



香港悅讀周

HONG KONG
READING WEEK

2024.4.20-28





香港悅讀周精彩片段回顧

今年起，特區政府將四月二十三日訂為「香港全民閱讀日」，香港公共圖書館與社會各界於四月二十日至二十八日攜手舉辦第一屆「香港悅讀周」，以「閱讀／探索無限空間」為主題，舉辦逾二百項網上及實體活動，宣揚閱讀的好處，營造全城閱讀氛圍，市民反應踴躍。此外，為了鼓勵及方便市民閱讀，由四月二十三日起，讀者的外借圖書館資料上限由八項增至十項。

現在《通訊》就帶讀者重溫「香港悅讀周」連場精彩活動。



啟動禮

「香港悅讀周」啟動禮於四月九日在香港中央圖書館演講廳舉行，香港公共圖書館公布多項活動。為了推廣這場文化盛事，香港公共圖書館邀請香港管弦樂團製作「香港全民閱讀日主題音樂」，並拍成短片，以大家耳熟能詳的音樂，表達四時閱讀的信息。此外，香港公共圖書館特別設計宣傳海報，不同文化背景的人物各舉起一本書掩住半邊面孔，從而表達人們可以透過閱讀發掘自己不一樣的面向。



文化體育及旅遊局局長楊潤雄（左三）、立法會議員霍啟剛（右三）、康文署署長劉明光（左二）、副廣播處長衛懿欣（左一）、時任署理創意香港總監麥聖希（右一）和香港出版總會會長李家駒博士（右二）主持「香港悅讀周」啟動禮。



「香港全民閱讀日主題音樂」短片



「2024 香港閱讀 +」嘉年華

香港公共圖書館參與由香港出版總會於四月二十日至二十三日期間，在沙田新城市廣場舉行的「2024 香港閱讀 +」嘉年華，場內香港出版總會以「閱讀的 n 種理由」為題舉辦大型展覽、作家講座和文化活動，亦設有「共讀雙城：深圳專區」，展出精選的深圳圖書及文創作品，推動深港共讀。連續四天的嘉年華活動吸引大批市民參與。



「香港悅讀周」暨「2024 香港閱讀 +」開幕禮，主禮嘉賓時任署理文化體育及旅遊局局長劉震（左三）、深圳市委常委及宣傳部部長張玲（右三）、康文署署長劉明光（右二）、創意香港助理總監曹黎淑霞（左二）、副廣播處長衛懿欣（左一）及香港出版總會會長李家駒博士（右一）。



嘉年華以六種常見的閱讀理由，展出六大主題精選圖書：人文關懷、傳情達意、增長知識、欣賞美好、療癒舒緩和體悟文化。



場內設有電子閱讀體驗區，向市民介紹公共圖書館的電子資源服務。



場內設立「共讀雙城：深圳專區」，展出深圳出版的精選圖書，以及第24屆深圳讀書月「年度十大童書」。



意大利暢銷科普故事系列《好奇水先生》的作家及插畫家 Mr. Agostino Traini (藍衣者)，即席創作繪本故事。



「2024 香港閱讀 +」閱讀推廣人羅乃萱女士分享自己愛上閱讀的原因，以及如何引發孩子對閱讀的興趣。



鄧文瀚 (STEM Sir) 為香港閱讀 + 舉行兩節「閱讀·玩樂學 STEM」工作坊，分別教授小讀者製作空氣流動車和百變萬花筒。



共讀半小時

「粵港澳桂瓊」五地（廣東、香港、澳門、廣西和海南）於四月二十三日聯合開展「共讀半小時」活動，在多個地點設置會場和共讀點，讓不同地方的民眾都能參與共讀盛事。



2024 年粵港澳桂瓊「共讀半小時」《共讀宣言》

為響應「共讀半小時」活動，香港公共圖書館在香港中央圖書館和各區圖書館，以及其他多個社區及康文場地，設置「共讀點」，放置不同類型的書籍，讓身處不同地點的市民在同一天空下參與共讀。教育局亦同步舉辦「中小學聯校共讀半小時活動」，逾 220 所中小學、約 75 000 名師生響應參與。



