

種子
實驗
2.0

一群社會創新者的紀錄
A record of social innovators

Seed
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2.0

GOOD SEED
DESIGN & TECHNOLOGY FOR
YOUNG SOCIAL INNOVATORS

種子
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最好的創新時代 The Best Time for Innovation

創新，就是求變；要令社會變得更好，我們需要社會創新。多得各方努力，香港社會近年愈來愈重視創新，也有愈來愈多人聽過社會創新。「好薈社」很榮幸成為其中一股推動力，為香港撒下一顆顆創新的種子，而本書所記載的人物故事，正正是種子萌芽、茁壯成長的深度見證。

書中受訪者，全是歷屆好薈社資助項目的靈魂人物，他們的社創項目涉獵甚廣，有人以手工造香凝聚少數族裔，有人研發以淚水檢測糖尿病，有人希望女性能夠從月事解放出來。邊讀邊想，你可感受到香港著實有一群弄潮兒，正合力翻起創新的浪潮，而他們也是浪尖上的勇敢衝浪者。

要令這股創新浪潮衝得更为起勁，為社會持續帶來積極正面的影響力，我認為有兩個關鍵元素。第一，是創意與智能科技的結合。創意與技術往往相輔相成，有技術支撐的創意，就如

一個既有聰穎大腦，又有靈活四肢的身軀，可以走得更快，攀得更高。當今的智能科技發展出前人難以想像的技術，為人類開拓出無窮的實踐空間。在這意義上，沒有哪一個時代比現在更能讓創新者大展拳腳。因此，我們應更鼓勵跨專業、跨界別的合作，尤其是連結掌握科技的人才，讓創意點子透過科技的槓桿作用，更有效益地落實和推廣。

第二，我認為保持創新項目的多樣性亦非常重要，這也是好薈社的一大特色。就以服務對象為例，我們資助的項目所關懷的對象，由關注個人身心發展，以至關注一整個社群的福祉，都包括在內。有些項目主要服務青少年、女性，有的則專門服務腦退化長者、視障人士、少數族裔。一個個項目拼合起來，描繪出一幅寫實的眾生相，映照出社會上不同人，尤其是時常被忽略的人的需要。當各個項目共同發揮作用，照顧到不同人的需要，社會便因而變得更美好。

Innovation is to enable change. Progress of our society relies on social innovation. Thanks to the effort made by various parties, the Hong Kong society has been placing more emphasis on innovation in recent years, and the public gets more familiar with the idea of social innovation. Good Seed is proud to be one of the driving forces that endeavoured to sow the seeds of innovation in Hong Kong. This book documenting all these stories and people is a growth journal that recorded the sprouting and development of these seeds.

The interviewees featured in this book are all core figures of Good Seed's Funding Programmes. Their projects range from hand-made incense to unite ethnic minorities, to the use of tears for diabetes detection, and even the liberation of women from menstruation. As you dive into the stories, you would find these groups of people in Hong Kong are the courageous "tide players" and pioneers in the vanguard, blazing the rugged trail of innovation, surfing the waves of this difficult path.

There are two key elements that I believe will make this new wave of innovation more powerful and continue to generate positive impact on the community. One of which is the combination

of innovation and smart technology. These two often go hand in hand and complement each other. Innovation supported by technology is like a body equipped with a bright brain and capable limbs that enable it to walk faster and climb higher. Smart technology nowadays has developed unimaginable capacity, opening up endless possibilities for mankind. In this sense, there has never been a better time for innovators to shine than now. We should thus encourage cross-disciplinary and cross-sectoral collaboration, especially by linking up talents in the technology field, so that creative ideas can be implemented and promoted more effectively through the lever effect of technology.

Another key element is to maintain the diversity of innovative projects, which is one of the characteristics of Good Seed and is thoroughly manifested in our service targets. We fund projects that care about the physical and mental development of the individual, as well as the well-being of the community as a whole. Some of our projects focus on youth and women, while others are dedicated to the elderly with dementia, the visually impaired and ethnic minorities. Together, these programs paint a holistic picture of the real needs of different people in our society, especially those who are often overlooked. When

要開發一個創新項目絕不是容易的事，經過數年觀察，我們留意到很多好薈社的參加者都需要東奔西走去申請基金，才能支撐起項目初期的成本，過程中耗掉不少精力與時間。有見及此，好薈社有幸得到政府的社創基金 (SIE FUND) 支持，於2020年起大幅提升對每個項目的資助額，由原來的港幣10萬元，增至20萬元。除此之外，我們還會加強對每個資助項目在商業行政方面的協助，例如協助開設公司戶口、分享財務管理的紀律和技巧等等，相信這些措施都會令各個隊伍在創新創業的道路上，既敢放膽跳躍，也能穩步向前。

2020年，是艱難的一年，估計2021年也繼續充滿挑戰。因為疫情關係，好薈社活動的舉辦方式亦必須靈活變陣。令我們振奮的，是在2020年的春季和秋季舉辦的徵集創意活動，參加人數都見新高。有危自有機，就讓我們一起並肩，直面危機，繼續勇敢衝浪、睿智創新。

凌嘉勤

香港理工大學
賽馬會社會創新設計院總監

projects work together to meet the needs of different people, society becomes a better place.

It is not an easy task to develop an innovative project. After years of observation, we have noticed that many of our participants have to bustle around for applications of funding to cover the initial cost of the project, which would take up a lot of time and energy. Because of this, from 2020 onwards, Good Seed is fortunate to have the support of the government's Social Innovation and Entrepreneurship Development Fund (SIE Fund) to increase the funding amount for each project from \$100,000 to \$200,000. Besides, we will strengthen capacity building in business administration of the project teams, such as assisting in opening company bank accounts, sharing financial management, discipline and skills, etc. We believe that these measures will enable our teams to take a bold leap forward yet with stable steps on the road of innovation and entrepreneurship.

The year 2020 is a difficult year and 2021 is expected to be full of challenges as well. Because of the epidemic, Good Seed has managed to be flexible in organizing its events. We are excited to see that the number of participants in the Spring and Autumn cohorts in 2020 has reached a record high. Let's face up to the crisis together,

and continue to surf the waves with courage and innovation.

Ling Kar-kan, SBS

Director

Jockey Club Design Institute for Social Innovation
The Hong Kong Polytechnic University

用觸覺說故事 設計新玩具讓視障小孩玩在一起

Telling Stories with the Sense of Touch, Designing New Toys to Bring Visually Impaired Children Together

Animomo - Janie Lau

撰文 阿緒



走進劉彥慈 (Janie) 的工作室，首先映入眼簾的是在椅子睡覺的貓兒，加上訪問當天Janie穿了一件花貓圖案T-Shirt，不用多問就知道她是「貓奴」。貓咪天生性格慵懶，身為「貓奴」的Janie語速也不慍不火，臉上總是掛著淺淺的微笑。她於2017年為視障兒童製作了「Animomo」——一套包含兒童繪本、玩偶及應用程式的玩具套裝，她坦言：「成件事都十分『佛系』（意即隨緣，沒有刻意計劃），哈哈，我們沒有特別去推銷。」

縱然Janie常笑言產品出世後的工作「佛系」，但聽著她因Animomo而與視障兒童相處的經歷，讓她思考到玩具的價值，「玩具對小朋友來說很重要，一直都是，我希望自己能夠設計讓小朋友開心的玩具。」

When I stepped into Janie's studio, the first thing I saw was a cat curled up in a chair, sound asleep. That, together with the cat print t-shirt that Janie was wearing, told me that she is a cat lover without question. Cats naturally adopt a laid-back attitude; no wonder cat lover Janie speaks softly and always wears a gentle smile. In 2017, she created "Animomo", a toy set that includes children's picture books, dolls, and a mobile application for visually impaired children. She told me, "We don't do anything special to market it. We just wing it."

Despite her constant self-mockery about winging the post-production work, the experience she gained with visually impaired children thanks to "Animomo" seems invaluable: it inspired her to reflect on the value of toys. She commented, "Toys are very important to children. They always are. I hope to design toys that make kids happy."

視障小孩玩具選擇少

Janie就讀產品設計，大學用上了兩年時間專注研究玩具相關的範疇。大學三年級那年，Janie曾於設計視障人士手錶的公司工作，這次經驗讓她首次接觸相關產品，更讓她思考如何以自己的專業幫助視障人士，「那時候好奇想知道，視障小朋友的玩具是怎樣的？種類又足夠嗎？」Janie帶著這個疑問，在畢業作品中試著找答案。

在開始設計Animomo前，Janie曾到心盲人學校進行資料搜集。她分別訪問了三至六年級的學生，發現視障小朋友的玩具選擇有限之外，讓她更感驚訝的是小朋友大多都是獨自玩耍。「弱視的小朋友可以玩電腦遊戲，而視力再差一點的就玩實體玩具，他們甚少會走在一起玩，因為集體遊戲對於視障小朋友來說有點難控制。」Janie道。

觸感聲音激發孩子聯想交流

社會創新工作的重點在於，透過在地訪問及觀察爬梳社群面對的問題，繼而想出解決方法。Janie在學校裡觀察視障小朋友所遇到的問題，她接著便順著問題製作出Animomo——透過應用程式以聲畫講述四個小動物角色的故事，加上實體玩偶及繪本，能夠讓多位視障小朋友聚在一起玩耍，增加他們之間的交流。

視障小朋友的視力雖然有限，但無礙他們的想像力及表達能力，Janie說刻意選取外形獨特的長頸鹿、刺蝟、企鵝及大象作繪本主角，增加玩偶的觸感，「有些小朋友以為牠(刺蝟)是榴槤，當他們一邊玩的時候，其實會不斷想像及發問，加上有老師能夠帶領的話，會讓他們有更多交流。」Janie在跟教育機構合作的時候發現，Animomo除了能夠促進視障小朋友溝通外，更有老師反映玩具能提高健視兒童的說故事技巧，「這讓我有點意外，我們會在故事裡配音，當中會提問一些開放式問題，這都很適合家長跟小朋友一齊玩耍。」Janie道。



Limited Choices of Toys for Visually Impaired Children

Janie studied product design and spent two years in university focusing on the toy design field. In her third year, she worked for a company that designs watches for the visually impaired. The experience introduced her to products designed for the visually impaired; since then, she has been thinking of ways to use her profession to help the visually impaired. "I was curious about toys for visually impaired kids. Are there enough varieties?" Janie tried to find the answers through her graduation project.

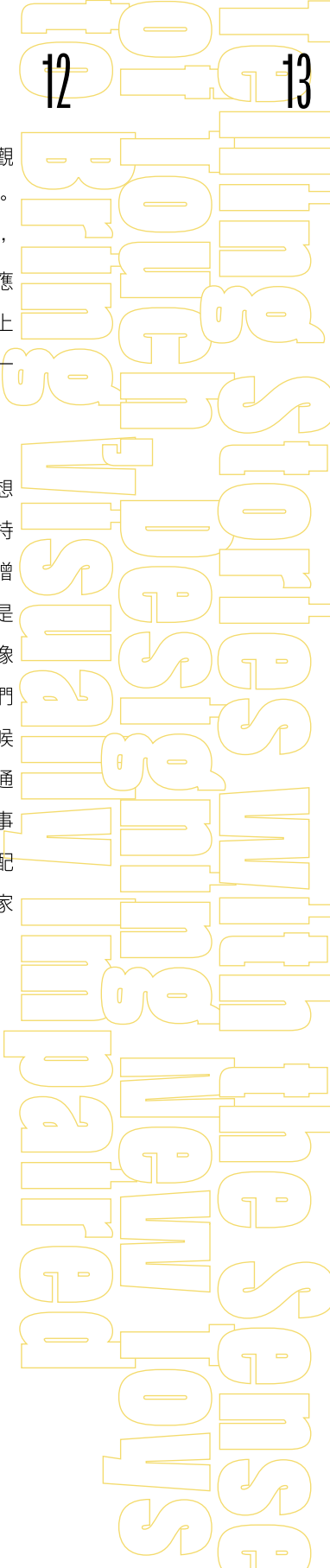
Before starting the project of "Animomo", Janie went to the Ebenezer School & Home for the Visually Impaired to conduct some research. She interviewed students from the third to sixth grades. She was surprised to learn that not only did they have limited choices of toys, but most of them also played alone. "Kids with Amblyopia could play computer games, while those with even weaker eyesight could play with physical toys. However, they seldom play together because group games could be challenging for visually impaired kids."

Touch and Sound Effects Spark Imagination and Interaction Between Children

The core of social innovation work lies in identifying problems faced by a community through observations and interviews, and searching for adequate solutions. Janie recognised the problems faced by visually

impaired children at school and endeavoured to create "Animomo". The stories of four animal characters are told in the mobile application in audio and visual form, and with the help of dolls and picture books, visually impaired children can play and interact with each other.

Although visually impaired children have a limited field of vision, their imagination and ability to express themselves are limitless. Janie explained that she chose a giraffe, a hedgehog, a penguin and an elephant as the main characters because of their unique shapes, which improves the tactile experience. Janie pointed out, "Some kids thought the hedgehog was a durian. When the children are playing with these toys, it stimulates their imagination and intrigues them into asking more questions. With the guidance of teachers, children will surely have more interactions among themselves." While working with educational institutions, through teachers' feedback, Janie discovered that "Animomo" helped improve the students' story-telling techniques as well. Janie added, "It surprised me. We do the voiceover for the stories and include some open-ended questions, which makes it perfect for children to enjoy the experience with their parents."





視障小孩教會我的事

由設計、製作到推出市場，Janie的團隊約花了一年多的時間籌備，她坦言當中最花時間的除了是協調工作之外，還有應用程式的設計，

「如今的apps是以講故事為主，但當初想是多一點互動遊戲，奈何成本太貴而放棄。」縱然成品未如當初所想，但Janie在過程中跟視障朋友交流時，他們的想法及意見讓Janie甚有著落。

「當初設計角色時，我們設定刺蝟是視障的，但不論是視障小朋友及年輕朋友都說，不需要有這種設定。這讓我反思我們很習慣把視障人士設定為被照顧的角色，但他們說『健視人士的煩惱，其實我們都有，不需要刻意強調視障這個特徵。』。」

「好玩最重要」

Animomo於2018年獲得Good Seed撥款支持，如今計劃已經完成。Janie說Good Seed給予她平台實踐計劃之外，還有機會認識到來自不同

界別的人士，擴闊對社會創新的想像，「還有Good Seed舉辦不同工作坊，可以學一些本身不大擅長的知識。」

談到現時Animomo的發展，她笑言團隊的推銷手法甚為「佛系」，「由於團隊沒有專責Marketing的成員，所以一直都沒有很具體的推銷計劃、銷售渠道，我們想到甚麼就做。」

縱然Animomo的後續發展緩慢，但Janie對工作方向甚為清晰，「希望能在玩具設計方面發展下去。」Janie認為玩具對小孩的發展尤其重要，她回想小時候媽媽總是讓她玩一些益智動腦的玩具，如積木，這從小就啟發她的創意，而她相信好玩的玩具能令小孩享受過程外，也能發掘到他們的潛能，「我覺得好玩是最重要，因為小朋友才開心投入到，這才是玩具的價值吧。」

14-15

What the Visually Impaired Children Taught Me

It took Janie's team more than a year to design, produce and launch the product. She recalled that besides the coordination, the most challenging part of the process was designing the application. She said, "The application we have now is storytelling-oriented, but the original idea was to make it an interactive game. However, the cost was too high so we had to give up that idea." While the finished product might not be what she had imagined, Janie has learned a lot from the exchange of ideas and opinions with the visually impaired children she knew and her visually impaired friends. She noted, "While drafting the design of the hedgehog, we wanted it to be visually impaired, but the children and my friends thought it was unnecessary. I then realised how often we regard the visually impaired as people who need to be taken care of. But for them, they feel that they have the same problems that people with normal vision have, so there's no need to emphasize their visual impairment."

A Fun Toy is a Good Toy

"Animomo" received the Good Seed sponsorship in 2018 and the project has since been completed. Janie said that Good Seed had allowed her to meet people from different sectors, broadening her understanding of the community and her imagination towards social innovation. She added, "Good Seed also organises workshops where you can learn something you are not very good at."

When talking about the development of "Animomo", she joked about how her team wings the marketing. "As there is no dedicated marketing team, we've never had specific plans on how to promote or sell the product. We do whatever comes to our mind."

Regardless of the leisurely-paced development of "Animomo", Janie has a clear vision of the project. "My aspiration is to keep working on toy design." Janie believes that toys are essential to a child's development. She recalled how her mother would let her play with educational toys, such as building blocks, to stimulate her creativity. She has strong faith that toys can help unlock children's potential.

"I think the most important thing is to have fun. Toys need to be fun to engage children. I guess this is the true value of toys."

摸得到的銀包

In:visible Wallet, a Wallet Based on Touch

Mosi mosi - In:visible Wallet -
Comma Leung

撰文 黃淇



梁雯蕙 (Comma Leung) 手上拿著一個外觀平凡的銀包，把銀包打開來，卻會發現內裡暗藏乾坤——銀包中間有一塊量鈔的「尺」，只要把鈔票放在尺子下，就能靠不同的刻度摸出鈔票的面值。數年前Comma成立「無事無事研究所」，為視障人士設計了這個「摸得到」的銀包，引來廣泛好評，設計甚至拿下多個大獎。

訪問期間，Comma臉上一直掛上笑容，眼睛擠成了一條線。她說想透過設計，去解決更多殘疾人士生活上的難題，正如她工作室的名字一樣，「Mosi Mosi」，諧音「無事無事」——沒事的，任何困難都能解決，一切會好起來。

As Comma opened the plain-looking wallet in her hand, the witty secret of this award-winning wallet was revealed. There are raised markings on a panel inside to indicate the banknote denominations. Users can slide banknotes up against it to single out the banknote they need. A few years ago, Comma set up a design studio called "Mosi mosi" and designed this wallet that works based on touch for the visually impaired. She has received widespread acclaim and won several design awards.

Comma wore a big smile on her face throughout the entire interview with her eyes crinkling. She said her work philosophy was to make life easier for those in need through her designs. Just like the name of her studio, "Mosi mosi", which sounds like Cantonese for "no worries", she has the confidence to overcome any difficulties and trusts that everything will be fine.

Comma於2015年畢業於香港理工大學視覺傳意系，銀包的起源，要從她畢業作品說起。她向來身體欠佳，故畢業作品打算以健康為題，花了半個學期記錄自己的健康狀況，到頭來卻發現一堆數字毫無意義。後來，她再花了一段時間尋找「健康」的真諦，才發現健康來自快樂，而她的快樂之本，來自助人。最後，她決定針對殘疾人士開展計劃，

「市面上為殘疾人士的設計不多，始終以賺錢角度來說，為殘疾人士設計產品未必最牟利。」

與視障人士偶遇成契機

決定了目標，接下來就輪到資料搜集。一次，她搭地鐵遇到一位視障人士，抱著好奇心下，跟隨他走了一段路，在短短的時間內，視障人士的不便已深深印在她腦海中，「他會踏空了梯級，有時會撞牆，甚至差點衝出馬路。」最後她鼓起勇氣，上前向該位視障人士搭話，解釋正在進行的計劃，獲得對方邀請到盲人輔導會參觀，「後來我認識到另一位視障朋友潔滢，我們有幾次外出，她經常問我，『Comma，這張紙幣是多少錢？』我發現，原來辨別紙值對他們來說是個困難，我便捉緊問題去研究。」

日常生活中，視障人士有專用的量鈔器，協助他們辨認紙值，「但需要特地帶多一件物件外出，不是太方便。」後來Comma想到，可以在銀包中融入量鈔器設計——在皮製的銀包上，加入一塊「樓梯級」型刻度的夾層，由於不同面額的紙幣闊度不一，用家只要將紙幣垂直貼靠夾層邊緣位置，再用手摸一摸刻度，便能辨認出鈔票的面值。Comma說，視障人士可藉此確認紙幣的面值之餘，也能減少被騙的的風險，「出街的時候，他們不再需要去問人這張紙幣幾錢，這也關乎到自主及尊嚴。」

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INVISIBLE WALLET, A WALLET BASED ON TOUCH

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Comma graduated from the Hong Kong Polytechnic University in 2015 with a degree in Visual Communication. The idea of the wallet dates back to her Final Year Project. At first, inspired by her poor health since childhood, she wanted to base her project on the topic of health. Comma spent half a semester recording her health status, gathering numbers that turned out to be meaningless in the end. After spending time looking for the true essence of health, she realised that it lies in happiness, and that happiness comes from helping others. Eventually, Comma decided to launch a project for the disabled, noting that “there are few products available to the disabled in the market because, after all, they might not be the most profitable for businesses to develop or sell.”

Seizing the Chance after Encountering a Visually Impaired Person

Once her goal was set, the next step was research. Comma once met a visually impaired person on

an MTR ride. Out of curiosity, she followed him for a while. Within a short period of time, she witnessed the inconveniences he encountered and the scenes were ingrained in her mind. “He could have missed a step on the stairs, hit the wall or even go off the pavement by accident.” Finally, she plucked up her courage and approached the visually impaired man to explain the project she was working on. He invited her to visit the Hong Kong Society for the Blind. “After that, I met another visually impaired friend, Kit Ying. I went out a couple of times with her, and she always asked me the same question: ‘Comma, how much is this banknote worth?’ Then, I realised it was difficult for them to differentiate banknotes of different denominations, so I took the opportunity to look into the issue.”

A note-measuring template exists to help the visually impaired differentiate between banknotes. However, Comma noted, “Using the template means that they need to take an extra

一個銀包解決難題

後來Comma找來工廠生產1,500個視障銀包，並與視障機構盲人輔導會合作派發。當時視障人士的反應熱烈，銀包轉眼間已全部送出，「他們收到銀包反應好熱烈，甚至有人鞠躬多謝我。可能他們有份被受尊重的感覺。」

派發銀包的計劃暫時告一段落。畢業後，Comma沒有當上平面設計師，反而在研發銀包的過程期間，為她開啟了一條與別不同的道路。她成立了「無事無事研究所」，有不同社福機構找她合作。去年，她參加理大Good Seed計劃獲得社創基金資助，令她可以額外生產多500個視障銀包，送給有需要的視障人士。她又與不同殘疾人士一起創作藝術品，如與自閉症人士畫畫，其後將作品印上月餅包裝；如近日與耀能工場合作，縫製布口罩套推出市面。

Comma說，「無事無事研究所」的未來願景，是希望與不同的殘疾人士合作，發揮他們的潛能，藉由產品讓更多人知道，看待殘疾人士不只得一種眼光，「他們不只是在工場天天入信封，每個人都有好多可能性去發揮，只不過要找個方法，將他們潛能發揮出來。」她笑著說。

設計不需要花巧，講求實用性，是Comma的設計理念，也是「無事無事研究所」的初衷。「『Mosi mosi』等於中文諧音的『無事無事』，即是無論遇到什麼困難都好，都不太需要擔心，正如銀包一樣，用完這個銀包就不太需要顧慮什麼。」Comma露出招牌笑容，眼睛再次眯成一條線。



item with them, which is inconvenient.” She came up with the idea to incorporate the note-measuring template into the wallet by attaching a special panel with a scale to a leather wallet. The user only needs to slide the banknotes up against the panel to tell their value according to the width. People with visual impairment would be able to identify the banknote denominations and avoid being ripped off. “They don’t need to ask others how much the banknotes are. This is about their autonomy and dignity.”

The Problem-Solving Wallet

Comma manufactured 1,500 In:visible Wallets and worked with the Society for the Blind for distribution. The wallets were so well received that they were all quickly accounted for. She recalled, “They were overwhelmed when they received the wallets. Some even bowed. I guess they felt respected.”

And so, the distribution of the wallets came to an end. Instead of becoming a graphic designer, the experience of developing the wallet opened up a different path for Comma. She set up a studio called “Mosi mosi” and was approached by various social welfare organisations for potential collaborations. Last year, she participated in the Good Seed Project and received the Social

Innovation and Entrepreneurship Development Fund (SIE Fund) to produce 500 more In:visible Wallets. She also created artworks with people with varying disabilities, such as painting with people with autism and using the images on mooncake packaging. She has also been working with the studio at the Spastics Association of Hong Kong lately to make cloth face masks for sale.

Comma’s vision for “Mosi mosi” is to work with people with different disabilities and help them achieve their full potential, breaking the stereotypes of the disabled through the products. “They can do more than just packaging and sorting envelopes. Everyone has their own potential. It’s just a matter of finding ways to unleash it.” Comma said with a smile.

Instead of focusing on how fancy the design is, Comma focuses on the practicality, in line with the vision of “Mosi mosi”. “‘Mosi mosi’ sounds like the Cantonese for ‘no worries’, which means that no matter what difficulties you encounter, you will be fine. Just like this wallet—Use it and all your troubles will be gone!” Her eyes crinkled as she broke into her signature smile once again.

小手袋大時代 工業4.0下的在地設計

A Small Bag for a Grand Era: Local Design in the Age of Industry 4.0

Link the Unlink Eco
Design Project - Sky Hui

撰文 羅坎



什麼是好設計？作為一個消費者，我們大多追求創新、美觀、實用，更重要是性價比夠高。但從許淦壹（Sky Hui）身上，設計也可實現更宏大的追求，從生產過程到所選物料、採用技術、人的勞動方式，通通都可以實踐設計師的理念，甚至是對時代的回應。他在Good Seed所做的計劃Link the Unlink，就是他實踐其設計理念的一個嘗試。

What makes a good design? Consumers look for qualities like innovation, aesthetics, practicability and most importantly, the value for its money. Through Sky Hui and his creative approach, design actualizes greater pursuits. The designer's concepts are manifested in different aspects from material selection, types of production techniques, to forms of labour division, even reflecting a response to the current day and age. "Link the Unlink", Sky Hui's project organised by the Good Seed, is an attempt to implement his design concepts.

這天，Sky Hui相約我到位於荔枝角的Innospot做訪問，這裡本身是一個共享工作空間，亦是Sky Hui的設計基地。他在2017年參加Good Seed並創辦Link the Unlink，讓失業或就業不足的人士參與製作他設計的手挽袋和木相機，讓他們學習手工藝，同時得到工作機會。可是，設計師的任務不是設計好作品就足夠了嗎？為何要將生產過程連繫到弱勢人士？Sky Hui認為，這是對於世界進入「工業4.0」時代的回應。

工業4.0或致裁員潮？

所謂工業4.0，即是第四次工業革命，簡單來說就是利用智能科技和網絡技術創造出虛實融合的製造產業，大大縮短客制化的成本，擺脫以往大量製造、大量販售相同款式產品的商業模式。「現在連大品牌都走小眾市場，即代表不再是大量生產，並且用多了電腦或機械以保持產品質素。這意味著很多人被裁員。」Sky Hui認為，大公司改變經營手法

將影響很多人的生計，例如年長人士、單一技術人士容易遭市場淘汰。「有些人力資源就會走出來，他們都仍然要找工作，可能會做些更簡單的工作，但我們是否可以讓他們找到更有趣、更有滿足感的工作呢？」Sky Hui補充。

其次，客製化生產模式看似能擺脫以往大規模生產模式造成的浪費，是否就一定更環保？理想地，在工業4.0下，企業能夠對準客戶需求而生產，減少過剩產品，達致減少浪費資源，更加環保。對此，Sky Hui持觀望態度：「如果在工業4.0下，企業連環保都控制到，是非常無敵的，不過仔細想想他們所說的環保，又是否真正的環保呢？」但作為一個獨立設計師，至少他願意以身作則，做出真正環保的作品，「我盡量想用一些可持續性的物料，甚至是升級再造（upcycling）的物料。」他所設計的手挽袋，就是最好的例子。

「我盡量想用一些可持續性的物料，甚至是升級再造（upcycling）的物料。」



I met with Sky Hui at a co-working space Innospot in Lai Chi Kok, where his design base is located. In 2017, Sky Hui participated in the Good Seed programme and initiated “Link the Unlink”, a project that allowed the unemployed and underemployed to participate in the production of tote bags and wooden cameras he designs. It aimed at equipping them with the craftsmanship skills in addition to offering them job opportunities. One might wonder why a designer would work outside his field and involve the disadvantaged in the production process. Is not making a good design the sole mission of a designer? Yet for Sky Hui, this is a response to the world entering the era of Industry 4.0.

Will Industrial 4.0 lead to mass layoffs?

Industry 4.0, also known as the Fourth Industrial Revolution, is a business model that employs intelligent and internet technologies to create a manufacturing industry that fuses the virtual world with the physical world. This effectively reduces the cost of customisation and breaks away from the previous model of selling mass-produced, identical products. “Even global brands are going niche nowadays, which means no more mass-production and the increase in the use of computers and machines to maintain production quality. It implicates mass layoffs.” Sky Hui presumes the change of business models in big companies would impact the livelihoods of a lot of people: for example, demographic groups such as the elderly, and single-skilled workers would

be phased out in the job market. “These human resources now released to the market would require jobs, probably in areas that require even fewer advanced skills. But are we be able to offer jobs that are more interesting and which can give them more satisfaction?”

Furthermore, while a customized production model seemingly frees itself from waste created from the mass production model of the past, is it necessarily more environmentally friendly? Ideally, under industry 4.0, companies adjust their production output according to customer needs and reduce overproduction, thereby eliminating resource waste and are more environmentally friendly. With regards to this, Sky Hui adopted a wait-and-see attitude. “Enterprises that can even customise environmental protection are indeed very impressive. But if we scrutinize their idea of environmental protection, how genuine is it really?”. Regardless, as an independent designer, he is willing to lead by examples and design environmentally friendly products. “I try to use materials that are sustainable, and that are even upcycling.” The tote bags Sky Hui designs are the perfect examples of his belief.

A Local Design that Connects the Unprivileged

In Hong Kong period dramas, we often see prisoners wearing shackles when they were banished to the frontiers. The shackles were what coincidentally inspired Sky Hui to design his tote bag. “My concept begins with a question -

在地設計 連結弱勢

在電視古裝劇中，我們常常都看到犯人被發配邊疆時戴著枷鎖，Sky Hui設計的手挽袋，靈感意外地正是來自那種枷鎖，「我的概念就是，如果這個枷鎖不扣在人身上，而是扣在袋上，是否可行呢？於是我用紅酒箱的木，或其他從事設計行業的朋友多餘的木料，製作出木枷鎖。



枷鎖上有4個孔，只要找一塊正方形或長方形的布，例如你用過但已洗乾淨的床單、窗簾布、外套、防水布、檯布，最好是棉質或尼龍。將布穿過枷鎖就已成為一個袋，再加上手工皮革製成袋帶，就完成一個手提袋。」Sky Hui娓娓道來他的設計細節。設計用料除了環保，還非常在地。他所使用的皮帶，是來自本地屠羊的牛皮；他還想到，如果用棉質布料，可以加上天然蜂蠟防水防污，他還特地向本地蜂農購買蜂蠟。

好設計自然有人欣賞，手挽袋曾在美國獲得兩個獎項，在去年本地舉辦的零碳創新提案戰中亦奪得最佳零碳創新獎。而更重要的是，由於手挽袋的設計精簡，整個過程都可以DIY，製作門檻不高，令它可以成為Sky Hui的橋樑，連結社會弱勢人士，為他們帶來就業的機會，成就了Link the Unlink這個計劃。過程中，Sky Hui經過朋友介紹，認識到基督教家庭綜合服務中心並與對方合作，讓他們的傷健會員參與製作手挽袋，「他們都很好，負責laser cut的朋友是青

年人，多數手部曾有傷患；負責處理皮革的也是傷健的朋友，他們全部都很專業，是人才，只不過難以應付主流工作。」Sky Hui說。

十年以來不忘理念

在Link the Unlink之前，原來Sky Hui在設計路上已走了好一段時間。2008年，由於家人有事需要他照顧，他完成英國的碩士課程後不得不返回香港，那時正值金融海嘯。他留意到升級再造開始在香港萌芽，大家一窩蜂去做，但似乎又做得不夠好也不可持續，於是也嘗試參與其中。他讀跨媒體出身，本身對物料、技術、藝術也有敏銳觸覺，於是想到將廢棄木材、鐳射切割、攝影共冶一爐，設計出一部升級再造的木製相機，開啟他的設計之路。由相機到手挽袋，一走就超過10年，目前他還有數個作品準備面世，而所有作品都反映他的理念：「我想我的重點在於人本與環保這兩方面。我希望利用可持續的產品或作品，去建立人與人、人與世界之間的良好關係。」

is it possible for the shackles to be fastening the fabric instead of a human body? I find it feasible and therefore started to build wooden shackles with wine boxes or lumber leftover from friends of the design industry. There are four holes in the shackles. You can simply find a piece of cotton or nylon cloth that is in a square or rectangular shape, such as a used but clean sheet, curtain, jackets, tarpaulin or tablecloth. A tote bag is completed by simply threading the piece of cloth through the shackles and attaching a handmade leather strap,” Sky Hui recounted. Materials used in the design are not only environmentally friendly, but also local. For instance, the straps were made from cowhide from locally butchered cattle. In keeping with Sky Hui’s dedication to environmental conservation, he also approached local beekeepers for natural beeswax which could be applied on tote bags that used cotton as the main fabric for stain-proof and waterproof purposes.

A good design earns its applause; the tote bag won two awards in the United States and the Best Climate Innovation Award in last year’s Zero Carbon Pitch in Hong Kong. More importantly, the simple design of the tote bag allows the production process to be homemade, making it a bridge between Sky Hui and the unprivileged, providing job opportunities for the unemployed and forging the success of the project “Link the Unlink”. During its process, Sky Hui was introduced by a friend to the Christian Family Service Centre and cooperated with the

institution to involve their disabled members in the making of making tote bags. “They were all very good. The members responsible for the laser cut procedure were mostly youths with prior hand injuries; the members in charge of processing the leather also had impairments or disabilities. They were all professional and talented. It’s just that their disabilities pose difficulties for them to handle mainstream works,” said Sky Hui.

Ten years a vision held true

Before the project “Link the Unlink”, Sky Hui had been in the design industry for quite some time. In 2008, he had to return to Hong Kong to take care of his family after completing his master’s degree in the UK. It was in the middle of the financial crisis. He noticed the trend of upcycling in Hong Kong and decided to join it, especially when many were seemingly not grasping its essence and achieving sustainability. He had been trained in cross-media creation with a keen sense of materials, techniques, and art. It led him to design his upcycling wooden camera by integrating elements such as waste wood, laser cutting and photography, beginning his creative journey. From cameras to tote bags, and with more works ready to be released, for over a decade he has been persistent in creating works that reflect his vision. “I think my vision focuses mainly on two aspects: human-centred design and the environment. I hope to establish better relationships between people, and between people and the world through sustainable products or works.”

