



ANNUAL REVIEW

For the year ended 31 December 2017

年度回顧

2017年12月31日辭舊

WELCOME 歡迎



2017 has been an eventful year and saw RUN move from strength to strength after only 2 years of operation. Main achievements in 2017 were securing our own workshop space, providing a more holistic support to our participants on their path to rehabilitation, achieving hopeful steps of integration with the local community as well as deciding to rebrand from Free to Run to RUN.

2017是意義重大的一年，它見證著RUN在短短兩年運營間日漸茁壯。RUN在2017年最大的成就就是擁有了固定的工作室，可以為復康路上的參與者提供更全面的支持，更進一步地融入了當地社區，並且決定將自由步更名為RUN。

As part of our rebranding, RUN has refined its mission. Our mission is to rehabilitate vulnerable refugees and asylum seekers, with a focus on women, through sports and education. RUN aims to:

作為新形象的一部分，RUN的使命同樣得到新詮釋：我們的使命是透過運動和教育，在關注女性的同時，協助弱勢難民和避難者們生活回到正軌。

- **Rebuild the physical and mental health** of our participants by creating a supportive and safe environment in which they can recover from past traumas in a gender equal way;
- 通過創造一個充滿鼓勵的安全環境來幫助參與者重建身心健康，讓他們不分性別、一同走出過往的創傷。
- **Unite refugees with the local community and promote equality and understanding**, helping to combat discrimination;
- 團結難民與當地社區，促進平等和相互理解，努力對抗歧視。
- **Nurture refugees into a more hopeful future**, whether in Hong Kong or in their resettlement country, through access to **education and training**.
- 通過教育和培訓，讓難民不論在香港還是在再定居的國家，都能擁有更光明的未來。

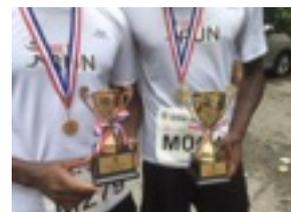
KEY HIGHLIGHTS

傑出成就

- Today RUN's refugee programme serves 89 vulnerable refugees: 33 women, 18 men and 38 children (including 10 teenagers) from 17 different countries. Over 70% of the participants suffered from horrendous human rights abuses. 30% of the women participants are alone without family or alone with their children. 6% of the adult participants are/were unaccompanied minors. Participants were

referred by other local NGO's part of the Interagency Forum (a.o. Christian Action, Justice Centre Hong Kong) as well as International Social Services (ISS).

- 如今RUN 的難民計劃正服務89位來自17個不同國家的弱勢難民：33名女性，18名男性和38名兒童（包括10名青少年）。超過70%的參與者遭受過可怕的人權侵犯。30%的女性參與者或失去家人孤苦無依，或獨自養育孩子。6%的成年參與者舉目無親。參與者均由其他的當地非政府組織部門、跨組織論壇（如：基督教勵行會，香港正義中心）和國際社會服務（ISS）等組織轉介。
- The Women's Sport Programme "Hiking to Heal" provides weekly sport sessions (alternating between hiking, fitness & yoga or hiking/swimming) to a group composed of 30 refugee women. 38 sport sessions were provided in 2017, including 14 professionally coached swimming classes for novice swimmers. This group has also been provided with life skills education, including 7 sessions of Parent Effectiveness Training (PET), nutrition workshop, weight loss support and women's health workshops.
- 女性運動計劃「徒步治愈」每週為30人一組的女性難民提供訓練（徒步、健身、瑜伽或游泳交替進行）。2017年舉辦了38個運動課程，包括14個針對初學者的專業指導游泳班。這個小組還會接受生活技能教育，包括7期父母效能訓練（PET）、營養工作坊、減重支援和女性健康工作坊。
- The Mixed Gender Track Training Programme is a professionally coached weekly running programme for a group of 35 mixed gender adult refugees. 48 running sessions were provided in 2017 and this group also participated in 15 races with distances ranging from 5 km to 32 km. 10 refugee teenagers also joined the programme in early 2017 and run alongside their mothers.
- 男女混合田徑訓練計劃是一項有專業指導的跑步計劃，每週有35名不同性別的成年難民組隊參與。2017年舉辦了48場跑步，該小隊參加了15場比賽，賽程由5公里到32公里不等。還有10位青年難民在2017年初和他們的母親一起參加了該計劃。



•The Mentoring and Study programme launched in March 2017 grants access to online education programmes (EDX, Coursera, Alison) for 20 refugees. Each participant is matched with a mentor from the Hong Kong business community who provides guidance and support. In 2017, X certificates were obtained including in Contract Law, Accounting, Journalism, Tesol, Coding, Leading Healthcare, Entrepreneurship, English Grammar, French.

