

「自學賞樂」資源庫

Self-learning

Music

Appreciation

Resource

Toolkit

教育局

課程發展處

藝術教育組

Arts Education Section

Curriculum Development Institute

Education Bureau

初小至高中適用 – 學生活動

For Lower Primary to Senior Secondary – Student Activities

機構 Organisation	活動 Activity
音樂事務處 Music Office	《遇上音樂》音樂指南 Meet Music Music Guide https://www.lcsd.gov.hk/en/mo/doc/musicguide/meetmusic.pdf
音樂事務處 Music Office	中西樂器介紹 Introduction to Chinese and Western Musical Instrument https://www.lcsd.gov.hk/en/mo/musicguide/tc/index.html https://www.lcsd.gov.hk/en/mo/musicguide/en/index.html
音樂事務處 Music Office	遊樂園 Game Zone https://www.lcsd.gov.hk/en/mo/musicguide/tc/game_zone.html https://www.lcsd.gov.hk/en/mo/musicguide/en/game_zone.html
香港中樂團 Hong Kong Chinese Orchestra	賽馬會中樂360 https://cm360.hk/home
香港中樂團 Hong Kong Chinese Orchestra	中樂摯友會 Friends of Hong Kong Chinese Orchestra https://www.hkco.org/tc/Community/Friends-Of-Hkco.html https://www.hkco.org/en/Community/Friends-Of-Hkco.html
香港弦樂團 Hong Kong String Orchestra	《古典音樂齊齊學》 Classical Music Starter Kit https://jccc.hk/zh-hk/%E3%80%8A%E5%8F%A4%E5%85%B8%E9%9F%B3%E6%A8%82%E9%BD%8A%E9%BD%8A%E5%AD%B8%E3%80%8B/ https://jccc.hk/en-us/%E3%80%8A%E5%8F%A4%E5%85%B8%E9%9F%B3%E6%A8%82%E9%BD%8A%E9%BD%8A%E5%AD%B8%E3%80%8B/
香港管弦樂團 Hong Kong Philharmonic Orchestra	青少年聽眾計劃 Young Audience Scheme https://www.hkphil.org/tc/education-and-outreach/the-tung-foundation-young-audience-scheme/introduction https://www.hkphil.org/education-and-outreach/the-tung-foundation-young-audience-scheme/introduction

教育局

教育多媒體「我們的國旗、國歌和區旗」有聲故事繪本

Education Bureau

Educational Multimedia “Our National Flag, National Anthem and Regional Flag”

簡介：

Introduction:

本資源以「有聲故事繪本」的形式，帶出尊重國旗、國歌及區旗的重要性，以及在慶祝重要日子和特別場合中，升掛國旗和區旗及奏唱國歌時應有的禮儀和態度。

This resource, in the form of an audio picture book, brings out the importance of respecting the national flag, the national anthem and the regional flag, and also the necessary etiquette and attitude during the raising of the flags, as well as playing and singing of the national anthem when holding celebration activities on important days and special occasions.

網頁連結：

Web link:

https://emm.edcity.hk/media/1_pla09saf/

https://emm.edcity.hk/media/1_mh1zs4tu/

思考點：

Thinking point:

奏唱國歌時，我們應有怎樣的態度？

What attitude should we have when the national anthem is being played and sung?

香港管弦樂團

教育及聽眾拓展計劃《你在玩甚麼？》

Hong Kong Philharmonic Orchestra

Education and Outreach Event “What are you playing?”

簡介：

Introduction:

香港管弦樂團樂師在影片中為小樂迷輕鬆介紹各種樂器和細道種種音樂趣事。

Musicians of Hong Kong Philharmonic Orchestra are delighted to introduce their instruments and share their stories with you.

網頁連結：

Web link:

<https://www.youtube.com/watch?v=rZZWkezGuu8&list=PLy6aGXvW9Z4WurUd2sup8EDrwnLuZ3Jy&index=2>

挑戰站：

Challenge station:

試選取其中一段影片中介紹的一種樂器，描述其音色，例如柔和、尖銳和清脆。

Choose an instrument introduced in one of the videos, and describe its timbre, for example, mellow, sharp and crisp.

香港小交響樂團

《麥兜·最最最靚豬腩肉》

Hong Kong Sinfonietta

Highlights from “McDull · my very very very best”

簡介：

Introduction:

影片為香港小交響樂團於2019年舉辦的音樂會《麥兜·最最最靚豬腩肉》的選段。在音樂會中，經典古典樂曲配合麥兜動畫，以生動有趣的方式說故事。

The videos are highlights from the “McDull · my very very very best” concert held by the Hong Kong Sinfonietta in 2019. In the concert, well-known classical pieces were played along with the McDull animation, telling stories in an engaging and lively way.