退休女工x單親媽媽：一件布品連結兩代人

Retired Female Garment Worker X Single Mother: Bringing Two Generations Together with One Fabric Work

Made in Sample - Clive Sit

撰文 廖俊升



傳統工藝所蘊含的，不單是技術，還有文化，然而若沒有好好傳承，終有一日會煙消雲散。香港由六、七十年代的工業城市，變成今天商業都會，當時亞洲首屈一指的工藝又能否傳承下去？室內設計師薛文諾（Clive）在Good Seed社創基金的協助，籌辦「Made in Sample」計劃，邀請退休工廠女工向年輕單親媽媽傳授車衣技術，用環保物料為客戶縫紉布品，既可傳承技師的手藝，又可紓緩單親媽媽的經濟壓力。

Traditional craftsmanship embodies not only skills, but also culture. Passing on the artistry is essential or the skillsets will be lost to the sands of time. Hong Kong has evolved from a leading industrial city in Asia in the sixties and seventies into the financial metropolis of today. With the help of Good Seed's Social Innovation and Entrepreneurship Development Fund, interior designer Clive started the project "Made in Sample". It invites retired female garment workers to teach single teenage mothers sewing and patchworks using environmentally friendly materials, hoping to pass on the craftsmanship skills as well as alleviating financial hardships for single mothers.

退休女工向年輕媽媽傳授技藝

起初他與聖雅各福群會合作進行一個回收及縫紉項目，回收到最多的物料是布板和紙，所以打算先做布藝和牆紙，找來了退休女工幫忙縫製。與此同時，他受朋友邀請到明愛中心，分享回收物料作設計用途的理念。「分享後知道明愛有團隊叫小腳板和風信子，兩個計劃都是幫年輕單親媽媽找工作。那時候突然想到，退休女工大多也是母親，能否將兩班人連結起來呢？」於是，「Made in Sample」的構思便誕生。

Clive：「香港七、八十年代，或者六、七十年代紡織業興盛，一班退休媽媽的技術甚至比其他地方的車衣工友都要好。既然有這個技術就要傳承，所以想如何將這些技術延續下去，又可以有收入。」Good Seed的理念是催化香港的社會創新，從而解決貧窮和社會孤立問題，締造社會效益。而為單親媽媽提供培訓和工作機會的「Made in Sample」，正正與Good Seed理念不謀而合；項目獲得基金撥款之後，計劃正式展開，由一位退休女工，帶領四至五位年輕單親媽媽，接工作單製作布品。



環保物料製作布品

「工廠妹萬歲，工廠內邊多多叻女」，今時今日，似乎已經沒有這支歌仔唱。本港工廠生產業自八十年代息微，由勞動密集型經濟轉為知識密集型經濟，工廠車衣女工這個職業，如今已經消失。

職業雖已消失，一眾退休車衣女工仍身懷絕技，但若無法好好傳承，亦只會慢慢失傳。有見及此，室內設計師Clive報名參加Good Seed社創計劃，邀請退休工廠女工向年輕單親媽媽傳授縫紉技術，同時接受客人訂單，再以環保物料製作布品。如此一來技藝得以傳承，年輕媽媽也可以取得收入，還因為工作不太忙，可以花多點時間陪子女。

何謂「Made in Sample」？室內設計師會見客人時，要呈上一塊sample board(樣板)，告訴客人設計所需物料，同時供應商提供物料並放置於sample room，多屬全新並由外國進口。Clive看見有些物料沒有被用過，也未被弄髒，於是將之回收並重用，「尊重物料的美感和價值，所以有別於用upcycling(升級回收)這說法。我們通常用sustainability(可持續性)，我們只是想將它的價值彰顯出來。」

Using Recycled Materials to Make Fabric Works

The song that hails, “long live the factory girls; factories have smart girls aplenty,” has long gone out of style nowadays. Since the decline of the manufacturing industry in the eighties, Hong Kong has transitioned from a labour-intensive economy to a knowledge-intensive economy. Factory girls are now the career of a bygone era.

Although the occupation has disappeared, these retired female garment workers are still equipped with incomparable skills. However, if their craftsmanship was not passed down properly, it would slowly fade away in the end. In light of this, interior designer Clive decided to participate in the Good Seed program. He invited retired female garment workers to teach single teenage mothers sewing techniques. The project would take orders from clients and create fabric works using recycled materials. In this way, craftsmanship can be passed on and young mothers benefit from flexible working hours to spend more time with their children as well as supplement their income.

What is “Made in Simple”? When interior designers present their work to clients, they would attach a sample board to indicate the different kinds of fabrics that are required. Material suppliers would supply these fabrics, usually imported, and place them in a sample room. Most of these fabric samples were unused and unblemished, thus inspiring Clive to recycle and reuse. “We respect the aesthetics and value of the material, thereby differentiating it from the philosophy of up-cycling. We use the term sustainability, to highlight the inherent value of the fabric.”

Retired Female Worker Imparting Her Skills to Young Mothers

At first, Clive was working with St. James Settlement on a recycling and sewing project. Most materials they were able to collect were fabric samples and paper; so he decided to recruit retired female garment workers to make fabric works and wallpaper. At the same time, he was invited by a friend to the Caritas Centre to share his vision of recycling materials for design purposes. “After the sharing, I learnt that the Caritas has two support groups Green Baby Garden and Project Hyacinth, both aiming to assist young mothers in finding jobs. Retired female garment workers mostly being mothers too, I thought perhaps I could link up the two groups.” The concept of “Made in Sample” was thus born.



Made in Sample維持小班形式運作，這既是小工廠，也是小家庭。「因為我都有教設計，其實愈少人愈教得好，反而多人就變工廠，現在少少地就好像一個小家庭。」Clive說，如今Made in Sample可以自然運作，「退休女工媽媽既可消磨時間，又可以傳承手藝。而她都視年輕媽媽為她的女兒，會打電話給她們聊天。她的人生經驗豐富，她們自己構成了小家庭，讓它自然發展都不錯。」

GoodSeed的理念是催化香港的社會創新，從而解決貧窮和社會孤立問題，締造社會效益。而為單親媽媽提供培訓和工作機會的「Made in Sample」，正正與GoodSeed理念不謀而合。

美學眼光不同 磨合前提是尊重自主

一如設計師的個性，設計、美感是他所長，溝通成為他遇上的難題，令本身有正職的Clive感到相當吃力。一個結合設計師、退休媽媽和年輕媽媽的小團隊，各自對美學要求不同，「三班都是十分不同的人，學習環境和出發點也不同。」他解釋，設計師看重設計部份；退休媽媽從她的經驗得出一套設計準則，對何謂「美感」有自己的價值；年輕媽媽則對設計和美感沒有嚴格的要求。

當設計一件織品時，三方要談如何才是「美」，耗時良久。「傳承的過程有很多溝通，大家的要求如何，要求的落差、時間的落差，各方面都要磨合。例如我講一句說話，這東西要怎樣做，其實大家想法已經有三個完全不同的畫面。」

「美感是她們從各自的經驗中累積得來。」合作久了，Made in Sample給予退休媽媽和年輕媽媽們最大的自主性，讓她們混熟了，整件事就順暢得多。

Clive says, "The textile industry in Hong Kong prospered in the sixties until the eighties. These retired mothers have skills better than textile workers from other countries. I want to find ways to pass on these skills and at the same time, generate income." Good Seed's vision is to act as a catalyst for social innovation in Hong Kong, so as to tackle the issues of poverty and social isolation, and to create social benefits. The "Made in Sample" project, which provides training and job opportunities for single mothers, echoes with the ideology of Good Seed. With the assistance of the SIE Fund, the project was launched with one retired female garment worker leading four to five young single mothers in the production of fabric works.

"Made in Sample" operates on a small scale that resembles both a small factory and a small family. "Because I teach design as well, I think I teach better the smaller the class is. If there are a lot of people, it becomes a factory. Having just a few feels like a small family." Clive says as "Made in Sample" is operating smoothly now, "the retired mother could kill time and pass on her skills. She treats those teenage mothers like her daughters. She would call to chat and check on them. She has a lot of life experiences and now that they have formed their own little family, it is nice to see the project develops naturally."

Differences in Aesthetic Vision, Respecting Autonomy the Prerequisite for Compromise

As with the common character of a designer, Clive's strengths lie in design and eye for beauty. Communication however has been a challenging obstacle, and sometimes overwhelms him, who in addition has a full-time job. A team that comprises a designer, a retired mother and teenage mothers surely have different aesthetic standards. "Three groups of very different people mean different learning backgrounds and different points of departure." He explained how designers focus on the designing part while the retired mother has her set of design standards developed from her experience. Teenage mothers, however, do not have strict design and aesthetic standards.

When designing a fabric work, the three parties would spend hours to agree on what is "beautiful". "The process of passing on the artistry has encouraged a lot of communications on how we compromise on the discrepancies on demand, time and other aspects. A simple remark on how to make a product might lead to three vastly different pictures in our minds."

"They develop their aesthetics from their own experience." Over time, "Made in Sample" has allowed the greatest degree of autonomy to the retired and teenage mothers. After they got to know each other more, the whole thing goes much smoother.

降低乳癌篩檢門檻 博士生造福基層婦女

Lowering Threshold for Breast Cancer Screening, PHD Student Bears Good News for Grassroots Women

Mamosound - Alec Nicol

撰文 羅坎



科學除了可推動文明進步，若應用得宜，還可造福小市民。眼前這位來自美國的男生Alec Nicol正正是身體力行的榜樣。他年僅27歲，看起來非常年輕，但原來早已完成3個理學士學位加一個博士學位，絕對稱得上是學霸。然而，他並不安於象牙塔之內，而是想方設法運用所學，以科學知識為社會帶來影響力。就這樣，他踏上創業之路，研發出「Mamosound」，務求造福基層婦女。

Scientific advancements, when employed properly, can greatly benefit people. Alec Nicol, a young man from the U.S., is a model of putting this into practice. At only 27 years old, he has completed three Bachelor of Science degrees and a PhD: a straight-A student without a doubt. Yet, his visions are beyond the ivory tower. His aspirations led him to find ways to apply scientific knowledge and to make an impact on society. Thereafter, Alec sets out to start his own business "Mamosound" in the hopes of helping grassroots women.

Mamosound是一個手提式乳癌檢測儀器，運用超聲波和人工智能技術，讓婦女以較低成本去檢查自己有否出現早期乳癌跡象。產品名字聽起來易讀易記，其實就是乳房造影 (Mammogram) 與超聲波 (ultrasound) 的濃縮結合，代表產品的主要功能與技術。一個年輕男生，為何會與乳癌拉上關係？

5個姨姨患乳癌 生於美國已算幸運

「我母親那一邊的家人，有很深的乳癌家族史，很多人都有做過手術移除惡性腫瘤。因此，我總覺得應該把我的博士研究用在乳癌上。」 Alec 說，他唸博士期間是研究癌細胞影像的。他母親一共有7姊妹，當中有5個姊妹都曾患上乳癌，程度或輕或重。當 Alec 有第一個較年長的姨姨被診斷出患上乳癌時，他記得自己正就讀高中，「其後每個阿姨和我母親都知道自己也有風險，他們都知道需要定期去檢查。」

Alec 認為，現在我們已有先進的科技，可以讓人及早辨識到乳癌跡象，唯一問題是相關醫療儀器較為昂貴，未必人人能應付，「幸運地，我的家庭來自美國，我們每人都有工作，有醫療保障，因此可應付這樣的醫療開支。但你放眼世界，整體來說，很多人都沒這樣的機會。所以我們不能忘記這些人，並嘗試把科技的門檻降低，讓他們也有機會使用這些及早辨識和診斷癌症的技術。」 Alec 語重心長，相信就是這份初心，推動他研發 Mamosound 以至創業。

從小熱愛科學 唸博士仍有空創業

信念固然重要，實力更是不可或缺。Alec 雖然年僅27歲，但從訪談得知他原來已經完成3個理學士學位，分別是生物化學、化學、生理學的學位。2014年，他更考獲香港科技大學的獎學金，用4年時間完成生物醫學工程系的博士學位。每每談及學業，他都顯得從容不迫，游刃有餘，相信這是因為他打從心底熱愛科學，也擅長於此。在這方面，Alec 的父母可謂功不可沒，「小時候我們經常一起去科學館，也一起出走大自然，去行山、狩獵、釣魚。我常常拆開各種事物，看看裡面的樣子。」 Alec 笑說。「為什麼葉子是綠色的？為什麼秋天它們會變紅？其實就是要擅於觀察和不斷發問。說到底科學就是提出有趣的問題。」

在鼓勵觀察、發問、實驗的環境下成長，塑造出今天 Alec 的科學頭腦。

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Lowering the threshold for breast cancer screenings, PhD student bears good news for grassroots women

“Mamosound” is a portable medical device that uses ultrasound and artificial intelligence for early breast cancer detection at a comparatively low cost. The name of the device blends together the words Mammogram and ultrasound, making it easy to pronounce and remember. It also represents the product’s function and technology. But how did a young man involve himself in breast cancer screening technologies in the first place?

Five Aunts with Breast Cancer Lucky Enough to be Born in the U.S.

“My mother’s side of the family has a long history of breast cancer, and many of them have had surgeries to remove malignant tumours. So I’ve always hoped to apply what I learnt in my doctoral studies on breast cancer,” says Alec, whose PhD topic is on cancer cell imaging. His mother has seven sisters, five of them having had breast cancer of various degrees of severity. Alec was in high school when one of his older aunts first got diagnosed with breast cancer. “That was how all my aunts and my mother knew they were at risk too and so they know they need to for screenings regularly.”

Alec believes that although we have now the advanced technology needed to let people recognise signs of breast cancer at early stages, the medical equipment required for the tests can be too expensive for everyone to be able to afford. “Fortunately, my family comes from the U.S. and all of us have jobs that cover health insurance, which helps us with the medical expenses. But if you look around the world, a majority does not enjoy such privileges. We must bear in mind the lowering of threshold of these screening and diagnosing technologies, so that they can benefit more people.” It is from this original aspiration that Alec found the motivation to develop and found “Mamosound”.

Science Enthusiast, PhD student, Entrepreneur

Belief is essential, and so is competence. While only 27, Alec has already completed three Bachelor of Science degrees in Biochemistry, Chemistry and Physiology. In 2014, he was awarded a scholarship to pursue his PhD in Biomedical Engineering at the Hong Kong University of Science and Technology (HKUST). He completed it in four years. Alec appears confident whenever he talks about his studies, the kind of confidence that could only be attained because he is dedicated and passionate about Science. His parents played an important role in this regard, “We used to go to the science museums, and were often out in nature when I was young. We would go hiking, hunting, and fishing. I used to disassemble things just to see what they look

在科大唸博士時，Alec比預期中快了一年完成他的論文，「如果你去問任何一個博士生，大部份人都會忙得不可開交，難以抽空創業。在很多比賽裡面，你都不會發現太多博士生參加。」Alec打趣說。因此，他多出整整一年時間可以做自己感興趣的事，於是他報讀商學院的課程，由於得知Good Seed這個項目，「在同一時間，我也有參與科大有另一個創業比賽，但Good Seed是第一令我的想法真正成形的比賽。」Alec認為，Good Seed將不同背景、不同學院的人連繫一起，而他也是在這裡認識到Mamosound的另一位創辦人。

項目屢獲肯定 將擴展醫學科研

由2017年參與Good Seed起，Alec帶著Mamosound的意念參與大大小小的比賽和項目，不斷提案和演講。Mamosound不但獲選為數碼港培育計劃之一，還在科技大學——信

和百萬元創業大賽中獲獎。經過一年時間，他們終於成功建造Mamosound的原型，不用再紙上談兵，這是令他感到最興奮的一刻。目前，Mamosound的研發工作已大致完成，開始進入測試階段，例如已在印尼展開產品測試工作，並與紅十字會合作，為當地人作篩檢測試。

問及Mamosound在香港的發展動向，Alec表示，Mamosound有意擴展虛擬實境的醫療諮詢，還會在健康護理的物聯網(IoT)方面多作研究；同一時間，團隊亦會不斷改善Mamosound的數據庫，提高其準確度，令它可更順利地通過各地的產品測試。至於Alec自己，他目前已搬到美國華盛頓居住，一方面將繼續從事醫學科技產品的研究；另一方面，由於他在美國專利及商標局(USPTO)獲得一份全職工作，因此他會一邊工作一邊繼續走他的創業路。



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inside.” Alec laughs. “Why are leaves green? Why do they turn red in autumn? It is about being observant and asking a lot of questions. After all science is all about asking interesting questions.” Growing up in an environment that encourages observation, asking questions, and experimentation has molded Alec’s scientific mind of today.

While pursuing his PhD at the HKUST, Alec completed his dissertation a year earlier than expected. “If you ask any PhD candidate, most of them would be too busy to start a business. You don’t find too many PhD students in competitions as well.” Alec quips. As he ended up with an extra year to do things he was interested in, he enrolled in a business school program and there he learnt about Good Seed. “I was, participating in another entrepreneurship competition at HKUST at the same time. But Good Seed was the first a competition that allowed me to actualise my ideas.” Good Seed brings together people from different backgrounds and universities, Alec thinks. It is also where he met the future co-founder of “Mamosound”.

Repeatedly Receiving Recognition, Project Aims to Widen Scope of Development in Medical Research

Since his involvement with Good Seed in 2017, Alec has participated in competitions and projects of different scales, writing proposals and giving presentations about his idea of “Mamosound”. Not only was “Mamosound” selected as one

of the participants of the Cyberport Incubation Programme, it also won the HKUST-Sino One Million Dollar Entrepreneurship Competition. In one year’s time, they succeeded in building a prototype of “Mamosound”. Having their ideas actualised marked a new milestone for the team and is doubly encouraging for Alec. At the time of writing, Mamosound’s research and development work are almost completed and the device is now being tested. For instance, the product has been introduced in Indonesia for testing and the team has been collaborating with the Red Cross to run screening test for local people.

When asked about the vision of their development in Hong Kong, Alec told us about their plan to develop medical consultation using virtual reality and start researching on the Internet of Things (IoT) in health care. At the same time, efforts have also been made to improve Mamosound’s database to raise accuracy, so as to pass the product testing in different countries. As for Alec himself, he has since relocated to Washington, D.C., where he continues his research in medical technology products. Having been offered a full-time job at the U.S. Patent and Trademark Office (USPTO), he will continue on with his entrepreneurial journey in tandem with developing his career.

當植物殺手遇上園藝治療 「蒲寓」創辦人以植物撫慰長者心靈

Plant Killer Meets Horticultural Therapy, Founder of PuYU Soothes Seniors with Plants

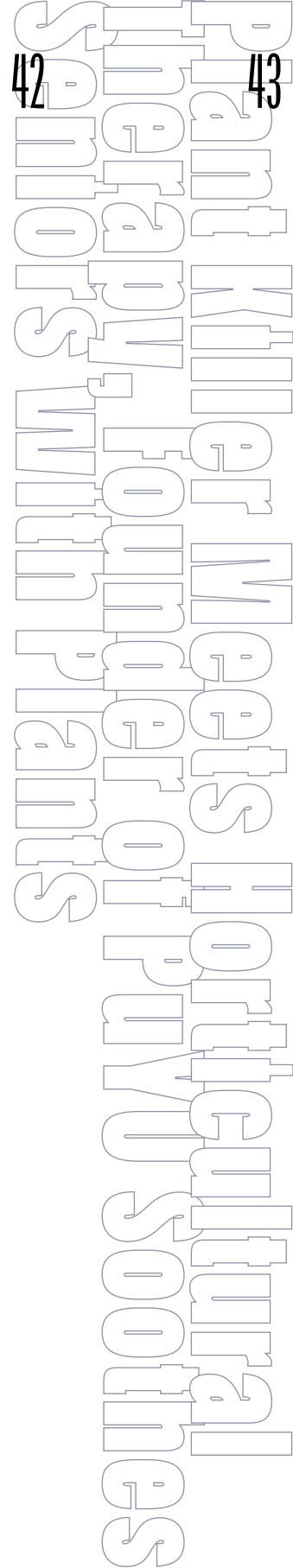
Mindful Green - Horticultural
Therapy Services - Zoe Chan

撰文 阿緒



陳詠欣 (Zoe) 從盆栽中取出植物，再把它轉移到玻璃碗中，接著她把不同的小動物、卡通人物的裝飾點綴在翠綠的葉子旁邊——這個看似簡單的步驟，卻能撫慰長者難以宣之於口的情緒。Zoe與兩位志同道合的伙伴在2017年創立社會企業「蒲寓園藝治療服務有限公司」，讓長者藉著種植找到生活上的寄託，「有些長者年輕時有耕種的經驗，有些以往有種植，所以這正能發揮長者的長處；加上他們有耐性打理，同時有時間，園藝治療在他們身上很有效用。」Zoe說。

Zoe took the plant out of the pot. She gently placed it in a glass bowl and decorated it with miniature animals and cartoon figures. These steps seem simple, but they help soothe the indescribable sentiments that the elderly bury deep in their hearts. Zoe and two like-minded partners established social enterprise "PuYU Horticultural Therapy Services Limited" in 2017, which helps seniors find purpose and energy through horticulture. Zoe said, "Some of the elderly have farming experience and some used to grow plants, so this is great for bringing out what they are good at. What's more, seniors are usually patient and have time to take care of plants. Horticultural therapy works well for them."



打理植物的過程中，人們同時在紓解煩惱——種植不單止能發揮長者的長處，亦是Zoe在困難中繼續走下去的動力，「我其實是『植物殺手』，但看到我這樣種它也不會死，那麼我也可以繼續堅持下去。」

初次跟Zoe見面，她的語態總是溫婉，說起話來不緩不急，總能讓人靜下心來細意傾聽；然而，擔任園藝治療師之前，Zoe卻因銀行工作而經常疲於奔命，焦躁不安。七年前，她決意停下來休息，巧合下接觸到園藝治療課程，就決定投入全新的行業發展。「我一直很想發展善終服務，當親人過世後，他們的植物能留給家人繼續打理，整件事是很有意義的。」Zoe道。

個讓Young—Old服務Old—Old

園藝治療是一種輔助治療專業，服務對象由實際接觸和運用園藝材料來美化植物或盆栽，達至預定的治療目標，例如紓解壓力、復健心靈、認知訓練等。Zoe觀察到報讀園藝治療課程的同學大部分均是現職社工，有些則是退休的照顧者，「他們有不少要照顧年約八、九十歲的父母，希望學多一種治療的方法。」可是，好像Zoe般以園藝治療作興趣來上課的實屬少數。「其實園藝治療的行頭很窄，不少都是由社工兼任，所以我就想不如跟這班『Young-Old』組成園藝治療師小組來服務長者(Old-Old)。」

園藝治療師同是「植物殺手」

完成三年園藝治療課程及實習後，Zoe成立社企「蒲寓」，組織了一班已年屆50至65歲的園藝治療師，聯繫社福機構提供服務。Zoe補充，他們在設計課程的時候，會針對不同的對象來安排課程內容，例如認知障礙症的長者容易分心，他們刻意於課堂上加插多一點細節，讓他們參與多一點；治療師亦會善用不同特性的植物，如香草，或不同形式的活動為長者提供感官刺激，「在實習的時候，我們已有機會接觸不同的長者，所以會按著他們的需要和習慣來計劃課程。」

有些認知障礙症長者在種植的過程中，能夠從植物的香氣憶起往事，如臭草氣味讓他們想起小時候吃到的綠豆沙的回憶，有些又會想到兒時同學家旁的果樹，「有位婆婆初時覺得自己做不到，但之後她做得最快，又會跟老公一起做。」

Zoe看著長者在過程中獲得信心，或是想起以往的開心回憶，這是讓她最為滿足的地方，「我真的覺得長者很厲害，他們打理得很有心機，種得很美。」Zoe眯起眼睛笑著說。跟長者相比，她笑言自己是「植物殺手」，「我種到很容易乾死，又生存不到，生命力十分強的植物才可以在我家生存。」Zoe笑說。

Looking after plants can relieve stress. Horticulture not only helps the elderly fulfil themselves, but it is also the motivation for Zoe to keep going in the face of adversity. “I am actually a “plant killer”. But when plants manage to survive under my care, I know I can keep going.”

My first impression of Zoe was that she spoke gently and slowly in a manner which makes people slow down and listen. But before becoming a horticultural therapist, Zoe lived a hectic life working in a bank and constantly felt anxious. Seven years ago, she decided to take a break. She came across horticultural therapy courses and aspired to take up a new career. “I have always wanted to set up hospice services. When a beloved one passes away, their plants can be pass on to their family. It is meaningful,” Zoe remarked.

Let the “Young-Old” Serve the “Old-Old”

Horticultural therapy is a kind of alternative therapy. It helps with stress relief, mental rehabilitation, and cognitive training through decorating potted plants with gardening materials. Zoe noticed that most of the classmates enrolled in horticultural therapy courses were serving social workers and retired caregivers. “A lot of them had to take care of parents who were 80 or 90 years old. They wanted to learn an additional therapeutic approach.” Zoe was one of the few who took horticultural therapy courses as a hobby. “It is a small field. Most of the therapists are also full-time social workers. So, I thought maybe I could form a horticultural therapist group with these ‘young-old’ to serve the ‘old-old’.”

A Horticultural Therapist but also a “Plant Killer”

After completing the three-year horticultural therapy courses and internships, Zoe established a social enterprise call “PuYU”, gathering horticultural therapists aged between 50 to 65 to provide services for different social welfare organisations. Zoe emphasised that their classes are tailor-made, as they design the content based on the uniqueness and needs of the participants. For example, seniors with dementia are easily distracted, so classes for them would include more details to encourage participation. Therapists would also make good use of plants with different characteristics, such as vanilla, or different forms of activities in order to stimulate the five senses of elderly. “During practice, we had the opportunity to meet with different seniors and design courses to fit their needs and habits.”

Some seniors with dementia would recall memories after smelling the scent of certain plants. For example, the smell of common rue reminded them of having mung bean sweet soup when they were young. Some were reminded of the fruit trees next to their childhood classmate’s home. “A granny used to think that she couldn’t do it. But then, she became the first one to complete the task in the class and invited her husband to join the class together.”

It is very satisfying for Zoe to witness the elderly gaining confidence and recalling happy memories. “They are amazing. They put a lot

一門永遠的課題：跟伙伴磨合、溝通

種植的學問涵蓋廣泛，由施肥的種類、季節、澆水的份量等，其他園藝治療師均有多年種植經驗，而Zoe則是半途出家；然而，近年她找到擅長的位置，主責「蒲寓」的管理及營銷工作，「我們至今已跟70多間社福機構合作，說真的，成績相當不錯，接下來我希望擴展「蒲寓」，由提供園藝治療到跟商業機構合作。」



縱然成立「蒲寓」至今，Zoe遇到的困難也不少，但參加Good Seed的確為「蒲寓」奠下堅實的基礎，「沒有Good Seed則沒有『蒲寓』。」Zoe爽快地回答。她解釋，因為要完成Good Seed訂下的計劃內容，讓他們有機會在首年接觸60多間長者服務機構，並服務約500多位長者。「這些機構在首次免費使用我們服務後，亦有再找我們報價，成為我們現在主要的客源。」Zoe說。

由銀行工作轉職成為園藝治療師，及後發展成社企，乍聽之下發展相當順利。然而，Zoe緩緩吐出一句：「困難相當多。」她形容，跟伙伴的理念、步伐及發展方向，雙方均需要多一點時間磨合，「我相信很多社企都會面對這些困難，當業務發展至一定時間，就會有不同想法。」縱然這種差異讓Zoe壓力倍增，但她深明理性溝通才是出路，「大家要互相尊重，將想法理性說出來才有方法解決。」Zoe說。

植物：一些不起眼的啟示

Zoe提到工作及生活上遇到的挫折時，不禁眼眶紅了起來。當園藝治療師經歷人生低潮，身旁的植物往往能給予她一些啟發。「我很喜歡一種叫『落地生根』的多肉植物，它的生命力很強，只需要一些棉花，一些水就生長到，我很喜歡它的堅

韌和生命力；還有家中的太陽花，本來看似已經很乾，像枯死似的；那時候，生活上遇到一些不如意的事，有天看到太陽花竟然再次生長了起來，真的覺得很神奇——植物好像很不起眼，但它就在你身邊，給予你一些新的力量，讓你沒這麼容易放棄。」

of effort into taking care of the plants, and the plants turn out beautifully.” Zoe smiled, her eyes crinkling. Zoe joked that compared to the elderly, she herself is a “plant killer”. “Very few of the plants that I grow survive. They tend to dry up and die. I can only grow tough plants that can survive in a rough environment,” Zoe laughed.

Communication and Adjustment: The Eternal Subject

Horticulture covers a wide range of knowledge, from types of fertilisers, to seasonal changes and watering rules. While other horticultural therapists have years of experience in the field, Zoe joined the field half-way through. Recently, she found a role suitable for her at “PuYU”; she is now responsible for management and marketing. “We have cooperated with more than 70 social welfare organisations in two years, which is not bad at all. I would love to expand “PuYU” from providing horticultural therapy to working with commercial organisations.”

Despite the difficulties Zoe has encountered since setting up “PuYU”, participating in the Good Seed program consolidated the foundation of the company. “There would be no “PuYU” without Good Seed,” Zoe replied readily. She explained that through achieving the project goals set by Good Seed, they managed to get in touch with more than 60 elderly care centres in the first year and served over 500 seniors. Zoe added, “These organisations came back to us after the free trial and became a major source of customers.”

From working in a bank to becoming a horticultural therapist and establishing a social enterprise, Zoe’s career path may sound smooth. “It was actually really difficult,” Zoe confessed. She revealed that it took some time for the team to settle the differences in ideas, pace and vision. “I believe many social enterprises face similar obstacles. After a business has been running for a certain time, there is bound to be different voices and ideas.” Despite the pressure due to differences among teammates, Zoe is convinced that rational communication is the solution. She pointed out, “Mutual respect is key. You have got to communicate rationally to solve problems.”

Inconspicuous Lessons that Plants Teach Us

Zoe’s eyes welled up when she talked about the setbacks at work and in life. When horticultural therapists go through a bad time in their life, the plants around them are often a source of inspiration. “I like a type of succulent plant called the ‘life plant’. It’s a very tough plant. All it needs to grow is some cotton and water. I am impressed by its perseverance and toughness. Another one is the gerbera at my home. At one point, it looked dried up and about to die; at that time, my life was rough as well. But one day, the gerbera started growing again. It was amazing. Plants might seem inconspicuous but they are right beside you, giving you the energy and strength to keep going.”

會考模擬試全U變雙碩士 SEN孩子今重返教室助同路人 From Exam Failures to Master's Degrees: Dyslexic Student Returns to the Classroom to Help Others

SENovate - Twiggy Chan

撰文 廖俊升



「我覺得是一種原動力，有時我教學生的時候，好像看見自己的影子……」
陳卓琪 (Twiggy) 在16歲確診讀寫障礙，曾厭惡學習，考試全科不合格，只見前路灰暗。後來她遇上啟蒙老師，教她「如何學習」，最後她成功考上大學，攻讀兩個碩士學位，再開辦博雅思教育中心，教導SEN (特殊教育需要 Special Education Needs) 學生尋找自我價值，克服學習困難。 Twiggy兩年前再度突破，透過Good Seed開辦「SENovate」課程，指導學生嘗試創業，激發其自我潛能。

"It's my motivation. When I teach my students, I see myself." Twiggy Chan was diagnosed with dyslexia at the age of 16. She once loathed the idea of learning and failed all her exams. Her future seemed bleak. She later met a teacher who enlightened her about learning. Eventually, she got into university, obtained two master's degrees and set up Boaz International Education Institute. Her mission is to guide students with special educational needs (SEN) to acknowledge their self-worth and overcome learning difficulties. With the help of Good Seed, Twiggy had another breakthrough two years ago and established the "SENovate" program, which encourages students to become to entrepreneurship and explore their potentials.

讀書曾是無間地獄

「每一天上學我都無間斷地哭、在地上滾、嘔；做功課扯頭髮、咬斷鉛筆、或者撕爛功課。」有讀寫障礙的Twiggy，從第一天上學到三年級，讀書都是她的無間地獄。

16歲前，她不知道自己患有讀寫障礙，只認定學習是痛苦。升中後，她到英國讀書，但情況依然惡劣，會考模擬試成績全U(未能評級)。「如果有去過外國讀書，便知道會考拿U其實好難，不合格都是D或E，好少U。」她說。

模擬試觸礁對她彷如迎頭痛擊，就在人生谷底裡，校長向Twiggy推薦了一位老師，改寫了她的生命軌跡。啟蒙老師與其他老師不同之處，在於他首先令Twiggy了解究竟自己懂甚麼、不懂甚麼，「好多時老師問我不明白甚麼，我根本說不出來，因為我也不知道自己學了甚麼。」在溫書之前，這位老師先讓她理解甚麼是「學習」，而沒有強行將大量知識塞進她的腦袋，做到真正明白箇中意思，才是學習的真義。會考來臨，她所考三個科學科目，由模擬試U級，到公開試躍升至B級。

其後她以全優成績(distinction)畢業，獲獎學金入讀香港大學，再攻讀融合及特殊教育碩士和社會工作碩士。

SEN學生也能成為小創業家

她確信每個小孩都有學習能力。因此她決意修讀教育文憑，再開辦專門教導SEN學生的博雅思教育中心，研發學習技巧，教學生一些有趣和簡單易明的學習方式。

她在Good Seed協助下開設了「SENovate」課程，培育SEN學生成為小創業家。Twiggy說，課程並非要求每位小朋友都走創業道路，但願透過實踐向他們灌輸創業精神，如解難技巧、創意、溝通技巧和了解自己的強項，有能力選擇日後的出路。Good Seed希望透過支持具社會創業精神的計劃，從而產生社會效益，建立社會資本。Twiggy相信，如果小朋友能夠從小培養創業精神，對自身有益，亦有利於社會。就是靠著這個理念，Twiggy獲得Good Seed的認同，得到種子基金，為期九個月的SENovate正式啟動。



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DON'T BE AFRAID TO FAIL
EXAMINATIONS
FOR STUDENTS
WITH DYSLEXIA
TO HELP OTHERS
MATTERS
RETURN

Studying Was Hell

"I would cry, roll on the floor and throw up every day at school. I would pull my hair, break my pencils into half and tear my homework into pieces." To Twiggy, who was diagnosed with dyslexia, school was like hell from the first day until the third grade.

