



WALK OF A LIFETIME

I am going for a walking event!



I am going for an event!
This event is called **Walk of A Lifetime**.

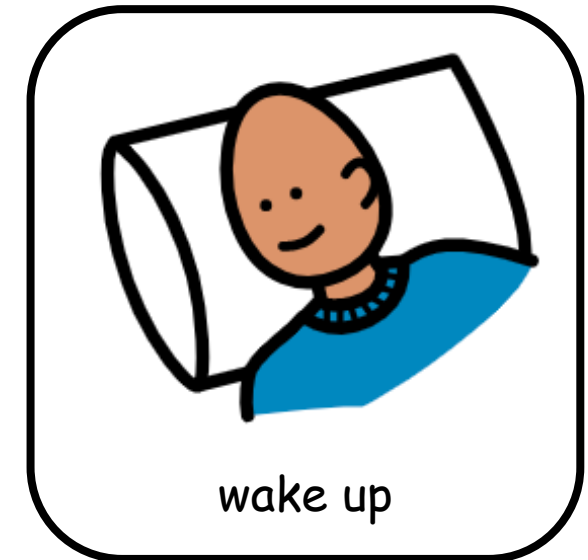
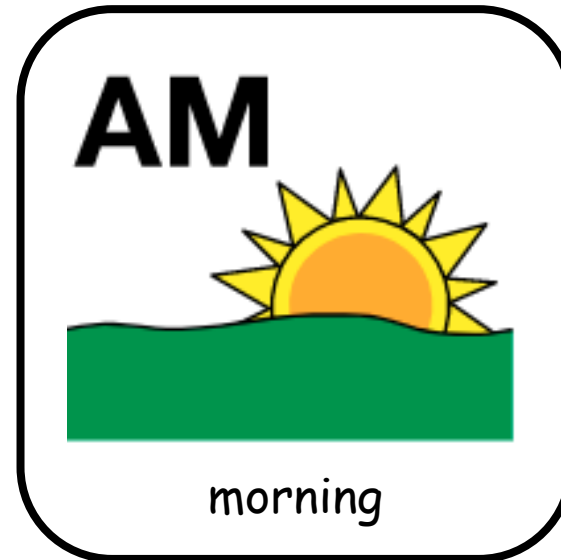


This event will happen on **21 September 2024**. It is a **Saturday**.



It is in the **morning**. It starts at **8:30 AM**.

So, I need to wake up early that day to get ready.

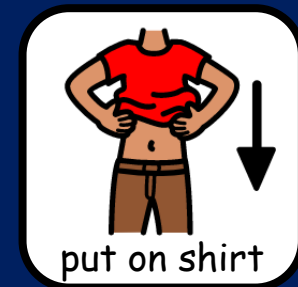


It will be a **fun event!**

I can exercise. I can get out in the sun.



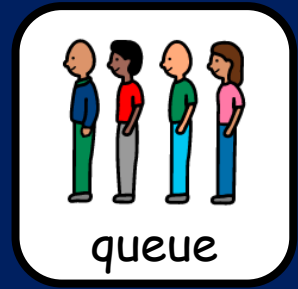
I will wear the **blue** event **t-shirt** and shorts.
I also get an event bag!



