



May 2013 to April 2015

City sans Drugs – Buddy and Mentorship Program for the Nepalese Community in YTM BDF120003

Cathy S.P. Wong
The Hong Kong Polytechnic University





City sans Drugs – Buddy and Mentorship Program for the Nepalese Community in YTM

1. Introduction

2. Project Content

3. Output and Outcome Evaluation

4. Experience Gained

5. Conclusion



Introduction

- The major aim of the project is to establish some long term relation between Nepalese and university students so as to develop a positive attitude towards life.
- The project aims to involve 100 Nepalese school children and their parents, youth, young adults and rehabilitees.
- Student volunteers, ranging from 40-60, are invited to be buddies and mentors of the Nepalese group to help instil the positive message of anti-drug abuse and be able to understand clearly the risk and consequences of drug abuse, a community wide issue.



Project Objectives

- *To foster* communication and understanding of the anti-drug message through the training of language and IT skills for the high risk groups;
- *To connect* the mainstream and ethnic minority groups in facing the drug issue in the neighbourhood;
- *To reach* out to children and youth of high risk to drug abuse by providing mentorship support;
- *To design* and *deliver* learning activities, events and workshops to build confidence and positive values among the above target groups, with a focus on the message of anti-drug abuse;
- *To collaborate* with the two referring organisations to conduct interest group and training for ex-drug users as part of their anti-drug enhancement program;
- *To involve* university students through active participation in anti-drug projects to raise awareness of community needs; and
- *To encourage* intercultural understanding by building trust within the community in tackling drug-related issues.



Project Activity Summary (1)

- **36** activities were held in the 24 months of the project (May 2013 – April 2015)
 - 2 Drama Workshops
 - 2 e-news Workshops, 2 e-news Interviews, and 1 e-news Production
 - 1 Day Camp & Pre-camp Training
 - 1 Summer Camp & Pre-camp Training
 - 4 Cantonese Workshops, 2 English Workshops, 2 Putonghua Workshops & 2 IT Workshops



Project Activity Summary (2)

- 2 Visits to PolyU Student Halls
- 2 Visits to Social Enterprises
- 1 Visit to Nepalese Homes & 1 Visit to Nepalese Family Business
- 2 Visits to Anti-drug Organizations
- 3 Exhibitions
- 2 Funfairs (+ 1 Opening and 1 Closing Ceremony)
- Participation in 'Teej Ramjham2' Event
- Attended the 'Nepalese Festival' organized by HK Nepalese Federation
- Jointly organized 2 Christmas Parties with Nepali Union Church



Project Content (1)

E-news Training
Workshop I

June 2013

Introduction of basic interview, video editing and news reporting skills.

1st Drama
Workshop

June 2013

Introduction of Playback Theatre and how the skills could be utilised for better listening and expression.

Funfair &
Opening
Ceremony

Aug 2013

“Walk Together” Funfair with game booths, film show and a dance performed by Nepalese. Opening Ceremony to symbolise the commencement of the project.



Project Content (2)

Participation in
Nepalese
Festival

Oct 2013
PolyU students enjoyed the traditional Nepalese performances including singing and dancing while video-recording.

Christmas
Party 2013

Dec 2013
Jointly organized with the Nepali Union Church, the Christmas party involved gifts and fun games for Nepalese children.

1st
Cantonese
Workshop

Nov 2013 – Jan 2014
Introduction of basic Cantonese phonetics and daily conversation to Nepalese adults.



Project Content (3)

1st English
Workshop

Feb-Mar 2014
Introduction of
daily English
conversation for
Nepalese
women.

1st Putonghua
Workshop

Feb-Mar 2014
Introduction of
elementary
Putonghua for
Nepalese
secondary school
students.

2nd
Cantonese
Workshop

Mar-Apr 2014
Introduction of daily
Cantonese
conversation for
Nepalese adults



Project Content (4)

Visit Nepalese Homes

Mar 2014
Student volunteers visited the participants from the 1st English Workshop and attained HK-Nepali cltural exchange.

