



乙巳·悅讀

●一●
真正重要的東西是
眼睛看不見的。

(猜出處，三字書名)

●二●
決定我們成為甚麼樣的人，
不是我們的能力，
而是我們的選擇。

(猜出處，九字書名)

●三●
當你真心渴望某樣東西時，
整個宇宙都會聯合起來幫助你。

(猜出處，八字書名)

●四●
一句話說，興味到時，拿起書本
來就讀，這才叫做真正的讀書，
這才是不失讀書之本意。

(猜出處，五字書名)

●五●
慧極必傷，情深不壽，強極則辱，
謙謙君子，溫潤如玉。

(猜出處，五字書名)

●六●
讀書使人充實，討論使人機敏，
摘記使人嚴謹。

(猜出處，三字文章名)

閱在少年時

為鼓勵兒童及青少年養成良好的閱讀習慣，香港公共圖書館舉辦「兒童及青少年閱讀計劃」，多年來學生、家長和學校踴躍參與，去年新增超過八千名會員。

計劃分為家庭組、高小組、初中組和高中組四個組別，以幼稚園至中六的學生為對象。參加者獲發一本我的「閱讀足印」紀錄冊，可用來記錄閱書數量，以及遞交閱讀報告、推薦好書和參與「月月讀書樂」月會。參加者若達成指定目標便可獲獎。

證書頒發儀式於去年十一月二十三日在香港中央圖書館舉行。今期《通訊》訪問了幾位今屆獲嘉許的會員，分享閱讀的得着和樂趣，還有學校代表分享推動閱讀心得。



閱讀超新星

會員撰寫的「我的悅讀分享」如獲圖書館館長推薦，可參加「每月之星」評選。年度總結時，每組最出色的三位可獲頒「閱讀超新星」獎。



得獎者（家庭組）：王曉悠

選讀作品：《你很特別》

創作意念：「星星貼紙代表叻叻，灰色貼紙代表無咁叻。其實每個人都是獨特的，不應該比較，所以我畫了一個垃圾桶，讓大家把所有標籤都丟掉。」

喜歡的書籍：《健力士世界紀錄大全》

親子閱讀經驗：有時書本內容不太具體，例如傳遞奧運聖火，曉悠媽媽便會找來影片解說，作為延伸學習。



《你很特別》
圖書館藏



《難為了班長》
圖書館藏

得獎者（高小組）：吳芷澄

選讀作品：《難為了班長》

創作意念：「自己曾經做班長，與書中角色有相似經歷。故事內的班長為老師和同學服務，但犧牲了與朋友玩耍的時間。」

喜歡的書籍：中文小說

親子閱讀經驗：小時候父母會跟芷澄說睡前故事，現在都會一起閱讀，但各人看不同範疇的書，爸爸看經濟學的、媽媽看英文書，芷澄自己就看中文小說。

「最積極推動閱讀學校」獎 和「最積極推動參與學校」獎

年度內獲提名學生閱書總數最多的五間學校，會獲頒「最積極推動閱讀學校」獎；而年度內提名最多學生成為新會員的五間學校，則會獲頒「最積極推動參與學校」獎。

「最積極推動閱讀學校」 得獎者：聖公會仁立小學

學校多年獲得最積極推動閱讀獎，圖書館主任鄺老師歸功於持份者努力互相配合。例如其他科目的老師會在課堂時間帶學生到圖書館，借閱與課題相關書籍；學校也會為家長舉辦伴讀工作坊、鼓勵同學使用網上平台分享閱讀體驗，共同營造良好的閱讀氛圍。

另一方面，學校透過「兒童及青少年閱讀計劃」培養學生的閱讀習慣。參加計劃的同學可以運用小冊子記錄和整理閱讀進程。同學閱畢二十本書，學校會贈予一份小禮物作獎勵。

近年電子閱讀普及，學校也與時並進，圖書館與資訊科技部門合作舉辦講座，教導家長和學生使用電子閱讀平台。



「最積極推動參與學校」 得獎者：香港青年協會李兆基小學

香港青年協會李兆基小學獲得最積極推動參與學校獎。該校圖書館黎老師表示，學校結合「兒童及青少年閱讀計劃」和恆常閱讀課，學生每次借閱完畢都要填寫紀錄冊，逐漸建立起閱讀習慣。同學完成一整本紀錄冊後，都會感到很自豪。



