

2025 年報

ANNUAL REPORT

啟發青年潛能 讓其盡展所長
Empowering Young People
To Reach Their Full Potential

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MESSAGE FROM THE BOARD OF DIRECTORS

董事會致函

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FROM ACTING CHAIRPERSON OF THE BOARD OF DIRECTORS

董事會代主席致函

Dear Friends of KELY,

Hong Kong is currently facing an unprecedented youth mental health crisis, fueled by academic pressure, bullying, and family challenges. According to data from the Chinese University of Hong Kong in November 2023, one in four young people aged 6 to 17 experienced at least one mental health issue in the past year. Alarmingly, 49.5% of these young individuals do not actively seek help for their concerns. In 2024, Hong Kong's youth suicide rate was reported at 12.2 per 100,000 people, significantly higher than the global average of 7-8 per 100,000. These troubling statistics highlight the urgent need for further action regarding youth health and underscore the critical role organisation like KELY play in supporting our youth.

As KELY approaches our 35th anniversary, we remain committed to our mission: to equip young people with the skills, knowledge, and opportunities they need to support themselves and each other. Our goal is to create safe and inclusive spaces for young people aged 14 to 24 in Hong Kong, allowing them to express themselves freely and empowering them to reach their full potential.

Our core programmes and outreach initiatives including Talk2Me Youth Peer Supporters, Social Emotional Learning, Drug and Alcohol Awareness, and Youth Mental Health Connectors—have a broad impact on youth. The Open Door Work Placement Programme and Get Positive! Social Circus Training are designed to support marginalised groups, particularly ethnically diverse youth. This year, we have dedicated a total of 1,893 hours to training and engagement.

We are excited to introduce a new fundraising initiative themed "Juggling For Joy" this year. Drawing from 19 years of experience with our "Get Positive!" Social Circus Training, we have found that juggling not only boosts self-confidence, concentration, coordination, creativity, and physical and mental wellness, but also serves as an effective stress reliever. This healthy and enjoyable activity is suitable for all age groups, and we hope to promote juggling to the public while raising awareness of personal mental wellbeing.

We look forward to expanding our impact this year with our dynamic KELY staff, board members, and volunteers. We are grateful to have you with us on this journey of youth empowerment.

With sincerest gratitude,



Benita Chick

Acting Chairperson of the Board of Directors

致：啟勵之友

香港青年目前正面臨前所未有的精神健康危機。學業壓力、欺凌問題以及家庭挑戰，均令年青新一代承受沉重負擔。根據香港中文大學於 2023 年 11 月發布的數據顯示，每四名 6 至 17 歲的青年中，就有一人在過去一年經歷至少一種精神健康問題。令人憂慮的是，其中 49.5% 的青年並未主動就其困擾尋求協助。2024 年，香港青年自殺率每十萬人中有 12.2 人，遠高於全球平均水平每十萬人中的 7 至 8 人。這些令人不安的統計數據，突顯社會對香港青年健康採取進一步行動實屬刻不容緩，亦彰顯了啟勵扶青會在支持年青人方面所扮演的關鍵角色。

適逢啟勵邁向 35 週年，我們始終秉持使命：賦予年青人所需技能、知識與機會，讓他們能夠自助並互助。我們的目標是為香港 14 至 24 歲的青年創造安全且具包容性的空間，讓他們能夠自由表達自我，並讓他們盡展所長。

我們的核心項目與外展活動，包括 Talk2Me 朋輩支援大使、社交情緒學習、藥物及酒精意識，以及「青年精神健康專員」均對青年產生廣泛影響。此外，「職」夢計劃企業實習及「成功在望！」雜耍訓練工作坊旨在支援邊緣化社群，特別是少數族裔青年。今年，我們共投入了 1,893 小時進行培訓與參與活動。

今年我們很興奮能舉辦【拋出希望 2026】，以雜耍為主題的全新籌款活動。憑藉推行「成功在望！」雜耍訓練工作坊累積共 19 年的經驗，我們發現雜耍不僅能提升自信心、專注力、協調能力、創造力及身心健康，更是一種有效的減壓工具。這項健康且充滿趣味的活動適合所有年齡層，我們希望向公眾推廣雜耍，同時提高大眾對個人精神健康的關注。

展望未來，我們期待與充滿活力的啟勵團隊、董事會成員及義工一同擴大社會影響力。衷心感謝您與我們並肩同行，參與這一場讓年青人發光發熱、啟發潛能的旅程。



戚本乙
董事會代主席



A NEW YEAR AHEAD

來年展望

MESSAGE FROM EXECUTIVE DIRECTOR

行政總監寄語

In 2026, KELY also marks its 35th anniversary, a significant milestone in our journey of supporting and empowering young people in Hong Kong. We look forward to celebrating this occasion with a series of meaningful events that honour our history, recognise our partners, and, most importantly, spotlight the voices and achievements of the youth we serve.

Over the years, KELY has continued to deepen its focus on youth empowerment by strengthening both the quality and influence of our work. However, as youth in Hong Kong continue to face academic pressure, mental health challenges, and uncertainty about their futures, we see an urgent need not only to reach more young people but to ensure every touchpoint leads to meaningful, lasting change.

We will build on our strong foundation in Mental Health and Wellbeing, Drug and Alcohol Awareness, and Positive Youth Development by refining our programmes to go deeper rather than simply broader. This means enhancing our Social Emotional Learning and Peer Support initiatives, and co-creating more of our work directly with young people so that their lived experiences and ideas guide our design and delivery.

A key priority will be elevating youth voices as drivers of change, not just recipients of services. Through a stronger youth engagement platform, we will create more structured opportunities for young people to share their perspectives, influence organisational decisions, and shape the solutions that affect their lives. We believe this will lead to more relevant programmes and a deeper sense of ownership and empowerment among the youth we serve.

We will also continue to innovate in how we engage the wider community around youth mental health and wellbeing. Initiatives such as creative fundraising and awareness campaigns will not only support our financial sustainability, but also spark conversations that reduce stigma and reinforce the message that supporting youth is a shared responsibility.

Internally, we will keep investing in our team and systems so that KELY can remain a trusted, evidence-based, and youth-centred organisation for the long term. By focusing our efforts on depth of impact, authentic youth participation, and sustainable growth, we aim to ensure that in 2026 and beyond, every programme, partnership, and campaign brings us closer to a Hong Kong where young people are truly empowered to reach their full potential.



Louis Hou
Executive Director

踏入 2026 年，啟勵扶青會迎來成立 35 週年這個重要里程碑，見證我們一直以來在香港陪伴和支援年青人的旅程。我們期待透過一連串具意義的慶祝活動，回顧過去、感謝各方夥伴的支持，更加彰顯年青人的力量和聲音，繼續與他們同行成長。

這些年，我們不斷努力推動「青年賦能」——不止讓年青人「被看見」，而是讓他們成為改變的主人翁。然而，香港的年青人仍要面對不少挑戰：學業壓力、精神健康及對未來的不安。作為同行者，我們深深感受到這份責任。每一次與青年接觸，我們都希望不只是一場活動，而是一個能帶來改變、留下印記的經歷。

未來一年，我們會繼續在精神健康、藥物及酒精意識，以及正向青年發展等範疇上再進一步，希望做得更深、更實。透過優化社交情緒學習和朋輩支援計劃，我們會邀請更多青年親身參與策劃，讓他們的聲音、經驗成為項目的核心。

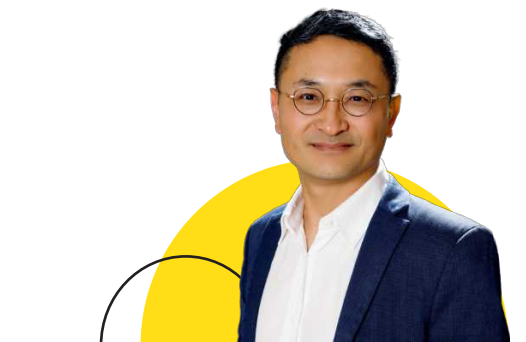
我們的目標很清晰 —— 要讓青年「有話事權」。我們正建立更有系統的參與平台，讓他們不但有機會說出想法，還能參與決策，甚至聯手設計屬於他們的方案。因為我們相信，只有當青年真心投入，改變才會持久，連結才會更深。

同時，我們會繼續以創新方式推動公眾關注青年精神健康。無論是創意籌款活動還是社區教育，我們都希望帶來正面能量，減少社會對精神健康的標籤，讓大家明白 —— 支援青年，不只是一個機構的工作，而是整個社會的責任。

在機構內部，我們同樣會持續投資團隊培訓，確保啟勵繼續成為以實證為本、以青年為核心、可信賴的專業團隊。我們的每一份努力、每一段合作、每一個活動，都有一個共同目標：在未來的歲月裡，繼續與年青人同行成長，幫助香港青年發揮潛能，活出自己。



侯仲銘
行政總監



OUR FOUNDATION

機構基石

Rooted in Hong Kong for over three decades, KELY Support Group (KELY) remains a steadfast cornerstone of youth development, empowering countless youth with hope and resilience. KELY has tirelessly dedicated itself to fostering a supportive, inclusive, and safe environment where all young people can thrive. We aim to equip them with the essential skills, knowledge, and opportunities to make positive life choices and become proactive contributors to society.

In our ongoing commitment to the wellbeing of Hong Kong's youth, we take a preventative approach which is grounded in peer support and the belief that our work must be relevant in an ever-changing world. Our impactful programmes and services are designed to help young people navigate the challenges of modern society with resilience and confidence. We collaborate with schools and various partners to offer programmes to Chinese and English-speaking youth between the ages of 14 and 24 around our three core focus areas: **Mental Health and Wellbeing, Drug and Alcohol Awareness, and Positive Youth Development**. Aligning with the United Nations Sustainable Development Goals, we integrate these principles into our day-to-day community work.

啟勵扶青會植根香港逾三十載，致力於成為青年發展的堅實後盾，為無數香港年青人注入希望與力量。我們努力不懈為青年提供安全且包容的環境，支持他們充分發揮潛能。本會的使命是裝備青年所需技能和知識，提供機會，幫助他們作出正確的人生選擇，從而為社會作出貢獻。

我們以朋輩支援為本，堅信所提供的服務和支援必須能應對這個瞬息萬變的世界。因此，我們以防患於未然的方式，為年青人的福祉努力。我們的項目和服務旨在協助青年培養毅力和自信，以面對社會的種種挑戰。我們與不同的學校和夥伴合作，為本地14至24歲的華語及英語青年提供多元化項目，聚焦三大核心領域：**精神健康、藥物及酒精意識及正向青年發展**。在日常運作和社區工作中，本會亦致力於支持聯合國提倡的可持續發展目標。

Alignment with UN Sustainable Development Goals 配合聯合國可持續發展目標

	3 GOOD HEALTH AND WELL-BEING	4 QUALITY EDUCATION	10 REDUCED INEQUALITIES
Drug and Alcohol Awareness Workshops 藥物及酒精意識工作坊	●	●	
Talk2Me Peer Support Training Talk2Me 朋輩支援訓練	●	●	
Social Emotional Learning 社交情緒學習課程	●	●	
Get Positive! Social Circus Training 成功在望！雜耍訓練計劃	●	●	●
Open Door Work Placement Programme 「職」夢計劃	●	●	●



VISION 宗旨

A world where young people are empowered to reach their full potential.

