

## 感謝沿途陪伴的你 - 第二屆「行出健康」遠足比賽

Thank you for your company  
- The 2nd "Hike for Health" Hiking Competition

在2013年1月27日，一個風和日麗的早上，香港仔遊樂場上有八百多人齊集，出席第二屆「行出健康」遠足比賽，場面非常熱鬧。本會感謝南區區議會主席朱慶虹太平紳士、食物及衛生局副局長陳肇始教授、社會福利署中西南及離島區福利專員彭潔玲女士、香港攀山專家鍾建民先生，MH及扶康會會長葉恩明醫生，JP於當日蒞臨主持開步禮，亦感謝多個義工團體協助整個比賽。

是次遠足比賽以隊制形式進行，隊員的組合須為精神康復者及社區人士組成。在比賽的過程中，參加者由素未謀面至有講有笑，彼此分享。隊員在崎嶇的山路上互相扶持，體會人生中同路人同行的可貴，即使在迷路或困難時，仍不覺孤單，因著身邊同行者鼓勵，使他們有勇氣和信心堅持走下去。當日的賽事最終順利完成，每位參加者都能走畢全程，最重要是大家都享受和珍惜這段美好的時光，還期待著下一屆賽事的來臨。



It was a sunny morning on 27 January 2013. More than 800 people were bustling around in Aberdeen Playground, preparing to join the 2nd "Hike for Health" Hiking Competition. We would like to express our gratitude to our officiating guests Mr Chu Ching-hong, JP, Chairman of the Southern District Council; Prof CHAN Siu Chee, Sophia, JP, Under Secretary for Food and Health; Ms PANG Kit Ling, District Social Welfare Officer (Central Western, Southern & Islands), Social Welfare Department; Mr Chung King-man, MH, Hong Kong's mountaineering expert; and Dr Ip Yan-ming, JP, President of Fu Hong Society, for officiating the opening ceremony. Also, we would like to thank the volunteer groups who assisted us in the competition.

The contesting hiking teams comprised persons with and without psychiatric disabilities. Players of the teams acquainted and later befriended with their teammates and peers through the competition. In the competition, the players and their teammates needed to support each other as they took their journey along the rugged trail, much in the same way that they experienced with their fellow partners in their life. They did not feel lonely even if they got lost or encountered difficulties, because they received encouragement from their teammates. The players thus had the confidence to continue on their path with courage. It was a successful event, and all players completed the entire trail. Yet, the most important point is that everyone enjoyed and cherished that wonderful time, and they even look forward to joining the next one.

