

It starts with vision. 開展光明視野

Prof Song Yonghua Rector University of Macau Avenida da Universidade na Ilha de Hengqin Macau From: Rector
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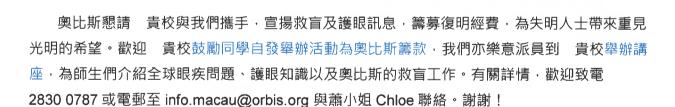
尊敬的宋校長:

醫療教學培訓 豈能局限於教室內

感謝 貴校師生支持奧比斯的防治盲疾工作,培訓眼科醫護人員,幫助失明人士重見光明!

隨函奉上最新一期奧比斯通訊錄《睛彩》,今期《睛彩》分享奧比斯義務眼科醫生 Dr. Neely(右圖),如何透過 Cybersight 網上教學平台,將完整而深遠的教學培訓提供到無法涉足的國家;另外,亦為大家送上去年籌款活動「愛眼行動」及中秋義賣的花絮。

其實,不一定要成為眼科醫生才能幫助眼疾病人,無論是參與奧 比斯每月捐款計劃或單筆捐款,只需澳門幣 300 元,即可資助 1 位病 人接受白內障手術,改變他們的一生。敬請使用奉附的捐款表格,或 登入 www.orbis.org/mo-donate,不論金額多少,都能為世界創造更多光明希望!



再次感謝 貴校師生的支持。祝新年快樂、身體健康!



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倒慧思

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102-03

銀白的手鐲, 刻滿他幫助 過的國家 名字

6 04

研究顯示眼鏡可 顯著提升員工的 生產力

6 06

患嚴重乾眼症, 八成受訪者 不求醫

印刷由善長贊助



刻滿了他幫助過的

國家名字

剛踏進奧比斯香港的辦公室,同事們狂熱歡呼:雷神來了!外貌聲線和雷神相似,Dr.Neely真正身份是奧比斯的義務眼科醫生。他為奧比斯義務工作已經17年,在他身上,會找到一隻非洲手製的銀白手鐲,上面刻滿他幫助過的國家名字,每提到一個國家,Dr.Neely面上會有一個回憶千里的微笑。Dr. Neely 是創建 Cybersight網上教學平台的靈魂人物,這虛擬平台耕耘十年,讓他嘔心瀝血。

為什麼前來奧比斯香港辦事處?

為了世界視覺日!今年世界視覺日,奧比斯眼科飛機醫院降落 埃塞俄比亞慶祝救盲20年,原本我只計劃從家鄉美國印第安 納飛往埃塞俄比亞義教一星期,後來知道奧比斯香港辦事處 需要有豐富Cybersight經驗的人前來講解,於是轉飛香港。雖 然逗留匆忙,只有兩天,但眼見香港同事的拼搏和熱誠,真是 感動。



困境中,一群奮力追求學問和照顧病人的醫生需要支援,Dr. Neely憑著超凡的技術與效率, 長時間用科技為救盲作戰。

Cybersight在救盲上擔演什麼角色?

奧比斯以救助全球失明人士為目標。透過 Cybersight 這教學平台,奧比斯不但為伙伴醫 院提供完整而深遠的教學培訓,更令眼科飛機 醫院、醫生及護士本來無法涉足的國家得到支 援,過往就有來自敘利亞、阿富汗、伊拉克等處 於衝突和不穩定狀態國家的醫生,透過電郵諮 詢病案、報讀課程和參加網上研討會。

透過電腦或手機能真的有效培訓嗎?