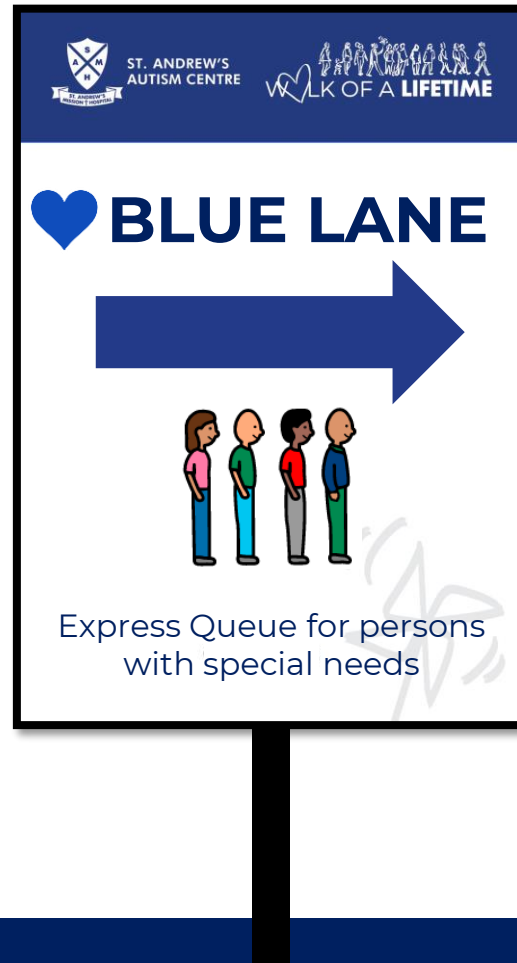
This event is at **St. Andrew's Village**.



When I reach, I will see this big space.
There will be people queuing up here.



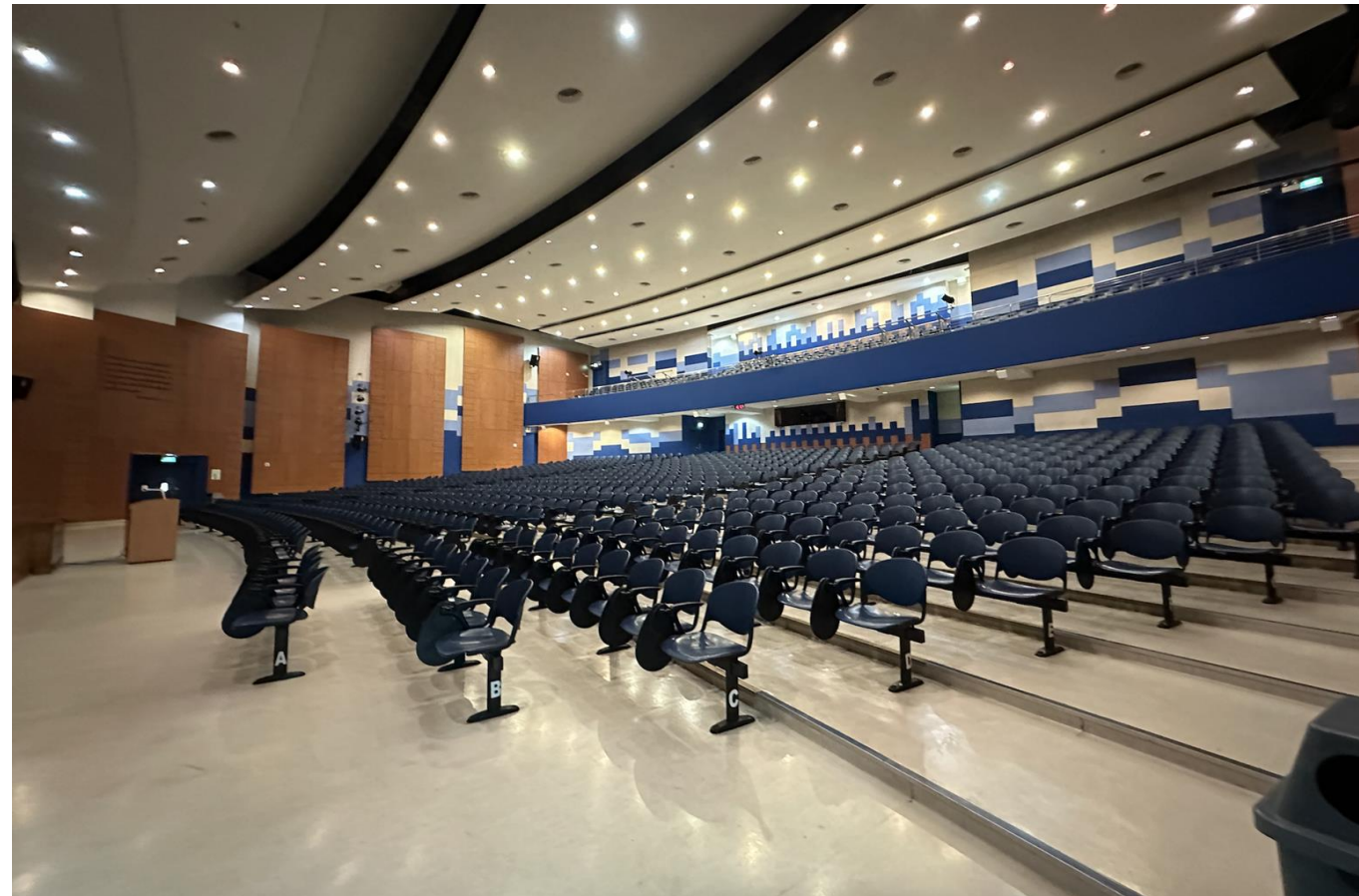
I will look out for this “**Blue Lane**” sign.
It is a special lane for me.



