

April is

天為生命定壽元，人為生命賦意義  
When days cannot be added to life, add life to days

# 登山善行 HIKE FOR HOSPICE Month

14.2021 - 30.4.2021



<https://bit.ly/2ZYi178>

善寧會自1992年起，每年舉辦「登山善行」，讓各界人士透過參與登山活動，幫助善寧會籌得更多善款，讓「賽馬會善寧之家」每一位有經濟需要的晚期病人及其家人獲得優質的寧養舒緩照護及哀傷輔導服務。

"Hike for Hospice" is an annual charity fundraising event organised by SPHC since 1992. All proceeds will help terminally ill patients and their families receive hospice and palliative care and bereavement counselling. With your support, we hope to continue this charitable tradition that has helped countless end-of-life patients find comfort and dignity in their final days.

活動日期 Event Date	1st to 30th April 2021
路徑及路程 Location and Distance	<p>a. 可讓GPS記錄路程的遠足路段，登山地點及路線不限</p> <p>b. 建議先參考政府網站，以確定所選路段是否可供步行</p> <p>c. 須完成最少8公里路程</p> <p>a. Any trails that can be tracked by distance with a GPS app</p> <p>b. Any well-maintained trails approved by the government are recommended</p> <p>c. Minimum distance of 8km</p>
最低籌款額 Minimum Fundraising Requirement	<p>是次活動不設最低籌款額，但我們需要您為登山善行籌得更多善款。</p> <p>There is no minimum fundraising this year, however, we encourage everyone to raise as many funds as possible.</p>
獎項 Awards	<p>a. 最高籌款獎（籌款額最高之個人或團隊可得獎）</p> <p>b. 最遠步程獎（能在一次的登山中完成最長距離的個人或團隊可得獎）</p> <p>a. Top Fundraiser Awards (For Individual and Team)</p> <p>b. Longest Distance Awards (For Individual and Team)</p>

## 如何完成您的 登山善行

### Steps for Participation

1

到FringeBacker善寧會「登山善行月」平台進行網上報名。

Go to Hike for Hospice's FringeBacker Website. Click "Register Now". Enter your information to proceed and confirm the participation.



<https://www.fringebackerevents.com/events/hike-for-hospice-2021/>

2

於FringeBacker平台開設籌款網頁，並透過社交媒體將網頁Share給您的親朋好友，捐款支持您的善舉。

Set up your fundraising page and share it to your social network.

建立籌款頁  
START My Fundraiser

<https://www.fringebacker.com/zh-tw/fundraiser/hike-for-hospice-2021/new/>

3

善寧會將於四月前，陸續向您寄上登山善行紀念T-shirt等登山包，讓您登山時穿上。

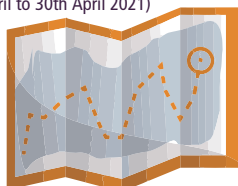
Participants who have successfully registered will receive a hiker's pack with a commemorative event T-shirt. Please wear it during your hike.



4

擬出自己希望挑戰的登山路線（最少八公里），於2021年4月1日至30日期間，就一個適合的日子出發。

Hit the trail of at least 8km on any day during the month of April (1st April to 30th April 2021)



5

利用有GPS功能的跑步應用程式，記錄您的時間和路程，並於完成後截圖。

Track the time and distance using any GPS running mobile app



6

在2021年5月1日前登入FringeBacker參賽者帳戶，在帳戶內上載截圖。

Click "Participant Dashboard" to upload the record with the date, distance before 1st May 2021.



1.4.2021 - 30.4.2021



## 如何紀錄我的成績？

### How to record and upload my result?

你必須使用具有GPS功能的智能裝備/應用程式來記錄獲得的運動里數。每次上傳的運動里數記錄必須清楚顯示日期、距離（以公里為單位，只接受整數輸入）、持續時間和運動路線，並最少達8公里。

登入「參賽者帳戶」，輸入完成日期、距離（以公里為單位，只接受整數輸入）和持續時間（以分鐘為單位），及上傳運動里數記錄（每次只能上傳一張截圖）。

You must use the GPS-enabled mobile devices/apps to record the mileage gained. Each mileage record uploaded must clearly show the date, distance (in KM, only integral number is accepted), duration and route, and must be of 8KM minimum. If the uploaded mileage record cannot show the exercise date, participant must record the correct Date in Participant Dashboard. Upload the corresponding mileage record (one file per upload only) in your Participant Dashboard within 00:00 on 1 April to 23:59 on 30 April 2021. Mileage records generated and uploaded outside the said period will NOT be accepted and verified by SPHC.

