

no

你我不只一種想像

All of Us,
All Ways



limits

節目及訂票指南
Programme &
Booking Guide

無限亮

2026 NoLIMITS

Inclusiveness through the Arts 以藝術共融

聯合主辦
Co-presented by



香港藝術節
Hong Kong Arts Festival



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

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香港藝術節 HONG KONG ARTS FESTIVAL

感謝
would like to thank



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

聯合呈獻
for co-presenting

「無限亮」及
賽馬會「無限亮」教育及社區外展節目
“No Limits” and the
Jockey Club “No Limits”
Education and Community Programme

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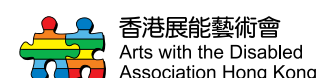
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策略支持伙伴
Strategic Supporting Partner



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

支持機構
Supporting Organisation



大館
TAI KWUN

limits

由香港藝術節與香港賽馬會慈善信託基金聯合主辦的「無限亮」，自創辦以來已成為香港共融藝術的重要平台。踏入第八屆，我欣見「無限亮」繼續秉持「以藝術共融」的信念，促進不同能力人士之間的理解與交流，讓藝術在社會中綻放更深遠的力量。

在過去七屆，「無限亮」透過國際及本地不同能力優秀藝術家的現場及網上節目，以及豐富多元的教育及社區外展活動，累計吸引超過十四萬五千名現場觀眾及網上觀眾參與。根據由專業調研機構進行的年度調查及分析顯示：「『無限亮2025』有效地實現了預期的成果和影響……令觀眾對不同能力人士的態度更為正面，對共融藝術的欣賞程度提升。」報告亦指出，「無限亮」成功「加強業界在共融藝術實踐方面的能力建設」。

這些成果令我更深信，「無限亮」是推動藝術創意、平等機會與社會共融的重要平台。本人衷心感謝香港賽馬會慈善信託基金作為聯合主辦機構的信任與長期支持，感謝香港展能藝術會在提供藝術通達服務方面的寶貴協作，並感謝所有藝術家、夥伴及「無限亮」團隊的努力與奉獻。

讓我們繼續攜手推動共融藝術的願景，讓多元與創意的無限潛能在社會中持續綻放。

盧景文
香港藝術節主席

Since its inception, 'No Limits'—co-presented by the Hong Kong Arts Festival and The Hong Kong Jockey Club Charities Trust—has become an important platform for inclusive arts in Hong Kong. As we approach its eighth edition in 2026, I am heartened by how this partnership continues to promote inclusion through the arts, foster understanding, creativity, and connection across our community.

Over the past seven editions, 'No Limits' has attracted more than 145,000 in-venue and unique online participants through live and digital programmes by outstanding international and local artists of different abilities, as well as through a wide range of educational and community outreach activities. According to an independent social impact assessment carried out by a professional survey company, "No Limits 2025 effectively achieved the intended outcomes and impacts... audience members exhibited more positive attitudes towards persons with disabilities, demonstrated higher appreciation of inclusive arts." The report also confirmed that "No Limits successfully strengthened sector capacity in inclusive arts practices."

These results further affirm my belief that 'No Limits' is a key platform for promoting artistic creativity, equal opportunities, and social inclusion.

I would like to express my heartfelt thanks to The Hong Kong Jockey Club Charities Trust, our Co-Presenter, for its steadfast partnership; to Arts with the Disabled Association Hong Kong for their invaluable support in providing accessibility services; and to all artists, partners and the 'No Limits' team for their dedication.

Let us continue to advance our vision for building an inclusive arts community that celebrates diversity and the limitless potential of human creativity.

Lo Kingman
Chairman, Hong Kong Arts Festival

藝術不僅形態萬千，更是一個跨越疆界、彌合差異、打破成見的平台。基於這份信念，香港賽馬會一直致力推動藝術和文化發展，為香港注入藝術文化活力，豐富市民生活，推動創意共融。自2019年起，馬會慈善信託基金與香港藝術節聯合呈獻的「無限亮」計劃，正是其中重要一環。

「無限亮」今年以「你我不只一種想像」為主題，致力營造無障礙的環境，讓本港及海外不同能力的藝術家盡展才華，為觀眾帶來別具一格的演出，並透過多元化的公眾教育活動，推動社會共融。

為吸引更多年輕人和家庭參與其中，「無限亮」將在大館舉辦特備節目和放映活動，並開展人才培育項目，支持本地藝術家及共融藝術團體的專業發展。同時，「無限亮」將建立地區交流合作網絡，提升共融藝術思維。賽馬會「無限亮」教育及社區外展節目亦將繼往開來，透過學校巡演、講座和工作坊等形式，豐富社會各界的藝術體驗。

多年來，馬會不遺餘力地推動藝術普及化，捐助的相關項目不勝枚舉，包括支持香港藝術節逾半世紀、大館的保育與活化工作，以及香港故宮文化博物館的興建等。

馬會能夠持續支持「無限亮」和其他慈善與社區項目，有賴我們獨特的綜合營運模式。本會藉著提供世界級賽馬運動和有節制體育博彩，帶來稅款、慈善捐款及就業機會；同時協助香港特區政府打擊非法賭博，建設更美好的社會。

本人謹向長期合作夥伴香港藝術節，以及所有參與的藝術家和表演者，表達由衷謝意。期望今屆「無限亮」能啟迪心靈，觀眾滿載而歸。

廖長江, GBM, GBS, JP
香港賽馬會主席

Art in its many forms has the power to transcend boundaries, bridge differences and break down stereotypes. It is the connection that unites us all.

The Hong Kong Jockey Club and its Trust believe that art can enrich lives and capture the imagination of many. The programmes we support help make art more accessible and spark creativity within our community. We are proud to have co-presented “No Limits” with the Hong Kong Arts Festival Society since 2019, celebrating the transformative power of artistic expression.

“No Limits” provides a barrier-free environment empowering artists and audiences to cultivate inclusion. With the theme – “All of us, all ways” – this year’s programme features performances by local and international artists showcasing the extraordinary capabilities of people of all levels of ability, alongside a series of education programmes to engage the wider community.

To attract more young people and families, “No Limits” will hold special performances and screenings at Tai Kwun, with a talent series to facilitate the professional growth of local artists and inclusive arts groups. “No Limits” will also establish a network to advance regional collaboration and thought leadership. Accompanying the project once again will also be the Jockey Club “No Limits” Education and Community Programme featuring school tours, talks and workshops.

The Club’s support for “No Limits” is just one of many ways in which it seeks to make the arts accessible to all – as evidenced by over 50 years’ support for the Hong Kong Arts Festival, as well the revitalisation of Tai Kwun and the construction of the Hong Kong Palace Museum.

Our support for “No Limits”, like all our charity and community contributions, is made possible by the Club’s unique integrated business model. Through this we provide racing and racecourse entertainment, partner the HKSAR Government in combatting illegal gambling, and channel responsible wagering demand into tax payments, charity donations and employment that benefit Hong Kong.

I offer sincere thanks to the Hong Kong Arts Festival for its enduring collaboration as well as all participating artists and performers. We hope this year’s “No Limits” will resonate with audiences young and old, leaving them enriched and inspired.

The Hon Martin Liao, GBM, GBS, JP
Chairman, The Hong Kong Jockey Club

由香港藝術節與香港賽馬會慈善信託基金聯合主辦的「無限亮」，自2019年開展以來一直堅持以藝術推動共融，展現不同能力藝術家非凡的想像力與創造力。歷經七載，「無限亮」不斷探索與突破，已成為本地及國際共融藝術的重要平台。

過去一年，國際及本地的獎項給予我們很大的鼓勵：

- 2025「無限亮」“認識不如感受”榮獲香港管理專業協會主辦的傑出市場策劃獎之特別獎「傑出公益營銷獎」
- 2025「無限亮」委約的大型社區節目《衫著一生》榮獲2025年日本優良設計獎。項目體現了團隊與不同能力人士之間展真誠的合作，展示如何將平等融入創作。

衷心感謝兩地評審團的肯定與社會各界的支持，讓共融藝術的理念得以廣泛傳揚，並激勵「無限亮」團隊繼續追求突破，期望更上層樓。

踏入第八載，「無限亮」信念如一。匯聚來自香港、日本、德國、英國及瑞士等地的傑出藝術家，呈獻涵蓋音樂、戲劇、舞蹈及電影等多個範疇的十一套精彩作品，合共二十九場演出，另加上為期數月的免費電影播放，展現世界各地共融藝術的豐富面貌與創意活力。

余潔儀
香港藝術節行政總監

本年度「無限亮」亦開啟嶄新篇章：首度與本地旗艦藝團共同製作共融演出作品。「無限亮」將聯同香港舞蹈團、中國香港輪椅體育舞蹈運動協會、香港中樂團及本地二胡演奏家楊恩華，為觀眾呈獻兩個體現多元共融精神的本地聯合製作，進一步彰顯藝術無界、共融共創的核心理念。

在教育及外展方面，「無限亮」始終以培育與發展為核心使命。今年，賽馬會「無限亮」教育及社區外展節目將持續深化，備受好評的「先導培訓計劃」將首次增設進階課程，為本地教學藝術家提供更全面及多元化的培訓與進階研究機會，協助他們進一步提升共融教學實踐能力。此外，超過二十場的校園巡迴演出及十三場延伸活動、工作坊與講座，讓共融藝術更進一步深入社區。

衷心感謝香港賽馬會慈善信託基金的長期支持，與我們攜手將共融藝術理念推廣至社區每個角落。感謝策略夥伴香港展能藝術會，在藝術通達上提供專業意見與無私協助，確保不同能力人士都能在無障礙的環境中，盡享藝術之美。「無限亮」會繼續秉持使命，推動藝術與社會的共同成長。

我謹代表香港藝術節，誠意邀請您欣賞本屆「無限亮」的節目，一同為優秀的不同能力藝術家喝彩。

Since 2019, “No Limits” – co-presented by the Hong Kong Arts Festival and The Hong Kong Jockey Club Charities Trust – has been an inclusive platform dedicated to showcasing the extraordinary imagination and craft of differently-abled regional and international artists.

In this past year, our efforts have been recognised both locally and internationally:

- The 2025 “No Limits” – “The Human Touch” was awarded a Special Award for “Excellence in Social and Community Good” at The Hong Kong Management Association’s Award for Marketing Excellence 2025.
- The site-specific community programme **In Touch We Trust** has won Japan’s Good Design Award 2025, recognised for its inclusive collaboration across a mixed-ability team, balancing accessibility with artistic quality in a professional context.

Remaining true to its founding belief, the eighth edition of “No Limits” brings together outstanding artists from Hong Kong and different parts of the world, including Japan, Germany, the UK, Switzerland and more. A total of 11 music, theatre, dance, and film works will be presented in 29 performances across the city which, together with months of free film screenings online, reflect the vibrancy and creativity of the international inclusive arts scene.

This year marks an important milestone for “No Limits” as it embarks on a new direction for local collaborations. For the first time, “No Limits” co-produces works with flagship

Flora Yu
Executive Director
Hong Kong Arts Festival

Hong Kong arts companies – partnering with the Hong Kong Dance Company, the China Hong Kong Para Dance Sport Association, the Hong Kong Chinese Orchestra, and local erhu soloist Yang Enhua – to create two locally produced programmes that embody the spirit of diversity and inclusion.

Beyond the stage, this year’s Jockey Club “No Limits” Education and Community Programme continues to grow and deepen its impact through nurturing the next generation of inclusive artists. The acclaimed Pilot Creative Training Programme offers local teaching artists expanded training and opportunities for advanced study to further strengthen their teaching practice. In addition, over 20 school tour performances and 13 supplementary events – including workshops and talks – bring inclusive arts into local communities and broaden the educational impact of “No Limits”.

We are deeply grateful to The Hong Kong Jockey Club Charities Trust, the co-presenter of “No Limits”, for partnering with us long-term to promote inclusive arts in our city. We also thank our Strategic Supporting Partner, Arts with the Disabled Association Hong Kong, for their professional advice and generous assistance in ensuring accessibility so that people of all abilities can fully enjoy the arts.

On behalf of Hong Kong Arts Festival, I warmly invite you to join us and experience the exciting events in this year’s “No Limits” programme.

Hong Kong Arts Festival 香港藝術節

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

香港藝術節於每年2月至3月期間呈獻超過1,200位優秀本地及國際藝術家約150場的演出，節目式樣俱備，既顧及古典傳統口味，亦兼備大膽創新的表演形式。

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

香港藝術節每年舉辦逾300項針對公眾及學生的「加料節目」和多元化藝術教育活動，致力豐富香港的文化生活。其中「青少年之友」已在過去33年為約850,000位學生提供藝術體驗活動。

香港藝術節 Hong Kong Arts Festival

www.hk.artsfestival.org

藝術節青少年之友 Young Friends

www.yfs.artsfestival.org

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

In February and March every year, HKAF presents over 1,200 leading local and international artists in around 150 performances of all genres, placing equal importance on great traditions and contemporary creations.

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

Each year, HKAF presents over 300 PLUS and educational activities that offer diverse arts experiences to the general public and students. The HKAF Young Friends scheme has reached around 850,000 students in the past 33 years.

About "No Limits" 關於「無限亮」

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

第八屆「無限亮」將於2026年繼續呈獻多個音樂、舞蹈、戲劇及電影等節目。由一眾來自世界各地與本地不同能力藝術家，衝破界限，創造出無限精采的藝術世界，為觀眾帶來獨一無二的表演。

2026「無限亮」除了現場節目，亦包括線上免費電影放映及國際研討會、多元的教育及社區外展節目，豐富社會各界的藝術體驗，並讓年輕人與不同能力人士一同分享藝術帶來的喜悅。

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

無限亮 No Limits

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

In 2026, the eighth edition of "No Limits" showcases a series of fascinating programmes of music, dance, theatre and film by international and Hong Kong artists of different abilities.

"No Limits" 2026 presents accessible in-venue performances, free film screenings and a symposium, as well as education and community programmes for young people and the public, highlighting creativity and talent in a variety of forms.

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

無限亮製作團隊 No Limits Production Team

項目總監
Project Director
錢佑 Eddy Zee

節目及外展經理
Programme and
Outreach Managers
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鍾美琮 Becky Chung
高君 Tiffany Ko

市場經理
Marketing Manager
黃嘉欣 Carly Wong

副市場經理
Deputy Marketing
Managers
陳佩鈴 Gina Chan
吳雪琮 King Ng

助理節目及外展經理
Assistant Programme
and Outreach Manager
潘詠汶 Jasmine Poon

助理製作經理
Assistant Production
Manager
鄭家裕 Dick Cheng

節目及外展統籌
Programme and
Outreach Coordinator
張沁鈴
Cheung Chi-ling

高級會計主任
Senior Accounting Officer
鍾巧明
Catherine Chung

關於「你我不只一種想像」

第八屆「無限亮」以「你我不只一種想像」為題，從共融角度重新思索「差異」的價值。我們深信，不同能力人士並非「不同」，而是社會多樣性的一部分。每人皆擁有不同能力與特質，共同生活，互相啟迪學習，就能打破刻板印象與歧視。我們誠摯邀請大眾，親身感受共融藝術，見證多樣性蘊藏的潛能，一同開拓想像的邊界。

作為推動共融發展的一份子，「無限亮」始終致力於從「不同」中創造可能，從「多樣性」中建立連結。今年，我們首度與本地旗艦藝術團體攜手共同創造、製作兩部深具意義的作品，展開一場前所未有的藝術對話。香港舞蹈團與中國香港輪椅體育舞蹈運動協會，從道家哲思汲取靈感，糅合傳統中國舞與輪椅舞蹈運動，在「不同」與「多樣性」中尋求交匯，探索身體的創造力及可能性。另外，香港中樂團的小組與本地年青二胡演奏家楊恩華首度以「重奏」形式演出，以一場講究精湛技藝與細膩默契的音樂交流，展露頂尖藝團對共融藝術家未來發展的承擔及信心。

我們的視野不止於本地。「無限亮」一向致力以作品與議題切入亞洲文化語境，推動區域共融藝術發展。繼去年委約內地藝術家創作《躲貓貓》後，今年將呈獻第二部「無限亮」策劃及委約的亞洲作品——由近年在歐洲炙手可熱的日本導演兼編劇谷野九郎 (Kuro Tanino) 創作的《埋火》。作品從亞洲地區熟悉的

「盲人按摩文化」探入，引發一部超脫想像、風格凌厲的全新劇作。此外，「無限亮」去年首辦的亞洲共融藝術研討會播下的種子漸已萌芽，我們樂見參與伙伴持續研討，舉辦更多活動令亞洲共融發展越見聚焦、緊密，而今年的主題更放眼未來，探討如何以科技打造平等且有尊嚴的共融社會，開啟一場關於長遠延續共融的深度對話。

藝術的想像，最終必須回歸社區，才能落地生根。為此，「無限亮」將延續歷年實踐，不斷深耕，引進各界專才，並以藝術推動共融、孕育人才為目標，策劃一系列教育及社區項目。這些項目包括深化共融藝術導師培訓、培育未來共融藝術家的先導計劃、國際研討會，透過多元教育、社區外展，與各地的專家學者，社區、公眾及不同界別持份者展開長遠對話。今年更開展全新「本地創作研究計劃」，邀請本地年輕藝術家與不同能力人士社群進行深度創作研究，共同發展的作品，將有機會成為未來「無限亮」的表演節目，為本地共融藝術注入新活力。這一系列教育及社區節目，銳意推動教育和社區的網絡及長遠發展，為建構一個更具同理心與溫度的共融社會奠下基石。

只要珍視差異，擁抱多樣，你與我，確實不只一種想像。

錢佑
「無限亮」項目總監

About “All of Us, All Ways”

All of Us, All Ways — the theme of the eighth edition of “No Limits” — is a call to reimagine the value of diversity through inclusion. People with disabilities are not “different”, they are an integral and vital part of a diverse society. With a commitment to transforming difference and diversity into possibility and connection, inclusive arts can create space for understanding — a space where the imaginative potential of diversity can be seen and shared.

This year, for the first time, “No Limits” presents two significant works co-created and co-produced with two of Hong Kong’s flagship performing arts companies. In the first, Hong Kong Dance Company and the China Hong Kong Para Dance Sport Association draw inspiration from Daoist philosophy, exploring the creative possibilities of diverse physical bodies through traditional Chinese dance and wheelchair dance. In the second, the Hong Kong Chinese Orchestra’s ensemble perform a new, original chamber ensemble work in their collaboration with rising local erhu talent Yang Enhua. The artistry and rapport of this musical exchange demonstrates the confidence and commitment leading organisations have in the future of inclusive arts.

Our vision extends beyond Hong Kong. As in previous years, the 2026 edition of “No Limits” engages with the various cultural contexts of Asia through curated works and conversations, helping to foster the development of inclusive arts across the region. Following our first commission, Hide-and-Seek, created in 2024 in collaboration with artists in mainland China, we present a new Asia commission, **Sleeping Fires**, a collaboration with acclaimed Japanese director and playwright Kuro Tanino.

