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## OXFAM YOUNG TRAILWALKER TRAINING PROGRAM 25/26

**DEADLINE: JANUARY 20, 2026**

"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 launched the "Oxfam Young Trailwalker Training Program" starting in 2025. 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.

### 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



**From Jan to Aug 2026**



**Weekends and Public Holidays  
(Morning Session)**



**All major trails in Hong Kong,  
including part of the MacLehose Trail**





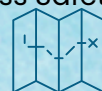
BELOW IS AN OVERVIEW OF THE PROGRAM FOR 2025-26. THE FIRST CLASS WILL BEGIN IN LATE JANUARY. DETAILED INFORMATION SUCH AS TIME AND LOCATION OF THE CLASS WILL BE RELEASED UPON SUCCESSFUL ENROLLMENT. THE TRAINING SCHEDULE IS SUBJECT TO CHANGE DEPENDING ON THE ACTUAL SITUATION, WEATHER, AND TRAINING SCHEDULE.

## Regular Training (Jan to Aug 2026)

## REGULAR TRAINING



Session	Time	Location	Training Content
14-18	Weekends and Public Holidays (Morning Session) Approximately 2 to 4 hours per session	<ul style="list-style-type: none"> <li>Trails in Hong Kong</li> <li>Mainly in Kowloon City, Kwun Tong and Wong Tai Sin districts</li> <li>Some include outdoor/indoor sports venues</li> </ul>	<ul style="list-style-type: none"> <li>Basic hiking theories and techniques, including:               <ol style="list-style-type: none"> <li>1. Mountain and Wilderness Safety</li> <li>2. Wilderness First Aid</li> <li>3. Map learning</li> <li>4. Use of hiking gear such as poles and headlamps</li> <li>5. Basic trail running skills</li> </ol> </li> <li>Physical Training</li> </ul>



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 Day (Mar & Jul 2026)



## Challenge

Session	Time	Location	Tentative Date
1	Saturday Morning Around 5 hours	Wong Tai Sin / MacLehose Trail Section 5, Lion Rock	March 28
1	Saturday Morning Around 8 hours	Tsuen Wan / Needle Hill, Grassy Hill, Tai Mo Shan	July 4

All participants compete together for approximately 5 to 8 hours per session. Youths are encouraged to form their own Support Team!



## 2025 Program Highlights and Participant's Sharing

"Participating in this program has made me more willing to try new things and significantly improved my resilience." - Yanice

"Now, even when I encounter difficulties, I won't give up easily but will instead turn them into experiences." - Elva

"I've become more courageous in interacting with different people.

My friends say I'm no longer as dull as NPC." - Peter



**Should you have any enquiries, please feel free to contact Oxfam's Development Education Team**

Miss Chui, Phone: 3120-5149 / email: [tiffany.chui@oxfam.org.hk](mailto:tiffany.chui@oxfam.org.hk) or

Mr Chiu, Phone: 3120-5131 / email: [aaron.chiu@oxfam.org.hk](mailto:aaron.chiu@oxfam.org.hk)