



青年發展基金
The Youth Foundation
年度報告 *Annual Report*

使命宣言

Mission Statement

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。

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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2024-2025年度 主席及會長的話

「青年發展基金」自1999年在香港註冊成立以來，致力推動內地的青年發展。「青年發展有限公司」擔任其信託人，在上海、北京及四川等地與內地大學及醫院建立夥伴關係，服務青少年、進行青年工作者的培訓及相關行動研究。自2018年4月起，「青年發展有限公司」專注於管理「青年發展基金」的資產及項目籌款活動，並授權「青年發展培訓有限公司」作為「青年發展基金」的代表，接受內地大學、醫院及其他單位的邀請，成為合作夥伴，提供專業支持及督導特定的項目。轉眼間，七年已經過去。回首這七年，儘管面對政策、疫情及經濟上重重挑戰，我們始終堅守那份來自天上的異象，持續為內地青少年服務，踐行使命，回應時代的需求。

在過去的一年中，「青年發展基金」重點支持了成都的「翱翔天空青少年精神健康項目」及深圳的「咖啡與生命青年培育計劃」。在這兩個項目的年度報告中，大家將能感受到我們所做工作的成效。看似微不足道的耕耘，卻在不知不覺中為年輕人的心田注入了一股暖流。我們堅信，愛的力量能夠幫助青少年打開心扉，讓他們在艱難中找到前行的勇氣，在看似絕望的生活中重獲希望。

「翱翔天空青少年精神健康項目」並非一項全新的事工，而是源於與「四川大學華西醫院」的合作，這個項目已運行十年。憑藉事工團隊及志願者的努力，項目已發展為一個系統化的康復課程，旨在幫助青少年精神康復者重返學習生活，激發他們在群體中發展不同興趣的潛能，找到適合自己的生活方向和動力。在這十年間，該項目已成功幫助440位青少年精神康復者及760餘位家屬，復學率高達85%，深受精神康復者及業界人士的認可與讚譽。「青年發展基金」希望能夠持續得到社會各界資助以支持這項有意義且成果顯著的服務。

「咖啡與生命青年培育計劃」在深圳已開展兩年，我們培育的青年工作者王韋在艱難的開業期中，面對後疫情社會的種種挑戰，仍以堅毅的心志克服重重困難。不僅持續每三個月舉辦「咖啡學徒計劃」來培訓學徒咖啡師，還在咖啡工作室中舉辦各種文化藝術活動，以凝聚青年社群。青年群體不僅是我們關愛的對象，更有一股不可小覷的志願者力量，為深圳這個缺乏根基的地方注入愛的能量，關心和幫助那些在社會中流轉、缺乏資源及尋求生命價值的年輕人。

雖然我們的事工規模有所減少，但我們仍要衷心感謝各位董事、同工、志願者、同行者及捐贈者，無論在金錢或時間上都無私奉獻與支持。即便在財政上面臨困難，我們依然堅定不移，將繼續為內地的年輕人奮鬥，為他們的人生帶來希望。

信託人——青年發展有限公司

董事會主席

黃啟民先生

「青年發展基金」聯席會長

曾育彪博士

蔡暉明博士

陸少彬先生

Message from the Chairman and Presidents of The Youth Foundation

Since its establishment in 1999 in Hong Kong, The Youth Foundation (YF) has been dedicated to promoting youth development in mainland China. The Youth Foundation Limited (YFL) serves as its trustee, establishing partnerships with universities and hospitals in Shanghai, Beijing, and Sichuan to serve young people and conduct training for youth workers, along with related action research. Since April 2018, YFL has focused on managing the assets of YF and fundraising activities for projects. It has authorised Youth Development and Training Limited (YDT) to act as the representative of YF, accepting invitations from universities, hospitals, and other organisations in mainland China to become partners and provide professional support and supervision for specific projects. Seven years have passed in the blink of an eye. Looking back, despite facing numerous challenges in policy, pandemic, and the economy, we have steadfastly upheld the vision bestowed upon us, continuously serving youth in mainland China, fulfilling our mission, and responding to the needs of the times.

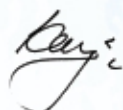
In the past year, the YF has primarily supported the "Soar High Youth Mental Health Project" in Chengdu and the "Coffee and Life Youth Leadership Training Project" in Shenzhen. In the annual reports of these two projects, you will be able to feel the impact of our efforts. What may seem like insignificant toil has, unknowingly, infused a warm current into the hearts of young people. We firmly believe that the power of love can help youth open their hearts, find the courage to move forward in difficult times, and regain hope in seemingly hopeless lives.

The "Soar High Youth Mental Health Project" is not a brand-new initiative; it originated from our collaboration with Sichuan University West China Hospital and has been running for ten years. Thanks to the efforts of our team and volunteers, the project has developed into a systematic rehabilitation programme aimed at helping young ex-mental health patients return to educational life, fostering their potential to develop different interests within a community, and helping them find suitable directions and motivation in life. Over the past decade, the project has successfully assisted 440 young ex-mental health patients and over 760 family members, achieving a return-to-school rate of 85%, and receiving recognition and praise from both beneficiaries and professionals in the field. YF hopes to continue receiving support from various sectors of society to sustain this meaningful and impactful service.

The "Coffee and Life Youth Leadership Training Project" has been running in Shenzhen for two years. Our trained youth worker, Wang Wei, has faced numerous challenges during the difficult start-up period in a post-pandemic society, yet she has persevered with determination to overcome the obstacles. Not only does she continue to train apprentice baristas through the "Coffee Apprentice Programme" every three months, but she also organises various cultural and artistic activities in the coffee shop to bring the youth community together. The youth community is not only the focus of our care but also a formidable force of volunteers, injecting love into Shenzhen, a place lacking roots, while caring for and assisting young people who are navigating society, lacking resources, and seeking the value of life.

Although the scale of our work has decreased, we must sincerely thank all the directors, colleagues, volunteers, partners, and donors for their selfless contributions and support, whether in financial resources or time. Even in the face of financial difficulties, we remain unwavering and will continue to strive for the youth in mainland China, bringing them hope for their lives.

