



# 2023 Annual Report RUN Hong Kong



## My Dear Woman

by: J.C. Koum, a RUN participant

You have outgrown your pain  
You have silenced your fears  
Your quiet years are not in vain  
They have upgraded your gears

When you thought that your life was over  
Like an herb dried by the heat of summer  
When you felt like you are dying,  
Suffocated, restricted, in hiding,  
Living unnoticed in the womb of the earth  
You went through a renewal, a rebirth.

You have enriched your soul  
While decomposing pain  
Healing with eternal Words  
Your losses turn to gain

Your dreams are budding again  
Like mushrooms after a heavy rain  
Your dreams are beaming again  
Like they are in their youth  
Your dreams are flowing again  
Like freshwater that springs

Hold on, hang on!  
Your season is coming!  
Hold on, hang on!  
Your best years are smiling!



# Letter from the Founders

Dear friends of RUN,

Our mission has always been to support vulnerable refugees, particularly women, to build resilience and nurture self-reliance for a more hopeful future, and this year, for the first time in a few years, we were able to push ahead towards this mission, free from Covid restrictions and alongside our community.

As the situation for refugees in Hong Kong has continued to become more precarious, we accelerated our Pathways Programme in 2023, filing a record number of applications in the process. Our emphasis throughout the year was on securing a pathway for every participant whilst continuing to provide a rigorous and varied Education Programme to build knowledge, up-skill, and prepare our participants to re-enter the workforce as soon as they are able.

As part of this, we have put great focus on our refugee-led programmes in both Education and Sport. This enabled a number of our participants to take on leadership roles, as well as gain understanding, further education, and qualifications in their specific areas of interest. Through our Education Programme, participants achieved track coaching qualifications that have enabled them to take on coaching positions in our track sessions and SHINE programme. A group of mothers also worked on their sports coaching skills and have joined the SHINE coaching team. These leaders then worked together with RUN staff to put together and manage a fabulous summer programme. We are extremely proud of the success, and plan not just to continue, but to expand this initiative in the future.

We were delighted to finally rejoin the Hong Kong community this year, and absolutely made the most of it, with sporting events, engagements, and activities from start to finish! We never take these moments for granted, but the long Covid break reminded us just how special it is to engage with our community, especially through our own events. Two particular highlights from the last year were our first (and certainly not last) Fashion Show, in celebration of World Refugee Day, and the long anticipated return of the RUN Trail Race, in support of the Elimination of Violence Against Women. To each person who was part of these events, thank you. The support means so much to us, and we can't wait to make them even bigger and better next year!

With a year as busy as it was, and with the highly emotional work that we do, it is crucial to us that our staff are well looked after. After a talk from burnout specialist, Dr Christelle Morellet, where staff learnt to recognise symptoms and discussed how to handle stress as individuals and as a group, we implemented a "buddy" system within the team to ensure that each individual always has a person and avenue for support.

This Annual Report details all we have mentioned here, and so much more. It is thanks to you, our dedicated supporters, that we were able to achieve so much over the last 12 months. We are extremely grateful for the support we have received, in all its forms. Thanks also to our wonderful team who work tirelessly towards our goals.

With such a great number of applications submitted in 2023, we are hopeful that 2024 will be a year of departures. But in the meantime, our work continues, our

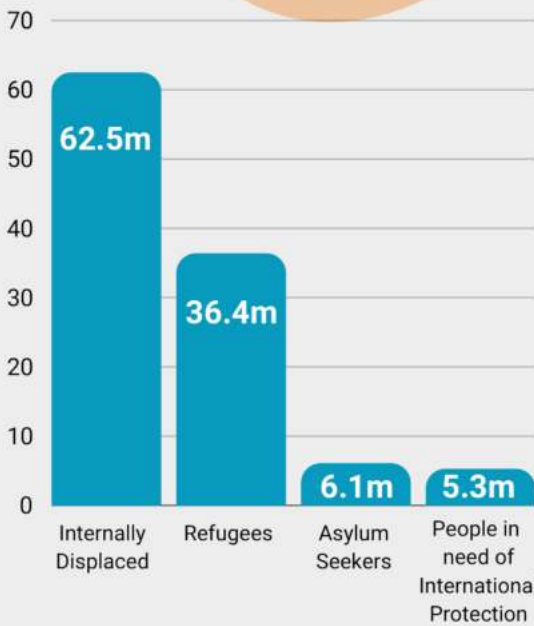
support continues and our dedication to helping refugees to create a life of safety and dignity continues, in Hong Kong and beyond.



Virginie and Brenda  
Co-Founders, RUN Hong Kong

# THE NUMBERS

## REFUGEES AROUND THE WORLD & IN HONG KONG



**108.4** million forcibly displaced people worldwide



as a result of persecution, conflict, violence, human rights violations, or events seriously disturbing public order.

