



青年發展基金
年度報告

The Youth Foundation
Annual Report

2020–2021

使命宣言

青年發展基金以輔助國內青少年全人發展為目標，透過培訓青少年工作者、進行研究及建立可行有效的服務模式，提昇青少年的生命素質，發展人生路向，回應時代需要。

Mission Statement

The Youth Foundation aims to assist holistic youth development in mainland China, through training youth workers, undertaking research, and developing actionable and effective service models to promote character building and forge vocational paths for youth as they respond to the needs of our time.

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主席及聯席會長的話

隨著內地實行了對境外非政府組織活動的新管理法後，青年發展有限公司早在2018年已授權青年發展培訓有限公司(YDT)全權代表青年發展基金繼續開展與上海及四川的合作夥伴各項的合作項目，亦取得豐碩的成果。雖然新型冠狀病毒的疫情持續影響兩地人才的培訓交流及內地事工的執行模式，但在內地合作夥伴和YDT同工們的靈活應變後，各項事工在線上線下的新模式下亦能順利完成！

「生命教育及生涯規劃」一直是青年發展基金過去二十年的培訓重點，在上海我們應華東師範大學的邀請培訓了一班本地的青年工作者，我們樂見現時工作已由大學的老師、本地培訓機構和一班受培訓的志願工作者承擔，我們只作有限度的贊助支持。我們與四川師範大學的三年合作協議亦在今年十月完結了，並與負責的老師核心團隊建立了一套完整可行的培訓內容及組織架構，此後將由老師核心團隊在四川師範大學延續有關的培訓工作。

四川的合作項目還有與四川大學華西醫院的精神健康項目，自2008年汶川大地震我們進入現場參與災後心理康復項目，在2009年與華西醫院簽署第一張三年合作協議起，轉眼間已持續合作十二年了！由社區精神康復的服務到針對青少年精神障礙者的「翱翔天空復學項目」，到為精神障礙患者家庭支援的康復項目，都為精神康復服務帶來極大的果效！透過YDT，我們與華西醫院新的第五期三年合作協議亦已在今年十月開展，以線上線下培訓模式擴大地域培訓和支援更多的精神障礙患者家屬！

四川的青年生命培育項目及生命創路咖啡室在2021年3月正式終結。回想在2008年汶川大地震發生後，北川中學邀請我們合作進行災後心理康復，我們與北川中學學生同行十年，由災後的復學、升學以至生涯規劃培訓，到支持成立生命創路咖啡室凝聚北川中學畢業生並社區的大學生，我們樂見青年群體的成長。項目計劃雖然休止，但這只是一種形式服務的結束，在前行的路上，我們儲蓄經驗與力量，將尋找更加豐富的可能。

青年發展基金在內地耕耘超過20年，培訓了眾多的青年工作者，我們堅信內地的培訓最終由這班與我們同行多年的專業青年工作者肩負，我們在應邀下提供人才和財政上的支援。我們衷心向各董事、同工、志願者、內地及香港的夥伴及捐獻者表達感謝！珍惜與各位同行的日子！

信託人—青年發展有限公司

董事會主席

青年發展基金聯席會長

黃啟民先生

曾育彪博士

蔡暉明博士

陸少彬先生

From the Chairman and the Co-presidents

With the implementation of the new “Law of the People’s Republic of China on the Administration of Activities of Overseas Non-Governmental Organizations within the Territory of China”, The Youth Foundation Limited which is the trustee of The Youth Foundation (YF) has appointed Youth Development and Training Limited (YDT) as early as 2018 to represent YF to continue carry out various cooperation with partners in Shanghai and Sichuan. The cooperation projects with the mainland partners have achieved fruitful results. Although the new coronavirus epidemic continues to affect the exchange programs between the two places and the execution mode of the training ministries, with the flexible responses of the mainland partners and YDT staff, various ministries were carried out smoothly and successfully in the new hybrid training mode through online and offline means!

“Life Education and Career Planning” has been the training focus of YF for the past two decades. Local youth workers have been trained in Shanghai with the invitation from East China Normal University. We are happy to see that the youth training has been shouldered by university teachers, local training institution and a group of volunteer workers and we only provide limited sponsorship support. In Sichuan our three-year cooperation partnership with Sichuan Normal University was concluded in October this year. We have established a complete and feasible training content and operation structure with the teachers core team in charge. Down the road, the teachers core team will continue organize training program for the students and alumni of Sichuan Normal University.

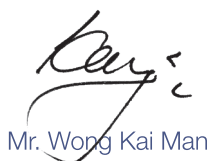
Sichuan’s cooperation projects also include the mental health project with West China Hospital of Sichuan University. Since the occurrence of Sichuan earthquake in 2008, we entered the scene to participate in the psychological rehabilitation training and service program, and in 2009 we signed the first three-year cooperation agreement with West China Hospital. The cooperation with West China Hospital has continued for twelve years with focus from community psychiatric rehabilitation services, the “Soar High” Supported Education project for supporting rehabilitated teenagers back to school, to Supported Family project supporting the families of the rehabilitated students, all have brought great results to mental rehabilitation in Sichuan. Through YDT, the fifth three-year cooperation agreement with West China Hospital was also launched in October this year to expand regional coverage to support more families of children with mental illness through online and offline training model.

W.I.S.E Youth Leadership Training program together with “COFFEE CONNECT” Café in Sichuan has been officially ended in March 2021. Recalling that after the 2008 Sichuan Earthquake, we are invited by Beichuan High School to help their students in post-disaster psychological rehabilitation. We have been walking with Beichuan High School students for ten years, from post-disaster psychological rehabilitation, education advancement to career planning, to the sponsoring of the setup of “COFFEE CONNECT” Café to gather and connect Beichuan High School Graduates and college students in the community, we are happy to see the growth of the youths. Although the program has ceased, this is only the end of a form of service. On the way forward, we will reserve experience and strength and look for more abundant possibilities.

The Youth Foundation has been servicing in the Mainland for more than 20 years and has trained and nurtured many youth workers. We firmly believe that the training in the Mainland will ultimately be undertaken by this group of youth workers and professionals who have been with us for many years. We see our role is to provide network and financial support. We sincerely express our gratitude to our board members, co-workers, volunteers, partners in the Mainland and Hong Kong and donors. We cherish the days of walking with you!

Trustee – The Youth Foundation Limited

Chairman of the Board

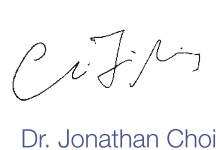


Mr. Wong Kai Man

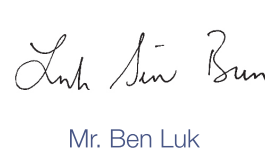
Co-presidents of The Youth Foundation



Dr. Bill Tsang



Dr. Jonathan Choi



Mr. Ben Luk

我們的歷程

Our Milestones

1/1999

正式成立，於香港註冊為非牟利慈善團體
Founded as a non-profit-making charitable organization in HK

7/2002

開始贊助「國際華人青年領袖訓練營」
Began to sponsor Leadership Academy (LA)

9/2003

與上海華東師範大學簽訂「校本心理諮詢培訓」計劃合作協議
Signed partnership agreement of "School-based Counseling Training" with East China Normal University, Shanghai

1/2007

資助上海華東師範大學成立「青少年心理健康教育研究與培訓中心」
Sponsored East China Normal University, Shanghai to set up the Research and Training Center For Youth Education in Mental Health.

12/2007

開展中國外來工項目，在上海及北京進行需求研究
Started migrant project in China and conducted need assessment in Shanghai and Beijing

3/2008

開展北京「外來工子女健康發展」項目
Commenced "Beijing Migrant Youth Holistic Development Project"

5/2008

進入四川，開展災後心理復康培訓課程
Commenced "Post-Disaster Psychological Rehabilitation Training and Service Program" in Sichuan

12/2008

獲香港特區政府贊助推展「四川災後心理康復培訓及服務」計劃
Sponsored by Hong Kong SAR Government and commenced "Sichuan Psychological Rehabilitation Training and Service Program"

10/2009

再次獲香港特區政府贊助推展「四川災後復康支援網絡」計劃
Once more sponsored by the Hong Kong SAR Government to commence
“Health Presence Network System in Support of Sichuan Rehabilitation
Work” Project

11/2012

與中國青年政治學院於北京合辦
「新生代農民工家庭的社會融入」學術研討會
Jointly organized a major conference on the topic of “Social
Integration of New Generation Migrant Families” with China Youth
University of Political Studies

1/2013

與四川大學—香港理工大學災後重建管理學院合作開展
「學校心理素質教育及早期干預專案」
Commenced “Psychological Education and Early Intervention Project”
together with Sichuan University-Hong Kong Polytechnic University Institute
for Disaster Management and Reconstruction

6/2014

開始資助「夢•行動」北川中學畢業生群體
Began to sponsor the Beichuan High School Alumni Community – “Dream in Action”

5/2016

「生命教育及生涯規劃政策研究、培訓及實踐先導計劃」正式啟動
Commenced “Life Education Project”

7/2017

開始資助「生命創路咖啡室」
Began to sponsor “COFFEE CONNECT” Café

6/2018

資助北川中學畢業生群體 - 願望彩虹•十年彙聚
Sponsored the 10th Anniversary activity
“Rainbow Hope” of Beichuan High School Alumni Community

10/2018

開始資助「四川師範大學青少年生命教育及生涯規劃行動研究中心」
Began to sponsor “Sichuan Normal University Youth Life Education and
Career Development Action Research Center”



信託人及董事會成員

Trustee and Board of Directors 2020 – 2021

主席
Chairman

黃啟民先生
Mr. WONG Kai Man

副主席
Vice Chairman

張蘇嘉惠女士
Mrs. CHEONG SO Ka Wai Patsy

司庫
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朱其崑先生
Mr. CHU Ki Kwan David

秘書
Secretary

陳玉麟醫生
Dr. CHEN Yuk Lun Ronald

董事
Directors

張彩蘭女士 [任期由2021年4月1日開始]
Ms. CHEUNG Choi Lan Hilda
[from 1st April 2021]

