

FRED'S VISION 瞳言

2026年·第2期 | ISSUE 2 · 2026

當一個孩子重見光明，
未來隨之改變

When a child sees again,
their future
is transformed



《2026同燃希望獎》
嘉許過千名學童
Over 1,000 students take part in
The Fred Hollows Humanity Award 2026



林醫生教室：認識近視
Eye Health 101 by Dr Lam: Understanding Myopia

7歲的 **布萊斯** 正在重新看見他的世界
Meet **Blaise**, a seven-year-old rediscovering his world



The Fred Hollows
Foundation | 護瞳行動

瞳在香港10年

攜手推動亞太區眼健康發展

感謝您一直支持護瞳行動，讓我們能夠持續可避免失明的工作，並將眼健康服務帶到世界各地最有需要的社群。

作為一個國際眼科發展組織，我們深信眼健康不只是醫療議題，更是與教育、經濟發展及社會公平息息相關的重要基石。透過與各地政府及醫療伙伴合作，建立可持續的眼科服務系統，才可讓更多人擁有改變命運的機會。

早前我們亦獲邀參與亞太眼科學會2026年會，與區內專家及合作伙伴共同探討眼健康議題，包括近視防控、醫療系統建設及失明對身心健康的影響。這些交流不僅促進跨界合作，也進一步推動區內對可避免失明的關注與行動。

在香港，我們將持續透過教育、社區參與及跨界合作，連結大眾與全球眼健康議題，提升對眼健康的關注與行動。

今年世界視覺日，我們將再次與Cheap Century人氣插畫師SoWingHong合作，呈現其標誌性角色——「大麻花」與「阿婆」，一同推動眼健康。誠邀大家繼續關注我們的最新動向。



護瞳行動與合作伙伴及業界同仁交流，攜手推動亞太區眼健康發展。
The Fred Hollows Foundation engaged with partners and sector leaders to advance eye health across the Asia-Pacific region.

眼健康，影響的不只是視力

在全球各地，視力問題往往被忽視，但視力其實深深影響一個人的學習、工作及生活。對兒童而言，看得清楚，是學習與發展的基礎；對成年人而言，視力更直接影響就業機會及生活質素。

然而，在許多資源有限的地區，當地人民仍然難以獲得基本的眼科服務。當治療被延誤，可避免的視力問題往往演變成長遠甚至不可逆轉的失明或後果。

在一些國家，例如盧旺達，這些挑戰尤為明顯——醫療人手及資源有限，令許多人難以及時接受治療。

當我們談及眼健康，其實是在談一個人能否看見未來，並改寫他的人生。

鮑守正
香港及澳門總幹事

Cyrus Pow
Head of Hong Kong and Macau



Advancing Eye Health Across Asia-Pacific

Thank you for your continued support of The Fred Hollows Foundation. Your support enables us to expand access to eye care for people in underserved communities and advance our mission to end avoidable blindness.

As an international eye health development organisation, we believe that eye care is more than a medical issue — it is closely linked to education, economic development, and equity. By working in partnership with governments and local health systems, we aim to build sustainable eye health systems that create lasting impact.

This year, we were honoured to participate in the Asia-Pacific Academy of Ophthalmology (APAO) 2026 Congress, engaging with regional leaders and partners to drive dialogue on key issues such as myopia prevention, health system strengthening, and the broader impact of visual impairment. These exchanges are vital in advancing collective action across the region.

In Hong Kong, we continue to raise awareness through education, community engagement, and cross-sector collaboration — connecting local audiences with global eye health challenges and solutions.

For this year's World Sight Day, we are once again collaborating with Cheap Century illustrator SoWingHong, featuring his iconic characters Tai Ma Sing and Run Grandma Run to help bring eye health messages to the community. We invite you to stay tuned for updates.



護瞳行動全球項目及合作伙伴總監黃憶雯（右一）獲邀分享專業見解，參與近視防控及醫療系統建設等重要眼健康議題的討論。
Amanda Huang, Chief of Programs & Partnerships at The Fred Hollows Foundation (far right), was invited to share insights and contribute to key conversations on eye health, including myopia prevention and health systems strengthening.

Eye health is more than vision

Around the world, vision loss is often overlooked, yet it has profound impacts on how people learn, work, and live. For children, the ability to see clearly is fundamental to education and development. For adults, sight directly shapes employment opportunities and quality of life.