Chairman of the Board



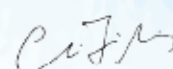
Mr. Wong Kai Man

Co-Presidents

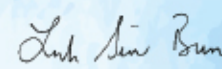


Dr. Bill Tsang

Trustees — The Youth Foundation Limited



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 organisation in HK

7/2002

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」計劃贊助協議

Signed sponsorship agreement of "School-based Counselling Training"
with East China Normal University, Shanghai

1/2007

贊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 Centre 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

Commenced 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 Programme" 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 the Hong Kong SAR Government and commenced
"Sichuan Psychological Rehabilitation Training and Service Programme"

4/2009
-9/2012

與四川大學華西醫院合作設計及執行

「四川災後心理康復培訓及服務計劃」

Co-operated with West China Hospital, Sichuan University to
develop and roll out "Sichuan Post-Disaster Psychological
Rehabilitation Training and Service Programme"

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

10/2012
-9/2015

與四川大學華西醫院合作開展「醫院社區一體化精神健康項目」

Co-operated with West China Hospital, Sichuan University to roll out
"Integrated Hospital and Community Mental Health Programme"



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 organised 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

開始贊助「夢·行動」北川中學畢業生群體

Began to Sponsor the Beichuan High School Alumni Community - "Dream in Action"

10/2015
-9/2018

與四川大學華西醫院合作開展「翱翔天空復學項目」

Co-operated with West China Hospital, Sichuan University to
roll out "Soar High Supported Education Project"

2016-
2018

與上海華東師範大學合作開展
「生命教育及生涯規劃政策研究、培訓及實踐先導計劃」
Co-operated with East China Normal University, Shanghai to
commence "Life Education Project"

7/2017-
12/2020

贊助四川「生命創路咖啡室」
Sponsored "COFFEE CONNECT" Café in Sichuan

6/2018

贊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
-9/2021

贊助「四川師範大學青少年生命教育及生涯規劃行動研究中心」
Sponsored "Sichuan Normal University Youth Life Education and
Career Development Action Research Centre"

贊助四川大學華西醫院開展
「重性精神疾病的家庭心理健康教育及朋輩支持服務項目」
Sponsored West China Hospital, Sichuan University to roll out "Supported Family Project"

7/2019
-6/2022

贊助上海華東師範大學開展「生命教育及生涯規劃師資培訓計劃」
Sponsored East China Normal University, Shanghai
to support the work of teacher training programme for Life Education

10/2021
-6/2024

贊助四川大學華西醫院開展
「精神障礙患者家屬的遠程康復項目」
Sponsored West China Hospital, Sichuan University to support
"Tele-rehabilitation Project for patients with mental disorders and their families"

贊助四川成都「青年工作者培育計劃」
Sponsored the "Development Project for Youth Workers" in Chengdu of Sichuan

1/2022

贊助「咖啡與生命青年培育計劃 - 深圳」
Sponsored the "Coffee and Life Youth Leadership Training Project (Shenzhen)"

9/2023

贊助「咖啡與生命青年培育計劃 - 深圳」項目下的
「一窗咖啡工作室」開始營運
"One Window Coffee Studio" under the sponsored project of
"Coffee and Life Youth Leadership Training Project (Shenzhen)"
started operation

信託人及董事會成員

Trustee and Board of Directors 2024-25

主席

Chairperson

黃啟民先生

Mr. WONG Kai Man

副主席

Vice Chairperson

張蘇嘉惠女士

Mrs. CHEONG SO Ka Wai Patsy

司庫

Treasurer

張彩蘭女士

Ms. CHEUNG Choi Lan Hilda

秘書

Secretary

張彩蘭女士

Ms. CHEUNG Choi Lan Hilda

董事

Directors

李美瑜女士

Ms. LEE Mi Yu Elizabeth

蘇權良先生

Mr. SO Kuen Leung (Kenneth)

孫德基先生

Mr. SUN Tak Kei David



咖啡與生命青年培育計劃

Coffee and Life

Youth Leadership Training Project

深圳
Shenzhen



一窗咖啡工作室營運模式

Operational Model of "One Window Coffee Studio"

建立咖啡學校，培訓咖啡技能
Establish a coffee school to train coffee-related skills

建立商業品牌，咖啡及咖啡產品銷售
Establish a commercial brand, selling coffee and coffee products



裝備弱勢青年群體
Equipping disadvantaged youth communities

建立青年群體，轉化生命價值
Build a youth community, transforming the value of life

事工啟動程序 Ministry Startup Procedure

啟動期 Startup Phase

1. 建立咖啡空間與平台
Establish a coffee space and platform
2. 打造咖啡產品，探索咖啡商業模式，建立咖啡品牌
Develop coffee products, explore the coffee business model, and create a coffee brand

發展期 Development Phase

1. 連結青年群體，傳遞價值觀，完成生命轉化
Connect with youth communities, impart values, and achieve life transformation
2. 深化咖啡品牌，建立咖啡學校，完善咖啡商業模式
Deepen the coffee brand, establish a coffee school, and refine the coffee business model

成熟期 Maturity Phase

整合社會資源，服侍弱勢群體，建立可持續發展的服務模式
Integrate social resources, serve disadvantaged communities, and form a sustainable service model.



年度項目概要 Annual Project Highlights

過去一年我們繼續探索事工在內地發展的可能性。面對內需消費持續疲弱的大環境以及受人手限制下，事工重點從商業運營逐漸轉為群體建立與生命改變。

「一窗咖啡工作室」以咖啡空間及平台與人建立關係，注入正向的價值，影響生命。全年開展文化活動共計6場，幫助年輕人思考生命的價值及意義；培訓咖啡學徒4人，建立起學徒群體，開展學徒培訓活動共計8場，持續追蹤關注陪伴成長，實現從職業到生命的建立和轉化；對外合作開展督導服務共計11次，影響當地社區的文化建立。



學徒培訓 - 感官測試校準
Apprentice Training - Sensory calibration

Over the past year, we continued to explore the possibilities of developing our ministry in Mainland China. In the face of a persistently weak domestic consumption environment and limitations in manpower, the focus of our ministry has gradually shifted from commercial operations to community building and life transformation.

"One Window Coffee Studio" uses its coffee space and platform to build relationships with people, instilling positive values and influencing lives. Throughout the year, we organised a total of 6 cultural events, helping young people reflect on the value and meaning of life. We trained 4 coffee apprentices, forming an apprentice community and held 8 training sessions, providing ongoing support and companionship to foster growth—realising transformation from career development to life building. We also conducted 11 external supervision services in collaboration with other organisations, contributing to cultural development in the local community.

