



殘奧會疫下舉行 推動社會更包容

Paralympic Games held under pandemic to drive social inclusion

原文

下文摘錄自香港《文匯報》8月23日：東京殘奧會（Tokyo Paralympic Games）明日（8月24日）便將揭幕，讓東京成為歷來首個二度舉辦殘奧的城市。舉辦殘奧會的理念，是要推動社會更多元（diverse）、更包容（inclusive），若將半個世紀前，東京首次上演殘奧的情形，與今日的社會對比，便更能體現殘奧如何促使社會進步；有專家同時提到，殘奧會在疫情下舉行，相信可鋪路社會各界在疫情後復甦時，對殘障人士變得更包容（tolerant）。

殘疾人奧運會首次登場是於1960年的意大利（Italy）羅馬（Rome），東京在1964年接力舉行，經過多年發展，在東京第二次主辦之時，殘奧會的地位已變得無可取代（irreplaceable）。

如日本殘奧會（Paralympians Association of Japan）副主席田口亞希（Aki Taguchi）提到，東京在第一次舉辦殘奧時，大部分人都未曾聽過「殘奧會」一詞，不過當時仍獲不少媒體報道，全國各地舉辦籌款（fundraising），參與殘奧的健兒甚至獲邀前往皇居（Imperial Palace）。她形容當時殘疾人士甚少外出，亦沒有就業，因此殘奧會如同「催化劑」（catalyst），提升社會意識（social awareness），讓殘疾人士毋須再倚賴外界援助過活，而是獨立生活及工作。今屆殘奧便收到大量商業贊助，亦會在不少電視節目中播放。

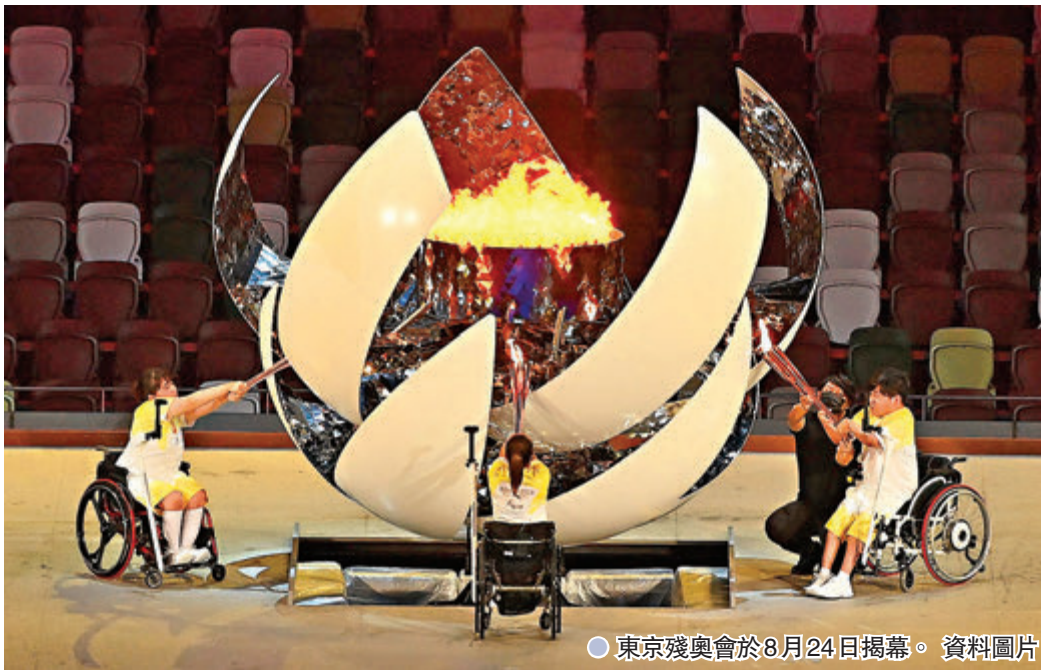
田口亞希本身也是殘奧會選手，她在25歲時開始坐上輪椅（wheelchair），在朋友鼓勵下開始接觸射擊（shooting）。她形容起初覺得自己什麼都不能

做、沒有未來，直至參與射擊訓練，才察覺「自己為自己設下的界限開始消失」。此後田口陸續參與2004年雅典（Athens）、2008年北京（Beijing）及2012年倫敦（London）的殘奧，退役後亦持續參與社會工作，改善殘疾人士待遇及提升社會意識。

日本同時是人口老化（aging）最嚴重的國家之一，意味為行動不便人士消除社會障礙來得更為重要。田口提醒，發展過程中必須讓殘疾人士參與，同時在改善基建（infrastructure）、消除「硬障礙」（“hard barriers”）之餘，亦需要消除「軟障礙」（“soft barriers”），雖然能就業（employment）的殘疾人士已錄得升幅，不過目標是在今屆東奧結束後，殘疾人士就業的數字可繼續增長。

