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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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編者的話

文:石建莊

「無懼視障,獨立自強」,是協進會的信念,也是協進會的工作方針。本期《享明天》邀得一位義工和兩位會員撰文,他們分別就本會走過半世紀的路、一項創新教育服務和一次青海之旅,表達他們對「自重自助自省」、「平等教育機會」和「獨立自主」的切身體會。一如既往,我們歡迎會員、義工、職員甚至讀者投稿,我們希望透過不同人的文章,從多角度報導本會的工作,也從不同持分者得到迴響。

經過一年多的努力,協進會50週年特刊《亡目無礙:香港首個殘疾人自助團體的50年記》終於在七月出版了。本書先談失明的本質和克服視障的力量,然後帶出協進會誕生的背景和成立後的足印,最後介紹留下這些足印的人和事。除文字版外,隨書夾附一隻聲音光碟,我們很高興找來錄音義工鄭佩秋女士撰文,談談她參與錄製特刊聲音版的感想,詳情請看「我在朗讀協進精神」一文。我誠意推薦《亡目無礙》給你和你的親友,此書現於各大書局有售,大家亦可致電23390666訂購。

本會賽馬會職業及教育資源中心一直關注視障學生接受專上教育的情況。就整體政策而論,教育局及大學教育資助委員會均沒有制定明確的政策,指引本地大專院校推行融合教育,各院校只好按個別學生的需要而制定一時的措施,令視障學生向院校申請應有的支援困難重重。為了幫助視障大專生解決學習的困難,我們獲天德集團及社會福利署攜手扶弱基金的資助,於2014年8月開始推行「視障大專生支援計劃」,參與此計劃的何睿知同學在「扶助視障幼苗促進平等教育機會」一文闡述此計劃對他的幫助。

7月4至12日,本會舉辦了「英皇教育傷健青海籌款之旅2015」,是次活動除了為本會的服務籌款外,洪曉芬會員更在旅程中體驗到平等參與、獨立自主的精神,有關她的分享請看「慢步青海洗滌心靈」一文。

我感謝義工鄭佩秋以及會員何睿知和洪曉芬在本期《享明天》撰文分享感受,亦感謝公眾傳訊主任梁淑筠女士協助統籌出版工作。8月22日的賣旗日順利完成,籌得約50萬元,在此真的要衷心感謝賣旗的義工以及來自各方的捐款者,他們為我們的信念及工作注入前進的動力。



By Jess Shek



"To be fearless of visual impairment, and be independent and self-strengthening" is the belief of Blind Union as well as the guiding principle of its work. For this issue of our Newsletter, we invited one volunteer and two fellow members to contribute articles. Separately, they wrote on what Blind Union went through in 50 years, an innovative education service, and a trip to Qinghai, describing their personal experience with regard to self-respect, self-help, self reflection and equal opportunities in education as well as independence. As usual, we welcome articles from fellow members, volunteers, staff members and even readers. We wish to report on Blind Union's work from different angles through the articles from different persons, and to get responses from different stakeholders.

After over one year of hard work, "Blindness Poses No Hurdles: the 50th Anniversary Commemorative Book of the First Self-help Organization of Persons with Disabilities in Hong Kong" was ultimately published in July. The Commemorative Book first talks about the nature of blindness and the power to overcome visual impairment. It then moves on to the background leading to the founding of Blind Union as well as the various footprints following its establishment. Finally, it presents people and events that have left those footprints behind. In addition to the printed text, the Commemorative Book also encloses an audio CD. It gives us great pleasure to have invited a volunteer recorder, Ms. Cheng Pui Chau to write on what she felt about taking part in producing the audio version of the Commemorative Bok. For details, please read the article "Reading Out the Spirit of Blind Union". I earnestly recommend to you and your friends and relatives this Commemorative Book. It is available at many book stores. You may also call us at 2339 0666 to order it.

The Jockey Club Vocational & Educational Resources Centre of Blind Union all along pays close attention to the situation of tertiary students with visual impairment. Regarding overall policy, both the Education Bureau and the University Grants Committee have drawn up no concrete policy to give tertiary institutions guidelines on promoting inclusive education. Individual institutions were obliged to draw up temporary measures based on the needs of individual students, making it very difficult for visually impaired students to apply for the assistance they are entitled to have from institutions. In order to help visually impaired tertiary students overcome learning problems, we obtained sponsorship from Tian Teck Group and Partnership Fund for the Disadvantaged of Social Welfare Department to launch the Supportive Services for Tertiary Visually Impaired Students in August 2014. Merrick Ho, a student participating in the Programme, shared in the article "Giving a Hand to the Young and Visually almpaired to Promote Equal Opportunities in Education" the help he has received from the Programme.

