

NEWSLETTER

啟勵通訊

February 2023 | 2023 年 2 月號

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Event Highlights 活動焦點

Weez Walk is Back for Another Year Weez Walk 環島虛擬行再度歸來

Last chance to join in the fun and visit new Weez Art installations
參與活動和欣賞 Weez Art 藝術品的最後機會



KELY and The Weez Project are bringing our annual fundraiser back - [Weez Walk 2023](#) officially started on 14 January 2023 with a newly added time tracking feature via the TrailMe App and new Weez Art installations placed along the route this year, spreading the message that we can all BE THE ONE to support and care for youth mental health issues as well as prevent youth suicides. Registrations will be open till 15 February (this Wednesday).

Please consider to participate and do [keep the donations coming](#) - for every HK\$100, KELY can help one more youth who are struggling with mental health issues. As always, the more we get, the more we can help!

Supported by HKwalls, eight local artists had created brand new Weez Art installations for the event this year, bringing the number of Weez Art pieces to a total of ten. Each Weez Art installation has their own story and their creators are all amazing artists based in Hong Kong. Locations and messages about Weez Art can be found [here](#).

In honour of Weez Week (13-19 February), we are also launching the Weez Art Challenge for everyone, whether they are a Weez Walker or not. To join in, simply visit one of the Weez Art installations, take a picture, and post it on Instagram with your message and the right hashtags. More info can be found at the

bottom of the [Weez Art](#) webpage. We have a special prize for the most inspiring post!

Read how Weez Walk first started [here](#).

啟勵和 The Weez Project 今年再次舉辦年度籌款活動——[Weez Walk 環島虛擬行 2023](#) 已於 2023 年 1 月 14 日正式開始，本年活動透過引入 TrailMe 應用程式新增時數記錄功能，亦沿活動路徑展出了多件全新 Weez Art 作品，宣揚我們都可以「成為對的人」，支持和關心青年精神健康，預防青少年自殺。活動將於 2 月 15 日（本星期三）截止報名。

活動仍需大家大力支持——不論是參與步行或 [捐款](#)。每得到港幣 100 元的捐款，啟勵就可以幫助多一名正面對精神健康困擾的青年。越多人支持，我們就能為越多人提供適當的幫助和援助！

到 HKwalls 的支持，今年共有八位本地藝術家為活動創作了全新的 Weez Art 作品，令作品總數增至合共十件。每件 Weez Art 作品背後都有自己的故事，它們的創作者都是以香港為基地的傑出藝術家，可以 [按此](#) 參考更多關於 Weez Art 的位置和資訊。

Weez Walk 2023 亦首次引入 TrailMe 追蹤參加者的成績和位置。該應用程式讓我們更準確地追蹤及記錄參加者的位置，同時亦為官方指定的時數記錄應用程式。如果您想指定追蹤及支持其中一位參加者，TrailMe 會是您其中一個追蹤進度的好方法！

[按此](#) 了解 Weez Walk 起源的故事。



SOSKELY at the Rugby 7's SOSKELY 亮相七人欖球賽

On-site harm reduction outreach services resumed after 3 years
參與活動和欣賞 Weez Art 藝術品的最後機會

Over three days in November 2022, the SOSKELY team were finally able to return to the Hong Kong Sevens, reaching out to more than 2,000 youths by delivering free water, immediate support, as well as hosting game booths. They also encouraged people to stay hydrated and pace themselves while having fun with their squad. As always, the outreach service was much appreciated by attendees and event organisers alike.

SOSKELY is KELY's staple outreach service, providing free and fun alcohol-free activities for youth at major events in Hong Kong in hopes of reducing harm and promoting care for those in need. At these events, the team offers a safe space for young people to rest, recover, and get the support they need. They also take the chance to provide public health education around alcohol.

KELY is currently looking for volunteers aged 25 or above to join SOSKELY's outreach services at future large-scale events. Volunteers are required to complete an online compulsory training. Sign up [here](#) if you are interested.

Huge thanks to our team, volunteers and anyone who visited our booth and we hope to see you again next time!



