

[Effective Exchange Rate Index](#)

The effective exchange rate index for the Hong Kong dollar on Monday, July 29, 2019 is 105.4 (up 0.1 against last Saturday's index).

The effective exchange rate index for the Hong Kong dollar on Saturday, July 27, 2019 was 105.3 (up 0.1 against last Friday's index).

[Lifesaving services at Cafeteria New Beach resume](#)

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department has announced that the lifesaving services at Cafeteria New Beach in Tuen Mun District resumed today (July 29). The lifesaving services at the beach were suspended earlier due to an insufficient number of lifeguards on duty.

[Lifesaving services at Golden Beach resume](#)

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department has announced that the lifesaving services at Golden Beach in Tuen Mun District resumed today (July 29). The lifesaving services at the beach were suspended earlier due to an insufficient number of lifeguards on duty.

Lifesaving services suspended at Cafeteria New Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

The Leisure and Cultural Services Department announced today (July 29) that due to an insufficient number of lifeguards on duty, the lifesaving services at Cafeteria New Beach in Tuen Mun District is suspended until further notice.

First aid service will be maintained at the beach.

Lifesaving services suspended at Golden Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

The Leisure and Cultural Services Department announced today (July 29) that due to an insufficient number of lifeguards on duty, the lifesaving services at Golden Beach in Tuen Mun District is suspended until further notice.

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