

**RUN HONG KONG**

**20**

**20**

**ANNUAL  
REPORT**







# WELCOME

Dear friends of RUN,

At RUN, the very first core value that we commit to is community. Our work is centred in community, because we know that we are only as strong as those around us, and our connections to each other are what make us resilient. And never did we need to be resilient as we did in 2020.

COVID-19 impacted all of us. And yet, refugees and asylum seekers are some of the most vulnerable among us, lacking basic support and protections that many of us are lucky to have, including access to supplies, strong social networks, and opportunities for meaningful work and ability to earn income to support ourselves and loved ones.

In this report, you'll read about how we adapted our programmes to build on the progress our participants have made on their healing journeys. We also created new programmes to meet increased needs that grew as a direct result of the pandemic, including our healthcare programme and kids programme. We ramped up distribution of emergency supplies like food and other basic necessities. Most importantly, we continued to nurture connections in spite of physical distancing and be there for each other as we navigated the uncertainty of 2020.

In addition to what we did to meet the needs of the present, it was also critical that we continued to fight for our participants' futures. We are proud to share that in spite of the massive disruptions, we were still able to facilitate employment for four participants and we had a record-breaking number (14!) of participants resettled in 2020. We are also thrilled to share that we hired our first RUN alumni, Farah, as our IT teacher. Farah is a wonderful computer teacher (which was all the more important in a year when everything went virtual!), his relationship with RUN and our participants makes him a huge asset to our team.

Our participants also demonstrated incredible resilience by going the extra mile to support each other and stepping into leadership roles. Many of our participants trained as hiking leaders so that they could organise small group hikes when we weren't able to gather for our regular programmes. Some of our participants who had completed Parent Effectiveness Training organised parent support groups and shared tips on parenting through a pandemic. Amidst the challenges, our participants kept pushing themselves to learn and to grow, and we were even able to launch our online store, selling gifts handmade by our participants.

None of this would have been possible without the generosity of the individuals and organisations who gave generously to support RUN and our participants. We are thankful to everyone who stepped up to offer extra support and for the new partnerships we built. We are also honoured to work alongside other individuals and organisations committed to bettering the lives of refugees through the Refugee Concern Network.

In 2021, our work is ever more urgent and we have more to do. We still need to secure 1/3 of our annual budget to continue the important work of meeting our participants' immediate needs and supporting their healing, while pursuing long-term solutions to help them start a new life in Canada through Community Sponsorship. At the end of this report, you'll find a few ways that you can support our work - please consider getting involved!

Community is how we were able to weather the storm of 2020, and community is what will fuel us in 2021. We challenge each other. We depend on one another. We achieve together. We are RUN.

Virginie & Brenda  
Co-founders  
RUN Hong Kong







# REFUGEES AROUND THE WORLD & IN HONG KONG

## Globally

(as of June 2020)

- 26 million refugees, around half of whom are under 18 years of age
- 4.2 million asylum seekers
- 1% of the world's population have fled their homes as a result of conflict or persecution



## In Hong Kong

- 12,868 asylum seekers
- Only 0.52% of asylum seekers have their claims recognised
- Refugees and asylum seekers are given a tiny monthly allowance of HK\$1,200 in food vouchers and HK\$1,500 for rent
- Refugees and asylum seekers have no right to work



## Global Compact on Refugees

On 17th December 2018, the UN General Assembly presented a plan to strengthen international support for refugees and the countries who host them. This plan, which is known as the Global Compact on Refugees, was affirmed by all 193 Member States of the United Nations. RUN directly supports three of the key objectives as outlined in the Compact to:

- Ease pressure on host countries
- Enhance refugee self-reliance
- Expand access to third-country solutions



# REFUGEES AT RUN

RUN serves the most vulnerable refugees in Hong Kong. This includes many who are victims of torture and sexual violence, those who are significantly impacted by trauma, and those who have very little support, especially women who are alone or alone with their children.

In 2020, we served 130 refugees and asylum seekers from 22 countries, including 68 adult participants and 62 children and teenagers and 33 indirect beneficiaries.

## 30%

of our adult participants have been recognised as refugees

## 61%

of our adult participants have survived torture

## 65%

of our female participants have survived sexual violence

## 21%

of our female participants are alone with no family in Hong Kong, an additional 30% are alone with children in Hong Kong

(The names of all RUN participants in this report have been changed to protect their identities.)





