ICONIC 媽媽課程 ICONIC Mums Program

回顧: 單元三-我的社區與我





工作坊(五): 社區觀察: 相片 x 聲音工作坊

- 學習觀察日常生活的細節,思考不同社區的特點。
- 生活經驗會塑造我們的感受和記憶; 也塑造我們對事物的理解。
- 可以利用拍照/映像發展成有意義的項目,為自己和社區發聲。
- 攝影小提示:三角構圖/對角線構圖/利用框架/對稱法/三分構圖法/利用陰影/嘗試新角度

Workshop #5 – Community Observation: Photo-Voice Workshop

- Learn to observe details in everyday life and think about the features of different communities.
- Our feelings and memories are shaped by our life experiences; these together shape our views towards different things.
- We can use photography/images to develop meaningful projects, and give voice to ourselves and our community.
- Tips for taking photos: Triangle/Diagonals/Framing/Symmetry/Rule of thirds/Shadows/Try new angles

工作坊(六): 社區發展: 鄰舍計劃工作坊

- "社區經濟互助計劃"的理念包括社區生產、參與式管理和尊嚴勞動。
- 環保酵素製作簡單,有助源頭減廢,也是家居清潔的好幫手。
- 只要願意參與,每個人都有能力改變社區。
- 先由小型社區項目開始,經過反覆試驗,便會累積足夠經驗開展更大型的社區項目。

Workshop #6 – Community Development: Neighborhood Programs Workshop

- "Community-oriented Mutual Economy" includes community production, participatory management, and decent work.
- Garbage enzyme is easy to make, is environmentally friendly, and useful for household cleaning.
- Everyone can make changes in the community if we are willing to participate.
- Start with small-scale community projects. We will be ready for bigger projects when experiences are accumulated from trial-and-error.