

主辦 Organised by



香港聖公會黃大仙長者綜合服務中心
Hong Kong Sheng Kung Hui Wong Tai Sin District Elderly Community Centre



賽馬會齡活城市
Jockey Club Age-friendly City

愛同行・「區樂步」 Joyful Walk Together

計劃主要元素包括

Key components of the programme are

本計劃以改善社會及文化環境、提升對長者的接納、尊重及包容為主題，透過「健步」運動作為提供平台，讓不同年齡層之社區人士與長者接觸，促進跨代共融。

The programme aims to improve the social and cultural environment and to promote respect and social inclusion of the older people. Through the participation of “Joyful Walk” from people in different ages, intergenerational harmony can be facilitated in the community.

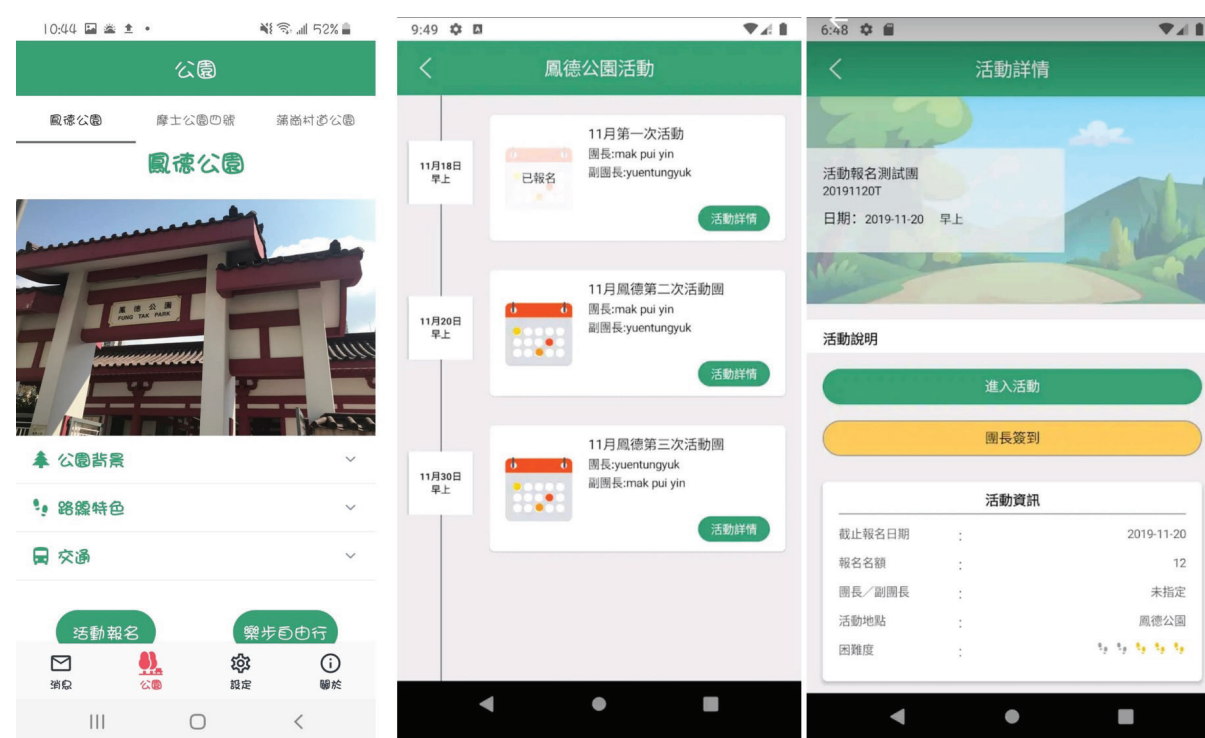




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「樂步團」 Joyful Walk Tour

計劃招募金齡人士接受專業培訓後成為「樂步團長」，學習正確的健步姿勢及各種伸展運動，並一起設計健步路線及運動內容。為促進長者建立恆常的運動習慣，計劃推出了手機應用程式「區樂步」。長者可選擇「樂步自由行」，按自己合適的時間，進行健步運動，或參與由團長帶領的「樂步團」。



The older people are recruited and trained to become “Joyful Walk Leaders”. They learn the correct walking postures and stretching exercises. They also engaged in designing both the routes of the walk tour and the moves of elderly exercise. The mission of the leaders is to promote “walking exercise” as a habit among older people in the district. To complement the programme, a mobile App is developed for older people to join the Joyful Walk classes or to do the walking exercise following the routes recommended in the App.





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「正念同行」 Mindful Walk Together

計劃培訓金齡人士成為正念大使，以「明陣」踱步默想，讓大使經歷正念體驗。透過有親身經驗的正念大使，陪伴行動能力較弱或帶有輕度負面情緒的長者，一同經驗及學習平靜心靈、身心放鬆。

Older people are trained as Mindful Ambassador to guide other older people who have mobility impairment or minor depression to walk on “labyrinth” and promote mindfulness through walking meditation.



「黃大仙風物·情 - 探索之旅」 Scenery & Love – A trip of Exploration in the Community



計劃培訓金齡人士成為「風物·情」導賞員，透過課程學習發掘社區中的特色要點、導賞技巧與帶團知識等，並成功設計了4條特色路線。「風物·情」導賞員將以實地出團或線上導賞方式，加強人與社區的連繫。計劃製作了黃大仙「風物·情」地圖，讓社區人士可根據地圖景點及網上的資訊認識社區。

Older people are recruited to become “Scenery & Love” tour guides. They learnt various skills such as escorting, points of interest research techniques and tour guiding. During the programme, four new routes are created. Onsite and virtually tours are formed to enhance the relationship among older people in the community. A map of “Scenery & Love” programme is produced to promote the scenery spots in the district and share information with the community.





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黃大仙「錄·遊情」創作比賽 “Recording of the Pleasure in Travelling” Competition

為加深及總結社區人士對「風物·情-探索之旅」的了解，計劃設有黃大仙「錄·遊情」創作比賽，參賽者以多元的視覺藝術的方式表達對黃大仙區的感情與歸屬，同時加深他們對社區的認識，並以計劃網頁作為分享平台。

A competition is hosted to strengthen the understanding of “Scenery & Love” programme. The participants express their appreciation of Wong Tai Sin through the adoption of multidisciplinary visual arts. The programme website is served as the information sharing.

推行日期：2018年4月-2018年12月

Implementation date: April 2018 – December 2018

長者及年齡友善社區範疇 Domains of Age-friendly City



社區與健康服務
Community Support
& Health Services



尊重和社會包容
Respect and
Social Inclusion



社會參與
Social
Participation

