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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 🖣

<sub>我們將在同一天空下</sub> 享受美妙的人生。 HIGHLIGHTS 今期焦點









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## 編者的話

文:石建莊

「體驗進步力量,攜手邁步前進」是香港失明人協進會一個重要使命。我們珍惜與各地視障人士交流以及與社會各界人士互動。我們不時出席國際會議,經常接待來自各地的視障人士,定期舉辦共融活動。我們希望參與者藉著這些體驗和合作的每一個機會,縱使背景不同,也能互相激勵,感受當下,思想未來。

今年八月,協進會 一行四人的代表團出席了於美國奧蘭多舉行的世界盲人聯會暨國際視障人士教育議會聯合大會。執行委員李宛茜在美國親身感受到平等機會的實踐,大家可閱讀《體驗夢想成真的美國之行》一文了解更多她的體驗。

協進會與香港中文大學在10月1日至10日為四位山東省濱州醫學院特殊教育學院的視障學生合辦了為期10天的學習交流活動。透過參與不同的活動,參觀不同的機構以及與香港視障人士的交流,四位學生對於香港的無障礙設施、平等的教育制度、促進平等機會的機制以及復康和就業發展均有深刻的體會,在《切實感受香港的平等機會》一文有他們各自的分享。

要打造更好的未來,我們需要大家和我們一起「拍住上」。以「跑,梗係一齊拍住上!」為口號的「國際白杖日2016-跑去環島手拖手暨嘉年華」已於10月30日圓滿結束,在此我要感謝所有捐款者和義工,令這次的籌款活動得製品,令這次的籌款活動得過時亦促請政府關注電動車對視障人士構成的潛在危險,以保障視軍人士大學主使用道路的潛在危險,以保障視下的公眾傳訊及倡議工作副經理梁健棟來說,籌備這個活動「辛苦!但很值得!」,《白杖和手帶》一文有他真切的分享。

我感謝梁健棟、執行委員李宛茜以及濱州醫學院 特殊教育學院的四位同學王彥龍、喻妍、李榮臻 和李瑩在本期《享明天》撰文,亦不厭其煩地感 謝阿棟(梁健棟)協助統籌出版工作。 By Jess SHEK

"Experiencing the power of progress and advancing hand in hand" is a major mission of the Hong Kong Blind Union. We treasure exchanges with the visually impaired from around the world as well as interactions with people from all walks of life. We attend international conferences from time to time, receive visually impaired persons from various places frequently and organize inclusive activities regularly. We hope that through every opportunity to experience and collaborate, participants could encourage each other, get a sense of the present and think about the future even though their backgrounds are different.

In August this year, a delegation of four from Blind Union attended the World Blind Union / International Council for Education of People with Visual Impairment Joint Assembly took place in Orlando, USA. Our Executive Committee member Lee Yuen-sai personally experienced how equal opportunities are in force in the US. To learn more about her experience, read the article "A Journey to the US — Experiencing the Dream Comes True".

Blind Union and the Chinese University of Hong Kong jointly organized a 10–day learning exchange program for four visually impaired students from the Special Education College of Binzhou Medical University in Shandong between 1 October and 10 October. Through participation in different activities, visits to different organizations and exchanges with visually impaired persons in Hong Kong, the four students gained a deep appreciation of our barrier–free facilities, fair education system, the mechanism facilitating equal opportunities and rehabilitation and vocational development. Every student shares the experience in the article "A Real Experience of Hong Kong's Equal Opportunities".

In order to hammer out a better future, we need everybody to go hand in hand with us. Adopting the slogan "We surely run hand in hand", the "International White Cane Day 2016 — Run for Vision cum FunFair" came to a satisfactory conclusion on 30 October. Here, may I thank all donors and volunteers for making it possible to hold this fund-raising activity successfully. Furthermore, speaking at the opening ceremony, our President Chong Chan-yau also drew the Government's attention to the potential risks posed to the visually impaired by electric vehicles so as to safeguard the right of the visually impaired to the safe usage of roads. To Brian Leung who joined Blind Union recently as Assistant Manager of Community Relations and Advocacy, "it was a tough but very worthwhile experience to prepare for the event". To find out what he keenly felt, read the article "The White Cane and the Tether".

