B FOREWORD

Oxfam Trailwalker: Transforming Lives



Change is never easy; to change for the better is even harder. Throughout the years though, countless participants of the Oxfam Trailwalker (OTW) have stepped up to the challenge and proved that it is possible through their perseverance. Many have even been inspired by the event to transform their lives. To finish the 100 km trail in 48 hours, for instance, walkers have been doing everything from improving their physique through training to changing their diet.

Now that you are a part of this event, you too are a 'changemaker'. You are not just making changes in your own life, but through your participation, you are changing the lives of those in poor communities for the better!

To make the 0TW a success and make it even better every year, it takes great teamwork. Last year, we were happy to have the support of 5,000 walkers, 3,000 volunteers, over 35,000 donors, more than 5,000 support team members and 19 sponsors. Since 1986, Hong Kong has seen over 100,000 people participate in the 0TW and raise over HK\$572 million. What started as a city-wide event has also become an international one, with 15 other regions taking part this year, including Korea, Australia, India, Spain, Belgium, the United Kingdom, France and New Zealand.

We at Oxfam believe inequality breeds poverty; to tackle the structural causes of poverty, we need a bolder and more innovative approach. With the 'trailwalking spirit' of perseverance, we will fight poverty with our partners around the world through our anti-poverty, advocacy, humanitarian and education programmes to achieve our goal of creating a world without poverty. As an OTW participant, you are crucial to the fight against poverty, so thank you for your support!

See you at the starting and finishing lines on 16-18 November!



Trini Leung Director General Oxfam Hong Kong



"PUSHING MY LIMITS, WHY WOULD I DO THAT?"

The harder I work, the better I'll feel That's my why.

WHATSYOURWHY

David Beckham AIA Global Ambassador

If you have the why, we can help with the how. whatsyourwhy.aia.com Hotline: 2232 8282





A MESSAGE FROM AIA, PRINCIPAL SPONSOR



0

AIA is proud to be the Principal Sponsor of Oxfam Trailwalker in the name of 'AIA Vitality' for the fourth year in a row. By supporting this event, we hope to motivate more members of our community to embark on their health journey, while also raising funds for Oxfam's efforts in poverty alleviation and disaster relief.

Oxfam Trailwalker is Hong Kong's largest fundraising hiking event. Walkers must commit to a long-term, rigorous training regimen in order to complete this challenge which requires determination and vigour. AIA believes that a healthy and energetic community is an essential cornerstone for the sustainable development of Hong Kong. In realising this, we are dedicated to inspiring people to adopt healthy lifestyle habits which also echoes the spirit of this event.

'Oxfam Trailwalker: Transforming Lives' is the theme of Oxfam Trailwalker 2018. The pursuit of a healthy lifestyle has become a popular trend. By exercising together, we can stay fit and healthy. We hope this event will help each participant change and embrace a vibrant and healthy lifestyle.

AIA has fielded the largest corporate team at the event for the past three consecutive years, and this year is no different. A great number of our staff and financial planners will take part and support this charitable cause. In addition, we will also bring a team of volunteers to provide support along the trail by encouraging and cheering on the participants. This year, the 'AIA Vitality - Dare to Challenge Award' will be included again to encourage and recognise teams participating in Oxfam Trailwalker for the first time. We hope to encourage the spirit of generosity and well-being through this event, so as to help people live healthier, longer, better lives.



Peter Crewe Chief Executive Officer AIA Hong Kong & Macau





Go Beyond with Asia Miles

Push yourself to the limit, work as part of a team – and at the same raise funds to help others less fortunate. Asia Miles provides members with rewarding life experiences that not only enrich one's own life, but bring joy to others, too.

asiamiles.com



TABLE OF CONTENTS



EVENT INFORMATION

Introduction	7
Event Calendar & Briefing	9
How Your Donations Help	12
Rules & Regulations	15
Certificates & Awards	19
AIA Vitality – Dare to Challenge Award	21
Sponsorship	23
TRAILWALKER ROUTE	
Route	27
Checkpoint (CP) Distances & Elevation	29
Checkpoints (CPs)	30
Transportation to the Finish Point	35
PREPARATION & TRAINING	
Preparation	38
Suggested Checklist	39
Training	40
Food & Water	42

Suggested Timetable43Support Teams44Medical Tips45Safety46

🗐 OTHERS

Ê

Ê

Love the Environment	48
Green Trailwalker	49
Disclaimer	50
Merchandise / Contact Oxfam	51

BOUT OXFAM TRAILWALKER

History of Oxfam Trailwalker Oxfam Trailwalker 2018 Global Calendar Oxfam Trailwalker Official Records 52

54 55



CLP 中電

Delivering Reliability

EVENT INFORMATION

Introduction

Welcome to 0xfam Trailwalker 2018! The 0xfam Trailwalker is a challenging team event. Participants form a team of four to complete 100 km along most of the MacLehose Trail and a connected route within a 48-hour time limit.

