

## 香港公益金資助的24間提供「家庭及兒童福利服務」的社會福利會員機構

### 機構名稱

防止虐待兒童會有限公司	香港學生輔助會有限公司
關注婦女性暴力協會	香港國際社會服務社
香港明愛	循道愛華村服務中心
基督教宣道會香港區聯會有限公司	母親的抉擇
中國基督教播道會播道兒童之家	懷愛會
香港家庭計劃指導會	寶血兒童村
和諧之家有限公司	風雨蘭
香港公教婚姻輔導會	救世軍
香港家庭福利會	聖公會聖基道兒童院有限公司
香港婦女中心協會有限公司	善牧會
香港聖公會福利協會有限公司	基督教香港崇真會社會服務部
香港單親協會	循道衛理楊震社會服務處

For English version, please visit our event website:  
[www.commchest.org/event/hkwalk2019](http://www.commchest.org/event/hkwalk2019) to browse or download the information.

## 繳交善款方法 Payment Method

### 付款方法

- 透過7·11便利店以現金捐款予香港公益金 (每次交易上限為港幣\$5,000) ; 或
- 利用滙豐、恒生及銀通自動櫃員機直接捐款到公益金賬戶 (請先選擇「繳費服務」或「其他」一項, 再選擇「公益金捐款」); 或
- 支票抬頭「香港公益金」; 或
- 把善款存入公益金賬戶

中國銀行(香港)	031-349-0-024366-6
東亞銀行	015-514-40-14184-4
恒生銀行	280-157553-001

參加者需於**2020年3月6日(星期五)**或之前, 將交易紀錄正本、櫃員機收據、劃線支票或銀行存款收據正本連同贊助表格, 交回公益金辦事處或由隊伍聯絡人轉交公益金。請自行影印本表格、轉賬或存款收據作副本, 以便核對。

### Payment Method

- Cash donation to **The Community Chest of Hong Kong** via 7-Eleven outlets (upper limit per transaction is HK\$5,000); or
- Through "ATM" and "JETCO" (**Please select "Bill Payment" or "Others" and then "Donation to The Community Chest"**); or
- Cheque should be made payable to "**The Community Chest of Hong Kong**"; or
- Deposit the donation to The Community Chest accounts

Bank of China (Hong Kong)	031-349-0-024366-6
Bank of East Asia, The	015-514-40-14184-4
Hang Seng Bank	280-157553-001

Transaction record(s), ATM / JETCO transfer slip(s), crossed cheque(s) or original copy of bank pay-in slip(s) together with sponsor forms should be sent to the Chest office or through your team co-ordinator on or before **Friday, 6 March 2020**. Please keep photocopies of the forms, transaction records and bank-in slips for verification purpose.



### 日期

2020年1月5日 (星期日)

### 自行起步時間

上午8時至10時正 (不參與開步禮)

### 開步禮

上午9時正

### 起點

香港大球場

### 終點

香港仔郊野公園遊客中心

### 路線

由香港大球場出發, 經黃泥涌峽道、布力徑、香港仔水塘道至香港仔郊野公園遊客中心。全程長約十公里; 步畢全程約需三至四小時。

### Date

5 January 2020 (Sunday)

### Starting Time

8:00 am to 10:00 am  
(For those not joining the Starting Ceremony)

### Starting Ceremony

9:00 am

### Start Point

Hong Kong Stadium

### Finish Point

Aberdeen Country Park Visitors Centre

### Route

The route starts from Hong Kong Stadium, passes through Wong Nai Chung Gap Road, Black's Link, Aberdeen Reservoir Road and finishes at Aberdeen Country Park Visitors Centre. Total distance is approximately 10 kilometres and it normally takes 3 to 4 hours to complete the whole journey.

