

# *UNCOVERING THE POWER OF GOOD DEEDS*



# #PAYITFORWARD MOVEMENT

Pay It Forward has something more than a good deed, it is about what you share that brings a real change to society. The purpose of Pay It Forward is you can change someone else's circumstances for the better because the possibility of kindness are endless.

It is inspire generosity and compassion to one another. Helping others in need, especially those who are less fortunate than yourself, can provide a real sense of perspective and make you realize how lucky you are, helping you to achieve a more positive outlook on things that may be causing you stress.

Humankind is inherently social. We gain emotional and psychological strength from connecting with other people no matter who they are, but the most important thing is your sincerity. When, however, we reach across the void and touch a stranger's life, the potent feeling of having made a difference fills our hearts just as much as it fills theirs.

This is one of the most powerful benefits of the #payitforward movement: it benefits both parties. You've left the world a slightly better place by leaving someone else's world a considerably better place. You truly never know what demons someone may be fighting. Your moment of kindness may just be the light in someones darkness, be kind.



## "WORDS OF WISDOM" HOW DO YOU ACT FOR THE WORLD?

During this period of coronavirus outbreak, people from all over the world facing so many difficulties. We are facing challenges and uncertainties, but, all those things shouldn't stop us from create a good movement. This pandemic is a window of opportunities to make this world a better place.

**Latest charity released by China Hong Kong Culture Exchange Association.**

China Hong Kong Culture Exchange Association is a Non - Governmental Organization based in Hong Kong just released their charity as a #payitforward movement.

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# 'Together We Can Change The World'



**Target 10.2:**  
"By 2030, empower and promote the social, economic and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion or economic or other status"

## ESG Educational event organised by China Hong Kong Culture Exchange Association ***Community Shaper 2030: Online Hackathon***

*COVID-19 has exacerbated inequality all around the world, affecting the lives of those most vulnerable in society: the elderly, the disabled, the children, the women, and the migrants and refugees. Essential workers in sectors such as healthcare and catering are more at risk of infection and wage cuts. Moreover, according to the American Psychological Association, the mental health of marginalized populations has worsened due to their lack of access to resources, such as supportive social networks.*

*As NGO and government support is usually more short-term, we hope to initiate a bottom-up approach to mitigate fundamental societal problems. Our mission is to build a sustainable community of innovators that can generate innovative solutions to tackle visible and invisible inequalities.*

*Community Shaper 2030 aims to establish an annual hackathon that acts as an innovative and educational hub for youths all around the world to create a solution, tackling Target 10.2. The social development goals are aimed to be accomplished by the year 2030, as such one of our core objectives, to nurture cohorts of young people that are able to shape our community for the better by 2030.*

*Cohorts of talented students from different schools were invited to join this 2-day hackathon on the 15th and 16th of August, participating in inspirational forums by industry leaders, design-thinking workshops that nurture their character and build a community that will continue contributing to society in the future. After the program, finalists will be chosen to start our post-event mentorship for their project to come to fruition.*





# 'Mental health under challengings'

## Personal training from Unleash Foundation

### ***Unleash Training Series 2020***

Unleash Training Series 2020 is organized by Unleash Foundation since February 2020. Despite the outbreak of COVID-19, the Foundation aims to bring care, mindfulness and positive messages into the community during the serious and challenging time in Hong Kong.

**LEGO® SERIOUS PLAY® (LSP)** is a methodology invented by LEGO headquarters in Billund, Denmark. This “hand thinking” methodology is backed by heavy research in educational theories, neuroscience, and psychology. Research has shown that our hands are connected to 70-80% of the neurons in the brain. We are literally utilizing different parts of the brain when we create artifacts with our hands. LSP puts the rational mind in sleep mode and wakes up the subconscious mind to help – we are literally giving the brain a hand.

*Comment from Strategic Team Collaboration Workshop with LEGO® SERIOUS PLAY® ( I ) on 29 February: “I had an enjoyable afternoon. Mr Joe Chan and his team are very professional. I agree that LSP is really a good tool for developing one's soft skills. The good flow of the workshop also gives the participants the room to reflect and evaluate, to communicate and collaborate. Thank you once again for organizing this wonderful event!”*

*Comment form Strategic Team Collaboration Workshop with LEGO® SERIOUS PLAY® ( II ) on 10 March: “I had joined many talks about team work before. BUT the speaker was only talking and talking about the PowerPoint notes or having some boring games. But in today's event, it's my first time to try Lego. The games also inspired my creativity and let me expressing my ideas and views confidently. Through listening to Joe and others' sharing, I really get more insights about collaboration!”*





The Foundation invited **Ms Gigi Poon**, Level 3 expert on the training tool **'Point of You'**. The Point of You workshops is organized for two types of participants, one is for the public, and the other on is for people who are willing to be a "Point of You" certificated trainers.

The sessions open to all is organized more than five times. The training themes are different in each session, includes inner values, ikigai, photo therapy, Point of You training tools and so on.

The Foundation has organized three 2-day online training, and trained more than 20 certificated trainers for the Unleash Training Series in the future.



The Foundation invited the NLP profession, **Ms Alex Lo**, to give a "Positive Thinking and Psychology" training on 6 June 2020. Ms Lo was using **Neuro-Linguistic Programming (NLP)** to create a healing space for the participants and coach them to find their inner self.

