

Hiking for a Good Cause

遠足「行」善舉

Members of the Young Executive Club share why they are participating in this year's Oxfam Trailwalker

卓青社成員分享他們參加今年「樂施毅行者」的原因



The 100-kilometre hike from Sai Kung to Tai Tong along the MacLehose Trail used to be an endurance training exercise for soldiers. In 1986, Oxfam Hong Kong was invited to co-organise the event and in the same year the public could participate in Trailwalker. Over the years, Oxfam Trailwalker has become one of the largest fundraising sports events in Hong Kong.

This year, the Chamber's Young Executives Club (YEC) has established two teams, together with support teams, to participate in Oxfam Trailwalker from 20-22 November. Over the years, 77,000 people have participated in the event and raised over HK\$393 million to fight poverty.

The Chamber has long voiced its support for the event, but this year members are representing HKGCC to participate in Oxfam Trailwalker. *The Bulletin* joined the teams last

month during one of their training sessions and spoke with participants.

Joseph Chan, who oversees CSR activities as Vice Chairman of YEC, explained that a lot of members like hiking, so Trailwalker seemed to be the ideal way for members to have fun together while raising funds for a good cause.

"Many of us in Hong Kong are very privileged, but we are aware that there are many people living in poverty. We thought it would be good if the YEC could do something about it, so we decided to help in a fun way by participating in Trailwalker, rather than in a mundane way," he said.

Team 2 Captain Simon Mak participated in Trailwalker in 2004. He quipped that training again brings back many fond memories of when he was young and handsome. But on

a serious note, he said participating in the event is for a very worthy cause.

Olivia Kung, who is helping with the fundraising, said she never planned to do this, but was amazed at how exciting the event is and the enthusiasm of all members.

Team 1 Captain Gregory Wong, said many members are very committed, but work, family and weather challenges can impact training schedules.

"In the few coming months, the weather will be really hot, so the risk of heatstroke will increase, so we will start to do night training sessions," he said.

Mak echoed his comments. "Practicing in summer is so difficult due to the heat, but that can also serve as our advantage, because if we can hike well in 33° Celsius it will be easier during the date of the event in autumn when it will be cooler."

Sponsorship

Although members have been practicing for some time, few people are aware that HKGCC has two teams participating in the event. “So it is important to increase publicity of the teams and event to ensure we can raise the minimum sponsorship of HK\$70,000 per team to enter.

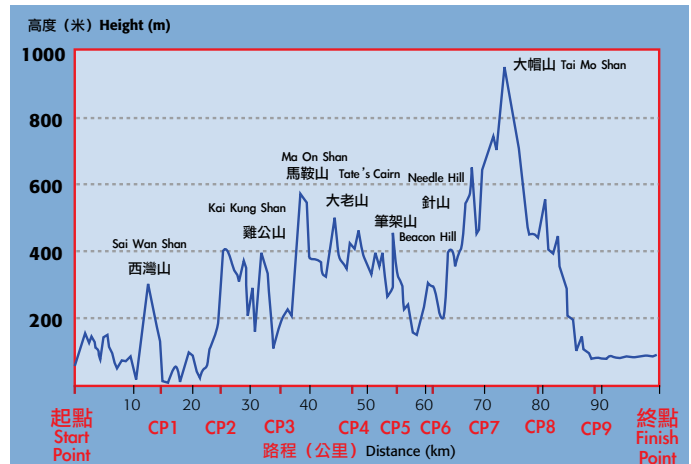
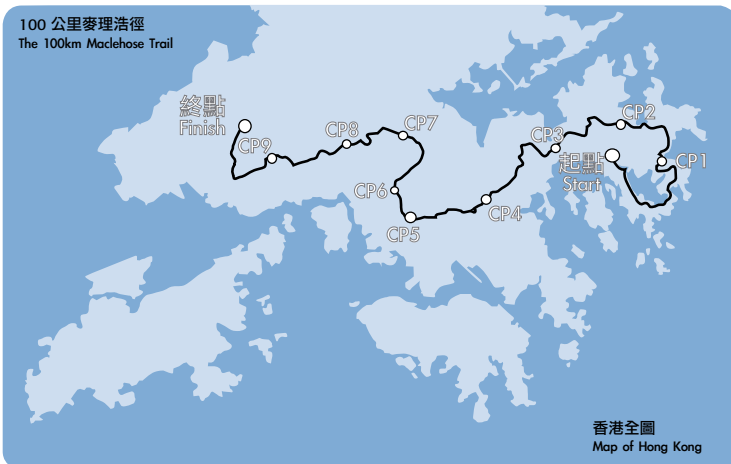
Chan said getting people to commit to train for almost a year in preparation for the Trailwalker was challenging, but raising donations

may be even harder.

