



# 青年發展基金通訊

September 2012 3<sup>rd</sup> Quarterly The Youth Foundation



青年發展基金  
The Youth Foundation

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## Your Support

We cordially invite you to join us to create opportunities for all youth from Hong Kong, Mainland China, or anywhere around the world to grow to their fullest potential. I would like to

- Become a supporter, receiving newsletters from The Youth Foundation periodically  
 Donate to The Youth Foundation's programs (you may select one or more of the following)
- (1) Sichuan Holistic Health in Community and School Project       (4) Train-the-Trainers Program  
 (2) Beijing Migrant Children Holistic Development Project       (5) Other training and operating expenses  
 (3) Leadership Academy (LA Camp)

Name (Chinese) \_\_\_\_\_ (English) \_\_\_\_\_

Gender \_\_\_\_\_ Occupation \_\_\_\_\_

Name of Organization\* \_\_\_\_\_

Date of Birth \_\_\_\_\_ (mm/yy) HKID#(First 4 digit) \_\_\_\_\_

Mailing Address \_\_\_\_\_

Tel \_\_\_\_\_ E-mail \_\_\_\_\_

\*Please indicate both company name and contact person.

(Please notify us immediately for any changes to the above information.)

**Donation :** Tax deduction receipt may be obtained for amount exceeding HK\$100.

1. Crossed cheque made payable to "The Youth Foundation Limited"
2. Direct transfer to The Youth Foundation's one of the following bank accounts:  
Standard Chartered Bank #337-1-027522-8 Hang Seng Bank #787-047919-001  
Bank of China #565-1-025834-4

Please send crossed cheque or direct transfer receipt along with this form to:  
The Youth Foundation, 3/F, Breakthrough Centre, 191 Woo Sung Street, Jordan, Kowloon, Hong Kong

\*For efficiency, electronic form of quarterly is recommended. If interested, please e-mail to [enquiry@yf.org.hk](mailto:enquiry@yf.org.hk)

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# CONNECTION & INTEGRATION

Dr. CHOI Yuen Wan



Dr. CHOI, at the Beijing TTT camp, shared his insights on such important topics as calling and mentoring.

Initiated by The Youth Foundation in Beijing, Shanghai and Sichuan, the training, research and development of our youth ministry model have, to date, produced important evidenced-based results; the Foundation is now compiling such information from our valuable experience for training material publication and scalable governmental policy recommendation.

We are looking forward to progressive connection and integration of the ministries in the three aforementioned regions. This does not mean we are disregarding the specific local needs of each region, but rather, fostering the experience sharing and exchanging, and the pooling of skills and resources between the regions.

### (1) Train-the-Trainers (TTT) for Youth Work

The recent TTT camp in Beijing, recruiting trainers from Beijing, Shanghai, Sichuan, Hong Kong and Canada, has successfully demonstrated the strength of connection and integration. In future, while each region still maintains the training in different levels, the regions will regularly hold joint training activities as well. Ultimately there would be more trainers serving for youth work in every region.

### (2) Youth Ministry Model Development and Promotion

With the collaboration of frontline workers, trainers and researchers, a number of effective models have emerged in each region: the "Understanding Adolescents Project" (UAP, designed for resilience training) in Shanghai; the "Migrant Youth Project" in Beijing; the "Post-Disaster Psychological Rehabilitation" Program in Sichuan, among others. These valuable experiences can be exchanged and shared with other ministries and can be put in practice in other regions. In addition, we will collaborate with partners to develop

and promote our work in the scopes of "Life Education", "Holistic Health in Communities and Schools", and "Parental Education".

### (3) Policy Action Research

The youth development in every generation requires holistic and universal education, which must be facilitated by appropriate governmental policies. Such policies will then allow sustainable and scalable development of education programs, benefiting more young people in need. Therefore, policy research is very important for it provides evidence-based evaluation and recommendations for government determining effective and long-term educational policies for youth. It also gives directions for concerted efforts of government, commercial sector, educational sector and frontline youth workers to cultivate the next generation of servant leaders in "Excellence with Soul" who can make contributions to their societies, their countries and the world. We further plan to consolidate and share the results from our research, training and service in publication, either on paper or online.

