

舞出妳的人生

Dance Alive

油尖旺婦女會

Yau Tsim Mong Women Association

計劃首先舉辦「社交舞班」及「集體舞班」班組，由資深導師教導婦女基本社交舞及集體舞舞步，並逐步加深難度，繼而安排婦女於不同的社區活動中公開發表演，建立自信心之餘，亦能讓她們更注意體態及言行舉止。婦女除在家庭之外，在社會上也擔當重要角色，參與計劃的婦女透過一系列的活動，令她們更肯定自己的地位及更投入社區。

Women participants attended "social dance" and "line dance" classes to learn firstly some basic dance steps and then progressed to more complex moves. Public performances in community events were arranged for them to help build up their self-confidence and make them more conscious of their body shapes and manners. Women play an important role not only in the family but also in the society. Through a series of activities under the programme, women participants have become more self-assured and more committed to the community.



導師在社交舞班中，教授舞步予參與婦女。
Instructors taught women participants social dance steps.



婦女在「婦女同心展舞姿」活動中表演集體舞。
Women participants performed line dance in Dance in Union.



婦女在「慶祝香港特別行政區成立十一周年暨本會第四屆就職典禮聯歡晚宴」活動中展現辛苦學習的成果。

Women participants showed their hard-earned achievements in the Celebration of the 11th Anniversary of the Establishment of HKSAR cum the 4th Inauguration Ceremony Dinner.



婦女努力為「『傾情奧運 和諧香港』婦女健體型聚」活動努力練習秧歌舞，期望在活動當日以最佳姿態演示。

Women participants were practicing yankou dance so as to stage their best performance in the "Olympic Fervour Hong Kong Harmony" Women's Health Sports Gathering.



婦女在「舞動姿彩·迎接2009舞會」一展舞姿。
Women participants performed in the 2009 Countdown Dance Party.