



2025年 4月號 April 2025 NEWSLETTER ISSUE 86



自覺、自助、自強:從飛標訓練到群體蛻變
Self-Awareness, Self-Help and Self-Empowerment: From Darts Training to Collective Transformation



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Meave Your Own Future: Badminton Racket Restring
A New Way Out for the Visually Impaired





April 2025 Newsletter



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出版:香港失明人協進會

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## 編者的話 EDITOR'S REMARKS

#### 文:何灝源

現代人講求生活工作平衡,工作要有成就感,生活要有空間享受人生,進而探尋人生意義。對許多視障人士而言,這可能是一項值得思考的挑戰。以下三篇文章裡,本會和視障人士同行,或開拓新的工種,或鼓勵他們在現有的技能上更進一步,一起發現視障人士的價值,活出更豐盛的人生。

視障人士普遍有音樂特長,是不少人的固有印象,不過要將音樂與趣轉變成職業,視障人士需要跨越重重難關,《當音樂點亮黯淡世界》一文介紹了本會的音樂培訓計劃,如何裝備有志向的會員,支持他們向專業音樂人邁進。

你可能沒有玩過飛鏢,但你一定可以理解一矢中的的快感,乾坤一擲的緊張。對於視障的飛鏢愛好者,學到的不只是 肌肉記憶,還有克服緊張感的心理素質,這甚至有助於平時面對視障,拆解日常的各種難題,詳見《自覺自助自強》 一文。

祝障人士日常多用觸覺,觸覺特別敏銳,這項技能可以應用在職場上嗎? 《用雙手編織未來》一文介紹本會得到熱心義工的協助,和會員探索全新的工種,學習過程中,會員更重拾了面對工作的熱情。

最後,感謝各位支持本會早前的慈善獎券義賣,不論你是在網上認購,還是在街站從我們的會員手中購買,你的付出都會支持更多視障人士跨越障礙,在工作和生活中重新發現自己的價值。

#### By Ho Ho Yuen

Modern people try to achieve work-life balance. A job should be rewarding, while leaving enough time for one to sip the happiness of life, and further explore the purpose of living. For many visually impaired people, this may be a challenge to contemplate. The following three articles show how the Blind Union collaborate with the visually impaired, in developing new job types, or encourage enhancement of their existing skills. We join hands to discover their potential, and help them live more fulfilling lives.

It is a popular stereotype that visually impaired people are generally good at music, but they must overcome numerous challenges in order to transform their hobby into a career. The article "When Notes Light Up the Dark World" introduces how our Music Training Programme equips and supports aspiring members in becoming professional musicians.

It is possible that you have never thrown a dart, but you can surely understand the thrill of hitting the target on the first throw, or the tension of trying to turn the tide in one move. For visually impaired darts enthusiasts, what they gained is more than muscle memory, but the mental strength to overcome tension, which comes into play when they cope with their visual impairments and manage daily challenges, as detailed in the article "Self-Awareness, Self-Help and Self-Empowerment".

The visually impaired rely heavily on their sense of touch in daily routines, therefore improving their sensitivity. Is it possible to make good use of the capability in the workplace? The article "Weave Your Own Future" explains how, with the help of enthusiastic volunteers, Blind Union and its members explore a new job type for visually impaired people. In the process, one of the members regained her passion for work.

Last but not least, we would like to thank you for your support for our earlier Raffle Ticket Charity Sales. Whether you purchased the tickets online or from our members at the kiosk, your contribution will help more visually impaired people on their way to overcome barriers and rediscover their potential in work and life.

# 當音符點亮黯淡世界: 「視得其樂」奏出生命樂章

音樂,能跨越語言,直抵心靈。對於視力受限的朋友而言,音樂更是他們探索世界、表達自我的重要途徑。「視得其樂」正是香港失明人協進會為視障人士開展的音樂培訓計劃,它不僅傳授音樂技巧,更在無聲的旋律中,賦予學員們嶄新的生命體驗。Pinky,便是這個計劃中一位經歷深刻轉變的學員。

Pinky從小便對音樂充滿渴望,但缺乏系統性的學習和展現機會,讓她的音樂夢想難以實現。直到她參與「視得其樂」,一切開始有了轉機。「視得其樂」經驗豐富的導師們耐心指導Pinky學習聲樂,從基礎技巧到情感表達,一對一的專業訓練,精準地發掘了她的音樂潛能。