I would like to thank Brian Leung, Executive Committee member Lee Yuen-sai as well as the four students from the Special Education College of Binzhou Medical University (Hayden Wang, Lucy Yu, Lily Li and Ted Li) for contributing articles to this issue of our Newsletter.

May I thank Brian again for his assistance in co-ordinating the work of publication.

## 體驗夢想成真的

文:李宛茜

# 美國之行

莊子借「莊周夢蝶」的比喻,提升我們的宇宙觀,從此夢不再是純粹的夢了。美國民權運動領袖馬丁路德金以「我有一個夢」的目標,團結黑人,爭取平權。八月下旬,我們一行四人到美國體驗了夢想成真的社會共融。

我們坐了16小時的飛機到達了歐洲白人建立的新大陸。美國不愧是充滿機會

有世界最大的夢工場,中國人曾到這裡掘金,奧巴馬是第一位黑人總統,而希拉里也可能是第一位女總統。這地方亦帶給我們想像不到的驚喜,給予我們在香港從未體驗過的經歷。

紐約是我們的第一站,四天的探訪活動中,除了參觀視障機構外, 我們亦體驗了現代藝術博物館(Museum of Modern Art)的導賞 服務。在這間博物館裡,我們帶着手套,跟著導賞員的描述,第一 次用我們的雙手,運用我們的觸覺,欣賞有歷史價值的藝術品。盼 望在香港也可以讓視障人士用雙手欣賞藝術世界的真善美。

接著,我們到奧蘭多參加世界盲人聯會暨國際視障人士教育議會聯合大會。會議討論許多議題,包括通用設計和聯合國《殘疾人權利

公約》。這些議題看似抽象,但在美國不是停留在理念的描述以及權利的爭取上,還真的付諸於行動。生活上每一個環節,我們都感受到這些理念和權利的實現。我們在酒店附近的餐廳進膳前,有點字餐牌供我們點菜之用。坐美國內陸的飛機時,有點字的安全手冊介紹應變方法。地鐵售票機和銀行櫃員機有點字的提示和語音的功能,供視障人士使用。

這個充滿機會的地方,亦讓視障人士發揮所長。美國有視障的建築師,有視障人士在太空總署工作,她亦讓盲人嘗試駕車。

我希望世界各地能將共融的理念和視障人士的權利落實。 中國把北京2008年奧運會的主題定為「同一個世界,同 一個夢想」,表示人類是有共同理想的。同年,中國簽署 《殘疾人權利公約》,希望中國的大地上都能徹徹底底 地落實這條公約,讓共融的夢想成真吧!



在現代藝術博物館,用雙手探索藝術世界 Exploring the world of art



與世界盲人聯會大會參加者合照 Photo taken with the participants of the General Assembly of the World Blind Union



與各地代表交流 Communicating with people from all over the world

By Lee Yuen-sai

## A JOURNEY TO THE US – EXPERIENCING THE DREAM COMES TRUE

Using his dream of himself being a butterfly as a metaphor, Zhuangzi (an influential Chinese philosopher) advanced our concept of the universe. Thenceforth, a dream is no longer just a dream. Martin Luther King, leader of the American Civil Rights Movement, cited the goal "I Have a Dream" to rally the black people to fight for equal rights. In late August, our delegation of four from Blind Union went to the US to realize the dream of experiencing social inclusion.

Following a flight of 16 hours, we came to the New World built by the white people from Europe. The US well deserves the reputation of being a place teeming with opportunities – being the world's largest spinner of dreams, having the Chinese once came here to find gold, with Obama being the first black president and with Hillary Clinton being likely to be the first female president. The place also brought us unimaginable surprises and let us have experience that we have never had in Hong Kong.

New York was our first stop. Among the activities of our 4-day visit, we experienced guided tour service of the Museum of Modern Art besides visiting establishments for visually impaired persons. Wearing gloves and following the guide's descriptions, it was our first time to use our hands and sense of touching to appreciate art items of historic value in the museum. I hoped that visually impaired persons in Hong Kong could be able to use their hands to appreciate the truth, goodness and beauty in the world of art.



