

HONG KONG
地膽遊中
地膽推最愛街道和打卡點

以記憶為線索，
織造中環的人文地圖



地膽遊中計劃，
開展了屬於我的
第二人生！

～地膽導賞員
Colly Chan

Verbal Recollection:

地膽語錄

Touring Central with Locals

市區重建局
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Verbal Recollection:

地膽語錄

Touring Central with Locals





地膽遊中： 穿梭百年記憶

2006 年起，承蒙市區重建局賜予機會，讓我得以服務社區，深感榮幸。一年前，又參加市建局的「地膽遊中」計劃，忝為顧問。在工作坊的活動中，我得以與一眾「地膽」導賞員接觸及交流，大家就中上環的歷史、街道變遷和民生面貌等，進行詳細的討論，參加者都可從這些活動獲益，相互間形成一種亦師亦友的關係。

由學員所創造的「四大主題路線」，均圍繞開埠初期即 1840 年代起，中外居民的衣、食、住、行，以及營商薈萃的地段，現時已為遊客的匯聚點。希望將來這個項目可以更進一步發掘更多有關早期嘉咸街、結志街，以至「卅間」或被稱為「師姑街」的士丹頓街等街道的老店及百多年變遷。

Touring Central with Locals: A Journey Through a Century of Memories

Since 2006, I have been honoured to serve the community through my partnership with the Urban Renewal Authority. A year ago, I participated in the URA's "Touring Central with Locals " project as a consultant. This experience allowed me to connect with passionate local docents, engaging in rich discussions about the history, street transformations, and community life in Central and Sheung Wan. The workshops were a treasure trove of knowledge, creating bonds of mentorship and friendship between the docents and me.

The "Four Major Themes Routes" created by the docents revolve around the period since Hong Kong was established as a free port in the 1840s, highlighting areas where locals and foreigners gathered for food, clothing, housing, transport, and business. These areas are now popular tourist spots, which are excellent choices for exploration in docent tours. I hope that in the future, this project will delve even deeper into the rich history and old shops of streets like Graham Street, Gage Street, "Thirty Houses" and the famous "Nun Street" known as Stone Nullah Lane in the early days.

此外，在下覺得大部分為退休人士的「地膽」導賞員的歷史知識極為淵博，而他們的「個人記憶」和資歷，亦足以向市民推介中上環的地區典故和生活面貌。有若干位現時已和我成為好友的「地膽」，實屬退而不休的專家。

在下期待未來可見有更多深度內容出現在「城蹤遊」或「地膽遊中」裏，例如更深入地推介早期這一帶被稱為西洋風月街及粵劇戲服街的擺花街；同時是食街的威靈頓街和閣麟街；有多家學府和報館的歌賦街及荷李活道，以至早期的多座街市和市集等的歷史和演變，使大眾能對這些區域作進一步的了解，則更加美好。

鄭寶鴻

I've found that most of the docents, many of whom are retired, possess profound knowledge of history. Their personal memories and experiences allow the docents to share fascinating anecdotes and insights about Central and Sheung Wan with the public. Some of the docents have become my friends and they are experts who remain active in their retirement.

I look forward to seeing more in-depth content in "CityWalk" or "Touring Central with Locals", such as Lyndhurst Terrace known for Western romance and Cantonese opera costume shops in its early days; Wellington Street and Cochrane Street, which were renowned as food streets, Gough Street and Hollywood Road, where numerous educational institutions and newspaper offices were located, and the history and evolution of early markets and bazaars. This would undoubtedly enhance the public's understanding and appreciation of this remarkable area.

Cheng Po Hung

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CHAPTER 1

第一章

人文共築

Co-Create and Co-Construct



1.1

以記憶為線索， 織就中環的人文地圖 *Crafting the Cultural Map of Central Through Memories*

香港中上環作為新舊交融的商業區，歷經百多年的發展，薈萃了中西文化的精髓。區內百年古蹟與摩天大樓並立，傳統涼茶舖與新潮咖啡廳共存，體現歷史承載與城市再生，一直以來都是訪港遊客必打卡的地方。

其中，荷李活道集歷史建築、藝廊、街頭壁畫及多元美食等豐富元素，更獲國際知名旅遊雜誌評為 2024 年全球第二「最型格街道」。這條街道不僅是中西區文化景觀的重要軸線，亦貫穿了市建局多年來在中上環推動的多項市區更新及社區美化項目。由中環街市出發，拾級而上，途經荷李活道、城皇街等，最後抵達士丹頓街的活化唐樓群，整條路線處處蘊含歷史文化特色與動人的民生故事。



荷李活道建於 1844 年，是香港首條完成興建的街道，時至今日匯聚了藝廊、咖啡店、酒吧和歷史名勝。(照片原刊於 Time Out magazine)

Hollywood Road was built in 1844 and is one of Hong Kong's oldest paved roads, now features art galleries, cafes, bars and iconic heritage sites. (Photo by Time Out magazine)

Central and Sheung Wan are vibrant commercial areas in Hong Kong where old meets new, has undergone over a century of development, embodying the essence of both Eastern and Western cultures. Century-old heritage sites stand alongside skyscrapers, while traditional herbal tea shops coexist with trendy cafes, showcasing the city's historical legacy complemented by the progress of urban renewal.

This makes Central and Sheung Wan essential destinations for visitors.

With its historical buildings, galleries, street murals, and diverse culinary offerings, Hollywood Road was ranked the second "coolest street in the world" in 2024 by an internationally acclaimed travel magazine. The street is not only a vital axis of cultural landscapes in Central and Western Districts, connecting various urban renewal and community beautification projects spearheaded by the Urban Renewal Authority (URA) over the years. Starting from Central Market, one can ascend through Hollywood Road and Shing Wong Street to reach the revitalized tenement house cluster on Staunton Street. The route is therefore imbued with historical and cultural narratives, full of captivating community stories.



市建局於 2024 年推出「城蹤遊」(CityWalk) 計劃，以中上環作為試點，通過串連市建局在中上環一帶的市區更新項目以及區內的特色建築、街道和商舖，希望為遊人及旅客呈現一個「不一樣」的中環風貌。然而，要真正實現中環的「不一樣」，仍需通過更深入的努力和豐富的活動持續推動。基於這一願景，「地膽遊中」導賞團應運而生。

The URA introduced the "CityWalk" programme in Central and Sheung Wan in 2024, designed to link up its urban renewal initiatives with the area's distinctive historical architecture, unique streetscape, and shops, showcasing the distinctive side of Central to visitors and tourists. Under this backdrop, 'Touring Central with Locals' was launched to truly bring out the distinctive side of the district.





「地膽遊中」導賞團以中上環這片承載歷史與未來的土地為背景，透過人的記憶打開時間的縫隙，讓過去與現在相遇，讓城市風貌重新「被看見」。該計劃由市建局主辦，並聯同救世軍及中環街市共同推行，以「由心出發、分享故事」為導賞特色。該計劃邀請約 60 位年滿 55 歲或以上，曾於中上環成長、生活或工作，對社區的街道、故事與人情味瞭如指掌，且對社區擁有深厚情感的年輕長者擔任義務「地膽」導賞員。他們不僅熟悉社區歷史，更將「個人記憶」與「地區記憶」融入導賞內容之中，為參加者呈現鮮活而充滿溫度的社區故事，超越單純的資料介紹，實現真正的「社區重現」。

導賞團內容分為四大主題，分別為（1）歷史與建築；（2）飲食與社區風貌；（3）藝術文化；（4）經典電影場景。每四位「地膽」會組成一組選擇不同主題進行介紹，即使是在相同的主題下，也會因「地膽」不同的經歷與敘事方式，呈現出獨一無二的導賞體驗，讓公眾深入了解中上環的歷史文化、街道特色、人文風景以及新舊交融所帶來的活力面貌。

'Touring Central with Locals' bridges the past and present of Central's rich history and cultural recollections, allowing its landscapes and urban stories to be revealed afresh. Organized by URA, in partnership with the Salvation Army and Central Market, the programme shines a spotlight on 'sharing heartfelt stories from individuals'. About 60 volunteers aged 55 and above, who have grown up, lived, or worked in Central and Sheung Wan, and with a deep connection to the community, are enrolled as voluntary docents. The docents are not only well-versed in local history but also blend their personal stories into the tours, presenting vivid and heartfelt narratives to achieve "community revival."

Four thematic routes are designed under the "Touring Central with Locals": (1) *History and Architecture*, (2) *Gourmet and Local Community*, (3) *Arts and Culture*, and (4) *Movie Legacies*. Even within the same thematic framework, docents who lead the tours infuse their unique experiences and storytelling with additional information about Central, creating a one-of-a-kind tour experience enabling the participants to delve deeper into the history, culture, personal stories and urban landscapes about the district.



一眾地膽導賞員於中環街市合影。
Snapshot of docents at Central Market.



為讓更多市民和遊客感受中上環的魅力，市建局特別製作了「地膽遊中」主題地圖。地圖以生動豐富的插畫，呈現中上環的歷史建築、藝術文化、飲食文化和電影場景四大主題的景點位置和導賞路線，亦包括精心設計的擴增實境 ARTech「打卡位」；市民和遊客只需要一圖在手，即可自行發掘中上環的特色。

In support of the rollout of the tours, the URA essentially created a "Touring Central with Locals Map" to allow residents and tourists to experience the charm of Central and Sheung Wan. The vividly illustrated map series highlights the key attractions and landmarks under the four main themes, including the well-crafted 'ARTech Check-in Spots' (Augmented Reality) digital art experience contributed by the URA. With this map, residents and tourists can explore the local characteristics of Central and Sheung Wan on their own.

以「點」、「線」、「面」解構中環

「地膽」導賞員會依據各主題所涉及的地「點」，設計出獨特的路「線」，並透過自己的視角與經歷，為參加者呈現中上環不一樣的城市「面」，娓娓道來其中的變遷與社區故事。最終，這些交錯的路「線」構成一幅屬於中上環的溫度地圖，展示這座城市的多面性與深度。

Mapping Central by Point, Line and Plane

The docents identify key art and cultural, historical and architectural landmarks ("Points") in the district, and collectively design unique routes under the four themes ("Line"), to eventually create an visiting experience integrating projects of the URA's, public open space, streets and lanes ("Plane") etc. Through roaming the district, participants are provided with transformation and narratives of community, stories of docents, to "weave a map" with heart-warming side of Central, showcasing the richness and diversity of the district.



地膽導賞員精心設計不同的導賞路線，串連不同的中上環地標並加入個人故事，提升導賞體驗。
Docents meticulously design tour routes, connecting different landmarks in Central and Sheung Wan while incorporating personal stories to enhance the tour experience.



透過 AR 特效這個新穎的互動方式，向遊客及本地市民娓娓道來中上環獨有的歷史及在地文化。
Through the innovative of ARTech effects, it narrates the unique history and local characteristic of Central and Sheung Wan to tourists and locals.

計劃同時引入五個 AR 擴增實境創作景點，結合數碼藝術與歷史場景，讓參加者以創新互動的方式穿梭於「過去」、「現在」與「未來」，嘉咸市集的貓店長、「卅間」的舊日時光、華僑日報的印報歲月都不再是幻想。此外，特別製作的「地膽遊中」主題地圖，方便市民與旅客自助遊覽，全面推動社區旅遊與文化共融。對參加者來說，這不只是一趟認識建築與地標的旅程，更是一場記憶與情感的重疊。他們或許會在導賞員的話語中，聽見自己童年走過的樓梯聲，或者憶起某間冰室裏熟悉的糖水味。那些被忽略的細節，一直都在，只待大家駐足凝視。

可持續發展：文化在城市中呼吸

文化保存不應只是靜態展示，真正有生命力的文化，必須與城市的日常共同呼吸。「地膽遊中」活動不單連貫中上環的歷史建築，更構建起一個能夠自我循環、成長與連結的社區網絡。這是一種可持續的更新方式——不僅保留建築，更保存了生活方式與人際情感，使香港不僅是一座旅遊城市，更是一個能夠被深度了解、長久記住的地方。

市建局在區內先後推動多項重建與保育活化項目，包括中環卑利街 / 嘉咸街發展項目（H18）、H6 CONET、士丹頓街 / 城皇街保育與活化項目（H19）、三級歷史建築中環街市活化項目，以及紀念辛亥革命歷史的百子里公園活化項目等；在此過程中，市建局也全面提升周邊街道的環境更新，例如：活化及美化嘉咸市集的小販攤檔、毗鄰中環中心的樓宇外牆等，逐步從「保育硬件」邁向以「活化再利用」的模式，進一步以多元形式呈現並提升舊區所蘊含的歷史文化和地方特色，推動城市的多樣發展。

To add depth to the visiting experience, the "Touring Central with Locals" programme also introduces art innovations aiding the stories to be told with new technologies. Five Augmented Reality (AR) attractions that optimising a combination of digital artistry, history, local characteristics are created to allow public users to connect with the "Past," "Present," and "Future" under the unique interactive experience. Imagine cats joyfully playing in Graham Market vicinity, past days of "Thirty Houses" tenement cluster, the heydays of the printing business are recreated and now be viewed with digital devices. Additionally, "Touring Central with Locals Map" is launched to facilitate locals and visitors to explore Central and Sheung Wan, fostering community tourism and cultural integration. For participants, it is beyond an ordinary CityWalk trip that only explores architecture and landmarks, but with additional depth of heartfelt memories of childhood echoes or taste of desserts significantly matter to docents.

Details have always been there, awaiting to be gazed and revealed.

Sustainable Development: Cultivating Culture in the City

Culture is alive with constant evolution intertwining with city's daily life, hence, cultural preservation should be experienced beyond static exhibitions; "Touring Central with Locals " reconnects stories belonged to Central & Sheung Wan, but also recreates a self-sustainable community network that can grow through time. This sustainable urban renewal is about revitalizing buildings —but also the way people live and connect, shaping Hong Kong to a place that can be deeply understood, and cherished for generations.

The URA has spearheaded key redevelopment and preservation projects in Central, the Central Peel Street / Graham Street Development Scheme (H18), H6 CONET, Staunton Street / Shing Wong Street Project (H19), revitalization of Central Market (Grade III historic building) and Pak Tsz Lane revitalisation project. Physical environment in Central & Sheung Wan has also undergone major enhancement during the implementations of such projects, such as beautifying hawker pitch stalls at Graham Street Market, as well as beautifying the facades of domestic buildings adjacent to The Center. This blending of "hardware preservation with revitalization" further highlighted the characteristic and the charm of the district and support URA's mission of promoting urban development under its "people first, district-based, public participatory" approach.



百子里公園活化項目（一級歷史建築）

Pak Tsz Lane Revitalisation Project
(Grade I historic building)

照片提供：Miles Graphy Co.
Photo by Miles Graphy Co.

士丹頓街 88 至 90 號，昔日更是《華僑日報》創辦人岑維休以及陳楷的居所。

No. 88-90 Staunton Street was once the residence of Shum Wai-yau and Chan Kai, the founders of the Wah Kiu Yat Po (Overseas Chinese daily news).



士丹頓街 / 城皇街保育與活化項目

Staunton Street / Shing Wong Street Project

中環卑利街 / 嘉咸街發展項目
the Central Peel Street / Graham Street Development Scheme



中環街市（三級歷史建築）活化項目
Central Market (Grade III historic building)

修復後的中環街市內部

The interior of the renovated Central Market

毗鄰 H6 CONET 的樓宇
美化壁畫

Mural which
beautifying the facades
of domestic buildings
adjacent to The Center



H6 CONET



中上環地區依然洋溢著生活的煙火氣息，散發著人情味與活力。

Central and Sheung Wan are bursting with warmth and energy, weaving a rich blend of human connection and vitality.

「地膽遊中」導賞團圍繞建築環境（Built Environment）、地區經濟（Business Environment）和社區連結（Social Bonding）三大理念為核心進行規劃，重點帶領公眾深入認識中西區的市區更新項目、特色建築、街道與商店，展現該區的獨特魅力。藉此推動城市新貌、吸引人流、振興經濟，並加強連結社區凝聚力。

在環境層面，計劃強調保育與活化共存，並非簡單地拆舊建新，而是以創意與故事賦予歷史建築新的生命。在社會層面，則透過串連社區內小商戶、老字號、文化工作者與居民，共建一個具有凝聚力和歸屬感的社區網絡。

"Touring Central with Locals" are crafted and designed around three core elements: the "Built Environment", "Business Environment", and "Social Bonding". The guided tours invite the public to delve into the urban renewal projects, distinctive architectural landmarks, streets and merchants in the Central and Western District, revealing the area's unique allure, realising the effort and significance on revitalisation of urban landscape, local economy and eventually a strengthened bonding within the community.

Connecting small businesses, time-honoured brand, cultural workers, and residents, "Touring Central with Locals" highlights the effort and value of preservation and revitalization initiatives, which through architectural "transformation" implemented, the once run-down buildings through innovative architectural interventions. These revitalized spaces are now infused with fresh energy, fostering ongoing cultural, social, and economic vitality through dynamic activations and placemaking initiatives.

凝聚社區人情味： 從記憶到商機的在地創生

在中上環這片新舊交融的土地上，一群來自不同背景的社區持份者，正以創新的方式重塑街區活力。

「一簽多行」政策重啟時，市建局以及從事紙業四十多年，與中上環地區及印刷業有著緊密聯繫的李偉強（Simon）和他的團隊僅用四天就串連三十餘間店舖，組成中上環的「地膽推介」。

Cultivating Community Bonding: From Memory to New Business Opportunity

In Central and Sheung Wan where the “old meets new”, a group of community stakeholders has been creatively putting innovative ideas in reinforcing the vibrancy of neighbourhood. When "Multiple-entry Individual Visit Scheme (IVS)" policy was reintroduced, Simon Lee—who has been engaged in the printing business for over forty years and shared a strong bond with the Central and Sheung Wan districts, as well as the printing sector, partnered with URA and managed to unite for over thirty merchants in just four days to support the launch a "Backstreet Alliance - The Local's Guide" consumption promotion programme in Central and Sheung Wan.



Simon 與士丹頓街社區有著深厚的聯繫，亦經常自發組織社區活動加強鄰里連結。
Simon has a deep connection with the Staunton Street community and often takes the initiative to organize activities that strengthen neighborhood bonds.

「活動最動人的不是營業額增長，而是當我們將『地膽推介』的標籤貼上店門時，這些店舖樂意參與並且感到自豪」，Simon 回憶道。當區內零散的商戶在數個月內，被「地膽推介」計劃串連起來，令這些店舖得以用全新方式成為「社區營造」的新力量，帶動地區經濟的發展，或許這正是商業創生的重大見證。

Simon 認為「每一區都有自己的故事，中上環最大的特色就是中西文化交匯，在時代變遷中還有很多舊有的事物值得推廣。」

提到近年印象最深刻的活動，Simon 認為是前年由市建局於中秋節在華賢坊西及永利街舉行的「月下華賢坊 永利追月光」活動。當時舉辦了一場簡單的中秋晚會，並安排了金曲表演，自發前來的街坊們，坐在街頭品嚐傳統小食、欣賞中環的月光。儘管是節慶活動，但街坊們的參與卻是發自內心的，無形中復刻了舊時的中秋場景。這也成為激活集體記憶的觸媒：老人的懷舊金曲、成人的懷舊小食、小朋友的燈籠，都在訴說著「地方營造」的真諦——在談任何的保育工作之前，真正的歸屬感，誕生於共同創造回憶的過程。

市建局於 2023 年中秋節，在華賢坊西及永利街舉行的「月下華賢坊 永利追月光」活動。
The 2023 Mid-Autumn community making event at Wa In Fong West and Wing Lee Street.



"What truly touches me isn't the boost in sales figures, but the pride in the eyes of the business owners we saw when we affix the campaign stickers to their shop frontage," said by Simon.

Local merchants were connected through the "The Local's Guide" programme, which welcomed them as a key elements of "community making" as it helped to drive local economic growth in a collective manner. "This is a significant indication for pursuing successful business revitalization," Simon added. "And there also are East-meets-West stories distinctive to Central and Sheung Wan district that makes it special, and deserved to be highlighted. "

When reminiscing about the most favourite event he created for his beloved district, Simon points to the Mid-Autumn Festival event organized by URA at Wa In Fong West and Wing Lee Street in 2023. The gathering was joined by residents, neighbours, visitors to enjoy traditional snacks, enjoying local music oldies while admiring the moon amid the hustle and bustle Central. "More than a festive celebration, it was a medium for rekindling collective memories, with elderly enjoying their favourite classics song, adults relishing nostalgic treats, and kids playing with lanterns." All illustrating the principal of "placemaking" - to preserve a real sense of belonging through meaningful memories.



Habyt (士丹頓街項目營運商) 社區經理 Anita
Community Manager Anita from Habyt (The operator of Staunton Street project)

讓城市生活更有人情味：從老舊到可持續的社區更新

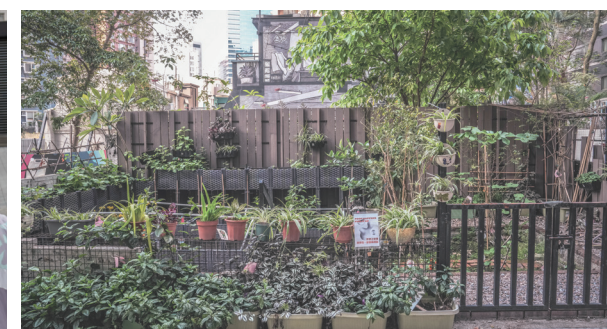
士丹頓街項目（H19）由市區重建局主導，對九幢樓齡超過 60 年的唐樓進行保育活化，將其從破舊建築轉變為融合綠色設計、地區文化與社區營造的共生基地。在完成保育之後，H19 引入「共居」概念及精選商戶，為社區注入新的生活節奏與文化溫度，達到「民生共創」。Habyt 作為該項目的營運團隊，就像一個社區領袖，成為連結舊區居民及新住客之間的橋樑。

其中，項目內的社區苗圃作為推動「民生共創」的最初試點，在 2020 年由街坊和「區民」組成義工園丁小組開展種植，讓 H19 的新住客能透過共同活動認識社區，與周邊居民建立聯繫。如今，苗圃已有 27 位固定義工（近六成為外國人）共同維護。Habyt 透過定期舉辦靜觀、冥想、園藝等活動，促使不同背景的居民逐步建立社區歸屬感，讓 H19 從建築空間的更新，走向人與人的真實連結。

Enriching Urban Life with Humanity: From Old to Sustainable Community Renewal

The Staunton Street Project (H19) revitalized nine tenement houses which are over 60 years old, transforming them from dilapidated buildings into a thriving living hub that integrates green design, district history and characteristics with spatial design accommodating community making initiatives. After the completion of retrofitting works, the URA introduced "co-living" to activate the building cluster, mixed with commercial tenants to "trend-set" the community with its distinctive lifestyle and ambience. Habyt, the operator of this "co-living" project, also commissioned by the URA as a "Community Champion", seamlessly bridge the old neighbourhood with new faces via participatory programmes, events, promotions, and other innovative initiatives.

