**《心光傲行2021》暨125週年活動啓動禮**

**心光學校 曹永莊舍監**

為慶祝心光盲人院暨學校踏入125週年，機構已密鑼緊鼓地籌備不同的活動。本年度《心光傲行》於2021年12月5日至31日舉辦線上步行慈善籌款活動，以助持續提供全面及創新的服務予視障人士，並提高大眾對視障人士的關注，共同邁向美好的未來。 《心光傲行2021》開步典禮暨125週年活動啓動禮已於12月5日 （星期日）於心光學校舉行。當日，機構十分榮幸邀請到香港特別行政區教育局局長楊潤雄先生,JP及華人置業集團行政總裁陳凱韻女士擔任活動的主禮嘉賓，為同學作出訓勉；歌影視紅星蘇永康先生及胡定欣小姐亦親臨現場支持一眾視障同學及青年，場面盛大，為《心光傲行》暨125週年活動揭開序幕。

**Ebenezer Walk with PRIDE 2021 - 125th Anniversary Virtual Walkathon**

To celebrate Ebenezer’s 125th anniversary, we held a virtual walkathon Walk with PRIDE in December 2021. Through this event, we hope to raise funds to support new initiatives and a more comprehensive service as well as to raise public awareness about the visually impaired. The kick-off ceremony of the walkathon was successfully held at Ebenezer School on 5 December. We were grateful to have Mr. Kevin Yeung, JP, Secretary for Education, Ms. Kimbee Chan, CEO of the Chinese Estates Holdings Limited, as well as artistes Mr. William So and Ms. Nancy Wu as our guests of honour.

**Ms. Stella Cho, WardenEbenezer School**

**心光125週年教育研討會 心光學校 黎志超副校長**

2022年是值得我們感恩及慶祝的一年，因為心光盲人院暨學校在香港的視障教育服務將踏入第125個年頭。心光125週年慶典的主題為《同行見未來》，我們期望藉著未來一年的活動，發揮視障人士的潛能，大家攜手同行，創建共融社會、美好明天。 125週年慶典其中一項活動為「視障教育研討會暨教職員發展日」，將於2022年4月21至22日舉辦。研討會將邀請本地、內地及海外學者主講，向教職員、家長、畢業生及關心視障教育的人士，分享他們在特殊教育、視障教育及職涯發展的寶貴經驗。因應疫情的變化，研討會除設有實體形式外，亦有即時網上直播，詳情及報名方法將於稍後發放。現誠邀各位出席是次研討會，有關詳情如下，請預留時間抽空出席。

日期：2022年4月21至22日時間：上午9時至下午4時30分 地點：薄扶林道131號心光學校三樓禮堂**Ebenezer 125th Anniversary Education Forum**

Greetings! 2022 is an exciting year for Ebenezer School and Home for the Visually Impaired as we are celebrating the 125th Anniversary since its founding in 1897. The anniversary theme, “The Future is Ours”, reflects our confidence in the vast potential of people with visual impairment and our determination to expedite their success and to build an inclusive society together. As part of the year-long celebration, we are holding a 2-day education forum on 21 & 22 April 2022 to gather teachers, educators, professionals, employers and alumni to exchange ideas about the latest development in education for the visually impaired. Local, mainland and overseas scholars will be invited to speak at the forum to share teaching and learning strategies, support services and career development. The forum will be held physically as well as streamed live online. Details of the programme and enrolment will be announced shortly.We are pleased to invite you to join the forum, please save the date.Date: 21-22 April 2022Time: 9:00 am – 4:30 pmVenue: Assembly Hall, 3/F, Ebenezer School, 131 Pokfulam Road, HK

**Mr. Tim Lai, Deputy PrincipalEbenezer School**

**心光賽馬會音樂旅程正式展開心光機構 項目經理 麥家珮女士**

本校獲香港賽馬會慈善信託基金捐助，於2021年6月正式展開「心光賽馬會音樂旅程」計劃。計劃旨在培養0至21歲學生、畢業生及外讀生的音樂興趣及藝術涵養，讓他們達致均衡的個人成長。計劃包括各類樂器基礎班及創意音樂體驗班，讓學員運用不同的感官去體驗音樂的奧妙之處。計劃也著力發展音樂點字資源庫，建構網上資源中心供視障人士使用及作教學用途; 心光兩校之音樂老師亦會接受各種音樂教學法的訓練。為了讓學員展示努力學習的成果，學校會舉辦不同的音樂演出活動，用音樂與大眾共融。

