

Riding for the Disabled Association Ltd.

HONG KONG



馳 騁

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RDA Online Fundraising Event - Flip the Bottle Challenge

Due to the ongoing effects caused by the COVID-19 pandemic, most of RDA's promotion and fundraising activities have been postponed. However, RDA has adapted to the current situation and has found alternative ways to raise funds including a cooperation with "The Little Flags" to organise a fundraising event through its social media platform, which took place from 5th July to 4th September. RDA welcomed anyone who was keen to participate.

The event itself involved a challenge set by RDA. This challenge entitled "RDA Flip the Bottle" required participants to only use the backs of their hands or palms to flip the bottle. The use of fingers was not permitted, which made the challenge greater. This process was also a wonderful opportunity to educate able bodied people on the difficulties faced everyday by people with physical disabilities and awaken them to the realities of their daily lives.

After participants had completed the challenge they were asked to upload the video clips of themselves taking part on the social media platform. After doing so they could then challenge 3 friends to do the trick shot and also donate to the cause. RDA would like to express sincere thanks to all participants and donors for their generous support to RDA. We would also like to express our gratitude to "The Little Flags", and our Ambassador Ms. Margaret Chung and all members and staff who offered their assistance to work at this meaningful event.

Carol Chan



香港傷健策騎協會網絡籌款活動 - 轉動水樽挑戰

受新型冠狀病毒疫情影響，本會有不少宣傳及籌款活動因此而延期。不過，本會因應現況嘗試其他方法去籌務經費，其中與新網絡社交平台**The Little Flags**合作，於七月五日至九月四日舉辦了網上社交平台的籌款活動，歡迎各界人士參加。今次活動由本會策劃挑戰，命名為“轉動水樽挑戰”，參加者僅用手背或手掌，不能用手指去轉動膠水樽，過程中讓大家明白及感受到，傷健人士在日常生活上面對的挑戰，藉此喚醒大家對傷健人士的關懷，盡力去幫助他們。同時，參加的朋友在完成挑戰後，除了可將參與過程的短片上載到平台外，更可以**tag**自己的三位親友嘗試接受挑戰及捐款。在此，本會感謝各界人士積極參與活動及捐款，以支持本會。並且感激**The Little Flags**、本會宣傳大使鍾麗淇小姐，以及在活動上協助過本會的相關工作人員。

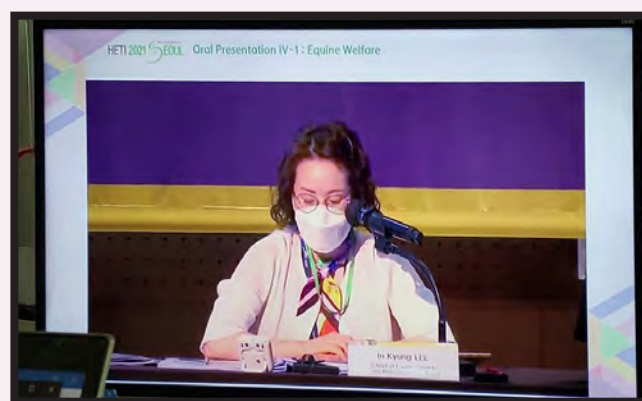
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17th HETI Congress

The 17th HETI Congress was originally scheduled to be held in Seoul, South Korea in early June 2021. However, because of the impact of COVID-19 around the world, the congress was eventually held in hybrid format and participants were able to attend in person or via an online platform. The congress, which takes place every 3 years involves a huge amount of organization and planning, partly due to the fact that it is one of the largest congresses in the therapeutic riding industry. In spite of the restrictions caused by Covid 19, a number of presenters still travelled to Korea to do the presentation on site, which was a very commendable and selfless undertaking.

The three day HETI Congress, provided an amazing opportunity to hear international experts from all over the world present and discuss their practices and successes in horse education and therapy. In the field of therapeutic riding, It also provided a means of collaborating, sharing and enhancing technical and educational expertise at an international level. Several representatives from RDA joined the virtual congress and expressed how they had benefitted greatly in both their knowledge and understanding of the variety of topics that were presented. We remain very hopeful and optimistic that the next Congress will be able to run as it did prior to the Covid outbreak enabling more RDA representatives to attend in person.

