

The background of the entire page is a light blue color. Scattered around the central white oval are numerous stylized illustrations of people of various ethnicities, ages, and genders. They are depicted in various dynamic poses, such as dancing, jumping, walking, and stretching. The clothing is colorful and varied, including t-shirts, sweaters, jeans, and dresses. The overall style is modern and vibrant, emphasizing diversity and movement.

學友社2022特別假期
「暑期Zoom一鬆」

童探索 少數族裔文化

潘慧霞

熱身問題



- ❖ 你在香港有見過外貌與你很不同的人嗎？
- ❖ 你認識來自不同文化或國家的人嗎？
- ❖ 你覺得我像哪國人？



流程

- ❖ 自我介紹
- ❖ 少數族裔文化
- ❖ 文化知識小測驗
- ❖ 與別人相處之道
- ❖ 分組討論
- ❖ Q&A



रेजिना

Rejina Pun Chochangi Magar

- 在香港土生土長的尼泊爾人
- 父母是尼泊爾人
- 20幾年前由尼泊爾移民到香港
- 識英文、廣東話、尼泊爾文和普通話
- 中小學就讀非華話學校

(Non-Chinese Speaking Schools)





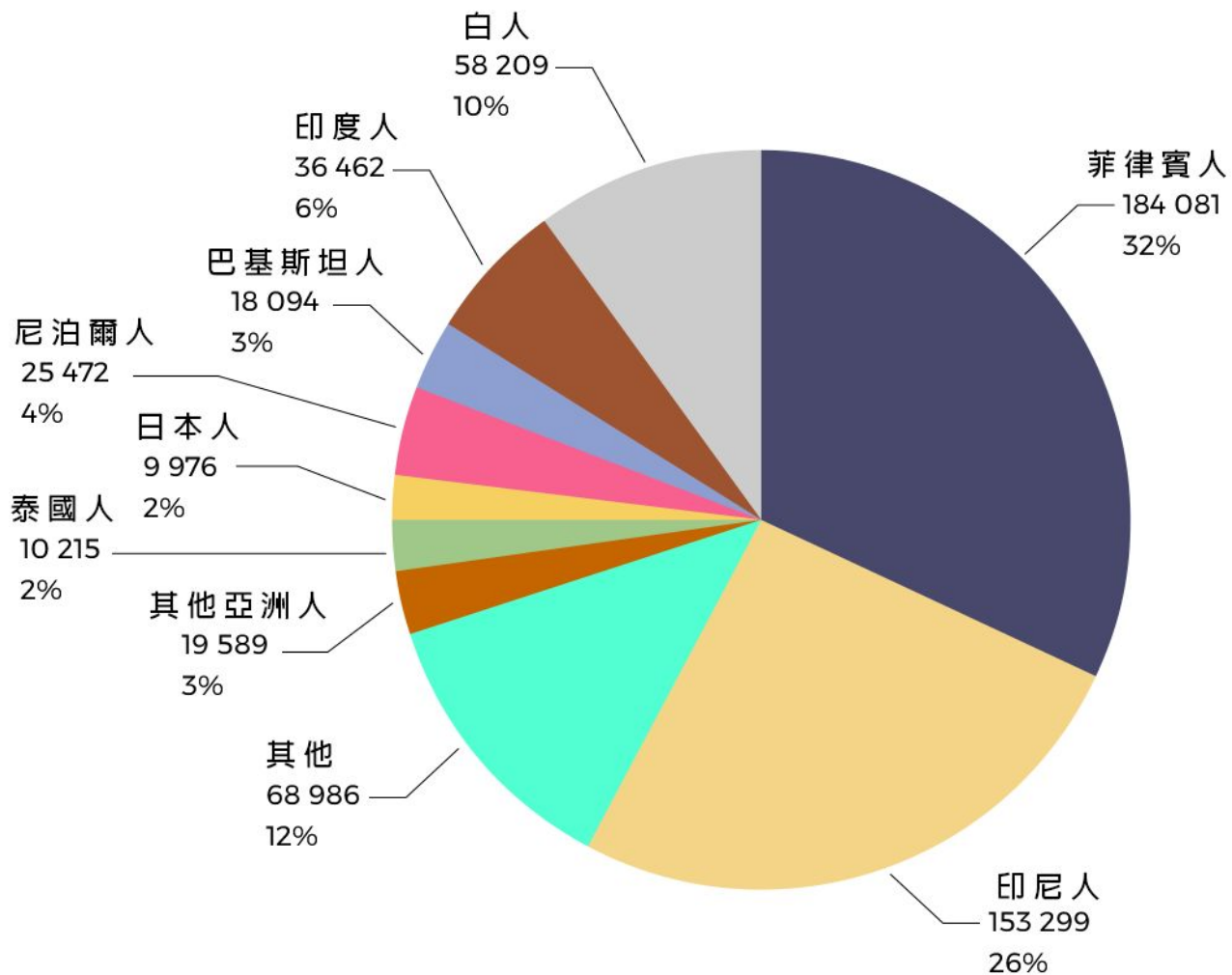


誰是少數族裔？

A large, light blue, irregular blob-like shape dominates the center of the image. At the top center of this shape, a person with dark hair, wearing a red jacket with white polka dots, stands with their arms raised in a celebratory gesture. To the bottom left of the shape, a person with a bald head, wearing a grey t-shirt with a colorful pattern and dark blue pants, stands with their back to the viewer. To the bottom right of the shape, a person with dark hair, wearing a brown long-sleeved shirt and red pants, is walking towards the right. The background is white with a few other light blue shapes scattered around.

香港人口**92%**都是華裔人士
少數族裔指非華裔人

2016年中期 人口統計



地理篇

Political Map of the World, April 2005



南亞



南亚人

巴基斯坦 (Pakistan)

印度 (India)

斯里兰卡 (Sri Lanka)

尼泊尔 (Nepal)

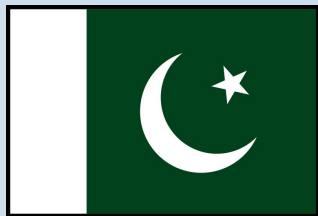
孟加拉 (Bangladesh)

不丹 (Bhutan)



國旗

巴基斯坦 (Pakistan)



尼泊爾 (Nepal)



印度 (India)



孟加拉 (Bangladesh)



