

# no

The  
Human  
Touch

認識  
不如感受

# limits

節目指南

Programme Guide

# 無限亮

## 2025 NoLIMITS

Inclusiveness through the Arts 以藝術共融

聯合主辦  
Co-presented by



香港藝術節  
Hong Kong Arts Festival



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club  
Charities Trust



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## 香港藝術節

## HONG KONG ARTS FESTIVAL

感謝

would like to thank



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club  
Charities Trust



聯合呈獻

for co-presenting

「無限亮」及  
賽馬會「無限亮」教育及社區外展節目

“No Limits” and the  
Jockey Club “No Limits”  
Education and Community Programme

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香港展能藝術會  
Arts with the Disabled  
Association Hong Kong

支持機構  
Supporting Organisation



大館  
TAI KWUN

# 前言

藝術是人與人之間溝通的語言，而創作及欣賞藝術更應是每個人與生俱來的權利。自2019年起，香港藝術節與香港賽馬會慈善信託基金聯合主辦的「無限亮」計劃，已見證眾多不同能力藝術家的造詣和創造力。

今年「無限亮」邁入第七年，匯聚本地及海外的演藝精英，邀請了逾三十位來自香港、內地、美國、英國及蘇格蘭等地區的優秀藝術家，呈獻十一套、合共二十七場精彩作品，涵蓋音樂、戲劇、舞蹈及電影等多個領域。今屆「無限亮」邀請多位國際優秀藝術家，包括來自美國、獲艾美獎提名、2024年殘奧運動會閉幕表演嘉賓馬修·惠特克為「無限亮」開幕，帶來兩晚的《爵士快車》。更特邀內地的藝術家參與，包括廣州舞蹈家何其沃（二高）的委約作品《躲貓貓》以及內地網紅趙紅程的女生獨腳戲《請問最近的無障礙廁所在哪裏？》，帶領觀眾感受內地的共融藝術發展。節目囊括中西，務求從多角度透視藝術家關注的生活議題，以多元的文化內容去感受共融藝術的力量。

教育和社區參與一直是「無限亮」的核心項目。今年全新推出的教育及社區外展節目「一小步更大步」，旨在培育未來的共融藝術家，並在社區中播撒共融

藝術的種子。這項計劃包括多個重要項目：首次在大館舉行的國際研討會，邀請來自多個地區的講者共同探討亞洲共融文化的發展，探索創意共融如何為亞洲城市帶來積極的轉變與影響；「無限亮」先導計劃與英國坎多克舞蹈團（Candoco Dance Company）合作，推出專為本地具有戲劇或舞蹈背景的導師提供的培訓計劃；此外，在大館舉行的大型社區節目《衫著一生》及多場社區公眾展演，更會把共融藝術引入社區文化地標，讓市民能親身欣賞和體驗由不同能力的表演者帶來的藝術創作。

其他精彩節目亦包括至少二十場中小學校巡迴演出，十三場加料活動、工作坊及講座等，冀能加深大眾對共融表演藝術的認識，讓藝術成為連接不同社群的橋樑。

我由衷感謝香港賽馬會慈善信託基金的長期支持，與我們攜手呈獻這項年度計劃，將共融藝術理念推廣至社區的每一個角落。亦感謝香港展能藝術會在藝術通達方面的寶貴意見和無私協助，讓不同能力人士都能在無障礙的環境中欣賞和參與藝術。

謹代表香港藝術節團隊，歡迎大家參與本年度「無限亮」計劃的節目及活動。

余潔儀  
香港藝術節行政總監

# Foreword

Diversity is about creating an inclusive and friendly environment for everyone, and ensuring that nobody feels excluded. Since its inauguration in 2019, “No Limits” has worked to create a diverse and inclusive space for artists of all abilities to showcase their talents.

This year, for the seventh edition of “No Limits”, we welcome over 30 local and international talents whose creativity and skills are sure to delight and inspire. The lineup consists of a total of 27 performances of 11 programmes spanning music, theatre and dance, as well as film screenings offering audiences a variety of perspectives on the specific issues faced by artists and individuals with disabilities.

To open “No Limits”, we have invited Emmy Award nominee and 2024 Paralympic Games Closing Ceremony performer Matthew Whitaker from the US for two evenings of **Jazz Excellence**. From mainland China we have the specially commissioned work **Hide-and-Seek** by Guangzhou-based choreographer Er Gao, and the Hong Kong premiere of **Be Seen** by Shanghai internet celebrity Zhao Hongcheng.

To promote diversity and inclusion within our communities, “No Limits” presents the new education and community programme, **Small Steps, Giant Strides**. The programme takes place at Tai Kwun and includes our first ever **International Symposium** – looking at how issues of inclusivity and creativity

Flora Yu  
Executive Director, Hong Kong Arts Festival

are changing urban design in Asia – as well as workshops, public showcases and sharing sessions. We are also delighted to collaborate with internationally acclaimed UK-based Candoco Dance Company on a **Pilot Creative Programme** providing local teachers of theatre and dance with training in inclusive teaching methodologies. And, also at Tai Kwun, participants of our education and community programmes present **In Touch We Trust** and **Community Showcases**, demonstrating the diversity of inclusive performing arts.

In addition, there are more than 20 touring performances for primary and secondary schools, as well as 13 PLUS activities, workshops and talks designed to deepen understanding of inclusive performing arts and build creative bridges between different communities.

I would like to thank The Hong Kong Jockey Club Charities Trust for co-presenting this important annual project with us, and for their continued support in promoting inclusion through the arts. We also extend our thanks to the Arts with the Disabled Association Hong Kong for its invaluable support, and provision of accessibility services enabling differently abled people to experience the arts together.

On behalf of the Hong Kong Arts Festival Society, I welcome you to “No Limits”, and hope that you will enjoy the bold and moving programmes and performances in this edition of our project.

藝術無疆界，每個人都應該享有平等參與及欣賞藝術的機會。基於這份堅定信念，香港賽馬會慈善信託基金自 2019 年起，聯同香港藝術節協會攜手呈獻「無限亮」計劃，匯聚全球不同能力的演藝精英，展現才華，帶來別樹一幟的精彩演出，至今已讓超過 95,000 名現場及網上觀眾，感受藝術的無限可能和正能量。

今屆「無限亮」以「認識不如感受」為主題，繼續透過音樂、舞蹈、戲劇和電影等豐富多元的節目，帶領市民從基本認識，進而對共融藝術表演者的日常生活、人際關係和社會期望有著深切的體會，藉以增進彼此間的理解、尊重和欣賞。

馬會亦一如既往，透過支持賽馬會「無限亮」教育及社區外展節目，包括講座、工作坊和學校巡演，以及在大館舉行的「一小步更大步」公眾展演和藝術家進駐計劃等，推動社區各持份者與展能藝術家的互動交流，從而促進跨界別合作，提升業界水平，孕育本地人才。

在這個基礎上，「無限亮」計劃今年將進一步推廣共融藝術，藉著展示兩部內地創作，啟動亞洲共融藝術網絡的發展。計劃亦將舉辦國際研討會，探討共融和創意能如何改變亞洲城市。這不但有助提升「無限亮」的國際形象，也為香港以至區內的藝術創作和社會發展提供新的機遇。

多年來，馬會慈善信託基金在推動藝術、文化及保育方面向來不遺餘力，致力為香港注入藝術文化活力，豐富市民生活，推動創意共融，當中包括捐助香港藝術節逾半個世紀，以及支持成立香港故宮文化博物館等。

馬會對各類型藝文保育項目的支持，有賴本會獨特的綜合營運模式。馬會透過提供世界級的賽馬運動及娛樂，帶來重要的稅款和慈善捐款，同時創造就業機會，貫徹致力建設更美好社會的宗旨。

在此衷心感謝香港藝術節協會和香港展能藝術會所付出的心血，以及所有參與演出的藝術家。祝願「無限亮」圓滿成功，觀眾盡興而歸。

**梁卓偉博士**  
香港賽馬會慈善及社區事務執行總監

Art transcends boundaries, offering infinite possibilities and equal opportunities for people to practise and appreciate it. Take the “No Limits” festival, which empowers differently abled local and overseas artists to showcase their talent. Co-presented by The Hong Kong Jockey Club Charities Trust and the Hong Kong Arts Festival Society since 2019, “No Limits” has delivered performances that have captivated more than 95,000 spectators to date in person and online.

This year’s “No Limits” encompasses programmes that span music, dance, theatre and film under an overarching theme of “The Human Touch”. It has been curated to lead audiences to a better understanding of the daily lives of inclusive art performers and the expectations that society places on them in an effort to inspire greater respect and appreciation.

This year’s “No Limits” will further promote inclusive arts by presenting two works from mainland artists to launch an inclusive Asian arts network. The programme will include an **international symposium** to explore the power of inclusivity and creativity to transform Asian cities. These initiatives help to enhance the international profile of “No Limits” and provide opportunities for creative expression and social development within Hong Kong and across Asia.

At the same time, we continue to support the Jockey Club “No Limits” Education and Community Programme comprising lectures, workshops and school tours,

together with Small Steps, Giant Strides – the Artists-in-Residence Programme and a series of public showcases at Tai Kwun. These facilitate engagement between community stakeholders and differently abled artists to encourage collaboration – elevating industry standards and nurturing local talent.

Over the years, the Club’s Charities Trust has remained committed to advancing art, culture and conservation, while building a culturally vibrant Hong Kong – enriching lives and promoting creativity and inclusion. Examples include its support for the Hong Kong Arts Festival over the past half-century as well as its funding for the establishment of the Hong Kong Palace Museum.

Our support for various arts, cultural and conservation projects aligns with the Club’s purpose of acting continuously for the betterment of society. Our contributions are made possible by a unique integrated business model. Through this we provide world-class racing and entertainment and channel resultant wagering demand into tax contributions, charity donations and employment opportunities.

We extend our heartfelt appreciation to the Hong Kong Arts Festival Society, to the Arts with the Disabled Association Hong Kong and to all participating artists. We hope this year’s “No Limits” will be another resounding success that leaves its audiences thoroughly enriched and inspired.

**Dr Gabriel Leung**  
Executive Director, Charities and Community  
The Hong Kong Jockey Club

# Hong Kong Arts Festival

## 香港藝術節

香港藝術節是一所非牟利機構，於 1973 年正式揭幕，是地區內舉足輕重的表演藝術節，亦是國際藝壇中重要的文化盛事。

香港藝術節於每年 2 月至 3 月期間呈獻超過 1,300 位優秀本地及國際藝術家逾 125 場的演出，節目式式俱備，既顧及古典傳統口味，亦兼備大膽創新的表演形式。

香港藝術節多年來積極委約及製作本地全新的粵劇、戲劇、音樂、室內歌劇及當代舞蹈創作，不少作品更已在香港及海外多度重演。

香港藝術節每年舉辦逾 300 項針對公眾及學生的「加料節目」和多元化藝術教育活動，致力豐富香港的文化生活。其中「青少年之友」已在過去 32 年為約 836,000 位學生提供藝術體驗活動。

香港藝術節 Hong Kong Arts Festival

[www.hk.artsfestival.org](http://www.hk.artsfestival.org)

藝術節青少年之友 Young Friends

[www.yfs.artsfestival.org](http://www.yfs.artsfestival.org)

The Hong Kong Arts Festival (HKAF), a non-profit organisation launched in 1973, is a major international arts festival committed to enriching the cultural life of the city.

In February and March every year, HKAF presents over 1,300 leading local and international artists in more than 125 performances of all genres, placing equal importance on great traditions and contemporary creations.

The Festival also commissions and produces Cantonese opera, theatre, music, chamber opera and contemporary dance productions by Hong Kong's own creative talent and emerging artists, many of which have had successful subsequent runs in Hong Kong and overseas.

Each year, HKAF presents over 300 PLUS and educational activities that offer diverse arts experiences to the general public and students. The HKAF Young Friends scheme has reached around 836,000 students in the past 32 years.

# About “No Limits”

## 關於「無限亮」

「無限亮」由香港藝術節及香港賽馬會慈善信託基金聯合呈獻，於 2019 年首次舉辦。計劃致力透過藝術活動，創造無障礙的環境，促進社會的包容與共融。

第七屆「無限亮」將於 2025 年繼續呈獻多個音樂、舞蹈、戲劇及電影等節目。由一眾來自世界各地與本地不同能力藝術家，衝破界限，創造出無限精采的藝術世界，為觀眾帶來獨一無二的表演。

2025「無限亮」除了現場節目，亦包括線上免費電影放映及國際研討會、多元的教育及社區外展節目，豐富社會各界的藝術體驗，並讓年輕人與不同能力人士一同分享藝術帶來的喜悅。

「無限亮」透過優質的藝術項目輔以力臻完善的通達服務，讓不同喜好或身處不同環境的朋友無障礙地欣賞演出，將共融的信息滲透至社區。

無限亮 No Limits

[nolimits.hk](http://nolimits.hk)

Launched in 2019 and co-presented by the Hong Kong Arts Festival and The Hong Kong Jockey Club Charities Trust, “No Limits” offers barrier-free performances and events, and explores and promotes inclusiveness and understanding through the arts.

In 2025, the seventh edition of “No Limits” showcases a series of fascinating programmes of music, dance, theatre and film by international and Hong Kong artists of different abilities.

“No Limits” 2025 presents accessible in-venue performances, free film screenings and a symposium, as well as education and community programmes for young people, highlighting creativity and talent in a variety of forms.

Our accessible art services enable enjoyment for all audiences and help us share the importance of inclusion in all areas of life.

# 關於「認識不如感受」

第七屆「無限亮」以「認識不如感受」為題，邀請觀眾體驗藝術家從個人至群體所展現的情感與力量。我們希望觀眾真切感受藝術家對社會及共融議題的理解和關注，並體會他們為此所付出的努力和投入，欣賞他們對自身挑戰所付出的心血。

今年的作品包括：以視障朋友為創作主軸的大型社區節目《衫著一生》，透過服裝布藝、觸感與舞蹈，讓觀眾反思照顧者與被照顧者之間身份與關係的流動；開幕節目由來自美國的年輕爵士樂鋼琴家馬修·惠特克呈獻，他將聯同夥伴樂手舉行兩場風格獨特且充滿活力的音樂會，向爵士巨擘致敬；本地新晉鋼琴家鄧卓謙將首次與英國長笛演奏家露芙·蒙哥馬利合作，以優美典雅的演奏為「無限亮」作完滿閉幕。

今年的「無限亮」繼續邀約國際享負盛名的藝術家來港演出及交流，包括舞蹈家克萊兒·康寧漢及著名演員拉米許·梅亞潘。康寧漢的最新作品《夾兒行》以舞蹈展現 Crip（中譯：夾兒／殘缺）人士面對大自然環境及氣候變化時所經歷的問題及掣肘，以夾兒敏銳的觸覺、同時帶有詩意的情感去探索大自然。拉米許·梅亞潘自編自演的《愛難忘》超越語言的限制，透過細膩的敘事，編創

一齣以忘記為起點、關於追憶細水長流的愛情作品，細緻感人。

除了本地及海外演出，「無限亮」亦非常關注亞洲地區藝術家的發展，今年特別聚焦內地藝術家。我們委約廣州舞蹈家何其沃（二高），與視障藝術家王澤宇，以內地盲人按摩師的故事為起點，創作結合舞蹈與錄像的《躲貓貓》；同時邀請到上海表演藝術家及網紅趙紅程，帶來在內地獲得重要獎項的女生獨腳戲《請問最近的無障礙廁所在哪裏？》，以獨有的幽默感及觸覺，訴說生活所面對的點滴和期盼。

經過幾年的觀察及共同學習，「無限亮」今年起將推行以培育未來藝術家及聯繫亞洲共融發展為未來階段性重要方向的「一小步更大步」，策劃一系列項目，包括深化以培訓專業共融藝術人材及培育未來共融藝術家為目的的先導計劃、舉行首個以亞洲共融文化發展為主題的國際研討會等，目的是加強本地、亞洲與國際業界的交流，彼此建立長遠夥伴關係。「一小步更大步」冀加強地域性及區域性的連繫，同時促進與公眾、社區、界別持份者及專業人士的交流，以亞洲為起點，推動教育和社區項目的網絡及長遠發展，銳意以「無限亮」的一小步，成就社會共融的更大步。

錢佑

「無限亮」項目總監

# About “THE HUMAN TOUCH”

The theme of the seventh edition of “No Limits” is “The Human Touch”. With it we invite audiences to experience the power of individual and collaborative imagination.

This year, our programme includes the local commission **In Touch We Trust**, a large-scale community programme, created together with individuals from Hong Kong’s visually impaired community, that explores the relationships between caregivers and those who receive their care. Our opening programme features two unique performances by the US jazz pianist Matthew Whitaker and his musical partners that pay tribute to jazz masters through the ages. And, to bring “No Limits” to a close, we have an elegant classical concert by local pianist Anson Tang and British flautist Ruth Montgomery.

Continuing the “No Limits” tradition of engaging internationally renowned artists and fostering meaningful artistic exchange, we present performances by two acclaimed UK-based performers: choreographer and dancer Claire Cunningham, whose most recent work, **Songs of the Wayfarer**, explores outdoor encounter through the specificity and skills of disabled bodies, and playwright-performer Ramesh Meyyappan, whose **Love Beyond** depicts the anguish of miscommunication and dementia in new and affecting ways.

“No Limits” also features two works showcasing exciting developments among artists in mainland China. This year, we commissioned Guangzhou-based choreographer ErGao to collaborate with visually-impaired artist Theo Wang Zeyu on **Hide-and-Seek**, a work that delves into the creative career potential of individuals with visual impairments. We also invited

Shanghai-based performing artist and internet sensation Zhao Hongcheng to present her multi-award-winning solo show **Be Seen**, about the challenges of navigating everyday life and relationships as a female wheelchair user.

