

# MAGAZINE

41st Issue

August 2026



香港傷健策騎協會  
RIDING FOR THE DISABLED ASSOCIATION

# STRUCTURE OF RDA

## General Committee



The Hon Martin Liao,  
GBM, GBS, JP  
President



Mr. Thomas Yeung  
Chairman



Mr. Benson Wong  
Treasurer



Ms. Ann Kwok  
Secretary and Coordinator



Mr. John Ridley  
Elected GC Member



Mr. Justin Kwok  
Elected GC Member



Mr. Kenny Chow  
Elected GC Member



Mr. Tommy Ching  
Elected GC Member



Dr. Wilson Li  
Co-opted GC member



Dr. Allen Shi  
Co-opted GC member



Ms. Amanda Bond  
Co-opted GC member



Ms. Patricia Yeung  
Co-opted GC member

## Rehab Subcommittee



**Mr. John Ridley**  
Chairman



**Dr. Wilson Li**  
Vice-Chairman



**Mr. Justin Kwok**  
Vice-Chairman



**Mr. Thomas Yeung**  
Ex-officio Member



**Ms. Ann Kwok**  
Ex-officio Member



**Mr. Benson Wong**  
Ex-officio Member



**Ms. Ophelia Chan**  
Member



**Mr. Timothy Wong**  
Member



**Dr. Kelvin Cheung**  
Member



**Dr. Billy So**  
Member

## PR & Fundraising Subcommittee



**Mr. Tommy Ching**  
Chairman



**Dr. Allen Shi**  
Vice-Chairman



**Mr. Kenny Chow**  
Vice-Chairman



**Mr. Thomas Yeung**  
Ex-officio Member



**Ms. Ann Kwok**  
Ex-officio Member



**Mr. Benson Wong**  
Ex-officio Member



**Ms. Patricia Yeung**  
Member



**Ms. Jessica Ng**  
Member



**Mr. Elton Chan**  
Member

## Staff



**Ms. Apple Wong**  
Administration & Projects Manager  
(Appointed Office-in-Charge)



**Ms. Sarah Sing**  
Head Instructor



**Mr. David Leung**  
Instructor



**Ms. JoElle Scott**  
Instructor



**Miss Jane Hui**  
Operations Officer



**Mr. Jacky Chau**  
PR & Fundraising  
Officer



**Miss Polly Wong**  
Office Administrator



**Miss Echo Ng**  
Office Administrator



**Ms. Shirley Ng**  
Office Administrator  
(Part time)



**Ms. Emily Lee**  
Accounting Administrator  
(Part time)

# CONTENTS

---

## Events 活動

|                                                                                   |       |
|-----------------------------------------------------------------------------------|-------|
| 4th PHABestival<br>第四屆共融節                                                         | 2-3   |
| Helpers Dinner 2026<br>義工晚宴 2026                                                  | 4-6   |
| RDA Cup Luncheon 2026<br>香港傷健策騎協會盃午宴                                              | 7-10  |
| The Hong Kong Jockey Club Conference on Horse for Therapy 2026<br>香港賽馬會馬術復康論壇2026 | 11-12 |
| Summer Training Camp<br>暑期訓練營                                                     | 13-15 |

---

## Special Sharing 專題分享

|                                                         |       |
|---------------------------------------------------------|-------|
| Farewell Pony<br>歡送小馬 - Rosie                           | 16-18 |
| Welcome New Colleague - Mr. Jacky Chau<br>歡迎新同事 - 周卓胤先生 | 19    |

---

## Upcoming Events 活動預告

---

## Acknowledgments 鳴謝

|                                                                                                                                                     |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| The Hong Kong Jockey Club Charities Trust<br>Baker Tilly Hong Kong<br>The Hong Kong Racehorse Owners Association Charitable Foundation<br>TMF Group | 21-22 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------|

