
翻悅

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目錄



有請《翻悅》-編輯的話

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We are honoured to introduce *TransFeed* Issue 2 – the latest issue as its editors. *TransFeed* is a magazine that is prepared, published and distributed by members from Translation Workshop. It aims to delight the readers through the power of words. The first issue published last year has been a great success! This year, to continue the amazing work from the past, our members from Translation Workshop are thrilled to create more inspiring content that feeds your spirit!

Our previous Translation Programme has taken a great leap by evolving into the Department of Translation, Interpreting and Intercultural Studies (TIIS). Therefore, *TransFeed* Issue 2 will provide you with not only the new updates on our TIIS department, but also interesting stories from fellow students, interviews with people from various cultural backgrounds and exclusive feature articles! It will definitely broaden your horizons!

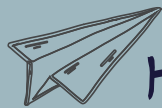
We sincerely hope that *TransFeed* can become a tradition for Translation Workshop and continue its educational purpose. Students will contribute and publish further issues with flying colours. Last but not least, we will continue to partner with different NGOs, social enterprises as well as individuals. We will provide quality translation that fosters communication and serves our community as promised in our vision: We Serve The Community Through Translation!

我們很榮幸能擔任第二期《翻悅》的編輯，同時為大家呈獻最新一期的雜誌！《翻悅》由香港浸會大學翻譯工作坊的學生籌備、出版和發行，顧名思義希望同學翻開雜誌，從字裏行間尋找樂趣。有見去年的創刊號大獲成功，今年，我們工作坊的成員致力秉承佳績，繼續創作啟迪心靈的精彩文章！

本校的翻譯學課程一直向前邁進，今年終於獨立成系，以全新翻譯、傳譯及跨文化研究系 (TIIS) 登場！有見及此，本期《翻悅》不僅向各位介紹TIIS的最新資訊，還會分享同學們的有趣故事，並涵蓋與不同文化背景人士的訪談，以及獨家專題文章，必定使你眼界大開！

我們希望如此具教育意義的《翻悅》能成為本校翻譯工作坊的傳統，同學們將繼承衣鉢，再創傳奇！最後，我們在此承諾，將繼續與其他非牟利組織、社企及個人合作，提供高質素翻譯服務，以促進溝通和服務社區為目標，實現我們的願景——「以翻譯服務社區」！





Head's Message

主任的話

Written by: Dr. Robert NEATHER

撰文：倪若誠博士

Translated by: LO Man Man, Anita

翻譯：盧雯雯

Designed by: WONG Sze Ling, Alison

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Hello again, everyone!

I'm delighted to be introducing our second issue of *TransFeed*! The inaugural issue looked fantastic and really set the bar high, but this issue is shaping up to be just as good!

As all of you know, our new Department of Translation, Interpreting and Intercultural Studies was finally born on September 1st this year – a really major milestone. After 29 years as the Translation Programme, it is great that we have finally gained our own independent status as a department. From September, we were joined by two new members of staff: our Research Assistant Professor, Dr. Catherine HARDIE, who specialises in religion and translation, and is an expert in Chinese and Tibetan; and Dr. Dora WONG, who joined us as Lecturer after a number of years teaching at PolyU. As of January 2020, we will be joined by a new Assistant Professor, Dr. ZHAO Nan, who taught translation and interpreting at the University of Essex in the UK for several years previously, and who will be teaching the Linguistics for Translators course in the coming semester.

大家好，我們又見面了！

我很高興能為第二期的《翻悅》撰文。《翻悅》創刊號的成功令我對新一期雜誌期望很高，現在新一期的表現也同樣精彩。

正如大家所知，我們部門——翻譯、傳譯及跨文化研究系在今年九月一日終於誕生。翻譯學課程成立至今29年，能夠獨立成系，對我們而言是個很重要的里程碑。我們部門今年新添了兩位成員：研究助理教授何甘霖博士，她專門研究宗教與翻譯，而且精通中文和藏文；以及黃凌峰博士，她以在理工大學任教數年的經驗擔任本系講師。在二零二零年一月，我們將會迎接一名新的助理教授趙南博士。她過去幾年在英國雅息士大學教授翻譯及傳譯，將在下一個學期教授翻譯與語言學課程。

We've also seen some administrative role changes: Prof. Mark SHUTTLEWORTH becomes Associate Head of Department and Director of the MA Programme, while Prof. LIU Min-hua has been appointed Associate Dean of Arts, as well as taking over the Directorship of the Centre for Translation from me. Dr. YAU Wai-Ping takes up the chairmanship of our newly formed BA Course Coordination Committee, while Dr. Janice PAN chairs our new Publicity Committee. Dr. Cynthia TSUI oversees Scholarships and Placement, while Dr. Gloria LEE is handling Mentoring and Student Liaison. These appointments, and others that I won't elaborate further here, are all really positive developments for our new Department. At the same time, we shall be losing Dr. Ester LEUNG, who will be moving to take up a position in Melbourne, Australia, from Semester 2. Ester has been a very long-standing and devoted member of our team and we shall be really sorry to see her go! We plan to appoint her as an adjunct professor of our department, however, so we hope at least to be seeing more of her again from time to time in the future!



We are living in very difficult times, and this semester, many things have turned out very differently from what we expected. Classes have switched to online mode, which has been a challenge that all of us have had to adapt to suddenly; events have been cancelled, and our 30th Anniversary plans put on hold until later next semester, when we hope that things may have improved; and the situation in society more broadly is changing by the day. Living with the stress of uncertainty and unpredictability has become the norm. In all this, we must try and stay focused, and never give up hope. *TransFeed*, in its own small way, can be one small symbol of that hope – something creative, produced from the interaction of a team of like-minded people working together as a harmonious community. Let me close, then, by thanking all the new *TransFeed* team from the Translation Workshop, for all the energy, dedication and hard work they've put into this second issue, despite the difficulties of this semester. Thanks also, of course, to Dr. Janice PAN for overseeing the project with her usual enthusiasm and care.

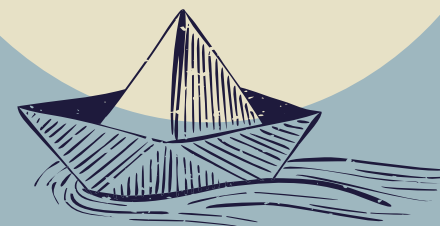
We hope all of you enjoy this second issue!

本系教師之間也有不同行政職位的更替，如夏致遠教授成為翻譯、傳譯及跨文化研究系副主任以及翻譯及雙語傳意碩士課程主任。劉敏華教授被任命為文學院副院長，同時也會代替我領導翻譯學研究中心。邱偉平博士於新成立的文學士課程統籌委員會中擔任主席。同時潘瑋博士擔任新成立的宣傳委員會主席。徐秀娟博士會負責獎學金及實習相關事務。利軀勤教授則負責學生輔導及聯繫。其他任命我就不一一列舉了，對我們部門而言，這些都是正面的發展。很遺憾的是，梁倩雯教授由下學期起前往澳洲墨爾本任職。梁教授多年來一直為我們團隊貢獻良多，我們計劃委任梁教授為客席教授，希望將來我們會再有機會碰面。



我們正處於非常困難的時刻。今個學期，很多事都不符預期地發生了。課程改為網上模式，倉促之間需要適應，對於我們而言都是一個挑戰；許多活動要取消，而我們學系30週年計劃也暫緩至下個學期，唯望屆時事態會稍微緩和。社會局勢瞬息萬變，每天狀況不明確以及難以預測，處理這些壓力已經成為常態。在這樣的情況下，我們一定要堅守內心，堅守希望。《翻悅》憑藉它獨特的角色，可以成為希望的小小象徵——它誕生於一個由志同道合的人組成的和諧團隊，是充滿創意的作品。在此再次感謝翻譯工作坊的新任編委在新一期雜誌投入的能量、奉獻及努力，當然也要感謝潘博士一如既往地為這個項目所付出的熱情與關注。

我們衷心希望大家都喜歡新一期《翻悅》！





Star Talk: Dr. Dora WONG

Interviewed and translated by:
TUNG Wan Ying, Trista, IP Pik Yu, Daisy
訪問 / 翻譯: 董韻瑩、葉碧榆

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排版: 黃時領

我們很高興邀請到黃凌峰博士與我們分享個人經歷，以及新加入浸會大學的生活。

We are glad to have the opportunity to invite our new professor Dr. Dora WONG to share her personal experience and her new life at HKBU.



問：可否請你簡單介紹一下自己？

答：我是翻譯系畢業的。剛開始的工作是商業傳譯和法律文件翻譯，涉及審慎調查基建和企業上市計劃。由於想了解多些企業營運、市場營銷、零售管理等知識，所以就到澳洲去讀工商管理。通過小組形式，到當地企業學習市場研究和營運管理。畢業後我去了紐約，從事企業傳訊，策劃和製作企業新聞和訪問的錄像，在電視節目裡播放。之後回流香港，開始教書工作，運用自己的專長，教導英文和翻譯等課程。教學敦促我去吸收新的知識，深入研究各種課題，也可以與學生交流，帶來很大的滿足感。

教學也讓我認識戲劇教育，尤其是用情境戲劇和舞臺劇，學習語言技巧。我也一直對戲劇有濃厚的興趣，現時的研究與劇場的字幕翻譯有關。



Q: Could you please briefly introduce yourself?

A: I graduated from translation studies and began my career in business interpreting and legal translation, including due diligence of infrastructure and IPOs (initial public offering) projects. In need of knowledge of business operation, marketing and retail management in the business field, I decided to study business administration in Australia. The courses covered marketing strategies, retailing and operation management through collaborative projects at local enterprises. I moved to New York after graduation and worked in corporate communication, focusing on company video news and interviews to be placed on television programmes. After returning to Hong Kong, I started teaching and instructing courses in translation and writing using my skills. Teaching prompts me to acquire new knowledge, conduct in-depth research of different topics while interacting with students. It has been a really satisfying job to me.

Teaching also introduced me to drama-in-education, especially ways of acquiring language skills through process drama and stage performances. My strong interest in the theatre has in turn led me to research on subtitle translation.



問：你現時在浸會大學主要研究字幕翻譯嗎？

答：現時我想研究紀錄劇場的字幕翻譯。言種劇場集合多種類型的文本，如講辭、歌詞、新聞和歷史文件等，為翻譯研究提供豐富的資料，我還在向本地劇場工作者討教實際的字幕應用。

另外我對兒童文學的翻譯有興趣，尤其是繪本的翻譯。繪本不只是兒童的專利，也適合成人看，可以從閱讀中學習各種知識和語言。除文字外，插畫和數據圖像的製作也很值得研究。

問：對於以上所說的範疇，你有什麼期望？你會想在浸會大學開班教授有關科目嗎？

答：因為剛剛加入浸大，我還在摸索和學習的階段。視乎同學的實際需要，設計和傳授適當的課程。現時在Translating Across Media一科，有加入劇場字幕翻譯的內容。然而，開辦專門課程還有一些考慮因素，始終劇場翻譯視乎整個劇場製作，我們的課程還在課室層面，劇場方面又不能錄影（基於版權等因素），因此文本翻譯與劇場製作會變成兩個分離的部份。如果要納入課程之中，需要思考一下教學的方法，以及資源的分配。例如通過與劇團合作，為學生帶來實習機會。字幕翻譯並不局限於課堂，學生透過實習，翻譯前先了解文本的應用，蒐集資料。我相信學習應該是「學而時習之」，劇場翻譯要配合演出，同時文字要精準，方便觀眾閱讀。加上劇場的對白可能到最後一分鐘仍在修改，這樣譯者也要有應變的能力。



Q: Do you focus on subtitle translation at HKBU?

A: I want to study surtitles used in the documentary theatre which combines many genres of texts like speech, lyrics, news and historical papers. They provide a rich source for translation studies. But I am still learning from the stage crew about how surtitles are practically used in the local theatre.

Apart from that, I am also interested in the translation of children's literature, especially that of picture books. Picture books are not only for children. Adults can also discover different ideas and learn languages through reading. In addition to written translation, illustrations and the production of digital storytelling are also worth studying.

Q: What are the prospects of the abovementioned fields? Would you like to set up related courses at HKBU?

A: Being a newcomer, I am still exploring and learning about students' needs and how things work here in course design and delivery. I have included one unit on surtitle translation in a course I teach this semester, *Translating Across Media*. However, we need to consider certain factors for the setting up of a specialized course on the mentioned topics needs to consider certain factors. For instance, theatre production is indispensable to theatre translation. As our lessons take place in the classroom, and we cannot obtain the recording from theatre (due to copyright and other concerns), so subtitle translation would be taught without theatre production. Factors including ways of teaching and allocation of resources are important as well.

It is possible to learn through collaboration with a theatre group and internships. The training is not confined to a fixed classroom setting, but put into situations where students can understand how the text is used and collect information before attempting the translation. I believe in "learning by doing". Surtitling requires good language skills to meet the demand of accuracy and conciseness for stage performance and viewing. In addition, translators need to respond in time when scripts could be under frequent revisions, even till the last minute before performance.





問：你覺得翻譯系的新同事如何？

答：他們很有智慧，十分友善。整體而言，浸會大學是個很友善的校園，大家都樂於助人。

問：你在翻譯系有甚麼長遠目標？

答：我希望發展可以配合社會需要的課程，亦能夠多點反思教學的方法，深入研究剛才提到的課題。

問：你在澳洲讀書時有甚麼難忘的經歷？

答：最難忘是到處探索 and 了解當地文化，體驗當地人的生活。澳洲啤酒文化盛行，上完課，同學喜歡到酒吧聊天，藉此建立友誼。除了一起做研究外，我們還會一同慶祝生日、分享生活點滴。起初我住在學校宿舍，後來住在當地人的家裡，他們會帶我體驗澳洲文化和出席社交活動，令我認識多點這個國家的風土人情。

問：澳洲和香港的文化差異大嗎？

答：澳洲社會福利制度相對有保障，生活節奏會慢些，香港人則常常要為生活操勞，休息不夠。其實大家都重視家庭生活，我當時居住的家庭，兩夫妻分別是愛爾蘭及德國的移民，婚後買了房子，很破舊，於是親手裝修，包括逐步改建房間、髹油等，甚至掛在客廳上的畫，也親手繪畫。他們從婚後就開始裝修房子，直到兒女長大、結婚成家，仍在裝修房子，可見他們對生活充滿熱誠，這一點十分值得我們學習。

問：你有甚麼說話想對翻譯系的學生說？

答：我們的同學十分聰明可愛，在他們身上仍然看到純真的一面。除了保持純真外，亦要記得求真。學習遇到困難，要尋根究底，不要只用網上資料。我大學時有位老師——陳萬成博士，他送給我們一句話：「敬畏神、嚴律己、寬待人」。我相信這句說話至今仍舊適用。

Q: Do you have some words for our Translation students?