2017年3月發起的學習指導計劃為20位難民提供了線上學習課程（EDX, Coursera, Alison）。每位參與者都會配對一名來自香港商業團體的導師，為他們提供指導和幫助。2017年，他們在合同法、會計、新聞學、英語教育、程式設計、先進醫療、創業，英語文法、法語等各方面都取得了不同證書。



•To support the women participants of our programme, RUN organises childcare and sponsors babysitting for the children of the women refugees during the Hiking to Heal programme and track training. Since the opening of our workshop space, the childcare is now professionally organised by experienced early childhood teachers, with the support of a play therapist in a child-friendly environment. In 2017, 38 childcare sessions were organised for 6 children on average during the Hiking to Heal programme. Babysitting was sponsored for 6 mums on average during 48 weeks, allowing them to attend the track training every Thursday evening. Close to the summer and the Christmas holidays, two 7-week running programmes were organised for 20 refugee children aged between 4 and 11 years old.

- 為了幫助計劃中的女性參與者，RUN組織了托兒所，並在「徒步治愈」和田徑訓練舉辦期間為女性難民的孩子提供托兒服務。由於我們的工作室已經開幕，現時托兒所會在一個長幼皆宜的環境下，由經驗豐富的幼教導師和遊戲療法專家專責組織而成。2017年，我們在「徒步治愈」計劃期間平均為6個孩子舉辦了38個兒童保育活動。48周中，我們平均為6名媽媽贊助了育兒看護服務，讓她們得以參加每週二晚上的田徑訓練。臨近暑假和聖誕節時，我們為20位4到11歲的難民兒童舉辦了為期兩周的跑步計劃。
- In collaboration with Splash Foundation, 10 refugee women enjoyed a 12-week swimming programme on the weekends.
- 通過與Splash Foundation合作，10位女性難民在週末進行了為期12周的游泳課程。
- Our volunteer team expanded in 2017, adding a pro bono social worker (Alison Mac kay) as well as a pro bono psychologist (Mariela Galli) to our existing pool of 30 active volunteers. Their collaboration has allowed us to organise emergency psychological support as well as material support (food and housing) in extreme circumstances. This year, medical emergency support was also coordinated consistently with Health in Action NGO.我們的義工團隊在2017年得以擴張，現有的30位活躍義工中又新進了一位公益社工（Alison Mac kay）和一位公益心理學家（Mariela Galli）。他們的加入使我們可以在極端情況下組織緊急心理和物質援助（食物及住屋）。今年，我們還就醫療緊急援助方面和非政府組織Health in Action進行密切合作。

IMPACT

影響

- Improved mental and physical health of a vulnerable group of refugees, through the creation of a safe and dedicated environment (Sustainable Development Goal 3- Good Health and Wellbeing)
- 通過創建安全、友愛的環境使弱勢難民群體身心健康得以提升（可持續發展目標3-健康幸福）
 - 73% report much better to noticeably improved personal health;

- 73% 身體健康水平顯著提升
 - 50% report much better quality of sleep;
 - 50% 睡眠質量大幅改善
 - 73% confirm noticeably improved energy levels;
 - 73% 精力水平顯著提升
 - 79% report being calm, peaceful and happy after hiking/fitness, and 76% feel more hopeful after hiking/fitness;
 - 79% 於徒步或健身後感到寧靜、平和、快樂，76%覺得充滿希望
 - 76% report much improved nutrition;
 - 76% 營養攝取得以大幅改善
 - 70 % report noticeably improved self-esteem;
 - 70% 自尊顯著提升
 - 64% report being less isolated and socialising more than before;
 - 64% 孤獨感減少，比原來更愛社交
 - 38% of those taking sleeping pills report a reduction of intake
 - 38% 安眠藥使用者表示用藥量有所下降
 - 38% of those attending counselling have reduced/ stopped counselling since joining
 - 38% 接受心理輔導的人加入我們後減少或停止輔導
 - 59% report noticeably less pain (headaches, backaches, general pain);
 - 59% 疼痛感（頭痛、腰痛、全身痛）明顯減少
- Gender Equal Access to healing for vulnerable refugees through sport (Sustainable Development Goal 5- Gender Equality)
 - 不分性別地通過運動治癒弱勢難民（可持續發展目標5-性別平等）

64% of the adult participants are women, and RUN is the only NGO in Hong Kong that provides regular sports activities for women refugees and asylum seekers. Support services (childcare, babysitting stipend) are provided to the female participants to allow them to exercise **and participate in other wellbeing programmes.**



64%的成年參與者是女性，而且RUN 是香港唯一一家為女性難民和避難者提供定期體育活動的非政府組織。我們為女性參與者提供支援服務（兒童保育、育兒看護補助），使她們能夠參與練習及其他康樂活動。