This booklet will give you all the necessary information about the event, and we ask for your cooperation in making 0xfam Trailwalker 2018 a success.

In 2017, 4,948 people braved the challenge of The Oxfam Trailwalker, and more than 87 per cent of teams completed the entire 100 km trail. We raised over HK\$34 million, which is being used to support Oxfam's development projects and emergency relief programmes around the world.

For further enquiries, please contact us and quote your team number. Our contact details are listed on P.51.

0------0

📰 🛛 Date, Time and Location

Oxfam Trailwalker 2018 will be held from Friday, 16 November, to Sunday, 18 November. The Start Point is Pak Tam Chung in Sai Kung and the Finish Point is Po Leung Kuk Jockey Club Tai Tong Holiday Camp in Yuen Long.

Start times and team numbers this year are as below:

Team Category	Team Number	Registration Time (16 Nov)	Start Time (16 Nov)
Elite Team	8001-8180	07:00-07:45	08:00
Special Team	0001-0300	07:30-09:00	09:30
a. Special Team b. Pledge Team c. Sponsors / Supporting Org. Team	0301-0580	09:30-10:30	11:00
Open Team	0581-0850 0851-1120	11:00-12:00 12:30-13:30	12:30 14:00



1. All teams MUST start at the designated times listed above according to their respective team numbers and register at the Start Point at least 30 minutes before starting. No team is allowed to change its registration and start time without the prior approval of the Organiser.

2. The Organiser reserves the right to change the routes or cancel the event in consideration of adverse weather conditions and / or other unpredictable factors.



Cityplaza II 大古城中心二期 · Times Square 時代廣場 · Sogo 崇光百貨 Causeway Bay 銅鑼周 · Leighton Center 禮領中心 Pacific Place II 大古廣場二期 · Man Yee Building 萬宜大置商場 · Shun Tak Centre 信橡中心 · K11 · Langham Place 勝豪坊 Festival Walk 又一城 · Plaza Hollywood 荷里活廣場 · Telford Plaza I 德福廣場一前 · apm · East Point City 東港城 New Town Plaza I 新城市廣場一期 · Metropolis Plaza 上水新都廣場 · Citywalk I 荃新天地一期 · Tai Po Mega Mali 大埔國級城 Metroplaza 葵芳新都會廣場 · Yuen Long Plaza 元朝廣場 · Tuen Mun Town Plaza I 电带市廣場一間 · Shoppes Cotai Central 澳門金沙城 Grand Canal Street, Shoppes at Venetian at Macao-Resort Hotel 澳門威尼斯人講物中心大運河街

WWW.COLUMBIASPORTSWEAR.HK

👍 columbia sportswear HK 🔍

EVENT CALENDAR

Date	Activity
8-24 May	Open Team Application
5 June	Open Team Ballot Results
6 June-4 July	Team Registration
29 June	Elite Team Briefing
15 July	Elite Team Training
11 August	Cantonese Briefing
18 August	English Briefing (AM) and Putonghua Online Briefing (PM)
27 August	Deadline for Team Withdrawal
On or before 25 October	Submission of Confirmed Team Members Information
26 October-13 November	Late Change of Team Members (HK\$200 for each new member)
16-18 November	Event Dates
18 December	Deadline for Submitting Sponsorship
February 2019 (Date to be confirmed)	Prize Presentation Ceremony (Awardees will be invited separately)
During Easter Holiday in April 2019 (TBC)	Supporters' Trip (See P.13 for details)