創造一個讓青年盡展所長的世界。



MISSION 使命

Equip young people with the skills, knowledge, and opportunities needed to support themselves and each other.

扶植青年裝備所需技能、知識及提供機會，推動朋輩間互助精神。

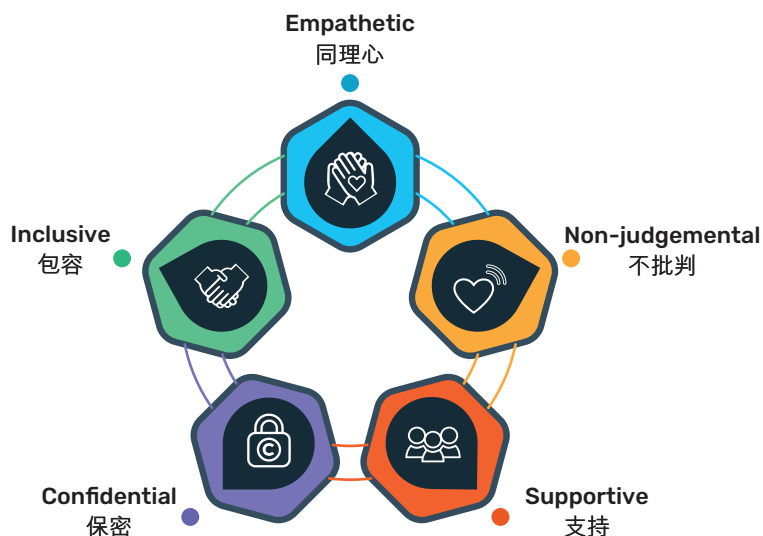


CORE VALUES

核心價值

We believe in the power of diversity and creating a safe space where young people from different backgrounds can be heard and supported. We approach our work with empathy and inclusivity, recognising the individual experiences and challenges that young people face.

本會相信社會多樣性的力量，努力為來自不同背景的青年人創造一個安全的空間，讓他們感受到被聆聽、被支持。本會本著同理心和包容的心態開展各項工作，理解每個年青人的經歷和困難。



OUR THEORY OF CHANGE

改變理論

At KELY, our Theory of Change serves as the strategic foundation for our work, ensuring clarity, focus, and measurable impact. It articulates how our initiatives empower young people to become leaders and catalysts for positive change in their lives and communities.

「改變理論」是啟勵扶青會工作策略的基礎，確保工作明確、目標突出，並具有可測量的成果指標。此理論闡述機構的項目計劃如何促進青年人成為領導者和催化力量，為他們的生活和社區帶來積極改變。



Central to our approach is the belief that young people are active agents of change. By engaging them as leaders and decision-makers, we amplify their voices and ensure our work remains youth-driven. We have a monitoring and evaluation system for our Theory of Change that enables us to evaluate and refine our strategies, ensuring continuous improvement and alignment with our mission.

改變理論的核心信念是：年青人有能力推動自身和社區向更好的方向進行正向改變。因此，我們鼓勵青年發揮領導才能，代表朋輩發聲。我們的工作重心是以年青人的意見為本，並以他們為主導去執行我們的工作目標。我們亦就「改變理論」建立了一套監測及評估系統，讓我們能夠及時評估和修正策略，確保持續進步並與我們的使命保持一致。

KELY's 35-Year Journey: Empowering Youth Since 1991

啟勵成長里程碑：三十五載青年同行



OUR WORK AND IMPACT

年度工作及成果總覽

Youth Engagement

參與青年人數



Mental Health and Wellbeing 精神健康	8,537
Drug and Alcohol Awareness 藥物及酒精意識	4,046
Positive Youth Development 正向青年發展	9,891
Total 總數 :	22,474

Number of Programmes / Workshops

項目 / 工作坊數量



Mental Health and Wellbeing 精神健康	365 Sessions 堂
Drug and Alcohol Awareness 藥物及酒精意識	116 Sessions 堂
Positive Youth Development 正向青年發展	362 Sessions 堂
Total 總數 :	843 Sessions 堂

Participating Schools

學校夥伴



Mental Health and Wellbeing 精神健康	25
Drug and Alcohol Awareness 藥物及酒精意識	35
Positive Youth Development 正向青年發展	34
Total 總數 :	94

Impact Achievement

項目成效



Reduced Risky Behaviours 減低危險行為	85%
Building Strong, Positive Relationships 建立穩固健康關係	82%
Enhanced Resilience 提高抗逆力	80%
Recognition as a Trustworthy Organisation 獲認可值得信任的機構	84%

Volunteering

義務工作



No. of Volunteers 義工人數	102
Volunteer Hours 義工參與時數	1,050 Hours 小時
No. of Student Interns 學生實習人數	7
Internship Hours 實習生參與時數	1,120 Hours 小時

Social Media

社交媒體



KELY Support Group Facebook, Instagram, LinkedIn & YouTube	
Impressions 曝光率	1.4M+
Content Interaction 內容互動總量	+68%



ENVIRONMENT, SOCIAL AND GOVERNANCE

環境、社會及管治

We recognise the importance of integrating environmental, social and governance (ESG) principles into our operations and in the delivery of our programmes and services. Our ESG framework is designed to ensure sustainable and responsible practices across all aspects of our organisation, and guides us in safeguarding the wellbeing of the community we serve, our people, and the environment, with the aim of building organisational resilience and adaptability.

By adopting these ESG principles, KELY is committed to making a lasting and positive impact on the lives of young people and the broader community. We believe that sustainable and responsible practices are essential to achieving our mission and ensuring the wellbeing of future generations.

我們明白，將環境、社會及管治（ESG）原則融入本會的營運以及項目和服務當中的重要性。我們的ESG框架旨在確保本會在各個組織層面上均採用可持續且負責任的方法，並指導我們去保障所服務的社區、員工和環境的福祉，從而建立組織的抗逆力和適應力。

通過採納這些 ESG 原則，我們致力為年青人以至更廣泛的社區群體帶來長遠而積極的影響。我們相信，可持續和負責任的做法對於實現本會的使命和確保未來一代的福祉至關重要。

Our ESG framework comprises four pillars

本會的 ESG 框架由四大支柱組成



Environment 環境

We are fully committed to minimising our environmental impact in our day-to-day operations. We also recognise that we have a responsibility to role-model sustainable practices and behaviours when we interact with young people through our programmes. Our environmental initiatives include reducing energy consumption, prioritising eco-friendly and reusable materials for our events and campaigns, minimising the use of paper, and implementing effective waste reduction and recycling initiatives.

鼓勵扶青會致力在日常營運中將我們對環境的影響減至最低。我們也意識到，在工作中與年青人互動時，我們有責任樹立實踐可持續發展和行為的榜樣。我們的環保措施包括減少能源消耗、在活動和宣傳中優先使用環保和可重複使用的材料、盡量減少使用紙張，以及實施有效的廢物減量和回收措施。



Governance 管治

We aim to uphold the highest standards of governance by ensuring transparency and accountability in our day-to-day operations. Our Board of Directors provide leadership and oversight, ensuring that our strategic objectives align with our mission and values.

We are committed to ethical practices in all aspects of our work, and have implemented robust frameworks, policies, practices, and processes to ensure that we adhere to best practices for non-profit organisations and corporate governance standards wherever possible. These practices include maintaining strict confidentiality, safeguarding the privacy of our stakeholders, managing risks, and adhering to legal and regulatory requirements. We strive to build trust with our community, donors, and partners through integrity and honesty.

鼓勵扶青會透過確保日常營運的透明度和問責性，維持最高的管治標準。在董事會的領導和監督下，我們確保各個策略目標符合本會的使命和價值觀。

鼓勵扶青會致力在工作的每一個方面恪守道德規範，並實施健全的框架、政策、實踐方式和流程，以確保本會盡可能符合非牟利機構的最佳實踐和企業管治標準，其中包括維持嚴格的保密原則、保障持份者的私隱、風險管理、符合法律及規例要求等等。我們致力憑著正直和誠實的表現，與社區、善長和合作伙伴建立互信關係。



Social | Mission Delivery 社會 | 使命實踐過程

In our programmes, we place a strong emphasis on prioritising the needs of marginalised communities and ensuring that our services are equitable, inclusive, and culturally appropriate. We are dedicated to eliminating barriers faced by the youth we work with, including discrimination and bias experienced by ethnic minority youth.

We actively engage with the community to raise awareness and advocate for the needs of young people. Through partnerships with schools, local organisations, and other stakeholders, we ensure that our programmes reach those who need them most and foster a sense of community support and collaboration.

Given that we primarily work with youth, we adhere to the highest ethical standards when we engage with them. We maintain a zero-tolerance policy towards any form of physical or psychological harm, abuse, harassment, sexual abuse, neglect, and/or maltreatment directed at children and young people, regardless of their ability, ethnicity, faith, gender, sexuality, or culture. Our comprehensive child protection policy guides how we care for and provide services to the youth we work with, and applies to all staff and any individuals or groups involved in KELY's activities, such as volunteers, consultants, etc. Moreover, our staff receive ongoing training on how to handle sensitive and delicate situations, such as youth suicide first-aid training.

While the majority of our programmes and services focus on the wellbeing of young people, a core aspect of our mission is to provide opportunities for their development, with the aim to enhance their future employability and alleviate poverty.

啟勵扶青會的项目重點優先考慮弱勢社群的需求，並確保我們的服務公平、包容和尊重不同文化。我們致力消除本會服務對象所面對的障礙，包括少數族裔青年面臨的歧視和偏見。

我們積極與社區聯繫往來，以倡導和提高社會對年青人需求的認知。透過與學校、地區組織和其他持份者建立夥伴關係，我們確保项目和計劃能接觸到最需要幫助的人，同時培養社區中相互支持和合作的意識。

我們的主要工作對象是青年，因此在與他們接觸時，我們會堅守最高的道德標準。我們對以任何形式針對兒童和青年的身體或心理傷害、虐待、騷擾、性虐待、忽視和/或粗暴對待都採取零容忍政策，不論他們的能力、種族、信仰、性別、性取向或文化。本會制定了全面的兒童保護政策，此政策同時也是本會關懷和服務青年的指導原則，同時適用於所有員工和參與本會活動的人士，包括義工和顧問等等。此外，啟勵扶青會確保員工持續接受培訓，了解如何處理敏感及危急情況，例如青年自殺急救培訓。

雖然本會大部份項目和服務重點在於保障青年的身心健康，但為青年提供發展機會也是我們的核心使命之一，這些工作旨在提升青年的就業能力，減輕貧困問題。



Social | Workplace and Organisational Culture 社會 | 工作環境及機構文化

Our people are at the heart of our organisation, and we consider our employees to be our most valuable asset. We are dedicated to creating an inclusive and diverse workplace where all employees feel valued and respected, and develop a strong sense of belonging. We promote equal opportunities, provide training and development opportunities to enable employees to grow and thrive, and encourage a culture of open communication and collaboration.

