



Co-organisers
聯合主辦



WAY Youth.ROC 同行計劃 X 街跑少年

October – November 2015
Street Run Training

31 January 2016
Final Challenge: Run to "U"

2015年10-11月
街跑訓練
2016年1月31日
跑向港大

Connect with community, family, and people through Street Run

Come join if you are:

- 1) HKU Students; or
- 2) Families residing in the Aberdeen district; and
- 3) Eager to connect with the community and people.

Prior experience in running is not necessary but your determination to take it on is a must.

After the completion of the training, you will be able to finish a relaxing 8Km Street Run at least!

透過街跑運動，連結社區、家庭、及身邊的人

如果你是：

- 1) 香港大學學生；或
- 2) 住在香港仔的家庭；及
- 3) 渴望與社區連結，接觸不同的人，

跑步經驗不銜。只要你願意接受挑戰，參加訓練課程，你將可以輕鬆步伐，完成(至少)8公里街跑！



Deadline for online application: **25 September 2015** 請於9月25日前報名參加

Enquiry 查詢 / 2857 8387(HKU)

/ cedars-programmes@hku.hk / www.cedars.hku.hk/hkustreetrun

/ 2552 4211(Caritas Community Centre-Aberdeen)

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明愛香港仔社區中心
Caritas Community Centre - Aberdeen

Dear Students,

You are cordially invited to participate in “WAY x Youth.ROC” Street Run which is under a social capital development project, We Are With You (WAY). It aims to promote social integration between students and families in the Aberdeen district. Through the programme, we bring together people from diverse groups and foster mutual understanding.

A 7-session Street Run training programme will be conducted by professional coach appointed by [RunOurCity](#) from 9 October to 22 November 2015 to prepare you for a relaxing 8km Street Run. Participants can choose from one of the four scheduled classes: (i) Friday evenings, (ii) Saturday late afternoons, (iii) Sunday mornings and (iv) Sunday late afternoons. All training sessions will be held in Aberdeen.

A final challenge: Run to “U” will be organised on 31st January 2016 for you to enjoy a real Street Run with the HKU and Southern District community.

Please join if you are eager to connect with the community. Prior experience in running a marathon is not necessary but your determination to take it on is a must.

Please submit an [online application form](#) on or before 25th September 2015.

For details, please visit www.cedars.hku.hk/hkustreerun

Enquiry: Student Development Section, CEDARS

cedars-programmes@hku.hk / Tel: 2857 8387

This programme is co-organised by the University of Hong Kong and RunOurCity. It is supported by Caritas Community Centre-Aberdeen.

About We Are With You Project:

[We Are With You \(WAY\) Project](#) is a four-year community-based social capital development project in the Southern District. HKU students and staff will contribute to improve the condition of the less privileged and empower them to improve their own conditions in the long run. The ultimate goal is to develop a replicable model for social capital development, particularly with the involvement of staff and students of tertiary institutions. To know more about WAY Project, please visit: <http://cedars.hku.hk/way/>.

Website: <http://cedars.hku.hk/WAY>

Facebook: <https://www.facebook.com/wayproject>

