I went to a group activity, “Sensitivity Sunday” which was to make us more aware of the problem faced by disabled people. We were asked to “ adopt a disability” for several hours one Sunday. Some member like me chose the wheel chair. Other wore sound-blocking earplugs (耳塞) or blindfolds (眼罩).

Just sitting in the wheelchair was a learning experience, I had never considered before how awkward it would be to use one. As soon as I sat down my weight made the chair begin to roll. Its wheel were not locked . Then I wondered where to put my feet , It took me quite a while to get the metal footrest into place , I took my first uneasy look at what was to be my only means of transportation for several hours. For disabled people, “adopting a wheelchair” is not a temporary(临时的) experiment .

I tried to find a comfortable position and thought it might be restful, even kind of nice to be pushed around for a while. Looking around, I realized would have to handle the thing myself! My hands started to ache as I turned the heavy wheels, I came to know that controlling the direction of the wheelchair as not going to be easy task,

My wheelchair experiment was soon finished . It made a deep impression on me. A few hours of “disability” gave me only a taste of the challenges , both physical and mental, that disabled people must overcome.