---

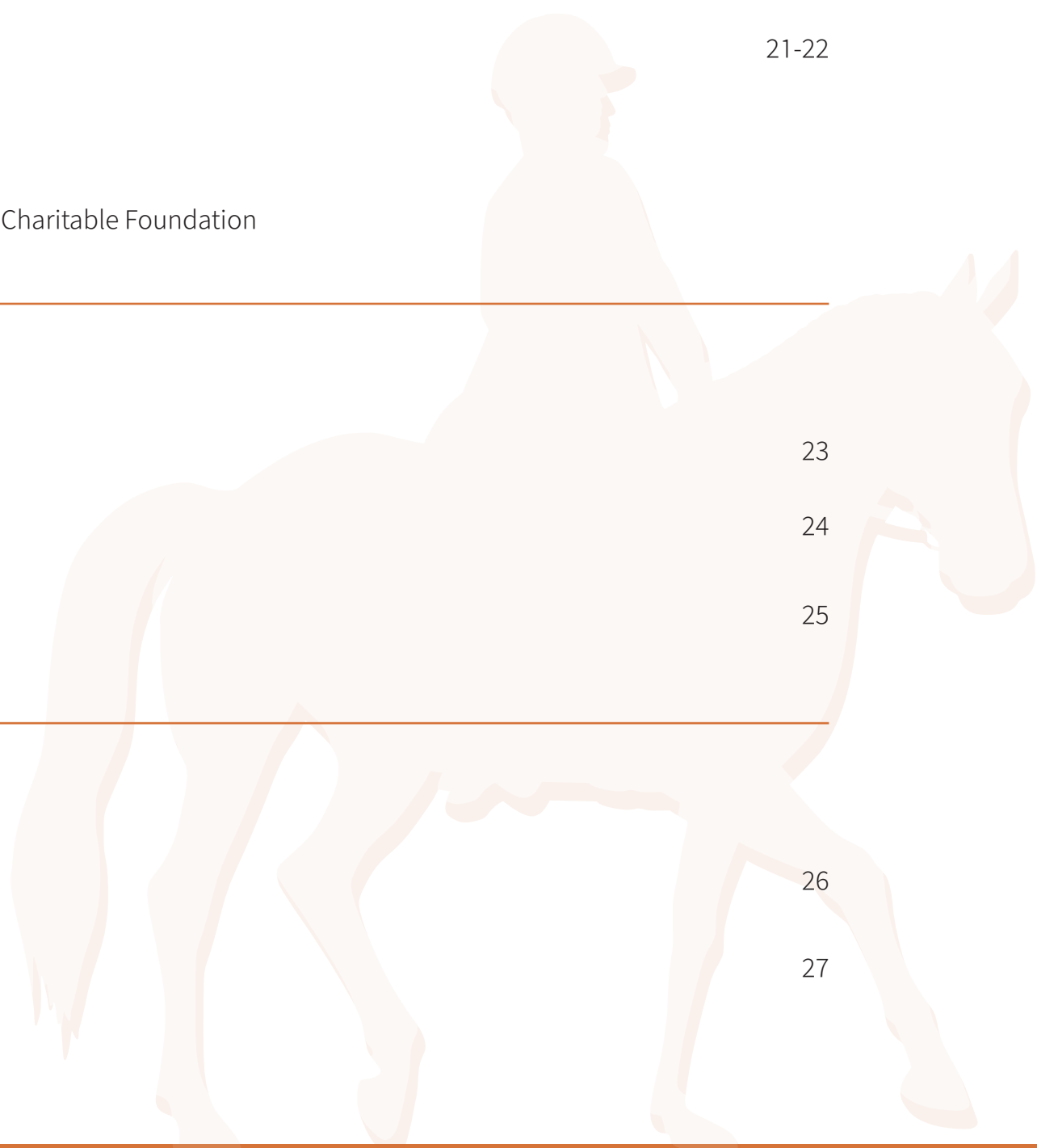
## Timetables 時間表

|                                                           |    |
|-----------------------------------------------------------|----|
| Timetable - Tuen Mun Autumn Term 2026<br>二零二六年屯門秋季時間表     | 23 |
| Timetable - Pokfulam Autumn Term 2026<br>二零二六年薄扶林秋季課堂時間表  | 24 |
| Timetable - Lei Yue Mun Autumn Term 2026<br>二零二六年鯉魚門秋季時間表 | 25 |

---

## Forms 表格

|                                      |    |
|--------------------------------------|----|
| Volunteer Application Form<br>義工報名表格 | 26 |
| Donation Form<br>捐款表格                | 27 |





## The 4th PHABestival

RDA was cordially invited by the Hong Kong PHAB Association ('the Organizer') to participate in the 4th PHABestival, held on March 1, 2026, at the Kwun Tong Town Centre Free Space. Although the event faced unstable weather and was temporarily delayed due to rain, the Organizer demonstrated exceptional adaptability and coordination. Coupled with the undamped enthusiasm of the public, the festival ultimately drew nearly 1,000 citizens, creating a bustling atmosphere.

This meaningful event allowed the public to experience firsthand the importance of bodily respect, understanding, and acceptance through engaging booth activities, working together to break down social barriers.

RDA took on the exciting challenge of moving the riding simulator outdoors for the first time, making it a major highlight of the day. Many attendees, including individuals with disabilities and children, experienced outdoor simulated riding for the very first time. Seeing the participants transform from initial nervousness to wearing confident smiles on the riding simulator filled the venue with profound warmth and inspiration.

The success of the event was made possible by the selfless dedication of our volunteers and the HKJC coach. RDA once again extends its utmost gratitude to the Organizer and all supporters. We look forward to collaborating with the Hong Kong PHAB Association again in the future to organize more diverse inclusive activities, continuously bringing positive energy to the community.