“Over the next few months, we will reach out to Chamber members and ask them for support. We need your support, we are representing the Chamber, so we want to raise as much money for the underprivileged as possible,” he said. “We are HK\$100,000 short at the moment. But that is not the limit we are aiming for, as we want to raise as much as possible to help the under privileged.”

Support HKGCC’s Oxfam Trailwalker teams

Your donation of HK\$300, HK\$500, HK\$1,000 or above can help support the teams and raise funds for Oxfam. Simply fill in the sponsorship for on page 45, or visit Oxfam Trailwalker (www.oxfam-trailwalker.org.hk) to sponsor our teams. The Chamber wholeheartedly thanks you for your support and together, we will make the world a better place. 🌸





Team 1 第一隊

Joyce Bijl 喬愛思
Thomas Chan 陳智健
Anthony Tsao 曹宇新
Gregory Wong 黃樂天

Team 2 第二隊

Gary Cheung 張家利
Simon Mak 麥沛霖
Rachel Yam 任芷穎
Emily Yau 丘明欣

Support Team Members 支援隊伍

| | |
|-------------------|------------------|
| Jennifer Chan 陳佩君 | Yvonne Lum 林嘉薇 |
| Joseph Chan 陳浩濂 | Cho Ming Sum 曹銘琛 |
| Quinten Kah 賈偉雄 | Samuel Tsang 曾昭武 |
| Olivia Kung 龔海欣 | Michael Wong 黃志安 |
| Pat Kwong 鄺雪詠 | Trista Yau 丘倩婷 |

從西貢橫越100公里的麥理浩徑到大棠，原為考驗英軍耐力的一項鍛鍊活動。1986年，香港樂施會應邀合辦這項活動，而「毅行者」亦首次公開讓市民參加。多年來，「樂施毅行者」已成為全港最大型的遠足籌款活動之一。

今年，總商會的卓青社和卓妍社聯手組成兩支隊伍和支援隊伍，參加將於11月20至22日舉行的樂施毅行者。歷年來已有77,000人曾參與活動，合共籌得港幣3.93億元善款扶貧。

總商會多年來一直支持樂施毅行者活動，而今年更有會員代表總商會參與其中。《工商月刊》上月（6月）於兩支隊伍進行訓練期間，特別訪問了參加者。

負責企業社會責任活動的卓青社副主席陳浩濂表示，許多會員喜歡遠足，因此樂施毅行者是一項不錯的活動，讓會員一起享受郊遊樂之餘，同時能籌募善款。

他說：「很多港人都生活富足，但我們留意到許多人活在貧窮之中。我們希望卓青社能夠為此做一點事，於是決定

透過參與樂施毅行者這種較有新意的方式，為社會盡一分力。」

第二隊隊長麥沛霖曾於2004年參加毅行者。近日的訓練勾起了他年輕時許多美好的回憶，但他認真表示，參與毅行者全因活動別具意義，值得支持。

協助籌款的龔海欣表示自己從沒打算會參加，但活動的緊張刺激和全體隊員的熱誠投入，令她大表讚嘆。

第一隊隊長黃樂天指出，許多隊員都全情投入，但工作、家庭和天氣方面的挑戰，都會影響訓練的時間表。

他說：「未來數月的天氣將會酷熱非常，令中暑的風險增加，因此我們會開始進行夜間訓練。」

麥和應說：「在炎夏進行練習十分艱苦，但這也可以成為一個優勢，因為如果我們熬得過現在攝氏33度的高溫，那麼活動於秋季較涼快的日子舉行時，將會輕鬆容易得多。」

贊助

儘管隊員已練習一段日子，但不少人

仍未知道總商會組織了兩支隊伍參加。「因此，我們必須加緊推廣今次組隊的籌款活動，確保能夠為每支參加隊伍籌集最少港幣70,000元的善款。」

陳浩濂表示，要各隊員投入歷時近一年的訓練十分困難，但要籌得足夠善款的難度卻更高。

「未來數月，我們將積極接觸總商會會員，呼籲他們支持活動。我們需要你們的慷慨支持，我們代表總商會，希望盡量為弱勢社群籌募更多善款。」他說：「現時還需港幣10萬元才能達標，但這並非我們的終極目標，因為用作扶貧的善款愈多愈好。」

支持總商會「樂施毅行者」隊伍

無論是港幣300元、500元、1,000元或以上的捐款，您的支持將可為隊伍提供支援，同時為樂施會籌款。請即填妥本刊第45頁的贊助表格，或瀏覽樂施毅行者網站（www.oxfamtrailwalker.org.hk），以贊助我們的隊伍。總商會衷心感謝您的慷慨支持，我們定當同心協力，致力令世界變得更美好。✿