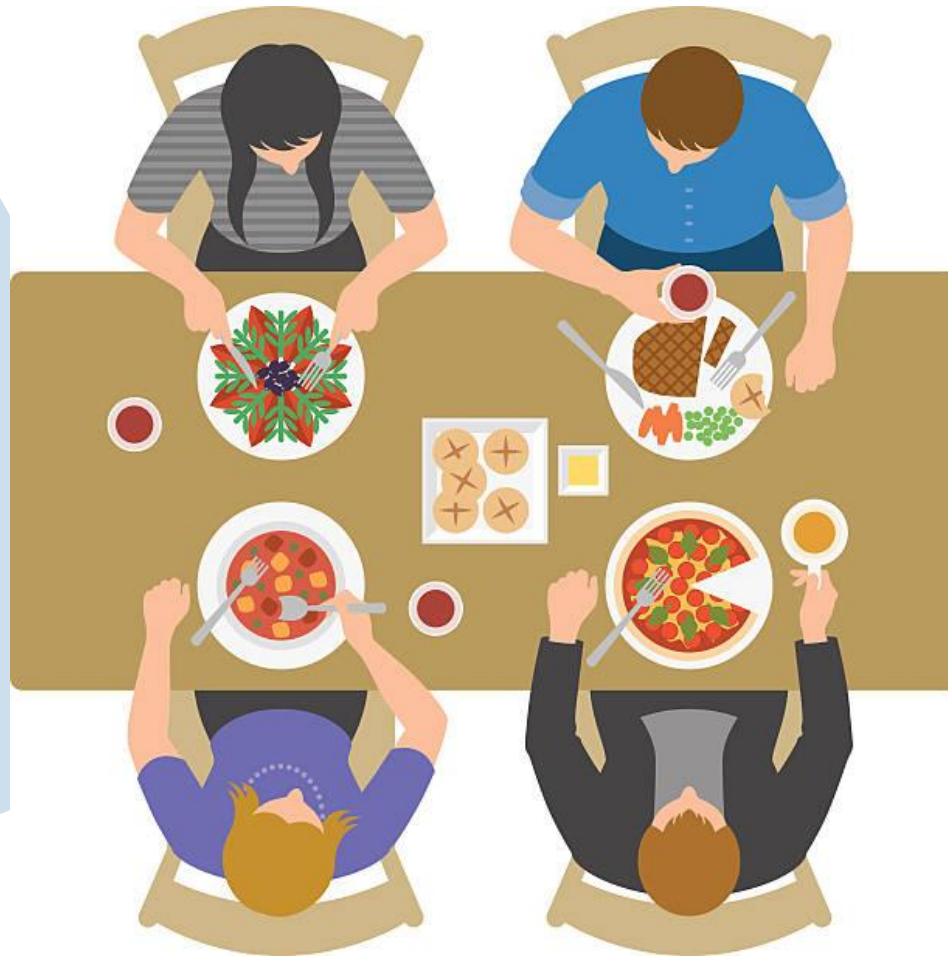
斯里蘭卡 (Sri Lanka)



不丹 (Bhutan)



食物篇



食物

尼泊爾



Pani Puri
(脆餅)*



Bhaat ra Tarkari
(飯同配菜)



Sel Roti
(甜炸米麵包)

食物

尼泊爾



Chatpate
(乾麵蔬菜小食)



Sukuti
(乾炒牛肉)



Momo
(尼泊爾餃子)

食物

北印度



Biryani
(印度炒飯)



Naan
(印度烤餅)



Paratha*
(印度煎餅)

食物

南印度



Dosa
(大煎餅)



Thali*
(印度套餐)



Idly
(蒸米漿糕)

