



# 節目介紹 About the Program

《休息實間：高雄》是一場融合實地考察與微型講演的共享用餐體驗。結合烹飪、對話和故事，這項節目以「醜食」（ugly produce）作為跨文化交流的媒介，展現新加坡與高雄兩地的故事。

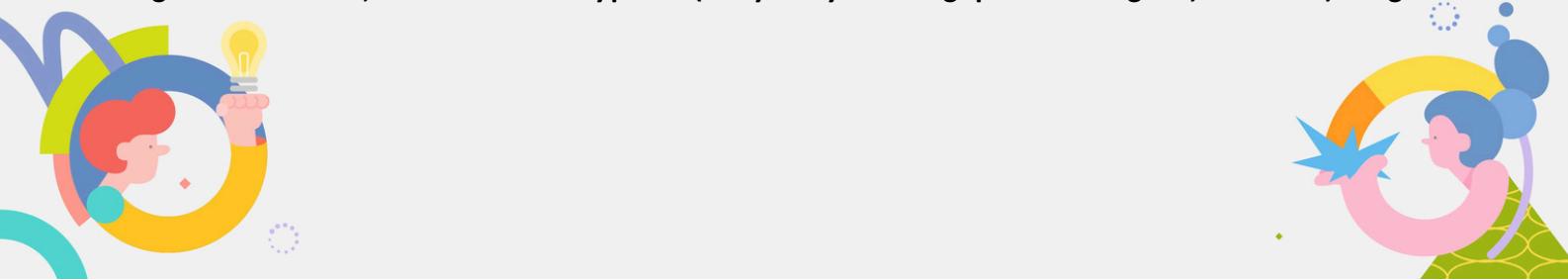
《休息實間》是一項在新加坡滑鐵盧街長期舉辦的微型講演節目。以食物為起點，透過款待的方式建立人與人之間的連結，周邊社區居民、學生、藝術工作者、上班族和綠色生活愛好者將齊聚一堂，在交流與分享中共同體驗藝術。至今，《休息實間》已舉辦共 83 場活動，在 8 年內拯救超過 400 公斤原本將被丟棄的蔬果。《休息實間》入選 2021 年由德國柏林藝術與創新研究院主辦社會藝術獎的創新永續（The Social Art Award 2021 - New Greening），巡演版本曾於卡爾加里 WSD 世界劇場設計展首次亮相，並於 2022 年「#CreateCOP27」中，從六大洲數百件作品中脫穎而出，獲得榮譽提名。

《休息實間：高雄》與「潮台菜」合作，每道料理將運用在地食材與回收蔬果，呈現出新加坡與高雄的家常食譜。用餐時，我們的八卦小天使將在各桌之間遊走，透過輕鬆有趣的訪問，記錄下餐桌上的對話與故事。

Recess Time: Kaohsiung is a field study and micro performance lecture presented as a communal dining experience. Combining cooking, conversations and storytelling, the project uses "ugly produce" as a vehicle for cross-cultural exchange to showcase the stories of two sites: Singapore and Kaohsiung.

The original Recess Time project is a long-running micro performance lecture staged in Waterloo Street, Singapore. Using food as an entry point, the programme invites the surrounding community (residents, students, artists, working professionals, green enthusiasts) to gather and experience the arts through acts of hospitality. To date, the creative team has hosted 83 sessions conducted over 8 years, and have rescued over 400kg of produce otherwise destined for the landfill. In 2021, Recess Time was included in The Social Art Award 2021-New Greening, organised by The Institute for Art and Innovation (Berlin). The touring version made its debut at World Stage Design in Calgary. In 2022, Recess Time received an "Honourable Mention" out of hundreds of submissions across 6 continents at #CreateCOP27.

Recess Time: Kaohsiung is working with the chefs at PAUL TSAI Taiwanese Cuisine, each course will spotlight homegrown recipes from Singapore and Kaohsiung, utilising native ingredients and salvaged produce. Mealtimes conversations are facilitated and documented by roaming interviewers, known as "Kaypoh" (busybody in Singaporean English) Queens/Kings.





