

Multi-media Theatrical Meditation Production
多媒體影像靜觀劇場

黑天 幻日

The Light of Metempsychosis

電影 | 劇場 | 聲音 | 靜觀 | Film | Theatre | Sound | Meditation

概念及導演：曾文通

Concept and Director: Tsang Man-tung

17/7/2021 六 Sat 8pm

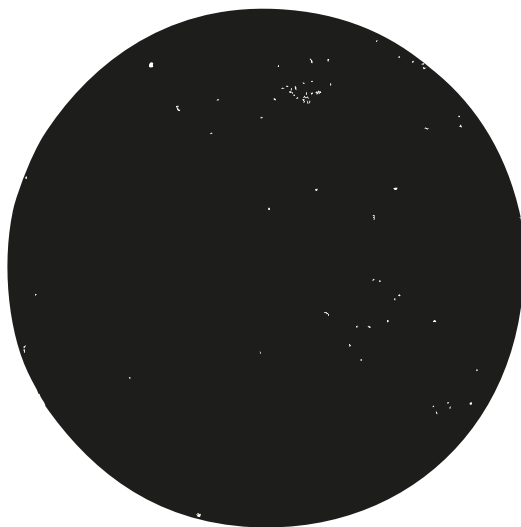
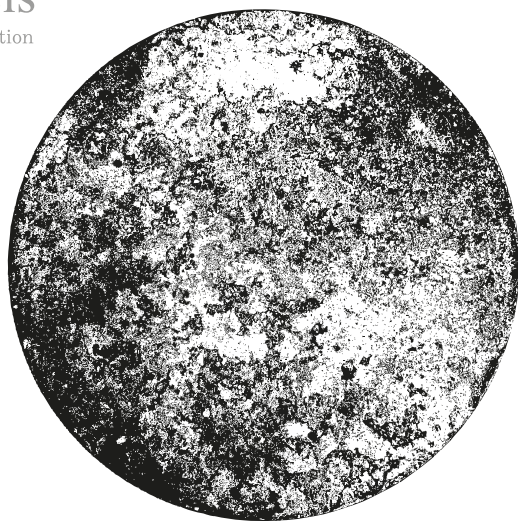
18/7/2021 日 Sun 3pm

放映 / 演出

Screening / Performance

葵青劇院演藝廳

Auditorium, Kwai Tsing Theatre



導演的話

很喜歡電影，更熱愛劇場。

年少時曾一星期內看畢南斯拉夫電影導演艾米爾·庫斯杜力卡（Emir Kusturica）的所有作品，更被英國電影導演德瑞克·賈曼（Derek Jarman）的最後一套電影《藍》深深吸引。全片以靜止的藍色畫面表達賈曼在接受眼部治療時經常滿佈視線的顏色，創造了對生命的凝視，讓觀眾與賈曼共同感受生命片刻的思緒與狀態。

後來接觸到劇場，轉眼就在其中生活了三十年。於我而言，劇場就是道場；我理解的「靜觀」，就是在劇場裡「靜」心「觀」看。

這個演出，是電影、劇場、音樂和靜觀四個元素結合的形式，再加上觀眾的聯想去圓滿。

一個人在途上，尋找「真」的過程，苦行一段又一段道路，看見一個又一個景象。閃進的是日月、是星辰、是聲音，如幻似真，如實亦虛。夢是真，真是夢；黑白的大自然和充滿色彩的劇場，再也沒法分清現實與虛幻、意識與潛意識，猶如南柯一夢，只好繼續前行。

最重要還是明白心如鏡，看見生命的本相。

曾文通



Message from the Director

I like film, but I love theatre more.

When I was young, I once managed to finish watching all the works of Yugoslav film director Emir Kusturica within a week. I was also wonderstruck by British director Derek Jarman's last film *Blue*. The still shot of blue throughout the entire film was the colour that filled Jarman's visual field when he was undergoing optical treatment. It represents a fixed gaze into life itself, and a sharing of Jarman's moments of consciousness and state of being with the audience.