A: We have smart and lovely students here and you can feel their sincerity. In addition to being sincere, they need to seek the truth. In finding answers to questions, they need to delve into matters instead of using only information on the Internet. Dr. M.S. Chan, a teacher from my university, once told us, "Fear God, discipline yourself and be kind to others". I believe this saying still remains applicable today.



Q: How do you feel about your new colleagues?

A: They are very wise and friendly. HKBU, in general, has been a very welcoming place where everyone is willing to help.

Q: What long-term goals do you have for the Translation Department?

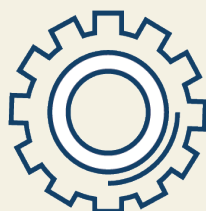
A: I would like to develop courses which can meet the needs of the society. In addition, to reflect on my ways of teaching and conduct in-depth research into mentioned topics.

Q: Are there any unforgettable moments during your overseas study in Australia?

A: The most unforgettable time was spent on exploring the place, learning from its culture and experiencing life of the locals. Beer drinking is a popular social activity in Australia where students like to gather at bars chit-chatting and networking after classes. Apart from working on projects, we celebrated birthdays together and shared our life stories. I first lived in a student residence, but later was introduced to a local's home. The host family took me on excursions and invited me to social events, through which I learned more about the country and its people.

Q: Do you find huge cultural differences between Australia and Hong Kong?

A: Australians tend to enjoy a slow living because their social welfare system is relatively well-developed. Whereas in Hong Kong, people often need to work hard for a living and do not get enough rest. In fact, we all treasure families. The couple of my host family were migrants from Ireland and Germany. They bought a property after marriage. It was old and shabby, but they did all the decoration on their own, starting from refurbishing one room after another, painting the place to even drawing their own paintings on the wall. They have been doing it bit by bit, even after their children were all grown up and got married! You can feel their enthusiasm for life. It is something we can learn.



Star Talk: Dr. Catherine HARDIE

Interviewed and translated by:
TUNG Wan Ying, Trista, IP Pik Yu, Daisy
訪問 / 翻譯：董韻瑩、葉碧榆

Designed by:
WONG Sze Ling, Alison
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We are happy to introduce Dr. Catherine HARDIE, one of the new professors in our department, in our magazine. We have learnt more about her in this interview. 我們很高興邀請到何甘霖博士進行訪問，這次訪問加深了我們對她的了解。

Q: Could you please briefly introduce yourself?

A: My name is Catherine HARDIE. I'm originally from Australia and this is my first semester at HKBU. I did my PhD at the University of Oxford, in social anthropology. My thesis looked at the spread of Tibetan Buddhism in Mainland China. Here at HKBU, our department encompasses translation, interpreting and intercultural studies, and I'm probably located more towards the intercultural studies end of the spectrum. But I do speak several languages and translation is a key part of my research. I also translate texts outside my academic work. I have some experience with interpreting, too.

Q: So your main focus is on Tibetan culture?

A: Both Tibetan and Chinese cultures, I would say. I lived in mainland China for quite a long time, more than 8 years. A lot of that time was spent in the Tibetan region of northwest Sichuan province, so I'm interested in Tibetan and Chinese cultures, and interactions between the two.

問：可否請你簡單介紹一下自己？

答：我是Catherine HARDIE，我來自澳洲，現在是在浸大的第一個學期。我在牛津大學取得社會人類學博士學位，博士論文是研究藏傳佛教在中國大陸的傳播。在浸大這個翻譯、傳譯及跨文化研究系中，我的定位或更傾向於跨文化研究。不過，我的確會說幾種語言，翻譯亦是我研究的重點範疇，我還翻譯學術論文以外的文章。此外，我也有口譯的經驗。

問：那你主要是關注藏族文化嗎？

答：我會說是藏族文化和中國文化。我曾經在中國大陸住過一段時間，超過八年之久，而當時我多數留在四川西北部的藏族地區。這段經歷使我對藏族文化和中國文化，以及兩種文化之間的互動產生了興趣。



Q: What makes you so interested in Chinese and Tibetan culture?

A: It's hard for me to say, because my interest largely comes from my cumulative experience of living in and between both cultures for a long time. So I suppose it's because both cultures are very much part of my world that I'm interested in how they work. As an undergraduate student, I was able to study some foreign languages as part of my degree, and I chose to learn Chinese. Back then, China represented a very different cultural universe, and studying Chinese language seemed like a way of accessing that universe, including its philosophical and religious traditions. As for my interest in Tibetan culture, I suppose that really took off when I went to eastern Tibet to work as an English teacher after finishing my undergraduate studies. In order to better understand the culture, religion and people, I eventually came to learn Tibetan.

Q: We know you are in charge of the course Special Topics in Translation. Could you please introduce the course? What is it about?

A: The name of the course is "*Religion and Translation Across Time and Space*". "Time and space" is another way of saying "across different cultures and throughout history". The course looks at the way that major religious traditions have spread throughout the world and shaped cultures, and the role that translation has played in this process. It's a very interdisciplinary course that combines critical perspectives from translation studies, anthropology, intercultural studies and religious studies. We look at different topics each week.



Q: What languages do you translate?

A: Chinese, Tibetan, English. I also speak German but I don't really do any German translation.

問：你會翻譯什麼語言？

答：中文、藏文和英文。我會說德語，但我沒有做德文的翻譯。

Q: Can you share some differences between your hometown and Hong Kong?

A: Sure, there are huge differences! I grew up in a small farming town in Australia; when I was young, the population was only 8,000 people, so it was very different to Hong Kong. Hong Kong is a densely-populated mega-city. It is worlds away from where I grew up.

問：是什麼令你對中國和藏族文化有如此濃厚的興趣？

答：這不好說，我的興趣大多源自於一直以來生活在兩種文化之間，我會說，因為這些文化與我的背景相差甚遠，所以我有興趣知道兩種文化如何交流。在修讀本科課程時，我有機會選修外語，因此我便學習了中文。那時，中國代表一個截然不同的文化領域，學習中文彷彿能夠帶我進入這個領域，探索中國哲學和宗教傳統。我完成本科課程後前往西藏東部擔任英文老師的時候，開始對藏族文化感興趣，為了加深對西藏文化、地區和西藏人的了解，於是學習藏語。

問：我們知道你任教翻譯學專門話題 (Special Topics in Translation) 這一課程。可否請你簡單介紹一下課程？

答：課程名稱是跨時空的宗教與翻譯 (Religion and Translation Across Time and Space)，當中時空 (Time and Space) 代表跨越文化、穿越歷史。課程著眼於主要宗教傳統如何在世界各地傳播，如何塑造不同的文化，以及探討翻譯在過程中扮演的角色。這是一門非常跨學科的課程，將翻譯研究、人類學、跨文化研究和宗教研究中的批判角度結合在一起。每週的課堂我們都會討論不同的主題。

問：你可以分享你家鄉與香港的分別嗎？

答：當然可以！兩地的分別很大。我在澳洲一個農業小鎮長大，在我年輕時，小鎮只有8,000人口，單是這一點已經與香港十分不同，香港是個人口密集的大城市。

Q: Do you like the life in Hong Kong despite those differences?

A: Yes, I do. Generally speaking, I find Hong Kong a diverse, open and cosmopolitan city. It is also a safe city, especially for women. For someone who enjoys a mix of eastern and western cultures, it is a great place to be.

Q: In Hong Kong, where do you usually go in your leisure time?

A: Since arriving, I've literally had no leisure time! Because this is my first semester here, and since I have a new class to teach, there has been a lot of preparation to do. When I have more time, I look forward to getting out and about more. Hong Kong is nice because even though it is a busy city, there are many ways to be close to nature, like hiking in the mountains and near the ocean. I quite like visiting temples and monasteries, too.

Q: After being here for a month, do you have any expectations on our Translation department?

A: Expectations? No expectations, as such. To be honest, before moving to Hong Kong, I didn't realize how much of a hub for Translation Studies it was. Among Hong Kong's different universities are many translation studies departments and it's quite exciting to be part of this atmosphere. Here at HKBU, we have a very dynamic department with people with different specializations and interests. It's a great learning opportunity for me since my background is in anthropology, which in itself is a very interdisciplinary field of study.

Q: How do you feel about your new colleagues?

A: They have all been very friendly to me. They are very supportive, and I certainly have a lot to learn from them.

Q: Do you have any advice for our students?

A: Let me think... I probably don't need to give any advice to students who are already very hardworking, but I suppose the main thing would be to make the most of your time at university, of every single day. It's such a precious time in terms of the opportunities you have to build your skills, expand your knowledge and grow as a person. Making the most of things now will benefit your whole life ahead, so don't hold back. Another thing would be to cherish the people you have around you – build good relationships with your peers, help each other and enjoy your time together. The experiences you share during your time at university are special.

問：既然兩地截然不同，你喜歡香港嗎？

答：喜歡。我認為香港整體上是個開放多元的大都會。香港亦十分安全，特別對女性而言。對於喜愛中西文化的人來說，這裏是個好地方。

問：你空閒時會到香港哪些地方？

答：抵港後，我基本上沒有空餘時間！這是我在浸大執教的第一個學期，加上我負責教授一個全新課程，所以我有很多工作需要準備。稍後有空餘時間時，我希望多外出探索。雖然香港的生活節奏繁忙，但仍有不少貼近大自然的活動，包括於山巒起伏或能眺望大海的環境遠足。我亦喜愛到訪廟宇及寺院。

問：入職浸大一個月後，你對翻譯系有甚麼期望？

答：期望？沒有期望。老實說，我在來港前並不知道翻譯學的世界如此廣闊。香港的各間大學大多擁有自己的翻譯系，我很高興成為當中一份子。浸大翻譯系雲集不同專業的老師，他們擁有不同興趣，充滿活力。由於我的專業背景是跨學科研究的人類學，這是個難能可貴的學習機會。

問：你認為你的新同事如何？

答：他們對我十分友善，給予我鼓勵及支持，他們十分值得我學習。

問：你對我們的學生有甚麼建議？

答：讓我想想……我大概不用對那些已經十分勤奮的學生提出甚麼建議，但我認為最重要是善用於大學裏的時間，善用每一天。這是一段十分珍貴的時間，讓你發掘技能、增長知識及全面成長。善用每分每秒，你的將來必能受惠，所以不要躊躇不前。另一重點是要珍惜身邊人，與同學建立良好關係，互相幫助，享受一起的時間。大學的體驗是珍貴獨特的。

從零開始 甘之如飴

Starting from Zero, Bittersweet

Agora Advertising Limited 是香港剛起步不久的綜合數碼營銷公司。專門結合數據分析方法，為客戶制定數碼解決方案和社交媒體解決方案。

Agora Advertising Hong Kong Limited is a start-up integrated digital marketing agency based in Hong Kong. Specializing in formulating adaptive digital solution and SMART digital solution on crafting engaging content along with data analysis to develop effective strategic plan.



就讀副學士的最後一年，沒讀過市場學的我，作為文科生的我，憑藉一股幹勁申請了「Digital Marketing Intern」一職。就這樣懵懵懂懂地便展開了近四個月的實習。

那是間剛創立的小公司，大約一年多，由兩位女生打理。當時，她們的業務蒸蒸日上，需要額外人手幫忙處理工作，我也就誤打誤撞，榮幸地成為她們第一位實習生。後來陸續有另外五位實習生加入。

四個月轉眼逝去，我在這間小公司裏獲益良多。從對社交平台的廣告一竅不通到對下廣告小有心得；從不會寫廣告文到幾乎負責撰寫所有帖文，更遑論每個月為客戶策劃社交平台的內容形式等事務……幾乎「一腳踢」。

起初，我對薪酬待遇十分在意，儘管每星期只工作2天，但對於「沒有人工」，只有\$1000車船津貼這個事實仍然很在意。即使最後還是接下這份工作，但上班時也難免會間中「走神」。

然而，這份小糾結卻在我離職那天徹底消失。不是因為實習結束而感到快樂，而是我意識到自己獲得上司悉心栽培和指導，因而感到很幸運。

我想，這種手把手的教學也許只有在小公司才能找到。

現在回想起那時身邊的朋友聽見我願意零薪酬工作，都一臉愕然和不屑。那時的我也有懷疑自己的決定，然後想想另外五位實習生，無一不是名牌大學學生，我也就釋然了。

想來也對，缺乏經驗和知識的我憑什麼要求那麼多呢？不受他人影響，做自己認為值得的事，擺正心態才是最重要的。

In the final year of my associate degree, I, an arts student who had never studied marketing, applied for the position of Digital Marketing Intern. Muddle-headed, I began my internship for almost four months.

It was a small company, set up only for more than one year by two girls. Back then, their business was growing so fast that the company required extra manpower. So I had the great honour to become their first intern by accident. Later, another five interns joined one after another.

Four months was just a fleeting moment, but I have learnt a lot in this company. I started from having zero experience of advertising on social media to being an experienced advertisement publisher; from having zero copywriting experience to being responsible for almost all advertising texts, not to mention tasks such as planning for all the texts and formats. I took up almost all positions.

I had my struggle about the salary at the beginning, because I was not sure if I could accept the fact of “no salary” though I could have a travel subsidy of \$1,000 and only needed to work two days a week. I accepted the internship offer at last, but failed to stay focused on work all the time.

However, my struggle went away completely on the day I resigned. I was very happy, not because the internship had ended, but because I realised how lucky I was to be cultivated and guided by my boss.

I think, perhaps direct guidance from the boss can only be found in small business.

When I think back, I did doubt myself, seeing my friends feeling shocked and disdained at the idea of “no salary”. I had wondered if I made the right decision. I felt nevertheless relieved, thinking of the other five interns who were all from top universities.

It is right: why should you expect much when you have no experience and knowledge to this industry? The most important thing is to do what you think is right with a good attitude, instead of being affected by others.

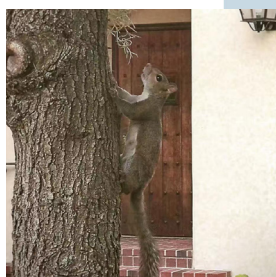
撰文：曾文秀
翻譯：黃嘉琪
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A Year In Winter Park 溫特帕克的一年



去年，我前往美國交換學習，學校坐落在溫特帕克，位於陽光之州佛羅里達的一座小城。如今她叫做「冬季公園」，但依然有人記得，160多年前，人們曾經用「湖景」來命名這座城。



Last year I went to the US as an exchange student. My host institution is located in Winter Park, a small city in the Sunshine State, Florida. Now that she is named "a park in winter", people still remember that more than 160 years ago, the city was once called "Lakeview".

