise the extremely difficult year that our city witnessed and the mental health challenges that our young people continue to face. We created a Tree of Hope, an interactive roving exhibition, where members of the community can share messages of support and encouragement for young people. The exhibition can be found in various locations around Hong Kong throughout 2022!

沒有社區各界的支持和鼓勵，啟勵絕不會有今天的成就。在我們慶祝過去30年豐碩成果的同時，我們也希望藉此記錄香港跌宕起伏的一年，以及青年們面對的精神健康挑戰。為此，啟勵創作了一棵「希望之樹」，一個互動巡迴展覽，讓公眾分享對青年的鼓勵及支持。「希望之樹」將於2022年期間在香港各區作巡迴展出。







## Moments of Impact 啟勵·一刻

“

### Life's Coming Attractions 人生何處無風景

“Believe in yourself and don't doubt yourself, and always seek perseverance, and don't lose track of your vision and stay put and don't let fear overcome the things you wanna do in life.”

When I was 16, I saw some posters advertising KELY's Open Door Work Placement Programme. Most of my friends weren't really interested in signing up, because the placements would only pay minimum wage, but one of my teachers encouraged me to apply. He told me not to worry about the money, just focus on my passion.

I wasn't totally sure about my passion, but I knew that I enjoyed drawing. It started from drawing in colouring books when I was a kid and grew from there. I decided to sign up for the programme. Every Saturday, we would meet to work on our CVs and learn interview skills. Even though I was still in school, the programme was a way to get an early start on “real life”. At the end of the programme, I was able to get an internship placement with an architecture firm, where I got to see what it was like to work in architecture and meet incredible mentors and role models.

Before that, I didn't really know what I wanted to do, but the work placement helped me visualise my future, and was a turning point for me. My DSE grades weren't that great, but I didn't stop there. That experience showed me that I could one day work at an architecture firm and it motivated me to work hard, to do what I needed to do to find a path to becoming an architect.

I spent a year completing foundation studies in design at the VTC, then another two years completing a higher diploma in architectural studies at HKU SPACE. During

these past few years, I've also spent every winter and summer holiday working at the same architecture firm. Last year, I participated in the BoConcept Home Design Award and won first place - beating out others who had way more experience than me. It was a dream come true.

My experience with KELY has also opened my eyes to other possibilities. A few years ago, I joined a KELY programme where we got to watch and play with the Hong Kong rugby team. Watching the games made me want to try it out for myself as well. I started training regularly and later ended up playing for the national rugby team in the Philippines! Going on tour was one of the most physically and mentally tough experiences I've ever gone through, but it helped me to see that anything is possible. I think it's because of these experiences that I am a big believer in vision boards.

「相信你自己，不懷疑自己，永遠堅持，不要忘記自己的目標，不要讓恐懼戰勝了你的理想。」

我16歲那年，看到啟勵扶青會的開放式實習計劃宣傳海報。朋友們說實習工作大多只會支付最低工資，並不吸引。但我一位老師卻鼓勵我報名參加。他告訴我先不用擔心錢的問題，專注於尋找自己的志向就好。

我的志向？當時我也不太清楚，只知道自己喜欢畫畫。我報名參加了啟勵的實習計劃及面試技巧。每個星期六，與其他學員一起學習設計自己的工作履歷表。即使我仍是學生，這個計劃讓我初嘗踏足社會的感覺。計劃踏入尾聲時，我獲一家建築公司聘用，成為實習生，我因而有機會認識建築業和很多出色的前輩和師友，他們是我的榜樣。

**John Joseph Ledesma Caguiguin**  
Architecture Student,  
KELY Alumnus  
建築系學生、啟勵舊生



這次實習機會的確讓我大開眼界，令我對將來有了更多想法，成為了我的生涯規劃轉捩點。我的DSE成績不算理想，但我沒有就此止步。在建築公司實習的經驗是推動我繼續努力的動力，我相信我終有一日，也可以成為一個建築師。

我用了一年時間在職業訓練局讀設計基礎課程，隨後兩年在港大專業進修學院就讀建築學高級文憑。那幾年間，我每年冬天和暑假都繼續在當年實習的建築公司工作。去年，我參與BoConcept家居設計獎比賽奪得冠軍——我贏了其他遠比我有經驗的對手。這對我來說像是夢想成真。

啟勵啟發了我的潛能。幾年前，我參與啟勵一個活動而有機會到現場觀賞香港欖球賽事，因此我對欖球產生了興趣。我開始參與定期的欖球訓練，之後更參加了菲律賓的欖球國家隊！每次出賽都是身心的考驗和挑戰，但欖球運動讓我明白凡事都有可能。種種的經歷，讓我確信人生是靠自己去做像和規劃的。

”



# OUR IMPACT

## 我們的成就

At KELY, we envision a world where young people are empowered to reach their full potential. We work to equip young people with the skills, knowledge, and opportunities needed to support themselves and each other. We do this in three key ways:

在啟勵，我們致力啟發青年潛能，帶他們走進一個讓其盡展所長的世界。我們積極為青年裝備所需技能、知識和機會，推動朋輩互助精神。我們主要通過三個方式達成目標：

Our **interactive programmes** (both one-off workshops and long-term programmes) that equip young people with the knowledge and skills needed to support themselves and their peers;

我們的**互動項目**（單次工作坊和長期項目）為青年提供支援自己和同儕所需的知識和技能；

**Outreach** at major sporting events and music festivals that emphasise harm reduction;

在大型體育賽事和音樂節上推動**緩害外展服務**；

**Public education** for the wider community to break stigma on mental health and build a more supportive environment for young people in Hong Kong.

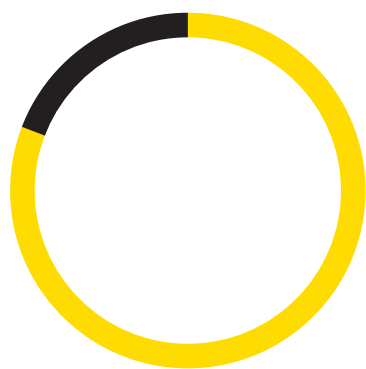
在廣泛社區推行**公眾教育**，旨在消除社會對精神健康的既定標籤，為本港青年營造支持性的環境。





This year, we engaged more than **10,000 students** and organised more than **1,000 workshops/events** across our programmes! After attending KELY programmes:

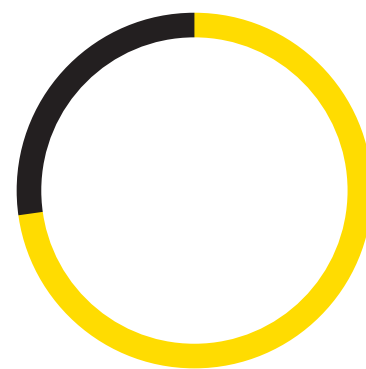
今年，我們通過現行項目，舉辦合共超過**1,000個工作坊/活動**，接觸逾**10,000名學生**！參加啟勵項目後：



81.3%

of participants indicated that they have gained more knowledge, skills, and confidence in reducing drug and alcohol use

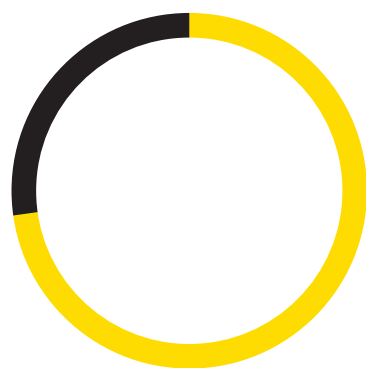
參加者獲得更多有關減少使用藥物和酒精的知識、技能和信心



73.3%

of participants indicated that they have improved help-seeking behaviour including gaining more knowledge and willingness on help-seeking

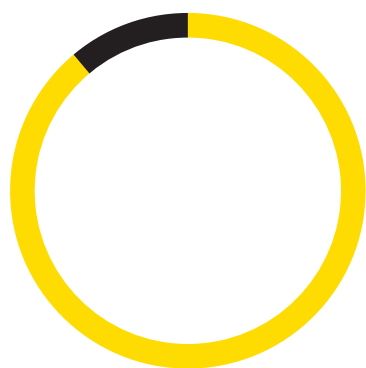
參加者的求助行為有所改善，包括增加求助知識和意願



72.9%

of participants indicated that they feel better equipped to improve their mental well-being

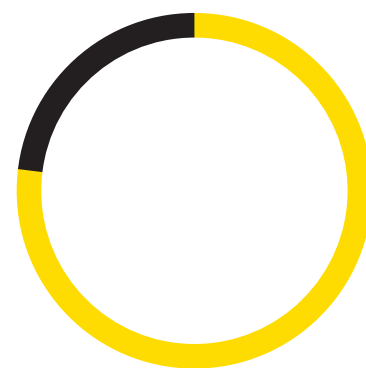
參加者裝備改善精神健康的技能



88.4%

of participants indicated that they feel better equipped with skills and opportunities to improve their resilience

參加者掌握更佳提高個人抗逆能力的技能和機會



77.2%

of participants indicated that they have more skills and opportunities to improve their relationships with peers and trusted adults

參加者掌握更多技能和機會，以改善他們與朋輩和可信任成人的關係

## Moments of Impact 啟勵·一刻

“

### Multiple Cultures; Multiple Identities 多重文化背景 多重身份認同

“There’s no reason to be ashamed of your culture. It’s actually pretty cool to belong to multiple cultures and have multiple identities.”

I attended a semi-international primary school, where there were a lot of South-east Asian students, and I didn’t really have to speak Chinese there. So it was a huge change for me when I started secondary school at a mainstream local school where there were only three non-local students in the whole school – a Pakistani girl, a mixed Malaysian girl and myself, an Indian girl. We were the first non-Chinese students, and the teachers didn’t have any prior experience teaching us. The three of us were exempted from taking regular Chinese classes, including Chinese history, or Putonghua, but we had to stay behind after school for a special curriculum that they designed for us.

