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Please spread this information.

Dear Principals, Teachers from the Physical Education Department, Extra-Curricular Activities Team and School Social Workers,

Oxfam Young Trailwalker Training Program 2025/26

Recruitment is now open

"Oxfam Trailwalker" is the largest hiking event in Hong Kong. To pass on the spirit of perseverance, unity, challenge, and empowerment to the new generation, and in alignment with the Education Bureau's 4Rs Mental Health Charter, Oxfam Hong Kong is launching the "Oxfam Young Trailwalker Training Program" in 2026. This program is fully supported by Growth Partner and Funder, The D. H. Chen Foundation, in response to societal concerns about students' physical and mental health.

The program will cultivate students' awareness of physical and mental health through a series of hiking training sessions, challenge days and activities. It aims to expand their interpersonal and support networks, build a sense of achievement and self-confidence, and develop a new generation of "Oxfam Young Trailwalker". We are currently recruiting secondary school students to participate, and we encourage teachers to motivate and recommend students for this program.

The details are as follows:

Oxfam Young Trailwalker Training Program

Program Features	✧ Nurture 12-21 years old youths to become "Oxfam Young Trailwalker" ✧ Full guidance from Oxfam Trailwalker and professional trail running coaches ✧ Suitable for youths with limited exercise or hiking experience ✧ Each training session will take place on various trails in Hong Kong, including some sections of the MacLehose Trail, to enjoy the unique natural scenery of Hong Kong ✧ Participants are encouraged to complete the program at their own pace and according to their physical conditions, learning to enjoy nature and the joys of hiking ✧ Youth will be divided into teams of four, learning to collaborate and support one another to complete challenges together ✧ Participants who meet the attendance requirement will receive a program certificate ✧ Students may have the opportunity to participate in the "Oxfam Trailwalker 25km Youth Edition" in November 2026 ✧ The program includes insurance coverage to ensure participant safety
Dates	From December 2025 to July 2026 (The first activity will be held in mid December 2025)
Target Participants	Youth aged 12 to 21 (Priority will be given to individuals from low-income families, those with learning difficulties, low motivation, or who need support)
Program content	■ Training: 2-3 sessions per month, held on weekends and public holidays. (Please see Appendix 1 for the details of training and activities) ■ Challenge Days: The program includes 2 challenge days, featuring longer and more difficult routes. Participants are required to organise their own support teams. ■ Additional Activities: Trail photography workshops, night hikes, mindfulness sessions, etc. ■ Graduation & Celebration Camp



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Application	Step 1: Please have the responsible teacher at the school complete the "School Application Form" and email it to tiffany.chui@oxfam.org.hk. Step 2: Participating Students should fill out the "Participant Application Form" (PDF), which should be collected by the school and emailed to tiffany.chui@oxfam.org.hk. Alternatively, students can fill out the online form (https://forms.office.com/r/MAkNKqExwf) and submit the "Participant Declaration and Parent/Guardian Consent Form", then email it to tiffany.chui@oxfam.org.hk. <i>*Please include in the email subject line: Application for the "Oxfam Young Trailwalker Training Program 2025/26"</i>
Deadline of Application	<u>5 December 2025 (Friday)</u>
Others	• Participants must attend 80% of classes and at least one challenge day to successfully complete the program. • Participants must obtain prior consent from their parents/guardians and designate them as emergency contacts. • Oxfam will manage all communications, including arranging and reminding participants about training and activities, and will provide updates on the youths' progress to their parents/guardians and the school. • Oxfam will ensure an adequate staff-to-participant ratio to care for the youths and will purchase activity insurance for them. • In the event of inclement weather or other special circumstances, training and activities will be moved indoors or rescheduled.

Should you have any enquiries, please feel free to contact Miss Chui (phone: 3120-5149, email: tiffany.chui@oxfam.org.hk) or Miss Wong (phone: 3120-5151, email: kate.wong@oxfam.org.hk) from the Oxfam Development Education Team.

Yours faithfully,
Oxfam Development Education Team

Appendix 1

Oxfam Young Trailwalker Training Program 2025/26 **Training & Activities Schedule (December 2025 to July 2026)**

The following is an overview of the program for 2025-26. The first session will begin in mid December 2025, and a detailed schedule will be sent to participants after successful registration. Please note that the schedule is subject to change based on actual conditions, weather, student performance, and other factors.

Regular training sessions (Dec 2025-Jul 2026)

No. of sessions	Time	Location (District)	Training Content
14-16	Saturday/ Sunday morning 2 to 4 hours per session	Routes are mainly located in Kowloon City District, Kwun Tong District and Wong Tai Sin District. Includes some physical fitness training.	Basic theories and techniques of Hiking, including: 1. Wilderness safety 2. Wilderness first aid 3. Map reading 4. Use of hiking equipment (e.g., trekking poles and headlamps) 5. Basic trail running skills
Participating youths will be divided into groups and will be trained on different days, with each training and activity session lasting about 2 to 4 hours. Trainings will be held on Saturday or Sunday morning/afternoon, about 1 to 3 times per month.			

Challenge Days (Mar & Jul 2026)

No. of sessions	Time	Location/ District	Tentative Date
1	Sunday morning (About 5 hours)	MacLehose Trail Sec. 5 & Lion Rock in Wong Tai Sin District	28 th Mar 2025
1	Sunday morning (About 8 hours)	Needle Hill, Grassy Hill & Tai Mo Shan in Tsuen Wan District	4 th Jul 2025
All participants compete together for approximately 5 to 8 hours per session. Youths are encouraged to form their own Support Team!			