Blind Union organized the King's Glory Inclusive Qinghai Fund-raising Tour 2015 from 4-12 July. Besides raising funds for our services, our fellow member Emily Hung also experienced the spirit of equal participation and independence in this trip. To share her experience, please read the article "A Spiritual Refresh Stroll in Qinghai".

I am grateful to our volunteer Ms. Cheng Pui Chau and fellow members Merrick Ho and Emily Hung for contributing articles to this issue of our Newsletter to share their experience with us. I also have to thank our Community Relations Officer, Ms. Lilian Leung for her assistance in coordinating the publishing work. The Flag Day held on 22 August was completed smoothly, raising about HK\$500,000. Here again I would like to sincerely thank volunteers for selling flags as well as donors from all sectors. They did instill a driving force into our belief and our work to move forward.



文:洪曉芬

回到香港,被那潮濕悶熱的空氣籠罩,讓我懷念青海湖的清爽天氣。這次旅程中的喜樂開懷,是一種正能量,會繼續燃亮我的人生。

沒想過自己能走到遙遠的青海湖,漫步於那片遼闊的花草地。太陽的暖意,使我感到自己與天很接近,使我發現自己遺忘的心靈。靜靜躺在湖邊的草坡上,聽到許多鳥兒在歌唱;置身於大自然中,身心都得到放鬆,連擦過身邊的小昆蟲都變得可愛。晚上的星空,讓人感到寧靜而奧妙;頭頂的星光,是來自幾千光年以外的星體。

旅程中感謝同行夥伴們的領路,更感謝他們的放 手,看似有點矛盾。當他們嘗試放開手,不再用手為我 們領路,沿途只跟他們一起談天說地,靠著他們的聲音, 我們就能判斷與他們的距離與位置,就能與他/她並 肩而行。手牽手領著,是被動的,是跟著走別人的路。但 這次的經歷,是主動自主的,是真正在走自己的路。每 步踏出,都出於自己的意願與選擇。感覺與平常人無 異,大家都是平等的,很滿足自在。 在簡樸的草原上與青海朋友一起玩麻鷹抓小雞,嬉戲聲不比昔日小孩子的我少,更體會到在任何環境裡,只要懂得投入其中,快樂可以來得很簡單。我們亦一起玩摔跤,雙方搭著對方的膀臂,感覺對方的移動,看誰先把握到對方重心轉移的一刻。我們香港選手雖屢戰屢敗,但仍屢敗屢戰,想求變求突破,不甘命運安排的固

洗滌心靈

透過這次遊歷的經驗後,我不再用狹窄的眼光看世界的人與事,懂得走出社會固有的價值觀和想法,有如思想的解放,獲得真正的獨立自主。

執,不知青海的朋友能否感受到。





A Spiritual Refresh Stroll in Qinghai

By: Emily Hung

Upon my return to Hong Kong, I was engulfed by the muggy air. I started to miss the crisp air at Qinghai Lake. The joy of this trip has constituted positive energy, which will brighten up my life continuously.

I have never thought of going to the distant Qinghai Lake to stroll on the extensive stretch of land profused with flowers and grass. Warmth from the sun gave me the feeling of being very close to the sky, and made me recover my lost heart. Lying quietly on the grassy slope by the side of the lake, I heard the singing of many birds. Immersed in great nature, I was at ease both physically and spiritually, and even found insects sweeping by lovely. The starry night inspired people with a feeling of tranquillity and profundity. Above us was the star light coming from stars several thousand light years away.

I was grateful to our fellow travellers for guiding us during the trip. I also was grateful to them for letting us go. This sounds contradictory. They made a go at not guiding us by holding hands. Then we just talked casually with them on the way. By listening to their voices, we determined their distance and position in relation to us, and kept abreast with them. It is passive to walk hand in hand with the one leading you, which is to follow others' footsteps. But the experience of this occasion was self-motivated and self-initiated. We

really walked our own walk, with every step stemming from our own will and choice. I felt just like ordinary persons that we were all equal. I was satisfied and at ease.