The Community Farm is the first attempt to promote "Impact Common" in the project. Dating back to 2020, a group of dedicated from neighbours and residents enrolled as volunteers to take care of the farm. Today, 27 volunteers —nearly 60% of are foreign residents, remained committed for keeping the farm. Habyt has acted as key catalyst to nurture sense of belonging and connections among volunteers — rekindling neighbourhood interactions through regular gardening gatherings and activities.



義工定期舉辦活動，共同維護打理苗圃。而苗圃成為聯繫士丹頓街社區脈絡的重要地點之一。

Volunteers regularly maintain the community farm, which has become one of the key locations connecting the Staunton Street community.



唐樓體驗館展出士丹頓街項目活化前，從舊唐樓收集而來的居民舊物，令參觀者可感受當時的生活情況。

Tong Lau Experience Room showcases the items collected from residents before the revitalization of the Staunton Street project, allowing visitors to experience the living conditions at old days.

為加強歷史傳承，市建局將位於 H19 項目內的士丹頓街 88 號一樓單位，改造成以「唐樓體驗」為主題的共享空間並保育原址唐樓內外不同的建築特色元素，包括：傳統「上海批盪」工藝以及室內的紅磚牆身和花紋地磚等，讓訪客近距離欣賞舊唐樓建築特色，實現「知識共聚」與歷史傳承。



士丹頓街 88 及 90 號（二級歷史建築）內，市建局為紀念當年《華僑日報》的歷史，於梯間畫有描述當時報紙出版流程的壁畫，亦原位復修了上海式水磨石樓梯。（照片由 Miles Graphy Co. 提供）

At 88 and 90 Staunton Street (Grade II historic building), the Urban Renewal Authority commemorated the history of the *Wah Kiu Yat Po* (Overseas Chinese Daily News) by painting murals in the stairwell that illustrate the newspaper's publication process and also preserve the Shanghai Plaster terrazzo staircase. (Photo by Miles Graphy Co.)

To tell stories of its heyday, URA has revamped a unit on the first floor of 88 Staunton Street in H19 project as a showroom named "Tong Lau Experience Room". This space preserves the indoor architectural elements and highlights traditional craftsmanship of "Shanghai Plaster," along with iconic red brick walls and patterned tiles. Visitors could view the distinct architectural features of tenement house, promoting legacy of history to achieve a common "Knowledge Impact" for all.



Karying 是士丹頓街項目的住客之一，她活用運動治療師資格，於項目內定期舉辦不同的社區活動。

Karying is one of the residents of the Staunton Street project, and she utilizes her qualifications as a sports therapist to regularly organize various community activities.



Karying 作為運動治療師，不僅是士丹頓街項目的住客，也是社區活動的推動者。她定期自發於士丹頓街項目唐樓內舉辦筋膜放鬆等課程，連結住戶、街坊與外來市民，讓歷史建築化身為可居住、共享的空間，促進社區內商戶與居民的親近關係，她的例子正好闡述了項目背後的理念。

從 Simon 發起的商戶活動串連到士丹頓街項目由未活化前的破舊唐樓轉型為共居文化基地，這些行動體現了市區更新不僅關乎空間改造，更關乎人的連結與歸屬感重建。在這裏營商不再只是為利潤而存在，更是成為文化承載者、社區參與者。記憶在這裏轉化為商機，舊空間被賦予新生命，當經濟活動與社區使命相遇，讓文化以可持續、共創的形式延續，一步步實現真正可持續的社區創生。

Karying, current resident of the Staunton Street project, is a dedicated sports therapist who has been a driving force behind Habyt's community activities. Frequently hosts fascia relaxation classes, Karying is devoted to promote body wellness and mindfulness lifestyle, utilising the vibrant community space that nurtures bonding in between individual businesses unit and the community.

From the revitalization of Staunton Street Project, "The Local's Guide" programme and individual units like Karying, from dilapidated tenement houses into a co-living community hub, economic activities blended with community perspectives and collective memories would transcend urban renewal physical renovations to rekindling community connections and to foster sense of belonging, giving new life to old spaces.



士丹頓街項目引入了不少精選商舖，例如生昌焙豆、Green Egg Store、JPS Gallery 等。
H19 has introduced a number of curated stores, such as Sang Roastery, Green Egg Store, and JPS Gallery.

年輕長者再展人生：促進文化與社區發展

「地膽遊中」計劃以創新模式推動社區可持續發展，透過招募長者擔任社區導賞員，不僅推廣在地文化，更直接呼應聯合國可持續發展目標（SDGs）中的兩大核心——SDG 11「建構包容、安全、韌性及永續的城市與社區」與 SDG17「建立多元夥伴關係，促進永續目標實現」。該計劃不僅是一項文化導賞活動，更成為許多年輕長者開啟「第二人生」的契機。



一眾地膽導賞員出席嘉許禮活動，標誌著「地膽遊中」計劃圓滿成功。
Local docents attended the award ceremony, marking the successful completion of the "Touring Central with Locals" programme.



Young Old, New Beginnings:
Fostering Culture and Community Development

“Touring Central with Locals” utilizes an innovative approach to promote sustainable community development by involving “young old” adults as docents. The programme echoes two core United Nations Sustainable Development Goals (SDGs), particularly SDG Goals 11—aiming to create inclusive, safe, resilient, and sustainable cities and communities—and SDG Goals 17, focusing on establishing diverse partnerships to drive sustainable development. From merely a docent tour; this programme is an invaluable opportunity for participating young old docent to start on “The Second Life.”

計劃自推出以來，市民反應踴躍，報名參加人數高達 **2,000 人**，反映出香港人對社區歷史與文化的關心並未被高樓大廈抹去。尤其令人感動的是，當中有超過 **150 位 55 歲或以上** 的年輕長者積極報名參與，其中 **57 位** 成功完成培訓，搖身一變成為導賞員。他們以人生閱歷為導覽地圖，帶領了超過 **60 場** 社區導賞團，讓 **600 多名** 市民重踏熟悉又陌生的街道，重新認識城市的底蘊與脈絡。參與者都表示，通過「地膽」的介紹，普羅大眾都能夠重新認識中上環、對城市保育的工作多了一份理解。

在社會日漸老齡化的背景下，這類活動顯得更具意義。據政府統計處 2025 年資料顯示，香港 55 至 74 歲年輕長者於 2024 年已超過 220 萬人。許多人退休後面臨角色轉變與生活目標的缺失，亟需重新尋找人生定位。救世軍作為社會服務的先行者，十分重視全人的照顧和發展，深信「銀髮力量」是社會的重要資源。救世軍油尖長者綜合服務高級主任邱文俊（Matthew）認為，年輕長者擁有豐富的人生經驗和智慧，他們的參與能夠為社區帶來獨特的見解和創新思維。這股力量不僅能夠促進社會發展，還能夠激勵年輕一代，讓他們認識到年齡不是限制，而是一股極具潛力的資本和社區動力。

救世軍作為推動「城蹤遊」的合作夥伴，正好展現了救世軍為年輕長者進行第二人生規劃的決心，打造別具意義、價值、創新的平台，讓他們在「人生下半場」活出更豐盛精彩的篇章。Matthew 提到「香港擁有濃厚的歷史底蘊與無限的旅遊潛力，而年輕長者的生活經驗及人生閱歷，正是生命價值傳承的重要力量。『城蹤遊』不僅是一次文化探索，更是一次社會資本的重塑，讓年輕長者能夠積極參與社區的建設，為市民帶來新的本地旅遊體驗，促進香港本地保育及文化傳承的可持續發展，並在旅遊業務及經濟的發展中發揮重要作用。」

救世軍油尖長者綜合服務高級主任
邱文俊（Matthew）。

Service Supervisor, The
Salvation Army Yau Tsim
Integrated Service for Senior
Citizens, Mr YAU Man-chun,
Matthew.



Over 150 young old who **aged 55 or above** are interested to be the docents, with **57 of them** are participated and completed the training. Docents led for **over 60 tours** with their personal experience, guiding **over 600 locals** to explore Central & Sheung Wan. The programme received an enthusiastic response from the public with **over 2,000 enrollment** for joining the tours! This remarkable turnout highlights the interest of locals in understanding community history and culture to discover the city's rich heritage and stories. Participants could gain a renewed appreciation for Central & Sheung Wan and deepening their understanding of conservation works by participating the tours.

As an aging society, Hong Kong is habituated with over 2.2 million young old (aged 55 to 74) in 2024. Some retirees might face a shift of role, under this circumstance, the “Touring Central with Locals” might come to place as one of a meaningful opportunity to a rediscovery journey of their lives.

The Salvation Army, as a pioneer in social services organisation, places great emphasis on holistic care and development, under the motif of “Power of Silver Hair” as an essential resource for society. Matthew Yau, Service Supervisor of The Salvation Army Yau Tsim Integrated Service for Senior Citizens, believes that young old possess rich life experiences and wisdom, and their involvement brings unique insights and innovative thinking to the community. This strength not only fosters social development but also inspires the younger generation to recognize that age is not a limitation, but rather a valuable asset and driving force in the community.

這些成果的取得，離不開各協作機構及持份者的攜手合作與交流，不僅成就年輕長者的社會角色轉化及成長，更為銀髮導賞服務的拓展奠定良好的基礎。救世軍期待繼續與各界攜手，開闢長者的社區參與新途徑，共同創造專業發展、社區營造及文化傳承的三贏效益，共建充滿人情味及關愛的社區。

「地膽遊中」不僅為長者提供了重新參與社會的機會，也透過社交媒體獲得超過 **30,000 人次** 的觸及量，讓街坊的聲音不再局限於小區之內，而是透過網絡擴散，成為城市記憶的公共財產。

為延續計劃影響力，市建局出版《地膽語錄》，本書不僅輯錄導賞員的精彩故事，還系統性地呈現了整個「地膽遊中」項目的發起背景、理念框架及實踐歷程，讓未能參加導賞團的市民，不單只看「圖」遊中，更可以細閱「語錄」，一併感受導賞員的故事。



活動現場的長者義工，發揮興趣所長，繼續退而不休。

Young senior volunteers introduced the programme at the awarding ceremony.

The Salvation Army is a key partner in the implementation of "Touring Central with Locals", which demonstrates the commitment to support young old in crafting their "second life." This programme aims to create value, encouraging young old docents to live vibrantly and have a new chapter stepping into their early elderly life.

"Hong Kong is rich in history with limitless tourism potential, the experiences and wisdom of young old docents are vital forces in passing on the knowledge and life values. The programme is a cultural exploration, also a reimagination of social capital, enabling young old to able to actively "take part" in community affairs, concurrently providing new cultural travel experiences to the public." said by Matthew.

The achievements of the programme are the result of collective efforts and support from various partners and stakeholders. This collaboration supports a huge leap for the young old participants and also establishes a solid foundation for the expansion of "silver touring" services. The Salvation Army is excited to continue working alongside all parties, opening up new pathways for elderly to engage with communities, and together creating a winning trifecta of professional development, community making, and cultural preservation— while fostering a caring and compassionate community.

The programme not only offers early elderly to re-engage with society, but also engage media interest with clippings reached **over 30,000 people** through mass and social media. Voices of the community are no longer confined to local neighbourhoods only, it transformed into a public treasure of the city by disseminated on Internet.

URA published *Verbal Recollection: Touring Central with Locals* to sustain the influence of programme, the book not only compiles the inspiring stories of docents but also presents the background, framework, and journey of the "Touring Central with Locals" programme. For the locals who couldn't attend the tours, they can experience the essence of the docents' stories through the pages.



儘管目前計劃已經圓滿落幕，但「地膽」的「第二人生」才剛剛開始。對他們而言，這是一場自我重拾的歷程，回憶不再是被時間淹沒的片段，而是被尊重、被聆聽、被珍藏的文化資產。尤其是對長者來說，能在社區中重新建立價值與角色，不僅令人感動，更為「健康老齡化」（提高長者的生活品質，最大程度優化其健康、社會參與和保障機會的過程）注入了實際意義。這項計劃讓不同時代、不同背景的人，都可以在這片空間中找到自己的位置。這種由內而外的連結，正是建構健康社區的根本。

Although the programme has successfully concluded, the "second life" of the docents has just begun. This is a journey which docents' memories are no longer overshadowed by time but they are valued, listened, and cherished as cultural assets. When elderly can re-establish value and roles in the communities, it provides tangible meaning to the concept of "healthy aging"—enhancing the quality of life while improving health, social participation, and equal opportunities of elderly. This programme makes people from different generations and backgrounds can be connected, which is essential for building a healthy community.

市建局、香港旅發局代表與導賞員 Johnny 於嘉許禮上交接「地膽遊中」主題地圖及《地膽語錄》，象徵導賞員的故事及中上環的人文歷史會繼續傳承下去。

The Urban Renewal Authority (URA) and Hong Kong Tourism Board (HKTb) handed over the "Touring Central with Locals" map and *Verbal Recollection: Touring Central with Locals* to Johnny, symbolizing the continuation of the stories shared by docents and the cultural heritage of Central and Western District.

1.2

如何育成 「地膽」導賞員？

How Are Docents Nurtured?

由市區重建局、中環街市及救世軍合辦的導賞計劃，培訓年輕長者成為導賞員，向公眾人士介紹中上環的歷史古蹟和發展項目，推廣共融和可持續的城市發展理念。該計劃為 **57 位**「地膽」提供為期兩個月的導賞訓練：

The Urban Renewal Authority, Central Market, and the Salvation Army have partnered to launch the programme, apart from training young old to become docents, they introduce the public to the historical sites and development in Central and Sheung Wan, while advocating for sustainable urban development after training finished. The programme features two months training for **57 young old** participants before the tours start:

Training Highlights 訓練亮點

1

歷史課程：香港歷史專家鄭寶鴻老師透過老照片、地圖與口述歷史，講解中上環的歷史典故與人文故事。

Historical Lessons: Hong Kong history expert Cheng Po Hung utilizes old photographs, maps, and oral histories to narrate the rich history and cultural stories of Central and Sheung Wan.



2

導賞內容及路線設計課程：聚焦導賞服務的設計方法，教授導賞員如何將歷史知識轉化為導賞內容，包括：觀眾分析、路線節奏安排、互動環節設計及多媒體輔助技巧。

Tour Design: The programme emphasizes the design of tour routing and relevant skills: content selection, as well as analysis, pacing, interaction, and visual aids.



3

講故事技巧課程：導賞員需具備闡述故事能力並運用聲音表情、肢體語言與懸念技巧，將平實的歷史轉化為生動敘事。

Storytelling: Docents are trained to narrate their stories effectively with voice control, body language etc to make history come alive.



4

導賞實踐練習：演練導賞員設計的路線與內容，導賞員需要克服緊張情緒、掌握時間分配並觀察觀眾反應。

Practical Tour Exercises: Docents practiced to manage emotion, time control etc during trial tours.



「地膽遊中」嘉許禮：導賞員於嘉許禮中獲頒發「地膽」導賞員證書，代表完成是次導賞服務實踐。

Award Presentation Ceremony: Docents are awarded the certificates in the ceremony, celebrating their completion of the programme.



1.3 「地膽遊中」計劃大事點

Key Milestones of the "Touring Central with Locals"

6月-7月
June - July

市建局在中上環推出「城蹤遊」活動 (CityWalk)，夥拍救世軍及中環街市，展開「地膽遊中」導賞員的招募工作。
The Urban Renewal Authority launched the "CityWalk" in Central and Sheung Wan, partnering with the Salvation Army and Central Market to kick off the docent recruitment of "Touring Central with Locals".

8月-9月
August-September

針對 57 位導賞員展開一系列培訓課程，內容包括：闡述中上環歷史、創意思維以及演說技巧訓練班。
Training began for 57 docents, covering topics such as the history of Central and Sheung Wan, creative thinking, and speaking skills.

10月
October



導賞員開始「實戰」，香港旅遊發展局代表及多名旅遊業界人士參加「試驗團」。
Docents conducted a trial tour which attended by representatives from the Hong Kong Tourism Board and various tourism industry professionals.

11月
November

市建局推出「地膽遊中」地圖，讓「城蹤遊」更全面：在籌備導賞團時，市建局團隊特邀中國美術學院（國美）參與 ARTech 新熱點計劃，推出五個以中上環歷史文化為靈感的擴增實境（AR）打卡點。
URA launched the "Touring Central with Locals" map to enhance experience of the "Touring Central with Locals". At the meanwhile, URA also invited the China Academy of Art (CAA) to collaborate in a community creation project, using digital art to design five augmented reality (AR) technology check-in points that inspired by the historical culture of Central and Sheung Wan.

11月9日
9 November

首團「地膽遊中」導賞正式出發，為本地市民提供中上環社區導賞服務。
"Touring Central with Locals" officially started, providing docent tours in Central and Sheung Wan for locals.



12月20日
20 December



「小街道 大聯盟」地膽推介啟動禮舉行，串連超過 30 間中上環地區商戶推出各項消費優惠，振興經濟。
The "Backstreet Alliance - The Local's Guide" programme launched, connecting over 30 merchants in Central and Sheung Wan to offer various discounts, boosting the local economy.

1月15日
15 January

「地膽遊中」導賞團圓滿結束，共推出超過 60 個導賞團、超過 600 名市民參加，市民反應相當熱烈。
"Touring Central with Locals" programme concluded and offered over 60 tours with more than 600 participants and received enthusiastic feedback from the public.



1月24日
24 January

於中環街市舉行了中上環 2024「城蹤遊」——「地膽遊中」嘉許禮，表彰 57 位「地膽遊中」導賞員的貢獻。
An award presentation ceremony is held at Central Market to honour the contributions of the 57 docents who participated in the programme.



