

# Le Tour de Force



*A Tour filled with challenges, commitment, love, sweat and more...*



**The 137 km Cycling Challenge  
@ Kenting, Taiwan  
November 25-28, 2015**

Dear Friends,

**Thanks for reading this unique booklet on HKBN Le Tour de Force!**

For over ten years, the annual management experiential management trip has been a part of our HKBN tradition – the trip enables our management team to get together and experience something that we are unlikely to experience on our own.

In recent years we have journeyed to Cambodia, USA and South Africa to experience the country, the people and the culture there, all of which deeply inspired our leaders to bring a positive impact for HKBN as a whole. This year, instead of purely stimulating our team mentally, we challenged our leaders physically by asking them to complete a 137 km cycling trip of Kenting, Taiwan.

The trip is named Le Tour de Force to symbolize that we are a joint force striving to challenge ourselves and, at the same time, we're raising funds for St James's Settlement "Hot Meal Service" program, with an aim to transfer "energy to energy" and support needy families from Hong Kong.



# The 35 HKBN Cyclists



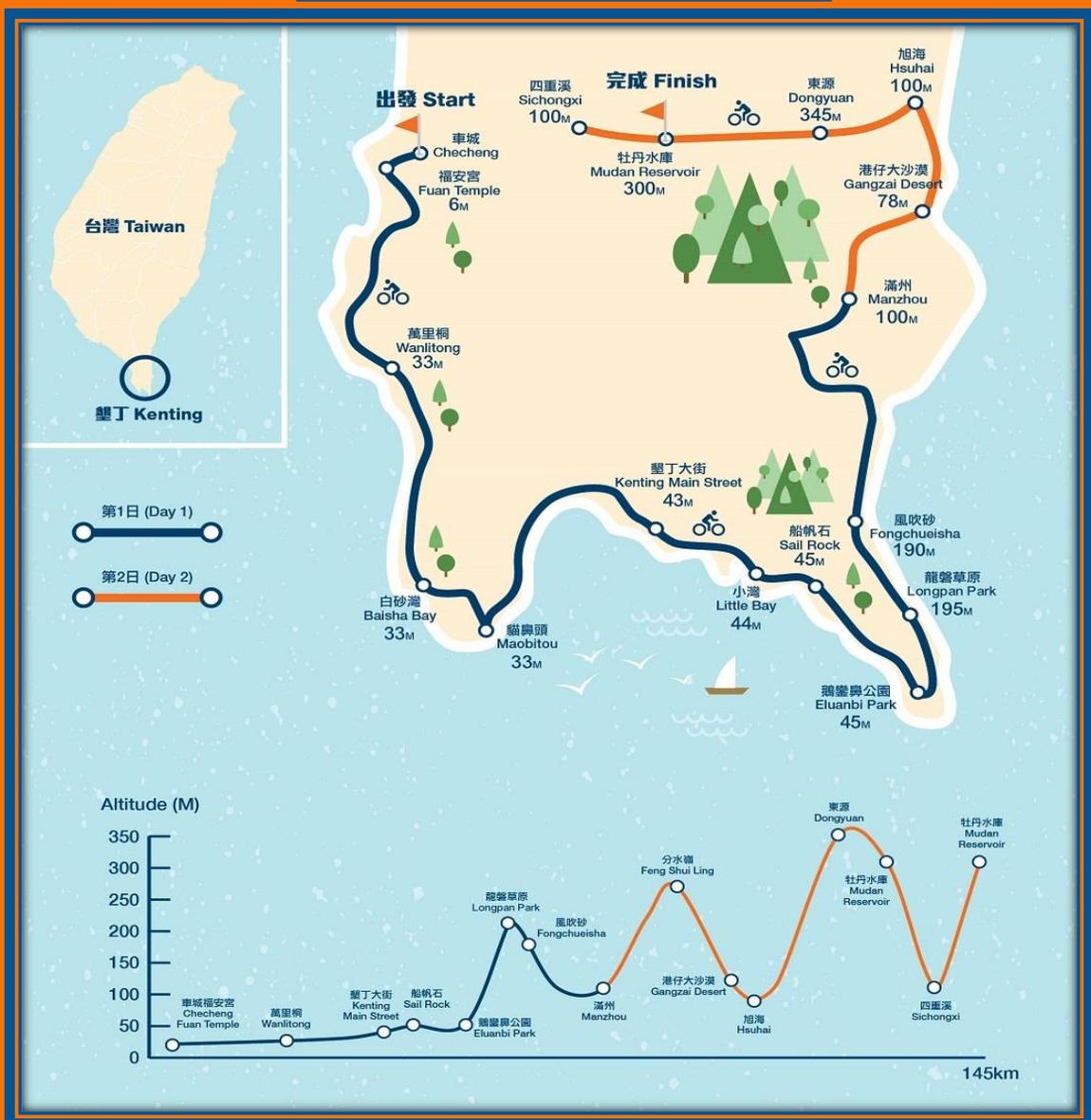
Name	Title	Year joined
Alex Chu	Manager - Sales, Enterprise Solutions and Co-Owner	1999
Alvin Chan	Associate Director - Sales and Co-Owner	2015
Becky Au	Graduate Technical Trainee - 'The Next CTO' Program and Co-Owner	2015
Bonnie Chan	Manager - Administration & CSI and Co-Owner	2007
Boris Yip	Manager - Customer Service, Residential Services and Co-Owner	2010
Coco Cheng	Senior Manager - China Business and Co-Owner	2005
CY Chan	Associate Director - Talent & Organization Development and Co-Owner	2011
Edith Kam	Manager - Talent Development and Co-Owner	2010
Eric Yim	Manager - Product Development & Management and Co-Owner	2014
Erica Tsang	Graduate Technical Trainee - 'The Next CTO' Program	2015
Franky Chan	Assistant Manager - Corporate Communications	2015
Gary McLaren	Chief Technology Officer and Co-Owner	2015
Ivan So	Manager - Network Operation and Co-Owner	2003
Ivy Lau	Director - Talent Engagement & CSI and Co-Owner	2011
Johnson Chu	Senior Manager - Strategic Marketing and Co-Owner	2012
Josey Cheung	Manager - Marketing and Co-Owner	2011
Ken Kwong	Manager - Project Management, Enterprise Solutions and Co-Owner	1999
KH Kwok	Information Technology Manager	2012
Kim Hue	Manager - Marketing Communications and Co-Owner	2014
Kitty Lee	Manager - Marketing and Co-Owner	2005
Marco Li	Manager - Marketing and Co-Owner	2011
Mau Chun Lau	Manager - Network Infrastructure and Co-Owner	2007
Mavis Chow	Graduate Technical Trainee - 'The Next CTO' Program	2015
Mingo Tsang	Senior Manager - Sales, Enterprise Solutions and Co-Owner	2011
NiQ Lai	Head of Talent Engagement & CFO and Co-Owner	2004
Regina Au-Yeung	Senior Manager - Procurement and Co-Owner	2015
Sally Kong	Associate Director - Quality Management and Co-Owner	2011
Simpson Ngan	Senior Manager - Commercial Technology and Co-Owner	2015
Steven Yau	Associate Director - Network Operation and Co-Owner	1996
Sunny Yip	Assistant Manager - Content Operations	2008
Trevor Wong	Associate Director - Marketing Communications	2012
Van Chan	Producer	2009
Vincent Fung	Officer - Talent Relations	2014
William Kwan	Senior Manager - Network Infrastructure and Co-Owner	1999
William Yeung	Chief Executive Officer and Co-Owner	2005

# The Challenges Posed to HKBN Cyclists

To experienced cyclists, the 137 km route at Kenting we chose this time was a more leisurely one. However, due to the steep slopes and long uphill sections, for the majority of our team this was like the most daunting sports challenge of their lives. Many of us have not cycled in a very long time, and some did not even exercise regularly.