Jane

The 4th PHABestival



# 第四屆共融節

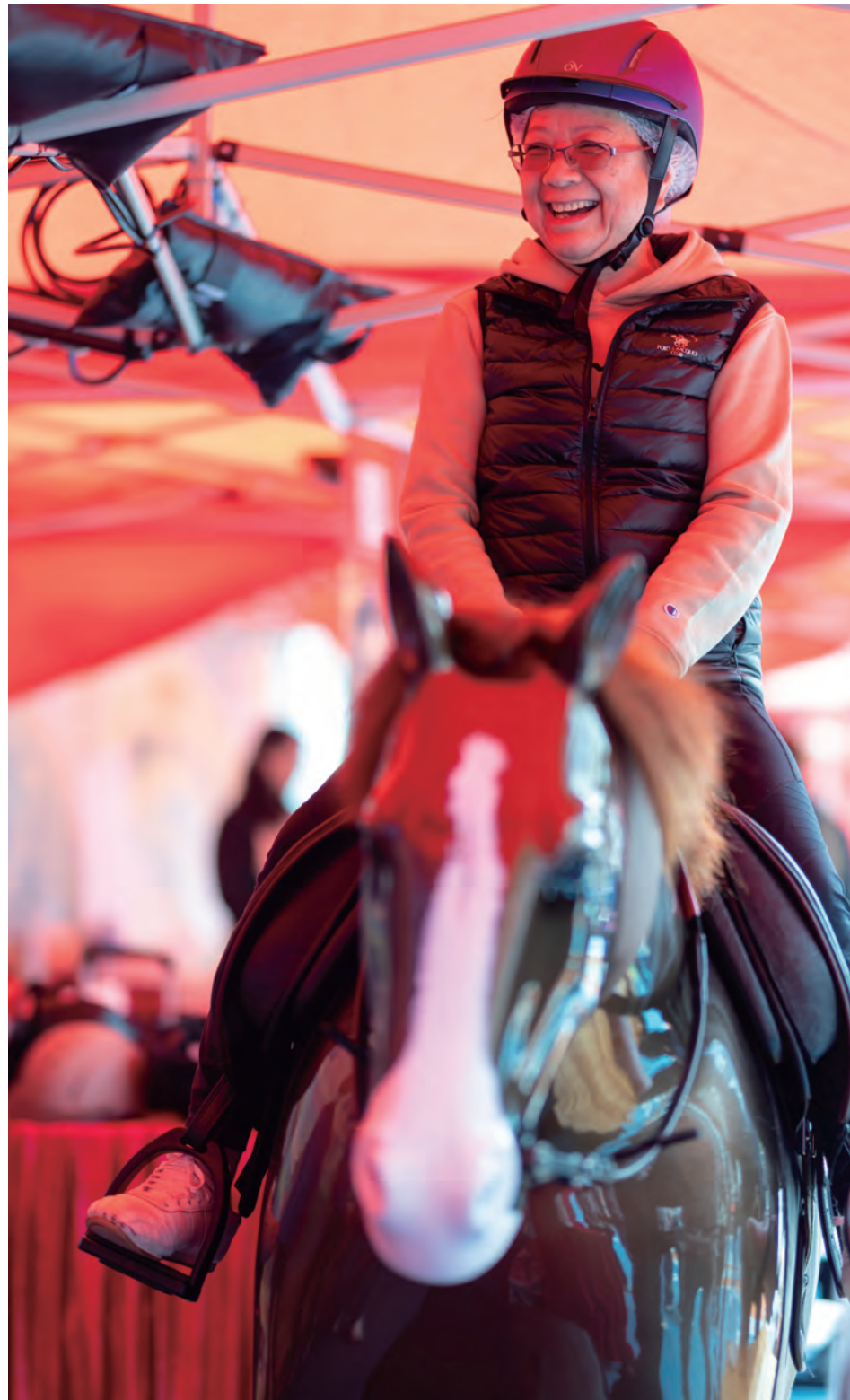
本會獲香港傷健協會邀請，首次參加於2026年3月1日在觀塘市中心自由空間舉行的「第四屆共融節」。活動當日雖然天氣不穩，現場一度因天雨關係而需要延後調整，但大會應變迅速、安排妥善，以及大眾踴躍支持，仍吸引了近千名市民踴躍參與，場面熱鬧。

是次活動別具意義，透過豐富的互動攤位，讓大眾在輕鬆的氛圍中，親身體會身體被尊重、被理解與被接納的重要性，攜手打破社會隔閡。

更值得一提的是，本會此次首度將模擬馬匹移師至室外，成為當日焦點。不少市民皆是首次近距離接觸並體驗室外策騎，參加者從一開始的緊張，到後來在模擬馬匹上展現出開心笑容，實在是本會推動傷健策騎的動力。

活動得以順利完成，全賴義工和馬會教練的無私奉獻。本會再次向主辦方及各方支持者致以萬分謝意，並期待未來能與香港傷健協會再度攜手，舉辦更多元化的共融活動，持續為社區注入正能量。

Jane



# RDA Annual Helpers Gatherings 2026

RDA recently held its Annual Helper Gatherings to express heartfelt appreciation for the invaluable contributions of our volunteers over the past year. Recognizing the large number of volunteers residing in different districts, RDA held two separate gatherings on 2 March 2026 and 15 May 2026 in Central and Tuen Mun, respectively, for the convenience of the volunteers. The gatherings invited over 100 guests, including committee members, dedicated volunteers, and staff from the Hong Kong Jockey Club (HKJC) Tuen Mun, Lei Yue Mun, and Pok Fu Lam Public Riding Schools to share a warm and memorable evening.

During the gatherings, RDA presented long-service certificates and gifts to honor the dedication of our long-standing volunteers. This gesture aimed to deepen their sense of pride and belonging, while inspiring a continued passion for voluntary service. The atmosphere was further elevated by a lively lucky draw segment, where everyone walked away with a tailored gift or prize, filling the room with laughter and joy.

As the evenings drew to a heartwarming close amidst cheerful smiles, RDA extends its sincere thanks to every volunteer and HKJC staff member who attended. It is solely through the unwavering commitment of our volunteers and the steadfast support of the HKJC that our lessons and activities can run so smoothly.

Looking ahead, we look forward to welcoming more new faces to our growing volunteer team, working hand in hand to serve more people in need.

Jane



# 香港傷健策騎協會義工週年聚餐2026



為衷心感謝義工過去一年的寶貴貢獻，本會早前特別舉辦週年義工聚餐。考慮到義工人數眾多且居住地區不同，本會貼心地於2026年3月2日及5月15日，分別在中環及屯門舉行聚餐。兩場聚餐共邀請了逾100名本會委員、義工，以及來自香港賽馬會屯門、鯉魚門及薄扶林公眾騎術學校的職員（下稱「馬會職員」）齊聚一堂，共度溫馨時光。

聚餐當晚，本會特別頒發長期服務獎狀與禮物，以表彰義工們的無私奉獻，並期盼藉此深化其榮譽感與凝聚力，激勵大家持續投入義務工作。隨後的抽獎環節更將現場氣氛推向高潮，人人皆獲贈精美禮品或獎品，現場氣氛歡樂和諧。

隨著週年聚餐在溫馨與歡笑聲中圓滿落幕，本會由衷感謝每一位到場支持的義工與馬會職員。正因有義工們的默默堅持及香港賽馬會的鼎



力支持，本會的課堂及活動方能順利進行。展望未來，我們期待能凝聚更多新血加入，壯大義工團隊，攜手為更多有需要的人群服務。

Jane



Small acts, big impact. Thank you for everything!