**404,000**

refugees returned to their countries of origin during the first half of 2023

**59,500** were resettled

**146**



countries are party to the 1951 Refugee Convention



Children account for **40%** of forcibly displaced people.

There are

**14,694**

claimants in Hong Kong.

**1.3%**

have their claims substantiated



## RUN BENEFICIARIES

**189**



Total RUN Beneficiaries

**114**



Beneficiaries in Hong Kong

**75**

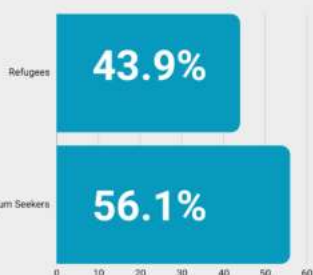


Beneficiaries Abroad

**67%** Women

**33%** Men

**58%** Adults  
**42%** Children



**22** nationalities represented

**11** new joiners

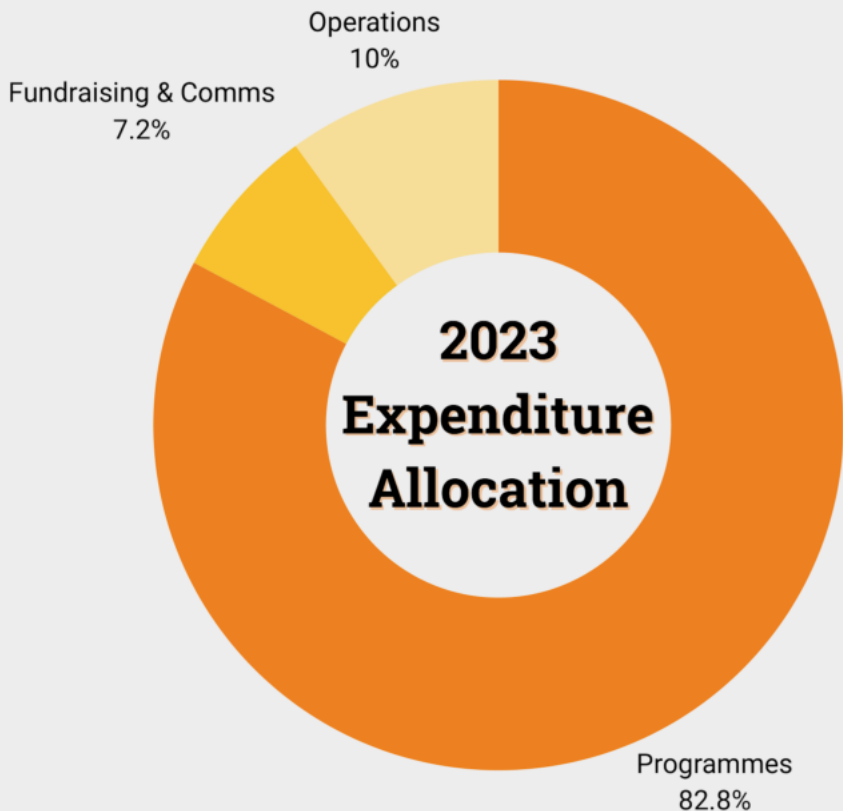
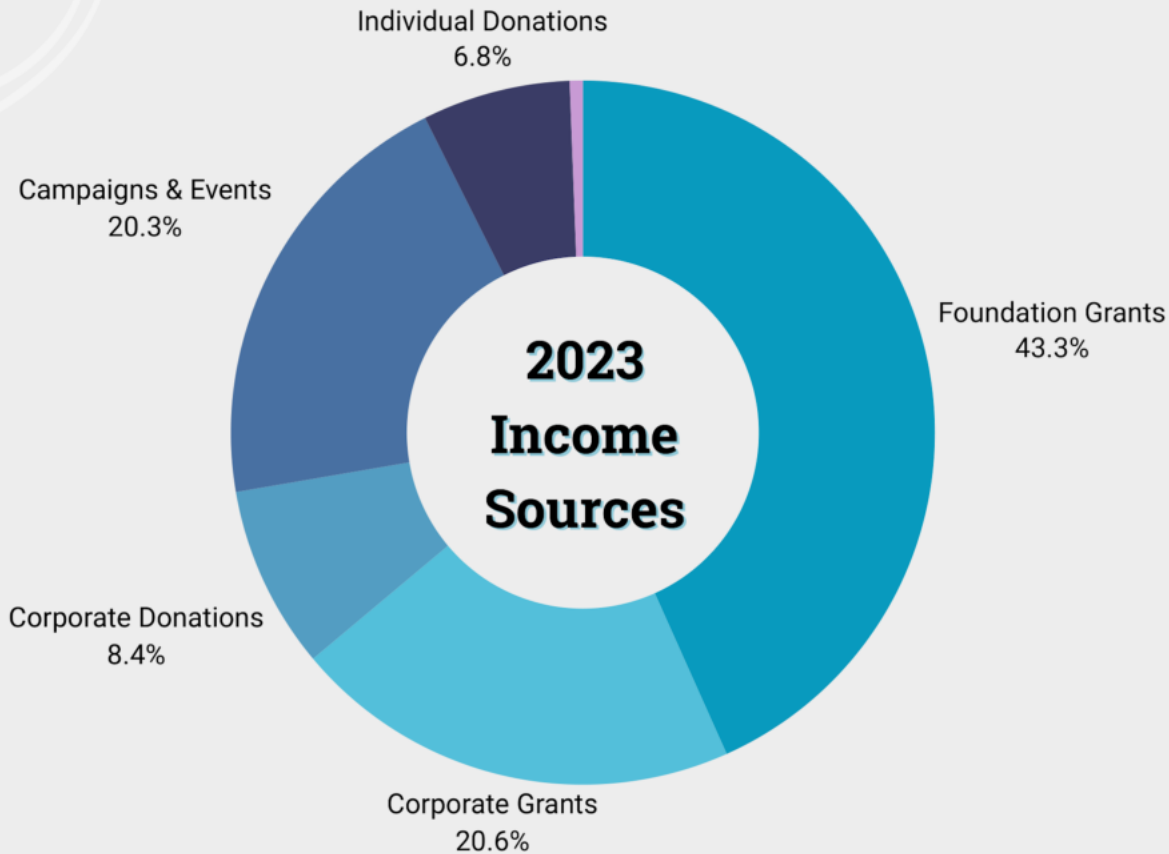
**1** new baby

