



香港失明人協進會  
Hong Kong Blind Union  
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文：何睿知

筆者小時候曾聽人說過：「夢想怎可以當飯吃？」回想起來，儘管夢想本身不能帶來當下的溫飽，但那些願意追逐夢想的人，不僅能為自己創造豐盛的未來，還可以成為他人的祝福。本期三篇文章中的主人翁都在追求屬於他們的夢想，作為倡議視障人士獨立生活權利的自助組織，本會的角色則是消除他們遇到的障礙，讓他們的潛能得到最大的發揮。作為一名視障泳手，博輝沒有因為被拒參加渡海泳而放棄自己的夢想。在《追逐波光粼粼的夢想》一文中，我們清楚看到博輝對夢想的熱情。夢想不但塑造了他強健的體魄，更培養了他獨特的解難能力。筆者期盼本港的體育設施能更貼合視障人士的使用需要，實踐體育普及化的願景，並祝願博輝很快能在維港渡海泳中一展身手。

實現夢想的最大阻礙往往涉及人為因素，《自由探索世界》一文中提及會員Jennifer在實踐探索東瀛的夢想過程中所遇到的障礙。儘管本港已有不少視障友善的設施和政策，但本會的社區教育及共融倡議工作仍不能鬆懈，推動前線人員能將政策具體實行，讓視障使用者及消費者能享有平等的權利，大家能主動突破追逐夢想途中的限制。

不論夢想的內容為何，它們都有一個共同點——突破現實，創造可能。壓軸登場的第三位主角榮哥克服了後天失明的限制，勇敢地於過百名步行籌款的參加者當中展現自己獨立出行的能力。榮哥的夢想得以實現，是對自己的肯定，對家人的安慰，也將成為同路人的鼓勵。

如上文所述，「人」是夢想能否實現的關鍵。筆者感謝各捐款者及友好機構在剛過去的10月15日對本會「心睇力行」國際白杖日的支持，使活動順利舉行。來年1月6日是本會的港島區賣旗日，筆者誠邀各位當天帶同親友擔任賣旗義工，讓本會得以繼續推動與視障人士相關的服務。

By Merrick Ho

In my childhood, I once heard someone say, "It's impossible to make a living by chasing a dream". Chasing dreams may not provide instant sustenance for you but it gives us direction for a bright future, make our life exciting and light up the others. All interviewees of the featured stories left nothing to pursue their dreams. Hong Kong Blind Union is pleased to accompany them and provide timely support in eliminating the obstacles they encounter, enabling them to achieve the full potential.

In the "The Harbour Race dream of a visually impaired swimmer" story, we clearly see Joseph's passion for his dream as a visually impaired swimmer, even after being rejected from participating in the Harbour Race. His ambition has improved the physical strength and inspired him in problem-solving skills. I wish that our community can better cater to the needs of visually impaired individuals and commit to providing suitable barrier-free access and facilities. We can't wait to see Joseph in the Harbour Race one day.

Anthropic factors could often be the showstopper for fulfilling our dreams. The "The challenge of visually impaired travellers: Explore the world freely" story shows the barriers that our member Jennifer faced in embarking her dreamy trip to Japan. Despite the current policies and the development of barrier free access facilities in Hong Kong, we are devoted ourselves to public education and promotion. This allows frontline operators to execute effectively, ensuring visually impaired individuals always have equal opportunities in daily lives.

Whatever our dreams may be, they require us to break through the boundaries in reality and go beyond every possibility. Wing, the protagonist of our last story, overcame the limitations of blindness and demonstrated his capability to live independently among a hundred of participants in a charity walk. Wing has been an inspiration and role model for others, with affirmation towards himself and his family.

