

**THE FEDERATION
AND YOUNG
PEOPLE**
青 協 與 青 年



「青年空間像我的第二個家」從恐懼到自在呼吸的成長空間

"The Youth S.P.O.T. is Like My Second Home"

A Safe Space to Breathe: From Fear to Freedom

家庭本應是讓人安心棲息的空間，但對少年時期的 Raymond 來說，待在家中總是感到恐懼和壓抑。

「小時候家中充斥著爭吵和暴力，父親一怒之下甚至會揮刀恐嚇。」 Raymond 回憶道：「聽到他從走廊拖著行李箱進門的聲音，我全身肌肉神經瞬間繃緊，連呼吸都提心吊膽。」面對家庭問題，Raymond 坦言他和姐姐當時情緒低落，甚至萌生過輕生念頭。

學校對 Raymond 而言是另一個壓力來源。學業成績的激烈競爭，以及犯錯後可能面臨的批評處罰，皆為其成長帶來一定的挑戰。

走進可以安心呼吸的「家」

中學時期，因應學校對義工時數的要求，Raymond 誤打誤撞走進了青協筲箕灣青年空間。起初只為放學後不用馬上回家，卻意外打開了全新的世界。

Home should be a safe haven, but for Raymond in his teenage years, it was a place of constant fear and suffocation.

"My childhood home was filled with conflict. There were times when my father menacingly waved a knife in fury." Raymond recalls. "Just the sound of him dragging his suitcase down the corridor would make my muscles tense up – I was too terrified to even breathe." Facing such family chaos, Raymond and his sister battled deep despair and suicidal thoughts.

School represented yet another source of stress. The intense competition in academic performance, coupled with the potential judgement or punishment for making mistakes, posed significant challenges to Raymond's development.

Discovering a Place to Breathe Freely

In secondary school, mandatory volunteer hours led Raymond to the HKFYG Shau Kei Wan Youth S.P.O.T. Initially seeking somewhere to go after school, he unexpectedly discovered an entirely new world.





「青年空間的空氣流動是不一樣的，這裡就像我的第二個家，而且是一個平靜的家。在此接觸到的成年人皆情緒穩定、願意耐心聆聽，即使意見分歧也不會反目成仇，我可以安全自在地呼吸。」

遇見引路人與同行者

在青年空間，Raymond 參與了各式各樣的活動：行山、運動、與聽障人士交流、探訪長者等。看似平凡的活動，對他來說卻是難能可貴的學習。

"The atmosphere at the Youth S.P.O.T. was different. It felt so peaceful and it became like a different home, where adults were emotionally stable and disagreements never turned hostile. For the first time, I felt I could finally breathe freely and feel safe."

Meeting Mentors and Companions

Raymond got involved with a range of activities at the center, like hiking, sports, community service, all the while learning invaluable lessons from these seemingly ordinary experiences.

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「簡單如行山原來都有很多學問。腳要保持什麼動作、背囊要怎樣放、鞋帶怎樣綁……這些生活技能，家人不會教，只會叫你別亂跑。」

透過一次又一次的活動，Raymond感受到被尊重和接納，漸漸建立自信和領袖才能。一路走來，青年空間的工作員阿中是他亦師亦友的同行者。

「青協很多人看著我長大，特別是阿中給我很多機會嘗試新事物。還記得中五那年，我提議帶一班基層小朋友到尖沙咀看聖誕燈飾，他不介意我沒籌辦活動經驗，願意支持我實踐意念。」

在阿中眼中，每個走進青年空間的年輕人都是獨特的個體。「青年空間是做補位的工作，在家庭和學校以外『接住』青少年，不管他們基於什麼原因進來，我們會盡量讓他們滿足需要、發揮才能，重點是把青少年當作一個人去聆聽和尊重。」

"Hiking alone involved so much discipline, like foot positioning, backpack arrangement, even how to tie your shoelace. My family never taught any such practical skills; I was simply told not to run around." Through these activities, Raymond felt respected and accepted, gradually building up his self-confidence, and slowly his leadership potential. In particular, youth worker Ah-chung became both mentor and companion throughout this journey.

"Many HKFYG staff watched me grow up, especially Ah-chung. In Form 5, I had the courage to propose taking underprivileged children to see the Christmas lights in Tsim Sha Tsui. He fully supported my vision despite my inexperience in event planning."