# RDA Cup Luncheon 2026

Sha Tin Racecourse was filled with smiles on Saturday, 9 May 2026, as over 240 friends, partners, and supporters gathered for the annual RDA Cup Luncheon to support therapeutic riding in Hong Kong.

The afternoon began with an inspiring welcome from Mr Martin Liao, GBM, GBS, JP, President of RDA and Chairman of the HKJC, who thanked everyone for helping RDA grow. Mr Thomas Yeung, Chairman of RDA also expressed heartfelt gratitude to the sponsors, donors, staff, and volunteers who make RDA's daily sessions possible.

Excitement peaked during Race 5, the highly anticipated RDA Cup. The thrilling 1,200-metre turf sprint kept everyone on the edge of their seats before the winning horse Real Gentleman charged ahead for a spectacular victory.

The celebration continued with the trophy presentations:

- Mr Thomas Yeung, Chairman of RDA presented the main RDA Cup to the winning owner.
- Mr Elton Chan, Director of Jardine Matheson and Silver Table Sponsor, handed a miniature trophy to the winning owner.
- Ms Anna Thompson, Director of People at Swire Pacific Ltd. and Silver Table Sponsor, presented a miniature trophy to the winning trainer.
- Ms Carole Elisabeth Vischer, Silver Table Sponsor, presented a miniature trophy to the winning jockey.

To wrap up the day, guests gathered in the Jockey Club box for a celebratory toast to the race winners and another successful year of transforming lives through riding.

Apple





## 2026香港傷健策騎協會盃午宴

2026年5月9日(星期六)，沙田馬場洋溢著一片歡欣與喜悅。逾240位善長、合作夥伴及摯友歡聚一堂，出席一年一度的「香港傷健策騎協會盃午宴」，共同支持本港復康馬術治療服務。

午宴由本會會長及香港賽馬會主席廖長江先生GBM, GBS, JP的致辭揭開序幕，他由衷感謝各界一直以來的支持，讓本會不斷成長。隨後，本會主席楊存洲先生亦向所有贊助商、捐款者、員工及義工致以深切謝意，感謝他們多年來的無私奉獻。

當日的重頭戲落在第5場賽事，萬眾矚目的「香港傷健策騎協會盃」。這場激烈的1,200米草地短途賽扣人心弦，最終由馬匹君子在關鍵時刻奮力衝刺，勇奪殊榮，將現場氣氛推至高峰。

頒獎儀式隨即展開：

- 香港傷健策騎協會主席楊存洲先生頒發香港傷健策騎協會盃予勝出馬主。
- 活動銀贊助怡和集團董事陳豪賢先生頒發紀念盃予勝出馬主。
- 活動銀贊助香港太古集團有限公司人事董事唐安娜女士頒發紀念盃予勝出練馬師。
- 活動銀贊助 Carole Elisabeth Vischer 女士頒發紀念盃予勝出騎師。

為這個美好的日子畫上完美句號，眾人齊集馬會廂房舉杯祝賀，既為勝出馬匹團隊喝采，也為本會過去一年的成果共同慶祝。

Apple



## EVENT SPOTLIGHT





# The Hong Kong Jockey Club Conference on Horse for Therapy 2026

Following the success of last year's event, the HKJC Conference on Horses for Therapy returned to Beijing from 12-13 May 2026. Representing RDA Hong Kong this year were Ms. Ann Kwok, Honorary Secretary & Coordinator; Ms. Apple Wong, Administration & Projects Manager; and Ms. Sarah Sing, Head Coach.

As a leading voice in therapeutic riding within Asia, RDA was once again invited to share its extensive insights and experience on this regional platform. The first day of the conference featured inspiring presentations from a lineup of global speakers, with Apple and Sarah representing RDA Hong Kong as key speakers during the panel discussions, showcasing RDA's expertise in the field.

The second day concluded with an enriching, hands-on workshop at the HOPE Therapeutic Riding Center, focusing on best practices and practical techniques for therapeutic lessons. Overall, the two-day event was a highly rewarding experience that not only provided valuable global insights but also reinforced RDA's dedication to advancing equine-facilitated therapy alongside our long-term partner, The Hong Kong Jockey Club.

Apple

# 香港賽馬會馬術康復論壇2026

延續去年的成功經驗，香港賽馬會馬術康復論壇2026於2026年5月12至13日再度於北京舉行。今年，RDA由榮譽秘書及營運協調總幹事郭藹欣女士、行政及項目經理王碧涓女士及總教練Sarah Sing女士代表出席。

作為亞洲地區復康策騎領域的領導機構，RDA再次受邀在此分享本會的寶貴經驗。論壇首日匯聚了多位國際講者帶來精彩演說，並由王碧涓女士及Sarah Sing女士代表擔任專題小組討論之講者，全面展現了本會在該領域的專業實力。

翌日，活動於北京H.O.P.E.馬術康復中心進行的工作坊中圓滿結束，內容聚焦於馬術治療課程的最佳實踐與技巧。總括而言，為期兩天的論壇成果豐碩，不僅讓我們開拓了國際視野，亦進一步深化了本會與長期合作夥伴香港賽馬會的緊密關係，共同推動馬匹輔助治療的專業發展。

Apple



# Summer Training Camp

This past July, three of our riders, Dorothy, Darren, and Hoi Lam, went to the UK for an exciting two-week training camp at Wellington Riding School.

From day one, the camp was all about building confidence, helping the riders become more independent, and improving their riding skills in a fun, supportive environment.