網頁連結：

Web link:

<https://www.youtube.com/watch?v=pTVLw-2aVes>

<https://www.youtube.com/watch?v=USJeHpyipxE>

<https://www.youtube.com/watch?v=j2haeu2sGU4>

挑戰站：

Challenge station:

除了香港小交響樂團所演奏的貝多芬A大調第七交響曲，試建議甚麼風格的音樂適合作為「唱念做打貝多芬」片段的背景音樂。

Please suggest what style of music is suitable for the video where McDull is exercising (first link), except for Beethoven's Symphony No.7 in A minor which is played by the Hong Kong Sinfonietta.

初小適用 – 自學資源

For Lower Primary – Self-learning Resources

香港中樂團

《齊齊玩中樂》兒歌系列

Hong Kong Chinese Orchestra

'Let's Play Chinese Music' Children's Song Series

簡介：

Introduction:

《齊齊玩中樂》兒歌系列配合了動畫及兒歌，以輕鬆及顯淺易明的方式介紹不同中樂樂器及其結構。

The "Let's Play Chinese Music" Children's Song Series combined animation with children's song to introduce different Chinese musical instruments and their structure.

網頁連結：

Web Link:

<https://www.youtube.com/watch?v=geqXukOTF6M>
https://www.youtube.com/watch?v=BZH_IKBcnbg
<https://www.youtube.com/watch?v=fx5HwCoHPCo&list=PL-fYpLea3uShsKQ2ERE6czryt4i2RLaTj&index=3>
<https://www.youtube.com/watch?v=9MP-Alobqqg&list=PL-fYpLea3uShsKQ2ERE6czryt4i2RLaTj&index=4>
<https://www.youtube.com/watch?v=Svi3rtxKm5k&list=PL-fYpLea3uShsKQ2ERE6czryt4i2RLaTj&index=5>

挑戰站：

Challenge station:

試描述動畫配樂的音樂元素，例如力度、速度和氣氛。

Describe the music elements involved in music for animation, for example, dynamics, tempo and mood.

音樂事務處

Music Office

民族音樂巡迴展覽 – 森巴嘉年華

Roving Exhibition - Carnival Samba

簡介：

Introduction:

透過以下森巴嘉年華音樂的介紹，希望帶來一種非一般的旅遊經驗，讓你從另一個角度更深入認識拉丁美洲的文化。

The introduction to Carnival Samba music shown below aims at offering an extraordinary travel experience and enabling you to understand Latin American culture from a different perspective.

網頁連結：

Web link:

https://www.lcsd.gov.hk/tc/mo/activities/communityprogrammes/roving_exhibition_samba.html
https://www.lcsd.gov.hk/en/mo/activities/communityprogrammes/roving_exhibition_samba.html

挑戰站：

Challenge station:

除了森巴嘉年華以外，你還認識其他嘉年華嗎？試分析嘉年華音樂的特點，例如節奏、速度和氣氛等。

Are you aware of any other carnivals except for Carnival Samba? Analyse the features of carnival music, for example, rhythm, speed, and mood etc..

高小適用 – 自學資源

For Upper Primary – Self-learning Resources

教育局

教育多媒體「我們的國旗、國歌和區旗」有聲故事繪本

Education Bureau

Educational Multimedia “Our National Flag, National Anthem and Regional Flag”

簡介：

Introduction:

本資源以「有聲故事繪本」的形式，帶出尊重國旗、國歌及區旗的重要性，以及在慶祝重要日子和特別場合中，升掛國旗和區旗及奏唱國歌時應有的禮儀和態度。

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網頁連結：

Web link:

https://emm.edcity.hk/media/1_pla09saf/

https://emm.edcity.hk/media/1_mh1zs4tu/

思考點：

Thinking point:

奏唱國歌時，我們應有怎樣的態度？

What attitude should we have when the national anthem is being played and sung?

香港八和會館

《八和頻道：粵劇網上學堂》

Chinese Artists Association of Hong Kong

Barwo Channel: Cantonese Online Classes

簡介：

Introduction:

第三十七集「淺白深紅斗新妝」演員為大家示範小生和花旦的化妝及穿戴。

第三十八集「服裝穿戴（一）」會看看演員是如何戴頭飾和穿戲服，行內有俗稱「衣箱」的專業戲服穿戴員為演員穿戲服，一同來看看多個不同特色裝扮的示範！

In Episode 37 “Using White and Dark Red in Makeup”, actors will demonstrate the make-up and costumes of *xiaosheng* and *huadan* in Cantonese opera.

In Episode 38 “Wearing of Costumes (1)”, we will look at how the performers wear their head accessories and costumes. In fact, there are professional costume assistants in the industry commonly known as The Wardrobes are responsible for helping the performers wear their costumes. Let’s have a look at the demonstrations of different costumes!