盧錦華先生
Mr. LO Kam Wah Norman

張國偉教授
Prof. CHEUNG Kwok Wai

蘇權良先生
Mr. SO Kuen Leung Kenneth

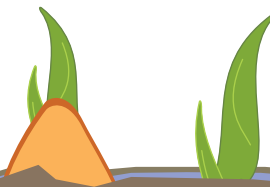
方偉晶教授
Prof. FONG Wai Ching Eric

孫德基先生
Mr. SUN Tak Kei David

林彥民博士 [任期至2021年6月30日]
Dr. LAM Yin Mun Edmund
[until 30th June 2021]

黃子欣博士
Dr. WONG Chi Yun Allan

李美瑜女士
Ms. LEE Mi Yu Elizabeth



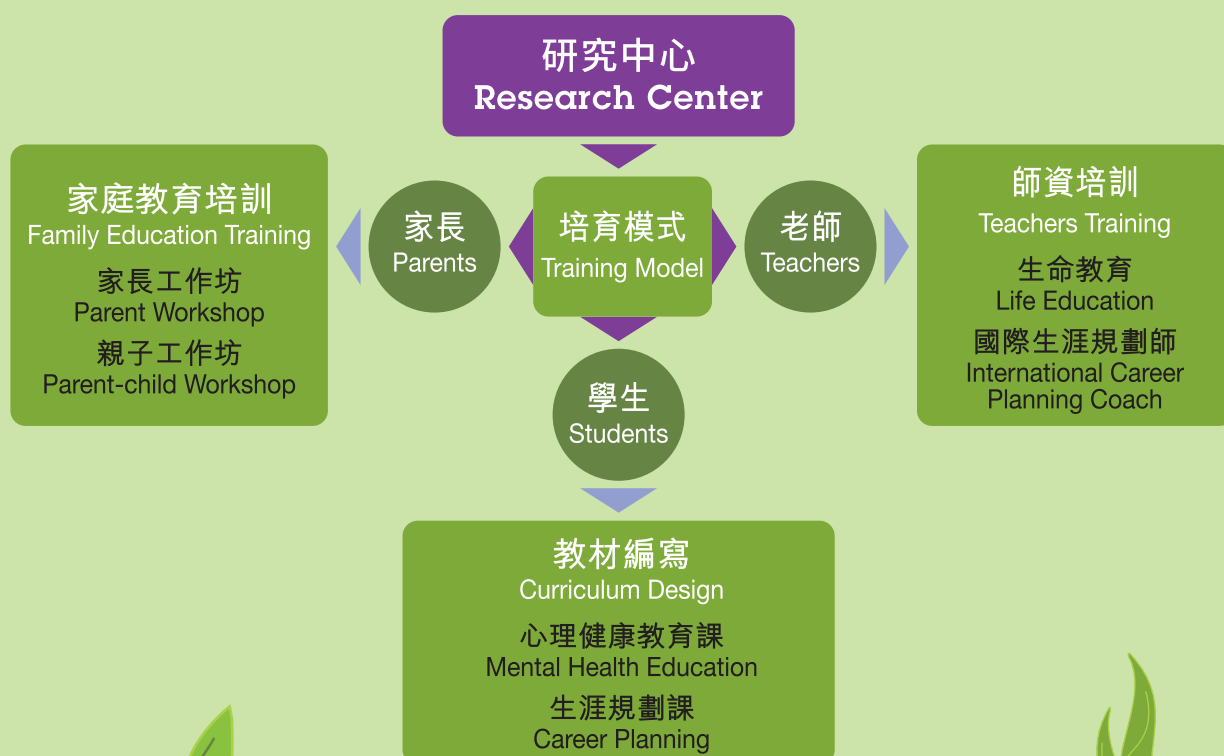
四川師範大學青少年生命教育及生涯規劃行動研究中心

Sichuan Normal University Youth Life Education and Career Development Action Research Center



「川師」心理委員日營－「信任背摔」活動，組員體驗來自團隊的支持

“SNU” Mental Health Committee Day Camp – team member experienced the support from the team through the activity “A Trust Fall”



年度項目概要 Annual Project Highlights

2018年11月，四川師範大學（下稱「川師」）在青年發展基金及青年發展培訓有限公司的支持下，成立了四川師範大學青少年生命教育及生涯規劃行動研究中心（下稱「研究中心」）。希望凝聚本地教育、心理及社工等專業人才，通過培訓及調研共同研發適合四川地區的生命教育及生涯規劃的培育模式和可行方案，持續推動四川地區的生命教育工作。

本項目為期三年。「研究中心」首年的工作，以匯聚專才，培育師資為主。透過舉辦不同類型的大型培訓，建立校長、老師及學生對生命教育的概念。第二年則聚焦於探討適合大學生的培育模式及方案。透過不同形式的培訓提升學生的領袖素質、抗逆力、人生價值感及意義感。第三年則致力於經驗整合，探討有效培育模式與培訓方案的系統性和延續性。透過完善心理委員日營、生涯規劃培訓及大學生心理素質訓練營的系統內容及培育校內志願者團隊，以達至培訓模式及方案的持續開展。

With the support of The Youth Foundation and Youth Development and Training Limited, Sichuan Normal University (hereafter referred to as "SNU") established the Sichuan Normal University Youth Life Education and Career Development Action Research Center (hereafter referred to as the "Research Center") in November 2018. Through providing training to professionals from different sectors such as local education, psychology, and social welfare etc., and cohering their shared research and feasible plan of training model of life education and career development, the "Research Center" aimed at promoting life education works in Sichuan area continuously.

This project is divided into 3 years: in the first year, the "Research Center" mainly focused on recruiting professionals and cultivating teachers. Through conducting different types of large-scale training, the concept of life education is established for school principals, teachers, and students. In the second year, the "Research Center" shifted its focus to explore effective training models and programs for university students. Through different types of training, improving university students leadership qualities, resilience, life values, and meaning of life. In the third year, the "Research Center" aimed to achieve sustainable development of training models and programs through improving the system of mental health committee day camp, career planning training, mental quality training camp and training volunteer teams in university.

我們的故事 Our Stories

高瑋老師是四川師範大學研究生畢業留校老師，剛留校工作就參與到項目中。為期三年的項目，我們見證了一位心繫學生需要的青年老師在學生服務理念及專業技術的成長。

GAO Wei decided to stay at Sichuan Normal University as a teacher after she completed her post graduate degree, and she joined the project soon after she started her job. Throughout the duration of this project, we witnessed the growth of a young teacher who cares about students' needs in the aspects of student service concept and professional skills.

心繫青年發展，點滴匯涓流潤物有聲

——四川師範大學大學生心理健康服務中心 高瑋老師

自2017年，有幸參與到培育青年學生生命品質與正面品質的項目工作中，獲益良多。理念上更具人本，心態上更相信青年學生能力，在專業技能、問題解決思路有了較大的改變。一是團隊對學生的熱忱、對項目推進的細膩，在其公益性、專業性上顯而易見。團隊中有很多社工、心理師、志願者前赴後繼，生命影響生命的力量可見一斑，也影響著我。二是理念的前瞻性，立足於青年的困惑，著力於生命的體驗與思索，這是授人以漁的根本，激發了學生內在的動力，促進了我理念的革新。三是形式上的創新，突破了傳統講授方式，以沉浸體驗為主，寓教於樂的培訓內容對學生極具針對性和吸引

Connecting with youth development; Little drops make the river, moisten all things with beautiful sound

Teacher of Student Mental Health Service Center,
Sichuan Normal University – GAO Wei

Since 2017, I was fortunate to participate in the project which aims at developing life qualities and positive qualities of students, which gave me many inspirations. My mind set became human-oriented, I have more trust in students' abilities. I experienced radical changes in professional skills, the concepts and methods of problem solving. First, the team reflected its interest in public welfare and professionalism by its great passion towards students and detailed-oriented attitude during the execution of the project. I was influenced by the dedication and commitment showed by social workers, psychologists, and volunteers which reflected

力，與「在做中學」的理念不謀而合，這豐富了我的工作經驗。在參與過的學生身上，我看到他們對自我認識更深、對未來規劃更高遠、能力鍛煉更自信。還有不少學生紛紛加入團隊，從受益人逐漸變成傳播者，育人實效顯著。我亦感慨青年專案之意義，平凡且偉大。青年強則國強，青年學生的培養和教育既是國之大事，也是師之本責。青年與國之利益所繫，任重而道遠，感謝項目團隊的全體同仁！



「川師」大學生心理素質訓練營－我的性格特點是什麼
“SNU” Students Mental Quality Training Camp – What are my personalities

the power of life values. Second, the cutting-edge ideas motivated my concept, the idea rooted in the confusion of the youth, and focused on life experience and reflection, which is the foundation of education, this inspired inner motivation among young students. Third, the project used innovative methods, which was different with traditional lecture method. The project focused on experience and the training method is entertaining, which was suitable and attractive for students, this enriched my working experience. All participated students had deeper self-recognition, they had higher ambition for their future, and more confidence in ability training. Furthermore, many students joined the team after the project, changing their roles from recipients to contributors, which proved the productivity of this project. I am also touched by the meaning of this project, it is ordinary yet extraordinary. A successful nation depends upon its youth, training and educating youth students is a vital issue of a nation, it is also the fundamental responsibility of teacher. The youth and the benefits of a nation is closely knitted, the responsibility is important and the idea is meaningful. I am grateful for all colleagues from the project team!

羅鳳娟同學，從碩士研究生新生到項目骨幹成員，畢業後求職成為小學心理老師，是角色的轉變，是專業知識和職場勝任力的提升，更是體驗、經驗與實踐成長的過程。

LUO Feng Juan was a postgraduate student, she became the backbone team member of the project team and a psychology teacher in a primary school after graduation. From changing her role to improving professional knowledge and workplace abilities, she went through the procedures of experiencing, practicing and growing.