## 公益金辦事處 The Community Chest Office

香港灣仔告士打道39號夏慤大廈18樓1805室  
Unit 1805, 18/F, Harcourt House, 39 Gloucester Road, Wanchai, Hong Kong

電話 Tel: 2599 6111 傳真 Fax: 2506 1201  
 電子郵件 E-mail: [walk@commchest.org](mailto:walk@commchest.org)  
 網址 Website: [www.commchest.org](http://www.commchest.org)



## 2020年1月5日 (星期日) 5 January 2020 (Sunday)

### 起步時間 Starting Time

上午8時至10時正  
8:00 am – 10:00 am

### 起點 Start Point

香港大球場  
Hong Kong Stadium

主席  
Chairman

黃良柏先生 BBS  
Mr Matthew Wong, BBS

聯席主席  
Co-Chairmen

黃靈新 太平紳士  
Mr Vincent Wong, JP

林世強博士  
Dr Alex Lam

李愛平博士 MH  
Dr Christina Lee, MH



活動詳情 Event Details



慈善夥伴  
Partner in charity



香港賽馬會  
The Hong Kong Jockey Club  
同心同步同進 RIDING HIGH TOGETHER

香港公益金有賴慈善夥伴 — 香港賽馬會的慷慨資助, 得以將全數善款, 不扣除任何行政開支, 100%撥捐163間社會福利會員機構, 惠澤社群。  
 The Community Chest of Hong Kong is grateful for the generosity of its partner-in-charity, The Hong Kong Jockey Club, which makes possible the allocation of 100% of the donations to 163 social welfare member agencies – without deduction of administrative costs – to benefit millions in Hong Kong every year.

一直以來，公益金致力為本地社會福利會員機構籌募善款，肩負起為有需要的人士謀求福祉的重任。

公益金於2019/2020年度將撥款港幣3,925萬元，以資助24間提供「家庭及兒童福利服務」的社會福利會員機構。是次百萬行籌得的所有善款，將不扣除任何開支，全數用於協助有需要的家庭，鼓勵成員間建立互愛互勉的緊密關係，以維繫及鞏固家庭個體。

請積極參與，幫助更多有需要的人士。

The Community Chest strives its best to raise funds for its social welfare member agencies in helping the hundreds of thousands of needy and disadvantaged people in our community.

In 2019/2020, The Community Chest will allocate **HK\$39.25 million** to support **24** social welfare member agencies in providing **"Family and Child Welfare Services"**. **100%** of the funds raised from this walk will be designated to maintain and strengthen family bonding and to assist the family members in establishing mutual support relationship **without deduction of administrative costs**.

Join us and show your support to the people in need.

## 您的善款可以幫助有需要的人士 Your donation can help the needy

\$200

可向一名兒童院舍的女童提供一節藝術治療服務，以協助解決其個人問題。

To assist a girl living in a girls' home to solve her personal problem through a session of art therapy.

\$400

可資助一名家庭成員參加親子小組活動以提升他解決個人及家庭問題的能力。

To subsidise a family member to join a parent-child group so as to enhance his ability to cope with his personal and family problems.

\$600

可為一個單親家庭的成員進行一節個人情緒輔導服務。

To provide a session of individual counselling for the members of a single family.

## 參加者資料 Details of Participant

參加者姓名 Name of Participant (先生 Mr / 女士 Ms)

姓 Surname \_\_\_\_\_ 名 First Name \_\_\_\_\_

地址 Address \_\_\_\_\_

日間聯絡電話 Daytime Telephone No. \_\_\_\_\_

電郵地址 Email Address \_\_\_\_\_

所屬隊伍 (如適用) Team Name (if available) \_\_\_\_\_

捐款者編號 Donor ID\* \_\_\_\_\_

\*如閣下為香港公益金捐款者，請填上捐款者編號，以便發出收據。  
If you are already a Chest donor, please quote your donor number to facilitate the issuance of donation.

## 贊助人資料 Details of Sponsors

本人願意贊助上述人士參加是次籌款活動，並捐出下列善款予香港公益金。  
I agree to sponsor the above person to participate in this Walk with donation as follows:

贊助人姓名 Name of Sponsors (請用正楷 Please fill in BLOCK LETTERS)		贊助金額 Donation Amount (港幣HK\$)
姓 Surname 名 First Name		
1	先生 / 女士 Mr / Ms	
2	先生 / 女士 Mr / Ms	
3	先生 / 女士 Mr / Ms	
4	先生 / 女士 Mr / Ms	
5	先生 / 女士 Mr / Ms	
6	先生 / 女士 Mr / Ms	
7	先生 / 女士 Mr / Ms	
8	先生 / 女士 Mr / Ms	
9	先生 / 女士 Mr / Ms	
10	先生 / 女士 Mr / Ms	
總金額 Total Amount		HK\$

\*捐款港幣\$100或以上可獲發正式收據，並由參加者代為分發，多謝您的支持。  
Official receipts will be issued for donation of HK\$100 or above. The participant is required to distribute the donation receipts. Thank you for your support.  
\*如有需要，請自行影印本表格。Please make photocopy of this form if needed.

