

YEAR	MONTH	ISSUE	CATEGORIES	HEADING	AUTHORS
2004	September	7	After Hours	King of the Trailwalkers	
2005	January	11	After Hours	My after hours journey	Dr Kwan Yu
2005	April	14	After Hours	An Introduction to Yoga - A Talk with Ingrid Lam	Dr Marcus Wong
2005	May	15	After Hours	My Running Experience	Dr Lau Chi Ming
2005	September	19	After Hours	A "photoblog" on my Havana trip	Dr Thomas Chan Yam Lai
2006	February	24	After Hours	My trip to Tibet	Dr Leung Cheuk Wing
2006	May	27	After Hours	DCH - England and Ireland Trip	Dr Eugene Kwan
2006	November	33	After Hours	Belly Dancing	Dr Ella Shiu
2006	December	34	After Hours	The International Course of Manual Medicine - Paris	Dr Lai Wai Wah
2007	January	35	After Hours	The Dummy's Guide for Buying Care: FM Version	Dr Chan Chin Ping
2007	April	38	After Hours	The Five Vegetables Juice	Dr Chan Ting Bong
2007	May	39	After Hours	An Urban Dweller's Journey to Organic Farming: Part I	Dr Wong Yu Fai
2007	June	40	After Hours	An Urban Dweller's Journey to Organic Farming: Part II	Dr Wong Yu Fai
2007	July	41	After Hours	Updates on ... Game Console	Dr Wu Kwok Keung
2007	August	42	After Hours	Prague - The Heart of Europe	Dr Leung Wing Mun
2007	September	43	After Hours	Hokkaido	Dr Leung Wan Chiu
2007	October	44	After Hours	Windsurf	Dr Lo Siu Bong
2007	November	45	After Hours	Toys and Memories	Dr Sin Ming Chuen
2007	December	46	After Hours	Egypt	Dr Crystal Leung
2008	May	51	After Hours	Nepal - A Trekker's Paradise Sharing of Experience of Everest Base Camp Trekking	Dr Ho Chi Hin
2008	June	52	After Hours	Olympic Basketball: the Past, Present and Future of the Dream Teams	Dr Mak Wing Hang
2008	July	53	After Hours	A Little Girl's Dream becomes the Olympic Dream	Dr Judy G Y Cheng
2008	September	55	After Hours	Muay Thai Boxing: An Interview with an Amateur Boxer and Professional Family Physician -	Dr Judy G Y Cheng
2008	December	58	After Hours	The Financial Tsunami	Dr Chan Man Hung
2009	February	60	After Hours	The Serene Side of a Metropolis	Dr H T Mak
2009	March	61	After Hours	The Thrill of War Games	Dr Leo Kong
2009	May	63	After Hours	Wine Tasting - Part 1	Dr Ngai Ka Ho, Charles
2009	June	64	After Hours	Incredible India	Dr Chan Lit Ping
2009	July	65	After Hours	And the Party goes on an on and on	Dr Judy G Y Cheng
2009	September	67	After Hours	A Few Words from Mommy and Daddy	Dr Michelle Wong
2009	November	69	After Hours	Wine Tasting - Part II (Champagne & Sparkling Wines)	Dr Ngai Ka Ho
2009	December	70	After Hours	「寮國義工之行」	Dr Li Heung Wing
2010	February	72	After Hours	風中暖流 - An Annual Voluntary Elderly Home Visit Program by Primary Health Care Teams	Dr Frances Yu Sze Kai Dr Christina Cheuk
2010	March	73	After Hours	上上落落的一天	Dr Christina Cheuk
2010	April	74	After Hours	Marathon 2010	Dr Chan Shan Ching Dr Lau Chi Ming Dr Foo Bong Yin, Kevin Dr Li Heung Wing Dr Roy Chan Ying Ho Dr Leung Kim Dr Wendy Tsui
2010	July	77	After Hours	A field visit to Tengxian	Dr Tammy Tam Ka Wae Dr Luke Tsang Chiu Yee
2010	October	80	After Hours	Medical Mission Trip in Myanmar	Dr Chan Yuen Yan, Stella
2011	January	83	After Hours	Wine Fair 2010	Dr Ngai Ka Ho
2011	April	86	After Hours	Our Families	Dr Aylwin Chan and Dr Siu Lok Man,
2011	July	89	After Hours	Latest on Smartphones	Dr. Chan Wing Tat, Aylwin