學習成長，砥礪前行

—— 四川師範大學心理健康教育專業研究生 羅鳳娟

我是羅鳳娟，在四川師範大學攻讀碩士研究生期間，有幸成為行動研究中心項目骨幹成員之一。參與項目工作的三年令我獲益良多，項目工作與我所學的專業（心理健康教育）和我的求職目標（中小學心理老師）密切相關，對提升我的專業和求職能力有積極深遠的影響。

我的收穫主要有以下幾個方面：

一是參與項目組的生命課程調研工作。我參與了課程試行、收發問卷、整理問卷、錄製問卷等環節，不僅對中學的生命課程的設計與開發有了深層次的理解，還對科研、數據有了更全面的認識，有助於提升我的中學心理健康課程的設計與教學能力和科研能力，為我寫碩士畢業論文和畢業後面試學校心理老師工作做準備。

Learn and Grow, Striving Ahead

Postgraduate student of Sichuan Normal University Mental Health Education – LUO Feng Juan

I am privileged to be one of the backbone team members of Action Research Center during my postgraduate study in “SNU”. I have benefited a lot from participating in this project. The work I performed in the project is closely related with my profession (mental health education) and career goal (psychology teacher in primary and secondary education), which hugely improved my professional skills and capacity in job seeking.

My achievements can be specified in several perspectives as below:

First, participating in research of life education. I was involved in tasks such as preparing trial class, conducting, organizing and recording questionnaire. Performing these tasks helped me to have a better understanding of designing and developing life educating in secondary education, which helped me to improve my design, teaching and

二是參與項目組大學生心理委員日營活動的小組導師工作，對我做心理團輔的幫助很大，我更清楚了團輔設計方案、引導分享的重要性，積累了更多心理團輔的經驗；

三是生涯規劃方面，我參加了生涯規劃培訓，對自己的生涯規劃更清晰，充分認識自己的優勢，訪談生涯人物，並制定合適的生涯目標，朝著目標前進；對提升生涯規劃課程的設計與教學能力和生涯諮詢能力很有幫助。

四是我參與項目組的行政工作，在採購物資、財務報銷、項目人員聯絡，撰寫新聞宣傳稿等方面積累了豐富的經驗，讓我在畢業後的工作中得心應手。

我目前是成都一所中學的心理老師，我很喜歡我的工作，很感謝項目組給了我很多學習和提升專業能力的機會，對我畢業找工作和勝任目前的工作很有幫助。



「川師」心理委員日營－校園定向，挑戰大手筆
“SNU” Mental Health Committee Day Camp – campus orienteering, took the challenge of “the big Chinese writing brush”



「川師」大學生心理素質訓練營－透過體驗活動學會解決問題的策略
“SNU” Students Mental Quality Training Camp – learn problem-solving strategies through experiential activities

research abilities. This experience helped me to prepare for the graduation thesis and job interviews as a psychology teacher.

Second, joining university students mental health committee day camp as a team tutor helped me a lot in conducting group counseling, I have better understanding of how to design the plan and the importance of facilitating discussion, and I gained great experience of group counseling.

Third, in terms of life planning, I participated in career plan training, as a result, I have a clearer view of my career plan by knowing my advantages, interviewing professionals in the industry, establishing suitable career goal, and moving forward to the target. The training is helpful to improve my abilities of designing life career, teaching and career counseling.

Fourth, I performed administrative works in the project team, which helped me to gain experience in different areas such as procurement of materials, reimbursement, contacting with project staff and writing news articles. This working experience enabled me to work smoothly in workplace after graduation.

I am working as a psychology teacher in a secondary school in Chengdu now. I like my job very much, and I am thankful for the learning and improving opportunity that the project team offered me, as it is very helpful for job seeking after graduation and performing well in my current job.



行動研究中心骨幹團隊培訓：開展兩期，分別以個人生涯發展及品牌建立為內容主題，參與成員共29人。

Backbone team members training of Action Research Center: The training was divided into 2 phases, the theme was personal career development and brand development respectively, with a total of 29 participants.



舉辦大學生心理素質訓練營：本年度開展兩期心理素質訓練營；第一期以培育學生領導力為研究目標，參與者都是學生團體骨幹成員，共21人。課程共8節，每週上課1.5小時。第二期以尋求美好人生為研究目標，參與學生來自不同年級，共24人。課程共6節，每週上課2小時。

Organized University Students Mental Quality Training Camp: conducted 2 phases in this year: The first phase aimed at training students' leadership ability, participants were all backbone team members, with a total of 21 participants. There were 8 sessions in total, 1.5 hours of class per week. The second phase aimed at seeking beautiful life, a total of 24 participants came from different grades. There were 6 sessions in total, 2 hours of class per week.



舉辦心理委員日營：參加學生來自獅子山及成龍兩個校區，是不同學院、年級的心理委員。日營共2場，分別為期2天和1天，共80位學生及23位志願者參加。營前培訓2場，營後培訓1場，參與志願者共計33人次。

Organized Mental Health Committee Day Camp: Participating students came from Shizishan and Chenglong campuses, representing committees from different colleges and grades. There were 2 day camps, lasting 2 days and 1 day respectively, with 80 students and 23 volunteers participating. Two pre-camp training sessions and one post-camp training sessions, were attended by 33 volunteers.



舉辦生涯規劃師培訓：舉辦2場培訓，共5天，69人接受認證培訓。

Organized Career Planning Training: two trainings sessions were held, total 5 days and 69 people attended qualified training.



舉辦三維家庭教育講師培訓：舉辦線上、線下培訓共4場，受訓者共50人。

Organized 3-Dimensional Family Education Training: total four online and physical training sessions were held, with a total of 50 participants.



「川師」大學生心理素質訓練營－團隊建設，齊力運送網球
“SNU” University Students Mental Quality Training
Camp – team building activities



「川師」心理委員日營－體驗活動打破思維的限制
“SNU” Mental Health Committee Day Camp – group activities



「川師」附屬小學綿竹校區老師培訓－團隊建設
“SNU” Affiliated School (Mianzhu campus) teacher
training – team building activities



「川師」大學生素質訓練營－我的願望
“SNU” University Students Mental Quality Training Camp – My wishes



活動匯報 Our Activities

時間 Date	培訓類別 Type of Training	參加人數/人次 No. of participants
2020.9-12	國際生涯規劃師的培訓 Training of International Career Planner - 第一期 1st Phase - 第二期 2nd Phase	69名學生 / Students 8名老師 / Teachers
2020.9-10	骨幹團隊培訓 - 川師老師及研究生 Backbone team Member Training - “SNU” teachers and postgraduate students - 第一次培訓 1st training session - 第二次培訓 2nd training session	19人 / Participants 10人 / Participants
2020.10-12	大學生心理素質訓練營 - 主題：打造自己成為卓越領袖 (共8週，每週1.5小時) University Students Mental Quality Training Camp — Theme: Shaping yourself to be excellent leaders (8 weeks in total, 1.5 hours per week)	168人次 / Attendees 1名志願者 / Volunteer
2020.10-12	「川師」班級心理委員日營 “SNU” Mental Health Committee Day Camp	80名學生 / Students 23名工作人員及志願者 / Staffs and volunteers
2020.10 2020.12 2020.12	心理委員日營 - 學生志願者培訓 Mental Health Committee Day Camp — student volunteer training - 第一次培訓 1st training session - 第二次培訓 2nd training session - 營會後導師培訓及回饋 Post camp training and debriefing session	12人 / Participants 11人 / Participants 12人 / Participants
2021.1 2021.1	三維家庭教育講師培訓 3-Dimensional Family Education Training - 第一期線下 1st physical training session - 第一期線上 1st online training session	26人 / Participants 2名老師 / Teachers
2021.4-5	大學生心理素質訓練營 - 主題：追求美好人生 (共6週，每週2小時) University Students Mental Quality Training Camp — Theme: Seeking beautiful life (6 weeks in total, 2 hours per week)	144人次 / Attendees 2名志願者 / Volunteers
2021.4 2021.4	三維家庭教育講師培訓 Training for 3-Dimensional Family Education Training - 第二期線下 2nd physical training - 第二期線上 2nd online training	24人 / Participants 24人 / Participants



「川師」附屬小學綿竹校區老師培訓 - 拼圖博弈體驗團隊共贏
“SNU” Affiliated School (Mianzhu campus) teacher training -
experienced the win-win in the team through puzzle activities



重慶大學生生涯規劃工作坊 - 從背後支持你
Chongqing University student Career Planning Workshop – support
you from behind

我們的夥伴 Our Partners

零加壹教育諮詢(成都)有限公司
Caring One Education Consultation Co Ltd

世界傳道會/那打素基金
CWM/Nethersole Fund

成都回聲社會工作服務中心
Echo Social Work Service Center, Chengdu

恩泉基金會
Fountain of Grace Foundation

四川師範大學
Sichuan Normal University

青年發展培訓有限公司
Youth Development and Training Limited

前瞻 Looking Forward

項目於2021年9月底結束，後期將進行項目總結、財務及行政等方面的收尾工作。經過三年的合作，研究中心已經打好基礎並建立了骨幹團隊繼續在未來進行下列培訓：

This project is completed in late September 2021, finishing works such as project summary, financial and administrative works will be conducted later. During cooperation in last 3 year, the "Research Center" has laid a foundation and developed a backbone team to continue following trainings in the future:

1 師資培訓

目前國際生涯規劃師培訓已形成完善的培訓內容及行政體系。將作為常規培訓專案，由曾侯森老師負責，對象為中學老師及學生。

Teacher training

Currently we have completely developed training content and administrative system for International career planners, this training will become a regular training project, which will be led by Mr. ZENG Hu Sum, the target audience are secondary school teachers and students.

2 家庭教育培訓

楊雪梅老師與骨幹團隊成員成立了家庭工作小組，定期開展家庭工作者培訓及家長工作坊，並將持續進行。

Family education training

Ms. YANG Xue Mei and backbone team members established family working group, they will organize training for family workers and parents workshops continuously.

3 學生培育

心理素質訓練營：將由研究中心骨幹老師負責，每學期繼續開展。

心理委員日營：已成為「川師」品牌，且由核心成員高瑋老師負責；將與成都各高校交流經驗並推廣該學生領袖培育模式。

Student training

Mental Quality Training Camp: this will be organized by backbone team teachers in "Research Center" in every term continuously.

Mental Health Committee Day Camp: the day camp has become the brand of "SNU", and key member GAO Wei is responsible for the day camp; she will exchange her experience with other higher education institutions in Chengdu and promote training model of student leaders.

