



Chinese YMCA of Hong Kong  
University & College YMCA Department



VISION  
2030

# INSPIRE 2030 JITTER

INTERNATIONAL YOUTH CONFERENCE 2023  
COMMUNITY WELLBEING IN  
POST-PANDEMIC ERA

21-24

JULY 2023

HONG KONG

# ABOUT THE ORGANISER

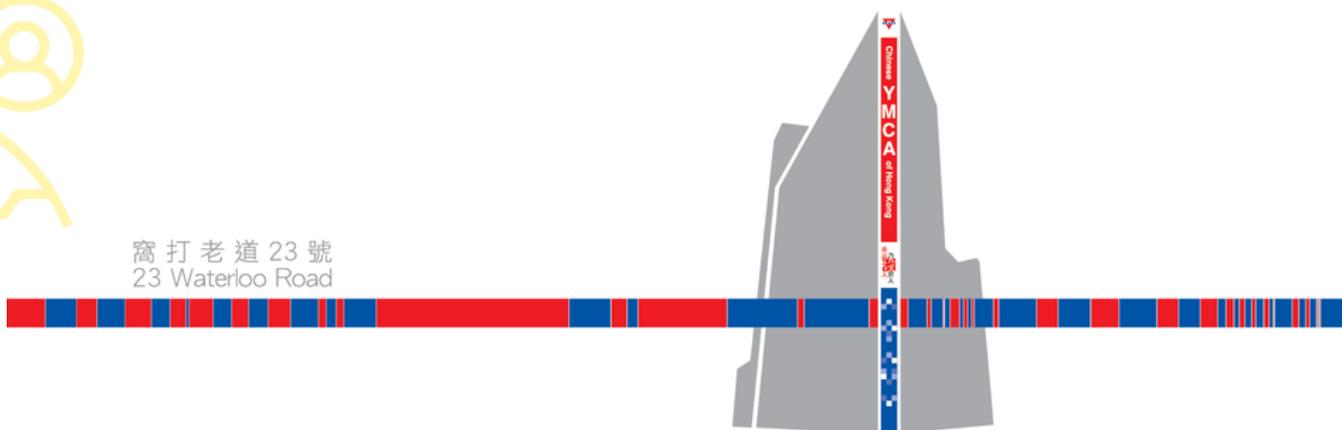


Established in 1901, Chinese Young Men's Christian Association of Hong Kong (Chinese YMCA of Hong Kong) is a Christian service organisation based in Hong Kong as part of the global YMCA movement. The Association is committed to building a civil and compassionate Hong Kong through uniting people with the same spirit to extend the Kingdom of God; fostering youth leadership to shoulder social responsibility with keen concern for the motherland and the world; and promoting multiple service programmes based on holistic personal growth, commitment to the underprivileged and reconciliation extending from self to society.

Over the years, with the steadfast support of the government, organisations and churches, the Association has expanded to over 60 service units across the city with a total of over 80,000 members.



窩打老道 23 號  
23 Waterloo Road



# ABOUT THE ORGANISER



**Chinese YMCA of Hong Kong**

University & College YMCA Department

The University & College YMCA Department is dedicated to providing tertiary students with services that enrich their holistic development and engage them in the YMCA movement. Since 2003, we have been committed to nurturing students into future leaders with strong adaptability, creative insights and passion for serving the community. With the slogan "U-Adventures Begin Here", we strive to make students' campus life fruitful and unforgettable by offering a wide array of distinguished local and overseas programmes, ranging from joint university activities, and service/cultural tours to internships and a lot more.

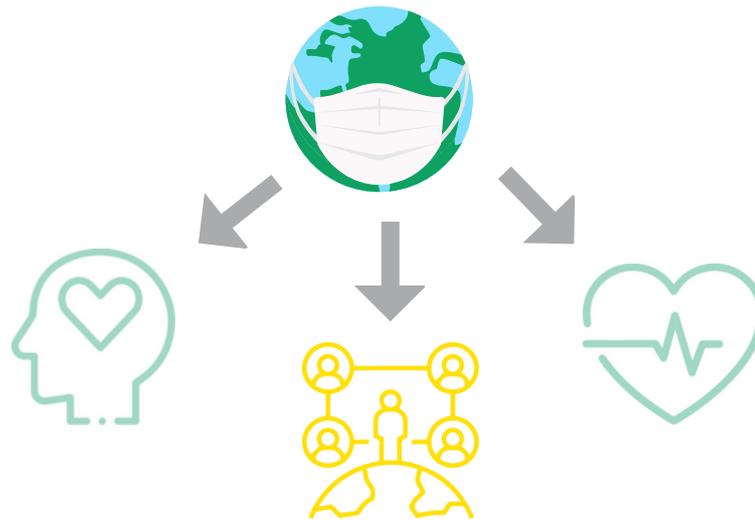
The first University YMCA® (Uni-Y®) in Hong Kong was established at Hong Kong Baptist University. Gaining gradual recognition and support from the university staff, student and the community, we drastically expanded the University & College YMCA service to other local universities and college. After a decade of expansion, a total of eight University YMCAs and one College YMCA have been established in Hong Kong, serving over 7,000 members.