The wellbeing of our employees is a top priority, and we aim to create a positive and supportive work environment that fosters professional growth and personal well-being. Flexible working arrangements and mental health support are provided to ensure healthy work-life balance. We unequivocally reject all forms of discrimination or harassment based on gender, race, religion, sexual orientation, age, disability, or any other characteristic. Additionally, we have established grievance procedures to address complaints regarding harassment, and we prioritise the confidentiality of such cases. We are one of the signatories of the Good Employer Charter 2024-2025, an initiative organised by the Labour Department.

By strategically aligning the unique backgrounds of our team members—ranging from business management to psychology—with our core youth initiatives, we transition from standard service delivery to a high-level management model that prioritizes impact-driven and operational excellence.

This approach leverages diverse academic strengths to transform individual programme tasks into a cohesive, scalable strategy that enhances KELY's organizational resilience and long-term community impact.

人才是啟勵扶青會的核心，也是我們最寶貴的資產。我們全力營造一個安全、包容的工作環境，讓每個人都能感受到被尊重和強烈的歸屬感。本會提倡平等機會，為員工提供培訓和發展機遇，讓他們成長茁壯，同時亦鼓勵開放的溝通和協作文化。

員工的福祉是本會的首要任務，而我們的目標是創造一個正面、支持員工的工作環境，以促進員工的專業發展和個人福祉。我們提供彈性的工作安排和精神健康支援，以確保員工在工作與生活之間獲得健康的平衡。我們明確反對基於性別、種族、宗教、性取向、年齡、殘疾或任何其他特徵的一切形式的歧視或騷擾。此外，我們還設立了申訴程序，並以保密性為首要原則去處理有關騷擾的投訴。啟勵扶青會是勞工處 2024 至 2025 年度《好僱主約章》的簽署機構之一。

透過匯聚多元背景的團隊成員，從商業管理到心理學專業，與我們的核心青年項目進行策略性整合，我們已從傳統的服務提供模式，轉型為優先考慮「影響力導向」與「卓越營運」的高層次管理模式。這種模式充分發揮了不同學科的優勢，將單一的計劃任務轉化為具備協同效應且可擴展的策略，從而增強了啟勵的組織抗逆力及對社區的長期影響力。

CORE PROGRAMMES AND SERVICES

核心項目及服務

Empowering the Next Generation Nurturing Resilience and Connection 共築青年韌性，成就青年未來

Mental health advocacy is at the core of KELY's mission, driving the design of accessible programmes that address the increasing need for youth support and resources. By intervening before young people reach a crisis point, we aim to mitigate long-term consequences such as self-harm and substance abuse. Through approachable and relatable initiatives, we empower youth with a "knowledge is power" mindset—equipping them with essential emotional management, stress coping, and peer support skills to foster help-seeking behaviours and create an environment where they can truly thrive.

Deeply rooted in the diverse experiences of Hong Kong's youth, our culturally sensitive support breaks down language barriers and expands opportunities. We focus on three core pillars—**Mental Health and Wellbeing, Drug and Alcohol Awareness, and Positive Youth Development**—integrated with Peer Support and Social Emotional Learning. Our goal is to build the confidence and life skills young people need to navigate their personal and social journeys.

倡導精神健康是啟勵的核心使命。針對社會對青年支援與資源日益增加的需求，我們精心設計各個項目，致力在危機發生前及早介入，以減少自殘及藥物濫用等長期影響。透過親切且貼近青年需求的活動，我們實踐「知識就是力量」的理念，賦予年青人情緒管理、壓力應對及朋輩支援等技能，從中鼓勵年青人積極求助，營造一個讓他們能茁壯成長的環境。

憑藉沉浸於香港的多元文化，啟勵打破語言界限與文化障礙，為年青人開拓機會。我們專注於三大重點領域：**精神健康、藥物及酒精意識以及正向青年發展**，並融入「朋輩支援」與「社交情緒學習」兩大核心策略。我們的目標是建立青年的自信心，賦予他們必備的生活技能，從容應對個人與社交路上的種種挑戰。



Our Strategic Focus Areas 策略焦點

Recognising that youth often struggle to articulate emotional challenges, we address mental health through two proactive lenses:

根據本會多年的青年服務經驗得出的觀察，青年往往難以表達內心的複雜情緒。本會的項目及服務均採取主動且具同理心的視角，從兩大核心策略推動青年精神健康服務：

Peer Support and Advocacy

We empower young people to become active guardians of their community's wellbeing. Through evidence-based training, secondary and university students gain the skills to support their peers. These young leaders then spearhead school projects and campaigns to normalise wellness conversations.

朋輩支援與倡導

旨在培養學生成為社區健康的守護者。透過實證培訓，讓中學生及大學生獲得支援朋輩的知識與技能。青年朋輩領袖進而協助帶領校園計劃和活動，讓身心健康的話題在朋輩圈子普及化。

Social Emotional Learning (SEL)

Our bilingual SEL curriculum builds resilience from the ground up. This youth-centered model enhances students' emotional intelligence and enables youth peer facilitators to build lasting, supportive relationships with them throughout their academic and personal development journey.

By connecting districts, schools, and youth, KELY nurtures a community that champions empathy, mutual understanding, and emotional resilience.

社交情緒學習(SEL)

社交情緒學習雙語課程從根基開始訓練學生的抗逆力。這套教程著重提升學生的社交情緒能力，並讓青年朋輩導師能在成長或求學路上與學生建立長遠且具鼓勵性的關係。

透過策略性聚集社區組織、學校與青年，啟勵致力營造一個俱備精神健康、同理心與情緒韌性的互助環境。

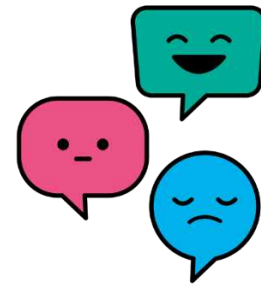
CORE PROGRAMMES AND SERVICES

核心項目及服務

Talk2Me

Talk2Me has evolved from its origins in 2010 as a crisis text line into a comprehensive, evidence-based certificate training programme designed for secondary and university students. The programme focuses on “gatekeeper” training—teaching youth how to identify signs of distress and how to provide safe, empathetic initial support.

自 2010 年起，Talk2Me 計劃最初是一個文字訊息求助平台，現已演變成一套專為中學生及大學生設計、具實證基礎的專業證書培訓課程。本計劃旨在教授年青人如何識別身邊人的情緒困擾警報，並提供安全且具同理心的支援。



Talk2Me

- **Intensive Certificate Training:** The programme delivers 10 hours of in-person training supplemented by 5 hours of self-learning, ensuring students fully master the necessary knowledge and practical response techniques.
- **專業證書培訓：**課程包含 10 小時的面授課程，並輔以 5 小時的自主學習，確保學生能完全掌握相關知識和實際應對方法。
- **Practical Application:** The training is designed to be highly “doable” for students in Hong Kong, covering psychological first aid, active listening, and boundary setting. Participants learn through case studies, self-care activities, and peer-to-peer discussions.
- **注重實踐與應用：**內容針對學生的實際生活情境設計，涵蓋心理急救、積極聆聽及建立個人界線。透過個案研究、自我關懷活動及朋輩討論，讓技能變得易學且實用。
- **Youth-Led Advocacy:** Beyond individual support, graduates are encouraged to plan and implement mental health awareness projects within their schools, such as hosting booths or launching campaigns to normalise the conversation around wellbeing.
- **青年領航倡導：**畢業生不僅學會個人支援，更獲鼓勵在校園內策劃及推行精神健康推廣項目（如設置專題攤位或發起活動），讓身心健康的倡議題在校園日常中普及化。

YOUTH MENTAL HEALTH CONNECTOR PROGRAMME

青年精神健康專員

Launched in August 2025, the Youth Mental Health Connector Programme empowers tertiary students and graduates (aged 18–24) to bridge the gap between professional mental health services and youth culture. Working alongside KELY’s team, these young leaders facilitate workshops using peer-friendly language to create inclusive, judgment-free spaces that make mental health support more accessible.

The programme champions “Youth Agency” by supporting Connectors to design innovative projects that address real mental health gaps in their communities. We also invest in their professional future by providing mental health certifications and outreach allowances, helping them build workplace skills while balancing their studies. With their bilingual advantage, our Connectors ensure that mental health advocacy effectively reaches both local and non-Chinese speaking communities across Hong Kong.

「青年精神健康專員」於 2025 年 8 月啟動，由一群 18 至 24 歲的大專生及畢業生組成。這群青年領袖與啟勵團隊合作，以青年語言帶領工作坊，在同儕間營造包容、不帶評判的溫暖空間，拉近專業服務與年青人的距離。

計劃強調「賦權」與「自主」，支持青年專員設計創新項目，針對同儕需求提出解決方案。我們同時重視青年專員的職涯未來，提供證書課程與外展津貼，協助他們在兼顧學業之餘磨練職場技能。憑藉雙語優勢，青年專員更成功將精神健康支援帶入本地及非華語青年社群，讓這份關懷成為青年日常生活的一部分。



GET POSITIVE! SOCIAL CIRCUS TRAINING PROGRAMME

成功在望！雜耍訓練計劃

In the face of Hong Kong's high-pressure environment, 'anticipatory anxiety' often presents a significant barrier to youth development. Social Circus Training provides a platform for young people to alleviate academic-related stress and cultivate self-confidence. There are 3 phases designed for youth to walk through the growth cycle:

Phase 1: Deepening Emotional Awareness

The first step of "Get Positive!" is to confront the invisible weight of stress. Our workshops explore how the body reflects anxiety and teach students to calm their fears through rhythmic movement. Through "Fear Dialogue" exercises and the use of educational booklets and postcards, participants learn to externalize abstract anxieties, transforming them into tangible, manageable challenges.

Phase 2: Social Circus – Training and Challenge

Social Circus is the heartbeat of the programme, transitioning students from passive observers to active ambassadors of wellbeing. Disciplines like juggling and diabolo require intense coordination, allowing students to quiet their self-consciousness and enter a state of "moving meditation." By redefining the "drop" as a moment for curiosity rather than shame, we replace the "I am a failure" monologue with a problem-solving mindset that carries over into their daily lives.

Phase 3: The Social Circus Festival – From Practice to Advocacy

The Social Circus Festival serves as the programme's ultimate integration. By performing publicly, students learn to manage "performance anxiety" while building a lasting "confidence of presence." This cross-school event unites youth from diverse backgrounds, fostering a collective realization that their struggles and triumphs are shared. Together, they communicate a powerful message to the public: resilience can be practiced, perception of mistakes are manageable, and support is always within reach.

