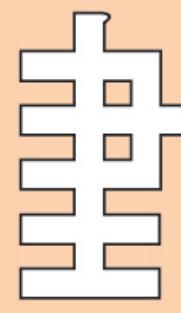
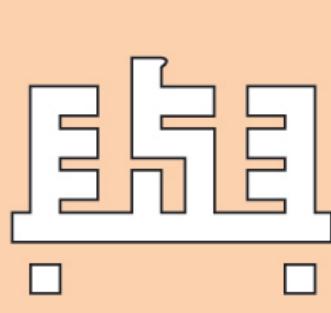


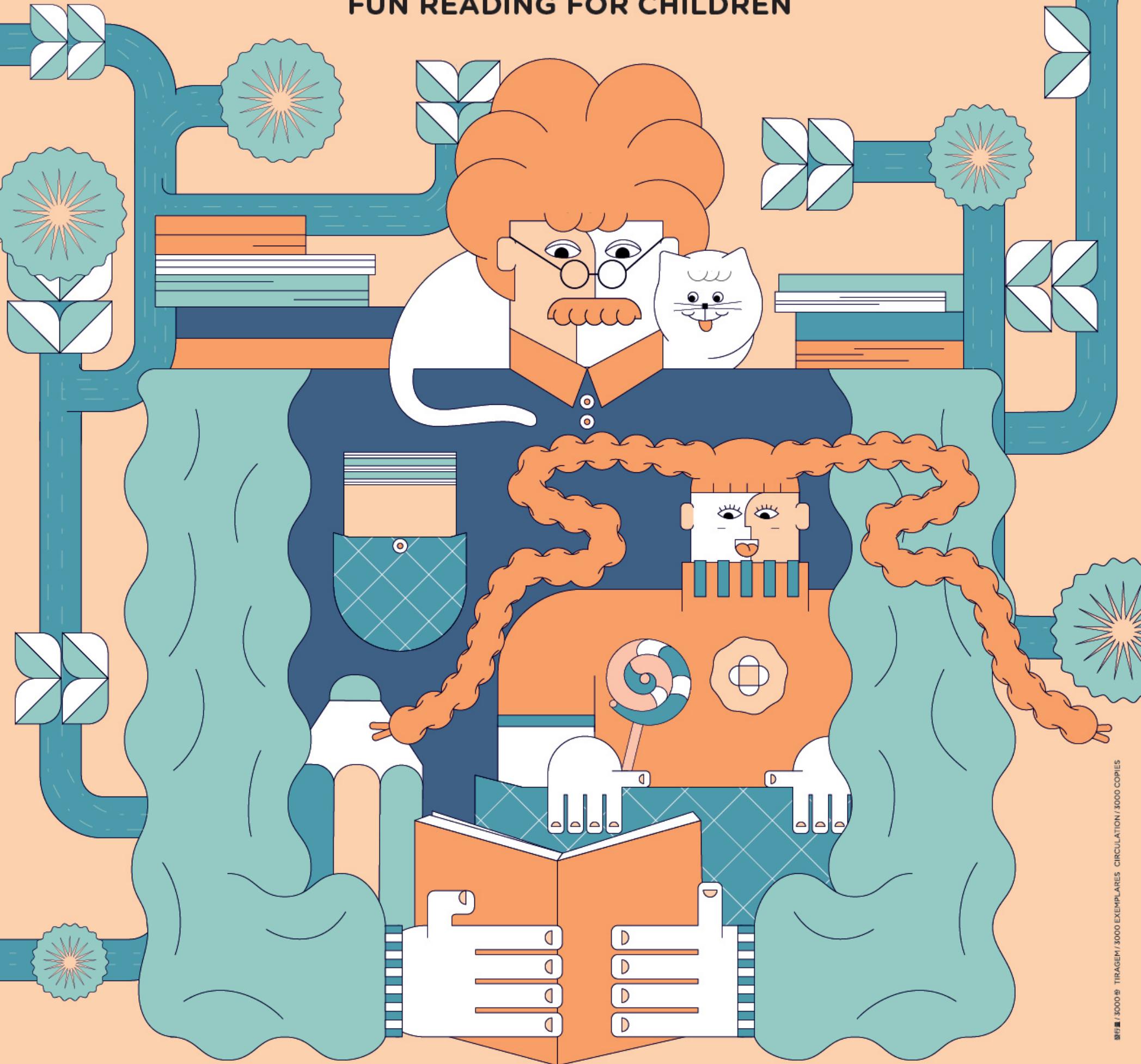
OS LIVROS E A CIDADE
BOOKS AND THE CITY



ISSUE
25

童 讀 同 樂

LEITURA DIVERTIDA PARA CRIANÇAS
FUN READING FOR CHILDREN



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- 冬天給我們的感覺，可能是蕭索而孤寂的。但南方的冬末春始，尤其是步過2020年種種考驗的這一個冬天，卻流淌出一股不一樣的暖意。想起了王安石的詩《梅花》，“牆角數枝梅，凌寒獨自開。遙知不是雪，為有暗香來”，梅花那種面對困境不屈不撓，默默等待春天的決心，相信已根植在所有全心抗疫重振澳門經濟的市民心中。

當你為了恢復昔日澳門面孔全力衝刺奔跑之時，是否有忽略了身邊的人和事？有沒有想過，透過親子共讀的活動，就能簡單而有效地架起兩代人的溝通橋樑，讓家庭關係變得更好？本期《城與書》專題，將以“童讀同樂”為題，探討澳門兒童閱讀素養培育的課題，透過從事相關工作的社團及教育界專業人士之口，我們將更了解澳門親子閱讀及兒童閱讀市場發展的現狀。

“作者說”欄目專訪了《在我還未出生時，她和她的衣車故事》一書的創作團隊，出版紀實類圖書，風盒子社區藝術發展協會已不是第一次，但這次卻更像是要挑戰出版一本2.0時代的口述歷史書；“圖書館手冊”介紹了“館藏外文報刊資料庫”，想有充分談資去談古論今，便要懂得好好利用這個資料庫；“圖書館人”的主角，是很多人壓根不知其存在的鏡湖護理學院圖書館工作人員，作為澳門“神秘圖書館”系列的一員，他們究竟有多神秘呀？以上問題，翻開本期館訊，都能一一覓得答案。

最後，在新舊交替之際，讓我們一起許個願：希望2021年，無論是澳門還是世界，都會因閱讀而變得更美好。

- O Inverno pode dar-nos uma impressão de desolação e solidão. No entanto, o Inverno no Sul, especialmente depois de enfrentarmos inúmeros desafios em 2020, emana uma onda invulgar de calor. Isso lembra-nos o poema Desabrochar das Ameixeiras de Wang Anshi: "Várias ameixas ao redor da muralha dão um espetáculo. São as únicas que florescem no frio intenso. Eu sei à distância que não são neve. Pois o seu leve perfume encontra o caminho até ao meu nariz." Acreditamos que a mesma determinação que uma flor de ameixa mostra ao persistir em tempos difíceis e espera calmamente pela chegada da Primavera, já se enraizou no coração das pessoas de Macau, que fizeram todos os seus esforços para lutar contra a epidemia de Covid-19 e reanimar a economia local.

Negligenciou pessoas ou coisas enquanto se dedicou a restabelecer a velha face de Macau? Já pensou nas atividades de leitura em família como um meio simples e eficaz de unir duas gerações e melhorar os relacionamentos familiares? Com o tema “Leitura Divertida para Crianças”, a secção “Recuso” deste número analisa o cultivo da cultura da leitura entre as crianças de Macau, pela qual podemos obter uma melhor compreensão de como a leitura em família e o seu mercado estão a ser desenvolvidos na cidade por iniciados que trabalham em associações relevantes e em círculos educacionais.

A secção “Fala o Autor” apresenta uma entrevista com a equipa criativa responsável pelo livro História das Trabalhadoras da Indústria de Vestuário de Macau. Não é o primeiro livro documentário que a Associação de Desenvolvimento Comunitário Artistry of Wind Box já publicou, mas desta vez é mais como um desafio de publicar um livro de história oral na “era 2.0”. O “Manual da Biblioteca” apresenta a Base de Dados da Coleção de Periódicos de Línguas Estrangeiras, uma base de dados da qual deve fazer bom uso se quiser enriquecer e exhibir o seu conhecimento sobre o passado e o presente. “Retrato da Biblioteca” apresenta os funcionários da Biblioteca do Instituto de Enfermagem Kiang Wu de Macau, uma biblioteca que muitas pessoas desconhecem. Que misterioso! Você encontrará todas as respostas nesta edição de Os Livros e a Cidade.

Por último, mas não de menor importância, façamos juntos um desejo na transição entre o antigo e o novo: que a leitura torne Macau um lugar melhor e crie um mundo melhor em 2021.

- Winter may give us an impression of desolation and solitude. However, winter in the south, especially after facing numerous challenges in 2020, exudes an unusual wave of warmth. This reminds us of the poem 'Plum Blossoms' by Wang Anshi: 'Several plum trees around the wall put on a show./ They are the only ones blooming in the bitter cold./ I know from the distance they are not snow./ For their faint fragrance finds its way to my nose.' We believe that the same determination that a plum blossom shows as it persists in difficult times, and quietly waits for spring to come has already been rooted in the hearts of Macao people, who have made their every effort in fighting against the Covid-19 epidemic, and reviving the local economy.

Have you neglected people or things around while you devoted yourself to bring back the old face of Macao? Have you ever thought of family reading activities as a simple and effective way to connect two generations and enhance family relationships? Under the theme of ‘Fun Reading for Children’, the ‘Feature’ section of this issue looks into the cultivation of reading culture among children in Macao, in which we can gain a better understanding of how family reading, and its market are being developed in the city from insiders working in relevant associations and in educational circles.

The ‘Author’s Say’ section features an interview with the creative team behind the book *Story of Women Workers in Macau Garment Industry*. It is not the first documentary book that the Artistry of Wind Box Community Development Association has ever published, but this time it is more like a challenge of publishing an oral history book in the ‘2.0 era’. ‘Library Handbook’ introduces the Database of Foreign Language Periodicals Collection, a database that you should make good use of, if you want to enrich and display your knowledge of the past and the present. ‘Library Portrait’ features the staff working at the Kiang Wu Nursing College of Macau Library, a library which is unknown to many people. How mysterious! You will find all the answers in this issue of *Books and the City*.

Last but not least, let us make a wish together in the transition between the old and the new: may reading make Macao a better place, and create a better world in 2021.



編輯出版: 澳門特別行政區政府文化局公共圖書館管理處
Edição e Publicação: Departamento de Gestão de Bibliotecas Públicas do Instituto Cultural do Governo da R.A.E. de Macau
美術設計: a one and a two design
Designer: a one and a two design
頭像插畫: 鄭潔
Columnist illustration: bo@IOUTAKBUT

印制: 印造天下
Printing: Print All the World Company Limited.