0-----0





TESTED TOUGH FROM ROAD TO TRAIL

Variant X.S.R.⁻ Pearl Foam[™] 創新緩衝中底技術 卓越回彈緩震 瞬間提昇表現





Citypiaza II 大古城中心二階:Times Square 時代廣場。Sogo 素光百貨 Causeway Bay 銅鑼灣 Leighton Center 禮領中心 Pacific Place II 太古廣場二層 - Man Yee Building 萬宜大厦商場。Shun Tak Centre 值德中心。K11 - Langham Place 朗曼坊 Festival Walk 又一城。Plaza Hollywood 简重活躍場。Teiford Plaza I 德福廣場一期。apm:East Point City 東港城 New Town Plaza I 新城市廣場一層。Metropolis Plaza 上示新都廣場。Citywaik I 荃新天地一開。Tai Po Mega Mall 大埔超級城 Metropiaza 英芳新都會廣場。Yuen Long Plaza 元前廣場 Tuen Mun Town Plaza I 电同市廣場一期。Shoppes Cotai Central 澳門会沙城 Grand Canal Street, Shoppes at Venetian at Macao-Resort Hotel 澳門威尼斯人購物中心大獲河街

WWW.COLUMBIASPORTSWEAR.HK

🖕 columbia sportswear HK 🔍

BRIEFING

First-time walkers and support team members are strongly advised to attend the briefings which cover important and useful information.

Cantonese Briefing and Physiotherapy Advice	14:00 – 18:00, 11 August (Sat) 6/F, AlA Hong Kong Tower, 734 King's Road, North Point, Hong Kong (near Quarry Bay MTR Exit C)
English Briefing and Physiotherapy Advice	10:00 – 14:00, 18 August (Sat) 17/F, China United Centre, 28 Marble Road, North Point, Hong Kong (North Point MTR Exit A4)
Putonghua Online Briefing	16:00 – 18:00, 18 August (Sat)

Remarks:

Casual wear is recommended for the physiotherapy session.







B HOW YOUR DONATIONS HELP

Oxfam Trailwalker is one of the largest fundraising hiking events in Hong Kong. Since 1986, more than 100,000 participants have raised over HK\$572 million to support Oxfam's various poverty alleviation and emergency relief programmes all around the world, including Hong Kong, mainland China, other parts of Asia and Africa. However, there are still countless people living in poverty, and they really need your support.

Please use your Team Page on the official website or the Sponsorship Form to solicit sponsorship. Remember: the more you raise, the more people you can help!

2017-18 INCOME AND EXPENDITURE

	,
Income	
Public Donations	93.2%
HKSAR Government	5.7%
• Trading Income from the Oxfam Shop	0.5%
 Interest and Investments 	0.2%
• Other Income	0.4%

Expenditure	
Programmes	82.3%
• Fundraising and Marketing	13.5%
 Management and Administration 	3.3%
 Trading Cost from the Oxfam Shop 	0.5%
• Foreign Exchange Differences	0.4%





Over 90 per cent of Oxfam Hong Kong's income is from the public's donations. We are committed to using every dollar to support long-term poverty alleviation and emergency relief projects in Asia (including Hong Kong, Macau and mainland China) and Africa.

OXFAM TRAILWALKER SUPPORTERS' TRIP

Date:	April, 2019 (TBC)	
Destination:	Mainland China	
Trip Fee:	Around HK\$5,000 - \$7,000 (including airfare, transport, accommodation and meals; at cost, with balance to be returned or claimed)	
Quota:	Max. 12	
Eligibility:	Participant, sponsor or supporter of Oxfam Trailwalker	
How to apply:	Application details to be announced in December 2018	

Those joining us on the Supporters' Trip will be able to speak with project participants and better understand the donations raised through 0xfam Trailwalker will be used by 0xfam in poor communities to fight poverty through an integrated approach.



In May this year, Oxfam Trailwalker participants took part in a food rescue programme organised by Oxfam's partner. They categorised and screened the food they had rescued, and distributed them to people in need in Shek Kip Mei.