# OUR IMPACT

In 2020, we welcomed a number of new participants to our programmes. The complexity of these new cases, combined with the increased need of all of our participants during COVID-19, meant that our team was especially stretched. While our new intakes slowed, our support for our existing participants deepened and we found ourselves playing a bigger role in every aspect of their lives.

In the following few pages, we share a snapshot of our impact in our three core areas as well as how we have responded to the heightened needs of our participants in the face of the COVID-19 global pandemic.

## COVID-19 & Refugees

As one of the first places to be impacted by COVID-19, Hong Kong residents have also been affected by the pandemic for the longest, and as in other major crises, the most vulnerable in our community are also the most significantly impacted. While disruptions can be stressful for any one of us, the trauma many of our participants have experienced means that routine and reliability are even more important to help them reduce anxiety and isolation.

We conducted a short survey in June 2020 to better understand the needs of our participants during the pandemic and here are some of our key findings:

- 89% indicated needing additional support during the pandemic
- 77% of parents indicated worsening overall moods for their children
- 75% cited experiencing an increase in discrimination since the pandemic began
- 60% do not receive protective equipment from the government



Refugees and asylum seekers arrive in our city with few possessions to call their own, fleeing violence, abuse, and trauma in their home countries. With some waiting years for their claims to be finalised, they also face hurdles accessing many aspects of society including work and education. This lack of support and resources was only exacerbated in the face of a pandemic like COVID-19.

In addition to our sports and education programmes, our holistic approach to trauma includes support in the areas of housing, medical, food, and counselling. In 2020, the needs in all areas were significantly intensified. To meet these heightened needs, we increased our support by providing:

- Regular distributions of nutritious food (a combination of fresh ingredients as well as pre-cooked meals to support all our participants regardless of the ability to cook at home)
- Regular distributions of hygiene supplies such as masks, wipes, and hand sanitisers, as well as basic household items such as shampoo and soap
- Provision of additional supermarket vouchers to supplement meagre government allowance
- Kids activity packs to give children stimulating activities while they stay at home

Building on our regular distribution essential supplies, we have now created a permanent "corner shop" in our office where participants can request items that they need, including food, COVID-protection items, and other daily necessities such as toiletries and baby supplies.

In 2020, we also saw our participants step up to support each other during a time when they were largely forgotten by the rest of society, helping each other to run errands, pick up food distributions, encourage each other, organise small-group hikes, coordinate babysitting, and even share their own limited supplies so that no one gets left out.

“

Your support means a lot to us. Our food stipend is very restrictive, and we run out of food quickly. We also don't have access to cleaning supplies and laundry detergent. You cannot imagine how much happiness your donation brings us, because no one else is helping us to buy clothes and other necessities from the supermarket. Your help is greatly appreciated.

NADINE, FROM EAST AFRICA





## Rebuilding Mental & Physical Strength

We envision a future where refugees, particularly women, are able to access the support, services, and opportunities they need to rehabilitate from past traumas.

In 2020, RUN added 3 male participants, 5 female participants, as well as 6 children to our programmes. The complexity of the new cases, which involved sexual violence, trafficking, torture, and domestic violence, meant that our team and budget were particularly stretched to support our participants this year.

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Running and hiking has given me so many gifts and has changed my life. Before, I was a housewife without any natural sports ability. When I joined RUN, I became happier, mentally and physically. I was also more confident, determined and resilient. I do not doubt myself when I face a challenge, I face it with strength and determination.

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SYDNEY, FROM SOUTH ASIA







## Sports Programmes

The core of RUN's programmes is our sports programmes that offer an opportunity to rehabilitate and recuperate. Studies show the immense power of sports and being outdoors to combat trauma, depression, and other mental health challenges that our participants face. Our sports programmes are designed to improve mental and physical health of vulnerable refugees, through the creation of a safe and dedicated environment (Sustainable Development Goal 3 – Good Health and Well-being).

In 2020, COVID-19 meant that many of our in-person programmes were disrupted and were adapted in the following ways:

- We trained several of our participants as hiking leaders, empowering them with the skills to safely plan and lead weekly small, self-led hiking groups within health, safety, and group size regulations.
- Our weekly track training continued either as small group running sessions or home workouts designed by our volunteer coaches to enable participants to exercise at home.

Although many races were cancelled in 2020, three of our participants still managed to participate in the Hong Kong 100 Ultramarathon prior to the pandemic.

