

LEAP

跳蹦蹦
LEAPS & Bounds

The Newsletter of
Life Education Activity Programme
生活教育活動計劃通訊
Autumn 2018 秋季



既然有得揀，
你想笑定喊？



主席的話 *From Our Chairman*

James Tong Chairman, LEAP
唐偉邦先生 生活教育活動計劃主席

歡迎大家閱讀二零一八年
秋季的「跳蹦蹦」！

香港於九月遭受史上最強烈颱風之一山竹的吹襲，造成廣泛破壞，憑著 LEAP 職員及學校的努力和協調，我們的流動課室停泊於安全地方，於風災中大致安然無損，得以在政府頒布的兩天停課期後，正常展開我們的預防藥物濫用課程。

網上世界趣味無限，亦潛藏不少風險，LEAP 以協助青少年安全及負責地使用互聯網為己任，設計了網絡安全延伸課程，將於未來數月推出。

LEAP 的成長及發展得以成功實有賴我們的主要贊助商太古公司的長期支持；我們亦非常感謝香港賽馬會慈善信託基金、教育局、保安局禁毒處及衛生署控煙辦公室；我們的健康大使劉德華先生，愛生命之友譚燕玉小姐；東源大地有限公司、新興機構、亞聯貨運有限公司及亞洲實業（香港）物流有限公司，以及各學校、校長、教師、義工及支持者，LEAP 特此向他們致謝。

Welcome to our Autumn 2018 Newsletter!

In September, Hong Kong was hit by Typhoon Mangkhut, one of the fiercest storms on record, causing widespread damage and disruption. However, I am pleased to report that, thanks to the prompt response of our LEAP staff and close co-operation with the schools we serve, our mobile classrooms came through the Super Typhoon largely intact. Our drug prevention programmes also resumed as normal, after the two-day school suspension announced by the Hong Kong SAR Government.

The cyber world is a fascinating place, but it can also be a very dangerous one. LEAP believes it is crucial to help young people learn how to take care of themselves online and use the Internet in a responsible way. To this end, LEAP is designing new extension programmes on cyber safety, which will be launched within the next few months.

LEAP's success and future development depend on the long-term support of our major sponsor, Swire, as well as the Hong Kong Jockey Club Charities Trust. We are also indebted to the Education Bureau, the Narcotics Division of the Security Bureau, and The Tobacco Control Office of the Department of Health; our Health Ambassador, Mr Andy Lau Tak Wah and our Life Buddy, Ms Vivienne Tam; Eastern Worldwide Co. Limited, the Sun Hing Group of Companies, Orient Trucking Limited and A&S (HK) Logistics; schools, principals, teachers, volunteers and friends of LEAP. I would like to express our sincere thanks to them all.



主要贊助商的話 *From Our Major Sponsor*

Merlin Swire Chairman, Swire Pacific Limited
施銘倫先生 太古股份有限公司主席

太古公司自 LEAP 於一九九四年成立以來，一直為其主要贊助商。多年來，LEAP 不斷發展，在本地教育制度備受推崇，成為不可或缺的一部分，教導無數年青人認識藥物濫用的危險，並協助他們在生活中作出合適的決定及建立正確的生活方式。

這是我上任太古股份主席後，LEAP 出版的首份會訊。對於 LEAP 多年來的努力和成就，我一直非常欣賞，亦欣然知悉其在二零一七/一八年度，為破紀錄的十一萬二千名學童提供服務。LEAP 將在二零一九年慶祝成立二十五周年，我深信機構定必精益求精，造福更多青少年。

太古作為香港社會的一份子，長期以來致力回饋社會，透過 LEAP 幫助孩子成為健康又自信的年輕人，為社會作出正面貢獻。我們相信我們為香港的未來作出了一項非常有價值的投資。

Swire has been a major sponsor of LEAP in Hong Kong since its inception in 1994. Over the years, LEAP has expanded its scope and influence to become an integral and highly respected part of the education system in Hong Kong, teaching thousands of children about the dangers of substance abuse and helping them to make safe, responsible choices in life.

