

每個工作坊時間約為 45 至 60 分鐘

The duration of each workshop is about 45 to 60 minutes

7-8/6/2018 九龍荔枝角 D2 Place 一期 2 樓 The Space

The Space, 2/F, D2 Place One, Lai Chi Kok

場次 No.	日期 Date	開始時間 Start Time	工作坊名稱 Workshop Name	內容 Content	負責創新項目* Host Project*
1	7/6/2018	14:30	「觸得到的自畫像」- 繪畫及製作體驗 "Touchable" Self-Portrait Drawing & Making Workshop	透過獨特的自畫像繪畫，了解失明人士看到的映像。聆聽內在的聲音，感受外在的觸感，窺探超越視覺外的你 A unique self-portrait drawing for understanding the visual of those without sights. Listen to your inner voice; feel your sense of touch, take a look at yourself beyond vision	Beyond Vision Projects
2		14:30	以小兒推拿提升兒童溝通能力 Improving Children's Communication Capability through Paediatric Massage	示範如何透過推拿，提升自閉症兒童的溝通能力 Illustrate how massage techniques can be used to enhance the communication skills of children with autism	香港中文大學進行的應用研究 CUHK Applied Research
3		14:30	剩食紮染製作 Dyelicious DIY	利用由剩食製成的染料，發揮創意，製作屬於自己的染物 Dye your own cloth with dye produced from leftover food	感【染】快樂工房 Dyelicious
4		16:15	瞬間變老·高齡體驗 To be Oldies – Simulation Experience	穿著高齡體驗衣執行任務，了解長者在日常生活上面對的困難 Complete missions in elderly simulation gear to understand the difficulties faced by the elderly in their daily life	歷耆者「耆歷無窮」消貧社區教育計劃 Eldpathy - Elderly Poverty Simulation Education Program
5		16:15	放鬆體驗 Relaxation Experience	介紹如何利用科和的手機程式進行放鬆活動，並介紹如何透過放空冥想，達致良好的精神狀態 Introduce how to perform relaxation exercise with the use of mobile application of VOID and how to achieve a good psychological state through space out meditation	科和 Void
6		16:15	聲聲相識 Exploring in the SOUND	心度聆聽，用心感受，突破視力界限，啟發思維，發現更多可能性 Don't see, just listen by your heart! Let your mind grow with your heart to explore more possibilities	Ideas for Good (The Coaching Dot)
7		18:00	微型森林擺設製作 MicroForests DIY	齊來製作微型森林擺設，為生活加添綠色 Make your life greener by creating a microforest	微型森林 MicroForests
8		18:00	家居實用小物製作 Practical Gadgets DIY	介紹基本的家居維修技巧，並為長者製作家居小物 Come learn basic home repair techniques and produce gadgets for the elderly	長屋設計 Longevity Design House
9		18:00	「聽得到的影像」體驗 Experience on Audio Description	示範如何以「口述影像」介紹博物館展品，讓視障人士也能參觀展覽。另外，參加者會親自體驗口述作品 Illustrate how museum exhibits can be audio-described and made accessible to the visually impaired. Participants can try audio-describing artworks	博物館口述影像服務 Audio Description Services for Museums
10	8/6/2018	12:30	園藝治療體驗 Horticultural Therapy Experience	介紹園藝治療的概念，並讓你體驗園藝活動的樂趣 Learn the concept of horticultural therapy and get participated in horticultural activity	Mindful Green – Horticultural Therapy Services
11		12:45	手語及聾人文化工作坊 Sign Language and Deaf Culture Workshop	認識基本手語，學習與聾人溝通技巧 Introduce basic sign language and skills for communicating with the deaf	早期手語雙語發展計劃 Early Sign and Speech Development Programme
12		13:00	衣物護理有妙法 Tips on Cleaning and Storage of Clothes	介紹清潔和收納衣物的正確方法，令你心愛的衣服光潔如新 Introduce the correct ways of cleaning and storage of clothes to help you keep your loved clothes bright and clean	裳足 Full of Heart
13		14:45	3D 立體筆創意新體驗 3D Pen Innovative Experience	由長者教授，運用 3D 立體筆創作，重現昔日的玩意及生活智慧 Under the instruction of an elderly instructor, use 3D pen to re-create the toys and tools of their good old days	耆才創科導航 Smart Age Innovation Adventure
14		14:45	跑步前的正確舒展法 Right Stretching for Running	介紹正確的舒展方法，協助你在跑步路上再創佳績 Introduce the correct ways of stretching to help you do better in your running journey	街跑少年 Youth.ROC
15		14:45	「我的生命故事」製作 My Life Story DIY	創作你的生命故事，記錄美好的時光 Record the beautiful moments by writing your own life story	時光 Time Capsule

\*各個工作坊由相關的社創基金資助項目負責提供

\*Each workshop is conducted by the respective SIE Fund funded project

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- 資料如有更改，恕不另行通知

- Seats are offered on a first-come-first-served basis
- Information is subject to change without notice