去年11月，在三天賽事期間，SOSKELY 外展服務團隊終於能夠再次參與這項跨國體育賽事，透過提供免費飲用水、即場支援以及遊戲攤位，接觸過超過2,000名青年，鼓勵他們在玩樂之餘亦要時刻補充水份和適當調整娛樂步伐。一如既往，外展服務受到在場人士和主辦單位的一致好評。

SOSKELY 是啟勵主要的外展服務，在各項香港大型活動中為青年提供免費有趣的無酒精活動，希望緩減酒精對他們的傷害，為他們提供恰當的關懷。團隊在活動期間為年輕人提供一個安全休息和恢復的場所，確保他們能夠得到需要的支援，並藉此機會傳播與飲用酒精類飲品相關的健康資訊。

啟勵現正在招募 25 歲或以上的義工加入 SOSKELY，參加未來大型活動的外展服務。參與的義工需要先完成網上培訓。如果您有興趣參加我們的行列，請[按此](#)登記。

感謝各位成員、義工和所有曾經到訪我們攤位的人士，我們下次再會！



KELY at Lee Gardens Skateboard Fest 啟勵再度參與利園滑板節

Connecting with youths through physical activities
以運動與青年建立聯繫



Causeway Bay bursted with dynamic skateboarding vibes with Lee Gardens Skateboard Fest 2022 in-action on 26 November. As Charity Partner of the event, KELY worked with Event Co-organisers, Lee Gardens Association and the All Hong Kong Skateboards Association (AHKSA) to bring this significant event back for another year.

Professional performances, fun experience classes for newbies and handcraft sessions were held on the day. KELY's youths also interacted and performed juggling for the public. All proceeds from the workshop on the day were donated to KELY for the operation of local and ethnic minority youth projects. The youths also got a taste of skateboarding and built comradeship through physical activity at a special session.

On 29 December 2022, just before the end of the year, 11 youths also joined an extra skateboarding experience class at Lee Garden Three provided by the AHKSA. The young people were able to try out their new skateboards at an amazing venue provided by the Lee Garden team, and they were happy to get the skateboard and Vans shoes as a belated Christmas gift, sponsored by 8FIVE2 Shop and Vans.

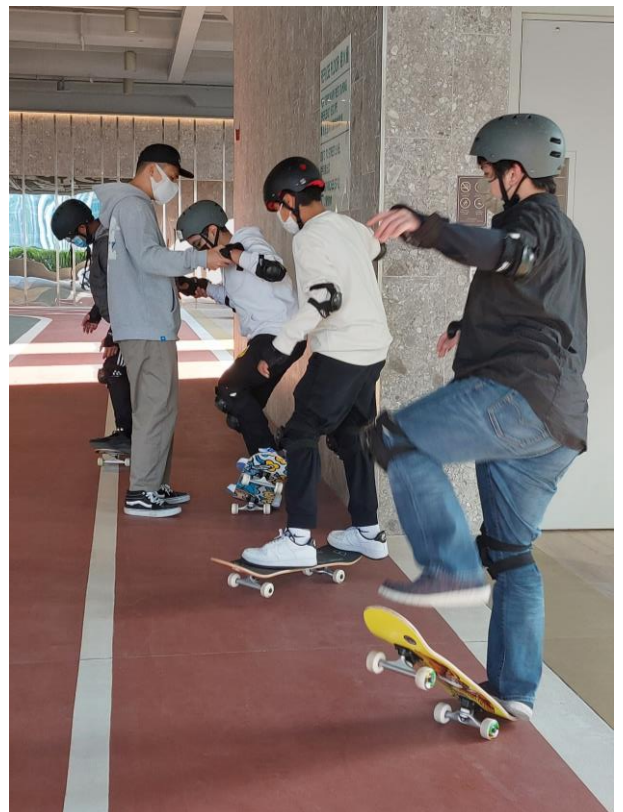
Physical activities like skateboarding are a key part of developing youth and supporting their positive mental health. KELY will be continuing initiatives like this. Preparation of another series of skateboard classes is under way! Stay tuned to find out more and follow us on [Facebook](#) and [Instagram](#) now!

利園滑板節 2022 已於 11 月 26 日在銅鑼灣舉行，滑板運動令現場充滿活力。作為活動的慈善合作夥伴，啟勵與活動協辦機構利園協會和全香港滑板協會 (AHKSA) 再度合作，將這項活動帶給大眾！

活動當日有來自滑板玩家的專業表演，也有供新手參與的趣味體驗班和手作工作坊。來自啟勵項目的年輕人亦當場與公眾互動，表演雜耍。工作坊的所有收益都已全數捐予啟勵，以維持本地及少數族裔青年項目的營運。另外，我們還為一群青年安排了一節特別體驗課，讓他們更了解滑板運動，並通過運動建立友誼。

2022 年 12 月 29 日，11 名青年亦在利園三期參加了由 AHKSA 提供的額外滑板體驗班。年輕人在利園提供的場地試玩了他們的新滑板，並收到了由 8FIVE2 及 Vans2 贊助的滑板套裝和鞋履作為聖誕禮物。

滑板以及其他體育活動是培養青年正向發展和保持精神健康的重要元素，啟勵將會繼續開展此類活動，而下一系列的滑板課程亦正籌備中，希望大家續關注啟勵的 [Facebook](#) 和 [Instagram](#)，留意最新消息！



KELY in the Community 啟繫社區

Andrew Named Director of the Year for His Work with KELY Andrew 獲評為 2022 年度傑出董事



Mr. Andrew Jones, Emeritus Chairman and Founding Board Member of KELY, was prized as a winner of the Directors Of The Year Awards 2022 on 25 November 2022. Andrew was recognised for his work with KELY as a Non-Executive Director in the Statutory/Non-Profit Distributing Organisations Non-Executive Director category.