Cantonese Input Method Workshop

Apr 2014
Introduction of Chinese character input methods and the use of Cantonese romanization.

1st Exhibition

Jun 2014
Activities held throughout the first year were showcased on PolyU campus.



Project Content (5)

1st Visit to
Social
Enterprise

June 2014

Introduction of social enterprise ideas and how ex-drug addicts have been changing their life working in the catering business.

1st
PolyU
Day Visit

July 2014

The exploration of PolyU campus and student halls familiarized the participants with university life, as well as anti-drug knowledge.

Summer
Camp

July 2014

PolyU students and Nepali participants joined the 2-day-1-night adventure camp organized by the Hong Kong Adventure Corps.



Project Content (6)

2nd Drama
Workshop

July 2014
Introduction of
anti-drug
information and
verbal anti-drug
techniques

E-news on
Skateboarders
I

July 2014
PolyU students
interviewed the
Nepali
skateboarders and
filmed them.

E-news
Training
Workshop
II

July 2014
Introduction of basic
interview, video-
editing and news
reporting skills.



Project Content (7)

3rd
Cantonese
Workshop

Sept 2014
Introduction of
intermediate
Cantonese
phonetics and
daily
conversation for
Nepalese adults.

2nd English
Workshop

Oct 2014
Teaching Nepali
women daily
English
conversation

2nd
Putonghua
Workshop

Oct 2014
Introduction of
elementary
Putonghua for
Nepalese secondary
school students.



Project Content (8)

2nd
PolyU
Day Visit

Oct 2014

The exploration of PolyU campus and student halls familiarized the participants with university life, as well as anti-drug knowledge.

E-news on
Skateboarders
II

Oct 2014

PolyU students organized activities, interviewed the Nepali skateboarders and filmed them.

2nd Visit to
Social
Enterprise

Nov 2014

Introduction of the concept of social enterprise, its organization culture and how disabled (deaf) people change their lives working in the restaurant.



Project Content (9)

Visit to HKJC
Drug Info
Centre

Dec 2014
Student volunteers and the Nepali participants visited the HKJC Drug Info Centre to learn more about anti-drug messages.

Christmas
Party
2014

Dec 2014
PolyU students prepared Christmas gifts, designed games and Christmas cards for Nepalese children at the Nepali Union Church.

2nd Exhibition
& Closing
Ceremony

Jan 2015
The closing ceremony is held to symbolize the end of the project. At the same time, a funfair with game booths, lucky draw, and a band performance was held, together with an exhibition.



Project Content (10)

4th Cantonese & IT Workshop

Feb-Mar 2015

In these 6 sessions of Cantonese lessons, participants acquired culture-specific knowledge. The IT session explored internet resources to learn Cantonese

Visit to a Nepalese Family Business

Apr 2015

PolyU students mentors and Nepalese buddies from the Cantonese Workshops had a reunion gathering, visiting a Nepalese family catering business shop in Yaumatei.

Visit to Caritas Lop Heep Club

Apr 2015

Students and Nepalese participants visited Caritas Lok Heep Club and learned about the organization tasks in combating drug abuse in the community.



Activity Photos (1)



The dance performance has been enjoyed by all the guests during the opening ceremony. (2013-08-11, PolyU, Day Camp and Opening Ceremony)



The promotional poster for the first drama workshop held on PolyU campus (2013-06-17, 1st Drama Workshop)



Activity Photos (2)



A group photo taken on the Nepalese Festival (2013-10-20, Yau Ma Tei, Participation in Nepalese Festival)



Our student mentor introduces six tones of Cantonese to the Nepali brothers. (2013-11-25, SRACP, 1st Cantonese Workshop)



Activity Photos (3)



Our student takes up the teaching role for the Nepali secondary school students from Yang Memorial.
(2014-02-28, PolyU, 1st Putonghua Workshop)



