

What's New?

賽馬會職業及教育資源中心啟用典禮 Launching Ceremony of the Jockey Club Vocational and Educational Resources

承蒙香港賽馬會慈善信託基金撥款，本會於2013年下旬為觀塘會址進行全面裝修，以改善服務環境。為答謝香港賽馬會慈善信託基金的慷慨支持，我們將會址的其中一個單位命名為「賽馬會職業及教育資源中心」，並於2014年4月4日舉行啟用典禮。

With the ardent support of The Hong Kong Jockey Club Charities Trust, our venue in Kwun Tong underwent a major renovation in 2013 to improve the environment for service delivery. In recognition of the generous sponsorship from the Trust, one of the service unit there has been re-named as "Jockey Club Vocational and Educational Resources Centre", and the launching ceremony was held on 4 April 2014.



「跑去環島手拖手」慈善跑步活動 "Run For Vision" charity run

本會與「跑去您屋企」合辦的「跑去環島手拖手」於4月27日順利舉行。活動為慶祝本會成立50周年，組織了25位視障跑手與25位來自不同企業的領跑員配對，以接力形式環港島街跑50公里。起步儀式邀得食物及衛生局局長高永文醫生主持，閉幕禮請到殘奧金牌得主蘇樺偉陪同跑手衝線。活動一共籌得三十七萬港元，將撥捐作支持本會「視障人士環境適應計劃」的運作。

The event "Run for Vision" co-organized by Hong Kong Blind Union and Running To Your Home was successful held on April 27. To celebrate the 50th anniversary of the Blind Union, 25 visually impaired runners were matched with 25 sighted runners from different enterprises to have a relay of 50km around the Hong Kong Island. We were honoured to have Dr Ko Wing-man, Secretary for Food and Health as the official-guest of the kick-off ceremony. Mr So Wa Wai, gold medalist of Paralympic Games, joined the participants in running to the finish point. The event has raised HK\$370,000 to support the operation of our "Life & Environment Adaptation Program for Visually Impaired Persons"



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About us

香港失明人協進會成立於1964年，是首個由視障人士自行管理及組織之自助團體。一直以來，本會以促進視障人士發揮自助互助精神，推動社會共融，平等機會為宗旨。
Hong Kong Blind Union was established in 1964. It is the first organization run by people with visual impairment. It aims at promoting the spirit of "self-help" and "mutual-help" among people with visual impairment, as well as facilitating social integration, and equal opportunities in our society.

「失明」

不是活在絕望，

只要您與我擁有一顆**追求突破的心**

攜手締造各展所長的社會環境，

「明天」便是充滿希望，

我們將在同一天空下

享受美妙的人生。





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香港失明人協進會
Hong Kong Blind Union

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編者序

文：石建莊

香港失明人協進會自一九六四年成立以來，一直為視障人士提供適切的服務，讓視障人士能夠獨立生活、融入社區。

今年，服務中心將會重點推行長者的關顧工作，透過與不同團體的協作提供社區關顧服務，讓更多有需要或體弱的視障長者獲得關懷。「我們的長者服務特色」一文將介紹本會歷年對長者提供的服務的特色。

為慶祝協進會踏入金禧年，無障礙數碼科技中心於3月15日舉行了「IT三項鐵人賽」，目的是增加視障人士對使用資訊及通訊科技應用的興趣，同時從中發掘熟悉資訊科技應用的視障人士，從而日後讓他們能夠發揮所長，參與本會資訊科技的研發。想知道當日比賽的內容，詳見「鐵人賽挑戰IT基本功」一文。

回顧過往五十年，本會致力提供服務已回應視障人士的教育及就業訴求。想了解有關服務發展的進程，請看「切實享有權利由我們做起」一文。

在此，我感謝編輯委員會成員星斗、周俊昌和何灝源為本期撰文，亦感謝公衆傳訊主任鄧文俊先生協助統籌出版工作。此外，適逢本會成立五十周年，我亦希望在此邀請大家參與本會慶祝五十周年的各項活動，詳情歡迎瀏覽我們的網頁。

Written by Jess SHEK

The Hong Kong Blind Union, which was established in 1964, has been providing appropriate services to visually impaired people. The objective is to help them live independently and integrate into the community.

Our Services Centre will focus on the promotion of elderly care this year. In collaboration with various organizations, community support services would be provided for needy or frail visually impaired elderly. The article "Special Features of Our Elderly Services" will describe the features of the elderly services provided by the Blind Union over the years.