文化體育及旅遊局局長楊潤雄於香港中央圖書館分享閱讀心得，並帶領同學一起宣讀《共讀宣言》。



教育局與康樂及文化事務署合辦「香港全民閱讀日——中小學聯校共讀半小時」活動。活動於香港聖公會何明華會督中學（秀茂坪）舉行。



活動主題為「中華經典名著」，學生扮演《三國演義》的諸葛亮和《西遊記》的唐三藏，介紹角色的經歷和價值觀。



各區區議會也響應「共讀半小時」活動。多位區議員在其辦事處或其他地點設置共讀點，與街坊一起閱讀。



不同圖書館發揮創意，舉辦不同形式的共讀半小時活動。



「4·23 世界閱讀日創作比賽頒獎禮」暨同樂日

「4·23 世界閱讀日創作比賽頒獎禮」暨同樂日於四月二十七日在香港中央圖書館舉行，透過一連串精彩活動與市民分享閱讀樂趣，以及嘉許在創作比賽中表現出色的參賽者。這項每年一度的比賽旨在鼓勵兒童及青少年閱讀與創作，今年比賽以「閱讀愛·愛閱讀」為主題，參賽者透過畫作、閱讀報告和散文，分享見解和感受。





快閃圖書館 @ 香港悅讀周 2024

以中華文化為主軸的「快閃圖書館 @ 香港悅讀周 2024」於四月二十八日在觀塘 YM² 裕民坊舉行。現場舉行多場活動，配合此次主題「穿『閱』約會之必要」，運用「閱讀 x 角色扮演 x 中樂」的元素，讓讀者經由視覺、聽覺、嗅覺及觸覺四方面體驗中華文化，並向他們介紹相關文化主題的館藏，供其延伸閱讀讀。



七位身穿漢服的中國歷史人物在活動現場巡遊，介紹服飾造型特色，並在主題閱讀區與讀者近距離交流。



現場設有互動故事裝置，讀者走進《三國演義》的故事場景，利用平板電腦控制虛擬角色完成任務。

視覺



參加彩虹書法工作坊的讀者認識「裝字」和「筆劃」的正確步驟，並設計個人化「字畫合一」的作品。

聽覺



中樂團於現場演奏符合歷史人物角色背景或性格的歌曲作為配樂。

觸覺



參加「『字』學之道」工作坊的讀者認識活字印刷歷史並體驗印刷小遊戲。

嗅覺



參加「聞香者言」工作坊的讀者認識各種天然原材料的特徵和功效，並在導師的指導下親手製成線香。



文學活動

與作家會面：文學旅人

今年「與作家會面」首場講座於四月二十八日舉行，由香港大學饒宗頤學術館館長李焯芬教授主講。李教授與讀者分享，如何透過文學作品向下一代灌輸正向價值觀。今年「與作家會面」的主題是「文學旅人」，透過作家的個人分享及文學作品，與讀者一起漫遊文學世界。



重溫「與作家會面」講座內容

藝文薈：《詩聖杜甫》

「詩聖」杜甫身受戰亂之苦，仍然心繫社稷，寄望廣廈千萬間，大庇天下寒士。「藝文薈：《詩聖杜甫》：淺談詩人的詩作與人生」於四月二十一日舉行，資深戲劇藝術及影視教育工作者盧偉力博士及蔡錫昌先生以對談形式，向觀眾介紹杜甫的生平事蹟。



限時重溫「藝文薈」講座內容



區區有悅讀

各區指定圖書館於四月二十七日和二十八日舉辦以中華文化為主題的活動，包括專題書籍展覽、攤位遊戲和中華文化工作坊。



剪紙工作坊 @ 屏山天水圍公共圖書館



活字印刷中華文化攤位 @ 元朗公共圖書館



華服體驗區 @ 深水埗公共圖書館



香港悅讀周 x 一分鐘閱讀

香港公共圖書館與香港電台就「香港悅讀周」特別拍攝《一分鐘閱讀》短片，邀請社會上不同界別人士分享閱讀心得及推介書籍。

文化體育及旅遊局局長楊潤雄
推介書籍：《射鵰英雄傳》
作者：金庸
出版：明河社出版有限公司



立法會議員霍啟剛
推介書籍：《文化城市之路》
作者：茹國烈
出版：國際演藝評論家協會（香港分會）有限公司



「一分鐘閱讀」主持人羅乃萱
推介書籍：《老得好優雅》
作者：瓊·齊諦斯特
出版：天下遠見出版股份有限公司



「一分鐘閱讀」主持人米哈
推介書籍：《給 40 歲的嶄新開始》
作者：松浦彌太郎
出版：麥田出版股份有限公司



立法會議員洪雯
推介書籍：《不思考的練習》
作者：小池龍之介
出版：究竟出版社股份有限公司



廣播處長張國財
推介書籍：How Big Things Get Done
作者：Bent Flyvbjerg, Dan Gardner
出版：Crown Currency