I will use the Blue Lane.
I will reach a big hall.



In this hall, I can **make a pinwheel**.
It will be mine, and I can hold it for the
whole event.



After making the pinwheel, I can **go out** to the **game booths** at the basketball court.



I can **take photos** at the photo walls.

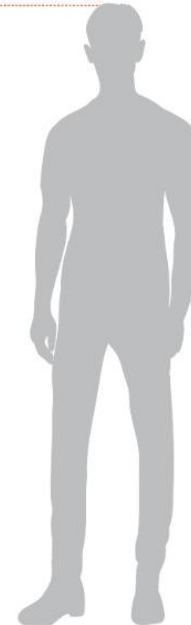
Ave female height
160cm



WALK OF A LIFETIME



Ave male height
173cm



When it is time to get ready for the walk,
I will **wait here**.

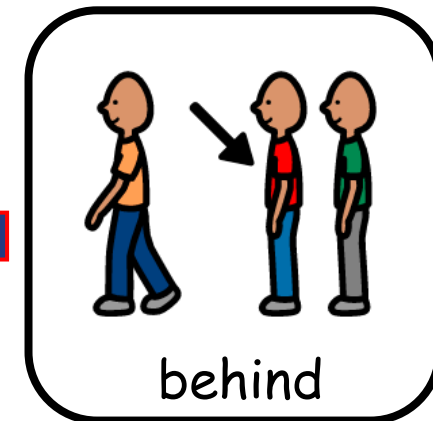
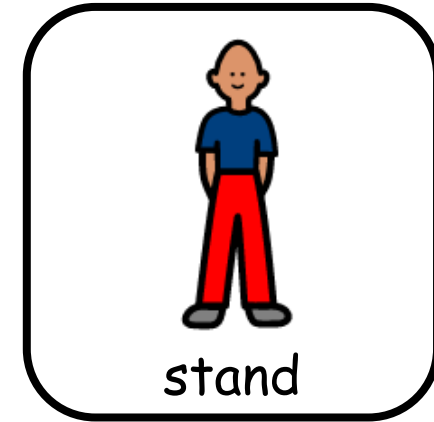
I can see the walking track from here.



When it is time,
I will **step onto the tracks.**



I will **stand behind** this long blue ribbon.



I will get ready for the **flag-off**.
Then I will walk **one round**, around the track.



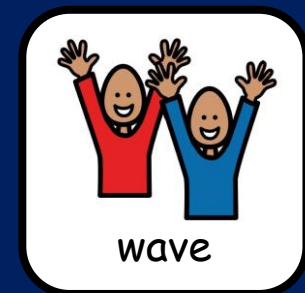
First



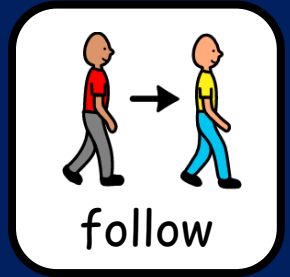
Then



There will be a lot of people in the middle of the field. They will **wave** to cheer for me!