Carol Chan

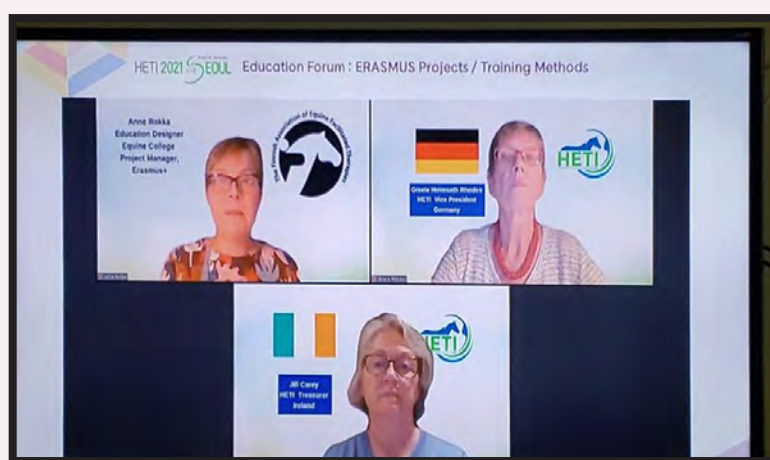
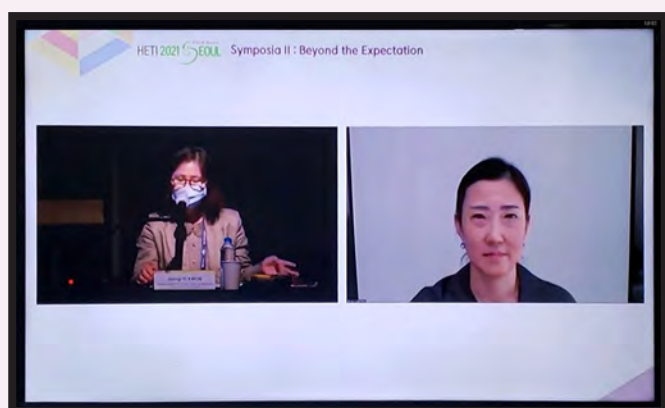


第十七屆國際馬匹輔助教育與治療協會會議

第十七屆國際馬匹輔助教育與治療協會會議，原定於2021年6月上旬在韓國首爾舉行，但鑑於新型冠狀病毒肆虐全球，大會特別新增網上形式，容許未能親身出席人士參與支持。會議是每三年舉行一次，是馬術復康界最大型的會議之一，故此需要龐大的組織及計劃。而有數位會議發言人依然親身到韓國出席會議，實在十分難得。

一連三日的國際馬匹輔助教育與治療協會會議，讓大家聽取來自世界各地的專家的分享及討論他們在馬術復康治療的成功個案及經驗。透過在會議的合作及分享，去提升馬術復康治療的專業技術及知識到國際水平，香港傷健策騎協會本會（下稱“本會”）亦派出數位代表參與，確實獲益良多。我們衷心期望疫情盡快過去，下屆會議可以再次聚首一堂。

心悅





Renewal of RDA Ambassador – Ms Margaret Chung

Over the past four years, RDA has been very fortunate to have had the support of our Ambassador Ms. Margaret Chung.

Margaret has supported RDA in so many ways during the past few years offering great encouragement to people within the disabled community and also enhancing public awareness about the benefits of therapeutic riding at all our major public relations and fundraising events. We are extremely grateful to Margaret for agreeing to continue her role with us for another two years and for her help with the public relations of RDA.

Carol Chan

香港傷健策騎協會宣傳大使鍾麗淇小姐留任

香港傷健策騎協會在過去四年多，得到本會宣傳大使-著名藝人鍾麗淇小姐 (Margaret) 的幫助。Margaret 在這數年間多方面支持本會，給予傷健人士莫大的鼓勵及透過參與本會不同的宣傳、籌款活動去喚醒公眾人士對馬術復康治療的關注。本會感到很榮幸，Margaret 將繼續留任兩年，協助協會在宣傳方面的工作。

心悅



Ponies' Retirement

With all the challenges of the past 18 months with the worldwide COVID-19 Pandemic, we are very excited to be able to share some positive news with everyone. Two of our wonderful therapy ponies, Rocket and Goldie reached retirement age and have arrived at their retirement homes in New Zealand. Rocket and Goldie originally joined us at RDA Hong Kong from the United Kingdom in 2014. They have certainly become jet-setting ponies. After working tirelessly with RDA for such a long time, it was decided that it was time for them to enjoy life with a much reduced work load and plenty of grass and open space. Do keep an eye out on our facebook page as we will post pictures of Rocket and Goldie when we receive updates from their new homes. We wish them happiness in their well-earned retirement and our thanks for their help in giving our riders so much happiness and support.

