



多元文化行動計劃

Multiculturalism in Action Project

2017-2018

ICONIC 媽媽課程

ICONIC Mums Program

這本手冊屬於

This handbook belongs to _____



InterCultural
ON target
Informed
Change-makers

ICONIC 媽媽，
以跨文化視野和知識，
建立目標，
改變社會！

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多元文化行動計劃 MULTICULTURALISM IN ACTION PROJECT (MIA)



多元文化行動計劃 (MIA) 自 2013 年開展，目的是讓香港的不同族群一起通過合作去改變社會。我們認為提高大眾的跨文化知識和敏感度是解決少數族裔被多種邊緣化的基礎，並通過以下方式實現：(一) 在不同族群之間建立夥伴關係；(二) 通過跨文化體驗相互充權；(三) 可持續的跨文化教育。

請瀏覽我們的網站

<http://arts.cuhk.edu.hk/~ant/knowledge-transfer/multiculturalism-in-action/index.html>

閱讀我們的出版刊物、課堂及社區活動資源，以及觀看紀錄片《跨文化香港系列：南亞心。情》。

The Multiculturalism in Action Project (MIA) was launched in 2013, aiming at involving different ethnic origins in Hong Kong to make a change together. We believe that cultural knowledge and sensibility are the basis to ending multiple marginalization of ethnic communities. We value: 1) partnership among different ethnic communities; 2) mutual empowerment through intercultural experiences; and 3) sustainability of intercultural education over time.

Please visit our website

<http://arts.cuhk.edu.hk/~ant/knowledge-transfer/multiculturalism-in-action/index.html>

to view project publications, resources for classroom and community activities, and especially our documentary Intercultural Hong Kong Series: Feeling South Asian.



課程結構

PROGRAM STRUCTURE

ICONIC 媽媽是一個採用雙層教學模式的跨文化課程。在第一層，參加者出席六次工作坊，提升多元文化知識、個人發展及相互充權。在第二層，組成跨文化團隊，運用新獲得的知識，設計及實行社區項目，以喚起社會大眾對香港的多元文化和推動不同族群之間的合作和社會創新工作。

ICONIC Mums is a two-tier program in intercultural education. In the first tier, participants take part in six training workshops that aim at enhancing multicultural knowledge, individual development, and mutual empowerment. In the second tier, they form small mix-ethnic groups and use their newfound knowledge to plan and implement community-based projects, which will further disseminate appreciation of cultural diversity and will inspire a new round of social innovation among different ethnic communities in Hong Kong.

- ◆ 單元一：生活方式、健康與社會
Module 1 : Lifestyle, Health, and Society

- ◆ 單元二：個人及女性身份的表達
Module 2 : Expressions of Selfhood and Womanhood

- ◆ 單元三：我的社區與我
Module 3 : My Community and I

- ◆ 單元四：團隊項目
Module 4 : Team Projects

單元一

MODULE 1

生活方式、健康與社會 LIFESTYLE, HEALTH, AND SOCIETY

- 參加者透過與健康生活有關的活動，與自己、他人及環境重新對話
- 不同族裔的參加者建立團隊及互信
- 學習解決問題及衝突的技巧

- Participants engage in communication with themselves, other participants, and the environment through activities in healthy lifestyle;
- Develop team work and build mutual trust with different ethnic groups;
- Acquire skills in problem-solving and conflict resolution.

我的團隊：團隊建立工作坊

The Social Me: Horizontal Organization Workshop

日期： 1/7/2017

Date:

時間： 10:00 – 16:00

Time:

地點： 大埔生活書院

Venue: School of Everyday Life, Tai Po

導師： 嚴惠英女士／葉洛民女士

Instructors/Facilitators: Ms. Eno Yim and Ms. Yip Lok Man

嚴女士畢業於香港中文大學藝術系，有十年擔任香港創意學院的計劃經理及助理校長的經驗。她是生活書院的創辦人之一，積極推動生命及環境教育。

Ms. Yim graduated from the Department of Fine Arts, CUHK. She has been a Program Manager and Assistant Principal of the Hong Kong School of Creativity for 10 years. She is one of the founders of the School of Everyday Life which facilitates experiential programs for life and environment education.

葉女士於香港理工大學設計學院畢業，並將於 2017 年完成香港中文大學的學位教師教育文憑課程（視覺藝術）。自 2014 年開始在生活書院擔任體驗教育項目義工。

Ms. Yip graduated from the School of Design (Visual Communication), Hong Kong Polytechnic University. She will receive the CUHK Postgraduate Diploma in Education (Visual Arts) in summer 2017. She has volunteered in the experiential learning program in the School of Everyday Life since 2014.

