

**283\_536\_Stay Socially Connected - The Key to Happiness (保持社交聯繫 - 幸福的關鍵)**

TOTAL DURATION: 00:08:30

Time in	Time out	Transcription	Translation
00:00:15	00:01:15	<p>Charmaine: 大家好，歡迎來到 Speak My Language 母語講故事這個節目。這個節目是由不同的民族社區人士一起分享如何令到殘疾人士生活得更好。我是 Charmaine，我是 Ethnic Community Council of Victoria, ECCV 任職，在我們的訪問入面，我們會了解到在我們族群入面的殘疾人士如何透過他們的個人技能同社會資源，令到他們生活更好。我們會請來殘疾人士分享他們真實的故事以及生活的小秘訣，另外我們都會請不同的嘉賓分享，在社區入面的一些活動，資源，機會等等，希望這些資訊可以幫助殘疾人士生活得更好。我們今日請嚟的嘉賓是 Tony，他會跟你分享去參加 Vision Australia 籌辦的 Telelink 活動，入面的經過以及他的得著。歡迎你 Tony，多謝你接受 Speak My Language 的訪問。</p>	<p>Charmaine: Hello everyone, welcome to Speak My Language. This podcast is about people from different ethnic communities sharing how to make people with disabilities live better. My name is Charmaine, and I work for the Ethnic Communities' Council of Victoria, ECCV. During our interviews, we learn how people with disabilities in our community use their personal skills and social resources to make their lives better. We invite people with disabilities to share their real stories and life tips. In addition, we ask different guests to share some activities, resources, opportunities, etc. in the community. We hope this information can help people with disabilities live better. Our guest today is Tony. He will share with you his experience of participating in the Telelink event organised by Vision Australia and what he learned from it. Welcome, Tony, thank you for accepting the interview with Speak My Language!</p>
00:01:15	00:01:19	<p>Tony: 大家好，我叫 Tony。</p>	<p>Tony: Hi everyone, my name is Tony.</p>
00:01:19	00:01:22	<p>Charmaine: 你好，Tony，你可不可以先介紹一下你自己？</p>	<p>Charmaine: Hello, Tony, could you please first introduce yourself?</p>
00:01:22	00:01:46	<p>Tony: 我是一名有視力障礙的人士，透過這個 Vision Australia 參加了這個 Group，令到我好快樂。</p>	<p>Tony: I am a visually impaired person, and I am very happy to have joined this group through Vision Australia.</p>
00:01:46	00:02:04	<p>Charmaine: 其實我知道你今日是想跟我分享一下，你參加了 Vision Australia 舉辦的一個叫 Telelink 的 Group，令到你可以跟其他州的朋友可以互相聯繫聊天。你可不可以跟我分享一下其實這個是一個甚麼的平台？</p>	<p>Charmaine: Actually, I know you want to share with me today that you have joined a group called Telelink organised by Vision Australia, which allows you to contact and chat with friends in other states. Can you share with me what kind of platform this is?</p>
00:02:04	00:02:30	<p>Tony: 這個平台是廣東話，透過廣東話來認識朋友每一個月的星期二早上 10 點到 11 點，在全澳洲都有的，可以通過這個電話跟各州的朋友聊聊天</p>	<p>Tony: This platform is in Cantonese. You meet Cantonese-speaking friends. The first Tuesday every month from 10 am to 11 am, it is available all over Australia. You can chat with friends in every state over the phone.</p>

00:02:32	00:02:37	Charmaine: 你一開始是如何知道要參加 Telelink 這個平台的？	Charmaine: How did you first know Telelink?
00:02:37	00:02:46	Tony: 我首先是經過社工，由社工幫我找這個平台的。	Tony: I first knew it through a social worker, who helped me find this platform.
00:02:46	00:03:07	Charmaine: 即是透過社工介紹參加 Vision Australia Telelink 這個平台。是，你是定期參與，你剛剛說是每個月的二號，即是說會舉行電話上面的聚會，通常你在會談甚麼？	Charmaine: So you joined the Vision Australia Telelink platform which was introduced to you by social workers. And you participate regularly on the first Tuesday every month, right? And this is conducted over the phone. What do you usually talk about?
00:03:07	00:03:25	Tony: 通常會聊到個人喜愛類似，例如烹飪，分享時事或者粵曲各方面都有。	Tony: Usually we talk about personal hobbies, such as cooking, current affairs or Cantonese opera.
00:03:25	00:03:33	Charmaine: 你覺得參加了 Telelink 之後，對你的影響是如何？你覺得開心嗎？	Charmaine: What impact do you think joining Telelink had on you? Do you feel happy?
00:03:32	00:03:46	Tony: 好好呀！非常開心，令到我的人生，有希望，不會覺得太灰	Tony: Great! I am very happy. It gives me hope in my life and does not make me feel too grey.
00:03:46	00:04:03	Charmaine: 剛剛你說過在 Telelink 中，大家平時聊到的話題，可能包括一些粵曲或者煮食，烹飪，這些對你日常的生活都有幫助吧？	Charmaine: Just now you said that in Telelink, the topics that everyone usually talks about may include Cantonese opera or cooking. Are these helpful in your daily life?
00:04:03	00:04:21	Tony: 會的，令到我覺得內心比較快樂，好期待每一個月的第一個星期二，10 點到 11 點的那個電話。	Tony: Yes, it makes me feel happier inside. I really look forward to that phone call from 10 to 11 o'clock on the first Tuesday of every month.
00:04:21	00:04:42	Charmaine: 是，可以同朋友一起聊聊天，互相支持，可以舒緩下你內心，大家一起聊聊天...其實除了 Vision Australia 舉行 Telelink 的活動之外，你還有參加其他相關活動嗎？	Charmaine: Yes, you can chat with your friends, support each other, relax your mind, and chat together. In fact, apart from the Telelink event held by Vision Australia, have you participated in other related activities?
00:04:43	00:05:06	Tony: 有的，每一年都有兩次左右去 picnic，以及有些課程去教我們用電腦上網，如何觸摸鍵盤，教我們如何用 Stick，如何出門，都有的。	Tony: Yes, there are about two picnics every year, and there are some courses to teach us how to use computers to surf the Internet, how to use the keyboard, how to use the stick, how to go out, etc.
00:05:07	00:05:09	Charmaine: 這是對你平時的生活都好重要吧。	Charmaine: Is this important to your daily life?
00:05:09	00:05:11	Tony: 好重要！	Tony: So important!