As leaders at HKBN we all come from very different backgrounds at different stages in life. Some have roles that may prevent them from joining this trip, e.g. mother of a newborn, father to a child who is preparing for their primary school interviews, a caretaker of parents, etc. **Finally, 35 of us** who had the fortune of managing things well enough to join this trip.

## The Cycling Route @ Kenting



## Going Outside of Comfort Zones

Participation in this trip was 100% voluntary. Given the challenges that we might encounter, we could have had thousands of reasons not to take up this challenge. But you may wonder:

**“With all these obstacles, why did they still opt to join this trip?”**

The reason was simple. They wanted to challenge their comfort zones, physically and mentally, and prove to themselves that if they are committed to something and put in the effort, **THEY CAN!**



## Pre-trip Cycling Trainings



Under the guidance of professional coaches, we undertook 8 training sessions for a total of 36 hours.

## “Give” and “Take”

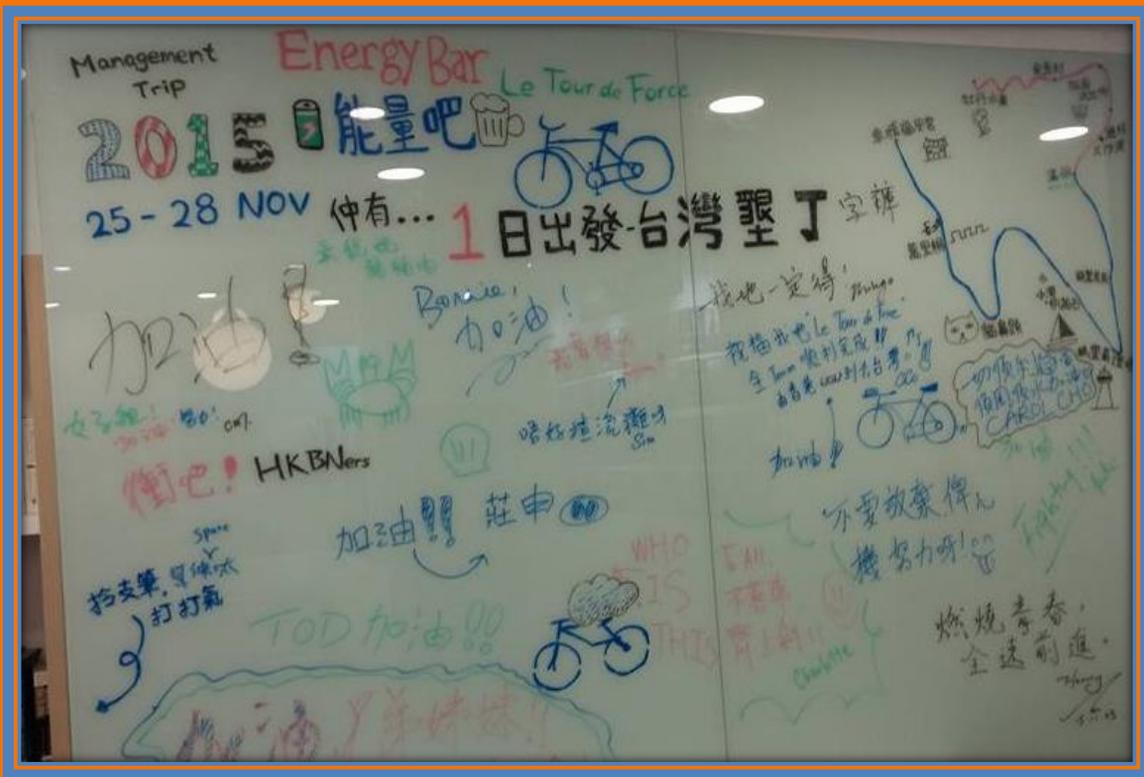
In order to achieve the 137 km challenge, we needed to train our stamina and skillset in maneuvering a bike up and downhill with the best efficiency. From the first training session, many of us failed to finish half of the 2-km uphill route in Hong Kong and we could already hear some of us already surrendering the will to continue on.

With 2-months of weekend training, we all finally conquered the toughest 10 km uphill route in Kenting. All the commitment, determination, energy and sweat that was put in during training paid off.

For most of the cyclists and for myself, the above experiences made Le Tour de Force the most memorable and rewarding management experiential trip thus far. One of main reasons is that this trip requires all of us to “give” in the effort, before we can “take” the valuable experience.



**Cyclists Profile Wall @ HKBN Office**



## Le Tour de Force Energy Bar

### Inspiration and Friendship

Le Tour de Force ended on a high note with all cyclists **over-achieving the challenge by finishing 145 km in total. We also raised over HK\$1.1 million through this tour.** A huge success means the tour came to the end, but we will not let this 'can do' spirit fade...

As for our HKBN cyclists, post-tour reflections and their commitment to the future are shared in the latter section of this booklet. By reading on I hope you can feel our happiness and the sense of achievement that inspired us throughout this tour. Among ourselves we have already shared these experiences in our daily chatter, as well as through social media. Friendships have become stronger because of how we trained, sweated, experienced, and most importantly, overcame this challenge together, as a team.

What's next? We are going for another ride in Hong Kong very soon, would you like to join us?

One of the 35 Proud HKBN Cyclists,  
**CY Chan, Associate Director – Talent & Organization Development and Co-Owner**

# Pre-trip Fundraising Initiatives

## Fundraising Events @ HKBN office



### Cheese Cake Delivery



Donors of over HK\$200 were promised a personalized "Thank You" post card mailed by our cyclists from Kenting

# Pre-trip Fundraising Initiatives

## Voluntary work @ St. James' Settlement "People's Food Bank"



Originally we aimed to raise HK\$360,000 but we ended up with over HK\$1.1 million, enough to support the People's Food Bank service until 2017

A big **"THANK YOU"** to all donors and cyclists!!!

# Le Tour de Force – Day 1

4 teams competed with one another by completing tasks at various check points

**T**rustworthy



**R**esponsive



**E**ntrepreneurial



**E**ngaging

Riding on flat roads before lunch...

We all enjoyed the beautiful scenery

and sunshine



Maobitou



Chuanfan Rock



After lunch, the challenges arrived...

Steep slopes... gusty winds with sand...

Yet, we never gave up



Fongchueisha

Longpan Park



# Le Tour de Force – Day 2

Based on each cyclist's strength and preference, they joined teams running at their own pace



**“KickASS” Team (Fastest speed)**



**“Awesome” Team (Intermediate speed)**



**“Vool” Team (Relaxed speed)**

The toughest route has yet to come...