機構簡介

ORGANIZATION INFO

生活書院是一所透過體驗式學習活動進行生命、文化及環境教育的活動中心。

The School of Everyday Life is a centre that explores life, cultural, and environmental education through experiential learning activities.



工作坊簡介

WORKSHOP INFO

在這個工作坊，我們將會：

- 建立團體精神和溝通技巧
- 學習可持續耕種和食物生產的關係
- 與跨文化小組一起烹調午餐

What we will do in this workshop:

- Develop team spirit and communication skills
- Learn about sustainable farming and food production
- Cook your lunch with your intercultural team

筆記 NOTES

精神及身體健康：瑜伽及素食工作坊

My Physical and Mental Health: Yoga and Food Workshop

日期： 8/7/2017

Date:

時間： 10:00 – 13:00

Time:

地點： 尖沙咀國際瑜伽學會

Venue: International Yoga Institute, Tsim Sha Tsui

導師： 周珠玲女士 / Sitarani 女士 / Rai Kanu 女士

Instructors/Facilitators: Ms. Lin Chew, Ms. Sitarani, and Ms. Rai Kanu

周女士是印尼雅加達婦女賦權中心的創辦人及執行總監。

Ms. Lin is the Executive Director and founder member of the Institute for Women's Empowerment in Jakarta, Indonesia.

Sitarani 女士在 2004 及 2005 年分別完成了由國際康體專業學院和國際瑜伽學會舉辦的瑜伽導師訓練課程，並在私人會所、公司、學校及社區中心任教至今。

Ms. Sitarani completed yoga teacher training courses at International Health and Fitness Institute and International Yoga Institute in 2004 and 2005. She has since been teaching yoga in different private clubs, companies, schools, and community centres.

Rai 女士在 2003 年開始學習瑜伽。她完成了國際瑜伽學會舉辦的第二屆瑜伽導師訓練課程，擁有超過 10 年瑜伽教學經驗。

Ms. Rai started practicing yoga in 2003. She completed the Second Yoga Teaching Training Course organized by International Yoga Institute, and has been a yoga teacher for over 10 years.

機構簡介

ORGANIZATION INFO

國際瑜伽學會成立於 1981 年，多年來一直在香港推廣古印度正統瑜伽和正確的瑜伽修習方式。

The International Yoga Institute was founded in 1981. It has promoted the formal ancient Indian yoga and proper methods of yoga practices in Hong Kong for many years.

工作坊簡介

WORKSHOP INFO

在這個工作坊，我們將會：

- 透過瑜伽減壓和排毒
- 透過瑜伽與自己重新對話
- 學習食物如何在不同文化體系下展現不同的意義
- 享用素食午餐

What we will do in this workshop:

- Destress and detoxify through yoga
- Re-communicate with yourselves through yoga
- Learn about the meanings of food in different cultural context
- Enjoy a vegetarian meal



筆記 NOTES

單元二

MODULE 2

個人及女性身份的表達 EXPRESSIONS OF SELFHOOD AND WOMANHOOD

- 參加者透過舞蹈及音樂認識和表達自己
- 以正面能量、在愉快的環境中感受自我
- 學習不同文化的藝術形式及平等概念

- Participants develop understanding of themselves and explore ways of expression through dance and music;
- Feel comfortable in radiating positive energy and joy as women;
- Learn cross-cultural art forms, and concepts of equality.

身體自主：肚皮舞工作坊

Body Autonomy: Belly Dance Workshop

日期： 22/7/2017

Date:

時間： 10:00 – 13:00

Time:

地點： 香港中文大學新亞書院樂群館梁雄姬樓

Venue: Leung Hung Kee Building, New Asia College, CUHK

導師： Devi Novianti 女士

Instructors/Facilitators: Ms. Devi Novianti

Novianti 女士現職平等機會委員會平等機會主任，之前曾任職基督教勵行會項目經理。2006 年獲頒行政長官社區服務獎狀以表揚她長期為少數族裔社群服務。在 2014 年，因她對社區的貢獻，為 The List Magazine 選為年度“帶來希望的女性”。

Ms. Novianti is Equal Opportunities Officer at the Equal Opportunities Commission, before which she was Manager at Christian Action. In 2006 she received the Chief Executive's commendation for her work in serving ethnic minority communities. Her contributions were recognized in The List Magazine's "Women of Hope" profiles in Hong Kong in 2014.

工作坊簡介

WORKSHOP INFO

肚皮舞是一種源於中東地區的民族舞。至今已經遍佈世界各地，並發展出不同形式的舞蹈風格。

Belly dance is originally a Middle Eastern folk dance which emphasizes the movements of the body. It has been spread globally and evolved to many different styles.