- Promotion of awareness and understanding of the local community towards refugees' living circumstances
加強當地社區對難民生活環境的認識與了解
 - Volunteers from the Hong Kong community ran alongside refugees during track training sessions once a week for 48 weeks;
 - 來自香港社區的義工在為期48週，每週一次的田徑訓練中與難民一起跑步
 - Refugee participants volunteered in 9 races (7 local races and 2 international) in Hong Kong in 2017;
 - 2017年難民選手自願參加了9場在香港舉辦的比賽（7場本地比

賽，2場國際比賽)

- Refugees participated in 5 presentations in 4 different schools and RUN's staff supported school projects of 5 groups of students;
- 難民參與了在4所不同學校舉行的5場演講，RUN 的員工援助了5個學生團體的學術計劃
- RUN's leadership team gave 8 awareness and fundraising talks to corporates or at events in Hong Kong and organised two CSR events (Macquarie Group Community Day and Serve-a-Thon with Hands On HK);
- RUN的領導團隊在香港不同的企業或活動中進行了8次意識普及籌款論壇，並且組織了兩次企業社會責任活動（麥格理集團日，還有與Hands On HK合作的香港國際義工節）
- 20 mentors from the Hong Kong Business community provided guidance and support to their refugee students;
- 來自香港商業團體的20位導師為難民學生提供了指導和幫助
- RUN's first trail race (19 km, 14 km and children's race) took place in Hong Kong last November, with almost 200 people signed up. Refugees were involved in the race organisation, operated an information booth and themselves participated in the race.

11 月在香港舉辦，約200人報名參賽。難民們也參與了比賽的安排工作，他們不但提供了資訊站，還報名參加比賽

- Restore independence and dignity through education and training to prepare for re-entry into the workforce (Sustainable Development Goal 4 - Quality Education)
通過教育和培訓使難民重獲工作能力，進而恢復他們的獨立性與自尊（可持續發展目標4-品質教育）

20 participants who have developed stronger mental and physical strength are updating or acquiring new skills and knowledge through online education. The aim is to prepare this group to access the workforce, whether in their future resettlement country or through exceptional authorisation to work in Hong Kong.

有了更好的心理及生理質素，20名參與者更可以通過線上學習得到提升，或學習新技能及知識。我們的目標是讓這個小組投入勞動市場，讓他們未來不論在再定居國家還是破例居留香港，都可以正常工作。

PLANS FOR 2018 2018新計劃



- Strengthen existing programmes and achieve sustainable growth in number of participants, with a chance for more refugees to study and implementation of a leadership programme;

強化現有計劃並實現參與者數量的可持續增長，為更多難民提供學習機會及發起一個新的領袖培育計劃

- Complete the rebranding of Free to Run to RUN, launch the new website in Chinese and English and build bridges with the wider Hong Kong community through English and Chinese social media;
完成從自由步到RUN的品牌重塑，建立新的中英雙語網站，通過中英文社交媒體與更多香港社區聯合起來
- Hire a paid programme officer in order to strengthen and extend RUN's programmes in a holistic way;
有償聘用一位計劃執行官，以便更加長遠地加強和拓展RUN的各項計劃。
- Extend RUN's outreach to the local community through a . RUN ambassador programme, refugee race participation and support, awareness talks, R.U/N trail race on International Day for the Elimination of Violence against Women and a refugee organised adventure race on World Refugee Day;
通過RUN的大使計劃、難民跑步比賽和意識講座，在反對婦女暴力國際節舉辦RUN田徑比賽和在世界難民日由難民組織越野挑戰賽，進而將RUN的服務延伸到當地社區

FUNDRAISING AND SUPPORT

資金募捐及支持機構

RUN is operated solely by volunteers, with the generous support of the Hong Kong community. We are especially grateful for the support of the following organisations: The Hong Kong & Shanghai Hotels Ltd, Ronald and Rita McAulay Foundation, an anonymous foundation, Macquarie Group, The Hong Kong Club Foundation Limited, Women in Finance Asia, Joint Dynamics, The Good Lab, AVOHK, Vibram HK100, RaceBase, Gone Running, Gibson Dunn, Fung Yu & Co CPA, Flex Studio, Racing the Planet, Feeding Hong Kong, Foodlink, Proof, Hands On HK, Local Motion.

在香港各界的慷慨支持下，RUN由義工獨立運營。特別鳴謝以下給予支持的組織團體：香港上海大酒店有限公司、羅奈爾得與麗塔·麥考爾基金會、麥格理集團、香港俱樂部基金有限公司、女性亞洲金融公司、聯合動力、好實、香港元老會、港百越野賽、RaceBase、Gone Running、Gibson Dunn、馮余會計師事務所有限公司、Flex Studio、跑遍地球、樂餉社、膳心連、Proo、Hands On HK、Local Motion

GET IN TOUCH

聯繫我們

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