



樂施毅行者
OXFAM
TRAILWALKER

2015

AIA VITALITY
勇於挑戰大獎
DARE TO CHALLENGE AWARD



樂施會
OXFAM
Hong Kong

AIA VITALITY 勇於挑戰大獎

AIA VITALITY - DARE TO CHALLENGE AWARD

- 今年由AIA設立的全新隊際獎項，表揚初次參加樂施毅行者的隊伍，在訓練和參與百里毅行的過程中，展現出最大動力和決心，而心理水平和健康狀況亦有顯著提昇。
This new award will go to a team that joins Oxfam Trailwalker for the first time and demonstrates the highest level of motivation and determination to complete the course.
- 得獎隊伍名額一隊，可獲現金獎港幣5,000元，以及優先獲邀參加「樂施毅行者2016」的資格；同時，AIA亦會捐贈港幣50,000元予樂施會，以支持樂施會在世界各地推行扶貧救災倡議工作。
The winner will receive HK\$5,000 in cash and a priority spot for Oxfam Trailwalker 2016. In addition, AIA will donate HK\$50,000 to Oxfam Hong Kong to support its programmes to alleviate poverty and its emergency relief work around the world.

參加資格及方法

ELIGIBILITY & APPLICATION

- 四位隊員都必須為首次參加「樂施毅行者」。
All four team members must be new to Oxfam Trailwalker.
- 有興趣參賽的隊伍需於**2015年9月18日**或以前填妥[網上報名表格](#)，經大會核實首次參加的身分後，將會於一星期內收到參加 **AIA Vitality 勇於挑戰大獎**的確認電郵。
Interested teams are required to complete the [online registration form](#) by 18 September 2015; each registered team will receive confirmation of their entry within seven days. They must then set up a page on Facebook to share how they prepared for and participated in Oxfam Trailwalker 2015.
- 參賽隊伍必須於**11月20-22日**舉行的「樂施毅行者**2015**」之中全隊走畢全程。
The full team must complete the entire 100 km course during the event between 20 and 22 November 2015.

參加資格及方法

ELIGIBILITY & APPLICATION

- 已確認參加的隊伍需由現在至**11**月底，將備戰及參與「樂施毅行者」的過程上載至自設的**FACEBOOK**專頁，內容不少於五段包括文字、照片或短片的分享，旨於展現**4**位隊員挑戰**100**公里的決心，評選將會圍繞以下範疇：
 - 日常訓練的強度
 - 飲食習慣的改變
 - 體質機能的變化
 - 心理素質的提升
 - 團隊精神的彰顯（可包括隊員、支援隊伍、親友的鼓勵及支持等）
- 主辦單位將於**12**月作出評選，結果將於**2016**年**1**月公佈。
- 獲獎隊伍亦可優先獲邀參加「樂施毅行者**2016**」的資格。

參加資格及方法

ELIGIBILITY & APPLICATION

- From now until the end of November, registered teams must post at least five times on their Facebook page (through text, images or videos) to demonstrate their determination to complete the 100 km trail. The selection criteria include:
 - Discipline and intensity in training
 - Dietary changes
 - Body and physical improvement
 - Mental preparation and readiness
 - Team spirit (i.e. that within the team, from your support team, and encouragement from friends and family)
- The result will be announced in January next year.
- The winning team will earn a priority spot to participate in Oxfam Trailwalker 2016.

網上報名表格 <<http://1drv.ms/1Ec4dm6>> ONLINE APPLICATION FORM

樂施毅行者2015 - 隊伍編號

Oxfam Trailwalker 2015 - Team Number

四位隊員是否都是首次參加樂施毅行者?

Is this the first Oxfam Trailwalker for all four team members?

Yes

你們參加樂施毅行者的目標是

What is your target in this Oxfam Trailwalker?

你們為何參加樂施毅行者?

Why did you choose to join Oxfam Trailwalker?

你們有怎樣的訓練計劃?

What is your training plan?

參加樂施毅行者會對你的日常生活有任何改變嗎?

Would you expect any change in your life style throughout the Oxfam Trailwalker?

你會將樂施毅行者的備戰過程上載至社交網絡與朋友分享嗎?

Would you share the preparation of your Oxfam Trailwalker with friends via Social Media?

Yes

請填寫你用來分享樂施毅行者經歷的社交網絡專頁連結

Please fill in the URL of your social media page for sharing experience in Oxfam Trailwalker

e.g. Facebook Page or Weibo

Submit

Never give out your password. Don't give your personal information to someone you don't trust.