Then I came upon theatre; who knows I was to spend the next 30 years in it! To me, theatre is a *daochang* (religious site for cultivating mindfulness) and "mindfulness" as I see it is "mindful appreciation" in the theatre.

This production is a fusion of four elements - film, theatre, music and meditation. It comes to be consummated with the audience's imagination.

A seeker searches for "true reality" in an ascetic journey, covering tract after tract of road, seeing image after image. Flashes of the sun and the moon, of stars and voices emerge in the journey, which seem like real and unreal at the same time. The dream is real, so is reality a dream. Natural scenery in black and white as well as theatrical work in colour blur the boundary between reality and illusion, between the consciousness and the subconscious. Life may just be a dream in disguise; one can only soldier on.

It is thus most important to exercise mindfulness to see the true face of life itself.

Tsang Man-tung



電影 | 劇場 | 聲音 | 靜觀

一個結合劇場與大自然的跨媒介作品

一趟由外往內的感官旅程

黑天與幻日均是天文現象，看似偶然卻有其定律；作品英文名中的「Metempsychosis」源自一種古希臘對生死的哲學思想，意思是輪迴。《黑天幻日》點出「生命的一切不過是循環」。

作品包括電影與現場演出兩部份，電影取景於劇場封閉空間和野外自然環境，分四個段落——「黑」：太初便有聲，「天」：黑暗中有光，「幻」：自然去幻相，「日」：明心見真我，以結合取自山澗、森林、海邊的聲畫說故事。放映現場將融入現場表演，影像、形體與音律交織，真實與虛幻，演繹行者的故事。

表演者曾文通、萬幸、梁天尺、麥琬兒、張藝生，將與觀眾共同直觀劇場的每一個意象轉移，明白心所念和心所住，一同經驗觀照、覺悟及解脫的生命歷程。

這不單是一場演出，而是一個共同經歷的心的對話儀式。

節目長約 100 分鐘，不設中場休息。遲到者須待適當時候方可進場。



Film | Theatre | Sound | Meditation

A cross-media production that combines theatre and nature

A sensory journey that travels from the outer to the inner layers of the mind

Eclipse and sundog are both astronomical phenomena which seem to be random but in fact follow the law of nature. The term “Metempsychosis” originates from the Greek philosophical ruminations on life and death, which means transmigration of the soul - reincarnation after death. The message in *The Light of Metempsychosis* is that life is but a cycle of all.

The production consists of two parts: film screening and live performance. The film is shot in an enclosed theatre as well as in the natural environment. Divided into four sections - “Darkness” - there was sound in the primeval world; “Sky” - there is light in darkness; “Illusion” - nature takes away illusory images; and “Sun” - a pure heart that shapes the true self, the story unfolds with images and sounds of the streams, forests and the seaside. Live stage performance will complement the film screening, weaving together images, physical movements and musical pulses to tell a seeker’s tale.

Performers Tsang Man-tung, Wan Xing, Leung Tin-chak, Natalie Mak and Alex Cheung will witness the shifting imageries in tandem, grasp the mind’s workings and its obsession, and share their experience in a journey of mindfulness, consciousness and liberation with the audience.

This is not only a performance, but also a shared ritual of a dialogue from heart to heart.

Running time is approximately 100 minutes without intermission. Latecomers will only be admitted at a suitable break.