回 饋 社 會 服務 社群

電訊盈科及其集團成員香港電訊多年來為市民及商界提供優質服務的同時,亦致力將企業公民責任理念 融入業務及規劃之中。

公司的管理層帶領義工隊積極參與社區活動。我們的努力屢獲表揚,除了獲香港社會服務聯會頒發「商界展關懷」 標誌超過十五年外,多年來亦獲社會福利署頒發最高服務時數獎。

我們積極履行企業社會責任:

- **弱勢社群**:透過長期義工服務及其他單次活動服務弱勢社群
- 長者服務:多項長者服務計劃為他們帶來關懷和温暖
- **環保服務:**積極參與及推動環保活動,宣揚環保意識
- 青年服務:推動香港青少年科技知識交流

























RULES & REGULATIONS

P

You must observe the following rules

- 1. Oxfam Trailwalker participants must be aged 18 or above on the event day (16 November 2018).
- Participants must form teams of four. Each team should submit a registration fee of HK\$1,400 between 6 June and 4 July, 2018, and submit team members' particulars by 25 October 2018, in order to complete the registration process. Late submissions will not be entertained and the team slot will be forfeited.
- Each team must have four members when they begin the walk. Please arrive on time for registration to avoid delays. No team is allowed to change its registration and start time without the prior approval of the Organiser.
- 4. All participants will be required to submit a signed disclaimer at the Start Point to agree not to hold the Organiser or any sponsor / supporting organisation responsible for circumstances of, but not limited to, death, injury or damage to or loss of personal property. Please refer to the full version of the disclaimer on P.50.
- 5. All teams (including those teams which are absent / withdraw on the event day) must raise a minimum sponsorship of HK\$7,600, except for Pledge Teams, which must raise at least HK\$72,000. The Organiser reserves the right not to accept applications for future Oxfam Trailwalker events from any member of a team which has failed to raise the minimum amount.
- Registered teams wishing to withdraw from the event must give written notice to the Organiser before 27 August 2018. This will allow wait-listed teams to take up the vacated places. Please note the following for withdrawal:

Withdrawal with written notice on or before 27 August	Sponsorship not required	
Withdrawal with written notice: 28 August – 13 November	HK\$3,800 HK\$36,000 (Pledge Team)	
Withdrawal after 14 November or absent on the event day	HK\$7,600 HK\$72,000 (Pledge Team)	

- 7. There are nine Checkpoints (CPs) along the trail. All team members must stay together between CPs and register together at each CP. You may not leave a CP until all your team members have registered. CP staff reserve the right to refuse to register incomplete teams or teams with members who are unaccounted for.
- A timing chip is attached to your number bib. All walkers must wear their number bibs and wristlets throughout the event for identification purposes.
- Teams found to have taken shortcuts will be disqualified. Control Points will be set up between CPs. Only teams that
 have passed through all Control Points and have completed the 100 km course on the designated route are eligible
 for ranking or prizes.
- 10. All teams must register at a CP at or before its closing time in order to be allowed to proceed. Kindly refrain from loitering near CPs' closing times. Please refer to P.30-33 for the closing times of CPs. The Organiser reserves the right to suspend the registration process of any walker whose condition is deemed unfit to continue.
- 11. The trail could get quite crowded, particularly in the early stages of the event. Please give way to teams that walk faster.
- Teams' finishing times will be recorded based on when the last member of their team reports to the Organiser at the Finish Point. Since Oxfam Trailwalker is a team event, no individual finishing times will be recorded.
- Teams representing a company / organisation must provide the name of the company / organisation to the Organiser.
- 14. For Veteran I teams, all four members must be aged 55 or above on the event day (16 November 2018) in order to qualify. For Veteran II teams, all four team members must be aged 65 or above on the event day (16 November 2018) in order to qualify.

Changing Your Team Members

In the interest of fairness, team leaders in the Open Team Category CANNOT be changed. Changing your team leader will result in the disqualification of the whole team. However, you can change your team member(s) during the following periods:

Phase	Fee (Per Member)	Procedure
Submission of Particulars of Confirmed Team Members (6 June - 25 October)	Free	Via online team page - Log into Oxfam Trailwalker Website - Visit your team page to add / edit team member By post or by hand - Fill in the Registration Form and submit it to Oxfam
Late Change (26 October -13 November)	HK\$200	Via online team page - Log into the Oxfam Trailwalker Website - Pay the Late Change of Team Member Fee by credit card - Visit your team page to add / edit team member By post or by hand - Fill in the Change of Team Member Form and submit it with the payment record to Oxfam
Event Day (16 November)	HK\$500	After 13 November, all change requests will be handled on the event day. Fill in the Change of Team Member Form and pay the fee in cash at the start hall.