To complete the programme, there are also exciting online and in-venue screenings of films from around the world, educational and outreach events, a symposium on the development of inclusive urban landscapes in Asia, professional training courses, workshops, and a school tour series. We sincerely hope that these events offer new human perspectives and experiences that touch the hearts of our audiences.

After the past few years of observation and learning, “No Limits” unveils a new series of community and education programmes entitled **Small Steps, Giant Strides** to nurture artists of the next generation and foster the development of inclusivity in Asia. The lineup includes a **Pilot Creative Programme** designed to provide training in inclusive teaching and the first-ever **International Symposium** focusing on Asia’s inclusive development from different perspectives, and exchange among local and mainland Chinese with overseas professionals and for communities to build long-term partnerships. Small Steps, Giant Strides strives to strengthen the ties among localities and regions, at the same time fostering exchange among the public, communities, stakeholders and professionals originating from Asia, advancing educational networks and long-term development of community programmes, so that “small steps” taken by “No Limits” translate into “giant strides” in advancing our inclusive society.

Eddy Zee

“No Limits” Project Director

# 《爵士快車》 Jazz Excellence

馬修·惠特克  
Matthew Whitaker



© Taylor Brandt Photography

## Opening Programme 開幕節目

從音樂神童到獨當一面的爵士演奏家

見證鋼琴奇才指尖下的樂壇神話

艾美獎提名、2024年巴黎殘奧閉幕禮表演嘉賓

三歲時無師自通，在電子琴上自然流暢地彈起和弦；九歲起自學哈蒙德B-3電子管風琴，四年後獲封為該廠牌旗下最年幼電風琴手；十五歲成為史上最年輕的山葉音樂藝術家，躋身國際知名爵士鋼琴家之列。來自美國的馬修·惠特克自幼即以出眾的音樂才華聞名，演奏經驗豐富，技巧純熟而又變化多端，而且熱衷於創作及改編，不但三度奪得美國作曲家暨作家出版協會赫伯·阿爾珀特青年爵士作曲家殊榮，更率領樂隊先後發行四張錄音室專輯。二十出頭就已經取得如此驕人成就，音樂才子之名，實在當之無愧。

在「無限亮」2025開幕節目，首度來港演出的惠特克將與樂手利亞尼·馬特奧（低音大提琴／低音電結他）、馬科斯·羅賓遜（結他）、伊凡利·亞內斯（敲擊樂）和約翰·斯蒂爾（鼓）組成爵士五重奏，為樂迷呈獻兩場不同風格的音樂會，帶領觀眾穿越豐

富的音樂風景，感受爵士樂魅力。開幕首場演出將帶來多首節奏明快的時尚爵士歌曲，如熱情洋溢的森巴名曲《沒甚麼，就這樣》（Mas Que Nada）、多愁善感的靈魂樂經典《怎麼回事》（What's Going On），以及充滿希望與溫暖的《多美好的世界啊》（What A Wonderful World）等經典曲目，透過指尖流洩的音符，熱情活力與觀眾互動。

第二場音樂會則演繹華麗奔放、著重獨奏與即興的爵士曲目，如爵士鋼琴大師艾哈邁德·賈馬爾的《寧靜》（Tranquility）、百老匯經典音樂劇《仙樂飄飄處處聞》樂曲《我的最愛》（My Favourite Things）的鋼琴獨奏版本，並帶來多首原創作品，包括充滿力量 and 情感的得獎作品《情感》、輕鬆愉快的《一切都會好起來》、動感多變的《上城之旅》，讓觀眾一睹馬修非凡的創作才華和精湛的演奏實力。

鋼琴支持

Piano supported by

**TOM LEE** 通利琴行  
*Music*





## Young jazz sensation making music from the heart Emmy Award nominee and performer of 2024 Paralympic Games Closing Ceremony

No Limits 2025 opens with the Hong Kong debut of award-winning young American multi-instrumentalist and bandleader Matthew Whitaker. In two individual performances, he showcases his extraordinary musicianship and musical influences ranging from jazz to gospel, soul, Latin, rhythm and blues, and hip-hop.

Playing piano and organ – alongside quintet partners Liany Mateo on bass, Marcos Robinson on guitar, Ivan Llanes on percussion and John Steele on drums – Whitaker presents bold original compositions and rearrangements of familiar jazz classics, demonstrating his outstanding technical and improvisation skills.

Born blind, Whitaker was recognised as a musical prodigy as a young child, and by the age of fifteen had become an internationally renowned jazz pianist and the youngest Yamaha Artist in history. Now in his early twenties, Whitaker is a seasoned and accomplished musician, winning audiences around the world with his powerful, distinctive style and charismatic positivity. A three-time ASCAP Herb Alpert Young Jazz Composer Award winner, Whitaker has collaborated with industry greats like Jon Batiste, Christian McBride, Regina Carter, Ray Chew and Derrick Hodge.

## 馬修·惠特克

多才多藝的美國青年藝術家馬修·惠特克除了彈奏鋼琴外，亦擅長其他樂器，無論國際巡演、在電視亮相、製作電影音樂、以客席音樂家與交響樂團同台獻藝都令觀眾嘆為觀止。他先天失明，一直以來倡議殘疾人士權益，致力改善通達設施，為不同機構擔任通達顧問。

他曾三度贏得美國作曲家作詞家協會赫伯·阿爾帕特年輕爵士樂作曲家大獎，至今已發行四張專輯：《箱子以外》、《現在聽著》、《連接》與《在他們的肩膀上：致敬風琴》。



## Matthew Whitaker

American pianist and multi-instrumentalist Matthew Whitaker is a versatile young artist who captivates audiences around the world with international tours, TV appearances, the production of film scores, and guest soloist appearances with orchestras and symphonies. Born blind, he is also an advocate for people with disabilities, consulting with companies to improve accessibility features.

A three-time ASCAP Foundation Herb Alpert Young Jazz Composers Award winner, Whitaker has released four albums – “Outta The Box”, “Now Hear This”, “Connections” and “On Their Shoulders: An Organ Tribute” – and collaborated with industry greats such as composer, vocalist and band leader Jon Batiste; bassist Christian McBride; violinist Regina Carter; pianist, composer and musical director Ray Chew; and bassist, composer and producer Derrick Hodge.

鋼琴與風琴：馬修·惠特克  
低音大提琴／低音電結他：利亞尼·馬特奧  
結他：馬科斯·羅賓遜  
敲擊樂：伊凡利·亞內斯  
鼓：約翰·斯蒂爾

Piano & Organ: Matthew Whitaker  
Double Bass / Electric Bass: Liany Mateo  
Guitar: Marcos Robinson  
Percussion: Ivan Llanes  
Drums: John Steele

## 曲目 (3月1日場次)

艾迪·哈里斯 自由爵士舞  
喬治班喬 沒甚麼，就這樣  
戴夫·布魯貝克 土耳其藍迴旋曲  
威爾·哈德森、歐文·米爾斯、  
米歇爾·帕里什 風琴手的搖擺  
朗尼·史密斯博士 朝聖  
查爾斯·特納 哈林 哈林 哈林  
科里·亨利 明白了 醫生  
馬修·惠特克 停戰  
鮑·勃蒂勒、喬治·大衛韋斯  
多麼美好的世界  
溫基·克拉克 期待奇蹟  
馬修·惠特克 稍息  
馬文·蓋伊 怎麼回事/內城藍調

## Programme (Performance on 1 March)

Eddie Harris Freedom Jazz Dance  
Jorge Ben Jor Mas Que Nada  
Dave Brubeck Blue Rondo a la Turk  
Will Hudson, Irving Mills, Michell Parish  
The Organ Grinder's Swing  
Dr Lonnie Smith Pilgrimage  
Charles Turner Harlem Harlem Harlem  
Cory Henry Gotcha Now Doc  
Matthew Whitaker Stop Fighting  
Bob Thiele, George David Weiss  
What A Wonderful World  
Twinkie Clark Expect Your Miracle  
Matthew Whitaker Take A Break  
Marvin Gaye What's Going On/Inner  
City Blues

## 曲目 (3月2日場次)

戴夫·韋克爾 花園圍牆  
切克·哥利亞 西班牙  
馬修·惠特克 上城之旅  
馬修·惠特克 新的一天  
卡爾德拉 天空群島  
馬修·惠特克 一切都會好起來  
艾哈邁德·賈邁勒 寧靜  
馬修·惠特克 情感  
米歇爾·卡米洛 加勒比  
理查·羅傑斯 我的最愛  
伯尼·米勒 伯尼的曲調  
路德·范德羅斯 / 查卡·卡恩  
永遠不會太多 / 不是沒有

## Programme (Performance on 2 March)

Dave Weckl Garden Wall  
Chick Corea Spain  
Matthew Whitaker Journey Uptown  
Matthew Whitaker A New Day  
Caldera Sky Islands  
Matthew Whitaker It Will Be Okay  
Ahmad Jamal Tranquility  
Matthew Whitaker Emotions  
Michel Camilo Caribe  
Richard Rodgers My Favourite Things  
Bernie Miller Bernie's Tune  
Luther Vandross/Chaka Kahn  
Never Too Much/Ain't Nobody

曲目有可能更改 Programme is subject to change



📍 香港大會堂音樂廳  
Concert Hall,  
Hong Kong City Hall

\$280 | \$200 | \$150

1/3 (六 Sat) 7:30pm#

2/3 (日 Sun) 3pm

節目長約 90 分鐘，不設中場休息  
Approx. 90 minutes with no interval

適合 6 歲或以上觀眾  
Recommended for ages 6 and above

設香港手語傳譯、點字場刊及語音場刊，  
歡迎導盲犬

Hong Kong Sign Language, house  
programme in braille and audio format  
available; guide dogs welcome



# 演出前將舉行「無限亮」開幕儀式

The No Limits Opening Ceremony will take place prior to the performance

「無限亮」加料節目 No Limits PLUS P.66

· 「爵士樂魔力」馬修·惠特克分享會

The Magic of Jazz – Artist Sharing with Matthew Whitaker

# 《夾兒行》 Songs of the Wayfarer

克萊兒·康寧漢  
Claire Cunningham



©Sven Hagolani

## Asia Premiere 亞洲首演

打破固有殘疾框架 從「夾兒」視覺看待旅途與歷程的多元風貌

對於國際知名舞蹈家克萊兒·康寧漢來說，陪伴了她大半生的拐杖不僅是用以行動的輔助工具，它更像是肢體的延伸，賦予康寧漢展示各種舞姿的可能性和創作的靈感來源。這次帶來的全新單人舞作《夾兒行》，將深入剖析拐杖用家是如何以「四條腿」來探索世界及大自然，並分享箇中體會。

作品中，康寧漢從夾兒（Crip）立場探討殘疾人士的定向概念，包括在大自然環境及日常生活中對時間與空間規模的感知、移動身體時所需要的氣力等。藉着使用或誤用拐杖來延伸舞動身體，康寧漢將以獨有的舞步對「出行」作出大膽的詮釋，並從馬勒名曲《旅人之歌》攝取靈感，回顧年輕時的古典聲樂訓練，更會以登山和極地探險作比較，帶出殘疾人士在出行時所面對的挑戰，以及他們超乎常人的體魄和意志力，讓我們對殘疾身體有所改觀。

康寧漢為英國備受矚目的藝術家，在國際享負盛名。其作品圍繞殘疾人士的生活經驗，夾雜夾兒（Crip）及女性主義思維。透過廣泛的生活題材與觀眾產生共鳴，康寧漢不斷挑戰身體極限，並創出一套獨特的身體詞彙，以黑色幽默批判古典藝術所推崇的造詣、美學和舞蹈傳統。

※ 夾兒（Crip）為部分殘疾人士所擁抱的政治文化身份認同。

### 克萊兒·康寧漢

殘疾領袖兼跨界編舞家克萊兒·康寧漢，現居蘇格蘭格拉斯哥，曾擔任德國杜塞爾多夫舞劇院與倫敦當代舞蹈劇院駐院藝術家。她的創作靈感基於拐杖的多重運用，摒棄傳統舞蹈技巧以探索自身，深究殘疾人士的經歷，並涉及知識、價值、聯繫與相互依存的社會定義。2021年，康寧漢獲德國舞蹈大獎頒發傑出舞蹈藝術發展獎；2023年10月獲聘擔任柏林大學校際舞蹈學院（HZT）愛恩斯坦教授一職，教授編舞、舞蹈與殘疾藝術。2024年11月，她的最新作品《夾兒行》舉行世界首演。



©Sven Hagolani

## A bold new work exploring the act of journeying through the lens of crip navigation

Scotland-based performer Claire Cunningham explores what can be learned from those of us who reach for the ground through crutches, as four-legged creatures.

In her new solo work, **Songs of the Wayfarer**, Cunningham delves into the choreography of crip\* navigation – the experience of moving through the world and natural environment as a disabled person. Using and misusing her crutches as an extension of her dancing body, she examines the act of journeying. Drawing inspiration from the world of mountaineering, explorers and expeditioners, and from Gustav Mahler's "Lieder eines fahrenden Gesellen" (Songs of a Wayfarer), Cunningham invites us

to pay closer attention to the ways we navigate both familiar and unfamiliar landscapes and profound loss and change in our lives.

One of the UK's most acclaimed and internationally renowned disabled artists, Cunningham creates work informed by the lived experience of disability, and by crip, queer and feminist thinking. Investigating personal questions with universal resonances, she explores the potentiality of her specific physicality, crafting a unique vocabulary riddled with dark humour that challenges conventions around virtuosity, classical aesthetic and dance.

\*Crip is a political and cultural identity embraced by some disabled individuals.

## Claire Cunningham

One of the UK's most acclaimed disabled artists, Claire Cunningham is an internationally renowned disabled leader and choreographer of multi-disciplinary performance based in Glasgow, Scotland. A recent factory artist with Tanzhaus NRW Düsseldorf, Germany, she is also an affiliate artist with The Place, London.

Cunningham's work is rooted in the study and use/misuse of her crutches, and the potential of her own specific physicality, and guided by a conscious rejection of traditional dance techniques (developed for non-disabled bodies). She has a deep interest in the lived experience of disability, and its implications not only as a choreographer but in terms of societal notions of knowledge, value, connection

and interdependence. In 2021, Cunningham was honoured for her Outstanding Artistic Development in Dance at the German Dance Awards. In 2023, she joined the Inter-University Centre for Dance (HZT) in Berlin as the Einstein Professor of Choreography, Dance and Disability Arts.

### A Claire Cunningham Production.

Co-commissioned and co-produced by Hong Kong Arts Festival's No Limits, Mousonturm Frankfurt, Next Festival Kotrijk, HAU Hebbel am Ufer & No Limits Festival Berlin, Kammerspiele Munich, Sadler's Wells London and Dampfzentrale Bern.

Created as part of the Einstein Strategic Professorship "Choreography, Dance and Disability Arts" at the HZT Berlin.

### 西九文化區自由空間大盒 The Box, Freespace, WestK

\$200

7/3 (五 Fri) 8pm<sup>#</sup>  
8/3 (六 Sat) 8pm<sup>^</sup>  
9/3 (日 Sun) 5pm



節目長約 75 分鐘，不設中場休息  
Approx. 75 minutes with no interval

適合 12 歲或以上觀眾  
Recommended for ages 12 and above

不設劃位 Free Seating

設中英文通達字幕、粵語及英語口述影像、粵語報讀字幕、香港手語傳譯及語音場刊，歡迎導盲犬

Accessible captions in Chinese and English, audio description in Cantonese and English, caption reading in Cantonese, Hong Kong Sign Language interpretation and house programme in audio format available; guide dogs welcome



### 「無限亮」加料節目 No Limits PLUS P.66-68

- <sup>#</sup> 演後藝人談 Post-performance Meet-the-Artist Session
- <sup>^</sup> 演前觸感導賞團 Pre-performance Touch Tour
- 「行行夾兒行」公眾工作坊 Workshop with Claire Cunningham: We Run Like Rivers
- 「教學、編舞與無障礙創作」專業工作坊 Professional Workshop with Claire Cunningham: Methodologies for Teaching, Choreography and Access

# 《愛難忘》

## Love Beyond

拉米許·梅亞潘

導演：馬修·蘭頓

Ramesh Meyyappan

Directed by

Matthew Lenton



### 蘇格蘭著名演員 呈現聽障與認知障礙共存的內心困境 驚艷舞台視覺打造淒美另類愛情故事

主人翁哈利不是典型愛情故事的男主角；相反，他患有認知障礙症，亦是個手語使用者。遷入護理院開展獨居生活後，各種變故接踵而來，哈利顯得措手不及。病情使哈利日漸失能，妄想與幻覺更讓他陷入不安與恐懼之中。眼見猶如鬼魅般出沒的愛妻，與年輕又陌生的自己愛得纏綿，讓站在鏡前垂垂老矣的哈利看得沮喪。

看護梅起初不熟悉手語，溝通難免互相誤解。後來梅漸漸能夠打出手語，相反哈利卻慢慢喪失表達能力。手語歸零的他，只能將所思所想訴諸情緒發洩。幕幕甜蜜回憶與現實重疊，透過簡潔有力的鏡像舞台呈現出主角眼中虛實交錯、如夢似真的平行時空，也讓觀眾體會認知障礙患者混亂的荒幻感。

《愛難忘》由定居蘇格蘭的著名新加坡籍藝術家拉米許·梅亞潘創作及演繹年老哈利一角，全劇以手語及視覺體驗作主導，創作團隊選擇摒棄完整字幕，為聽障和健聽的觀眾提供平等的體驗之餘，更讓觀眾切身體驗主角被誤解的無奈與挫敗感。作品榮獲蘇格蘭戲劇評論家獎（CAT Awards）五大提名，並贏得最佳音樂和音效大獎。獨特主題配上高水準舞台設計，定必為香港觀眾帶來深刻的戲劇體驗。



### 拉米許·梅亞潘

拉米許·梅亞潘為新加坡劇場工作者，現居蘇格蘭，作品風格視覺與肢體劇場，致力拓展更多範疇，包括馬戲、小丑、偶戲與幻像。他樂於接受挑戰，製作具有強烈敘事性的視覺作品。多年來，他曾在國內演出並在二十多個國家巡演，好評如潮。曾獲五次提名並兩次贏得「新加坡生命！戲劇大獎」最佳男主角殊榮。現任蘇格蘭享負盛名的獨立製作藝團 Raw Material 合作藝術家，格拉斯哥布倫南藝術經紀公司旗下演員。

## A poignant depiction of the world of communication and dementia

Ramesh Meyyappan Scotland-based Singaporean, renowned theatre-maker, director and actor, presents a poignant tale of love, loss, memory and longing, for those who struggle to understand and be understood.