想像身在發展中國家,你的醫護人員能隨時隨地透過Cybersight向全球150名眼科專家發問任何複雜病案,在24小時內必定有專家回覆。今年八月,我在家中Cybersight的鏡頭前,跟敘利亞的醫生進行了一系列的視像會診及手術教學,跟以往面對面的會議相比,我覺得兩者同樣有效。



畢業成為眼科醫生後,我繼續深造研究課程。當時的導師是舉世知名的兒童眼疾專家Dr. Eugene Helveston,他很善心,活躍於奧比斯義務工作。隨著時間流逝,他年紀漸大也變得更忙。我當上研究生後,他前來拍拍我膊頭,對我說:「去越南幫忙吧!」那些年,經驗尚淺,第一次擔起救盲任務,專注手術又要分心教學,對我來説真的困難,有好幾次更被嚇倒。但我前往了、克服了、也成功回家去。我反思這段經歷,幫助了當地醫生,也從他們身上學曉很多事情,踏足了一個一輩子不曾幻想過前往的國度,這經歷融合了冒險與助人的快樂。從此,我每年都參與一次奧比斯任務。未來,更計劃增加到每年兩次。

關於Cybersight...



連繫超過150名全球眼科專家



在24小時内有眼科專家 回覆諮詢病案



至今處理超過16,000個 病人個案



全球醫護人員已使用 平台超過26,000次





看書需要戴眼鏡,在辦公室看屏幕也需要戴眼鏡。眼鏡被視為日常生活中的好幫手。但你曾否想過,配戴眼鏡對發展中國家的工人也能帶來重大的幫助?

The Lancet Global Health最近發表了一個 與奧比斯共同合作的重大研究,顯示一副普通 的眼鏡也能提升工人的生產力和減少貧窮。 研究以印度採茶者為對象,發現向他們提供一 副1.8美元的老花眼鏡後,她們的生產力在三 個月內提升了22%,50歲以上採茶者的生產力 更大大提升32%。在所有有關健康的研究中, 是次研究的生產力增幅是有史以來最大。 首席研究者兼奧比斯研究主任 Nathan Congdon 回應:「即使配戴眼鏡這試驗看起來不太特別,但配戴眼鏡可顯著提升生產力,這結果異常重要。直至研究結束,接近九成農民仍戴著眼鏡,如有需要,幾乎所有人都願意花費更換眼鏡,可見他們體會到戴眼鏡帶來的好處。」

全球約2.53億人視力受損,89%來自中低收入國家,他們均缺乏眼科護理常識。雖然眼鏡早在700年前發明,是次研究突顯了眼鏡對全球生產力的重要影響,亦鼓勵全球企業要為員工提供眼科保障,提升視力。

05

美國:

向波音工作人員分享救盲



7月28日至29日和8月4日至5日

蒙古:

香港視光師傳授技術

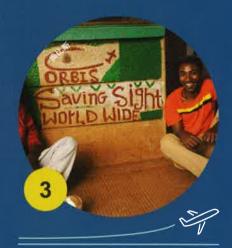


8月12日至30日

蒙古烏蘭巴托一直是醫療團隊其中一個最熱愛和滿足感最大的救盲地點,八月份奧比斯飛機醫院第八次抵達蒙古,進行為期三星期的救盲行動,今次隨團有來自香港理工大學眼科視光學院的彭志剛醫療科學博士(Dr. Pang)擔任義工。彭博士每天早上先進行理論課,並在下午進行實際操作,一共為九名小兒眼科醫生提供了培訓。

埃塞俄比亞:

慶祝救盲20年



10月1日至19日

今年世界視覺日,奧比斯飛機醫院特別飛抵埃塞俄比亞與富地亞人口世歷祝教育20年。這已是其第五次探訪與是一時,與此斯取得顯明,與此斯取得與此數,但埃塞俄比亞人口由1998年的6500萬增至現時1億500萬,這意味著我們仍需努力,甚當中的決策者預防眼疾,以及加強培訓工作。



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將遺產延續愛的心願

將部份遺產、保險投保額或已故親友的帛金捐贈奧比斯, 你和已故者的愛心將為孤立無援的失明人士和他的家人 帶來曙光。





檢查你的靈魂之窗

奧比斯很高與再次得到香港理大護眼中心的支持,由2019年1月1日起至12月31日,奧比斯每月捐款者可以奧比斯關懷價港幣350元接受一次「全面眼科視光檢查」。檢查項目包括屈光度數測試、雙眼協調能力、色覺、眼壓及眼底內外健康情況等。各位每月捐款者可登入www.orbis.org/hkeyecheck了解詳情或致電+852 2866 9660聯絡理大護眼中心預約,敬請於檢查當日出示隨本通訊附上之2019年會員卡。





