

「生命熱線」愛·喜·行慈善步行籌款 2019 暨園遊會
SPS Charity Walk 2019 and Carnival

Take a Step, Save a Life!

邁步向前，生命共行！

今年「生命熱線」愛·喜·行慈善步行籌款暨園遊會將於 2019 年 3 月 2 日(星期六)在大潭郊野公園舉行，步行路線將會環繞大潭郊野公園，沿途飽覽大潭水塘優美景色，帶領參加者探索大潭水務民物徑的百年古跡，適合各年齡人士參與。

步行籌款所得善款將全數(扣除活動開支)用作支持及拓展「生命熱線」預防自殺之服務，讓社會更多有需要人士受惠，共同建立關懷和諧社會。請與我們攜手踏出一步，拯救更多生命！

SPS Charity Walk 2019 and Carnival is our annual featured event which will be held on 2 March 2019(Saturday). The kickoff ceremony and carnival will take place in Tai Tam Scout Centre. Walkers can enjoy the picturesque and scenic view along reservoirs in Tai Tam Country Park. It is perfect for participants in all ages.

All funds raised from the event (after deducting expenditure) will be used to sustain and expand SPS's suicide prevention services.

Please take a step with us to save lives!

活動詳情 Event Details

日期 Date：2019 年 3 月 2 日 2 March 2019

起步禮及步行時間 Time (Kick off & Walk)：9:30am - 1:00pm

起步禮地點 Kick Off Venue：大潭童軍中心 Tai Tam Scout Centre

路線 Route：大潭郊野公園 6 公里家樂徑或 10 公里遠足徑 (路線將環繞大潭篤水塘及大潭副水塘) Tai Tam Country Park: 6 km for families or 10 km for keen walkers (including Tai Tam Reservoir, Tai Tam Intermediate Reservoir and Tai Tam Tuk Reservoir)

園遊會時間 Carnival Time：11:30am - 3:00pm

路線詳情 Path details：**全程約 10 公里 (約 3 小時)。首 6 公里(約 1.5 - 2 小時)適合任何年齡人士參加，後段主要為斜路，參加者可按個人體能狀況而選擇。** 10 km (approx. 3 hours in duration); the first 6 km (approx. 1.5 to 2 hours) is perfect for everyone from all walks of life, including families with children. The latter half consists of a steep path (please consider participants' physical condition when selecting the 10km route).

慈善大使 Charity Ambassador : 黎芷珊小姐 Miss Maria Luisa Leitao, 王者匡先生(Harry 哥哥)Mr. Harry Wong

查詢 Inquiries : 2382 2007 / www.sps.org.hk

備注 Remarks

- 所有完成步行的參加者將獲發證書一張及精美紀念品包一份
All participants will be awarded with certificate & souvenir.
- 大會將安排免費來回穿梭巴士接載參加者往返金鐘港鐵站及大潭童軍中心(請於活動前報名)
Free round trip shuttle bus service from Admiralty Centre to Tai Tam Scout Centre will be provided (please signup prior to event).
- 終點備有茶點供參加者享用
Refreshment will be served at the finishing point.

為鼓勵參與是次步行籌款，大會將設有 **To encourage participation, the Walk will present :**

*2019 年 2 月 15 日或之前收到捐款為準 Donations received on or before 15.2.2019

- 最高個人籌款獎(金、銀、銅) Top Fundraising Award - Individual (Gold, Silver, Bronze)
- 最高參與團體獎(公開組) Highest Participation Award - Public Team
- 最高團隊籌款獎(公開組) Top Fundraising Team Award - Public Team
- 最高參與團體獎(SPS 義工組) Highest Participation Award - SPS Volunteer Team
- 最高團隊籌款獎(SPS 義工組) Top Fundraising Team Award - SPS Volunteer Team
- 全場總冠軍 Overall Top Fundraising Champion

報名表格 Application Form
(截止報名日期 Application Deadline: 15.2.2019)

