

31st round of computer ballot registration for submitting applications for Northbound Travel for Hong Kong Vehicles to be open July 15 to 18

The Transport Department today (July 14) reminded members of the public that the 31st round of computer ballot registration for submitting applications for Northbound Travel for Hong Kong Vehicles (the scheme) will be open from 10am tomorrow (July 15) to 11.59pm on July 18, and the ballot result will be announced on July 19.

Eligible applicants for the scheme can register for computer balloting through the designated website (www.hzmbqfs.gov.hk). Successful balloting applicants are required to submit applications for the scheme within the designated date and time randomly allocated by the computer system.

Ho Man Tin Swimming Pool temporarily closed

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 announced today (July 14) that due to an insufficient number of lifeguards on duty, Ho Man Tin Swimming Pool in Kowloon City District has been temporarily closed to ensure the safety of swimmers until further notice.

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 14) 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.

"Infants and children, the elderly, pregnant women, those with chronic illnesses such as heart disease or high blood pressure, outdoor/manual workers, and individuals who are overweight are more vulnerable to heat stroke. 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 can place additional demands on the physique;
- Perform outdoor activities in the morning or the late afternoon, if possible;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation;
- Do not stay inside a parked vehicle; and
- Reschedule work to cooler times of the day if feasible. If working in a hot environment is inevitable, introduce shade in the workplace where practicable. Start work slowly and pick up the pace gradually. Move to a cool area for rest at regular intervals to allow the body to recuperate.

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

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear long-sleeved and loose-fitting clothes;
- Wear a wide-brimmed hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;

- Apply a broad-spectrum sunscreen lotion with a minimum sun protection factor (SPF) of 15, preferably higher. Reapply every two hours if you stay out in the sun, and after swimming, sweating or towelling off; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

â€œIf 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.

â€œThe public may obtain more information from the DH's Health Education Infoline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather report 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.

Very Hot Weather Warning issued

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.

HKETO Jakarta celebrates 27th

anniversary of HKSAR establishment at dragon boat event (with photos)

The Jakarta International Dragon Boat Festival (JIDBF) 2024 sponsored by the Hong Kong Economic and Trade Office in Jakarta (HKETO Jakarta) was held in Jakarta, Indonesia, today (July 13) to celebrate the 27th anniversary of the establishment of the Hong Kong Special Administrative Region (HKSAR).

Speaking at the prize presentation ceremony, the Director-General of the HKETO Jakarta, Miss Libera Cheng, said that the Hong Kong International Dragon Boat Races held in Hong Kong last month attracted over 4 000 athletes from around the world, serving as a signature mega event for both Hong Kong and the international dragon boat community. She expressed delight in recognising the JIDBF's devotion to advancing dragon boat activities overseas with the continued support of the HKETO Jakarta.

"The HKETO Jakarta is committed to fostering Hong Kong's people-to-peoples ties with Indonesia and other countries in the Association of Southeast Asian Nations (ASEAN). In connection with the 27th anniversary of the establishment of the HKSAR, we hope to promote the rich and diverse Chinese culture to the Indonesian community by supporting the JIDBF once again," she added.

Miss Cheng also said that Hong Kong is forging ahead with its mega-event economy. Over 200 mega events are scheduled to be staged in the city this year, covering not only traditional fields like finance and economic development, but also such areas as arts and culture, creative industries and sports.

The JIDBF 2024 was attended by over 1 200 athletes. The HKETO Jakarta also invited two Hong Kong dragon boat teams to take part in the races in Indonesia for the first time, with a view to deepening exchanges among athletes from different places and adding further impetus to the internationalisation of the JIDBF. Both Hong Kong dragon boat teams delivered outstanding performance in the competition.

Following the collaboration at the Boracay International Dragon Boat Festival in the Philippines in April this year, the HKETO Jakarta joined forces with the Hong Kong China Dragon Boat Association again to set up an exhibition at the event venue to showcase Hong Kong's history as the birthplace of modern dragon boat races. The HKETO Jakarta also displayed at its booth Hong Kong's mega-event calendar, encouraging the Indonesian community to visit Hong Kong to see the city's vibrancy as a mega-event capital.

The JIDBF was launched in 2017 with the support of the HKETO Jakarta and has since grown rapidly into a local signature event supported by the Jakarta Provincial Government.