She did not know that she had dyslexia until she was 16. Before that, she just thought that learning was painful. She went to the UK to study abroad during her secondary school years, but her situation remained dire. She scored U (Unclassified) in all of her mock exams. "If you have studied abroad, you would know how difficult it is to get a U in GCSE. People who failed usually get a D or an E, but not a U," she said.

The failure in the mock exams was a heavy blow to Twiggy and she hit the rock bottom. Fortunately, the principal introduced her to a teacher who changed her life. This teacher, who was different from other teachers, helped Twiggy find out what she knew and what she did not. "Teachers would often ask me what is it that I didn't understand, but I couldn't tell, because I myself didn't know what I have learnt." Before every revision, this teacher made Twiggy understand what "learning" was and did not try to force everything into her head, instead she made sure that she thoroughly understood the concept. Eventually, Twiggy made huge improvements and managed to get a B in the three Science subjects she took in the public exam.

She graduated with distinction and received a scholarship to study at the University of Hong Kong. She then furthered her studies and pursued Master's Degrees in Inclusive and Special Education and Social Work.

SEN Students Can be Entrepreneurs too

Twiggy is convinced that every child is capable of learning. Therefore, she decided to take a diploma in education and set up Boaz International Education Institute, which specialises in teaching SEN students. The centre is dedicated to teach students in fun, simple and effective ways and nurture them to become independent learner.

With the help of Good Seed, Twiggy started the "SENovate" program to nurture SEN students into young entrepreneurs. The program's aim is not to put participants on the path of entrepreneurship, but to instill the spirit of entrepreneurship in them through practice.

Participants will develop problem-solving skills, creativity, communication skills and knowledge about their own strengths, which will empower them to choose their career paths. Through supporting social entrepreneurship programs, Good Seed hopes to generate social benefits and build social capital. Similarly, Twiggy believes that developing an entrepreneurial spirit at a young

讓學生覺得讀寫障礙是天賦

Twiggy說，SENovate課程中發現同學皆極具創意。她舉例說，有學生留意到香港社會的回收意識薄弱，因此發明了一部回收機——每當回收一次，回收機便吐出一個玩具，藉此吸引人回收。

SENovate給學生發光發亮的機會，在創業的過程中建立自我形象。Twiggy直言，有學生曾覺得讀寫障礙是件羞恥的事，但現在他覺得這反而是種天賦(gift)。「他們知道自己不是讀不到書，才覺得自己有能力繼續讀上去，覺得日後出來都有選擇。」

「教學生像看見自己的影子」

Twiggy說，指導學生創業時，導師也要具備創業精神，「例如帶組，當他們有衝突的時候，你如何運用他們的衝突去教他們合作，很講求on spot那位怎樣去帶。」

初創社企時總會碰釘，無論是到學校推廣計劃，還是在教育中心教學生，都要花極大的力氣。Twiggy曾想放棄，但每當看見學生有自信地表現自己，得到家長和學校老師的認同，她明白一切也值得。「每一個回應，對於我們的影響，我會說是入到心裡，觸碰到我的心，給我力量繼續去做。」 Twiggy說。

幫助別人，也是心靈上的自我救贖。「我覺得是一種原動力，有時我教學生的時候，好像看見自己的影子。」特別是看到同學一步一步成長，突破舒適圈，她覺像在幫助昔日的自己，「我曾遇到一些好好的朋友，好好的老師，帶自己走出困局，希望他們一樣。」 Twiggy感嘆。



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age not only benefits the individual, but also the society. Her ambition was acknowledged by Good Seed, so she was awarded the seed fund to launch her nine-month “SENovate” program.

Helping Students See Dyslexia as a Gift

Twiggy pointed out how creative the students in the “SENovate” program are. She gave an example of a student noticing the lack of awareness about recycling in the community and invented a recycling machine. The machine encourages the community to recycle more by giving out a toy each time someone uses the recycling machine.

“SENovate” offers students a chance to shine and build their self-image in the process of entrepreneurship. Twiggy said that some students used to feel ashamed about having dyslexia, but now they regard it as a gift. “They now understand that they are not incapable of learning. They know that they can continue with their studies and that they have a choice in their future.”

Seeing Herself in Her Students

Twiggy stressed that mentors should possess the entrepreneurial spirit as well. “For example, when leading a group, it is critical to transform conflicts within the group into a catalyst for better cooperation.”

Obstacles often arise when setting up a social enterprise. It takes a lot of effort to promote the program in schools and to teach students in the centre. Twiggy had once considered giving up, but when she saw the success of her students and the recognition they received from their parents and teachers, she realised that the hard work was worthwhile. “Every response we received has an impact on us, and through the responses, we were able to recognize the students’ courage to stepping out of their comfort zones. In some stances, some students even choose to help other groups, despite their own difficulties. It reaches the bottom of my heart and gives me the strength to keep going,” she said.

Helping others is also a form of self-redemption. “It’s my motivation. When I teach my students, I see myself in them.” Especially when students show gradual improvement, breaking through their comfort zones, Twiggy feels like she is helping her old self. “I have met some good friends and teachers who led me out of the maze. I hope to do the same for these students,” Twiggy remarked.

香港有群「天水圍人」 “Dialogues in Tin Shui Wai”

Tinwork - Or Wing Man & Lo Yan Chi

撰文 廖俊升



「雖然大家都是香港人，但都會發現天水圍人感覺上沒那麼繃緊，對於與陌生人接觸不會太緊張。」天水圍人阿柯如是說。天水圍是香港「大西北」，處於邊緣位置。柯詠敏（阿柯）和羅恩賜（恩賜）居於天水圍逾二十年，但對區外人來說天水圍仿如異地。2015年，他們成立社區團體「天水圍人」，透過活動連結社區中不同的群體，記錄這裡的人和事，希望營造社區之餘讓外面的人聽見天水圍人的聲音。到2018年，他們申請Good Seed社創基金，舉辦一系列社區學堂，以天水圍人教天水圍人為宗旨，為基層街坊提供興趣班，發展所長。

“We’re all Hongkongers, but people who live in Tin Shui Wai seem to be more chill and relaxed. They seem less nervous when talking to strangers,” said Tin Shui Wai resident Or. Tin Shui Wai is located in the north-western part of Hong Kong, close to the border. Or and Yan Chi have been living in Tin Shui Wai for more than two decades. They noticed that people outside of Tin Shui Wai seem to treat it as a foreign place. In 2015, they set up a community called “Dialogues in Tin Shui Wai” in the hopes of connecting different groups of people in the community through various activities. They also wanted to record the stories and people in the district to make their voices heard. In 2018, they applied for the Good Seed fund to organise a series of community interest classes for grassroots residents and develop their potentials. To build a mutual support network, Tin Shui Wai residents were recruited to teach other Tin Shui Wai residents.

偏遠地區共同體——天水圍人

天水圍，新界西北的社區。它被濕地公園路、天慈路、天福路、屏廈路和天影路環環包圍，由天華路劃分南北部，輕鐵穿梳小區之中；區內大小道路皆以「天」字開頭。種種地理因素和微小的城市佈局，為天水圍營造了一個共同體的感覺。除了規劃與佈局，社區營造最重要的元素必然是人，天水圍街坊對這裡又有何感覺？

阿柯和恩賜自小住在水圍，對「天水圍人」有強烈身份認同。「其實從生活的體驗，以前人們就會覺得，『啊你是天水圍人？』」阿柯憶及剛出社會工作時，別人總是驚訝她來自天水圍，然而她沒有感到厭惡，倒覺得這增強了她的身份認同，「其實住在水圍真的這麼特別嗎？」

「我細個好想衝出天水圍，這幾個字在我腦裡面，不是太喜歡天水圍……」恩賜說，從前住在水圍給他「大鄉里」的感覺，譬如讀大學時不熟悉旺角的路，令他覺得自己見識比別人少。不過人大了，他開始喜歡天水圍，「畢竟好長時間的人生都在這個地方。」

重寫曾經的「悲情城市」

近年香港有一種社區深耕細作的概念，有志者深入小社區，向普羅大眾作公民教育，再由下而上推動社會變革。2015年，阿柯和恩賜成立社區組織「天水圍人」，冀以自身能力為社會帶來一點改變。那天他倆坐在元朗一間咖啡店，談到改變社區：「大的事做不到，自己做小的事，看看在自己那一區能做到甚麼。」想起外國專頁「Humans of New York」，遂希望參考相關經驗，記錄社區的人和事，展開了「Dialogues in Tin Shui Wai」。

但大眾對天水圍的印象不就是悲情城市？曾當記者的阿柯道，以往做街訪時發現天水圍人相對熱情，比其他區街坊更容易展開對話。「可能本身我們時常周圍行和街坊聊天，有平台給他們講自己的故事。香港社會認定天水圍比較isolated（孤立），先不說悲情城市，而是一個較容易被忽略、邊緣的社區。我們希望讓外面的人聽到天水圍人的聲音。」阿柯說。

他們寫過不同天水圍人的故事：發現了「全港雜耍冠軍」等身懷絕技的街坊；也記下像毛公仔店那樣的小店故事——轉眼，「天水圍人」已走入第五個年頭。

我們沿著輕鐵路軌旁走，從南到北，路上不少熟悉的面孔向他們揮手。行經一個輕鐵站，碰到昔日在水圍北江賣毛公仔的伯伯。伯伯於年前撤出北江，三人久別重逢，聊起近況與往事，方知伯伯還未找到新舖落腳。言談間伯伯總是笑不攏嘴，街坊街里，簡單幾句噓寒問暖，人和人的連結是如此微小而強大。

曾如城寨般品流複雜

恩賜的印象中，昔日天水圍社區如城寨般品流複雜。「六年級時，我和一個屯門的小學同學來打籃球，行到中途已經有一個『金毛飛』（小混混）問我跟邊個大佬。」他仍記得那個「金毛飛」只比他大一至兩年，更是他的補習托兒中心同學，而這些「金毛飛」總在遊戲機中心流連。

到近年，這些景象已不復再，一間天水圍的中學在20年間由band 5變成band 1，街上再看見童黨。阿柯和恩賜見證天水圍的蛻變。「當初十幾年前，我們還小，是想出去玩的時候。現時大

Remote Community: People of Tin Shui Wai

Tin Shui Wai is a district located in the north-western part of New Territories. It is surrounded by Wetland Park Road, Tin Tsz Road, Tin Fuk Road, Ping Ha Road and Tin Ying Road. The district is divided into the northern part and the southern Part by Tin Wah Road with the Light Rail Transit (LRT) connecting different areas. The Chinese names of many roads in the district start with the word 天 (literally: sky). The various geographical factors and urban configurations create a sense of community in Tin Shui Wai. Apart from the urban planning and layout, the most important element in a community is undoubtedly the people. In this sense, how do the residents of Tin Shui Wai feel about this place?

Or and Yan Chi have been living in Tin Shui Wai since childhood; they have a strong sense of

identity as “people of Tin Shui Wai”. Or recalled that when she first started working, people were always surprised to know that she lived in Tin Shui Wai. “From my experience, people would always react with surprise and say things like ‘What? You’re from Tin Shui Wai?’” She never got mad or tired about it and it strengthened her sense of belonging. “Is it really that special to be living in Tin Shui Wai?”

“When I was young, I wanted to leave Tin Shui Wai. In my head, I never really liked the idea of Tin Shui Wai,” said Yan Chi. Being from Tin Shui Wai used to make him feel like a “country bumpkin”, especially when he found out that he did not know his way around Mongkok and the city as well as his peers at university. As he grew up, he began to like Tin Shui Wai. “After all, I have spent a large portion of my life in this place.”



家都成長了，這個地方其實沒有太多變化，只不過人成熟了，不再玩那時候的東西，而大家都變好了。」阿柯說。

恩賜也認為這裡變得安全，亦從最近區議會選舉中青年的高度參與，反映了當區年青人的轉變。「十七區全『黃』，好像這裡的後生仔較progressive (開明)。以往可能只是想認識異性，食煙飲酒那些，沒什麼能給這個地方。」

新天水圍新的社區問題

城市的轉變同時衍生新的問題：新移民家庭的社區矛盾，或是老夫少妻家庭托兒等問題。「天水圍北居住環境更加密集，有些以往的問題，如電影《日與夜》（《天水圍的日與夜》）中的問題可能得到改善，但其他問題仍在。」阿柯說。

2017年底，他們舉辦活動和興趣班，希望從中連結社區中不同的群體，解決社區問題，因此報名參加了社創項目Good Seed。

「終於有一個稱得上是『計劃』，一個要牽涉到營運模式 (business-model)，要搞班的計劃，就是參加Good Seed之後。」恩賜說。

Good Seed項目教會他們在不同階段設立里程碑 (milestone)，「可能每隔一個月，你就要完成一些里程碑。那時想什麼都做，有跆拳道班、躲避盤、魔術英文班等，最高峰個時好似有八個。」

恩賜提到，他們辦過一次躲避盤 (類似躲避球的運動但以軟飛盤取代，融入飛盤運動的投擲與飛行技巧) 遊戲班，有一位新移民媽媽站在一旁，看著兒子玩得興高采烈。她突然感觸的說，小朋友是SEN學生，在學校被邊緣化，老師疑因為他是SEN (特殊教育需要) 學生，而拒絕讓他報讀一些課程。「媽媽應該幾大壓力，好想搵人去講，那我便想，這些機會正是讓我們連結它人。可能有點可惜，因為幫不到她甚麼，只能那天晚上和她聊天，做這些活動可以connect到人，聽到他們有甚麼難題。」

社區營造 = 搞社區活動？

起初他們的想法是辦社區面向的活動，然而他們發現，活動似乎除了是天水圍舉行，就沒有關於天水圍的元素。「常說搞社區，像是社區藝術，但並不是讓活動在社區發生就等於營造社區，也不是讓藝術活動在水圍舉行就等於社區藝術。」

他們邊做邊思考，究竟何謂營造社區，恩賜坦言大部份活動都是失敗的。直至他們辦了攝影班，與學員走訪天水圍各處，攀上天水圍髻山，探訪露宿者和外傭，用鏡頭記錄天水圍。學員從活動中看到社區不同面貌和群體，重新認識天水圍。他們希望參照攝影班作方向，構想未來的活動，甚至希望突破天水圍這個地區局限，在其他區發掘更多可能性。

Rewriting Tin Shui Wai

In recent years, there is a trend to invest in community work in Hong Kong. Dedicated organisations would reach out to communities to promote civic education, in the hopes of changing the society from the bottom up. In 2015, Or and Yan Chi established a community project called “Dialogues in Tin Shui Wai”, intending to change the community. Sitting in a coffee shop in Yuen Long, they told me about making a difference in the community. “We might not be able to do big things, but we can start by doing little things and see how we can contribute to the district.” The popular blog “Humans of New York” inspired them to set up “Dialogues in Tin Shui Wai” to document the people and stories in the community.

Isn't the general impression of Tin Shui Wai a tragic district? Or pointed out that she had pleasant experience interviewing residents of Tin Shui Wai as a former journalist. She found people from Tin Shui Wai more passionate and more likely to start a conversation with neighbours compared to those from other districts. “Maybe it is because we often chat with residents in the neighbourhood and have a platform for them to tell their stories. The rest of Hong Kong has stereotyped Tin Shui Wai as an isolated place. It might not be a tragic district, but it is definitely easily overlooked and marginalised. We hope that people from outside Tin Shui Wai can listen to the voices of the people of Tin Shui Wai,” said Or.

They have written about the stories of various people from Tin Shui Wai: they discovered talented residents like the juggling champion of Hong Kong; they documented the stories of small shops like a stuffed toy shop. In the blink of an eye, “Dialogues in Tin Shui Wai” is now five years old.

As we walked along the LRT tracks from the south of Tin Shui Wai to the north, they greeted many familiar faces. Walking past an LRT stop, they bumped into an old man who used to sell stuffed toys in Tin Shui Wai's Kingswood Richly Plaza. They had not seen one another for a long time, so they started chatting, only to find out that he had not found a new shop yet after leaving the plaza a year ago. During the unexpected catch up, the old man's smile never left his face. This simple exchange showed how personal and strong human connections are.

Once a Problematic Neighbourhood

In Yan Chi's memory, Tin Shui Wai used to be a problematic neighbourhood. “When I was in primary six, I came to play basketball with a schoolmate from Tuen Mun. On our way to the court, we met a gangster asking us who our gang boss was.” The gangster was only one to two years older than him and was a classmate at his childcare tutorial centre. Apparently, these neighbourhood gangsters often loitered in arcades.

零收入、用假期辦活動：再辛苦也值得

向來搞地區工作都要花上龐大的心機和時間，未必有太多個人得益。「天水圍人」沒有為阿柯和恩賜帶來收入，他們都有一份正職，故要騰出周末假日的私人時間來處理「天水圍人」的事務。「譬如說，報名參加Good Seed要準備很多文件，填很多計劃書，都要在放假時做。」恩賜說。

他們坦言這是一份苦差。阿柯說：「我有一段時間辭去工作，想做Freelance兼做『天水圍人』，時間可能分配得好一點，但都有另一個壓力，所以也不見得辭工真是那麼輕鬆的事，也是很辛苦的。」



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PRODIGES IN TIN SHUI WAI

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The neighbourhood has changed since then. A secondary school in Tin Shui Wai has gone from band 5 to band 1 in 20 years. There are no more teen gangs on the streets. Or and Yan Chi witnessed the changes in Tin Shui Wai. "It was more than a decade ago when we were young and wanted to go out to play. Now we are grown up. The place didn't change drastically. It's just that we are more mature now, so we don't play around like we used to. Everyone has become better," said Or.

Yan Chi agreed that Tin Shui Wai has become safer than before. The high youth participation in the recent District Council election reflected the change in Tin Shui Wai. "All 17 constituency areas here have elected a "yellow" (pro-democracy) District Councillor, showing that the youth here are getting more progressive. In the past, they might only want to mingle with the opposite sex, and spend time fooling around smoking and drinking without thinking about what they can offer to the community."

New Tin Shui Wai, New Problems

However, change brought new problems, like community conflicts among new immigrant families, or childcare for couples with older husbands and young wives. "The north of Tin Shui Wai has become more densely populated. Some problems from the past, like those in the film *The Way We Are*, might have been resolved, but other issues remain," said Or.

At the end of 2017, they organised events and workshops to connect different groups in the community and address community issues. They applied for the Good Seed fund. "It was after Good Seed that we finally had a proper project that required a business model and an actual plan involving workshops."

The Good Seed program taught them to set milestones at different stages. Yan Chi told us, "Say, for example, every other month, you have to achieve some milestones. We just did what came to our minds. There were taekwondo classes, dodge disc classes, magic classes in English, and so on. There were like eight classes at the peak."

Yan Chi mentioned that they once held a dodge disc class (like dodge ball, but with a soft frisbee instead, incorporating frisbee throwing techniques). An immigrant mother was standing at the side of the court, watching her son play happily. She became touched and told us that her son was a SEN student and was marginalised at school. And probably because of the same reason, his teacher refused to have him enrolled in some courses. "This mother must have been under a lot of pressure and wanted to talk to someone about it. It struck me that what we did offered opportunities for us to connect with people. It was a pity that we couldn't do anything for her apart from just chatting with her that day. But we realised that we could connect people through these activities and find out about their problems."

不過當街坊有得著，甚至建立身份認同，事情若有意義，再辛苦也值得。恩賜說：「現在我們說『天水圍人』很順口，天水圍街坊、區議員平時可能也會找『天水圍人』，又好自然會形容這裡住的天水圍人，單單是這件事，也讓我覺得所做的事都有價值。」

Community Building = Community Activities?

At first, their idea was to organise community-oriented activities; but soon, they found that the activities comprised no elements of Tin Shui Wai except for the fact that they were held in the district. "People tend to use the term "community" a lot, like community art. But having an activity take place in the community does not necessarily lead to community building. Similarly, holding art events in Tin Shui Wai is not the same as creating community art."

As they worked, they pondered about the meaning of community building. Yan Chi admitted that most of the activities were failures until the photography workshop. The workshop brought participants to different places in Tin Shui Wai. They hiked up the Tin Shui Wai Kai Shan, and interviewed homeless people and foreign domestic helpers, documenting Tin Shui Wai with their cameras. Through the workshop, participants saw different sides of the community and met different groups of people. They got to look at Tin Shui Wai with a new perspective. Therefore, Yan Chi and Or decided to plan future activities with a similar approach. They hope to step out of the district and discover more possibilities in other districts.

Holding Events on Days Off with No Income: Worth All the Pain and Effort

Community work always requires an enormous amount of effort and time without much return in personal benefits. "Dialogues in Tin Shui Wai" does not bring in any income for Or and Yan Chi. They both have a full-time job and spend their weekends and days off on the project. "For example, we had to prepare a lot of documents and write many proposals to apply for Good Seed. We did them during holidays," said Yan Chi.

They confessed that it is a tough job. Or said, "I quit my job for a while. I thought that being a freelancer would give me more time to work on 'Dialogues in Tin Shui Wai', but I faced other pressure too. Resigning from a job was not as easy as it seemed; it was honestly quite hard."

However, for them, all the hard work pays off when residents of Tin Shui Wai find the activities rewarding and develop a sense of belonging. Yan Chi said, "'Dialogues in Tin Shui Wai' has gained popularity. Residents and District Councillors would sometimes approach us. They would also naturally address people who live here as 'people of Tin Shui Wai'. These little things make everything we do worthwhile."

兩老表創即時翻譯軟件 盼為聽障學子解困

Cousins Develop Real-time Interpreting Software for Students with Hearing Impairment

Voiceless - Kelvin Chan & Henri Chan

撰文 當文尼



這天陳昌奇 (Kelvin) 穿著藍色恤衫，戴著眼鏡，拿著手提電腦，笑容滿面迎來，乍眼有種年輕有為的感覺。坐下來，Kelvin投以誠懇的目光，緩緩地逐字逐字說出他所想，即使相對不太順暢。其實Kelvin是一位先天完全失聰的聽障人士，同時也是一位碩士生、社企創業家，正研發便利於聽障社群學習的即時翻譯工具。「我希望大家可以溝通到。」Kelvin在表弟陳震義 (Henri) 協助下，道出對Voiceless的遠景。

The day we met, Kelvin was wearing a blue-collar shirt and glasses with a laptop in his hand. He walked towards me with a confident smile, looking like a successful young man. He sat down, looked me in the eyes sincerely and started to tell me his vision slowly word by word, though not very fluent. Kelvin suffers from congenital deafness. He is also a master's degree holder and a social entrepreneur who is developing a real-time interpretation tool that helps the hearing impaired community to have a better learning experience. "I hope we can all communicate with one another." Kelvin, with the help of his cousin Henri, spelt out his vision of "Voiceless".

澳洲成長回香港：港聽障配套落後

澳洲成長的Kelvin，在當地完成商科學士學位後，約在五年前回流香港，「澳洲生活很悶，香港多一點挑戰。」回來後，他修讀資訊科技碩士。

在Kelvin眼中，澳洲生活節奏慢，人們說話也慢，日常他能夠透過讀唇與人正常溝通。加上澳洲政府會為聽障人士提供資助，聘請「翻譯員」，翻譯員會即時用電腦打字把課堂內容逐句顯示，所以他在當地讀書未有遇到困難。但回到香港，城市急促運作下，人們無耐性，語速太快又中英夾雜，令他讀唇時相當吃力。在大學課堂上，他只能看課堂筆記、電子簡報及網上視頻自修，卻經常碰壁。對普通人而言也感艱難的求學路，Kelvin註定要花上更多氣力完成。

雖然擁有高學歷，但並不代表他在香港職場上得到友善對待。他試過被同事欺負而「食死貓」，屢遇阻滯、歧視。生活不盡如人意，Kelvin想過自我放棄。「無信心、無心機……很難令自己開心。」但霎眼他又將所有不快拋諸腦後，更揚

言短期不打算回澳洲。「我好open minded (隨和)，會調節至香港culture應對。」Kelvin說話時，總帶著親切的笑容。

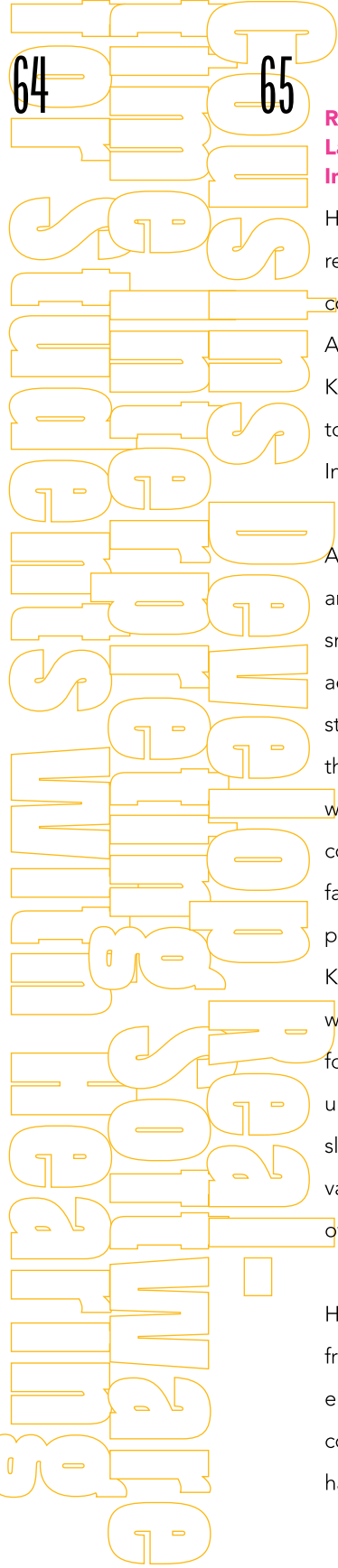
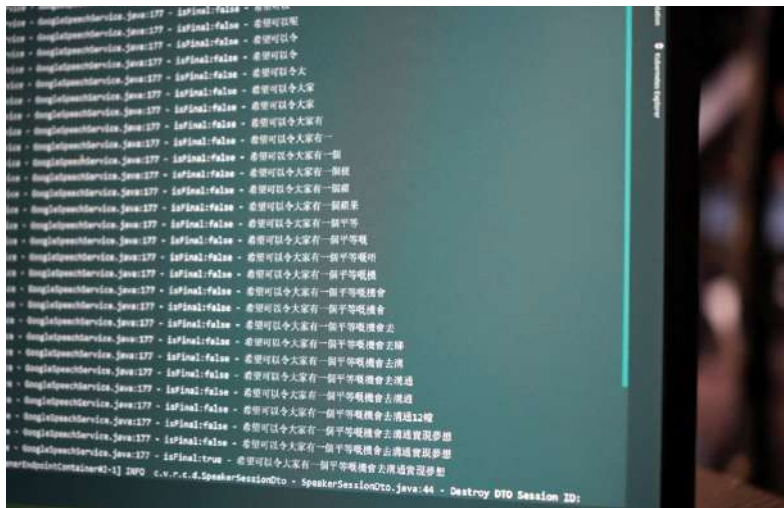
從自身出發 盼助聽障學子

Kelvin性格豁達，並深明溝通的重要性，他不想其他聽障人士，特別是聽障學童，有他這樣的經歷。他希望運用自身的知識，建構聽障人士與外界溝通的橋樑。於是他和表弟陳震義 (Henri) 成立社企「默聲」(Voiceless)，參考他在澳洲的讀書經驗，研發專為聽障人士而設的即時語音傳譯平台。

使用者只要將講話錄音上載平台，便能即時轉化成文字。平台又提供翻譯影片語音的功能，更貼心地附加時間標記(timestamp)，好讓用家更清楚了解內容。Henri表示，傳譯技術主要靠AI運作，目前準繩度達七成。

目前網站後台的工程(backend)已設計完畢，不日將正式公開。不過當初要完成Voiceless的雛形亦非易事，兩表兄弟表示，若要把Voiceless

做好，要投放不少資金，例如伺服器、AI等，每一樣都十分昂貴。幸好，Voiceless贏得Good Seed評審認同，得到了一筆可觀起動資金。對他們而言，這筆資金形同及時雨，讓Voiceless有機會面世，幫助有需要的人。



Returning to Hong Kong from Australia: Lack of Support for People with Hearing Impairment

Having grown up in Australia, Kelvin decided to return to Hong Kong around 5 years ago after completing his Bachelor of Business Degree in Australia. "Life was boring in Australia. Hong Kong would be more challenging." He came back to Hong Kong to study for a Master's Degree in Information Technology.

Australians tend to have a slow-paced lifestyle and speak slowly, allowing Kelvin to communicate smoothly with people through lip-reading. In addition to that, the Australian government assists students with hearing impairment by providing them with an interpreter at school. The interpreter would type out the content of the lesson on a computer, which helped Kelvin a lot. But here in fast-paced Hong Kong, people are generally less patient. In addition to the hectic lifestyle, Hong Kong people tend to mix Cantonese with English when they speak, making lip-reading very difficult for Kelvin. He could only try his best to catch up at university by reading lecture notes, presentation slides and online videos, but his efforts were in vain. Completing a master's degree requires a lot of hard work, and even more so in Kelvin's case.

His education qualifications did not guarantee friendly treatment in Hong Kong workplaces either. He was bullied and discriminated by his colleagues. Kelvin once thought of giving up. "I had no confidence and no motivation. I couldn't

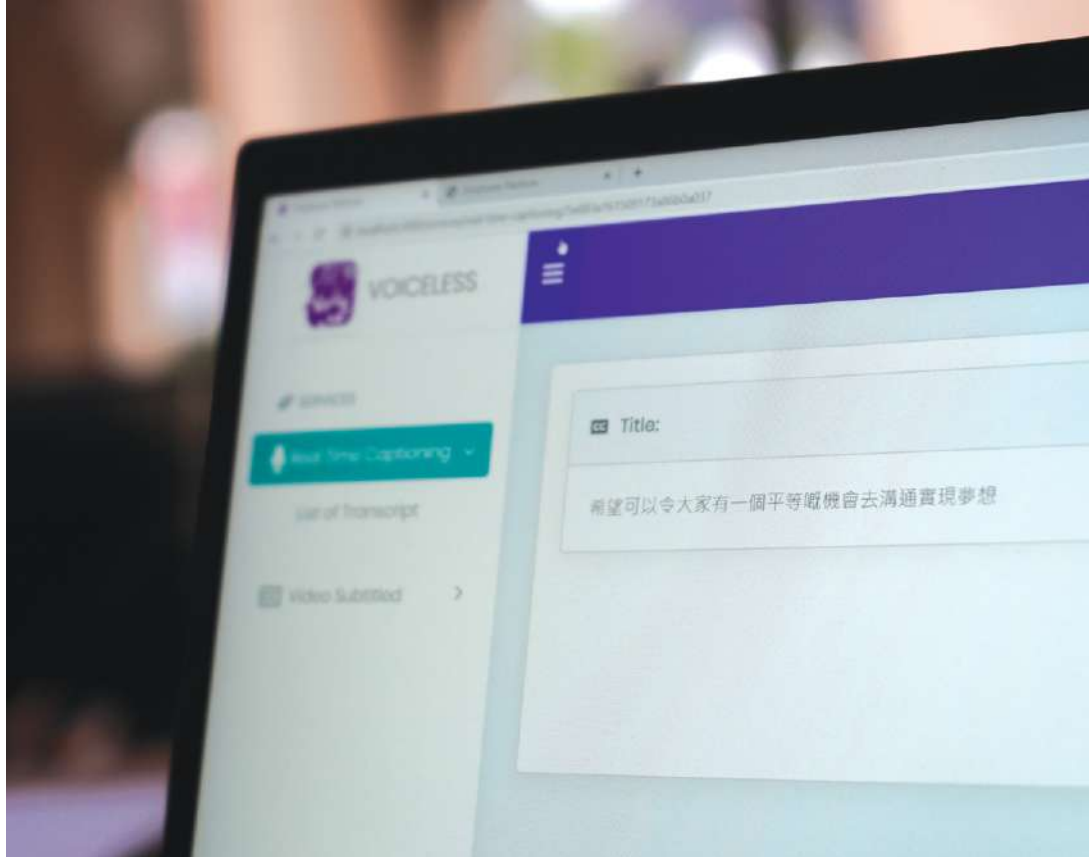
make myself happy." But in the blink of an eye, he managed to pick himself up and said that he had no plans to return to Australia anytime soon. "I am open minded. I will adjust to fit into the Hong Kong culture," said by Kelvin with his signature smile.

Dedicated to Help Students with Hearing Impairment Based on Personal Experience

Kelvin's optimistic personality has rescued him from difficult times, and he understands the importance of communication. He does not want other people with hearing impairment, especially students, to go through what he went through. He wants to apply his knowledge to build a bridge between the hearing impaired and the world. Therefore, Kelvin and his cousin Henri established a social enterprise called "Voiceless", which is a real-time audio interpretation platform for people with hearing impairment, developed based on his experience in Australia.

Users can simply upload audio recordings onto the platform to have it converted into text in real time. The platform can also interpret video clips, with timestamps for better understanding. Henri pointed out that the interpretation technology mainly relies on AI, which is currently around 70% accurate.

