



2017年

March 2017



关明了

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,

我們將在同一天空下**,** 享受美妙的人生。

「明天」_{便是充滿希望}

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編者的話 Editor's Remarks



文:石建莊

作為香港首個殘疾人士自助團體,香港失明人協進會 秉持著「我們的事我們參與」的自助精神推動視障人 士自身和社會整體的發展,最終的目標是建構一個百 花齊放、各展所長的社會。這份自助精神更能在我們 近期取得的成果體現出來。

協進會的重點工作是解決視障人士面對的獨特問題, 部分是透過與其他團體的合作,開發各種應用程式, 以便利視障人士的生活,當中我們十分重視會員的參 與,在開發的過程中提供意見,因為我們明白坊間的 應用程式未必能夠顧及視障人士的需要。透過資訊科 技顧問小組與機電工程署義工組的通力合作,經過大 半年的努力,我們開發了一個讓視障人士外出用餐能 閱讀餐牌的手機應用程式「點菜易」。會員黃子倩在 〈搵食不再艱難〉一文,講述這個手機應用程式如何 更便利她外出用餐。

在公共政策和公共服務方面,協進會一向採取積極主動的態度,特別是當我們的權利被忽略時,我們定必與會員共同向政府、有關機構或服務提供者發聲,表達我們的意見。我們的同工施恩傑在〈掃除障礙 融入社會〉一文,與大家分享兩項「為自己權利發聲」的成果。

我們除了和會員共同解決視障人士自身的問題外, 我們亦不時會透過不同的行動,鼓勵會員關心社會發 展。本會賽馬會職業及教育資源中心在去年十二月參 加了「香港好薯」活動,參加的會員在感受農耕的樂 趣的同時,更有機會反思如何提升人類的可持續發 展。「小薯仔 大智慧」一文,會員林董儀有更詳盡 的分享。

為了感謝捐款者與義工對我們工作的支持,我們將於 4月22日(星期六)舉行「協力共進 — 捐款者聚會暨 義工嘉許禮2017」,希望藉此機會與支持我們的一眾 朋友面對面交流。屆時我們亦會發佈我們的首套企業 宣傳短片,有關更多詳情,我們稍後會與你們聯繫, 敬請你們預留時間出席,我十分期待能與你們有更多 的分享。

> 我感謝會員黃子倩、林董儀以 及我們的同工施恩傑在本期

> > 《享明天》撰文,亦十分 感謝阿灼(曾健灼)協助 統籌出版工作。

By Jess SHEK

Being the first self-help organization of the disabled in Hong Kong, Hong Kong Blind Union has been upholding the self-help spirit of "nothing about us without us" to promote the development of the visually impaired as well as that of the entire society. The ultimate goal is to build a society in which all blossom freely and achieve their full potentials. Our recent achievements well exemplify such self-help spirit.

Our work mainly focuses on solving problems unique to the visually impaired. Part of our approach is through co-operating with other organizations to develop different APPs to facilitate the daily life of visually impaired persons. We place much emphasis on our members' participation in providing suggestions in the process of development. It is because we are well aware that APPs in the market do not necessarily cater to the needs of the visually impaired. With the close co-operation between our Information Technology Advisory Committee and a voluntary work group of the Electrical & Mechanical Services Department, we developed the "Tap My Dish" mobile APP, making it possible for the visually impaired to read restaurant menu when eating out after hard efforts of more than half a year. In the article "Searching for Restaurants Is No Longer Difficult", our member Joby Wong shares how the mobile APP makes eating out easier.

Our stand on public policies and public services is all along proactive and initiative-oriented. In particular, when our rights are being ignored, we will certainly make our voice known to the Government, relevant organizations or service providers to present our views together with our members. In the article "Eliminating Barriers to Integrate into Society", our staff member Jacky Sze shares with us two achievements arising from speaking out for our rights.