In 2020, we:

- Trained 14 participants were as hiking leaders
- Organised 57 sports sessions (hiking, swimming, self-defence, dancing) for 43 women
- Organised 33 track training sessions for 20 men, 21 women and 10 teenagers

After participating in RUN's sports programmes:

- 100% report feel physically and mentally stronger
- 85% report much better levels of energy
- 83% report much improved mood
- 79% report much higher confidence
- 73% report much better self-esteem
- 88% report improved sleep
- 75% go to the hospital less
- 78% of those using medication (painkillers, antidepressants, sleeping aids) report a reduction of their usage
- 69% say that they are much better able to socialise and make friends



“

**My daughter was born in Hong Kong and it was challenging as I was not surrounded by family, friends and domestic helpers. Being here as a single mother, it is hard to deal with because everything is on you without another helping hand. I am a mother and a father at the same time.**

SHAZA, FROM EAST AFRICA

## Kids Programme

In RUN's early days, we recognised that offering childcare and programming for kids was going to be a critical part of supporting our participants. Many of our participants are alone with their kids in Hong Kong and lack of childcare is a huge barrier to many women being able to take part in sports (and other activities) and focus on their own healing. Many of the children also suffer from PTSD, requiring additional support.

Over the years, we have offered regular childcare and babysitting stipends during our programmes for adults and ad hoc kids programmes during the school holidays.

In 2020, we launched a regular kids programme, providing:

- Bi-weekly homework support followed by sports programmes;
- Home activity packs containing crafts, stimulating activities, and nutritious snacks during school closures.

In 2020, we:

- Served 34 kids under the age of 12
- 13 sports sessions
- 6 sessions of homework support



## Healthcare Programme

To support our participants in their healing journeys, we facilitate access to healthcare services and resources. This is especially important for participants who may be suffering chronic health conditions as a result of torture or sexual violence. Having structured health support also means that we can document our participants' mental and physical condition to support their legal cases.

In 2020, we launched a new healthcare programme offering:

- Regular meetings with our volunteer healthcare coordinator to understand any medical concerns (for both adults and children) and direct our participants to relevant services;
- Access to pro bono medical services through our partnership with Central Health Medical Practice;
- Support to register participants on the Hong Kong government's eHealth system, so that private and public healthcare providers around the city are able to access the necessary medical records to ensure they get the appropriate care;
- Individual and group therapy sessions provided by Dr. Ken Fung at the Jadis Blurton Family Development Center (funded by ZeShan Foundation) and pro bono by Dr. Andrew Stock of ClinPsych Services.

In 2020, we:

- Registered 31 participants on eHealth
- Facilitated counselling sessions for 15 participants
- Organised an average of 8 meetings with our medical consultant per week

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Before seeing Dr. Fung, I did not see my problems. I thought I was okay, but I was not okay. I did not want to see anyone, I just wanted to stay home all the time, I only left the house once a week to go to church. I felt overwhelmed and felt a lot of pressure being with the children all the time. After first seeing Dr. Fung, I felt much better because I had someone to talk to about how I was feeling. I had a reason to leave the house. Right now, I have a much better mindset, and I feel positive about the future.

RYAN, FROM EAST AFRICA



“

We have passed through difficult times.  
We know hate, injustice, darkness,  
because it was done to us. I am telling  
you - once you live in the darkness  
that's when you see or understand  
what light is.

SALLY, FROM EAST AFRICA

## Uniting Across Differences as a Community

We work towards a future where refugees are integrated with the local community and respected and treated as equals. Responding to the global refugee crisis is a team effort, and we need allies and partners across all sectors on a local, regional, and global level.

### Collective Impact

We are intentional about advocating on behalf of refugees in Hong Kong by partnering with like-minded organisations for collective impact and educating our community.

In 2020, we took an active role in the Refugee Concern Network (RCN), a group of organisations and individuals who work collectively to better the lives of protection claimants and refugees in Hong Kong and advocate for their rights. Our co-founder Virginie Goethals serves as the general convenor for RCN and our programme manager Cindy Leung serves on the working group on comprehensive solutions.

Together with members of RCN, amongst others, we:

- Raised awareness about the experience of refugees in Hong Kong during the pandemic, including how the lack of support and resources has been exacerbated during COVID-19 and also the strength and resilience of refugees amidst the crisis;
- Organised a virtual World Refugee Day film screening and panel discussion to raise awareness about refugees in Hong Kong;
- Advocated for greater scrutiny of proposed amendments to Hong Kong's immigration law, which could create additional barriers to asylum seekers receiving a fair hearing and proper consideration of their cases.