網頁連結：

Web link:

<https://hkbarwo.com/zh/resources/channel/cantonese-opera-online-course/class-37>

<https://hkbarwo.com/zh/resources/channel/cantonese-opera-online-course/class-38>

<https://hkbarwo.com/en/resources/channel/cantonese-opera-online-course/class-37>

<https://hkbarwo.com/en/resources/channel/cantonese-opera-online-course/class-38>

挑戰站：

Challenge station:

試分別說出影片中一項有關小生和花旦的化妝及穿戴特色。

State one characteristic of makeup and costume of *xiaosheng* and *huadan* respectively as shown in the videos.

高小適用 – 自學資源

For Upper Primary – Self-learning Resources

香港管弦樂團

「港玩·港樂」——「音樂 X 食物」

Hong Kong Philharmonic Orchestra

“Phil Your Life” - MUSIC X FOOD

簡介：

Introduction:

古典音樂如何融入日常生活？香港管弦樂團推出全新節目「港玩·港樂」，以「音樂 X 食物」為題，細說古典音樂與食物配搭的故事。

How is classical music connected to your daily life? Hong Kong Philharmonic Orchestra launches a brand new programme “Phil Your Life” - MUSIC x FOOD which blends music with the iconic food in Hong Kong.

網頁連結：

Web link:

<https://www.youtube.com/playlist?list=PLy6aGXvW9Z4XOZ1t2mXlo5E15pmSwHcJk>

挑戰站：

Challenge station:

試選擇一首古典音樂以配合你最喜歡的食物。

Choose a piece of classical music to match your favourite food.

音樂事務處

民族音樂巡迴展覽 - 北印度篇

Music Office

Roving Exhibition - Introduction to Music in North India

簡介：

Introduction:

透過以下北印度音樂的介紹，希望帶來一種非一般的旅遊經驗，讓你從另一個角度更深入認識印度的文化。

The introduction to North Indian music shown below aims at offering an extraordinary travel experience and enabling you to understand Indian culture from a different perspective

網頁連結：

Web link:

https://www.lcsd.gov.hk/tc/mo/activities/communityprogrammes/roving_exhibition_n-india.html

https://www.lcsd.gov.hk/en/mo/activities/communityprogrammes/roving_exhibition_n-india.html

挑戰站：

Challenge station:

試選取影片中介紹的一首樂曲，並分析該樂曲與印度文化的關係。

Choose a piece of music introduced in the videos and analyse the relationship between the chosen piece and Indian culture.

香港小交響樂團

Tiny Galaxy Concerts @ Wontonmeen

Hong Kong Sinfonietta

Tiny Galaxy Concerts @ Wontonmeen

簡介：

Introduction:

香港小交響樂團精心挑選一系列室樂作品，在這盛載著無限回憶印記的狹小空間中，與您漫遊跨越時間的音樂宇宙。

Hong Kong Sinfonietta proudly presents “Tiny Galaxy Concerts @ Wontonmeen” – a brand new online chamber concert series curated in collaboration with Wontonmeen – a hostel located in the vibrant and historical neighbourhood of Sham Shui Po. We invite you to explore with your eyes, ears and heart the beauty of where hand-picked gems of chamber music collide with the sentiments and quintessence of an old Hong Kong.

網頁連結：

Web link:

<https://hksl.org/zh-hant/tiny-galaxy-concerts-at-wontonmeen/>

<https://hksl.org/tiny-galaxy-concerts-at-wontonmeen/>

挑戰站：

Challenge station:

你最喜歡哪個小組合奏？試說出當中的樂器組合及其音色。

Which is your favourite ensemble? State its instrumentation and timbre.

初中適用 – 自學資源

For Junior Secondary – Self-learning Resources

教育局

教育多媒體 「我們國家及香港特區的象徵：國旗、國歌和區旗」

Education Bureau

Educational MultiMedia “The Symbols of our Nation and Hong Kong SAR: the National Flag, the National Anthem and the Regional Flag”

簡介：

Introduction:

本資源以短片形式，帶出尊重國家及香港特區的象徵：國旗、國歌和區旗的重要性，介紹國歌的歷史、精神、音樂特徵和標準曲譜，以及國旗、區旗的設計和意義。

This resource, in the form of a video, brings out the importance of respecting the symbols of our nation and Hong Kong SAR – the national flag, the national anthem and the regional flag. The video introduces the history, spirit, musical features and standard scores of the national anthem, as well as the design and meaning of the national flag and the regional flag.

網頁連結：

Web link:

https://emm.edcity.hk/media/1_2qo3akfs
https://emm.edcity.hk/media/1_xeue6mqg

思考點：

Thinking point:

國歌的音樂節奏和旋律，如何表現國歌的精神？

How do the rhythm and melodies of the national anthem bring out its spirit?