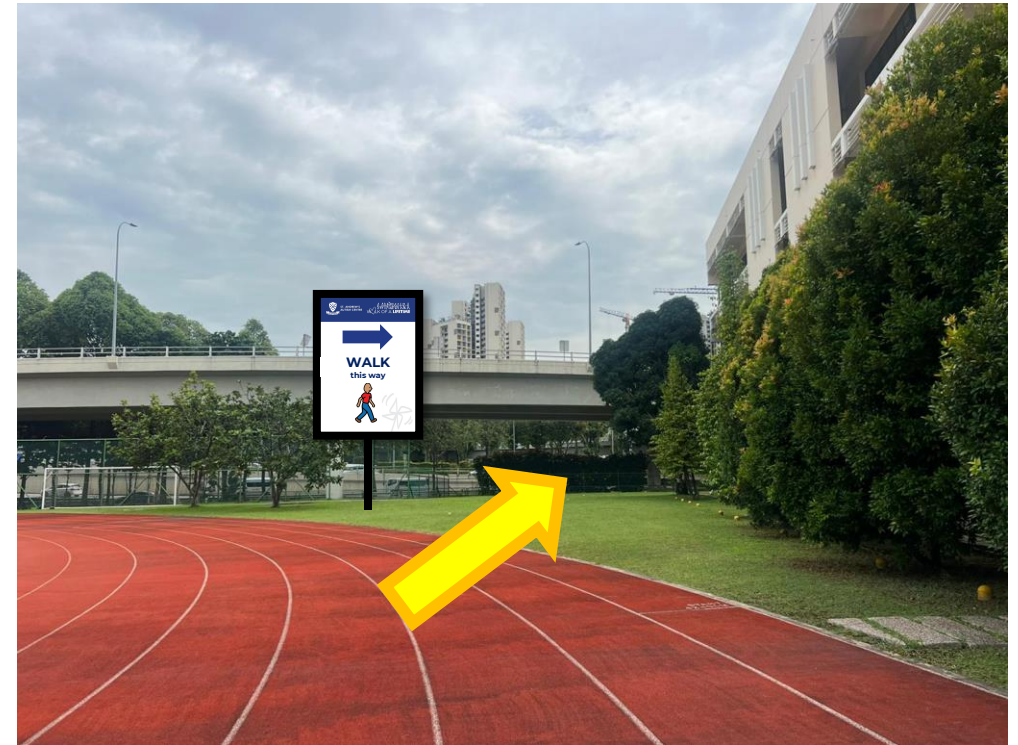
After one round, around the track,
I will get off the track following these signs.



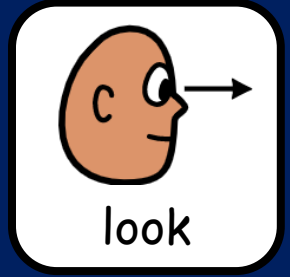
Walk on track



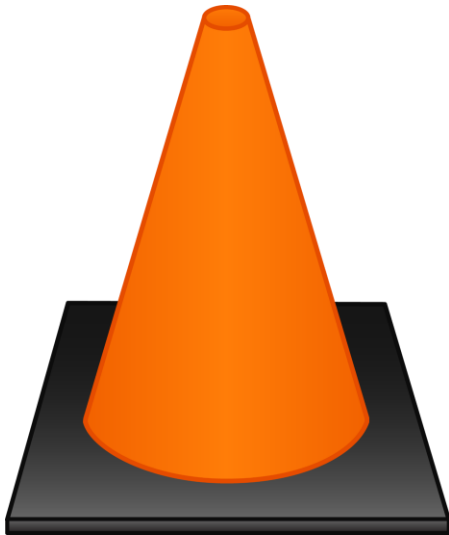
Walk off track



As I leave the track, I can look out for these cones and signs. They will guide me and keep me safe.