The backend design of the website has now been completed and the platform will be launched soon. The process of making the prototype of "Voiceless" was not easy. The cousins noted



既是老表也是拍檔

訪問席間，Kelvin能道出如此多想法，全靠表弟 Henri 一直在旁擔當「傳譯人」。Henri 總是靜靜地坐在一旁，讓表哥主導發言。他不時留意着表哥眼神，又會將問題簡單化，耐心重複數次轉達，甚至用紙筆「寫到你明」，當對話出現錯誤理解，他又會自動自覺補充解釋。

同樣在澳洲讀書、完成法律學位後回港的 Henri 說，在他和家人眼中，表哥是一個很聰明的人，而聽障人士的智力與常人無異，卻得不到公平的教育。「法律中有一個概念是公平。聽障人士只是天生有缺陷，但社會上沒有一個公平、平等的

機會，讓他上學、就業。」基於這一份理解，他決定擔當表哥副手，即使不熟悉電腦工程設計，也加入 Voiceless，負責日常行政工作，幫助更多有需要的人。

「開心、有信心、大家平等、opportunity (機會)、better future (更好的未來)……」問到期望 Voiceless 為社會帶來甚麼，Kelvin 緩緩道出他的想法。說畢，Henri 隨即歸納表哥的意思：「希望 Voiceless 可以令大家開心一點、有信心一點，以及提供一個平等機會去溝通、發展和工作。」

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that to ensure the quality, a lot of money had to be invested in the server and the AI technology. Fortunately, "Voiceless" won the recognition of Good Seed and received a substantial seed fund. To Kelvin and Henri, it was a timely fund that gave "Voiceless" a chance to help those in need.

Cousins as well as Partners

During the interview, Kelvin was able to articulate all of his thoughts clearly with the help of his cousin, Henri, as the interpreter. Henri sat quietly by his side and patiently waited for him to finish his sentences. Henri paid close attention to Kelvin's expression, simplifying and repeating the questions when needed. He also helped with elaboration and clarifying misunderstandings.

Henri, who also studied in Australia and returned to Hong Kong after completing a Law Degree, said that he and his family see his cousin as a highly intelligent man. However, intelligent people with hearing impairment do not receive a fair education. "Fairness is an important concept in law. People with congenital hearing impairment are born like that without a choice, but the society did not provide them with a fair and equal opportunity to learn and work." With this understanding, Henri decided to work as his cousin's deputy at "Voiceless" despite not being familiar with computer engineering design. He is mainly responsible for the administrative work and aspires to help more people in need.

"Happiness, confidence, equality, opportunity, a better future..." These were the keywords uttered by Kelvin when asked about the vision of "Voiceless". Right after he stopped, Henri concluded, "We hope 'Voiceless' can make everyone happier and more confident, and provide a fair opportunity for people to communicate, grow and work."

「鷹校長」跳出教育框框 創科精神反轉教室 Principal Eagle Brings the Spirit of Innovation to the Classrooms

iSTEM AI Lab - Eagle Chan

撰文 當文尼



有危先有機 科技教育獲重視

新冠肺炎肆虐全球，香港學生雖停課但不停學，在家學習遙距課程已成教育新常態。疫情「有危亦有機」，令家長、老師積極重新思考未來教學新對策。

Opportunity in Crisis: Importance of Technological Education Recognised

As the novel coronavirus pandemic ravages the world, Hong Kong students are continuing to learn even though classes are suspended. Learning from home and remote courses are now new norms in education. There is opportunity in crisis, with parents and teachers actively rethinking future approaches to education.



人稱「鷹校長」，iSTEM AI Lab創辦人陳基志 (Eagle) 收到不少老師、社工求助，請教如何網上開講、發放功課等。他在疫情之初，便迅速免費開放網上教學短片，又技術支援老師網上授課，希望利用科技顧及學界真正所需，達至「停課不停學」。

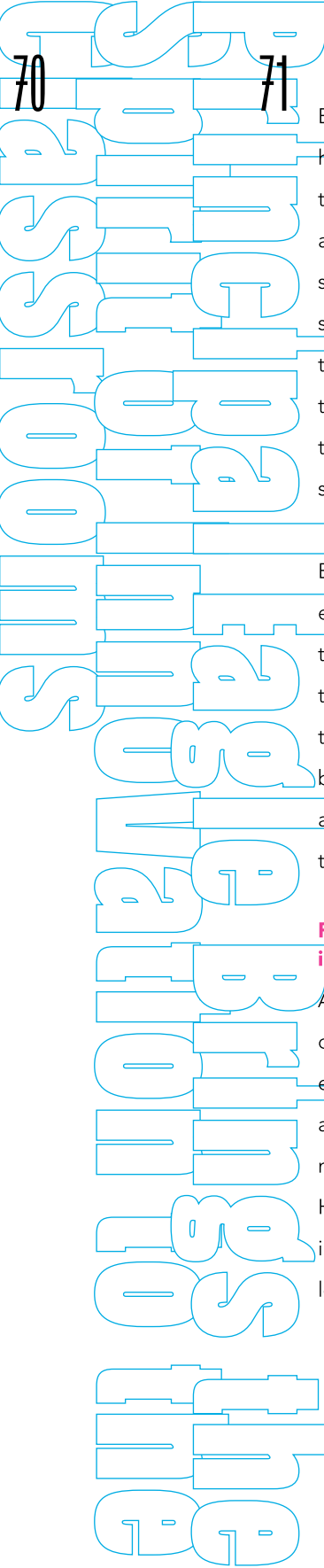
Eagle認為，不少老師過去較少接觸網上教學，突然轉變教學模式，難免感到吃力，但更反映科技的重要性。他希望香港能普及及善用科學教育，改變社會氛圍，令科學長足發展。

回歸教室 體制下碰壁

Eagle在中文大學電腦工程系畢業後，投身本地大型私人機構，出任電腦技術崗位。但他發現工作刻板乏味，並非他的志向，原來自己較喜歡面對人，而非埋首電腦。他又希望能回饋社會，故初出茅廬不久，再重投校園，持續進修教育相關課程，踏上「鷹校長」這條教育路。

「很希望將知識帶給不同學生」，這是Eagle當老師的初心。草根出身的他，入大學前鮮有機會接觸電腦，所以他相信基層弱勢需要學習電腦和科技，才有向上流動的機遇。但他當電腦科老師兩三年後，發現教育制度的保守——「把公開試及呈分試考好便可，為何要接觸那麼多有關科技資訊？電腦科於學制上亦非甚麼重要科目。」

學校只求分數，無形中框住學生，限制他們發揮所長。Eagle認為，學習是為了向自己交代，應拒絕填鴨式教育。「不知道自己學習甚麼，亦非自己想學。」他相信每個人都有不同天份，希望學生能欣賞自己，了解長處再加以發揮。在他眼中，懂得畫畫、編寫一個程式、甚至懂得做一項實驗，也是一項成就。「不是考試成功、DSE成功才算是成就。」



Eagle Chan, also known as “Principle Eagle”, has received many requests for advice from teachers and social workers on giving lectures and distributing homework online. In the early stages of the pandemic, he sensitively started sharing online teaching videos for free and giving technical support on online teaching. He hopes to apply his knowledge in technology to help the industry achieve “suspending classes without suspending learning”.

Eagle thinks that teachers who lack previous experience in online teaching might find it difficult to adapt to the sudden change in the mode of teaching, which reflects that the importance of technology. He hopes that science education will be popularised and made good use in Hong Kong, and enable Hong Kong’s scientific development to have a profound progress.

Returning to the Classroom and Falling Flat in the System

After graduating from the Chinese University of Hong Kong with a degree in computer engineering, Eagle joined a large local company as a computer technician. Yet, he found his job mundane and dull, failing to match his ambition. He realised that he preferred to work with people instead of sitting in front of the computer all day long. With his aspiration to contribute to society,

he returned to the campus and took an education-related course, embarking on his journey as “Principal Eagle”.

Eagle proclaimed his vision: “I hope to bring knowledge to students from different backgrounds.” Born in a grassroots family, Eagle did not have easy access to computers before entering university. He believes that learning about computers and technology can help the underprivileged move up the social ladder. However, his three years as a Computer Science teacher revealed the conservativeness of the education system. “Students only need to focus on public exams and internal assessments. Why should they learn about technology? Computer Science is not an important subject anyway.”

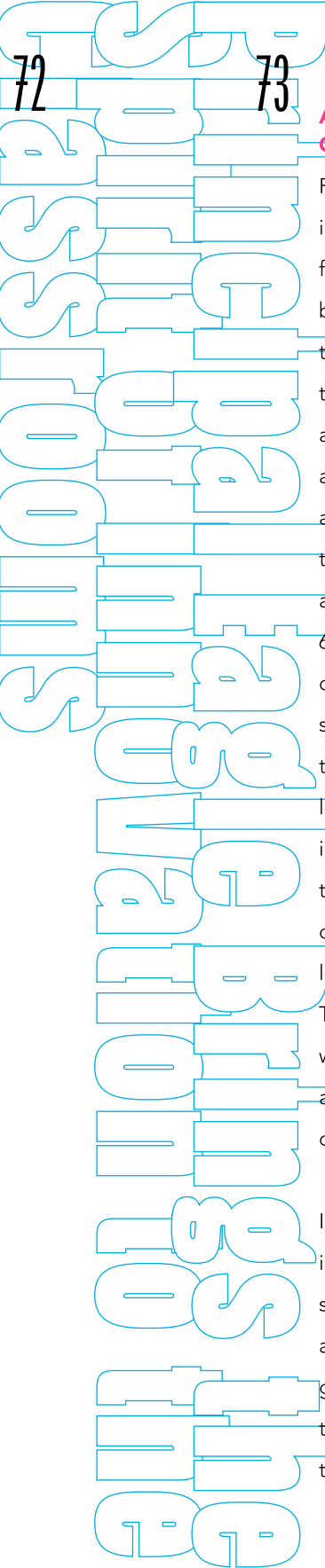
Being exam-oriented hinders the development of students and limits their potentials. Eagle believes that learning is something personal. He dislikes spoon-feeding in education because it forces students into learning something they do not want to and confuses them. He thinks that everyone has different strengths. He hopes that students can learn to appreciate themselves and develop their strengths. To him, simply knowing how to paint, write a program or do an experiment is already an achievement. “Exam results and academic achievements do not define your success.”

自立門戶 結合科技翻轉課室

教學理念與體制現實違背，Eagle於是辭職，自立門戶，推廣「科創精神」。他隨後得到多個計劃支持下，成立iSTEM AI Lab平台，主力推廣人工智能的應用。他們也贏到Good Seed資助，推出專為6至12歲、有特殊教育需要 (SEN) 學童而設的網上STEM活動 (STEM即科學 Science、科技Technology、工程Engineering及數學Mathematics的跨學科教育) 以及自製學習套件，透過電腦分析，掌握學生答題的次序、快慢、強弱項等，了解他們學習進度和需要。中心指，學童在軟件上的答題比率比紙本增加約兩成，成功提升學習投入度及持續性等。他們又利

用資助，在學校開設工作坊及參加大型展覽，讓公眾及教師更了解SEN學童需要。

近年政府大力投放資源在STEM教育上，學校陸續開辦相關學科，但Eagle認為還能走更前。他建議直接將科技交到學生手上，透過遊戲化的虛擬教材，啟發學生對科學的興趣。例如，學生以往只能在一星期一節的化學課排隊做實驗，但透過具聲畫效果的虛擬教材，學生能夠在安全環境下模擬實驗過程，了解不同化學元素的組成反應。「以前一個老師對四十個學生，時間掌控在老師手上，現在可以重覆看、重覆試，不懂看到懂。」



A New Idea that Brings Technology into the Classroom

Realising that his teaching philosophy was incompatible with the system, Eagle resigned from his teaching position and started his own business to promote the spirit of innovation. With the support of several programs, he founded the "iSTEM AI Lab" platform to promote the application of artificial intelligence. The platform also received funding from Good Seed to launch a program that provides online STEM (science, technology, engineering and mathematics) activities and DIY learning kits for children aged 6 to 12 with special educational needs (SEN). The order and speed of answering questions and the students' strengths are analysed by computer to show the students' needs and facilitate their learning progress. The Lab also observed a 20% increase in the percentage of tests students took on the software compared to tests that were printed out, indicating the success in creating a higher learning engagement level and sustainability. They also made use of the funding to organise workshops and exhibitions in schools for parents and teachers to promote a better understanding of the needs of SEN students.

In recent years, the government has been investing a lot of resources in STEM education and schools are now offering more related subjects and courses. Despite so, Eagle thinks that it can go more further. Therefore, he suggests to put technology directly into the hands of students, trying to spark their interest in science through

game-based virtual teaching materials. For example, in the past, students could only take turns to do experiments in a weekly chemistry class. But through virtual teaching materials with both image and audio, students can simulate experiments in a safe environment to understand the composition and reaction of different chemical elements and compounds. "We used to have one teacher teaching forty students in the past with the teacher controlling the process. Now, you can keep trying and observing the procedure over and over again until you understand it."

"I hope to bring knowledge to students from different backgrounds."

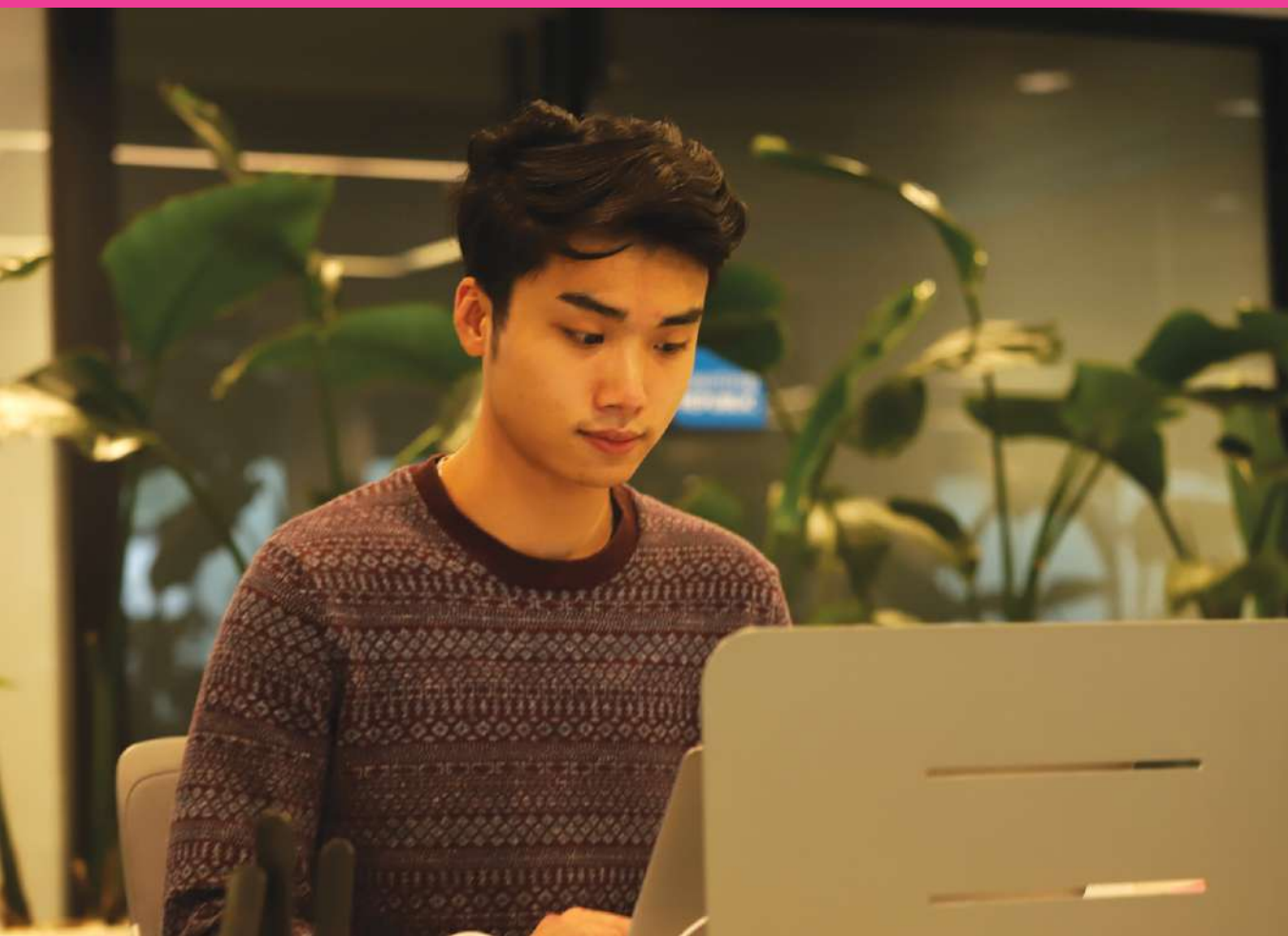
低成本低收費

24歲青年辦網上補習社助基層

Low Cost and Low Fee: 24-year-old Starts Online Tutoring Centre for Grassroots Students

AfterSchool - Ronald Tse

撰文 廖俊升



人人都有讀書的權利，卻不是人人都有付費補習的能力。學生為求考取好成績，紛紛報讀課餘補習班，然而一班基層中學生則未必能負擔補習費，變相「輸在起跑線上」。24歲的謝志峰（Ronald）夥朋友開創網上補習平台「AfterSchool」，免去舖租及傳統宣傳方式的成本，以低價出售網上補習課堂，務求令大多數同學能受惠。他們更與義務補習機構合作，向領取綜援的小朋友提供免費補習班。他說，幫助基層學生學習正正是他們創業的目標。

Everyone has the right to education, but not all can afford to pay for tutorial lessons. Many students enrol in after-school tutorial classes to get good grades, yet those from low-income families might not be able to afford extra tutorial expenses. Hence, they might "lose on the starting line". 24-year-old Ronald established an online tutoring platform called "AfterSchool" with his friends. It provides tutorial classes with low fees by avoiding the cost of renting a venue and traditional promotion, hoping to benefit more students. They have also collaborated with voluntary tutoring organisations to provide free tutorial classes to children on Comprehensive Social Security Assistance (CSSA). He pointed out that helping children from low-income families to learn is the vision of their business.

基層學生「輸在起跑線上」

七十年代，港劇《少年十五二十時》在大台熱播。那時候劇中少年生活算得上輕鬆，十五、二十歲時不忙尋找人生方向，下課後在草地踏單車，或是談一場戀愛，還不用為前途苦惱。世事隨時日變幻，今時今日青年生活已不能同日而語。每位年青人皆要及早計劃未來，為考取好成績減少玩樂，青蔥歲月浮游學海中，甚至小學生都要爭分奪秒，每天進出補習社。

24歲，離中學公開試的日子並不遠，Ronald也曾是補習社的常客。他憶及自己整個高中生涯，幾乎每天放學都去大型補習班，連錄影教學的補習班都不放過。每堂一至兩小時，每日上至少一至兩堂，冗長的課堂不時讓他陷入迷思：如果要看錄影，為甚麼我要特地到補習社看？

Ronald考入香港大學，研究香港學生的學習模式，兩年前更與朋友辦網上補習平

台「AfterSchool」。在網絡搜尋器上輸入「AfterSchool」，首個搜尋結果便是他們的網上補習社。按進網站，各補習課程羅列眼前，只需註冊帳號便能選購課程。

「AfterSchool」不像坊間補習社在課室中排排坐上課，只要有一台電腦便可隨時學習；也非提供一個科目、長達整個學期的常規課程，而是將應試課程「斬件」，同學可按照他們所需選購單元，像自助餐一樣，僅報讀自己不明白的內容。

網上補習社省卻舖租、實體宣傳成本

Ronald參加了Good Seed社創基金，把「AfterSchool」平台擴展至基層家庭，讓他們也可以透過具彈性、互動和有效的方法學習。網上教學平台省卻了舖租，主以社交媒體宣傳，成本也較傳統大型廣告板低。他們希望透過降低自己的生產成本，從而降低學生的補習費用。「看見報告指



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HOW DOES IT START? STUDENTS
GO TO TUTORING CENTRES
AND LEARN FROM TUTORING
CENTRES. 24-YEAR-
OLD RONALD IS ONE OF THE
STUDENTS WHO HAS BEEN
HELPED BY THE GOOD SEED
PROJECT.

Grassroots Students Lose on the Starting Line

In the 1970s, Hong Kong TV drama Teenager was a hit. The teenagers in the drama live a rather carefree life, taking their time searching for directions in life. They spend time cycling after school and dating, having the time of their lives without worrying about the future. However, times have changed. Nowadays, a carefree teenage life has never been more unattainable. Young people are expected to have their future planned out as early as possible. Fun is sacrificed for good grades. Even primary school students have to race against time, attending never-ending tutorial classes.

At the age of 24, days spent preparing for public exams do not seem that long ago. Ronald used to be a regular at tutorial centres. He recalled how he spent his high school years attending tutorial classes almost every day after school. He even attended tutorial classes where pre-recorded videos were played. Each class lasted one to two hours and he would attend at least one to two classes each day. Tedious classes often left him wondering: "If the class is in video form, why must I come to the tutorial centre to watch it?"

After Ronald was admitted to the University of Hong Kong, he focused his studies on the mode of learning of Hong Kong students. Two years ago, he set up an online tutoring platform called "AfterSchool" with his friends. A simple search of its name would result in their website on the first

page of any major search engine. Tutorial classes are listed on their website, and registration is just a few clicks away.

Unlike traditional tutorial centres, "AfterSchool" does not have students sitting in rows listening to the tutor. All the students need is a computer. It does not offer a full semester of classes on one subject as a whole. Instead, students can select components of the syllabus that they need help with, like having a buffet dinner.

Online Tutorial Classes Avoid Expenses in Rent and Promotion

Ronald's participation in Good Seed's program helped expand the "AfterSchool" platform to students from low-income families, allowing them to learn in more flexible, interactive and effective ways. Operating as an online platform saves rental expenses. The platform is also promoted through social media, which is less costly than traditional large-scale billboards. They hope that by reducing the production cost, they can lower the tutorial fees. "I've seen reports about how students from low-income families cannot afford to take tutorial classes. Therefore, we hope to make use of the benefits of using an online platform to lower the cost. Providing content online to one student or to 10,000 students does not make much difference in cost."

This nine-month Good Seed project has helped more than 15,000 students from low-income

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HOW TO START A BUSINESS
STARTUP IDEAS
STARTUP COSTS
STARTUP TOOLS
STARTUP SUPPORT
STARTUP TIPS
STARTUP TEAMS
STARTUP TRICKS
STARTUP 24-HOUR CENTER

課堂。「一個正常人，無論是學生或老師，都不可能個半鐘頭專注上堂，然後還有些『double lesson』，兩個半、三個鐘頭，更加不合理。」網站內亦設立問答社區，同學可在這裡互動交流，同時導師們會觀察同學在交流上有沒有出錯，及時作出指正。

趁年輕闖一闖 創業要識慳

Ronald成立「AfterSchool」時只得22歲，沒有經驗也沒有龐大的資源，本著信心和理念便一往無前。立了目標之後，便報名參加Good Seed計劃，得到種子資金，實踐創業大計。「其實去到現在都覺得未必成功，但我覺得就算最終失敗，或者其他人比我做得更好，這都是一個學習過程，就算我要出去打工，在香港地都尚可以找到工作。」

不少人也想過創業，但因欠缺本錢而卻步，究竟他們的資金從何而來？Ronald指自己初初僅投入一萬至兩萬元，「大學生做兼職就儲到，視乎你是否願意用，但要用得其所，我自己有好多方法去省錢。」他舉例說，當初他們要設計公司標誌，便在網上的自由工作者平台找了一位印度人設計，收費只是五美元。

Ronald相信年輕便是創業的本錢，立定志向便起步。「愈早開始愈好，始終概念只是概念，天馬行空人人都做到，你如何落地，如何執行才是最難。」

不少基層中學生未必有資源參與坊間的補習，於是我們利用網上平台的特性，同一個內容，給一個學生和給一萬個學生，成本不是差太遠。」

為期九個月的 Good Seed項目，他們幫助了超過15,000位基層家庭學生，又推出32個涵蓋多個科目的網上課程，讓約560位基層家庭學生受惠。

與此同時，他們通過與義務補習機構「陳校長免費補習天地」合作，尋找弱勢學生，向他們提供免費課程。「因為陳校長有一班領綜援的學生，真的負擔不起補習費。」Ronald說，他在大學時曾做研究，發現香港基層學生普遍面對這個問題，因此他在創業時把支持基層學習定為企業的social mission(社會任務)。

課程設計助學生集中

網上補習課程的最大挑戰，莫過於導師難以實時觀察學生反應，萬一學生專注力不足，便難以跟上進度。於是，Ronald想出調整課程設計，每堂平均20分鐘至25分鐘，確保學生能專注完成整個

families and launched 32 online courses that cover a wide range of subjects, benefiting more than 560 students from low-income families. At the same time, they collaborated with Principal Chan Free Tutorial World to provide free tutorial classes to disadvantaged students. Ronald said, "Principle Chan helps group of students on CSSA who cannot afford tutorial fees." He saw the difficulties and problems faced by grassroots students in education during his research at university, so he decided to address it as the social mission of his business.

Curriculum Designed to Help Students Focus

The biggest challenge of online tutorials is that it is difficult for tutors to observe students' reactions in real-time. Students with low attention span may find it difficult to keep up with the learning process. Ronald, therefore, adjusted the course design to an average of 20-25 minutes per session to ensure that students could stay focused. "Any normal person, be it student or teacher, would find it impossible to stay focused in a 90-minute class. "Double lessons" that are two and a half or three hours long are even more unreasonable." There is also a Q&A section on the website for students to interact and for teachers to point out mistakes in the posts.

Seize the Chance when You're Young and Save Up when Starting a Business

Ronald was only 22 years old when he founded "AfterSchool". Without experience or resources, he decided to enrol in the Good Seed program after setting his goal with nothing but confidence and a firm vision. He received the seed money from the program and started his business. "Even to this day, I am not sure if I am going to be successful. But I consider it a learning process even if I fail or if someone else does it better than me. I believe if I have to go out and work, I can still manage to get a job in Hong Kong."

A lack of financial resources tends to be a discouraging factor to many who have thought of starting their own business. Where did Ronald and his friends get their funds? Ronald pointed out that he had initially invested only ten to twenty thousand dollars. "It's a sum that any university student can save up working part-time. It depends on whether you are willing to use it and whether you use it wisely. I have found many ways to save money." He gave an example of how they hired an Indian designer to design their company logo on an online freelance platform. It only cost them 5 US dollars.

Ronald believes that starting a business at a young age is an advantage. Once you are determined, you should go for it. "The earlier the better. After all, a concept is just a concept. Anyone can brag about their ideas, but the challenge is in actually executing the plan."

兩港青發明AR新裝置 以聲代畫助視障人士出行

New AR Device Created by Two Young Locals to Help the Visually Impaired Travel

AI Augmented Box - Paul Lee & Dennis Cheung

撰文 當文尼



想像一下，當有天你要出門，去一個完全陌生的地方，但你的視力變得模糊，看不清，只有一枝白手杖時，你能走多遠？目前全港約有17萬視障人士，他們每天需要依靠白手杖、導盲犬等輔助工具物穿梭鬧市，箇中苦況有苦自己知，但相應的問題卻不能忽視。兩位本地青年張梓軒（Dennis）及李力恒（Paul）就想到用創意科技，結合社會需要，令視障人士更方便出行，去新的地方，融入社會。

Imagine going out to a place you have never been, but your vision is blurry and all you have is a white cane. How far do you think you can go? There are about 170,000 people with visual impairment in Hong Kong. They rely on the assistance of a white cane or a guide dog to get around the city daily. They come across many obstacles in daily life, and no one should turn a blind eye to the situation. Dennis and Paul, two young locals, thought of using innovative technology to make it easier for the visually impaired to travel and get involved in society.

「路漫漫其修遠兮，吾將上下而求索。」屈原在《離騷》中寫下的這一句，除了激勵後人努力求道，更彷彿道出不少視障人士心聲。對他們而言，即使依靠白手杖或導盲犬出行，每一步都舉步為艱，每一級樓梯也充滿挑戰，甚至風險。當獨立出行已非易事，要自主生活更可謂天方夜譚。Dennis及Paul有見及此，運用AR（擴增實境）技術方便視障人士出行。

「AR的定義是，在現實世界中，每個人在physical reality（物理現實）中，給一些新資訊給他們，令他們在行為中變得更好，生活更加smart。而對視障人士來說，AR又是甚麼呢？我們認為是audio augmented reality（語音擴增實境），以此幫助他們出行……在這個現實世界中提供更豐富的資源，達到他們想做的事情。」Paul說。

目前視障人士主要在白手杖或導盲犬等工具輔助下出行，但Paul留意到，訓練員訓練導盲犬時有機會被拉至撞柱，思考有沒有更完善方法輔助視障人士。同時資料顯示，導盲犬數量未能滿足視障人士需要，他希望能夠研發更普及、更便捷的工具，助視障人士出行。於是，二人以創意科技結合社會需要，研發一個獨立、輕巧裝置，助視障人士輕鬆出行，探索城市。

此AR不同彼AR

他們開發的獨立裝置結合相機模組及人工智能技術，會實時分析路面情況，指示視障人士步行的方向和步距。功能類同智能手機的地圖導航，但更為貼心。「一條路線，不是每條路線轉彎位都是90度直角，所以我們用一個新方法，就是時鐘的方向，例如十點鐘方向，行多少步，這樣更準確。」裝置需連結手機應用程式，視障人士只需提前設定目的地，就能起程探索新的路向。

希望能夠研發更普及、更便捷的工具，助視障人士出行。

電腦人搞創科

接觸社福機構了解盲人所需

Dennis及Paul兩位二三十歲的年青人，均是電腦科學系出身，現從事有關人工智能技術的創科工作。其中Paul更有碩士及博士學位，有一次他為了解AR技術如何應用在視障人士上，到訪有關組織，與視障人士訪談三小時，萌生開發視障人士產品的興趣，希望幫助他們。

“On and on stretched my road, long it was and far. I would go high and low in my search.” While poet Qu Yuan encouraged people to strive hard for the truth in his poem Li Sao, the poem somehow also spells out the difficulties of the visually impaired. To them, every step they take with the help of a white cane or a guide dog is arduous. Every step on the staircase is a challenge and a risk. Travelling independently is a strenuous task, not to mention living independently. In view of that, Dennis and Paul came up with the idea of using augmented reality (AR) to help the visually impaired travel.

IT Experts Learning about the Needs of the Visually Impaired through Social Welfare Organisations

Dennis and Paul, who are in their twenties and thirties, both graduated with a Computer Science degree. They are now working in the field of artificial intelligence (AI) in the innovative technology industry. Paul also has a Master's degree and a PhD. In order to understand how AR technology was used to help the visually impaired, he once visited a related organisation and spent three hours interviewing people with visual impairment. The experience inspired him to develop products that could help them.

Paul pointed out, “The definition of AR is to add new information to the physical reality to make people's lives smarter and easier. So, what is AR to the visually impaired? We believe it would be

adding information to their audio augmented reality. This can help them travel and do what they want to do.”

The visually impaired mainly travel with the assistance of a white cane or a guide dog, but Paul noticed that even guide dog trainers were sometimes dragged into railings during training. He wondered if there was a better way to assist the visually impaired. Statistics also showed that the number of available guide dogs could not meet the demand. He hoped to develop a more popular and convenient tool to assist the visually impaired in their travels. Therefore, the duo used creative technology to meet social needs by developing a self-contained and lightweight device to help the visually impaired travel and explore the city.

Not the Usual AR

The stand-alone device they developed integrates a digital camera and AI technology. It analyses the road conditions in real-time and guides the visually impaired to walk in the right direction and distance. The function is like the map navigation on a smartphone, but with a more thoughtful touch. “Not every turn in a route is a 90-degree turn, so we use a different method, which is to give the clock position. For example, the instruction would ask the user to take a certain number of steps towards the 10 o'clock direction. This is more accurate.” The device is connected

貼心設計背後，其實是多番改良和調整。一開始設計時，Dennis及Paul計劃將裝置安裝在導盲犬及手杖上，但收集多個用家試用意見後，發現裝置難以固定在導盲犬身上，亦會加重手杖重量，影響視障人士以手杖接觸外界的觸感。於是，他們決定改良成獨立裝置，視障人士只需將裝置掛在身上，或夾在衣領或口袋上，便能使用。而裝置只有一個按鍵，方便視障人士分辨前後左右。「和視障人士聊天，了解產品的設計、形狀，按鈕應放在哪裡，（按鈕）可以多大，甚至多少粒按鍵等，從而慢慢了解用戶理想中產品是怎樣。」

Dennis及Paul稱，曾安排視障人士測試裝置，由金鐘添馬艦公園步行至中環碼頭，結果全部都成功抵達終點，即使有人中途行錯路，裝置亦能自動指引正確路徑，沒有愈行愈遠。「起初以為他們學習新事物時，需要花很長時間，或者很不適應。但最後發現，大部分視障人士均表示，產品其實蠻容易使用，可以很快掌握到新的科技。」他們認為裝置的準確度達七、八成，但現階段只適宜輕度至中度視障人士使用，待研究更成熟，才會推出全盲人士的產品。

定價不敢太進取 助弱勢惠老人

根政府統計處2014年資料，本港有約17萬4千多位視障人士，當中只有一成從事經濟活動，而七成每月收入低於15,000元。Dennis及Paul認為，社創科技要從人、從用家角度出發，若裝置推出市面，定價不能進取，只會介乎200至300美元（即約1,550至2,300港元），務求普及使

用。「做一個便宜得來、又用得著的產品，是我們希望做到的。」

未來，他們希望集中改良及微調裝置，令更多人受惠，除了視障人士外，受眼疾困擾的人及長者都能使用。「在應用在老人家身上時，可加入軟件特色，無需再做一個硬件。而這個軟件可以提醒他們回家，有一些定位功能，解決長者走失問題。」雖然產品仍在開發階段，但千里之行，始於足下，只要開始了行動，那怕路遠崎嶇，總有到達目標的一天。



to a mobile app, so the visually impaired can simply set up a destination in advance and set off to explore.

The thoughtful design is the result of repeated improvement and adjustment. In the initial design, the device was to be attached to a guide dog or a cane. However, users commented that it was hard to secure the device on a guide dog and the device added weight to the cane, affecting the sense of touch. Therefore, they modified their design so that the user can wear the device; it can be strapped on, carried in the user's pockets or attached to their collar. There is only one button on the device for easier handling. "We chatted with the visually impaired in the design process. We gathered opinions about things like the shape of the device, as well as the position, size and number of buttons. It allowed us to know more about the users' preferences."

Dennis and Paul said that they once arranged people with visual impairment to test the device by walking from Tamar Park in Admiralty to the Central Pier. All of them reached the destination successfully. Even though some of them made a wrong turn, the device helped by guiding them back to the right path. "At first, I thought that it would take a long time for the visually impaired to learn something new or that they would find it hard to adapt to the device. But in fact, most of them could grasp new technology quickly and

they found the device easy to use." Dennis and Paul believe that the accuracy of the device can reach 70% to 80%, but it is only suitable for mild to moderate visually impaired people at this stage. A product suitable for the blind will be launched when the research is more mature.