音樂 | Music

空如有道 | Emptiness

作曲 Composed by

曾文通 Tsang Man-tung

單弦鉢之初 | Monochord and Singing Bowls

作曲 / 單弦琴 Composed by/Monochord

頌鉢 Singing Bowls

萬幸 Wan Xing

曾文通 Tsang Man-tung

幻日氣韻 | Prana

作曲 Composed by

曾文通 Tsang Man-tung

光之導引 | Point Light

作曲 Composed by

曾文通 Tsang Man-tung

鑠石泛音 | Singing Rock

作曲 / 印度手風琴 / 唱誦

Composed by/Shruti Box/Chanting

曾文通 Tsang Man-tung

一擊一當下 | One Strike

作曲 Composed by

曾文通 Tsang Man-tung

單弦箏月影 | Moonochord

作曲 / 單弦琴 / 古箏

Composed by/Monochord/Guzheng

萬幸 Wan Xing

凝視自流 | Gazing

作曲 Composed by

曾文通 Tsang Man-tung

手隨鉢轉 | Deep Circle Sound

作曲 / 頌鉢 Composed by/Singing Bowls

曾文通 Tsang Man-tung

步入聖所 | The Sanctuary

作曲 Composed by

曾文通 Tsang Man-tung

默觀密契 | Contemplation

作曲 / 達夫鼓 Composed by/Daf

曾文通 Tsang Man-tung

明心見真我 | The String of *Seikilos*

古箏 *Guzheng*

萬幸 Wan Xing

看見光色 | The Light of Heart

作曲 Composed by

曾文通 Tsang Man-tung

黑天幻日 | The Light of Metempsychosis

作曲 Composed by

曾文通 Tsang Man-tung

曾文通

跨領域當代藝術家，範疇包括劇場、視覺藝術、音樂及藝術教育等。從事舞台美術工作二十多年，曾獲多個本地及海外獎項，包括香港舞台劇獎最佳舞台設計、最佳服裝設計及最佳化妝造型獎，並三度獲得香港舞蹈年獎最傑出舞台設計。2008年獲香港藝術發展獎「年度最佳藝術家獎（戲劇）」。2009年獲亞洲文化協會獎助金，翌年到美國耶魯大學戲劇學院任研究員。2015年獲民政事務局局长嘉許計劃頒發嘉許狀及獎章，表揚他在推動文化藝術發展的貢獻。2017年憑舞劇《風雲》獲世界劇場設計展「佈景設計專業組銀獎」，作品備受國際業界肯定。

他以「一念間一場空」為美學理念，用禪意介入劇場，導演作品包括《心寂無聲》(2017)、《觀自在 — 山海行深》(2017)及《入靜山林》(2019)。2002年應邀為香港大會堂成立四十周年舉行《舞台空間消解構成》展覽，其後到東京、台北、北京及澳門等地展出。2007年出版舞台美術專書《舞台空間：一念間一場空》。他策劃及主持的現代心靈工作坊《一紙如鏡》及《一境四心》，分別在2011及2015年應國際劇場設計四年展（PQ）邀請到布拉格舉行。

曾氏亦為喜馬拉雅頌鉢演奏家，曾於香港、內地、台灣及馬來西亞多次公開演出，連續多年參與無極樂團音樂會，分別與知名琵琶演奏家王梓靜、南管音樂家王心及崑劇表演藝術家孔愛萍同台合演。2018年推出首張頌鉢音樂專輯《聲音原本》，收錄39首頌鉢原聲音樂，2020年出版頌鉢專書《聽聞頌鉢》及應香港藝術中心邀請參與《藝術 X 靜觀：靜聽藝術裡的大千世界》，舉辦《三千大千》藝術裝置展。

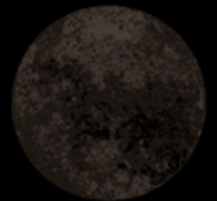


Tsang Man-tung

Tsang Man-tung is an accomplished artist who serves in the fields of theatre, visual arts, music and arts education. He is a renowned scenographer with over 20 years of experience and received numerous local and international awards on scenography including Best Set Design, Best Costume Design as well as Best Make-up and Image Design at the Hong Kong Drama Awards; the Award for Best Artist (Theatre) at the Hong Kong Arts Development Awards 2008; and Outstanding Set Design for Dance three times at the Hong Kong Dance Awards. In 2010, he visited the Yale School of Drama as a special research fellow on an Asian Cultural Council fellowship from 2009. He was awarded under the Secretary for Home Affairs' Commendation Scheme in 2015 for his contribution to the development of arts and culture. In 2017, he won the Silver Prize for Set Design at World Stage Design 2017 with the martial arts dance drama *Storm Clouds*.