Yet in many underserved communities, access to even basic eye care remains limited. When treatment is delayed, avoidable conditions can lead to long-term or irreversible consequences.

In countries such as Rwanda, these challenges are even more pronounced — where limited workforce and resources prevent many people from receiving timely care.

When we talk about eye health, we are ultimately talking about whether a person can see their future — and have the chance to transform it.



「如果不仔細留意，你或只會聽家長的說法，而忽略觀察孩子本身。因此，你需要時間細心觀察聆聽小孩如何玩耍和溝通，這些都有助作出準確的診斷。」—— 提奧菲醫生

“If you are not careful, you may just listen to the parents and you do not observe the children. So you give them attention, you give them time, you listen to what they are saying, observe how they are playing and talking. All this helps you make a proper diagnosis.” - Dr Theophile



提奧菲醫生
盧旺達兒童眼科專科醫生
曾參與社區外展及白內障治療工作，為有需要的病童治療

Dr Theophile
Paediatric ophthalmologist, Rwanda
Involved in outreach and cataract care, providing treatment to children in need

於前線正視每個孩子的需要 Seeing each child's needs from the frontline

作為一名在盧旺達行醫的兒童眼科專科醫生，我在前線見證許多孩子因未能及時接受治療而面對視力問題的挑戰。對每一個孩子而言，背後往往涉及家庭、經濟及生活環境的多重挑戰。提供合適的治療，往往不只是醫學診斷，更需要理解每個個案背後的處境，並以耐心與同理心回應。

然而，對很多家庭來說，接受治療並不容易。長途交通、生活開支及時間成本，往往令家長延遲帶孩子求醫。這些現實困難提醒我，眼科護理不只是醫療技術，更需要一個能真正回應病人需要的系統，讓更多孩子能及時接受治療，重新看見世界。

As a paediatric ophthalmologist working in Rwanda, I see firsthand the challenges many children face when they cannot access timely eye care. For every child, there are often complex challenges shaped by family circumstances, financial pressures, and daily life. Providing care is not only about medical diagnosis — it also requires understanding the realities behind each case, and responding with patience and empathy.

At the same time, accessing treatment is not always easy. For many families, long travel distances, costs, and time away from work can delay care. **These realities are a constant reminder that eye health is not just about medical skills, but about ensuring systems are in place so more children can receive the care they need, when they need it.**

瞳看盧旺達 All Eyes on Rwanda

自2006年起，護瞳行動一直在盧旺達推動眼健康工作，與當地政府及醫療伙伴合作，逐步建立由社區篩查、轉介、手術到術後跟進的完整服務體系，讓眼科護理由城市延伸至偏遠地區，並持續提升本地醫療能力。

多年來，透過培訓本地眼健康人員、改善醫療設施及擴展外展服務，盧旺達的眼健康服務正穩步提升。在一個全國僅有約22名眼科專科醫生的情況下，過去四年內已新增6名眼科醫生，顯示本地醫療能力正逐步建立。同時，相關工作亦協助當地白內障手術率提升約80%，讓更多人能及早接受治療，避免因延誤而導致的視力喪失。

Since 2006, The Foundation has been supporting eye health programs in Rwanda, working in partnership with the government and local health systems to build a comprehensive continuum of care — from community screening and referral to surgery and follow-up — while expanding access to services in underserved areas.

Through sustained investment in training and system strengthening, local capacity is steadily growing. **In a country with only around 22 ophthalmologists, six new specialists have been trained over the past four years**, marking a significant step forward in workforce development. At the same time, these efforts have contributed to an approximately 80% increase in the cataract surgery rate, enabling more people to receive timely treatment and avoid preventable vision loss.

