

主辦  
Presented by



THE LIFE LEARNING THEATRE  
The Absolutely Fabulous Theatre Connection

註冊慈善團體 A registered charity

藝 動 沙 螺 灣

# FLOW

誇啦啦浮游之樂  
with  
AFTEC  
SHALOWAN ARTS FAMILY FUN

2, 3, 9 & 10 / 11 / 2019 ( 六 Sat & 日 Sun )

大嶼山西北沙螺灣 Shalowan, Northwest Lantau Island

免費參與  
Free for all

延續去年「翱翔」藝動沙螺灣的空前成功，誇啦啦藝術集匯誠邀大家於今年十一月再次蒞臨城鄉交匯的沙螺灣村！去年「翱翔」藝術邊界，今年各位將享受一場以水為題的藝術饗宴，並再由英國著名教育機構Eden Project啟發大家探索人與自然的微妙關係。參加者可以體驗有趣的互動劇場，欣賞令人驚嘆的巨型裝置藝術及如流水般的音樂表演；更可參與融合藝術和科學的講座，了解兩個範疇如何相融交匯；還有激活創作思維的遊戲及工作坊.....不論年齡，參加者總能沉浸於藝術水流中，獲得前所未有的新體驗！

Following the huge success of *Flight* in Shalowan village last year, we return this November with *Flow*, a festival on the theme of water in all its artistic splendour. Exploring water on an East-West, Urban-Rural & Ancient-Modern axis, the event will dazzle the young & young-at-heart alike. In the Lantau village one more time, plunge into interactive theatre performances; inspiring music, stunning & gigantic installations, story-telling, board game & workshops. Don't forget the globally-renowned Eden Project from the UK again and amazing, insightful talks crossing the arts & sciences.

躍進資助  
Springboard Grant

藝能發展資助計劃  
Arts Capacity Development Funding Scheme  
HKSAR Government 香港特別行政區政府

教育合作夥伴  
Education Collaborator

eden project

活動贊助  
Programme Sponsor

田家炳基金會  
Tin Ka Ping Foundation

活動及場地伙伴  
Event/Venue Partner

沙螺灣村鄉公所  
Shalowan Village Office

# 互動體驗劇場 – 《奧德賽：歸家海途》

## Interactive Promenade Theatre - *Odysseus: The Voyage Home*

參加互動體驗劇場，與希臘英雄奧德修斯一同踏上奧德賽號，以故事、木偶、演員和歌曲，感受奧德修斯傳奇的一生：協力擊退獨眼巨人，抵抗海妖的誘人歌聲和女巫喀耳刻的魔咒，更要從希臘君王的手中重奪昔日皇位！

The voyage of a Greek hero, Odysseus, is retold from the battle of Troy to his homeland in Ithaca. Join Odysseus and his sailors as they seek to outwit the giant cyclops, battle to survive the singing of the Sirens, become bewitched by the enchantress, Circe and fight to regain his palace from the Greek lords who have taken over during his absence. Immerse yourself in Odysseus' adventures through story-telling, puppets, live actors and song.

聯合導演 Co-directors: Margo Gunn、黃清霞博士 Dr Vicki Ooi

翻譯 Translation: 馮鎮宇 Oscar Fung

木偶設計師 Puppet Designer: Louis Watts

木偶工匠 Puppet Maker: 陳詩歷 Paul Chan

演出 Cast: 陳昊霆 Chan Ho Ting、張慕文 Cheung Ka Man、周漢寧 Henick Chou、朱詠欣 Chu Wing Yan、竺諺民 Chuk Yin Man、郭偉豪 Edmond Kok、孫志鴻 Suen Chi Hung



Credit: Louis Watts



「翱翔」藝動沙螺灣 Flight 2018

演出日期 Date: 2, 3, 9 & 10/11/2019

粵語演出，每天三場 Three Cantonese performances daily

名額有限，請登入art-mate免費報名

Limited quota. Register at art-mate

適合8歲或以上人士 For aged 8 or above

演出長約90分鐘 Approximately 90 minutes

活動內容及時間長度或有更改。Programme and duration subject to change.