1. 參加組別 Category

- 企業隊伍 Corporate Team/ 公眾隊伍 Public Team

Team 隊伍	Basic Fundraising Amount 最低籌款金額 (HK\$港幣) per person 以每人計算
<input type="checkbox"/> 2 – 14 persons 2 – 14 人	HK 港幣 \$350
<input type="checkbox"/> 15 persons or above 15 人或以上	HK 港幣 \$300

- 個人組 Individual Team (最低籌款額 Basic Fundraising Amount HK\$500)
- 家庭組* Family Team (最低籌款額 Basic Fundraising Amount HK\$800)

*包括兩名成人及兩名 16 歲以下兒童 Including 2 adults & 2 children aged under 16
額外每位參加者費用 Each extra participant will be charged **HK\$250**
#4 歲或以下小童不需要選手包可豁免捐款 For children aged 4 or below, their
fundraising could be waived if they do not need a walker's pack

隊伍捐款港幣\$25,000 或以上，將於起步禮進行支票/紀念品頒贈儀式

For donation HK\$25,000 or above, your team will be invited to the Cheque/ Souvenir presentation at the kick off ceremony.

團隊/公司名稱 Team/ Company Name : _____

隊伍人數 No. of Team Member(s) : _____

聯絡人姓名 Name of Contact Person : _____ (Mr 先生/Mrs 太太/Ms 女士/Miss 小姐)

職銜 Job Title : _____ (如適用 if applicable)

電話 Contact No. : _____ 電郵 Email : _____

地址 Address : _____

Data collected will be treated strictly confidential and will be used for issuing receipt and sending information on the SPS activities purpose only.

本會將會用上述資料與 貴公司保持聯絡，定期介紹「生命熱線」的活動和發收據之用。一切資料，絕對保密。

If you do not want to receive information on the SPS 's future activities, please tick the box
如 貴公司不願繼續收到「生命熱線」的活動資料，請於方格內加上√號:

2. 參加者資料 Participant's Details

姓名(中文) Name (Chi)	姓名(英文) Name (Eng)	12歲或以下(✓) Aged 12 or below	手提電話 Mobile No.	電郵 Email
1				
2				
3				
4				
5				
6				

大會將安排免費穿梭巴士接載參加者前往起步禮地點(大潭童軍中心)，敬請留意有關通告，逾時不候。Free shuttle bus service from Admiralty Centre to Tai Tam Scout Centre will be provided. Please stay tuned for further updates, late-comers will not be served.

- 乘客 No. of passengers: ____人 person(s)
- 自行前往 We will go by our own means

大會將於下午 2:30-3:00 安排回程穿梭巴士接載參加者返回金鐘港鐵站，名額有限，請先登記。Free shuttle bus service to Admiralty Centre will be provided from 2:30pm to 3:00pm. Please register to reserve a seat.

- 乘客 No. of passengers: ____人 person(s)
- 自行離開 We will leave by our own means

3. 贊助表格 Sponsorship details

(如表格不敷用，請自行影印 Photocopy of this form is accepted)

贊助人姓名 Name of donor	贊助金額 Donation Amount (HK\$)	如需收據*,請在方格內 ✓ Please tick the box if you need a receipt
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		
總計 Total :	HK\$	

*捐款 HK\$100 或以上可獲發收據以申請扣稅。本會將郵寄收據予聯絡人。

Donation of HK\$100 or above are tax deductible with official receipt. The receipt will be posted to the contact person.

4. 捐款 Donation

本人未能參與是次步行籌款活動，但樂意捐款 _____ 港元，支持「生命熱線」挽救生命的工作。

I am not available to attend the event, but I am willing to donate HK\$_____ to support SPS.