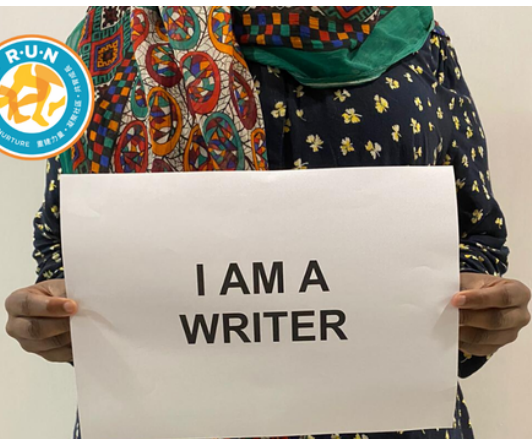


## Community Education

Whilst our direct services for our participants is of utmost importance, we also believe that the situation for refugees in Hong Kong will not change without community education. Through our digital platforms and engagements with schools and companies in Hong Kong, we have worked to deepen the community's understanding of the refugee experience by sharing a combination of facts and real-life stories.

In 2020, we:

- Delivered 10 presentations to 4 schools in Hong Kong
- Organised 5 corporate engagement activities



**I AM A WRITER**

*“ I want people around the world to know what happened to women in my country. I dream to help them, and I hope my dream can come true one day. ”*

#IAmMoreThanARefugee

**DID YOU KNOW?**

Refugees and asylum seekers only receive a small governmental monthly stipend of:

- HK\$1,200 in food vouchers (on average HK\$40/day)
- HK\$1,500 in rent support

This meagre support is compounded by the fact that refugees and asylum seekers do not have the right to work in Hong Kong, and have no way to earn income to support themselves.

**SEEKING ASYLUM IS A HUMAN RIGHT.**

**No one chooses to flee their country to be a refugee, but everyone has the right to seek asylum and receive protection.**

Asylum is a human right alongside other basic human rights like the right to marry, to have a family, to go to school, to go to work. The right to asylum is enshrined in Article 14 of the Universal Declaration of Human Rights, which states that “Everyone has the right to seek and to enjoy in other countries asylum from persecution.”

*“ When new participants join RUN, I take the time to introduce myself and provide a friendly face as the volunteers and staff at RUN did for me when I first joined. ”*

#IAmMoreThanARefugee

**I AM A FRIEND**



## Nurturing Self-Reliance for a More Hopeful Future

Beyond meeting the immediate needs of our participants, we aim to empower them to build a new life of safety, dignity, and self-reliance. This means supporting our participants to advance their education and develop professionally, facilitating local employment opportunities and learning business skills, and exploring long-term solutions for our participants to leave their life of limbo in Hong Kong and start a new life abroad.



“

**When I came to RUN, I met people who told me that women were powerful and I saw them treat women like they could do anything. I realised I could be a powerful woman, too, and that I have my own voice.**

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PRINCESS, FROM EAST AFRICA



“

Refugees in Hong Kong have many skills that cannot be used or shared with the community, even on a voluntary basis. Around the RUN office and at the homes of friends, I can use my skills to help maintain, refurbish and improve their spaces. With my skills, I can help people. Helping people is my dream.

MICHAEL, FROM EAST AFRICA

## Refugee-Led Initiatives

Our participants have a range of talents and skills to share with the community. In 2020, our participants used their skills to organise the following initiatives:

- RUN participants who completed a Parent Effectiveness Training compiled a list of tips for parenting during a pandemic, which was shared with the wider refugee and asylum seekers in Hong Kong.
- RUN participants who completed an urban farming course started an organic garden at Repulse Bay to grow fresh vegetables to share in our weekly lunches.
- RUN participants who learned woodwork and laser-cutting skills from a Creative Technologist programme used their skills to create items including trophies for our events, donation boxes, new shelving for our office, and planters for our garden.
- RUN participants who are skilled sewers and crocheters are sharing those skills with other participants who want to learn, and together, they created a range of one-of-a-kind items that were sold via our online store.

Additionally, we were able to publish our first RUN Cookbook, a compilation of our participants' favourite recipes from their home countries. The Cookbook is not only a collection of recipes, but also a collection of memories, and the story of our participants and their resilience.