除了個別指導,計劃還提供多元化的課程,例如點字樂譜班,這為Pinky打開了學習音樂的新大門。過去只能依靠聽覺記憶的樂曲,如今透過指尖觸摸,轉化為清晰的樂譜。律動班和發音班則幫助她更深入地理解音樂的節奏與表達,提升了她歌聲的感染力。



更重要的是,「視得其樂」為學員們提供了展示才華的舞台。無論是實體音樂會還是線上演出,每一次機會都彌足珍貴。對於Pinky而言,站上舞台,燈光聚焦的那一刻,不僅是展現技能,透過歌聲,她分享情感,獲得聽眾的共鳴與肯定。每一次成功的演出,都增強了她的自信,讓她更堅定地追求音樂夢。

Pinky表示,參與「視得其樂」最大的收穫,不僅是音樂技能的提升,更是心態的積極轉變。「在導師們的指導下,我不再害怕與人溝通,音樂成為了我與他人連接的橋樑。」她分享道,每次演出後,都能結識許多有共同愛好的朋友,大家因為音樂而緊密聯繫,互相鼓勵,共同進步。這種歸屬感和認同感,是過去她很少體驗到的。

「視得其樂」音樂培訓計劃,讓像Pinky一樣的視障人士,透過音樂體驗到生命的亮色,獲得追逐夢想的動力。它不僅是一個音樂培訓項目,更是一個充滿希望的平台,證明了藝術能夠跨越障礙,啟發每一個渴望成長的生命。我們期待著更多學員的故事,在「視得其樂」的旋律中,奏出屬於自己的生命樂章。

Pinky於聖誕節在馬鞍山新港城中心報佳音
Pinky performed at MOSTown in Ma On Shan during Christmas.

By Chou Chun-cheong

# WHEN NOTES LIGHT UP THE DARK WORLD: "SEEING JOY IN MUSIC" PLAYS THE MELODY OF LIFE

Music transcends language and reaches straight to the heart. For those with visual impairments, music is an important pathway to explore the world and express themselves. "Seeing Joy in Music" a music training program launched by the Hong Kong Blind Union, not only taught musical skills but also through "silent melodies" gave participants a new life experience. Pinky, one of the program's participants, was an example of profound transformation.

Pinky has had a passion for music since she was a child, but a lack of systematic learning and performance opportunities made her musical dreams seem out of reach. That changed when she joined "Seeing Joy in Music". The experienced instructors patiently guided Pinky in vocal training, from foundational techniques to emotional expression. Through one-on-one professional training, they effectively unlocked her musical potential.

In addition to individual instruction, the program covered a wide variety of topics, such as braille music, which opened new doors for Pinky in learning the art of singing. She used to rely on her sense of hearing to memorize the music. With her new-found skill, the melody could be transformed into clear and tangible sheet music. Besides, movement classes further deepened her understanding of rhythm and musical expression, and enhanced the infectiousness of her voice.

More significantly, "Seeing Joy in Music" provided a stage for participants to showcase their talents. Whether through live concerts or online performances, every opportunity was invaluable. For Pinky, stepping onto the stage under the spotlight was not just about showing her talents. Through her singing, she shared her emotions and resonated with the audience, receiving recognition from others. Each successful performance boosted her confidence and made her more determined to pursue her musical dreams.



Pinky於演出前在後台等待時拍攝 Pinky waiting at the backstage before the show

Pinky pointed out that the greatest reward from "Seeing Joy in Music" is not just the improvement in her musical skills but a positive change in her mindset. "Under the guidance of my instructors, I'm no longer afraid to communicate with others. Music has become a bridge connecting others and me," she said. After each performance, she met friends with common interests. Music binds them together, fostering close connections, mutual encouragement, and shared growth. This sense of belonging and recognition is something she rarely experienced before.

The program enabled visually impaired individuals like Pinky to experience the vibrancy of life through music and ignited their drive to pursue their dreams. It was more than a training program but a platform brimming with hope, proving that art can transcend barriers and inspire every life that desires to grow. We look forward to more stories from participants, as they play their own melodies of life.