面對香港的高壓環境，「預期焦慮」往往阻礙青年成長。雜耍訓練協助年青人釋放因學業而積累的壓力，培養自信心。我們透過以下三個階段的成長週期，引導他們實現自我突破：

第一階段：深層情緒覺察

「成功在望！」第一步是讓學生正視那些看不見的壓力。我們的工作坊會深入探討身體如何反映焦慮，並教導學生如何透過有節奏的律動，平復內心恐懼。同時會進行「恐懼對話」的練習，學習將內心抽象的恐懼變得具體，結合教育手冊與明信片，將焦慮轉化為可應對的挑戰。

第二階段：雜耍訓練及挑戰

雜耍訓練是本計劃的核心靈魂，帶領學生從被動的觀察者轉化為身心健康推廣大使。雜耍與扯鈴等活動需要高強度的身體協調，讓學生暫時忘記自我意識，進入專注力高度集中的「動態冥想」。在訓練的過程中，我們會引導學生無須看待雜耍的「掉球」為羞恥和失敗，而是以好奇心分析「掉球」的原因，例如是拋接太高，還是節奏不對？這種理性分析思維取代了「我是失敗者」的自我否定，轉化為解決難題的心態與能力。

第三階段：聯校雜耍嘉年華——從個人實踐到面向公眾

聯校雜耍嘉年華為計劃的最終實戰，學生把握機會公開表演，管理「表演焦慮」的同時建立「臨場自信」。此跨校參與的活動匯聚不同背景的青年，學生會發現，面對壓力的掙扎與掌握技能的成就感，是大部分香港青年共同擁有的經驗，藉此向公眾傳遞：韌性是可以練習的，面對「錯誤」的態度是可控的，而支援永遠近在咫尺。



"I used to spend most of my free time on my phone, but since joining the programme, every Friday's juggling class has become my time to relax. My most memorable moment was performing at the carnival—I was so nervous about dropping the props, but I succeeded! Now, when I face failure during training, I tell myself: 'One failure doesn't matter, don't be sad, and see if I can succeed next time.'" – Tsz Ching, Student

「以前我經常玩手機，但參加計劃後，每個星期五的雜耍班成了我最期待的放鬆時間。最難忘是去年在嘉年華表演扯鈴，當時很怕會跌倒具落台，最後順利完成，令我很有成就感。現在練習時遇到失敗，我會在心裡安慰自己：『一次失敗唔好難過，睇下後面會唔會再成功。』」——學生芷晴

"Juggling is a great non-verbal medium that allows students to release stress without needing to 'sit and talk.' We noticed that after the pandemic, many students struggled with low resilience, but this programme helped them—especially the 90% who are SEN students—to find their focus. Even though they might not find achievement in academics, seeing them shine on stage with such confidence was truly precious." – Ms. Tam, School Social Worker

「雜耍是一個很好的非語言媒介，讓學生不需要『坐低傾偈』也能釋放壓力。我們觀察到疫情後學生的抗逆力普遍較弱，但計劃幫助了參與者（其中九成為 SEN 學生）找回專注力。即使同學平時在學術上未必拿到成就感，但看到他們能在台上投入地發光發亮、充滿自信，這份改變真的很珍貴。」——學校社工 譚姑娘

CORE PROGRAMMES AND SERVICES

核心項目及服務

OPEN DOOR WORK PLACEMENT PROGRAMME

「職」夢計劃

The “Open Door” programme aims to shatter this glass ceiling by providing professional development and subsidized internships, replacing career anxiety with a sense of economic agency and belonging.

We prepare youth for the professional world through intensive pre-employment workshops. Covering everything from business communication and etiquette to the psychological transition from student to employee, we ensure that when our youth enter the workplace, they do so with the confidence that they belong there.

This year, 19 talented ED youth were placed in 18 diverse partner organizations, ranging from non-governmental organizations to financial institutions. We provide these partners with “Workplace Diversity and Inclusion” (D&I) guidance, ensuring a truly integrative environment where youth can thrive and businesses can experience the innovation of a diverse team.

「職」夢計劃旨在為來自不同種族背景的青年提供專業和個人發展機會，幫助他們掌握必要的就業技能，並提供獲資助的工作實習，讓他們能從中減少職業焦慮。

我們提供職前工作坊，內容涵蓋商務溝通、專業禮儀及從學生轉型為職場人士的心理調適，讓他們踏入辦公室時，擁有十足的歸屬感與自信。

今年有 19 名優秀的少數族裔青年獲安排至 18 間不同規模的企業實習，包括非牟利機構、營銷機構及金融機構。我們為這些企業合作夥伴提供「職場多元與共融」的指引，確保少數族裔於實習期間邁向共融的職場環境。



DRUG AND ALCOHOL AWARENESS WORKSHOPS

藥物及酒精意識工作坊

Substance misuse among youth is often a coping mechanism for stress or a result of lacking peer refusal skills. Our bilingual, non-judgmental workshops provide expert guidance tailored to the developmental needs of students across different ages:

Primary Stage: Through workshops like “Healthy Me” and “Knowing My Choices,” we transform abstract health concepts into interactive games and stories. We guide students to identify trusted adults and learn to take responsibility for their bodies from an early age.

Secondary Stage: We analyse the neurological impact of drugs and provide objective information on common substances found in “club culture.” The curriculum covers legal consequences, signs of overdose, and how to seek emergency help without fear of stigma.

In 2025, we have prioritised the rising threat of “Space Oil” (Etomidate), exposing its severe risks, including neurological tremors, involuntary muscle movements, and loss of consciousness.

By establishing accurate knowledge, young people transition from vulnerable groups to informed decision-makers, reclaiming agency over their own lives.

年青人濫用藥物往往是應對壓力或缺乏拒絕技巧的結果。我們的雙語工作坊採取不帶批判性的專業立場，因應不同成長階段的需求提供精準指導：

小學階段：透過「健康的我」與「我的抉擇」等工作坊，將抽象的健康概念轉化為互動遊戲與故事，引導學生識別可信賴的成人，並從小學習對自己的身體負責。

中學階段：我們深入剖析大腦如何受藥物侵害，並針對「夜店文化」中常見的毒品提供客觀資訊。內容涵蓋各國法律後果及識別過量用藥的跡象，確保學生在面對緊急狀況時，能無懼歧視地尋求專業救援。

針對 2025 年日益嚴重的「太空油」（依托咪酯）濫用問題，今年我們將其列為課程重點，揭示其引發神經震顫、肌肉抽搐及喪失意識的真實風險。

透過建立正確的認知，年青人不再是容易受影響的弱勢群體，得以重拾生命的決策權。

“This internship provided me with deep insights into corporate project development, team management, and communication strategies, while equipping me with practical research and decision-making skills. Beyond strengthening my professional capabilities, the experience enhanced my time management and self-discipline—laying a solid foundation for my future career development.” – **Rashmi Vasudev, Intern**

「這次實習讓我深入了解企業項目開發、團隊管理與溝通策略，並掌握實用研究及決策技巧。實習不但強化我的專業能力，更提升時間管理及自律性，為未來事業發展打下穩固基礎。」——實習生 **Rashmi Vasudev**

“Supporting the development of ethnic minority youth is profoundly meaningful. Their diverse perspectives have enriched our projects, and witnessing their growth truly demonstrates how an inclusive culture helps build stronger, more innovative teams.” – **Ms. Cheung, Learning & Development Manager, Miramar Group**

「協助少數族裔青年發展極具意義。他們的多元觀點豐富了我們的項目，其成長歷程更體現共融文化有助建立更強大、更具創新力的團隊。」——美麗華集團學習及發展經理 **張女士**

“There was a noticeable shift in energy the moment the session began. We really appreciate KELY for going the extra mile to find a volunteer from Alcoholics Anonymous who truly ‘spoke the students’ language.’ Having someone who understood the international school culture and shared their passions made the topic feel personal and urgent. KELY showed us that lived-experience sharing, when matched with the right background, is the most powerful way to reach our students.” – **Counselling Team, German Swiss International School**

「活動一開始，現場氣氛便出現了顯著的轉變。我們衷心感謝鼓勵額外付出的努力，特別為我們尋找到一位來自匿名戒酒會的義工。這位義工真正懂得『與學生溝通的語言』，其對國際學校文化的了解與共同的興趣，讓原本嚴肅的主題變得既親切又具迫切性。鼓勵向我們證明了當『過來人』的經驗分享與學生的背景相契合時，便是觸動學生最強而有力的方法。」——輔導組，德瑞國際學校

SOSKELY 外展支援服務



Since 2011, SOSKELY has been dedicated to outreach at major sporting and music events, including the Hong Kong Sevens, Road to Ultra, Creamfields, and Clockenflap. By implementing professional harm reduction strategies, we create a vital safety net within these festive environments, empowering youth to make informed choices through a non-judgmental lens.

自 2011 年起，SOSKELY 積極在本地大型運動及音樂活動進行外展工作，如香港國際七人欖球賽、Road to Ultra、Creamfields 和 Clockenflap 等。我們將社區支援服務帶到青年聚集的第一線，透過實踐「緩害策略」，在熱鬧的節慶氛圍中建立一道安全防護網，並秉持「非批判」的態度，賦權青年在娛樂中做出明智抉擇。



SOSKELY - THE HONG KONG SEVENS 香港國際七人欖球賽

This year's Hong Kong Sevens was held at the brand-new Kai Tak Stadium. SOSKELY focused on enhancing youth awareness regarding the risks of binge drinking while providing practical harm reduction strategies. By distributing drinking water, promoting alcohol-free activities, and engaging through social media, we created a safe and inclusive space for young people to access immediate emotional support and meaningful dialogue. This initiative successfully demonstrated our "prevention-to-referral" outreach model, transforming community care into tangible and accessible support.

今年的香港國際七人欖球賽中，SOSKELY 致力提升青年對過量飲酒的危機意識，並提供實用的緩害策略。我們透過派發飲用水、推廣「零酒精」活動及社交媒體互動，為青年營造安全且包容的空間，提供即時的情緒支援與對話機會。是次活動成功實踐了「從預防教育到即時救治轉介」的外展模式，將社區關懷轉化為觸手可及的實質支持。



5 Key Harm Reduction Messages

1. Be in the know
2. Look out for your squad
3. Know when to chill
4. Water is your H2BRO
5. Healthy Choices, Let's Go!

5個重要緩害訊息

1. 知多啲係好啲
2. 睇實同行嘅朋友仔
3. 適當時候抖一抖
4. 時刻補充足夠水份
5. 為自己作出更健康明智嘅抉擇



Over 50 volunteers and 20 staff were mobilised for this year's SOSKELY outreach, contributing more than 420 hours of service. Rigorous pre-event training ensured that they were equipped to maintain the organisation's ethos of nonjudgmental support and commitment to the care of young people.

Our SOSKELY team stayed vigilant on the ground, assisting six alcohol-affected youths by facilitating their immediate referral to professional first aid services.

Seeing many former volunteers and past service users return to support us was a powerful testament to the lasting impact of SOSKELY. This sense of community fuels our mission to mobilize more supporters and expand our outreach to empower more youth across Hong Kong.

是次服務超過 50 名義工及 20 名員工參與 SOSKELY 服務，累積服務時數逾 420 小時。所有成員在服務前均接受了嚴謹培訓，確保能實踐本會「非批判式支援」的核心精神，並致力履行對青年的守護承諾。

SOSKELY 團隊當天更及時協助 6 名受酒精影響而需救治的青少年，並將其轉介至場內急救站接受專業護理。

許多曾作為義工參加 SOSKELY 或過去曾受我們協助的年青人紛紛現身支持，再次證明此外展服務的價值和重要性。本會亦希望能藉此動員更多人加入外展服務的行列，幫助更多年青人。



875 Litres 升
Hydration Distributed
飲用水分發



1,500+
Participants Engaged
& Supported
參與者交流與援助



2,700
Wellness Souvenirs
Distributed
健康提示紀念品派發

核心項目及服務

Together, We Flourish!