Renowned for his conceptual and minimalist style, his ritual theatre works include *The Heart Sutra* (2017), *Vipassana - Silent Walk* (2017) and *Silence in the Woods* (2019). Tsang was invited to present his solo exhibition in scenography *Disjunctive-coding Exhibition* in celebration of the 40th anniversary of Hong Kong City Hall in 2002. The exhibition later toured to Tokyo, Beijing, Taipei and Macao. In 2007, Tsang published his first book about contemporary stage design in Hong Kong entitled *Scenography: Transcend to the Beyond*. Tsang was invited to hold his unique workshops - *White Paper Workshop* and *ScenoZen* at Prague Quadrennial of Performance Design and Space in 2011 and 2015 respectively.

Tsang is also a performer of Himalayan singing bowls and has performed publicly in Hong Kong, the Mainland, Taiwan and Malaysia. He has participated in concert series of Wuji Ensemble, performing with famous *pipa* player Wong Chi-ching, *nanguan* musician Wang Xinxin and *kunqu* performer Kong Aiping. He released his first singing bowl album *The Seed of Sound: Singing Bowl* in 2018. In 2020, he published his book about singing bowl *The Bowl of Enlightenment* and was invited to participate in *Art X Mindfulness: Listening to the Boundless Universe through Art*, curating *lokadhātu* mindfulness installation exhibition at Hong Kong Arts Centre.



萬幸

畢業於中央音樂學院、香港演藝學院，先後獲得音樂學士、碩士學位，以及香港中文大學的文化管理碩士學位。萬氏曾獲多個獎項，包括國家文化部主辦第一屆中國民族樂器大賽「優秀表演獎」、第二屆國際古箏比賽「青年專業組金獎」及第三屆國際古箏比賽「最佳指導老師獎」等。曾參與錄製中央音樂學院全國考級示範光碟、擔任第 32 屆澳門青年音樂比賽及第二屆全港學生公開音樂比賽評委。現於香港教育大學擔任古箏導師。

作為一位青年古箏演奏家及藝術策劃人，其藝術理念簡約自然，演奏富有靈性及東方美學；喜愛跨界創作，擅長運用古箏表達多元的音樂風格。2020 年獲邀參與康樂及文化事務署「炫技」多媒體節目，為香港太空館創作新作《塵源》；另一新作《初心》為香港藝術館「聚道傳承 — 敏求精舍六十周年」展覽的指定音樂作品。2019 年萬氏獲意大利 Arpe del Mondo 國際豎琴節邀請，舉辦專場音樂會和擔任開幕式表演嘉賓。2017 年獲邀參與「音樂顯才華系列：漫步 — 萬幸的古箏音樂世界」音樂會。萬氏曾與香港舞蹈團合作原創舞蹈詩《山水》及音樂形體劇場《觀自在》，與無極樂團合作《人淡如菊》、《空塵》等「意境音樂劇場」，並獨奏作曲家羅永暉世界首演古箏新作《雪落茫茫》及《水月相忘》。

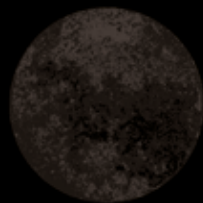


Wan Xing

Wan Xing graduated with a Bachelor degree in Music from the Central Conservatory of Music in China. She continued her studies at The Hong Kong Academy for Performing Arts and received her master's degree. She also obtained a master's degree in Cultural Management from the Chinese University of Hong Kong.

Wan won numerous accolades including the Best Performance Award 2002 in the First Chinese Folk Instruments Competition organised by the Ministry of Culture, Gold Award (Young Performers Category) in the Second International *Guzheng* Competition 2011 and the Best Instructor Award 2013 in the Third International *Zheng* Contest. She also participated in other music activities including recording a demonstration DVD for the Central Conservatory of Music examination pieces, adjudicating the 32nd Macao Young Musicians Competition and the Second Hong Kong Students Open Music Competition. She has given classes at the Education University of Hong Kong recently.

