

# **Agent of Change Foundation Annual Report 2023**



The transformation of Agent of Change Foundation began in 2021 with a year of turbulence during COVID, followed up with a year of reinvention and redefinition in 2022, and came to the year of consolidation in 2023.

While our entire team continues to work on solidifying the foundation, our path forward is clear around the mission of **decentralizing social change and progress through the empowerment of individuals** around three readiness – ready to care for self, ready to be compassionate with others, and ready to embrace the future.

We look forward to inspiring and empowering more agents of change as we march into 2024 with our reaffirmed mission and in remembrance that it takes all of us to move this world forward.

Our year in numbers:

**122 change-making activities**

**6475 beneficiaries**

**9 new projects**



Project review

# **Other-ready – Community Outreach and Development**



### **“Chat and Plan: Social Participation and Reconciliation Scheme”**

- Funded by the Community Investment and Inclusion Fund (HKSARG), this project adopts the “Community-Business-Art” collaboration model and targets residents in the Sham Shui Po district
- There are two major components to the project – the “Community Tour Guide” and the “Community Changemaker” tracks
- The “Community Tour Guide” track invites people from the neighborhood to design and curate walking tours that showcases the history and culture of Sham Shui Po, but more so the pride of calling it home. Walking tour topics ranged from local delicacies to movies, from fashion and clothing-making to around life and death, from sex culture to recycling and repairing – In 2023 alone we held 13 walking tours, spanning 9 different topics and showcased that the amazing people of Sham Shui Po is as diverse as the district itself
- The “Community Changemakers” track engaged everyday people, particularly kai-fongs, to research and learn about a specific social topic, and eventually, share back with the community through the form of an interactive theatre that in and of itself brings the discussion to a wider audience
- During the process, we emphasize the importance of being in touch with issues and people on the ground, and have conducted more than 60 hours of community listening and fieldwork throughout our four editions of Changemakers, touching on topics ranging from housing situation to discrimination, from urban redevelopment to the concept of mainstream values and conformity
- We ran the program for four times and engaged in total more than 1,700 audience and spawned 9 different follow-up activities based on the communal discussions and suggestions, while most importantly, built a community of more than 100 changemakers that continue to bond with each other and serve the community in different capacities

### **Community docent training (Funded by individual schools)**

- “Change the way you look at it and you’ll find a whole new world” – instead of organizing walking tours for students to join, we instead trained them as tour guides and used walking tour as a means to force students look at their surroundings in a different light
- In partnership with Hong Kong Sze Yap Commercial and Industrial Association Wong Tai Shan Memorial College, Concordia Lutheran School and Wa Ying College, we trained a total of 13 students to observe their neighborhood and designed walking tours for their young schoolmates
- While many skills, such as public speaking skills, the ability to curate and design an in-person experience, acquiring knowledge and discoveries through research, were picked up during the process, the biggest learning delivered was for us to truly see all that is around us and understand that we are connected and part of something greater
- It is worth noting that one of the teachers-in-charge is a “Community Tour Guide” alumni from our fore-mentioned “Chat and Plan: Social Participation and Reconciliation Scheme”



### **Green workshop on mask and plastic recycling (Funded by individual schools)**

- In response to the over-procurement of protective face masks during the COVID pandemic, we initiated a green workshop on mask and plastic recycling and worked with secondary school students to properly dismantle and recycle overdue face masks, but also taught the larger message of plastic usage and recycling (differentiating between different plastics, the issue of micro-plastics and marine plastic pollution)

### **Community clubhouse experiment (Self-funded)**

- We kickstarted a five-month experiment of operating a community clubhouse in partnership with James' Concourse, St. James' Settlement's transitional housing project
- Different from the more touted "Community Living Room" concept, the program envisioned a communal recreational space where people of all backgrounds and interests are welcomed, and can find a space that belongs to them
- Our activities are divided into staple activities that more cater to needs (eg. homework tutorial classes) and thematic activities that cater to interests (eg. Chinese tea appreciation, yoga classes, cooking classes)
- We believe in a community of true inclusivity where spaces are shared instead of divided and allotted to each specific groups, and we look forward to testing the concept out

### **Kennedy Town YWCA (Funded by YWCA)**

- Appreciating the innovation of the team, YWCA invited us to support their elderly projects in Kennedy Town and provide something different to their members
- In 2023 we delivered three different programs – a smart phone/tablet class, which is especially relevant during a time when many of our elders' children migrated elsewhere; a volunteering program to flip the traditional sense of elders being the beneficiaries and drive empowerment and agency; and a bus tour guide program to encourage elders venture out and explore beyond their immediate neighborhoods