# 關於實堂 About Practice Tuckshop

「實堂」是實踐劇場的重點計畫之一。自2017年以來，實堂持續倡導綠色實踐與永續理念，並藉由藝術創作，開啟有關食物浪費和永續的對話。以意想不到的交織性作為節目策劃的出發點，在實堂這個充滿無限可能的藝術空間，我們會與來自各個領域的藝術工作者密切合作、孵化新的創作，期待能培育出一個讓不同社群（和想法）互相交融的空間！

Practice Tuckshop is a key initiative of Practice. Since 2017, Practice Tuckshop has been an advocate for sustainability in green practices. Through our art, we open up conversations on food waste and sustainability. Practice Tuckshop's programmes are curated around unexpected intersectionalities. As an arts space of endless possibilities, we work closely with our artist-collaborators to incubate new works, and cultivate a space where different communities and ideas can converge.



節目時間：2026/1/26(一)18:30-20:00

Time : Monday, January 26, 2026, 6:30 PM - 8:00 PM

地點：衛武營風格店鋪－潮台菜

Place : PAUL TSAI Taiwanese Cuisine - Weiwuying





# 演出暨製作團隊介紹 Creative and Production Team

郭踐紅 | 新加坡實踐劇場藝術總監、導演、設計及獨立製片人

KUO Jian-hong | Artistic Director, Theatre Director, Designer & Filmmaker,  
The Theatre Practice



在三十多年的藝術生涯，主導超過200個劇場作品。不僅限於單一主題或形式，致力於推廣原創華語音樂劇和青少年劇場。在疫情期間，她率先開啟數位劇場的探索，創作如：《她門的秘密》、《解密美術館：遺失的百合》等作品，並推動即時串流操作系統「XIMI 戲擬」的研發設計，展現當代藝術與數位科技的結合，激發新加坡藝術的創新能量。

KUO Jian-hong has led over 200 theatrical productions throughout her more than thirty-year artistic career. Not confined to a single theme or form, she is dedicated to promoting Original Chinese-Language Musicals and Theatre for Young Audiences.

During the pandemic, she was among the first to explore Digital Theatre, creating works such as The Bride Always Knocks Twice and Gallery of Secrets: The Lost Lily". She also spearheaded the research and development of XIMI, a live-streaming operation system. This work demonstrates the fusion of contemporary art and digital technology, stimulating artistic innovation in Singapore.



洪小婷 | 實踐劇場實踐藝術工作者、實堂節目策劃  
**ANG Xiao-ting | Associate Artist, The Theatre Practice ;  
 Programmer, Practice Tuckshop**



斜槓劇場工作者，身兼演員、導演、戲劇構作等職位。熱衷於生態劇場（Eco-Theatre）的創作和實踐，重視環境保護和可永續發展等具體措施的整合，並將東南亞飲食文化作為重要的切入點。作品《休息實間》響應當年的聯合國氣候變遷大會，獲「#CreateCOP27」榮譽提名，並登上新加坡《Vogue》，多次受邀於國際舞台發表演講，其中包括布拉格劇場設計四年展和澳大利亞國家戲劇藝術學院（National Institute of Dramatic Arts, Australia）等。她同時也是新加坡「劇場綠皮書」（Theatre Green Book）工作小組的核心成員之一。畢業於英國蘭卡斯特當代藝術學院（Lancaster Institute for the Contemporary Arts, LICA），在校時獲頒「LICA戲劇傑出成就獎」。

Xiao-ting is a freelance theatre practitioner (actor, director, dramaturg). She is an Associate Artist with The Theatre Practice and Programmer for Practice Tuckshop.

Her practice in Eco-Theatre prioritises the various degrees of an integrated ecological practice, with a focus on Southeast Asian foodways, such as: Recess Time—which received an "Honourable Mention" at #CreateCOP27—a global open call for art in conjunction with COP27. Her work has been featured in Vogue Singapore and she has been invited to speak on numerous international platforms, such as the Prague Quadrennial, as well as National Institute of Dramatic Art (Australia). She is a core member of the Theatre Green Book working group (Singapore). Xiao Ting graduated from Lancaster Institute of Contemporary Arts (UK) where she received the LICA prize for Outstanding Achievement in Theatre.