Priced Reasonably to Help the Underprivileged Elderly

According to figures of the Census and Statistics Department in 2014, there are more than 174,000 visually impaired people in Hong Kong. Only 10% of them are economically active and 70% have a monthly income of less than \$15,000. Dennis and Paul believe that social innovation technology should be user oriented. Thus, the pricing of the device should be reasonable; it is set between 200 to 300 US dollars (HKD 1,550–2,300) to be more affordable. "We want to make a product that is both affordable and practical."

In the future, they hope to focus on improving and fine-tuning the device so that it can be used by not just the visually impaired, but also people with eye diseases and the elderly. "We can modify the software to suit elderly use while keeping the hardware of the device the same. This software could remind them to go home and it would come with GPS to prevent them from going missing." The product is still in development but a journey of a thousand miles begins with a single step. When there is a will, no matter how difficult the journey is, there is always a way.

一路走來不易的香港「書車」 A "Book Van" in Hong Kong that Did Not Come by Easily

Rolling Books - James Chong

撰文 當文尼



「甚麼時候閱讀能像看Netflix，甚至看『愛的迫降』或『雖然是精神病但沒關係』般成為話題呢？閱讀本應普及至這種程度，但現在不是。」愛書之人莊國棟（James）前前後後花了大半生推廣閱讀，他最希望有日閱讀不再只是一小撮人的愛好，而是一個品牌、一股風氣，大眾會覺得讀書「好型」、「好玩」，甚至感到不看書就有所損失。曾開辦書店、兩度參加Good Seed的他，如今帶著裝滿書本的木頭「書車」走遍香港各地。

"When can reading become as popular a topic as Netflix or Korean dramas like Crash Landing on You or It's Okay to Not Be Okay? That's how reading should be, but it's not." Book lover James has spent most of his life promoting reading. His ambition is to make reading popular. He hopes that one day, reading will no longer be just the hobby of a handful of people. It will be a trend and the public will find it cool and fun, and will feel like they are missing out if they do not read. Having opened a bookstore and applied to the Good Seed program twice, James now goes around Hong Kong with a wooden trolley filled with books.

書店結業 曾用三、四年還債

失敗再嘗試，失敗再嘗試，彷彿是James人生的寫照。

James在2004年於鬧市中開辦書店「阿麥書房」，獨特選書品味，加上不時舉辦音樂會、研討會，滋養過不少本地人。最終因經營不善，五年內一間店子結業。生意失敗，他要到商業機構工作，還債達三四年。愛書之人因為書感到無比痛苦，一度放棄再看書。「書店不去，舞台劇不看，我好像和自己割裂了。」

十年過去，兜兜轉轉，現在他終於能夠正面過去，拾回最愛的事業，開辦社企「滾動的書」(Rolling Books)，以活動形式推廣閱讀。

「從債務上看，書店某程度上是個失敗。現在回看，原來我可以用上這個失敗，轉化成生命里程的元素。」

毋須與失敗割席

「我不是成功的個案。」這是James在訪問中說的第一句話。原來他曾經兩度參加Good Seed，第一次報名時，他以青年議題結合親子活動的點子申請計劃，可惜無功而回。不過James沒有放棄，再接再厲，結果終嘗成功滋味。

「遇到失敗過程，不要緊，繼續去。」人生的大起大落，令James對失敗看得淡然。沉澱下來，他認真審視落選原因。他認為，自己雖然有數年在非政府機構工作的經驗，對議題熟悉，卻未能清楚向評審展述自己的計劃。或者說，其實連他都不清楚自己想做些甚麼。「我很難說服我是最佳人選去做這個項目……這很重要，當我向其他人推介這個計劃，這計劃和我的關係是甚麼？」

88 89 THE BOOKSHELF NOTHING COMES FOR FREE

Paying Back Debts over Four Years after His Bookstores Closed Down

All his life, James has been trying and failing, failing and trying.

In 2004, James opened a bookstore called "Mackie Study" in the heart of the city. With its unique book selection and hosting of regular concerts and seminars, it enriched the lives of many local people. But due to poor management, the stores all closed down within five years. James had to work for a commercial company to pay off his debts over three to four years. It was so painful for him as a book lover that he gave up reading at one point. "I didn't go to bookstores anymore. I stopped going to the theatre. I felt like I was cut off from myself."

Ten years passed. After struggling, James was finally able to confront his past and reconnect with what he loves. He established a social enterprise called "Rolling Books" to promote reading with an array of creative activities. "In terms of the financial situation, the bookstores were somewhat a failure. Now that I look back, I realise that I can transform failure into a lesson in life."

Making Peace with Failure

"I am not a successful case." This was the first thing that James said in the interview. Apparently, he had applied for the Good Seed program twice. For his first try, he applied with the idea of combining youth issues with family activities. The idea was rejected, but James did not give up. He kept trying and finally succeeded.

"It doesn't matter if you fail. It's just a process. Just keep going." The ups and downs in life had taught James to make peace with failure. He calmed down and let the reasons for failure sink in. He realised that despite being familiar with the topic after years of experience working in an NGO, his presentation lacked clarity. Perhaps, he was not even sure about what he wanted to do. "I found it hard to convince the judges that I was the best candidate to carry out the project, which was vital. I was the one who was pitching the project, but what did the project have to do with me?"

James then recalled the experience he had during the low point of his life. After his bookstores closed, he was depressed and "unfriended" all his customers and friends on Facebook. It was only when his health began to take the toll, that he started jogging alone. This habit of jogging later inspired him to organise a "jogging book club", gathering a group of people to jog together in the city and read stories about the routes they took. To his surprise, the "running and reading"





這時，James想起低谷時期的經歷。書店結業後，他一度陷入抑鬱，更在Facebook上unfriend所有書店客人、朋友。直至身體出現警號，他開始獨自跑步。成為習慣後，他舉辦了「跑步讀書會」，招募了一伙人在城市裡慢跑，再閱讀與路線相關的故事。未想到「以跑會書」重新連繫上一個個舊友，他又能用上昔日經營書店的觸覺，挑選書籍，設立主題。James才發現，原來昔日經營書店的人脈和經驗，可以在往後事業、計劃、興趣上大派用場。「以後做的事，不一定要和以前的自己割席。」

走入校園社區說故事

人生總是離不開「書」，James想，何不回到自己最熟悉的範疇，把閱讀結合社會議題，透過大小創新活動推廣閱讀文化。於是他參考台灣、日本案例，以「滾動知識車」的概念，再次報名Good Seed，終於成功入圍。「好多人認為social innovation需要破天荒，我反而覺得不需要，創意不是忽然有一件好新的事出現，有時可以很簡單。」

開始時，James計劃將「書車」帶入學校，向學童推廣閱讀。所謂「書車」，其實是租用「貨van」，再加以佈置。James坦言，書車外型不討好，一次最多只能容納廿多人，令學校難以安排學生參與，所以計劃失敗。「於是那一年，就是拿著這些經驗，不斷轉變(計劃)原型。」

他快速變陣，改用精緻的木頭車，再到市集、嘉年華、書節推廣，反應不俗；在學校，則改到禮堂向一整級學生舉辦戲劇、小丑表演，以另一種方式說故事，好令校方容易接受和安排。

90 91 THE BOOKS THAT COME FROM HONG KONG

activities reconnected him with his old friends and old passion. He started to curate a theme and select books for the book club again. James realised that the connections and experience he had were useful for his future career, plans and interest. He pointed out, "You don't need to cut yourself off from the past to move on."

Storytelling in Schools and Communities

With his life entangled with books, James naturally went back to what he knew best and combined reading with social issues to promote reading culture through different activities. With the concept of "Rolling Books", he succeeded in his second attempt to apply for the Good Seed program. "Most people have the idea that social innovation should be something unprecedented or brand new, but I don't think so. It could be something simple too."

At first, James planned to bring a book van into schools to promote reading. The book van was a decorated rented van. James confessed that its appearance was not too appealing and it could only accommodate around twenty people, making it hard for schools to arrange students to participate. The plan failed. "We learnt from the experience and kept adjusting the plan after that."

The setback prompted James to think of an alternative. He started using a delicate wooden

trolley to promote reading at different events, such as markets, carnivals and book fairs. It was well received. For promotions at schools, he changed the venue to the school hall, and held drama performances and clown shows. This alternative way of telling stories made it easier for the school to arrange students to participate.

Supported and No Longer Fighting Alone

Generally, if the operation of a business goes wrong, one would need to pay a heavy price for a second chance. But James pointed out that the Social Innovation and Entrepreneurship Development Fund (SIE Fund) does not require participants to strictly follow the plan proposed in the application. "They understand that we are starting a business after all. They allow space for us to improve and adjust the prototype."

James told us that more than a decade ago, the only way to promote reading in Hong Kong was to open a bookstore. But to keep a bookstore in business, one needs to have connections, invest a lot of money and handle rent, salaries, stocks and so on. For him, it felt like fighting a lonely battle. Now that they are running a social enterprise, they receive a lot of support. "First of all, there is financial support. In addition to that, being a social enterprise and collaborating with Good Seed is like having a guide on how to achieve your goal step by step. It is a kind of support we had never experienced."



同路人支持 不再單打獨鬥

一般而言，經營生意一旦發現運作模式出錯，或需付上沉重代價才能再試一次。但James說，社創基金不會硬性規定計劃成果須百分百按照申請原型執行，「他們明白你是在創業，要經歷prototype(原型)不可行、再調節。」

James說，十多年前在香港要推廣閱讀就只有開書店一途，但「養書店」如無底深潭，要兼顧租金、人工、存貨等，投放金錢、運用人脈去經營，感覺單打獨鬥。但現在運作社企，得到不少人支持。「首先有人給錢你『做生意』。第二，以前不會有人教你怎麼『做生意』，但某程度上現在做社企，或者經歷Good Seed及隨之而來的其他項目，好像每一步都有人教你怎樣做。」

推廣閱讀不只是辦活動

是否完了以前開書店未完的夢？James說：「我覺得只不過是繼續，和以前一樣，但以另一種形式去做。」

James承認，人們不會因為參加某個活動，就突然愛上閱讀，但他希望透過活動帶出閱讀的樂趣，改變大眾對閱讀的觀感。「令小朋友感覺到，閱讀過程中不用飽受閱讀報告帶來的壓力，或者限制於『這個故事教訓我甚麼……』的閱讀方式，所以我覺得推廣閱讀其實是很長遠、持續的過程。」

Promoting Reading Is Not Just Holding Activities

Was it some sort of unfulfilled dream come true? James said, "I think of it as a continuation of the past. It is fundamentally the same but in another form."

James understands that participating in a certain event would not make people fall in love with reading all of a sudden, but he hopes that the activities would introduce the public to the joy of reading and change their impression.

"I want to relieve children from the pressure of writing a book report after reading a book and free them from the mindset of learning lessons from stories. Promoting reading is a long-term goal to be reached with a sustainable method."

讓視障人士走入戲院，「看」一場戲 Inviting the Visually Impaired to the Cinema to “Watch” a Film

Film Audio Description - Dawning Leung

撰文 黃淇



梁凱程 (Dawning) 說話語速不緩不疾，出言有序。上網搜尋「梁凱程」，螢幕上會彈出排山倒海有關她的訪問。她於2011年初在視障機構接觸口述影像，眼見本地口述影像服務貧乏，萌生發展服務的念頭，於是把心一橫辭去原來大專講師一職，跑到英國修讀口述影像博士學位。Dawning於2015年開辦香港口述影像協會，為視障人士提供各類型的口述影像服務。轉眼五年過去，Dawning回想起當日辭職仍仿如昨天的事，「現在想起都覺得好神奇，怎料一個決定就改變了我一生。」

Dawning Leung spoke articulately at a moderate speed. A search of “Dawning Leung” on the Internet returned tons of her interviews. She first came across audio description at an organisation for the visually impaired in early 2011. In view of the lack of audio description services in Hong Kong, she came up with the idea of developing this service herself. She took the leap, quit her job as a university lecturer, and went to the UK to study for a PhD degree in Audio Description. In 2015, she returned to Hong Kong and founded the Audio Description Association (Hong Kong), which provides various kinds of audio description services for the visually impaired. Five years have flown by, but Dawning recalls the day she resigned just like yesterday. “Looking back, it’s amazing how one decision would change my life.”

為戲院放映的電影提供口述影像分成兩種，一是由口述影像員現場演繹稿件，二是透過耳機播放已錄好的口述影像聲道，讓視障人士戴上接收器收聽。Dawning說，某些有加設口述影像的電影場次，視障人士能隨時買票進入戲院看電影，同時是實踐共融的表現，「最理想共融是真正的平權，所有人都平等，視障與健視的人可以在同一場次看電影。」

Dawning至今參與超過80套電影及電視節目的口述影像製作，口述影像對她來說早已是熟能生巧，唯獨一套電影令她叫苦連連，她笑言：「最深刻是李小龍的《唐山大兄》！大部份都是打鬥場面，節奏明快，要在短時間內交代許多畫面劇情，講到嘴都歪！」

Time code	Subtitles/End cue	AD
00:00:08	Sound effect 高先電影	高先電影有限公司 電影發展基金 CreateHK HAF 香港亞洲電影投資會 A no ceiling film production
00:00:27	Sound 裝修聲	室內，燈光昏暗 珍珠白色燈罩慢慢晃動， 空氣中塵埃飄動 昌榮喺客廳坐喺度睡著咗
	Sound 刷牙聲	佢個頭一直中嚟中去， 坐輪椅嘅昌榮被嘈醒轉

視障人士：在電視聽過你把聲！

決定不單改變了Dawning一生，還改變了香港口述影像的生態。當時香港的口述影像服務還未普及，協會起初專注培訓新人及公眾教育推廣，並為電影及博物館展覽提供現場口述影像服務，後來服務延伸至球賽、運動及戶外活動和表演藝術項目，甚至為電影錄製口述影像聲道於戲院及光碟播放。去年Dawning更為香港電台的電視節目錄製口述影像，讓更多視障人士「聽得到」畫面。Dawning笑說，「有次去視障人士家中探訪，她說我把聲好熟悉，原來在電視聽過我把聲！」

客觀描述是口述要領

口述影像是一門翻譯學問，透過將影像轉化為文字，讓視障人士在腦海中建構起畫面，猶如看到一樣。而為電影製作口述影像的過程，亦不能小看。Dawning解釋，口述影像員每次在撰寫稿件前，須先把電影看一遍，然後盡量以客觀的角度，描述電影畫面，「如果角色好『靚仔』，你不可以直接說他『靚仔』，反而是描述他穿著西裝、五官端正，讓視障人士在心中形造一個『靚仔』的形象。『靚』或『唔靚』，他們自己判斷。」

Visually Impaired: I Had Heard You on the TV

The decision changed not only Dawning's life, but also the scene of audio description in Hong Kong. Audio description services were not yet popular in Hong Kong then. At first, the association initially focused on training and public education promotion, and offered live audio description for films and museum exhibitions. Their service scope later extended to cover ball games, sports and outdoor activities and performing arts events, and even record audio description soundtracks for films played in theaters and discs. Dawning also recorded audio descriptions for Radio Television Hong Kong (RTHK)'s TV programmes last year so that more visually impaired people can "listen to" them. She said with a smile, "I visited a visually impaired person one day and she said my voice sounded familiar. It turned out she had heard me on the TV!"

Objective Description is the Key to Audio Description

Audio description is a translation discipline—images are translated into words so that the visually impaired can form a scene in their heads as if they can see it. Do not underestimate the process of producing audio descriptions for films. Dawning explained that every time audio

describers write their descriptions, they have to watch the whole film before describing the scenes as objectively as they can. "If a character is good-looking, you can't say he's good-looking. You should describe him as well-dressed and with regular facial features so the visually impaired can form an image in their heads. Whether he is good-looking or not is left for them to decide."

There are two types of audio descriptions for films served in theaters. One is having the description read live by an audio describer; the other is prerecorded and played through receivers worn by the visually impaired. Dawning explained that visually impaired spectators can walk in anytime to buy tickets for some movie sessions with audio descriptions; this is also a sign of inclusion. "The most ideal situation of inclusion and equal rights would be that all are equal. The visually impaired can see a film with the sighted in the same session."

Having participated in the audio description production for over 80 films and TV programmes, Dawning has long been skilled in describing images in words, but there was one film that gave her a particularly hard time. She said with a laugh, "Bruce Lee's 'The Big Boss' was the most forgettable! It is full of quick-paced fighting scenes. A lot is always going on on-screen and I had to describe them in a short time. It was very challenging!"

全港只有六間戲院具口述影像配置

台上一分鐘，台下十年功，除了撰稿需時外，程序上要令電影順利加設口述影像也需過五關斬六將。Dawning說：「口述影像服務是屬於電影公司的製作，如果他們有意為電影加設口述影像，便會找我們合作，其後製作還須交上電檢處審查，電影公司的製作意欲未必很大。」再來是電影院的設備——若要播放口述影像聲軌，戲院需有DCP (Digital Cinema Package 數位電影封包) 配套，然而目前全港只有六間戲院具此設備。但隨著時間過去，愈來愈多電影公司願意投入口述影像製作，去年上映的港產片《淪落人》叫好又叫座，電影開始上映就已經加設了口述影像場次。協會會摸著石頭走到今天，說起當中辛酸，Dawning仍不減笑容地說，「我們經常都碰釘，夠臉皮厚就可以了。」

口述影像是平權

不過一路走來，他們間中仍遇上人們對口述影像的不解。Dawning曾經遇上批評，有人指「電影有聲音不就可以了嗎？或「為何需要另外加上描述？」視障人士的需要一直被忽略。數年前，Dawning透過Good Seed的社創基金的支持開展了博物館口述影像，其後獲得了更多不同的資助及各方對口述影像這項專業的肯定，Dawning開展了更多計劃，並擴展至更多不同服務層面，例如電視節目及電影預錄口述影像製作、體育活動及戶外活動口述影像導賞（如：觀星營）等，令口述影像服務更多人漸為認識。

Dawning想透過口述影像，為視障人士爭取平等的文化、娛樂及藝術的權利，「導演拍一套電影，好多時都會以畫面去呈現信息。而視障人士去看戲，好多時會看不懂。口述影像則是平權，將畫面帶給視障人士，令他們隨時隨地都可以入戲院欣賞電影。」



Only Six Cinemas in Hong Kong Have Audio Description Facilities

As the saying goes, one minute on stage requires ten years of hard work off stage. Not only does producing audio descriptions take a long time, adding audio descriptions to a film is also a long and complicated process. Dawning said, "Producing audio descriptions is the work of film production companies. They will contact us for cooperation if they wish to add audio descriptions to their film. After that, the production needs to be submitted to the Office for Film, Newspaper and Article Administration for approval. Production companies may not be that motivated to go through the process." The equipment requirement for cinemas poses another obstacle: a cinema needs to have DCP (Digital Cinema Package) to play audio description soundtracks. At the moment, only six cinemas in Hong Kong have the equipment. But as time goes by, more and more production companies are willing to produce audio descriptions. "Still Human", a well-received film produced in Hong Kong that was released last year offered sessions with audio descriptions. Dawning's smile did not fade even as she talked about the difficulties the association faced in their exploration phase, "We get rejected very often. All you need is thick skin."

Achieving Equality with Audio Descriptions

They still come across misunderstanding of audio descriptions from time to time. Dawning has received a variety of criticism: "Films already have sounds. Isn't that enough?" or "Why would we need extra descriptions?" The needs of the visually impaired have long been neglected. A couple of years ago, Dawning started museum audio description services with the support of Good Seed's SIE Fund. Since then, she obtained different funding and recognition from different parties on the profession of audio description and started more projects, extending their service scope to cover TV programmes and films pre-recorded audio description productions, sports activities and outdoor audio description tours (such as stargazing camps), so on and so forth, so that more people would know about audio description services.

Dawning aspires to fight for equal rights to culture, entertainment and arts for the visually impaired through audio descriptions. "Directors often convey messages through visual elements in a film. When the visually impaired go to see a film, they might not understand it. Audio descriptions offer equal rights, letting them access the visual elements, so that they can go to the cinema and enjoy a film anytime, anywhere."

博士生學以致用

一滴淚水冀讓糖尿病患者無須每日拮針

PhD in Tech Start-ups – Get out of the laboratory, bridging science and social innovation

Non-invasive Tear Biomarker of T2DM - Andes Sze

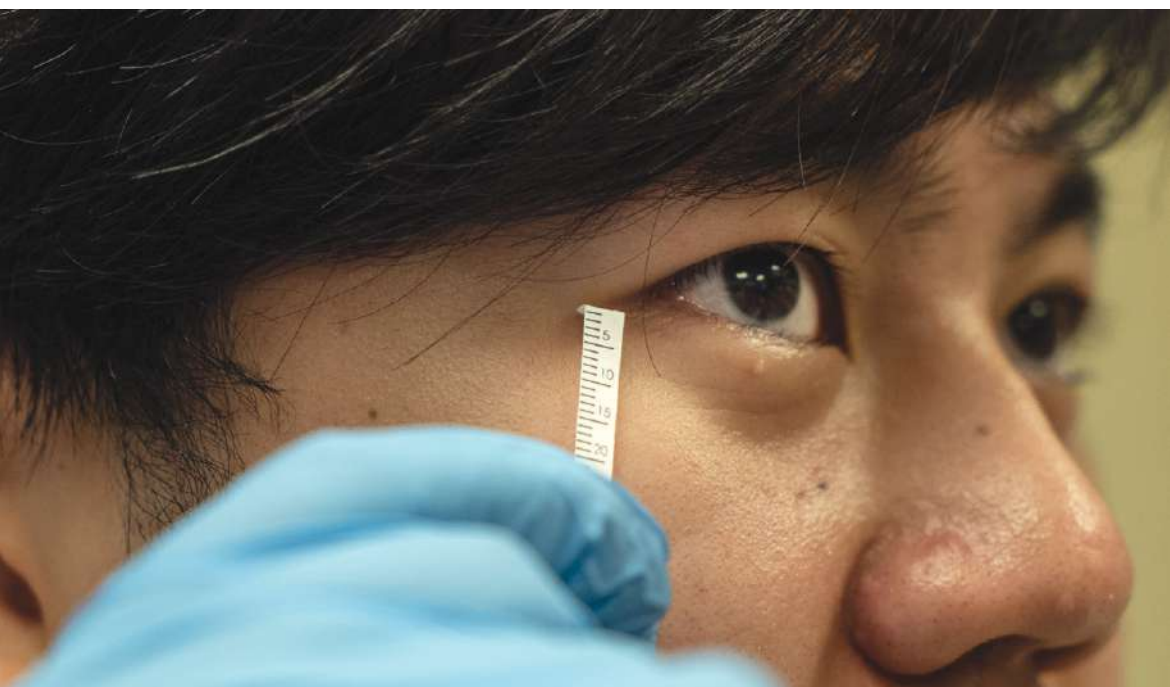
撰文 羅坎



一滴眼淚除了有水份、鹽份，還包含了數百種蛋白質，當中蛋白質的濃度可望能作重要指標用於預測或監控糖尿病及糖尿病視網膜病變。要用文字形容這樣的科學發現，實在簡單不過；但要從研究轉移至臨床應用或社會創新項目，過程困難重重。就讓我們看看創辦人施英漢（Andes）於Good Seed提出應用淚液針對二型糖尿病的非侵入式早期篩查測試方法，了解如何透過Good Seed把科學知識轉化為社會影響力。

Human tear film composites of hundreds to thousands of proteins, in addition to water, salt and lipids. The concentration of certain proteins may have important biological characteristics for the prognosis, monitoring or diagnosis of diseases, such as diabetes mellitus and diabetic retinopathy. The story is full of challenges in the knowledge transfer process from research to clinical trial and commercially available applications.

A group of scientists hope to identify novel biomarkers in molecular assay that will surpass academic literature, contribute to advanced, personalized medicine, and benefiting every stakeholder in the community.



這天，我來到位於香港理工大學眼科視光學院的實驗室訪問Andes，今年27歲的他正在該學院攻讀哲學博士學位。實驗室內燈光泛黃，放滿儀器及實驗用品，顯得走道有點狹窄，對訪客來說或許略嫌焗促，但對於在這裡沒日沒夜地做研究的Andes來說卻十分自在，他在Good Seed獲資助的項目—糖尿病的非侵入式早期篩查測試方法(Non-Invasive Tear Biomarkers of T2DM)，正是在這裡孕育而成。

港平均十分一人患糖尿病 篩查工作更顯重要

顧名思義，糖尿病的非侵入式早期篩查測試目的正是研發一種非侵入式的方法去篩查二型糖尿病，當中透過視光師檢查眼睛及抽取淚液，再送到實驗室利用儀器分析固中的蛋白質作為生物標記物作篩查結果。淚液與眼睛的研究，自然與

Andes的眼科學術研究背景有關，但為何牽扯到糖尿病？Andes說，根據醫管局統計數字，香港每十個人便有一人患有糖尿病；此外，根據美國疾病控制及預防中心統計，有八成多人已有糖尿病前期(prediabetes)徵兆的人並不察覺身體有此變化。因此，預防與篩查糖尿病的工作顯得非常重要及有意義。

「很多人都知道現有篩查糖尿病的方式有『篤手指』和醫生抽血再送往實驗室化驗，這些方式都是很侵入式的」，Andes說。以淚液篩查糖尿病有什麼好處？當然就是比現有方法的入侵性低得多，也非常容易取得。「取眼淚不需要特殊技術例如抽血，不需要用針，其實可以有很大益處。你可以看到現在坊間有很多協助病患者控制糖尿病的產品，包括接觸式或將晶片植入人體讀取生物信息，就可以監察病情進展，其目的都是減低

Mr. Sze Ying Hon Andes, 27 years old, is a PhD candidate in the School of Optometry, The Hong Kong Polytechnic University (PolyU). He proposed a non-invasive tear film biomarkers screening for type 2 Diabetes Mellitus (T2DM), Taking his scientific expertise to the social impacts, and greatly supported by Good Seed, which cultivates and empowers youth to be compassionate leaders who are positively influencing their communities. I met Andes in the laboratory of PolyU. The laboratory was densely packed with equipment and supplies. Visitors might find the room rather stuffy, however, this is the comfort zone for Andes. After all, this is where he has spent countless days and nights in research. Through a project funded by Good Seed, he embarked on the great entrepreneurial adventure and explored non-invasive biomarker in tear film for T2DM screening.

One-tenth of Hong Kong's population is affected by type 2 diabetes mellitus

"Many people are aware of existing diabetes screening methods. For example, measuring fingertip blood glucose level and fasting blood glucose levels." He said. These methods are

relatively invasive due to potential infection and blood-carried pathogens. The tear film has significant advantage in that it is non-invasive in nature and easy access to samples. The tear film fluid can be collected with Schirmer's strip or microcapillary tube, replacing the blood tubes and needles in conventional methods. There are products available to help patients monitor diabetes, including contacting or implanting chips that detect blood glucose level that offer continuous monitoring of diabetes. Diabetes patients also suffer from poor wound healing, and daily 'finger pricks' are an inevitable painful experience.

According to statistics from the Hospital Authority, one in ten people in Hong Kong suffer from diabetes. United States Centers for Disease Control and Prevention show that more than 80% of people with pre-diabetes symptoms are not aware of it. Therefore, prevention and screening of diabetes are essential and meaningful. Their goal is to use a new generation of label-free quantitative analysis (SWATH-MS) would allow multiplexed, high-throughput screening of protein profile in tear film fluid with mass spectrometry.

每次『篤手指』帶來的痛苦：糖尿病患者傷口癒合比一般人慢，每日『篤手指』的過程，其實很痛苦。」看似微小的改變，卻可能在分分秒秒間減少千萬人生理和心理的痛苦，這樣的社會影響力正是Andes所憧憬。以他所知，應用新一代非標記定量質譜儀(SWATH-MS)分析淚液中蛋白質譜圖篩查糖尿病是較新的概念。

博士生創業 指導教授支持不可或缺

創新的概念往往令Andes著迷，期望為社會創新出一分力。他在英國先後完成化學學士及碩士課程，數年前回港發展後於科學園的初創公司當過一兩年打工仔。他發現，「在創新科技這一範疇發展，沒有博士課程的學術基礎是很不足夠的。我又想運用專長開發新技術及應用。所以我想創業。而在科學這一範疇創業，缺乏大學的支援是相當困難的。」輾轉間他獲香港理工大學眼科視光學院取錄。十分慶幸，指導他的導師，眼科視光學院副教授林全博士(Dr. Thomas Lam)與他志趣相投，成為他開展Good Seed的計劃時一股不可或缺的助力。

唸博士就像一對一的師徒制，學生與指導教授是否志趣相同十分重要。就如Andes，他的論文是研究近視，只是在學業以外還涉足糖尿病而已，如果身為老闆兼師父的Thomas不認同其做法，此項目不會誕生於Good Seed。令Andes感動的是，Thomas不止口頭上支持他，還身體力行，在Good Seed的決賽演講中與他一同站在評判面前，適時回答評判的提問。除此之外，Thomas

還動用其人際網絡，介紹志同道合眼科視光師加入團隊，為Andes帶來莫大幫助。「他們除了和研究方面幫助了我很多，我會說是亦師亦友，大家有共同目標。」在參與Good Seed的過程中，Andes深深感受到導師、學系教職員、以至整間大學對學生創業的鼓勵與支持，而這對初創而言尤其重要。

港學術制度非以創新科技為重心

這亦令他進一步反思，為何創新科技在香港不成氣候？他分析，「為何只有美國做到？因為美國有一個很大的推動力。在美國，如果我是博士生，我進一間大學做的所有研究，成果是屬於發明者。在香港和很多歐洲國家，成果是屬於學校的，也不屬於教授，所以動力不會大。而且對教授而言，他們的績效指標不是做生意、初創及產品，而是學術論文，因此很多都寧可做一個出名的研究人員，專注於學術研究……美國的環境確實特殊，你看矽谷旁邊是什麼？史丹福大學為矽谷提供了無形的配套。」

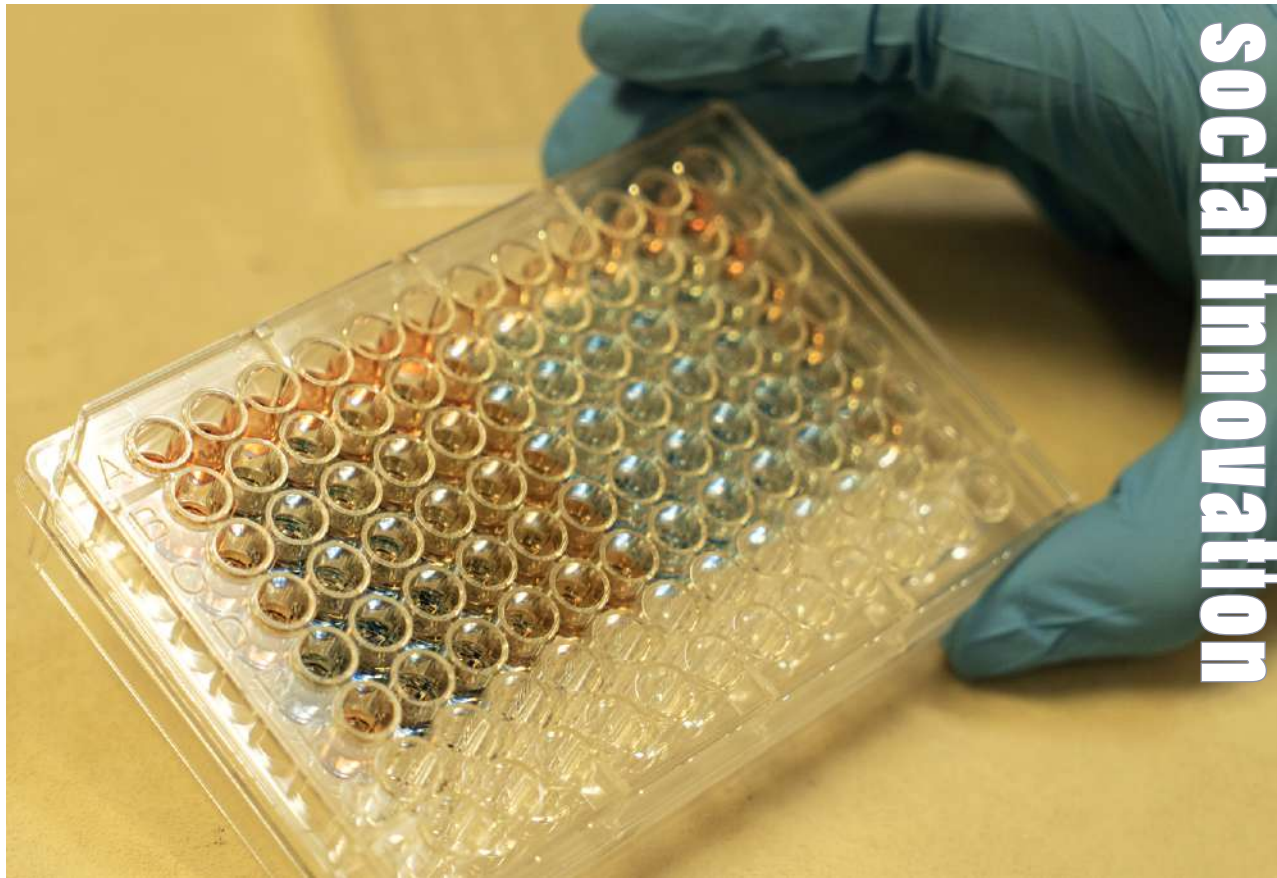
看似微小的改變，
卻可能在分分秒秒間減少千萬
人生理和心理的
痛苦，這樣的社會
影響力正是Andes
所憧憬。

Team Up. Supportive advisors are essential for successful start-ups

Inspiration is our daily life; such concept should not be limited in the laboratory. Andes has completed the bachelor and master's degree in chemistry in the UK. Soon after graduation, he worked as a research scientist in a start-up company in The Hong Kong Science Technology Park (HKSTP). A PhD degree is inevitably important to a highly competitive, and innovation driven industry. The doctoral program provides training in critical thinking, rationale and practice to address novel question systematically that are largely unknown. Private companies often have strict budgets for research and development. Importantly, the lack of resources and opportunity to nurture entrepreneur. He is honored to receive support from Good Seed and his academic supervisor, Dr. Thomas Lam, associate professor of the School of Optometry, who share his interests and friendship to discuss, share expert experience, and other soft skills required for successful start-ups. Finally, team up with other expertise and collaboration to come up with novel ideas and deliver the project.