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Produção
Producer
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ISSN 2313-772X (紙本)
ISSN 2520-792X (PDF)



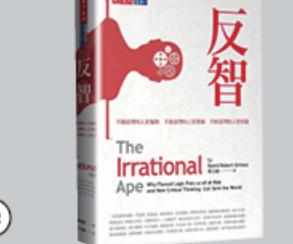
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• 作者/繪者: 珍·蒙特 (Jane Mount)
• 譯者: 徐曉楓
• 出版社: 朱雀
• 出版年份: 2020



反智: 不願說理的人是偏執，不會說理的人是愚蠢，不敢說理的人是奴隸

• 作者: 戴倫·葛瑞斯 (David Robert Grimes)
• 譯者: 楊玉齡
• 出版社: 天下文化
• 出版年份: 2020



給孩子的電影

本書由著名電影學者戴錦華編著，她帶領一批不同背景的學者、學生首度以“孩子”為書寫對象。秉持年幼不等於低智的原則，跳脫所謂“兒童片”框架，利用電影作為文化記憶的特性，從電影史的時間概念出發，挑選來自不同時期、地區，且藝術表現有高度成就的50部電影，提供家長帶領孩子欣賞的門路，藉此延續與未來世代的連結。



雪花蓮的慶典

• 作者: 赫拉巴爾 (Bohumil Hrabal)
• 譯者: 徐偉珠
• 出版社: 大塊文化
• 出版年份: 2020

捷克著名作家赫拉巴爾經歷過政治壓迫的批評以及早年作品遭禁，1966年起隱居克爾斯林區，埋首寫出多部生平鉅作，類似日記的《雪花蓮的慶典》寫於1978年，一方面以他獨有的幽默諷刺，刻劃鄉下村民的日常，並將自己寫成書中人物，微妙捕捉當時的創作歷程。視覺性強烈的描述與草根生動的對話，同時呈現生命的美與殘酷，亦觸及人活着總無法避免的道德模糊界限。



Shopping Design: Café嗜啡者
• 出版社: Business Next Media Corp
• 出版週期: 季刊

書寫Café的專業雜誌很多，但是純粹從創意設計角度出發去書寫的Café特刊，可遇不可求。台灣老牌消費設計雜誌 Shopping Design在今年三月號就推出了“Café嗜啡者”特刊，從台北永康街的“深宵咖啡”Yaboo，到老派咖啡館“明星西點”，再到咖啡館選店址的學問，更貼心地為讀者準備了六大主題的台灣咖啡地圖，最後還不忘在線下舉辦了延伸性的咖啡創業主題Café Talk活動，全方位用咖啡包圍嗜啡者的閱讀神經。



數位狂潮下的群眾危機

• 作者: 韓炳哲 (Byung-Chul Han)
• 譯者: 王聖智
• 出版社: 一行
• 出版年份: 2020



定見之外: 生活日常的哲學短篇

• 作者: 郭柏年
• 出版社: 牛津大學
• 出版年份: 2020



千日千夜 (About Endlessness)

• 導演: 洛伊安德森 (Roy Andersson)
• 發行公司: 東異
• 發行年份: 2020



Traveling Coffee

• 演出者: 陳漢聰 (Hon Chong Chan)
• 發行公司: 4daz-le Records
• 發行年份: 2020

童讀同樂 LEITURA DIVERTIDA PARA CRIANÇAS FUN READING FOR CHILDREN



我們常說培養閱讀習慣要從小開始，但到底是從多小開始呢？又該從甚麼讀起呢？作為最重要、最普遍的社會教育機構之一的公共圖書館承擔着閱讀資源組織者與實施者的角色，除了提供舒適的閱讀空間以及豐富的圖書資源以外，更重要的是推出創新閱讀服務模式以及與學校或相關兒童團體進行多邊合作¹，把澳門本地有限的優質資源最大化，與更多讀者共享。這一期《城與書》邀請了多位曾與澳門公共圖書館合作的兒童閱讀推廣人和大家分享如何培養兒童的悅讀習慣。

¹ 註1：陳遠清，〈公共圖書館在兒童閱讀推廣中的功能與策略〉，《赤子》，2017年5月刊總第419期，第181頁。

É comum dizer-se que os hábitos de leitura devem ser cultivados desde cedo. No entanto, com que idade devemos começar? O que devemos ler para começar? A Biblioteca Pública de Macau, uma das instituições sociais e educativas mais importantes e acessíveis da cidade, desempenha um papel fundamental na organização e distribuição de recursos de leitura. Para além de proporcionar um ambiente de leitura acolhedor e um extenso catálogo, a Biblioteca atribui uma grande importância à promoção de serviços de leitura inovadores e da colaboração com instituições de ensino e associações infantis relevantes¹, procurando optimizar os recursos de Macau – limitados, mas de qualidade – e partilhar os mesmos com um maior número de leitores. Nesta edição de *Os Livros e a Cidade*, convidámos várias figuras que se dedicam a promover a leitura junto das crianças e trabalham neste âmbito com a Biblioteca, a fim de partilharem connosco as melhores formas de cultivar o prazer da leitura.

¹ Nota 1: Chen, Y.Q. (Maio de 2017). 'A Função e Estratégia da Biblioteca Pública na Promoção da Leitura das Crianças'. *Revista Chizzi*, n.º 419, p. 181.

We always say that the habit of reading should be cultivated at an early age. However, at what age should we start? What should we read as a beginner? The Macao Public Library, one of the most important and accessible social and educational institutions in the city, is instrumental in the role of organizing and allocating reading resources. In addition to providing a cosy reading environment and an extensive library catalogue, the Library also attaches great importance to launching innovative reading services and fostering collaborations with educational institutions and relevant children's associations¹, seeking to optimize the limited, yet quality resources in Macao and share them with more readers. In this issue, *Books and the City* has invited several guests who are dedicated to promoting reading among children, and have worked with the Library in this regard to share with us how the enjoyable habit of reading should be cultivated.

¹ Note 1: Chen, Y. Q. (May 2017). 'Public Library's Function and Strategy in Promoting Reading among Children'. *Spiritual Leaders*, 419, 181.

悅讀從0歲開始 LER COM PRAZER DESDE O NASCIMENTO FUN READING FROM BIRTH

很多人覺得兒童閱讀肯定是3歲以上起跳，實際上0-3歲的嬰兒已具備閱讀條件了，悅閱星球協會是致力在澳門推廣親子閱讀的活躍社團之一，同時，也是少見的成功舉辦多次嬰兒閱讀親子活動的組織。

É comum pensar-se que as crianças devem começar a ler somente após os três anos de idade, mas, na verdade, os bebés entre os 0 e os 3 anos já podem começar a desenvolver as suas competências de leitura. A "Happy Reading Planet Association" é uma associação dedicada à promoção da leitura de pais para filhos em Macau, tendo já realizado com sucesso várias actividades de leitura para bebés, muito raras em Macau.

Many people think children should start to read only after they turn three years old, but in fact, babies can start to develop their reading skills between the age of 0 to 3. Happy Reading Planet Association is one of the active associations committed to promoting parent-child reading in Macao. They have also successfully held many baby reading activities, which is a rarely seen scenario in Macao.



悅閱星球會長金金（左）及副會長Cindy（右）
Presidente Kamin Leong (à esquerda) e vice-presidente Cindy Chow (à direita) da "Happy Reading Planet Association"
President Kamin Leong (left) and vice-president Cindy Chow (right) from Happy Reading Planet Association

悅閱星球協會成立於2018年，由金金會長和Cindy副會長一手創辦，成員多為教育工作者。短短兩年時間，透過和澳門公共圖書館合作舉辦“大手小手玩繪本”和“書香伴成長”兩個活動圈粉無數。其中主打0-3歲親子閱讀的“大手小手玩繪本”更是每場報名人數遠遠多於實際參與人數，足見這個年齡段的嬰兒親子閱讀需求是本地兒童閱讀的一個缺口。“大手小手玩繪本”選書特別，Cindy舉了兩個例子——《好忙的蜘蛛》和《小黃點》，這兩本書都是立體書，前者主要通過重複的場景和對話，讓嬰兒學習語言；後者是一本在法蘭克福與波隆納國際書展引起熱議的低齡幼兒感官訓練書，透過家長和嬰幼兒共同在前一頁給出指令，又在下一頁得到答案的變魔術形式，讓小小嬰兒也能感受閱讀的樂趣。“書香伴成長”則是澳門公共圖書館舉辦多年的招牌活動之一，每月均有不同主題，主要面向4-7歲的家長和孩子，今年活動主要以多種形式對繪本進行導讀。

兩位創辦人認為創辦社團的初衷，是希望平日忙於工作生活的家長能騰出時間，成為孩子的陪伴者，讓孩子從小喜歡上閱讀，這可以說是作為家長，送給孩子的一份美好的終身禮物。



大手小手玩繪本
Leitura de Livros Ilustrados com a Família
Fun Picture Book Reading with Family



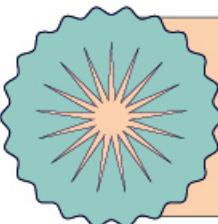
A "Happy Reading Planet Association" foi fundada pela presidente Kamin Leong e pela vice-presidente Cindy Chow em 2018, sendo a maioria dos membros provenientes do meio educativo. Em apenas dois anos, a associação co-organizou com a Biblioteca Pública de Macau as actividades "Leitura de Livros Ilustrados com a Família" e "A Leitura Promove o Crescimento", conquistando inúmeros fãs. Todas as sessões de "Leitura de Livros Ilustrados com a Família", direcionadas para bebés dos 0 aos 3 anos de idade, esgotaram, indicando a falta de actividades de leitura em família para bebés dos 0 aos 3 anos na cidade. A actividade, explica Cindy Chow, contou com uma seleção especial de livros "pop-up". *A Aranha Atarefada e Carrega Aqui* – o primeiro destina-se a facilitar a capacidade de aprendizagem linguística dos bebés por meio de cenas e diálogos repetidos e o último é um livro sensorial infantil que der origem a debates aclarados na Feira do Livro de Frankfurt e na Feira do Livro Infantil de Bolonha, permitindo aos bebés experimentar o prazer da leitura através de um modo de leitura "mágico", em que pais e bebés podem lançar um feitiço mágico numa página e encontrar a resposta na página seguinte. "A Leitura Promove o Crescimento", uma actividade promovida pela Biblioteca Pública de Macau há muitos anos, é, por sua vez, direcionada para pais e crianças dos 4 aos 7 anos, apresentando diferentes temas todos os meses. Este ano, o evento irá guiar os participantes na leitura de livros ilustrados através de uma série de abordagens diferentes.

A aspiração original das duas fundadoras ao criar a associação era encorajar os pais a reservar mais tempo da sua agenda sobrecarregada para a leitura com os seus filhos, inspirando-os assim a desfrutar desde cedo da leitura. Desenvolver hábitos de leitura é um presente maravilhoso para toda a vida que os pais podem oferecer aos seus filhos.



Happy Reading Planet Association was founded by president Kamin Leong and vice-president Cindy Chow in 2018, with most members hailing from educational circles. In just two years, the association has co-organized two activities "Fun Picture Book Reading with Family" and "Reading Promotes Growth" with the Macao Public Library, winning them numerous fans. All sessions of "Fun Picture Book Reading with Family", which was themed on reading for parents and babies from 0 to 3 years old, were fully booked, suggesting there is a shortage of parent-child reading activities for babies aged between 0 and 3 in the city. The activity featured a special selection of books; taking the two pop-up books *The Very Busy Spider* and *Press Here* as examples, Chow elaborated that the former can facilitate babies' abilities of language learning through repeated scenes and dialogues while the latter, an infant sensory book which incited heated debates at the Frankfurt Book Fair and Bologna Children's Book Fair, allows infants to experience the joy of reading through a 'magic-like' reading mode, with which parents and infants can cast a magical spell on one page and find the answer on the following page. "Reading Promotes Growth", one of the featured activities hosted by the Macao Public Library for many years, targets parents and children aged 4 to 7 and features different themes every month. This year, the event will guide participants to read picture books through a variety of approaches.

The two founders said that the original aspiration in establishing the association was to encourage parents to spare more time from their busy work schedule, and daily life for reading with their children together, thereby inspiring them to love reading at an early age. Developing the habit of reading is a wonderful life-long gift from parents to their children.



