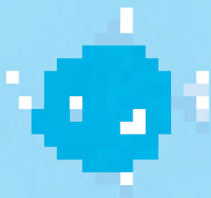




主辦 Presented by



一鋪清唱
YAT PO SINGERS



一鋪



Yin
Photo by Charlotte Lam

兩劇

Yat Po Two Shows



Winky
Photo by BLAHBLAHBLAH



入場規則 House Rules

為求令演出者及觀眾於演出過程中不受到騷擾，請關掉響鬧及發光的裝置，請勿在場內吸煙及飲食。

To avoid any disturbance to the performers and other audiences, please switch off any sound or light emitting devices. Eating, drinking and smoking are forbidden.

節目全長約 90 分鐘，設中場休息。遲到者須待適當時候方可進場。

Programme duration is approximately 90 minutes with intermission. Late-comers may enter only when instructed.

一舖清唱保留更改節目及表演者之權利。

Yat Po Singers reserves the right to change the programme and artists.

入場人士必須遵守大會防疫措施及安排。活動有機會因應疫情及政府防疫措施而更改，請密切留意一舖清唱專頁有關最新情況。

Participants attending the performance must comply with the preventive measures and arrangement by Yat Po Singers. Performance may be changed depending on the severity of pandemic and latest disease preventive measures. Please stay tuned for further updates on the website and Facebook page of Yat Po Singers.

所有作品內容均由主辦單位 / 創作團隊獨立製作，並不代表捐助機構之立場或意見。

All the contents of works are independently produced by the organiser/creative team, and do not reflect the views or opinions of the Funder.

主辦 Presented by



關於一舖清唱 About Yat Po Singers

香港首個專業無伴奏合唱劇團，創團聯合藝術總監為趙伯承、伍卓賢及伍宇烈。現任藝術總監伍卓賢，助理藝術總監盧宜均。劇團專注於創作及炮製原創作品，以推動無伴奏合唱藝術發展，開拓嶄新藝術表演模式。另外，劇團亦致力培育新一代創作人及表演藝術家，開拓觀眾層和普及藝術教育。

一舖清唱首個無伴奏合唱劇作《石堅》獲香港作曲家及作詞家協會頒發 2009 CASH 金帆音樂獎最佳正統音樂作品，劇團於 2015 年獲香港藝術發展局頒發藝術推廣獎，2017 年憑無伴奏合唱劇作《大殉情》（重演），獲得第二十六屆香港舞台劇獎最佳原創曲詞、最佳音響設計及年度優秀製作三個大獎，2019 年憑與城市當代舞蹈團合作之《香·天》獲得傑出大型場地舞蹈製作獎，並於 2020 年憑《三生三世愛情餘味》獲得第二十九屆香港舞台劇獎最佳填詞。

劇團亦於 2019-2022 年獲香港賽馬會慈善信託基金捐助，籌備及舉辦三年長者無伴奏合唱豐富人生計劃一賽馬會「耆樂唱一舖」，為退休人士及長者提供一個自我增值及貢獻才能的平台。透過三年的訓練，長者與專業歌者一同在台上演出。過程中亦引起不少跨世代及年齡層的討論與交流，一方面加強他們的自信心和對自我的肯定，另一方面強化長者於社區及社會中的角色，繼續帶來正面的影響。

一舖清唱現為香港藝術發展局資助團體。

The first professional A Cappella choral theatre company in Hong Kong. The founding Co-Artistic Directors are Patrick Chiu, Ng Cheuk Yin and Yuri Ng. Currently led by Ng Cheuk Yin as the Artistic Director, and Anna Lo as the Associate Artistic Director. The Company focuses on producing and developing original works in order to promote A Cappella art and demonstrate the innovative interaction of music and theatre. Besides, the Company aims at enriching the arts scene particularly by nurturing young composers and artists, audience building and arts education.

The Company's first A Cappella theatre production *Rock Hard* received the CASH Golden Sail Music Award in the Best Serious Composition category from the Composers and Authors Society of Hong Kong in 2009. In 2015, the Company received the Award for Arts Promotion from the Hong Kong Arts Development Council. Another A Cappella theatre work, *Our Immortal Cantata (Re-run)*, was awarded The Best Original Music & Lyrics, The Best Sound Design and also one of The Best Productions of the Year by the 26th Hong Kong Drama Awards in 2017. In 2019, the Company's collaboration with City Contemporary Dance Company *Requiem HK* was awarded the Outstanding Large Venue Production. In 2020, *Love, Death, and Everything In-between*, was awarded The Best Lyrics by the 29th Hong Kong Drama Awards.

Funded by The Hong Kong Jockey Club Charities Trust in 2019-2022, the Company organized a three-year elderly A Cappella choral and life enrichment project: "Jockey Club Yat Po 'Happy A-ge-Cappella'", which motivated the elders by cultivating their talent, strengthening their self-confidence and bonding with people through the A Cappella training programmes and activities.

Throughout the three years training, the elders performed with experienced singers, with the aim of connecting the two generations. The elders also gained opportunities to perform on stages and made music videos which drew the public attentions to create an inclusive society.

Yat Po Singers is financially supported by the Hong Kong Arts Development Council.



Yat Po Singers

音樂總監 伍卓賢的話

Words from Ng Cheuk Yin, Music Director

無伴奏合唱劇場有很多可能性，這次我們選擇了和觀眾比較親密的小劇場去呈現這兩套新作品，希望可以與觀眾有更近距離的接觸。過去兩三年我們很少機會和觀眾面對面溝通，很多時候需要依靠網絡技術去交流，我們都很懷念劇場的真實和演出當下的感覺。

今次 Winky 和我這兩部新作品沒有新技術的設計也沒有很華麗的佈置，純粹回歸劇場和無伴奏合唱的基本。特別一提的是，《2022 才藝表演 (ITQ)》是 Winky 加入一舖後首個創作的劇目，大家可以欣賞新一輩無伴奏合唱人的新嘗試。感謝最近開始與我們合作的創作團隊：導演鍾肇熙、編舞邱加希和《GMT+8》編劇 Jarita，為一舖帶來了一些新元素。而演員方面除了大家熟悉的 Raoul 之外，今次亦邀請了新晉無伴奏合唱人 Connie、馬仔和 Alvin 參與，當然還有我們的執行音樂總監 Anna 在背後的指導。感謝各位觀眾支持，請大家細心欣賞我們的節目，多多指教。

伍卓賢

Among many of the possibilities of form of A Cappella theatre, we chose to work on a more intimate presentation this time, which allows us to be more connected with our audiences when performing our new pieces, as we wish to have closer contact with you. In the past three years, we seldom had chances to have face-to-face communication with you but instead, we have to rely so much on internet technologies – we do miss the realness of the theatre and the sincerity we felt when performing.

This time, our production does not make use of any new technologies, nor elegant sets and decorations – we just simply go back to the fundamentals of theatre and the craftsmanship of A Cappella. It's also worth mentioning that being the first creation by Winky Wong since she joined Yat Po Singers, *Internal Talent Quest 2022 (ITQ)* showcases the good work of the new generation of Hong Kong A Cappella artists. Besides, I thank our creative team, for Chung Siu Hei as the director, KT Yau as the choreographer, and Jarita Wan as the playwright of *GMT+8*, which is a new combination to Yat Po Singers, for bringing new elements to us. For our performing artists, apart from your familiar Raoul Chan, we also bring you Connie Choi, Ma Hin Yung and Alvin Mui, who are some new faces in our A Cappella scene for the show. And of course, Anna Lo, our deputy music director is coaching the show behind as always. Lastly, thanks for your support and please enjoy our show!

Ng Cheuk Yin

演出者 / 《2022 才藝表演 (ITQ)》概念、聯合編劇、作曲及作詞 黃健怡的話 Words from Winky Wong, Performer / Concept, Co-Playwright, Composer & Lyricist of *Internal Talent Quest 2022 (ITQ)*

我要多謝一舖清唱給予我這個機會嘗試創作。

三十分鐘的劇本不能算長，但也不算短。作為一個表達能力十分欠奉、作文經常離題的人，要一下子寫出這麼多字實在不容易。相信這個 Project 是我離開校園以後寫過最多字的一次。

由構思到寫劇本、作曲、填詞、編曲；再到排練、演出，中間經歷了很多「第一次」：第一次圍讀劇本、第一次有人唱我寫的歌、第一次為劇本開排、第一次寫「Winky 的話」。到今天，終於第一次將整齣劇呈現在大家眼前。

「第一次」多數是深刻的、新奇的。因從未經歷而有所期盼，又因未知而感到少許不安。但隨著時間流逝，「第一次」慢慢變成「第N次」。我們開始習以為常，開始失去當初的熱度。

不自不覺間，錯過了「最後一次」。

「如果知道『上一次』是最後一次，我會珍惜。」可惜沒如果。

雖然非常陳腔濫調，只能當每一次都是最後一次。珍惜。

Thanks to Yat Po Singers for giving me this chance to create.

I am never a person who knows how to express herself, no matter written or spoken. Creating a 30-minute piece is quite a challenging task for me. It is the first time I have written this much since graduation.

Throughout the creative process, I experienced quite a lot of "Firsts". First time table reading of my script, first of my pieces to be sung by others, first staging of my piece, first "Words from Winky". And today, here comes the presentation of my first creative work.

"Firsts" are memorable and unique. We are enchanted by new experiences yet intimidated by the unknown. As time passes, we get used to those experiences and lose passion along the way.

In the blink of an eye, the ship has sailed.

"I would have cherished it if I knew it was the last time." Yet, there is no "If" in this world.

Although it sounds cliché, treat every moment as your last. Take care of every one of them.