Learning Chinese was one of my biggest struggles, especially when I was in a new environment and trying to make friends with students who preferred to speak Chinese. I also found myself downplaying my Indian culture because I wanted to fit in and be “normal”. I remember going on a school field trip one time and we passed by the Sikh temple in Wanchai. My classmates asked me about it and I just pretended not to know what it was. Looking back, it feels silly, but at the time, I just didn’t know how to deal with my identity.

By Form 4, I was getting pretty good grades in Chinese, but I wasn’t doing so well in other subjects. It was incredibly stressful. The school environment was very competitive and I didn’t enjoy the subjects I was taking. I made the decision to switch to an English-language secondary school that had subjects I was much more interested

in, such as English literature and tourism and hotel management.

My new school had a lot of minority students – some were fluent in Chinese, and some weren’t. In my class, I was one of the few students who spoke Chinese. I went from being one of the few who couldn’t read or write in Chinese in Form 1 to being one of the few who could in Form 4 at my new school. I used to think learning Chinese was the worst thing in the world, but it turned out to be a blessing in disguise, because it has helped me in so many ways in Hong Kong.

I also became more aware of the term ‘ethnic minority’. I saw that a lot less effort and resources were being invested in educating ethnic minorities. I also saw that we were portrayed in a negative light in the media. Because of this, I decided to get more involved in community work. At school, I joined several KELY programmes, including Talk2Me, where I learned invaluable skills to take care of my own mental health, as well as to help out my peers.

Through my connection to KELY, my photography was featured in the Equal Opportunity Commission’s The Way We Are photo exhibition. By taking photos that represent me and my identities, I was able to talk to people from various backgrounds about their experiences growing up in Hong Kong, and their own perception towards the different communities. I hope that my photos will spark conversation around what it means to be “local” in Hong Kong.

I recognise the privilege I have in being able to speak Chinese and I want to make use of it to help others who can’t speak the language. I know that learning Chinese can be intimidating and stressful, but I hope that my story can motivate others who have similar experiences.

**Kawaljot Kaur**  
KELY Alumna  
啟勵舊生



「你沒有理由要為自己的文化而感到羞恥。屬於不同的文化，擁有多元的身份，其實是很酷的。」

我在半國際學校讀小學，校內很多同學都是南亞裔學生，所以甚少機會用中文。升讀本地主流中學後，情況大大改變。全校只有三個非華語學生——一個巴基斯坦裔、一個混血馬來西亞裔和我這位印度裔女生。我們屬該校首批非華語學生，老師都沒有相關的教學經驗。我們獲豁免上中國歷史課和普通話課，不過放學後要留校上特別班。

當時我覺得學習中文是世界上最難的事，心裡很想盡快融入新環境，認識新朋友，但同學們都傾向想說中文。我開始意識到淡化自己的印度文化特徵，會令自己看起來更「正常」。記得有一次學校旅行，我們經過灣仔錫克廟。同學問我關於那廟的事情，我卻裝作不知道。回想這樣做真傻，我當時實在不懂得怎樣處理自己的身份。

到中四，我的中文科成績不錯，但其他科目都差勁，學習環境充滿競爭，課堂上教的科目都不是我想學的。結果我轉校到一所英文中學，除了可以學習英國文學和酒店管理等我感興趣的學科，那裡還有很多少數族裔同學，我由班裡不諳中文的少數，搖身變成班裡少數會中文的學生。

我對學習中文的想法也改變了——懂得中文是一種福氣，因為中文在香港各方面的生活都很有用。

我對「少數族裔」這名詞也比以前在意。少數族裔學生得到的教學資源和關注較少。新聞媒體對我們的描寫通常都是負面的。正因如此，我決定要多參與社區。我在學校參加了幾個啟勵的項目，包括Talk2Me，從中我學會照顧個人和朋輩精神健康的技巧。

我還參加了啟勵的RiseUp攝影培訓計劃，因而有機會在平等機會委員會的「真相巡迴攝影展」展出了我的攝影作品。我拍的照片代表著我和我的身份，透過攝影我可以與不同背景的人分享和交流在香港成長的經歷，以及對不同社群的看法。我希望這些作品可以引起大家討論何謂「本地人」。

既然我有說中文的能力，我更應善用這優勢，幫助不會說中文的人。學習中文對一些人來說可以很嚇人和造成很大的精力壓力，我希望我的故事能鼓舞身邊的同路人。

”





**5 service hours**

**KELY Online Learning Platform**

Learn while you gain!

<https://www.kelyehub.org/>

**ENROL NOW!**

香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust

KELY SUPPORT GROUP  
啟勵扶青會  
30 YEARS OF YOUTH EMPOWERMENT

### KELY Education Hub 啟勵網上學習平台

Funded by The Hong Kong Jockey Club Charities Trust  
由香港賽馬會慈善信託基金資助

While the majority of our programmes have been traditionally conducted in-person, we were proud to launch our education hub this year to supplement our in-person engagements with digital content. In 2020, we piloted eight online learning modules around KELY three key areas (Drug & Alcohol Awareness, Mental Health & Wellbeing, and Positive Youth Development) so that students could continue learning at their own pace during school closures. In 2021, as part of our Smart Youth Health project funded by the Hong Kong Jockey Club Charities Trust, we built on that foundation to launch a dedicated platform for online learning. In developing this platform, we formed a youth committee to support testing and provide feedback to ensure that it meets the needs of Hong Kong's young people. Since launching the Education Hub, we've already created 19 courses and have reached 345 users. In the coming year, our hope is to make even more high quality and relevant social and emotional education courses accessible to more young people, parents, and teachers.

雖然啟勵大部分項目都以面授方式進行，但我們很榮幸在今年首度啟動網上學習平台，以數碼形式傳遞相應資訊，與實體教學相輔相成。在2020年，我們率先推出8個網上學習課頁，內容圍繞啟勵3個核心服務（藥物及酒精意識、精神健康和正向青年發展）。學生可於停課期間，繼續按照個人進度學習。在2021年，我們以這些課程為基礎，網上學習平台成為香港賽馬會慈善信託基金資助的「智醒青年健康計劃」的一部分。我們開發此平台時，特意成立一個青年委員會，專責進行系統測試及意見反映，以確保整個平台符合本港青年所需。自推出網上學習平台以來，我們已製作合共19個課程，並累積345名用戶。我們展望來年將製作更多高質素；及切合青年、家長和教師需要的社交和情緒相關課程。

“

*It was a unique experience to help set up a new online learning platform. I am glad I was able to participate in this process and provide feedback at this initial stage. I think this platform will be able to help other young people to learn these key skills that schools are not able to provide.*

能夠參與創建全新網上學習平台，這真是一個非常獨特的體驗。我很高興能在起步階段，就已參與測試過程，並反映個人意見。我認為這個平台能幫助其他青年裝備一些校園無法提供的重要技能。

- Youth committee member  
青年委員會成員

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## 01 Drug & Alcohol Awareness 藥物及酒精意識

For many young people, experimenting with drugs and alcohol is just a part of growing up. While not all young people go on to become dependent, using drugs and alcohol during these formative years can have significant risks for a young person's physical, mental, and emotional development.

At KELY, we work to prevent and reduce the harm associated with drugs and alcohol abuse. Our Drug and Alcohol Awareness programmes equip young people with the skills and knowledge needed to avoid using drugs and alcohol, protect themselves and make healthy choices, and support their peers.

對不少青年而言，成長過程中難免會接觸藥物和酒精。雖然並非所有在發育時期曾濫用藥物和酒精的青年都會因而依賴有關物質；但相關行為或會嚴重影響青年的身體、精神和情緒發展。

在啟勵，我們致力預防及減低有關濫藥及酗酒之傷害。此項目旨在引領青年裝備一系列技能和知識，讓他們在面對酒精及藥物誘惑時，懂得作出明智、健康的選擇，在保護自己的同時，亦能支援朋輩。



### Drug & Alcohol Awareness Workshops 預防濫藥及酗酒意識工作坊

Funded by the Narcotics Division, Security Bureau  
由保安局禁毒處資助

At the core of our Drug & Alcohol Awareness efforts are a series of school workshops that teach young people basic knowledge about drugs and alcohol, help them develop their own strategies for drug and alcohol prevention, and empower them to support their friends. Using a combination of factual knowledge, harm reduction strategies, and personal stories of those in recovery, these fun and interactive workshops are tailored to each age group and provide a safe and supportive environment to learn about drugs and alcohol. We frequently update our curriculum to adapt to the latest drug and alcohol trends in Hong Kong and beyond. This year, we included content around hot topics such as vaping and CBD.

我們一系列圍繞藥物及酒精意識的校園工作坊，旨在向青年傳授藥物及酒精的基本知識，幫助他們在制定個人預防策略時，亦能支援朋輩。這個既有趣，又具互動性的工作坊結合客觀事實、緩害策略和康復者的個人故事，為不同年齡組別的人士度身制定。參加者可在一個安全和具足夠支持的環境下了解藥物和酒精。我們不時按本港及其他地區最新的藥物及酒精趨勢更新課程內容。今年，本課程內容加入電子煙及大麻二酚 (CBD) 產品等熱門議題。



“

*I was so excited to learn about this opportunity and I wanted to try my best to get selected for the internship as it would be a great way to enhance my skills and could put my ideas into execution. I think this experience will also help me with my career path and applying for university. I learned leadership and teamwork skills and got to know myself and my strengths better. It was also a good experience putting the card game together and working with KELY staff. It gave me more insights on how to provide positive peer support and how to facilitate a game with my peers.*

當我得知有機會參加這個項目時，我感到無比興奮。我希望盡我最大努力獲得暑期實習，因為這將有助我提升技能，並讓我個人想法付諸實行。我認為這個體驗將對我未來升讀大學和往後的職業前景有一定幫助。我掌握了領導和團隊合作的技巧，也更深入了解自己和個人長處。與啟勵員工一起製作紙牌遊戲也是一個很棒的經歷，過程中我學習到如何為朋輩提供正面支援，以及如何帶領其他青年進行遊戲。

- Youth participant  
青年參加者

”

## ExCEL!

*Funded by Operation Santa Claus and Hong Kong Club Foundation*  
由愛心聖誕大行動及Hong Kong Club Foundation資助

ExCEL stands for Express, Connect, Educate, Lead and is targeted at ethnic minority youth. In addition to the challenges that all young people in Hong Kong face, those from ethnic minority backgrounds face additional pressures related to discrimination and lack of access to meaningful development opportunities, making them more susceptible to substance use. Throughout this interactive programme, young people gain awareness around the risks of common drugs and learn skills to avoid using drugs. The programme culminates with a group project where participants develop culturally appropriate campaigns and resources to promote drug awareness and prevention to their peers.

