

# 2016 心連心 慈善步行

Heart-to-Heart Charity Walk 2016

心體力行  
Walk with a Heart

預見更好的自己  
DISCOVER THE BEST YOU

## 交通資訊 Transportation Information



中文版



English Version

## 注意事項 Important Notes



- 12歲或以下小童須由成人陪同出席活動  
Participants aged 12 or below must be accompanied by an adult.
- 步行人士登記至中午12時正  
End of registration: 12:00pm.
- 如活動當日上午5時，香港天文台經已發出黑色暴雨警告訊號或八號以上熱帶氣旋訊號，是次活動將會取消，並透過本會網頁公布。另外，已提交之善款均不會退回。本會鼓勵未提交善款的參加者繼續捐獻，支持先天性心臟病兒童  
The Event will be cancelled if a black rainstorm signal or a tropical cyclone signal No.8 or above is issued by the Hong Kong Observatory at 5:00am on the Event day. Announcement will be posted on the CHF website. The donations are not refundable. You are encouraged to keep processing your donation to support the children with congenital heart disease.
- 閣下所提供的聯絡資料只限本會使用，如不同意，請在空格加上√號。□  
Any personal data collected will be used by CHF only. Please make an "√" in the opt-out box if disagree. □

## 心體力行 Walk with a Heart

2016 心連心慈善步行的主題是「心體力行」。運動對心臟健康至為重要，基金會鼓勵參加者以實際行動的方式，透過參與活動及捐款支持患有先天性心臟病的兒童及其家庭，並且以身體力行的方法，為建立以運動為基礎的健康生活習慣踏出一步！

The theme of this year's walk is "Walk With A Heart". Exercise is one of the most important factors for heart health. The public participate through walking and making donations towards supporting children suffering from congenital heart diseases and their families. Through the walk, the public show their continuous support for the children and are actively participating in helping improve suffering children's lives. They can also build up an exercise based healthy lifestyle by taking part in this walk."

### 兒童心臟基金會獎盃類別 CHF Cups

- |   |                     |  |
|---|---------------------|--|
|  | 尊貴盃<br>Royal Cup    | 籌募善款金額最高之隊伍或個別參加者<br>The MOST funds raised: Team or Individual |
|  | 關懷愛心盃<br>Caring Cup | 參與人數最多之隊伍<br>The largest number of participants in a team      |

兒童心臟基金會是香港註冊慈善機構，由一群關心心臟病兒童的父母及義工於1994創立，致力服務先天性心臟病患兒童。本會的經費全賴社會熱心人士及機構慷慨捐助，以支持各項服務

香港每1,000名初生嬰兒大約有6-8名患有不同類型的先天性心臟病。很多患病嬰孩需要即時治療或接受多次手術。這些家庭面對長期治療而帶來的經濟、情緒及心理壓力 病童需要你的關心和支持！

The Children's Heart Foundation (CHF) is a registered charitable organization devoted to supporting children suffering from congenital heart disease. The CHF was established in 1994 by a group of parents whose children were born with congenital heart disease. The CHF depends entirely on donations to support its services.

In Hong Kong, about 6-8 babies in every 1,000 are born with congenital heart disease. Those born with more severe conditions may require cardiac surgery in early infancy and some require long-term medical, financial and psychological support.

Children with congenital heart disease need your support !

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預見更好的自己 DISCOVER THE BEST YOU

06-11-2016 (星期日 Sunday) 9:00am-1:00pm

將軍澳海濱長廊

Tseung Kwan O South Waterfront Promenade

## 報名方法 Registration

請於26/10/2016 或之前把填妥的報名表格，連同捐款總額銀行入數紙，交到 NU SKIN 生活體驗館 (銅鑼灣恩平道28號利園2期10樓)

Please fill in and submit the registration form together with donation (bank pay-in slip) to NU SKIN Plaza (10/F, Lee Garden Two, 28 Yun Ping Road, Causeway Bay) by 26/10/2016.

## 報名表 Registration Form

### A) 支持方式 Support in Action (請在適當位置加入✓ Please ✓ where appropriate)

#### 參與步行 Join the Walk

(基本籌款額 Minimum donation: 每人 HK\$200 /head)

總參與人數及籌款額: \_\_\_\_\_ 人 people  
Total no. of participants and donation x HK\$200 = HK\$ \_\_\_\_\_

#### 捐款 Donation

本人未能參與是次步行籌款活動，但願意捐款港幣 \_\_\_\_\_ 元\*  
予兒童心臟基金會。

I am unable to join the walk but would like to make donation HK\$ \_\_\_\_\_ \*  
to the Children's Heart Foundation.

