



Limitless

Sailability Hong Kong
Newsletter, Issue 3

無限可能
第三期出版



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Words of Welcome

歡迎辭

Welcome from Kay

I can't believe how fast the time has gone since our 2nd edition of Limitless! and we sincerely hope you are all enjoying the different articles we are including, as we try to give you a closer insight into us, our sailors, volunteers and of course our very varied programmes.

There are many stories to tell highlighting the breadth of our beneficiaries, volunteers, sponsors etc and the impact and beneficial results being able to sail has on the lives of an ever, increasing number of people within our Hong Kong community. These stories are now being retold around the world as we highlight what an organisation like Sailability Hong Kong can do.

As I have said many times; we never say no or can't, we find a way to do it, in the hope that all who join us, enjoy seeing the difference we make and begin to feel the same way – never give up!!!

After a quieter February, due to Chinese New Year, things are really beginning to buzz again with the restart of school programmes, the excitement of holding the 2nd South East Asian Para Championships in late March and much more as you read on in the newsletter.

Over the weekend of 11th & 12th May we will again participate in the annual Hebe Haven Open Dinghy Regatta with 20+ of our boats in 3 classes joining other boats from the sailing clubs in Hong Kong and China. MoHan will also act as Committee Boat for some of the fleets.

We are also encouraging Sailability sailors from within Asia to come and join us, as not many countries in Asia share the inclusiveness of racing that we have in Hong Kong. More of this in our next newsletter and thank you Hebe Haven Yacht Club for making this happen every year.

來自 Kay 的問候

真不敢相信繼《無限可能》第二期出版之後，時間過得多麼之快，衷心希望各位喜歡《無限可能》所涵蓋的內容，讓讀者們進一步去了解水手及義工們的人生故事，當然也希望您能一同與我們參與更多豐富精彩的項目計劃。

許多故事講述帆船運動對香港社區及人民帶來的積極作用，正面的成果轉化到我們廣泛的受益人、義工以及贊助商。這些故事逐一被傳遞到世界每一個像香港航能這樣的組織，相信事在人為，相信自己可以做到。

就像我常常所提及——我們從不說不行或不能，我們要想盡辦法去做，讓所有參與的人都能享受團隊所帶來的正向改變，並用永不放棄的態度去陶染別人！

寧靜的 2 月過後，因為春節，活動又開始繁忙起來，比如學校項目重啟，3 月底舉辦的第二屆東南亞傷健帆船錦標賽等，很多讓人興奮的節目將會為您逐一介紹。

另外，我們將再次參與 2024 年 5 月 11 日和 12 日舉行的白沙灣遊艇會公開小帆大賽，我們的 20 多艘船將分為 3 個小組加入來自香港和中國帆船的船隊。同時，無限號將擔任委員會船。

在此，我們鼓勵來自亞洲各地的 Sailability 水手加入香港隊伍，由於亞洲大部分國家未具備帆船賽事訓練的兼容性，這一期將詳細解說這一點。在此感謝白沙灣遊艇會的幫助，令活動每年成功舉辦。

Later in May we will also be involved, for the 4th year, in the World Sailing Steering the Course, Women's Sailing Festival with Hebe Haven Yacht Club. The idea behind this World Sailing initiative is to encourage more inclusivity and diversity into sailing as we invite more women and girls to learn more about sailing and the other components which make sailing happen; instructing, race management etc.

If you would like to know more about the Sailability Programmes we will be running during the event or to come along and help, please us know.

I hope you enjoy your read as you continue to learn more about what we've been doing, upcoming events and programmes, and the lives we change. Together we can continue to 'Make Sailing Accessible to EVERYONE'



Kay Rawbone
Co-founder and Chief Executive
創辦人及董事
Sailability Hong Kong Limited

五月下旬，我們今年是第四年參與由白沙灣遊艇會協辦的女子航海節。項目旨在提高帆船運動的包容性及多樣性，鼓勵更多女性及女孩一起航行出海，了解帆船運動以及圍繞帆船以外的工作，例如指導和賽事管理等等。

如果您想得悉更多活動詳情，或想成為此項目的特別義工，請聯絡我們。

希望您在閱讀季刊時能了解更多有關我們的工作、即將舉行的活動，以及我們改變生命的信息。讓我們共同努力，成就「航能倡揚帆，人人皆可能。」

View us on FB: <https://www.facebook.com/SailabilityHK> to see what we do on a regular basis.

Come and see us, 'seeing is believing'.

關注我們的Facebook 帳號，了解我們的日常活動。

親臨與我們一起參與，「眼見為實」。

Sailability Spotlight

香港航能專欄

Kay Rawbone - British Empire Medal Investiture

On 19th March 2024, Kay Rawbone, Co-Founder and CEO of Sailability Hong Kong, was presented with the British Empire Medal (BEM) by Brian Davidson, Consul General Hong Kong, following the announcement, on 17th June 2023, in the King Charles III Birthday Honours List.

It was another landmark day for Kay and for Sailability Hong Kong, with many friends and supporters present at the Consulate to celebrate the special occasion.

Kay Rawbone 受邀出席大英帝國勳章頒布儀式

在 2024 年 3 月 19 日當天，香港航能創辦人及董事 Kay Rawbone 手上接過由總領事戴偉紳頒發的大英帝國勳章，英文縮寫 BEM，這個榮耀列印在 2023 年 6 月 17 日的英王查爾斯三世誕辰授勳名單上。

對於 Kay 和香港航能來說，這是一個特別的里程碑日，許多朋友和支持者紛紛現身在領事館一同慶祝。



Kay with British Consul General, Brian Davidson CMG
Kay 與英國駐香港及澳門特別行政區總領事戴偉紳 CMG 合影

Presenting the award, Brian Davidson, Consul General congratulated Kay for receiving the BEM for Co-founding Sailability Hong Kong with her late husband Mike, in 2009.

"He said the British Empire Medal is awarded for "service worthy of recognition by the Crown".

Addressing those present Kay paid tribute to the many people who have contributed to the success of Sailability over the years.

She said when, with her late husband Mike, they her started Sailability they were advised to start with people who had a physical disability, but Kay decided they would start with a special needs group from The Nesbitt Centre, and two of that original group of 4 sailors were present at the BEM celebration.

She also paid tribute to the support of the yacht clubs in Hong Kong, volunteers, instructors, and sponsors.

After the presentation of the medal, there were speeches by some of those present including humorous anecdotes and even a poem written specially for the occasion.

Many, many and more photographs were taken, and we had great pleasure in picking out some of the best ones to share with you.