Although ExCEL has traditionally been offered through our school partners, this year we also offered the programme outside of schools in order to reach more young people during the summer holidays. As part of their final project, our youth participants developed a Mafia-inspired card game to educate their peers about drugs.

ExCEL! 代表表達(Express)、連繫(Connect)、教育(Educate)、領導(Lead)。這個項目主要針對少數族裔青年。身處香港的少數族裔青年，不僅面對一般年輕人的各種挑戰，更可能因為外表不同、語言障礙遭歧視、缺乏發展機會和途徑等，承受着更多壓力。這一切均令他們更易陷入借用藥物、酒精減壓的危機。透過這個互動的項目，參與的青年得以提升他們對常見藥物的風險認知，並學習如何避免使用藥物。本項目包括一個小組活動，參與者需制定符合其文化背景的預防濫藥訊息和資源，然後推廣給朋輩。

我們以往一般與學校夥伴攜手推行 ExCEL! 項目。今年，我們首度以非校本模式展開計劃，藉此在暑假期間接觸更多年輕人。參與計劃的青年於終期活動中，創作出一款以犯罪組織為靈感的紙牌遊戲，教導同儕預防濫藥的重要性。



## Jockey Club “Moments Not Wasted” Youth Education Programme 賽馬會「陪你走酒」青年教育計劃

*Funded by The Hong Kong Jockey Club Charities Trust*  
由香港賽馬會慈善信託基金資助

Jockey Club “Moments Not Wasted” Youth Education Programme is a three-year city-wide alcohol education and intervention programme for young people in Hong Kong. Aimed at adolescents and young adults, the programme aims to reduce alcohol consumption and its associated harms, and build a healthy and supportive community for young people. This multi-pronged approach includes:

賽馬會「陪你走酒」青年教育計劃是一個為期三年在全港展開的青年酒精教育和介入服務。這個項目主要針對本港青年，旨在預防他們飲酒，並減少酒精相關的危害。長遠而言，我們希望為青年建立一個健康和具支持性的社區。計劃採取多元化教育方針：

### The Climate Schools Web-based Alcohol Education Course

is an evidence-based Australian programme that was adapted and localised for Hong Kong youth for the first time. Using a hybrid learning model that includes online learning and in-person discussions, the course aims to reduce alcohol consumption and binge drinking, and encourage healthier attitudes towards alcohol.

**The Climate Schools 網上預防及減少飲酒課程**是澳洲一個以實證基礎為本的課程。我們首次採納有關內容，編製出切合本地青年的課程。課程採用混合學習方式，包括網上學習及面授討論環節，希望有效減少青年飲酒和酗酒的風險，並對飲酒建立較正確的態度。

### Alcohol First Aid Training

targets young adults who have regular contact with those affected by alcohol use and equips them with the knowledge and skills to recognise alcohol misuse, understand its impact, and identify available support services and treatment. In addition to learning skills to minimise alcohol-related risks, participants also learn how to talk to someone about their alcohol use without being confrontational.

**酒精急救培訓**主要針對定期和酗酒人士接觸的年輕成年人，希望引領他們裝備不同知識和技能，讓他們在識別誤用酒精影響的同時，懂得尋找現有的支援服務和治療方法。參加者除了學習如何減低酒精相關的風險，亦會學到如何在跟別人談論有關飲酒議題時，避免使用具威逼性的言詞，從而減少衝突。

### First Aid Ambassadors

were trained to organise public campaigns and engage in outreach activities in public areas (such as beaches and picnic areas) commonly frequented by young people gathering to drink.

計劃將培訓**酒精急救大使**，組織推廣活動，並在年輕人經常飲酒消遣的公眾場所，如海灘和野餐地點等進行外展活動。





**HOW TO SUPPORT YOUR FRIEND WHO MAY BE DRINKING TOO MUCH?**

Inform them about ways to reduce risks of binge drinking

Understand their reason for drinking (are they stressed? Or under peer pressure?)

Provide emotional support and encourage them to minimise drinking

**朋友成日劈酒，點算好？**

分享如何減少飲酒的風險，避免意外發生

瞭解朋友經常劈酒的原因（壓力大？個個都飲，唔係唔飲啊？）

陪佢地傾下計，鼓勵佢地減少飲酒

Contact KELY Support Group if help is needed!  
如有需要可聯絡啟勵扶青會尋求協助！

主辦機構 Organised by: 香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust

贊助機構 Funded by:

陪你酒 MOMENTS NOT WASTED

contact.kely.org 2521 6890 kely.org



In 2021, we trained more than 40 university students in alcohol first aid and these ambassadors organised several outreach activities over the summer to educate young people about alcohol use.

在2021年，我們透過酒精急救培訓，成功為逾40名大學生提供培訓。這群學生大使在暑假期間，舉辦了多個外展活動，教育年輕人有關酒精使用的知識。

“

*The most useful thing I learned in the Alcohol First Aid training is how to emotionally support someone. Previously, I just focussed on stopping someone from drinking too much, but now I also try to understand their motivations for drinking. You can stop someone in the moment, but you won't solve the problem unless you know the root cause.*

我在酒精急救培訓中的最大得著，是如何為別人提供情緒支援。以前，我只會單刀直入阻止他人飲酒；現在，我會嘗試了解他們飲酒的動機。否則，我們或許只能夠在當下阻止他，但終究無法真正解決問題。

- Alcohol First Aid Training participant  
酒精急救培訓參加者

”

## Moments of Impact 啟勵·一刻

“

### One Step at a Time 一步一腳印

“Be brave and believe in yourself. The sky is your limit. You can do it.”

Growing up, my parents were both very busy, so I was on my own a lot. Without the support and affirmation of my parents, I felt unsure of myself. At school, I struggled with my identity and tried to gain the approval of my peers by copying the cool kids. At home, I felt lonely and sad. I would cry all the time and I felt like nobody could help me.

In a year of high school, I joined KELY peer support programme. The KELY volunteers who led the programme were like big brothers and sisters - they were so welcoming and friendly. They taught me about empathy and that I didn't always have to follow the crowd. They encouraged me to be confident in myself.

I was afraid to try things because I didn't want to fail. The KELY volunteers helped me to see that I could make a difference and encouraged me to take initiative. With their support, I helped to organise an event to encourage everyone on campus to show their love to each other through personal notes and hugs. It was the first initiative that I led, and it was so moving to see that such a simple idea could make such a difference for others.

Later that year, I went on a trip to Malaysia with a group of my classmates to hike the tallest mountain in Southeast Asia. At first, I was reluctant to go. Then I thought, even if I didn't make it to the summit, surely I could try. When we made it to the halfway point, we had a choice - we could continue on to the top, or we could end our journey there. At that point, I felt like something had shifted in me. Even though continuing on would take me way out of my comfort zone

and I had no idea what the outcome would be, I decided to take on the challenge.

I remember shining my headlamp in the dark to see the route ahead - I saw how steep the mountain was, how far away the summit was, and I felt so discouraged. I told myself I had already made the decision to continue, so I would just take it one step at a time.

At that moment, as I looked out at the clouds below us, I realised that I could do more than I thought possible, that my ability was greater than I had imagined. That experience really changed the way I face challenges.

Without the encouragement of the KELY volunteers and my experience on that mountain, I never would have been able to make it as a lawyer. Law school is extremely competitive and the legal profession requires a lot - if I didn't trust in myself to take on this challenge, I wouldn't be here today.

「鼓起勇氣，相信自己。與天比高，你可以做到的。」

在我的成長路上，父母一直都非常忙碌，我很多時都是獨自一人。沒有父母的支持和肯定，令我對自己欠缺信心，也搞不清楚自己的身份和定位。所以我在學校經常模仿那些看起來很酷的同學，希望能爭取同輩的認同。回到家裡，我常感到孤獨和傷心，我經常躲起來哭，覺得沒有人可以幫助我。

高中時，我在學校參加了啟勵的朋輩支援工作坊，啟勵的義工像我們的大哥哥、大姐姐，他們都非常友善親切，教導我們以同理心待人，也鼓勵我要有自信，不需要迎合他人。

**Samantha Yung  
翁希莉**  
Lawyer, KELY Alumna  
律師·啟勵舊生



我以前很害怕嘗試新事物，因為我不想失敗。但啟勵的義工讓我明白，凡事都有不同角度，我協助組織啟勵一項活動，該活動鼓勵校園中的人彼此問候和互相擁抱，以展現關愛。這是我首次帶領活動。我很感動，原來一個簡單的想法可以為他人帶來很大的改變。

同年，我與一班同學結伴去馬來西亞攀登全東南亞最高的神山。起初我並不願意去，但後來我想，即使我不夠體力到達頂峰，一試也無妨。在我們走到一半時，我們在想：應該繼續上行，還是就此回頭？但在那一刻，我突然覺得有所頓悟。繼續前行，就像是離開了我的舒適圈，前路充滿了未知數，但我仍決定接受這個挑戰。

我還記得，當時我在黑暗中亮著頭燈，試圖看清眼前的路——面前是陡峭的山巒，頂峰仍然是遙遙無期。

那一刻，我感到很氣餒。但我跟自己說，既然我決定了繼續前行，那就一步一腳印地繼續走下去吧。到達頂峰一刻，我很驚訝自己做到了本來看似是不可能的任務。原來只要專注於眼前每一步，走著走著就可以做到了。

我站上山峰上，覺得天上的雲朵伸手可及。原來我的能力，比我想像中還要大。這次經歷著實改變了我。

如果沒有啟勵義工的鼓勵和那次行山的經歷，我不可能當上一名律師。法律學院和法律專業的競爭都很大，如果我不相信自己可以接受這項挑戰，就成就不了今天的我。

”



## 02 Mental Health & Wellbeing 精神健康

Young people growing up in Hong Kong face increasing levels of stress – from dealing with changes associated with adolescence, to academic pressures, to growing use of social media and other technology – all of which can lead to anxiety, depression, and other health issues.

