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樂施毅行者2019指定鞋履

Cityplaza II 太古城中心二期 · Times Square 時代廣場 · Sogo 崇光百貨 Causeway Bay 銅鑼灣 · Pacific Place II 太古廣場二期 · Shun Tak Centre 信德中心 · Port Centre 利港中心 · Windsor House 皇室堡 · K11 · Langham Place 朗豪坊 · Festival Walk 又一城 · Plaza Hollywood 荷里活廣場 · Telford Plaza I 德福廣場一期 · apm · East Point City 東港城 · New Town Plaza I 新城市廣場一期 · Metropolis Plaza 上水新都廣場 · Citywalk I 荃新天地一期 · Tai Po Mega Mall 大埔超級城 · Metroplaza 葵芳新都會廣場 · Yuen Long Plaza 元朗廣場 · Tuen Mun Town Plaza I 屯門市廣場一期 · Citygate 東薈城 · Grand Canal Street, Shoppes at Venetian at Macao-Resort Hotel 澳門威尼斯人購物中心大運河街

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Columbia香港



RULES AND REGULATIONS

YOU MUST OBSERVE THE FOLLOWING RULES:

1. Oxfam Trailwalker participants **must be aged 18 or above** on event day (15 November).
2. Participants must form teams of four. Each team should submit a registration fee of HK\$1,600 **between 5 June and 3 July, 2019** and submit team members' particulars **by 15 October, 2019** in order to complete the registration process. Late submissions will not be entertained and the team slot will be forfeited.
3. 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.54.
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.**
6. Registered teams wishing to withdraw from the event must give written notice to the Organiser on or before 26 August, 2019. 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 26 August	Sponsorship not required
Withdrawal with written notice within 27 August – 8 November	Must raise at least: HK\$3,800 HK\$36,000 (Pledge Team)
Withdrawal from 9 -15 November or absence on the event day	Must raise at least: 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 unaccounted for.**
8. A number bib and SIAC with wristlets will be distributed. **All walkers must wear their number bibs and SIAC with wristlets throughout the event for identification purposes.**
9. **Shortcuts are strictly prohibited throughout the event. Two Penalty Points will be set up between CPs. Any team having any member of the team found to have passed the Point will have 120 minutes added to the finishing time of the team.**
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.31-35 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 can get quite crowded, particularly in the early stages of the event. Please give way to teams that walk faster.
12. **Teams' finishing times will be recorded based on when the last member of their team reports to the organisation at the Finish Point. Since Oxfam Trailwalker is a team event, no individual finishing times will be recorded.**
13. 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 event day (15 November 2019) in order to qualify. For Veteran II teams, all four team members must be aged 65 or above on event day (15 November 2019) 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 (5 June - 15 October)	Free	VIA ONLINE TEAM PAGE - Log into Oxfam Trailwalker Website - Visit your Team Page to add / edit team members BY POST OR HAND - Fill in the Registration Form and submit it to Oxfam
Late Change of Team Members – Phase I (16 October - 8 November)	HK\$200	VIA ONLINE TEAM PAGE - Log into Oxfam Trailwalker Website - Pay the Late Change of Team Member Fee by credit card - Visit your Team Page to add / edit team members BY POST OR HAND - Fill in the Change of Team Member Form and submit it with payment record to Oxfam
Late Change of Team Members – Phase II 9 – 15 November	HK\$500	9 November onwards, 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 registration 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 2019 Change of Team Member' and your team number on the envelope.

Cash or cheques will not be accepted.

Deadline: 8 November, 2019 (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 donation and is not tax deductible.



SICKNESS OR INJURY

1. **Please pay attention to your physical condition at all times.** If you are feeling unwell, please inform your teammates immediately and do not forcibly push ahead.
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; M178 – M193) every 500 metres, as is the subsequent route, Yuen Tsuen Ancient Trail (C6119 – C6124); and signages are placed along continuing route, Tai Lam Nature Trail. **Please take note of the location of these distance posts and signages during your training and the event. In case of emergency, quote the number on the nearest distance post or signages 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.
6. 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

1. **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.
2. 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 and SIAC Card 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 RESCUE
ACTION USE (IF NECESSARY).**



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溫暖

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





CERTIFICATES AND 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 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 that have raised the highest amount of sponsorship (over HK\$200,000) in each category.
Outstanding Fundraiser Award	Awarded to teams that have raised HK\$100,000 or above.
Outstanding Online Fundraiser Award	Awarded to the team that raised the highest amount online.
Special Prizes	<p>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).</p> <p>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).</p> <p>Any team that has raised HK\$36,000 or above by 17 December, 2019 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 Oxfam on or before 17 December, 2019 (according to the postmark). Teams that submit the sponsorship they have raised and / or proof of their donations late (i.e. after 17 December 2019) will not be considered for the lucky draw.</p>

1. Only teams that have completed the whole trail on the designated route and in compliance with the Organiser's instructions are eligible for ranking or prizes.
2. 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, 16 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 Oxfam 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 2019 Prize Presentation ceremony, which will be held in February 2020 (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 2019 supporters. The names of all fundraising award winners and the teams / organisations that have raised HK\$72,000 or above will also be published.