觸摸著名的《蒙羅麗莎》 Using our hands to feel how the Mona Liza look

We then went to Orlando to attend the World Blind Union / International Council for Education of People with Visual Impairment Joint Assembly. There were discussions on various topics including universal design and the UN Convention on the Rights of Persons with Disabilities. Abstract though these topics appear to be, in the US they have gone beyond just defining concepts or striving for rights. They are actually being put to practice. It is possible to sense that these concepts and rights are being put into effect in every aspect of daily life. When dining out in restaurants near our hotel, braille menu was made available for us to pick our dishes. When taking domestic flights in the US, we were given braille safety booklets explaining emergency measures. Ticket machines at underground railway stations and teller machines at banks also have braille instructions and audible device for use by the visually impaired.

The US is a place teeming with opportunities, allowing the visually impaired to bring into play their talents. There are visually impaired architects. NASA also hires visually impaired persons. The country allows blind persons to try to drive.

My wish is for all places in the world to bring the concept of social inclusion as well as the rights of the visually impaired into effect. China set the theme of the 2008 Olympic Games as "One World, One Dream", signifying that human beings share the same ideals. In the same year, China signed the Convention on the Rights of Persons with Disabilities. It is hoped that the Convention can be put to practice all over China so as to realize the dream of social inclusion.

## 實感受香港的

文8來自山東的四顆心

### 總序/王彥龍



Visiting the Hong Kong Blind Union

我們名叫王彥龍、喻妍、李榮臻和李瑩,是山東省濱州醫學院特殊教育學院的視障學生。2016年10月1日,我們一行四人來 到香港,參加了由香港失明人協進會籌辦的學術交流活動,該項交流活動得到了香港中文大學及香港各組織機構的支援。 在12天裡,中文大學熱情地招待我們,安排了緊湊充實的學習課程以及愉快輕鬆的課外體驗等等。另外,中文大學亦安排 了30多名夥伴(Buddies)協助我們的日常出行和相關交流。同時我們不僅旁聽了中文大學的翻譯、社會工作、中醫等課程, 還走訪了香港大學、香港失明人協進會、香港平等機會委員會等機構。以下是我們參加了這次交流活動後的體會和感受。

### 香港的無障礙設施/李瑩

「在香港的時候,我更有勇氣出行。在街上,我能感知到無障礙的紅綠燈裝置,這就好比是健視人士眼裡『紅燈停,綠燈 行』的辨別;在有自動扶梯的地方,我可以通過聲音來判斷是順行還是逆行;在地鐵站,當我聽見一種特別的音樂聲,我 就知道那裡會有那個地鐵站的盲文指示圖。在這裡,我第一次感受到無障礙的高科技給我帶來的自信和自由。即使這對香 港的視障人士來說,是平常又普通的,但對於我們而言,非常的新鮮和有趣。」

### 平等的教育制度/喻妍

「這次香港之行,讓我最感動的,就是香港教育制度給殘疾人的平等對待。我們參觀香港大學的時候,工作人員告訴 我們,只要有能力考上港大,不管是視障還是其他殘疾,都不會被以殘疾的理由拒絕入學,而且,校方會盡力為殘疾 學生提供協助。如針對視障學生,校方在本部圖書館安排了專門的視障學生學習區域,擺放他們的輔助儀器,同時每 年還會招募一批志願者,為視障學生校對電子教材,朗讀印刷書籍。校方鼓勵志願者與殘疾學生進行溝通交流,實現 互暫互助。在這裡,視障學生能享受到與健視學生同等的教育機會,這一點真的非常了不起。」

### 促進平等機會的機制/李榮臻

「這次去香港的感受很多,不管是在無障礙方面還是在人與人的交往方面,都讓我很受益,我簡單談談對我很觸動的一個 細節。我們到香港的行程之一是去參觀平等機會委員會,這是一個以法律方式進行殘疾人保護的機構,同時也進行反歧視 的宣傳工作。讓我很驚奇的是,這個機構由政府設立,屬於法定機構,得到政府財政支助,權力卻獨立於政府之外,也就 是說當政府出現歧視等一些不公平行為的時候,這個機構就可以通過調解、訴訟等方式去維權,由於我的第二專業是法 學,這讓我更能深刻的理解其中的意義和價值所在。」