親子閱讀並不奢侈

A LEITURA EM FAMÍLIA ESTÁ AO ALCANCE DE TODOS
PARENT-CHILD READING IS NOT UNREACHABLE

“讓兒童從閱讀熟悉的故事情景出發，把閱讀與生活連結，得到參與感，讓他們從閱讀中瞭解以及思考生活，這是‘童一枝筆’的出發點”，澳門本土兒童文學創作平台發起人之一楊穎虹說。她在為兒子們尋找親子共讀的圖書時，才發現澳門本地的兒童文學資源非常少，“並非其它地方出版的兒童圖書不好，而是故事發生的背景讓孩子覺得有距離，難有參與感，所以才決定創立‘童一枝筆’，鼓勵大家為本地的兒童撰寫屬於澳門的故事。”“童一枝筆”從出版自己平台的刊物、故事精選集，到發展網上兒童聽書平臺，再到與不同團體合作推出兒童故事會，一直以多元的方式鼓勵兒童閱讀以及兒童文學創作。

以劇場遊戲互動或是閱讀繪本的方式無疑是最容易獲得關注的，而繪本、動畫、聽書也很吸引孩子，但那不能完全取代平實簡單的親子閱讀。楊穎虹指出，家長應該從孩子6歲開始接觸橋樑書，也就是從以圖畫為主的繪本轉向文字更多的圖書，“我鼓勵家長們可以多使用橋樑書，為孩子讀故事，協助他們從閱讀繪本過渡至文字較多的圖書。”為了推廣橋樁書的應用，她結合本地元素創作出系列橋樁讀物，如以澳門大熊貓“開開”、“心心”為題的《開開心心在澳門》，讓小朋友在讀故事的時候，也能結合生活經驗增加對澳門的認識及歸屬感。

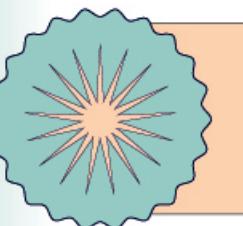
此外，楊穎虹也提及閱讀並非奢侈品，每一位小朋友都應該獲得機會，因此，“童一枝筆”不斷走進不同的社區，和大家分享閱讀的快樂。“其實培養兒童閱讀習慣不是只有作家或是老師才能完成的，更重要的是親子一起閱讀的時間。”楊穎虹分享道，“家長不要擔心自己講故事的能力不夠好，以簡潔的語言，哪怕是按書直讀，然後簡單討論的效果也很好，親子閱讀的重點是與孩子相處的質量和建立持續的閱讀習慣。”



“童一枝筆”推出同名兒童文學刊物
“Children’s Pen of Macau” lancou um periódico homônimo sobre literatura infantil
Children’s Pen of Macau launched an eponymous periodical on children’s literature



“童一枝筆”走進社區公園舉辦兒童故事活動
“Children’s Pen of Macau” realizou uma sessão de narração de histórias infantis num parque comunitário
Children’s Pen of Macau held a children storytelling activity in a community park



主題閱讀展覽的魅力

O ENCANTO DE UMA EXPOSIÇÃO TEMÁTICA DE LIVROS
POWER OF THEMATIC READING EXHIBITION



楊穎虹，本地兒童文學創作平台發起人之一
Lydia Leong, a founder of the local creation platform for children's literature

‘Let children embark on their reading journey from familiar scenes. By linking reading to children’s lives, they will gain a sense of engagement, understand and contemplate life through reading, which is also the objective of establishing the Children’s Pen of Macau,’ said Lydia Leong, a founder of the local creation platform for children’s literature. Only when she looked for picture books suitable for parent-child reading for her sons, then she realizes that Macao has very limited children’s literature resources. She noted that ‘is not like the children’s books published overseas are of low quality, but it is the setting of the story that makes children cringe, and is difficult for them to immerse themselves in. This is the reason why I decided to establish the Children’s Pen of Macau, in order to foster the creation of Macao-themed stories dedicated to children in the city.’ The Children’s Pen of Macau has been promoting reading among children and the creation of children’s literature by various means. For instance, they have published their own periodicals and story collections, and established an online storytelling platform for children, in addition to holding children’s storytelling events in collaboration with different associations.

Interactive drama and picture book reading are undoubtedly the easiest approaches to attract attention; picture books, animations and storytelling are also very attractive to children, but none can completely replace parent-child reading, which is practical and simple. Leong pointed out that parents should start to expose their children to bridging books at the age of 6, and later they can move forward from picture books – which centre around illustrations – to those with more textual contents. ‘I would encourage parents to use bridging books more often during story time with their children, thereby paving the way for them to shift from books with mere illustrations to those with more text.’ To promote bridging books, she created a series of stories with local elements, such as Kai Kai Xin Xin in Macao, a series of children books themed on Kai Kai and Xin Xin, two pandas living in Macao. She expects that by combining with real life experience, the books can enhance young readers’ understanding of Macao and help them gain a sense of belonging to the city when they are reading the stories.

Leong also mentioned that reading is not a luxury, and every child should be given the opportunity to read. Therefore, the Children’s Pen of Macau has been constantly sharing the joy of reading with the public in many different neighbourhoods. ‘In fact, cultivating the habit of reading among children is not something that can be achieved only by writers or teachers. It is more important for parents to spend time reading with their children.’ She added, ‘Parents need not to worry about their storytelling skills. They can tell stories with simple language or even read the text out loud, and raise a light-hearted discussion with their children afterwards, which is also an effective way of telling stories. The key points of parent-child reading are to have quality time with children, and help them develop a sustainable reading habit.’



聖羅撒女子中學中文部圖書館閱讀推廣員翁楠老師(左)以及梁頌盈老師(右)
As professoras e promotoras da leitura Wendy Weng (à esquerda) e Tina Leong (à direita) da Secção Chinesa do Colégio de Santa Rosa de Lima
Teachers and reading promoters Wendy Weng (left) and Tina Leong (right) from the Santa Rosa de Lima Secondary School (Chinese Section)



“A Aventura do Principezinho”，uma exposição temática de livros da coleção da Biblioteca, promovida pela Biblioteca Pública de Macau no ano passado, não só inclui exposições itinerantes nas várias dependências da Biblioteca, como também propõe o empréstimo gratuito de livros às escolas locais para fins de exposição, permitindo às mesmas ter acesso aos recursos da Biblioteca Pública e promover a leitura junto dos seus alunos.

As professoras Wendy Weng e Tina Leong, responsáveis pela promoção da leitura na biblioteca da Secção Chinesa do Colégio de Santa Rosa de Lima, referem que esta foi a sua primeira colaboração com a Biblioteca Pública de Macau, tendo, pela primeira vez, requisitado recursos da mesma para fins de exposição na escola. A exposição foi sobretudo direcionada para alunos do 5.º ao 12.º ano. “Tendo em conta que O Principezinho é um clássico literário muito conhecido, considerámos que a exposição seria muito apelativa para os alunos. Por conseguinte, quando vimos os materiais promocionais, decidimos inscrever-nos para co-organizar a exposição na escola. Também realizámos uma série de actividades extra dedicadas ao tema da exposição, incluindo festas de leitura, sessões de partilha e campanhas de redacção de fichas de leitura, na esperança de incentivar os alunos a cultivar o hábito da leitura.”

A maior conquista da exposição foi estimular o interesse dos alunos pela leitura. Ambas as professoras concordam que a exposição teve resultados favoráveis: os alunos ficaram a conhecer melhor o autor de O Principezinho, Antoine de Saint-Exupéry, por meio dos itens expostos da Biblioteca Pública e a mostra, para surpresa das professoras, não só atraiu a atenção dos alunos para o tema, como também inspirou os alunos a ler sobre temas mais variados. Nas palavras de Leong, “O Principezinho é uma obra literária de renome mundial, a exposição despertou o interesse dos alunos pela leitura de outras obras literárias mundialmente famosas. Por outro lado, também ficámos satisfeitos por ver que esta exposição sobre literatura também impulsionou a curiosidade dos alunos pela ciência, a abranger muitos conhecimentos científicos, como planetas e aviação. Após visitarem a exposição, os alunos visitaram a nossa biblioteca escolar e até mesmo a Biblioteca Pública para requisitar livros relacionados com estes temas, o que por sua vez fomentou os seus hábitos de aprendizagem e leitura independentes.”

澳門公共圖書館去年推出的“小王子的奇遇世界”主題館藏推介展除了在多家公共圖書館巡展外，也免費向澳門的學校提供外借展出服務，讓學校也可以利用公共圖書館資源，提升校園閱讀風氣。

聖羅撒女子中學中文部圖書館負責推廣閱讀的翁楠老師以及梁頌盈老師表示，這是首次與澳門公共圖書館合作借展於校內展覽，面向的受眾主要是小五至高三的學生。“《小王子》是一本很多人認識的文學名著，我們相信這個主題的展覽對於學生來說很有吸引力，所以當時看到圖書館的借展宣傳時，學校就決定向圖書館提出申請。因應展覽的主題，我們也設計了多項延伸活動，包括讀書會、分享會以及撰寫書評卡等，鼓勵學生培養閱讀的習慣。”

以展覽為起點帶動學生的閱讀興趣是這次外借展覽的最大成效。兩位老師認為這次展覽成效理想，透過多本公共圖書館館藏展品增加了學生對《小王子》作者安东尼·聖修伯里(Antoine de Saint Exupéry)的認識，令人驚喜的是展覽不光帶來單一主題的關注，更引發出學生更多的主題閱讀。“《小王子》是世界文學名著之一，展覽讓學生提高了閱讀世界文學名著的興趣。此外，這個以文學為題的展覽，也帶動了學生對科普知識的渴求，因為展覽中提及關於星球、飛行的話題涉及不少科普內容，他們主動來學校圖書館乃至公共圖書館借閱相關的書籍，實現自主學習、自主閱讀的培養，這都是我們樂見的。”梁頌盈老師補充說。



聖羅撒女子中學中文部圖書館配合“小王子的奇遇世界”主題館藏推介展推出書評撰寫以及讀書會等延伸活動
A biblioteca da Secção Chinesa do Colégio de Santa Rosa de Lima lançou uma série de actividades extra para complementar a exposição temática, incluindo campanhas de redacção de fichas de leitura e festas de leitura.
The library of the School has launched a number of extended activities to complement the thematic exhibition, including book review writing campaigns and reading parties

澳門公共圖書館舉辦“小王子的奇遇世界”主題館藏推介展——學校專場，並借予聖羅撒女子中學中文部作展示

“A Aventura do Principezinho”，exposição temática de livros da coleção da Biblioteca, promovida pela Biblioteca Pública de Macau, decorreu na Secção Chinesa do Colégio de Santa Rosa de Lima

‘Little Prince’s Adventure’; the thematic collection exhibition launched by the Macao Public Library was held in the campus of the Chinese Section of the School

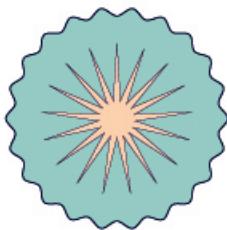


‘Little Prince’s Adventure’，uma exposição temática de livros da coleção da Biblioteca, promovida pela Biblioteca Pública de Macau no ano passado, não só inclui exposições itinerantes nas várias dependências da Biblioteca, como também propõe o empréstimo gratuito de livros às escolas locais para fins de exposição, permitindo às mesmas ter acesso aos recursos da Biblioteca Pública e promover a leitura junto dos seus alunos.

Teachers Wendy Weng and Tina Leong from the library of the Santa Rosa de Lima Secondary School (Chinese Section), who are responsible for promoting reading, noted that this is the first time they have collaborated with the Macao Public Library, and borrow their resources for display in the campus. The exhibition mainly targets students from Primary 5 to Form 6. Considering that The Little Prince is a well-known literary classic, we believe that the thematic exhibition will be very attractive to students. Therefore, the school decided to apply to the Public Library to co-host the exhibition when we saw the promotional materials. We have also held a number of extended activities under the theme of the exhibition, including reading parties, sharing sessions and book review card writing campaigns’, hoping to encourage students to develop the habit of reading.