僅在2025年
In 2025 alone


1,004,208
人進行視力篩查
PEOPLE SCREENED


3,400
宗白內障手術
CATARACT OPERATIONS


2,176
名社區醫護人員獲培訓
COMMUNITY HEALTH WORKERS TRAINED

看不清的 不只是世界 而是 他的未來

WHEN A CHILD CANNOT SEE,
IT IS NOT JUST THEIR
WORLD THAT FADES
IT'S
THEIR FUTURE



布萊斯今年7歲，和其他孩子一樣，他喜歡上學，也喜歡和朋友一起玩耍。但對他來說，看書本和黑板並不容易——**有時候，他甚至不知道自己看不見的是什麼。**他需要把課本拿得很近，仍然看不清字句；在操場上奔跑時，也因視線模糊而變得猶豫。

一隻眼已經失明，另一隻眼亦受白內障影響。

他的世界曾經一點一點變得黯淡。

對一個孩子而言，看不到的不只是眼前的畫面，**還有學習的機會、建立自信的能力，甚至對未來的想像。**

布萊斯的母親蕾塔每天為家庭生計奔波。她知道兒子需要治療，卻難以負擔交通費、醫療費用，以及停工時完全失去收入。

對很多像她一樣的家庭來說，「看醫生」從來不是一個簡單的決定；當眼前的溫飽已成難題，**孩子的未來往往被迫一次又一次讓步。**

幸好在護瞳行動及捐款者的支持下，布萊斯才得以在外展篩查中被發現患上白內障，並成功接受手術。

「我帶着一個看不見的孩子來到醫院；如今卻帶着一個能看見的孩子離開。這個孩子，是我的兒子，更是盧旺達的未來。」——蕾塔(布萊斯的母親)

手術後，他人生第一次清晰地看見媽媽的樣子，也重新認識了課本上的文字。

Afterwards, he could see his mother's face clearly for the first time, and read his schoolbooks again.



觀看故事影片
Watch Blaise's story



Blaise is seven years old. Like many children, he enjoys going to school and playing with his friends. But for him, reading from a book or seeing the blackboard was never easy — **sometimes, he did not even know what he could not see.** He had to hold his schoolbook close, yet still struggled to read. In the playground, he hesitated as his vision blurred.

His world was gradually fading. He had already lost sight in one eye, while cataract affected the other.

For a child, losing sight is not only about seeing less clearly — **it takes away confidence, learning opportunities, and even the ability to imagine a future.**

His mother, Redempta, works hard each day to support the family. She knew her son needed treatment, but the cost of travel, medical care, and time away from work made it difficult.

For families like hers, **seeking care is not a simple decision — it often means choosing between meeting immediate needs and securing a child's future.**

With the support of The Fred Hollows Foundation and donors like you, Blaise was identified through outreach screening and received cataract surgery.

"I left with a child who was blind, and came back with a child who can see. That child is the future of Rwanda." — Redempta, Blaise's mother



The Fred Hollows
Foundation | 護瞳行動

瞳在香港

What's Happening in Hong Kong

2026 同燃希望獎 Humanity Award

《2026 同燃希望獎》頒獎禮已圓滿落幕。活動於6月13日假中環大館舉行，今年參與人數再創歷史新高，匯聚來自104間本地及國際學校、逾1,000名學生參與，並徵集超過300份學生善舉項目。學生的善行涵蓋眼健康推廣、身心關懷及跨代共融等範疇，展現他們如何以同理心、創意和行動回應社會需要，實踐「助人自助」的精神。

頒獎禮更邀得澳洲駐香港及澳門總領事韋嘉鋒先生擔任主禮嘉賓，星級同燃希望大使王菀之亦親臨支持，並於分享環節中聯同眼科專科醫生兼護瞳行動香港顧問委員會成員林傑人醫生，與學生分享眼健康知識及日常護眼貼士，強調及早關注眼健康及建立良好用眼習慣的重要性，並鼓勵學生將善意轉化為實際行動。

本屆共表揚33位傑出學童，包括「同燃希望大使」及「同燃希望優異獎」得主，並設「最積極參與學校」。我們再次衷心感謝各贊助伙伴、支持學校、老師、家長及義工的參與，讓這個平台持續培育下一代的同理心與行動力。

The Fred Hollows Humanity Award 2026 Presentation Ceremony was successfully held on 13 June at Tai Kwun, Central, reaching a record level of participation. This year brought together over 1,000 students from 104 local and international schools, with more than 300 project submissions. Students' initiatives spanned areas such as eye health promotion, mental wellbeing, and intergenerational inclusion, demonstrating how empathy can be transformed into meaningful action.

The Ceremony was officiated by Mr Gareth Williams, Australian Consul-General to Hong Kong and Macau, with the support of Dr Godfrey Lam, Ophthalmologist and Member of the Foundation's Hong Kong Advisory Committee, and Ms Ivana Wong, Celebrity Ambassador. During the sharing session, they engaged with students on eye health and daily eye care habits, highlighting the importance of early awareness and encouraging students to turn compassion into action.