Exploring the traditional Asian practice of blind massage, the piece unfolds into an unexpected and striking new theatrical creation. In addition, after the ripple effect of last year’s “No Limits” **International Symposium** on inclusive arts in Asia — with regional partners now hosting their own events and deepening dialogue across Asia’s inclusive arts landscape — we are also inviting experts to another International Symposium, this year looking at how innovation can help craft an equal and dignified inclusive future society.

Ultimately, for art to have creative power, it must be rooted within the community. To this end, “No Limits” continues to work with experts from different fields to advance artistic inclusion and talent development. This includes expanding the **Pilot Creative Training Programme** to help teaching artists develop inclusive techniques and nurture emerging artists of all abilities, as well as offering a wide range of education and community outreach activities that cultivate meaningful, lasting dialogue. Last but not least, we are excited to introduce the **Local Creative Research and Development Scheme**, a groundbreaking initiative that invites young Hong Kong artists to research and collaborate with the local disability community, generate performance works that bring fresh energy to the world of inclusive arts, and have the potential to be showcased at future “No Limits” events and help create a more inclusive, compassionate society.

When we embrace difference, we open the door to a new world of creative imagination — for all of us, in all ways.

Eddy Zee
“No Limits” Project Director

《弦上光影》 中樂演奏會 Light and Shadow on Strings

香港中樂團（小組演奏）

Hong Kong Chinese Orchestra (Chamber Ensemble)

楊恩華（獨奏及重奏）

Yang Enhua (Solo and Ensemble)

旗艦樂團聯同二胡新秀
交織重奏及獨奏
共融之聲



《遊延》 Wayfaring Beyond

香港舞蹈團及中國香港輪椅體育舞蹈運動協會
Hong Kong Dance Company and
China Hong Kong Para Dance
Sport Association



突破身體界限 舞出逍遙之道
在共融舞動中延伸彼此
重新想像身體、價值與可能性

《遊延》

Wayfaring Beyond

香港舞蹈團及中國香港輪椅體育舞蹈運動協會
大型戶外舞蹈作品



全新大型戶外舞蹈作品《遊延》由「無限亮」及香港舞蹈團共同製作，與屢獲殊榮的中國香港輪椅體育舞蹈運動協會共同編舞及演出。兩團舞者將同台共舞，以肢體互動，彼此延伸，探索身體的多重意義，重新審視我們對生命的理解。作品靈感源自莊子的〈德充符〉與〈逍遙遊〉的哲學內涵，引領觀眾從「看見彼此」到「看見自己」，最終邁向視角與心靈的鬆動與逍遙。

早在二千五百年前，莊子便質疑以「美與醜」的二元視角來評價生命。在〈德充符〉中，莊子講述了形形色色、身體條件各異的生命故事，許多看似「殘缺」的主人翁，反而蘊含深厚的德性與自在。仿如輪椅舞者與香港舞蹈團舞者透過肢體交流，打破二元視角，互相照見並彼此成就，舞出一段段超越肢體界限的自由舞碼。逍遙不只是身體的自由，更是一種從執念中抽離、進而觀照萬物的境界。一幕幕超越身體界限的躍動，不僅是舞蹈技巧的交融與延伸，觀眾亦可從中見證舞者不受拘束的心靈，在跨界嘗試中自由躍現於舞台之上。

《遊延》的創作融入中國武術的內觀和對身體的專注方式，結合中國舞及輪椅舞，舞者將透過舞蹈提問從不同角度看見那些被忽略的潛在特質與價值，並在舞台上展現力量、爆發力、超越身體局限的自由之境。

Dancing to transcend the body – finding freedom beyond the physical form

Hong Kong Dance Company and
China Hong Kong Para Dance Sport Association
A large scale outdoor dance collaboration

Wayfaring Beyond is an original work that reimagines the possibilities of human gesture and spirit through a new form of dance. Taking inspiration from the work of Zhuangzi — the ancient Chinese philosopher who questioned the value of evaluating life through the binary perspective of “perfection” and “imperfection” — the performance guides the audience from “seeing each other” to “seeing themselves”. Through the introspective and body-focused practices of dance, para dance sport and martial arts, the piece showcases an innate state of spiritual and physical freedom.

Co-produced by No Limits and Hong Kong Dance Company (HKDance), Wayfaring Beyond is an inclusive dance work co-choreographed and performed by two of Hong Kong’s leading professional dance troupes: HKDance and the China Hong Kong Para Dance Sport Association. On stage together, dancers from the two troupes — some performing in wheelchairs — explore the liberating possibilities of transcending the limitations of the body.

📍 大館檢閱廣場
Parade Ground, Tai Kwun

📅 28/2 (六 Sat) 2pm, 4pm
1/3 (日 Sun) 2pm, 4pm

🎫 免費入場 Free admission

節目長約 40 分鐘，不設中場休息
Approx. 40 minutes with no interval

設粵語口述影像及語音場刊，歡迎導盲犬
Audio description in Cantonese and house
programme in audio format available; guide
dogs welcome



由「無限亮」與香港舞蹈團聯合製作
與中國香港輪椅體育舞蹈運動協會聯合創作

編舞：王志昇（香港舞蹈團首席舞蹈員）

聯合編舞：駱天麒（香港輪椅舞蹈代表隊教練）

藝術顧問：楊雲濤（香港舞蹈團藝術總監）

Co-produced by No Limits and
Hong Kong Dance Company

In collaboration with China Hong Kong
Para Dance Sport Association

Choreographer: Ong Tze Shen
(HKDance Principal Dancer)

Associate Choreographer: Lok Tin-ki, Kevin
(Hong Kong Para Dance Sports Team Coach)

Artistic Consultant: Yang Yuntao
(HKDance Artistic Director)

香港舞蹈團 Hong Kong Dance Company

於1981年成立，致力推廣具當代藝術創意及香港特色的中國舞蹈，歷年排演超過二百齣深受觀眾歡迎和評論界讚賞的作品，享譽舞作包括：《倩女·幽魂》、《白蛇》、《九歌》、《一水南天》等。舞團擁有廣泛國際脈絡，曾於美國、歐洲、韓國、中國等十多個國家及地區演出，促進文化交流。舞團銳意跨界創作，深研中國舞蹈與中國武術之糅合，原創新猷包括：大型舞蹈詩《山水》及舞×武劇場《凝》，當中選段〈靜聽松風〉更於2023年榮獲全國性舞評獎第十三屆中國舞蹈「荷花獎」當代舞獎之肯定。



Established in 1981, Hong Kong Dance Company (HKDance) is dedicated to promoting Chinese dance with contemporary artistic visions and Hong Kong character, staging over 200 productions to great acclaim. They include "L'Amour Immortel", "Lady White of West Lake", "Nine Songs", "A Tale of the Southern Sky" and more. The Company has extensive international connections, making cultural rapport by touring to America, Europe, Korea, China and multiple others around the globe. With its mandate to create original interdisciplinary works, the Company delves into confluence of Chinese dance and Chinese martial arts traditions, creating the grand dance poem "Shan Shui: An Ode to Nature" and novel dance and martial arts theatre "Convergence". In 2023, the excerpt "Whispers of the Pines" from "Convergence" was recognised in the 13th China Dance Lotus Awards (for Contemporary Dance), the most prestigious national dance award in China.

中國香港輪椅體育舞蹈運動協會 China Hong Kong Para Dance Sport Association

協會積極推廣輪椅舞蹈運動，致力透過舞蹈訓練幫助殘疾人士增強體能、建立自信，從而改善生活品質。協會不僅專注於運動員培訓，將輪椅舞蹈融入文化藝術領域，提升公眾對此項運動的認識與認同。協會亦提供平台讓殘疾人士展現才華、發展潛能，讓所有人能在相同的音樂與節拍中，以不同方式表達對舞蹈的熱愛與追求，真正體現「運動與藝術屬於每一個人」的理念，共建共融社會。

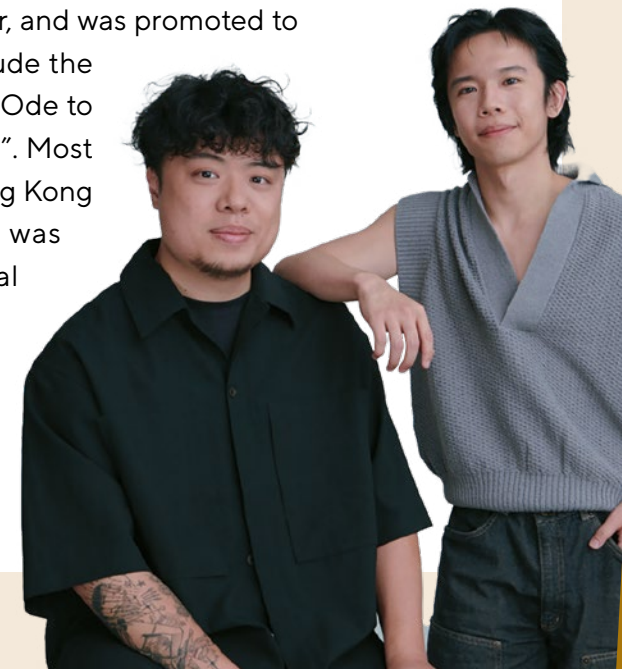


The China Hong Kong Para Dance Sport Association promotes para dance sport and enables people with disabilities to enhance their physical fitness, self-confidence and quality of life through dance training. As well as nurturing the development of athletes, the association works to integrate wheelchair dance into cultural and artistic fields, and raise public awareness and recognition of the sport. Additionally, the association provides a platform for individuals with disabilities to showcase their talents and develop their potential, and works to build an inclusive society that embodies the belief that "sports and art belong to everyone".

王志昇 Ong Tze Shen

香港舞蹈團首席舞蹈員。連續四年獲全額獎學金入讀香港演藝學院，2018年以一級榮譽畢業，同年加入香港舞蹈團。2023年晉升為首席舞蹈員。主要演出包括《一個人的哪吒》、《山水》、《凝》及《蘭陵·入陣》。最近於香港國際莎劇節《馬克白夫人》飾班柯。2020年，於首爾國際舞蹈比賽的當代舞組別贏得亞軍。2023年憑《一個人的哪吒》獲香港舞蹈年獎「傑出男舞蹈員演出」。2025年獲頒第十九屆香港藝術發展獎「藝術新秀獎（舞蹈）」。

Ong is the Principal Dancer of Hong Kong Dance Company. He received full scholarships at The Hong Kong Academy for Performing Arts and graduated with First-class Honours in 2018. He joined Hong Kong Dance Company the same year, and was promoted to Principal Dancer in 2023. Recent performances include the lead role in "Nezha: Untold Solitude", "Shan Shui: An Ode to Nature", "Convergence", and "The Legend of Lanling". Most recently, he also performed in "Lady Macbeth" at Hong Kong International Shakespeare Festival. In 2020, Ong was awarded second prize at the 17th Seoul International Dance Competition (Contemporary Dance division) and the Outstanding Performance by a Male Dancer award at the 24th Hong Kong Dance Awards for "Nezha: Untold Solitude" in 2023. In 2025, he has received the Award for Young Artist (Dance), at the 19th Hong Kong Arts Development Awards.



駱天麒 Lok Tin-ki, Kevin

現任香港輪椅舞蹈代表隊教練，擁有超過二十年的拉丁舞及標準舞學習與比賽經驗。2008年加入香港青少年代表隊，2013年成為香港輪椅舞蹈體育隊成員。2010年韓國 KDSFD ASIA OPEN CUP，在國際輪椅舞蹈比賽中榮膺三項舞冠軍。近年專注於編舞，為香港輪椅舞蹈代表隊設計高質素的舞蹈作品，於國際舞台上贏得多項大獎，包括領導運動員於2024年輪椅體育舞蹈運動亞洲錦標賽中取得一金三銀四銅。2025年9月更代表香港出戰全運會大眾項目輪椅舞蹈並獲得三金三銀成績，當中編排的集體舞獲全國第一名。

Lok has over twenty years of experience in competitive Latin and Standard dances, and currently serves as the coach of the Hong Kong Para Dance Sports Team. After joining the Hong Kong Youth Team in 2008, he became a member of the Hong Kong Para Dance Sports Team in 2013, representing Hong Kong in international competitions. In 2010, he was recognised as champion of the international wheelchair dance competition at the Korea KDSFD Asia Open Cup. In recent years, he has focused on choreography, designing dance routines for the Hong Kong Para Dance Sports Team. In 2025, he led athletes to second place in the class 1 and class 2 Freestyle Combination Events at the Hong Kong International Para Dance Sports Competition, and represented Hong Kong in the para dance event at the National Games, where he won three golds and three silvers, and first place in the country for his choreographed group dance.

《弦上光影》 中樂演奏會

Light and Shadow on Strings

香港中樂團（小組演奏）

Hong Kong Chinese Orchestra (Chamber Ensemble)

楊恩華（獨奏及重奏）

Yang Enhua (Solo and Ensemble)



「無限亮」首次與香港中樂團攜手，以音符交織共融之聲。代表香港旗艦樂團之一的香港中樂團，與致力推動共融藝術發展的「無限亮」，為觀眾呈獻一場展現多元共鳴的中樂盛典。

音樂會由二胡新星楊恩華以三首獨奏小品揭開序幕，演繹香港非物質文化遺產地水南音，展現對傳統曲藝文化的承傳與創新追求；隨後演奏二胡大師、同為「瞽師」的孫文明名作《送聽》，及華彥鈞（阿炳）的經典《二泉映月》，以細膩情感道出困境中不卑不亢、堅毅不屈的生命力量。

中段，中樂團小組與楊恩華以胡琴四重奏及絲弦五重奏等多種小組合形式

登場，透過音符的交流與默契，呈現層次豐富的重奏世界。《平湖秋月》如西湖煙波般縈繞，《陽關三疊》映照陽關遼闊天地，而《歡樂的夜晚》則熱烈奔放，定必震撼全場，掀起熱烈迴響！

作為壓軸，音樂會將由香港中樂團副指揮兼香港青少年中樂團常任指揮胡栢端率領中樂團小組獻上動人心弦的民族管弦樂作品，包括於2023年香港中樂團「心樂集」音樂會獲選為「觀眾最喜愛作品」的譚逸昇之作《永夜》，以及由跨界作曲家陸尉俊為「無限亮」帶來全新的委約作品《聲光之旅》，以視障人士體驗光與聲音的題材出發，在中樂與光影的交織中，引領觀眾進入一個跨越想像的音樂世界。

A performance of traditional and contemporary Chinese music showcasing the richness of strings

Light and Shadow on Strings is the first collaboration between No Limits and the Hong Kong Chinese Orchestra. It is a joint performance showcasing the rich range of Chinese music performed by the talents of the Hong Kong Chinese Orchestra (HKCO) and erhu prodigy Yang Enhua.

To open the event, Yang presents three solo pieces. These are followed by “Nanyin” from Hong Kong Intangible Cultural Heritage, Sun Wenming’s playful piece “Farewell” and “Reflection of the Moon on the Water”, a wistful erhu solo written by Hua Yanjun (Ah Bing).

For the middle section of the performance, Yang and the chamber ensemble present

a series of richly layered traditional quartet and quintet pieces, including “Autumn Moon on a Placid Lake”, “Three Variations on Yangguan” and “A Joyful Evening”.

Associate Conductor and Resident Conductor of the Hong Kong Young Chinese Orchestra, Rupert Woo, leads the ensemble in closing the performance with captivating orchestral works. This includes Tam Yat-sing’s “Eternal Night” – named Audience’s Favourite at the Hong Kong Chinese Orchestra’s 2023 Music from the Heart concert – and a newly commissioned work “Luminous Sound Journey” by cross-disciplinary composer Luk Wai-chun inspired by the experiences of visually impaired individuals.

由「無限亮」與香港中樂團聯合製作

指揮：胡栢端

委約作品作曲家：陸尉俊

演出：香港中樂團（小組演奏）

楊恩華（獨奏及重奏）

Co-produced by No Limits and Hong Kong Chinese Orchestra

Conductor: Rupert Woo Pak-tuen

Composer for new commissioned work:
Luk Wai-chun

Performers:

Hong Kong Chinese Orchestra
(Chamber Ensemble),

Yang Enhua (Solo and Ensemble)

📍 荃灣大會堂演奏廳
Auditorium,
Tsuen Wan Town Hall

📅 28/3 (六 Sat) 3pm

🎫 \$258 | \$198

節目長約 80 分鐘，設一節中場休息
Approx. 80 minutes with one interval

設中英文字幕、語音場刊及額外輪椅位，
歡迎導盲犬

Subtitles in Chinese and English, house
programme in audio format and extra
wheelchair seat available; guide dogs
welcome



曲目

地水南音

《送聽》孫文明曲

《二泉映月》華彥鈞曲

廣東音樂五架頭《平湖秋月》
呂文成曲

胡琴四重奏《如夢令》楊春甲曲

絲弦五重奏《陽關三疊》古曲
胡登跳編曲

絲弦五重奏《歡樂的夜晚》
胡登跳曲

《永夜》譚逸昇曲

《覓》（選自《大漠孤煙直組曲》
第三樂章）趙季平曲

《聲光之旅》陸尉俊曲
（「無限亮」及香港中樂團共同委
作 / 世界首演）

Programme

Dishui Nanyin

Farewell Sun Wenming

Reflection of the Moon on the Water
Hua Yanjun

Five-piece Combo Autumn Moon on a Placid
Lake Lui Man-shing

Huqin Quartet Ru-Meng-Ling Yang Chunjia

String Quintet Three Variations on Yangguan
Ancient Melody Arr. by Hu Dengtiao

String Quintet A Joyful Evening Hu Dengtiao

Eternal Night Tam Yat-sing

Seeking (The Third Movement of The Desert
Smoke Suite) Zhao Jiping

Luminous Sound Journey Luk Wai-chun
(Co-commissioned by "No Limits" and the
HKCO/World Premiere)

曲目有可能更改 Programme is subject to change

香港中樂團 Hong Kong Chinese Orchestra

於1977年成立，經常獲邀於國際著名音樂廳及藝術節演出，足跡遍及歐洲、美洲、亞洲、澳洲、北極圈等多個國家及地方，為當今國際舞台上具領導地位的大型中樂團。樂團編制分拉弦、彈撥、吹管及敲擊四個樂器組別，其中包括傳統和新改革的多種樂器。

樂團的拉弦聲部於2009年全面使用由樂團研發的環保胡琴系列。演出的形式和內容包括傳統民族音樂和近代大型作品。樂團更廣泛委約各種風格及類型的新作，迄今委約或委編的作品逾2,400首。

Founded in 1977, the Hong Kong Chinese Orchestra is often invited to perform at famous venues and festivals all over the world, having covered Europe, North America, Asia, Australia and the Arctic Circle to date. It is therefore acclaimed as a leader among full-sized Chinese music ensembles in the international arena today. The Orchestra is set up in four sections: bowed-strings, plucked-strings, wind and percussion. The instruments include both the traditional and the improved, new versions: the bowed-string section has been using the Eco-Huqin series developed by the Orchestra since 2009. The HKCO performs both traditional Chinese music and contemporary, full-length works in a variety of musical formats and contents. It also explores new frontiers in music through commissioning over 2,400 new works of various types and styles, whether as original compositions or arrangements.



