

主辦機構
Organizer



受惠機構
Beneficiaries



場地贊助
Venue Sponsor



Stanley Promenade
赤柱海濱長廊



參加者手冊
Participant Manual

*排名不分先後 In no particular order

鳴謝 ACKNOWLEDGEMENT

主辦機構 Organizer



場地贊助 Venue Sponsor



受惠機構 Beneficiaries



活動策劃 Event Management



贊助機構 Sponsors



綠色活動伙伴 Green Event Partner



賽馬會 Jockey Club
綠惜活動減廢同行計劃
events go green programme



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膳動衡及善幫愛聯盟
FOODSPORT & Symbol Of Alliance

黃子萌
Healthy Wong

創辦人
Founder



膳動衡一直以來都深信運動可以將人與社區連接起來，鼓勵更多人透過運動去認識和關懷我們的社區，將大家的卡路里轉化成食糧幫助社群。

在過去的一年，膳動衡大部份的活動都轉移至線上進行，雖然線上活動能讓大家在疫情下繼續將卡路里捐出，但事實上，線上活動不如實體活動，能夠將人們和社區聯繫起來，鼓勵大家遊走各地區的大街小巷，接觸周遭的人和事，感受社區的脈搏相連。

非常多謝膳動衡團隊的努力，成功將今年「食物救援-城市定向挑戰賽」轉型至「虛擬實體定向」，令活動在限聚令限制之下都能如期舉行，讓大家可以健康及安全的環境下尋回久違的實體活動帶來的樂趣及推動力。

本人謹代表膳動衡衷心感謝各位參加者、贊助商、社會各界人士及組織的支持及參與，成就第五屆的食物救援活動為受惠機構「膳心連基金」及「救狗之家」籌集食物。

希望大家好好享受這次探索之旅。我們赤柱見~

FOODSPORT has always been striving to connect people and the community, to share love and care to the people with needs by donating calories through sports.

Over the past year, majority of FOODSPORT's activities have gone virtual, although virtual events enable us to continue to organize calorie drive events during the pandemic but frankly, the nature of virtual events are not as good as physical events, as it does not connect the people and the community together as well as physical events.

Thank you for FOODSPORT's team in putting together the all of the effort in transferring this year's "Food Salvager Urban Adventure Challenge" event to virtual successfully, enabling the event to be organized under a healthy and safe environment to allow participants to retrieve the fun and motivation of long-lost physical activities.

Last but not least, many thanks to our sponsors, supports from the business sectors, Hong Kong Government departments for the support and participation in this year's event, to help "Foodlink Foundation" and "Hong Kong Dog Rescue" raising calories for hunger.

We hope you will all enjoy the event. See you at Stanley~





救狗之家
Hong Kong Dog Rescue

Sally Andersen

創辦人及主席
Founder & Chairperson



在成立救狗之家前，我從來沒有計劃想去成立一間動物拯救機構。但自從多年前很多流浪狗在我位於南丫島住所附近出現，拯救工作至今便沒有停止過，並慢慢延伸至今日的規模。

一個人的能力有限，需要幫助的狗卻越來越多，最後我便開始要為剛出生的幼犬找尋寄養家庭。後來我們搬進了第一個位於薄扶林的狗場，租約完結時又搬進了規模宏大的大埔狗場。

我們感覺非常幸運，在救狗這項艱辛的工作上遇上了很多像你們一樣熱心的人。有賴大家的支持，只要有無家可歸的狗需要我們去幫助，我們便會義不容辭。

Starting a dog rescue organisation wasn't ever something I planned or had any ambition to achieve, it was a natural progression from helping individual dogs that had been abandoned near my home to Lamma that grew into what it is now, simply because there was an obvious need.

One dog came, followed by another, and another, until I needed to start finding homes for the puppies that were turning up. We were then offered our first kennel site in Pokfulam, and when that lease sadly came to an end the Tai Po Homing Centre replaced it with a much bigger space than before.

We are constantly amazed and uplifted by the kindness and generosity shown by kind individuals like you, and as long as there are dogs that need us, we'll be there for them.



膳心連
Foodlink Foundation

黃巧芸
Robin Hwang
執行董事
Executive Director



多謝FOODSPORT挑選Foodlink作為大會受惠機構。

膳心連使命為香港有需要的人提供有營養和健康的膳食，同時致力減少餐飲業界的食物浪費。

目前，香港有近150萬人生活在貧窮線下。潛伏在繁榮背後的，正是社會資源錯配、財富分配不均和一群被忽視的弱勢社群。我們與125個食物捐贈夥伴合作收集剩食，支持117個受惠機構，為無家者、長者、兒童和低收入家庭等社群提供食物援助。我們每週平均收集13噸食物，足以提供超過31,000份膳食。

