



## 開開心心放暑假

Happy Summer Holiday

「哈樂」與課程導師於2015年7月24日參與嘉諾撒聖心中學中文部的「開開心心放暑假」活動，是次活動讓健康生活教育能有效地傳遞預防濫藥訊息，讓學生在日常生活尤其暑假期間，遠離毒品。

Healthy Life Education Centre was invited to organize the "Happy Summer Holiday" event that took place on July 24th, 2015 at the Sacred Heart Canossian College (Chinese Section). The purpose of the event was to raise awareness of having a healthy lifestyle and disseminate the messages of preventing the students from addiction to drugs and spend their summer vacation and leisure time in a healthy way and away from drugs.



## 哈樂

Harold

我又名健康快樂的哈樂，因為我有開朗的性格又喜歡過著健康的生活，所以就成為「健康生活教育」的吉祥物，2000年開始協助導師們將健康及預防藥物濫用的訊息帶給本澳5-12歲的學童。

哈樂電郵：[harold@ias.gov.mo](mailto:harold@ias.gov.mo)

I am also called Healthy & Happy Harold. Due to my joyful character and through having a healthy life, I have become the mascot of the Healthy Life Education Programme in 2000, helping educators to spread the message of health and substance abuse prevention to children aged from 5-12 years old.  
Harold email: [harold@ias.gov.mo](mailto:harold@ias.gov.mo)

## 健康週活動

Health Awareness Week

於2015年4月20日，「哈樂」與課程導師參與聖公會小學舉辦的健康週活動。首先，學生一起觀看「哈樂影院」，然後進行搶答比賽，答問題的同學均獲贈新鮮的水果。最後，「哈樂」與大家一起歡歌載舞，現場氣氛非常熱烈。

On 20 April, 2015, 'Harold' and the staffs of Healthy Life Education Centre joined the "Health Awareness Week" organized by the Macau Anglican College. The activity consisted in showing "Harold Mini Show" to students aiming to hold a Q&A contest, and the quickest to answer the questions were rewarded with fresh fruits. The activity ended with Harold leading everyone to sing and dance. The activity took place in a very lively atmosphere.



## 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2015年接待了來自七個團體共187位嘉賓。

Aside from organizing classes, the Healthy Life Education Centre welcomes visits and exchanges from the community. There are a total of 187 guests from seven associations visiting the Centre in 2015.

1. 澳門吸煙與健康生活協會  
Smoking and Healthy Life Association of Macau
2. 中山市志願者協會  
Zhongshan Volunteer Association
3. 禁毒委員會  
The Narcotics Control Committee
4. 澳門繁榮促進會-長者義工  
Associação Promotora do Desenvolvimento de Macau - Volunteer Group of Elderly
5. 婦聯離島家庭服務站-親子義工  
Posto de Apoio Familiar das Ilhas da Associação Geral das Mulheres de Macau - Volunteer Group of Parents and Children
6. 澳門大學教育學院(學前教育專業)  
Faculty of Education( Pre-primary Education) University of Macau
7. 澳門鏡湖護理學院  
Kiang Wu Nursing College of Macau

