



# 2009 心連心慈善步行 Heart-to-Heart Charity Walk



2553 0331



[www.childheart.org.hk](http://www.childheart.org.hk)

## 兒童心臟基金會獎盃賽類別 CHF CUPS

獎盃 CUPS	準則 Assessment Criteria
尊貴盃 Royal Cup	籌募善款金額最高之隊伍及個別參加者 The highest amount of funds raised: Team and Individual.
關懷愛心盃 Caring Cup	參與人數最多之隊伍 The largest number of participants in a team.

## 參加方法 Join the Walk

步驟 Step	程序 Procedures	截止日期 Deadline
報名 Enroll	a) 將報名表傳真或電郵至「兒童心臟基金會」或登入 <a href="http://www.childheart.org.hk">www.childheart.org.hk</a> 於網上報名 Complete the registration and email or fax (25534886) to the CHF or directly at CHF website <a href="http://www.childheart.org.hk">www.childheart.org.hk</a> **必須確認參加步行人數、參與之組別及是否需要穿梭巴士服務 State the number of participants, the group you are joining, and if shuttle bus service is required.	19/11/09
募捐 Collect	b) 積極向各親友為心臟病患兒籌募善款，填寫捐款贊助人名單 Collect the donation and complete the sponsorship list	30/11/09
繳款 Payment	c) 將報名表/ 網上確認書連善款總額的劃線支票或銀行入數紙存根寄/ 交本會 (亦可於活動當日即場繳交) Submit the registered form/ the online confirmation slip together with the crossed cheque, bank in slip( can also be submitted on 22/11)	22/11/09
步行 Walk	d) 請帶報名表/ 網上確認書，連同善款 (劃線支票或銀行存款收據)於山頂廣場的召集處報到。 Present the registered form/ the online confirmation slip together with the donation at the Registration Counter at the Peak Galleria at the given time.	22/11/09
收據 Receipt	e) 本會按贊助人名單的指示印發收據。並於 2 個月內將收據寄回。 CHF will issue official receipts according to the sponsorship list. The receipts will be sent within 2 months to the given address of the representative.	22/01/10

## 贊助機構 SPONSORS

Aaron Zweig

Shakey's Pizza  
More Pizza. More Than Pizza.  
Since 1954



SIEMENS



Standard Chartered  
渣打銀行



THE D. H. CHEN FOUNDATION  
陳廷驊基金會

## 支持機構 SUPPORTING UNITS



FOUR SEASONS HOTEL  
Hong Kong

FUJI XEROX



Hudson

香港健康網絡  
[www.healthlink.hk](http://www.healthlink.hk)

John Lam & Friends



Peegaboo  
百寶龍電子網



THE PENINSULA  
HONG KONG

parents'  
看見天地 Journal

UniSmart  
UniSmart Asia Ltd.

生命力





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## 主辦機構 Organizer :

兒童心臟基金會成立於 1994 年，是註冊慈善團體，致力為先天性心臟病兒童及其家庭提供經濟援助及心理支援。

**The Children's Heart Foundation (CHF)** is a registered charitable organization established in 1994, devoted to working for children suffering from congenital heart disease and their families.

## 活動目的 Aims :

1. 喚起公眾人士對兒童心臟病的關注 To raise public awareness of congenital heart disease
2. 宣揚運動對心臟健康的重要 To promote the importance of exercise on heart health
3. 為兒童心臟基金會籌募善款 To raise funds for the CHF

日期 **Date** : 22.11.2009 (星期日 SUNDAY)

