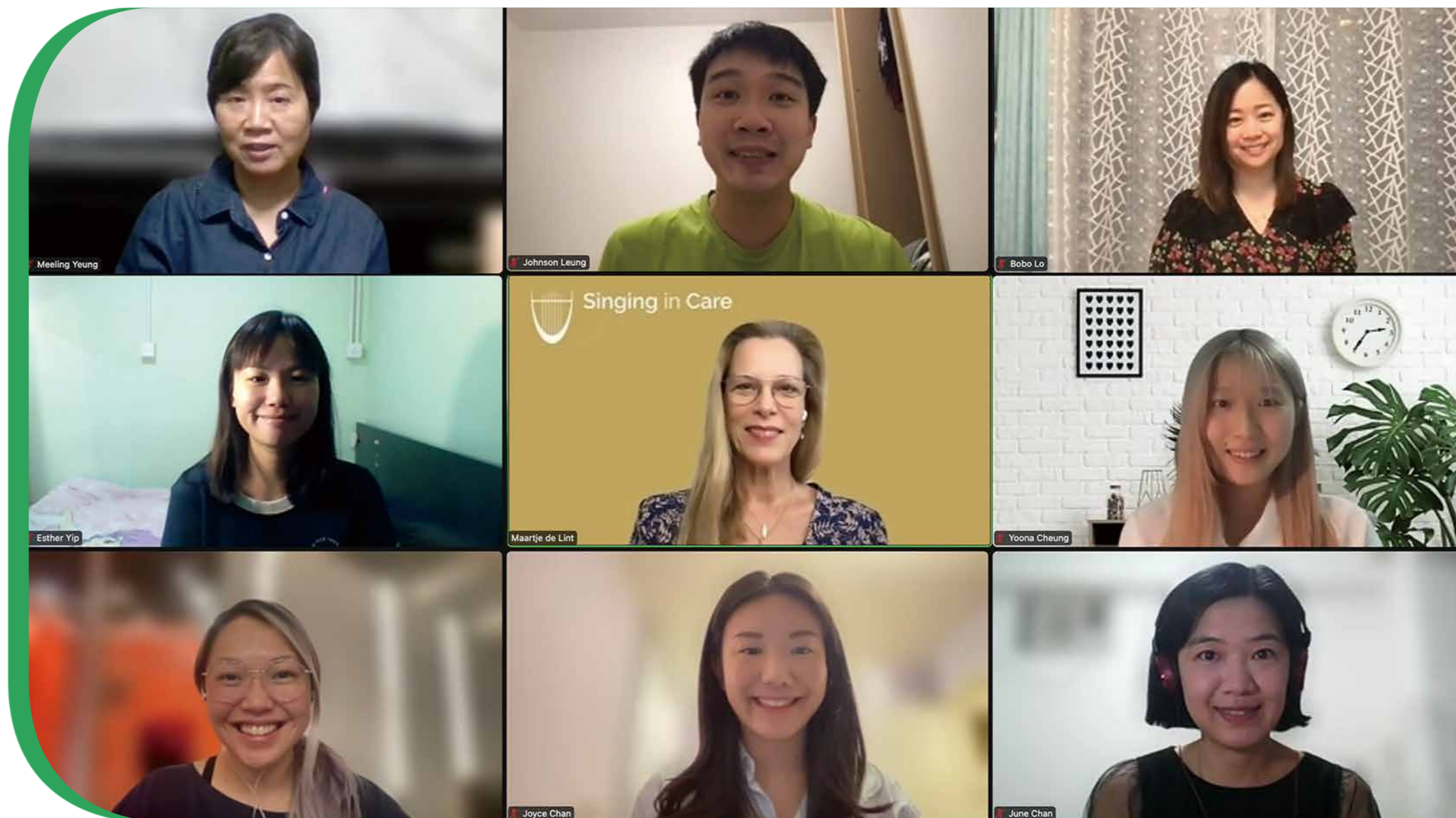


先導計劃 《聲歷奇境》 Pilot Seeding Programme “Sing for Life”

「無限亮」於2022年8月至2023年2月推行先導計劃《聲歷奇境》，旨在培訓本地富經驗的歌唱家及社會服務工作者成為導師，以歌唱形式鼓勵患認知障礙症的人士參與藝術。計劃由荷蘭「頌唱展關懷」創辦人瑪賈·德林特任教和督導培訓課程，分兩個階段進行——首階段為網上導師培訓課程，德林特以獨家研發的「喚醒腦部歌唱教學法」作為教材，講解如何運用韻律與聲調的歌唱技巧來鍛鍊大腦。導師在第二階段進行社區實踐，於社區夥伴機構為初至中期認知障礙症患者提供工作坊，通過歌唱小組練習激發腦部活動、提升他們與照顧者的生活質素。