培養同學的閱讀習慣，並不能一蹴而就。黎老師舉例學校會舉辦多元化的活動，例如六月舉辦為期一周的「閱讀嘉年華」，同時於圖書館佈置舒適的環境，為同學提供安全感，就能吸引同學前往。學校的圖書館深得同學歡迎，每段小息約有八十位同學會到圖書館。



《男孩，鼯鼠，狐狸與馬》
圖書館藏

得獎者（初中組）：陳芷嫻

選讀作品：《男孩，鼯鼠，狐狸與馬》

喜歡的內容部分：白馬在男孩的鼓勵下重拾自我，勇敢地展翅飛翔。不少人都像白馬一樣，因為害怕別人不友善的目光而藏起自己的閃亮點。

閱讀的好處：閱讀時自己會代入角色，逐漸學會設身處地為別人設想。自己的感受豐富，寫作時也能夠豐富角色的性格和心理狀態。

對圖書館的印象：圖書館就像一個海洋，安靜且蘊藏大量寶藏。

樂讀小菁英

參與「月月讀書樂」月會次數最多的首二十名會員，可獲頒「樂讀小菁英」獎。



得獎者：林釗陽

印象最深刻的月會：用立體圖書介紹金閣寺。
參加月會的得着：增加認識天文知識，「原來除了黑洞外，還有白洞。木星是體積最大的行星，相等於 1321 個地球。」



得獎作品摘錄

閱讀可以啟迪人心，增進知識，寫作可以抒情言志，筆劃之間也反映筆者的內心世界。現在我們就看看小作者的作品摘錄：

余詠澄（高小組）

書籍：《小提琴女孩：擁抱生命的樂章》

我認為音樂真是十分奇妙，它能豐富人的感情，不但可以令人願意表達自己，而且懂得釋放自己的內心感受。

林嘉駿（初中組）

書籍：《世說新語》

我認為華歆是個重情重義的人，不會因為當下危急，而選擇拋棄故事中那個搭船的人；至於王朗我認為他反覆善變、沒有情義的人，因為當初是他主動讓那個搭船的人上船，但一去到了危急關頭就選擇拋棄他。

劉芯萱（初中組）

書籍：《老貓》

朋友，是一個與你分享喜樂、分擔悲愁的人，他們會與你一起面對困難、解決煩惱。

呂晞妍（高小組）

書籍：《海龜救援隊出動》

看完這個真實故事令我明白海龜的成長之路充滿挑戰，不僅要面對自然界其他動物的捕食，人類也時常在有意或不經意的情況下傷害牠們。



Develop a Lifelong Reading Habit at a Young Age



To cultivate reading habits among children and youth, the Hong Kong Public Libraries (HKPL) has organised the Reading Programme for Children and Youth. The programme, which has seen enthusiastic responses from students, parents and schools for years, has recruited over 8 000 new members last year. The certificate presentation ceremony for the programme last year was held at the Hong Kong Central Library on 23 November 2024.

The target participants of the programme are children and youths from kindergarten to Secondary Six, who are divided into family, senior primary, junior secondary and senior secondary categories. Given “My Reading Footprints Record Book”, members may indicate their reading progress, submit book reports, recommend books, and take part in the “Monthly Meeting of Joyful Reading”. They can receive rewards upon accomplishing designated goals.

Reading Supernova: The top three winners of “Stars of the Month” of each category who are recommended by librarians

Elite of Joyful Reading: The twenty youths who are the most active in attending the “Monthly Meeting of Joyful Reading”

Most Active School in Promoting Reading: The schools with the highest number of books read by their nominated members

Most Active School in Promoting Participation: The schools which nominate the largest number of members

封面問題答案：

- ①《小王子》 ②《哈利波特—消失的密室》 ③《牧羊少年奇幻之旅》
④《讀書的藝術》 ⑤《書劍恩仇錄》
⑥《論讀書》（輯錄於《世界經典英語散文 17 篇》）



香港公共圖書館與香港電台第五台以「旅遊」為題，合辦「字旅行間」網上閱讀活動，鼓勵讀者透過電子閱讀和互動活動，漫遊城市不同角落，探索閱讀樂趣。

The Hong Kong Public Libraries (HKPL) and Radio Television Hong Kong Radio 5 jointly organise the online reading activity “Journey with Words” with the theme “Journey”. Readers are encouraged to experience the pleasure of travelling around different cities through e-reading and participating in interactive activities.

