



THE 18th ARAHE BIENNIAL INTERNATIONAL CONGRESS 2015

Technology and Living Literacy: A Pathway to Achieve Health and Well-being
3-7 August 2015 • Hong Kong • The Hong Kong Institute of Education
PROGRAM & REGISTRATION (INTERNATIONAL)

Welcome Message

On behalf of the Department of Health and Physical Education of the Hong Kong Institute of Education (HKIED), and the Hong Kong Technology and Living Association (HKTLA), we would like to invite you to attend the 18th ARAHE Biennial International Congress, which will be held on 3-7 August 2015 in Hong Kong.

While technology has become an integral part of living in the contemporary world, humankind is confronting an era of changes which take place locally and globally. At a time when we encounter challenges brought about by plentiful changes, empowering the younger generations to attain healthy and quality living is an imperative mission.

The theme of the Congress is 'Technology and Living Literacy: A Pathway to Achieve Health and Well-being', with a view to provide a forum for delegates from around the world to share research findings and visions as regards resolutions to problems in coping with changes, and means to achieve health and well-being of individuals and families. A health conscious and harmonious lifestyle is promoted so as contributing to the economic growth and a betterment of the community.

The Congress provides a range of sub-themes which cover a variety of aspects in Home Economics. It also provides opportunities for networking with professionals in the field and sharing of insights from diverse perspectives. Apart from academic exchanges, we have also prepared a range of educational visits and excursions, like visiting food museum and food recycling centre, technical tours to kitchenware and garment outlets, as well as social gatherings for you, making your trip fruitful and enjoyable.

We would like to sincerely invite you to participate in this exciting and knowledgeable Congress, at the same time experience this Asia's world city which is full of energy and rich blend of East meets West cultures.

We look forward to meeting you in Hong Kong in August 2015!

Mrs. Erica YEUNG

The Hong Kong Technology and Living Association (HKTLA)

Co-chairperson of ARAHE Congress 2015

Dr. Theresa LAI

Department of Health and Physical Education,
The Hong Kong Institute of Education (HKIED)

Co-chairperson of ARAHE Congress 2015

Co-organizers:



Congress Secretariat

PO Box 65015, Tseung
Kwan O Post Office,
Kowloon, Hong Kong

T: (852) 5642 7378

F: (852) 3010 8969

E: arahe2015@hktnla.org

www.hktnla.org/arahe2015



CONGRESS PROGRAM (Tentative)

Time	Mon 3 Aug	Tue 4 Aug*	Wed 5 Aug*	Thu 6 Aug		Fri 7 Aug	
800	Executive Committee (EC) Meeting	Registration	Symposium 1	Country Presentation 1		Country Presentation 2	
830				Opening Ceremony	Symposium 1	+Tea Break 4	Poster Presentation 2
900		+Tea Break 1	+Tea Break 2				
930				Keynote 1 & 2	Symposium 2	Oral Presentation 2	Poster Presentation 2
1000		+Lunch 1	+Lunch 2				
1030				Organizing Committee (OC) Meeting	Keynote 3 & 4	Oral Presentation 1	#School Visits
1100		Closure	+Tea Break 3				
1130				~Welcome Cocktail Reception	Poster Presentation 1	Poster Presentation 1	#Visit to Garment Outlets
1200		^Visit to Food Museum & Signature Chinese Dinner	Poster Presentation 1				
1230				1800-2030	Poster Presentation 1	Poster Presentation 1	#Visit to Garment Outlets
1300	2030 -2200	Poster Presentation 1	Poster Presentation 1				

Notes:

1. Program subjects to change.
2. Tentative congress venue is at the Hong Kong Institute of Education (HKIEd), other venue information to be provided in due course.
3. Transport will be provided to participants between University Station (MTR East Rail Line) and HKIEd from 4-7 August at designated time.
4. * International market / exhibition available. More information provided upon request.
5. + Meals stated on the program will be provided by organizers.
6. - Booking is required for accompany person in joining the Welcome Cocktail Reception.
7. ^ Visit to food museum and a signature Chinese dinner in the museum are excluded from the registration fee. Separate booking is required for participant and accompany person, which is on a first come, first served basis.
8. # Visits will accept overseas participants only. Advance booking is required and admission would be on a first come, first served basis.
9. & Optional lunch will be at participants' own cost.
10. % Package A participant is eligible in attending Closing Ceremony & Gala Dinner but US\$25 reservation fee is required. Other participants are welcome to join at additional booking fee, please refer to congress package.

