

Observe
觀察



Think
思考



夏日微旅程-
Summer Microadventures

童行同感

Children's
Imagination
Run Wild!

Feel
感受



Taste
味嗜



07.23-08.20.2016
招募親子旅伴同行
OPEN ENROLLMENT NOW

米飯班「煮」 Little “Rice Cooker”

外遊 Excursion

23/7

2hr

PMQ味道圖書館、上環
PMQ Taste Library &
Sheung Wan

工作坊 Workshop

30/7

2.5hr

PMQ味道圖書館
PMQ Taste Library

米飯是我們最熟悉的食糧，孩子們天天在飯桌與它相見卻沒機會與它交心... 米飯小班「煮」及家長們都來一趟舌尖嚐米之行吧！對米甚有研究的PMQ味道圖書館策展人歐陽應霽(阿齋)會與一眾米飯班「煮」分享米的文化故事，一起來聽聽米的來源、形態、配搭，再跟「活現香港」到老舖「糴」米、聞粥店的米香、與小夥伴拋擲米抓子、吃米造小吃，「米」足全程！

We are all familiar with rice. It's likely what we grew up on, and what your children grow up on now. Yet we tend to take them for granted. PMQ's Little "Rice Cooker" offers a cultural culinary history on that important grain from Taste Library curator Craig Au-Yeung, who has done extensive research on the Asian staple food. Craig will share the illustrious origin of rice, followed by a Walk in HK walking tour to local rice shops, where children will realize that rice is more than food – it is part of our heritage and can be played with in various ways!

一眾米飯班「煮」把米帶回PMQ味道圖書館的廚房去！曾撰寫《粒粒皆興奮》米食譜的阿齋是名符其實的「米專家」，他與團隊將與大家一起經歷洗、煮、滾、炸、炒的改造實驗，將米轉化成傳統美食、新奇小吃。孩子有沒有想過米都可以變甜品？大夥兒一起製作「稻米私房菜」，粒粒皆精彩！

Following the walking tour, children will bring back rice to PMQ Taste Library's kitchen, where the workshop begins! Au-Yeung, who wrote a popular book on rice in 2011, will lead a cooking process that lets children wash, steam, and pan-fry rice. Children and parents will learn and taste the many wonderful food items rice can become, including dessert!

活現香港，現代掌故人，提供各式各樣的地區或主題行街團，帶大家重新認識香港，聽城裡每個角落裡的地道故事。

PMQ味道圖書館，由PMQ和香港資深跨媒體創作人歐陽應霽聯手打造，集合3,000多本覆蓋世界各地飲食文化生活的經典食譜、旅遊文學、歷史評論的圖書館，開放予公眾細意品嚐。

歐陽應霽，PMQ味道圖書館策展人、創作人、飲食文化策展人。活躍於中、港、台，涉獵漫畫、寫作、設計、餐飲創作顧問種種。相信越軌跨界，熱衷搗亂生事，中年無休，老來從簡，玩物養志。

黎建彰，味道圖書館助理策展人，從廚藝學院畢業生到烹飪vlogger，一直透過飲食打破言語和文字的隔膜，深信人們間之交流是最佳的食譜源泉。在多元文化影響下成長，味蕾從不受地域限制。

Walk in Hong Kong - Experience Hong Kong like never before with a walking tour that explores the city, its people, and heritage in up-close and personal ways. Every corner of Hong Kong has a story – it's up to you to learn about it.

PMQ Taste Library is presented by PMQ and Hong Kong's well-respected artist Craig Au-Yeung, as part of the resource centre, the Taste Library holds a collection of three thousand books covering different food cultures from around the globe: from classic recipes to travel and living; from food history to cities' food guides. With the great support from the librarian team of Hong Kong Design Centre, Taste Library is open to the public with the clearest and most user-friendly catalog.

Craig Au-Yeung, Curator of PMQ Taste Library, is a creative artist and food culture curator active throughout Hong Kong, Taiwan and China. His work spans the fields of comics, writing, design, catering innovations, and more. He believes in crossing boundaries and is keen to subvert. In other words – he thinks outside the box.

Andy Lai, Assistant Curator of PMQ Taste Library, is a culinary academy graduate and a vlogger who specializes in cooking and gastronomy. He believes that food can remove language barriers and that connecting with others can inspire recipe ideas.





島上樹・城中「木」 Island & Tree; City & Wood

外遊 Excursion

 24/7

 2.5hr
不連船程
NOT including the boat ride

 南丫島
Lamma Island

在滿目青翠的夏天，小朋友不妨走出繁喧擁擠的石屎森林，飄洋過海到樹林去！由「南丫部落」生態導師帶領孩子及家長們一起走在南丫島的叢林國度，細心欣賞島上的一草一木，介紹常見樹木及在日常生活中的廣泛用途；另會收集落葉枯枝，即場進行簡單DIY小創作。

With summer weather in full force, let your children escape the concrete jungle and explore a real natural jungle. Leading the journey in Lamma Island is an island ecology guide, who will lead parents and children through the woods, learning about the myriad of plant life. Children will also collect leaves and twigs to be used in a DIY creative workshop.