Andrew Shellum

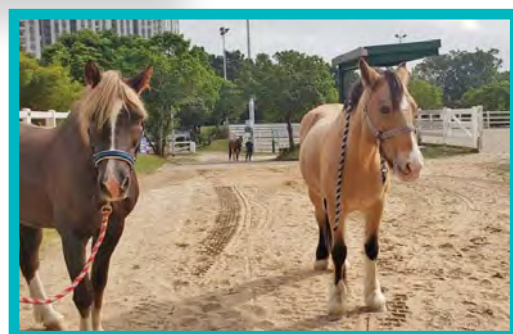




馬匹退役

在過去的18個月，全球需面對疫情帶來的挑戰，但本會亦有一些正面的消息與各位分享，當中我們兩匹小馬Rocket及Goldie已達退役年齡，本會亦因此安排將兩駒運送到紐西蘭作為牠們退役的地方。Rocket及Goldie於2014年由英國來到香港在本會服務，兩駒經過這些年不辭勞苦地為本會服務，此時應是牠們放下工作在遼闊的草地上享受生活的時刻。其實，各位可留意本會的面書專頁，我們會不時將Rocket及Goldie在當地的相片上載，在此希望牠們可以快樂地過著退休生活，同時亦感謝兩駒過去為本會的騎生帶來的快樂與支持。

心悅



Sharing by Mr. Thomas Yeung, Chairman of RDA

Thomas's unwavering commitment and dedication to serving the community is undoubtedly due to the example set by his father, Mr K. K. Yeung. 'I think participating in charity work, regardless of whether or not your efforts result in financial benefit is irrelevant. It's beneficial in every way, as you are helping others and that's the greatest reward!' explained Thomas. 'Doing business can be affected by a number of factors, including social and economic conditions. There are profitable times, but also bad times, which can cause a business to decline. Charity work on the other hand is ostensibly about giving your time and finding ways to raise money, but the effect and satisfaction of helping others is ultimately the most gratifying. Supporting a charitable cause is the best way for me to balance my life. Life can have many ups and downs, and when you're happy and things are going well you may feel you are in the prime of life, but when things don't go so well and you feel like you've hit rock bottom, you realise that life is not about relying solely on material things. Spiritual satisfaction is an even greater reward. To me, the joy of helping others is the best supplement to balance my body and mind. Developing an insight into the rewards of charity work is, I believe, the result of years of engagement with those we seek to support'.



As a part of his charity work, Thomas chairs the Riding for the Disabled Association (RDA), the only charity in Hong Kong that provides therapeutic riding completely free of charge. He has the responsibility of leading the entire team in providing RDA's services to the disabled community. Therapeutic riding however, is still pretty rare in Hong Kong. The fact that it may be less familiar to many people may bring about greater challenges for RDA, perhaps even more so than other more well-known charities. Promoting an organisation to others no doubt requires a great deal of effort and planning through specifically targeted events and also

through developing public awareness. Engaging in charity work is surely no easy task, especially for those providing less known services.

At RDA, we have also encountered difficulties in our operations, but fortunately, our organisation is well established with a history of over 40 years. Professional coaches and selfless volunteers, together with the efforts of our staff, have formed a sound team. As therapeutic riding is still uncommon in Hong Kong, more help and assistance from the community is necessary. We do need to promote ourselves more through public relations and publicity. Everyone at RDA is dedicated to educating the community about the benefits of therapy through horse riding and to helping people gain a better understanding and a deeper concern for those with disabilities. Thomas himself has on many occasions shared his own first hand experiences, after working with RDA for a number of years, of witnessing many people with disabilities benefiting positively in their lives after receiving the therapeutic riding services.

Carol Chan



香港傷健策騎協會主席楊存洲先生分享

薪火相傳，楊存洲先生(下稱‘Thomas’)今日在工餘時致力服務社群，全因其父楊國琦先生以身作則。

「我認為做慈善，無論是有錢出錢或有力出力，都只會是賺！」Thomas認真道。「做生意會受不少因素，例如社會經濟及氣氛等，有賺錢的光景，當然亦有市道不好時而生意下跌。反之，做慈善工作表面上是付出時間與金錢，但幫助別人而得來的效果與及滿足感，是一定的回報，沒有一份慈善工作只有付出沒有收穫。而且做善事是我平衡人生的最佳方法，人生總有起跌，在高峰時當然開心，但在低潮時依仗的並非只是物質，反而追求精神滿足更多，而幫助別人的那份喜悅，是平衡身心的最佳補充劑。」Thomas誠懇說出看法。筆者認為能夠對慈善工作有這份見解，一定是經過多年的體會！

Thomas其中一項慈善工作，是在香港傷健策騎協會(下稱‘RDA’)中擔任主席，帶領整個團隊去服務傷健人士，但馬術復康治療在香港仍是較為冷門的服務，到底在運作上是否較其他慈善工作遇到更多阻礙？「在世界任何地方，從事慈善工作一定會面對不少挑戰，特別是一些冷門的服務，就像RDA也同樣在運作上遇到不少困難，幸好我們的機構已運作四十多年，專業的教練及無私付出的義工，再加上職員的努力，已組成一個健全的團隊，但由於馬術復康治療對香港人而言仍感陌生，要獲得社會更多人士幫忙及協助，當然在公共關係及宣傳上要做得更多，我與團隊會繼續努力，亦希望社會人士多點關心傷健人士。」Thomas道。在見證不少傷健人士因為馬術復康治療而改善人生後，Thomas以上的分享相信亦令大家獲益良多。