2024

2025

CHAPTER 2

第二章

地膽 遊中

Touring Central
with Locals

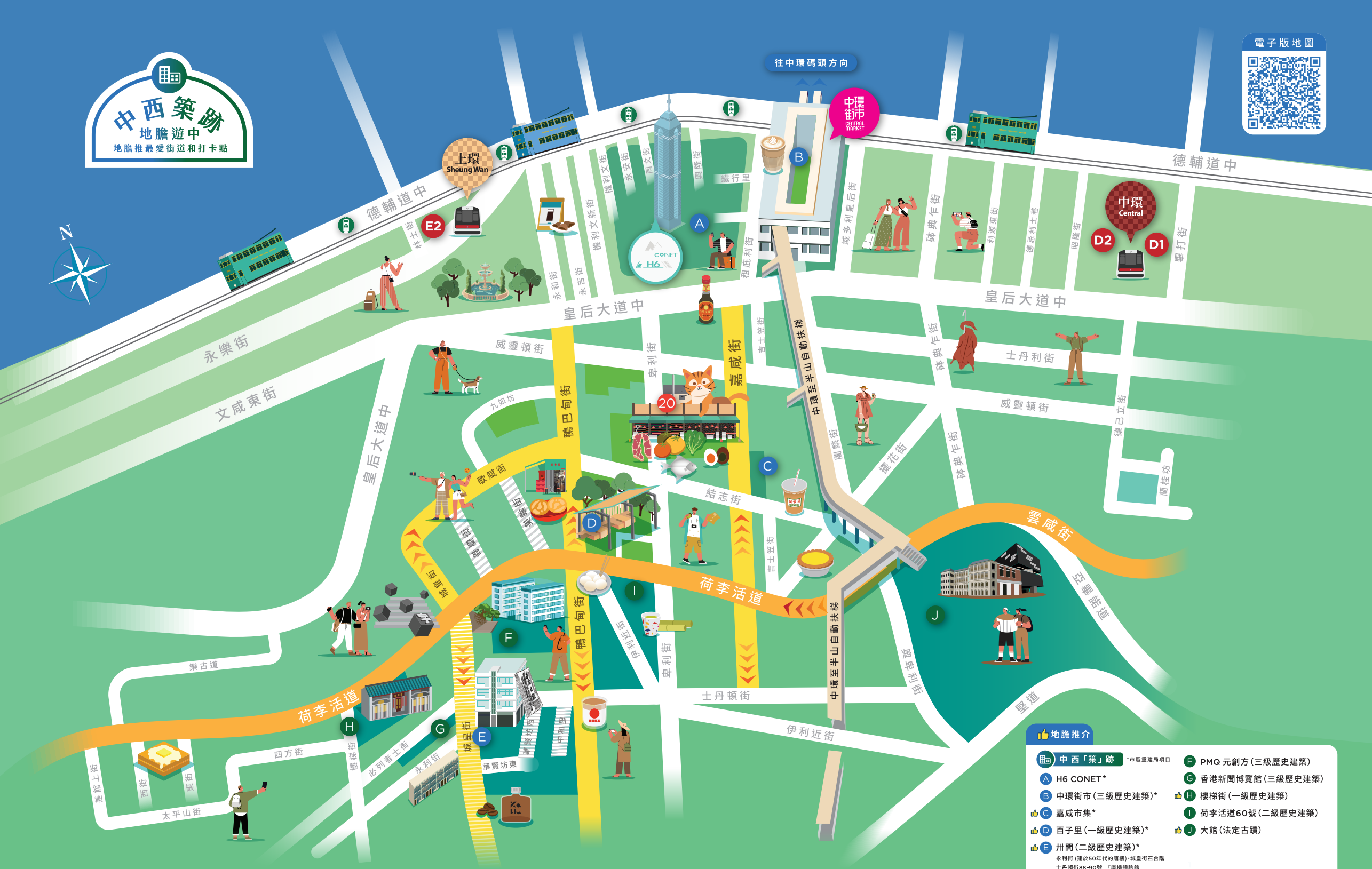


中西築跡

地膽遊中

地膽推最愛街道和打卡點

電子版地圖



地膽推介

- | | |
|-------------------------|---------------------------|
| 中西「築」跡 *市區重建局項目 | F PMQ 元創方 (三級歷史建築) |
| A H6 CONET* | G 香港新聞博覽館 (三級歷史建築) |
| B 中環街市 (三級歷史建築)* | H 樓梯街 (一級歷史建築) |
| C 嘉咸市集* | I 荷李活道60號 (二級歷史建築) |
| D 百子裡 (一級歷史建築)* | J 大館 (法定古蹟) |
| E 卅間 (二級歷史建築)* | |
- 永利街 (建於50年代的唐樓) - 城皇街石台階
士丹頓街88-90號 - 「唐樓體驗館」

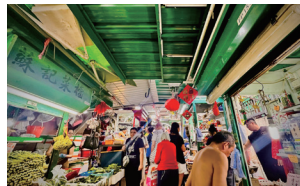
- A H6 CONET***
中環皇后大道中 99 號中環中心地下
「連繫社區、讓市民共享」的空間，提供場地舉辦社區活動。



- B 中環街市（三級歷史建築）***
皇后大道中 93 號及德輔道中 80 號
建於 1939 年，採用現代流線型建築風格，兩邊主入口設水磨石大樓梯。



- C 嘉咸市集 ***
嘉咸街 26A-C
百年露天市集，擺滿小販攤檔，售賣新鮮蔬果、糧油雜貨及食品。



- D 百子里（一級歷史建築）***
結志街與鴨巴甸街交界
「孫中山史蹟徑」其中一站，「輔仁文社」舊址，現活化為百子里公園。



- E 卅間（二級歷史建築）***
士丹頓街及城皇街一帶
「卅間」起源有傳為富商購入士丹頓街的三十幢唐樓而得名。



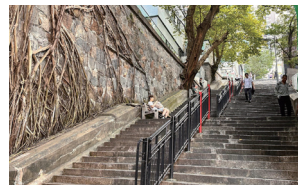
- 永利街 ***
建於 50 年代的戰後唐樓建築群，獲獎電影《歲月神偷》的取景地點。



- 士丹頓街 88-90 號（二級歷史建築）***
一樓為「唐樓體驗館」，館內還展出生活舊物及保留唐樓的建築特色。



- 城皇街石台階**
以花崗岩建成，沿樓梯拾級而上，榕樹石牆及社區壁畫映入眼簾。



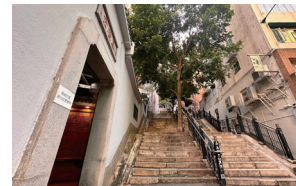
- F PMQ 元創坊（三級歷史建築）**
鴨巴甸街 35 號
前已婚警察宿舍，現已活化為匯聚本地創作企業家的空間。



- G 香港新聞博覽館（三級歷史建築）**
必列者士街 2 號
前必列啫士街街市，現為一座以新聞傳媒為主題的展覽館及教育中心。



- H 樓梯街（一級歷史建築）**
荷李活道文武廟旁
建於 1841 年，以樓梯組成的街道，護土牆、樹牆及石護欄等建築保留至今。



- I 荷李活道 60 號（二級歷史建築）**
戰前唐樓。露台、扶欄、立柱及簷楣等建築風格，受新古典主義及裝飾藝術影響。



- J 大館（法定古蹟）**
荷李活道 10 號
前中區警署建築群，法定古蹟，現活化為歷史古蹟及文化藝術館。



2.1

中西「築」跡：
故事裏的古蹟漫遊Chinese and Western Architecture:
A Historical Landmark Adventure

整個「地膽遊中」計劃分成三條路線以及四個主題，分別是「中西『築』跡」、「餐店老饕」、「藝聚城牆」及「光影經典」。

「中西『築』跡」是「地膽遊中」導賞團中專注於中上環地區的歷史與建築主題路線。參加者將通過半山扶手電梯探索整條路線，走訪中環街市、大館、PMQ，這些景點構成了所謂的「中環歷史文化大三角」，雖景點數量不多，但各具特色。

The "Touring Central with Locals" programme focused on three routes and four themes, including: "Chinese and Western Architecture", "Culinary Icons", "Artistic Murals" and "Movies Classics."

The "Chinese and Western Architecture" is dedicated to the historical and architectural gems of Central and Sheung Wan. Participants will navigate the area through the Mid-Levels Escalator, visiting iconic buildings like the Central Market, Tai Kwun, and PMQ. These buildings created what is known as the "Cultural Triangle of Central" and each building tells its own story.



負責帶導賞團的幾位「地膽」被問到為何選擇「歷史建築」作為主題時，他們不約而同地表示，對中上環的建築充滿感情。看見這些被保存與活化的舊建築，總令他們回想起童年在此遊玩的時光、暑期打工的歲月，以及往日中環處處洋溢人情味的景象。那麼，在這條「中西『築』跡」路線上，他們又將如何訴說一段段與眾不同的往事？

「卅間」衣食住的生活場所

灰白的上海批盪、平滑的水磨石樓梯、士丹頓街的街角與微風，身處中環「卅間」戰後唐樓群之中，導賞員 Winnie 想到從前。兩邊密密麻麻的攤檔在眼前延伸，販賣乾貨、毛巾、菜肉，她幼時身穿的荷李活道官立小學的白恤衫、藍褲校服也是在這兒購買。媽媽說：「你在這裏等我，我去買餸。」Winnie 走進寶賓茶室等候，隔窗看街，眼角瞥見櫃內西餅，嘴饞。媽媽拿著菜回來，在茶室放下一元，買走一袋蛋糕碎，Winnie 笑得開懷：「有西餅食！」

她在中西區長大，隨家人住過三幢唐樓。兩歲時住在西營盤第一、二街戰前唐樓。記得有一回，她從三樓樓梯不慎跌下二樓，「砰」一聲，鄰居們衝出來關心，好一會兒她才「嘩啦嘩啦」大哭，眾人鬆一口氣說「識得喊即係未死」。這件帶淚的經歷讓人想像到戰前唐樓的建築特色——樓梯筆直不轉彎、階梯木造無窗，只靠出口一處透進陽光，室內無比漆黑。雖簡陋破落，但唐樓生活既熱鬧又令人懷念，「因為人多、小朋友多。第一代唐樓雖是一梯一伙，但通常由二房東隔出多間租給人住，一層便有二三十人居住。」

「地膽」導賞員 Winnie 娓娓道來兒時於唐樓居住的回憶。

Winnie shares fond memories of her childhood in tenement buildings.



For the docents who chose "Chinese and Western Architecture" as the theme of their tours, they expressed the deep connection to the architecture of Central and Sheung Wan. When seeing the preserved and revitalized buildings, docents reminisced about the memories of their childhood, youth and the stories in the early days of Central.

How will docents narrate their stories along the "Chinese and Western Architecture" route?

The living space in the "Thirty Houses"

Amid the grey-white Shanghai plaster terrazzo stairs and the corners of Staunton Street, Winnie who is the docent of "Touring Central with Locals" reminisced the memory of her childhood. She studied at Hollywood Road Government Primary School and purchased her school uniform in the market where dried goods, towels, vegetables and meat were sold. "Wait for me here; I am going to buy groceries." Winnie's mother said, Winnie then waited for her mother at Po Pan Teahouse and stared at the tempting pastries in the food cupboard. When her mother came back with the groceries and paid one dollar for the pastries, Winnie delighted "Yeah!"

Winnie grew up in the Central and Western District, she has lived in three tenement buildings with her family at her childhood. She was tumbled down the stairs of a pre-war tenement on First and Second Streets in Sai Ying Pun when she was two years old, landing with a thud on the second floor. Neighbours rushed out to check on her and only after she cried out, they relaxed and said "Crying means she's alive." This poignant experience gives an imagination of the architectural characteristics of pre-war tenements—straight staircases, wooden steps, no windows, relying on a single exit for sunlight, indoor was complete darkness. "The first generation of tenements often rented out by subletters, typically housed 20 to 30 residents on each floor, there were so many people and children." Despite the tenement was dilapidated, life in there was lively and nostalgic.



後來，Winnie 爸爸在吉士笠街 4 號地下開舖造貨運木箱，她記得唐樓後面天井大多設置廚房廁所，小時候幫忙洗碗要避開在地面高速跑過、像貓一樣大小的老鼠。後來他們又搬到卑利街 75 號戰後唐樓居住，兄弟姊妹 8 人日日抱著水磨石樓梯滑下來。雖然當時法例規定樓梯要有窗，但晚上無街燈時還是要摸黑上下。唐樓地面也由木板變花磚，一塊塊小階磚拼出一個個大圖案。「像現在的唐樓體驗館（士丹頓街 88 號及 90 號），那裏有展示一個碌架床，我都會和參加者說，這張床的上層有欄柵，已經是後期的款式，因為我弟弟小時候不止一次在沒有欄柵的上格床跌下來，幸好沒事。」

這是一九六、七〇年代的中環，唐樓的時代。

Winnie's father later started a business on the ground floor of No. 4 Gutzlaff Street which produced wooden shipping crates. Winnie reminisced the kitchen and the bathroom were at backyards of the tenements, when she washed dishes in the kitchen, she often saw mice which big as cats darted across. Eventually, they moved to a post-war tenement at No. 75 Peel Street, where eight siblings to slide down the terrazzo stairs every day. Although windows installation on the staircases are required by law, residents still had to navigate in the dark without streetlights at night and the floors then shifted from wooden boards to patterned tiles which small tiles assembled the patterns.

“There is a bunk bed displayed in the Tong Lau Experience Room at No. 88 and 90 Staunton Street, I share with the participants that the upper bunk with railing is a new model. My brother fell from the upper bunk without railings more than one time, but thankfully he was fine.” Winnie said.

Central during the 1960s and 70s was the era of tenements.

Winnie 小時候亦會於店內，幫爸爸做整理及包裝工作。

Winnie helped her father with organizing and packaging tasks in the store during her childhood.



卅間 The Thirty Houses

(其中的士丹頓街 88 及 90 號為二級歷史建築)
(No.88 &90 Staunton Street
is graded as Grade II historic Building)

相傳，卅間名稱起源是因為富商購入士丹頓街的三十幢石屋而來。每年農曆七月卅間會舉辦孟蘭勝會，該傳統保留至今。此外，卅間亦曾為香港報業及印刷業重地，《華僑日報》創辦人陳楷和岑維休亦曾是士丹頓街 88 及 90 號住客。

士丹頓街項目於 2023 年完成活化，該 88 及 90 號一樓活化成唐樓體驗館及共居空間，華賢坊除了共居空間外，亦有社區客廳，華賢坊東則設有社區苗圃。

The name "Thirty Houses" is derived from legend, a wealthy businessman who acquired thirty stone houses along Staunton Street. In every lunar month of July, Yu Lan Cultural Festival which is a tradition that has been preserved, is held in the "Thirty Houses". Furthermore, "Thirty Houses" was a vital base for Hong Kong's newspaper and printing industries, Chan Kai and Shum Wai-Yau, the founders of *Wah Kiu Yat Po* (*Overseas Chinese Daily News*), were lived at No. 88 & 90 Staunton Street.

The Staunton Street project was revitalized in 2023, the first floor of No. 88 & 90 Staunton Street has revitalized to "Tong Lau Experience Room" and co-living space. In addition to the co-living space, Wa In Fong West features a community room, while Wa In Fong East includes a community farm.

士丹頓街及城皇街一帶
Staunton Street and the vicinity of Shing Wong Street

中環街市舊日人情味

而中環街市則是另一「地膽」Emily 的天地，當時需要送貨的媽媽在工作期間會將只有幾歲大的 Emily 和弟弟暫放在街市，「食這裏是有錢人媽姐（女傭）『打牙骹』和買餸的地方，相較安全。」（其時有拐子佬，但因社會重男輕女，拐男不拐女）。Emily 自稱當時是中環街市小霸王——和弟弟倒著滑下水磨石樓梯，各自跳進竹籬要挑擔師傅抬起，與家人齊蹲在雞檔看人揀雞吹屁股兼配音「谷——」然後咯咯大笑。在四層街市跳上跳下到處跑，熟稔店家不時贈他們小食醫肚，她還記得那些有點爛掉、賣不出去的多啤梨，「為什麼要哄小孩呢？因為知道媽媽還沒來到，你很餓了，這是舊時才有的情。」

Emily 在中環街市回憶兒時快樂時光。

Emily reminisces about her joyful childhood at Central Market.



The Nostalgic Charm of Central Market

Central Market was a vibrant playground for Emily, when she was young, she and her little brother stayed at Central Market when her mother was working. "At that time, the maids from wealthy families shopped for groceries in Central Market, which made it seem like a safe place." Emily said. (Old Hong Kong was a masculine society, therefore young boys were targeted for child abduction.)

"Little tyrant of Central Market" was Emily's nickname at her childhood. She and her brother gleefully slide down the terrazzo staircases, leaped into bamboo baskets, and watched people how to select chickens, and Emily mimicked the sounds of the chicken with a joyful "Gok—" and her family laughed. As she and her brother dashed around the market, stall owners often treated them to slightly overripe strawberries. "They knew we were hungry when waiting for Mom, this was the sweetness of old memories." Emily said.



在舊街市中常見的紅色罩燈，就成為了照雞蛋用的經典「雞蛋燈」，加上外型獨特，成為傳統街市文化的象徵。

In the old market, the most popular red lamp shades became the classic "egg lights" for illuminating eggs. With their unique appearance, they gradually become a symbol of traditional market culture.

帶導賞團時，Emily 會領著參加者到街市地下看看兩款雞蛋燈——傳統紅色與新式金色：「我們不會忘記歷史，但我們都會前進。中環街市曾經圍封了很多年，是經過保育人士、建築師學會一番努力才成功爭取保留，在進行活化工程時，市建局亦特意請上海師傅來修復街市內的水磨石樓梯。」

As a docent, Emily enjoys showing participants with the two styles of "egg lights"—traditional red and modern gold at the ground floor of Central Market. "We should honour our history, Central Market was closed for many years, but thanks to conservationists and architects, we now can see it again. During the revitalization works, the Urban Renewal Authority even invited craftsmen from Shanghai to renovate the beautiful terrazzo staircases." Emily said.

Emily 小時經常和弟弟在中環街市倒著滑下水磨石樓梯，數十年後還是記憶猶新，恍如昨日。

Emily often slid down the terrazzo stairs of Central Market with her brother. Decades later, the exhilarating moments are still fresh in her mind.



對中環街市懷有特殊情感的，還有 Ceci，她丈夫小時候在堅道居住，常常在中環街市流連：「他覺得這裏雖然骯髒凌亂，但有很多東西看、很繁忙，還常常有人請他吃東西，真的很開心。」

Ceci 的導賞方式較著重人情味和生活化，例如在得知建於 1939 年的中環街市當年造價 90 萬元，她便問當時的物價是怎樣呢？原來當時橡膠鞋廠熟練工人最高日薪是 5.1 元、人力車夫日薪最多 6、7 毫子，1 元可以買到 10 磅米或 5 磅麥包，「讓參加者更容易和你貼近，想像多一點。」她認為導賞團最重要是引起參加者的好奇心，帶動他們和環境互動，而非單純灌輸知識，「可能將來變成由他們去告訴別人，當年我 12 歲，有一天媽媽帶我去中環聽了一個故事。這樣，將故事繼續傳下去。」



Ceci 以妙問妙答的方式與參加者互動，令導賞內容更有趣。
Ceci interacts with participants through Q&As, making the tour content even more engaging and fun.

Ceci has a special bond with Central Market as well. Her husband lived on Caine Road when he was young and often spent time at the market. "He thought the market was dirty and messy, but there were so many amazing happenings. People often treated him to food, which made him really happy." Ceci said.

Ceci focused on sharing community stories and daily lives in the past during tours. For instances, when she found that Central Market was built in 1939 at a cost of 900,000 Hong Kong dollars, she asked the participants if they know the cost of living at that time - a skilled worker worked at a rubber shoe factory earned a daily wage of 5.1 Hong Kong dollars, while rickshaw pullers made about 60 or 70 cents a day. One dollar could buy 10 pounds of rice or 5 pounds of wheat bread. "This made participants much easier to relate and imagine." she said. She believed the key to a successful docent tour was to ignite participants' curiosity and encouraged interaction with the surroundings, rather than simply imparting knowledge. "Perhaps in the future, the participants will share the stories with others - 'When I was 12, my mom and I listened to a story in Central.' I think this creates a legacy that continues on." Ceci said.

歷史景點逐個睇 Exploring Historical Landmarks:
A Journey Through Hong Kong's Cultural Treasures

中環街市 Central Market

(三級歷史建築)
(Grade III Historic Building)

皇后大道中 93 號及德輔道中 80 號
No. 93 Queen's Road Central and
No. 80 Des Voeux Road Central



建於 1939 年，採用現代流線型建築風格，兩邊主入口設水磨石大樓梯。內設成排成列的混凝土檔口，魚、豬、牛、菜、蔬果攤檔設計和尺寸均不相同，在當時是一個劃時代的人性化設計。於 1990 年被列為三級歷史建築，2003 年關閉，終在 2021 年完成首階段活化並向公眾開放。

Central Market was built in 1939, it featured a modern streamlined architectural style with terrazzo staircases at both main entrances. There were rows of concrete stalls in the market, each of them was uniquely designed and sized for selling fish, pork, beef, vegetables, and fruits—which was an innovative and human-centered design at that time. The market is designated as a Grade III historic building in 1990 and closed in 2003. It was reopened to the public in 2021 after the completion of the first phase of revitalization.



修復前的中環街市內部。
(照片提供：鄭寶鴻先生)
Interior of Central Market
before revitalization.
(Photo by Mr. Cheng Po
Hung)

半山電梯如時光隧道

從「卅間」到中環街市，中間接駁著的是一條半山扶手電梯，導賞員 Yvonne 形容這條電梯像時光隧道，穿越百年歷史。

兒時在西營盤居住和在上環讀書的 Charles，常到家住堅道的同學家玩耍，他記得當年還未有半山扶手電梯，常常渾身是汗地跑上逾百級樓梯與斜坡才能到達同學家。幾十年過去，很多事物都變了，半山扶手電梯在 1993 年完工，荷李活道往上幾條街搖身一變成為蘇豪區，食肆酒吧林立。幸而，在年月的拆卸重建又推倒重來中，有些事物還是能夠留傳下來，諸如位於威靈頓街 75-77 號的通善壇。



三位「地膽」Yvonne（左）、Charles（中）、Steven（右）在中環街市憶當年，互相分享他們的兒時成長故事。

Yvonne (left), Charles (middle), and Steven (right)—sharing their childhood stories with each other at Central Market.



The Mid-Levels Escalator: Turn Back the Clock

Mid-Levels Escalator connects Central Market and “Thirty Houses”, Yvonne thinks that the escalator serves as a fascinating time tunnel which brings back a century of history.

Charles who spent his childhood in Sai Ying Pun and studied in Sheung Wan. He reminisced the days before the escalator was built, he was drenched in sweat from ran up the daunting stairs to visit classmate's home on Caine Road. Over the years, the escalator was completed in 1993, turning several streets next to Hollywood Road into the lively Soho district which filled with restaurants and bars. Amid the constant changes of demolition and construction, some treasures have quietly endured, like the Tung Sin Tan at No.75-77 Wellington Street.

小時候 Charles 常聽父母說通善壇安放著爸爸契媽的神主牌，只是父母從不帶他前往拜祭。橫跨數十載，Charles 因為這次要設計導賞路線，才得以細細地重遊中環，最驚喜的是他發現通善壇仍然安然屹立，「帶導賞時，所有人都是朝電梯上看，但這幢建築是必須回頭才看得見，參加者都會很驚訝，在這個摩登商廈林立的地區，竟然有一座中式外牆大廈。」他很想藉著導賞，鼓勵大家多多觀察四周：「周圍環境其實有很細小的事物，可以慢慢欣賞。很多香港人住的地方，旁邊不只有超市、食店，其實還可以發掘很多東西。或者要有人指一指，你才發現有些東西是比較特別和值得留意的。」

Charles often heard stories that the temple housed memorial tablet of his father's godmother, though his parents never took him to visit. Decades later, while he was designing the tour route, he re-explored Central and surprised to find that the Tung Sin Tan is still stood strong. "When I lead tours, everyone gazed up at the escalator, but you have to turn around to see Tung Sin Tan. Participants are always astonished to find such a building amidst the skyscrapers—an architectural gem with a Chinese façade right in the city center." Charles inspired participants to observe their surroundings: "Many areas in Hong Kong have more than just supermarkets and eateries; there is a treasure trove of discoveries waiting to be uncovered. Sometimes, it just takes a little nudge to see the special around us." Charles said.





百子里公園內刻有輔仁文社當年的中英社訓，紀念當年辛亥革命。
The inscription inside Pak Tsz Lane Park was the motto of the Furen Literary Society, commemorating the 1911 Revolution.