不同樂器探索的音樂訓練

「不同樂器探索的音樂訓練」為「心光賽馬會音樂旅程」的其中一個項目，旨在為非本校的視障和智障學生設計及提供另類的音樂體驗到校服務。今年，本校為慈恩學校和靈實恩光學校開設了為期一年的課程，希望通過有系統的音樂訓練發掘學生的個人潛能、提升專注力、表達能力及認知能力。在課程中，音樂治療師會運用音樂軟件Makey Makey 及音樂輔助樂器Skoog— 一款特別設計的電子樂器，嘗試創意玩「樂」，藉此增強表達能力、自我效能感及團隊合作精神。

**The Ebenezer Jockey Club Music Odyssey Begins**

Funded by the Hong Kong Jockey Club Charities Trust, the Ebenezer Jockey Club Music Odyssey began in June 2021 with the aim to nurture the talents of music lovers with visual impairment. The project welcomes learners from infants to the age of 21, providing various elementary instrumental training and creative music experiential activities so that the students can explore music through different senses. Besides, the programme aims to build a comprehensive Braille music score database and an Online Resource Centre to improve music education of the visually impaired. Ebenezer Music teachers will also benefit from the teachers’ training provided by the programme. The public will get to see the learning achievement of our participants in the performances to come in the near future. Stay tuned!

Music Exploration Training Course

As part of the Ebenezer Jockey Club Music Odyssey, Music Exploration Training Course is offered to students with visual impairment or intellectual disability from other schools. Chi Yun School and Haven of Hope Sunnyside School are the first to benefit from the one-year course covering music sensitivity activities using the music software Makey Makey and the assistive musical instrument Skoog – an easy-to-play musical instrument designed for everyone to enjoy. In addition to the musical benefits, participants will also enhance their social, motor and communication skills through the innovative experiences.

**Ms. Phyllis Mak, Project ManagerEbenezer Music Academy**

**打破框框—奧福音樂教學法培訓**

**心光機構 項目經理 麥家珮女士**

「心光賽馬會音樂旅程」計劃邀請了香港奧福音樂協會為音樂老師及導師提供30小時到校培訓課程，讓教師理解及實踐奧福教學法。奧福教學法著重激發學生的想像力，提昇學生對音樂的敏感度及表達能力，因此在課程中，教師會學習運用遊戲、感官活動、實用的訓練方法及教具，以提升學生學習音樂的能力。

**Out of the Box – The Orff Approach in Music Education**

The Ebenezer Jockey Club Music Odyssey project has invited Hong Kong Orff Schulwerk Association to conduct pedagogy training for music teachers. Created by composer Carl Orff and his colleague Gunild Keetman, the Orff Approach builds understanding of concepts and skills by connecting students with music through speech/chants, movement, singing, drama, and by playing pitched and unpitched instruments. We believe the Orff approach will enlighten us further on music education for the visually impaired.

**Ms. Phyllis Mak, Project ManagerEbenezer Music Academy**

**音樂小組課堂**

**心光幼兒中心 霍靈枝主任**

心光幼兒中心學童亦受惠於「心光賽馬會音樂旅程」計劃。由2021年10月起，音樂治療師會大約每兩週到訪中心一次，以小組形式為學生進行音樂基礎課堂，讓幼兒接觸不同的樂器及音樂形式，體驗多樣化的音樂經驗，以加強幼兒的認知、感官及協調能力，並有助他們抒發情感。

**Music Group Lessons**

Our centre children aged 2 to 6 also benefit from the Ebenezer Jockey Club Music Odyssey in the artistic cultivation. Elementary music group lessons are held every two weeks for students of ECCC starting from October 2021. Conducted by a music therapist, the lessons include various experiential activities where students can express themselves through music, strengthening children’s cognition, sensitivity and coordination.

