



Hong Kong's Refugee Children Need More Than Survival

In the shadow of Hong Kong's gleaming towers, over 13,000 refugees—many of them children—navigate a labyrinth of uncertainty. This presentation explores their reality and how wrestling is transforming lives through the Hong Kong China Wrestling Association's groundbreaking initiative.



The Stark Reality: Hong Kong's Invisible Children

13,000+ Refugees

Many are children, often unaccompanied, orphaned or separated from their families

Threadbare Support

HK\$1,500 (USD\$190) housing allowance,
HK\$40 (USD\$5) daily food vouchers,
minimal utilities support

Denied Opportunities

No right to work, limited access to activities, trapped in a cycle of dependency

Globally, half of the 22.5 million refugees are children, with more arriving in Hong Kong yearly. The UNHCR and local NGOs attempt to fill gaps, but the invisible wounds persist.





The Unseen Toll on Children from Underserved Communities

Picture a child in Kowloon, caught in the crossfire of bureaucracy and indifference. No social interaction, no after-school clubs, no safe space to just be a kid.

Single-parent families, already stretched to breaking point, must choose between food and hope.

Barriers to Belonging



Discrimination

Many children from refugee families face discrimination in their daily life causing them to feel trapped without support or guidance.



Psychological Scars

Children carry trauma that festers in silence, manifesting in anxiety, withdrawal, and lost confidence.



Lost Generations

Without intervention, Hong Kong risks raising a cohort of youth who are seen but never truly known.

Wrestling for Transformation: The Solution

The Hong Kong China Wrestling Association, in partnership with Outreach Kellett (an International British School), has pioneered a programme that is more than sport—it's a crucible for resilience, strength, and change.

Over the past year, 140 children and their families—predominantly from single-parent households—have joined our programs to begin a meaningful journey of independence.



The Programme in Action

1

Wrestling Clinics

Weekly sessions where children learn not just takedowns and holds, but the art of perseverance and self-confidence.

2

Life Skill Workshop

Parents are not spectators—they are collaborators, with the opportunities to feel empowered through our Wrestling Referee Courses, especially for single mothers

3

Life Skills Workshops

Beyond the mat, children are equipped with tools for communication, leadership, and emotional intelligence.

4

Community Building

A support system, connecting with families who once felt alone and unseen in Hong Kong urban jungle.



Case Study

Sarah* joined our program with low self-esteem and was mute in class. Through our enrichment programs, she has gained remarkable confidence and now proactively communicates with her peers and coaches. Our programs are thoughtfully designed to nurture the child both physically and mentally.

The structure of the classes ensures each child feels safe and builds trust. The physical activity provides an essential outlet for children to expand their energy and manage their emotional needs. This holistic approach empowers our students to thrive in all aspects of their lives.

We are incredibly proud of Sarah's transformation. Her journey is a testament to the power of wrestling and our programs to unlock the potential in every child, no matter their starting point. With continued support and opportunities to grow, we believe all of our students can achieve remarkable breakthroughs like Sarah's.

*name has been change for privacy



Student-Led Initiatives

Wrestlers as Volunteers

Student wrestlers actively participate in community outreach, serving as mentors and role models for refugee children.

UFC Champion Inspiration

Professional fighters, including a UFC champion, have joined our cause, inspiring children to dream beyond their circumstances.

Future Wrestling Ambassadors

Our programs involved our wrestlers to raise awareness of the sport and use it as an outlet to show the community how the sport is positively impacting the wider community. Wrestlers must learn the skills to be honourable both on and off the mat.

