



ANNUAL REVIEW

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周年報告

WELCOME 歡迎

Free to Run's mission is to use sports to empower and educate those who have been affected by conflict. We work with those who are living within conflict areas as well as those who are living outside of their home countries as refugees. We focus in particular on women and girls and we believe they remain underserved in the areas in which we work, and they hold the most potential for positive change. Through sport, Free to Run is able to help promote understanding, combat discrimination, and support individual learning and growth for those in most need.

自由步的使命是利用運動來增強和教育那些受戰亂影響的群體。我們向在戰亂地區內和居住在本國以外的難民提供支援。我們特別關注婦女和女孩，相信她們在我們的工作領域中仍然缺乏服務，並認為她們具有最大的正面變化潛能。通過運動，自由步能夠幫助促進理解，反歧視，為有需要的人提供個人學習和成長的機會和訓練。

Free to Run's Hong Kong refugee program, launched in June 2015 in collaboration with Justice Centre Hong Kong, Hong Kong aims to use sports as a rehabilitation tool for particularly vulnerable refugees and asylum seekers, with a special focus on women. Through sports, we help to create a supportive and safe environment in which participants can recover from past traumas, rebuild their physical and mental strength, and improve their skills for a more hopeful future.



自由步的香港難民計劃於2015年6月與Justice Centre Hong Kong合作推出，目的是利用體育作為弱勢難民和尋求庇護者的康復工具，特別注重給婦女的支援。通過運動，我們希望能創造一個相互支持和安全的環境，讓參與者可以從過去的創傷中恢復，重建他們的身體和精神力量，並提高他們的技能，從而創建更有希望的未來。

We provide weekly hiking sessions for 30 participants (all women), an advanced trail running group for a group of 12 refugees and track training sessions led by a professional coach for 35 participants (mixed gender). All groups regularly participate in local Hong Kong races and are provided with life skills education (health care, nutrition & life coaching).



我們每周為30名參與者（全為婦女）組織遠足活動，另有一個由12名難民組成的晉級野外毅行組，和一個由專業教練領導的，有35名參與者（男女混合）的田徑培訓課程。所有團組都定期參加香港本地賽事，自由步並為他們提供生活技能教育（保健，營養和生活輔導）。

To support the women part of our program, Free to Run organises childcare for the children of the refugees and asylum seekers during our activities, as they are not legally entitled to attend school before 5 years old. The childcare is professionally organised by a teacher, as close as possible to a structured school day.

為了支持婦女參與我們的計劃，自由步還在我們的活動期間為難民和尋求庇護者提供照顧年幼兒童的服務，因為他們在5歲之前沒有法定上學資格。托兒服務由專業教師組織，務求盡量接近主流幼兒園的日程编排。

For the children of the beneficiaries of our program, running activities and family beach days are organised during the holidays.

我們還會在假日期間為自由步計劃受益人的孩子和家人組織運康樂活動和家庭海灘日。

This year, we are expanding our services to include skills training for particularly vulnerable refugees and asylum seekers within our programme, using sport as a platform for education. We have recently partnered with Splash Foundation to collaborate on a pilot swimming program for female refugees and asylum seekers. We also aim to provide weekly running sessions to the children of our participants very soon.

今年，我們正在擴大我們的服務，方案包括為特別易受傷害的難民和尋求庇護者提供技能培訓，利用體育作為教育平台。我們最近與Splash基金會合作，為女難民和尋求庇護者開展了一個試驗游泳計劃，我們還正在籌備讓參與者的孩子也能加入每週的訓練。

KEY HIGHLIGHTS 主要成就

- 50 refugees and asylum seekers are regularly engaged in our program; 60% of the participants are women, of whom 30 % are alone without family or alone with their children. 6% of the participants are/were unaccompanied minors;
- 50名難民和尋求庇護者經常參與我們的活動；60%的參與者是女性，其中30%是沒有家庭，單獨一人或單親與孩子在港的。6%的參與者是無人陪伴的未成年人士；
- participants have competed successfully in many local races, from 5 km and 10 km road races to 30 km trail run;
- 參加者成功完成了許多地方賽事，包括5公里和10公里的公路賽和30公里的野外賽；
- opening of our new premises in Aberdeen, where participants will be able to meet, exercise indoors as well as have regular childcare for the participants' younger children;



•我們在香港仔的新址，讓參加者可以在室內會面和運動，並為參加者提供照顧年幼兒童的服務；

•launching of a swimming program for vulnerable participants, in collaboration with Splash Foundation;

•與Splash基金會合作，為弱勢參與者啟動游泳計劃；

FUNDRAISING 經費來源

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GET IN TOUCH 聯繫方法

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Free To Run is a registered charity (IRD no 91/14890)

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