Last summer, I set out



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Exchange Stories
翻譯世界

to visit somewhere near a serene and beautiful lake, with plenty of sunshine and gentle winds. That is Winter Park in Florida, the United States, where I lived for almost one year. The one-year trip was like a long walk along Lake Virginia. I strolled down the path and got to see the world refreshed almost every day. The lovely lake witnessed my stories in two semesters.

My first community activity in the US happened just by a lake. I went with a large group of volunteers, including students, workers, and even children, to help with lake restoration. Coordinators taught us how to plant a special kind of vegetation called "Fire Flag" (maybe?) along the shoreline, which reportedly could benefit the ecosystem and water quality. We worked in groups of two, standing in the water and digging in the lakebed. The water was clean and cool, very refreshing in a hot summer. The trip was not as relaxing as a sight-seeing walk, but much more beneficial to the environment. Besides, I finally got the unforgettable "muddy memory" in those poetic, romantic novels. What a dry joke.



去年夏天，我出發前往位於寧靜美麗的湖邊的某個地方，那裡陽光明媚，有和煦的微風。那就是美國佛羅里達州的溫特帕克。我在溫特帕克度過了將近一年的時間，就好像在弗吉尼亞湖邊散了一個長長的步。幾乎每天，我沿著湖邊小徑漫步時，世界都是嶄新的樣子。這片可愛的湖見證了兩學期中發生的種種故事。

我在美國參與的第一次社區服務活動就發生在湖邊。那是和一大批志願者一同出發，去協助湖泊環境的恢復工程。志願者中有學生、上班族，甚至還有小孩子。工作人員教我們沿著湖岸栽種一種（似乎是？）叫做「火旗」的植物，據說有保護生態系統、改善水質的功能。我們兩兩一組，站在水裡挖掘湖床。湖水很乾淨，涼涼的，在炎熱的夏天讓人精神一振。這種工作自然沒有散步觀光那麼輕鬆，但對環境有切實的好處。另外，我總算也擁有浪漫抒情小說里「泥濘的回憶」了……這個笑話有點冷。

In the campus canteen near the lake, I worked and earned my trip to Toronto and Montreal. Throughout the trip to Canada, I lived in a hostel room for four and met people from different countries. The first night arriving in Toronto, I was invited by a Brazilian girl in my room to have dinner together. We had quite a good chat, talking about our countries, our travel plans, and even our blueprints for life and career. I used to be conservative and keep an appropriate distance with strangers, but the chat that night was relaxing and enjoyable. That was when I began to like staying in a hostel, where I can meet people from all over the world who are visiting a new place and looking forward to new things with curiosity and courage. We share similar thoughts. Though we don't know each other before, we are connected by this state of mind.

On a sunny day, I surprisingly found that under the tree shade, the sparkling lake looked much like Renoir's *The Frog Pond*, a painting mentioned in my art

在湖邊的校園餐廳，我通過打工掙到了去多倫多和蒙特利爾的費用。在加拿大旅行時，我全程住在青旅的四人間里，遇到了來自各個國家的遊人。抵達多倫多的第一天，室友巴西女孩邀請我一起吃晚餐。我們聊得很盡興，從各自的國家聊到旅行計劃，甚至還交流了職業規劃和人生計劃。從前我面對陌生人態度保守，習慣保持適當的距離，但那天的交流非常輕鬆愉快。從此我開始享受住在青旅的時光，因為可以在那裡裏遇見來自五湖四海的人。他們都懷著好奇心和勇氣來到了一個完全陌生的地方，對新事物滿心期待。我和他們有相似的心情，所以即使我們素不相識，這種心情也會把我們聯繫在一起。



history class. This is the first time that a real scene in my life becomes reminiscent of an artwork. The past year witnessed my growing interest in the art of painting, the way painters represent the wonderful world in their eyes. I got the chance to visit the Met and MoMA and was inspired to contribute my photography work to the campus magazine. Eventually, one of the photographs was chosen to be the cover photo. It's really SOMETHING for a newbie photographer like me.

It is a year with great changes. I found my own pace in a brand-new environment and got involved. Thoreau said in *Walden* that "All change is a miracle to contemplate, but it is a miracle which is taking place every instant". I'm infinitely more assured to enjoy every instant now.

在晴朗的一天，我驚訝地發現，樹蔭下湖水波光粼粼的樣子神似雷諾阿的《青蛙池》，我在藝術史的課堂上學過這幅畫。這是我第一次在面對現實景物時回想起繪畫作品。一年中，我對繪畫藝術產生了前所未有的興趣，這是畫家們再現他們眼中美妙世界的方式。我終於有機會參觀紐約大都會博物館和現代藝術博物館，並有些突發奇想地把攝影作品投稿到學校雜誌，其中一張照片被選為了雜誌封面，這對於我這樣的新手攝影師來說實在是件大事。

這一年發生了不少變化。我在陌生的環境中找到了自己的步調，學會融入新的生活。梭羅在《瓦爾登湖》中說：「一切變化都是值得思考的奇跡，它每分每秒都在發生」。而如今，我能更加從容地享受這每分每秒了。

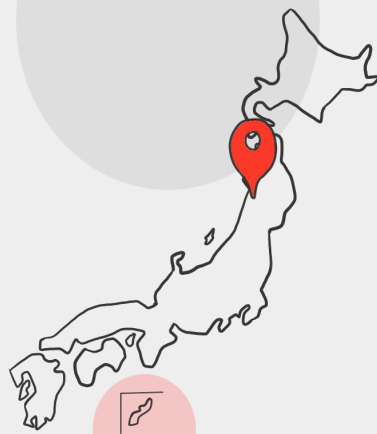
My Exchange to Akita 日本國際教養大學留學記 International University

撰文 / 翻譯 / 排版：張祉晴

Written, translated and designed by: CHEUNG Tsz Ching, Valerie

我在上個學期到了位於日本秋田縣的國際教養大學交流，那是個難忘又美好的經歷，急不及待在這裏跟「翻悅」中的你分享一下。

Last semester I got the opportunity to go on an exchange programme to the Akita International University (AIU) in Japan. It was an unforgettable and wonderful experience. I can't wait to write something about it to share with all of you who are "transfeeding".



Exchange Stories
翻轉世界

Is Akita in the middle of nowhere? NO!

I went to Akita in late March with both reluctance and expectations. I was a bit nervous because it was the first time I left my family and hometown to live by myself for almost half a year. Nevertheless, I was excited as I really love Japan and I have planned to go on an exchange programme to Japan since Year One. "Akita? Why Akita? There is nothing there!" said my Japanese friend, who knew I was going to study in Akita. This was probably the stereotype of Akita that most Japanese would have, and I thought I was mentally prepared after listening to him. However, I was still shocked when I arrived at AIU: behind the campus there was a forest, and at the other side of the forest was the airport. It takes about 7 mins to go to the airport but 45 mins to the city centre. There were even broadcasts warning us to stay indoors as someone saw bears on campus.



秋田是個窮鄉僻壤嗎？不！

二零一九年三月下旬，我懷著不捨又期待的心情前往秋田。這是我第一次離鄉背井獨自到外地生活約半年，少不免有點緊張。然而，我很喜歡日本，大一的時候已經計劃到日本交流，所以我同時亦十分興奮。當我一個日本朋友聽到我要去秋田交流時，他說了這樣的話：「秋田？為甚麼是秋田？那裏甚麼都沒有的欸！」這應該就是普遍日本人對秋田的刻板印象。我也以為聽了他說的話後，我就已經做好了心理準備。但第一天到達學校的時候我還是嚇了一跳，學校後面竟然是一大片森林，而森林的另一邊就是機場。從學校去機場只需約7分鐘車程，但去市中心則要約45分鐘。有幾天晚上，學校內更有廣播叫我們留在室內，因為有人在校園看到熊——真正的「熊出沒注意」。

讀到這裏，你腦海中的國際教養大學是不是一個很「鄉下」的地方？雖然學校附近的環境的確是挺「鄉下」（因為一馬路之隔就是森林），但其實學校附近有一個大商場，商舖應有盡有，東西一概俱全，坐巴士約15分鐘就到。我覺得秋田並不如我朋友所說的「甚麼都沒有」，而是一個結合「鄉下」和「城市」特點的地方：自然優美的景色、娛樂設施、清新的空氣、交通工具、人口較少……在秋田生活也許不像住在大城市般方便，但對我來說是個很好的機會，讓我放慢生活節奏，享受在秋田的時光。

At this point, do you think AIU is like a rural place? Well, the surroundings of AIU are really quite "rural" (because there is a forest) but there is a big shopping mall which has everything you need to survive, and it takes you about 15 mins to go there by bus. I don't think Akita is really "nothing" as my friend said: it is a place that combines the characteristics of a "countryside" and "city". There are pleasant natural views, entertainment options, fresh air, public transportation, small population, etc. Perhaps not as convenient as living in a big city, my exchange in Akita nevertheless provides me with a great opportunity to slow down and enjoy.

我在秋田的交流怎樣？

我會說我做到了很多，學到了很多，但還是有些遺憾：

我認識了許多來自不同國家的朋友，但沒有一個是有駕照又有車的，而私家車在秋田，甚至在日本所有較為「鄉下」的地方都十分重要。當交通網絡並不是十分完善時，有車，或者有一個會駕車又有車的朋友，就會方便很多。

我去了很多很棒的餐廳，在市中心有一間朋友推薦的拉麵店，我去了兩次，但是人太多了，因為我一定要趕上尾班車回家，我等了一會就走了。最後，我只能用想像力來嚙那碗拉麵。

去秋田前，有位朋友看了一個綜藝節目，說秋田是日本最多帥哥美女的地方，她還叫我認識幾個秋田帥哥。相信從校名你也猜得到我去的學校十分國際化。那裏留學生十分多，混血兒也很多，真正來自秋田的日本學生也沒幾個。不知道我最後有沒在秋田認識到一些我那位香港朋友會覺得是帥哥的人呢？



雖然我的留學之旅留有遺憾，但我並沒有後悔，因為那是我21年人生中其中一個不可多得的經驗。隨時間流逝，總有些事情會被忘記，我不求記得在秋田的每一天，只求它真的如我所說的難忘，有些片段能一直烙印在我的腦海裡。

How was my exchange study in Akita?

I would say I have done and learnt a lot in Akita but there were still things that I wish I had done.

I have met many friends from different countries, but none of them have a driving license and a car in Akita. Private cars are very important transportation means in Akita, and in all the comparatively “suburb” areas in Japan. Where the transportation network is not perfectly developed, a car, or a friend who can drive and has a car, would bring a lot of convenience.

I have been to many great restaurants in Akita. There is a ramen (noodles) shop in the city centre, recommended by a friend. I went there twice but had to give up as there were too

many people. I had to leave because I had to catch the last bus home. At last, I could only taste the ramen by imagination.

Before going to Akita, my friend watched a variety show which suggests that Akita has the most handsome guys and beautiful girls in Japan. She told me to make friends with handsome Akita guys. You can tell how international my host institution is from its name. There were a lot of international students and students of mixed race. Even among the Japanese students, not many of them were from Akita. I don't know if I made friends in AIU that my friend from Hong Kong would think as handsome in the end.

Although my exchange study was not perfect, I will never regret it. It was one of the rare experiences in my past 21 years. As time goes by, there are always things that will be forgotten. I do not need to remember every day in Akita, but wish it to be really “unforgettable” as I said, and some highlights could mark deeply in my memory forever.



走在服務學習的路上

——與何家珩博士對話

On the Way to Service-Learning: Interview with Dr. Jason HO

我們有幸邀請到何家珩博士作為是次訪談的嘉賓，他是創新服務學習中心的高級服務學習顧問。

We are glad to have invited Dr. Jason Ho, Senior Service-Learning Consultant of the Centre for Innovative Service-Learning (CISL), to share his thoughts on service-learning with us.



問：Jason，中心成立至今近兩年，在推廣服務學習方面有何新進展？

Q: Established for nearly two years, has the Centre had any progress upon promotion of service-learning?

答：中心希望參與服務學習的學生能夠建立同理心，希望他們透過服務，從而更加了解整個社會和社區，而且能夠學以致用。我發現浸大的老師和學生都非常熱情。很多老師願意把服務學習元素加入課程之中，因他們希望學生能夠利用學科的知識回饋社會。此外，他們會在服務學習活動後再作跟進，可見他們對於服務學習態度認真，而且很投入。去年，不同學院和學系（對服務學習）的迴響相當熱烈，越來越多老師希望其課程能夠加入服務學習的元素。我認為課程能有效推廣服務學習，讓更多同學對服務學習有更多認識。我們有個目標，希望每個學系都至少有一個包含服務學習元素的課程。

A: We hope that service-learning can inspire students' empathy and help them know more about the society and community and make effective use of what they have learnt. I also discovered that the teachers and students at HKBU are passionate about service-learning. Many teachers are more than willing to include components of service-learning in their courses to enable students to serve the society with their professional knowledge learned from class. In addition, teachers are very much committed to service-learning and provide active follow-up to service-learning activities. Last year, we received incredible responses from various faculties and departments, and more and more teachers hope to add service-learning components to their courses. I believe that relevant courses can help promote service-learning effectively and enhance students' understanding of it. We have a goal which is to have at least one course incorporating service-learning in each department.



問：根據去年學生於課程完結後填寫的問卷結果，學生普遍對於服務學習有何看法？

Q: According to the results of questionnaires collected from students who completed service-learning courses last year, what were the students' general views on service-learning?

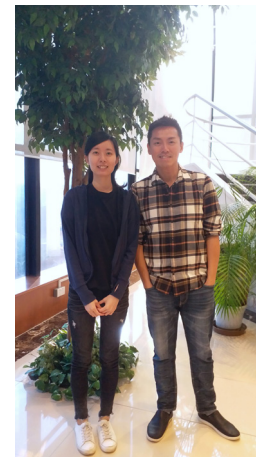
答：我們收集數據後進行了分析，結果發現同學均有正面反應。大部分同學認為能從中獲得很大的滿足感，並表示會推薦服務學習給其他同學，也會繼續選讀有服務學習元素的課程。但也有同學提出了以下意見：這類型的課程太多；服務的性質與其學科不太相關；為何要為非政府機構或者社企提供服務，而不能選擇商業性機構等；希望盡量安排在上課時間進行服務活動。我們非常理解，也會將這些意見轉告老師。

A: We conducted analysis after data collection and received positive responses from the students in general. A majority of them gained great satisfaction from the services they provided. Moreover, they mentioned that they would recommend such courses to other students, and indicated that they would continue to take courses with service-learning components in the coming academic year. Students also suggested that the challenges of attending service-learning courses, which include the excessive number of such courses and sometimes irrelevance of services' nature to their disciplines. Some wished they could choose commercial companies, instead of being restricted to serving non-government organisations (NGOs) and social enterprises. Some also wished that service activities could be arranged during lesson time as much as possible. We understand and would relay these comments to the course instructors.