The most beautiful scenes have already past



Gangzai Desert



**Endless steep slopes one after the other...**

**A mental challenge rather than a physical challenge...**

**Give up? Or continue...?**



**The toughest route - Hsuhai > Donyuan  
A climb to 350m in altitude**



**Finally...**

**No one gave in**

**All 35 cyclists over-achieved 145 km!**

## Key Takeaways at a Glance

- ❑ An impossible target is conquerable as long as we press on and never give up
- ❑ Stay positive, turning the impossible to possible, believe there is always a way out
- ❑ No pain, no gain
- ❑ Winning together and achieving team success gave us an enormous sense of triumph
- ❑ Never wait till things are ready. By venturing into the unknown we earned a great victory
- ❑ Le Tour de Force is one such event that pushed us to our own 100% limit, and in turn, expanded our own personal limits
- ❑ Breaking through the comfort zone is really hard. But once you overcome it, you will discover that the sky's the limit.
- ❑ Team work makes the dream work
- ❑ “You never try, you never know”



# Kenting Cycling Itinerary

## DAY 1 · 25 NOV 2015 (WED)

Group A		Group B	
Hong Kong → Kaohsiung (Kaohsiung International Airport) KA432 HKG/KHH 0855/1020 (Flying time around 1 hrs 25 mins)		Hong Kong → Kaohsiung (Kaohsiung International Airport) KA440 HKG/KHH 1055/1220 (Flying time around 1 hrs 25 mins)	
10:20	Arrival in Kaohsiung International Airport	12:20	Arrival in Kaohsiung International Airport
11:20-12:00	Transfer to restaurant		
12:00-13:00	Lunch at local restaurant		
13:30-15:30	Transfer to Checheng Township (around 2hrs)		
16:00	Check in at hotel		
17:00-18:30	Bike Equipment testing and Briefing		
19:00	Dinner at local restaurant		
20:00	Transfer back to room at Boutix Resort Hotel Kenting		
Meal:	Lunch at local restaurant (Group A only) · Dinner at local restaurant		
Accommodation:	Boutix Resort Hotel Kenting (Checheng)		

## DAY 2 · 26 NOV 2015 (THUR)

### Group A & B

06:30	Breakfast at Hotel
07:30	Bike Equipment testing and Briefing
08:00-17:00	" Cycling route : Checheng→Manzhou Checheng – Fuan Temple - Wanlitoug - Baisha Bay - Maobitou - Little Bay - Chuanfan Rock - Longpan - Fongchueisha - Manzhou (Road Conditions : Flat road / Slope: 120 ; Kilometre : 75 km)
	Lunch at local restaurant
17:00	Arrive at hotel
17:30-18:30	Back to room for short break & fresh up
19:00	Dinner at Hotel
20:00	Back to room for rest
Meal:	Breakfast at Hotel · Lunch at local restaurant · Dinner at Hotel
Accommodation:	Kentington Resort (Manzhou)

# Kenting Cycling Itinerary

DAY 3 · 27 NOV 2015 (FRI)	
Group A & B	
06:30	Breakfast at Hotel
07:30	Equipment testing and Briefing
08:00-15:00	" Cycling route : Manzhou→Shuchunghsi Desert - Hsuhai - Dongyuan - Mudan Reservoir - Shuchunghsi (Road Conditions : Slope: 200 ; Kilometre : 62 km)  Lunch at local restaurant
15:00	Arrive in Shuchunghsi
15:30-16:15	Transfer to hotel
16:30-18:00	Back to room for short break & fresh up
18:30	Dinner at Hotel
20:00	Back to room for rest
Meal:	Breakfast at Hotel · Lunch at local restaurant · Dinner at Hotel
Accommodation:	Chateau Beach Resort Kenting (Kenting)

DAY 4 · 28 NOV 2015 (SAT)			
Group A		Group B	
Kaohsiung (Kaohsiung International Airport) → Hong Kong KA455 KHH/HKG 1905/2035 (Flying time around 1 hrs 30 mins)		Kaohsiung (Kaohsiung International Airport) → Hong Kong KA457 KHH/HKG 2120/2250 (Flying time around 1 hrs 30 mins)	
08:30	Breakfast at Hotel		
09:30-11:30	Transfer to Kaohsiung (around 2hrs)		
12:00	Transfer to restaurant		
12:30	Lunch at local restaurant		
13:30	Transfer to SOGO and Free for Leisure		
13:30-16:00	Free for Leisure	13:30-18:00	Free for Leisure
16:00	Gathering at SOGO	18:00	Gathering at SOGO
16:15-17:00	Transfer to airport and check in	18:15-19:00	Transfer to airport and check in
Meal:	Breakfast at Hotel · Lunch at local restaurant		

# Appendix - Reflections



Ride for good

*Le Tour de Force*



# Becky Au

## GRADUATE TECHNICAL TRAINEE – THE ‘NEXT CTO’ PROGRAM AND CO-OWNER

Looking back, the past two months were a sweet dream to me. It has been an extremely tough yet rewarding journey in the company of 35 HKBN Talents. 8 intensive training sessions, a tremendous series of promotion activities for HKBN Talents and fund-raising messages for our friends of HKBN, fun moments eating fish balls at Science Park, satisfaction from climbing hills by bicycle, and the noticeable improvements we have seen in each other from different aspects of the trip; all these were good memories and I felt so glad and honored to have shared the pride and tears of Le Tour de Force with all of you.

Actions influence mindset. Le Tour de Force certainly is a good example for me to step far out of my comfort zone and challenge myself to exceed my limits. From being questioned and challenged on our values of existence in Kenting before the trip, to putting a wonderful and unforgettable end to Le Tour de Force, everything in the middle would not have happened if it were not for the continuous encouragement and motivation we received from NiQ, Ivy, CY, Bonnie and Vincent. They constantly pushed us to aim higher and to think broader. I sometimes felt lost and uncertain in the process, but what these 2 months have taught me is that so long as one can stay focused on the goal, no matter how hard and tough it is, there is always a way to attain the objective. And that ‘way’ is the powerful willpower that’s inside us.

HK\$500K of fund-raising amount was barely a dream in the beginning, and placing 4<sup>th</sup> overall in Le Tour de Force never crossed my mind when I first joined the Management Trip working group. The mental and physical roads were both bumpy, and sometimes strong winds and obstacles would suddenly come without notice. And similar to life, we often encounter challenges we never expect, but determination will save us and eventually lead us to achieve our ambitious goals.

Last but not least, I felt truly loved and lucky on the ride with the overwhelming support from my family, dear friends and colleagues. Without their generous support and blessings we would not be able to finish the entire journey so happily and safely. There was also huge room for improvement for me in my role and I sincerely look forward to improving myself and working more closely with each of you to learn from you!



# Regina Au-Yeung

**SENIOR MANAGER – PROCUREMENT  
AND CO-OWNER**

## Uncertainty & the known challenges

Although I attended the cycling training in Hong Kong, I was not confident before the trip that I could complete the ride. I was not sure if my physical strength was capable of two consecutive days of riding, plus, the fact that the bike I used in training was different from the one in Taiwan didn't make things any easier.

## My memories

There were a lot of wonderful memories throughout these two months. The training sessions arranged by our TOD team gave me an opportunity to ride on a bike again. I remembered we were riding on a rainy Saturday where the dirt splashed on my face as well as across my back. I was still soaking wet and cold before and after lunch. Besides the rain, the coaches also took us to other routes where we could experience steep slopes. Most of us were not able to ride to the top in our first attempt and there was a lot of dirty words flying in the air, it was fun and so good to see how people behave when they failed. I don't think I could succeed without preparation!

When it came to the actual ride in Taiwan, it was another experience. We were riding on the coastline and it was so windy and the wind came from all directions. On several occasions the wind pushed me almost to the middle of the road where I needed to keep the bike on the correct side without losing balance. When I thought I could relax for the upcoming downward slope, in fact it was another challenge that I need to fight against the headwinds. Sand plastering my face was certainly not expected.