**1** mother & her daughter departed Hong Kong

\*Global figures as at June 2023. UNHCR

# FINANCIALS

There is great variety in the size and type of donation received at RUN Hong Kong. Each and every donation is invaluable to us, as every single dollar raised brings hope to each participant and brings us closer to our goals. We are extremely grateful to all of our donors. To each and every one, thank you for your loyal support.



## SPORT

What started out as a single hike with a small group of women in 2015 has flourished into the organisation that you see today. The Sport Programme remains at the core of everything that we do at RUN and continues to be used as a first step for trauma recovery.

The main weekly programmes include the women-only Hiking to Heal, mixed gender track training, and the SHINE kids sessions, all of which are tailored to meet each individual where they are, meaning that our Sport Programme is accessible to all abilities.

Over the course of 2023, significant progress has been made in the fitness levels and experience of all our participants. In the Hiking to Heal group, five ladies moved into the Advanced group, doubling the number of ladies challenging themselves with some of Hong Kong's toughest hikes. In 2022, 10 men and women regularly took part in races throughout the year. In 2023 this number jumped to 19, with races ranging from 800m on the track to 33km on the trails!

Races in 2023 included:

- HK100
- Country of Origin
- Buffco time trials
- AVOHK 5km
- Streetathon
- Coastal Trail challenge



Progress is due to the determination, hard work, and dedication of every individual. Additionally, we have had a great focus on refugee-led programmes. After completing track training qualifications through our Education Programme, three RUN participants began planning and coaching our Thursday track sessions. This development has been hugely successful and was further incorporated into other areas including SHINE and our summer programme.

## SHINE

SHINE stands for Sports, Health, Inclusion, Nurture, and Emotional well-being. All of these aspects are at the forefront of our weekly kids sessions. Every Monday, children of RUN participants meet at the RUN office for homework support, guided by the wonderful students of Chinese International School. The weekly sports session follows at the Wong Chuk Hang sports ground and is supported by Rugby for Good. These sports sessions encompass rugby skills, basic running and coordination skills, teamwork, and emotional regulation, in a fun, game-based environment.

This year the Kids Programme has been a consistent and stable feature of our Sports Programme, offering routine and a safe space for the children to participate in an after-school activity.

Perhaps the highlight of the Kids Programme came over the summer. Whilst many travel during the school holidays, refugees and asylum seekers do not have that luxury. This year, through the combined efforts of our Sports Programme and our new, refugee-led initiative, we put together RUN's first ever summer programme. Themed "Discover Hong Kong" and spanning six weeks, full-day activities were offered twice per week for children ages 2-18. 42 of our beneficiaries, split across three age groups, participated in outings to The Peak, travelling on the iconic Peak Tram, courtesy of HSH, The Hong Kong Zoological and Botanical Gardens, Yuen Long Tai Tong Organic EcoPark, and Ryze Trampoline Park, to name just a few. Thanks to Splash Foundation, a number of children took part in swimming lessons, whilst others learnt entertaining circus skills with Claudio. The full holiday programme culminated in a family beach day and BBQ to celebrate such a successful summer!

