



無障礙社會
A Barrier Free World
由平等開始
Starts with Equality for All

Ken's Diary 阿健日記



勞工及福利局
Labour and Welfare Bureau
www.lwb.gov.hk



聯合國 《殘疾人權利公約》

旨在促進、保護和確保所有殘疾人士能充分而平等地享有一切人權和基本自由，並促進對殘疾人士固有尊嚴的尊重。

United Nations Convention on the Rights of Persons with Disabilities

promotes, protects and ensures the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and promotes respect for their inherent dignity.

序言

聯合國《殘疾人權利公約》(公約)自2008年8月31日起對中華人民共和國生效(包括香港特別行政區)。公約旨在促進、保護和確保所有殘疾人士(包括肢體、精神、智力或感官有長期損傷的人)能充分而平等地享有一切人權和基本自由,並促進對殘疾人士固有尊嚴的尊重。

我們希望透過本小冊子內的人物與故事,生活化而有趣地為香港市民簡單介紹公約的精神和核心價值,並鼓勵大眾與政府共同實踐公約精神,合力創造一個無障礙社會,讓殘疾人士能平等地追求自己的生活。

如欲更深入了解聯合國《殘疾人權利公約》的內容全文,歡迎瀏覽勞工及福利局網頁www.lwb.gov.hk。

無障礙社會,由平等開始!

香港特別行政區政府
勞工及福利局
2009年8月(初版)

Foreword

Since 31 August 2008, the United Nations Convention on the Rights of Persons with Disabilities (the Convention) has entered into force for the People's Republic of China, including the Hong Kong Special Administrative Region. The purpose of the Convention is to promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities (such as long-term physical, mental, intellectual or sensory impairments), and to promote respect for their inherent dignity.

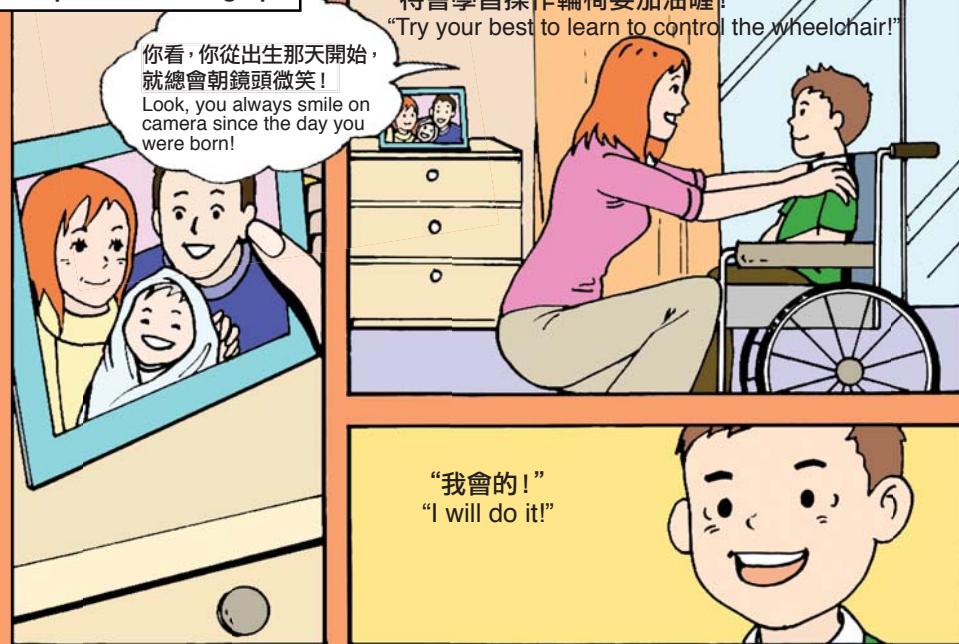
Through the characters and stories portrayed in this cartoon booklet, we aim to introduce to members of the public the spirit and core values of the Convention in a lively and interesting manner. We encourage members of all sectors to promote and effectuate the essence of the Convention together with the Hong Kong Government. Our vision is to create a barrier-free society that enables all persons with disabilities to pursue their life and dreams on an equal basis with others.