**Ms. Doris Fok, Centre-in-chargeEbenezer Child Care Centre**

**《生命的光》聖誕音樂會**

**心光機構 項目主任 李健暉先生**

「視障音樂專才計劃」第四場音樂會將於12月21日假心光學校禮堂舉行，主題為《生命的光》。隨着疫情漸趨穩定，音樂會首次以實體形式進行，並加入互動環節。我們有幸邀請到迪士尼樂園新一屆度假區親善大使陳麗儀、唐俊迪及樂園義工、嘉賓與眾同樂，為大家帶來聖誕佳節的歡樂氣氛，燃點內心的盼望和喜悅之光，鼓勵大家追求夢想！

**Guiding Light – Ebenezer Music Academy Concert 2021**

With the epidemic winding down in recent months, we are thrilled to announce that the Academy’s Guiding Light concert is to be physically held on 21 December at Ebenezer Assembly Hall. We are honoured to have Hong Kong Disneyland Resort Ambassadors Ms. Lily Chan and Mr. Tony Dick and a team of kind-hearted volunteers to join us as guest performers in the concert, which will surely take the audience on a magical Christmas journey. You are welcome to show your support to our students and graduates by attending the concert.

**Mr. Li Kin Fai Vincent, Project OfficerEbenezer Music Academy**

**「有作為」企業及社區夥伴聚會2021**

**「有作為」計劃 項目經理 凃淑怡女士**

「有作為」計劃為感謝合作夥伴，於2021於11月20日舉行企業及社區夥伴聚會。當天蒞臨嘉賓眾多，出席人數超過80人，場面熱鬧。聚會以有「VI」效果的亮燈儀式掀開序幕，帶出視界無限（Vision Infinity）的主題。其後「有作為」亦頒發感謝狀，以答謝合作夥伴過去對視障青年的支持。「有作為」的服務得以開展並能發展至今，實有賴各界企業機構、義工及熱心人士的支持，以及視障青年堅持不懈的努力。 期望「有作為」繼續拓展合作夥伴網絡，為視障青年開拓更多發展機會。

**Project WORKS Corporate & Community Partnership Gathering 2021**

Project WORKS Corporate & Community Partnership Gathering was successfully held on 20 November 2021 with more than 80 guests in attendance. The gathering began with an opening ceremony celebrating the theme of Vision Infinity with guest holding lights to form the letters V-I, followed by a presentation of Certificates of Appreciation to our work partners. Project WORKS could not have been possible without the support of the collaborating organizations, volunteers and warm-hearted persons, as well as the perseverance of visually impaired youths. We look forward to expanding our service network and creating more opportunities for the visually impaired in the future.

**Ms. Shirley To, Project ManagerProject WORKS**

**124週年院慶**

**心光護理安老院 楊陳彩虹主任**

心光護理安老院於2021年10月18日（星期一）舉行124週年院慶，全體職員及院友皆盛裝出席慶典。當天，我們邀請到全院最年長的院友—103歲的梁玉蘭婆婆，聯同院長郁德芬博士及主任楊太一同進行切蛋糕儀式。之後，職員及院友一同玩遊戲，場面樂也融融。此外，我們亦透過一年一度的「好人好事」獎勵計劃，鼓勵院友勤做運動，多參與院舍義務工作，例如接聽電話、摘菜、澆花等。大家在一片歡笑聲中，渡過一個愉快的下午。

**124th Anniversary Celebration**

The 124th Anniversary Celebration was held on 18 October 2021 with over 50 residents and staff in attendance. Birthday cake–cutting ceremony was hosted by our 103-year-old resident, Madam Leung, accompanied by Dr. Yuk and Mrs. Yeung. Also, we presented souvenirs to the residents in the Good Neighbour Recognition Ceremony in recognition of their efforts in exercising regularly and doing voluntary work. Besides, we played games with the residents and everyone had a blast.

**Mrs. Rainbow Yeung, SuperintendentEbenezer Care & Attention Home**

**心繫指尖**

**心光學校 林思玲老師**

學生和校友在《心繫指尖．編織藝術計劃》中製作了餐墊、鏡子、籃子等，他們的作品已在學校大堂的愛心樹上展出，供來賓欣賞。除此以外，大堂亦放置了由藝術家與學員共同紡織而成的「心光熊啤啤」1米高大型毛公仔。《心繫指尖．編織藝術計劃》亦提供了編織材料包，讓各界人士依製作步驟蒙眼製作，從中體驗及了解視障學員學習編織的過程。

**Weave at Fingertips**

Ebenezer students and alumni participated in the Weave at Fingertips programme and crafted different products including place mats, mirrors and baskets, which are now on display in the school lobby’s Tree of Love, next to the 1-metre-tall woven teddy bear, also hand-made by the weaving artists and learners. The programme has also prepared some DIY weaving kits for Ebenezer’s staff and visitors to take on a blindfolded weaving challenge to experience how visually impaired learned using other senses.