## Building skills- Day by Day

Over the two weeks, each rider took part in structured daily sessions to work on their riding basics. They focused on:

- Mounting and dismounting practice: developing balance and control.
- Riding technique: working on their position in the saddle and how to communicate clearly with the horse.
- Confidence-building: fun exercises to encourage riders to try new things and push themselves.
- Progress checks: regular reviews so riders could see how much they were improving each day.

Whether they were learning a brand-new movement or just riding with more control and calm, they made great progress every single day.

## Learning beyond the saddle

The camp wasn't just about riding; it was also about learning how to care for the horses. Our riders spent plenty of time in the stables practicing daily horse care, including:

- Grooming and tack fitting
- Boots, bandages and rugs
- Safe handling and respectful communication
- Teamwork and patience as part of the camp schedule

These hands-on experiences helped our riders grow off the horse too, building their confidence, sense of responsibility, and ability to adapt to a new environment.

# Summer Training Camp



Wellington Riding provided a very calm and encouraging environment. This made it easy for our riders to focus on their goals, celebrate small wins, and build a real bond of trust with their horses.

Most importantly, the camp gave our riders something truly valuable: time, attention, and practice, the three things that make the biggest difference when learning new skills.

## Looking ahead

We are incredibly proud of Dorothy, Darren, and Hoi Lam for all their hard work and enthusiasm.

Big improvements like this take consistency, effort, and great support from our coaches, stable staff, and everyone who made this camp possible. We can't wait to see them bring these new skills back to their regular training!

Sarah



# 暑期訓練營



在剛過去的七月，我們的三位騎生心延、卓彥和愷琳遠赴英國，在威靈頓騎術學校展開了為期兩周、充滿樂趣的訓練營。從第一天開始，訓練營就致力在輕鬆且充滿支持的氛圍中，幫助騎生們建立自信、培養獨立性，並提升他們的騎術技巧。

## 按部就班，每天進步一點點

在這兩周裡，每位騎生每天都參與了系統化的訓練，專注鍛煉以下策騎基本功：

- 上下馬練習：鍛煉身體的平衡力與控制力。
- 策騎技巧：調整馬鞍上的姿勢，學習如何與馬匹進行清晰的溝通。
- 建立自信：透過有趣的練習，鼓勵騎生嘗試新事物、挑戰自我。
- 進度評估：定期回顧表現，讓騎生們見證自己每天的進步。

無論是學習全新的動作，還是練習更沉穩、或對策騎的控制技巧，他們每天都有顯著的進步。

## 馬鞍之外的學習：

訓練營不僅限於馬背上的練習，學習如何照顧馬匹也是重要的一環。騎生們在馬房裡花了不少時間，親身體驗和實踐日常的馬匹護理，包括：

- 刷馬與配戴馬具：學習如何刷馬以及正確為馬匹穿戴馬鞍和馬勒。
- 馬匹裝備：認識防護馬靴、綁帶與馬毯的使用。
- 安全牽馬：練習如何安全地帶領馬匹並與牠們互動。
- 團隊合作與耐心：在緊湊的營期日程中，學習與他人合作與保持耐心。

這些親自動手的體驗，讓騎生們在馬鞍之外也獲得了成長，不僅增強了自信心和責任感，也提升了適應新環境的能力。

## 學習與成長的關鍵

威靈頓騎術學校提供了非常寧靜且備受鼓勵的環境，讓騎生們能夠專注於自己的目標，為每一個小進步喝彩，並與馬匹建立起深厚的信任。

最重要的是，這次訓練營為騎生們提供了最珍貴的三樣東西：時間、專注與重覆練習。這正是學習新技能時，最能帶來改變的關鍵要素。

## 展望未來

我們為心延、卓彥和愷琳的努力與專注感到無比自豪。

每一次的顯著進步，都離不開持之以恆的練習、自身的付出，以及教練、馬房員工和所有幕後功臣的大力支持。我們非常期待看到他們將這些新學到的技巧，帶回日常的訓練中！

# FAVORITE HORSE



# Farewell Pony - Rosie



After many years of hard work, lots of smiles, and helping so many people, our loved pony Rosie has officially retired. Rosie had safely arrived in her forever field in England after a smooth travel journey. She has already arrived safely in the United Kingdom, where she is now enjoying her free time eating grass in big, green fields.

Rosie has been a valuable RDA pony for 15 years. She has helped hundreds of children develop confidence and strength while learning to ride. She was always gentle, kind and patient. She will be sorely missed by our team but we are all overjoyed to see her spend her later years in life retired in a field to graze in the sunshine.

Joelle





## 歡送小馬 - Rosie

經過多年來為無數人帶來笑容與幫助後，我們心愛的小馬Rosie已正式退休了。牠現在已經平安抵達英國，正在那裡享受自由自在的日子，在綠油油的大草地上悠閒地的生活。

在這 15 年來，Rosie 一直是本會非常珍貴的馬匹。牠幫助了數以百計的小朋友在學習騎馬的過程中建立自信與力量。牠總是溫柔而且充滿耐心地幫助小朋友。我們的團隊都會非常想念Rosie，但同時，看到牠能在陽光普照的草地上悠閒度過退休生活，我們都感到無比的欣慰與快樂。

Apple





## Welcome New Colleague – Mr. Jacky Chau

It is a great honor for me to join RDA in June 2026. This role represents a meaningful opportunity to dedicate my professional efforts to the cause of social inclusion.

Recognizing the core values and professional depth of RDA's therapeutic riding services, I am committed to learning with humility as I integrate into the team. I look forward to leveraging my past experience to support our collective mission and becoming a reliable and efficient partner to you all. I believe that through dedicated support and seamless collaboration, we can effectively advance our initiatives and contribute to building a more compassionate society.

