



Shaw College 逸夫書院

List of "Diversified General Education Activities" (2nd Term, 2025/26)

2025/26 年 (下學期) 「多元通識活動」列表

Students are allowed to participate at a maximum of two "Diversified General Education Activity" per term as equivalent to attending two College Assemblies. For more details, please visit the [College Assembly Website](#).

同學於每學期最多可參加兩次「多元通識活動」，以等同出席兩次書院聚會。詳情請參閱[書院聚會網頁](#)。

Category 項目分類	Programme Name 活動名稱	Programme Highlights 重點內容	Date/Period And Time* 日期及時間*	Language 語言	Details and Enrollment 詳情及報名
Language and Culture Enhancement Programme 語文提升及文化 促進項目	"The Addams Family" Musical Appreciation and Sharing 《愛登士家庭》音 樂劇欣賞及分享會	<ul style="list-style-type: none"> Musical appreciation and post-musical sharing session at café nearby 欣賞音樂劇《愛登士家庭》後與參加者到咖啡廳分享觀後感想 	31 Jan 2026 (Sat) 15:00 – 19:30 2026 年 1 月 31 日 (六) 15:00 – 19:30	English 英語	Enrollment Closed 已截止報名
	First steps in Hispanic Culture and Language 初級西班牙語及文 化工作坊	<ul style="list-style-type: none"> Master the basics of Spanish, appreciate traditional flamenco dance and learn its basic rhythms, steps and history. 掌握西班牙語基礎，認識西班牙文化，觀賞專業舞者表演佛朗明哥 (Flamenco)，在導師指導下學習基本節拍及舞步，並認識其歷史 	12, 19, 26 Mar (Thu) 18:30 – 20:30 2026 年 3 月 12, 19, 26 日 (四) 18:30 – 20:30	Spanish / English 西班牙語 / 英語	Enrollment Closed 已截止報名

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Language and Culture Enhancement Programme 語文提升及文化促進項目	<p><i>“Faith Healer”</i> Package: Lecoq Workshop + Theatre Performance 《神醫》話劇欣賞及導賞活動</p>	<ul style="list-style-type: none"> The pre-show workshop, Lecoq Workshop, offers participants an introduction to the Lecoq pedagogy. We will explore the link between the Feldenkrais Method and Lecoq’s neutral mask—a mask that embodies calm, grounding, balance and readiness. Lecoq Workshop 為話劇導賞活動，可幫助同學了解雅克·勒科克如何將中性面具作為他教學的關鍵工具 <i>“Faith Healer”</i> is a play about three main characters who each take turns to recall their lives together, unveiling a pool of fractured and contradictory memories. The play reveals the cultural and national identity issues faced by the Irish people under the shadow of national division. Faith Healer 是一套講述三位主角各自以支離破碎、自相矛盾的記憶回顧著共同過去的話劇，劇中揭示愛爾蘭人在國家分裂陰影下所遭遇的文化及民族身份認同問題 	<p>27 Feb 2026 (Fri) 14:30 – 17:30 and 10/11 Apr 2026 (Fri/Sat) 19:45 – 21:45</p> <p>2026年2月27日(五) 14:30 – 17:30 及 4月10或11日 (五或六) 19:45 – 21:45</p>	English 英語	Enrollment Closed 已截止報名

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Cultural Integration Programme 文化共融計劃	Blue House Guided Tour 藍屋時空之旅導賞團	<ul style="list-style-type: none"> Led by a professional guide, you will step inside the Blue House and see century-old bricks, tiles, and furniture. With this tour, you will gain a deeper understanding of the history of the Blue House cluster and the living conditions of Wan Chai's grassroots community back in the day. 透過導賞員帶你進入藍屋內部，你將看到具有百年歷史的磚瓦和家具，配以現場解說，你會對藍屋建築群歷史、灣仔基層生活狀況更有認識 	31 Jan 2026 (Sat) 10:00 – 11:30 2026 年 1 月 31 日 (六) 10:00 – 11:30	English 英語	Enrollment Closed 已截止報名
	Coastal Intertidal Ecology Field Trip in Tseng Tau 井頭 – 海岸潮間帶生態考察	<ul style="list-style-type: none"> You will gain a deeper understanding of coastal habitats in Hong Kong and their wildlife, master techniques for observing and identifying intertidal creatures, and learn about the environmental challenges affecting our coasts as well as current conservation efforts. 了解關於香港海岸生境及生物的基本知識，掌握潮間帶生物的觀察及辨認技巧，以及認識海岸生態面臨的挑戰及其保育議題 	7 Mar 2026 (Sat) 15:30 – 18:30 2026 年 3 月 7 日 (六) 15:30 – 18:30	English 英語	Enrollment Closed 已截止報名

