

香港非洲中心

Africa Center Hong Kong



African Cultural Experiential & Team Building Activities



We are a **platform** that fosters **value-creating** interactions between **African & non-African communities** in Asia

我們是一個促進非洲和其他族裔之間創造價值的互動平台。



The Chungking Mansions Experience

The microcosm of Hong Kong and a symbol of globalization

Program Overview



Interactive

Family Friendly

Community

Food

Refugees

Ethnic Minorities

Program

Some say it's the only place that makes Hong Kong different from any Chinese city. A symbol for globalization, 'home' to many Africans and South Asians, a place Cantonese mothers warn their kids against. Chungking Mansions means many things to different people. Join our tour to understand what this place means for residents and Africans in particular.

Venue: Chungking Mansions & Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Description

Tentative Rundown

Minute	Activity	Note
00	Program starts	Meet at Exit K East TST (Inside)
00-60	Chungking Mansions Tour 	As part of the tour, participants will interact with people, talk to them and learn about their experiences and stories. They will be split into smaller groups and with the help of tour guides, they will follow a structured exercise to help them build rapport, develop empathy, have a holistic appreciation of CKM, uncover the richness of the place and its people. We will also be sharing our personal experiences/connections with this landscape.
60-70	Walk to the Africa Center	
70-120	African Cooking Workshop (Somali Cuisine) 	The African cooking workshop helps participants to understand the basics of cooking Somalian food. The workshop is a fusion of African traditional cooking techniques, story-telling and fun. In teams, participants will compete and learn how to cook two quintessential Somali dishes; <i>anjera</i> and <i>suqaar</i> .
120-180	Pan-African Dinner/Lunch Buffet 	In addition to the two dishes the participants cooked, they will also get to enjoy 7 more dishes prepared by the Africa Center's chefs. The dishes will be from all across the African continent and the African diaspora. There will be enough vegan/vegetarian options. Participants are free to leave anytime after 8pm. For those in a hurry, we can provide take out containers. We encourage participants to stay as this is another opportunity to listen to our stories during dinner.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

The Rhythms of Africa Experience

Immersion into the highly rhythmic music of Africa

Program Overview



Rhythm

Music

Community

Interactive

Diversity

Drum & Dance

Program Description

This Rhythms of Africa team building activity is designed to enhance the social relations and strengthen cohesion among teams, while building an understandable diversity.

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	
00-15	African Playground Game 	Ice-breaker, and also a window for participants to understand African hobbies and team exercise
15- 60	African Drum workshop 	African Drumming is very important in people's daily life, drums are used in many different ways; for sending messages, for ceremonies and for weddings. One other use of drums is to create Harmony among participants. In addition to learning the technicals, culture and the context behind drumming, groups will also get to dance in the rhythms of the drum.
60-65	Comfort Break	
65-120	Trivia on Africa 	Participants individually or in groups will compete on this fun and entertaining quiz about Africa. This is a different way to test and build more knowledge and understanding about Africa and the African diaspora.
125-180	Pan-African Dinner/Lunch Buffet 	The Pan-African dinner/lunch offers menus of refined authentic African cuisine carefully crafted by talented African chefs for your dining pleasure. The dishes are selected from across the African continent to come up with a unique experience that satisfies all palettes.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

Quilting & Hip Hop: How black Americans resisted segregations by creating culture

Program Overview



Story telling

Quilting

Rap

Soul Food

Interactive

Graffiti

Program Description

The participants will immerse themselves into the black arts cultures that flourished in African American communities. We will explore two art forms, traditional and contemporary, participants can explore their creativity while getting inspirations from the African American quilting and hip hop cultures. We will end the day with a soul food buffet lunch/ dinner curated by the Africa Center Hong Kong's chefs.