Conquering one slope and knowing more were to come was a mental challenge. I learnt to focus and deal with the present without thinking too much about what was ahead, helping me to re-gain my confidence.

The entire team was so committed and the spirit was just unbeatable. I am proud of myself and the whole team as none of us got onto the support bus. It was stunning how we could turn the impossible into a possibility. The moment I reached the final check point and exceeded the 137 km challenge, I removed the word "impossible" from my vocabulary.

## Takeaways

Stay positive, turning the impossible to possible, believe there is always a way out.

Focus on Present!

Don't take things for granted and I thank God we all returned home safely.



# Alvin Chan

**ASSOCIATE DIRECTOR – SALES  
AND CO-OWNER**

## **About me**

This is a very challenging trip as I rarely bike and its been 25+ years ago from last cycling. It is also the first time for me to ride a bike with gear controls. My objectives were to help the needy and to know more about HKBNers.

## **Before the trip**

Officially, I registered to join all 4 training courses as I knew I will probably fail if I didn't equip myself with basic and proper training. Though I was always the last one to reach the destination, I've made my best to overcome the slope, wind, rain, sunshine or even injury. I can even say that the distance cycled at all the training courses went farther than all of the combined cycling I had done previously. Unfortunately, I could only attend 3 training courses out of 4 as I underwent an urgent hospital operation for several days. My anxiety kept increasing day by day, and there were times I even thought about quitting the trip.

## **During The Trip**

The two days of cycling brought me a mixture of emotions e.g. excitement, joy, nervousness, laughter, pain, depression, embarrassment, encouragement and so on. The overall difficulties went beyond my expectations, as well as what I had experienced during the pre-trip training. Typhoon-like winds, winding and narrow roads, steep slopes, sand and rocks, muscle cramps, broken tires and malfunctioning brakes, the pressure and frustration can all lead you to give up easily. Luckily, with the encouragement and support of other cyclists, I had successfully completed the whole trip. Though I was almost the last few ones to reach every checkpoint and destination, I was at least safe to finish the whole 145 km and surpass myself.

## **Takeaways**

Priceless and invaluable life experience that can't be expressed in words. **“You never try, you never know” and limitations are unknown until you have achieved it.** In fact, team work makes the impossible to possible and help to accelerate spirits of all cyclists to overcome extreme challenges and conditions. It worked perfectly just like gear-effect unleashing the full potential of a bike. It's simply **AWESOME!!**



# Bonnie Chan

**MANAGER – ADMINISTRATION & CSI  
AND CO-OWNER**

To me, I am just an unskilled cyclist, who has fun riding in Shatin with my nephew once a month. On our pre-trip inspection in September, I was only able to complete 1/3 of the ride and the support team even “requested” that I get on the coach when climbing uphill due to time concerns. It was a bit discouraging but it is clear that I needed to put extra effort to prepare for this trip in November.

Due to my three-week vacation leave, I skipped two training sessions and other voluntary practices. Obviously, other participants have had significant improvements during these three weeks. From November onwards, I pushed myself to join practice/training thereafter as much as I could and have woken up 1-hour earlier for a morning jog or to skip rope. The results paid off as I found my physical fitness improved in the last practice. Practice and preparation does make a difference.

On the weekend before departure, I got seriously ill with symptoms of a fever and sore throat. I believed it would take a miracle to even complete 2/3 of the ride – which would still be a personal improvement. On Day 1, due to strong November winds, it was more difficult than my first ride in September and the practice in Hong Kong – extra strength was needed just to get a steady balance moving forward. Thankfully, with support and encouragement from my teammates and the coach, I managed to finish the ride on Day 1.

Day 2 was the hardest section to me – especially because of the uphill climbs and muscle fatigue from a whole day of riding. My strategy was to try my very best with four PowerGel packets to finish the ride as much as I can. When climbing uphill, I did struggle internally about whether to get on the prearranged “quitter” bus. This was only fleeting because, obviously, every participant was filled with 200% energy and would persist to finish it as ONE TEAM. Being one amongst the TEAM, I endured my ride with the people around me, e.g. teammates, crew and even local villagers cheering me on with support.

I still remember that I was totally exhausted with both arms and legs limp when I crossed the finish line. Yet I was full of excitement and satisfaction knowing I could finish the whole journey, which in September, I couldn't do.

During the 2-day ride, the struggle of my mind, not physical fatigue, was the key challenge. And the completion of 145 km ride proves “you can if you think you can”.



# CY Chan

**ASSOCIATE DIRECTOR – TALENT & ORGANIZATION  
DEVELOPMENT AND CO-OWNER**

***“I am proud of being one of the Cyclists in Le Tour de Force”***

Unlike other teammates in the Le Tour de Force, I joined this tour by default because I am the organizer. To me, I did not need to struggle in joining this tour, and I did not have to think twice to join the training sessions. Unlike others, this was my mission by default so I might not have had the same feelings, i.e. the hesitation to join the Tour, feeling uncertain about one’s ability to complete the ride, being anxious about the challenge, getting excited about the unknown during the trip, or becoming satisfied with the achievement... To be very honest, it is partly true because I did not feel as intense as my teammates. However, one thing that I believe I would have a much stronger feeling is, when all the teammates passed the finish line on Day-2, I almost burst into tears because I was so moved by their passion and determination to complete the Tour, even though they were physically, and even mentally exhausted after battling such a torturous climb and typhoon-like howling winds along the route. I have never felt such emotions before in any single HKBN activity. Congratulations to the team and thanks for giving me the chance to experience this together with you.

***“I enjoyed being ‘all-in’ and the sense of achievement afterward”***

As a sports lover, this is the first time I have put in so much effort within a relatively short period to train myself physically and technically for a sport. I have not ridden a bike for more than 10 years, but I fell in love with it after each of the “all-in” training sessions with my teammates and the additional training sessions. Being “all-in”, I feel that the sense of achievement when I finished the Tour – which was easier and faster than my first run – was much higher compared to just finishing it.

Before this Tour, I learnt not to give myself any excuses when I want to achieve something, but sometimes I failed in this. This Tour allowed me to experience that the “all-in” spirit could push me over my mental limit whenever I wanted to give up or was slowing down, and excuses were not even on my mind.

***I commit to continue my “all-in” spirit in whatever I want to achieve... and I am already planning to have another Le Tour de Force in Taiwan next year...***



# Coco Cheng

**SENIOR MANAGER – CHINA BUSINESS  
AND CO-OWNER**

**Finally, we did it!** It was probably hard to believe that 35 of us just overachieved the 137km challenge at Kenting and came back safe (actually we've cycling for 145KM in 2 days)!

Our 137Km challenge at Kenting was filled with unbelievable strong wind and extremely long steep slopes. However, with the wonderful people and stunning scenery, I have zero regrets joining such an awesome management trip.

Being a participant in the professional training for more than two months prior to the trip, I believed I was physically ready for the challenge (which I found that I have actually underestimated the power of God).

It was not an easy route for me, as it includes some quite steep climbs in the mountains for much of the trip. But when you finally make it to the top and overcome the ridiculous climb, you will be rewarded with incredible views as well as the happiness that comes from the speed of going downhill.

**I realized that life is like a journey of challenging cycling.**

No pain, no gain! At the start, my target was only to complete the whole journey without getting onto the quitter's bus. After the training, however, I began to aim higher and strived to finish in the top ten. With the "can do" sprit, I have given the best part of mine and even exceed my physical limited. I'm proud to be one of the Le Tour de Force member!!

