

REGISTER NOW

Help us kick-start Sailors' Society's Wellness at Sea Week initiative.

Wellness at Sea Week is a brand new global initiative from Sailors' Society. Starting on Sunday 4 November, the week will include a number of activities focussing on the five modules of Sailors' Society's Wellness at Sea programme – physical, emotional, social, intellectual and spiritual wellness, culminating in the Wellness at Sea Trek on Saturday 10 November in Hong Kong.

Since the program began in January 2015, we have trained 2252 participants. We also now have 98 trainers delivering the programme worldwide.

Visit www.regonline.co.uk/wellnessweek to book your place and help us educate thousands more.

WHAT TO EXPECT AT THE WELLNESS AT SEA TREK

For the world's 1.6 million seafarers, missing their families is an emotion felt every single day. Most of us won't ever have to experience being away from our friends, homes and loved ones for months on end – but this is the reality they face when they go to sea.

With this in mind, the Wellness at Sea Trek will be for all ages. We want to invite our corporate supporters and their families to enjoy an exciting new route for Sailors' Society over the Hong Kong Trail sections one, two, three and four in reverse, followed by a celebration party for family and friends joining later in the day. It's an event where adults and children can come together to help us help more and gain a better understanding of health and well-being at sea.

The day's event includes:

Wellness Hike:

- A 25k hike for fundraising participants
- A 10k family-friendly hike

Celebration party:

- Kids' activities
- Unlimited food and drinks for ticket holders and trekkers
- Doors open from 5pm – 10pm

All funds raised from the Wellness at Sea Trek will go towards Sailors' Society's Wellness at Sea programme. Participants will have the opportunity to find out more about this innovative initiative on the day.

WHY TAKE PART

Sailors' Society's inaugural Wellness at Sea Week will culminate in the Wellness at Sea Trek - a perfect opportunity to push your physical boundaries as well as to network, team-build and meet your CSR responsibility.

What we ask of each team for the Wellness at Sea Trek:

Registration

- A three-person team registration fee of **\$3,000 (HKD)**
- Members of the YPSN (Young professionals Shipping Network) registration fee of **\$900 (HKD)**

Fundraising

- A three person team fundraising donation of **\$12,000 (HKD)**
- A three person team from Members of the YPSN (Young Professionals in Shipping Network) minimum donation of **\$3000 (HKD)**
- Under-18 fee of **\$150 (HKD)**

Under 18s fee includes entry in to the celebration party and opportunity to hike.

Ticket prices for the celebration party:

- Adult fee of **\$500 (HKD)**
- Under-18 fee of **\$150 (HKD)**

Teams have until January 30 2019 to reach their fundraising goal.



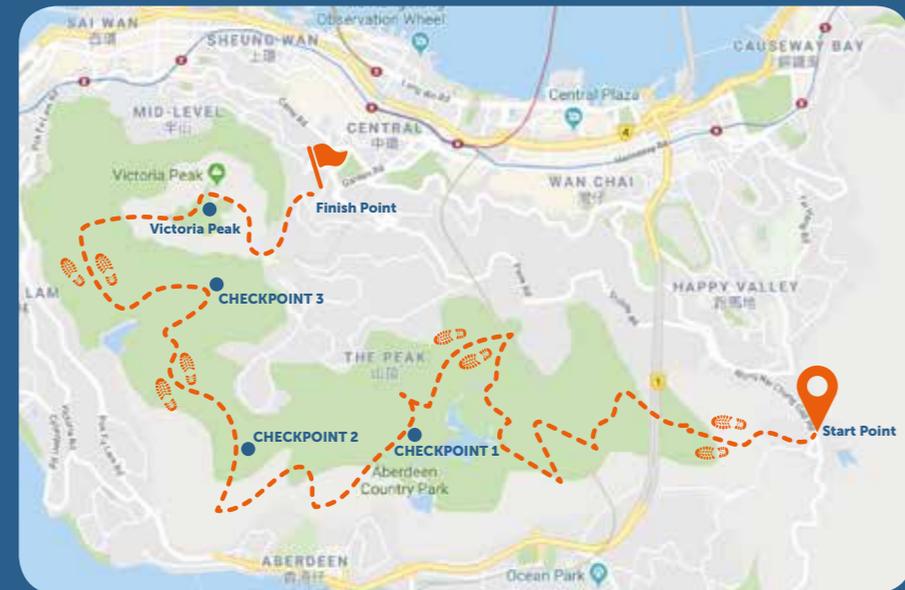
WELLNESS AT SEA
WEEK





THE ROUTE

We're inviting teams of three to take on a brand new 25km route from Hong Kong; sections one, two three and four in reverse. Hong Kong is popular for its hiking trails – with the growth of healthy living and walking in nature rising, why not join us and venture on this scenic and accessible, yet challenging, trail? We've also included a 10km route for Under 18's to enjoy with their families. Both trail ends at the wonderful Ladies' Recreational Club for the celebratory after party.



WELLNESS AT SEA

The Wellness at Sea programme was launched in January 2015. Since then, Sailors' Society has developed a number of different health and well-being initiatives, including our Crisis Response Network, sight and hearing tests in India and our recently launched e-learning platform. Our wellness survey, conducted in partnership with Yale University, found that more than a quarter of seafarers show signs of depression – and many won't ask for help. So the need for this work is as vital as ever.

Events

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events@sailors-society.org

/sailorssociety 
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Raising funds for Sailors' Society

Registered Charity No: 237778 Registered Company No: 86942

We cannot do this without your help. Why should you care? Almost everything we own or use comes by sea – our cars, our computers, our phones. We all rely on seafarers. Seafarers rely on us.

Please help us help more.



WELLNESS AT SEA TREK 2018
SATURDAY 10 NOVEMBER

