

# Latest leisure and cultural activities available at LCSD online resources centre (with photos)

The Leisure and Cultural Services Department (LCSD) set up the one-stop Online Resources Centre (ORC) ([www.lcsd.gov.hk/en/onlineresources.html](http://www.lcsd.gov.hk/en/onlineresources.html)) in April. A number of new elements have been uploaded, including video demonstrations of home fitness exercises, funny videos of animals and a 15-minute online reading programme for book lovers, bringing more interesting leisure and cultural activities and information home to people of all ages.

To encourage persons with disabilities to keep doing exercise during the fight against COVID-19, the LCSD produced a series of home fitness exercise videos for them and their carers to work out at home while watching the videos. The exercises, designed by the Physical Fitness Association of Hong Kong, China, make use of simple equipment including handbags, pillows and towels, and are easy to learn.

The Hong Kong Zoological and Botanical Gardens (HKZBG) is dedicated to the breeding of animals. A series of "Learn About Animals" video clips allow the public to appreciate the animals at close range. The latest video features the "Naughty Professor" De Brazza's monkey. Members of the public can get a closer look at these cute monkeys and learn about their habits.

The HKZBG also grows a variety of local and subtropical plants. Flower lovers who want to know what is in bloom in the Garden could visit the Horticulture and Greening section of the ORC to view the flowering plants of the month.

The Hong Kong Public Libraries and Radio Television Hong Kong co-organised "15-Mintue Read", an online programme that recommends a variety of articles to readers to encourage daily reading. Members of the public who visit the event website from now till February 2021 and achieve the reading target could receive a souvenir.

The LCSD will continue to enrich the content of the ORC to bring more joyful programmes to the public.

