

The Changes

Vol. 1 (Dec 2023)



Letter to Supporters

Igniting hope for our beloved Hong Kong

Dear friends,

A passion filling our hearts when a small group of academia was having a cup of coffee in early 2020.

We saw disengagement, disintegration, and despair, particularly among many young people after the anti-extradition movement, whom we have been teaching for years. We said not only should we share knowledge but to uplift the soul in search of betterment for oneself, for the society, and for our country. Determined we are, not to give up, but to re-engage, rebuild, ignite the hope, the direction, the unity for this small city where we cherish and love.

The past shaped what we are now, the future is shaped by what we are doing in the present, and the present is a gift – if we continue to strive for betterment, a brighter future, a life filled with hope and passion, especially with the young people who will be the master of our future.

With this in mind, many helping professionals joined our coffee table and formed a multi-disciplinary team to turn our passion into action. Focusing on our target group of arrested youths in Hong Kong's anti-extradition movement, professors drew up tentative plans, lawyers reviewed the legislature, social workers approached the target groups, clinical psychologists and psychiatrists put up assessment and treatment protocol, politicians lobbied concerned stakeholders across the political spectrum, etc. and lots more that we prudently approached and consolidated consensual commitment to what we should do, what we could do, and how we could go ahead.

To materialise and concretise what we set forth to do, 'Project Change' was coined. She aligned efforts and resources to provide timely psycho-logical counselling, adequate information about arrest, court hearing, sentencing, and incarceration such that our clients are equipped with knowledge and skills, and mental preparation, to overcome the predicaments wrought upon them by the social movement.

We anticipate distrust, queries, and scepticism, and originally we surmised that we could only manage to survive for two to three years. The initial period of reaching out was extremely difficult and sensitive. We tried every means, tactics, strategies, connection to trans-form from distrust into trust. Bit by bit,



Acting Chairperson Dr. Kalwan KWAN (Left), Program Director Mr John MAK (Middle), Communication Consultant Miss Grace KONG (Right)

based on a genuine and authentic person-to-person rapport, gradually we built up our reputation and recognition as truly a neutral team of professionals devoted wholeheartedly for the re-ignition of hope for the arrested youths. We gathered a sense that the city is still strongly supported by many different stakeholders, by many corporations and professional bodies, by many individuals who would be willing to join us in this challenging journey.

We decided, with growing support and recognition, to formalise some of our efforts, including this newsletter, to further emphasise what we are doing, and to share our concern for the arrested youths. We strive further to let the city know the updated events and progress that we have been making for the arrested youths and how we have tailor-made reintegration programmes for them. The purpose is to pass messages that they will not be abandoned by our society, especially by the professional elites in Hong Kong and that young people are our future. At this moment, universities are taking purposeful measures to review and reengage those students discontinued from studies due to imprisonment, professional associations are reviewing their guidelines to sustain professional qualification for those behind bars, and corporations are offering internships and training opportunities to those youths. The city is taking steps to rebuild and ignite hope for the arrested youths. Our passion to help our young generation is growing. Looking ahead we are hopeful.

Please join us. Your unfailing support and efforts will definitely be the cornerstone of our sustained commitment to a brighter future for this city that we love and cherish, and more so for our young people.

Wish you a very merry Christmas and all the best for 2024.

Yours Sincerely,

Dr. Kalwan Kwan

Acting Chairperson

Our Works

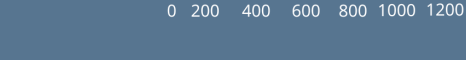
Over the past three years, Project Change has provided services to over 150 youths and over 170 family members and loved ones of them, devoting approximately 1,900 hours of counselling and reintegration service to support and assist our clients. We believe that "every youth counts". We do not compromise service quality in pursuit of quantity, ensuring our services are tailored to meet the specific needs of our target recipients.

In the past year, within our reintegration program, we have successfully organised three major events targeted towards assisting the youth in identifying and developing their career paths as well as accumulating societal resources for them. Our events have attracted over 100 participants, including 40 clients.

Total Beneficiaries



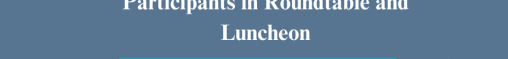
Time Consumption (hrs)



Participants in this year's Reintegration Program

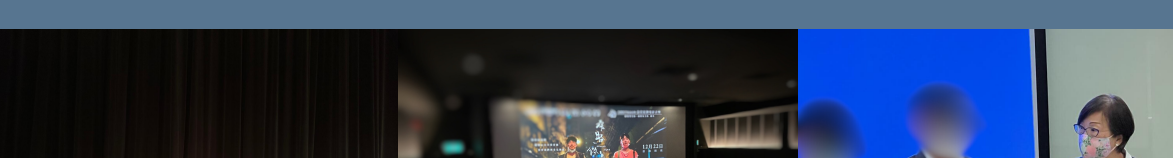


Participants in Roundtable and Luncheon



Additionally, we hosted a roundtable and a luncheon, bringing together our youth clients and over 50 stakeholders representing various schools, companies, and professional bodies. Our aim was to foster direct and equal dialogue for all sides, allowing for sincere expression of opinions and perspectives. These events served as a platform for stakeholders to deepen their understanding of the process of reintegrating youth so that particularly, professionals know how to contribute to youth's growth and success within their respective fields.

We firmly believe that igniting hope amongst the youth carries wide implications for the greater Hong Kong community. Through our dedicated initiatives, we have fostered understanding, collaboration, and support for reintegrated youth, thereby establishing a more inclusive society.



Highlight

Roundtable and Luncheon

Thank you to all the distinguished representatives who joined our roundtable and luncheon this summer, having a direct and equal dialogue with our esteemed youths.

Without the support of a wider society, our work cannot be successful. We hope more people will join us to ignite hope for young people together.



"The Narrow Road" Screening and Post-screening Seminar



Program Associate Director Mr Shing Mu YAU (Left), Film Director LAM Sum (Middle), and Music Director WONG Hin Yan (Right).

The event drew an audience of over 70, including our youth participants, cherished supporters, mentors, as well as dedicated volunteers, partners, and supporters of Project Change. It transcended mere entertainment as we hosted an enlightening discussion facilitated by Project Change Associate Director Shing Mu YAU with esteemed director Lam Sum and music director Wong Hin Yan. Through this dialogue, we aimed to widen the horizons of our youth, providing them with an opportunity to develop social capital while also allowing them to glean invaluable insights and advice from these outstanding experts.

Becoming a Mentor

Becoming a Volunteer

Donation



(852) 9689 1439

info@projectchange.hk

Room RD20, 12/F, 133 Wai Yip Street, Kwun Tong, Kowloon

@2023 Citizen Action Design Limited