We take a preventative approach to our Mental Health & Wellbeing programmes and focus on helping young people to understand their own emotions, cope with stress, and know how to help themselves as well as their peers. In situations where we identify additional mental health needs, we work with a strong network of referral organisations that can provide in-depth one-on-one counseling.

在香港成長的青年需面對的壓力與日俱增——從應對有關青春期的變化、面對沉重學業壓力，以至使用日新月異的社交媒體工具和其他科技。這些轉變均會導致青年焦慮、抑鬱和其他健康問題。

我們採取預防教育方針，專注協助青年了解個人情緒、應對壓力；讓他們不僅懂得自救，亦能互相幫助。若識別到青年需要接受進一步的精神健康服務，我們亦有強大網絡，可轉介其他合作機構為其提供一對一的深入輔導。

### Youth Survey 青年問卷調查

Supported by GLG Social Impact  
由GLG Social Impact支持

At KELY, our work is driven by the needs of young people and listening to their needs is all the more important during times of change. In 2021, we received pro bono support from GLG Social Impact to launch a youth survey to gain more insight into the mental health challenges that young people face today. Some of our key findings include:

- 51% of youth rated themselves as being more than somewhat stressed when asked about their current emotional status;
- Academic pressures (52%), a lack of time (40%) and college or unemployment (38%) ranked top 3 as the causes of stress.
- Work-related pressure (39%), lack of time (35%) and social issues (32%) are the top 3 factors affecting mental wellbeing of working youth.
- 60% of surveyed youth did not seek help when facing mental health challenges. Of those who seek help, more than 60% turned to peers for emotional support, but less than 20% turned to trained mental health professionals such as psychiatrists, psychologists, or counsellors.
- Respondents indicated that they would find training on stress management and mindfulness the most valuable type of mental health support.

Based on these findings of young people's needs, we are developing programmes to provide additional support to young people.

啟勵的工作以青年需要為先，在這瞬息萬變的時代，我們更應仔細聆聽年輕人的需要，從而給予最相宜的支援及服務。在2021年，我們有幸獲GLG Social Impact義助進行一項青年調查，深入了解時下年輕人所面對的精神健康挑戰。調查結果如下：

- 51%受訪青年感到有精神壓力；在學青年的三大主要壓力來源分別為學業壓力(52%)、缺乏時間(40%)，以及未來發展(升學/就業) (38%)。
- 就職青年則表示令其精神健康變差的原因為工作壓力(39%)、缺乏時間(35%)，以及社會問題(32%)。
- 六成受訪青年在面對精神健康問題不願主動尋求協助，而願意尋求情緒支援的受訪者中，超過60%人士表示會向朋輩求助；不足20%人士會向有經驗的精神健康專業人士（如：精神病專家、心理學家或輔導員）尋求幫助。
- 受訪者亦指出，各種有關壓力管理、正念和藥物與酒精意識的培訓均為有效的精神健康支援服務。

有見及此，我們正在制訂其他青年項目，務求為他們提供更合適的服務及支援。



### Coolminds

Funded by Operation Santa Claus, Morgan Stanley and Weez Project  
由愛心聖誕大行動、摩根士丹利和Weez Project資助

Coolminds is a joint initiative between Mind HK and KELY Support Group, and promotes mental health awareness, support, and understanding in Hong Kong's youth. Through a combination of mental health literacy training for youth, parents, and educators; bilingual online resources; as well as speaker training for young people to share their mental health experiences, Coolminds aims to provide comprehensive programmes for the prevention, early intervention, and management of youth mental health.

This year, we recruited 52 young people to form a youth committee to lead Coolminds Summer Check-in, a special event that brought together young people from universities and secondary schools across Hong Kong, who shared a deep interest in mental health and a desire to learn more about it. Following the theme of 'Art With Heart', the event engaged attendees using various artistic expressions, workshops, and speaker sharings to explore the topic of mental health and wellbeing.

「Coolminds」是Mind HK與啟勵扶青會共同策劃的項目，旨在提高本港青年對精神健康的意識、支援和理解。項目致力為青年、父母及教育工作者提供專業精神健康培訓；製作雙語網上資源；以及邀請曾面對精神健康問題的青年現身說法Coolminds希望能藉着這一套全面方案，從預防、早期介入、管理三方面著手處理青年的精神健康問題。

今年，我們合共招募52名青年組成「青年委員會」，主辦「Coolminds 開Sum打卡」活動，以此聚集一眾對精神健康抱有濃厚興趣的大學和中學生互相交流。是次活動以「Art With Heart」為主題，參加者透過各式各樣的藝術表達、工作坊和演講分享，攜手就精神健康作深入探討。



“

*The Cantonese panel sharing was undoubtedly the highlight for me. Seeing how passionate the panelists are when it comes to promoting mental health through art inspired me to take further action to care for the ones in need, especially those around us.*

廣東話小組分享無疑是最精彩的環節。當我看到客席嘉賓熱情地以藝術推動精神健康時，旋即激發我向有需要人士，特別是身旁的人伸出援手。

- Coolminds Summer Check-in participant  
Coolminds 開Sum打卡參加者

”





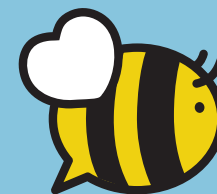
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*This workshop explained in detail the importance of mental health and deepened my understanding of mental health. It made me realise that I can adjust my learning styles according to my mental state, and vice versa. This is the knowledge that I think can be helpful to the physical and mental health of modern urbanites.*

是次工作坊詳細講解精神健康的重要性，加深我對有關議題的認知。我亦了解到自己可以根據個人精神狀態調整學習方式，反之亦然。這些寶貴知識絕對有助改善現代都市人的身心健康。

- Coolminds workshop participant  
Coolminds工作坊參加者

”



呼蜂喚語  
Project Connect

## Project Connect

呼蜂喚語

Funded by American Club Foundation and Hong Kong Club Foundation

由American Club Foundation及Hong Kong Club Foundation資助

We often meet young people who need more direct one-on-one support than what we're able to provide within the confines of our existing programmes. After organising eight focus groups with young people from different backgrounds to better understand their needs and barriers in seeking help, we set up Project Connect to accompany and support young people on their help-seeking journey. We leveraged our connections with local NGOs who offer free counselling services specifically for young people to build a network of more than 30 service providers. Young people can reach out to our dedicated team, who will listen with empathy and connect them to relevant resources for further support. Beyond a simple referral, our team works closely with our partners to facilitate a smooth introduction and follow up with the young person to ensure they're getting the support they need.

In the few months since our launch, we've already worked with 20 young people to assess their needs and provide the appropriate information and connections to encourage them on their help-seeking journey. In the coming year, we plan to invest more resources into promoting Project Connect so that more young people can find the help they need.

我們經常遇到有需要接受一對一直接支援的年輕人，惟受制於目前項目的框架，我們無法為他們提供相關支援。為進一步了解青年的需求及其求助過程中遇到的障礙，我們先後與來自不同背景的青年舉辦了8個焦點小組討論。及後，我們



“

*When I felt really depressed and lonely, I decided to find help. Project Connect replied to me promptly and was able to book a session the next day. The staff was so patient that she listened to all I wanted to share. She also asked guiding questions when I felt stuck. It's great that I got connected to an external social worker in less than a week and to have someone by my side along this journey. YOU GUYS ARE AWESOME! I already told my cousins about Project Connect.*

當我感到非常抑鬱和孤獨時，我決定尋求協助。『呼蜂喚語』員工很快便回覆我，並邀約我翌日與她傾談。在傾訴過程中，輔導員很用心聆聽我的分享。當我感到困頓時，她會主動發問和引導。我能夠在短短一周內，獲安排與外部社工溝通，並有人在過程中陪伴着，實在太好了！你們都太棒了！我已經把『呼蜂喚語』這個計劃介紹給表兄弟姊妹了。

- Youth client  
青年求助者

”







正式成立「呼蜂喚語」，務求陪伴青年在尋求協助的道路上，獲得足夠關懷及支援。我們一直與多間專門為青年提供免費輔導服務的本地非政府資助機構緊密聯繫，並與30多個服務提供者建立了夥伴關係。青年可以先聯絡我們的專業團隊作初步諮詢；其後我們會按不同情況，轉介他們接受進一步支援服務。過程中，我們的團隊不僅以同理心傾聽求助者的心聲，更會協助他們獲得相關資源。我們轉介求助者後，仍會跟相關服務夥伴保持緊密聯繫，以確保順利轉介青年獲得所需支援。

計劃推行數月，我們已順利幫助20名青年獲得相應支援。從評估求助青年所需，以至向其提供適當資訊及轉介，我們都一直默默在旁給予鼓勵及支持。未來一年，我們計劃投放更多資源推廣「呼蜂喚語」，務求幫助更多青年獲得幫助。

## Sports & Mental Health 運動與精神健康

With an increasing awareness of the positive connection between sports and mental health, we've partnered with sports-based community organisations to pilot a few initiatives for young people to learn mental health concepts and explore their mental health through sports. One of the key initiatives we launched is the City Wide Youth Sports Wellbeing Initiative, which is supported by AstraZeneca and the Hong Kong Rugby Union Community Foundation. The programme provides holistic rugby training and online mental health education to 600 youth aged 12-16.