聖誕分享會
Christmas gathering



我們的故事 Our Stories

邁出人生新步伐

來做學徒之前，小煥已在家裏蝸居了一年多。除了吃飯、睡覺、上廁所，她幾乎不會走出房門。她不知道可以有什麼人生目標。「恐懼感」更讓她逃避一切社會生活，把自己完全的孤立起來。

當邀請小煥來做學徒的時候，她並沒有回覆任何資訊，但第二天她卻突然出現在店裏，不說話，沒有任何表情。似乎走進「一窗」已經用盡了她所有的力氣。

小煥的到來為小小的一窗帶來極大的挑戰，她無法讓自己放鬆下來，對其他人的一舉一動都反應過敏。經常都是壓抑沉默，溝通永遠是充滿攻擊，時時刻刻都在恐懼，會因為其他人一個動作就控制不住情緒，也會因為同期的學徒某個語氣而崩潰大哭。她常常糾結於渴望得到愛，但又害怕被人關心的矛盾複雜心情之間。一方面想緊緊抓住愛，渴望被看見，當有人關懷和接觸她時，自己卻又無法控制地拒絕或作出敵對的反應，害怕

自己被看見。在她的內心強烈地存在一種非理性信念就是「我不值得被愛」。

原來能讓小煥走出家門的不是咖啡技術，而是需要很多的愛和接納。在客人不多的時候我們就組織大家常常一起做飯和吃飯，組織學徒們一起沖調咖啡，分享生活。也無數次與她傾談心事，鼓勵她，希望她可以體會到被接納的溫暖感覺。店裏的朋友很關心她，得知她出去玩就主動借她衣服，約她吃飯並祝福她，我們也一次次的延長她的學徒期，但最後小煥仍無法面對自己，想要回家繼續休息。

兩個月後事情突然出現了轉機，她又主動出現在我們的面前，並提出回來任兼職，而且積極參加各種活動，整個人變得輕鬆了很多。當詢問她為何有這些變化時，她回答我說：「因為我看到你們在堅持，我也在改變啊！」原來在這漫長的時間裏，不光是小煥受益，我們的付出也擴張了境界，彼此的生命也在成長。當有一天，我們成長到可以承載的時候，那些受益的人也會看到，也會受到鼓勵。

學徒培訓 - 杯測
Cupping training



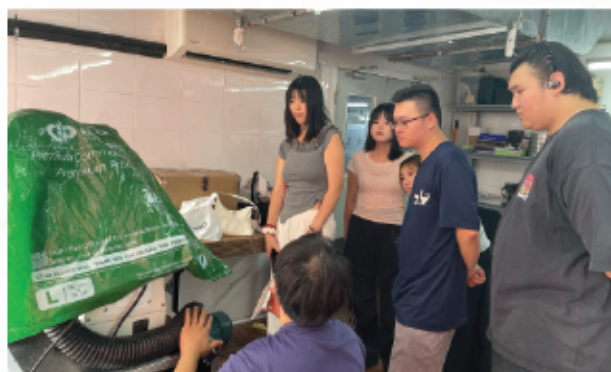
小煥 (右) 現在正在積極的面試，尋找新的工作機會。當一窗開了一扇窗，她經歷了改變，便可以勇敢的邁出人生新的步伐。
Xiao Huan (right) is now actively attending interviews and seeking new job opportunities. When One Window opened a door for her, she experienced transformation—and found the courage to take a new step forward in life.

Taking a New Step in Life

Before becoming an apprentice, Xiao Huan had been confined to her home for over a year. Apart from eating, sleeping, and using the bathroom, she rarely stepped outside her room. She had no sense of purpose in life. Overwhelmed by fear, she avoided all forms of social interaction and completely isolated herself.

When we invited Xiao Huan to join the apprenticeship programme, she didn't respond to any messages. But the next day, she suddenly appeared at the shop — silent and expressionless. It seemed that just walking into One Window had taken all the strength she had.

Xiao Huan's arrival brought significant challenges to our small team. She couldn't relax and was hypersensitive to others' actions. Often withdrawn and silent, her communication was defensive and aggressive. She lived in constant fear — unable to control her emotions over the smallest gestures from others, sometimes breaking down in tears over a peer's tone of voice. She was caught in a painful contradiction: longing for love, yet terrified of being cared for. She desperately wanted to be seen and loved, but when someone reached out, she would instinctively reject or react with hostility — afraid of being truly seen. Deep inside, she held a powerful, irrational belief: "I am not worthy of love."



學徒培訓 - 烘焙工廠參觀
Coffee Roastery Visit



三八婦女節 - 關於消費觀的討論

International Women's Day - Discussion on Consumer Perspectives

What helped Xiao Huan step out of her home wasn't coffee-making skills — it was love and acceptance. When the shop wasn't busy, we often cooked and ate together, invited apprentices to make coffee and share life stories. We had countless heart-to-heart conversations with her, encouraging her and hoping she could feel the warmth of being accepted. Friends at the shop cared deeply for her — lending her clothes when she went out, inviting her to meals, and offering blessings. We extended her apprenticeship multiple times, but in the end, Xiao Huan still felt unable to face herself and chose to return home to rest.

Two months later, something changed. She reappeared — this time on her own initiative — and asked to return as a part-time staff member. She began actively participating in various activities and seemed much more at ease. When asked what had changed, she said: "Because I saw that you all kept going, and I'm changing too!"

It turns out that during this long journey, it wasn't just Xiao Huan who benefited — our efforts also expanded our own capacity. Our lives grew alongside hers. And one day, when we've grown enough to carry more, those we've helped will see it — and be encouraged too.

停歇、接納、更新

小旋來到「一窗」的時候，在感情上遇到很大的挫折，甚至一度讓她放棄原有的生活。「在感情上，我是很懦弱的，我會依附於對方的想法去走，去委曲求全，到最後失去自己。當失去關係的時候就會手足無措，沒有後退之路，也看不到前方的明亮。」

「還記得我第一次走進一窗的時候，正進行裝修，其佈局與光線令人感受一窗的明亮和溫暖，當聽到它的理念『我想在大地上畫滿窗子，讓所有習慣黑暗的眼睛，都習慣光明』的時候，我的心裏也渴望光明與渴望擁有一些美好的關係。」

小旋就這樣在一窗停歇下來。只要有空，她都過來點一杯咖啡，繼續學習或者完成工作，坐一個下午。當營業結束後她會經常跟我們一起做飯、吃晚餐及聊天。更多的時候我們只是和她在一起，聽她傾訴好與不好的遭遇，陪伴著她，讓大家的關係在真實生活中緊密地連結在一起。

小旋在一窗逐漸停歇下來，她得到了愛和接納，也更加對這裏有歸屬感。此外，她更成為一窗的產品攝影師，她主動和我們的學徒打成一片，關心他們的需要，更重要的是小旋在這個過程中找到了自己。她開始明白健康的關係是尊重不是控制，愛是自由不是限制。她不再把自己依附在別人身上，知道自己的價值是不可取替的，而且逐漸建立自己的興趣和嗜好，生活也變得豐富多彩，並徹底斬斷了不健康的關係。

認識小旋的人都說她簡直變了另一個人。小旋更是以顧客代表的身份在兩周年之際分享在一窗得到的禮物——就是這兩年間在這裏得到的陪伴，接納和生命的更新。



學徒培訓 - 咖啡風味品測
Apprentice Training - Coffee flavours sharing



一窗飯聚 - 大家齊動手做飯啦
Meal gathering - let's all cook together

Pause, Acceptance, Renewal

When Xiao Xuan first came to One Window, she was going through a painful emotional breakup — so much so that she nearly gave up on her life as it was.