心悅





Affected by epidemic of COVID-19, both the 2020 Tokyo Olympic Games and the Paralympic Games were postponed to this year. The opening ceremony of 2020 Tokyo Paralympics took place on 24th August. Hong Kong had a total of 24 elite athletes taking part in the Games. Three of those elite athletes Natasha Tse, Timothy Tsang & Fleur Schrader were competed in para dressage riders. Most unfortunately, Timothy and his horse Cethegus M withdraw from the competition due to veterinary advice as the welfare of both the horse and rider are always the top priority. We look forward to seeing Timothy in future events and would like to take this opportunity to congratulate

Timothy on his true sportsmanship, as in spite of his own disappointment he was there to cheer on and offer his full support to his two participating team mates.

Finally, congratulations to Natasha and Fleur who completed their competitions at the Tokyo 2020 Paralympic Games. Natasha was awarded a very commendable score of 63.789% for a 16th position place in the Grade I competition, whilst Fleur was awarded a score of 67.706% a 14th place position in the Grade III competition. We would like to express our sincere appreciation to our three amazing athletes for all the hard work and dedication they put into qualifying for and participating in the Paralympic Games. A truly remarkable and wonderful achievement!

The following is a brief introduction to the background of our three wonderful athletes so you may truly appreciate the extent of their achievements as individuals:

受新型冠狀病毒疫情影響，2020東京奧運會及殘疾人奧運會(下稱“殘奧”)均延至今年舉行。而今屆東京殘奧於8月24日開幕，香港派出24位傷健精英運動員出戰，而馬術項目方面，香港原本有三位精英運動員謝佩婷、曾毓賜及鍾美娟出戰。惟賽前根據獸醫的建議，基於運動員及馬匹的安全及健康為大前題，曾毓賜與他的馬匹Cethegus M最後退出是次比賽，雖然我們很遺憾未能看到曾毓賜在今屆殘奧中的馬上英姿，但相信不久將來必然有機會，而且他依然繼續在場為隊友打氣。

最後，恭喜謝佩婷及鍾麗娟最後均順利完成賽事，謝佩婷於混合盛裝舞步個人賽(Grade I)中，取得63.789分及，總排名第十六位，而鍾美娟則在混合盛裝舞步個人賽(Grade III)中，取得67.706分，總排名第十四位。在此，感謝三位運動員付出的努力，更祝願他們日後在大型賽事中有更成功的表現。

以下是三位運動員的背景介紹，讓大家對他們有進一步的認識。

Natasha Tse

Natasha Tse was born at 29 weeks and diagnosed by her Pediatrician with congenital cerebral palsy. Natasha has motor impairment associated with prematurity during infancy. She does not possess full motor function and has reduced limbs movement, which includes muscle tightness and exaggerated reflexes.

Natasha experienced a turning point in her life when she joined RDA at the age of 5. She began with therapeutic riding lessons once a week, which soon became the highlight of her week. Natasha really enjoyed interacting with the horses during the lessons. In addition, the encouragement and motivation given by the dedicated instructors, staff and volunteers further cultivated Natasha's interest



in Para Equestrianism. The therapeutic riding lessons also helped to improve her eye-hand coordination, muscle strength, control of body, as well as developing her self-esteem and confidence.

At the Summer Training Course held in 2010, which was organized by RDA, Natasha was able to interact more closely with the horses. During the intensive training, apart from brushing up on her riding skills, she was also able to develop more knowledge about the care of horses and stable management. Eventually, Natasha became a member of Riding for the Disabled Association Para Equestrian Squad.

In 2012, Natasha was selected to represent Hong Kong as a Para Equestrian Athlete at the London Paralympic Games at the age of just 15 years old. She was the youngest competitor ever to participate in this event. At the 2016 Rio Paralympic Games, Natasha was once again selected to represent Hong Kong as a Para Equestrian Dressage Rider. In 2020 she was again selected to compete at the Tokyo Paralympic Games, her third consecutive time participating at such a high-profile international event.