當你做運動keep fit的時候，請不要忘記將能量轉化食糧以幫助有需要的朋友。

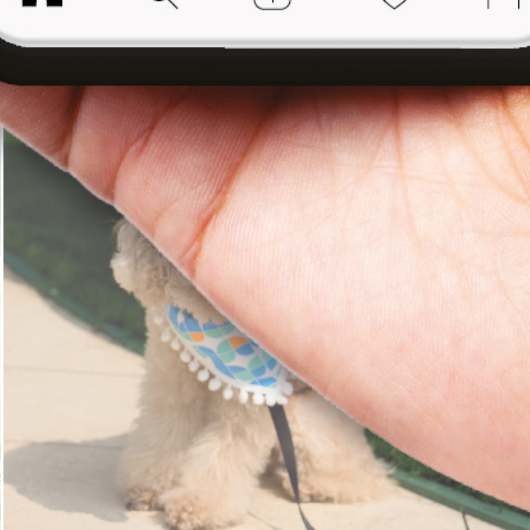
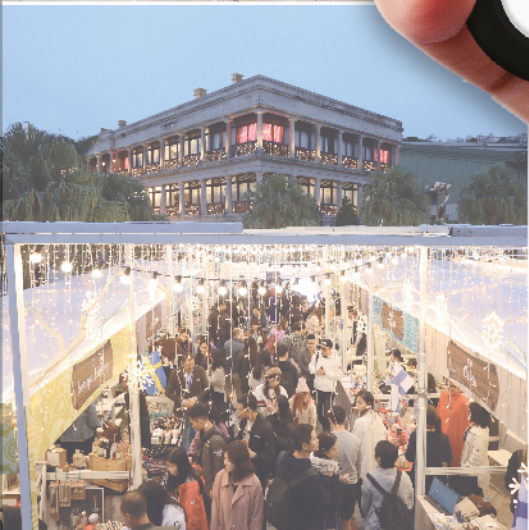
大家加油！

Thank you to FOODSPORT for choosing Foodlink Foundation as the beneficiary for the “Food Salvager - Urban Adventure Challenge 2021”.

Foodlink's mission is to provide nutritious and healthy meals for those in need in Hong Kong, while simultaneously reducing food waste generated by the food and beverage industry.

Hong Kong is one of the most prosperous cities in the world; yet, lurking behind this prosperity is a great inequality of wealth and a forgotten group of 1.5 million people living below the poverty line. Foodlink seeks to tackle this inequality by supplying surplus food collected from hotels, clubs, and bakeries to those in need. We now have 125 food donors and 117 beneficiary partners, including the homeless, elderly, children, and low-income families. On average, we collect 13 tons of surplus food every week, which is enough to provide more than 31,000 meals to the underprivileged.

While we exercise to keep fit, let's not forget to convert our energy into food in order to help those in need!





「食物救援-城市定向挑戰賽」是由社會企業「膳動衡」(FOODSPORT) 一年一度以城市定向性質舉辦的大型慈善籌卡路里活動。在過去的一年，大家的生活及工作環境都大受影響，減少了人與人之間的互動接觸，又缺乏戶外運動，影響個人身心健康。正值當前抗疫及防疫時期，第五屆「食物救援-城市定向挑戰賽」將以全新面貌的「虛擬定向」形式舉行，讓大眾可以在限定日期內隨時參與活動，一起做運動釋放壓力。

第五屆「食物救援-城市定向挑戰賽」將於2021年3月29日至4月11日在赤柱市區內進行，透過使用大會指定的「UAC手機應用程式」，參加者可以將城市定向化身成遊戲，在限定時間內探索您的城市尋找「檢查點」或「神秘任務」打卡取分(檢查點及任務的分數將按距離及難度而有所改變)。在限時內成功奪取大會指定分數及正確回答終極大抽獎的問題，便可獲精美完成禮品乙份及一次終極大抽獎的參與資格。活動精彩好玩及豐富禮品，希望大家樂在其中。

是次活動，大會將計算參加者於活動中所消耗的卡路里，並轉化為同等卡路里食糧，捐贈予受惠機構「膳心連基金」及「救狗之家」，攜手舒民解困，為社區內有需要的人士及被遺棄狗隻提食物支援及關懷。活動除了卡路里(食物)捐贈之外，活動的收益(包括賽事報名費)在扣除籌辦成本及食物捐贈後，餘下款項將撥作支持膳動衡的「食物援助」及「社區運動發展」之用，提升社會健康，改善貧窮和飢餓問題。

“Food Salvager - Urban Adventure Challenge” is an annual charity calorie drive city hunt event organized by social enterprise FOODSPORT. In the past year, many lives have been affected. While people are less physical and mentally healthy due to limited social interaction and physical exercise, at the same time, the pandemic has also brought a huge impact to the economy. In response to the urgent need, this year's “Food Salvager - Urban Adventure Challenge” will be going Virtual, allowing the participants to participate the event and exercise at any time and day within the set period, exercise together to relieve stress.

The 5th “Food Salvager - Urban Adventure Challenge” will be held in Stanley from 29th March to 11th April 2021, by using the “UAC Mobile Application”, participants may turn orienteering into a game as you explore around the city to find virtual Checkpoints and complete Missions to score points. The score of each Checkpoint and Mission varies depending on it's accessibility and difficulty. Those who achieve the required score and answer the question correctly of grand lucky draw competitions within the limited game time will be awarded a one Finisher Gift and one lucky draw entry. The game are exciting, fun and rich in gifts, hope everyone will enjoy it.