In addition to solving the problems faced by the visually impaired together with our members, through various activities, we encourage our members to care for the development of our society from time to time. Last December, the Jockey Club Vocational & Educational Resources Centre took part in the activity "HK Potato". While experiencing the fun of farming, participating members also have the opportunity to reflect on the ways to enhance sustainable growth for mankind. To share that in greater details, read the article "Small Potato, Big Wisdom" by our member Stephanie Lam.

To thank our donors and volunteers for supporting our work, we will be holding the "TOGETHER WE EXCEL – Donors Gathering cum Volunteers Awards Ceremony 2017" on 22 April (Saturday). We wish to make use of this occasion to engage in face–to–face exchanges with our supporters. We are also going to release our first corporate video during the event. We will get in touch with you shortly to give you more details. Please reserve time for the event. I very much look forward to sharing more with you.

I wish to thank our members Joby and Stephanie, and our staff member Jacky for contributing articles to this issue of our newsletter. My thanks specially go to Ah Cheuk (Tsang Kin-Cheuk) for his assistance in co-ordinating the work of publication.



香港失明人協進會會長 莊陳有先生(左三)、食物 及衞生局局長高永文先 生(右三)、政府資訊科技 總監楊德斌先生(左一)、 機電工程署署長陳帆先 生(右一)及立法會議員莫 乃光先生(左二)及邵家臻 先生(右二)族「點菜易」 發布會合照

Mr Chong Chan Yau (LS), President of HKBU; Mr Ko Wing Man(RS), Secretary for Food and Health; Mr Ir Allen Yeung(L1), Government Chief Information Officer; Mr Chan Fan(R1), Director of Electrical and Mechanical Services; Mr Charles Mok (L2) and Mr Shiu Ka Chun(R2), LegCo Members, at the Launching Ceremony of "Tap My Dish".

文 8 黄子倩

搵食不再艱難

品嚐世間美食是人生一大樂事。對於一般人,尋找美食可說是輕而易舉,走進喜歡的食肆,揀選心儀的菜式就可以了。可是,視障的我,深深感受到「揾食艱難」的滋味。

首先,我永遠摸不懂餐廳的菜牌,很多時需要依靠朋友或侍應朗讀,這些餐牌一般都是內容豐富、包羅萬有的,試問我怎麽忍心讓我的朋友讀到口乾舌燥呢?同樣,哪裏會有一個侍應能夠放下手頭工作,不顧其他客人,只為我朗讀那份連綿不絕的餐牌呢?故此,我唯有自己花大量時間搜集資料,務求降低迷路的機會以及盡早了解餐廳的菜單。可惜的是,即使早作準備也敵不過變幻莫測的價錢及餐牌內容。

手機應用程式「點菜易」的面世,令我在搵食的過程中不再處於被動狀態。這個應用程式是由香港失明人協 進會開發,顧及視障人士的需要。今後,我可以無障礙地搵食,瀏覽豐富的食肆資訊,自行選擇菜餚。程式 提供三種搜尋功能。第一是利用QR條碼或編號搜尋,用者可輕易找到身處的餐廳資訊。第二是定位搜尋功能, 用者可搜尋身處位置附近的不同餐廳,出外用膳再不會感到無處入手,徬徨無助。第三,使用程式時,在找

到合適的餐廳後,點擊「詳情」按鈕就可以獲得餐廳的基本資料,如地址、電話等,最重要的是可以看到和聽到餐廳的餐牌。餐牌內容會被分門別類,如飲品、食品、甜品等,讓用者能清晰、詳盡地知道餐牌的選項,並根據自己的喜好發掘佳餚美食,自行點菜。整個點菜程序,亦只需花上數分鐘,完全不用別人幫助。

總括而言,「點菜易」的誕生令視障人士出外用餐更獨立更平等,希望 將來所有食肆加入「點菜易」的涵蓋範圍,令餐廳數目無遠弗屆,令視 障人士獨立點菜,令美食面前人人平等,香港成為多元共融的美食之都。

> 「點菜易」有多種搜尋功能,可利用QR條碼 及定位搜尋,並獲得餐廳詳細資料 "Tap My Dish" offers various functions, including QR Scanner and GPS positioning, to obtain restaurants' information



Searching for Restaurants IS NO Longer Difficult By Joby Wong



Tasting gourmet dishes in the world is one major pleasure in life. To ordinary people, looking for gourmet dishes is an easy job that can be done by entering the restaurant that one likes and picking the dishes one desires. However, I feel deeply the difficulty of searching for restaurants as a visually impaired person.