The biggest achievement of the exhibition was to stimulate students’ interest in reading. Both teachers share the same opinion that the exhibition has yielded favourable results as it has increased student’s knowledge on the author of The Little Prince, Antoine de Saint Exupéry, through the exhibited items of the Public Library and, to their surprise, it has not only attracted attention on the theme itself, but has also inspired students to read more extensively. Leong added that ‘the exhibition themed around The Little Prince has raised students’ interest in reading other world-famous literary works. We are also pleased to see that the literature-themed exhibition has also driven students’ pursuit for scientific knowledge. As the topics covered in this exhibition involve a lot of scientific trivia, such as planets and aviation, students have subsequently visited our school library and even the Public Library to borrow relevant books, which has in turn fostered their habit of independent learning and reading.’





身體力行，推動兒童閱讀風潮

——訪澳門大學學生事務長，“開元故事法”創辦人彭執中

DAS PALAVRAS À PRÁTICA: PROMOÇÃO DA LEITURA JUNTO DAS CRIANÇAS

- UMA ENTREVISTA COM PAUL PANG, COORDENADOR DO GABINETE DE ASSUNTOS ACADÉMICOS DA UNIVERSIDADE DE MACAU E FUNDADOR DO “MÉTODO KAIYUAN DE NARRAÇÃO DE HISTÓRIAS”

PROMOTING READING AMONG CHILDREN WITH CONCRETE ACTIONS

- AN INTERVIEW WITH PAUL PANG, THE DEAN OF STUDENTS OF THE UNIVERSITY OF MACAU AND FOUNDER OF KAIYUAN STORYTELLING METHOD



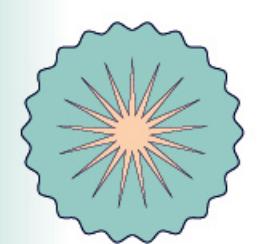
彭執中，“開元故事法”創辦人
Paul Pang, founder of "Método Kaiyuan de Narração de Histórias"
Paul Pang, the founder of Kaiyuan Storytelling Method

Many people know Paul Pang from a column that he writes for the children's literature section of *Macao Daily News*. With an extensive background in education thanks to some 30 years of service with the University of Macau, Pang is also a pioneer that has been promoting reading for children in different schools, and educational institutions through concrete actions for many years.

Speaking of how he came up with the idea of the *Kaiyuan Storytelling Method*, Pang recalled that 'when my daughter Kaiyuan was small, I told her stories every night that I improvised and created interactively with her based on her favourite characters (such as the Pleasant Goat) and real-life situations (such as playtime in the Flora Garden). My daughter loved these stories, which have become our wonderful memories, and even marked the beginning of my journey in creative writing'.

When Pang told stories to children in the kindergarten where his daughter was attending, he found that everyone loved interactive stories, and therefore created the *Kaiyuan Storytelling Method*, a personalized storytelling method that encourages parents to tell stories based on their children's interest and needs, thereby establishing a close relationship between them and developing various qualities in children.

When talking about the various children's reading activities in Macao, Pang believes that despite an increasing availability, the coverage across Macao is still insufficient. He hopes that primary schools and kindergartens can cooperate with government departments to hold more parent-child storytelling activities, lectures and workshops to especially develop parents' skills, habits and courage in storytelling. 'Parents are the best storytellers and a role model for children. The more stories parents read, tell and create, the more children are willing to imitate, which helps to improve their ability to communicate and foster their creativity. I myself have a stutter, but my daughter never objected to my poor way of speaking.' He gave an example: 'During a lecture that I delivered in a kindergarten, a granny asked me whether it is ok for her to make up stories for her grandson based on illustrations from picture books as she cannot read. I said she surely could. All parents should learn to be as equally courageous.'



澳門公共圖書館兒童閱讀活動精彩瞬間

MOMENTOS MARAVILHOSOS DE ACTIVIDADES DE LEITURA PARA CRIANÇAS ORGANIZADAS PELA BIBLIOTECA PÚBLICA DE MACAU

WONDERFUL MOMENTS OF CHILDREN'S READING ACTIVITIES HOSTED BY THE MACAO PUBLIC LIBRARY

澳門公共圖書館每年都會舉辦不同類型的兒童閱讀推廣活動、工作坊等，讓我們一起透過照片來看看部分活動的精彩瞬間。

A Biblioteca Pública de Macau organiza várias actividades todos os anos, incluindo eventos que promovem a leitura junto das crianças, workshops, etc. Vamos reviver alguns momentos maravilhosos destas actividades através de registos fotográficos.

The Macao Public Library hosts various family activities every year, including events and workshops that promote reading for children. Let us have a look at the photos and relive the wonderful moments in some of the activities.

01



“一起去探險——摺出最酷的紙飛機”工作坊
Workshop “Vamos Juntos à Aventura – Vamos Criar Um Avião de Papel Super Faz”
‘Adventure Together – Let’s Fold the Coolest Paper Plane’ Workshop

導師帶領小朋友通過模仿、觀察和記錄的方式學習不同的紙飛機摺法

Com a ajuda do instrutor, as crianças aprenderam diferentes métodos de dobragem para criar aviões de papel por meio da imitação, observação e anotações.

The instructor guided children to learn different methods of folding paper planes through imitation, observation and making notes.

02



圖書館資源利用教育
Educação sobre o uso de Recursos da Biblioteca
Library Resources Utilisation and Education

導師前往聖公會（澳門）蔡高中學附屬幼稚園與小朋友以互動遊戲的方式介紹圖書館的資源。
Os instrutores apresentaram os recursos da biblioteca às crianças do infantário afiliado da Sheng Kung Hui Escola Choi Kou (Macau) por meio de jogos interactivos.

The Instructor introduced library resources to children in the affiliated kindergarten of Sheng Kung Hui Choi Kou School (Macau) through interactive games.

03



2019年“全城共讀”
“Lendo em Toda a Cidade” 2019
‘Reading in the City’ 2019

2019年“4·23全城共讀”透過全城招募共讀點，其中聖瑪大助納學校（分校）舉辦“齊悅讚樂無窮”，師生們一同共享閱讀時光。

A campanha de 23 de Abril de 2019 “Lendo em Toda a Cidade” convidou todos os interessados a organizar pontos de leitura por toda a cidade, incluindo o pôlo da Escola de Santa Madalena, onde foi realizada a sessão ‘O Prazer Infinito da Leitura’, em que professores e alunos puderam desfrutar juntos da leitura.

The 23 April 2019 ‘Reading in the City’ campaign called for reading spots across the city, including the branch campus of Santa Madalena School, where the session ‘Infinite Joy from Pleasant Reading’ was held and teachers and students enjoyed reading together.

04



2019年“好書晒晒”
“Livros ao Sol” 2019
‘Book Showing Activity’ 2019

“好書大晒”活動之一“親親自然——漫步繪本之旅”讓小朋友走出戶外，閱讀大自然，導師透過對沿途所見植物的解說引導親子發現小潭山上的植物，感受人與自然的和諧關係。

“Beijo à Natureza – Passeio em Livros de Ilustração”, uma actividade integrada na série “Livros ao Sol”, convidou as crianças para um passeio ao ar livre para ler sobre o mundo natural e explorar o mesmo. Através da orientação do instrutor, o qual ia apresentando várias plantas ao longo do percurso, as famílias tiveram oportunidade de ficar a conhecer a flora do Monte da Taipa Pequena e de experienciar a harmonia entre o homem e a natureza.

‘Tour to Nature with Picture Books’, an activity of the ‘Book Showing Activity’ series, invited children to go outdoors to read about and explore the natural world. By giving explanations along the route, the instructor guided families to discover the plants on the Small Taipa Hill and experience the harmony between humanity and nature.

小而專的圖書館 澳門鏡湖護理學院圖書館

A SMALL YET SPECIALISED LIBRARY — KIANG WU NURSING COLLEGE OF MACAU LIBRARY

澳門鏡湖護理學院圖書館（下稱護理學院圖書館），相信是令很多讀者好奇的圖書館之一。館藏以專業醫護類別書籍為主，是一個小而專的高校圖書館。本期《城與書》邀請到護理學院圖書館的兩位圖書館達人梁建恒以及王玉玲為大家揭開它的神秘面紗。

The Kiang Wu Nursing College of Macau Library (hereinafter referred to as the 'Nursing College Library' or 'Library') is most likely a library that intrigues many readers – it being a small yet specialised college library mainly housing professional medical books. In this issue, Books and the City has invited two experts from the Nursing College Library, Angus Leung and Sara Wong, to unveil its secrets.

護理學院圖書館位於澳門鏡湖護理學院望德校址內，服務對象主要是學院內的師生、校友，以及從事醫護專業的人士。全館館藏逾16,000冊，當中以醫學、護理學及相關學科為主，同時也有心理學、哲學、教育學等人文及社會科學類別的書籍。梁建恒笑言“不要以為護理學院圖書館就只提供醫護專業範疇的書籍，我們還有其他類別書籍供讀者借閱，也很鼓勵學生多閱讀不同知識類型的圖書。”作為澳門高校圖書館聯盟成員之一，我們很歡迎其他聯盟成員的師生使用館際互借服務及到館閱讀。”

梁建恒表示圖書館提供多個電子書平台、電子資料庫以協助讀者掌握最新的醫護資訊，此外，護理學院的師生更可以使用澳門高校圖書館聯盟40多個電子資料庫，實現資源共享。

除了借閱圖書及使用電子資源服務以外，護理學院圖書館更會舉辦不同主題的圖書展覽及閱讀分享講座，推廣閱讀風氣。護理學院圖書館的館員王玉玲補充“圖書館是一個知識交流的地方，所以我們會為讀者帶來主題書展、講座以及閱讀分享等活動，豐富大家的閱讀選擇。”

Situated inside the Mong Ha Campus of the Kiang Wu Nursing College of Macau, the library mainly provides services to its teaching staff, students and alumni, as well as medical professionals. The library holds a collection of over 16,000 books, most of which cover medicine, nursing and related disciplines, but there are also books covering the humanities and social sciences, such as psychology, philosophy and pedagogy. Leung said with a smile 'it's a myth to think the Nursing College Library only provides medical books. We also have other types of books available and encourage students to read more from different disciplines. As a member of the Macau Academic Library Alliance, we welcome faculties and students from other member institutions to use the interlibrary loanservice and read in our library.'

Leung noted that the Library provides several e-book platforms and e-databases to assist readers to stay up-to-date with the latest information on medicine and nursing. Furthermore, over 40 e-databases of the Macau Academic Library Alliance are available for teaching staff and students of the Nursing College, which exemplifies the sharing of resources.

In addition to provide book lending services and access to e-resources, the Nursing College Library also hosts book exhibitions, and sharing sessions under various themes to promote reading. Librarian Sara Wong from the Library added that 'a library is a place where knowledge is exchanged, and that is why we have been holding thematic book exhibitions, lectures and sharing sessions, hoping to introduce more variety to readers'.



澳門鏡湖護理學院圖書館負責人梁建恒（右）及館員王玉玲（左）
The head and the librarian of the Kiang Wu Nursing College of Macau Library - Angus Leung (right) and Sara Wong (left)



圖書館館藏以醫護及相關類別書籍為主
The Library mainly offers books on medicine, nursing and relevant disciplines



學生使用圖書館的研討室進行小組學習討論
Students having group discussions in the Library's discussion room



圖書館答疑 LIBRARY WONDER WHY

影音資料室及互聯網服務 MULTIMEDIA ROOM AND INTERNET SERVICE

Q: 預約使用圖書館影音資料室的電腦有哪些方式呢？

A: 方式一：對於已在圖書館登記個人資料的讀者可以直接前往影音資料室，找到尚未有人使用的電腦，在手機上打開“我家圖書館”App的“登記使用電腦”功能，並掃描電腦屏幕上的二維碼，就可以馬上開始使用該電腦的上網服務。如有輪候預約者，則無法成功掃描。

方式二：前往圖書館櫃台，向館員出示讀者證或身份證明文件辦理登記或預約手續，館員便會協助你開通使用電腦上網服務。但要留意的是，已預約使用影音資料室服務的讀者需依時到達，逾時十分鐘須重新辦理登記。倘若當時有讀者臨時輪候，則由輪候的讀者補上。

Q: How can users reserve a computer in the library's Multimedia Room?

