

Facebook 活動頁：

<https://fb.me/e/333Dv1ngm>



6日 #動能

2022年2月6日 星期日 · 下午2:00 – 下午4:00

身體郊遊工作坊 / / 2022 志哈克第二季駐村工作坊

大碇堡 (花蓮縣壽豐鄉大橋 36-12 號)

[關於](#) [討論區](#) [邀請](#) [編輯](#) [...](#)

詳情

33人已回覆

活動主辦人：志哈克藝術實驗場 Gihak ArtLab

大碇堡 (花蓮縣壽豐鄉大橋 36-12 號)

時間長度：2 小時

公開 · 所有的 Facebook 用戶和非用戶

🌸 身體郊遊工作坊 🌸 Body Outing Workshop
2022 志哈克第二季駐村工作坊 Gihak ArtLab Season 2 Residency Workshop

- 🕒 日期 Date & Time / 2022.2.6 (Sun.) 14:00-16:00
- 📍 地點 Venue / 大碇堡 (974 花蓮縣壽豐鄉大橋 36-12 號) By The Sea
- 👤 藝術家 Artist / 李明潔 Ming-Chieh LEE、李欣穎 Bai LEE
- 📝 立即報名 📄 <https://forms.gle/U7tFKwJPzI9pc67n9> (上限20人)

「看著觀光打卡，身體無感；
看著自然風景，身體碎碎。」



「看著觀光打卡，身體無感；
看著自然風景，身體疏離；
看著IMAX電影，身體只感覺到戴著口罩呼吸。
身體多久沒有認真、放鬆
.....去郊遊？」

身體郊遊工作坊以練習肢體與虛實影像互動，開發身體與外在空間對話（跳舞）的可能性。將透過想像力帶領學員擴展身體感知的可動性，喚醒深層的關節和肌肉的使用，在動中向內覺察、向外探索；理解身體作為中繼媒介所接受到的事物，如何轉換為對外回應的動能。（教你在哪都可以跳舞啦！）

大年初六，志哈克藝術實驗場，邀請您開工前暖暖身，
跟自己盡情地跳舞，我們一起跳舞。

#動能開發 #明白實驗

〈藝術家介紹 About the Artist〉

◆ 李明潔 Ming-Chieh LEE

現為獨立編舞家 / 身體表演者。

國立臺北藝術大學舞蹈創作研究所碩士畢業，主修舞蹈創作。李明潔從街舞領域跨至當代表演藝術創作，創作長期關注以個體為座標定位，身體及物件因環境連動下所產生的多種移動路徑，以身體出發思考不同媒材交織於時空下的質變與適應性，持續探索身體、物件與記憶的關係，發展編舞流動性語彙。

李明潔作品發生於劇場、展覽空間和其他非典型場域進行實驗，也與不同領域之導演合作，擔任音樂劇、戲劇及影像作品的舞蹈設計與肢體指導。2020獲雲門羅曼菲舞蹈獎金支持個人創作發展，獨舞作品《注意：前方天空有片小的鳥的雲》獲台北藝穗節「最佳創意獎」並受邀於牯嶺街小劇場即刻重演。

2020-2021發表《修補計畫》系列作品：《轉，看看有沒有什麼好地方》影像編舞概念展（2021）、《冰箱自己開啦》現地展覽（2020）、《注意：前方天空有片小的鳥的雲》獨舞作品（2020）、《這裡有小的散的漫的島》劇場作品（2020）。

個人網站：<https://mingchiehlee.weebly.com/>

Mingchieh LEE is an independent choreographer born in 1989 in Taiwan. She graduated with MFA in Dance Choreography from Taipei National University of the Arts. Her recent artworks are focusing on the phenomenon of "Nomadcity of current generation" that people long for moving and yet search for sense of security in it at the same time. She usually focused on the dynamic of body, object and things as the main mediums for her research related to memory and time, and further discussed the flowing performativity of body and space. In 2019, She won Man-Fei Dance Awards from Cloud Gate Dance Theatre and started her serial works of "Make-up Project", such as Trivial, scattered, all over here and there (2020), Sadness that lasts for a long time period of time, often without any obvious reason (2020), Fridge is there (2020), and Hey! Where to stop along the way? (2021)