有見運動與精神健康息息相關，我們積極跟本地以體育為核心服務的社區組織合作，推出一系列先導計劃，讓青年通過運動了解精神健康之概念，並探索個人的精神健康狀態。我們早前推出一項由阿斯利康和香港欖球總會社區基金攜手支持的重點服務——「City Wide Youth Sports Wellbeing Initiative」，為本港600名年齡介乎12至16歲的青年提供全面欖球訓練及網上精神健康教育服務。



“

*I am excited to be part of the Project Connect team, working together to accompany youth on their help-seeking journey and to contribute towards destigmatizing mental illness. It is delightful to see how Project Connect acts as the guiding light and also a companion for youth suffering from mental health problems despite the public stigma of mental health.*

我很高興成為『呼蜂喚語』團隊的一分子，陪伴其他青年踏上求助之路，並為消除精神疾病等標籤作出貢獻。在公眾視精神健康為禁忌時，我很高興看到『呼蜂喚語』願當一盞指路明燈，照亮那些遭受精神健康困擾的青年。

- KELY intern  
啟勵實習生

”

## Moments of Impact 啟勵·一刻

“

## The Conductor of Your Life 成為人生指揮官

“In whatever stage of life you are in, always remember that you can be true to yourself and usually that's when you reach your full potential, no one else is going to do it for you, so you have to trust yourself, work on yourself and love yourself.”

My life pretty much started when I dropped out of high school against all odds. I could have stayed in high school, but I've never looked back since.

School isn't for everyone - I know this from my own experience. I did well enough academically, but I really struggled with the pressure to maintain my grades. I felt like maybe something was wrong with me, because I didn't fit the traditional education system. It affected me on such an emotional and mental level, thinking that I wasn't good enough.

In secondary school, I attended my first KELY programme. The topic was about drugs and alcohol, but they taught life skills like communication, dealing with conflict, and self-awareness - real-life skills that schools don't (but should!) teach. That first programme kickstarted my personal development journey. Over the next few years, I continued to deepen my understanding of myself and learn about others who also didn't fit in at school. Throughout this process, I realised that there was nothing wrong with me - there are simply different types of people, each with their unique abilities and talents.

At 17, I decided to drop out of school to pursue a career. My friends and family couldn't understand my decision and many of them tried to talk me out of it, but I knew in my heart that it was the right thing to do.

**Xyra Sace**

Business Development and Marketing Officer, KELY Alumna  
市場發展及營銷主任·啟勵舊生



The KELY team helped to connect me to a digital education startup where I got my first job as a marketing executive. I learned everything by doing - whether it was running advertising campaigns, creating graphics, building websites, you name it. Because the team was really small, I also got to step outside of my official role and do things like teaching coding classes. Whenever I faced a new challenge, I told myself: There's no 'I don't know', only 'I WILL know'.

Today, I'm continuing to build my career in education and I want to start a business one day. My number one goal in life is for society to appreciate people from all walks of life, for no one to be looked down upon. I want to create an education system that is inclusive of all students.

「在人生每一個階段，都請謹記：竭盡自己的潛能，才能活出真我。你要相信自己，做好自己，愛自己，沒有人可以為你代勞。」

我的人生在我輟學後才真正開始！我本來可以勉強完成高中，但我沒有這樣做，也沒有後悔。

我的經歷讓我深明，不是所有人都適合上學的。我的學業成績不錯，但要一直維持好成績令我感到很大壓力。我因為無法適應傳統教育制度而一直疑惑：自己是不是有甚麼問題？我的精神和情緒健康都因而受到影響，我常常覺得自己有不足。

在中學時，我參加了啟勵一個以毒品和酒精意識為主題的工作坊，我從中學會了一些學校沒有教卻又應該教的技能，包括溝通和衝突處理技巧、自我意識訓練等。這次活動啟發我踏上了自我發展的旅程。我發現抗拒學校教育並非錯事，社會上本來就有不同能力和才華的人。

17歲那年，我決定退學去發展自己的事業。我的家人和朋友都不了解我的決定，不斷嘗試說服我，但我清楚知道，退學對我來說是對的。

啟勵幫我找到一間網上教學初創公司，我在那裡負責市場營銷，這是我第一份工作。我一邊工作一邊學廣告策劃、畫圖、建立網站等。由於工作團隊人少，我也要兼顧崗位以外的一些工作，如教授程式編碼。每當我遇上一個新的挑戰，我就告訴自己：沒有「我不知道」，只有「我將會知道」。

現在，我繼續在教育領域發展，我希望有一日能創立自己的公司。我首要的目標是鼓勵公眾欣賞不同背景的人，沒有人應被看低。我理想是建立一個能夠包容不同學生的教育制度。

”



# 03 Positive Youth Development 正向青年發展

We know that young people who are healthy, confident, and connected to a supportive community not only have much to contribute to our society, they are also better able to face whatever challenges life throws at them. Recognising and building up young people's strengths lessens the likelihood of risky behaviours such as substance abuse and promotes more positive behaviours.

Our Positive Youth Development programmes create opportunities for young people to explore and develop life skills and creative expressions, increasing their aspirations for the future. We focus specifically on disadvantaged youth, who typically don't have access to skills-building programmes of this nature.

我們很清楚，擁有健康、自信，以及與社區有充分連結的年輕人，不但能夠貢獻社會，更能對迎面而來的各種挑戰應付自如。透過辨識並引領青年發掘他們的強項，能減少其涉足危險行為如濫用藥物的機會，並促使他們實踐正確行為。

我們為青年創造機會探索及提升他們的生活技能和創意表達，培育他們對未來的抱負。此項目關注沒有機會接觸此類型技能建構項目的弱勢青年。

## Get Positive! 成功在望！

Funded by The Community Chest of Hong Kong  
由香港公益金資助

Get Positive! is a programme focussed on helping disadvantaged young people to develop stress management strategies, increase resiliency, build peer networks, learn problem solving skills, and gain a greater sense of community through the social circus method. Get Positive! combines stress management workshops, life skills development, and circus skills training, and creates opportunities for participants to perform for their peers and the wider community to express what they have learned.

While many participants weren't able to perform in-person for their schools or community due to COVID restrictions on social gatherings, they were able to film their performances to share with the community. Additionally, we organised a mini game booth at our annual social circus carnival, where students got to learn about different juggling tools and explore how to incorporate juggling into various activities.

「成功在望！」是一個專注幫助基層青年的項目。透過學習雜藝訓練，協助青年裝備壓力管理策略、提升抗逆能力和解難技巧、建立朋輩支援網絡；以及對社區產生更大凝聚意識。「成功在望！」結合一連串壓力管理工作坊、生活技能和雜藝訓練，務求為參加者帶來更多為其朋輩和更廣泛社區表演的機會，盡展他們所學。

由於受到新冠疫情及收緊社交距離措施的影響，不少參加者都無法親臨學校或社區演出。儘管如此，他們仍能將個人表演拍攝成影片，與大眾社區分享。此外，我們在年度雜藝嘉年華上，開設一個迷你遊戲攤位，讓學生們認識不同雜藝工具，並探索如何將其融入其他活動當中。



“

*I learnt some quick stress-relieving tactics from the workshop. Those skills are very practical.*

我從工作坊學習到如何快速解決壓力，非常實用。

- Form 5 student,  
Man Kwan Pak Kau College  
萬鈞伯裘書院，中五學生

*When preparing for the group performance, I took part in the leading role and tried to find different ways to connect and bring my team together. It is rudimentary for us to communicate regularly and understand how to support one another.*

在準備表演時，我主動擔任組長，並嘗試尋找不同方法凝聚我的團隊。我們經過多番溝通後，漸漸了解怎樣幫助對方做得更好。

- Josie, youth participant  
青年參加者 Josie

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**RiseUp****少數族裔青年社區參與及融入嚮導計劃**

Funded by BNP Paribas Dream Up Foundation  
由BNP Paribas Dream Up Foundation資助

RiseUp provides an opportunity for ethnic minority youth from disadvantaged backgrounds to develop life skills and build resilience through learning a creative skill such as photography. During the programme, young people learn from professional photographers and use their new skills to express themselves as ethnic minority youth living in Hong Kong.

This year, we organised a photography outing at PMQ and invited volunteers from BNP Paribas to mentor the students throughout the process and work with them to express their ideas through photography. The outing was one of the highlights of the programme and gave the young people an opportunity to practice their new skills and engage meaningfully with trusted adults.

「少數族裔青年社區參與及融入嚮導計劃」讓身處弱勢的少數族裔青年，透過學習攝影等創意技術，掌握裝備生活技能及抗逆能力。透過此項目，參與青年得以向專業攝影師學習，並運用所學，呈現自己作為在港少數族裔青年的生活點滴。

今年，我們在元創坊進行戶外攝影，並邀請來自法國巴黎銀行的義工，全程以師友身份陪伴學生通過攝影表達個人想法。是次戶外攝影為整個項目的亮點之一，讓年輕人有機會應用和鍛鍊所學，過程中亦可與他們信任的成人，進行有意義的互動交流。



“

*I can see that this programme has given our students an eye-opening experience and an opportunity for them to express themselves, as well as showing their talents. I am very impressed to see their achievement at this exhibition and can feel that they are also proud of what they have achieved. With the increasing number of non-Chinese students in our school, it is not easy to find an organisation to support them and give them an opportunity to learn extra skills outside of the classroom. We are glad to see the RiseUp programme making a start in the school and providing this platform for our students to show their potential.*

這項目不僅令我們的學生大開眼界，更為他們帶來表達自我、展現個人才能的機會。當我看到他們在展覽中的成果，我着實感到十分鼓舞；並感受到他們亦為此感到無比自豪。隨著本校非華裔學生人數攀升，我們很不容易才找到一個合適機構，幫助他們學習課堂以外的技能。我們很高興在學校展開『少數族裔青年社區參與及融入嚮導計劃』，為學生提供一個展現潛能的平台。

- Principal Li, Yu Chun Keung  
Memorial College No. 2  
余振強紀念第二中學 李校長

”

“

*I was kind of nervous about the exhibition as I didn't know how other people were going to react. I felt less shy after the exhibition and I've been able to open up more. I was quite shy before, but now I am able to socialise more and talk to more people. I used to be more introverted, but I am now more confident as a non-Chinese to share more about myself.*

我曾因為擔心別人對此展覽的反應而感到緊張。不過展覽過後，我已沒之前那般害羞，而且更能夠訴說自己的心聲。老實說，從前的我十分害羞，但現在已能夠適應社交生活，與更多人交談。我曾是一個十分內向的人，但現在卻擁有充分信心，表達自己作為非華裔青年的點滴。

- Youth participant  
青年參加者

”

**Coding4Life**

Funded by EMpower  
由EMpower資助

Coding4Life supports ethnic minority youth to develop life skills and resilience, while improving their future prospects through coding skills training. During the programme, young people learn life skills (such as communication, self-awareness, goal setting, and resistance strategies) alongside coding skills, and use their new skills to create a web-based resource for their peers around the topics of mental health and drug prevention.