衣飾篇



服飾

尼泊爾



Limbu
Dress

Magar
Dress

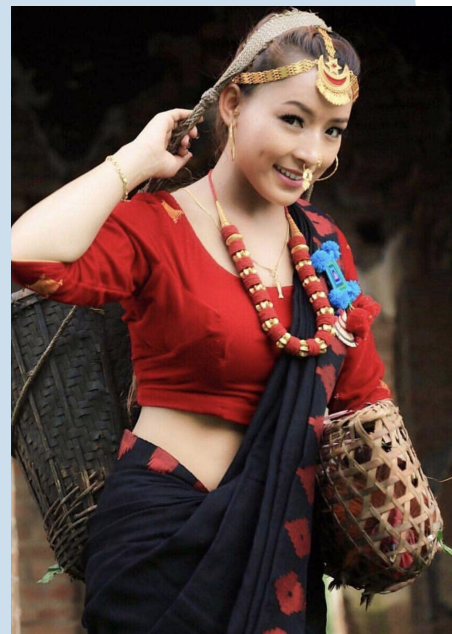
Sherpa
Dress

Tamang
Dress

服飾



尼泊爾



服飾

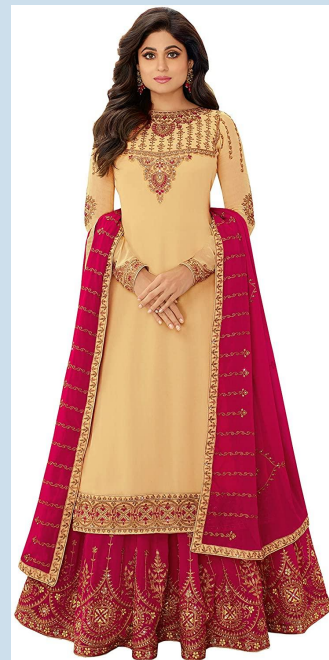
印度



Lenga
藍嘎

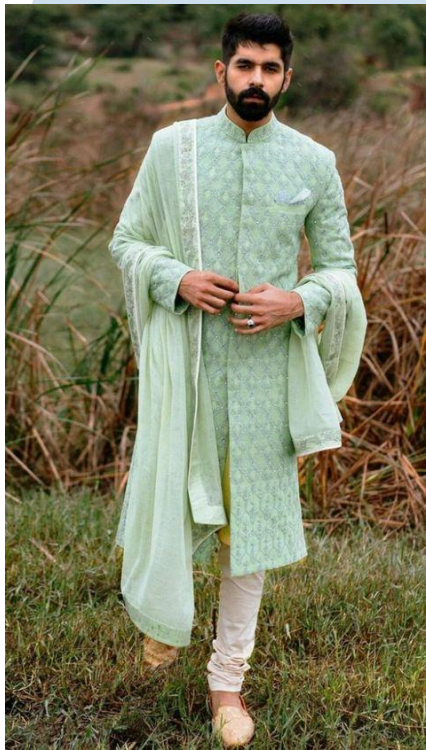


Saree
紗麗



Salwar Kameez
莎爾瓦卡米茲

服飾



印度



服飾



印度

錫克教(Sikh)

語言

印度人會說...

印度文(Hindi)

हिन्दी

尼泊爾人會說...

尼泊爾文(Nepali)

नेपाली

巴基斯坦人會說...

烏都語(Urdu)

اُردُو

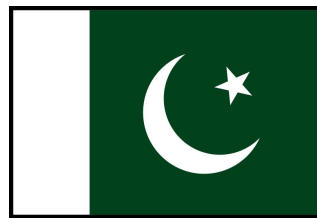
The image features a central light blue rounded rectangle containing the text '文化知識小測驗'. This central element is surrounded by approximately 18 stylized, flat-design illustrations of people of various ethnicities, ages, and genders. The people are depicted in dynamic, joyful poses such as dancing, jumping, and walking. Their clothing is colorful and varied, including overalls, t-shirts, sweaters, and dresses. The overall composition is vibrant and inclusive, set against a plain white background.

文化知識小測驗

1. 請將國家與圖旗配對

1. 巴基斯坦

A



A.

2. 尼泊爾

B



B.

