

Vera Chiu writing sample- *Chinese to English translation for Trail Watch newsletter (2022)*

Original text	Translated text
<p><u>春坎角</u></p> <p>春坎角是位於香港島西面的海角，景色開揚，可遠眺海洋公園及南丫島景色。沿路均為平坦水泥路，惟需與車輛及行人共用車路，但考察時交通亦不算繁忙，只需揚手讓路即可。沿途途經春坎角山及護養院，最後到達春坎角公園。春坎角香港島的無障礙路線中惟一可沿海而行的路線，亦相對簡單方便。沿路並無補給或洗手間，建議連同赤柱一起到訪，於路線起點或終點均可乘搭巴士至赤柱廣場。</p> <p>路線：春坎角海灘（巴士站）› 春坎角道› 春坎角山›春磡角慈氏護養院›春坎角公園›（原路折返）› 春坎角海灘（巴士站）</p>	<p>Chung Hom Kok</p> <p>Chung Hom Kok is on the edge of the west of Hong Kong Island. It has a profoundly open view, clearly seeing Ocean Park and Lamma Island in the distance. Most of the roads are flat, concrete roads, but are shared between pedestrians and passing vehicles. Luckily, during our visit, the traffic was not busy, we only needed to wave ourselves by. We passed by Chung Hom Kok Shan, Cheshire Home nursing home and ended up in Chung Hom Kok Park. Chung Hom Kok is the only accessible trail on Hong Kong Island and is relatively easy and convenient to go to. There are no replenishment booths or toilet facilities. We suggest also visiting Stanley when you visit this trail. There are buses to Stanley Plaza at the start and end of the trail.</p> <p>Route: Chung Hom Kok Beach (bus stop)> Chung Hom Kok Road> Chung Hom Kok Shan> Cheshire Home, Chung Hom Kok> Chung Hom Kok Park> (return on original route)> Chung Hom Kok Beach (bus stop)</p>

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<p><u>四個轆去行山</u></p> <p>輪椅行山在香港初起步，缺乏相關資訊。筆者作為一名輪椅使用者，第一次接觸行山是於大學期間，機緣巧合下認識到TrailWatch，有幸一起參與發掘香港的無障礙行山路線，本文將以會與大家簡介一下核心工具——輪椅。隨着時代進步及科技發展，輪椅的造工和用料也越漸講究。除了大眾認識的手動輪椅和電動輪椅，現時亦有半電動輪椅及運動輪椅，各有不同。</p> <p><u>手動輪椅</u></p> <p>較常見的手動輪椅，以「手」來推動，車身結構相對簡單，有預製式和訂製式可選擇，兩者也可以按個人體格作調整。大部分的手動輪椅是可以摺疊的，易於收納或出行。</p> <p><u>電動輪椅</u></p> <p>電動輪椅就是以電摩打來推動，輪椅的續航力足夠日常使用。當中電動輪椅也有預製式或訂製式可選擇，功能包羅萬有，筆者身邊有朋友的電動輪椅價值10多萬，功能全面，可以調整不同坐姿、高度等。</p>	<p>Hiking on four wheels</p> <p>The idea of wheelchair hiking is a very preliminary one in Hong Kong and that is why there is a lack of resources. As a wheelchair user, I first came in contact with hiking when I was studying in university. It was a fortunate coincidence for me to find out about TrailWatch, and be able to explore the accessible hiking trails in Hong Kong together. This article will introduce you to the core tool: wheelchairs. As time and technology progress, people have paid more attention to the making and materials of wheelchairs. In addition to the well-known manual wheelchairs and electric wheelchairs, there are also semi-electric wheelchairs and sports wheelchairs, which all serve different purposes.</p> <p>Manual wheelchairs</p> <p>The most common kind of manual wheelchairs are operated by hand and have a relatively simple structure. There is a choice between selecting prefabricated or custom made format. Both can be adjusted according to personal needs. Most manual wheelchairs can be folded, are easy to store and are made for easy travelling.</p> <p>Electric wheelchairs</p> <p>Electric wheelchairs operate with an electric motor, allowing them lasting endurance for daily use. Wheelchairs are either prefabricated or custom made with a variety of functions. A friend of mine owns an electric wheelchair that is worth more than a hundred thousand dollars. It features many functions, such as seating posture and height adjustments.</p>