"Don't be afraid of anything or rue the day, just go forward and reach the other side of the success ! ”



# 2020, a warm and loving year

## Community support form Unleash Foundation

POLEEKO TRADE AND INDUSTRY (HK) LIMITED (寶利高工貿 (香港) 有限公司) authorized a huge amount of surgery masks to Unleash Foundation for distributing to the low-income family, students and disability.

The foundation distributed surgery masks to three schools and four organizations in different districts in Hong Kong, and benefits thousands people and hundreds families. UPOWER LIMITED received an amount of masks and plan to distributed it at the four wave of pandemic outbreak in Hong Kong.



TCHUK FAA THOMAS CHEUNG SECONDARY SCHOOL



LEE KAU YAN MEMORIAL SCHOOL



BUDDHIST SUM HEUNG LAM MEMORIAL COLLEGE



GOOD NEIGHBORHOOD VOLUNTEERS (TSZ WAN SHAN)



CHEERFUL HEART (KWUN TONG)



EMBRACE JESU (TAI KOK TSUI)



## UNLEASH POWER (UPOWER)

**UPOWER** brings new color for Hong Kong society to be a new platform to advocate disability rights and build a society with inclusion and diversity. UPOWER aims to enhance disability rights through work inclusion, raise cultural awareness of disabled rights in Hong Kong and discover new employment opportunities for both disabled and employers.

In 2020, the economy in every cities is experiencing an economic regression due to the pandemic outbreak (COVID-19). The International Monetary Fund (IMF) expects that the global GDP drop 4.9%. Some economists expect Hong Kong GDP will reduce 6.9%. The unemployment rate in Hong Kong is reached to 6.1% in August, the highest rate in Hong Kong. It is the most challenging time to low-income family and the underprivileged groups.

Therefore, UPOWER is presenting couples soup packs to the high-risk areas, such as TSZ WAN SHAN, KWUN TONG and TAI KOK TSUI. Also, UPOWER is offering the training and the employment opportunities for the underprivileged groups to the related associations in those areas.

### Acknowledgement:

Soup Packs supplier:

YOYO KITCHEN (御壹工房)

Receivers:

- GOOD NEIGHBORHOOD VOLUNTEERS (TSZ WAN SHAN)
- CHEERFUL HEART (KWUN TONG)
- EMBRACE JESU (TAI KOK TSUI)





# Self-development time

## UPCOMING EVENT BY CHINA HONG KONG CULTURE EXCHANGE ASSOCIATION AND UNLEASH FOUNDATION: GBA INTERNSHIP PROGRAMME

Due to the pandemic outbreak, the summer GBA internship program has postponed to the coming December in 2020. The GBA (Greater Bay Area) internship program is one of the regular event at China Hong Kong Culture Exchange Association and Unleash Foundation in every summer. The destinations this year are including Shenzhen (深圳), Guangzhou (廣州), Zhuhai (珠海), Zhongshan (中山) and Foshan (佛山).

For more details, please scan the QR code on the poster or go to the website:

Unleash Foundation (left) : [www.unleashfoundation.org](http://www.unleashfoundation.org)

China Hong Kong Culture Exchange Association (right): [www.cultureexchange.hk](http://www.cultureexchange.hk)

2020  
大灣區青年實習計劃  
Greater Bay Area Internship Programme

實習日期  
Programme Date  
2020年12月  
Dec 2020

實習地點  
Destination  
深圳 廣州 佛山  
Shenzhen Guangzhou Foshan

招募對象  
Eligibility Requirement  
18-29歲並持永久性香港身份證青年  
Hong Kong Permanent Resident aged 18-29

費用  
Fee  
全免 (已包括住宿、集體交通、保險、考察活動費用)  
Free (including accommodation, round-trip transportation, insurance and activities)

更多詳情  
More Details

中港文化交流促進會

# 大灣區 實習

2020

12/2020

深圳、珠海、中山

活動詳情





# Self-development time

UPCOMING EVENT BY CHINA HONG KONG CULTURE EXCHANGE ASSOCIATION:

## Community Shaper 2030: Symposium

Symposium for  
social enterprises  
and startups!

for more information,  
visit our website



# COMMUNITY SHAPER 2030

INNOVATE FOR THE FUTURE | 青年創變 創變未來

a final symposium for community shaper finalist teams to present their progress,  
demonstrating their potential to innovate for the social good

featuring:

- Pitching presentations
- Business and Project exhibit
- Q&A Session with teams
- Networking opportunity

date: Late December  
location: TBD  
price: TBD

JOIN  
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INNOVATE

organised by



中港文化交流促進會  
China Hong Kong Culture Exchange Association



UNLEASH  
聽志發展基金  
Unleash Foundation

finalist teams



E-TEC



# *Support #PayItForward Movement*

*Please contact the SECRETARY of China Hong Kong Culture Exchange Association for article sharing and/or event advertisement:  
info@cultureexchange.hk*

*Help to keep this HK #PayItForward Movement newsletter going by sending us donation!*

*Thank You for Your Support ~*

More information about HK #PayItForward Movement please contact us:  
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## *ORGANIZER*



## *SUPPORTING ORGANIZATION*





*“Kindness doesn’t just change other people’s lives, it also changes yours!”*



#PayItForward Movement