A: Method 1: Users who have registered their personal information in the library's system may go to the Multimedia Room directly and find an available computer. To access the Internet service, users are required to scan the QR code shown on the computer's screen using the 'Register for using the computer' function in the mobile application 'My Library'. However, registration will not be successful if there is another registered user in the queue.

Method 2: To reserve a computer or make an appointment to use the services, users are required to present their library cards or identity documents to the staff at the library's service counter, who will assist the users to access the Internet service. Please note that reservations will be cancelled if the users are late for more than 10 minutes and that the priority will be given to awaiting users if any.

Q: 使用影音資料室有時間限制嗎？能不能連續使用一天？

A: 讀者可在影音資料室開放時間內使用，一般每人每天只能使用影音資料室一次，使用上網服務限時為一小時，觀看影碟等服務限時為兩小時。但如果當時未有其他人輪候或預約使用的話，讀者也可以向館員申請，繼續使用上網服務一次。

Q: Are there any restrictions to using the Multimedia Room services? Can a user use the services for an entire day?

A: Users can enjoy the Multimedia Room services during the opening hours. Each person can use the services once per day, such as using the Internet service for 1 hour and using audio-visual materials for 2 hours. If there are no users in queue, the duration of using the Internet service can be extended once after making a request to the library staff.

書寫兩代“衣車”情

訪《在我還未出生時，她和她的衣車故事》主編李銳俊

活躍在澳門劇場界的李銳俊（阿J），已經是第二次當“作者說”的主角了，繼上回出版《微光》廣獲好評後，今年她主理的“風盒子社區藝術發展協會”又再推出一本劇場延伸性的，以人物訪談個案為主題的書籍《在我還未出生時，她和她的衣車故事》。有劇場表演作鋪墊，這一本被她稱為挑戰書寫另類“澳門口述歷史”的書本，再次突破了澳門出版的一些瓶頸。



從劇場到書籍

阿J主編的書籍，都會把聚光燈打在各種小人物身上，這次她瞄準的行業，正是曾經在澳門“稱王”的製衣業。有趣的是，阿J本人和製衣行業並無任何淵源，在她2017年決定啟動這個計劃的時候，意外發現身邊不少朋友的上一輩都是從事製衣的。她創作的同主題紀錄劇場《離下班還早——車衣記》在2019年公演後，留下來交流的多是車衣女工的下一代，他們專門帶上父母前來看劇，回溯當年“打工人”的酸甜苦辣，這一幕深深觸動了阿J。

於是，她想到了透過下一代的手書寫上一代故事的傳承模式，“舉個例子，本書其中一位作者梁倩瑜 Sandy，她的媽媽岑女士就是很典型的製衣女工，曾榮獲十年工作金牌，Sandy為她媽媽的工作生涯譜寫了八首小詩，再加上自己畫的插畫，構成這本書其中一個延伸閱讀”，阿J表示，書本創作不是終點，反而是一個起點，未來這個系列會繼續，可能是系列叢書，也可能是紀錄片，或者是劇場，沒有硬性限制。

突破“口述歷史”瓶頸

七個女工的故事，透過下一代的筆觸活靈活現於紙上，圖文並茂，故事一點都不生澀單調，和我們看過的一些傳統口述歷史書有很大的不同。“我們不想做那種大家已知的口述歷史書，但是又不得其法，幸好有朋友介紹了兩位來自台灣，曾出版過多本口述歷史書的作家專門前來澳門，為我們的作者上了密集課程，所以後來的寫作和調研工作，就開展得更為順暢了”。

除了書寫的難度，另一個眾所周知的困難，就是突如其來的疫情，在啟動這本書的項目不久便爆發，採訪工作一度因此而暫停，從一月到九月，阿J說進度條比她想象的慢了一截。幸好疫情後復工速度理想，花了八個月時間，這一冊橋接兩代人的書就此誕生了。“很多下一代都跟我說，如果不是親手寫上一代的故事，可能都從來沒想到會這麼坐下來和上一輩溝通，也沒有想過去了解她們以前的生活”，這也是她創作書本的一種動力，除了閱讀者本身，創作者也因為書本創作而獲得能量。同時，書本出版後，會產生滙流效應，一直吸引有興趣參與的人進入軌道，“這一本書的被訪者都非常正能量，她們都很懷念，很滿意過去的那種女工生涯。但下一本，我想發掘更多不一樣的視覺，可能是這個行業的一些缺口和不足，有點批判意義的”，不滿足現狀的阿J補充說，在她看來，每一次書本創作都是自我突破的一次進程。



○
在我還未出生時，她和她的衣車故事

作者：梁倩瑜、蘇泳文、路家、李卓媚、張天嘉、張楚誠、思崎井、李銳俊
出版社：風盒子社區藝術發展協會
出版年份：2020

漢字 字 小 時 候

“A INFÂNCIA DOS CARACTERES CHINESES” WORKSHOP DE LEITURA DE LIVROS ILUSTRADOS ‘CHINESE CHARACTERS AND CHILDHOOD’ PICTURE BOOK READING WORKSHOP



導師以繪本共讀、遊戲及創意書寫等方式觸發小朋友對文字“形”與“意”的聯想和理解，感受書畫同源的樂趣。

Ao ler livros ilustrados, jogar jogos e escrever em conjunto de forma criativa, o instrutor guiará os participantes a ligar a forma de um carácter chinês ao seu significado, obtendo assim uma compreensão mais profunda dos caracteres e desfrutando da diversão de escrever e desenhar.

By reading picture books, playing games and writing creatively together, the instructor guides young participants in connecting the form of a Chinese character with its meaning, thereby gaining a deeper understanding of the characters, and enjoying the fun of writing and drawing.



●
地點
氹仔圖書館
“故事天地”
LOCAL
“MUNDO DAS HISTÓRIAS” NA
BIBLIOTECA DA TAIPA
LOCATION
‘STORY WORLD’
IN TAIPA LIBRARY

閱外文舊報，看澳門變化軌跡 ——館藏外文報刊資料庫

READ OLD FOREIGN LANGUAGE NEWSPAPERS AND RETRACE THE DEVELOPMENT OF MACAO —DATABASE OF FOREIGN LANGUAGE PERIODICALS COLLECTION



“館藏外文報刊資料庫”可按期刊名稱、年份以及日期方式搜尋資料
The database can be searched by name, year and date of the periodicals

你知道澳門的第一份報紙是哪一份嗎？它可是距今近200年的《蜜蜂華報》(A ABELHA DA CHINA)。早些年讀這些具有歷史意義的外文舊報還得專門前往議事亭藏書樓，但近來只要親身到澳門公共圖書館轄下各館*使用影音資料室的電腦，就可以輕鬆透過“館藏外文報刊資料庫”查閱。

“館藏外文報刊資料庫”收錄來自19及20世紀的16種葡、英報刊資料，如中葡雙語報紙《鏡海叢報》(ECHO MACAENSE)、葡文報《澳門之聲》(A VOZ DE MACAU)、《澳門消息日報》(NOTÍCIAS DE MACAU)、《號角報》(O CLARIM)等，約有60,000多版報紙影像。這些影像經過處理後變得清晰易讀，讀者可以按報章名稱、年份或日期搜尋資料，同時又可使用其放大功能看到報章版面的細節。不但可從文字中看到澳門近200年發生過的新聞事件，更可從報章中的廣告細看當時人們的生活點滴。此外，“館藏外文報刊資料庫”還提供下載功能，讓讀者以及研究人員可以保留資料作參考。

Do you know which was the earliest newspaper in Macao? The answer is A Abelha da China, which dates back to almost 200 years ago. Years ago, we could only read these historic foreign language newspapers in Senado Library. Recently, however, we can easily access such newspapers through the ‘Database of Foreign Language Periodicals Collection’ using computers in the Multimedia Rooms of Macao Public Library branches.

The ‘Database of Foreign Language Periodicals Collection’ contains some 60,000 pages from 16 Portuguese and British newspapers in the 19th and 20th centuries, such as the Chinese-Portuguese bilingual newspaper Echo Macaense, Portuguese newspaper A Voz de Macau, Notícias de Macau and O Clarim, which are clear and readable after processing. Readers can not only search for information with the name, year or date of the newspaper, but also look into the details on each page by zooming in, thereby gaining a glimpse into the news over the past two centuries from the news reports as well as the daily life of Macao residents from the advertisements. Data can also be downloaded, allowing general readers and researchers to keep the data for reference.



1822年10月24日《蜜蜂華報》部分版面
Pages of A Abelha da China on 24 October 1822

● ● ●

提你：除了黑沙環公園黃營均兒童圖書館以外，其他公共圖書館的影音資料室都能使用。使用資料庫的讀者需要遵守《影音資料室及互聯網服務使用規則》。

Note: Multimedia Rooms are available in all Macao Public Library branches, except for the Wong Ieng Kuan Children's Library in Areeira Prata Urban Park. Readers who use the database are required to abide by the Regulations Governing the Use of Multimedia Room and Internet Service.

圖書館放大鏡 LIBRARY MAGNIFIER



圖片來源 / Photo Credit: Marco Heyda

挪威 / NORWAY DEICHMAN BIBLO TØYEN

Deichman Biblo Tøyen是一所專門為10至15歲少年兒童而設的公共圖書館，成人禁止入內。館內處處是驚喜，除了提供圖書外，還有很多有趣的公共空間以及展覽區域。閱讀空間也非傳統的形式，而是各種創意俏皮的場景設計，包括如遊樂場旋轉椅的座位、由老式皮卡車以及纜車車廂改造而成的空間等，讓小讀者們可以隨時選擇自己喜歡的地方看書或討論。此外，Deichman Biblo Tøyen也常設有不同的活動課程，如電影、戲劇、音樂、烹飪學習等，讓兒童讀者可以自由自在地感受充滿趣味的互動學習體驗。

● Henrik Ibsens gate 110, Oslo 0255, Norway

DEICHMAN BIBLO TØYEN

Deichman Biblo Tøyen is a public library for children and teenagers aged between 10 and 15, and adults are not allowed to enter. The library surprises visitors at every corner; in addition to books, it also offers many intriguing public spaces and exhibition zones. The reading spaces are not created with a conventional approach but feature creative and riveting designs themed around various exciting scenes, such as seats resembling a rotating swing ride in playgrounds, and spaces transformed from the cabins of old pickup trucks, and cable cars, allowing young readers to freely choose their favourite spot to read and discuss. Furthermore, Deichman Biblo Tøyen often hosts a myriad of activities and courses which cover film, drama, music, culinary art and other areas, creating a fun-filled interactive learning experience that young readers can fully immerse themselves in.