“

I can't find a way to describe how RUN and their programmes have impacted my life. What I can say is thank you RUN for opening my eyes and let me again see good in people. It's hard to recognise good people when once upon time you were in the hands of monsters. But with RUN, it's the opposite. Thank you RUN.

ALEX, FROM NORTH AFRICA

## Education

Our education programme, PATHS for the Future provides an opportunity for our participants to exercise their minds, as they exercise their bodies, and helps to restore independence and dignity through education and training to prepare for re-entry into the workforce (Sustainable Development Goal 4 – Quality Education). PATHS stands for Professional development, Access to education, Training and service, Help and mentorship, and Skill building.

While in-person group classes were suspended for much of the year, we were able to:

- Expand our wifi support to all participants to accommodate those who were already studying online and those who had to adapt to study online temporarily during the pandemic.
- Provide additional training to our participants to use G Suite and Zoom so that they could access virtual study and support.
- Adapt our in-person English classes to a virtual format (for individuals and groups).

Additionally, we launched our updated mentoring programme. The year-long programme includes monthly meetings, alternating between group workshops and one-on-one meetings between mentors and mentees.

In 2020,

- 67 adult participants joined PATHS, earning 75 study certificates
- 23 participants completed RUN's computer classes for beginners
- 3 participants became certified by the American Caregiver Association as home health aids
- 2 students graduated from the MakerBay Creative Technologist Programme
- 7 teens received homework support and tutoring
- 40+ mentor pairs embarked on a year-long mentoring programme

After participating in RUN's education programmes:

- 90% report that studying helps them feel like they are regaining some control over their lives
- 98% report that studying helps them feel more self-reliant
- 83% report that studying helps them feel like they are getting ready to go back to work
- 71% report that they find having a mentor to be useful



## Work Experience

In Hong Kong, refugees and asylum seekers are generally not allowed to work, but we have been able to obtain exceptional authorisation for employment and learning internships for some participants on a case-by-case basis. This year, our participants have worked in roles in accounting, back office support, financial research, as a paralegal, and RUN was even able to hire one of our alumni as our IT teacher!

Additionally, as many of our participants have been pursuing skills such as sewing, crocheting, and recipe-writing, we were able to launch an online shop on our website, just in time for Christmas. Our online shop features a collection of Christmas gifts and decorations, as well as our one-of-a-kind RUN Cookbook, containing 49 delicious recipes from our participants. In 2021, our participants will take this experience one step further by undergoing an entrepreneurship workshop series to learn about product design, marketing, and various aspects of running a business.