We played the hawk-and-chicken game with our friends from Qinghai on the unadorned grassland. The sound of joy being no less than that of the time when I was a kid. I even realized that no matter what environment one is in, happiness can come by easily so long as one knows how to put in one's mind. We also played wrestling with them, of which there was a contest between participants from Hong Kong and Qinghai. A contestant was holding the competitor's upper arms to detect the competitor's movement so as to see which of them first grasp the moment when one of them shifted the centre of gravity. Repeatedly defeated in the contest though our Hong Kong players were, we still remained in the contest again and again. There was a desire to look for a change and a breakthrough as well as the determination not to yield to the arrangements made by fate. I wonder if our counterparts from Qinghai could realize it.

With the experience of this journey, I no longer see people and things in this world with a narrow vision, and have learned to get away from society's established value concepts and viewpoints. It is just like the liberation of the mind, giving me real independence and self-determination.

扶助視障幼苗 促進平等教育機會



兩年前入讀香港理工大學,感覺就像一棵小樹苗從溫室移植到四野無人的大森林。

中小學年代,從學習材料的準備到校園生活的安排,心光學校視障學童計劃的資源老師都為我一手包辦。進入大學後,雖然靠著自己的主動,也爭取了一片小天空,但大學難免因資源的考慮或行政程序的限制,掛一漏萬,無法適切地滿足我的學習需要。參加協進會視障大專生支援計劃一年了,通過會方與校方的合作,不但有了新的支援方案,而且校方主動改進的意識更有所提高,實在是支援計劃發揮了關鍵的作用。

以往,我就讀的大學會按照視障學生的意見,添置所需設備。然而,硬件只是支援方案的一部份,如何善用和保養 又是另一層學問。支援計劃的負責人員曾到訪大學的輔助儀器室,對房間的佈局提出改善建議,令我和其他視障學生 在使用時更方便。

讓校方人員有效支援視障學生,提高他們在這方面的敏銳度尤為重要。讓我高興的是,負責人員與校方的關係,並 非止於一次性的合作,而是保持著良好的互動。曾有一次參與大學活動,主辦單位因希望了解視障學生的生活需要,便 由負責人員轉介與協進會的其他部門跟進,可見這項支援計劃的工作範圍已經不局限於學業層面,更重要的是讓大學 演化成一個讓視障學生可獨立地享受校園生活的地方。



同樣令我欣喜的是,電子教材的製作使我享有平等教育機會。將 印刷書本和筆記盡早轉換成電子版本,讓視障學生可以通過電腦和智 能手機閱讀,一直是我們的挑戰,自然也成為支援計劃的主打項目。校 方對此也提供不少行政上的便利,經支援計劃轉換後的電子教材在申 請後一個月全部完成製作,配合我的學習進度。而且支援計劃人員更 有精益求精的決心,他們於稍後到訪大學,培訓了一些校方人員,使他 們懂得製作電子教材,讓無障礙資料的生產速度進一步提高。在過去 的學期,會方和校方雙劍合璧,在短短一星期內完成了第一批教材的 轉換工作。

作為一個受惠者,我希望這項支援計劃能持續發展,讓無障礙學習的模式與理念滲透校園每個角落,讓我們不論到哪裡,都能平等的享受校園生活。印度有一家銀行,專門借錢給窮人購買生財工具,借了錢的人不但能本利歸還,亦能自食其力,養活家人,貢獻社區。同樣,我要說,我們這群視障小樹苗終有一天會茁壯成長,發揮所長,貢獻社會,因為視障大專生支援計劃帶著平等、機會、獨立的精神,讓校園變得更美,讓我們變得更強。

GIVING A HAND TO THE YOUNG AND VISUALLY IMPAIRED TO PROMOTE EQUAL OPPORTUNITIES IN EDUCATION



Being admitted to the Hong Kong Polytechnic University two years ago, I felt it was like a tree seedling being transplanted from a greenhouse to a desolate forest.

matters even more to make it possible for university to evolve into a place where visually impaired students can independently enjoy campus life.

In my primary and secondary school years, resource teachers of the Resource Support Programme of Ebenezer School fully took care of me in matters ranging from preparation of learning materials to the arrangements of campus life. After getting into university, I still managed to get some leeway on my own. However, due to resources considerations and administrative constraints, the University couldn't appropriately satisfy all my study needs. Then I joined the Supportive Services for Tertiary Visually Impaired Students of Blind Union. I have joined it for a year and through the co-operation between Blind Union and the University, a new support plan was developed. What's more, the University has become more willing to take the initiative to make improvement. The programme of Supportive Services indeed plays a crucial role.