**Ms. Lam Sze Ling, TeacherEbenezer School**

**感官綜合訓練計劃**

**心光恩望學校 黎德貞老師**

多感官室於1997年啟用至今已24年，大多數設備已過時甚至破舊不堪，加上最初多感官室主要是為身體活動能力良好的視障學生而設，並不切合現時學生的需要。 為迎合現時視障學生多重弱能的需求，促進學生在視覺、聽覺、觸覺、嗅覺、本體感和前庭感方面的感官發展，本校於2018年申請優質教育基金，推行「感官與學習—視障及多重障礙學生『感官綜合訓練』計劃」，發展以學校為基礎的「感官綜合訓練（IST）」計劃，重新設計多感官室，增添視覺、聽覺、觸覺、嗅覺訓練器材、可移動的互動投影系統和天花吊機，以先進的設備來滿足視障及多重障礙學生的複雜訓練需要，藉此提升學生對不同感官刺激的反應，以及提高學生的感官和運動協調能力。經過3年的設計、規劃、籌備及翻新工程，多感官室終於在2021年9月正式啟用，現時有多重弱能學生的班別每星期均有二至四節在多感官室上課。 感官綜合訓練（IST）課程強調「復康」與「教育」融合，着重加強職業治療師與教師之間的合作和專業理念的互相分享。訓練計劃將透過不同的感官刺激，提高學生對周遭環境的興趣，改善學生的感統和運動協調能力，從而提升專注力，促進學生參與及投入課堂。

**Integrated Sensory Training Programme**

After three years of designing, planning and preparation, we have finally completed the renovation of our multi-sensory room which was officially re-opened in September 2021. It has been 24 years since the room’s opening in 1997 and most equipment has become outdated and defective. Moreover, the multi-sensory room was originally designed for visually impaired students with good physical ability and thus may not fit the needs of current students. Therefore, we decided to apply for the Quality Education Fund in 2018 to implement the Integrated Sensory Training (IST) programme – Learn to Sense, Sense to Learn, which allowed us to renovate the room with new facilities to promote their visual, auditory, tactile, olfactory, proprioception and vestibular development and hence better meet the needs of our visually impaired students with multiple disabilities. The multi-sensory room was redesigned with the addition of different training equipment, a mobile interactive floor projection system and a ceiling hoist. This advanced setting meets the complex training needs of our students, helps enhance students’ response to different sensory stimuli, and improves students’ sensory and motor coordination abilities. Our students will spend two to four lessons per week in the new multi-sensory room. The IST curriculum emphasizes the integration of rehabilitation and education through collaboration between occupational therapists and teachers. The training programme will activate students’ different sensory stimuli to increase their interest in the environment, so as to improve students' sensory integration and motor coordination, enhance their concentration and promote classroom participation.

**Ms. Lai Tak Ching, TeacherEbenezer New Hope School**

**2021-23 心光學校校友會幹事會**

**心光學校校友會 主席 吳嘉明先生 （名譽秘書 周俊昌代執筆）**

主席：吳嘉明先生副主席：陳煥威先生名譽秘書：周俊昌先生名譽司庫：區嘉俊先生會員事務幹事：譚世鴻先生外務、宣傳及活動幹事：蘇智廉先生 李俊彥先生 徐文俊先生校友校董：關志偉先生學校代表：蕭少航先生 今年八月二十二日，校友會召開會員大會選出新一屆幹事，恭喜吳嘉明校友第三度當選主席，亦樂見新一屆幹事中添了不少年青校友。當選後，本會期望與校方通力合作，多表揚有傑出表現的學生。本會亦希望能加強與校內其他組織的連繫，竭誠為大家服務。

**Ebenezer School Alumni Association (ESAA) Executive Committee 2021-23**

The ESAA Annual General Meeting was held on 22 August to elect the new cohort of executive committee members. We hereby congratulate our alumnus Mr. Ng Ka Ming on being elected Chairperson for the third consecutive term. We are also delighted to welcome several fresh faces to the new committee, as well as to continue to collaborate with the school to motivate and support students and alumni. We also hope to strengthen our link with other sections of the school in our common endeavour of serving Ebenezer.