聽說書海

Explore the Ocean of Books



由香港電台節目主持及香港公共圖書館故事大使以聲音演繹共 100 篇節錄文章，內容分為文化、回憶、非遺、味蕾、城市、童趣、寰宇及藝術，從現在起至六月陸續上載。讀者除了閱讀或聆聽精選文章，亦可透過網頁的連結從 SUEP 電子書庫借閱相關電子書。

Selected from books in the SUEP Chinese e-book collection, a total of 100 excerpts are narrated by programme hosts of RTHK and HKPL Story Ambassadors. The articles, which are uploaded in phases until June 2025, cover eight topics, namely culture, history, intangible cultural heritage, food and dining, cities, children, world and art. In addition to reading and listening to the engaging articles, readers may access the SUEP e-book collection and borrow the e-books on the website.

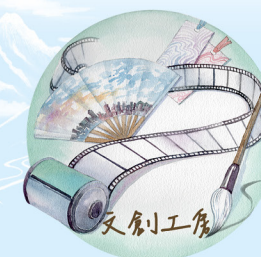


活動網頁
Event Website

查詢 Enquiries : 2786 2110 / 2339 6397

文創工房

Cultural and Creative Workshops



由現在起至五月，不同主題的工作坊將陸續舉行，包括趣味書法、流體書籤和風景扇畫。讀者會親身走進文藝工作者的創作室，一同參與文藝創作，並交流閱讀心得。參加者既可以體驗文藝工作者的日常，也能擴闊閱讀視野。

Workshops covering various topics are held from now through May 2025, which include fun calligraphy, fluid art bookmarks and landscape fan paintings. Readers may step into the studios of cultural and arts workers, listen to their sharing, participate in artistic creation together and exchange reading experiences. This offers readers an opportunity to experience the daily life of cultural and arts workers and broadens their scope of reading.



城市漫快門 City Hunt

讀者在四月指定時間內，在不同地區尋找特定打卡熱點，拍攝並分享至社交媒體帳戶，可換領紀念品。在我們熟悉的城市漫步，用鏡頭捕捉不一樣的印象。

Looking for designated check-in spots in various districts and tagging relevant photos on their social media accounts within a specified period in April, readers will receive a souvenir. Strolling in familiar places and seeing them with new perspectives, readers may find a difference.



香港音樂家群像系列：作曲家羅永暉的多元音樂創作

The Hong Kong Musicians Series: LAW Wing-fai and his Diverse Music Composition

羅永暉是本港少數跨界的資深作曲家，藝術與商業領域兼善。其作品類型多元化，包括藝術音樂、流行音樂、話劇、歌劇和舞劇音樂等。他與新浪潮導演合作創作逾二十部電影音樂，更於1987年憑電影《夢中人》獲香港電影金像獎頒發「最佳電影配樂獎」。他積極推動香港的音樂發展，於香港演藝學院任教並創立作曲系。香港中央圖書館十樓藝術文獻閱覽室現正舉行「作曲家羅永暉的多元音樂創作」展覽，展出這位作曲家的樂譜、場刊、相片及相關音樂資料，讓讀者了解更多他對香港音樂界所作出的貢獻。展期至三月三十一日。查詢：2921 0259

LAW Wing-fai is a renowned composer, and one of the few crossover composers in Hong Kong that he excels in both serious and commercial music. His diverse oeuvre includes serious music, pop music, drama, opera, dance dramas, etc. Among some twenty film songs the composer created, "Dream Lovers" was awarded the Hong Kong Film Award for Best Original Score in 1987. He has been dedicated to promoting the development of music in Hong Kong. He taught at the Hong Kong Academy for Performing Arts and established the Department of Composition. An exhibition is now being held in the Arts Document Reading Room on 10/F of the Hong Kong Central Library until 31 March, showcasing the music scores, house programmes and photographs, etc., of the renowned composer. Readers can learn more about his remarkable contribution to the music industry in Hong Kong. Enquiries: 2921 0259



舞台印記—香港戲劇文獻

Exhibition on Documents of Hong Kong Drama



香港的戲劇發展一步一腳印，從最初的校際活動、業餘劇社，逐步發展至職業劇團相繼成立，百花齊放。今天香港已成為重要的戲劇藝術中心，也是天時、地利、人和互相配合的成果。從上世紀六十年代起，香港大會堂、香港文化中心等先後落成，為劇團提供演出場地。院校為戲劇界培育幕前幕後人才，創作劇於八九十年代更為興盛，也大力推動香港的戲劇發展。

香港中央圖書館八樓珍本閱覽室現正舉行「舞台印記—香港戲劇文獻」的文獻介紹，展出一批在香港公演之劇本及場刊等文獻，加深讀者對香港戲劇文獻的認識。展期至四月三十日。此文獻介紹是弘揚中華文化系列的活動之一。查詢：2921 0323

The drama in Hong Kong has been developing step-by-step over years, evolving from inter-school activities, amateur performances into professional theatres. It is now an important drama art centre. Following the opening of Hong Kong City Hall, Hong Kong Arts Centre etc, from 1960s onwards, more professional performing venues were available for theatrical performance. In addition, increasing educational institutions joined in nurturing talents in different roles of drama production. Creative drama flourished in the 1980s and 1990s.