Firstly, never can I figure out what a restaurant menu says. Oftentimes I have to rely on friends or waiters reading it to me aloud. The menu usually has rich contents covering everything. I can hardly bear to let my friends read it aloud so hard as to yell themselves hoarse. Likewise, can there possibly be a waiter in a position to put aside his or her work and disregard all other customers just to read me the lengthy menu? I therefore have to spend a lot of time myself to collect information so as to reduce the chance of getting lost as far as possible and understand restaurants' menu well in advance. Unfortunately, the unpredictable changeability of prices and menu items can still frustrate any preparation done in advance.

With the launch of the "Tap My Dish" mobile APP, I am no longer in a passive position in my restaurant search. Developed by Hong Kong Blind Union, the APP caters to the needs of the visually impaired. Going forward, I can search for restaurants with absolute freedom from barriers, browsing through all the restaurants' information and picking dishes myself. The app provides three search functions. The first one uses QR code to do the search. Users can easily find information about the restaurants that they are in. The second one is the positioning function. Users can locate all the restaurants close to where they



視障人士可透過「點菜易」尋找餐廳,看到及聽 到餐牌內容,從今搵食不再艱難

Visually impaired persons can now easily read and listen to the menu through "Tap My Dish"

are. No longer will one find it hard to go about or feel helpless when eating out. As for the third function, upon selecting the appropriate restaurant, one can click the "More Details" button for some basic information about the restaurant, such as address and telephone number. The menu of the restaurant can be seen or heard matters most. To make it possible for users to clearly and fully understand choices available in the menu, contents of the menu are categorized into different sections such as drinks, food and desserts. This enables users to explore and order for themselves gourmet dishes or delicacies according to their preference. The whole ordering process takes just a few minutes, requiring no help from others.

To sum up, the birth of "Tap My Dish" has given the visually impaired more independence and equality when eating out. My wish is for all restaurants in the coming days to join the spectrum covered by "Tap My Dish" so as to bring forth an extensive list of restaurants; make it possible for visually impaired persons to order their dishes independently; let everybody have equality before delicacies; and render Hong Kong a diverse and inclusive hub of fine dining.

「點菜易」的成功 開發有賴機電工程 署一班義工的幫助 Volunteers from EMSD contributed great efforts in developing the app





「平等齊參與,展能創新天」是1995年康復政策及服務白皮書的主題, 跟協進會的三個宗旨—「平等」、「機會」、「獨立」—異曲同工,不 謀而合,目標都是令所有公民(殘疾與否)平等地參與社會,充分地享 有發揮所長的機會。為此,本著「我們的事我們發聲」的精神,我們於 2001年成立「平等參與社會委員會」(平參會),讓一眾會員、委員、職 員齊心協力,討論視障人士日常生活遇到的障礙,倡議改善政策,游說 政府部門、私營企業和有關持分者增設便利視障人士使用的配套設施。



經協進會多年不懈的努力,我們成功爭取銀行 櫃員機安裝語音導航功能 With HKBU's persistent efforts in the past years, we successfully achieved the installation of voice navigation in ATMs

平參會定期舉行會議,成員滙報與各政府部門(例如運輸署及房屋署)及香港社會服務聯會開會的結果;我們又制定年度計劃和行動綱領,從宏觀政策到公共設施,都會提出改善建議,以下我想與大家分享本年度我們其中兩項重點工作的成果。