“In relationships, I’ve always been timid. I would follow the other person’s lead, compromise everything, and eventually lose myself. When the relationship ended, I was left completely lost — no way back, and no light ahead.”

She recalled her first visit to One Window, when the space was still under renovation. The layout and lighting gave her a sense of warmth and brightness. When she heard the vision behind the space—“I want to paint windows all over the earth, so that eyes used to darkness can get used to the light”—her heart resonated deeply. She, too, longed for light and for meaningful, healthy relationships.

And so, Xiao Xuan found a place to pause at One Window. Whenever she had time, she would come by, order a coffee, continue her studies or work, and sit for the entire afternoon. After closing hours, she often joined us for cooking, dinner, and conversations. More often than not, we simply spent time with her—

listening to her stories, both joyful and painful—offering companionship and building genuine connections through everyday life.

Gradually, Xiao Xuan found rest at One Window. She received love and acceptance, and began to feel a sense of belonging. She even became our product photographer, actively engaging with the apprentices, caring for their needs. Most importantly, through this process, Xiao Xuan found herself.

She began to understand that healthy relationships are built on respect, not control; that love means freedom, not restriction. She no longer clung to others for her sense of worth. She realised her value is irreplaceable. She started developing her own interests and hobbies, enriching her life and decisively cutting off unhealthy relationships.

Those who knew Xiao Xuan said she had become a completely different person. At One Window’s second anniversary, she shared—on behalf of the customers—the greatest gift she received here: the companionship, acceptance, and renewal of life she experienced over the past two years.



成果 Accomplishments

持續運營咖啡平台，建立空間媒介 Sustained Operation of the Coffee Platform: Creating a Space for Connection

過去一年，我們探索咖啡空間的運營，將蛋糕、酸種麵包、精品咖啡都搬上菜單；也堅持運營一窗咖啡工作室，將空間當成媒介，與學徒、年輕的客人在這裏相遇，產生美好的化學反應。

Over the past year, we explored new ways to operate the coffee space—adding cakes, sourdough bread, and specialty coffee to the menu. We remained committed to running One Window Coffee Studio, using the space as a medium to connect with apprentices and young customers, sparking meaningful and transformative interactions.

聖誕節分享會
Christmas gathering



學徒培訓 – 自我探索
Apprentice Training - Self-Exploration



培訓咖啡學徒，建立學徒群體 Training Coffee Apprentices and Building a Community

過去一年我們持續培養4名咖啡學徒，不單單是咖啡技術的培養，更多是建立學徒的內在生命特質。也逐步建立學徒群體，舉辦8場學徒培訓，從自我的探索到職業的發展，逐步推進學徒進入職場，適應真實和健康的生活。

We continued to train four coffee apprentices throughout the year. Beyond technical skills, we focused on nurturing their inner character and life values. We gradually formed a supportive apprentice community, hosting eight training sessions that guided them from self-exploration to career development—helping them transition into the workplace and build healthy, sustainable lives.



聖誕分享會 – 分享自己的破碎
Christmas gathering - Share your brokenness

建立真實關係，持續生命轉化 Building Genuine Relationships and Fostering Life Transformation

過去一年我們與周圍的青年群體建立緊密的關係，接待許多對自我價值有懷疑、生活上面對各種困難的年輕人。在這裏他們逐漸從被接待的人，變成為願意付出的志願者。當他們體會到愛的真實，生命便會持續地轉化。

We developed close relationships with local youth, many of whom were struggling with self-worth or life challenges. Here, they gradually transitioned from being recipients of care to becoming volunteers willing to give back. As they experienced real love and acceptance, their lives began to transform.



《小王子》閱讀分享 – 反思真實的我
Reading The Little Prince -
A Reflection on my Authentic Self

文化培訓督導，影響社區文化 Cultural Training and Supervision: Influencing Community Culture

過去一年龍華區社會組織總會繼續邀請我們成為他們的顧問督導，督導培訓當地的社會組織，從技能到價值持續輸入影響當地的社區文化。

Over the past year, we continued to serve as consultants and supervisors for the Longhua District Social Organisations Federation. We provided training to local social service groups, offering both practical skills and value-based guidance—contributing to the ongoing development of a positive community culture.



三八婦女節 – 關於消費觀的討論
International Women's Day -
Discussion on Consumer Perspectives

活動匯報 Activities

時間 Date	培訓類別 Type of Training	參加人數/人次 No. of Participants/times
2024.12.23	一窗聖誕分享會 "One Window" Christmas Sharing Session	12人 people
2025.03.08	親愛的女孩你在為什麼買單？消費價值觀討論會 Dear Girls, What Are You Paying For? A Discussion on Consumer Values	12人 people
2025.01.14 – 2025.06.24	咖啡學徒培訓 – 8場 Coffee Apprentice Training - 8 sessions	每場人數6人 6 people per session
2025.01.14 – 2025.06.24	《小王子》讀書分享會 "The Little Prince" Book Sharing Session	8人 people
2025.02	當地社會組織督導顧問服務 – 10場 Local Social Organisation Supervision and Consultancy Services - 10 sessions	每場人數5人 5 people per session

項目的夥伴 Project Partners

深圳市龍華區社會組織總會
Shenzhen Longhua District
Social Organisations Federation



學徒培訓 – 一起聚餐
Apprentice Training - Dinner Gathering

前瞻 Looking Forward

這一年來，我們在一窗咖啡工作室紮根，成為文化匯聚、生命影響、價值輸出的重要窗口。未來一年，我們將繼續維持運營，公開開展文化類型的培訓，成為開放可以供年輕人安歇的空間。我們將投入更多資源培訓和凝聚咖啡學徒群體，建立生命成長小組，實現生命轉化。

Over the past year, we have taken root in One Window Coffee Studio, becoming an important window for cultural convergence, life impact, and value output. In the coming year, we will continue our operations and publicly offer cultural training, creating an open space where young people can rest. We will allocate more resources in training and uniting a community of coffee apprentices, establishing life growth groups to achieve life transformation.