導演 鍾肇熙的話

Words from Chung Siu Hei, Director

當我們以為世界變化得很快，其實變得最多的可能是自己的心態。

還記得過去於外地見到舊朋友，分別時大家會裝出「老成」的樣子，慨嘆不知何時再見，但其實根本不知何謂「不再見」。

這一兩年在外國街頭碰上更多舊相識，道別時，卻不知應從何說起，只能抱抱大家，因為心知那種未言明的狀況：這次可能真的是最後一次見面。

曾聽說很多老人臨終時的遺憾不是自己做過了甚麼，而是自己沒有做過的。或許是這種離愁逼使我們要再次撿拾起生命中的每一段關係：有甚麼是我們後悔沒有說出口的那句話？

劇場再次回歸其本質：一個聚集的場所。從你走進劇場裡的一刻，你與我成了一個短暫的共同體。我們背負著不同的過去而來，共渡了一個多小時，然後將走去不同的地方。離開的時候也許只能在心中默默許個願：「說了再見 約定再見 就會再見」

When I was nearly ten, one day, I suddenly realized that the class size had shrunk. Have you watched Jurassic Park? Do you still remember the scene where the group was passing through a rye, and people disappeared until the numbers were large enough that could not be neglected?

People go, people leave. There were so many words we missed the chance to say.

But to be honest, would you say so if you really have the chance?

Doubt. Regret. Shame. Guilt.

It is a matter of Faith. As an incorrigible optimist, I have learnt hard lessons about how bravery and trust could be and should be cultivated.

"A lot of times you don't choose to hold on because there is hope; you hold on, and so there is hope."

《2022 才藝表演 (ITQ)》聯合編劇 梁景堯的話 Words from Terrence Leung, Co-Playwright of *Internal Talent Quest 2022 (ITQ)*

沒擁有對失去的恐懼，儀式絕無存在的需要。

這數年在香港接觸到的孩子在不同層面上缺失了很多事物。成長繪圖上相比過往的成人，少了形狀，少了圖騰。

變幻多端卻色彩貧乏的學涯成為故事裡三位中學生的寫照。在面對自己控制不了的世界，他們作出了一堆旁人看不上眼的決定。

那些決定請不用計較對錯。

猶如儀式，做了不代表能改變甚麼。但沒有履行倒是任由當刻情感隨時間流逝。

The entire story of *Internal Talent Quest 2022 (ITQ)* is in Cantonese; but it aims to explore an intricate aspect of A Cappella. Unlike other forms of musical performance, A Cappella has no instrumental track for singers to rely on. It is all on them. The music is solely dependent on the configuration and presence of the individual singing parts. In addition, various singing pieces in the story are character-driven; the text and music live within the role. To put this into the production's context: the five singers have to tell a story with both the vulnerability of an actor and an A Cappella singer.

In that essence, we hope this work brings out a peculiar theatrical experience you seldom see.

Or so we hope. Please enjoy.

I would like to show my appreciation to the director, music director, choreographer, and performers for giving life to this story. Especially Winky for undertaking such a momentous challenge.

《GMT+8》編劇 溫卓妍的話 Words from Jarita Wan, Playwright of GMT+8

作為主打音樂劇演員的我，其實非常珍惜別人找我寫東西的機會，在此先感謝伍師兄和一舖清唱。

一向比較偏愛以寓言方式創作的我，枝筆曾被一位編劇老友戲言我在用童話包裝狠辣到暴力的對白最後又回甘窩心的玩法，事關我從來控制不了自己 "Disturb the comfortable" 的信仰，卻又不好意思寫得太絕。

可是，這數年來大部份人都已經很 Uncomfortable，甚至 Painful，包括我自己。那麼，在能力範圍還能做的事，大概是 "Comfort the disturbed" 了。

伍師兄想我寫一個關於移民潮的小品劇，我實在樂得此平台分享，因為我實在有東西想說，而且這一次想真切的說。我嘗試跳出自己一貫的設計模式，也盡力放下了許多的辛辣（可能依然有但我不會承認），因為我想說的最重要的事情，到底還是溫柔的、溫暖的。

創作《GMT+8》時，我回想起自己從香港到巴塞隆拿，再到倫敦所經歷的一切，以及其中的前行動力是從何而來的。我想把這個作品送予身處不同時區的朋友，希望大家感受到的溫暖是同步的。

大家會再見的，此刻嚟個 Virtual big big hug。

As a musical actor I'm always grateful to have any opportunity to write for the theatre besides singing and acting. Thanks again to NgYin and Yat Po Singers.

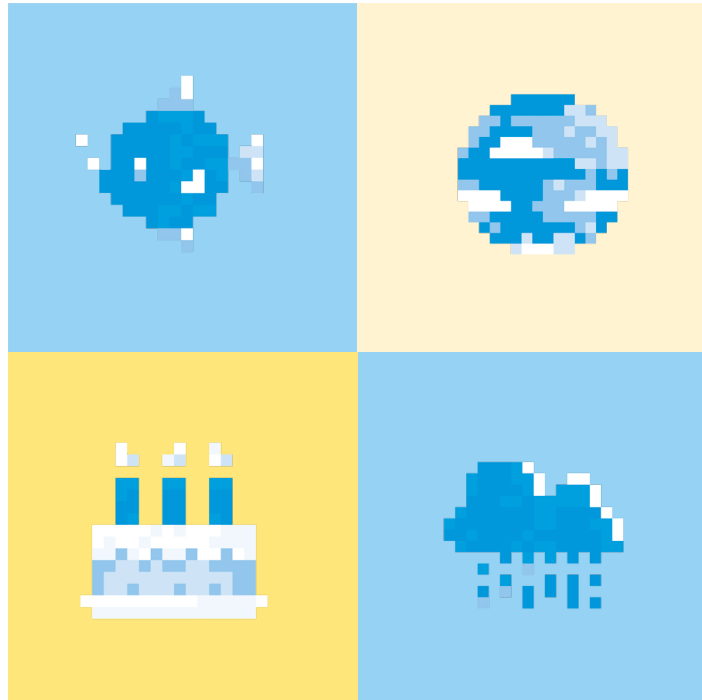
I used to create under the facade of a fable, because it hides the poignancy of my lines better than delivering them directly. "To disturb the comfortable" has always been my motto yet I did crave to sound nicer.

But in recent years everybody is uncomfortable, or I should say painful, including myself. So, I guess it is time to "Comfort the disturbed" instead.

NgYin invited me to write something about the mass migration wave, and I'm glad to have such a platform to share what I feel, in relatively plain words this time. I tried to give up my usual way of design and my default use of over-satirical words, for the sake of simply telling the warmest, heart-felt truth.

I recalled, amid writing, how I went through Hong Kong, Barcelona and London during a very difficult time of the world, the city, as well as my own life. I hope to present this piece as a gift to everyone in every time zone, because the embrace we feel is a synchronized one.

We will meet some day. A virtual big big hug.



《2022 才藝表演 (ITQ)》劇情簡介 *Internal Talent Quest 2022 (ITQ) Synopsis*

- : Sorry... 你哋兩位 ... 啱啱叫我 ?
- : 咩料呀 ...
- : 唔練歌都算, 你連日常行動都 freeride, 想點啫 ?
- : 唉, 你到時淨係上台唱主音, 和音嗰啲我哋唱。

面對變幻無常的世界, 他們的承諾逐漸瓦解 ...

Three close-knit senior secondary students, facing an endlessly sporadic world, fighting to preserve their losing friendship with a promise.

A bittersweet slice of life about a teenage friendship that encounters one of the most uncontrollable fates. As their world destabilizes, they learn to adapt and make new choices; yet the three start to find out perhaps nothing is what they expected to be.

Surely, adults hovering over them did not help.

角色 Roles

陳智謙 飾 校長 Mr. Chin
Raoul Chan as Mr. Chin, Principal

蔡穎妍 飾 學生 洪加莉
Connie Choi as Hung Ka Lei, Student

馬顯融 飾 學生 歐陽偉
Ma Hin Yung as Au Yeung Wai, Student

梅晉涅 飾 學生 高正基
Alvin Mui as Ko Jing Kei, Student

黃健怡 飾 訓導主任 Miss Mo
Winky Wong as Miss Mo, the Discipline Mistress

《GMT+8》劇情簡介

GMT+8 Synopsis

大家 ... 已經離開、準備離開、掙扎著是否要離開，還是決定留下？

面對一幕幕的分離與同在，我們好像慢慢學什著甚麼是無常、什麼卻是歷久彌新的。

那邊依然天黑黑，這邊已經看到晨曦了。

到底身處什麼時間和空間，我們才可以常在一起？

Hey guys... have you left? Or planning to leave? Or struggling whether you should leave? Or you have decided to stay?

Amidst all moments of separation and togetherness, we seem to have learnt what is transient, and what is eternal.

Your sky has darkened but mine is dawning. When shall we, beyond time and space, be together again?

分場 Scenes

《水星逆行：姊妹篇》Mercury Retrograde: bbf

《留返拜山先講：兄弟篇》Leave if for Sweeping Tombs: bromance

《佛系：這是無晴卻有晴》Buddhism: the sun in my rainy days

《係愛啊哈利：霍格華茲五人組》It's Love, Harry: the Hogwarts Quintet

角色 Roles

陳智謙 飾 店員、Carlos0601、Draco

Raoul Chan as Staff, Carlos0601, Draco

蔡穎妍 飾 詩詩 Scorpio、伊之助、Cammie0602、Ginny

Connie Choi as CC Scorpio, Inosuke, Cammie0602, Ginny

馬顯融 飾 伊之助、流星、Ron

Ma Hin Yung as Inosuke, Shooting Star, Ron

梅晉滢 飾 Stephen_li、Carlos0601、Harry

Alvin Mui as Stephen_li, Carlos0601, Harry

黃健怡 飾 安妮亞想要這個、Stephen_li、Cammie0602、Hermi

Winky Wong as Anya wants this, Stephen_li, Cammie0602, Hermi

1. 《Mario Fart》

作曲 Composer: 黃健怡 Winky Wong
編曲 Music Arranger: 黃健怡 Winky Wong
作詞 Lyricist: 黃健怡 Winky Wong

短裙要起勢放下 脫掉耳環永無差
倘若被訓導睇見今晚定會比阿媽鬧
熄咗手機至得掂 確認鬧鐘已關掉
倘若比訓導睇見缺點也會在你面前

收埋部 switch 放褲襠 盼望褲管無透光
倘若被訓導睇見返去被老母佢打鑊
熄咗手機至得掂 確認鬧鐘已關掉
倘若比訓導睇見缺點也會在你面前

低頭扮寫記敘文 放下本鬼滅之刃
倘若被訓導睇見返去罰我抄甲骨文
熄咗手機至得掂 確認鬧鐘已關掉
倘若比訓導睇見缺點也會在你面前

咪怪我 好囉嗦
話咗十九幾次
嚴禁帶 switch 返學
仲有後面呢兩個 答我!
紫菜為何留嘴角?
染髮係咪型好多?

