

首個沙田及觀塘區運動日

The First Sha Tin and Kwun Tong District Sports Day



2014年1月10日，來自秦石/禾輦、澤安、樂華、順利成人訓練中心近180位服務使用者、家長、義工、職員，齊齊相聚馬鞍山室內體育館，參與首個沙田及觀塘區運動日。整個活動過程開心，氣氛熱鬧。大會共設四個獎項：秦石/禾輦成人訓練中心榮獲全場總冠軍；順利成人訓練中心榮獲最具協同效應獎；樂華成人訓練中心榮獲最熱情啦啦隊獎；澤安成人訓練中心榮獲親子參與大獎。

是次分區運動日，內容設計新穎，貼近服務使用者的參與程度。除傳統競技元素外，更增加了趣味性和互動性，以此宣揚健康運動的理念，並且增強服務使用者、職員、家長、義工之間的溝通與合作。

頒獎典禮隨即於附近酒樓舉行。所有參加者更在活動結束後，於馬鞍山海濱長廊步行，健身的同時一覽海濱美景。

On 10 January 2014, nearly 180 service users, parents, volunteers and staff from Chun Shek/Wo Che, Chak On, Lok Wah, and Shun Lee Adult Training Centres gathered in Ma On Shan Sports Centre to take part in the first Sha Tin and Kwun Tong District Sports Day. We had so much fun among the hustle and bustle. Four awards were given out: the Overall Champion went to Chun Shek/Wo Che Adult Training Centre; The Most Synergistic Award went to Shun Lee Adult Training Centre; The Most Enthusiastic Cheer Group Award went to Lok Wah Adult Training Centre; and The Parent-Child Participation Award went to Chak On Adult Training Centre.

The District Sports Day was both innovative and suitable for service users. On top of traditional competing elements, the event was also more interesting and required more interactions among participants. It is hoped that the event could promote the idea of healthy exercise, enhance communications and strengthen cooperation among our service users, staff, parents and volunteers. After the event, all participants went for a walk along the Ma On Shan Waterfront Promenade, to exercise and to enjoy the pleasant waterfront view at the same time. The award presentation ceremony was held at nearby restaurant.