4 教材編寫

成都回聲社會工作服務中心已組織中學老師編寫初中學生心理健康課程《成長拼圖》，預計於2021年11月出版。

Developing teaching materials

Chengdu Echo Social Work Service Center has organized secondary school teachers to develop mental health course "Puzzles of Growth", it is estimated to be published in November 2021.

四川W.I.S.E.青年生命培育項目 生命創路咖啡室

W.I.S.E. & COFFEE CONNECT



COFFEE CONNECT 生命創路咖啡室

項目背景 Background of the project

5·12 汶川大地震造成嚴重的傷亡，北川中學為極重災區中的重災學校，學校的房屋、教學設施及設備均遭損毀，導致師生嚴重傷亡。青年發展基金自2008年6月2日起已開始參與北川中學的老師及學生的心理復康的服務，定期為受災較嚴重的學生提供心理輔導、成長和支持小組和全人健康的培訓。

The 5·12 Wenchuan Earthquake caused severe damages and Beichuan High School was among those hardest-hit in the area. The school's buildings, teaching facilities and equipment were damaged, many teachers and students were among the casualties. The Youth Foundation has been participating in the psychological rehabilitation services to the teachers and students of Beichuan High School since June 2, 2008, and regularly provides psychological counseling, growth and support groups and holistic health education for students who are more severely affected by the disaster.

第一階段：北川中學災後全人健康課程

Phase 1: Post-disaster Holistic Health Course in Beichuan High School (2010-2012)

2010年北川中學的新校舍完成重建，我們派了駐校工團隊，為學校建立結合本土文化的全人健康發展課程及服務模式。主要提供：

- 1) 學生服務：透過提供培訓、專業輔導及其他前線服務，提高學生心理質素；
- 2) 全人健康教育課程：發展全人健康發展課程，包括成長抗逆、升學創路等；
- 3) 教師培訓：提供適切的培訓建立四川本地教師及青年工作者。

為了建立北川中學飲水思源和感恩文化，每年6月高考完成後全校的高三學生也會參與「願望彩虹畢業營會」。透過音樂、藝術及媒體創意工作坊，幫助學生高考後整理生命故事、災後至今的經歷和心理情緒，並在畢業晚會的表演中整理高中經驗，表達對老師和母校的感謝。同時，鼓勵發展及保存羌族少數民族特有的文化表達方式。



In 2010, the reconstruction of Beichuan High School campus was completed. We dispatched a team of resident workers to establish a localized holistic health development curriculum and service model for the school. Services provided includes:

- 1) Student services: improve the psychological quality of students by providing training, professional counseling and other front-line services;
- 2) Holistic health education courses: develop holistic health development courses, including resilience training, education and career planning, etc.;
- 3) Teacher training: Provide appropriate training to build up Sichuan local teachers and young workers.

In order to establish a culture of remembering the source of blessings and showing gratitude in Beichuan High School, every year after the completion of the college entrance examination in June, all seniors participate in the "Wishing Rainbow Graduation Camp." Through music, art and creative media workshops, students are encouraged to organize their life stories, and their experiences and emotions since the disaster. During the graduation reception, the seniors present a performance that showcases their high school experience as a token of their appreciation and gratitude to the teachers and their alma mater. This performance also serves to encourage the development and preservation of the unique cultural expression of the Qiang minority.



第一階段：北川中學災後全人健康課程活動

Phase 1: Post-disaster Holistic Health Course in Beichuan High School

第二階段：「W.I.S.E.」青年培育計劃 - 建立大學生使命群體

Phase II: “W.I.S.E.” Youth Leadership Training Program - to establish a missional community of college students (2012 – 2016)

隨著受地震影響較深遠的學生高中畢業後，大部份的學生已進入四川及省外各大專院校。我們的項目亦隨之而發展為以大學生為主要的服務對象。大學是青年人的自我塑造、價值觀和職業方向建立的重要階段，延續與青年同行的理念，我們開始凝聚在四川各大專院校之北川畢業生為核心群體，開展了W.I.S.E.青年培育計劃（圖一），協助建立四川青少年工作者和四川大學生使命群體及生命素質，並擴闊成長的視野和深度，透過他們去關懷仍受地震影響的人和其他弱勢群體。

- **We**: 在極度個人主義和金錢掛帥的文化，建立真誠的「結連」(connection) 和真正的「群體」(community)
- **I**dentify: 每個人也是獨一無二的，尋索真我，建立有生命力的身份(Identity)，活出有承擔的市民、國民、及世界公民的身份
- **S**oul: “Soul” 是生命、是靈魂—本計劃致力培育出新一代有生命素質、有生命感染力的僕人領袖
- **E**xcellence: 探索「有靈魂的卓越」(soulful excellence)，讓年青人深入及全面地裝備自己，在家庭、職場、社會、以至在地球村活出自己及群體的「召命」(Vocation)。

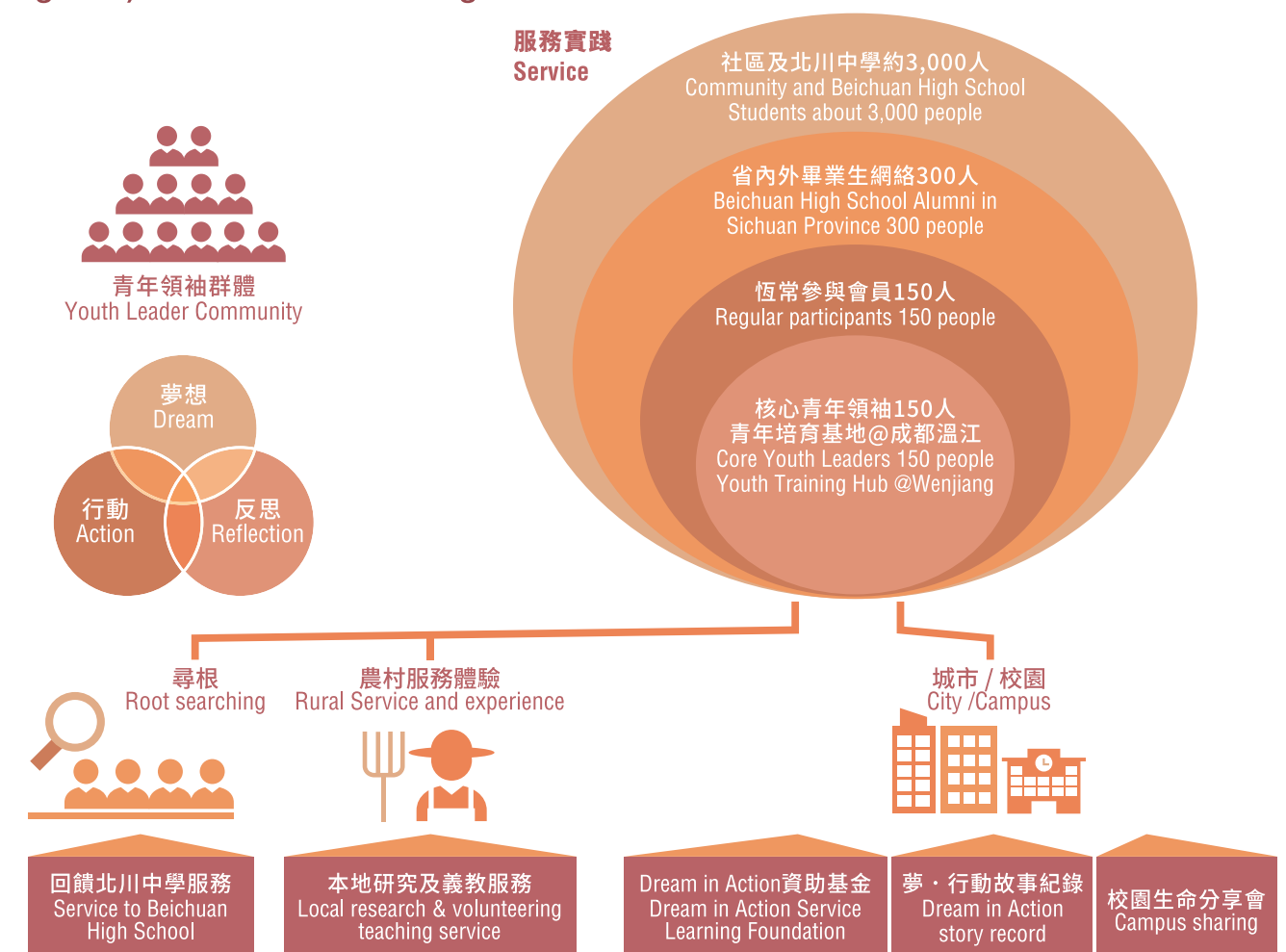
我們以北川中學畢業生為核心對象，進行領袖培訓及裝備，他們遍佈四川省內外約108間高校，並在大專院校中成立了青年群體，以就讀的專業或社團的名義凝聚來自不同背景的大學生，把青年服務延展至不同的大學校園裡，包括在南充市西華師範大學培訓社工學生的群體「四葉草」、攀枝花市攀枝花學院的大學生社團「燭光之旅」；並於四川省不同大學校園舉辦「Dream on Fire校園巡迴青年分享會」，接觸數以千計的大學生。我們於2014年支持北川中學畢業生成立「夢·行動」北川中學畢業生群體，由這群畢業生承擔起北川中學的服務行動，回饋母校培育的恩情。

Most of the students who were more deeply affected by the earthquake have graduated from high school and entered colleges and universities in Sichuan and other provinces. Our project subsequently developed into a service that mainly targets university students. University is an important stage in young people's self-fashioning, and establishment of their life values and career direction. Continuing with our conviction of mentoring young people, we began to gather Beichuan alumni from various universities and colleges in Sichuan as the core group and launched the W.I.S.E. Youth Leadership Training Program (Figure 1), to help build up the Sichuan youth workers and university students into a missional community, to help strengthen their quality of life and to broaden and deepen their vision. Through them, we wish to care for the people still affected by the earthquake and other marginalized communities.