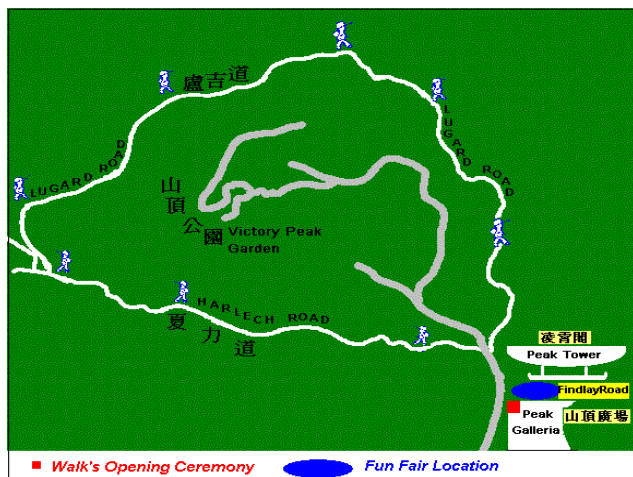
地點 **Venue** : 山頂廣場 The Peak Galleria

主題 **Theme** : 全城心動  
**HONG KONG HEART BEAT**

步行路線 **Route** : 山頂晨運徑 (~1 小時/hour)  
(如右圖 As per the map on the right)

## 程序 Schedule :

09:30 AM	慈善嘉年華會	Charity Carnival
10:00 AM	開步匯演	Opening Performance
	步行人士報到*	Registration of Participants*
10:15 AM	步行 頒獎禮	Presentation Ceremony
10:35 AM	開步禮	Walk Opening



\* 參加者請到山頂廣場召集處報到及領取步行證。完成步行後，請於終點出示步行證以領取紀念狀。Participants should register at the Plaza for a walk pass. After finishing the walk, present the pass to collect a certificate.

## 注意事項 Important Notes :

1. 12 歲或以下小童須由成人陪同出席活動； Children under 12 must be accompanied by adults.
2. 山頂廣場提供有限數量的收費車位； Limited parking is available at the Peak Galleria.
3. 如需乘坐由金鐘至山頂之免費接駁巴士，請在報名表上註明，並於當日 9:15AM 至 9:45AM 期間，到達設於金鐘海富中心（金鐘地鐵站 A 出口）之候車處上車，逾時不候； Please use the registration form to reserve free seats on the shuttle buses from Admiralty to the Peak and board at the bus stop at Admiralty Centre (Exit A of Admiralty MTR Station) between 9:15AM-9:45AM.
4. 如因天氣惡劣，活動取消事宜將透過電台廣播 Should the event be cancelled due to bad weather, an announcement will be made through radio stations.
5. 每名參加者之籌募捐款須不少於港幣 100 元 Each participant shall raise or donate a minimum of HK\$100.
6. 每名參加者均可獲贈飲品乙包。 Every participant will receive a complimentary drink.



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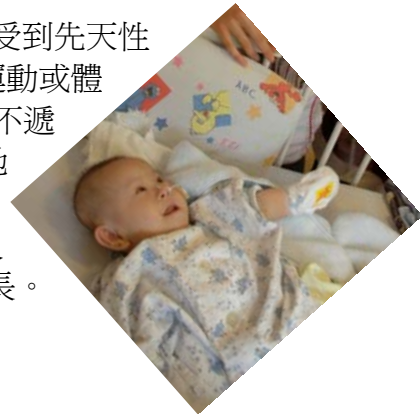


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## 先天性心臟病兒童

嘉嘉一出生便患有嚴重先天性心臟病，經歷多次手術的她已經 8 歲。受到先天性心臟病的影響，她的體力較一般小孩差，對她來說，步行上樓梯、參與運動或體育課堂、踏單車等都十分困難，簡單的步行活動也會令她氣喘如牛。能力不遜於其他小孩，心臟病兒童也只有遠離朋輩，避開比較，從而大大影響了她們的自信。

參與兒童心臟基金會的活動，嘉嘉及其他的心臟病兒童都得到滿足感及成功感，有效地建立及培育了他們的自信心及自我形象，造就她的茁壯成長。



## Children with congenital heart disease

Ka Ka was born with severe congenital heart defect and has since undergone a number of operations. She is now eight. Because of her condition finds it difficult to walk up the stairs, ride a bike or take part in the PE lessons at School, her self confidence has suffered and sometimes she feels excluded from her peer group.



Thanks to the CHF, help is at hand. Ka Ka and many other children with similar problems take part in regular programmes and workshops organized by the CHF. This has helped to learn about team work and has given them the confidence they need to meet challenges they face.