胡栢端 Rupert Woo Pak-tuen

現為香港中樂團副指揮兼香港青少年中樂團常任指揮，於2012年為香港演藝學院第一位指揮碩士畢業生，並於「第二屆國際中樂指揮大賽」榮獲亞軍、「香港優秀青年指揮獎」及「最受觀眾喜愛指揮獎」三個獎項。曾任天津音樂學院民樂系特聘指揮教師、天津音樂學院民樂團常任指揮及研究生指揮教師。曾獲邀客席指揮香港中樂團、新加坡華樂團、澳門中樂團、河南民族樂團、香港演藝學院中樂團、香港演藝學院交響樂團、天津音樂學院「凡音」室內樂團、竹韻小集等。2018年經公開招聘為香港中樂團助理指揮（教育推廣），負責轄下香港青少年中樂團的指揮工作，多年來指揮及策劃「傳承·經典」音樂會。胡氏亦曾指揮香港中樂團2023年澳洲巡演、學校文化日音樂會、「我們的 Cantopop」音樂會及2022年「蒼龍引」社區音樂會等。

Rupert Woo currently serves as the Associate Conductor and Resident Conductor of The Hong Kong Young Chinese Orchestra (HKCO). He graduated in 2012 as the first Master in Conducting at the Hong Kong Academy for Performing Arts (HKAPA). In the Second International Conducting Competition for Chinese Music, Rupert won Second Prize,

the Outstanding Young Conductor in Hong Kong Award, and the Audience Award for Most Popular Conductor. He has previously been a guest Instructor in Conducting at Tianjin Conservatory of Music's Department of Traditional Chinese Musical Instruments, Resident Conductor of its Chinese orchestra, and instructor for its postgraduate programme. Woo has guest-conducted numerous orchestras, including the HKCO, Singapore Chinese Orchestra, Macao Chinese Orchestra, Henan National Music Orchestra, HKAPA's Chinese and Symphony Orchestras, Tianjin Conservatory's Fanyin Chamber Orchestra, and Windpipe Chinese Music Ensemble.

In 2018, Rupert joined the HKCO as Assistant Conductor (Education and Outreach), overseeing the Hong Kong Young Chinese Orchestra. He has planned and conducted various concerts, such as 'Preservation and Perpetuation of the Classics,' the Australia tour, 'School Culture Day,' 'Our Cantopop,' and the 'Trail of the Blue Dragon' Community Concert in 2022.



楊恩華 Yang Enhua

自12歲開始學習二胡，至今已超過十五年，先後接受趙義君、甘柏林、李阿平、彭程、楊雪、曹天立、餘其偉、陳潔冰、周維、汝藝、杜泳及平喉南音傳人陳麗英等老師的指導，現跟隨香港中樂團胡琴聯合首席毛清華習琴。2025-26年度在香港演藝學院修讀本科五年級，並獲利希慎獎學金資助其大學課程。現為駐心光機構音樂家及非物質文化遺產項目地水南音傳承人。

2022年，於美國VSA國際青年獨奏家比賽中勝出並獲邀前往華盛頓甘迺迪中心演出。2024年，獲韓國舉辦的第一屆國際視障獨奏比賽第四名，並在首爾演出。2025年7月楊恩華參加新加坡國際獨奏和重奏比賽，在中樂專業組別榮獲銀獎。2025年榮獲第六屆丹尼獎十大得獎之一及《世界華樂大賽2025》專業成年組賽事最高殊榮特等獎。楊恩華致力推廣音樂共融、殘疾人從事音樂就業，冀透過音樂讓社區連結，讓人人生活更豐盛。



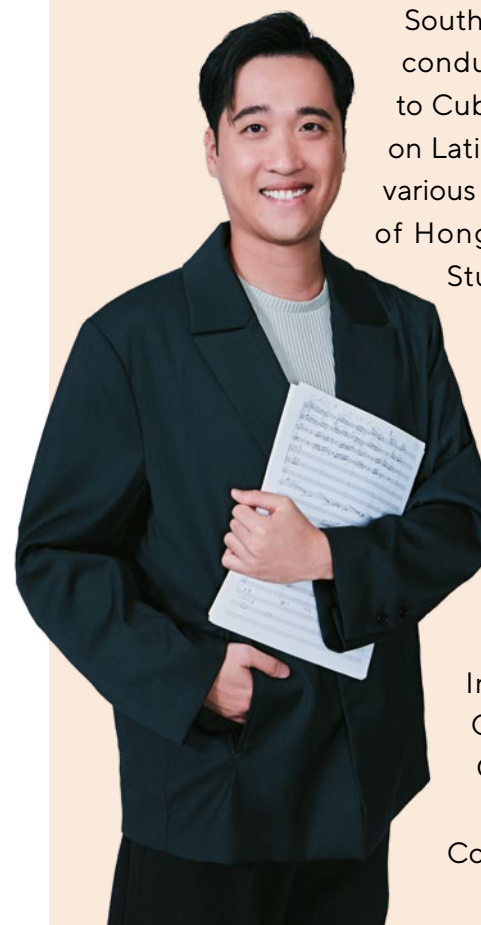
Yang Enhua began learning erhu at the age of 12, and has over fifteen years' experience studying under Zhao Yijun, Gan Bolin, Li Aping, Peng Cheng, and Mao Qinghua of the Hong Kong Chinese Orchestra. In 2022, Yang won the VSA International Young Soloists Competition and performed at the Kennedy Center, USA. In 2024, he performed in Seoul and ranked fourth in Korea's first International Visually Impaired Solo Competition. In 2025, he won the Silver Award at the Singapore International Solo and Chamber Music Competition (Chinese Music category), and received a top ten award at the Danny Awards and the Special Grand Prize at the World Chinese Music Competition. Yang is committed to promoting musical inclusion, supporting employment for people with disabilities, and connecting communities through music. He is currently pursuing an undergraduate degree at the Hong Kong Academy for Performing Arts, supported by the Lee Hysan Scholarship.

陸尉俊 Luk Wai-chun

於香港中文大學音樂系取得音樂博士（作曲）學位。作品融合不同文化的音樂元素及風格。曾以訪問學者的身份前往美國南佛羅里達州大學訪學，鑽研爵士音樂及研究拉丁美洲音樂，並到訪古巴、秘魯、玻利維亞和巴西作音樂考察。修讀博士學位期間獲頒多項獎學金，包括香港作曲家及作詞家協會獎學金，以及香港賽馬會音樂及舞蹈信託基金本地音樂獎學金等。亦曾與多個地方的音樂家或團體合作或受委約創作。

其中樂作品《彈撥搖滾》於2021「敦煌獎」中國民族室內樂新作品展評活動中贏得金獎第一名，琵琶獨奏曲《爵士琵琶》則在2017年獲「敦煌獎」重奏新作品展評銀獎。亦有作品於第67屆（塞爾維亞）、聖保羅當代作曲家音樂節（巴西）、2019第一屆香港現代音樂節、2017國際現代音樂協會（ISCM）世界音樂日（加拿大）及跨文化音樂會議與音樂會（美國）發表。

Luk Wai-chun earned his Doctor of Music degree (D. Mus.) at The Chinese University of Hong Kong. He loves exploring different kinds of musical style. He went to the University of South Florida (USF) as a visiting scholar to study jazz music and conduct research on Latin American Music. Later, he traveled to Cuba, Peru, Bolivia and Brazil for conducting music fieldwork on Latin American music. During his doctoral study, Luk received various scholarships, including the Composers and Authors Society of Hong Kong Scholarship, and the Music Scholarship (Local Studies) from the Hong Kong Jockey Club Music and Dance Fund.



His Chinese instrumental work Tan-Tiao Rock won the Gold Prize in Combination of Musical Instruments of the Same Category at the 2021 'Dunhuang Award' for Chinese Chamber Music; another pipa solo work Jazz Pipa earned the Silver Award in the Dunhuang Award for New Works for Pipa Solo in 2017. Other compositions of Wai-Chun were featured at the 67th International Rostrum of Composers (Serbia), São Paulo Contemporary Composers Festival (Brazil), Hong Kong Contemporary Music Festival 2019, ISCM World New Music Days 2017 (Canada), and Intercultural Music Conference & Concert (USA).

《無邊狂想曲》 The Nature of Why

帕拉管弦樂團
Paraorchestra

及「無限亮」開幕典禮
With "No Limits" Opening Ceremony

一場沒有舞台與觀眾席界限的沉浸式音樂體驗！

零距離感受英國帕拉管弦樂團的澎湃活力



© Dom Moore

「人人與生俱來都有享受管弦樂的權利，不應是少數人的專屬奢華。」帕拉管弦樂團藝術總監查爾斯·海澤伍德如是說。為實踐此信念，全球首個由不同能力音樂家組成的世界級帕拉管弦樂團應運而生。今年，這個曾於2012年倫敦殘奧會閉幕式與 Coldplay 同台演出的頂尖樂團，將首度亮相香港，呈獻驚喜連連的沉浸式管弦樂舞作《無邊狂想曲》。作品由著名作曲家威爾·格雷戈里譜曲，聯同樂團藝術總監海澤伍德，以及屢獲殊榮的編舞家嘉露蓮·鮑迪精心創作，九個樂章圍繞已故諾貝爾獎物理學家理查·費曼的訪問展開，帶領觀眾跳出固有思維模式，對身邊事物抱好奇心，透過破格的劇場體驗，親身感受科學、音樂與表演之間的共通本質。

誠如樂團之名，其使命是與不同能力音樂家並肩同行、平等共創，打破健全主義（ableism）的藩籬，消除社會對殘疾的刻板印象。《無邊狂想曲》充分體現其跨界精神，節目糅合古典與流行音樂的多元風格，以及靈活多變的表演形式：這裡沒有舞台與觀眾席的界限，樂手與舞者散落並穿梭於觀眾之間，觀眾可自由走動，從不同角度細細品味宛如電影配樂的現場音樂，跟隨著縱橫交錯的旋律與舞步沉浸其中，更有機會與樂手或舞者打開對話與互動。旅程的尾聲，觀眾甚至可以參與群舞，與舞者一同起舞，盡情狂歡！

這場活力爆棚、驚喜十足的演出，自2018年於英國布里斯托首演以來，已巡演至倫敦南岸中心（Southbank Centre）及澳洲珀斯，其親民的互動方式，成功拉近了世界各地大眾與音樂的距離。今次更與多位本地樂手攜手演出，為這場沉浸式體驗注入獨一無二的在地火花，帶來嶄新的感動與驚喜。

Asia Premiere
亞洲首演

作曲：威爾·格雷戈里
編舞：嘉露蓮·鮑迪
指揮：查爾斯·海澤伍德
聯合導演：嘉露蓮·鮑迪、
查爾斯·海澤伍德

帕拉管弦樂團

帕拉管弦樂團駐於英國布里斯托，是一支由不同能力音樂家組成的破格樂團，矢志開拓音樂疆界，以熱情與使命感呈獻具開創性的藝術體驗。

在英國指揮家查爾斯·海澤伍德的卓越引領下，樂團於2012年倫敦殘奧會閉幕式驚艷亮相。其演出情感豐沛、銳意創新，充滿大膽前衛的藝術巧思。舞台以外，樂團亦專注音樂家的職業發展與自信建立，致力於開創更多高水準並貫徹其藝術願景的合作。

查爾斯·海澤伍德

查爾斯·海澤伍德為當代古典樂界的領軍者，2012年他創立全球首個由不同能力音樂家組成的帕拉管弦樂團，為業界開創先河，並擔任樂團藝術總監至今。

海澤伍德曾指揮多個世界頂尖管弦樂團及逾二百場世界首演，在古典樂、電影與廣播等領域的成就斐然，曾三度榮獲索尼廣播學院獎；創立的南非歌劇公司，其電影更勇奪柏林影展金熊獎。2023年，他獲慈善機構英國休閒音樂聯盟（Making Music）頒授榮譽，表彰他對英國音樂的卓越貢獻。更於2025年於英國巴斯思巴大學取得社會包容榮譽理學博士學位。

Orchestrating the extraordinary — A live show that melds genres, re-imagines form and explodes boundaries

Playfully fusing theatre, live orchestral music and contemporary dance, **The Nature of Why** by the award-winning Paraorchestra invites the audience to be part of an inclusive, immersive spectacle.

In this unique, intimate experiential piece, directed by world-renowned British conductor and Artistic Director of Paraorchestra Charles Hazlewood and acclaimed Australian choreographer Caroline Bowditch, musicians and dancers of the award-winning Paraorchestra ensemble weave among the audience to a cinematic live score composed by Will Gregory of Goldfrapp.

Taking inspiration from the boundless curiosity of Nobel prize-winning theoretical physicist Richard Feynman and his search for meaning in the world, *The Nature of Why* is an uplifting, thought-provoking work that experiments with the nature of performance. As unexpected interactions and moments of delight pop up across the gently-lit set, performers, musicians and audience become one in a sonic choose-your-own-adventure that surprises at every turn.

Paraorchestra are the world's first professional orchestra of disabled and non-disabled musicians and made their debut at the Closing Ceremony of the 2012 London Paralympics. In 2025, they were the winners of the Royal Philharmonic Society's "Ensemble Award".

Composer: Will Gregory

Choreographer: Caroline Bowditch

Conductor: Charles Hazlewood

Directors: Caroline Bowditch and Charles Hazlewood

Paraorchestra

Based in Bristol, UK, Paraorchestra is a fearless collective of disabled and non-disabled musicians. Together, they present groundbreaking musical experiences and push the boundaries of music-making to create art with passion and purpose.

Under the bold leadership of Artistic Director Charles Hazlewood, the diverse ensemble made their debut at the Closing Ceremony of the 2012 London Paralympics. Their performances are a fusion of emotion, innovation and intrepid artistry. Beyond the stage, Paraorchestra empowers its musicians. Through a focus on artist development for disabled music-makers, they help build professional careers, nurture confidence, and foster collaboration, inspiring an ambition and excellence that echoes with their artistic programme.



Charles Hazlewood

Charles Hazlewood is the artistic director of Paraorchestra, which he founded in 2012. While his conducting career includes many of the world's most prestigious classical orchestras, he is also a trailblazer dedicated to creating ambitious, genre-busting works that upend orchestral orthodoxies. A recent highlight was conducting the orchestra's debut at the 2024 BBC Proms.

Hazlewood's wide-ranging work includes landmark music films for the BBC, multiple radio awards, and over 200 world premieres. He also founded an award-winning South African opera company Dimpho Di Kopane, whose film won the Golden Bear at the Berlin Film Festival. A three-time TED speaker and a Sky Arts Ambassador for music, his outstanding contribution to the UK's musical life was recently honoured by leading charity Making Music. He was awarded an honorary doctorate in social inclusion by Bath Spa University in 2025.

「無限亮」加料節目 No Limits PLUS P.80-85

^ 演前觸感導賞團 Pre-Performance Touch Tour

- 無限亮 2026 對談系列：藝術家講座：查爾斯·海澤伍德《樂團未來式》
No Limits 2026 Conversations: Artist Talk with Charles Hazlewood: Re-imagining the Orchestra
- 走進《無邊狂想曲》：共融沉浸式劇場的實踐工作坊
Workshop: Behind "The Nature of Why" - Making inclusive and immersive theatre

葵青劇院演藝廳
Auditorium,
Kwai Tsing Theatre

27/2 (五 Fri) 3pm*, 7:30pm
28/2 (六 Sat) 3pm^, 7:30pm^#
1/3 (日 Sun) 3pm

* 學生專場，門票不設公開發售
Student Matinee. Not available for public sales

🎫 \$298

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

英語演出 Performed in English

適合 6 歲或以上觀眾

Recommended for ages 6 and above

僅限站票，觀眾需要於劇場舞台上自由走動
Standing only. Audience are free to move around on the theatre stage

演出有光線較暗的場景

The performance includes scenes with lower light levels

演出前將舉行「無限亮」開幕儀式

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

設中英文字幕、粵語口述影像、粵語報讀字幕、香港手語傳譯及語音場刊

Subtitles in Chinese and English, audio description and caption reading in Cantonese, Hong Kong sign language interpretation and house programme in audio format available



《埋火——雪山深處の 德川女盲人按摩師》

Sleeping Fires - Two Blind Women in the Snowy Tokugawa Nights

谷野九郎
Kuro Tanino



一段從復仇走向重生的雪國故事
一雙溫暖敏銳的手 深挖盲人按摩師的悲喜流轉

說起視障者的職業，按摩師似乎是大多數人最直觀的印象。視障按摩師在亞洲地區尤為普遍，究竟是天賦使然，還是歷史與社會環境長期累積的結果？聞名歐洲的日本劇場導演谷野九郎，曾以《母親》亮相首屆「無限亮」；2023年帶來充滿生活質感的劇場佳作《微笑の堡壘》，廣獲好評。今次，他將率領其劇團載譽歸來，為觀眾呈獻由「無限亮」策劃，從盲人按摩文化延伸創作的第二部亞洲企劃全新委約作品。此劇取材自視障人士的真實經歷，糅合日本歷史的紋理，成就一齣段張力縱橫、療癒與仇恨交錯的復仇劇。

《埋火——雪山深處の德川女盲人按摩師》將觀眾帶回天保年間的德川時代，一個視障按摩盛行蔚然成風的世界。故事圍繞著天生失明的女按摩師依久在雪山安身立命，她定居於深山村落，以敏銳的觸感為人解除痛楚。某日，年輕瞽女沙夜登門拜師學藝。隨著師徒情誼在嚴冬中展開，沙夜逐漸領悟，一雙手雖能毀滅人生，也能撫慰人心。但她的到訪並非偶然，不能言喻的往事，早已在心底埋下無法磨滅的怒火。《埋火》是一段女性在黑暗中尋找自主、成長與釋懷的故事。深藏的火焰，終將成為引路之光。

製作：庭劇團ペニノ

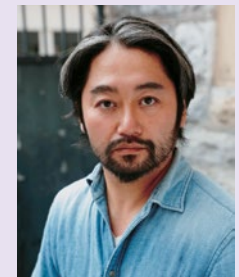
導演及編劇：谷野九郎

演員：緒方晋、関場理生、柴田鷹雄、

百元夏繪、かわいいねこ

封面畫作：《成為明星的盲人音樂家（盲人音樂家美佐緒的悲傷）》「星になった瞽女（みさお瞽女の悲しみ）」，1971年，齋藤真一，倉敷市美術館藏

谷野九郎



現任庭劇團的劇團總監及創始人，亦是一位編劇及前精神科醫生。於2000年就讀昭和

和大學醫學院期間成立庭劇團，其作品以豐富的想像力及精細的舞台美學見稱，巧用「戲中戲」結構建構虛實。2008年，作品《給大人看的喪志圖畫書》為他贏得國際讚譽，此後巡演遍及柏林HAU藝術節（2009）、蘇黎世戲劇節（2010）、赫爾辛基藝術節、維也納藝術節等歐洲頂尖舞台。2016年，他憑藉《愚昧：無光旅館》獲頒第60屆岸田國士戲劇獎。同年，他獲得第71屆ACA全國藝術節大賞。2019年取得第36屆富山文化藝術獎。2022年被任命為富山市的政策顧問。2024年，擔任岸田國士劇作賞的評審委員。

庭劇團ペニノ

由谷野九郎於2000年就讀昭和大學期間創辦。庭劇團以對表演空間的細緻關注而備受注目，展現精緻的藝術手法與獨特的世界觀，人氣歷久不衰。曾受邀至日本各地演出，亦已多次受邀參加德國、比利時、瑞士等表演藝術節，近年來開始融入虛擬實境於其作品。

A sensory evocation of friendship, warmth and the struggle for belonging



Set in the feudal Tempō era of mid-1800's Japan, **Sleeping Fires** tells the story of blind female massage therapist Iku and her young apprentice Saya. Through poetic layering of soundscapes, dialogue, gesture and scent, the newly commissioned theatre piece depicts the hardships and pleasures of the women's day-to-day life, and the complex issues of trust, secrecy and suspicion experienced by the inhabitants of the remote, snow-covered mountain village where they live. Contrasting the bonds of tradition and the women's pursuit of independence and belonging, the piece portrays their friendship and struggles, and the harshness and beauty of the natural world around them.