- **We**: In a culture of extreme individualism and money being the first priority, establish sincere “connections” and true “community”
- **I**dentify: Each person is unique, seek out the true self, build a viable identity, and live out the role of a responsible local, national, and global citizen
- **S**oul: “Soul” is life and spirit — This program is dedicated to cultivating a new generation of servant leaders with vitality and ability to inspire others.
- **E**xcellence: Explore “soulful excellence”, allow young people to equip themselves thoroughly and comprehensively, to enable them to live out their personal and community's calling in their family, workplace, society, and even in the global village

We took the Beichuan High School alumni who were spread out in about 108 colleges and universities in Sichuan Province as the core target for equipment and leadership training. They in turn extended youth services to their respective campuses by forming youth communities made up of fellow students with diverse backgrounds from their own academic departments or student organizations. Groups like the “Four-leaf Clover”, a social work student group at China West Normal University in Nanchong City, and the “Journey of Candle Night”, a college student organization of Panzhihua University in Panzhihua were formed. We also reached out to close to a thousand students on different university campuses in Sichuan Province through the “Dream on Fire - Youth Sharing Campus Tour”. In 2014, we support Beichuan High School alumni to establish the “Dream in Action” Beichuan High School alumni group. This group of graduates takes on the task of serving the students at Beichuan High School and repays the nurturing given to them by their alma mater.

圖一) W.I.S.E. 青年培育理念圖
Figure 1) W.I.S.E. Youth Training Model



第二階段：「W.I.S.E.」青年培育計劃，建立大學生使命群體
Phase II: "W.I.S.E." Youth Leadership Training Program - to establish a missional community of college students.

第三階段：COFFEE CONNECT 生命創路咖啡室

Phase III: COFFEE CONNECT

(2017 – 2021)

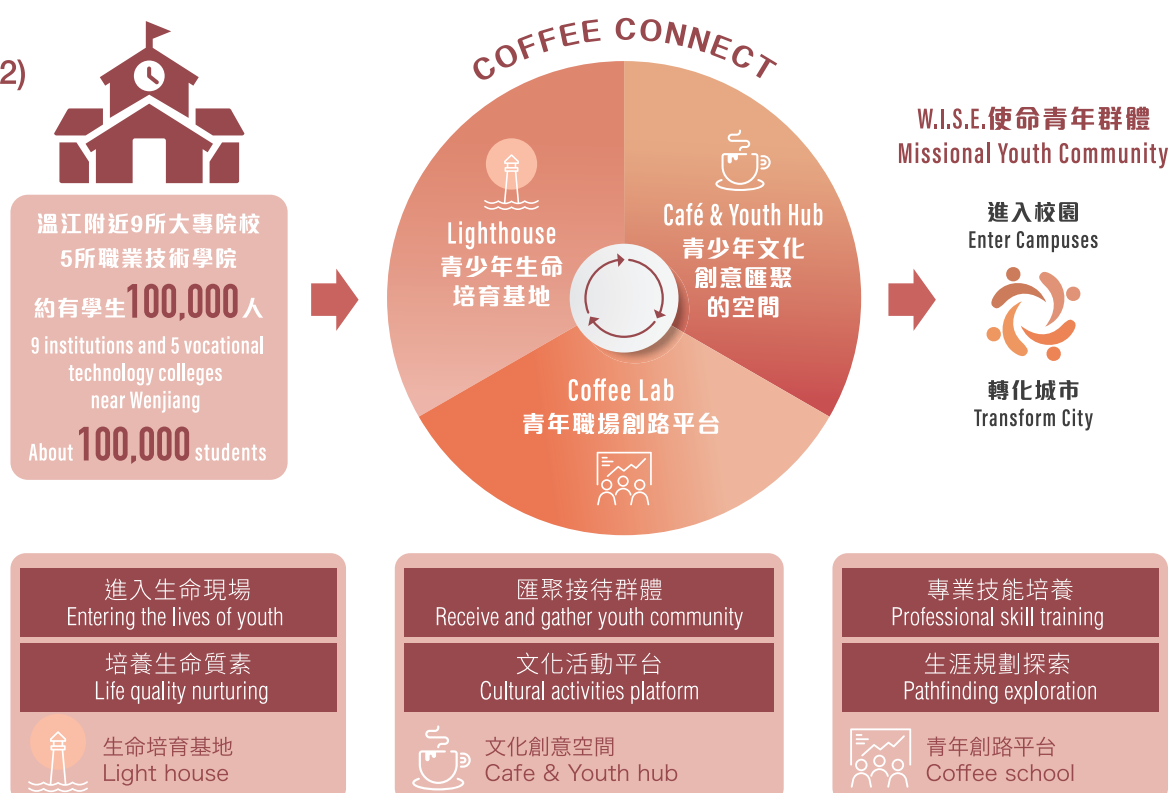
我們以溫江大學城區為凝聚大學生的基地，面向大專院校約10萬名大學生，我們支持本地團隊建立了一個結合青年空間、咖啡館及咖啡學校元素的平台，以生命創路咖啡室為匯聚理念，名為「COFFEE CONNECT」（見圖二）。

Using Wenjiang University District as the base for gathering college students, and for the approximately 100,000 college students, we supported the local team to integrate the concepts of life pathfinding and cafés and established a platform, called “COFFEE CONNECT” (see figure 2) that combines the elements of youth space, café and coffee school.



第三階段：COFFEE CONNECT 生命創路咖啡室
Phase III: COFFEE CONNECT café

圖二)
Figure 2)





COFFEE CONNECT 生命創路咖啡室 – 開幕禮
COFFEE CONNECT – Open Ceremony



CAFÉ & YOUTH HUB — 青少年文化創意匯聚的空間

建立青少年個人安靜及群體相聚的空間，匯聚不同青少年於當中閱讀、學習、分享。Café 內會提供圖書、視像、創意實踐空間；在疫情期間，我們繼續於線上媒體匯聚，通過文字，線上話題等方式緩解青少年面對環境變化的情緒，並且建立連結和真誠分享的文化。

CAFÉ & YOUTH HUB – A space where youth culture and creativity converge

Establish a space for young people to enjoy solitary quiet time and group gatherings, and bring them together to read, learn, and share. Provide books, videos, and creative practice spaces in the café. During the pandemic, we continue to gather online. Through text and online discussions, ease the emotions of young people in the face of changes in their environment, and establish a culture of connection and sincere sharing.



LIGHT HOUSE — 青少年生命培育基地

以咖啡館為服務基點，對於社區內的職校學生，提供各類遊戲體驗活動及個人成長、生命質素培養，進一步培育青少年，成為擁有W.I.S.E信念的青年群體，作他們的成長嚮導。同時通過鼓勵大學生進入社區服務，連結社區資源，建立本地服務網絡。

LIGHT HOUSE – Youth Life Cultivation Base

Using the café as the service base, provide various game-based life experience activities, and personal growth and life quality nurturing for the vocational school students in the community. Serving as mentors, help to cultivate these young people to become a youth community with W.I.S.E beliefs. At the same time, through encouraging college students to engage in community service, connect available community resources to establish a local service network.



COFFEE SCHOOL — 青年職場創路平台

以咖啡商業模式(Coffee Business Model)經營咖啡館，邀請就業困難的青年透過個人成長的職業培訓課程，從專業裝備中再思生涯規劃，而咖啡館能成為青年人創路實踐的現場。

COFFEE SCHOOL – Youth Workplace Innovation Platform

Operate the café using the Coffee business model. Invite young people facing employment difficulties to participate in vocational training courses that also foster personal growth. Lead them to rethink their life and career goals while equipping them professionally. The café became a place that they can put their career pathfinding practice into action.

總結 In Summary

由於2019-2020年受到疫情的影響，學校和社區也長期處於社區隔離狀態，COFFEE CONNECT亦於2020年底決定暫停營運，團隊不同的成員也踏上不同的階段，有成員將會成為全職母親照顧孩子，也有成員會進修裝備成為社工和心理輔導員，亦有成員會繼續裝備成為專業咖啡培訓師和杯測師。

自2008年四川大地震至今，我們服務了四川的年輕人共十三年。昔日受災的中學生，今天不少已經成家立室，不少已經成為專業人士，在不同的領域上回饋社會，亦有部份選擇進入服務青年的行業，包括：老師、社工和青年工作者。過去四年，通過建立COFFEE CONNECT「生命創路咖啡室」，我們更確認透過咖啡商業模式，連結當地大學和社區團體，培育青年人的職業素養，打破他們的思維限制，啟發思考，轉化和影響生命的服務模式。在急劇變化的社會形勢下，我們更加看到商業運作模式下的可持續發展的咖啡空間與生命服務結合的可能性與必要性。

雖然暫停營運COFFEE CONNECT「生命創路咖啡室」的營運，但是我們會繼續支持青年工作者在商業營運和咖啡專業上裝備，實踐以咖啡 媒介凝聚青年群體並建立青年人生命的可持續發展的服務模式，期待在這充滿挑戰的時代裏，成為更多年青人的祝福。

Due to the impact of the pandemic from 2019 to 2020, the school and the community have been in a prolonged state of social isolation. COFFEE CONNECT decided to suspend operations at the end of 2020. Different team members are also embarking on different stages of their lives; some members will become full-time stay-at-home mothers, some have decided to further their studies to be equipped to become social workers and counselors, and some will train to be professional coffee trainers and coffee cuppers.

Since the 2008 Sichuan earthquake, we have served young people in Sichuan for 13 years. Many High school students who were affected by the disaster in the past are now married, and many have become professionals, contributing back to society in different fields, and some have chosen to enter the field of serving young people as teachers, social workers, and youth workers. In the past four years, through the establishment of COFFEE CONNECT, we have confirmed that through the coffee business model, we can connect local universities and community groups, cultivate the professionalism of young people, break their closed mindedness and inspire their thinking. It is a service model that transform and influence life. In the rapidly changing social situation, we are more aware of the possibility and necessity of using the business operation model to combine sustainable coffee space and life services.

Although the operation of COFFEE CONNECT was suspended, we will continue to support youth workers to equip in business operations and coffee profession, and put into practice the sustainable service model of using coffee as a medium, to gather young people, and to build up their lives. We look forward to becoming a blessing to even more young people in this challenging era.