「無限亮」亦為先導計劃拍攝紀錄片，記錄導師及社區參與者的歷程，公眾可於網站觀賞計劃成果，藉此提高社會對認知障礙症的關注，並認識導師如何將學習成果持續應用與發展。

Launched by “No Limits”, the “Sing for Life” programme aims at nurturing veteran local singers and social workers as mentors to encourage people with dementia to participate in the arts through singing. The participants have gone through a two-phased training process under the supervision of Maartje de



Lint, the founder of “Singing in Care” in the Netherlands. In the first phase, Maartje has walked the participants through the “Brain Awakening Singing Education” (BASE) method that she developed, and illustrated how rhythmic and tonal singing techniques can help train the brain to improve our physical and mental well-being. In the second phase, participants collaborate with community organisations, they hosted group singing workshops for mild to moderate dementia patients and looked for ways to stimulate brain activity in them and improve the quality of life of the patients and their carers.

The participants’ experiences throughout the programme are captured in a documentary, which will be available on “No Limits” website. We hope to raise public awareness of dementia and encourage participants to continuously apply their learning in communities.

活動時間表 Programme Timeline

第一階段 Phase I 10-11/2022

網上導師培訓課程
Online training sessions

第二階段 Phase II 11/2022-2/2023

社區實踐
Singing workshop for communities

紀錄片 Documentary

2023年4月中旬於「無限亮」網站播放
Screening in mid-April 2023 on “No Limits” website



瑪賈·德林特 Maartje de Lint

歌唱家、「頌唱展關懷」
創辦人
Singer, Founder, and
Artistic Leader of
“Singing in Care”

荷蘭藝術家瑪賈·德林特在阿姆斯特丹市史韋琳克音樂學院學習古典音樂唱詠及歌劇，及後於當地至世界各地進行獨唱表演。在表演生涯中，德林特發現她的歌唱聲音對記憶力出現問題的人帶來正面影響，於是着手研究如何透過歌唱幫助及連結人們。2012年創立「頌唱展關懷」（Singing in Care），自此發展不同的計劃及服務。

Since studying classical singing and opera at the Sweelinck Conservatory in Amsterdam, Maartje de Lint has performed both at home and abroad as a soloist on various opera and concert stages. It was during her concerts that Maartje realised her voice had a particularly revitalising and positive effect especially on people with memory problems. She began researching on how her voice and singing in general, could be included in a special programme designed to serve and engage as many people as possible. Thus, “Singing in Care” was born in 2012. Since then, Maartje has developed various dedicated programmes and services.



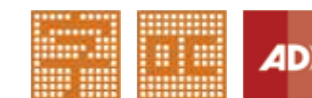
參與培訓的導師 Participating Mentors

陳德怡 June Chan
陳穎欣 Joyce Chan
張運兒 Yoona Cheung
梁裕庭 Johnson Leung
羅寶欣 Bobo Lo
鄧曉思 Meci Tang
楊美玲 Meeling Yeung
葉蕎 Esther Yip

社區夥伴機構 Partnering Social Institutions

基督教家庭服務中心 - 智活記憶及認知訓練中心
Christian Family Service Centre - Mind
Delight Memory and Cognitive Training
Centre
嗇色園主辦可耆英鄰舍中心
Ho Hong Neighbourhood Centre for Senior
Citizens (Sponsored by Sik Sik Yuen)
東華三院鄒蓮女士長者
日間護理中心
Tung Wah Group of Hospitals Chau Lin Day
Care Centre for the Elderly
仁愛堂（屯門區）長者社區照顧
服務券日間護理單位
Yan Oi Tong (Tuen Mun) Community Care
Service Voucher for the Elderly - Day Care Unit

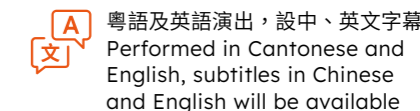
《聲歷奇境》紀錄片 “Sing for Life” Documentary



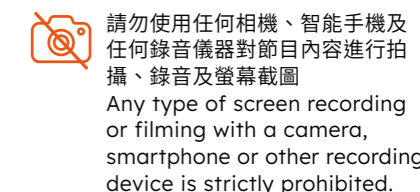
中英文通達字幕、粵語口述影像
Accessible captions in Chinese
and English and Audio
descriptions in Cantonese will be
available



節目長約 30 分鐘
Approx. 30 mins



粵語及英語演出，設中、英文字幕
Performed in Cantonese and
English, subtitles in Chinese
and English will be available



請勿使用任何相機、智能手機及
任何錄音儀器對節目內容進行拍
攝、錄音及螢幕截圖
Any type of screen recording
or filming with a camera,
smartphone or other recording
device is strictly prohibited.