問：中心期望服務學習為大學生帶來最大的裨益是什麼呢？為社會又會帶來什麼好處？

Q: In your opinion, how can students and the community benefit from service-learning?



答：對於社區夥伴來說，例如非政府機構或者規模較小的社企，他們透過計畫能夠得到額外的人力資源，所以非常支持服務學習。另一方面，不少社區夥伴向我們反映，他們（透過服務學習）接觸了大學生後，打破了原有對大學生的偏見。他們發現其實大學生很願意服務社會。對於學生的好處是，他們增強了自信心。他們透過參與有益於社會的活動，變得更開心，同時認為自己所選修的課程很有意義。作為一個教育工作者，我深受感動。很多人認為服務他人是幫助了他們，但其實獲益良多的反而是服務他人的人。

A: Community partners, in particular NGOs and small social enterprises, are very supportive of service-learning, which can provide them with additional manpower. In addition, many of the community partners said that they had removed prejudice against university students after learning their willingness to serve the community. Students who participated in the services also become more confident. Not only are they happier, but they also regard the courses they took as meaningful. As an educator, I am deeply touched. Many think that those who provide services are helping others, but it turns out that they are the ones benefitted more.





問：是否每一個學科或者課程都適合做服務學習？中心在選擇與不同學系或者課程合作時有什麼考慮因素？

Q: Is every discipline or course suitable for service-learning? What considerations does the Centre have?

答：有些學系或者課程的確較難加入服務學習的元素。我們曾聯絡相關學系的老師，他們（對服務學習）也很有興趣，但需要構思一些合適的活動。考慮因素和相關掣肘是存在的，因為有些學科的性質本身很難融合服務學習的元素，這與老師或同學無關。我遇過一些情況是，有些老師混淆了服務學習和實習，於是向中心查詢可否為同學安排公司的實習生職位。我們就要向他們解釋當中的分別。最重要的是，服務學習絕對不會涉及金錢或其他利益，而是希望同學能回饋社會。

A: Some disciplines or courses might be more difficult to incorporate service-learning. We had approached teachers from such disciplines and they showed interest in service-learning as well. However, we have to come up with activities which will suit the students. There are indeed considerations and difficulties which lie in the nature of disciplines, but not instructors or students. I did encounter some cases in which some teachers had confused service-learning with internship. They came over and asked if we could arrange internship opportunities for their students and we had to explain to them that service-learning does not involve money or financial interests, but engaging in our community.



問：Jason，你對服務學習的發展有什麼期望呢？

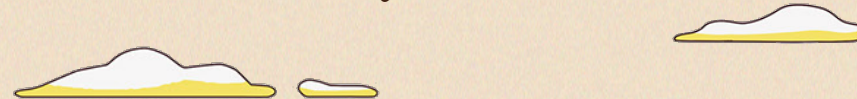
Q: Jason, what is your expectation for the future of service-learning?

答：服務學習已成大趨勢，有些大學稱其為體驗式學習，即通過吸取經驗以學習。去年中心的海報標語是 We Are In，表示我們首次嘗試服務學習；而今年海報的標語是 We Are Everywhere，表示我們擴大了規模，希望人們無論在何地都能夠找到服務學習的組織。除此之外，我們希望在未來的數年間，服務學習能夠由本地延伸到亞洲甚至全世界。其實服務學習變得國際化也是一個大趨勢，我們希望同學能走出香港，到世界看看。總括而言，我們希望能打造一些具標誌性及知名度的服務學習項目，並且發展地區性甚至國際性的項目。

A: Service-learning, which is called experiential learning in some universities, has become a trend. The tagline of our poster last year was "We Are In", indicating that we were introducing service-learning; and the tagline this year is "We Are Everywhere", showing that we are expanding the scope and hoping people can find organisations of service-learning wherever they are. In addition, we are expecting our service-learning activities can be extended to other places in Asia or even the globe. Internationalised service-learning is a leading trend, and we hope that our students can enrich their global exposure through international services. In short, we plan to develop some iconic and signature flagships of regional and even international service-learning projects.

以下是部分有趣的服務學習課程：

Here is a list of some interesting service-learning courses:



1. 翻譯工作坊

中心通常為弱勢社群提供服務，例如老人家、邊青、有特殊學習需要的學生和少數群體，而翻譯工作坊的特別之處在於其服務對象不局限於弱勢社群。工作坊擴闊了服務學習的範圍，甚至定義。工作坊自去年開始出版雙語雜誌《翻悅》，有助宣傳推廣服務學習，從而讓更多人對其有更多了解。更重要的是，工作坊每年印發雜誌有延續性的作用。而服務學習其中一個關鍵正是服務的可持續性。

1. Translation Workshop

Our Centre aims at providing services targeting at the underprivileged including the elderly, marginal youths, SENs students and ethnic minorities, but the Translation Workshop provides services to clients of and beyond the underprivileged. In other words, the Workshop expand the scope and even definition of service-learning. It has been publishing a bilingual magazine called *TransFeed* since last year, which helps promote service-learning. More importantly, this annual publication highlights sustainability which is one of the key components that we value in service-learning.

2. 香港電影與香港文化

此為電影學院的課程，課程導師要求學生在油麻地訪問一些弱勢社群，了解他們對於香港電影或看電影的看法。不少被訪者可能一輩子都沒有去過電影院看電影，因為對於他們來說這是奢侈的消費。訪問結束後，每個同學會邀請被訪者前往百老匯電影中心看電影。這種服務學習的體驗非常有趣，與同學在其他課程中學習電影理論或者電影拍攝截然不同。

2. Hong Kong Cinema and Hong Kong Culture

Offered by the Academy of Film, this course requires students to interview the underprivileged in Yau Ma Tei and learn about their views of Hong Kong films or film watching. Many of the interviewed never visited cinemas or watched films in their entire lives as it could be a luxury for them. After the interviews, the students would invite the interviewees to watch a film in Broadway Cinematheque. The course provides an interesting learning experience, which is very different from courses teaching film theories or production.





3. 歌詞創作班

此為人文及創作系的課程，每年均有開辦。課程導師為著名填詞人——周耀輝博士。以前選讀歌詞班的同學可就任何題材填詞，但歌詞班加入了服務學習的元素後，形式上有些許改變。去年，同學需要訪問社會中被邊緣化的群體和「無名英雄」，例如護士、貨車司機或性工作者等等。他們在社會上擔任重要的角色，但其工作卻得不到肯定。同學需根據訪問後的個人感想進行歌詞創作，主題為「紅日」與「黑夜」。

3. Chinese Song Lyrics Writing

Offered by the Department of Humanities and Creative Writing, this course is organised every year and taught by the prominent lyricist, Dr. CHOW Yiu Fai. Students taking this course used to write lyrics of any themes. After adding the service-learning component, there are some minor modifications. Last year, the students had to interview the socially marginalised groups and unsung heroes including nurses, truck drivers and sex workers, etc. They play an important role in society, yet they hardly receive any recognition. The students were asked to write lyrics about these people based on their personal reflections after the interviews. The themes included "Day" and "Night".



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iHola Comida!

翻尋西班牙滋味

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訪問 / 翻譯：董韻瑩、葉碧榆
排版：張祉晴

We are happy to have talked to Dr. Arancha GARRALDA ORTEGA. She is a Spanish professor from the Language Centre. We had a nice chat with her about Spanish food culture.

我們很高興邀請到語文中心的西班牙語老師阿冉查·珈菈塔·奧德嘉博士與我們分享西班牙的飲食文化。

Q: Could you please briefly introduce the Spanish food culture? There are many meals in a day, right?

A: Yes! In Spain, we eat all the time. It's not my case, but we really eat all the time. We start with breakfast, but our breakfast is quite light. Some people don't even have breakfast at all. If we ever have, it would be just coffee and some bread or a toast.

Lunch is the main meal. We usually have three courses: the first course, which can be soup, *pote*, *fabada*, etc.; the second course, which can be either meat, eggs or fish; and the dessert. After the dessert, it comes coffee.

We always have meals with bread. Bread is really important for us. If you eat out, they will charge you around €1 for the bread. Even if you do not order, they will bring you bread, because we can't imagine eating without bread!

It's not very common to have *merienda* (teatime). Only kids and elderlies have *merienda*. Mums will bring their kids a *bocadillo* (like sandwich) for teatime after school; but *bocadillo* is made with proper bread which is totally different from sandwich bread in terms of shape and taste.

Then we have a late dinner, really late dinner. You can have dinner at 10 or 11 (of course at night)!

問：可否請你簡單介绍一下西班牙的飲食文化？聽說你們一天吃很多餐，對嗎？

答：對的！在西班牙，人們整天都在吃！我自己並非這樣，但我們真的整天在吃。我們先吃早餐，但份量不多，有些人甚至不吃早餐。早餐頂多都只是一杯咖啡和一片麵包或吐司。

午餐是我們的主餐。午餐通常有三道菜，第一道菜可以是 *pote* (湯) 或 *fabada* (豆煲)，第二道菜通常是肉、蛋或魚，然後就是甜品；吃過甜品後便會喝杯咖啡。

我們通常以麵包伴餐，麵包對我們非常重要。外出吃飯時，即使你沒有點麵包，侍應也會送上麵包 (要收費的，大約一歐羅)，因為我們實在不能想像沒有麵包伴餐！

我們不常吃 *merienda* (下午茶)，通常小孩子和長者才會吃。媽媽在放學後會為孩子準備 *bocadillo* (西班牙三文治)，但這種三文治與平時的三文治麵包不同，*bocadillo* 的麵包有不同的形狀和味道。

接著我們會吃晚餐，是真的很晚 (晚上十時或十一時) 才吃晚餐！年輕人吃的晚餐份量很多，長者吃的則比較輕量，晚餐可能只有湯、水果、或三文治。

Young people can have a huge dinner, but old people will basically have a light dinner, like some soup or fruit or just a sandwich.

Q: Do Spanish people like having dessert?

A: Yes! Dessert is really important in Spain. If we do not eat the dessert, we don't think we have eaten a meal! My mum, for instance, must finish her meal with something sweet. If you go to a restaurant and order desserts, they offer you fruit for health. But if we really want to enjoy our meal, we go for something sweet, such as cake and ice-cream. We have many kinds of desserts, depending on the region, again. But the *arroz con leche* (rice pudding) is very Spanish. The *tarta de almendra* (almond cake) is also very common. In my place, for instance, we have *frixuelos*. It's like a pancake, sometimes with chocolate sauce, jam or cream. You can find these everywhere in Spain, particularly in the North.

Flan, which is kind of a milk pudding, is something very common. Another funny dessert is the *pijama*, which has got *flan*, *helado* and *fruta*. Sometimes they put *bizcocho* to the top. The *pijama* can be very big!

Tocinillo de cielo is extremely sweet. If you don't really like sweet food, don't go for that. This has got sugar, a lot of sugar, and egg yolk. Something similar will be *yemas*, which are also very sweet. These are the typical desserts.

Q: What about drinks? Are there typical drinks?

A: Yes! Spanish people love red wine or white wine. We also have *sangría*. The *vino con casera* is



問：西班牙人喜歡吃甜品嗎？

答：當然！甜品對西班牙人非常重要，不吃甜品與不吃正餐沒差兩樣。我媽媽就是例子，餐後她必需要吃些甜的。在餐廳吃飯的話，侍應會送上水果，因為這很健康！但如果希望好好地吃一頓，就必需要吃些像是蛋糕和雪糕的甜品。西班牙甜品種類很多，根據地區而分。其中 *arroz con leche* (牛奶米布丁) 很有西班牙風味；*tarta de almendra* (杏仁蛋糕) 也很出名；在我的家鄉，*frixuelos* (西班牙班戟) 通常伴著朱古力醬、果醬或忌廉。在西班牙，尤其是北部，這些甜品都很常見。

類似牛奶布丁的 *flan* (蛋奶布丁) 也是常見的甜品之一；另外有種很有趣、叫 *pijama* 的甜品 (這不是睡衣，而是一種有蛋奶布丁、雪糕和水果的甜品)，有時候我們會將 *bizcocho* (海綿蛋糕) 堆在上邊，所以這個 *pijama* 有時看起來會非常大！

Tocinillo de cielo (糖漿布丁) 是超級超級甜的。如果不太喜歡吃甜的，千萬不要點，因為這個布丁有超多糖漿和蛋黃，有點像 *yemas* (一種蛋黃甜點)，同樣是甜到不得了。以上所說的都是典型的西班牙甜品。

問：有什麼典型的西班牙飲品嗎？

答：有的。西班牙人喜歡喝紅酒和白酒，還有特別的 *sangría* (西班牙水果酒)。我們有種西



Pinchos



Bocadillo

something, I believe, can only be found in Spain. *Casera* is like soda water but with more sugar. It is the kind of drink we usually have in summer time (particularly on the beach).

Q: Do Spanish people usually go to a bar for a drink after the late dinner?

A: Yes, that is very common. I think it's a must! Some people will spend the whole night, going to other places like discos. It will be already morning when they go home! This particularly happens on weekends.

Q: Spanish people usually ask us to order our drinks before we order our food, why?

A: They prepare the food while you are having your drinks. They will bring you something to go with the drink, maybe some butter with bread, or some snacks. For a proper meal, we usually start with the drink, and then the bread, two main courses, desert, and we always finish with a cup of coffee. We like having *café solo*, which means "only coffee", that is black coffee or espresso. Even though we already have beer in our meal, we finish the meal with coffee. We sometimes eat with water, but never with tea or milk.

Q: What do Spanish people usually eat?

