



香港學界體育聯會

HONG KONG SCHOOLS SPORTS FEDERATION

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## 2<sup>nd</sup> Asian School Cross Country Championship 2014 第二屆亞洲中學生越野跑錦標賽 2014

26 – 30/ 6/ 2014, Ulaanbaatar, Mongolia 蒙古烏蘭巴托 (Travel Period 行程: 25 – 30/ 6/ 2014)

### Hong Kong Schools Team Meeting 香港代表隊賽前會議

Date 日期	:	31/ 5/ 2014 (Sat 六)
Time 時間	:	12:00
Venue 地點	:	拔萃男書院 – 音樂廳

#### Agenda 議程

1. **The Federation** 香港學界體育聯會
2. **Duty as a Member of the HK Schools Team** 學界代表隊的職責
3. **Introduction of Team Members** 代表隊成員介紹
4. **The Competition** 賽事資料
5. **Daily Schedule** 日程表
6. **Itinerary** 行程安排
7. **Travel Insurance** 旅遊保險
8. **Gentle Reminder** 注意事項
9. **Team Uniform** 團隊制服
10. **Debriefing & Report** 賽後檢討及報告
11. **Performance – Cultural Exchange** 表演節目 – 文化交流

## 1. **The Federation 香港學界體育聯會**

Hong Kong Schools Sports Federation (The Federation/HKSSF), formally inaugurated on 1st September 1997, is mainly responsible for organizing primary & secondary schools competitions as well as international school sports competitions. The External Office organizes the Jing Ying, several All HK Inter-School Competitions, Interport Competitions, Asian School Championships, as well as the selections and trainings of the Hong Kong Schools Teams participating in overseas competitions.

香港學界體育聯會(學體會) 於 1997 年 9 月 1 日正式成立，是負責全港中、小學校際運動比賽及對外運動比賽的組織，轄下設立的「對外辦事處」專責舉辦各項學界精英比賽、部份全港賽、埠際比賽及亞洲錦標賽，同時安排香港學界代表隊之選拔及訓練參加海外比賽等。

### Contact 聯絡

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## 2. **Duty as a Member of the HK Schools Team 學界代表隊的職責**

The Federation places a high priority on student-athletes' discipline, team spirit, sportsmanship and the benefits gain from exchange of experiences with other teams throughout the Championship. Being the ambassador of his/her respective schools and the Hong Kong Schools Team, athletes must comply with the rules and requirements lay down by the Federation. Athletes must also show full attendance, positive attitude and best performance throughout the Championship. Athletes must abide by the following code of conduct :

在參加是項活動時，運動員肩負代表所屬學校及香港學界的重任，必須自律及留意學生運動員應有操守。除比賽外，學體會特別重視參賽同學的紀律、體育精神、和與其他隊伍相互交流所獲得的得益。學生運動員在代表學界參賽時，應留意並遵守聯會訂定的運動員守則：

- 2.1 Follow the instructions of the Head of Delegation, Team Manager, Coaches and Secretary;  
聽從團長、領隊、教練及職員的指示；
- 2.2 Should not criticize, or comments, or attend personal media interviews without authorization;  
未經同意，不可接受傳媒訪問，與及作出個人評論；
- 2.3 Should be respectful to others and keep silent when guests are delivering speeches;  
尊重別人及有禮貌；嘉賓演講時，應留心聆聽及保持肅靜；
- 2.4 Should demonstrate sportsmanship and promote mutual respect and team work;  
展示良好的體育精神，建立團隊與互助的良好關係；
- 2.5 Should dress decently, be punctual and not be absent without permission;  
注意儀表整潔，準時出席所有活動，不可隨便離隊；
- 2.6 Should refrain from gambling or reading obscene publications. Smoking and alcohol are also prohibited;  
不可進行賭博活動及閱讀不良刊物；禁止吸煙及飲酒；
- 2.7 Should take good care of personal belongings, especially wallets, mobile phones and cameras;  
小心看管個人財物，特別是錢包、手提電話及相機等；
- 2.8 Athletes should not make objections to decisions of the Head of Delegation, Team Manager and Coaches regarding their participation, events, matching, order of play or substitution arrangements ;  
隊員的參賽項目、組合配搭、出場次序及後備安排等由團長、領隊及教練決定，隊員不得異議；
- 2.9 Should report to the HKSSF via the teacher-in-charge of the respective school in case of any query.  
如對代表隊之安排有任何疑問，可透過隊員所屬學校向聯會提出。

### 3. Introduction of Team Members 代表隊成員介紹

Please find the appendix 1 請參閱附件一

### 4. The Competition 比賽

Date 比賽日期	:	25 – 30/ 6/ 2014
Venue 比賽地點	:	Ulaanbaatar, Mongolia 蒙古烏蘭巴托
Participating Teams 參賽國家/地區	:	5 Teams 五隊 China, Hong Kong, Macau, Malaysia & Mongolia 中國、香港、澳門、馬來西亞及蒙古
Categories 組別	:	U18 Boys (6 km), U16 Boys (5 km), U18 Girls (4 km) & U16 Girls (3 km) 十八歲以下男子組(6 公里)、十六歲以下男子組(5 公里) 十八歲以下女子組(4 公里)、十六歲以下女子組(3 公里)
Accommodation 住宿	:	Mongolian Olympic Committee's Hotel 蒙古奧委會酒店