位置隱秘卻四通八達的百子里公園

若覺得中環鬧市過於繁囂，不妨離開行人天橋，轉入地面街道，沿嘉咸街漫步至結志街。在窄巷轉角處，你會發現這裏隱藏著一座連周遭居民都未必留意的公園——百子里公園。

Pak Tsz Lane Park : A Hidden Gem with Great Connectivity

If the hustle and bustle of Central is too much for you, why not stroll down to the street from the mid-level escalator? Walk along Graham Street to Gage Street, you will find a park that even the locals might overlook—Pak Tsz Lane Park.

電影《十月圍城》開場中，孫中山創立的興中會首任會長楊衢雲（由張學友飾演）在「輔仁文社」講課後遭清廷暗殺，而「輔仁文社」舊址，正是現在的百子里公園。

導賞員 Ella 神情專注地解釋：「這裏設有五個通道。當年革命家為了隱蔽行蹤，必須如忍者般謹慎，不讓外人掌握他們的動向。」百子里公園在荷李活道、鴨巴甸街、結志街都有出口，但 Ella 帶團時曾經窄巷進入公園，讓參加者親身感受歷史。「我會告訴參加者，現時站的地方，是 1911 年辛亥革命的發源地。」環顧公園四周，雖被唐樓建築包圍，但公園由橫街窄巷貫穿、四通八達，即使炎夏仍有涼風輕拂。

In the opening of the film *Bodyguards and Assassins*, we see Yeung Ku-wan (portrayed by Jacky Cheung), the first president of Xingzhonghui (Revive China Society that founded by Dr. Sun Yat-sen), was being assassinated after a lecture at the "Furen Literary Society" which now is Pak Tsz Lane Park.

"This park features five entrances, the revolutionaries had to hide their tracks from outsiders." Ella passionately explained. The park has exits on Hollywood Road, Aberdeen Street and Gage Street, but Ella prefers to enter the park through the narrow alley during the tours, the participants therefore enjoyed the immersive experience of history. "I told the participants that they were at the birthplace of 1911 Revolution." While the park is surrounded by tenement buildings, it is interconnected by alleys, allowing a cool breeze to flow through even during the summer heats.

百子里四通八達，導賞員 Ella 指出其中一個在結志街的出口。
Pak Tsz Lane is well-connected and Ella highlights one of the exits on Gage Street.



走出公園，團隊回到街上。附近的必列者士街是孫中山 1883 年在香港求學時的住所，PMQ 則曾是他就讀的中央書院舊址。這一帶遍布孫中山求學與生活的歷史痕跡。

Ella 感嘆道：「自從參與這個計劃，我發現不必遠赴國外探尋歷史。其實留在香港，每天花點時間探索中環和西環，就算用上一整年，也走不完這些地方。百年的歷史看似遙遠，實則近在身邊。」

After leaving the park, the docents visited Bridges Street where was Dr. Sun Yat-sen's residence while he studied in Government Central School (the locale of today's PMQ) in 1883. This area is rich with historical traces of Dr. Sun Yat-sen.

"Since I joined this programme, I learned that there is rich history in Hong Kong, it could take a year to explore Central and Sheung Wan and still not cover the full stories. A hundred years of history is right here." Ella said.



1905 年，當時的皇仁書院（前稱中央書院）坐落於現時 PMQ 位置。（照片由鄭寶鴻先生提供）

The former Queen's College (formerly Government Central School) in 1905, was located where PMQ stands today. (Photo by Mr. Cheng Po Hung)



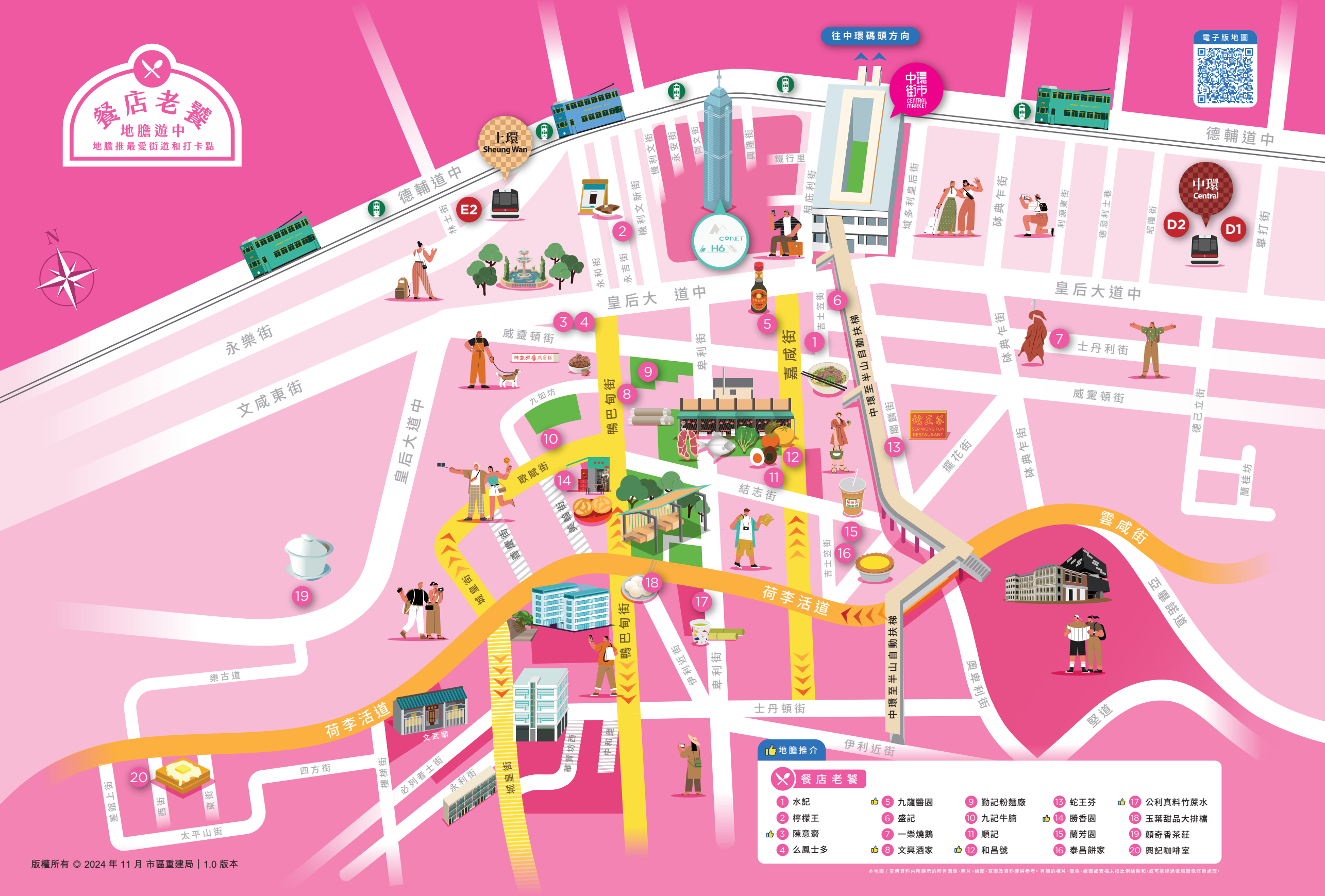
百子里 Pak Tsz Lane

（一級歷史建築）
(Grade I historic Building)

「孫中山史蹟徑」其中一站，「輔仁文社」舊址。「輔仁文社」創社人亦曾加入以孫中山為首的興中會。百子里位置隱蔽且有多個出入口，因此當年被選為革命行動的地方之一。現活化為百子里公園，在 2011 年辛亥革命一百周年時落成。

Pak Tsz Lane is part of the "Dr. Sun Yat-sen Historical Trail", where is the former site of the "Fu Ren Literary Society", the founder of the society was the member of the Xingzhonghui (Revive China Society that led by Dr. Sun Yat-sen). The hidden location and multiple entrances made Pak Tsz Lane was one of the bases for orchestrating revolutions. Pak Tsz Lane was revitalized into Pak Tsz Lane Park and opened to the public in 2011 and commemorated the 100th anniversary of the 1911 Revolution.

結志街及鴨巴甸街交界
Intersection of Gage Street and Aberdeen Street



地膽推介

餐店老饕

- | | | | | |
|--------|--------|---------|---------|------------|
| 1 水記 | 5 九龍醬園 | 9 勤記粉麵廠 | 13 蛇王芬 | 17 公利真料竹蔗水 |
| 2 檸檬王 | 6 盛記 | 10 九記牛腩 | 14 勝香園 | 18 玉葉甜品大排檔 |
| 3 陳意齋 | 7 一樂燒鵝 | 11 順記 | 15 蘭芳園 | 19 顏奇香茶莊 |
| 4 么鳳士多 | 8 文興酒家 | 12 和昌號 | 16 泰昌餅家 | 20 興記咖啡室 |

餐店老饕

1 水記 中環吉士笠街 2 號牌檔

專賣牛雜牛腩粉麵的大排檔，牛沙瓜一天只賣幾碗，極之珍貴；門簾炸雲吞，外皮香脆，餡味濃郁，值得一試。



2 檸檬王 永吉街 18 號地舖

老字號涼果店，鎮店之寶甘草檸檬，檸檬肉經醃漬成果乾，入口前灑上甘草粉，清新甘甜。



3 陳意齋 皇后大道中 176 號 B

中式糕餅小吃店，鎮店四寶：杏仁餅、燕窩糕、薏米餅及蝦子扎蹄，以全手工製作，送禮之選。



4 么鳳士多 皇后大道中 174 號舖

以傳統工藝製作各款「口立濕」的涼果專門店，話梅、陳皮、冬薑為么鳳三寶。



5 九龍醬園 嘉咸街 9 號

百年醬園，以古法生曬豉油，健康鮮味，行銷至歐美市場。



6 盛記 士丹利街 82 號

露天大排檔，保留地道街頭風味，各式風味小炒，鑊氣十足，椒鹽系列菜式最受歡迎。



7 一樂燒鵝 士丹利街 34-38 號金禾大廈地舖

家庭式的米芝蓮一星餐廳，招牌脆皮燒鵝以家傳秘方醃製。



8 文興酒家 威靈頓街 160-164 號曾昭灝大廈 2 樓

創於英國的中菜館，馳名無骨櫻桃燒鴨，色澤光亮，皮脆肉嫩，蘸上特製醬汁，令人回味。



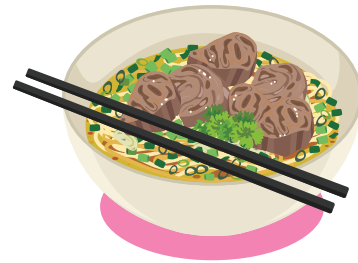
9 勤記粉麵廠 卑利街 15 號

傳統手工麵店，新鮮麵條懸掛在竹條上風乾，麵餅款式包羅萬有，如全蛋瑤柱蝦子麵，麵質爽口彈牙。



10 九記牛腩 歌賦街 21 號地舖

於三十年代開業，主打清湯牛腩，湯底加入中藥材熬製，味道獨特，牛腩肉味香濃。



餐店老饕

11 順記 結志街、卑利街口

傳統中式糕點店，專賣港式街頭小食砵仔糕，口感彈牙，紅豆綿密軟糯，陣陣香甜。



14 勝香園 中環美輪街 2 號

港式大排檔，隱藏在巷弄間，蕃茄牛肉湯通粉及檸蜜脆脆遠近馳名。



12 和昌號 卑利街排檔

皮蛋柔軟順滑，表面見松花紋，蛋黃溏化，口感綿密。



15 蘭芳園 結志街 2 號

傳統茶餐廳，經典綠色排檔，以港式地道絲襪奶茶及鴛鴦馳名，入口香濃順滑。



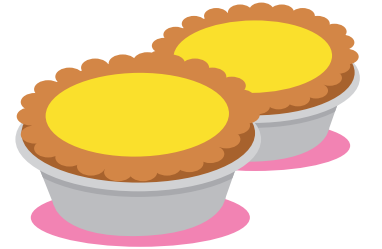
13 蛇王芬 閣麟街 30 號

蛇羹專門店，太史蛇羹選用五種蛇肉以秘方烹調，香醇鮮美，冬天享用滋補養身。



16 泰昌餅家 擺花街 35 號

傳統餅店，曲奇皮蛋撻及經典沙翁，以古法人手製造，每日新鮮出爐，美味可口。



17 公利真料竹蔗水 荷李活道 60 號地舖

老字號涼茶舖，保留唐樓格局及老香港裝潢，清甜蔗汁以家傳古法製作，生津解渴。



19 顏奇香茶莊 皇后大道中 273-277 號 禧利大廈地下 E 號舖

傳統茶莊，茶葉品項繁多，自家焙製的馬騮槌，透出陣陣清幽茶香，亦具消滯作用。



18 玉葉甜品大排檔 伊利近街 2 號

老字號大排檔，人氣海帶綠豆沙，綠豆煲至起沙，海帶爽滑，冰冰清甜，夏天享用暑氣全消。



20 興記咖啡室 荷李活道 182 號

招牌厚切西多士，外脆內軟，蛋香四溢，搭配牛油及煉奶，甜而不膩。



2.2

餐店老饕：
街角「食」光回憶錄

Culinary Icons:

A Journey Through Tastes and Memories



荷李活道除了體現香港中西文化合璧外，亦有不少餐店老饕開設於此，融合歷史感與現代潮流。

Hollywood Road is where East meets West, but it is also home to iconic dining establishments, highlighted of history with modern trends.

「餐店老饕」是「地膽遊中」導賞團中的飲食和社區風貌路線，聚焦於中上環地區的地道美食與社區歷史文化。該路線帶領公眾探訪多間具代表性的老字號食肆，包括以絲襪奶茶聞名的「蘭芳園」、堅持傳統手工製作竹蔗水與蔗汁糕的「公利真料竹蔗水」，以及保留鐵皮檔特色的「玉葉甜品」等。

沿途導賞不僅介紹美食特色，亦講述相關歷史背景，例如嘉咸市集上海老舖的移民故事、擺花街的社會變遷，以及「七姐誕」百席盛宴等節慶傳統，呈現香港在中西文化交融中的生活智慧與人文面貌。

這條精心設計的「全落斜」路線，藏著「地膽」們的良苦用心：他們既顧念同齡人的步履，也想讓年輕一代嚐到舊時滋味。當蛋撻的酥香與廿四味的苦甘漸遠，這些舌尖上的記憶，造就了一座城市最動人的自傳。

"Culinary Icons" was one of the routes of the "Touring with Centrals", which emphasised the local cuisine and community heritage of Central and Sheung Wan. This route allowed participants to visit iconic dining establishments, such as "Lan Fong Yuen", which renowned for its silk-stocking milk tea, "Kung Lee Herbal Tea Shop", which famous for traditional handmade sugarcane juice and pudding, and "Yuk Yip Dessert," known for its hawker pitch stalls set up.

Along the way, the docent not only introduced the delicious dishes but also delved into the historical narratives, for instances, sharing stories of the immigrants who operate the Shanghai grocery shops at Graham Street Market, the history of Lyndhurst Terrace, and the vibrant traditions of the "The Seventh Sister's Birthday Festival" banquet. This route highlighted the cultural richness of Hong Kong, where East meets West.

This thoughtfully crafted "Downhill" route showcased the dedication of the docents, they considered both their peers and younger generation to savour the tastes of the past. The delightful scent of egg tarts and the bittersweet of twenty-four herbal tea created the culinary memories which told the most compelling story of the city.



這個主題之下的「地膽」，會怎樣敘述他們回憶中的「中環味道」？

回憶中的中環味道

兒時的早上，「地膽」Ling 和家人常拿著搪瓷鍋，到街上小攤檔裝滿一鍋豆漿和油炸鬼回家做早餐；天寒地凍的晚上，在永樂街的家樓下有人推著車仔叫賣宵夜，她便會馬上衝下樓買一個熱辣辣裹蒸糰細嚙。

How did the docents narrate their memories of the "Taste of Central"?

Tastes of Central: Cherished Memories

Ling often grabbed a porcelain pot and head out with her family to the hawker street stalls in the morning when she was a child, the pot filled with warm soy milk and purchased fried dough sticks for breakfast. When hawker was hawking the food on Wing Lok Street, Ling immediately raced downstairs to buy a hot rice dumpling on cold winter nights.



負責飲食路線的兩位「地膽」Cherry（左）及 Ling（右）均帶領參加者到嘉咸市集一帶，體驗地道的飲食文化。

Cherry (left) and Ling (right) are responsible for "Culinary Icons", they lead participants to the area around Graham Street Market to experience local culinary culture.



還記得「中西築跡」主題中提到小時候常在中環街市流連玩耍的 Emily 嗎？她的故事還未完，更延伸到中環社區。小時候她還會和弟弟在中環街市門口、域多利皇后街邊靜候搬貨人掉落一兩顆薯仔或蕃茄，此時他們便急忙跑下斜坡追趕滾下來的蔬果大喊：「今晚給媽媽加餸！」

自稱小霸王的 Emily 橫行中環幾條街，每次途經吉士笠街時，食店總會請只有幾歲的他們喝水。「那時候身水身汗，以前不會帶暖壺，我們就拿著漱口盅過去飲霸王水，那種街坊人情味，我一直都很記得。」Emily 繼續回憶：「因為以前煲茶雖然是燒柴，不是用火水，但水都是要錢的，所以店家會容許大家飲霸王水，這難道不是人情味的表現嗎？」

Emily who shared her childhood stories at Central Market in previous "Chinese and Western Architecture" chapter? Her stories didn't end and stretches into the vibrant community of Central. As a kid, she and her brother waited by the entrance of the market or along Queen Victoria Street for delivery workers to accidentally drop potatoes or tomatoes. "Extra dishes for dinner tonight!" They exclaimed and chased after the rolling veggies down hill.

Emily who was the "Little tyrant" loved roaming the streets of Central when she was young. Every time she and her bother passed Gutzlaff Street, restaurant owners treated them to a drink. "We were sweaty and we used mouthwash cups to fill water from the shop." she recalled. "The human touch was something I still cherished. At that time, we boiled water over firewood, but water had its price, shopkeepers welcomed us to enjoy the water. Isn't that a kindness?" She said.

從蘭芳園、泰昌、擺花街看港式創意

負責介紹擺花街、蘭芳園和泰昌餅家的 Ling 自小在上環長大，就住在昔日商貿海上運輸繁忙的三角碼頭附近。她的外公在永樂西街的唐樓地舖開設蔘茸舖，她最記得以前那裏幾座唐樓相連，她便常與幾個小孩一同沿著天台瓦頂脊飛簷走壁，晚上又會在無人的馬路上打羽毛球，或者打開家中木窗和對街同學吵架。

雖然小時候家規嚴，不能離家太遠，但她對中環亦略知一二：「中環一直都是商業重地，那個年代已有銀行街，有中國銀行、滙豐、渣打等，亦有一些大酒店例如文華東方、希爾頓，你走到這個區，就會見到好多洋人，感覺是高檔的地方。」

The Creative Spirit of Hong Kong: Discovering Lan Fong Yuen, Tai Cheong Bakery and Lyndhurst Terrace

Ling who grew up in Sheung Wan, was responsible to introduce the stories of Lyndhurst Terrace, Lan Fong Yuen, and Tai Cheong Bakery in the tour. She lived close to the bustling Triangular Pier that once thrived with maritime trade when she was young. Her grandfather ran a ginseng shop on the ground floor of a tenement building on Wing Lok West Street. She vividly recalled how she and her friends scurried across rooftops of the adjoining tenements, played badminton on the streets at night and opened the wooden window at home to argued with classmates who lived opposite to her.

Though her family enforced strict rules about staying close to home, she still knew a bit about Central: "Central has always been a commercial centre. Back then, there was Bank Street with institutions like Bank of China, HSBC, and Standard Chartered Bank, along with prestigious hotels like the Mandarin Oriental and Hilton Hotel. Walking through this area, you'd see many westerners and it felt upscale." Ling said.



帶導賞時，Ling 會聚焦於擺花街 1840 年代的風月史，「英國人 1841 年來到香港，在 1846 年他們頒布了一條娼妓合法化法令，頓時這裏出現很多洋人妓寨。洋人會買鮮花送給妓女，所以當時我們華人就湧進去這裏擺街檔賣花，慢慢地人們稱這裏是擺花街，取代了原本的倫核士街這個舊名字。」介紹到蘭芳園時，她特別強調這間茶餐廳的餐飲模式，也是一種中西合璧的創意，「叉燒湯意粉或者雞扒麵，其實就是洋人喜歡吃的扒肉，加上中國人的四大發明——粥、粉、麵、飯，混在一起的東西。正因為擺檔的位置在中環，他想做多些生意，就要迎合到不同口味，這個就是我們的變通。」她認為後來因為港督彭定康大讚而聞名的泰昌蛋撻，也是中西合璧的甜品，因為它是將西方酥皮批或撻，結合中式燉蛋而成。



Ling highlighted the history of Lyndhurst Terrace in the 1840s during the tours. “When the British arrived in Hong Kong in 1841, they legalized prostitution in 1846, this led to a surge of foreign brothels in the nearby area of Lyndhurst Terrace. Locals started selling flowers in the area, as foreigners bought flowers for the prostitutes which eventually the area became known as “Flower Street” in Cantonese.” When she introduced about Lan Fong Yuen, she emphasised how this Cha Chaan Teng represented the creativity of East meets West culinary culture. “Char siu soup spaghetti and chicken chop noodles combine Western-style meats with traditional Chinese staples—congee, noodles and rice. Since the shop locates at Lyndhurst Terrace, appeal to a wide range of tastes is essential for generating more business.” Ling thought that the renowned egg tarts from Tai Cheong Bakery, which praised by Governor of Hong Kong, Chris Patten. It is also an integration of Western puff pastry and Chinese steamed egg custard.