歌手馮允謙
推介書籍：The Secret
作者：Rhonda Byrne
出版：Atria Books Beyond Words Publishing



英式英語一分鐘主持蕭叔叔
推介書籍：The History of the Decline and Fall of the Roman Empire (8 Volumes Set)
作者：Edward Gibbon
出版：The Folio Society



羅定邦中學副校長利哲宏博士
推介書籍：The First 90 Days
作者：Michael D. Watkins
出版：Harvard Business Review Press



「一分鐘閱讀」主持人岑逸飛
推介書籍：《追憶似水年華（全七冊）》
作者：馬塞爾·普魯斯特
出版：聯經出版事業股份有限公司



香港女子乒乓球運動員蘇慧音
推介書籍：Project Hail Mary
作者：Andy Weir
出版：Penguin Books



香港女子劍擊運動員江旻德
推介書籍：Harry Potter
作者：J.K. Rowling
出版：Scholastic



藝人宋熙年
推介書籍：Matilda
作者：Roald Dahl
出版：Puffin Books



香港悅讀周
x
一分鐘閱讀



Recap of Fabulous Moments in the Hong Kong Reading Week

From 2024, Hong Kong SAR Government has designated 23 April as Hong Kong Reading for All Day. The Hong Kong Public Libraries (HKPL) joined hands with various stakeholders to organise the first Hong Kong Reading Week with the theme of "Self/LIBRARY" from 20 to 28 April. More than 200 online and offline activities were held to promote the benefits of reading and foster a citywide reading culture. In addition, to encourage readers to read more, the loan quota for library materials has been raised from eight to ten from 23 April 2024.

The activities were well-received by the public. Now let us recapitulate the series of fabulous activities in the Hong Kong Reading Week.

Launch Ceremony

The launch ceremony of the Hong Kong Reading Week was held in the Lecture Theatre of the Hong Kong Central Library (HKCL) on 9 April to herald the coming of a large number of activities in celebration of the first Hong Kong Reading for All Day. To promote this significant cultural event, the HKPL invited the Hong Kong Philharmonic Orchestra to create a themed music video, which disseminates the message of reading for all times through familiar music tunes. In addition, the HKPL specifically designed with generative AI an intriguing key visual for publicity of the event which conveys a message that every one can explore his different self through reading.



Hong Kong
Reading for
All Day Theme
Music

"2024 Hong Kong Reading +" Carnival

The HKPL joined the "2024 Hong Kong Reading +" carnival, from 20 to 23 April at New Town Plaza in Sha Tin. The carnival, organised by the Hong Kong Publishing Federation with the theme "n reasons for reading", consisted of large-scale exhibition, talks by renowned writers and various cultural activities. A designated area was also set up for displaying selected publications and cultural and creative products from Shenzhen.



Around 20 talks by renowned writers were held in the carnival.

Read Together for Half an Hour

The "Read Together for Half an Hour", a cross-region event of Guangdong, Macau, Guangxi, Hainan and Hong Kong, was held on 23 April. In Hong Kong, in addition to the HKCL and selected libraries, various reading locations were set up at the community and leisure and culture venues across the city. The Education Bureau also held Joint Primary and Secondary School 30-minute Read to enhance the reading ambience on campus, with the participation of more than 220 schools, about 75 000 teachers and students.



A variety of books were available in the reading locations, allowing people in different areas to take part in the activity.

"4.23 World Book Day Creative Competition Prize Presentation Ceremony" in 2024 cum Fun Day

A series of fabulous activities were held on 27 April to share the joy of reading with members of the public and to commend the participants who excelled in the creative competition. The competition aims to encourage children and young people to broaden their scope of reading and share their thoughts and feelings through creation.