在這個工作坊，我們將會：

- 學習肚皮舞的基本步
- 學習不同文化體系裡的肚皮舞
- 學習平等和身體自主的概念

What we will do in this workshop:

- Learn the basic belly-dancing steps
- Learn belly dance in a cross-cultural context
- Learn the concepts of equality and body autonomy



Photo credit: Pinnick 2009

筆記 NOTES

我的故事我的歌：音樂工作坊

My Story and My Song: Music Workshop

日期： 29/7/2017

Date:

時間： 10:00 – 13:00

Time:

地點： 香港中文大學康本國際學術園 405 室

Venue: Rm 405, Yasumoto International Academic Park, CUHK

導師： 馮靜嵐女士

Instructors/Facilitators: Ms. Yuki Fung

馮女士是澳洲註冊音樂治療師，自小對音樂有濃厚興趣。她成立了香港音樂治療有限公司，服務對象包括兒童、單親家庭、特殊需要兒童、腦退化症患者和精神病患者。

Ms. Fung is an Australian Registered Music Therapist and a passionate musician. She is the founder of Hong Kong Music Therapy Limited. Her clients include children, single parent family, children with special needs, people with dementia, and mental disabilities.

工作坊簡介

WORKSHOP INFO

社區音樂以社區為本，參加者將會共同創作和表演樂曲，是一種有助建立社區團結精神的藝術媒介。

Community music is a community-based art form where participants will create and perform the music together. It contributes greatly to the solidarity building within the community.

在這個工作坊，我們將會：

- 透過音樂表達自我
- 參與音樂創作
- 透過歌曲發掘你獨特的聲音



What we will do in this workshop:

- Express yourselves through music
- Engage in music creation
- Discover your unique voices through songs

我的故事 My Story

筆記 NOTES

單元三

MODULE 3

我的社區與我 MY COMMUNITY AND I

- 參加者學習如何觀察及利用照片呈現鄰舍及社區故事
- 認識改變社會的項目和社會企業，從中獲得啟發
- 從前線工作者的分享了解何謂社會創新和社區經濟

- Participants learn new ways to observe the neighbourhood and community, and tell these stories through photographs;
- Learn about change-making programs, and be inspired by social entrepreneurship;
- Listen to experiences of frontline workers, and know more about social innovation and community economy.

社區觀察：相片 x 聲音工作坊

Community Observation: Photo-Voice Workshop

日期： 12/8/2017

Date:

時間： 10:00 – 13:00

Time:

地點： 賽馬會創意藝術中心 L7-19室

Venue: Room L7-19, Jockey Club Creative Art Centre

導師： 周佩霞博士

Instructors/Facilitators: Dr. Carol Pui-ha Chow

周博士是香港中文大學新聞與傳播學院講師。她的研究範疇包括視覺文化、創意工業及文化政策、電影研究。周博士是 2014 年香港國際攝影節「亞洲女性攝影展」和 2013 年「大理國際影會」的策展人。

Dr. Chow is a lecturer at the School of Journalism and Communication, CUHK. Her research interests include visual culture, creative industries and cultural policy, and film studies. She curated the Asian Women Photography Exhibition for the Hong Kong International Photo Festival 2014 and the Dali International Photo Festival 2013.

工作坊簡介

WORKSHOP INFO

在這個工作坊，我們將會：

- 學習拍出好照片的原則
- 觀察和聆聽深水埗的故事
- 拍攝照片並在課堂裡分享你的觀察

What we will do in this workshop:

- Learn the basic rules of good pictures
- Observe and listen to the stories in Sham Shui Po
- Take pictures and share your observations with the class



Photo credit: Chong Fat 2009

我的社區考察 My Field Trip



Photo credit: Wpcpey 2017

筆記 NOTES

社區發展：鄰舍計劃工作坊

Community Development: Neighbourhood Programs Workshop

日期： 19/8/2017

Date:

時間： 10:00 – 13:00

Time:

地點： 灣仔聖雅各福群會土作坊

Venue:

The Ground Works @St. James Settlement, Wan Chai

導師： 鄭淑貞女士

Instructors/Facilitators: Ms. Dora Cheng

鄭女士是一位註冊社工和聖雅各福群會土作坊的項目主管。在過去十多年，她運用社區經濟發展模式，與社區基層合作打破貧窮問題。

Ms. Cheng is a Registered Social Worker, and unit-in-charge of The Ground Works, St. James' Settlement. For over a decade, she has developed a Community Economic Development model to overcome poverty situation with grassroots in different communities.

機構簡介

ORGANIZATION INFO

聖雅各福群會土作坊

土作坊是一間以社區經濟發展模式營運的社會企業，致力改善社區居民的生活。

Grounds Works at St. James Settlement

The Grounds Works is a social enterprise adopting the Community Economic Development model which tries to improve the quality of life of local community.