謝佩婷 (Natasha) 是一名於廿九週誕生的早產嬰兒，經兒科醫生診斷後證實她患有先天腦性癱瘓。跟一般足月出生的嬰兒不同，早產令Natasha患有活動功能障礙。她欠缺平常人完整的活動能力，受肌肉繃緊及過度條件反射等問題困擾，而四肢活動均受到不少限制。

不過，Natasha在5歲那年加入了本會，是她人生的轉捩點。開始時，她只是每星期參與一堂復康策騎訓練，不過這項令人振奮的活動很快已成為她每周最期待的節目。她十分享受和馬匹之間的互動交流，經過協會導師、員工及義工的悉心鼓勵，她對馬術的興趣也愈發濃厚。在復康策騎訓練的幫助下，Natasha的身體狀況有了明顯改善。而且騎馬活動不但強化了她的手眼協調、肌肉狀態及體力，也讓她培養出良好的自我控制能力、自我尊重及個人自信。

而本會舉辦的「夏季訓練課程2010」，亦令Natasha首次有機與馬匹有更深入的接觸。透過緊密的訓練課程，她不但進一步磨練了策騎技巧，也對照顧馬匹和馬房管理有了更全面的認識。終於Natasha成為香港傷健策騎協會傷健馬術隊的重要一員，而她對馬術運動的熱情更是有增無減。

2012年，年僅15歲的Natasha獲選代表香港出戰倫敦殘疾人奧運會(下稱“殘奧”)殘疾人馬術項目，更成為該項目歷來最年輕的參賽選手。而2016年巴西里約熱內盧殘奧，謝佩婷再次獲選為香港選手出戰殘疾人馬術項目。今次2020東京殘奧賽事是她第三度出戰殘奧，而且最後順利完成賽事。

Timothy Tsang

Timothy Tsang was diagnosed with cerebral palsy at a young age. In 2009, Timothy's mother followed a recommendation from an education centre and arranged for Timothy to participate in a therapeutic riding program offered by the Riding for the Disabled Association (RDA), as riding had been shown to be beneficial for children with cerebral palsy.

Timothy was initially a bit afraid of horses due to their size, but over time he developed a fondness for riding and was no longer afraid of horses. Through riding he also gained more confidence. Over the years, Timothy has experienced a lot of positive changes, which have resulted from riding. When Timothy first took part in the therapeutic riding lessons he was unable to stand independently, whereas he is now able to walk without assistance. Timothy has also effectively learnt how to independently control a horse, which has helped to improve his balance and hand-eye coordination. Through taking part in therapeutic riding lessons Timothy has also been able to make new friends.

Timothy, as a member of the RDA Para Equestrian Squad took part in his first international competition in 2011. In recent years, Timothy has participated in many international competitions including the 2014



and 2018 World Equestrian Game held in France and the USA respectively, and throughout his equestrian journey he has continued to gain experience and develop his riding skills.

曾藹賜 (Timothy) 小時候診斷出患有大腦性麻痺。2009年在教育中心的引薦下，曾媽媽安排兒子參加由本會舉辦的復康策騎訓練課程，藉此希望改善Timothy的情況。

初時，由於馬匹體型龐大，Timothy對馬匹有點害怕，但經過多年訓練後，Timothy除了不再懼怕馬匹外，更是越來越享受策騎，信心亦與日俱增。數年間，騎馬對Timothy帶來了不少正面的影響，最大的改變當然是他雙腳的活動能力，由初時不能走路到現在可以不用協助工具下行走，絕對是很大進步。其次，他學懂如何控制馬匹，改善身體平衡，手腦合一。同時，最值得珍惜的是透過策騎認識不同的朋友、導師及義工。

其後，Timothy成為香港傷健策騎協會傷健馬術隊的重要一員並於2011年首次參加國際比賽。近年，Timothy參加過不少世界性比賽，例如分別於法國及美國舉辦的2014及2018世界馬術大賽等，並累積相當的經驗。

Fleur Schrader

Fleur Schrader was diagnosed with spina bifida when she was very young, and a few years later her family decided to enroll her into the therapeutic riding program offered by RDA. Fleur started riding with RDA when she was only 7 years old. She has gained many benefits from riding and has improved her physical strength, balance, and self-confidence. In addition to these positive physical improvements, Fleur has also developed a strong interest in riding and learning more about horses. Fleur started receiving intensive riding training in 2013, her commitment and effort enabled her to be selected as a member of the RDA Para Equestrian Squad in 2015, which led to her taking part in her first international competition in France during the same year.



In order to further develop her riding skills and to dedicate more time to riding, Fleur decided to base herself in the UK, where she has remained since 2015. Fleur has participated in several international competitions over the past few years including the 2018 World Equestrian Games, which was held in the USA. By gaining more and more experience from international competitions, Fleur has achieved outstanding results and as a result was able to be selected to represent Hong Kong at the Tokyo 2020 Paralympic Games. All of her hard work and dedication is most certainly paying off. Fleur said in one of her interviews that she feels excited, as it is not easy to have such an opportunity and that it has been one of her goals to represent Hong Kong at the Paralympics.