Co-organizers:



Congress Secretariat
 PO Box 65015, Tseung
 Kwan O Post Office,
 Kowloon, Hong Kong

T: (852) 5642 7378
F: (852) 3010 8969
E: arahe2015@hktnla.org
 www.hktnla.org/arahe2015



CONGRESS PACKAGE (INTERNATIONAL)

Date	Package Includes	Package	
		A	B
Tue 4 Aug	Opening Ceremony	✓	✓
Tue 4 Aug	Welcome Cocktail Reception	✓	✓
Tue - Fri 4-7 Aug	Main Program	✓	✓
Tue - Fri 4-7 Aug	Meals : Tea Breaks x 5 & Lunch x 3	✓	✓
Fri 7 Aug (Evening)	Closing Ceremony and Gala Dinner	✓	-
Wed 5 Aug (Evening)	Visit to Food Museum & Signature Chinese Dinner	Optional	
Thu 6 Aug	School Visits	✓	-
Thu 6 Aug	Visit to Garment Outlets	✓	-
Thu 6 Aug	Educational Excursion on Food Recycling	✓	-
Thu 6 Aug	Visit to Kitchenware Outlets	✓	-

CONGRESS CHARGES (INTERNATIONAL)

Early-Bird Rate: on or before 16 March 2015; Standard Rate: 17 March – 3 June 2015; Deadline of Registration: 3 June 2015

Category	Package	Early Bird Rate (on or before 16 Mar)	Standard Rate (17 Mar – 3 Jun)	Payment (Fill in Amount)
		(USD)		
1. ARAHE Member				
	A	\$580	\$690	
	B	\$480	\$590	
2. *Non-ARAHE Member				
	A	\$650	\$780	
	B	\$550	\$650	
3. Student (Full-time undergraduate, ID/student card supporting document is required)				
	A	\$400	\$470	
	B	\$330	\$390	
4. Applicable to Package A & B Participants				
	Food Museum & Signature Dinner (5 Aug)	\$65	\$80	
5. Applicable to Package B Participants ONLY				
	Closing Ceremony & Gala Dinner (7 Aug)	\$110	\$130	
6. Accompany Person				
	Welcome Cocktail Reception (4 Aug)	\$25	\$30	
	Food Museum & Signature Dinner (5 Aug)	\$65	\$80	
	Closing Ceremony & Gala Dinner (7 Aug)	\$110	\$130	
	Reservation for Closing Ceremony & Gala Dinner	\$25 (^delete if not attending)		^\$25

Co-organizers:



Congress Secretariat
PO Box 65015, Tseung
Kwan O Post Office,
Kowloon, Hong Kong

T: (852) 5642 7378
F: (852) 3010 8969
E: arahe2015@hktnla.org
www.hktnla.org/arahe2015



(for Package A Participant ONLY)		
Participant Full Name:		Grand Total (USD):

Note: *Please visit www.arahe.asia/membership/ to join ARAHE as member to enjoy membership discount rate in this Congress.

REGISTRATION FORM (INTERNATIONAL)

Please complete this form and make payment at online www.hktnla.org/arahe2015 . If payment is made via telegraphic transfer, it is also recommended to register at online and uploading the bank receipt as payment proof. A confirmation letter will email to you after receiving full set of information.

Please put a ✓ in the box where appropriate.

Participant Personal Information

Title: _____ First Name: _____ Last Name: _____
 Organization: _____ Position: _____
 Address: _____
 City: _____ State/Region: _____
 Postal/Zip Code: _____ Country: _____
 Telephone: () _____ Fax: () _____ Mobile: () _____
 Email Address: _____

Participation Type: Participating only Oral Presenter
 Poster Presenter Undergraduate Student
 Package Subscription : Package A Package B
 Attending Activities: School Visits & Garment Outlets; Food Recycling & Kitchenware Outlets } Applicable to Package A only
 OR
 Welcome Cocktail Reception Closing Ceremony and Gala Dinner
 Food Museum & Signature Chinese Dinner
 Dietary Preference: Vegetarian Allergies, please state:
 Other requests, please state:

Accompany Person Personal Information

Title: _____ First Name: _____ Last Name: _____
 Relationship with Participant: _____
 Dietary Request: Please state: _____
 Attending Activities: Welcome Cocktail Reception Closing Ceremony and Gala Dinner
 Food Museum & Signature Chinese Dinner

Declaration of Personal Information Collection

Co-organizers:



Congress Secretariat
 PO Box 65015, Tseung
 Kwan O Post Office,
 Kowloon, Hong Kong

T: (852) 5642 7378
 F: (852) 3010 8969
 E: arahe2015@hktnla.org
www.hktnla.org/arahe2015



Your personal information above will be used as contact for ARAHE 2015. Please put a in the box if you disagree to receive information from ARAHE 2015, including latest program update and/or announcement of ARAHE 2015, newsletter from sponsors, news from organizers.