I took over the role of Chairman of Swire Pacific in July, so this is my first LEAP Newsletter. Nevertheless, I have been a huge admirer of the vital work carried out by LEAP over many years. I was delighted to learn that LEAP Hong Kong has delivered its preventive programmes to a record-breaking 112,000 schoolchildren during the 2017/18 academic year. With its 25th anniversary celebrations fast approaching in 2019, I have no doubt that LEAP will continue to flourish, providing lasting benefit to ever-growing numbers of our young people.

Swire is one of Hong Kong's longest established companies and we aim to give something back to the community that has helped us prosper. Through LEAP, we believe we can make a valuable investment in Hong Kong's future, by helping children grow into confident, healthy young adults who can contribute to our community.

網上安全新延伸課程 New Programmes on Cyber Safety

除核心的預防藥物濫用課程外，LEAP 亦因應青少年的需要及社會的關注議題，制訂切合的支援課程。

照片外泄成IG投票對象 57%人認同醜樣 女童大哭揚言輕生 (16:44)

Instagram 1,283



In addition to our core drug prevention programmes, LEAP also develops supplementary units that cater to the essential needs of young people and respond to topical social issues.

The Internet brings many positive and educational experiences to children. However, since it is open to everyone, it can also be a very dangerous place. As the Internet becomes increasingly essential to our personal and professional lives, LEAP believes it is crucial to help young people understand how they can use the Internet in a safe, healthy and balanced way from an early age. In view of the complexity of the cyber world, our education team has been working on new extension programmes focusing on cyber safety. Preparation is in full swing and we expect to launch the programmes in 2019.



互聯網給小朋友帶來很多正面及教育資訊，然因其無遠弗屆，故亦隱含不少風險。現時互聯網與個人生活密不可分，幫助青少年盡早建立安全、健康及平衡的上網習慣，顯得格外重要。因應網上世界的複雜性，我們的教育

團隊正密鑼緊鼓，制訂有關網絡安全的新延伸課程，預期可於二零一九年推出。

有關課程以小學生為對象，全長四十至五十分鐘，涵蓋日常生活常遇上的問題，如網上虛假資訊、社交媒體分享文化、私隱問題及足以破壞自尊的圖像等。參加者會被引導作認真思考，並鼓勵其控制上網時間。

LEAP 會繼續採用最新技術，如虛擬實境 (VR) 及面部表情偵測以提升學生興趣，亦會採用角色扮演、微戲劇及討論等模式增強課堂氣氛，希望可藉此幫助學生建立健康的電子產品使用習慣及安全上網行為。

The new programmes, each lasting for 40 to 50 minutes, are geared towards primary students and focus on the kind of problems they face every day. These include fake information on the web, requests for photo-sharing on social media and requests for personal data, as well as images that can destroy self-esteem. Children will be encouraged to think critically about such issues, as well as controlling the amount of time they spend surfing the web.

As always, LEAP will employ its advanced technologies including virtual reality (VR) and facial expression detection to engage the students' interest. Elements of



role play, short drama and discussion will also be included to enliven the class. Hopefully the new programmes will help students to acquire a healthy approach when using Internet devices and to stay safe online.

生活教育活動計劃 LEAP - Who We Are



生活教育活動計劃（LEAP）於一九九四年在香港成立，是一個註冊慈善機構，專為中、小學的學生提供一套國際認可的健康教育及預防藥物濫用課程，旨在讓他們明白到健康生活的重要及濫用藥物，包括煙草和酒精的危險。課程獲教育局、保安局禁毒處及衛生署控煙辦公室的認可。香港特別行政區行政長官林鄭月娥是 LEAP 的贊助人。

生活教育概念源於澳洲，首間生活教育中心由 Ted Noffs 牧師於一九七九年在澳洲悉尼創辦，之後此概念傳遍澳洲，並擴展至世界各地。時至今日，生活教育已在澳洲、巴巴多斯、塞浦路斯、芬蘭、香港、匈牙利、澳門、新西蘭、英國及美國運作。

過去二十年，LEAP 以設計獨特之流動課室將生活教育課程帶進全港各區的小學。LEAP 亦有推行中學課程和特殊教育課程，以及一套家長教育課程，以裝備家長協助子女建立正確的價值觀，抗衡藥物的引誘。