◆ 李欣穎 Bai LEE 簡介

李欣穎Bai Lee，臺南人，大眾傳播斜槓藝術背景，長期跨領域結合影視媒體製作。以不同生活經驗創作拆解媒體意識符號，並以田調歷史記憶創造虛構文本。攝影作品多次獲選國內外攝影獎肯定，包含美國IPA國際攝影專業組榮譽獎、1839當代攝影藝廊新秀、Photographer's Forum magazine入圍春季最佳攝影等。旅法六年期間曾獲選凡爾賽市政府白晝之夜新銳展出藝術家（2015）與任職公視宏觀電視台巴黎特約記者（2015-2017），曾任臺北市街頭藝人吉他表演藝術家（2006-2018），目前於妖山練功新媒體藝術中。

Bai Lee is a Tainan-born artist with backgrounds in mass communications and arts. She has been integrating her video works with a wide diversity of fields. Her creations are full of deconstructed symbols of media ideology from life experiences, and composed stories based on her historical field survey.

Bai Lee's photographic work has been winning recognitions in many photography awards domestically and internationally – IPA (International Photography Awards) Professional Honorable Mention, 1839 Gallery Young Photographer Award, shortlisted in Photographer's Forum Magazine Spring Photography Contest.

During her 6-year stay in France, she was selected as one of the young artists to exhibit artworks in La Nuit de la Création (2015) organized by Versailles City Government and worked as a special journalist in Paris for Taiwan Macroview TV (2015-2017). She was also a guitar performer of the Taipei City Street Artist (2006-2018). Bai Lee is now earning her spellcasting ability in Yao Shan (Elf Hill, aka Taipei National University of the Arts) for New Media Art.

主辦單位 Organizer：北角工作室—志哈克藝術實驗場 Gihak ArtLab

贊助單位 Sponsor：國藝會 顯示較少

藝術

活動宣傳：

<https://www.facebook.com/gihak.artlab/posts/pfbid026J78NkfAfjR2WBzwXimx7TyFyMj5c5rbiHPK4HnYQV2expJVp8258z3vpb9uwHHnl>

志哈克藝術實驗場 Gihak ArtLab
由 Pei-Chin Hsin 發佈 · 2022年1月25日 ·

身體郊遊工作坊 // 2022 志哈克第二季駐村工作坊

● 報名傳送門 <https://forms.gle/U7tFKwJpzi9pc67n9> (上限20人)

大年初六一起郊遊去，跟著藝術家們動動身體 暖暖身
藝術家 #李明潔 #李欣穎，一位用身體去感受這世界、一位用多重視覺去探索這世界。她們一起在志哈克進行各種身體實驗、視覺實驗，期待她們的火花🔥

#跟我們一起跳 #到哪裡都可以跳 #都可以感受到

—

| 藝術家介紹 |

◆ 李明潔 Ming-Chieh LEE

現為獨立編舞家 / 身體表演者。
國立臺北藝術大學舞蹈創作研究所碩士畢業，主修舞蹈創作。李明潔從街舞領域跨至當代表演藝術創作，創作長期關注以個體為座標定位，身體及物件因環境連動下所產生的多種移動路徑，以身體出發思考不同媒材交織於時空下的質變與適應性，持續探索身體、物件與記憶的關係，發展編舞流動性語彙。

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個人網站：<https://mingchiehlee.weebly.com/>