[Report Abuse](#)



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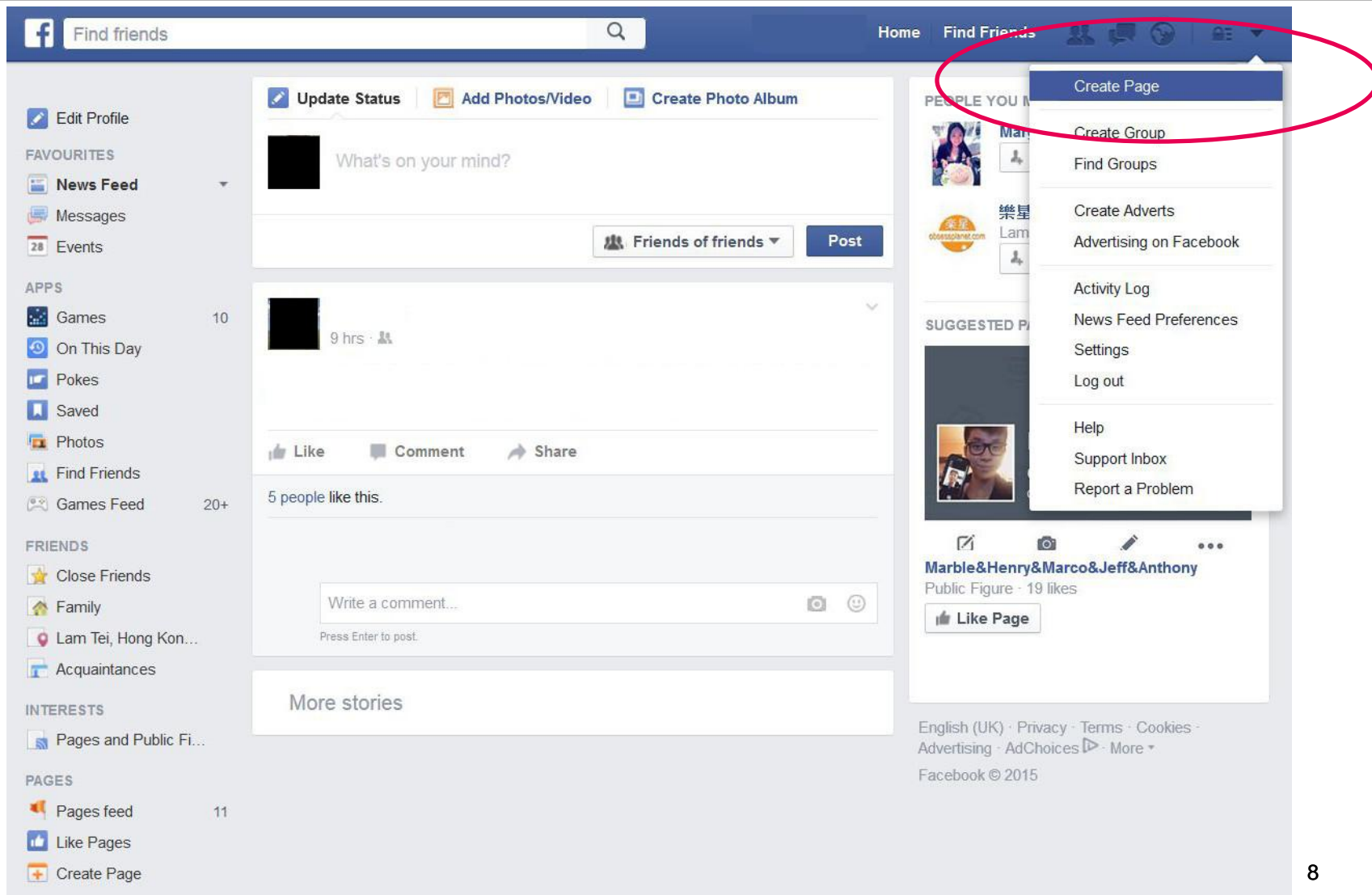
如何建立FACEBOOK專頁

HOW TO CREATE A FACEBOOK PAGE



樂施會
OXFAM
Hong Kong

SELECT “CREATE PAGE” FROM THE DROP DOWN MENU AT THE TOP RIGHT CORNER



The screenshot displays the Facebook homepage. In the top right corner, a dropdown menu is open, with the 'Create Page' option highlighted by a red circle. The menu also includes options like 'Create Group', 'Find Groups', 'Create Adverts', 'Advertising on Facebook', 'Activity Log', 'News Feed Preferences', 'Settings', 'Log out', 'Help', 'Support Inbox', and 'Report a Problem'. The main content area shows a status update with a 'Post' button. The left sidebar contains navigation links for 'Edit Profile', 'News Feed', 'Messages', 'Events', 'Games', 'On This Day', 'Pokes', 'Saved', 'Photos', 'Find Friends', 'Games Feed', 'Close Friends', 'Family', 'Lam Tei, Hong Kon...', 'Acquaintances', 'Pages and Public Fi...', 'Pages feed', 'Like Pages', and 'Create Page'.