從嘉咸市集看中環昔日風貌

來到嘉咸市集，由退休前任職記者的 Cherry 接棒講解：嘉咸市集始於 1900 年代，是香港第一個露天市集，街市內路窄又斜，每個攤檔下方都要靠一根根木頭支撐平衡，檔與檔之間擠迫，幾乎只容一個身位經過。

Discovering Central's Charismatic Heritage from Graham Street Market

Cherry was a journalist before the retirement, she was responsible for introducing Graham Street Market during the tour. This market was Hong Kong's first open-air market which originated from the 1900s. The hawker street stalls are supported by wooden beams and passageways in market were narrow and sloping, leaving just enough room for one person to pass through.



綠色鐵皮小販檔是嘉咸街市的特色。

The green hawker stalls are the signature of Graham Street Market.

她指著路邊水渠的石頭說：「這些是有過百年歷史的香港麻石。」她回憶有一次到嘉咸市集探路準備行程時，一位攤檔老闆跟她說：「長輩跟我說，百幾年前英國人挖走這些香港花崗岩，用大郵輪運回英國。」Cherry 驚覺，原來香港麻石在當年相當有名：「香港以前有什麼名牌？有麻石、採礦場，但現在沒有了，現在都轉用混凝土建樓。」

Cherry pointed the stones along the roadside. "The stones are Hong Kong granite which over a century old." She shared and recalled a merchant told her the stories of Graham Market in a visit, "My elders said that the British dug up granites from Hong Kong and shipped them back to England." Cherry realized that Hong Kong granite was once a point of pride. "What was famous at Hong Kong? There was granites and quarries in old days, but now only with concrete instruction."



嘉咸市集路旁的百年麻石，見證香港變遷。(照片由康港劉影提供)

The century-old granite stones along Graham Street Market stand witness to the changes in Hong Kong. (Photo by HongPICS)



上世紀中的嘉咸市集。(照片由鄭寶鴻先生提供)

Graham Street Market in the mid-20th century. (Photo by Mr. Cheng Po Hung)



當年結志街兩旁已有不少商販及餐廳食肆，熱鬧非常。(照片由鄭寶鴻先生提供)
 Merchants and restaurants lined both sides of Gage Street, creating a bustling atmosphere in old days. (Photo by Mr. Cheng Po Hung)

另一「地膽」明哥則補充，嘉咸市集還有幾間著名的老字號，例如成立於 1917 年的九龍醬園，多年來堅持天然生曬醬油，「以前九龍醬園叫美珍醬園，但因為當年日治時期反美，所以要求它改名，它就改做九龍醬園。」

Cherry 續說：「嘉咸市集是全港唯一有中英對照價錢牌的街市，因為半山有很多洋人居住，他們或工人姐姐會來買菜。現在這裏亦成為遊客喜愛的景點。」

“Graham Street Market is also home to famous time-honoured brands, like Kowloon Soy Limited which established in 1917. They have maintained their commitment to natural sun-dried soy sauce for years, the brand originally named “Mee Chun”, but the name was changed to “Kowloon” due to anti-American sentiments during the Japanese occupation.” Ming chimed in.

“Graham Street was the only market in Hong Kong with bilingual price tags, the domestic helpers who employed by the westerners living in Mid-Levels, always buying groceries in here and now it’s a popular attraction for tourists.” Cherry said.



大城中藏著很多有趣的事物，
值得下一代慢步細味。

The city is a treasure of intriguing wonders,
each waiting for the younger generation
to discover and enjoy at a leisurely pace.

—— 郭東 Tony Kwok



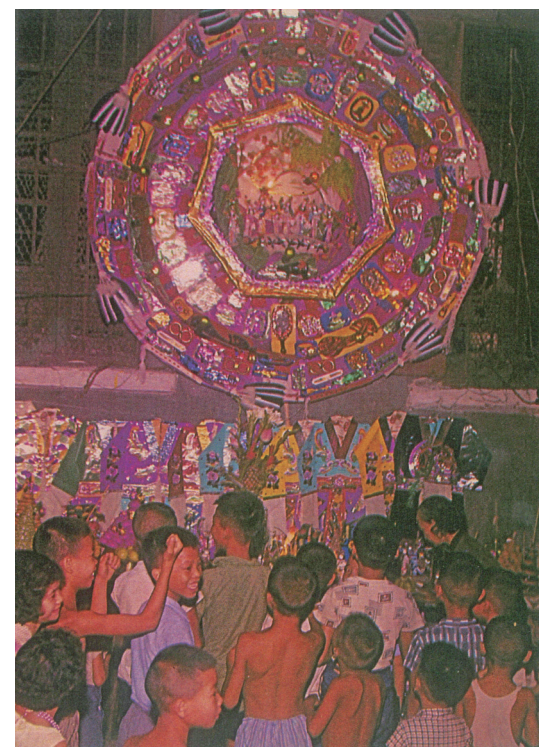


遊走在嘉咸市集內，不時還可以碰見「舖頭貓」的身影。（照片由 Miles Graphy Co. 提供）
As you stroll through the market, you might even spot a shop cat lounging nearby.
(Photo by Miles Graphy Co.)

嘉咸市集的另一有名事跡要數每年的「七姐誕」。原來以前每逢大時大節，都會在街市大肆慶祝。「七姐誕」時，嘉咸街和吉士笠街交界十字路口會筵開百席、擺滿花牌，並且聘請粵劇紅伶做大戲，「那個年代的媽姐每個月供兩元去工會，供滿一年就會獲得一套唐裝衫褲，她們可以穿這些衣服參加這個盛會。」Cherry 道。雖然現在「七姐誕」景象已不復在，但嘉咸街的角落與攤檔仍然隱藏著濃濃人情味。拾階而上，可聞到九龍醬園豉汁飄香，可看見手寫樓盤廣告的復古優雅，不時還可碰見「舖頭貓」的慵懶身影。跟著「地膽」設計的路線細心探索，我們便不難發現這座城市新舊互動的魅力。

Another notable achievement of Graham Street Market was the "The Seventh Sister's Birthday Festival". In the past, major festivals were celebrated with great enthusiasm. During "The Seventh Sister's Birthday Festival", the intersection of Graham Street and Gutzlaff Street hosted banquets with flower plaques and Cantonese opera performances. "Back then, Ma Jie-maid contributed two dollars each month to the union, and after a year, they received a Tang suit to wear at this grand event." Although "The Seventh Sister's Birthday Festival" celebrations are now a memory, the stalls of Graham Street still radiate a sense of human touch.

As we were ascending the stairs, the scent of soy sauce from Kowloon Soy Limited filled the air, and we admired the charm of hand-written property ads, occasionally catching a glimpse of a lounging "shop cat". Following the crafted routes dedicated by the docents, we discovered the enchanting interaction of old and new in this vibrant city.



舊時的「七姐誕」慶祝場景。
（照片由鄭寶鴻先生提供）
A scene from The Seventh Sister's Birthday Festival in the old days. (Photo by Mr. Cheng Po Hung)



嘉咸市集

Graham Street Market

毗鄰市建局卑利街 / 嘉咸街發展計劃的嘉咸市集，是擁有超過 100 年歷史的露天市集，擺滿小販攤檔，售賣新鮮蔬果、糧油雜貨及食品。街市中有許多間本地老字號，例如自製醬油的九龍醬園、賣皮蛋的和昌號、製作新鮮麵條的鏡記粉麵食品等。

Graham Street Market is adjacent to the Urban Renewal Authority's the Central Peel Street / Graham Street Development Scheme, the market has been an open-air market for over a century, which bustling with hawker street stalls and offering fresh produce, groceries, and assorted foods. Among its offerings are several well-known local time-honoured brands, including Kowloon Soy Limited which renowned for its homemade soy sauce, Woo Cheong, which famous for its preserved eggs, and Kang Kee Noodle Factory, which specialised in fresh noodle production.



中環結志街 23 號
23 Gage Street, Central

打工仔的中環覓食記

來到路線的最後一站，由明哥「晒功架」。當年明哥在銀行工作，月薪七百元，坐巴士車費要兩毫子一程。他描述當時在中環尋覓美食的場景——萬宜大廈電車路右手邊有一間小店賣十元十個小蛋撻，一口一個很過癮；而早上他必定到水記大排檔吃大大件的蘿蔔糕：「成塊磚般大件，沒什麼臘味，但好味的，有蘿蔔的香味。」在水記門口還有大隻鐵鑊即炸油炸鬼和牛脷酥。而水記最馳名的是牛腩，日日大排長龍，那鍋滷水標榜是累積了三、四十年的肉味精華，每日凌晨三、四時開始熬煮入味，新鮮製作，賣完即停。「那時候窮，不會特地去吃這麼高級的東西。不過都知道很出名，因為那時的明星拍完戲凌晨就會去吃宵夜，水記是蔡瀾推薦食店，另一檔蔡瀾推薦則是盛記小炒。」

A Working-Class Food Diary in Central

Ming took the stage at the final stop of "Culinary Icons", he reminisced about his old days as a bank employee and earning seven hundred dollars a month, spending just twenty cents on bus fare per trip. He narrated a vivid scene of his food adventures in Central: "On the right-hand side of Man Yee Building, there was a small shop selling egg tarts - Ten for ten dollars—each bite hit the spot! I headed to Shui Kee Dai Pai Dong for a massive piece of radish cake for breakfast in every morning. "The radish cake was as big as a brick and packed with radish flavour, even without much cured meat." Shui Kee fried crispy fried dough sticks and ox tongue pastries in a giant iron wok outside the shop, but people are constantly lining up everyday for the signature beef brisket. The fresh beef brisket was cooked from three or four in the morning, the brine had been simmered for thirty or forty years with rich flavour. "Back then, we were poor and didn't splurge on fancy food. But everyone knew about it—celebrities would enjoy late-night nosh after filming, Shui Kee and Sheng Kee Dai Pai Dong were the favourite of food enthusiast Chua Lam." He said.



Emily (左) 及明哥 (右) 對在中環覓食自有一番心得。

Emily (left) and Ming (right) have their own insights on the food adventures in Central and Sheung Wan.



Vicky 對中環一帶的餐廳歷史及飲食文化頗有研究。

Vicky has a deep passion for the restaurants' history and culinary culture of Central and Sheung Wan.

來自另一組飲食路線的「地膽」Vicky 亦是年少時便來中環工作的上班族，以前趁著午飯時間經常穿街走巷。她導賞時介紹到春回堂：「為什麼以前會有那麼多涼茶店？我想是因為當時的生活需要，1940、50年代有很多從內地來港的單身寡佬，他們沒有家人照顧，也很少煲湯水，當年看醫生也不是那麼普遍的事情。所以每當頭暈身熱，他們就會喝一杯涼茶來解決。」與春回堂同樣位於閣麟街的另一老店蛇王芬始於1895年，創辦人本來是中醫，她從內地來港後決定做回老本行，靠煮湯水幫人調理身體。「其實這一代的人，你會發現他們初來港時生活都艱苦，因此靠自己的努力，慢慢安定下來後進舖。鏞記酒家也是一樣由大排檔起家，他們都是一種香港精神。」Vicky 本身亦喜歡吃蛇王芬，不過不是食蛇羹，而是鍾情瑤柱白粥和燉湯。此外在中環她必吃的食肆還有鏞記燒鵝和蘭芳園早餐，她愛吃多士奶茶，以及當年流行的鹹檸七。

Vicky is the docent from the route of "Culinary Icons", she also worked in Central when she was young, she often explored Central during lunch breaks. She shared the history of Chun Wui Tong during the tours, she introduced "Why were there so many herbal tea shops in the old days? In the 1940s and 50s, many single men came to Hong Kong from the mainland without family support, whenever they were unwell, they drunk herbal tea for relief." Another historic shop is Ser Wong Fun on Cochrane Street, the business has been started since 1895. The founder was originally a Chinese medicine practitioner in China and returned to her roots in Hong Kong by using her skills to make health-preserving soup. "You would find that the previous generation faced challenges when they came to Hong Kong, but they never give up and gradually built new businesses through hard work. The famous Yung Kee Restaurant also began as a Dai Pai Dong—this embodies the spirit of Hong Kong." Vicky enjoys dining at Ser Wong Fun, not for snake soup, but for dried scallop congee and stews. In Central, her recommended restaurants include Yung Kee's roast goose and breakfast from Lan Fong Yuen, where she loves the toast with milk tea and the trendy salted lemon soda.





Vicky 帶參觀者到始創於 1952 年的蘭芳園時，她必定要談談香港大排檔的歷史。「大排檔的出現是因為戰後生活艱苦，另外還有一些公務員因為戰爭受傷或離世，為了讓受傷的人及留下來的孤兒寡婦可以生活，政府便發牌給他們謀生活。但因為衛生問題，政府在上世紀七、八十年代已經停止發牌，甚至用錢換回牌照。所以大排檔都是一些快將消失的東西。」現在蘭芳園外綠色牌檔仍在，並保留凳仔讓遊客打卡，但客人實際需要到店內進餐。「小時候我爸帶我去過大排檔，攤檔前面有張高鐵凳，客人要在凳上食飯呢！」

When Vicky was taking participants to Lan Fong Yuen which established in 1952, she always introduced the history of Dai Pai Dongs. "Dai Pai Dongs were promoted after post-war hardships, as many civil servants were injured or lost their lives during the war, so the government issued Dai Pai Dong licenses to help the injured, orphans and widows. However, due to hygiene issues, licenses were phased out in the 70s and 80s, the government even bought the licenses back. Dai Pai Dongs became something that is about to disappear." The customers must dine in the restaurant, but green hawker street stalls with benches outside Lan Fong Yuen are popular for tourist to take photoshoots. "When I was a kid, my dad took me to Dai Pai Dongs and we had to sit on high stools to dine in." Vicky said.





香港另一買少見少的食店是蔗汁店，於荷李活道的公利真料竹蔗水在 1948 年開業，現時老店內仍有一部古董榨汁機，老闆堅持傳統方法將甘蔗去皮蒸煮再榨汁。「時代是會淘汰一些舊的東西，如果我們不保留的話，將來就沒有了。」

消失的中環老饕

Vicky 這一團涵蓋多間中環餐店老饕，從閣麟街春回堂、蛇王芬，到士丹利街大排檔、嘉咸市集，再到威靈頓街雜貨店永和號、茶樓蓮香樓，以至是荷李活道泰昌餅家和公利真料竹蔗水，可以說是一網打盡。

Sugar cane juice shop has become a rare sight in Hong Kong. "Kung Lee Herbal Tea Shop", which located on Hollywood Road, was opened in 1948. There is an antique juicer inside the shop. The owner insist to use traditional methods to peel, steam, and extract juice from the sugar cane. "Old items will be phased out and vanished if we don't preserve them." Vicky said.

The Vanished Culinary Treasures of Central

Vicky's tour showcased a variety of time-honoured restaurants in Central, including Chun Wui Tong and Ser Wong Fun on Cochrane Street, Dai Pai Dongs on Stanley Street, Graham Street Market, and Wing Woo Grocery on Wellington Street, Lin Heung Tea House and along with Tai Cheong Bakery and Kung Lee Herbal Tea Shop on Hollywood Road, which caught all in one go.

現在仍營業的老食肆當然可見其真身、食其味道，而那些最稀罕的、已經消失的老饕則只能靠「地膽」口述歷史了。

「我以前讀設計，所以有拍照的習慣，以前上班常常經過永和號拍照。」Vicky 憶述香港現存唯一一座經證實的第一代唐樓、一級歷史建築——永和號，它在 2008 年被市建局收回重建前，已是一副危樓的模樣——建築就只是一個木框、由外部棚架支撐著。雖然是一間很小的店舖，但應有盡有，天花懸掛著皮蛋、店面有米缸和醬料、後來甚至有毛巾販售。店舖內昏黃陰暗，常常只有一位老人家坐在店內，但老舊的裝潢總是吸引 Vicky 停下腳步駐足拍照。

For the restaurants still in business, we can still enjoy their signature dishes, but the most precious, vanished time-honoured restaurants can only be relived through the stories shared by dedicated docents.

“I was studied design and photo taking is one of my habits and I often took photos of Wing Woo Grocery when I was on my way to office.” Vicky reminisced. Wing Woo Grocery already seemed like a condemned building—merely a wooden frame supported by external scaffolding, before URA finished resumption for redevelopment in 2008. The shop was small, but filled with a rich assortment of goods with everything: persevered eggs hanging from the ceiling, rice jars, sauces, and even towels. There was a senior shopkeeper sitting in the dimly lit shop, yet the old-fashioned interior always made Vicky stop at shop front and snapshot.

2006 年，位於威靈頓街 128 號與嘉咸街交界的永和雜貨。(照片由鄭寶鴻先生提供)

The iconic Wing Woo Grocery, located at the corner of Wellington Street and Graham Street in 2006. (Photo by Mr. Cheng Po Hung)



Cherry 導賞時亦必定提及永和號，她說，「參加者很喜歡聽永和號的故事，有些人從九龍、新界過來，不知道香港原來有如此舊的建築，而且這間舊雜貨舖在七八年前還在經營。我們準備了照片給他們看，展示舊時的米缸、拉來拉去的銀紙桶等，他們都很感興趣。」

據 Cherry 說，另外一個消失的中環美食畫面是「卅間」的夜晚，「八十年代的『卅間』有宵夜食，晚上拉閘後，在別人店舖前面，大排檔會放桌子在那裏賣炒粉麵、炒菜、啤酒，吃完再去蘭桂坊喝東西。」

這些場景，聽似市井的飲食故事，事實上與社會發展、文化歷史息息相關，從飲食「小事」可見大歷史，亦恰好印證了「民生無小事，民以食為天」。

Cherry also emphasised the significance of the intersection at Graham Street and Wellington Street, where Hong Kong's only verified first-generation tenements stands, now recognised as a Grade I historic building—Wing Woo Grocery. "People love hearing the stories of Wing Woo Grocery. Some participants come from Kowloon and the New Territories, completely unaware of such ancient architecture are existing in Hong Kong. This old grocery store was still operating just seven or eight years ago. We've prepared photos showcasing the rice jars and the money box from the past which they are interested."

One of the vanished scenes of Central is the night of "Thirty Houses". In the 1980s, "Thirty Houses" was famous for late-night snacks. Dai Pai Dongs would set up tables on street, serving stir-fried noodles, stir-vegetables, and beer, after a satisfying meal, we'd head over to Lan Kwai Fong for drinks."

The historic scene and food stories are fundamentally connected to social development and cultural history. We can see history from the stories "No matter is small when it concerns people's livelihood; Food is the staff of life."

永和號 Wing Woo Grocery

(一級歷史建築)
(Grade I historic Building)



該唐樓約建於 1879 至 1880 年間，至今已有逾 130 年歷史，是香港現存最早的唐樓之一。而在地舖經營的永和雜貨店則約於 1930 年代開業，除日治時期用作鹽糖倉庫外，一直營業至 2009 年，有近 80 年生活痕跡。

市建局於 2007 年 7 月正式啟動卑利街 / 嘉咸街項目，並於 2008 年 10 月完成收購永和唐樓，計劃活化保育此幢百年建築。

The tenement at No. 120 Wellington Street was built in between 1879 to 1880, with a history of over 130 years, it is one of the oldest tenements in Hong Kong. The Wing Woo Grocery Store which operated on the ground floor of the building, was opened in the 1930s. Aside from serving as a salt and sugar warehouse during the Japanese occupation, it remained in operation until 2009 with nearly eighty years of memories.

The Urban Renewal Authority launched the Peel Street / Graham Street Development Scheme in July 2007 and completed the acquisition of Wing Woo Tenement in October 2008, in order to revitalize and preserve this historic structure.