翱翔天空

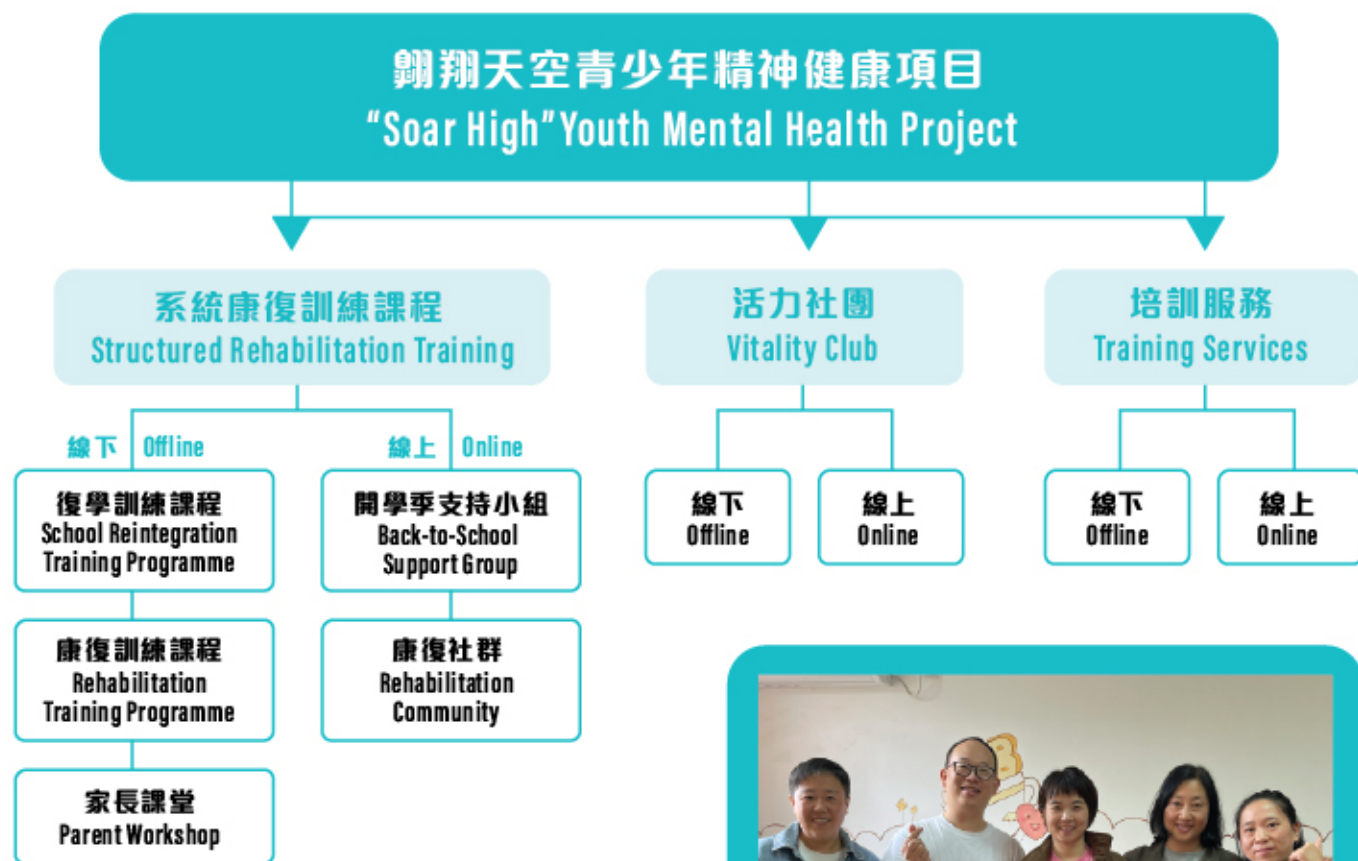
青少年精神健康項目

"Soar High"

Youth Mental Health Project



項目框架 Project Structure



年度項目概要 Annual Project Highlights

翱翔天空青少年精神健康項目轉眼間已開展了十年，通過十年時間的不斷摸索與優化，現已形成一套比較專業的康復訓練系統，在四川大學華西醫院與成都青羊區殘疾人聯合會的共同合作支持下，通過「個體康復+家庭賦能+社會融入」的服務模式，填補從醫療干預到回歸正常生活的中間環節，以「復元理念」為核心，幫助青少年重獲生命能量、重建生活信心與能力。

項目根據青少年康復者生理、心理及疾病特點，設計了適合他們的康復訓練模式。以類比課堂及包含康復與復元元素為主題的康復訓練課程等形式，幫助康復學員提前適應上課的環境與節奏，減少對復學的各种擔憂與恐懼。同時拓展了持續性的服務，包括開學季支持小組及活力社團，在專業、安全的環境中，促進康復學生認知功能、社會功能以及抗逆力的提升，為康復與復學及回歸社會打下良好基礎。此外又建立家庭有效支持系統：通過家長課程、親子互動課程等，增強家長對疾病的認識以及對孩子的瞭解，學習有效陪伴與支持方式，為青少年康復者提供良好的康復與成長環境的同時，亦幫



活力社團 – 啟動會議
Vitality Club - Kick off meeting

助家長走出因孩子生病所帶來的焦慮、無助和混亂的困境。截至2025年7月，項目已成功開展了38期康復訓練服務，服務青少年精神康復者440名，家屬760餘名，復學率達85%，獲得受助者及業內人士一致認可及好評。

項目歷經十年陪伴及見證多位康復者康復與成長，深知及時、專業的支持對康復者的重要性，服務過程中的心痛、無力、感動、喜悅等轉化為使命，驅使團隊不斷前行。我們不願看到任何一個承受精神病痛的孩子，因「不被理解」與「缺乏支持」而失去未來。當我們不再執著於修補某個「損壞的零件」，而是願意蹲下來，用「格式塔」的整體視角重新凝視這些年輕的生命，你會發現：那些看似熄滅的燈盞裡，本就隱藏著照亮未來的火種。

The “Soar High” Youth Mental Health Project has now been running for ten years. Through a decade of continuous exploration and refinement, the project has developed a relatively professional rehabilitation training system. With the joint support of West China Hospital, Sichuan University and the Disabled Persons’ Federation of Qingyang District, Chengdu, it adopts a service model of “individual rehabilitation + family empowerment + social integration”, bridging the gap between medical intervention and returning to normal life. Centred on the concept of “recovery-oriented care”, the project helps young people regain vitality, rebuild confidence, and develop life skills.