In addition to learning coding skills this year, we matched groups of youth participants with mentors who engaged them in conversations about the life skills they were learning. In sharing their own life experiences, the mentors helped the youth participants to explore beyond their own social circle and inspired them to think about their future goals.

Coding4Life 幫助少數族裔青年通過編碼訓練，建立生活技能和抗逆能力，繼而改善他們的未來前景。在項目中，年輕人除了學習編碼外，還會裝備一系列生活技能（如：溝通、自我意識、設立目標和抗逆策略）。及後，他們會運用新技能，制定適合朋輩的網上資源，內容圍繞精神健康和預防濫藥。

今年，我們除了繼續安排參加者學習編碼外，還替他們跟師友作配對分組，讓他們能運用新學得之生活技能，與師友展開對話。師友們透過分享個人經歷，引導青年探索個人社交圈子，啟發他們定立未來目標。





# 04 Community Engagement 社區參與

In addition to our direct programmes for young people, we also engage the wider Hong Kong community to educate the public about issues that are important to young people.

除了直接推動青年項目，我們亦透過接觸廣泛社區，教育公眾認知和參與青年相關的重要議題。

## Speaking Engagements 演講活動

This year, we continued to champion the needs of young people through our regular speaking engagements. In particular, we were proud to be a part of the following events:

今年，我們繼續通過定期演講活動，倡導年輕人的需求。我們很榮幸能成為以下活動的一份子：

**Power Hour: Building a Mind of Resilience for the New Year (St. James Place Asia)** - our Executive Director, Sky, shared strategies for developing mental resilience

**Power Hour: Building a Mind of Resilience for the New Year (St. James Place Asia)** - 行政總監 蕭加欣 分享了建立精神健康抗逆能力之策略

**1st Annual Conference on Policy Research and Advocacy (HKCSS)** - our Executive Director, Sky, spoke about leveraging research to advocate for social change and KELLY's efforts in the lead-up to the 2018 law to restrict sales of alcohol to minors across retail stores in Hong Kong

**第一屆政策研究及倡議會議(香港社會服務聯會)** - 行政總監 蕭加欣 談及如何善用研究以推動社會變革，以及啟勵協助完善有關限制本港零售商店向本港未成年人士販賣酒類飲品之條例 (2018年)的推動工作

**Talking Mental HQ** - our team was proud to be a partner of this two-day pop-up event to meet with numerous mental health partners across Hong Kong and share our own mental health and wellbeing resources with young people

**Talking Mental HQ** - 我們的團隊很榮幸參與了這個為期兩天的活動，與本港眾多精神健康合作夥伴會面，並與場內青年分享我們的精神健康及相關資源



## This Hong Kong Life 《香港生活》

Launched in 2020, KELLY's This Hong Kong Life podcast shares the stories of young people from a variety of backgrounds across Hong Kong. In 2021, we invited one of our youth volunteers, Juhi Gangaramani, to host Season 4: "New Normal under the Pandemic: A Year After".

啟勵於2020年推出全新播客節目《香港生活》，旨在分享來自本港不同背景年輕人的故事。2021年，我們邀請了其中一名青年義工 Juhi Gangaramani 擔任第4季主持，主題為《疫下一年：新常態》。

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*I first came across This Hong Kong Life through an email blast looking for people to come on the podcast to share their stories and experience, especially during the pandemic. I thought it was a really interesting opportunity to just share about my life in 2020. It ended up being a great experience.*

*I was raised in an environment where emotions and feelings weren't prioritized. It was really hard to open up to people about things that I was going through. I never thought that other people were experiencing the same things, it felt like it was only happening to me. Being on the podcast as a guest, being able to have a voice was life-changing. It made me feel that I could say things that people could understand and possibly learn from.*

*Shortly after recording, I was asked by the KELLY team if I was interested in being the podcast host. It was a little scary when I first said yes, but it felt like something that would lead to a lot of interesting stories, opportunities, and experiences.*

*When I first did my recording, it felt like a safe, welcoming, and positive space where I could just say how I felt. I thought, if I could create this type of space for other youth, we would have so many more stories and so many more experiences that we can share with other youth out there who want to feel validated and understood.*

*My favourite part of being a host was having short conversations before hitting the record button where I got to know the interviewers as people, rather than who they were within a society or group. For most of the time, we understand youth as just one label or one meaning, but as I continued meeting more interviewees, the word took on new stories and new meanings.*

*In the podcast, young people get to share their stories and through that they learn something about themselves and the world around them. But as an interviewer, I also get to learn more about them. It's a two-sided conversation. I think it's in this way that KELLY has been able to grow.*

當啟勵透過電郵招募青年分享他們在疫情期間的故事和經歷，我才第一次接觸《香港生活》這個播客節目。當時，我認為這是一個很有趣的機會，藉此分享我在2020年的生活，最終這成為了一次很精彩的體驗。

我在一個向來不甚重視情緒和感受的環境下成長。對於個人經歷，我總是難以向他人敞開心扉。我一直以為很多經歷只會發生在我身上，從沒想過其他人或許也有着相同體驗。當我擔任播客嘉賓時，可以表達自己感受及意見的感覺實在美好，我感受到生命從此改變，別人或會明白我的分享，甚至從中有所得着。

錄製個人故事後，啟勵團隊問我是否有興趣成為播客主持。我答應這一邀請時，其實有點害怕。但我相信這將帶來很多有趣的故事、機會和經歷。

當我首次錄製節目時，啟勵團隊讓我感覺到這是一個安全、自在和正面的平台，讓我可隨心盡訴心中感受。當時我在想，若我也能為其他年輕人創造這樣的一個空間，我們定必能夠收集到更多精彩故事和經歷，與其他希望獲得認同和理解的年輕人分享。

作為主持，我最喜歡的部分，是在正式開始錄製前，與受訪青年進行的一節簡短對談。在這節對談中，我會撇除受訪青年在團體中的位置，而更了解他們作為一個獨立個體的分享。許多時候，我們只從青年的某個身份或標籤去『了解』他們，但隨着我訪問更多青年，『青年』一詞帶來更多新故事和含意。

在播客中，年輕人除了可以分享個人故事外，亦可藉此更了解自己和周遭事物。但作為主持，我也得以更深入地了解他們。這是一個雙向的對話。我認為啟勵亦正正是循著這個雙向對話的方向不斷成長。

- Juhi Gangaramani, host of This Hong Kong Life  
《香港生活》主持人 Juhi Gangaramani

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In addition to hosting the podcast, Juhi also joined our Executive Director and original podcast host, Sky, at the Hong Kong Spoken Word Festival as well as at the Hong Kong International Literary Festival to share the ups and downs of her podcasting journey.

With five seasons under our belt, we're just getting started - stay tuned for Season 6!

Juhi 除了擔任播客主持外，還跟我們上屆主持人，即啟勵行政總監 Sky 在 Hong Kong Spoken Word Festival 和 香港國際文學節上分享其擔任播客主持人的心路歷程。

我們首五季的播客節目已經畫上完成句號，請大家密切留意第六季的推出日期！

## Moments of Impact 啟勵·一刻

“

### Building a Foundation 萬丈高樓平地起

“Don't forget what you were like as a teenager. A lot of parents are too intense and there's a lot of pressure. Teenagers eventually grow up and our job is to make sure they get through those years.”

My parents taught me so much about life and parenting. They always stressed the importance of having a strong foundation and a sense of who we are as a family. That's something that I have carried with me into my journey as a parent.

My kids, who are all adults now, have their own WhatsApp group. When one of them does something wrong or gets into trouble, they first chat about it amongst their sibling group, then they'll eventually tell me about it. It's like a little support group amongst peers. They've helped each other through different issues, whether it's using drugs or alcohol or mental health.

I met my daughter when she was eight years old. Her biological father had died when she was only three, and I was dating her mother. When her mother passed away six years later, it was an administrative nightmare for me to gain custody of her. I wasn't her biological father, nor was I her adoptive father, so any authority as her guardian also died with her mother. It took a while to sort out all the legal paperwork for me to make sure she could stay with me.

As a teenager without her mother, she felt isolated and that no one loved her. She felt that she was a burden to me. Because of all of this, she acted out at home and at school. She was deliberately defiant and would blatantly lie to my face. She often refused to go to school and her grades slipped.

The turning moment happened when I took away her Octopus card. Her Octopus card

was connected to my bank account, but she would max out the auto-recharge amount every other day, so I confronted her and took the card away. Without her Octopus card, she was afraid that her friends would think that she was poor and desert her. This incident triggered her to attempt to end her life by overdosing on painkillers. That day, she came home feeling sick and throwing up. She kept saying she had done something really bad, but she didn't want to tell me because she was afraid I would be angry. When I finally learned what had happened, I called an ambulance and took her to the hospital. The next day, the doctors recommended that my daughter start seeing a counsellor, but that they didn't have any availability for the next six months.

At that moment, I thought of KELY. I had known about the organisation from the very beginning, because a friend of mine was very involved, and I knew that KELY had done some work at my daughter's school. KELY was running a new programme, Growing Up with KELY, where they placed young counsellors in the school to provide emotional and psychological support to students who needed it. The counsellor was only a few years older than my daughter, so was able to connect with and help her. If there are other parents out there struggling with their kids, I would strongly recommend that they make contact with KELY, because their programmes work! The KELY counsellor gave my daughter a path forward.