Find friends

Home Find Friends

Create Page

Create Group

Find Groups

Create Adverts

Advertising on Facebook

Activity Log

News Feed Preferences

Settings

Log out

Help

Support Inbox

Report a Problem

Update Status

Add Photos/Video

Create Photo Album

What's on your mind?

Friends of friends

Post

Like

Comment

Share

5 people like this.

Write a comment...

Press Enter to post.

More stories

English (UK) · Privacy · Terms · Cookies · Advertising · AdChoices · More

Facebook © 2015

ASSIGN A NAME FOR YOUR NEW PAGE



Create a Page

Create a Facebook Page to build a closer relationship with your audience and customers.

Pages I like

Pages I Manage



Local Business or Place



Company, Organisation or Institution



Brand or Product



Artist, Band or Public Figure



Entertainment

Cause or Community

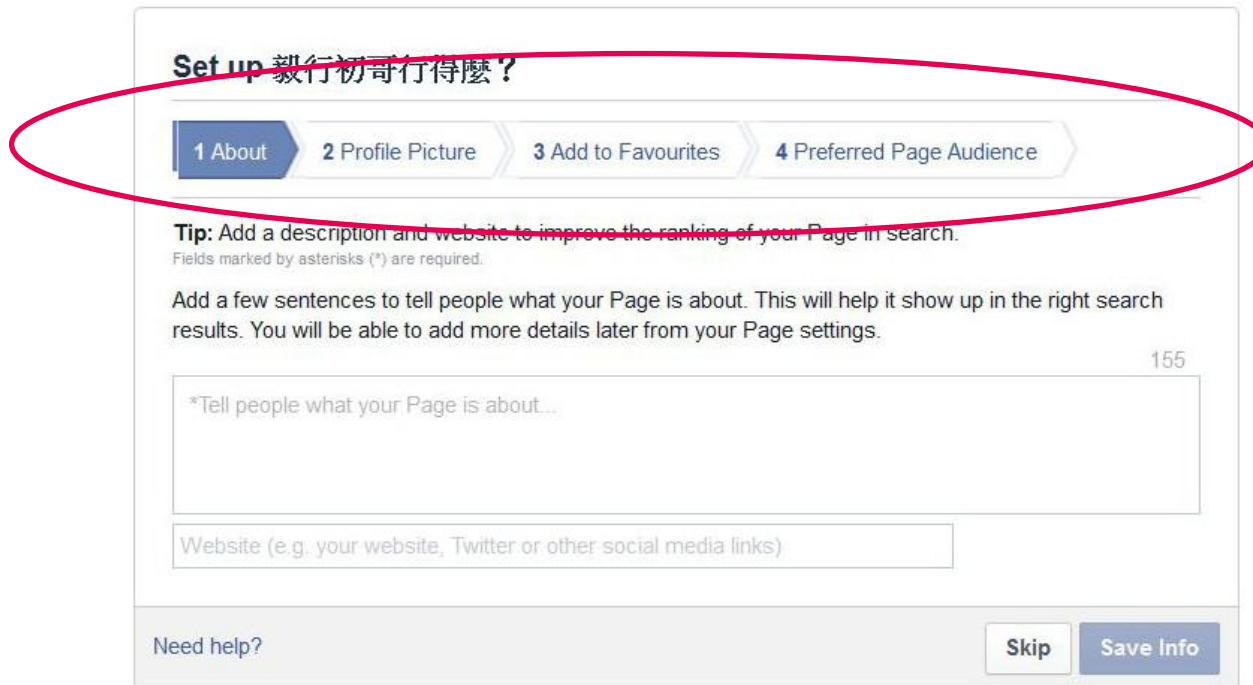
Join your supporters on Facebook.

報行初哥行得麼？

By clicking Get Started, you agree to the Facebook Pages Terms.