近年創作作品：

- 2021 參與台北表演藝術中心馬戲棚計畫，階段呈現作品《搬移練習-yesterday昨日》
- 2021 《轉，看看有沒有什麼好地方》影像編舞概念展
- 2020 《冰箱自己開啦》現地展覽發表於水谷藝術
- 2020 獨舞作品《注意：前方天空有片小的烏的雲》
- 2020 台北白晝之夜發表游擊實驗作品《靈感探險隊》
- 2020 劇場作品《這裡有小的散的漫的島》
- 2019 法國舞蹈中心作品呈現《指示牌上表示》Tracing the Signs
- 2018 參與竹圍工作室國際藝術進駐計劃赴韓國Mite-Ugro藝術中心駐村創作Open Studio呈現《Dance on my Rooftop》
- 2017-2019作品：《還有一點意義》、《你們他們我們》、《動物感傷》、《現在感謝》、《一段小逃亡》等

Mingchieh LEE is an independent choreographer born in 1989 in Taiwan. She graduated with MFA in Dance Choreography from Taipei National University of the Arts. Her recent artworks are focusing on the phenomenon of "Nomadcity of current generation" that people long for moving and yet search for sense of security in it at the same time. She usually focused on the dynamic of body, object and things as the main mediums for her research related to memory and time, and further discussed the flowing performativity of body and space. In 2019, She won Man-Fei Dance Awards from Cloud Gate Dance Theatre and started her serial works of "Make-up Project", such as Trivial, scattered, all over here and there (2020), Sadness that lasts for a long time period of time, often without any obvious reason (2020), Fridge is there (2020), and Hey! Where to stop along the way? (2021)

Chronology of works
Hey! Where to stop along the way? (2021) at Upstairs Turn Left
Fridge is there (2020) at Waley Art
Sadness that lasts for a long time period of time, often without any obvious reason (2020) at



fridge is there (2020) at waley Art
 Sadness that lasts for a long time period of time, often without any obvious reason (2020) at
 Songshan Cultural and Creative Park - Baroque garden & Guling Street Avant-garde Theatre
 Looking for Inspiration (2020) Nuit Blanche Taipei
 Trivial, scattered, all over here and there (2020) ManFei Theatre
 There's still some meaning (2019) Want to Dance Festival
 Dance on my Rooftop (2018) Bamboo Curtain Studio international exchange programme in Mite-Ugro
 Art Centre
 Oneway (2018) Together Art Festival in Kaohsiung, Hong Kong and Beijing
 Animal Triste (2018) Dance Film
 Rolling (2017) Village Taipei
 Tent Theatre - The Face of Crying and Laughing (2017) New Taipei City 435 Art Zone
 K a song (2017) Nuit Blanche Taipei
 Oneway (2017) Art Alley Cafe
 Street House Theatre - Table (2016) Arts into Taipei community Program
 Statue Says (2016) Crew Cafe
 Life Inc-Go to Waste (2015) URS 329 Rice House

◆李欣穎 Bai LEE

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 拆解媒體意識符號，並以田調歷史記憶創造虛構文本。攝影作品多次獲選國內外攝影獎肯定，包含美國
 IPA國際攝影專業組榮譽獎、1839當代攝影藝廊新秀、Photographer's Forum magazine入圍春季最佳
 攝影等。旅法六年期間曾獲選凡爾賽市政府白晝之夜新銳展出藝術家（2015）與任職公視宏觀電視台
 巴黎特約記者（2015-2017），曾任臺北市街頭藝人吉他表演藝術家（2006-2018），目前於妖山練功
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🧜 身體郊遊工作坊 🧜 Body Outing Workshop

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- 藝術家 Artist / 李明潔 Ming-Chieh LEE、李欣穎 Bai LEE
- 立即報名 📄 <https://forms.gle/U7tFKwPzJ9pc67n9> (上限20人)



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[加強推廣貼文](#)

👍❤️ 23

1 則留言 5 次分享



最相關 ▾



留言.....

