

# THE UNFETTERED HOUR

## 自在的一小時

劇本 · 導演 · 演出  
Script · Direction · Performance

鄧樹榮  
Tang Shu-wing

2025.3.13 星期四  
Thur

18:30 | 粵語演出 Cantonese\*

中大邵逸夫堂  
Sir Run Run Shaw Hall, CUHK

節目時長約一小時，不設中場休息  
The performance will run for approximately one hour  
without intermission

\*該場次設有演後座談環節

\*Post-performance meet-the-artist session

Organized by



香港中文大學藝術行政主任辦公室  
The Office of the Arts Administrator  
The Chinese University of Hong Kong

Produced by



鄧樹榮戲劇工作室  
TANG SHU-WING  
THEATRE STUDIO



香港藝術發展局  
Hong Kong Arts Development Council

鄧樹榮戲劇工作室為藝發局「優秀藝團計劃」資助團體  
Tang Shu-wing Theatre Studio is financially supported by  
the HKADC's "Eminent Arts Group Scheme"



# 故事簡介

## Synopsis

藝術不是我們看到甚麼，而是我們讓別人看到甚麼...

一電台節目主持人趁工作空檔與身在海外的妻子通話，試圖挽救岌岌可危的婚姻，面對人生的重大抉擇，需要多大勇氣？

國際知名導演鄧樹榮多年後重拾演員身份，在舞台上與觀眾分享他近年對人生的沉澱反思。面對外在紛擾，個人如何自處？精煉的對白和富詩意的舞台風格廣受好評，他憑此劇入圍多個獎項，包括2022國際劇評人協會（香港分會）年度劇本獎和年度演員獎及2022香港小劇場獎最佳劇本和最佳男主角。首演及重演皆一票難求，萬勿錯過！

很有技巧地涉獵藝術、家庭、社會、個人成長發展等方面，深刻探討知識份子怎樣在這個時代環境下，宣洩自己內心的壓抑，寓意廣闊而深遠。

——IATC(HK)劇評人獎

Art is not what you see, but what you make others see...

During his break time, a radio programme host talked to his wife residing overseas in order to save their marriage. Is he courageous enough?

Internationally renowned director Tang Shu Wing made a comeback as an actor after many years and shared his reflections and insights gained in recent years. In the midst of external turmoil, how does one find peace within oneself? He was nominated for multiple awards for this play, including 2022 IATC Critics Awards Script / Playwright of the Year and Performer of the Year; and 2022 The Hong Kong Theatre Libre Best script and Best leading actor.

This is an opportunity that comes once in a blue moon, don't miss it!

It skillfully touches on art, family, society, personal growth and development, etc. Creating a broad and far-reaching meaning, it deeply explores how intellectuals can express their depression in this era.

——IATC(HK) Critics Awards

# 創作及製作團隊

## Creative and Production Team

劇本 . 導演 . 演出

Script/ Direction/ Performance

鄧樹榮

Tang Shu-wing

燈光設計

Lighting Designer

張素宜

Zoe Cheung

舞台監督

Stage Manager

謝梓嵐

Candace Tse

助理舞台監督

Assistant Stage Manager

馮舒凝

Fung Shu-ying

燈光程式員

Lighting Programmer

楊尚真

Yeung Sheung-chun

燈光助理

Light Crew

林琬頤

Lam Yuen-yee

蘇榮亮

Danny So

# 鄧樹榮

Tang Shu-wing

劇場導演及戲劇教育家，「鄧樹榮戲劇工作室」創辦人及藝術總監，香港演藝學院戲劇學院前院長，被譽為「香港最具影響力的劇場導演之一」。巴黎新索邦大學戲劇碩士，及在l'Ecole de la Belle de Mai接受演員訓練，並往印度靈修。多元的文化背景使鄧氏的作品擁有一種融匯傳統與當代的獨特性，遊走於話劇、無言劇、舞劇及歌劇。作品超過六十部，較著名的如《泰特斯》、《泰特斯2.0》、《馬克白》、《打轉教室》、《舞·雷雨》及《李爾王》，均於多個國際藝術節上演。其倡導的「從身體出發的簡約美學」，是香港當代劇場的重要品牌。