Doctoral programmes engage one-on-one mentorship as an education strategy; shared interest between the student and the supervisor is essential. Take Andes for example, his thesis is on myopia. His project on diabetes will not be born in Good Seed if his supervisor, and boss indeed, did not agree with his visions. What touched Andes most was not his professor's mental support, but how he endeavoured to help Andes. Thomas stood shoulder to shoulder with Andes to answer questions from the judges during the Good Seed's short-listing speech. He also made use of his network and helpfully brought an optometrist into the team. "They are not just helpful colleagues in research; they are both my mentors and friends. We share the same vision." Throughout his experience with Good Seed, Andes was deeply impressed by the support and encouragement he received from his supervisor, the university staff and the university. This is essential for an innovation project.

在計劃的進度方面，Good Seed團隊已為37名受訪者提供以淚液篩查糖尿病、糖尿病診斷及視光檢查，樣本將安排至實驗室運用液相層析質譜儀進行分析。惟礙於肺炎疫情，研究計劃不得不滯後。雖然Andes對此感到無奈，但保持社交距離十分重要，同時也了解他把目光放在更遙遠的將來。疫情總會過去，機會還是會留給有所準備的人。



More PhDs are leaving academia to entrepreneurship

United States is a hub for entrepreneurs and many successful start-ups. Hong Kong is catching up with the trend and promoting innovation and technology culture. Most universities, including Hong Kong, are limited to the development of academia, partly because of the performance indicators and measures on defining a successful PhD candidate. These academic achievements count on the quality of research reflected in academic journals. Professors and students are devoted to academic research rather than entrepreneurship, that is innovation or technology to benefit all human beings in any aspect. In addition, the intellectual property of works is one of the motivations for entrepreneurs. Universities in Hong Kong fully own any intellectual property rights generated by professors and students. In comparison to the United States, Stanford University has

provided invisible, yet inevitable policies and entrepreneurial support for student and have contributed to the success of the nearby Silicon Valley.

The team has provided services to 37 beneficiaries with optometric assessments, diagnosis of T2DM and tear film biomarker screening of T2DM. Tear samples were collected and analyzed in laboratory for protein analysis using the state-of-the-art mass spectrometry. Due to the current Covid-19 situation and the importance of social distancing, however, the schedule has been postponed. A sense of frustration is evident in Andes's tone, but his steadfast attitude and faith in the future seeped out of his words. The pandemic will eventually pass, and opportunities will come to those who are prepared.

不良於行卻為同路人謀出路 腦麻痺症患者的高低起跌

The Bumpy Road of a Cerebral Palsy Patient's Quest to Help Fellow Disabled People

Heartrip - Vincent Li

撰文 當文尼



深水埗這個龍蛇混雜的鬧市，記錄了很多香港人奮鬥的故事，也記錄了香港最市井的一面。患腦麻痺症的李博（Vincent）不良於行，過去曾經常在這個車水馬龍的地方帶導賞團，在大街小巷中穿梭。他在舉步為艱下，終於走出了一條自己的路來。

讀書到創業，失敗到回流，再讀書再創業，這就Vincent三十五年來的經歷。人生路上，高低起跌，伴隨他的卻是先天性腦麻痺症，讓他走過每一段路時，更辛酸、更艱難。自言自悲了二十多年的他，穿過低谷，終於找到一條合適的路——創立社企「心歷遊」，辦導賞團為遊客帶路，更為殘疾人士謀求職場出路。

A rougher part of town, Sham Shui Po is where many Hongkongers start from nothing. This area shows the most down-to-earth side of the city. This is also where Vincent, a cerebral palsy patient, conducts guided tours, overcoming his limited mobility. It was tough, but he managed to make his own way.

Vincent, 35, has quite a complicated resume: from school to start-up, failure to relocation, re-schooling to another start-up. Along the bumpy road, the one consistency in his life has been cerebral palsy, always making everything harder for him. After struggling in misery for 20 years or so, he eventually found the right path for himself: setting up the social enterprise "Heartrip", which offers guided tours while providing a career for the disabled.

曾派兩年傳單 隱瞞家人稱做文職

腦麻痺症讓Vincent全身肌肉繃緊，不良於行，雙手不太靈活。雖然上天未有賜他健全身軀，但贈送他自信和口才，及倔強性格，成就他「八足咁多爪」。

回想當初，Vincent只完成一半副學士課程下，毅然放棄學業，隻身跑回家鄉西安創業。「計計數，賺錢好像更好。」不過好景不常，創業夢碎，他只好回港打工，卻因先天條件問題，「口齒不清，走路如跳舞」，面試幾次也失敗而回。最終家住元朗的Vincent，決定到黃竹坑派傳單，一派便派了兩年多。

「我告訴家人我做文職工作。」當年港鐵南港島線尚未開通，每天Vincent需轉乘巴士，在香港仔隧道出出入入。除了怕家人擔心，他說：「更害怕的是怕被熟人看到。」派傳單工作讓他儲下少許積蓄，兜兜轉轉後，最終他選擇回到校園，重讀副學士課程。

「不要批評得這麼囂張，你也要給別人成長空間。」

學懂放下 人生走上轉捩點

畢業後加入「對話體驗」實習計劃，Vincent的人生路才像撥開了迷霧。「在這裡我認識了很多很厲害的disabled (殘障人士)。」Vincent形容，有些同事們雖然失明，但能夠做到很多事。當中最令他印象深刻的，是一名女子因病全身乏力，需靠輪椅出入，靠別人餵食，惟她每次外出時，都把儀容整理得很乾淨，做事十分仔細。這令Vincent自覺，「其實我也可以。」這裡的人和事，不但啟發了Vincent，更讓他開始接觸社企這條路。

Vincent後來加入社企「街坊帶路」參與產品開發，成長不少。他自豪說道，過去帶團中，大學生、教授等都是其坐上客，在深水埗他更留下不少「腳毛」。聽他娓娓道來當中的甜酸苦辣時，他突然引述一位前同事一番幽默對話：「不要批評得這麼囂張，你也要給別人成長空間。」這番話令Vincent發現，「這些年來忘記了，其實自己是disabled，也花了不少時間才成長起來」。

THE BUMPY ROAD OF A CEREBRAL PALSIED PERSONS QUEST TO HELP FOLLOWING PEOPLE

Giving out Leaflets for Two Years Behind His Family's Back

One of the symptoms of cerebral palsy is constantly tight muscles, which greatly reduces mobility and dexterity of the hands. But where Vincent is disadvantaged in mobility, he compensates with his gift in communication, confidence and perseverance, resulting in eclectic skills and experiences.

"I did the math and thought that working would be a better deal than continuing with my studies." That was why Vincent dropped out of his associate degree programme and started a business in his family's hometown Xi-an. Unfortunately, it did not work out and he returned to Hong Kong to find a job. Due to his condition, he had no luck at interviews: "I murmur and walk like I am doing a

weird kind of dance." He ended up handing out flyers for two years in Wong Chuk Hang despite living in Yuen Long.

"I told my family that I was working in an office." The MTR South Island Line was not yet open back then, so Vincent had to take the bus every day, crossing several tunnels. The one thing that he feared more than his family worrying about him was getting spotted by friends. So, with the savings he accumulated from the job, he returned to the campus and resumed his associate degree programme.

The Turning Point Was Letting Go

Upon graduation, he joined an internship programme of "Dialogue Experience", and it gave him a clearer vision in life. "I met a lot of





老闆的自白：是否我才是最大得益者？

Vincent後來創辦社企「心歷遊」，專門聘請殘疾人士，培訓他們成為導賞員，設計路線，帶團遊走社區。但他直言，現在另有一份保險全職工作，因為單靠社企維生，有一定經濟壓力，「雖然常常說好有意義，但生活怎辦呢？」身兼兩職的他不時感壓力，經常失眠，更自嘲遇上「中年危機」。

回望社企創業路，Vincent誠實的說：「自己好guilty(愧疚)，因為發現這個計劃中，最大得益者其實是自己。」他坦言，計劃真正幫到的人很少，就連「一個由disabled主導的項目」的初衷，現在也需要妥協，自己卻從中賺取了知名度及人際網絡。

雖然計劃是為了提升殘疾人士的工作能力，增加日後轉入主流職場機會；但Vincent直言，很多員工的工作表現未如理想，他們都是以「參加興趣班」、「滿足家人」等心態工作，未能盡責、投入，履行承諾，「曾有人在出團前兩小時才說不上班」。他認為這反映了「同路人很怕承認(自己)『唔得』。」

這班「同路人」充滿Vincent過去的影子——害怕面對自己不足。Vincent亦深明這一點，若要打動他們，必須將心比心；他希望找到資金資助，在更多資源支持下，讓社企持續發展，花更長時間讓殘疾人士找到屬於自己的路。創業路走來不易，Vincent坦言「現在的確感到迷惘」，但不言敗的他亦正努力尋求可行出路。

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BRIANT KILLER MEETS FORTYQUITURE
PHENIX FOUNDERS OF PUYU SOOTINES
SUPERIOR'S WITH PLANS

extraordinary disabled people there.” His blind colleagues were able to do so much. One of the women had to travel on a wheelchair and be fed by others, but she looked immaculate every time she went out and paid great attention to details. Vincent remarked, “That was when I realised: if she can do it, so can I.” Who he met and what he saw at the place inspired Vincent and directed him towards social enterprises.

Later, Vincent joined a social enterprise “Kaifong Tour” and took part in product development. He takes pride in having secondary and university students as well as professors as guests. He came to know Sham Shui Po like the back of his hand. Recalling the joys and hardships, Vincent mentioned that an old colleague once joked, “Stand down and give others a chance.” “That’s when I realised that I had forgotten my disability, and also took a lot of time to grow up.”

Reflections of a Boss: Am I the One Benefiting the Most?

Later, Vincent founded “Heartrip” with a mission to train disabled staff to conduct and design tours in local communities. However, he also needs to work as a full-time insurance agent, as a social enterprise offers little financial security. “It’s a meaningful thing to do, but I need to think about my livelihood too.” Working two jobs is stressful and gives him insomnia. “It gave a mid-life crisis,” he joked.

Looking back, Vincent confessed, “I feel guilty as the number one beneficiary of the project.” While he himself has become well-known and built connections, the project has only benefited a limited number of disabled people. He also had to compromise on the initial vision of having a workplace lead by the disabled.

Despite the project’s aim to enhance the disabled’s skillsets and help them make it into the mainstream workplace, Vincent admits that many of the staff’s performance has been subpar. Some of them regard it as a pastime or a way to make their families happy, and lack the sense of responsibility, dedication and commitment. “One of the guides told me that he wasn’t coming to work just 2 hours before the tour was to start,” he recalled. “Maybe it shows how we disabled people are afraid of admitting failure.”

The fellow disabled workers remind Vincent of his old self, terrified to face their own insufficiencies. He hopes to influence them with understanding and empathy. With more funding, he would be able to continuously grow the organisation and give the disabled more time and space to find their own paths. It is not easy to be an entrepreneur and Vincent is open about his doubts and confusions, but he is working hard to find a way out and he is not ready to give up just yet.

親身體驗再設計 社創新手製「背包」助輪椅人士出行 A “Bag” for Wheelchair Users Designed with Personal Experience

270Bag - Leo Yiu & Louise Loong

撰文 黃淇

姚振邦 (Leo) 及龍曉虹 (Louise) 位於PMQ元創方的設計工作室內，擺放著用塑膠製成的燈座、設計別緻的透明茶杯等，途人不時停下，站在玻璃展櫃前注目觀看；兩人則在工作室內，密密埋頭工作。他們近年開始著手研發社會設計項目——「270包包」，一個能方便輪椅使用者出行的「袋」，只為還他們一個有尊嚴的生活。

Leo and Louise's design studio in PMQ is full of eye-catching products: lamp bases made of plastic, transparent tea cups with chic designs, etc. As Leo and Louise work devotedly in the studio, curious passers-by stop to stare at their glass showcase. Not long ago, Leo and Louise began working on a social design project, "270Bag", a "bag" that makes it more convenient for wheelchair users to go out, giving them back a dignified life.



親身體驗輪椅生活 萌生設計點子

Leo及Louise數年前成立設計工作室「PONG」並創立自家品牌「Getthe Pong」，一直從事商業產品設計。兩人分工合作，Leo負責設計，Louise則從事市場推廣工作。之所以踏上社會設計的路，他們說一切都是巧合，「一開初我們不是一心打算幫人，真的不是這樣。」Louise笑著耍手擰頭。兩人透過朋友介紹得知Good Seed，原本抱著嘗新心態加入，怎知計劃當中一次的輪椅體驗日，令Louise勾起從前一次回憶。

Louise清楚記得，以前就讀城大的時候，她曾短暫體驗過輪椅使用者的生活，目睹過輪椅使用者從天橋上衝下來，只為用力把門撞開，震撼的景象在她心中埋下種子。多年以後，當她再坐在輪椅上，再次感到輪椅使用者生活中的重重困難。

其中Louise留意到，輪椅使用者出行時難以使用手袋。大部分輪椅使用者會將背囊掛在輪椅後方，要從背囊中取得物品，只能伸手向後盲摸，過程極為困難，稍一不慎物品便統統掉在地上。

有人則會選擇將背囊手抱在大腿上方，但每次出行就抱幾個小時，對傷殘人士來說固然是一種負擔。這些不便Louise一一看在眼中，「很多人都遇到這個問題，但沒有人解決。輪椅人士天天都要外出，有沒有方法，可以令他們出行時方便又舒服？」

Leo及Louise開始著手做調查，找來市面上不同為輪椅使用者設計的背囊，發現大部分只是把袋掛在輪椅後，無法解決難題。於是他們念頭一轉，思考如何可以將背囊放在輪椅背後之餘，又能便捷地拿取物件？經過多次的構思及試驗，他們最後決定製造一個鋁合金支架——支架分成上下兩部分，上方可承托約5公斤的物品，用家能隨意前後拉動支架，將袋子轉到前方，方便提取物品。它取名作「270包包」，猶如一個走動自如的袋，便利輪椅人士出行。

Design Idea Inspired by Wheelchair Experience

Leo and Louise started their design studio, “PONG” and created their inhouse brand “Get the Pong”, a few years ago; they have been engaged in commercial product design ever since. They split the work with Leo working on design and Louise working on marketing. They said it was a coincidence that they picked up social design. “At first, we weren’t thinking about helping others. It really wasn’t like that,” Louise said, shaking her head with a laugh. They learnt about Good Seed from a friend. In the beginning, they were in for some new experience, not knowing that a wheelchair experience day in the project would remind Louise of a memory.

Louise has a vivid memory about a wheelchair user from when she studied at the City University of Hong Kong. She witnessed a wheelchair user rushing down from a bridge just to slam a door open. The shocking scene was imprinted in her mind. Years later, when she sat on a wheelchair, she realised anew the difficulties that wheelchair users face in their daily lives.

One of the difficulties is using a bag when they go out. Louise noticed that most wheelchair users hang their backpack at the back of the wheelchair.

It is hard for them to get things from the backpack as they can only reach back to feel blindly. One careless motion can cause everything to scatter all over the place. Some would choose to hold their backpack on their laps, but that means they would need to hold it for hours straight every time they go out, which is a burden in itself. Louise is aware of all these inconveniences. “It is a problem for many, yet no one has tried to fix it. Is there a way for wheelchair users to travel with comfort and convenience?”

Leo and Louise began their research, gathering different backpacks designed for wheelchair users in the market. They found that most of the existing bags are simply designed to be hung at the back of the wheelchair, which does not solve the problem. They came up with a thought: how can you hang a backpack at the back of a wheelchair and still be able to get things out of it easily? After a number of trials, they decided on making an aluminium alloy frame divided into an upper part and a lower part. The frame can carry a maximum weight of around 5 kg and can be pulled forwards and backwards, enabling the user to bring the bag to the front for easy access. Named “270Bag”, this movable bag allows wheelchair users to travel more conveniently.

「好的設計不用太標奇立異」

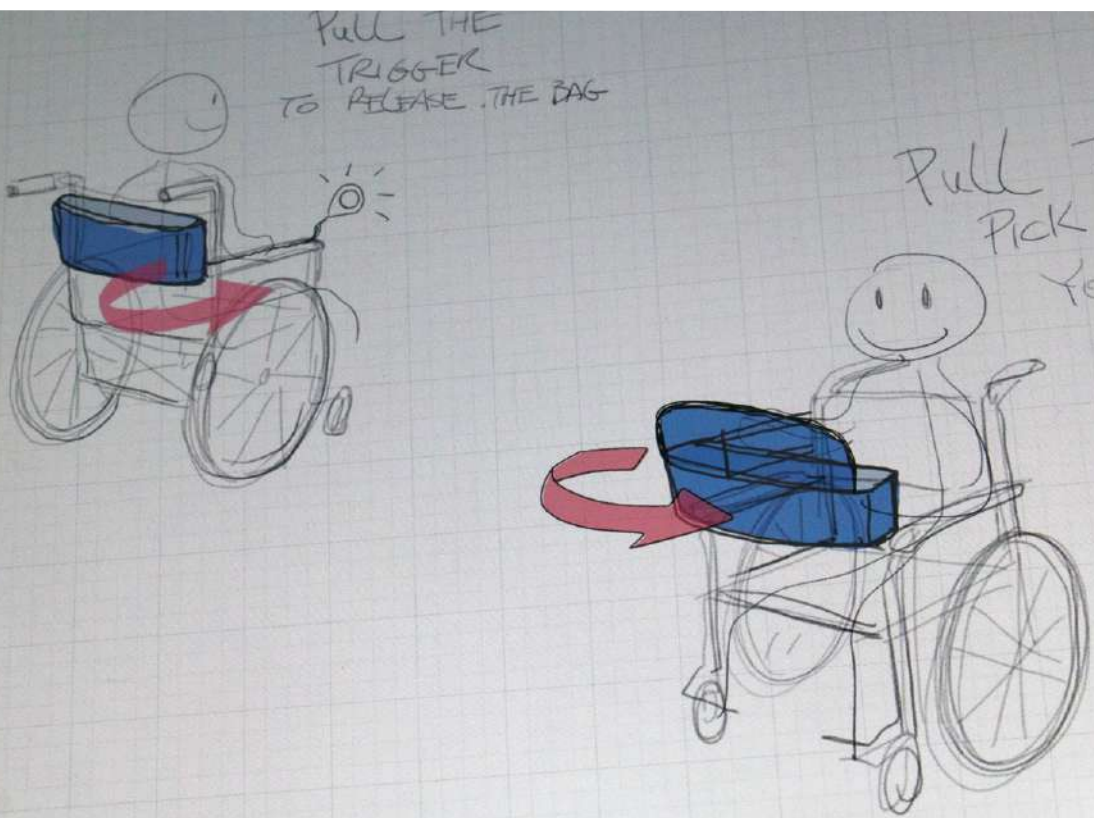
「輪椅使用者很多時候需要別人去幫助他，但是不是一定要別人幫忙？可不可以令他們重拾自由？一句『可不可以幫我在背囊取東西？』看似好簡單，但要一個成年人說出口求助，他真的會不開心。我們的出發點是，希望輪椅使用者可以有尊嚴地出行。」Leo說，開初設計時，由於考慮到香港人口擠逼的環境，故支架不能大幅度移動，避免碰撞他人。他們由人的需要出發，也顧及使用者以外的人的感受。

「從心出發」一直是二人的設計理念。Leo曾設計一個茶杯，茶葉的濾網以鐵製成，杯外加設一個磁貼，兩者輕易貼在一起，使用者變相不用直接觸碰濾網。一個簡單的巧思，輕易解決了換茶葉時容易滴水及燙手的問題，「從設計的角度，

我們覺得less is more，一個好的設計，不用太標奇立異，應是容易使用，能融入生活當中。」Leo如是說。

望透過設計喚起大眾關注

Leo及Louise加入社會創新行列後，身邊有同行朋友對計畫感到好奇，紛紛向他們詢問更多詳情，而兩人亦樂見其成，「透過我們，其他人會知道有這班小眾的存在。」Leo期望，藉著一個人性化的設計，能改善人的生活，而這個期許，並非單靠他們兩人就能完成，設計的最終目的，還是希望能喚起社會的關注，「假設我們這件設計可以幫到最多三千人，我不敢說用一件設計就能改善整個社會。反而是希望更多設計師及大眾能透過這件事，去留意及關心社會上的弱勢。關心好簡單，可能是在搭地鐵時讓個空位予輪椅使用者，或者幫忙開個門，就是如此簡單。」



DESIGNED FOR WHEELCHAIR USERS A THIN BAR FOR WITH PERSONAL EXPERIENCES

“From the design perspective, we think less is more. A good design does not have to be quirky. It should be easy to use and to incorporate into everyday life.”

A Good Design Does Not Need to be Quirky

“Wheelchair users often need help from other people. But is it necessary for them to depend on others’ help? Can they have their freedom back? It may sound simple to ask, ‘Would you mind getting something from my backpack for me?’ But in fact, having to say this can make an adult sad. We hope we can give wheelchair users their dignity back when they go out.” Leo said that considering the crowded environment in Hong Kong, they ruled out substantial movements of the frame to avoid accidentally hitting people. With people’s needs in mind, they also take the feelings of people around the users seriously.

Leo and Louise have always insisted on designing with their whole heart. Leo once designed a teacup with an iron tea strainer held in place by a magnet so that the user does not need to hold the strainer. This simple idea prevents dripping and helps the user avoid being scalded by hot water when replacing tea leaves. “From the design perspective, we think less is more. A good design does not have to be quirky. It should be easy to use and to incorporate into everyday life,” said Leo.

Hoping to Raise Awareness through Design

After Leo and Louise started participating in social innovation, their friends and peers in the industry became curious about the project and asked them for details. They are glad about that: “People learn through us about the existence of this minority.” Leo hopes that a user-friendly design would make the user’s life easier, but this is not a mission that can be achieved by them alone. The ultimate goal of their design is to raise awareness in society. “Let’s say our design can help three thousand people at most. I won’t claim that with just one product, we can improve the whole society. All I hope is that more designers and people would come to care about the disadvantaged in society because of it. Showing your care is not that hard. You can do that by freeing up space for a wheelchair user on the MTR or opening a door for them. It’s that simple.”

讓孩子敢講

入校園推情緒教育：唔係下下都要鬧

Promoting Emotional Learning in Schools: Let Children Talk and Lecture Them Less

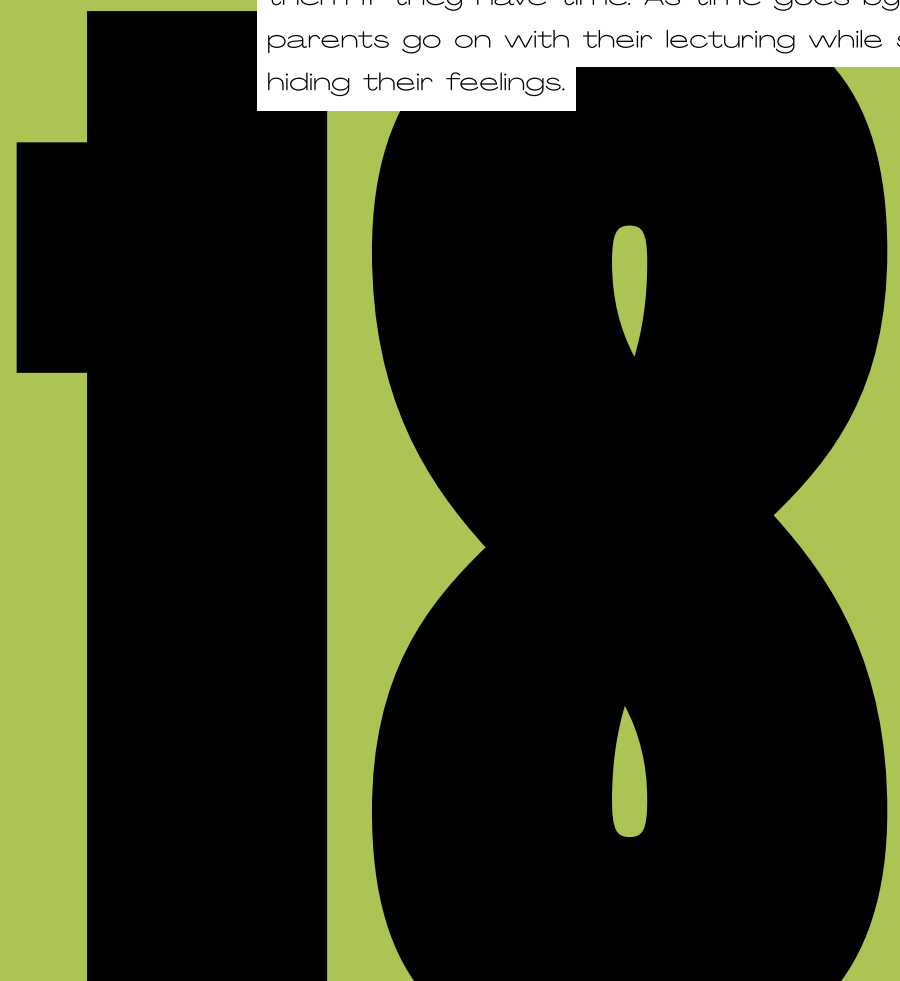
Just Feel - Raymond Yang & Matthew Kwok & Anthony Ngai

撰文 廖俊升



香港學生壓力大，已成為社會常識。功課、補習、考試、獎項，學生每日疲於奔命，老師和家長每日檢查督促。即使有空閒時間，學生寧願去玩，大人有空仍繼續訓話。久而久之彼此沒有溝通，老師家長繼續鬧，學生繼續藏起自己。

It is widely known that Hong Kong students live stressful lives. Every single day, students are busy juggling their homework, tutorial classes, examinations and competitions, while teachers and parents check on their progress. Students would rather play if they have time; grown-ups would rather lecture them if they have time. As time goes by, teachers and parents go on with their lecturing while students go on hiding their feelings.



「藏起心事不說，去到一定事態才講，就很難處理。」社企「JUST FEEL 感講」創辦人楊思毅 (Raymond)、郭梓樂 (Matthew) 及魏敬國 (Anthony) 深明情緒健康的重要性，主張「先處理心情、再處理事情」，並入學校推行一直忽略的情緒教育，希望學童學懂得表達感受，雙方友善溝通。

教育只處理學生行為 不處理感受

Raymond和Matthew在創辦「JUST FEEL 感講」前，曾任一年小學教師。Matthew提及，有位學生一向聰明，每次英文默書近乎滿分，但在一次背默上因背少一句句子，就被扣分扣至不合格。Matthew當時如一般老師一樣未有理會，即使留意到他的失落，也未有深究。後來這位學生每次默書都「捧蛋」，他才明白原來不是努力的問題，而是學生對默書或者學英文失去信心。「如果很辛苦背默也沒用，都是不合格，那不如不背。」

如果老師不問，而學生又不說，可能問題一輩子也不能解決。Matthew決定主動找學生傾談，讓他從壓力中走出來。「我跟他說：『郭sir知道你很困擾，知道你很想得到身邊人認同，很想努力得到回報。這次背默可能因為不小心，但不代表努力是白費的。』」

Raymond補充，他中小學時期曾經因犯校規而被訓導老師包圍訓話，要他認錯，「但從來不問我為何我會做出所謂犯校規的行為。」他說當時對此很討厭、反感，但說不出原因，直至做了老師後，他才明白「逼人認錯是無用的，因為學生根本就不明白，他都想得到老師理解。」

離港進修情緒教育 回港辦社企

經歷過前線教育實戰，二人同樣相信溝通比獎罰重要，情緒關顧比成績表現重要，希望扭轉學界不重視學生感受的文化。於是他們遠赴外地進修，把「社交情緒學習」(social-emotional learning) 及善意溝通 (compassionate communication) 兩套理論帶回香港，並找來同是中文大學畢業的Anthony，在2018年以「轉化本地學校和家庭的溝通文化，從而提升學童的情緒健康」為願景，創辦社企「JUST FEEL 感講」。

他們利用在Good Seed贏得的起動基金，推出一套「感受需要卡」，幫助孩童以精準詞彙表達情緒和需要。這套卡玩法多變，例如，父母可以邀請子女因應當天發生的事，亮出三至五張相應的感受卡，再透過發問和對話，讓子女表達感受。雙方因此更加明瞭對方，達至有效溝通，建立親子關係。「除了上課讀中、英、數外，學懂明白自己內心情緒，處理自己壓力，處理家人衝突更為重要。」



“If they hide their feelings until it gets so unbearable that they have to speak out, it could be very hard to cope with.” Co-founders of “JUST FEEL”, Raymond, Matthew and Anthony, are well aware of the importance of mental health. They believe in “handling emotion first, issues later”. Promoting the long neglected emotional learning in schools, they hope that school children would learn to express their feelings to enable friendly communication between children and adults.

Handling Behaviours at the Cost of Feelings

Before founding “JUST FEEL”, Raymond and Matthew were primary school teachers for a year. Matthew told us about a clever student of his who got close to full mark in every English dictation. On one occasion, he missed a sentence in a recitation dictation and failed it. Matthew, like other teachers, did not think much of it. He noticed that the student was upset but he did not dig into it. Only when that student got zero marks in every dictation since then did Matthew realise it had nothing to do with effort and everything to do with his confidence. “I’ll fail anyway no matter how hard I work. I’d rather not work hard.”

If teachers do not ask while students do not express, the issue may last a lifetime. Matthew decided to step up to talk to his student and help him relieve his stress. “I told him, I know you’re frustrated and you long for approval from people around you. You work hard to get good results. You may have failed this dictation because of carelessness, but that does not mean your hard work is wasted.”

Raymond recalled being surrounded by discipline teachers who told him off and demanded apologies when he was in primary and secondary school after breaking a school rule. He added, “They never asked me why I broke the rules.” He was both irritated and annoyed but he could not tell exactly why. Only when he became a teacher did he understand that it is no use forcing students to apologise when they do not understand why. Students want teachers to understand them too.

增進、改善師生溝通

針對老師，他們開設工作坊，培訓老師掌握溝通技巧，引導學生表達；又提供課程資源，讓老師不用在繁重工作下額外花時間準備，專注和學生溝通。Raymond說到，其中一個課程為定期舉辦「對話圈」活動，老師和學生圍圈坐，拿著「發言信物」，輪流發言，在老師引導下說出自己感受。「學生平日不太敢於說話，在這個環境下，他們便會很安全、很願意表達自己。」

經初期在聖文德天主教小學實踐情緒教育後，他們在學界獲得好評，至今已與二十間學校校推出一般訓練，亦在六所學校進行教師深入培訓，又開設公開工作坊讓家長參與。他們計劃在未來一至三年，期望進行教師深入培訓的學校增加至九至十四間，提升社會對學生情緒健康的關注。



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Promoting Emotional Learning in Schools: Let Children Talk and Learn from Less

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Going Abroad to Study Emotional Learning and Returning to Set Up a Social Enterprise

Both Raymond and Matthew believe that communication is more important than the carrot and stick, and that taking care of students' emotions is more important than academic performance. In the hope of changing the culture of neglecting student's feelings in the education field, they studied abroad and brought back two theories, "social-emotional learning" and "compassionate communication". After recruiting Anthony, a fellow Chinese University of Hong Kong graduate, they founded the social enterprise "JUST FEEL" in 2018 with the vision of transforming the communication culture of local schools and families to improve the emotional health of children.

With the seed fund they received from Good Seed, they rolled out a set of "feelings and needs cards" to help children express their feelings and needs with precise vocabulary. There are various ways to play with this set of cards. For example, parents can ask their children to show three to five cards of feelings according to what happened that day, and ask them to express what they feel through questions and conversations. They may thus understand each other more, achieving effective communication and building a closer relationship. "It is more important to learn to understand one's own emotions and handle stress and family conflicts than to learn Chinese, English, or Mathematics."

Improving Communication between Teachers and Students

As for teachers, "JUST FEEL" offers workshops to train teachers on communication skills and guiding students to express themselves. Course materials are also provided so that busy teachers do not need to spend extra time on preparation. Raymond told us about one of the courses, which is a "dialogue circle" activity held regularly. In the course, the teacher and students sit in a circle; students take turns to hold a "talking token" and express what they feel under the teacher's guidance. "Students who are usually not very verbal would be willing to express themselves as they feel safe in this environment."

After an initial phase of putting emotional learning into practice in St. Bonaventure Catholic Primary School, "JUST FEEL" became well received in the education field and has organised general training with twenty schools so far. It has also offered in-depth training for teachers in six schools as well as public workshops for parents. In the coming few years, "JUST FEEL" is planning to extend its in-depth training for teachers to nine to fourteen schools to raise awareness of students' emotional health in the city.

大學生研發電子遊戲 無薪助SEN學習 University Students Develop Game with No Pay to Help Students with SEN

Card Adventure - Ashley Lam & Ruby Poon

撰文 廖俊升



若說人生是一場遊戲，對讀寫障礙小朋友來說，讀書可能是關卡中的「大魔王」。兩位大學生林曉晴（Ashley）和潘嘉穎（Ruby）為幫助讀寫障礙學生克服困難，申請社創基金計劃Good Seed資助，研發幫助讀寫障礙學童學習語文的電子遊戲「卡牌大冒險」，讓學生從闖關中得到成功感，重新愛上學習。九個月的計劃實踐期，她們已接觸了約一百五十位學生，看見同學在學習中重拾快樂，讓她們覺得一切都是「more than money」。

If life is a game, studying is probably the 'boss battle' for children with dyslexia. To help students with dyslexia overcome this obstacle, two university students, Ashley and Ruby, applied for subsidy from Good Seed, supported by the SIE Fund, to develop "Card Adventure". "Card Adventure" is a digital game that helps dyslexic students learn languages. By giving students a sense of achievement as they complete each level, the game helps them find their lost love of studying. In the nine-month pilot period, the creators have already approached about 150 students. After seeing children find happiness in learning once again, they think the reward is "more than money".

