



無障礙 去邊導

# A Guide to Barrier-free Travel

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“

你也可成為自己最好的導遊

You can be the best guide for yourself

”

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# 前言

# Foreword

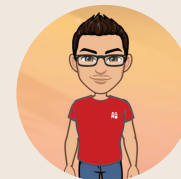


香港科技大學 x 香港浸會大學 x 香港傷健協會：聯校無障礙 台北探索之旅

The Hong Kong University of Science and Technology x Hong Kong Baptist University x  
Hong Kong PHAB Association: Joint-U Barrier-free Discovery Tour to Taipei

2020 / 3 / 20

Hi 各位同學~ 年初考察團後, 都沒機會見面, 大家最近忙嗎?



**Kenny**

香港傷健協會教練  
HKPHAB Coach

Hi everyone~ It's been quite a while since we last met at the  
Discovery Tour in January. How's everyone doing?



**Don**

聯校學生組長  
Joint-U Student  
Group Leader

都在整理《無障礙去邊導》的初稿



We've been busy working on the first draft for A Guide to Barrier-free Travel

組員們回來後都很用心做資料搜集和心得分享, 包括預備篇、出發篇、食住行、玩樂遊

Everyone in the team has given their best in researching and putting together useful experiences for different sections, including Check and Prepare, Get Set Go, Eat Stay Travel, and Explore and Experience

雖然是短短的台北四天三夜考察團, 但也帶給我們深刻印象, 擴闊了我們對無障礙旅行的認識!



Although it's just a 4-day-and-3-night study tour to Taipei, we're deeply impressed by how much more we've learned about accessible travel!

對啊, 旅程中我們十多人一起「自由行」, 在市區及郊外到處遊覽, 真難忘呢!



Yes, indeed, about a dozen of us traveled by ourselves together around the city and countryside. What an unforgettable trip!



**Nicole**

聯校學生組長  
Joint-U Student  
Group Leader

從規劃行程、在旅途中經歷各種難題、尋找有用資訊以至解決辦法，都是值得分享的難得經驗！



The experiences gained from planning, problem solving and the search of useful information and solutions are really valuable and worth sharing!



**Alice**

聯校學生組長  
Joint-U Student  
Group Leader

期待這本指南面世，將來有需要人士規劃旅程時，就可以用來參考啦！



We all look forward to the publication of the guide, so that people in need who are making travel plans can make use of it!

最近與專為高學歷殘疾人士服務的機構溝通過，如果可以讓其他多元人才參與指南的後期製作，例如設計及編撰方面，就更有意義啦！



I've talked to an organization serving higher educated persons with disabilities. Wouldn't it be great if we engage talents with disabilities in the production of the guide, such as editing and designing?



**Kevin**

香港傷健協會教練  
HKPHAB Coach



**Don**

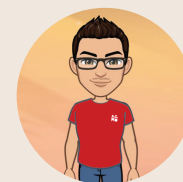
聯校學生組長  
Joint-U Student  
Group Leader

不如我們也邀請視障人士機構參與製作印刷版的封面點字, 另於封底加上二維碼連接到電子版, 方便讀者閱覽, 大家認為好嗎? 😊😊

How about involving an organization for the visually impaired in the printing of Braille on the cover, and placing a QR code at the back for accessing the digital version, making it more accessible for everyone?

好主意! 😊

Good ideas!



**Kenny**

香港傷健協會教練  
HKPHAB Coach

聲明: 本刊物所載的資訊和建議只作一般參考用途。資料更新截至2020年9月。

Disclaimer: The information and suggestions provided in this publication are updated as at September 2020, for general reference only.

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## 如何使用指南

## How to Use the Guide

旅遊是大家都嚮往的體驗, 可以放下忙碌的生活, 吃喝玩樂放鬆心情, 體驗不同文化; 但對於要離開熟悉的生活環境感到不安也是人之常情。這種感受對殘疾人士而言尤其深刻, 我們會因為擔心在旅途上遇到障礙, 或者覺得準備過於繁複而對旅行卻步。

Travel is something we all look forward to. It allows us to have fun, relax, and experience different cultures. Yet, it is natural to feel uneasy about leaving our accustomed environment, especially for people with disabilities. We may hesitate to travel due to the potential obstacles during the journey or its complicated preparations.

我們總結參加考察團的經驗和心得製作了這本指南, 與大家分享無障礙旅遊的規劃方法, 及從零開始所需的準備和考慮, 並附上相關參考資訊, 希望為想要來一趟「無障礙之旅」的讀者帶來啟發!

