



K&K Charity
建灝慈善基金

'Dare to DREAM' K&K Charity Funding Scheme Application Form

K&K Charity Limited

K&K Charity is a charitable foundation established by K&K Property in 2015 to support youth, education and the underprivileged. The foundation offers scholarship and opportunities to talented youngsters for eye-broadening education and training, and funds the underprivileged to acquire new knowledge and skills for the fast-changing world.

'Dare to DREAM' K&K Charity Funding Scheme

APPLICATION INSTRUCTIONS

Please read and follow the instructions to complete the application.

'Dare to DREAM' Funding Scheme is for newly-initiated pilot project providing direct services in Hong Kong. These projects should not be funded by the government or other funding bodies. The maximum funding for each project is HK\$200,000. Successful applicant should work closely with the foundation's staffs to work out a long-term and sustainable plan.

Selection criteria include

- a) Meeting social or community needs
- b) Cost-effectiveness
- c) Clear output and outcome measurement
- d) Comprehensive project planning
- e) Experiences, track record and resources of the agency

Application procedure is simple, you are required to complete the application form completely in **either Chinese or English** and **upload** through K&K Charity Website: www.kkcharity.org.

Deadline of the application is **26 April 2019 18:00**.

For any enquiries about this application, please contact Mr Kenneth Wong on 2217-5825 or email to kenneth.wong@kkcharity.org.

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'Dare to DREAM' K&K Charity Funding Scheme Application Form

Agency Name

Outward Bound Hong Kong

Project Name

(English) 5-day Sea Kayaking Journey

(Chinese) 海上獨木舟課程

Project-in-charge / Contact Person

Name (English) Ching Ka Wai

(Chinese) 程家威

Post Title Director of Community Partnership

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Agency Background

- ☒ Registered as charitable institutions or trusts under Section 88 of the Inland Revenue Ordinance
- ☐ Established under other Ordinance (Please specify:)
- ☐ Member of The Hong Kong Council of Social Service
- ☒ Member of WiseGiving

Project Summary

The project will allow applicants, who are Form 4 students from secondary schools, to attend leadership training in OBHK 5-day sea kayaking journey. The training is in groups of 12 participants + 2 facilitators. It provides an opportunity for participants to discover their potential, take leadership roles, and equip them with life skills. These things are useful for them when they are back to school and future workplace.

An evaluation will also be conducted to prove its significant impact to them.

Outward Bound is a non-profit making organisation created to help people discover and develop their potential to care for themselves, others and the world around them through challenging experiences in unfamiliar settings.

Core Values of OBHK are:

- to be open to all without regard to race, social class, occupation, gender or nationality
- to use direct dramatic experiences in new and unfamiliar surroundings
- to demand adaptability, self-discipline, resourcefulness and perseverance in the face of challenge and uncertainty
- to provide personal development through the challenge of the sea and other natural elements
- to fasten the ideas and practices of active participation in the setting of a supportive community
- to encourage participants to co-operate with others, to give service to and to accept responsibility for others
- to stimulate imagination and a sense of adventure, as well as fastens true appreciation and concern for the environment
- to place emphasis on practical work in small groups with adequate time for reflection, discussion and critical appraisal

A Overall Project Descriptions

■ Rationale

The needs of Hong Kong's young people have been increasingly highlighted in recent years as rates of teen anxiety and depression have increased, academic pressures have amplified teenage stress and perceptions of the future have become increasingly negative. However, against this backdrop of apparent pessimism, Outward Bound works with thousands of Hong Kong's young people each other and remain convinced that although the social conditions they experience have changed, their potential remains intact.

This situation was identified by the recent publication of the administration's Youth Development Strategy, which will be implemented by their Youth Development Council. The Strategy suggests that Hong Kong's young people should be provided with opportunities to develop the resilience and coping skills that they require to be able to navigate successfully through the challenges that they all inevitably face, and that those experiences should also consider equipping them with the soft skills that are sought after by today's employers and may not be developed as part of a school education.