Pop-up Library@Hong Kong Reading Week 2024

Centering around Chinese culture, the event was held at YM² Yue Man Square on 28 April. A number of activities, with the crossover of reading, role play and Chinese music, were held on the spot. Readers could experience Chinese culture through vision, hearing, smell and touch.



Literary Activities

Meet-the-Authors 2024: Literary Traveller

The first session of the Meet-the-Authors 2024 was held on 28 April. The speaker, Professor LEE Chack-fan, the Director of the Jao Tsung-I Petite Ecole, The University of Hong Kong, shared with readers on the value education with the application of literature.



Watch "Meet-the-Authors 2024" Online

Interflow 2024: DU Fu

The activity was held in the HKCL on 21 April. Two veteran drama and film educators, Dr. LO Wai Luk and Mr. Hardy TSOI, introduced to audience the life of DU Fu, the great Chinese poet in Tang Dynasty.



Watch "Interflow 2024" Online

Fun Day@Branch Libraries

Thematic book display, game booths and workshops related to Chinese culture were organised at selected libraries on 27 and 28 April.



One-Minute Reading

The HKPL collaborated with RTHK to produce this programme for the Hong Kong Reading Week. Celebrities from different areas were invited to share their reading tips and recommend books.

Readers may watch the entire set of One-minute Reading programme for the Hong Kong Reading Week through scanning the QR code below.



香港島自助圖書站 重新投入服務

Self-service Library Station on Hong Kong Island Resumes Service



為配合智慧圖書館系統開發，現時位於香港島、九龍及新界三個自助圖書站將分階段更換新設備及翻新站內環境。位於港島東體育館休憩處的自助圖書站已完成相關工程，並於5月初重新投入服務。新安裝的設備包括自助圖書機、自助服務機，以及採用新一代無線射頻識別技術的還書箱。

位於九龍及新界的自助圖書站暫定於6月下旬和10月下旬重開恢復服務，期間讀者仍可透過站內還書箱歸還圖書館資料。



To dovetail with the development of Smart Library System, the Hong Kong Public Libraries carries out refurbishment works in phases for three self-service library stations which are located on Hong Kong Island, in Kowloon and New Territories. New facilities, which include book dispenser, self-service kiosk, and book drops adopting RFID technology, will also be installed. The refurbishment for the library station in Island East Sports Centre Sitting-out Area has completed and it has resumed services in early May.

The library stations in Kowloon and New Territories are planned to resume services in late June and October, respectively. During the refurbishment, readers may still return library materials through the book drops in the library stations.

設備功能及特點 Functions & Features

1



自助圖書機 Self-service Book Dispenser

- 4層書櫃可容納約350項圖書館資料；
- 借閱圖書館資料；
- 領取預約資料；及
- 以八達通繳交圖書館款項。

- 4-tier shelf which can accommodate about 350 books;
- Borrowing of library materials;
- Pickup of reserved library materials; and
- Payment of library fees and charges with Octopus.



2



自助服務機 Self-service Kiosk

- 檢索圖書館目錄；及
- 瀏覽圖書館網站及多媒體資訊系統。
- Searching the Library Catalogue; and
- Browsing library website and Multimedia Information System.

3



無線射頻識別還書箱 RFID Book Drop

- 歸還後即時更新借閱紀錄
- Borrowing records update instantly when the library materials are returned.



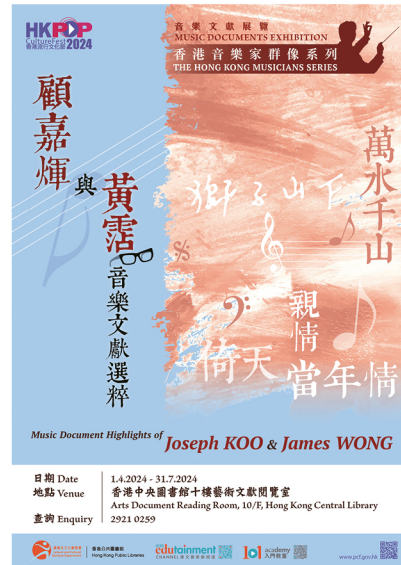
香港音樂家群像系列：顧嘉輝與黃霑音樂文獻選粹 The Hong Kong Musicians Series: Music Document Highlights of Joseph KOO & James WONG