推廣殘障人士就業組織The Valuable 500的創辦人凱西（Caroline Casey），同樣認為殘奧是讓社會繼續挑戰現有「包容」（inclusivity）概念的時刻，尤其是在新冠疫情影响下，殘疾人士面臨的不平等（inequity）和不公義（injustice）暴露無遺，如例行的覆診被取消等，故此刻舉行殘奧便來得更重要。但凱西認為，從另一個角度來看，疫情仍帶來「一線曙光」，打破過往職場上不少既有限制，如讓殘疾人士在家工作。

凱西提到，在2012年倫敦殘奧後，殘疾人士的就業數字隨即有增長，因此在疫情過後復甦（recover）之時，商界更不應放棄行動不便人士、放棄全球15%至20%人口、放棄價值約13萬億美元（約101萬億港元）的消費力（spending power）。



●東京殘奧會於8月24日揭幕。資料圖片

Q&A

1. 殘奧會的標誌是什麼？
2. 殘奧會的三色標誌象徵着人類最重要的哪三個構成要素？
3. 東京殘奧會的主場館位於哪裏？
4. 本屆殘奧會有哪兩項新增比賽項目？
5. 本屆殘奧會有超過多少個國家或地區參與？

Answer
1. "Spirit in Motion" 2. 心靈 (mind)、身體 (body)、精神 (spirit) 3. 新國立競技場 (New National Stadium) 4. 羽毛球、跆拳道 5. 160個國家

譯文

The Tokyo Paralympic Games will take place starting from 24 August, making Tokyo the first city in history to host the event twice. The Paralympic Games aim at promoting a more diverse and inclusive society. If the social situation of which the games were first staged in Tokyo half a century ago is to be compared with the society today, it would better reflect how the games contribute to social progress. Meanwhile, some experts mentioned that the games held during the pandemic would help pave the way for people from all walks of life to become more tolerant of people with disabilities in the recovery period after the epidemic.

The Paralympic Games were first held in Rome, Italy in 1960, and then

hosted by Tokyo in 1964 after that. After years of development, when Tokyo hosts the event for the second time, the games occupy a very important and irreplaceable position.

Ms. Aki Taguchi, Vice President of the Paralympians Association of Japan, said that when Tokyo hosted the Paralympic Games for the first time, the majority of people had never heard of the term "Paralympics." Yet, the games had gained a great deal of media coverage with lots of nationwide fundraising activities, and para-athletes were even invited to the Imperial Palace. She described that at that time disabled people would rarely hang out and get employed, so that the games had acted as a "catalyst" to help raise social awareness, allowing disabled people to live and work independently instead of relying on external assistance. While

the Paralympic Games this year has secured a great amount of commercial sponsorships and will be broadcasted on TV extensively.

Ms. Aki Taguchi, also a para-athlete before, has been a wheelchair user since the age of 25 and started practicing clay target shooting with encouragement of her friends. She described that she felt as she couldn't do anything and didn't have a future at first. After taking part in some shooting training sessions, she eventually realized that the boundaries she had set around herself began to disappear. She successfully qualified for Athens 2004 Paralympic Games, and went on to participate in Beijing in 2008 and London in 2012, and has been striving to improve accessibility for the disabled and help raise social awareness after her retirement.

As Japan is one of the world's fast-

est-aging societies, removing barriers for people with disabilities would be increasingly important for the country. Ms. Taguchi said that the disabled should be engaged in developing barrier-free systems, and aside from improving infrastructure and eliminating "hard barriers", it would be equally important to remove "soft barriers". Although the number of disabled people getting employed has increased, it would be ideal to see greater employment of all people with an impairment continuing after the Tokyo 2020 Games.

Caroline Casey, founder of The Valuable 500 that promotes employment for the disabled, believed that the Paralympic Games presented a great moment for the society to challenge the perceptions of "inclusivity", especially during the coronavirus pandemic in

which gross inequity and injustice faced by the disabled were fully exposed, such as having their routine follow-up consultation being cancelled. Against this backdrop, the Tokyo 2020 Games has become particularly important. Yet, from another perspective, she said that the pandemic might also bring in a "glimmer of light" in breaking the existing barriers in workplace, such as allowing the disabled to work from home.

Casey mentioned that the employment among workers with disabilities rose after the London 2012 Paralympics. Therefore, since all societies would have to recover from this pandemic, the business sector should never give up people with disabilities - a value of 15% to 20% of the global population and a spending power of US\$13 trillion (approximately HK \$101 trillion).

