

## 常見問題

### 1. 甚麼年紀適合參加此活動？

任何年齡人士都適合參加此活動。請各參加者因應自己身體情況，挑選合適的路線。18 歲以下參加者應事先獲得家長同意。

### 2. 怎樣才算完成報名程序？

填寫並提交線上/線下報名表格，收到主辦機構的電郵確認通知後，便算完成報名程序。

### 3. 應該如何記錄步行成績？

參加者可以使用任何可量度健行步數的裝置，如：運動手錶或手機應用程式 APP。主辦機構會接受市面任何計步裝置，提交步行記錄時記錄能清楚顯示步行日期及步數即可。

### 4. 如果未能上傳步行紀錄，可以怎樣做？

上傳記錄時如有問題或困難，可通過電郵 [wlw2022@amityfoundation.org](mailto:wlw2022@amityfoundation.org) / 致電 2723-8011/ Whatsapp 5448-4557 與主辦單位聯絡。

### 5. 如何獲得參加證書？

所有步行參加者將會獲發參加證書，為響應環保，證書將在 2022 年 9 月 23 日後以電子版發送至參加者登記的電郵地址，可自行列印。

達到以下步數的參加者將會獲得特別獎狀：

10,000 – 14,999 步	健步達人 – 初級
15,000 – 19,999 步	健步達人 – 中級
20,000 步或以上	健步達人 – 高級

### 6. 如何參與比賽，贏取獎項？

凡參與「活水·行 2022」的參加者均有機會贏取獎項。所有比賽將於 8 月 31 日截止計算，並於 9 月 23 日於愛德基金會網站公佈。

## FAQs

### 1. Is there an age limit for joining Walk for Living Water 2022?

There is no age limit for joining Walk 2022. However, participants should choose a suitable route according your physical condition. Participants under 18 should have notified and obtained guardian consent.

### 2. How do I complete the registration process?

Fill in and submit the online/offline registration form, and the registration process will be completed after receiving the confirmation email from the Organizer.

### 3. How to record my result?

Participants can use any device that can measure the number of steps, such as a sports watch or a mobile app. The organizer will accept any pedometer device, as long as the record can clearly display the walking date and number of steps when submitting the record.

### 4. What can I do if my record cannot be uploaded?

If you have any questions or difficulties uploading your records, you can contact the organizer by email [wlw2022@amityfoundation.org](mailto:wlw2022@amityfoundation.org) / tel 2723-8011/ whatsapp 5448-4557.

### 5. How do I get a participant certificate?

All walkers shall receive a Participation Certificate. The Certificates will be e-mailed to registered e-mail addresses of the eligible participants in after 23 September 2022.

Participants who achieve the following steps will receive a special certificate:

10,000 – 14,999 steps	Best Walker – Level 1
15,000 – 19,999 steps	Best Walker – Level 2
More than 20,000 steps	Best Walker – Level 3

### 6. How to participate in the competition and win prizes?

All participants will have a chance to win the prize. All competitions will be counted until 31<sup>st</sup> August and will be announced on the Amity website on 23<sup>rd</sup> September.