乘坐地鐵,需要前往不同月台,附設語音提示的扶手電梯對於視障乘客不可或缺。在港鐵的車站,例如金鐘站的多層月台、東鐵線的大部分側式月台或各個車站大堂,一般乘客只需要留意扶手電梯入口上方的指示燈箱,就知道電梯所到達的月台樓層。然而,視障人士卻只能憑著現有的「韃韃」聲響的頻率,判斷是順行或是逆行,而未能得知該電梯是上行抑或是下行,也難確定所到達的月台樓層。因此,平參會的委員十多年來一直在不同會議上,要求地鐵公司在扶手電梯安裝發聲裝置,提示上下行及所到月台的資訊。其後,港鐵雖已於油麻地、旺角及太子車站大堂的扶手電梯安裝語音提示,但步伐緩慢,遲遲沒有遍及其他車站。經平參會成員多番爭取,港鐵才重新向本會及有關團體解釋有關加裝工程計劃及承諾加快進度。

自動櫃員機服務是銀行服務的重要一環。視障人士使用自動櫃員機時,往往因看不到屏幕而難以使用轉帳及查詢結餘的功能。雖然視障人士能在免手續費的情況下到分行處理戶口事宜,但對於在職的視障人士而言則十分不便。經平參會游說後,目前已有三間銀行(包括中國銀行(香港)、匯豐銀行及恆生銀行)於選定地點提供更多

平參會成員正在測 試輕鐵自助客務機 EOSPC member testing the Light Rail Customer Self-Service machine



有聲音導航的自動櫃員機。我們現正努力聯絡其他銀行,期盼他們亦能提供語音導航裝置,並將之推廣至其他自動服務,包括存款、存入支票、更新銀行存摺記錄等,惠及更多視障人士。

在未來的日子,平參會將繼續努力掃除阻礙視障人士融入社會的障礙,讓視障人士能平等及獨立地生活及發揮所長。



ELIMINATING BARRIERS By Jacky Sze TO INTEGRATE INTO SOCIETY

"Equal Opportunities and Full Participation: A Better Tomorrow for All" is the theme of the White Paper on Rehabilitation Policies and Services 1995. This, in another tune, echoes and coincides with the mission of Blind Union – "Equality, Opportunities and Independence". They share the common goals of making it possible for all citizens (whether disabled or not) to have equal participation in society and fully enjoy opportunities to achieve their full potentials. Therefore, adhering to the spirit of "nothing about us without us", we set up the Equal Opportunities in Social Participation Committee (EOSPC) in 2001. This enables our ordinary members, committee members and staff members to put in concerted efforts to discuss obstacles encountered by the visually impaired in their daily life, advocate for remedial policies, as well as persuade Government Departments, private enterprises and relevant stakeholders to additionally provide complementary facilities for the convenience of visually impaired users.

EOSPC meets regularly for members to report on outcomes of meetings with the various Government Departments (such as Transport Department and Housing Department) and the Hong Kong Council of Social Service. We also formulate annual plan and action plan, putting forward suggestions for making improvements to matters ranging from overall policies to public facilities. I wish to share with all of you below two of our major achievements in this year.

It is necessary to go to different platforms when taking the MTR. Escalators with audible signals / informatory sound are indispensable to visually impaired passengers. At MTR stations such as the multi-level platforms at Admiralty, or most of the side platforms and various concourses along the East Rail, ordinary passengers need only pay attention to the light box of an escalator to find out the level of platform reached by the escalator. However, visually impaired persons can only tell whether the escalator is moving onward by the frequency of the "tab tab" sound now available, but are unable to tell whether the escalator is going up or down, or know for sure the level of the platform reached by the escalator. For more than 10 years, members of EOSPC all along urged MTRC at different meetings to fit escalators with audio devices serving to tell whether they were going up or down and announce the platforms reached. Even though MTRC later did equip concourse escalators of Yaumatei, Mongkok and Prince Edward stations with audible signals, the progress has been slow. With regard to other stations, there has been considerable procrastination. Following repeated efforts by members of EOSPC in their fight for the matter, MTRC has explained anew the relevant installation plan to us and other concerned organizations, and expedited the work.

