



For immediate release

Find Peace & Tranquility Amidst the Bustling Central District

2018 SummerFest Unveils a Series of Events to Pacify the Heart

(Hong Kong, July 6th, 2018) The second week of *2018 SummerFest* will feature various carnival events and artistic activities co-organised by the Central Venue Management (CVM) and various non-profit organisations, including first-time partner Haven of Hope Sunnyside Enabling Centre. These free admission events will transform Central's bustling harbourfront into an oasis of peace and tranquility.

Highlight events between July 14th – 19th include *ARCH- En Route, Holistic Wellness Festival @SummerFest*, together with *HOHCS Balance Bike Charity Carnival @SummerFest* and *HOHCS Golden Classics Charity Show @SummerFest*. In addition, two outdoor expressive art therapy sessions - "*Smell the Sea, Feel the Sun*" *Expressive Arts Therapy @SummerFest* and "*Shake Your Hands, Move Your Body*" *Expressive Arts Therapy @SummerFest* will take place to pamper both the mind and spirit.

ARCH- En Route, Holistic Wellness Festival @SummerFest

A unique carnival to promote a healthy body, heart and spirit-- the entire event area is arranged according to the five elements of Chinese ancient cosmology, including metal, wood, water, fire and earth, plus a free space. At the metal zone, live music, singing, and chanting performances plus much more are set to stir the heart. The wood zone houses a flea market where visitors can find a wide range of handicraft gems, accessories, healing products as well as skill-sharing sessions. Different modalities and healing workshops from existing schools and healing brands all come together in the water booths for participants to discover, awaken to, or heal their bodies and souls with. Embrace your inner strength and power while receiving positive energy from some of the finest fitness coaches in town in the fire zone. At the earth zone, different meditation techniques and healing classes guide visitors on how to properly breathe and look within. Moreover, the air space provides a place to relax, chill and enjoy many on-site live performances. With these activities, ARCH encourages individuals to embrace their inner selves and create a community with the intention of loving life.

Date: July 14th, 2018 (Saturday)
Time: 11am-7pm
Venue: Central Harbourfront Event Space



Entrance at Gate 3 (near Tamar Park)

Website : <https://www.summerfest-centralharbourfront.hk/Events/ARCH>

HOHCS Balance Bike Charity Carnival @SummerFest

Organised by Haven of Hope Sunnyside Enabling Centre and CVM, more than 200 kids aged 2 - 8 will enjoy all the thrills and fun of a balance bike competition. Plus, there will be a charity contest for celebrities, free trials of balance bikes and protection gear provided on-site, plus gardening, art activities, game booths, charity sales, and special performance by members of various intellectual disability organisations. This carnival activity will raise funds to support graduates who have serious mental issues through continuous learning and developmental programmes. The opening ceremony will be officiated by Dr. Chui Tak-yi, Under Secretary for Food and Health of the Government of the HKSAR, Professor Joseph Kwan, Chairman of Board of Directors and Dr Lam Ching-choi, Chief Executive Officer of the Haven of Hope Christian Service together with the well-known radio programme host Candy Chea as master of ceremonies.

Date: July 15th, 2018 (Sunday)

Time: 9am-5:30pm

Venue: Central Harbourfront Event Space
Entrance at Gate 3 (near Tamar Park)

Website: <https://www.summerfest-centralharbourfront.hk/Events/HOHCSBalanceBike>

HOHCS Golden Classics Charity Show @SummerFest

Return back to music's golden age last century with a superb array of classic songs. A group of iconic singers comprising Joe Cheng, Cherrie Choi, Jacqueline Man and others will sing many popular Cantopop songs that have touched the hearts of many Hong Kong people. Proceeds from their performances will help raise funds for charity during the more than two-hour outdoor concert organised by Haven of Hope Sunnyside Enabling Centre and CVM.

Date: July 15, 2018 (Sunday)

Time: 6pm-8:30pm

Venue: Central Harbourfront Event Space



Entrance at Gate 3 (near Tamar Park)

Website:

<https://www.summerfest-centralharbourfront.hk/Events/HOHCSGoldenClassics>

"Smell the Sea, Feel the Sun" Expressive Arts Therapy @SummerFest

Under a spacious, relaxing environment, participants can completely relieve their stress and anxiety at this event organised by the Hong Kong Expressive Arts Therapy Service Center and CVM. Through meditation, body movement, music, and visual art creations, the registered expressive art therapists on hand will help attendees re-connect with the five senses to feel nature again, giving the mind and body a well-deserved break. Interested participants may make online reservations under a limited quota on a first-come-first-served basis.

Date: July 16th – 17th, 2018 (Monday and Tuesday)

Time: 6pm - 7pm (First session)

7:30pm – 8:30pm (Second session)

Venue: Zone C and D, Central Harbourfront Event Space
Entrance at Gate 3 (near Tamar Park)

Website : <https://www.summerfest-centralharbourfront.hk/Events/HKEXAT>

"Shake Your Hands, Move Your Body" Expressive Arts Therapy @SummerFest

Surrounded by cheerful music, art, dance and movement, this event, organised by the Hong Kong Expressive Arts Therapy Service Center and CVM, provides a safe and fun space for children to release their energy and for parents to relax the tension in their bodies and minds, resulting in excellent quality family time together. The first 100 participating children will receive a tee shirt sponsored by Baleno. Interested participants can make online reservations under a limited quota on a first-come-first-served basis.

Date: July 18th, 2018 (Wednesday)

Time: 3:30pm – 4:30pm (First session)

5pm – 6pm (Second session)

Venue: Zone C and D, Central Harbourfront Event Space
Entrance at Gate 3 (near Tamar Park)



Website : <https://www.summerfest-centralharbourfront.hk/Events/HKEXATfamily>

Facebook : <https://www.facebook.com/CentralHarbourfrontSummerFest/>

Photo link:

https://drive.google.com/drive/folders/1kW0e4AE4yByW6r2o2PNEXypnndd_Uz4VB?usp=sharing

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