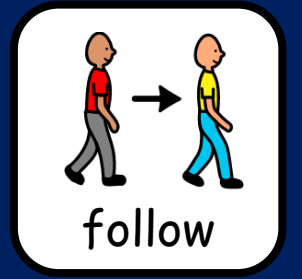
cones



signs



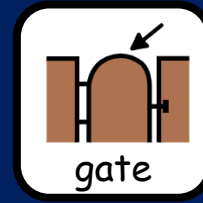
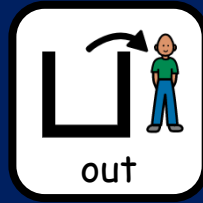
I just need to follow the cones on the ground
and follow the signs.



I will walk into a small carpark.
I do not need to worry.
I am walking in the right direction.



As I follow the signs, I will be walking out of this gate.



As I walk on, I will reach the road.
It is important that I **stay on the walkway**.

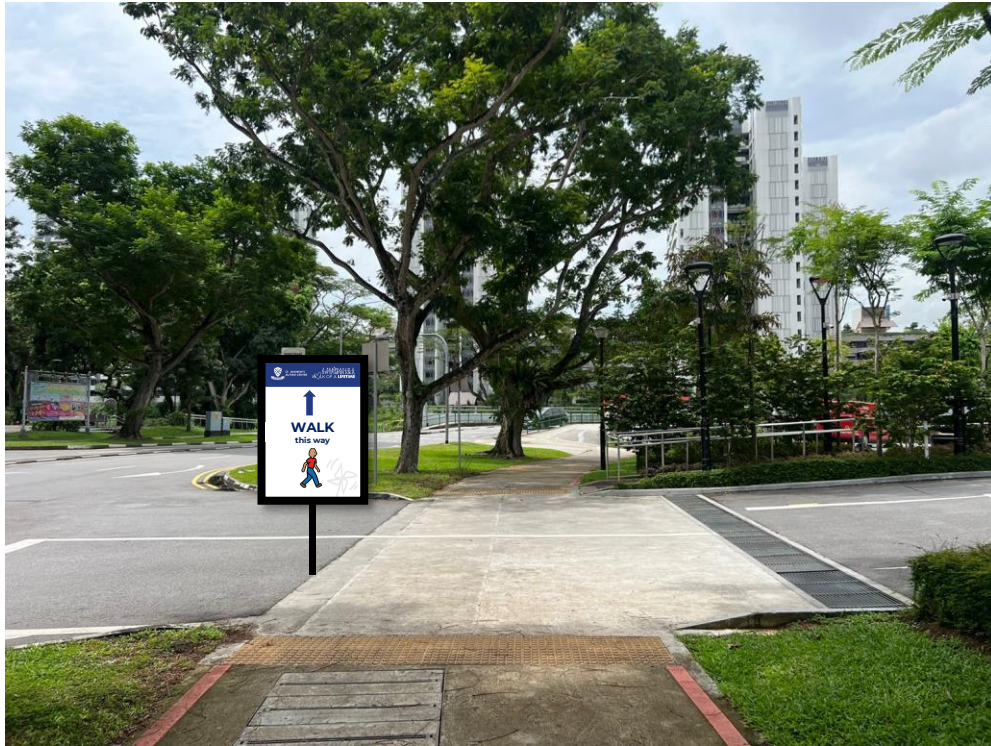
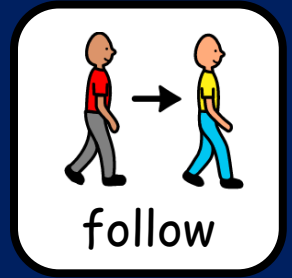


I will **stay on the walkway** to be safe.



Do not walk on the road

I will follow the cones and signs.
I will **walk safely**.



Soon, I will reach a nice walkway,
with lots of beautiful green plants.