A: Bread is for Spaniards what rice is for Chinese people. But we do not only eat bread, it has to go with something else. *Paella* is sure an international Spanish dish. If you ask me to relate Spain to a

班牙獨有的自家製酒，叫 *vino con casera*，是種類似較甜的梳打飲料，適合在夏日（尤其是沙灘上）享用。

問：西班牙人吃完晚餐後，還會去酒吧喝一杯嗎？

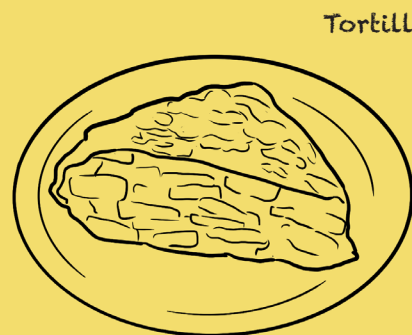
答：會啊，這很普遍。我個人認為這是必需的！有些人整晚都會外出，喝完酒就到士高或其他地方，玩到隔天早上才回家！這種情況在週末尤其常見。

問：在西班牙，侍應在我們點餐前先讓我們點飲品，為甚麼呢？

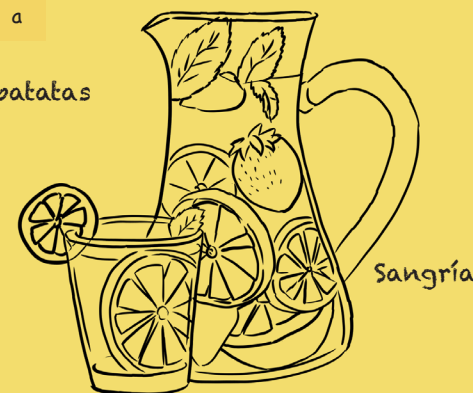
答：這是因為在你享用飲品時，餐廳會同時為你準備食物。除了飲品外，他們還會給你送上牛油和麵包，或是其他小吃。正餐而言，我們多數先喝飲品，然後吃麵包，接著是兩道主菜，還有甜品，最後就是咖啡。我們喜歡喝 *café solo* (齋啡)，即黑咖啡或濃縮咖啡。有趣的是，即使我們進餐時已經喝了啤酒，但我們餐後一定要喝咖啡。有時候我們邊吃飯會邊喝清水，但我們從不以茶和牛奶伴餐，這點與你們相反。

問：西班牙人多數吃甚麼？

答：正如中國人愛吃飯，西班牙人則愛吃麵包。但我們也不會只吃麵包，而是以麵包伴其他食物。大家都聽過 *paella* (西班牙海鮮飯)，那



Tortilla de patatas



Sangria



particular food, I would say the *paella* and *tortilla de patatas* (Spanish omelet). The typical *tortilla de patata* has only got potatoes, onions, olive oil, eggs and salt. And we have invented *tortilla paisana*, which has extra veggies in it. Similarly, some people like to add some fried *chorizo* or ham to the *tortilla de patatas*, there are multiple options.

Tapas is also a symbol of Spain, but there is a great variety of *tapas*. *Patatas de alioli* are fried potatoes with a mayonnaise and garlic dressing. *Patatas de bravas* are a little bit spicy potatoes, with tomato sauce. Another typical *tapas* are the *croquetas*, which are fried and ball-shaped. They are breaded and fried béchamel fritters. The most typical ones are *Croquetas de jamón serrano* (Serrano Ham croquettes), but the real truth is that you can put anything inside (chicken, tuna or even boiled egg). *Croquetas* are usually taken as a snack or even as a part of dinner, or can be considered as a light dinner. They are also very common!

In fact, the types of dishes depend on the region. Every region or even every city has got its regional dish and its particular way of cooking. In Madrid, for instance, they have *cocido madrileño*; in Andalucía, they have *gazpacho*; in Asturias, my place, for example, we have got *pote asturiano* which is a spoon dish – it is meant to be eaten with a spoon. *Berzas* (a kind of cabbage), *chorizo* (red sausage), *morcilla* (blood sausage) and *tocino* (bacon)

是國際聞名的西班牙菜之一。如果要以一種食物聯繫西班牙這個國家，我會說是西班牙海鮮飯和 *tortilla de patatas* (西班牙蛋餅)。典型的西班牙蛋餅只有馬鈴薯、洋蔥、橄欖油、蛋和鹽，後來進化成為有更多蔬菜在內的 *tortilla paisana* (西班牙火腿蔬菜蛋餅)。同樣，也有些人會在馬鈴薯蛋餅中加入西班牙香腸或火腿，任君選擇。

Tapas (西班牙小菜) 是西班牙的象徵，我們有多種不同 *tapas* : *patatas de alioli* (蒜香炸馬鈴薯) 是灑有蛋黃醬和蒜蓉的熟馬鈴薯；*patatas de bravas* (香辣炸馬鈴薯) 是蘸了茄醬的馬鈴薯，帶點辣味。另一種經典的 *tapas* 是 *croquetas* (可樂餅)，那是種球型的油炸小吃，沾有麵包屑和調味醬。其中 *croquetas de jamón serrano* (白毛豬火腿可樂餅) 是最典型，但事實上，餡料可以任意搭配，你可以放你喜愛的雞肉或吞拿魚，甚至熟蛋。我們通常將可樂餅當小吃或晚餐的一部份，有些人甚至吃可樂餅就當是輕量晚餐了。可樂餅在西班牙很是常見。

事實上，不同地區也有不同菜式。每個地區或城市也有自己的特色菜及烹調方法。例如馬德里有 *cocido madrileño* (鷹嘴豆、血腸配各種肉類)、安達魯西亞有 *gazpacho* (番茄凍湯)，而我的家鄉阿斯圖里亞斯則有以湯匙食用的 *pote asturiano*。這道菜的主要材料包括



constitute the main ingredient, but it is also made with dry beans and potatoes. We also have *cachopo de ternera*. It is basically ham and cheese placed between two thin beef filets. Dishes also depend on the weather, and *cachopo de ternera* is the kind of dish we usually eat in winter, in the North of Spain. Likewise, we also have *fabada asturiana*, with white beans, *chorizo*, *morcilla* and *tocino* as well. Both *pote* and *fabada* are very heavy and filling because we need to keep warm in the North (it's quite cold there).

In the South, during hot days, it's common to have *gazpacho*, which is the cold vegetable soup. Its taste is very strong too, and some people may not like it. But each region has got its renowned dish.

Spain is surrounded by the sea, so we have good fish and seafood on the coast! In Madrid you can enjoy great food because everyone sends good food to the capital. You can have good meat like *cordero* (lamb), *cochinillo* (pork) and *chuletón* (beef).

Q: What is the difference between *tapas* and *pinchos*?

A: Honestly there is no big difference. But *pinchos* usually come with bread. It may be a small *bocadillo* or just bread with some stuff on the top and *pinchos* usually come with a toothpick. But *tapas* is a small portion of food, it can be *paella*, *calamari*, *patatas bravas* or anything else. So the *pincho* is a kind of takeaway food, but you have to finish the *tapas* in the bar. But in the Basque



berzas (甘藍)、*chorizo* (紅腸)、*morcilla* (血腸) 及 *tocino* (煙肉)，並伴以乾豆及馬鈴薯。我們亦有 *cachopo de ternera*，這道菜以兩塊薄牛肉片夾著火腿和芝士，西班牙北部的人主要於冬天食用，因為不同季節也有不同特色菜。因此，我們也有以白豆、*chorizo* (紅腸)、*morcilla* (血腸) 和 *tocino* (煙肉) 炮製而成的 *fabada asturiana*，它與 *pote asturiano* 一樣容易飽腹，因為北部的人需要保暖 (該地較為寒冷)。

南部方面，*gazpacho* (番茄凍湯) 是夏日常見的菜式。這款蔬菜凍湯味道濃烈，所以某些人或不喜歡。但每個地區也有自己的招牌菜式。

西班牙四面環海，所以我們海岸有優質魚類和海鮮！你可以在馬德里品嚐多款美食，因為優質食材必會送往首都。你亦可以品嚐各款肉類，包括 *cordero* (羊肉)、*cochinillo* (豬肉) 和 *chuletón* (牛肉)。

問：Tapas 和 pinchos (兩者都指西班牙小菜) 有甚麼分別？

答：老實說，兩者分別不大。不過，*pinchos* 通常由麵包製成，它可以是一件迷你 *bocadillo* (西班牙三文治)，也可以是普通麵包上配以一些食材，而 *pinchos* 通常以牙籤固定食材。*Tapas* 則是份量較少的菜式，可以是 *paella* (西班牙海鮮飯)、魷魚、*patatas bravas* (辣番茄醬土豆塊) 或其他小菜。因此，*pinchos* 是

Gazpacho



country, *tapas* are called “pintxos” (note the Basque spelling). There is a film called *The Way*, it is about the Camino de Santiago. One of the stops is in Basque country, and it will teach you the difference between “pintxos” and “tapas”.

Q: What do you usually eat in HK?

A: Whenever I have to go for some foreign food, I basically go for Mexican food. But I like Chinese food too. I like the fried rice, fried noodles and spring rolls which I think are similar to Mexican tacos, but spring rolls are softer and lighter. I also like having dim sum!

Q: What special Spanish food would you recommend to us?

A: *Paella* is a typical Spanish dish! You can find *paella* in the whole Spain. Although it's typical, we do not really eat *paella* every week. If we meet friends or go to the beach, we prepare a big *paella* and share together. What I mean is that *paella* is not in our weekly menu; it's something we eat occasionally.

We also have *tortilla de patatas*, which are the Spanish omelette. It's part of our main menu. If you go to a bar to have coffee, they give you some *tortilla* for free! (I'm not sure in the case of Madrid, but in the North and South you can always have free *tapas*, and having a small piece of *tortilla* for free is very common!) And well if you like soup I would recommend you our fish and seafood soup, which is very tasteful.

Fabada



一種外帶食物，但 *tapas* 則較常於餐廳享用。但在巴斯克，*Tapas* 也稱 *pintxos* (*pinchos* 的巴斯克語)。電影 *The Way* 講述聖地牙哥朝聖之路，其中一站就是巴斯克，這部分能夠告訴你 *pintxos* 和 *tapas* 之間的分別。

問：你在香港通常吃甚麼？

答：每當我想吃外國菜時，我都會去吃墨西哥菜。但我也十分喜歡中國菜。我喜歡吃炒飯、粉麵及春卷，我覺得春卷跟墨西哥捲餅相似，但春卷更加鬆軟和清淡。我十分喜歡吃點心！

問：你會推介甚麼西班牙特色小食？

答：Paella（西班牙海鮮飯）絕對是經典菜式！在西班牙隨處都能找到它的蹤影。雖然它十分經典，但西班牙人不會每星期都吃。與朋友歡聚或到海灘時，我們會準備一大鍋 *paella* 與摯友一同分享。所以 *paella* 並不是每週會吃的日常菜式，我們只在特別場合享用。

我們亦有 *tortilla de patatas*（西班牙蛋餅）。這是我們的主菜之一。如果你去酒吧喝咖啡，餐廳會為你送上免費的 *tortilla de patatas*！（我不確定在馬德里是否這樣，但北部和南部的餐廳經常為客人送上免費 *tapas* 和 *tortilla de patatas*）。如果你喜歡喝湯，我會推介魚湯和海鮮湯，定必令你一試難忘！

Food : a Door to Stomach, a Window of Cultural Exchange 美食打開的不僅是胃，還有一扇文化交流的窗

Written and translated by: FU Qi Qi, Vicky

訪問 / 翻譯 : 符琪琪

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排版 : 張祉晴

William Sekkingstad is an exchange student in HKBU. As a curious Norwegian, he is fascinated by Chinese culture. Today we will talk about the differences in Chinese and Norwegian food cultures.

威廉·塞金斯特是浸會大學 2019-2020 年的交換生之一，來自挪威的他對中國文化很感興趣，今天我們來和他聊聊中國和挪威的飲食文化。

Q: Welcome William. Can you simply introduce yourself?

A: Hi, my name is William; I am a 24-year-old sociology student. I come from Norway and am living in Hong Kong for a year on exchange.

Q: As you come from Norway, can you describe your own food culture?

A: Norway has historically been a poor agricultural country, so most of our traditional food is basic meat and potato, salted fish and stuff like that. This has been changed in the last decades as we have become a very international country with wealth to purchase food from overseas. Now we eat food from almost everywhere, without specific thoughts about the culture of our food.

問：歡迎威廉，請你先簡單介紹一下自己吧。

答：大家好，我是威廉，今年 24 歲，我來自挪威，是一名社會學學生。如今作為交換生在香港學習一年。

問：既然你來自挪威，能和我們分享一下挪威的飲食文化嗎？

答：歷史上來看，挪威曾是一個貧窮的農業國，所以我們主要的傳統食物就是肉類、土豆、鹹魚這些。最近幾十年我們國家變得更富裕和國際化，我們可以從海外進口食品。所以，現在我們可以享用世界各地的食物，也沒有什麼特別的本地飲食文化。





Q: What is your favourite food in Norway?

A: Traditional food called "Pinnekjøtt". It is made from the salted ribs of a sheep, cooked with cabbage and pepper for over 6 hours. We only have it twice a year, on Christmas Eve and at Easter. It is delicious and very salty, but in a good way.

Q: Do you think that food defines a culture?

A: In some ways I think it can, but also not, it depends on the culture. For example, the Inuits in northern Canada and Greenland, have historically eaten only meat gathered from hunting marine animals. This defined their culture by having everything revolving around this hunting. The tools, clothes, decorations and religious artefacts were made from the carcasses of these animals. So then the diets were descriptive of the culture. But this would not be the case in every culture.

問：你最喜歡的挪威菜是甚麼？

答：我喜歡挪威的傳統菜 Pinnekjøtt（白樺木蒸鹹羊排），將腌制後的羊肋排和卷心菜，胡椒一起煮 6 小時。我們一年只吃兩次這個菜，一次在聖誕夜，一次在復活節。這個菜很好吃，也很鹹，不過是好吃的鹹。

問：你覺得食物能代表一種文化嗎？

答：我覺得可以也不可以，其實要看是什麼樣的文化。比如說住在加拿大北部和格陵蘭島的因紐特人，他們一直靠捕獵海洋生物作為食物。這就能代表他們的文化——以狩獵為主的文化。他們的工具、衣物、宗教、手工和裝飾也是用捕到的動物做成的。所以他們的飲食很能概述他們的文化。但不是所有文化都像因紐特文化這樣。

Q: If food describes the culture, what do you think of your country?

A: We have delicious fish and sheep meat, but it is not very exciting. The flavours are rich and good, but they do not surprise you very much. Our food culture has become one where we eat anything we want, as our markets are very well equipped with food from all over the world, so our food culture has lost most of its personality. It's just food now.

問：那如果食物能代表文化，你覺得挪威應該是哪種食物呢？

答：我們的魚和羊肉很好吃，口感很好，但這沒什麼驚喜。我們的飲食文化應該是我們幾乎能吃到任何想吃的東西，因為我們的市場上有世界各地的食物。因此我們也失去了本地飲食文化的個性。食物就只是食物而已。

Q: Since you have been in Hong Kong for more than two months, can you tell me what strikes you most as far as the food culture in HK is concerned?

A: That the people drink warm water. In Europe we pay a lot of money to have fridges that always keep our water very cold and refreshing. There are people who buy ice-cube machines to be used only for having cold water with ice. So warm water is very surprising.