An exhibition on documents of Hong Kong drama is now being held at the Rare Book Reading Room on 8/F of the Hong Kong Central Library until 30 April. Documents including scripts and house programmes are displayed, offering readers opportunities to understand more about documents on Hong Kong drama. This is one of the programmes in the Chinese Culture Promotion series. Enquiries: 2921 0323



藝術·創意在社區@香港中央圖書館 2024

Art & Creativity in Community @ Hong Kong Central Library 2024

香港中央圖書館六樓青少年圖書館「想創點」現正舉行「藝術·創意在社區@香港中央圖書館 2024」展覽，展示香港知專設計學院畢業生和學生的精選作品，涵蓋建築、室內及產品設計、傳意設計、數碼媒體，以及時裝及形象設計等學系，讀者可以體會新生代的設計意念和思維。展期至二月二十八日。



Readers now have opportunities to appreciate creativity of young design talents in the Hong Kong Central Library (HKCL). Titled "Art & Creativity in Community @ Hong Kong Central Library 2024", an exhibition is now held in the CreateInfo Zone of the Young Adult Library, 6/F, HKCL, until 28 February. The exhibition shows a diverse selection of works created by design graduates and students of Hong Kong Design Institute coming from various departments including architecture, interior and product design, communication design, digital media, and fashion and image design.

第十五次「中文文獻資源共建共享合作會議」

圓滿舉行

The 15th Conference on Cooperative Development and Sharing of Chinese Resources Concluded Successfully



由中文文獻資源共建共享合作會議理事會主辦，香港公共圖書館承辦，香港圖書館協會、香港特別行政區大學圖書館長聯席會協辦之第十五次「中文文獻資源共建共享合作會議」，已於二〇二四年十一月二十七至二十八日以網上形式順利舉行。本屆會議主題為「返本開新一開拓、超越與前瞻」，邀請到中國國家圖書館副館長陳櫻女士擔任專題演講嘉賓，並由十六位講者發表了共十四份專題報告，就文獻保護和數碼創新等互相交流分享經驗。

「中文文獻資源共建共享合作會議」是源於二〇〇〇年的國際合作會議，宗旨在於聯繫世界各地收藏中文文獻資源的圖書館或資訊機構，以促進中文文獻資源的共建共享，至今已促成了十五個合作項目，包括古籍目錄、名稱規範等不同領域。

The 15th Conference on Cooperative Development and Sharing of Chinese Resources (CCDSR), with the theme of "Reaching Back to Move Forward", was held between 27 Nov and 28 Nov 2024. The online conference was hosted by the Council of the CCDSR, organised by the Hong Kong Public Libraries, and co-organised by Hong Kong Library Association and Joint University Librarians Advisory Committee. Ms CHEN Ying, Deputy Director of the National Library of China was invited to deliver the keynote speech. Furthermore, sixteen speakers presented fourteen topical reports at the conference and shared their experience on preserving documents and innovation of digitalisation.

The CCDSR was first initiated as an international cooperative conference in 2000, with its objectives to connect all libraries or information institutions worldwide that hold Chinese documents and to enhance cooperation and resources sharing among these organisations. There had already been fifteen cooperative projects established, including the catalogs of ancient books, Chinese Name Authority Databases, etc.