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	Meet at the Africa Center Hong Kong
00-10	Ice-Breaker Activity	African playground game
10-60	African American Quilting Workshop 	In this workshop, the participants will explore the history of a traditional art form that thrived in the African American community; quilting. It highlights the cultural significance of quilting in African culture, particularly how it helped black women to gain a sense of accomplishment & identity in 19th century America. The participants will get a glimpse of such quilting techniques & will design their own piece during the workshop.
60-65	Comfort Break	
65-120	Hip Hop Workshop (Rap & Graffiti) 	This workshop is divided into two parts; rap and graffiti; the two out of four main elements of hip hop culture. Hip hop was an art movement created by the black community in the United States and it transformed despair and racial barriers into numerous creative outlets. In the workshop, the participants will have a chance to create their own piece of rap song and graffiti.
120-180	Soul Food Buffet Lunch/ Dinner 	After all the activities, the participants will enjoy the soul food buffet lunch/ dinner curated and prepared by the Africa Center's chefs. There will be vegan/ vegetarian options available. Participants are free to leave anytime after the 2 hour mark. For those in a hurry, we can provide take out containers. We encourage participants to stay as this is another opportunity to listen to our stories during lunch/ dinner.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

Jamaican Cultural Experience

Jamaican Culture: A way of life and the feeling of community

Program Overview



Rastafari

Rastaclat

Dancehall

Jamaican
Food

Reggae
Musivc

Fun

Program Description

In this experience, the participants will be immersed in the culture of Jamaica through art, music, dance and food, and will understand the feeling of community. This experience consists of three elements; 1) Rastaclat Bracelet Making Workshop, 2) Jamaican Dancehall Workshop and 3) Jamaican Lunch/ Dinner Buffet.

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	Meet at the Africa Center Hong Kong
00-10	Ice-Breaker	African playground game
10-60	Introduction to Rasta Culture & Rastaclat Bracelet Making Workshop 	In this workshop, we will explore the Rastafarian culture that began in Jamaica and its connection with the continental Africa. At the end of the workshop, we will make a rastaclat bracelet which is believed to draw positive power when you wear it on the right hand.
60-65	Comfort Break	
65-120	Jamaican Dancehall Workshop 	In this workshop, you will get an opportunity to learn a part of the dancehall culture through learning dance moves with a lively and thrilling atmosphere. You will also be able to learn about the rich history of this dancing style and how it has become popularized all around the world.
120-180	Jamaican Buffet Lunch/ Dinner 	After all the activities, the participants will enjoy the Jamaican buffet lunch/ dinner curated and prepared by the Africa Center's chefs. There will be enough vegan/vegetarian options. Participants are free to leave anytime after the 2 hours mark. For those in a hurry, we can provide take out containers. We encourage participants to stay as this is another opportunity to listen to our stories during lunch/ dinner.
180	Program ends	Dismiss from the Africa Center Hong Kong

Duration: 3 hours | Max. cap: 40 people

Learning and experiencing the artistic expressions of Bantu people

Program Overview



Ndebele House Painting

Drum & Dance

Bantu People

Food

Music

Lively

Program Description

Southern Africa is a region that is made up of many diverse cultures, such as Zulu, Xhosa, South Ndebele, Venda, Tsonga and Swazi, etc. The participants will experience three different aspects of Southern African cultures. 1) Ndebele Postcard Making Workshop, 2) Drum & Dance Workshop, and 3) Southern African Buffet Lunch/ Dinner. Through this experience, you will learn the aesthetics and the cultural meaning embedded in the Ndebele house painting, the basics of playing ngoma & fun dance moves, and the taste of Southern African delicacies..

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	
00-10	Ice-Breaker	African playground game
10-60	Ndebele Postcard Making Workshop 	In the Ndebele Postcard Making Workshop, the participants will learn about Ndebele House Paintings while designing their own postcard. Ndebele House Painting is a style of art practiced by the Ndebele people of South Africa & Zimbabwe and it symbolizes the resilience of the community as it is an identity marker.
60-65	Comfort Break	Toilet/ water break. Explore the arts books in the library
65-120	African Drum & Dance Workshop 	Drums play an important role in various aspects of African life, including the physical, emotional and spiritual. Drums are played to communicate, celebrate, mourn and inspire. The African drum workshop is designed to foster a community spirit. In this workshop the participants will discover the traditional compositions of the Djembe and play and dance with it. This will bring understanding and awareness of Africa's cultural heritage.
120-180	Southern African Buffet Lunch/Dinner 	After all the activities, the participants will enjoy the Southern African buffet lunch/ dinner curated and prepared by the Africa Center's chefs. There will be enough vegan/vegetarian options. Participants are free to leave anytime after the 2 hours mark. For those in a hurry, we can provide take out containers. We encourage participants to stay as this is another opportunity to listen to our stories during lunch/ dinner.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

Immersion into the vibrant cultures of West Africa

Program Overview



Beads

Djembe

Dance

Food

Vibes

Naija Music

Program Description

West African arts and cultures include many of the most outstanding works from the continent and the world. Nigeria being the most populated country in the African continent, this vibrant West African region has a lot to offer. In this session, the participants will have an opportunity to experience three different aspects of Western African cultures. 1) African Beads Making Workshop, 2) Drum & Dance Workshop, and 3) West African Buffet Lunch/ Dinner!