美貌令千艦出征「牛油臉」意指醜陋

恒 大英萃

隔星期一見報

新學年，新景象！所謂「新」，其實只是恢復以往一貫的授課模式：face to face! Let's face it! (實話實說吧！) 今天就來談談面子、學學英文。

過去一年多，不少同學（或同工）都習慣問：F2F (face-to-face) or online? (面授還是網上進行?) 網上教學當然有箇中之妙，但有時有感跟空氣對話叫人沮喪：It's like talking until I'm blue in the face! 任憑我磨破嘴皮，亦未能立時了解同學們明白與否。Blue in the face就是滔滔不絕但對方仍不為所動，英文會以blue（藍色）去描寫氣絕似的面容發紫、呼吸不來。

色彩繽紛的口罩之下，個個都是「口罩先生／小姐」。雙眼炯炯有神，臉上留下大片想像空間。保護裝備一卸下，是驚為天人，還是驚慌失措？若不欲過分直接說You look ugly, 可考慮You have a face for radio. 表面上好像推薦別人加入電台行列，

但其實是挖苦對方其貌不揚，「樣貌協會」的工作應該不是他那杯茶吧。

真的看對方不順眼嗎？來一句重重的：You have a face that only a mother could love! 這並非形容一眾「媽寶」（mama's boy），而是重拳出擊，搬出娘親去攻擊對方犖頭鼠目，醜得只有盲目母愛才勉強會愛的臉。

話不想說得太盡，但又看對方不順眼？來一句：You have a face like a bag of spanners! 取自spanner（用來轉動螺栓的扳手）那硬生生、有的甚至呈生鏽狀，形容對方長得像「土巴拿」般，慘不忍睹。

那長得像牛油般又如何？小心！A butterface似褒實貶。這說法源自but her face連貫地說成為butterface。原句乃Everything is pretty but her face，形容女生萬事俱備，卻只欠美貌。

那貌美如花又如何形容？A face that launched a thousand ships! 傾國傾城、美若天仙是也。這「使千艘戰艦齊發的容貌」片語，原指希臘神話中至高無上天神宙斯（Zeus）的女兒

Helen，從鵝蛋中出生的她在16歲時被迫嫁給斯巴達國王，後來特洛伊（Troy）王子拐走Helen，國王大怒，率領希臘聯軍及一千艘船艦出征，引發了維持十年的特洛伊戰爭（Trojan War）。

聽到You've got a face that would stop a clock（擁有一張叫時間停頓的臉）是喜是悲？那要看上文下理。這片語可褒可貶：He's blessed with a brain but cursed with a face that would stop the clock.（上天賜予他聰敏，卻給他長個尖嘴猴腮。）聽罷如此lose face（失威面子）的說法，不就是have egg on your face（丟盡顏面）吧！亦叫人pull / wear / draw a long face（哭喪着臉、愁眉苦臉），甚至have a face like thunder（暴跳如雷）。

相反地：She walked down the street with a face that could stop a clock; everyone stared to admire her beauty!（她秀色可餐得叫街上途人駐足欣賞。）那就是給你臉上貼金、save face（保全面子）是也。

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趣談英語

逢星期一見報

BRITISH COUNCIL

LearnEnglish Teens

Reading skills practice: About the Earth

Look at the quiz and answer the questions to practise and improve your reading skills.

Preparation

Match the words.

- | | | | |
|----------------|-------------|--------------|----------------|
| 1. ocean | 2. desert | 3. waterfall | 4. volcano |
| 5. mountain | 6. river | 7. wind | 8. temperature |
| a. deserto | b. montanha | c.oceano | d.río |
| e. temperatura | f. vulcão | g. cascata | h.vento |



Check your knowledge: Earth quiz

What do you know about planet Earth? Read the questions and circle the correct answer.

EXTREME WORLD QUIZ

What do you know about planet Earth?

- The coldest continent on Earth has a recorded temperature of -89 °C. Brrrrr, that's freezing cold! Where is it?
A. Asia B. Antarctica C.America
- In the driest place in the world it rains 1 mm every year. Where is it?
A. The Sahara Desert in Africa B. The Gobi Desert in Asia C. The Atacama Desert in Chile
- The highest inhabited place in the world is 4,900m above sea level. Where is it?
A. Tibet B. India C. Holland
- In the warmest sea in the world the average temperature is 22 °C. Mmmm, perfect for swimming. Which sea is it?
A. The Mediterranean Sea B. The Red Sea C. The Black Sea
- The largest ocean in the world is 165 million square km. Which ocean is it?
A. The Pacific B. The Atlantic C. The Indian
- The highest mountain on Earth is 8,850m high. That's a long way to climb to the top! Which mountain is it?
A. Mont Blanc in the Alps B. Mount Everest in the Himalayas C. Mount Kenya in Kenya

Answers Preparation 1. c; 2. a; 3. g; 4. f; 5. b; 6. d; 7. h; 8. e Earth quiz 1. B; 2. C; 3. A; 4. A; 5. A; 6. B

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