#### 文:何睿知

# 自覺、自助、自強: 從飛標訓練到群體蜕變









飛標隊成員在中心合影 Group photo of members of the Darts Team at the Centre



家駿在中心練習飛標的一刻 A moment when Ka-chun was practising in the Centre

「你聽我講野咁快,都知我係唔慢得落黎嘅人啦。」說話活潑跳脫,不時輔以肢體語言的家駿,竟在短短4個月內,成為飛標———項講求專注和冷靜的運動的後起之秀。發射飛標在一瞬之間,但對家駿和其他參加者而言,所產生的改變卻是深刻而長遠的。

#### 認識自己,調整心態

飛標是家駿失去視力後學習的首項運動,以往熱愛球類運動的他,並沒有因過往的運動經驗而比別人更快掌握飛標的竅門。「我頭一次擲標時,10枝飛標有7枝落在地上。」後來他發現,除了不夠熟練,更重要是他的情緒影響了發揮,落入了緊張、失手、更緊張再失手的惡性循環。如今他已能輕易覺察自己的內心狀態,在擲標時遇上焦慮也會適時放鬆。「在練習使用白手杖定向行走時,我會想起學習飛標的自己,現在我學會變得更冷靜,因為緊張會使自己步伐錯亂,容易迷失方向,造成更大的不安。」

#### 同儕互助,共同進退

同場受訪的社工阿潮憶述,起初有幾位曾在外間機構參與飛標活動的會員希望引進這項運動,他遂申請民政事務處的資助而開設這為期4個月的飛標課程。這批參加者作為眾人的「大師兄」亦不負眾望,他們在課堂時間外,也會租用外間的標場,偕同其他參加者一起練習。「即使是一些無障礙設施欠奉的場地,學員也是自行結伴。在中心,我們(職員)也不會在場,他們的飛標落地也是自己清理的。」據悉,「大師兄」們就算以往在外參與飛標訓練時,也不及如今的積極練習,且不介意「教識徒弟無師傅」,對家駿等新進學員從不吝嗇指教,充分體現本會自助互助的精神。

#### 突破局限,遇強越強

隨著家駿等新秀的進步,激發起「大師兄」們的鬥志,就算課程資助已經完結,各人仍醉心於導師臨別時留下的一系列訓練日程,中心獲資助購買的3個標靶,至今有甚高的使用率,學員之間恍惚形成了一個良性競爭,遇強越強的生態圈。阿潮笑言「當初獲資助購買的標頭,標桿等消耗品,在學員積極練習下,已所剩無幾。」但他深信,目前資源的局限只是微不足道的障礙,正如課程導師臨別留下的願景,這批學員,憑著強大的學習與進步動機,能涉足業餘飛標比賽的舞台是指日可待的。

By Ho Ho-yuen

## SELF-AWARENESS, SELF-HELP AND SELF-EMPOWERMENT: FROM DARTS TRAINING TO COLLECTIVE TRANSFORMATION

"You can tell from how fast I talk that I'm not someone who can slow down easily," Ka- chun said livelily and often accompanied by body language. In just 4 months, he has become a rising star in darts, a sport that emphasizes concentration and calmness. The act of throwing a dart only takes a second, but for Ka-chun and other participants, the changes it brings are profound and enduring.

#### Self-Awareness and Mindset Adjustment

Darts was the first sport Ka-chun learned after losing his vision. He used to love playing ball games, but the experience granted him no advantage over his peers in mastering the art of flying darts. "The first time I threw darts, 7 out of 10 darts landed on the floor," he recalled. He later realized that his emotions affected his performance more than lack of experience, trapping him in a vicious cycle of feeling nervous, missing, feeling more nervous, and missing again. Now, Ka-chun is easily aware of his inner state and he is also able to relax quickly when he is anxious about throwing a dart. "When practicing with my white cane for navigation, I reflect on the experience of learning darts. I've learned to stay calmer because Nervousness can throw my pace off, making it easy for me to lose my way and causing greater unease."

#### Peer Support and Collective Progress

Chiu, the program's social worker, recalled how the program began. A few members who had previously participated in darts through external organizations propose the sport to Blind Union. With the funding from the Home Affairs Department, Chiu launched a 4-month darts course. The senior members who introduced darts lived up to their expectations. In addition to classroom sessions, they rented other venues to practice with the new-comers. "They even navigated to and practiced in venues with poor barrier-free facilities by themselves. When they practice at our center, we (staff) are not there, and they clean up after their darts landed on the ground." These senior participants have become more active in their training than they were in the past when they were involved in the training of other organizations. They don't mind generously mentoring the newcomers like Ka-chun, and getting surpassed, embodying the spirit of self-help and mutual help.