齊來茁壯！

In Hong Kong, many young people struggling with emotional distress hesitate to seek help due to the fear of being labeled. This programme is dedicated to promoting bilingual Social Emotional Learning (SEL) in schools and the community, helping students systematically master stress management and interpersonal skills. At the heart of the initiative is "Empowerment"; we established a Youth Advisory Committee (YAC) of 10 young leaders (aged 14-19) to design and drive mental health activities from a youth perspective, transforming them from service recipients into empowered change-makers.

在香港，許多面對情緒困擾的青年因恐懼標籤而怯於求助。本計劃致力於校園及社區推動「社交情緒學習」雙語課程，協助學生系統性地掌握抗壓技巧與人際關係管理。計劃的核心在於「賦權」，我們成立了由 10 位 14 至 19 歲青年領袖組成的青年諮詢委員會 (YAC)，讓他們從青年視角出發，親自策劃並推動各項精神健康活動，從中展現領導力，實現從受助者到改變者的轉化。



5,000+

Students mastered
social-emotional skills
學生賦掌握社交情緒技巧

118

Teachers trained in emotional
awareness and regulation
教師培訓掌握情緒覺察與調節

"From a teacher's perspective, the most precious contribution of SEL courses is not the immediate elimination of stress, but the establishment of a shared emotional language among teachers, students, and peers. Secondary school students often choose silence or confrontation because they cannot interpret their inner confusion, but the course helps them understand that emotions are not enemies—they are signals. When students learn to initially 'name' their feelings, even if they cannot calm down right away, they gain the foundation for communication with the outside world. This awakening of self-awareness is the critical first step to preventing misunderstandings from escalating and to maintaining harmony on campus." — Ms. Tam, Teacher

「從老師的角度來看，社交情緒學習課程最珍貴的貢獻並非立竿見影地消除壓力，而是為師生與同儕之間建立了一套『情緒的共通語言』。中學生常因無法解讀內心混亂的感受而選擇沈默或對抗，但課程讓他們明白：情緒不是敵人，而是信號。當學生學會初步『命名』自己的感受，即使當下無法立即平復，他們也具備了與外界溝通的基礎。這種自我覺察的覺醒，是防止誤解擴大、維繫校園和諧最關鍵的第一步。」——譚老師

In April, we hosted a three-day flagship Carnival at Lok Fu Place. Through diverse activities like yoga, mindfulness workshops, and juggling performances, the event served as a platform for self-care and successfully raised awareness in the community and sparked open community dialogue about mental health, breaking long-standing social taboos.

本年四月，我們於樂富廣場舉辦了為期三天的「青年身心健康嘉年華」。透過瑜伽、正念工作坊及雜耍表演等多元活動，嘉年華不僅是一個學習關愛自己的平台，更成功啟動了社區對精神健康的公開討論，打破社會避諱。



8,704

Participants
參加人次

114

Wellness
Workshops
身心靈工作坊

11

Schools
participating
in performances
學校參與表演

6

Youth-led
interactive booths
青年主導互動攤位

500

Total volunteer
hours
義工服務總時數

PUBLIC AWARENESS AND EDUCATION

公眾意識及教育



PUBLIC AWARENESS AND EDUCATION

公眾意識及教育

We design and implement diverse events and awareness campaigns that illuminate critical youth-related issues and development challenges. These initiatives serve a strategic dual function: comprehensively educating the community while simultaneously generating essential resources to support our ongoing programmes. Through thoughtfully crafted events, we create meaningful platforms for community engagement, enabling individuals to meaningfully contribute to youth empowerment and social development.

啟勵扶青會籌劃並舉辦多元化的活動與公眾教育宣傳項目，旨在提升大眾對青年事務的關注，並加深青年在成長過程中面臨挑戰的理解。這些活動具有雙重意義：增進公眾的意識，同時為本會帶來更多資源，使我們能持續推動和擴展更多項目和活動。通過這些精心策劃的活動，我們成功建立具意義的社區參與平台，讓每個人都能夠為青年賦權和社會發展作出貢獻。

PUBLIC ADVOCACY AND EDUCATION

公眾倡議與教育

Our Theory of Change is anchored in the transformative influence of community on youth development. By championing public education and awareness, we foster a holistic ecosystem that empowers young people to rise above adversity and unlock their boundless potential.

Moving beyond immediate intervention, our strategy seeks to reshape societal narratives and fortify support structures. Through strategic engagement, we are dedicated to dismantling barriers and cultivating a space where youth do not merely survive, but truly flourish. We believe that investing in youth wellbeing is a fundamental commitment to a more inclusive, dynamic, and hopeful future.

我們的「改變理論」以社區力量為核心，致力將其轉化為青年發展的動能。透過公眾教育提升社會意識，我們構建了一個全方位的生態系統，賦權青年人跨越逆境，開創無限潛能。

我們的方法著重於重塑社會觀點並建立穩健的支援架構。透過策略性的社區參與，我們承諾消除隔閡，營造一個讓青年人不僅是生存，更能茁壯成長的環境。我們深信投資青年的福祉，正是構建更具共融、活力與希望之未來的根本之道。

WEEZ 環島行 WALK 2025

In its fifth year, Weez Walk 2025 urged people of all ages, backgrounds, and abilities to join in on supporting youth mental health and suicide prevention. It highlighted the importance of conversation between family and friends for youth mental health.

「Weez Walk 環島行 2025」為本會連續第五年舉辦的公眾活動，旨在宣揚與家人和朋友的溝通對青年精神健康至關重要。活動透過增進社區間的互動與支持，呼籲來自不同年齡、背景和能力的人士加入支持青年精神健康和預防自殺的行列。



Record high since its inauguration in 2021
是自2021年首辦以來的最高紀錄

Youth in Action: Driving Mental Health Awareness from Schools to the Community 青年領航：從校園共鳴到社區行動

After joining Weez Walk 2022, Victoria Shanghai Academy Year 10 student Marco Law founded "Impact Runners" to champion youth mental health through running. With the school's steadfast support as a Lead Sponsor, VSA earned both the "Top Fundraiser" and "Mountain Mover" awards in the School Category. This student-led passion has successfully turned awareness into tangible impact, radiating youth mental wellness from the campus to the wider community.

自 2022 年參與 WEEZ WALK 環島行以來，滙江維多利亞學校十年級學生 Marco Law 發起「Impact Runners」學生社團，引領同儕以跑步實踐對青年精神健康的關注。在校方的鼎力支持下，學校不僅擔任首席贊助，更憑藉卓越表現榮獲學校組別「最高籌款獎」及「最積極參與機構獎項」。這份由學生啟迪的熱忱，成功將關懷意識轉化為實質影響力，將守護心靈的動力由校園輻射至整個社區。



Raised HK\$1.4 million
籌得140萬港元善款

Over 3,000 participants
超過3,000位參加者

"We support Weez Walk because of its incredible mission to help others my age and raise awareness for youth mental health. I am happy that we were able to fundraise a substantial amount to send a powerful message about the importance of mental health" – **Marco Law, Student, Victoria Shanghai Academy**

「我們支持 Weez Walk，是因為其使命非凡——既能支援同儕，亦能喚起大眾對青年精神健康的關注。我很高興能籌得可觀善款，向社會傳遞守護心靈健康的強烈訊息。」

—— **Marco Law，滙江維多利亞學校學生**

"I pledged to repeat the island-wide course for every HK\$5,000 raised. Ultimately, I completed the challenge three times and personally raised HK\$18,400. This was more than just a physical test; it was a firm step forward in our commitment to protecting youth mental health."

—— **Chris Garvey, Teacher, West Island School**

「我承諾每籌得港幣 5,000 元，便加跑一次環島挑戰。最終我三度完成賽程，個人募得港幣 18,400 元。這不僅是體力的磨練，更是為了守護青年心靈而邁出的堅定一步。」

—— **Chris Garvey，西島中學教師**



JUGGLING FOR JOY 20 拋出希望 26

Innovative Advocacy: Reimagining Resilience Through Juggling

創新倡導：以雜耍重塑身心韌性

“Juggling For Joy 2026” is KELY Support Group’s inaugural juggling-themed fundraising initiative. Departing from conventional advocacy frameworks, we transform the abstract concept of “well-being” into a tangible sensory experience, guiding participants to cultivate a positive mindset and stress resilience through hands-on practice. By uniting individuals, corporations, schools, and the wider community, this event creates an inclusive platform that transcends age and skill levels, championing youth mental health through unprecedented creativity.

「拋出希望 2026」是啟勵扶青會首個結合雜耍藝術的創新籌款盛事。我們突破傳統的倡導框架，將抽象的「身心健康」概念轉化為具體的感官體驗，引導參加者在實踐中領悟正向思維與抗壓韌性。此活動匯聚個人、企業、校園及社會各界力量，不僅打造了一個跨越年齡與技能的包容性平台，更以前所未有的創意形式，凝聚大眾共同守護青年精神健康。

To ensure inclusivity and accessibility, every participant is equipped with a professional juggling kit and exclusive instructional videos. This initiative is designed to dismantle skill barriers, allowing individuals from all walks of life to experience the joy of juggling while competing for prestigious awards. We firmly believe that this “learn-through-play” model effectively sparks public resonance and heightens awareness of psychological resilience.

為確保活動的包容性與普及度，我們為每位參加者提供專業雜耍道具套裝及獨家教學影片。此舉旨在打破技能門檻，讓不同背景的參與者皆能領略雜耍樂趣，在挑戰自我的同時，角逐各項殊榮。我們深信，透過這種寓教於樂的模式，能有效激發社會大眾對心理韌性的關注與共鳴。



Corporate Partnerships: Building a Culture of Workplace Wellness

企業夥伴：建構職場健康文化

With the generous support of various corporate partners, KELY’s reach has extended from local communities into the professional workplace. Through our “Corporate Juggling Workshop”, we invited juggling expert Mr. Ng Wai Chit to provide live guidance, leading corporate teams to explore the art of juggling. This activity transforms traditional techniques into a profound exercise for developing positive thinking and intense focus, helping employees restore work-life balance amidst fast-paced environments. Beyond mastering fundamental skills, participants strengthen team cohesion through interaction, leaving them fully prepared for upcoming challenges.

承蒙各界企業的鼎力支持，啟勵的服務範疇由社區延伸至職場環境。透過舉辦「企業雜耍速成班」，我們邀請雜耍專家吳維哲先生（哲Sir）親臨指導，帶領企業團隊探索雜耍藝術。此活動將傳統技藝轉化為鍛煉正向思維與極致專注力的深度練習，協助員工在繁忙節奏中重拾身心平衡。參加者在掌握基本功的同時，亦透過互動強化了團隊凝聚力，為各項挑戰做好充分準備。



FUNDRAISING AND PARTNERSHIPS

籌款及合作項目

KELY Support Group's ability to walk alongside youth is made possible by the generosity of our individual and corporate partners. Our fundraising initiatives are more than just a financial foundation, they are the vital engine that allows us to sustain and scale our core services to meet the evolving needs of young people.

