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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 2026/27

Application 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 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.

With over 220 young participants empowered over the last two years, the Oxfam Youth Trailwalker Training Program 2026/27 is officially accepting applications for the new school year! The program will cultivate students' awareness of physical and mental health through a series of hiking training sessions, challenge days and special 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 2026/27

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 (Special Edition)" in November 2027 ✧ The program includes insurance coverage to ensure participant safety
Dates	From October 2026 to August 2027 (The first activity will be held at the beginning of October 2026)
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 3 challenge days, featuring longer and more difficult routes. Participants are required to organise their own support teams. ■ Additional Activities: Trail photography workshops, night hike and stargazing, the FluidX Aqua Training Bag, etc. ■ Celebration Camp & Graduation Ceremony



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Application	<u>Step 1</u>: Please have the teacher-in-charge to complete the "School Application Form" and email it to tiffany.chui@oxfam.org.hk <u>Step 2</u>: Once submitted, the teacher will receive a confirmation email along with the "Participant Declaration and Parent/Guardian Consent Form" <u>Step 3</u>: Participating Students should fill out the "Participant Application Form" and the "Participant Declaration and Parent/Guardian Consent Form". The school will collect both forms and email them together to tiffany.chui@oxfam.org.hk. Alternatively, teachers can arrange for students to fill out the online "Participant Application Form" (https://forms.cloud.microsoft/r/pa6fT7avwJ). <u>"Young Trailwalker" School Team</u> If a school has more than 15 participating students, they may form an exclusive "Young Trailwalker" School Team. Training schedules and content can be customized to better fit the student's timetable. If you are interested in forming a dedicated school team, please contact Oxfam Development Education Team Miss Chui (Phone: 3120-5149/Email: tiffany.chui@oxfam.org.hk). <i>*Please include in the email subject line: Application for the "Oxfam Young Trailwalker Training Program 2026/27"</i>
Deadline of Application	<u>30 September 2026 (Wednesday)</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 Mr Chiu (phone: 3120-5131, email: aaron.chiu@oxfam.org.hk) from the Oxfam Development Education Team.

Yours faithfully,
Oxfam Development Education Team

Appendix 1

Oxfam Young Trailwalker Training Program 2026/27 **Training & Activities Schedule (October 2026 to August 2027)**

The following is an overview of the program for 2026-27. The first session will begin at the beginning of October 2026, 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 (Oct 2026 to Aug 2027)

No. of sessions	Time	Location (District)	Training Content
16-20	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. Map reading 3. Use of hiking equipment (e.g., trekking poles and headlamps) 4. Basic trail running skills The classes also feature fun team-based activity such as orienteering, the "Four-Leaf Clover" Relay Puzzle Race, the Backcountry Cooking Challenge, etc.

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 2 to 3 times per month.

Challenge Days (Dec 2026, Apr & Jul 2027)

No. of sessions	Time	Location/District	Tentative Date
1	Saturday Morning (About 4-5 hours)	Wong Tai Sin/MacLehose Trail Sec. 5 & 6 Lion's Rock & Golden Hill	19 December 2026
1	Saturday Morning (About 5-6 hours)	Tsuen Wan, Tuen Mun/MacLehose Trail Sec. 9 & 10 Tai Mo Shan, Tin Fu Tsai & Tai Lam	10 April 2027
1	Saturday Morning (About 7-8 hours)	Tsuen Wan/ MacLehose Trail Sec. 6-8 Needle Hill, Grassy Hill & Tai Mo Shan	3 July 2027

All participants compete together for approximately 4 to 8 hours per session. Youths are encouraged to form their own Support Team!