As mentioned above, anthropic factors are the key elements that determine if our dreams can be fulfilled. We are incredibly grateful for the support received from our donors and various organizations. Without their tremendous support, we couldn't have made the "Cane-A-Thon" – International White Cane Day a successful event on October 15, 2023. Looking ahead, the Hong Kong Blind Union will be holding a Hong Kong Island Flag Day on January 6, 2024. Please join us as a volunteer and join hands in promoting our comprehensive services for visually impaired people in Hong Kong.



# 追逐波光粼粼的夢想・ 視障泳手與維港渡海泳

相信每個人都曾擁有過夢想，你還記得你的夢想是什麼嗎？這個夢想是你生命中的遺憾，還是一抹燦爛的雲彩？追逐夢想從來都不容易，對視障朋友來說，甚至連邁出第一步都甚是艱辛。我們的會員任博輝的夢想是參加維港渡海泳，然而，由於種種理由，他的報名申請未能獲得接納。博輝得知這個消息後，心中浮現了一個問題：「我還能為這個夢想做些什麼呢？」

他開始頻繁到公眾泳池練習游泳。康文署轄下有45個公共泳池，但博輝只能迢長路遠從新界跑到尖沙嘴的九龍公園泳池，而且只限逢星期一、三及日，因為該池在這三日會劃定一條視障人士專用泳線。博輝是一名全失明人士，在一般的泳線裡容易與其他人發生碰撞，因此他特意選擇在晚上練習，他表示「因為這個時段，大家都忙著回家與親朋好友吃晚飯，不會有人跟我使用同一條泳線，讓我能更放心地練習」。

回望這一年，由起初名副其實的「盲摸摸」找更衣室、找泳池、找回自己的拖鞋毛巾，到現在博輝已經很熟悉泳池環境，甚至領悟出一套生存之道：「我會把拖鞋用白杖的橡皮圈捆在一起，然後放在泳池邊標示視障人士專線的指示牌旁」「如果有人正使用傷健人士洗澡間，我會用手上的白杖發出滴滴嗒嗒的聲響，溫馨地提示對方：這裡有位視障人士正在輪候」。談及這些，博輝露出一個勝利者的笑容，然後繼續說道：「其實有時獨自坐在公園的長椅上吃著麵包時，我也會思考為何自己要如此努力，回家與家人共進晚餐不是更好嗎？」由於博輝沒有固定工作及收入，他坦言：「有時為了節省開支以支付泳池入場費，我會做一些取捨，例如減少與朋友聚餐。不過這樣也好，因為我需要嚴格控制澱粉和蛋白質的攝取量，以維持良好的體格去游泳」。

博輝經過一年的努力，依舊無法參加賽事，但他卻有另一番體會：「成為首位完成維港渡海泳的視障泳手，這光環只是一瞬間，甚至很快便有其他視障泳手超越自己」。然而這一年來努力練習所積累的汗水，已經一點一滴默默地為他的人生加冕，為他精彩的人生添上一道閃亮的光環，這種光環只有他自己能為自己添上。「我很慶幸自己活到這個年歲仍懷抱著追尋夢想的心，對生命仍然充滿熱誠與期盼」。雖然博輝至今仍不能親身參與渡海泳，但他和其他參賽者一樣，在過去的一年裡全心投入地練習，在波濤洶湧的世界中不斷前進。「我也確實在泳池裡完成了1000米，只是在不同的地方、不同的日子完成了渡海泳」。談到未來，博輝堅定地回答：「直到現在，我從未考慮過放棄參與渡海泳」。也許是科技的進步，也許是社會環境的改變，他盼望終有一天，能在維港渡海泳的參賽者名單上看到自己的名字。

協進會一路走來，在接近60年的歲月裡，陪伴過很多視障朋友走過不同的人生階段，也慶幸能在他們追尋夢想的旅途上同行。例如近年協進會創立的「視得其樂」計劃，就是為一群有志在音樂方面發展的視障人士提供專業的聲樂及樂器訓練，並安排不同表演及海外比賽機會，陪伴他們追逐音樂夢。明年初，我們亦會首次陪伴10位視障跑手參與「渣打香港馬拉松」，在看不見的道路，奔向看得見的夢想。