### B) 聯絡資料 Contact Information\*

參加者(或聯絡人)姓名 Name of representative: \_\_\_\_\_

學校/機構名稱 Name of organization: \_\_\_\_\_

電話 Tel: \_\_\_\_\_ 傳真 Fax No.: \_\_\_\_\_

電郵 E-mail: \_\_\_\_\_

捐款收據郵寄地址 Mailing address for official receipt(s): \_\_\_\_\_

\* 閣下提供的資料只供本會活動使用，並會保密處理，不會轉交予其他機構人士使用。  
Any personal data collected will be used for the CHF Charity Walk only. All data will be kept confidential.

## 付款方法 Payment Method

請於 **2016年10月26日或之前** 將報名表副本連同善款總額之銀行入數紙遞交 NU SKIN 生活體驗館(銅鑼灣恩平道28號利園二期10樓)

Please send the copy of the completed registration form, together with the donation (bank pay-in slip) to NU SKIN plaza (10/F, Lee Garden Two, 28 Yun Ping Road, Causeway Bay) **on or before 26 October 2016.**

直接存款至渣打銀行(香港)有限公司之兒童心臟基金會戶口:  
447-1-034943-5

Direct deposit to the CHF's bank account in Standard Chartered Bank (HK) Ltd.  
A/C No.: 447-1-034943-5

每位參加者須籌募基本籌款額(每人 HK\$200)，方可獲派步行證  
捐款額最高的5位參加者更可獲得五星級酒店餐券或主題公園門票等特別禮物  
A Walking Pass and a gift will be presented to any participant with a minimum donation of HK\$200 per person. The 5 participants with the highest amount of donation will receive a special gift i.e. dining coupon of 5-star hotels or theme park admission tickets, etc.

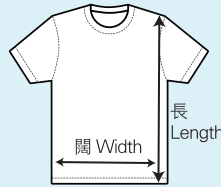
## 贊助人名單 List of Sponsors

贊助人姓名 Name of Sponsors (請以正楷填寫，列印在收據上之姓名將與此相同) (Please write in BLOCK letter, the name will be printed on the official receipts)	善的力量 x NU SKIN 25週年限量版 TEE尺碼 Force for Good x NU SKIN 25th anniversary Limited Edition T-shirt Size (XS, S, M, L, XL, 2XL, 3XL)	參與步行 Join the Walk? (✓)	金額 Amount* HK\$	需要收據 Receipt required (✓)
1				
2				
3				
4				
5				
6				

若欄位不敷應用，請另備紙張  
Please use supplementary paper if required

總額 Total:

尺碼 T-shirt Size	闊 Width (cm)	長 Length (cm)
XS	44	63
S	47	66
M	50	69
L	53	72
XL	56	74
2XL	59	76
3XL	62	79



已取T恤簽名  
T-Shirt Received Signature

如對T恤有任何查詢，請致電 2837 7700  
If you have any enquiry on tee, please contact us at 2837 7700

\* 兒童心臟基金會是根據(稅務條例)第88條獲豁免繳稅屬公共性質的慈善團體。  
The Children's Heart Foundation is a charitable institution of a public character exempt from tax under Section 88 of the Inland Revenue Ordinance.

\* 贊助港幣100元或以上可獲發收據。  
Receipts will be issued for donations of HK\$100 or above.

\* 如需本會收據，請於聯絡資料一欄上填寫參加者(或聯絡人)的捐款收據郵寄地址。  
Please provide the mailing address of the representative if receipts are required.

\* 贊助人姓名將列印在收據上，於活動日後的4個月內以郵寄方式寄回參加者(或聯絡人)代為分發。  
Name of sponsors will be printed on receipt(s). The receipts will be mailed to the representative for distribution within 4 months of the event.

電話 Tel : 2553 0331  
傳真 Fax : 2553 4886  
地址 Address : 香港華富邨華光樓419-424室  
Unit 419-424 Wah Kwong House, Wah Fu Estate, Hong Kong  
電郵 Email : chf@childheart.org.hk  
網址 Website : www.childheart.org.hk

## 活動目的 Aims

1. 提高大眾對兒童心臟病的認識  
To raise public awareness of children's heart disease
2. 宣揚運動對心臟健康的重要  
To promote the importance of exercise for heart health
3. 為兒童心臟基金會籌募善款  
To raise funds for the Children's Heart Foundation

## 程序 Schedule

- 09:00am 步行人士報到及慈善嘉年華  
Registration of participants & Charity carnival\*
- 10:00am 開步匯演及頒獎禮  
Opening & presentation ceremony
- 10:45am 步行開始  
Charity Walk starts

\* 參加者請到「報到處」報到及領取步行證。完成步行後，請於終點站出示步行證以領取紀念狀。  
Participants shall online print the walking pass and bring it to the event. Please present the pass for game booths and collect a certificate at the finish point.

## 步行路線 Walking Route

