Mountain YAM holds a master’s degree in Fashion Design from the Institute of Textiles and Clothing, Hong Kong Polytechnic University. He has received certificates from the Fashion Institute of Technology and Parsons School of Design in New York.

In 2014, YAM was awarded the ‘40 Under 40 Award’ by Perspective Magazine, and established his own company, MY FASHION INTERNATIONAL LIMITED. YAM has two labels, a couture made-to-order label, MYAM Atelier, and a ready-to-wear fashion label, 112 mountainyam. YAM holds a ‘Dynamic Style Icon Award’ from Jessica Code magazine in 2015 and a ‘Hong Kong Designer Award’ from Jessica Code magazine in 2016. In 2018, he was selected to represent Hong Kong to participate in the ‘Belt and Road’ International Young Fashion Designers Showcase Tour.

Mountain YAM畢業於香港理工大學紡織及服裝學系，獲得時裝設計碩士學位。他曾學習於紐約時裝技術學院和帕森設計學院。

2014年，Mountain YAM被《透視》雜誌評為「四十驕子」之一，並成立了自己的公司MY FASHION INTERNATIONAL LIMITED。Mountain YAM有兩個品牌，一個是定制定制的品牌MYAM Atelier，另一個是成衣時尚品牌112 mountainyam。Mountain YAM榮獲2015年《Jessica Code》雜誌頒發的「動感時尚偶像獎」和2016年《Jessica Code》雜誌頒發的「香港設計師獎」。2018年，Mountain YAM代表香港參加「一帶一路」國際青年時裝設計師巡回展。