鍾美娟(Fleur)在小時候診斷出脊柱裂，家人為了改善她的身體狀況，便替Fleur報名參加本會舉辦的復康策騎訓練課程。於是，她在7歲的時候開始參加協會的課堂，並透過策騎獲得了重大的改善，包括體能、身體平衡、及自信心等。除此之外，Fleur更對策騎產生了濃厚的興趣，並於2013開始接受密集的馬術訓練。Fleur的努力和堅持令她於2015年獲選為香港傷健馬術隊的其中一位成員，並於同年首次出戰於法國舉辦的國際性比賽。

為了進一步提升策騎技術及增加訓練機會，Fleur在2015年開始常駐英國。她曾經參加過不少世界性賽事，例如，2018於美國舉行的世界馬術大賽。透過於國際性賽事不斷累積經驗，Fleur爭取到傑出的成績並達成目標，獲選代表香港出戰2020東京殘奧。Fleur曾在訪問中表示，她感到非常期待和興奮，能夠獲得這個機會是非常難得。

Carol Chan
心悅

Coming Event



Event 活動	Date 日期	Location 地點
CMA 2021 HK Charity Sale 香港工展會2021義賣攤位	To be confirmed 待定	To be confirmed 待定
RDA Annual Charity Ball 香港傷健策騎協會週年餐舞會	14th January 2022 2022年1月14日	Grand Hyatt HK 香港君悅酒店



*With
the
Compliments of*



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

同心 同步 同進 *RIDING HIGH TOGETHER*

Acknowledgments

HSBC  滙豐



香港馬主協會慈善基金有限公司
The Hong Kong Racehorse Owners Association
Charitable Foundation Limited



Autumn 2021 Calendar (TM) 二零二一年秋季時間表 (屯門)

Month	Wk	Su	Mo	Tu	We	Th	Fr	Sa	Remarks	
月份	週	日	一	二	三	四	五	六		
9月 Sep					1	2	3	4	2-3/9	新義工訓練 New Helpers Training
	1st	5	6	7	8	9	10	11	7-10/9	恆常策騎開課 Regular Term Riding Start
	2nd	12	13	14	15	16	17	18		
	3rd	19	20	21	22	23	24	25	22/9	中秋節翌日 The Day Following Mid-Autumn Festival
	4th	26	27	28	29	30				
10月 Oct							1	2	1/10	國慶日 National Day
	5th	3	4	5	6	7	8	9		
		10	11	12	13	14	15	16	14/10	重陽節 Chung Yeung Festival
	6th	17	18	19	20	21	22	23		
	7th	24	25	26	27	28	29	30		
		31								
11月 Nov	8th		1	2	3	4	5	6		
	9th	7	8	9	10	11	12	13		
	10th	14	15	16	17	18	19	20		
	11th	21	22	23	24	25	26	27		
	12th	28	29	30						
12月 Dec					1	2	3	4		
	13th	5	6	7	8	9	10	11		
		12	13	14	15	16	17	18	14-31/12	聖誕節假期 Christmas Holiday
		19	20	21	22	23	24	25		
		26	27	28	29	30	31			
1月 Jan								1	1	新年 New Year's Day
		2	3	4	5	6	7	8		
	14th	9	10	11	12	13	14	15	11-14/1	畢業禮 Graduation Ceremony
	15th	16	17	18	19	20	21	22	21/1	本季度課堂完結 Completion of Term
		23	24	25	26	27	28	29		
		30	31						1-3/2	農曆新年假期 Lunar New Year Holiday

2022年春季課程於 2月 開始 Spring Term 2022 will start on 8 Feb 2022

Notes:

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

Autumn 2021 Calendar (PFL) 二零二一年度秋季時間表 (薄扶林)