教育局

《粵劇合土上》網上資源

Education Bureau

Teaching Package on Cantonese Opera (2004)

簡介：

Introduction:

此網上資源介紹粵劇的相關資料，包括基本知識、白攬、詩白、小曲、身段及鑼鼓，並提供有關圖片、錄音、錄影片段、樂譜、工作紙及補充資料。

This online package introduces various aspects of Cantonese opera, including basic knowledge, *bailan*, *shibai*, *xiaoqu*, *shenduan* and *luogu*, and provides relevant photos, audio recordings, videos, score, worksheets and supplementary information.

網頁連結：

Web link:

<https://www.edb.gov.hk/tc/curriculum-development/kla/arts-edu/resources/mus-curri/cantonese-opera-2004-content/index.html#1>
<https://www.edb.gov.hk/en/curriculum-development/kla/arts-edu/resources/mus-curri/cantonese-opera-2004-content/index.html#1>

挑戰站：

Challenge station:

試創作白攬，分享你將如何善用假期。

Compose *bailan* to share how you will make good use of the holiday.

香港管弦樂團

「港玩·港樂」第二季——「音樂 X 身心健康」

Hong Kong Philharmonic Orchestra

“Phil Your Life” - MUSIC X WELLNESS

簡介：

Introduction:

古典音樂如何融入日常生活？香港管弦樂團推出全新節目「港玩·港樂」，第二季以「音樂 X 身心健康」為題，探討音樂與身心健康之間的聯繫。

How is classical music connected to your daily life? Hong Kong Philharmonic Orchestra launches a brand new programme “Phil Your Life” with two seasons: MUSIC x FOOD and MUSIC x WELLNESS. This season highlight the power of music to enhance health and wellbeing.

網頁連結：

Web link:

<https://www.youtube.com/watch?v=2LHGb1sLjz4&list=PLY6aGXvW9Z4XOZ1t2mXlo5E15pmswHcJk&index=5>

挑戰站：

Challenge station:

試選擇一首配合你日常運動的古典音樂。

Choose a piece of classical music to listen during your daily exercise.

香港電台
貝多芬的鋼琴世界
Radio Television Hong Kong
Meet Beethoven with Piano

簡介：
Introduction:

在此系列中，32位來自香港演藝學院的鋼琴家演奏多首貝多芬的作品，探索他的個性，以及他的作品背景。

This series consists of 32 pianists from the Hong Kong Academy of Performing Arts performing pieces composed by Beethoven, exploring how Beethoven is as a composer and the background of his works.

網頁連結：
Web link:

<https://www.youtube.com/playlist?list=PLuwJy35eAVaKdLZ6D5M9-uQEctslFPGGp>

挑戰站：
Challenge station:

選出一首貝多芬的奏鳴曲，並探討其音樂特點及創作背景。

Choose one of Beethoven's sonatas and discuss its features and compositional background.

康樂及文化事務署
「照亮世界·燃點希望」網上教育專場
Leisure and Cultural Services Department
"Light up the HOPE" Online Education Programme

簡介：
Introduction:

在此系列中，香港天籟敦煌樂團的成員各為他們彈奏的樂器作演奏示範，並講述成立樂團、表演及創作的心路歷程。

In this series, members from the Hong Kong Gaudeamus Dunhuang Ensemble played excerpts from different pieces, and talked about their journey of starting the ensemble, performing, and composing.

網頁連結：
Web link:

<https://www.youtube.com/playlist?list=PLGPV-QsdAgiYVloReuyq1airM9idDJFGG>

挑戰站：
Challenge station:

如果你能創立一個地方樂團，你會選擇哪個城市？試說出原因和你會在該樂團演奏的音樂。

If you could establish a city ensemble, which city would it be? Explain your answer and suggest what music you would play.

香港電台

《演藝盛薈 · 音樂盛宴》

Radio Television Hong Kong

Arts on Air · Music Banquet

簡介：

Introduction:

香港電台節目《演藝盛薈 · 音樂盛宴》包含多個系列，例如鼓舞系列、快樂系列及加油系列等，邀請了多個專業及業餘的音樂家演奏有關該主題的樂曲。

The RTHK Programme Arts on Air · Music Banquet includes different series, for example, the inspirational series, happiness series, and the encouraging series. The programme invited both professional and amateur musicians to perform music related to the specific topic.

網頁連結：

Web link:

<https://www.youtube.com/playlist?list=PLuwJy35eAVaJWlUvUxvfKdC2clyL0gexi>

挑戰站：

Challenge station:

試選出一首能啟發你的歌曲，並說出當中有甚麼音樂元素能啟發你，例如歌詞、節奏及旋律等。

What song can inspire you? Please list the music elements in the song that you find inspiring, for example, lyrics, rhythm, and melody etc.