從一開始，流動課室已是 LEAP 的重要舞台，令 LEAP 的預防藥物濫用課程獨一無二。生活教育中心設計新穎獨特，為學生營造輕鬆愉快的學習環境，令他們能更投入課堂討論及角色扮演等教學活動中。受過特別訓練的教育幹事們，利用中心內的先進影音器材、會發亮的人體模型、會說話的腦袋及各式互動遊戲授課。而 LEAP 的吉祥物「長頸鹿哈樂」及「小馬凱莉」更會在課程期間跟學生說笑及唱歌，從而進一步鞏固健康訊息。LEAP 透過循序漸進的教學方式，讓學生認識人體的結構及藥物對它的影響；而角色扮演更能協助學生建立社交技巧，懂得如何作出正確的抉擇，有信心地拒絕煙酒等藥物並同時保存自尊及友誼。

LEAP 於二零一四年率先添置了兩所增設了全新擴增實境 (AR) 和體感 (Kinect) 科技的流動課室，並於二零一六年為其他流動課室增設這些嶄新的教學科技。於二零一七年三月，LEAP 的兩所用作替換的全新流動課室啟用後，LEAP 的全部流動課室現已配備好 AR 及 Kinect 教學科技，讓學生體會兼具科技、知識與樂趣的學習經驗。LEAP 現有九所流動課室和一所固定教育中心，並成功達致每年服務全港百分之二十五小學生的目標。

Established in 1994, Life Education Activity Programme (LEAP) is a registered charity that provides internationally recognised health awareness and drug prevention programmes for primary and secondary students. It helps students establish a healthy lifestyle and become aware of the dangers of drugs, including tobacco and alcohol. LEAP's programmes are endorsed by the Hong Kong SAR Government's Education Bureau, the Narcotics Division of the Security Bureau and the Tobacco Control Office of the Department of Health. The Honourable Mrs Carrie Lam Cheng Yuet-ngor, GBM, GBS, the Chief Executive of the Hong Kong SAR, is our Patron.

使命

LEAP 旨在為學生提供一套正面而有系統的健康及藥物教育課程，讓他們明白藥物，包括酒精及煙草對身體的影響，從而協助預防藥物濫用。

Our Mission

To help prevent substance abuse, particularly drugs, including alcohol and tobacco, by providing positive health-based education programmes for young people.

Life Education originated in Australia. The first Life Education Centre was established in 1979 by the Reverend Ted Noffs in Sydney. The concept spread throughout Australia and internationally. Today Life Education also operates in Australia, Barbados, Cyprus, Finland, Hong Kong, Hungary, Macau, New Zealand, the UK and USA.

Over the last 20 years, our Primary Programme has been taken to schools in specially designed mobile classrooms, which can be driven all over the territory. LEAP also runs a Secondary Programme, a Special Needs Programme and a Parent Programme aimed at equipping parents with skills to help their children establish correct values and to prevent substance abuse.

LEAP's mobile classrooms are our centre stage and make our programmes unique. They provide a relaxed environment for youngsters to enjoy the programme and become involved in discussions and role-play. Our specially trained educators make use of a modern audio-visual system, illuminated models of the human body, a "talking brain" and games. LEAP's mascots Harold the Giraffe and Holly the Horse reinforce healthy living messages by talking and singing with the children. Our aim is to provide a step-by-step approach to learning about the body and how drugs affect it. Role-play helps develop social competency skills that enable children to make responsible decisions and to say "No" to drugs without losing friends or face.

In 2014 LEAP introduced two new mobile classrooms equipped with Augmented Reality (AR) and Kinect technologies. Following technology retrofits to all our mobile classrooms in 2016, our fleet was enhanced further when two new replacement classrooms came into operation in March 2017. LEAP is now fully equipped with AR/Kinect teaching technologies, allowing students to enjoy an exceptional learning experience combining technology, fun and knowledge. With a fleet of nine mobile classrooms and a static centre, LEAP has attained its strategic goal of reaching 25 per cent of the primary student population.