In the past, the University purchased equipment needed in accordance with the views of visually impaired students. However, hardware only makes up part of a support plan. The way of making good use of them and maintain them is actually another matter. An officer of the support programme took a visit to the assistive equipment room in the University, and made suggestions of improving the layout of the room so as to make it more user-friendly for me and other visually impaired students.

To make it possible for members of the University management to effectively support visually impaired students and enhance their awareness in this respect is particularly important. I am pleased that the relationship between individuals in charge of the support programme and the University did not end on working together once only. Instead, good interaction has been maintained. I once took part in an activity of the University. The organizing unit who wished to understand the needs of visually impaired students, asked the officer of the support programme to refer them to other units of Blind Union to follow up. It can be noticed that the scope of the supportive services is no longer confined to the area of learning. It

Equally pleasing to me is that the production of e-learning materials has given me equal opportunity in education. To expeditiously convert printed books and notes into digital versions so that visually impaired students can do their reading on computers or smart phones has long been our challenge. This has thus been a major task of the supportive programme to work on. The management of the University has been giving this considerable administrative accommodations as well. Following the work of conversion done by the supportive programme, e-learning materials were produced just one month after application was submitted, and thus matching my learning progress. What's more, the officers of the supportive programme are determined to advance further and further. Later on, they visited the University to give some staff members training on the production of e-learning materials. It thus further accelerates the production of accessible materials. During the last academic semester, Blind Union and the University worked hand in hand and managed to finish converting the first batch of teaching materials in just one week.

As a beneficiary of this supportive programme, I do hope that it can be a sustainable programme so as to let the mode and philosophy of accessible learning penetrate every corner of the campus, and make it possible for us to equally enjoy campus life wherever we go. There is a bank in India specialising in making loans to the poor for them to purchase things needed for making money. In addition to paying off the principal and interests, borrowers are also able to be self-supporting, support their families, and contribute to the community. Similarly, as the visually impaired tree seedlings, we will grow up healthily, develop our potentials and contribute to society. The reason is that the Supportive Services for Tertiary Visually Impaired Students bears the spirit of equality, opportunities and independence. It makes the campus become more beautiful, and enable us to be stronger.



說話和朗讀時字正腔圓是語文科老師的基本功。一直以來,自以為已掌握這基本功。

退休後加入義工行列,幸運地可以在香港盲人輔導會中央點字製作中心參與校對書本的朗讀工作,發揮自己所長;後來更獲邀為香港失明人協進會的50週年特刊《亡目無礙》有聲版錄音。錄音前我反復練習,又翻查字典的讀音。錄音當天滿懷自信地走進錄音室,手執文稿,大聲朗讀,卻連連NG,不是發音錯誤便是語調不到位,心中不禁吶喊,何解我會如此不濟!錄音還是完成了,但懷著一絲的不足離開錄音室。

原來我太自信了。平時我們說話,有文字和身體語言的輔助,自然隨意一些,沒有特別注意聲調音韻的準確性,更沒有人指出我的不足;但失明人看不到影像,聽覺自然特別靈敏,只要我朗讀時出現毫釐的偏差,他們便會接收不一樣的資訊,因此要求特別嚴格。我感謝有聲版製作人員的指正,使我知己之不足,也體會純聲音表達的要求。這次我參加了他們的製作,美名之為「義工」,實質上用現代人說法是他們「塞錢入我袋」。



這次工作也加深了我對香港視障人士的認識。社會上不少弱勢社群都期望得到援助和發展機會,但我深信要得到別人的幫助,先要自重、自助和自省。我完全同意協進會的理念—「致力發揮視障人士的自助和互助精神」。香港的視障人士有今天的權益和尊嚴,是他們自強不息,艱苦奮進的成果。在《亡目無礙》中,一篇關於協進會大事剪影的文章,我看到他們這50年來的堅持和努力,終於使視障社群獲得社會大眾的認同和尊重,實在使我敬佩和景仰。

四肢五官健全,我是何等的幸福;今天能為視障人士薄 盡綿力,我是何等的幸運。謹以擊誠祝福香港的視障人士,今 天的社會大眾比以往開明,科技也日新月異,我相信「亡目無 礙」,失去視力亦能發揮所長,活得精彩。

READING OUT THE SPIRIT OF BLIND UNION

By: Cheng Pui Chau

To be able to speak and read out with accurate pronunciation of words and intonation is the basic skill of language teachers. All along I believe that I have already mastered this basic skill.