康樂及文化事務署

《爵士「不」取消》

Leisure and Cultural Services Department

《Jazz Un-cancelled》

簡介：

Introduction:

《爵士「不」取消》為爵士樂手與葵青劇院合作的網上音樂節目。節目中樂手結合了爵士樂及其他元素，於劇院內不同地方演奏，例如演奏廳門外、卸貨區及大堂等。

《Jazz Un-cancelled》 is an online music programme with the collaboration between jazz musicians and the Kwai Tsing Theatre. In this programme, jazz musicians combined jazz music with different elements, and perform in different spaces, including the outside of the auditorium, the loading bay, and the foyer.

網頁連結：

Web link:

<https://www.youtube.com/playlist?list=PLaqjMUKfHhHgDlCRYwGX1LEDvtItTBa3b>

挑戰站：

Challenge station:

試在不同的地方演奏，並記錄當下的感受。

Perform at a place that is not the usual performing venues. Write down your feelings and the differences from performing at a formal performing venue.

西九文化區
自由約專輯 Freespace Mixtape Vol.1 製作特輯
West Kowloon Cultural District
The Making of Freespace Mixtape Vol.1

<p>簡介 : Introduction:</p>	<p>「卡式復興」不止是緬懷老好日子的懷舊風潮，對新媒體設計團隊LAB by Dimension Plus HK來說，卡式帶上磁粉高低起伏的分佈，彷如一件現代藝術作品，引發團隊無限想像，構成「自由約」首張mixtape的設計靈感。六組合作單位將全新作品灌錄成限量錄音帶，並解釋他們創作的心路歷程。</p> <p>LAB by Dimension Plus and innoise are the team behind the cool design of our new Freespace Mixtape Vol. 1. Watch the video to hear founder Keith Lam and designer Jerry Luk@innoise talk about their love of analogue design and the inspiration for the mixtape. Six of the participating music groups have recorded special studio mixes for a limited-edition cassette tape, and share their experiences of music making.</p>
<p>網頁連結 : Web link:</p>	<p>https://digital.westkowloon.hk/tc/video-stories/making-freespace-mixtape-vol-1 https://digital.westkowloon.hk/video-stories/making-freespace-mixtape-vol-1</p>
<p>思考點 : Thinking point:</p>	<p>反思你在創作路上的困難和堅持。 Reflect on your challenges and perseverance in the journey of creating.</p>

香港中樂團
「中樂伍行」
Hong Kong Chinese Orchestra
A Musical Feast by HKCO's 'Five'

<p>簡介 : Introduction:</p>	<p>此系列中，香港中樂團採用五行相生的概念，以前菜（團員演奏選段）、主菜（樂團演奏選段）及甜品（拍攝花絮）的方式，播放香港中樂團及其成員的演奏選段，並藉此介紹不同中樂樂器。</p> <p>In this series, the Hong Kong Chinese Orchestra introduces different Chinese musical instruments by dividing each episode into three sections: appetizer (extracts played by members of the HKCO), main course (extracts from the HKCO performance), and dessert (behind the scenes).</p>
<p>網頁連結 : Web link:</p>	<p>https://www.youtube.com/playlist?list=PL-fYpLea3uSjSlmHXcGKqROv_3EZyO4MV</p>
<p>挑戰站 : Challenge station:</p>	<p>你最喜歡哪一個音樂選段？前菜，主菜，或是甜品？試說出其原因。 Which music excerpt do you like the best? The appetiser, the main course, or the dessert? Explain your answer.</p>

康樂及文化事務署
iJam 音樂工作坊
Leisure and Cultural Services Department
iJam Music Workshop

<p>簡介 : Introduction:</p>	<p>監製趙增熹在此系列的工作坊中講解如何使用音樂創作軟體Garage Band創作音樂，並邀請到其他專業導師及創作人講解創作音樂的過程。</p> <p>In the workshops, producer Chiu Tsang-hei explained how to compose music using the music software Garage Band. He also invited professional tutors and other composers to talk about the journey of music-making.</p>
<p>網頁連結 : Web link:</p>	<p>https://www.youtube.com/playlist?list=PLNbpc-m1W_qfcKPTluA5dYt771ig2wR6w</p>
<p>挑戰站 : Challenge station:</p>	<p>跟隨影片中的教學，使用Garage Band創作一首簡短的樂曲。 Follow the guidance in the videos and compose a short music piece using Garage Band.</p>

「賞樂·常樂」行動

Music Appreciation Brings Everlasting Joy Scheme

你可運用以下的月曆·為假期中的各項音樂欣賞活動排程·實踐「賞樂·常樂」!

You can make use of the following monthly calendar to arrange music appreciation activities in the holiday. May music appreciation bring you everlasting joy!