總領事戴偉紳先生表揚 Kay 與已故丈夫 Mike 於 2009 年共同創辦的香港航能所做出的出色貢獻，並授予大英帝國勳章。

他表示，大英帝國勳章是表彰值得嘉許的「英國皇室認可服務」。

Kay 發表得獎感言並感激多年來所有為香港航能做出過種種貢獻的人。

她回顧與已故丈夫 Mike 在最初籌辦香港航能時，有人向他們提議首先服務患有傷健或身體障礙的人群，但 Kay 決定先為思拔中心的特殊需求群體開始。當年的四位帆船先鋒，有兩名出席並一同見證了頒布儀式。

Kay 向遊艇會成員、義工們、指導人員以及贊助商表示衷心致謝。

頒獎結束後，一些在場人士發表了講話並提及過往的幽默軼事，甚至特意創作了一首詩。

當時拍攝了非常多的照片，我們在此挑選一些最好的與您分享。



Kay with British Consul General Brian Davidson and Consular staff
Kay 與總領事戴偉紳 CMG 及一眾領事職員合影



Kay with Andrew Sheard and Surinder Puniya, Executive Director, the Nesbitt Centre
Kay 與 Andrew 以及思拔中心執行董事 Surinder Puniya 合影



Kay with Sailing Club Commodores: Chris Pooley ABC, Lucy Sutro RHKYC, Don Johnston RHKYC
Kay 與來自各個遊艇會的准將合影 (名字排列從左至右)



Sailability HK Remainers from the Early Days: Rob Allen, Sandra Snell, Alexandra Jones, Greig Caruthers, Ariez Vachha, Mark Houghton
早期一直參與到現在的一眾香港航能成員大合照 (名字排列從左至右)



Sailability HK Directors: Cramond Wong, Mark Houghton, Kay St John Flaherty
香港航能一眾董事們的合照(名字排列從左至右)



Kay's guests from all sections of the Sailability Hong Kong journey
Kay 邀請不同嘉賓，他們貢獻於香港航能的各個階段

Photo credits: British Consulate General and Lizzie Sharp (Sailability Hong Kong Volunteer)
圖片來源：英國領事館和 Lizzie Sharp (香港航能義工)

Sponsor Spotlight

贊助商專欄



The Hong Kong Club
Foundation Limited

The Hong Kong Club Foundation – Sailability's Elderly Sailing Programme

In edition 3 of our newsletter, we would like to say a huge thank you to another amazing donor and supporter, The Hong Kong Club Foundation, for providing the funds for Sailability Hong Kong Limited to offer the benefits of sailing to another area of our Hong Kong community, the elderly.

The Hong Kong Club Foundation's support over the past three years has enabled us to offer to Hong Kong's elderly the opportunity to experience sailing, something they never thought possible. This programme offers recreational taster days, wet and dry days and a learning to sail programme, whilst making a significant difference to their lives.

The Hong Kong Club Foundation – 香港航能長者帆船計劃

在今次第三期出版的刊季中，我們想向偉大的 The Hong Kong Club Foundation 發表衷心致謝，有賴協會的無私捐獻以及對香港航能的一路支持，促使香港長者社區實現一同帆船的機會。

The Hong Kong Club Foundation 過去三年的資助為香港的長者創造了接觸帆船的機會，這對長者來說可是一種不可能發生的體驗。該計劃提供包括休閒帆船體驗日，濕身及乾身的體驗日，以及學習駕駛帆船的課程，為長者生活增添有意義的正面影響。



Title



Sailability Volunteer Lawrence Li with 89 Year Old Sailor
義工 Lawrence 李兆強與 89 歲長者水手出航



Sailability Volunteer Daphne Chan with 92 Year Old Sailor
義工 Daphne 陳思敏與 92 歲的長者水手出航

Right from the start of this programme in 2021, we have had a never-ending supply of people wishing to join our elderly sailing programme. Many of them go on to participate in our learning to sail courses; learning themselves how to teach others to sail. Once a year we have a 'fun race day', to highlight to family and friends the skills of our new sailors. But the race is not just fun. It is highly competitive and provides great memories and stories.

What has the programme done for the elderly?

The elderly sailing programme gives to the elderly access to the waters of Hong Kong to experience sailing in a safe environment.

They receive therapeutic value from the sea.

The programme gives them new friendships and new opportunities to communicate.

It improves their physical well-being, confidence, awareness and sense of self-worth.

Those who go on to become regular volunteers help others, with life challenges, to enjoy sailing.

They give back to others what they received from those who volunteered to help them to enjoy sailing at the beginning of this new journey.

The opportunity to help others provides a new outlet for them in their lives.

計劃從 2021 年開始就吸引了源源不絕的長者加入，其中許多人報名了我們的學習駕駛帆船課程；更學會了教導別人去駕駛帆船。每年我們都會舉辦一次「趣味競賽」，向家人和朋友們展示長者水手的技能，不僅僅是為了搞笑，競爭可是相當激烈，為參與者留下美好的回憶和故事。

該計劃對長者的益處？

長者帆船計劃讓他們置身於香港海域，並在安全的環境下進行帆船體驗。

他們從大海中獲得治療價值。

該計劃為他們帶來新的友誼和交流機會；提升他們的身心靈健康、認知、自我價值和建立自信心。

那些已經成為定期義工的長者們能夠幫助他人克服生活中的挑戰，感染別人享受帆船的樂趣。他們學而致用，有能力回饋自己在這一段新學習旅程上的知識及經驗，為他人的生活創造了新的出路。

What has the programme done for Sailability Hong Kong?

It has demonstrated the benefits of sailing to all ages.

Our sailors now range in age from 7 to 92.

Our elderly volunteers help to maintain our vessels.

They act as buddy sailors to those starting to sail and to those with complex needs.

They make cushions and bags to bring in additional funds.

They are reliable and enthusiastic.

They are always willing to learn more.

Some of them have become qualified safety boat drivers.

Others assist with race management. They all want to become part of what we do.

In a word, they are amazing.

Below are some of their experiences, in their own words.

香港航能從長者帆船計劃中擁有什麼得著？

該計劃充分展現帆船對所有年齡層的正面好處。我們的水手年齡小至 7 歲 到 92 歲。

年長的義工們更會幫助我們維護船隻。

他們是帆船初學者和需要額外照顧者的最佳拍檔。

他們能夠製作坐墊和包包，用作義賣籌集資金。

他們可靠又熱情。

他們樂於學習。

他們當中的一些人甚至晉升為合資格的安全船駕駛員；一些人則協助賽事管理。

他們都積極參與其中。簡量而言，他們的表現令人佩服。

以下是一些他們經驗的親身說法。



Disability Awareness Training for Senior Sailing Volunteers
對長者義工的傷健意識培訓

"I am Ricky Chan. I have been retired for several years.

Before I started with Sailability I did not have any particular hobbies. I heard about

Sailability's volunteer training programme through a friend.

Before I started, I was worried about safety and about having to take care of others on the water.

But thanks to the excellent guidance from Sailability's dedicated instructors and other volunteers, my worries faded and eventually vanished.

Some of those I sail with are sailing for the first time.