第十五次「中文文獻資源共建共享合作會議」大會網址
The 15th CCDSR Website

館長選書

定期為你送上好書介紹

書海茫茫，如何選擇？哪裡可找到稱心的書單？香港公共圖書館一眾圖書館館長每季更新書目，並介紹和分享不同主題的優質讀物，2024 第四季介紹的主題是**藝術與英語小說中的人性**。只要登入圖書館的「館長選書」網頁，便可與館長一起發掘好書。



書名：《來來來！走進奇妙的藝術博物館：培養孩子美學的啟蒙書》
著者：露易莎·維拉著／繪；袁仲實翻譯
索書號：909.407 5470



藝術博物館是一個很特別的場所，因為它會將不同藝術家、不同年代、不同藝術風格的作品，經過策展人的悉心構思和安排，建構成獨一無二的藝術故事。我們在幾個小時的閒逛，就可飽覽藝術大師們經年累月、嘔心瀝血的創作，作為觀眾的我們是何其幸福呢？

本書以一位爸爸與孩子在藝術館的遊歷，以孩子的角度，與藝術作品中的人物，如跳芭蕾舞的女孩、小狗、魚兒、小丑，甚至幾何形狀作對話，配以活潑跳脫及顏色豐富的插畫，生動有趣地介紹了現代藝術的七大風格，包括印象派、後印象派、表現主義、立體主義、超現實主義、抽象派及普普藝術*。同時更介紹了 26 位世界

藝術大師，如印象派的莫奈（Monet）、後印象派的梵高（Van Gogh）、野獸派的馬諦斯（Matisse）、立體主義的畢加索（Picasso），到普普藝術的安迪·華荷（Andy Warhol），讓小孩子認識到大師們創作的主题和他們的作品特色，進入繁花似錦又如迷宮陣的藝術世界。

*編按：「普普藝術」（Pop art）意即流行藝術、通俗藝術。

館長 Joyce



書名：《記憶若有限期：香港城景美學印象》
著者：趙綺婷繪著
索書號：545.09238 4924



紙本書

電子書

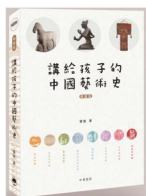
香港發展迅速，不少舊樓宇遭拆卸重建，手寫招牌和霓虹燈牌也逐漸消失，城貌仿似一瞬間變了樣。藝術家趙綺婷走訪多區，以街頭繪畫和文字為這城市的景象寫生，記錄即將逝去的當下。這書記錄了趙綺婷對香港各區的認識和印象，簡介各區歷史，細說一些鮮為人知的故事，加上在街頭繪畫的水彩畫、鋼筆畫、塑膠彩畫及電腦畫作，帶讀者走進藝術家眼中的城市角落。

趙綺婷在書中亦解釋了不少在繪畫時的藝術考量，如何以構圖、用色、線條、筆觸、藝術媒介的特性等美學技巧來表達藝術家的思維。如封面所見的就是趙綺婷在書中常見的藝術語言，以幾何圖形描繪街頭景觀，運用水性顏料的特質營造層層疊疊密

密麻麻的城市景象，刻意將背景留白突出主體和招牌的字，還以線條和冷暖色調的轉變來呈現藝術家的情感，並凸顯景象的個性，既寫實又寫意。

城市的建構不只在街道和建築物，還有人們的互動和情感，這本書流露出趙綺婷對城市的觀察和熱愛，從藝術角度為繁華冷漠的城市添上一份溫暖。

助理館長 WY



書名：《講給孩子的中國藝術史：精選版》
著者：甯強著
索書號：909.2 3013

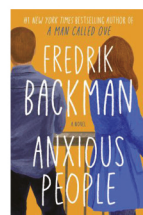


藝術，是一種生活面相，亦同時面向生活。除卻繪線用色的技術，藝術是古今生活文化的借鑒，循社會學習個人身份根源的途徑。因此，孩子認識中國藝術史，能集歷史學習、美學賞析、文化熏陶之效。為讓孩子易於掌握要點，需要一位熟知中國藝術史及人文知識，同時教學深入淺出的專業說書人。

作者甯強教授在此書展現其淵博的藝術史知識，以簡潔的語言和講故事的形式將原始時期、夏商周到明清、當代時期的精選經典藝術品及內涵生動演繹。作者以童趣的角度為作品引題，如秦始皇兵馬俑：大秦帝國的士兵從哪裡來？再述兵馬俑的發掘經過和特色。選題上亦見心思，涵蓋各時代、地域、類別，有助孩子認識歷史朝

助理館長 KY

“Which books should I pick?” A common question to many book lovers. The librarians of the Hong Kong Public Libraries update the book list every quarter, and introduce and share high-quality reading materials on various subjects with readers. The subjects covered in 2024 Q4 are **Arts** and **Humanity in English Fiction**. Scan the QR code, browse “Librarians’ Choice” and discover good books with our librarians.



Book Title : Anxious people: a novel
Author : Fredrik Backman ;
Translated by Neil Smith
Call number : F BAC



“Anxious People” is a novel written by Fredrik Backman that tells the story of a failed bank robbery and hostage situation that brings various characters together.