八成受訪者不求醫

不少市民以為乾眼症的症狀就只有眼乾,以為自己若有充足淚液就沒有患上乾眼症。不過奧比斯義務眼科醫生兼香港眼科學會義務秘書李琬微醫生表示,乾眼症其實劃分不同類型,當中除了有「液水分泌不足型」外,亦有「淚液過度揮發型」及「混合型」,她指出有病人因為眼乾,所以經常眨眼,增加淚液,表面上看來淚液充足,但實際上可能已患乾眼症。

調查*顯示,超過四成有乾眼問題(各種程度)的受訪者會自行購買眼藥水使用。李醫生表示:「不少人以為眼乾便買眼藥水滴,但其實坊間不是每一種眼藥水都適合,選擇時應該盡量選用不含防腐劑的人造淚水,避免防腐劑引發敏感症狀之餘,亦較適宜長期使用。」

最後,李醫生指出一般人都覺得年輕不易有眼睛健康的問題,但其實都市人經常玩電話、電腦,乾眼症及各類眼疾均有年輕化的趨勢,市民不要掉以輕心。

【四大預防乾眼貼士】

- 1.市民可透過「20-20護眼法則」保護眼睛,即使用電子屏幕,包括電腦、平板電腦及智能手機時,應每20分鐘作20秒休息,另外使用時要注意眨眼,幫助淚水均勻滋潤眼面。
- 2.避免過長時間使用隱形眼鏡,建議每天佩戴隱形眼鏡的時間不要超過10小時,每星期最好有一至兩天不要佩戴隱形眼鏡,讓眼睛休息一下。
- 3.注意有充足的休息、睡眠,及均衡的飲食,此舉 能幫助眼睛製造足夠的淚液。
- 4.如果市民需要長時間在開啟了冷氣或暖氣,相 對濕度低的辦公室工作時,可考慮添置一個小型 放濕機,增加室內濕度,減慢淚水揮發,舒緩乾眼 不適。

*奥比斯早前聯同香港眼科學會及香港防盲協會進行一項網上調查,希望了解香港乾眼症的情況及主要導致乾眼症的風險因素。調查共收集到 2,741 份有效回覆並進行數據分析。



2

愛眼行動2018 攜手終斷視障!

為鼓勵年青一代關注視力問題,奧比斯於世界視覺日10 月11日假嘉諾撒聖心英文中學舉行「愛眼行動2018」啟 動儀式,儀式上,約70名師生齊集禮堂,在義工帶領下 蒙上雙眼,透過集體遊戲及進餐環節,感受到失明之苦。 為向公眾進一步宣揚護眼訊息,奧比斯增設「愛眼行動」 的教育展覽,於本澳六間學校及五間教青局轄下之教育 資源中心,巡迴展出全球防盲工作的重要性。

是次活動參加人數超過10,300,籌得逾澳門幣124萬元,當中「愛眼行動大使」由八間機構率先響應,部分機構更邀請奧比斯在其員工後勤區設置攤位,講解奧比斯

工作並募集善款。值得一提,展髮型屋於活動期間舉辦 慈善義剪日,知名藝人周佩英更親身到場支持。

奧比斯衷心感謝各位本澳捐款者、義工、及以下支持單位:「愛眼行動大使」中國銀行澳門分行、中國人壽保險(海外)股份有限公司澳門分公司、銀河娛樂集團、香港上海滙豐銀行有限公司、澳門麥當勞、華僑永亨銀行股份有限公司、金沙中國有限公司及永利渡假村(澳門)股份有限公司;展字派髮型屋;媒體夥伴:力報、澳門郵報、微辣文化有限公司。