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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 as well as 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 15 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 2020. More information about the 'AIA Vitality - Dare to Challenge Award' will be available on the event website.

WINNER OF THE 2018 'AIA VITALITY - DARE TO CHALLENGE AWARD': HIT

The social worker, nurse, IT guy, and office boy who make up HIT found it hard to schedule regular training sessions with their busy schedules but they had a leave-no-one-behind attitude.

As they trained, they placed great emphasis on their health, nutrition, equipment, learning the terrain, etc. Through it all though, they learnt what was most important: teamwork.

From start to finish, this team stuck together: 'Each step we took was not wasted; we finally finished the 100 km after a grueling 46 hours! When we were tired, we rested and took off again knowing that the finish line would appear soon enough!'





樂健坊
Natures Village



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GO! TRI-GO

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2121 1637
G/F, 36 Lyndhurst Terrace

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

觀塘店 Causeway Bay
2575 0188
Shop 54, G/F, Elizabeth House, 250-254 Gloucester Rd

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

尖沙咀店 Tsim Sha Tsui
2770 5098
Shop 135, 2/F, CKE Shopping Mall, 36 Nathan Rd

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

荃灣店 Tuen Wan
3586 2123
Unit A092, 1/F, Nan Fung Centre



SPONSORSHIP

1. Thank you for supporting Oxfam 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 Oxfam Trailwalker events from any member of a team who failed to raise the specified minimum sponsorship.**
2. In order to encourage participants to actively raise funds, teams that have raised HK\$36,000 or above can have priority in registering for Oxfam Trailwalker 2020 as Special Teams. Teams or organisations that raise over HK\$72,000 will be acknowledged in the Oxfam Trailwalker 2019 Thank You Advertisement, which will be published in newspapers. Teams that raise over HK\$100,000 will each receive an 'Oxfam 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 17 December and will be updated regularly.

Making Mira's dream come true

According to the Food and Agricultural Organization of the United Nations, smallholder farmer households in Nepal spend 60 per cent of their monthly income on food, and roughly 30 per cent on housing and other living expenses. On average, they are only able to spend 2 per cent on their children's education.

Mira, 16, lives in a village in Nepal's Arhakhachi region. She has loved school since she was a child and has always dreamed of teaching Nepalese. Climate change threatened to rob this dream from her as it has become increasingly difficult to predict harvest dates, which has affected farmers' incomes. Mira has thus had to work in the fields with her family to try and boost their income. Mira's mum knew how much Mira wants to be a teacher but needed to prioritise putting food on the table.

Since 2005, Oxfam has been implementing livelihood projects all over Nepal to enable women to learn more efficient agricultural techniques that will help them better adapt to climate change. It has also been working with women to set up cooperatives that provide interest-free loans so they can buy drought-resistant seeds and farming equipment, and eventually escape poverty.

In 2017-18, the cooperative's agricultural productivity increased by 30 per cent. Mira's mum, who is a member of the cooperative, saw their family's income increase too and not only no longer worries about their next meal, but is also sending her children to school. Mira is now studying hard to turn her dream into reality.



DONATION METHODS

Donations should be collected immediately after the event and submitted to Oxfam by 17 December 2019 (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 would 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 Oxfam offices. For details, please refer to the Oxfam Trailwalker website.

2. Bank account transfer

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

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

*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 2019" and your team number on the envelope.

3. Remittance

Banker Name	Bank of China (HK) Limited, HK
Banker Address	608 Nathan Road, Mongkok, HK
Bank Swift Code	BKC HKK HH XXX
Account Name	Oxfam Hong Kong
Account No.	012-874-0-0130391
Currency	HKD

Banker Name	Hang Seng Bank Limited
Banker Address	83 Des Voeux Road Central, HK
Bank Swift Code	HASEHKHH
CHIPS No.	010522
Account Name	Oxfam Hong Kong
Account No.	284-401080-010
Currency	HKD

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 Oxfam.

Notes: if you make the remittance from the USA, you need to provide the 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 2019', your team number and your full name in English on the back of all cheques. Cash will not be accepted.

PLEASE NOTE THAT THE BALANCE OF YOUR TEAM'S SPONSORSHIP MAY AFFECT YOUR QUALIFICATION FOR SUBSEQUENT OXFAM TRAILWALKER EVENTS. PLEASE FOLLOW THE INSTRUCTIONS HERE SO ALL DONATIONS YOU RAISE CAN BE ACCURATELY ACCOUNTED FOR.

DONATION RECEIPTS AND SUBMISSION OF SPONSORSHIP

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 going to the wrong team.
3. Please provide the names of your sponsors for tax deduction purposes and **submit the sponsorship by 17 December.** Please hand in donations before the deadline; otherwise your sponsors may not be able to process tax deductions for the current financial year.
4. Please contact Oxfam or download additional sponsorship forms from the Oxfam Trailwalker website if needed.
5. You should notify Oxfam 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 the team leader or each team member 10 weeks after donations and forms have been received by Oxfam. Please contact Oxfam 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.



PROTREK has been supporting Oxfam Trailwalker for 18 years.
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2020

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