



RUN HONG KONG

Annual Report 2022





Letter from the Founders

Dear friends of RUN,

As one looks back on the previous year, one would be forgiven perhaps for first focussing on the challenges and the struggles. But, as the saying goes, 'every cloud has a silver lining'. 2022 has certainly not been without its challenges, especially for those in the refugee community in Hong Kong. However, it is with thanks to you, our community of funders and supporters, as well as our volunteers and staff, that we are able to reflect on this year with significantly more pride and positivity than we would have perhaps thought possible in its earlier months.

The pandemic has been a catalyst to increase our individual level of care, take in participants with more complex trauma, and consequently expand our holistic approach to overcome trauma and encourage refugee-led programmes at every level.

When the fifth wave hit Hong Kong at the start of the year, strict restrictions were put in place, affecting everyone's daily life. These restrictions were even more limiting for the participants of RUN, many of whom live with very limited space, access to food, and medical care. Their time spent at RUN activities is a major part of their lives here in Hong Kong, and without them, many of the building blocks that have been carefully put in place to support their mental health and wellbeing were at risk of coming down.

However, despite the challenges thrown at us by the pandemic, RUN remained open every day and even took in new beneficiaries, referred to us by partner organisations, who were in need of urgent support. This included 44 refugee children who joined the SHINE Programme.

In a time of need, our community showed us once again why we are so extremely lucky to have you all as a part of RUN. Organisations and individuals alike stepped up to raise emergency funds, provide food, and give time and support. Because of this, we look back on this time with immense pride and gratitude.

The restrictions saw the creation of a new sporting opportunity in the self-led hiking and family hiking, supporting mental health and bringing families closer together. It has been requested that we continue this in the future, funding permitting.

What we missed out on at the beginning of the year, we more than made up for when the restrictions eased. Our Education Programme was back up and running, and the office was once again buzzing with the energy of all of our participants. Tuesday group hikes and Thursday track training returned, and new challenges were set. Some participants entered races, while others advanced their dressmaking and woodworking skills.

We were overjoyed to be able to engage with our community again, starting with our Orange the World event in November, in support of the UN initiative to raise awareness for gender-based violence. It was wonderful to see so many familiar and new faces join us to exceed our goal of running 1,000km in 12 hours.

Despite the limited travel, we waved goodbye to five participants who were resettled in Canada through our Pathways Programme. As the situation for refugees in Hong Kong becomes increasingly precarious, and a greater number of our participants are at high risk of deportation, this programme is being further accelerated in 2023, with an emphasis on securing a pathway for every participant. In the meantime, we will continue to provide a rigorous and varied education programme to up-skill and prepare our participants for their future.

What follows is a detailed account of a challenging but successful year. A year that shows the strength and determination of our participants and how the support from our community is so valued, through the tougher times, as well as the good.

We are grateful as well to our wonderful team, who work tirelessly every day towards our goals in support of a very special group of people.

We sign off with our very best wishes for a happy and healthy 2023, as well as our sincere thanks for your continued support.

Virginie and Brenda

Co-founders
RUN Hong Kong

Special Announcement

Brenda Sawyer, MBE

In June 2022, Brenda Sawyer, RUN co-founder and director, was named in the Queen's Jubilee Honours List for her services to refugees and asylum seekers in Hong Kong. Brenda was awarded Member of the Most Excellent Order of the British Empire (MBE).

The MBE is awarded for outstanding achievements or service to the community, and we couldn't think of anyone more deserving than Brenda. Through her work with RUN, Brenda has made exceptional contributions to the refugee community in Hong Kong, especially women refugees. Brenda has been instrumental in developing our programmes to ensure that our participants get the full support they need to truly begin new lives.

We are all immensely proud of Brenda for this extraordinary achievement!



With Wings You Gave Me

For my Grandmother

You shaped and coloured the wings
I used to fly
when I was small
when I had to learn things

More familiar to me than my mother
You kept me in your arms
even if there was no milk in your breast
the love you gave was as pure as the white flower

You bathed and saved me like a lotus in a lake
and when I finally stood on my own
you and my mother laughed joyfully that day

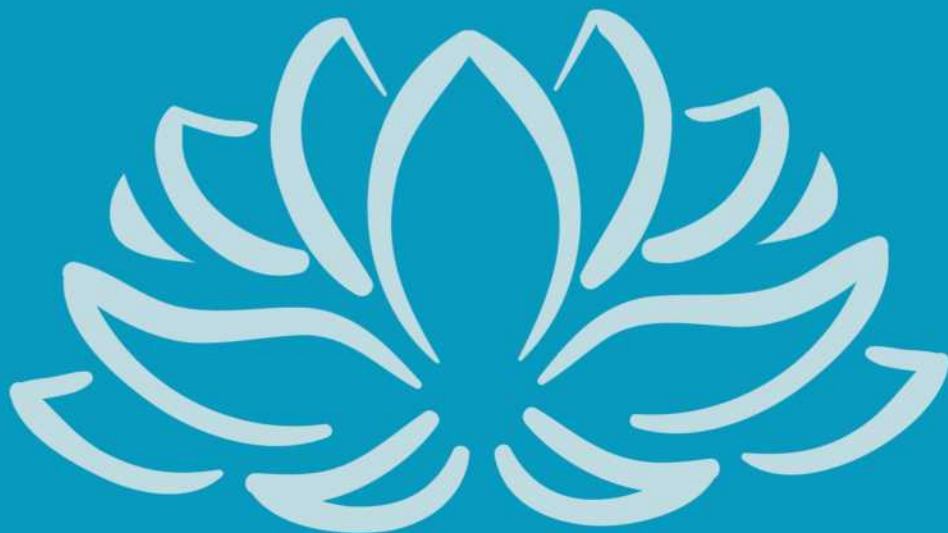
When I cannot sleep
I do not know the
constellation
I think of how you are closest to me
like a shelter for my heart
When I think of you, Grandmother,
I feel the center of my heart

So far so good
You are never far...
when I see the first star shining in the night sky
You're the one I see.