To celebrate the 50th anniversary of the Blind Union, the "IT triathlon" was held by the Accessible Digital Technology Centre on March 15. The aims were to arouse the interests of visually impaired people in the use of information and communication technology (ICT) and to identify talented members who are familiar with ICT application. Their potential would be realized so that they could participate in the ICT development projects of the Blind Union. If you wish to know the happenings at the "IT triathlon", please refer to the article "Triathlon Promotes IT Basic Skills".

In retrospect, over the past 50 years we have been proactively responding to the educational and employment needs of visually impaired people. You can learn more about the development of these services in the article "Let Us Make Our Rights Real".

I hereby express my thanks to members of our Editorial Group: Sing Tao, Daniel Chou and Ho Ho Yuen, who contributed the articles for this issue. I would also like to thank our Community Relations Officer, Figo Tang, for coordinating the work of publication. We are celebrating the Blind Union's 50th anniversary this year and I would like to invite your participation in the commemorative activities. Please visit our website for details.



PREFACE

編輯委員會

名
單
成
員

我們的 長者 服務特色

文：星斗

近年來，香港人口老化的問題愈趨嚴重，政府投放在這方面的醫療及復康等資源也供不應求。為此，有不少志願服務機構也開始增加各種相關服務以配合實際需求。

一直以來，香港失明人協進會的服務中心提供新失明人士關顧服務，除了舉辦康樂活動以外，更會進行家訪，了解他們的生活需要。根據去年初至今的個案紀錄，本會所接觸到的新失明人士約八成都是長者。跟其他個案不同，由於他們日漸年老的關係，除了視障之外，許多在身體上出現問題，例如肢體殘障以致行動不便、長期病患體弱以致不便多作走動等。因此，給他們的訓練通常會集中於家居的個人護理，認知及活動能力較佳的長者，則會學習一些安全外出的方法。

當然，除上述的支援外，心理輔導更是不可缺少的。由於活動能力衰退，生活上不便帶來灰心喪氣的感覺，身心飽受壓力。所以，中心社工在探訪的同時，也會着力關心他們的情緒，引導他們接受衰退的事實，讓他們在困難中仍然帶着信心生活下去。

中心近期也開始實行鄰里及同路人關顧計劃，透過分區康樂活動，令參加者跟一些同區的新失明會員互相認識，在生活上與過來人互相照應，使他們知道自己並不孤單，更快適應視障和投入生活，再次融入社會。

雖然適應視障並不容易，但絕對可以。他們不會孤單，因為有過來人與他們同行，有義工的關心，讓他們過着達觀而溫暖的晚年。

Special Features of Our Elderly Services

Written by Sing Tao



The issue of aging population has become a growing concern in recent years. The resources allocated to medical and rehabilitation services by the Government are lacking behind the demand. To meet the demand, many service organizations have expanded the related services.

Our Services Centre has been providing services to those who are newly blind. Apart from recreational activities, the Centre pays home visits. Hence, we can have a thorough understanding of their needs. According to last year's case records, about 80% of the newly blind service users are elderly. Unlike other target groups, elderly with visual impairment also suffer from other problems, including mobility and chronic illnesses resulting in deteriorating health condition. Thus the training for them would focus on personal care. For those who are still in good physical and mental conditions and suitable for outdoor activities, mobility training would be provided and safety is taken into account.

Apart from the above-mentioned support services, counseling is indispensable. Due to mobility problem and other problems encountered in their daily living activities, elderly with visual impairment may be frustrated and in despair. Our social workers will pay attention to their emotional condition during home visits. The workers will help them overcome their problems and encourage them to live with confidence.

The Centre has recently introduced a neighborhood and buddies care program. Through recreational activities held in their districts, participants could establish network with other visually impaired persons in the same district. Through mutual assistance and support, they would come to know that they are not alone and they could better integrate into the community.

It seems not to be easy to overcome visual impairment but it is definitely possible to do so. Through sharing with other visually impaired people and obtaining our volunteers' caring support, our elderly service users will no longer feel lonely and can have a sense of belonging and a feeling of health and worthiness.