好友患讀寫十八年方知 成項目導火線

「最難幫助的，不是小朋友本身的能力，而是他的心靈。」說起SEN(特殊教育需要)學生，Ashley頗有心得。前年她在香港理工大學設計學系畢業，修讀互動媒體，而她的畢業作品透過研發卡牌大冒險的雛形，以AR遊戲訓練幫助讀寫障礙的課題，並夥於港大修畢中文教育的Ruby，發展出「卡牌大冒險」的不同系列。

遊戲設計意念源於Ashley摯友的經歷。「考DSE(Hong Kong Diploma of Secondary Education)時，她告訴我發現自己有讀寫障礙。不過我不知道讀寫障礙是怎樣一回事，只是同窗五年經常看見她有些簡單至小學生也會的字，她也會寫錯。」，好友面對困難Ashley卻無從入手，「所以我十分痛恨自己的無能為力，希望自己能幫助其他面對同樣困難的學生。」

這次經驗觸發他們幫助讀寫障礙的決心，Ashley和Ruby申請社創基金Good Seed的資助，獲款十萬元，推出15套網上學習教材，共有30名SEN學童率先試用，「卡牌大冒險」計劃才得以實踐。

代入小朋友的困難是關鍵

「卡牌大冒險」是一個Augmented Reality(AR)遊戲應用程式，配合課程和數據分析平台，當小朋友使用該應用程式，便可以進入遊戲世界，通過拆字、拆部首等遊戲闖關，提升他們對文字的认识和興趣。Ruby說：「可能我們平常看字會一次看幾行，但一個有讀寫障礙的小朋友會好像看一座山般，看完第一行看第三行，然後又跳回第二行。」

「最困難是學生還小，講不出他們的困難，他不會跟你說自己看完第一行便跳到第四行，他只會說看得不舒服，或者不喜歡看、頭好暈。」Ruby指，由於她們本身沒有讀寫障礙，了解學生並非易事，因此觀察小朋友的表現就十分重要，同時要代入小朋友的心情和能力，然後思考如何令他們開心學習，重拾自信與學習動機。

同學之間可能會做出具攻擊性的言行，對讀寫障礙小朋友造成極大傷害。她們為了讓小朋友克服心理障礙，特意在遊戲中設計卡通角色陪伴小朋友成長，在魔法世界解任務過關，賦予學生一種能力與責任，告訴他們其實自己也能夠學習。

Ruby說，小朋友的反應印證她們的方向並沒有錯，每一個人皆是獨特的，各自都需要不同的學習方法。「不可能叫魚和猴子鬥快爬上一棵樹，因為魚永遠不能爬樹，正如你不會叫猴子游泳。」

A Friend Suffering from Dyslexia for Eighteen Years Become the Project's Fuse

“It is harder to open a child’s heart than to develop their ability.” Ashley is instrumental when it comes to students with SEN (Special Education Needs). Year before last, she graduated from the School of Design of the Hong Kong Polytechnic University, majoring in interactive media. Her graduation works was developing the prototype of “Card Adventure” and using AR games to help with the dyslexia. Together with Ruby, a Chinese language education student at the University of Hong Kong, they evolved different collections of “Card Adventure”.

The game was inspired by the experience of a close friend of Ashley’s. “When we were taking the DSE, she told me she found out that she had dyslexia. I had no idea what dyslexia was. Being her classmate for five years, all I saw was that she usually writes some characters wrong, even very simple ones that schoolchildren would know.” Friend was in trouble but Ashley didn’t know how to help her, “so I felt an inability to do anything and I hope I can help other students who face the same difficulties.”

Her friend’s condition inspired her to help dyslexia. Ashley and Ruby applied for a subsidy from Good Seed, which is supported by the SIE Fund. With the \$100,000 they were granted, they developed 15 sets of online learning materials with 30 SEN children as pilot users, kick-starting the project of “Card Adventure” to help children suffering from dyslexia.

Stepping into the Children’s Shoes is Key

“Card Adventure” is an AR games application software with a designed curriculum and data analysis platform. Children enter the world of the game in the app, splitting characters and radicals to complete levels. It is meant to raise their interest and increase their knowledge in words. Ruby said, “We may read a couple of lines at a time, but a child with dyslexia reads words as if they are looking at a mountain. They would skip to the third line after finishing the first, and then jump back to the second.”

“The hardest part is that the students are too young to be able to express their difficulties. They won’t tell you they’ve jump to the fourth line after the first. They will just say they’re not feeling well when they are reading, or that they are dizzy and don’t like reading.” Ruby pointed out that as she and Ashley do not have dyslexia themselves, it is not easy to understand the students. It is, therefore, particularly important to observe the children’s behaviours, put themselves in the children’s shoes, imagine what the children feel and what the children can do, and reflect on how to make the children study happily, regain their self-confidence and motivation on learning.

大數據助學童個別化學習

她們現正收集同學的學習數據，以分析他們的長處和弱點，為其制定相應課程，「例如十題入面答錯七題，或者答對八題，我們再可以結合他們的家庭和學校背景，去做一個大數據分析。」

目前計劃取得階段性成功，她們以每班六至八人的小班形式，到超過十間學校及機構，接觸了超過一百位學生。同時她們也舉辦了一些遊戲體驗日，兩次試堂一共接觸到百五位學生。

課堂成效相當良好，看見讀寫障礙學生能夠快樂學習，讓她們高興不已。Ashley接觸過一位有智力障礙和讀寫障礙的學生，被同學指著頭說她蠢，令她厭惡學習。「後來看見她有能力的時候，我們會按住她的進度去做，再將進度差不多的小朋友編成一組，她就更加會覺得可以融入，她能跟上那個進度。」

「有個小朋友就有讀寫障礙和自閉症，玩團體遊戲佢都不太投入，但每次他玩這個遊戲(卡牌大冒險)時，就好像這遊戲進入了他的世界，每次完成了題目之後就會做Superman的動作。」小朋友一舉手一投足，皆成為Ashley和Ruby的前進動力，因為令學生產生學習興趣和動力，提升學習效果正正就是她們的教學宗旨。

助人為本 發揮社企精神

年少創業，幫助學習障礙兒童，全憑無私教育理念。創業家在投資前或多先考慮收益，然而莫說「卡牌大冒險」沒有豐厚盈利，特別是疫情下，要支撐一個人的生活也有困難，「現在主要有我倆，還有另一位做數據，三個人當每人每月出一萬元，那一個月就要三萬，現在就做不到。但我們的Priority不在這裡，共識是把收入投放到課程中。」Ashley認為，如果計劃能幫其他人、有價值，而自己又有熱誠去做，得到的是「more than money」，她也相信，「如果有多些像Good Seed這樣的基金，相信會有更加多人受惠。」

Ruby說：「當社會陷入時代的低谷中，社企更加有責任和使命去幫助貧苦大眾。有不少社企也會自己出錢造口罩，讓更多人認識社企，將這個概念帶給更多人。」這是最好的時代，也是最壞的時代，人性光輝在黑暗中拼命的閃爍。

如果計劃能幫
其他人、有價值，
而自己又有
熱誠去做，得到
的是「more than
money」

Offensive behaviours from fellow students cause great distress to children with dyslexia. To help them overcome psychological obstacles, Ruby and Ashley designed cartoon characters as companions in the game. Completing missions in a magical world seems to grant the students some kind of ability and responsibility, showing them that they are also able to learn properly.

Ruby said that the children's reaction proved that they were on the right track. They were even more convinced that everyone is unique and needs to learn in different ways. "You can't ask a fish to have a tree climbing race with a monkey, because the fish will never be able to climb a tree, just as you won't ask a monkey to swim in a pool."

Big Data Aids Individualized Learning

Ruby and Ashley are now collecting students' learning data to analyse their strengths and weaknesses in order to tailor a curriculum for them. "Say, they get seven out of ten questions wrong, or they get eight right. We can then take into consideration their family and school backgrounds for big data analysis."

Their project has achieved initial success. They have reached over a hundred students in more than ten schools and institutions, in the form of small classes of six to eight. They have also organised game experience days and approached a total of 150 students in two trials.





The class is seeing great results. Ruby and Ashley are thrilled to see students with dyslexia learn happily. Ashley once met an intellectually challenged student with dyslexia who hated learning because her fellow students had pointed at her head while calling her stupid. "Later, we catered for her ability and progressed at a pace she was comfortable with. We then grouped children with similar progress together. She became more confident that she would fit in as she could handle the pace."

"We met a child with dyslexia and autism who was not engaged in any group games. Every time he played 'Card Adventure', however, he became very engaged. He would do a Superman pose every time he completed a question." The children's reactions are the motivations for Ashley and Ruby because it is their mission to motivate students to learn better.

Doing Good is the Spirit of Social Enterprise

Driven by a selfless vision, the two young entrepreneurs are determined to help children with learning disabilities. Most entrepreneurs have their eyes set on profits before they invest. "Card Adventure", however, is not particularly profitable, especially during the pandemic. It is difficult to support the livelihood of one person at the moment. "Besides us two, there is another team member who works on the data. If each of us gets \$10,000 a month, that's \$30,000 each month. We can't afford that at the moment. Anyway, that's

not our priority. Our consensus is to invest the revenue back into the curriculum." Ashley thinks that if she works passionately for a meaningful cause that can help others, what she gets is "more than money". She also believes that if there are more foundations like Good Seed, more people will benefit.

"It is the responsibility and mission of social enterprises to help the poor, more so in such a hard time," Ruby said. "A lot of social enterprises manufacture face masks with their own money. Perhaps more people will get to know what social enterprises are." This is the best of times, this is the worst of times, and in the darkness, humanity shines brightly and ceaselessly.

"It is the responsibility and mission of social enterprises to help the poor, more so in such a hard time."

視覺以外, 用聽覺、觸覺和嗅覺來攝影 Out of Sight: Shooting Photos through Hearing, Touch and Smell

Sightfeeling - Fishing Tsoi

撰文 黃淇



如果一天失去了視力，你能想像自己還可以拍照嗎？有六個年輕人數年前組成機構「盲蹤」，他們成為視障人士的眼睛，推廣「盲攝」。成員之一的蔡蒨文（Fishing）說，透過盲攝，他們想告訴大眾，攝影也可以「非視覺主導」，同時向大眾直接傳遞視障人士的所思所想，呈現他們最真實的生活，打破旁人對殘疾人士的刻板印象。

If you lose your vision one day, do you think you would still be able to take photos? "Sightfeeling" was founded a few years ago by six youngsters who promote "blind photography" by acting as the eyes of the visually impaired. Fishing, one of the co-founders, said they wanted to show the public that photography can be "non-visual centric". They aspire to break the stereotypes of disabled people by directly conveying the thoughts of the visually impaired to the public and showing how they really live.

旅程的起點：斯里蘭卡

「盲蹤」的起源，來自2017年的一次義遊。2016年巴西奧運，一名視障攝影師João Maia da Silva在奧運拍攝的照片引起全世界注目，當中也吸引了Fishing的目光，「當刻好震撼，原來視障人士都可以拍到漂亮的照片。」她在想，有沒有可能在接下來計劃的義遊裡，也加入「非視覺」的攝影？想法很快付諸行動，她聯同五位喜愛攝影的年輕人在準備行程期間認識了一群香港的視障攝影愛好者，一頭熱血在香港發起眾籌，買來幾部數碼相機，跑到斯里蘭卡教當地盲人攝影。

回港後，六人也未停下腳步。他們展出當地視障人士的作品，獲得廣泛好評。自此正式成立「盲蹤」，推動視障人士攝影工作。你可能會問，盲人怎樣攝影？Fishing解釋，每次攝影時，健視人士會擔任引路及口述影像角色，以一對一的形式，為視障人士描述身邊的環境，再憑他們自

己的認知與感覺去捕捉畫面，「例如去到清境農場，首先我們會描述有一大片草地、高低起伏、後邊有山脈；草地上有隻羊，再告訴他水平、光暗、目標物位置、讓他們知道大概的畫面，再問視障朋友他想拍什麼。」

聽覺、觸覺和嗅覺可比視覺更敏銳

視障人士雖失去了視覺，也可用聽覺、觸覺和嗅覺來攝影，而沒有視覺的世界，有時也令人出奇不意。「盲蹤」有次組隊到台灣，在跨年晚會現場正準備拍攝煙花，當年台灣政府說要環保，煙花的數量不多，一群人這邊廂還在準備腳架擺陣，那邊廂煙火便轉眼即逝。只有一名視障人士匆匆按下快門，成為唯一留住了璀璨光影的人，「那位朋友嗅到硫黃味道和隱約看到光影，便朝那個方向拍照了。」還有另一次，一群人走在山上拍風景，一位視障朋友突然說要拍花，便往旁邊走去，「我們看不到，便跟他說沒有，後來真的發現有花，原來他聞到有花香味。」



Where It All Started: Sri Lanka

The idea of “Sightfeeling” started with a volunteer trip in 2017. In 2016, the Olympics were held in Brazil, and when João Maia da Silva, a visually impaired photographer, stunned the world with his photo coverage of the Games. Fishing was among the astonished. “It blew my mind that someone visually impaired can take amazing pictures too.” She wondered if it was possible to include “non-visual” photography in the upcoming volunteer trip. Ideas were swiftly put into action. Together with five young photography enthusiasts, they met a group of visually impaired photographers during the preparation for the volunteer trip, and bought a couple of digital cameras through crowdfunding, and travelled to Sri Lanka to teach local visually impaired people how to take photos.

Their endeavours did not stop when they returned to Hong Kong. Their exhibition of the works of visually impaired Sri Lankans was well received. Afterwards, they kick-started “Sightfeeling” to promote photography for the visually impaired. You may be wondering how visually impaired people can take pictures. Fishing explains that every time they shoot, they work one-on-one with a sighted collaborator who describes

the surroundings to the photographer. The photographer then captures the scene with their own interpretation and senses. “Let’s say we are at the Qingjing Farm. We would first describe a big, uneven lawn with a sheep on it and a mountain range at the back. Then, we would tell them about the level, the brightness, and where the target is to give them a rough idea of the scene before asking them what they want to shoot.”

Hearing, Touch and Smell are more Sensitive than Sight

The visually impaired can shoot with their senses of hearing, touch and smell. A world without sight is sometimes a source of surprise. “Sightfeeling” once organised a trip to Taiwan to shoot fireworks at a New Year’s Eve Party. Not many fireworks were set off as the Taiwan government was promoting environmental protection. The display was over before they even finished setting up their tripods. The only one who managed a shot was visually impaired, who snapped a shot after sensing the light and shadow and smelling the sulfur from the fireworks. Another time, when they were hiking and taking pictures of the landscape, a visually impaired friend walked aside, saying he wanted to take a picture of the flowers. “We told him there aren’t any flowers because we didn’t see any. It turned out there were flowers. He knew because he could smell them.”



照片打開一扇容讓互相理解的窗

健視的人對視障人士也許心存很多疑問，或者對殘疾人士仍停留在既定印象，「視障人士有能力結婚嗎？」、「他們可以去旅行嗎？」Fishing不時被問到這些問題，她認為，解鈴還須繫鈴人，「視障朋友好多時都被『代言』，由身邊有家人或社工幫他去表達想法，公眾人士多數無法親自接觸視障人士的第一身感受。」透過照片，觀看者能立刻進入視障人士的日常，「那張相片好直接，他拍的畫面就代表他認知的世界，是一個好好能讓他們表達自己的機會。」

Fishing認識一位視障攝影師，有天他回到家，見到一束光落在太太身上，便按下快門，拍出來的照片很滿意，開心得那天彷彿中了大獎，後來這張照片在相展中展出，為健視與視障人士之間，打開了一扇互相了解的門，「好多人對視障人士的想像，可能還是停留在『好慘、要依賴別人過活』上，但視障人士其實也有正常的生活、也要返工放工，會有對生活的期待。」

面對視力每天遞減 把相機當成眼睛

「盲蹤」不時舉辦導賞，讓視障人士攝影之餘，也讓健視人士蒙上眼睛體驗「盲攝」。他們也曾出售視障人士作品的明信片，大獲好評。以為一切運作上了軌道，原來他們背後也曾飽受批評，「好多人笑我們蠢，又質疑我們是不是真的可以賺到錢。」但Fishing與朋友仍憑一個信念堅持至今，「如果件事有意義，我們就會堅持。」

「盲蹤」六位成員從事不同工作，當中有老師、空姐、記者及設計師。多年前九龍城衙前圍村的清拆，是「盲蹤」一群人攝影的起點，「我們好想去紀錄一些好快會消失的事，好想留住美好的事。」這點也與視障人士拍照的原因雷同——視障者永遠不知道哪一天自己將永遠失去視力，視力甚至可能每天遞減，他們把相機當成眼睛，盡量留住眼前尚有的每一刻，Fishing說：「他們今日拍得到，可能明天已未必影得到，但他們都好願意在生活上有不同的嘗試，仍好好地去生活，對於我來說，是一個好大的動力將盲蹤繼續下去。」

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A Window of Understanding Opened by Photography

Sighted people may have a lot of questions about the visually impaired. They may still be stuck with stereotypes. Fishing gets asked a lot of questions, like "Can the visually impaired get married?", or "Can they go on a trip?" She thinks only the visually impaired can change this. "Most of the time, people with visual impairment are 'represented' by family members or social workers who express their feelings for them. The public usually do not get to communicate with them directly." Through photographs, spectators may enter the everyday life of the visually impaired right away. "Photographs are very direct. The scene they shoot shows the world they perceive. It is an ideal chance for them to express themselves."

A visually impaired photographer, an acquaintance of Fishing, once pressed the shutter button when he saw a ray of light falling on his wife when he got home one day. He was so happy with the picture that it was as if he had won the lottery. That picture was displayed in a photo exhibition and opened a door of understanding between the normal sighted and the visually impaired. "Perhaps a lot of people pity the visually impaired and imagine that they always have to depend on others; in fact, they too can live ordinary and hopeful lives, commuting to and from work like everyone else."

Treating the Camera as Eyes as Vision Worsens

"Sightfeeling" organises guided tours from time to time for visually impaired people to take photos and for sighted people to experience "blind photography" blindfolded. They also sell postcards made from the works of visually impaired photographers, which are well received. While everything looks fine now, they have faced rounds of criticism. "Many people call us fools. They doubt if we can make money." Despite all these, Fishing and her friends hang on for a belief: "If our work is meaningful, we will keep going."

The six members of "Sightfeeling" have jobs in different fields, including teacher, flight attendant, journalist and designer. They picked up photography when Nga Tsin Wai Village in Kowloon City was being demolished years ago. "We wanted to record what would soon vanish to preserve beautiful moments and things." This echoes why some visually impaired people pick up photography: they never know when they will lose their sight completely, especially for those whose sight deteriorates day by day. They treat the camera as their eyes to preserve everything before their eyes. "Even if they can shoot today, it doesn't mean they will be able to shoot tomorrow," Fishing said. "But they are still willing to try different things and live their lives to the fullest. This is what motivates me to keep 'Sightfeeling' going."

**我的設計不偉大：
為患認知障礙爺爺造一枝智能拐杖**

My Design is not "Great": A Smart Walking Stick for a Grandfather with Dementia

Walkpner - Vincent Mak

撰文 黃淇



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麥子澄 (Vincent) 從事產品及模具設計員，他為不少電子品牌設計過高價位的電動牙刷、鬚刨，甚至手提電話等。走進電器店隨便拿起一件商品，說不定就出自他之手。設計多年奢侈品的他從沒想到自己有一天會設計智能拐杖，甚至從零開始研究接電線、組裝電子零件，只為幫助有認知障礙的老人。一切都由他爺爺突然走失那天說起。

Product designer Vincent has designed various electrical appliances for big brands, ranging from electric toothbrushes, shavers to mobile phones. Many of his products are available in electronics stores and there is a fair chance that you have held one in your hands. With years of experience in designing high-end items, he would never have imagined that one day, he would be designing smart walking sticks. He had to learn the basics like wiring and assembling electronic parts, all to help seniors with dementia. It all started when his grandfather went missing one day.

爺爺走失 不足24小時不能報警只能自救

Vincent原本在澳洲擔任產品設計員近七年，多年前他回流返港，恰巧82歲的爺爺同年確診認知障礙症，他已無法認出眼前的子孫，只記得枕邊人。爺爺偶爾會從觀塘的家跑到油塘去，這樣的事在半年內發生過四、五次，每次都要靠警車把他送回家。Vincent憶述，有次爺爺甚至試過在家中跌倒，進醫院躺了兩個星期，因年紀老邁，身體機能欠佳，跌倒還引起併發症，「咳到肺出血。」

每次爺爺走失，一家人總是心急如焚。「但沒有人能幫你，失蹤不足24小時也不可以報警。」爺爺走失的事，令Vincent一家徬徨無助，但仍只能嚴陣以待，「曾試過出去找、碰碰運氣，但機會其實微乎其微。」為了防止爺爺再次走失，他們買來形形色式的智能拐杖、放在身上的智能襟章等工具，可是全都徒勞無功，「爺爺以前做製造業，現在很愛把東西拆開來研究。我們買回來的智能拐杖，他全部用螺絲批拆件，轉眼被扔進垃圾桶。」爺爺不斷逐件工具「解體」，令他們哭笑不得，「可能長者不喜歡別人標籤他是老弱傷殘。」

一天，Vincent忽發奇想，既然市面上的工具不合用，何不利用自己的專業，去設計一個合用的產品？他於是開始著手研發新產品，既要具備防走失功能之餘，同時亦要低調得來不讓長者發

覺。最後他想到智能拐杖設計成附加裝置，可隨意安裝上任何一枝普通拐杖，減低長者有被標籤的感覺。

從頭開始學組裝電子零件

一年前，Vincent夥拍朋友成立工作室「喜行 Walkpner」，全力投入研發智能拐杖配件。他們最後成功以3D打印技術製作出智能拐杖裝置，塑膠配件內設置感應器及定位功能。而為了應對長者跌倒的情況，若拐杖橫放超過既定秒數，便會自動致電照顧者，對方能從電話中聽到拐杖附近環境的聲音，掌握現場情況，他們曾邀請本地老人院試用，反應普遍正面。但由於缺乏資金大量生產，目前他們只得人手組裝配件，每件起碼得花上四至五小時。雖然Vincent是產品設計師，但他坦言自己一向只管設計，對產品組裝一竅不通，研發智能拐杖對他來說並非容易之事。他決心從零學起，從燒焊電線到裝嵌電子底板等等，遇問題便上網找答案，他常自嘲製作過程完全不專業，笑道：「全部都要自己試，從產品概念到製成prototype(原型)都靠慢慢摸索。」

辛苦研製出來的成品，Vincent趕忙拿去讓親人試用。不久後，Vincent嫵嫵在睡覺前弄跌了拐杖。「那次拐杖警報電話響起，接聽後只聽到輕微呼吸聲，當家人急速回家後發現只是睡著的呼吸聲及只是拐杖倒下了。」Vincent事後回想起，雖然不是真正的意外，但他認為有拐杖裝置在旁，起碼有多個保障，「我們有一個理念，『誤鳴』都好過『唔鳴』（沒有鳴聲），產品未必有很大幫助，但如果發生了什麼意外，至少多個機會能幫得上忙。」

When Grandpa Went Missing

Vincent had worked in product and mold design in Australia for almost 7 years when he relocated back to Hong Kong many years ago. The same year, his 82-year-old grandfather was diagnosed with dementia. He could only recognise his wife, but could no longer recognise his children or grandchildren. For around four to five times over half a year, he went from his home in Kwun Tong to Yau Tong for no reason, and had to be taken home by the police. Vincent still remembers when his grandfather fell at home and was hospitalised for 2 weeks. The fall triggered complications because of old age: "Grandpa was coughing blood," Vincent recalled.

Every time his grandfather went missing, it was an agony for the family. "But no one could help. We had to wait 24 hours before calling the police." Helpless, all Vincent's family could do was to stay alert. "We would just comb the streets hoping to bump into him, but the chances were slim." To mitigate further incidents, they bought all kinds of smart walking sticks and smart badges with tracking functions, but none of them worked.

"Grandpa used to work in manufacturing, so he loves disassembling things. He would take the smart walking sticks apart with a screwdriver, and the parts would soon end up in the bin." Facing the situation, the family didn't know whether to laugh or cry. "Perhaps he didn't want to be labelled someone old and disabled who needed to be taken care of."

One day, the idea of creating something with his own expertise that is fit for purpose dawned on Vincent. The new product must have a tracking function while being subtle enough to not be discovered by senior users. The answer was a smart accessory that can be installed onto any walking sticks, reducing the labelling effect.

Learning Electronic Assembling from Scratch

One year ago, Vincent partnered with friends to set up the "Walkpner" Design Lab and dedicated himself to developing a smart accessory for walking sticks. The final product was a device with a 3D printed casing and an internal sensor that can detect the user's falls. When the stick is laid horizontal for a set amount of time, it will call the



社會創新不一定要偉大理念

「誤鳴」總比「唔鳴」好，是因為他們相信，智能拐杖配件能讓認知障礙的長者自行外出，而不需要任何人陪伴輔助，讓長者出行時多一份尊嚴；而照顧者亦能安心讓長者快樂地出行，也是工作室「喜行」名字起源。

目前Vincent還缺資金大量生產，同時他繼續不斷改良智能拐杖，最新一代已經可以藏在拐杖內，完全不被長者察覺。Vincent笑言十分成

功，因為作為第一位用家，敏銳的爺爺一點也沒有察覺拐杖內有乾坤，「至少他還未把拐杖拆件！」

Vincent近年再回到澳洲生活，是次訪問全程以電話進行，遠洋那邊的Vincent多次透過電話強調，他做創作沒有很偉大的理念，只希望可以透過自己的技能，去幫助有需要的人，「我做了多年設計，終於設計到一些奢侈品以外，真正幫到人的產品。」



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WHY DESIGN IS NOT "GREAT": A SMART WALKING STICK FOR A GRANDFATHER WITH DEMENTIA

caretaker automatically, who can then hear the surroundings and get an idea of the situation. The prototypes were sent to local care homes for trial and the team received positive feedback. Without funding for mass production, they could only assemble the devices manually, with each unit taking 4-5 hours. As a product designer, Vincent admitted that he had always focused on the design, and did not know anything about production or assembly. Developing a smart walking stick proved to be a challenge for him. With strong determination, he taught himself basics like welding and assembling circuit boards. He turned to the Internet if he had questions. He joked that none of it was professional: "It was all trial and error, from the design idea to the prototype."

He tested the product with his family. Soon, his grandmother accidentally knocked over the walking sticks before going to bed. "The alarm on the walking stick was triggered. After answering the call, only a slight breathing sound was heard. When the family hurried home, they found only the breathing sound of sleeping and the walking stick was knocked over." In retrospect, although it is not a real accident, but he believes that it was an extra layer of security. "We believe that false alarms are better than no alarms. The product may not be a silver bullet, but when accidents happen, it would at least increase the likelihood of a better outcome."

No Grand Visions Needed in Social Innovation

The reason for wanting false alarms over no alarms is that they believe the smart walking stick gives the elderly the dignity to go out independently without others' assistance. It is also the idea behind the studio's Chinese name, literally "happy outings", which also sounds like "initiating outings".

At this stage, Vincent is still looking for funding for mass production, but he is also continuously improving the design. The latest version can be completely hidden inside walking sticks, hiding it from both outsiders and the users themselves. Having tested it on his grandfather, Vincent is happy to report that it was a total success; observant as his grandfather is, the device was not discovered. "He still hasn't taken the walking stick apart!"

This interview was conducted over the phone, as Vincent had relocated back to Australia. He emphasised multiple times that he does not have a grand vision—he only hopes to help those in need with his skills. "All these years in the design business, and at last, I have designed a product that is not for luxury, but helps with people's real needs."

拋棄「完美」的社創設計—— 讓認知障礙長者從遊戲中享受訓練

Social Design that Lets Seniors with Dementia Enjoy Training through Games

Lighten Dementia - Ryan Cheng

撰文 阿緒



訪問相約在今年三月下旬，正值新冠肺炎疫情第二波爆發，疫情之下人人避免非必要社交，見面亦要保持距離。這個下午跟鄭觀平（Ryan）初次見面，隔著口罩、只看到對方半張臉做訪問，感覺微妙。

但即使如此，仍無法掩蓋Ryan愛笑健談的性格。Ryan現時任職室內設計，因畢業作品與認知障礙症長者的遊戲有關，這讓他萌生於正職以外，繼續發掘社會設計的不同可能。「正職是為老闆打工，能夠發揮的並不多；但社會設計這邊，的確可以讓我做回心中所想的設計。」

This interview was scheduled for late March amid the second wave of Covid-19 outbreak in Hong Kong. As the outbreak persists, we all avoid unnecessary social meetings and keep our distance in the rare meetings. It is hard to explain my feelings when I went out to meet Ryan for the first time that afternoon for the interview, with both of our faces half covered by masks.

Despite so, Ryan's cheerful temperament shone through. He currently works as an interior designer. His graduation assignment about games for seniors with dementia inspired him to explore different possibilities in social design besides his day job. "In my day job, I work for my boss and there isn't much room for creation. In contrast, when I am engaged in social design, I can work on whatever design I want to."

正如Ryan參加Good Seed的項目「Lighten Dementia」的名字般，社會設計不單能夠惠及社群，同時在計劃推展的過程中，讓他更清晰將來發展的方向。

Ryan端出了一盤「昆蟲」、一條放滿「冬甩」的木柱及數個茶包豆袋——這一套外形精美的遊戲，就是他跟團隊為認知障礙症人士設計的「Lighten Dementia」認知訓練遊戲。讀產品設計的Ryan約27歲，畢業後任職室內設計師，從產品設計到關注認知障礙，他是如何一路走來？

資源有限 現行遊戲單調

畢業那年，Ryan跟很多大學生一樣需要完成畢業作品，他回想早前曾到認知障礙症的服務單位協助設計遊戲的經驗，心想當時的設計可以更臻完善，就打算延續早前留下的這條尾巴。「當我搜集資料的時候，發現長者在中心的遊戲的確可以更好玩。」

在Ryan籌備畢業作品時，他主動要求想到服務單位做兼職，協助單位設計海報的同時，可以觀察認知障礙症人士參與小組的情況，「有些長者不太投入，可能遊戲不吸引，讓他們提不起興趣。」他形容，礙於資源有限，有些中心提供的遊戲甚為單調，道具也沒有太多顏色，難以吸引長者的注意，「但當長者玩關於飲茶、點心的遊戲時特別開心，所以我想設計的遊戲要有主題。」Ryan稱。

社會設計：用家才是皇道

他拿起放滿不同顏色的冬甩木柱，形容這是「點心遊戲」的改良版——「點心遊戲」原是翻牌配對點心的遊戲，Ryan認為以「冬甩木柱」代替卡牌可減省翻牌的時間，讓遊戲更為順暢，「我設計有三大原則：遊戲可以隨時停止，規矩簡單易明，再可以配上故事或角色扮演。」Ryan解釋道。

這三則宗旨看來容易，卻是Ryan不斷訪問用家及社工意見領悟出來的，

「作為設計師，心目中會想怎樣才是完美，這是僅僅滿足自己，或是會說服客人選用自己的設計；但社會設計不同，設計的目的是希望幫助到某個社群，如果他們覺得不好用，不適合，件產品多完美都沒用。」

接受批評才有更好構思

在構思遊戲的過程中，每當Ryan有初步想法時，就會立即告訴任職社工的隊員以及其他人的意見，然後再不斷改良，「哪麼你就要不斷接受別人的批評吧？」筆者好奇地問，「我跟同樣做設計的朋友不時都會拿自己的構思出來互相評價，都習慣了。」Ryan笑說。

Just like the name of the Ryan's Good Seed project, "Lighten Dementia", social design not only benefits the community, but also lightens Ryan's vision of future development as the project unfolds.

Ryan produced a plate of "bugs", a wooden pole full of "donuts", and a couple of bean bags made from tea bags. These fascinating objects are components of cognitive training games under "Lighten Dementia", designed by Ryan and his team for people with dementia. How did Ryan go from interior design to designing products for people with dementia?

Limited Resources and Dull Games

Like many university students, Ryan had to work on a graduation assignment. He recalled his experience of designing games at an organisation that serves people with dementia, and realised the designs could be further improved, so he decided to pick up where he left off. "During my research, I found that games for the elderly could really be more fun."

When Ryan was preparing for his graduation assignment, he offered to work part-time at a service centre so that he could observe what playgroups for dementia patients were like while

he helped with designing posters. "Some seniors were not very engaged. It could be because the games were too dull to draw their attention." He explained that because of limited resources, the games and toys offered at certain centres were quite dull. "But the seniors were particularly excited when playing games about 'yum cha' and 'dim sum'. That's why I give themes to the games I design."

Social Design: Users Are Paramount

Picking up the pole full of "donuts" of different colours, Ryan described it as an improved version of the "dim sum game", a game in which you flip cards to match different dim sums. He thinks that using a "donut pole" instead of cards saves the time of card flipping, so the game may go more smoothly. "I have three principles for my designs: the game should be stoppable anytime, the rules should be simple and easy to understand, and stories and role-playing can be incorporated into the game," he explained.

These three seemingly simple principles were the result of numerous interviews with users and social workers. Ryan pointed out, "As a designer, you tend to focus on how you can create a perfect design, simply to satisfy yourself or to persuade your clients to choose your design. Social design is not like that. Its aim is to help a certain group of people. If they think the product is hard to use or that it does not suit them, it doesn't matter how perfect your product is to yourself."