By N.R.W.

**Poem written by a RUN
participant for the World Poetry
Day Competition in Hong Kong.**

**This poem has since been
selected for inclusion in the
Hong Kong Anthology.**



The Numbers

Refugees Around the World, in Hong Kong and at RUN Hong Kong

32.5

million
refugees*

4.9

million
asylum seekers*

1 in 77

people on earth
has been forced
to flee*

JUST UNDER

15,000

refugees and asylum
seekers
in Hong Kong

*As at mid-October 2022. Source: unhcr.org

19

NATIONALITIES
represented at RUN

1.2%

have their claims recognised**

***Official substantiation rate (www.legco.gov.hk - LC Paper
No. CB(2)968/2022(02))

RUN HONG KONG BENEFICIARIES

Total beneficiaries

176

Beneficiaries in Hong Kong

112

Beneficiaries Abroad

64

RUN BENEFICIARIES IN HONG KONG

Total # participants this year

112

Adult Participants

54.46%

Adult Female / Male Participants

72.13% / 27.87%

Participants under 18 years

45.54%

Refugees / Asylum Seekers

43.75% / 56.25%



7 adults

8 children

joined RUN in 2022



44 children joined
SHINE from
external NGOs



Our Impact

Sport

Sport is the linchpin of everything we do at RUN. Our sport programmes focus on sport as the first step in trauma recovery and aim to rebuild physical and mental strength, as well as resilience. Our main programmes include the women's only Hiking to Heal, mixed gender track training, and the SHINE kids sessions.

As the fifth wave of Covid-19 hit Hong Kong and social restriction increased, our sport programming was adapted to ensure our participants were still able to continue with their crucial, weekly exercise. For the first half of the year, Hiking to Heal became self-led hiking. Our Sport Programme co-ordinator created maps, strava links, instructions, and guides for participants to follow. What came from this was a new level of independence and confidence for our participants. They visited never-before-seen places in Hong Kong, took on more challenging hikes, and confidently found their way around Hong Kong. A new arm to our programme was born, which we hope, will remain in place for the foreseeable future.

During the pandemic, we worked to make our sport programmes more individualised than before and address everyone's fitness needs with three specific levels introduced across all programming, from improver to advanced - known now as 'Get Active', 'Intermediate' and 'Advanced'.

Get Active is about encouraging movement, such as targeting more steps per day, whilst Advanced incorporates races, challenges, difficult hikes, and track workouts. Whenever possible, we organise events that allow these groups to overlap in order to ensure the important aspect of social interaction is maintained.

Another silver lining of pandemic restrictions has been the development of expanded refugee-led programming. The self-guided hiking programme created hiking leaders who have gone on to achieve first aid qualifications. The kids programme depended heavily on five of our refugee coaches and four refugee assistant coaches who received training from the Hong Kong Rugby Union Community Foundation (HKRUCF) specifically on coaching sports for kids. Finally, three participants completed a sports track coaching course that has enabled them to lead coaching sessions at the track.

Once restrictions eased in the last quarter of 2022, races returned, and our participants were able to join in-person races again. We were even able to host our own event - the Orange the World challenge gave our participants a space to set goals for themselves and work with their peers and the community to achieve them, all in the name of fighting gender-based violence.

From October, 10 participants aged 17-40, male and female, participated in the 3-event BuffCo Time Trial series. The races were rewarding for our runners and created a much needed sense of community. Some participants even managed to set personal best times.

With weekly group activities continuing to centre around hiking, RUN provided additional opportunities for our participants, including football (at the time of the World Cup), team-building activities, dance and yoga, as well as swimming. The provision of a wide range of physical activities for participants has been identified as a key way to empower refugees and asylum seekers to learn new skills, which contributes directly to a sense of self-efficacy and confidence. This has been displayed across our swimming activities, with 18 ladies graduating from swim classes led by Hong Kong Swimming academy coaches Janet and Godfrey. Additionally, extra-curricular swimming was offered to participants through the Splash foundation, with six men and three women graduating from Splash in the second half of the year.



We were able to successfully organise our crucial sports sessions, and all were well attended:



48

Hiking to Heal
participants
in 2022

32

Hiking to Heal
sessions
in 2022

48

Self-guided Hiking
participants
in 2022



49

Track Training
participants
in 2022

34

Track Training
sessions
in 2022



25

Swimming
participants
in 2022

SHINE

Kids Programme

When Covid restrictions saw the cancellation of our kids sports programme and the closure of schools, RUN identified the need to offer something to support children and families. Our Kids Programme became family hiking, following a similar structure to the self-led hiking. This included self-guided family hikes, complete with colourful and interactive guidebooks to new trails. This was such a well-received programme that families have asked to continue this even though restrictions have eased, as it improves the family's mental health as a unit and family communication, and allows access to natural spaces that are otherwise considered out of reach.



Thank you so much for organising this, the hiking has brought us together as a family so much.



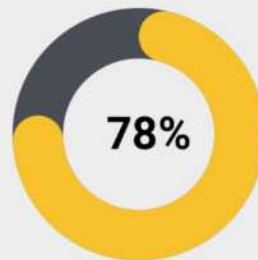
Mother-of-three, Asylum Seeker from Uganda.