I am truly excited to work alongside such a dedicated and professional team. I welcome your guidance and am fully committed to working hand-in-hand with you to create lasting value for the Association and promote social inclusion for all.

Jacky

## 歡迎新同事 – 周卓胤先生

我很榮幸能於 2026 年 6 月加入香港傷健策騎協會，這對我而言是投入社會共融事業的寶貴契機。

深知復康策騎服務的核心價值與專業深度，因此在未來的日子裡，我將抱持虛心學習的態度，迅速融入團隊的運作模式。我希望將過往累積的經驗，轉化為協助各位推展會務的實際助力，成為團隊中可靠且高效的夥伴。我深信透過細緻的支援與團隊間的默契配合，能讓每一項計劃順利推展，為建構更有溫度的社會貢獻綿薄之力。

能與各位專業且富有熱忱的夥伴共事，我感到十分期待。未來還請各位多多指教，我會全力以赴，與大家攜手為協會創造更多價值，共同為推動社會共融貢獻心力。

Jacky

# COMING EVENTS

## 活動預告

| Event<br>活動                                                               | Date<br>日期                                                                          | Location<br>地點                                                                     |
|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Group Ride<br>一日騎馬樂                                                       | 12 – 16 October 2026<br>2026年10月12至16日<br><br>9 – 13 November 2026<br>2026年11月9至13日 | Tuen Mun Public Riding School<br>屯門公眾騎術學校                                          |
| TMPRS Open Day<br>屯門公眾騎術學校開放日                                             | 15 November 2026<br>2026年11月15日                                                     | Tuen Mun Public Riding School<br>屯門公眾騎術學校                                          |
| Overseas Trainer Visit: Andrew<br>海外導師Andrew來港探訪                          | 16 - 20 November 2026<br>2026年11月16日至20日                                            | Tuen Mun, Pokfulam and<br>Lei Yue Mun Public Riding School<br>屯門、薄扶林及鯉魚門<br>公眾騎術學校 |
| Annual General Meeting<br>週年大會                                            | 23 November 2026<br>2026年11月23日                                                     | HKJC Happy Valley Clubhouse<br>香港賽馬會跑馬地會所                                          |
| Overseas Trainer Visit:<br>Priscilla and Amy<br>海外導師Priscilla及Amy<br>來港探訪 | 11 - 15 January 2027<br>2027年1月11至15日                                               | Tuen Mun, Pokfulam and<br>Lei Yue Mun Public Riding School<br>屯門、薄扶林及鯉魚門<br>公眾騎術學校 |
| RDA Annual Charity Ball<br>香港傷健策騎協會慈善餐舞會                                  | 22 January 2027<br>2027年1月22日                                                       | Grand Hyatt Hong Kong<br>香港君悅酒店                                                    |

# ACKNOWLEDGMENTS



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club  
Charities Trust



# ACKNOWLEDGMENTS



**BAKER TILLY**  
HONG KONG | 天職香港



香港馬主協會慈善基金  
The Hong Kong Racehorse Owners Association  
Charitable Foundation

**TMF**  
GROUP

Autumn 2026 Calendar (TM) 二零二六年秋季時間表 (屯門)

| Month                                                        | Wk   | Su | Mo | Tu | We | Th | Fr | Sa | Remarks   |                                                                                              |
|--------------------------------------------------------------|------|----|----|----|----|----|----|----|-----------|----------------------------------------------------------------------------------------------|
| 月份                                                           | 週    | 日  | 一  | 二  | 三  | 四  | 五  | 六  |           |                                                                                              |
| 9月<br>Sep                                                    |      |    |    | 1  | 2  | 3  | 4  | 5  |           |                                                                                              |
|                                                              |      | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 14-19/9   | 模擬馬課堂及評估 Riding Simulator Lessons and Assessment                                             |
|                                                              | 1st  | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 21-26/9   | 恆常策騎課堂開課 Regular Term Riding Start                                                           |
|                                                              | 2nd  | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 25/9      | 中秋節只有上午課堂，沒有下午獨立騎生課<br>Mid-Autumn Festival · AM Lesson as usual · NO Independent Ride lesson |
|                                                              | 3st  | 27 | 28 | 29 | 30 |    |    |    | 26/9      | 中秋節翌日 Day After Mid-Autumn Festival                                                          |
| 10月<br>Oct                                                   |      |    |    |    |    | 1  | 2  | 3  | 1/10      | 國慶日 National Day                                                                             |
|                                                              | 4th  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |           |                                                                                              |
|                                                              |      | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 12-16/10  | 一日騎馬樂 One Day Group Ride<br>(獨立騎生課如常 Independent Ride as usual)                              |
|                                                              | 5th  | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 19/10     | 重陽節翌日 The day following Chung Yeung Festival                                                 |
|                                                              | 6th  | 25 | 26 | 27 | 28 | 29 | 30 | 31 |           |                                                                                              |
| 11月<br>Nov                                                   |      | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 2-7/11    | 季度假期 Term Break                                                                              |
|                                                              |      | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 9-13/10   | 一日騎馬樂 One Day Group Ride<br>(獨立騎生課如常 Independent Ride as usual)                              |
|                                                              | 7th  | 15 | 16 | 17 | 18 | 19 | 20 | 21 |           |                                                                                              |
|                                                              | 8th  | 22 | 23 | 24 | 25 | 26 | 27 | 28 |           |                                                                                              |
|                                                              | 9th  | 29 | 30 |    |    |    |    |    |           |                                                                                              |
| 12月<br>Dec                                                   |      |    |    | 1  | 2  | 3  | 4  | 5  |           |                                                                                              |
|                                                              | 10th | 6  | 7  | 8  | 9  | 10 | 11 | 12 |           |                                                                                              |
|                                                              | 11th | 13 | 14 | 15 | 16 | 17 | 18 | 19 |           |                                                                                              |
|                                                              |      | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 21/12-3/1 | 聖誕節及聖誕節翌日 Christmas & Boxing Day                                                             |
|                                                              |      | 27 | 28 | 29 | 30 | 31 |    |    |           |                                                                                              |
| 2027<br>1月<br>Jan                                            |      |    |    |    |    |    | 1  | 2  |           |                                                                                              |
|                                                              | 12th | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 4-9/1     | 畢業禮 Graduation Ceremony                                                                      |
|                                                              | 13th | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 11-15/1   | 本季度課堂完結End of Term                                                                           |
|                                                              |      | 17 | 18 | 19 | 20 | 21 | 22 | 23 |           |                                                                                              |
|                                                              |      | 24 | 25 | 26 | 27 | 28 | 29 | 30 |           |                                                                                              |
|                                                              |      | 31 |    |    |    |    |    |    |           |                                                                                              |
| 2027年春季課程於 2月開始 Autumn Term 2027 will start in February 2027 |      |    |    |    |    |    |    |    |           |                                                                                              |