「瞓足 7 'LEAP' 鐘」睡眠挑戰 The LEAP Sleep Challenge

很多人認同睡眠的重要性，但沒花太多心思研究，只知道一覺好夢能日理萬機，一夜輾轉則事倍功半。

睡眠對人體健康其實一如飲食和呼吸般重要，可讓身體修瑕補疲，協助腦部鞏固及處理資訊，長期睡眠欠佳容易削弱免疫系統及引致焦慮、抑鬱等精神問題。

根據衛生署數字，香港有約一百四十萬人、即約兩成人受睡眠問題困擾。為鼓勵港人養成良好睡眠習慣，LEAP 於二零一八年五至六月舉行第一屆「瞓足 7 'LEAP' 鐘，生活更輕鬆」爭取睡眠挑戰，同時響應五月十五日的國際家庭日。

是項挑戰要求參加者，須在五至六月記錄及提交成功睡眠七至九小時的總日數，累積最多日數者勝出，最後由香港鐵路有限公司的許嘉儀小姐成為冠軍。頒獎儀式於八月十七日在港鐵總部舉行，許小姐指出充足睡眠能有效消除疲勞，促進身心健康。

LEAP 感謝歐西亞香港有限公司慷慨贊助「瞓足 7 'LEAP' 鐘，生活更輕鬆」的獎品。期望是項活動能令更多人重視睡眠充足所能帶來的好處。

We may not think about sleep too much, but we know that it is beneficial in some way. We often feel "out of sorts" after a bad night's sleep but are ready to take on anything after a good night's sleep.

In fact, sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information. Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression.

It was therefore a matter of concern to LEAP that, according to figures from the Department of Health, 1.4 million people in Hong Kong, or around 20% of the population, suffer from sleep disturbance. We felt action was required and to celebrate International Family Day on 15 May 2018, we launched the first "LEAP

Sleep Challenge" with the aim of encouraging people in Hong Kong to develop healthier sleeping habits.

During the one-month challenge period, participants were asked to record how many hours they slept each night. Those who recorded the highest number of nights when they slept 7-9 hours would win. Corporations were also invited to join in the LEAP Sleep Challenge and our congratulations go to Ms Cherry Hui of the MTR Corporation Limited on winning the title of the "LEAP Sleep Challenge Champion". The prize presentation took place at the MTR Headquarters when Ms Hui told us that having enough sleep had helped improve her mental and physical wellbeing.

LEAP is grateful to Oregon Scientific who sponsored the prizes of the LEAP Sleep Challenge. We hope this initiative will lead more people of all ages to think about the benefits of getting a good night's sleep.



危險新誘惑 — 電子煙 The New Temptation — E-Cigarettes

「自由在你手」、「暢快新感覺」、「健康新選擇」、「潮人之選」… 你近來有留意到這些廣告用語嗎？它們推銷甚麼產品？

健康食品？沾不上邊。是電子煙！有型、美味、健康、創新，諸如此類，就是廣告商企圖為電子煙建立的形象。

香港吸煙與健康委員會 (COSH) 最近的調查發現，本港小二至小四學生曾使用電子煙的人數，按年激增 55%，可見廣告商的策略奏效。有見及此，行政長官在十月十日發表的最新一期施政報告，將立法禁止入口、製造、銷售、分發及宣傳電子煙及其他新型吸煙產品。

大部分電子煙的包裝均沒有列明詳細成份，但越來越多研究發現，電子煙含有對健康造成危害的有毒化學物質，當中包括尼古丁、丙烯乙二醇、甘油等，該等物質可引致上癮、不適和咳嗽、傷害身體細胞及組織，以及造成呼吸系統不適和疾病，嚴重者更可引致癌症及死亡，有些電子煙甚至會於加熱時發生爆炸。近期於年輕人圈子快速走紅的加熱非燃燒煙草製品，亦含相同危險。

現時非但沒有詳盡的科學研究證明電子煙有效幫助戒煙，反而有研究發現電子煙使用者容易成為煙民。銷售商為吸引青年人使用電子煙，多於他們常蹣跚的商場、格仔舖及潮流用品店出售，而大型網站、

社交媒體、團購網站及網上專門店亦不乏銷售資訊，且價格相宜，部分產品價格甚至低至港幣五十元以下，更可重覆使用，吸引青少年嘗試。根據美國疾病控制與預防中

心的研究，美國中學生使用電子煙的比率，在二零一一至一五年間增加了近十倍。

COSH 於二零一七年的調查顯示，約 3.5% 受訪者過

“Reclaim your freedom”, “Brand new tasty flavour”, “Take the healthier route”, “It’s the next generation”... Have you heard or seen those phrases recently? What do you think they are advertising?