工作坊 Workshop

 31/7

 2.5hr

 PMQ S710

由大自然回到市區，本地藝術家王天仁將透過來自城市的回收木材，引領小朋友創作木頭小城市，以故事形式與家長和孩子一同討論、觀察、引發他們對城市的反思。

Back in the city, local artist Wong Tin-yan will guide children in building a miniature wooden city out of recycled wood pieces. Through crafting the wooden structure, discussions, story-telling and observation, children will experience a profound reflection on the city in which they live.

旅程嚮導 Journey Guide

「南丫部落」積極宣揚環保、生態保育，定期在島上舉辦環保工作坊及旅遊分享等活動，提倡綠色生活。

王天仁，中文大學藝術系畢業，擅以廢棄木材創作卡通動物造型的木雕，作品獲香港藝術館收藏之餘，多年來不時受邀在各類型藝術展覽、公共空間、商場及品牌合作項目中展出，亦從事藝術教育超過十年，並於不同平台撰寫專欄。

Lamma Corner is an environmental tour group that focuses on raising awareness to the importance of environmental protection and ecological conservation through tours and workshops.

Wong Tin-yan graduated from the Department of Fine Arts, Chinese University. He specializes in using junk woods to craft sculptures of cartoon animals. His works have been exhibited by the Hong Kong Museum of Art, and he's been approached by major international brands for collaborative projects. He has also been engaged in arts education over the past decade.

賽車建「竹」 Bamboo Racecars



竹，彎而不折，折而不斷的獨特性格令它成為多才多藝的生活建築師，竹篾這門傳統民間手藝因而誕生。年輕永續設計師團隊KaCaMa Design Lab將為孩子策劃一次傳承立新、刺激好玩的賽車之旅，學習常見於燈籠的竹篾製作技巧，卻顛覆慣常思維，紮出最受孩子歡迎的創意實驗玩具車！

Bamboo is deceptively strong. It can be bent significantly before folding; even when folded, it stays as one piece. Its strength and versatility make bamboo the preferred tool of construction and crafts. Young product design team KaCaMa Design Lab will guide children and parents to use these magical plants to create their own working toy cars!

工作坊 Workshop

13/8

2.5hr

PMQ S710

外遊 Excursion

20/8

2hr

西營盤
Sai Ying Pun

去全港最斜的街道測試玩具車的實力吧！成功手造玩具車，最大的滿足感一定是聯群結黨鬥車去！小朋友和爸媽們還會跟我們穿梭大街小巷，見識竹的廣泛應用，逛逛大家鮮有踏足的山貨店、紮作店，見證為你盛載美味點心的竹籠是如何誕生，齊來了解竹的生活智慧。

Let's go to the steepest street in Hong Kong and test your toy car! Parents and children will take the streets of historic Sai Ying Pun, testing their newly hand-made toy cars down the hills. In the meanwhile, witness the myriad of ways bamboos are part of everyday Hong Kong life. You'll see them on the side of buildings, in shops, and dim sum baskets!

旅程嚮導 Journey Guide

活現香港，現代掌故人，提供各式各樣的地區或主題行街團，帶大家重新認識香港，聽城裡每個角落裡的地道故事。

KaCaMa Design Lab，本地「永續設計」團隊，擅長利用廢料加工製作出能提升環保觸覺、傳遞文化工藝的設計。

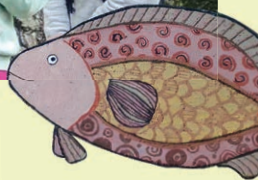
Walk in Hong Kong – Experience Hong Kong like never before with a walking tour that explores the city, its people, and heritage in up-close and personal ways. Every corner of Hong Kong has a story – it's up to you to learn about it.

KaCaMa Design Lab is a team of local product designers who specializes in reusing post-consumer waste materials to create handicrafts that resonate with local culture and raise awareness for eco-awareness.