Connection entails not only collaboration among the ministries but also deeper communication among all people to form the community of mutual learning and mutual work; integration is not only the synthesis of ideas, but also the connection of such ideas and our training and service, allowing front-line workers to deliver evidence-based and effective service. In order to achieve the goals of connection and integration, we need to ensure that our development and management on human resources and other resources are more systematic, efficient and humane; we must not underestimate the importance of teamwork and team management. 



## Ever Think about the Life Cycle of Our Food? —Reflections on Food Recycling and Transfer Initiative

YUE Pak Hong Ricci Hong Kong Participant of LA 2011

Farmers in Thailand may take up to a year of ceaseless effort just to grow a few grains of rice. After the harvest, the farmers give up their yield to the rice merchants for only a small payment. The rice, once it reaches the rice merchants, would further be processed or packaged in bags and then sent onto a ship. After a long journey in the Pacific Ocean, the bags of rice arrive at Kwai Chung Container Port in Hong Kong. Once the ship pulls ashore, the bags of rice go through a complex logistic system. Finally the owner in the restaurant where you are sitting buys the rice, and the chef makes a meal out of it. The meal with the rice is served at your table. Then, at the very moment when you only finish half of the meal and you are about to leave your table, the leftover rice becomes trash.

We forget to mention how cruelly ironic our society is: our delicious and precious food becomes trash in just a twinkling of the eyes, yet we don't even spend a little time to think about it. What happens to these bits of food trash? In developed countries people consider them as food waste for recycling and redistribution, but have you forgotten? You are in Hong Kong where we don't have an effective system to recycle the food waste. We are a society so selfish that we would destroy goods we do not want rather than let others have them. We will even pour bleach over the leftover bread just that others will not take it.

Just think about it: this is unjust, unreasonable, and cold-hearted enough to make one cringe. This is why our group of LAMPers have bravely volunteered to show their dissatisfaction with society. Together with the church in Kowloon City, every Monday we distribute leftover bread from nearby bakeries to the needy; we also cooperate with other non-profit organizations, which take leftover food from wedding banquets before it turns into trash, and redistribute it to the homeless in the district.

However, after we have spent time recycling and redistributing this food, now what? This does not get to the root cause of the problem. For every wedding's leftovers, for every bakery's nightly leftovers, added together make a substantial amount. How many wedding banquets are there every day, and how many restaurants and bakeries are there in your neighbourhood? Even if we manage to recycle some amount of food, we simply do not have the capability to recycle all of it. If our wasteful habits go unchanged, there is still so much food that will simply go to trash.

Is this how we want our consumption model to be? Our behaviors are extravagant, and our needs would not be satisfied even with supplies from other planets if we continue. Think about it: it's not just food. When was the last time you have

changed to a new mobile phone merely because you couldn't use your old one? How many clothes did you only wear once and leave in your closet forever? Sometimes, your "necessities" aren't what you necessarily need. Instead, they should go to the needy people who need them even more. Our food recycling action will never be "final" because, frankly speaking, we are only picking up the leftovers coming from our flamboyant and voguish lifestyle.☒



The author (first from the left) and other youth collected leftovers at a wedding banquet.



After leaving the restaurant, they immediately distributed the food to the homeless nearby.



## When We Meet at Huanghuacheng Great Wall

TANG Suk Ying Jackie Training Consultant



After the rainstorm, all was calm and bright; the author (fifth from the left) and the participants were all in high spirits.

The 4-day, 3-night youth worker training camp, entitled "Life Encounter Camp", was held at the Shanshui Qingyuan Resort, in Beijing's Huairou District, on July 20-23. Fifty youth workers participated and more than ten people came to learn how to run similar camps; staff included, there were over seventy people present at this camp. There were three dimensions to the training theme: Connection, Community Building, and Mentoring. Through activities of experiential learning, creative art learning, outdoor adventure, team building, and a few others, we hoped to help these youth workers in China connect with their own selves and people around them, develop a youth-serving community together in this network, and reflect on how to become mentors.

This training camp brought together staff and volunteers from The Youth Foundation's three locations in China – Beijing, Shanghai, and Sichuan – and partners from North America. We learned how to lead training camp with one common goal: we hoped we would be able to run similar camps in our own locations, for the benefits of other youth workers who need such training. There were also warm-hearted partners who drove three hours just to visit us, and gave us fruits and well-wishes; everyone working at the camp was really touched by this. Although some youth workers participated in this type of training camp for the very first time in their lives, everyone actively engaged in the activities. On the first day of the camp, when the participants drew their own "trees of life", they could quickly open up and freely share with their group members their past development.