If you would like to know more about the United Nations Convention on the Rights of Persons with Disabilities, please visit the Labour and Welfare Bureau website at www.lwb.gov.hk.

A barrier free world starts with equality for all!

Labour and Welfare Bureau
The Government of Hong Kong Special Administrative Region
August, 2009 (1st Edition)

第一話 成長篇
Chapter 1 – Growing Up



阿健在物理治療師的指導下，學會使用輪椅，並健康成長。
Under the physiotherapist's guidance, Ken learns to control the wheelchair. He grows up and is in good health.



我可以...
享有生命權！

公約第十條 – 人人享有固有的生命權，我們應當採取一切必要措施，確保殘疾人士在與其他入平等的基礎上切實享有這一權利。

我可以...
健康成長！

公約第二十五條 – 殘疾人士不應受歧視，有權享有可達到的最高健康標準，並獲得考慮到性別因素的醫療衛生服務，包括與健康有關的康復服務。

我可以...
接受適應訓練！

公約第二十六條 – 我們應當採取有效及適當的措施，使殘疾人士能實現和保持最大程度的自立，充分發揮和維持體能、智能、社會和職業能力，充分融入和參與生活的各個方面。

I can...
have the right to life!

Article 10 - Every human being has the inherent right to life. We shall take all necessary measures to ensure its effective enjoyment by persons with disabilities on an equal basis with others.

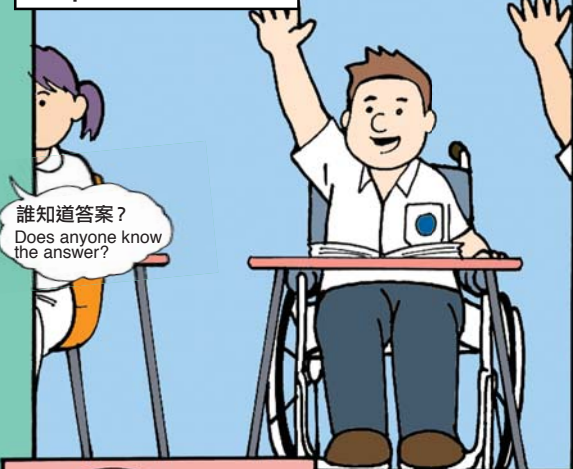
I can...
grow up strong and healthy!

Article 25 - Persons with disabilities have the right to the enjoyment of the highest attainable standard of health without discrimination on the basis of disability, and access to health services that are gender-sensitive, including health-related rehabilitation.

I can...
get appropriate habilitation training!

Article 26 - We shall take effective and appropriate measures to enable persons with disabilities to attain and maintain maximum independence, full physical, mental, social and vocational ability, and full inclusion and participation in all aspects of life.

第二話 求學篇
Chapter 2 – School Life



我可以...
努力讀書, 發展潛能!

公約第二十四條 – 殘疾人士應在不受歧視和機會均等的基礎上, 享有受教育的權利, 透過在各級教育實行包容性教育制度和終生學習, 讓殘疾人士充分地發展自己的個性、才華、創造力、智能和體能。

我可以...
自由發展興趣!