3. 印度

C



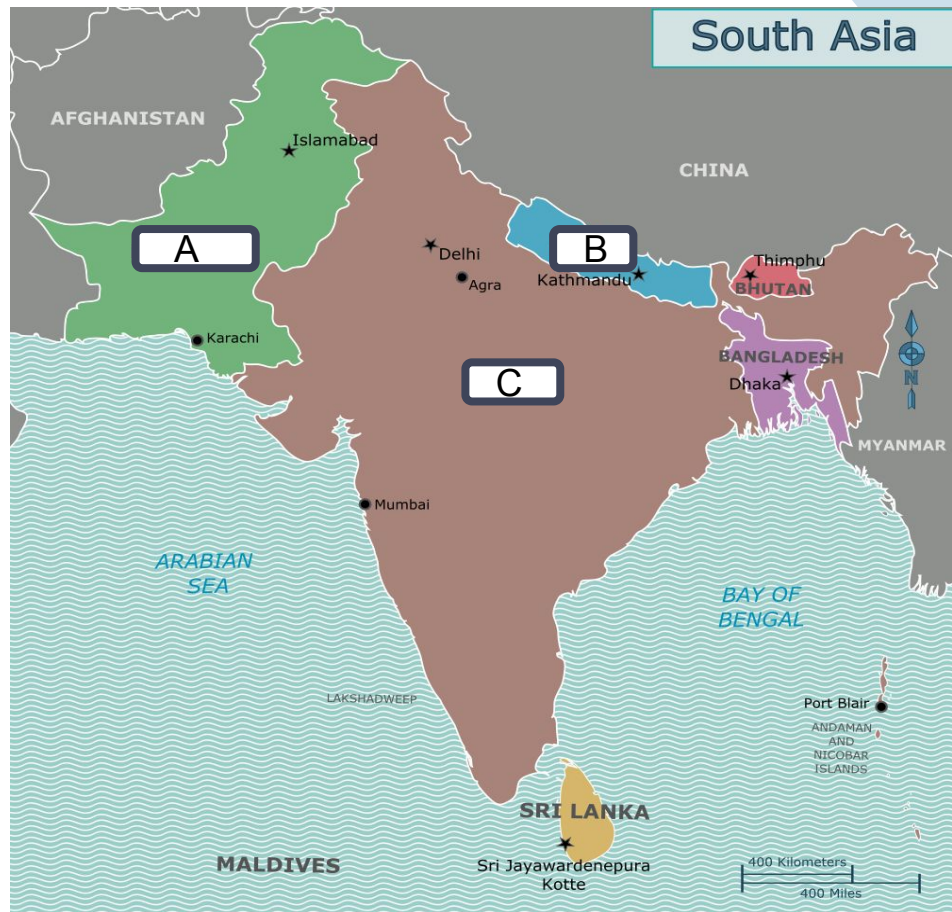
C.

2. 請將國家與地圖上的地方配對

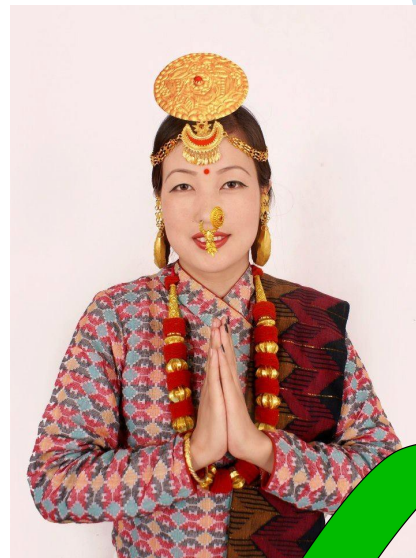
1. 巴基斯坦 A

2. 尼泊爾 B

3. 印度 C



3. 以下那兩項是尼泊爾的傳統服飾？



Magar
Dress

A

B

C

Limbu
Dress

D

4. 請將國家與語言配對

1. 巴基斯坦 C

2. 尼泊爾 A

3. 印度 B

नेपाली

A.

हिन्दी

B.

اُردُو

C.

5. 請講出印度或尼泊爾美食的名字



Momo
(尼泊爾餃子)



Biryani
(印度炒飯)



Dosa
(大煎餅)

怎樣與別人相處？



尊重

- 尊重是待人的一種態度，表現對別人的尊敬和重視
- 基於人人平等的觀念，任何人都應尊重他人



不尊重的例子



Harry

你D頭髮咁亂嘅，
係咪唔洗頭哈哈！

我都係跟事實講，咁都唔開心？
你太敏感啦！



Alex

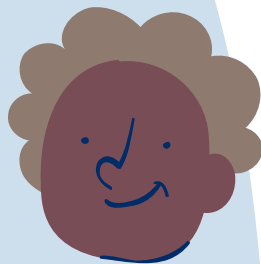
我D頭髮天生就係咁...
我有洗頭㗎:(

有好多人都笑過我D頭髮奇怪...
老師話要我戴帽先俾我返學...

如何你是Harry, 接着你會...

Harry

Alex



A

如果你笑我D頭髮,
我都唔會唔開心啦

你咁大驚小怪㗎

B

原來傷害到你,
對唔住!

