

殘疾人士任導師 輪椅體驗培養年青一代同理心



莊桂南 (Daniel) 就讀大學一年級時，一天起床突然感到脊椎異常疼痛，攤在牀上不能動彈，出院後他的人生迎來巨變，下半生要與輪椅相伴。間中他坐著輪椅外出時，會遇上好奇的小朋友對他指指點點，身旁的大人卻多數不會糾正，偶爾更拋下一句「個哥哥坐輪椅」就掉頭不理。每當這些時候，Daniel 沒有怨天由人，反而在想，社會對殘疾人士的認識是否只能停滯不前？大眾又能不能停止用異樣眼光看待殘疾人士？

帶著這些問題，他與夥伴陳宥蓁 (Delphica) 及黃皓智 (Andy) 成立社企 Wheel Real Experience，在學校及不同機構為年青人舉辦輪椅體驗及真人圖書館，希望給大眾上一門同理心的課。團隊獲得「滙創永續」計劃支持，讓三人將想法變成實際行動。計劃給予公司起動資金，支援殘疾人士活動導師的薪金，並在過程中能增加殘疾人士的自信與培訓工作技能。

社企 Wheel Real Experience 於 2020 年成立，過去兩年間機構共接觸過超過 200 位年青人，向他們提供輪椅體驗及同理心訓練，增加下一代對殘疾人士的認識及了解。Daniel 本身讀工程出身，於是他們在輪椅體驗中加入科技元素，例如教導學生使用 micro-bit，利用簡單的程式及編碼，為輪椅加上一盞燈；又或者利用 3D 打印技術，為輪椅使用者量身定製輪椅搖桿，「同理心是我們的出發點，最初舉辦輪椅體驗的初心，是向年青人傳遞同理心的概念，並且將其延伸到科技上，加入解決問題的元素，在過程中讓學生去了解如何利用科技去幫助輪椅使用者。」Daniel 說。

■ 導師分享個人故事 與學生交流打破迷思

他們同時舉辦真人圖書館，由本身為輪椅使用者的導師分享生活點滴。學生最初對殘疾人士很陌生，「學生一開始對殘疾人士比較多是

The Disabled as Mentors to Cultivate Empathy in the Younger Generation with Wheelchair Experience



Communities' (SISC) Programme which enables the trio to turn their ideas into action. The programme grants the company a start-up funding to support the salaries of instructors with disabilities with the aim to increase their self-confidence and provide skills training during the process.

The social enterprise Wheel Real Experience was established in 2020, and in the past two years, the organisation has reached out to over 200 young people, providing them with wheelchair experiences and empathy training to enrich the next generation's knowledge and understanding of people with disabilities. Daniel has a background in engineering, so they have incorporated technological elements into the wheelchair experience, such as teaching students to use a micro-bit to add a light to a wheelchair with a simple programme and code, or using 3D printing to customise a wheelchair joystick for wheelchair users. 'Empathy has always been our starting point. The original intention of the wheelchair experience was to convey the concept of empathy to young people and to extend the concept to technology by adding components of problem-solving. In the process, students will learn how to apply technology to help wheelchair users,' Daniel said.

■ Instructors Share Their Stories and Interact with Students to Bust Myths

They also set up human libraries where instructors, who are wheelchair users, shared their life stories. The young students were initially unfamiliar with people with disabilities. 'At first, the students were more sympathetic towards the disabled. But through the activity and story sharing, they learnt that empathy is not just as simple as "Let me help you", but to understand more about others' feelings and stances.' Delphica said that many students were curious about people with disabilities, 'During the sharing session, they would ask the instructor many questions, such as how to go to the bathroom, how to go out, etc. Not being afraid

One day when Daniel Chong was in his first year of university, he woke up feeling an unusual pain in his spine and was unable to move. Little did he know his life would change drastically when he was discharged from the hospital. From then on, he has to spend the rest of his life in a wheelchair. Sometimes when he was out in his wheelchair, children would point at him and show a curious face. Adults next to them usually just look away. Some may respond by simply saying 'he is in a wheelchair.' Whenever this happens, instead of complaining, Daniel wonders if society's understanding of people with disabilities can only remain stagnant. Can the public perceive the disabled with a new perspective?