2. 《錢》

作曲 Composer: 黃健怡 Winky Wong
編曲 Music Arranger: 黃健怡 Winky Wong
作詞 Lyricist: 黃健怡 Winky Wong

細細個望見先生講課
成功在那 成功在那
去到某日那一則廣播
成功在那 成功在那
的那個主角
發誓要做最耀眼個

我想要 ...

恤衫皮鞋煲呔 即刻通知快遞
若你還未夠班先請坐低
清酒茅台 chu-hi 嚟十瓶冇問題
成功姿態很美麗 拒絕流逝
錢銀權能身份 少一忽都嗌弊
若錯失這名分 喊亦無謂

這種名銜必須揚威
掌握上頭各種的喜好 包保十年內大紫大紅
成功在那 成功在那 倘若你不信只會落得黔驢技窮
發誓要做最耀眼個 非富則貴邊個及我威

我想要 ...

燈光前台音響 通通都給我跪
若你還未夠班先請坐低
編曲填詞監督 全部由我做齊
成功姿態很美麗 拒絕流逝
錢銀權能身份 少一忽都嗌弊
若錯失這名分 喊亦無謂
這種名銜必須揚威

懶理世界對我不忿
大踏步向上游大門靠近 yeahyeyeah

終可跟勞力士邂逅
月入十萬開拓上層宇宙 yeahyeyeah
(一舉成名 金榜題名 一秉虔誠 精益求精)

3. 《最後一次》

作曲 Composer: 黃健怡 Winky Wong
編曲 Music Arranger: 黃健怡 Winky Wong
作詞 Lyricists: 黃健怡 Winky Wong, 梁景堯 Terrence Leung

Hey 為乜搞到愁眉 就算要別離也剩半學期
坐上那客機 回頭便相距萬千里
一想到那日 不捨感覺佈滿心扉
高正基 我哋依家係你隔離
下個禮拜六已約食咖喱
獨自在嘆息 花半天苦惱有何價值
捉緊此際才算合理

使乜咁急未有耐考試啲
又話移民仲理乜 note 屎 不如放蕩
為著能合力讓他當拍檔
明白數理通識方可夾歌
一起溫書齊上落

鬼死咁驚青小心口擊擊
拿起個咪亂咁噏只會惹來笑罵
諗起台下注視即刻怕怕
無謂尷尬尷尬眾怒難犯
ITQ 不如作罷

高正基 咪再亂咁噏冤枉我 膽小又叟哥
係你話過 講乜都應承做 咪臨陣退縮

三個人 齊齊面對驚慌失措
壯膽兼練武
最後一次 就這一遍
若無緣再見 就當做句點

最後一次 不要怠慢亂發癲
面對別離愁緒 加倍來襲
約定同承擔
最後一次 哪怕曲終擊友盡散
最後今次 ...

Hey 為乜搞到愁眉
就算要別離也剩半學期

4. 《無敵》

作曲 Composer: 黃健怡 Winky Wong
編曲 Music Arranger: 黃健怡 Winky Wong
作詞 Lyricists: 黃健怡 Winky Wong, 梁景堯 Terrence Leung

留神分別善惡
世間人言行過於險惡

倘若不信只會落得黔驢技窮

細看過去多少年月
能同坐校舍中看書
混沌世界應早看穿
是時候接觸險惡世間叛逆常存

憑藉那一聲永久
是否足夠根據稱作密友？
離別衍生這缺口
無法肝膽相照 感覺不好受
到底如何走到最後

高正基 你這生將會是無敵
天資聰敏 唯獨欠奉 專心

專心？

講到底 八拜之交確實無謂
消遣交際 直至歲月摧毀

摧毀？

高正基 你這生必會是無敵
離別缺口 其實不必深究
(溫吓書就夠)

其實不必深究

親愛的 你我此生所向無敵

5. 《選擇？》

作曲 Composer: 黃健怡 Winky Wong
編曲 Music Arranger: 黃健怡 Winky Wong
作詞 Lyricist: 黃健怡 Winky Wong

ABCDE 唔到我揀
(有得揀冇得揀)
點樣揀 即管揀 從沒選擇
(有得揀冇得揀)
自問為學校盡全力看守品格
(往上爬 黑與白 也作罷)
明瞭現況是百般的荒唐
沒權力決定結果
只可揀 不作反

眼看這世界實太荒謬
權柄 榮耀 來操控各律例
築起高牆只盼作護蔭
奈何石牆漸瓦解
已經無力再守
大概註定放手
(揀乜嘢必須要走)

ABCDE 輪到我揀
聲音猶如一位神明
點樣揀 即管揀 誠實抉擇
一聲下令考好成績
明瞭現況是百般的荒唐
是時候決定 難逃避折返
(終於有得揀)
恤衫皮鞋煲呔 錢銀權能身份
輪到我揀
(小心選擇)
恤衫皮鞋煲呔 錢銀權能身份
輪到我揀

6. 《再·見》

作曲 Composer: 黃健怡 Winky Wong
編曲 Music Arranger: 黃健怡 Winky Wong
作詞 Lyricists: 黃健怡 Winky Wong, 梁景堯 Terrence Leung

最後一次 不會怠慢亂發癲
就算別離愁緒加倍來襲 約定同承擔
最後一次 到了曲終摯友盡散

最後今次 ...

最後今次 ...

1. 《水星逆行》

作曲 Composer: 伍卓賢 Ng Cheuk Yin
 編曲 Music Arranger: 伍卓賢 Ng Cheuk Yin
 作詞 Lyricist: 陳耀森 Chan Yiu Sum

水～星～逆～行～
 水～星～逆～行～

每日每夜嗌救命頭暈身燙
 咁多事煩 點至平靜？
 註定中伏再中伏人人逃命
 暗黑運程 未見救星 ...

啱啱失戀惡頂！
 水星逆行～
 老細句句抽搦！
 水星逆行～
 睇片 Lag 機惡頂！
 水星逆行～累我飽受～奇難雜症～

朝朝塞車惡頂！
 水星逆行～
 老友跳我好燙！
 水星逆行～
 黑仔乜都我頂！
 水星逆行～撞夠板未？無辦法避～
 問你癩未？行路亦怕死！

2. 《留返拜山先講》

作曲 Composer: 伍卓賢 Ng Cheuk Yin
 編曲 Music Arranger: 洪樂曦 Ivy Hung
 作詞 Lyricist: 陳耀森 Chan Yiu Sum

迷失～怯慌～
 迷路～未見好情況
 請你不要在旁 根本理想是個奢望 不要講～

留戀～暗房～
 牆邊永遠避靜沒那麼沮喪
 不想有感覺 不想聽世界廢話奇多
 有事別要找我

留返～拜山先講～～
 沒方法兌現承諾 逐個願望埋葬

留返～下世先講～～
 刁難我 問題都 沒答案

無需～探訪～
 寧願眼閉靜坐沒意裝開朗
 不打算醒覺 不關心世間有多嚴苛
 你就別再迫我

留返～拜山先講～～
 沒資格兌現承諾 逐個願望陪葬

留返～下世先講～～
 很難過 像人生 沒答案

怎捱過 願重生 覓答案

3. 《著草》

作曲 Composer: 伍卓賢 Ng Cheuk Yin
 編曲 Music Arranger: 伍卓賢 Ng Cheuk Yin
 作詞 Lyricist: 陳耀森 Chan Yiu Sum

假如～明日遠飛去
 假設～以後離開這裡
 假如～隨風向定居
 怎麼說到沒趣 流下了眼淚

假如～無力豁出去
 假設～最後留守這裡
 假若～必須勇猛面對
 最終 共度過險境有誰

著草～
 講起計劃人人話著草～
 斷了後路誰知道 有沒路數 要怎上路
 但是危機說到就到 誰亦怕話要走趁早
 問我怎著草～
 只好接受沒運氣著草～
 妥協讓步叫苦水繼續吐
 同天空～你我但願心態別染污糟
 各走一方 有各自歸途
 絕處尋新路

(著草～ 趁早～
 趁早～ 著... 草)

4. 《佛系》

作曲 Composer: 伍卓賢 Ng Cheuk Yin
 編曲 Music Arranger: 伍卓賢 Ng Cheuk Yin
 作詞 Lyricist: 陳耀森 Chan Yiu Sum

Hey ~ Hey ~ 唉~~
 Hey ~ Hey ~ 唉~~
 Check it out ~
 Hey ~ Hey ~ Yo ~ Yo ~ 唉~~

時候仲好早 喇吓吧~ Yo ~ Yo ~
 緣份未等到 忍吓吧~

Check it out ~ Woo ~
 時候尚早施主你 去邊~呀?
 無事 好心你就 去攤吓
 緣份尚好施主你 有心~喇
 脫毒 點一個人 放空呀?

世界夠晒變態 個個叫我快快快
 我有我冷處理 退進結界你咪過界
 (佛系~ 佛系~)

見我無嘢介意 你放肆對我責怪
 你有你嘅節奏 你要抱怨我懶轉軟
 (佛系~)

天天講經你唔理解

時候尚早施主你 Chur 乜~呀?
 有病 好心你就 去請假
 緣份尚好施主你 要睇~化~
 上路 得一個人 怕咩呀?