創作「野」人 Create from Nature



外遊 Excursion

 7/8

 5hr


約5小時，連船程約8小時
About 5 hours
(About 8 hours including boat ride)

 荔枝窩
Lai Chi Wo

工作坊 Workshop

 14/8

 2hr

 PMQ S710

旅程嚮導 Journey Guide

各位小小旅行家一起出發到香港另一片淨土尋寶去！位處地質公園、超過300年歷史的客家圍村荔枝窩擁有的不止是空心樹和紅樹林，在半日的精華遊中，地膽嚮導會引領孩子及家長掘泥土畫畫、找尋野菜地圖、靜聽自然的聲音，一嚐就地取材烹調的美點，搜羅像桠枝、芋麻、果實等意想不到的天然創作素材。

Bring your little explorers on an adventure of a Hong Kong hidden gem! Located within the Plover Cove Country Park and with more than 300 years of history, Lai Chi Wo is a Hakka walled village known for its culture and trees. On this half-day excursion, a professional guide will show parents and children how to make art with soil, go on a “treasure hunt” for vegetables, soak themselves in the blindfolded sound tour, and enjoy traditional home-cooked snacks from indigenous Lai Chi Wo people. Children will learn to collect twigs and fruits, and develop a newfound appreciation for, and understanding of, nature.

從荔枝窩帶回來的大自然手信可創作出造型各異的藝術雕塑及故事小劇場，延續田野拾趣的旅行日記。

The twigs, fruits and other bits of nature the children bring back will be put to good use in this workshop that lets them craft art sculptures, which can be used to stage an impromptu theater.

黎慧儀，本地環境藝術家，孩子們叫她「蘑菇老師」，2011年畢業於芬蘭阿爾托大學藝術及設計碩士課程，主修環境藝術，近年視荔枝窩為第二個家，學習種植水稻，最愛就地取材創作與地理環境一脈相承的獨特作品。

袁永賢，擅長由生活軼事出發，創作插畫及視覺藝術作品，將炭隨手拈來，把它變作一幅幅動人圖像。

Monti, Lai Wai-yi, known adoringly to her students as “Mushroom Teacher”, has a master’s degree in environmental arts from Aalto University (former University of Art and Design Helsinki). In recent years she has made Lai Cho Wo her second home, where she developed a love for horticulture. Her hobby is to take items from around town and craft geographical environmental art.

Thomas, Yuen Yuen-yin, local artist, his creative works are often sparked off by inspirations from slice of life, extending to the spiritual and behavioral responses to social phenomena. His work focuses on illustrations and visual arts.

時間表

Timetable

旅程 Voyage	班次 Class	日期 Date	時間 Time	地點 Location	
米飯班「煮」 Little "Rice Cooker"	A班	外遊 Excursion	23/7 六 (Sat)	10:30 - 12:30 2hr	PMQ 味道圖書館 + 上環 PMQ Taste Library + Sheung Wan
		工作坊 Workshop	30/7	10:30 - 13:00 2.5hr	PMQ 味道圖書館 PMQ Taste Library
	B班	外遊 Excursion	23/7 六 (Sat)	14:30 - 16:30 2hr	PMQ 味道圖書館 + 上環 PMQ Taste Library + Sheung Wan
		工作坊 Workshop	30/7	14:30 - 17:00 2.5hr	PMQ 味道圖書館 PMQ Taste Library
島上樹、城中「木」 Island & Tree; City & Wood	A班	外遊 Excursion	24/7 日 (Sun)	10:00 - 12:30 2.5hr*	南丫島 Lamma Island
		工作坊 Workshop	31/7	10:00 - 12:30 2.5hr	PMQ s710
	B班	外遊 Excursion	24/7 日 (Sun)	14:30 - 17:00 2.5hr*	南丫島 Lamma Island
		工作坊 Workshop	31/7	14:30 - 17:00 2.5hr	PMQ s710
賽車建「竹」 Bamboo Racecars	A班	工作坊 Workshop	13/8 六 (Sat)	10:00 - 12:30 2.5hr	PMQ s710
		外遊 Excursion	20/8	10:00 - 12:00 2hr	西營盤 Sai Ying Pun
	B班	工作坊 Workshop	13/8 六 (Sat)	14:00 - 16:30 2.5hr	PMQ s710
		外遊 Excursion	20/8	11:00 - 13:00 2hr	西營盤 Sai Ying Pun
創作「野」人 Create from Nature	A班	外遊 Excursion	7/8 日 (Sun)	10:30 - 15:30 5hr**	荔枝窩 Lai Chi Wo
		工作坊 Workshop	14/8	14:00 - 16:00 2hr	PMQ s710

* 不連船程 NOT including boat ride

集合地點：南丫島榕樹灣碼頭 (建議船期 - 由中環四號碼頭開出：A班09:00 / B班13:30)

解散地點：南丫島榕樹灣碼頭 (建議船期 - 由榕樹灣碼頭開出：A班13:00 / B班17:30)

Assembly: Yung Shue Wan Pier at Lamma Island

(Departs from Central Pier No. 4, Central-Yung Shue Wan — Class A at 09:00 / Class B at 13:30)