顧嘉輝與黃霑，一曲一詞，為香港的電視劇、電影、舞台劇及廣告等寫下一首首膾炙人口的作品，掀起粵語流行曲的風潮。

香港中央圖書館十樓藝術文獻閱覽室現正舉行顧嘉輝與黃霑音樂文獻選粹展覽，展出有關「輝黃」的樂譜、場刊等珍貴資料，包括電視劇主題曲《倆忘煙水裡》及電影《秦俑》配樂的樂譜，讓讀者了解二人更多作品，以及他們對香港流行音樂界所作出的卓越貢獻。展期至七月三十一日。展覽為「香港流行文化節 2024」的節目之一。查詢：2921 0259

Joseph KOO and James WONG, well-known partners of composer and lyricist, created numerous popular songs for TV dramas, movies, stage dramas and commercials, etc, and contributed to the rise of Cantonese pop songs in Hong Kong.

An exhibition on the duo is now being held at the Arts Document Reading Room, 10/F of the Hong Kong Central Library, to showcase selected music scores and house programmes, etc, including the music scores of television drama theme song "Forgetting Ourselves" and the music of film "A Terracotta Warrior". Readers can learn more about their masterpieces and contribution to Hong Kong pop music. The exhibition ends on 31 July. This is one of the programmes of the Hong Kong Pop Culture Festival 2024. Enquiries: 2921 0259



俠骨文心—查良鏞博士藏品展 Exhibition on Dr. Louis CHA Collection

有說「凡有華人之處，就有金庸小說」查良鏞博士以「金庸」為筆名，前後共撰寫十五部經典武俠小說，讀者遍及全球。讀而優則寫，查良鏞博士博覽群書，其作品內容遍及多個知識領域，成就獨特的文學風格。

香港中央圖書館八樓珍本閱覽室現正舉行「俠骨文心—查良鏞博士藏品展」，展出查博士各類藏書，包括古籍如《古文析義》、《敬業堂詩鈔》、佛教典籍如《永嘉真覺大師證道歌》、《續藏經》及《大正新脩大藏經》，《電》、《離婚》及《打火機》等三十年代出版的刊本，以及珍貴的圍棋書籍，如《黃龍士先生棋譜》及《名人圍碁全集》等。讀者可透過展覽認識查博士的閱讀天地，體會他如何構建筆下的萬千武俠世界。展期至八月三十一日。展覽為「香港流行文化節 2024」及「弘揚中華文化系列」的節目之一。查詢：2921 0323

With the pen name 'Jin Yong', Dr. Louis CHA has written a total of fifteen widely popular martial arts novels and earned worldwide recognition among Chinese readers. His enthusiasm for reading contributes to his one-of-a-kind writing style. Dr Cha's love for diverse forms of literature was apparent in his works which cover a wide range of knowledge.



The Hong Kong Central Library holds an exhibition in which a selection of Dr. CHA's collection is displayed in the Rare Book Reading Room on 8/F, allowing readers to understand more about his reading world and gain insights into how he crafted his martial arts stories. Among the exhibits are rare books on the topic of classical Chinese prose and the collected works of a renowned poet in the Qing dynasty, books of Buddhist classics and scriptures, Chinese literary titles published in the 1930s, as well as invaluable books on the board game of go. The exhibition ends on 31 August. This is one of the programmes of the Hong Kong Pop Culture Festival 2024 and one in the Chinese Culture Promotion Series. Enquiries: 2921 0323



「江湖百鍊，俠影千相：金庸小說的多維閱讀」專題講座 "Multi-dimensional Reading of Jin Yong's Martial Arts Novels" Subject Talk

香港中央圖書館將於七月五日下午七時至八時三十分舉行「江湖百鍊，俠影千相：金庸小說的多維閱讀」專題講座，由香港珠海學院助理教授、香港文化博物館特約研究員邱健恩博士主講。邱博士多年來蒐集金庸小說文本與文創收藏品，將於講座中帶領讀者從不同角度探討金庸作品中的武俠世界。講座將於香港中央圖書館地下演講廳舉行。是次專題講座為「香港流行文化節 2024」及「弘揚中華文化系列」的節目之一。講座以粵語進行。查詢：2921 0285