然而，Ryan很享受這些不斷改良的過程。他提到遊戲包內有個拍蒼蠅的遊戲，原本的玩法是紙盤上有十多張背面印有蒼蠅圖案的卡牌，長者要用紙扇拍打紙盤讓卡牌翻轉，最後數算有多少蒼蠅。「社工就提議加入蝴蝶或其他昆蟲，除了讓長者訓練手部肌肉之外，還可以加入計算的環節，我也覺得很不錯。」Ryan補充。

從細微觀察獲取靈感

Lighten Dementia的遊戲包是Ryan在社會設計上的起點，他經常從周遭的事物，或跟人溝通的過程中發現設計靈感。「好像這樣都可以拿來作遊戲啊」，當我跟Ryan隨意提起一種互動的配色遊戲，他雙眼骨碌碌地轉著說道。

跟長者相處的一段時間裡，Ryan留意到長者坐的椅子總是椅背高，椅腳笨重，所佔的空間較多，「一家人圍起來食飯，老人家的椅子就特別突兀，好像要強調他們是被照顧的一群。」這些情景留跟感受一直留在Ryan的腦海裡，為下個設計計劃埋下種子，「同時兼具外觀及功能的長者椅子是我接下來很想做的設計，現在因為疫情很多長者中心都暫停服務，就趁這段時間籌備跟整理一下吧。」

這次能獲得Good Seed的種子基金，Ryan認為是很好的機會讓他實行心中計劃，更讓他更清晰自身的路途。他直言，正職的工作只是讓他儲備經驗，社會設計的模式才是他嚮往的工作，「由有設計構想，到不斷詢問意見再改良，最後看到長者真的玩的開心，這就是社會設計帶給我的滿足感吧。」



Accepting Criticism Leads to Better Designs

When conceptualising a new game, Ryan would share any rough ideas with his teammate who works as a social worker and other people; he would keep improving his ideas based on their opinions. I asked out of curiosity, “Don’t you face criticism all the time then?” “My designer friends and I comment on each other’s ideas a lot. I’m used to it,” said Ryan, with a smile.

Ryan enjoys the process of endless improvement. He told me about a “fly-swatting” game in the game package. The original design was to place a dozen or so cards with flies printed on the back on a paper tray. The seniors have to hit the tray with a paper fan to flip the cards over. At the end, they will count how many flies there are. “A social worker suggested adding butterflies or other insects, so that the seniors can do some simple arithmetic apart from training their hand muscles. I thought it was a good idea,” added Ryan.

Inspiration from Observing Details

The “Lighten Dementia” game package was Ryan’s debut in social design. He often gets his design inspiration from the surroundings and through interacting with others. “This can be turned into a game too!” he said, with his eyes sparkling, as I casually mentioned an interactive colour-matching game.

During his time with the elderly, Ryan noticed that chairs for seniors always take up more space with a tall back and bulky legs. “In a family dinner, the seniors’ chairs stand out, as if stressing that they have to be cared for.” The scene and the feeling it invoked stayed with Ryan and sowed the seed of his next project. “For my next project, I want to work on designing a good-looking and practical chair for the elderly. As a lot of elderly centres are now temporarily closed because of the epidemic, I will make use of the time to prepare for it.”

Ryan thinks that getting seed funding from Good Seed gave him an opportunity to experiment with what he had been planning and gave him a clearer vision of his future. He admitted that his day job is only for gaining experience; it is the model of social design that he considers to be his dream job. “Social design lets me go through the whole process of coming up with a design concept, repeatedly consulting and modifying, and witnessing the joy it brings to the elderly. This is why it satisfies me.”

「搵香樓」用香料凝聚少數族裔： 他們不只是被照顧的一群

Lin Heung House Unifies Ethnic Minorities Using Scent: They Are Not Just People to be Taken Care of

Lin Heung House - Connecting the Community with Scent - Max Cheng & Johnny Lo

撰文 阿緒



走在大角咀街道上，不難發現這間看似是廚藝教室的工作室——櫥窗邊擺放著一罐罐香料，以及中央的木頭工作椅，鄭志堅（Max）早在裡頭，正在盯著電腦埋首製作「搵香樓」的宣傳文案。

「搵香樓」為Max跟朋友盧劍雄（Johnny）於2018年成立的社企，期望培訓少數族裔少女和婦女學習製香，繼而擔任工作坊導師及助理，讓她們賺取額外收入，發揮所長。Max認為，社會仍視少數族裔為弱勢、單純的「被照顧者」，但他希望他們在「搵香樓」能擁有不一樣的待遇。

With cans of incense ingredients by the window and a wooden office chair in the centre, this cookery classroom-looking studio on the street of Tai Kok Tsui was not hard to find. Max Cheng was already there, staring at his computer, creating advertisements for “Lin Heung House”.

“Lin Heung House” is a social enterprise founded by Max and his friend Johnny Lo in 2018. It aims to train ethnic minority girls and women to make incense, who can then work as workshop tutor and assistant for extra income and an opportunity to use their talents. Max thinks that ethnic minorities are still perceived as the weak by society and only people to be taken care of. He hopes they can be treated differently at “Lin Heung House”.



Max大學修讀視覺藝術，畢業作品以「香」為主題，當時的畢業作品指導老師提議他日後從這個範疇繼續發展，他於2015年就成立了製作手工香的工作室，生意逐漸上軌道的時候，Max就思考如何利用自身的專長貢獻社會——「搥香樓」就應運而生。

遠赴印度取經

本業以售賣香味產品及策劃藝術活動為主，Max的團隊亦會開設工作坊，社企「搥香樓」的工作看似是本業的延展。

提到香料、香枝，自然讓人想到泰國、印度等盛產香料的東南亞國家，當時Max到印度學習沖香料茶，「我們不是突然對南亞的東西有興趣，由於我們的本業是製香，經過資料搜集後，發現香的來源是印度，我們就去做實地考察，再回來分享。」Max解釋。

Max專誠遠赴印度，在當地學習沖製香料茶、造香，回來後就計劃開設「Train The Trainer Programme」，聯絡關注少數族裔的本地社福機構，教授他們沖茶及製香，再到不同機構售賣或於工作坊擔任助手，讓少數族裔能學習多一門技能，賺取外快之餘，還能發揮所長。「簡單一點來說，我們就是帶著那架木頭車子，到展覽場地沖茶，時間許可的話就會教做香。」

木頭車設計精美，上方懸掛著沖茶的各種用品，側面的木板可拉起作小餐桌，讓僱客可聚在一起飲茶。Johnny提到，當他們與少數族裔婦女到機構設攤檔，不只是讓她們發揮所長，更能讓香港人認識他們的文化。「例如巴基斯坦的茶，要落五匙糖才是他們日常所飲的味道，但你知道香港人不習慣飲太甜，我就會跟來的人說，這是巴基斯坦人慣常的味道，有些香港人曾去過當地，飲我們沖的茶會驚嘆說『這跟我去旅行試到的一樣！』」Johnny說。

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Scents: They Are Not Just People to be Taken Care of

Lin Heung House Unites Ethnic Minorities Using

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Max studied Visual Arts at university. The theme of his graduation work was “aroma”, an area his final year project supervisor suggested that he further work on. In 2015, he founded a handmade incense studio. After the business got on track, he pondered how he could contribute to society with his profession. This was how “Lin Heung House” came about.

Journey to India

The core business of Max’s team is selling incense products and planning artistic activities, but they also organise workshops. The work of “Lin Heung House” seems to be an extension of their core business.

Spices and incense sticks tend to remind one of Southeast Asian countries like Thailand and India. Max travelled to India to learn how to make spiced tea. “It is not that we got interested in South Asian stuff all of a sudden,” Max explained. “As our core business is scent-making, we did some research and found that incense originated from India. That’s why we went on a field trip and shared what we had learnt when we got back.”

Max went all the way to India to learn how to make spiced tea and incense before coming back to start the “Train-the-Trainer Programme”. He lined

up local NGOs that support ethnic minorities, and taught them how to make tea and incense, so that they could sell their products at different organisations and serve as assistants at workshops. This way, ethnic minorities could acquire a new skill, earn some extra money, and make use of their talent. “To put it simply, we bring a wooden cart to exhibition venues to make tea. If time allows, we teach people how to make incense.”

The beautifully designed wooden cart has tools for making tea hanging on the top and a wooden board at the side that can be pulled up to serve as a small table for drinking tea. Johnny noted that setting up stalls with ethnic minority women at various organisations is not only an opportunity for them to apply their knowledge, but also a chance for Hongkongers to learn about their culture. “For example, you have to add five spoons of sugar in a cup of tea to reproduce the taste of typical Pakistan tea. But as you know, Hongkongers are not used to drinks that are too sweet, so I’d tell visitors that this is what Pakistanis are used to. Sometimes Hongkongers who have been to Pakistan would exclaim: ‘This taste just like what I had on my trip!’” said Johnny.

搥香樓不是為了「照顧」少數族裔

縱觀關注本地少數族裔的團體，他們的理念及做法跟「搥香樓」十分相似——教授技能、提高少數族裔的自信，那麼「搥香樓」跟這些團體的區別在哪呢？「這裡不是提供他們的生活必需品的地方，但他們在這裡能夠一齊玩，一齊去不同地方識人，是讓他們休閒識朋友的地方。」

Max多次強調，少數族裔在「搥香樓」的角色並非服務的「受惠者」或「被照顧者」，他們是Max團隊的合作伙伴，這種關係於Max眼中尤其重要，「我們與少數族裔朋友的相處跟一般人無異，不會刻意問他們生活上遇到的困難、需要甚麼援助，他們來到就是學習一種興趣而已。」縱然如此，Max仍樂見參加「搥香樓」活動的少數族裔朋友有所改變，「看見他們自信心大了，能夠順暢地講解，我們都開心的。」Max說。



一起籌劃未來發展

「搥香樓」與少數族裔婦女建立了互信的關係——她們除了到展覽場地沖茶，還會為接下來的工作坊撰寫計劃書，讓她們從計劃階段已參與。「這樣可以讓她們更有ownership，而且她們之後出來工作時都要學懂，倒不如在這裡學吧。」Johnny說。

2019年，「搥香樓」獲得Good Seed種子基金支持開展計劃，Johnny認為這對於擴闊機構規模起莫大作用，「獲得Good Seed支持，除了增加了媒體報導，而且我們跟NGO洽談時，提升了公信力，而且這筆起動基金能讓我們添置更多材料及儀器。」

“Taking Care” of Ethnic Minorities is not the Aim

A glance at local organisations would suggest that they have similar vision and practices as “Lin Heung House”: teaching ethnic minorities skills and raising their confidence. So, what sets “Lin Heung House” apart? “This is not a place that provides for their everyday needs. Here, they can spend time together and get to know more people from different communities. This is a place for them to relax and make friends.”

Max stressed repeatedly that ethnic minorities are not “beneficiaries” or the ones that are “taken care of” at “Lin Heung House”. They are partners of Max’s team. This relationship is of utmost importance in the eyes of Max. Max pointed out, “We treat ethnic minorities like we treat everyone else. We don’t deliberately ask them what difficulties they are facing or what help they need. They are here just to pick up a hobby.” Despite so, he is still happy to witness the changes that ethnic minorities who participate in their activities go through. He admitted, “After all, we are glad to see them explain things fluently with greater confidence.”

Planning Future Developments Together

“Lin Heung House” has built mutual trust with ethnic minority women: they do not only make tea at exhibition venues, but also write proposals for subsequent workshops, playing a part from as early as the planning phase. “This way, they have more ownership. If they will have to learn this when they go to work anyway, why not give them a chance to learn it here?” said Johnny.

In 2019, “Lin Heung House” obtained seed funding from Good Seed to further develop their cause. Johnny thinks that this has helped them a lot in expanding their organisation:

“The support of Good Seed gives us more media coverage and more credibility when dealing with NGOs. The seed money allows us to acquire more ingredients and equipment too.”

賣一捐一推廣可重用月事用品
抵抗月事貧窮

Promoting Reusable Menstrual Products to Combat Period Poverty

Free Periods HK - Zoe Chan & Joyce Fung

撰文 廖俊升



經血就代表不潔？用月經杯等於破處？在傳統保守社會，「性」彷如禁忌，而月經涉及性器官和血，教不少人避而不談，有時候誤解就在忌諱之中產生。2019年初，兩位關注月經議題的組織創辦人陳鈺霖（Zoe）和馮樂恆（Joyce），聯同其他性別組織，一同創立了「解放月事 Free Periods Hong Kong」，冀消除坊間對月事的誤解，並推廣可重用的月事用品；同時希望透過捐贈，讓低收入人士都能用到月事用品。

Is menstrual blood unclear? Does using a menstrual cup mean losing your virginity? "Sex" is a taboo in a traditional and conservative society. As periods involve sex organs and blood, many avoid talking about it. Misunderstanding sometimes arises from taboos. Menstruation advocates Zoe and Joyce co-founded "Free Periods Hong Kong" together with other gender organisations in early 2019 in the hope of clearing up public misunderstandings of periods and promoting reusable menstrual products. They also aspire to provide low-income families with period products through donations.

每月衛生巾支出等於一包米

在成立「解放月事」之前，Zoe與Joyce和其他性別組織討論下，發覺香港的月事貧窮現象頗為普遍。「提到小時候如何認識月經，或者當『漏M』（經血滲漏）而被人笑，如果有一些教育就好。還有原來大家小時候都試過不夠錢買M巾，可能用紙巾或者其他東西緊急處理月事。」

而且，即使月事用品是女性生活必須品，但今日已屬發達社會的香港，仍有低收入家庭難以負擔月事用品。「每月花費在衛生巾的錢，其實等於一包五公斤米的價錢。」Zoe說，一些發展中國家人民完全買不起衛生巾，但香港生活水平高，低收入家庭未必完全買不起，但可能為了節省洗費而忽略質素，「一塊M巾每四小時就要換一塊，但她可能覺得沒有髒，反正不會漏，使用多四小時，衛生上和健康上都不是理想的處理方法。」日用品理應可以用相對低廉價錢購得，甚至涉及人權，Zoe指政府應提供援助，以津貼等形式提供資助。

事實上，資助女性月事用品並非天方夜譚。2020年二月底，蘇格蘭議會在全體議員112票贊成通過法案 (Period Products (Free Provision) Scotland Bill)，政府向全國有需要的女性，免費提供衛生棉條及衛生巾等生理用品。蘇格蘭遂成為了全球首個國家，向女性免費於社區中心、青年中心及藥房等指定公共場所提供月事用品，預計政策年度所需開支大約為2.4億港元。

然而，香港仍未有相關措施，民間只能自救。Zoe參考國際知名月事產品公司Ruby Cup的做法，Ruby Cup提倡每賣一件月事用品，便捐出一件月事用品給不同地方的女性。「解放月事」遂與月經杯品牌合作，並獲得Good Seed十萬元資助，以「賣一捐一」的概念運作，把售賣布製衛生巾和月經杯的收入，用於為低收入婦女免費提供可重用月事用品。

同時，她們亦舉辦不同月事教育工作坊。Joyce指出，可重用的月經產品相對昂貴，月經杯或要二、三百元，低下階層人士一開始未必願意接觸，但實際上布衛生巾、月經杯和棉條等可重用的月事用品既符合環保概念，又可減低女性的每月支出。「所以捐贈和教育一樣重要，解放月事就並行做這兩件事。」Joyce說。

A Month's Sanitary Pads Cost as much as a Bag of Rice

Before founding "Free Periods Hong Kong", discussions with gender organisations made Zoe and Joyce realise that period poverty is not uncommon in Hong Kong. "We talked about how we learnt about periods when we were little, and how we were laughed at when period blood leaked through. If only someone taught us more about it. Besides, we found out that we have all experienced times when we did not have enough money to buy sanitary pads and had to use tissues or other substitutes as an emergency measure."

Menstrual products are a necessity for women, but even though Hong Kong is a developed society, there are still low-income families that cannot afford period products. "A month's sanitary pads cost as much as a 5kg bag of rice." Zoe pointed out that people in developing countries may not be able to afford sanitary pads at all. But considering the high living standard in Hong Kong, it may not be that low-income families cannot afford sanitary products, but they may sacrifice quality to cut back on expenses. "Sanitary pads should be replaced every 4 hours, but these ladies may use it for another 4 hours thinking it is not dirty and won't leak anyway, which is not ideal for hygiene and health." Zoe pointed out that daily necessities should be affordable as a human right, so maybe the government should provide support in forms such as subsidies.

In fact, subsidies for sanitary products are not unheard of. In late February 2020, the Scottish Parliament passed the Period Products (Free Provision) Scotland Bill with the unanimous support of all 112 MPs. The government would provide free sanitary products, like tampons and sanitary pads, for girls and women who need them. These products can be collected at designated public places, such as community centres, youth clubs and pharmacies. Scotland thus became the first country in the world to provide free sanitary products for women. The annual cost of the policy is expected to be around 240 million HK dollars.

Without such measures in place in Hong Kong, citizens can only help themselves. Zoe was inspired by how the well-known menstrual product company Ruby Cup donates a sanitary product to women in different places for every product it sells. Working with menstrual cup brands and supported by a \$100,000 Good Seed fund, "Free Periods Hong Kong" runs a similar "Sell One, Give One" concept. The profits from setting cloth sanitary pads and menstrual cups are used for donating menstrual products to women from low-income families.

They also organise various period education workshops. Joyce pointed out that people with lower income may not be willing to give reusable menstrual products a try at first because these products seem relatively expensive. For example, a menstrual cup may cost two to three hundred



解放思想 突破框架

不過她們推廣這個理念的時候，卻發現有很多香港人對於月事認知不足。Zoe解釋，有人會認為把月經杯放進下體便會「破處」，「但其實大家都可能不知道處女膜在哪裡，以及不知道處女膜是如何形成、不是每個人都有處女膜。」

除此之外，家人對月事的誤解，也可能令女性拒絕使用布衛生巾。Joyce說，由於使用過的布衛生巾需於陽光底下晾曬殺菌，一些劏房戶未必有空間晾曬；但就算家裡有晾曬位置，也會因尷尬怕被別人看到。

亦有傳統家庭認為接觸下體的月事用品不吉祥，故反對下一代晾曬。Joyce說：「我以前用布衛生巾掛在家中晾衫的地方，阿爸見到一開始覺得『唔老黎』（不祥），有種傳統觀念，因為這是放

在下體，和吸收經血，帶有不祥的意味，件事本身不潔，怎樣洗都是不潔的。」

不過，部份學校也沒有向學生傳授正確的月事知識。Zoe曾跟一些學校接觸，冀推廣可重用的月事用品，惟校方表現抗拒，「學校聽到我們會提月經杯和棉條，他們都頗緊張。」同時校方更重視安全性行為，「寧願就做預防性的，多過這類相對『普通』的性教育。」

Zoe解釋，香港教育屬校本主導，學校主導教學內容，月經這部份或只輕輕帶過，特別是教會學校更加忌諱。「但我們希望除了讓女仔認識，男仔都要知道，因為你在社會上一定會遇到一個『嚟M』的人，或者她『M痛』，你如何看這狀態，都與促進性別平等有關。」

dollars. But in fact, reusable sanitary products, such as cloth sanitary pads, menstrual cups, and reusable tampons, are not only eco-friendly, but they also reduce monthly spending. Joyce noted, "Therefore, donation and education are both important. Free Periods is doing both at the same time."

Liberate Thinking and Break Limits

Despite that, when they promote reusable sanitary products, they find that many Hongkongers do not know much about periods. Zoe explained that some people think that putting a menstrual cup into the vagina would break the hymen and make the user lose her virginity. "But they may not even know where the hymen is, how it is formed, or the fact that not everyone has a hymen."

Apart from that, family members' misunderstandings about periods may also deter women from using cloth sanitary pads. Joyce pointed out that used cloth sanitary pads have to be washed and placed under sunlight to kill germs, which subdivided flat residents may not have the space for; even if there is enough space, the women may feel embarrassed to let others see the pads.

Some traditional families may also object to their children putting period products out because they regard these products that touch sex organs

as unauspicious. Joyce said, "I used to hang cloth sanitary pads where my family hang clothes. My dad thought it would bring bad luck because in his traditional mindset, objects that touch sex organs and absorb period blood are ill-omened, and that they remain unclean no matter how much you wash them."

To be fair, not all schools teach students correct knowledge about periods. Zoe was met with reluctance from some schools when she approached them to promote reusable period products. "Schools get very uptight when they learn that we will mention menstrual cups and tampons." Schools also tend to focus more on safe sex in sex education: "They prefer preventive education to these seemingly general sex education topics."

Zoe explained that sex education in Hong Kong is school based: the curriculum is decided by individual schools, which may rush through the part on menstruation. The taboo is particularly strong in schools run by churches. "But we hope that boys can also learn about periods because in society, they will definitely meet someone who is on her period or having a period cramp. What they think about this situation is key to promoting gender equality."

社交平台教正確知識

學校忽視，家人忌諱，女孩如何學習正確月經知識？她們說，如今的青少年有較高自主性，她們懂得上YouTube和Instagram等社交網站自行接觸月事資訊。「也可能在Google上搜尋，但單單Instagram上關於月經的資訊，都可以有好多無關的東西，例如是藥、減肥等，十分美容導向的資訊，或者十分商業。」

於是，除了上述的「解放月事Free Periods Hong Kong」外，她們各自在有關網站辦了月事平台，分別是月事教育平台、月經用品專賣網站「Happeriod」，和分享月經大小事的社交平台「MenstruAction」。除了網上教育，更希望透過舉辦工作坊，讓女性認識自己身體，或了解出現月經血是平常事，理解自己的身體，從而去講身體自主。除此之外，她們也希望在工作坊中，向男士講解月事知識，例如是月經和經血本身無須因怕尷尬避而不談——透過理解消除誤解，促進性別平等。

「Free有兩層意義，一層就是免費，一層就是解放。」

Joyce說，所謂解放，重點是思想的解放。

Imparting Correct Knowledge on Social Media

How do girls access correct information about menstruation when it is neglected by schools and avoided by families? Zoe and Joyce said that teenagers nowadays are independent. They would search on social media such as YouTube and Instagram for information about periods. "They may also search on Google. But information about periods on Instagram and other social media contains a lot of irrelevant stuff, like pills and diets. It is either cosmetic-centred or very commercial."

In view of this, besides working on "Free Periods Hong Kong", Zoe and Joyce also started pages about periods on respective online platforms, as

well as period product online shop "Happeriod" and "MenstruAction", a social platform for sharing period-related experiences. Zoe and Joyce also hope that by hosting workshops, they can guide women to learn more about their own bodies, understand that having periods is completely normal, and become more confidently in charge of their bodies. Apart from this, they also wish to explain periods to men to correct misunderstanding and promote gender equality. They hope that people will stop avoiding the topic of periods and menstrual blood out of embarrassment. Joyce pointed out, "The word 'free' means two things: free of charge and liberation in thinking."



非一般麻雀App 助老友記遊戲中預防認知障礙症 Not Your Typical Mahjong App: Helping Seniors Preventing Dementia through Games

NeuroGym - Nathan Hui

撰文 羅坎



常言道「預防勝於治療」，有些疾病至今仍未有治療方法，預防措施就更顯重要。認知障礙症便是其中一種，現時香港每三位85歲以上長者就有一位是患者，預防工作迫在眉睫。那怎樣才算好的預防功夫？誰人都懂得說多做運動、均衡飲食，但問題是有多少人願意乖乖實行？最好的預防方法就是推廣一些大家都願意做、也會主動做的事。於是，「腦有記」（NeuroGym）團隊便從人人愛玩的「遊戲」著手，再加上人工智能和大數據的元素，達到評估、監測之效。

As people say: prevention is better than cure. In face of diseases that are still untreatable, prevention is key. Dementia is one of them; one out of three Hong Kong elderly aged above 85 suffers from dementia, making its prevention work crucial and urgent. What does it take to prevent this disease? Everyone knows the benefit of doing more exercise and having a balanced diet, but how many of them are willing to put it into practice? The best way of prevention is to promote activities that people are willing to do proactively. That is why NeuroGym's approach focuses on "games" to attract participation. It also employs elements of artificial intelligence and big data for analysis and monitoring.

今年27歲的許天浩(Nathan)是腦有記的創辦人，訪問當日我前往他們位於科學園的辦公室。

「認知障礙症與很多精神疾病有些不同，它是沒有藥能醫治的，因此只能及早診斷，及早預防。」訪問之初，Nathan先替我補習一下有關認知障礙症的知識，繼而說明腦有記的目標，「我們希望可以利用遊戲的方式，讓中老年人可以在玩的過程中，不知不覺完成訓練。透過新的科技，我們希望可以追蹤到每一個較細小的數據，例如成功率、速度、反應。」Nathan說的訓練，是指要預防和延緩認知障礙症的「認知訓練」；而數據，則是要達到評估與監測的目的。那到底有什麼遊戲能夠滿足這些要求呢？

答案就是打麻雀

「第一時間我們就想起被稱為中國國技的麻雀牌，香港人稱之為打麻雀。

打麻雀作為一種 認知障礙症的治療 方法，本身是有 科學基礎的，

已有研究指打麻雀可成功幫助認知障礙症病人延緩病症，令他們整體記性、認知能力變好，亦都有研究顯示，打麻雀可以預防認知障礙症，所以我們第一時間就研究用麻雀來做遊戲。而我本身認識一群精神科醫生，其中一些是有參與相關研究，所以我們也邀請了他們擔任腦有記的顧問。」Nathan說。

Nathan畢業於理工大學，本科讀生物科技，大學時期他已開始關注精神病或情緒病方面的問題，畢業論文主題也是圍繞認知障礙症。畢業後，他進了一間國際精神科藥廠工作，為後來的路打好基礎，「我的工作會接觸很多精神科醫生、腦科醫生、老人科醫生，不時會跟他們探討各種問題和想法，漸漸就醞釀出利用科技去改善認知障礙症患者的生活質素。」Nathan觀察到，華人社會始終視精神病為忌諱，即使香港在精神科方面數一數二，仍然困難處處，因此他的長遠目標，是利用遊戲去處理各種精神病或情緒病，認知障礙症只是起步。

現存評估或訓練方式守舊

Nathan留意到，坊間不少長者中心仍以傳統方式為長者評估認知障礙症風險。「通常是給一份問卷你填，但人們會覺得人好好的為什麼要填呢？又或者覺得做法低智，更重要是很悶。」除此之外，Nathan指出，這些測試不但花費人手，收集的數據有限，亦不能讓測試者在短時期內重複測試。在認知訓練方面，Nathan亦觀察到不少長者中心仍運用十多年前前的訓練方法，「有中心仍然叫長者將一堆混在一起的紅豆、綠豆區分開，分完之後，職員又一下子混起來，我聽見都覺得難過。」自言點子多多的Nathan希望帶來革新，想到結合麻雀與科技，研發用平板電腦打麻雀的互動遊戲，兼具風險評估與認知訓練的功能，最終在2018年成為其中一隊獲Good Seed贊助的項目。

I went to Nathan's office in Science Park for our interview. The 27-year-old founder of "NeuroGym" started the interview by giving me a refresher course about dementia. "Dementia is different from many other mental illnesses, in that there is no medicine to treat it. Early detection and prevention are crucial." He then shared with me the vision of "NeuroGym". "We hope to use games to encourage seniors to participate and involve them in training without them realising it. Through new technologies, we hope to track detailed data, such as success rate, speed and reaction." The training Nathan was referring to was cognitive training that helps prevent and delay the onset of dementia. Whereas the data collection mentioned aims at analysing and monitoring the condition of the disease. So, what game can satisfy all these requirements?

Mahjong Is the Answer

"The first thing that came to mind was the Chinese national sport, mahjong. Mahjong, which is a popular entertainment in Hong Kong, is scientifically based as a treatment for dementia. Studies have shown that playing mahjong could help delay the appearance of dementia symptoms and improve patients' overall memory and cognitive ability. Research also showed that mahjong prevents the onset of dementia. That's why it was our first choice when developing the programme. I knew a group of psychiatrists who had been involved in related research, so we invited them to be our consultants," said Nathan.

Nathan graduated from the Hong Kong Polytechnic University with a bachelor's degree in

Biotechnology. During his undergraduate years, he started to focus on psychiatric and mood disorders, and his thesis was about dementia. After graduation, he joined an international psychiatric pharmaceutical company, laying the groundwork for his career. "I would come into contact with a lot of psychiatrists, neurologists, and geriatricians, and I would discuss various issues and ideas with them from time to time." Nathan notes that mental illness is still a taboo in the Chinese community. Even though the psychiatric field in Hong Kong is advanced, difficulties are everywhere. Therefore, Nathan's long-term goal is to use games to deal with various mental or emotional illnesses. Dementia is just the starting point.

Existing Assessment and Training are Conservative

Nathan noticed that many elderly centres are still using traditional methods to train and assess the risk of dementia for the elderly. "They would hand out questionnaires for the elderly to fill out, leaving them wondering why so. The elderly might also find it stupid and boring." In addition to this, Nathan pointed out that these questionnaires take a lot of manpower and can only collect limited data. A long interval is also required before repeated testing. In terms of cognitive training, Nathan also noticed that many elderly centres are still using the same training methods ten to twenty years ago. "Some centres would ask the elderly to separate a mixture of red beans and green beans. Staff would mix them back up again after they had separated it. Just hearing about it made me sad."

驟眼看他們研發出的麻雀遊戲，你可能會覺得與坊間的無異，其實魔鬼在細節。舉例，一般的麻雀遊戲會主動提示玩家「上」、「碰」、「糊」等動作，但在腦有記的遊戲中，你會看到那些動作鍵一直排列在玩家手牌之上。「玩家的所有動作都會記低，按錯也是一種有用的數據。」Nathan補充。腦有記的系統會根據玩家各種動作的數據，分析他們記憶力、集中力、執行功能等六大範疇的認知能力，從而協助評估認知障礙症的風險，又或者持續監察變化，以便作出適當介入。

一年備戰半年起飛

Nathan坦言，在整個2018年腦有記的進展相對緩慢，因為一直缺乏人手開發麻雀遊戲；團隊亦曾試過向坊間遊戲公司招手，看看能否直接將AI應用到現成的麻雀遊戲，有公司要求他們付出幾十萬才會交出遊戲的原始碼，成本太高，因此Nathan他們最終也放棄此進路，決定聘請人手自行研發。踏入2019年，他們的團隊成功進駐科學園及申請創業資助，人手及資源變得充足，

在年中至年尾這段期間腦有記隨即起飛，終於做出較為完整的版本，可供長者試用。「最滿足，就是當產品做好，長者中心用得到，而長者又欣賞，畢竟已做了這麼久。」Nathan言語間滲著點點辛酸。在計劃初段，他甚至為了全情投入腦有記的發展，辭掉藥廠的全職工作，一往無前。

目前為止，腦有記除了研發虛擬麻雀遊戲，還創造出形形色色能吸引長者的小遊戲，例如虛擬書法遊戲、虛擬茶樓遊戲，務求貼近長者本身的日常生活，增加他們的興趣。在業務發展方向方面，Nathan表示未有資源發展「B to C」（Business to Customer，即商業零售），市民可以下載試用遊戲程式。有長者中心、安老院舍和復康中心等已購買腦有記的認知訓練遊戲，而Nathan亦希望這將會成為主要收入。未來，Nathan希望可以發展實體空間，例如建立一個長者的遊戲機中心，像冒險樂園一樣，玩遊戲、換獎賞，鼓勵長者在玩樂之中改善認知能力，腦有記會一直朝這個方向前進，以遊戲祝福人間。



As a creative person, Nathan wanted to change the situation. His idea was to combine mahjong with technology and develop an interactive tablet game which combines risk assessment and cognitive training. It eventually became one of the projects sponsored by Good Seed in 2018.

At first glance, the mahjong games they developed might look just like those on the market, but the ingenuity lies in the details. For example, in most mahjong games, the computer system will give hints when the player can claim a tile to match or win. But in the game developed by "NeuroGym", these action buttons are present all the times during the game. "All actions of the player are recorded—pressing the wrong button is also useful data," Nathan added. Based on the data of these actions, the system of "NeuroGym" would analyse the player's cognitive ability in six areas, including memory, concentration and executive function, to assess the risk of dementia, or to continuously monitor changes and make appropriate interventions.

A Year of Preparation and Another Half to Launch

Nathan admitted that the progress of developing the game was relatively slow in 2018 due to the lack of manpower. The team tried to recruit game companies on the market to see if they could apply the AI technology to the existing mahjong games. However, companies would ask for hundreds of thousands for the source codes of their games, and such cost was much higher than they could afford. Nathan eventually gave up this option and decided

to hire their own game developer. In 2019, the team successfully moved into the Science Park and applied for startup grants. With sufficient manpower and resources, "NeuroGym" took off later that year. The team managed to develop a more complete version of the game and started a trial with seniors. "It was the most satisfying when the product was ready and the elderly started using it. They liked it and enjoyed playing it. Our hard work finally paid off," Nathan said with a slight bitterness in his tone. At the early stage of the project, he quitted his full-time job to devote entirely to the development of "NeuroGym".

In addition to developing virtual mahjong games, "NeuroGym" has also created a variety of attractive mini games for the elderly, such as virtual calligraphy games and virtual teahouse games. These games aim to attract the elderly through elements in their daily life. As for the business development direction, Nathan said that current resources are insufficient to achieve "Business to Customer", in other words, to provide direct selling services. The public can still download the app, for trial. Some elderly centres, old age homes and rehabilitation units have already subscribed NeuroGym's cognitive training game, and Nathan hopes that this will become a major source of income. In the future, Nathan hopes to develop a physical space, such as an arcade for the elderly similar to Jumping Gym, where they can improve their cognitive ability through playing games and earning points for rewards. "NeuroGym" will keep going in the same direction to bless society through fun and games.

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Animomo 愉快動物們

Card Adventure 卡牌大冒險

Film Audio Description 電影口述影像服務

Free Periods HK 解放月事(香港)

Heartrip 心歷遊

iSTEM AI Lab iSTEM AI 實驗室

Just Feel 感講

Lighten Dementia 認知障礙訓練遊戲

Lin Heung House 撻香樓

Link the Unlink - Eco Design Project

Made in Sample

Mamosound

Mindful Green 蒲寓

Mosi mosi 無事無事研究所

NeuroGym 腦有記

Non-invasive tear Biomarker of T2DM

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SENovate 創航計劃

Sightfeeling 盲蹤踪

Tinwork 天水圍人社區學堂

Voiceless 默聲

Walkpner 手杖伴侶

關於好薈社 About Good Seed

好薈社是由香港理工大學企業發展院 (IfE) 和賽馬會社會創新設計院 (J.C. DISI) 協辦的社會創新培訓及種子基金計劃。計劃由社會創新及創業發展基金撥款資助，致力釋放本地青年人的創造潛能，以設計，科技，商業三個重點出發，鼓勵他們以創新點子幫助社會上有需要的群體。

Good Seed is a social innovation training and funding programme jointly developed and organized by Institute for Entrepreneurship (IfE) and Jockey Club Design Institute for Social Innovation (J.C.DISI) of The Hong Kong Polytechnic University. Funded by the Social Innovation and Entrepreneurship Development Fund, the Programme aims to unleash creative potential of young people to drive social innovations for the benefits of underprivileged, with Design, Technology and Business as major focus.

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