Some of them are visually impaired or have mobility issues.

Sailability makes it possible for them to sail and gives them happiness through sailing.

You can see it in their smiles.

I am proud to be part of that.

Volunteering is one of the new chapters in my life after retirement."

「我是 Ricky 陳宏敬。我已經退休好幾年了。

在我加入香港航能之前，我沒有特別的愛好。

透過朋友我聽說了香港航能的義工培訓計畫。

參加之前，我擔心安全問題和在水上照顧他人的問題，但多虧香港航能的專業教練和其他義工的出色指導，我的擔憂也逐漸消散。

有一些人是第一次參與航行，另一些人視力問題或者行動不便。

香港航讓他們有機會航行，並透過航行帶給他們喜樂。

你可以從他們的笑容中看到這點。

能成為香港航能的其中一員，我感到自豪。

參與義工工作是我退休生活中的一部分。」



Sailability elderly sailors making Christmas wreaths
香港航能的長者製作聖誕花環

"I am Benson Tang. I started with Sailability in 2021, learning to sail almost from scratch.

I moved on to train as a volunteer.

This helped me to understand Sailability's key mission, to promote inclusive sailing.

I am now a sailing partner to people with disabilities.

I help others to become volunteers.

I help with races, exhibitions and boat maintenance.

All this helps me to feel that I am doing something of value, to be more energetic and to give something back to the community.

I sailed with a visually impaired child.

I wanted to give him a wonderful time.

I told him that we might find items of treasure left behind by others in the sea.

He tried to find them by putting a ladle in the sea.

He loved doing this and said that he really wanted to continue sailing with me so that he could continue his dream of finding something precious in the sea.

It is touching experiences like this which really make volunteering with Sailability memorable and worthwhile."

Author - Kay Rawbone BEM
Co-founder and CEO

「我是 Benson 鄧繼新。我於 2021 年加入香港航能，幾乎是由零開始，學習航行。

我開始成為義工並接受義工培訓。

這有助於理解香港航能的使命，促進航行包容性

我與患有傷健或身心障礙的隊員夥伴航行，幫助其他人成為義工。

我參與比賽、展覽和船隻維護。

這一切讓我變得有活力，因我正在參與有價值的社會回饋活動。

我曾與一個患有受損視覺的小孩一起航行。

我想給他一個美好的時光。

我告訴他，我們有機會在海裏找到警人留下的寶藏。

他試圖用大湯匙在海裏尋找。

他喜歡這樣做，他想繼續和我一隊，這樣他就能實現在海裏找到珍貴物品的夢想。

正是這樣觸動人心的經歷，讓人感到義工服務是令人難忘且值得的。」

作者 - Kay Rawbone BEM
創辦人及董事

Volunteer Spotlight

義工專欄

Joseph Cheung

Joseph Cheung is 17 and has already been volunteering with Sailability for nearly 4 years. He was only 13 when his school first arranged for him visit Sailability as one of a group of students with ASD, and since then, he has never looked back!

Like most people who come to Sailability his sailing experience started with a Hansa 303 but unlike most, he has now progressed to handle a Hansa Liberty, an Enterprise, and he can drive a Safety Boat. He's also helmed MoHan and is always looking for the opportunity to sail different types of boats.

張子軒

Joseph 張子軒今年 17 歲，已經在香港航能服務將近 4 年。當年他 13 歲的時候，學校首次安排他與其他自閉症譜系障礙的學生一起參觀香港航能的基地。

從那時起，他就一直在義工服務路上前進！

就像大多數初來香港航能報道的人一樣，他的帆船體驗始於一艘漢沙 303，與其他人不同的是，他現在已經掌握了駕駛漢莎自由號、企業號，還能駕駛安全船。此外，他也能掌舵無限號，並始終期待著駕駛更多不同類型船隻。



Joseph Cheung at the helm of *MoHan* with skipper Fred Vaudaine
張子軒與舵手 Fred Vaudaine 於無限號上合影

He describes Sailability as a beautiful learning environment, and one where he enjoys taking care of the diverse groups of people on Sailability programmes. "It's a great place to make new friendships" says Joseph. He is keen to thank all those people who have helped him to develop over the years, not least of all his school and the teachers who first identified the sailing opportunity for him. At Sailability he recognises the contribution of the instructors who have coached him including Jesse, Karen, Vincent, Paul, and Rachel.

To mark the way his sailing skills have progressed Joseph was awarded Sailability Male Sailor of the Year for 2023 at the recent awards evening. He is also Sailability's youngest Assistant Instructor.

This is his final year at school; he's due to leave in summer 2024. So, what would he like to do after leaving?

He's in no doubt that his dream job would be to work at Sailability HK, helping people discover for themselves the wonders of sailing.

Author: Andrew Sheard

他認為香港航能擁有良好的學習環境，他喜歡照顧香港航能計畫中參與的各種人群。「這裡是交友的好地方。」張子軒說道。

他衷心感激多年來所有幫助他成長的人，尤其是學校和最初為他找到帆船機會的老師們。

在香港航能，他感激指導過他的教練，包括 Jesse 林耿光, Karen 郭桂晶, Vincent 盧熾勤, Paul 和 Rachel。

為了紀念他的帆船技能提升，子軒在最近的頒獎晚宴上被授予了 2023 香港航能男水手年度之星。他也是香港航能中最年輕的助教。

他將在 2024 年夏天完成最後一年的學習生涯；離開學校之後，他想做什麼呢？

毫無疑問，他的夢想工作是在香港航能工作，幫助人們發現帆船的奇妙之處。

作者：Andrew Sheard



Joseph with awards for participation in the 24 Hour Charity Race, Saturday Sailing, and his Safety Boat driving certificate
張子軒參加 24 小時慈善小艇賽、週六帆船日而獲發證書，並獲得安全船駕駛執照中國

Seeing is Believing

Sailor Spotlight

帆船水手專欄

Élia Slama

Élia & our family are very blessed & grateful to have met Kay and to join Sailability a year ago.

Mike, the PE Teacher from ESF Jockey Club Sarah Roe connected us as Élia loves the water environment, enabling her to move freely, playing and swimming in the pool or the sea, on a Kayak or a paddle board.

New learning, new experience

During our first session, we felt immediately at ease with the warm welcome from Kay, and Paul (expert occupational Therapist, to best onboard Élia).

Élia is sailing every Saturday with a volunteer. Even if she is not actively sailing, she benefits greatly from being in such an amazing outdoor natural environment, with great sensory experience, beautiful scenery, calming sounds of the sea, relaxing movements of the waves, and interacting with the instructors, volunteers, and other sailors.

During sailing time, Élia is very relaxed, so relaxed that she often enjoys a nap in the dinghy boat! She is now also much more active enjoying, interacting with the volunteers, remembering their names, observing, playing with her hand in the water, holding the ropes, and even observing other boys playing in another dinghy, imitating their actions!