Our Kids Sports Programme resumed in September. SHINE stands for Sports, Health, Inclusion, Nurture, Emotional wellbeing. With the support of HKRUCF and Laureus, we recruited coaches to implement a Rugby curriculum with a focus on teaching mental wellness. RUN held 12 sessions for 43 kids already in our programme and extended the programme to 44 children from other Refugee and Asylum seeker NGOs in Hong Kong.

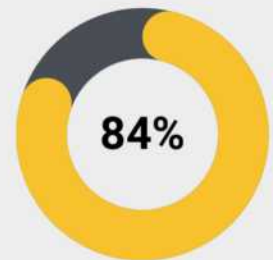
**2022
RESULTS**



I understand that physical activity is good for my mental and physical health



I feel less anxious after playing sport

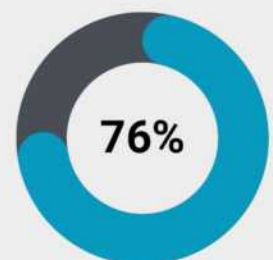
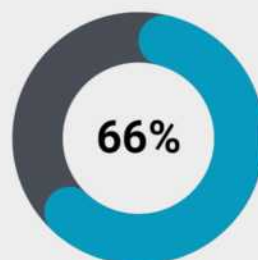
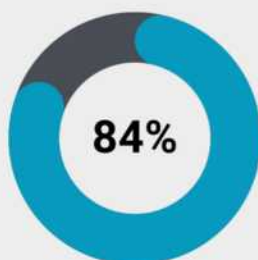


I have safe places to go and people who support me

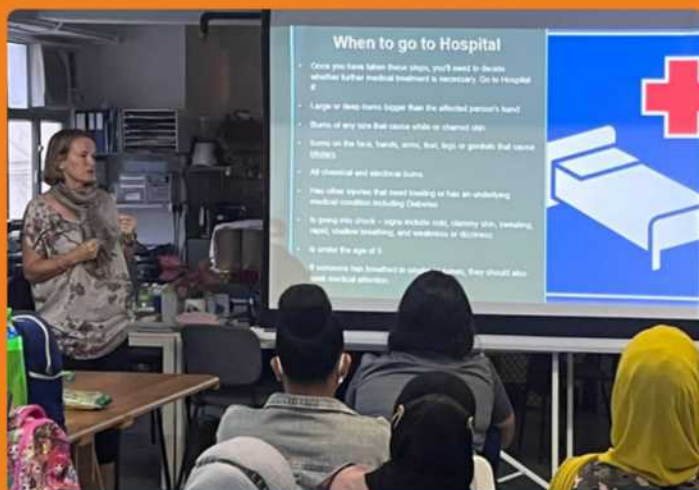


**RUN Annual
Survey Questions**

**2021
RESULTS**



Additionally, RUN medical consultant, Charlotte Beckett, provided three medical talks to parent participants with a focus on basic first aid tips, common child illnesses, and how to assess when their child is sick and needs to see a doctor. A further talk was delivered by a psychologist (Kathryn Gayle) to parents on mental health first aid for children to support them to identify and address mental health issues, as well as providing key support resources.



Impact Story

Two ladies, two individuals with countless similarities, have put the pandemic challenges of 2022 aside and set themselves their own, sport specific challenges that have given them focus, have pushed them in a positive way and have resulted in achievements they would not have predicted at the beginning of the year.

This dynamic duo share the same name, country of origin, age and surname initial. They joined RUN at the same time - they became known as S1 and S2!

During the pandemic, they teamed up to explore Hong Kong's trails, taking their children along and spreading their love of the hills and the outdoors. S1's 6-year-old completed a 12km advanced hike with the pair, and S2 took on 48km of the Hong Kong trail independently.

For context, neither of these women took part in sports at school or while they were growing up. Their first taster of sport was a hike with RUN!

Once restrictions eased and races were back on, the two ladies put their hard work to the test, entering 800m and 3km time trials and setting personal bests across the board!

As if this wasn't enough, they seized the opportunity to test themselves further during our Orange the World challenge in November by seeing how many laps they could complete during the 12 hours. In total they ran 12 laps around the Peak, totalling just over 42km in distance...a marathon!

These ladies have made the best of a challenging year and shown what mental strength can do. Congratulations to two amazing women - S1 and S2!





Education

All adult beneficiaries participate in RUN's Education Programme so they can focus on future livelihood opportunities and foster self-reliance. The Education Programme is individually tailored to each participant based on their background, current skills, goals, and pathway.

All participants are studying either entry level or intermediate English, computer literacy, and/or maths classes at RUN with in-house teachers. RUN's Education Manager then works with each participant individually to tailor their education pathways to meet their specific needs, before placing them into one or multiple of the following specialised streams:

- Online university courses
- In-person university courses
- IT/Technology and computer science (online study)
- Vocational training
 - Caregiving courses
 - Metal/Woodwork courses
 - Sewing and dressmaking courses
 - Urban farming
- Online higher education
- In-person higher education courses
- Hospitality training

RUN also has specially designed programmes for the younger participants, facilitating access to university for secondary school graduates, as well as trauma-informed homework support.

In the second half of the year, once restrictions eased, participants had various opportunities to showcase their work. Our valued partnership with the American Club Foundation provided the opportunity for participants to sell their handicrafts at the ACF Christmas Fair. They sold woven baskets, computer and device pouches, wooden serving boards, jewellery, blankets, hair bands and other beautifully crafted products, all of which proved extremely popular.

