

1 木船製作技藝
Wooden Boat Building Technique

譚公仙聖廟
Tam Kung Temple

譚公廟道
Tam Kung Temple Road

天后古廟
Tin Hau Temple

2 傳統鄉村建築
修繕工藝
Traditional Architecture
Preservation Technique

寶賢潭東大街
Shau Kei Wan
Main Street East

東區走廊
Island Eastern Corridor

筲箕灣港鐵站
MTR Shau Kei Wan Station

寶文街
Po Man Street

6 打麵技藝
Noodles Making
Technique

工廠街
Factory Street

金華街
Kam Wa Street

筲箕灣張飛誕
General Cheung Fei Festival
of Shau Kei Wan

筲箕灣道
Shau Kei Wan Road

9 紮作技藝
Paper Crafting
Technique

南安街
Nam On Street

南安里
Nam On Lane

8 涼茶
Herbal Tea

張飛廟
Cheung Fei Temple

3 跌打
Bone Setting

4 洪拳/洪家拳術
Hung Gar Kuen Style

5 筲箕灣譚公誕
Tam Kung (Lord Tam)
Festival of Shau Kei Wan

1 木船製作技藝

Wooden Boat Building Technique

- ◆ 傳統船隻以木材製成，本地建造的主要是漁船。另一主要船隻類別是參加端午節龍舟競渡的龍舟。

The majority of locally built boats, made of wood, are trawlers. Those built for dragon boat races belong to another major category.

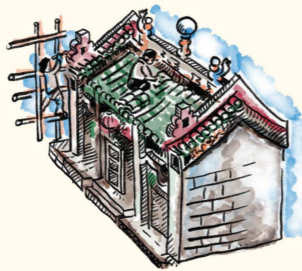


2 傳統鄉村建築修繕工藝

Traditional Architecture Preservation Technique

- ◆ 傳統鄉村建築，如祠堂、書室、廟宇等，需要特別的知識和技術來進行修繕，工藝主要分為泥水、木工、灰塑和壁畫四類。

Specific knowledge and skills are required to preserve traditional architecture, such as ancestral halls, study halls and temples. The techniques can be mainly categorised into four types: plastering, woodworking, plastered mouldings and mural painting.

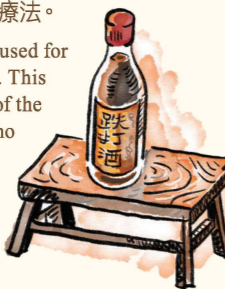


3 跌打

Bone Setting

- ◆ 跌打是一個傳統醫療項目，主治扭傷、跌傷、撞傷和碰傷，講求跌打醫師的手法和經驗，是以按摩和推拿為主的治療手段，此外還有藥酒按摩、敷藥、飲用藥茶和拔罐等療法。

Bone setting, a traditional medical treatment, is used for healing sprains, fall injuries, bruises and bumps. This lays great emphasis on the skill and experience of the Chinese medicine practitioners (bone setters) who carry out the massage therapy. The treatment comprises herbal wine massage, application of liniment, herbal tea drinking and cupping.

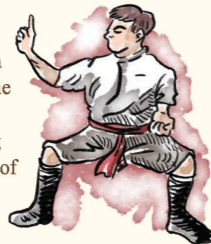


4 洪拳/洪家拳術

Hung Gar Kuen Style

- ◆ 香港洪拳/洪家拳術源於黃飛鴻，其妻莫桂蘭及徒弟林世榮約於1930年代移居香港授徒。該拳術有工字伏虎拳、虎鶴雙形拳和鐵線拳等套路。

The Hung Gar Kuen Style in Hong Kong can be traced back to Wong Fei Hung. Around the 1930s, Wong's wife Mok Kwai Lan and his disciple Lam Sai Wing settled in Hong Kong and started teaching. This fist style consists of the Taming the Tiger Fist, the Tiger Crane Paired Form Fist, Iron Wire Fist, etc.



5 笏箕灣譚公誕

Tam Kung (Lord Tam) Festival of Shau Kei Wan

- ◆ 東區笏箕灣社團聯合會於每年農曆四月初八日慶祝譚公誕。賀誕活動包括粵劇表演及巡遊等。

The Federation of Shau Ki Wan Association of the Eastern District celebrates the Tam Kung Festival on the 8th day of the fourth lunar month every year. Festive activities include Cantonese opera performance and parade.