Élia enjoying her time with Sailability
Élia 享受在香港航能的時光

Élia 與家人很幸運及感激去年遇到 Kay 並加入香港航能這個大家庭。

來自ESF Jockey Club Sarah Roe 的體育老師 Mike 介紹了他們給香港航能，因為 Élia 喜歡有水的環境、喜歡靈活地在游泳池或者大海中游泳、玩耍，劃皮划艇或劃槳板。

新學習，新體驗

在第一次活動中，我們立刻感受到了來自 Kay 和 Paul 的熱情歡迎，Paul 是專業的職業治療師，他為 Élia 提供了最好的幫助。Élia 每週六都與一名義工帆船。即使她沒有主動駕駛帆船，她也受益匪淺，因在這種令人驚嘆的戶外自然環境中有著很棒的感官體驗、美麗的風景、海洋寧靜的拍打聲，更有來自與教練、義工和其他水手之間的喜樂互動。

暢遊帆船之間，Élia 的狀態是非常放鬆的，甚至她經常在小艇上小睡片刻！現在，她很活躍，享受與義工之間的互動，她會記得別人的名字、觀察、玩耍、伸手觸摸水中的物體、拉繩，甚至觀察其他男孩在另一隻小艇上玩樂，並模仿他們！



During sailing time, Élia is very relaxed
暢遊帆船之間，Élia 的狀態是非常放鬆的

Within less than a year, we went from "how can we transfer Élia safely on the boat as she needs physical assistance?" to signing her up to join 2 races!

For the 24h Hebe Dinghy Race, her first race, She was sailing with David, her previous year's Teacher and her school team boat won 2nd place, how incredible!

New friends

We have met and made new friends thanks to Sailability, training together, and celebrating races, achievements, holidays, and birthdays together! Élia got a beautiful Sailability card signed by Sailability friends. Meena & Henry, a young couple of sailors, surprised Élia with a birthday gift!

Élia enjoys meeting new people and sailing with different volunteers, sailing with Akai, our senior sailor, she enjoys spending the afternoon on the dinghy boat, with him, he is a "Grandpa" for Élia, teaching her Cantonese words, coaching her, bringing her treats from his hometown to share!

As parents, following the dinghies, on the safeboat, we learn by observing, thanks to amazing instructors like Kay, Jesse, and Karen, who share their experience and expertise. It is always inspiring to chat with them, with other parents and volunteers like Andrew, we feel good and uplifted in such a beautiful environment.

We also had opportunities as a family to sail on Mohan, meeting Fred and Adam, Élia even got to steer!



18 November 2023 - Élia received a beautiful sailability card signed by sailability friends, a medal and a birthday gift! Élia 收到了有大家簽名的生日卡、生日禮物和一枚獎牌

在不到一年的時間內，我們從「如何確保 Élia 安全地在船上轉移」轉變到報名讓她參加兩場比賽！在 24 小時賽的白沙灣遊艇會公開小帆大賽中，她的第一場比賽和 David 一起航行，他是她去年的老師，她在學校團隊隊伍中獲得了第二名，多麼不可思議！

新朋友

因香港航能而認識及結交新朋友，一起訓練、慶祝比賽結果、達到成就、參與假期和生日聚會！Élia 收到了一張美麗的香港航能卡，上面有香港航能朋友的簽名。一對年輕的水手夫婦 Meena 和 Henry 給 Élia 生日禮物，讓她感到非常驚喜！

Élia 喜歡結識新朋友，並與不同的義工們一起航行。在資深船員的 Ah Kai 陳焯佳的指導下，Élia 在小艇上度過下午，他對 Élia 來說像一個“親爺爺”，教她粵語單詞、指導她，還從家鄉帶來好吃的東西和她分享！

作為家長，在安全船上跟隨小艇，我們通過觀察學習，感謝像 Kay、Jesse 林耿光和 Karen 郭桂晶這樣的優秀教練，分享經驗和專業知識。與其他家長和義工們交流總是鼓舞人心，例如 Andrew，讓我們在如此美好的環境中感到愉悅和振奮。

我們一家人還有機會一同乘坐無限號，認識 Fred 和 Adam，Élia 甚至有機會扶舵！



Élia steers MoHan
Élia 在無限號扶舵

Sailability is so inclusive, inspiring, and empowering!

During the last school graduation ceremony, it was touching to feel how Sailability is such an important highlight of the student's journey, so heartwarming to learn with the personalised videos, and how Sailability empowered them, with an "I can" mindset. Thank you so much sailability team and volunteers for the amazing personal experience you are bringing to each of the children!

Coming weekly, Kay and Jesse kept on encouraging me to join the training to learn to sail the Sailability dinghy! I can't believe that, after less than a year, I completed a 5 days training to learn to sail and become a competent volunteer for Sailability! I can sail now with Élia, What a lovely experience and bonding time!

Thank you for taking care of Élia and our family! Such a pleasure to learn with you and the Sailability team! We are now part of the Sailability family!

Authorship: the Slama family

香港航能是如此具包容性、令人鼓舞和賦能！

在上一次的香港航能畢業典禮上，我被香港航能為學生旅程上所做出的貢獻深受打動，通過個性化視頻學習以及種種幫助讓他們擁有「我能行」的心態！我非常感謝香港航能團隊和義工們為每個孩子所帶來的專屬體驗！

Kay 和 Jesse 林耿光不斷鼓勵我參與學習駕駛小艇的培訓！我簡直不敢相信，在不到一年的時間內，我完成了為期 5 天的培訓，並最終學會了駕駛小艇，成為了一名稱職的義工！現在我能和 Élia 一起航行，實在是多麼美麗的親子聯繫時光！

感謝各位照顧 Élia 和我們一家！與各位和香港航能團隊一起學習是種愉悅！我們現在是香港航能這大家庭的一部分！

作者：Slama 家族



19 March 2023 on the Safety boat, Élia enjoying the speed
Élia 在安全船上享受速度



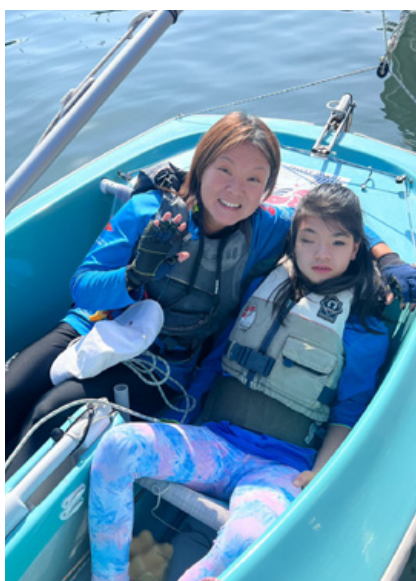
Élia setting off from Hebe Haven
Élia 從白沙灣出發



Élia washing down the boat with her mother, Marie Claire
Élia 與媽媽 Marie Clair 一起清洗船



Élia with awards for participation in the 24 Hour Charity Race
Élia 參與週六帆船日而獲發證書・Élia 合影



Programme/Event Roundup

項目/活動總結

Physiotherapists learn “more than sailing”

Dr. Tim Yam teaches the Bachelor of Science with Honours in Physiotherapy programme at Hong Kong Metropolitan University (HKMU) and regularly brings his students to Sailability, as one of their early exposure activities and clinical practice.