KELY would like to express our gratitude for Andrew's passion for championing peer support for youth in Hong Kong and those around him, as well as for the 30+ years of investment of skills, time, and love to see young people thrive - a tremendously well-deserved award and recognition for our Emeritus Chairman.

For more information, please refer to the [press release](#) issued by the Hong Kong Institute of Directors.

2022 年 11 月 25 日，基於其在啟勵所發揮的職能，啟勵扶青會董事會榮譽主席兼創會董事 Andrew Jones 先生獲香港董事學會頒發 2022 年度法定 / 非分配利潤組織非執行董事組別的傑出董事獎。

啟勵團隊對 Andrew 持續向香港青年和親友近鄰倡導朋輩支持的熱忱，以及 30 多年來在青年茁壯發展方面所投入的技能、時間和熱情表示感激——本次獲獎，我們的名譽主席實至名歸。

有關更多詳情，可參閱由香港董事學會發佈的 [新聞稿](#)。

Taking Part in the Rotary Service Day 扶輪社服務日攤位

Beneath the Charles K. Kao Auditorium KELY was present at the Rotary Service Day on 31 December 2022 at Hong Kong Science Park. (Golden Egg), KELY team members, along with student helpers from the Rotaract Club of UST, were able to reach hundreds of participants at the event to spread Diversity, Equity, and Inclusion (DEI) in the community.

Serving both Chinese-speaking and non-Chinese speaking youths, KELY understands how sometimes one can feel excluded. To show support and spread positivity, the Tree of Hope was placed at the booth for visitors to share encouraging messages to those struggling through hardships, particularly young people with mental health issues.

[The Tree of Hope](#) has gone online as well - head over there and leave a message yourself!



啟勵參加了 2022 年 12 月 31 日在香港科學園舉行的「扶輪社服務日」。攤位活動主場地於高錕會議中心（金蛋）前的廣場，啟勵團隊及來自香港科技大學扶青社的學生當日接觸了數百名活動參與者，宣揚建設更多元、公平和包容的社區。

啟勵同時服務以華語或非華語為母語的青年，因此更明白不同背景的人士有時都會感到被排斥。為了表達支持和傳播正能量，啟勵亦把「希望之樹」放置在攤位旁邊，希望參加者可以向在困難中掙扎，尤其是在精神健康方面遇到困難的年輕人們傳達鼓勵的說話。

我們亦有網上版 [希望之樹](#)，大家可以留言支持我們的青年！



Stepping Up to Support MindHK and Mental Health 齊來支持 MindHK 共同為精神健康出力

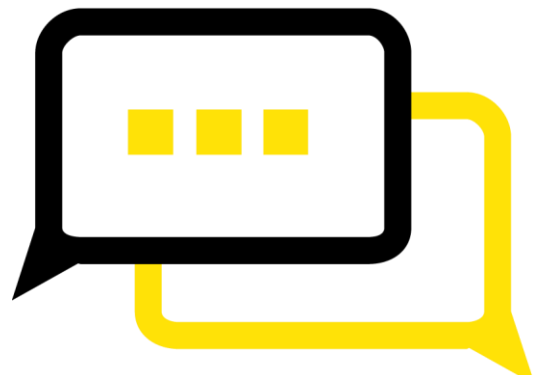
KELY is an advocate for “healthy body, healthy mind”. In addition to Weez Walk, the team is also supporting MindHK’s Move It for Mental Health 2023. The event asks participants to complete 30km (or more) in nature for mental and physical health.

It is now open for registration until 12 March (Sunday). Participants choose to walk, run or hike the 30km in either one-go or by accumulation within the month of March. Visit [MindHK’s website](#) to sign up now!

A promotional poster for the 'Move It for Mental Health 2023' event. The top left features the 'move it for mental health' logo. The top right shows the year '03.2023'. The main image shows a woman in a white hoodie and blue leggings standing on large rocks by a blue lake, looking out at a mountain range. Text on the poster includes '挑戰於大自然完成 30 公里! Complete 30km in nature!' and '#為精神健康 MOVE IT #MOVEIT2023'. At the bottom, it lists the organizers 'mind.org.hk/moveithk2023/' and 'Organised by mindhk 香港心聆', and the funder 'Funded by lululemon'.