工作坊簡介

WORKSHOP INFO

在這個工作坊，我們將會：

- 學習在灣仔的社會企業和賦權計劃
- 了解「社區經濟互助計劃」
- 與組員一起討論社區項目

What we will do in this workshop:

- Learn about social enterprise and empowerment programs in Wan Chai
- Understand “Community Oriented Mutual Economy”
- Discuss your project with your groupmates

筆記 NOTES

單元四

MODULE 4

團隊項目 TEAM PROJECTS

- 參加者組成團隊，在導師指導下設計及實行社區項目
 - 於 9 月至 11 月定期會面策劃項目
 - 每組社區項目都可獲資助
 - 發表項目成果，並開始在社區進行改變！
-
- Participants work in teams and match with mentors to design and carry out projects in their community;
 - Hold group meetings in September-November to formulate projects/products;
 - Subsidy will be given to facilitate the project/products development;
 - Present projects/products to start making a change!

We are _____ team

我們是 _____ 小組

成員 Members :

筆記 NOTES

日期 : _____
Date _____

你的項目想達到什麼目的？
What are the aims of your project?

目標對象是誰？
Who are the targets of your projects?

活動包括：
Activities include:

活動在哪裡進行？
Where will you organize the activities?

筆記 NOTES

日期：

Date _____

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Activities include:

活動在哪裡進行？
Where will you organize the activities?

我的朋友 MY FRIENDS

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NAME
電話號碼
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鳴謝

ACKNOWLEDGEMENT

個別人士 Individuals

| | |
|-------------------|-----------------------|
| 陳海瑛博士 | Dr. Katherine Chen |
| 鄭淑貞女士 | Ms. Dora Cheng |
| 周珠玲女士 | Ms. Lin Chew |
| 周佩霞博士 | Dr. Carol Pui-ha Chow |
| 馮靜嵐女士 | Ms. Yuki Fung |
| Ms. Devi Novianti | |
| Ms. Rai Kanu | |
| Ms. Sitarani | |
| 嚴惠英女士 | Ms. Eno Yim |
| 葉洛民女士 | Ms. Yip Lok Man |

機構 Organizations

社區文化發展中心

Centre for Community Cultural Development

香港中文大學 未來城市研究所 城市歷史、文化與媒體研究中心

Centre of Urban History, Culture and Media, Institute of Future Cities, The Chinese University of Hong Kong

香港中文大學人類學系

Department of Anthropology, The Chinese University of Hong Kong

香港國際攝影節

Hong Kong International Photo Festival

國際瑜伽學會

International Yoga Institute

香港中文大學新亞書院

New Asia College, The Chinese University of Hong Kong

香港中文大學研究及知識轉移服務處

Office of Research and Knowledge Transfer Services, The Chinese University of Hong Kong

生活書院

School of Everyday Life

聖雅各福群會土作坊

The Ground Works, St. James Settlement

課程策劃團隊 PROJECT TEAM

譚少薇教授（多元文化行動計劃總監；香港中文大學人類學系）

Prof. Siumi Maria Tam, Director of MIA Project (Anthropology Department, CUHK)

譚教授是香港中文大學人類學系副教授。她的研究範疇圍繞移民、性別、族群關係及文化身份認同。新近研究關注跨文化教育，以及學術研究及倡議之間如何相輔相成。

Prof. Tam is Associate Professor at the Anthropology Department, CUHK. Her research interests revolve around migration, gender, ethnic relations and cultural identity. Her recent research focuses on intercultural education and the intersection of academic research and advocacy.

碧樺依教授（香港中文大學社會工作學系）

Prof. Raees Begum Baig (Department of Social Work, CUHK)

碧教授是香港中文大學社會工作學系助理教授。她的研究範疇包括社會政策、公民社會與政治參與、人權與平等。她亦是性別平等及保障少數族裔權利的倡議者。

Prof. Baig is Assistant Professor, Department of Social Work, CUHK. Her research interests include social policy, civil society and political participation, human rights and equality. She is also an advocate of gender equality and minority rights protection.

谷明月教授（香港中文大學課程與教學學系）

Prof. Gu Ming-yue, Michelle (Department of Curriculum and Instruction, CUHK)

谷教授是香港中文大學課程與教學學系助理教授。她的研究範疇包括多語制與流動性、性別與教育、及語言與身份認同。新近完成的研究探討香港少數族裔青少年和身份建構的關係。

Prof. Gu is Assistant Professor, Department of Curriculum and Instruction, CUHK. Her research interests are: multi-lingualism and mobility, gender and education, and language and identity. She has recently completed a project on identity construction of ethnic minority adolescents in Hong Kong.

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