Harry has dementia. He also uses sign language. As he moves into a new care-home, he is accompanied by memories that dance like ghosts around him. Events from the past seem newly present, and when a visit from his wife rekindles their love he imagines they are young and together again. Harry's carer provides him with some solace, but as the determined nurse begins to learn Harry's sign language, he begins to forget it, leaving him in a unique world where he must confront the only thing that remains – himself.

**Love Beyond** is a beautiful, tender and visually creative show devised and performed by award-winning physical storyteller Ramesh Meyyappan, and directed by Matthew Lenton. Skilfully staged, with artful use of mirrors, projections and sound reflecting Harry's disorientated mind, the performance depicts the anguish of miscommunication and dementia in a profoundly affecting way.

Love Beyond incorporates BSL, visual language and oral dialogue. The absence of subtitles is an artistic choice intended to present an equal experience for deaf and hearing audiences. The production received five nominations and the Best Music and Sound award in the 2023 Critics' Awards for Theatre in Scotland.

20 countries, and to much critical acclaim. He has been nominated five times for Best Actor at the Life! Theatre Awards (Singapore) and been awarded the accolade twice.

Ramesh is an associate artist of Scotland's award-winning, independent producing company, Raw Material.

### Ramesh Meyyappan

Ramesh Meyyappan develops performances using an eclectic mix of visual and physical theatre styles. He enjoys the challenge of creating strong narrative visual work, and continually seeks to develop and extend his theatrical visual vocabulary, for example incorporating circus techniques, bouffon, puppetry and illusion. Over the years, his solo performances and collaborations have toured nationally and internationally to over

**編劇及演員：**拉米許·梅亞潘  
**導演：**馬修·蘭頓  
**佈景與服裝設計師：**貝琪·明托  
**燈光設計師：**西蒙·威爾金森  
**作曲：**大衛·保羅·瓊斯  
**戲劇攝影：**溫嘉勤  
**製作：**原材料製作劇團、消失點劇團

#### 演員

**年輕哈利：**林科·巴爾帕加  
**看護梅：**艾莉西亞·達利  
**妻子：**艾米·甘迺迪  
**年老哈利：**拉米許·梅亞潘

**Writer & Performer:** Ramesh Meyyappan  
**Director:** Matthew Lenton  
**Set and Costume Designer:** Becky Minto  
**Lighting Designer:** Simon Wilkinson  
**Composer:** David Paul Jones  
**Production Photography:** Tommy Ga-Ken Wan  
**Producer:** Raw Material and Vanishing Point

#### Performers

**Young Harry:** Rinkoo Barpaga  
**Nurse, May:** Elicia Daly  
**Wife:** Amy Kennedy  
**Old Harry:** Ramesh Meyyappan

📍 上環文娛中心劇院  
Theatre, Sheung Wan Civic Centre

\$220 | \$160

20/3 (四 Thu) 7:30pm  
21/3 (五 Fri) 7:30pm#  
22/3 (六 Sat) 3pm, 7:30pm

節目長約 75 分鐘，不設中場休息  
Approx. 75 minutes with no interval

適合 12 歲或以上觀眾  
Recommended for ages 12 and above  
此節目含粗俗語言  
This performance contains strong language  
設粵語口述影像、語音場刊及額外輪椅位，  
歡迎導盲犬  
Audio description in Cantonese, house  
programme in audio format and extra  
wheelchair seats available; guide dogs  
welcome



#### 「無限亮」加料節目 No Limits PLUS P.68-69

- # 演後藝人談 Post-performance Meet-the-Artist Session
- 「視覺敘事與角色形體」工作坊  
Workshop with Ramesh Meyyappan: Characters and Their Physicality

# 《請問最近的無障礙廁所在哪裏？》 Be Seen

趙紅程  
Zhao  
Hongcheng



超人氣網紅首次挑戰獨腳戲 為「被看見」努力發聲  
80 分鐘一氣呵成盡吐心聲：不需特殊關愛，只需平等對待

用鏡頭記錄生活點滴，將體驗傳遞到公眾面前，對在各個網絡平台上擁有超過 40 萬粉絲的中國網紅、全職博主趙紅程（網名「大程子好妹妹」）來說可謂是家常便飯。相較於那些未被「看見」的殘疾人士，程子雖然受到不少關注，然而網紅光環所帶來的正能量形象，又是否她想要的結果？

全女性主創班底「瘋樓閣」首部原創作品，獨腳戲《請問最近的無障礙廁所在哪裏？》根據真人真事改編，由程子本人跨界演出。故事發生在一次公開演講的前夕，程子埋頭準備講稿，回想過去種種關於童年、工作、身體、與母親的相處、與丈夫的親密關係等記憶，當中既有陽光積極的時候，也有軟弱疲乏的片刻，所有高山低谷都造就著程子獨一無二的存在。到底該如何向觀眾呈現真實完整的自己，程子必須作出選擇。作品描述女性的點滴和掙扎，定會引起香港以至世界女性觀眾的廣泛共鳴。

《請問最近的無障礙廁所在哪裏？》自 2023 年於上海首演以來在全國各地巡演至今，深受觀眾廣泛好評，更獲得第七屆華語戲劇盛典最佳創新劇目以及 2024 年壹戲劇大賞年度媒體關注獎兩個獎項。作品從劇本構思到舞台設計，以至觀劇體驗均有周詳策劃，不但為程子開啟了演員的大門，亦是內地劇場一齣重要的無障礙佳作。



趙紅程

湖南人，現居上海，輪椅使用者，於微博、小紅書、嗶哩嗶哩等網絡平台上追蹤人數超過四十萬人，上海理工大學碩士。2019 年起創建自媒體頻道，透過影片記錄自己的生活。影片主題涵蓋城市無障礙設施的評測、分享輪椅使用者上班和出行體驗，以及個人成長經歷，致力於打破公眾對殘疾人士的刻板印象，倡導無障礙理念，幫助殘疾群體融入社會。她曾接受國內外超過二十間媒體的採訪，包括中央電視台《新聞週刊》、《人物》雜誌、日本放送協會（NHK）等。同時，程子也是無障礙領域的諮詢師，參與無障礙藝術計劃。於 2023 年，她首次跨界參與戲劇，主演改編自自身經歷的作品《請問最近的無障礙廁所在哪裏？》，並獲得第七屆華語戲劇盛典最佳新人提名。

## With or without disability, everyone needs to be seen

Celebrity content creator Zhao Hongcheng presents a groundbreaking, woman solo-performance about the challenges of navigating everyday life and relationships as a female wheelchair user.

Alone in the spotlight, on the eve of a public speech, Zhao mulls over what to present to her audience. Recalling moments from her childhood, her working life, her medical treatments, intimate relationships and interactions with strangers – some positive, some humorous, some intensely vulnerable – she weighs up which version of herself is more authentic, and which she wants to share.

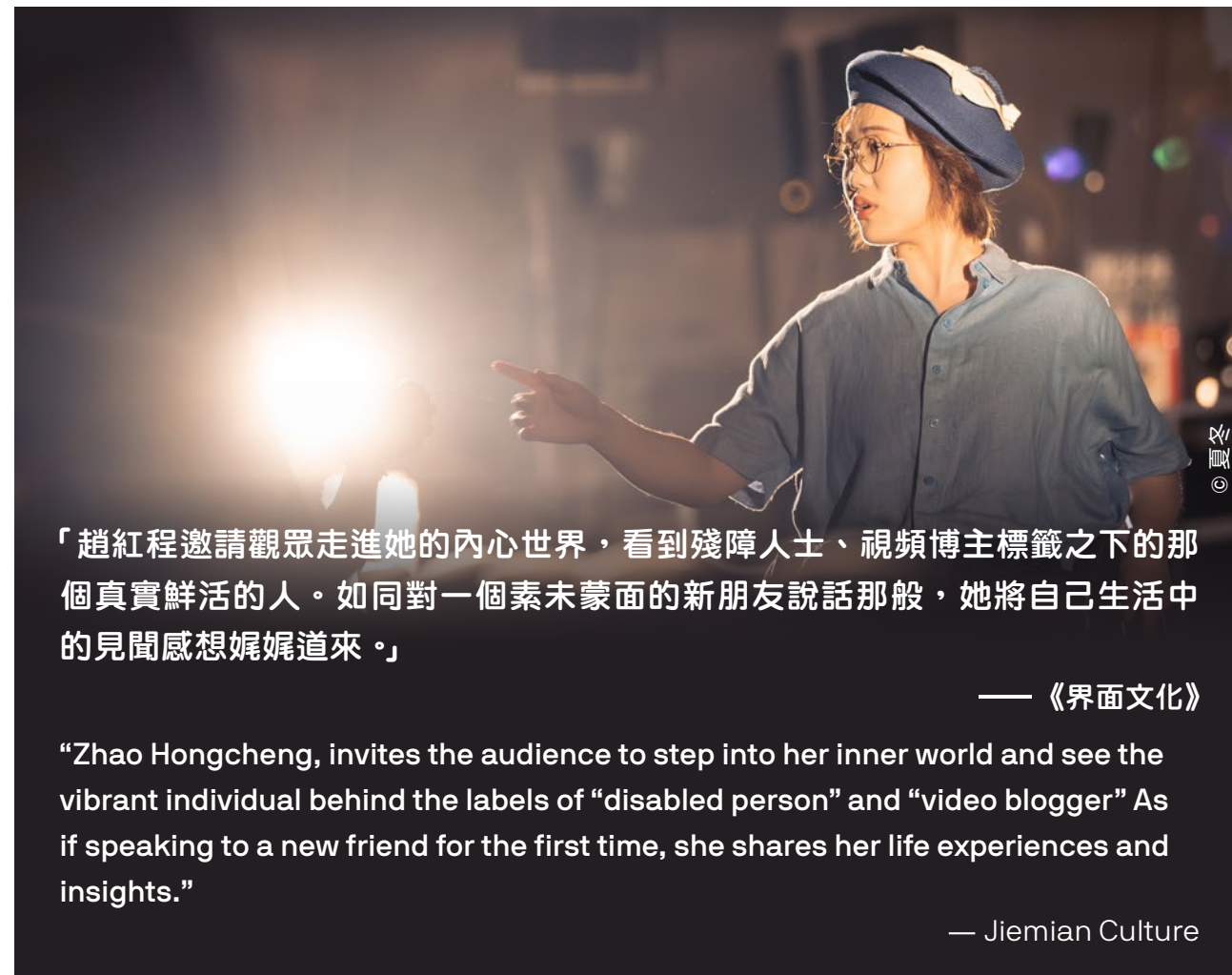
Alternately comic, heart-wrenching and eye-opening, **Be Seen** offers a frank glimpse into both the specific experiences of disabled women in mainland China and the universal issues faced by disabled communities everywhere. Drawing heavily on personal anecdotes from Zhao's day-to-day life, the work is the creation of an all-female team: director Luo Xi, scriptwriter Chen Si'an and producer Mia Shen. The first domestic theatre production in mainland China to be told from the perspective of someone with a disability, **Be Seen** premiered in 2023 at the Shanghai Grand Theatre and Tianqiao Theatre Beijing to rave reviews in print and online, and was named Best Innovative Play at the 2023 Chinese Theatre Awards and the Annual Media Attention Award at the 2024 ONE Drama Awards.

### Zhao Hongcheng

Influencer and wheelchair user Zhao Hongcheng is a mainland Chinese vlogger and content creator with over 400,000 followers across various platforms. Since 2019, Zhao has shared videos about her personal experiences as a wheelchair user on her social media channel, promoting accessibility at work and on public transport, and helping disabled individuals integrate into society.

Zhao has been interviewed by over 20 media outlets in China and internationally, including CCTV's "News Weekly", "People" magazine, and the Japan Broadcasting Corporation (NHK). She has a Master's degree from the Shanghai Institute of Technology, and currently participates in accessible art projects and works as a consultant in the field of accessibility. In 2023, she made her debut in theatre, starring in **Be Seen**. This performance earned her a nomination for Best New Artist at the 2023 Chinese Theatre Awards.

編劇：	陳思安
導演：	羅茜
演員：	趙紅程
復排導演：	應照宜
製作人：	沈璐珺
Playwright:	Chen Si'an
Director:	Luo Xi
Performer:	Zhao Hongcheng
Restaging Director:	Ying Zhaoyi
Producer:	Mia Shen



「趙紅程邀請觀眾走進她的內心世界，看到殘障人士、視頻博主標籤之下的那個真實鮮活的人。如同對一個素未蒙面的新朋友說話那般，她將自己生活中的見聞感想娓娓道來。」

——《界面文化》

“Zhao Hongcheng, invites the audience to step into her inner world and see the vibrant individual behind the labels of “disabled person” and “video blogger” As if speaking to a new friend for the first time, she shares her life experiences and insights.”

— Jiemian Culture

### 香港大會堂劇院 Theatre, Hong Kong City Hall

\$280 | \$200

14/3 (五 Fri) 7:45pm<sup>#</sup>  
15/3 (六 Sat) 7:45pm<sup>#\*</sup>  
16/3 (日 Sun) 3pm<sup>^</sup>

節目長約 80 分鐘，不設中場休息  
Approx. 80 minutes with no interval

適合 6 歲或以上觀眾  
Recommended for ages 6 and above

設中英文通達字幕、粵語口述影像、粵語報讀字幕、香港手語傳譯、語音場刊及額外輪椅位，歡迎導盲犬

Accessible captions in Chinese and English, audio description in Cantonese, caption reading in Chinese, Hong Kong Sign Language interpretation, house programme in audio format and extra wheelchair seats available; guide dogs welcome.



### 「無限亮」加料節目 No Limits PLUS P.69-70

- <sup>#</sup> 演後藝人談 Post-performance Meet-the-Artist Session
- <sup>\*</sup> 演前導賞團 Pre-performance Guided Tour
- <sup>^</sup> 演前觸感導賞團 Pre-performance Touch Tour



# 《躲貓貓》 Hide-and-Seek

二高表演

ErGao Dance Production Group

©Feng ShunXu 馮舜旭

## 一場童年遊戲透視中國社會視障群體的就業狀態 在找尋與被找尋、看見與被看見的過程中相遇相知

在許多亞洲國家，推拿按摩往往被認為是視障人士唯一的就業選擇，王澤宇與大部分生活在中國內地的盲人一樣，為了生計離開家鄉，到大城市從事盲人按摩工作。然而渴望改變的他選擇轉換跑道，勇敢踏出舒適圈，在藝術家二高（何其沃）的陪伴下，以素人身份成為是次委約作品的創作夥伴，透過舞蹈繼續探索未知的自己。

在長約 60 分鐘的互動演出中，觀眾將參與一場童年遊戲，在虛構的按摩店內尋找自己不曾看見的故事，從影像、聲音和文本了解視障群體的日常生活與就業情況，聆聽他們分享對家鄉的記憶與遷徙的經歷，並走進投影下打造的互動演區，感受別開生面的沉浸式舞蹈體驗。

《躲貓貓》為廣州編舞二高的「合成現場」作品，試圖超越既定表演類型的可能性，在觀演關係的動態切換及跨領域合作中，讓來自不同背景的群體相遇交織，並以長期共創的方式，通過探訪不同的殘疾機構及盲人按摩店，與視障群體進行長達一年的互動與故事採集，進而連結跨領域藝術家，製作影像、聲音和文本紀錄。前期研究所累積的素材將出現在作品現場的各個角落，而記錄是次創作過程的紀錄影片會在 3 月於大館洗衣場石階免費公開放映及於網上播放。

### 二高（何其沃）

廣東陽江人，獲全額獎學金畢業於香港演藝學院，2021 年獲全額獎學金研修新加坡 [CP]3 亞洲當代表演藝術評論。2007 年創立二高表演，其作品一直堅持以身體作為審視焦點和主要介質，以多元的創作方式，荒誕且嚴肅地闡釋內地社會和文化中身份與性別等諸多現象，近期作品關注內地社會中不斷遷徙的新城市移民，以及舞蹈的公共性議題。社區舞蹈實踐以及從日常中發現舞蹈是其創作的重要方法，提出以「合成現場」探索觀演關係的動態切換。代表作有《恭喜發財》系列、《來來舞廳》、《這是一個雞場》、《超級緊》、《每日動作》、《蝴蝶島》等。

### 王澤宇

廣東潮汕人，目前居住廣州，早期從事盲人推拿工作，後加入「展融文化」草根公益機構，開始推動殘障平權的社會工作。2020 年加入「觸目 Tactileye」藝術小組，探索觸覺和身體的實驗性創作。創作主題涵蓋身體限制、社會性別、非視覺感官、自身認知、視而不見的現象與職業困境等社會議題。2023 年發起「理當別論」創作計劃，記錄自己和身邊視障朋友的生活，試圖透過身體經驗和個人視角探索新的敘事方式，呈現視障人群的多元性和個體差異，以及網絡與主流網絡的交融與分野。其創作形式包括聲音、肢體、空間、裝置、策劃、寫作和影像記錄等。藝術裝置作品曾在內地和日本展出，並在全國各地舉辦藝術工作坊。

## From blind massage to dance – a new look at the creative potential of those who are visually impaired

**Hide-and-Seek** is an original dance performance exploring new perspectives on the creative potential of visually impaired individuals, presented by Wang Zeyu and ErGao Dance Production Group.