愛眼行動2018 五大最高籌款機構

冠軍 永利渡假村(澳門)股份有限公司

亞軍 中國銀行澳門分行及員工

季軍 金沙中國有限公司

第四名 鏡湖醫院

第五名 華僑永亨銀行股份有限公司

三大最高籌款學校

冠軍 澳門聖家學校

亞軍 聖公會(澳門)蔡高中學

季軍 聖羅撒英文中學

奧比斯「愛心獻光明」 中秋義賣



每年中秋佳節,一輪明月掛天上,正是家家戶戶賞圓月、當月餅的美好時光。2018年奧比斯繼續舉辦「愛心獻光明」中秋義賣,藉著奇華餅家慷慨贊助的月餅及茗茶禮盒,幫助奧比斯籌募救盲經費!今年有幸得到培正中學借出場地,並由可口可樂飲料有限公司免費提供飲品,讓奧比斯義工能迅速售罄中秋禮品之餘,同時成功招募每月捐款者,助更多人重見星月光輝。

讓一年一度的生日, 變得更有愛



無論是成年人或小朋友,與親友一同慶祝生日都 是一件令人期待的事。今年生日,你願意讓自己或 小朋友的生日會更有愛嗎?請呼籲親友以捐助奧 比斯代替送生日禮物吧。您也可以支持「奧比斯慈 善生日會」捐獻計劃,或選購奧比斯禮品作為至愛 的生日禮物。

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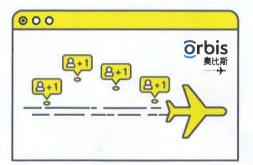
讓囍事成雙, 增添婚禮意義



結婚是人生階段的新開始,正在籌備婚禮的您,何 不考慮囍事成雙,與失明朋友一起分享幸福喜悅? 「奧比斯婚禮捐獻計劃」鼓勵您將部份親友禮金 捐贈奧比斯,捐款額滿澳幣3.800元或以上,我們 會為您準備「奧比斯結婚小熊」一對,以及感謝狀 一份。您更可額外選購奧比斯心意卡或色彩繽紛 的眼科飛機醫院吊飾,回禮感謝親友讓失明人看 得見。

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歡迎緊貼奧比斯網絡平台, 接收最新救盲情報和活動資訊!









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How Dr. Neely Became a Sight-Saving Superhero

96e 04

Glasses Study Shows Huge Productivity Boost for Workers

90 Page

80% of 'Dry Eye Syndrome'(DES) Sufferers Fail to Seek Medical Help

Printing sponsored by Orbis donor



A SIGHT-SAVING SUPERHERO

The moment he entered Orbis's Hong Kong office, staff started to cheer "Thor has arrived!" While Dr. Neely is the spitting image of Marvel Comics' Norse God, his real superpowers come from his 17-year role as an Orbis Volunteer Ophthalmologist. The bracelet our "Thor" wears on his travels bears the names of countries whose eyecare infrastructure he has helped to enhance with us – most notably during his decade of working on our pioneering Cybersight telemedicine initiative.

Why the visit to Orbis Hong Kong?

It is to mark World Sight Day (WSD) and build awareness of the Flying Eye Hospital's simultaneous visit to Ethiopia to celebrate its 20 years of work there. My original plan was to fly to a week-long national ophthalmic training program in Ethiopia from Indianapolis, USA. When I heard Orbis Hong Kong needed an experienced volunteer to explain Cybersight, I decided to stop over for a couple of days. Thanks for the lovely welcome, by the way!



Dr. Neely leverages cutting-edge technologies to support doctors in inaccessible global hotspots.

How has Cybersight advanced sight-saving?

Orbis's mission is to fight needless blindness worldwide, and Cybersight telemedicine makes it easier for us to provide teaching and patient care to partner hospitals in poorer countries all around the world, even in places where we cannot send doctors, nurses or the Flying Eye Hospital. With Cybersight, doctors in places like Syria, Afghanistan and Iraq, who formerly had limited access to expert medical advice, they can now seek help from hundreds of doctors around the world when necessary.