In the event, FOODSPORT will convert all burnt calories into the equivalent amount of calories worth of food for donation to our charity partner “Foodlink Foundation” and “Dog Rescue”, providing food assistance to the people and shelter animals in need. Beside the calorie donation, the proceeds of event, after deduction of the event operating costs, will go to “FOODSPORT Community Sport” & “Food Assistance” programs, enables FOODSPORT to sustain and expand our community calorie drive programs in Hong Kong.

如何比賽

How To Race



01

準備手機應用程式 Get the app

下載「FOODSPORT Urban Adventure」手機應用程式。
Download The “FOODSPORT Urban Adventure” app.



02

活動當日 On Event Day

於活動限期內到達大會指定的起步點，登入參加者版面(輸入較早前大會電郵給你的登入名稱及密碼)，在開始之前設計自己的策略和路線。

Arrive at the Starting Point during the event period, log into your player's account (ID & Password was emailed to you). Devise your own strategy and route before the start.



03

準備開始 Get ready to start

於指定的起步點掃描「開始的二維碼」啟動活動。
Punch - in (QR code) at the Starting Point to start the event.



04

探索社區並收集分數 Explore the community and collect points

使用應用程式內的地圖來探索社區，並在「檢查點」處打卡(二維碼或定位)，並於三個小時內盡能力收集最多的檢查點分數。當限時到了，應用程式將自動停止遊戲並關閉所有檢查點。

Use the map inside the app to explore the community and “Punch-in (QR code or GPS)” at the Checkpoints to collect as many points as possible within three hours. When your time is up, the app will automatically stops the game and close all Checkpoints.





05

獲取終極大抽獎的參與資格 Entry for the grand lucky draw competition

參加者(個人組) / 團隊(親子組及毛孩組)需要在進行活動中找出「UAC信號站」，並於現場掃描二維碼打卡，然後回答問題，如答案正確，參加者/ 團隊即可獲得終極大抽獎的參與資格。每人(個人組) / 團隊(親子組及毛孩組)只獲一次回答問題的機會；「UAC信號站」的答案提示和線索，會在你達到100、500及1000分數時，於手機程式「訊息」頁內發送提示和線索訊息給你的。

The participant (individual) / team (Family & paws and friends) has to Punch-in (QR code) at the "UAC Radio Station" and answer the in-app question correctly in order to be entitled to join the grand lucky draw competition. Each participant / team may only get one chance to answer the question. Hints and clues of the answer will be sent to the participant (In-App message) when you have reach 100, 500, and 1000 points during the game.



06

獲得500分或更多的分數便可獲得完成獎牌 Get 500 points or more to win a finisher medal

於指定限時內成功奪取500或以上分數之參加者(個人組) / 團隊(親子組及毛孩組)可獲完成獎牌一枚。

One finisher medal will be awarded to the participants (Individual) / team (Family and Paw & Friend) who achieve 500 points or more within the time limit.



07

領取完成獎牌和贊助商禮品 Collect your finisher medal and sponsored gifts

所有紀念品和贊助商禮品將在**4月30日**或之前透過郵寄方式發送到您的登記地址。

All souvenirs and sponsored gifts will be sent to you by post on or before **30th April** to your registered address.





LIVING & WELLNESS 生活及健康



Asia Miles aims to deliver Life Rewarded and offers members extensive opportunities to earn miles by spending daily from a wide range of travel and lifestyle categories including flights, hotels, dining, financial services, retail, technology brands and now extending to Living & Wellness where Asia Miles hope members make the most of every mile and be motivated to Transcend and be a "Better Me".

「亞洲萬里通」夥伴機構範疇除涵蓋航空、酒店、飲食、金融服務、零售、電子科技產品外，近來亦擴展至生活及健康等類別，致力為會員帶來精彩的里賞人生，成就“更好的自己”(Better Me)擁抱里賞式健康主義。



Transcend your better self and check out [Asia Miles Living & Wellness Hub](#) 開展里賞式健康主義
查看「亞洲萬里通」生活及健康平台
了解更多。



LIVING & WELLNESS

生活及健康



Transcend & be your better self. Wellbeing is a rewarding journey. It's important to nurture our minds, nourish our bodies and stay fit and healthy. That's why Asia Miles has teamed up with some inspiring wellness partners and recommended a series of lifestyle awards to help motivate you to live your best life.

