



SHKP Reading Club's Read On, Move On series spread the fun of reading and exercise

新阅会“悦动·阅乐” 齐享阅读与运动乐趣



Participants learn more about the history and culture of Yuen Long and Kam Tin at the cycling tour

参加者一边踏着单车，一边了解元朗及锦田的历史和文化特色



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The SHKP Reading Club organized a series of Read On, Move On sports activities this fall for different reading experience. Going beyond books, cycling and stairway cultural tours as well as author sharing were held to encourage people to develop the habit of reading and exercise.

Participants of the Kam Tin cycling cultural tour rode all the way from Yuen Long to Shui Tau Tsuen and Shui Mei Tsuen where they visited heritage sites, including Yi Tai Study Hall, Tang Tsing Lok Ancestral Hall, Chou Wong Yi Kung Study Hall, Tin Hau Temple and Kam Tin Tree House, in addition to walled villages built by the Tang clan to learn more about the history and culture of Yuen Long and Kam Tin. Related books were recommended for extended reading.

For the stairway cultural tour, Walk in Hong Kong founder Paul Chan led a tour of special stairways and roads in Sheung Wan, covering Wing Wo Street, Gough Street, Shing Wong Street, Ladder Street, Hollywood Road and Sai Street, and shared interesting stories on local printing and newspaper industries in the golden days. Participants also visited a letterpress printer which has been operated by a family for more than half a decade.

Yoga instructor and author Caren Lau shared with participants tips on exercise and healthy living and talked about her own writing experience at How Yogis Read. The session was concluded with some relaxing basic yoga practice.

新阅会在秋季举办了一系列以运动为重点的“悦动·阅乐”主题活动，跨越文字界限，以有趣互动的单车及楼梯文化游以及作家分享形式，为参加者带来不一样的阅读体验，鼓励大家培养多阅读、勤运动的生活好习惯。

在“单车『书』畅游锦田”文化导赏团中，参加者骑着单车由元朗市中心出发，到访水头村及水尾村内多个古迹，包括二帝书院、清乐邓公祠、周二公书院、天后宫和锦田树屋等，又参观了邓氏家族围村，认识元朗及锦田的历史和文化特色，并获介绍多本与景点相关的好书。

在“足·印”楼梯文化导赏团中，“活现香港”创办人陈智远带领参加者漫步上环旧区，穿梭永和街、歌赋街、城皇街、楼梯街、荷李活道及西街等特色楼梯和街道，细听昔日区内印刷及报业的有趣人和事，更探访经营了超过半世纪的家庭式活字印刷店，与参加者一同细味本地工艺文化。

另外，瑜伽导师兼作家刘凯琳在“『瑜』何阅读”分享会中，分享了运动与健康心得以及写书经验，并即时作瑜伽示范，与参加者一起放松身心。



Practicing relaxing yoga with the yoga instructor and author
瑜伽导师兼作家带领参加者一起练习瑜伽，放松身心



Participants love reading printed books more after the stairway tour
透过楼梯之旅，参加者增加对纸本阅读的钟爱