With these questions in mind, he and his partners, Delphica Chan and Andy Wong established Wheel Real Experience, a social enterprise that organises wheelchair experiences and human libraries for young people in different schools and organisations. It is hoped to develop empathy among the general public. The team received support from the 'Social Innovations for Sustainable

同情，後來透過體驗及分享，他們都知道同理心不只是『我幫你』般簡單，而是要多去理解不同人的感受及立場。」Delphica 說，其實很多學生對殘疾人士都很好奇，「在分享環節中，他們都會問導師好多問題，例如想知他如何去洗手間、如何外出等等，其實我最想他們敢於發問。」帶著好奇及尊重，交流的過程逐漸打破殘疾人士與一般人之間的誤解，是 Delphica 最想看到的畫面。

■ 殘疾人士縱有能力難覓出路

除了學生，團隊裡的導師也漸漸有正面轉變。Delphica 及 Daniel 留意到，身邊不少殘疾人士的自尊感低、並且缺乏工作機會，難以投入勞動市場，當中又以高學歷的殘疾人士失業問題最嚴重。Daniel 指出，「殘疾人士好多時都



是領綜援過活，出路比較『好』的，可能是朝著做殘疾運動員發展。這些看似是無選擇中的選擇，但在我而言，他們是可以有更加多的選擇，他們的價值遠不止於此。」Delphica 在旁點點頭，「這群殘疾人士明明都好叻，亦有能力。」

他們起初在機構內聘請了兩位兼職的殘疾人士，希望發掘他們的潛能，亦向他們提供訓練，共同帶領體驗活動，過程中慢慢建立他們的自信心。截至 2020 年，本港殘疾人士的失業率為 11%，較健全人士高出接近一倍。Wheel Real Experience 團隊目前只有五至七位殘疾人士導師，單靠他們一己之力的確難以解決失業問題。Daniel 卻不以為然：「我常常都覺得我們是在做一些很微小的改變，我沒有可能聘請全部殘疾人士，但我希望有朝一日，每個人都能發掘自己更加多可能性，希望他們有更多選擇。」改變即使微小，但仍是不可或缺。



to ask questions is exactly how I wanted them to be.' With curiosity and respect, the communication gradually minimises the gap of misunderstanding between people with disabilities and 'normal people', which is what Delphica would like to see.

■ People with Disabilities Have Difficulty Making a Living Even with the Ability

Apart from students, there are positive changes within the instructor team. Delphica and Daniel noticed that many people with disabilities around them had low self-esteem and lacked work skills, making them difficult to join the labour market. The unemployment problem was serious among those with high education. Daniel, who has a lot of disabled friends, said 'Many of them live on social welfare. The "better" option is to become an athlete with disabilities. These may seem like their only choice, but to me, they have more options and

they can contribute much more than that.' Delphica nodded, 'People with disabilities are indeed very smart and capable.'

At first, they hired two part-time disabled people in the organisation. By exploring their potential, they provided training to the instructors who can lead the experiential activities, so that their self-confidence can be gradually built up. By 2020, the unemployment rate of people with disabilities in Hong Kong was 11%, nearly double that of the able-bodied. With only five to seven disabled instructors, it may seem impossible for the Wheel Real Experience team to solve the unemployment problem. Without much hard feeling, Daniel said, 'I often think that we're at least making a small difference. I can't possibly hire all people with disabilities in one company. But I hope that one day, everyone will find more possibilities for themselves and that they will have more choices.'



■ 以生命影響生命
助殘疾人士重拾自信

隨著參與「滙創永續」計劃，團隊由兩名兼職導師增加至五名。要推動大環境改變很難，Daniel 及 Delphica 決定從身邊的人開始做起。Delphica 尤其記得其中一位輪椅導師的蛻變故事：幾年前她認識一名女生，她在大學畢業後，投出的二十多封履歷表全部石沉大海，整個人的狀態亦在一片混沌之中。後來 Delphica 主動邀請她擔任活動導師，「她試過幾次後發現原來自己一個人都可以帶活動，這除了訓練她的工作技能外，亦能建立自信。」女生後來還報讀進修社工課程，以生命影響更多生命。

他們希望這些故事可以在其他人身上發生，「這工作真是『搵石仔』，搵極都未完。」Delphica 不徐不疾地說，「不過我們沒有想得太長遠，由身邊的人做起，從有潛能的、並且準備好去接受挑戰的這群人開始。」



■ Inspiring Others Through One's Experience: Helping the Disabled to Regain their Self-confidence

After participating in the SISC Programme, the team has grown from two part-time instructors to five. It's hard to drive change, so Daniel and Delphica decided to start with the people around them. Delphica remembers vividly the story of the wheelchair mentors on her transformation. A few years ago, she met a university graduate girl who was rejected dozens of times, She felt completely lost and confused. Delphica invited her to be an event instructor, 'After a few events, she found that she could do it and that she could lead the event by herself. The event not only transferred work skills to her but also built up her confidence.' The girl further took a social work course, so that she can help others with her passion and experience.

They hope that these experiences will continue to happen to others, 'This job is really an ongoing work and this takes time to end.' Delphica said, 'But we try not to think too far ahead. We just start with the people around us, with the people who have the potential and are ready to take on the challenge.'