● Henrik Ibsens gate 110, Oslo 0255, Norway

在失去所有與尚未失去以前——讀《55歲開始的Hello Life》



○ 55歲開始的Hello Life

作者: 村上龍
譯者: 張智淵
出版社: 大田
出版年份: 2015

隨着人生景況的變換，日本作家村上龍似乎開始轉換寫作視角，從回看青春的傷懷，來到描繪中老年在社會的處境。兩本作品《老人恐怖份子》與《55歲開始的Hello Life》，皆有此等意念。

話雖如此，村上龍依舊保持着冷峻中帶有“鄉愁”(Nostalgia)的“雙刃”寫作心念。從面對世界不得已長大的各種青春代入（《接近無限透明的藍》、《69》、《跑啊高橋》），到了中年人對於身份認同感的迷離與無力（《味增湯裡》、《初夜，重逢夜，最後一夜》、《寂寞國的殺人》），為了在這些生命夾層奮力一搏的重生“幻想”(Fantasy)寫作（《你根本不懂愛》、《IBIZA》、《到處存在的場所，到處不存在的我》、《共生虫》、《希望之國》）——粗略分為以上三種元素，但並非斷裂的分野；他將過去作品的意念放在當下，再從當下延伸出未來，“正是因為看不見希望，而知道希望存在着”，村上龍筆下的真實，一直給我如此的感受。

於是，即使關注的事件混濁無以名狀，觀看的角度，仍是清澈的。

“Hello Life”這般字眼，心酸且諷刺，但，有些事情才正要“開始”呢。《55歲開始的Hello Life》即在此如拉鋸之中，譜出悲傷而不得不輕盈的一切。田野調查的風格寫作，符合村上龍作為小說家獨具的說服力，人設生命力十足，悲喜皆能活躍，對於尚未進入老年的讀者而言，讀來亦是人生寓言，餘韻悠長。



書評人

陳玠安

1984年生於花蓮，以散文作者與樂評人身分活躍，著有《那男孩擲下飛機》等文集，“角頭音樂”與“風和日麗”廠牌專書作者，擔任金曲、金音獎評審等，目前於台北藝術大學擔任講師。



○ 星星的滋味—忠道的米其林筆記

作者: 謝忠道
出版社: 墨刻
出版年份: 2009

這本由台灣墨刻出版社於2009年出版的書，作者為旅居巴黎幾十年的謝忠道先生。來自台灣的謝先生，大學畢業後即前往法國普羅旺斯念文學碩士，之後又在巴黎研修電影博士，學習途中，愛上了法國料理，並一發不可收拾沉迷其中。之後，他決心以法餐為起點深入研習各地美食及餐飲文化，堅持在旅途中尋找味蕾的感動。

《星星的滋味——忠道的米其林筆記》一書雖然距今時間久遠，今日再讀，依然能從字裏行間發掘出作者細膩的情感和對美食的熱愛，以及各種有趣的人生感悟。作者從之前給雜誌《Traveler Luxe旅人誌》的專欄中精選了12家米其林餐廳評鑑集結成書，至於想給讀者傳達的訊息，按謝忠道的原話來說，就是“希望在好吃不好吃之外，給予餐盤外的細節更多關注”。於是乎，讀者彷彿跟着作者遊歷法國各地，吃盡法蘭西深入骨髓的美食精華。沒想到擅長覓食的謝忠道，文筆也同樣暢快淋漓，跟着他一起進入米其林美食天地，感受每一飲每一饌的美好，每個人都有變成一名懂得吃饕客的可能哦！

全書最讓我產生共鳴的，絕對是謝忠道筆下那些星級餐廳的靈魂“主廚”們：當寫到三星廚師Christian le Squer時，形容他為低調而謙卑的人，更特別提到他“沒有許多大廚擺出來的派頭或是法蘭西文化的傲慢”，我忍不住想到日常生活中碰到的一些自以為是的大廚嘴臉，會心一笑。“料理，尤其是帶有藝術創作精神的菜餚，足以表現廚師的個性脾氣，和其對生命的態度、對人生的價值、對土地食物的看法”，看到這個表述，內心豁然開朗，一瞬間明白剛剛升至米其林二星、坐落於上海外灘的Da Vittorio餐廳坐鎮之主廚Stefano Bacchelli，也是個如Christian一般謙和有料的主廚，他眼中總是閃耀着孩子才有的童稚，

並且一直秉持既能用高級食材如黑松露製作美食，也不排斥用平易近人的食材為食客帶來味覺享受。謝忠道更特別為曾經被稱為世界第一的餐廳el Bulli (2011年7月永久關門，只作為創意中心) 花重墨描寫，這個篇章猶如交響樂般弘大，讓我們這些不再有機會品嘗到分子廚藝大師 Ferran Adrià 炫技般廚藝的人，有機會透過文字裡間體會當年讓人驚歎的美食創作所呈現的震撼、困惑與迷醉。

雖然，這本已有11年歷史的書籍未必能成為一本真正意義上的米其林餐廳導讀，去幫助讀者們開展一場星星之旅，因其中所提及的餐廳有些關門了，有些被摘星了，而有些則更上一層樓成為三星。但這都不影響謝忠道傳遞出的那種發自內心的“純粹享受美食帶來的樂趣和文化”的赤子之心，這點與享受葡萄酒帶來的快樂有異曲同工之處：喝得起昂貴的葡萄酒不代表有品味，只代表暫時有這個經濟實力，而懂得酒中美好與背後的文化，才可稱得上是真正有品位的人。

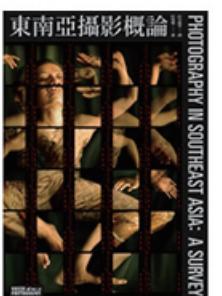


書評人

汪子懿

現居上海，葡萄酒作家，自由葡萄酒講師、國際葡萄酒作家協會(FIJEV)成員、VDP(德國名莊聯盟)大使、義大利ONAV品酒師協會大中華區顧問。

擺脫被觀看的攝影框架



○ 東南亞攝影概論

作者: 莊吳斌
譯者: 許芳慈、朱詩迪、李佳霖、林星均、林書全、陳靜琳
出版社: 影音社
出版年份: 2015

攝影術自19世紀從歐洲發明並隨着殖民者傳入亞洲以來，一直都是以一種西方的觀點去建構其歷史。但隨着當代攝影的興起與發展，使我們能重新以有別於西方“大攝影史”的角度去觀看自己地方的攝影軌跡，而這本由新加坡影像學者莊吳斌先生撰寫的《東南亞攝影概論》，本着一種擺脫過往西方本位觀點的企圖心，拒絕東南亞“被觀看”或以“奇珍異寶”的身份再現，以一種有着各自發展脈絡並能與其他地方互相比較影響的方式存在。

該書的作者莊吳斌先生對東南亞及其周邊地區的攝影發展有着深刻的理解，讓他能夠擺脫主觀觀點來研究其他邊緣地區的攝影發展，其慣常做法是以較強勢的攝影文化——(例如歐美及日本)——作為邊緣地區的參照來定義這些地區的發展。而作為一本以東南亞地區為編訂主軸的攝影著作，首先要知道的是東南亞本身並非一個固定的地理實體，更像是一個變化中的亞洲區域，現今大部分東南亞國家在西方攝影術發明及導入時均未成立，如果單純以國家來分類而不作其他處理，顯然會切斷了國家地區間實際上存在的連結紐帶而無法完整地了解地區的攝影史觀。實際上，比對這些東南亞現代國家便能發現他們有着非常類近的共通點，大部分國家地區曾被殖民及經歷解殖時期，早期攝影的發展脈絡大多與商業攝影，特別是由廣東僑民經營的影樓拉上關係等等。

另一方面，東南亞地區間亦存在非常大的差異，就政治體制而言，資本主義與共產主義陣營在過往冷戰影響下分庭抗禮，政治體制的差異除了影響新聞及紀實攝影的審查外，亦影響所謂“非政治化”的沙龍攝影比賽，這些不同的差異使各國各自走上不同的道路。值得注意的是，書中“國家”的分類並非用來差異化攝影創作者的創作。作者一再強調，東南亞本身就是一張互相具有緊密聯繫的網，要把其拆開成不同國家分析只是為了提供一個起始的方向與標記，而獨立並忽略其他國家來

討論，實際上並不可行也不可取。在此前設下，如果我們把閱讀的角度略為提高一點，以每個章節中國家的攝影與其攝影師的攝影實踐作獨立對比，往往能夠發現中間的共通與差異，繼而建構出一套東南亞與世界連結的攝影地圖。

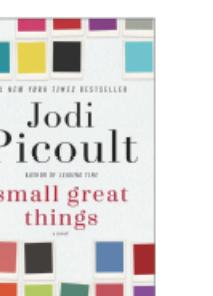
作為一本有企圖心填補東南亞攝影發展研究的工具書，《東南亞攝影概論》以一種嶄新的角度去書寫地區攝影發展，過往我們梳理與建構非西方國家的攝影發展脈絡時，往往都是參照並依靠西方的經典論述，如何跳出這個論述的框框去重新書寫，則是一大挑戰。本書作為一個起步點，相信在未來必定會成為有志研究東南亞及其周邊地區攝影的一個很好參考。



書評人

Alan Ieon

方言社創辦人及專欄作者，攝影書收藏策劃者。常化名“布列-大道”從事攝影創作及參加展覽，並與方言社其餘成員共同出版攝影集《Morganic》及舉辦如“project SHOWCASE”及“邊度有攝影”等合作項目，期許引人不同地方與類型攝影，豐富澳門攝影文化。



○ Small great things

作者: Jodi Picoult (朱迪·皮考特)
出版社: Ballantine Books
出版年份: 2016

2020是極不尋常的一年。年初至今，在經歷了生活中的一些變故後，每每發現一些微不足道的小事也會引發意想不到的後果，哪怕再小的事也需要要注意行善避惡。《渺小的偉大》一書也因書名出處（馬丁·路德·金的原話：“也許不能成就偉業，但我能以偉大的方式做好小事。”）而引起內心不少的共鳴。

小說的編排如同一部完整的舞台劇，創作的原型最初來自一則真實的新聞。主人公魯斯，是一有色人種，媽媽長期在白人家當保姆，供兩姐妹讀書。魯斯長大後到一家大醫院當婦產科護士。她某天在給一名新生兒例行檢查時，卻被新生兒信奉白人至上的父母告知，嚴禁接觸這個嬰兒。後又因嬰兒出現呼吸困難，魯斯因禁令而沒及時搶救嬰兒而險些身陷囹圄……作者通過這樣的一件事，將三位主角魯斯（黑人護士）、特克（嬰兒的父親）、甘迺迪（公共辯護律師）的命運交織在一起。魯斯和特克代表着現實中不可調和的種族矛盾，而律師甘迺迪則代表了許多心存善意、堅持正義的白人女性，是緩和矛盾的存在。

書本在種族問題上的探討，更多的是希望呈現一種接近真實的現狀，而這種現狀往往會因人際間的巨大差異而形成無法跨越的理解障礙。對於作者來說，正是意識到這種差異，才能意識到成功的難度對於每個人來說都不盡相同，才能為不同的人試圖通過努力抵達成功創造出更公平的途徑。

為達此目的，作者秉持公平開放的態度，通過長久的大量調查訪談（包括各類有色人種及白人至上的光頭黨人士），也曾參與“停止種族主義”的社團組織，嘗試從真實的生活中去感知白人階層所無法觸及的另一種人生體驗，因此體會到自身所處階層的絕對優勢。每個人在人生的歷程中都只經歷了僅對自己發揮作用的東西，儘管這種生活狀態有時會起伏不定，但因不同的人所代表的角色不同，又會有完全不一樣的感受和表現。

其實在巨大的命運之手擺弄下，無論任何種族，似乎都是渺小無助的，而每個小人物卻又在默默地用自己的力量來抵抗着外部的種種衝突和變故。對此，全書着力鋪排了大量的人物心理及各種經歷的描寫。在面對困境之時，和人的這種內在力量相比，身外之物顯得微不足道！

此外，作者嚴謹的寫作態度也使得著作十分耐讀有趣，除了有專業的醫護、律師團隊作全書的技術指導之外，書中有涉及魯斯曾在麥當勞打工的細節，居然有13名相關人士給予寫作建議。因此，讀者才能感受到真實的麥當勞工作：薯條是從薯條機裏裝填，機器上有三種大小的瓶子，可根據忙碌程度選擇，2分40秒後必須搖一搖瓶子，否則薯條都會黏成一坨……由此可窺見朱迪·皮考特對細節的考究。