鐵人賽 挑戰

IT 基本功

文：何灝源

我們的生活已經離不開資訊科技，特別是智能手機。透過各種手機應用程式，我們可以隨時隨地處理個人事務。透過專用的手機界面，視障人士單靠耳朵也可享受到手機應用的便利。在家中，視障人士也可通過發聲軟件使用網上服務。今年三月，香港失明人協進會舉辦了「IT三項鐵人賽」，旨在鼓勵會員善用各種資訊科技。

比賽分三部分，包括手機應用、網上服務和打字。要掌握資訊及通訊科技產品，三項技能缺一不可。先說打字，雖然不是每個會員都需要做文書處理工作，但是要使用網上搜尋器，用即時通軟件，填申請表格以至輸入用戶名稱和密碼，如果打字太慢，使用效果會大打折扣。打字是應用資訊科技的基本功。這環節的冠軍打字手，中文打字速度為每分鐘25字。

其餘兩部分，手機應用和網上服務，涉及兩種截然不同的操作界面。網上服務是在個人電腦上的瀏覽器中使用，網上服務在會員心目中，沒有設計精美的側邊欄，沒有閃動的廣告視窗，看來更像是沒有格式的Word文件，長達幾頁的一串文字，夾雜著超連結和文字方塊。有時真的不容易分辨那裡是目錄，哪裡是內容。

會員想要在網上游走自如，活用網上服務而不會暈船浪，惟有多游兩遍。但這並不代表視障人士在網上尋找資料或其他應用速度遜色於視力健全人士。這環節的參賽者，對於電腦應用十分熟悉，故能在指定時間內完成網上應用的測試，當中包括尋找資料及發送電郵。

手機應用不同網上服務，不再是Word文件，文字不會乖乖的由左至右，由上至下地爬滿整個螢幕，而是東一塊西一塊地散落四周，而且會員看不見，用起來就像佛經故事中盲人摸象，只知片面事實，不能掌握全貌，同一時間只能看到手指頭大小的區域，想順利騎上象背，馴服大象，最好就是預先把整頭象摸一遍，心中有象，閉上眼就能行動自如了。是次比賽還包括了手機內置的應用程式，手機不但讓會員可以隨時上網，還是隨身的行事曆，記事簿和錄音筆。

比賽更重要的意義，在於鼓勵會員勇於探索。不論是手機應用還是網上服務，都有未能配合發聲軟件，令視障會員難以使用的例子，情形就像有些網誌，文字描述活色生香，圖片卻無法出聲，只有一個個空框和裡面的“叉燒包”，令人無奈。想知道圖片會連到甚麼網頁，就只能逐一試著按下去了。視障會員要掌握資訊科技，難免要習慣面對這些“叉燒包”，在未知的環境中開闢新路。

當然，視障會員要受惠於資訊科技，還需要勇於探索新科技如何能夠融入生活，成為生活的一部分。在此祝願各位參賽者不論比賽優勝與否，都可以成為自己人生的贏家！

註：關於叉燒包可瀏覽

<http://cha-siu-bao.onthewings.net/>

<http://evchk.wikia.com/wiki/%E5%8F%89%E5%8C%85>



TRIATHLON PROMOTES BASIC SKILLS

Written by Ho Ho Yuen

Our life has been inseparable from information technology, especially smart phones. Through a variety of mobile applications, we can handle personal affairs anytime and anywhere. Through a dedicated phone interface, visually impaired people can also enjoy the convenience brought by mobile phone's applications through their ears. At home, visually impaired people can access online services by voice synthesizer software. In March this year, the Hong Kong Blind Union organized the "IT triathlon", aimed to encourage visually impaired people to be good at using a variety of information technology.

The competition was divided into three parts, including mobile applications, online services and typing. To be proficient in the information and communication technology products, the three skills are indispensable. Let us talk about typing first. Not every person needs to do word processing work. However, typing is needed if using online search engines, MSN, filling in application form and even entering user name and password. If typing is too slow, the application will greatly be affected. Typing is a basic skill of using information technology. The champion's Chinese typing speed in the typing section is 25 words per minute.

The other two parts are mobile applications and online services, which involve two distinct interfaces. Online services are used with personal computer and browser. Online services in the mind of the visually impaired are without well-designed sidebar and flashing ads. It is like word document without any format, several pages of the string of characters, mixed with hyperlinks and text boxes. Sometimes it is really not easy to distinguish where the directory is and where the content is.

For those who want to surf freely on the Internet and utilize online services without seasickness, the only way is to have more exercises. However, this does not mean that visually impaired people whose speed to find data on the Internet or other application is slower than the sighted people. Participants in this section are very familiar with the applications of computer, so they can complete online application test within the specified time. The test included searching for data and sending emails.