### **Microsoft People of Difference/VCare Program (Funded by Microsoft)**

- As part of Microsoft's commitment to making technology accessible to all and the launch of their accessibility toolkit for the physically-disabled, we lined up a project with disabled students from four special schools in the city
- However, we took it one step further to not only support them with hardware, but instead engaged Microsoft staff into sharing tips on both using Microsoft devices and the various accessibility features, and what work is like in the real world
- The program is designed to both be of service to the physically disabled students and the Microsoft team by connecting the two groups, and allowing them to see into each other's worlds
- The project in total accumulated more than 400 volunteer hours and served more than 180 students



### **Project Pass Around (Funded by UBS)**

- Continuing from 2022's efforts, 2023 saw another 8 rounds of Project Pass Around, one of Agent of Change Foundation's flagship activities, and an initiative to encourage people to look around and care for those around them that are often neglected
- On these community walks, where we bring participants to refuse collection points and areas frequent by street workers, scavengers and cleaners to meet them, understand more about their work, and acknowledge the hard work these overworked yet often overlooked people dedicate to the running of our city through the sharing of different supplies and tokens of appreciation
- We believe that the ability to see beyond ourselves and to acknowledge those around us is a critical part of Empathy and we have consistently delivered that perspective and wake-up reminder to our participants

### **Hey Zero (Funded by individual schools)**

- "Hey Zero," initially funded by Committee on the Promotion of Civic Education in 2021, is an on-going forum theatre project around anti-bullying at school, in particular, cyber-bullying, which is increasingly rampant yet more difficult to identify, trace and address due to its virtual nature. Each school visit comprises a theatre performance and a debriefing session by either counseling experts or specialists in online behavior to ensure the messages hit home with students
- Forum theatre is a form of theatre that engages the audience in influencing and engaging with the performance as "spect-actors" (both spectators and actors). Through our program, students are immersed much deeper into the context of bullying, especially the various manifestations of conflicts, and as a group, attempt to find alternatives and possible solutions to improve on the situation. Through these interventions, we provide a semi-real, yet safe environment for students to ideate and practice responding to bullying scenarios
- "Hey Zero" Anti-Bullying Forum Theatre School Tour is an on-going program and have accumulated 32 runs to more than 6,000 audience

### **Digital Literacy (Funded by Meta and individual schools)**

- As digitization presents both promises and challenges to the world, it becomes paramount for the public and especially the younger generation to properly harness its potential while remaining vigilant to the many pitfalls
- Our digital literacy effort is initiated by Meta's (formerly known as Facebook) We Think Digital public education program, which involves promoting the positive use of social media and the Internet. Part of the program includes a 30-hour TTT (Train the Teacher) program and the development of a DSE curriculum supplementary resource pack in partnership with professional bodies
- Our digital literacy program is later tapped by the Jockey Club Project Well-being for a wider audience and to date, supported by individual schools that recognize the significance and criticality of not only developing students' STEAM skills, but their ability to protect and develop themselves in a digital and AI-dominant era
- Our program has reached more than 138,000 people throughout the years and look to continue to be the much needed cautious and balanced voice



Project review

# **Future-ready – Self-Discovery and Life-Planning**



### **Life-planning series with Bunan Tong (Funded by individual school)**

- Invited by Carmel Bunnan Tong Memorial Secondary School to design and implement a 10-week life-planning program for 100 Form 4 students
- As part of their life education curriculum, the program aimed at leveraging Design Thinking and innovative problem solving to teach self-understanding and life-designing, drawing many parallels between understanding customers, defining problems, idea-generation with understanding ourselves, finding clarity and exploring various possibilities in life
- The program also has an application part, where students were divided into 20 groups and used the skills learnt to come up with ideas for a struggling social enterprise, allowing students to solve real-life challenges and grapple with the struggle of what can and cannot, should and should not be done

### **The Futures Lab (Funded by the Youth Development Commission, HKSARG)**

- The 3-year life-planning program partners with 5 participating schools: Carmel Alison Lam Foundation Secondary School, Salesians of Don Bosco Ng Siu Mui Secondary School, St. Francis Canossian College, The Church of Christ in China Kwei Wah Shan College, and Ying Wa College
- With a modular approach, believing that at the heart of every life and every life-planning effort, lies the possibility and impact of choice, the program allowed schools and students to pick and choose activities that are fit to their needs and aspirations, and by designing their own program, they design their lives