The Hong Kong Central Library will hold a subject talk on Jin Yong's martial arts novels from 7:00 p.m. to 8:30 p.m. on 5 July in Lecture Theatre. In the subject talk, Assistant Professor of Hong Kong Chu Hai College and Appointed Researcher of Hong Kong Heritage Museum Dr. Clarence Yau, will explore with readers the martial arts world in Jin Yong's novels from different perspectives. The subject talk is conducted in Cantonese. This is one of the programmes of the Hong Kong Pop Culture Festival 2024 and one in the Chinese Culture Promotion Series. Enquiries: 2921 0285



本地高等教育院校及課程資料展及 2024 中學文憑試放榜策略講座 HK Higher Education Institutes & Programmes Exhibition and Subject Talk on Strategic Planning for Further Education for HKDSE Graduates 2024

中學文憑試放榜在即，莘莘學子也開始為前路籌謀。香港中央圖書館六樓青少年圖書館「想創點」現正舉行本地高等教育院校及課程資料展，提供高等院校及課程資料，包括熱門和新開辦的課程、入學／面試要求，以及個別課程的就業前景等。展期至六月三十日。

此外，香港公共圖書館與香港輔導教師協會合辦「中學文憑試放榜策略講座」，資深教育工作者將於講座中與讀者分享改選學科的策略，以及文憑試考生的各種出路等。講座將於六月九日下午四時至五時三十分在中央圖書館地下演講廳舉行。查詢：2921 0335

As the release of HKDSE results is around the corner, many students are planning their future. An exhibition on the local higher education institutes and programmes is now being held at the CreateInfo Zone of the Young Adult Library on 6/F of the Hong Kong Central Library, providing information such as popular and new programmes, admission/interview requirement and career prospects of individual programmes. The exhibition ends on 30 June.

In addition, Hong Kong Public Libraries and the Hong Kong Association of Careers Masters and Guidance Masters co-organise a subject talk on strategic planning for HKDSE graduates. The speaker, a veteran educational professional, will share with audience the strategies of updating programme choices, and pathways available for DSE graduates. The subject talk will be held between 4:00 p.m. and 5:30 p.m. on 9 June at the Lecture Theatre, G/F of the Hong Kong Central Library. Enquiries: 2921 0335



說好香港故事 悅讀樂寫意

TELL GOOD STORIES OF HONG KONG: THE JOY OF READING AND WRITING

《平生道路九羊腸——香港老照片·伍》 陳耀南著



著名體育評述員及藝員鍾志光先生
Mr **CHUNG Chi Kwong**, an eminent
sports commentator and artist

著名體育評述員及藝員鍾志光先生與我們細味香港故事，並向觀眾推介陳耀南教授撰寫的《平生道路九羊腸——香港老照片·伍》。鍾先生一方面娓娓道來此書主人翁的故事；另一方面，又精選了書中不少彌足珍貴的歷史照片，讓我們可以一睹昔日香港舊貌，甚或發現香港樂壇傳奇的身影；最後，更以自身寫作的經歷，鼓勵大家開展自己的寫作之旅。

《平生道路九羊腸——香港老照片·伍》以作者百折千回的經歷，配合豐富珍貴的歷史照片，既勾勒了主人翁自強奮進的個性，也重現一幅幅舊日香港的影像，帶我們走進歷史，了解當年社會，明白上一代如何胼手胝足，艱苦拼搏，努力建設。飲水思源，當知今天香港的繁榮穩定來之不易。

Mr CHUNG Chi Kwong, an eminent sports commentator and artist, savours the story of Hong Kong with us and recommends *平生道路九羊腸——香港老照片·伍* written by Professor CHAN Yiu Nam to the audience. Mr CHUNG tells the story of the protagonist together with a number of selected precious historical photographs from the book, enabling us to catch a glimpse of the old Hong Kong and even discover the silhouettes of some legendary stars in the local music industry. Finally, through sharing his writing experiences, Mr CHUNG encourages us to embark on our own writing journey.

With the twists and turns of the author's experiences alongside a rich collection of precious historical photographs, *平生道路九羊腸——香港老照片·伍* not only delineates the author's unwavering quest for self-improvement, but also recreates images of the old Hong Kong, taking us back in time to understand the society then. This allows us to appreciate how the previous generation labored, struggled, and dedicated themselves to the construction of Hong Kong. By valuing the contributions made by our predecessors, we can truly comprehend the difficulties in achieving the prosperity and stability of present-day Hong Kong.



