

## 2021登山樂童行 2021 Mountaineering Fun for Kids

為了鼓勵大衆在抗疫期間多做運動,舒展身心,今年十一月基金會舉行登山步行籌款活動讓各界人士透過參與活動,享受郊野登山樂趣,更可以幫助基金會籌得更多善款,我們不設參賽費用,活動參加者亦將不受任何時間、地域限制,可選取任何自己喜歡或希望挑戰的行山路線,不論身處本地或海外,亦可報名參與。在挑戰全程之餘,更希望你能鼓勵親友贊助,透過網上捐款,為「十分關愛基金會」籌款。

To encourage the public to exercise more and relax their mind and body during the anti-epidemic period, in November this year the foundation held hiking and walking fundraising events to allow people from all walks of life to participate in the activities and enjoy the fun of mountain climbing in the countryside. It can also help the foundation raise more donations. There is no entry fee, and event participants will not be subject to any time or geographical restrictions. They can choose any hiking route they like or wish to challenge, whether they are local or overseas, and they can also sign up to participate. In addition to the whole challenge, I hope you can encourage relatives and friends to sponsor and raise funds for the "Ten Percent Donation Foundation" through online donations.

請立刻登記,踴躍參與「2021登山樂童行」,讓我們支援更多有經濟需要的基層家庭。 Please register now and participate actively in the "2021Mountaineering Fun for Kids", so that we can support more grass-roots families in need.

報名日期 Registration Date:	5 <sup>th</sup> October 2021
活動日期 Event Date:	1st to 30th November 2021
路徑及路程	a. 可讓GPS記錄路程的遠足路段,登山地點及路線不限
Location and Distance	Any trails that can be tracked by distance with a GPS app b. 建議先參考政府網站,以確定所選路段是否可供步行
	Any well-maintained trails approved by the government
	c. 須完成最少8公里步程 Minimum distance of 8km
最低籌款額	我們不設參賽費用,是次活動亦不設最低籌款額,但我們需要您
Minimum Fundraising	招募更多贊助者,為登山樂童行籌得更多善款。   There is no registration fee,no minimum fundraising this
Requirement	year,however,we encourage everyone to raise as many funds as possible.
紀念品 Souvenirs	2021登山樂童行冷感毛巾 (收到申請表格及善款後寄到善長登記地址)
	Ice towels of 2021Mountaineering Fun for Kids
	( After receiving the application form and donation, send it to the
	registered address of the charity)
獎項 Awards	a. 最高籌款獎 (籌款額最高之參加者 ) Top Fundraiser Awards (For Individual)
	b. 最遠步程獎 (能在一次的登山中完成最長距離的)
	Longest Distance Awards (For Individual)

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E - mail: Website: www.tenpercent.org.hk



## 如何完成你的2021登山樂童行

## How to complete your 2021Mountaineering Fun for Kids

到十分關愛基金會網上平台,填寫報名 表格進行網上報名。我們會利用Google form進行網上報名,而報名表上需要填 寫個人資料(必須填寫電郵及地址)

Go to the Ten Percent Donation Foundation online platform and fill in the registration form to register online. We will use the Google form for online registration, and the registration form needs to fill in personal information (email and address must be filled in)



十分關愛基金會將於活動前,向你 寄上登山樂童行紀念品 (冰感毛巾),讓你登山時可以便用。

Ten Percent Donation Foundation will send you souvenirs (ice towels) before the event so that you can use them when climbing.



擬定自己希望挑戰的登山路線 (最少八公里),於2021年11月期 間,就一個合適的日子出發。

Draw up the climbing route you want to challenge (at least 8 kilometers), and set off on a suitable day during November 2021



利用有GPS的應用程式,紀錄 你的時間和路程,並於完成後 截圖。

Use an app with GPS to record your time and distance, and take a screenshot after completion.



把GPS的應用程式紀錄的時間和路 程截圖發電郵或 Whatsapp 給予 基金會,每名完成所報賽事的參加 者將獲發電子證明書一張

Send a screenshot of the time and distance recorded by the GPS application to the foundation by email or Whatsapp. Each participant who completes the reported event will receive an electronic certificate of appreciation



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