Is carrying out training via mobile devices really that efficient?

Suppose for a moment you were a doctor who lived in a warzone. Thanks to Cybersight, you can now obtain advice about complicated cases from a global network of 150 eye care professionals within 24 hours! Just this August, I video-linked to a Syrian doctor and we performed a series of patient eye consultations together. Ultimately, Cybersight has brought face-to-face consultations to places we could never normally reach and that's clearly good news for sight-savers the whole world over.

My First Experience as an Orbis Volunteer



Emboldened after qualifying as an Ophthalmologist, I took the advice of my mentor, internationally renowned pediatric ophthalmologist and enthusiastic Orbis supporter, Dr. Eugene Helveston, and volunteered for an Orbis local hospital program in Vietnam. Delighted to have survived, I returned home having not only taught but also learned from my Vietnamese trainees. Equal parts adventure and joy, that trip has inspired me to volunteer for Orbis every year ever since. Next year, I plan to do two more Orbis programs!

Cybersight Fast Facts...



Access to a network of over 150 eyecare experts



24-hour consultation feedback



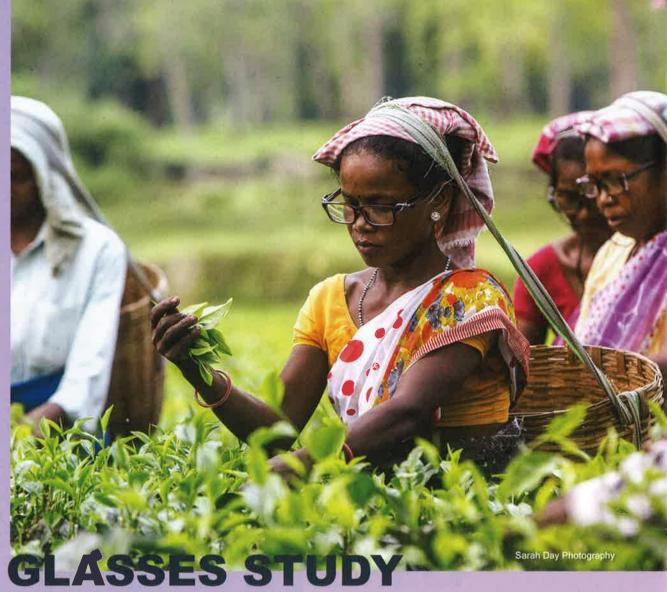
Over 16,000 patients have been tested by Cybersight to date



Over 26,000 online courses were taken by healthcare professionals



About Cybersight



SHOWS HUGE PRODUCTIVITY BOOST FOR WORKERS

Other than bringing us great convenience, those eyeglasses we wear while relaxing with a book or working at the computer are now also transforming the lives of workers in developing countries.

A landmark joint study of Indian tea pickers recently carried out by The Lancet Global and Orbis shows how a simple pair of spectacles costing just US\$1.8 can both boost workers' productivity and reduce poverty. In addition to 22% more productivity over a three-month period, major advances reported included a 32% efficiency increase in pickers aged over-50. These are the largest ever recorded benefits of any health intervention.

Almost 90% of the world's 253 million visually impaired people live in desperately poor countries where access to eye care is scarce. In highlighting live in impoverished countries the transformative effect spectacles can have on productivity, this study underlines how easily and cheaply companies can enhance their bottom lines and employees' quality of life by simply offering better eyecare.

Says the study's principal investigator, Orbis Director of Research, Nathan Congdon, "With almost 90% of respondents still wearing their glasses by the study's end and happy to pay for replacements when needed, the benefits of better vision are clear for all to see."

United States:

Sharing Orbis's experience with Boeing



July 28 - 29 and August 4 - 5

When not saving sight, Orbis's Flying Eye Hospital loves spreading the eye care message by welcoming the public onboard. After recently touching down at Boeing Field, Seattle the plane and its crew opened its door to visitors over two weekends. Given our longstanding partnership with Boeing, we were especially thrilled to showcase the plane to the staff who do so much to keep the Flying Eye Hospital flying high.