Physiotherapy is about restoring movement and physical function when someone has experienced an injury, illness, or disability. So, spending time alongside Sailability's parasailing team brings novel opportunities for budding physiotherapists to learn about perseverance and the ability to adapt and solve problems on the spot.

“When a group of students come to Sailability for the first time, they will just focus on absorbing what's happening,” said Tim, “Some of them get sea sick! As they progress through their studies, we build on what students have learned in their courses by posing questions such as what exercises would you recommend for a person with this disability? What advice could you give to help that person avoid injury during lifting and transfers?”

物理治療師深感 「帆船不單只是一項運動」

Dr. Tim Yam 在香港都會大學 (HKMU) 教授理學學士 (榮譽) 物理治療課程，定期帶領學生參加香港航能，作為早期活動和臨床實踐之一。

物理治療是通過專業方法讓人於經歷受傷、疾病或殘疾過後恢復運動和身體功能。與香港航能的傷健帆船運動團隊共度時間，有效為新興物理治療師提供了學習堅韌不拔、適應能力和即時解決問題的契機。

HKMU 學生們第一次來到香港航能時，他們忙於吸收一切正在發生的事，Tim 說「儘管有些人暈船！但隨著研究的發展，大家會通過提問問題：例如我們應推薦哪類型鍛煉去為患有傷健的人士康復身體機能？我們應提供什麼建議去幫助傷健人士在被舉起和轉移間避免受傷？」



HKMU students with members of the Sailability para sailing team
香港都會大學 (HKMU) 的學生與香港航能成員合照

Dr. Tim was introduced to Sailability by Professor Kevin Kwong, an Honorary Professor and Advisor at HKMU and HHYC member, and Dr. Chad Chan who teaches physiotherapy at HKMU and has served the disabled sports community.

In their quest to make HKMU's physiotherapy programme the preferred way to become a physiotherapist in Hong Kong, the department offers students a wide range of experience in the community. In addition to the usual physiotherapy settings like a hospital, clinic, or an NGO, students have the opportunity to work with individuals with disability including archery and boccia, as well as sailing.

"Whether I have students with me or not, I enjoy sailing helping out as a volunteer and being part of the Sailability community. The (para) sailors are teaching me more than I'm helping them," said Dr. Tim.

"As an individual, I like to have everything under control, but sailing and people with disability have taught me that's not always possible in life, and that if you go with the flow, guess what, things will be fine."

The first cohort of HKMU Physiotherapy students' accreditation is ongoing and progressing well. To promote to current and prospective students the importance of social responsibility and involvement with individuals with disabilities, there will be a sports event coming up soon.

More news to follow as they say!

Dr. Tim 是由香港都會大學 (HKMU) 的名譽教授及顧問 Kevin Kwong 和在 HKMU 任教物理治療並為傷健人士體育服務的 Dr. Chad Chan 所介紹。

他們致力使 HKMU 的物理治療課程成為香港物理治療師的首選學習途徑，該院系為學生提供豐富的社區實驗。除了像醫院、診所或非政府組織的常規物理治療設置以外，學生還有機會與傷健人士一同進行射箭、地板滾球比賽以及帆船運動。

Dr. Tim 說道：「無論我是否有學生與我同行，我都喜歡作為一名義工幫助帆船運動，並成為香港航能社區裡的一員。傷健帆船運動員所教給我的比我給予他們的要更多。」

「我個人喜歡掌控一切，但傷健帆船運動員教會我——生活並非如你所控，如果我們學會順流而下，事情可能變比你想像中好。」

首屆 HKMU 物理治療系的畢業學生認證正在進行中，進展良好。為了向現有和將來學生呼籲及宣傳社會責任感和及與傷健人士互動的重要性，未來即將舉辦一項體育賽事。

更多消息將有待發佈！



Dr. Tim Yam and Professor Kevin Kwong of HKMU
Dr. Tim 和名譽教授及顧問 Kevin Kwong 合照

What the students say....

"On the day of the 24 Hour Charity Dinghy Race, as a Physiotherapy student of HKMU, I was prepared to serve the para-sailing athletes for example by helping them on and off the boat, assisting on the boat and answering some Physiotherapy related queries.

What I wasn't prepared for is that I was actually the one that was served. I was actually feeling a bit sad on that day due to personal reasons and stress, so during the whole boat ride, the para-sailor actually actively asked me, listened, and shared her experience about how she copes with her emotions.

Sailability has allowed me to put into practice of the skills that I have learnt from school, meet valuable friends, learn about sailing, and most importantly it is fun!"

Authorship: CHEUNG Tin Wa Timothy,
Year 4 HKMU Physiotherapy Student

學生們的說話.....

在 24 小時慈善小艇賽當天，作為香港都會大學 (HKMU) 的物理治療學生，我為傷健帆船運動員提供服務，幫助他們上下船，協助船上工作並迴答物理治療學相關問題。

我沒有想到的是，事實上我也被服務了。那天我因為個人原因及焦慮感到難過，在整個船程上，傷健帆船運動員主動關心我，傾聽並分享她個人如何應對情緒問題。

香港航能讓我從校園中學到的技能付諸實踐，結識寶貴的朋友，了解帆船運動。最重要是，很好玩！」

作者: Timothy 張天華，香港都會大學物理治療四年級學生



HKMU students during last years 24 Hour Charity Race
HKMU 學生參與去年的 24 小時慈善小艇賽

“Sailability has given me valuable experience as a volunteer, in training, charity races, and competitions, giving me opportunities to learn how to sail in different weather conditions. The seemingly simple techniques of using ropes and a rudder, while identifying the direction of wind blowing, requires good coordination. And what I learned from the para sailors was, just like the Sailability slogan, “more than sailing”, a spirit of perseverance. I saw their ability to solve problems in their own way despite different physical limitations.”

- CHAN See Wei (陳思慧) Year 4 HKMU Physiotherapy Student

「作為一名義工，香港航能讓我獲得了寶貴的經驗，特別是在培訓、慈善賽事和比賽中，讓我有機會學習如何在不同條件下的天氣航行。利用繩索和舵，辨認風向等看似簡單的技術需要良好的協調能力。我從其他水手身上學到的是，就像香港航能口號所提及「帆船不單是一項運動而已」，它需要堅韌不拔的精神，儘管各人擁有著不同的身心限制，每人都有能力用自己的方式解決問題。」

作者: 陳思慧，香港都會大學物理治療四年級學生



Dr Tim Yam and one of his physiotherapy students, CHAN See Wei
Tim Yam博士和他的一位理療學生陳思慧

The 2nd South East Asian Para Sailing Championships 2024

The 2nd South East Asian Para Sailing Championship was coming to Hong Kong and we didn't have much time to organize it!