Being a young artist and curator, Wan's music is often perceived as spiritual with oriental aesthetics, and is aligned with her idea of composition - simple and natural. She masters diversified music styles and crossovers with her *zheng*. In 2020, she was invited by the Leisure and Cultural Services Department to compose for the Hong Kong Space Museum multimedia clip, the *Tour de force - Museum x Performing Art: Origins*. Her other new piece *Aspiration* is also invited as the designated music showcased at the Hong Kong Museum of Art "Honouring Tradition and Heritage: Min Qiu Society at Sixty" exhibition. In 2019, she was invited by Arpe del Mondo to hold concerts in Italy and as performing guest at the event's Opening Ceremony. Wan has been actively involved in musical performances and events of various natures and performed in a number of concerts including "Our Music Talents Series: Wan Xing Guzheng Recital" in 2017. She has cooperated with Hong Kong Dance Company at the Original Dance Poem *Shan Shui: An Ode to Nature* and Mindful Theatre *Vipassana*; Wuji Ensemble at Atmospheric Music Theatre *Tranquil as a Chrysanthemum* and *Śūnyatā*; world premiere of *zheng* pieces by renowned composer Law Wing-fai, namely *La Blancheur* and *In Oneness*.



梁天尺

畢業於香港演藝學院戲劇學院學士學位課程，主修表演。

梁氏於 2011 年至 2012 年期間參與 Patchwork Family Intercultural Project，走訪韓國、日本、台灣、俄羅斯、奧地利及克羅地亞作巡迴演出及參與當地的藝術節。其後繼續活躍於海外演出及與不同地域的藝術家合作，參與作品包括：《漫話西遊》（香港與羅馬尼亞藝團合作）、亞洲相遇 2012《夢難承／狂人日記》及第四屆台北藝穗節《孤兒 L'ORPHELIN》。2014 年獲邀前往東京參與 DA・M 劇團的舞蹈演出《Walking2014》。梁氏獲頒 2018 香港藝術發展獎「藝術新秀獎」（戲劇）。

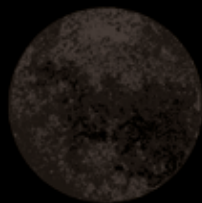
近期參與本地劇場作品包括前進進戲劇工作坊《午睡》（重演）、《聽搖滾的北京猿人 2021》、再構造劇場《柏林的金魚》、香港話劇團《如夢之夢》、普劇場《心寂無聲》及眾聲喧嘩《此地他鄉》等。梁氏亦廣泛累積不同媒介的表演經驗，包括 K11 Art Foundation x 鄭得恩《The Garden》、嚴瑞芳個展《一介之逆》及天台塾《學學習：15 個以藝術作為參與式學習的倡議》。近年影視作品包括《二月廿九》、《八個女人一台戲》、《衝鋒車》、《逆流大叔》及《拆彈 2》。



Leung Tin-chak

Leung Tin-chak graduated from the School of Drama at The Hong Kong Academy for Performing Arts (HKAPA) with a Bachelor of Fine Arts Degree, major in Acting. During 2011 and 2012, he participated in the Patchwork Family Intercultural Project and toured to South Korea, Japan, Taiwan, Russia, Austria and Croatia for performances in local arts festivals. Since then, he has been active in overseas performances and working with artists from all over the world. Participating works include *Journey to The West* (Hong Kong x Romanian theatre groups), the Asia Meets Asia Festival 2012 *Unbearable Dreams/A Madman's Diary*, and The Fourth Taipei Frank Festival *L'ORPHELIN*. In 2014, he was invited by Tokyo DA · M Theatre to perform in the dance show *Walking 2014*. Leung received the Hong Kong Arts Development Awards 2018 "Award for Young Artist (Drama)".

Leung is also active in local productions. Some of his recent appearances include On & On Theatre Workshop *Walking Dream in 1984* (re-stage), *The Phenomenon of Man: Revolver 2021*; Reframe Theatre *Goldfish of Berlin*; Hong Kong Repertory Theatre *A Dream Like A Dream*; POP Theatre *The Heart Sutra* and Heteroglossia Theatre *Foreign Land*. He also acts extensively in multimedia works, including K11 Art Foundation x Enoch Cheng *The Garden*, Yim Sui Fong solo exhibition *A Room of Resistance*; Rooftop Institute *Hok Hok Zaap: 15 Initiatives of Engaged Learning in Art*. His recent appearances in TV and film include *Leap Day*, *First Night Nerves*, *Two Thumbs Up*, *Men on the Dragon* and *Shock Wave 2*.