Month	Wk	Su	Mo	Tu	We	Th	Fr	Sa	Remarks	
月份	週	日	一	二	三	四	五	六		
Sep 9月					1	2	3	4	1/9	New Helpers Training
	1st	5	6	7	8	9	10	11	7 - 11/9	Regular Term Riding Start 恆常策騎開課
	2nd	12	13	14	15	16	17	18		
	3rd	19	20	21	22	23	24	25	22/9	The Day Following Mid-Autumn Festival 中秋節翌日
	4th	26	27	28	29	30				
Oct 10月							1	2	1/10	National Day 國慶日
	5th	3	4	5	6	7	8	9		
		10	11	12	13	14	15	16	12 - 16/10	RDA Term Break
	6th	17	18	19	20	21	22	23		
	7th	24	25	26	27	28	29	30		
		31								
Nov 11月	8th		1	2	3	4	5	6		
	9th	7	8	9	10	11	12	13		
	10th	14	15	16	17	18	19	20		
	11th	21	22	23	24	25	26	27		
	12th	28	29	30						
Dec 12月					1	2	3	4		
	13th	5	6	7	8	9	10	11		
	14th	12	13	14	15	16	17	18		
		19	20	21	22	23	24	25	21/12 - 8/1	Christmas / New Year Holiday 聖誕節 / 新年假期
		26	27	28	29	30	31			
Jan 1月 2022								1	21/12 - 8/1	Christmas / New Year Holiday 聖誕節 / 新年假期
		2	3	4	5	6	7	8		
	15th	9	10	11	12	13	14	15	11 - 14/1	Graduation Ceremony (lessons as usual) 畢業禮
	16th	16	17	18	19	20	21	22	18 - 22/1	Completion of Term 本季度課堂完結
		23	24	25	26	27	28	29		
		30	31							
Spring Term 2022 will start on 8 Feb 2022 2022年度春季課程於 2月8 日開始										

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

Tuen Mun Public Riding School, Lot 45, Lung Mun Road, Tuen Mun, NT Tel: 2454-9961 Fax: 2465-5914 E-Mail: info@rda.org.hk
Pokfulam Public Riding School, 75 Pokfulam Reservoir Road, Pokfulam, HK Tel: 2875-7711 Fax: 2875-7933 E-Mail: infopfl@rda.org.hk
Website: www.rda.org.hk Charity Reg. No. 91 / 1615

Volunteer Application Form 義工報名表

Name 姓名	(Chi 中文)	(Eng 英文)
DOB 出生日期		ID Card No. 身份證號碼
Gender 性別	<input type="checkbox"/> Male 男 <input type="checkbox"/> Female 女	Occupation 職業
Address 地址		
Tel 電話		Mobile 手提電話
Fax 傳真		Email 電郵
Location(s) Preference 工作地方意向: Please put tick (✓) in appropriate box(es) 請在適當方格內加(✓)		
<input type="checkbox"/> Pokfulam Public Riding School 薄扶林公眾騎術學校 75 Pokfulam Reservoir Road, Pokfulam, Hong Kong 香港薄扶林水塘道七十五號 Tel 電話: 2875 7711 Contact 聯絡: Ms. Catherine Chan 陳小姐		<input type="checkbox"/> Tuen Mun Public Riding School 屯門公眾騎術學校 Lot 45, Lung Mun Road, Tuen Mun, N.T. 新界屯門龍門路四十五號地段 Tel 電話: 2454 9961 Contact 聯絡: Ms. Clara Siu 蕭小姐
Day(s) & Time Available 可參與義務工作的日期和時間:		
<input type="checkbox"/> Tue 星期二 (上午 9:30am – 12:00pm) <input type="checkbox"/> Wed 星期三 (上午 9:30am – 12:00pm) <input type="checkbox"/> Wed 星期三 (下午 3:00pm – 5:00pm) <input type="checkbox"/> Thu 星期四 (上午 9:30am – 12:00pm) <input type="checkbox"/> Fri 星期五 (上午 9:30am – 12:00pm) <input type="checkbox"/> Fri 星期五 (下午 3:00pm – 5:00pm) <input type="checkbox"/> Sat 星期六 (上午 7:30am – 11:30am)		<input type="checkbox"/> Tue 星期二 (上午 9:00am – 12:00pm) <input type="checkbox"/> Tue 星期二 (下午 2:00pm – 4:30pm) <input type="checkbox"/> Wed 星期三 (上午 9:00am – 12:00pm) <input type="checkbox"/> Wed 星期三 (下午 2:00pm – 4:30pm) <input type="checkbox"/> Thu 星期四 (上午 9:00am – 12:00pm) <input type="checkbox"/> Fri 星期五 (上午 9:00am – 12:00pm) <input type="checkbox"/> Fri 星期五 (下午 2:00pm – 4:30pm)
The following information helps us to bring your knowledge and experience into full play. Kindly tell us what you would like to do! Please attach extra page, if necessary. 以下的資料有助我們發揮您的學識和經驗。請告訴我們您喜歡的工作。如有需要，請用另一頁紙書寫。		
Experience with Riding For The Disabled 協助傷健人士習騎的經驗? <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 Details 詳情: _____		
Riding/Horse Experience 騎馬的經驗 <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 Details 詳情: _____		
Medical Experience 醫療的經驗 (e.g. Doctor, nurse, physio, first aid, etc 已考獲醫生、護士、物理治療師、救傷等證書) <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 Details 詳情: _____		
Knowledge and Experience 知識及經驗 <input type="checkbox"/> Photography/Video Making 攝影/影片製作 <input type="checkbox"/> Working with Children 與小孩工作 <input type="checkbox"/> Working with people with disabilities 與傷健人士工作 <input type="checkbox"/> Media 媒體 <input type="checkbox"/> Others 其他 (Please specify 請說明) _____		
How did you find out about RDA Hong Kong? 您如何得知香港傷健策騎協會? <input type="checkbox"/> RDA HK Website 本會網站 <input type="checkbox"/> RDA Facebook 本會臉書 <input type="checkbox"/> Search Engine 搜尋工具 <input type="checkbox"/> Friends 朋友 <input type="checkbox"/> Others 其他 (Please specify 請說明) _____		