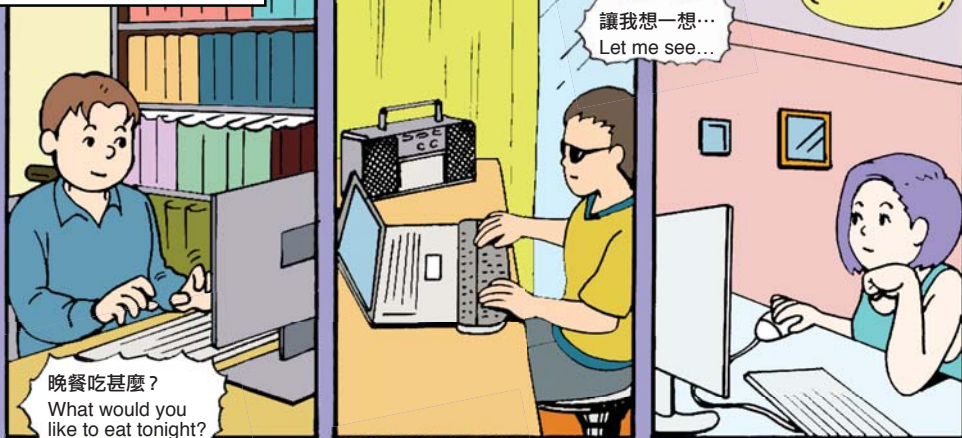
公約第三十條 – 殘疾人士應可在與其他人平等的基礎上參與文化生活以及參加娛樂、休閒及體育活動。

I can...
study hard and develop my potential!

Article 24 - Persons with disabilities have the right to education without discrimination and on the basis of equal opportunity. Through an inclusive education system at all levels and life long learning, persons with disabilities may develop their personality, talents and creativity, as well as their mental and physical abilities, to their fullest potential.

I can...
have the freedom to develop my own interests!

Article 30 - Persons with disabilities have the right to take part on an equal basis with others in cultural life, as well as recreational, leisure and sporting activities.



我可以... 自由表達意見!

公約第二十一條 – 我們應當採取一切適當的措施以確保殘疾人士能夠自由表達意見，在與其他人士平等的基礎上通過各種交流形式，尋求、接受、傳遞信息和思想。

我可以... 無障礙地與朋友溝通!

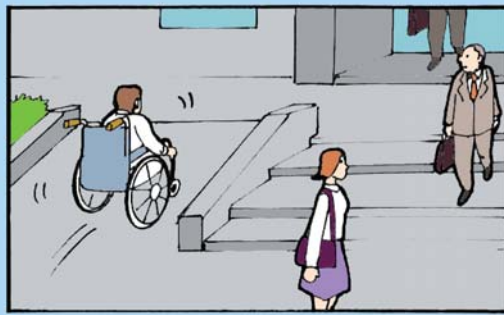
公約第九條 – 為了使殘疾人士能夠獨立生活和充分參與生活的各個方面，殘疾人士應可在與其他人士平等的基礎上，無障礙地進出物質環境，使用交通工具，利用信息和通信，包括有機會使用新的信息和通信技術和系統，例如互聯網。

I can... have the freedom to express and voice my opinions!

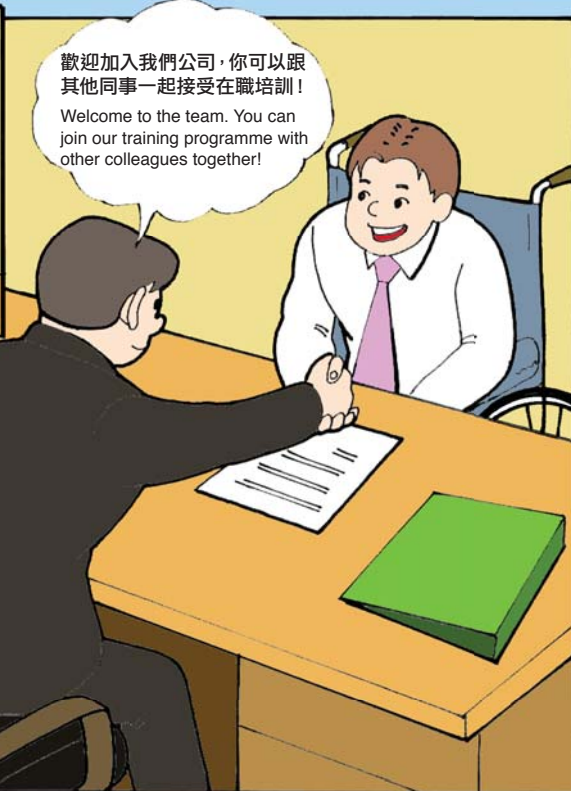
Article 21 - We shall take all appropriate measures to ensure that persons with disabilities can exercise the right to freedom of expression and opinion, including the freedom to seek, receive and impart information and ideas on an equal basis with others and through various forms of communication of their choice.