Following my retirement, I joined the rank of volunteers. Fortunately, I have been able to work for The Hong Kong Society for the Blind's Centralised Braille Production Centre to participate in the proofreading of books as a reader. Thus I can leverage my skills. Later on, I was invited to do recording for the audio version of Blind Union's 50th Anniversary Commemorative Book-Blindness Poses No Hurdles. Before doing the recording, I practiced again and again, and even looked up the dictionary to verify pronunciation of certain words. On the day of doing the recording, I was full of confidence when getting into the studio. Holding the script, I started to read aloud. But I got NGs again and again, either due to mispronunciation or incorrect intonation. I couldn't help feeling surprised of how come I am that bad. Recording was done and yet I left the studio with a little dissatisfaction.

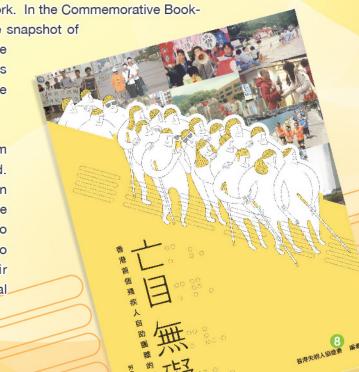
As a matter of fact, I was over-confident. In our day-to-day life, we speak with the assistance of words and body language. Naturally we tend to be more care free, and pay no attention to the accuracy of intonation and pronunciation. Nobody has ever pointed out my inadequacy. Unable to see images, the visually impaired naturally tend to have better hearing. Even when reading out if I get wrong by just a little, the information they receive can be different. So their requirement is particularly strict. I am grateful to the producers of the audio version for their corrections, which enabled me to understand my inadequacy and realize the requirements of voice presentation. On this occasion, I took part in their production as a volunteer. But actually in modern day words, they "have stuffed my pocket with money".

Helping with the production of this audio commemorative book made me better understand visually impaired persons of Hong Kong. Many disadvantaged minorities in society expect to get assistance and development opportunities. However, I firmly believe that self-respect, self-help and self-reflection are the pre-requisites for getting help from others. I totally agree with Blind Union's philosophy, i.e. their commitment to developing the spirit of self-help and mutual help among the visually impaired. The rights and dignity visually impaired persons in Hong Kong have achieved today is the outcome of their ongoing self-strengthening efforts and hard work. In the Commemorative Book-

Blindness Poses No Hurdles, there is an article presenting the snapshot of

Blind Union's major events. I noticed that with the persistence and hard work over the past 50 years, visually impaired persons eventually managed to gain recognition and respect from the public. It really deserves my admiration and respect.

I am really blessed to be an able-bodied person. I am fortunate to be able to do something for the visually impaired. I sincerely offer my blessings to people visually with impairment in Hong Kong. Nowadays, members of the public are more open-minded than those in the past. Technology also progresses day after day. I do believe that blindness poses no hurdles. Visually impaired persons can still develop their potentials and have a wonderful life despite of their visual impairment.





《亡目無礙:香港首個殘疾人自助團體的50年記》訂購表格 Hong Kong Blind Union 50th Anniversary Commemorative Book Order Form

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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

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取新消息

「國際白杖日- 跑去環島手拖手2015」的籌款 活動已於10月11日在上環中山紀念公園順利舉 行,是次活動共有60多位視障會員將與企業跑手 參與,一同攜手完成50公里環香港島的接力跑。 活動當日,大會亦於下午舉辦了「心睇・力行・一杖 走天涯」慈善嘉年華,讓市民有機會體驗視障人士 的日常生活,約有二百名市民參與,氣氛十分熱烈。 本會希望籍著慶祝一年一度的國際白杖日,呼籲 市民尊重視障人士平等参與社會的權利。



The "International White Cane Day-Run for Vision 2015" was successfully held at Sun Yat Sen Memorial Park in Sheung Wan on 11 October 2015. More than 60 corporate and visually impaired runners joined this exciting event for a 50km round-the-island relay. Nearly two hundred people participated in the fun-fair in that afternoon to experience the daily lives of visually impaired persons. Through the annual celebration of International White Cane Day, we hope to arouse the public to respect the equal rights of visually impaired persons in community participation.





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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.