2003	2007	2010	2011	2012	2013	2023
University YMCA (Hong Kong Baptist University)	University YMCA (Chung Chi College, The Chinese University of Hong Kong)	University YMCA (The Hong Kong University of Science and Technology)  University YMCA (The Chinese University of Hong Kong)  College YMCA (YMCA College of Careers)	University YMCA (Lingnan University)	University YMCA (The Hong Kong Polytechnic University)	University YMCA (The University of Hong Kong)	

**20th  
Anniversary**



# BACKGROUND OF THE CONFERENCE



The COVID-19 pandemic has influenced all walks of life, creating more needs from social, mental and physical perspectives. From recent research,<sup>1</sup> the World Health Organisation (WHO) found that COVID-19 has significantly impacted mental health issues worldwide, increasing 25% of prevalence in anxiety and depression. The pandemic has changed various aspects of our lives. Lack of outdoor activities, impact on sleeping time and quality, and social distancing have affected youths' mental wellbeing. Notably, online classes and virtual campus life have significantly reduced students' opportunities to develop interpersonal skills, leading to social anxiety.

Moreover, according to some studies<sup>2</sup> in Hong Kong, an increasing number of students reported that their mental health had deteriorated during the pandemic years. In addition, the younger generation's ways of help-seeking have shifted to more covert patterns<sup>3</sup>, such as posting their status on social media instead of proactively reaching out to family, friends or professionals, leading to certain levels of distress. Neglecting such issues can be a red flag for another mental health "pandemic".

1. World Health Organisation: COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide  
2. MindHK: What is the mental health situation in Hong Kong?  
3. Social Science & Medicine, Volume 318, February 2023: Shifts in patterns of help-seeking during the COVID-19 pandemic: The case of Hong Kong's younger generation

# Inspire2gether: Community Wellbeing in Post-pandemic Era



To celebrate University & College YMCA's 20th Anniversary, the Conference will gather local and overseas youth delegates from different YMCAs to discuss and get inspired on how young people should react to the change in community wellbeing after the pandemic. Through the Conference, we hope to explore the challenges that our communities are facing from the social, psychological and physical perspectives, so that we can tackle them by providing more timely and fresh services to serve the community; and promote community wellbeing, in echo with Vision 2030 adopted by the World YMCA in 2022.

## Objectives

- To inspire young people around the world to actively respond to youth societal needs in the post COVID-19 era and contribute to the communities with innovative and creative solutions; and
- To provide a multicultural platform to facilitate communication and sharing of experiences in responding to improvement of community wellbeing.



**VISION  
2030**



Community  
Wellbeing

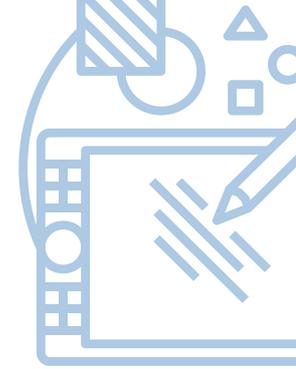


# ABOUT THE CONFERENCE

## A. BASIC INFORMATION

<b>Date:</b>	21-24 July, 2023 (Friday to Monday, GMT +8)
<b>Target No. of Participants:</b>	120 young adults aged 16 to 29
<b>Venue:</b>	Accommodation: Wu Kwai Sha Youth Village, Hong Kong SAR, China  Event Venues: Wu Kwai Sha Youth Village The Chinese University of Hong Kong The Cityview & various districts in Hong Kong
<b>Participation Fee:</b>	<b>USD 130 per person</b> *Including meals, accommodation, airport pick-up, local transportation and all programmes; excluding self-arranged visa (if necessary), flight tickets and travel insurance.
<b>Deadline:</b>	<b>30 June 2023</b>





# ABOUT THE CONFERENCE

## B. PROGRAMME SCHEDULE

	21 Jul (Fri)	22 Jul (Sat)	23 Jul (Sun)	24 Jul (Mon)
Morning	Arrival, Registration & Check-in	Devotion	Devotion	Presentation  Closing Ceremony @The Cityview
Afternoon		Thematic Talk & Design Thinking Workshop	Thematic Sharing <b>Community supports in different countries</b>	
Evening		Community Exploration  • <b>Mental Health</b> • <b>Elderly</b> • <b>Sub-divided flat</b> • <b>Homeless</b>	Cultural Carnival	Departure/ Guided Local Tour (Optional)
	Orientation, Team- building & Welcoming Dinner	Sightseeing	Brainstorming on Solutions - The way forward	

\*The above schedule is subject to change.

More programme details coming up.  
Check out our website!  
<https://uniy.ymca.org.hk/en/iyc2023>



# REGISTRATION PROCEDURES

1

Complete the online reservation form ([CLICK HERE](#)) to indicate the number of delegates from your YMCA

2

Provide personal particulars of your delegates by filling in the registration form and return it to [inspiretgt@ymca.org.hk](mailto:inspiretgt@ymca.org.hk). The registration form will be emailed to the Contact Person you provided in the online reservation form, upon confirmation from the Conference Organising Committee.

3

Settle your payment via telegraph transfer upon receipt of the Payment Notice

## ENQUIRY

University & College YMCA Department, Chinese YMCA of Hong Kong



Tel: +852 2431-1117



Email: [inspiretgt@ymca.org.hk](mailto:inspiretgt@ymca.org.hk)



Website: <https://uniy.ymca.org.hk/en/iyc2023>



@uniycy



The End