Late Change of Team Members: Teams can transfer the Late Change of Team Member Fee (HK\$200 for each new member) into Oxfam Hong Kong's bank account (please refer to P.24). Please write your team number and leader's name on the original copy of the deposit slip or a printed copy of the online transfer Acknowledgement Note, and submit it together with the completed Change of Team Member Form to Oxfam by post or by hand. Please write 'Oxfam Trailwalker 2018 Change of Team Member' and your team number on the envelope.

Cash or cheques will not be accepted.

DEADLINE: 13 NOVEMBER 2018 (HONG KONG TIME, ACCORDING TO THE POSTMARK)

SPECIAL NOTE:

Oxfam Trailwalker is a challenging team event. Participants are strongly recommended to allow adequate time for training and team building before the event. Please avoid changing team members in the last month before the event. Changing team members on the day of the event is also not advised. The Late Change of Team Member Fee is non-refundable. It cannot be regarded as a donation and is not tax deductible.

Sickness or Injury



- 1. Take good care of your health. In case of sickness, please inform your teammates immediately.
- 2. Under no circumstances should any person be left unattended. Any member who is injured or suffering from exhaustion must be brought to the nearest CP by his / her teammates for assistance.
- 3. If a team member becomes seriously injured and cannot move, you must call the emergency phone number immediately (printed on the bracelet) to inform the Organiser and specify your location. Teammates must accompany the injured person until the rescue team arrives.
- 4. The MacLehose Trail is marked by numbered distance posts (M001 M174) every 500 metres. Numbered sign posts (0TW175 0TW198) are placed in the continuous route leading to the Finish Point every 500 metres. Please take note of the location of these distance posts and sign posts during your training and the event. In case of an emergency, quote the number on the nearest distance post or sign post to describe your position.

- 5. Each participant should bring along a fully charged mobile phone for emergency use. If you require emergency assistance, please inform us of your team number, location, distance / sign post number, state of injury and phone number to facilitate our immediate response.
- Team members should have basic knowledge of first aid. Please contact the Hong Kong St. John Ambulance at 2524 4888 or the Auxiliary Medical Service at 2762 2020 for information on first aid courses.

Withdrawal

- If you want to withdraw during the event, you must first report to the nearest CP. The working
 personnel at that CP will record the withdrawal and confirm the status of the whole team.
 Remaining team members are not allowed to continue with the event until the withdrawal is
 reported and a Drop-out Certificate is issued. The Certificate should be kept by the remaining
 team members and will be checked at each subsequent CP.
- Anyone who withdraws during the event must inform the Organiser. If for any reason you need to leave during the event, you must call the emergency phone number to notify to the Organiser as soon as possible. You must also pass your number bib to the remaining team members for the completion of the drop-out procedure at the next CP.
- 3. The remaining team members have to hand in the Drop-out Certificate to the working personnel at the Finish Point.
- 4. For the safety of all walkers, if two members of a team have withdrawn, the remaining two members will not be allowed to continue until they are joined by another team at a CP.
- 5. The Organiser will not provide transport for walkers who withdraw during the event. Please note that CP1, CP5, CP6, CP7 and CP9 cannot be accessed by public transport. The Organiser will NOT provide a shuttle service for walkers who leave at these CPs. Walkers should only choose to leave at places which are accessible by public transport. Otherwise please be prepared to walk farther and make sure you have sufficient food and water with you.
- 6. You are strongly advised not to continue on the trail after withdrawing. If you do continue, you do so entirely at your own risk.



A team photo will be taken by the Organiser at the Start Point for Police's rescue action use (if necessary).



ENGINEERING THE CITY WITH PROVEN RELIABILITY



Hong Kong's Energy And Mobility Infrastructure Specialist

Founded in 1963, Kum Shing Group is the only private enterprise providing comprehensive engineering solutions to the entire electricity supply system from power generation, transmission, distribution to utilization, assisting the local utilities in achieving a world-class supply reliability of over 99.999%. With a team of over 2,000 associates led and managed by professionals, Kum Shing has developed a solid reputation for consistently delivering outstanding performance in project, safety and quality management.