The project designs rehabilitation training programmes tailored to the physiological, psychological, and illness-related characteristics of youth in recovery. Using simulated classroom settings and themed rehabilitation courses that incorporate recovery elements, it helps participants adapt to the learning environment and pace in advance, reducing fears and anxieties about returning to school. It also expands ongoing services such as “Back-to-School Support Groups” and “Youth Vitality Clubs”, which, in a professional and safe environment, enhance cognitive function, social skills, and resilience — laying a solid foundation for recovery, reintegration into school, and return to society.

At the same time, the project builds an effective family support system: through parent education

courses and parent-child interaction sessions, it strengthens parents’ understanding of mental illness and their children’s needs, teaching them how to provide effective companionship and support. This not only creates a nurturing environment for youth recovery and growth but also helps parents overcome the anxiety, helplessness, and confusion brought on by their child’s illness.

As of July 2025, the project has successfully conducted 38 rehabilitation training sessions, serving 440 youth recovering from mental illness and over 760 family members, with a school reintegration rate of 85%. It has received widespread recognition and praise from beneficiaries and professionals in the field.

After ten years of walking alongside and witnessing the recovery and growth of many young people, the team deeply understands the importance of timely and professional support. The pain, helplessness, joy, and inspiration experienced throughout the service journey have been transformed into a mission that drives the team forward.

We refuse to see any child suffering from mental illness lose their future due to “lack of understanding” or “lack of support.” When we stop trying to fix a “broken part” and instead crouch down to view these young lives through a Gestalt perspective, we discover: Within those seemingly extinguished lamps, there are sparks waiting to light the future.



康復訓練課程
Rehabilitation Training Programme

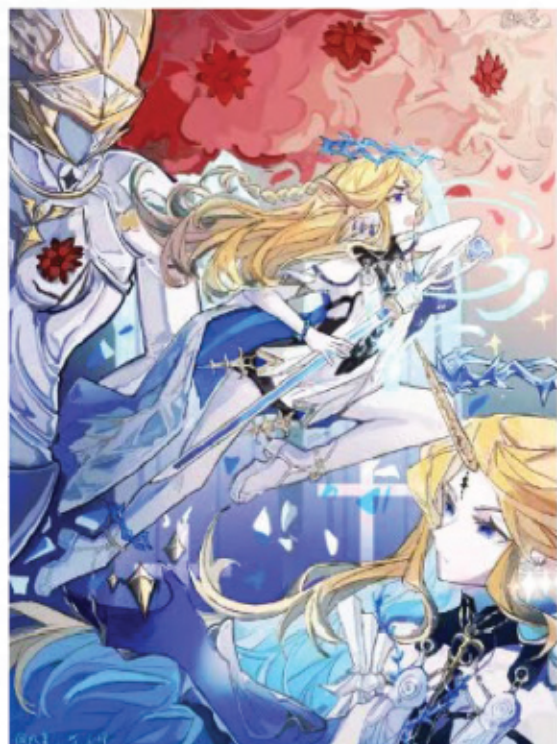


家長課堂
Parent Workshop

我們的故事 Our Stories

全新開始：小米如何透過康復與創作找到自我

2020年小米初中三年級因病休學，休學兩年後參與了康復項目，其後以非在校的學習形式完成了初中學業，並順利考入一所職業高級中學及完成學業，接著她於今年考上了文旅學院的藝術設計專業。在這段時間裡，我們觀察到小米的轉變與成長——她看到自己從對學校的厭惡，到想試著觸碰，再到慢慢接納；從對生活的絕望，到抱有希望，再到充滿期待。她看懂了很多事，放下了很多事，也期望著很多事。雖然不完全知道是好是壞，但可以肯定的是——小米長大了。與心病搏鬥的這五年間，她認識了很多，其中一小部分已成為她生命中非常重要的人。有時候她甚至很慶幸自己能在這樣的狀態下遇見他們，讓她擁有了看見世間善良的機會。她說自己越來越找到了生命的方向，並來跟康復學員和老師們分享了她的成長，還有她的新世界——繪畫，我們欣喜地看到她美好的畫作，更看到了一個經歷浴火重生後的美好生命。



小米的畫作
Xiaomi's artwork



小米：「我在繪畫裏找到了獨屬於自己的快樂、成就感和堅持。我堅信我的畫可以讓我找到人生中的激昂。我希望通過我的畫來展示我對生活的熱情。」



A New Beginning: How Xiaomi Found Her Voice Through Recovery and Creativity

In 2020, Xiaomi, then a third-year junior secondary student, had to take a leave from school due to illness. After two years of leave, she joined the rehabilitation programme. She later completed her junior secondary education through non-traditional learning methods and successfully enrolled in a vocational senior high school, where she completed her studies. This year, she was admitted to a College of Culture and Tourism, majoring in Art and Design.

During this time, we witnessed Xiaomi's transformation and growth — from her initial aversion to school, to cautiously reaching out, and eventually learning to accept it; from despair about life, to having hope, and then to feeling excited about the future. She has come to understand many things, let go of many things, and now looks forward to many things. Although she may not fully know whether everything ahead is good or bad, one thing is certain — Xiaomi has grown up.

Over the past five years of battling mental illness, she has met many people, a few of whom have become deeply important in her life. Sometimes, she even feels grateful that her condition allowed her to meet them — giving her the chance to witness the kindness in the world.



青少年精神健康工作坊合照
Youth Mental Health Workshop



小米的畫作
Xiaomi's artwork

She says she is gradually finding her direction in life. She returned to share her journey of growth with fellow rehabilitation participants and teachers, along with her new world — painting. We are delighted to see her beautiful artwork, and even more so, to witness a beautiful life that has emerged from the ashes.



手工社團
Craft Club

Xiaomi: "I found a joy that belongs uniquely to me in painting - my own sense of achievement and perseverance. I finally believe that my artwork can help me discover the passion in life. Through my paintings, I hope to express my enthusiasm for living."