#### **Breaking Barriers and Thriving in Competition**

As newcomers like Ka-chun progressed, they sparked a competitive drive among the senior participants. Even though the funding for the course has ended, participants still remain dedicated to the training schedule left by their instructor. The three dartboards purchased with the funding are still heavily used. An ecosystem of healthy competition was formed among the students, and the improvement of one member always stimulated the other students to pursue improvement. Chiu chuckled, "The darts and other consumables we bought with the funding are nearly depleted due to their enthusiastic practice." Yet, he believes resource constraints are minor hurdles. Echoing the instructor's parting vision, Chiu was confident that with their strong motivation to learn and improve, these participants will compete in amateur darts tournaments in the near future.



## 用雙手編織未來:

## 羽毛球拍拉線助力視障人士職場成長

義工關先生熱愛打羽毛球,熱愛到甚至學習了羽毛球拍拉線。 服務視障人士的過程中,關先生忽發奇想,視障人士日常多用 觸覺,除了傳統的按摩師和文職工作外,羽毛球拍拉線會是另 一個就業機會嗎?

「我聯絡了失明人協進會,希望招募有興趣的視障人士與我一 起作這個新嘗試」。關先生起初對視障人士能否成功穿線也半 信半疑,只抱著一試的心態,但面試當天絕大部份的視障人士 都成功穿線,令他感到十分鼓舞。

類芝是首屆學員之一,這次羽毛球拍拉線訓練,讓她重拾工作的熱誠。類芝不擅長社交,而在上一份工作中,她需要和很多人打交道,這給她帶來很大壓力,甚至令她失去了工作動力。「我試過因壓力太大,在需要上班的日子連踏出家門的力氣也沒有」。「我比較喜歡一個人埋首工作,而羽毛球拍拉線這項工作正符合我的性格,而且我一直比較擅長做小手工」。羽毛球拍拉線不只是一份新工作,更成為了穎芝新的人生目標,讓她對自己的工作能力重拾信心。





經過一年持之以恆的練習,穎芝現在已學有所成,羽毛球拍拉線的技能己經不輸導師了。「我花了半年時間,便由起初4小時完成一塊球拍到現在只需1.5小時」。關先生笑言:「身為導師的我,剛剛學習時也要花上至少2小時才能完成。我相信視障人士只要找到一份適合且能發揮其長處的工作,他們的工作能力並不遜於一般人,甚至能做得比健視人士更好」。而另一學員金光,他一向喜歡新嘗試,「我覺得視障人士雖然有視力的限制,但在能力上卻是有無限的可能性,一般人做到的,我相信視障人士都能做到」。

協進會多年來推動視障人士平等就業機會,積極發掘多元工種, 讓視障人士能夠發展所長,創造個人價值,在人生路上不斷勇往 直前,實現目標。在未來,本會期盼更多僱主能看見視障人士的 潛能與專業,積極提供多元的就業機會,讓他們得以在職場上發 光發熱,同時實現企業可持續發展的社會責任。 By Michael Ng

# WEAVE YOUR OWN FUTURE: BADMINTON RACKET RESTRING A NEW WAY OUT FOR THE VISUALLY IMPAIRED

Our volunteer Mr. Kwan loves playing badminton and even learned badminton racket restring. Serving the visually impaired, he came up with an idea to harness their trained sensation. Apart from traditional occupations regarding massage and clerical jobs, will badminton racket restring become a new opportunity for visually impaired people?

He said, "I have contacted Hong Kong Blind Union (HKBU) in the hope of recruiting brave visually impaired participants to make an attempt with me." At first, Mr. Kwan doubted whether they could accomplish the task, and went ahead with a "Try and Error" attitude. Fortunately, most candidates passed the test, which was a great motivation for him to move on.

Wing Chi, a trainee of the first year Badminton Racket Restring Training Program, re-gained the passion to work. In her previous occupation, she was tasked with building up social networks with a lot of people, which was stressful for her and drained her motivation to work. She said, "At one point, I lacked the courage to even step out of my home on a working day. I enjoy working individually, a preference which Badminton racket restring fulfils perfectly. Furthermore, I perform better in tasks involving handcrafts." Badminton racket restring helps Wing Chi re-gain confidence in developing her own career. It is more than a new job, but her new purpose of life.

After a year of intensive training, Wing Chi becomes high skillful in the task, even on par as her instructor. "At first, it took me 4 hours to restring one badminton racket. With six months of practice, it is shortened to 1.5 hours." Mr. Kwan is very satisfied with the result. He said, "It took me 2 hours when I was a beginner. I believe that visually impaired people can work as well as normal people once they find a position fitting their strengths. Sometimes they may even perform better than normal people." Another trainee Kam Kong who loves making new attempts said, "I think that although visually impaired people face constraints in their eyesight, they have unlimited potentials. They can do most of the things that normal people do."

