

语录 一个能思想的人，才真是一个力量无边的人。

摄影 / 陈思源

‘黑暗中’授课

盲人引路 寻找曙光



文 / 宋占勇

三名热衷于公益活动的年轻人看到这一点，成立了一家名为Glow In The Dark... 我们常说关爱身边的视障或体障人士，但你是否想过，他们其实也可以教会我们很多东西？

3青年极力推行活动

三名年轻人谢可勇(26岁，银行研究员)、蒋欣妤(24岁，审计师)和谭颖伶(24岁，餐饮业市场执行员)其实都有稳定的工作...

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虽然学校和企业都付费，但扣掉付给视障人士的薪水及其他费用，“黑暗中的曙光”前期其实入不敷出...

(这项活动)不仅(帮助)我自己，也能帮助别人在某一方面有所提升，至少想法更正面。——郑伟良(35岁)，视障者

视障人士乐当‘老师’

已有九名视障人士参与“黑暗中的曙光”的活动，郑伟良(35岁)就是其中之一。与出生即发现视障问题的人不同，他是直到服完兵役后察觉视力减弱...



正确的引路方法 视障人士郑伟良(左一)告诉记者

好心也会坏事？ 正确导盲方式

如何为视障人士引路？好心也会坏事？是的，郑伟良就说，有些朋友在为视障人士引路时会抓住他们的肩膀或手杖往前拉，却给他们带来不便...

获2万5000元奖金 扩展慈善计划

让谭颖伶高兴的是，他们最近赢得科技公司埃森哲(Accenture)的一项比赛，接下来会收到2万5000元奖金。埃森哲的这项比赛名为成功技能(Skills to Succeed)...



▲谭颖伶说，他们并非是为了赚钱而开展“黑暗中的曙光”的活动。

欲了解更多“黑暗中的曙光”的活动，请登陆网站：https://www.facebook.com/glowinthedarkGITD 或其官方网站：http://glowinthedark.sg/



▼谢可勇(左一)与蒋欣妤(左二)代表公司接受埃森哲公司颁发的2万5000元奖金。(受访者提供)



‘黑暗中’授课；盲人引路寻找曙光

Teaching “in the dark”; The Visually Handicapped Leading the Way in Search of the “Light”

文 / 宋占勇

摄影 / 陈思源

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我们常说关爱身边的视障或体障人士，但你是否想过，他们其实也可以教会我们很多东西？如果没想过，不妨趁现在闭上眼去拿杯水喝或打个电话，当你

发现连简单的日常活动也难以应付，是否有种受挫感？实际上，视障人士常年都在类似环境下生活，可想而知他们克服了多少困难和挑战，自然有很多东西和我们分享。

We often say that we ought to help and care for the visually or physically handicapped, but have you ever considered that they could actually teach us something instead? If you have not, why not try to pour a glass of water or make a phone call with your eyes closed? When you realize that even these simple everyday tasks are difficult to manage, do you feel defeated? For the visually handicapped, this is their everyday reality. Clearly we could tell that they had gone through many hardships and difficulties, and have a lot to share about their experiences.

三名热衷于公益活动的年轻人看到这一点，成立了一家公司，举办名为“黑暗中的曙光”（译音，英文名为 Glow in the Dark，简称 GITD）的活动，专门请视障人士向学生或上班族教课，内容包括以自身经历教导如何应对压力与挫折等。自去年初起，以为美廉初级学院（Meridian Junior College）等学校及企业组织过六场活动，场场受好评。

Three civic-minded youths recognized this value the visually handicapped could deliver, and started a social enterprise Glow in the Dark (GITD) which employs the visually handicapped to conduct enrichment workshops for youths and working adults. These workshops touch on the topics of stress management and resilience through the sharing of personal experiences of the visually handicapped. Since the start of 2015, GITD has conducted a total of 6 workshops for schools like Meridian Junior College and other corporate clients (as of publication, GITD has conducted 9 workshops). All the workshops were well received by its participants.