### **AIA Creator Fund (Funded by AIA Hong Kong)**

- AIA Creator Fund is AIA's funding program to support youth in their quest to create social value and a more sustainable future through innovative approaches, with this year's edition taking a stronger leaning towards social impact, and thus invited Agent of Change Foundation as the secretariat and program administrator to the flagship project
- Application opened in October and response was overwhelming with close to 1,000 applications flying in with a diverse focus on a diverse range of social issues
- We would like to thank Ms. Gloria Chiu, Director of Corporate Communications, AIA Hong Kong and Macau, Mr. Francis Ngai, Founder and CEO of Social Ventures Hong Kong, and Mr. Joe Yau, Chief Technology Officer and CEO of OpenRice, for their tremendous support to the adjudicating process





Project review

# **Self-ready – Interpersonal Relationship and Mental-Wellbeing**



### **The Searchers! Art-Based Empowerment Program (Funded by Swire Properties)**

- The Searchers! is a secondary school program where we used art therapy and art creation as avenues for students to identify their emotions and express themselves in a judgement-free environment, ultimately helping them find their inner voice and an enhanced mental well-being
- Following the acclaim of the first edition (generously supported by Coca-Cola Foundation), our refined second edition took a more focused approach with Swire Properties, and supported by Esquel Group, the School of Fashion and Textile at Hong Kong Polytechnic University, and Ms Mimi Tung, a leading figure in Art Therapy and her team
- This edition focused on leveraging the therapeutic nature of textiles and guided students along the way of self-identity exploration and expression, and culminated in a professional portrait shoot that unlocked a side of the students none of us, including their very own teachers, ever saw
- We also took the opportunity, with the support of the School of Fashion and Textile at Hong Kong Polytechnic University, and conducted research on textile therapy and its impact on students' mental well-being, and look forward to sharing the result and our experience with the wider community in the future

### **Mental Health 2.0 “Relationship Restorer Academy” (Funded by the Advisory Committee on Mental Health under the Health Bureau, HKSARG)**

- This project recognizes family relationship is the top reason for stress and anxiety amongst youth, alongside with academic performance, and runs with the thinking that if we have first aid kits and first aiders for physical wounds, then we should also have “first aiders for relationships” – relationship restorers, for wounds and tough times in particularly familial relationships
- The project can therefore be seen as a continuation of The Searchers! project and a testament to our commitment in using different art forms to respond to different mental wellbeing conditions
- We are partnering with Carmel Alison Lam Foundation Secondary School, TWGHs Kap Yan Directors' College, Salesians of Don Bosco Ng Siu Mui Secondary School, China Holiness Church Living Spirit College and Caritas Hong Kong Youth and Community Service, and look to raise awareness and empower youth to become relationship restorers via interactive drama, expressive art therapy workshops and community services



And thank you for those who have walked with us and supported us throughout the year

<b>Advisory Committee on Mental Health (HKSARG)</b>	<b>Kaifong Tour</b>
<b>AIA Hong Kong and Macau</b>	<b>Meta</b>
<b>Caritas Hong Kong</b>	<b>Microsoft</b>
<b>Committee on Home-School Co-Operation (HKSARG)</b>	<b>Mr. Eddie Yu</b>
<b>Community Investment and Inclusion Fund (HKSARG)</b>	<b>Ms. Bonnie Tse</b>
<b>Christian Action</b>	<b>Ms. Mimi Tung</b>
<b>Department of Social Science, Hong Kong Metropolitan University</b>	<b>Neighbourhood Advice-Action Council</b>
<b>EMC Hub</b>	<b>New Life Psychiatric Rehabilitation Association</b>
<b>Enhancing Self-Reliance Programme (HKSARG)</b>	<b>New World Development</b>
<b>Environment and Conservation Fund (HKSARG)</b>	<b>RIP88</b>
<b>Esquel Group</b>	<b>School of Fashion and Textile, The Hong Kong Polytechnic University</b>
<b>Farmacy Hong Kong</b>	<b>Social Venture Hong Kong</b>
<b>Fredie Hung Ethnic Minorities Service</b>	<b>Standard Chartered Bank Charitable Foundation</b>
<b>Halfcup Squat</b>	<b>St. James' Settlement</b>
<b>Hongkong Land Limited</b>	<b>Swire Properties</b>
<b>Hong Kong Association of Careers Masters and Guidance Masters</b>	<b>The Good Lab</b>
<b>The Hong Kong Jockey Club Charities Trust</b>	<b>The Hong Kong Council of Social Service</b>
<b>Hong Kong Young Women's Christian Association</b>	<b>The Hong Kong Drama / Theatre and Education Forum (TEFO)</b>
<b>Hop Hing Oil Group Limited</b>	<b>The Hong Kong Federation of Youth Groups</b>
<b>Jennifer Yu Cheng Girls Impact Foundation</b>	<b>UBS AG</b>
<b>Jockey Club Project Well-being</b>	<b>Wofoo Foundation</b>
	<b>World Vision Hong Kong</b>
	<b>Youth Development Commission (HKSARG)</b>