The application of mobile phone is not the same as online services. It is no longer a word document. The characters are not obediently from left to right, but scattered in the entire screen without any regular patterns. What is more, people with visual impairment cannot see. It is just like the story of blind man and the elephant in the Buddhist stories. Visually impaired people can only know the one-sided fact but could not have the general view. They can see the area of the finger size at the same time. If they want to ride on the elephant and tame it, the best way is to touch the whole elephant. Once there is an elephant in the heart, they can move freely without opening the eyes. The competition also includes a built-in mobile phone application. Mobile phones can allow visually impaired people not only to access internet at any time, but also calendars, notebooks and voice recorders along with.

The more important significance of the competition is to encourage people with visual impairment to be courageous to explore. Whatever mobile application or online service, there are the cases that the visually impaired have difficulties to use that it cannot match the sound software. Such situations are like some blogs. Although the text descriptions are lively and colorful, the pictures cannot say anything. There are only empty boxes and the "barbecued pork buns" inside which let the people feel frustrating. If they want to know which webpage will be linked to the picture, they can only try to press it one by one. For those who want to master information technology, it is inevitable to face these "barbecued pork buns" and opened up a new path in an unknown environment.

Of course, visually impaired people who want to benefit from information technology need to be brave to explore how new technologies can be integrated into life and to become a part of life. Wish all participants in this competition, regardless of winning or not, can become a winner of life!

Note: For more information about barbecued pork buns, you can browse
<http://cha-siu-bao.onthewings.net/>
<http://evchk.wikia.com/wiki/%E5%8F%89%E5%8C%85>



切實享有權利 由我們做起

文：周俊昌

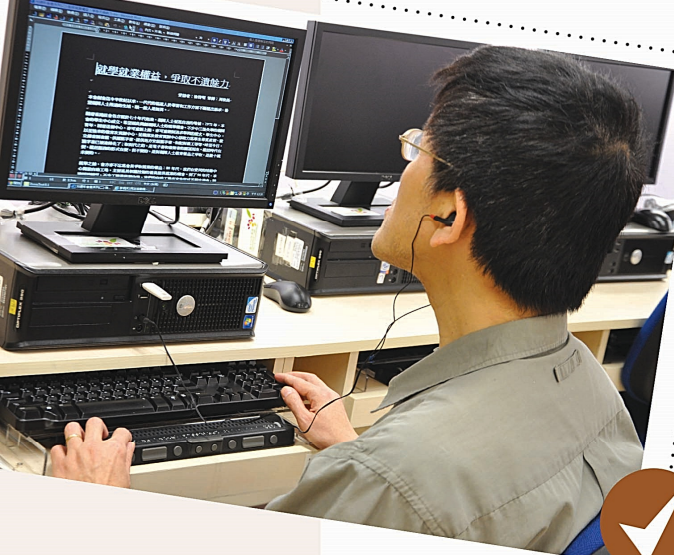
本會創會迄今50年，致力改善視障人士的境遇，為他們爭取權益，其中一個方法就是由我們做起。一直以來，視障人士在學習和工作方面不斷提出訴求。

隨着香港社會各方面於上世紀70年代起飛，視障人士極需自我增值。1972年，本會的學生中心成立，希望藉此促進視障人士的就學機會。不少中三後失學的視障青少年，因着這個中心，可重拾書包，重燃對追求學問的暖火。學生中心，以至後來的教育及資源中心、並職業及教育資源中心都致力為視障人士尋覓學位、設立錄音圖書館、供應點字書、提供溫習地方和安排義工服務等等。時至今日，點字書和錄音書的製作日新月異，而電子書和讀書機亦應運而生。縱然時代在變，縱然服務的形式在變，但不變的，是切實享有權利由我們做起。

就學之餘，本會亦不忘為會員爭取就業的權益：80年代，我們在愛民邨的活動中心開設自助工場，主要為具相關技術的會員提供就業機會。到了90年代，香港經濟轉型，不少工廠遷移到內地，我們的自助工場亦宣告完成歷史使命，隨之而來的，是我們為會員進行就業配對，按他們的能力將他們轉介給僱主。隨着互聯網技術的發展一日千里，2010年起我們訓練一批會員進行網頁測試，看看坊間的網頁是否暢通無阻，可供視障人士瀏覽，這都是前所未有的嘗試，方法依然是切實享有權利由我們做起。

視障人士希望融入社會，不是甚麼奢望，純粹是基本的要求罷了。我們相信：各人都不應因着自身的殘障而失去就學和就業的權利，因在學和在職均帶給人們尊嚴，這尊嚴不應因着各人自身的健全程度而有所改變。





Written by Daniel Chou

Let Us Make Our **RIGHTS** Real

The Hong Kong Blind Union has been founded for 50 years and is committed to improving the well-being of visually impaired people and striving for their rights. In so doing, some services were initiated by the Blind Union, for instance, support services for inclusive education and employment.