## 授權使用個人資料作推廣事宜 Authorization for the Use of Personal Data for Direct Marketing

- 本人同意讓香港公益金(公益金)使用我的個人資料，透過以下不同通訊渠道通知本人公益金的各項籌款活動、定期通訊、義工服務及意見收集之用。  
I agree that The Community Chest of Hong Kong (the Chest) can use my personal data to keep me posted of the Chest's fund-raising events, newsletters, volunteer services and surveys to collect donor opinions through various communication channels.
- 個人資料包括：姓名、電話號碼、傳真號碼、電郵地址、通訊地址等  
My personal data include my name, telephone number, fax number, email and mailing address, etc.
  - 使用的通訊渠道包括：郵遞、電郵、圖文傳真、電話及電話短訊等  
Communication channels include direct mail, email, facsimile, telephone and SMS.
- 本人不同意公益金使用本人的個人資料作上述用途。  
I do not agree the Chest to use my personal data for the above purposes.

請於適當方格內加上☑號以表示您的意願。  
Please tick the appropriate box to indicate your preference.  
倘若日後您希望停止接收本會的宣傳推廣或最新資訊，您可隨時以書面或電郵要求本會停止使用您的個人資料作上述用途而無須繳付任何費用。  
If you do not wish to receive any promotional and marketing materials or updates from the Chest in future, upon receipt of your written request, either by post or by email, at any time and with no charge, the Chest will cease to use your personal data for the above purposes.

## 參加者需知 Instructions to Participants

- (1) 步畢全程約需3至4小時。藍塘道服務站①附近有一條約百級的長階梯，參加者如有需要，可於樂活道及連道交界之建議退出站中途退出。
- (2) 基於安全理由，小童必須由成年人陪同才可參加。
- (3) 個人步行人士可在上午8時至10時內，在香港大球場外自行出發。
- (4) 在活動期間，請依循當值人員指示。參加者須自律，確保個人安全及不可危害他人安全。
- (5) 當感覺不適時，請即時通知當值人員援助。
- (6) 參加者不可攜帶任何動物或寵物進入香港大球場。
- (7) 這是個無煙活動，請勿於香港大球場內吸煙。沿途請保持路徑清潔，切勿亂拋垃圾。
- (8) 請自行帶備飲品、食物、太陽帽或雨衣。
- (9) 步畢全程後，請自行安排或乘搭公共交通工具離開終點。

### 重要事項：

如預測天氣狀況欠佳，公益金將於1月4日(星期六)下午6時後在各電子傳媒、公益金網站及Facebook專頁公佈最新安排。如有必要可能取消活動。

- (1) The route normally takes 3 to 4 hours to complete. There is a 100-step staircase near service point ① at Blue Pool Road, participants can drop out at the suggested exit point which is at the junction of Broadwood Road and Link Road if needed.
- (2) Owing to safety concerns, children must be accompanied by adults.
- (3) Individual walkers may start the walk outside the Hong Kong Stadium from 8 am to 10 am.
- (4) Participants should follow the instructions of the duty personnel and act responsibly throughout the event to ensure his / her own safety and to avoid endangering the safety of others.
- (5) Stop if you are exhausted or feeling sick and contact the duty personnel immediately for assistance.
- (6) Participants must NOT bring any animals or pets to the Hong Kong Stadium.
- (7) This is a smoke-free event. Please do not smoke at the Hong Kong Stadium. Please do not litter and keep the route clean.
- (8) Please bring sufficient food, drink, cap or rain-coat as necessary.
- (9) After completed the Walk, please arrange your own or make use of public transportation to leave from Finish Point.

### Important point to note:

In case of forecast of inclement weather, announcements on the latest arrangements for the event will be made on 4 January (Saturday) after 6:00 pm through the electronic media, Community Chest's website and Facebook page. The event may be cancelled if necessary.