I can... openly communicate with friends!

Article 9 - To enable persons with disabilities to live independently and participate fully in all aspects of life, persons with disabilities shall have access, on an equal basis with others, to the physical environment, to transportation, to information and communications, including access to new information and communications technologies and systems, such as the Internet.



我有信心勝任!
I am confident
that I can perform
well in the job!!



歡迎加入我們公司,你可以跟其他同事一起接受在職培訓!
Welcome to the team. You can join our training programme with other colleagues together!

阿健成功開創事業,發揮所長。
Ken starts to build up his career to his full potential.

我可以... 發展自己的事業!

公約第二十七條 - 殘疾人士在與其他人平等的基礎上可享有工作權利,包括有機會在開放、具有包容性和對殘疾人士不構成障礙的工作環境中,自由選擇或接受工作的權利;為促進工作權的實現,殘疾人士應可切實參加一般技術及職業指導,獲得職業介紹服務、職業培訓和進修培訓。

我可以... 接受適應訓練,投入工作!

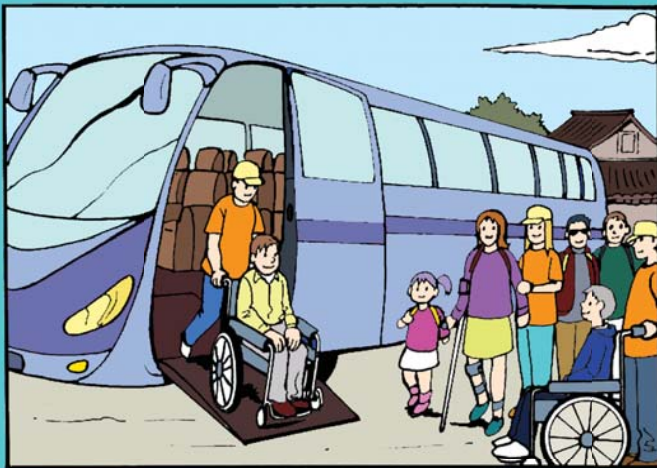
公約第二十六條 - 我們應當組織、加強和推廣綜合性適應訓練和康復服務和方案,尤其是在醫療衛生、就業、教育和社會服務方面,使殘疾人士能夠實現和保持最大程度的自立,充分發揮和維持體能、智能、社會和職業能力,充分融入和參加生活的各個方面。

I can... advance in my career!

Article 27 - Persons with disabilities have the right to work on an equal basis with others. This includes the right to the opportunity to gain a living by work freely chosen or accepted in a labour market and work environment that is open, inclusive and accessible to persons with disabilities. It also safeguards persons with disabilities to have effective access to general technical and vocational guidance programmes, placement services and vocational and continuing training.

I can... devote myself and obtain training opportunities at work!

Article 26 - We shall organize, strengthen and extend comprehensive habilitation and rehabilitation services and programmes, particularly in the areas of health, employment, education and social services, to enable persons with disabilities to attain and maintain maximum independence, full physical, mental, social and vocational ability, and full inclusion and participation in all aspects of life.



阿健與一眾親戚朋友同遊日本，增廣見聞。
For more enriching experiences, Ken travels to Japan along with families and friends.

我可以...
自由行動周圍去!

公約第二十條 — 我們應當採取有效措施，確保殘疾人士盡可能獨立地享有個人行動能力，包括便利他們獲得優質的助行器具、用品、輔助技術和各種形式的現場協助和中介，並按自己選擇的方式和時間，以低廉費用享有個人行動能力。

我可以...
去外國旅遊!