從自卑到自信：小吉透過創作走出的療癒旅程

小吉於2023年參與了第三十二期復學康復訓練，在此之前他於初中三年級休學了一年。後以助教、活力社團團員身份參與了專案服務。目前，他除了參與專案長期繪畫課程學習外，也在學習程式設計，他計劃未來打算以繪畫、設計相關作為職業考慮。小吉以前認為畫畫是件很困難的事，最初在繪畫班裡有些自卑，但漸漸他發現了這是一種可以讓自己內心平靜下來的有效途徑，於是越來越能沉浸其中並樂此不疲。小吉是屬於較為敏感、易受外界因素干擾而導致心情較大波動類型的人。但當他投入在繪畫世界之後，卻能感受到一種前所未有的寧靜狀態，仿佛所有注意力都被完全集中於當下之事，不再為其它雜念所困擾。他訴說這種經歷無疑是對心靈的一次深刻淨化，同時也是安撫焦躁情緒的最佳良方之一。這一發現亦給他帶來另一個巨大驚喜——短時間內他的繪畫水準竟然突飛猛進，這是他從未想像到的。習慣自卑的他因此獲得了對自我很大的信心與認同感，同時亦獲得很多的生命正能量。



小吉的作品
Xiao Ji's artwork

小吉：「我以前認為畫畫是件很困難的事，但是在這裏，我發現了一種讓自己內心平靜下來的有效途徑並且樂此不疲沉浸其中，無法自拔。」



手工社團
Craft Club

From Self-Doubt to Self-Discovery: Xiao Ji's Healing Through Creativity

In 2023, Xiao Ji participated in the 32nd phase of the school reintegration rehabilitation training programme. Prior to that, he had taken a year off from school during his third year of junior secondary. Afterward, he continued to engage in the programme as a teaching assistant and an active member of the Vitality Club.

Currently, in addition to attending the programme's long-term painting classes, he is also learning programming. He plans to pursue a career related to art and design in the future. Xiao Ji used to think that drawing was very difficult. At first, he felt inferior in the art class, but gradually he discovered that painting was an effective way to calm his mind. He began to immerse himself in it and found great joy in the process.

Xiao Ji is a sensitive person, easily affected by external factors, which often led to emotional ups and downs. However, once he entered the world of painting, he experienced an unprecedented sense of peace. It was as if all

his attention was fully focused on the present moment, free from distracting thoughts. He described this experience as a profound cleansing of the soul, and one of the best remedies for soothing anxiety.

This discovery also brought him another pleasant surprise — his art skills improved rapidly in a short period of time, something he had never imagined. For someone who was used to feeling inferior, this gave him a strong sense of self-confidence and affirmation, along with a surge of positive energy in his life.



小吉的作品
Xiao Ji's artwork



Xiao Ji: "I used to think painting was very difficult, but here, I've discovered an effective way to calm my mind. I've become deeply immersed in it, enjoying every moment and unable to pull myself away."

成果 Accomplishments

2024–2025年度內，我們主要取得了以下成果：

Key Achievements in 2024–2025:



開展了4期線下青少年系統康復訓練課程，服務38個家庭，
服務人數90餘人，累計服務1,000人次；

Conducted 4 sessions of in-person systematic rehabilitation training for youth, serving 38 families and over 90 individuals, with a total of 1,000 service instances.



開展了兩期開學季支持小組，幫助20名康復學員和25名家屬在開學季穩定前行，
累計服務90人次；

Organised 2 “Back-to-School Support” Groups, assisting 20 youth in recovery and 25 family members in navigating the school season with stability, totaling 90 service instances.



孕育和實施活力社團服務，開啟了5個社團（手工、音樂、美術、感知調頻站、繪畫項目），
累計服務144人次；

Launched and implemented the Vitality Club, initiating 5 themed groups (Handicrafts, Music, Fine Arts, Sensory Tuning Station, and Painting Project), with a total of 144 service instances.



舉辦了2場大型康復分享活動，40餘位青少年分享了康復成長以及
手工、繪畫、音樂等作品，3名志願者分享了陪伴和支持的經驗；

Held 2 large-scale recovery sharing events, where over 40 youth shared their recovery journeys and creative works (handicrafts, paintings, music), and 3 volunteers shared their experiences of companionship and support.



舉辦了一場青少年精神健康工作坊，
為60餘位青少年康復、教育等專業從業者提供了培訓；

Hosted a Youth Mental Health Workshop, providing training for over 60 professionals in youth recovery and education.



項目開通了微信視頻號發佈康復服務日常，
3個月內發佈視頻十餘個，視頻瀏覽人次過萬；

Launched a WeChat Video Channel to share daily rehabilitation service updates, publishing over 10 videos in 3 months, with total views exceeding 10,000.



微信公眾號發佈青少年精神康復服務相關內容30篇，收到康復者及家屬投稿5篇。

Published 30 articles related to youth mental health recovery services on the WeChat Official Account, and received 5 submissions from youth in recovery and their families.

活動匯報 Activities

地點 Venue :	希望之光康復中心 Light of Hope Recovery Centre		
服務對象 : Service target	青少年精神康復者及家庭 Youth Mental Health Recovery Participants and Their Families		
時間 Date	服務內容服務對象 Services	人數 / 人次 Participants / Times	
2024.10.15 – 2024.11.21	第三十五期青少年系統康復訓練課程 35th Youth Systematic Rehabilitation Training Programme	17	
2024.12.17 – 2025.01.16	第三十六期青少年系統康復訓練課程 36th Youth Systematic Rehabilitation Training Programme	20	
2025.04.01 – 2025.05.13	第三十七期青少年系統康復訓練課程 37th Youth Systematic Rehabilitation Training Programme	25	
2025.06.24 – 2025.07.31	第三十八期青少年系統康復訓練課程 38th Youth Systematic Rehabilitation Training Programme	28	
2024.09 – 2024.12	第六期開學季支持小組 6th Back-to-School Support Groups	20	
2025.02 – 2025.06	第七期開學季支持小組 7th Back-to-School Support Groups	25	

地點 Venue :	希望之光康復中心 Light of Hope Recovery Centre		
服務對象 : Service target	青少年精神康復者 Youth Mental Health Recovery Participants		
時間 Date	服務內容服務對象 Services	人數 / 人次 Participants / Times	
2024.10	活力社團培訓3次 3 Vitality Club Training Sessions	7	
2024.11	活力社團2次 2 Vitality Club Activities	21	
2024.12	活力社團1次 1 Vitality Club Activities	8	
2025.01	活力社團2次 2 Vitality Club Activities	23	
2025.03	活力社團6次 6 Vitality Club Activities	42	
2025.04	活力社團6次 6 Vitality Club Activities	31	
2025.05	活力社團5次 5 Vitality Club Activities	30	
2025.06	活力社團4次 4 Vitality Club Activities	27	

項目的夥伴 Project Partners

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

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

成都市青羊區希望之光康復中心 Hope Rehabilitation Centre of Qingyang District, Chengdu

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

成都市殘疾人福利基金會 Foundation for Disabled Persons of Chengdu

北京大學錢銘怡教授 Prof. QIAN Mingyi, Peking University

北京七悅社會公益服務中心 Beijing Qiyue Centre for Philanthropy

前瞻 Looking Forward

我們將從三個層面推進青少年精神康復，打造可持續、可複製且具社會影響力的生態系統。

We will advance youth mental health recovery through three key dimensions, building a sustainable, replicable, and socially impactful ecosystem.