### 復康和就業發展/王彥龍

「在交流的這段時間,我們除了參加中文大學的課程外,還走 訪了很多香港本地的公益機構,其中包括一直在香港本地推動 盲人群體權益工作的香港失明人協進會,在探討中國內地和香 港兩地盲人就業現狀的問題上,讓我感觸良多。協進會的劉主 任為我們介紹,每一位工作人員都為盲人更好的就業做著力所 能及的事情,如:為剛失明的人士提供失明後的人生規劃和心 理輔導。當我聽到這兒的時候,心裡猛然地顫抖了一下,不禁 在想,如果我剛失明的時候,身邊也有一個這樣的社會團體向 我提供相關輔導,或許我會有另一種生活裝備和人生方向。」

最後,我們四人在此向一直推動是次交流活動的莊陳有先生、黃 錦豪先生以及中文大學的各位職工,送上最誠摯的祝福和感謝。



我們旁聽了中文大學的翻譯、社會工作及中醫等課程 Attending CUHK classes in translation, social work and Chinese medicine as sit-in students



參觀香港大學圖書館 Visiting the main library of HKU

By The Four Hearts from Shandong

## A Real Experience of Hong Kong's Equal Opportunities



與中文大學學生交流 Joining exchange activity with CUHK students

### Introduction - Hayden Wang

We are Hayden Wang, Lucy Yu, Ted Li and Lily Li. We are students with visual impairment from the College of Special Education of Binzhou Medical University in Shandong. The four of us came to Hong Kong on 1 October to participate in an academic exchange program organized by the Hong Kong Blind Union. The exchange activities were supported by the Chinese University of Hong Kong (CUHK) and various organizations in Hong Kong. During these 12 days, CUHK warmly received us, organized rich and busy study programs as well as joyful and relaxing out-of-classroom experiential learning activities for us. Furthermore, CUHK also made available over 30 "buddies" to assist us in day-to-day commute as well as in joining exchange activities. In addition to attending CUHK classes in translation, social work and Chinese medicine as sit-in students, we also visited various organizations, such as the University of Hong Kong (HKU), Hong Kong Blind Union and the Equal Opportunities Commission, etc. Below are the accounts of the experience and impression that we each got in participating in the exchange activities.

### Barrier-free facilities in Hong Kong - Lily Li

"While in Hong Kong, I had more courage to go out. When in the street, I was able to sense the availability of barrier-free traffic lights. That's comparable to 'stopping on the red and moving on the green', just as seen and identified by the eyes of the sighted. At places with escalators, I was able to tell whether it was going up or down by the audible signals. At an MTR station, I was able to tell where the tactile station layout map was when I heard a special music tune. Here, for the first time, I felt the confidence and freedom brought to me by the advanced barrier-free technology. Even though all these are ordinary and commonplace to the visually impaired in Hong Kong, they are very new and interesting to us."

### Fair education system - Lucy Yu

In this visit to Hong Kong, I was most impressed by the equal treatment given to persons with disabilities by the education system in Hong Kong. During our visit to the HKU, a staff member told us that so long as a person gets qualified for admission, he/she won't be denied admission for reason of physical disability no matter he/she is visually impaired or physically disabled. What's more, the administration will make every effort to help students with disabilities. Gearing specially for visually impaired students, the administration sets aside in the main library a special study area for use by them with the assistive devices in place. Furthermore, volunteers are recruited every year to help them proof-read electronic learning materials and read printed books to them. The administration encourages volunteers to have dialogues or exchanges with students with disabilities so as to bring mutual assistance into play. Here in Hong Kong, visually impaired students and sighted students enjoy equal education opportunities. This is really outstanding."