CERTIFICATES & AWARDS

Team Certificate	For each member of a team who has completed the route within 48 hours.	
Individual Certificate	For those who have completed the route within 48 hours but not with the entire team.	
Oxfam Super Trailwalker Certificate	Awarded to teams whose four members have completed the entire route within 18 hours. Incomplete teams finishing within 18 hours will receive a Team Certificate or an Individual Certificate.	
Speed Awards	Prizes will be awarded to the overall champion, 1st runner-up and 2nd runner-up, as well as the fastest team in each category (provided they finish the trail within 24 hours as a full team).	
Fundraising Awards	For teams or organisations which have raised the highest amount of sponsorship (over HK\$200,000) in each category.	
Outstanding Fundraiser Award	Awarded to teams which have raised HK\$100,000 or above.	
Outstanding Online Fundraiser Award	Awarded to the team which has raised the highest amount online.	
Special Prizes	Asia Miles, the Logistics Sponsor, has donated 1,000,000 Asia Miles which will be awarded to 10 teams (100,000 Asia Miles per team or 25,000 Asia Miles per team member). Dah Chong Hong Holdings has donated DCH Foodmart coupons valued at HK \$40,000. These coupons will be awarded to 10 teams (coupons valued at HK\$4,000 per team). Any team which has raised HK\$36,000 or above by 18 December, 2018 is eligible to enter a lucky draw to win the above prizes. The awarded prize will be evenly shared by the four registered members of each winning team. The right to enter the lucky draw will be forfeited if the team cannot submit all proof of donations to 0xfam on or before 18 December, 2018 (according to the postmark). Teams that submit the sponsorship they have raised and / or proof of their donations late (i.e. after 18 December 2018) will not be considered for the lucky draw.	

- 1. Only teams which have completed the whole trail on the designated route and in compliance with the Organiser's instructions are eligible for ranking or prizes.
- The Organiser will cancel both the Speed and Fundraising Awards if there are fewer than three organisations eligible for them. This does not apply to Individual Teams.
- 3. The Organiser's decisions regarding the rankings and prizes are final and shall not be contested.
- 4. The Organiser has the right to request all winning teams in the Speed Award and Fundraising Award categories to provide documentation (such as staff cards, corporate sponsorship letters, relevant identification, etc.) to prove that at least TWO of the team members are eligible for this category. Any team which fails to do so will not be considered for the award.
- 5. Certificates will be printed for participants after they have reached the Finish Point. We have invited guests to award walkers with their certificates. However, please note that there will be a lot of teams arriving at the Finish Point on Saturday, 17 November, so you may need to wait for more than 45 minutes for your certificate. We kindly ask for your understanding and patience. The finishing times and rankings announced during the event are subject to verification, and will be announced on the 0xfam Trailwalker website after the event. Should any team notice any discrepancies on their certificates, please contact the Organiser for clarification and a reprint, if necessary.
- 6. The winners of various awards will be invited to the Oxfam Trailwalker 2018 Prize Presentation ceremony, which will be held in February 2019 (date to be confirmed). On the day of the ceremony, a Thank You Advertisement will be placed in Chinese and English newspapers to acknowledge Oxfam Trailwalker 2018 supporters. The names of all fundraising award winners and the teams / organisations that have raised HK\$72,000 or above will also be published.





中環店 Central 2121 1637 G/F., 36 Lyndhurst Terrace

灣仔店 Wan Chai 2111 0683 Shop 106, 1/F., Tai Yau Plaza, 181 Johnston Rd

銅鐵湾店 Causeway Bay 2575 0188 Shop 54, G/F., Elizabeth House, 250-254 Gloucester Rd

太古店 Tai Koo 2117 2373 Shop 5, 4/F., Kornhill Plaza South, 1 Kornhill Rd

 \square

4

史沙旺店 Tsim Sha Tsui 2770 5098 Shop 203-205, 2/F., CKE Shopping Mall, 36 Nathan Rd

EWPAC

胚角店 Mong Kok 3188 5183 Shop 2A, G/F., Yan On Building, 1 Kwong Wah St

荃湾店 Tsuen Wan 3586 2123 Unit A092, 1/F, Nan Fung Centre

G

4

AIA VITALITY – DARE TO CHALLENGE AWARD

It is not easy to complete the Oxfam Trailwalker 100 km challenge. You have to be committed to attending countless training sessions, and to building up extraordinary stamina and willpower. The establishment of the 'AIA Vitality – Dare to Challenge Award' aims to encourage people to take charge of their health; it will reward a first-time Oxfam Trailwalker team that demonstrates the highest motivation and determination to complete the event. The winning team will receive a HK\$5,000 cash reward. Meanwhile, AIA will donate HK\$50,000 to Oxfam to support its poverty alleviation programmes and emergency relief work around the world. The winning team will also earn a priority spot for next year's Oxfam Trailwalker.