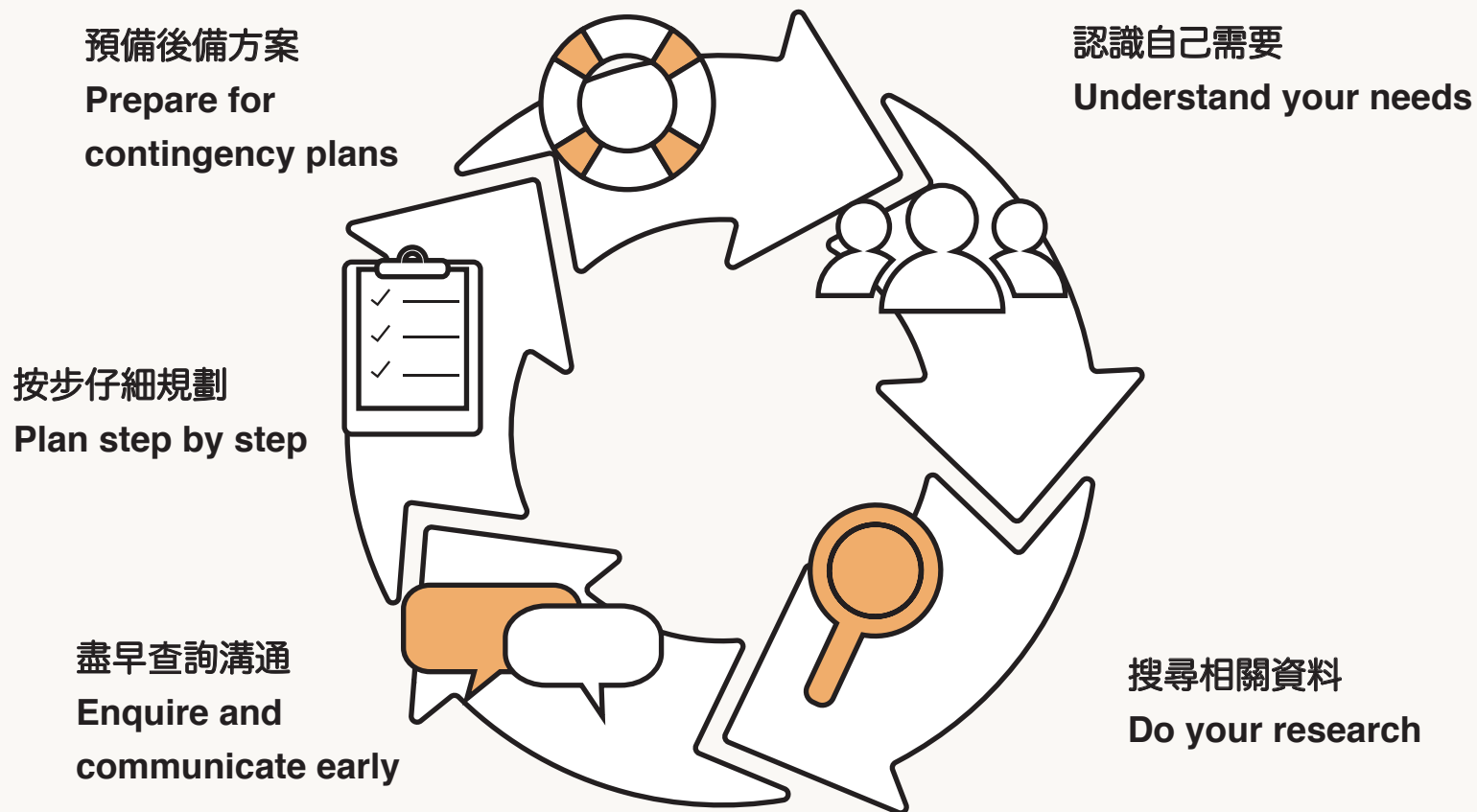
Summarizing our perspectives gained from the Discovery Tour, we put together this guide to share our trip planning practices, preparations and considerations from ground zero, along with relevant information for reference. We hope the guide would be insightful for those who wish to plan a barrier-free journey!



雖然旅程規劃不簡單,但當中的考慮要素並不難理解。以下五個步驟就概括了規劃時的重點:

Travel planning may not be easy, but the considerations involved in it are not hard to grasp.

Below are the five key steps to note when planning a trip:





了解自己對這趟旅行的期望、身心的限制及所需協助

Know your expectations for the trip, physical/mental limitations and assistance needed



作詳盡的資料搜集, 並逐步縮小選擇範圍, 為各心儀選項分配優先次序  
Narrow down your choices after comprehensive research and assign priorities to your preferred options

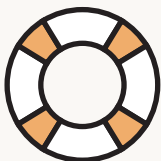


向相關團體或單位查詢, 清楚說明個人需要, 以便對方盡早知悉及安排  
Enquire and communicate your needs clearly to related groups or parties for their early attention and arrangement



為旅程關鍵部分作充足準備, 特別是航班、過關、住宿及沿路交通

Be well-prepared for critical parts of the journey, esp. flights, customs and immigration clearance, accommodation and transportation



為突發或緊急情況準備應變方案

Have a backup plan for emergency or unexpected events

此外, 指南中部分內容旁邊會附上二維碼, 方便大家獲取資訊。例如, 當大家選擇目的地時, 可能會有下列各種考慮因素, 並用到以下的參考網站。

Besides, QR codes would be attached in certain parts of the guide for your easy access to more information. For example, we may take note of the factors below to consider when selecting our destination, and make use of the reference sites attached.



天氣及溫度  
Weather &  
Temperature



習俗和禁忌  
Local Customs &  
Taboos



治安  
Public Safety



語言  
Language



交通  
Transportation



無障礙程度  
Degree of Accessibility



外遊前, 先查一查  
Check before traveling



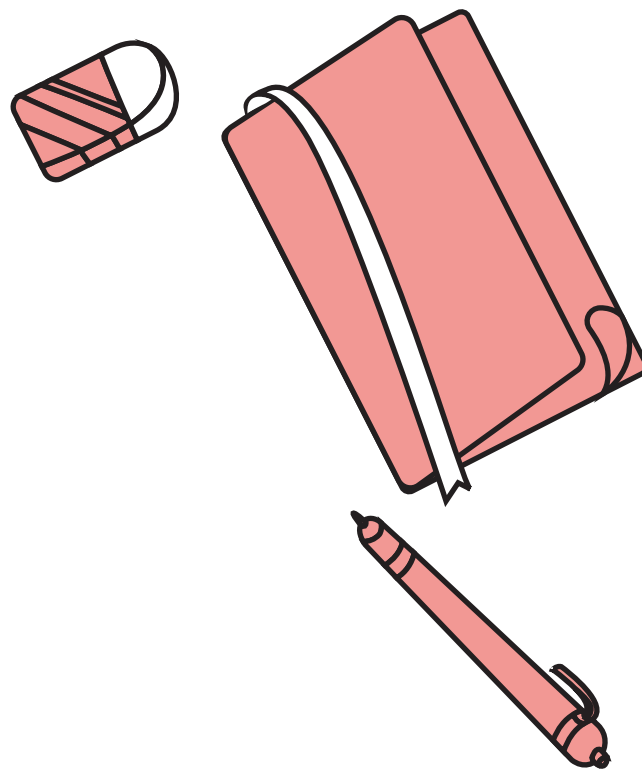
香港特區政府  
外遊警示制度



Outbound Travel Alert  
by HKSAR Gov't



準備好嗎? 齊來展開旅程吧!  
Ready? Let's get started!



# 預備篇

## Check and Prepare



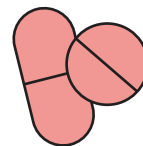


旅行前做好充足準備，才能玩得放心盡興！尤其一些與個人健康有關的重要裝備，例如行動輔具和醫療用品，未必能夠在旅途中輕易補給，就要更加留心。這一部分，我們將讓大家了解旅遊所需的準備和注意事項。

Preparation is the foundation for a fun and enjoyable trip! Do bear in mind that the supplies or substitutes for some important equipment for personal health particularly, such as mobility and medical aids, may not be easy to find abroad. This section will help you understand essential travel preparation and precautions.