We believe fundraising is an opportunity to build deep community connections. Through diverse collaborations including charity sales, venue sponsorships, joint promotions, pro-bono services, in-kind donations, and volunteerism—we transform community energy into tangible support. Looking ahead, we are developing an innovative fundraising ecosystem to ensure our youth-centric mission remains deeply rooted and continues to drive long-term impact.

啟勵扶青會能持續與青年同行，全賴社會各界與機構夥伴的慷慨襄助。多元化的籌款活動不僅是支持本會營運的基石，更是我們維持並擴展重點服務規模、回應青年需求的關鍵動力。

我們深信，籌款不單是資源的匯集，更是與社區建立深層互動的契機。透過慈善義賣、場地贊助、聯乘推廣、專業無償服務、物資捐贈及義工參與等多元協作，我們成功將社會力量轉化為實質支持。展望未來，我們正致力構建更全面且創新的籌款生態系統，確保啟勵「以青年為中心」的使命能紮根社區，持續發揮深遠的影響力。



“FULL MOON FULL LOVE” MOONCAKE CHARITY SALE

月滿傳愛·共築青年未來 月餅慈善義賣



In celebration of the Mid-Autumn Festival, we partnered with the Hong Kong heritage brand **Kee Wah Bakery** to launch an exclusive charity mooncake collection under the theme “Full Moon Full Love”. Beyond fundraising, this initiative served as a purposeful platform to champion local youth creativity. Each mooncake box included limited-edition greeting cards created by the Hong Kong local illustration brand CHEWBIBIES and secondary school student Emma Ho, providing emerging talents with a public stage to showcase their work.

Kee Wah Bakery generously sponsored a hands-on mooncake workshop, offering corporate partners who met a purchase threshold complimentary places for their staff as a wellness and team-building activity. The workshop gave participants a behind-the-scenes experience of traditional mooncake-making. This meaningful collaboration between KELY, Kee Wah, and corporate partners raised funds, strengthened community ties, and supported staff wellbeing.

本會於中秋佳節攜手香港百年品牌**奇華餅家**，以「月滿傳愛·共築青年未來」為主題，推出兩款獨家慈善月餅禮盒。除了義賣籌款，我們更致力推廣本地青年創意，隨盒附贈由香港本地插畫品牌 CHEWBIBIES 及中學生 Emma Ho 創作的限量賀卡，為本地新晉藝術家提供展示才華的公益平台。

奇華餅家更慷慨贊助了月餅製作工作坊，並為達到購買門檻的企業夥伴提供免費名額，讓員工參與身心健康與團隊建設活動。工作坊讓參加者親身體驗傳統月餅製作的工序與文化。這項有意義的合作由本會、奇華與企業夥伴共同推動，不僅籌募善款，也加深社區連結並促進員工福祉。



Design Philosophy: Walking Together for Mental Wellness

設計理念：彼此同行，守護精神健康



The mooncake packaging, meticulously designed by CHEWBIBIES, features their signature characters Mac (representing logic) and Ham (representing emotion). Drawing inspiration from MBTI personality traits, the duo symbolizes the harmony, inclusion, and mutual support found between different characters.

This creative collaboration does more than convey values of social inclusion and empathy; it deeply resonates with KELY's core mission of promoting peer support and youth mental wellness. By celebrating these differences, the project reminds us that despite our diverse backgrounds, we can all walk together in a community built on understanding and care.

月餅禮盒封套由 CHEWBIBIES 傾力打造，以代表理性的 Mac 與代表感性的 Ham 為主角，象徵不同性格特質 (MBTI) 之間的包容與扶持。此創意不僅傳遞了社會共融與同理心的價值觀，更深度連結本會推廣「朋輩互助」及關注「青年精神健康」的使命。



"GIVE JOY GROW YOUTH" CHRISTMAS CHARITY CAMPAIGN 聖誕慈善活動

In Christmas 2025, we partnered with **LIFETASTIC**, a young, locally rooted and diverse Hong Kong bakery brand, to launch a bold, multi-channel festive charity campaign that galvanised widespread community support. The initiative combined creative activations, digital outreach, and on-the-ground donation to maximise fundraising impact and public engagement. Together, we turned seasonal cheer into meaningful support for young people across the society.

2025年聖誕節，我們與本地年輕且多元的烘焙品牌 **LIFETASTIC** 攜手合作，推出全面的節日慈善活動，透過線上線下多元渠道動員社群力量，凝聚全城支持本會的青年工作。活動結合創意企劃、數位宣傳與實地體驗，最大化籌款成效與公眾參與，將節日溫情轉化為對青年的實際關懷與資源。



Consumer-Driven Philanthropy: **LIFETASTIC** launched a dedicated promotional code, pledging a HK\$50 donation for every qualifying order. This initiative effectively transformed festive consumption into a powerful driver for youth development.

消費惠及公益： **LIFETASTIC** 推出專屬優惠碼，每張使用優惠碼之訂單即捐贈港幣五十元，將節慶消費轉化為支持青年發展的實質動能。



Charity Sales: **LIFETASTIC** generously donated musical cookie tins and vouchers for charity sales, complemented by the placement of KELY donation QR code across its entire retail network. All proceeds were directed toward sustaining and expanding our diverse array of youth development programmes and activities.

慈善義賣： **LIFETASTIC** 慷慨捐贈音樂盒曲奇禮罐及禮券作慈善義賣，並於全線門市陳列啟勵捐款二維碼，籌得之善款將用作支援啟勵持續籌備更多青年發展項目和活動。



Mental Health Advocacy: To integrate wellness into daily life, "KELY Mental Health Tips" postcards were included with every purchase. This successfully broadcasted messages of care and mental health literacy to every corner of the community.

精神健康倡議： 每一個顧客訂單均附贈「啟勵精神健康小貼士」明信片，將關懷與精神健康訊息散播至社區的每個角落。

CORPORATE / ORGANISATION PARTNERSHIPS

企業 / 機構夥伴合作

At KELY, we believe that cross-sector collaboration is essential to building a comprehensive support system for youth. By forging strong partnerships with corporations, professional bodies, and charities, we engage the public through diverse initiatives—from professional knowledge-sharing seminars to high-energy fundraising challenges. These efforts amplify mental health awareness and extend our impact from schools into the corporate world and the wider community.

啟勵深信，要構建一個全方位支持青年的社會，跨界別的協作至關重要。我們與多間企業、專業團體及慈善機構建立緊密的夥伴關係，透過多元化的活動——從專業的知識共享工作坊，到結合體能挑戰的慈善籌款，提升大眾對精神健康的關注，將守護青年的力量從校園延伸至企業與社區。

CORPORATE LUNCH & LEARN WORKSHOPS

企業午餐工作坊

This year, we delivered dynamic and inspiring Corporate Lunch & Learn workshops that translated our youth-centred expertise into practical learning for professionals and parents. Across five focused sessions, we equipped attendees with evidence-informed strategies, real-world insights, and actionable tools to support young people while strengthening workplace wellbeing and family relationships. The workshop drew strong attendance and received overwhelmingly positive feedback from participants and corporate partners.

Our Corporate Lunch & Learn workshops successfully broadened our impact beyond youth-facing programmes to empower working professionals and parents. By translating youth expertise into workplace and family practice, we strengthened community resilience and created sustainable pathways for support across home and work environments.

今年，啟勵舉辦了一系列充滿活力且啟發性的企業午餐工作坊，以青年為本的專業知識轉化為職場人士與家長可實際運用的學習內容。透過五大聚焦主題，我們為參加者提供了有證據支持的策略、貼近現實的見解與可立即採用的方法，既能支持青年，也能強化職場福祉與家庭關係。該系列工作坊吸引了廣泛參與，並獲得企業夥伴與參加者的一致好評。

啟勵的企業午餐工作坊，成功將影響力從聚焦青年服務延伸至職場專業人士與家長。分享青年專業知識落實於職場與家庭實務，我們強化了社區韌性，並建立了連結家庭與職場的可持續支援途徑。



5 Key Topics

五大工作坊主題

- 1 **Growing Up Online 數位時代的成長路**
Protecting the next generation from screen and social media addiction
保護下一代遠離螢幕與社交媒體成癮
- 2 **AI and Digital Habits 人工智能與數位習慣**
The hidden impact on workplace well-being
科技對職場精神健康的隱形影響
- 3 **Bridging Generations 跨代溝通橋樑**
Inclusive communication for a psychologically safe workplace
打造互信共融的職場文化
- 4 **Speaking Their Language 掌握青年語言的密碼**
Effective communication strategies for connecting with youth
與年青人建立連結的有效溝通策略
- 5 **Youth Mental Health 青年精神健康**
A parent's guide
家長指南

HONG KONG LEGAL WALK 2025 香港法律界步行日



THE LANGHAM PINK RUN 2025 朗廷粉紅慈善跑 2025



AIDS CONCERN CHARITY BOWLING TOURNAMENT 2025 關懷愛滋慈善保齡球賽 2025



WALK UP JARDINE HOUSE 2025 齊步上怡廈 2025



We actively participated in over 12 events organised by corporate partners, community groups, schools, and universities, bringing KELY's mission, mental health awareness, and youth support directly into every community corner. Through on-the-ground engagement and cross-sector collaboration, we amplify our impact, unite diverse stakeholders, and drive lasting, tangible change toward a more inclusive society.

我們積極參與超過12場企業、社區夥伴、中學與大學舉辦的各類活動，將鼓勵的使命、精神健康與青年服務帶入社區每一個角落。透過參與與跨界合作，我們放大影響力，凝聚多元力量，共同推動包容與共融，為社會帶來持久而具體的改變。

COMMUNITY OUTREACH 社區外展活動



Rotary District 3450 Installation Ceremony 2025-26
2025-26年度扶輪社3450地區就職典禮



HandsOn Hong Kong Serve-a-thon
牽手香港義工節



Hong Kong Student Association of Neuroscience - Mindscape Summit cum NEUROPACK Case Competition



The Torch X Vivek X KELY Support Group
"The Power of Storytelling" Workshop
「生命敘事的力量」工作坊



Companion HK Outstanding School Mental Health Ambassador Awards
同行島主辦學界傑出精神健康大使選舉



The American Club Christmas Fair
美國會聖誕市集



German Pool X Headline Daily Cooking Competition
- Cooking Up Inclusion With Our Fusion Creation
德國寶 X 頭條日報主辦德國寶廚神挑戰賽
煮出創意共融美食



Sai Kung District Community Centre's 55th Anniversary
Kayaking Charity Race
西貢區社區中心主辦55周年水上共融獨木舟慈善賽



The Tao of Enjoyce at SummerFest 2025
中環夏誌 • 極「道」瑜「樂」



Reptiles X Mental Health
爬蟲與精神健康

MEDIA & DIGITAL PRESENCE

媒體及數碼形象

MEDIA COVERAGE | 媒體報導

We view the media as a powerful catalyst for social change. By strategically amplifying vital messages on youth mental health and positive development, we foster widespread public awareness and resonance.