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	Meet at the Africa Center Hong Kong
00-10	Ice-Breaker	African playground game
10-60	African Beads Making Workshop 	This workshop will emphasize and bring to life the significance, history, rich culture and diversity of African bead accessories. It practically demonstrates the techniques involved in making these traditional jewelry. It will highlight the making of such bead accessories (bracelets, necklaces, etc.) as an interesting work of art that requires skillful use of the right materials and techniques. This workshop will help participants acquire the basics of bead accessories making as an art form, and the hands-on experience of making some accessories while discussing the occasions for their use.
60-65	Comfort Break	Toilet/ water break. Explore the arts books in the library
65-120	African Drum & Dance Workshop 	Drums play an important role in various aspects of African life, including the physical, emotional and spiritual. Drums are played to communicate, celebrate, mourn and inspire. The African drum workshop is designed to foster a community spirit. In this workshop the participants will discover the traditional compositions of the Djembe and play and dance with it. This will bring understanding and awareness of Africa's cultural heritage.
120-180	West African Buffet Lunch/ Dinner 	After all the activities, the participants will enjoy the West African buffet lunch/ dinner curated and prepared by the Africa Center's chefs. There will be enough vegan/vegetarian options. Participants are free to leave anytime after 8pm. For those in a hurry, we can provide take out containers. We encourage participants to stay as this is another opportunity to listen to our stories during lunch/ dinner.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

Jamaican Culinary Experience

Experience centuries worth of delicious taste

Program Overview



Food Heritage

Jerk Chicken

Hibiscus Tea

Fun

Team Building

Buffet

Program Description

Jamaican food profile comes from a fusion of cuisines that evolved over the last three centuries. In this experience, the participants will learn about the history of Jamaican food cultures, learn how to make the indigenous drinks, mix their own jerk seasonings, learn to cook 3 quintessential dishes of Jamaica, and enjoy the Jamaican buffet lunch/ dinner curated and food prepared by the Africa center Hong Kong's chefs. Come join our experience and leave the center with a "belly full" of food and fun!

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	
00-10	Ice-Breaker	African playground game
10-20	Intro to Jamaican Food Culture 	In this session, the participants will be introduced to the culinary heritage of Jamaican food. Learn about this unique blend of cultures and religions dating back to the sixteenth century.
20-60	Agua de Jamaica (Hibiscus Tea) & Jerk Seasoning Making Workshop  	1) Drink making Participants will be making their own Agua de Jamaica. <i>Agua de Jamaica</i> is a popular refreshing drink among the Jamaicans. It is called "Water of Jamaica" because it is made of the dried roselle flower; the " <i>flor</i> (flower) of Jamaica". The participants will learn about the health benefits of this drink. 2) Seasoning making Participants will be making the jerk seasoning that is essential for Jamaica's national dish; Jerk Chicken. There are more than 10 spices that go into this magical seasoning that you will be using in the cooking workshop.
60-65	Comfort Break	
65-140	Jamaican Cooking Workshop  	The African Cooking Workshop is a fusion of African traditional cooking techniques, story-telling and fun. In teams, they will compete and learn how to cook three quintessential Jamaican dishes; Jerk chicken, rice & peas, and Jamaican steamed cabbage.
140-180	Jamaican Buffet Lunch/ Dinner 	In addition to what the participants cooked, they will also get to enjoy 7 more Jamaican dishes curated and prepared by the Africa Center's chefs. There will be vegan/vegetarian options available. Participants are free to leave anytime after the 2 hours mark. For those in a hurry, we can provide take out containers. We encourage participants to stay as this is another opportunity to listen to our stories during dinner.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

Ethiopian Culinary & Coffee Experience

Ethiopian art of making coffee and cooking

Program Overview



Coffee Ceremony

Injera

Injera

Food Culture

Ethiopian Food

Delicious

Program Description

Ethiopia is an African country with an incredible blend of nature, history and culture. This is a country that gave the Nile to Africa and coffee to the world. Through this cultural experience you will immerse yourself into Ethiopian culture through the art of making coffee and cooking the famous Ethiopian Injera.