To qualify, all four team members must be new to Oxfam Trailwalker. They must then register for the event by 25 October and upload their own team story about how they have been preparing for the Oxfam Trailwalker to Facebook. Suggested content includes training, change of lifestyle, diet, physical improvement, team building, etc. The team must also complete the entire 100 km trail during the event. The Organiser will decide on a winner in January 2019. More information about the 'AIA Vitality - Dare to Challenge Award' will be available on the event website.

.....

Winner of the 2017 'AIA Vitality – Dare to Challenge Award': On Call 32

Although it was not easy, the four medical students that make up 0n Call 32 decided to take time out of their busy schedules last year to give the 0xfam Trailwalker a try for the first time. While they were training, they made sure they were eating right and well equipped. Besides becoming healthier, they also better understood the 'Trailwalking spirit'. They explained saying that regardless of how tough a challenge is, as long as you try hard and have the support of those around you, you can accomplish the impossible. With this spirit, they were able to finish the trail within 32 hours!

f OnCall32









Gear You Up . Care You More



Also ville



PROTREK has been supporting Oxfam Trailwalker for 17 years. We go with you in our 30 years plus outdoor experience.

CARE Plus Membership Scheme

Join us to support social responsibility, protect natural environment, and help reducing poverty by adjusting your shopping behaviour!

PROTREK stores

The Peak 2695 9622 Wan Chai 2529 6988 Sai Wan 2479 1399 Yau Ma Tei 2332 8699

Admiralty Kowloon Bay Tsuen Wan

2662 1122 2576 0833 Causeway Bay 2629 5022 2413 9922 Sheung Wan Quarry Bay Mong Kok

FINIS

2850 7900 2885 3566 2316 7177



Online & Offline Outdoor and Travel Gear Shopping Platform WWW.protrek.com.hk

SPONSORSHIP

- Thank you for supporting 0xfam Trailwalker. All teams (including those that withdraw without written notice / are absent / withdraw on the day of the event) must raise a minimum of HK\$7,600 in sponsorship, except for Pledge Teams, which must raise a minimum of HK\$72,000. The Organiser reserves the right not to accept applications for future 0xfam Trailwalker events from any member of a team who has failed to raise the specified minimum sponsorship.
- Teams raising HK\$36,000 or above for 0xfam Trailwalker 2018 will have priority in registering for 0xfam Trailwalker 2019 as Special Teams. Teams or organisations that raise over HK\$72,000 will be acknowledged in the 0xfam Trailwalker 2018 Thank You Advertisement, which will be published in newspapers. Teams which raise over HK\$100,000 will each receive an '0xfam Trailwalker Outstanding Fundraiser Award'.
- 3. All money raised from Oxfam Trailwalker must be donated in full to Oxfam. You should not use your participation in Oxfam Trailwalker to raise funds for other organisations.
- 4. The fundraising amount of each team will be uploaded onto the Oxfam Trailwalker website on 18 December and will be updated regularly.

0

Beating poverty in Tanzania

Suzanne Jinyange, 54, lives with her six children in Kishapu District, a poor area in the northern part of Tanzania. She used to wake up at 5 every morning to work in her field. She would then go home briefly at 1 pm to prepare lunch, and work again in her field until 6 pm. Despite her best efforts though, she produced a meagre harvest and income.

In 2013, Suzanne joined Oxfam's project and bought a sisal processing machine using microcredit, which has gradually improved her income and life. With the hectare of land she recently bought along with the 10 tons of sisal fibre and other crops she sells each year, she is now able to earn HK\$35,000 a year.

With a wide grin, Suzanne told us, 'I now have money to take my sick daughter to the hospital for treatment and send her to school. I hope this will help her lead a better life in the future!'



) Donation Methods

Donations should be collected immediately after the event and submitted to 0xfam by 18 December 2018 (according to the postmark).