本會希望社會能給予視障人士平等的機會，不論是文娛康體或是公共事務上，都認同視障人士為社會一份子，尊重彼此差異，接納不同能力的人士，共同實現夢想。



# THE HARBOUR RACE DREAM OF A VISUALLY IMPAIRED SWIMMER

We all have had dreams. Do you still remember those dreams from early days? Chasing dreams is never easy, especially for visually impaired people, every single step can be extremely challenging to them. Our member, Joseph Yam, had a dream of participating in The Cross Harbour Race. However, his application was rejected. Upon hearing this news, Joseph asked himself, "How could I make a step forward with my dream?"

He started swimming practice at a designated public swimming pool very frequently. There are 45 public pools operated by the Leisure and Cultural Services Department, but the only choice for Joseph is the Kowloon Park Swimming Pool, which is far away from his home in New Territories. His sessions are limited to Mondays, Wednesdays, and Sundays, when a specific lane is assigned for persons with disabilities, including visually impaired individuals. Joseph is totally blind. It is likely for him to get into the way of other swimmers by accident in the regular lanes. Therefore, he deliberately practiced at night. He said, "Everyone goes home to have dinner with family at night, so there wouldn't be other swimmers in the lane, I could practice with peace of mind."

Looking back on this year, he started with locating the changing room, bringing himself to the pool, and finding his own slippers and towel on the first day. Now Joseph feels at home in the swimming pool. He has even developed his own practice wisdom: "I tie my slippers together with my white cane and put them next to signage for visually impaired persons. If the accessible shower room is occupied, I make a tapping sound with my white cane as a friendly reminder to the user that there is a visually impaired person waiting." Joseph wore a smile of victory when he talked about his stories, "Sometimes, I question myself why I put in so much effort in swimming while sitting in the park eating bread alone. I might be better off having dinner with my family at home." Joseph has no stable job nor income, he admitted "I have to make sacrifices in order to save my expenses for admission fees. For example, I cut down on my gatherings with friends. It indeed brings positive impact because I must control my intake of starch and protein strictly, for an ideal body condition for swimming."

Although Joseph has put in a tremendous amount of effort in practicing, he cannot be a part of the game. He exclaimed: "Being the first visually impaired swimmer of the Harbour Race is just a glory of the moment, and soon there will be more visually impaired swimmers completing the game and surpassing my achievement." Despite the disappointing reality, Joseph's hard work of diligent practice persisted last year and has lighted-up his days and even crowned his life. "I am grateful to be a brave person pursuing my dreams at this age. I am still passionate about my wonderful life." Although Joseph still cannot be a swimmer of the Harbour Race, he has been wholeheartedly practicing throughout the past year, like all other swimmers. He keeps moving forward in the turbulent world. "I have indeed completed the Harbour Race in my own way, just on a different date, at a different place, I swam 1,000m in the swimming pool." With the new technology and changes in our society, Joseph wishes that one day he will see his name on the list of Harbour Race swimmers.

In the past 60 years, Hong Kong Blind Union has proudly accompanied many visually impaired friends through their journey. And, we will always be with them pursuing their dreams. For example, the Union has implemented the "Seeing Joy In Music" programme that provides professional vocal and instrumental training for visually impaired individuals. The programme also offers various opportunities for stage performances and overseas competitions which are beneficial in pursuing their musical dreams. Early next year, we will be joining the "Standard Chartered Hong Kong Marathon" with 10 visually impaired runners for the first time. We are running towards the visible dreams without seeing.

We hope that visually impaired people can be treated equally in our community and have the same opportunities as everyone else. By respecting our diversity as individuals and accepting the differences in cultural and leisure activities or public affairs, we could make our dreams come true.