In these years HKBU has been actively promoting equal employment opportunities for visually impaired people and widening their scope of occupations. We hope that more employers could discover the potential and professional capability of visually impaired people, let them shine in the workplace with other normal people, while the corporations could fulfil sustainable social responsibilities.

金光努力練習羽毛球拍拉線的日常

Kam Kong's daily practice of badminton racket stringing



## 活動回顧 ACTIVITIES REVIEW



#### 2024年11月9日

#### 崇德女兒,塑造明天

香港東區崇德社邀請協進會參加「Zonta Day 崇德日」,在中環街市擺設攤位進行 慈善義賣。當日,我們的攤位上所有產品均由視障人士親手製作,包括香薰蠟燭、 共融藝術盆栽以及點字明信片。這次活動讓我們有機會與大家分享這些富有意義的 作品,並幫助視障人士發展他們的潛能。

#### 9th November, 2024

#### Women Empowerment Drive in the Community

The Zonta Club of Hong Kong East invited Hong Kong Blind Union to participate in the "Zonta Day" by setting up a booth in the Central Market for charity sale. On that day, all the products on our stall were handmade by the visually impaired, including scented candles, inclusive potted plants and Braille postcards. The event gave us an opportunity to share these meaningful creations and help the visually impaired to develop their potential.



#### 2025年1月17日至3月10日

#### 香港失明人協進會60周年慈善獎券

協進會60周年慈善獎券已於2025年3月10日圓滿結束。在此期間,我們衷心感謝所有支持者的參與,正是你們的支持讓我們能夠持續推動視障人士的平等、機會和獨立。經過仔細點算,最終售出獎券約19,140張,成功籌得善款達\$23萬。這一佳績的取得,充分展現了所有參與會員、義工及同事們的共同努力。

#### 17th January, 2025 to 10th March, 2025

#### Hong Kong Blind Union's 60th Anniversary Charity Raffle Tickets

The sales of 60th Anniversary Charity Raffle Tickets has come to an end on 10 March. We would like to express our heartfelt thanks to all our supporters for their participation in the Raffle, which enabled us to continue to promote equality, opportunity and independence for the visually impaired. In result, about 19,140 raffle tickets were sold and \$230,000 was raised. The success of the Charity Raffle was due to the concerted efforts of all participating members, volunteers and colleagues.



#### 2025年2月9日

#### 渣打馬拉松慈善計劃2025

協進會再次有幸獲邀參加渣打馬拉松的慈善計劃,我們招募了一眾視障跑手及領跑員參加全馬、半馬及10公里賽事。其中,睿知與他的爸爸首次在香港參加全馬;而「視得其樂」的學員則希望透過跑步在音樂上取得更大進步因而參加賽事。此外,我們也誠邀公眾人士成為慈善跑手,最終成功籌得\$88,000元。賽事雖然已經結束,但我們始終相信,縱使視力有限,仍然可以跑出無限的可能。

#### 9th February, 2025

#### Marathon Charity Programme 2025

HKBU was honoured to be invited to participate in the Standard Chartered Marathon Charity Programme. We recruited a number of visually impaired runners and guide runners to participate in the Full-Marathon, Half-Marathon and 10km races. Among them, runner Merrick and his father participated in the full marathon for the first time in Hong Kong, while members of the 'Seeing Joy in Music' program participated in the race as they wanted to improve their music skills through running. We also invited the public to be our charity runners and raised \$88,000. Although the race is over, we still believe that even with limited vision, we can run together with unlimited possibilities.



#### 2025年2月27日

#### eConnect 就業連網共融就業日啟動禮暨招聘日

《e-Connect就業連網》再次以「職場多元·人才無限」為主題,在新蒲崗東蒲舉辦了《共融就業日啟動禮暨招聘日》。本會總幹事關卓妍(Jackie)為今年eConnect就業連網主席代表致辭並致送紀念品,同時陪同勞福局副局長何啟明先生到各僱主攤位進行交流,了解各行業的共融就業情況。此外,本會的輔助就業同事亦安排了義工協助會員前往相關僱主攤位申請職位並即場進行面試。

## 27th February, 2025 "eConnect" Opening Ceremony cum Career Fairs

Under the theme of 'Workplace Diversity – Talent Unlimited', eConnect Employment Network organised the Opening Ceremony cum Job Fairs in San Po Kong. Our Executive Director Ms. Jackie Kwan is the representative of eConnect this year to deliver a speech and souvenir, and also accompany Mr. Ho Kai Ming, Under Secretary for Labour and Welfare, to visit the employers' booths to learn more about the situation of inclusive employment in various industries. In addition, HKBU's staff also assist members to apply for jobs at the relevant employers' booths and conduct interviews on–site.