## 何詩惠 | 實踐劇場節目組組員

Ronice Ho | Programming & Production Team Member,  
The Theatre Practice



實踐劇場節目組的成員之一，最近擔任製作人的作品包括《我要上天的那一晚》（2025）和《身後的微光》（2024）。

主要工作內容是為藝術工作者營造適宜的創作環境。她非常享受在排練室觀察各種元素逐步成形，最終融合為完整的作品。此次是詩惠首次隨團參與國際巡演，陪同作品《休息實間》登上國際舞台。

Ronice is currently a member of The Theatre Practice's Programming & Production team. Her most recent projects as Producer include Day I Met The Prince (2025), The Last Gardener (2024).

A large part of her work is creating the environment for artists and creatives. She most enjoys being in the rehearsal room, watching different elements develop and come together to form the final piece of work. This will be her first time accompanying a touring programme, Recess Time, to an international platform.



## 張淑惠 | 實踐劇場傳播及夥伴拓展組組員

Zhang Shu-hui

Communications & Partnership Team Member, The Theatre Practice



實踐劇場傳播及夥伴拓展組組員，主要負責策劃與推動宣傳活動，將本地劇場推廣給更廣泛的觀眾。近期參與專案包括《兒歌新唱計劃》及《泡泡菜狂歡也！》（2025）。畢業於新加坡國立大學，獲社會科學榮譽學士學位。工作之餘，熱愛從事美甲創作。此次前往台灣是她首次隨團隊參與海外工作，對此感到非常興奮。

Shu-hui is a Communications & Marketing Executive at The Theatre Practice. A large part of her work involves driving campaigns that bring local theatre to broader audiences. Her recent projects include The Nursery Rhymes Project, Pickle Party! (2025).

Shu-hui holds a Bachelor of Social Sciences (Honours) degree from National University of Singapore and pursues nail art as a creative hobby outside of work. She is thrilled to embark on her first international trip with the team to Taiwan.





## 實踐劇場 The Theatre Practice

是新加坡歷史悠久的專業雙語劇團。在藝術工作者們與時俱進的推動下，我們致力於成為新加坡歷久彌新的藝術空間，有意識地培養和激發大眾對於社會的關懷。60多年來，我們深入探索及呈獻多部膾炙人口與不同類型的作品，反映了新加坡多元文化的豐富性及複雜性。實踐劇場為亞洲和世界構建了文化橋樑，聚集了來自四面八方的藝術工作者交換與分享經驗，同時為優質的國際作品提供一個重要的平台。

The Theatre Practice is Singapore's longest-standing professional bilingual theatre institution. Artist-driven and deeply progressive, Practice strives to be an arts space that consciously nurtures and empowers people who care about humanity.

Over the past six decades, we have developed and presented a vast, critically-acclaimed, multi-genre repertoire that reflects the complexities of Singapore's diverse cultures. As a bridge between cultures, we have brought practitioners of diverse backgrounds together for exchange, and provided platforms for international works.



Photos by\_ Joseph Nair @roundthebout





# 掌廚人 Chef

阿慶師 | 潮台菜餐廳 行政主廚

Chef Ah-Qing

Executive Chef, PAUL TSAI Taiwanese Cuisine



出生高雄蚵仔寮，從爺爺開始聞名至今，延續三代的總舖師，代代相傳好手藝。從小在「辦桌」廚房長大，秉持著「留住吃飯」的感覺，將各種日常美食創意豐富而細膩地融合於傳統辦桌菜裡，展現最「潮」台菜靈魂創意料理，阿慶師用一道道創意料理，細說南臺灣飲食文化的味覺對話。

Born in Kezailiao, Kaohsiung, Chef Ah-Qing comes from a renowned family of Taiwanese banquet chefs (Zongpu), carrying on a three-generation culinary legacy that began with his grandfather. Raised in the kitchens of traditional Taiwanese banquets, he grew up immersed in the rhythm, warmth, and craftsmanship of Ban-Doh cuisine.

Guided by the belief of creating food that makes people want to stay at the table, Chef Ah-Qing brings a refined and imaginative approach to traditional banquet dishes. By thoughtfully weaving everyday flavors into classic techniques, he reveals the contemporary soul of Taiwanese cuisine.