嘉咸街與威靈頓街 120 號交界
Intersection of Graham Street and No. 120 Wellington Street

1 興隆街 *

兩幅色彩強烈的大型壁畫分別由居港日籍藝術家 Takamitsu Takagaito 及本地藝術家陳英發創作，以本地及中西區文化和社區生活為題。



2 H6 CONET 室內壁畫 *

中環皇后大道中 99 號中環中心地下

H6 CONET 內的多幅巨型壁畫，由藝術家、藝術在醫院、香港展能藝術會、中央美術學院等單位，呈現毗鄰 6 條街道的特色景象和歷史，以及中上環的地標。



3 機利文新街 *

本地藝術家王麗童以彈珠及齒輪為題，用色誇張大膽，以透視及光影技巧營造立體效果，玩味大足。



4 鴨巴甸街 3 號

比利時藝術家 Jaune 曾從事清潔工作，以「唐樓、棚架與工人」為題的壁畫，充分表現香港獨特的建築技術。



5 鴨巴甸街

胖乎乎的鴨子在騰雲駕霧，充滿動感，壁畫呼應該大廈內以無骨櫻桃燒鴨間名的文興酒家，饒富心思。



6 九如坊與鴨巴甸街交界

孔雀開屏寓意著吉祥如意及前程似錦，亦成為拍攝的絕佳背景。



7 九如坊 3 號兒童遊樂場

法國藝術家 Seth 創作，以小孩玩耍為題，簡單樸實的壁畫，與該處的兒童遊樂場相映成趣。



8 善慶街 9 號

居港巴西裔藝術家 Jum 的花朵壁畫，色彩夢幻，讓踏上善慶街石階的路途步步生「花」。



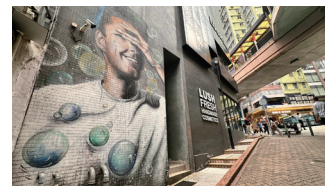
9 荷李活道 53 號

酒店外牆的巨型壁畫，以普普藝術風格將荷李活經典巨星重現眼前。



10 閣麟街 39 號

居港法國藝術家 Elsa Jean de Dieu 的作品，彩色的肥皂泡與掩臉而笑的男生，為繁囂的中環注入歡樂氣氛。



11 擺花街 52-60 號

出自內地藝術家 Shaw Daan 之手，以少女和流動的花卉呼應中上環車水馬龍的喧鬧景象。



12 嘉咸街 嘉咸街及荷李活道交界

本地藝術家 Alex Croft 的壁畫取材至九龍城寨，鮮藍色背景配色彩斑斕的唐樓，重現老香港的面貌。



13 士丹頓街 7 號

沿著嘉咸街走到盡頭，於士丹頓街轉角位的餐廳外牆，找到色彩艷麗的壁畫，充滿異國風情。



14 些利街 13 號

士丹頓街扶手電梯旁的壁畫，貪吃的小孩準備大口大口地享用意式雪糕，引得鳥兒也來探訪。



15 中和里 *

西班牙藝術家 Victoriano 以女生使用印刷機的過程為背景，運用印刷的標準四色「CMYK」為主色調。



16 中和里 15 號

內地藝術家 Satr 的水墨風格壁畫，狐狸及鷹隱身畫中一角，需細心觀察才能看到整幅作品。



17 華賢坊西 *

美國藝術家 Rabi 敘述關於「夢」的故事，從晚上到白天，激發觀者想像，讓其創造自己的故事。



18 華賢坊西 10 號 *

黑白灰為主色調，木刻板畫風格，重現當時印刷工作及生活場景。



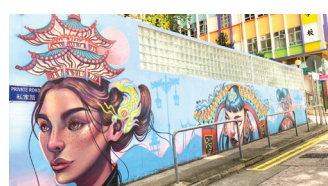
19 城皇街石台階（永利街外）*

城皇街一帶的社區特色呈現於七彩繽紛的壁畫上，由市區重建局籌劃，邀請不同社區團體共同創作。



20 四方街

洛杉磯藝術家 Lauren YS 的壁畫，幾位女生的精緻頭飾富中國特色，如龍、寶塔、牌坊、拱門等元素。



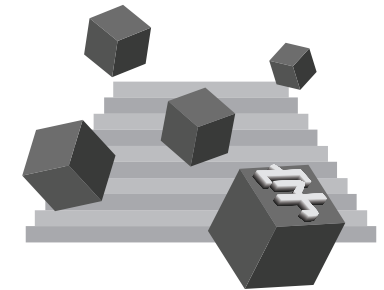
21 包浩斯狂想曲

皇后大道中 93 號中環街市 1 樓水磨石樓梯

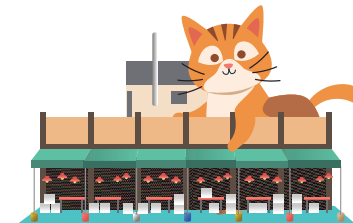
一首包浩斯的狂想曲穿梭虛擬時空。

23 字粒瀑布
城皇街石台階

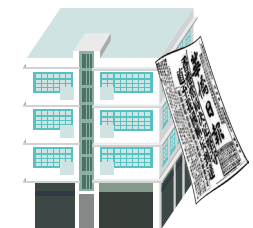
活字字粒在石梯傾瀉而下，幻變成盛開的花朵。

22 處處有嘉貓
嘉咸街嘉咸市集

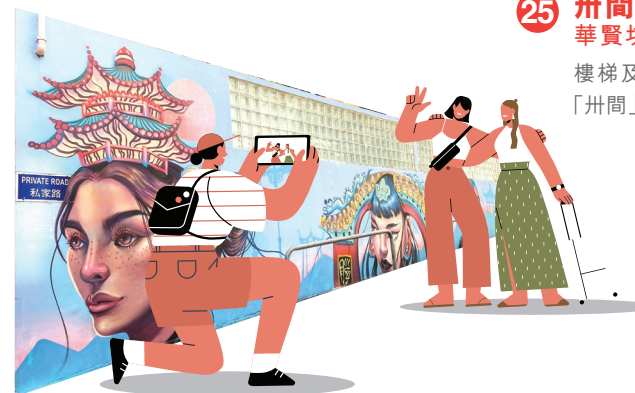
在嘉咸市集找尋不同貓咪的蹤影。

24 印報歲月
士丹頓街 88-90 號外牆

前《華僑日報》員工宿舍的外牆化身成巨型《華僑日報》。

25 卅間舊城
華賢坊西樓梯

樓梯及壁畫成為跨越時空的入口，連接昔日「卅間」舊城區生活點滴。



2.3

藝聚城牆： 從印刷記憶到街角藝痕

Artistic Murals: From Printing Memories to Artistic Imprints

中上環除了歷史悠久，亦充滿文化氣息。「地膽遊中」以藝術文化為題的導賞團，引領參加者欣賞中上環多個壁畫「打卡」點，包括市建局與本地及海外藝術家合作策劃、以地區歷史及特色為題的壁畫作品，參加者通過欣賞這些藝術作品，加深對中上環多年來變遷的認識。此外，被評為 2024 年全球第二「最型格街道」，集歷史建築、藝廊、街頭壁畫和美食景點於一身的荷李活道，亦是藝術文化遊必到的「打卡」點。

Central and Sheung Wan are rich in history and cultural flair. The "Touring Central with Locals", focused on arts and culture as well, the participants visited various artistic murals including the collaboration between the Authority and local and overseas artists throughout the area. The murals are inspired from the area's unique history and local characteristics. Participants could deepen their understanding of Central and Sheung Wan and the changes in the area over the years. Additionally, Hollywood Road was recognized as "The Second Coolest Street in The World" in 2024, the street offering historical buildings, galleries, street murals and culinary attractions, it is a must-visit attraction for art and culture enthusiasts.



漫步於中環的街巷，時光彷彿在壁畫與舊電影的光影間流轉。昔日的印刷機聲雖已遠去，卻又在藝術家的畫筆塗鴉下復甦，再透過擴增實境（AR）的魔法，重現黃金時代的蓬勃生機。轉角處，狐狸與鷹的銳利目光凝視著香港人的靈動與精準，而太空衣女子的粉紅身影，則無聲叩問著科技與自然的平衡。這些壁畫不僅是色彩的盛宴，更是一座城市的記憶載體，將中上環的歷史、文化與人文關懷，細膩鐫刻於街角牆垣。

導賞員的腳步引領我們穿越時空，在絢麗壁畫與百年建築間，見證一座城市如何以創意延續靈魂，讓過去與當下，在此深情對話。



新壁畫與舊電影的動人交織

漫步中環時，你是否發現士丹頓街 64 號有一幅印刷機壁畫？只要打開指定的手機應用程式，手機畫面中的壁畫竟動了起來——女子踩著腳踏，操作海德堡凸版印刷機，鐵臂與捲筒隨即快速轉動。看到由平面變成動態的壁畫，導賞團參加者無不嘖嘖稱奇。



Strolling through the alleys of Central, it feels as if time flows between the vibrant murals and the shadows of classic films. The sounds of printing presses may have vanished, but they are brought back to life through the strokes of artists. With the enchantment of augmented reality (AR), the energy of the golden age is vividly restored. At the street corner, the piercing gazes of a fox and an eagle captures the spirit and precision of locals, while a woman in a spacesuit silently probes the balance between technology and nature. These murals are more than a feast of colours; they are vessels of the city's memories, intricately carving the history, culture, and humanistic values of Central and Sheung Wan.

The footsteps of the docents led us through time, where we witness how a city sustains its soul through creativity amidst vibrant murals and century-old buildings, allowing the past and present to engage in a heartfelt dialogue.

The Enchanting Intertwining of New Murals and Classic Films

When strolling through Central, have you spotted the mural at No. 64 Staunton Street which features printing press? You'll see the mural come alive, when open the dedicated app on your phone—a woman pedalling a Heidelberg Letterpress, the machine spinning in motion. The shift from static image to dynamic art astonished everyone on the tour.

回溯至 1950 至 80 年代的香港印刷業黃金時期，主角非中上環莫屬。當時的中上環是印刷業集中地，現職室內設計的 Raymond 在 90 年代趕上尾班車，見證這一帶齊集紙品、剪裁、排版、沖曬、植字等印務公司，短短幾條街便可一條龍印刷出整本書。「那時還會印刷卡片、單據簿等，所以印刷業直接會設在中環這些辦公和商業集中的地方。」印刷業雖慢慢地式微，但文藝氣息逐漸在這個社區萌芽，現在滿街是藝廊與壁畫。雖然相隔數十載，但若從功能來看，壁畫與印刷其實異曲同工，只是換了一種視覺方式來傳播訊息。

導賞員 Betty 介紹位於城皇街樓梯的社區壁畫時，興奮道「不是太多人知道，這一條城皇街的樓梯都是用花崗岩做的，有超過一百年歷史，是很值得紀念。現在這裏還有小朋友一起參與手繪的壁畫，我覺得很有教育意義，我自己看見時都覺得好有滿足感。」

Let's travel back to the golden age of Hong Kong's printing industry during the 1950s to 1980s in Central and Sheung Wan, as this area was a nexus for printing. Raymond who is an interior designer, caught the tail of this bustling scene in the 1990s, you could find everything, from paper products to cutting, typesetting, and printing services and possible to print an entire book in one go. "We also printed name cards and voucher books, the printing house naturally thrived in these office and commercial hubs." Raymond shared. Over time, while the printing industry has declined, the arts has blossomed in the area, with galleries and murals popping up everywhere. Even after several decades, murals and printing serve the same purpose by using different visual approaches of conveying messages.

Docent Betty excitedly introduced "Not many people know that Shing Wong Street Stone Steps were made of granite and has over a century of history—it's truly remarkable. I find meaningful and feel a great sense of satisfaction with involvement of children in the hand-painted mural."



由西班牙藝術家 Victoriano 創作
Created by Victoriano (Spanish Artist)

運用印刷的標準四色「CMYK」為主色調，扣連昔日中環是印刷重地的歷史。動感壁畫還結合擴增實境（AR）技術，只要下載指定手機應用程式，再用鏡頭正對壁畫，便可於手機畫面看見印刷機運行。

This mural employs the process colour printing "CMYK," featuring the history of Central as a printing hub. With the augmented reality (AR) technology, simply download the mobile app, point your camera at the mural, and you can see the printing press in operation on your phone screen.



士丹頓街與中和里交界
Intersection of Staunton Street and Chung Wo Lane

由內地藝術家 Satr 創作
Created By Satr (Mainland Artist)

藝術家作品多用黑、紅、白三色水墨，並以噴漆方法作畫。此畫繪上狐狸與鷹，源於藝術家對香港人的觀察——香港人生活節奏快、對時間觀察敏銳，如像狐狸對周遭事物高度警覺，也像鷹盤旋高空鎖定獵物，目光精準銳利。

Satr's artwork predominantly features black, red, and white ink and employing spray paint techniques. This mural portrays a fox and an eagle, reflecting her keen observations of Hong Kongers—fast-paced and sharply aware of their surroundings, much like a fox on high alert and an eagle surveying from above that ready to strike.

 寶華街與中和里交界
Intersection of Po Wah Street and Chung Wo Lane



由德國柏林藝術團隊 Innerfields 創作
Created by Innerfields (German Art Collective)

巨大的建築外牆壁畫以粉紅色為主調，畫中身穿太空衣女子正在使用手機，手機處卻是留白，藝術家希望提醒觀者，不要只顧著低頭看電話，應多留意四周，反思人類與大自然的關係。

The large-scale mural on the building's facade features a woman in a spacesuit who is intently using her phone. It is a colourful depiction of the themes of personal space and self-discovery, often reflect the relationship between humans and nature.

 華賢坊東 8 號
No. 8 Wa In Fong East

由市建局委聘畫家創作

Commissioned by the Urban Renewal Authority

市建局將士丹頓街項目活化成社區客廳及共居空間，考慮到其中一幢唐樓前身是香港早期出版的中文報紙《華僑日報》創辦人岑維休先生的舊居，而項目附近一帶亦曾是印刷業集中地，局方委聘畫家在建築內樓梯的牆身繪製壁畫。以黑白灰為主調，用上木刻板畫風格，展現當時印刷工作場景和報業文化。

The Authority has revitalized the Staunton Street project into a common room and co-living space, acknowledging that one of the tenements was the former residence of Mr. Shum Wai-Yau, the founder of the *Wah Kiu Yat Po* (*Overseas Chinese Daily News*). Additionally, the area nearby was a printing hub. The authorities commissioned artists to paint murals on the stairwell in the building, by using monochromatic colours in a woodcut style, the murals showcase the printing work and newspaper culture in the old days.

 華賢坊西 10 號
No.10 Wa In Fong West



由意大利藝術家 Alice Pasquini 創作

Created By Alice Pasquini (Italian Artist)

藝術家深受其女兒啟發，經常繪製以小女孩為主題的壁畫，宣揚兒童的思想自由。此畫善用原來樓梯的地理條件，創作出小女孩手持玫瑰坐在樓梯思考的畫作。

Alice frequently features little girls in her murals as inspired by her daughter and promoting children's freedom of thoughts. This mural cleverly utilizes the staircase, depicting a girl sitting on the steps and holding a rose as she contemplates.

 城皇街 12 號
No. 12 Shing Wong Street

由美國藝術家 Rabi 創作
Created By Rabi (American Artist)

藝術家分別創作了兩幅作品，一幅在華賢坊東，一幅在中環伊利近街一間餐廳，兩者代表夢境的開頭與結尾。藝術家想藉此傳達第三世界的人活在水深火熱中，生而為人不應存在階級，同時提倡公平和尊重人權。

Rabi has created two murals—one on Wa In Fong East and another in a restaurant on Elgin Street in Central. The murals represent the start and finish of dreams, highlighting the struggles faced by the people in the Third World and advocating for equality and human rights.

 上環華賢坊東
Wa In Fong East, Sheung Wan



由市建局邀請香港藝術家和小學師生創作
Created by Hong Kong Artists and Primary School Students,
invited by the Urban Renewal Authority

市建局在士丹頓街項目以「知識共聚」為主題，邀請區議員、藝術家、區內超過 30 名小學生、家長、老師及校長，於城皇街一段長約 17 米的圍板上，共同創作一幅反映昔日中上環一帶街景和店鋪的壁畫。

The Authority invited local district councillors, artists, and over 30 primary school students, along with parents, teachers, and principals. All of them collaboratively created a mural under the theme of "Knowledge Impact" that illustrated the streets and shops of Central and Sheung Wan in the past on a 17-meter-long hoarding along Shing Wong Street.

 城皇街樓梯
Shing Wong Street Stone Steps

永利街經典光影現場

永利街是一條短而精緻的街道，全長僅約 600 多米。「地膽」Raymond 在示範帶領導賞團的開場白中生動地描述：「600 多米是什麼概念呢？大約等於在運動場跑一圈半的距離。」

隨後，他拿出永利街的黑白舊照，展示九幢建於 1950 年代的唐樓群，可見露台伸出大量晾衫竹，從飄盪的衣衫數量可以想像室內人口密集情況，而建築外牆亦顯得殘舊破落。



Winnie（左）、Raymond（中）、Betty（右）同屬「藝聚城牆」導賞路線，負責帶領參加者感受中上環的「文靜」一面。

Winnie(left), Raymond (middle), and Betty(right) are responsible for "Artistic Murals" docent tours.



城皇街石台階 Shing Wong Street Stone Steps

（二級歷史建築）
(Grade II historic Building)

建於 1859 至 1897 年，以花崗岩建成，從上環皇后大道中一直延伸至中半山堅道，沿路有榕樹石牆和社區壁畫。

The stone steps were constructed between 1859 and 1897 by granite which extended from Queen's Road Central in Sheung Wan all the way to Caine Road at Mid-Levels, along with stone wall trees and community murals.

The Cinematic Wing Lee Street: A Classics Reimagined

Wing Lee Street is a short and cozy street, measuring just over 600 meters in length. Raymond energetically introduced the street during the tour "600 meters is roughly one and a half laps of a sports ground!"

Raymond then presented black-and-white photographs of Wing Lee Street, featuring a group of tenements which constructed in the 1950s. The balconies are filled with numerous bamboo poles for drying clothes, from the number of fluttering garments, one can imagine the densely population in the buildings while the building facades are also dilapidated.

永利街的台階式建築是其一大特色。據說，昔日街坊晚上常在台階上乘涼、休憩，並與鄰居聊天。導賞途中，有長者回憶道：「對呀，那時候真的是這樣生活。」此外，永利街曾有幾間印刷店，與街上印刷機壁畫形成有趣的呼應，展現了這條街道的文化與歷史底蘊。

古怪趣聞 地膽先知

在階梯上乘涼聊天、於印刷地舖專注工作……看似和諧平靜的永利街生活，其實隱藏黑暗。在中西區長大的攝影師 Andy 說：「以前永利街是不能走進去的，因為我們小時候全部有『陀地』，每條巷都有自己的『陀地』，他們不讓人進去。如果你不是在裏面住，走進去會被人盤問：『嚟仔你入嚟做咩呀？』當年不止是中環，黃大仙更加誇張，一個區可以有 10 個堂，互相打到飛起。中環，一樣有這樣的故事。」



The terraced architecture of Wing Lee Street is one of the standout features. In the old days, residents gathered on the steps to relax and chatted with neighbours in the evenings. During the tour, an elderly participant reminisced “It was how we lived.” Additionally, Wing Lee Street once had several printing shops, which interestingly resonate with the nearby mural which featured printing press, highlighting the cultural and historical richness of this street.

Quirky Facts Only the Docent knows

Sitting on the steps, enjoying the breeze, or focusing on work in the printing shops... the seemingly peaceful life on Wing Lee Street was hided the darkness. Photographer Andy, who grew up in the Central and Western District shared “Wing Lee Street used to be inaccessible. When I was kid, there were triad members in this area — they occupied the alleys and not allowed outsiders in, the outsiders would be questioned if they walked around ‘What are you doing here, kid?’ It wasn’t just Central; it was more intense in Wong Tai Sin, there could be ten different triads in a community, Central has similar stories as well.”

歷史景點逐個睇 Exploring Historical Landmarks:
A Journey Through Hong Kong's Cultural Treasures

永利街 Wing Lee Street

建於 1950 年代的唐樓建築群，為獲獎電影《歲月神偷》的取景地點。在 2007 年被納入市建局重建項目，後來因電影引起保育關注，市建局最後將永利街剔出重建項目，劃為保育區。

A group of tenements which constructed in the 1950s, served as a filming location for the acclaimed film "Echoes of the Rainbow". In 2007, the street was initially included in the Urban Renewal Authority's redevelopment project, but the film attracted significant attention in conservation. As a result, the Authority removed Wing Lee Street from the redevelopment plan and designated it as a conservation area.





荷李活道盛載了導賞團攝影師 Andy 的半生回憶。

Hollywood Road is a canvas painted with rich memories of photographer Andy's remarkable life journey.

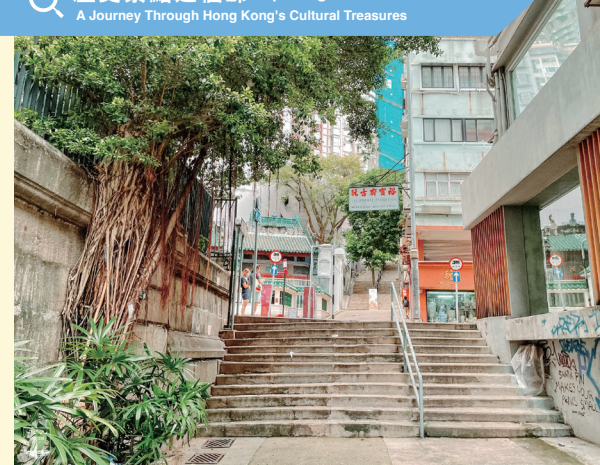
在永利街一帶，Andy 稱童年時能夠自由進出現在的香港新聞博覽館（三級歷史建築）——它的前身是 1953 年興建的必列啫士街街市。當年街市下層賣菜，一樓則有一個小型遊樂場。但對他來說遊樂場是一個很悶的地方，因為真正的樂園在街上——荷李活道。

「如果是拍電影的話，一個畫面會『瀰』一聲穿越五十年。於我來講，荷李活道就如同一條時光隧道。小時候爸媽拖著我們走過、每天經過這裏上學放學、踢波淋雨，到後來和女朋友拍拖、結婚、拖著女兒走過這裏，現在女兒都三十歲了。」

In the Wing Lee Street area, the only place that Andy could freely access at childhood, was Bridges Street Market that built in 1953, it has revitalized to the Hong Kong News Museum (Grade III historic building) in recent years. The market had vegetable stalls on the lower level, while the first floor featured a small amusement park. But for him, the amusement park was boring; the real park was Hollywood Road.

"If this is a film, the scene would 'whoosh' through fifty years," He mused. "To me, Hollywood Road is a time tunnel. As a child, I passed by the street with my parents, attended and off school every day, played football in the rain. Later, I walked with my girlfriend and get married with her, then walked hand-in-hand with my daughter—she is thirty now."





樓梯街 Ladder Street

(一級歷史建築)
(Grade I historic Building)

建於 1841 年，位於荷李活道文武廟旁，是一條以樓梯組成的街道，護土牆、樹牆、石護欄等建築保留至今。

Constructed in 1841 and located beside the Man Mo Temple on Hollywood Road, this street is entirely composed of steps, with retaining walls, stone wall trees, and stone railings have been preserved.

Andy 總以電影製作的視角觀看社區，他常常覺得中環是一個很有電影感的地方，例如樓梯街，由荷李活道下樓梯，一直走到摩羅街、皇后大道中，階梯延綿不斷，街角小巷有種意大利電影《星光伴我心》的小區情懷，而的確有很多電影取景於此，如《蘇絲黃的世界》。又例如《重慶森林》中經典的半山扶手電梯，站在上面，似乎可隨時遇到阿菲一個人蹲著窺探 663 的家的場景。

「其實中環任何地方都是必看的。」在中西區生活了大半輩子的 Andy 說話時充滿自豪。

Andy always views the community through the lens of filmmaking, feeling that Central is truly cinematic. For instance, descending to Hollywood Road from Ladder Street, along with Lascar Row and Queen's Road Central with continuous staircases. The alleys evoke a sense of neighbourhood nostalgia that found in the Italian film 'Cinema Paradiso'. Many films such as 'The World of Suzie Wong' have been shot here as well. When you stand on the iconic Mid-Levels escalator which is featured in "Chungking Express", one can almost imagine encountering Faye Wong sitting at there and peeking into 663's apartment.