Get Started

FILL-IN BASIC PAGE INFORMATION ACCORDING TO THE 4-STEP PROCEDURE OF FACEBOOK



Set up 設行初哥行得麼？

1 About 2 Profile Picture 3 Add to Favourites 4 Preferred Page Audience

Tip: Add a description and website to improve the ranking of your Page in search.
Fields marked by asterisks (*) are required.

Add a few sentences to tell people what your Page is about. This will help it show up in the right search results. You will be able to add more details later from your Page settings.

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*Tell people what your Page is about...



Website (e.g. your website, Twitter or other social media links)


Need help? [Skip](#) [Save Info](#)




REMEMBER: TO SELECT “OXFAM TRAILWALKER HONG KONG” AS ONE OF YOUR INTERESTS




Facebook interface showing the "Set up" page for a new page. The page is titled "Set up 毅行初哥行得麼?". The page is currently on the "4 Preferred Page Audience" step.




Tell us about the people you'd most like to connect with. Anyone can find your Page, but we'll do our best to put it in front of the people who matter to you most.

Locations  Include  country, state/province, city, ZIP, DMA or address

Everyone in this location 

Age  18  - 65+ 

Gender  All  Men  Women

Interests  Oxfam Trailwalker Hong Kong  Suggestions  Browse

oxfam trailwalker hong kong

11,300 people

Description: People who have expressed an interest in or like Pages related to *oxfam trailwalker hong kong*