For Ah-chung, every youth stepping into a S.P.O.T. is unique. **"Youth S.P.O.Ts fills the gaps and we can engage with young people beyond their family and school settings. Whatever brings them here, we try to fulfill their needs. The key is to listen to and respect them as individuals."**





為他人創造表達感受的空間

畢業後投身教育界的Raymond，在小學擔任老師時眼見學生難過哭泣時會被喝止，對此感到無奈，希望找到方法讓學生自在表達感受。在小學校長支持下，Raymond與拍檔Matthew去台灣向精神科醫生拜師，學習善意溝通理論，其後亦接觸了社交情意教育理論。他們回港後聯同Anthony創立JUST FEEL 感講，致力賦能教育工作者和家長，提升學生的身心靈健康。

「我們的目標是轉化學校和家庭的溝通文化，讓大家有空間表達感受與背後的需要，能夠『先處理心情，再處理事情』。」

機緣巧合下，阿中數年前加入了JUST FEEL，成為Raymond並肩作戰的同事。見證著昔日的服務對象成為獨當一面的助人工作者，阿中感到無比欣慰：

「以前他情緒起伏較大，說話容易得罪人，現在懂得平復心情後再成熟地表達想法，完全脫胎換骨。」

「與青年的關係不是單向的。」阿中補充道，「從他們身上我也有許多學習，像Raymond的新思維常常衝擊我的價值觀，帶來不少啟發。」

這份跨越十八年的陪伴，改變了Raymond與阿中的生命軌跡，亦讓愛與關懷得以傳承。如今二人繼續透過自己的方式，積極為下一代創造自在呼吸的空間。

Building Spaces for Emotional Expression

Raymond entered the education field after graduation. During this period, he noticed how primary students were discouraged from expressing emotions, including distress. This motivated him to look for ways to alleviate this issue.

With support from his school principal, he travelled to Taiwan with his partner Matthew to learn about Compassionate Communication theory. They later explored Social-Emotional Learning Theory and, on returning to Hong Kong, established JUST FEEL with another partner Anthony. The organisation empowers teachers and parents to enhance children's emotional well-being.

"We aim to transform the communication culture in schools and families, allowing people to acknowledge feelings and needs and emphasise connections before solutions."

In a full circle moment, a few years ago, Ah-chung joined JUST FEEL, reuniting with Raymond as a colleague. Witnessing his former mentee become a skilled professional helping students, filled Ah-chung with immense satisfaction.

"Raymond's own journey, from emotional volatility and blunt communication style to mature and thoughtful expression is remarkable. I have learnt a lot from him too, most of all that relationships with youth aren't one-directional," Ah-chung notes. "Raymond's innovative thinking constantly challenges my assumptions and broadens my perspective."

Their eighteen years of companionship have transformed both their life paths as they show and share love and care to vulnerable students.

Today, the two friends continue crafting spaces where the next generation can breathe and thrive.

從短片走向大銀幕 青協支持青年實現電影夢

The Short Film Route to the Silver Screen: HKFYG Fuels Young Filmmakers' Dreams

青協在龍傳基金的贊助下，於2013年製作首部登上銀幕的電影：《當C遇上G7》，由當年26歲的簡君晉（Lawrence）執導。這位年輕導演和青協的緣分始於M21一個短片比賽。

Thanks to the support of The Dragon Foundation, The Hong Kong Federation of Youth Groups (HKFYG) launched its first feature film, When C Goes with G7, in 2013, directed by the then-26-year-old Lawrence Kan. His journey began with a short film competition at M21.



《樓梯》開啟的緣分

2011年，Lawrence正經歷人生低潮，事業不順、眼疾纏身，連串打擊之下，他選擇以創作應對挫折。「我從小喜歡用影像記錄心情，那時心想不如試試拍片參賽吧，在Google搜尋第一個彈出來的就是M21的短片比賽，於是便報名參加了。」

Lawrence的作品《樓梯》講述一個剛被解僱的年輕人，遇著雨天兼逢電梯故障，要爬18層樓梯回家，某程度上映照他當刻低潮的人生哲學。

「我相信雨過自會天青，一切高低起伏皆是循環。即使自嘆運滯，要走出困境總要行動，踏出第一步，然後一步一腳印地抵達目的地。」



Where The Stairway Led

2011 was a difficult year for Lawrence, with career struggles and health issues. He turned to filmmaking as a cope. "Film has been my emotional outlet since childhood. At my lowest, I thought, why not make a movie for a competition? M21 was the first contest I found, so I signed up."

His submission, The Stairway, tells the story of a young man dismissed from work on a rainy day who must climb 18 flights of stairs to get home after encountering a broken elevator. This mirrored Lawrence's own life philosophy. "I believe sunshine follows rain. Every setback is part of life's journey. Take the first step, then proceed step by step to reach your destination."