### 5. Daily Schedule 日程表

Date 日期	Activity 活動	Details 詳情
25/ 6/ 2014	Arrival to Ulaanbaatar, Mongolia 抵達蒙古烏蘭巴托	Chinggis Khaan International Airport 成吉思汗國際機場
26/ 6/ 2014	Training 訓練	To Be Confirmed 待定
27/ 6/ 2014	Technical Meeting / Training 技術會議 / 訓練	To Be Confirmed 待定
28/ 6/ 2014	Opening Ceremony & Competition 開幕儀式及比賽	Same Venue as last time 比賽地點與上屆相同
29/ 6/ 2014	Cultural Visit 文化交流	To Be Confirmed 待定
30/ 6/ 2014	Depart from Ulaanbaatar, Mongolia 離開蒙古烏蘭巴托	Chinggis Khaan International Airport 成吉思汗國際機場

### 6 . Itinerary 行程安排

#### 6.1 Departure 出發

- 6.1.1 Meeting Point 集合: Be punctual, on **Wednesday, 25/06/2014 at 1300**. Assemble point: Aisle P Hunnu Air Counter, Terminal 2 of the Hong Kong International Airport. Flight MR 886 (1525 - 2000) to Chinggis Khaan International Airport.

運動員必須準時在 **6月25日(三) 1300** 於香港國際機場 T2 客運大樓 **P 段** 匈奴航空櫃檯登記處集合。 -

- Journey 旅程:
- 1) Flight MR 886(1525 - 2000) from Hong Kong to Chinggis Khaan International Airport, takes 3 hrs 10 mins.  
航班: 乘搭 **MR 886** 班機(1525 - 2000)由香港前往成吉思汗國際機場, 航程約 4 小時 35 分。
  - 2) Coach from Chinggis Khaan International Airport to Mongolian Olympic Committee's Hotel, journey takes around 45 minutes.  
旅遊巴: 由成吉思汗國際機場轉乘旅遊巴抵達蒙古奧委會酒店, 車程約需 45 分鐘。

- 6.1.2 Must bring along HKID card, valid Passport and student ID card.  
必須帶同香港身份證、有效護照及學生證。

- 6.1.3 Must wear Hong Kong Team Uniform :
- Athletes: Akita Polo White color and Tracksuit.
  - Officials: Akita Polo Red color and Tracksuit.
- 必須穿著整齊香港隊制服:  
運動員：Akita 套裝及 Polo(白色)  
職員：Akita 套裝及 Polo(紅色)

## 6.2 Return 回程

- 6.2.1 Journey 1) Flight No: MR 885 (1000 - 1425). Depart from Chinggis Khaan International Airport to Hong Kong International Airport, journey around 4 hrs 25mins.  
旅程: 航班:乘搭 **MR 885** 班機(1000 - 1425). 由成吉思汗國際機場返香港國際機場，航程約 4 小時 25 分。

## 6.3 Flight Information 航班查詢

Please visit [www.hongkongairport.com/](http://www.hongkongairport.com/) for checking flight schedule.  
香港國際機場網頁 [www.hongkongairport.com/chi/](http://www.hongkongairport.com/chi/)查詢最新航機離港/抵港資料。

## 7. Travel Insurance 旅遊保險

### 7.1. Insurance Coverage 旅遊保險

The Federation holds a valid travel insurance policy for all members of the Delegation, which covers the overseas medical service, the worldwide emergency medical service; loss of baggage and delay, personal accident insurance etc, the compensation will be up to HK\$ 300,000. For detail information, please visit HKSSF web-site at [www.hkssf.org.hk](http://www.hkssf.org.hk). For enquiries, please contact the External Office at 2768 8212. Athletes can procure additional travel insurance coverage on their own if needed. 聯會已為所有隊員購買旅遊保險，包括有海外醫療、全球緊急支援服務、行李失竊及延誤、人身意外保險等，賠償額最高為港幣 300,000 元。有關詳情可瀏覽聯會網頁或向對外辦事處職員查詢。如有需要，隊員可自行額外購買其他旅遊保險。

### 7.2. Insurance Claim 保險賠償

7.2.1 In case of injury or sickness, team members must inform team secretary /official for follow up. Patient please pay for the related medical expenses and must keep the receipt(s) and doctor report(s) for further action to be taken by the Secretariat afterwards on behalf of the patient.

如代表隊成員在比賽期間因傷病，必須先通知隨隊秘書/職員瞭解情況或及陪同入院治理。有關費用先由傷者支付，請保留收據及醫生報告而提回港後由秘書處向所屬保險公司代辦索償事宜。

7.2.2 In case of loss of personal belongings, team members please also inform the team secretary/official for immediate follow up.