輔助設備  
**Assistive device**



醫療意見及藥物  
**Medical advice & medication**



健康資訊及疫苗  
**Health news & vaccination**



旅遊保險  
**Travel insurance**



其他  
**Others**



## 輔助設備 Assistive device



### 自攜設備

#### Bring Your Own Device

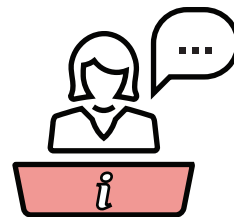


注意行程中所有海陸空交通工具有關攜帶輔助設備的規定。

Pay attention to the regulations of all sea, land, and air transportation in the journey regarding bringing assistive devices.

### 租借設備

#### Device Rental



向有信譽的旅行社或商戶查詢設備租借的費用, 清楚說明個人需求與期望, 並檢查設備是否切合實際需要和個人習慣。

Check with reputable travel agencies or shops for the cost of rental. Communicate your needs and expectations clearly. Ensure the device provided suit actual needs and your personal habits.

留意於旅途中損毀或遺失設備的風險, 預備後備方案。

Be aware of the risks of damage or loss of device, prepare backup plans.





## 醫療意見及藥物

### Medical advice & medication

向熟悉個人病歷的醫生諮詢，了解出遊的健康風險，判斷所選目的地、日數及行程是否適合。如醫生處方旅行應急藥物，應留意服用指示。如需攜帶專用藥物或輔助設備，應請醫生簽發處方或證明文件，以便需要時出示。

Consult doctors familiar with your medical history and the potential health risks of traveling to determine if the destination, duration and route are suitable for you. Pay attention to the instructions for any prescribed medications. If you need to bring special drugs or assistive devices, get a copy of your prescription or the doctor's note to present when needed.



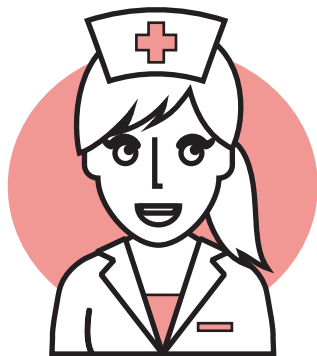
如醫生評估身體狀況不適宜旅遊，或出發前感到身體不適，不應勉強旅遊。

Do not push yourself to travel if your doctor advises against it or you feel unwell before departure.



於手提行李以藥物原本包裝攜帶所需藥物及醫療用品(如針筒及針咀)及醫生處方證明。仔細檢查藥物的有效日期是否足以應付旅程所需, 並考慮於托運行李攜帶額外份量所需藥物作為後備。列寫藥品清單, 包括所有處方藥物、旅行「平安藥」及急救用品等, 以防執拾時遺漏。

Always carry your prescribed medications and medical equipment (e.g. needles, syringes) in hand luggage. Keep them in their original packages and bring along a copy of your prescription. Check the expiry dates to ensure validity during the journey. Consider packing extra medications in your hold luggage as backup. Make a checklist of all prescriptions, travel medications and first aid supplies before packing to avoid missing any item.



留意目的地國家或地區有關旅客攜帶藥物的法規, 例如某些藥物或需要預先申報。

Pay attention to your destination's regulations for traveling with medications. Declare your medications in advance if needed.







## 健康資訊及疫苗 Health news & vaccination

查詢目的地國家或地區的健康資訊及疾病情報, 如當地有任何風土病或疫情, 建議於出發前至少兩個月約見醫生或安排旅遊健康會診。

Check the news and updates on health and disease at the country or region of destination. If there is any endemic or epidemic, consult your doctor or arrange a travel health consultation at least 2 months prior to departure.

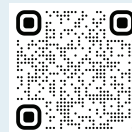
如前往健康風險較大的地區, 可先接種疫苗保障健康。

Get a vaccination if you are traveling to places with health risks.



更多旅遊健康資訊

For more travel health advice



香港特區政府  
旅遊健康服務中心



Travel Health Service by  
HKSAR Gov't



## 旅遊保險 Travel insurance

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細閱保障範圍及細則(如醫療保障、行李保障、旅程延誤或取消賠償), 確保切合個人身體狀況及需要才購買。

Read and understand its coverage and terms (e.g. medical, luggage and flight delay or cancellation coverage). Make sure it suits your medical conditions and needs before purchase.

將保險公司24小時緊急熱線儲存於手提電話, 隨身攜帶旅遊保險證明文件並預留副本給家人。

Save the all-day emergency contact number for the insurance company on your mobile phone, bring along the travel insurance certificate and share a copy of it to a family member.



## 其他 Others

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預先兌換適量的目的地貨幣及購買適用的電話數據卡, 抵達後可即時使用, 使當地行程更暢順。

For a smoother journey after landing, exchange an appropriate amount of currency for the destination and purchase a suitable phone data card beforehand.







## 外地求醫及求援貼士


### Tips on seeking medical assistance abroad

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- ✓ 熟記當地緊急救援號碼並儲存於手提電話, 以便隨時尋求協助。  
Memorize local emergency numbers and save them on your mobile phone to call for assistance.

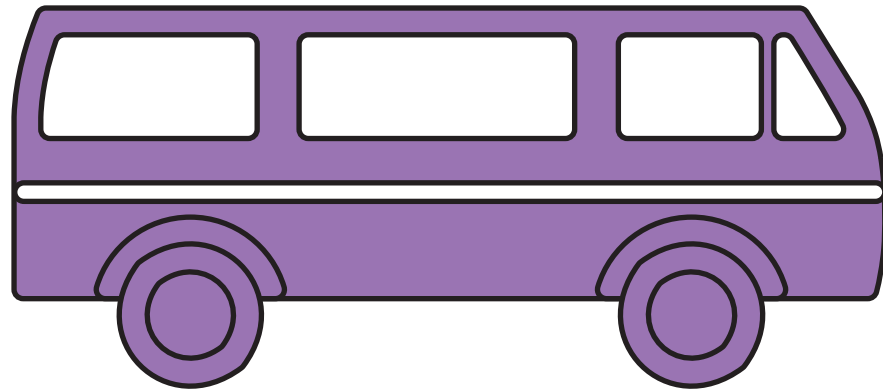
- ✓ 如有藥物過敏或慢性疾病, 求醫時應告知當地醫生, 並出示相關病歷和藥物資料。  
When seeking medical advice from local doctors, inform them with any allergy or chronic condition, and present to them your medical and prescription details.

- 
- ✓ 保留外地求醫時的藥物記錄, 如回程後有不適, 可於求醫時向醫生出示。  
Keep the prescription record if you seek medical advice while traveling. If you feel unwell after return, you may provide your doctor with those records.