Hong Kong has experienced significant growth in its economic and social development since 1970s. To keep abreast with the times, some visually impaired people wanted to further their education. Therefore, in 1972, the Students' Centre (the present Vocational and Educational Resources Centre) of the Blind Union was established to provide educational services for them. They could seek for reading service and other educational services in this Centre. At that time, schools for the blind only provided education up to Form Three. This did not hinder them from pursuing further education. The Students' Centre was committed to helping them look for school places, setting up audio book library, supplying Braille books, providing study rooms as well as providing volunteer services. Today, it is easier to produce Braille books and electronic books than before. E-books and reading machines have come into being. Despite the changes in time and services, the principle of "Let us make our rights real on our own first" remains unchanged.

Apart from the right to education, the Blind Union also strives for the right to work. In 1980s, a self-help workshop was established in the Services Centre in Oi Man Estate which provided employment opportunities for visually impaired workers. With the restructuring of the Hong Kong economy in 1990s and substantial relocation of manufacturing activities across the border, the workshop completed its mission and closed down in 1990s. Since then, we began the job-matching service by referring our members to suitable employers. With the rapid development of Information technology, we have trained a number of visually impaired persons for web accessibility testing. They evaluate webpages to see if they are accessible and can be accessed by the visually impaired. These are unprecedented attempts which are still based on the principle of "Let us make our rights real on our own first".

The hope of the visually impaired to integrate into society is not something extravagant but just a basic right. We believe that persons with disabilities should not be deprived of their rights in education and employment.

捐款者資料 Donor's Information

本人樂意 I would like to make a donation of \$ _____

作一一次性捐款 成為「協進之友」，每月定期捐款支持香港失明人協會，協助視障人士自力更生。
I would like to donate the following amount monthly to support the work of HKBU.
HK\$100 HK\$300 HK\$500 HK\$1,000 Other \$ _____

捐款方法 Donation Method

支票 / 匯票 - 抬頭請寫「香港失明人協會」 Cheque / Bank draft (Payable to "Hong Kong Blind Union")

直接捐入本會戶口 Deposit to the Blind Union's account (香港上海匯豐銀行 HSBC 511-529299-001)

信用卡捐款 Credit Card AE Master Visa

持卡人姓名 Holder's Name: _____ 持卡人簽署 Signature: _____

信用卡號碼 Card Number: _____ 有效日期 Expiry Date: _____

自動轉賬 (請填妥《直接付款授權書》及郵寄正本至本會)
Autopay (Please fill in Direct Debit Authorization Form & return the original form to the Blind Union by mail)

恒生銀行網上理財用戶透過網頁 www.hangseng.com/e-banking 將捐款存入本會
Users of Hang Seng e-Banking making donations through this website: www.hangseng.com/e-banking

匯豐銀行網上理財用戶透過網頁 www.ebanking.hsb.com.hk 將捐款存入本會
Users of HSBC e-banking making donations through this website: www.ebanking.hsb.com.hk

透過全港7-11便利店捐款 (只需出示右邊條碼及表明捐款金額)
Donate via local 7-Eleven stores (please provide the bar code on the right and indicate your donation amount)

捐款為港幣100元以上者，本會將寄回免稅收據
Receipt will be provided for donations of HK\$100 or above for tax deduction.

7-11(HSBC)
402995678912313

捐款者資料 Donor's Information

姓名 (先生/女士/小姐) Name (Mr./Ms./Miss)	日間聯絡電話 Day Time Tel.
地址 Address	傳真號碼 Fax No.
電郵地址 Email Address	填表日期 Date

個人資料收集聲明 Personal Information Collection Statement

香港失明人協會盡力遵守《個人資料(私隱)條例》中所列載的規定，確保儲存的個人資料準確無誤，及有妥善的儲存方法，並依照在收集資料時所說明的目的使用該等資料。本會將 運用 閣下的個人資料(包括姓名、電話號碼、手提號碼、傳真號碼、電郵地址及通訊地址)作 為開立收據、通訊、籌募捐款、活動推廣、員工招募及收集意見之用途。除作上述用途之外，將不會以任何形式出售、租借及轉讓予任何人士或組織。倘若您不同意本會使用您的個人資料作上述用途，或日後查詢及更新資料，請致電 2339 0666 與本會職員聯絡。