Fundraising Team Page Donors print out tax-deductible receipts themselves	
Bank Account	Submit original deposit slips and sponsorship form to Oxfam
Remittance	Submit original deposit slips and sponsorship form to Oxfam
Cheque Made payable to 'Oxfam Hong Kong'; submit sponsorship form to Oxfam	

1. Fundraising Team Page (www.oxfamtrailwalker.org.hk)

Each team can activate a Fundraising Team Page on the Oxfam Trailwalker website. Your family and friends can donate online and leave encouraging messages for your team. This page also makes it easier for your sponsors to make donations and greatly reduces our administrative costs. Your sponsors can choose to print out a tax-deductible receipt*, so you do not need to record donations on sponsorship forms and send them back.

*For Hong Kong taxpayers only. If you or your sponsors require receipts for tax deduction overseas, you may send the sponsorship to our overseas 0xfam offices. For details, please refer to the 0xfam Trailwalker website.

2. Bank account

You can also submit the donations to Oxfam Hong Kong's account as below:

	Bank of China	Hang Seng Bank
Deposit at a branch	012-874-0-013039-1	284-401080-010
Direct transfer through ATM or e-Banking	012-874-0-013039-1	

*Please write your team number and leader's name on the original copy of the deposit slip or in the remarks section when making the transfer online, and submit it to Oxfam Hong Kong. Please write 'Oxfam Trailwalker 2018' and your team number on the envelope.

3. Remittance

Banker Name	Hang Seng Bank Limited	Banker Name	Bank of China (HK) Limited, HK
Banker Address	83 Des Voeux Road Central, HK	Banker Address	608 Nathan Road, Mongkok, HK
Bank Swift Code	HASEHKHH	Bank Swift Code	BKC HHK HH XXX
CHIPS No.	010522	Account Name	Oxfam Hong Kong
Account Name	Oxfam Hong Kong	Account No.	012-874-0-0130391
Account No.	284-401080-010	Currency	HKD
Currency	НКD		

Please write your team number on the original copy of the deposit slip or the printed copy of the online transfer acknowledgement note, and submit it with your sponsorship form by post or by hand to 0xfam.

Note: if you make a remittance from USA, you will need to provide Oxfam's account number, Hang Seng Bank's SWIFT code (i.e. HASEHKHH) and the CHIPS number: (i.e. 010522).

4. Cheque

Cheques should be made payable to 'Oxfam Hong Kong'. Please write 'Oxfam Trailwalker 2018', your team number and your full name in English on the back of all cheques. Cash will not be accepted.



Donation receipts and submission of sponsorship money

- 1. Please detach the original blue and pink copies of each sponsorship form and send them to Oxfam together with the original deposit slips, cheques or the printed copies of the online transfer acknowledgement note. Keep the yellow copy for your own reference.
- 2. Make sure that you fill in the correct team number on the sponsorship forms. Incorrect numbers printed on the sponsorship form may result in sponsorship money going to the wrong team.
- 3. Please provide the names of your sponsors for tax deduction purposes and submit the sponsorship money by 18 December. Please hand in donations before the deadline; otherwise your sponsors may not be able to process tax deductions for the current financial year.
- Please contact Oxfam or download additional sponsorship forms from the Oxfam Trailwalker website if needed.
- You should notify 0xfam immediately if you decide to share your sponsorship with another team (especially corporate teams). Please clearly indicate the details, team number and amount involved on the sponsorship form.
- 6. You MUST keep the yellow copy of your sponsorship form and photocopies of your deposit slips, online transfer acknowledgement note, cheques or other documents (such as bank statements) as a record of your donations being transferred to Oxfam Hong Kong's account. Do NOT destroy them until you have received all receipts.
- 7. To reduce administrative costs, receipts for tax deductions will only be issued for donations of HK\$100 or above. Receipts will be sent to team leader or each team member 10 weeks after donations and forms have been received by 0xfam. Please contact 0xfam if your mailing address is different from the information provided during the registration period. For company / organisation teams with a corporate coordinator as your contact person, receipts will be sent to the corporate coordinator.





YOUR CARBON MANAGEMENT PARTNER

Through our carbon footprint evaluation and advisory services, SGS is committed to assisting organizations in environmental compliance and achieving the goal on carbon reduction. SGS is proud to be the official Green Management Partner of Oxfam Trailwalker since 2009.

SGS IS THE WORLD'S LEADING INSPECTION, VERIFICATION, TESTING AND CERTIFICATION COMPANY

SGS Certification and Business Enhancement Phone: +852 2765 3620 | Email: hk.cbe@sgs.com



SGS Academy https://learning.sgs.com/hk