I disagree to use my personal information, including name and email, to receive promotion information from ARAHE 2015.

REGISTRATION PAYMENT (INTERNATIONAL)

Please put a in the box where appropriate.

Method 1: Visit www.hktnla.org and pay via PayPal system (*Note: 5% service charge by card centre is required*)

Method 2: Telegraphic Transfer (*Note: All bank charges (both local and overseas) to be borne by participant*)

Reference:	(Input Your Full Name in the remittance form)
Account Name:	Hong Kong Technology and Living Association
Account Number:	489-027987-001
Bank Name:	HSBC Hong Kong
Bank Address:	1 Queen's Road Central, Hong Kong
Swift Code:	HSBCHKHCHKH
Total Amount (USD):	

Note:

1. Online Payment: 5% service charge by card centre is required if payment is made via online PayPal system; OR
2. Telegraphic Transfer (TT): All bank charges (both local and overseas) to be borne by participant if payment is made by TT. Please register at online, www.hktnla.org/arahe2015, and uploading the bank receipt as payment proof.

ARAHE Congress 2015 Terms & Conditions

1. All payments are in US dollars (USD).
2. Registration form must be accompanied by payment.
3. Registration fee is not transferable and a congress registration is for one individual. The provided name badge must be worn at all times during congress.
4. All cancellation of event registration must be in writing by email to Congress Secretariat at arahe2015@hktnla.org.
5. The deadline for cancellation of registration is 17 June 2015. Please note that cancellation of partial activities (e.g. Food Museum & Signature Dinner) are not accepted and non-refundable after registration. The cancellation request must be in written to Congress Secretariat by email at arahe2015@hktnla.org. The amount will be refunded after deducting an administration fee of 20% of full payment per participant. There will be no refund for cancellation received thereafter. 'No-shows' will not qualified for refund. Refund will be made after the completion of the Congress.
6. Payment can be made via online at www.hktnla.org/arahe2015 or electronic telegraphic transfer (TT) which must include all bank charges to be made by participant.
7. To register at the student rate, registrants must be full-time undergraduate. Please attach a copy of student identity.

Co-organizers:



Congress Secretariat
PO Box 65015, Tseung
Kwan O Post Office,
Kowloon, Hong Kong

T: (852) 5642 7378
F: (852) 3010 8969
E: arahe2015@hktnla.org
www.hktnla.org/arahe2015



I agree to the ARAHE Congress 2015 Terms & Conditions.

Signature

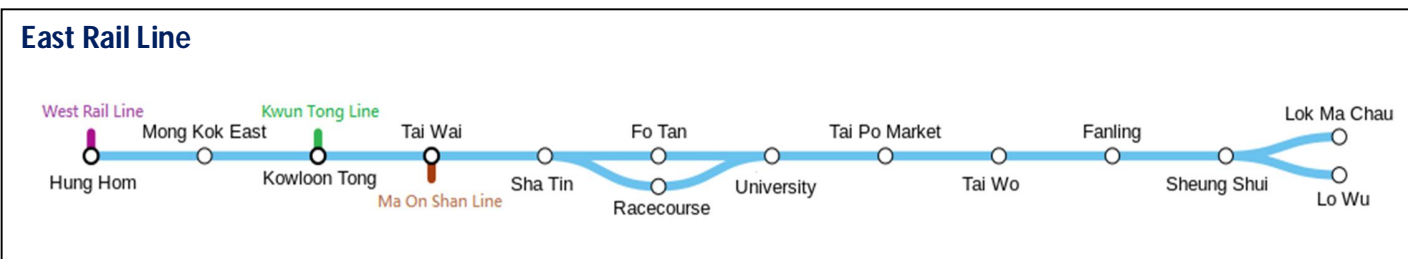
Full Name:

Date:

Hotel Accommodation Information

Hotel booking is available at www.hktnla.org/arahe2015. Should you have any enquiry on hotel booking, please contact Congress Secretariat at arahe2015@hktnla.org.