問：你來香港已經兩個多月了，能說說香港有甚麼飲食文化是讓你覺得最震驚的嗎？

答：這裏的人喜歡喝熱水，讓我感到非常驚訝。在歐洲，我們花了很多錢買冰箱，就是為了喝上清涼的冷水。為了能喝冰水，人們甚至還會買制冰機，用來在水裡加冰塊。

Q: Can you tell us one difference between Chinese and Western food culture that amazed you most?

A: How relaxing the eating is. When you sit with others and eat everyone shares easily and you do not have to worry as much about being messy with the food or putting the bones on the plate or the table. And how going out to eat together is so common is a big difference. We do it in Europe as well, but not to the same degree, and not with as much casualness.

問：那你感受到中西飲食文化最大的差異是甚麼呢？

答：在這邊吃飯的氣氛非常輕鬆。你和其他人圍坐在一起，一起分享食物，不必擔心會不會把食物搞得到處都是或者擔心要把骨頭放在碟子里或是桌面上。還有，外出聚餐在這裏十分常見，這也是很不同的。我們在歐洲也會外出吃飯，不過沒有這邊這麼頻繁，也沒有這邊這麼隨意。

Q: What are the similarities between them?

A: Everyone loves dessert in both cultures (hhh) . Eating with your family is considered a very good thing in both cultures, I think. Eating will always be a bonding experience in all cultures.

問：東西方飲食文化的相同點呢？

答：共同點是大家都喜歡吃甜品吧（笑）。還有，我覺得無論是東方還是西方的飲食文化，都很注重和家人一起聚餐。在各種文化中，吃飯都是人與人之間相互連接的方式。

Hilary and David (Extract) 希拉里與大衛（節錄）

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排版：黃時領

This is a story about two strangers who met online and developed an unlikely friendship...

這是一段始於臉書的忘年交……

25.11.2009

Dear Hilary,

Yes, just suss out this Ivan chap carefully. Look before you leap, as they say. Fools rush in, and other clichés. Sometimes these blokes seem very good on the surface but there are hidden hooks, seaweed-like dangers that could wrap around your leg and drag you down and drown you. I would hate to see you get hurt. Make sure you just take one tiny step at a time, testing as you go. By the sounds of it you are only just keeping afloat on the stormy seas of life as it is, so you don't need any more dramas. What you need is a nice, caring relationship with a kind man. I'm not saying they're not out there, but they certainly are few and far between. Gosh, I sound like a woman, don't I?



Speaking of women, Ed and his girlfriend have broken up for good. He said she was too dependent on him. Men don't like it when women get clingy - they find it unattractive. It's a paradox - when you're feeling most strong and independent, that's when you're most attractive, and when you really need somebody, well, that's when you drive them away.

2009.11.25

親愛的希拉里，



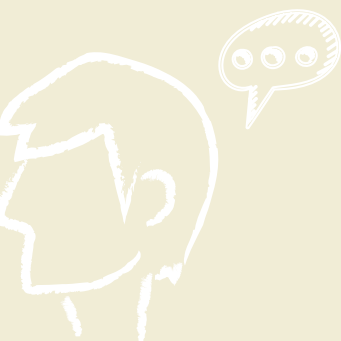
沒錯，小心處理你和伊萬這小伙的事吧。正如俗話所說，記得三思而後行呀，雖然聽起來有些陳腔濫調，但聰明人可不會輕舉妄動，有些人看起來可能是個老好人，但暗地裡卻打著什麼壞主意，就像那深海裡的海藻，足以把你拉進危機四伏的深潭，我可再也不想再看到你受傷害了。切記步步為營，別太衝動，萬事謹慎。現在來看，你只不過是在深淵大海上漂著，情況並不是很差，所以別找太多事。你現在需要的是找個好男人，發展一段可靠，同甘共苦的戀情；這種男人也不是沒有，只是極少見罷了。天啊，弄得我像個女人似的，真是的。

說到女人，埃德和他的女朋友徹底分手了，原因是他覺得他女朋友不夠獨立，太粘人了。對男人來說，纏人的女人毫無吸引力，不討人喜歡。有個挺矛盾的說法：當你自強不息，凡事都靠自己的時候，是最有吸引力的；但當你需要依賴別人，那可就把對你有意的人都趕走了。

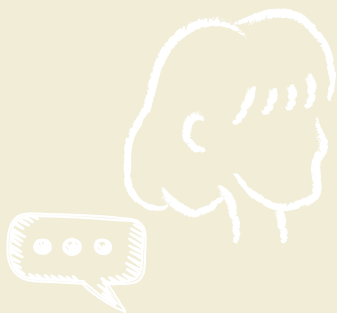
The poor thing, apparently she's very upset and won't stop phoning and texting him. He's had to change his mobile number. Then she showed up outside his flat first thing one morning before work, pleading with him to give her another chance. Hasn't she learned? Men hate that sort of behaviour. I feel so sorry for women sometimes - they do still get a rougher time of it. These days they're expected to be Uberwenches high-flying career women, mothers, lovers, cooks. I do feel that society makes unrealistic expectations of them sometimes. Maybe men are under just as much pressure but I don't think so. For a start, a woman is always supposed to look presentable, whereas men can often get away with looking like complete slob and nobody comments.

Oh, one other thing; I booked my ticket to New Zealand today - I arrive on the fifth of March and depart. Hope this is okay with you.

Bye for now, David.



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埃德的女朋友其實也挺可憐的，不斷給他打電話，發信息，應該很不開心。埃德不得不換個新的電話號碼。有一次她在埃德還沒上班的時候就守在他家外面，哀求埃德再給她次機會。真是沒學聰明，沒男人喜歡女人這樣死纏爛打，要死要活的。但我有時候覺得做女人挺可憐的，她們的日子也不好過，人們在期望她們事業有成的時候，也期望她們是優秀的媽媽、愛人，還有廚師。我覺得吧，這社會實在寄予她們太多不切實際，不合理的厚望了。可能男人承受的壓力也很大，但我反正是看不出來。就例如社會大眾總是覺得女人得「出得廳堂」，得見得了人，還得穿著體面；但男人呢，就算穿得多邋邋也不會有有人對他評頭論足。

喔對了，還有件事；我今天訂了去紐西蘭的機票，3月5號會抵達，你那段時間有空嗎，一起出發吧。

先說到這吧，下次再聊。大衛



How would life with Parkinson's disease be? 患有帕金森症的生活會是怎樣的？

(Except for the blog post) Written and translated by:
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Designed by:
XIE Kai Qi, Kay

撰文（網誌除外）／翻譯：
張祉晴、孟含章
排版：謝凱琪

Mr. Jeremy MUNDAY was diagnosed with Parkinson's disease in 2015, and then he started a blog named ParkinsonSpace to record his life with Parkinson's. We were honoured to translate some of the blog posts. And to our great joy, Mr. Jeremy MUNDAY agreed to share his words here. We chose one of our translated articles for *TransFeed*, hoping that you will know more about Parkinson's disease after reading this article.

傑里米·穆迪先生於2015年確診患上帕金森症，他之後開始在網誌「帕金森空間」紀錄患病後的生活。我們很榮幸翻譯了他的幾篇網誌。更令人高興的是，他同意在《翻悅》中分享他的文章，所以我們選了其中一篇翻譯作品刊登於此，希望你閱讀本文後能加深對帕金森症的了解。

Laughed at in the street

在街頭被人嘲笑

July 14, 2019 by Jeremy MUNDAY

2019年7月14日 作者：傑里米·穆迪

How would you feel if someone laughs at you in the street, mocking your stiff, tottering steps? Or if they accuse you of being drunk? Apparently, according to a recent survey by Parkinson's UK reported in The Independent newspaper, 90% of Parkinson's sufferers say that they have been harassed in some way the street while 10% claimed to have been openly laughed at.

如果走在街上時，有人取笑你、拿你動作僵硬步履蹣跚的樣子取樂，你會有什麼感受？要是有人指責你醉酒呢？《獨立報》(The Independent) 刊登了英國帕金森症組織 (Parkinson's UK) 近期的一項調查，很明顯，90% 的帕金森症病人表示，他們曾經在街道之類的場所被人騷擾，10% 則表示曾經被公然嘲笑。

Such figures are shocking, but, without a way of comparing them with responses from people without Parkinson, difficult to evaluate. Indeed, in many ways the bigger picture with its inevitable broad brush tends to be more clinical than the individual examples of discrimination. It is when those individual cases touch you personally that the real impact is felt.

Twice I have felt that impact acutely. First, when I was shuffling back from a meal in a restaurant where I had not had any alcohol. One of a group of young men emerging from a taxi thought it funny to tell his friends that he hoped to drink as many pints as he thought I must have downed. That is the only time so far that someone has confused my Parkinson's with drunkenness.

The second occasion I have been laughed at occurred last week. It was late, around 8 PM, and I had to go out to buy some lemons to use in the evening meal. I was tired and my walking was poor so I had to resort to running, alternating with shuffling. I could hear two young boys behind me laughing, one running past me two or three times to look at me. Crossing the main road, I sat down on a bench to rest. The two boys crossed the road after me and looked at me as they passed, one of them mimicking my stiffness in his movement of the shoulders. What should you do in a situation like that? What should I do? Such situations make me nervous rather than angry, but I also think it is important to challenge that behaviour, to make people realise the effect they have and hopefully change in the future.

這個數字令人震驚，但由於不能比較帕金森症患者和沒有患帕金森症的人受到嘲笑的比例，其實很難有助於實際評估其影響。確實，相對於了解歧視個案，總覽全局會得到高度概括的信息，也少了些人情味。只有接觸到真實的事件時，人們才能切身體會到衝擊。

我曾經有兩次強烈地感受到這種衝擊。第一次我在餐廳吃完飯，步履蹣跚地離開，一點酒都沒有喝，碰到幾個從出租車上下來的年輕人，其中一個對朋友調笑說，他希望像我一樣豪飲一通。這是至今唯一一次，有人誤以為我的帕金森症是醉酒行為。

我第二次被取笑是在上週。那天時間比較晚了，大概是晚上八點，但我還得出門買晚餐要用的檸檬。我當時很累，走路又不方便，只能跑一下，又拖著腳走一下。走在路上時聽到後面有兩個男孩在笑，其中一個為了看我，兩三次跑到我前面來。我穿過一條大路後，在長椅上坐下休息，那兩個男孩在我之後過馬路，一邊走一邊看我，其中一個模仿我走路時肩膀僵硬的樣子。在這種狀況下，你覺得應該怎麼做？我又該怎麼做？與其說我是生氣，不如說是緊張，但我也認為很有必要反對這種行為，讓人們意識到他們的舉動會造成什麼樣的影響，希望他們在將來會有所改變。

I called the two boys over and they came. I explained to them that I had Parkinson's disease, that sometimes my walking was not easy, that I couldn't avoid these strange stiff movements, that it wasn't funny and the next time they should remember that. The response was, from the taller one, "I wasn't laughing at you" and from the other "what's Parkinson's disease?" Then the tall one said that his grandparent had Parkinson's and this seemed to really bring it home to them. I repeated that it wasn't funny and that they should remember that in the future. They continued their way rather chastened but hopefully they have learned a valuable lesson.

(Source: <https://parkinsonspace.com/2019/07/14/laughed-at-in-the-street/>)

For both of us, translating Jeremy Munday's blogs is a precious opportunity. Apart from improving our translation skills, we gained much inspiration from the text itself. It was very meaningful work. We were able to gain insight into Parkinson's disease, and the real life and concerns of people with Parkinson's. We were both deeply impressed by Mr. Munday's optimistic attitude towards life and perseverance to combat with Parkinson's. His stories remind us to stay positive when facing problems:

"Life will always be better
if you try to make it better."

我叫住那兩個男孩，他們走了過來。我向他們解釋我患有帕金森症，所以有時走路不方便，我沒有辦法改變自己奇特僵硬的姿勢，這並不好笑，他們以後應該記住。聽完我的話，高一點的男孩說：「我沒有嘲笑你。」另一個問：「帕金森症是什麼？」之後高一點的男孩說他的祖父母也患了帕金森症，這時他們似乎才感到自己和帕金森症的距離不那麼遙遠。我又重複了一遍，這並不好笑，他們以後應該記住。他們離開時有些懊悔，但願他們能學到寶貴的一課。

Written by: Jeremy MUNDAY
撰文：傑里米·穆迪
Translated by: MENG Han Zhang, Iris
翻譯：孟含章
Edited by: Dr. PAN Jun, Janice
審校：潘堉博士

對我們而言，翻譯傑里米·穆迪先生的網誌是一個寶貴的機會。我們不僅提升了翻譯技巧，從文章本身也得到許多啟示。這個過程意義非凡，我們對帕金森症有了更深入的認識，也更加了解帕金森症患者的真實生活和顧慮。穆迪先生對待生活樂觀的態度，和他與帕金森症抗爭時的堅持，給我們留下了深刻的印象。他的故事告訴我們，面對種種挫折時，依然要保持積極的心態：

「讓生活變得更好的第一步，
是對生活懷有美好的期望。」

Afterword: Walking With Glory

Written and translated by: TSANG Man Sau, Jodie
Designed by: CHEUNG Tsz Ching, Valerie

The number 2019 is an unforgettable number to Hong Kong. Since this summer, anger, anxiety, fright and confusion..... all these emotions have been brewing in our society that the seriousness level of the situation even prompted our university to switch to online learning when there were 2 weeks left for this semester. Translation Workshop 2019 started under such a social atmosphere and I would say that we were walking with glory; it was not turning a deaf ear to what was happening in our beloved city, but trying to be responsible to our duty meanwhile.

This year, we translated three motions for the Children's Council, the first half of a novel *Hilary and David, Parkinsonspace*, an online blog of true stories about Parkinson's disease, and launched *TransFeed*, our annual magazine. The translation load we undertook is around 32,800 words in total.

| The Children's Council

The Children's Council is our loyal client. We have served them for many years. This year the children counsellors proposed motions regarding school bullying, building up a social platform for children and learning difficulty faced by ethnic minorities in Hong Kong. We tend to ignore children's opinions. However, through translating their motion papers, we realised that they are quite insightful and articulate. Youngsters can be knowledgeable and capable.