## 音樂 – 《若水》 Music – *Flow Like Water*

《若水》一曲匯集着水敲擊樂、管弦樂及瑜伽的元素。樂章分成五小段。水流的概念，在道家中尤其重要：

「上善若水，水善利萬物而不爭。處眾人之所惡，故幾於道。  
居善地，心善淵，與善仁，言善信，正善治，事善能，動善時。  
夫唯不爭，故無尤。」 - 《道德經》

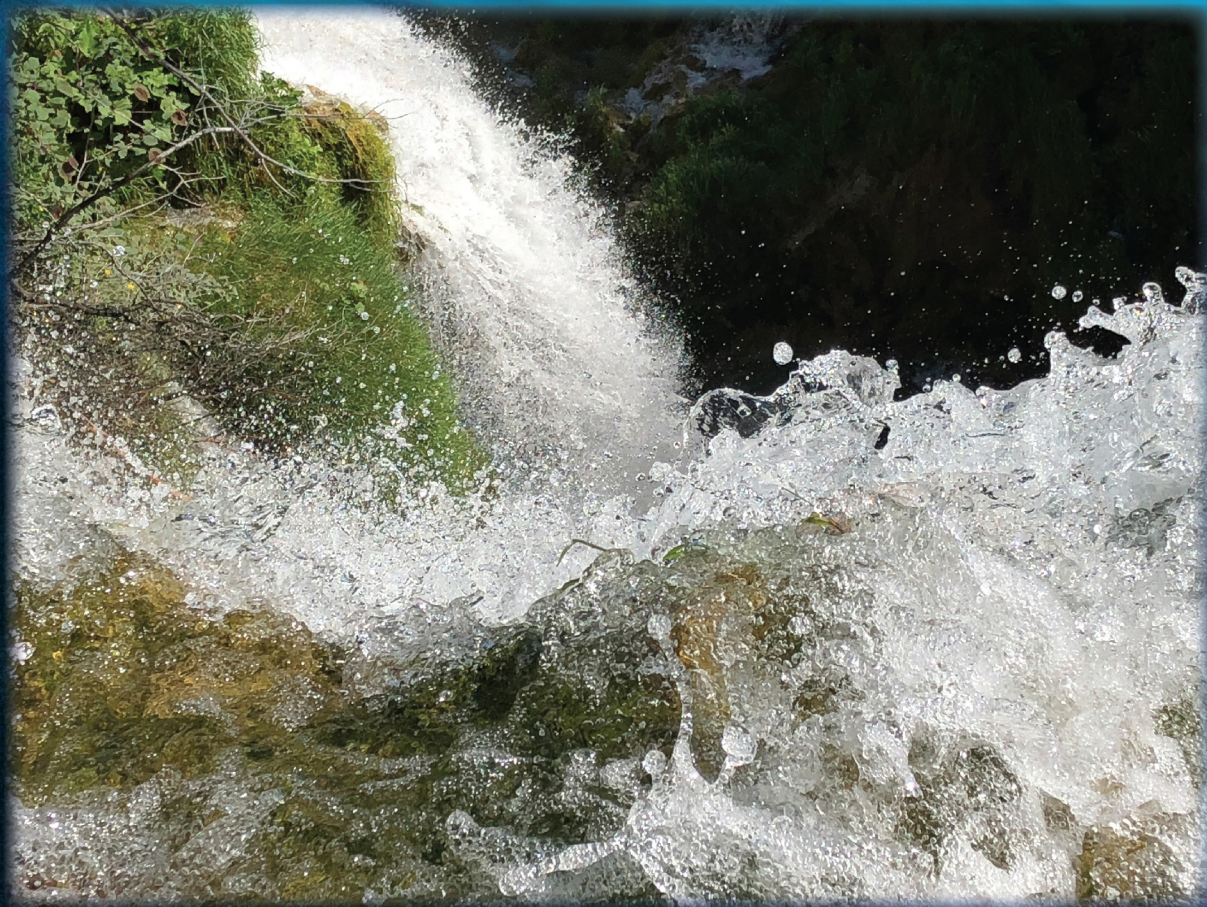
*Flow Like Water* incorporates water percussion, wind instruments and yoga. It consists of five short movements. The concept of water flow is an important concept in Taoism:

“The supreme goodness is like water. It benefits all things without contention. In dwelling, it stays grounded. In being, it flows to depths. In expression, it is honest. In confrontation, it stays gentle. In governance, it does not control. In action, it aligns to timing. It is content with its nature and therefore cannot be faulted.” – *Tao Te Ching*

作曲 Composer: 鄧慧中博士 Dr Joyce Tang

演奏 Musicians: 陳庭章 (敲擊樂) Tim Chan (Percussion)、周筆軒 (法國號) Wilson Chau (Horn)