On the second day of the camp, Beijing encountered a once-in-sixty-year severe rainstorm. In those few days we received many text messages enquiring after our well-being and reporting on the weather condition. It rarely rains in Beijing, but that day the pouring rain just wouldn't stop. We had originally planned to go to the nearby Huanghuacheng Great Wall to carry out the experiential learning activity, "Life Path Finding". However, due to the rainstorm, we decided

to make changes to our schedule. We made use of this sudden change for "Teachable Moment" to let the training participants more closely understand the meaning of "Life Path Finding." Many things in life cannot be forced because the larger circumstances and the wishes of the community must often be taken into account. How can we nonetheless live life to the fullest; how should we reach understanding and compromise with our partners; how can we recognize and seize the opportune moment? We decided to move the activities at the Huanghuacheng Great Wall to the third day. The weather was sunny and clear after one day, and everyone happily "embarked on life." We had really learnt a great lesson.

Next year's youth worker training camp, "Life Encounter Camp", will be held in Shanghai; we look forward to crossing paths with even more people.



In the team-building activity at Huanghuacheng Great Wall, a pair of participants supported each other and moved forward together despite their "disabilities".



**Sichuan**

Building a model for holistic rehabilitation in schools, communities, and hospitals

## Living in Hopes after the Disaster: Summary and Prospect of Our Ministry at Beichuan High School

**HUEN Wai Yan Circle Project Coordinator**



In August 2011, Hong Kong cultural exchange camp was hosted to understand Hong Kong's urban culture and development.

It has already been four years since the Wenchuan earthquake, an unprecedented disaster which marked the commencement of our ministry in Sichuan province. During the last two years at Beichuan High School, we not only accompanied a group of high school youth in their growth, but also in their exploration of life journey through psychological rehabilitation.

Over the past two years, we trained a team of professional local Sichuan youth workers, comprising of social workers, teachers, counsellors and psychiatrists. The team served altogether 160 high school students who were deeply affected by the earthquake. The team also commenced leadership program offering counter-adversity training in small groups, creative art courses, students' home visits, and personal counselling, to develop those students' self-esteem and resilience. The research evaluation showed that the students had slightly recuperated from anxiety, depression and grief, but their conditions were still critical, signalling a long journey ahead before full psychological recovery could be achieved. However, the result showed that, accompanied by youth workers for several years, those students, growing up under the mountains, did improve significantly and holistically in the aspects of resilience, self-identity, social strength, sense of responsibility and empathy.

By building a bonding community, and communicating and interacting with one another, students learnt to better recognize their own uniqueness and discovered the precious aspects of life, including the Beichuan spirit of simplicity, gratitude, and commitment. Through music, art, and writing they made sense of and articulated their experiences of personal growth, emerging from the shadow of trauma and death. Students adopted a more positive attitude to take on challenges in their lives. We spent our efforts to build the youth community and broaden the horizons of these teenaged survivors. The cultural exchange camp between mainland China and Hong Kong allowed them to show their various talents and motivated them to pursue their dreams and find their missions. In the final school year with college entrance

exams close at hand, we conducted the path finding program assisting students to explore their options after graduation, establish their own goals and proceed with their plan. In the process, we connected the final-year students with Beichuan High School graduates, building a strong alumni network, so that those students could learn from their seniors' experience and advice.

This September, the students will enter various tertiary institutions after the graduation. Learning from their ordeal, they have become more responsible and resilient persons. Like new buds sprouting from the plants, they form a core community bound for life building from their strengths and talents. In the future, we will continue to nurture these youth on college campuses. Through the W.I.S.E. Training Program, we will help to further develop the Sichuan youth's personal worth and mission for community building. These youth will then assist those still affected by the disastrous earthquake and those deprived in the province. At the same time, through training and service, we will equip the local Sichuan teachers and social workers to nurture the youth so that youth work can be sustained. ♣



In the graduation ceremony in June 2012, together we looked back with the students their lives of high school, and envisaged their bright future.



**Shanghai**

Training youth workers and passing on the mission of holistic development of youth

## Life Education Workshop

**MA Dong Research and Training Center For Youth Education in Mental Health  
(ECNU Research and Training Center)**



The auction house of life: "how much are our lives worth?"

