

#### 參加者須知：

1. 毋須報到，請帶同此卡於紀念品換領處領取紀念品；
2. 每人只限換領一次，先到先得，送完即止；
3. 起步禮完成後，請按主辦單位指示有秩序地出發；
4. 參加者須自備飲品及食物，穿著舒適服裝，出門前留意天文台天氣報告，自備防曬用品、禦寒衣物、雨具等；
5. 凡十八歲以下的參加者必須事先獲家長／監護人同意；凡十二歲以下的參加者必須由成人陪同參加；
6. 為安全理由，大會建議個人步行者與其他參加者結伴同行；
7. 參加者請注意自己的健康狀況，決定是否參加步行。如有疑問，應於活動前諮詢醫生；
8. 如活動當日上午9時天文台懸掛8號或以上颱風訊號、紅色或以上暴雨警告、空氣污染指數或指數預報在201或以上，活動將會取消。若天氣惡劣，參加者應顧及自身安全而決定是否出席；
9. 為顧及人身及他人安全，參與活動時請謹守秩序。遇上事故或感到不適時請保持冷靜，儘快向在場工作人員求助；
10. 參加者必須自律，並依循大會及警方指示；
11. 大會保留更改上述各項參加者須知及修改活動資料的權利；
12. 請留意活動網站([www.careyoudeserve.org.hk](http://www.careyoudeserve.org.hk))及facebook專頁(Care You Deserve)以獲取最新資訊。

#### Notes to Participants

1. Onsite registration is not required. Please bring this card to the event booth for souvenir redemption;
2. Each person can redeem once only in first-come, first-served basis while stock lasts;
3. After the Kick-off ceremony, please follow the instructions from the organiser to start the walkathon;
4. Participants should bring along for themselves foods & drinks and put on suitable clothing. It is advised that they should also bring for themselves items such as protective gears, head wear, raincoat and umbrella deemed needed for the weather condition of the day;
5. Any participant whose age is under 18 must obtain prior consent from his/her parents/guardian to participate in the walkathon. Children under 12 must be accompanied by adult;
6. For safety reason, single participants are recommended to walk together with other participants;
7. Participants must ensure that his/her physical and health conditions are good and fit for the walk. He/she should consult the doctor prior to the walk in case of doubt;
8. The activity will be canceled if Typhoon signal No.8 (or above) / Red Rainstorm signal (or above) / Air Pollution Index 201 (or above) is in force at 9:00am on the day of activity. If the weather is inclement, participants should take care of their safety and decide whether to join the event;
9. Please keep order during the walk and immediate contact our staff / volunteers for help in case of sickness or accident;
10. Participants must obey all lawful instructions given by the organizer, its personnel and the police;
11. The organizer reserves the right to change the Terms and Conditions, route, time and all the details related to the walkathon;
12. For latest information, please view the event website ([www.careyoudeserve.org.hk](http://www.careyoudeserve.org.hk)) and facebook page (Care You Deserve).



# 「年年護妳」 慈善步行

關注女性癌症活動



參加者須知 / 紀念品換領卡

Notes to Participants / Souvenir Redemption Card



## 山頂道花園 Peak Road Garden



集合時間 Assemble Time 3:00pm

起步禮 Starting Ceremony 3:30pm

集合地點 Meet-up Venue  
山頂道花園 Peak Road Garden

全程需時 Time Required  
約2小時 Around 2 hours



\* 毋須報到，請帶同此卡於紀念品換領處領取紀念品

\* Onsite registration is not required. Please bring this card to souvenir redemption booth for gift redemption.

## 參加者紀念品-菠蘿包 Souvenirs



T-shirt



獎牌 Medal



菠蘿油妹妹健康手冊 Notebook



其他贊助禮物 Other Souvenirs



冰涼毛巾 Cooling Towel



起步 Start

1

完成 Finish

2

## 公共交通工具 Public Transportation



### 乘坐公共巴士 By Bus

新巴15號巴士 First Bus Route No. 15  
(中環5號碼頭開出 Central Pier 5)

服務時間 Operation hrs: 10:15-24:15  
班次Frequency: 7-15分鐘一班 7-15 mins

新巴15B號巴士 First Bus Route No. 15B  
(灣仔會展新翼開出 Wanchai Convention Centre)

服務時間 Operation hrs: 12:00 -19:00  
(只限星期日及公眾假期服務 Available on Sundays & Public Holidays only)  
班次Frequency: 20分鐘一班 20 mins

### 乘坐小巴 By Mini Bus

1號小巴 (國際金融中心二期 IFC II)

服務時間 Operation hrs: 06:30 - 24:00  
班次Frequency: 10-12分鐘一班 10-12 mins

詳情請瀏覽有關服務公司的網站

Please refer to service providers' websites for details

衷心感謝您與我們攜手支持女性癌症患者及其家人！

Our heartfelt thanks for walking hand-in-hand with us  
to support women's cancers patients and their families.