# 自由探索世界： 視障旅客的挑戰

# THE CHALLENGE OF VISUALLY IMPAIRED TRAVELERS: FREEDOM TO EXPLORE THE WORLD

隨著疫情過去，香港人重新恢復了出外旅遊的習慣，全失明的Jennifer就是其中一員。她早在今年六月就前往港人最愛的熱門旅遊城市之一——日本東京遊玩。

如果你有旅遊經驗，相信都會有以下的體會：無論在香港還是日本，機場客運大樓面積都非常龐大，從辦理登機手續櫃位到前往登機閘口的路程甚為遙遠，途中指示牌眾多，即使對於健視朋友來說，也需要多加留意，以免迷路。對於獨自出行的視障人士來說，這無疑是一大挑戰。因此，許多航空公司會從辦理登機手續櫃檯開始，提供點對點接送服務，以協助有需要的乘客準時到達登機閘口。

Jennifer在安排行程時，計劃選擇乘搭香港某航空公司的航班從東京獨自回港。但是在四月預訂機票時，她要求航空公司提供從辦理登機手續櫃位至登機閘口的護送服務，卻慘遭拒絕，使她感到被歧視且十分徬徨無助，深怕期待了很久的旅遊會就此落空。無計可施之下，Jennifer只能聯絡本會尋求協助。

我們知悉Jennifer的情況後，立即聯絡相關航空公司及民航署了解事件。經過密切的溝通後，Jennifer最終順利出發，抵達日本機場後，亦同步獲得協助，並成功登機返回香港，愉快旅程順利完成。隨後，通報民航處，更提醒各航空公司，須盡力向視障人士提供協助，確保他們得到一個平等、獨立外遊的機會。

協進會常鼓勵會員獨立出行，探索世界，突破其視障的限制。乘搭飛機外遊亦是十分普遍。希望在我們和社會各界的共同努力下，能進一步促進無障礙交通和旅遊發展，讓大眾日後能更常見到視障人士在世界不同的角落，自由自在地出行的身影。Jennifer的勇氣和堅持很值得我們佩服和欣賞，她沒有被困難打倒，並展現「視障影響視力，但無阻視野」的人生態度。



Hong Kong citizens are now leaving behind the shadow of the pandemic and being so excited to travel abroad. Jennifer, who is totally blind, couldn't wait to embark on a trip to Tokyo, one of the favourite destinations for Hongkongers.

We all share this experience in the airport. It is a longer journey from the check-in counters to the boarding gates, and you come across countless directional signage in the vast airport terminals. It is the same in Hong Kong and in Japan. Even sighted travelers have to pay extra attention to stay on the right way. Traveling alone is undoubtedly a challenge for visually impaired people. Therefore, many airlines offer point-to-point transfer services to passengers in need, from check-in counters to boarding gates, ensuring they board the plane on time.

Before her trip, Jennifer intended to fly with a Hong Kong airline. She made ticket booking in April and requested transfer services from the airport check-in counter to the boarding gate. Unfortunately, her request was rejected, leaving her helpless and feeling discriminated against. To make her long-awaited trip come true, Jennifer had come to the Blind Union.

Upon hearing from Jennifer, we reached out to the relevant airline and the Civil Aviation Department for follow up. After rounds of negotiation, Jennifer finally made her journey to Japan. With appropriate escort support from the local crew, she flew back to Hong Kong after a pleasant and enjoyable trip. After that, we addressed the issue to the Civil Aviation Authority, which in turn requested all airlines to make every effort to provide timely and suitable assistance to visually impaired people, ensuring everyone enjoys equal opportunities for solo travel.

Hong Kong Blind Union always encourages our members to overcome the difficulties of visual impairment, to travel and explore the world independently. With the efforts of us and everyone in the society, we can step further to promote accessible transportation and tourism. Flying aboard is a common mean of travel, and visually impaired people should be able to travel wherever they wish. We hope to see more visually impaired individuals freely traveling in places of the world. We appreciate the great courage and perseverance of Jennifer. She overcame the difficulties and stood strong. Let's learn from Jennifer and remember "Visual impairment limits your eyesight but not your vision".