The event held on 27 - 31 March 2024 was sub vented by the Culture, Sports and Tourism Board, organized by the Hong Kong China Sailing Federation (HKSF), co organized by Sailability Hong Kong Limited and supported by LCSD, ASAF, HHYC, in conjunction with World Sailing. An Open Regatta as we welcomed everyone to join from within SE Asia and beyond.

This Championship was first held in in 2018 and we hope it will be followed up by more future regional events in line with World Sailing's new Strategic Direction, to increase the inclusivity and accessibility of sailing around the world!

2024 第二屆 東南亞傷健帆船錦標賽

第二屆東南亞傷健帆船錦標賽在今年 3 月 27 日至 31 日舉行，今次我們並沒有太多的時間來籌備！

由藝術及體育發展基金資助；中國香港帆船運動總會主辦；並得到康樂及文化事務署、國際帆船總會和亞洲帆船運動總會 (ASAF) 支持，在白沙灣遊艇會舉行。

這是一場公開的帆船賽事，歡迎東南亞及其他地區的人士前來參加。錦標賽首次於 2018 年舉辦，我們希望來臨舉辦更多的地區賽事，符合世界帆船協會新的戰略方向，促進全球帆船運動的包容性和可及性！



Hansa fleet preparing to sail
漢莎艦隊準備起航

27th March 2024 Registration Day

Today was used for briefing and preparation. Race Officer Rob Allen led the briefing session and all present used the occasion to talk about sailing and just to get to know one another better. Sailors and volunteers were presented with welcome packs of t-shirts, hats etc provided by T10 and Gill via T10 Asia. Thank you for your support.

As part of our ESG we asked sailors and volunteers to bring along an empty lunch box on days 2, 3 and 4, which we filled up with fresh sandwiches and snacks on the day to save the use of paper and plastic during the event. Everyone remembered, we are happy to say.

This was followed by a boat draw for the Hansa 303 sailors and an introduction to the boat they would sail for the whole of the event. Everyone seemed happy with the boat they were sailing which was good news for us all!!

After a welcome lunch, financed by private donation and provided by Hebe Haven Yacht Club, some sailors took the opportunity to put in a practice session ahead of the racing which started in earnest on Day 1, Thursday 28th March.

In total some 10 countries and regions were represented at the event: China, Hong Kong, Macau, Canada, New Zealand, Thailand, Nepal, Philippines, Jordan, and the UK. Thanks to Volunteers, Simon Lai and Andrew Sheard, for covering media during the event.



Race Officer Rob Allen led the briefing session
賽事主管 Rob Allen 主持簡報會

2024 年 3 月 27 日登記日

登記日用於簡報會議作準備。賽事主管 Rob Allen 主持簡報會，所有參加者利用這個機會討論帆船運動，彼此認識大家。帆船水手和義工們都收到了T恤、帽等受歡迎的禮品包。在此感謝 T10 和 Gill 以及 T10 亞洲的支持。

為了履行環境、社會和管治 (ESG)，我們要求帆船水手和義工們分別在第 2、3 和 4 天自攜午餐盒，我們當日會派發食物，以節省活動期間所使用的一次性紙張和塑料。我們很高興地說，每個人當天都記得自攜午餐盒。

接下來，是漢莎 303 的帆船水手抽籤活動，同時介紹水手在整個活動中將會駕駛的帆船。每個人似乎都對自己所駕駛的帆船感到滿意，這對我們所有人來說都是個好消息！

由私人資助及由白沙灣遊艇會提供的歡迎午餐過後，航行水手們抓緊機會練習，為真正的比賽做準備，比賽從第一天 3 月 28 日 (星期四) 開始。

這次活動合共來自 10 個不同國家及地區代表參加，包括中國、香港、澳門、加拿大、紐西蘭、泰國、尼泊爾、菲律賓、約旦和英國。感謝義工 Simon Lai 和 Andrew Sheard 在活動期間所進行的媒體報道。



Sailability Volunteers checking for wind and direction
香港航能義工們檢查風力和方向

Day 1 - Racing – Thursday, 28th March, 2024

We were delighted to see representatives from LCSD and HKSF join us in the morning of the first day of racing. It gave them a chance to see sailors getting boats ready to launch and to meet some of the participating sailors, especially sailors from Thailand who had not had the opportunity to sail outside Thailand before.

Media teams joining the first day of racing were from HKSF, Panda Man and our very own volunteers; photographer Simon LAI and Media Man, Andrew Sheard.

The day began with Rob Allen, our Race Officer, giving the first daily briefing of the event to; Instructors, Coaches, Mark Laying Teams, Safety Boat Teams, Race Management and Volunteers, to ensure safe and well managed sailing. A great first day which included a practice race quickly followed by the first 2 races of the event. As we sailed out with not a very good forecast we eventually found some good wind.

Day 2 – Racing – Friday, 29th March 2024

The second day of racing in the 2nd South East Asian Para Sailing Championships took place on Friday, 29th March with 3 races due to be held. All races were completed with another 4 to come over the following two days.

This second day of racing was a tough one for sailors and the race management team alike. The first race of the day was delayed due to a lack of wind, and then the RO and Team had to relocate the course.

There was a further delay between the first and second race due to marker buoys drifting and then losing their anchor! Conditions for the second and third race were much better.

FOO Yuen Wai dominated the 2.4mR class winning all 5 races on the first 2 days of racing. Sylvia LEUNG was in second place.

In the Hansa 303 double handed class, Supakit and Thirtapa from Thailand were leading. FUNG Wai On is dominant in the Hansa 303 singles also having won all 5 races so far.

The Hansa Liberty class was a tussle between CHAN Tsun Ming and Cheng Tse Lung with CHENG Tse Lung just squeezing into the leading position by the end of day.