里賞式健康主義「亞洲萬里通」與你一起努力，成就更好的自己。無論是鍛鍊體魄、培養心靈健康，還是追求健康飲食，只要你努力付出，我們就會給予支持，配合我們與健康相關的夥伴及生活品味獎勵，讓你向健康人生邁進！



Transcend your better self and check out [Asia Miles Living & Wellness Hub](#) 開展里賞式健康主義
查看「亞洲萬里通」生活及健康平台
了解更多。

Fitness First	fivelements	CLP 中電	BESPOKE WEDDING
LMH	snapask	Quality HealthCare	Hongkong Storage
storefriendly	多聯自語	Vocac Bakery	RED
日日煮	the Hive.	PREFACE CODING	INVIS CYCLING
WU CHANG MAI	spaceship	LifeHub	HAIR 髮森 FOREST
SEOUL ELEGANT	METRO	RUNNER REC	... and more! ... 及更多！

STEP
01

應用程式指引 App Instructions

下載「FOODSPORT Urban Adventure」定向應用程式
Download "FOODSPORT Urban Adventure" App

* 活動前必須下載

* **MUST** download the app before the event day



查看應用程式使用影片

Watch How to use 「FOODSPORT Urban Adventure」 App

<https://fb.watch/4qO8mA8L5S/>

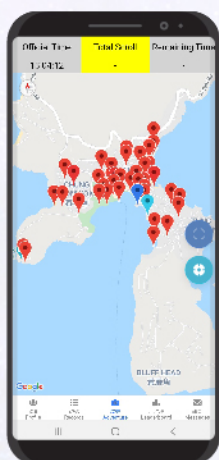


應用程式指引 App Instructions



STEP 02

使用您的ID 及密碼登入
Log In with
your ID & Password



STEP 03

使用地圖尋找CheckPoints
Use the Adventure map
to locate the Checkpoints



STEP 04

按下Check Point 即可查閱GPS定位 / QR Code取分
Click the Checkpoint Icon to view the type of
Punch-In Method (QR Code / GPS)

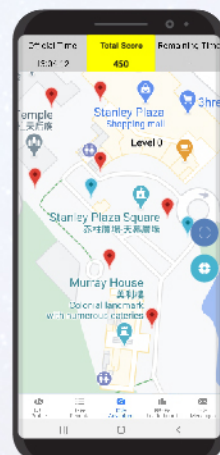


or



STEP 05

使用QR Code / GPS 打卡方法在Checkpoints範圍內取分
Use QR Code / GPS to Punch-In within Checkpoints
range to collect points



STEP 06

不同顏色的Checkpoints代表不同分數
Checkpoints in different colors
represent different points



STEP 07

排行榜顯示最高分數的頭5名參加者 / 團隊
The Leaderboard shows the top 5 players /
teams in your category



STEP 08

透過訊息接收任何活動資訊及最新消息
Receive any event information and
latest news through Messages



STEP 09

透過紀錄翻查打卡資料
Check punch-in information
through Records



比賽詳情

Competition Details

日期
Date

2021年3月29日 (12:00am HKT)至2021年4月11日 (11:59pm HK)
29th March 2021 (12:00am HKT) – 11th April 2021 (11:59pm HKT)

賽事起步點
Event Start Point

赤柱廣場 – 天幕廣場
Stanley Plaza Square

比賽區域
Competition Zones

赤柱一帶為比賽區域
Stanley district

組別
Race Category

星際遊俠(個人組) / 太空探索隊(家庭組) / 跨星系聯盟(毛孩組)
Intergalactic Space (Individual) / Space Explores (Family) /
Intergalactic Alliance (Paw & Friend)

地圖
Map

全新FOODSPORT Urban Adventure手機應用程式內的彩色電子地圖
Color electronic map in the NEW FOODSPORT Urban Adventure mobile app

赤柱廣場 - 天幕廣場
Stanley Plaza Square

起步點
Start Point



圖片只供參考
Photo is for reference only



計分方法 Scoring

參加者以個人(1人)或團隊(2人)形式，在**限定180分鐘**時間內自行策劃路線，利用大會手機應用程式到不同的檢查點打卡取分。

As an individual (1 person) or team race (2 persons), participants may plan your own route and use the UAC mobile app to score points **within 180 minutes**.

UAC分別有**4類**檢查點：

There are **Four types** of Checkpoints:

標準檢查點
(二維碼或定位)
Standard Checkpoints
(QR Codes & GPS)

 **紫色 Purple**
20 分數
points

 **紅色 Red**
50 分數
points

 **藍色 Blue**
100 分數
points

綠色檢查點
(二維碼)
Green Checkpoints
(QR Codes)

 **綠色 Green**
200 分數
points

挑戰檢查點
(定位)
Challenge Checkpoints
(GPS)

 **啡色 Brown**
300 分數
points

UAC信號站 UAC Radio Station

到達信號站打卡(二維碼)並回答正確答案，參加者(個人組) / 團隊(親子組及毛孩組)即獲得終極大抽獎的參與資格一次。

When the participant / team has located the station, punch-in (QR Code) and answer the question correctly to enter for the grand lucky draw competition. Each participant / team may only get one chance to answer the question.



PAWS GALAXY

31.3.2021 - 30.4.2021



GIFT REDEMPTION 禮品換領

31.3.2021 - 30.4.2021
10:00 - 22:00

Redemption Location: 1/F Customer Service Counter
換領地點: 1樓顧客服務台

Spend **HK\$600** or above via electronic payment* to redeem a **DogLemi foldable waterproof pet bowl*** and **1 hour free parking** at Stanley Plaza.