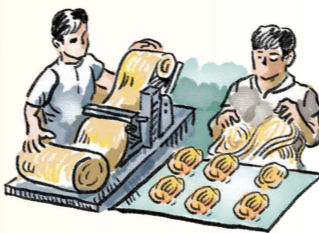


6 打麵技藝

Noodles Making Technique

- ◆ 打麵是以麵粉、蛋和鹼水為原材料，經過按「撈粉」、揉麵團和切麵等工序而製成麵線和雲吞皮。

The noodle strips and wonton skins are made from flour, egg and lye through the processes of dredging and compressing of the flour mix (or dough), cutting, etc.



7 笏箕灣張飛誕

General Cheung Fei Festival of Shau Kei Wan

- ◆ 笏箕灣南安坊眾會有限公司於每年農曆十二月十九日舉辦張飛誕，聘請喃嘸先生主持誦經，另有巡遊、賀誕和競投福物等儀式活動。

Shauiwan Nam On Fong Residents Association Limited holds the General Cheung Fei Festival on the 19th day of the twelfth lunar month every year. Taoist specialists are invited to chant scriptures. The festival is celebrated with parade, worship activities and the auction of blessed objects.



8 涼茶

Herbal Tea

- ◆ 在嶺南地區地濕水溫的氣候環境中，以特定的中草藥烹煮而成的涼茶成為大眾祛濕降火、解燥消暑等的飲食文化之一，現時仍是日常生活中常見的飲品。涼茶於2006年列入國家級非遺代表性項目名錄。

The climate of South China is known for being "hot and damp". So herbal tea made from Chinese medicinal herbs according to traditional Chinese medicine theories has been used to prevent the heat and damp symptom-complex and to cool the body, for instance. Today, herbal tea is still very much a part of everyday life. Herbal tea was inscribed onto the national list of ICH in 2006.

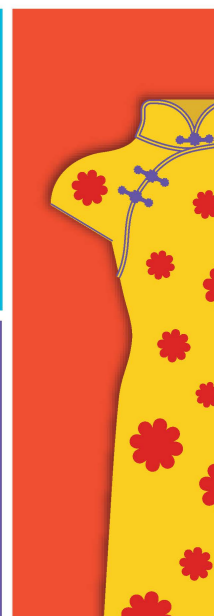
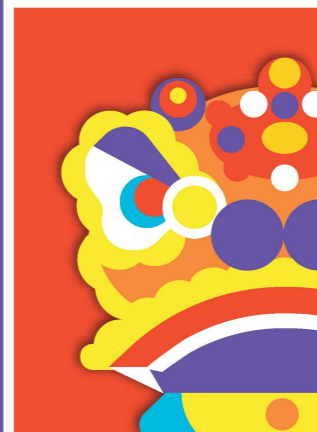
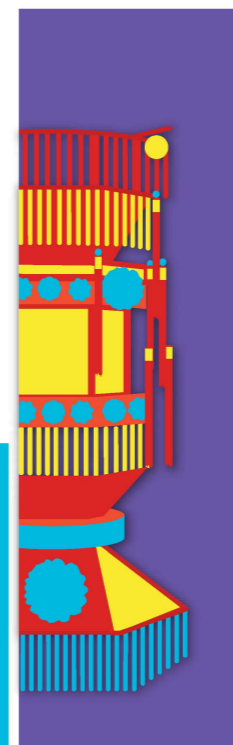
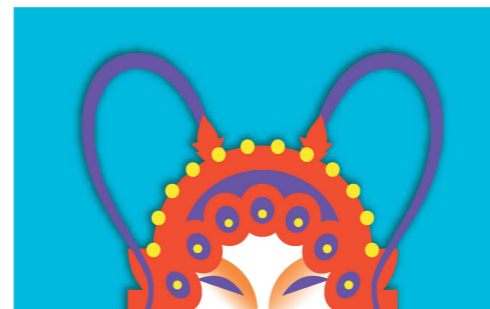


9 紮作技藝

Paper Crafting Technique

- ◆ 紙紮製品是由竹、竹篾、紗紙及絹布等物料經上色和組裝而成。製成品包括花炮、花牌、獅頭、麒麟、龍、大士王、花燈及紙紮祭品等。

Paper craft products are made from bamboo, bamboo strips, tissue paper and silk cloth through colouring and assembling processes. Paper craft products include paper floral tributes, flower boards, lion heads, unicorns, dragons, ghost masters, lanterns and paper offerings.