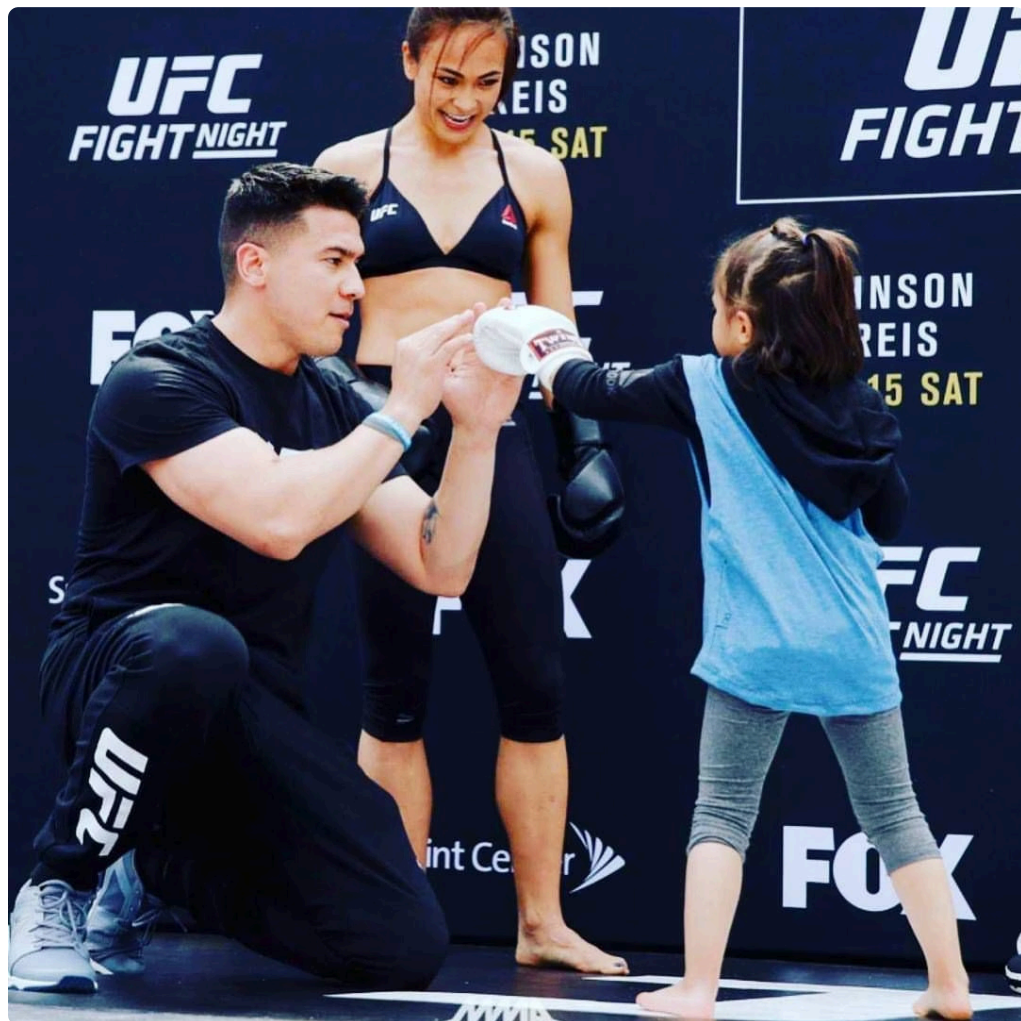




Breaking Boundaries: Michelle Waterson-Gomez Impact

Michelle shared her experiences and struggles as a woman in a male dominated field with the children.

She inspires children to break boundaries, set goals and be the best they can be—showing them that gender, background, or circumstance need not limit their potential.



The Ripple Effect: Transforming Lives

Physical Vitality

Children emerge stronger, healthier, and more confident in their bodies and abilities.



Mental Fortitude

The discipline of wrestling becomes a tool against adversity and trauma.



Future Pathways

Standout athletes are scouted for advanced training and international competitions.



Social Belonging

The programme forges a sense of identity and belonging that transcends borders and backgrounds.



Future Vision: Expanding the Horizon



Scaling Outreach

Partner with Hong Kong International School to reach more underserved children across the region.



Wrestling & Health Academy

Establish a dedicated academy integrating wrestling with holistic health education for all children.



Special Needs Coaching Certification

Launch a pioneering programme for coaches, educators, and parents, with focus on special needs training.



Measuring Our Impact: Key Performance Indicators

KPI	Current	Target (12 Months)
Children enrolled	140	300
Families actively engaged	Base	50% growth
Certified coaches/educators	Initial team	50 individuals
Special needs Coaching Course	Pilot phase	20+ children/adults
Community events	Ad hoc	Quarterly schedule
Athletes advancing to competition	Beginning stages	10+ athletes





Wrestling for Hong Kong's Future

We need to be bold, we need to lead, we need you - Join our movement and empower every child to acquire lifelong skills for a brighter future, regardless of their circumstances.

Contact Us

Reach the Hong Kong China Wrestling Association today to learn how you can contribute.

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Partner With Us

Become a corporate sponsor, volunteer, or programme advocate in your community.

Spread the Word

Share our story and help us reach more children who need this opportunity.

The city's future is on the mat—let's wrestle for it, together.