Mongolia:

HK optometrist passing knowledge to locals

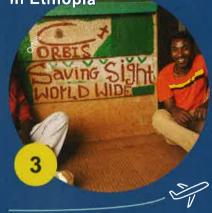


August 12 - 30

Mongolia has always been one of our Flying Eye Hospital's favorite special project locations. August saw the plane return to Ulaanbaatar for the eighth time and conducted a three-week national ophthalmic training program there. Joining us in training nine local pediatric ophthalmologists was Dr Peter Pang Associate Consultant Optometrist of PolyU who followed up his morning lectures with practical sessions in the afternoon.

Ethiopia:

Celebrating 20 years of fighting blindness in Ethiopia



October 1 - 19

This October's Flying Eye Hospital visit to Ethiopia not only marked World Sight Day but also our 20th anniversary of sight saving work there. Since making the first of our five successful trips to the country in 1998, its population has swelled from 65 million to 105 million. With the assistance of various partner hospitals, our latest three-week national ophthalmic training program helped further strengthen Ethiopia's sustainable eyecare legacy by sharing skills and resources with local doctors and nurses.





Love lives on

Have you thought about sparing a part of your inheritance, insurance refund or condolence fund for Orbis? All the love from you and your deceased loved one would be passed onto grateful recipients - who are needlessly blind. Come bring light into their lives and their families.





Save big while caring for your eyes

We are delighted to report that Hong Kong PolyVision Eyecare Centres have once again agreed to provide our monthly donors with 'Comprehensive Eye Examination' at the exclusive Orbis price of just HK\$350! Available for all monthly donors from January 1 to December 31, 2019, the examination covers refractive status, binocular and color vision, intraocular pressure, ocular health and fundus photography. To take advantage of PolyVision's offer, please present your enclosed 2019 membership card at any of their eye care centers across Hong Kong. For further details, please visit www.orbis.org/hkeyecheck or call PolyVision on +852 2866 9660 to make an appointment.

SYNDROME' (DES) SUFFERERS FAIL TO SEEK MEDICAL HELP

Many DES sufferers mistakenly believe that dryness in their eyes is a minor inconvenience that tears produced by rapid blinking will cure. Orbis volunteer ophthalmologist and Honorary Secretary of Hong Kong Ophthalmological Society, Dr. Emmy Li, says there is no simple cure as DES can take several forms. They include the "aqueous deficiency" and "excessive tear evaporation" types plus various "mixed" variants.

In a recent survey*, roughly 40% of respondents with some form of dryness purchased non-prescription eye drops from pharmacies to soothe their discomfort. Said Dr. Li: "While many widely available eye drops claim they can moisturize our eyes, only those free of preservatives and possible allergens are recommended for long-term use."

Dr. Li went on to stress that while many young Hongkongers assume DES will not affect them, increased use of gadgets is causing dryness to strike people earlier and earlier in life. Therefore, people of all ages should be aware of DES and the harm it can cause.

Four DES Prevention tips

- 1. Adopt the "20-20 Eye Protection Rule" by taking a 20 second rest after every 20 minutes of gazing at computer screens or electronic devices. Conscious regular blinking will also help to spread tears evenly and help moisturize our eyes' surfaces.
- 2. Contact lens users should never wear their lenses for longer than 10 hours at a stretch and always give their eyes one or two days rest each week to enhance their eyes' wellbeing.
- 3. Adequate rest and a balanced diet are essential to maintain sufficient tear production and eye health.
- 4. Those working in offices where air-conditioning causes low humidity levels should consider buying themselves a desk top humidifier. This will relieve discomfort by not only boosting humidity levels but also slowing down tear evaporation.

*Determined to increase awareness of the high local prevalence of DES, Orbis recently joined forces with the Hong Kong Ophthalmological Society and the Hong Kong Federation of Societies for Prevention of Blindness and surveyed some 2,741 Hongkongers.