ATM service is an important sector of banking services. When using an ATM, visually impaired persons are unable to see the screen that they find it difficult to making transfers or checking the balance. Although the visually impaired may go to bank branches to handle matters concerning their accounts without having to pay service fees, it is very inconvenient to visually impaired persons with employment. As a result of lobbying by the EOSPC, at present, three banks (Bank of China, HSBC and Hang Seng Bank) have arranged to provide at specified locations more ATMs with voice navigation. We are trying to get in touch with other banks in the hope that they too can provide voice navigation devices, and extend the function to other automatic services such as cash deposits, cheque deposits and bank book updates, so as to benefit more visually impaired persons.

In the coming days, EOSPC will press on to eliminate barriers hindering visually impaired persons from integrating into society so as to make it possible for them to enjoy equality and independence and achieve their full potentials.



職教中心外種了五袋薯仔,袋內有一尺多深的泥土 We planted five bags of potato outside VERC, each bag filled with soil about one foot deep

文:林董儀

馬鈴薯屬於根類植物,容易打理,每天只需曬曬太陽和澆水灌溉,三個月後便可食用。但我們始終缺乏農耕經驗,因此我們決定在參加「香港好薯」計劃前,先到上水一個農場取經,即席學習翻土種植馬鈴薯。當天,我們亦接觸其他農作物及了解不同耕種方法。其中,最令我印象深刻的就是我們將會用作種植馬鈴薯的泥土。當我們開始翻土時,不期然產生厭惡的感覺,因為不只雙手弄得骯髒,而且陣陣怪味更從這些泥土中撲鼻而來,對於我這個城市姑娘,每一下的翻土掘泥都是一種前所未有的挑戰及體會。但漸漸地,這些泥土給我一種軟軟的質感和溫暖的感覺,最初接觸時的厭惡一掃而空。後來,我獲告知這不是一般泥土,而是一種稱為「菇包」的土壤,當中摻入了一些木料以增加養份。當天,我們把一大袋「菇包」帶回職教中心,開始我們的「香港好薯」社區行動。

種植前,我們出席一個兩小時的講座,以更深入地了解是次活動的意義和馬鈴薯的知識。馬鈴薯除了是一種根類植物,萬萬想不到,它也屬於茄科類,與蕃茄及辣椒有親屬關係,怪不得蕃茄薯仔湯加點辣椒這麼好味了,都是一家人共冶一爐,互相配搭天衣無縫。一個馬鈴薯可以種植出一斤收成,我們在職教中心大門前共種植了5個馬鈴薯,分別放在5個袋子中,每個袋子都堆放了一尺多深的泥土。在我們一班參加者的照料下,經過光合作用,他們將慢慢長出小嫩芽,並最終成為我們餐桌上的美食,給我們帶來能量和飽足。

現在,我期待著一個又一個的馬鈴薯變成一斤又一斤成果,這不僅是一次過的收成,這更是我們對本地農業的反思,人人都能通過自身的行動,栽種自己的糧食,即使未能做到自給自足,但卻減省了不必要的運輸和環境污染,既環保又自主。今次,我們為推動本地農業作出了一點嘗試,而一個小薯仔啟發了我們對人類持續發展的大智慧。



我們用雙手翻土,湧來陣陣怪味, 但漸漸又感受到泥土軟軟的質感及溫暖的感覺 We can smell foul odour while turning soil, but gradually feel its warmth and softness.



我們參加了「香港好薯」活動,到上水農莊取經,學種薯仔。 We joined the "HK Potato" Programme and went to a farm in Sheung Shui to learn planting potatoes

SMALL POTATO, By Stephanie Lam BY Stephanie Lam

Potato is a popular food item. It is very likely that people's knowledge about it is limited to its colour, odour and taste. In late December last year, some fellow members and I participated in an activity called "HK Potato" through our Vocational & Educational Resources Centre(VERC). This is a programme inviting different organizations to grow potatoes in their respective communities. Why potatoes? Firstly, it is easy to grow and pick, and the crop is for us to savour after harvesting. Secondly, as the potatoes grow, we may go through the experience of farming. Above all, we may learn to value food, give thought to environmental protection implications on local food supply and reflect on the pros and cons of current agricultural policies.