於赤柱廣場或美利樓以電子貨幣*消費滿600港元或以上，即可免費換領**DogLemi可摺疊防水寵物碗一個***以及在赤柱廣場**1小時免費泊車優惠**。



* Electronic payment includes: Credit cards, EPS, Octopus card or other mobile payment application.
* 電子貨幣包括: 信用卡、易辦事、八達通或其他手機支付程式。

* Total quota: 600 pcs, on a first-come-first-served basis, while stock lasts.
* 總數量共600個，先到先得，換完即止。

3, 4, 10 & 11.4.2021 (SAT & SUN)
12:00 - 18:00

Redemption Location: 1/F Gift Redemption Counter
換領地點: 1樓禮品換領處

Follow [@stanleyplazahk](#) for a piece of free **Galaxy Stamp Card**. Collect all stamps to redeem a gift for free!

追蹤 [@stanleyplazahk](#) 即可免費獲取**星球印章收集卡一張**。集齊印章，免費換領禮品!



* Daily quota of 375 pcs applies on a first-come-first-served basis, while stock lasts. Each Instagram account can redeem 1 Galaxy Stamp Card and 1 gift only.

* 名額每日375個，先到先得，換完即止。每個Instagram帳戶每日只可換領印章收集卡一張及禮品一份。



DOGGIE PROMENADE CARNIVAL 寵物海濱嘉年華

3, 4, 10 & 11.4.2021 (SAT & SUN)

Location: G/F Amphitheatre
地點: 地下天幕廣場



Doggie Workshops
毛孩主題工作坊
14:00 - 17:00



Doggie Photo Spots
主題打卡位



Doggie Bazaar @Murray House
毛孩主題市集 @美利樓
12:00 - 19:00



Event Details
活動詳情



STANLEY PLAZA x FOODSPORT FOOD SALVAGER URBAN ADVENTURE CHALLENGE 食物救援-城市定向挑戰賽2021



Welcome on site enrollment (Date: 3, 4, 10, 11. 04. 2021), please refer to event official website for details.

歡迎即場報名參與 (日期: 3, 4, 10, 11. 04. 2021)。
詳情請參閱活動官方網站。



Food made from
our companions'
point of view

從毛孩的角度出發


almo nature
OWNED BY THE ANIMALS

 **fondazione**
CAPELLINO



來自意大利的Almo Nature是一個品牌，同時是一個項目：
為貓狗生產高品質的天然寵物食品，並將產生的利潤用於保護貓狗和維護生物多樣性。




Almo Nature是一種生活方式的選擇 - 為您的寵物選擇高質量的天然寵物食品，並將全球各地產生的利潤，100%回饋給保護貓狗和維護生物多樣性等等的慈善項目。

由Arrowana International獨家代理的Almo Nature Hong Kong致力於支持本地的慈善組織以及貓狗領養活動，令他們可以得到幫助，從收容所進入家庭。

Almo Nature is a lifestyle choice - A pet owner's choice to choose high quality natural pet food for your pet that will return 100% profits generated globally to sustainable charitable projects, focused on the protection of dogs and cats and biodiversity.

Almo Nature Hong Kong, exclusively represented by Arrowana International, is committed to supporting local charitable organizations and the adoption of dogs and cats from shelters into homes.

 **Mono Protein**
單一肉類蛋白

 **Gluten Free**
不含麩質

 **Grain Free**
不含穀類

BUY THIS PRODUCT
 **fondazione**
CAPELLINO
SUPPORT THE PROJECTS



Chicken 雞肉



Goose 鵝肉



Pork 豬肉



Duck 鴨肉



Turkey 火雞

裝備檢查表

Equipment Checklist

下載「FOODSPORT Urban Adventure」定向應用程式

- 參加者/團隊需於檢查點使用大會的手機應用程式以二維碼或定位打卡取分或查看成績
- 參加者/團隊的登入名稱及密碼（團隊組別只需一部電話登入）

Download "FOODSPORT Urban Adventure" Mobile Application

- Participants / teams will be required to use the Official App to punch-in (QR Code / GPS) at the Checkpoints to collect points, and view LIVE leaderboard anytime during the event
- Participants / Teams Log-in ID and password (For team categories, only one person is required to login)

可攜式充電器

- 需自備,按個人/團隊需要

Portable Charger

- Self provided, Optional

少量現金及八達通

- 需自備

Small amount of Cash / Octopus

- Self provided

自備飲料, 減少塑膠/鋁罐/紙包消耗, 保護環境

- 活動不設補給站

Bring their own drink, reduce plastic/cans/packaged drinks consumption to protect the environment

- NO water supply during the event

出發前請留意天氣預測, 如天氣惡劣(颱風、暴雨、雷暴)請勿出發

Check the weather forecast, do not start in case of the following adverse weather condition (typhoon, heavy rain, thunderstorm)



獎頂 Awards



完成禮品 Finisher Award

所有於指定限時內成功奪取500或以上分數之參加者(個人組) / 團隊(親子組及毛孩組)可獲完成獎牌一枚及其他贊助商禮品一份

* 親子組(1成人+1兒童)及毛孩組(1成人+1狗狗)為一個單位

Participants (Individual) / teams (Family and Paw & Friend) who achieve 500 points or more within the limited time will be awarded a Finisher Medal x 1pc and Sponsored Gift x 1 set

* Family Group (1 Adult+1Child) and Paw and Friend Group (1 Adult+1Dog) counted as 1 unit

完成 電子證書 E-Certificates

於2021年4月30日大會會透過電郵發出完成電子證書給所有完成活動的參加者(個人組) / 團隊(親子組及毛孩組)

Participants (Individual) / teams (Family and Paw & Friend) who have completed the race will receive an e-certificate on 30 April 2021 by Email.