The Strategy (https://www.ydc.gov.hk/files/pressroom/public_engagement_report_en.pdf) suggests that the government should develop a "multi-pronged approach to strength resilience" (4.6.9 (a) in the pdf) in its young people and should also partner with NGOs in order to "groom our youth to develop their generic skills such as cooperation, leadership and teamwork" (4.6.11 (b) in the pdf). In short, the government has identified the need and is now looking for ways that it can deliver opportunities to meet this need. This presents an opportunity for K&K to contribute to the government strategy on youth development and help its immediate community neighbours.

2020 will mark 50 years of Outward Bound Hong Kong's service to Hong Kong society. During that time OBHK has helped hundreds of thousands of young people discover their abilities and to make the most of their potential. Our highly trained staff take young people into outdoor environments on journeys that provide challenge and push them to 'go further' than they normally would. These facilitated learning experiences increase resilience, self-confidence, responsibility and self-awareness and prepares them for the challenges that life may present in the future.

OBHK is part of the Outward Bound International network of 37 organisations throughout the world. As part of the network we undergo bi-annual reviews of our operations in order to maintain standards and we are, additionally, the first organisation in Asia to be accredited by the Association for Experiential Education.

■ Target Service Users

Form 4 students from disadvantaged backgrounds and Band 3 secondary schools.

■ Approach

We provide funded 5-day sea kayaking journeys for the targeted groups. During the week students are impelled into experiences they would not normally have - such as choosing where to camp at night, what to cook for dinner and who will be in charge, how to navigate the following day in poor weather etc. Through these intense experiences they form bonds that would not normally be present in daily life and during the course their confidence and independence visibly grows. The Principals of the schools that send students on these courses report that students are clearly changed when they return to lessons - they are more focused, driven and independent. In short, they are better prepared for life.

<Words from School Principals>

"The Student Leader Programme is extremely outstanding! Within the five days of training, the instructors delivered the training aims and objectives in a comfortable and open atmosphere, in which students were not intimidated and were full of confidence to deal with the multiple tasks. The leadership training programme gave students the tools to turn the complex problems into opportunities for positive changes, helping them to think with different views. The programme provided to our students has made a definite improvement in their attitudes and behaviors, so that they are becoming mature students indeed. The behavior that this programme taught them will be a benefit to the personal character of the students too. Students are becoming more responsible for initiating and perpetuating this kind of action."

Principal of T.W.G.Hs Yow Kam Yuen College; Student Leader Programme in 2015/16

Remarks:

1. Student Leader Programme in 2015/16 was funded by all donations raised from Pedal Power 2015/16.

■ Contents

It could be referred to the attached "Appendix - Course Contents of 5-day Sea Kayaking Journey", showing the tasks of each day, rationale behind tasks and intended outcomes. The content will, according to the different circumstances, vary from time to time.

B Evaluation Methods

Methodology

Participants are asked to complete a set of questionnaires before and after the course. Scores are then recorded and calculated to measure the change in participants.

Growth and change can be represented in various ways; for ease of interpretation the following data is shown as a measure of 'effect size'. The data generated shows that Outward Bound Hong Kong courses have positive impact on the participants, who are then better equipped to contribute to society in the future.

Effectiveness of these courses are measured against the recognised industry average for outdoor adventure education, which is marked on the chart and is recognized to be 0.43 (for 2018). These international averages have been peer-reviewed and verified through studies on the impact of outdoor education courses, and it is against these measures that education experts have benchmarked the Outward Bound performance measurement process and used for comparison.

Effect Size - measures the strength of change, or impactfulness of the course, on the course outcomes.

Small - 0.20

Medium - 0.50

Large - 0.80

r^2 is a statistical method for measuring percentage change in variable over time.

There are three criteria to be used for such evaluation:

1. Compassion - The belief that one senses the needs of others and a personal priority. It measures a person's empathy and ability to assist others to achieve desired outcomes and motivating those that are struggling.
2. Resilience - The perception of one's ability to effectively deal with challenges, and the capacity to persevere through difficulties; toughness, perseverance, sustained effort.
3. Self-Responsibility - The perception that one autonomously initiates action when a need exists. It measures the state of being responsible, answerable, or accountable for actions and consequences within one's power, control or management.

Our 2017 Evaluation provided OBHK with effect sizes of:

- 0.60 for compassion (r^2 %: +8.26%)
- 0.72 for resilience (r^2 %: +11.47%)
- 0.71 for self-responsibility (r^2 %: +11.19%)

which are far above the industry standard (0.34).

