

# Speech by CE at Flag Presentation Ceremony for Hong Kong, China Delegation to 18th Asian Games (English only) (with photos/video)

Following is the speech by the Chief Executive, Mrs Carrie Lam, at the Flag Presentation Ceremony for the Hong Kong, China Delegation to the 18th Asian Games today (July 29):

Consul-General (Consul-General of the Republic of Indonesia in Hong Kong, Mr Tri Tharyat), Timothy (President of the Sports Federation & Olympic Committee of Hong Kong, China, Mr Timothy Fok), Ronnie (Honorary Secretary General of the Sports Federation & Olympic Committee of Hong Kong, China, Mr Ronnie Wong), Herman (Chef de Mission of the Hong Kong, China Delegation to the 18th Asian Games, Mr Herman Hu), athletes, ladies and gentlemen,

Good afternoon.

It gives me great pleasure to join you today at the flag presentation ceremony for the Hong Kong, China delegation taking part in the 18th Asian Games, which will be held from August 18 to September 2 in Indonesia.

I'm delighted to learn that we are sending the largest Hong Kong delegation ever to participate in the Asian Games. At last count, some 580 athletes, pretty much evenly divided between men and women, will be competing in 36 sports. I am delighted to see not only many familiar faces here today, but also some new ones who will represent our city this year for the first time. Whatever your sport, your specialisation, I know you will all excel, that you will showcase the Olympic values of Excellence, Friendship and Respect, and more importantly, demonstrate to the world the "Hong Kong spirit".

Apart from cheering for our elite athletes during the Games, my Government is committed to promoting a sustainable sporting culture in the community and supporting elite sports. We recently allocated HK\$6 billion to the Elite Athletes Development Fund. And to encourage team sports, we launched in January a Five-Year Team Sports Development Programme. Through this initiative, we provide HK\$130 million to eight "national sports associations", giving them the resources to develop enhanced training programmes for Hong Kong teams competing in this year's and the 2022 Asian Games. It's worth noting that the number of fulltime elite athletes at the Hong Kong Sports Institute this fiscal year is about 460, up some 136 per cent in just the past six years. That underscores our commitment to supporting elite athletes.

My thanks to the Sports Federation & Olympic Committee of Hong Kong for organising the Hong Kong, China delegation to the 2018 Asian Games, and for

fielding a strong delegation of remarkably dedicated and talented Hong Kong athletes. I am confident that, with the spirited encouragement of the Hong Kong community, our athletes will once again rise to the international challenge, this time in Indonesia.

Finally, I wish the delegation great success, and all our Asian Games' athletes a memorable and very rewarding experience. Thank you very much.



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## [Liquor Licensing Board to meet on Tuesday](#)

The following is issued on behalf of the Liquor Licensing Board:

The Liquor Licensing Board will meet on Tuesday (July 31) to consider seven applications for new issue, renewal or transfer of liquor licences.

The applications are (not in order of discussion):

Hong Kong:

Brasserie Belgica and AZIZA in Kennedy Town

EL LOCO GRINGO in Sai Ying Pun

STATEMENT THE CHINESE LIBRARY THE DISPENSARY in Central

Kowloon:

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Supreme Hotpot & Restaurant, FONG WAA PARLOUR and Single's Spot in Mong Kok

The meeting will be held at 9.45am in the conference room, Room 102, 1/F, 258 Queen's Road East, Wan Chai. Members of the public are welcome to attend, except during the private session on confidential items.

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## [A facelift for flood control](#)

The Drainage Services Department is beefing up Hong Kong's flood prevention systems with high-tech water level sensors and an artificial flood lake to adapt to climate change.

News.gov.hk interviewed the department's engineers to see how these projects help prevent flooding in the city.

The story appears on news.gov.hk today (July 29) in text and video format.

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## [HAD opens temporary heat shelters](#)

The Home Affairs Department has opened 18 temporary heat shelters today (July 29) as the Very Hot Weather Warning (VHWW) is in force.

The shelters will be closed at 10pm if the VHWW is cancelled before 4.30pm. Otherwise, the shelters will be open until 8am tomorrow.

For further information, please call the department's enquiries hotline on 2835 1473.

