

### 工作坊(三): 身體自主: 肚皮舞工作坊

- 不論膚色、體型或年齡，每個人都可以散發自信和美麗。
- 你有權決定如何表達自己和表現自己的身體。
- 每天都要練習自信和快樂喔。
- 朋友能互相支持 – 你並不孤單！

### Workshop #3 – Body Autonomy: Belly Dance Workshop

- Everyone can look beautiful and confident regardless of their color, shape, or age.
- You have the autonomy on how to present or express your body.
- Practice confidence and happiness every day.
- Friends support one another – you are not alone!

### 工作坊(四): 我的故事我的歌: 音樂工作坊

- 音樂無分語言和文化；它可以促進不同文化之間人與人的交流。
- 音樂無好壞之分，人人都可以創作屬於自己的音樂。
- 你可以用音樂表達一些難以用文字形容的情緒。
- 不要壓抑自己的興趣；重新發現和表達自己。

### Workshop #4 – My Story and My Song: Music Workshop

- Music should not be bounded by language and culture; it facilitates interaction among people of different cultures.
- There is no “good” or “bad” music. Everyone can create their own music.
- You can use music to express emotions that are difficult to be described in words.
- Don’t suppress your interest; rediscover and express who you are.