Like many visually impaired people in mainland China, Wang left his hometown to work at a blind massage parlour in the big city. Seeking a more creative outlet for his skills, he joined an art group promoting inclusive arts and began experimenting with tactile and body-centred creations. An encounter with choreographer ErGao saw the birth of Hide-and-Seek. Inspired by real-life and fictional stories of the employment and migration experiences of individuals with visual impairments, the work blends the

playfulness of a childhood game, the fluid gestures of massage and contemporary choreography, images, sound and texts, to create a unique, immersive dance experience.

Specially commissioned for No Limits 2025, Hide-and-Seek is an interactive, cross-disciplinary performance developed by Guangzhou-based visually impaired performer Wang Zeyu and choreographer ErGao. The work was created in collaboration with blind massage parlours and organisations for people with visual impairments in China. A video film documenting the creation process, will be screened for free on the Tai Kwun Laundry Steps at Tai Kwun in March, and available online.

📍 大館 F 倉展室  
F Hall Studio, Tai Kwun

\$180

14/3 (五 Fri) 3pm, 8pm<sup>#</sup>

15/3 (六 Sat) 3pm, 8pm

16/3 (日 Sun) 11am

節目長約 60 分鐘，不設中場休息

Approx. 60 minutes with no interval

適合 6 歲或以上觀眾

Recommended for ages 6 and above

不設劃位 Free Seating

設中英文通達字幕、粵語口述影像及語音場刊，歡迎導盲犬

Accessible captions in Chinese and English, audio description in Cantonese and house programme in audio format available; guide dogs welcome



### 「無限亮」加料節目 No Limits PLUS P:70

- # 演後藝人談 Post-performance Meet-the-Artist Session
- 「每日動作」按摩與舞蹈工作坊 Movement Workshop: Massage Meets Dance

## ErGao (He Qiwo)

ErGao is a dancer, choreographer, director and curator from Yangjiang, Guangdong. A graduate of the Hong Kong Academy for Performing Arts, Er Gao later studied Contemporary Performing Art Criticism in Singapore. Since founding ErGao Dance Production Group in 2007, his work has focused on the body as his primary medium and site of artistic inquiry. ErGao employs diverse strategies to illuminate topics relevant to contemporary society, including socio-cultural identity, sex and gender issues. Recent works examine the mobility of new urban migrants in Chinese society and issues around dance as a public phenomenon. He emphasises the importance of involving community dance practices and drawing inspiration from daily life for his artistic pursuits, aiming to foster dynamic interactions between performers and audiences.

## Theo Wang Zeyu

Guangzhou-based performer Theo Wang Zeyu began his career working as a blind massager. He later joined Zhanrong Space, a non-profit organisation that explores the potential of visually impaired individuals and advocates for an accessible and inclusive society. In 2020, with the Tactileye art group, Wang began experimenting with tactile and body-centred creations, employing sound, physical movement, installation, writing and film to address social issues such as physical limitations, gender, multisensory experiences without vision and professional predicaments. In 2023, Wang initiated the Alternative Vision project, documenting his life, and the lives of visually impaired friends, through multisensory experiences and personal perspectives. His commissioned installation artworks have been shown at exhibitions in China and Japan. Wang also facilitates workshops on inclusive arts around China.

## 《躲貓貓》紀錄片放映 Screening of Hide-and-Seek Documentary

免費現場放映  
In-venue Free Screening

📍 大館洗衣場石階  
Laundry Steps, Tai Kwun

8/3 (六 Sat) 3:30pm

9/3 (日 Sun) 1:45pm

設中英文通達字幕、粵語口述影像及語音場刊，歡迎導盲犬

Accessible captions in Chinese and English, audio description in Cantonese and house programme in audio format available; guide dogs welcome



免費網上節目  
Free Online Programme

↖ 無限亮網站免費播放  
Free screening available on  
No Limits website

24/3-19/5 (一 Mon - 一 Mon)

設中英文通達字幕、粵語及英語配音、粵語及英語口述影像、語音場刊

Subtitles and accessible captions in Chinese and English, dubbing in Cantonese and English, audio description in Cantonese and English; house programme in audio format available



# 《風與鍵之旅》 鋼琴 × 長笛音樂會 Whispers of Wind and Keys: A Piano and Flute Concert

鄧卓謙及露芙·蒙哥馬利  
Anson Tang and Ruth Montgomery



## 跨世代、跨地域全新組合 精心編排曲目帶你體會無國界音樂之旅

「無限亮」2025 閉幕表演由香港新晉鋼琴家鄧卓謙與英國長笛演奏家露芙·蒙哥馬利首度同台演出，兩位音樂家以「歷程」為題材，精挑細選了一系列引起彼此共鳴的樂章，塑造層次豐富的音樂旅程。曲目橫跨古典、浪漫至現代樂派，在歡快的節奏與飛揚的樂韻中，將興奮之情傳達給觀眾。

音樂會以長笛曲目揭開序幕：《C 大調行板 K 315》輕盈高雅，是莫扎特重要的長笛作品。約翰·盧特《古風組曲》活潑俏皮，猶如一支雙人舞，在長笛與鋼琴間緊湊的互動、對話與拋接中盡展合作和默契。

### 鄧卓謙

鄧卓謙出生於香港，是香港展能藝術會展能藝術家。獲利希慎基金會全額獎學金及 Talent Unlimited 支持，畢業於英國皇家音樂學院，為鍵盤系首位輪椅使用者，師承 Nigel Clayton。曾贏得多個獎項，包括 VSA 國際青年獨奏家獎及沃特福國際鋼琴比賽第三名。2024 年，在華盛頓甘迺迪中心舉行首次演出；2016 年擔任獨奏，與香港管弦樂團合作，翌年在港舉辦首次個人獨奏會。曾與多位著名音樂家合作和學習，包括宓多里、Piers Lane、Artur Pizzaron、羅乃新及李嘉齡等。

接著是兩首獨奏作品：奧乃格《山羊之舞》由露芙以精湛的演奏技巧和豐富細膩的音色變化，向觀眾展現長笛精彩多元的魅力。鄧卓謙在黑白鍵上演繹艾美·比奇的《敘事曲，作品 6》，分享情緒濃厚而具戲劇性的樂曲。

敢於嘗試、積極探索未知是鄧卓謙與露芙的共通點。伊恩·克拉克《晨光》和《周日早上》流暢的旋律將點綴這場精彩刺激的小冒險；尾聲帶來耳熟能詳的小品《孔雀舞曲》及蕭邦的《羅西尼主題變奏曲》，將音樂會推向高峰。

### 露芙·蒙哥馬利

長笛演奏家和音樂教育家露芙·蒙哥馬利出生於音樂家庭，畢業於皇家威爾斯音樂學院，曾入選英國 Clore 領袖培訓計劃及榮獲 Francesca Hanley 激勵獎。

蒙哥馬利探索聽障社群中藝術、手語與視覺媒體的發展，成立 Audiovisability 慈善機構。她教授過百位來自不同學校的聽障學生，開拓視覺音樂課程，期望不日可於全國通用。身為聽障孩子的母親，蒙哥馬利明白音樂對建立兒童身心健康的益處，致力發展及推廣兒童音樂教育。

## An elegant classical performance for piano and flute

No Limits 2025 closes with a classical performance showcasing the skills of two musicians with close ties to the UK. On stage together for the first time, accomplished young pianist Anson Tang and acclaimed British small flautist and composer Ruth Montgomery perform a selection of works from Mozart to the present.

The concert opens with the light tones of Mozart's Andante in C major, K315, Suite Antique by Sir John Rutter – a true pas de deux between flute and piano with melodies and harmonies shared between both instruments – and flute solo on Arthur Honegger's haunting Danse de la chèvre. These are followed by American composer Amy Beach's Ballade, a textured, complex, romantic work for solo piano that showcases Tang's masterful skills.

The second half of the performance introduces two adventurous, evocative pieces for piano and flute by contemporary British composer Ian Clarke: Sunstreams – Montgomery's favourite work to perform – and Sunday Morning. Bringing the recital to a close are Fauré's Pavane, Op 50, and Chopin's elegant and upbeat Variations on a Theme by Rossini.

Ruth Montgomery is a Clore Leadership Fellow and a winner of the Francesca Hanley inspiration award. She has performed as a soloist with some of the world's major orchestras, including the Royal Philharmonic in London and the Russian National Orchestra in Moscow and St Petersburg. Hong Kong-born Tang studied at the Royal College of Music in London, and has performed with the Hong Kong Philharmonic and collaborated with artists such as Midori Gotō, Piers Lane, Artur Pizzaro, Nancy Loo and Colleen Lee.

### 曲目

莫札特 C 大調行板，K315  
約翰·魯特 《古風組曲》  
奧乃格 《山羊之舞》  
艾美·比奇 敘事曲，作品 6  
伊恩·克拉克 《晨光》  
《周日早上》  
加比奧·弗瑞 《孔雀舞曲》，作品 50  
蕭邦 《羅西尼主題變奏曲》

### Programme

Mozart Andante in C major, K315  
John Rutter Suite Antique  
Arthur Honegger Danse de la chèvre  
Amy Beach Ballade, Op 6  
Ian Clarke Sunstreams  
Sunday Morning  
Gabriel Fauré Pavane, Op 50  
Frédéric Chopin Variations on a Theme  
by Rossini

曲目有可能更改 Programme is subject to change

## Anson Tang

Hong Kong-born pianist Anson Tang graduated from the Royal College of Music, London, with support from the Lee Hysan Foundation and Talent Unlimited. At RCM he studied under Nigel Clayton, and was the first wheelchair user enrolled in the keyboard department.

In 2016, Tang appeared as a soloist with the Hong Kong Philharmonic Orchestra and gave his first solo recital in Hong Kong the following year. In 2024, he made his debut at the Kennedy Center, Washington DC. Tang has collaborated and studied with renowned musicians such as Midori Gotō, Piers Lane, Artur Pizzaro, Nancy Loo and Colleen Lee. He is also the recipient of many awards, including the VSA International Young Soloists Award and third prize at the Watford International Piano Competition

## Ruth Montgomery

British flautist and music educator Ruth Montgomery graduated from the Royal Welsh College of Music, and is a Clore Leadership Fellow and Francesca Hanley Inspiration Award winner.

Born deaf in a musical family, Montgomery also explores art, sign language and visual media within the Deaf Community and with her charity Audiovisability. She is currently working with more than 100 Deaf children across a number of schools, and developing a new curriculum aimed at visual music education that she hopes to see adopted nationally. Through her work, and as the parent of a Deaf child, Montgomery understands the benefits of music on children's emotional intelligence, mental health and well-being.

### 📍 荃灣大會堂演奏廳

Auditorium, Tsuen Wan Town Hall

\$180 | \$100

29/3 (六 Sat) 3pm

節目長約 60 分鐘，不設中場休息  
Approx. 60 minutes with no interval

適合 6 歲或以上觀眾

Recommended for ages 6 and above  
設語音場刊，額外輪椅位，歡迎導盲犬  
House programme in audio format, extra wheelchair seat; guide dogs welcome



### 「無限亮」加料節目 No Limits PLUS P.71

- 「音樂探索家」兒童音樂工作坊  
Children's Workshop with Ruth Montgomery: Music Adventures
- 「看得見的音樂——從音樂到視覺表達」音樂工作坊  
Workshop with Ruth Montgomery: Sound to Sight – From Sound to Visual Expression

# 大型社區節目《衫著一生》 In Touch We Trust



📍 大館檢閱廣場  
Parade Ground, Tai Kwun

免費入場 Free Admission

21/2 (五 Fri) 3pm  
22/2 (六 Sat) 3pm  
23/2 (日 Sun) 3pm

節目長約 30 分鐘，不設中場休息  
Approx. 30 minutes with no interval

合作機構：五旬節聖潔會靈光白普理失明人中心  
Partner Organisation: Pentecostal Holiness Church Ling Kwong Bradbury Centre for The Blind

設粵語口述影像、香港手語傳譯、語音場刊及額外輪椅位，歡迎導盲犬  
Audio description in Cantonese, Hong Kong Sign Language interpretation, house programme in audio format and extra wheelchair seats available; guide dogs welcome



## Outdoor Programme 戶外節目

享受衫著 感受一生 一場突破界限的環境舞蹈服裝秀

時尚穿搭是建立自信、展現個性的媒介，視障人士與非視障人士一樣，能夠利用觸覺，透過衣服的材質、剪裁、口袋、鈕扣等樣式的不同，為自己配搭出各式各樣的穿著風格。「無限亮」2025 委約大型社區節目《衫著一生》以穿著作為切入點，同時連結服裝與表演者的故事，以舞蹈帶領觀眾體會視障人士感知世界的獨特方式，思考及感受生活質感，也重新審視照顧者與被照顧者的關係。

節目為視障表演者度身訂造一套美觀而舒適的表演服裝，同時兼顧實際生活需要，讓表演者樂意「著一生」。表演者由 2024 年參與「無限亮教育及社區外

展節目」《舞動心語》開始，到今次參與更大型的藝術創作，通過一連串的身體及舞蹈訓練，包括重心轉移、接觸即興等練習，打開視障人士對肢體及空間的感知，在互動中建立自信。

由視障舞者和專業藝術家共同演出的《衫著一生》，不僅是一場以獨特服裝為焦點的環境舞蹈展演，更是一次認清自我與擺脫限制的成長之旅。在聲音敘事與身體敲擊樂的襯托下，表演者將穿梭大館檢閱廣場上特別設計的戶外裝置之間，透過身體與道具之間的連結，在有限的環境中探索無限可能：從視障人士的角度出發，重新理解及感受世界。

### A site-specific wearable art and dance experience

An original, site-specific performance about fashion, identity, personal style, and the relationships between caregivers and care recipients.

The clothing we wear can be an expression of our sense of personal style. It can also reflect our identity in different ways. **In Touch We Trust** explores how clothing and fashion influence our self-confidence and the way we feel about ourselves, as well as the way we are seen by others. Wearing tailor-made wearable art – designed to appeal to the tactile and visual senses – a group of visually impaired performers and four professional dancers interact with an on-site installation, expressing personal

narratives through dance, gesture and sound, and offering audiences the chance to re-examine how we perceive those around us.

In Touch We Trust is a site-specific community programme specially commissioned for No Limits 2025. Created in collaboration with professional artists and visually impaired participants of the No Limits 2024 movement and dance project The Story of Motion, the work combines fashion, dance, narrative elements and body percussion to share personal stories of identity and self-discovery.

# 《足球大將》 The Chameleons

帕特里克·波提喬  
Patrick Botticchio



## Documentary 紀錄片

瑞士足球大將出征國際錦標賽  
以球會友踢出人間真情

足球面前人人平等。瑞士共融足球隊「變色龍」於 2019 年成軍，球員能力各異，但勝在團結一致，隊友間互相扶持，齊上齊落默契十足。在教練鮑里斯的悉心領導下，球隊將離開家鄉盧加諾，前往德國波恩出戰國際錦標賽，與車路士、巴黎聖日耳門等足球勁敵一較高下，角逐冠軍殊榮。

球賽即將開始，球員思鄉之餘更狀況頻發……接二連三的意外會否影響球隊表現？教練鮑里斯又是如何穩住軍心，在逆境來襲時協助球員調整心情？全長 60 分鐘的紀錄片《足球大將》將為你全程直擊此次波恩之行，在場外場內記錄球員們與教練相處的點點滴滴。



帕特里克·波提喬

瑞士紀錄片導演，在瑞士接受專業攝影師培訓，後來於西班牙著名的 ESCAC 電影學院修讀攝影。曾參與多部短片與視頻擔任攝影指導，回流瑞士後在 RSI 國家公共電視台擔綱攝像師一職。2019 年，波提喬開啟了他的電影導演生涯，首部長篇紀錄片《布萊尼奧，猶他》屢獲國際獎項。2009 年與電影剪輯師阿爾伯特·貝納德一同創立原始電影製作公司，至今合作了多部瑞士與國際聯合製作的紀錄片及劇情片。



## Brought together by football, friendship and camaraderie, The Chameleons chase their dreams!

A heartwarming film about camaraderie and sportsmanship across borders and abilities from Swiss documentary director Patrick Botticchio.

An adventure awaits the young players of the inclusive football team The Chameleons, and emotions are running high as they prepare to leave their Swiss hometown Lugano for an important tournament in Germany. To defend their jersey on the field they will have to remain strong and united. But away games are nerve-racking... Will our heroes handle the pressure of a competition far from home?

Freelance documentary director and cinematographer Patrick Botticchio's tender and uplifting documentary **The Chameleons**, follows a young, mixed-ability soccer team from the Italian-speaking region of south Switzerland as they head to the Special Adventure Camp in Bonn, Germany to compete in a pan-European tournament for young people with and

without disabilities. Accompanying the team and their trainers through nerves, joy and tears, the film shows how differences can be bridged by football, friendship – and open hearts and minds.

### Patrick Botticchio

Swiss documentary director Patrick Botticchio trained in Switzerland as a professional photographer, and studied cinematography at the prestigious ESCAC film school in Spain. After working as director of photography on a number of short films and videos, he returned to Switzerland to work as camera operator with Swiss public TV network RSI. Botticchio's career as a director was launched with his first feature documentary "Blenio, Utah" (2019), which was recognised with several international awards. In 2009, he co-founded the production company Primitive Films with editor Alberto Bernad. Together they currently produce national productions and international co-productions of documentaries and fiction.