第1天比賽 - 2024年3月28日，星期四

我們很高興看到康樂及文化事務署和中國香港帆船運動總會所派出的代表，他們在第一天比賽早上與我們會面，該會面讓他們看到了水手們在啟航前所做的準備工作。

他們與參賽水手見面，特別是那些來自泰國的水手們，因他們從來未有機會於泰國以外的地方航行。

加入第一天比賽的媒體團隊分別來自香港帆船運動總會的 Panda Man 和我們自己的義工及攝影師 Simon Lai 和媒體報道員 Andrew Sheard。

賽事主管 Rob Allen 給予賽事首日的簡報；包括對培訓員、教練、標記鋪設隊、安全船隊、賽事管理和義工們，以確保安全和良好的帆船管理。美好的第一天跟從著一個練習賽和隨後的 2 場賽事。當我們出航時，雖然天氣預報並不好，但最終我們找到了有利的風勢。

第2天比賽 - 2024年3月29日，星期五

賽事第二天共有 3 場比賽，餘下的兩日賽事將陸續舉行 4 場比賽。今天的比賽對水手和賽事管理團隊來說都十分艱難。基於缺乏風力，第 1 場比賽需要推遲，賽事主管和團隊忙著重新設置出海航道。另外，第 1 場和第 2 場比賽之間又發生了小插曲，標記浮標漂流，令錨遺失，最終導致賽事延遲。之後的第 2 場和第 3 場比賽條件變得好多了。

付遠威在 2.4mR 級別賽上 2 天內的 5 場賽事遙遙領先。Sylvia Leung 排名第二。

在漢莎 303 雙人級別中，來自泰國的 Supakit 和 Thirtapa 領先。

付遠威在漢莎 303 單人級別也獲得了所有 5 場比賽勝利。漢莎自由號級別之間由 Chan Tsun Ming 和 Cheng Tse Lung 角逐，Cheng Tse Lung 最終未能獲得領先地位。



Thailand sailors, Boonkord and Alan Hart
來自泰國的 Boonkord 和 Alan Hart



Foo Yuen Wai dominant in his 2.4mR
付遠威在 2.4mR 級別中佔領主導位置



Sylvia Leung in 2nd place in her 2.4mR
Sylvia Leung 在 2.4mR 級別中排列第二

Day 3 – Racing – Saturday, 30th March 2024

At the end of the third day of racing in the 2nd South East Asian Para Sailing Championship, 8 out of nine planned races had been completed.

Racing on Day 3 was much smoother than on Day 2 which had been hampered by variable weather conditions and other issues. Throughout Saturday the competitors enjoyed a steady wind of around 8 to 12 knots.

FOO Wai Yuen completely dominated the 2.4mR class winning all 8 races so far and who would bet against him making it all nine? Sylvia LEUNG and LIONG Wun Wah were battling for second place with Sylvia edging ahead.

In the Hansa 303 double handed class, Supakit and Thirtapa from Thailand were firmly in first position with Cole Purdie and Joel Filipe second. After a slow start Anmol and Anamol representing Nepal, had moved up to third place.

FUNG Wai On continued to lead the Hansa 303 singles having won 7 out of 8 races so far. Carolyn CHAN won the race that FUNG didn't win, and is second overall. CHEUNG Chi Lik, Eric, in third placed.

In the Hansa Liberty class, the tussle between CHAN Tsun Ming and CHENG Tse Lung is moving to its climax with CHENG Tse Lung just ahead going into the last race.

第3天比賽-2024年3月30日，星期六

在第二屆東南亞傷健帆船錦標賽的第三天比賽結束日，賽事完成了原定九場中的八場。

第三天的比賽比第二天更加順利，因昨天受到變化多端的天氣條件和其他問題所影響。今天選手們享受著大約 8 至 12 節的穩定風。

付遠威完全主宰了 2.4mR 級別，迄今已贏得所有 8 場比賽，誰會打賭他不會贏得全部 9 場呢？

Sylvia Leung 和 Liong Wun Wah 正在爭奪第二名，前者稍稍領先。

在漢莎 303 雙人級別中，來自泰國的 Supakit 和 Thirtapa 牢固處於第一名，Cole Purdie 和 Joel Filipe 則排名第二。起初進展緩慢的尼泊爾代表 Anmol 和 Anamol 晉升至第三名。

Fung Wai On 繼續領跑漢莎 303 單人級別，迄今贏得 8 場比賽中的 7 場。Carolyn Chan 則贏出了 Fung Wai On 沒有贏得的一場比賽，總體排名第二。Cheung Chi Lik (Eric) 排名第三。

在漢莎自由級別中，Chan Tsun Ming 和 Cheng Tse Lung 之間一度激烈競爭，Cheng Tse Lung 在最後一場比賽中略微領先。



Sylvia Leung in her 2.4mR in hot pursuit
Sylvia Leung 在 2.4mR 級別賽上緊追不放

Day 4 – Racing and Closing Ceremony – Sunday, 31st March 2024

The results were in!!

The 2nd South East Asian Para Sailing Championships closed with a rousing, fun filled awards ceremony!

Special mention must be made of the team from Thailand, who came both 1st and 3rd in the Hansa 303 double handed division despite having never sailed in that boat or in HK previously!

FOO Wai Yuen dominated the 2.4mR class winning all 9 races in the Championship.

FUNG Wai On dominated the Hansa 303 single handed division.

In the Hansa Liberty Class, it was a tight finish for first place with CHAN Tsun Ming coming out top.

There were medals for the first 3 placed competitors in each class. Special certificates were awarded to coaches, and volunteers in the race management team, the media team and support team, who in their many different ways all helped make the event such a success.

The ceremony closed with a presentation to Kay Rawbone BEM of a photograph to commemorate the award of her BEM medal recently. She received the picture from FOO Wai Yuen who thanked Kay for everything she does, the love and care shown, and he hoped she will go on to make Sailing yet more accessible in future both in HK and around the world!



Carolyn Chan and Eric Cheung battling it out (Day 3)
Carolyn Chan 和 Eric Cheung 在激烈競爭

第四天-比賽閉幕日- 2024 年 3 月 31 日, 星期日

比賽結果出爐!

第二屆東南亞殘疾帆船錦標賽在一場熱烈、充滿樂趣的頒獎儀式中落下帷幕!

特別要提到來自泰國的團隊, 在漢莎 303 雙人級別中獲得第一和第三名, 儘管他們以前從未在這艘船上或在香港航行過!

付遠威在 2.4mR 級別中贏盡錦標賽的所有 9 場。

FOO Wai Yuen 在漢莎 303 單人級別中占據主導地位。

在漢莎自由級別中, CHAN Tsun Ming 獲得了第一名, 奪冠戰役異常激烈。

每個級別的前三名選手都獲得了獎牌。特別證書也頒發給教練和賽事管理團隊、媒體團隊以及義工隊團, 各人以各種方式貢獻, 活動取得圓滿成功。

閉幕儀式以付遠威向 Kay 贈送與總領事合照相框以紀念當日她獲得大英帝國勳章, 表彰她所作出的無私貢獻。付遠威感謝 Kay 所做的一切, 希望她繼續將帆船運動變得更普及, 無論是在香港還是全世界!