"Honestly, every corner of Central is a must-see." Andy who has lived most of his life in the Central and Western District, his words filled with pride.



藝術+科技五個 AR 新熱點

在「地膽遊中」活動中，市建局邀請中國美術學院師生，根據「地膽」導賞員提供的口述歷史資料，於中上環設計了五個歷史地點創作擴增實境（AR）藝術景點，為社區注入新的互動打卡體驗。這些 AR 場景與「地膽遊中」導賞地圖緊密結合，形成虛實交融的文化路徑，引領公眾以全新角度探索社區故事。



Digital Art + Technology: Five Innovative ARTech Hotspots

The Urban Renewal Authority invited students and faculty from the China Academy of Art (CAA), created five augmented reality (AR) art installations at historical sites in Central and Sheung Wan, as part of the "Touring Central with Locals" content to introduce a new interactive experience to the community. At the meanwhile, docents provided oral history insights for creative reference.

The AR hotspots are intricately tied to the "Touring Central with Locals" map, forming a cultural journey that merges the virtual with the tangible, inviting the public to explore community stories from a unique perspective.

只需要用手機掃描 QR Code，便可啟動 AR 特效。

Scan the QR code with your smartphone to activate the AR effects.



五個 AR 景點均融入了「地膽遊中」導賞員的親身經歷與社區記憶。以中環街市的 AR 科技景點「包浩斯狂想曲」為例，創作團隊原本希望完整呈現該建築的歷史與包浩斯風格，但內容較為複雜，不利於公眾理解。後來在市建局協調下，導賞員講述了他們記憶中的街市模樣，團隊依據這些口述資料，最終選用了 CD 唱碟、懷舊電話、「熱狗」巴士等更具共鳴的老香港元素，以藝術化形式呈現於 AR 之中，讓歷史記憶變得生動可感。

而透過嘉咸市集的「處處有嘉貓」，遊人可邂逅商販飼養的三隻虛擬貓店長；城皇街樓梯的「字粒瀑布」，會呈現用於活字印刷的字粒從天而降的畫面；而士丹頓街 88 及 90 號外牆的「印報歲月」，壁畫上的印刷機會印出一份又一份報紙包裹整幢建築立面；最後是位於華賢坊西樓梯的「卅間舊城」，樓梯與壁畫成為跨越時空的入口，以唐樓居民第一視角帶領參觀者重返舊日生活。

這些 AR 內容深度融入「地膽遊中」地圖路線中，遊人可透過地圖上的 AR 標記，沉浸式探索中上環的今昔文化脈絡。項目不僅以創新方式推動文化傳承，同時亦推動區內持份者參與，為地區注入活力，帶動地區經濟之餘，更說好中上環故事。

Each AR spot features the personal experiences and memories of the docents. For example, "Bauhaus Rhapsody" at Central Market. The team originally aimed to fully showcase the history and architectural style of the market, but the complexity hindered public understanding. With coordination from the Authority, docents shared their memories of the market, the team created relatable symbols of old Hong Kong—like CD albums, rotary phones and "hot dog" bus (Non-Air-Conditioned Bus) —to artistically present in AR, bringing history to life.

Visitors can uncover three virtual shop cats in the AR installations "Graham Cats Everywhere" on Graham Street. At the Shing Wong Street Stone Steps, visitors can admire "Word Grain Falls" featuring movable type fall from the staircases. "Years of Printing" showcases a printing press that printing newspapers, enveloping the building facades; Lastly, at Wa In Fong West staircases, "Old Days of Thirty Houses" transformed the staircases and murals into a time-travel entrance, allowing residents of tenements to revisit their past lives from a first-person perspective. Each installation intertwines the nostalgic memories of docents by transforming cultural recollections into an immersive experience through digital art.

AR installations are seamlessly integrated into the "Touring Central with Locals" map, visitors could explore both historical and contemporary cultural context of Central and Sheung Wan, through AR marks on map. This initiative not only advances cultural preservation in an innovative way but also encourages community involvement, energizing the area and boosting the local economy while sharing the stories of Central and Sheung Wan.



未來 願景

The Adventure Continues



3.1

未走完的地圖：
導賞員的第二人生

Life Reimagined

這一群退休人士，透過自己的一步一印，把中西區重新走了一遍。他們不只是導賞員，更是記憶的傳遞者、歷史的詮釋者。他們讓我們看到，只要仍願學習、仍願分享，每個人都能在城市角落中找到屬於自己的舞台。

「地膽遊中」計劃目的不是單純邀請這批「老友記」進行一次性的活動，而是希望能夠令他們的「第二人生」產生變化。活動後，超過六成的參團「地膽」表示有興趣考取專業導遊牌照，為勞動市場注入新動力，也為自己的「第二人生」發掘了新方向。

從活動中重拾活力

舊日時光雖已不再，但透過人的敘述，能夠引發想像，讓往昔景象重現眼前，這是導賞團的魅力所在，也是口述歷史的價值。導賞員Ceci和靜儀皆為敘事的妙手，往往只需簡單幾句，便能讓參加者如同親歷其境。

A remarkable group of retirees has embarked on a journey through the Central and Western District, leaving their footprints behind. They are more than docents; they are the bearers of memories and interpreters of history. Their presence shows that anyone willing to learn and share can carve out their own space in the city's nooks and crannies.

The programme initiative goes beyond a one-off event for docents, it seeks to spark change in their “second lives”. Over 60% of the docents expressed interest for obtaining professional tour guide licenses, infusing the labour market with fresh energy and uncovering new avenues for their journeys ahead.

Rekindling Energy Through “Touring Central with Locals”

Time files but the narratives can spark imagination and bring historical scenes back to life. This is the allure of tours and the value of oral history. Ceci and Ching Yee are master storytellers, effortlessly whisking participants into incredible experiences with just a few phrases.



靜儀（左）和 Ceci（右）
在導賞團合作無間。

Ching Yee (left) and Ceci
(right) work seamlessly
on the tour.

Ceci 所屬的「歷史與建築」路線著重人情味以及和參觀者的互動。她特別強調，人情味可引導參加者以全新眼光，重新認識熟悉的地方，例如：啟發參加者從遊客角度，體驗半山扶手電梯的特別之處；或是在大館講解歷史，同時鼓勵參加者分享自己的感受。她認為導賞最重要的功能是喚起參觀者的好奇，並透過對話讓每個人成為環境的一部分。

計劃結束後，兩位導賞員並未放下這個身份，反而繼續探索更多城市故事。如果她們還有機會設計導賞路線，靜儀表示會對「文化與節慶」路線充滿興趣，希望介紹盂蘭勝會、大型戲棚等非物質文化遺產；Ceci 則提出「城中森林浴」概念，希望在鬧市中尋找讓人舒緩的自然空間。

她們都認為「城蹤遊」計劃改變了自己的第二人生。靜儀從退休後經常留在室內，轉為走向更廣闊的戶外空間，看見了「鮮艷、明亮、正面的生活方式」。Ceci 則認為計劃增加了她外出走走的意向，對活躍還是原本不太活躍的長者都提供了新的方向，「為了帶導賞，我們要用腳走出去，腦袋和身體都一起動了起來，我覺得這能夠幫助我們延緩認知障礙症！」

Ceci who belongs to the “Chinese and Western Architecture” route, focuses on human touch and interaction with participants. She encourages participants to view Central with fresh eyes, inspiring them to appreciate the Mid-Levels Escalator’s uniqueness from a tourist’s perspective or to share their feelings while narrating history at Tai Kwun. She believes the guiding is to awaken curiosity, making everyone feel interconnected with their surroundings through meaningful interaction.

After the programme, Ching Yee and Ceci continued their exploration on urban stories rather than stepping back from their roles. Ching Yee expressed her keen interest in designing a “Cultural and Festival” route, aiming to introduce intangible cultural heritage like Yu Lan Festival and large-scale bamboo theatre. Ceci proposed the concept of “Urban Forest Bathing,” seeking tranquil natural spaces amidst the bustling city.

Both Ching Yee and Ceci agreed that the “CityWalk” programme has reshaped their second lives. Ching Yee, who often stayed indoors after retiring, has now embraced the outdoors, encountering a “vivid, bright, and positive way of living.” Ceci believes the programme has sparked her interest in getting out more, offering new pathways for both the active and less active seniors. “To conduct a tour, we have to step out, engaging both our minds and bodies. I think the programme can slow the progression of dementia!” Ceci said.



這群退休人士不再只是時代的旁觀者，而是以記憶和熱情重新參與到城市建設中，重塑社區的人情與溫度，也為自己的第二人生寫下新的意義。

退休生活的第二舞台

對許多人來說，「退休」是自由的起點，但對 Paco 和嘉嘉而言，最初卻是一段迷失的時光。Paco 曾在工程界工作，雖然對建築與文化一直充滿興趣，退休後卻感到生活失去方向：「以前日程排得密密麻麻，退休之後突然多了好多時間，反而不知如何消磨。」嘉嘉原是廣告界資深從業者，退休後即使參與教會義工，仍覺得缺乏一個可長期投入的平台。

直到他們參與「地膽遊中」計劃，一切開始改變。這個計劃不僅引導退休者重新認識社區，也讓他們通過導賞向社會傳遞歷史與文化關懷，意外開啟了人生的新篇章。

Paco 與中西區的緣起，可追溯至年輕時的一段浪漫回憶：「第一次拍拖約會，就在中環開車接女生，當時覺得好威風，結果一落車便在域多利皇后街被警察抄牌，尷尬到不得了！」這段帶點喜感的往事，成為他與中西區深刻而鮮活的回憶起點。「那時已經覺得這個地方有歷史、有味道。」



Paco 年輕時已經與中上環結下不解之緣。
Paco formed an inseparable bond with Central and Sheung Wan when he was young.

The retirees have transformed from observers into passionate contributors to urban renewal, using their memories and enthusiasm to reshape community bonds, thus infusing new meaning into their second lives.

Embrace New Beginning

For many people, “retirement” is a gateway to freedom, but for Paco and Pat, they initially felt like a time of confusion. Paco, a former engineer with a passion for architecture and culture, found himself drifting after retirement: “My calendar used to be full, and now, with so much free time, I don't know how to spend it.” He said. Pat was a veteran in the advertising field, despite her volunteering at church, she still felt a gap for long-term engagement.

Docents’ lives began to transform when they participated in the “Touring Central with Locals” programme. This programme not only encouraged retirees to reconnect with their community but also allowed them to share historical and cultural narratives through the tours, starting a new chapter in their lives.

Paco’s connection with the Central and Western District began with a humorous memory from his youth, “I drove to Central on my first date, but I ended up getting a ticket from the police on Queen Victoria Street after I parked, it was very embarrassing!” This funny memory was the beginning of his deep and vibrant connection to the area. “At that time, I already realized that this place is rich in history and character.” Paco said.



嘉嘉則是土生土長九龍人，靠努力搬上半山，每天以扶手電梯通勤，漸漸愛上該區的氛圍與故事。對歷史的共同興趣，促使 Paco 和嘉嘉加入導賞計劃，也讓他們重新找回生活的重心。

「隨口講兩句並不是導賞，對歷史資料要查得好清楚，講解都要有系統地安排。」成為導賞員並非易事，Paco 認真查證歷史、整理筆記，反復試走路線，確保老少皆宜；「大家都有不同的經驗及背景，慢慢就會學識聆聽、協調、互相理解。」嘉嘉透過這次計劃學會聆聽與協作，在第一次成功帶團後，她笑著說：「覺得自己終於可以，原來真的可以做到。」他們還設計互動環節或邀請團友分享回憶，讓導賞充滿溫度與生命力。

通過活動，他們不僅收穫了知識與技能，更實現了心理的深刻轉變。Paco 已報讀正式導遊課程，希望未來帶領更多人了解香港歷史與建築。他感慨：「以前以為退休生活會沉悶，如今每天都過得非常充實。」嘉嘉也主動尋求更多文化推廣機會，如報名歷史博物館的導賞課程，希望在不同場合繼續講述香港故事。

Pat was growing up in Kowloon, she worked hard to move up to the Mid-levels, commuting daily on the escalators and ferry. She gradually had a keen interest to the atmosphere and stories of the district. The passion for history drove the docents to join the program, helping to rediscover their focus in life again.

“Chatting casually isn’t enough for guiding, you have to research on history thoroughly and narrates systematically.” Pat said. Becoming a docent was no walk in the park. Paco rigorously verified history, organized notes, and practiced the routes repeatedly to ensure suitable for all ages. “Everyone brings different experiences; I learn to listen, coordinate, and understand each other.” Pat learned the art of listening and teamwork; after successfully leading her first tour, she exclaimed with a smile “I can do this and it’s truly possible!” They also created interactive elements and invited tour members to share their memories, ensuring that each tour was full of warmth and life. Docents created interactive activities or invited participants to share their own memories, making every tour lively and engaging.

Through the programme, the docents not only gained knowledge and skills but also accomplished a mental transformation. Paco enrolled in a training course for tour guides, eager to lead publics in discovering Hong Kong's history and architecture. He mused, “I thought retirement would be boring, but now each day is incredibly enriching.” Pat also pursued more opportunities for cultural promotion, such as enrolling in a museum docent programme, she is excited to narrating the stories of Hong Kong on different occasions.



嘉嘉從區外搬到中西區居住，漸漸愛上了區內獨特的歷史文化氣息。

When Pat moved to Central and Western District, she discovered a vibrant community with unique history and culture. She is enchanted by the local characteristic of this remarkable area.

他們發現，許多長者都渴望「有人帶他們去玩」，一起探索城市、交流經歷，這是一種久違的快樂與歸屬。從互不相識到成為默契夥伴，組員之間也建立了深厚的感情。

這些退休人士以腳步和心聲，重新定義了「退休」的意義。他們不是歷史學家，也不是專業導遊，但每一句話、每一場導賞，都是對城市深情的詮釋。他們用實際行動證明：只要願意學習與分享，人生的每一階段，都可以活出新的精彩。

共築新生：社區發展與自我重塑

在「城蹤遊」導賞路線的設計過程中，導賞員們不僅深入認識了社區，更實現了顯著的自我提升。Raymond 原本毫無帶團經驗，視這次為寶貴的學習機會：「其他三位導賞員很有經驗，慢慢引導我嘗試，整個過程非常開心。」Betty 則特別讚賞計劃給予的創作自由，讓她能夠自主蒐集材料、設計路線，每當看到參與者對她發掘的內容產生興趣，她都倍感滿足。



Raymond 原為設計師，退休後投身導賞員行列，繼續發揮自我所長。
After a successful career as a designer, Raymond embraced a new chapter as a docent upon his retirement.

The docents found that many seniors were eager for hang out with someone to explore the city and share experiences together. From being strangers to becoming partners, deep connections built among the group members, this a long-lost joy and sense of belonging.

These retirees redefined what "retirement" means with their steps and inner voices. They weren't historians or professional tour guides, but every statement and every tour was a heartfelt expression of the city. They proved through their actions that every phase of life can be vibrant, as long as you are willing to learn and share.

**Create new beginnings:
Community Development and Self-Renewal**

When designing the tour routes, the docents gained a profound understanding of their community and achieved significant self-development. Raymond, who had no experience in leading tours, cherished it as a unique learning opportunity "The other three docents were very skilled and they guided me slowly, I was incredibly enjoy." Betty especially valued the freedom of creation that programme provided, allowing her to gather materials and plan routes independently. Seeing participants engaged with her findings brought her immense satisfaction.

尤其令導賞員們印象深刻的，是來自年輕參與者的真誠反饋。Yvonne 曾遇到一位 20 多歲的女生，參加導賞團後驚訝地發現中環有這麼多未被注意的故事，甚至打算拿著「地膽遊中」地圖帶母親重新探索。Ling 也曾在講述擺花街歷史時，遇到一位父親曾在此開店的年輕人。雖然對方起初因故事與父輩年代不同而略顯失落，但 Ling 卻期待這種跨代對話能促成更多家庭故事的延續。「如果有人能在裏面，說著他們自己的故事，就必定精彩。」

導賞過程中，他們還時常偶遇老街坊，新舊朋友因「地膽遊中」而相逢，也為社區注入新的活力；香港中小企聯合會推出的「小街道大聯盟」計劃，聯合 30 多間商戶提供優惠，振興地區經濟。Raymond 指出，文化活動和經濟效益可以相互促進，例如壁畫創作既能美化社區，也能吸引人流、帶動消費。

許多導賞員不約而同地表示「我重新認識了香港。」Yvonne 坦言，以往每年必定出國旅行，直至疫情使她留在香港，才開始參加本地導賞，這個契機卻讓她發現這座城市蘊藏的多重面貌。

對於社區的變遷，嘉嘉抱持開放的態度：「我們活到這個年紀，都知道改變是必然。」她認為中環街市、PMQ 和大館的保育工作做的相當成功，她形容中環街市曾是一個「爛溶溶的黑洞」：「又臭，外面又有烏煙瘴氣的公廁和很多白鴿屎，好恐怖。我一個女生晚上下班不敢經過那裏，會刻意改行對面馬路。而舊時 PMQ 和大館又有種陰森的感覺。」，看到保育後的這些地方，她感覺「好像人剝了幾隻蛀牙」。她也期望未來應擴展導賞路線至更多區域，因為「香港每一區都有它獨特的故事。」

The heartfelt feedback from young participants particularly impressed the docents. Yvonne once encountered a girl in her twenties who was amazed to the stories in Central after joining the tour. She even planned to explore with her mother using the "Touring Central with Locals" map. Ling, while narrating the history of Lyndhurst Terrace, met a young man whose father had once owned a shop there. Although the man seems a bit disheartened that the stories differed from his father's time, Ling hoped that this intergenerational conversation could emerge many family stories. "If someone can share their own stories during the tour, it will surely be remarkable."

Docents frequently ran into neighbours and they reuniting through the "Touring Central with Locals" which also bringing fresh vitality to the community. Hong Kong Small and Medium Enterprises Association launched the "Backstreet Alliance- The local's Guide" programme, collaborating with over 30 businesses to provide discounts and invigorate the local economy. Raymond highlighted how cultural activities and economic benefits can support one another; for example, mural projects beautify the community while attracting visitors and stimulates spending.

Many docents shared "I reacquaint myself with Hong Kong." Yvonne confessed that she always travelled abroad every year until the pandemic kept her in the city, prompting her to participate in local tours and discover the diverse facets of her home.

Regarding community transformations, Pat embraces changes: "At our age, we understand that change is a part of life." She agrees that the conservation for Central Market, PMQ, and Tai Kwun have been remarkably successful. She recalled how Central Market used to be a "crumbling black hole": "It was smelly, with grimy public toilets outside, and lots of pigeon droppings—truly frightening. As a young woman, I crossed to the other side of the street. The old PMQ and Tai Kwun had an eerie vibe." Now, after revitalization, she feels as if the city "treat tooth decay". Pat hopes to expand the tour to more areas in the future since "every district in Hong Kong has its unique story."



活化前後的中環街市。(活化前照片由鄭寶鴻先生提供)

Revitalization of Central Market: Before and After. (Photo before revitalization provided by Mr. Cheng Po Hung)

正如 Steven 所說，「香港人創造了一個驕人的故事，短短一百多年，由一個無名小漁村發展成金融中心、國際大都會，這是經過多代前人的努力，是獅子山精神的體現。我們很希望通過我們的導賞讓參加者明白，正是前人為我們鋪就今天的成果。」而這些導賞員，也正以腳步和敘述，繼續書寫屬於這座城市和他們自己的第二人生。

這不僅是一場散步，更是一場「人情重塑」的運動。長者不再只是被服務的角色，而是城市的文化傳承者、街道的活字典。他們講述街坊的故事、街名的由來、熟悉的味道與聲音，讓參與者不只行路，更是「行心」，在「建設具包容性、安全、有韌性及可持續的人類居住城市與社區」。過程中，我們見證了社區韌性如何透過人與人的連結被溫柔地修補起來。

而這群「地膽」正以行動延續這份精神，守護社區的過去，也開拓它的未來。



As Steven states, “Hong Kong has crafted an incredible narrative in over a hundred years, evolving from a nameless fishing village into a financial center and international metropolis. This transformation is the result of the relentless efforts of generations, embodying the Lion Rock spirit. Through our tours, participants appreciate that the pioneers who have paved the way for the successes we enjoy today.” The docents with every step and story, are writing the legacy of this city—and their own.

This experience is not merely a stroll; it’s a movement of “reforming human relationship.” Seniors are no longer just being served; they have become cultural storytellers, walking dictionaries. They narrate neighbourhood stories, the history behind street names, and the familiar tastes and sounds, participants could “walk with heart.” “Construct inclusive, safe, resilient, and sustainable urban communities.” In this journey, we witness how community resilience is softly woven together through human connections.

This group of docents is actively preserving this spirit, protecting the community's past while forging its future.

QUBE 智方
2/F STAUNTON ENTRANCE
A座二樓入口



透過我們的導賞，
希望下一代以踏實生活去認識社會，
傳承歷史及其中故事和社會的演變。

Encourage the new gen to appreciate
and experiecn the history,
stories and evolution of the district.

陳貴新 Kenneth Chan

照片由 Miles Graphy Co. 提供
Photo by Miles Graphy Co.