00:05:11	00:05:21	Charmaine: 你剛提過例如用電腦，會幫你令到你 Search 東西，都可以快很多，對嗎？	Charmaine: You just mentioned that using a computer will help you search things much faster, right?
00:05:21	00:05:30	Tony: 對，令到我眼光放寬了很多，令我有很大得著。	Tony: Yes, it broadened my horizons a lot and I learned a lot.
00:05:30	00:05:43	Charmaine: 是，Tony，如果我有聽眾在維省，或者其他州想知道多點關於 Telelink 的資料，你可不可以告訴我們的聽眾，如何可以找到相關的資料？	Charmaine: Yes, Tony, if I have listeners in Victoria or other states who want to know more about Telelink, can you tell our listeners how to find relevant information?
00:05:47	00:06:04	Tony: 你可以透過網站搜索 <a href="http://visionaustralia.com.au">visionaustralia.com.au</a> ，是全國都可以的，或者是可以找社工幫你去這個機構，兩個途徑。	Tony: You can search <a href="http://visionaustralia.com.au">visionaustralia.com.au</a> on the Internet. Their services are available nationwide. Otherwise, you can ask a social worker to help you find this agency. You can gain access by these two ways.
00:06:04	00:06:44	Charmaine: 多謝你 Tony，我們會把這些資料放在我們的網站，有興趣的聽眾可以上去瀏覽，我們很多謝 Tony 跟我們分享參加 Telelink 這個平台，中間的過程以及他的得着，我聽到你的分享都好開心，對我們來說有視障的朋友，他們其實可以透過 Telelink，用自己的語言，同志同道合的朋友聯繫，大家互相支持分享，其實都是賞心樂事，Tony，你有沒有一些主要的訊息，想跟我們的聽眾分享鼓勵他們？	Charmaine: Thank you, Tony. We will put this information on our website, and interested listeners can have a look. We are very grateful to Tony for sharing with us how to join the Telelink platform and what he gained. I am so glad to hear your experience. For our visually impaired friends, they can actually connect with like-minded friends through Telelink in their own language. Everyone supports and shares with each other. It's a pleasure. Tony, do you have some key messages that you want to share with our audience to encourage them?
00:06:44	00:07:17	Tony: 我希望各位有障礙的人士，眼疾有障礙的人士多點出來，人生會得到很大快樂，不會有後悔，雖然眼睛看不到，但是感覺上走出這個社會，有很大的得着，多謝各位。	Tony: I hope that people with disabilities and people with visual impairments will come out more often. You will have great joy in life without any regret. Although you cannot see things with your eyes, you will gain a lot by stepping into this society. Thank you all.
00:07:17	00:07:24	Charmaine: 再次多謝 Tony 接受我們的訪問，都多謝聽眾收聽我們的節目，再見。	Charmaine: Thanks again, Tony for speaking with us, and thanks to the listeners for listening to our podcast. Goodbye.
00:07:24	00:07:26	Tony: 多謝，bye bye	Tony: Thank you, bye bye
00:07:27	00:08:20	如果你喜歡我們的錄音節目，你可以到 <a href="http://speakmylanguage.com.au">speakmylanguage.com.au</a> 的網站瀏覽更多的資訊。我們都希望你能夠同其他人一起分享我們 Speak My Language 的節目，你都可以在 Facebook	If you like our podcasts, you can go to <a href="http://speakmylanguage.com.au">speakmylanguage.com.au</a> for more information. We hope you can share our Speak My Language podcast with others. You can find us on Facebook, Twitter, Instagram, and LinkedIn. We hope you can help

	<p>k , Twitter , Instagram , LinkedIn 找到我們，我們希望你能夠幫我們 Speak My Language 的節目，宣傳到澳洲甚至全世界各地。Ethnic Communities Council of Victoria，好榮幸在 Victoria，維省參與推廣。Speak My Language 這個節目是由 Department of Social Services 資助，並由各個州及領地的 Ethnic and Multicultural Communities' Councils 及 Multicultural Councils 協辦，在全國推行我們的廣播夥伴是 SBS 及 NEMBC。</p>	<p>us promote the Speak My Language podcast to Australia and even across the world. Ethnic Communities' Council of Victoria (ECCV) is honoured to participate in the promotion in Victoria. Speak My Language is funded by the Department of Social Services and co-organised by the Ethnic and Multicultural Communities' Councils of each state and territory and Multicultural Councils. Our broadcast partners across the country are SBS and NEMBC.</p>
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