圖片只供參考
Photo is for reference only

UAC信號站
UAC Radio Station

UAC終極大抽獎 UAC Grand Lucky Draw

獲取UAC終極大抽獎的參與資格：

參加者(個人組) / 團隊(親子組及毛孩組)需要在進行活動中找出“UAC信號站”，並於現場掃描二維碼打卡，然後回答問題，如答案正確，參加者 / 團隊即可獲得終極大抽獎的參與資格。每人(個人組) / 每團隊(親子組及毛孩組)只獲一次回答問題的機會；“UAC信號站”的答案提示和線索，會在你達到100、500及1000分數時，於手機程式“訊息”頁內發送提示和線索訊息給你的。

UAC終極大抽獎禮物：

終極大獎：亞洲萬里通30,000里數1份
繽紛獎：亞洲萬里通充電器100份

UAC終極大抽獎得獎公佈名單及日期：

2021年4月26日大會透過電郵通知得獎者及同日於 **The Standard 及 星島日報**登報公佈得獎者名單。領取方法將於得獎者電郵中詳細列明。

Entry for the UAC Grand Lucky Draw:

The participant (individual) / team (Family & paws and friends) has to Punch-in (QR code) at the “UAC Radio Station” and answer the in-app question correctly in order to be entitled to join the grand lucky draw competition. Each participant / team may only get one chance to answer the question. Hints and clues of the answer will be sent to the participant (In-App message) when you have reach 100, 500, and 1000 points during the game.

UAC Grand Lucky Draw Gifts:

Grand Prize : Asia Miles 30,000miles x 1
Fun Prize : Asia Miles Power Charger x 100

UAC Grand Lucky Draw Winner Announcement List and Date:

On **April 26, 2021**, the organizer will notify the winners via email and the list of winners will be announced on **The Standard and Sing Tao Daily** on the same day. The method of collection will be detailed in the winning email.

推廣生意的競賽牌照號碼：54268
Trade Promotion Competition Licence No.: 54268



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荔枝奶



蜜瓜奶



香蕉奶



士多啤梨奶



熱你點嚟
冰Great

韓國
Binggrae®



始創於1967年，韓國Binggrae食品公司以生產美味、營養、健康的產品為基礎，專注零食生產，迄今已成為引領韓國食品產業發展的先鋒企業。

憑藉著超前的創新思維與雄厚的營銷實力，Binggrae在韓國率先推出國民飲料“香蕉牛奶”，香蕉原汁及牛奶最完美好喝的黃金比例，在世界各地深受各年齡層消費者的喜愛！

另一皇牌產品MELONA哈密瓜雪條，順滑飽滿的口感以及真正哈密瓜的味道，亦是風靡世界各地的韓國甜品之選。

認明 **Binggrae®** 商標
保證韓國原裝入口

Binggrae香蕉味牛奶飲料，是韓國乳飲料中大熱產品之一！深得韓國年輕人和兒童的喜愛，更有大韓民國國民飲料的美譽，是健康天然的精緻飲品！

必食Binggrae人氣Melona雪條，選用新鮮果汁混合香滑牛奶製成，果味濃郁，不含反式脂肪，有蜜瓜、士多啤梨、芒果及椰子多款味道選擇。



芒果味



蜜瓜味



士多啤梨



椰子味
現已登場

各大便利店及超級市場有售

f Binggrae.hk

前往途徑 How to Access

起步點：赤柱廣場 - 天幕廣場

Start Point: Stanley Plaza Square



赤柱廣場巴士站
Stanley Plaza Bus Stop

6, 6X, 63, 65, 66, 973

赤柱村, 赤柱村道
Stanley Village Bus Stop

6, 6A, 6X, 14, 63, 65, 73, 260, 973

赤柱廣場
Stanley Plaza

16M, 40, 52

赤柱灘道
Stanley Beach Road

16X, 40, 52



赤柱廣場的士站
Stanley Plaza Taxi Station

停車場
Car Park

香港赤柱佳美道23號
23 Carmel Road, Stanley, Hong Kong



BE A GREEN RUNNER

比賽要快 裝備要帶

#做個走塑型人



events
go
green

賽馬會 Jockey CLUB
綠惜活動減廢同行計劃
events go green programme



綠惜地球 The Green Earth

常見問題 FAQ



1 如果我在活動進行中有疑問或問題怎麼辦？

請聯繫 foodsport@symbol-of.com，我們將盡快答复您。

What if I have question or issue during the game ?