《喜閱一生——鍾志光》



《平生道路九羊腸——香港老照片·伍》
圖書館藏



(內容由教育局提供)

Content Contributed by Education Bureau

延伸越讀

越讀書本、越讀表演、越讀展覽

只要帶著心靈眼睛
無論那種文本都有觸動你的方式
讓康文署最新藝文活動
帶你跨越欣賞領域

首屆「中華文化節」六月揭幕

首屆「中華文化節」於本年六月至九月舉行，內容豐富多彩。其中包括開幕舞劇《五星出東方》、「中國戲曲節」的精選劇目，以及獲國家藝術基金肯定的本地優秀作品。「中華文化節」亦會與多個文藝組織合辦多元文化節目和活動，大部分節目門票現於城市售票網及西九文化區戲曲中心票務處發售。如欲了解更多，請瀏覽網址 www.ccf.gov.hk。

The Inaugural "Chinese Culture Festival" Kicks Off in June

The inaugural "Chinese Culture Festival" will be held from June to September this year, featuring diverse and rich programmes. Kicking off with the magnificent dance drama "Five Stars Rising in the East", other highlights include programmes of the "Chinese Opera Festival" and local arts projects recognised by the China National Arts Fund. In the pipeline are also top-notch performing arts programmes co-curated with prominent arts and cultural organisations. Tickets for most of the programmes are now available at the URBIX and the Xiqu Centre Ticket Office in the West Kowloon Cultural District. For more details, please visit the website www.ccf.gov.hk.



香港賽馬會呈獻系列：天地之中——河南夏商周三代文明展

河南位處黃河中下游，從史前時期，歷經夏商周、漢唐以至北宋，是歷史上重要的政治、經濟和文化中心。中國歷史記載中最早的三個朝代——夏商周均於河南建都，留下豐富的歷史文化遺產。

康文署轄下的香港歷史博物館，與河南博物院聯合籌劃「天地之中——河南夏商周三代文明展」，精選河南博物院以及省內十多家文博機構的珍藏展出，讓市民認識中國古代的文明和歷史。這個展覽亦是弘揚中華文化系列的活動之一。若想了解更多展覽詳情，可留意以下網頁：

<https://hk.history.museum/tc/web/mh/exhibition/The-Ancient-Civilisation-of-the-Xia-Shang-and-Zhou-Dynasties-in-Henan-Province-Exhibition.html>

The Hong Kong Jockey Club Series: The Ancient Civilisation of the Xia, Shang and Zhou Dynasties in Henan Province

Located in the middle and lower reaches of the Yellow River, Henan was China's political, economic and cultural centre from the prehistoric period to the Xia, Shang and Zhou dynasties, the Han and Tang dynasties, and the Northern Song dynasty. The three earliest dynasties in Chinese history – the Xia, Shang and Zhou – established their capital cities in Henan, leaving behind a wealth of historical and cultural heritage.

The Hong Kong Museum of History under the Leisure and Cultural Services Department (LCSD) and the Henan Museum are jointly organising an exhibition "The Ancient Civilisation of the Xia, Shang and Zhou Dynasties in Henan Province", showcasing selected exhibits from the collections of the Henan Museum, as well as a dozen other museums and cultural institutions in the province, to give members of the public an understanding of the civilisation and history of ancient China. The exhibition is also one of the activities in the Chinese Culture Promotion Series. Please refer to the website for more information about the exhibition: <https://hk.history.museum/en/web/mh/exhibition/The-Ancient-Civilisation-of-the-Xia-Shang-and-Zhou-Dynasties-in-Henan-Province-Exhibition.html>



弘揚中華文化辦公室
CHINESE CULTURE PROMOTION OFFICE

康文署一直積極推廣中國歷史和文化，透過舉辦多元化的節目和活動，讓市民認識博大精深的中華文化，想獲得更多資訊，請瀏覽網頁 www.lcsd.gov.hk/tc/ccpo/index.html。

The LCSD has long been promoting Chinese history and culture through organising an array of programmes and activities to enable the public to learn more about the broad and profound Chinese culture. For more information, please visit www.lcsd.gov.hk/en/ccpo/index.html.