啟勵相信擁有健康的體魄才能保持健康的精神狀態，因此除了 Weez Walk 環島虛擬行之外，我們亦支持 MindHK 的「為精神健康 Move It 2023」。為了大家的身心健康，活動要求參加者在大自然裡完成 30 公里（或以上）的戶外運動。

活動現已開放予公眾報名，報名截止日期為 3 月 12 日（星期日），參加者可以在 3 月內以步行、跑步或遠足方式，並選擇以單次或分開多次完成 30 公里戶外運動的目標。大家可以前往 [MindHK 網站](#) 報名參加活動。



Upcoming at KELY 精彩活動預告

New Podcast Season 全新一季播客節目



“This Hong Kong Life” podcast had returned on 1 February with the theme ‘Under the Surface’. This season, our youth host and guests will look into hot topics such as alcohol consumption, self-identity and burnout, and other issues that are commonly faced but less discussed by young people in Hong Kong. Follow and listen to the interviews on [Buzzsprout](#) / [Spotify](#) / [Apple Podcast](#), also on Common Room on Radio 3, RTHK on Wednesdays at 5pm.

We would also love to hear from you - nominate yourself or a friend to share next, drop us a note at hklife@kely.org.

This Hong Kong Life (香港生活) 播客已於 2 月 1 日回歸，主題為 Under the Surface。本季節目內，青年主持將會和嘉賓探討飲酒、身份認同與精神倦怠，以及其他香港青年普遍正在面對但較少公開討論的問題。公眾可以在 [Buzzsprout](#)、[Spotify](#)、[Apple Podcast](#)，或逢星期三傍晚 5 時正，於香港電台第三台的 Common Room 節目內容中收聽和關注節目。

我們樂意聽取聽眾意見，您亦可以提名自己或朋友到節目內作分享。如有興趣，請發送電郵至 hklife@kely.org。

KELY Youth Advisory Committee 啟勵青年諮詢委員會

In order to create stronger support for young people in Hong Kong, KELY formed its first-ever Youth Advisory Council to better understand from a young person’s perspective and how our organisation can better serve youth.

The first challenge to our council members was a three-day orientation camp out among the hills of Hong Kong. We could see stronger bonding and comradeship between our young advisors already! Stay tuned for more updates and reports from the KELY Youth Advisory Council.

為了加強對本港青年的支持，啟勵首次成立了青年諮詢委員會，協助團隊更好地從年輕人的角度出發，了解如何更貼身地為青年提供服務。

九位青年委員於剛迎來他們的首個挑戰 -- 一起參加了三日兩夜的迎新露營活動，互相交流分享如何為香港青年帶來改變的想法。請大家繼續留意更多有關啟勵青年諮詢委員會的工作和報告。



Acknowledgements

鳴謝

As a non-subsidised organisation, KELY relies on the support of generous donors and volunteers to serve the youth community. Your generous support allows us to continue providing services for Hong Kong's young people.

We would like to express our sincerest gratitude to the following person(s), who has made generous donations in money or in kind to us between 1 Oct, 2022 to 31 Jan, 2023 valued more than HK\$500.

作為一間非資助的非牟利機構，啟勵支援青年的工作實在有賴各位善長仁翁默默支持。您的義務工作及慷慨捐贈，讓我們得以為本港青年提供更完善的服務，扶助他們茁壯成長。

在 2022 年 10 月 1 日至 2023 年 1 月 31 日期間，以下人士曾慷慨解囊，以價值超過港幣 500 元的資金或物資支持啟勵的工作，為此，我們深表最誠摯的感謝。

Corporates & Organisations 商業機構及其他機構

8FIVE2
Asiamiles
BUPA (Asia) Limited
Coin Dragon Limited
CSL
Heung's Family Foundation
Hong Kong Rugby Union
Hysan Development Company Limited &
Lee Gardens Association
Imola Melinda Bond
Overlook Investment
St. James's Place Foundation
Sun Life Assurance Co of Canada
Swire Properties Limited
The Community Chest of Hong Kong
The Government of HKSAR
Vans

Individuals 個人捐贈者

Charis Ma
Christine Lynne Romano
Han Wei Nicholas Lee
Michael John Green
Anthony Griffiths
Grace Hui
Shantel Wong
Steven Wise
Timothy Jose Sieh
Wander Meijer

THANK YOU!

謝謝！