不尊重的例子



像Harry的評論



一直令到Alex感到自己與別人不同,

在社會中被視為是「異類」

自己的**特徵**被別人當是笑話

所以Alex**害怕**別人對自己頭髮的看法

同時會想起過去**不愉快**的經歷

刻板印象

- 對於特定團體的特質有特定的信念

例如：

認為只有女生喜歡粉紅色

認為所有印度人數學都很好



不尊重的態度和刻板印象往往會轉變成歧視



什麼是歧視？



什麼是歧視？

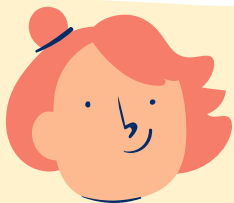
- 針對**某個特殊群體成員**做出負向行為
(例如：不同性別、種族、殘疾等人士)
- 針對某個種族 → 種族歧視
- 由**偏見**的認識和態度引起的

有甚麼是歧視的例子呢？





假如...



Mimi, 菲律賓人

好多人話覺得菲律賓人
好奇怪，唔想同我坐 :(

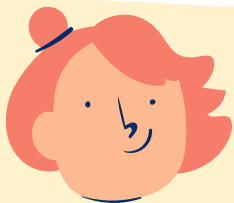


John, 菲律賓人

我喺香港冇受過歧視
大家都對我好好！

你覺得有人在說謊嗎？

假如...



Mimi, 菲律賓人

好多人話覺得菲律賓人
好奇怪，唔想同我坐：(

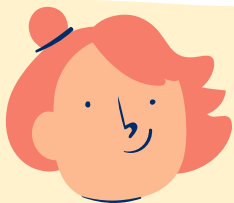


John, 菲律賓人

我喺香港冇受過歧視
大家都對我好好！

Mimi和John都在說真話
只是每個人的經歷不一樣，
遇到的人都不一樣

假如...



Mimi, 菲律賓人

好多人話覺得菲律賓人
好奇怪，唔想同我坐 :(

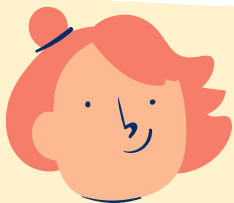


John, 菲律賓人

我喺香港冇受過歧視
大家都對我好好！

如果只根據John的話法，
香港是不存在種族歧視嗎？

假如...