2014年成立「專業形體戲劇青年訓練課程」，至今已成為培育年青演藝工作者的重要平台。2019年，「工作室」獲香港藝術發展局選為「優秀藝團」。鄧氏曾獲主要獎項包括香港特區政府榮譽勳章，香港藝術發展獎「傑出藝術貢獻獎」，香港演藝學院頒授榮譽博士，香港藝術中心「藝術榮譽獎」，嶺南大學榮譽院士，三屆香港舞台劇獎最佳導演獎，IATC(HK) 2021劇評人獎「年度導演獎」，法國文化部「藝術及文學軍官勳章」，羅馬尼亞Undercloud Festival卓越獎，Grand Prix France Hong Kong 2022「文化藝術獎」。

# 鄧樹榮

Tang Shu-wing

Theatre director and educator, Founder and Artistic Director of Tang Shu-wing Theatre Studio and former Dean of the School of Drama of the Hong Kong Academy for Performing Arts (HKAPA), Tang Shu-wing is regarded as one of the most influential theatre directors in Hong Kong. Graduated from the Université de la Sorbonne Nouvelle in Paris with a Master Degree in Theatre Studies, he also received actor training at l'Ecole de la Belle de Mai. He used to go to India to experience spiritual formation. His multi-cultural background very often blends both traditional and contemporary elements in his works, including drama, non-verbal theatre, dance and opera. His works are more than 60, and the more famous ones such as *Titus Andronicus*, *Titus Andronicus 2.0*, *Macbeth*, *Detention and Thunderstorm* and *King Lear* have been staged in many international arts festivals. "Minimalist aesthetics and the Body" that Tang advocated has become a brand of contemporary theatre in Hong Kong.

In 2014, he established "Physical Theatre Youth Training Programme", which has become an important platform for nurturing the next generation in theatre. In 2019, the Studio is named an "Eminent Arts Group" by the Hong Kong Arts Development Council. His major awards include the Medal of Honour by the HKSAR, the Award for Outstanding Contribution in Arts by the Hong Kong Arts Development Council, Honorary Doctorate by the HKAPA, Hong Kong Arts Centre's Honorary Fellowship, Honorary Fellows of Lingnan University, Three times Best Director in the Hong Kong Drama Awards, the Director of the Year in IATC (HK) Critics Awards 2021, l'Officier de l'Ordre des Arts et des Lettres by the French Ministry of Culture and Communication, Excellence Award by the Undercloud Festival of Romania and "Arts & Culture" Award of the Grand Prix France Hong Kong 2022.

# 場地規則

## House Rules

敬請遵守以下邵逸夫堂場地守則：

1. 所有人士進入表演場地時必須出示有效的門票或其他有效的通行證。
2. 場地管理人員有權要求持票人士出示有效身份證明文件。
3. 六歲以下恕不招待；入場人士須符合個別活動所訂的年齡限制。
4. 為遵從《電影檢查條例》（香港法例第392章）的規定，場地管理人員會拒絕十八歲以下人士入場觀看任何第III級影片。
5. 除非門票註明不設劃位，否則必須對號入座。
6. 遲到者只可在場地管理人員指示下方可進場。
7. 未經許可，不得擅自進入非公眾範圍。
8. 為確保場內人士的安全及秩序，場館有權禁止攜帶任何可能影響節目進行或對場內觀眾造成騷擾或不便的物品進場。獲授權的保安人員有權檢查入場人士的隨身物件。
9. 禁止攜帶物及飲品進入場。
10. 香港中文大學校園室內外範圍不准吸煙。
11. 節目進行期間，請關掉手提電話和其他響鬧裝置。
12. 未經許可，不得在邵逸夫堂範圍內拍攝電影、攝影、錄影、錄音、或使用任何記錄視覺圖像或聲音的器材。
13. 不得阻礙通道，或在通道上站立及／或跳舞。
14. 嚴格禁制進行任何形式的示威或抗議行為，表達或張貼任何內容帶有商業、侮辱、恐嚇、歧視、宗教或政治內容的橫額、海報、標語牌、傳單、宣傳品、展示品或其他宣傳。未經場地管理人員許可，任何人士不得在邵逸夫堂範圍內派發或出售推廣資料、紀念品、贈品或收集簽名。
15. 不得進行任何未經許可的商業活動或表演活動。
16. 任何人必須時刻穿著整齊。場地管理人員有權拒絕衣著不恰當或裝束有可能影響其他觀眾的人士進入場地。
17. 任何人不得故意妨礙任何正在執行任務的職員、或故意妨礙、騷擾、干擾或煩擾任何其他正在場內的人士。
18. 任何人不得在邵逸夫堂範圍內的任何牆壁、門戶、家具、裝置或其他物件上塗寫或劃上記號，或將其弄污、銷毀或以任何其他方式損壞。倘因違反本守則而造成場內的家具、裝置或其他物件遺失、損毀、或招致場地須負擔額外的開支，觀眾均須繳付相當於場館負責人認為足以重新添置或維修該項物品的賠償。
19. 場地管理人員有權要求沒有適當或正確使用設施或設備、或滋擾其他觀眾的人士停止有關活動或離開。
20. 請小心保管攜帶之物件。個人財物帶入及／或遺留在本場地若有任何遺失或損壞，場地概不負責。
21. 場地管理保留權利及絕對酌情權隨時更改、增補、刪除、暫停、修訂及更新場地守則，而毋須給予任何理由或預先通知。

