



澳門特別行政區政府
社會工作局
GOVERNO DA RAEM
INSTITUTO DE ACÇÃO SOCIAL

哈樂情報站

Harold Information Station 2014

澳門健康生活教育是一項國際認可的健康教育及預防濫用藥物的課程，旨在提高小學生認識健康生活的益處及濫用藥物的危險性。於2000年9月投入運作，由社會工作局防治藥物依賴廳負責推行。

Macao Healthy Life Education is an internationally recognized programme on health education and substance abuse prevention for primary school children to enhance their awareness of the benefits of having a healthy lifestyle, as well as the danger of substance abuse. The programme was introduced in September 2000 and is implemented by the Department for Prevention & Treatment of Drug Dependence of the Social Welfare Bureau.

2014年7月6日舉辦「健康生活教育中心開放日」，參加人數約有600多人，包括學生、家長和市民，場面十分熱鬧。

The "Open Day of the Healthy Life Education Centre" was held on 6th July, 2014. There were more than 600 persons, including students, parents and the general public, with lively and active participation.

協辦機構：
澳門基督教新生命團契
S.Y.部落
Co-organizers：
Christian New Life Fellowship
in Macao (Smart Youth)



開放日活動

Open Day Activity

社區活動 Community Activity



健康生活教育中心參與了於2014年6月1日塔石廣場舉行的「六·一國際兒童節」大型活動。

On 1st June 2014, the Healthy Life Education Centre participated in the "International Children's Day" bazaar activity which took place in the Tap Seac Square.



2014 參與上課的學校及學生數目

Number of schools and students attending the programme in 2014

	學生數 No. of students	班數 No. of classes
中文班 Chinese programme	15074	519
英文班 English programme	2542	92
特教班 Special Needs programme	197	17
學生人數總計 Total number of students	17813	628
參與學校數目 Total number of schools	65	



健康生活教育中心
Centro de Educação de Vida Sãda
Healthy Life Education Centre



學生上課活動

Students attending the programme

承諾抗毒由家做起

Promise to fight against drug abuse starting from home

活動是家長透過在網上作出“關心子女健康成長，從小教導子女遠離毒品禍害”的承諾，並可獲得兒童禁毒大使“哈樂”公仔一個。活動於2014年11月24日推出，5,000個名額不到兩天已經額滿。

由於反應熱烈，現計劃於2015年推出第二期活動，請家長密切留意。

The activity is aimed to have parents make the promise of “The health of our children is our top concern. We will teach our children, from their young age, to stay away from drugs” through the internet. Each participant will then receive a “Harold” doll - the child anti-drug ambassador. The activity was launched on 24th November 2014, and the 5,000 quotas for the event were taken in less than two days.

Due to the overwhelming response, the second phase of the event is planned to be launched in 2015, and we remind parents to pay close attention to the information release.

協辦機構：
Co-organizers:

- 新口岸區坊眾聯誼會-新口岸社區中心
Associação dos Mondores da Zona de Aterros do Porto Exterior
- Centro comunitário da Zona de Aterros do Porto Exterior
- 澳門基督教青年會-青年社區中心
Young Men's Christian Association of Macau - Youth Community Centre
- 驛站-澳門工會聯合總會屬下服務中心
Stage - Centro de Serviço Subordinado à Federação das Associações dos Operários de Macau
- 聖公會氹仔青少年及家庭綜合服務中心
Sheng Kung Hui Taipa Youth and Family Integrated Service Centre



家長觀課 Class Observation for Parents

2014年11月11日至25日期間，健康生活教育中心舉辦家長隨堂觀課活動，共有131位家長參與。

The Class Observation Sessions for Parents were held by the Healthy Life Education Centre from 11th to 25th November 2014, with a total of 131 parents participated.



家長電影會及講座 Film event and seminar for Parents

DATE SCENE TAKE

曾參與觀課活動的40位家長於11月26日亦參加了禁毒微電影“真相”的欣賞會，同場更安排了家長互動環節，使大家有交流分享的機會。家長們還即時報名參加12月3日及13日“新一代健康成長”家長講座，共有19位家長參與，為學習親子溝通、及早預防子女發生濫藥等問題未雨綢繆。

40 parents of those who attended the Class Observation participated in the appreciation event of the anti-drug film “Fact” on 26th November, and an interactive session for parents was arranged, providing the opportunity for experience exchange and sharing. The parents also instantly signed up for the parents seminar of “Healthy Development for the New Generation” on 3rd and 13th December, with a total participation of 19 parents, allowing them to learn about parent-child communication and prepare in advance for preventing children from having drug abuse problems.

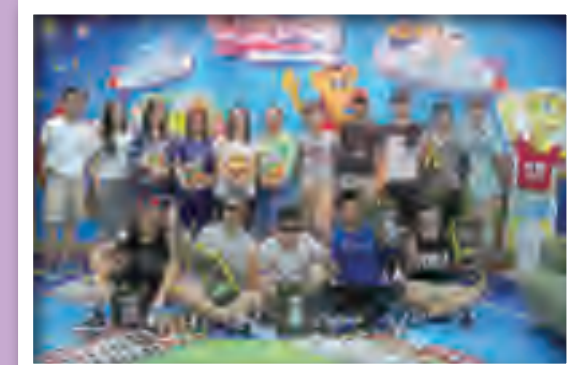


接待參觀者 Guests Visits

除舉行上課活動外，健康生活教育中心還歡迎社會人士參觀及交流，於2014年接待了來自五個團體共150位嘉賓。

Aside from organizing classes, the Healthy Life Education Centre welcomes visits and exchanges from the community. There are a total of 150 guests from five associations visiting the Centre in 2014.

1. 武漢理工大學社會工作協會
Wuhan University of Technology-Social Work Association
2. 救世軍港澳軍區(柴灣青少年綜合服務)
The Salvation Army-Hong Kong and Macau Command (Chai Wan Integrated Service for Young People)
3. 曙光中心
Centro “A Madrugada”
4. 澳門大學教育學院(學前教育專業)
Faculty of Education(Pre-primary Education) University of Macau
5. 澳門鏡湖護理學院
Kiang Wu Nursing College of Macau



連續十年都來觀課

Participating in class observation for ten years consecutively

自2004年起，澳門大學教育學院學前教育專業同學均有幸得到健康生活教育中心接待，對這項獲國際認可的健康教育及預防濫用藥物課程進行參觀學習和討論。通過課堂活動觀察和課後中心導師的經驗分享，學員得以拓寬視野並豐富相關經驗，實在獲益良多。

薛寶嫦
澳門大學教育學院助理教授

Since 2004, the Healthy Life Education Centre has been receiving students studying Pre-primary Education at the Faculty of Education of University of Macau. Through this study visit, they learn and discuss this internationally accredited healthy education and anti-drug abuse programme. By means of class observation and experience sharing after class by the teachers of the Centre, students are able to broaden their horizons and enrich the relevant experiences, which is really beneficial and advantageous.

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