Action for Sight 2018: Some Blindness Can Be Cut

In order to raise public awareness of the importance of eye health, Thurs. Oct. 11 World Sight Day 2018 (WSD) saw us roll out our latest Action for Sight initiative at Sacred Heart Canossian College English Section. The event proved to be very popular with some 70 students and teachers experiencing the daily struggles facing the sightless during exercises and games such as trying to eat sandwiches and drink while blindfolded.

Our best wishes must go to the several generous leading local resorts who invited us to set up fundraising booths in their premises' staff areas. We were also delighted to have Joy's Chin Salon host a Charity Hair Cut Event that encouraged their customers to "cut" needless blindness. Perhaps most encouraging of all was the involvement of the six schools and five DSEJ Education and Resource Centers

who enabled us to display informative panels that engaged literally thousandsof pupils and staff.

Last but not least, we would like to thank the 10,300 supporters who helped raise MOP1,240,000 during this year's campaign. We would also like to extend our appreciation to the various key corporate sponsors who served as "Corporate Ambassadors": Bank of China Macau Branch, China Life Insurance (Overseas) Co. Ltd. Macau Branch, Galaxy Entertainment Group, The Hongkong Shanghai Banking Corporation Limited, McDonald's Macau, OCBC Wing Hang Bank Ltd., Sands China Ltd. and Wynn Resorts (Macau) SA; as well as "Supporters" such as Joy's Chin Salon and "Media Partners" including Exmoo News, The Macau Post Daily, Manner Culture Ltd.

Action for Sight 2018 Awardees Top Five Organization Fundraisers

Champion

Wynn Resorts (Macau) SA

1st runner up

Bank of China Macau Branch & employees

2nd runner up

Sands China Ltd.

3rd runner up

Kiang Wu Hospital

4th runner up

OCBC Wing Hang Bank Ltd.

Top Three School Fundraisers

Champion

Escola da Sagrada Familia

1st runner up

Sheng Kung Hui Choi Kou School Macau

2nd runner up

Colegio de Santa Rosa de Lima (English Secondary)

2018 Orbis Mid-Autumn Charity Sale 2018



Orbis Macau would like to sincerely thank the many donors and supporters who helped ensure the gift sets on offer during this year's Mid-Autumn Charity Sale sold out immediately! Extra special thanks must go to Kee Wah Bakery for once again sponsoring charity sale mooncakes and Chinese tea sets. Others who played a major role in the Charity Sale's success included venue sponsor, Pui Ching Middle School and volunteers, for helping us to sell mooncakes and recruit new monthly donors. We would also like to extend our heartfelt gratitude to Macau Coca-Cola Beverage Co Ltd. for sponsoring beverages during street fundraising sales.

Orbis Birthday Donation Program



Celebrating a birthday and receiving the love and blessings of one's nearest and dearest is amongst life's happiest moments. Why not ensure you and your kids' big days are packed with even more love and care by urging your friends and relatives to donate to Orbis instead of sending gifts? Donate MOP880 or above and we will reward you and your kids a bear and a framed 'Thank You' Certificate!

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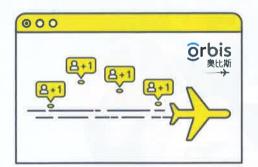
www.orbis.org/mo-gift

Celebrate your wedding by making a commemorative donation

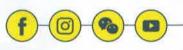


If you are celebrating the start of yourself and your sweetheart's shared journey, why not double your happiness by making an Orbis Wedding Commemorative Donation? Donate MOP3,800 or more of your wedding gift money and we will reward you and your partner with a pair of cute wedding bears and a framed 'Thank You' Certificate. Other ways happy couples can spread their and their guests' kindness include giving Flying Eye Hospital pendants and Orbis greeting cards.

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Stay tuned for sight saving updates by following Orbis Macau on social networks!



澳門奧比斯 Orbis Macau



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