3.2

步履間，
聆聽城市心跳Listening to
the Pulse of the City

在這座被稱為石屎森林的城市裏，某些街角、某些樓梯下，依然藏著老街坊的故事、舊社區的情懷。這些記憶，只要有人細說，便能再次在城市裏發芽。「地膽遊中」證明了若我們能給予社區一點信任與空間，一座城市便能說出屬於自己的溫柔語言。

自推出以來，「地膽遊中」廣受市民歡迎，報名人數遠遠超出預期。不少參與者坦言，透過「地膽」生動而真摯的導覽，他們重新發現了中上環的另一面——不再只是金融中心與旅遊熱點，而是一個有故事、有溫度、有人情味的地方。街坊的聲音，也不再局限於小巷之內，而是隨著網絡的傳播，成為城市記憶中流動的風景。

更難能可貴的，是計劃背後的協作網絡。「地膽遊中」動員了多個跨界別機構，包括香港旅遊發展局、區議會、社企、非牟利組織與學術界，攜手打造出一個由社區自己主導的三方協作平台，成功建立多方夥伴關係，以加強推動可持續發展的實施力量。

In this city often dubbed the “concrete jungle”, certain corners and staircases still conceal the stories of neighbourhood and the nostalgia of community. These memories can bloom again in the city if given the opportunity to be shared. The programme shows that when the community is being trusted, the city can speak in its own gentle voice.

The programme was well-liked by the public, with numbers of enrollments far exceeded expectations. Many participants confess that through the engaging and heartfelt narration of the docents, they've rediscovered a different side of Central and Western Districts—not merely a financial center and tourist destination, but a place filled with stories, warmth, and humanity. The voices of neighbours are shared through online network, becoming vibrant threads in the city's memory.

What's even more commendable is the collaborative network that supports this programme. The programme has brought together various organizations from different sectors, including the Hong Kong Tourism Board, District Councils, Social Enterprises, Non-Profit Organization, and academia, creating a community-driven cooperative platform that strengthens partnerships which aimed at promoting sustainable development.



像 Johnny 這樣的導賞員，正是這項計劃中的亮眼註腳。早前已成為香港導賞員學會認可導賞員、並有兩年導賞經驗的他，在「地膽遊中」導賞團中進一步「學以致用」，累積更廣泛的經驗。他帶領導賞團深入中西區多個地點，相比以前單一地點的導賞更有挑戰性。他表示，部分對中上環不太熟識的參加者，在活動中體會到「其實香港仍有很多值得到訪的景點」，根本不需經常到外地旅遊——本地市民亦可發掘區內不為人知的一面，真正體驗「無處不旅遊」。而中西區獨有的中西文化薈萃特色，尤其是保育活化項目後所保留的昔日故事，更讓參加者可以想像昔日的生活面貌。另一方面，有些本來就熟悉這一區的參加者，在聽了分享後產生共鳴，進而主動互動交流。「我自己都有知識可以帶走」，Johnny 笑著說。未來，他更有興趣持續「進修」成為更專業的導遊，在自己的「第二人生」中發光發熱。

「地膽遊中」的價值不僅在於完成了多少場導賞或吸引了多少參加者，而是提醒我們——城市的溫度，其實就藏在每一位街坊的腳步之中。當我們願意放慢腳步聽一聽老街坊講故時，一個可持續而有人情味的香港，其實已在我們腳下悄悄成形。



Johnny 將會繼續拓展自己的第二人生，退而不休。
Johnny will further develop his second life.

Johnny shines as bright highlights; he is a certificated docent from Hong Kong Docent Association with 2 years docent experience. Johnny has applied his skills and gain more experiences through the programme. He leads tours through various locations in Central and Sheung Wan, which is more challenging compared to tour focus on single site only. He shares that some participants who are unfamiliar with the area, have realized that Hong Kong has many hidden gems worth visiting and the programme showing that locals can discover the unique aspects of their own neighbourhoods —truly experiencing that "tourism is everywhere in Hong Kong." The East meets West in Central and Sheung Wan, particularly the stories from revitalization projects, allows participants to envision the lives of the past. On the other hand, those already familiar with the area resonate with the shared stories, prompting lively interactions. "I have learnt a lot from the tours as well," Johnny chuckles. In the future, he will keen on continuing his advanced studies to become a professional tour guide, eager to shine brightly in his "second life."

The value of the "Touring Central with Locals" lies not in the number of tours conducted or participants drawn, but in how the warmth of the city is embedded in the footsteps of neighbours. By slowing down and listening to the stories of the neighbours, a sustainable and compassionate Hong Kong begins to take shape.

土地和人一樣，都有故事。
希望年輕一代可以知道自己所屬於的
這片土地的故事，從了解而深愛。

Much like people, Land, is full of stories
and to be told to people who called it Home.

—— 鄧德慧 Rebecca Tang



地 膽 Voices of docents 感 言



從中環街市的重生，到半山電梯連接人心與高度；從舊時代的風扇燈與火水爐，到今天講述過去的聲音。這些退休人士正以腳步與心聲，重新定義「退休」的意義。

The retirees are redefining what "retirement" truly means through their footsteps and heartfelt narration- From the rebirth of Central Market, the Mid-Levels escalator that connects Central, and vintage fan lamps and gas stoves of the past.



●● 若沒有這個導賞計劃，很多地方我都不知存在，亦不知是怎麼樣。這個計劃讓我了解更多，從中亦可改善自己的觀點，學習和團隊合作。我的第二人生也更充實了。●●

●● 我本身是香港導遊，有時需要帶旅客在中上環遊覽。參加「地膽遊中」，讓我更深入了解地區的歷史背景，可以加強我在工作上的能力。此外，我亦希望能夠通過我將這些歷史傳承下去，加強新一代市民對香港的歸屬感。●●



黃志明
Chi Ming Wong



伍麗珍
Betty Ng

●● 我希望下一代會自己親自去參觀及體驗，用謙卑的心態去發掘香港的歷史、背景、環境、建築、人與人之間的相處之道等等。我們做導賞工作的使命就是把我們擁有的知識、故事甚至趣聞分享給每一位參觀者。像播種子一樣散播歷史文化、古蹟故事，讓故事得以代代相傳及保留。●●

●● 當初是本著唱好香港，讓本地人及外訪者認識香港的文化、歷史、飲食及建築的背後故事，做到傳承保育背後的人情味，讓參加者產生共鳴的願望參加這個計劃。沒想到此計劃也讓我的退休生活非常充實，我從學習及搜尋資料中增長知識，也服務了社會。●●



陳靜思
Ceci Chan



趙偉華
Peter Chin

●● 希望透過導賞活動，讓下一代了解先輩的生活。從建築物或生活點滴中，了解更多父母長輩的生活，透過活動加深親子之間的了解，能夠對發生的歷史事物感同身受。●●

●● 偶然從媒體介紹得知「地膽遊中」導賞員計劃，覺得非常有意義。此舉可令更多人了解地方誌、歷史。那些鮮為人知的寶貴資料亦得以保留和宣揚，間接推廣和發展了地區。每當本人介紹到荷李活道時，腦裏就泛起從前在中環畫廊工作的情景，這條歷史悠久的街道五光十色，是本人人生路程裏的一道漣漪。●●



梁培堅
Kenneth Leung



胡立文
Stephen Woo

●● 中上環是香港開埠之後最早開發的地區，歷史悠久，古蹟古物眾多，我希望加上自己對中上環的感受向公眾介紹這裏的歷史及特色。計劃讓我感受最深是士丹頓街活化後的唐樓項目，從中帶出自己小時候的生活回憶，感受良多；「地膽遊中」亦可以讓我們懷緬小時候的美好回憶。●●

●● 人生總有無數的機緣和際遇！看到導賞員計劃的招募時，總覺為我度身訂造似的！兒時母親曾在中環做媽姐，我的職業生涯亦大部分在中區度過，亦在中區居住了十多年。由於對事物的好奇心和良好的人際關係，令我孕育了無數的小城故事，我樂於和每個人共享這些故事！●●



黃沛成
Pui Shing Wong



麥惠好
Irene Mak

●● 看到新聞報道中上環導賞團，我也希望將自己成長的地區（以往及現在）介紹給有興趣的朋友、遊客，特別 PMQ、士丹頓街、必列者士街、城皇街、永利街一帶，有我特別多童年回憶。同時，我也很高興可在半退休的時候，做一些自己喜歡、有 passion 及 mission 的事情。●●

●● 我希望用舊的建築物以及當中的歷史和故事，去引起現今世代的人的注意，從而學會用「珍惜」的態度去對待每一樣事和物。要明白一個道理：任何事、人或物，只有在知道後，而又可放在心中才是「永恒」。●●



譚惠娟
Angel Tam

●● 在救世軍中環街市導賞員培訓班中，初步認識到如何當導賞員及有了當導賞員的經歷，深感興趣！所以知道有「地膽遊中」導賞計劃時，便即時報名！在導賞路線中，百子里公園最觸動我，因為從不知道鬧市中有此秘密花園，還有國父及革命先烈們在此留下的足跡及珍貴的資料！此計劃令我的「第二人生」變得更豐盛、更有意義！●●



裔麗沙
Liza Yui

●● 因為想了解更多中上環的歷史，適逢好友推介下，就決定參加「地膽遊中」。整個計劃中我最喜歡是石板街：這裏建築好特別，你由下向上望，又或由上向下望，一層層的構圖好吸引。當了「地膽遊中」導賞員後，令我萌生了當導賞員的念頭。我希望能把香港的歷史和生活文化傳承下去，讓年輕人知道更多。●●



麥美英
Dennis Mak



趙芷玲
Chi Ling Chin

●● 今天你願意聽一個陌生人的故事，若你覺得有趣，鼓勵你回家以這個話題，去打開家裏長輩們的歷史書。那是一個與你更有關連的故事。今日經常聽到要愛國愛港，愛一個地方應該從家庭開始，從你所居住的地區延伸出去。先做到基本了解，才有空間去築愛。●●

●● 希望我們下一代能從我們的導賞中傳承到香港這個漁港的一些輝煌故事和港人祖輩們的艱苦歲月，比如麻石故事、唐樓故事、洋人故事、百年老店等等。●●



林華莊
Cherry Ling



陳樹全
Shu Chuen Chan

●● 從我們在「城蹤遊」中的介紹及講解，希望可以讓更多人認識以前的人是怎樣生活的，以及一些舊建築物的保留意義。如果沒有保留舊建築物，我們所講解的就如紙上談兵，空談一樣。●●

●● 2023 年我曾參與及完成中環街市導賞員培訓計劃。這次參加「地膽遊中」，我認為是一種延續和傳承。這個計劃也為我的第二人生加入了傳承的元素。●●



李惠貞
Emily Li

●● 退休後，先後參與多種義工，覺得導賞工作很適合我，因為我很喜歡與人分享自己所知道的。計劃中讓我最難忘是社區唐樓，我在深水埗唐樓長大，介紹唐樓時，使我記起少時在唐樓生活的情景，雖然事隔多年，想起來還歷歷在目。多次導賞的機會給我很大的滿足感，亦發覺自己的不足，日後會爭取機會在多方面充實自己，做好導賞這份工作。●●



鍾耀泉
John Chung

●● 我對嘉咸街特別有感覺——因為當年我的爺爺在當時的保安司做廚房買手，每日要到嘉咸市集買餸，我從小聽爺爺及他兒子（即我父親）講有關故事。我希望下一代透過我們的導賞可以懷緬過去的日子，珍惜所有及活在當下。●●



張健雲
Johnny Cheung



連淑芳
Yvonne Lin

●● 希望大家在繁忙高壓的生活中，都可以留意身邊的人和事，嘗試去了解、探索不同社區的歷史文化。當多了認識，才会有感情，想愛護以至作出貢獻。當你愛護這個城市，自然會多了包容、體諒，人們也可以和諧共存。●●

●● 我從朋友 WhatsApp 訊息而得知這個計劃。參與這個計劃，豐富了我的人際網絡，也認識了志趣相投的朋友，我們可以交流和學習新知識。透過我們的導賞，希望下一代以踏實生活去認識社會，傳承歷史及其中故事和社會的演變。●●



陳貴新
Kenneth Chan



譚五仔
Johnny Tam

●● 本人於中環工作超過 30 年，對此地區產生感情，覺得可以在導賞活動中向參加者分享我在中環的小故事，中環街市至半山自動扶梯皆使我回憶起從前。我從「地膽遊中」獲得寶貴導賞經驗，使我更有信心應付往後的導賞工作。●●

●● 參與這導賞計劃，讓我的退休生活更充實有意義。通過培訓與實踐，我不僅掌握了導賞技巧、加深了對景點的認識，更在服務中體會到「老有所為」的樂趣。每次帶隊參觀時，他們的專注與互動讓我倍感溫暖，而一句簡單的「謝謝」或讚賞，更令我產生無價的滿足感。●●



潘若虹
Paco Poon

●● 我第一份工作在中環上班，因此對中上環有情意結。中上環變遷好大，舊建築物一路被淘汰。「地膽遊中」可以帶領參加者從舊照片中回憶中上環的舊景物。這個計劃也讓我的第二人生再向高峰。●●



陳國蓮
Colly Chan

●● 歷史是我最喜愛科目之一，導賞能將自己所知與參加者分享，在作資料蒐集時，也補充了以前知識上的不足，同時對新事物（例如活化後的建築）大開眼界。這計劃不知不覺也將我「活化」：站在必列者士街上，彷彿回到那青蔥歲月，下課鐘聲響過後，一大群學生帶著喧鬧笑語走下樓梯街、穿過荷李活道，往皇后大道中四散。我彷彿也身在其中。●●



劉順培
Winnie Lau



曾超漢
Charles Tsang

●● 當初決定參加「地膽遊中」是想認識多些中上環的歷史和文化。而計劃中我認為最特別的街景是在威靈頓街找到「通善壇」這道場，因為想不到在中區商業大廈中會找到一座中式裝修的大廈。而這道場名字是我很年幼時已聽過的，因我媽媽在我小孩時每年清明節都說會到這道壇拜祭我的契婆，而我是從來未去過的！這計劃令我更喜歡和別人分享香港或自己的故事，特別是年青人！●●



胡美嫦
Michelle Wu

●● 由於早期曾參加「城蹤遊」1.0 導賞培訓，為了加深對中上環的認識，遂繼續參加這次的「地膽遊中」計劃。活動時，看到參加者歡愉的笑容，並說會與朋友再來中環逛逛時，促使我更加要增值自己，將自己的認知與其他人交流及分享。也希望下一代看到我們積極的一面及對社區的一份人情味。●●

●● 上世紀七八十年代我曾經在中環砵甸乍街工作，這促使我參加這次的計劃。此計劃使我對香港歷史文化加深認識，並有機會通過導賞與他人分享。我也希望從中環的過去與現在的變遷中，使人認識古蹟建築物的保育歷史意義及文化特質。●●



陳兆東
Tony Chan

●● 填充退休生活的空白？不是。

收取津貼酬金的喜悅？沒有。

這個計劃是給予我一個機會，把我擁有的知識回饋社會，同時又可以學到新知識和結交到新朋友。●●



郭振耀
Kwok Sir

●● 我在網上看到市建局主辦的「地膽遊中」導賞員課程，很感興趣，便報名參加，因為我很喜歡學新的事物，沒想到幸運地成為其中一員，令我開心到跳起。這課程讓我學到很多技巧。為我的第二人生增強了信心和力量，讓我認識到更多不同的事物及如何去應對。●●



韋文禮
Carmen Wai

●● 年少時在中環街市和母親一起買菜，水磨石樓梯承載著呼喝聲與魚腥味。四十年後，重見街市蛻變為綠意盎然的公共空間和新的市集，被市建局「重建與保育」概念所觸動。「地膽遊中」導賞工作讓我在退休後，將街坊記憶編織成城市肌理的故事線，在解說唐樓地磚和鐵花欄桿時，彷彿看見父母當時生活狀況的身影。每個轉角都是與舊時光重逢的感覺。●●



林潤富
Frederick Lam

●● 本人居於中區超過二十年，亦樂於與人分享本區生活點滴。雖然參與後覺得不太符合個人興趣，但也是一次值得的嘗試。大城中藏著很多有趣的事物，值得下一代慢步細味。各老店不畏艱辛傳承的故事也很值得學習。●●



郭東
Tony Kwok



葉美玉
Alice Yip

●● 我對中環有一份特別的感情，因為它是我出生和長大的地方。我參加這個計劃是想向別人介紹及分享自己兒時生活的點滴：例如不同行業不同階層人們的聚腳點和社交活動地方——中環街市中庭；母親每年必去為子女祈求神靈庇佑、讀書進步的文武廟等等。參加這個計劃，讓我明白世界是不斷地蛻變、進步。滄海桑田，如我們不好好地傳承下去，很快什麼都消失了。●●

●● 機緣巧合下在手機看到「地膽遊中」這個活動，當時心想：「咦，我大半世人都在中環居住，這不就是對我的召喚？」於是便毅然申請參加。在導賞過程中，我喜歡跟參加者分享我少時的故事。有一次帶大家參觀唐樓體驗館，提及華僑日報，便跟大家分享我跟華僑日報的淵源：我中二時曾在華僑日報登了三天招補習學生的廣告。當時順口問有沒有朋友跟華僑日報有關聯？誰知竟然有兩位朋友舉手分享：其中一位自小便投稿到華僑日報，賺取稿費。另一位就在讀書時期每年到訪華僑日報一次，領取助學金。●●



馮惠貞
Winnie Fung

●● 我覺得計劃初衷很簡單很純粹，主要是：照顧我們一班準備退休或者已經退休的人士，讓大家多一個角度去看自己正在步向晚年的人生階段，預防認知障礙症，提供多元化的生活方式選擇，鼓勵 young old 踏出舒適區，明白退下工作崗位其實只是人生成長的一個過程。導賞員培訓令「55+」發揮潛能，在平淡的生活裏加上一個比較特別，可以奉獻、服務社會的使命，以及傳承（培養）出「惜物感恩、分享是福」的幸福感給下一代！●●



嚴靜儀

Ching Yee Yim



伍鳳玲

Joyce Ng

●● 導賞團在我腦海中是一個很新鮮的名詞，因從未接觸過，在好奇心及極想了解下報名參加。在帶團中，令我了解了平常沒有留意的歷史人物、地方及生活環境等，也挑起了我想更加深入認識香港各區建築文物的特色及歷史變遷等的好奇心。在過程中各團友的知識分享及參加者對歷史及生活的體驗，真是讓我獲益良多。除了在學習中增加知識及自信外，更領悟到做到老，學到老！●●



陳美玲

Emily Chan

●● 我希望下一代從我們的導賞中認識社區的歷史、文化和發展；從聽社區故事中去想像和了解昔日居民生活。從而保育建築歷史、尊重文化，進而珍惜！●●



川川

Kar Chuen Chan

●● 參與「城蹤遊」，令自己對中環一帶有更深的了解，包括這裏的歷史、文化、藝術和活化工作等。●●



黃淑珍

Amy Wong

●● 我自小在中西區出生、居住、讀書及工作，我的親身經歷是我希望與大眾分享的契機；而這個項目最觸動我的就是與其他參與義工及組織機構的人員互動、Brain-storming，從而擦出新火花，點亮是次導賞計劃的時刻！●●



筆二佬

Raymond Poon

●● 2024 年某天我在網上看到市建局的活動宣傳，正值自己也在悠長假期中，而大會免費提供培訓，能增廣見識，何樂而不為！這也是我首次嘗試學習做導賞員。第一次出團便碰巧我們組有位導賞員有事不能出席，她主力介紹街頭壁畫，而作為業餘畫家的我便頂替她解說壁畫。這事也令我的第二人生重投繪畫，走進大千畫畫世界的無窮樂趣。●●

●● 土地和人一樣，都有故事。希望年輕一代可以知道自己所屬於的這片土地的故事，從了解而深愛。●●



鄧德慧

Rebecca Tang

●● 來到此區便讓我感到特別親切及回味，因我之前曾接受另一機構的「中西區」導賞訓練，加上過往因工作關係，也常與朋友在此區品嚐美食，印象最深是大排檔的鮮榨提子汁。中西區的景物已經變了很多，這亦促使我想了解更多，於是便加入「地膽遊中」導賞計劃。●●



梁姬紅

Leung Gay Hung

●●（這個計劃的）參與者都有不同的經驗和背景，慢慢就會學到聆聽、協調、互相理解。第一次成功帶團後，覺得自己終於可以，原來真的可以。之後我報了歷史博物館的導賞員課程，希望可以在不同場景講更多香港故事。●●



林嘉君

Pat Lam

●● 自從參加了這個團，我發覺不一定要去外國看別人的歷史，其實留在香港，也有很多地方值得我們探索，以中環和西環為例，即使你每一天花點時間去探索，我想一年時間都逛不完，是不是？你說它百年歷史，好像很遠，其實又像很近。●●



李淑霞

Ella Li

●● 其實上一代的人，你會發現他們初來港時生活都艱苦，因此靠自己的努力推車仔去過活，慢慢安定下來後再進舖。鏞記酒家也是一樣由大排檔起家，他們都代表著一種香港精神。●●



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Verbal Recollection:

地膽語錄

Touring Central with Locals

市區重建局
Urban Renewal Authority

合作夥伴 Collaboration partner

救世軍
The Salvation Army

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Carmen Ng

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《地膽語錄》娓娓道來「地膽遊中」導賞團計劃的歷程與回憶，
一同「按圖尋跡」，重構中西區的風景和溫度。

"Verbal Recollection: Touring Central with Locals" documented
the heartfelt stories and memories from the "Touring Central with
Locals" programme, reimagine the landscape and stories belonged to
Central and Western District.

由市建局主辦，救世軍及中環街市共同推行，「地膽遊中」以中上環為舞台，邀請
年輕長者擔任義務地膽導賞員，於計劃中分享個人敘事與回憶點滴，感受社區之
所以為家的意義。

Organized by the Urban Renewal Authority, in partnership with the Salvation Army
and Central Market, "Touring Central with Locals" invited young seniors as volunteer
docents for Central and Western District, delving into distinctive yet poignant memories
belonging to the community that they called Home.