Sleeping Fires is the latest work by renowned Japanese theatre director Kuro Tanino (presented *Mother at No Limits* 2019 and *Fortress of Smiles at No Limits* 2023). Commissioned by No Limits (Asia Commission 002), and performed on stage by Tanino's Niwa Gekidan Penino theatre company, the work takes inspiration from the lived experiences of visually impaired people and classic Japanese works of literature and film, and delivers a lyrical meditation on ageing, memory, sensory experience and the autonomous physical body. The performance in Hong Kong marks its world premiere.

Produced by: Niwa Gekidan Penino

Playwright and Director: Kuro Tanino

Performers: Susumu Ogata, Rio Sekiba, Takao Shibata,
Natsue Hyakumoto, Ineko Kawai

Cover painting: "The Blind Female Musician Who Became a Star (The Sorrow of Misao Goze)", 1971, Shinichi Saito, Collection of the Kurashiki City Art Museum

Kuro Tanino

Kuro Tanino is the founder and director of Niwa Gekidan Penino, a playwright and former psychiatrist. In 2000, while still a medical student, he established Niwa Gekidan Penino, and has since written and directed all of the company's works. His productions have been invited to numerous major theatre festivals both in Japan and internationally, particularly in Europe. With *Frustrating Picture Book for Adults* (2008), Tanino and Niwa Gekidan Penino participated in the renowned 2009 HAU (Hebbel am Ufer) in Germany, Zürcher Theatre Spektakel in 2010. Tanino and Niwa Gekidan Penino were then invited to various festivals including the Helsinki Festival, the Theatre der Welt and Vienna Festival, Paris Autumn Festival and more. In 2016, Tanino won the 60th Kishida Kunio Drama Award for *Avidya: No Lights Inn*. The same year, he was awarded the Kita Nippon Shimbun Arts Prize and the Grand Prize of the 71st ACA National Arts Festival. He received the 36th Toyama Award for Culture and Arts Category in 2019. In 2022, he was appointed Policy Advisor for the City of Toyama. As of 2024, he serves as a jury member for the Kishida Kunio Drama Award.

Niwa Gekidan Penino

Niwa Gekidan Penino is a theatre ensemble and the brainchild of Kuro Tanino during his student days at Showa University in 2000. Niwa Gekidan Penino has shared its intricate artistry and distinct vision of the world through its works. The theatre company is known for its keen attention to the performance space. From 2009 onwards, the group has been invited to numerous performing arts festivals at home and abroad, and has ventured into virtual reality in recent years through the works.

香港文化中心劇場
Studio Theatre,
Hong Kong Cultural Centre

27/3 (五 Fri) 7:45pm*
28/3 (六 Sat) 2:45pm*, 7:45pm
29/3 (日 Sun) 12pm, 4:30pm

\$288 | \$198

節目長約 100 分鐘，不設中場休息
Approx. 100 minutes with no interval

日語演出 Performed in Japanese

適合 12 歲或以上觀眾

Recommended for ages 12 and above

本節目含有煙霧效果

The performance contains smoke effects

本節目有接近全黑之場景

The performance contains scenes of near complete darkness

設中英文通達字幕、粵語口述影像、粵語字幕
報讀及語音場刊，歡迎導盲犬

Subtitles and accessible captions in Chinese and English, audio description and caption reading in Cantonese and house programme in audio format available, guide dogs welcome



「無限亮」加料節目 No Limits PLUS
P.80-85

* 演後藝人談

Post-performance Meet-the-Artist Session

《脆絲 z》

Zer-Brech-Lich

亞歷山德羅·夏塔雷拉及團隊

Alessandro Schiattarella and Ensemble

Asia Premiere
亞洲首演

如果將「脆弱」轉化為一場有趣的派對，會發生甚麼事？或許，我們會看見彼此所謂的「缺陷」，把裂痕都變成了獨有、閃耀的光。《脆絲 z》是一場超越破碎、重新出發的感官劇場，由著名身障舞蹈家亞歷山德羅·夏塔雷拉編創。作品結合帥氣的形體、舞蹈、原創音樂與現場即時投影，以充滿玩味的演繹，帶你玩轉感官，重新看見身體的多樣性。用誠實又有趣的方式告訴我們：身體差異以及伴隨而來的「脆弱」從非瑕疵，而是自帶的獨特光芒。

三個女生，無所畏懼，駕馭舞台，各自訴說獨一無二的身體故事：愛麗絲有一隻靜音的耳朵；萊拉與拐杖相依為伴；維多利亞的玲瓏雙手天然收攏如可愛的「小貓爪」，皮膚上刻著獨有的圖騰。舞台上，她們真誠分享、彼此關懷扶持，以歌聲唱出內心的柔軟與韌性，透過舞姿回應彼此的存在。在繽紛色彩與勁歌熱舞中，勇敢挑戰社會對「堅強」、「美麗」與「成功」的刻板印象。場景隨劇情起伏反覆被推倒與重塑，引發觀眾思考脆弱與堅強的認知：脆弱可以是強大的嗎？脆弱能團結人們嗎？脆弱能否成為打破虛假美麗或成功的理想概念？

《脆絲 z》不只是一場有趣的演出，更是「自在劇場」節目，表演者將就強光、突發聲響等效果作溫馨提示；演出中更融入通達字幕及口述影像等。此外更設有自在休息區，讓不同能力的大小朋友皆可按自身需要，在自在放鬆的氛圍中觀劇。誠邀你與家人朋友，一起享受這場充滿力量和趣味的感官嘉年華！

演出及編舞：維多利亞·安東諾娃、愛麗絲·朱利安尼、萊拉·懷特

導演、編舞及燈光設計：亞歷山德羅·夏塔雷拉

亞歷山德羅·夏塔雷拉

駐居瑞士的意大利編舞家、表演者及殘疾倡議者亞歷山德羅·夏塔雷拉，深受其平山症經歷啟發，以創作擴展共融舞蹈邊界，融合身障者自主的無障礙表演及精準舞技，詰問能力主義與身體政治。在國際聲名鵲起的他頻頻登上北京、德國等世界級劇院及藝術節，並與瑞士、荷蘭等地頂尖芭蕾舞團演出。2024年起擔任 DISFRAME 的聯合藝術總監，推動共融表演藝術發展，近年亦與多個央兒及酷兒藝術平台緊密合作。

擁抱脆弱 打破「缺陷」的傳統觀念
三個女生帶你玩轉感官
開啟一場俏皮而真摯的音樂劇場之旅



© Clemens Heidrich

A compelling mix of dance, spoken word and original songs that transforms vulnerability into a source of strength

A playful and poignant musical dance theatre production by Italian-born-Swiss-based choreographer Alessandro Schiattarella.

At the heart of **Zer-Brech-Lich**, German for “fragile”, are three talented disabled performers — Alice Giuliani, Victoria Antonova and Laila White — who bring to life songs by Swiss musician Gina Été. Performing with a blend of direct and poetic expression and humour, they explore questions around fragility from personal and political perspectives, and invite the audience to rethink perceptions of weakness and strength: Can fragility be powerful? Can fragility unite people? Can it act as a catalyst to challenge false ideals of beauty and success?

As the performers voice their vulnerabilities and dance, they care for and support each other while playfully constructing and deconstructing images and sets. Slowly revealing the mechanisms behind the creation of illusions, they spark reflections on a future where diversity replaces “the norm”, and remind us that true power and beauty lie in embracing and celebrating our differences. Zer-Brech-Lich premiered at Festival Theaterformen in 2023.

Performers and Choreographers: Victoria Antonova, Alice Giuliani, Laila White

Director, Choreographer and Lighting Designer: Alessandro Schiattarella



© Clemens Heidrich



© Clemens Heidrich

Alessandro Schiattarella

Alessandro Schiattarella is a dancer, choreographer and videographer based in Switzerland. Since the age of fifteen, he has been affected by Hirayama disease, a neuromuscular disability, which slowly reduced the strength in his hands. This didn't stop him from dancing in international and renowned dance companies such as the Bejart Ballet Lausanne, the Ballet Du Grand Theatre de Geneve, the Scapino Ballet Rotterdam, the Konzerttheater Bern, and the Ballett Basel. From 2015 up to now, Schiattarella has been supported by the Cultural Commission of the City of Basel. His latest production “Altrove” and auto-biographical work “Tell me where it is” was performed in international festivals. Schiattarella has been awarded the Cinema Prize of the Choreographic Captures Competition for the video-choreography “Mani-Cure” (2015).

葵青劇院黑盒劇場 Black box Theatre, Kwai Tsing Theatre

12/3 (四 Thu) 3pm^{*}
13/3 (五 Fri) 3pm^{*}, 8pm^{*}
14/3 (六 Sat) 3pm[^], 8pm^{*}
15/3 (日 Sun) 3pm[^]

^{*} 學生專場，門票不設公開發售
Student Matinee. Not available for public sales

\$198

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

英語演出 Performed in English

適合 6 歲或以上觀眾

Recommended for ages 6 and above

自在劇場演出 Relaxed Performance

設中英文通達字幕、粵語口述影像及語音場刊，歡迎導盲犬

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



「無限亮」加料節目 No Limits PLUS P.80-85

^{*} 演後藝人談 Post-performance Meet-the-Artist Session

[^] 演前觸感導賞團 Pre-performance Touch Tour

《破障主意》

Precarious Moves

米高·圖林斯基
Michael Turinsky

一場充滿「夾兒」哲學、開關身體與
時間空間多元想像的玩味劇場



© Michael Loizenbauer

奧地利哲學藝術家米高·圖林斯基駕著輪椅出場，推著餐車，上面放著盆栽和精緻小飲料。開場以一連串出奇不意的哲學名詞，瞬間把舞台變成小講堂，還笑說差點要給我們上一堂意識形態講座。話鋒一轉，圖林斯基由哲學延伸到舞台理論，拋出問題：「我們應如何協調與重構動作，讓我的行為能融入你的節奏，繼而一起前行？」一齣糅合哲學思辨與身體經驗的自傳式獨舞就此揭幕。

作品從探討「動作」的本質切入，以睿智且幽默的獨白，娓娓道出身體與週遭環境之間微妙而複雜的關係。哲學思辯與場景動作相互呼應：拼接玩具火車軌零件間透露對常態的質疑；深情歌聲夾雜迷離電音，猶如對社會各種主流價值的控訴；一系列組織性的肢體動作貌似溫柔，但骨子裏卻充滿堅持，是對現實的終極諷刺，舉手投足展現獨特的身體風景與節奏。各種看似「不穩定」的肢體動作，正面衝擊觀眾對身體與思想的固有認知。圖林斯基以第一身示範身障者如何打破束縛，並進一步引領我們重新思考身體、共融與自由的關係，從而開啟改變的可能。

圖林斯基的創作致力於推進社會關注身障者的實際需求，並推動多元身體經驗的共存與對話。《破障主意》自2021年首演後於多地巡演，並在同年榮獲奧地利內斯特羅伊劇場獎最佳非主流製作獎項。2024年，圖林斯基獲奧地利文化藝術部頒發傑出藝術家獎，成就備受肯定。

米高·圖林斯基以及哲學實踐協會作品
維也納舞蹈區和赫貝爾·阿姆烏費爾大學聯合製作
由維也納市政府和 BMK OES 支持

米高·圖林斯基

駐維也納的身障藝術家與理論家，專注於當代舞蹈、殘疾議題與政治美學的交集。他自2006年起投入不同能力創作的舞蹈，創造出「夾兒編舞」概念，運用身體的特殊條件顛覆傳統動作。他也關注「無障礙美學」及舞蹈與生態的關係。作品包括《異質性男性》、《我的身體，你的快樂》、《回響》、《破障主意》（獲2021年諾斯特萊獎）和《沾染》。他積極推動教育與理論實踐，並於2024年獲奧地利文化藝術部評為傑出藝術家。

A playful, thought-provoking solo performance exploring different kinds of human rhythm and time



Vienna-based Michael Turinsky's semi-biographical solo performance is a playful, thought-provoking exploration of identity, gesture and the choreography of resistance.

Blending philosophical reflections with humour, dance and song, **Precarious Moves** urges us to consider how a body sets itself in motion when its relation to the environment appears fundamentally precarious. At the centre of the work is the question of personal and collective needs, and how we can mobilise for different forms of mobility and different kinds of rhythms. Tying in the concept of crip time, Turinsky contemplates our expectations for the disabled body to conform to existing systems of mobilisation and speed.

Sometimes light, sometimes dark, *Precarious Moves* unfolds as an organic and organised meditation on the connection between the body and the sensual world through which it moves — letting the untamed gesture open our sensitivities and discover its choreographic milieu.

Precarious Moves premiered at Tanzquartier Wien in 2021, and was awarded the prestigious Nestroy Prize for Best Off-Production the same year. In 2024 Michael Turinsky was named Outstanding Artist by the Austrian Ministry of Arts and Culture.

A production by Michael Turinsky, Verein für philosophische Praxis
Co-production by Tanzquartier Wien and HAU Hebbel am Ufer
Supported by Stadt Wien and BMKOES

Michael Turinsky

Michael Turinsky is a Vienna-based, physically disabled artist and theoretician, working at the intersection of contemporary dance and performance, disability, and political and aesthetic theory. Trained as a philosopher at the University of Vienna, Turinsky has worked in the world of inclusive dance since 2006, coining the term “crip choreography” for his unique practice of engaging the specific, resistant materiality of the body in processes of subverting and re-organising dominant forms and qualities of movement. He is also interested in the “aesthetics of access” and exploring the intricate relationship between dance and ecology.

Turinsky's main choreographic works include “Heteronomous Male” (2012), “My Body, Your Pleasure” (2014), “Reverberations” (2018), “Precarious Moves” (Awarded the Nestroy Prize for Best Off-Production 2021) and “SOILED” (2022). His commitment to teaching, education and theoretical practice has resulted in numerous workshops, lectures, interventions and publications within various contexts, and in 2024 Turinsky was named Outstanding Artist by the Austrian Ministry of Arts and Culture.



西九文化區自由空間大盒 The Box, Freespace, WestK

17/3 (二 Tue) 8pm*
18/3 (三 Wed) 8pm*

\$198

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

英語演出 Performed in English

適合 6 歲或以上觀眾

Recommended for ages 6 and above

設中英文通達字幕、粵語口述影像、中文字幕報讀及語音場刊，歡迎導盲犬

Subtitles and accessible captions in Chinese and English, audio description and caption reading in Cantonese and house programme in audio format; guide dogs welcome



「無限亮」加料節目 No Limits PLUS P.80-85

- * 演後藝人談 Post-performance Meet-the-Artist Session
- 公眾工作坊 Workshop with Michael Turinsky

《脈律趴！》 Harmonia

破形舞所 / 不萊梅劇院 / 阿德里安·學德
Unusual Symptoms / Theatre Bremen / Adrienn Hód

一場震撼的舞蹈實驗
挑戰觀眾心理框架與看不見的偏見

2023年匈牙利魯道夫·拉邦舞蹈獎最佳作品獎



© Joerg Landsberg

德國不萊梅劇院製作、當代舞團破形舞所與國際知名匈牙利編舞家阿德里安·學德攜手呈獻，當代舞作《脈律趴！》由擁有不同身體條件的專業舞者以赤裸純粹的姿態，挑戰舞蹈世界對身體價值的既定認知，並叩問：即使在當代的表演語境中，是否仍隱藏著無形的規範與期待？

《脈律趴！》從一場看似平凡的暖身開始：舞者們自在地伸展、移動，既像在熱身，也像在緩緩進入表演狀態。場內一片安靜，僅有身體摩擦與肌肉拍打的聲響迴盪，引導觀眾慢慢看見每位舞者的身體特質。透過舞者探索邊界、觸碰極限，感受皮膚擦過空氣的瞬間、肌肉發力時的震顫，和骨骼在重量與平衡之間，默默與觀眾展開細膩的對話。

這個接近兩小時的脈律趴，緩緩挑戰著觀眾的心理關口。從律動節拍的前戲，猛然跑進爆發力十足的派對節奏，舞者以自信、輕盈、甚至帶點俏皮的姿態盡情揮灑舞姿。強烈的反差令觀眾從最初的無聲凝望，蛻變成一場關於身體自由與共享的舞蹈派對！

於2023年榮獲匈牙利魯道夫·拉邦舞蹈獎最佳作品獎，並入選2024年德國舞蹈平台（Tanzplattform Deutschland），為該年度德國舞蹈界最具代表性的十部作品之一。105分鐘演出一氣呵成、層層遞進，在坦然呈現舞者身體差異的同時，巧妙地鬆動日常中根深蒂固的比較機制，試圖彰顯我們共有的人性光輝，於差異中探索和諧。

Asia Premiere
亞洲首演

破形舞所

破形舞所是德國不萊梅劇院於2012年創立的駐團。舞團由法裔阿爾及利亞編舞家薩米爾·阿基卡創立，2018年起由亞歷珊卓·莫拉萊斯與格雷戈爾·朗格共同擔任藝術總監。舞團與知名及新晉國際編舞合作，共融及跨領域的創作形式成為其舞團特色。破形舞所長期合作的編舞包括菲·德里斯科爾、雷南·馬丁斯、松根充和及阿德里安·學德。

不萊梅劇院

德國極具影響力的市立劇院，不僅是國際頂尖的表演場地，更是一個開放的公共思辨空間，致力透過藝術探索現代，並建立一個對話的平台，與公眾進行深度交流。

劇院設音樂劇場、戲劇、舞蹈及兒童與青少年劇場四個部門，節目豐富多元，每個演出季均呈獻超過三十部首演及六百場演出，並成立駐團，其中包括破形舞所。劇院也與多個國際藝術家、團體及藝術節進行共同創作，製作高藝術水平的作品。

阿德里安·學德

來自匈牙利的國際知名編舞阿德里安·學德擅長當代舞與實驗性肢體創作。她自2007年起擔創立舞團HODWORKS，並擔任藝術及製作總監。除舞團作品外，她亦為多個匈牙利及國際合作項目創作編舞，擔任戲劇、電影與商業廣告的應用編舞。除創作外，她常獲邀於匈牙利及海外教學，以即興為工具。她的作品聚焦於肢體動作、擺脫禁忌與成見以及挑戰社會標準。

A provocative and intriguing exploration of the possibilities and limits of different bodies



Tender and demanding, this groundbreaking choreography by Hungarian choreographer Adrienn Hód and the Unusual Symptoms dance company of Theatre Bremen, Germany invites us to take a fresh look at the human body and its meaning in dance and society.