## IMPACT

Hope\* has been with RUN for three years. Content in the intermediate hiking group, taking on longer, but mainly flat hikes she said, "I enjoyed hiking, but I didn't think I was sporty. I could never run".

At the start of 2023 Hope felt she needed a challenge and decided to enter the Country of Origin Race, a 30km trail race in the Lantau mountains. As Covid restrictions were still in place, the decision to enter the race was a last-minute one, and training sessions were limited to just two. Despite this, after a gruelling eight-and-a-half hours, Hope and her teammates completed the race! "It was so hard, and at the end I said I would never join any races again!"

Hope continued to hike regularly on Tuesdays. It was a safe space and time for her each week, in what became a year that threw many unexpected challenges her way. Her husband was separated from the family for many months, leaving Hope to care for their three young daughters alone whilst simultaneously dealing with the loss of her mother back in her home country. She had not seen her mother since she fled.

Her sister had joined RUN in 2022, and they used these weekly hikes as a space to talk freely about their mother. "It felt more peaceful on the trails." They agreed they wanted to do something to celebrate her life, and, despite her sister having never hiked more than 10km, they decided to take on the 33km portion of the HK100 series. The more she trained, the more Hope reflected on her first race experience positively. "If I can do that, I can do anything." The two sisters trained together, their shared goal and joy of training together pushing them towards their goal.

"For Country of Origin, I was doubtful that I would even finish, but on the start line for HK100, I was going for a time. I was ready for it, and I had confidence in my training." Throughout the race, Hope was thinking of her mother and her girls. "I thought, I need to get this medal to show my girls that women are strong!" Hope ran with nine other RUN participants that day, five women and four men. Hope was the first woman to finish, in 6 hours and 48 minutes. "If there's one thing I have learned from RUN, it's that if you set your mind to do something you can do it, be it caregiving, sewing or sports or anything. I have surprised myself how much I can excel!"



## MANKIND

This year RUN established a new initiative under our Sports Programme, centred on mental and physical health and the provision of support networks for male refugees and asylum seekers in Hong Kong, from young adults all the way through to retirement age.

Although RUN places a specific focus on women (particularly single mothers), we also acknowledge the importance of providing individualised support for our male participants, who represent 32% of our adult beneficiaries. Societal expectations of masculinity can create additional challenges for men in addressing their mental health, and this phenomenon disproportionately impacts refugees and asylum seekers, who tend to fall through the cracks for mental health support and have less space to explore, process, or learn to manage their emotions. This is a gap that we want to address.

ManKind provides a supportive environment where male refugees and asylum seekers can connect with others who share similar experiences and challenges, with the aim of addressing the following key issues:

- Social Connection and Support
- Personal Growth and Development
- Gender Role Exploration
- Health and Emotional Well-being



## EDUCATION

All adult beneficiaries participate in RUN's Education Programme, in which they focus on developing the knowledge, attitudes, and skills required to secure productive and fulfilling employment upon resettlement abroad.

The Education Programme utilises an integrated, holistic, and individualised approach that is tailored to each participant's background, education and work experience, current skills and goals, and pathways. This approach centres around four core programme pillars, each designed to support the primary focus of providing opportunities for employment preparation and empowerment for future resettlement:

- In-House Formal Education: English, Computer Literacy, and Maths classes;
- Vocational Training: Including caregiving, sewing, carpentry, and urban farming. This training is designed to build employment-specific skills and experience;
- Employment, Internship, Volunteering, and Tertiary Education Support: These areas all require specialised Immigration approvals;
- Professional Workplace Skills Development: These targeted workshops and enrichment programming initiatives are designed to compliment the above pillars.



The highlight of the Education Programme this year undoubtedly was the Fashion Show, held in June at Central Market, in support of World Refugee Day. Not only was this RUN's first fashion show, it was the first event where our incredible participants featured at the forefront in a public space! Over 200 of our supporters were in attendance to watch RUN participants, wearing their own hand-sewn outfits, strut their stuff on the catwalk. This event was testament to the progress that has been made by many of the women as part of our vocational training programme.



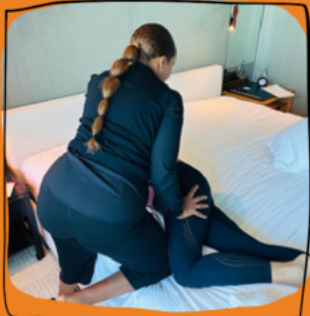

The Employment pillar of our Education Programme also saw huge success in 2023. For the first time since 2018, we held an in-person Mock Job Fair, co-hosted with LinkLaters and supported by ten corporate partners, at which 35 RUN participants attended mock job interviews. 2023 also surpassed any other in the number of employment, internship, and volunteer opportunities ever, including exceptional work authorisations for five participants at the Rosewood Hotel and one participant with HSH at The Repulse Bay, securing letters of no objection for three participants for professional internships at KPMG and the Rosewood Hotel, and three participants in long-term volunteering commitments with Feeding Hong Kong and Kadoorie Farm and Botanic Garden.