Four of our participants worked with Narrative Made to produce art and designs that were displayed at the "always" Exhibition in November at the event space in Central Market. The event then moved to the PMQ, where the showcase continued through to the end of the year and into early 2023.

To close out the year, our recently qualified dressmakers showcased their skills at an in-house fashion show. The show was a celebration of their hard work, as well as of the gradual easing of restrictions and the end to a tough year.

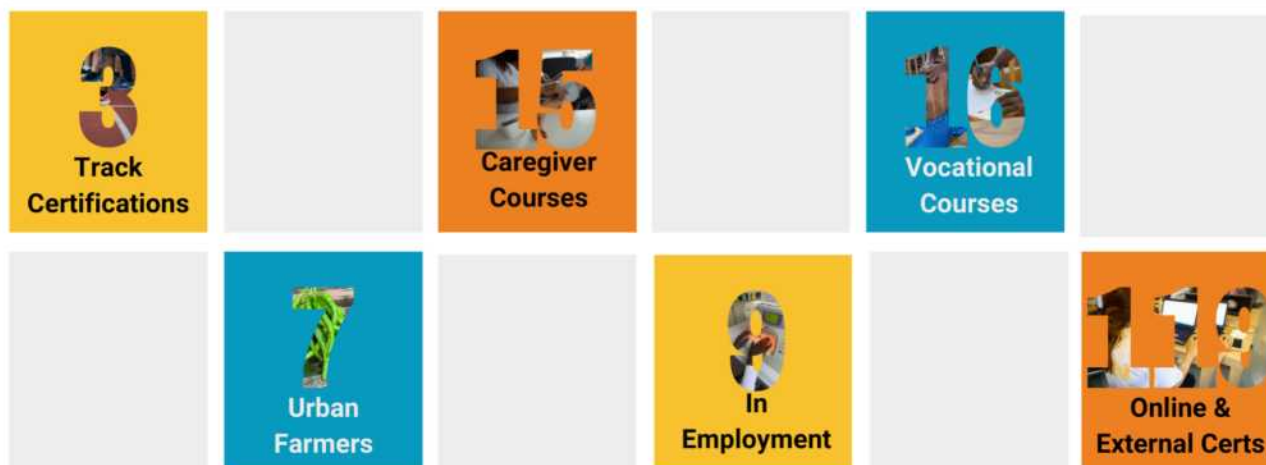


Those whose non-refoulement claims have been recognised by Hong Kong Immigration may apply for exceptional work authorisation on a short-term basis. RUN is proud to have partnered with some incredibly supportive organisations who have helped provide employment opportunities for nine RUN participants this year, including Rosewood Hotel Group, Escapade Sports, PURE, and Sylebra Capital.

Even after participants resettle abroad, they can count on RUN to provide employment-targeted support. Of the nine adults who were resettled with their families in 2022, all participants are either working or enrolled in educational programmes, such as Personal Support Worker (Caregiving) or Medical Office Administrator training. RUN assists participants from abroad with help updating and refining CVs, drafting cover letters, and preparing for benchmarking language exams. Additionally, 6-month post-resettlement feedback indicates that our participants felt particularly well-prepared for their resettlement in their English language and professional skills preparation. Owing to smooth resettlement processes, those participants with children uniformly report that their children enjoy greatly improved academic engagement and progress, as well as generally improved mental health, all of which demonstrates that supporting parents to be resilient and successful has a holistically positive impact on families.



RUN Participant Education Successes in 2022





Pathways

RUN works in line with the Global Compact on Refugees developed by UNHCR, and we have worked hard to expand our own durable solutions programme over the past 18 months. We've achieved success in developing long-term solutions and strong partnerships as an additional/alternative solution to the current system, which includes no path to residency for refugees in Hong Kong.

Due to the complex situation on the ground, RUN has proactively developed relationships with UNHCR in Hong Kong and Sponsorship Agreement Holders (SAH) in Canada over the years to facilitate community-sponsored resettlement for participants able to re-enter the workforce. Because of the current political and immigration environment, this programme is currently being accelerated.

The goal of this programme is to find solutions for as many participants as possible that allow them to rebuild their lives outside of Hong Kong. The funds directed to this programme support the application process, preparation for travel, flights, and support for their first year of life overseas.

Although goodbyes are never easy, when we're waving off our own participants at Hong Kong International Airport for pastures new, there is a sense of relief and elation for the opportunities that lie ahead for them in their resettlement.

“
The goal of this programme is to find solutions for as many participants as possible...
”

In 2022, despite the continuation of significant travel restrictions for much of the year, five individual RUN participants departed Hong Kong for resettlement in Canada, through our partnership with Sponsorship Agreement Holders in Canada. RUN also supported departures of a further 15 refugees and asylum seekers from Hong Kong in partnership with other organisations.



By the completion of 2022, applications had been submitted for resettlement of another 26 individuals - a total of 12 cases. Work is currently underway to submit a further 12 case applications in 2023, which would enable resettlement for 35 individuals.

RUN is delighted to provide access to a new visa pathway to the USA, in the form of the EB3 visa for unskilled workers. This employment-based immigration opportunity allows residency for an entire family in the United States. Through donations, RUN is able to cover the costly application fees, departure preparation, and three months of living costs in the USA upon resettlement.

“
As I depart in a few days,
I want you to know that
I'm leaving as a new
person full of ambitions
and hope for the future.

