


## For Organizations Serving Non-Chinese Youth Interested in Collaborating?

Join us in shaping a more inclusive future. Connect with us today to explore impactful collaboration opportunities for non-Chinese youth.

- Enhance diversity and inclusion.
- Contribute to research.
- Create a supportive environment for non-Chinese youth from all backgrounds.

 (852) 5506 7882 (WhatsApp only)

 [jcstresearch@ust.hk](mailto:jcstresearch@ust.hk)

 <https://emmh.hkust.edu.hk/>



Organised by



**Mental Health Projects**  
DIVISION OF PUBLIC POLICY

Funded by



The Hong Kong Jockey Club Charities Trust

# Jockey Club Shining Together

## with Cross-Cultural Youth Project Research Activities



**Empower Your Future:  
Join Our Transformative Journey**

## Are You a Non-Chinese Youth Aged 15-24 in Hong Kong?

Whether you are a school student, university student, or working youth, our project is tailored just for you.

Enhance your skills, build mental health awareness, and thrive in a multicultural environment.

From classroom to boardroom, mental health matters at every stage. Join us to bridge cultures and build resilience.



## Why is Research Important?

### Research Activities

- Provide valuable insights and evidence-based information to **inform the project's direction** and help improve the design and delivery
- **Evaluate** whether the Project Activities have achieved the goals
- **Gain extra research insights** from the Project Activities to generate valuable research outputs

# Research Activities Overview

## 5-minute Pre-Activities Online Survey:

Assess activity short-term and long-term impact

## 20-minute Baseline Online Survey:

Identify mental health risks and their influencing drivers of the non-Chinese youth

## 45-minute Individual Interview / Focus Group Discussion:

Identify mental health risks and their influencing drivers of the non-Chinese youth from in-depth and nuanced perspectives

## 1-hour Randomized Controlled Trial (RCT):

Evaluate the effectiveness the Activity interventions in more robust ways

## Benefits of Joining Our Research Activities

**Mental Health Awareness and Skills:** Enhance your confidence and deepen your understanding in mental health.

**Improved Interpersonal Relationships:** Enhance interpersonal relationships and strengthen collaborating among disciplines and networks with diverse people

### Get In-kind Incentives:

- Earn **HKD50-worth voucher** by lucky draw upon completion of the online survey
- Earn **HKD100-worth voucher** upon completion of the interview / focus group discussion / RCT

## JOIN US!

Scan the QR code to fill out the online survey NOW to start your journey.