I would like to take this opportunity to thank our professional coach which included Howard, John and Chiu, all donors, LTDF cyclists, organizer, my friends and family. Thanks for encouraging me and helping me overcome the challenge before and during the trip. Last but not least, thanks to my beloved company for organizing such an amazing trip.

**Breaking through the comfort zone is really hard. But once you overcome it, you will discover that the sky's the limit.** Same idea, applied to work!! Dare to aim for the stars and you will be surprised by your unlimited potential!



# Josey Cheung

**MANAGER – MARKETING AND CO-OWNER**

## Thank you, Le Tour de Force. You inspired me.

From the first training session to the last day of the Taiwan trip, from a beginner in road cycling to the one who accomplished 145 km of riding, I am deeply impressed, transformed and am truly touched by the team spirit of HKBN throughout these two months.

## SWEAT + TEARS = SWEET

Everyone on the team accomplished a miracle because we all did a great job and no one gave up. We kept riding under strong winds and uphill or even as some of us got hurt. We looked after and cheered each other on when we were all exhausted. I enjoyed and tried very hard to win in the riding game. This was not a leisure or incentive tour. Instead every one of us believed 'no pain, no gain' and were ready for a hard time of sweat and tears!

Without team support, I am pretty sure I would have needed more than double the time or I would have given up on the first day because of the typhoon-like winds. Plus, it seemed there were endlessly long steep slopes. I felt frustrated because I never could tell where the destination was. People tend to become vulnerable under such stressful circumstances. Luckily I was riding with a team. When everyone kept moving, I didn't want to stop so I kept reminding myself 'the destination is just ahead. Keep going. I can't stop!' Thanks goes to the team for energizing me.

After overcoming the most challenging uphill route, I finally understood the taste of sweat with tears. It was sweet with appreciation. Such a sweet and meaningful memory is something I treasure a lot.

## Back to Kin Hong Street

This trip definitely transformed the attitude I have toward my work and life. I am optimistic by nature, but after this trip I hope my positive energy can motivate and inspire others, especially my teammates and my son, to strengthen their 'can do' attitude. When you are facing a strong wind like your competitor who wants to beat you or have a hard time like riding on long steep slope, hold tight onto the handlebars and stay focused. Switch to a gear suited to your pace. Keep going and wait until the next opportunity to speed up again when the wind stops. It implies that it's a good timing to fight back when the competition slows down. Always aim high and dare to step out from your comfort zone because no matter the final result, the further you go the closer you get. You could learn to be smarter from failure. Finally you will succeed if you keep trying and believe in yourself. Let's enjoy the challenges!



# Mavis Chow

## GRADUATE TECHNICAL TRAINEE – THE 'NEXT CTO' PROGRAM

### Many 1st attempts

"You never fail until you stop trying"

- Albert Einstein

There were too many new things, for me, happened in Le Tour de Force:

- Le Tour de Force was my 1st cycling tour.
- Had a brand new cycling experience, the 1st time I rode on highway overseas with colleagues.
- My 1st time to go to Kenting, Taiwan.
- My 1st Management Trip while I am not a member of management.
- I managed my 1st Facebook page: HKBN Mgmt Trip - Le Tour de Force.
- With my 1st live broadcast channel on Livestream, I oversaw our live broadcast
- I helped raised the largest amount for donation in my life : over HK\$1.1 Million

Before participating in Le Tour de Force, I knew my physical ability was far behind the standard needed to finish the trip. Hence I joined almost all of the cycling training sessions and even started running to enhance my breathing and lung capacity. Finally, I achieved the challenge and completed it perfectly well.

All the things happened because of my first move: " Have a try! "

### Your choice

I had 2 riding strategies during Le Tour de Force:

1. Keep all my attention on the road and ride fast
2. Keep a steady speed and admire the beautiful scenery of Kenting

I chose the 2nd option as my strategy to ride in Le Tour de Force and I gained a lot from my decision. When I didn't go too fast, I had the chance to speak to the locals while cycling. Yes, I know it is hard to imagine. However, I really had nice conversations with drivers in Kenting. The coastline of Kenting is magnificent, I could not just kept my eyes on the road with such stunning views. As I cycled, I would stop whenever it was safe and admire the beauty. Even though I was not among the top 10 riders in Le Tour de Force, I gained considerable experience, memory and rewards from this management trip.



# Johnson Chu

SENIOR MANAGER – STRATEGIC MARKETING  
AND CO-OWNER

一開始聽到墾丁單車之旅，我覺得是很簡單的事.....

只參加了一次的訓練，才知上“長命斜”辛苦非常，這旅程首先已給了我一個下馬威。

之後找了鄺姓同事私下練習，技術上他只說了句“跟住我，慢慢來，保持30km/h”。之後他用很多時間分享一些比賽策略，維修心得，隊友溝通技巧等...一句問我“你喜歡踏單車嗎？”忽然有點如夢初醒，其實要真心熱愛及投入一件事，才會享受過程，才會成功。有時太多雜念(例如太在乎名次，想拍照放上面書，害怕太累不能完成...)會令腦袋太累。

“清心”，“集中”在兩天單車旅程中很受用。

出發前很多人問我“你們Marketing team能全部完成嗎？常常不來練習”，正想反駁之際，心中盤算了後卻無言以對。之後自己心中莫名多了一分使命感，很想所有同事都完成。結果大家都知道，但過程就只有親歷其境才明白。有K同事付出200%體力去完成，有J同事攀山後喜極而泣，有M同事超越前台灣國手而沾沾自喜....某些片段真的感動了我心。

付出不少汗水，體力，但換來的團體精神，友誼，鼓勵，絕對絕對值得。

反思總結：

1. 知之者不如好之者，好之者不如樂之者。《論語·雍也》
2. 「不恥最後」。即使慢，馳而不息，縱會落後，縱會失敗，但一定可以達到他所向的目標。(魯迅)



# Kim Hue

## MANAGER – MARKETING COMMUNICATIONS AND CO-OWNER

Don't limit your challenges, challenge your limits!

35 of the HKBNers did just that, we really challenged ourselves both physically and mentally. I feel happy that I made the decision to join the trip and very proud of our cycling team for finishing 145 km together, overachieving our initial 137 km target. The cycling part was a bit torturous, but nonetheless enjoyable. I believe we all treasured those moments and it's definitely a moment that we will remember for life.

I can still feel the muscle pain when I think of the uphill, but it was soon overridden by the joy of completing our mission, with none of us giving up. Finishing 145 km is surely a great milestone, but it was the process (from training to the actual ride) that I learn the most.

### Sacrifice & Teamwork

Other people may only care who finishes first and last, how many of us will give up during the ride. What we focused on was making sure we were all in good shape to challenge and finish the 137 km TOGETHER, with no one injured. From the beginning, we trained hard to make sure we were ready for the challenge. The encouragement and support of the team is the biggest motivator for us to push ourselves to the finish line, not to mention the sacrifice and willingness of team members to take care of slower riders.

### One step more, big different

Apart from the riding, we had another mission to raise \$1M (equivalent for 35,000 hot meals) for SJS. The easiest solution was to send out mass emails and standardized messages over Facebook, and wait for a miracle to happen. But that was not effective until I drafted customized message to my friends with a more personal engagement, the result started to come. This is a great lesson for me to always think about taking an extra step, instead of just doing enough. The results might make a huge difference.

After this trip, we got to know each other better, contributing to better team spirit among the management team because we shared both the joys and the pains together. We will carry this spirit and keep challenging ourselves when we return to our own teams. While the trip has ended, our journey of making Hong Kong a better place to live continues.



