

2020 年世界自殺防治日「單車繞世界」活動

一、活動宗旨：

每年 9 月 10 日是國際自殺防治協會(IASP)和世界衛生組織(WHO)推動之「世界自殺防治日」，台灣自殺防治學會暨全國自殺防治中心致力於自殺防治之推動，並與國際接軌，響應國際自殺防治協會(IASP)推行之世界自殺防治日「單車繞世界」活動。今年的主題是「同心協力防自殺」(Working Together to Prevent Suicide)，鼓勵大家踴躍參與「單車繞世界」活動，為募集到環繞地球一圈的里程數(約 40,075 公里)。除了喚起社會大眾對於自殺議題的重視，同時也傳達「自殺是可以預防的」觀念。

歡迎您加入「單車繞世界」活動，不管您騎多遠，每段距離都有意義，代表一份對自殺防治的支持與珍愛生命理念的發揚，讓我們與世界同步，踴躍參與這項世界級的盛事。

二、主辦單位：台灣自殺防治學會暨全國自殺防治中心

協辦單位：中華民國自行車騎士協會

三、活動內容：

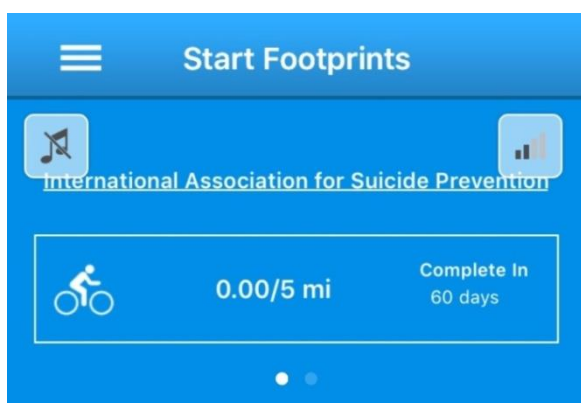
1. 2020 年 9 月 10 日至 10 月 10 日止，人人參與，不限地點、里程、年齡、性別，包含騎室內/健身房的腳踏健身車或室外腳踏車，皆可計算里程數。
2. 2020 年 9 月 19(六)－猴硐三貂嶺驛站煤鄉尋貓遊(20 公里)。

(活動 2 請詳見中華民國自行車騎士協會官網 <http://www.cyclist.org.tw/>)

四、參與證明辦法：

1. 里程登錄：請務必於運動開始前，至 <https://www.charityfootprints.com/IASP2020/eventdetails> 或掃描QRcode註冊帳號、設定目標並下載里程app，登入app後顯示International Association for Suicide Prevention即代表參與成功(如圖)。
2. 需注意該活動僅記錄9月10日後登錄之里程。
3. 室內運動之里程數可自行在活動頁面登錄。

*若您願意，歡迎將響應騎車照上傳至珍愛生命打氣網(www.facebook.com/tspc520)分享。



同心協力防自殺

Working Together to Prevent Suicide

聯絡資訊：台灣自殺防治學會暨全國自殺防治中心

地址：100 台北市中正區懷寧街 90 號 2 樓

電話：(02) 2381-7995(專案負責人宋映緯)

傳真：(02) 2361-8500

中心網址：<http://tspc.tw/>

珍愛生命打氣網 <http://www.facebook.com/tspc520>

Step1. 掃描右側 QR 碼進入網頁後，點選 Register Now 註冊，姓名建議使用英文。



Step2. 進入註冊頁面後，按下圖填寫資料。

User Sign-up

First name	Last name
名	姓
Email	
電子信箱	
Password	
密碼	
By signing up, you are agreeing to our terms & privacy policy	
SIGN-UP	



Step3. 進入設定頁面，活動類型選擇 Bike，勾選 agree 後按 Next 進入下一步。

Fitness Start/End Dates		
Sep 10, 2020 - Oct 10, 2020		
Activity Type		
Walk	Run	<input checked="" type="button" value="Bike"/>
Distance (KM)		
40.2 KM		
Donate to Join (USD)		
FREE		
I would like to make an extra donation of USD		
☒	I am over 13 years of age and agree to assume all risks including but not limited to injury, illness and other health related issues that may occur due to my participation in this event, and I hereby release Charity Footprints and all other campaign administrators, affiliates, agents, successors and assigns from all liability which could arise from my participation in this event.	



App 下載方式：至活動頁面找到此圖示，按下方文字選擇欲使用的裝置或系統。

Step4. 依據指示填入地址，並按下 Next 進入下一步。

Mailing Address	
Address	懷寧街90號
Suite/Apt	
City	中正區
Zip Code	100
State	台北市
Country	TAIWAN

Contact Details	
TW: +8	

Step5. 到此步驟後，若無特別需求皆直接按 Next 即可，注意在 team up 頁面時選擇 individual，最後在 invite Your Friends 的頁面點選 Go To My Fundraising Page 即可至 app 登入開始里程計算，app 下載方式見上頁。

Congratulations!

#GetFitGiveBack

Invite your friends, family members, colleagues and others to donate through your individual fundraising page. Research shows that people are more likely to give when personal fundraising appeal is shared & donate bigger amounts when fundraising targets are set high.

Fundraising Start/End Dates

Now - Oct 24, 2019

Fundraising Target (Min. 25 USD)

25

Appeal To Potential Donors

» NEXT

Invite Your Friends

Amplify your support for International Association For Suicide Prevention by inviting others to join this campaign. There is no fee to send these invitations, and we're counting on your support to make this campaign go viral. To send invitations, simply add email address of the people you'd like to invite to this campaign and hit 'Share Campaign'.

Enter Invitee Emails

user1@email.com, user2@email.com...

Share Campaign

GO TO MY FUNDRAISING PAGE

Team up

Joining a team is a great way to stay motivated, inspire others, connect with old friends and make some new ones. Team goal and progress will be aggregate of all individual team members.

Create or Join a Team

- Individual -

» NEXT

Invite Donors

In a recent survey, the #1 reason for not donating was noted as "No one asked me to"! Let's make sure that isn't the case with this fundraiser ☺. Simply enter the email addresses of your friends, family members, colleagues and others and hit the 'Invite Donors' button.

Enter Donor Emails

user1@email.com, user2@email.com...

Invite Donors

» NEXT