# 從徬徨無助到獨立自強 國際白杖日展現新氣象

受訪者：阿昕（社工），榮哥（會員）

八年前榮哥被診斷出患有青光眼，遂開始每年定期驗眼。一年多前，醫生主動提出為他進行白內障手術。榮哥滿懷希望，以為一定成功，無奈事與願違。手術後眼壓驟升，神經細胞受損，最終導致左眼完全失明，右眼僅剩下微弱的視力。從前擁有良好的視力，讓榮哥可以工作養妻活兒。又怎會想到一次的手術會為生活帶來天翻地覆的改變。初失明時，榮哥十分徬徨無助，經常躲在家中不外出以睡眠渡日，彷彿生命中只剩下「等待」。幸好太太不離不棄，這段消沉的日子很快便過去。「我較幸運，太太一直在身邊鼓勵我，亦有朋友介紹我認識協進會。」為了減少在家中閒著的時間，他最初以「是但求其」的態度加入協進會的新失明小組。在參加小組後，榮哥認識了一群和自己有近似際遇的失明夥伴，由本來覺得自己很悽慘，頓覺自己不再是單打獨鬥。小組中有兩位「前輩」導師，以過來人的身份教授大家利用聽覺去操控智能手機。「他們就是我最好的借鏡，失明人士也可獨立地生活，只不過對比起他人，我們需要用其他感官去感受生活。例如我喜愛看電影，現在透過口述影像我也能尋回觀賞電影的快樂。」榮哥逐漸學懂：縱然失去視覺，仍可用聽覺、味覺、觸覺去感受生活的點滴。而同學們有着差不多的經歷，便能互相激勵，互相學習。

每年的國際白杖日，協進會都會舉辦一年一度的大型公眾教育活動，向公眾展示視障人士能夠「手執白杖，獨立自強」的信息。今年，榮哥相約30位新失明小組的成員跳出舒適圈，浩浩蕩蕩地參加會方舉辦的步行籌款，一同走進社區。他們從灣仔出發，步行3.5公里到達中環街市。對榮哥來說，參與白杖日最重要的意義是「證明我的價值，手中的白杖象徵著我們獨立自強的勇氣。我很慶幸能和成員一起用行動向世界展示：我們存在，不是被遺忘的一群，而是社會的一份子。」

本會一直致力為新失明人士提供服務，幫助他們克服心理障礙，重拾生活，並融入社會。社會上像榮哥這樣的新失明朋友越來越多，其中大部分人都正輪候復康班，他們往往要等候十二至十六個月，方能參加。榮哥更因碰上疫情，足足等候了一年半。「在這漫長的等待中，我很幸運有協進會的新失明小組給予我支援，協助我參加一些基本的生活技能訓練課程，例如手機班和定向行走等。這些經驗和知識讓我現在在復康班中更容易理解和掌握生活技巧。」負責新失明服務的社工阿昕表示：「新失明小組填補了服務縫隙，陪伴新失明人士過渡最艱難的時刻，掌握最基本的生活技能，讓他們不會與社會斷了連結。即使是簡單的訓練，如「落街買麵包」，也能讓他們逐步恢復自信，重建生活，同時減輕照顧者的負擔。」她續說：「除了訓練課程，同路人分享也是新失明小組不可或缺的一部分，因為視障人士常常感到其他人無法理解他們的困難。同路人的身教和鼓勵更具有力量 and 說服力。」因此，許多已經「畢業」的師兄師姐間時會回來分享自己的經驗，充分體現了自助組織助人互助的精神。

生命價值和意義是無限的，縱然協進會因資源限制未能為所有新失明人士提供服務，我們會靈活應變，盼望未來能開拓更多資源服務更多「被看不見的一群」，讓新失明人士重拾生命中的力量。