A total of 33 outstanding students were recognised, including Humanity Ambassadors and Students of Merit, along with one Most Active Participation School. We sincerely thank all sponsors, participating schools, teachers, parents, and volunteers for their support in nurturing empathy and action among young people.



了解得獎大使的善舉項目
Read about the Humanity
Ambassador's projects



學校眼健康推廣 Eye Health Promotion in Schools

良好的護眼習慣應從小培養，及早建立正確的眼健康觀念，對預防近視及其他眼疾至關重要。我們持續於學校推動眼健康教育，透過眼健康講座向學生及教師分享護眼知識，包括近視預防、良好用眼習慣及定期驗眼的重要性。這些工作是在香港推動眼健康的重點之一，讓學生在學習之餘，亦能建立正確的護眼觀念，並了解全球眼健康議題。

同時，我們亦參與學校慈善日及社區活動，透過互動攤位及教育活動，提升公眾對眼健康及可避免失明的認識。如果您的學校或機構希望推廣眼健康，歡迎邀請護瞳行動成為您的社區合作伙伴，一同將護眼知識帶到更多角落。

Good eye care habits start early. Building awareness of eye health from a young age is an important step in preventing myopia and other eye conditions. We continue to promote eye health education in schools through talks for students and teachers, covering key topics such as myopia prevention, healthy eye care habits, and the importance of regular eye examinations. This forms an important part of our local work in Hong Kong — helping young people build lifelong awareness while connecting them to global eye health challenges.

We also participate in school charity days and community events through interactive booths and educational activities, raising awareness of eye health and avoidable blindness. If your school or organisation is looking to promote eye health, we welcome you to partner with The Fred Hollows Foundation to bring these messages to your community.

預約眼健康講座
Book an eye health talk



救助盧旺達的時機已到 Rwanda's time has come

白內障是盧旺達致盲的主要原因，但不少人仍未能及時接受治療。當地每百萬人口僅有約1.7名白內障外科醫生，而相關服務亦集中於城市地區，令偏遠社區居民難以獲得治療。此外，約三分之一患者甚至不知道白內障是可以醫治的。若未有系統性改變，預計到2040年，盧旺達或有多達160萬人失明或視力受損。

自2006年起，護瞳行動一直與當地政府及伙伴合作，逐步建立眼健康系統，涵蓋篩查、轉介、手術及培訓，並已為超過260萬人進行視力篩查及完成57,000宗白內障手術。未來，我們將持續培訓眼科人員、擴展服務網絡及提升社區認知，讓更多人能及早獲得治療，避免不必要的失明。

對布萊斯來說，一次手術改變了一生；對更多人而言，這樣的機會仍在等待。

請支持我們，讓更多孩子和家庭能夠重見光明。

Cataract remains the leading cause of blindness in Rwanda, yet many people still lack access to timely treatment. **There are only around 1.7 cataract surgeons per million people**, and services are concentrated in urban areas, creating major barriers for rural communities. **Around one in three people with cataract are unaware that it is treatable.** Without systemic change, **up to 1.6 million people in Rwanda could be blind or vision impaired by 2040.**

Since 2006, The Fred Hollows Foundation has worked with the government and partners to build a sustainable eye health system — from screening and referral to surgery and training. Together, we have **screened more than 2.6 million people** and **performed over 57,000 cataract surgeries.** Our focus now is to strengthen workforce capacity, expand services, and increase awareness so more people can access care before it is too late.

For Blaise, one operation changed a life. For many others, that opportunity is still waiting.

Please support us in restoring sight, and transforming futures.



The Fred Hollows
Foundation | 護瞳行動

我願意捐款支持護瞳行動 I would like to support The Fred Hollows Foundation

- ☐ 每月 Monthly ☐ 單次 One-off
- ☐ HK\$1,000 ☐ HK\$500 ☐ HK\$250
- ☐ 其他 My Choice _____

捐款人資料 Donor's Information

稱謂 Title: ☐ 先生 Mr ☐ 女士 Ms ☐ 小姐 Miss

中文姓名 Name in Chinese: _____

英文姓名 Name in English: _____

地址 Address: _____

出生日期 Date of Birth (DD/MM/YY): _____

香港身份證號碼 HKID Card No: _____
(如填寫可避免紀錄重複 Optional)

