



# WALK UP Jardine House 怡廈 2024

Level Up Your Mind & Body  
強健身心慈善賽

## Discover the Race

### Virtual Race

Level up your body and mind by setting up a Boost Up Station in your workspace. Each station includes a step machine and a tablet preloaded with mental health related information.

Get your colleagues involved and compete with other organisations through the Walk Up Jardine House leaderboard.

4-17 October,  
two weeks



### Boost Up Station

Size: 550(W) x 2000(H) x 1200mm(D)

#### Wi-fi Requirement:

- Wi-Fi without portal authentication for internet access
- Wifi standards: 802.11b/g/n
- Security certification: WPA-PSK/ WPA2-PSK
- Encryption: AES

Electricity: 13Amp Socket x 1

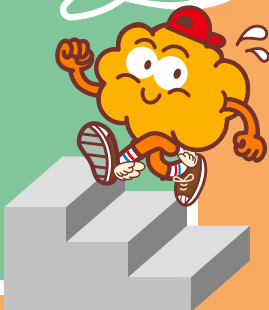
## Corporate Sponsorship

Sponsorship Opportunities	Diamond HK\$108,000	Major HK\$60,000
Virtual Race 4-17 October 2024 (two weeks; Friday to Thursday)		
<b>Corporate Race</b> for all employees' participation	✔ <b>2 Boost Up Stations</b> HK\$38,000/extra station	✔ <b>1 Boost Up Station</b> HK\$38,000/extra station
<b>WIN a Corporate Team</b> The top-five winning corporates of the virtual race will be entitled to one corporate team entry for the physical race*		
Physical Race 10 November 2024 (Sunday)		
<b>Corporate Race</b> Team of 5	✔ <b>1 team inclusive</b> (men/ women/ mixed) HK\$16,000/extra team	✗ <b>Nil</b> HK\$16,000/extra team
<b>Individual Race</b>	<b>HK\$2,000/runner</b>	
<b>Photo at Ceremony</b>	✔	✗
<b>Logo Exposure</b>	✔	✔

### Physical Race & Carnival

Participants will compete in a 49-floor vertical race, covering 947 steps, to reach the Penthouse of Jardine House. Cheer on your colleagues competing for the individual and team champion titles. Bring your family and friends to join in the fun at the Carnival, where games and activities that promote mental health await!

10 November,  
Sunday AM



Other in-kind and cash sponsorships are welcome.

All proceeds from Walk Up Jardine House will be channeled towards mental health initiatives that MINDSET supports. Refer to our [Impact Report](#) for details.

\*Top five winners of virtual race in the Jardine Matheson Category and Business Associates Category respectively

## About MINDSET

✉ [mindset@jardines.com](mailto:mindset@jardines.com)

in [mindset-hong-kong](https://www.mindset-hong-kong.com)

🌐 [walkupjardinehouse.com](https://www.walkupjardinehouse.com)

MINDSET is a registered charity in Hong Kong founded by the Jardine Matheson Group in 2002. Operating in Hong Kong and Singapore, MINDSET aims to raise awareness and change perceptions towards mental illness, and support initiatives that foster improved mental health through three focus areas: community partnerships; fundraising and financial support; leveraging the Jardines network.

For more information, please visit [mindset.org.hk](https://www.mindset.org.hk).

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## 賽事詳情

### 虛擬賽

大會將於參賽單位的辦公室內設置「齊步上怡廈」加油站。每個加油站附設一部踏步機計算步數，並配以平板電腦向大家發放精神健康資訊。誠邀您的團隊在虛擬賽期間與其他機構競賽，所有步數將會計算在所屬企業的成績上，以角逐企業組獎項。

10月4日至17日  
為期兩星期

### 「齊步上怡廈」加油站

尺寸：550 (闊) x 2000 (高) x 1200mm (深)

#### Wi-Fi 要求：

- Wi-Fi (無需Portal認證上網)
- Wi-Fi標準：802.11b/g/n
- 安全認證：WPA-PSK/ WPA2-PSK
- 加密：AES

電源：13Amp 插座 x 1

## 活動贊助

贊助方案	閃鑽贊助 港幣 108,000元	主力贊助 港幣 60,000元
<b>虛擬賽</b> 2024年10月4日(星期五)至17日(星期四) · 為期兩星期		
<b>企業賽</b> 所有員工均可參與	✔ 2個「齊步上怡廈」加油站 增設加油站 (港幣 38,000元)	✔ 1個「齊步上怡廈」加油站 增設加油站 (港幣 38,000元)
<b>贏取隊制名額</b> 首五位贏家將獲得參與隊制實體賽的名額*		
<b>團體賽</b> 2024年11月10日(星期日)		
<b>接力賽</b> 5位跑手	✔ 包含1個隊伍 (男子/女子/混合) 增設隊伍 (港幣 16,000元)	✗ 不包含 增設隊伍 (港幣 16,000元)
<b>個人賽</b>	每名跑手港幣 2,000元	
<b>頒獎禮拍照機會</b>	✔	✗
<b>機構標誌展示及鳴謝</b>	✔	✔

### 實體賽暨嘉年華

跑手將會參與49層的垂直賽跑，到達怡和大廈頂層(共947級樓梯)，以爭奪個人賽或團隊賽的冠軍頭銜。怡和大廈將於活動當日設置推廣身心健康的攤位和活動，歡迎到場為參與機構和朋友打氣！

11月10日  
星期日上午

歡迎以其他方式贊助思健和是次活動。

活動籌得的善款將投放在推動精神健康的工作和慈善項目，請參閱我們的成果報告以了解更多。

\*分別於「企業 - 集團公司/部門」及「企業 - 公開組」的首五名參賽單位，共十隊。

## 關於思健

✉ [mindset@jardines.com](mailto:mindset@jardines.com)

in [mindset-hong-kong](https://www.mindset-hong-kong.com)

🌐 [walkupjardinehouse.com](https://www.walkupjardinehouse.com)

思健是怡和集團於二零零二年在香港成立的註冊慈善組織。思健在香港和新加坡均設辦事處，旨在提升大眾對精神健康的認知，改變既有觀念，並藉社區協作、籌款和財務支援，以及怡和集團網絡三方面，推動各類促進精神健康的項目。

請瀏覽思健網頁 [mindset.org.hk](https://www.mindset.org.hk) 了解更多。