Healthy food, perhaps? No, you are way off the mark. They are actually promoting electronic cigarettes. You can just imagine what image the advertisers are trying to associate with the product: stylish, tasty, healthy, the latest trend, etc.

A recent study by the Hong Kong Council on Smoking and Health (COSH) shows that the number of e-cigarette users among Primary 2 to 4 students rose by a staggering 55% in 2017. So, the strategy used by the advertisers clearly works. Such a dramatic rise explains why the Chief Executive announced in her Policy Address on 10 October 2018 that the Hong Kong Government will ban the import, manufacture, sale, distribution and advertisement of e-cigarettes and other new smoking products in Hong Kong.

The packaging of most e-cigarettes does not provide details of their ingredients. But research shows that they contain substances such as nicotine, propylene glycol and glycerol which are toxic and harmful to health. These substances can cause addiction, sickness, coughing, and damage to body tissues, as well as respiratory diseases. In severe cases, they can cause cancer and death. Some e-cigarettes can even explode during heating. The same is true for Heated Tobacco Products (HTPs), which are also rapidly becoming popular among young people.

Not only is there insufficient scientific evidence to support e-cigarettes as a tool to quit smoking, studies find that e-cigarette smokers are more likely to smoke cigarettes. E-cigarettes actually invite young people to smoke, as they can be easily found in shopping malls, boutiques and fashion stores where young people hang out. Purchase information is readily available on popular websites, social media, group purchase portals and e-shops. The price of e-cigarettes is also affordable, with the cheapest costing less than HK\$50, and they can be used repeatedly. All this paves the way for young people to try and be exposed to smoking. A survey conducted by the US Centers for





往曾經使用電子煙，其中十五至二十九歲組別受訪者曾使用電子煙的比率高達 37.4%，顯著高於其他年齡組別。其實政府已於二零一五年向立法會提交立法建議，全面禁止電子煙，經數年討論後，終在今天的施政報告中落實推行。

LEAP 獲衛生署控煙辦公室的捐助，現時向本港中小學生提供免費反吸煙課程。有見社會日益關注新型煙草產品的盛行，我們已在課程加入電子煙及加熱非燃燒煙草製品的元素，以協助青少年抵抗不良誘惑，建立健康生活。

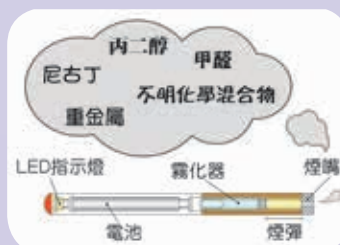
Disease Control and Prevention shows that the use of e-cigarettes among secondary school students in the USA increased 10 times in the period between 2011 and 2015.

In Hong Kong, a survey by COSH in 2017 found that 3.5% of people interviewed had used e-cigarettes, of whom 37.4% were in the age group 15-29, a significantly higher percentage than other age groups. In fact, the government already submitted proposals to the Legislative Council in 2015 to completely ban e-cigarettes and after several years of discussion, the ban was finally promulgated in the latest Policy Address.

Sponsored by the Tobacco Control Office of the Department of Health, LEAP provides free anti-smoking programmes to primary and secondary students. To address the growing concern about new tobacco products, we have added elements on both e-cigarettes and HTPs with the aim of helping young people to reject new temptations and build a healthy life.

電子煙

- 不會燃燒或使用煙草，而是將溶液汽化，再傳遞予使用者
- 接近 8,000 種不同口味，如水果、汽水、朱古力等，以滿足好奇心態
- 研究發現含有對健康造成危害的化學物質，包括致癌物



Electronic Cigarettes

- A device vaporises a solution the user inhales
- 8,000 different flavours like fruits, soft drink, chocolate
- Could contain and release toxic and carcinogenic substances

加熱非燃燒煙草製品

- 屬煙草產品，透過電子裝置高溫加熱，令捲煙產生含有尼古丁和其他化學物質的煙霧
- 加熱溫度可高達攝氏 350 度，以令尼古丁煙霧化
- 主要以煙草製成，含煙草天然有害物質，包括致癌物



Heated Tobacco Products (HTPs)

- Tobacco products producing aerosols containing nicotine and other chemicals inhaled by users
- Heat tobacco leaves up to 350 degrees Celsius to aerosolise nicotine
- Tobacco is inherently toxic and contains carcinogens even in its natural form