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<p>半電動輪椅</p> <p>半電動輪椅介乎於電動輪椅和手動之間，有着手動輪椅和電動輪椅兩者的優點。既容許使用者親身推動輪椅，同時提供推力的輔助。由於摩打體積較細小，有足夠的空間讓使用者自行推動輪椅，若然電量耗盡，使用者可以改為手動模式，繼續行程。</p> <p>運動輪椅</p> <p>而運動輪椅方面，有着最為輕巧的外型，用料可以選擇鋁合金或鈦合金作為車架。由於車身較為輕巧，有利於使用者日常獨立生活，同時減少對照顧者的依賴，例如自行駕駛私家車。相對地，使用運動輪椅的使用者需要有較佳的身體情況，尤其上肢的活動能力，因此多數的運動輪椅是訂製，使用者可因應自身的體格訂制合適的尺寸和用料。售價方面會比一般手動輪椅貴，由數萬元起。</p> <p>總結全文，筆者希望透過簡介，讓大家了解到各種輪椅，於生活上更了解彼此，下次行山如果相遇，也不需太驚訝。（內容粗疏，只供參考，不能作準。如有錯漏，敬請原諒。欲了解更深入的輪椅資訊，請向有關專業人士了解）</p>	<p>Semi-electric wheelchairs</p> <p>The semi-electric wheelchair is a hybrid between electric and manual wheelchairs that feature the strength of both kinds. It allows the user to push their own wheelchairs, and also provide pushing force at the same time. Because of the small motor, there is enough space left for the user to push their own wheelchairs. If the batteries run out, users can turn to manual function and continue on their journey.</p> <p>Sports wheelchairs</p> <p>Sports wheelchairs have the lightest and slimmest outlook. For the frame's material, there is a choice between aluminium or titanium made structure. As its outlook is light and slim, it allows users a more independent life and can be less dependent on their caregiver. For example, users can drive on their own when using a sports wheelchair. A user of such wheelchairs has to be relatively fit, especially having good upper-body mobility. Most sports wheelchairs are custom made, users can choose the size and material to best match their own physique. The price is relatively high, starting from ten thousand and up.</p> <p>In conclusion, I hope that through this introduction, there can be a better understanding of the different types of wheelchairs and we can become more empathetic of each other's life. Next time you see a wheelchair user hiking, there is no need to be alarmed.</p> <p>(The content is a simple introduction as reference only and details might be missing. Please excuse any inaccuracies. To understand more about wheelchairs, please consult a professional in the matter.)</p>

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<p><u>探索無障礙行山後感</u></p> <p>TrailWatch於去年秋季舉辦了第一屆的無障礙行山探索計劃，廣邀喜愛大自然的山友一同參與，重新認識郊野公園，是次邀請兩位學員分享他們的感受及觀察。</p> <p>Ernest Kam @ 無障礙行山探索團隊</p> <p>「殘障人士行山」，在很多年前的香港或許是天荒夜譚的事。近年，社會經常提倡「傷健共融」，而且行山風氣興盛，一向喜愛行山的我，便參加了TrailWatch的無障礙行山探索團隊，從而了解更多。</p> <p>TrailWatch 實習課的體驗式學習(Experiential Learning)，讓我能以同理心為出發點，感受輪椅使用者使用輪椅的情況。即使一些預期的困難，例如交通工具的大小、使用輪椅時對四周的視覺、使用輪椅時的體力，經過親身體驗、討論反思及回饋，感受到原來比預期是更大挑戰。</p> <p>除此之外，一些所謂的「無障礙設施」也是經過實戰後，體驗到現今社會的無障礙設施只是徒具虛名。例如無障礙指示牌、郊野公園的無障礙洗手間，並不符合他們現時的需要。</p> <p>這些親身體會，令我更關心輪椅使用者對行山抱著的心態，會否因此而放棄。所以，要如何推動輪椅使用者參與行山的動機，比一切都更重要。要做到這點，除了與輪椅使用者有良好關係和溝通，也希望各持份者「走多一步」，普羅大眾可以鼓勵身邊輪椅使用者行山，提倡無障礙行山及參與推動政府改善，設立真正合符需要的無障礙配套，讓大家一起感受到行山樂趣。</p>	<p>Thoughts after exploring accessible hiking trails</p> <p>Last autumn, TrailWatch hosted the first Accessible Trail Project, inviting those who enjoy nature walks to participate and get to know the country parks once again. In this article, we have invited a member to share their thoughts and observations.</p> <p>Ernest Kam @ Accessible Trail Exploration team</p> <p>The idea of hiking for disabilities had been impossible in Hong Kong for many years. Recently, whilst the emphasis on an integrated society increased, hiking became popular. I am one who enjoys such activity as well, and therefore, I participated in TrailWatch's Accessible Trail Exploration team and started to gain an understanding of their aim.</p> <p>TrailWatch's practical classes featuring Experiential Learning allowed me to be empathetic and have a better perception of wheelchair users' actual situations. Difficulties such as the sizes of transportation, the range of vision whilst operating the wheelchairs and the user's physical strength were all anticipated. But when I truly experienced the situation and became involved in discussions, afterthoughts and provided feedback, the challenge was even more difficult than expected.</p> <p>Furthermore, after testing some so-called 'accessible facilities', I realised that they exist only in the name. For example, the accessible notices and the accessible toilets in country parks are examples of facilities that don't meet the requirement in today's society.</p> <p>These hands-on experiences made me wonder if it will deflect the interest in hiking for wheelchair users. This is why promoting a motive for wheelchair users to participate in hiking activities is the most important discussion. This is not only done by having a good relationship with and communicating well with wheelchair users, it is hoped that all related parties can step up their game. The public should encourage wheelchair users to hike, accessible hiking trails should be publicised, better policies from the government should be promoted, and truly accessible facilities should be established. Just like that, we can all enjoy the pleasure of hiking.</p>