This year, we proactively expanded our reach through educational workshops and fundraising initiatives. These efforts significantly heightened KELY's visibility, bringing the genuine needs of youth to the forefront of public conversation.

Moving forward, we remain committed to nurturing our media partnerships, seizing every opportunity to advocate for young people and advance our core mission.

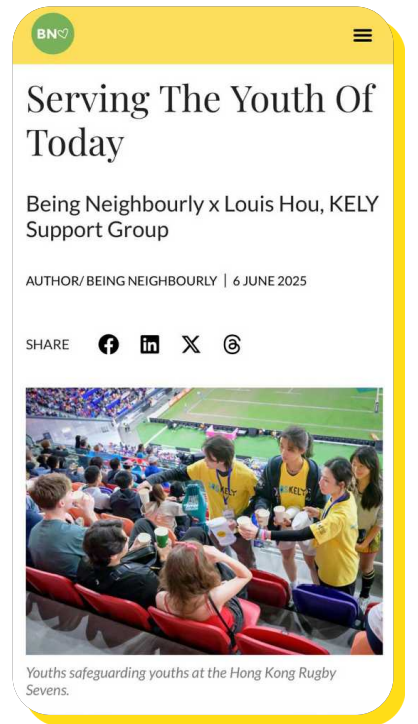
本會深信媒體是推動社會變革的重要力量。透過媒體的廣泛傳播，我們得以向公眾傳遞青年精神健康與正向發展的關鍵訊息，有效提升社會各界的關注與共鳴。

過去一年，我們採取主動策略，透過舉辦多元化的教育工作坊及籌款計劃，成功拓展了媒體覆蓋的廣度與深度。這些報導不僅提升了啟勵的品牌曝光，更讓社會看見青年的真實需求。展望未來，我們將持續深耕與傳媒夥伴的協作關係，把握每個溝通契機，為青年發聲並推廣本會的核心使命。



23 Number of Media Coverage
媒體報導次數

16 Number of Media Outlets
媒體數量



Youths safeguarding youths at the Hong Kong Rugby Sevens.

FINANCIAL SUMMARY

財政摘要

As an independent non-profit organisation without government subvention, we depend on grants, sponsorships, and donations to sustain our daily operations and fuel our future growth. This year, we are especially grateful to our generous funders and donors who have enabled us to respond to the ever-changing needs of young people. We deeply appreciate every contribution, regardless of its magnitude, and remain dedicated to utilising each dollar responsibly to fulfill our mission of empowering young individuals to achieve their full potential.

作為一個非政府資助的非牟利機構，本會依賴各種捐款來維持日常運作和推動未來發展。今年，我們特別感謝各位慷慨的善長仁翁，他們的捐助令本會能夠繼續應對年青人不斷變化的需求。無論金額多少，我們衷心感謝每一筆捐款，並將繼續善用每一分、每一毫，履行使命一啟發青年潛能，讓其進展所長。

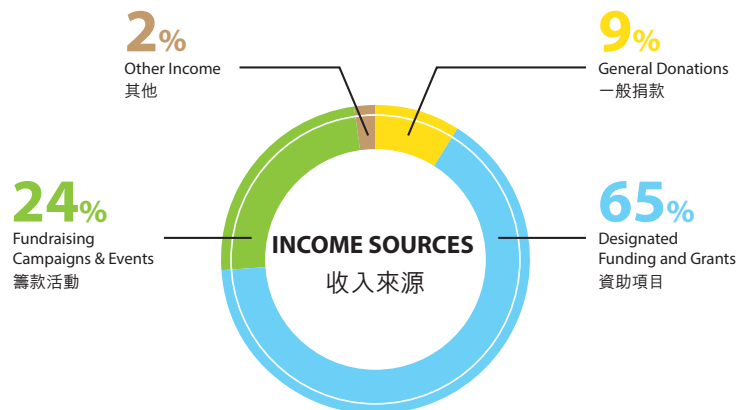
2024 - 25 FINANCIAL YEAR INCOME AND EXPENDITURE (1 April 2024 - 31 March 2025)

2024 - 25 財政年度收入及支出 (2024年4月1日至2025年3月31日)

TOTAL INCOME

總收入

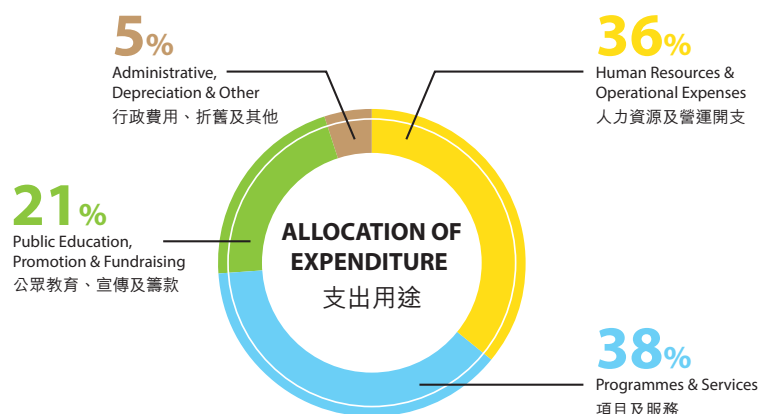
HK\$7.79M



TOTAL EXPENDITURE

總支出

HK\$9.37M



A deficit of HK\$1.58M was recorded for the financial year, primarily driven by a significant decline in grant and fundraising income amidst a challenging economic environment. While the deficit reflects a challenging year, the organisation remains financially stable.

Management and the Board have taken proactive steps to reinforce long-term financial sustainability, including rebuilding our funding pipeline, launching new fundraising initiatives, and optimising our cost structure through a more sustainable staffing model with lower overall personnel costs. We remain firmly committed to prudent financial stewardship and to ensuring that our resources continue to support meaningful and lasting impact for young people.

本財政年度錄得 158 萬港元赤字，這主要是由於在嚴峻的經濟環境下，撥款及籌款收入大幅下降所致。儘管赤字反映了過去一年充滿挑戰，但機構目前的財務狀況依然穩健。

管理層與董事會已採取積極措施，以加強財務長遠的可持續性。這些措施包括：重新構建資金來源渠道、推出全新的籌款項目，以及透過穩定的團隊模式優化成本結構，從而降低整體人力成本。我們堅持審慎的財務管理，確保每一分資源都能發揮最大效益，為青年服務奠定穩定且長遠的基礎。

OUR TEAM

本會團隊



BOARD OF DIRECTORS 董事會成員

Andrew Jones, Emeritus Chairman & Founding Board Member
 David Simpson, Chairperson
 Benita Chick, Acting Chairperson
 Andy Ng, Honorary Treasurer
 Andy Pang, Honorary Treasurer (Since November 2025)
 Whitney Whisenhunt, Honorary Secretary
 Debbie Mannas, Board Member
 Fern Ngai, Board Member
 Heidi Lee, Board Member
 Kathy Kendall, Board Member
 Paul Tchen, Board Member
 Sherry Liu, Board Member
 Vincent Yeung, Board Member

Andrew Jones, 名譽主席及創會董事會成員
 David Simpson, 主席
 戚本乙, 代主席
 吳君豪, 榮譽司庫
 彭詔琮, 榮譽司庫 (2025年11月就任)
 Whitney Whisenhunt, 榮譽秘書
 高璧, 董事會成員
 魏余雪奕, 董事會成員
 李藹兒, 董事會成員
 簡家倩, 董事會成員
 陳寶山, 董事會成員
 劉家瑄, 董事會成員
 楊曜亘, 董事會成員

COMMITTEES 委員會名單

Governance & Nominations Committee 管治及提名委員會

Andrew Jones	Andrew Jones
Fern Ngai	魏余雪奕
Paul Tchen	陳寶山
Whitney Whisenhunt	Whitney Whisenhunt

Fundraising Committee 籌款委員會

Benita Chick	戚本乙
David Simpson	David Simpson
Paul Tchen	陳寶山

Human Resources Committee 人力資源委員會

Andy Ng	吳君豪
Debbie Mannas	高璧
Fern Ngai	魏余雪奕

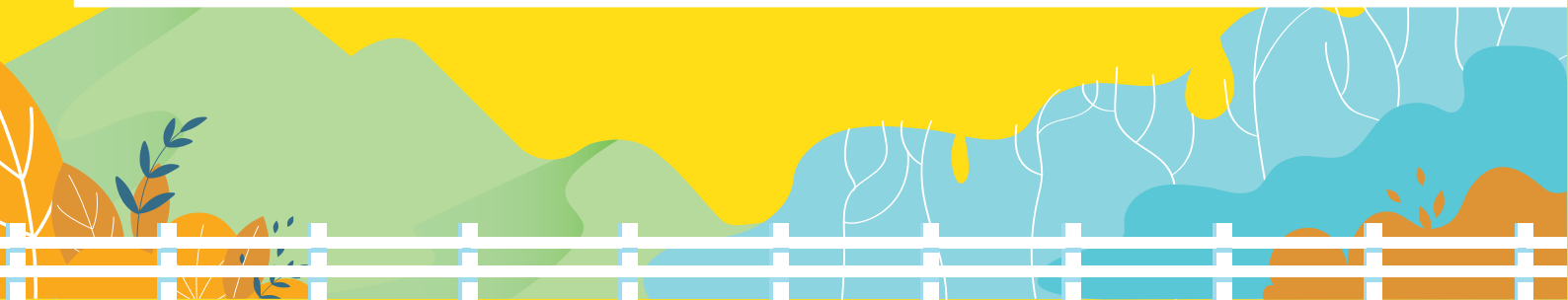
PROFESSIONAL SUPPORT 專業支援名單

Legal Support 法務支援

Deacons	的近律師行
Johnson Stokes & Master	孖士打律師行

Auditor 核數師

Prism Hong Kong Limited	栢淳會計師事務所有限公司
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GET INVOLVED

齊來參與

Empowering young people is a collective journey. Your support, whether through resources, time, or expertise, helps the next generation reach their full potential.

扶助青年發展需集結社會力量。誠邀你透過不同途徑與我們攜手，讓青年盡展所長。



DONATE 捐款

Support KELY through one-time or monthly donations. Your regular contributions provide the stable resources needed to invest in long-term youth development and Hong Kong's future.

透過每月定額或一次性捐款，為本會提供穩定資源，共同建構香港青年的未來藍圖。



FUNDRAISE 籌款

Mobilise your community by organising online or offline fundraisers, from charity sales to walkathons. Your efforts raise both vital funds and public awareness.

舉辦網上或實體籌款活動（如義賣、步行籌款等），動員社區力量，提高大眾對青年議題的關注。



VOLUNTEER 成為義工

Join our mission as an individual or corporate volunteer. Support us through outreach events, direct youth engagement, or essential administrative tasks.

我們歡迎個人及企業義工參與外展活動、與青年直接接觸或協助行政工作。



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PARTNER WITH KELY 成為啟勵扶青會合作夥伴

As a leading authority on Hong Kong youth issues, KELY Support Group leverages deep expertise to foster impactful collaborations with corporations, funders, and educational institutions worldwide.