「為人父母的不要太著緊，給孩子太多壓力。年青人終歸會長大，我們的責任是要陪伴他們走過成長路。」

我的父母教曉我很多關於生命和養育孩子的知識，他們強調一個家要有穩固的根基，以及家人對家的歸屬感。直至我為人父母，我也記著這些道理。

**David Law**  
Parent of KELY  
Programme Participant  
啟勵項目參加者的家長



我的子女都已長大成人，他們兄弟姐妹間開設了一個 WhatsApp 群組，但凡有人遇上麻煩或出了岔子，他們都會在那個群組討論，事後才告訴我。那群組就像一個小小的朋輩支援小組，幫助大家拆解和應對不同的問題，例如吸毒、喝酒或精神健康等等。

我的女兒在八歲那年與我初次見面。她三歲時生父去世，後來我與她的媽媽相戀。六年後，她的媽媽離世。因為我不是她的生父，也不是她的養父，我經歷了很多行政手續的折騰才取得她的撫養權，讓她成為我的女兒。

年幼時喪失父母，令這女兒一直自覺孤立，沒有人愛她，她覺得她是我的負擔。她因而變得反叛，在家和在學校都表現得目中無人，明目張膽當著我面說謊。她亦拒絕上學，成績一落千丈。

有一天我拿走她的八達通，這成為了一個轉捩點。她的八達通連結了我的銀行帳戶，而她每天都會提取自動增值的上限額。我為表不滿，就拿走了她的卡。女兒沒有八達通在手，很害怕朋友會因而覺得她沒有錢而疏遠她。一念之差，她竟服食大量止痛藥企圖自殺。那天，她一臉病容的回家，然後不停嘔吐，說做了很壞的事，但怕我會生氣。後來我知道她濫藥，便馬上叫救護車把她送到醫院。翌日，醫生建議她見輔導員，但輔導服務要輪候半年。

在那一刻，我想起啟勵。我有朋友參與啟勵的工作，而啟勵亦曾經在我女兒的學校推展 Growing Up with KELY 的新項目，項目安排年輕輔導員到學校為有需要的學生提供情緒及心理支援服務。輔導員比我女兒僅年長幾歲，可謂同聲同氣，比較容易明白她和幫助她。如果家長正為孩子的叛逆而感到困擾，他們可以向啟勵求助，啟勵的項目真的回應了我女兒的需要，令她重回正軌。

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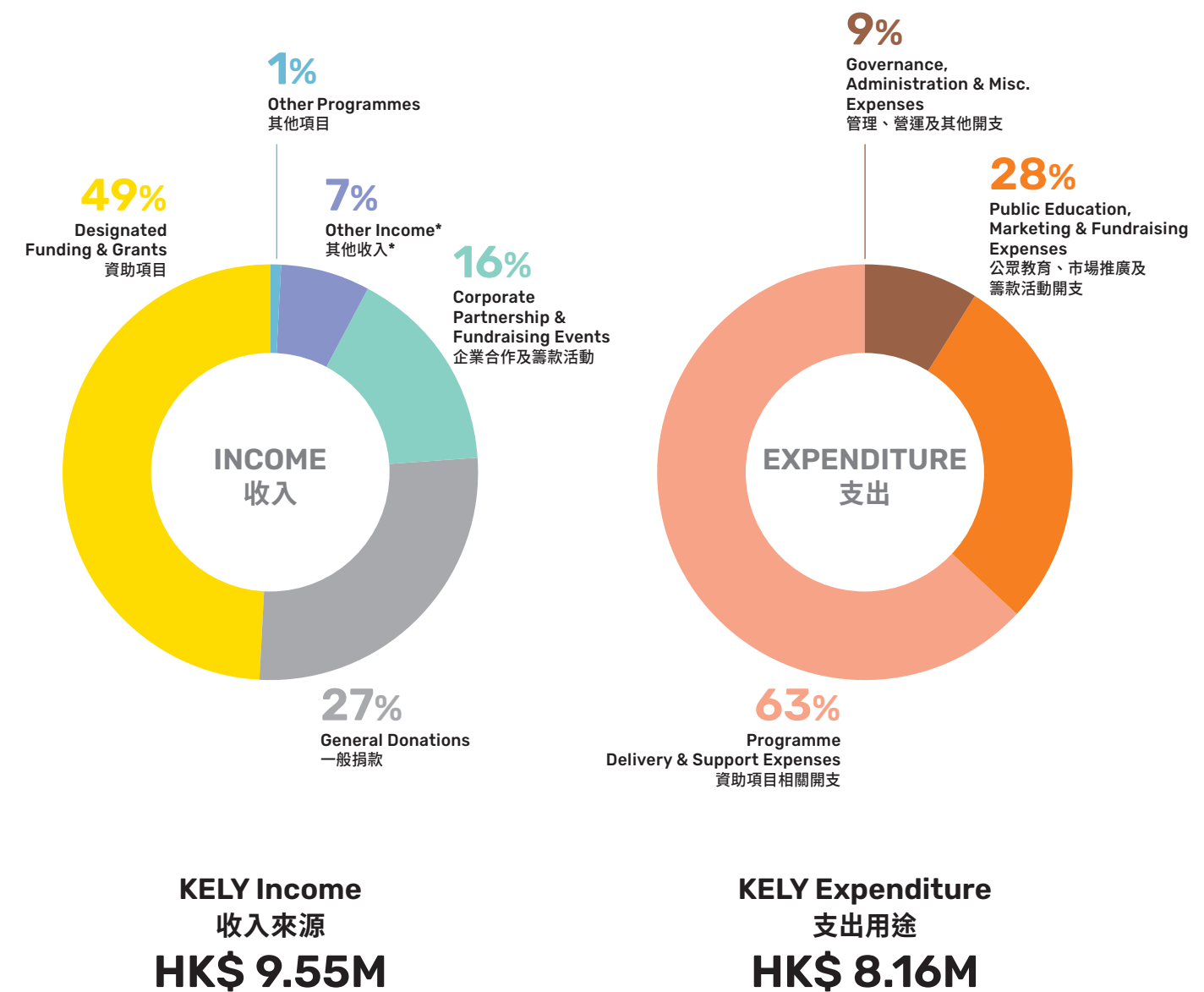


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As a small nonprofit that does not receive any government subventions, we rely on private donations for our daily operations and future growth. We are especially grateful this year for our funders and donors who gave generously and flexibly, enabling us to focus on responding to young people's needs. We treasure every donation, big or small, and strive to use every dollar responsibly for our mission of empowering young people to reach their full potential.

作為一所非政府資助的小型非牟利機構，我們依靠私人捐款來維持日常運作及未來發展。對這一年間，一直慷慨支持我們的善長仁翁，我們衷心感謝；幸得有您同行，我們才能持續為青年服務，迅速回應他們的需求。無論金額多少，我們都珍惜每筆捐助，並會善用每分每毫，完成使命——啟發青年潛能，讓其盡展所長。



\* Including subsidy from Employment Support Scheme 包括保就業計劃下之補貼



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Over the past year, KELY has been fortunate to have community leaders, corporate donors, and dedicated volunteers to help us continue our work for young people in Hong Kong. We thank all these groups and individuals for their time and generosity.

過去一年，啟勵有幸獲得眾多社區領袖、企業捐贈者，以及義工朋友的鼎力支持，讓我們繼續為香港青年服務。我們希望藉此機會，答謝所有付出寶貴時間，以及慷慨解囊的團體和人士。

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Caritas Charette Center  
Caritas HUGS Centre  
Caritas IM perfect  
Charitable Choice  
Chinese YMCA of HK  
Clap for Youth @ JC  
Coconuts Hong Kong  
Comfort Care Concern Group  
Equal Opportunities Commission  
Hashtagimpact  
Hong Kong Christian Service - Navigating Adversity  
Hong Kong Christian Service - Shamshuipo Central Happy Teens Club with Services for Night Drifters  
Hong Kong Eating Disorders Association  
Hong Kong Federation of Youth Groups  
Hong Kong Holistic Popular Mental Health Association  
HK01  
HK Lutheran Social Service Cheer Lutheran Centre  
HK Lutheran Social Service - Rainbow Lutheran Centre  
Hong Kong Rugby Union  
Hong Kong Sheng Kung Hui Counselling Service  
Hong Kong Sheng Kung Hui Welfare Council Limited Neo- Horizon  
Joyful Mental Health Foundation  
Methodist Centre  
Mind Hong Kong  
OCD Anxiety Support Hong Kong  
Radio Television Hong Kong (RTHK) Radio 3  
Social Career  
St James Settlement - Wan Chai Integrated Family Services Center  
St John's Cathedral Counselling Service  
Talking Mental  
The Chinese University of Hong Kong  
The Mental Health Association of Hong Kong- T.N.Foo Centre for Positive Mental Health  
The New Life Psychiatric Rehabilitation Association- iReach  
The Samaritans Befrienders Hong Kong  
Time Auction  
TWGH - Cross Center  
TWGH - Debt & Bankruptcy Counselling Support  
TWGH - Even Center  
TWGH - Integrated Centre for Smoking Cessation  
TWGH - Stay Sober Stay Free Alcohol Abuse Prevention Center  
South China Morning Post  
Youth Outreach Residential Services for the Youth  
Zion Social Service- Yuk Lai Hin Counselling Centre  
Zubin Foundation

### 社區及媒體合作伙伴

浸信會愛羣社會服務處－青少年身心導航服務  
香港小童群益會－性向無限計劃  
突破機構輔導中心服務  
明愛展晴中心－香港戒賭輔導服務  
明愛感創中心  
明愛容園中心  
明愛誤用藥物支援計劃「我·完美計劃」  
擇善坊  
香港中華基督教青年會  
賽馬會鼓掌 創你程計劃  
Coconuts Hong Kong  
臚明會  
平等機會委員會  
Hashtagimpact  
香港基督教服務處－逆旅同行輔導服務  
香港基督教服務處－深中樂teen會(深宵外展服務)