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<p>改善郊野公園 共同使用方為出路</p> <p>最近兩年，疫情停飛之間，香港人由週末飛至日韓台消閒，搖身一變成山系男女，在社交媒體都紛紛變成分享到訪郊野公園的經歷。也因這熱潮，財政預算案宣佈撥款5.5億改善郊野公園。不少長期關注郊野公園的山友也擔心，部份由漁農署及旅遊發展局合作的項目，是否能保持天然，或以可持續發展的方式進行。</p> <p>翻新自然中心 地圖行山仗租借</p> <p>去年的11月底，位處於大嶼山昂坪的自然教育中心完成翻新，與平常在郊野公園的遊客中心不同，該中心與旅遊事務署合作，並設有三語的戶外自然導賞團，行山杖及地圖的租借服務。我們曾到訪觀察，發現中心外的周邊環境並無任何指示牌告知此服務，中心內展品以電子化的互動裝置展示大嶼山的歷史故事和生態環境為主，查詢後亦得知所租借的地圖是地政總署的郊區地圖。</p> <p>以相類似的外地行山中心為對照，有「日本阿爾卑斯山」之稱的上高地所提供地圖會以該遊客中心為中心點，簡單介紹周邊的生態、路線、景色，提供數條路線以作參照。對照後發現，現時提供的地政總署郊區地圖僅僅小於巴掌大的位置能用，圖像上亦不甚吸引，難以讓到訪者清晰理解昂坪的吸引處。可見其細節上，尚有進步空間。</p>	<p>Improve country parks Hiking together as a final goal</p> <p>In the last two years, the pandemic has stopped Hong Kong people from flying to Japan and Korea. All of a sudden, everyone became a holiday hiking hipster, sharing their experience of country park hikes on social media. Because of this trend, the government's budget has announced to grant 550 million to improve country parks. Hikers who have been concerned about the country park's development worry that if certain collaborative projects, created by the Agriculture, Fisheries and Conservation Department (AFCD) and Hong Kong Tourism Board, be able to maintain its natural state or continue in a sustainable manner.</p> <p>Renovation of Nature Centre Rental of maps and hiking poles provided</p> <p>Last November, the renovation of Ngong Ping Nature Centre on Lantau Island had come to an end. This nature centre differs from the regular country park visitor centres, it is a collaboration with the Hong Kong Tourism Board, providing natural scenery tours in three languages and providing rental of hiking poles and maps. We have paid a visit and found that outside the centre, there are no notices about the service provided. Inside, the history and eco-environment of Lantau Island are displayed with interactive electronic installations. Only after our enquiry, we were told that the maps for rental are countryside maps provided by the Lands Department.</p> <p>Compared with similar hiking visitor centres in other countries, such as the one at "Japan's Alps" Kamikochi, the map provided focuses on the visitor centre as its centre point, introducing the eco-environment, routes, sceneries around the centre and suggesting a few possible routes for the visitor's reference. After the comparison, the current countryside maps provided by the Lands Department are only showing Ngong Ping's location within a size smaller than a palm, the graphics are unattractive, and it is hard to understand the attractiveness of Ngong Ping. It is obvious there is still room for improvement in the details.</p>