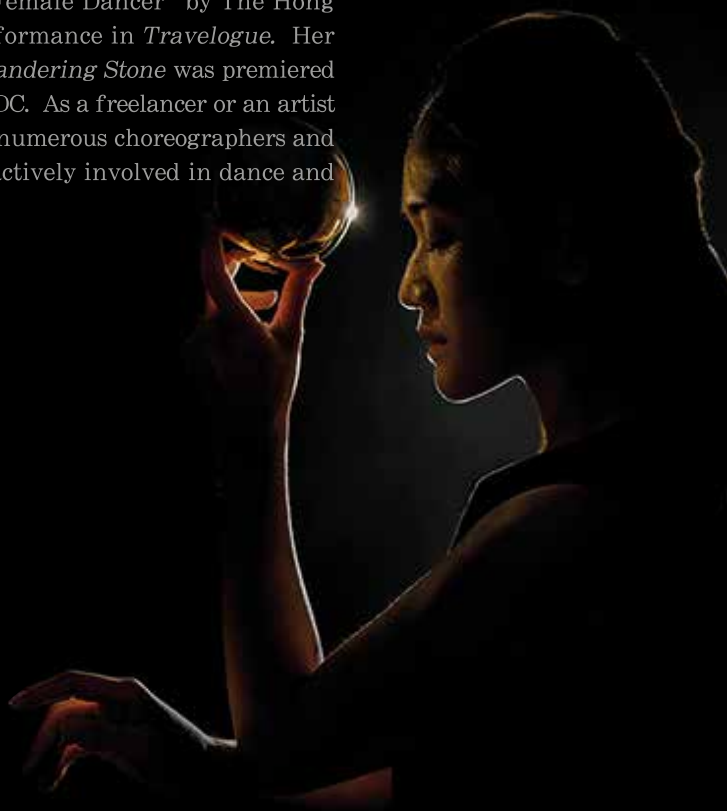
麥琬兒 | Natalie Mak

畢業於香港演藝學院中國舞系，榮獲學士（榮譽）學位。在學期間獲頒春天舞台獎學金及兩度獲頒迪士尼獎學金，並作為舞蹈學院代表赴意大利及台灣交流及演出。

麥氏於2014年至2020年擔任城市當代舞蹈團全職舞者，曾與多位著名編舞家合作及隨團到訪以色列、日本及澳洲等地演出。期間憑《拼途》獲香港舞蹈聯盟提名「傑出女舞蹈員演出」獎項。個人實驗編舞作品《被扔到世上的石頭》於城市當代舞蹈團的《舞人習作2016》上發表，曾以自由身舞者及駐團藝術家的身份與多位編舞家及藝術團體合作。近年積極參與舞蹈教育及瑜伽導師工作。

Natalie Mak graduated from The Hong Kong Academy for Performing Arts (HKAPA) with a Bachelor of Fine Arts (Honours) Degree, major in Chinese Dance. During her study, she was awarded The Spring-Time Scholarship and twice-awarded the Disney Scholarship. She participated in an exchange programme as the representative of HKAPA and performed in Italy and Taiwan.

Natalie had been a full-time dancer of the City Contemporary Dance Company (CCDC) from 2014 to 2020. She worked with various renowned choreographers and toured to Israel, Japan and Australia for performances. In 2017, she was nominated for “Outstanding Performance by a Female Dancer” by The Hong Kong Dance Alliance with her performance in *Travelogue*. Her experimental choreography work *Wandering Stone* was premiered at “2016 Dancers’ Homework” by CCDC. As a freelancer or an artist associate, she has collaborated with numerous choreographers and arts organisations. Natalie is now actively involved in dance and yoga teaching.



