

# **Ticketing for extra shows of International Arts Carnival programmes rescheduled to May 22**

Following an update to ticketing arrangements, the start of ticket sales for the additional performances of six programmes at the International Arts Carnival (IAC) has been rescheduled to May 22 (Tuesday) at URB TIX ([www.urbtix.hk](http://www.urbtix.hk)). Details of the extra shows are as follows:

1. "Hansel & Gretel" by the Scottish Ballet (UK)  
Date and time: July 7 (Saturday), 3pm  
Venue: Hong Kong Cultural Centre Grand Theatre  
Prices: \$160, \$220, \$280, \$380, \$480
2. "Air Play" by Acrobuffos (US)  
Date and time: July 22 (Sunday), 11am  
Venue: Kwai Tsing Theatre Auditorium  
Prices: \$140, \$200, \$260
3. "SNAP" by Gruejarm Production (Korea)  
Date and time: July 28 (Saturday), 3pm  
Venue: Sha Tin Town Hall Auditorium  
Prices: \$160, \$240, \$320
4. "Bedtime Stories" by Upswing (UK)  
Dates and times: July 31 to August 2 (Tuesday to Thursday), 7.30pm  
August 3 (Friday), 3pm  
Venue: Hong Kong Cultural Centre Studio Theatre  
Prices: \$200, \$280, \$680 (family package)
5. "Carrousel des Moutons" by d'irque & fien (Belgium)  
Date and time: August 11 (Saturday), 5pm  
Venue: Hong Kong City Hall Theatre  
Prices: \$140, \$200, \$260  
  
Date and time: August 12 (Sunday), 8pm  
Venue: Kwai Tsing Theatre Auditorium  
Prices: \$140, \$200, \$260
6. "Mulan" by Shanghai Puppet Theatre  
Date and time: August 12 (Sunday), 8pm  
Venue: North District Town Hall Auditorium  
Prices: \$140, \$200

For programme enquiries and concessionary schemes, please call 2370 1044, or refer to the IAC programme brochure or visit [www.hkiac.gov.hk](http://www.hkiac.gov.hk). For credit card telephone bookings, please call 2111 5999.

The IAC, organised by the Leisure and Cultural Services Department, will

run from July 6 to August 12 and feature a variety of events for family entertainment.

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## **Basic Law Parent-child Workshop to be held this Saturday and Sunday**

A Basic Law Parent-child Workshop organised by the Constitutional and Mainland Affairs Bureau will be held this Saturday and Sunday (May 19 and 20) in Ap Lei Chau.

Children may gain a better understanding of the Basic Law by participating in different interesting workshops, a Basic Law mega board game and a Basic Law interactive storytelling session. Members of the public may also visit the exhibition at the venue to know more about the content and implementation of the Basic Law.

The workshops and interactive storytelling sessions will be conducted in Cantonese. Children aged 6 to 12 and their parents are welcome. Seats are limited and allocated on a first-come, first-served basis. For details, please visit [www.basiclawworkshop.hk](http://www.basiclawworkshop.hk).

The Basic Law Parent-child Workshop will be held at the Atrium, G/F, Marina Square West Centre, South Horizon Drive, Ap Lei Chau, Hong Kong, from 11am to 7pm. Admission is free.

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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 (May 17) 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.

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## Assess the risk of heat stroke to employees

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sun shade and providing mechanical aids to reduce physical exertion of employees. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should inform their supervisors and seek medical help immediately.

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## 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.