Internally, we held five workshops on Financial Literacy for North America. Such workshops are crucial to bridge the knowledge gaps that occur as a result of the differing financial systems between North America (USA and Canada) and most participants' home countries. These workshops were extremely well received by participants and enjoyed over 96% attendance.

Our refugee-led programme saw further expansion in 2023 with three participants completing track coaching certifications and going on to put their qualifications into practice, by becoming part of the coaching team at our weekly track sessions. Our urban farming project is led by RUN refugees and was regularly attended by eight participants. We also brought together the expertise of our experienced mothers to lead a very successful summer programme, in collaboration with our Sports Programme.

Within our Caregiver Programme, we have developed a new pioneering stream of programming, the PSW (Personal Support Worker) Course. This programme supports caregiver training in Canada, teaching the Canadian PSW curriculum under the direction of our in-house medical consultants. The programme is enriched by specialised professional workshops that focus on practical skills development, and we are grateful to our community and corporate partners the Matilda Hospital and the Rosewood Hotel, who have supported this initiative.

The Education Programme continued to expand and develop in 2023, whilst laying foundations for even greater development in 2024.

<p>FULL-TIME EMPLOYMENT SECURED FOR</p> <p><b>10</b></p> <p>PARTICIPANTS</p>		<p>LETTERS OF NO OBJECTION SECURED FOR</p> <p><b>5</b></p> <p>UNIVERSITY STUDENTS</p>	
	<p><b>20</b></p> <p>PARTICIPANTS ENROLLED IN PERSONAL SUPPORT WORKER COURSE</p>		<p><b>62</b></p> <p>ONLINE AND EXTERNAL CERTIFICATIONS ACHIEVED</p>

# HEALTH & ESSENTIAL SERVICES

As part of our goal to support refugees and asylum seekers to create a life of safety and dignity, in Hong Kong and beyond, our Health and Essential Services Programme focuses on the time in Hong Kong. Access to nutritious food, medical support, and decent and safe housing are basic necessities that every human being should be afforded, and they are the main areas of focus for this Programme.



The medical support is provided by a team of both in-house and partner professionals, who work together seamlessly to support the varying needs of our participants. Our partners include psychiatrists, psychologists, GPs, and physiotherapists. Our new joiners in 2023, as with everyone who becomes part of RUN, begin with a Health Screening carried out by our in-house medical team. Once completed, the team has a strong idea of where additional support may be required for each individual.

As we work with only the most vulnerable refugees and asylum seekers, the mental and physical support requirements are extensive. The Health and Essential Services Programme is one that is constantly expanding and adapting to the current needs of the individuals, as well as the group as a whole. As the needs continue to grow, so too has our team. We were delighted to be able to expand our team this year, welcoming Ferhat Uddin, a GP from the UK who also specialises in menopause and women's health issues.

Our in-house medical team supports participants, including two minors with serious medical requirements, by attending regular medical appointments in order to better understand the intricacies of their conditions and how further support can be provided. Support at appointments, with medication intake and use, and in educating participants and families on medical conditions and management are all part of the care provided.

Prevention is also an integral part of this Programme in the form of education. This year, our medical team has provided health talks, worked with partner organisations to access the flu vaccine, and provided a small group with an eight-week course about lifestyle changes, including nutrition, sleep, and stress management. All of these elements bring together knowledge and life skills that are invaluable now and for the future.



## In 2023, Health & Essential Services Provided:



# PATHWAYS

The core aim of our Pathways Programme is to create ways for participants to leave Hong Kong and start a new life abroad with freedom and dignity. The acceleration of this programme continued throughout 2023 due to the increasing complexities of the situation on the ground in Hong Kong, and we filed a record number of applications for Private Sponsorship to Canada in partnership with JIAS (Jewish Immigrant Aid Service).

Including those applications made prior to this year (which have progressed throughout 2023), RUN now has pending applications for Private Sponsorship for 87 individuals at various stages of the process. In 2023 we partnered with four new law firms, which all supported this process and to which we are extremely grateful. We are hopeful that many of these applications will be approved in 2024.

As well as application support, the Pathways Programme supports individuals in Hong Kong with various legal needs. In collaboration with our partner, Justice Centre Hong Kong, we have supported participants to file applications for legal aid and judicial review. We have also assisted one participant through divorce procedures in order to break away from an abusive relationship, whilst simultaneously assisting another participant to successfully apply for a dependents visa after years in a loving marriage.