世界夠晒變態 個個有愛侶愛戴
 我信我夠理智 懶理引誘抗拒破戒
 (佛系~ 佛系~)

見我咁冇意見 你諷刺我獻世派
 你有你嘅建議 句句暗串我有尷尬
 (佛系~)

天天講經你唔理解

時候尚早施主你 夠鐘~嗎?
 註定 今生無運 放鬆吓
 啊啊啊啊啊啊啊啊 啊啊~啊
 啊啊~啊啊啊啊 啊啊啊~

5. 《係愛呀哈利》

作曲 Composer: 伍卓賢 Ng Cheuk Yin
 編曲 Music Arranger: 伍卓賢 Ng Cheuk Yin
 作詞 Lyricist: 陳耀森 Chan Yiu Sum

係愛呀～係愛呀～係愛呀～哈利～
 係愛呀～係愛呀～係愛定責任呀？

點解嘅 成日話要走 你又咁念舊
 點解嘅 明明無法接受 都不說分手
 你話你嚟夠 但你照舊妥協唔翹翹
 乜理由～

典解嘅 捱病做到嘔 咁自作自受（淋著雨水奮鬥）
 典解嘅 全人類撤退後 居然我堅守（不講借口）
 我就算倦透（疲累已久）但我繼續搏殺唔啱啱
 乜理由～未放手～

係愛呀～係愛呀～係愛呀～哈利～
 係愛呀～係愛呀～總之愛有道理
 為愛爭爭氣 未會衰收尾 如像魔法絕技
 是與非 一切尚有機 一切尚有棋
 大條道理就當看齣好戲～

係愛呀～係愛呀～係愛呀～哈利～
 係愛呀～係愛呀～我堅決所愛的 不捨棄～
 為愛爭爭氣 漸見好天氣 提步走過絕地
 做到死 其實你...（還是你～還是你～）
 未會死（別怕死～）
 係愛呀～哈利～

(LOVE ! LOVE !)

音樂總監 / 《GMT+8》作曲及編曲 Music Director / Composer & Music Arranger of GMT+8 伍卓賢 Ng Cheuk Yin

Photo credit: Charlotte Lam



音樂創作人、製作人、笙演奏家及無伴奏合唱藝術家。

伍氏為一舖清唱藝術總監、香港小交響樂團首位駐團藝術家及新融合音樂組合 SIU2 音樂總監，畢業於香港中文大學音樂系，主修作曲。其後到東京國際基督教大學研修日語及荷蘭 Codarts 修讀爵士樂。

2012 年獲香港藝術發展局頒發年度最佳藝術家獎；2022 年、2013 年及 2009 年分別憑中樂合奏《極》、雙笙協奏曲《在這城崩壞之前》及合唱劇場《石堅》取得 CASH 金帆獎最佳正統音樂作品獎。合唱作品《我唱出了世界的聲音》亦曾兩度獲 CASH 金帆獎最廣泛演出獎（正統音樂）。

伍氏為一舖清唱所創作的劇目有《石堅》、《夜夜欠笙哥》、《香 · 天》、《三生三世愛情餘味》、《阿飛正轉》、一舖清唱 X 香港中樂團《中藥還需中樂醫》及《維多利亞講》等。

Ng Cheuk Yin is a composer, music producer, sheng performer and A Cappella artist.

Yin is the Artistic Director of Yat Po Singers, Hong Kong Sinfonietta's first Artist Associate and Music Director of the fusion group SIU2. After receiving a post-graduate degree from the Music Department of the Chinese University of Hong Kong, he went on to study Japanese at the International Christian University in Tokyo and Jazz Music at Codarts in the Netherlands.

In 2012, Yin received the Award for Best Artist from the Hong Kong Arts Development Council. In 2009, 2013 and 2022, Yin received the Best Serious Composition in CASH Golden Sail Music Awards by the theatrical choral concert *Rock Hard*, double Sheng concerto *Before the City Collapses* and Chinese orchestral work *Ji* respectively. And his choral work *Singing Voices of the world* was twice awarded the CASH Golden Sail Most Performed Works Award (Serious Music).

Yin's works for Yat Po Singers include *Rock Hard*, *Sing Sang Sung*, *Love Death and Everything In-between*, *Requiem HK*, *Herbal, Vocal or Motional?* (Yat Po Singers X Hong Kong Chinese Orchestra), *Pica Pica Choose* and *This Victoria Has No Secrets*.

導演 Director 鍾肇熙 Chung Siu Hei

Photo credit: Mok Ka Yan



香港土生土長劇場導演及劇場構作。先後畢業於香港中文大學、香港演藝學院及瑞士蘇黎世藝術大學，並分別獲頒社會科學學士（主修社會學）、藝術學士（一級榮譽，主修導演）及文學碩士（主修劇場構作），致力於將人文關懷及社會議題融入藝術創作之中。於 2016 年跟伙伴陳庭軒及袁巧穎創立劇團窮人誌。並於 2020 年與譚玉婷、莫家欣、黃嘉淇創立藝團在家創作 WOW from Home，並獲得西九文化區管理局藝術紓困計劃資助同名先導計劃，研究網上參與式劇場的可能性。

近年作品包括：《戰爭、玩具手榴彈與我》、《晴雨》、《真實的謊言》、*Quick Sketches about Hong Kong*、*In Search of our Common-ground*、*Dr. Sick*、《培爾·金特》、《聲音漫步 聲說未來》等。

鍾氏除劇場創作外，近年亦獲邀參與不同社區藝術及藝術教育項目，並到國外進行交流，合作機構包括：香港演藝學院、香港中文大學、ifva、聲音掏腰包、香港新視野藝術節、法國阿維農外劇場節、瑞典歌德堡藝穗節、瑞典斯德哥爾摩藝穗節、德國曼海姆國際劇場節、塞爾維亞貝爾格勒青年劇場節、澳門藝穗節等。

Chung Siu Hei, Donald, has been graduated from The Chinese University of Hong Kong, The Hong Kong Academy of Performing Arts and the Zurich University of the Arts, and obtained the Bachelor (Honor) of Social Science, major in Sociology, the Bachelor (First-class honor) of Drama, major in Directing and Master of Art, major in Dramaturgy. In 2016, he founded the theatre ensemble, Poor Guy Diary, with Henry Chan and Boing Yuen, and devoted in developing theatre pieces that arouse social awareness. In 2020, his project, WOW from Home, co-curating with Mok Ka Yan, Tam Yuk Ting Anne and Alice Wong, was granted by the West Kowloon Cultural District, as a pilot research project of digital community participatory theatre.

Recent projects: *Me, War and Toy Grenade* (Ukrainian Play Reading Festival), *Sunshower* (Cross-disciplinary participatory theatre; Hong Kong Arts Centre), *In Search of our Common-ground* (Participatory lecture performance; Gothenburg Fringe Festival and Stockholm Fringe Festival, Sweden and the Zurich University of the Arts); *Quick Sketches about Hong Kong* (Participatory documentary lecture performance; Forecast Forum 7, Berlin, Germany); *WOW from Home* (Digital Participatory Theatre, WOW from Home), *Fragments d'un discours baladeur* (Environmental Storytelling, Poor Guy Diary), *In Search of Utopia* (Multimedia Devising Theatre, Vismopheric Experiment), etc.

合唱指導 / 執行音樂總監 Choral Director / Deputy Music Director 盧宜均 Anna Lo



盧宜均，多元音樂人，從事作曲、編曲、演奏、演唱及指揮。畢業於麻省理工大學及柏克萊音樂學院。

曾合作團隊包括香港小交響樂團、香港話劇團、香港舞蹈團、城市當代舞蹈團、香港弦樂團、演戲家族、浪人劇場、人力飛行劇團等。2017年及2020年先後為紀錄片《她非它》及電影「散後」配樂及創作並錄製主題曲。2022年為陳果監製的電影「心裏美」配樂。2019年為大館劇場季創作 cabaret《Tri 家仔》，擔任概念創作、作曲、作詞及演出，2021年亦於西九文化區留白 Livehouse 重演，廣獲好評。2021年再次獲邀為大館表演藝術季創作 cabaret《撈鬆》，其後與城市當代舞蹈團合作《撈鬆》舞蹈版本—《大鄉下話》；2022年6月《撈鬆》重演，觀眾反應熱烈。

盧氏擅長無伴奏合唱及編曲；現為專業無伴奏合唱組合 VSing 音樂總監及成員，和一舖清唱助理藝術總監。

盧氏亦參與流行音樂製作，曾合作歌手包括黎明、陳慧琳、楊千嬅、許志安、倫永亮、衛蘭、側田、陳柏宇、李幸倪、許廷鏗、Rubberband 等；曾合作監製包括雷頌德、舒文、陳浩然等。現為港台 31《港樂·講樂》的主持及音樂總監之一。

Anna Lo is a composer, songwriter, arranger, singer, conductor, performer, and A Cappella artist. She graduated from Berklee College of Music and Massachusetts Institute of Technology.

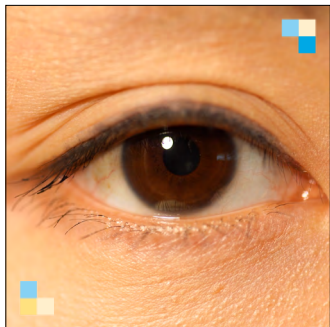
Anna has worked with Hong Kong Sinfonietta, Hong Kong Repertory Theatre, Hong Kong Dance Company, Hong Kong String Orchestra, City Contemporary Dance Company, Actors' Family, Theatre Ronin, Mr. Wing Theatre Company, etc. Anna made her first foray into film composing for the documentary "She Objects", winner of the Scientific & Education Award at Nice Film Fest International 2017. Her second film project "Apart" was released in 2021. She also wrote and performed the film's theme song. Her third film "Pretty Heart", produced by famed director Fruit Chan was released in July 2022. In 2019, Anna was commissioned to create the extremely well-received original cabaret *Tri Ka Tsai* for the Tai Kwun Theatre Season, for which she acted as co-creator, composer, lyricist, and performer, followed by a sold-out re-run at WKCD's Lau Bak Livehouse in 2021. She was again commissioned by Tai Kwun in 2021 to create cabaret *LauZone* for its Spotlight Performing Arts Season, followed by a dance version *Home Sweat Home* for CCDC's West Kowloon 2021 residency Danzcatation. *LauZone* returned for a sold-out run in June 2022.