**Mr. Ng Ka Ming, ChairpersonEbenezer School Alumni Association**

**心光學校家長教職員聯會活動花絮**

**心光學校家長教職員聯會 主席 張文亮先生**

家教聯於十月二十四日舉行了一年一度的會員大會，當日除報告20-21年度的會務及展望本年度的計劃外，亦順利通過修改會章，使本會更有效發揮家校合作的功能。新一屆委員亦於當日順利誕生，七位家長委員，加上七位教職員代表，分別擔當以下職位：主席﹕張文亮先生（中二張溢桉家長）

副主席﹕黃君保先生 （校長）

文書﹕鄭俊誼先生（中一鄭婉婷家長）、方少玉女士（社工）財政﹕林清樺女士（小三陳靖家長）、曹永莊女士（舍監） 康樂﹕鍾恩慧女士（中二陳浤益家長）、莊潤月女士（小二林子歡家長）、李珈熙女士（老師）、葉春玲姑娘（護士） 聯絡﹕邵凱先生 （小四邵知言家長）、陳寶榆先生（小二陳恩佑家長）、傅清華女士 （社工）、張美賢女士（老師）除此之外，新一任的家長校董亦順利誕生，朱嘉豪先生（小四朱納浵家長）成為家長校董，而陳寶榆先生（小二陳恩佑家長）成為替代家長校董。期望新委員及校董的加入為家教聯注入新活力，繼續促進家校的合作與分享！

**Annual General Meeting of Parent-School Association**

The Parent-School Association (PSA) held its annual general meeting on 24 October. Members were briefed on the annual report and the new annual plan. The assembly also passed the amendments to the constitution. Moreover, IMC Parent Managers and the PSA Executive Committee (Exco) were elected with some new members. We hope that the Exco will bring new ideas and synergy to foster parent-school cooperation.

**Mr. Cheung Man Leung, ChairpersonEbenezer School Parent-School Association**

**全方位活動日**

**心光學校 林思玲老師**

11月18日為本校全方位活動日，承蒙「山與海教室」安排，當天漢鼎書院學生到校與心光學生進行STEM小實驗和學科攤位遊戲。本地著名編織藝術家則教授學生利用毛線及紙模具編織出可愛小木馬。下午時段，初小、展能組學生及高小、中學生分別與漢鼎書院學生玩地壺球和進行團隊建立活動，大家都十分投入活動，全體師生渡過了既歡樂又有學習意義的活動日。

**Life-wide Learning Day**

The Life-wide Learning Day was held on 18 November. With the kind arrangements of Mountain and the Sea Educo, students from Han Academy and Ebenezer School gathered in our school campus to conduct STEM experiments and try their hand at various subject stall games. A group of renowned local knitting artists taught the students how to knit lovely wooden horse miniatures using yarn and paper models. In the afternoon, our lower primary and High Flyer students engaged in games of floor curling with Han Academy students, while our upper primary and secondary students took part in various team-building activities. It was a day of fun, genuine enjoyment as well as meaningful learning for all students and teaching staff.

**Ms. Lam Sze Ling, TeacherEbenezer School**

**《心繫自然 —森林體驗計劃》**

**心光學校 蔡梓培老師**

在9月至11月期間，8名學生及其家長參與由嘉道理農場暨植物園舉辦的《心繫自然 —森林體驗計劃》課程。課程著重以體驗式的學習引發學生的學習動機，例如讓學生製作玩具給動物。在6天的課程中，同學藉着參與各類型的教育活動及參觀大自然教室，提升了與環境和諧並存的意識。最後，學生總結所學和感受，學習把生活連繫大自然。

**‘Reconnect with Forest’ Nature Immersion Programme**

The Life-wide Learning The Kadoorie Farm & Botanic Garden organized the ‘Reconnect with Forest’ Nature Immersion Programme from September to November and 8 students and their parents participated in it. The 6-day course offered various educational activities that raised environmental awareness. The course included a lot of stimulating experiential learning activities such as making toys for animals and using clay to demonstrate what they have learned. The participants had much fun while learning about nature.

**Mr. Choi Tsz Pui, TeacherEbenezer School**

**「治肥企劃日營」及「大手拉小手親子日營」**

**心光學校 王曉蕙老師 陳月明老師 周佩怡老師**

視障學童支援計劃在6月分別為中學生及小學生舉辦了「治肥企劃日營」及「大手拉小手親子日營」。大家自疫情後首次見面，久別重逢份外興奮。中學生盡情享用營地設施，燃燒疫情期間所累積的脂肪﹔小學生及家長則參與了親子遊戲及家長工作坊，以了解視障子女的身心發展需要及如何為子女建立均衡的作息時間表，大家都渡過了愉快又充實的一天。

**RSP Fit Camp & Hand-in-Hand Parent-Children Day Camp**

RSP organized Fit Camp and Hand-in-Hand Parent-Children Day Camp for our secondary and primary students respectively last June. Students had been longing for these reunions since the outbreak of the COVID-19 pandemic. The secondary students burnt off quite a lot of holiday calories making use of the facilities in the campsite. The primary students and their parents took part in parent-child activities and a parent workshop about well-being and time management for children with visual impairment. The students have happily lost some and gained some from these camp activities.