_____年__月
Year: _____ Month: ____

星期日 Sunday	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
		—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—		

音樂欣賞活動 Music Appreciation Activities

2019 樂·誼國際音樂節 - 「賽馬會樂·憶古蹟」音樂會

Musicus Fest 2019 Jockey Club Musicus Heritage Alive Concert

<https://jccc.hk/en-us/2019->

[%E6%A8%82%E3%83%BB%E8%AA%BC%E5%9C%8B%E9%9A%9B%E9%9F%B3%E6%A8%82%E7%AF%80-](https://jccc.hk/en-us/2019-%E6%A8%82%E3%83%BB%E8%AA%BC%E5%9C%8B%E9%9A%9B%E9%9F%B3%E6%A8%82%E7%AF%80-)

[%E3%80%8C%E8%B3%BD%E9%A6%AC%E6%9C%83%E6%A8%82%E3%83%BB%E6%86%B6%E5%8F%A4%E8%B9%9F%E3%80%8D%E9%9F%B3%E6%A8%82/](https://jccc.hk/en-us/2019-%E3%80%8C%E8%B3%BD%E9%A6%AC%E6%9C%83%E6%A8%82%E3%83%BB%E6%86%B6%E5%8F%A4%E8%B9%9F%E3%80%8D%E9%9F%B3%E6%A8%82/)

隨著音樂遊大館 - 「賽馬會樂·憶古蹟」網上音樂會

Jockey Club Musicus Heritage Alive

<https://jccc.hk/zh-hk/%E5%A4%A7%E9%A4%A8%E9%9F%B3%E6%A8%82-explore-tai-kwun-with-classical-music/>

「賽馬會香港歌劇院青年演唱家發展及教育計劃」- 重溫《女人皆如此 x 魔笛》(同日·兩場次)

Jockey Club Opera Hong Kong Young Artist Development and Education Programme Così fan tutte x The Magic Flute (Two Performances)

<https://jccc.hk/zh-hk/cos%C3%AC-fan-tutte-x-the-magic-flute->

[%E5%A5%B3%E4%BA%BA%E7%9A%86%E5%A6%82%E6%AD%A4-%E9%AD%94%E7%AC%9B/](https://jccc.hk/zh-hk/cos%C3%AC-fan-tutte-x-the-magic-flute-%E5%A5%B3%E4%BA%BA%E7%9A%86%E5%A6%82%E6%AD%A4-%E9%AD%94%E7%AC%9B/)

「美聲共融」網上歌劇訓練計劃 (網上歌劇音樂會)

“Bel Canto” Inclusive Virtual Opera Project Virtual Opera Concert

<https://jccc.hk/zh-hk/finale-performance-bel-canto-inclusive-virtual-opera-project-opera-hk-x-jockey-club-community-sustainability-fund/>

2019 音樂事務處周年大匯演選段：幻想曲《秦·兵馬俑》

Music Office Annual Gala Excerpt: TERRA COTTA WARRIORS Fantasia

<https://www.youtube.com/watch?v=mSHDA-1MUBA>

香港弦樂團《弦點生命貝多芬》音樂會

“Beethoven, the Legend” Concert by Hong Kong String Orchestra

<https://www.youtube.com/watch?v=qjmV7nFun1M>

太古「港樂·星夜·交響曲」音樂會

Swire Symphony Under the Stars 2021

<https://www.youtube.com/watch?v=HN9mhXO1Nkw>

音樂欣賞活動 Music Appreciation Activities

康文署寓樂頻道：藝在「指」尺 – 浮光樂影
LCSD Entertainment Channel: Click for Arts – The Enlightened Classics
<https://www.youtube.com/watch?v=LIV5nF7S7JQ>

康文署寓樂頻道：藝在「指」尺 – 「心·弦」古箏音樂影像作品系列：第一集【萌芽】
LCSD Entertainment Channel: Click for Arts – Heartstrings of the Guzheng: Episode 1【Vitality】
https://www.youtube.com/watch?v=WbLopWklKr8&list=PLaqjMUKfHhHi-Q3r_9FvdCM-f7stGdcyV&index=2

康文署寓樂頻道：藝在「指」尺 – 「心·弦」古箏音樂影像作品系列：第二集【嚮往】
LCSD Entertainment Channel: Click for Arts – Heartstrings of the Guzheng: Episode 2【Anticipation】
https://www.youtube.com/watch?v=dfDbErmiOyE&list=PLaqjMUKfHhHi-Q3r_9FvdCM-f7stGdcyV&index=3

香港天籟敦煌樂團「照亮世界·燃點希望」線上音樂會
Hong Kong Gaudeamus Dunhuang Ensemble “Light Up the Hope” Online Concert
https://www.youtube.com/watch?v=Wy1QFT_bqiE

香港天籟敦煌樂團《一曲一畫一世界》音樂會
Hong Kong Gaudeamus Dunhuang Ensemble “A World within Strokes and Sounds” Concert
<https://www.youtube.com/watch?v=LMFZAsyfqMU>