科學顧問 Science Consultant: 趙善德博士 Dr Chiu Sein Tuck



Credit: Dr Joyce Tang

演出日期 Date: 2, 3, 9 & 10/11/2019

每天兩場演出 Two performances daily

適合任何年齡人士 For all ages

演出長約45分鐘，包括雙語演後座談會 Approximately 45 minutes with bilingual post-show discussion

名額有限，請登入art-mate免費報名 Limited quota. Register at art-mate

## 裝置藝術 Installations

### 龍王 *Dragon King*

龍與水、大海、湖畔和雨相連繫。龍亦是好運、力量和權力的象徵。在沙螺灣村，龍王將拔地而起，騰雲駕霧。

A giant installation of the mythical Dragon King traditionally associated with water, sea, and rain to represent good fortune, strength and power. The Dragon King sculpture will emerge from the grounds of Shalowan swirling like the waves, ready to work its benevolent magic.

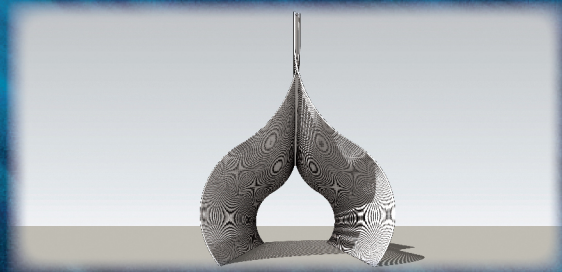
裝置藝術家 Installation Artists:

Pete Hill (跨界別視覺藝術家及極地科學家 Multi-disciplinary Visual Artist, High Altitude/Polar Scientist)

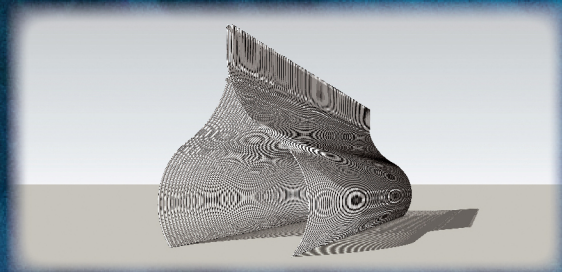
Sue Hill (英國WildWorks景觀設計師、演員、策展人及視覺藝術家 Landscape Director (WildWorks, UK), Actress, Visual Artist, Curator)



Credit: Pete Hill & Sue Hill



Credit: Stephen Chan & William Tam



Credit: Stephen Chan & William Tam

### 水濂洞 *The Tube*

齊來見證現代化的齊天大聖水濂洞，這個裝置藝術將引領你放慢步伐，感受人與水的關係和背後的力量，並反思水如何以有限的生命為人類默默奉獻。

A contemporary interpretation of the Monkey King's water cave, a unique installation that will offer a contemplative walk to experience the power of water and reflect on its diminishing existence as a finite giver of life.

裝置藝術家及建築師：陳建國、譚偉霖（凡建築）

Installation Artists / Architects: Stephen Chan, William Tam (Arva Ltd)

### 海的控塑 *Plastic Nature*

藝術家透過將不同生物，如人類和動物變成塑膠，以誇張手法呈現微塑膠污染為海洋及生態帶來之嚴重後果，帶出人類作為污染的始作俑者，將要自食其果的信息。沙螺灣從大自然幻變成都市，這種不動聲色、無可避免及無法逆轉的「洪流」亦將在這件作品上一一反映。

An artwork that dramatises the consequences of micro-plastic pollution on the ocean and habitat by "plasticising" living things including animals and human beings, who are the originators of the pollution. It symbolises Shalowan's silent, inevitable and irreversible "flow" from nature to urbanity.