Contact foodsport@symbol-of.com and we will respond to you ASAP

2 我該如何開始？

從 Google Play (適用於Android用戶) 或 App Store (適用於IOS用戶) 下載 "FOODSPORT Urban Adventure" 應用程序。如果您已經擁有該應用程序，請確保您具有最新版本。登入您的帳戶 (ID和密碼已通過電子郵件發送給您)。

How do I get started?

Download The "FOODSPORT Urban Adventure" app from Google Play (For Android users) or App Store (For IOS users) If you already have the app, please make sure you have the latest version, log into your player's account (ID & Password was emailed to you).

3 我什麼時候開始活動？

活動將從2021年3月29日 (香港時間00:00) 開始至2021年4月11日 (香港時間23:59) 結束。請在設定的限期內完成活動。

When do I start the event?

The event will start at 29th March 2021 (00:00 HKT) until 11th April 2021 (23:59 HKT). Please complete the event within the set period.

4 如何開始活動？

參與者必須在赤柱廣場的指定起步點出發開始活動。要開始活動，請在起步點處掃描 (二維碼) "開始二維碼"。活動時限設置為3小時，限時到了，應用程序將自動停止遊戲並關閉所有檢查點。參加者無需返回起點即可結束活動。

How do I start the event?

Participants are required to start the event at the designated Starting Point at Stanley plaza. To start the event, please Punch-In (QR Code) the "Starting QR code" at the Starting Point. The event time limit will be set for 3 hours, when your time is up, the app will automatically stop the game and close all Checkpoints. Participants do not need to return to the starting point to end the event.

5 UAC2021中有哪些不同的檢查點類型？

UAC2021中有四種檢查點類型：

標準檢查點 (二維碼或定位)	到達該地點，然後使用 二維碼或定位 打卡收集分數。 每個標準檢查點(二維碼或定位)的分數都取決於其接近性和難易程度，並且在地圖上都以不同的顏色顯示，如下所示： 紫色 - 20分/站 紅色 - 50分/站 藍色 - 100分/站
綠色檢查點 (二維碼)	到達該地點，然後使用 二維碼 打卡收集分數。 所有綠色檢查點均為 綠色 顯示，每個點為 200分數 。
挑戰檢查點 (定位)	到達該地點，然後使用 定位 打卡開始挑戰。參與者在限時內完成挑戰後將獲得分數。 挑戰將是拼圖挑戰、配對挑戰或問答挑戰。所有挑戰檢查點均為 棕色 顯示，每個挑戰為 300分數 。
UAC信號站 (終極大抽獎)	到達信號站打卡 二維碼 並回答正確答案，參加者(個人組) / 團隊(親子組及毛孩組)即獲得終極大抽獎的參與資格一次。

What are the different Checkpoint types in UAC2021?

There are four types of Checkpoints in UAC2021:

Standard Checkpoints (QR Code & GPS)	Arrive at the location and use the QR Code or GPS Punch-in to collect points. The points of each Checkpoint (QR Code or GPS Standard) varies depending on it's accessibility and difficulty, and they are all shown in different colours on the map as: Purple - 20 points each Red - 50 points each Blue - 100 points each
GREEN Checkpoints (QR Code)	Arrive at the location and use the QR Code Punch-in to collect points. All checkpoints are in Green color with 200 points each .
Challenge Checkpoints (GPS)	Arrive at the location and use the GPS Punch-in to start the challenge. Points will be awarded when the participant complete the challenge within the time limit. The challenge will either be a Puzzle challenge, a Matching challenge or a Quiz challenge. All Challenge checkpoints are in Brown with 300 points each .
UAC Radio Station (Entry for the grand lucky draw competition)	Arrive at the location and answer the question correctly to enter for the grand lucky draw competition. All Participants (Individual) / teams (Family and Paw & Friend) only one chance for the lucky draw.



常見問題 FAQ

6 如果在活動過程中檢查站或應用程式出現問題怎麼辦？

首先，請嘗試關閉您的應用程式，然後重新啟動並重新登錄。這將使您返回到地圖視圖。如果仍然有問題，請移除應用程式，然後直接從應用程式商店重新安裝最新版本的應用程式。

如果在完成上述操作後仍未解決問題，請通過foodsport@symbol-of.com與我們聯繫，讓我們知道該問題，我們將盡快答覆您並解決問題。

What if there is an issue with a Checkpoint or the app during the game?

First, try closing out of your app, restarting and re-log in. This should take you back to the map view. If you are still having issues, uninstall the app, and reinstall the latest version of the app directly from the app store.

If the problem and issue aren't fixed afterward completing the above, please contact us at foodsport@symbol-of.com, let us know the issue and we will respond your and fix the problem ASAP.

7 活動時使用該應用程式是否需要移動數據？

是的，“FOODSPORT Urban Adventure”應用程式將需要移動數據才能在活動期間進行操作。

請確保活動期間開啟您的移動數據和定位。

Do I need mobile data while using the app to play the event?

Yes, the “FOODSPORT Urban Adventure” app will require mobile data for operation during the event. Please make sure that your mobile data and GPS are activated during the event.