Foo Wai Yuen presenting Kay Rawbone's BEM investiture photo
付遠威向 Kay 贈送大英帝國勳章紀念相框

Results 賽果



2.4mR 級別

1st FOO Wai Yuen 付遠威
2nd Sylvia LEUNG
3rd LIONG Wun Wah (Macau Sailing Association)

Hansa 303 double handed

在漢莎 303 雙人級別賽果
1st Supakit, Thirtapa
2nd Cole Purdie, Joel Filipe
3rd Boonkord, Alan Hart



Hansa 303 single handed

漢莎 303 單人級別賽果
1st FUNG Wai On
2nd Carolyn CHAN 陳琴蕙
3rd POON Tse Ming, Mark

Hansa Liberty 漢莎自由級別賽果

1st CHAN Tsun Ming
2nd CHENG Tse Lung
3rd Lawrence Li 李兆強





All the Hansa Class Winners
所有漢莎組別得獎者



Race Management Team with Race Officer, Rob Allen, centre
賽事管理團隊與賽事主任 Rob Allen 合影



Miscellaneous Event Award winners: Lawrence Li, Mr Choi, David Campbell and Joseph Au
多項活動獎獲獎者 (名字排列從左至右) : Lawrence Li 李兆強, Mr Choi, David Campbell 和 Joseph Au

Authors 作者:

Andrew Sheard, HHYC Member & Sailability Volunteer & Kay Rawbone Sailability CEO

Calendar – May

五月活動日曆

Programme	項目
1  Para Team Training	傷健帆船訓練
2	
3 Red Cross Margaret Trench School	香港紅十字會瑪嘉烈戴麟趾學校
4  Saturday Sailing	週六帆船日
5  HKS Blind & Para Team Training	香港盲人輔導會及傷健帆船訓練
6 Shatin Alliance & Po Yan School	宣道會沙田堂及溥仁小學
7 Morning Hope School	匡智學校
8 Para Team Training & Po Yan School	傷健帆船訓練及溥仁小學
9	
10 Red Cross Margaret Trench School	香港紅十字會瑪嘉烈戴麟趾學校
11 Hebe Haven Open Dinghy Regatta	白沙灣遊艇會公開小帆大賽
12	
13 SSNA Lau Pun Cheung School	劉本章學校
14 Morning Hope School	匡智學校
15  Para Team Training & COA Ladies Helm & Challenge Rally	傷健帆船訓練與COA 女舵挑戰賽
16 Po Yan School	
17 HKC Foundation Senior Sailor Race Day	HKC 基金會的銀齡帆船比賽日
18  EM & ILM & Saturday Sailing & Womens Festival Begins	少數民族及 ILM，週六帆船日， 女子航海節開始
19  Para Team Training	傷健帆船訓練
20 Women's Festival Sailing	女子航海節
21 Morning Hope School	匡智學校
22  Para Team Training	女子航海節
23 Women's Festival Sailing	傷健帆船訓練
24 Red Cross Margaret Trench School	香港紅十字會瑪嘉烈戴麟趾學校
25  EM & ILM & Saturday Sailing & Womens Festival Race Day with HHYC	少數民族及 ILM，週六帆船日， 女子航海節
26 Ladies Race Day with HHYC	白沙灣遊艇會女子賽
27	
28	
29  Para Team Training	傷健帆船訓練
30	
31	

Calendar – June

六月活動日曆

Programme	項目
1  EM & ILM & Saturday Sailing	少數民族及 ILM，週六帆船日
2  Para Team Training & Female Cancer Support Group	傷健帆船訓練 & 女性癌症支援群組
3	
4	
5  Para Team Training	傷健帆船訓練
6	
7	
8  EM & ILM & Saturday Sailing & Lok Yi School	少數民族及 ILM，明愛樂義學校
9  Para Team Training	傷健帆船訓練
10 COA DBF Mens Challenge Rally (MoHan)	COA DBF 男子挑戰賽
11	
12  Para Team Training	傷健帆船訓練
13	
14	
15  EM & ILM & Saturday Sailing	少數民族及 ILM，週六帆船日
16  Para Team Training	傷健帆船訓練
17	
18	
19  Para Team Training	傷健帆船訓練
20 COA Macau Rally (MoHan)	COA 澳門賽(無限號)
21	
22	
23  HK Assoc for ADHD & Para Team Training	專注不足/ 過度活躍症(香港)協會
24	
25	
26  Para Team Training	傷健帆船訓練
27	
28	
29  Saturday Sailing	週六帆船日
30  HK Assoc for ADHD & Para Team Training	專注不足/ 過度活躍症(香港)協會及 傷健帆船訓練

Calendar – July

七月活動日曆

Programme	項目
1	
2	
3  Para Team Training	傷健帆船訓練
4	
5	
6  Saturday Sailing	週六帆船日
7  Para Team Training & Shatin Alliance	傷健帆船訓練及宣道會沙田堂
8	
9	
10  Para Team Training	傷健帆船訓練
11	
12	
13  Saturday Sailing	週六帆船日
14  Para Team Training	傷健帆船訓練
15	
16	
17  Para Team Training	傷健帆船訓練
18	
19	
20  COA Sai Kung Team Seafood Rally (Mo Han) & Sat. Sailing	COA 西貢海鮮賽(無限號) 及週六帆船日
21  Para Team Training	傷健帆船訓練
22	
23	
24  Para Team Training	傷健帆船訓練
25	
26	
27  Saturday Sailing	週六帆船日
28  Para Team Training	傷健帆船訓練
29	
30	
31  Para Team Training	傷健帆船訓練

Calendar – August

八月活動日曆

Programme	項目
1	
2	
3 Saturday Sailing	週六帆船日
4 Para Team Training & SKDCC	傷健帆船訓練及西貢區社區中心
5 HK Assoc ADHD	專注不足/過度活躍症(香港)協會
6 SKDCC	西貢區社區中心
7 HK Assoc ADHD & Para Team Training	專注不足/過度活躍症(香港)協會及傷健帆船訓練
8	
9	
10  Saturday Sailing	週六帆船日
11  Para Team Training & SKDCC	傷健帆船訓練及西貢區社區中心
12 HK Assoc ADHD	專注不足/過度活躍症(香港)協會
13 SKDCC	西貢區社區中心
14  Para Team Training	傷健帆船訓練
15 SKDCC & HK Assoc for ADHD	西貢區社區中心
16 HK Assoc ADHD	專注不足/過度活躍症(香港)協會
17  Saturday Sailing & COA 4 Bays Rally (MOHan)	週六帆船日及COA四山賽(無限號)
18 Para Team Training & SKDCC	傷健帆船訓練及西貢區社區中心
19	
20	
21  Para Team Training	傷健帆船訓練
22	
23	
24  Saturday Sailing	週六帆船日
25  Para Team Training	傷健帆船訓練
26 SKDC TBC	待定
27 SKDC TBC	待定
28  Para Team Training	傷健帆船訓練
29 SKDC TBC	待定
30 SKDC TBC	待定
31  Saturday Sailing	週六帆船日

Final Words

結束語

We hope you have enjoyed reading this third edition of Limitless!

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