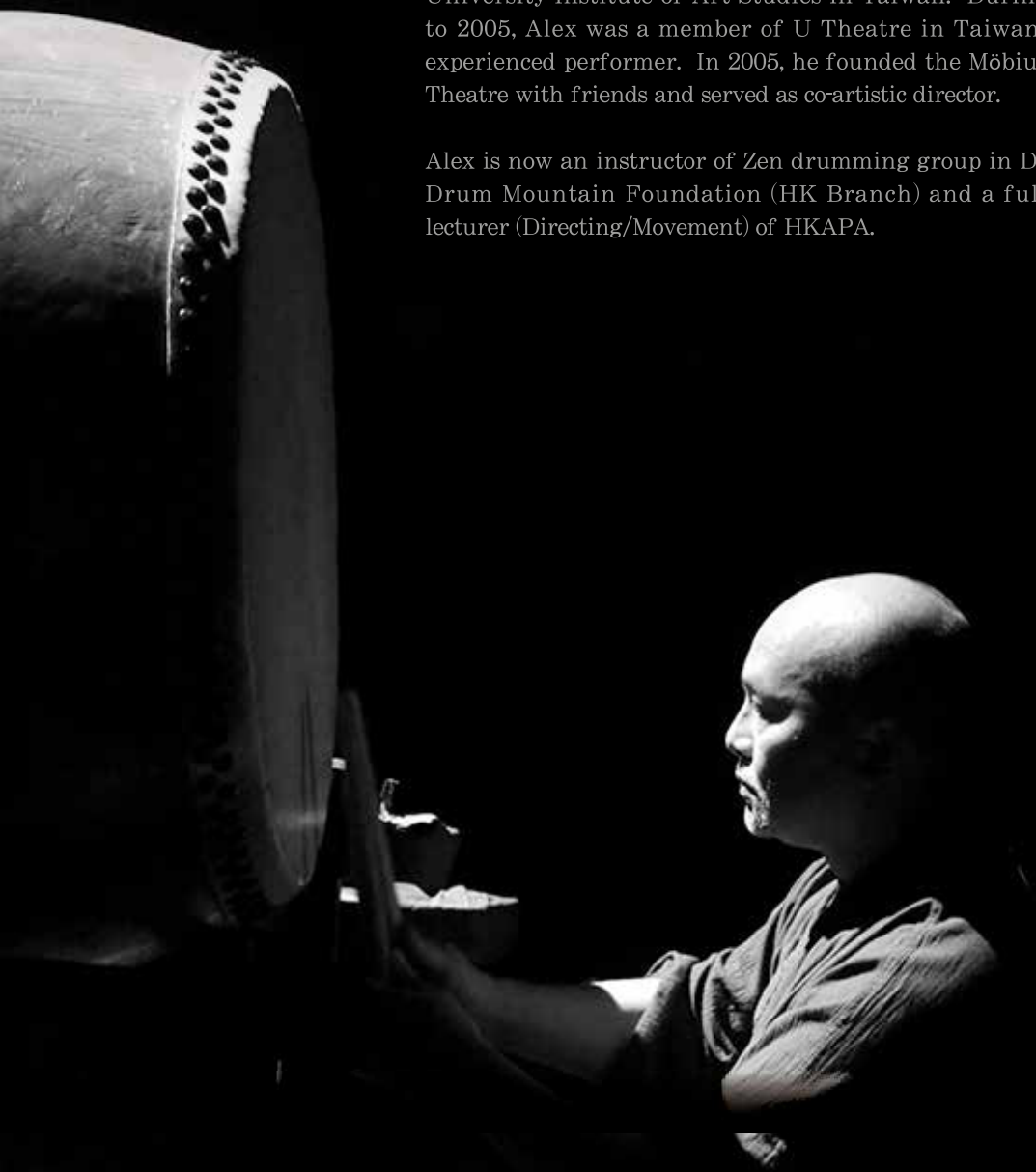
張藝生 | Alex Cheung

畢業於香港演藝學院戲劇學院，主修導演；台灣佛光大學藝術研究所碩士。1996年至2005年間為台灣優人神鼓團員，為該團資深演員。2005年與友人共同創立莫比斯圓環創作公社，任職聯合藝術總監。

張氏現為法鼓山香港道場禪鼓班導師及香港演藝學院戲劇學院全職講師（導演/形體訓練）。

Alex Cheung graduated from the School of Drama at The Hong Kong Academy for Performing Arts (HKAPA), major in Directing. He also obtained a master's degree from Fo Guang University Institute of Art Studies in Taiwan. During 1996 to 2005, Alex was a member of U Theatre in Taiwan as an experienced performer. In 2005, he founded the Möbius Strip Theatre with friends and served as co-artistic director.