### The mechanism facilitating equal opportunities – Ted Li

"This visit to Hong Kong impressed me considerably, benefiting me very much with regard to barrier-free environment and social interaction. Let me briefly talk about a small point that impressed me very much. A visit to the Equal Opportunities Commission was part of our trip to Hong Kong. The Commission is a statutory body protecting persons with disabilities by means of law while at the same time conducting publicity work against discrimination too. To me, it's very surprising that while this is a statutory body being set up by the government and enjoying financial support from the government, its power is independent of the government. That's to say, when there appear some discriminatory acts on the part of the government, the Commission may seek to uphold rights by means of mediation or litigation. As my second major is jurisprudence, I am therefore able to better understand where its meaning and value lie."

#### Rehabilitation and vocational development – Hayden Wang

"In the course of the exchanges, we visited various charitable organizations in Hong Kong besides attending classes at CUHK. One of them was Hong Kong Blind Union, an organization promoting the rights of the blindness community locally. I was much touched when discussing the current employment situation of the visually impaired in China and Hong Kong. According to Mr Lau from Blind Union, all staff members of Blind Union would try their best to strive for better employment for visually impaired persons. For example, newly-blind persons will receive career planning advice and counselling. On hearing that, I trembled vigorously deep inside. I couldn't help having the thought that if there was such an organization around to offer me relevant counselling when I lost my sight, it would have been likely for me to equip my life in a different way or set my life in a different direction."

Before we end our sharing, let the four of us offer our most sincere good wishes and gratitude to Mr Chong Chan-yau, Mr Peter Wong and staff members of CUHK for their persistence in making this exchange program possible.



一張自拍照為此行劃上完美句號 Taking a selfie to bring an end to our trip



文:梁健棟

### 自杖和手帶



一眾跑手精神奕奕向同一目標出發! Running for the same goal!



跑過50公里的路程,我們手拖手衝線了 Finishing the 50km-run hand in hand

撰文之時,協進會上下都為籌備本年10月30日舉行的「國際白杖日2016 一跑去環島手拖手暨嘉年華」活動疲於奔命,一個接一個無休止的籌備 會議和工作會議,手中拿著鉅細無遺的活動流程表、分工表,辦公室內 響過不停的電話鈴聲,這就是我和同事們每天的工作。如果你問我是否 辛苦,我只會簡單回答:「辛苦!但很值得!」

我是協進會的新人,入職不久就聽到一句說話:「我們不會因路上設施不足而放棄上街,反而我們更要努力體現獨立地走動的權利!」對於視障人士而言,白杖除了是走在大街小巷的拍檔,背後亦象徵視障人士獨立自主的精神。



張建宗局長體驗視障學生日常生活 Mr Matthew Cheung (Secretary of LWB) experiencing VI students' daily life

每年10月15日為「國際白杖日」,協進會會在這個月舉辦大型活動,讓市民大眾認識視障人士的生活及能力, 向社區發放正確訊息。一如去年,今年的白杖日活動分為環島跑及嘉年華兩部份。環島跑是由每組一個視障及 一個健視跑手,握著一條手帶,接力完成50公里環繞香港島的路程,絕對是對跑手們體力、耐力及默契的考 驗。在很多人眼中都會覺得這項活動主要是由健視跑手主導的,領著視障跑手跑的。無可否認,健視跑手清楚 方向及路面情況,並且擔任領路的角色,但這個活動強調互相配合和共融精神;事實上,沒有人是孤島,生活 上互相合作、互相影響的事情,不勝枚舉。在人生的路途上,我們又怎能簡單定斷誰為誰導航,誰影響誰,誰 幫助誰呢!正如每位跑手都有他們背負著的故事,有後天失明的視障跑手因為跑步而走出陰霾,亦有健視跑手 因參與活動而有所啟發,重拾人生的方向。正如今年活動的口號「跑!梗係一齊拍住上!」,我們不僅希望跑 手感受到共融的真諦,透過跑步活動為社區注入共融訊息,更希望各人在生活上實踐「拍住上」的互助精神。



市民參與嘉年華,體驗視障學生生活 Public participating in experiential activities of VI students' daily life