- ✓ 如遇意外, 緊記向當地執法部門、醫療服務提供者或其他相關機構索取所需證明文件, 以備保險索償程序之用。  
In case of accident, ask for reports from the local law enforcement, healthcare providers or other relevant agencies for your insurance claim procedure.
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# 出發篇

## Get Set Go

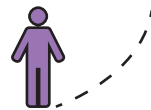




準備好行李即將出發，心情難免興奮緊張。外遊有很多需要注意的事項，特別是登機和過關等步驟，千萬不可掉以輕心！無論到甚麼地方旅行，也要盡早了解目的地旅遊規例及各項無障礙服務的安排。



Ready to go with your baggage? Feeling excited and nervous is completely natural. Still, there are several aspects to be aware of, esp. boarding, customs and immigration clearance, etc. Don't take these steps lightly! Wherever you travel, always pay attention to the travel regulations of the destination, accessibility services and details beforehand.



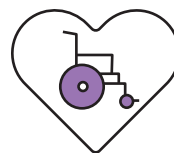
出發的路線  
**Hitting the road**



出入境安排  
**Immigration arrangements**



登機、安檢及出境  
**Check-in, security check & departure**



攜帶輪椅注意事項  
**Precautions of traveling with a wheelchair**



輪椅使用者登機及落機安排  
**Boarding & deboarding arrangements for wheelchair users**



## 出發的路線

## Hitting the road

無論是本地遊還是外遊，我們都可以預先想像由家門到景點或離境大堂的路線，搜尋各種可行的交通工具及服務，例如公共交通工具及由私人企業或非牟利機構提供的交通服務，並格外留意有關攜帶行李或輔助設備的規定。

No matter traveling locally or abroad, we can picture ourselves starting off from home, to the local spot or the departure hall. Search for available transportation and services, such as public transport and those provided by the private or non-profit sectors, while paying special attention to the regulations regarding bringing baggage or assistive device.



### 本地無障礙公共交通

For accessible public transport



香港特區政府

《殘疾人士公共交通指南》

A Guide to Public Transport  
for People with Disabilities by  
HKSAR Gov't



### 其他無障礙交通選擇

More accessible transport



香港復康會

《香港無障礙旅遊指南》



A Visitor's Guide to Accessible  
Facilities in HK by The Hong  
Kong Society for Rehabilitation

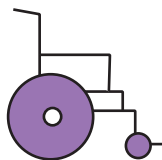




## 出入境安排 Immigration arrangements

於預訂機票時與航空公司溝通, 說明個人所需的協助及服務, 並於起飛前至少72小時向航空公司再次確認有關需要。如果計劃獨自出行, 更須特別留意。

Communicate with the airline company of the assistance and services you would need as early as you book the flight. Reconfirm your needs at least 72 hours prior to the flight departure time. Pay extra attention to this step if you plan to fly on your own.



如計劃攜帶服務犬, 應預早半年查詢本地及目的地出入境要求, 為犬隻辦妥健康證明文件、接種疫苗等。並留意航空公司規定, 例如服務犬體型限制及犬隻在機上的行為規定等。

When planning to travel with a service dog, request for the entry and exit arrangements at least six months in advance to prepare health certificates and complete necessary vaccination for the dog. Pay attention to specific policy of the airline, such as regulations on its size and behavior.



## 登機、安檢及出境

### Check-in, security check & departure

預留充足時間，於預定登機時間前至少180分鐘抵達機場，以便辦理所需手續。帶備「殘疾人士登記證」或醫生證明文件備用，如有需要可出示。

Arrive at the airport at least 180 minutes prior to the scheduled departure time for completing the required procedures. Bring along your “Registration Card for People with Disabilities” or the doctor’s note to present when needed.

如有需要，可要求航空公司職員陪同至登機閘，並協助隨時獲悉航班變動資訊。

Ask for an escort to the boarding gate and help in receiving updates on flight information if needed.



#### 機場的有用資訊

Useful information at the airport



香港國際機場  
旅客指南



Passenger Guide  
by Hong Kong  
Int'l Airport



計劃搭飛機前，先閱覽

Read before planning your flight



平等機會委員會  
《香港無障礙航空簡易指引》



Easy-to-Read Guide for  
Accessible Air Travel in  
Hong Kong by Equal  
Opportunities Commission







## 攜帶輪椅注意事項

### Precautions of traveling with a wheelchair

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選用航空公司時, 先查詢及了解為輪椅使用者提供的服務及任何額外費用。帶備輪椅使用手冊及後備電池(如適用), 以便航空公司了解如何托運相關物品。

Study and clarify related policy and potential charges on wheelchair assistance before choosing an airline. Bring the wheelchair manual and a spare battery with you (if applicable), so that the airline knows how to handle these items properly as checked baggage.

大部分電動輪椅可存放於航機貨艙, 而以鋰離子電池驅動的輪椅或行動輔具只能以行李托運方式運送。

Most powered wheelchairs could be stowed in the cargo area of a plane, while lithium-ion battery-powered wheelchairs or mobility aids must be carried as checked baggage.



留意及了解目的地海關條例有關電動輪椅的規管, 例如目的地海關有機會要求電動輪椅須剪斷所有電線才可托運。

Pay attention to the destination's customs requirements regarding powered wheelchairs. The customs may require all wire of a powered wheelchair be cut before transporting as checked baggage.

預先收集目的地的輪椅維修服務資訊。抵達後如發現輪椅於托運途中損毀, 應立即通知航空公司。

To play safe, look up information on wheelchair repair services at destinations in case of device damage. Report immediately to the airline if any damage occurs during transport.



攜帶輪椅旅行, 可參考

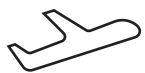
For traveling with a wheelchair



香港特區政府  
攜帶由電池驅動的  
代步工具(例如輪椅)的規定



Provisions for Battery-powered  
Mobility Aids (e.g. wheelchair)  
Carried by Passengers by  
HKSAR Gov't



## 輪椅使用者登機及落機安排

### Boarding & deboarding arrangements for wheelchair users

機場服務人員會使用機場輪椅協助旅客從離境大堂前往登機。

Airport staff will assist wheelchair passengers to transfer from the departure hall to boarding with airport wheelchairs.

旅客可與一位陪同者經由特別通道辦理安檢及離境手續，服務人員將全程提供協助。

The passenger is allowed to go through security check and immigration via the dedicated channel with one companion, assisted by the staff.