-Lisa*, a single mother from East
Africa

Impact Story | Yasmin & Bashir

After being in Hong Kong without legal status for nearly **seven** years, Yasmin and Bashir's family resettled to **Canada** through Private Sponsorship in November 2021, facilitated by RUN through our partnership with an SAH in Toronto. While Bashir was in Hong Kong, he studied computer science through an online programme. With the help from a group of passionate resettlement volunteers from our partner SAH in Canada, he was offered a job in the IT sector just one month after his arrival. Yasmin studied English, Computer, and Caregiving at RUN. Yasmin's high level of English fluency allowed her to go back to the workplace as soon as the children were well settled. Although she had to change jobs because of family duties, she adapted easily to different jobs including caregiving, factory jobs, and logistics. Yasmin said "Canada is not easy, life is busy. But you get what you want by working hard." "When I go to the supermarket now, I have money in my wallet, I can use my credit card. I have membership cards in the shops. Our family can go out for a nice dinner every week. There's no more food cards in ParknShop." (Refugees and asylum seekers are given a food card every month by ISS, which allows them to buy food from ParknShop only.) Going back to the workplace and being self-reliant, Yasmin and Bashir can take their children out for movies, to the restaurants, buy gifts for them, and give them some pocket money, just the same as all the other parents; things that were not possible in their 7-year life as asylum seekers.

5

individual RUN participants
departed Hong Kong for
resettlement in Canada,
through our partnerships in
Canada.

15

refugees and asylum seekers
from other organisations in
Hong Kong were supported
with their departures by RUN.

26

other individuals from RUN
have had their applications
submitted for resettlement.



Health & Essential Services

As part of RUN's holistic approach and in line with Maslow's hierarchy of needs, these services provide participants with the basic necessities to focus on their recovery and education goals. This includes access to nutritious food, medical support, and decent and safe housing, all resources very much in need in one of the most expensive cities in the world. RUN also organises women's health support, childcare, psychological support, and counselling for children and adults alike. Psychological support includes one-on-one sessions with RUN's part-time psychologist who specialises in trauma, pro-bono psychiatrist, and specialist child counsellors for children.

Over the last year we have built up a strong team of support for participants in the form of GPs, psychologists, psychiatrists, and physiotherapists, thanks to the dedication and care of our invaluable partners.

Surveys and reviews of our services from our participants showed that they felt well supported and advised during Covid-19. Support during the pandemic came from our wonderful health care coordinators and included daily calls, medical advice, and food deliveries to those families who became sick. RUN health care coordinators also provided participants with education about vaccinations and assistance accessing vaccinations.

When we talk about medicine, prevention is definitely better than cure. Throughout the year, RUN has provided group support in the form of talks and discussions, from both in-house and by external volunteer experts, about healthy lifestyle practices for participants and their families, as well as mental health self-care. The Health and Essential Services team ran an information campaign and helped participants to access free PAP smears. But the focus on health and well-being at RUN is also highly individualised, particularly mental health.

35

families provided
with rental support

640

meals provided each
week

50

partner provided
medical meetings in
the year

Many younger participants have benefitted from increased support in many ways, as Covid was a trigger to PTSD issues. This individual approach has also supported participants who have received life-changing diagnoses as they manoeuvre specialist appointments, surgeries, and a general understanding of a new reality.

Participants abroad also report that ongoing, post-resettlement medical and psychological follow-up online has been extremely helpful during the pandemic by supporting them with an easy transition into a new healthcare system or helping them to navigate new environments with trauma.

We're also proud to have increased our network of psychological and psychiatric support for participants to improve their mental health and rehabilitate after trauma, an issue, which is at the forefront of mental health issues for the majority of participants at RUN.



20

in-house medical
meetings provided
each week

22

childcare sessions
provided in the office
per week

12

psychologist/
counselling sessions
provided per week





Community Engagement

The benefits of community engagement are multifaceted. Crucially, it provides an opportunity to get to know and to give back to our supporters, to share stories and ideas, and to educate and to raise awareness, not just for what RUN does, but about the local and global situation, for refugees and asylum seekers.

We were fortunate to have had a number of opportunities to engage with our community throughout 2022, despite social restrictions. When restrictions were in place we made our events virtual, and as soon as they were lifted we took every opportunity we could to re-engage on a much more personal level. Below are some highlights of our much valued community engagement opportunities during 2022.

Consulate Solidarity run at the track

We were joined at the track by six EU consulates for a solidarity relay to celebrate the resilience and determination of the refugee and asylum seeker community in Hong Kong. There was a real sense of togetherness at the track, as guests from the consulates and friends from the Hong Kong Elite Athletes Association participated in a relay alongside members of the refugee and asylum seeker community. We always cherish opportunities to participate in sport together with our supporters and this evening was no exception.





Rosewood BluCup Initiative

As part of their commitment to a 'business with purpose' approach and in support of our partnership, Rosewood Hong Kong designed a reusable BluCup for sale at their BluHouse cafe. HKD40 is donated to RUN for every BluCup sold (the equivalent of the daily food allowance for refugees and asylum seekers in Hong Kong), while guests using the BluCup for coffee at BluHouse will also receive a HKD5 discount on coffee and support us with an additional HKD5 donation towards our work.

3rd Annual Virtual Corporate Challenge

This is RUN's flagship annual fundraising event, and it is great to see the friendly competition that is created outside of the office for our corporate teams, all in the name of fitness and wellbeing. Nearly 60 teams from 18 different organisations in Hong Kong joined RUN's Virtual Corporate Challenge in 2022. Teams competed by running as many kms as they could throughout the week. Congratulations to the winning teams from Macquarie, T.Rowe Price, and Deloitte, as well as to all other participants - overall, participants ran a total of 18,246km!