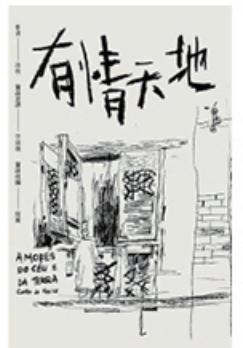


書評人

郭辣辣

土生土長廣州人，典型雙子，保持好奇，熱愛藝術創作，在夢想和現實中獲取生活的滋養，曾經的媒體工作者。

文學留存 時代身影：凌稜的《有情天地》



○
有情天地

作者：凌稜
出版社：澳門文化局
出版年份：2014

老照片近年在澳門越來越受歡迎，每次有相關講座或出版物，經常座無虛席或搶購一空。這大概也在某種程度上反映出，生活於急速轉變、熟悉景致不斷消失的澳門人，對這片土地的某種鄉愁吧？不過，照片留下的只是影像，而影像背後的故事，也需要有人來說。‘凌稜’這名字，也許不少新一代澳門人已感陌生（本澳導演徐欣熒的紀錄片《荒蕪中裁花》就曾對這位作家有充滿生活氣息的紀錄），她本名李艷芳，出生於上世紀40年代，曾任教師、記者（是澳門首個女記者）、編輯，一生筆耕不綴。她的文學書寫誠懇真摯，尤其是對其所處年代場景的細緻描寫，彷彿帶領讀者穿越時空，重回那個已消失的澳門小城。

凌稜的代表作之一，便是上世紀90年代出版的散文集《有情天地》（星光出版社），2014年，文化局從‘星光版’內選取了12篇故事，再加上她在澳門筆會文學刊物《澳門筆匯》（第四期）發表的《阿桃》，共13篇，重新出版中葡雙語版。《有情天地》的難能可貴之處，在於它描寫了澳門特殊年代裏的一個特殊群體——低下階層的葡土生女子。凌稜偶遇這些故事，大概是來自命運的冥冥安排：原來，凌稜的外祖父就是水坑尾坤記餐室的創辦人，而她母親當年則是在厚望街開了家發記咖啡檔（這兩家老店至今仍在），當年坤記餐室及厚望街一帶，是澳門土生葡人經常出沒之地，尤其不少低層土生葡人及風塵女子，喜在這裏來來往往，被年少的凌稜看在眼裏、記在心底，長大後提筆寫作，這些少時記憶便自然流露，以紀實的白描筆法，把這群女子的身影留存在書頁之間：

“瑪利亞每次來臨，總是人未到聲先到和脂粉香先到。聲先到者，不是拉大嗓門風情萬種的跟餐室門外的人打招呼，就是尖着噪音地唱着‘Rose Rose I love you’；而那些脂粉香，則是隨着玻璃門一推開而湧入，當餐室裏在座的葡兵抬眼過去時，她那個像裹上彩裙的紅酒桶似的身軀已出現在門旁了。霎時間，一陣口哨聲在每一個座位響起，瑪利亞誇大臉部表情眼波流盼地分頭跟向她吹口哨的葡兵打招呼，就在回應的喧笑聲中，她坐到了她的獵物身旁。”（《瑪利亞》）

在凌稜筆下的這群土生女子，就像白先勇筆下的失意台北人，也充滿時代的煙火氣息。中葡雙語版《有情天地》聚焦於土生葡人女子，而星光版涵蓋的層面又更廣闊，凌稜寫身邊人物，往往信手拈來：辦公室的小妹、報館裏的實習生……每一篇故事雖然很短，但彷如一張人物的速度快照，下筆精准，描畫舉止狀態之餘，更深入人物的内心世界。或許，凌稜算不上文學大家，但她和那些用相機捕捉澳門逝去舊景的攝影前輩們一樣，憑藉敏銳的觀察和細膩的筆觸，用文字記錄下一個又一個人物故事，為我城保留了一張張永遠不再回來的人文風景。



書評人

鄧曉桐

寫作人，曾獲澳門文學獎、澳門中篇小說獎，出版作品包括：《浮城》、《刺客》、《迷魂》及《有感而發》等，《刺客》、《迷魂》等小說被翻譯英、葡文出版；戲劇創作包括：兒童劇《魔法寶石》、《反斗西遊記》，澳門民間傳說系列《石獅子》、《許願靈猴》等。



○
親密：高俊耀劇作選

作者：高俊耀
編者：鄭志偉
出版社：斑馬線文庫
出版年份：2020

劇本集公認為最難賣的書，可是這本《親密：高俊耀劇作選》讓很多人跌破眼鏡，劇作選出版不足兩周就宣佈二刷了。到底這本劇作選有多吸引讀者？首先得指出高俊耀本人（包括他與台灣演員鄭尹真合組的窮劇場）近十年來產出了一部又一部口碑載道的小劇場創作，累積了眾多粉絲，且不止台灣，還包括其他華人地區。

你也許還會問：“不是作者粉絲，很少看劇場的人，這部劇作還有甚麼好讀？”我想，“既可演又可讀”是一個劇作值得出版的原因。

2010年高俊耀帶著改編黃碧雲小說《七種靜默：忿怒》的戲來澳演出，之後他頻繁來回台澳兩地表演、教學、創作，還跟本地劇團足跡合作了兩部探討賭博與澳門人心理狀態的作品《大世界娛樂場》和《大世界娛樂場II》，其中後者就有收錄在這本劇作選中，而聯合編劇正正是筆者本人（是的，好不要臉），也由於這個無法迴避的合作關係，讓我接下來可以為讀者揭露更多高俊耀的“底牌”。

在選入的劇本中，我首先讀到的關鍵字是“身份”。這位長期活躍於台灣劇場界的中年男子，其實生於馬來西亞，自小迷上港片、港劇，大學時迷上劇場，於是大概十年前放下家鄉電視台的安穩工作，隻身跑到台灣文化大學攻讀劇場碩士，又之後跟隨陳偉成、周逸昌兩位台灣劇場名家學習表演。作為馬來西亞華人，自小受香港文化影響，同時又在台灣從事劇場工作，在他的劇本中，我們可以看到華人身份的混雜性，他在作品中也從不掩飾他對身份認同問題的思考，例如以幾乎半自傳的方式，結合一宗馬來西亞槍屍新聞編寫成的《死亡紀事》中，便透過半敘半議的結構，呈現出“身份”其實除了血緣、文化之外，還不免牽扯於宗教、經濟、政治因素之間，愈想追尋愈覺惘然。

而最能表現身份的混雜性的，也許就是“語言”。選進這部劇作選的三個劇本都有華語、粵語、馬來語“混用”的特色。不同語言並置，也許還沒有甚麼了不起，有趣的是“如何用”。跟高俊耀合作編劇，最常被問到的問題是，“這句話口音一點怎麼說？”接下來就是一堆“可不可以押韻一點？”“節奏怎樣可以有趣一點？”，“可不可以用兩三個字代替這句話？”劇本中的台詞對他來說不只是傳播訊息的工具，而是“音樂”的一種，在他的劇本中，很多台詞都是在排練場上“煉”出來的，每一句話不只因應故事、人物背景去寫，還要在劇本整體聲音節奏中進行調整，正如《大世界娛樂場II》的寫作過程中，我便需要借鏡於古典詩詞或廣東南音的句式，每句台詞執著於字數、對仗與押韻的可能，讓觀眾不只在台詞中聽到意思，還要聽出一種音樂性。身份的迷思，書寫成一首鄉愁之歌。

高俊耀在劇作選裏的“創作手記”中提出：“……一個字出發到另一個字，一個詞邁向另一個詞，彼此關係是連織、交織、纏綿，抑揚頓挫，入耳動心。”（p.120）而這種追求，正是這部劇作選“可讀”之處。



書評人

莫兆忠

澳門劇場編導、評論及活動策劃，《劇場·閱讀》季刊、評論網站《評地》主編。

為建築招魂——讀《澳門歷史建築備忘錄（一）》



○
澳門歷史建築備忘錄（一）

作者：陳澤成、龍發枝
出版社：澳門遺產學會
出版年份：2020

由陳澤成和龍發枝編著的《澳門歷史建築備忘錄（一）》是一本備忘錄，也是一闋招魂歌，招建築物、招建築師，也招一個時代。

介紹澳門文化遺產的書小說也有幾十本，以建築美學角度去談澳門歷史建築的，個人寫目過的就是劉先覺、陳澤成主編的《澳門建築文化遺產》（東南大學出版社，2005年），以及張鵬橋、陳建成著的《澳門文物建築筆記》（澳門日報出版社，2008年），介紹澳門文物的官方網站上也有建築細部賞析的文字。後出的《澳門歷史建築備忘錄（一）》區別於同類著作之處，在於對各建築物創建、改建與使用者的資料有更詳盡的說明，尤其闡述介紹負責的設計師或建築師甚至承建商，這是以同類作品較少有的專業角度——在中文媒介裏，呂澤強建築師近年文章也有介紹葡人建築師的。當然，作者精心搜羅而得的眾多歷史建築舊照，除用以說明建築外觀與風格變化，增加本書的文獻價值外，也渲染出濃重的懷舊風情，體現出兩位作者別有寄托的深情與心情。

最突顯本書精神的，或許是收錄那些已消失的“風景”——已被拆毀的建築物，像民國大馬路的飛南第別墅，士多紐拜斯大馬路的飛南第花園住宅，新馬路的域多利戲院、利為旅酒店，以及澳門萬國賽馬會——它甚至不是建築物！說這是一本招魂之作，此是明證。作者搖動歷史之鉛，讓這些建築物的舊日豐姿，以及與之相關的靈魂——設計師、建築師都浮現在讀者面前，讓人想念在這片彈丸之地曾經出現過的藝術人才和創意，以及（未來）有可能被消失或被忘卻的風景。此乃“備忘錄”之謂也。

歷史潮流浩浩蕩蕩，無數的人與風景被淡化、隱去、消逝，此乃大勢所趨，擋也擋不住；當代人能做的，便是珍惜，以及總結。一座歷史建築其實是紀念碑，要記住的，除了外型風格，還應該有它所體現出來的時代特質與智慧條件。《澳門歷史建築備忘錄（一）》跨出了很好的一步，

介绍了相關設計師和建築師，建築物終於不再是冷冰冰的磚石，而是生活在具體時代具體人物的靈魂創意。我更期待日後出現有心人，把澳門建築放在更大的時空背景中去考察，比如建築物料、工藝的限制與拓展（從“木板為障”到磚木結構）；比如點出建築物的美學特徵之餘，放在同時代空間（如香港、上海、廣州）去評論、總結其創新與成就，說明澳門在特定時空中體現出來的文化、歷史價值，並以之說服當代人珍重而重之，不要變成日後的悔恨而剩招魂的無奈。

我最期待出現的，是有心人去走訪現正或曾經在這些歷史建築物裏生活過、居住過、工作過、逗留過的無數男男女女，那些主人、住客、旅客、觀眾、神父、修女、教友、老師、學生、家長、老闆、職員……他們在這個空間裏的經歷與感受，愛恨與憂樂。畢竟，沒有人的建築是廢墟，有人的建築才是生活，或者說，歷史。像這本《澳門歷史建築備忘錄（一）》想要記錄下來、招魂重回的。



書評人

黃文輝

寫作人、攝影師、澳門史研究者。已出版詩集、散文集、評論集多種，最新著作為《佛家正住蓮花地——澳門歷史建築文化解碼》。



○
雖然想死，但還是想吃辣炒年糕

作者：白洗嬉
譯者：尹嘉玄
出版社：野人文化
出版年份：2019

從小到大，要自己努力、加油的語句聽不少，每當稍有灰心和氣餒，或是事情不如預期般順心，就會說出這些“鼓勵”的說話，無論是自己，或是由別人口中說出來，都多少能找到些慰藉。但是，我們有足夠時間消化那些由不順心的事掀起的負能量嗎？好像也沒有哦，每當不如意事來襲，灰心過後，就有種條件反射——自動自覺想起正能量語句，鼓勵自己快快收拾心情振奮起來。