Mimi, 菲律賓人

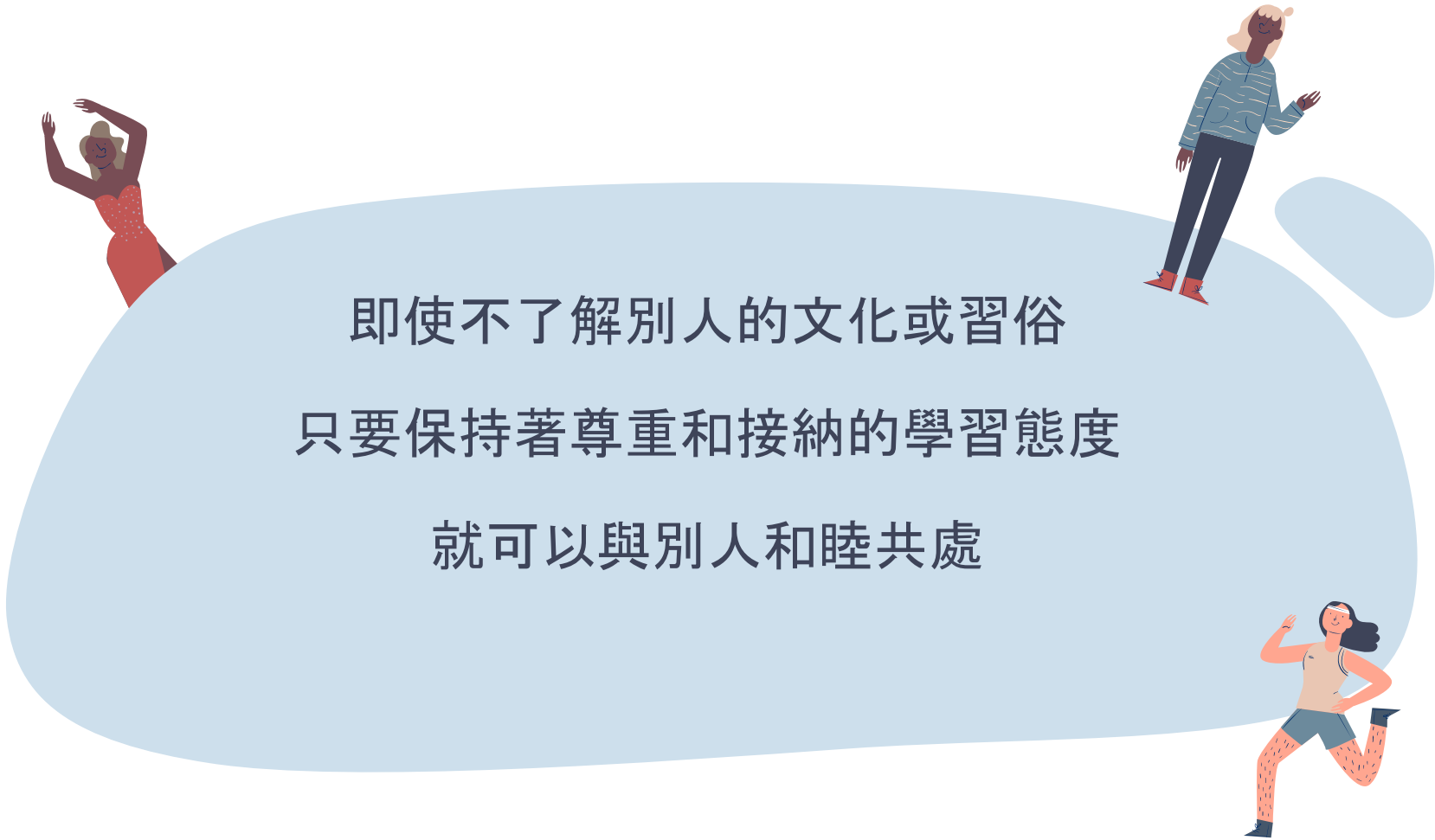
好多人話覺得菲律賓人
好奇怪，唔想同我坐 :(



John, 菲律賓人

我喺香港冇受過歧視
大家都對我好好！

每個人的經歷都不一樣，
有部分人沒受到歧視並不代表歧視不存在

The image features a large, light blue, irregularly shaped bubble in the center, containing three lines of text. Surrounding this bubble are three stylized, flat-design illustrations of people. In the top left, a person with dark skin and long hair is shown from the waist up, wearing a red dress with white polka dots and a wide-brimmed hat, with their arms raised in a celebratory or expressive gesture. In the top right, a person with light skin and long hair is standing, wearing a blue and white striped long-sleeved shirt and dark pants, with their hands slightly out to the sides. In the bottom right, a person with dark skin and long hair is shown from the waist up, wearing a light-colored tank top and dark shorts, with one leg raised and bent in a dynamic pose. The background is plain white.

即使不了解別人的文化或習俗
只要保持著尊重和接納的學習態度
就可以與別人和睦共處

分組討論



Q&A



A vibrant illustration featuring a central white speech bubble with the text "Thank You!" in a bold, dark blue font. Surrounding the bubble are numerous stylized, colorful figures of diverse people in various poses, suggesting a lively celebration or dance. The background is a solid light blue. The figures include men and women of different ethnicities, wearing a variety of clothing such as sweaters, jeans, dresses, and overalls. Some are jumping, some are dancing, and others are simply smiling. The overall mood is joyful and inclusive.

Thank You!