Textile Art Exhibition

Our participants have worked extensively over the last year on their sewing and handicraft skills with organisations such as Ensemble Co-Creating Space and Narrative Made. It was extremely special to be able to showcase the beautiful textile artwork of four participants, created through a Narrative Made X Run collaboration, at the "always" Exhibition, where the focus was on 50+ Sustainable Designs Thinking Beyond Green. Artwork was on display in Central Market and PMQ from November 2022 to January 2023.

Photography Competition

In recognition of World Refugee Day 2022, over one dozen participants joined RUN's first photography competition to artistically share their perspective of their life as a refugee in Hong Kong. Participants completed a workshop with DJ Clark, a professional photographer from Drone & Phone, where they learned technical elements of photography. They then submitted photographs to three categories of the competition: 'My Life in Hong Kong', 'Live and Learn' and 'Hope and Healing'. Participants were able to convey life in Hong Kong through their eyes.

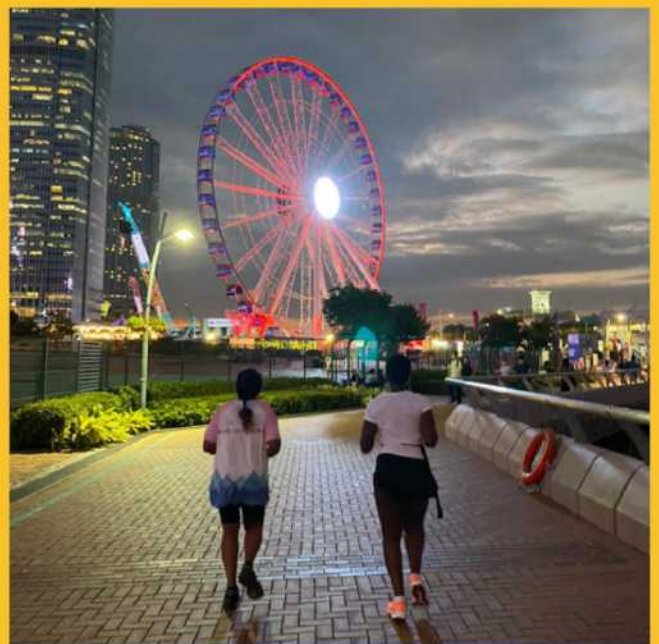


Linklaters Virtual Interview Workshops

Professional development opportunities diminished, but by no means disappeared, in 2022. In July and August, the education programme coordinated with Linklaters to provide a virtual interview workshop for 15 participants. Linklaters volunteers reviewed CVs and cover letters, conducted virtual mock interviews, and provided invaluable written feedback to participants on how to best present themselves in a professional setting.

WiFA x RUN Joint Fitness Challenge

RUN teamed up with Women in Finance Asia (WiFA) to organise the second annual Joint Fitness Challenge for WiFA's members in the Hong Kong business community. Teams were invited to focus on their wellness while supporting refugees and competed by logging time spent exercising as a collective team. All forms of exercise were included in the challenge, and members logged hours enjoying many activities from running to tennis and kayaking to yoga!





Chinese International School (CIS) partnership

Fifteen CIS students have provided continued support to refugee children through homework support, which was moved online during the pandemic, as well to our SHINE programme, assisting the coaches during the busy sport sessions. RUN has also provided six talks to CIS students, raising awareness about the difficulties faced by refugee children.

Hong Kong Women's Choir

The Hong Kong Women's Choir have been amazing supporters of RUN throughout the year, and it was a joy to round it all off with a Christmas party for the children of RUN. We're extremely grateful for the continued support we receive from this wonderful group.



Rosewood relay event

We have a wonderful partnership with Rosewood Hotel Group, where four RUN participants have been working, just one of many initiatives in place in support of RUN. In December, Rosewood Hotel did an in-house fundraiser event to support RUN. Hotel staff teams competed for highest funds raised and to win the event-day relay. We were honoured to be involved on the day as our participants and staff members led warm-ups, short workouts, and a relay run along the Kowloon waterfront. It was a wonderful community engagement opportunity to close out the year.





Orange the World

In November, we were overjoyed to be able to host our own event, "Orange the World", in support of the United Nations initiative to raise awareness for gender-based violence around the world. Our goal was to complete 1,000km in 12 hours, running or walking an approximately 3.5km loop.

The 12-hour clock began at 9am, and progress was continuous for every minute of the day. By 6:02pm we had surpassed the 1,000km mark! With just shy of three hours left to go, we powered on. In total we completed 1,256km - 362 laps of Lugard Road.

We had participants as young as 3-months-old, all the way through to those in their 70s. We had mothers, sisters, fathers, grandparents, friends, children, and pets! Laps were completed by our participants, our staff, and our supporters, and it was a joy to be able to bring our community together after so long.