# Edith Kam

## MANAGER – TALENT DEVELOPMENT AND CO-OWNER

### *Le Tour de Force = My Choices*

#### First choice: will I choose to commit to the training?

I chose to commit to all the training sessions except for one schooling day and one out-of-town day.

Looking back, I realise I talked to myself over reasons for attending training before first starting. The reasons that made up my mind were to improve my health by regular exercise, getting to know and building friendships among the management team, receiving professional training to prepare the fittest Edith possible to successfully complete the tough 137 km run, and show to my peers the cycling practice photos to solicit more hot meal donations...when I am in a long work week and foresee a busy weekend with no rest, I started giving myself grand reasons to sleep in. Because of the many reasons I gave myself, there are still sound foundations driving me to wake up at 7am and end the training with satisfaction.

*...Think of at least 4 strong reasons why when you want to commit to something. Even if 1 reason is ignored, the other 3 will bring you there. I will continue doing this.*

#### Second choice: will I choose to continue the 130km?

I fell down from my bike... in just an hour into the cycling journey, my right elbow was hurt. I did not want to disappoint my Red Dragon team and found that my fingers were still “workable” so I chose to continue.

Riding along the coastal point of Fongchueisha (風吹砂), I was almost blown away by the extremely strong wind. With my wounded arm, I thought, what can I do? There was no one around to help me at that point. Surely it was reasonable to stop and board the coach? Ride or walk along with the bike? Will I lose my life? Why I am here? Mix of uneasy feeling...

Because of the HKBN team (on the uphill there were teams waiting for me), I wanted to complete my ride. Instead of staying there, I rode straight forward courageously without a thought. The tears nearly burst out when they welcomed me and celebrate our milestone success. Boosted by the whole HKBN team, I completed the 145km!

*... Do not give up easily or you will regret...you will miss the opportunity to grow mentally and psychologically. Choose a good team to join to help you expand the comfort zone and life's perspective.*



# Sally Kong

**ASSOCIATE DIRECTOR – QUALITY  
MANAGEMENT AND CO-OWNER**

This trip is fulfilled with an over-target journey of over 140km. This is an easy task for amateur cyclists as it is a common traveling mode around Taiwan. But for a leisure cyclists with an average physical ability like myself, it is challenging especially for uphill and downhill sections.

This Management trip involved Talents with a wide spectrum of physical abilities. It is amazing that everyone of us achieved the task. This is commitment and team spirit!

Two snapshots have been frequently recalled in these few days:

- (1) after completing the tough uphill journey on both days, I heard the warmest applause in my life. Everyone cheered each other for fulfilling the task.
- (2) the over-speed downhill sliding across the opposite lane. It is indeed dangerous and irresponsible for non-professional cyclists to do so.

All sports including cycling around Kenting are not dangerous, if the participants follow the rules. This is a DISCIPLINE issue. The target of chasing each other for the shortest cycling time should not override concerns of safety. Similarly, in our daily work, integrity and discipline are the foundation, on top of which we strive to get the best results. This is my key take-away of this trip besides joy, happiness, beautiful memories, support, teamwork, sweat, tears and blood.



# William Kwan

**SENIOR MANAGER – NETWORK  
INFRASTRUCTURE AND CO-OWNER**

Over the 145 km that we have gone through in our Le Tour de Force trip, the most memorable part was not how happy I was when I reached the final destination, but rather it was the experience you must go through that made the trip unforgettable. I can't remember how many times I told myself to take it easy especially when the front tire of my bike ruptured on Day 2. It was very easy to give up with lots of excuses that I could use, but there was one reason that kept me moving on – my son. I wanted to share the experience of how the team managed to achieve the 145 km by dogged persistence. Hopefully this will help him to grow with stronger will.

Setting higher goals is also worth sharing. When you set a higher target, it doesn't mean you will definitely get there, but surely you will have higher chance to finish with a better result. Secondly, most of the teammates were new to road cycling, therefore the feeling of overachievement was even higher as we tried something unusual and managed to complete an unusual target together.

Once again, thanks to my teammates who have helped each other with encouragement along the journey.



# KH Kwok

## INFORMATION TECHNOLOGY MANAGER

The four day management trip was both hard and moving for me.

At first, I thought that there would be several colleagues not able to complete the mission, but it turned out all of us succeeded.

Since coming back from Taiwan, a scene kept replaying in my mind of a colleague who, trying hard to finish the route, finally completed it with a pale face.

I was impressed as she even had difficulty to complete a single steep slope in the training session. The success was not due to luck, but continuous training and encouragement from colleagues.

It made me feel that peer influence and team spirit could make miracles happen.

Hope that such spirit can be put in our daily life as the driving force for excellence.



# Ken Kwong

MANAGER – PROJECT MANAGEMENT,  
ENTERPRISE SOLUTIONS AND CO-OWNER

As a team...

No pain, no gain! The whole team completed the 137km Kenting cycling challenge. No one gave up and everybody tried their best to overcome their limit. We grew as experienced cyclists since we were able to finish Kenting and its tough uphill and strong wind challenge. We don't grow when things are easy, we grow when we face challenges. Our team completed the job and never gave up when we experienced a difficult challenge.

As for me...

“Team work makes the dream work”. After the 137km challenge, I look forward to plan my own Le Tour de Taiwan in a coming date, as well as think about how we can have more charity events to help people in need.



# NiQ Lai

**HEAD OF TALENT ENGAGEMENT & CFO  
AND CO-OWNER**

In life, it is so easy to fall into our comfort zone whereby we cruise by and get along just fine with 75% effort. It is not often we push ourselves to our absolute 100% limit... this Le Tour de Force is one such event that pushed me to my own 100% limit, and in turn, expanded my own personal limits.

When I first heard of the 137 km cycling challenge over two days, I did not think much of it, thinking that I am relatively fit and that I have cycled similar distances before. What I was totally unprepared for was the steep hill climbs against gale force headwinds; in fact, the head wind was so strong that we had to even peddle on the down slopes.

What I discovered about personal limits, is that it is very subjective. There were many points on the ride, where if I was alone, I would have given up. But seeing my fellow HKBNers ahead and behind, gave me the strength to push on. This is truly a case of achieving more as a team than as an individual.

During the trip, one thing that was understated, was the amount of work and “heart” put into organizing the trip, to ensure everything was seamless and most importantly “safe”. I appreciate that many other companies would have considered such a trip logistically too difficult to organize.



# Mau Chun Lau

**MANAGER – NETWORK INFRASTRUCTURE  
AND CO-OWNER**

“A journey of a thousand miles begins with a single step.” It may be the best description of my first management trip. And it deeply inspired me to think again to make a difference in my life and work by stepping outside the comfort zone.

It really was a big step for me to join this cycling trip, because after suffering a vertebral herniation and seeing the birth of two babies over the past two years, I nearly stopped all outdoor activities including my favorite pastime, basketball. Finally I finished the trip with little pain in my back. Besides feeling exciting, I also realized that you should start the single step, then you can encourage others to take a bigger step together outside their comfort zones and overcome an impossible challenge. It is really important for me to get mentally ready to face the big network resource upgrade target with my team this year.

Another thing that inspired me most is the improvement in performance of teammates by taking their step to finish those training sessions before the trip. I should say I really thought some of our teammates could not finish the trip according to their performance from our first training session. But after all eight sessions, half of which were self-organized to strive for better performance, a big difference appeared especially showing the strong mind on climbing uphill without any rest. It also influenced me to keep cycling during uphill and to never underestimate the power of everyone even if their performance was not good initially. Finally, great success will be reached based on every small step to improve ourselves throughout our lives.

