

Visual	Chinese subtitles	English Subtitles
次序: 呂紀均 羅碧芝 陳恩碩 陳璧沁	[生涯規劃●活出真我 VI] Life Planning Living a Real Me VI	Life Planning●Living a Real Me VI
	[林偉豪 - 主持]	Calvin Lam - Host
[林偉豪 - 主持]	足球·我想很多人都很喜歡 當大家觀看足球比賽的時候 你們有沒有留意場中與足球員一起奔跑的球 證? 今天的主角是香港首位國際女球證 透過不斷進修及訓練 加上家人的支持 令她成功踏上國際大舞台 她的故事是怎樣的? 我們一起來看看	Football, I think many people like it When watching a football match, have you ever noticed the referee who is running together with the football players? Our guest of today is the first female international referee in Hong Kong Through continual study and training and with family support, she managed to set foot on the international stage What is her story? Let's find out together
	[我是女裁判]	I am a Female Referee
[Gigi]	我叫羅碧芝 Gigi 是一位國際球證 亦是香港足球總會註冊的一等裁判員	I am Law Bik-chi, Gigi I am a FIFA Referee I am also a Class 1 Registered Referee at the Hong Kong Football Association
	[Caption] 羅碧芝 - 香港國際裁判員 簡介 香港專業教育學院 - 運動管理及訓練學高級 文憑畢業 香港足球總會註冊一等裁判員 2014 年獲提名國際女子足球裁判和入選亞洲 足協精英裁判	Law Bik-chi, Gigi FIFA Referee in Hong Kong Profile Graduate of Higher Diploma in Sports Management with Coaching, Hong Kong Institute of Vocational Education (IVE) Class 1 Registered Referee at the Hong Kong Football Association Nominated as FIFA Woman Referee and selected as Asian Football Confederation (AFC) Elite Referee in 2014

[Gigi]	其實我從小便很喜歡做運動 我很想從事一些與體育相關的工作 我內心一直都是朝著體育方面去發展	In fact I like sports since childhood I really want to do sports-related job Sports-related career is always what I like to develop
[林偉豪]	當時就讀中六的 Gigi 與班主任商量後 選擇到香港專業教育學院修讀運動管理及訓練 學高級文憑 一步一步發展她的體育相關事業	When studying Form 6, after discussing with the class teacher, Gigi chose to study Higher Diploma in Sports Management with Coaching at IVE (the Hong Kong Institute of Vocational Education) She moved steps by steps to develop her sports- related career
[Gigi]	在香港專業教育學院修讀的時候 我主修足球 當時亦有考取教練牌照 老師更鼓勵我們 不妨也去考取足球球證牌照 學習更多知識	When I was studying at IVE, I took football as my major and earned my coach license at that time Our teacher also encouraged us to get the football referee license to acquire more knowledge
[林偉豪] VO	投身這個男多女少的行業 既要日曬雨淋 體力消耗又大 這一切都沒有影響 Gigi 追求做球證的熱誠	In this male-dominated industry, Gigi has to be exposed to the sun and rain It's also physically demanding Despite so, Gigi's passion (of being a referee) hasn't been affected
[Gigi] 影片由香港足球 總會提供	擔任球證的時候發現 其實這個崗位很有趣，為什麼？ 做球證就好像考一份試卷 在九十分鐘的賽事中 你要作出多個決定 當(面對)每一條問題 你能夠解難或者做得正確時 所獲得的成功感會非常大 當問題越來越複雜時 你就會發現自己能夠訓練出一種不停去自我鞭 策 去努力和自我進修的精神	When refereeing a match, I found it very interesting. Why? Refereeing is like taking an exam During this 90-minute match, you have to make many decisions When facing each question, once you get it solved or handled correctly, you will have great satisfaction When problems get more complicated, you will find yourself having been trained to keep striving hard and studying further
	影片由香港足球總會提供	Video courtesy of the Hong Kong Football Association
[林偉豪]	一場足球賽事 除了有大家最熟悉的主球證外 還有兩位助理球證及一位後備球證	In a football match, Besides the referee we are familiar with, there are also two assistant referees and a standby referee