裝置藝術家及設計師 Artist / Designer: 李樹勳 Fan Lee  
社群藝術網絡 Community Art Network



Credit: Fan Lee

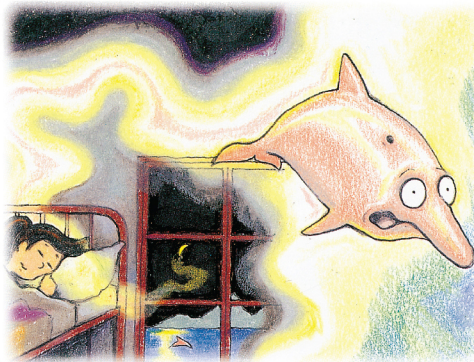
## 家庭活動 Family Activities

### 粉紅海豚 (說故事及手工藝工作坊) *Pinky the Dolphin (Story-telling & Craft Workshop)*

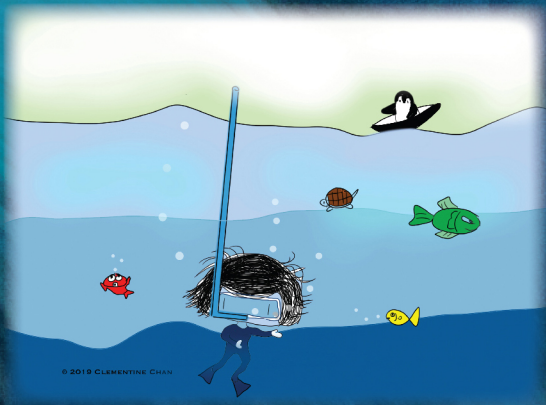
跟隨粉紅海豚探索香港的海洋世界，孩子和家人可一同為阻止水污染和恢復海洋生機出力。小孩子更可以學習製作故事中的海豚帽子。

Take a journey with Pinky the dolphin into the marine environment around Hong Kong. Discover the power lies in each individual to help stop pollution and restore the sea to its natural pristine state. Children will learn to make dolphin hats from the author.

《粉紅海豚》作者及工作坊導師：高嘉雲  
Author of *Pinky the Dolphin* & Workshop Tutor: Gavin Coates



Credit: Gavin Coates



Credit: Clementine Chan



Credit: Gavin Coates



Credit: Clementine Chan

### 精靈藍藍大冒險 (尋寶之旅) *The Adventures of Bluey (Treasure Hunt)*

本地藝術家小橘子Clementine Chan創作的精靈藍藍和其家人將出現在「浮游之樂」的各項活動中，與大小朋友一同冒險。每個家庭均可自由使用5個關卡的材料來進行探索，而在冒險最後一卡有更多新奇有趣的創意體驗。

Join lovable Bluey and her family in a fun-filled adventure alongside Flow's programmes. Participating families are free to use materials at each station to explore diverse water ideas, culminating with conversations with Bluey & her creator at the final station.

策劃及插畫師 Curator & Illustrator: 小橘子 Clementine Chan

#### 粉紅海豚 (說故事及手工藝工作坊)

*Pinky the Dolphin (Story-telling & Craft Workshop)*

日期 Date: 2, 3, 9 & 10/11/2019

每日進行兩場，每場長約60分鐘

Two 60-minute sessions daily

名額有限，請登入art-mate免費報名

Limited quota. Register at art-mate

英語進行，附粵語解說 In English with Cantonese facilitation

適合3歲或以上人士 For aged 3 or above

#### 精靈藍藍大冒險 (尋寶之旅)

*The Adventures of Bluey (Treasure Hunt)*

日期 Date: 2, 3, 9 & 10/11/2019

以粵語進行 (最後關卡) In Cantonese (Final station)

適合6歲或以上人士 For aged 6 or above

## 講座 Talks

### 藝術與身心健康 *Health & Well-being in the Arts*

著名心理學家米哈里·契克森米哈提出，浮游是人類全身心投入或專注於某種活動的精神狀態，此時的我們最為快樂。在這場講座中，吳易劭醫生將從生理學角度與大家分享身體「In the Flow」的奧秘，以及我們如何進入浮游狀態。

Psychologist Csikszentmihalyi's Flow: *The Psychology of Optimal Experience* states that people are happiest when they are in a state of flow — a state of concentration or complete absorption with the activity at hand and with the situation. Let's delve into the physiological aspects of our bodies when we are in deep focus and to achieve flow.

講者：吳易劭博士（香港大學李嘉誠醫學院醫學倫理及人文學部總監）  
Speaker: Dr Harry Wu (Director, Medical Ethics and Humanities Unit, Li Ka Shing Faculty of Medicine, University of Hong Kong)



### 第三極 *The Third Pole*

亞洲水資源有限，每兩個亞洲人就有一個生活在流域上，讓水危機一觸即發。這10條流淌於亞洲的主要河流（包括長江、黃河、恆河、印度河、伊洛瓦底江和湄公河等），都是孕育文明的搖籃。它們雖然橫跨16個不同國家，但同樣源於喜馬拉雅水塔。隨著暖化導致冰河及冰雪融化、季候風規律和河流受到影響，這個「第三極」跟南北極一樣，因氣候變化而面臨重大危機。我們真的了解水危機的嚴重性，以及水源短缺對數十億人所帶來的威脅嗎？

With limited water resources and one in two Asians living in river basins, Asia faces urgent water challenges ahead. As the cradles of civilisations, 10 arterial rivers (including the Yangtze, Yellow, Ganges, Indus, Irrawaddy and Mekong) flow across 16 countries but all share the same source: the Himalayan Water Towers. This "Third Pole" like the North and South Poles, face huge challenges from climate change with glacial and snow melts, changing monsoon patterns and river flow. Do we really understand the magnitude of these challenges on the one resource we cannot survive without, and the effects they will have on billions of people?