Notes:

- 1)

All RDA riding lessons will be cancelled when: 當天文台發出以下警告，所有傷健策騎課堂將會自動取消:

- Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；

- Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。

- Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor.

雷暴警告及/或黃色暴雨警告信號生效時: 由教練決定。

2)

We cannot guarantee that replacement session will be provided. 我們不能保證會提供補課。

Riding for the Disabled Association Ltd 香港傷健策騎協會有限公司  
Autumn 2026 Calendar (PFL) 二零二六年秋季時間表 (薄扶林)

| Month                                                       | Wk   | Su | Mo | Tu | We | Th | Fr | Sa | Remarks  |                                                                                              |
|-------------------------------------------------------------|------|----|----|----|----|----|----|----|----------|----------------------------------------------------------------------------------------------|
| 月份                                                          | 週    | 日  | 一  | 二  | 三  | 四  | 五  | 六  |          |                                                                                              |
| 9月<br>Sep                                                   |      |    |    | 1  | 2  | 3  | 4  | 5  |          |                                                                                              |
|                                                             | 1st  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 7-12/9   | 模擬馬課堂及評估 Riding Simulator Lessons and Assessment                                             |
|                                                             | 2nd  | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 14-19/9  | 恆常策騎課堂開課 Regular Term Riding Start                                                           |
|                                                             | 3rd  | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 25/9     | 中秋節只有上午課堂，沒有下午獨立騎生課<br>Mid-Autumn Festival , AM Lesson as usual , NO Independent Ride lesson |
|                                                             | 4th  | 27 | 28 | 29 | 30 |    |    |    | 26/9     | 中秋節翌日 Day After Mid-Autumn Festival                                                          |
| 10月<br>Oct                                                  |      |    |    |    |    | 1  | 2  | 3  | 1/10     | 國慶日 National Day                                                                             |
|                                                             | 5th  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |          |                                                                                              |
|                                                             | 6th  | 11 | 12 | 13 | 14 | 15 | 16 | 17 |          |                                                                                              |
|                                                             |      | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 19/10    | 重陽節翌日 The day following Chung Yeung Festival                                                 |
|                                                             | 7th  | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 19-26/10 | 季度假期 Term Break                                                                              |
| 11月<br>Nov                                                  | 8th  | 1  | 2  | 3  | 4  | 5  | 6  | 7  |          |                                                                                              |
|                                                             | 9th  | 8  | 9  | 10 | 11 | 12 | 13 | 14 |          |                                                                                              |
|                                                             | 10th | 15 | 16 | 17 | 18 | 19 | 20 | 21 |          |                                                                                              |
|                                                             | 11th | 22 | 23 | 24 | 25 | 26 | 27 | 28 |          |                                                                                              |
|                                                             |      | 29 | 30 |    |    |    |    |    |          |                                                                                              |
| 12月<br>Dec                                                  | 12th |    |    | 1  | 2  | 3  | 4  | 5  | 1-5/12   | 畢業禮 Graduation Ceremony                                                                      |
|                                                             | 13th | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 8-12/12  | 本季度課堂完結End of Term                                                                           |
|                                                             |      | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 14-31/12 | 聖誕節及聖誕節翌日 Christmas & Boxing Day                                                             |
|                                                             |      | 20 | 21 | 22 | 23 | 24 | 25 | 26 |          |                                                                                              |
|                                                             |      | 27 | 28 | 29 | 30 | 31 |    |    |          |                                                                                              |
| 2027年春季課程於 1月開始 Spring Term 2027 will start in January 2027 |      |    |    |    |    |    |    |    |          |                                                                                              |

Notes:

- 1) All RDA riding lessons will be cancelled when: 當天文台發出以下警告，所有傷健策騎課堂將會自動取消:
- Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；
  - Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。
  - Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor.  
雷暴警告及/或黃色暴雨警告信號生效時: 由教練決定。
- 2) We cannot guarantee that replacement session will be provided. 我們不能保證會提供補課。