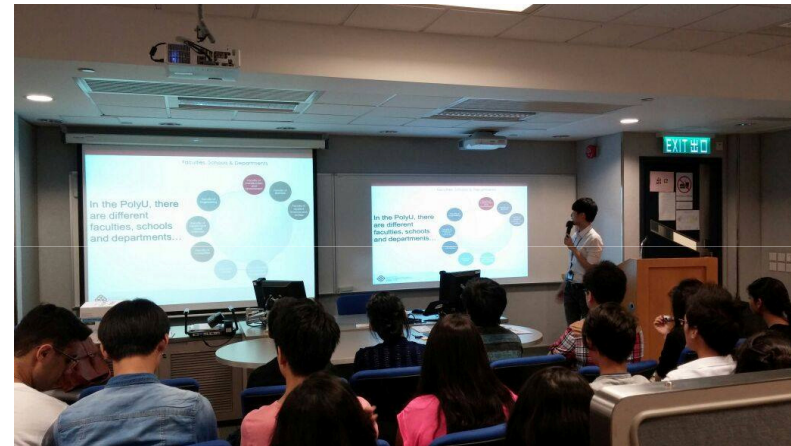
PolyU students view the promotional materials displayed on campus. (2014-06-23, PolyU, 1st Exhibition)



Activity Photos (4)



The skateboarder interviewees
(2014-07-21, Tsim Sha Tsui, E-news
on Skateboarders: Interviewing I)



Our Project Assistant, Mic Liu,
introduces PolyU to the participants.
(2014-10-13, PolyU, PolyU Day
Trip)



Activity Photos (5)



'Santa Claus' plays games with the Nepali kids. (2014-12-18, Nepali Union Church, Christmas Party 2014)



Our project team leader, Dr. Cathy Wong, delivers a speech on the closing ceremony. (2015-01-24, PolyU, 2nd Exhibition and Closing Ceremony cum Funfair 2015)



Output and Outcome Evaluation

- Evaluation methods (1)
 - Output Indicators

	Description of Indicator <u>(with targets)</u>	Target <u>Population</u>	Evaluation <u>Method</u> ¹	Related to Activity (S/N) <u>(please refer to the 1st column of part G)</u>
Output indicator 1	40 university students to be buddies or mentors of the project (and participate in the pre-camps, training, or other parts of the project)	Students or mentors from HKPU	Data will be retrieved from participant's enrollment and registration record	
Output indicator 2	30 ex-drug addicts and/or their family members participate in the IT workshops, language class or other parts of the project	Ex-drug addicts from Nepalese communities	Data will be retrieved from participant's enrollment and registration record	
Output indicator 3	100 Nepalese children and youths participate in the project	Nepalese children and youths	Data will be retrieved from participant's enrollment and registration record	



Output and Outcome Evaluation

- Evaluation methods (2)
 - Outcome Indicators

	<u>Description of Indicator (with targets)</u>	<u>Evaluation Method</u> (e.g. pre- and post-test survey, post-test survey, focus group, staff observation, participant's feedback form, measuring instruments to be used)	<u>Sample Size</u> The type and number of participants to be recruited for evaluation	<u>Related to Activity (S/N)</u> (please refer to the 1 st column of part G)
Outcome indicator 1	70% of participants gain drug-related knowledge (or statistically significant improvement found using paired t-test)	Pre-test and post-test survey using BDF Question Set No. 2 or equivalent (Note: grantee should submit a draft evaluation questionnaire for BDF's prior approval, together with the implementation plan, if she decide not to use BDF Question Set No. 2)	All Nepalese children and youths (around 100 people) who participate in project activities	
Outcome indicator 2	70% of participants satisfy with the content and delivery of IT and language workshop	Tailor-made post-test survey (Note: grantee should submit a copy of the evaluation questionnaire for BDF's prior approval with the implementation plan)	All Nepalese ex-drug addicts and/or their family members who participate in IT workshops or survival language classes	