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	
00-10	Ice-Breaker	Tring and enjoning the Ethiopian eskista dance
10-60	Coffee Workshop (roasting/ grinding/ brewing/ tasting) 	In this session, participants will be learning about the cultural background of coffee in Africa, especially those in East Africa. During the session, the participants will have a chance to roast the fresh coffee beans, grind, brew and experience a traditional Ethiopian coffee ceremony.
60-65	Break	
65-120	Ethiopian/Eritrean Cooking Workshop 	The African Cooking Workshop is a fusion of African traditional cooking techniques, story-telling and fun. In teams, participants will compete and learn how to cook three quintessential Ethiopian/ Eritrean dishes; injera (fermented flatbread; the baking part only) & doro wat and misir wat.
140-180	Ethiopian/ Eritrean Buffet Lunch/ Dinner Buffet 	In addition to the two dishes the participants cooked, everyone will also enjoy 5 more Ethiopian/ Eritrean dishes prepared by the Africa Center's chefs. There will be enough vegan/vegetarian options. This is how you make an Ethiopian feast.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

The true nature of the cosmopolitan city of Hong Kong

Program Overview



Interactive

Cosmo-
politan

Community

New
Geographies

Refugees

Ethnic
Minorities

Program Description

In this session, participants will get to interact with people on refugee status living in Hong Kong. Through personal chats and group discussions we create a space where issues surrounding refugees in Hong Kong can be discussed on a human level. Participants will also have the chance to experience a different shopping experience and engage their imagination through a narrative exercise.

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	
00-30	Refugee Escape Room Game	Dailo Game In this game that is similar to an escape room game, participants will be given an in-depth example of a refugee who lives in Hong Kong. In the game they will have to make the right decisions for them to be able to gain points and advance to the next stage of the game. This is an interactive and creative activity that brings participants closer to the realities of refugees in Hong Kong.
30-75	Human Library 	In this program participants will listen to personal stories of speakers and have a chance to ask questions. The human library allows participants to have first hand contact with Africans and refugees living in Hong Kong. Through this direct format participants can get their questions answered in an open and friendly environment.
75-80	Break	
80-120	Shopping on a Budget Experience	In this activity participants are given a typical budget for daily use of a refugee and asked to buy necessities. They will need to discuss in their teams what goods are necessary and what are not so as to use their budget to the best capacity. This exercise gives a better understanding of the lived experiences of refugees in Hong Kong.
120-180	Pan-African Dinner/Lunch Buffet 	The Pan-African dinner offers menus of refined authentic African cuisine carefully crafted by talented African chefs for your dining pleasure. The dishes are selected from across the African continent to come up with a unique experience that satisfies all palettes. Participants are free to leave anytime after the 2 hours mark. For those in a hurry, we can provide take out containers. We encourage participants to stay as this is another opportunity to listen to our stories during dinner.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

The Storytelling Experience

Oral traditions and recalling of ancient histories

Program Overview



Oral traditions

Story telling

Community

History

Heritage

Musical expression

Program Description

In this session, participants who are interested in storytelling will be able to find out more about the art of storytelling. Storytelling has always been an important aspect in many African communities as it serves different functions from the preservation of history to the teaching of morals. Through this experience participants will get to understand an intricate aspect of many African cultures.

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	Meet at the Africa Center Hong Kong
00-10	Ice-Breaker	African playground game
10-70	Cultural Narrative Activity	This activity offers students opportunities to discuss with experts of various disciplines and sectors from the Africa Center Hong Kong on several emerging issues about the African continent. Short texts including (but not limited to) book chapters, short stories, essays, and other articles will be used to contextualize the discussion. Time will be given during the session to read the texts. No prior reading is required.
70-75	Break	
75-125	Storytelling Instruments Workshop	In this workshop, participants will get to engage with some instruments used by different African communities for storytelling. These include the Mbira, Kora and different types of drums. Participants will get a chance to try and play these instruments whilst getting to know their histories and cultural significance.
125- 180	Pan-African Dinner/Lunch Buffet 	The Pan-African dinner offers menus of refined authentic African cuisine carefully crafted by talented African chefs for your dining pleasure. The dishes are selected from across the African continent to come up with a unique experience that satisfies all palates. Participants are free to leave anytime after the 2 hours mark. For those in a hurry, we can provide take out containers. We encourage participants to stay as this is another opportunity to listen to our stories during dinner.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

The African Fashion Experience

Explore the intricate arts of fashion on the African continent

Program Overview



Hair

Fashion

Art

Trend setting

Diversity

Community

Program Description

This session is all about artistic expression in the form of fashion across the African continent. Participants will have a chance to engage with these exciting forms of art and through this discover more about various African Cultures. Moreover, through a hands-on experience, participants will have the chance to practice some hairstyling techniques that have been used across the African continent for centuries!