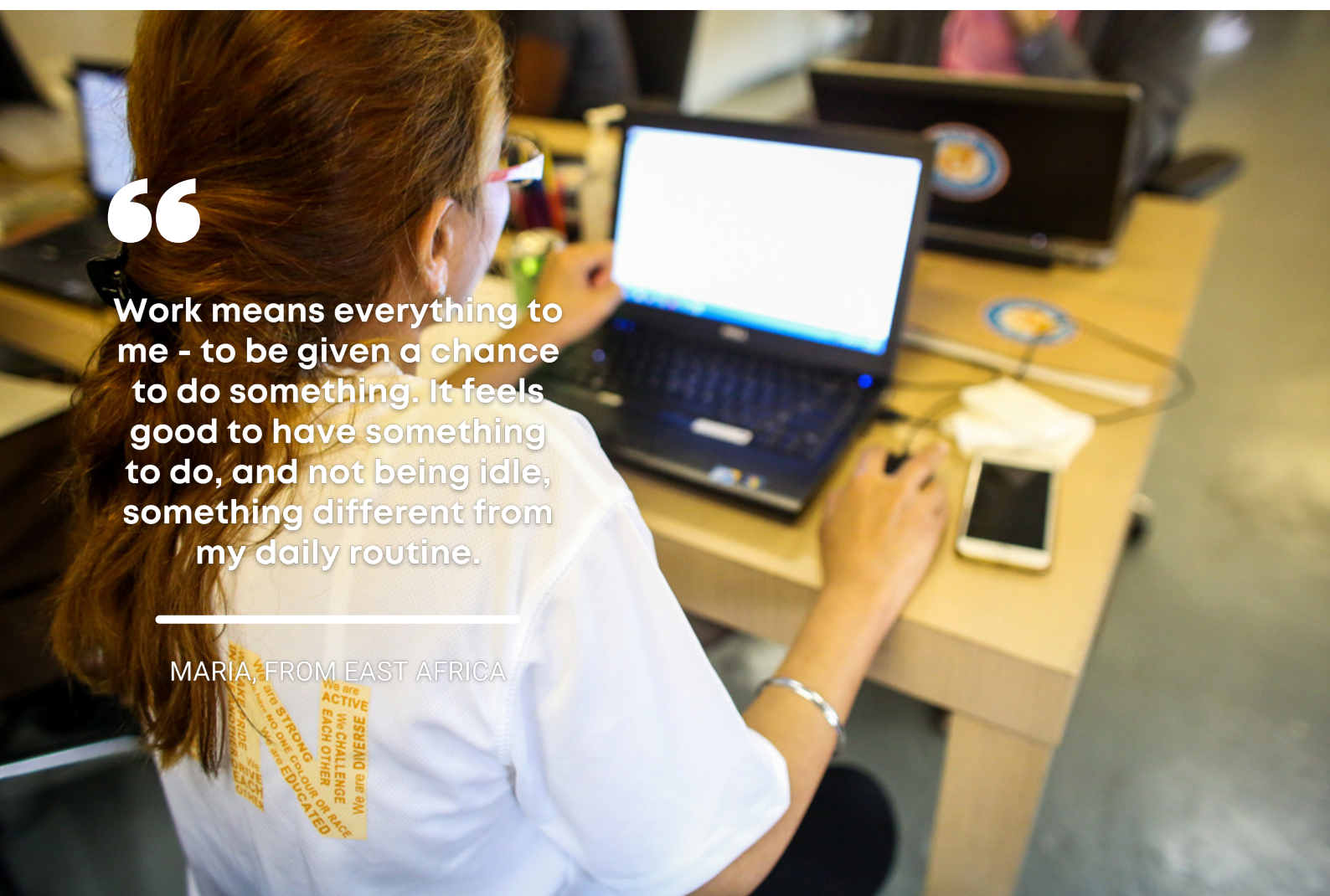
In 2020:

- 7 refugee participants were matched with paid employment opportunities
- 3 asylum seeker participants completed voluntary learning internships in accounting, financial research, and architecture
- 4 RUN participants completed 20 hours of sewing classes with a volunteer and made Christmas items sold via our online shop

“

Work means everything to me - to be given a chance to do something. It feels good to have something to do, and not being idle, something different from my daily routine.

MARIA, FROM EAST AFRICA





Welcome  
to  
Toronto



## Community Sponsorship

While our programmes are necessary and important to help our participants rehabilitate from trauma and meet their immediate needs, we recognise that until there is a path to residency (and the basic rights to work and access to services that come with being a resident), our participants will continue living a life of limbo in Hong Kong. Hong Kong has not signed the UN Refugee Convention, which means that even if an asylum seeker's claim is substantiated, they cannot stay here permanently.

In 2018, one of RUN's participants was able to begin a new life through Canada's community sponsorship programme. Since then, we have proactively developed relationships with two Sponsorship Agreement Holders in Canada to facilitate community sponsored resettlement for some of our participants.

In 2020, 14 participants were able to start a new life through community sponsored resettlement, UNHCR resettlement, and other pathways

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**RUN kept me alive in Hong Kong as I had lost all hope, and explored every avenue so that I could leave Hong Kong to start a new life after 16 years of limbo and be reunited with my daughter. RUN also gave me the professional skills and confidence I needed to re-enter the workforce in my European host country.**