In conclude, obstacles are everywhere in our life. Start your step with focus even when the path isn't clear, and also encourage others to join with sharing your passion. Eventually, you will reach a destination never reached before.



# Ivy Lau

**DIRECTOR – TALENT ENGAGEMENT  
& CSI AND CO-OWNER**

So....we have probably all gone through a lot of team building trips, as well as physical challenges. I have done it all, outward bound, adventure ships, marathon runs... but nothing has come even close to this awesome Taiwan cycling trip – HKBN Le Tour de Force.

While I had many internal discussions with myself, with numerous realizations about my own fears and physical limitations, I looked deep to see what made this trip so much more different, joyful and fulfilling. These are my reflections of what we can do to create team success and fulfillment in other people’s lives, when we play the role of a leader, a parent, or just a friend.

## Perseverance & No Compromise

Well, 137 km was the original target. Then, things happened unexpectedly – the wind was so strong that many of us couldn’t even stay balanced nor move an inch; the little falls and injuries; the roadwork... We could have easily given in and changed the route for a number of reasons. But we didn’t. Instead, we ultimately went an extra final mile and achieved 145 km! We joked about it, and were “blaming” the organizing team teasingly for making it even harder for us. This is the trick! We were all thrilled to have overachieved at such a tough challenge. If we have had only gone 137 km, or worse still, achieved less because we settled for a more moderate target, I don’t think our inner satisfaction would exist at all. In life, it is always so tempting to surrender to our targets, relinquish a prior commitment, forgo old promises, because many think life may be easier this way. As leaders, we are role models who must persevere without compromise when unexpected conditions arise. We will then see courage, determination, innovation, and personal breakthroughs, when we push ourselves beyond our limits.

## Preparation

This is a time when I have to admit “practice doesn’t make perfect” for me. I know almost none of us were 100% ready for this challenge. When I looked back, however, I realize it is the sense of feeling “unsure, unsafe, anxious, yet anticipating” which gave us more joy and pride when we finally showed our determination and made it to the end. Lesson learnt is: never wait till things are ready. By venturing into the unknown we earned a great victory.

## The Cheers

Throughout the journey, the cheers from colleagues were never ending; one of the best things in the trip. This was very encouraging and warm, and it kept us going. We all know that encouragement, celebration, and recognition are important positive factors, yet many leaders fail to do so in the workplace. We should remind ourselves to do this more often.

## Winning Together

Winning together and achieving team success gave us an enormous sense of triumph. If we only ended up with a few champions, whereby everyone else would be left behind, we wouldn’t have felt the same. Great leaders create winning teams, not a few star players.

P.S. I am grateful that while I have had a wonderful experience together, we are also showcasing HKBN’s “do well do good” commitment. This experience has injected a better sense of purpose in the things we do.



# Kitty Lee

MANAGER – MARKETING AND CO-OWNER

We did it! These were the first words that flashed through my mind when I crossed the finish line.

Filled with pride, all of us accomplished the 137 km challenge (and even exceeded the target with 145 km). We experienced up-hill slopes that tripled the difficulty level, and we fought gusts strong enough to flip over our bikes. There were points where even 100% physical effort was not sufficient to complete the route, and it required our 120% mental exertion to kick in and push together.

Every mile left us sweating for our dreams. It is an honor that our sweat can be converted into funds to help the underprivileged. It is magnificent that our team has raised \$1 million for the “St. James' Settlement x HKBN Hot Meal Service Programme” to help deliver 35,000 hot meals to people in need. This is truly HKBN spirit!

*Nov 27<sup>th</sup>, 2015 - There were difficult times but there were also many good memories!*



Photo taken at the finish line!!

# Marco Li

**MANAGER – MARKETING AND  
CO-OWNER**

Yeah! We did it! We all completed 145 km in Kenting. What an absolutely amazing experience! It's hard to tell how amazing the journey was through just a few words,

I can only say “Le Tour de Force” is so far the most enjoyable, meaningful and challenging trip to me.

As I mentioned in my pre-trip reflection, majority of us are not physically fit to take on such a long cycling challenge. We had been burning the midnight oil from preparing ourselves for this challenge. We improved a bit but the fact is we were still far from ready physically. What made us to complete the 145km was all down to our fighting spirit. We stretched our limit and gave 100% effort. As someone said, you don't know your limits until you push yourself past them. Try to step out of your comfort zone and do something you never thought of. You will find you are capable of more than you thought!

The fighting spirit that we had demonstrated in the journey is priceless. In the real world, fighting spirit is needed to be successful. As a leader, try to encourage your team to develop their own fighting spirit. It will get them ready to take on future challenges.

Thank you to HKBN for giving me the chance to challenge myself, stretch my limit and grow my mental muscles. I am so proud of being one of the cyclists and accomplishing a great thing together.



# Simpson Ngan

**SENIOR MANAGER – COMMERCIAL TECHNOLOGY  
AND CO-OWNER**

It's been my pleasure as a newbie at HKBN to join such a meaningful trip: Charity + Team building – all within my probation period.

The overall Kenting trip is an extraordinary experience for me – our sweat, pain and beyond-the-limit effort really paid off.

In concrete terms, we have achieved more than double the original donation target and 4-5 times longer distance of non-stop climbing than our training routes in Hong Kong. While in intangible terms, we have developed much stronger team camaraderie by getting to know ourselves better and become closer to colleagues in the wider team. I believe a more 'we-culture' is gradually developing among us.

Until now, I still could not imagine how we were able to complete the 145 km ride on such a challenging route as a team with no single rider requiring the support bus to cross the finish line. But believe it or not, we really did it as a team. It makes me strongly believe, as a team, everything is possible.

Throughout the period from all pre-trip training sessions to the actual riding in Kenting, I can feel that both my muscles and mental strength have improved significantly. I never knew my limits can be pushed so much further.

After this trip, I feel I am keener to invest more time and effort in training my stamina. I am definitely looking forward to participate in similar activities in the future and meeting a larger group next time.



# Ivan So

## MANAGER – NETWORK OPERATION

**Fantastic!** – The first word come up from my mind to describe our Kenting bike trip.

All of us participated in this wonderful management trip full of sweat, care, persistence, encouragement, team spirit, joy and tears. These are valuable and unforgettable in our life. One important point is that our management trip added a special element – Charity!

**Sweat:** Since September 2015, most of us joined four official pre-trip training sessions and a few of us attended four extra self-organized training sessions. We trained ourselves seriously in order to complete the 137 Km challenge.

**Care:** Everyone took care of each other during the whole trip.

**Persistence:** On the long uphill path, many of us used all our energies to overcome the steep slope.

**Encouragement:** We hear “cheer up” message all along the road and around each check point.

**Team spirit:** On day 1 team racing game, we can see the great team work!

**Joy:** Endless happiness and friendship among each group.

**Tears:** A very touching sharing session at Gala dinner and the tears of excitement after enduring the steep slopes.

Before the trip, I am not quite sure I can overcome the 137 km, but I fully completed the uphill journey.

Eventually I did it and overachieved → 145Km. I rode non-stopped on the crazy steep slope.

After the trip, I think there is no excuse for me to refuse any challenge in future.

Kenting bike trip, my inspiration forever!