獲得機會拍攝首部電影

最終Lawrence憑藉《樓梯》在青協主辦的「恆生銀行華人青年短片創作大賽」中獲得公開組三個大獎。

「獲獎對於年輕且尚未入行的我來說，是莫大的肯定和鼓勵，更驚喜的是評審告訴我贏了比賽有機會拍電影。」

製作電影涉及龐大資金和人力，一間非牟利機構願意投放資源讓年輕人實現創作夢，在十多年前絕對是大膽和富前瞻性的舉措。兩年後，青協出品了電影《當C遇上G7》，在香港亞洲電影節首映，並入選「香港電影新秀」單元。

電影由Lawrence執導，描繪了四個年輕人的成長與掙扎，製作團隊和演員皆以青年為主，真正做到讓年輕人訴說自己的故事。

「這是我的第一部長片，帶點青春稚嫩，但我很享受首次執導的經驗。」Lawrence回憶道。

Landing His First Feature Film

Lawrence's short film won three awards at HKFYG's Hang Seng Bank Chinese Youth Film Competition. "As a young industry outsider, this recognition meant a lot. Even more surprising was when the judges told me this win could lead to making an actual film."

Film production requires substantial funding and manpower. For a non-profit organisation to invest resources in young people's creative dreams was bold and visionary, especially over a decade ago.

Two years later, HKFYG produced *When C Goes with G7*, which premiered at the Hong Kong Asian Film Festival and was selected for the 'Hong Kong First' section. This debut showcased the growth and struggles of four young people, giving voice to youth through a team of mainly young creators.

"This was my first feature film, somewhat was raw and youthful, but I truly enjoyed the experience of directing," Lawrence recalls.



持續探索的導演之路

Lawrence的導演生涯正式啟航，十多年來持續耕耘，擴闊創作視野，並於2022年執導了他的第二部長片《白日之下》，以安老院舍虐待和疏忽照顧長者的真實事件為題材，獲得廣泛關注與好評。

談到這些年的成長，Lawrence謙虛表示：「仍在努力學習，對世界充滿好奇。每個階段都有不同的體會和表達方式，最重要是保持對創作的熱情。」對於有志投身影視創作的年輕人，身為行動派的Lawrence給予簡潔有力的建議：「Take action and shoot！」與其空談夢想，不如放手一試。

香港青年協會賽馬會Media 21 媒體空間(M21)，是全港首個社區為本的多媒體中心，自2012年起一直透過互動平台和教育項目連繫青年、培養人才。

Lawrence希望青協能繼續舉辦短片比賽，發掘更多年輕的創作者。一個平台、一個比賽、一個機會，或許能改變有志青年的一生。

A Director's Ongoing Journey

Since then, Lawrence's career has flourished. His second feature, *In Broad Daylight*, released in 2022, shed light on elderly mistreatment in care homes and garnered significant attention.

"I'm still learning, still curious. Each phase offers new perspectives. What matters most is keeping that creative fire alive," he reflects.

For aspiring filmmakers, Lawrence's advice is simple: "Take action and shoot!" Instead of dreaming endlessly, seize the moment.

As Hong Kong's pioneering multimedia hub, the HKFYG Jockey Club Media 21 (M21) has been nurturing young talent since 2012. Lawrence hopes HKFYG will continue to host short film competitions, as each opportunity could transform a determined young creator's future.





青協青年違法防治中心自2013年起舉辦「重新出發」青年嘉許計劃，表揚勇於改過自新、願意以積極態度重投社會的青少年。Mia是2017年的得獎者之一。

Mia父母早年離異，自小與母親一同生活。「我小學時循規蹈矩，成績名列前茅。到了青春期的時候，做過最出格的事是偷偷抽煙和晚上八點才回家，已令母親崩潰。她覺得我學壞了，無法管教，便在中一時送我到內地一間軍訓式寄宿學校。」

離開熟悉的親人與環境，嚴密管控反而激起Mia的逆反心理。她開始曠課，被學校勸退，更難過的是被迫與關係惡劣的父親同住，父女倆經常爭吵，鬧至警察上門。

自此Mia對家庭失去歸屬感，在內地生活的兩年多，認識了一些吸毒的朋友，明知不對仍然陷了下去。直到有一次因吸毒過量失去意識，失控的恐懼讓她驚醒，急欲脫離黑暗無望的圈子，遂向母親爭取回港重頭開始。

Since 2013, the HKFYG Youth Crime Prevention Centre (YCPC) has publicly recognised young people who courageously reform themselves through the Turning Point Youth Improvement Award. Mia received this honour in 2017.

Mia was raised by her mother after her parents split early on. "I was well-behaved with good grades in primary school. In my teens, the most rebellious things I did were secretly smoking and coming home at 8 p.m., which already devastated my mother. Thinking I was going down the wrong path, she enrolled me in a military boarding school on the Mainland during Form 1."

The strict environment backfired. Mia started skipping classes and was eventually expelled, forcing her to live with her estranged father. Their constant fights often attracted police intervention, leaving Mia feeling even more abandoned.

In the two years she was on the Mainland, she fell in with a group of friends who used drugs. It wasn't until an overdose that she recognised the need for change. Desperate for a fresh start, she pleaded with her mother to bring her back to Hong Kong.