When I see this, I will know that I am half-way to the finishing line! **Well-done me!**



I will follow the cones and signs.
I will walk safely.



I must remember to walk on the walkway.
I will not walk on the road.



I will follow the cones and signs.
I will walk safely.

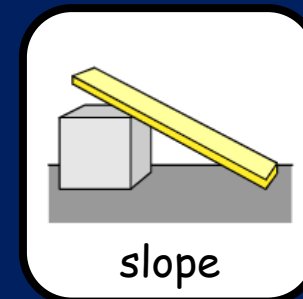
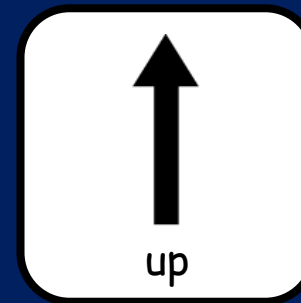


When I see this place, I will know that I am almost at the finishing line.

Keep it up! Just a bit more to go!



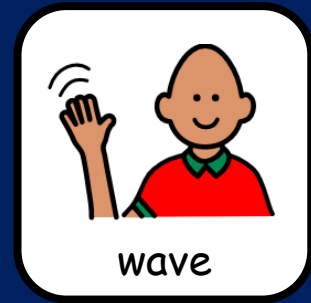
I will walk past a car-park.
Then **up a slope**. Almost there!



As I make a turn, I will see the **FINISH** pillar!
YAY! I made it!



I can smile, wave and cheer
as I cross the finish pillar!



Reaching here, I can collect my medal!



Now, I can rest.

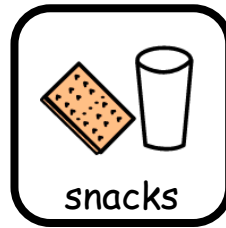
I can enjoy some drinks and snacks at this quiet place.



rest



drinks



snacks

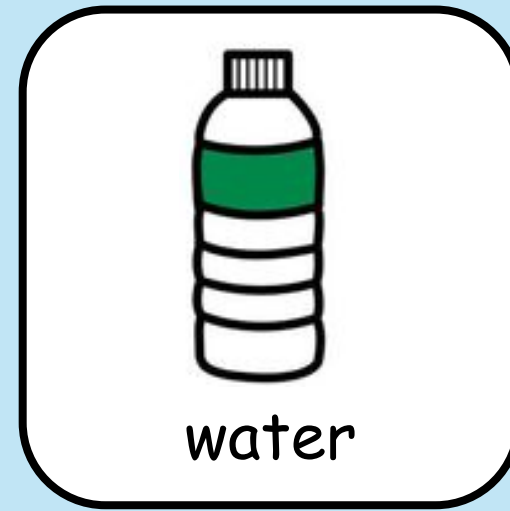


This event is going to be **outdoors**.
It can get hot and I can get thirsty.



If I am thirsty, I can ask for a drink.

I can point to this picture.

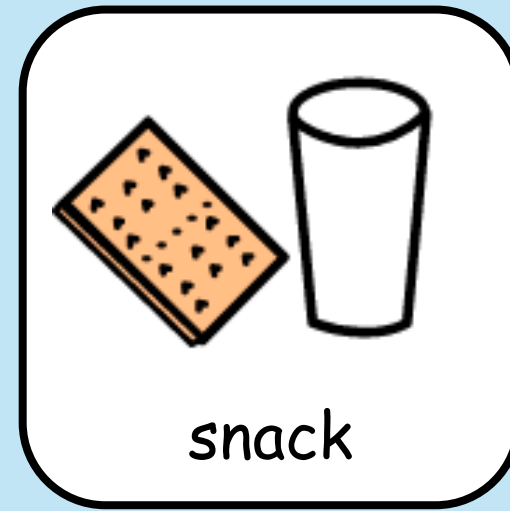


I am going to be walking a lot.
I can get hungry.



If I am hungry, I can ask for a snack.

I can point to this picture.