# THE NEWLY BLIND FEEL STRONGER WITH THE WHITE CANE

Interviewees: Yan (social worker) and Wing (member of the Hong Kong Blind Union)

Wing undergoes eye examinations every year for regular check-ups since he was diagnosed with Glaucoma eight years ago. Over a year ago, he took the doctor's suggestion underwent a cataract surgery. Wing was hopeful until he faced post-operation complications. After the surgery, he suffered from ocular hypertension and optic nerve injury, eventually resulting in total vision loss in his left eye and only a faint vision remaining in his right eye. Wing never expected that the surgery would be a tragic for him as the breadwinner of his family. Wing felt hopeless when he first lost his sight, isolating himself at home. Wing's wife kept him company while he was healing from the trauma. "I am lucky to have my wife by my side, taking care of me with encouragement. Also, I was referred to join the Blind Union. Wing initially joined the support group for the newly blind to minimize his idle time at home where met a group of peers. He used to fight his battle alone before joining the group. Fortunately, he gained motivation from group mates. There were two visually impaired mentors who always share their experiences with the team. "Mentors are my role models. They taught me that visually impaired people can also live independently, with other senses but vision. I can enjoy my favourite movies through audio description" Wing explained. Now, Wing is passionate about experiencing his life using multiple senses, namely hearing, taste, and touch.

The Hong Kong Blind Union celebrates International White Cane Day every year by organizing a flagship event to promote social inclusion, and to recognize the white cane as the significant tool that allows visually impaired people to live independently. This year, Wing and 30 members from the group of newly blind stepped out of their comfort zones and participated in the charity walk. From Wan Chai to Central, they left their footprint in the community with a 3.5 km walk. Self-affirmation is the important takeaway for his participation. The white cane is a symbol of self-reliance and accomplishment. With the white cane, Wing was able to participate in social activities as a citizen, just like others, but not a forgotten minority in need.

We have been committed to providing adaptation services for newly visually impaired people, helping them overcome the obstacles arising from visual impairment, rebuild confidence, and integrate into the community. There are more and more newly blind people in our society, and most of them are waiting for a vacancy in rehabilitation classes, which often takes 12 to 16 months waiting. Due to the pandemic, Wing had to wait for a year and a half. "Before joining the class, I received great support from the HKBU. I have gained a solid foundation from life skills training in preparation for my rehabilitation class." Yan, the social worker responsible for the newly blind services, said, "Our service fills the gap between people in need and the community resources. We offer care, encouragement and emotional support on the dark days when a service user is trying to accept eye-sight deterioration. With our accompaniment and training, they stay connected to society. Even simple training like grocery shopping can gradually rebuild their confidence and alleviate the burden on their families." She continued, "The sharing provided by visually impaired peers is also an essential part of the adaptation services because they may not feel understood by the sighted. Therefore, members who have graduated are happy to share their experiences. This heartfelt sharing fully demonstrates our spirit of self-help and mutual support." The meaning of life is infinite and boundless. With limited resources, we have yet to be able to provide services to every newly blind individual. We are making the most of our resources and hoping to extend our services to more unseen minorities, empowering more visually impaired people in need.





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2023年10月29日

## 服務中心45週年開幕禮

協進會服務中心自1978年成立以來，一直提供協助視障人士獨立生活和融入社會的服務，當中包括文娛康體、個人生活適應、新失明適應、照顧者支援等。服務中心自去年10月進行裝修，直至今年6月再次投入服務。適逢踏入45週年，我們早前便邀請了一眾嘉賓，包括社會福利署代表及各界捐款者等出席開幕禮。當日除了簡單而隆重的儀式外，更設回憶牆展示45年來的活動相片、視障體驗之旅及由視障咖啡師駐場的Coffee Corner，與一眾嘉賓分享成立45年來的豐碩成果。

29th October, 2023

## Service Centre 45th Anniversary Opening Ceremony

Service Centre (SC) was established in 1978, has been providing various services to assist the visually impaired in living independently and integrating into society. These services include recreational activities, personal life adaptation, adaptation for the newly blind, and caregiver support. The SC underwent renovations from October 2022 and resumed operations in June of this year. To commemorate the 45th anniversary, we invited representatives from the Social Welfare Department and the Union's supporters, to attend the opening ceremony. Apart from the ceremony, we also set up a feature wall displaying photos from the past 45 years; a blindfold workshop, and a coffee corner hosted by the visually impaired baristas. We shared the fruitful achievements of the past 45 years with our esteemed guests on that day.