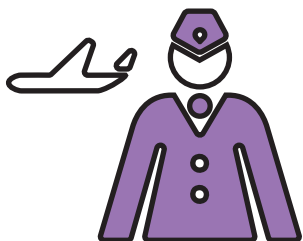
安檢時旅客須通過金屬探測儀器，如體內有植入金屬，可出示醫療證明。

The passenger must pass through the metal detector during the security check. Present the doctor's note if you have a metal implant.



使用無障礙服務的旅客將獲安排優先登機，空服人員會用機艙專用輪椅協助輪椅旅客前往座位。

Passengers using accessibility services will get priority boarding. Flight attendants will assist them to their seats with cabin wheelchairs.



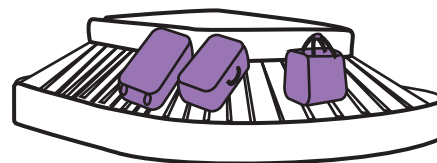
航機降落後，待其他乘客離開機艙，輪椅旅客將於協助下離開機艙。

After landing and other passengers deboarded, the passenger will be assisted to leave the plane.



作為行李托運的輪椅會被運送至行李輸送區，或由工作人員代取至機艙門口讓旅客使用。


Wheelchairs as checked baggage will be transported to the baggage reclaim area, or be picked up by staff for the passenger to use at the cabin door.




機場服務人員將協助旅客及一位陪同者經由特別通道過關。

The passenger will be assisted by airport staff to go through customs via the dedicated channel with one companion.




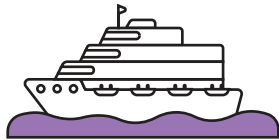


大家現已初步了解旅行的基本規劃和準備,即使是參加郵輪旅程或旅行團,亦可應用同樣的方法,因應自己的需要和期望,恰當規劃和掌握旅程的細節,讓旅程順利稱心!



Now that you have learned the basics for accessible travel planning and preparations, the same practices can also apply to cruise trips or package tours. Master the details of the trip and align them with your needs and expectations for a smooth and satisfying trip!

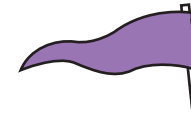
**郵輪旅程**  
**Cruise Trip**



於登船前30天聯絡郵輪公司,以便辦理優先登船手續或安排無障礙房間。

Contact the cruise company 30 days prior to the trip to arrange early boarding or accessible room.

**旅行團**  
**Package Tour**



選擇具相關無障礙旅遊經驗的旅行社及導遊,及早溝通自己的需要。





Choose from agencies and guides specialized in barrier-free travel, and communicate your needs early.



# 食住行

## Eat Stay Travel





選擇好目的地之後, 最重要的當然是把住宿、飲食和交通安排妥當。我們可深入搜尋及對比不同來源的資料, 以獲得較客觀的看法; 並從外到內、循序漸進地考慮各個選擇是否符合自己心目中的標準。

Having decided the destination, it is, of course, most important to choose the right place to stay and eat as well as the right way to go around. We may search and compare materials from different sources to gain an objective view, and consider each choice thoroughly step by step, from outside to inside, to see if it meets our own criteria.



住宿  
**Accommodation**



用餐  
**Dining & restaurants**



交通  
**Transportation**



搜尋台灣無障礙客房  
Accessible rooms  
in Taiwan



台灣交通部觀光局旅宿網  
Taiwanstay.net.tw by  
Taiwan Tourism Bureau



# 住宿

## Accommodation

選擇酒店時, 考慮位置、設施及房間配置等細節:

When choosing a hotel, consider details such as the location, facilities and room configurations:

### 交通便利程度

#### Level of traffic convenience

是否鄰近鐵路站、巴士總站及中轉站? 酒店的上落客區或訪客停車位置是否便利?

Is it close to subway station, bus terminal or interchange station? Is the pick-up/drop-off point or visitor parking space at the hotel convenient?

### 酒店公共設施

#### Public facilities at hotel

酒店的公共設施如接待處等是否有無障礙設計?

Are the hotel's public facilities such as the reception desk designed with accessibility?

### 周邊環境

#### Surroundings

附近的行人路、配套設施如食肆、診所和便利店等是否暢通易達?

Are the nearby pavements and supporting facilities, e.g. restaurants, clinics and convenience stores, accessible?

### 酒店入口

#### Hotel entrance

主要出入口及大堂通道是否寬闊, 足夠輪椅及行李通過? 是否容許服務犬進入?

Are the passages of the main entrance and lobby wide enough for wheelchairs and baggage to pass? Are service dogs allowed?







## 升降機 Elevator

升降機按鈕的高度是否能讓輪椅使用者伸手可及？是否設有點字按鈕及聲響系統？

Are the buttons reachable for wheelchair users? Do they have braille buttons and the sound system?

## 走火通道及逃生設施 Fire exit & evacuation facilities

樓層是否設有臨時庇護處？逃生路線是否指示清晰？

Is there a temporary shelter on your floor? Is the escape route clearly instructed?

## 無障礙客房

### Accessible guest rooms

往客房的通道、房門是否暢通易達？設備如防盜眼、燈光開關等的高度是否適合？

Are passages to hotel room entrance and doors easily accessible? Are the heights of door viewer and light switches suitable?

浴室及洗手間的門是否易於開關和上鎖？是否設有扶手、緊急按鈕及火警閃燈系統？

Are the doors of bathroom and toilet easy to open and lock? Are they equipped with handles, a panic button and visual fire alarm system?

部分預訂網站雖然有酒店無障礙設施的資料，及可在預訂時輸入特別要求，但建議大家與酒店直接聯絡、詳細了解酒店的環境及溝通個人需要。

Although some booking websites have information on the hotels' barrier-free facilities and can fill in special requests while booking online, it is best to contact the hotel directly to know of its environment in detail and communicate your needs.



## 用餐

### Dining & restaurants

我們可參考網上找到的無障礙餐廳資訊及評語，但需注意餐飲行業的變動較頻繁，各途徑所提供的資訊未必能面面俱到。如果要了解餐廳的最新資訊，建議大家可直接聯絡查詢。

We may take reference from the information and comments on different barrier-free restaurants researched online, but do take note that frequent changes in the catering industry may lead to inaccurate information. We may contact the restaurants directly for most updated details.