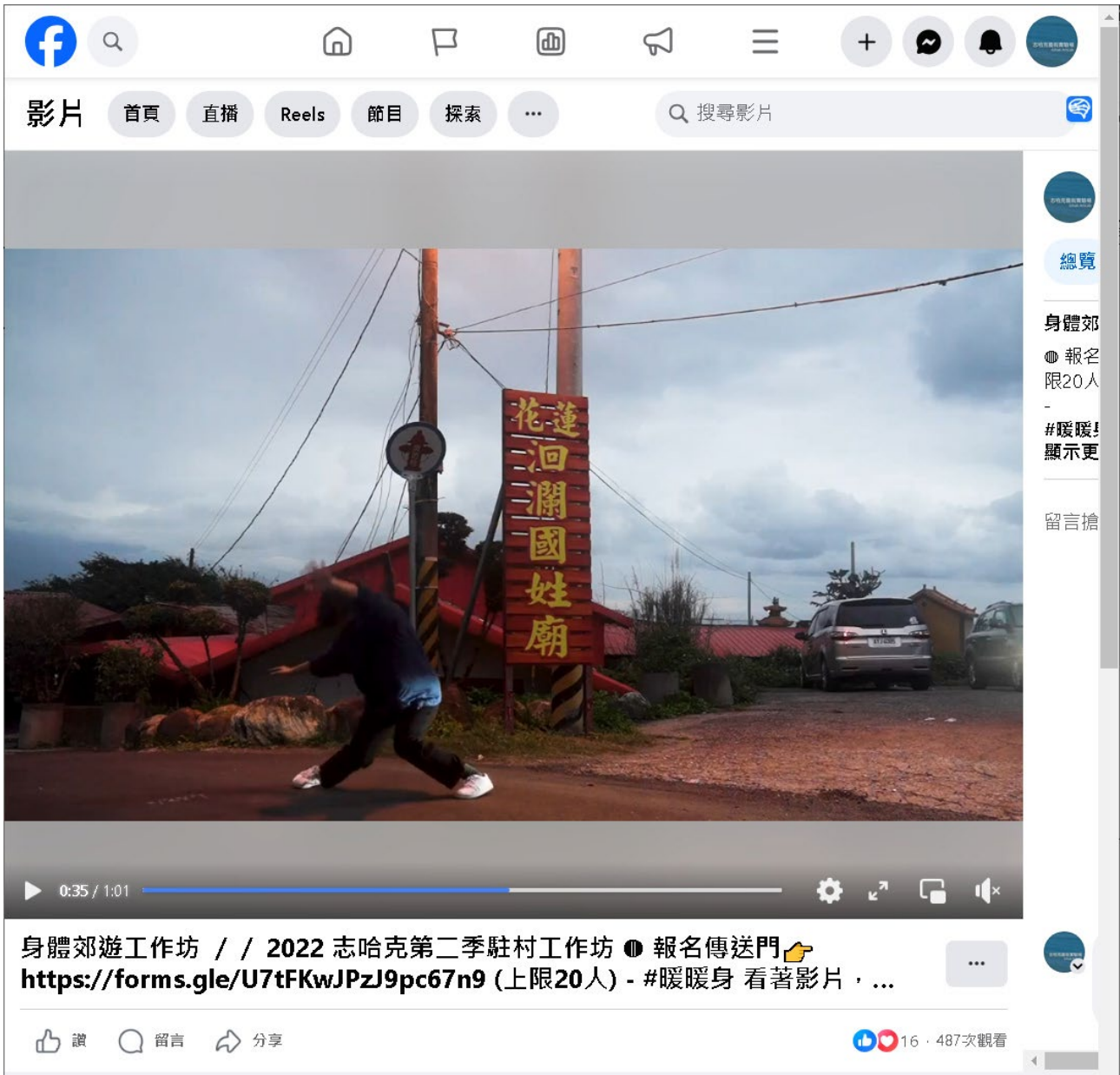


黃小荔
好想去看

1年 讚 回覆 隱藏

活動宣傳：

<https://fb.watch/niGx5Yp1-u/>



The image shows a Facebook video player interface. The video content features a person in a dark jacket and light-colored pants performing a dance move on a paved area. In the background, there is a prominent wooden sign with vertical Chinese characters that reads "花蓮回瀾國姓廟" (Hualien Huihan Guoxing Temple). The scene is set outdoors with a cloudy sky and some buildings in the distance. The video player includes a progress bar at 0:35 / 1:01, a search bar at the top with the text "搜尋影片", and a sidebar on the right with navigation options like "總覽" and "留言搶". Below the video, there is a caption in Chinese: "身體郊遊工作坊 // 2022 志哈克第二季駐村工作坊 ● 報名傳送門👉 <https://forms.gle/U7tFKwJPzJ9pc67n9> (上限20人) - #暖暖身 看著影片, ...". At the bottom, there are icons for "讚" (likes), "留言" (comments), and "分享" (share), along with a notification that says "16 · 487次觀看" (16 · 487 views).

活動記錄：

<https://www.facebook.com/gihak.artlab/posts/pfbid025hpCB7fwAKMynSumeM3gFtGsMaAqDEzi1HDTaLh8LrYTyFMirkSEqCLhqdKUpR4Cl>



志哈克藝術實驗場 Gihak ArtLab 在 2022-02-06_身體郊遊工作坊 / 2022 志哈克第二季駐村工作坊相簿中新增了 18 張相片。

由 Pei-Chin Hsin 發佈 · 2022年2月9日 · 🌐

🐱 謝謝所有參與的朋友們 🥰
#身體郊遊工作坊 順利完成

感謝用心帶領的藝術家 #李明潔 #李欣穎
讓我們在風中 在海邊 在自然中
盡情地用身體的眼睛去接觸這世界

身體探索的第一部分
當聲音轉為抽象 進到身體 再跟隨動作表現出來
有時是自然而然 有時是接住與回應
有時只是當下感受 直覺的...