Anna is an avid A Cappella artist and prolific A Cappella arranger/composer. She is currently the Associate Artistic Director of Yat Po Singers. She is also the Music Director of a professional A Cappella group VSing. VSing has performed in cities all around the world, and has represented HK in multiple A Cappella or arts festivals. They released their first original track *Hear My Voice* in September 2020, followed up by their second single *Hear Me Out* in Nov 2022.

Anna is also active in the pop music scene, and has worked with singers such as Leon Lai, Kelly Chen, Miriam Yeung, Andy Hui, Anthony Lun, Janice Vidal, Justin Lo, Jason Chan, Hins Cheung, Gin Lee, Alfred Hui, Rubberband, Collar, etc. She has also worked with producers including Mark Lui, Edward Chan, Schumann Lee, etc.

Find Anna here: www.annalomusic.com

編舞 Choreographer 邱加希 KT Yau



畢業於香港演藝學院。現為不加鎖舞蹈館駐團編舞。2016 年赴以色列進修。2013 至 2014 年擔任多空間舞蹈舞者。

2018 年獲香港藝術發展獎藝術新秀獎，同年獲香港舞蹈年獎新晉編舞獎。在康文署主辦「舞蹈新鮮人」系列中的編舞作品《純生》及大館舞蹈季的《圓》，分別獲香港舞蹈年獎 2019 及 2018 傑出小型場地製作獎，作品亦獲提名為傑出編舞。

作品包括：城市當代舞蹈團《遮詮》，大館《198491 牆後的赤裸信息》—《圓》及香港舞蹈聯盟《純生》等。《睇我唔到》於哥德堡藝穗節獲選 Out of the Box 獎項。

Born in Hong Kong, she is currently the resident choreographer of Unlock Dancing Plaza.

Yau received the Award for Young Artist at the Hong Kong Arts Development Awards 2018, she also received the Emerging Choreographer Award at the Hong Kong Dance Awards 2018. Her work *Unmixed* in the New Force in Motion series presented by LCSD and *Confine* presented by Tai Kwun, received the Outstanding Small Venue Production Award at the Hong Kong Dance Awards 2018 and 2019. Both works were nominated for Outstanding Choreography.

As a dancer, she has collaborated with a variety of renowned companies and artists. Recently she has devoted herself to creation and her works were invited to perform in Sweden, Japan, Singapore, Shanghai, Guangzhou etc.

Her main choreography includes:

- *No body*, commissioned by CCDC dance company
- *Confine*, commissioned by Tai Kwun Dance Season
- *Unmixed*, premiered in "New Force in Motion" series produced by Hong Kong Dance Alliance
- *Remain Invisible*, presented by Y-Space dance company. This work was awarded Out of the Box in Gothenburg Fringe Festival.

演出者 / 《2022 才藝表演 (ITQ)》 概念、聯合編劇、作曲及作詞
Performer / Concept, Co-Playwright, Composer & Lyricist
of *Internal Talent Quest 2022 (ITQ)*

黃健怡 Winky Wong



從事無伴奏合唱編曲及演出。

現為一舖清唱實習無伴奏合唱藝術家，近期演出包括：賽馬會「耆樂唱一舖」《盆菜四重奏》、網上單元劇《聽 A Cappella 學廣東話》、康文署主辦《25·35 演藝嘉年華》、賽馬會「耆樂唱一舖」年度演出《獨樂不如「耆樂」》以及一舖清唱 X Manson 張進翹《月光之約》MV 錄製。黃氏亦是爵士樂無伴奏人聲樂團「做乜 Jazz」成員。該組合於 2018 台灣國際重唱藝術節世界盃現代阿卡貝拉大賽中奪得金牌。

除無伴奏合唱外，黃氏亦有參與不同團體的演出及製作，其中包括：自由爵士音樂節《Jazz Vocals All-Nighters》、NOËMA《薄霧之下》、《「撐」小肥演唱會》、林海峰《蛋撻》、香港藝術節「無限亮」室內歌劇《婆婆》、陳輝陽 X 女聲合唱《人來人往》(2021)、《上一次流淚》(2018-2019) 及《少女的祈禱》(2016)。

黃氏畢業於香港中文大學音樂文學士，主修聲樂並師隨胡永正先生。

Winky Wong currently works at Yat Po Singers as Musician Intern. Recent productions include "Jockey Club Yat Po 'Happy A-ge-cappella'" *Project Poon-Choi*, an online anthology series *Learning Cantonese from A Cappella*, LCSD's *25 · 35 Performing Arts Carnivals*, "Jockey Club Yat Po 'Happy A-ge-cappella'" Annual Performance and Yat Po Singers x Mansonvibes MV Production *Moonfall*. Winky is also a member of the vocal jazz A Cappella group jmJazz. The group captured a gold medal at the 2018 World Contemporary A Cappella Competition in Taipei.

Beyond her works in A Cappella, Winky engages herself in various performance groups and their productions. Those productions include *Freespace Jazz Fest Jazz Vocals All-Nighters*, *NOËMA Under the Pale of Mist*, *Siufay Modern Classic Concert*, *Egg Tart* by Jan Lamb, Hong Kong Arts Festival No Limits Chamber Opera *Por Por*, Chan Fai Young x Women's Choir *The Girls' Prayer* (2016), *Girls in Tears* (2018-2019) and *People Come, People Go* (2021).

Winky Wong is an A Cappella singer-arranger. A CUHK music graduate, majoring in voice under the tutelage of Mr. Caleb Woo.

《2022 才藝表演 (ITQ)》聯合編劇 Co-Playwright of *Internal Talent Quest 2022 (ITQ)* 梁景堯 Terrence Leung



畢業於美國南加州大學，主修戲劇，現在香港致力於尋找說故事的空間。

舞台演出包括：劇場空間《再見螢火蟲》、《夢繞塘西》、《隱身的 X》、《坂本龍馬の背叛!》、《單身·友·情人》；演戲家族《高加索傳奇》圍讀試演；香港藝術節《日新》音樂劇工作坊展演；三藩市編劇會《Final Boarding Call》讀劇，以及香港音樂劇藝術學院《会社人間》

編導作品包括：

ifva Everywhere《走》；香港糖尿聯會《甜在心頭》、《糖為誰控》

數年參與過暨值得分享的製作更包括：

香港足球紀錄電影《乘浪行》傑志亞冠之旅

香港電台《華人作家 III—李怡》

FESTIVAL IRENE - 以著名古巴劇作家 María Irene Fornés 及其師徒作品為專案，全數善款贈予阿茲海默症病人醫療及研究。

Terrence Leung is a freelance actor that appears mostly in the musical scene of Hong Kong. He is a drama graduate from University of Southern California; yet he explores new opportunities to make art and give back to the community.

Some of his notable involvements include a documentary *Echoes of The Wave* on Kitchee Football Club competing in AFC Championship League, RTHK's documentary on the late writer Lee Yee, and FESTIVAL IRENE, a festival in honor of the works of Cuban writer María Irene Fornés while all proceedings go to medical and research on Alzheimer's disease.

Terrence has performed in several theatre productions. His recent work includes *Grave of the Fireflies*, *Westside Twirling Dream*, *Invisible X*, *Uragiri Gomen!*, and *Company* with Theatre Space; *The Caucasian Chalk Circle Musical* with Actors' Family; *Yat-sen Musical* with Hong Kong Arts Festival; *Final Boarding Call* (a staged reading) with Playwrights Foundation; and *White Collar Principle* with Hong Kong 3 Arts Musical.

Terrence is bel canto trained in singing and has put it in practice for over 10 years in Hong Kong. He was a proud member of the renowned barbershop chorus The Westminster Chorus.

ig@terrenceleung

《GMT+8》編劇 Playwright of GMT+8 溫卓妍 Jarita Wan

Photo credit: Joey Kwok



香港大學英文系榮譽碩士（創意寫作）及香港中文大學音樂系榮譽學士（聲樂）。2009年首踏職業舞台主演演戲家族音樂劇《一屋寶貝》，歌聲被南華早報譽為「beguiling voice」。《一》於香港及澳門先後公演，亦與香港小交響樂團為 Decca Records 灌錄本港首張原創音樂劇 X 管弦樂團原聲大碟。溫氏歷年來主演超過 20 齣港澳音樂劇，2020 年憑一人包辦「曲詞編演」之音樂劇《夜鶯》，獲提名第 29 屆香港舞台劇獎最佳原創音樂（音樂劇）及最佳女主角（喜/鬧劇）。

溫氏曾於多個音樂會演唱，合作樂團包括德國班貝格交響樂團、香港管弦樂團、香港小交響樂團及 Ponte Singers & Orchestra 等，也為不同機構之音樂劇製作擔任創作或聲樂指導。

影視作品包括《喜歡妳是妳》電影主題曲《My Dear, Best Friend》填詞；南方電視台處境喜劇《總有出頭天》第四季主演；《捉妖記》電影插曲《桃花源》主唱；她為多套動畫主角擔任聲優，並主唱《Darlie 刷刷牙》、《Merci 朱古力》、《Trolli 軟糖》等廣告主題曲。

溫氏現居倫敦，為巴塞隆拿 Actors Workshop Spain 客席導師，橫跨曲、詞、編、演、唱、教等領域。工作聯絡：theatre hikari@gmail.com

M.A. in Creative Writing in English (HKU) and B.A. in Music (CUHK), Jarita starred in her musical debut in Actors' Family's *The Passage Beyond* in 2009 and had received wide recognition. She toured around Hong Kong, Macau and Guangzhou for this production for 8 years, including the Musical in Concert with the Hong Kong Sinfonietta and its Decca Records soundtrack recording, where SCMP described her voice as "beguiling". She portrayed the leads over 20 musicals produced in Hong Kong and Macau, and she staged her original musical *The Nightingale*, being the music director, playwright, composer, lyricist and prima donna for it, and was nominated at The 29th Hong Kong Drama Awards for Best Leading Actress (Comedy/Farce) and Best Original Score (Musical Theatre). She also sang in numerous concerts, including those with Bamberg Orchestra, Hong Kong Philharmonic Orchestra, Hong Kong Sinfonietta and Ponte Singers & Orchestra. She also vocally coached many staged productions. For screen, Jarita wrote the movie theme for *The First Girl I Loved*, performed in the Guangzhou television sitcom *The Best Is Yet To Come* (Season 4) as the supporting actress, sang the Cantonese movie theme for *Monster Hunt* and voiced for the leads in numerous animations, plus singing commercial themes for brands including *Darlie*, *Merci* and *Trolli*.