康文署寓樂頻道：粵劇營運新會呈獻：《神雕俠侶之絕情谷底俠侶情》
LCSD Entertainment Channel: The Cantonese Opera Advancement Association Presents: Legend of Condor Hero
https://www.youtube.com/watch?v=YCVxHMke3P4&list=PLF-Mf4gTjnjleliaRah3oIc-_5h4bef6Q&index=1

康文署寓樂頻道：藝在「指」尺 – 鴻嘉寶粵劇團《春草闖堂》
LCSD Entertainment Channel: Click for Arts – Hung Ka Po Cantonese Opera Troupe “Chuncao Breaks into the Trial Court”
<https://www.youtube.com/watch?v=eGL5PhEgW-k>

康文署寓樂頻道：香港青苗粵劇團：粵劇折子戲演出
LCSD Entertainment Channel: Hong Kong Young Talent Cantonese Opera Troupe: Performance of Cantonese Opera Excerpts
https://www.lcsd.gov.hk/CE/CulturalService/Programme/en/chinese_opera/programs_983.html

音樂聆聽日誌

Music Listening Journal

你可運用以下的圖表，在音樂欣賞的過程或在音樂欣賞後，記錄有關該樂曲的細節和你的個人感受。

You can make use of the following table to note down the details of the piece you are listening to/the piece you have listened to.

樂曲名稱 Name of the piece:				
作曲家 Composer:				
樂期 Period:				
巴羅克 Baroque	古典 Classical	浪漫 Romantic	二十世紀 20th century	其他： Other:
類型 Genre:			曲式 Musical form:	
用三個詞語形容這首樂曲。 Use three words to describe this piece.				
1.				
2.				
3.				
這一首樂曲令你有甚麼感受？ How does this piece make you feel?				
為甚麼？ Why?				
你喜歡這首樂曲嗎？ Do you like this piece?				
為甚麼？ Why?				

十日音樂挑戰 10 Day Music Challenge

你可以按照以下的圖表，每天在社交媒體上分享一首你喜歡的樂曲，並標記 #musicchallenge。
Follow the grid below and share a song you like on a social media with the hashtag #musicchallenge.

<p>如果音樂是愛的泉源，希望它永不停止。 莎士比亞</p> <p>If music be the food of love, play on. William Shakespeare</p>	<p>1 一首獨奏曲 A solo piece</p>	<p>2 一首選自歌劇的樂曲 A song from an opera</p>
<p>3 一首巴洛克時期的樂曲 A piece from the Baroque period</p>	<p>4 一首古典時期的樂曲 A piece from the Classical period</p>	<p>5 一首選自音樂劇的樂曲 A song from a musical</p>
<p>6 一首浪漫時期的樂曲 A piece from the Romantic period</p>	<p>7 一首選自歌劇的樂曲 A song from an opera</p>	<p>8 一首電影音樂 A piece of film music</p>
<p>9 一首二十世紀的樂曲 A piece from the 20th century</p>	<p>10 一首協奏曲 A symphony</p>	<p>音樂可以改變世界。 貝多芬</p> <p>Music can change the world. Ludwig van Beethoven</p>

三十日音樂挑戰

30 Day Music Challenge

你可以按照以下的圖表，每天在社交媒體上分享一首樂曲，並標記 #musicchallenge。
Follow the grid below and share one song on a social media with the hashtag #musicchallenge.

1 一首男作曲家寫的樂曲 A piece composed by a male composer	2 一首女作曲家寫的樂曲 A piece composed by a female composer	3 一首芭蕾舞曲 A piece from a ballet	4 一首圓舞曲 A waltz	5 一首小步舞曲 A minuet
6 一首探戈樂曲 A piece of tango music	7 一首你最喜愛的作曲家所寫的樂曲 A piece composed by your favourite composer	8 一首來自你最喜歡的樂種的樂曲 A piece from your favourite genre	9 一首奏鳴曲 A Sonata	10 一首室樂樂曲 A piece of chamber music
11 一首協奏曲 A concerto	12 一首交響曲 A Symphony	13 一首巴洛克時期的樂曲 A piece from the Baroque period	14 一首古典時期的樂曲 A piece from the Classical period	15 一首浪漫時期的樂曲 A piece from the Romantic period
16 一首二十世紀的樂曲 A piece from the 20th century	17 一首選自歌劇的樂曲 A piece from an opera	18 一首選自音樂劇的樂曲 A piece from a musical	19 一首德國藝術歌曲 A Lied	20 一首粵語流行曲 A Cantonese pop song
21 一首中國民歌 A Chinese folk song	22 一套粵劇 A Cantonese opera	23 一首廣東音樂 A piece of Cantonese music	24 一首中國樂器的獨奏音樂 A solo piece by a Chinese instrument	25 一首由姓氏以“B”開始的作曲家所寫的音樂 A piece composed by a composer whose surname starts with “B”
26 一首由姓氏以“M”開始的作曲家所寫的音樂 A piece composed by a composer whose surname starts with “M”	27 一首由姓氏以“S”開始的作曲家所寫的音樂 A piece composed by a composer whose surname starts with “S”	28 一首爵士樂曲 A piece of jazz music	29 一首簡約音樂 A piece of minimalist music	30 一首電影音樂 A piece of film music