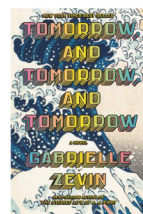
The whole story is full of drama and absurdity. It has twists and turns, and you will be attracted by this way of storytelling. The author deeply portrays human nature in the book. All the characters in the story have distinctive personalities. They are anxious about themselves, others and all kinds of things.

We can see some of our own shadows in the characters’ anxiety, worry, anger, pain and helplessness. This is each of us! Everyone has moments of anxiety, whether it is about relationships, family, marriage, parenting or other things. Sometimes it is a knot that we cannot get over, a difficulty that we cannot overcome, a secret that we cannot say or a cruel reality that we have to face. Sometimes we doubt about our ability and belief. Sometimes life is so anxious that it makes us feel like a mess. But as

the book says, “Sometimes it’s easier to live with your own anxieties if you know that no one else is happy, either.” Maybe, we are not alone, no matter how difficult things are.

Whenever we think about the innocent dreams in the past, or compare with the friends around us who are successful, or miss the past, life turns out to be something other than what we expect. But we need not worry. Just learn to live and face our life. Remember, there is always a ray of light in despair, and constantly solving problems is the essence of life. As the book says, “We don’t have a plan, we just do our best to get through the day, because there’ll be another one coming along tomorrow.” This is a heart-warming and uplifting novel. You will feel good after reading it.

館長 LN



Book Title : Tomorrow, and tomorrow, and tomorrow
Author : Gabrielle Zevin
Call number : F ZEV



“Tomorrow, and tomorrow, and tomorrow” is a story about friendship. Two lifelong friends first met with each other in a children’s hospital. They played video games together and later on created games on their own during their adulthood. The story illustrated the ups and downs of their friendship, their creativity, how they navigated their career for the professional journey towards the gaming industry, and the diverging paths of their lives. The story also touched on the impact of historical and social events, i.e. 9/11 and Covid-19 and the role of video games during those challenging periods. It also examined the cultural and social significance of video games in our daily lives. Moreover, the part on the exploration of partnership and collaboration was impressive. The story stated that “to allow yourself to play with another person is no small risk. It means allowing yourself to be open, to be exposed, to be hurt. It is the human equivalent of the dog rolling on its back”. It reflected the strong bond among the main characters of the story which made it worth reading.

You may wonder “What is a game?” The story tells that “It’s tomorrow, and tomorrow, and tomorrow. It’s the possibility of infinite rebirth, infinite redemption. The idea that if you keep playing, you could win. No loss is permanent, because nothing is permanent, ever.” The core message from “Tomorrow, and tomorrow, and tomorrow” is “endless possibilities of rebirth and renewal”. We should keep a positive attitude and mindset when facing difficult situations. Hard times will not be long lasting hence we should not give up but keep on surviving tough times by building resilience. Similarly, we should get prepared for accepting challenges at all times since good times is also not permanent.

“Tomorrow, and tomorrow, and tomorrow” is a New York Times Bestseller novel. No matter you are a video game lover or not, you will be impressed by the story.

助理館長 IN

悅讀真善美之書送……

JOYFUL READING FOR **TRUTH, GOODNESS AND BEAUTY** —
“BOOK DELIVERY” SERIES



書送堅毅不屈的精神

**BOOK DELIVERY:
DETERMINATION AND PERSISTENCE**



教育局常任秘書長李美嫦, JP
Li Mei Sheung, Michelle, JP
Permanent Secretary for Education, Education Bureau

教育局常任秘書長李美嫦女士為大家送上杏林子的《生之歌》。杏林子十二歲患上類風濕關節炎，發病時手腳腫痛，行動極為不便，但一直沒有放棄，並堅持寫作，展現生命之美。踏入新的一年，不論面對何種挑戰，只要我們秉承杏林子堅毅不屈的精神，定能逆境自強，創造輝煌。

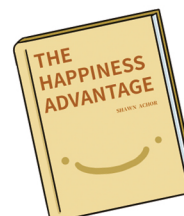
Ms Li Mei Sheung, Michelle, the Permanent Secretary for Education, shares with us Xing Lin Zi's book, "Hymn of Life". Xing Lin Zi contracted rheumatoid arthritis at the age of 12. Despite the swelling and pain which afflicted her limbs during the flare-ups, making her mobility formidably challenging, she held onto her hope and persevered in paying tribute to the beauty of life through writing. As we embark on a new year, regardless of the challenges which may arise, we are poised to triumph in the face of adversity and achieve new heights in our endeavours, if we embody Xing Lin Zi's steadfast determination and persistence.