Dismiss: Yung Shue Wan Pier at Lamma Island

(Departs from Yung Shue Wan Ferry Pier, Yung Shue Wan-Central Pier — Class A at 13:00 / Class B at 17:30)

** 不連船程 NOT including boat ride

集合時間及地點：08:30於港鐵東鐵綫大學站B出口集合 (建議街渡船期 - 由馬料水三號碼頭09:00開出)

解散時間及地點：15:30由荔枝窩乘街渡離開，約17:15到達馬料水三號碼頭解散

Assembly: 08:30 at MTR University Station (East Rail Line) Exit B

(Kaito ferry departs at 09:00 from Ma Lui Shui Pier No. 3)

Dismiss: 17:15 at Ma Lui Shui Pier No. 3

(Kaito ferry departs at 15:30 from Lai Chi Wo Pier and arrives Ma Lui Shui Pier No. 3 around 17:15)

費用 Fee

	1名小孩 +1名家長 (2人合共費用) For 1Child+1 Adult (Total fee for 2)	額外1名小孩費用# Additional Child#
米飯班「煮」 Little "Rice Cooker"	HK\$880	+HK\$520
島上樹・城中「木」^ Island & Tree; City & Wood^	HK\$880	+HK\$520
賽車建「竹」 Bamboo Racecars	HK\$880	+HK\$520
創作「野」人^ Create from Nature	HK\$1,380	+HK\$760

報名詳情

Applications detail

即日起接受網上報名。

Open For Online Applications only.

<http://www.pmq.org.hk/event/a-sensory-voyage-2016>



06.26 Open House!

PMQ約你率先體驗「夏日微旅程」

PMQ Invites You To Get Sneak Peek At Its "Summer Microadventures"

未出發先興奮！想感受旅程有多好玩？PMQ將於6月26日下午2-5時舉行「夏日微旅程」Open House，由主理4段旅程的嚮導為大家帶來免費體驗，PMQ更聯同智樂兒童遊樂協會(Playright)，擺下多個遊樂空間，讓3-11歲小朋友享受玩遊戲的原始樂趣，流連忘返！已報名「夏日微旅程」的小朋友及家長憑確認電郵可於當日下午2-3時優先享樂！

Get a preview of the journey before you embark! PMQ will offer a free taste of "Summer Microadventures" on June 26, 2-5pm: use rice to make ice cream, tell stories with unwanted old cardboard, bamboo car test run, mud as art canvas! Anyone who's interested can join for free on the spot. PMQ has also teamed up with non-profit making organization Playright Children's Association to set up a play corner with interactive games for children between the ages of 3 and 11. Got any questions? Come ask us at the Open House! Successful applicants of "Summer Microadventures" who show the confirmation email could enjoy the early session at 2pm-3pm!

^ 費用不包括來回船費及用膳

每名家長可帶不多於2名小孩參與活動；如有多1名家長同行，將以「額外1名小孩費用」報名，但注意活動內容會以小孩為主。

^ The fee does not include ferry fare and meals.

Each adult/ parent can enroll/ travel with a maximum of 2 accompanying children.

If more than 1 adult from the same family enroll/travel together, you'll need to pay for each additional adult with the fee of "additional child".

童行同感

Let Your Children's Imagination Run Wild!

小朋友是天生的旅行家，對世界好奇、愛在生活中探索。今年暑假，PMQ元創方為孩子與家長策劃4段「夏日微旅程」：以米、竹、田野及樹木為主題，帶領大家在社區或自然環境中觀察、感受、思考、味嚙，探索感官的無限可能，啟發創意思考。歡迎7歲至11歲的孩子與家長同行出發！

Why not give your children a new experience that is not only fun, but taps into their innate curiosity and desire to explore? When it comes to a memorable, summer journey – it's not about the distance traveled, but experiences gained.

This year, PMQ is glad to bring back its A Sensory Voyage – Innovative Enrichment Programme, offering a series of "Summer Microadventures" in the themes of rice, bamboo, fields and trees. It encourages children to observe in the city and nature, express their feelings with parents and explore the infinite possibilities of all their senses.

Parents and children aged 7-11 are welcome to join us.

4趟探索之旅 孕育創意成長

Let your children experience 4 exciting Summer Microadventures that will spur their creativity and imagination

每段「夏日微旅程」共分「外遊」及「工作坊」兩個部分，以親子同行形式進行：

Each module comprises an excursion and an experimental workshop which let children aged 7-11 with parents to navigate and learn in a fun and exciting manner.



米飯班「煮」
Little "Rice Cooker"



賽車建「竹」
Bamboo Racecars

島上樹・城中「木」
Island & Tree; City & Wood



創作「野」人
Create from Nature



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 PMQHK  PMQHKDESIGN

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