The push towards our goal of achieving resettlement pathways for all participants continues into 2024, and we are hopeful, having closed out 2023 with a departure.

In December, one single mother and her daughter departed Hong Kong for Toronto. Within weeks they have found themselves a home, a school, and job interviews. Their journey through Hong Kong spanned almost eight years. In early 2016, this expectant mother fled from torture and political persecution in East Africa, arriving in Hong Kong. Her daughter was born shortly after her arrival. From then on, they were an active part of RUN, the mother joining weekly hiking and track training and her daughter (once old enough) joining our weekly kids programme, SHINE. Mum also actively participated in our Education Programme and, after receiving exceptional work authorisation for substantiated claimants, was able to spend her final year in Hong Kong working! This ability to work helped her to build her confidence, sense of independence, and become part of a team. The skills she learned and developed have already helped her progress in her new home.



**PENDING APPLICATIONS  
FOR PRIVATE SPONSORSHIP**

**PARTNERED WITH  
LAW FIRMS**



**MOTHER AND DAUGHTER  
DEPARTURE TO CANADA**

# COMMUNITY ENGAGEMENT

Community engagement is a crucial component of our year, as it gives us the opportunity to engage with you, our supporters. It allows us to give back to you, to share stories and ideas, and to continue to raise awareness and keep you updated on everything that is happening at RUN, as well as about the local and global situation for refugees and asylum seekers.

What follows are some highlights of some of the incredible community engagement opportunities we had throughout 2023.

## 4th Annual Virtual Corporate Challenge

53 Corporate teams from 13 different companies, running over 10 days in support of RUN and in recognition of International Women's Day. Congratulations to the top three teams from Macquarie, T.Rowe Price, and Morgan Stanley for winning the running challenge and to the top three teams from Morgan Stanley and Goldman Sachs for winning the fundraising challenge. Thank you to all teams for raising money for RUN and making the challenge a success.



## Peak Race

We teamed up with Macquarie Group to participate in this marathon relay around Lugard Road to raise awareness for modern slavery. The RUN x Macquarie team showed off their hard work and dedication to run training, finishing in second place and coming away with the silver medal.



## Country of Origin Race

Nine ladies and two men from RUN participated in the RaceBase Asia Country of Origin race. All 12 athletes completed the gruelling 30km course - a fantastic achievement. Opportunities like this, to enter races and put all their hard work to the test, really help participants to celebrate all their hard work.



## Mother's Day Tea and Cake

We were taught how to care for and arrange flowers and create fresh bouquets, whilst enjoying delicious tea and cake! 73% of our participants are women. Many are mothers, many have been separated from or lost their own mothers, and some have been separated from their own children. Thank you to the American Club Foundation for this treasured opportunity.



## The RUN Fashion Show

The first, but certainly not the last, RUN Fashion Show, featured our participants at the forefront, in a public space, for the very first time. Almost 200 people were in attendance at an event that featured handmade outfits by our own participants, handicraft sales, also by RUN refugees and asylum seekers, self-choreographed dances, and the most wonderful models! All refugee-led! Extraordinary. We're so proud and are already planning the next one!



## VRC Paddle Day

A day of training and paddling at the Victoria Recreation Club in Deep Water Bay, followed by a delicious lunch by the water. Huge thanks to the VRC Paddle Team!



## RUN Charity Trail Race

After a three-year hiatus, we were finally able to hold the RUN Charity Trail Race again, and it did not disappoint! Close to 300 people came out to support the event in recognition of the International Day for the Elimination of Violence Against Women!

266 individuals registered for the race across both adult and youth categories, as well as dozens of all the supporters. Congratulations to the category winners, and thank you to everyone who came to support the event and enjoy the wonderful array of food on offer.



## RUN's Mock Job Fair

For the first time since 2018, we held an in-person Mock Job Fair, co-hosted with LinkLater and supported by ten corporate partners, at which 35 RUN participants attended mock job interviews.



## WIFA x RUN Joint Fitness Challenge

10 teams from the Hong Kong Business community challenged themselves to exercise for as many hours as possible in support of RUN for one week! Thank you to all teams who raised funds for RUN.



## CIS Partnership

14 Students from Chinese International students have been supporting the SHINE Kids Programme during the school year, either helping with homework support or the sport sessions on a weekly basis. They also took initiative with invaluable food collections, improving the lives of our younger participants incrementally.



## HK100

Across the three day event, over 40 RUN participants, volunteers and staff members took part in the HK100 with roles ranging from competing to marshalling. Five women put their hard training to the test by taking part in "The Third", the 33km race and we ran our own checkpoint in "The Half", supporting all the runners involved in the 56km race. It was a pleasure to be involved in such a prestigious event.