# 場地規則

## House Rules

Please comply with the following House Rules for the Sir Run Run Shaw Hall (“Hall” or “Venue”):

1. Valid admission tickets or other valid passes must be presented upon entry to the performance venues.
2. Venue management has the right to request ticket holders to show valid proof of identity.
3. Persons aged under 6 will not be admitted; and subject to age limit specified for each event.
4. To comply with the Film Censorship Ordinance (Chapter 392 of the Laws of Hong Kong), the venue management will refuse admission by persons under the age of 18 to any screenings of Category III films.
5. Unless free seating is specified, audience members must take their seats according to the seat numbers as printed on the tickets.
6. Latecomers may only be admitted under the direction of the venue management.
7. No entry is allowed into non-public areas without permission.
8. To ensure public safety and order at the venue, the venue management reserves the right to prohibit anyone from bringing any article or object that may disturb the programme or cause nuisance or inconvenience to other audience members into the venue. Authorized security staff have the authority to inspect the personal belongings of audience members entering the venue.
9. No food and beverage are allowed in the venue.
10. Smoking is prohibited in all indoor and outdoor areas of The Chinese University of Hong Kong.
11. Please switch off mobile phones and any other sound emitting devices during the programme.
12. No unauthorised filming, photography, video, audio recording or use any form of recording of a visual image or sound is allowed within the Hall.
13. Obstruction of the passageways or standing and/or dancing in the passageways is prohibited.
14. Any forms of demonstration or acts of protest, any banners, posters, placards, leaflets or publicity and display materials the contents of which are commercial, abusive, threatening, discriminatory, religious or political in nature are strictly prohibited. Collecting of signatures and distribution or sale of promotional materials, souvenirs and give-away items shall not be conducted without the permission of Venue management.
15. Unauthorised commercial activities or performances are prohibited.
16. Proper attire must be worn at all times. Venue management reserves the right to deny admission to any person wearing inappropriate attire or attire that could offend other persons.
17. A person must not wilfully obstruct any member of staff in performing his/her duty or wilfully obstruct, disturb, interrupt or annoy other persons in the Venue.
18. A person must not write upon, mark, soil or otherwise damage in any way or destroy any wall, door, furniture, fitting or other items in the Hall. A person's breach of these House Rules causing loss or damage to Venue's furniture, equipment or any other objects will be liable for a charge imposed as Venue management considers necessary to replace the damaged items.
19. Venue management reserves the right to ask any person not properly or correctly using the Venue facilities or equipment or obstructing/disturbing other persons to stop their activities or leave the Venue.
20. Belongings should not be left unattended. Venue management is not responsible for the safe custody and/or loss or damage of personal property brought to and/or left in the Venue.
21. Venue management reserves the right and is entitled to change, alter, add, delete, suspend, revise and update all information in this document at any time at its absolute discretion without giving any reasons or prior notice.