Between shared explorations of physical diversity, joyful exuberance and a helping of self-irony, an ensemble of dancers with and without disabilities question the hierarchies of classical dance and the supposedly progressive forms of contemporary dance. Asking for the undisturbed attention of the audience, they dismantle conventional notions of the body, and the structures built around it, and set about playfully realigning our gaze.

A thought-provoking and intriguing work, **Harmonia** challenges audience preconceptions, demands intense stamina from the dancers, and builds slowly and steadily from an unconventional opening to a joyous, celebratory climax.

Harmonia premiered in Bremen, Germany in 2022. It was named Best Work at the 2023 Rudolf Laban Award in Hungary, and was selected for Tanzplattform Deutschland 2024, making it one of the ten most representative dance works in Germany for that year.

Unusual Symptoms

Unusual Symptoms has been the dance company of Theatre Bremen, Germany since 2012. Originally founded by the French-Algerian choreographer Samir Akika, the ensemble has worked under the artistic direction of Alexandra Morales and Gregor Runge since 2018, and with renowned and up-and-coming international choreographers such as Faye Driscoll, Renan Martins, Michikazu Matsune and Adrienn Hód. Unusual Symptoms also develop projects with young performers, and have performed multiple times at the renowned Tanzplattform Deutschland.

Theatre Bremen

Theatre Bremen serves as a public space for aesthetic and political reflection on the challenges, risks and moments of freedom of the modern urban experience. The theatre comprises four departments: music theatre, drama, dance, and children's and youth theatre. Each season, it stages over 30 premieres and 600 performances, alongside a rich programme of concerts and events as part of its commitment to direct dialogue with the audience. Theatre Bremen also develops residence companies, including Unusual Symptoms, and collaborates with internationally acclaimed artists, companies and festivals.

「無限亮」加料節目 No Limits PLUS P.80-85

- * 演後藝人談
Post-performance Meet-the-Artist Session
- 無限亮 2026 對談系列：
破形舞所及阿德里安·學德藝術家分享會
No Limits 2026 Conversations:
Artist Talk with Unusual Symptoms and
Adrienn Hód

Adrienn Hód

Adrienn Hód is an internationally acclaimed choreographer specialising in contemporary dance and experimental movement. Her permanent company is HODWORKS, of which she has been artistic and production director since 2007. In addition to her work with the company, she also choreographs for other Hungarian and international collaborations. She is also an applied choreographer for theatre productions, films and commercials. She regularly teaches on both Hungarian and international platforms, where she works with improvisational tools. Her work is focused on the human physique in motion, stripped of taboos and prejudices, removed from its cultural context.

西九文化區自由空間大盒 The Box, Freespace, WestK

21/3 (六 Sat) 8pm*
22/3 (日 Sun) 3pm*

\$198

節目長約 105 分鐘，不設中場休息
Approx. 105 minutes with no interval

本節目含有裸露場面，12 歲以下人士恕不招待

The performance contains nudity
Individuals under ages 12 will not be admitted

設中英文通達字幕、粵語口述影像及語音場刊，歡迎導盲犬

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



在挑戰中同行，為愛鋪路
一段關於家庭、勇氣與希望的真實紀錄

《共行時光》 A Space in Time

里卡多·塞爾維尼及尼克·陶西格
Riccardo Servini and Nick Taussig

小朋友能夠健康快樂地成長，相信是天下父母的共同期盼。尼克和卡拉的兩個兒子均患有先天性遺傳肌肉萎縮病「杜興氏肌肉營養不良症」（簡稱 DMD），令行動能力逐漸減弱，在不久將來需要依賴輪椅過活，壽命亦會比一般人短。面對當前狀況，夫婦二人該怎樣為兒子鋪就一條更有尊嚴、充實且自主的人生道路？

透過訪談、家庭錄像，以及孩子們、父母、專業看護與其他 DMD 症患者的真情對話，紀錄片《共行時光》捕捉了尼克與卡拉一家如何應對生活變化、迎接成長中不能避免的挑戰，在內心起伏與掙扎中攜手前行。紀錄片特別強調社區的支持與無障礙環境的重要性。在一家建築公司的善意協助下，尼克和卡拉得以擁有為兒子們量身打造的無障礙住宅，擁有寬敞的走廊以便於輪椅通行。從 DMD 患者的真實分享，以及他們所展現的堅毅與韌性，也許可以看到：真正的限制，多是客觀環境造成，而非病情本身。

《共行時光》是里卡多·塞爾維尼與本片主人翁尼克·陶西格共同執導及製作的第二部長篇紀錄片，在英國電影協會的支持下走上大銀幕，並入圍格里爾遜獎（Grierson Awards）最佳單部紀錄片，同年更榮獲美國影響力紀錄片獎（Impact DOCS Awards）卓越獎。

里卡多·塞爾維尼（導演）

導演、製片人兼剪輯師，活躍於紀錄片與劇情片創作，英國電影與電視藝術學院（BAFTA）正式會員，熱衷講述弱勢群體故事。從業超過 15 年，曾與 Netflix、BBC、Apple、ITV、BFI、Channel 4 等知名機構合作。執導作品包括《共行時光》及榮獲 LVFF 獎的《小小抉擇》。

尼克·陶西格（導演）

知名製片人、導演及作家。曾參與多部獲獎紀錄片與長片製作，包括 BAFTA 獲獎作品《暗殺大毒梟》和 BAFTA 提名作品《查理·麥克斯：男孩、鼯鼠、狐狸、馬與我》。出版四部小說，並為《衛報》、《獨立報》以及《赫芬頓郵報》（Huffington Post）等多家媒體撰稿。

A feature documentary about human strength, optimism and love

Directed by Riccardo Servini and Nick Taussig, **A Space in Time** is an unflinchingly intimate portrait of one family's struggle to transcend a fatal childhood disease, and an unsentimental celebration of the disabled life.

Nick and Klara Taussig have two sons, Oskar and Theo, both born with Duchenne muscular dystrophy, an illness that currently has no cure. Through interviews, candid home videos, and reflections from the boys, their parents and others living with Duchenne, *A Space in Time* shows its subjects surviving, thriving and grieving through the transitions of the disease. As we witness the complexities and challenges of living with a muscle wasting disease, and the determination and resilience of those affected, we are also asked to consider the ways in which individuals can be disabled more by their environment than their condition.

A Space in Time is the second feature documentary directed and produced by Riccardo Servini and Nick Taussig. Supported by the British Film Institute, it was released theatrically, received a Grierson nomination for Best Single Documentary, and won the Award of Excellence at the 2021 Impact DOCS Awards.



Riccardo Servini (Director)

Director, producer and editor Riccardo Servini works in documentary and fiction. A full BAFTA member, he has a keen interest in supporting underrepresented stories and talent. Servini has worked across all sectors of the industry for over 15 years, working with companies such as Netflix, BBC, Apple, ITV, BFI, Channel 4 and many more. He has directed two feature documentaries, Grierson-nominated "A Space in Time" and the LVFF award-winning "Dwarf Story".

Nick Taussig (Director)

Nick Taussig is a producer, director and writer. As a producer he has worked on a number of award-winning documentaries and feature films, including the BAFTA-winning *Killing Escobar* and the BAFTA-nominated *Charlie Mackesy: "The Boy, the Mole, the Fox, the Horse and Me"*. With Riccardo Servini, he directed the feature documentary "A Space in Time". The author of four novels, Taussig has also written for a number of publications, including *The Guardian*, *The Independent* and *Huffington Post*.

免費現場放映 In-venue Free Screenings

📍 大館洗衣場石階
Laundry Steps, Tai Kwun

📅 17/1 (六 Sat) 3:20pm
18/1 (日 Sun) 3:20pm

語言 Language: 英語 English

長度 Duration: 88 分鐘 minutes

設中英文字幕、粵語配音、粵語口述影像及語音場刊，歡迎導盲犬

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



免費網上節目 Free Online Programme

🔗 「無限亮」網站免費播放
Screening on
No Limits website

📅 30/3 - 25/5 (一 Mon - 一 Mon)

設中英文通達字幕、粵語配音、粵語及英語口述影像、語音場刊

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



暮年失婚，是危機，還是轉機？
認知障礙症的陪伴方式 重寫晚年的幸福方程式



《當愛留在遺忘時》 Away From Her

莎拉·波莉
Sarah Polley

婚姻步入晚年，難免要面對離別的考驗。葛蘭特與費安娜這一對亦難倖免。面對認知障礙症的挑戰，費安娜選擇在病情尚未惡化時入住護理院，並接受為期三十天的適應隔離。葛蘭特雖萬般不捨，費安娜卻自信地安慰他：「我們已經攜手共度了四十四年，區區三十天又算得上甚麼？」

然而，三十天過後的重逢並不如葛蘭特所願，誰料費安娜已認不出眼前的自己，反而與院友奧布瑞形影不離，如同一對老夫老妻。面對忽然變成陌路人的妻子，葛蘭特心痛不已，不知如何面對這段錯綜複雜的暮年三角關係，最終，他們的故事又將會如何落幕？

本片由知名女演員茱莉·克莉絲蒂完美詮釋了費安娜一角，而高登·平森特則飾演葛蘭特帶來深情演繹。劇本改編自加拿大得獎女作家愛麗絲·門羅的短篇小說集《越過記憶的山頭》，是年輕女導演莎拉·波莉執導與編劇的首部電影長片，並贏得加拿大影壇最佳導演獎，以及奧斯卡最佳改編劇本的提名。

莎拉·波莉（導演）

加拿大著名演員、作家、導演兼製片人，作品屢獲殊榮。她執導的劇情長片包括《當愛留在遺忘時》（2006）、《愛我，還是他》（2011）及《沒有聲音的女人們》（2022）。自傳式紀錄片《莎拉·波莉家庭詩篇》（2012）曾被多個影評人協會選為最佳紀錄片，包括多倫多影評人協會、紐約影評人協會、國家評論協會（美國）及洛杉磯影評人協會，亦入圍奧斯卡最佳紀錄片獎。



A surprising, heart-wrenching film about love, loss and dementia

An award-winning feature film about love, loss and dementia set in remote rural Ontario, written and directed by Canadian director Sarah Polley, and starring Julie Christie, Gordon Pinsent and Olympia Dukakis.

Unsentimental, heart-wrenching and superbly acted, **Away From Her** tells the story of married couple Grant and Fiona. Together for over 40 years, they are adjusting to the effects of Fiona's advancing early-onset Alzheimer's disease as it erodes her memory and sense of self. Weaving in and out of the past, just as Fiona's memory glimmers and fails, the film quietly reveals the complexities of their marriage and the situation they face. After Fiona insists that Grant move her to a retirement home, their relationship changes in surprising and poignant ways.

Away from Her is the critically acclaimed first feature film of Canadian actor-director Sarah Polley. Adapted from Alice Munro's story "The Bear Came Over the Mountain" it debuted at the Toronto International Film Festival, won the Canadian Screen Award for Best Motion Picture and Achievement in Direction, and was nominated for the 2007 Academy Award for Best Adapted Screenplay.

Sarah Polley (Director)

Sarah Polley is an award-winning Canadian actor, writer, director and producer. She has directed the dramatic features "Away from Her" (2006), "Take This Waltz" (2011) and "Women Talking" (2022, Academy Award for Best Adapted Screenplay). Her autobiographical "Stories We Tell" (2012) was awarded Best Documentary by the Toronto Film Critics Association, the New York Film Critics Circle, the National Board of Review and the Los Angeles Film Critics Association, and was shortlisted for the Academy Award for Best Documentary Feature.



免費現場放映 In-venue Free Screenings

📍 大館洗衣場石階
Laundry Steps, Tai Kwun

📅 17/1 (六 Sat) 4:50pm
18/1 (日 Sun) 4:50pm

語言 Language: 英語 English

長度 Duration: 110 分鐘 minutes

設中英文字幕、粵語配音、粵語口述影像及語音場刊，歡迎導盲犬

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



免費網上節目 Free Online Programme

📺 「無限亮」網站免費播放
Screening on
No Limits website

📅 30/3 - 25/5 (一 Mon - 一 Mon)

設中英文字幕、中英文通達字幕、粵語配音、粵語及英語口述影像、語音場刊

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



情感真摯觸動人心

富士山下彰顯生命光輝



《富士山棉花田》 Fujiyama Cottonton

青柳拓
Taku Aoyagi

「未來農場」坐落在山梨縣甲府盆地，背靠富士山，是一所為不同能力人士提供服務的社福機構。平淡的一天從廣播體操開始，打起精神、響亮地嗌聲「早晨！」過後，大家便投入工作，有人埋頭紡織，有人忙打理農務。午間稍作休息，吃過午餐，又回到各自的忙碌……當你細看這些日復一日的日常、觀察他們專注的身影，打理花草、揮筆作畫、織布成章，舉手投足都流露著各人的喜好與特質。

就像四季悄悄流轉，「未來農場」的人們也在平凡的生活中慢慢蛻變。窩心的友情、初次的心動、失落的傷痛，以及重新振作的力量——親情友誼在互動中萌芽，在細膩的鏡頭下，娓娓道來院友們在迷惘時最真實的模樣。

受法國紀錄片《塞納河上的心靈之舟》（「無限亮2025」放映作品之一）啟發，導演青柳拓以溫柔而平實的視角，讓拍攝對象以自身節奏，自然地流露個性與特質，作品樸實無華，卻真誠動人。該片於2025年在加拿大蒙特利爾的首屆影評人周舉行國際首映。



青柳拓（導演）

紀錄片導演兼攝影師。1993年出生於日本山梨縣，畢業於日本映畫大學，以作品《他走的路：He 君的故事》及《東京 Uber 藍調》聞名。新作《選舉與鬱》紀錄了喜劇演員轉型政治人物水道橋博士於2022年角逐日本國會參議院議席的選舉過程。



A radiant, intimate film about individuality, disability and the purpose and worth of all lives



Fujiyama Cottonton is an empathetic observational documentary about disability, and the importance of community, work and purpose, by emerging Japanese director Taku Aoyagi.

Mirai Farm is a garden and nursery located in rural Japan. Watched over by the constant presence of Mount Fuji, the establishment offers work, stability and creative openings to disabled individuals. Fujiyama Cottonton introduces the distinct talents and personalities of the people working at Mirai without narration or explanation, unfolding quietly through scenes of everyday life, and the words and actions of the individuals depicted. Inspired by the work of French documentarian Nicolas Philibert (*On the Adamant*, screened in *No Limits 2025*), Aoyagi's gentle lens portrays its subjects without exploitation or sentimentality, allowing them to convey their personalities and characters in their own way, at their own pace, and without exaggeration.

Beautifully interspersed with scenes of humour and seasonally changing landscapes, Fujiyama Cottonton is an understated, unsentimental affirmation of the dignity of all life that encourages us to see the world with kindness.

Fujiyama Cottonton is Aoyagi's third documentary. The film had its international premiere at the inaugural Critics' Week Montréal in 2025.

Taku Aoyagi (Director)

Documentary director and cinematographer Taku Aoyagi was born in 1993 in Yamanashi, Japan and studied at the Japan Institute of the Moving Image. He is known for the films *The Road He Walks: A Story of He-kun* (*Hiikun no Aruku Machi*, 2017) and *Tokyo Uber Blues* (*Tôkyô Jitensha-Bushi*, 2021). *Fujiyama Cottonton* (*Fujiyama Cottonton* 2024) was selected for Critics' Week Montréal. His latest film *Me, We* (*Senkyo to Utsu*, 2025) documents comedian turned politician Hakase Suidobashi's 2022 campaign for a seat in Japan's national House of Councillors.



**免費現場放映
In-venue Free Screenings**

📍 大館洗衣場石階
Laundry Steps, Tai Kwun

📅 7/3 (六 Sat) 3:35pm
8/3 (日 Sun) 3:35pm

語言 Language: 日語 Japanese
長度 Duration: 95 分鐘 minutes
設中英文字幕、粵語配音、粵語口述影像及語音場刊，歡迎導盲犬
Subtitles in Chinese and English, dubbing in Cantonese, audio description in Cantonese, house programme in audio format available; guide dogs welcome



**免費網上節目
Free Online Programme**

▶ 「無限亮」網站免費播放
**Screening on
No Limits website**

📅 30/3 - 25/5 (一 Mon - 一 Mon)

設中英文通達字幕、粵語及英語配音、粵語及英語口述影像、語音場刊
Subtitles and accessible captions in Chinese and English, dubbing in Cantonese and English, audio description in Cantonese and English; house programme in audio format available





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貝兒與祖利安奴，在公共圖書館履行社會服務令時相識。貝兒是滑板高手兼藝術家，先天失聰，日常靠手語溝通，神秘又難以親近的氣場偏偏讓祖利安奴心心念念。祖利安奴沉迷饒舌，習慣以錄音記錄生活點滴，為接近貝兒，他學起手語，自此二人的心愈走愈近。

巴西導演兼編劇嘉露蓮·卡瓦爾坎蒂的第二部短片，作品在聚焦貝兒的鏡頭時採用靜音處理，讓觀眾更貼近聾人的處境。此片於巴西及海外影展放映均獲得多項肯定及熱烈迴響，包括2023年聖保羅國際短片影展 Canal Brasil 短片獎、巴西 Kinoarte 電影節評審團獎，及2024年柏林國際電影節特別表揚。

嘉露蓮·卡瓦爾坎蒂（導演）

巴西導演兼編劇，深受獨立電影圈啟發。成年後聽力下降的她，對聲音有了不同的感受與體驗。2020年憑劇本《零分貝》榮獲 Cardume Cabiria 獎。網絡影集《荒誕》曾入圍2022年里約網路影展最佳原創構思獎。2023年憑短片《青春的裂縫》榮獲巴西 Kinoarte 電影節最佳導演獎。

《青春的裂縫》

Lapse

嘉露蓮·卡瓦爾坎蒂
Caroline Cavalcanti





© Nathalia Cordeiro

A short film about isolation, companionship and understanding

Set in Belo Horizonte, Brazil, **Lapse** is a quiet, thought-provoking short film written and directed by Caroline Cavalcanti, and deftly carried by young leads Beatriz Oliveira and Juan Queiroz.

Bel and Juliano, two teenagers caught in separate acts of vandalism, meet doing community service in a public library. Bel, a skateboarder and artist, is deaf and faces the challenges of communicating through sign language. Cool and aloof, she catches the attention of Juliano, who has a passion for rap and makes audio-recordings of his everyday life. When Juliano learns sign language to share his thoughts and anxieties about life with Bel, they slowly establish a friendship. Through their shared experiences and struggles, they find ways to resist the toughness of their lives and the ignorance and neglect of the system.