Jarita co-founded Theatre Hikari, advocating performing arts education for schools and charity organizations. She is currently a freelance performing, creative and educative artist, residing in London, and a guest tutor for Actors Workshop Spain. Job contact: theatre hikari@gmail.com

《GMT+8》作詞 Lyricist of GMT+8 陳耀森 Chan Yiu Sum

Photo credit: Cow10



陳耀森，筆名「亞木」，香港流行曲填詞人，曾合作歌手包括張敬軒、衛蘭、Gin Lee、李克勤、關心妍、洪嘉豪、胡鴻鈞、陳柏宇、Jace Chan、吳啟洋、雲浩影、姚焯菲等。其代表作《缺》曾榮獲第四十一屆十大中文金曲十大金曲獎第一位及 2018 CASH 最廣泛演出金帆獎。

其他代表作：《叮噹可否不要老》、《風起了》、《隔離》、《喘息空間》、《逆時車站》、《主角光環》、《原來談戀愛是這麼一回事》、《Close Friend》、《密切接觸者》等。

IG: @yiusumlyrics

Chan Yiu Sum (Pen name: Aamuk) is a lyricist of Hong Kong pop music. He had collaborated with various pop singers, including: Hins Cheung, Janice Vidal, Gin Lee, Hacken Lee, Jade Kwan, Kaho Hung, Hubert Wu, Jason Chan, Jace Chan, Phoebus Ng, Cloud Wan, Chantel Yiu, etc. His representative work *Incomplete* (《缺》) won the first place of Top Ten Gold Songs in the 41th Top Ten Chinese Gold Songs Award, as well as the 2018 CASH Golden Sail Most Performed Works Award.

Other representative works: *Dear Good Old Time* (《叮噹可否不要老》), *The Wind Blows* (《風起了》), *Quarantine* (《隔離》), *Breathe* (《喘息空間》), *Time Travel* (《逆時車站》), *Halo* (《主角光環》), *So, This is Love* (《原來談戀愛是這麼一回事》), *Close Friend* and *Close Contact* (《密切接觸者》), etc.

IG: @yiusumlyrics

《GMT+8》編曲 Music Arranger of GMT+8 洪樂曦 Ivy Hung

Photo credit: Kessay Chan



音樂製作人、作曲人、編曲人、歌手及無伴奏合唱演出者，畢業於美國加州大學聖地牙哥分校（音樂學士，主修作曲、副修聲樂）。

回港後參與不同作曲、編曲及製作工作，曾參與多名歌手演唱會及唱片的籌備和製作，包括張敬軒、容祖兒、岑寧兒、林一峰、盧冠廷等。另亦曾與不同機構合作，例如香港中樂團、香港藝術節「無限亮」、一舖清唱、新世紀青年管弦樂團、香港青年協會、香港青年藝術協會、唯獨舞台等。

洪氏同為一名無伴奏合唱演出者，曾獲邀分別在香港、杜拜、英國、美國等海外地方參與政府、公開及私人活動演出。於 2021 年曾以客席藝術家身份參演由本地無伴奏合唱劇團一舖清唱與香港中樂團合作的「樂·融·樂」社區音樂會《樂到病除》。同年亦為由康樂及文化事務處及非物質文化遺產辦事處主辦的《非遺·欣賞 - 無伴奏合唱》校園巡演原創劇目擔任作曲、作詞及演出者。

洪氏在 2021 年末起於各大串流平台發佈兩首個人唱作作品《別害怕當簡單的你》和《玫三零幻想曲》，近年亦參與多個音樂會和音演唱及流行曲和音演唱工作，當中包括岑寧兒 Home is... 音樂會 2022、全民造星 4 總決賽 2021、全民造星 4 主題曲《前傳》、RubberBand《漫長》及《健兒》等。

Ivy Hung is a music producer, composer, singer, and A Cappella artist. She holds a Bachelor of Arts Degree in Music Composition from the University of California, San Diego (Minor in Vocal).

Since 2017, Ivy has taken part in various music production works. Artists that she has worked with include Hins Cheung, Joey Yung, Yoyo Sham, Chet Lam, Lowell Lo, etc. She has composed, arranged, and helped in music coordination works for different organisations such as the Hong Kong Chinese Orchestra, Hong Kong Arts Festival No Limits, Yat Po Singers, The Millennium Youth Orchestra, Hong Kong Federation of Youth Groups, Hong Kong Youth Arts Foundation, etc.

As an A Cappella artist, Ivy has been invited to perform at various large-scaled local and overseas events. In 2021, she was invited to perform with Yat Po Singers, a local A Cappella theatre company, and the Hong Kong Chinese Orchestra at the Music Integrates - Community Concert. In the same year, she also participated in "ICH @ Schools Programme Series: Intangible Cultural Heritage X A Cappella", an original A Cappella theatre programme organised by the LCSD and ICHO Hong Kong, as a composer and a performer.

Ivy is as well active in the local scene as a singer-songwriter. She has released two self-produced originals *Be a Simple You* and *Fantasia 930* on all major music streaming platforms since 2021. Recently she has also appeared in pop music concerts as a backing vocalist, such as Yoyo Sham's Home is... Concert 2022, Jason Chan's Not Alone Live 2018, and King Maker IV Final 2021.

演出者 Performer 陳智謙 Raoul Chan

Photo credit: Pazu@ 萬象鏡社



畢業於香港演藝學院歌劇及聲樂系，曾演出多個歌劇作品，如《卡門》、《女人心》、《阿依達》、《魔笛》、《愛情靈藥》、《波佩亞的加冕》等。

現為一舖清唱的恆常合作藝術家及私人唱歌導師。除了古典歌劇的演出，陳氏亦受邀參與本地的音樂劇、流行曲及廣告主題曲錄音製作，如演戲家族的《老子駕到》及《一水南天》、海洋公園哈囉喂無伴奏劇場《決戰武音功》、《一個人一首歌》的《我在》，《出前一丁棒丁麵》及《出前一丁棒烏冬》廣告中聲演靚仔清仔等。自 2012 年至今，參與多個無伴奏合唱的作品，如《石堅》、《夜夜欠笙哥》、《香·天》、《大殉情》、《這夜免收人頭費》、《時代狂唱》、《維多利亞講》等。

隨團亦參與多次跨團演出，如台灣人力飛行劇團及香港小交響樂團《阿飛正轉》、日本 studio ARCHITANZ《最後之聲》及《Voicemail2020》、香港中樂團《中藥還需中樂醫》、香港舞蹈團《在那遙遠的地方》、城市當代舞蹈團《香·天》、非常林奕華《梁祝的繼承者們》等。

在 2022 年，陳氏參加了三項國際音樂比賽並獲得了獎項：世界格林披治國際音樂比賽聲樂專業組第一名、倫敦國際音樂比賽聲樂專業組第四名、東京國際青年音樂比賽聲樂專業組第一名。

YouTube Channel: @raoulchan

Raoul graduated from the Hong Kong Academy for Performing Arts, majoring in Vocal and Opera studies. He has participated in opera performances, such as *Carmen*, *Così fan tutte*, *Aida*, *Magic flute*, *L'elisir d'amore*, *L'incoronazione di Poppea* etc. Apart from opera performances, he has been invited to participate in local musical productions, pop songs and advertisement's recording, such as Actors' Family's *Lo's Here* and *A Tale of the Southern Sky*, Ocean Park's *Sonic Kung Fu Attack*, *Every Life Is A Song*, and *Nissin's theme songs* etc.

Raoul had been working as a Resident Artist for Yat Po Singers since 2012 and currently as the Associate Artist. He has been performing A Cappella theatre pieces for the company, such as *Rock Hard*, *Sing Sang Sung*, *Requiem HK*, *Our Immortal Cantata*, *Save The Next Song For Me*, *Sing While You Can*, *This Victoria Has No Secrets*, etc. Raoul is also a private singing teacher.

He has also performed with other local and overseas art groups, such as Mr. Wing Theatre Company and the Hong Kong Sinfonietta *Pica Pica Choose*, Hong Kong Dance Company *Voices and Dances of the Distant Land*, City Contemporary Dance Company *Requiem HK*, Edward Lam Dance Theatre *Art School Musical* etc.

In 2022, he participated in three international music competitions: The World Grand Prix International Music Contest vocal category open class (1st place), the London International Music Competition vocal category open class (4th place), the Tokyo IYMC vocal category open class (1st place).

YouTube Channel: @raoulchan

演出者 Performer 蔡穎妍 Connie Choi

Photo credit: One Studio



自由身演出者，及無伴奏合唱團隊 Focus 及 Tonguin' 成員。於 2021 年考獲英國 Rockschoo (RSL) 流行聲樂 8 級。曾獲邀參與各類型演出，近來演出包括：賽馬會「耆樂唱一舖」《盆菜四重奏》，關心妍「約」20 週年演唱會 (TheShowChoir(HK))，陳柏宇 FIGHT FOR 演唱會合唱團 (TheShowChoir(HK))；薈色園黃大仙祠百周年紀念花燈廟會無伴奏合唱演出；賽馬會「耆樂唱一舖」年度演出《獨樂不如「耆樂」》及 Sound of Singers Group 《全人造星》無伴奏合唱劇等。

近年以導師身份以私人教授及到校形式教授學校流行唱歌及無伴奏合唱，對象包括小童、成人及長者。合作機構 / 計劃包括：香港青年協會、團唱音樂、Red Academy，及香港科技大學凝音社等。

Connie is a freelance performer and member of A Cappella groups Focus and Tonguin'. Certificated Rockschoo (RSL) Grade Examination in Music Performance Grade 8. She has been actively involved in various types of performances, including "Jockey Club Yat Po 'Happy A-ge-cappella'" *Project Poon-Choi*, chorister *Jade Kwan 20th Anniversary Concert 2022* and *Jason Chan Fight For Concert 2021* with TheShowChoir(HK), the "Jockey Club Yat Po 'Happy A-ge-ppella'" Year-end Performance, Sound of Singers Group *Everyone Sings*.