## 建議的手機應用程式 Suggested Mobile App



Komoot



Strava



TrailWatch



adidas Runtastic



Garmin Connect



Nike Run Club



Samsung Health

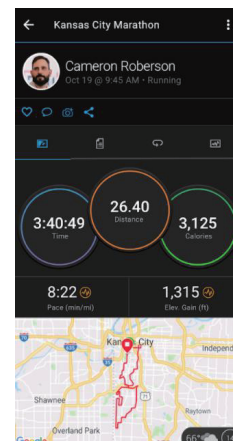
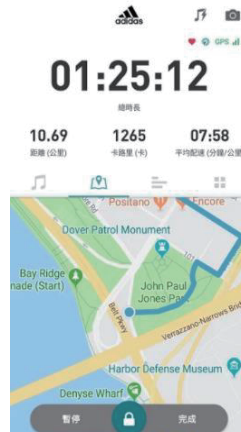
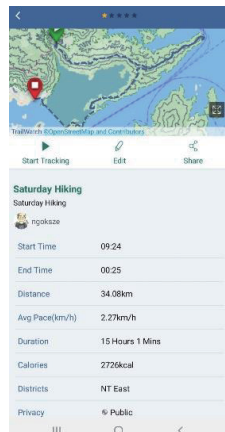
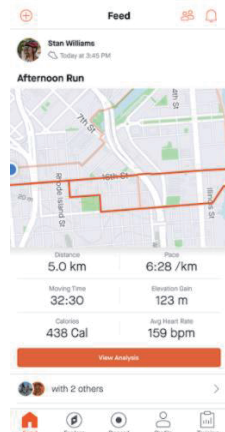
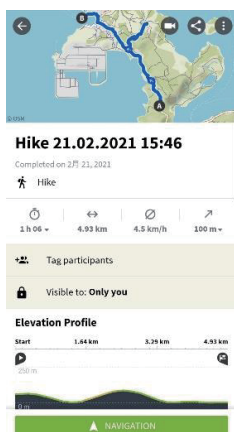


Runkeeper



Relive

## 應用程式截圖參考 Mileage Record Sample



## 如何籌款或捐款？

### How to raise funds myself?

1

在完成報名後，您可再登上FringeBacker「登山善行月」專頁，按「建立籌款頁」建立「我的籌款大使專頁」，將專頁share給身邊朋友，捐款贊助閣下參加今次慈善登山籌款，集腋成裘，讓更多晚期病者及喪親者獲得適切的善終及哀傷輔導服務！

After completing your registration, click "START My Fundraiser" to create your own fundraising page on FringeBacker and invite more friends backing any amounts to support you in winning the fundraising awards!

**FringeBacker**  
EVENTS

建立籌款頁  
START My Fundraiser

或 or

2

你亦可利用附頁贊助表格。參加者請將交易紀錄正本、櫃員機收據、劃線支票（抬頭請寫：善寧會）或銀行入數紙正本（本會匯豐銀行戶口：HSBC 002-3-365638）連同贊助表格，交回隊伍聯絡人轉寄予善寧會。

Please forward the SPONSORSHIP FORM enclosed with the transaction record(s), ATM transfer slips(s), crossed cheque (payable to "The Society for the Promotion of Hospice Care" and original copies of bank-in-slips (SPHC's Bank Account: HSBC 002-3-365638) to SPHC or through team coordinator by post. Please keep photocopies of all forms and bank-in-slips for verification purpose.

April is

登山善行

HIKE FOR HOSPICE

Month

1.4.2021 - 30.4.2021

(請以正楷填寫 Please write in BLOCK letters)

參加者姓名 Hiker's name \_\_\_\_\_

團隊隊名 (如適用) Team name (if applicable) \_\_\_\_\_

手提電話 Mobile \_\_\_\_\_ 電郵 Email \_\_\_\_\_

地址 Address \_\_\_\_\_

(收據將以電郵方式寄發，如需郵寄收據，請在下方填上地址)

(An e-receipt will be sent to you via email. If you require a paper copy of your donation receipt instead, please provide your address below)

# 參賽者贊助表格 Sponsorship Form for participants

你可善用本會FringeBacker平台製作籌款網頁，並向你的友好分享連結，例讓他們捐款支持你的善舉。  
You can create your own dedicated fund-raising page with a unique URL at FringeBacker platform in appeal for friends and families' donation and support.



<http://bit.ly/3tvVV8N>

或 or

- 你可透過支票或銀行轉賬形式遞交捐款  
支票抬頭：善寧會  
銀行轉賬 (戶口號碼：HSBC 002-3-365638)
- 請於2021年5月14日或之前把所有善款連同贊助表格寄回本會
- 捐款收據可申請稅項寬減
- 本表格可自行影印或於本會網站下載
- Please send the donation by cheque or bank transfer:  
Payee: The Society for the Promotion of Hospice Care  
Bank Transfer: HSBC 002-3-365638
- Donations collected should be sent to the Society together with the Sponsorship form by mail on or before 14 May 2021
- Donation receipts will be issued for tax deduction purpose
- Please photocopy this form for your own reference. Should you need an extra form, you may download it from our website

贊助者姓名 Sponsor's name	電郵 Email	郵寄地址 Address	贊助金額 Amount (HK\$)
贊助總額 Total Amount (HK\$)			