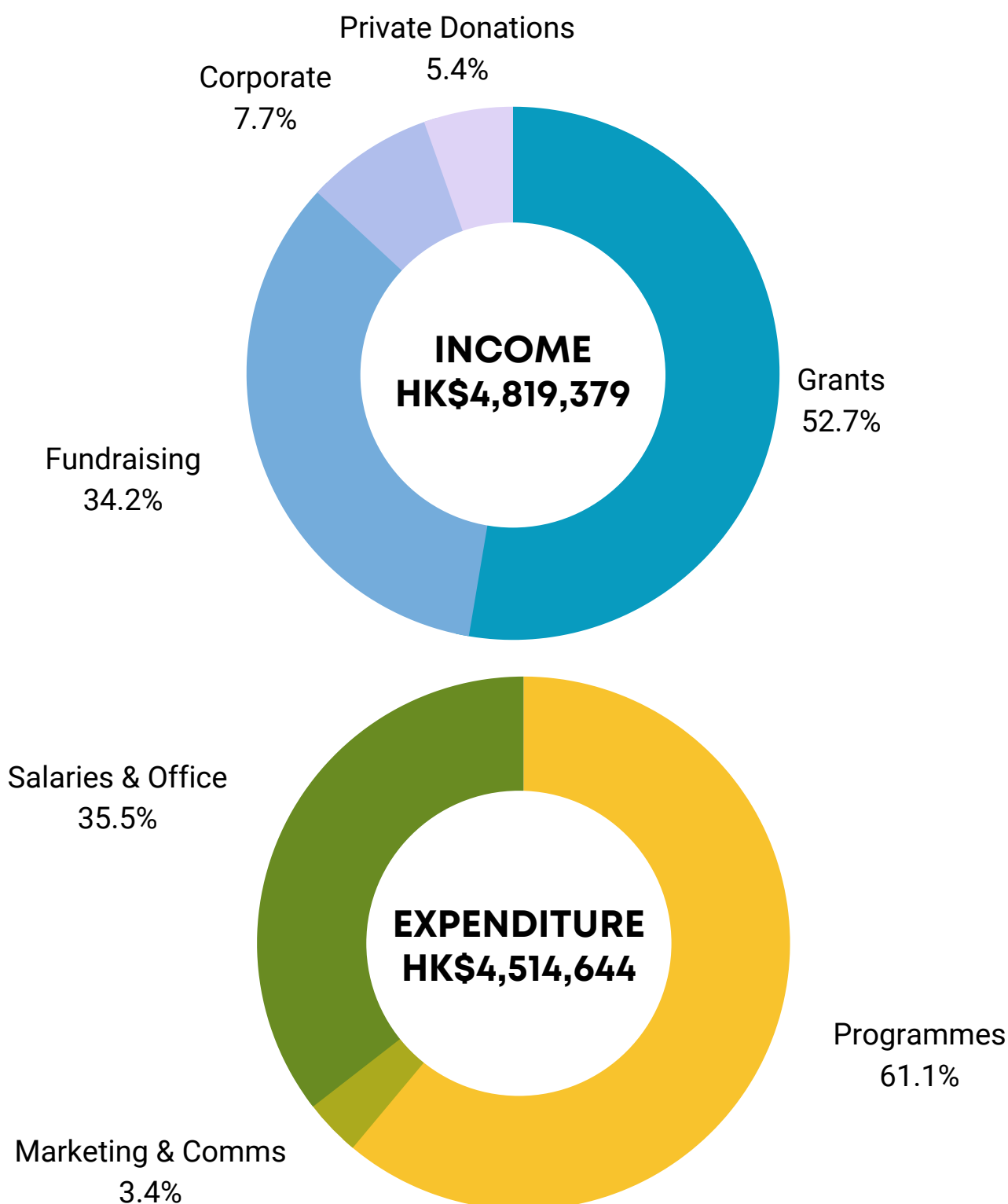
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SHARON, FROM SRI LANKA



# FINANCIALS

Every dollar we raise means a more hopeful future for our participants, whether that's building mental and physical strength through our sports programmes, developing skills through our education programme, or helping refugees start a new life.







# ACKNOWLEDGEMENTS

2020 was a difficult year for nonprofits around the world. We are incredibly grateful to all the individuals and organisations who gave to RUN, enabling us to be nimble and responsive to our participants' needs and invest our resources where it was most needed.

## Funders & Partners

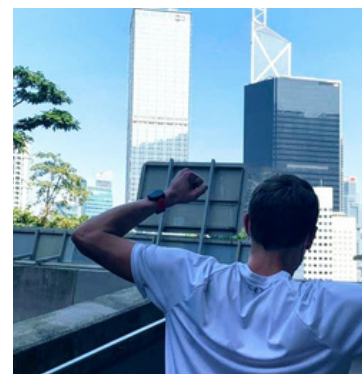
Thank you to the following Funders & Partners who played a major role in RUN's work in 2020:

- Active Global Caregiver
- AllianceBernstein
- American Chamber of Commerce
- American Women's Association
- Asia Pacific Refugee Rights Network (APRRN)
- AVOHK
- BuffaloLabs
- Central Health Medical Practice
- Clifford Chance
- ClinPsych Services, Dr Andrew Stock
- Escapade Sports
- Feeding HK
- FoodLink Foundation Ltd
- Fung, Yu & Co
- Gibson Dunn
- Goldman Sachs
- Gone Running
- Health in Action
- Hong Kong Swimming Academy
- Jadis Blurton Family Development Center
- Joint Dynamics
- Kering Foundation
- Lane Eight
- LinkedIn
- Macquarie
- MakerBay
- Permira
- Proof
- RaceBase
- Racing the Planet
- Ronald & Rita McAulay Foundation
- Refugee Concern Network (RCN)
- Shan Studios
- Skadden Arps
- Sylebra
- Telos
- The Hongkong & Shanghai Hotels Ltd
- Trail Runners Association of Hong Kong
- ZeShan Foundation



## Fundraisers

We are grateful to some wonderful individuals who chose to dedicate their audacious challenges to RUN in 2020, and help us raise money so that we could keep responding to our participants' needs in a year like this.



## Volunteers

While flexible funding is critical to keeping our lights on, we wouldn't be able to continue without our 100+ regular volunteers who dedicate their time and energy to keep our programmes and operations running.



In 2020, we estimated that RUN volunteers contributed

# 1,000+ HOURS





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Running is unexpected and different - it can be a struggle. But it also feels good, and we can persevere and succeed. Repeated exposure to a challenge gives me more confidence to deal with anything. Running helped to relieve my stress and taught me how to mitigate stress in future - it helped me to build resilience and allowed me to keep going.

CHARLOTTE, FROM SOUTH ASIA

## LOOKING AHEAD TO 2021

2020 challenged us on all fronts. But throughout all of the challenges, we've held on to our mission of supporting vulnerable refugees to **Rebuild** their mental and physical strength, **Unite** across differences as a community, and **Nurture** self-reliance for a more hopeful future. In addition to our ongoing programmes, we plan to strengthen the following areas:

- **Increase refugee-led initiatives:** In 2020, many programmes with partner organisations were disrupted, leading us to move a number of initiatives in-house. Our participants who have skills or knowledge in urban farming, woodworking, sewing, parent effectiveness, and more, organised classes to teach other participants and apply their skills to benefit the wider community. In 2021, we aim to increase opportunities for our participants to share their talents with each other.
- **Expand our education programme to include an entrepreneurship track:** In addition to preparing and supporting our participants for employment opportunities, we will be adding an additional track to our education programme in 2021 to learn entrepreneurship. By pairing entrepreneurship skills with our participants' existing talents, we hope to build additional income streams to benefit our refugee participants.
- **Enhance our supplies of food and other basic necessities:** Reliable access to affordable necessities such as food and other supplies was a big challenge in 2020, prompting us to increase our distributions. Our "corner shop", which is now a permanent fixture in our office, is a core part of our holistic support for our participants, and we will continue to source and provide essentials
- **Deepen our partnerships in Canada to facilitate resettlement through community sponsorship:** We are extremely grateful that even in a year like 2020 when much of global travel came to a halt, we were still able to facilitate the resettlement of 14 participants. This was due in large part to our partnerships in Canada, and we hope to continue working closely with those partners to ensure that more of our participants can begin a new life in 2021.



# GET INVOLVED

As we reflect on what we've been able to achieve over the past year, we're also reminded of the work still to be done. Refugees and asylum seekers are among the most vulnerable in our community, and the pandemic has only exacerbated the trauma and poverty that our participants deal with on a daily basis. In 2021, our work is ever more urgent and we need your support to continue the important work of meeting our participants' immediate needs and supporting their healing, while pursuing long-term solutions to help them start a new life in Canada through Community Sponsorship. Please consider getting involved in one of the following ways to make a difference for refugees and asylum seekers in Hong Kong



## Become a Monthly Donor

We still need to raise 1/3 of this year's budget to meet our participants' needs. 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 to hire a refugee, please reach out to us at [info@runhk.org](mailto:info@runhk.org)!

## Get Educated

One of the best things you can do for refugees in Hong Kong and around the world is to educate yourself and those around you. Make sure you're following us on Facebook, Instagram, and LinkedIn, where we share news and other content about refugees, or better yet, invite us to speak at your company/school!



RUN is a Hong Kong-based nonprofit that supports vulnerable refugees to rebuild their mental and physical strength, unite across differences as a community, and nurture self-reliance for a more hopeful future. With sports as the springboard and education as the foundation, we work towards a resilient and empowered refugee community in Hong Kong and beyond.

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