電話 Mobile No: _____

電郵 E-mail: _____

個人資料收集聲明 Personal Information Collection Statement

護瞳行動The Fred Hollows Foundation (HK) Limited ("The Foundation") 護瞳行動根據本會的隱私政策收集、使用及存儲 閣下所提供的任何個人資料。個人資料收集聲明可於護瞳行動網頁www.hollows.org查閱。護瞳行動可能會使用 閣下的資料作以下用途：(i)處理 閣下的捐款及提供捐款收據；(ii)通知 閣下有關於我們防盲項目的服務及計劃（包括透過直接推廣電郵、手機短訊及電話）；(iii)回應 閣下的查詢或意見；(iv)任何與上述各項直接有關的用途。護瞳行動可能會在適用法律的規管下，以保密形式將 閣下的個人資料轉移至位於海外的護瞳行動總部、承辦商、服務供應商或護瞳行動的相關實體，包括內部設計、審核、印刷、電話推廣、雲端儲存、銀行服務、信用卡代理、數據處理及招聘機構。閣下如想申請取得及更改 閣下的個人資料，可以電郵至 hkinfo@hollows.org。The Foundation may collect, use and store any personal information that you provide in accordance with the Foundation's privacy policy, available at www.hollows.org. The Foundation may use your personal information to: (i) process donations and provide receipts; (ii) communicate and campaign about our blindness prevention and Australian indigenous health activities, events, services and projects (including through direct marketing emails, SMS messages and phone calls); (iii) respond to questions, feedback or complaints; (iv) any directly related purpose to the above activities and objectives of the Foundation. We will keep confidential your personal information at all times, except that we may provide your personal information to our holding company (The Fred Hollows Foundation), suppliers, service providers, contractors and partners, including information technology service providers, direct marketing agencies, mailing houses, cloud storage, banks, credit card companies and recruitment agencies which may be located outside of Hong Kong, as necessary to fulfill any of the above purposes of use on our behalf. You can request access to and correction of your personal information that we hold by contacting hkinfo@hollows.org.

☐ 我不同意接收護瞳行動之任何通訊及使用個人資料作直接相關的用途。
I do not agree to receive communications from The Fred Hollows Foundation and consent to the use of my personal data for this purpose.

通訊語言選擇 Preferred language for communication

- ☐ 中文 ☐ English

☐ 信用卡捐款 By Credit Card

信用卡類別 Credit Card: ☐ VISA ☐ MasterCard ☐ Amex

發卡銀行 Card Issuing Bank: _____

信用卡號碼 Card No.: _____

持卡人姓名 Cardholder's Name: _____

到期日 Expiry Date (MM/YY): _____

每月捐款備註 Remarks for monthly donation:
本人授權護瞳行動每月從我的信用卡戶口扣除指定金額，並在信用卡到期日及發行新卡後繼續，直至另行通知為止。信用卡交易通常會在當月15日或左右處理。My authorisation for The Fred Hollows Foundation (HK) Limited to debit the specified amount from my creditcard account monthly will continue after the expiry date of the credit card and with the issuance of a new card until further notice. Credit card transactions will normally be processed on or around the 15th day of the month.

持卡人簽署 Cardholder Signature: _____ 填表日期 Date (DD/MM/YY): _____

☐ 劃線支票 By Crossed Cheque

抬頭請寫 Payable to: 護瞳行動（香港）有限公司 或
The Fred Hollows Foundation (HK) Limited

支票號碼 Cheque No.: _____

☐ 直接存入護瞳行動戶口 By Direct Transfer

銀行 Bank: 滙豐銀行 HSBC

賬戶名稱 Account Name: 護瞳行動（香港）有限公司 或
The Fred Hollows Foundation (HK) Limited

戶口號碼 Account No: 848 - 423240 - 001

請連同存款收據寄回，填妥後 (1) 可用附件回郵信封寄回護瞳行動 (2) 傳真至37530523 或 (3) 電郵至 hkinfo@hollows.org. Please post your bank transfer receipt together with this donation form to us. Please return the completed form to us (1) by enclosed envelop (2) fax to 3753 0523 or (3) email

The Fred Hollows Foundation (HK) Limited 是香港特別行政區註冊慈善機構，獲豁免繳稅的慈善團體編號91/13694。捐款HK\$100或以上，可申請免稅。
The Fred Hollows Foundation (HK) Limited is a registered charity in Hong Kong SAR. Tax -Exempt Charity Ref No.: 91/13694. Donations of HK\$100 or above are tax deductible.