《喜閱一生 — 李美嫦》



《生之歌》圖書館藏



書送快樂泉源

BOOK DELIVERY: SOURCES OF HAPPINESS



教育局總課程發展主任（幼稚園及小學）李建寰
LEE Kin Wan, Paul
Chief Curriculum Development Officer (Kindergarten and Primary), Education Bureau

教育局總課程發展主任（幼稚園及小學）李建寰先生推介 *THE HAPPINESS ADVANTAGE* by Shawn ACHOR。每逢新年，我們總會互道「新年快樂」，然而何謂「快樂」？成為「學霸」和事業有成，真的能擁抱快樂？究竟越成功才會越快樂，還是越快樂才會越成功？不如一起閱讀此書，發掘快樂的真諦。

Mr LEE Kin Wan, Paul, the Chief Curriculum Development Officer (Kindergarten and Primary), recommends the book, "The Happiness Advantage", by Shawn ACHOR. Every new year, we extend our wishes of "Happy New Year" to one another. Yet, what is the essence of "happiness"? Attaining straight A's and achieving career success – will happiness really bloom? Does success lead to happiness, or does happiness drive success? Let us explore the profound essence of happiness together in this book.



(內容由教育局提供)
Content Contributed by Education Bureau



《喜閱一生 — 李建寰》



The Happiness Advantage
圖書館藏

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

乙巳年元宵綵燈會

元宵節是中國重要的傳統節慶，元宵綵燈會更是其中的盛事。農曆新年將至，康文署會於1月23日至2月16日，於香港文化中心舉辦春節綵燈展和元宵綵燈會，設有璀璨綵燈展示、精采舞台演出和互動猜燈謎環節，讓參觀者沉浸在中華文化繽紛的魅力中，共同感受新春的喜悅與祝福。

更多活動詳情可瀏覽網頁：

<https://www.cpo.gov.hk/zh-hk/event/tc-lunar-new-year-lantern-carnival-2025/>



乙巳年元宵綵燈會
Lunar New Year
Lantern Carnival
2025

Lunar New Year Lantern Carnival 2025

As the Lunar New Year approaches, LCSD will organise Lunar New Year Lantern Display and Lunar New Year Lantern Carnival from 23 January to 16 February at the Hong Kong Cultural Centre. The Carnival will feature dazzling lantern displays, stage performances and interactive lantern riddles, enabling visitors to immerse themselves in the vibrant charm of Chinese culture and share the joy and blessings of the Lunar New Year.

Please visit the website for more information:

<https://www.cpo.gov.hk/event/en-lunar-new-year-lantern-carnival-2025/>



博物館高峰論壇 2025：促進可持續發展、公眾健康與文化對話的多元願景

由康文署主辦，並由法國吉美國立亞洲藝術博物館擔任國際合作夥伴，以「跨越」為主題的第四屆博物館高峰論壇，將於2025年3月28日及29日舉行。高峰論壇將匯聚世界各地的文博專家與文化領袖，共同探索博物館的未來方向，包括博物館如何借助旅遊業與科技進步的優勢，推動可持續發展及培養社群身心健康為策略，跨越傳統框架，開拓更多可能。

詳情請瀏覽博物館高峰論壇 2025 網頁：<https://museumsummit.gov.hk/hk>

Museum Summit 2025: Promoting sustainability, well-being and cultural dialogue

The LCSD is organising the fourth edition of Museum Summit on 28-29 March 2025, with the theme of "Going Beyond" and has the Musée national des arts asiatiques - Guimet as the international partner.

The Museum Summit 2025 will bring together international museum professionals and cultural leaders to explore how museums leverage the tourism industry and technological advancements, promote sustainability practices, and cultivate community well-being, while moving beyond the confines of traditional approaches.