In recent years, she has been teaching pop singing and A Cappella, targeting children, adults and elderlies. Cooperative institutions/projects included The HKFYG, Wai Sing Music, Red Academy, and The Band Society (HKUSTSU), etc.

演出者 Performer 馬顯融 Ma Hin Yung

Photo credit: Cheung Chi Wai



馬顯融，香港浸會大學音樂文學士（榮譽）畢業，現為全職音樂人，活躍於香港現代無伴奏合唱表演、教育、編曲等領域。2019年開始參與多場無伴奏合唱劇作演出，其中包括《維多利亞講》(2019)、《庵藏不露：不遇不遇還須遇》(2020)、《維多利亞講 得壹次得壹次版》(2021)、賽馬會「音樂唱一舖」專業劇場演出《盆菜四重奏》(2022)。當中香港藝術節@大館 2021、《三人三口竟然有四把聲? (驚嚇)》黑盒劇場(2022)及「非遺進校園節目系列：非遺·欣賞—無伴奏合唱」，均以音樂總監、編曲及演出者身份參與項目。除劇場以外，他亦熱衷於培養新一代無伴奏合唱人才，在不同學校及教學機構教授無伴奏合唱。

Ma Hin Yung is a professional music arranger, performer, and educator, who focuses on contemporary A Cappella performance. Educated in a classical music environment (with a degree from the Hong Kong Baptist University), he gradually developed a career in the music space with contemporary A Cappella.

Ma Hin Yung has engaged in multiple A Cappella performances. Since 2019, he has been a regular performer in multiple A Cappella theatre projects, including *This Victoria Has No Secrets* (2019), *Om Encounter: Work-in-Progress* (2020), *This Victoria Has No Secrets... For Now* (2021), the "Jockey Club Yat Po 'Happy A-ge-cappella'" *Project Poon-Choi* (2022). Apart from being a performer in A Cappella theatre works, he arranged the music and performed at HKartsFestival@TaiKwun 2021, and co-created a short theatrical show at Tai Po Arts Centre.

Apart from performances, Ma is active in A Cappella community outreach, coaching and education projects. In addition to regular teaching activities in different institutions, in 2021, he was the music director of the "ICH@Schools Programme Series: ICH X A Cappella", in collaboration with Intangible Cultural Heritage Office and The Hong Kong Federation of Youth Groups. In 2022, he is the producer, performer and one of the music arrangers for the re-arranged EDM on the Cantonese opera song *The Fragrant Death* for West Kowloon Sunset Cultural Portal 2022.

演出者 Performer 梅晉涅 Alvin Mui

Photo credit: Kuce To@Wai Sing Music



畢業於香港科技大學風險管理及商業智能學系，畢業後投身於無伴奏合唱工作，現為自由身無伴奏合唱演出者及導師。近年演出包括賽馬會「耆樂唱一舖」年度演出《獨樂不如「耆樂」》、賽馬會「耆樂唱一舖」《盆菜四重奏》。

梅氏致力透過不同教學工作推廣無伴奏合唱音樂，以及讓學生透過音樂為生活帶來紓解及喜樂。梅氏近年積極參與無伴奏合唱教學工作，例如青少年及成人興趣班、中小學校隊、工作坊及示範演出。對象包括中小學生、成人、長者、智力殘障人士。曾合作機構包括仁愛堂及香港基督教服務處等。

梅氏於 2021 年成為賽馬會「耆樂唱一舖」的學徒導師，接受針對長者的教學訓練及參與年度表演和示範表演等。梅氏亦曾參與並修畢圍唱音樂無伴奏合唱導師訓練。現為圍唱音樂之導師及本地無伴奏合唱隊伍 Focus 的男低音。

Mui Chun Ching Alvin is a freelance A Cappella performer and coach, with performance experience of more than 6 years from charity events, demonstration performances in schools, and theatre performances. Recent performances include "Jockey Club Yat Po 'Happy A-ge-cappella'" Annual Performance and "Jockey Club Yat Po 'Happy A-ge-cappella'" Project Poon-Choi.

Alvin also engages in A Cappella education in recent years. Through A Cappella education, Alvin hopes to deliver love and mental enrichment to students.

In 2021, Alvin joined "Jockey Club Yat Po 'Happy A-ge-cappella'" as a teacher apprentice. In this programme, Alvin was provided dedicated trainings on elderly A Cappella education and participated in the annual concerts. He has also completed A Cappella coach training in Wai Sing Music. Alvin is now one of the coaches in Wai Sing Music and the bass singer in a local A Cappella team Focus.

音響設計

Sound Designer

林俊文 Jonathan Lam



林俊文 (Jonathan) 是一位著名音樂總監，同時亦是一位資深的混音工程師。Jonathan 才華橫溢，從事錄音、混音、音響工程達 15 年；並有豐富舞台經驗，在多個音樂會上擔任音樂總監及鍵琴手，用專業的音樂知識和經驗，滿足不同表演者。

Jonathan 曾參與多個大小演唱會及唱片製作，合作單位包括：顧嘉輝、陳奕迅、張敬軒、方大同、謝安琪、容祖兒、Gin Lee、張智霖、王傑、林曉培、李惠敏、許廷鏗、鍾鎮濤、黃敏德、葉振棠、香港中樂團、SIU2、一舖清唱和口琴世界冠軍 - CY Leo 等。

自出任音樂總監和混音工程師以來，Jonathan 精心培訓團隊、細緻安排演出和嚴格挑選合作單位，使雅樂音樂製作有限公司有目共睹地成長。能夠為本地的音樂文化出一份力，是 Jonathan 的一大榮幸。他希望未來繼續帶領雅樂音樂製作有限公司，用心把對音樂的熱誠傳承開去。

Jonathan Lam is a well-known music director and mixing engineer. Jonathan is a brilliant musician and has been doing recording, mixing, and sound engineering for 15 years. He has extensive on-stage experience and has served as a music director and harpsichord in many concerts. With his professional practices, he has participated in many concerts and recordings. He has performed with a wide range of artists, including Dr. Joseph Koo, Eason Chan, Hins Cheung, Khalil Fong, Kay Tse, Joey Yung, Gin Lee, Julian Cheung, Dave Wang, Shino Lin, Amanda Lee, Alfred Hui, Kenny Bee, Michael Fitzgerald Wong, Johnny Yip, Hong Kong Chinese Orchestra, SIU2, Yat Po Singers, world champion harmonica player - CY Leo and so on.

Since being a music director and mixing engineer, Jonathan has trained his team to be a team of great musical integrity, meticulously arranged the performances and strictly selected the cooperative units, which makes his production house grow. To contribute to the local music culture is a great honor for Jonathan. He hopes to continuously lead Arrow Production Limited in the future, and earnestly pass on his enthusiasm on music.

燈光設計 Lighting Designer 陳鈞至 Samuel Chan

Photo credit: Brittany Bland



耶魯戲劇學院藝術碩士，主修設計。留美期間憑《第十二夜》獲康乃狄克州評論人獎傑出燈光設計提名。陳氏憑《審美與人的自由》入圍第二十六屆 ifva 媒體藝術組。剛於多蒙特劇院附設之 Academy for Theater and Digitality 研究人工智能於劇場設計之應用。

Samuel received his MFA from Yale School of Drama, whereas he majors in Design. His work on *Twelfth Night* was nominated for the Outstanding Lighting Design in the Connecticut Critics Circle Awards. His installation *Aesthetics and Freedom of Human Beings* is one of the finalists of ifva in 2020. Samuel just completed his fellowship in the Academy for Theater and Digitality of Theater Dortmund, whereas he was researching the application of Artificial Intelligence in theatrical design.

服裝、場景及道具設計 Costume, Set & Props Designer 顧美玲 Julia Koo



畢業於香港演藝學院，獲頒藝術學士（榮譽）學位，主修佈景及服裝設計。畢業作品《兒欺》獲得第二十八屆香港舞台劇獎年度優秀製作獎。

近期作品包括：《杏仁豆腐心》；《龍城鳳事》社區口述歷史戲劇計劃—九龍城區；演戲家族《高加索傳奇》音樂劇、《飛越桐油的油尖旺》社區體驗劇場；《我城·我家》音樂劇歌曲音樂會；愛麗絲實驗劇團《中西區文藝復興計劃》說書茶聚；賽馬會品格教育音樂劇計劃《奮青樂與路》音樂劇；香港話劇團黑盒劇場「新戲匠」系列《餘燼》；演藝戲劇：《愛與資訊》—卡瑞·邱琪兒。

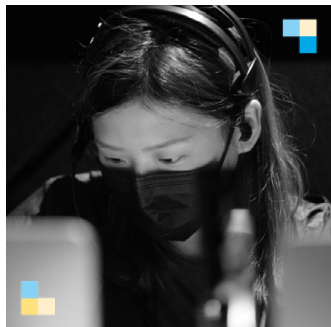
助理設計作品包括：自由空間 X 香港話劇團《大狀王》音樂劇；香港話劇團《兩刃相交》、《錦繡良緣》音樂劇（演出取消）；香港舞蹈團《十二生肖大冒險の冰雪奇熊》；演戲家族《路比和嫻嫻的鐵路5號》音樂劇；中英劇團《福爾摩斯四圍騰之華生暴走大狗查》；香港話劇團 X 演戲家族《四川好人》音樂劇。

Graduated from the Hong Kong Academy for Performing Arts with a Bachelor of Fine Arts (Honours) degree, majoring in Set and Costume Design. The graduation project *Luna Gale* won the Annual Outstanding Production Award in The 28th Hong Kong Drama Awards.