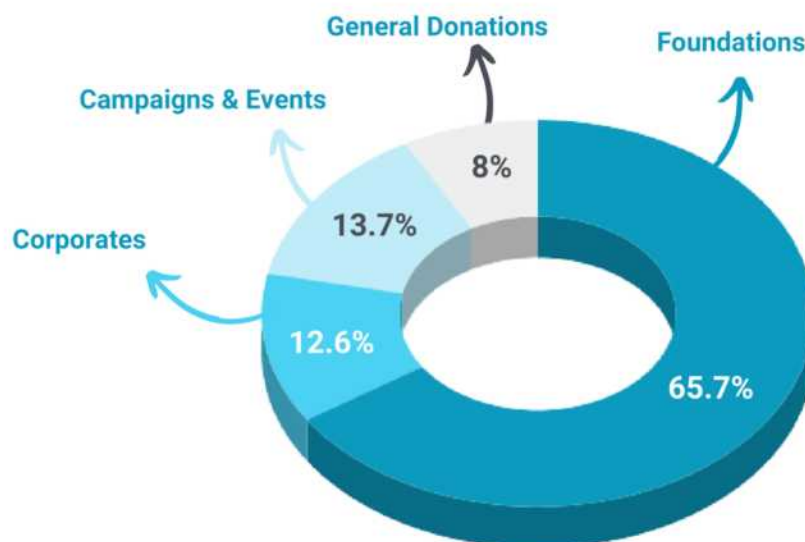




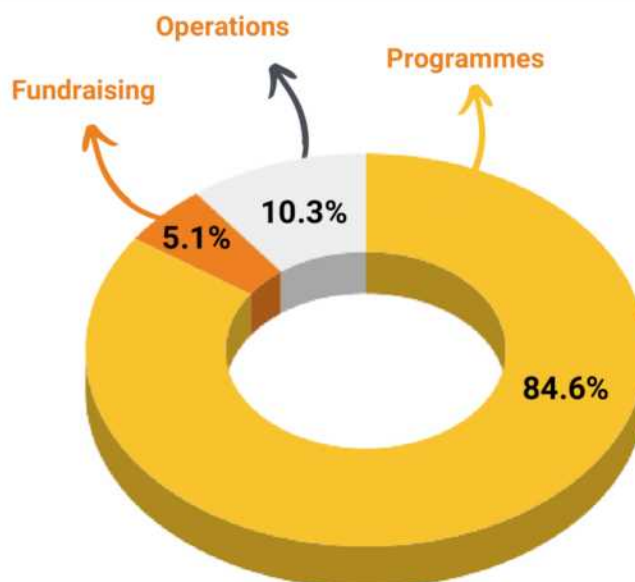
Financials

Every dollar raised for RUN Hong Kong brings hope to each participant - hope for opportunities and hope for a more positive future. We are extremely grateful for every single donation that we receive and to each and every donor. Thank you!

2022 INCOME ALLOCATION



2022 EXPENDITURE ALLOCATION

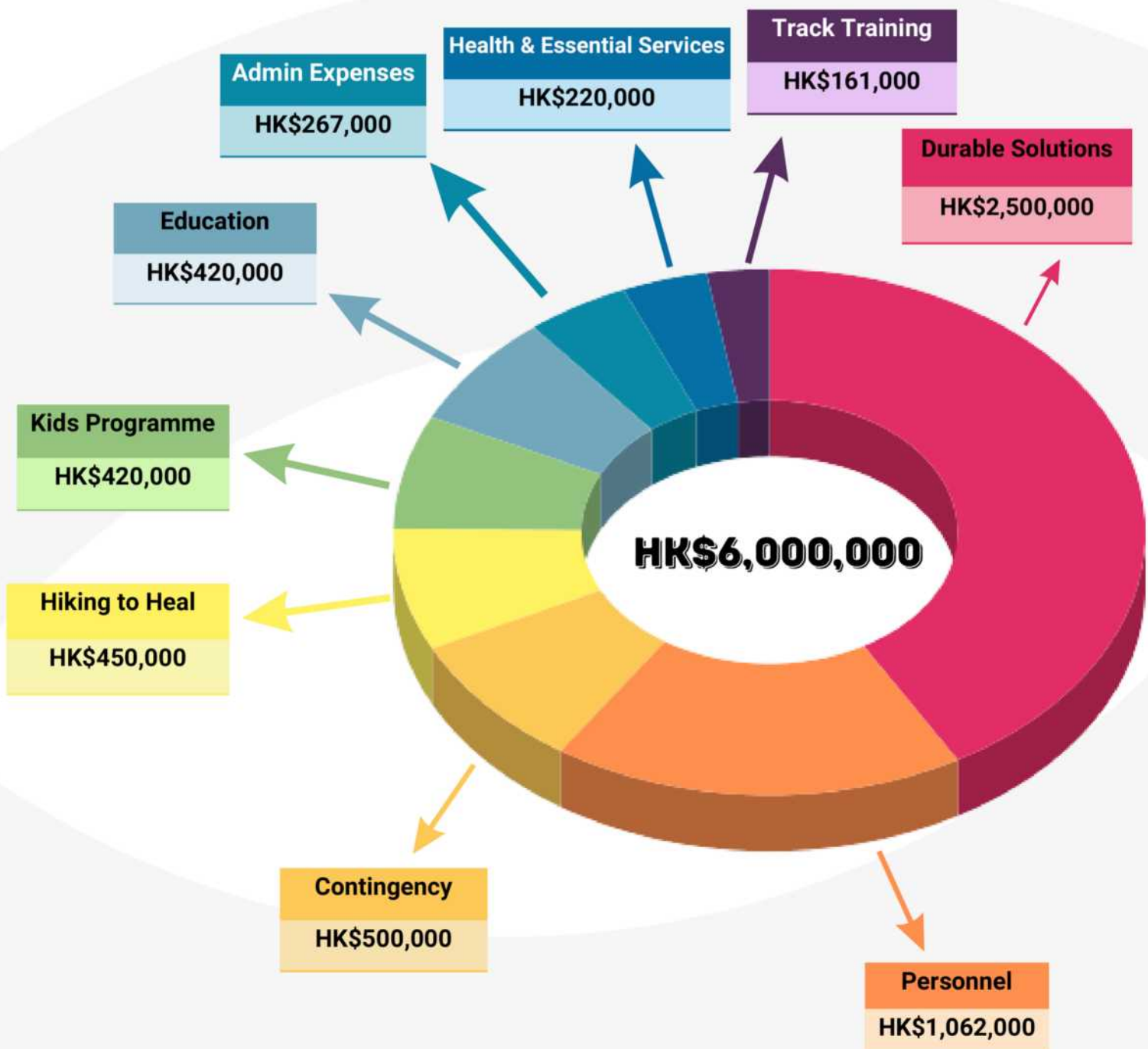


Funding Needs in 2023

As the climate for refugees and asylum seekers in Hong Kong becomes more complicated, priorities at RUN have shifted towards the Durable Solutions pillar and creating pathways out of Hong Kong for asylum seekers and refugees. This Pathways Programme is essential to saving the lives of RUN participants, of which one third are now at risk of deportation.