# Erica Tsang

## GRADUATE TECHNICAL TRAINEE – THE ‘NEXT CTO’ PROGRAM

‘Challenging though it might seem, determination and trust kept me focused and persistent along the way. If I had put a limit to myself and did not believe that I could do it, I would not be part of this remarkable journey. Now I see how powerful one can be if they are willing to step out of their comfort zones.’

### Feeling proud of myself

The Kenting Bike Trip has definitely pushed myself to the limit and challenged me both mentally, as well as physically. My thighs and bottom were so sore that I could barely bike after the first day of cycling. Yet, the route for the second day was even tougher and longer. There were times that the little devil inside my brain told me to stop and take a break, yet I did not stop and continued to cycle until the finish line. I felt very proud that I could do it and was especially happy to see myself undergo such a breakthrough.

### Believing in myself

I did not have much confidence in sports because I did not exercise regularly. Yet, when I was committed to join the trip, I joined as many training sessions as possible because I was worried that I could not complete the journey and disappoint everyone who supported me. Hence I was extremely focused on cycling during the trip, even to the point where I could not even hear people who were speaking to me. I just kept repeating ‘if it doesn’t challenge you, it doesn’t change you’ in my mind along the way, inspired by Trevor Wong from his pre-trip reflection. After the trip, I feel more willing to take up more challenges as I believe that I am capable of doing more and better.

### Being a fearless warrior

If I had put a limit to myself and did not believe that I could do it, I would not be part of this remarkable journey. Somethings may seem impossible and difficult at first, but there must be ways to conquer and solve it! Now when I am facing ups and downs in life, I could recall how I persisted through the ups and downs in Kenting. I will continue to defeat more monsters in life, just like how I defeated the giant in Kenting !

Thank you all of you for making us as a team 😊!



# Mingo Tsang

**SENIOR MANAGER – SALES, ENTERPRISE SOLUTIONS AND CO-OWNER**

Life is like a pedal. They can push you down but you can always come back up.

Unlike the previous management trips, which emphasized more on mental self-reflection like “Paint your dream”, “In search of Happiness” & “Extreme poverty & luxury”, the 4-day Kenting cycling trip was physically much more demanding and challenging.

It was certainly a big struggle for me to join this trip because personally I preferred “mental” to “physical” challenges, but it is always my conviction that we should not limit our challenge but instead test our own limits. As such, I eventually decided to take this challenge.

Surprisingly, after the whole trip, I found the experience much more “mental” than “physical”.

On the second day of the ride, the brake of my bike accidentally broke at one of the checkpoints. The time spent waiting for a fix made me lag behind the whole team. Worse still, this checkpoint was the toughest one from the whole trip, making it even harder for me to catch up with the crew. The loneliness also dragged me into deep frustration.

“What if I got into the car and started riding again after we caught up with the group? It wasn’t my fault to have the accident anyway?”

The moment I thought of giving up, I recalled the reason why I held on for so long. My objective of this trip wasn’t to become the champion, but to stretch myself to take up the challenge. So, it does not matter whether I was in the front or at the back. As long as I was all-in, I had already gained the reward.

With this mindset, I am certain that our company and myself will continue to perform well and continue to achieve our goals.



# William Yeung

CHIEF EXECUTIVE OFFICER AND CO-OWNER

I am proud of HKBN and proud of the Kenting trip members because:

- Very few organizations are willing to spend money, resources and time for the good of the management team and for a good cause ( in this charity trip, hot meals for those in need )
- Very few executives are willing to spend time and effort to do something good for others, outside of their busy family and work schedules
- I can see and feel the “fire” of the team. The fire can light up others
- The physical hardship experienced will strengthen our mindset. We have a stronger team!
- We raised HK\$1 mn for the needy!

Very blessed and happy about the positive impact.



# Eric Yim

**MANAGER – PRODUCT DEVELOPMENT  
& MANAGEMENT AND CO-OWNER**

I did it! I could not believe I was able to complete it without going on the bus! On the second day, my bike was broken which took over 10 minutes for me to get a replacement. I was advised to give up and get on the bus, but I preferred to finish it myself rather than deferring to others.

It's truly a precious experience; it's rarely seen in other companies to have a trip allowing people from different teams to experience something special together and get to know each other more. I can see the strong team spirit that many of us worked together towards for achieving a goal.

Forrest Gump said: Life is like a box of chocolate. I would say: Life is like riding a bike...

- Target – first of all, set a challenging and achievable target.
- Training – train seriously, get yourself ready physically and mentally.
- It's harsh sometimes like going uphill, exciting sometimes like going downhill, and sometimes steady.
- Beautiful scenes are all around, enjoy it at much as possible.
- Accidents happen, some may get hurt, plans may be changed. Sometime you'll need to take an unexpected U-turn.
- Most of the time you have to work hard alone. Seek help when there's something you can't solve, like repairing a broken bike.
- Ignore the voice in your head screaming "give up" and don't give yourself any excuses. It may not be as hard as expected. Keep calm and carry on, success is not far away.



# Boris Yip

## MANAGER – CUSTOMER SERVICE. RESIDENTIAL SERVICES AND CO-OWNER

“I believe we can”

For different reasons, this was a huge challenge for me to overcome since I have dropped out of cycling for many years. I am glad to get in gear from training physically and mentally over two months before the trip, as we must cycle 137 km in two days and face the challenge of steep slopes with typhoon-like winds. At last, our target was overachieved by cycling 145km.

This has been the most prepared, serious but cheerful Management Trip for me thus far. My memories from the first training session was of how tough it was for us to cycle uphill at “梅子林”, only one person reached the top of the slope in one go. The rest of us needed to catch our breaths at each checkpoint, with our legs feeling exhausted once we reached the top. After several sessions, we were brought to a new level not only in terms of team spirit but also physically and mentally, and our bonding grew stronger as we encouraged each other to complete (上突破青年村、優景里). And by actively using of social media, we gave everyone encouragement, extending care to each other. Our team cohesiveness starting to form from here. It still amuses me when I recall these joyful moments.

During the first day, the morning sections were completed without trouble so much so that we played mini games at each checkpoint and enjoyed the scenery along the way, despite it being a team competition. But from the afternoon onwards, we encountered the breeze of the Pacific Ocean and begin to feel the difference between the power of nature and our tiny selves. Strong gusts of wind made it a struggle for me to push forward. Passing through “龍盤草原”、“風吹砂” my strength decreased, but I discovered that my partners were not only holding up well, they were motivating others to push to the finish point.

Fortunately, on the second day, I was selected into the fastest group. Our group started 15-20 minutes after the other two groups. We worked hard to catch up with the attitude that “failure is not acceptable”. I caught up with the group at 旭海, then headed to 東源村 after a 15 minute break. We were almost exhausted from cycling more than 800 metres up and downhill. The final goal can only be completed through willpower. While on an uphill section, I recall stopping to take a break because I overexerted my physical strength. Running into NiQ, I asked, “Do you feel this is hard?” He said “Of course, it is hard but we must hold up...” His words inspired my courage and spirit. I arrived at 東源村 in one vigorous effort and finally completed the 145 km trip.

None of us gave up despite our lack of routine exercise. We have completed the 145 km, which is a great achievement, as well as a glorious page in my life.

In conclusion, can we put this persistence, faith and enthusiasm into our work ? There are a lot of unexpected things in life just like those unforeseen crosswinds and endless slope during the trip. As long as we strengthen our daily training and encourage each other, things will go well. And the most important is "I'm not alone!" Whatever the prosperity and the adversity, we, my dear fellows and me, come, we see, we conquer!