免費現場放映  
In-venue Free Screening

📍 大館洗衣場石階  
Laundry Steps, Tai Kwun

9/3 (日 Sun) 2:15pm

語言 Language: 意大利語 Italian

長度 Duration: 60 分鐘 minutes

設中英文字幕、粵語配音、粵語口述影像及語音場刊，歡迎導盲犬

Subtitles in Chinese and English, dubbing in Cantonese, audio description in Cantonese, house programme in audio format available; guide dogs welcome



免費網上節目  
Free Online Programme

↘ 無限亮網站免費播放  
Free screening available on  
No Limits website

24/3-19/5 (一 Mon - 一 Mon)

設中英文通達字幕、粵語及英語配音、粵語及英語口述影像、語音場刊

Subtitles and accessible captions in Chinese and English, dubbing in Cantonese and English, audio description in Cantonese and English; house programme in audio format available



# 《尋情遇着鐵達尼》

## The Blind Man Who Did Not Want to See Titanic

泰穆·尼基  
Teemu Nikki

### Film 電影



#### 歷盡艱辛赴愛而來 一場溫情與災難交織的異地戀大冒險

《鐵達尼號》是荷里活經典愛情電影，雅哥卻不喜歡。書架上塵封的光碟仍未拆封，買來只是為了測試朋友的電影品味。雅哥因病失去視力，且患有多發性硬化症，胸口以下神經癱瘓，日常以輪椅代步。甚少出街的他與女友思麗帕分隔異地，二人素未謀面，僅靠電話以聲音傳情。某日，電話傳來思麗帕病情惡化的壞消息。耳聽女友情況不妙，雅哥決意馬上起行，帶著女友心愛的電影光碟《鐵達尼號》，孤身前往遠方探望心上人。在沒有陪伴者同行下獨自穿州過省的雅哥，將要面對何等挑戰？沿途上陌路人又會向雅哥伸出「一雙援手」還是「一雙魔爪」？

本片由著名芬蘭導演泰穆·尼基為患病舊友度身打造，部分情節出自男主角佩特里·波伊科萊寧的真實經歷。作品大膽運用失焦的視覺、晃動的鏡頭和大量

環境音，透過模糊而柔和的特寫，讓觀眾從視障人士角度感受殘疾人士的日常生活，和出行時遭遇的種種驚險。電影榮獲第12屆北京國際電影展最佳影片、最佳編劇及最佳男主角，第78屆威尼斯電影節地平線附加單元觀眾票選獎。

#### 泰穆·尼基

來自芬蘭的泰穆·尼基是一位無師自通、屢獲殊榮的電影導演、編劇與監製。他的首部長片《死於安樂》（2017年）在全球多個電影節中獲得肯定，並獲選代表芬蘭角逐2019年奧斯卡最佳外語片。他的第三部長片《尋情遇着鐵達尼》（2021年）在同年威尼斯電影節獲觀眾選票獎。尼基也曾為多部短片與電視劇擔綱編劇及導演。他與監製雅尼·佩素一起經營 It's Alive Films 電影製作公司，是芬蘭最活躍的電影公司之一。他的電影風格親善近人，同時毫無保留地諷刺政治與人性。



## A darkly comic experimental love story about a man who goes through hell to reach his loved one

Award-winning Finnish director Teemu Nikki presents an extraordinary film about love, determination and the challenges of navigating the world as a disabled person.

Jaako and his long-distance girlfriend Sirpa share a passion for films but have never met. After one of their daily phone calls, Jaako spontaneously decides to make his way across Finland to visit her. Despite his charm and optimism, as a visually impaired wheelchair user, Jaako knows that he will be dependent on the help of strangers to navigate the urban landscapes along the way ... What could possibly go wrong?

Based in part on the day-to-day experiences of actor Petri Poikolainen, who, like his character Jaako, has vision loss and partial paralysis from multiple sclerosis, **The Blind Man Who Did Not Want to See Titanic** offers an intensely immersive perspective on the challenges of navigating the world as a blind wheelchair

user. The film won best feature film, best screenplay and best leading actor awards at the 2022 Beijing International Film Festival, and the Orizzonti Extra audience award at the 2021 Venice Film Festival.

### Teemu Nikki

Award-winning Finnish filmmaker Teemu Nikki is a self-taught director, screenwriter and producer. His first feature film, *Euthanizer* (2017), won recognition at festivals around the world, and was selected as the official Finnish entry for the 2019 Academy Awards. His third feature film, *The Blind Man Who Did Not Want to See Titanic* (2021), won the Orizzonti Extra Audience Award at the 2021 Venice Film Festival. Nikki has also written and directed numerous short films and TV series. Together with producer Jani Pösö, he runs It's Alive Films, one of the most active production companies in Finland. Nikki's style is best described as a good-willed yet unapologetic political satire of humanity.



免費現場放映  
In-venue Free Screening

📍 大館洗衣場石階  
Laundry Steps, Tai Kwun

11/1 (六 Sat) 3pm

12/1 (日 Sun) 3pm

語言 Language: 芬蘭語 Finnish

長度 Duration: 85 分鐘 minutes

設中英文字幕、粵語配音、粵語口述影像及語音場刊，歡迎導盲犬

Subtitles in Chinese and English, dubbing in Cantonese, audio description in Cantonese, house programme in audio format available; guide dogs welcome



此節目含粗俗語言

This film contains strong language

免費網上節目  
Free Online Programme

▶ 無限亮網站免費播放  
Free screening available on  
No Limits website

24/3-19/5 (一 Mon - 一 Mon)

設中英文通達字幕、粵語及英語配音、粵語及英語口述影像、語音場刊

Subtitles and accessible captions in Chinese and English, dubbing in Cantonese and English, audio description in Cantonese and English; house programme in audio format available



# 《愛·義·難兄弟》 An Irish Goodbye

羅斯·懷特及湯姆·伯克利  
Ross White & Tom Berkeley



## Film 電影

一場身後事 讓曾經疏遠的兄弟重燃手足之情

母親突然離世，意味著大哥特洛將要扛起照顧唐氏綜合症弟弟羅根的責任。可惜早已移居英格蘭的特洛，只想盡快把位於北愛爾蘭鄉下的家族農莊賣掉，並且將羅根送去阿姨家收養，讓生活恢復正常。羅根不願遷出農莊，唯有拿出母親生前所寫下的遺願清單，試圖以實現母親遺願為由拖延時間。清單上列出了一百條願望，能否讓兄弟二人修補破裂關係？羅根的去向又是如何？

黑色幽默短劇《愛·義·難兄弟》是一齣講述離別、家庭和兄弟之情的暖心故事。作品榮獲奧斯卡金像獎及愛爾蘭電影電視學院獎（IFTA Awards）最佳實景短片獎，同時奪得英國電影學院獎（BAFTA Awards）最佳英國短片等二十項殊榮，曾於全球六十多個國際電影節公開放映。

羅斯·懷特及湯姆·伯克利

湯姆·伯克利及羅斯·懷特二人組於 2023 年聲名大噪，他們共創的黑色喜劇《愛·義·難兄弟》是有史以來首部斬獲奧斯卡、英國電影學院及獨立影視三項大獎的短片。兩人分別在愛爾蘭與英國出生長大，2019 年一起合作，在貝爾法斯特創辦 Floodlight Pictures 公司。2021 年的短片《洛伊》請來英國電影學院最佳男主角大衛·布拉德利主演，獲選在 50 多個國際電影節放映並入圍第 75 屆英國電影學院最佳英國短片。兩人最近作品《黃金西部》贏得 2023 年英國兩舞影展、美學短片電影節及諾里奇電影節評審大獎後，在多個國際電影節亮相。



An Irish Goodbye by Ross White & Tom Berkeley  
羅斯·懷特及湯姆·伯克利《愛·義·難兄弟》



## Two brothers, two diverging dreams. Can the wishes of their mother bring them together?

A short black comedy about love, loss, family and dreams, written and directed by Tom Berkeley and Ross White, and starring Seamus O'Hara, James Martin, Paddy Jenkins and Michelle Fairley.

After the death of their mother, two estranged brothers are reunited on the family farm in rural Northern Ireland. While Lorcan, a robust and dedicated farmer with Down Syndrome, dreams of continuing to work the land he grew up on, Turlough, who lives and works in London, plans to sell the farm and send his younger brother to live with an aunt on the other side of Ireland. When the parish

priest reveals that he has found their mother's unfulfilled bucket list, Lorcan senses an opportunity: he'll agree to leave the farm once he and Turlough have completed every one of their mother's wishes ...

The acclaimed second collaboration from UK writer-director duo Tom Berkeley and Ross White, **An Irish Goodbye** has played at over 60 film festivals worldwide and been recognised with a number of international awards, including the 2023 Academy Award for Best Live Action Short, the BAFTA award for Best British Short Film and the IFTA Award for Best Short Film.

## Ross White and Tom Berkeley

Award-winning filmmaking duo Tom Berkeley and Ross White rose to prominence in 2023 with their breakout black comedy *An Irish Goodbye* – the first short film in history to win an Oscar, BAFTA and IFTA award. Hailing from England and Northern Ireland respectively, the pair began working together in 2019, founding Belfast-based Floodlight Pictures as a vehicle through which to produce their work. Their debut short film *ROY* (2021), starring BAFTA winner David Bradley, played at over 50 international film festivals and was one of ten films shortlisted for Best British Short Film at the 75th BAFTA Awards. The duo's most recent short film, *The Golden West*, played festivals internationally following Grand Jury Awards at Raindance, Aesthetica and Norwich Film Festivals in 2023.



免費現場放映  
In-venue Free Screening

📍 大館洗衣場石階  
Laundry Steps, Tai Kwun

8/3 (六 Sat) 4pm

9/3 (日 Sun) 3:15pm

語言 Language: 英語 English

長度 Duration: 23 分鐘 minutes

設中英文字幕、粵語配音、粵語口述影像及語音場刊，歡迎導盲犬

Subtitles in Chinese and English, dubbing in Cantonese, audio description in Cantonese, house programme in audio format available; guide dogs welcome



此節目含粗俗語言

This film contains strong language

免費網上節目  
Free Online Programme

↘ 無限亮網站免費播放  
Free screening available on  
No Limits website

24/3-19/5 (一 Mon - 一 Mon)

設中英文通達字幕、粵語及英語配音、粵語及英語口述影像、語音場刊

Subtitles and accessible captions in Chinese and English, dubbing in Cantonese and English, audio description in Cantonese and English; house programme in audio format available



# 《塞納河上的心靈之舟》 On the Adamant

尼古拉斯·菲利伯特  
Nicolas Philibert



## Documentary 紀錄片



### 生而為人，活出尊嚴——精神病患者也值得被看見

2023年柏林影展最高榮譽金熊獎最佳影片，法國紀錄片大師尼可拉斯·菲力伯特執導最新力作，《塞納河上的心靈之舟》帶領觀眾來到巴黎塞納河上一座極其特殊的精神病患日間康復中心，一探船屋上多名患者是如何透過藝術治癒心靈，重新建立並開啟他們原本被視為絕望的人生。這艘充滿文青氣息的水上建築「堅忍號」以給予患者絕對尊嚴而聞名，更首創讓患者參與討論每週活動，讓他們自由挑選音樂、繪畫、舞蹈、攝影、寫作及縫紉等課程內容，藉著學習、鼓勵彼此分享和互相勉勵，從中獲得接納與認同。

菲力伯特曾以紀錄電影《山村猶有讀書聲》（To Be And To Have）揚名全球，及後又推出從聾人角度看待手語的《無聲國度》（In the Land of the Deaf）等

多部充滿強烈人文關懷的紀錄片，是當前法國影壇最重要的紀錄片導演之一。在菲力伯特溫暖真誠的電影語言下，本片中帶有精神障礙的主角們均不是「病人」，而是一個個真實、風趣並且值得被看見的個體。

### 尼古拉斯·菲利伯特

法國紀錄片導演尼古拉斯·菲利伯特，1978年與傑拉德·莫爾迪亞聯手，首次執導長篇紀錄片《主人的聲音》，訪問多位工業大亨，探討權力、企業等級、工會制度等多個尖銳議題。2001年，他單人執導的長篇紀錄片《山村猶有讀書聲》，記錄法國奧弗涅山區一所小學日常生活，在國內與國際間大獲成功，菲利伯特更憑此紀錄片獲得度路易·德呂克電影大獎。過去幾十年，全球各地曾經舉辦超過120個向他致敬及回顧展影系列。

On the Adamant by Nicolas Philibert  
尼古拉斯·菲利伯特《塞納河上的心靈之舟》

## Beautiful and surprising – a masterful meditation on the value of creativity and the dignifying power of art

A subtle, compassionate and humorous film about the humanising power of art by veteran French documentary director Nicolas Philibert.

The Adamant is a one-of-a-kind place: a floating refuge on the River Seine in the heart of Paris that offers day programmes for adults with mental illnesses. Through therapy, education, and culture rooted in music and the arts, the free-spirited

facility offers a hopeful vision of what a humanistic approach to mental health care could look like. On board the boat, the intentionally created community treats both the staff and the people receiving care with the same respect and dignity, and their meetings and conversations reveal the camaraderie and collective humanity of a group of people whose similarities far outweigh their differences.

**On The Adamant** is an understated, gently challenging observational documentary from nonfiction master Nicolas Philibert (To Be and to Have, In the Land of the Deaf) that invites viewers to witness the transformational power of art and community. Winner of the Golden Bear at the 2023 Berlin Film Festival, the film has screened at major film festivals around the world.



## Nicolas Philibert

Award-winning French documentary director Nicolas Philibert co-directed his first feature-length documentary, *La voix de son maître* – a film in which bosses of large industrial groups talk about power – in 1978 with Gérard Mordillat. His main feature-length documentary work began in the 1990s, with the films created during this period receiving theatrical release in France. In 2001, Philibert achieved major domestic and international success with *Être et avoir* (To Be and To Have), a documentary about the daily life of a "one-class" school in a small village in Auvergne that won the Prix Louis Delluc in 2002. In recent decades, more than 120 tributes and retrospectives of Philibert's work have been curated around the world.



免費現場放映  
In-venue Free Screening

📍 大館洗衣場石階  
Laundry Steps, Tai Kwun

8/3 (六 Sat) 4:30pm

9/3 (日 Sun) 3:45pm

語言 Language: 法語 French

長度 Duration: 104 分鐘 minutes

設中英文字幕、粵語配音、粵語口述影像及語音場刊，歡迎導盲犬

Subtitles in Chinese and English, dubbing in Cantonese, audio description in Cantonese, house programme in audio format available; guide dogs welcome



免費網上節目  
Free Online Programme

▶ 無限亮網站免費播放  
Free screening available on  
No Limits website

24/3-21/4 (一 Mon - 一 Mon)

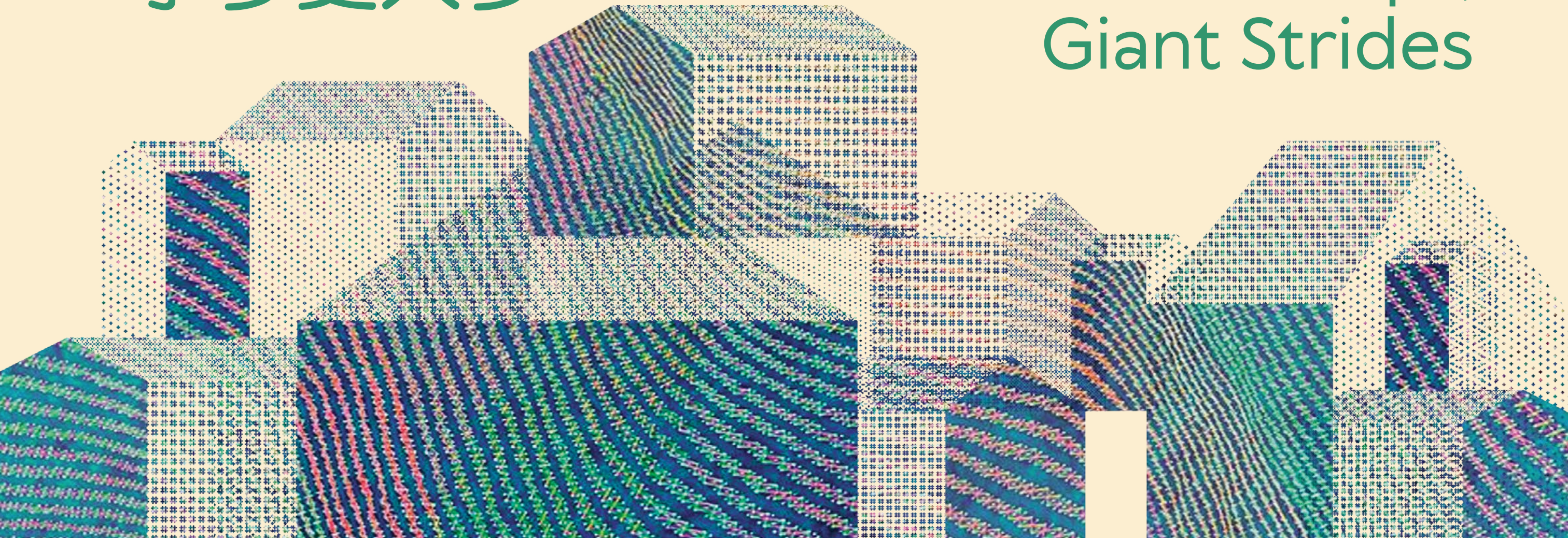
設中英文字幕及通達字幕、粵語及英語配音、粵語及英語口述影像、語音場刊

Subtitles and accessible captions in Chinese and English, dubbing in Chinese and English, audio description in Cantonese and English; house programme in audio format available



# 一小步更大步

# Small Steps, Giant Strides



今屆「無限亮」將推出一系列全新的教育及社區節目：「一小步更大步」，以培育未來共融藝術家為前題，銳意在社區中種下共融藝術的種子，為社區帶來多元又獨特的藝術體驗，展現不同能力人士的藝術潛力，並拓展公眾對共融藝術的認識和接觸機會。