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社區服務 Community Service	Care Food Concept and Cooking Workshop 照護食理念及製作 工作坊	<ul style="list-style-type: none"> The speech therapist will provide an overview of dietary guidelines for individuals with swallowing difficulties. Participants will also conduct the IDDSI (International Dysphagia Diet Standardisation Initiative) home syringe test to understand the differences between various food texture levels. 由言語治療師講解吞嚥困難人士的進食須知外，亦會試做 IDDSI (國際吞嚥障礙飲食標準) 的家用滴漏測試，學習不同食物質感等級分別。 	14 Mar 2026 (Sat) 15:00 – 17:30 2026 年 3 月 14 日 (六) 15:00 – 17:30	Cantonese 廣東話	Enrollment Closed 已截止報名
Art for life 藝在人生系列	Classical Guitar and Compose Workshop for Beginners 木結他/ 流行音樂作 曲基礎班	<ul style="list-style-type: none"> A professional instructor teaches basic playing techniques, music theory, and composition knowledge step by step 專業導師由淺入深教授基礎彈奏、樂理及作曲知識 	27 Jan; 3, 10, 24 Feb; 10, 17, 24, 31 Mar 2026 (Tue) 19:00 – 20:30 2026 年 1 月 27 日、2 月 3, 10, 24 日及 3 月 10, 17, 24, 31 日 (二) 晚上 7 時至 8 時半	Cantonese 廣東話	Enrollment Closed 已截止報名

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Mindfulness Programme 正念活動	Shaw SMART Programme	<ul style="list-style-type: none"> Under the guidance of College Head, Professor Freedom LEUNG, students practiced various stress management techniques to build resilience 由院長梁耀堅教授親身指導，與同學實踐不同壓力管理方法，培養抗逆能力 	4, 11, 18 March 2026 (Wed) 19:00 – 21:00 2026 年 3 月 4, 11 及 18 日 (三) 下午 7 時至 9 時	Cantonese/ English 廣東話/英語	Enrollment Closed 已截止報名
	A Simply Hand-Drip Coffee Workshop 「靜系」手沖咖啡 工作坊	<ul style="list-style-type: none"> This time, we brew a cup of drip coffee and slow things down. In the hush between aroma and stillness, we return to the present and unfold a quiet journey within – one careful drip at a time. 手沖一杯滴漏咖啡，讓時間放慢，在咖啡的香氣中，細味簡單而純粹的當下。在一滴一漏之間，學會如何讓身心平衡、放鬆，再忙，都要有飲一杯咖啡的時間，讓自己休息一下。誠邀你一起沖出咖啡香氣，沖出好心情。 	28 Feb 2026 (Sat) 10:30 – 13:00 2026 年 2 月 28 日 (六) 上午 10 時半至下午 1 時	Cantonese 廣東話	Enrollment Closed 已截止報名
	A Simply Mobile Photography Workshop 「靜系」手機禪攝影 工作坊	<ul style="list-style-type: none"> What might your photographs look like if you no longer chased the kind of “beauty” the world expects? This workshop invites you to slow down and reconnect with the act of seeing. Learn to meet each moment with steady breaths, open senses, and a fresh perspective. Here, photography becomes less about perfection and more about noticing the subtle beauty of everyday life. 	21 March 2026 (Sat) 10:00 – 12:30 2026 年 3 月 21 日 (六) 上午 10 時至下午 12 時 半	Cantonese 廣東話	11 Mar 2026 (Wed) 2026 年 3 月 11 日 (三) 

如果唔再以世俗眼中的「美」為標準，你鏡頭下嘅世界又會如何？在這場結合鏡頭及靜心的體驗中，你將重新學習「看見」——用穩定的呼吸、開放的感官，及嶄新的視角，去捕捉最真實的當下。

- Join us as we SIMPLY hold a phone in hand and discover how the imperfect and the ever-changing can reveal their own unexpected beauty.

誠邀你參加這個工作坊，一起「靜系」拎住手機，學習在無常的世界中，發掘不完美事物中蘊藏的美。

**All event dates and times are subject to their promotional publications.*

所有活動日期及時間以其宣傳刊物為準。