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2023年9月5日

## 視得其樂音樂會2023

不少視障朋友熱衷於音樂並充滿天賦，可是在學習音樂的路上遇到不少困難和挑戰，有見及此，在2021年本會獲社會福利署殘疾人士藝術發展基金資助，舉辦了「視得其樂」音樂計劃，並招募了12位具備音樂潛質及熱誠的視障人士，接受專業音樂培訓及相關支援。計劃至今推行第三年，有見及此，本會在9月5日舉行了「視得其樂音樂會2023」，讓學員向公眾展示他們這三年來的磨練和造詣。

5th September, 2023

## Seeing Joy In Music Concert 2023

Many visually impaired persons are passionate about music and have great talent. However, they often encounter difficulties and challenges on their learning journey. Recognizing this, in 2021, the Union received funding from the Arts Development Fund for Persons with Disabilities of the Social Welfare Department. We launched the "Seeing Joy In Music" music program and recruited 12 visually impaired members with musical potential and enthusiasm to receive professional music training and support. Now in its third year, we organized the "Seeing Joy In Music Concert 2023" on September 5th to allow the participants to showcase their achievements over the past three years.

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2023年10月21日

## 《迪迪的Diary》真人圖書館

電台節目主持余迪偉早前連同其節目監製傑朱一同來到本會的服務中心，與一眾會員分享新作《迪迪的Diary》。活動期間，迪偉播出朗讀書中部份章節的聲音片段，又與會員分享生活點滴。他更即場送出另一本著作《一本精華遊》連親筆簽名。一眾參加者收到後都表示十分興奮和高心。

21st October, 2023

## "Dik Dik's Diary" Book Sharing by Radio Host Alton Yu

Radio host Alton Yu, along with his program producer Kit, recently visited our service centre to share his new book, "Dik Dik's Diary," with our members. During the event, Alton played audio excerpts of selected chapters from the book and shared personal anecdotes with the members. He also generously gave away the book with his autograph. The participants were thrilled and touched.

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2023年10月21日至24日

## 第4屆杭州亞洲殘疾人運動會(亞殘運)

協進會聯同香港奧運獅子會，組織了一個合共29人的團隊，參與今屆在杭州舉辦的亞殘運。四日三夜的行程包括出席開幕典禮和觀賞女子輪椅籃球比賽，以及與當地的視障人士作交流。本會亦有幸首次為大型綜合運動會提供口述影像服務。希望日後可以繼續與視障朋友衝出香港，欣賞更多精彩的賽事。

21st to 24th October, 2023

## The 4th Asian Para Games Hangzhou

In collaboration with the Hong Kong Olympic Lions Club, we organized a team of 29 people to participate in the 4th Asian Para Games held in Hangzhou. The trip included attending the opening ceremony, watching women's wheelchair basketball games, and meeting with the local visually impaired organizations. We were also fortunate to provide audio description services for a major multi-sport event for the first time. We hope to continue travelling outside Hong Kong with the visually impaired members and enjoy more exciting competitions in the future.