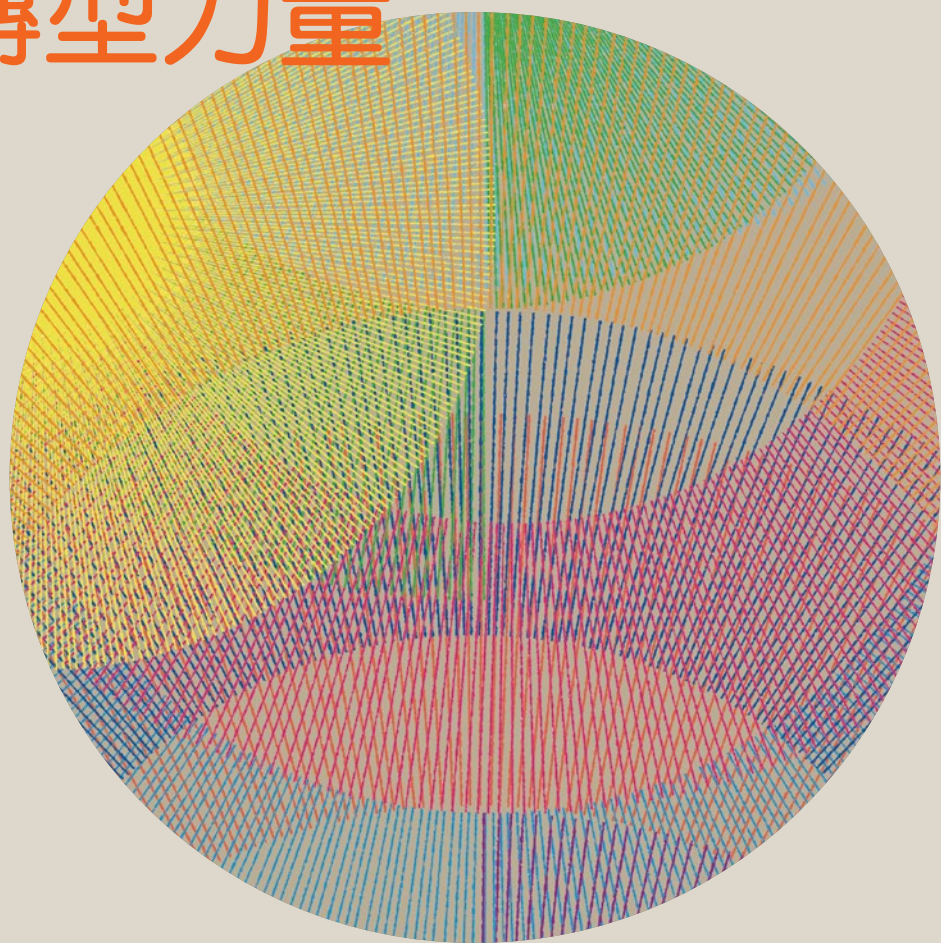
節目內容針對不同的社群，包括國際研討會、先導計劃、社區公眾展演及電影放映等等，以連繫各界持份者，促進業界及社區交流，推動教育與社區項目的長遠發展。節目將於大館的不同場地舉行，在這個古今交匯的藝術文化地標，以共融藝術連結社區，讓大家能更直接地欣賞和體驗不同能力的表演者的創意。詳情請參閱第 58 至 63 頁。

The seventh edition of No Limits will be presenting a new series of education and community programmes “Small Steps, Giant Strides” to highlight the transformative power of art through diverse perspectives and unique everyday experiences, helping to cultivate a deeper understanding and appreciation of the power that inclusivity brings to our communities, and to nurture the future generations of disabled artists. Programmes include an International Symposium, Pilot Creative Programme, Community Showcases and film screenings.

To encourage the public to understand, appreciate and experience the creativity of artists with different abilities, No Limits will stage these programmes at Tai Kwun, a cultural landmark featuring history and contemporary life. For details, please refer to page 58-63.

# 「無限亮」國際研討會

## 創新與共融在亞洲城市的轉型力量



### No Limits International Symposium

#### How Creative Considerations of Inclusivity Are Transforming Asian Cities

9/3 (日 SUN)

大館賽馬會立方JC Cube, Tai Kwun

10am - 6pm

(香港時間Hong Kong Time)

免費活動，須預先登記  
Free admission,  
registration required

有關詳細講者資料及活動流程，請留意「無限亮」網頁公佈。

For rundown and a full speakers list, please refer to the No Limits website.

2025「無限亮」將首次舉行國際研討會，專注探討創新的共融文化如何在亞洲城市製造影響。十多位來自亞洲的講者將從經濟發展、人文建築、城市文化及創意藝術角度出發，探討創新與共融的雙重影響力，如何使亞洲城市變得更多元、更具韌性及朝可持續方向發展。

此外，亞洲以外的講者亦加入討論，分享其實踐經驗，並探討如何與亞洲的倡議合作，發揮協作效應，以促成全球銳變。研討會將融合多元觀點，並邀請不同界別專業講者，共同展望亞洲未來，並提倡以創新方式，加強共融文化於國際社會的影響力。

來自日本及韓國的講者將分享共融經濟在亞洲創意產業的定位，而柬埔寨、馬來西亞和新加坡的社會企業家則會分享推動共融社會的挑戰與機遇；日本及韓國的代表會與觀眾分享通達建築的文化價值，還有多名來自香港、內地、澳洲及蘇格蘭的藝術人員，將探討共融藝術的社會影響力。

#### 現場節目 In-venue Programme

設廣東話、普通話及英語即時傳譯、香港手語傳譯，歡迎導盲犬

Simultaneous interpretation in Cantonese, Mandarin and English, and Hong Kong Sign Language Interpretation available; guide dogs welcome



No Limits 2025 is set to host an international symposium on 9 March 2025, focusing on the transformative impact of the power of creativity and inclusivity within Asian cities. More than ten speakers from Asia will explore the dual impact of innovation and inclusivity from the aspects of economic development, cultural architecture, urban culture; and creative arts; demonstrating how these elements reshape the Asian landscape to be more diverse, resilient, and sustainable.

Moreover, distinguished speakers apart from Asia will join the discussion to examine how different practices can collaborate with Asian initiatives to foster global transformation. The symposium will integrate diverse viewpoints and invite professionals from various sectors to collectively envision the future of Asia and advocate for innovative ways to enhance the impact of inclusivity on the international community.

Speakers from Japan and South Korea will share insights on the positioning of the inclusive economy within Asia's creative industries. Additionally, social entrepreneurs from Cambodia, Malaysia, and Singapore will discuss the challenges and opportunities in promoting an inclusive society; while representatives from Japan and South Korea will also share the cultural value of accessible architecture. Last, a number of arts practitioners from Hong Kong, mainland China, Australia, and Scotland will explore the social impact of inclusive arts.

#### 部份環節將於網上免費轉播，須預先登記

Part of the programme will be streamed online, free of charge, registration required

網上轉播設廣東話、普通話及英語即時傳譯、中英文即時字幕及香港手語傳譯

Simultaneous interpretation in Cantonese, Mandarin and English, live captions in Chinese and English and Hong Kong Sign Language Interpretation available for the live streaming session



# 「無限亮」 先導計劃

Sep 2024 - Mar 2025

No Limits  
Pilot Creative  
Programme

一年一度的「無限亮」先導計劃旨在打造一個無障礙的學習環境，讓不同能力人士共聚一堂，共同學習並透過實踐共融教學，探索表演藝術的無限可能。

因應本地社福機構及藝術業界的需要，今年先導計劃邀請到擁有豐富經驗的專業舞團英國坎多克舞蹈團（Candoco Dance Company）來港，於2024年10月主持為期兩週的導師培訓課程，為有戲劇及舞蹈背景的本地導師提供共融教學專業訓練，涵蓋理論與實踐，尤其為即興創作的技巧、共融舞蹈的編舞方法及教案設計提供專業指導。

經過兩週的密集培訓後，導師將會在各本地社區機構進行三個月的實習，為不同能力人士度身設計創作工作坊，以建立不同能力人士的自信、提升他們的身、心靈健康，及培育未來共融藝術家，並提供社區公眾展演\*的平台，讓導師們展示共融教學理論實踐的成果之餘，更讓不同能力人士以表演藝術向公眾展演他們的才能。

\* 社區公眾展演作為「一小步更大步」的節目，將於2025年1月及3月舉行，導師及參加者亦會分享從中的經驗和感受。

詳情請瀏覽「無限亮」網站，或與我們聯絡。

For more information, please contact us or visit the No Limits website.

The No Limits Pilot Creative Programme offers local secondary teachers of dance, drama or performance hands-on experience of incorporating inclusive practice into the classroom. The programme is conducted in collaboration with Candoco Dance Company, a world-leading, professional inclusive dance organisation based in the UK.

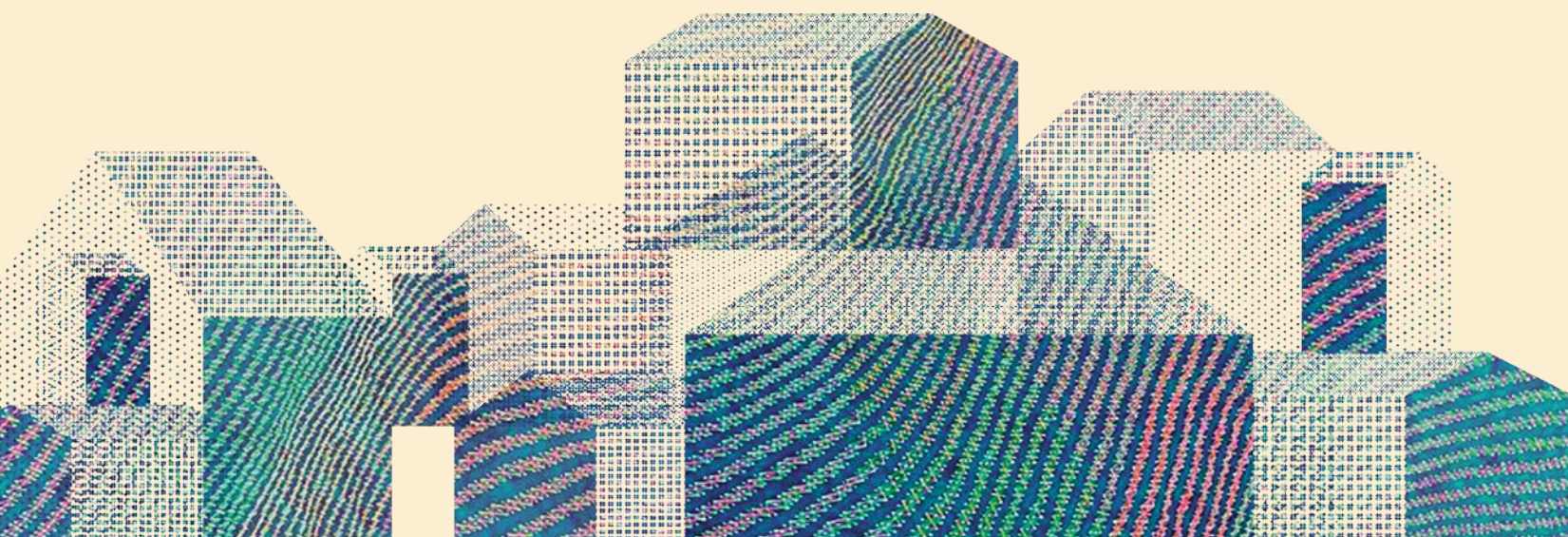
In October 2024, selected teachers join a two-week intensive training course on methodologies for inclusive teaching and performance practices led by members of Candoco Dance Company. Exploring new pedagogical approaches, participants gain the improvisational tools to work with disabled and non-disabled students, and learn how to develop and adapt teaching plans to their specific classroom needs.

After the training, teachers are offered hands-on experience working with people with disabilities at a local community centre. During this guided practicum, supported with virtual mentorship from Candoco Dance Company, teachers work with their students to co-create individual performance-based showcases about their experience. These showcases are presented to the public as part of the Jockey Club "No Limits" Education and Community Programme: Small Steps, Giant Strides\* at Tai Kwun in January and March 2025.



# 「無限亮」 社區公眾展演

## No Limits Community Showcases



大館洗衣場石階  
Laundry Steps, Tai Kwun

免費入場 Free admission  
無須登記 No registration required

11/1 (六 Sat) 2-3pm  
12/1 (日 Sun) 2-3pm  
8/3 (六 Sat) 2-3pm

節目包括展演及分享會。展演設粵語口述影像，分享會設香港手語傳譯，歡迎導盲犬。  
The programme includes performances and sharing sessions. Showcases: audio description in Cantonese available. Sharing sessions: Hong Kong Sign Language interpretation available; guide dogs welcome



今屆「無限亮」社區公眾展演與多個本地社區機構合作，銳意在社區中播下共融藝術的種子，為社區帶來多元又獨特的藝術體驗，節目分別於2024年10月、2025年1月及3月舉行。

2024年10月的展演《舞動心語 2.0》為「無限亮」策劃的視障人士共融舞蹈項目，《舞動心語》於2023年首次亮相，透過充滿創意的肢體動作和藝術表達，與大眾分享舞蹈的喜悅。

2025年1月及3月的展演為先導計劃的延伸，英國坎多克舞蹈團（Candoco Dance Company）為有戲劇及舞蹈背景的本地導師提供共融教學專業訓練，導師們在各本地社區機構進行三個月的實習，與不同能力人士進行一系列的創作工作坊，於展演期間展示共同學習的成果，並與公眾分享他們的經驗和感受。

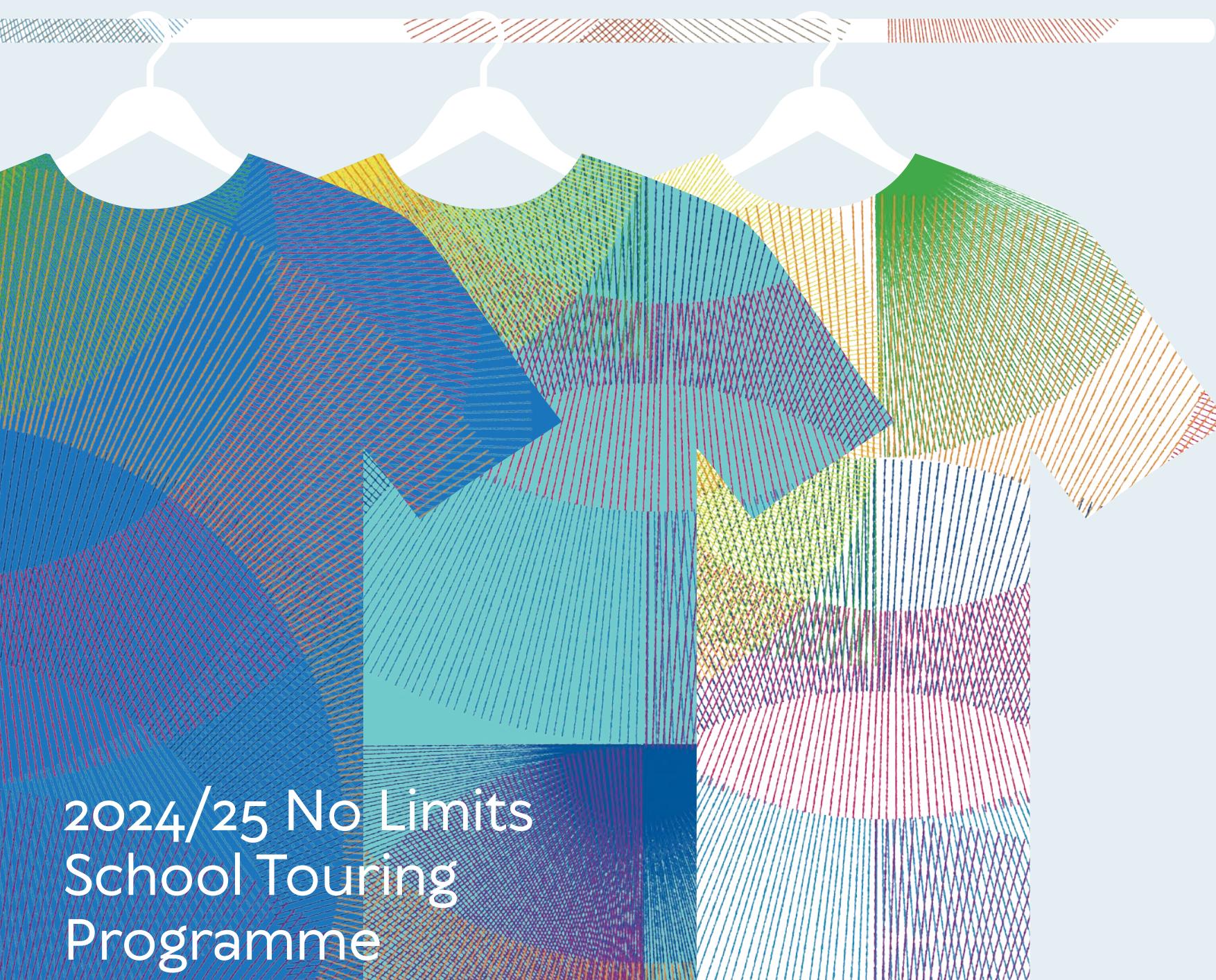
Between October 2024 and March 2025, No Limits 2025 presents a series of performance-based community showcases created collaboratively with differently abled participants of No Limits programmes and local organisations working with disabled communities in Hong Kong. These showcases cultivate a deeper understanding and appreciation of the richness that inclusivity brings to our communities.

In October 2024, the showcase presented performances created as part of The Story of Motion 2.0 – an inclusive dance project for people with visual impairments. In 2025 the performances are created as part of the No Limits Creative Pilot Programme with practice-based teacher training offered in collaboration with world-leading inclusive dance organisation Candoco Dance Company from the UK. The course offered local teachers of dance, drama or performance hands-on experience of working with disabled and non-disabled students and incorporating inclusive practices into their classes. The showcase performances were created collaboratively by the teachers and their students.