## Rosewood 'BluRun' Relay Event

The second annual BluRun was an incredibly successful close-out event to the year. 17 Rosewood teams gathered on the TST waterfront for an exciting relay event along the iconic Avenue of the Stars. The winning team collectively ran an amazing 11.75 km in only 30 minutes! For the second year, the housekeeping team took the award for the highest fundraisers! Together, all the Rosewood teams ran a total of 119.85 km - almost as far as two laps of Hong Kong Island!



## CSR SESSIONS WITH CORPORATE COMPANIES

RUN is grateful to have many strong partnerships in Hong Kong, particularly with corporate companies, many of whom have been longtime supporters of our Programmes. The RUN Team and participants enjoy engaging with employees in mutually beneficial activities, where we can learn from each other and cultivate long-term relationships. Engagements are either part of an ongoing partnership or arranged on an ad-hoc basis, supported with a monetary contribution.

RUN has a variety of corporate CSR offerings, and we're delighted to have collaborated with the following companies:

### Hiking with Participants

Companies have organised team hikes with us, where staff members have been able to learn more about what we do at RUN and spend time with our incredible participants, whilst getting out into the hills of Hong Kong. Thank you to Baker McKenzie, Hong Kong and Shanghai Hotels Ltd, and Macquarie for joining us.

### Running with Participants

Our track running sessions take place every Thursday in Wong Chuk Hang. Organisations have brought team members along to join us for these sessions, challenge themselves on the track, race against each other and us, and learn a little more about who we are and why the work we do is so important. Thank you to Citadel, Goldman Sachs, and Macquarie for running with us in 2023.

### Volunteer with RUN's SHINE Kids Programme

SHINE runs every Monday at Wong Chuk Hang and is dependent on the support of volunteers to help coach and encourage the children. We love having corporate teams at the sports pitches with us to assist with coaching or take part in the activities alongside the children, and it gives the children a great confidence boost to meet new people and work on their social skills. Thank you to BlackRock and UBS for supporting this programme.

### Shared Learning Experience

Many of our participants have specialised skills that they love to share. We have been into offices to teach skills such as jewellery-making and crochet. Last year we were delighted to work with teams from Permira and UBS.



# OUR SUPPORTERS

## FUNDERS & PARTNERS

We are extremely grateful for all the support we have received throughout the year from those who, for confidentiality reasons, have chosen to remain anonymous, as well as to those listed below:

- Active Global Caregiver
- American Club Foundation
- American Women's Association
- Asia Pacific Refugee Rights Network
- Asian Charity Services
- AVOHK
- Baker McKenzie
- BuffCo
- Central Health
- Chinese International School
- Citadel
- Clifford Chance
- Drewswork Workshop
- Ensemble Co-Creating Space
- Fung, Yu & Co. CPA Limited
- Feeding Hong Kong
- Gibson, Dunn & Crutcher
- Goldman Sachs
- Gone Running
- Hands On Hong Kong
- Health in Action
- The Hongkong & Shanghai Hotels Ltd
- The Robert H. N. Ho Family Foundation
- H3 Medical (Dr Rebecca Lau)
- Hong Kong 100
- Hong Kong Swimming Academy
- Hong Kong Women's Choir
- Jewish Immigrant Aid Services Toronto
- Joint Dynamics
- Justice Centre Hong Kong
- Keswick Foundation
- KPMG
- Lane Eight
- Laureus Sport for Good
- Linklaters
- lululemon
- Macquarie
- Marshall Wace
- Matilda Hospital
- OHEL Leah Synagogue Charity
- OT&P Healthcare
- Overlook Investments Ltd
- Narrative Made
- Permira
- Proof
- Racebase
- Streetathon
- Sure Step Asia
- The Repulse Bay Co Ltd
- Therapy Partners
- Rosewood Hotel Group
- Rusy and Purviz Shroff Foundation
- Schroders
- Splash Foundation
- Swire Trust
- Telos
- United Jewish Congregation
- The University of Hong Kong, Faculty of Social Sciences
- Women in Finance Asia
- Zubin foundation



# PEER TO PEER FUNDRAISERS

Our sincere gratitude goes to those incredible individuals who have challenged themselves this year, in support of RUN Hong Kong. We really appreciate the amount of time, hard work and effort that goes into these events and are honoured that all of this is done with RUN in mind. To everyone who fundraised for RUN this year, and to everyone who made a donation in support of one of these challenges, thank you.

*April 2023*



**Harry's 130km Coast to Capital Run**

*May 2023*



**James Park Reaches Everest Base Camp**

*July 2023*



**Warren Warner's Tour De France push up challenge**

*September 2023*



**Leo's UTMB Challenge**

*September 2023*



**Joelle's 250km race across the Atacama desert**

*December 2023*



**Yin, Kai and Luka's Hong Kong Trail Challenge**



# VOLUNTEERS

These individuals dedicate their time, passion, and expertise to support RUN across all our pillars and include doctors, nurses, teachers, sports coaches, track runners, trail runners, nutritionists, and sports enthusiasts, to name just a few. But one thing that they all have in common is the care and compassion that they show every time they are with us.