I am going to be moving a lot.
I can get tired.



If I am tired, I can ask for a rest.

I can point to this picture.



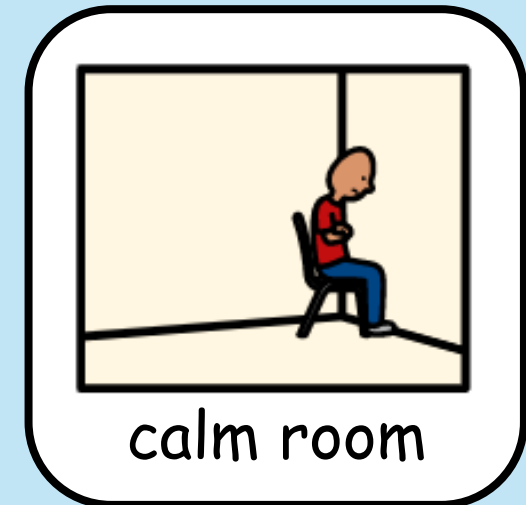
At this event, there will be many other people.

I can get anxious or uncomfortable.



**If I need my alone-space,
I can ask for a calm room.**

I can point to this picture.

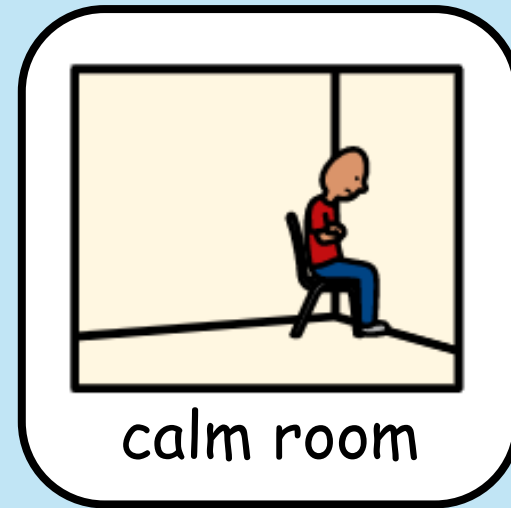


At this event, there is a lot going on.
I can find the place noisy.



**If it gets too noisy and I do not like it,
I can ask for a quiet space to go to.**

I can point to this picture.



This event will be for a few hours.
I may need to go to the toilet.



**If I want to go to the toilet,
I can ask for 'toilet'.**

I can point to this picture.

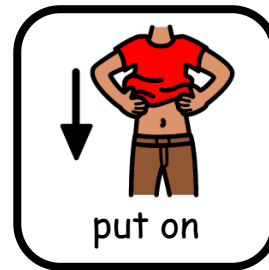


This event is **outdoors**.
It may rain.



If it rains a little bit,

I can put on a poncho and go for the walk.

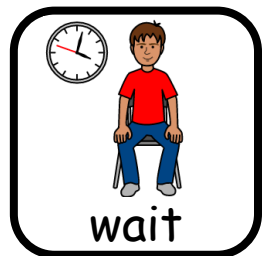
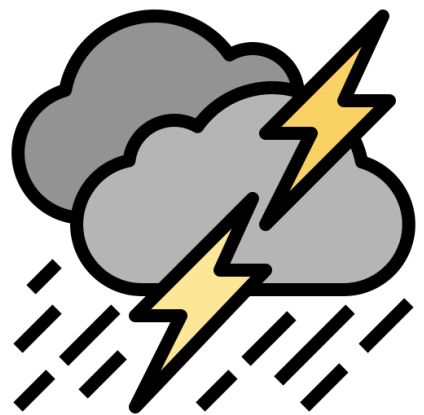


This event is **outdoors**.
It may rain.



If it rains heavily,

I cannot go for the walk. I will wait in Village for the rain to stop. Then I will go home with mummy and daddy.



It will be OK!

While waiting, I can have some snacks and drinks.



I am going to have fun at this event!
I can stay safe and enjoy myself!