LEAP 成立 25 周年 Stay Tuned for LEAP's 25th Anniversary



回首一九九四年，LEAP 由一家向數千學生提供預防藥物濫用課程的非牟利機構，發展至二零一七／一八學年服務逾十一萬學生，已儼然成為本港教育界不可或缺的一員，至二零一九年 LEAP 將慶祝成立二十五周年。

LEAP 第一所流動課室於一九九四年投入服務，現時流動課室總數已增至九所，全配備上擴增實境 (AR) 及體感 (Kinect) 教學科技。機構於一九九五年把課程擴展至本地學校，並於一九九九年推出中學及特殊教育課程。為配合學生課程及回應社會需要，LEAP 於二零零六年推出家長課程，發展至今已成骨幹課程之一。

劉德華先生於一九九六年出任健康大使，以及譚燕玉小姐於二零一一年出任愛生命之友，大大推動了 LEAP 的社區開發工作。累積二十五年的豐碩成果有賴各參與學校及社區的鼎力支持。未來我們必將繼續與社會各界共同努力，貫徹預防藥物濫用工作。

LEAP 正制訂二十五周年一系列特別活動，冀與友好及支持者一同慶祝此重要時刻，除課程增加新元素外，機構正籌劃一項大型活動，推廣生活技能教育，為孩子打造健康、正面的生活態度。詳情請留意日後公布。

Founded in 1994, LEAP is looking forward to celebrating its 25th anniversary in 2019. From modest beginnings, when it provided drug prevention programmes to just a few thousand students, LEAP has expanded its reach and become an important and respected part of the education system in Hong Kong. In the 2017/18 academic year, LEAP was proud to deliver its programmes to more than 110,000 young people all over the territory.

LEAP's first mobile classroom came into operation in 1994. Today the fleet has grown to nine classrooms, all equipped with the latest Augmented Reality (AR) and Kinect technologies. In 1995, LEAP took a major step forward by expanding its programmes to local schools. This was followed by the launch of its Secondary and Special Needs Programmes in 1999. In response to evolving social needs and to complement its student programmes, in 2006 LEAP launched its Parent Programme which has become an integral and valued part of our service.

LEAP's effort to become involved in the community was boosted by Andy Lau becoming our Health Ambassador in 1996 and Vivienne Tam our Life Buddy in 2011. LEAP would not have come this far without the support of schools and the community. 2019 will therefore be an important milestone showing above all how LEAP works with the Hong Kong community to solve its problems.



A series of special activities are planned to celebrate this special anniversary with our friends and supporters and get the community involved. Apart from new educational initiatives, plans are under way for a major event highlighting the importance of life skills education to help children develop a healthy, positive lifestyle. Please stay tuned for further announcements.

流動課室重新粉飾 Facelift for Mobile Classroom

一直以來，LEAP 流動課室不斷穿梭全港各區，為小學生提供預防藥物濫用信息，使課程別樹一幟。

LEAP 九所流動課室內均配置嶄新的設備，包括先進影音器材、會發亮的人體模型和會說話的腦袋，自二零一六年起更全線配備擴增實境 (AR) 和體感 (Kinect) 教學科技系統，令參與 LEAP 課程的學生享有生動及雙向互動的獨特學習體驗，加上人氣吉祥物「長頸鹿哈樂」及「小馬凱莉」，會在課程期間跟學生說笑和唱歌，從而進一步鞏固健康訊息。

為應付繁重的工作量，流動課室須作定時檢查和維修，以保持最佳狀態；其中一所服役八年的流動課室，已於二零一八年八月作外貌粉飾，加入太空的設計元素，而芝達亦會與哈樂及凱莉一起亮相。

換上新裝後，此流動課室已火速重投服務，首站到訪慈幼葉漢小學。更多粉飾工作即將進行，為參加課程的學生提供新鮮的學習體驗。

Throughout the years, LEAP's mobile classrooms, which are driven all over the territory to deliver our Primary Programme, have been the organisation's centre stage and make our programmes unique.