詳情請瀏覽「無限亮」網站，或與我們聯絡。

For more information, please contact us or visit the No Limits website.

# 2024/25 「無限亮」學校巡迴話劇演出 衫 X3 的故事



2024/25 No Limits  
School Touring  
Programme

## Three Design Tales

物色一件日常服裝，對一般人來說可能是尋常不過，但對於不同能力人士、照顧者及被照顧者，或是一個艱辛的過程。原來香港有一間製衣社、一位設計師、一群有心人，默默為有特別需要人士，設計及製作「無障礙服飾」，例如飲食圍巾、醫療收納配件，照顧他們不同的日常生活需要。每件衣裳背後都有獨特而鮮為人知的故事；每針每線之間，不單是布料的縫合，更是人與人之間不可或缺的聯繫。

今年的巡迴演出的創作概念取材自製作「無障礙服飾」的經驗，以三件設計服裝訴說三個獨特而寫實的故事，以細膩故事讓學生體會有特別需要人士的生活點滴，感受「無障礙服飾」蘊藏著的愛與關懷，傳遞共融的理念。

The No Limits School Touring Programme presents an interactive theatrical performance that encourages students to explore concepts of inclusion in everyday life and across different art forms.

The 2025 performance presents three stories about inclusive fashion and adaptive or barrier-free clothing through the perspectives of disabled individuals, their carers and family members, and clothing designers. In the first story, after an older relative is disabled by a stroke, his family come together to help him regain confidence by providing him with specially tailored items of clothing. In the second story, an artist befriends a wheelchair user who struggles with prejudices when trying to buy clothes in regular stores, and puts her in contact with a designer sensitive to the type of adaptive clothing she needs. In the last story, a designer of inclusive fashion explains how and why she started her business, who she wants to help, and what she hopes to achieve.

The production is inspired by the experience of Rhys Workshop, a Hong Kong-based company that produces barrier-free clothing for people with special needs, and provides employment support and training programmes for people with disabilities.

如對本活動有任何查詢，歡迎電郵 [outreach@nolimits.hk](mailto:outreach@nolimits.hk) 與我們聯絡。

Schools interested in having the production performed on site, please email [outreach@nolimits.hk](mailto:outreach@nolimits.hk).

# NO LIMITS PLUS 「無限亮」加料節目

觀眾除可欣賞精彩的演出外，更可透過免費加料節目，與藝術家接觸，深入了解各個演出背後的故事和創作理念，從而豐富想像與啟迪心靈。

No Limits PLUS offers a series of meet-the-artist sessions, artist-led workshops and an international symposium providing insight into issues of inclusivity, as well as the creative concepts, performance techniques and production and technical aspects of performances in the No Limits project.

詳情請瀏覽「無限亮」網站，或與我們聯絡。

For more information, please contact us or visit the No Limits website.

## 馬修·惠塔克《爵士快車》 Jazz Excellence by Matthew Whitaker

### 「爵士樂魔力」馬修·惠特克分享會 The Magic of Jazz – Artist Sharing with Matthew Whitaker

聆聽馬修·惠特克精彩的爵士生涯、促成他成功的動人故事以及作品背後的創作歷程等。這場包含鋼琴示範演奏的分享會，讓我們親身體驗爵士樂改變人心的力量。

Spend an evening with acclaimed jazz pianist Matthew Whitaker and discover his inspiring music journey and the magic that fuels his artistry. Through stories and live performances, Whitaker reveals the inspiration behind his compositions and creative process, and offers a unique exploration of the transformative power of jazz.

- 📍 日期和地點將稍後公布，請瀏覽網頁更新  
Date and venue to be announced later, please visit the website for updates
- 🗣️ 英語主講 Conducted in English
- 🇬🇧 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language
- 👉 須預先於「無限亮」網站登記 Online registration required at No Limits website

## 克萊兒·康寧漢《夤兒行》 Songs of the Wayfarer by Claire Cunningham

### 演後藝人談 Post-performance Meet-the-Artist Session | 7/3 (五 Fri) 8pm<sup>^</sup>

- 📍 西九文化區自由空間大盒 The Box, Freespace, WestK
- 🗣️ 英語主講 Conducted in English
- 🇬🇧 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language
- 🎫 須持有效門票 A valid ticket must be presented for admission

## 克萊兒·康寧漢《夤兒行》 Songs of the Wayfarer by Claire Cunningham

### 演前觸感導賞團 Pre-performance Touch Tour | 8/3 (六 Sat) 7pm

- 📍 西九文化區自由空間大盒大堂 Foyer, The Box, Freespace, WestK
- 🗣️ 英語主講 Conducted in English
- 🇬🇧 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language
- 👉 須預先於「無限亮」網站登記 Online registration required at No Limits website

### 「行行夤兒行」公眾工作坊 We Run Like Rivers – Workshop with Claire Cunningham | 11/3 (二 Tue)

知名舞蹈家康寧漢將與參加者分享不同肢體狀況人士接觸世界的獨特方式。以康寧漢及夤兒學者茱莉亞·沃特教授 2021 年共同創作的短篇語音創作系列《We Run Like Rivers》出發，引領參加者討論環境感知、肢體移動、身體特質及生活經驗之間的關係，從而獲得新的體悟。

「行行夤兒行」公眾工作坊開放給不同能力的人士參與，強調表達，需要參加者以開放的心態參與討論及分享。

What might we discover if we follow the lead of those who reach for the ground through crutches, or feel through wheels that trace the terrain like a trickle of water?

Join acclaimed performer and disabled choreographer Claire Cunningham to explore the ways in which different bodies and physicalities encounter the world, and what can be learned from Crip and disabled expertise. Using themes from Cunningham's audio work Source//Ground, created with Prof Julia Watts Belser as part of their audio series We Run Like Rivers, participants share their own ways of navigating the world and how this is affected by their bodies and lived experiences.

This workshop is open to anyone, with or without dance experience or disabilities. The audio work Source//Ground, and transcripts in English and Cantonese will be sent to participants in advance.

- 📍 時間和地點將稍後公布，請瀏覽網頁更新  
Time and venue to be announced later, please visit the website for updates
- 🗣️ 英語主講 The workshop is conducted in English
- 🇬🇧 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language
- 👉 須預先於「無限亮」網站登記 Online registration required at No Limits website

<sup>^</sup> 於演出後開始 The session will start after the performance

## 克萊兒·康寧漢《夫兒行》 Songs of the Wayfarer by Claire Cunningham

「教學、編舞與無障礙創作」專業工作坊  
Methodologies for Teaching, Choreography and  
Access – Workshop with Claire Cunningham

12/3 (三 Wed)  
8pm

在這個工作坊，康寧漢將分享她在表演與編舞實踐中的方法和理念，特別強調對意識、感知和自我的探討。參加者將探索自我、他人和環境的感知是如何透過動作、語言、寫作、觀看、聆聽和感受來塑造，以及如何受到差異性與多樣性的影響；亦會探討這些因素如何塑造及影響無障礙教學和編舞的實踐。歡迎不同能力和身體條件的專業舞蹈與戲劇藝術家參與。

In this workshop, Claire Cunningham shares the methods and concepts underpinning her performative and choreographic practices, with emphasis on aspects of awareness, perception and individuality. Participants investigate how perceptions of self, other and environment are informed and shaped by movement, language, writing, watching, listening and feeling, as well as difference and diversity, and how this can shape access methodologies in teaching and choreographic practice.

The workshop is open to professional dance and theatre artists of diverse physicalities and sensory modalities.

📍 地點將稍後公布，請瀏覽網頁更新

Venue to be announced later, please visit the website for updates

🗨️ 英語主講 Conducted in English

🗣️ 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language

👉 須預先於「無限亮」網站登記 Online registration required at No Limits website

## 拉米許·梅亞潘《愛難忘》 Love Beyond by Ramesh Meyyappan

演後藝人談  
Post-performance Meet-the-Artist Session

21/3 (五 Fri)  
7:30pm<sup>^</sup>

📍 上環文娛中心劇院 Theatre, Sheung Wan Civic Centre

🗨️ 英語主講 Conducted in English

🗣️ 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language

👉 須持有效門票 A valid ticket must be presented for admission

## 拉米許·梅亞潘《愛難忘》 Love Beyond by Ramesh Meyyappan

「視覺敘事與角色形體」工作坊  
Characters and Their Physicality -  
Workshop with Ramesh Meyyappan

23/3 (日 Sun)  
10am – 1pm

藝術家梅亞潘將帶領參加者探索戲劇的視覺語言和角色形體的可塑性，並以此作為基礎，探索如何運用視覺元素述故事，包括如何運用簡單動作和默劇手勢，創作及展示一個短篇故事。此外，還會探討身體動作和內心感受等微細特質如何協助塑造更立體的人物角色。

Join Ramesh Meyyappan to explore visual theatrical language and the idea of the physicality of characters. Using visual texts as a basis for exploration, participants consider the visual possibilities within storytelling and create a short visual narrative using choreographed movement and sign mime. The workshop also looks at how awareness of the body and movement can shape a character, and how nuances of thoughts and feelings are shown visually and physically.

劇場工作者優先 Theatre practitioners prioritised

📍 上環文娛中心排練廳 Rehearsal Hall, Sheung Wan Civic Centre

🗨️ 英國手語及英語主講 Conducted in British Sign Language and English

🗣️ 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language

👉 須預先於「無限亮」網站登記 Online registration required at No Limits website

## 趙紅程《請問最近的無障礙廁所在哪裏？》 Be Seen by Zhao Hongcheng

演後藝人談  
Post-performance Meet-the-Artist Session

14/3 (五 Fri)  
7:45pm<sup>^</sup>

📍 香港大會堂劇院 Theatre, Hong Kong City Hall

🗨️ 普通話主講 Conducted in Mandarin

🗣️ 粵語及香港手語傳譯  
Interpretation in Cantonese and Hong Kong Sign Language

👉 須持有效門票 A valid ticket must be presented for admission

15/3 (六 Sat)  
7:45pm<sup>^</sup>

演前導賞團 Pre-performance Guided Tour

15/3 (六 Sat)  
6:45pm

📍 香港大會堂劇院一樓大堂

Foyer, 1/F, Theatre, Hong Kong City Hall

🗨️ 普通話主講 Conducted in Mandarin

🗣️ 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language

👉 須預先於「無限亮」網站登記 Online registration required at No Limits website

<sup>^</sup> 於演出後開始 The session will start after the performance

## 趙紅程《請問最近的無障礙廁所在哪裏？》 Be Seen by Zhao Hongcheng

### 演前觸感導賞團 Pre-performance Touch Tour

16/3 (日 Sun)  
2pm

- 香港大會堂劇院一樓大堂  
Foyer, 1/F, Theatre, Hong Kong City Hall
- 普通話主講 Conducted in Mandarin
- 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language
- 須預先於「無限亮」網站登記 Online registration required at No Limits website

## 二高表演《躲貓貓》 Hide-and-Seek by ErGao Dance Production Group

### 演後藝人談 Post-performance Meet-the-Artist Session

14/3 (五 Fri)  
8pm<sup>^</sup>

- 大館 F 倉展室 F Hall Studio, Tai Kwun
- 普通話主講 Conducted in Mandarin
- 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language
- 須持有效門票 A valid ticket must be presented for admission

### 「每日動作」按摩與舞蹈工作坊 Massage Meets Dance – Movement Workshop

16/3 (日 Sun)  
3pm

創作過程中，二高與視障藝術家王澤宇攜手舉辦工作坊，讓多元社群透過舞蹈深入了解視障人士的日常生活。是次工作坊邀請香港觀眾，透過按摩與舞蹈建立互動與聯繫。

In this workshop, choreographer and performer ErGao and visually impaired artist Wang Ze Yu collaborate to help participants gain hands-on insight into the daily lives of visually impaired individuals. Using the gestures of massage and dance, participants are encouraged to connect, interact and explore through touch and feeling.

- 大館 F 倉展室 F Hall Studio, Tai Kwun
- 普通話主講 Conducted in Mandarin
- 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language
- 須預先於「無限亮」網站登記 Online registration required at No Limits website

<sup>^</sup> 於演出後開始 The session will start after the performance

## 鄧卓謙及露芙·蒙哥馬利《風與鍵之旅》鋼琴 × 長笛音樂會 Whispers of Wind and Keys: A Piano and Flute Concert by Anson Tang and Ruth Montgomery

### 「音樂探索家」兒童音樂工作坊 Music Adventures – Children's Workshop with Ruth Montgomery

30/3 (日 Sun)

蒙哥馬利透過圖畫、動作與觸覺，引領兒童沉浸在現場表演及古典音樂錄音，感受音樂的力量與節奏，經歷一次有趣的音樂探索。這次工作坊主題圍繞大自然，兒童將會體驗聲音與感受的連繫。

UK flautist Ruth Montgomery takes young participants on an engaging and playful musical journey, exploring music through drawing, movement and tactile experiences. Listening to live and pre-recorded classical pieces, participants dive into the energy and pace of various works, discussing how music makes them feel and move, and connecting sounds and sensations through natural themes.

適合 8-11 歲兒童參加 For children aged 8-11

- 時間和地點將稍後公布，請瀏覽網頁更新  
Time and venue to be announced later, please visit the website for updates
- 英國手語及英語主講 Conducted in British Sign Language and English
- 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language
- 須預先於「無限亮」網站登記 Online registration required at No Limits website

### 「看得見的音樂——從音樂到視覺表達」音樂工作坊 Sound to Sight: From Sound to Visual Expression - Workshop with Ruth Montgomery

30/3 (日 Sun)

蒙哥馬利鼓勵參與者在情感和智力上與音樂建立聯繫，探索視覺信息如何轉化為動作和感受，深入研究音樂形態，探索節奏、旋律及和弦三者如何融合。參與者將會以聽到的聲音進行共同創作，並以視覺切入探索音樂表達。

In this workshop, Ruth Montgomery encourages participants to connect emotionally and intellectually with music. Exploring how visual information translates into movement and feeling, participants examine the structure of musical pieces, and how rhythm, melody and harmony create a cohesive whole. Working together, they generate visual representations of the music they hear, and use these as a basis for exploration and expression.

適合 12 歲或以上人士參加 For participants aged 12 or above

- 時間和地點將稍後公布，請瀏覽網頁更新  
Time and venue to be announced later, please visit the website for updates
- 英國手語及英語主講 Conducted in British Sign Language and English
- 粵語及香港手語傳譯 Interpretation in Cantonese and Hong Kong Sign Language
- 須預先於「無限亮」網站登記 Online registration required at No Limits website

現場節目 In-venue Programmes		
21/2 五 FRI	3pm	《衫著一生》 In Touch We Trust P.38
22/2 六 SAT	3pm	
23/2 日 SUN	3pm	馬修·惠特克《爵士快車》 Jazz Excellence by Matthew Whitaker P.12
1/3 六 SAT	7:30pm	
2/3 日 SUN	3pm	
7/3 五 FRI	8pm	克萊兒·康寧漢《夫兒行》 Songs of the Wayfarer by Claire Cunningham P.18
8/3 六 SAT	8pm	
9/3 日 SUN	5pm	趙紅程《請問最近的無障礙廁所在哪裏?》 Be Seen by Zhao Hongcheng P.26
14/3 五 FRI	7:45pm	
15/3 六 SAT	7:45pm	
16/3 日 SUN	3pm	
20/3 四 THU	7:30pm	
21/3 五 FRI	7:30pm	拉米許·梅亞潘《愛難忘》 Love Beyond by Ramesh Meyyappan P.22
22/3 六 SAT	3pm, 7:30pm	
29/3 六 SAT	3pm	卓謙及露芙·蒙哥馬利《風與鍵之旅》 鋼琴 × 長笛音樂會

免費現場放映 In-venue Free Screening		
11/1 六 SAT	3pm	泰穆·尼基《尋情遇着鐵達尼》 The Blind Man Who Did Not Want to See Titanic by Teemu Nikki P.44
12/1 日 SUN	3pm	
8/3 六 SAT	4pm	羅斯·懷特及湯姆·伯克利《愛·義·難兄弟》 An Irish Goodbye by Ross White and Tom Berkeley P.48
9/3 日 SUN	3:15pm	
8/3 六 SAT	4:30pm	尼古拉斯·菲利伯特《塞納河上的心靈之舟》 On the Adamant by Nicolas Philibert P.52
9/3 日 SUN	3:45pm	
8/3 六 SAT	3:30pm	《躲貓貓》紀錄片 Hide-and-Seek Documentary P.30
	1:45pm	
9/3 日 SUN	2:15pm	帕特里克·波提喬《足球大將》 The Chameleons by Patrick Botticchio P.40

# Programme Calendar

## 節目時間表

- 香港大會堂音樂廳  
Concert Hall, Hong Kong City Hall
- 上環文娛中心劇院  
Theatre, Sheung Wan Civic Centre
- 西九文化區自由空間大盒  
The Box, Freespace, WestK
- 荃灣大會堂演奏廳  
Auditorium, Tsuen Wan Town Hall
- 香港大會堂劇院  
Theatre, Hong Kong City Hall
- 大館賽馬會立方  
JC Cube, Tai Kwun
- 大館洗衣場石階  
Laundry Steps, Tai Kwun
- 大館 F 倉展室  
F Hall Studio, Tai Kwun
- 大館檢閱廣場  
Parade Ground, Tai Kwun
- 網上 Online