Hong Kong Blind Union undertakes to comply with the requirements of the Personal Data (Privacy) Ordinance to ensure that personal data kept are accurate, securely stored and used only for purposes for which they have been collected. The Blind Union intends to use your personal data (namely telephone number, fax number, email and mailing addresses) for the purposes of sending donation receipts, providing you with information of Hong Kong Blind Union, fundraising appeal, activities invitation, volunteer recruitment and conducting opinion survey. The personal data collected, other than being utilized for the purposes above mentioned, will not be sold, traded or rented in any forms through any means to any other parties. If you object our Union to use your personal data for these purposes, or want to enquire about or update your personal data, you may contact our staff at 2339 0666.

請在適當的空格內加上✓號 Please put a '✓' in the appropriate box:

本人同意香港失明人協會使用本人的個人資料作為日後通訊、服務推廣、呼籲慈善捐款、活動邀請或收集意見的用途。
I agree Hong Kong Blind Union to use my personal data for the purposes of future communications, fundraising appeal, activities invitation as well as for feedback collection and related promotion purposes.

本人不同意香港失明人協會使用本人的個人資料作上述用途。
I do not agree Hong Kong Blind Union to use my personal data for the above purposes.

直接付款授權書 Direct Debit Authorization

Name of credit party (The Beneficiary) 收款之一方 (受益人)		Bank No. 銀行編號	Branch No. 分行編號	Account No. to be credited 收款賬戶之號碼
香港失明人協會 HONG KONG BLIND UNION		0 0 4 5 1 1	5 2 9 2 9 9 0 0 1	
My/Our Name(s) as recorded on Statement / Passbook 本人 (等) 在月結單/存摺上所紀錄的名稱		Bank No. 銀行編號	Branch No. 分行編號	My / Our Account No. 本人/吾等之賬戶號碼
Bank Name 銀行名稱	Monthly Amount 每月捐款額	Sign your name as recorded on statement / passbook 在結單/存摺上所紀錄之簽名		
Contact No 聯絡電話	Date 填表日期			

For the Union use only (Donor's reference) 由本會填寫 (捐款者檔案編號)	For bank use only 由銀行填寫
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本人/吾等現授權本人/吾等之上述銀行，根據香港失明人協會不時給予本人/吾等銀行之指示，自本人/吾等之賬戶轉賬至香港失明人協會之賬戶，直至另行通知為止，而任何一次之轉賬款項必須相等於以上所列金額。如該等轉賬而令本人/吾等戶口出現透支或使賬項之透支增加，本人/吾等共同及個別承擔全部責任。本人/吾等轉賬之儲蓄/往來賬戶之簽名相同。本人/吾等向香港失明人協會提供直接付款或取消轉賬付款方式，並向通知本人/吾等之銀行並無足額存款交付該等授權轉賬。本人/吾等之銀行有權隨時決定不轉賬，並可徵取轉賬之費用。由本人/吾等支付。本人/吾等同意，本人/吾等取消或更改本授權書之任何通知，須最少於取消/更改生效之日前兩個工作天通知本人/吾等之銀行，並同時給予香港失明人協會有關通知。

Until further notice I/We hereby authorize my/our above-named Bank to effect transfer from my/our account to that of Hong Kong Blind Union in accordance with such instructions as my/our Bank may receive from Hong Kong Blind Union from time to time provided always that the amount of any one such transfer should be exactly the amount indicated above. I/We agree that my/our Bank shall not be obliged to ascertain whether or not notice of any such transfer(s) has been given to me/us. I/We jointly and severally accept full responsibility for any overdraft or increase in existing overdraft on my/our account which may arise as a result of any such transfer(s). I/We confirm that my/our signature(s) on this application form is/are the same as that/those for the operation of my/our Savings/Current Account to be debited for the transfer. I/We agree to notify Hong Kong Blind Union of any change of bank account or cancellation of payment method and further agree that should there be insufficient funds in my/our Bank account to meet any transfer hereby authorized, the Bank shall be entitled, at its discretion, not to effect such transfer in which event the Bank may make the usual service charge to be paid by me/us. I/We agree that any notice of cancellation or variation of this authorization which I/We may give to my/our Bank shall be given at least two working dates prior to the date on which such cancellation/variation is to take effect and at the same such notice shall given to Hong Kong Blind Union.