講者 Speaker: 陳楠之 Woody Chan (中國水風險分析師 Research Analyst, China Water Risk)



### 創意對談 *Creative Conversations*

行內頂尖藝術家和建築師分享發揮創意思維的秘訣。  
Leading artists and architects share their secrets on generating creative ideas.

講者：陳建國、Margo Gunn、Pete Hill、Sue Hill、李樹勳、譚偉霖等  
Speaker: Stephen Chan, Margo Gunn, Pete Hill, Sue Hill, Fan Lee, William Tam & more



### 海洋生態 *Marine Ecology*

探究水如何塑造出香港的海洋生態。  
Find out how water shapes the marine ecology of Hong Kong.

講者 Speaker: 趙善德博士（海洋生物學家）Dr Chiu Sein Tuck (Marine Biologist)

藝術與身心健康 *Health & Well-being in the Arts*

日期 Date: 2/11/2019  
中英雙語進行  
In Chinese & English

第三極 *The Third Pole*

日期 Date: 10/11/2019  
英語進行，附粵語解說  
In English with Chinese facilitation

創意對談 *Creative Conversations*

日期 Date: 3/11/2019  
中英雙語進行  
In Chinese & English

海洋生態 *Marine Ecology*

日期 Date: 9/11/2019  
英語進行，附粵語解說  
In English with Chinese facilitation

每場講座長約45分鐘 One 45-minute session per talk  
名額有限，請登入art-mate免費報名 Limited quota. Register at art-mate  
適合任何年齡人士 For all ages

活動內容及時間長度或有更改。Programme and duration subject to change.

## 張保仔海戰赤鱧角 (圖版遊戲) Cheung Po Tsai Chek Lap Kok Sea Battle (Board Game)

1809年，由張保仔領導，在華南海域叱吒風雲的紅旗幫船隊正在沙螺灣一帶修復船隻。葡萄牙海軍在此時遇上紅旗幫，海戰一觸即發。一起和海事專家戴偉思博士透過有趣的互動圖版遊戲重演這場香港經典海戰！

In 1809, Cheung Po Tsai's infamous Red Flag Fleet, while under repair at Shalowan Bay, was set upon by a flotilla of Portuguese & Qing dynasty war-ships. Join maritime expert, Dr Stephen Davies, in re-enacting this renowned sea battle between the Red Flag Fleet and Portuguese navy in an exciting interactive board game!

主持：戴偉思博士 (香港海事博物館前總監)  
Game Host: Dr Stephen Davis  
(Former Director, Hong Kong Maritime Museum)



## 小船工房 Boat Craft

發揮創意，手造小船！利用藝術及科學概念，你將製造獨一無二的小船，再以木造螺旋槳及橡皮圈將勢能轉化成動能，親眼見證小船啟航。

Create your own boats and watch them sailing! Combining the arts and science concepts, you can empower the boat with energy using rubberbands and wood-made propellers which turn potential energy to kinetic energy. Get ready and show your innovation!

導師來自A Plastic Ocean Foundation及社群藝術網絡  
Tutors from A Plastic Ocean Foundation & Community Art Network

## Eden Project 工作坊 Eden Project Workshop

1. 隨波逐流 Go with the Flow  
在美麗的小玻璃瓶中，發掘水的正能量，並在沙螺灣的大海釋放。  
Create positive intentions in "water" in beautiful small glass bottles, to be offered back to the ocean on the Shalowan shoreline.
2. 萍水相逢 Meeting the Elements: WATER  
在科學和實用上探討水和我們的關係，同時認識水在維持生命，以及我們的故事中扮演的角色。  
Explore man's relationship to water from a scientific point of view, as a practical resource, as a vital source of life in our lives and in our stories.