舉辦手沖咖啡入門體驗活動
Hand brew coffee experience activity

生命創路咖啡師的故事

王韋是北川中學的畢業生，自2009年開始參與群體的培育與實踐，立志成為能夠影響他人的生命工作者。大學畢業後，在深圳從事五年社工，服務社區邊緣青少年。設計及執行青少年項目，培養其能力與素質，獲得2016、2019年度深圳市光明區“十佳案例”稱號。在深圳做社工的日子裡，遊走在城中村裡，面對的是貧困、輟學、遊蕩在街頭或者隱蔽在社區甚至進出在派出所的青少年。同行的日子她常常感到能力有限，期望找到一條能夠在職業生活上可持續發展的服務道路。

2019年9月王韋回到四川加入COFFEE CONNECT團隊，探尋以咖啡館運營的本土化可持續發展青少年服務模式。當她全身心投入品味咖啡，打開了未曾使用過的感知器官，啟發心靈的自察的時候；當她在咖啡館以咖啡連結到不同的年青人，並且走進他們的生命成為一種特別的支持的時候；當她以實際的技術來培育學徒，在工作裡打開他們新的開始的時候，她深切的感受到咖啡與生命的可能性。

於是王韋努力裝備自己，去到雲南學習咖啡技術，考取SCA Brewing Intermediate(SCA沖煮中級)、行業認可度極高的Q-Grader(阿拉比卡咖啡品鑑師)，也順利通過了中級社工師考試，期望在咖啡與生命的道路上繼續走下去，用咖啡來祝福更多的人。



王韋 — 北川中學的畢業生，是一名社工，也是咖啡師。

WANG Wei – is a Beichuan High School alumnus. She became a social worker and is a barista now.

The Story of a Barista at COFFEE CONNECT

WANG Wei is a Beichuan High School alumnus. She has been involved in community cultivation and practice since 2009, and she aspires to make her vocation one that would affect the lives of others. After graduating from university, she worked as a social worker in Shenzhen for 5 years, serving the marginalized youths in the community. She designed and implemented youth projects to cultivate young people's abilities and characters, and won the title of "Top Ten Successful Cases" in Guangming District, Shenzhen in 2016 and 2019. While working as a social worker in Shenzhen, roaming the villages and the city, she encountered young people who were poor, dropped out of school and wandered the streets, hidden in the community or even in and out of the police station. She often felt limited in her abilities while working with these young people, and hoped to find a service path that would allow her to continue to develop professionally.

In September 2019, WANG Wei returned to Sichuan to join the COFFEE CONNECT team to explore using the operation of cafés to develop a localized sustainable youth service model. When she devoted herself to coffee tasting, it opened up the sensory organs she had never used before, inspiring her to examine her soul. As she connected with different young people with coffee at the café and stepped into their lives to become their special support and as she trained apprentices with practical skills and gave them a new beginning in their career, she deeply felt the possibilities of coffee and life.

WANG Wei worked hard to equip herself. She went to Yunnan to learn coffee technology and passed the SCA Brewing Intermediate and the industry-recognized Q-Grader (Arabica coffee taster) exams. She also passed the intermediate social worker examination and hopes to continue on the road of coffee and life, using coffee to bless many more people.



家庭精神康復項目

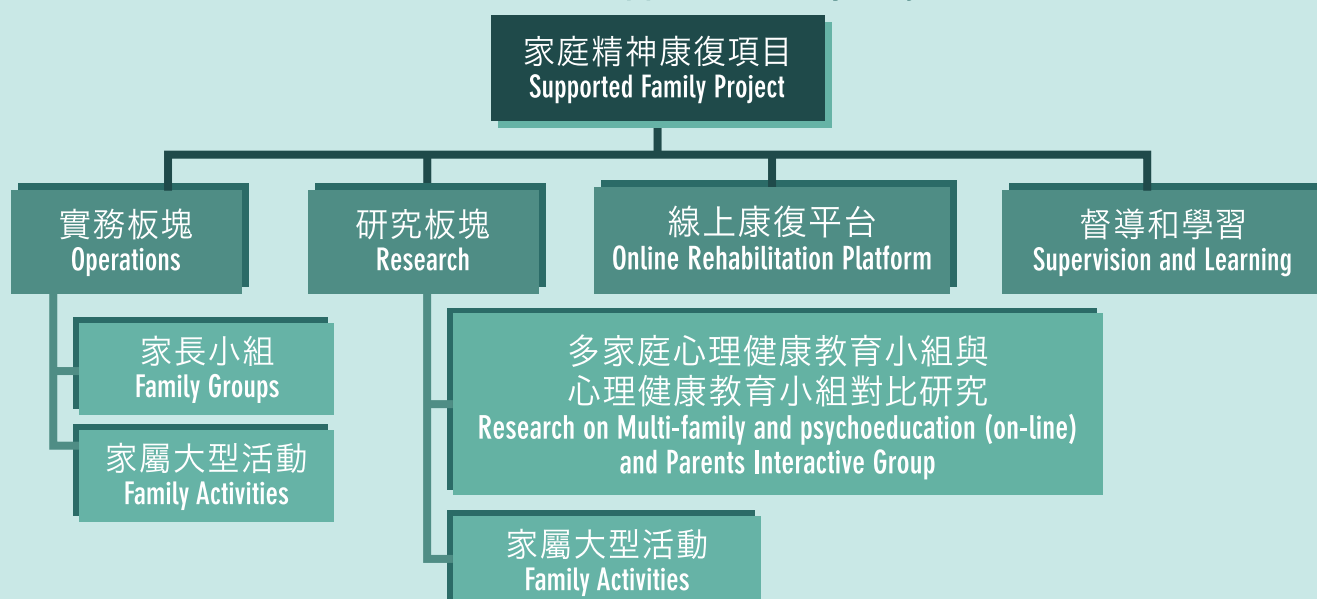
Supported Family Project



家屬大型活動 – 戶外運動
Family Activities – Outdoor Sports

家庭精神康復項目服務架構

Structure of the Supported Family Project



年度項目概要 Annual Project Highlights

這是家庭精神康復項目的第三年，在新冠疫情波動期間，項目通過靈活的方式開展，為家長提供線上課程；通過康復學員和家屬的康復經驗分享以及科普文章，公眾號的關注人數持續提高至3,500名左右，且文章閱讀量也在增加，公眾號的影響力提升。在疫情下堅持開展了線下35次家長小組和4次大型活動，家屬參加後表示因此得到了很多支持，緩解了焦慮並學到了很多有用的康復陪伴技巧。

受疫情限制，研究方面很多家庭小組受阻，但開展了家屬互助支持小組的嘗試和線上的心理健康教育小組。

This is the third year of the Supported Family Project. Due to the fluctuating situation with COVID-19, the project was carried out in a more flexible manner and online courses were provided to parents; through the sharing of experience by rehabilitating students and their family members and posting of popular scientific articles, the number of followers on the official account increased to about 3,500, and the number of articles read is also increasing, bolstering the influence of the official account. In spite of the pandemic, 35 in-person parent small group meetings and 4 large-scale activities were carried out. Family members commented that through these activities they received a lot of support, anxiety was relieved and skills that they need to walk with the rehabilitating students were acquired.

Due to the pandemic, research and family groups were not able to convene. Instead, family members support groups and online mental health education group were launched.

我們的故事 Our Stories

我們發現家屬的學習與改變能直接影響到康復學員的康復效果。這兩位康復同學通過以下的文字和畫畫分享了自己的康復和成長經驗，而這些經驗也激勵著我們前行。

We found that family members' willingness to learn about mental health and to change how they view the disease can directly affect the effectiveness of the rehabilitation effort for our students. Two of our students shared their rehabilitation and growth experience through the following text and drawing, these experiences also inspired us to move forward.

復學分享「沒有黑暗是沒有盡頭的」

——江南君（復學項目第十四期學員，16歲，精神障礙學生）

史老師，好久沒聯繫您了，今天我想告訴您我的現狀，分享我的喜悅，也感謝您。

是這樣的，我2017年生病到現在已經有四年了。這期間我的狀態由痛苦變消極，由消極變絕望，現在這一切的難受又轉變為幸福與喜悅，我也變得成熟與獨立。

我今年越來越好，今天我突然想起了您曾對我說過的話：一切失去的都將以另一種方式回來。

是的，我現在感受到了。我現在有了可以和我交心的知己，陪我瘋玩的兄弟，同我逛街的閨蜜，大家都對我很好很好。

我一直很重視感情。朋友告訴我說：友情也是雙向奔赴的。從前的我為了維繫友誼無底線地單方面付出，我現在懂了這樣是不對的，因為這樣只會給朋友造成一種心理負荷，也會使我將這份感情視為人生全部，從而無法接受這段感情的任何變故。

No Darkness is Endless

By JIANG Nan Jun (16 years old, 14th Cohort of "Soar High" Supported Education student)

Dear Ms. Shi,

It's been a long time since we last chatted. Today, I'd like to give you some update about my current condition, share my joys, and express my sincere gratitude.

Here is my story: It's been four years since I fell ill in 2017. Back then, I was in great mental pain, from the depths of misery to a negative outlook, and finally to a state of despair. However, right now, all the sufferings have turned into blessings and joys. In the meantime, I've grown independent and mature.

This year, I'm recovering quite well. It occurred to me today that you once said: "All that you have lost will eventually come back in another way."

Indeed, this is how I feel right now. Enjoying the company of beloved friends, hanging out with pals who bring me out of shell, going shopping with my besties, I genuinely feel cherished by people around me.