上完课后，感觉如何？不少人在填写反馈时表示，被视障人士的人生经历和真诚分享打动，也从中学到了乐观、宽容的人生态度及如何帮助视障人士等。

How do participants feel after the workshop? Many have indicated in their feedback that they were touched by the sincerity and life experiences of the visually handicapped. Many have learnt to face life with optimism, to be gracious towards others, and specifically how to help the visually handicapped.

其中曾参与活动的何其颖（24岁）受访时说，这让她对残障人士的世界有了更多认识，也让她深层次思考如何能协助他们融入社会。

One of the participants, Melissa Ho (24 years old) shared that the workshop allowed her to have better understanding of the world of the handicapped, and spurred her to think more deeply about how to help the handicapped integrate into society.

三青年极力推动活动

Three youths driving the Social Enterprise

三名年轻人谢可勇（26岁，银行研究员）、蒋欣妤（24岁，审计师）和谭颖伶（24岁，餐饮业市场执行员）其实都有稳定的工作，之所以投身于此，源于对公益的热爱。

The three youths Jared Sia (26 years old, Bank Analyst), Chew Xin Yu (24 years old, Auditor) and Tham Ying Ling (24 years old, F&B Management Associate) all hold stable jobs. The reason they got involved in GITD is because of their passion in serving the community.

谭颖伶受访时透露，三人是五年前在南洋理工大学读书时，在共同参与的一项公益活动中相识。由于谢可勇在与新加坡视障认识协会接触过程中发现了视障人士身上的更多闪光点，和蒋欣妤想到了这个即能帮视障人士，又能教育一般人的点子，谭颖伶也欣然加入。

Ying Ling shares that the three of them met in Nanyang Technological University during a service learning activity 5 years ago. Jared uncovered the talents of the visually handicapped when working with Singapore Association

of the Visually Handicapped (SAVH), and came up with a feasible social business idea that could help the visually handicapped and educate the masses with Xin Yu. Ying Ling later joined in as she believed in the cause.

三人分工明确，接到学校或企业的预约后，谢可勇负责设计课程，蒋欣妤处理相关行政事务，谭颖伶负责市场方面。

The three of them takes care of separate areas in the enterprise. Upon receiving confirmation for a workshop, Jared will design the workshop agenda and content, Xin Yu will handle Administrative and Finance, and Ying Ling handles Sales and Marketing.

虽然学校和企业都付费，但扣掉付给视障人士的薪水及其他费用，“黑暗中的曙光”前期其实入不敷出。三人为推行这项活动，都自掏腰包。

Even though GITD's clients are all paying parties, after making payments to the visually handicapped and other expenses, GITD is in a net loss position. To drive the social enterprise, the three of them had to pay out of their own pocket.

既花时间、精力和金钱，三人仍觉得值得。正如谭颖伶所说，他们本来就不是为了赚钱而做，甚至想等公司上了正轨后，交由新加坡视障人士协会打理。

Despite costing them time, energy and money, the three of them still believes that GITD is worth it. As put forth by Ying Ling, the three of them never thought to earn from this social venture. In fact, after the business stabilizes, they intend to it over to SAVH to manage and benefit from it.

视障人士乐当‘老师’

The Visually Handicapped more than happy to be a Teacher

已有九名视障人士参与“黑暗中的曙光”的活动，宋伟良（35岁）就是其中之一。与出生即发现视障问题的人不同，他是直到服完兵役后惊觉视力减弱，去检查时才发现自己有遗传性视障问题。

GITD has already engaged a total of nine visually handicapped. One of them is Steve Tee (35 years old). Unlike some visually handicapped who were born blind, Steve only realized that his eyesight was deteriorating after he had completed his National Service. It was confirmed that he had a hereditary eye condition after seeking medical help.

他告诉记者，随着视力减弱，如今看东西模糊并说：“就像在隧道中前行，总看到一个黑框”；加上夜盲症导致他晚上视力更弱，平日为便于行走，他随身带根手杖。

He shared with the reporter, as his eyesight worsen, his view is increasingly blurred. “It is as though I am walking through a tunnel – there is always a black frame in front of me.” He said. His eyesight at night is further made worse with his night blindness. For convenience, he will bring his white cane wherever he goes.

