



ONETEN

One Ten Foundation

Annual Report 2020-2021



ONE TEN Foundation ("ONE TEN") has come a long way. From starting up as a social enterprise aiming to empower youth through fitness classes that help build mental and physical strength in September 2018, to obtaining registered Hong Kong charity status in January 2021; let us look back at our achievements since incorporation.

Impact since 2018

4,000+

Young Adults Engaged

500+

Classes Delivered

20+

Events Hosted

Master bodies to master minds and emotions.

This venture would not have been possible without the generous support of partners across sectors in different formats. Young adults were granted opportunities to challenge their physical strength and endurance, and arguably, more importantly, their mental perseverance and adaptability. Youth all sweated together to feel empowered and better came out than when they went in.

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Charity Partners



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心晴行動慈善基金
JOYFUL (MENTAL HEALTH) FOUNDATION



The Hong Kong Jockey Club
RIDING HIGH TOGETHER



Time
Auction



Product Sponsors



Fitness Studio Partners offered HIIT training, indoor cycling, yoga, rock climbing and recovery workouts. Together with our group of **seasoned, hand-picked instructors** on board, the younger generation gets to be inspired by their stories and passion for fitness one sweat session at a time.

What's Next

Fast forward to today, we see ONE TEN's potential to be a **unique and focused existence** that fills a gap between the school system and professional help. How so? Let us first fill you in on what the reality is like.

The Challenges



Mental health conditions **start by age 14** but most cases are **undetected and untreated**



Mental health sufferers do **NOT** seek any form of professional help



HK students' **LOW** int'l ranking in **social and emotional resilience** (2018 OECD Report)



Develop **by age 24**

Our Role to Play

Mental health conditions have a variety of causes. Uncontrollable factors like our genes, biological factors, or early life environment, are real. But we can always **identify then change how we feel, think, and respond to different experiences.**

ONE TEN wants to make **100% emotional literacy possible and equip young adults with higher emotional intelligence ("EI"), thus higher resilience and better mental health.** These are some life lessons we wish schools had taught us to prepare for real-world challenges.

Through **re-engineering** and **popularising non-competitive sports**, ONE TEN aspires to be the first-choice platform to nurture a cohort of young adults with high EI, positive thinking, and self-love.

We are experimenting with a new solution that is probably yet to exist in the market. Be here with us and see how far we can go together. **Stay tuned for our updates.**