On June 9 — 10, 2012, East China Normal University's Research and Training Center For Youth Education in Mental Health invited Mr. NG Wai Pun, Stanley, Marketing Director of Breakthrough Limited and Vice President (External) of Hong Kong Association for Holistic Life Education, and Mr. LEE Hon Chuen, Program Officer of Renewal Pavilion of Breakthrough Limited, to hold a two-day public workshop at ECNU, entitled "Life Education Workshop". Forty workshop participants were the students from the "Training of Excellent

Adolescent Mentors" Program of ECNU Research and Training Center.

Mr. Ng and Mr. Lee used various teaching methods, such as short lectures, activities, detailed explanation, small group discussion, sharing, and presentation preparation, to introduce the origins and contents of life education to the youth workers in the workshop. As a result, these participants recognized that nowadays the adolescents live relatively affluently but actually their lives are very brittle. This young generation doesn't lack school knowledge or material goods. What they lack are the "connections of life", including connections with their own being, with other people and with the nature. The goal of life education is to lead the young generation to recognize and make these connections, to raise them to become the new generation with love and respect of life.

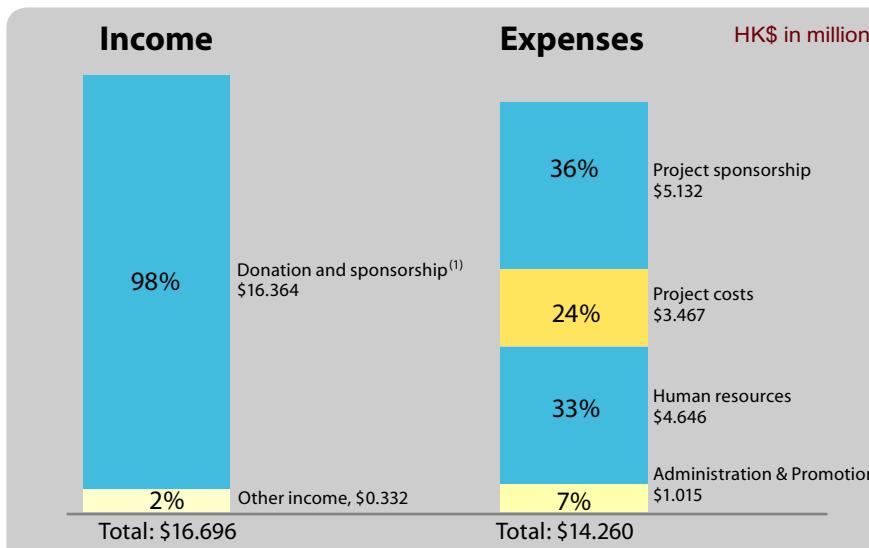
The participants learnt that life education could be delivered in various forms such as art, music, poetry, calligraphy, and outdoor activities. They became more aware of the connections between oneself, people and things. They also learnt to enjoy their lives and strive to meet their own needs yet without too much concern on the results because the learning process itself is an unforgettable life experience. 



## Finances

### Financial Summary for the Year of 2011–12

(Financial Year: from July 1 to June 30 of the following year)



The surplus for the financial year of 2011-12 was HK\$2.436 million. Excluding the surplus of HK\$6.003 million in Endowment for Youth Global Development (EYGD) (see Note 2), the deficit of The Youth Foundation's operation was HK\$3.567 million.

### Total of Accumulated Surplus and Individual Fund

HK\$ in million	
Accumulated Surplus	3.985
Research and Training Fund	0.267
Migrant Youth Fund	2.496
Sichuan Psychological Rehabilitation Fund	0.015
	6.763
Endowment for Youth Global Development <sup>(2)</sup>	5.779
	12.542

#### Note:

- (1) Donation and sponsorship included HK\$4.151 million of sponsorship income specifically based on project expenses calculation in which HK\$1.122 million and HK\$3.029 million were for "Sichuan Teachers' Quarters" and "Sichuan Post-Disaster Support Program", respectively. Moreover, the income of EYGD was HK\$6.12 million (see Note 2)
- (2) EYGD is a separate endowment fund newly set up for the development of global perspectives of youth workers and youth. The funding of EYGD was included in the book of The Youth Foundation due to the registration of EYGD was still in progress.