本地遊的一站式參考指南

A one-stop guide for local tours



香港復康會  
無障礙旅遊指南 (應用程式)



Access Guide (App) by  
The Hong Kong  
Society for Rehabilitation



本地無障礙餐廳也有很多選擇

A variety of accessible local  
restaurants



香港傷殘青年協會  
《無障礙飲食Guide》



Barrier-free Restaurants Guide by  
Hong Kong Federation of  
Handicapped Youth



挑選餐廳時, 考慮以下各方面, 以查看餐廳是否切合自己的無障礙需要:

When choosing restaurants, consider the following to see if the restaurants meet your accessibility needs:

### 餐廳位置

#### Location

建築物及附近行人通道是否暢通易達?

Are the building and nearby pavement accessible?

### 出入口

#### Entrance/Exit

如有梯級, 梯級旁邊是否設有斜道?

Is there a ramp next to the stairs?

### 座位安排

#### Seating

是否有非固定座椅或足夠的桌下空間停泊輪椅?

Are there non-fixed seats or is there enough space under the table to allow a wheelchair?

### 洗手間

#### Toilet

餐廳內或附近是否設有暢通易達洗手間?

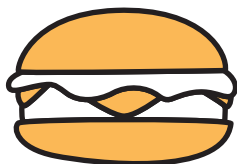
Is there accessible toilet inside or near the restaurant?

### 服務

#### Service

餐廳是否能照顧客人特別的膳食需要?

Does the restaurant cater to customers with special dietary needs?





# 交通 Transportation

規劃旅程時, 應衡量各種交通工具的無障礙及方便程度, 選擇合適的方案:

While route planning, assess the level of accessibility and convenience in different transport options to pick a suitable plan:

## 上下車

### Getting on & off

車站出入口是否備有有斜台/升降機, 和較寬闊的閘機? 是否容許服務犬出入?

Are there ramps/elevators, and wider gates at the entrance and exit of the station? Are service dogs allowed?

## 乘客資訊系統

### Passenger information system

是否設有觸覺引路徑/觸覺車站平面圖、報站系統廣播及顯示?

Are there tactile guide paths/maps and audio/video announcement system?

## 車廂設計

### Compartment

車廂是否有低地台設計、輪椅專用座、專用安全帶及優先座?

Does the compartment have low-deck design, wheelchair accessible seating, specialized safety belts and priority seats?

## 手機應用程式

### Mobile app

交通工具的手機應用程式是否提供有用的資訊, 如班次、車站無障礙設施等?

Do the transport apps provide useful information, e.g. shifts, barrier-free facilities at stations?





## 無障礙交通工具選擇

### Barrier-free transportation options




#### 復康交通工具 Rehab vehicles

#### 無障礙的士／計程車 Barrier-free taxis

#### 無障礙專車接送 Barrier-free vehicles for hire

可事先預約，並提供點對點接送服務

Providing point-to-point transport service. Available for booking.



一般對乘客的殘疾類別和使用目的有限制，常用於輪椅使用者就醫，不建議用作旅遊。

Normally has restrictions on the types of disabilities and intended use. Mainly for wheelchair users to attend medical appointments. Not recommended for travel purpose.

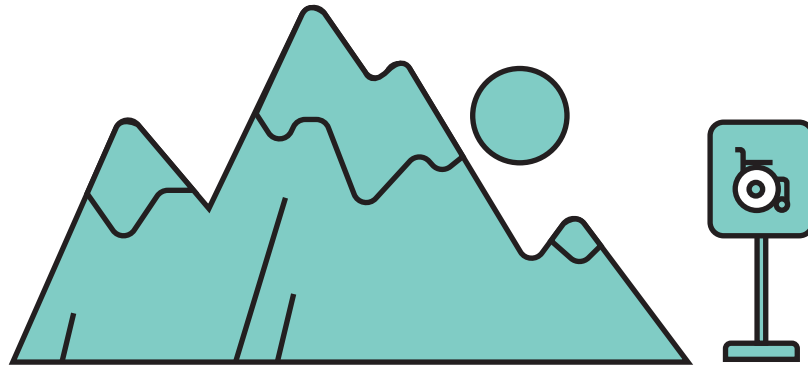
車廂設計能容納輪椅，一般依的士／計程車跳表收費，主要提供接送服務。

Compartment specially designed for wheelchair. Fares vary by distance and time measured by taxi meter. Mainly provide pick-up and drop-off service.

一般以使用時長計算，可提供全日接送，配合使用者的需要量身訂造，服務品質、靈活度及費用或較高。





Fares vary by duration of hire. Can provide all-day and customized service. The quality of service, flexibility and charge may be higher.

# 玩樂遊



**Explore and Experience**





規劃旅程時, 我們總會發現一些心儀的景點, 即使未能全面滿足無障礙的需要, 我們也可因應其環境調整遊覽方式, 並在行程預留可改動的空間, 探索旅行不一樣的可能性! 我們預備了一個小遊戲, 邀請大家一同經歷這段旅程。

When planning the trip, quite often we may find that our desired places to visit are not well-designed for accessibility. Yet, by adjusting our approach to visit and ensuring flexibility in the itinerary, we may be able to explore different possibilities! We have prepared a mini game, inviting you to experience this journey together.