我要不卑不亢，不用刻意，輕鬆愉悅地生活。

我無法想像自己曾經度過了一段多麼黑暗的生活，但是沒有黑暗是沒有盡頭的，我熬過來了。

我努力運動以及控制飲食成功瘦了三十多斤，重拾了自信。我現在依舊在按醫囑服藥，不過相比之前藥量已經減少了很多。我現在很愛自己，很愛大家，很愛這個世界。我要努力生活，我有自己的夢想，並會為之努力。

同時我沒齒難忘曾經您和大家給予我的幫助，我記得！永遠記得！我思考了下，決定將這份感激回饋於周圍需要幫助的人，長大將這份感激給予社會需要幫助的人，我知道您們對我的關愛是對這些深處黑暗的孩子們的大愛，我會努力變強，把這份愛傳遞下去。

我的人生還長，一切都剛剛開始，可能未來會遇到很多挫折，但我不怕，也不退縮，因為我都戰勝了自己還有什麼是我無法挑戰的呢，我現在內心很強大也很獨立，朋友說我現在簡直百毒不侵，哈哈。

總之我以後會更好，謝謝史老師和復學項目所有人對我的幫助，你們都是天使！

Relationships have always been pivotal to me. One of my friends once told me that, friendships should be reciprocal. Nevertheless, motivated by wishful thinking, I used to exert excessive efforts on maintaining friendships, even compromising my own boundaries. I now come to realize, this is wrong. Not only did my behavior impose mental stress on my friends, but also was I misled to believe, that this friendship is all that life is about, thus rendering myself unwilling to accept any possible ups and downs.

I will be neither arrogant nor self-abasing. I will be relaxed, enjoying the adventure of life to its fullest.

It is almost impossible to imagine the afflicting darkness through which I struggled. Yet no darkness is endless, and I've made it through.

By working out and controlling diet, I've successfully lost more than 15 kilograms of weight. At the same time, I've regained confidence. I'm still taking medication prescribed by my physician, but the dose of which has been significantly reduced. At the moment, I treasure myself, people around me, as well as the world we are living in. I'll strive to live a good life, dream my dreams, and pursue them with tireless efforts.

In addition, I'll never forget the aid provided by you and others, which will be forever branded on my memory. After careful thoughts, my gratitude turns into a momentum to give back. Once I'm an adult, I'll also devote myself to helping the needy in society. I understand, your affection and care for me are selfless and sincere, lifting up the helpless kids trapped in the depths of darkness. Led by your example, I'll grow stronger and pass along this love.

A long life's journey still awaits. All is just a beginning. Despite the countless obstacles that may lie ahead, I'm not frightened, nor will I recoil. Since I've conquered my own heart, there are no other hurdles in life I'm afraid to overcome. According to my friends' comments, I shall brave every evil, for I own a stalwart and independent heart.

Anyway, I am expecting a better future in life and thankful for Ms. Shi and all who serve in the "Soar High" Supported Education program. You are all angels in my heart.



家屬大型活動 – 戶外運動
Family Activities – Outdoor Sports



《你好啊》—— 85號兔子(復學項目第十七期康復學員，14歲初二學生，抑鬱症，她畫了兩幅畫表達自己參加項目前後的心情改變)

如果把疾病比作風雨雷電

從前

只能在風雨中流浪

在痛苦中哀嚎，絕望著

雨沁透了身體和靈魂，

冰冷、窒息、找不到棲身之地

找不到光亮

向前看去，眼底盡是黑暗

所有的一切都讓人窒息、絕望

然後

突然走過來一群人

他們也在風雨黑暗中掙扎

幸好，他們找到了彼此

也找到了我

他們撐著傘、打著燈籠

雖然依舊在颶風下雨

雖然我們依舊沒有走出那片雨

但是，再不會淋雨了

因為有人撐著傘

有人提著燈

有人輕輕地說：

「你好啊，我們在你身旁」

Hello By Rabbit No. 85 (14 years old, 17th Cohort of “Soar High” Supported Education student. Two pictures drawn to illustrate the difference in emotion before and after joining the program.)

If I compare the past sickness to a thunderstorm

A wandering in the rain

A desperate wail cried out in misery

My body and soul

Are all dampened

A suffocating chill penetrated my bones

There's no place to rest

No light to find

Looking ahead

Darkness is all I see

I feel choked

In utterly helpless state

All of a sudden

A group of people come by

Who also struggle in darkness and fight

Fortunately

They found each other

And they found me

Under umbrellas

They kindle lanterns of candlesticks

Wind and raindrops still accompany their side

Ceaseless storms have not left their life

But no one will be dampened

For someone carries the umbrella

Another lights up the candle

And a gentle voice came near:

Hello, we are by your side



家庭項目在過去一年裡按照計劃開展了相關服務：

The Family Project has carried out the following related services as planned in the past year:



家長心理健康教育小組：開展了35場家長小組，約478人次參加；從家長的回饋發現項目對家長和學生都能起到積極支持和改變的作用。

Parents Mental Health Education Group: 35 meetings of parenting group were conducted, and about 478 participated. Based on the feedback from parents, we found that the project provided positive support and change for both parents and students.



家屬大型活動：進行了4次大型活動，112人參與。

Large-scale activities for family members: 4 large-scale activities were conducted with 112 participated.



線上平台-微信公眾號平台：發佈了93篇文章，平台關注人數增加至3,500名左右，隨著文章品質逐步提高，文章點擊量、閱讀量累計超過27,000次。

Online-WeChat official account platform: 93 articles were published, and the number of followers on the platform increased to about 3,500. With the gradual improvement in the quality of the articles, the number of hits and views totaled more than 27,000.



研究方面：完成了家屬互助支持小組的9次課程，進行了家屬互助支持小組的探索；開展了2組線上心理健康教育小組；投遞出2篇文章，一篇為中文綜述《關於精神疾病患者信息公開的綜述》，一篇英文文章Effectiveness Of Family-led And Individual-led Peer Support For People With Serious Mental Illness：A Meta-analysis。

Research: Completed 9 training sessions and conducted explorations for the family support group; launched 2 online mental health education groups; submitted 2 articles, one review is written in Chinese, "Review of Mental Health Patient Information Disclosure", and the other one is an English article, "Effectiveness of Family-led And Individual-led Peer Support For People With Serious Mental Illness: A Meta-analysis."



引進《當子女說你好煩》課程視頻並進行了普通話翻譯和製作，準備通過收費課程方式投入到家屬教育中。

Introduced the "When a Child Says You Are Annoying" video course, translated and produced a Mandarin Chinese version. This video will be included in the family education resource as a fee-based course.



項目通過這三年的努力，得到了多方面的認可，華西醫院能繼續合作開展精神康復項目；構建的康復模式得到了成都社會組織專項發展基金的認可；在2020年8月的中國精神分裂症論壇中向精神科行業內人士分享了項目的整體系統；在2021年7月西部精神醫學論壇中分享了服務個案的康復成長經驗，項目模式和個案經驗都獲得了認可。

Through these three years of hard work, the project has been recognized in many different ways. West China Hospital will continue to cooperate with us in the development of mental rehabilitation projects; the rehabilitation model we created has been recognized by the Chengdu Social Organization Special Development Fund; in August 2020, we shared the overall system of the project with people in the psychiatric field in the China Schizophrenia Forum; in July 2021, during the Western Psychiatric Forum, we shared the rehabilitation and growth experience of some of the cases, and the project model and case experience were recognized.

活動匯報 Our Activities

日期 Date	活動名稱 Activity Name	地點 Venue	參加人數及次數 No. of participants and trainings
對象1: 以復學為目標的精神康復患者及其家屬 Target 1: Mental illness patients and their families with an aim to rehabilitate and return to school			
2020.07- 2021.06	家長小組：18期 - 22期 Parents Group：Phase 18th - 22nd		
	1) 精神康復常見疑問-鄧紅教授 FAQs in mental rehabilitation - Prof. DENG Hong		
	2) 認識自己和孩子 - 張樹森教授 Understand yourself and your kids - Prof. ZHANG Shu Sen		
	3) 認識精神疾病 - 張樹森教授 Understanding Mental Illness - Prof. ZHANG Shu Sen	成都青羊區殘聯 Disabled Persons’ Federation of Qingyang District, Chengdu	478人 / Participants 35次 / Times
	4) 溝通-史向梅 Communication - SHI Xiang Mei		
	5) 衝突-史向梅 Conflict management - SHI Xiang Mei		
	6) 抗逆力 詹群偉 Resilience - ZHAN Qun Wei		
	7) 壓力管理 詹群偉 Stress Management - ZHAN Qun Wei		
家屬大型活動：Family Activities			
2020.10	戶外秋遊 Autumn Outing	成都青龍湖 Qinglong Lake Chengdu	
2020.12	喜迎新年 New year celebration	成都青羊區殘聯 Disabled Persons’ Federation of Qingyang District, Chengdu	112人 / Participants 4次 / Times
2021.04	戶外遊園活動 Spring Outing		
2021.06	戶外運動 Outdoor Sports		
研究 Research			
2020.11- 2021.01	1) 家庭互助支持小組 Family support group	家屬提供辦公室/ WeChat Chengdu	26人 / Participants 11次 / Times
2021.03- 2021.06	2) 心理健康教育小組 Mental Health Education Group		



家長小組-抗逆力
Parent group-Resilience



家屬大型活動-戶外運動
Family Activities-Outdoor Sports

日期 Date	活動名稱 Activity Name	地點 Venue	參加人數及次數 No. of participants and trainings
對象2: 以復學為目標的精神康復患者及其家屬以及公眾人士 Target 2: Mental illness patients, their families and the public with an aim to rehabilitate and return to school			
2020.07- 2021.06	微信公眾號 WeChat Official Account	微信公眾號： 成都希望之光 WeChat Official Accounts： The Hope Chengdu	發佈文章：93 Articles: 93
對象3: 學生、工作人員及學生志願者 Target 3: 'Soar High' Supported Education Project Volunteers and Project teachers			
2020.09- 2021.03	志願者培訓設計 Volunteer Training	成都青羊區殘聯 Disabled Persons' Federation of Qingyang District, Chengdu	16人 / Participants 2次 / Times
對象4: 華西護士，精神科醫生、家庭、復學項目工作人員 Target 4: Nurses from West China Hospital, Psychiatrists, families and 'Soar High' Supported Education			
培訓 - 高金英 Training by Kam Ko			
2020.12	1) S.P.A.C.E. 焦慮情緒課程 S.P.A.C.E. Anxiety emotion coaching	成都青羊區殘聯 Disabled Persons' Federation of Qingyang District, Chengdu	33人 / Participants
2021.04	2) 依戀關係下的自我認識和家庭教育 Attachment and Family Education		2次 / Times