Autumn 2026 Calendar (LYM) 二零二六年秋季時間表 (鯉魚門)

| Month                                                       | Wk   | Su | Mo | Tu | We | Th | Fr | Sa | Remarks  |                                                  |
|-------------------------------------------------------------|------|----|----|----|----|----|----|----|----------|--------------------------------------------------|
| 月份                                                          | 週    | 日  | 一  | 二  | 三  | 四  | 五  | 六  |          |                                                  |
| 9月<br>Sep                                                   |      |    |    | 1  | 2  | 3  | 4  | 5  |          |                                                  |
|                                                             | 1st  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 7-12/9   | 模擬馬課堂及評估 Riding Simulator Lessons and Assessment |
|                                                             | 2nd  | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 14-19/9  | 恆常策騎課堂開課 Regular Term Riding Start               |
|                                                             | 3rd  | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 25/9     | 中秋節 Mid-Autumn Festival                          |
|                                                             | 4th  | 27 | 28 | 29 | 30 |    |    |    | 26/9     | 中秋節翌日 Day After Mid-Autumn Festival              |
| 10月<br>Oct                                                  |      |    |    |    |    | 1  | 2  | 3  | 1/10     | 國慶日 National Day                                 |
|                                                             | 5th  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |          |                                                  |
|                                                             | 6th  | 11 | 12 | 13 | 14 | 15 | 16 | 17 |          |                                                  |
|                                                             |      | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 19/10    | 重陽節翌日 The day following Chung Yeung Festival     |
|                                                             | 7th  | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 19-26/10 | 季度假期 Term Break                                  |
| 11月<br>Nov                                                  | 8th  | 1  | 2  | 3  | 4  | 5  | 6  | 7  |          |                                                  |
|                                                             | 9th  | 8  | 9  | 10 | 11 | 12 | 13 | 14 |          |                                                  |
|                                                             | 10th | 15 | 16 | 17 | 18 | 19 | 20 | 21 |          |                                                  |
|                                                             | 11th | 22 | 23 | 24 | 25 | 26 | 27 | 28 |          |                                                  |
|                                                             |      | 29 | 30 |    |    |    |    |    |          |                                                  |
| 12月<br>Dec                                                  | 12th |    |    | 1  | 2  | 3  | 4  | 5  | 30-5/12  | 畢業禮 Graduation Ceremony                          |
|                                                             | 13th | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 8-12/12  | 本季度課堂完結End of Term                               |
|                                                             |      | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 14-31/12 | 聖誕節及聖誕節翌日 Christmas & Boxing Day                 |
|                                                             |      | 20 | 21 | 22 | 23 | 24 | 25 | 26 |          |                                                  |
|                                                             |      | 27 | 28 | 29 | 30 | 31 |    |    |          |                                                  |
| 2027年春季課程於 1月開始 Spring Term 2027 will start in January 2027 |      |    |    |    |    |    |    |    |          |                                                  |

Notes:

- 1)
- All RDA riding lessons will be cancelled when: 當天文台發出以下警告，所有傷健策騎課堂將會自動取消:
- Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；

- Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。

- Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor.
- 雷暴警告及/或黃色暴雨警告信號生效時: 由教練決定。
- 2)
- We cannot guarantee that replacement session will be provided. 我們不能保證會提供補課。



# 香港傷健策騎協會 RIDING FOR THE DISABLED ASSOCIATION

Charity Reg. No. 91 / 1615

## Donation Information 捐款資料

- ★ Direct transfer to our RDA Account 銀行過數至本會戶口  
HSBC Account No. 香港上海滙豐銀行: 004-511-831141-001  
Please email the credit advice to [info@rda.org.hk](mailto:info@rda.org.hk) for an official receipt.  
請電郵入數紙至 [info@rda.org.hk](mailto:info@rda.org.hk)，以獲發收據。

- ★ Alipay 支付寶  
Open Alipay HK APP and scan QR code  
打開香港支付寶應用程式，掃描二維碼



- ★ Mail crossed cheque 郵寄劃線支票  
Payable to 'Riding for the Disabled Association Ltd' and mail to RDA Office with below slip.  
支票抬頭請填寫「香港傷健策騎協會有限公司」，並連同下面回條寄回本會。

### Notes 注意事項

1. Donation of HK\$100 or above are tax deductible.  
捐款總額港幣100元或以上可申請扣減稅項。
2. RDA will only keep personal data on file for sending our receipts and information.  
您的個人資料只供寄發本會收據及資訊。

## Donation Form 捐款表格

|                                    |                              |  |
|------------------------------------|------------------------------|--|
| Donor's Name<br>捐款人姓名              | *(Mr先生/ Mrs太太/ Miss小姐/ Ms女士) |  |
| Address for Receipt<br>收據郵寄地址      |                              |  |
| Tel 電話                             | E-mail 電郵地址                  |  |
| Donation Receipt Payable<br>捐款回條抬頭 |                              |  |
| Cheque No 支票號碼                     | Bank 銀行                      |  |

Tuen Mun Public Riding School, Lot 45, Lung Mun Road, Tuen Mun, NT 屯門公眾騎術學校新界屯門龍門路四十五號地段  
Tel 電話: 2454-9961 Fax 傳真: 2465-5911 E-Mail 電郵: [info@rda.org.hk](mailto:info@rda.org.hk) Website 網站: [www.rda.org.hk](http://www.rda.org.hk)

# VOLUNTEER RECRUITMENT

## 義工招募

---

### Tuen Mun Public Riding School 屯門公眾騎術學校

逢星期一至五  
Every Mon to Fri

9:00am - 11:30am ; 2:00pm - 4:30pm

### Pokfulam Public Riding School 薄扶林公眾騎術學校

逢星期二至五  
Every Tue to Fri

10:00am - 12:00pm

逢星期六  
Every Sat

9:00am - 11:00am

### Lei Yue Mun Public Riding School 鯉魚門公眾騎術學校

逢星期二、四  
Every Tue to Thu

9:00am - 11:00am

---

**Join us by scanning the QR code!**  
**掃描二維碼報名加入我們義工團隊！**



無需經驗，由本會提供專業訓練課程  
No experience needed. RDA provides regular training sessions.