尽管有大学文凭，但郑伟良因视力问题连续面试12次遭拒，好不容易在一间公司服务中心找到工作。

Despite having a university degree, Steve’s eye condition had made it difficult for him to gain employment. After being rejected at 12 consecutive interviews, Steve finally managed to find employment at a call center.

当偶然了解到有机会可当“老师”，他欣然加入。郑伟良说，他本意是想锻炼一下自己在公众场合讲话的能力，提高沟通技巧，但经过给别人讲述如何克服困难，以及如何面对找工作的失望及工作中的不满等，也感受到办这项活动的意义。

When he found out that he could become a “teacher”, he jumped at the chance. Steve shared that his original intention was to hone his public speaking skills and to get better at communicating with others. However whilst he shared about how he overcame his difficulties, and how he handled the disappointment when he was rejected for jobs, he felt that delivering GITD workshops was very meaningful and fulfilling for him.

“不仅我自己，也能帮助别人在某一方面有所提升，至少想法更正面。”

“Not only do I benefit, but I could also help others get better in soft skills (like empathy and resilience). At the very least, I could let others become more positive in their thinking.” He said.

好心也会坏事？正确导盲方式

Helping could actually harm more? Learn how to help the visually handicapped the right way

如何为视障人士引路？

How do you guide the visually handicapped?

好心也会坏事？是的，郑伟良就说，有些朋友在为视障人士引路时会抓住他们的胳膊或手杖往前拉，却给他们带来不便。

Helping could also harm more? Yes, says Steve. When some kind members try to help by grabbing their arm or white cane and pulling on it, the visually handicapped is actually more inconvenienced and lost.

他告诉记者正确的引路方式是，如果视障人士右手拿手杖，引路人应站在前方偏左处，让残障人士拉着自己的右手肘前进，若遇台阶或上下楼梯，应提前告诉他们。

The correct way to guide is to first identify which hand the visually handicapped is holding his or her white cane. If the visually handicapped is holding the cane with the right hand, the guide should stand on the visually handicapped's top left hand corner and offer his or her right elbow to the visually handicapped. When there are steps or moving up and down stairs, the guide should inform the visually handicapped beforehand.

获 2 万 5000 元奖金 扩展慈善计划

Receiving \$25,000 cash grant to expand their Social Enterprise

让谭颖伶高兴的是，他们最近赢得科技公司埃森哲（Accenture）的一项比赛，接下来会收到 2 万 5000 元奖金。

What delights Ying Ling is the fact that they have recently received the \$25,000 grant won from a competition held by Accenture.

“终于有钱，帮助扩展业务了。”

“Finally, we could expand the social business with the grant money.” She said.

埃森哲的这项比赛名为成功技能（Skills to succeed），自 2011 年起每年举行，获胜者可获颁一笔 2 万 5000 元的奖金，以便于推行慈善相关项目。

Accenture's Skills to succeed competition is held annually since 2011. The winner could receive a sum of \$25,000 to grow the social enterprise concept.

受委为“黑暗中的曙光”指导老师的埃森哲业务拓展财务经理谢耀祖受访时说，最初接触到这三位年轻人时，能感受他们的抱负，却对整个计划心存疑虑，但被他们的热忱及一丝不苟的规划折服，也了解到这项计划可给视障人士带来的益处，于是和其他导师一起协助他们完善这项计划。对于计划得以推行，他深感欣慰。

GITD mentor for the Accenture competition, Billy Leong, a business development and finance consultant for Accenture, shared that when he first met the three young persons, he could sense their ambition and passion but he had his doubts about the feasibility of the concept. However he was won over by their passion and their careful execution, and he could see how the visually handicapped had benefited from this social enterprise. Seeing this, he worked together with his fellow mentors to help the team improve on their plans. He felt very glad to get to see GITD take off.

欲了解更多“黑暗中的曙光”的活动，请登陆面簿:

<https://www.facebook.com/lowinthedarkGITD>

或其官方网站：<http://lowinthedark.sg>

To know more about Glow in the Dark, you may access their Facebook:

<https://www.facebook.com/lowinthedarkGITD>

Or their Official Website: <http://lowinthedark.sg>