### 小遊戲 Mini game



郊區景點

**Countryside attractions**



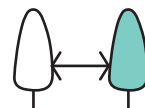
市區景點

**City spots**



景點選擇及安排

**Selection of attractions & arrangements**



景點密度及距離

**Distance & density of attractions**

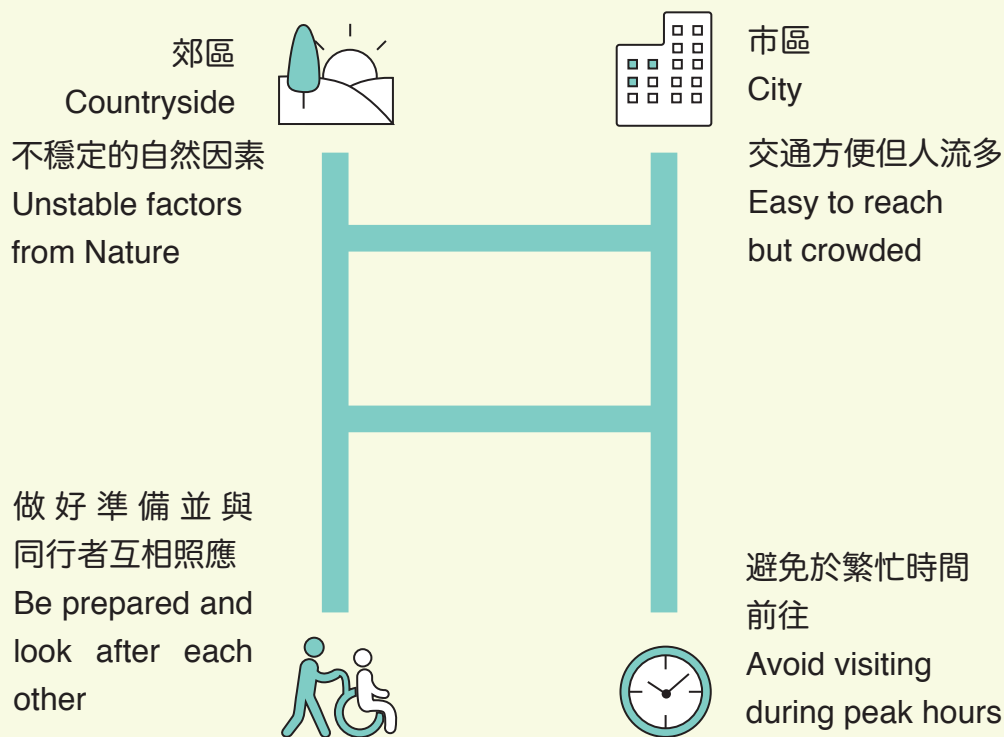


體力要求

**Physical requirement**

玩法：從上方選擇起點出發往下走，遇到橫線時須轉向，進入另一條直線繼續往下，直至到達下方的終點。看看這些路線會把你帶到甚麼目的地吧！

How to play: Choose a starting point from the top and go down. Turn when you meet a horizontal line, and keep going down as soon as you meet another vertical line. Repeat the steps until you reach a destination at the bottom. Let's see where these lines will take you to!



旅行就像這個遊戲，我們會在途中會遇到不少曲折，但只要抱著平常心做好準備及隨機應變，總會在旅程完結時有所體驗及收穫。

Traveling is like this game. We would encounter twists and turns along the way, but as long as we are well-prepared and adaptable, we will be able to gain something from the experience in the end.





## 郊區景點

## Countryside attractions

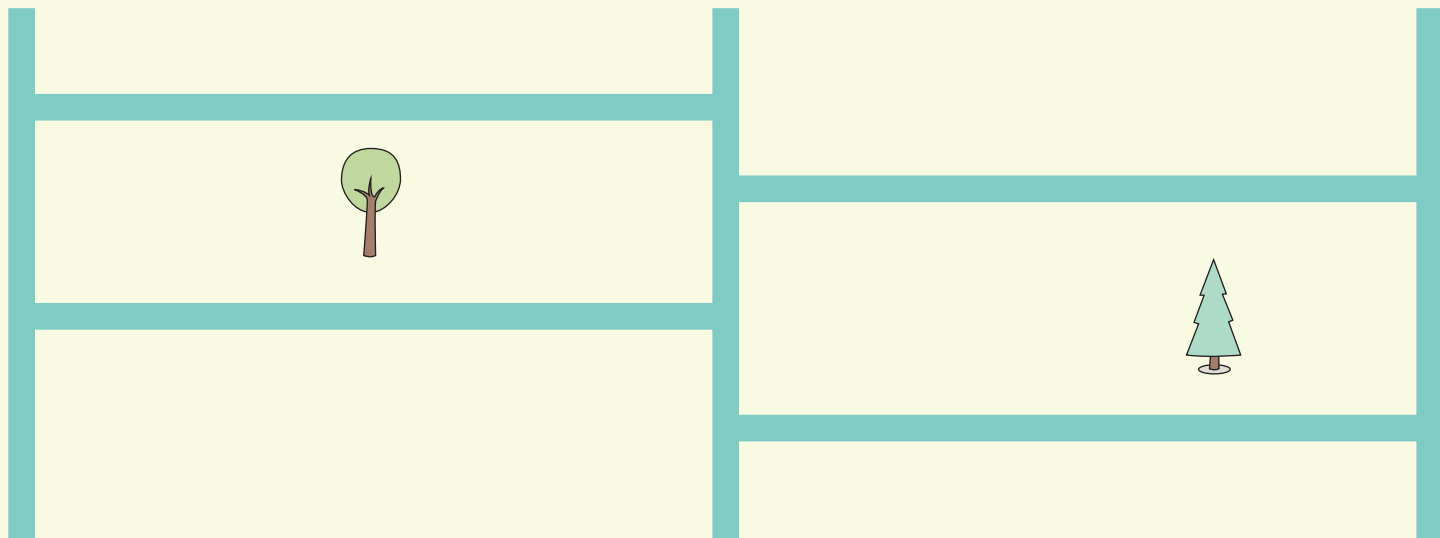


郊區景點寬廣及偏僻  
Countryside attractions  
are large and remote



預先下載景點地圖及  
聲音導航應用程式  
Download maps and  
voice navigation  
apps beforehand

一些古蹟或古建築未必  
暢通易達  
Some historic spots and  
buildings may not have  
barrier-free access



可選擇在外圍觀光及  
拍照留念  
May go sightseeing  
and take photos  
from distance



預留時間前往暢通  
易達洗手間  
Reserve time to go  
from current  
location to  
accessible toilet

時刻確認自己及景點  
遊客中心的位置  
Always mind the  
location of yourself  
and the tourist center