後記：負重前行

撰文 / 翻譯：曾文秀
排版：張祉晴

2019 這組數字於香港可以說是刻骨銘心。自暑假以來，社會上一直醞釀發酵着各種情緒，有不安、憤怒、害怕及不解等 情勢更惡劣至大學必須在臨近學期尾聲宣佈餘下課堂轉為線上學習。2019 翻譯工作坊就是在這種氛圍下負重前行。不是置若罔聞，而是在關心社會的同時我們仍然盡力緊守崗位。

今年，我們主力負責的工作有兒童議會三份動議方案、書本《希拉里與大衛》上半部、「帕金遜空間」網誌與本工作坊年度雜誌《翻悅》。翻譯總字數達 32,800 字。

| 兒童議會

兒童議會可以說是我們工作坊的「老顧客」，我們已為她服務多年。在今年的動議中，兒童議員們就校園欺凌、兒童發聲平台及少數族裔學習困難三方面提案。兒童的意見向來被輕視，我們也習慣了輕視，然而透過翻譯他們的議案，你會發現他們懂得斟酌字句，提出的議案也頗有見地。可見年少並不等於無知與無能。



| Hilary and David

This book, published by Proverse, describes the online friendship between Hilary, a single mom, and David, an aged writer. I think the meaning behind this translation work is not merely to get inspiration of life, but also to memorise the author. Yes, unfortunately, the author Laura SOLOMAN passed away this February. Laura had been writing when she was a teen. She published her first novel in 1996 and had published eleven novels, three poems and one drama in total. *Hilary and David* was written in 2011. The main characters develop an unlikely friendship without age barriers. It might be because they both face obstacles in life and are desperate to share. In the end, they become bosom friends. It is worth reading.

| The Online Blog Parkinsonspace

Parkinsonspace is an online blog of true stories about Parkinson's Disease. The author is Jeremy MUNDAY, a professor based in the University of Leeds, UK. He was diagnosed with Parkinson's disease, and that is the main reason why he started his blog. In this blog, Professor Munday shared the daily life and struggle of a Parkinson's patient. Empathy is what we lack in this society. We hope that through this blog we can walk into the mental world of patients with Parkinson's

| 《希拉里與大衛》

這本書由文韻出版社出版，講述一位單親母親希拉里與一位年邁作家大衛的網上友誼。我想翻譯這本書的最大意義不只是從兩者對話中感悟生活，更重要的是去緬懷作者。是的，作家勞拉·所羅門在今年二月不幸離世了。勞拉從少年時期便開始寫作，在1996年成功發行第一本小說，前後斷斷續續發行了十一本小說、三篇詩文與一齣戲劇。《希拉里與大衛》這本書是作者於2011年寫下的。希拉里與大衛可以說是忘年之交，大概是彼此在生活中受挫折，渴求傾訴對象的緣故吧，兩人從起初客套到後來仿如知音般相處，值得一看。

| 「帕金森空間」網誌

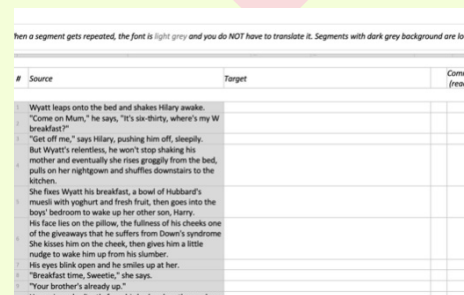
網誌「帕金森空間」紀錄帕金森患者的真實生活點滴。網誌作者為現任英國利茲大學翻譯系教授傑里米·穆迪，早前經診斷後證實患上帕金森。他的網誌便是為致力推廣帕金森誕生。在網誌中他提及帕金森患者的日常生活，及其在患有此症後的種種心理掙扎。在現今社會我們最缺乏的便是同理心，希望藉著這個網誌可以讓大家走進帕金森患者的內心世界。

To move ahead with the advancement of technology, our Workshop utilised Computer-assisted translation tool (CAT tool) and online conference software.

在科技日新月異下，本工作坊與時並進，初嘗電腦輔助翻譯（CAT）與線上會議。

| CAT Tool

Considering that we need to translate a book, keeping our terms consistent within members is our main challenge. Therefore, we utilised "Memsource", which allowed us to share the same data base and memory base. It helped us boost efficiency.



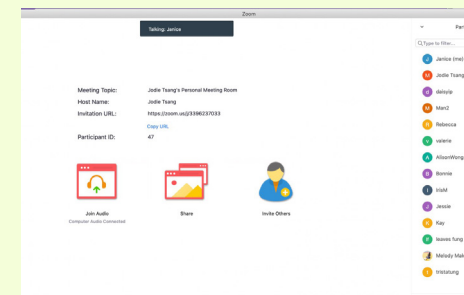
| 電腦輔助翻譯

由於要翻譯書本緣故，我們需確保成員間用詞一致，因此我們利用「Memsource」輔助翻譯。透過使用同一記憶庫，成員間便可共用資料庫，提升效率。



| Online Conference

Special times call for special measures. As our campus was temporarily closed and courses were switched to online learning, we decided to use ZOOM.US to host our meetings online. There are advantages of using this software, such as screen sharing and recording which are convenient for communication.



| 線上議會

在非常時期，我們也必須採取非常手段。由於學校暫時關閉，課程轉為網上學習模式，為了讓會議更方便進行，我們利用 ZOOM.US 軟件線上開會。使用該軟件之好處莫過於可即時共享屏幕及錄影會議，更能有效地溝通。

Martin Luther KING Jr said, "Darkness cannot drive out darkness". In this turbulent time, we walk with glory, and we wish that the meaning represented in our works could bring some light hope to our readers.

馬丁·路德·金曾說過：「黑暗不能驅趕黑暗」。在時局動盪之時，我們負重前行。希望我們的作品及其背後意義可以為正在閱讀雜誌的你帶來一點曙光。



傳譯做甚麼？ 應變與專注力的挑戰！

Interview with Jessie - a Day with an Interpreter

本校翻譯、傳譯及跨文化研究系正修讀「傳譯（三）」的同學，於2019年10月19日為「兒童議會」會議進行即時傳譯的工作。我們訪問了當天的傳譯員林宝茹同學，邀請她為我們介紹當日的工作內容和感想。

A total of ten students of the Department of Translation, Interpreting and Intercultural Studies of our university have taken *Interpreting III* this semester performed simultaneous interpretation for the Children's Council Meeting on 19th October 2019. We interviewed one of the interpreters, Ms. LAM Po Yu, Jessie, to share with us the work and her thoughts on the job.



「兒童議會」會議當天，本校同學一行十人分為三組，為三組兒童議員就議案作即時傳譯。會議由會議主席主持，三組兒童議員順序發言。林同學與組內三位同學負責議案三。此議案的兒童議員由香港人及少數族裔組成，林同學便負責在場宣讀議案、問答環節及司儀部分的翻譯工作。會議中，主持會指示議員發言、議論及管理秩序，而傳譯員需要翻譯會議中的每句說話，包括指示、嘉賓發言、問答環節及司儀對白等。



For the meeting, the ten students were divided into three groups to interpret for three groups of children. The meeting was hosted by a President and each took turns to speak. Along with three other interpreters, Jessie was responsible for Motion Paper Three. Also, she needed to interpret English to Chinese as the child councillors of the motion are local Chinese and ethnic minorities. Meanwhile, she also needed to translate the motion paper and provide simultaneous interpreting for the Q&A session and MC's speech. The moderator would instruct the fellow to discuss, as well as keep the conference in order. As for the interpreters, they needed to interpret every single sentence of the conference, including the instructions, guest speech, Q&A session, and the MC speeches.

即時傳譯並非只靠臨場發揮，事前也要做不少準備功夫。林同學憶述會議前，同學已熟讀「兒童議會」議案的中英版本。可是，即使議案已有譯本，他們也不可以「照稿讀」，而是要逐字逐句、緊貼發言者的意思和順序。所以同學們都需要非常熟悉自己負責的部分，翻查字典和準備詞庫。組員們曾多次一起排練，練習小心聆聽和緊隨發言者的語速和意思。他們也有排練會議流程和程序，分配傳譯員順序，包括主席發言的翻譯。同時，傳譯員亦需像準備辯論比賽一樣，預先估計嘉賓和問答環節會出現的問題和內容，以便為這些議案外的內容作即時傳譯。

Simultaneous interpretation isn't just about playing on the spot, but also the preparation beforehand. Jessie recalled that all interpreters had already been familiar with both Chinese and English versions of the motion paper before the meeting. That said, they could not just read the scripts aloud even though the translated version was given, but had to interpret word by word according to what was actually said and the order things were told. With this in mind, they had to know very well of their assigned part, which meant that they'd have to look up dictionaries and prepare glossaries. Students of the same group had rehearsed several times before the meeting, and practised to listen carefully and interpreting loyally at the speaker's talking speed. Additionally, the rundown, procedures, and interpretation of the moderator's speech on the meeting were rehearsed, the order of the interpreters was allocated as well. They would even prepare questions that could be asked by the guests in the Q&A session, and their corresponding answers, just like preparing for a debate competition, so as to react to and interpret content that was not covered in the motion paper instantly.



說起即時傳譯的挑戰，林同學表示困難可分為四個方面。首先，講者語速極快令傳譯員難以緊貼內容。雖然傳譯員已預先多次排練，但兒童議員和嘉賓是按著他們熟悉的內容發言，語速非常快。傳譯員的職責是準確、完整地將講者的說話翻譯，盡量讓聽眾可以即時準確接收資訊。但講者語速太快使傳譯員未能追上發言，傳譯員要以總括形式追回落後進度，時間非常緊迫。第二，問答環節語言不統一。由於問答環節並沒有預先準備的講稿，因此發言者會中英夾雜地提問和回答。負責中譯英和英譯中的傳譯員都要隨時候命，十分專注，在密集的問答中注意自己需要翻譯哪一句發言。第三，場地空間限制。由於傳譯房間的空間很小，咪高峰對聲音又十分敏感；傳譯員全程都要小心翼翼，避免發出太多雜音。最後，林同學提及部分傳譯材料是當日才收到，並需要即時預備和確認，例如司儀稿、獎項名稱等。因此會議當天十分忙碌緊湊，傳譯員需具備良好的應變與抗壓能力才能好好應付挑戰。

Speaking of the challenges encountered during the simultaneous interpretation, Jessie said the obstacles could be seen from four aspects. To start with, the children and the guests were speaking at a radically fast speed as they knew very well of the content, and the interpreters easily lost their tracks. The interpreters could hardly follow, though rehearsals were arranged before the meeting. Interpreters were expected to interpret precisely and comprehensively, conveying the message to the audience. But for all their efforts, they could rarely catch up with the speakers. So they sometimes could only provide a gist, to keep the speed on the track. Added to this, the languages used during the Q&A session were diverse, of which scripts were not provided, and the speakers often use English and Chinese to raise and answer questions, thus both the Chinese and English interpreters needed to stand by at any time. One had to constantly remind himself/herself of the language they were responsible for. What's more, there were the limitations of the venue. As the space of the interpretation room was rather small, and the microphones were sound-sensitive, interpreters had to avoid making noises in any case. Lastly, Jessie added that some interpreting materials were only given on the meeting day, and it had to be checked and prepared immediately, such as the MC script and the names of the awards. It made the meeting incredibly intense and hustling. Only by being resilient and working resourcefully can an interpreter cope with the challenges.

提到臨場反應與應變能力，「兒童議會」會議當天也有預料之外的事情發生。林同學講述當時一個小休時間中，突然發現坐席上多了一位嘉賓，是醫學界的立法會議員；因此傳譯員便要即時上網搜尋有關這位議員的稱謂和背景資料。再者，嘉賓發言部分會出現一些意想不到的問題，非常考驗傳譯員的即時反應和發揮。而閉幕典禮時更出現了司儀領錯獎的情況，司儀需即時更改及補救，所以對白會與司儀稿不一致。這時就再一次考驗傳譯員的臨場反應了。

In terms of spontaneity and resourcefulness, the interpreters had to deal with something that happened unexpectedly on the meeting day too. Jessie reminisced that during recess time, they spotted a legislative council member from the medical Functional Constituency, so they had to search for the title of the council member and his background. Aside from this, the guest speech was a trial for their spontaneity as unexpected problems occurred. During the closing ceremony, the MC presented the awards mistakenly, and changed the script immediately to remedy the situation. It was another trial for the interpreters' ability to act spontaneously.

聽畢林同學分享，我們對即時傳譯的運作與挑戰認識更深了。從訪問中，可以得知即時傳譯與書面翻譯截然不同，需在緊湊的時間面對的臨場的變數與狀況，難度也更高了。希望大家看完這篇有關「兒童議會」會議的傳譯工作訪問，對即時傳譯會有更多認識；也願十位「傳譯（三）」的同學，透過吸取這次的經驗，能成為更專業的即時傳譯員。

After listening to Jessie's sharing, we have developed a further understanding of how interpretation works and the possible challenges. We find out that simultaneous interpretation and translation are poles apart, as interpreters need to cope with uncertainty and unexpected situation in a limited time, which is highly difficult. We hope that after reading this article about simultaneous interpretation, you would know more about it. Meanwhile, I wish the students studying *Interpreting III* would become more professional in simultaneous interpretation after this precious lesson.



Written by: MAK Wing Hei, Melody
撰文：麥詠希
Translated by: YEUNG Wing Ting, Stephanie
翻譯：楊穎婷
Designed by: XIE Kai Qi, Kay
排版：謝凱琪

One Giant leap for Translation Workshop 邁開成長的一大步

Written and translated by: TO Fun Yu, Rebecca

撰文 / 翻譯：杜歡渝

Designed by: XIE Kai Qi, Kay

排版：謝凱琪

This year, we translated three motion papers for the Children's Council. It is the first job our workshop kicked off with. We have gained valuable experience from it.

During the translation, we had some problems in the aspect of teamwork. Most of us used to translate on our own, so we only focused on the segments assigned as we did in the past. We did not discuss with other translators or check their work. As a result, we could hardly keep consistency within the three papers. For example, "反欺凌法" in Motion Paper 1 was translated as "anti-bullying laws" and "anti-bullying legislation" by different translators. We could have had better cooperation as we have formed a WhatsApp group and shared files on Google Drive already. It is easy to have discussions with the group and compile a shared glossary for the whole team.

Tone and style were also a great challenge to us. The motion papers were formal documents; at the same time, they were written by children. We had to be very careful dealing with word choice and expression in order to reproduce the tone of children while the translation could not be colloquial. We used simple words and sentence structures to keep it like a work of children.

We apply what we have learnt from this experience in other jobs. We hope that our efforts and improvements can be seen.