There is currently no indication or timeline of when this might happen. Based on current budget estimations, there is currently a funding shortfall of HK\$2,500,000 for this programme alone.

However, budget gaps for 2023 extend to all other areas and are in urgent need of funding. Below is an overview of the current budget gaps for each area of RUN Hong Kong.





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
- AllianceBernstein
- American Club Foundation
- American Women's Association
- Asia Pacific Refugee Rights Network
- Asian Charity Services
- AVOHK
- Baker McKenzie
- BuffCo
- Central Health
- Chinese International School
- Clifford Chance
- Consulate General of the Federal Republic of Germany, Hong Kong
- 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
- Justice Centre Hong Kong
- Knead
- The Hongkong & Shanghai Hotels Ltd
- The Robert H. N. Ho Family Foundation
- Hong Kong Swimming Academy
- Hong Kong Women's Choir
- The University of Hong Kong, faculty of social sciences
- The Jadis Blurton Family Development Center
- Jewish Immigrant Aid Services Toronto
- Joint Dynamics
- Kering Foundation
- Keswick Foundation
- KPMG
- Lane Eight
- Lantau Basecamp
- Laureus Sport for Good
- Linklaters
- lululemon
- Macquarie
- Marshall Wace
- OHEL Leah Synagogue Charity
- OT&P Healthcare
- Overlook Investments Ltd
- Narrative Made
- Permira
- Racebase
- The Repulse Bay Co Ltd
- Therapy Partners
- Rosewood Hotel Group
- Rusy and Purviz Shroff Foundation
- Schroders
- Splash Foundation
- Swire
- Telos
- Women in Finance Asia
- ZeShan Foundation



Fundraisers

We are extremely grateful to those wonderful individuals who set themselves challenges in support of RUN and our programmes. Below are pictures of a few of these special individuals. Thanks to everyone who supported RUN through fundraising challenges.



Volunteers

Our programmes are supported by the invaluable contribution of time and experience from over 150 volunteers across all programmes. Volunteers join RUN to support adult sports programmes on Tuesdays and Thursdays, kids sports coaching, childcare, homework support, and medical advice.

We are eternally grateful for the donations of time from both our returning and new volunteers throughout 2022, who have shown dedication, passion and care in everything that they have done.





Looking Ahead

We are extremely proud of the achievements and successes that have come from this year, perhaps even more so, given the challenges and limitations faced in the first half of the year due to Covid-19 restrictions.

“

We continue to look ahead, to strive for more, and to continue to push as hard as we can to meet, and exceed, our goals...

”

of providing a very vulnerable group with the opportunity to start new lives equipped with adequate skills. After rigorous review of the year that has just passed, we look forward to the following in 2023, and beyond.

There are always areas that we can expand and improve, and we continue to strive to support, in the best ways that we can, vulnerable refugees to build resilience and nurture self-reliance for a more hopeful future.

Pathways for All

As the situation in Hong Kong becomes more challenging, we will put even greater emphasis on ensuring we have a pathway for every participant, not just those eligible for Canada and the US. This began last year with a focus on ensuring Pathways was at the forefront of any applicant seeking to become a beneficiary at RUN Hong Kong.

Additionally, new avenues will be explored and new partnerships will be developed for countries outside of our current connections. A greater priority will be placed on fundraising specifically for our Pathways Programme as our timeline for finding these opportunities continues to decrease.

Sport and Leadership

In 2022, three of our participants - two adult females and one male university student - completed the Track and Field Technical Course (online) run by the U.S. Track & Field and Cross Country Coaches Association. With this new knowledge, they are able to take what they have learned and lead sessions in both our SHINE programme and our weekly track training sessions. This was a huge success and has led to our goal to expand our refugee-led programmes.

It also opens the door for great opportunities for more participants to take on leadership courses and, later, leadership roles - enhancing our programmes, their confidence, leadership skills, responsibility and, ultimately, their mental health. The benefits to both our participants and our community are endless, and we are excited to see how this is going to develop in 2023 and beyond.

Language Expansion

Our English lessons continue to provide education for our participants at various levels. This is extremely beneficial for them now, as well as for when they resettle. In addition to this, we're looking to provide weekly Cantonese classes, which would greatly benefit our participants whilst they're in Hong Kong by increasing their understanding of the language that surrounds them and facilitating better local interactions.



Health Screening

Western policies ensure that women over the age of 50 have access to breast and cervical screening. In 2023 we will be looking to ensure that such opportunities are accessible for all women with whom we work in a safe way, as they are by no means easy for women of trauma, especially of a sexual nature.

Further to this we are looking to develop wellbeing programmes that will focus on male health, as well as on positive family relationships.

Our Team

We aim to continue to serve this vulnerable group with the best team possible. In order to do this we remain committed to supporting this team, not just through continued education but also with mental support. The nature of our work continues to increase in complexity, with changing regulations and severity of circumstances, and a well-supported team will help ensure a well supported community.

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 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/ 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



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.

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