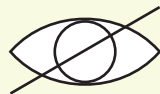




## 市區景點 City spots

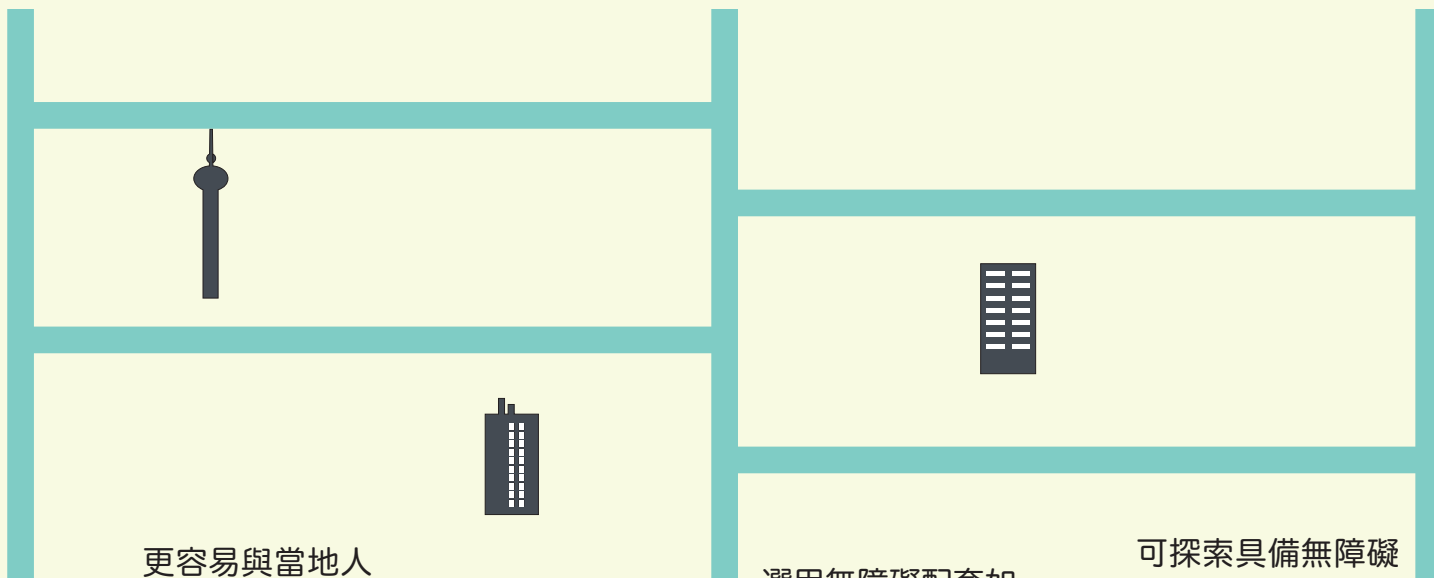


市區景點及通道人多擠逼  
City spots and their passages are usually crowded and jammed



一些傳統藝術類景點未必適合  
Traditional art form may not be suitable

預先下載當地語言翻譯應用程式  
Download translation apps beforehand



更容易與當地人互動及溝通  
To interact and communicate with locals more easily



選用無障礙配套如升降機及斜道  
Use barrier-free facilities such as elevator and ramp

可探索具備無障礙元素的遊覽設施如觸感藝術  
Explore inclusive art forms such as tactile art





## 景點選擇及安排

### Selection of attractions & arrangements

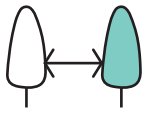
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選擇無障礙設施較完善和有無障礙交通接駁的景點。景點附近宜有適合的用餐或休息場所，並與對方作好事前聯絡及安排。

Choose attractions with more well-developed barrier-free facilities, and accessible by barrier-free transportation. The attractions should have proper places for rest and dining nearby. Contact and arrange with the spots before your visit.

另外應注意到訪時的天氣或時間，適當安排戶外或室內景點。如陽光猛烈時，宜留在有遮掩的地方。如遇上颱風或暴雨，亦不應到戶外。

In addition, pay attention to the weather and time when arranging for outdoor and indoor attractions. If the sun is too bright, stay under the shade; if a storm comes, do not go out.



## 景點密度及距離

### Distance & density of attractions

---

安排於同一日到訪距離較近的景點，避免過於頻繁的交通轉換，亦應注意景點之間的步行距離。

Arrange to visit attractions close to each other on the same day to avoid frequent transit, and pay attention to the walking distance between adjacent attractions.

在景點和景點之間預留休息時間或自由活動時間。

Arrange breaks or free time between attractions.



## 體力要求

### Physical requirement

---

留意景點及活動所需體力要求，避免同一日安排體力要求較高的活動和緊密的行程，例如遠足後再去逛夜市等。

Pay attention to the energy required for the visits and activities. Avoid arranging physically demanding activities with an intensive schedule on the same day, such as visiting the night market after hiking.

視乎體力所及，隨時調整行程，靈活增減景點或活動。

Adjust the planned itinerary flexibly by adding or removing activities and attractions, according to your energy level.



現時不少先進國家及地區都設有無障礙旅遊網站, 介紹當地無障礙設施較完善的景點。我們選取了一些香港及熱門旅遊國家及地區的無障礙旅遊資訊網站, 供大家參考。

Many developed countries and regions have accessible tourism websites nowadays, introducing local attractions with more developed barrier-free facilities. We have chosen some accessible tourism websites from Hong Kong and popular tourist countries and regions for your reference.

只提供中文版 Chinese version only



香港傷殘青年協會  
《無障礙去街Guide》



無障礙資訊網  
Freeguider



新加坡旅遊局



台灣交通部觀光局



Singapore  
Tourism Board



Taiwan Tourism Bureau



European Network for  
Accessible Tourism



日本無障礙旅遊中心



Japan Accessible  
Tourism Centre

只提供英文版 English version only

## 結語

## Epilogue



**Kevin**

香港傷健協會教練  
HKPHAB Coach

希望這本指南將有助大家規劃及安排旅程。如當中內容有不足之處，請大家多多包涵！ 😊

Hope you find our guide useful for your trip planning. Please accept our apologies for any shortcomings in the content!



**Kenny**

香港傷健協會教練  
HKPHAB Coach



**Alice**

聯校學生組長  
Joint-U Student  
Group Leader

無障礙的旅遊服務要由使用者體驗、倡導，才會變得更貼近大家的真實需要。我們期待各地有更多共融設施及服務，讓無障礙旅遊更加普及！ 😎

Through user's experience and advocacy will accessible tourism become more suited to the actual needs of everyone. We look forward to a more inclusive and accessible world where barrier-free travel becomes more popular!



**Nicole**

聯校學生組長  
Joint-U Student  
Group Leader



**Don**

聯校學生組長  
Joint-U Student  
Group Leader

祝大家有個愉快的旅程！ 😊

Wish you a pleasant journey!



## 參與院校及同學

## Participating Universities and Students



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



香港科技大學  
THE HONG KONG UNIVERSITY OF  
SCIENCE AND TECHNOLOGY

Unit for Students with  
Special Educational Needs



Counseling and  
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**平面設計**  
**Graphic Design**

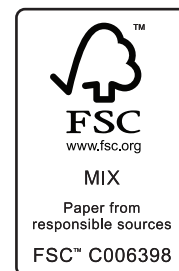
方心怡  
Cynthia Fong

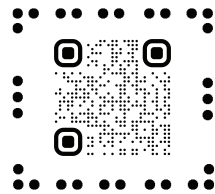
**點字設計及**  
**電子版輔助功能檢查**  
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