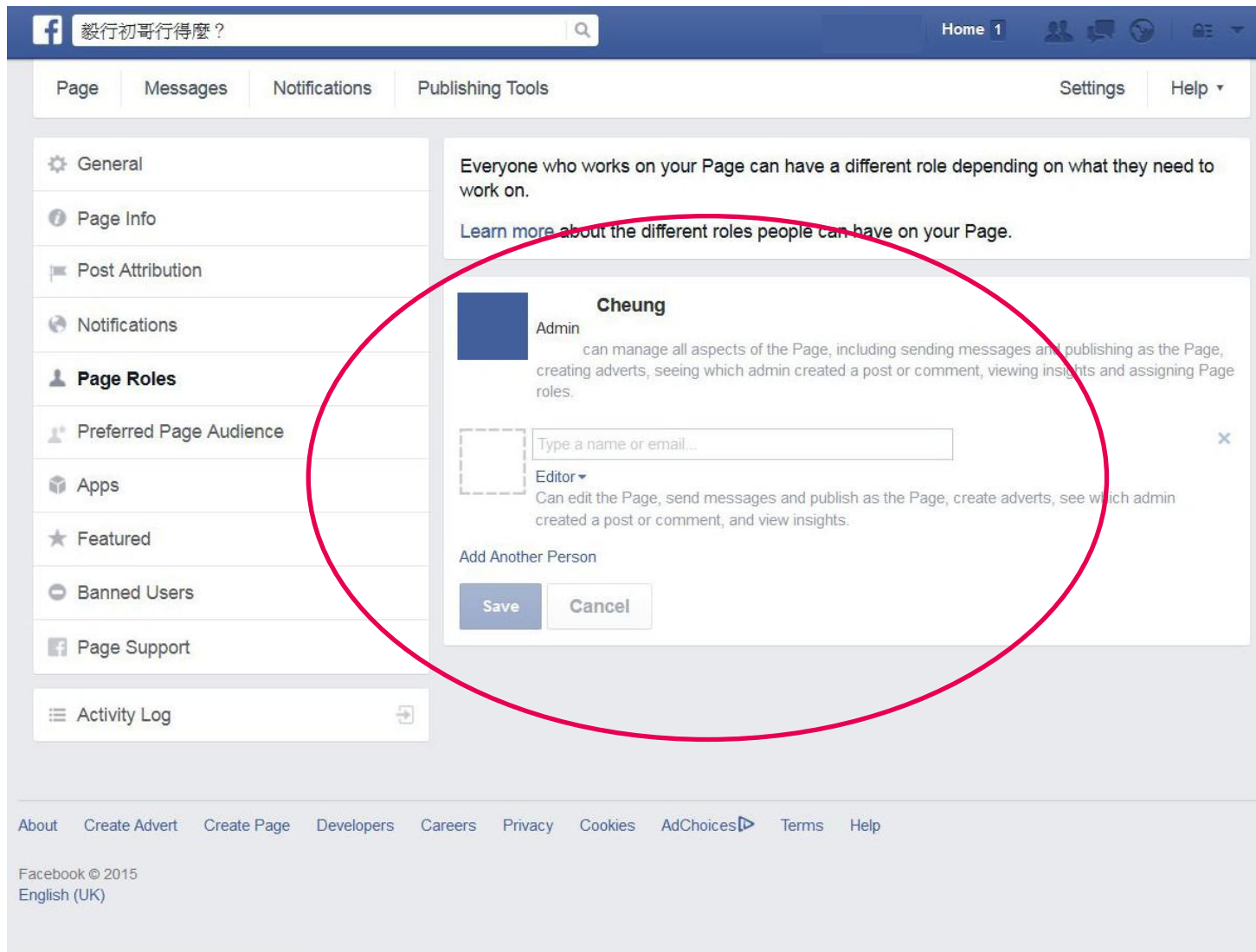
Report this as inappropriate

NOW, YOUR PAGE IS SETUP. INVITE YOUR FRIENDS TO SUPPORT YOUR 1ST OTW



The screenshot shows a Facebook page for '殺行初哥行得麼?' (Can a first-timer do it?). The page has a cover photo of three cartoon hikers. The navigation bar at the top includes 'Page', 'Messages', 'Notifications', 'Publishing Tools', 'Settings', and 'Help'. The page header shows 'Home 1' and a search bar. The main content area features a 'Timeline' tab, 'About', 'Photos', 'Likes', and 'More' options. A red circle highlights the 'Invite Friends' option in the dropdown menu that appears when the 'Message' button is clicked. The dropdown menu also includes 'View as Page visitor', 'Add to Favourites', 'Like As Your Page...', 'Share', and 'Create a Page'. The page also displays a 'Promote' button, a 'Recent' section for 2015, and a 'Status' section with a 'Write something...' prompt. The 'ABOUT' section includes a description and a 'Promote Website' button. The 'PHOTOS' section shows a thumbnail of the cover photo.

YOU CAN ALSO INVITE YOUR TEAM MEMBERS AS THE ADMIN / EDITOR OF THIS PAGE.



The screenshot shows the Facebook Page Roles settings for a page named "毅行初哥行得麼?". The left sidebar contains a menu with options: General, Page Info, Post Attribution, Notifications, **Page Roles**, Preferred Page Audience, Apps, Featured, Banned Users, Page Support, and Activity Log. The main content area displays the "Page Roles" settings. At the top, it states: "Everyone who works on your Page can have a different role depending on what they need to work on." Below this is a link: "Learn more about the different roles people can have on your Page." The current role being edited is "Admin" for a user named "Cheung". The description for the Admin role is: "can manage all aspects of the Page, including sending messages and publishing as the Page, creating adverts, seeing which admin created a post or comment, viewing insights and assigning Page roles." Below the role description is a text input field with the placeholder "Type a name or email...". Below the input field is a dropdown menu currently set to "Editor". The description for the Editor role is: "Can edit the Page, send messages and publish as the Page, create adverts, see which admin created a post or comment, and view insights." At the bottom of the settings area are two buttons: "Save" and "Cancel". A red circle is drawn around the "Page Roles" section, highlighting the role settings and the input field.

毅行初哥行得麼?

Home 1

Page Messages Notifications Publishing Tools Settings Help

General

Page Info

Post Attribution

Notifications

Page Roles

Preferred Page Audience

Apps

Featured

Banned Users

Page Support

Activity Log

Everyone who works on your Page can have a different role depending on what they need to work on.

[Learn more about the different roles people can have on your Page.](#)

Cheung

Admin

can manage all aspects of the Page, including sending messages and publishing as the Page, creating adverts, seeing which admin created a post or comment, viewing insights and assigning Page roles.

Type a name or email...

Editor

Can edit the Page, send messages and publish as the Page, create adverts, see which admin created a post or comment, and view insights.

Add Another Person

Save Cancel

About Create Advert Create Page Developers Careers Privacy Cookies AdChoices Terms Help

Facebook © 2015
English (UK)

AFTER ALL, COPY THE URL OF YOUR FACEBOOK PAGE AND SUBMIT WITH THE APPLICATION FORM



網上報名表格 < <http://1drv.ms/1Ec4dm6> >
ONLINE APPLICATION FORM

請填寫你用來分享樂施毅行者經歷的社交網絡專頁連結
Please fill in the URL of your social media page for sharing experience in
Oxfam Trailwalker

e.g. Facebook Page or Weibo

Submit

Never give out your password. Don't give your personal information to someone you don't trust.

[Report Abuse](#)

截止報名日期：2015年9月18日
APPLICATION DEADLINE: 18-09-2015

查詢 ENQUIRY：OTWINFO@OXFAM.ORG.HK



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