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<p>百萬椅子觀景台 郊區通用設計或更合宜</p> <p>而在計劃中的項目，漁農署曾表示「將增加觀景台、升級露營地點、樹頂歷奇等康樂元素」以及「改建香港仔郊野公園的燒烤及野餐地點以增設適合不同年齡及傷健人士的康樂設施」。</p> <p>觀乎近年其不少項目均引起社會各界關心，比如西灣的觀星台、破邊洲觀景台等，反響一般都覺得其甚為突兀。很多山友表示觀星只需要一塊保養得宜的草地，不需造價百萬的「人體工學」、僅供30人使用的椅子。與其大刀闊斧的建造龐然巨物，或許以細節為主的通用設計，更為適宜。</p> <p>通用設計 (Design for all) 由1980年由美國設計師推廣，意即於設計時便考慮多種族群，能被廣泛使用。美國的相關政府部門亦曾發表戶外山徑的無障礙指引，不少外地山徑均提供不同路況予訪客走動。</p> <p>以即將計劃改建的香港仔郊野公園為例，其設有「傷健樂園」，「輪椅徑」及俗稱「殘廁」的傷健人士洗手間。現時的设计運用了1970年代的標準：洗手間門闊不夠80cm，門的材質太重，路面的狀況不平。更甚至刻意劃分輪椅徑及一般山徑，而輪椅徑僅有1.2公里長，亦無景觀可言。</p>	<p>Lookout points with million-dollar benches Better solutions may be found in countryside “Design for all” concepts</p> <p>As for the projects in progress, AFCD has stated that they are “providing recreational elements like additional lookout points, treetop adventure and glamping sites” and will “reconstruct the barbecue and picnic facilities in Aberdeen Country Park to increase facilities for the use of people of different ages and people with disabilities”.</p> <p>Looking at recent projects that have aroused discussion in society, such as the stargazing facilities in San Wan, the viewing platform at Po Pin Chau and other facilities, most agree that it is abruptly unappealing. Many hikers expressed that stargazing facilities only require a field of well-maintained grassland, and not a million-dollar, ergonomically-designed bench only having the capacity of 30 people. Rather than wasting millions on building humongous facilities that lack actual usage, it would be wise to focus on a “Design for all” tactic that draws concepts from details.</p> <p>“Design for all” was popularised by American designers in 1980. It focuses on designs that are multi-racial and can be widely utilised. Relevant government departments in America had published guidelines on accessibility for outdoor hiking trails. Many hiking spots in foreign countries have provided trails with different conditions for visitors to choose from.</p> <p>As we take the soon-to-be reconstructed Aberdeen Country Park as an example, it is facilitated with a P.H.A.B. site, wheelchair path and toilets for disabilities. The current design is made under the standards developed in 1970. The toilet doors are not wider than 80cm, the door’s material is too heavy and the roads are uneven. The wheelchair path and regular trails are deliberately divided. Wheelchair paths are only 1.2 kilometres long and have no scenery at all.</p>

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<p>根據TrailWatch及無障礙行山團隊的探索和試行，一般山友於香港仔水塘所行的路徑，輪椅使用者亦能夠一同使用，可見無需刻意劃分兩者。如改善該處的洗手間能運用「通用設計」概念，則不同人士亦能同時使用，便利大家一同享受郊野公園。</p> <p>但即使漁農署以「通用設計」翻新設施，更重要的是鼓勵不同身體狀況的朋友一同使用郊野公園。TrailWatch於去年11月試辦「無障礙行山探索隊」活動，邀請公眾透過數節體驗，以「輪椅使用者」角度親身走訪，加上無障礙行山探索團隊成員的分享幾年的探索經歷，除了令山友理解不同身體狀況均能享受自然，亦令公眾切身明白大自然對整個社會的重要性。</p>	<p>According to TrailWatch and the Accessible Trail Exploration team's trial, the regular trails at Aberdeen Reservoir can also benefit wheelchair users; there is no need to divide the two. If the toilet facilities can be improved with the "Design for all" concepts, then all users can be accommodated and enjoy the country park together.</p> <p>Even if AFCD renovates facilities with the "Design for all" concept in mind, it is more important that they encourage people of different physical conditions to utilise the country parks. TrailWatch piloted the "Accessible Trail Exploration team" event last November and invited the general public to participate in the perspective of wheelchair users. Combined with the sharing of the Accessible Trail Exploration team's experience in the last few years, hikers can grasp a better idea of how people of different physical conditions can enjoy nature. The general public can also have a better understanding of how the natural environment is beneficial for the whole society.</p>