這沒甚麼不好，但也好像沒有正視和解決負能量所引起的問題，像只是把東西扔在某地，或埋於沙裏，越積越多，終有一天不勝負荷，身體發出警報訊號……這其中一種訊號就是情緒病。情緒病之中，有聽過“輕鬱症”嗎？它是抑鬱症的一種，但又未達至嚴重程度。輕鬱症的症狀主要是心情低落、感到無助、容易恐懼、易怒等，更甚會影響生理，如失眠、沒有食慾。

“我一直深受不怎麼憂鬱卻也不怎麼幸福的無力感所折磨”本書作者從小就是個內向、心思細膩的人，亦因為太過在意他人看法，成長期一直處於比較之中，想法也變得較為極端，沒有中間值。當陷入憂鬱，感到沮喪之初期並沒有正視自己，後來才覺得得嚴重，即尋找精神科醫師，被診斷患有輕鬱症，並記錄下這“12周心理治療”對談。此書將對話完整呈現，內容圍繞原生家庭、學校、工作、友情、愛情等問題，沒有高潮迭起的人生經歷，是她也是你和我。對話內容提及到比較心理、自卑、不自覺說謊、過度依賴他人、往事情的最壞方向去想，甚至藥物副作用等等話題，每人都十分熟悉。

本書並沒有討論對與錯，值不值得，應不應該去做這類總結或建議，反而是真實地陳述，將作者的內心感受跟醫師的療癒說話記錄下來，像是一本日記，也許你曾經也有過這樣的感覺，這些想法其實並不羞恥，只不過沒有太多人公之於眾。其中最深刻的一段：“‘加油’、‘沒甚麼好害怕的’、‘多一點自信’，對於做不到的人來說，有時候這些話就像

毒藥，甚至是在傷口上撒鹽……我們不夠完美也沒關係、有點笨拙也無所謂、不用加油也無妨。我今天可能會表現好，也可能表現不好，這些都是人生中的經驗，沒有關係。”原來有時候跟別人說加油的話，真的會比粗口難聽，因為對方只是需要一個心靈樹洞，耐心傾聽已是最好安慰。

未看這本書之前，與他人有不一樣的感受或想法，總會質疑自己，更甚會努力改變希望可以融入大家。但每個人都是獨立的個體，也有獨特的感受，也許大家都有相同或近似的想法，但絕對不是100%一模一樣，與其痛苦地改變，不如重新傾聽內心的聲音，慢慢接納自己，接受擁抱不完美的勇氣。



書評人

羅小白

澳門人，做雜誌，喜愛文字，喜愛閱讀，相信一切事物都是美好。

SECRETS EXPOSED ANTHONY BOURDAIN AND HIS STORIES FROM BEHIND THE KITCHEN

In the culinary world, everyone knows who Anthony Bourdain was. Most individuals started to notice his work from the day he became the host of the series No Reservations on the Travel Channel, yet many would agree that Bourdain's most interesting writing was about the secrets behind the kitchen. Back in the days when he was the executive chef at Brasserie Les Halles in New York, he encountered numerous strange incidents and people and was not afraid to expose horror stories and disasters he had seen with his own eyes in Kitchen Confidential.

Why would someone open a restaurant? What does it take for one to cook like a professional? What kind of dishes sell well during the weekend? What kind of items should diners avoid for food safety reasons? These are some questions that Bourdain answered with thorough details, integrity and humour in his book. Writing as if he was speaking to industry outsiders, he would dissect the psychological aspects of those who were in the business and explain why emotional elements such as vanity, fear, and other human vulnerabilities would affect the outcome of people and places in the culinary world.

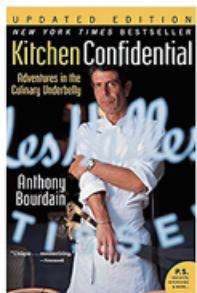
In a chapter titled "Owner's Syndrome and Other Medical Anomalies," Bourdain told the tale of a retired dentist in his fifties who was encouraged by his friends to open a restaurant because he threw great dinner parties as leisurely pursuits and therefore was made believe that he would be a good restaurateur. "He wants to get in the business - not to make money, not really, but to swan about the dining room signing dinner checks like Rick in Casablanca," Bourdain explained.

The writer went on to point out that men having a midlife crisis are also prone to desires of opening up a restaurant. In the case of the retired dentist, deep in his heart he figured being a restaurant owner and the social possibilities the circumstance present might help him to appear more attractive to women who, otherwise, would not have found him to be alluring when he was "yanking molars and scraping plaque."

The humour went on and Bourdain continued and described the "most dangerous species of owner," those who get into the business for love of showing off their eighteenth-century French antiques or memorabilia from a Bogie film in their restaurant. Bourdain sympathized and was convinced that "these poor fools are the chum of the restaurant biz, ground up and eaten before most people even know they were around. Other operators feed on these creatures, lying in wait for them to fold so they can take over their leases, buy their equipment, hire away their help."

The cruel and cut throat reality of the industry does not end with owning the business but also how food is served and prepared back in the kitchen, and having had worked in a competitive city like New York, Bourdain knew it all and was not afraid to dish the dirt. When one spends his or her hard-earned money to eat, it is only natural that the best ingredients are demanded. However, chefs must be sensitive about food costs and on days when the restaurant is not exactly packed and table turnover rate is less than satisfactory, issues arises.

"I never order fish on Monday, unless I'm eating at Le Bernardin - a four-star restaurant where I know they are buying their fish directly from the source. I know how old most seafood is on Monday - about four to five days old!" Bourdain warned in his chapter "From Our Kitchen to Your Table."



KITCHEN CONFIDENTIAL : ADVENTURES IN THE CULINARY UNDERBELLY

Author _ Anthony Bourdain
Publisher _ Ecco; Updated ed.
Year _ 2007

Irene Sam



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O RETORNO

É uma certeza quase sempre muda: a Guerra Colonial (1961-1974) deixou sequelas, obviamente nos países onde decorreu, mas também em Portugal. E não apenas naqueles que foram obrigados a participar nela, mas igualmente numa espécie de inconsciente colectivo. Entre a geração que tomou parte na guerra e a geração dos seus filhos e netos, há um entendimento surdo sobre o horror tantas vezes experimentado por quem esteve e o silêncio tácito que importa manter à volta do assunto e das suas muitas adjacências. Estranha-se, portanto, a discreta presença do tema na criação artística portuguesa, nomeadamente na literatura, onde nomes como João de Melo ou António Lobo Antunes integram uma curta lista de exceções. A excepcionalidade espalha-se pelos temas e cenários que, não versando directamente a guerra, dela decorrem de um modo mais ou menos directo: a ideia de império, as relações entre colonos e habitantes locais, as especificidades identitárias de uns e outros nas suas complexas relações e interdependências, o regresso a Portugal de milhares de pessoas depois das independências, a descolonização.

O Retorno, de Dulce Maria Cardoso, não é um romance sobre a Guerra Colonial, focando-se sobretudo no processo que, findo o conflito, trouxe de volta a Portugal inúmeras famílias que viviam em países africanos, até então colônias portuguesas. O tema da guerra atravessa o livro, naturalmente, mas é um contexto mais vasto que o define, incluindo as vivências africanas e o modo como se transformaram - nem sempre pacificamente - em memória, os conflitos do quotidiano, entretendo relativizados por conflitos latentes e mais sombrios, assunção de uma subalternidade dirigida aos angolanos (neste caso, mas replicada nos outros territórios colonizados), os pequenos prazeres, sonhos e desvios de cada dia. Aí reside parte da sua importância, num certo nível que poderíamos arrumar na gaveta sócio-literária, a mesma onde importa referir uma quase unanimidade na recepção crítica, em Portugal e noutras países onde o livro foi traduzido. *O Retorno* mergulha num período da história recente que revisitamos com pouca frequência e fazendo sem compartimentar vivências, fugindo de maniqueismos e cruzando olhares múltiplos e não necessariamente harmoniosos. No entanto, é na construção literária, no trabalho da linguagem e na imersão profunda na psique das personagens, sobretudo a de Rui, o narrador, que se encontram os elementos que fazem deste um dos grandes livros escritos e publicados recentemente em Portugal.

O enredo parte de um episódio no qual muitos portugueses ainda se revêem: em 1975, uma família vê-se obrigada a abandonar Luanda (deixando o país para trás). A independência de Angola foi declarada e os conflitos até aí reprimidos começam a ganhar peso - e balas. Deixar tudo para trás e sair do país é a opção e a família juntar-se-á ao imenso fluxo de gente que escolhe o mesmo caminho, sabendo que não há outros. Em Lisboa, o regresso destas famílias não é o idílio que a propaganda do anterior regime sobre a unidade do império poderia fazer crer. Para os que chegam, a metrópole é um lugar inóspito, sem a liberalidade de costumes que se vivia em muitas cidades coloniais e, sobretudo, sem o bom acolhimento dos que sempre ali viveram. Para os que já lá estão, o que vêm são os "retornados", palavra aparentemente chã que rapidamente assumirá conotações de desprezo.

Através do Instituto de Apoio ao Retorno de Nacionais (IARN), criado pouco depois do 25 de Abril, a família de Rui é instalada no quarto de um hotel de cinco estrelas, então transformado numa imensa hospedaria colectiva onde tantas famílias tentam descobrir o que fazer das suas vidas, agora viradas do avesso. Sem saberem do pal, sentindo-se indesejados e deslocados, sem saberem o que fazer do futuro, Rui, a mãe e a irmã procuram manter-se firmes, tentando ver nesta chegada a Portugal a hipótese de um reconhecimento. Será pela voz do narrador, Rui, que percebemos a vontade ferrea de não largar a ilusão criada sobre a metrópole, bem como a inevitável desilusão que se segue depois dessa metrópole se materializar: «A metrópole tem de ser como este hotel que até no elevador tem uma banqueta forrada a veludo. Portugal não é um país pequeno, era o que estava escrito no mapa da escola, Portugal não é um país pequeno, é um império do Minho a Timor. A metrópole não pode ser como hoje a vímos no caminho que o táxi fez, ninguém nos ia obrigar a cantar hinos aos sábados de manhã se a metrópole

fosse tão acanhada e suja, com ruas tão estreitas que parece que nem cabemos.» (pg.83) Essa vontade decorre da suposta familiaridade do cenário e da sua conversão em lugar inóspito, apesar de sempre ter sido apresentado quotidianamente aos que viviam nas então colônias como um quadro idílico que ajudava a compor uma ideia de império. E decorre sobretudo da necessidade de manter intactas as memórias e as ilusões a elas associadas, não tanto sobre impérios ou grandiosidades políticas, mas sobre a solidez que se deseja na base de uma ideia de identidade pessoal. É pela derrocada dessa solidade enganadora que começa este romance, ainda em Angola, com o cenário da saída para Lisboa já assumido: «A minha irmã diz, ainda me lembro do dia em que aquele galo, o galo de louça que está na bancada de pedra mármore, caiu ao chão e lascou a crista. Insistimos em pormenores insignificantes porque já começámos a esquecer-nos. E ainda nem saímos de casa.» (pg.8) Será em torno dessa derrocada, colectiva, sim, mas intensamente pessoal, que este romance se desenvolve.

Mais do que uma narrativa sobre os que regressaram de África, ou sobre a queda de um império, talvez *O Retorno* seja sobretudo um romance sobre identidade e crescimento, e sobre as imbricadas relações entre ambos num cenário em que o mundo que se conhecia parece ter desmoronado. Que esse cenário seja familiar a uma série de leitores, directa ou indirectamente, confere ao livro outros níveis de sentido, mas é na sua capacidade de encantar a humanidade, sondando-lhe as fragilidades, as contradições e os desejos que reside a sua mais íntima vocação.



O RETORNO

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Impressa _ Tinta da China
Ano _ 2012

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