The special rates of the following hotels will be offered to participants during the Congress period. The three hotels are located within 5 minutes' walk to the MTR stations along East Rail Line. It will be convenient to participants to go to the Congress venue HKIEd as transport will be arranged between University Station (East Rail Line) and HKIEd from 4-7 August at designated time.



The final rates and terms & conditions are subject to the discretion of the hotels. All rates are quoted in Hong Kong dollars and US dollars is a reference price only (US\$1 = HK\$7.75).

1. The Royal Plaza Hotel

Address: 193 Prince Edward Road West, Kowloon, Hong Kong

Royal Plaza Hotel is situated in Mongkok (the heart of Kowloon). The hotel sits atop the Mongkok East MTR Station and is only 45 minutes by rail from the Hong Kong International Airport. The Hotel is directly linked to the shopping center with over 200 shops and surrounded by numerous tourist attractions and entertainment venues.



Type	Room Description	Maximum Capacity	Room rate per night
------	------------------	------------------	---------------------

Co-organizers:



Congress Secretariat
 PO Box 65015, Tseung
 Kwan O Post Office,
 Kowloon, Hong Kong

T: (852) 5642 7378
 F: (852) 3010 8969
 E: arahe2015@hktnla.org
www.hktnla.org/arahe2015



			<i>*subject to 10% service charge</i>
Plaza Deluxe Room (350 sq. feet)	King Size Bed (6' x 6'5")	2 adults	Room only - HK\$1,380 (US\$178) Room with one breakfast - HK\$1,490 (US\$192) Room with two breakfasts - HK\$1,600 (US\$206)
Plaza Deluxe Family Room (350 sq. feet)	2 x Queen Size beds (each bed size 5'2" x 6'5")	2 adults+2kids OR 4 adults	Room only - HK\$1,580 (US\$204) Room with two breakfasts - HK\$1,800 (US\$232) Room with four breakfasts - HK\$2,020 (US\$261)

2. Hyatt Regency HK, Shatin

Address: 18 Chak Cheung Street, Sha Tin, New Territories, Hong Kong

Located next to the Chinese University of Hong Kong (CUHK) and the University MTR Station, Hyatt Regency HK, Shatin hotel offers direct access to Tsim Sha Tsui, Hong Kong Island, etc... via MTR. The hotel is 30 minutes by taxi from Hong Kong International Airport, with numerous Shatin attractions and landmarks nearby.



Type	Capacity	Room rate with breakfast(s) per night <i>*subject to 10% service charge</i>
Mountain View Room	Single or double occupancy	Room with one breakfast - HK\$1,200 (US\$155) Room with Two breakfasts - HK\$1,320 (US\$170)
Harbour View Room	Single or double occupancy	Room with one breakfast - HK\$1,500 (US\$194) Room with two breakfast - HK\$1,620 (US\$209)
Regency Club King Room	Single or double occupancy	Room with one breakfast - HK\$1,680 (US\$217) Room with two breakfasts - HK\$1,980 (US\$255)

3. Royal Park Hotel, Shatin

Address: 8 Pak Hok Ting Street, Shatin, Hong Kong

Royal Park Hotel is conveniently located in the heart of Shatin, adjacent to New Town Plaza, a lively shopping and entertainment complex with over 400 shops. It takes only 5 minutes' walk to MTR station, which allows a swift passage to Tsim Sha Tsui (20 minutes) while is 30 minutes by taxi from Hong Kong International Airport.



Type	Capacity	Room rate per night <i>*subject to 10% service charge</i>
Superior Room	Single or double occupancy	Room only - HK\$1,000 (US\$129)

Co-organizers:



Congress Secretariat
 PO Box 65015, Tseung
 Kwan O Post Office,
 Kowloon, Hong Kong

T: (852) 5642 7378
F: (852) 3010 8969
E: arahe2015@hktnla.org
 www.hktnla.org/arahe2015



		Room with one breakfast - HK\$1,090 (US\$141) Room with two breakfasts - HK\$1,180 (US\$152)
Grand Triple	Triple occupancy	Room only - HK\$1,300 (US\$168) Room with three breakfasts - HK\$1,570 (US\$203)
Grand Double Double	Quadruple occupancy	Room only - HK\$1,250 (US\$161) Room with four breakfasts - HK\$1,610 (US\$208)

Co-organizers:



Congress Secretariat
PO Box 65015, Tseung
Kwan O Post Office,
Kowloon, Hong Kong

T: (852) 5642 7378
F: (852) 3010 8969
E: arahe2015@hktnla.org
www.hktnla.org/arahe2015