C Proposed BudgetIncome

Program Income		\$	9600
Other Income (please specify)		\$	0
	Total Income (i)	\$	9600

Expense (please break down into details)

Direct Salary - An Instructor (Grade 1) - 5 days; 0.5 preparation day; 4 Groups*12 Students	\$	21956
Direct Salary - An Instructor (Grade 1) - 5 days; 0.5 preparation day; 4 Groups*12 Students	\$	21956
Direct Salary - Course Director - 5 days; 1 preparation day; 4 Groups*12 Students	\$	27600
Direct Salary - Support Staff - 5 days; 2 preparation days; 4 Groups * 12 Students	\$	26976
Ration - Breakfast, Lunch, Dinner	\$	30240
Transportation - Bus fare, Fuel, etc	\$	12000
Equipment (Depreciation) - Kayak, Miscellaneous Gears, etc	\$	48000
Insurance - Medical	\$	6240
Overhead (5% Administrative Cost) - Operating, Back Office, Vehicle and its insurance etc	\$	10261

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Total Expense (ii) \$ 205229**Funding Amount Requested (ii - i)** \$ 195629

D Declaration

On behalf of the Executive Board of our Agency, I confirm that all information provided in this application form and other related documents (if any) are, to the best of my knowledge, accurate and complete.

Signature



Name:

Ching Ka Wai

Post Title:

Director of Community Partnership

Date:

18 April 2019

Agency Stamp



Appendix – Course Contents of 5-day Sea Kayaking Journey



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- Objectives
1. Leadership
 2. Resilience
 3. Teamwork



Outward Bound Hong Kong is the first
officially accredited experiential education
organisation within Asia

Course Planner
Client:

Course Code:

Group:

Instructors:

Date:

Day	1	2	3	4	5
Weather					
Wind					
Temperature					
Tides					
Logistics			Drop Off: 16:30 Ma Tau Wan		
Route		TMT → Hap Mun Bay → Kau Sai Wan	Kau Sai Wan → Jin → Ma Tau Wan	Ma Tau Wan → Bluff Island → TMT	AKW → Ma On Shan → TMT
Distance		7km	8km	15km	
Campsite	Tai Mong Tsai Base	Kau Sai Wan	Ma Tau Wan	A Kung Wan	
Communications	Phone/ Spot unit	Phone/ Spot unit	Spot unit	Phone/ Spot Unit	



OUTWARD BOUND HONG KONG

Evacuation	Land	Sea	Sea	Land/ Sea	
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Date	Activity	Educational Process	Intended Outcome
Day 1 Phase: Training	Paperwork and Opening		
	Ice-breakers and Tone Setting	To break the barriers between pax and instructors; to align expectations about the programme.	Familiarization; Mental preparation
	Water Confidence Test, Capsize Drill	Essential Safety Procedure	
	Shower and Lunch		Build up confidence and teamwork
	Kayak Introduction and Skill Input	Pax acquires the essential knowledge in boat handling, by practicing in sheltered area, pax could familiarize the maneuver of kayak in forward/ backward/ stopping and turning and be ready for the sea journey ahead.	
	Pack and Prep		
	Camp craft introduction & Dinner	To introduce the safety rules for kitchen set up and to practice the usage of cook set in base.	To prepare pax for taking ownership and responsibility
	Evening Review: Comfort Zone	Follow up on tone setting, pax will be introduced the	Pax have a clear picture of the purpose and value of the programme; they have