Venue: Africa Center Hong Kong (12/F, 21 Hillwood Road, TST)

Tentative Rundown

Minute	Activity	Note
00	Program starts	Meet at the Africa Center Hong Kong
00-10	Ice-Breaker	African playground game
10-60	Talk on African fashion 	In this talk, participants will find out more about traditional African fashion and what trends it has experienced. The talk will also touch on African fashion and how African designers are influencing the global fashion industry. During the session participants will get to discuss and ask questions in an open environment.
70-75	Break	
75-125	Afro- Hair Textured workshop 	This workshop will highlight the rich history and diversity that is embedded in Afro hair and shows that styling hair is an art. Like any form of art, the adorning of afro hair and the shaping of hairstyles requires an immense amount of skill accompanied with the right technologies. Participants will learn the basics of this art form and some history of Afro hair hairstyles.
125- 180	Pan-African Dinner/Lunch Buffet 	The Pan-African dinner offers menus of refined authentic African cuisine carefully crafted by talented African chefs for your dining pleasure. The dishes are selected from across the African continent to come up with a unique experience that satisfies all palettes. Participants are free to leave anytime after the 2 hours mark. For those in a hurry, we can provide take out containers. We encourage participants to stay as this is another opportunity to listen to our stories during dinner.
180	Program ends	

Duration: 3 hours | Max. cap: 40 people

Media Coverage

(<http://www.africacenterhk.com/media/>)

Post Magazine

African cooking classes in Hong Kong – think fufu, fried plantain and a lot of fun



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- A restaurant manager from the Republic of the Congo shows Hong Kong cooks how to make a peanut stew with dried fish, flavourful rice and fried plantain
- Upcoming workshops at Zimbabwe, Senegal, Rwanda

Elsie Zepho (left) teaches guests to cook Congolese food at the Africa Centre.

Five Life








SCMP FILMS




LOCAL AND INTERNATIONAL NEWS FOR FRENCH EXPATRIATES AND FRENCH SPEAKERS




Innocent 香港少數族裔

「我嚟香港嘅時候只得\$200，仲以為重慶大廈係豪宅」







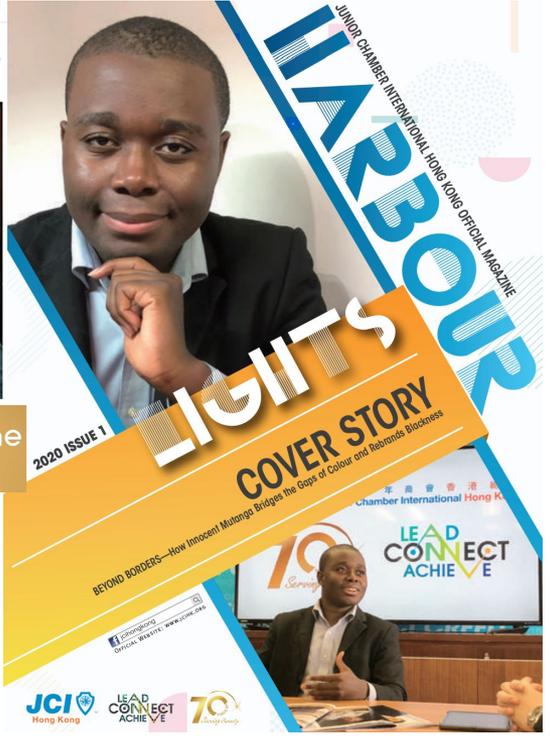
2021/4/20




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x = independently organized TED event



JUNIOR CHAMBER INTERNATIONAL HONG KONG OFFICIAL MAGAZINE

2020 ISSUE 1

COVER STORY

BEYOND BORDERS—How Innocent Mutanga Bridges the Gap of Colour and Beyonds Business

LEAD CONNECT ACHIEVE

Chamber International Hong Kong






Social Media & Contacts

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