## 兒童心臟基金會

每年香港約有 60,000 名嬰兒出生，當中大約 500 名患有不同類型的先天性心臟病。很多患病嬰孩需要即時治療或接受多次手術。這些家庭面對長期治療而帶來的經濟、情緒及心理壓力。

兒童心臟基金會是香港註冊慈善機構，由一群關心心臟病患兒童的父母及義工於 1994 創立，致力服務先天性心臟病患兒童。本會的經費全賴社會熱心人士及機構的慷慨捐助，以支持各項服務。

## Children's Heart Foundation

Every year, approximately 500 babies in Hong Kong are born with some form of congenital heart defect. Those born with more severe conditions may require cardiac surgery in early infancy and some require long-term medical, financial and psychological support.



The Children's Heart Foundation (CHF) is a registered charitable organization devoted to supporting children suffering from congenital heart disease. The CHF was established in 1994 by a group of parents whose children were born with congenital heart conditions. The Foundation depends entirely on donations to support its services.



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## 報名表格 Registration Form

參加者姓名 (聯絡人) \_\_\_\_\_ 學校 / 機構名稱 \_\_\_\_\_  
 Name of Representative: \_\_\_\_\_ Name of Organization: \_\_\_\_\_  
 電話 \_\_\_\_\_ 傳真 \_\_\_\_\_ 電郵 \_\_\_\_\_  
 Tel No.: \_\_\_\_\_ Fax No.: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 捐款收據郵寄地址 \_\_\_\_\_  
 Mailing Address for official receipts: \_\_\_\_\_  
 總參與人數 \_\_\_\_\_ (成人) \_\_\_\_\_ (12 歲或以下) \_\_\_\_\_ 乘坐免費接駁巴士之人數 \_\_\_\_\_  
 Total No. of Participants: \_\_\_\_\_ (adult) \_\_\_\_\_ (child aged under 12) No. of People Taking the Free Shuttle Bus: \_\_\_\_\_

### 贊助人名單 List of Sponsors

贊助人 Sponsor # (列印在收據上之姓名將與此相同) (To be printed on the official receipt)	金額* Amount HK\$	收據 Receipt (✓/✗)	贊助人 Sponsor # (列印在收據上之姓名將與此相同) (To be printed on the official receipt)	金額* Amount HK\$	收據 Receipt (✓/✗)
1.			11.		
2.			12.		
3.			13.		
4.			14.		
5.			15.		
6.			16.		
7.			17.		
8.			18.		
9.			19.		
10.			20.		
若欄位不敷填寫，請另備紙張 Please use supplementary paper if required				總額 Total:	

### 捐款 Donations

本人未能參與是次步行籌款活動，但願意捐款港幣 \_\_\_\_\_ \*元予兒童心臟基金會。  
 I cannot join the Walk but would like to donate HK\$ \_\_\_\_\_ \* to the Children's Heart Foundation.

### 付款方法 Payment Method

請於 2009 年 11 月 22 日或以前將報名表連同善款總額之劃線支票或銀行入數紙存根寄交「香港薄扶林道 122 號 5 樓 A 室兒童心臟基金會」。

Please send us the completed registration form, together with donation by crossed cheque or deposit receipt to "Children's Heart Foundation, Flat A, 5<sup>th</sup> Floor, 122 Pokfulam Road, Hong Kong" on or before 22 Nov 2009.

- 劃線支票抬頭請寫「兒童心臟基金會」(支票號碼: \_\_\_\_\_)  
Crossed cheque made payable to "Children's Heart Foundation" (Cheque No.: \_\_\_\_\_)
- 直接存款至渣打銀行(香港)有限公司之兒童心臟基金會戶口: 447-1-034943-5  
Direct deposit to the CHF's bank account in Standard Chartered Bank (HK) Ltd. A/C No.: 447-1-034943-5 and send us the receipt.

\* 贊助港幣 100 元或以上可獲發收據作扣減稅項之用。Donations of \$100 and above are tax deductible.

# 贊助人姓名將列印在收據上，並由參加者(聯絡人)代為分發。Name of sponsors will be printed on receipt and distributed through the representative.