Lapse is the second short film by Brazilian director and screenwriter Caroline Cavalcanti. It has screened in Brazil and internationally, and been recognised with a number of awards, including the Canal Brasil Short Film Award at the 2023 São Paulo International Short Film Festival, the Jury Award at Kinoarte Film Festival, Brazil, and a Special Mention at the 2024 Berlin International Film Festival.

Caroline Cavalcanti (Director)

Brazilian director and screenwriter Caroline Cavalcanti is inspired by the country's independent cinema scene. After becoming a hard of hearing person as an adult, she has experienced different relationships with sound. In 2020, she received the Cardume Cabiria award for her screenplay Zero Decibel. She is the creator of the web series Absurdas, which was nominated for the Best Original Idea at the 2022 Rio Webfest. In 2023 she received the Best Director award at the Kinoarte Film Festival, Brazil for her short film Lapse.



免費現場放映 In-venue Free Screenings

📍 大館洗衣場石階
Laundry Steps, Tai Kwun

📅 28/2, 1/3 (六 Sat, 日 Sun) 5:45pm
7/3, 8/3 (六 Sat, 日 Sun) 3:10pm

語言 Language: 葡萄牙語 Portuguese

長度 Duration: 25 分鐘 minutes

設中英文字幕、粵語配音、粵語口述影像及語音場刊，歡迎導盲犬

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



免費網上節目 Free Online Programme

🔗 「無限亮」網站免費播放
Screening on
No Limits website

📅 30/3 – 25/5 (一 Mon – 一 Mon)

設中英文通達字幕、粵語及英語配音、粵語及英語口述影像、語音場刊

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



本地創作研究計劃

Local Creative Research and Development Scheme

我們深信，若要促進共融藝術的健康發展，必須先加強為本地創作人才提供的共融藝術培育與研究機會。為此，「無限亮」今年首度啟動全新的「本地創作研究計劃」，邀請本地藝術家展開為期九個月的創作研究，深入不同能力群體的生命經驗，建構共融藝術的理論與實踐。

負責策劃此項目的「無限亮」節目及外展經理吳卓恩指出：「計劃的核心，在於建立對等的夥伴關係，讓藝術家與不同能力的夥伴攜手探索，在過程中尋找獨特的溝通與合作方式。這趟旅程的目標，不僅是為了發掘更多共融題材、加深彼此理解，更旨在叩問共融的本質，挑戰並開闊藝術家、參與者及觀眾對藝術創作的想像。」

本年度參加的本地藝術單位，背景橫跨音樂、劇場及跨媒介學科，包括傑斯拉爾·盧塞羅、朱肇階、羅妙妍、岑宗達、陳一云與潘子懷。經歷九個月的醞釀，他們將於2026年3月與不同能力群體公開呈獻首階段的研究成果。

有關展演日期及地點，詳情請瀏覽「無限亮」網站。

For details of the showcases, please refer to the No Limits website.

通達服務將按要求提供 Accessibility services are available upon request.

This season sees the launch of the No Limits **Local Creative Research and Development Scheme**, an original nine-month programme that invites local arts practitioners to collaborate directly with communities of different abilities and use their shared life experiences to forge fresh perspectives on inclusive creative practices.

Frieda Ng, the curator of the project and programme and outreach manager of No Limits, explains, "Designed to nurture reciprocal partnerships, the scheme encourages artists and their collaborators to uncover new inclusive themes, interrogate the essential nature of inclusion, and broaden the artistic imagination of everyone involved."

This year, we are thrilled to engage a group of differently-abled local artists working in music, theatre and interdisciplinary practices: Jezrael Lucero, Daniel Chu, Miu Law, Sham Chung-tat, Amy Chan and Tsz-wai Pun. After the nine-month research and development period, each collaborative team will share the findings and creative results of their work with audiences in March 2026.

傑斯拉爾·盧塞羅 × 朱肇階

Jezrael Lucero × Daniel Chu

琴鍵流淌著音樂，也交織著生命。爵士鋼琴家兼民族音樂學家朱肇階，將與香港的爵士音樂家傑斯拉爾·盧塞羅展開真誠對談，深入探討盧塞羅的音樂成長、即興手法，以及作為失明與菲裔藝術家在本地及國際樂壇的挑戰。

研究成果將會是朱肇階與「無限亮」共同策劃，盧塞羅於香港藝穗會舉行一場爵士鋼琴演奏會。朱肇階將與他即席對談，引領觀眾更深入其演奏與創作世界。

This collaborative exchange between jazz pianist and ethnomusicologist. Daniel Chu and Hong Kong-based jazz musician Jezrael Lucero explores Lucero musical upbringing, his approach to improvisation, and the challenges and triumphs of his life as a blind, Filipino artist in Hong Kong.

The creative outcomes of the project will be presented in stages. These include a solo concert by Lucero at the Fringe Club, and a collegial dialogue with Chu offering the audience insight into the creative worlds of both artists.

傑斯拉爾·盧塞羅 Jezrael Lucero

現居香港的菲律賓爵士音樂家、歌手、鋼琴家、鼓手、貝斯手、結他手、編曲及監製。盧塞羅天生完全失明，擁有完美音準，擅長的音樂風格包括爵士、流行、騷靈、節奏藍調、拉丁、古巴及古典，曾與林憶蓮、方大同等同流行音樂人合作。

Jezrael Lucero is a Hong Kong-based Filipino jazz musician, singer, pianist, drummer, bass-player, guitarist, arranger and producer. Born utterly blind with perfect pitch, he played his first classical concerto on the piano at the age of two, and has been performing publicly since the age of four. Lucero is a confident master of diverse genres including jazz, pop, soul, R&B, Latin, Cuban and classical, and has collaborated with a number of pop stars including Sandy Lam and Khalil Fong.



朱肇階 Daniel Chu

身兼鋼琴家、作曲家、音樂製作人及學者，音樂足跡遍布本地及國際舞台，從爵士酒吧到大型音樂節及演唱會。朱氏演奏兼具爵士觸覺與前衛精神，融匯自由即興與當代音樂，別樹一格。20歲時以最高榮譽畢業於伯克利音樂學院，並為香港中文大學音樂（民族音樂學）哲學碩士。

Daniel Chu is a pianist, composer, producer and scholar. His performances, blending a jazz sensibility with avant-garde prowess, have been showcased on local and international stages, from intimate jazz venues to major music festivals and coliseum shows. Chu graduated from Berklee College of Music with highest honours at age 20 and holds a Master of Philosophy in Music (Ethnomusicology) from The Chinese University of Hong Kong.



羅妙妍 Miu Law × 岑宗達 Sham Chung-tat

地圖學的歷史告訴我們，人類總是努力記錄看不見的世界。劇場創作人羅妙妍與聲音藝術家岑宗達，將與視障朋友攜手，展開為期九個月的跨媒介創作計劃《看（不）見的地圖學》，從視障人士的日常體驗出發，重新定義地圖製作的可能。

創作者將與不同地區的視障朋友深度訪談，走訪其日常路線，探索聲音與觸感如何成為丈量空間的工具，共同反思對「看見」的定義，從而在「看不見」之地，探索一個更豐富真實的世界。

The cross-media collaboration between theatre-maker Miu Law and sound artist Sham Chung-tat takes inspiration from the history of cartography and humanity's enduring quest to document the unseen world.

Working with visually impaired individuals, they conduct in-depth interviews, follow their daily routines, and use their experiences as a starting point to reimagine the relationship between people and space – exploring how sound and tactile sensation can redefine mapmaking, reflecting on our definition of “seeing”, and uncovering a richer, more authentic world in the spaces beyond sight.

羅妙妍 Miu Law

獨立藝術策劃、劇場創作人及文字工作者。投身劇場逾十年，其創作聚焦於紀實糅合劇場性、訪問研調、非專業表演者等元素，近年代表作包括《100% 香港》、《給美狄亞的男孩們》等。現為前進進戲劇工作坊駐團策劃及「三年共桌」計劃成員，獨立藝團「她說創作單位」及「紙背寫生」創立成員。

Miu Law is a Hong Kong-based independent arts curator, theatre-maker and writer. Her practice focuses on documentary theatre, often utilising interview-based research and involving non-professional performers. Law is a creative partner at On & On Theatre Workshop and a founding member of the arts collectives HerStory Polygon and Paperback Sketch.



岑宗達 Sham Chung-tat

畢業於德國柏林藝術大學碩士課程及香港演藝學院，專研聲音藝術，長年為本地劇團擔任音響設計，近期亦兼任聯合導演，作品包括《給美狄亞的男孩們》。其個人聲音裝置作品，曾展出於布拉格設計四年展香港館及美國 Burning Man 藝術節。2022年與羅妙妍創作組合「紙背寫生」。

Sound artist Sham Chung-tat graduated from the Hong Kong Academy for Performing Arts and gained an MA at the Berlin University of the Arts. A long-term sound designer for local theatre companies, Sham has served as co-director since 2023. His sound installations have been exhibited at the Prague Quadrennial HK Pavilion and Burning Man festival. Sham is also a founding member of the art collective Paperback Sketch.



陳一云 Amy Chan

擁有兩條21號染色體的跨界光影藝術家陳一云將與擁有三條第21號染色體的藝術家朱寶和，延續兩人多年的藝術共創旅程。此研究以當代表演燈光、陶瓷創作為媒介，探索並打破唐氏綜合症、醫學、藝術與社會之間的界限與連結，研究旨在超越對個體獨特性的單一頌揚，轉而反思更廣泛的醫學及社會框架，並詰問藝術創作的本質。

Light artist Amy Chan and artist Chu Bo-wo continue their years-long collaborative journey. With two and three copies of chromosome 21 respectively, their research begins with Chu's unique aesthetics and practices, using contemporary performance lighting and ceramics as mediums to explore and redefine the boundaries between Down syndrome, medicine, art, and society. The project aims to go beyond simply celebrating individual distinctiveness, instead reflecting on broader medico-social frameworks and critically examine the very essence of artistic creation.

陳一云 Amy Chan

陳一云被英國劇場及表演設計期刊形容為「令人興奮的創作人」，主力探索光之音樂性、表演性、物質性及關係性，重要作品包括《Seen Unseen》、《與物俱增》等。陳氏活躍於跨界光影藝術，與多位國際藝術家合作，亦曾參與 M+ 與巴塞爾藝術展之共同製作，並為聖雅各福群會復康服務單位「藝想」的長期藝術合作夥伴。



Amy Chan is recognised as “an exciting practitioner” and “an emerging critical voice on light as a performance material” by the UK journal Theatre and Performance Design. She works in the intersections of light, music, theatre, installation, and arts-medicine. Her cross-disciplinary practice includes collaborations with international artists, and showcases at M+ and Art Basel. Chan is also a long-term artistic collaborator with St. James' Creation.

當機器人遇上木偶戲，將碰撞出甚麼新奇故事？跨媒體藝術家潘子懷與中學生方奔元惺惺相識，是次創作研究結合了兩人在各自領域的熱情與才華，特別是方奔元在 STEM 領域展現的非凡能力。儘管身患罕見遺傳疾病，方奔元仍積極參與亞洲各地的青少年機器人競賽，屢放異彩。

研究中，二人將共同運用機器人技術於藝術創作，探索其敘事潛力，重塑傳統木偶戲的表現形式，並進一步挑戰媒體藝術表演的框架。

This research project is a collaboration between multidisciplinary artist Tsz-wai Pun and teenage robotics champion Nathan Fong. Fong has shown talents in STEM and robotics, despite facing challenges from a rare genetic condition.

This research collaboration aims to explore the potential of using robotics in storytelling, reinventing the traditions of puppetry and further pushing the boundaries of media art performances.

潘子懷 Tsz-wai Pun

潘子懷 Tsz-wai Pun

視覺及錄像藝術家潘子懷為香港城市大學創意媒體學院藝術創作碩士及倫敦大學學院藝術與科學學士，現為香港藝術學院兼任講師，其創作探索回憶與時間並反思靜態影像的意義。潘氏曾在大館及亞洲藝術文獻庫舉行講述表演。今年與生態學家合作者 Coskun Guclu 共同獲得2025/26年 WMA 委託計劃獎。



Tsz-wai Pun is an interdisciplinary artist and filmmaker based in Hong Kong. She holds an MFA from the School of Creative Media, and is a part-time lecturer at the Hong Kong Arts School. Her award-winning works explore themes of memory and time. Pun is the recipient of the 2025/26 WMA Commission Grant alongside ecologist collaborator Coskun Guclu.

視界



VISION

© Charbonnier Julie

工作坊 Workshop:

2-7/4 (四 Thu - 二 Tue)

9-10/4 (四 Thu - 五 Fri)

成果展演 Showcase:

11-12/4 (六 Sat - 日 Sun)

香港兆基創意書院文化藝術中心多媒體劇場

Multi-media Theatre, HKICC Lee Shau Kee School of Creativity

展演設粵語口述影像及額外輪椅位，歡迎導盲犬

Showcase: audio description in Cantonese and
extra wheelchair seats available; guide dogs welcome



我們慣常倚賴視覺，但感官世界絕非單一。視障人士相異的視覺經驗，衍生出與世界互動的不同方式：以觸碰與聆聽來感知空間，確認與感受彼此的存在。

2026年「無限亮」邀請了法國的少年舞團來港，舞團創辦人、法國著名編舞家兼視覺藝術家伊力·明強·卡斯丹、阿隆·馬沙爾及瑪麗恩·雷林格以「視覺」為起點，創作共融舞蹈項目《視界》。

無限亮及創作團隊將在本地招募視障參加者，於2026年4月投入一連串工作坊，以觸感與聲音主導，感知彼此的身體節奏，凝聚成一個互動互信的緊密群體。最終將以公開展演打破舞台界限，觀眾受邀走進表演者中並肩漫遊，嘗試開放感官，成為演出群體的一份子，共同探索如何「觀看」，尋找超越視覺、人與人之間更真實的連結。

「無限亮」以培育不同能力藝術家及鼓勵其藝術發展為核心使命之一。我們希望為不同能力的人士提供更多機會參與共融藝術項目，並促進他們與國際專業藝術家的交流，為未來鋪路，致力於將藝術的種子散播到每個角落。

編舞：伊力·明強·卡斯丹、阿隆·馬沙爾

劇場構作：瑪麗恩·雷林格

表演者：伊曼紐·庫特里斯、娜塔莉·米隆



© Charbonnier Julie



© Dana Galindo

有關成果展演，詳情請瀏覽「無限亮」網站。
For details of the showcases, please visit the No Limits website.

Devised by renowned French choreographer and visual artist Éric Minh Cuong Castaing, Aloun Marchal and Marine Relinger, **VISION** brings together local participants with visual impairments for a shared workshop and performance experience. Taking inspiration from the notion that the world is not just what we see but also what we sense, the project explores the experiences of visually impaired individuals, and the ways in which space can be mapped by sound, and human connection can be felt through touch.

In April 2026, participants take part in a series of workshops to discover a shared language of movement guided by tactility and sound, and form an ensemble built on trust and interaction. The project culminates in a public performance that blurs the line between stage and audience – inviting audiences into the shared space to move alongside the dancers, and explore new ways of seeing and forms of human connection rooted in senses beyond the visual.

The project is part of the core mission of No Limits to support and provide opportunities for individuals of different abilities to participate in professional inclusive arts programmes, and to foster communication and interaction with international professional artists.

Choreographers: Éric Minh Cuong Castaing, Aloun Marchal

Dramaturg: Marine Relinger

Performers: Emmanuel Coutris, Nathalie Milon



© Dana Galindo



© Marc Dacunha Lopes

少年舞團

少年舞團創作以融合舞蹈與新技術見稱，以在地與實踐（in socius）為核心，與學校、醫院等藝術界外的機構與社群緊密合作，藉此探索身體在數位時代的呈現方式，質疑藝術 / 社會、真實 / 虛構、自然 / 文化、有機 / 人造之間多重既定界線。

其藝術總監法國編舞家伊力·明強·卡斯丹，畢業於巴黎戈布蘭影像學院，並於2007年創立少年舞團。他的舞蹈創作深受嘻哈、日本舞蹈及當代舞的影響，曾獲邀擔任馬賽國家芭蕾舞團、蒙佩利爾舞蹈節等駐節藝術家。

Shōnen Company

French company Shōnen is known for merging dance with technologies. Guided by a core practice described as “in socius” – an engagement with communities outside the art world through partnerships with institutions like research labs, schools and hospitals – Shonen explores how the body is represented in the digital era, and questions boundaries between art and society, reality and fiction, nature and culture, the organic and the artificial.

Éric Minh Cuong Castaing graduated from Gobelins Paris before founding Shonen in 2007. His choreography is deeply influenced by hip hop, japanese Butoh and contemporary dance. He has been an associate artist for prestigious institutions and art festivals including the National Ballet of Marseille and the Montpellier Danse Festival.

「無限亮」 國際研討會 No Limits International Symposium

共融科技革新： 重塑人類未來 The Way Forward — The Framework of Inclusive Innovation

8/3 (日 Sun) 10am-6pm

大館賽馬會立方 JC Cube, Tai Kwun

免費入場，須預先登記 Free admission, registration required

新科技浪潮席捲而來，我們應如何掌舵，建構一個不僅先進，更是真正共融、平等和可持續的未來？本年度「無限亮」國際研討會以「共融科技革新：重塑人類未來」為題，將匯聚一群來自藝術、科技、城市規劃、醫療健康及社群倡議等領域的專家與實踐者，共同探討這個時代議題。

一眾國際與本地講者，將從三個互相緊扣的領域探索這個議題：在**創意領域**，探索創新科技如何令藝術創意更普及；在**城市發展領域**，探討感官科技如何將城市重塑成真正歡迎所有人的空間；在**社會領域**，研究如何透過與殘疾人士的共同創造，催生出更生活化、更具自主性的科技產業。

我們相信，真正的共融創新，來自於對不同路徑的兼容並蓄。是次研討會既會探索尖端科技的未來潛力，亦會發掘各種簡單而高效的創新方案，共同為一個更可持續、更共融的未來開拓新路向。

As technology reshapes our world, how do we build an inclusive future that is both technologically advanced and deeply equitable, sustainable and humane?

The 2026 No Limits **International Symposium** brings together leading regional and international experts and practitioners from the arts, technology, urban planning, healthcare and community advocacy to address this central question and define a new framework for inclusive innovation – an ecosystem where creative, functional low-tech solutions can flourish alongside high-end technology.

During the symposium, speakers will examine tools and systems across three interconnected landscapes: **the creative context**, where innovation democratises expression and breaks down barriers in the art-making industry; **the urban context**, where sensory design reimagines our cities as truly welcoming spaces for all; and **the social context**, where collaborative co-creation with disabled individuals leads to technology that amplifies community empowerment.

Our collective mission is to forge practical, tangible and sustainable paths toward a shared future that is inclusive for all.

有關詳細講者資料及活動流程，將於2026年1月於「無限亮」網頁公布。

For rundown and a full speakers list, please visit the No Limits website in January 2026.