Volunteers support adult sports on Tuesdays and Thursdays, kids sports and homework support on Mondays, as well as child care and medical advice throughout the week.

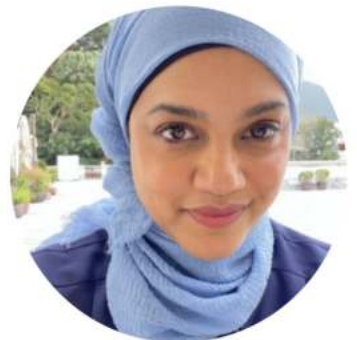
We are extremely grateful for everything that these dedicated individuals do. Our programmes would not be the same without their unwavering support.



## Welcome!

In 2023 we welcomed Ferhat, our newest member of our volunteer team. Ferhat arrived in Hong Kong in the summer of 2022 after relocating from the UK, where she worked for 12 years as a GP.

Ferhat has been working closely with our participants both by teaching and also by supporting their medical needs. We are delighted that Ferhat has joined the team!



## STAFF

Our collaborative and dedicated team continue to go above and beyond to support our participants and work towards our goals, and we are grateful for all that they do.

**6** Full Time



**5** Part Time

## LOOKING AHEAD

Whilst we celebrate the successes of a good year at RUN, we are always looking ahead. In today's uncertain future, we continue to focus our efforts on the provision of specialised and individualised support for all of our participants, in order to give them the best possible start when the opportunity comes for them to depart Hong Kong.

RUN will remain a niche organisation focused on rebuilding the lives of female refugees, the most vulnerable refugee group in Hong Kong. RUN plans to focus more on mobility through skills-training as a pathway, supporting children with PTSD through its holistic approach, using sport to build community and foster transferable skills, as well as building a supportive community in Canada that is able to welcome RUN participants through on the ground support.

We will develop and launch a new hospitality programme in the new year to further expand our Education Programme and upskill our participants, opening the door for more of them to join the hospitality industry. Keep an eye out for news of this new Programme, "The Running Chef".

With Covid behind us and most races now back on the calendar, we are looking forward to continuing to engage with our community through races and other sporting events. We were overjoyed with the return of the RUN Charity Trail race and are looking forward to making it bigger and better than ever in 2024!

With the success of ManKind over the last year, we are excited to grow this new initiative. Not only has ManKind created a safe space for the men at RUN, it has expanded our family support systems by incorporating mental health discussions, cultural education, and an invaluable support network.

One of the greatest highlights of 2023 was the RUN Fashion Show, and we are delighted to announce that this refugee-led showcase, in support of World Refugee Day, will take place again in 2024!

Thank you, once again, to all of our supporters. We look forward to seeing you in the hills, on the track, or on the catwalk in 2024.



# Get Involved

## Become a Monthly Donor

Your monthly donations can make a huge difference to us and our participants by providing a reliable and flexible source of funds so that we can plan for the future, take advantage of opportunities, and respond to our participants' needs. Visit [www.runhk.org/donate](http://www.runhk.org/donate) or use the QR code for more info.



## Fundraise for RUN

You can make a difference for refugees and asylum seekers in Hong Kong by dedicating your next challenge to RUN. Whether you want to run a race, throw a bake sale, or organise a movie night, you can use the opportunity to tell your friends and family about the situation facing refugees in Hong Kong and fundraise on behalf of RUN. Visit [www.runhk.org/get-involved/fundraise-for-run/](http://www.runhk.org/get-involved/fundraise-for-run/) or use the QR code for more info.



## Hire a Refugee

While refugees are not normally allowed to work in Hong Kong, it is possible to apply for work authorisation on a case-by-case basis. We've been able to pair many of our participants with paid work this way, and these opportunities go a long way to helping refugees develop professionally and increase their self-reliance. If you know of any employment opportunities or if your company may be interested in hiring a refugee, please reach out to us!

Find out more at [www.runhk.org](http://www.runhk.org)



RUN is a Hong Kong-based nonprofit that supports vulnerable refugees, particularly women, to build resilience and nurture self-reliance for a more hopeful future. With sports as the springboard and education as the foundation, we help refugees to create a life of safety and dignity, in Hong Kong and beyond.

 Suite 502, 5/F, Sun Hing Industrial Bldg, 46 Wong Chuk Hang Rd, Aberdeen

 [www.runhk.org](http://www.runhk.org)

 [info@runhk.org](mailto:info@runhk.org)