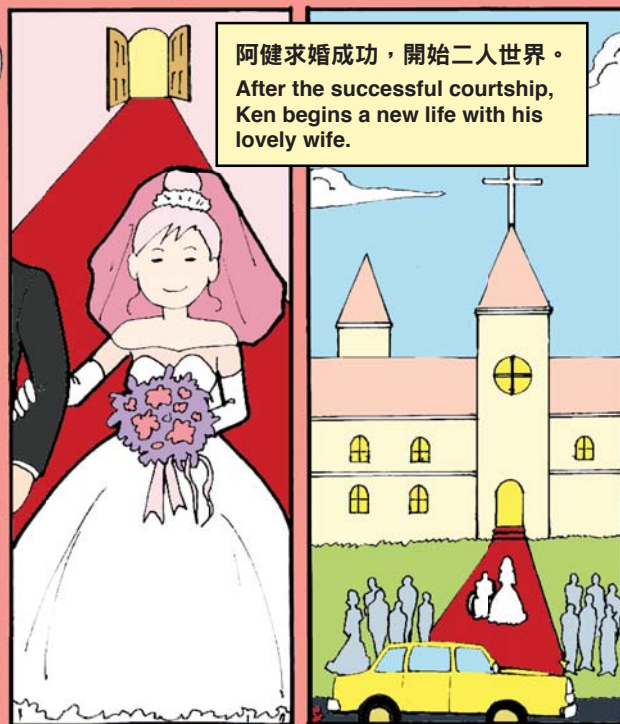
公約第三十條 — 殘疾人士應可在與其他人平等的基礎上參與文化生活，參加娛樂、休閒和體育活動，並可獲得娛樂、旅遊、休閒和體育活動組織人提供的服務。

I can...
travel around by myself!

Article 20 - We shall take effective measures to ensure personal mobility with the greatest possible independence for persons with disabilities through facilitating their accessibility to quality mobility aids, devices, assistive technologies and forms of live assistance and intermediaries in the manner and at the time of their choice, and at affordable cost.

I can...
travel abroad!

Article 30 - The right of persons with disabilities to take part on an equal basis with others in cultural life as well as recreational, leisure and sporting activities is recognized. Appropriate measures shall be taken to ensure that persons with disabilities have access to services from those involved in the organization of recreational, tourism, leisure and sporting activities.

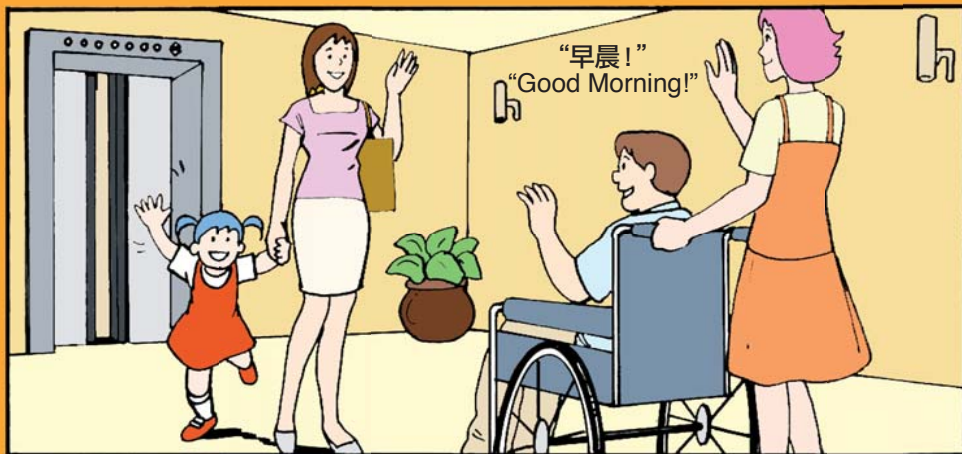
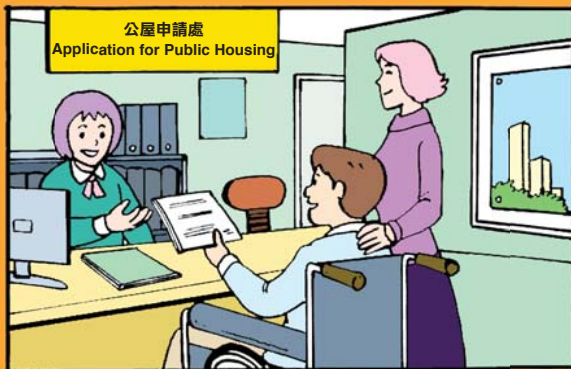


我可以...
建立美滿家庭!