2011	October	92	After Hours	Cycling in Tuscany	Dr. Judy Cheng
2012	January	95	After Hours	The Fine Dining Edition	Dr. Judy Cheng
2012	April	98	After Hours	冰天雪地遊東北	Dr. Christina Cheuk
2012	July	101	After Hours	龍舟競渡	Dr. Sze Hon Ho
2012	October	104	After Hours	The History of Pipa	Dr. Dana Lo
2012	December	106	After Hours	My First Europe Marathon	Dr. Chan Shan Ching
2013	April	110	After Hours	A Trip to Kenya	Dr. Lim Mo Kin
2013	July	113	After Hours	Mon Petit Herisson (My Little Hedgehog)	Dr. John Hugh Tam
2013	October	116	After Hours	A Brief Introduction of South American Trip	Dr. Lim Mo Kin
2014	January	119	After Hours	Go Go Go! Explore Hong Kong	Dr. Kwong Lok See, Joyce
2014	April	122	After Hours	令人回味的口運會	Dr. Dana Lo
2014	June	124	After Hours	Planning ahead for the 2014 World Cup Brazil	Dr Cheung Tsz Ki
2014	September	127	After Hours	尋找北極光	Dr Chan Pui Wai
2015	January	131	After Hours	Work Hard & Play Hard – Our "PIG" was born!	Dr. John Hugh Tam
2015	April	134	After Hours	放工後掬「陶」寶	Dr. Wong Kwok Hoi
2015	July	137	After Hours	Easter Island (Part 1)	Dr Kenny Leung
2015	October	140	After Hours	Easter Island (Part 2)	Dr Kenny Leung
2016	February	144	After Hours	The Runner's Basics - Tying your shoes the right way	Dr. John Hugh Tam
2016	April	146	After Hours	複合弓與我	Dr. Cheuk Christina
2016	June	148	After Hours	Star War Vintage Toys	Dr. Tsui Pun Nang
2016	September	151	After Hours	Food Corner	Dr. Yip Tze Hung
2017	February	156	After Hours	迷上斑錦虎尾蘭	Dr Pong Pong
2017	April	158	After Hours	秘境 - 免島遊	Dr. Tam John Hugh
2017	July	161	After Hours	Food Corner II	Dr Yip Tze Hung
2017	October	164	After Hours	逸趣- 旅人眼中的人和事	Dr Tam John Hugh
2018	March	169	After Hours	日本昇龍道之旅 – 高山祭	Dr Tam John Hugh
2018	July	173	After Hours	"閒"上獅子山	Dr Chau Clement
2018	October	176	After Hours	Volunteering at A Dog Rescue	Dr Leung Yuen kin Kenneth
2019	February	180	After Hours	長野白雪樂悠遊	Dr. Tam John Hugh
2019	May	183	After Hours	玩味足球	Dr. Sze Hon Ho
2019	September	187	After Hours	哥倫比亞	Dr. Kwan Chun Man
2019	December	190	After Hours	冬日玩轉關西之旅	Dr. Tam John Hugh
2020	April	194	After Hours	抗疫在家玩桌遊	Dr. Chou Chun Wing Stephen
2020	July	197	After Hours	齊齊來畫畫	Dr. Tam John Hugh
2020	November	201	After Hours	我的跑步訓練	Dr. Chan Ying Ho
2021	June	208	After Hours	秘魯 馬丘比丘、彩虹山	Dr. Chan Shan Ching
2021	September	211	After Hours	我的郊遊樂(一) 龍蝦灣郊遊徑	Dr. Yeung Wai Man, Raymond
2021	November	213	After Hours	我的郊遊樂(二) 釣魚翁	Dr. Yeung Wai Man, Raymond
2022	March	217	After Hours	About Gunpla Modelling (Part I)	Dr. Ngai Ho Yin Allen
2022	June	220	After Hours	About Gunpla Modelling (Part II)	Dr. Ngai Ho Yin Allen
2022	October	224	After Hours	M+博物館遊記	Dr. Tam John Hugh
2023	February	228	After Hours	海旁緩跑路線分享	Dr. Tam John Hugh
2023	June	232	After Hours	日本初夏賞花點	Dr. Tam John Hugh
2023	October	236	After Hours	好書推薦 《醫師的內心世界：情緒如何影響行醫》	Dr. Pang Sze Ching
2024	February	240	After Hours	我的划艇樂	Dr. Yeung Wai Man, Raymond
2024	June	244	After Hours	我的小小花園 - 石斛蘭	Dr. Sze Pui Ka Catherine
2024	August	246	After Hours	工餘走進天文之旅	Dr. Pong Pong
2024	November	249	After Hours	南樓與油菜花祭	Dr. Tam John Hugh
2025	February	252	After Hours	千奇百趣的蕪嶋神社	Dr. Tam John Hugh
2025	May	255	After Hours	我們的毅行100 Plus Pro 2024	Dr. Hou Jing, Rebecca
2025	August	258	After Hours	Family Medicine足球隊	Dr. Sze Hon Ho