8 對於團隊活動，活動期間需要多少人使用該應用程式？

活動期間，每隊團隊僅需一名參與者使用該應用程式。

For team events, how many people is required to use the app during the event?

ONE participant per a team is required to use the app during the event ONLY.

9 如何及何時獲得完成獎牌和贊助商禮物？

完成獎牌將給與在限時內成功達到500分或以上的參加者（個人組）/ 團隊（親子組及毛孩組）。

所有紀念品和贊助商禮物將在4月30日或之前透過郵寄方式發送到您的登記地址。

How and when do I get my Finisher Medal and sponsored gifts?

The Finisher Medal will be award to those participants / teams who achieve 500 points or more within the time limit.

All souvenirs and gifts will be sent to you by post on or before 30th April to your registered address.

10 如果我希望停止遊戲或提早結束活動，該如何結束活動？

您可以從“個人資料頁面”按登出或直接退出應用程式來結束活動。

How to end the event if I wish to stop the game or finished early?

You may log out “Profile Page” and exit the app to finish the game.



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REWRITE
their future

We have **600+** dogs waiting for homes at HKDR.
They come in all shapes and sizes. Each one of them has their own stories.
Take them home, give them a chance to live a new life.

Tai Po Homing Centre

6 Shek Lin Road, Tai Po, New Territories

Ap Lei Chau Homing Centre

Shop A, G/F, 5 Wai Fung Street, Ap Lei Chau, HK Island



Hong Kong Dog Rescue (HKDR)



hkdr_official



hongkongdogrescue.com

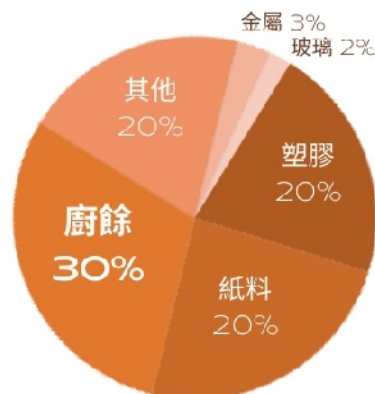
香港是世界上其中一個最浪費的地方？

每日有近 **3,600噸** 食物
被棄置在堆填區



香港人平均每日
製造10,733公噸
固體廢物

其中
近 **三分之一** 是食物



同時.....

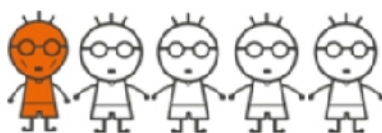
每三個長者就有一個

得不到三餐溫飽
掙扎於基本營養需求



每五個兒童就有一個

生活在貧困之中



低收入家庭花近半數收入
用於日常食物開支

膳心連致力幫助有需要的人對抗飢餓問題，並減少酒店及餐飲業界的食物浪費。膳心連的角色是有效地連繫剩食供應和需求，我們從星級酒店和餐飲集團收集安全可食用的剩食，再分配給有需要的人；一方面減少有需要人士在膳食上的開支，同時減輕堆填區的壓力。



拯救 **572** 噸食物 提供 **1,360,000** 個膳餐
(2020年)



Foodlink Foundation
膳心連基金



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www.foodlinkfoundation.org

Foodlink

Replacing hunger with a smile
除飢餓 展歡容

膳心連

「膳動衡 FOODSPORT」於此2013年成立，揉合了運動與食糧兩大元素，帶出以運動轉化食糧的概念，在鼓勵大眾多做運動的同時，亦為社會上有需要人士或團體籌集食糧，舒緩及解決他們的健康及飢餓等問題，共同建立一個可持續發展健康生活的社會。

FOODSPORT主要透過定期舉辦不同形式的運動，將參加者參加者所消耗的卡路里由專業註冊營養師計算出來並轉化為同等卡路里（或更多）食物，以不同形式捐贈予社會上有需要人士或慈善團體，為他們籌集食物，共同建立一個可持續發展的健康生活社會。

FOODSPORT is a social enterprise founded in 2013, social innovation of Symbol Of Alliance (Social Enterprise). By combining FOOD with SPORT, FOODSPORT aims to encourage the community to participate in sports programs which, at the same time, raise food for the needy to develop a healthy and sustainable society through sport.

FOODSPORT assembles the energy spent in FOODSPORT events and programmes, where licensed dietitian will calculate the total calories burnt from participants and convert it into food units. The corresponding amount of food will then be donated to people or organizations in needs in Hong Kong.

FOODSPORT organizes regular Community Sports events and activities for the public to join, to create a platform that encourages the public to build a healthy lifestyle, at the same time, create a sustainable calories (food) drive activities to address hunger and social issues through sports and volunteer services.

About 關於

FOODSPORT 膳動衡

我們的服務範圍包括 Our services

活動策劃及統籌 Event Management

企業社會責任/ 公共關係/ 市場推廣 CSR / Marketing / PR

義工/ 社區服務/ 活動贊助 Volunteering / Community Services / Event sponsorship

企業健康及培訓 Corporate Wellness



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