「無限亮」 先導培訓計劃 No Limits Pilot Creative Training Programme



「無限亮」先導培訓計劃每年致力於打造無障礙的學習平台，為教學藝術家提供共融教學培訓，推動他們將表演藝術教育推廣至不同能力人士，並透過共融教學激發多元社群的創作潛能與自信，讓教學藝術家與不同能力人士共同探索表演藝術的無限可能，長遠為本地共融藝術培養專業人才。

今年，為開拓本地共融藝術長遠發展，計劃首度分設基礎課程與進階課程，按本地導師的經驗與發展方向，為具有戲劇或舞蹈背景的教學藝術家提供針對性的支援，推動共融藝術落地紮根，持續發展。我們與英國著名共融舞團坎多克舞蹈團再度合作，並已於2025年9至10月舉行兩項培訓課程。

基礎課程適合零至二年具有戲劇或舞蹈背景，有志發展共融教學的教學藝術家，從實踐中掌握「如何教」，親身設計課堂，靈活應對共融教學挑戰。完成培訓後，導師將應用所學，進駐本地社區機構展開三個月實習，為不同能力人士提供藝術教育工作坊，提升他們的身心自信，並透過社區公眾展演*，共展創作成果，讓共融藝術在社區開花結果。

進階課程專為具三年或以上具有戲劇或舞蹈背景的教學藝術家而設，引導參加者回望教學歷程，反思「為何教」，深化自身教學與藝術理念，開拓更創新的教學模式，發展兼具深度與想像力的共融課堂。

兩項培訓課程雙軌並行，旨在孕育共融領域人才，為本地共融藝術注入動力。

* 社區公眾展演為賽馬會「無限亮」教育及社區外展節目之一，將於2026年1月及3月舉行，導師及參加者亦將分享當中經驗和感受。

The No Limits **Pilot Creative Training Programme** provides local teaching artists with hands-on experience in integrating inclusive practices into the classroom. It aims to support teachers at various stages of their careers, nurture a new generation of inclusive arts talent and promote the long-term development of inclusive practices in Hong Kong.

The programme was held in September and October 2025 in collaboration with Candoco Dance Company, a world-leading, professional inclusive dance organisation based in the UK. It introduced two distinct training pathways: a Fundamental course tailored for teaching artists with up to 2 years of experience teaching dance or theatre, and an Advanced course for more experienced teaching artists.

In the Fundamental course, participants delved into the “how to teach” of inclusive teaching – developing practical tools for lesson planning and responding to diverse classroom needs. After the training, teachers are offered opportunities for hands-on experience working with people with disabilities at a local community centre, and will work with their students to co-create community showcases* about their experience.

The Advanced course invites participants to reflect deeply on their teaching journeys and reflect on the question of “why we teach”. Through expanded methodologies, the course supports the creation of inclusive classrooms that are imaginative, reflective and artistically grounded.

* **The community showcases will be presented to the public as part of the Jockey Club “No Limits” Education and Community Programme in January and March 2026. Trainers and participants will also share their experience in the sharing sessions.**

詳情請瀏覽「無限亮」網站，或與我們聯絡。
For more information, please contact us or visit the No Limits website.

「無限亮」社區公眾 展演及現場放映會 No Limits Community Showcases and Live Screenings



17/1 (六 Sat) 2-7pm
18/1 (日 Sun) 2-7pm
7/3 (六 Sat) 2-7pm
8/3 (日 Sun) 2-7pm

大館洗衣場石階
Laundry Steps, Tai Kwun
Free admission 免費入場
No registration required 無須登記

節目包括社區展演，演後分享會及電影放映。展演設粵語口述影像，分享會設香港手語傳譯，歡迎導盲犬。電影放映設中英文字幕、粵語配音及粵語口述影像，歡迎導盲犬。

The Programme includes showcases, sharing sessions and live screenings. Showcases: audio description in Cantonese available. Sharing sessions: Hong Kong Sign Language interpretation available; guide dogs welcome. Film screenings: subtitles in Chinese and English; dubbing in Cantonese and audio description in Cantonese available; guide dogs welcome



「社區公眾展演及現場放映會」匯聚社區展演、經驗分享與及現場電影放映，旨在為社區帶來多元且獨特的共融藝術體驗，展現不同能力人士的創作潛能，增進公眾與共融藝術接觸的機會。

社區展演部份以先導培訓計劃成員與多間本地社區機構合作的成果展演為主，分別於2026年1月及3月舉行。先導培訓計劃由「無限亮」與英國坎多克舞團合作，為具戲劇及舞蹈背景的本地導師提供共融教學專業培訓；導師於各社區機構進行為期三個月的實習，為不同能力人士創作工作坊，並於成果展演中呈現共同學習成果，與觀眾分享心得。

而3月份的展演更包括2026「無限亮」學校巡迴音樂會：以真實故事為靈感基礎，結合無伴奏合唱，透過原創與流行旋律，展現不同能力人士的內心情感和生命韌性。

同期1月及3月，現場放映會精選多部來自多個國家的劇情片與紀錄片，拓闊觀眾對共融的認知與想象（詳情請參閱 p.46-61）。所有節目均於大館洗衣場石階舉行，免費參與，冀以藝術連結社區，讓觀眾親身體驗共融的力量。

Our **Community Showcases and Live Screenings** at Tai Kwun feature a range of free-of-charge events designed to highlight the creative diversity of inclusive arts and the versatility and talents of performers of all abilities.

It provides exciting live performances, post-show sharings and film screenings exploring a range of artistic experiences, highlighting the creative potential of people of varying abilities, and widening access to inclusive arts.

Part of the community showcases are the collaborative work of participants from No Limits Pilot Creative Training Programme, held in collaboration with local community organisations and Candoco Dance Company (UK). This programme provides inclusive-teaching training for local instructors with drama and dance backgrounds. Following the training, participants take part in placements, leading creative workshops with participants of different abilities, and presenting their collaborative work in January and March 2026.

Part of the community showcase is the performance of the 2026 No Limits School Touring Concert. This concert, which takes place in March 2026, features a cappella arrangements performed by choirs comprised of people of varying abilities. Inspired by real-life stories, the performance features fresh interpretations of original and popular melodies, and highlights empathy and resilience.

The Community Showcases and Live Screenings will screen specially selected international films and documentaries exploring inclusion-related issues (see p.46-61 for details).

詳情請瀏覽「無限亮」網站，或與我們聯絡。

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

2025/26「無限亮」 學校巡迴音樂會 2025/26 No Limits School Touring Concert



The Ways We Move

身 活 日 常

一呼吸一投足，一般人隨心所意。對不同能力人士而言，卻是與別不同的「身活」體驗。啟發自真人故事，無伴奏人聲組合與不同能力人士結伴，走進校園，帶來八首原創與流行音樂，以旋律起伏呈現生命的韌性，訴說不同身體經驗的尋常與不尋常，亦寓意任何人亦能追求熱愛之事，樂在其中。即使身體不同，但情感共通，一場音樂會，一趟情感之旅，邀請學生同唱共舞齊拍和，懷抱勇氣啟程，穿過生命的孤獨與掙扎，總會迎來光明。音樂，拉近彼此，讓理解與連結成為可能，讓我們重新想像身體、生活與共融的意義。

Simple functions that most of us take for granted — like breathing and walking — can be a profoundly different experience for those with diverse bodies and abilities. This concert for schools, performed by the a cappella ensemble and artists of different abilities, presents a mix of familiar tunes and original compositions inspired by real life stories. Exploring how our experiences are shaped by the ways in which we inhabit our bodies, the songs take the audience through moments of solitude, struggle and courage, inspiring connection and the commitment to pursue what we love, and reminding us that joy and creativity are within our reach. The performance opens up a shared space for listening and reflection, inviting students to see others with greater empathy and to imagine a more inclusive way of being together.

學校如對本活動有任何查詢，歡迎電郵 outreach@nolimits.hk 與我們聯絡。

Schools interested in having the production performed on site, please email outreach@nolimits.hk.

No Limits PLUS「無限亮」加料節目

除了精彩演出外，公眾還可參與一系列免費活動，包括與藝術家見面、導賞、工作坊、分享會、講座，以及由「無限亮」策劃或主導的活動，深入了解創作理念、表演技巧、製作與技術，從而豐富想像、啟發心靈及探討共融議題。

No Limits PLUS offers a series of meet-the-artist sessions, tours, artist-led workshops, sharings, talks and self-curated, No Limits-led activities offering insight into issues of inclusivity. These sessions explore creative concepts, performance techniques, production and technical aspects, and the importance of diversity and inclusion in society.

部份活動須預先於「無限亮」網站登記，詳情將稍後公布，請留意網頁更新或與我們聯絡。
Online registration for some activities will be required at No Limits website.
Please contact us or visit the website for updates.

工作坊及分享會 Workshops and Sharings

「無限亮」真人圖書館 No Limits Human Library

28/2 (六 Sat)
1/3 (日 Sun)

每個人都是一本獨一無二的真人圖書。

「真人圖書館」旨在推廣平等教育，減少社會中的各種誤解和偏見。為了促進殘疾人士與公眾之間的對話，「無限亮」邀請不同障別人士透過生命故事和個人經歷的分享，與公眾面對面地溝通，構建一個彼此交流的平台。

館藏包括：香港輪椅舞蹈運動協會主席黃偉琮、教練駱天麒，以及電影演員吳祉昊。

Everyone is a unique living book.

The “Human Library” aims at promoting equal education and reducing misunderstanding and prejudice in society. To encourage dialogue between individuals with disabilities and the public, No Limits has inviting people from diverse backgrounds to share their life stories and personal experiences in face-to-face communication, creating a platform for mutual exchange.

The No Limits Human Library collection features Evina Wong, Chairperson of the China Hong Kong Para Dance Sport Association; Kevin Lok, the Association’s Coach; and Marco Ng, a movie actor.

📅 時間將於 2025 年 12 月下旬公布，請留意網頁更新
Time will be announced in late December 2025. Please visit the website for updates

📍 大館洗衣場石階 Laundry Steps, Tai Kwun

🗣️ 粵語主講 Conducted in Cantonese

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

👉 無須登記 No registration required

無障礙實驗室：中葵涌歷史漫遊社區導賞團 Barrier-free Lab: Historical Exploration Community Tour in Central Kwai Chung

24/1 (六 Sat)
2pm-4:30pm
7/3 (六 Sat)
10:30am-1pm

「無障礙實驗室」是「無限亮」加料節目的專題活動。去年以出行路線為題，開展首個體驗活動。今年，將以社區和房屋為題，透過互動性的社區導賞，深入了解社區中的細微設計，探索屋邨中通達設計背後的考慮因素及歷史變遷，從而反思社區配套的重要性。參加者將發現生活中的挑戰與樂趣，學習欣賞不同年代屋邨的特色，發掘社區之美。

This year’s “Barrier-Free Lab” explores ideas around accessible community and housing through interactive community tours that offer a deeper understanding of design within the community. Participants gain insight into the importance of community facilities and the considerations behind accessible design in residential areas, as well as a deeper appreciation of the historical characteristics of different eras.

📍 地點將於 2025 年 12 月下旬公布，請留意網頁更新

Venue will be announced in late December 2025. Please visit the website for updates

🗣️ 粵語主講 Conducted in Cantonese

通達服務將按要求提供 Accessibility services are available upon request

米高·圖林斯基《破障主意》 Precarious Moves by Michael Turinsky

15/3 (日 Sun)
1:30pm-5pm

公眾工作坊 Public Workshop by Michael Turinsky

身障編舞家及表演者米高·圖林斯基將帶領參加者敞開其藝術世界，從概念、身體、劇場與表演等多個維度，探索其獨特的創作實踐。

工作坊將透過對話與身體練習，探索「夾兒編舞」的可能。參加者將在形體指引與引導式即興下，學習勇敢釋放自身的情感、愉悅、慾望與幻想，並轉化為充滿意義與啟發的創作。

Physically disabled choreographer and performer Michael Turinsky shares his artistic practice in its various conceptual, physical, theatrical and performative dimensions, and leads a conversation on the ethics of inclusion in dance, as well as what “cripping choreography” might mean for each of us. Through a variety of movement scores and guided improvisations, participants explore ways to engage our emotions, pleasures, desires and fantasies, and transforming these into meaningful and inspiring work.

📍 香港演藝學院舞蹈排練室 Dance Studio, HKAPA

🗣️ 英語主講 Conducted in English

🗣️ 粵語傳譯 Interpretation in Cantonese

通達服務將按要求提供 Accessibility services are available upon request

適合藝術工作者。身障藝術工作者優先。

Suitable for arts practitioners. Prioritised for disabled arts practitioners.

帕拉管弦樂團《無邊狂想曲》 The Nature of Why by Paraorchestra

1/3 (日 Sun)
5:30pm-8:30pm

走進《無邊狂想曲》：共融沉浸式劇場的實踐工作坊
Workshop: Behind "The Nature of Why" – Making inclusive and immersive



比一場精彩演出更珍貴的，是能夠親身見證它誕生的過程。《無邊狂想曲》的編舞及聯合導演嘉露蓮·鮑迪，將聯同帕拉管弦樂團成員，舉行一場分享結合實踐的工作坊。

參加者將從團隊的經驗分享中，汲取為不同能力表演者打造共融排練空間的寶貴心得，並與本地志同道合的藝術工作者連結對話。歡迎參加者自備樂器，參與音樂互動環節。

📍 香港演藝學院舞蹈排練室 Dance Studio, HKAPA

🗣️ 英語主講 Conducted in English

🗣️ 粵語傳譯 Interpretation in Cantonese

通達服務將按要求提供 Accessibility services are available upon request

適合不同能力人士參與 Suitable for individuals of all abilities

音樂或舞蹈工作者、創作人及有意發展音樂或舞蹈為專業的學生優先

Prioritised for music and dance professionals, creators, and students of music or dance

Led by choreographer Caroline Bowditch alongside Paraorchestra members Lloyd Coleman and Siobhan Clough, this session will look at how The "Nature of Why" was first conceived, developed, and brought to the stage.

You'll pick up some practical tips on how to create an inclusive rehearsal space for disabled dancers and musicians and meet other like-minded practitioners.

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

米高·圖林斯基《破障主意》 Precarious Moves by Michael Turinsky

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

🗣️ 英語主講 Conducted in English

🗣️ 粵語及香港手語傳譯

Interpretation in Cantonese and Hong Kong Sign Language

17/3 (二 Tue)
8pm

18/3 (三 Wed)
8pm

破形舞所 / 不萊梅劇院 / 阿德里安·學德《脈律趴！》 Harmonia by Unusual Symptoms / Theatre Bremen / Adrienn Hód

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

🗣️ 英語主講 Conducted in English

🗣️ 粵語及香港手語傳譯

Interpretation in Cantonese and Hong Kong Sign Language

21/3 (六 Sat)
8pm

22/3 (日 Sun)
3pm

亞歷山德羅·夏塔雷拉及團隊《脆絲 z》 Zer-Brech-Lich by Alessandro Schiattarella and Ensemble

📍 葵青劇院黑盒劇場 Black Box Theatre, Kwai Tsing Theatre

🗣️ 英語主講 Conducted in English

🗣️ 粵語及香港手語傳譯

Interpretation in Cantonese and Hong Kong Sign Language

13/3 (五 Fri)
8pm

14/3 (六 Sat)
8pm

谷野九郎《埋火——雪山深處の德川女盲人按摩師》 Sleeping Fires – Two Blind Women in the Snowy Tokugawa Nights by Kuro Tanino

📍 香港文化中心劇場 Studio Theatre, Hong Kong Cultural Centre

🗣️ 日語主講 Conducted in Japanese

🗣️ 粵語及香港手語傳譯

Interpretation in Cantonese and Hong Kong Sign Language

27/3 (五 Fri)
7:45pm

28/3 (六 Sat)
2:45pm

演後藝人談將於演出後開始 Meet-the-Artist sessions take place after the performance

🎫 須持有效門票 A valid ticket for the performance is required

無須登記 No registration required

帕拉管弦樂團《無邊狂想曲》 The Nature of Why by Paraorchestra

藝術家講座：查爾斯·海澤伍德《樂團未來式》
Artist Talk with Charles Hazlewood: Re-imagining the Orchestra

帕拉管弦樂團藝術總監查爾斯·海澤伍德將分享其開創性的藝術旅程：從與殘疾藝術家合作，到創立全球首個共融專業樂團，打造打破常規的沉浸式劇場體驗。講座旨在啟發業界領袖、藝術先鋒與新晉人才，重新想像管弦樂在21世紀的無限可能。

Visionary conductor Charles Hazlewood, Artist Director of the internationally acclaimed Paraorchestra, invites us to rethink what orchestras can be in the 21st century. In this exclusive talk, Hazlewood shares his groundbreaking journey of working with disabled artists, building the world's first fully inclusive professional orchestra, and creating immersive orchestral theatre experiences that defy convention.

- 詳情將於2025年12月下旬公布，請留意網頁更新
Details will be announced in late December 2025. Please visit the website for updates
- 英語主講 Conducted in English 粵語傳譯 Interpretation in Cantonese
- 通達服務將按要求提供 Accessibility services are available upon request
- 音樂工作者優先 Prioritised for music professionals

破形舞所 / 不萊梅劇院 / 阿德里安·學德《脈律趴！》 Harmonia by Unusual Symptoms / Theatre Bremen / Adrienn Hód

破形舞所及阿德里安·學德藝術家分享會
Artist Talk with Unusual Symptoms and Adrienn Hód | 23/3 (一 Mon) 7pm - 8:30pm

《脈律趴！》的主創團隊，包括編舞阿德里安·學德、劇場構作及聯合藝術總監格雷戈爾·朗格，以及破形舞所的舞者，將與公眾分享他們在舞蹈訓練、編舞及劇場構作方面與不同能力表演者合作的經驗。此外，團隊亦會分享創作過程中的思想與實踐經歷。歡迎有意與不同能力人士合作或進行共融藝術創作的的朋友參與。

The creative team of "Harmonia" will join to discuss dance training, choreography, dramaturgy and performance-making with performers of mixed-abilities, and share the working process and creative choices made among disabled and non-disabled dance-makers. This talk is suitable for those interested in developing artistic and creative practices with people of different abilities.

- 香港演藝學院舞蹈排練室 Dance Studio, HKAPA
- 英語主講 Conducted in English
- 粵語傳譯 Interpretation in Cantonese
- 通達服務將按要求提供 Accessibility services are available upon request

帕拉管弦樂團《無邊狂想曲》 The Nature of Why by Paraorchestra

演前觸感導賞團
Pre-performance Touch Tour

28/2 (六 Sat)
1:45pm; 6:15pm

參加者將有機會遊走舞台了解舞台佈置，更有《無邊狂想曲》表演者親身示範演出中的舞動及音樂，講解觀眾與表演者在沉浸式劇場中的互動。

Participants will explore the stage setup, and the performers will demonstrate the movements and music from the performance, elaborating on how the audience and performers connect in an immersive setting.