Please visit Museum Summit 2025 website for details: <https://museumsummit.gov.hk/>



博物館高峰論壇
2025
Museum
Summit 2025



「香港心度遊（康文故事）」微電影系列精采重溫

由康文署推出的全新微電影系列「香港心度遊（康文故事）」，以「城市漫步」的形式，讓觀眾透過故事人物的視角，探索香港的人文風景，體驗百種風情，重新發現，從心認識這座城市。每集帶領觀眾遊覽不同社區，介紹各種休閒和康樂設施，以及著名地標，藉以展示香港的多元文化。

「香港心度遊（康文故事）」精采重溫，可瀏覽網頁：<https://www.museums.gov.hk/tc/web/portal/heart-to-heart-citywalk.html>

Collection Time: The "Heart to Heart Citywalk (LCSD Treasures)" Microfilm Series

The "Heart to Heart Citywalk (LCSD Treasures)" microfilm series launched by the LCSD, invites the audience to take a "Citywalk tour" alongside the main characters to explore different districts of Hong Kong. Each episode takes the audience on a tour of Hong Kong by showcasing various leisure and cultural facilities, as well as famous landmarks. The audience may dive into a heartfelt journey and gain a deeper understanding of our community's essence.

Please visit this website to enjoy the collection of "Heart to Heart Citywalk (LCSD Treasures)" microfilm series: <https://www.museums.gov.hk/en/web/portal/heart-to-heart-citywalk.html>



香港心度遊
(康文故事)
Heart to Heart
Citywalk
(LCSD Treasures)

閱讀使人釋懷

從文字經歷生死，觀照生命的意義

筆跡專家談放下執念

我愛閱讀，讀中學時愛流連圖書館，多年來家裡藏有不少書籍，年少時愛讀散文與小說戲曲，後來愛吃也愛煮，又再存有一大堆烹飪書，不過居住地方的面積始終有限，再加上在我研習筆跡心理分析以後，所需的參考資料更多，唯有一次又一次的斷捨離，至今仍剩在書架上的書，多為心理勵志與筆跡心理學類別。在芸芸書籍中，只有一本書，多年來我已經買過不知多少次，為的是那班有借無還的朋友。這本書就是由 Dr. Brian Weiss (布萊恩·魏斯博士) 所寫的 *Many lives, Many Masters* (《前世今生：生命輪迴的前世療法》)。

治療紀錄 醫生反思

其實早於 1997 年，我第一次在書店裏看到這本書的名字，與作者的背景，心生好奇，亦不太明白為何一位畢業自美國耶魯大學的醫學博士，亦同為耶魯大學精神科的助理教授與邁阿密大學精神科藥物研究部主管，跟讀者討論前世今生這些不太科學的話題，不過這一切卻源自於作者的一次親身經歷，魏斯醫生在治療其中一位自年幼已患上嚴重焦慮與驚恐症的女病人 Catherine 時，深感經過了年半的傳統心理治療方法，亦無法解決 Catherine 的問題，於是改用催眠治療的方式，讓病人回溯過去，希望找到病源，協助治療。

魏斯醫生發現到，在催眠回溯的過程中，Catherine 的回憶已經返到了年幼時期，然而回憶卻繼續，前前後後經生歷死超過 80 次的輪迴，孰真孰假？魏斯醫生認為作為一位科學家，這一切仍待驗證，不過他眼見 Catherine 的精神狀況，一天比一天好，對「過往」經

歷與生死感到釋懷，並享受生命，同時魏斯醫生在處理 Catherine 的故事中，重新觀照生命的意義，從中亦得到療愈。

擁抱過去 迎接未來

魏斯醫生紀錄下的故事，與他對生命的看法，與過往我處理過的筆跡心理分析個案中，還是有一些相近之處。在不同的筆跡個案中，我發現不少人在處理問題上所遇上的困難，又或是那些像是重覆又重覆的一些困局，大抵也沿自過往的經歷，特別是在成長期間，與父母家人的相處關係，如何讓這個「我」，形成對自我的一種執念。

透過筆劃線條的解讀，我們看到書寫人的性格特質、喜好的溝通方式與態度，這些筆跡線條的書寫形態，大部分是沿自我們的遺傳因素，要改變並非易事，所以才本性如此，且確甚難移，用於筆跡心理分析上，我們無法改變他人的書寫方式，亦無法改變他人的性格，我們能做的，只能通過了解、理解與明白，讓這個「我」釋懷，改變自己的心態，以正向的心往前行，生命才變得更有意義。

在寫本文之前，我重新再閱這書，每次再看，總有一些新的得著，亦大抵明白到為何友人們總喜歡將這本書轉借又轉借給朋友。近年，生與死的話題特別流行，Dr. Brian Weiss 的 *Many lives, Many Masters* 值得細味。



MANY LIVES,
MANY MASTERS
圖書館藏



《前世今生：生命輪迴的前世療法》
圖書館藏



筆跡專家

林婉雲