OUTWARD BOUND HONG KONG

	Goal setting Hopes & Fears	classic learning model in OBHK – Comfort Zone, pax to reveal their personal hopes and fears, either in journal or group sharing. Instructors being able to readjust the route and the focus of the course base on pax' hopes and fears	also set up individual goal that they would like to achieve during the course.
Date	Activities Energiizer and breakfast Boat packing and safety equipment briefing	Educational Process Pax be familiarized with the routine of boat packing in a limited time and to understand the importance of taking responsibility to look after the gear.	Intended Outcome To prepare pax for taking ownership and responsibility.
Day 2	Depart OBHK	By paddling to nearby islands, pax will be able to develop understanding with his/ her kayak buddy and to finetune their kayaking skill	Kayaking skill practice.
Day 2	Skill Input: Navigation and Team roles	After acquiring basic paddling skill, instructors will introduce navigation and local area knowledge, pax will then be divided into different roles, such as leader/ navigator/ safety. Pax are expected to fulfill the duties accordingly and to share the responsibility of ensuring the safety and learning of the journey. This is part of the process of shifting ownership.	Pax understand how one's action could affect others and the importance of being responsible.
Phase: Training	Camp set up and dinner Evening Review:	By envisioning their perspective of a perfect team member, pax be able to identify the qualities to	Responsibility and Teamwork



OUTWARD BOUND HONG KONG

	Perfect Team Member/ Leader's feedback	become a functioning member and come to a realization that they should strive to become the perfect member. Leader's feedback would become part of the routine as pax learn to evaluate each other's performance and learn from others' experience to gradually become a performing leader.	By providing and receiving constructive and positive feedbacks from teammates, pax learn to be accountable for their actions and decisions
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Date	Activities	Educational Process	Intended Outcome
Day 3 Phase: Main	Energizer + Team Initiatives	Pax to be ready for a proper paddling day. Leaders and navigators to do a morning brief of the day. By taking charge of the day, leaders in the team gain the exposure to execute a plan and thus boost their leadership skill and confidence.	Leadership & Teamwork
	Jin Arch Visit	Jin Arch locates at the southern tip of Jin Island, during winter time, there will be swells and big waves which will provide a challenging experience for pax. Pax have to withstand the weather and learn the importance of not giving up during hardship.	Resilience and Teamwork
	Mid-course Review: Compass	Pax to re-evaluate their personal goal for the courses, by using a compass as a metaphor, pax realize their Strengths, Weaknesses, New Opportunities and what resources do they have to help every member in the team to achieve their goals together.	Pax understand that it is not an individual journey but a collaborative work in the process of improving oneself.
	Camp set up and dinner Evening Review: OB Story and Pin introduction	Introduction of the history of Outward Bound and the emphasis in seamanship. Introduction of the Pin and meaning behind.	Pax have an understanding of the tradition that Outwardbounders have



**OUTWARD BOUND
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	Leader's Feedback	(Same as Day 2)	been passing on. With 2 days remaining, they will need to strive in order to deserve the pin.



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Date	Activities	Educational Process	Intended Outcome
Day 4 Phase: Main	(Longest Paddling day) Bluff Island Sea Cave Visit	Pax is fully aware of the swift of ownership from instructors to the group, coming to such a realization and being able to reach the furthest point by far to Bluff Island, pax will be able to recognize their ability to set up their own goal and achieve it.	Leadership, Teamwork and Ownership.
	Gear Cleaning and Dinner	Up till this stage, pax with different team roles should be able to function as a team, pax would take full lead of the timeline of the day; safety on the sea and wellbeing of team members.	
	Evening Review: Leader's Feedback	Pax to be able to conduct their own evening review.	
	Introduction of Sunrise Challenge	By offer the final challenge, pax could choose to summit either Ma On Shan, Tai Tung, or Cheung Shan, the key point is to offer autonomy for pax to plan their own level of challenge.	
Being mentally prepared for the final challenge.			



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Date	Activities	Educational Process	Intended Outcome
Day 5 Phase: Final	Sunrise Challenge – Ma On Shan	The final team challenge: pax to be able to overcome a seemingly tough challenge and gain the sense of achievement in the final phase of the course.	Pax being able to plan their own final challenge. By successfully accomplish the team challenge, pax will be able to take home the importance of resilience and teamwork, which echoes with the objectives of the course.
	Jetty Jump	Pax will be encouraged to push their personal boundary. It is not a matter of jumping or not, but the willingness to step one step beyond their comfort zone.	Pax being able to reflect on “where is his/ her boundary”, starting from the boundary, pax could then look beyond it and look for their new boundary (goal setting)
	Lunch		
	Final Debrief and Pin Closing Ceremony	Pax will be asked to conduct a public speaking session, regarding their ups and downs during the course and their personal evaluation on their own performance.	Confidence and self-awareness