Potato is a tuberous crop and is easy to be taken care of. It can be harvested for consumption in three months, requiring just daily exposure to the sun and watering. After all, we do not have much farming experience. So before joining the "HK Potato" activity, we decided to go to a farm in Sheung Shui to learn to turn the soil to grow potatoes. That day, we also saw other crops and learned about different farming methods. Of these, the one that impressed me most was the soil that we used to grow potatoes. As we began to turn the soil, a disgusting feeling was unconsciously aroused. It was because not only did our hands get dirty, we were also subject to a bad odour from the soil incessantly. To me being a city girl, every move of turning soil or digging earth meant an unprecedented challenge and experience. However, gradually the soil gave me a feeling of softness and warmth, and eventually, the disgusting feeling at the beginning was totally gone. Later, I was told that it wasn't ordinary soil and that it was a kind of soil known as "mushroom compost". Some wood has been added to it to boost its nutrition. That day, we took back to our VERC a large pack of "mushroom compost" to launch our "HK Potato" community activity.

Before planting, we attended a two-hour lecture to better understand the meaning of the activity and get more knowledge about potato. Potato is a tuberous crop. Very much beyond our expectation, it also belongs to the Solanaceae family that relates to tomato and pepper. No wonder it tastes so well when a little pepper is added to the soup of tomato and potato. They are one family cooked in the same



回去做都市農夫。

Use learnt to turn soil and took

"mushroom compost" back to

VERC as city-farmers

pot. They seamlessly complement each other. By cultivation, one potato can produce one catty of yield. Just outside the entrance of our VERC we altogether planted five potatoes, each placed in a bag filled with soil about one foot deep. Under the care of our participants and going through the process of photosynthesis, they are going to bud, and eventually land on our dining table as gourmet dishes to give us energy and fill up our stomachs.

I am looking forward to having every potato yielding one catty after another. This isn'it just a one-time harvest. What's more, it can be our reflection on local agriculture. By one's action, every person can grow one's own food. Even though it is not possible to achieve self-sufficiency, it is environment-friendly and means self-reliance by reducing unnecessary transport and environmental pollution. On this occasion, we have made a little attempt to promote local agriculture. A small potato indeed opens up our big wisdom with regard to sustainable growth for mankind.



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				join the Flag Day 2017 on 19 August 2017.							
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		K04	荔枝角、美孚	Lai Chi Kok, Mei Foo							
		K05	紅磡、黄埔	Hung Hom, Whampoa							
		K06	石峽尾	Shek Kip Mei							
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	YES, we will have volunteers joining the Flag Day on 19 August 2017.										
The number of volunteers will be confirmed in due course.											
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Please return the completed form to us on/ before 31 May 2017 by fax, email or mail.

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What's News? 「協力共進 - 捐款者聚會暨義工嘉許禮2017」

我們無懼視障,闖出新路,因為有您同行。香港失明人協進會去年取得不少突破——視障學生 充分享受電子學習的樂趣,視障會員勇闖西藏,視障長者融入社區,手機應用程式便利我們的 衣食住行,還有許多小故事,希望與您分享。

感謝您過去一年每月無間斷地捐款,誠邀您出席「協力共進 - 捐款者聚會暨義工嘉許禮 2017」,讓本會的捐款者、義工、職員及會員聚首一堂,互相認識,彼此交流,為未來的挑戰 繼續協力共進,攜手同行。屆時有會員表演及分享個人經歷,並一起聚餐交流,我們亦將在活 動中發放本會首個企業短片,詳情如下:

日期 2017年4月22日(星期六)

時間 下午3時30分至5時正(聚餐於5時30分開始)

| 旺角遊樂場協會優才發展及交流中心(遊協禮堂)

地址 九龍旺角奶路臣街38號麥花臣匯 3樓

期望您撥冗出席,從速報名。如有垂詢,歡迎致電2339 0666。





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Rm 13-20, G/F, Tsui Ying House, Tsui Ping Estate, Kwun Tong, Kowloon, Hong Kong.

ABOUT US

電話 Telephone : (852) 2339 0666 網頁 Website

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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.