今年，我們為兒童議會翻譯三份議案，為本年度翻譯工作坊打響頭炮，亦從中得到寶貴經驗。

翻譯中我們遇到一些問題，主要關於團隊工作。我們大多數習慣獨自完成翻譯，所以這次我們照舊只管自己的部分，全程沒有任何討論，也沒有細閱其他譯者的譯文。因此，我們難以保持三份議案的用詞一致，例如議案一中「反欺凌法」一詞在不同譯者筆下便出現了「anti-bullying laws」和「anti-bullying legislation」兩個譯法。我們的團隊協作本應做得更好，因為我們早已有 WhatsApp 群組，還利用 Google 雲端服務共享文件，不論是與大家討論或是製作共有的辭彙表絕非難事。

語調和行文風格又是一大挑戰。議案是正式文件，但與此同時這三份議案出自一群兒童之手。我們必須謹慎處理措詞，盡量還原兒童的語氣，卻又不能令譯文變得口語化。我們使用簡單的詞語和句式來保留兒童作品的風格。

我們將這次經驗活用在之後的工作上，希望能展現我們的努力和進步。

Janice:

It has been a difficult semester and TransFeed (issue 2) was finally born under very special circumstances when university classes have all migrated online. I would like to congratulate members of this year's Translation Workshop on their great achievements and appreciate very much their true dedication to "serving the community through translation".

This year, Translation Workshop is made up of sixteen girls (myself included ☺), who are all professional and committed translators and members of the company. This reminds me of the slogan that my colleague and I came up with a couple of years ago for an association of university women, i.e., "Empowering Women, Embracing the World". These girls, empowered by roles as a (vice) manager, PR coordinator, designer, DTP specialist, CAT specialist, etc. can do wonders. The copy of TransFeed in front of you is testimony to one of such miracles.

The three major translation tasks we worked on this semester cover a wide range of topics and genres, and we approached and experimented with these tasks in different and creative ways, including using CAT tools to collaboratively translate a novel. I feel often amazed by the initiatives taken by members of the group, who made great efforts to learn about and apply new technologies in the translation work we undertook. Most importantly, they willingly and unselfishly shared their knowledge with the team. This, I believe, is the very essence and beauty of Translation Workshop!

I would like to express my great gratitude to my colleagues of the Department of Translation, Interpreting and Intercultural Studies who contributed to this issue of TransFeed, especially Prof. Mark SHUTTLEWORTH, who gave a guest lecture to our team on Memsource, and Dr. Robert NEATHER, Head of the Department, who unremittingly supported the magazine despite a very busy schedule. I appreciate very much the generosity of Dr. Gillian BICKLEY and Prof. Jeremy MUNDAY, who allowed us to include their copyright articles in this issue, and hope readers of the magazine can, through reading these articles and our translation, feel eager to learn more about their published stories. I would also like to thank this year's Children's Council and all those who agreed to be interviewed by our members - it is you who made our work meaningful and substantial! My deepest appreciation goes to Ms. Cindy CHAN, Dr. Jason HO and their colleagues at the CISL, who provided great support to us, and to Hung Him Shiu Charitable Foundation, for making the publication of this magazine possible! Last but not least, I would like to thank my students (and colleagues) at the Translation Workshop - it is a great pleasure to witness and participate in your growth in such a unique way. I hope this issue of TransFeed will be a memorable gift to all!

新一期《翻悅》終於與大家見面了！我想恭喜本年度翻譯工作坊的成員，在如此特殊的時期能夠順利推出本期雜誌，履行「以翻譯服務社區」的承諾，實屬可貴。

本年度翻譯工作坊亦十分特別，連我在內十六位成員皆為女性。各成員均兢兢業業，孜孜不倦，在各自不同的工作崗位完成使命，並能妙手拈花，應對種種考驗。新一期《翻悅》便是值得驕傲的成果之一。

本期工作坊翻譯的文本涉及不同話題和文體，大家亦充份發揮創意，例如用翻譯輔助工具協力進行整本小說的翻譯。各成員積極推陳出新，在努力提高翻譯技巧之餘，主動學習及應用翻譯技術，並與團隊成員無私分享，常令我感動不已。而創新與分享恰為翻譯工作坊的精髓所在。

我十分感謝翻譯傳譯及跨文化研究系的同事對本期《翻悅》的支持，尤其感謝夏致遠教授為工作坊作了有關翻譯工具 Memsource 的特別講座，倪若誠主任一如以往撰文勉勵雜誌成員的工作。感謝白潔蓮博士與傑里米·穆迪教授的無私分享，令相關文章及翻譯節選能在本期《翻悅》優先出版，讓大家先睹為快。多謝 2019 年度兒童議會，以及參與本期雜誌訪談的人士的付出，成就我們如此內容豐富的新一期《翻悅》。由衷感謝陳璧瑩女士、何家珩博士及創新服務學習中心的各位同事的支持與幫助，以及孔憲邵慈善基金對本工作坊及雜誌的慷慨資助。最後，非常感謝本年度翻譯工作坊的所有同學及全人。能以如此特別的方式見證與參與你們的成長，是一件十分幸福之事。希望本期《翻悅》成為大家的美好回憶與最佳禮物！

Trista:

It is my honour to be the editor of TransFeed Issue 2. Devoting myself to the magazine production, I had the opportunity to interview our new professors and people from different cultural backgrounds. Learning about other cultures is always interesting and eye-opening, and I did enjoy interacting with all the interviewees. Without their contributions, the content in TransFeed wouldn't be so multicultural. Last but not least, I'd like to thank Janice for giving inspiring advice throughout the course, and our fellows for their great effort!

我很榮幸能擔任《翻悅》的編輯。在準備雜誌的過程中，我有幸獲得寶貴機會訪問本系的新教授，以及來自不同文化的人。了解異國文化不但有趣，更會令人眼界大開。因此，我非常享受與各位受訪者互相交流。沒有他們的支持，《翻悅》就沒有如此多元有趣的內容！最後，非常感謝 Janice 在整個課程提供的指導，以及一眾成員的努力！

Daisy:

It's a new experience for me to compile a bilingual magazine! Thanks to the production of TransFeed Issue 2, I have learnt many practical skills, with organisation and communication skills being the most valuable ones. What I skills being gained from being part of the Translation Workshop is more than what I expected. I wish to express my gratitude towards Janice and my fellow classmates for their hard work and patience. I wouldn't forget the precious memories we all share!

編寫一本雙語刊物對我來說是個全新的體驗！在《翻悅》的製作過程中，我學到不少實用的技巧，從中訓練出的組織能力和溝通技巧尤其珍貴。成為翻譯工作坊的一員，我所收穫的比我預期還要多。在此我非常感謝 Janice 和同學們所作的努力和耐心。我會牢記我們共享的寶貴回憶！

Kay:

It has been an exciting experience working with my classmates in the Translation Workshop to create TransFeed. It is never easy to compile a magazine, from zero but we finally made it. A big "thank you" to everyone for your time and efforts and I do hope we can work together again in the future!

我很高興可以和翻譯工作坊的同學們一起創造《翻悅》。從零開始製作一本雜誌從來不是一件容易的事，但我們做到了！十分感謝翻譯工作坊所有成員的努力與付出，也衷心希望日後能再跟大家合作！

Alice:

It is exhilarating to see our baby finally out! A word and even a choice of the word are full of dedications. Through our efforts in numerous meetings via face-to-face and telephone discussions.

It is an exciting attempt for all of us to publish a magazine. I wish you would treasure and find some inspiration from it.

見到我們的寶貝誕生真的是極度興奮！經多次的會議討論，包括面談或電話談話，一個字甚至是一個字的選擇背後都可以隱藏心思。

能參與製作一本雜誌是一個興奮的嘗試，希望你能有所啟發並好好珍惜。

Vicky:

Working at Translation Workshop is a very unforgettable memory. I feel like I am part of a translation company. The members are not only my classmates, but also my colleagues. We have weekly meetings, update tasks and cooperate with each other. I can't wait to see the publication of TransFeed!

參加翻譯工作坊是一個很難得的回憶，仿佛真的進入了一個翻譯公司。成員之間既是同學也是同事，每周開會，跟進任務，互相協作，我已經迫不及待地等著《翻悅》發行了。

Jodie:

From being overwhelmed to being at ease, I see my experience at Translation Workshop as one of self-growth and self-examination. I was given the role of manager after self-recommendation, and I have learnt how to communicate with my team and lecturer, make decisions, plan our work and take responsibility. I believe these valuable skills can be applied to my future career.

從起初不知所措到後來淡定從容，翻譯工作坊於我而言是審視自我的成長經驗。經毛遂自薦獲得經理一職，我學會了如何與老師和成員更好的溝通、果斷決策、統籌大局和勇於承擔。相信這些技能可應用於未來工作。

Melody:

Translation Workshop is a great place for us to learn and practise working with others. People always say that translation is a lonely job. However, we have to work as a team and finish the translation jobs together. We have to discuss about the word choice and keep the consistency. Moreover, this is the first time for me to be a PR manager. It is challenging to communicate with different parties as I have to be polite, concise and nice in the emails. Lastly, I would like to thank Janice and all my classmates for their opinions and help!

翻譯工作室是學習和體驗與他人合力完成工作的好地方。別人總是說翻譯工作是孤獨的。但在這裏我們要一起完成長篇的翻譯，因此需要討論。另關選用適合的文字和統一性，合力完成翻譯。另外，這是我第一次擔任公關。與不同人士溝通的工作需要禮貌、簡潔和友善，十分有挑戰性。最後，我想感謝Janice和同學們的意見與幫助！

Iris:

The past semester was busy and fruitful. It was a precious opportunity for me to become a member of the Translation Workshop. I worked as a translator in a team, which was a brand-new experience for me. We witnessed the birth of a magazine. Everyone in our team has done a brilliant job! I can even imagine how excited I will be when I see the hard copy of the magazine. In this service-learning course, I improved my translation skills and also gained a great sense of achievement.

過去的一個學期非常忙碌，但收穫頗豐。成為翻譯工作坊的一員，是一次非常寶貴的機會。作為譯者在團隊中工作，對我來說也是一次嶄新的體驗。我們從零開始見證了一期雜誌的誕生。團隊中的每個人都非常棒，我簡直可以想象，看到紙質版雜誌時自己會有多麼興奮。在這個服務學習課程中，我不但提升了翻譯技巧，還收穫了極大的成就感。

Valerie:

Working with all of you as a company was a special and fun experience. All the "homework" seemed more meaningful when they became "work". It's my pleasure to create TransFeed with my classmates. It was the first time I worked with others to write and translate an article and design the layout of a magazine. I've learnt a lot from this.

與大家一起經營一間公司是個十分有特別又有趣的經驗，比起平常的「功課」，這次的「工作」似乎更有意義。很高興能與各位一起製作《翻悅》，第一次與人合作撰寫文章、翻譯及設計，讓我獲益良多。

Jessie:

It was my pleasure to have joined the Translation Workshop and participated in the production of TransFeed! Operating a translation company and writing articles for a magazine were brand new and extraordinary experiences for me. Apart from translation skills, I have also learnt the importance of team spirit and time management. And I would like to take this opportunity to give special thanks to Janice for her guidance and all classmates (or colleagues) for their help!

我很高興選讀了翻譯工作坊並參與製作《翻悅》這本雜誌！對我來說，無論是營運一間翻譯公司，還是撰寫雜誌中的文章，都是全新且難得的體驗。我在當中學習到的不僅僅是翻譯的技巧，更多的是團隊精神和時間管理的重要性。此外，我亦想藉此機會感謝Janice的悉心指導，以及所有同學（或同事）的幫助！

Alison:

I've always loved to witness the publication of a magazine, but it is my first time working for a bilingual one. I enjoyed a lot working as a designer and translator and collaborating with all of our classmates. Thank you, Janice, for your patience and encouragement throughout the course. I really appreciate the great efforts of our manager, editors, translators and designers.

我一直很喜歡見證着刊物出版的感覺，不過這是我第一次出版雙語雜誌。作為《翻悅》的設計師和翻譯，我很享受和同學們一起工作。感謝Janice在整個課程中的耐心和鼓勵。我亦非常感謝我們的經理、編輯、翻譯和設計師們一直以来的努力。



Rebecca:

It was my great pleasure to join the Translation Workshop and work with our fabulous advisor Janice and my incredible colleagues. In this workshop, I have experienced a lot of new things that the typical lectures cannot bring—it's my first time running a company, taking translation jobs, working as a team and getting involved in the creation of our own magazine. How unforgettable is this!

我很高興能夠參與翻譯工作坊，和優秀的翻譯導師Janice及一眾出色的夥伴共事。工作坊為我帶來許多普通課堂前所未有的全新體驗——第一次營運公司、第一次接手翻譯工作、第一次加入翻譯團隊和第一次製作屬於我們自己的雜誌，這些經驗畢生難忘！



Stephanie:

From ideas to sentences, from sentences to typesetting articles, the magazine transfeed means so much more than it seems, it's the fruitful result of painstaking efforts of our team. I still cannot believe how lucky am I participating in and witnessing the production of an actual magazine, which also gave me a great sense of accomplishment. At the very beginning of the semester, I barely had concepts of translating a book or making a magazine and now I'm rewarded with precious experiences and the magazine is in its final stage as well. I could not be any prouder of myself and our team.

從構想，到一字一句地撰寫，再到一篇篇排好版的文章，這本雜誌看似小巧，卻是我們全體成員的心血結晶。直到現在我也想像不了自己居然一手一脚地參與了這雜誌的策劃過程，可謂是非常有成就感了。從學期初對翻譯書籍、策劃雜誌毫無概念，到現在收穫滿滿，雜誌生成也進入尾聲。我為自己和大家驕傲。

Bonnie:

It was the first time for me to take part in creating a magazine. Although I was not responsible for much work in the magazine, I still learnt a lot from our members' hard work. At the beginning, I thought it was impossible for us to have a magazine published in three months. It was undeniable that we had tight schedule, but with all members' great effort and guidance from our lecturer and manager, we still managed to get everything ready at the end. This is definitely the most valuable experience in year 2019.

這是我第一次參與製作一本雜誌。雖然我沒有負責很多雜誌的工作，但我仍從成員的努力中學到許多東西。在最初，我覺得不可能在三個月內出版一本雜誌。我們無疑是有緊迫的時間表，但在全體成員的努力、導師和經理的指導，我們在最後仍能成功完成所有工作。這絕對是我在2019年最有價值的經歷。

Anita:

It is my honour to join Translation Workshop this year. I had great experience translating a book and documents. Translation Workshop provided me with incredible opportunities to implement my skills and knowledge. The learning experience is unique because everything required self-management and motivation. Working with such talented classmates as a team definitely strengthens my determination on self-improvement.

十分高興能夠加入今年的翻譯工作坊！這是一個絕佳的機會，我可以透過工作坊運用的技能，和知識，翻譯書本和文件都是很好的經歷。這是一個很獨特的學習經驗，因為這裏的「作業」都是靠自我管理以及督促完成。與優秀的同學一起工作更使我激發了進步的決心。



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Thanks for reading.