#### 2025年3月18日

#### 《看我今天怎麼說》慈善共融謝票場

香港無線科技商會與香港電影共同舉辦了《看我今天怎麼說》慈善共融謝票場,協進會亦是受邀機構之一。大會邀請了視障、聽障、低收入家庭及肢體殘障人士與公眾一起欣賞電影並進行交流。現場還提供了口述影像設備,讓觀眾親身體驗視障人士如何透過口述影像「睇」電影。此外,導演黃修平、金馬影后鍾雪瑩和聲人素人吳祉昊也在場分享拍攝心得,幫助大家更深入理解電影故事背後的真實經歷。

#### 18th March, 2025

#### "The Way We Talk" Film Screening

The Hong Kong Wireless Technology Industry Association and the Hong Kong Movie jointly organised the "The Way We Talk" Charity Screening. Visually impaired, hearing impaired, low-income families and physically disabled persons were invited to enjoy the film with the public. Audio description was also provided for the audience to experience how the visually impaired "watch" movie through audio description. In addition, director Wong Sau Ping, actress Chung Suet Ying and actor Ng Tsz Ho also shared their experience, helping the audience to better understand the behind-the-scenes.



### 捐款表格 **Donation Form**

電話 Tel: 2339 0666 傳真 Fax: 2338 7850

電郵 Email: info@hkbu.org.hk

□ 本人樂意成為「協進之友」,每月 <u>以信用卡或銀行自動轉賬方式</u> 捐款,協助視障人士融入社會。 I would like to donate the following amount monthly <u>by credit card or autopay</u> to support the work of HKBU. □ HK\$100 □ HK\$300 □ HK\$500 □ HK\$1,000 □ Other \$	
<ul><li>本人樂意作一次性捐款</li><li>I would like to make a one-off donation.</li><li>☐ HK\$300 ☐ HK\$500 ☐ HK\$1000 ☐ HK\$1,500</li></ul>	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	□ 直接捐入本會戶口 Deposit to Blind Union's account (香港上海匯豐銀行 HSBC 511-529299-001)
持卡人姓名 Cardholder's Name:	
信用卡號碼 Card Number:	□ 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 將捐款存入本會 can make their donations through this website: www.hangseng.com/e-banking
有效日期 Expiry Date:	<b>匯豐銀行網上理財用戶 Users of HSBC e-Banking</b> 可透過網頁 www.ebanking.hsbc.com.hk 將捐款存入本會 can make their donations through this website:
	www.ebanking.hsbc.com.hk
□ 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")	大宗出示右邊條碼及表明捐款金額 please provide bar code on the right and indicate your donation amoun 402995678912313
Payme 捐款 Payme Donation  請用 Payme 掃瞄右邊的 QR圖碼 please use Payme to scan the QR Code on the right 請於付款訊息提供閣下的姓名、電話和地址 Please provide your name, tel and address in the payment message	■ 轉數快 Fast Payment System (FPS)  (快速支付系統識別碼FPS ID: 3245701)  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 掃瞄右邊的 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	

### 個人資料收集聲明 Personal Information Collection Statement

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談,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談等資料。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、連訊、籌募捐款、活動推廣、義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,或日後查閱及更新資料,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 recipients, 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.

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

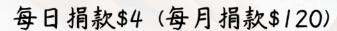
□ 本人同意香港失明人協進會使用本人的個人資料作為日後通訊、服務推廣、呼籲慈善捐款、活動邀請或收集意見的用途。
I agree Hong Kong Blind Union to use my personal data for the purposes of future communications, fundraising appeal, activities invitation as well as for feedback collection and related promotion purposes.

口 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.









可讓2位出行困難的失明人士獲得一對一陪診服務令有需要視障人士能適時往返醫院及診所接受治療







月娟計劃







地址 Address : 香港九龍觀塘翠屏村翠櫻樓地下13-20號 Rm 13-20, G/F, Tsui Ying House, Tsui

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

**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.