The 18 temporary heat shelters are located at:

Hong Kong Districts:

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Central and Western –  
Sai Ying Pun Community Complex Community Hall  
3/F, Sai Ying Pun Community Complex,  
2 High Street, Sai Ying Pun

Eastern/Wan Chai –  
Causeway Bay Community Centre  
7 Fook Yum Road, Causeway Bay

Southern –  
Lei Tung Community Hall  
Lei Tung Estate, Ap Lei Chau

Kowloon Districts:

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Kowloon City –  
Hung Hom Community Hall  
1/F, Kowloon City Government Offices,  
42 Bailey Street, Hung Hom

Kwun Tong –  
Lam Tin (West) Estate Community Centre  
71 Kai Tin Road, Lam Tin

Sham Shui Po –  
Shek Kip Mei Community Hall  
G/F, Block 42, Shek Kip Mei Estate, Sham Shui Po

Wong Tai Sin –  
Tsz Wan Shan (South) Estate Community Centre  
45 Wan Wah Street, Tsz Wan Shan

Yau Tsim Mong –  
Henry G. Leong Yaumatei Community Centre  
60 Public Square Street, Yau Ma Tei

New Territories Districts:

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Islands –  
Tung Chung Community Hall  
G/F, Tung Chung Municipal Services Building,  
39 Man Tung Road, Tung Chung

Kwai Tsing –  
Kwai Shing Community Hall  
Podium, Block 6, Kwai Shing West Estate, Kwai Chung

North –  
Cheung Wah Community Hall  
Cheung Wah Estate, Fanling

Sai Kung –  
Hang Hau Community Hall

G/F, Sai Kung Tseung Kwan O Government Complex,  
38 Pui Shing Road, Hang Hau, Tseung Kwan O

Sha Tin –  
Lung Hang Estate Community Centre  
Lung Hang Estate, Sha Tin

Tai Po –  
Tai Po Community Centre  
2 Heung Sze Wui Street, Tai Po

Tsuen Wan –  
Lei Muk Shue Community Hall  
G/F, Hong Shue House, Lei Muk Shue Estate, Tsuen Wan

Tuen Mun –  
Butterfly Bay Community Centre  
Butterfly Estate (near Tip Sum House), Tuen Mun

Yuen Long –  
Long Ping Community Hall  
Long Ping Estate, Yuen Long

Yuen Long –  
Tin Yiu Community Centre  
Tin Yiu Estate, Tin Shui Wai

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## [CHP reminds public on precautions against heat stroke during very hot weather](#)

The Centre for Health Protection (CHP) of the Department of Health (DH) today (July 29) reminded members of the public, particularly those undertaking outdoor activities, to take heed of necessary measures against heat stroke and sunburn in very hot weather.

"The public should carry and drink plenty of water to prevent dehydration while engaging in outdoor activities," a spokesman for the CHP said.

"Those engaged in strenuous outdoor activities should avoid beverages containing caffeine, such as coffee and tea, as well as alcohol, as they speed up water loss through the urinary system," the spokesman explained.

"The obese, the sick, including those with heart disease or high blood

pressure, the old and the young are more vulnerable to heat-related illnesses. They should pay special attention," the spokesman added.

The public should adopt the following precautions:

- Wear loose and light-coloured clothing to reduce heat absorption and facilitate sweat evaporation and heat dissipation;
- Avoid vigorous exercise and prolonged activities like hiking or trekking as heat, sweating and exhaustion place additional demands on the physique;
- Perform outdoor activities in the morning or late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; and
- Reschedule work to cooler times of the day.

If working in a hot environment is inevitable, introduce shade in the workplace where practicable, and start work slowly and pick up the pace gradually. Get into a cool area for rest at regular intervals to allow the body to recuperate.

The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion with a sun protection factor (SPF) of 15 or above. Apply liberally and reapply after swimming or sweating; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

If symptoms develop, such as dizziness, headache, nausea, shortness of breath or confusion, rest and seek help immediately, and seek medical advice as soon as possible.

The public may get more information from the DH's Health Education Hotline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather and forecast](#), [UV Index](#) and weather information for [hiking and mountaineering](#); and [press releases](#) of the Labour Department on precautions against heat stroke for outdoor workers and their employers when the Very Hot Weather Warning is in force.