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April 2026

My dear friends,

I would like to share with you the story of a young person who has grown into a leading figure in Hong Kong's Break Dance scene — Lady Banan. We first met her when she was 15, through a school-based street dance programme we co-organized. At that time, she often skipped classes, hid on rooftops or in school bathrooms to smoke, and had come close to getting involved with drugs. She later came to Youth Outreach through a school dance class, at first just tagging along with friends and often arriving late. But something changed in that small dance studio. For the first time, she felt seen and respected. Our instructors encouraged her, affirmed her, and gave her space to grow. Through Breaking, she began to find her own place.

She was once shy and without direction. Over time, through pushing herself to learn difficult moves and being challenged in competitions, she slowly turned uncertainty into a clear goal. Today, she is a member of the Hong Kong Breaking Team. She has represented Hong Kong at the Hangzhou Asian Games, the National Games, and competitions around the world, and is now fighting to represent Hong Kong at the 2026 Asian Games in Nagoya. Looking back, if no one had chosen to believe in her during her most lost moments, her story could have turned out very differently.

This year marks the 35th anniversary of Youth Outreach. Over the years, we have continued to walk alongside young people who are often overlooked or given up on. We hold onto a simple belief: that every young person, no matter how difficult their situation, deserves a chance, support, and someone who believes in them. We invite you to continue this journey with us. Your support may be the turning point in a young person's life — a call, a moment, a light in a difficult time. Together, we can make more of these stories possible.

Yours Faithfully,

Executive Director of Youth Outreach  
Ling CHAN



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## The Journey of a Professional B-girl

I am Lady Banan, Hong Kong's representative in breakdancing (Breaking).

I have had the honour to compete on behalf of Hong Kong at major international events, including the 19th Asian Games in Hangzhou, the 15th National Games of China and numerous global tournaments. I am fully committed to preparing and fighting to represent Hong Kong at the 2026 Asian Games in Nagoya. Breaking has forever shaped who I am. It motivates me with dreams and aspirations.

When I was 15, I was introduced to Youth Outreach through a school programme, where I first met breaking. At the very beginning, participation in the programmes was nothing more than having fun and accompanying friends. However, I gradually felt accepted and respected by the instructors and the social workers from Youth Outreach. Breaking gave me a chance to express myself and discover my potential.

Before I turned 15, I had no idea what my future would be. Life goals meant nothing to me, and studying was never my thing. I was always late, left early, or skipped school altogether. Even when I was in school, I often skipped class with my friends, hanging out in the bathroom or even smoking on the rooftop. There were two times when I almost got into drugs. The first time happened on a normal class-skipping day. My classmates and I went into an empty classroom. They took out some mysterious white powder and asked me to try it with them. I was afraid at the time, so I refused. Though I stayed to keep watch.

The second time, I skipped school and went to a friend's home. She was on the top bunk, having all the equipment, such as tin paper, straws, prepared for taking drugs. I was curious about the process and even asked how to use them. Luckily, I was interrupted by a phone call from my father. I couldn't even imagine how wrong it could go.

After joining the school dance class, I was still often late at the beginning because I had to fulfil my desire to smoke. The instructors from Youth Outreach pointed out my mistakes, but more importantly, they focused on what I did well, giving me encouragement and recognition.

I gradually fell in love with breaking as the day went by.

Whenever I managed to do difficult moves, I felt a great sense of satisfaction. Every time I joined the competitions, I noticed there was always a bigger fish in the sea, and that the world is full of possibilities.

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Breaking competitions are often solo battles performed in front of judges and audiences. Such an experience transformed me from a shy, insecure girl into a confident performer.

Breaking has forever shaped who I am. It motivates me with dreams and aspirations to become a professional B-girl representing Hong Kong.

I also wanted to become a dancing instructor and a role model who could assist lost youth in exploring their interest and possibilities.

Today, I have made all these happen! Breaking has taught me that with perseverance, anything is possible.

Over the past decade, I was able to broaden my horizons by participating in all kinds of competitions around the world. Sometimes self-funded, sometimes subsidised by generous sponsors connected through Youth Outreach. I met so many talented dancers and gained so many insights and aspirations from them. These experiences help me in guiding my students and other youth I meet. Big thanks to all the angels and people who have helped and supported me along the way.

If I had given up on myself back then, I would not be who I am today.



(Lady Banan representing Hong Kong China in the Breaking event at the Hangzhou Asian Games 2022)



(Lady Banan representing Hong Kong in the Breaking event at the 15th National Games of the People's Republic of China 2025)