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2023年8月23日至8月26日

## 台灣交流團

賽馬會職業及教育資源中心早前連同14位視障會員組成台灣交流團，一同前往台北市，了解該地區對視障人士在學業、職涯規劃及就業的支援。同時，他們亦拜訪了多個視障團體，包括愛盲基金會、台灣盲人重建院及台北市視障者家長協會，從而進一步了解現時當地視障人士的不同支援，以探索香港視障新服務的可能性。

23rd to 26th August, 2023

## Taiwan Exchange Tour

The Jockey Club Vocational and Educational Resources Centre, together with 14 visually impaired members, formed a Taiwan exchange group and traveled to Taipei City to learn about the supports provided to the visually impaired persons in education, career planning, and employment. They also visited several visually impaired organizations, including the Taiwan Foundation for the Blind, Institute for the Blind of Taiwan, and Taipei Parents' Association for the Visually Impaired. Through these visits, they gained further insights into the local support for the visually impaired, aiming to explore possibilities for visual impairment services in Hong Kong.



☐ 本人樂意成為「協進之友」，每月以信用卡或銀行自動轉賬方式捐款，協助視障人士融入社會。

I would like to donate the following amount monthly by credit card or autopay to support the work of HKBU.

☐ HK\$100 ☐ HK\$300 ☐ HK\$500 ☐ HK\$1,000 ☐ Other \$ \_\_\_\_\_

☐ 本人樂意作一次性捐款

I would like to make a one-off donation.

☐ HK\$300 ☐ HK\$500 ☐ HK\$1000 ☐ HK\$1,500 ☐ Other \$ \_\_\_\_\_

### 捐款者資料 Donor's Information

姓名 (先生 / 女士) Name (Mr/Ms /Miss)	聯絡電話 Tel.
地址 Address	
出生日期 Date of Birth	傳真號碼 Fax No.
電郵地址 Email Address	填表日期 Date

### 捐款方法 Donation Method

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

☐ 信用卡捐款 Credit Card ☐ AE ☐ Master ☐ Visa

持卡人姓名 Cardholder's Name: \_\_\_\_\_

信用卡號碼 Card Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

有效日期 Expiry Date: \_\_\_\_\_

持卡人簽署 Signature: \_\_\_\_\_

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

☐ 恒生銀行網上理財用戶 Users of Hang Seng e-Banking  
可透過網頁 [www.hangseng.com/e-banking](http://www.hangseng.com/e-banking) 將捐款存入本會  
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☐ 支票 / 匯票 Cheque / Bank draft  
抬頭請寫「香港失明人協進會」  
(Payable to "Hong Kong Blind Union")

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只需出示右邊條碼及表明捐款金額  
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Please provide your name, tel and address in the payment message



☐ 轉數快 Fast Payment System (FPS)

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捐款後，請把成功捐款之頁面截圖連同閣下的姓名、電話和地址  
WhatsApp到5464 5118 或電郵致info@hkbu.org.hk 給我們。

Please take a screenshot of the successful payment page with  
your name, tel and address then whatsapp to 5464 5118 or email  
to info@hkbu.org.hk

### 每月自動轉賬捐款 Monthly Autopay Donation

☐ 向香港失明人協進會索取銀行自動轉帳授權書

Request for Monthly Direct Debit Authorization Form from Hong Kong Blind Union

或 掃描右邊的 QR 圖碼 直接下載銀行自動轉帳授權書

Or scan the QR Code on the right to download the Monthly Direct Debit Authorization Form



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香港失明人協進會會盡力遵守《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、手機號碼、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、義工招募及收集意見之用。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. 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.

請於適當方格內加上✓號以表示您的意願：Please tick the appropriate box to indicate your preference

☐ 本人同意香港失明人協進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之用。

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進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.



# 港島區 賣旗日

Ho Kōng Island Flag Day  
2024.01.06 (Sat)

義工登記及捐款支持



☎ 2339 0666



一起助視障人士  
「重塑生活・融入社會・平等參與！」

社會福利署署長已批准三間機構於2024年1月6日分別於港島區、九龍區及新界區賣旗，而本會已獲授權於當日在港島區賣旗

## ABOUT US

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電話 Telephone : (852) 2339 0666 傳真 Fax : (852) 2338 7850  
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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.