



撐綠惜慈善夜行2021 更新活動安排

Walk for The Green Earth 2021

Special Announcement on Activity Arrangement



As the fourth wave of the epidemic is getting serious, safeguarding the health of participants and the working team is our top priority. Therefore, we need to adhere to the social distancing rules to prevent from having any crowd gathering, and have decided to hold this originally face-to-face Walk for The Green Earth 2021 in another creative format.

Although the event has turned virtual, we are going to offer various online special activities, in which you can still enjoy the nature via our Night Walk just as much as originally planned.

Activities are **opened to participants of Walk for The Green Earth 2021 only**, [welcome you to join!](#) Participants can join virtual live activities via ZOOM system, or join “Walk for The Green Earth 2021 Participants’ Facebook Group” to review the activities any time.

The following activities are catered for you:

Virtual Walk for The Green Earth: a E-map introducing the attractions will be provided for your reference

We still want to be with you although we are unable to walk together this year. You are strongly encouraged **to finish the 8km walk between 16 Jan and 16 Feb** along Tai Tam or a self-selected route. Please send us the record upon finishing your walk and an e-certificate will be given to you once the record is verified.



We will give you an E - map introducing different attractions along the original route. You can enjoy the beauty of the trail and know more about its historical background and some trivia with reference to the map!

Submission method of your walking record and the e-map will be sent to you with the participant handbook.

“Where are we?” Prize-winning Treasure Hunt

This is a flash mob activity. We will announce the six checkpoints on 15 Jan in “Walk for The Green Earth 2021 Participants’ Facebook Group”. If you can find at least four on or before 16 Feb and take photos with them, you will be rewarded a souvenir.

Where are the checkpoints? Keep an eye on the announcement on 15 Jan!

The first 15 successful participants will get a LUSH Shampoo Bar.

Attention!! We have prepared a flash mob mission, details will be announced in “Walk for The Green Earth 2021 Participants’ Facebook Group” soon.



When you upload the photos to us, participant’s name and number should be given for record purposes.

Stargazing with you – virtual activity

Although we are unable to watch the night sky together during these difficult times, we hope to appreciate the same night sky with you at any other places. The outdoor activity will be turned virtual. We are pleased to invite a professional from Ho Koon Nature Education cum Astronomical Centre as our guest speaker to share with us astronomical knowledge and stargazing etiquette.

During the activity, we will make a star map together and you are able to start your own stargazing journey with it.

Date : 29 Jan (Friday)

Time: 8:00pm – 9:30pm

This will be a live streaming via ZOOM provided by The Green Earth. If you cannot join the livestream, you can review the video uploaded on “Walk for The Green Earth 2021 Participants’ Facebook Group”.



Credit: Ho Koon Nature Education cum Astronomical Centre

Shinrin Yoku (Forest Bathing) Sound Navigation

How long has it been since the last time you have relaxed yourself and spent time connecting your soul with nature? We have invited a certified guide from “Hong Kong nature and forest therapy association” to lead us through this mindful journey using sound navigation this time. You can enjoy forest bathing in nature, parks or even at home with the sound navigation.

You will be guided to accept the invitation of nature, slow down your steps, awaken your senses and open your heart to connect with nature and experience the therapeutic power of the forest.

Forest Bathing sound navigation will be opened to participants online for a month.

The Earth laughs in flowers, we laugh in yoga. – Virtual activity

The Covid-19 pandemic has been affecting every one of us since the beginning of this year. In view of this difficult situation, anxiety, depression and helplessness might have been our common feelings. You can relax yourself in an hour's time as you can forget all your worries for a moment and laugh with other people around you.

Laughter Yoda is a practice that combines diaphragmatic breathing and physical group exercises, designed by Indian doctor Madan Kataria in 1995. It is easy to learn, not a theory but an experience. Through eye-contacts and cultivating childlike playfulness in group exercises, you can learn how to change your mood and face inevitable adversity by laughing.

We have invited Hermia Chow, an international laughter yoga teacher, HKPFA fitness instructor, stress management and body-mind stretching instructor to go through this experience with you. Simple physical activities, childlike play, laughing for no reason and yoga diaphragmatic breathing can stimulate the movement of diaphragm, improve blood circulation and release endorphin in the brain to give a feeling of happiness. Slowly, intentional laughters will turn into genuine laughters which can reduce the amount of stress hormone "cortisol" to relieve your stress.

Date: 23 Jan 2021 (Sat)

Time: 11:00am – 12:00nn

This will be a live streaming via ZOOM provided by The Green Earth. If you cannot join the livestream, you can review the video uploaded on "Walk for The Green Earth 2021 Participants' Facebook Group".



The Night Safari in Hong Kong – Online Sharing

Hong Kong is an energetic city that never sleeps as various exciting activities happening from dusk to midnight, sometimes, activities are even more lively than those happening during the day. In addition to the bats and owls which commonly seen in movies, the local nocturnal ecology is actually very rich, such as fireflies, different species of frogs, and mammals such as barking deers and leopard cats.

However, night pollution is serious in Hong Kong, and the distance between the city and the countryside is getting closer. What kind of impacts does it have on these cute animals? How to be safe while hiking at night without disturbing them? In this sharing session, we have invited the Outdoor Wildlife Learning Hong Kong (OWLHK) to introduce Hong Kong's night ecology and conservation, and show you the beauty of nature of Hong Kong from a different perspective.

Date: 4 Feb 2021 (Thur)

Time: 7:30pm – 9:00pm

This will be a live streaming via ZOOM provided by The Green Earth. If you cannot join the livestream, you can review the video uploaded on "Walk for The Green Earth 2021 Participants' Facebook Group".