Each of LEAP's nine mobile classrooms is equipped with state-of-the-art technology including audiovisual aids, illuminated body system models of a human body and a 'talking brain'. In addition, since 2016 they all now boast the latest Augmented Reality (AR) and Kinect technologies which ensure a lively, interactive learning experience for children. Of course, our specially trained educators still make use of LEAP's well-loved mascots Harold the Giraffe and Holly the Horse who talk and sing with the children to reinforce our healthy living messages.



LEAP's signature mobile classrooms perform an invaluable service in our busy outreach schedule and require constant maintenance to ensure they remain in tiptop condition. In August 2018 one of our mobile classrooms enjoyed a facelift to its exterior after 8 years of operation. Celestial elements were included in the new design and Zelda can also be seen along with Harold and Holly.

Freshly decorated, the mobile classroom quickly resumed service, with Salesian Yip Hon Primary School as its first destination. LEAP will schedule further facelift work for LECs in future to ensure they remain bright, happy places for children to enjoy visiting as they receive our drug prevention programmes.



慈善盃足球賽 Charity Football Cup



The kick-off ceremony of the "Hong Kong District Charity Cup cum Greater Bay Area Five-a-side Youth Football Exchange Activity" was held on 9 June. LEAP was invited to the ceremony as one of the designated beneficiaries.

The Greater Bay Area initiative is a central government plan to integrate Hong Kong, Macau and nine cities in Guangdong Province into both a financial and cultural entity. A number of sports and cultural activities are being introduced to promote closer exchange and interaction between young people in the

粵港澳大灣區青年足球交流計劃及香港區慈善盃的啟動禮，於六月九日舉行，LEAP 承蒙香港活力都會協會邀請為受惠機構，並出席當天儀式。

大灣區發展計劃由中央政府拍板，旨在促進香港、澳門及廣東省九市在經濟和文化上的融合，推動區域經濟協同發展。當局最近籌辦了體育及文化活動，以推動灣區青少年的交流及互動，並鼓勵其貢獻所長，協助灣區發展。

大灣區青年足球交流計劃是當中的盛事。本港十八區代表隊經多輪淘汰賽後決出優勝隊伍，將在稍後與灣區代表隊爭雄。籌辦方為使賽事更具意義，把十八支港區代表隊各配對一家慈善團體捐出獎金，而善款總額由香港活力都會協會捐出。

啟動禮主禮嘉賓包括香港民政事務局局长劉江華先生、中國香港體育協會會長暨奧林匹克委員會會長霍震霆先生、粵港澳大灣區青少年足球交流活動發起人霍啟山先生等。在其後進行的五人足球賽，LEAP 獲配對捐款的深水埗區青年足球隊，過關斬將勇挫香港十八區其他代表隊，勝出是項賽事，為 LEAP 帶來港幣二萬五千元善款，幫助更多青少年建立正面、健康的生活模式，遠離毒品禍害。

Greater Bay Area, and encourage their contribution towards its development.

The Five-a-Side Youth Football Exchange Activity is a good example. Football teams from 18 districts in Hong Kong played in a tournament, with the most successful teams going on to compete against teams in the Greater Bay Area later in the year. The 18 teams were matched with 18 charities in Hong Kong, and all prizes in the kick-off event were donated by the Hong Kong Metropolitan Sports Events Association.

Officiating guests at the ceremony included Mr Lau Kong Wah, JP, Secretary for Home Affairs, Mr Timothy Fok, GBS, JP, President of the Federation & Olympic Committee of Hong Kong, China and Mr Eric Fok Kai Shan, Initiator of the Charity Cup.

In the tournament, the Sham Shui Po Team defeated all other teams to win the trophy. Very luckily, LEAP was matched as the beneficiary of the Sham Shui Po Team! We were therefore delighted to receive the highest donation of HK\$25,000 in support of our drug prevention education programmes.