青協外展社工不離不棄 陪伴迷途青年重新出發

The Turning Point: Mia's Journey of Transformation

遇見不放棄的社工

Mia渴望重拾學業卻不知從何入手，在朋友介紹下認識了青協荃葵外展社工 Anna。

「我一開始對Anna充滿戒心。」Mia回憶道，「那時認為成年人不值得信任，所以無論她問什麼，我都不願意開口。」

Anna未有放棄，依舊熱情相待、管接管送、嘘寒問暖，持續半年的關懷終於打動Mia。隨後Anna及其他外展隊同工帶Mia看醫生處理情緒問題、成為她與母親溝通的橋樑，還鼓勵她參與各種課程、活動和義工服務。

「當年對社工說想學泰拳、想跳舞、想去露營，沒過多久他們真的辦了這些活動。青協的泰拳班應該救了很多人的吧？教練的氣場壓得住一班反叛少年。」

Encountering a Social Worker Who Stood by Her

Mia felt lost about how to resume her studies, until a friend connected her with Anna from HKFYG Tsuen Wan & Kwai Chung Outreaching Social Work Team. **"I completely shut Anna out at first," Mia remembers. "I found adults untrustworthy, so I kept silent no matter what she asked."**

Anna didn't give up. She remained a constant, warm presence, waiting for Mia at the school gate and checking in regularly. **After six months of unwavering care, Mia let her guard down** and Anna's team was able to provide with emotional support, facilitate better communication with her mother, and engage Mia in activities that sparked her interests.

"When I told the social workers I was interested in Muay Thai boxing, dancing and camping, they made that happen within weeks. I believe that the HKFYG's Muay Thai classes has saved countless youth, because the coach knew exactly how to connect with rebellious teens."





阿豪在外展隊服務二十多年，深諳箇中要訣：「他們喜歡玩什麼便盡力安排，泰拳、籃球、皮革手工班等，動靜俱備，對重建生活節奏和意義感大有幫助。最重要讓青少年知道，我們是同一陣線，不是高高在上地拯救誰，只希望他們失落時多一個可以依靠的肩膀。」

重新出發的勇氣

2017年，Mia獲提名參加青協「重新出發」青年嘉許計劃，認識了其他背景各異的得獎者，感受良多。

「每個誤入歧途的青少年，內心都在等待一個變好的機會。香港有很多人願意給予我們這個機會，青協就是其中之一。」

阿豪認為每個青少年都有改變的力量，計劃對歷經挫折的青少年來說是一份重要肯定。「分享自身故事需要很大勇氣，但整理過往經歷本身是療愈和蛻變的一部分。有些得獎者數年後回來分享近況，得知他們在不同領域發光發熱，是非常值得高興的事。」

深信改變的可能

獲獎之後，Mia深信自己想做的事一定能做到，繼續建立新目標。她報讀設計課程、投身保險業並晉升為副部長、疫情期間與夥伴開設移民留學公司，業務蒸蒸日上，去年更重返校園攻讀碩士學位。

「現在我有能力賺錢了，很想回饋社會，就像當年受到幫助一樣。」Mia資助了幾名貧困家庭的孩子，並計劃將來在落後地區興建學校，讓更多孩子有機會接受良好教育。

當青少年基於各種原因走上歧途，青年違法防治中心的存在，正是在關鍵時刻伸出援手，透過專業介入，協助他們重回正軌。正如Mia所言：「邊緣青少年未必願意主動求助，但我深信只要他們願意踏出第一步，接受旁人的善意，改變一定會發生。」

Ho, an outreach professional, with over two decades, understands the approach: "We arrange whatever interests them, Muay Thai, basketball, leather crafts, or anything else. The blend of activities helps them rebuild their lives. Most importantly, we show them we're on their side, not as saviours, but as supportive allies."

Courage to Begin Again

In 2017, Mia's nomination for HKFYG's Turning Point – Youth Improvement Award introduced her to other award recipients from different walks of life, making a profound impact. "Every misguided youth is waiting for an opportunity to turn things around. Many in Hong Kong, including the HKFYG, are willing to offer that opportunity."

Ho sees the Award as a validation of the transformation potential in every young person. "Sharing personal stories takes guts, but reflecting on the past is part of the healing journey. When recipients return years later with updates about their success, it brings incredible joy."

Faith in Transformation

The Award convinced Mia that anything was possible. She pursued design studies, advanced to deputy manager in insurance, launched a thriving immigration consultancy during the pandemic, and began her Master's studies last year.

"Now that I can earn a living, I want to give back," says Mia. "I sponsor several underprivileged children and dreams of building schools where education is scarce."

For at-risk youth, YCPC provides timely professional support for course correction. As Mia reflects, "At-risk youth rarely ask for help directly, but once they take that first step and accept kindness from others, transformation follows."