網上捐款
Donate Online

Ref: OF-RET-GEN-PNL-GD-2607



林醫生教室：認識近視 Eye Health 101 by Dr Lam: Understanding Myopia

「近視管理的重點，不只是矯正視力，更是及早識別風險、延緩病程，並減低長遠併發症的機會。」——林傑人醫生

“The goal of myopia management is not only to correct vision, but also to identify risk early, slow progression, and reduce the risk of long-term complications.” — Dr Godfrey Lam

近視是香港常見的眼睛問題之一，並有年輕化趨勢。研究顯示，全球近視人口預計由2000年約22.9%升至2050年接近50%；亞洲患病率更可高達80-90%。近視已不只是視力問題，更是值得關注的公共健康議題。

Myopia is a common eye condition in Hong Kong and is affecting people at a younger age. Global prevalence is projected to rise from 22.9% in 2000 to nearly 50% by 2050, with rates in Asia reaching 80-90%. Myopia is no longer just a vision issue, but an important public health concern.



甚麼是近視？ What is myopia?

近視是屈光不正的一種。當眼球過長或角膜弧度過大時，光線會聚焦在視網膜前方，令遠處景物變得模糊。

Myopia is a type of refractive error. When the eyeball is too long or the cornea is too curved, light focuses in front of the retina, causing distant objects to appear blurry.



近視加深的後果是甚麼？ Why should worsening myopia not be ignored?

近視若持續加深，患上黃斑病變、視網膜脫落、白內障及青光眼等眼疾的風險亦會增加，嚴重情況更可能影響視力。

If myopia continues to worsen, the risk of eye diseases such as myopic macular degeneration, retinal detachment, cataracts and glaucoma may increase.

聲明：本頁內容僅供參考，並非醫療意見。如需專業診斷或治療，請諮詢醫生。如出現任何眼疾，請盡快尋求專業眼科醫生的意見。

Disclaimer: The content on this page is for reference only and is not intended as medical advice. For diagnosis or treatment, please consult a qualified health professional. If you experience any eye problems, seek advice from an eye specialist promptly.



如何控制近視加深？ How can myopia progression be controlled?

控制近視加深的方法主要適用於兒童及青少年，因為這個階段近視較容易快速惡化。增加戶外活動及自然光照、減少長時間使用電子產品和近距離用眼，是預防及延緩近視加深的重要方法。研究亦顯示，疫情期間兒童戶外活動時間減少、凝視屏幕的時間增加，與近視發生率及惡化程度上升有關。除生活習慣外，低濃度阿托品眼藥水亦可協助減慢近視進展，並已逐漸成為常見的控制方法之一。

對成年人而言，近視度數一般較為穩定，但仍應保持良好用眼習慣，包括避免長時間近距離用眼、適時讓眼睛休息及定期驗眼，以減低眼睛疲勞及相關眼疾風險。建議按個人情況諮詢眼科醫生或註冊視光師。

Strategies to control myopia progression mainly apply to children and adolescents, as this is the stage when myopia is more likely to worsen rapidly. Increasing outdoor exposure and natural light, while reducing prolonged screen time and near work, are important ways to help prevent and slow myopia progression. Studies also showed that during the pandemic, reduced outdoor time and increased screen time were associated with higher myopia incidence and faster progression among children. In addition to lifestyle changes, low-dose atropine eye drops may help slow myopia progression and are increasingly used as a control option.

For adults, myopia progression is generally more stable. However, maintaining good eye care habits remains important, including taking regular breaks when working for a long time to reduce eye strain, as well as having regular eye examinations. Individuals are advised to consult an eye care professional for suitable options.

POSTAGE
WILL BE
PAID BY
LICENCEE

郵費由持
牌人支付

NO POSTAGE STAMP
NECESSARY IF
POSTED IN
HONG KONG

如在本港投寄
毋須貼上郵票

KCL.KLA77

BUSINESS REPLY SERVICE LICENCE NO.
商業回郵牌號 8096

The Fred Hollows Foundation (HK) Limited
Room 1005, 10/F, Office Plus @ Prince Edward
794-802 Nathan Road,
Kowloon