莊陳有會長與張建宗局長掀起環島跑的序幕 Mr Chong Chan-yau (President of HKBU) and Mr Matthew Cheung (Secretary of LWB) running

嘉年華方面,今年的主題是無障礙校園。我們安排了一系列活動,模擬 視障學生的學習及日常生活環境,讓參加者蒙眼感受失去視覺感官後, 在只有聽覺、嗅覺、味覺、觸覺及思想的引導下如何解決學習困難。當 中令我印象最深刻的是,一些我們都習以為常的活動,例如抄筆記、買 零食、過馬路,在蒙眼後都令我無所適從;沒有視覺,熟悉的動作都不 能得心應手。活動初時,我更因為未能掌握周遭環境失去信心而舉步維 艱呢!

我慶幸有這個工作機會,讓我可以與一眾委員、會員及同事並肩作戰, 讓我看見「看不見」的同一世界。僅以白杖和手帶為象徵,願大家都能 在逆境中自強,在迷失中找到方向。

關於國際白杖日,可查看世界盲人聯會就國際 白杖日發出的新聞稿



By Brian LEUNG

### The White Cane and the Tether

At the time of writing this piece, everyone in Blind Union was busy preparing for the "International White Cane Day 2016 - Run for Vision cum Funfair" scheduled for 30 October this year. There were endless preparation and project meetings, a detailed program rundown and a list of duties distribution. Telephones kept ringing in the office. This was the day-to-day work of my colleagues and me. If you wonder whether or not it was tough, I could simply reply: "It was tough but very worthwhile."

As a new joiner to Blind Union, I heard these words shortly after taking up my role: "We won't give up going out for reason of inadequate road facilities. Instead, we will try harder to personally embody the right to walk around independently." To the visually impaired, besides being a work-mate for walking in main streets or small lanes, the white cane also symbolizes the spirit of independence and self-determination.

15 October of every year is the International White Cane Day. Blind Union organizes large-scale activities in the month to let members of the public learn about the daily life and abilities of the visually impaired. Like the previous year, this year's White Cane Day was divided into two parts: Run for Vision and Funfair. In the Run for Vision, visually impaired runners were paired up with sighted runners and they both held a tether to complete a 50km relay around the Hong Kong Island. This definitely is a challenge to runners' physical strength, perseverance and mutual understanding. Many people hold that in this activity the dominant role is played by sighted runners as visually impaired runners are led by the former as they run. It is beyond doubt that sighted runners well understand directions and road conditions and are responsible for leading. However, this activity emphasizes co-ordination as well as the spirit of mutual accommodation. As a matter of fact, "no man is an island". In our daily life, matters in which we co-operate with, or have impact on each other are numerous. I wonder how we can simply determine who is guiding who, who is influencing who or who is helping who in our lives. Likewise, every runner has a story behind him. There were participants with adventitious blindness who did the running and thus got out of darkness. There were also sighted runners who got enlightened and rediscovered a direction for their lives as a result of participation in the activity. Just like the slogan for this year's activity that "We surely run hand in hand", our wish is not just for runners to experience the reality of mutual accommodation and to instill into the community a message of mutual accommodation through the activity of running, but also for every person to put to practice in their day-to-day life the "going hand in hand" spirit of mutual help.

As for the Funfair, this year's theme was accessible campus. We arranged a series of activities, in which the learning and living environment of visually impaired students was simulated for blind-folded participants to experience how to overcome the problems of learning when deprived of vision and only guided by hearing, smelling, tasting, touching and thinking. Some ordinary tasks, such as taking notes, buying snacks, and crossing the road, rendered me totally at a loss when I was blindfolded. This gave me the deepest impression. It's not possible to have one's way when one is deprived of vision. At the start of the activity, I lost confidence because of inability to grasp the surrounding environment, and thus found it hard to pick my way through.

I am glad to have this job allowing me to work with Executive Committee Members, members and colleagues of Blind Union, and view the same world differently. With the white cane and tether as symbols, my wish is for every person to effect self-strengthening in adversity and find the way whenever getting lost.

For information on the International White Cane Day, please refer to the press release on International White Cane Day issued by the World Blind Union





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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.