**Ms. Wong Hue Wai, Ms. Chan Yuet Ming, Ms. Chow Pui Yee, TeacherEbenezer School**

**點字筆記本工作坊**

**心光學校 黎健賢老師**

為加強學生運用資訊科技輔助學習的能力，資訊科技科於10月至11月的多元智能課共舉辦三次點字筆記本工作坊。學生於工作坊中學習點字筆記本的基本操作方法，包括基本設定、檔案管理、摘錄課堂筆記等等。這些知識不但能提升學生的學習效能，更能協助他們應付日後的工作，提升他們於社會上的競爭力和適應能力。

**Notetaker Workshops**

In order to strengthen students' ability in using assistive technology, the school IT panel conducted three NoteTaker workshops this year where students learned the basic operations of a NoteTaker, including the settings, file management and taking notes. This not only assists visually impaired students in learning, but also allows them to handle clerical tasks in the workplace more effectively, and hence gaining better competitiveness and adaptability in society.

**Mr. Lai Kin Yin, TeacherEbenezer School**

**關於行路，我說的其實是……**

**「行向新希望」 學員 丁怡傑**

我叫丁怡傑，2018年考入香港演藝學院，學習小提琴。我患有先天性視障，從小媽媽就訓練我獨立生活。我覺得香港的無障礙設施十分完善，例如街上會有聲音讓視障者判斷自動扶梯的方向﹔馬路上幾乎所有的交通燈都有聲響，十分便利視障人士。 我有幸參加由心光機構舉辦的定向行走訓練。上課時，老師耐心地把路上的一切狀況描述給我聽。我有時靠着聆聽四周的聲音來認路，有時靠嗅覺和觸覺辨認方向，又或用手杖來感知路面的不同。在老師悉心教導下，我能獨自到達目的地，讓我很有成就感。我十分感謝「行向新希望」計劃及心光學校老師辛勤的付出。

**Let’s Talk the Talk and Walk the Walk**

I’m Yijie Ding. I have been studying as a violin student in the Hong Kong Academy for Performing Arts since 2018. Despite my visual impairment, I have learned to live quite independently ever since I was a little kid. On top of that, the barrier-free accessibility in Hong Kong makes getting around even easier so starting my studies here was not much of a challenge. I thought I was beyond capable until receiving my first Orientation and Mobility training in Hong Kong that I realised that there was still much to learn. The Ebenezer Walk with Hope instructor was kind and patient in describing the environment and explaining common obstacles to me. I was trained to use the walking cane properly and understand my surroundings using all my senses, which has allowed me to get to places without any guessing or assistance after merely two or three sessions. I am very thankful to the instructor and this wonderful programme!

**Ms. Ding YijieEbenezer Walk with Hope Service User**

**在晴朗的一天出發**

**「行向新希望」 學員 葉亭頤**

我非常感謝「行向新希望」計劃，它令我重拾自信，能獨立地在街上行走。通過計劃，我學會更多新路線，使我能大膽地走出社區，探索更多新事物。相比以前經常留在家中，現在我變得開朗多了。雖然在短時間內要熟習所有路線十分困難，但只要用心練習，熟能生巧，終有一天，我能暢通無阻地步行。在此，我要再次感謝心光學校魏老師的耐心指導，她教會我利用手杖探測環境、標記和辨認方向。我也十分感謝心光機構讓我參加這個計劃，因為計劃真的能幫助視障人士融入社會，希望日後有更多人能受惠。

**Let’s Talk theGood Morning, Sunshine!**

I recently participated in the Walk With Hope Programme, which has given me the confidence to get around independently and encouraged me to explore beyond my usual community. It will take some time before I can memorise all the new routes I’ve learned but I believe practice makes perfect and I will give my best efforts in the training.I would like to thank Ms. Ngai for patiently guiding and teaching me how to use the walking cane to explore the environment and understand directions. I am grateful to Ebenezer for this valuable programme and hope that more people can benefit from it.

**Ms. Tammy Yip Ebenezer Walk with Hope Service User**