A 3-Dimensional Educational Tour on Sustainable Developmental Goals

4th November 2018 Sunday
Dear Members,

The Sustainable Development Goals (SDGs) are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate, environmental degradation, prosperity, and peace and justice. In June this year, the Hong Kong Paediatric Society and the Hong Kong Paediatric Foundation held The Summit on the Attainment of Sustainable Development Goals in the Chinese Speaking Communities with international speakers of different expertise coming from different corners of the globe. In continuation of our effort to promote the SDGs, our annual Autumn Function on Sunday 4th November 2018 will have a themed 3-Dimensional Tour on SDGs to Sai Kung Lions Nature Education Centre and Nai Chung Rocky Beach.

An Educational Tour on Sustainable Developmental Goals

At the 2015 United Nation Summit, seventeen SDGs have been established to transform our world in future and our proposed one-day tour is related to many of these goals.

The theme of Goal 3 is on "Good Health and Well-being" with the target of substantially reducing the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution. In our tour, we will visit Sai Kung, the northeastern area of Hong Kong with plenty of fresh air and clean water to refresh ourselves in the midst of our urban daily life. Goal 4 is about "Quality Education" aiming at bringing the knowledge and skills needed to promote sustainable development which falls in line with the goal of our event.

Our lunch will be at the 聰鳴茶座 at the Lions Nature Education Centre, a semi-self-serving cafeteria run by staff with hearing impairment. This reminds us of Goal 10 "Reduced Inequalities" which targets to promote the social and economic inclusion of all, irrespective of age, sex, disability and ethnicity. Instead of having a sumptuous meal, our focus will be on minimizing food waste in line with Goal 12 "Responsible consumption and production" and reduce waste generation by avoiding the use of one-off non-recycling products.
In the afternoon, we will be at the 泥涌石灘, an excellent opportunity to be impressed with the importance of protecting our natural heritage of Goal 11 "Sustainable Cities and Communities". Not only being famous for its natural beauty, we will experience the importance of climate on us (Goal 13) on us by witnessing the tidal changes along the coast. All along the day tour, we will have the chance learn about lives above water (Goal 14) and below water (Goal 15) at the educational museums or in nature. There will be interesting activities like identifying the living creatures on the rocky beach after the ebb tide in the afternoon. The importance of ensuring the conservation and sustainable use of terrestrial ecosystems and avoid marine pollution from land-based activities will be highlighted.

**Full of Fun**

Not only educational, the day tour is going to give you smile and laughter everywhere. At the 16-hectare Lions Nature Educational Centre, you will not only be exposed to marine, agricultural, geological exhibits and interactive boards indoor, our experienced tour guide will also introduce the plants and insects in the nature to you. In addition, there will be a vast area for kids to run and elderlies to walk. Furthermore, while you are impressed by the richness of nature in areas like butterfly valley and geopark visitor hub, there will be seats around whenever you feel some sense of tiredness every now and then.

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Many exhibition halls: insects, fishes, shells, farm, geopark  
Outdoor areas: few cows may wander around. These are really wild cows and they do not belong to the Education Centre.  
Pleasant green natural areas  
Both fun and education

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In the afternoon, we will be at the Sai Kung 泥涌石灘. Here, we will pass through the mangrove (紅樹林), get near the coast and try to find out the clams, shells, mudskippers(彈塗魚) and fiddler crabs (招潮蟹) surfaced during low tide. Even if you fail to capture any creatures around the shore, there will be plenty of scenic spots for you to capture with your cameras. Finally, to provide a touch of our environment three-dimensionally, we will even have the chance to fly kites up in the sky if weather permits.

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The rocky seaside  
Try to find the camouflaged mudskippers(彈塗魚).  
Photography spot at 泥涌斷橋 nicknamed “天空之鏡”

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**Good for All Ages**

Although the whole day tour may sound physically demanding, it is planned in such a way to avoid long and difficult walks, with opportunities to sit down and rest, with both indoor and outdoor activities and also with enhanced accessibility. You may consider bringing your energetic young kids who would never stop for a minute and need ample of safe space go, or your elderly parents who may just wish to enjoy a breeze of fresh air with some coastal views and some easy steps. Whether you are a professional photographer using expert equipment or an amateur smartphone camera user, there will be plenty of wonderful scenes and lovely moments to be captured. We hope you would come along with your whole family for the day.
Itinerary:

日 期：2018 年 11 月 4 日 (星期日)

集合地點：九龍塘 MTR Exit F, 7-Eleven

集合時間：早上 09:00 (09:15 開車，逾時不侯)

行 程：早上 9:00 九龍塘 MTR Exit F, 7-Eleven 集合後乘旅遊車出發

10:00 參觀獅子會自然教育中心, 地質公園, 蕉坑自然教育徑及蝴蝶谷

12:00 聰鳴茶座午膳 及 手制岩石糖

14:00 乘旅遊車往泥涌

14:45 參觀泥涌石灘 (介紹不同的植物及海岸, 紅樹林, 尋找蜆, 招潮蟹, 彈塗魚等及放風箏)

Remarks:
Please prepare enough drinking water, mosquito repellent, sun block (sunscreen/hat/umbrella), rain gears.
Please wear causal sportswear and sports shoes. Towel and an extra pair of socks and slippers may help in case your feet get wet at the rocky beach.
To save the environment, you are encouraged to bring your own spoons and forks for lunch, though disposable eating utensils are available on request.

The fee for members and their immediate family members will be HK$150 per head. For non-members, the fee is HK$260 for each person (same price of adult and child). Insurance of $100,000 for accidental death and disablement and $5000 for accidental medical expenses (per accidental limit) are covered. Newborns less than 6 weeks old and elderly older than 85 years old are not insured.

The autumn function will be postponed to a later date if typhoon signal No. 3 or above, or Black Rainstorm Warning is hoisted within 2 hours of the scheduled start time. Similarly if the typhoon signal No. 3 or Black Rainstorm Warning is cancelled 2 hours before the scheduled start time, then the autumn function will be held as planned.

For those who would like to join us for an educational and fun family day, please return the reply slip with payment for reservation before 19th October 2018.
## Reply Slip

To: Social Committee  
The Hong Kong Paediatric Society  
c/o Medcom Limited, Flat E8, 10/F, Ka Ming Court, 688-690 Castle Peak Road, Cheung Sha Wan, Kowloon,  
Tel: 25783833, Fax: 25783929, Email: mcl@medcom.com.hk

Re: Autumn Social Function 2018

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Total

Contact Person & Telephone (Mobile is preferred): ________________________________ (Must be filled in)

Cheque Number: ___________________ Email: _____________________________ (Must be filled in)

Please make crossed cheque payable to The Hong Kong Paediatric Society and mail to Medcom at the above address before 19th October 2018