公約第二十三條 — 我們應在涉及婚姻、家庭、生育和個人關係的一切事項中，在與其他平等的基礎上，消除對殘疾人士的歧視，以確保殘疾人士可於適婚年齡，根據未婚配偶雙方自由同意下結婚和建立家庭，並可自由及負責任地決定子女人數和生育間隔，亦可獲得適齡資訊、生殖教育和計劃生育教育。

I can...
have a loving family!

Article 23 - We shall eliminate discrimination against persons with disabilities in all matters relating to marriage, family, parenthood and relationships, on an equal basis with others. The right of all persons with disabilities who are of marriageable age to marry and to found a family on the basis of free and full consent of the intending spouses is recognized. It also enables them to decide freely and responsibly on the number and spacing of their children and to have access to age-appropriate information, reproductive and family planning education.



阿健與太太搬進新居，與鄰居和睦相處。
Ken and his wife move into their new home
and get along with their neighbours.

我可以... 入住舒適的房屋!

公約第二十八條 - 確認殘疾人士有權為自己及其家屬獲得適足的生活水平，包括適足的食物、衣物、住房，以及不斷改善生活條件；並應可獲得社會保護，包括參加公共住房方案。

我可以... 與鄰居和睦相處!

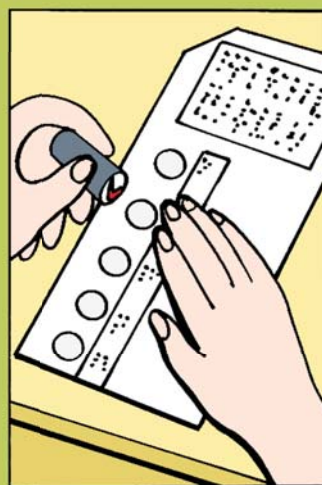
公約第十九條 - 確認殘疾人士享有在社區中生活的平等權利以及與其他人同等的選擇。我們應當採取有效和適當的措施，以便殘疾人士充分享有這項權利，充分融入和參與社會，包括讓殘疾人士在平等基礎上享用社區服務和設施，並確保這些服務和設施符合他們的需要。

I can... live in a cosy house!

Article 28 - Persons with disabilities have the right to attain an adequate standard of living for themselves and their families, including adequate food, clothing and housing, and to the continuous improvement of living conditions. They also have the right to social protection, including access to public housing programmes.

I can... live in harmony with my neighbours!

Article 19 - The equal right of all persons with disabilities to live in the community with choices equal to others is recognized. Effective and appropriate measures shall be taken to facilitate full enjoyment by persons with disabilities of this right and their full inclusion and participation in the community, by ensuring that community services and facilities are available to them on an equal basis with others and are responsive to their needs.



阿健盡公民責任，投票選出自己支持的議員。
Ken fulfills his civic duties by voting for his preferred councillor.

我可以...
投票，盡公民責任！

公約第二十九條 — 殘疾人士應享有政治權利，有機會在與其他人平等的基礎上，直接或通過自由選擇的代表，有效和充分地參與政治和公共生活，享有選舉和被選舉的權利及機會。而投票程序、設施和材料均應適當、無障礙和易懂易用。

I can...
vote and fulfil my civic responsibilities!

Article 29 - Persons with disabilities shall have political rights and the opportunity to enjoy them on an equal basis with others. They have the right to effectively and fully participate in political and public life on an equal basis with others, directly or through freely chosen representatives, including the right and opportunity to vote and be elected. Voting procedures, facilities and materials should be appropriate, accessible and easy to understand and use.