導師來自Eden Project (UK)  
Tutors from The Eden Project (UK)



張保仔海戰赤鱧角 (圖版遊戲)  
Cheung Po Tsai Chek Lap Kok Sea Battle (Board Game)

日期 Date: 2 & 3/11/2019  
每日一場，長約90分鐘 One 90-minute session per day  
名額有限，請登入art-mate免費報名  
Limited quota. Register at art-mate  
英語進行，附粵語解說 In English with Cantonese facilitation  
適合12歲或以上人士 For aged 12 or above

小船工房 Boat Craft

日期 Date: 2, 3, 9 & 10/11/2019  
每日一場 One session per day  
以粵語進行 In Cantonese  
適合任何年齡人士 For all ages

Eden Project 工作坊 Eden Project Workshop

日期 Date: 2, 3, 9, 10/11/2019  
英語進行，附粵語解說 In English with Cantonese facilitation  
每日兩場，每場長約1.5小時 Two 1.5-hour sessions daily  
名額有限，請登入art-mate免費報名  
Limited quota. Register at art-mate  
適合12歲或以上人士 For aged 12 or above

## 沙螺灣村導賞團 Shalowan Guided Tour

沙螺灣村村民將再次帶領公眾走進村莊，除遊覽景點外，村民更會分享舊日沙螺灣村的農民如何善用水資源。  
The villagers will again take the public on a trapeise around the village with a focus on the place and the way water is used when farming was a traditional way of life.

導賞Tour guides: 沙螺灣村村民 Shalowan Villagers



Credit: Cheung Wai Lok

## 紀錄片放映 – 《塑膠海洋》 Documentary Screening - A Plastic Ocean

此紀錄片由A Plastic Ocean Foundation攝製，揭露全球塑膠污染對海洋環境的破壞及對人類健康造成的威脅，現今為止已於全球超過60個國家上映，2017年更獲得10個不同電影節獎項。  
Produced by Plastic Oceans Foundation, the documentary reveals the devastating impact of plastic waste on the marine environment, and its threat to human health. The film has been screened in over 60 countries, and received numerous awards in film festivals.



沙螺灣村導賞團  
Shalowan Guided Tour

日期 Date: 2, 3, 9, 10/11/2019  
每日三場，長約75分鐘 Three 75-minute sessions daily  
以粵語進行 In Cantonese

紀錄片放映 - 《塑膠海洋》  
Documentary - A Plastic Ocean

日期 Date: 2, 3, 9, 10/11/2019  
紀錄片長約20分鐘 Approximately 20 minutes  
以英語進行，附中文字幕 In English with Chinese subtitles  
適合任何年齡人士 For all ages

9月16日起請登入art-mate免費報名  
已登記參加者可獲派發活動指南  
Online registration at art-mate.net starts 16 September  
Each registered participant will get a free programme guide

## 關於誇啦啦 About AFTEC

誇啦啦藝術集匯（誇啦啦）是雙語學習劇場™及非牟利藝術組織，致力培育新一代年輕人。我們相信藝術帶來啟發、動力及轉變，以藝術融入教育的方法鼓勵學習，令教育更加完備。我們是一個註冊慈善團體，節目多元化，2008年成立至今觀眾及參加者超過217,610名，2009年起成為康樂及文化事務署轄下的西灣河文娛中心場地伙伴。誇啦啦於2015年獲羅兵咸永道選為本地10間最具影響力的非政府機構，參與其社會影響評估指導計劃。誇啦啦曾獲香港藝術發展局頒發2014及2017香港藝術教育獎，亦兩度獲得香港特別行政區政府「藝能發展資助計劃」的躍進資助。誇啦啦首創自在劇場，以及推廣藝術、科學、工程、數學和科技作為教學方法的醫學人文學科（表演藝術）。

The Absolutely Fabulous Theatre Connection (AFTEC) is a bilingual Learning Theatre™ and non-profit arts organisation dedicated to nurturing the next generation of youth. We believe in the power of the arts to inspire, motivate and transform, and use an integrated arts-in-education approach to enhance education and encourage learning. Established in 2008 as a registered charity, we have reached over 217,610 audience members and participants through our diverse programmes to date, and have been the Venue Partner of the Sai Wan Ho Civic Centre under the LCSD Venue Partnership Scheme since 2009. AFTEC was selected as a top 10 high impact NGO in the PwC Community Mentoring Programme on social impact assessment in 2015, recipient of HK Arts Development Council's Award for Arts Education 2014 & 2017, and is a two-time recipient of the Springboard Grant under the Arts Capacity Development Funding Scheme of the Government of the Hong Kong Special Administrative Region. AFTEC pioneered Relaxed Theatre & the performing arts module of Medical Humanities developing STEAM as a teaching & learning approach.

f AFTECHK Website: <https://www.aftec.hk/zh/flow-shalowan/>

2520 1716 | [info@aftec.hk](mailto:info@aftec.hk)