Recent works include: *Heart of Almond Jelly*, *The Caucasian Chalk Circle* A Musical Reading; Community Experiential Theatre *Fantasies in Yau Tsim Mong* Musical by Actors' Family, *My Home My Place* The Musical by Actors' Family and LCSD, *Project on Rebooting Arts in Central and Western District* Story-telling Tea Party by Alice Theatre Laboratory, *Sing Out* musical by Hong Kong Repertory Theatre and HKJC Charities Trust, The Open Platform series *Ashes* by Hong Kong Repertory Theatre, *Love and Information* by Caryl Churchill by the Hong Kong Academy for Performing Arts.

Assistant design works include: *Confrontations* by HKRep, *The Impossible Trial - a musical* by Freespace X HKRep, *Fiddler on the Roof* musical by HKRep (performance cancelled), *Magical Adventures of Baby Polar Bear and the 12 Zodiac Animals* by Hong Kong Dance Company, *Cinematic Memories on Train No.5-the Musical* by Actors' Family, *Ken Ludwig's Baskerville: A Sherlock Holmes Mystery* by Chung Ying Theatre Company, *The Good Person of Szechwan - the Musical* by HKRep and Actors' Family.

製作經理 / 執行舞台監督 Production Manager / Deputy Stage Manager 梁思穎 Win Leung



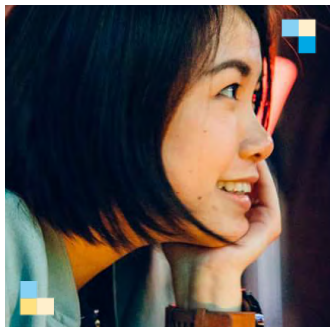
畢業於香港演藝學院舞台及製作藝術學院，主修藝術、項目及舞台管理；現為自由身舞台工作者。

近期參與作品包括香港藝術節《我們最快樂》、一舖清唱《盆菜四重奏》、試當真《一個舞台上不能接受的吻》、法國五月藝術節《星光之城》、綠葉劇團《#1314》、香港小交響樂團 X 一舖清唱 X 台灣人力飛行劇團《阿飛正轉》、鄧樹榮戲劇工作室《李爾王》、同窗文化《鸚鵡飛》、《久天長地》、風車草劇團《通菜街喪屍戰》等等。

Win Leung graduated from the School of Theatre and Entertainment Arts at the Hong Kong Academy for Performing Arts with a Bachelor of Fine Arts (Hons) degree in Arts, Event and Stage Management. Leung is currently working as a theatre freelancer.

Recent works include *We are gay* (Hong Kong Arts Festival), *Project Poon-Choi* (Yat Po Singers), *Kiss On Stage* (Trial and Error), *Cities of Lights* (French May Arts Festival), *#1314* (Théâtre de la Feuille), *Pica Pica Choose* (Hong Kong Sinfonietta X Yat Po Singers X Mr Wing Theatre Company), *King Lear* (Tang Shu-wing Theatre Studio), *Welationship and Eternity* (Schoolmates Theatre), *War of Tung Choi Guys* (Windmill Grass Theatre) etc.

舞台監督 Stage Manager 余慧琳 Muijai Yu



香港演藝學院舞台及製作藝術學院舞台及製作藝術學士(榮譽)學位畢業,主修技術指導。現為自由身舞台工作者。近年與不同藝團合作,主要擔任舞台管理工作。

Graduated from the Hong Kong Academy for Performing Arts with a BFA (Hons) degree in Technical Direction. Muijai is currently working as a theatre freelancer.

助理舞台監督 Assistant Stage Manager 陳俊銘 Ming Chan



團劇團第三屆「一年制戲劇證書課程」畢業生。現為自由身工作者。

The 3rd graduate from the 1-year Theatre Certificate Training by Whole Theatre Limited. He is currently a freelance theatre worker.

《一舖兩劇》創作團隊 Creative Team of *Yat Po Two Shows*

音樂總監 伍卓賢
Music Director Ng Cheuk Yin

導演 鍾肇熙
Director Chung Siu Hei

合唱指導 / 執行音樂總監 盧宜均
Choral Director / Deputy Music Director Anna Lo

編舞 邱加希
Choreographer KT Yau

音響設計 林俊文
Sound Designer Jonathan Lam

燈光設計 陳鈞至
Lighting Designer Samuel Chan

服裝、場景及道具設計 顧美玲
Costume, Set & Props Designer Julia Koo

《2022 才藝表演 (ITQ)》創作團隊 Creative Team of *Internal Talent Quest 2022 (ITQ)*

概念 / 作曲 / 作詞 黃健怡 *
Concept / Composer / Lyricist Winky Wong*

聯合編劇 黃健怡 *、梁景堯
Co-Playwrights Winky Wong*, Terrence Leung

《GMT+8》創作團隊 Creative Team of *GMT+8*

作曲 伍卓賢
Composer Ng Cheuk Yin

編曲 伍卓賢、洪樂曠
Music Arrangers Ng Cheuk Yin, Ivy Hung

編劇 溫卓妍
Playwright Jarita Wan

作詞 陳耀森
Lyricist Chan Yiu Sum

《一舖兩劇》演出者 Performers of *Yat Po Two Shows*

陳智謙、蔡穎妍、馬顯融、梅晉滢、黃健怡 *
Raoul Chan, Connie Choi, Ma Hin Yung, Alvin Mui, Winky Wong*

《一舖兩劇》製作團隊 Production Team of *Yat Po Two Shows*

製作經理 / 執行舞台監督 梁思穎
Production Manager / Deputy Stage Manager Win Leung

舞台監督 余慧琳
Stage Manager Muijai Yu

助理舞台監督 陳俊銘
Assistant Stage Manager Ming Chan

燈光助理 許穎恩
Lighting Assistant Hui Wing Yan

服裝主任 林曉燕
Wardrobe Supervisor Gauze Lam

服裝助理 黃嘉琪
Wardrobe Assistant Wong Ka Ki

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Make-up & Hair Stylists Maggie Wong, Yanyan Xu

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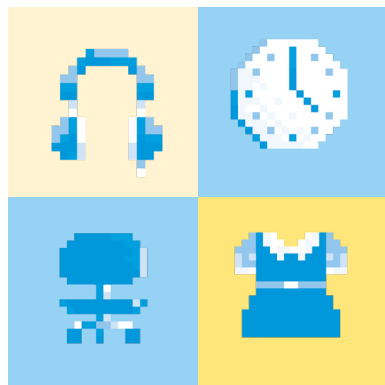
舞台助理 招偉亮、李國威
Stage Crew Chiu Wai Leung, Lee Kwok Wai

一舖清唱團隊 Yat Po Singers

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Artistic Director Ng Cheuk Yin

助理藝術總監 盧宜均
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Musician Intern Winky Wong*

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*「藝術人才培育計劃」由香港藝術發展局資助

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賽馬會「耆樂唱一舖」是一個由本地專業無伴奏合唱劇團一舖清唱
全力籌備及舉辦的三年長者無伴奏合唱豐富人生計劃，並由
香港賽馬會慈善信託基金捐助

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一舖清唱謹此向以下團體及人士深致謝意（排名不分先後）：

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香港音樂劇藝術學院 Hong Kong 3 Arts Musical Institute

鄧樹榮戲劇工作室有限公司 Tang Shu-wing Theatre Studio

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Cafe Cabin

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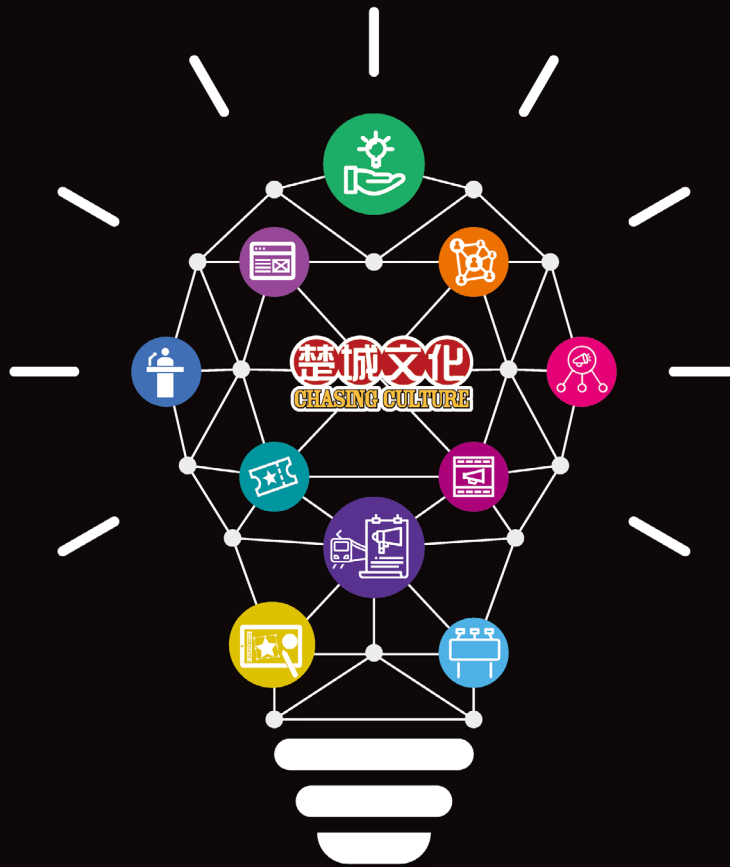
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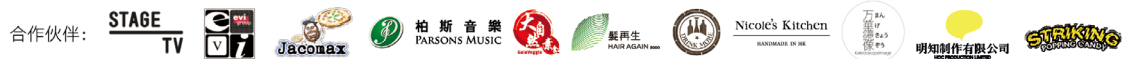
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