閱讀引導生命

「我們該吃甚麼？」

大氣科學家分享閱讀「食物三部曲」的感想與影響

如果要列舉影響我生命最深的幾本書，麥可·波倫（Michael Pollan）所著的「食物三部曲」，包括《雜食者的兩難》（The Omnivore's Dilemma）、《食物無罪》（In Defense of Food）和《烹》（Cooked），肯定會是其中三本。這三本書不但從根本改變了我對每天所吃的食物的認知，鼓勵了我採取對個人健康、社會及環境均更有益的飲食模式，更塑造了我作為一個大氣科學家的專業研究方向。

我們正餐該吃甚麼？這是每個人每天都要面對的問題。人類作為雜食者，自古以來常為選擇甚麼食物而煩惱。數百萬年來，人類把嘗試各類食物所得的經驗，融合成一套套飲食禁忌、儀式和食譜，讓我們避開有害的食物，攝取有益的食物。然而，20世紀後半，工業化食品充斥、不成熟的營養學推波助瀾，人類創造了新的食物鏈。餐桌上的食物已經過連番加工，與其源頭越離越遠，而人類則萎縮在工業化食物鏈的末端。人類逐漸無從判斷哪些食物該吃，重新面對雜食者的難題。

「食物三部曲」簡介

麥可·波倫在《雜食者的兩難》一書中，為了「完整了解一頓餐食的因果關係」，沿著現代人主要三條食物鏈：工業化食品、有機食物和野生食物，從產地一路追蹤到餐桌，深入森林、農場、研發室、養殖場、加工場到超市及快餐店，親身觀察與訪談，揭開現代食品的面貌及背後的真相。這書引發了我對食物來源和食物選擇的深思，鼓勵了我更加關注自己所吃的食物的質量和對社會及環境的影響。

第二本《食物無罪》旨在提供一種更加健康和可持續的飲食方式，呼籲人們回歸傳統的、基於真實食物的飲食模式，而不是過度加工和人工合成食品。作者在此書正式提出了三大飲食法則：「吃真·食物、別吃太多、以植物為主」並一系列細則，幫助人們做出更明智的食物選擇，並強調了飲食對我們的身體健康和社會及環境福祉的重要影響。

最後一本《烹》則以四大元素作為框架，即以「火」代表烘烤、「水」代表燉煮、「氣」代表做麵包、及「土」代表發酵醃製，探索了烹飪的歷史、科學和文化意義，揭示了烹飪作為一種重要的人類活動，如何幫助我們重新建立與食物與大自然的聯繫，提高食物的品質和味道，並帶來滿足感和社交價值。

總括而然，這三本書共同探索了現代食物系統的問題，強調了食物與環境、社會和個人健康之間的緊密關係。對我來說，更是讓我知道自己可怎樣更積極參與糧食系統的轉型，選擇更健康、公平和可持續的飲食模式。正因這三本書對我影響尤甚，近年我更逐漸把自己作為大氣科學家的研究方向與農業連結起來，著力探討如何緩減糧食系統的溫室氣體及各種污染物的排放，為求減少我們對環境及氣候的影響。

多元閱讀 拓寬視野

可見閱讀好書，真的對我有莫大影響。我通常每天花30到60分鐘閱讀，最喜歡是在臨睡前在書房裡寧靜地閱讀，或者在舒適的咖啡館裡邊享受咖啡邊閱讀，既能讓我放鬆心情，也能獲得知識與靈感。我喜歡同時閱讀多本書籍，通常是在3到4個月內同時讀3到4本書，盡量涵蓋各類別與題材，例如每時期都總會至少閱讀一本中文書、非小說（如科普、經濟及文史）、小說、傳記或散文、甚至教科書。多元化的閱讀習慣不僅豐富了我的知識，使我對世界各範疇及觀點有更廣泛的理解，既拓寬了自己的學識面，獲得了超越專業領域的見解，更對個人起了重要的充實作用，增強自己的創造力及對人的同理心，為繁忙的工作及生活注入個人成長的空間。希望各讀者可以與我一樣，在閱讀中找到一片安寧、靜謐、茂盛成長的樂土。



戴沛權 博士

香港中文大學理學院 地球與環境科學課程副教授



《雜食者的兩難》
圖書館藏



《食物無罪》
圖書館藏



《烹》
圖書館藏