We welcome diverse strategic partnerships, ranging from financial sponsorships and pro-bono professional services to in-kind support and venue hosting. Beyond resource sharing, we invite partners to engage through employee training workshops and community fundraising initiatives. We look forward to working with you to strengthen our collective capacity and advance our shared mission to empower the next generation.

憑藉對香港青年議題的專業經驗，啟勵扶青會致力與本地及國際企業、資助機構及教育部門建立深度的合作夥伴關係。我們歡迎多樣化的協作模式，包括項目贊助、專業服務捐贈、物資支援及場地贊助。除了資源共享，我們亦透過員工培訓工作坊及創新的籌款活動，邀請各界力量共同提升服務效能。我們期待與您攜手，將專業能量轉化為社會影響力，並肩守護年青人的未來。

CREATE A BUZZ 發聲呼籲

Help us break the stigma. Follow, engage, and share our social media updates to keep the conversation about youth mental health alive.

簡單如關注並分享本會的社交媒體動態，即可協助推廣精神健康資訊，讓更多人認識青年需求。

ACKNOWLEDGEMENTS

鳴謝

As a non-subsidized organisation, we rely 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.

Over the past year, we have been fortunate to have community leaders, corporate donors, and dedicated volunteers to help us continue our work for young people in Hong Kong. We would like to express our sincerest gratitude to these groups and individuals for their time and generosity.

作為一間非資助的機構，本會支援青年的工作實在有賴各位善長仁翁默默支持。你們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。

在過去一年，本會曾有幸得到社區領袖、企業善長，以及熱心義工的幫助，讓我們得以繼續服務香港的青年。為此，我們希望向這些團體及人士深表最誠摯的感謝。

GRANT PARTNERS 項目資助者



香港公益金

THE COMMUNITY CHEST

PRUDENTIAL
保誠保險

領展
LINK

Rotary
Club of Kowloon



保安局禁毒處
Narcotics Division,
Security Bureau



American
Club
Foundation
Stronger Together



FIDELITY FOUNDATION
INVESTING IN NONPROFITS FOR OVER 50 YEARS

St
James's
Place

BORN THIS WAY/
FOUNDATION



OVERLOOK INVESTMENTS LIMITED

FWD
insurance

ACKNOWLEDGEMENTS

鳴謝

SUPPORTERS / DONORS / PARTNERS

支持者 / 捐款者 / 合作夥伴

Akin Gump Strauss Hauer & Feld	艾金•崗波律師事務所	Hayden Flinn		Po Yee Lam
A&O Shearman	安理謝爾曼思特靈律師事務所	Heidi Lee		Richard Mazzochi
Arnaud de Surville		Hong Kong Housing Society	香港房屋協會	Rotary Club of Kowloon 九龍扶輪社
Andrew Jones		Howse Williams	何韋律師行	Russell John Bennett
Bank of Montreal	滿地可銀行	InnoVic Group International Company Limited	創域集團國際有限公司	Sanctuary Resorts
Barbara Thole		Justin Lo		Sandra Lee
Cam2 Limited		Kee Wah Bakery Limited	奇華餅家有限公司	Si Ning Zhao
Cooley LLP	科律	Kelvin Kwok		St Margaret's Church 聖瑪加利大堂
Deckers Brands		King & Wood Mallesons	金杜律師事務所	St. James's Place Charitable Foundation
Desmond Cheung		LIFETASTIC Limited		The "Star" Ferry Company, Limited 天星小輪有限公司
Donovan Ferguson		Maybank Hong Kong	馬來亞銀行	The Centre on Health & Wellness by The Hong Kong Society for Rehabilitation 香港復康會適健中心
Douglas Yau		Michael John Petris		The Estee Lauder Companies 雅詩蘭黛集團
EAST Hong Kong	香港東隅	Michael Thomas Cowell		The Torch
Encompass Hong Kong		MTR Corporation Limited	香港鐵路有限公司	Vanus Cheng
Enjoyce Yoga & Fitness		New Media Group	新傳媒集團	Victoria Shanghai Academy 滬江維多利亞學校
Fern Ngai		Ocean Park Hong Kong	香港海洋公園	West Island School 西島中學
Fresh Ideas Event Company Limited	創見活動策劃有限公司	Pamela Lin		Whitney Whisenhunt
Fu Chu Investment Limited	富柱投資有限公司	Peak II Foundation Limited	崇嶺基金會	
German Pool (Hong Kong) Limited	德國寶(香港)有限公司	PIRATA Group		
Green Family Foundation				

VOLUNTEERS

義工

Aashka Tibrewal	Chui Lok Ming	Jackie Osborne	Ng Wai Man	Tam Lok Yung
Amy Chiu	Clara Ng	Jerome Dioquino Balanoyos	Nicole Wong	Tang Hon Wing
Angel Shum	Clark Ainsworth	John Lam	Oxford Chan	Tong Chi Hong
Bettina Yan	Coey Cheung	Kelvin Chan	Penny Poon	Tracy Chung
Brandon Chan	David Chow	Kitty Choy	Poon Yan Suet	Tsang Hon Yin
Carson Yeung	Debbie Mannas	Kulwinder Dhaliwal	Prisca Lui	Tsang Wai Ting
Chan Ching Han	Dominic Chan	Kwan Lok Tung	Ray Yung	Tse Tsui Ying
Chan Kwong Wing	Don Chan	Lam King	Renee Poon	Tseung Sze Yan
Chan Shuk Hung	Eileen Ho	Lau Kam Keung	Roy Chan	Tsoi Sin Ni Annie
Chan Tsz Ming	Elaine Sun	Law Siu Hong	Samuel Kwong	Vicent Ang
Chan Tung Mui Donne	Essowazinam Ruth Kpalma	Lee Ming Sze Katherine	Samuel Lee	Watt Wing Yi
Chan Wing Ha	Eva Chung	Leung Chun Kit	Sanday Chongo	Windy Ho
Chau Ly	Fatima Tsang	Leung Ho Yan	Sean Yau	Winnie Leung
Cheng Man Chi	Flora Chu	Leung Mei Chi	Shannon	Wong Man Yee
Cheuk Chun Shing	Gordon Tse	Leung Yan To Siobhan	Shanze Le Bon	Wong Shen Yee Tiffany
Ching Pui Sze	Hui Wing Keung	Lo Ching Ni	Sheila Kwan	Wong Yu Ting
Choi Tou Fung	Hung Fan Chi	Martyn Minns	Sherry Liu	Wong Yuet Mei Naomi
Choi Ying Chung Tracy	Hung Ka Yeung	Michael Leung	Shing Wai Ming	Yankie Chow
Christie Lam	Ip Wai kit	Michelle Wu	Siu Hin Fung	
Chu Chun Sing	Isabelle Hsu	Mike ALP	So Tsz Yau	
Chui Chi Ming Alan	Ivy Lo	Ng Chi Wai	Tam Ka Yan	

SUMMER INTERNS

暑期實習生

Arnold Chan	Lam Sum Yin Christie	Shing Yui Pong Antony	Wu On Kei Audrey
Conrad Kwok	Lung Hei Yin Renee	Riar Tajmanbir Kaur	

PARTICIPATING SCHOOLS

參與學校

AOG Ka Chi Secondary School	加拿大神召會嘉智中學	Lok Sin Tong Wong Chung Ming Secondary School	樂善堂王仲銘中學
Buddhist Kok Kwong Secondary School	佛教覺光法師中學	Lung Kong World Federation School Limited	世界龍岡學校劉皇發中學
Buddhist Tai Kwong Chi Hong College	佛教大光慈航中學	Lau Wong Fat Secondary School	
Canossa College	嘉諾撒書院	Madam Lau Kam Lung Secondary School Of Miu Fat Buddhist Monastery	妙法寺劉金龍中學
Chi Lin Buddhist Secondary School	佛教志蓮中學	Malvern College Hong Kong	香港墨爾文國際學校
Chinese International School	漢基國際學校	Nord Anglia International School Hong Kong	香港諾德安格利亞國際學校
CNEC Lee I Yao Memorial Secondary School	中華傳道會李賢堯紀念中學	Notre Dame College	獻主會聖母院書院
Creative Secondary School	啟思中學	POH Chan Kai Memorial College	博愛醫院陳楷紀念中學
Delia Memorial School (Hip Wo)	地利亞修女紀念學校 (協和)	Sing Yin Secondary School	聖言中學
Diocesan Girls' School	拔萃女書院	Sir Ellis Kadoorie Secondary School (West Kowloon)	官立嘉道理爵士中學 (西九龍)
DSC International School	德思齊加拿大國際學校	St. Antonius Girls' College	聖安當女書院
ECF Saint Too Canaan College	基督教中國佈道會聖道迦南書院	St. Margaret's Co-educational English Secondary and Primary School	聖瑪加利男女英文中小學
Fanling Government Secondary School	粉嶺官立中學	St. Paul's School (Lam Tin)	藍田聖保祿中學
French International School	香港法國國際學校	Stamford American School Hong Kong	香港斯坦福美國學校
French International School (Blue Pool Road Campus)	香港法國國際學校 (藍塘道校舍)	Tak Nga Secondary School	德雅中學
German Swiss International School	德瑞國際學校	Tak Sun Secondary School	德信中學
Heep Yunn School	協恩中學	The Church of Christ in China Heep Woh College	中華基督教協和書院
Heung To Middle School	香島中學	The Hong Kong University of Science and Technology	香港科技大學
HHCKLA Buddhist Leung Chik Wai College	香海正覺蓮社佛教梁植偉中學	The ISF Academy	弘立書院
HKMA David Li Kwok Po College	香港管理專業協會李國寶中學	Tsuen Wan Public Ho Chuen Yiu Memorial College	荃灣公立何傳耀紀念中學
Holy Family Canossian School (Kowloon Tong)	嘉諾撒聖家學校 (九龍塘)	Tung Chung Catholic School	東涌天主教學校
Ho Lap College (Sponsored by Sik Sik Yuen)	可立中學 (舊色園主辦)	TWGHs Yau Tze Tin Memorial College	東華三院邱子田紀念中學
Hong Kong Baptist University	香港浸會大學	Victoria Shanghai Academy	滙江維多利亞學校
International Christian School	基督教國際學校	West Island School	西島中學
Islamic Kasim Tuet Memorial College	伊斯蘭脫維善紀念中學	Yan Chai Hospital Lim Por Yen Secondary School	仁濟醫院林百欣中學
Island School	港島中學	Yew Chung International School of Hong Kong - Secondary	耀中國際學校 (中學)
Jockey Club Man Kwan EduYoung College	賽馬會萬鈞毅智書院	Yu Chun Keung Memorial College	余振強紀念中學
Kau Yan College	救恩書院		
Kiangsu-Chekiang College (Kwai Chung)	葵涌蘇浙公學		
Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學		
Kowloon Technical School	九龍工業學校		
Kwok Tak Seng Catholic Secondary School	天主教郭得勝中學		
Ling Liang Church M H Lau Secondary School	靈糧堂劉梅軒中學		

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啟勵扶青會是非資助的慈善機構，您的慷慨捐助可以幫助我們援助弱勢青年。

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