Output Evaluation

	Expected Result	Achieved Result	Remark
Output Indicator 1	40 university students to be buddies or mentors of the project (and participate in the pre-camps, training, or other parts of the project)	429 (1072.5%)	
Output Indicator 2	30 ex-drug addicts and/or their family members participate in the IT workshops, language class or other parts of the project	133 (443.3%)	
Output Indicator 3	100 Nepalese children and youths participate in the project	495 (495%)	



Outcome Evaluation

	Expected Result	Achieved Result	Remark
Outcome Indicator 1	70% of participants gain drug-related knowledge (or statistically significant improvement found using paired t-test)	Paired t-test results show statistical significant gain in drug related knowledge.	* It was found that some participants seemed to have difficulty in understanding the content of the questionnaire due to the language barrier.
Outcome Indicator 2	70% of participants satisfy with the content and delivery of IT and language workshop	81.7% satisfied with the content and delivery of the workshops (49 cases satisfied; 11 cases dissatisfied)	



Outcome Evaluation (1)

Objective (1)

To foster communication and understanding of the anti-drug message through the training of language and IT skills for the high risk groups

- For youths, mutual understanding and trust was established via several functions:
 - Drama Workshop, e-news Workshops, PolyU Day Visits, Putonghua Workshops, and Summer Camp
- For Nepalese children, we have jointly organised two Christmas parties with the Nepali Union Church in 2013 and 2014.

Objective (2)

To design and deliver learning activities, events and workshops to build confidence and positive values among the above target groups, with a focus on the message of anti-drug abuse

- In addition to visiting anti-drug organizations, the bonding through language and IT workshops, visits to PolyU Student Halls, and social enterprises have helped convey positive values and build confidence.



Outcome Evaluation (2)

Objective (3)

To reach out to children and youth of high risk to drug abuse by providing mentorship support;

- For Nepalese youths, we established mutual understanding and trust through
 - Drama workshops, Putonghua workshops, and 2-day-1-night Summer Camp, PolyU Day Visits
- For Nepalese children, we had fun with them in the 2 Christmas parties.

Objective (4)

To connect the mainstream and ethnic minority groups in facing the drug issue in the neighbourhood

- We have organised two funfairs (the Opening and Closing ceremonies) with game booths to promote anti-drug knowledge and to educate the community
- Visits to anti-drug organizations, social enterprises



Outcome Evaluation (3)

Objective (5)

To collaborate with the two referring organisations to conduct interest group and training for ex-drug users as part of their anti-drug enhancement program

- We have collaborated with:
- Society of Rehabilitation and Crime Prevention (SRACP), Yang Memorial Methodist Social Service, Nepali Union Church, Mission to New Arrivals Ltd., and Hong Kong Adventure Corps

Objective (6)

To involve university students through active participation in anti-drug projects to raise awareness of community needs

- Every activity we held has involved PolyU students.
- All of them have become more aware of the needs of the Nepalese community.

Objective (7)

To encourage intercultural understanding by building trust within the community in tackling drug-related issues

- We have involved both locals and Nepalese participants in all of our activities, providing opportunities for cultural exchanges.



Experience Gained

Reasons behind success

Dedication
of Project
Staff

Help
from
NGOs,
esp.
SRACP

Help from
student
volunteers

Help from
the
Nepalese
community



Experience Gained

Underlying reasons





Experience Gained

NGOs

Collaboration with NGOs is crucial to the success of projects of this nature. Therefore, identifying reliable and experienced NGOs is important.

Cultural Exchange

Establishing trust among different ethnic communities takes time. Patience and mutual understanding is indispensable.

Language

Our Cantonese Workshop was the most popular activity of all. It has been offered 4 times. This reflects the need for Cantonese among the Nepalese.



Conclusion

- The project aims to promote anti-drug abuse messages through the establishment of bonding between university students and the Nepalese participants. To a large extent, this aim has been achieved.
- In the future, activities with more specific focus (e.g. language workshops) for more specific groups (e.g. Nepalese adults) are recommended.