請支持 LEAP 賣旗日 Support LEAP's Flag Day

請即支持 LEAP 於二零一八年十一月廿四日（星期六）在新界區舉行的賣旗日，讓我們能繼續實踐承諾，協助本地青少年建立健康、安全和積極的生活模式。

作為一間慈善機構，LEAP 一直致力協助更多青少年建立健康自信的生活，讓他們將來能成為具備自信及貢獻社會的成年人。多年來，賣旗日都是 LEAP 的主要籌款活動，我們極需你的參與。為了讓我們能繼續把健康訊息帶到不同的本地學校，並確保課程能緊貼社會及科技發展，我們希望能透過賣旗日籌募港幣八十萬元的善款。

我們急需大量義工協助賣旗工作，現誠邀您和您的親友一同加入義工隊伍，歡迎致電 2530 0018 查詢詳情。所有參加賣旗之義工均可獲頒印有生活教育活動計劃健康大使劉德華先生簽名的感謝狀以及由太古資源有限公司送出的紀念品一份。

LEAP 向所有支持者及其親友呼籲，誠邀大家在當日踴躍捐款支持，讓我們為孩子建立愉快、健康、無藥的生活模式。如果您希望在賣旗日前捐款，歡迎使用本頁右方的表格，或登入以下網址捐款：<http://www.leap.org.hk/donation>。多謝你的支持！

LEAP Life Education Activity Programme 生活教育活動計劃

Flag Day 賣旗日
2018.11.24
Saturday 星期六
New Territories 新界區

Volunteers needed 招募義工
Hotline 熱線
2530-0018

Sign up to support LEAP and help young people build a healthy lifestyle!
請支持生活教育活動計劃，協助青少年建立無藥的健康生活！

Donation 捐款戶口
Hang Seng Bank 恒生銀行: 289-160103-002

Andy Lau 劉德華
LEAP Health Ambassador
生活教育活動計劃健康大使

Harold the Giraffe
生活教育活動計劃
LEAP Health Ambassador

Please support LEAP's Flag Day on 24 November 2018 in the New Territories, and help us continue our vital work to empower young people to build a healthy, safe and positive life.

As a charity, LEAP strives to help young people establish a healthy lifestyle and become fulfilled and contributing adults. Over the years, our Flag Day has become a major fundraising event in which we count on your participation. This year we hope to raise HK\$800,000 to help us continue to bring our health messages to students around Hong Kong and to ensure our programmes stay abreast of social and technical developments.

We need as many volunteers as possible to help us sell flags - all are welcome! Please call us on 2530 0018 to offer your help. All volunteers will receive a thank you certificate bearing the signature of our Health Ambassador, Mr Andy Lau Tak Wah.

We also appeal to all friends of LEAP, their families and friends, to support us on the day and to give generously to help our children stay happy, healthy and drug-free. You can also make a donation to our Flag Day using the donation form on this page or donate online at <http://www.leap.org.hk/donation>. Thank you!

捐款 Donations

☐ 我願意捐款支持生活教育活動計劃
Yes. I would like to support Life Education Activity Programme

捐款方法 Payment by:

☐ 劃線支票 Crossed Cheque:

支票號碼 Cheque no. _____ 元
港幣 Amount HK\$ _____

抬頭請註明『生活教育活動計劃』
(請連同此表格寄回『新界葵涌麗瑤邨樂瑤樓地下107-113室』)

Please make cheque payable to "Life Education Activity Programme" and send it to "Units 107-113, G/F, Lok Yiu House, Lai Yiu Estate, Kwai Chung, N.T." with this form.

☐ 直接存款 Direct Transfer:

恒生銀行戶口
Hang Seng Bank Account no.
289-160103-002

匯豐銀行戶口
Hong Kong and Shanghai Bank Account no.
582-240628-001

請將存款單連同此表格寄回及於背頁寫上姓名、聯絡電話及地址。

Please send your deposit slip together with this form to us and write the donor's name and contact no. on the back.

☐ 網上捐款 Online Donation:

請登入 Please visit www.leap.org.hk

凡捐款HK\$100或以上，憑收據可申請扣減稅款。

Donations of HK\$100 or above are tax deductible with an official receipt.

☐ 我有興趣進一步認識生活教育活動計劃
I would like to know more about LEAP

捐款人資料 Donor's information

姓名 Name: _____

地址 Address: _____

電話 Tel: _____

電郵 Email: _____

你的個人資料只限於寄發捐款收據、籌募經費及傳遞本機構資訊之用。

如不擬收取生活教育活動計劃的資訊，請通知我們。

Your personal data will only be used for issuing official receipts, raising funds, and communicating with you. If you prefer not to receive any further information from LEAP, please inform us.

鳴謝

A BIG thank you to all
our sponsors and supporters



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我們非常感謝以下各支持者 Thanks to the following supporters

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