家庭與個人 Family and Individual

提升康復者及家長對疾病的認知，強化應對能力，減少復發與住院，協助重返校園或找到生活方向。

Enhance awareness of mental illness among young people and parents, strengthen coping skills, reduce relapse and hospitalisation, and support reintegration into school or finding a meaningful life path.

社會 Society

建立標準化康復模式，推動學校與社區宣傳，消除偏見，促進理解與接納，讓精神健康成為全社會的共同責任。

Establish standardised recovery models, promote mental health education in schools and communities, and break down stigma—moving from misunderstanding to acceptance—so mental health becomes a shared social responsibility.



家長對「開學季支持小組」老師的感言
Parents' appreciations for the teachers of the
Back-to-School Support Group

營運 Operations

採「公益收費」與「資金贊助」並行模式，完善服務，開放資源庫，聯合醫院、學校、企業成立「青少年精神健康聯盟」，並推動朋輩志願者計劃，讓康復者成為同伴支持員，實現互助與成長。

我們相信，每一位青少年的康復，都是為世界增添希望與韌性的力量。

Continue a dual model of charitable fees and sponsorship, improve services, open resource libraries, and form the "Youth Mental Health Alliance" with hospitals, schools, and businesses to foster collaboration. Launch a peer volunteer programme to train recovered youths as peer supporters to inspire others while gaining skills and personal growth.

We believe every young person's recovery adds resilience and hope to the world.



在小組活動中，各人綻放出燦爛的笑容
Everyone smiled brightly during the group session

財務摘要

Financial Highlights

本財務摘要摘自青年發展基金截至2025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 2025. The full audited financial statements by Philip Poon & Partners CPA Limited are available upon request. All figures are in Hong Kong Dollars.

損益及其他全面收益表

Statement of Profit or Loss and Other Comprehensive Income

		2024-25		2023-24	
		港元 HK\$		港元 HK\$	
收入	Income				
奉獻 ⁽¹⁾	Donations ⁽¹⁾	1,312,195	99%	1,450,175	97%
其他收入	Miscellaneous Income	14,231	1%	40,838	3%
總收入	Total Income	<u>1,326,426</u>	<u>100%</u>	<u>1,491,013</u>	<u>100%</u>
支出	Expenditure				
人力資源費用	Human Resources Expense	966,702	47%	1,034,463	42%
項目及行政費用	Project and Administrative Expenses	1,099,281	53%	1,444,767	58%
總支出	Total Expenditure	<u>2,065,983</u>	<u>100%</u>	<u>2,479,230</u>	<u>100%</u>
全年不敷	Deficit for the year	<u>(739,557)</u>		<u>(988,217)</u>	
總全面支出	Total Comprehensive Expense	<u>(739,557)</u>		<u>(988,217)</u>	

各贊助項目支出 Expenditure by Sponsored Project

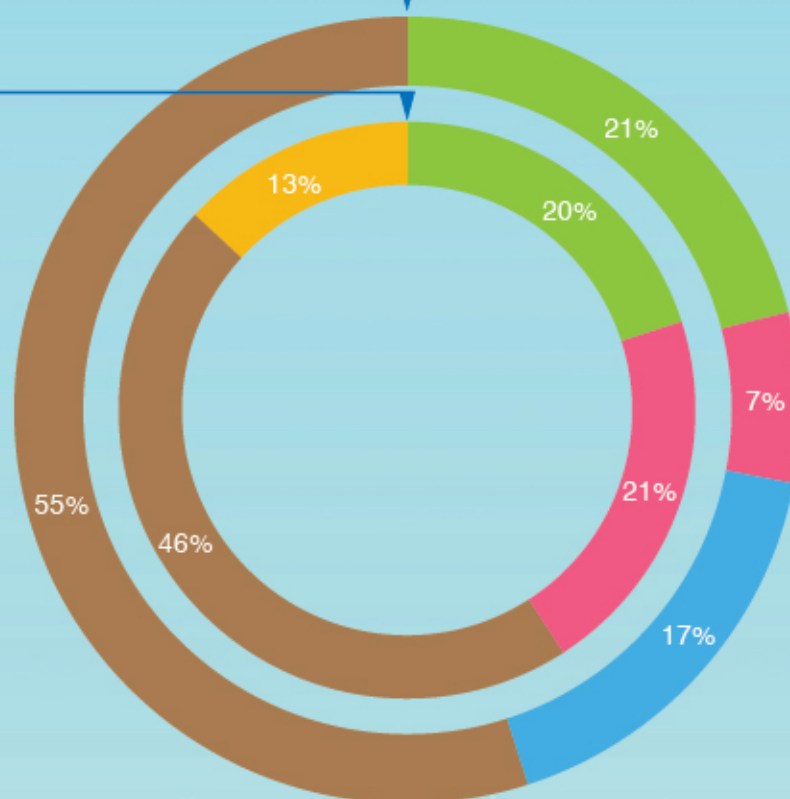
2024-25

HK\$2,065,983

2023-24

HK\$2,479,230

- 青年工作者培育計劃
Development Project for Youth Workers
- 咖啡與生命青年培育計劃
Coffee and Life Project
- 華西精神障礙患者家屬的遠程康復項目
West China Hospital Telerehabilitation Project for Patients with Mental Disorders and Their Families
- 翱翔天空青少年精神健康項目
Soar High Supported Education Project
- 一般運作
General



財務狀況表 Statement of Financial Position

(截至2025年6月30日, as at 30 June 2025)

		2025 港元 HK\$	2024 港元 HK\$
流動資產 ⁽¹⁾	Current Assets ⁽¹⁾	810,937	1,330,709
流動負債 ⁽²⁾	Current Liabilities ⁽²⁾	784,969	565,184
資產淨值	Net Assets	<u>25,968</u>	<u>765,525</u>
累積盈餘	Accumulated Surplus	<u>25,968</u>	<u>765,525</u>

備註 Note:

(1) 流動資產包括銀行存款及現金802,826港元 (2024: 1,210,728港元)。

Current assets included HK\$802,826 bank balances and cash (2024: HK\$1,210,728).

(2) 流動負債包括遞延收入708,836港元 (2024: 438,236港元)。

Current liabilities included HK\$708,836 deferred income (2024: HK\$438,236).



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