信用卡 By Credit Card

VISA MASTER

持卡人姓名 Cardholder's Name : _____

信用卡號碼 Credit Card No. : _____

有效日期至 Expiry Date: _____ 月 MM/年 YY (須於三個月內有效 Should be valid for the next three months)

持卡人簽署 Cardholder's Signature : _____

日期 Date : _____

劃線支票 By Crossed Cheque

抬頭請填寫「生命熱線有限公司」

Please make cheque payable to 'Suicide Prevention Services Limited'

直接存入銀行帳戶 Direct Transfer

匯豐銀行戶口 HSBC Account: 078-303005-838

*「生命熱線」是根據《稅務條例》第 88 條獲豁免繳稅的慈善機構，捐款 HK\$100 或以上可獲發收據以申請扣稅

Suicide Prevention Services is a registered charitable organization under the section 88 of the Inland Revenue Ordinance. Donation of HK\$100 or above are tax deductible with official receipt.

請於 **2019 年 2 月 15 日或之前**把善款收據或劃線支票連同此表格寄交：九龍協調道郵政信箱 83350 號「生命熱線」收。

Please return the cheque/ transaction record/ bank's original pay-in slip with your contact details to SPS by post to P.O. Box 83350, Concorde Road Post Office **on or before 15 February 2019.**

參加者須知 Notes to Participants

1. 12 歲以下小童必須由成人陪同出席活動。
Each child aged 12 or under must be admitted with an adult attendant.
2. 參加者需確保其健康狀況良好，體力適宜參與是次活動。
Participants must ensure they are physically fit to participate in the Charity Walk.
3. 大會鼓勵參加者自行帶備可盛載水或飲料的容器及可循環再用餐具，以支持環保。
Participants are advised to bring their own water bottles/liquid containers and recyclable utensils to support the environment and minimize waste.
4. 大會鼓勵參加者把垃圾掉棄於大會提供的垃圾袋，以保持場地清潔。
Participants are advised to put waste in the garbage bags provided by SPS to keep the venue clean.
5. 為感謝參加者的支持及參與，每位參加者步行完畢後於終點站將獲發嘉許狀乙張。嘉許狀上不會列印個別參加者名字，請自行填上姓名。
A certificate of appreciation will be issued to participants of the Charity Walk after reaching the finishing point. Personal name will not be printed on the certificate, please fill in the name on your own.
6. 大會將為 2 至 85 歲參加者購買意外保險。
SPS will purchase accident insurance for participants aged 2 to 85.
7. 大會將安排免費穿梭巴士接載參加者前往起步禮地點(大潭童軍中心)，敬請留意有關通告，逾時不候。
Free shuttle bus service from Admiralty Centre to Tai Tam Scout Centre will be provided. Please stay tuned for further updates, late-comers will not be served.
8. 若天文台於活動當日上午 8 時仍然懸掛 3 號或以上颱風訊號、紅色或黑色暴雨警告，活動將會自動取消，惟懇請各參加者繼續收集善款，並於 2019 年 3 月 9 日前交回，以支持「生命熱線」之工作。大會將會印製感謝狀，連同捐款收據寄交參加者。
The Event will be cancelled if a red or black rainstorm signal or a tropical cyclone signal No. 3 or above is issued by the Hong Kong Observatory at 8:00am on the event day. Under this circumstance, we still encourage participants to keep collecting donations and return to us before 9 March 2019. A certificate of appreciation together with official receipt will be sent to all participants later.

9. 大會保留所有活動及安排之最終決定，如天氣惡劣或在任何情況下取消此活動，已提交之善款均不會獲得退回。

SPS reserves the right of final decision on all activities and event arrangement. If the event is cancelled due to bad weather or other circumstances, no refund of donations will be made.

有關「生命熱線」

「生命熱線」為非政府直接資助的註冊慈善機構，自 1995 成立以來，至今協助逾 60 萬人走出情緒低谷。服務包括：24 小時預防自殺熱線服務、預防長者自殺服務、自殺者親友支援服務、社區教育及青少年生命教育。

About Suicide Prevention Services (SPS)

SPS is a non-subsidized social organization. Over the past 23 years, we served more than 600,000 individuals through our services. Our services include 24-hour Suicide Prevention Hotline Service, Suicide Prevention Service for the Elderly, Services for Survivors of Suicide Loss and Community Education and Life Education for Youths.