五日靜觀挑戰

Five Day Mindfulness Challenge

你可以按照以下的圖表，每天跟着音樂練習靜觀一次。

Follow the grid below and practise mindfulness with music once a day

第一日 Day 1 :

試跟隨以下影片練習靜觀。

Follow the video below to practise mindfulness.

<https://www.youtube.com/watch?v=DIfkhc0VaVA>

第二日 Day 2 :

試跟隨以下影片練習靜觀。

Follow the video below to practise mindfulness.

<https://www.youtube.com/watch?v=w0opoQAYdpA>

第三日 Day 3 :

試跟隨以下影片練習靜觀。

Follow the video below to practise mindfulness.

https://www.youtube.com/watch?v=_IMKpvDXqok

第四日 Day 4 :

試跟隨以下影片練習靜觀。

Follow the video below to practise mindfulness.



<https://www.youtube.com/watch?v=YoNj4N9tOHI&list=PLsNQuY6XoSaAna6QtW38WWTdkQqdbxMwn&index=3>

第五日 Day 5 :

揀選一首你喜歡的樂曲，運用在首四天學到的技巧跟隨音樂的節奏呼吸並練習靜觀。

Choose a piece that you like and adapt the techniques learnt in Day 1-4 to practise mindfulness.

音樂康樂棋 Music Board Game

<p>1</p>  <p>起點 START</p>	<p>2</p> <p>說出一首巴羅克時期的作品 Name one Baroque piece</p>	<p>3</p>	<p>4</p> <p>說出三名古典時期的作曲家 Name three Classical composers</p>	<p>5</p> <p>說出霍爾斯特《行星組曲》內其中一個樂章 Name a movement from Gustav Holst's <i>The Planet</i></p>
				<p>6</p> <p>向前四步 Go forward four spaces</p>
<p>11</p> <p>退後四步 Go back four spaces</p>	<p>10</p> <p>說出《天鵝湖》的作曲家 Who composed <i>Swan Lake</i>?</p>	<p>9</p>	<p>8</p>	<p>7</p> <p>說出一首芭蕾舞組曲 Name a ballet suite</p>
<p>12</p> <p>說出三種曲式 Name three musical forms</p>				
<p>13</p>	<p>14</p> <p>說出一名女性作曲家 Name a female composer</p>	<p>15</p> <p>說出一套音樂劇 Name a musical</p>	<p>16</p>	<p>17</p> <p>說出一首蕭邦的作品 Name one Chopin's piece</p>
				<p>18</p> <p>向前三步 Go forward three spaces</p>
<p>23</p>	<p>22</p>	<p>21</p>	<p>20</p> <p>退後兩步 Go back two spaces</p>	<p>19</p> <p>說出四個樂期 Name four musical periods</p>
<p>24</p> <p>向前一步 Go forward one space</p>				
<p>25</p> <p>說出一名德國作曲家 Name a German composer</p>	<p>26</p>	<p>27</p> <p>說出三名二十世紀的作曲家 Name three 20th century composers</p>	<p>28</p> <p>退後兩步 Go back two spaces</p>	<p>29</p>  <p>終點 END</p>

自我反思 Self-reflection

1. 你有沒有留意過任何提供音樂欣賞機會的社區資源？
Were you aware of any of the community resources for music appreciation opportunities?
2. 你在最近的音樂欣賞中學習到甚麼寶貴的知識？
What valuable knowledge did you learn from your most recent music appreciation experience?
3. 使用「自學賞樂」資源庫後，你的音樂欣賞習慣和策略有被改變嗎？
如有，你的音樂欣賞習慣和策略如何被改變？
如沒有，為甚麼？
Did your habit and strategy of music appreciation change after using this Self-learning Music Appreciation Resource Toolkit?
If yes, how so?
If no, why?
4. 你認為甚麼方法對你學習音樂欣賞最有幫助？
In what way did you find the most helpful in learning music appreciation?
5. 你會推介怎樣的音樂欣賞活動給你的好友？為甚麼？
What music appreciation activities would you recommend to your friend?
Why?

「賞樂 · 常樂」



建立健康的生活方式

Music Appreciation
Brings Everlasting Joy



leading to a healthy lifestyle

教育局

課程發展處

藝術教育組

Arts Education Section

Curriculum Development Institute

Education Bureau