I hereby declare that I undertake to be a volunteer helper at my own risk. I accept full responsibility for my actions and behaviour when attending RDA sessions. Please note that RDA Hong Kong may take photos or videos during the volunteering session and or RDA events for publicity purposes 本人謹此聲明，在香港傷健策騎協會有限公司習騎活動擔當義工所遇到的一切風險，將由本人自行承擔，並同意對本人的言行負責。

Signature 簽署: _____

Date 日期: _____

After completion, please return to RDA office via fax or email. 填妥後請傳真或電郵至本會辦公室。

Riding For The Disabled Association Ltd

香港傷健策騎協會有限公司



Donation Form 捐款表格

I would like to make a donation to RDA. 我樂意捐款資助香港傷健策騎協會有限公司。

I enclose donation of 我願意捐款港幣

HK\$

DONOR'S INFORMATION 捐款者資料

Donor's Name 捐款者姓名

*(Mr 先生/ Mrs 太太/ Miss 小姐/ Ms 女士)

Address for Receipt 收據郵寄地址

Tel 電話

Fax 傳真

E-mail 電郵地址

Donation Receipt Payable 捐款回條抬頭

DONATION METHOD 捐款方法

☐ Crossed Cheque 劃線支票

Cheque No. 支票號碼

Please make your cheque payable to "Riding For The Disabled Association Ltd" and mail to us with this completed form 支票抬頭請填寫「香港傷健策騎協會有限公司」，並連同此表格寄回本會

Address 地址:	Tuen Mun Public Riding School, Lot 45, Lung Mun Road, Tuen Mun, N.T. 新界屯門龍門路四十五號地段屯門公眾騎術學校
Tel 電話:	(852) 2454 9961
Fax 傳真:	(852) 2465 5914
Email 電郵地址:	info@rda.org.hk

Notes 注意事項

1. An official receipt will be sent for any donation of HK\$100 or above.
捐款滿一百元以上可發收據。
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。



Riding for the Disabled Association Ltd

香港傷健策騎協會有限公司

Website: www.rda.org.hk
Charity Reg. No.: 91/1615

Form No. _____ (Official Use)

《資料更新表格》

Information Update Form

為使香港傷健策騎協會有限公司可以更有效地向捐款人或會員傳遞本會會訊和提供服務，敬請填妥下列資料，傳真至 2465 5914 或電郵至 info@rda.org.hk。如有查詢，請致電 2454 9961 與本會職員聯絡。

Riding for the Disabled Association Ltd. would like to update the information of Donors or Members so that we are able to provide an effective service and so that we can keep you up to date on the happenings at RDA HK. Please send us your information by fax to 2465 5914 or email to info@rda.org.hk. For any enquiries, please feel free to contact our staff at 2454 9961 or email to : info@rda.org.hk

英文姓名(先寫姓氏) : English Name
(Surname first)

中文姓名 :
Name in
Chinese

通訊地址 :
Correspondence
Address

住宅電話 :
Home Phone

辦公室電話 :
Office Phone

手提電話 :
Mobile
Phone

傳真號碼 :
Fax (optional)

電郵地址 :
Email Address

公司名稱 :
Company

會員簽署 :
Signature

日期 :
Date

☐ 如欲以電郵方式收取本會會訊，請在方格加上✓ 號。

☐ if anyone want to receive the e-copy of magazine, please tick the box

本表格收集的資料，用於向捐款人或會員提供本會資訊及符合本會章程宗旨的會務用途。有關資料將存放於捐款人或會員記錄檔案中，捐款人或會員本人有權以書面通知查閱及更正。

Information collected will be used for communicating with members or donors and/or other purposes as prescribed under rules and regulations of the association. Such information will become part of our donors and membership record and donors or members have rights to request access to, and to request the correction of, their personal data, upon submission of written requests to the Honorary Secretary of the Association.

Address: c/o Tuen Mun Public Riding School, Lot 45 Lung Mun Road, Tuen Mun, NT
Email: info@rda.org.hk
Website: www.rda.org.hk

Tel : 2454 9961 Fax: 2465 5914