10am-6pm	「無限亮」國際研討會「創新與共融在亞洲城市的轉型力量」 No Limits International Symposium "How Creative Considerations of Inclusivity Are Transforming Asian Cities" P.58
3pm, 8pm	二高表演《躲貓貓》 Hide-and-Seek by ErGao Dance Production Group P.30
3pm, 8pm	
11am	
	Whispers of Wind and Keys: A Piano and Flute Concert by Anson Tang and Ruth Montgomery P.34
免費網上節目 Free Online Programme	
	《躲貓貓》紀錄片 Hide-and-Seek Documentary P.30
24/3 — Mon	帕特里克·波提喬《足球大將》 The Chameleons by Patrick Botticchio P.40
19/5 — Mon	泰穆·尼基《尋情遇着鐵達尼》 The Blind Man Who Did Not Want to See Titanic by Teemu Nikki P.44
	羅斯·懷特及湯姆·伯克利《愛·義·難兄弟》 An Irish Goodbye by Ross White and Tom Berkeley P.48
24/3 — Mon	尼古拉斯·菲利伯特《塞納河上的心靈之舟》 On the Adamant by Nicolas Philibert P.52
21/4 — Mon	

# 藝術通達服務

藝術通達服務為不同能力人士提供相應的輔助，讓他們可無障礙地欣賞演出，推動社會共融。

「無限亮」提供的藝術通達服務包括\*：

## 口述影像

以言語描述影像，讓視障人士能夠掌握舞台上的視覺資訊，使整個觀賞體驗更立體。



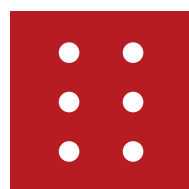
## 歡迎導盲犬

歡迎導盲犬陪同視障人士進入觀賞範圍。



## 點字場刊

透過點字或語音導讀場刊介紹節目資訊。



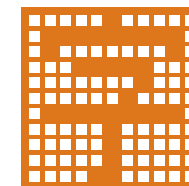
## 語音場刊

以語音格式介紹節目資訊。



## 通達字幕 (繁體中文)

利用文字描寫聲效和說話內容，讓聽障人士能夠掌握舞台上的聽覺資訊，有助投入現場氣氛。



## 劇場視形傳譯

在提供香港手語傳譯的同時，輔以符合戲劇角色的身體動作及面部表情，確保手語使用者不會錯過演員的重要動作及表情。



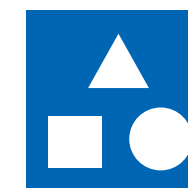
## 手語傳譯

提供即時香港手語傳譯，讓手語使用者能夠理解舞台上的說話內容。



## 簡易圖文版刊物

透過淺白的文字和圖片介紹節目資訊。



## 自在劇場

特意設計友善的觀賞環境，讓自閉特色、智力障礙及其他學習障礙人士能夠自在地享受演出。劇場內如燈光及音響等會作適當的調整，以緩和舞台效果帶來的感官刺激，亦容許觀眾在演出期間隨意進出劇場。劇場外更設有冷靜區，歡迎感到不安或不適的人士使用。



## 額外輪椅位

與場地特意安排，額外提供較一般演出為多的輪椅座位。



\* 每場「無限亮」節目均會提供不同的藝術通達服務，詳情請參閱相關節目的內頁。

# Arts Accessibility Services

The arts can be enjoyed in different ways and with all our senses. No Limits programmes\* offer a variety of accessibility services and facilities for people with disabilities:

Arts Accessibility Services provided by No Limits include\*:

## Audio Description

Narration of key visual information to help people with visual impairments understand and access non-audio content.



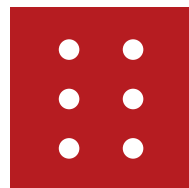
## Guide Dog Friendly

People with visual impairments are welcome to bring their guide dogs into the venues.



## Braille Booklet

Programme information provided in braille format.



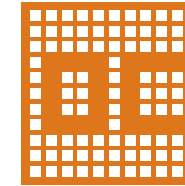
## Audio Booklet

Programme information provided in audio format.



## Accessible Captions (English)

Written description of speech and sounds to help people with hearing impairments understand and access the programmes.



## Hong Kong Sign Language Interpretation

On-site interpretation of the spoken elements of a performance in Hong Kong Sign Language.



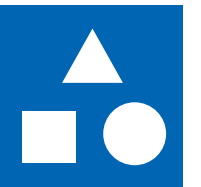
## Theatrical Interpretation

On-site translation of spoken elements of a performance in Hong Kong Sign Language, with additional expressive gestures and facial expressions to convey tone and character.



## Easy-to-Read Booklet

Programme information provided in simple language and pictures.



## Relaxed Performance

Performances designed for people who may find regular events daunting, with supportive and relaxed ambience, low lighting and sound, chill-out zones and a welcoming attitude towards noise and movement from the audience.



## Extra Wheelchair Seats

Extra wheelchair seats are available in venues.



\* Arts Accessibility Services offered by 2025 No Limits differ from programme to programme. Please refer to individual programme pages for details.



# BOOKING GUIDE

## 購票指南

「無限亮」2025 節目門票由 **11月22日** 起於城市售票網發售。顧客可透過以下途徑購票。

Tickets for No Limits 2025 programmes are available at URBTIX from **22 November** onwards. Tickets can be bought in the following ways.

### 城市售票網售票處\*：

所有節目均接受現金（限付港幣及只適用於售票處購票）、Visa 卡、萬事達卡、美國運通卡、銀聯卡、八達通、支付寶、微信支付及轉數快付款。

### 網上購票：

[www.urbtix.hk](http://www.urbtix.hk)

### 電話購票：

**3166 1288**

（每日上午十時至晚上八時）

### 流動購票應用程式：

**URBTIX**

如使用網上、流動購票應用程式或電話購票服務，手續費為每張門票港幣九元（手續費不設上限及退款）。

### 票務查詢：

**3166 1100**

（每日上午十時至晚上八時）

### Counter Booking\*：

Payment can be made in cash (Hong Kong dollars, applicable to counter booking only), by Visa, Mastercard, American Express, UnionPay, Octopus, Alipay, WeChat Pay and Faster Payment System for all events.

### Internet Booking:

[www.urbtix.hk](http://www.urbtix.hk)

### Telephone Booking:

**3166 1288** (10am–8pm daily)

### Mobile Ticketing App:

**URBTIX**

A service fee of HK\$9 per ticket is applicable for internet and telephone bookings, as well as bookings made via the mobile ticketing app (No upper limit, non-refundable).

### Ticketing Enquiry Hotline:

**3166 1100** (10am–8pm daily)

## \* 購票地點

📍 香港文化中心  
香港大會堂  
沙田大會堂

🕒 星期日至四上午 10 時至下午 6 時 30 分  
星期五至六上午 10 時至下午 8 時

📍 上環文娛中心  
伊利沙伯體育館  
香港體育館  
高山劇場  
牛池灣文娛中心  
北區大會堂  
屯門大會堂  
荃灣大會堂  
葵青劇院

🕒 每日上午 10 時至下午 6 時 30 分

售票處地點開放時間均以康樂及文化事務處網頁顯示之資料為準。

Ticketing outlet opening hours are for reference only.

For full details please visit the LCSD website.

## \*Outlets

📍 Hong Kong Cultural Centre  
Hong Kong City Hall  
Sha Tin Town Hall

🕒 Sun–Thu: 10am–6:30pm  
Fri–Sat: 10am–8pm

📍 Sheung Wan Civic Centre  
Queen Elizabeth Stadium  
Hong Kong Coliseum  
Ko Shan Theatre  
Ngau Chi Wan Civic Centre  
North District Town Hall  
Tuen Mun Town Hall  
Tsuen Wan Town Hall  
Kwai Tsing Theatre

🕒 10am–6:30pm daily

# Discount Schemes

## 優惠購票計劃

### 限時特別優惠

2024年11月22日上午10時至12月11日晚上11時59分

購買任何正價門票，可獲**八折優惠**。

### 全日制學生、殘疾人士及看護人、綜合社會保障援助受惠人士優惠

2024年11月22日上午10時起

全日制學生、殘疾人士及看護人、綜合社會保障援助受惠人士可獲**半價優惠**。六歲或以下兒童可同享全日制學生優惠。優惠票持有人入場時，必須出示可以證明身份或年齡的有效證件。

### 團體購票優惠

2024年12月12日0時0分起

每次購買四至九張同一節目的正價門票，可獲**九折優惠**；

每次購買十張或以上同一節目的正價門票，可獲**八折優惠**。

### 套票優惠

2024年12月12日0時0分起

每次購買二至三場不同節目的正價門票，可獲**九折優惠**；

每次購買四場或以上不同節目的正價門票，可獲**八折優惠**。

### Limited Time Offer

22 November 2024, 10am - 11 December 2024, 11:59pm

**20% discount** on all full-price tickets.

### Concessions

Starting from 22 November 2024, 10am

**Half-price tickets** are available for full-time students, people with disabilities and a companion, and Comprehensive Social Security Assistance (CSSA) recipients. Discounts for full-time students are also applicable to children aged 6 and under. Concessionary ticket holders must produce evidence of their identity or age upon admission.

### Group Discounts

Starting from 12 December 2024, 00:00am

**10% discount** on purchases of 4-9 full-price tickets for the same programme.

**20% discount** on purchases of 10 or more full-price tickets for the same programme.

### Package Discounts

Starting from 12 December 2024, 00:00am

**10% discount** on purchases of 2-3 full-price tickets for multiple programmes.

**20% discount** on purchases of 4 or more full-price tickets for multiple programmes.

### 備註

- 購買每張門票，只可享用以上其中一種購票優惠，請於購票時通知票務人員。
- 顧客每購買一張殘疾人士優惠門票，即可同時以相同優惠購買一張門票予陪同者。
- 每張門票折扣後的票價將計算至個位數，不足港幣一元亦作一元計算。
- 每票只限一人進場。
- 觀眾務請準時入場，遲到人士須待適當時候或中場休息方可進場。
- 如遇特殊情況，主辦機構保留更改表演者及節目的權利。
- 香港賽馬會慈善信託基金、香港賽馬會、其各自關聯公司或任何參與彙編此載內容或與彙編此載內容有關的第三方（統稱「馬會各方」）皆無就內容是否準確、適時或完整或使用內容所得之結果作任何明示或隱含的保證或聲明。任何情況下，馬會各方皆不會對任何人或法律實體因此載內容而作出或沒有作出的任何行為負上任何法律責任。

### Special Notes

- Only one discount scheme can be applied for the purchase of each ticket. Please inform the box-office staff at the time of purchase.
- Wheelchair users and people with disabilities may purchase an additional ticket for a companion at the same concession rate.
- The price of each discounted ticket will be rounded up to the nearest dollar.
- One ticket per person regardless of age.
- Audiences are strongly advised to arrive punctually. Latecomers will only be admitted during the interval or at a suitable break.
- The presenter reserves the right to substitute artists and change programmes should unavoidable circumstances make it necessary.
- None of The Hong Kong Jockey Club Charities Trust, The Hong Kong Jockey Club, their respective affiliates or any other person involved in or related to the compilation of the contents herein (collectively, "the HKJC Parties") makes any express or implied warranties or representations with respect to the accuracy, timeliness or completeness of the contents or as to the results that may be obtained by the use thereof. In no event shall any HKJC Party have any liability of any kind to any person or entity arising from or related to any actions taken or not taken as a result of any of the contents herein.

### 「無限亮」查詢熱線

No Limits enquiry hotline and WhatsApp

📞 2828 4949

(星期一至五：上午九時半至下午一時，下午二時至六時半，星期六、日及公眾假期休息 Monday-Friday: 9:30am-1:00pm, 2:00pm-6:30pm, closed on Saturdays, Sundays and public holidays)

# Venue Guide

## 場地指南

### 香港大會堂 Hong Kong City Hall

- 香港中環愛丁堡廣場 5 號  
5 Edinburgh Place, Central, Hong Kong
- 2921 2840

### 西九文化區自由空間 Freespace, WestK

- 九龍尖沙咀西九文化區博物館道 18 號  
West Kowloon Cultural District, 18 Museum Drive, Tsim Sha Tsui
- 2200 0217

### 大館 Tai Kwun

- 香港中環荷李活道 10 號  
10 Hollywood Road, Central, Hong Kong
- 3559 2600

### 上環文娛中心 Sheung Wan Civic Centre

- 上環皇后大道中 345 號上環市政大廈 5 樓  
5/F, Sheung Wan Municipal Services Building,  
345 Queen's Road Central, Hong Kong
- 2853 2689

### 荃灣大會堂 Tsuen Wan Town Hall

- 新界荃灣大河道 72 號  
72 Tai Ho Road, Tsuen Wan, New Territories
- 2414 0144

香港展能藝術會於1986年成立為非牟利慈善團體，是Access/VSA國際網絡2024和香港社會服務聯會成員。本會秉承「藝術同參與·傷健共展能」的宗旨，深信每個人都有創作藝術的潛能和欣賞藝術的基本權利。香港展能藝術會是本地唯一全方位開拓展能藝術的機構，致力推動平等機會，讓殘疾人士參與藝術活動，發展藝術才能，並倡導透過藝術建立共融的社會。



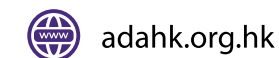
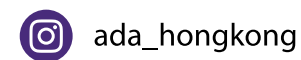
Arts with the Disabled Association Hong Kong (ADAHK) has been established as a non-profit and charitable organisation since 1986. The Association is a member of the Access/VSA International Network 2024 and The Hong Kong Council of Social Service. With the vision of 'Arts are for Everyone,' ADAHK believes that everyone has the potential and talent for creativity and the right to enjoy the beauty and vitality of the arts. We are dedicated to providing holistic services to support the arts development amongst people with disabilities. We promote equal opportunities for people with disabilities to have access to and excel in the arts and advocate for an inclusive society through the arts.

#### 工作重點 Our Focus

- 普及藝術 Broad-based Arts Service
- 藝術教育 Arts Education
- 專業發展 Professional Development
- 藝術通達 Arts Accessibility



- 推廣共融 Social Inclusion
- 社會企業 Social Enterprise
- 國際網絡 International Network
- 積極倡議 Advocacy



# Plus

## MORE THAN 演出內外 更見精采 GREAT PERFORMANCES

53<sup>rd</sup> 香港藝術節  
HK ARTS FESTIVAL  
2025

香港藝術節遠不止於舞台演出。「加料節目」每年為觀眾提供更多角度和渠道，深入了解作品及藝術家的創作點滴。

除了展覽、大師班、工作坊、後台參觀、演後藝人談和演前講座，本屆的精采活動還有：向大師及經典致敬的系列電影放映、與觀眾互動的現場演出，以及探討環境保護議題的本地深度遊，讓藝術更走近大眾。

The PLUS programmes are aimed at broadening the Arts Festival experience, providing audiences with different angles and options every year to learn more about the artists and their works.

In addition to exhibitions, masterclasses, workshops, backstage tours, post-performance meet-the-artist sessions and pre-performance talks, this year's highlights include: a series of film screenings that pay tribute to masters and classics, live performances with audience interaction, and local tours that address environmental issues, bringing art closer to the public.

### 賽馬會創藝科媒系列：《真·幻境界》——藝術科技工作坊 Jockey Club InnoArts Series: *No reality now* – Arts Technology Workshop

報名日期 Application Period: 10 - 12月, 2024 | 工作坊 Workshop: 3月, 2025

來自法國的創作團隊將帶領為期三天的工作坊，旨在推動香港的創新藝術科技表演發展。

This three-day workshop led by the key creative personnel behind *No reality now* from France will provide engagement with innovative art forms.

### 深度遊：海岸漫步 Marine Life Tour

沿着香港海岸漫步，走進物種多樣的紅樹林。參與DIY工作坊，把紀念品帶回家，同時認識充滿活力的海洋生態。

Join us for a coastal walk into Hong Kong's mangrove forests. Take part in a DIY workshop and bring home a souvenir while gaining knowledge about the city's vibrant marine ecology.

### 芭蕾舞大師雷里耶夫 The Legacy of Rudolf Nureyev

參加展覽、芭蕾舞大師班及藝術家分享等活動，探索雷里耶夫從舞者到編舞的非凡成就。

Explore the extraordinary achievements of Rudolf Nureyev from dancer to choreographer through an exhibition, a ballet masterclass and artist talks.

發掘更多  
Discover More



53<sup>rd</sup> 香港藝術節  
HK ARTS FESTIVAL  
2025

SUPPORT US

## 請支持您的藝術節！ Become a Supporter of Your Festival!

香港藝術節是一所非牟利機構，單憑票房收入及政府基本資助，遠遠未足以應付呈獻及推廣世界各地頂尖表演藝術的成本。藝術節之所以能持續舉辦，捐助者的慷慨支持實在功不可沒。誠意邀請您捐助**藝術節捐助計劃**，協助我們繼續帶來高質素國際及本地藝術家精采的演出，以及舉辦多元化的外展及教育活動。

香港藝術節是香港特區政府的「藝術發展配對資助計劃」受惠機構，部份籌得的捐款及贊助收入將獲一元對一元的配對資助。\*

無論捐贈數額多少，我們均衷心感謝您的支持！

The Hong Kong Arts Festival is a non-profit organisation. Income from ticket sales and government baseline funding can only partially cover the Festival's costs for presenting and promoting the best performing arts from around the world. The Festival can only continue its work thanks to the generous support of its donors. Please support the **Festival Donation Scheme** so we can continue to present world-class international and local artists as well as offering diverse outreach and education activities.

Hong Kong Arts Festival is a recipient of the HKSAR Government's Art Development Matching Grants Scheme. Part of the Festival's sponsorship and donation income will benefit from a dollar-for-dollar match by the Government.\*

Donations of any amount will make a difference, and are greatly appreciated!

\*須受「藝術發展配對資助計劃」之條款及細則約束。Subject to conditions of the Government's Art Development Matching Grants Scheme.



### 網上捐款

ONLINE DONATION  
<http://go.hkaf.org/give>

查詢 Enquiries:

[dev@hkaf.org](mailto:dev@hkaf.org)  
2828 4911/12

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The  
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# limits

節目指南

Programme Guide

無限亮

2025 NoLIMITS

Inclusiveness through the Arts 以藝術共融

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nolimits.hk