香港進食失調康復會有限公司  
香港青年協會－『心渡歷情』預防雙重診斷教育輔導計劃  
香港整全普及精神健康協會  
香港01  
香港路德會青欣中心  
香港路德會青彩中心  
香港檯球總會  
聖公會輔導服務處  
香港聖公會福利協會－新念坊  
心晴行動慈善基金  
循道衛理中心  
Mind Hong Kong  
OCD Anxiety Support Hong Kong  
Radio Television Hong Kong (RTHK) Radio 3  
社職  
聖雅各福群會－灣仔綜合家庭服務中心  
聖約翰輔導服務  
Talking Mental  
香港中文大學  
香港心理衛生會－傳德枋輔導及發展中心  
新生精神康復會－自閉症服務  
香港撒瑪利亞防止自殺會  
Time Auction  
東華三院－越峰成長中心  
東華三院－健康理財家庭輔導中心  
東華三院－平和坊  
東華三院－戒煙綜合服務中心  
東華三院－遠酒高飛預防及治療酗酒服務  
南華早報  
協青社  
錫安社會服務處－昃勵軒輔導中心  
小彬紀念基金會



School Partners	學校合作伙伴
Universities	大學
Hong Kong Baptist University The Education University of Hong Kong The Hong Kong Academy for Performing Arts The Hong Kong University of Science and Technology The University of Hong Kong	香港浸會大學 香港教育大學 香港演藝學院 香港科技大學 香港大學
Secondary & Primary Schools	中小學
American International School Buddhist Tai Kwong Chi Hong College Chan Shu Kui Memorial School Chinese International School Creative Secondary School Delia Memorial School (Broadway) Delia Memorial School (Hip Wo) DSC International School Fanling Government Secondary School French International School German Swiss International School Good Hope School Harrow International School HKMA David Li Kwok Po College Hoi Ping Chamber of Commerce Secondary School Independent Schools Foundation Academy Island School Jockey Club Government Secondary School Ju Ching Chu Secondary School (Kwai Chung) Kau Yan College Kellett School King George V School Korean International School of Hong Kong Kwok Tak Seng Catholic Secondary School Lok Sin Tong Leung Kau Kui College Lok Sin Tong Wong Chung Ming Secondary School Madam Lau Kam Lung Secondary School of Miu Fat Buddhist Monastery Man Kwan Pak Kau College Newman Catholic College Notre Dame College PAOC Ka Chi Secondary School Po Leung Kuk Luk Hing Too Primary School Po Leung Kuk Ngan Po Ling College Queen Elizabeth School Old Students' Association Secondary School Renaissance College Hong Kong Saint Francis of Assisi's College Saint Francis Xavier's School Tsuen Wan SALEM-Immanuel Lutheran College Sear Rogers International School Sha Tin College Sha Tin Government Secondary School Shrewsbury International School Sir Ellis Kadoorie Secondary School (West Kowloon) South Island School St. Paul's College St. Teresa Secondary School Textile Institute American Chamber of Commerce Woo Hon Fai Secondary School The Church of Christ in China Heep Woh College The Hong Kong Management Association David Li Kwok Po College Tsung Tsin Christian Academy Victoria Shanghai Academy West Island School Wong Shiu Chi Secondary School Yew Chung International School Yu Chun Keung Memorial College No.2	美國國際學校 佛教大光慈航中學 陳樹渠紀念中學 漢基國際學校 啓思中學 地利亞修女紀念學校(百老匯) 地利亞修女紀念學校(協和) 德思齊加拿大國際學校 粉嶺官立中學 法國國際學校 德瑞國際學校 德望學校 哈羅香港國際學校 香港管理專業協會李國寶中學 旅港開平商會中學 弘立書院 港島中學 賽馬會官立中學 裘錦秋中學(葵涌) 教恩書院 啟歷學校 英皇佐治五世學校 香港韓國國際學校 天主教郭德勝中學 樂善堂梁詠琚書院 樂善堂王仲銘中學 妙法寺劉金龍中學 萬鈞伯裘書院 天主教新民書院 聖母院書院 加拿大神召會嘉智中學 保良局陸慶濤小學 保良局顏寶鈴書院 伊利沙伯中學舊生會中學 啓新書院 聖芳濟各書院 荃灣聖芳濟中學 南亞路德會沐恩中學 弘爵國際學校 沙田學院 沙田官立中學 香港思貝禮國際學校 官立嘉道理爵士中學(西九龍) 南島中學 聖保羅書院 德蘭中學 紡織學會美國商會胡漢輝中學 中華基督教會協和書院 香港管理專業協會李國寶中學 基督教崇真中學 滬江維多利亞學校 西島中學 王肇枝中學 耀中國際學校 余振強紀念第二中學

KELY is a member of the Hong Kong Council of Social Services and The Community Chest of Hong Kong. Due to limited space, we are unable to list the names of all donors and supporters who have given us invaluable support. On behalf of our beneficiaries, we extend our sincere thanks to all of them for supporting our work in enabling young people in Hong Kong to reach their potential. 啟勵扶青會為香港社會服務聯會及香港公益金之機構會員。由於篇幅所限，我們未能盡列所有善長芳名。我們謹代表所有受惠青年，衷心感謝您們對啟勵的扶青工作給予支持，讓青年進一步盡展所長。

# Moments of Impact

## 啟勵・一刻

# “

## Be Kind to Yourself

### 善待自己

“You have to persist and keep working hard. If not for KELY, I wouldn’t have been able to work with so many young people and discover the career path I’m on today.”

I was a pretty quiet kid. I didn’t have a lot of friends and I was kind of a loner. I didn’t do very well in school. In hindsight, I think I had dyslexia, but we didn’t really know anything about it back then, so people just thought I was lazy. By Form 4, I had dropped out of school. Since I had decided school wasn’t for me, the school social worker helped me find a job. My parents and teachers were all of the mindset that if school wasn’t for me, then I didn’t need to waste time and money on education while I could be out earning a living.

Without a proper education, I could only get low-skilled jobs, working in restaurants and the like.

When I was 17, I applied for a job as a programe assistant at KELY as a social circus trainer. The job was offered as part of the Labour Department’s youth employment programme, where they would fund 50% of my salary for the first three months to incentivise employers to provide on-the-job training to young people like me. Back then, my salary was only HK\$5,000! That was a long time ago.

I had never heard of KELY before applying, I just needed a job, and I picked up circus skills pretty quickly. I went to secondary schools all over Hong Kong assisting my supervisor in teaching young people circus

skills like juggling and plate spinning. In some workshops, the students were my age or older, which felt kind of awkward at first, but my supervisor taught me how to own my role as the trainer. After a few months, I was able to lead some classes on my own.

It’s pretty amazing to see how someone like me, who was doing these unskilled jobs, could eventually become a trainer. My confidence really grew during my time with KELY. I discovered that I had skills and that I could use those skills to earn an income. Besides leading circus workshops, I also run a business selling various props and I teach leatherwork. I like to be creative. I’m thankful for that supervisor who hired me and gave me the opportunity to become who I am today.

“堅持，繼續努力。因為當日加入啟勵，我才得以有機會與一眾年青人同行，成就了我今天的事業。”

小時候的我沒有太多朋友，很多時都是自己一個人，我讀書也不算好。長大後才意識到自己可能有讀寫障礙，但以前大家不認識這症狀，認為我成績差是因為懶惰。中四那年，我退學了。我的父母和老師都一致認同我的想法：學校不適合我，我不要再浪費時間和金錢在讀書方面。駐校社工幫我找了一份工作。

因為我連中五也沒有完成，我只能擔任一些低技術工作，例如在餐廳打工。

17歲那年，我申請啟勵活動助理一職，負責雜耍訓練。那是透過勞工處青年就業計劃申請的職位，處方會支付我首三個月的一半薪金，以吸引僱主為像我這樣的青年提供在職培訓。那時候我的收入只得五千港元。

**Ng Wai Chit**  
**吳維哲**  
KELY Social Circus Trainer  
啟勵雜藝導師



# ”



# GET INVOLVED

## 齊來參與

**We believe that empowering young people to reach their full potential is a team effort! Here are some ways you can get involved with KELY:**

**我們相信，欲啟發青年潛能，讓其盡展所長，必須依靠社會各界的支持！  
您可以循以下途徑參與我們的扶青工作：**

### **BECOME A MONTHLY DONOR**

Monthly donations give us confidence to plan for the future and the flexibility to respond to immediate needs or take advantage of opportunities. By giving on a regular basis, you make an investment in the future of KELY and in Hong Kong's young people!

### **FUNDRAISE FOR KELY**

Engage your community by organising a fundraiser for KELY. Dedicate your birthday, throw a bake sale, or run a race – your support means that more people can learn about KELY and get involved in our work.

### **VOLUNTEER**

As a small nonprofit organisation, we rely heavily on skilled and passionate individuals in the community who donate their time to us. Our volunteers help us in the office, at outreach events, and working directly with youth.

### **成為月捐大使**

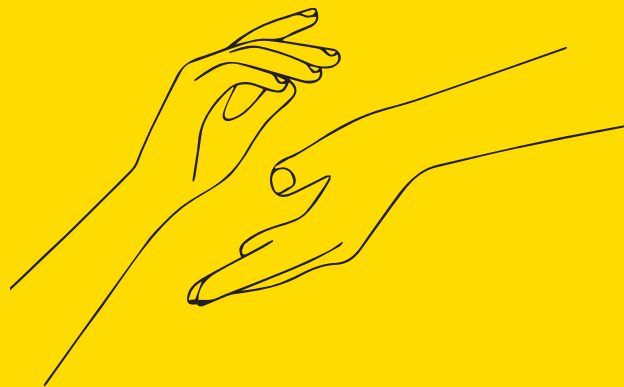
每月捐助使我們擁有信心規劃未來，靈活應對迫切需要，並抓緊每一個機遇。透過定期捐款，幫助啟勵及香港青年盡展所長吧！

### **為啟勵舉辦籌款活動**

為啟勵舉辦籌款活動，帶領身邊人一同踏上扶青之路！在您生日等大日子舉辦義賣活動，又或者參加慈善跑步競賽——您的支持，將讓社會上更多人認識啟勵，繼而參與我們的工作。

### **成為啟勵義工**

作為一個非牟利機構，我們主要依靠社區中專業又有熱誠的人，貢獻寶貴時間，參與我們的義工團隊。義工除了在我們的辦公室、外展活動中提供協助，也有機會直接與青年交流。







**30** YEARS OF 扶青三十載  
YOUTH EMPOWERMENT

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香港中環波老道12號東翼二樓

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