October 2026

Dear Friends of Youth Outreach,

In this issue of Letters from the Street, we'd like to share a letter from Amber. Amber was in primary school when we first met her. Her family had just moved to Hong Kong from the Mainland. She didn't speak Cantonese yet and found it very hard to talk to people she didn't know. At one rehearsal, she went off to a corner and cried for over an hour. She couldn't tell us what was wrong, so we didn't push. We just sat with her until she was ready.

What started to change things for her was simple. She got a chance to dance.

Soon she was counting down the days to practice. She made friends outside school, and for the first time, people who weren't family celebrated her birthday. On bad days, one of the older kids would sit with her. In her letter she says people here were “willing to sit down and listen to me.” Nobody thought she was weird. They helped her work through things bit by bit, “like untangling a ball of yarn.”

Today, Amber has regained the courage to connect with others and the confidence to step forward. She now represents Hong Kong in breaking in the 12–18 age group and was invited by the China Soong Ching Ling Foundation to represent Hong Kong’s youth in a Children’s Day performance at the National Centre for the Performing Arts in Beijing. The little girl who once hid in a corner in tears now stands proudly on a stage of her own, ready to shine.

There are many young people in Hong Kong like Amber. Some are new to the city, some are carrying things they can't talk about, and some are struggling with pressure at school or at home. Many will never ask for help. They don't need someone with all the answers. They need a place that won't give up on them, people who'll stick around, and time to figure out who they are.

Please consider supporting Youth Outreach so more young people can have that chance. Your gift might give a young person the courage to say “I want to try,” or mean that someone is there for them at a low point.

Amber ends her letter like this:
“I hope every young person who still feels lost can find something they really love, find a way to save themselves through it, and become the best version of who they want to be.”

Thank you, as always, for caring and for being with us.

With warm regards,



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From Silence to Dance

There was once a girl who was afraid to talk to strangers. Through dance, she slowly found her courage.

When I moved from Mainland China to Hong Kong, everything changed. I left the place I knew best and entered a completely new environment. Because of language differences, I found it hard to communicate with people around me.

Hello, my name is Amber. I first got to know Youth Outreach (YO) when I was in Primary 5.

I was not an easy child to get along with. I have four siblings, and among us, I had the worst temper. I was also the last one to live with my parents. From kindergarten onward, I stayed in Mainland China with my grandparents in a small village.

Not everyone around me was kind. Some traditional beliefs from my grandparents also influenced me when I was very young. During my childhood, I experienced difficult things, including harassment and being isolated by others. I never told my family about any of it. I chose to stay silent because I felt ashamed and was too afraid to speak up.

After coming to Hong Kong, I became more anxious. I did not want to go to school. I felt that spending more time at school was meaningless, yet I was taught that studying was my only path to a better future. This conflict made me feel stressed and confused. I stopped talking as much as before. I became afraid of speaking to strangers, entering unfamiliar shops, and even seeing groups of people on the street. Many times, I wished I could live without ever having to talk to strangers.

Everything changed when YO visited my primary school to introduce Dancical. It was my first time being exposed to dance. I knew nothing about it, but for the first time in my life, I took the initiative to tell my teacher that I wanted to join.

To my surprise, I started looking forward to going to school every day. I looked forward to every weekly training session. After the school programme ended, I joined rehearsals in Sai Wan Ho.There, I made friends outside school for the first time. I met kind older brothers and sisters. For the first time, people outside my family celebrated my birthday. They told me I was pretty. They told me I was talented. They encouraged me whenever I was asked to dance. When I forgot my dance moves, felt embarrassed, and ran to a corner to cry, they came to comfort me.Since then, I have continued learning dance and K-pop at YO. This year marks my fourth year taking part in Dancical.

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I have grown from a primary school student into a Secondary Five student. Looking back, I realise that I have regained the courage to connect with people. I am willing to talk to strangers, face unfamiliar situations, and even stand in front of others to teach them choreography that I created myself.

As I grew older, the pressure of secondary school also increased. For a long time, I struggled with many emotional challenges. There were times when I lost control of my emotions or said hurtful things. Sometimes I even wondered why I had to keep studying. I thought that if I could simply walk away, maybe life would not feel so painful.

I once saw these struggles as personal flaws. I even had to learn what it meant to love myself. But the people I met at YO were always willing to sit down and listen. They never thought I was strange. They did not ask why I was crying. Instead, they helped me face my problems and slowly work through the knots in my heart, one by one.

At YO, I met teammates who became very important to me. During every difficult moment, the people at YO stood by my side. They helped me through my hardest times and taught me how to grow stronger and more mature. YO became my second home.

From primary school to secondary school, YO has guided me through different stages of life. It taught the younger me how to get along with strangers and become calmer when facing challenges. It taught the older me how to face my emotions instead of hiding them. It helped me become someone who can still find happiness without overthinking everything.

Today, I still get angry sometimes, and I can still be impatient. But I keep moving forward. I overcome challenges one by one. I now have many good friends and much more confidence in myself.

I believe that one day, I will become someone who truly knows how to love herself and has the courage to face whatever challenges come her way.

I also hope that every young person who feels lost can find something they truly love. Through that passion, they can find their own way to heal, grow, and become the person they dream of being.



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