當天 參與朋友都跳得超開展的 🙌

來到身體實驗的第二部分
當身體與影像結合時 要如何讓想像力馳騁 一起郊遊去呢
跟著帶領老師一起探索各種未知與想像
也發現身體的各種潛能
#希望大家回去真的都能身體郊遊喔

🐱🐱🐱
虎年一開始這樣美好的暖身開工
祝大家新年平安順利

-

🌸 身體郊遊工作坊 // 2022 志哈克第二季駐村工作坊 🌸
Body Outing Workshop / / Gihak ArtLab Season 2 Residency Workshop

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加強推廣貼文

29

2則留言 5次分享



最相關



留言.....



黃迦
照片好棒
活動看了感動!

1年 讚 隱藏 2



黃小荔
👍👍👍

1年 讚 回覆 隱藏

記錄影片：

<https://fb.watch/niGzkhH8wV/>

影片 首頁 直播 Reels 節目 ... 搜尋影片



0:26 / 4:22

身體郊遊工作坊 / 2022 志哈克第二季駐村工作坊

讚 留言 分享 12 · 1 則留言 · 177 次觀看

Detailed description: This is a screenshot of a Facebook video player. At the top, there is a navigation bar with tabs for '影片' (Videos), '首頁' (Home), '直播' (Live), 'Reels', '節目' (Shows), and a search icon. The video itself shows a group of people, mostly older adults, gathered on a paved area outdoors. They are all facing away from the camera, and many have their arms raised in the air, suggesting they are participating in a group exercise or dance. The background consists of a grassy hillside under an overcast sky. Below the video, there is a progress bar showing the video is at 0:26 out of 4:22. Underneath the progress bar is the video title '身體郊遊工作坊 / 2022 志哈克第二季駐村工作坊'. At the bottom of the video player, there are icons for '讚' (Like), '留言' (Comment), and '分享' (Share), along with engagement statistics: '12 · 1 則留言 · 177 次觀看'.