- 葵青劇院演藝廳 Auditorium, Kwai Tsing Theatre
- 英語主講 Conducted in English
- 粵語傳譯 Interpretation in Cantonese
- 通達服務將按要求提供 Accessibility services are available upon request
- 視障人士優先 Prioritised for individuals with visual impairment

亞歷山德羅·夏塔雷拉及團隊《脆絲 z》 Zer-Brech-Lich by Alessandro Schiattarella and Ensemble

演前觸感導賞團
Pre-performance Touch Tour

14/3 (六 Sat) 2pm | 15/3 (日 Sun) 2pm

參加者將遊走舞台幕後，了解每個充滿巧思的舞台空間。參加者將有機會通過觸摸感受舞台佈景、道具和服裝，深入瞭解這些元素如何為演出增添層次和情感。

In this tour, participants explore the performance spaces and backstage areas of the theatre, and have the opportunity to investigate the set, props and costumes through touch and gain insight into how these elements add layers and emotion to the performance.

- 葵青劇院黑盒劇場 Black Box Theatre, Kwai Tsing Theatre
- 英語主講 Conducted in English
- 粵語傳譯 Interpretation in Cantonese
- 通達服務將按要求提供 Accessibility services are available upon request
- 視障人士優先 Prioritised for individuals with visual impairment

Programme Calendar 節目時間表

現場節目 In-venue Programmes				
17/1 六 SAT	2-7pm	社區公眾展演及現場放映會 Community Showcases and Live Screenings	P.76	
18/1 日 SUN	2-7pm			
27/2 五 FRI	3pm, 7:30pm	帕拉管弦樂團《無邊狂想曲》 The Nature of Why Paraorchestra	P.26	
28/2 六 SAT	3pm, 7:30pm			
1/3 日 SUN	3pm			
7/3 六 SAT				
8/3 日 SUN	10am-6pm	國際研討會「共融科技革新：重塑人類未來」 International Symposium: The Way Forward - The Framework of Inclusive Innovation	P.72	
12/3 四 THU	3pm	亞歷山德羅·夏塔雷拉及團隊《脆絲 z》 Zer-Brech-Lich Alessandro Schiattarella and Ensemble	P.34	
13/3 五 FRI	3pm, 8pm			
14/3 六 SAT	3pm, 8pm			
15/3 日 SUN	3pm			
17/3 二 Tue	8pm	米高·圖林斯基《破障主意》 Precarious Moves Michael Turinsky	P.38	
18/3 三 Wed	8pm			
21/3 六 SAT	8pm	破形舞所/不萊梅劇院/阿德里安·學德《脈律趴！》 Harmonia Unusual Symptoms / Theatre Bremen / Adrienn Hód	P.42	
22/3 日 SUN	3pm			
27/3 五 FRI	7:45pm	谷野九郎《埋火—雪山深處の德川女盲人按摩師》 Sleeping Fires - Two Blind Women in the Snowy Tokugawa Nights Kuro Tanino	P.30	
28/3 六 SAT	3pm	香港中樂團（小組演奏）及楊恩華（獨奏及重奏） 《弦上光影》中樂演奏會 Light and Shadow on Strings Hong Kong Chinese Orchestra (Chamber Ensemble) and Yang Enhua (Solo and Ensemble)	P.15	
	2:45pm, 7:45pm	谷野九郎《埋火—雪山深處の德川女盲人按摩師》 Sleeping Fires - Two Blind Women in the Snowy Tokugawa Nights Kuro Tanino	P.30	
29/3 日 SUN	12pm, 4:30pm			
11/4 六 SAT		《視界》階段性計劃 VISION Work-in-Progress Project	P.68	
12/4 日 SUN				
免費現場放映 In-venue Free Screenings				
17/1 六 SAT	3:20pm	里卡多·塞爾維尼及尼克·陶西格《共行時光》 A Space in Time Riccardo Servini and Nick Taussig	P.46	
18/1 日 SUN	3:20pm			
17/1 六 SAT	4:50pm	莎拉·波莉《當愛留在遺忘時》 Away From Her Sarah Polley	P.50	
18/1 日 SUN	4:50pm			
28/2 六 SAT	5:45pm	卡羅琳·卡瓦爾坎蒂《青春的裂縫》 Lapse Caroline Cavalcanti	P.58	
1/3 日 SUN	5:45pm			
7/3 六 SAT	3:10pm			
8/3 日 SUN	3:10pm			
7/3 六 SAT	3:35pm	青柳拓《富士山棉花田》 Fujiyama Cottonton Taku Aoyagi	P.54	
8/3 日 SUN	3:35pm			
免費網上節目 Free Online Programme				
30/3 — Mon — 25/5 — Mon		里卡多·塞爾維尼及尼克·陶西格《共行時光》 A Space in Time Riccardo Servini and Nick Taussig	P.46	
		莎拉·波莉《當愛留在遺忘時》 Away From Her Sarah Polley	P.50	
		青柳拓《富士山棉花田》 Fujiyama Cottonton Taku Aoyagi	P.54	
		卡羅琳·卡瓦爾坎蒂《青春的裂縫》 Lapse Caroline Cavalcanti	P.58	

- 葵青劇院演藝廳
Auditorium, Kwai Tsing Theatre
- 葵青劇院黑盒劇場
Black Box Theatre, Kwai Tsing Theatre
- 香港文化中心劇院
Studio Theatre, Hong Kong Cultural Centre
- 荃灣大會堂演奏廳
Auditorium, Tsuen Wan Town Hall
- 西九文化區自由空間大盒
The Box, Freespace, WestK

香港兆基創意書院文化藝術中心
HKICC Lee Shau Kee School of Creativity大館洗衣場石階
Laundry Steps, Tai Kwun大館賽馬會立方
JC Cube, Tai Kwun大館檢閱廣場
Parade Ground, Tai Kwun網上 Online

藝術通達服務

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

「無限亮」提供的藝術通達服務包括*：

口述影像

以言語描述影像，讓視障人士能夠掌握舞台上的視覺資訊，使整個觀賞體驗更立體。



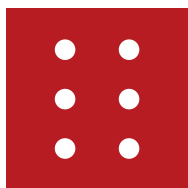
歡迎導盲犬

歡迎導盲犬陪同視障人士進入觀賞範圍。



點字場刊

透過點字或語音導讀場刊介紹節目資訊。



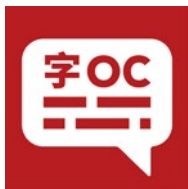
語音場刊

以語音格式介紹節目資訊。



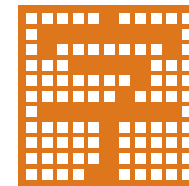
報讀字幕

報讀節目中的字幕，讓觀眾理解外語的內容。



通達字幕

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



劇場視形傳譯

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



自在劇場

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



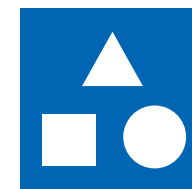
香港手語傳譯

提供即時香港手語傳譯，讓手語使用者能夠理解舞台上的說話內容。



簡易圖文版刊物

透過淺白的文字和圖片介紹節目資訊。



額外輪椅位

與場地特意安排，額外提供較一般演出為多的輪椅座位。



*「無限亮」節目均會提供不同的藝術通達服務，詳情請參閱相關節目的內頁。

Arts Accessibility Services

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

Arts Accessibility Services provided by No Limits include*:

Audio Description

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



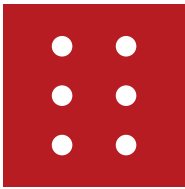
Guide Dog Friendly Venues

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



Braille House Programmes

Programme information provided in braille format.



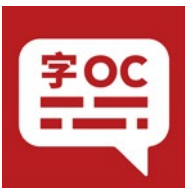
Audio Booklet

Programme information provided in audio format.



Caption Reading

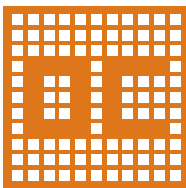
Narration of captions or surtitles that translate dialogue originally spoken in another language.



* Arts Accessibility Services differ from programme to programme. Please refer to individual programme pages for details.

Accessible Captions

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



Hong Kong Sign Language Interpretation

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



Theatrical Interpretation

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



Easy-to-Read Booklet

Programme information provided in simple language and pictures.



Relaxed Performance

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



Extra Wheelchair Seats

Extra wheelchair seats are available in venues.



Booking Guide

購票指南

「無限亮」2026 節目門票由**12月2日**起於城市售票網發售。顧客可透過以下途徑購票，非演出場地售票處會於演出前一小時停售節目門票。

Tickets for No Limits 2026 programmes are available at URB TIX from **2 December** onwards. Tickets can be bought in the following ways. Please note, tickets will no longer be available at the non-performance venue box office one hour before the programme.

城市售票網售票處*：

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

網上購票：

www.urbtix.hk

電話購票：

3166 1288

（每日上午十時至晚上八時）

流動購票應用程式：

URBTIX

（Android、HarmonyOS 及 iPhone/iPad 版）

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

票務查詢：

3166 1100

（每日上午十時至晚上八時）

Counter Booking*：

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

Internet Booking：

www.urbtix.hk

Telephone Booking：

3166 1288 (10am–8pm daily)

Mobile Ticketing App：

URBTIX

(Android, HarmonyOS & iPhone/iPad version)

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

Ticketing Enquiry Hotline：

3166 1100 (10am–8pm daily)

購票地點*

香港文化中心
香港大會堂
沙田大會堂

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

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

每日上午 10 時至下午 6 時 30 分

青年廣場

每日上午 10 時至下午 6 時

Outlets*

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

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

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

10 am–6:30 pm daily

Youth Square

10 am–6 pm daily

售票處地點開放時間均以康樂及文化事務處網頁顯示之資料為準。

Ticketing outlet opening hours are for reference only.
For full details please visit the LCSD website.

Discount Schemes

優惠購票計劃

限時特別優惠

2025 年 12 月 2 日上午 10 時至 12 月 23 日晚上 11 時 59 分

購買任何正價門票，可獲八折優惠。售完即止。

全日制學生、殘疾人士及看護人、綜合社會保障援助受惠人士優惠

2025 年 12 月 2 日上午 10 時起

全日制學生、殘疾人士及看護人、綜合社會保障援助受惠人士可獲半價優惠。優惠票持有人入場時，必須出示可以證明身份的有效證件。

團體購票優惠

2025 年 12 月 24 日 0 時 0 分起

每次購買四至九張正價門票，可獲九折優惠；

每次購買十張或以上正價門票，可獲八折優惠。

套票優惠

2025 年 12 月 24 日 0 時 0 分起

每次購買二至三場不同節目的正價門票，可獲九折優惠；

每次購買四場或以上不同節目的正價門票，可獲八折優惠。

Limited Time Offer

2 December 2025, 10am – 23 December 2025, 11:59pm

20% discount on all full-price tickets. Limited quota available.

Concessions

From 2 December 2025, 10am

Half-price tickets are available for full-time students, people with disabilities and one companion, and Comprehensive Social Security Assistance (CSSA) recipients. Concessionary ticket holders must produce evidence of their identity upon admission.

Group Discounts

From 24 December 2025, 00:00am

10% discount on each purchase of 4–9 full-price tickets (one programme)

20% discount on each purchase of 10 or more full-price tickets (one programme)

Package Discounts

From 24 December 2025, 00:00am

10% discount on each purchase of 2–3 full-price tickets (multiple programmes)

20% discount on each purchase of 4 or more full-price tickets (multiple programmes)

備註

- 購買每張門票，只可享用以上其中一種購票優惠，請於購票時通知票務人員。
- 顧客每購買一張殘疾人士優惠門票，即可同時以相同優惠購買一張門票予陪同者。
- 每張門票折扣後的票價將計算至個位數，不足港幣一元亦作一元計算。
- 每票只限一人進場。
- 觀眾務請準時入場，遲到人士須待適當時候或中場休息方可進場。
- 如遇特殊情況，主辦機構保留更換表演者及節目的權利。

Remarks

- Only one discount scheme can be applied for the purchase of each ticket. Please inform the box-office staff at the time of purchase.
- Wheelchair users and people with disabilities may purchase an additional ticket for a companion at the same concession rate.
- The price of each discounted ticket will be rounded up to the nearest dollar.
- One ticket per person regardless of age.
- Audiences are strongly advised to arrive punctually. Latecomers will only be admitted during the interval or at a suitable break.
- The presenter reserves the right to substitute artists and change programmes should unavoidable circumstances make it necessary.

「無限亮」查詢熱線

No Limits enquiry hotline and WhatsApp ☎ **2828 4949**

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

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No Limits Inclusive Plush Toy Keychain – Adorable Inclusive Collectibles

「無限亮」盲盒公仔匙扣萌萌登場

在 2026 年，「無限亮」把共融精神從舞台延伸至日常生活，即將推出三款全新無障礙主題盲盒公仔——輪椅、導盲犬及方向指示磚。

這些公仔不只是可愛的共融擔當，更承載着關於共融的故事，連結你與我，亦將共融理念化為親切可觸，隨身攜帶的小物件，柔軟觸感背後，傳遞的是想像、快樂與連結的力量，讓「無限亮」走進更多人的生活。

In 2026, No Limits carries its spirit of inclusion beyond the stage and into everyday life with the launch of three brand-new accessibility-themed blind box figures – Wheelchair, Guide Dog, and Directional Tile.

More than simply delightful collectibles, these figures embody stories of connection, understanding, and care. Inclusion takes many forms and the idea of inclusion isn't just about accessibility; these tangible and heartwarming companions inspire imagination, joy, and connection, carrying the message of No Limits into your daily lives.



如何換領「無限亮」盲盒公仔匙扣

How to get your No Limits Inclusive Plush Toy Keychain

凡於城市售票網以單一交易購買價值 **HK\$500** 或以上的「無限亮」現場節目門票，即可於取票時獲贈「無限亮」盲盒公仔匙扣換領券一張。觀眾憑票於指定現場節目演出前一小時內或演出後一小時內，前往演出場地之「無限亮」兌換櫃台出示換領券，即可兌換盲盒公仔匙扣一盒，數量有限，換完即止。

Purchase No Limits programme tickets worth **HK\$500** or more in a single transaction via URBIX to receive one No Limits Inclusive Plush Toy Keychain Redemption Coupon upon ticket collection. Present the coupon at the No Limits designated redemption counter at the performance venue within one hour before or within one hour after the programme to redeem one plush toy keychain. Available while stocks last.

「無限亮」盲盒公仔匙扣換領詳情

No Limits Inclusive Plush Toy Keychain Redemption Details

換領券只適用於以下「無限亮」現場節目

The coupon applies only to designated “No Limits” in-venue programmes as listed:

27/2 - 1/3	帕拉管弦樂團《無邊狂想曲》 The Nature of Why Paraorchestra 葵青劇院演藝廳 Auditorium, Kwai Tsing Theatre
12/3 - 15/3	亞歷山德羅·夏塔雷拉及團隊《脆絲 z》 Zer-Brech-Lich Alessandro Schiattarella and Ensemble 葵青劇院黑盒劇場 Black Box Theatre, Kwai Tsing Theatre
17/3 - 18/3	米高·圖林斯基《破障主意》 Precarious Moves Michael Turinsky 西九文化區自由空間大盒 The Box, Freespace, WestK
21/3 - 22/3	破形舞所 / 不萊梅劇院 / 阿德里安·學德《脈律趴！》 Harmonia Unusual Symptoms / Theatre Bremen / Adrienn Hód 西九文化區自由空間大盒 The Box, Freespace, WestK
27/3 - 29/3	谷野九郎《埋火—雪山深處の德川女盲人按摩師》 Sleeping Fires - Two Blind Women in the Snowy Tokugawa Nights Kuro Tanino 香港文化中心劇院 Studio Theatre, Hong Kong Cultural Centre
28/3	香港中樂團（小組演奏）及楊恩華（獨奏及重奏）《弦上光影》中樂演奏會 Light and Shadow on Strings Hong Kong Chinese Orchestra (Chamber Ensemble) and Yang Enhua (Solo and Ensemble) 荃灣大會堂演奏廳 Auditorium, Tsuen Wan Town Hall

詳情請瀏覽「無限亮」網站 For details, please visit the No Limits website

<https://www.nolimits.hk/zh-hant/booking-guide>



- 請於換領盲盒公仔前出示此券；損壞及影印本無效
- 每張換領券只可用於一次交易，工作人員會於換領券蓋上印章，以示觀眾已完成換領
- 換領券不可轉售，兌換現金或退款
- 換領券若有遺失、損毀、遭盜竊或逾期，將不設另行補發或賠償
- 「無限亮」有權保留取消或更改是次換領活動或修訂其條款及細則之權利，恕不另行通知
- 如有任何爭議，「無限亮」保留一切最後決定權

- Please present this coupon to redeem the complimentary plush toy keychain. Damaged or photocopied coupons will not be accepted.
- Each coupon is valid for one-time use only. Staff will stamp the coupon to indicate successful redemption.
- The coupon cannot be resold, exchanged for cash, or refunded.
- Lost, damaged, stolen, or expired coupons will not be reissued or compensated.
- No Limits reserves the right to cancel, amend, or adjust the redemption activity, or revise these Terms and Conditions without prior notice.
- In case of any dispute, No Limits reserves “No Limits” reserve the right of final decision.

Venue Guide

場地指南

葵青劇院 Kwai Tsing Theatre

- 香港新界葵涌興寧路 12 號
12 Hing Ning Road, Kwai Chung, New Territories
- 2408 0128

西九文化區自由空間 Freespace, WestK

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

大館 Tai Kwun

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

香港文化中心 Hong Kong Cultural Centre

- 九龍尖沙咀梳士巴利道 10 號
10 Salisbury Road, Tsim Sha Tsui, Kowloon
- 2734 2009

荃灣大會堂 Tsuen Wan Town Hall

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



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



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

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

工作重點 Our Focus

- 普及藝術 Broad-based Arts Service
- 藝術教育 Arts Education
- 專業發展 Professional Development
- 藝術通達 Arts Accessibility
- 推廣共融 Social Inclusion
- 社會企業 Social Enterprise
- 國際網絡 International Network
- 積極倡議 Advocacy



社交媒體
Social Media



網頁
Website

Plus

演出內外 更見精采 MORE THAN GREAT PERFORMANCES

香港藝術節透過舉辦豐富多元的「加料節目」，提升藝術愛好者的文化體驗，擴闊藝術節與不同社群的聯繫。

今年的「加料節目」包括一系列文化深度遊，以及聚焦藝術界熱門話題或藝文專家的重點活動；另外亦會舉辦展覽、大師班、電影放映、藝術家分享會、後台參觀、演前講座及演後藝人談等精采節目。

The Hong Kong Arts Festival organises a diverse range of PLUS events to enhance the cultural experience of arts lovers and reach out to more communities in Hong Kong.

Among this year's PLUS events are a series of cultural tours, events focusing on timely topics, as well as activities featuring virtuosos and experts in the arts, in addition to exhibitions, masterclasses, film screenings, artists' sharing sessions, backstage tours, pre-performance talks and post-performance Meet-the-Artist sessions.

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54th 香港藝術節
HK ARTS FESTIVAL
2026

文化深度遊 CULTURAL TOURS



展覽 EXHIBITIONS



特色主題及「加料演出」 SPECIAL TOPICS AND PLUS PERFORMANCES



大師系列 MASTER SERIES



54th 香港藝術節
HK ARTS FESTIVAL
2026

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

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

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

無論捐贈數額多少，我們均衷心感謝您的支持！

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

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

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

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



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Inclusiveness through the Arts 以藝術共融

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