如代表隊成員在行程中遺失個人財物，請即時通知隨隊秘書/職員跟進。

## 8. Gentle Reminder 注意事項

### 8.1. Dress Code 衣著指引

Wearing of shorts and slippers is only allowed at competition venue.

除比賽場內可穿著短褲外，其他場合請穿著長褲。公眾場合不得穿著背心、短褲及拖鞋。

### 8.2. Packing Tips 物資準備

The following items are for reference only, please prepare yourself based on personal need.

下列自備物品只作參考，運動員應根據實際及個人需要以作調整~

~ Team Uniform and Competition Apparel (Compulsory items)

比賽裝備及團隊服裝 (必須品)

- ~ Content Lens & Cleaning Water, Sunglasses, Dispensary Items (Travel kit size), Umbrella, Camera, Water Bottles, and Hairdryers.  
隱形眼鏡(及藥水)、太陽眼鏡、日用品(旅行裝)、雨具、相機、電池、水樽及風筒
- ~ Charger / Adapter [Mongolia : Plug C & E (220 V, 50 Hz)]  
充電器 / 變壓器 [蒙古當地插座使用插座 C 及 E 型 (電壓:220, 頻率 50)]
- ~ Proper Drugs that usually take, if any  
如有需要, 請自備個人慣用的平安藥
- ~ Mongolian Tughrik (MNT) is the currency of Mongolia. Currency: HKG\$ 1 = MNT\$ 233  
蒙古的貨幣為圖格里克, 兌換率為 \$1 港幣 = \$233 圖格里克)
- ~ Considerable amount of money. Around MNT\$116,500  
適量金錢, 建議約 116,500 圖格里克



### 8.3 **Storage of Competition Kit 存放比賽物資**

Please store all your competition apparel inside hand carry luggage to safeguard from loss of check in luggage.

請把比賽用品儲放在手提行李內, 以免因寄倉行李遺失而影響參賽

### 8.4 **Time Difference 時差**

Between Mongolia and Hong Kong: Nil

香港和蒙古沒有時差

<http://www.timeanddate.com/worldclock/difference.html?p1=102>

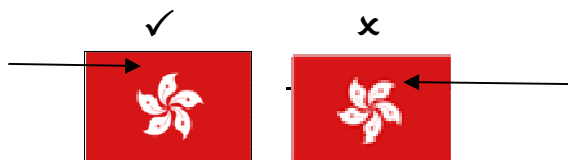
### 8.5 **Weather Forecast 當地天氣情況**

Please visit website before set off for checking 7-day weather forecast:

6 月份平均氣溫: 7.8°C至20.8°C, 出發前請上網查閱當地天氣情況, 查看未來七天之天氣預報:

<http://worldweather.wmo.int/>

### 8.6 **Proper display of HKSAR Flag 特區旗正確展示**



## 9. **Team Uniform 團隊制服**

9.1 Tracksuit x 1 (Jacket+Pants) 運動套裝一套 (外套+長褲)

9.2 Polo T-shirt x 2 Polo T 恤兩件 (一件紅色, 一件白色)

9.3 Athletes : Competition Jersey x 1 set 運動員: 比賽服裝一套

All team members must put on those items provided by HKSSF when attending all official functions including Opening Ceremony, Cultural Visit and Farewell Dinner etc.

隊員於出席所有典禮, 團體活動時(如開幕禮、文化交流和晚宴等), 均需穿著所提供之制服。

## 10. **Debriefing & Report 賽後檢討及報告**

### 10.1 **Debriefing /賽後檢討**

Debriefing session aims at providing an opportunity for team members to share and to evaluate the trip (date and time to be confirmed). Certificate issued by HKSSF will be presented to all members during this occasion.

聯會將於當地舉行賽後檢討(日期及地點待定), 屆時將頒發參與證書予各成員。

### 10.2 **Athlete Report / 運動員報告**

Afterthoughts: Please submit a report on or before 11/07/2014(Fri), and send to external@hkssf.org.hk:

You can write about the journey, board and lodging, and also the competition. You are feel free to include photos in the report.

運動員感想: 運動員須於 7 月 11 日(星期五)或之前, 提交一份「賽後感想」及照片(電子版本)予秘書處 external@hkssf.org.hk, 內容包括:

~ 行程; 當地住宿、交通及膳食安排; 比賽情況; 與外隊/文化交流及總結

10.3 HOD / Team Manager and Coach Report 團長/領隊及教練報告

finish by 11/07/2014

請於 7 月 11 日前提交

**11. Performance - Cultural Exchange 文化交流表演**

In all Asian Championships, all delegates are invited to perform. Teams will dress in their team uniform or traditional fashion and to present a performance of around 5 minutes. Please prepare yourself to perform and please bring along their music CD or video if required for their performances.

所有亞洲中學生錦標賽中, 參賽隊伍將邀請於宴會中作表演, 以達致文化交流的目的。請準備約 5 分鐘之表演節目, 有需要時請帶備表演音樂。

~ End 完~