Through a series of creative dishes, Chef Ah-Qing brings Southern Taiwan's food culture into conversation—honoring tradition while reinterpreting it for the present, and allowing culinary heritage to continue evolving at the table.



## 潮台菜 PAUL TSAI Taiwanese Cuisine

我們將會「破」除一般對傳統台菜的既定觀念，引領「潮」流創造新的台菜風格，「潮台菜」此品牌名稱就此而生。在臺灣要吃到所謂的辦桌菜、手路菜，多半都以圓桌多人用餐呈現，「潮台菜」打造一個人也可以用餐的精緻菜色、三五好友齊聚、十人部門聚餐或家宴，都能在此得到滿足。主廚阿慶師，出生高雄蚵仔寮，從爺爺開始聞名至今，延續三代的總舖師，代代相傳好手藝。全新的臺灣料理品牌，結合傳統經典臺味與順應潮流創新風味，更具有能突顯衛武營國家藝術文化中心，立足臺灣放眼世界的格局，迎接來自世界各地的賓客。

We will "break" the established concepts of traditional Taiwanese cuisine and lead the "Trend" to create a new style of Taiwanese cuisine. This is how the brand name "PAUL TSAI Taiwanese Cuisine" was born.

In Taiwan, most of the so-called banquet dishes and traditional dishes can only be served at a round table for multiple people to eat. PAUL TSAI Taiwanese Cuisine" creates delectable dishes that can be eaten by one person, where three or five friends can gather together, and a group of ten for company gathering or family banquets can be satisfied at this venue.

Chef Ah-Qing was born in Keziliao in Kaohsiung. His family has been famous since his grandfather's generation and has been the head chef for three generations, passing on good craftsmanship from generation to generation.

Weiwing, the National Kaohsiung Center for the Arts, is often visited by foreign guests. Being the only Taiwanese cuisine in the center can also bring surprises to foreign guests.

A new Taiwanese cuisine brand that combines traditional classic Taiwanese flavors with innovative flavors that follow the trend. It can also highlight Weiwing.





# 演職人員名單 committee

## 實踐劇場 The Theatre Practice

實踐劇場總監	郭踐紅	Artistic Director	KUO Jian-hong
實堂節目策劃導演	洪小婷	Programmer Director, Practice Tuckshop	ANG Xiao-ting
實堂節目編劇	吳敏寶	Author, Practice Tuckshop	Ng Mun-poh
實踐劇場節目組組員	何詩惠	Programming & Production Team Member	Ronice HO
實踐劇場傳播及夥伴拓展組組員	張淑惠	Communications & Partnership Team Member	ZHANG Shu-hui

## 潮台菜\_衛武營店 PAUL TSAI Taiwanese Cuisine - Weiwuying

行政主廚	王順慶	Executive chef	WANG Shun-ching
副主廚	李政勳	Sous chef	LI Jeng-shiun
儲備幹部	戴錦祥	Junior Sous chef	TAI Chin-hsiang
一廚	陳政維	Station Chef	CHEN Jeng-wei
三廚	胡子賢	Junior Chef	HU Tzu-hsien
副店長	蔡博硯	Assistant Restaurant Manager	TSAI Po-yen
行銷經理	黃翎緹	Marketing Manager	HUANG Ling-yun
行政人員	沈妙珊	Administrator	SHEN Wen-shan
儲備幹部	李赫	Management Trainee - FOH	LI He
前台人員	謝聿安	Front of House Staff	HSIEH Yu-an
	黃清有		HUANG Ching-yu
	阮氏垂莊		NGUYEN Thùy-trang

## 衛武營國家藝術文化中心 National Kaohsiung Center for the Art (Weiwuying)

視聽技術組組長	許志偉	Head of Audio & Video	HSU Chih-wei
視聽技術	陳威璁	Coordinator, Audio & Video	CHEN Wei-tsung
陳彥如			CHEN Yan-ru
專案統籌	黃雅嫻	Project Coordinator	HUANG Ya-hsien

主辦單位：衛武營國家藝術文化中心 National Kaohsiung Center for the Art (Weiwuying)

製作暨演出單位：實踐劇場 The Theatre Practice、

潮台菜\_衛武營店 PAUL TSAI Taiwanese Cuisine - Weiwuying