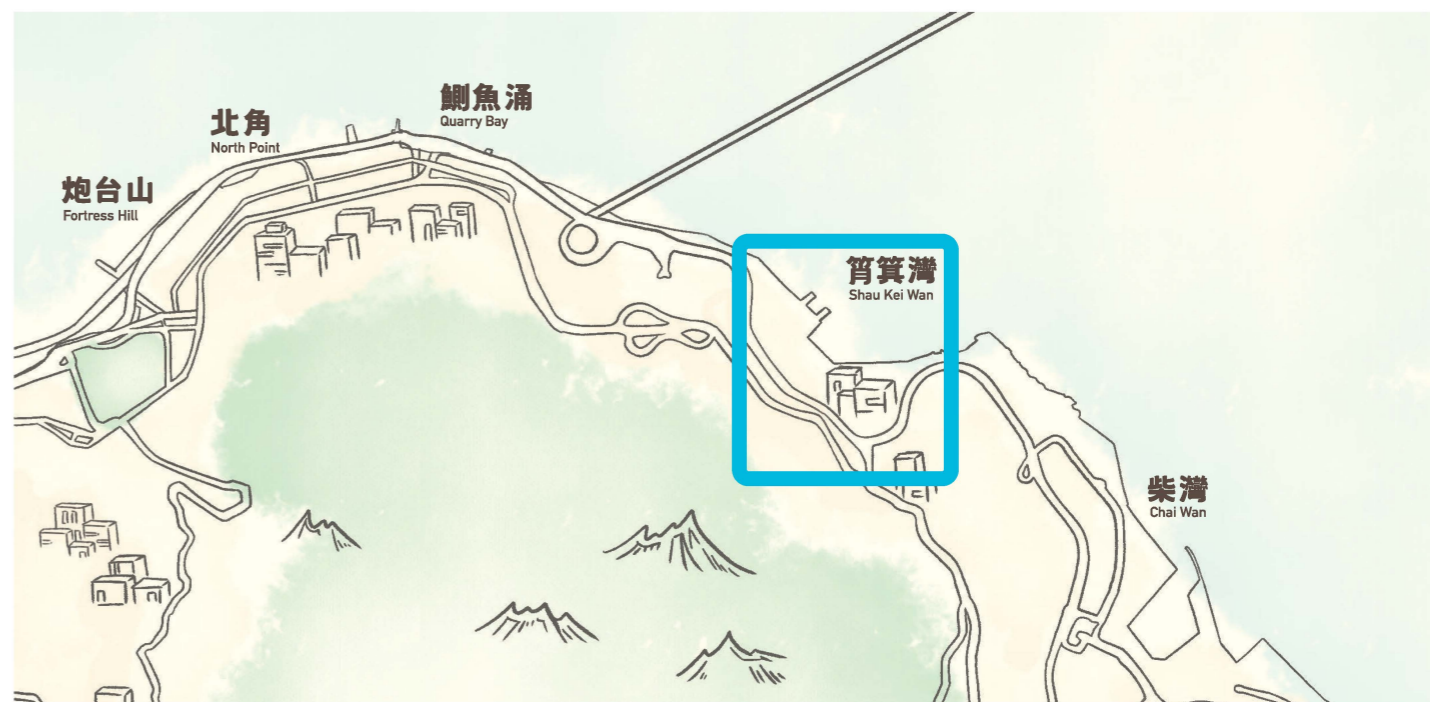
ICH 香港處處有非遺 Around Town

非遺精華遊蹤 - 東區 ICH Highlight Tours - Eastern District

主辦
Organised by



Intangible Cultural
Heritage Office
非物質文化遺產辦事處



東區位於港島東北部，由西面屈臣道起，向東伸延至柴灣及小西灣。

當中笏箕灣早期便已有人聚居。相傳，笏箕灣因海灣的形狀像圓圓的大笏箕而得名。是次遊蹤將集中介紹笏箕灣的非物質文化遺產（非遺）。

The Eastern District is in the northeast of Hong Kong Island. It spans from Watson Road in the west to Chai Wan and Siu Sai Wan in the east. Early settlements were found in Shau Kei Wan. It is said that Shau Kei Wan was named because the bay looked like a round and large bamboo basket ("Shau Kei" in Cantonese). This highlight tour focuses on the intangible cultural heritage (ICH) in Shau Kei Wan.

★ 遊覽須知 Notes for Visitors

- (1) 地圖上所列地點的開放時間或誕期各有不同，部分地點並不開放予遊人參觀，敬請留意。
The opening hours or festive periods of the locations listed on the map may vary. Some of the locations are not open to the public. We appreciate your attention.
- (2) 請尊重其他場地使用者，盡量避免對業主及用戶造成影響。
Please be considerate and avoid affecting the owners and occupants.

東區
Eastern District