培訓 - S.P.A.C.E. 焦慮課程
Training - S.P.A.C.E. Anxiety emotion coaching



研究 - 家屬互助支持小組
Research - Family support group



我們的夥伴 Our Partners

世界傳道會那打素基金
CWM/Nethersole Fund

成都市青羊區殘疾人聯合會
Disabled Persons' Federation of Qingyang
District, Chengdu

「希望之光」康復中心
HOPE Rehabilitation Center

四川大學華西醫院
West China Hospital, Sichuan University

青年發展培訓有限公司
Youth Development and Training Limited

陳玉麟醫生
Dr. Chen Yuk-Lun Ronald

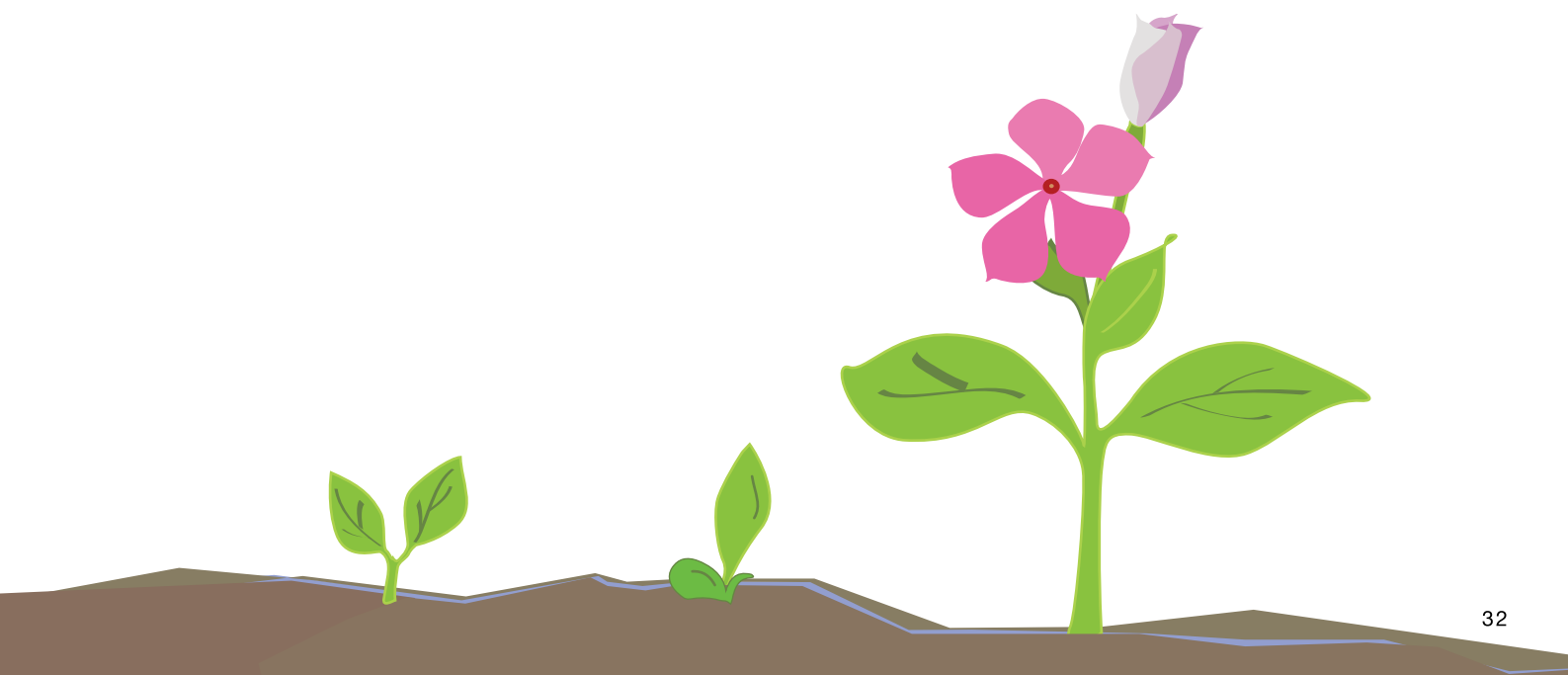
鄧紅教授
Prof. DENG Hong

張樹森教授
Prof. ZHANG Shu Sen

前瞻 Looking Forward

我們看到了家長小組和活動的開展對幫助家屬和康復學員的重要性，我們發現參加了項目的學員的復學率達到85%。雖然項目即將結束，我們接下來計劃通過低收費的方式和申請政府基金來繼續幫助這個群體；同時我們也得到世界傳道會那打素基金的線上服務項目的支持，所以後期將通過線上線下結合的方式繼續幫助康復學員逐步回到學校中，也幫助這些家庭逐漸回到生活的正軌。

We have seen the importance of parent groups and activities in helping families and rehabilitation students. We found that the rate of students who returned back to school after participating in this project reached 85%. Although the project is about to end, we plan to continue to offer our service to this community through charging a nominal fee and applying for government funds; through support of the online service project of the CWN/Nethersole Fund, we will continue to use a combination of online and offline methods to help rehabilitation students return back to school, and also help their families gradually return to a normal life.



財務摘要

Financial Highlights

本財務摘要摘自青年發展基金截至2021年6月30日的年度財務報告。該財務報告由潘展聰會計師行所審核，完整報告可向本機構索取。所有金額以港元為單位。

These financial highlights are based on The Youth Foundation's financial accounts for the year ended 30 June 2021. The full audited financial statements by Philip Poon & Partners CPA Limited are available upon request. All figures are in Hong Kong Dollars.

收支表

Income and Expenditure

		2020-21		2019-20	
收入	Income	港元 HK\$		港元 HK\$	
奉獻	Donations	296,274	18%	3,500,933	52%
項目贊助 ⁽¹⁾	Project Sponsorship ⁽¹⁾	1,185,177	72%	3,013,232	45%
活動收入	Fee Income	---	n.a.	78	0%
其他收入	Miscellaneous Income	168,863	10%	228,324	3%
總收入	Total Income	1,650,314	100%	6,742,567	100%
支出	Expenditure				
人力資源費用	Human Resources Expense	1,103,595	33%	1,424,696	31%
項目及行政費用	Project and Administrative Expenses	2,267,107	67%	3,153,180	69%
贊助	Sponsorship Granted	---	n.a.	---	n.a.
折舊	Depreciation	---	n.a.	---	n.a.
總支出	Total Expenditure	3,370,702	100%	4,577,876	100%
全年(不敷) / 盈餘	(Deficit) / Surplus for the year	(1,720,388)		2,164,691	
總全面(支出) / 收入	Total Comprehensive (Expense) / Income	(1,720,388)		2,164,691	

備註 Note:

(1) 本年度項目贊助包括由遞延收益撥出之贊助共657,733港元 (2019-20: 689,910港元)。

Project sponsorship for the year included HK\$657,733 sponsorship recognized from the deferred income (2019-20: HK\$689,910).

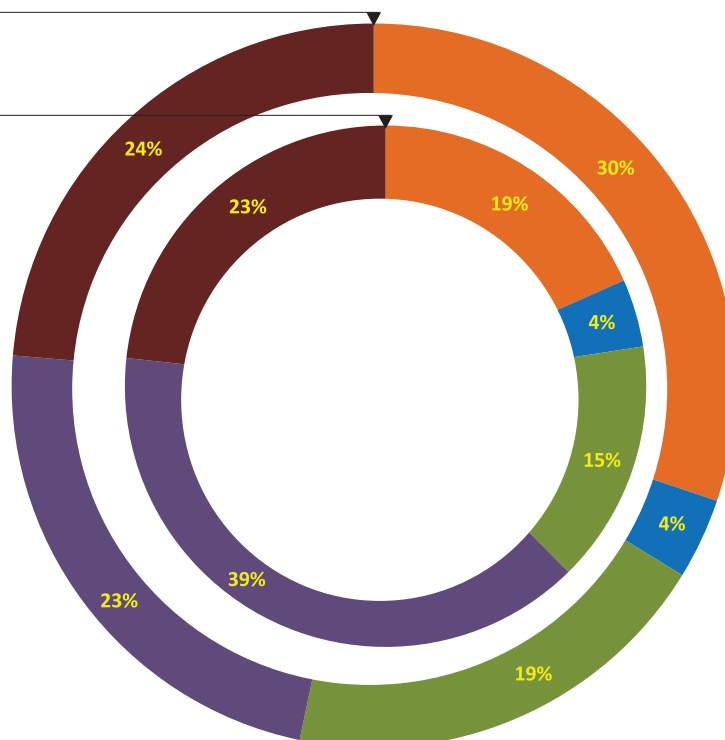
各資助項目支出 Expenditure by Project

2020-21

HK\$3,370,702

2019-20

HK\$4,577,876



(1) 其他項目及贊助包括 Other Projects and Sponsorship :
2019-20及2020-21年度華東師範大學項目贊助 Sponsorship for East China Normal University

資產負債表 Balance Sheet

截至2021年6月30日, as at 30 June 2021

		2021 港元 HK\$	2020 港元 HK\$
非流動資產	Non-Current Assets	---	---
流動資產 ⁽¹⁾	Current Assets ⁽¹⁾	3,338,552	5,052,152
流動負債 ⁽²⁾	Current Liabilities ⁽²⁾	461,033	454,245
流動資產淨值	Net Current Assets	2,877,519	4,597,907
非流動負債	Non-Current Liabilities	---	---
資產淨值	Net Assets	2,877,519	4,597,907
累積盈餘	Accumulated Surplus	2,877,519	4,597,907

備註 Note:

(1) 本年度流動資產包括銀行存款及現金3,128,013港元 (2020: 4,838,943港元)。

Current assets for the year included HK\$3,128,013 bank balances and cash (2020: HK\$4,838,943)。

(2) 本年度流動負債包括遞延收入403,200港元 (2020: 426,546港元)。

Current liabilities for the year included HK\$403,200 deferred income (2020: HK\$426,546)。



電話 TEL:	電郵 EMAIL:
(852) 2645 3327	enquiry@yf.org.hk
Whatsapp :	網址 Website:
(852) 9540 7010	www.yf.org.hk

馬鞍山郵政局郵政信箱458號
P.O. Box No.458 , Ma On Shan Post Office