Alex is now an instructor of Zen drumming group in Dharma Drum Mountain Foundation (HK Branch) and a full-time lecturer (Directing/Movement) of HKAPA.



演出者 | Performers

曾文通 · 頌鉢
Tsang Man-tung · Singing Bowls

梁天尺 · 演員
Leung Tin-chak · Actor

張藝生[°] · 太鼓
Alex Cheung[°] · Taiko
[°] 客席演出 Guest appearance

萬幸 · 古箏 / 單弦琴
Wan Xing · Guzheng/Monochord

麥琬兒 · 舞者
Natalie Mak · Dancer

製作團隊 | Production Team

概念 / 導演 / 美術總監
Concept/Director/Production Designer

服裝顧問
Costume Consultant

錄像及數碼影像設計
Video and Digital Graphic Designer

第一攝影
First Videographer

攝影
Videographers

剪接
Editors

劇場燈光設計
Theatre Lighting Designer

音響工程
Sound Engineer

原創音樂 / 配樂
Original Music/Arrangement

原創音樂
Original Music

錄音及混音
Recording and Mixing

製作經理
Production Manager

曾文通
Tsang Man-tung

朱瑞英
Virginia Chu

方曉丹
Dan Fong

張浩正
Cheung Ho-ching

黃子豐、方曉丹
Thomas Wong, Dan Fong

張浩正、方曉丹、曾文通
Cheung Ho-ching, Dan Fong,
Tsang Man-tung

張素宜
Zoe Cheung

陳沛正
Chan Pui-ching

曾文通
Tsang Man-tung

萬幸
Wan Xing

陳沛正
Chan Pui-ching

李嘉安
Lee Ka-on

製作團隊 | Production Team

導演助理 / 資料搜集

Assistants to Director/Researchers

曾惠怡、李慧妍、劉佩蘭、楊詩朗

Winnie Tsang, Sunny Li, Lau Pui-lan,
Yeung Sze-long

排練助理

Rehearsal Assistant

黃婉明

Beverly Wong

執行舞台監督

Deputy Stage Manager

林碧華

Luby Lam

製作電機師

Production Electrician

何昕霖

Coey Ho

燈光助理

Lighting Crew

張凱泓

Ivan Cheung

服裝主管

Wardrobe Master

黃婉明

Beverly Wong

服裝製作

Costume Production

Limelight Costume Services

攝影（劇照及紀錄）

Photographer (Promotion & Archive)

張志偉

Cheung Chi-wai

攝影（紀錄）

Photographers (Archive)

甘瑞敏、曾惠怡、蔡曉瑩、李樂敏

May Kam, Winnie Tsang, Stephanie Choi,
Gloria Li

鳴謝

Acknowledgements

香港演藝學院

The Hong Kong Academy for Performing Arts

法鼓山香港道場

Dharma Drum Mountain Foundation (HK Branch)

普劇場

POP Theatre

陳詠杰

Chan Wing-kit

製作

Produced by

Tsang Man-tung@Allpamama

統籌

Organised by

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Thank you for attending the performance. Please fill the e-form at <https://bit.ly/3xJFcBy> to give us your views on this performance or on the Leisure and Cultural Services Department cultural programmes in general. You are also welcome to write to us by email at cp2@lcsd.gov.hk, or by fax at 2371 3519.

有關申請康樂及文化事務署主辦或贊助節目的資料，請瀏覽以下網頁：www.lcsd.gov.hk/tc/artist
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English translation partly provided by KCL Language Consultancy Limited

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