	<p>無論任何崗位 所有球證都需要定期進行訓練</p> <p>當中包括體能及判罰訓練</p> <p>更需要學習應用高科技設備</p> <p>令球證的專業保持在最高水平</p>	<p>Despite the position held, all referees have to attend regular training, including physical and penalty training</p> <p>They also need to learn how to use the high-tech equipment to maintain the highest professional standard of referees</p>
[Gigi]	<p>我相信每一行每一業都需要與時並進</p> <p>足球亦不例外 因為裁判員的水平 往往影響足球賽事勝負的結果 VAR(視頻助理裁判)(的出現)就是希望比賽 能夠更公平、更公正地進行 透過鏡頭協助球證作出判罰</p> <p>我相信不久的將來 這會亦是我們裁判界發展的其中一個重要項目</p>	<p>I believe that every industry has to keep abreast of the times</p> <p>Playing football is also the same The refereeing level always affects the result of a football match The VAR (video assistant referee) comes into existence to bring fair game to the match Referees can make decisions with the aid of VAR I believe that in the near future, it will be an important development of the refereeing industry</p>
	相片由受訪者提供	Photo courtesy of the interviewee
相片由受訪者提供	<p>身為國際球證 經常遠赴外國不同地方執法比賽 除了擴闊了她的見識及眼界外 執法國際性賽事更為她帶來成功感</p>	<p>As an international referee, Gigi always needs to referee games abroad Besides broadening her horizons, refereeing international matches also brings her a sense of accomplishment</p>
[Gigi] 相片由受訪者提供	<p>我最深刻的賽事 就是中國對巴西的女子國家友誼賽</p> <p>球證從來都不是球場上的主角</p> <p>當時我們正等待到台上領取裁判員紀念品的時候</p> <p>巴西隊的領隊主動走到我身邊</p> <p>並對我說 「我認為這場賽事你做得很好</p> <p>因為當中出現很多難題 剛才的比賽亦十分刺激」 (他的話)讓我覺得很感動 因為原來領隊有留意到我執法時的努力</p>	<p>The most unforgettable match was the friendly match between Chinese and Brazilian Women's National teams Referees have never been the focus on the football field</p> <p>While we were waiting to go on stage to get the souvenirs for referees, the coach of the Brazilian team came towards me and said, "I think you have done a great job in this match even though there were so many challenges It was a very exciting game." I was touched by his words as the coach noticed my effort made to referee the match</p>

[林偉豪]	本身很喜歡運動的爸爸 看到 Gigi 可以發揮自己所長 亦很支持女兒在球證路上繼續發展	Gigi's father also likes sports Knowing that Gigi can utilise her talents, he shows his full support to his daughter's refereeing career
	[羅碧芝爸爸]	Gigi's Father
[羅碧芝爸爸]	我認為如果她喜歡 能夠做到的 體能上亦能應付 我是十分支持她的 因為當你用心去做 出來的成果又獲得大眾認同 你所得到的 不一定是金錢上的收益 反而她個人的滿足感最重要	I think if she likes it, manages to do it and can physically handle it, I support her very much When your wholehearted work can ultimately win the public's recognition The reward you get may not be monetary one but a sense of satisfaction, which is even more important
	其實我內心相當高興 我看著她一直的發展 這個(對足球的)興趣驅使她繼續向上 她要繼續進修和增值 這種(心態)我認為值得鼓勵	I am actually very pleased to see her development This interest in football keeps her growing If she wants to keep learning and upgrading I think this mindset worths encouraging
[林偉豪]	當 Gigi 要出國執法球賽 爸爸更會身體力行 去表達對女兒的支持 Gigi 爸爸認為 假如能夠給予子女的發展空間愈大 將來子女發揮才能的能力就愈強 你們已經找到自己的方向了嗎? 不妨多跟家人分享自己的想法	When Gigi has to referee a game abroad, her father even puts his support into action Gigi's father believes that providing more space for children's development will allow them to unleash their full potential in the future Have you found your own direction of life? Why not share your thoughts with your family?
	[我發現原來我喜歡那件事的時候，我就會繼續 去追求，不停去想達到一個更高的成就] – 羅 碧芝	I find out that when I like something, I will keep pursuing for a higher level of achievement. - Gigi Law
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