

① 木船制作技艺
Wooden Boat Building Technique

谭公仙圣庙
Tam Kung Temple

谭公庙道
Tam Kung Temple Road

天后古庙
Tin Hau Temple

② 传统乡村建筑
修缮工艺
Traditional Architecture
Preservation Technique

宝文街
Po Man Street

宝文街
Po Man Street

③ 打面技艺
Noodles Making
Technique

工厂街
Factory Street

⑤ 筲箕湾谭公诞
Tam Kung (Lord Tam)
Festival of Shau Kei Wan

④ 洪拳/洪家拳术
Hung Gar Kuen Style

⑥ 扎作技艺
Paper Crafting
Technique

南安街
Nam On Street

南安里
Nam On Lane

⑦ 凉茶
Herbal Tea

⑦ 筲箕湾张飞诞
General Cheung Fei Festival
of Shau Kei Wan

张飞庙
Cheung Fei Temple

筲箕湾道
Shau Kei Wan Road

柴湾道
Chai Wan Road

筲箕湾港铁站
MTR Shau Kei Wan Station

东区走廊
Island Eastern Corridor

1 木船制作技艺

Wooden Boat Building Technique

- ◆ 传统船只以木材制成，本地建造的主要是渔船。另一主要船只类别是参加端午节龙舟竞渡的龙舟。

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

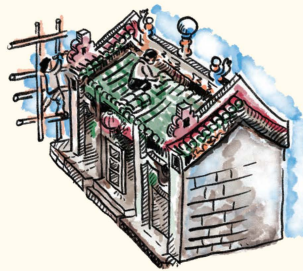


2 传统乡村建筑修缮工艺

Traditional Architecture Preservation Technique

- ◆ 传统乡村建筑，如祠堂、书室、庙宇等，需要特别的知识和技术来进行修缮，工艺主要分为泥水、木工、灰塑和壁画四类。

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.

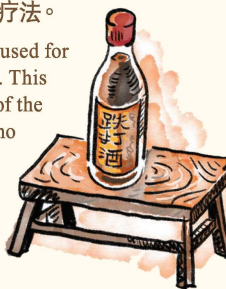


3 跌打

Bone Setting

- ◆ 跌打是一个传统医疗项目，主治扭伤、跌伤、撞伤和碰伤，讲求跌打医师的手法和经验，是以按摩和推拿为主的治疗手段，此外还有药酒按摩、敷药、饮用药茶和拔罐等疗法。

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.

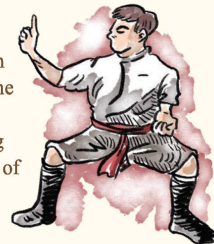


4 洪拳/洪家拳术

Hung Gar Kuen Style

- ◆ 香港洪拳/洪家拳术源于黄飞鸿，其妻莫桂兰及徒弟林世荣约于1930年代移居香港授徒。该拳术有工字伏虎拳、虎鹤双形拳和铁线拳等套路。

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 笏箕湾谭公诞

Tam Kung (Lord Tam) Festival of Shau Kei Wan

- ◆ 东区笏箕湾社团联合会于每年农历四月初八日庆祝谭公诞。贺诞活动包括粤剧表演及巡遊等。

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.

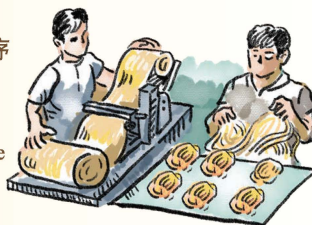


6 打面技艺

Noodles Making Technique

- ◆ 打面是以面粉、蛋和硷水为原材料，经过按「捞粉」、揉面团和切面等工序而制成面线和云吞皮。

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 笏箕湾张飞诞

General Cheung Fei Festival of Shau Kei Wan

- ◆ 笏箕湾南安坊坊众会于每年农历十二月十九日举办张飞诞，聘请喃呒先生主持诵经，另有巡遊、贺诞和竞投福物等仪式活动。

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.

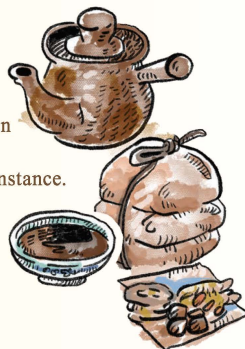


8 凉茶

Herbal Tea

- ◆ 在岭南地区地湿水温的气候环境中，以特定的中草药烹煮而成的凉茶成为大众祛湿降火、解燥消暑等的饮食文化之一，现时仍是日常生活中常见的饮品。凉茶于2006年列入国家级非遗代表性项目名录。

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 扎作技艺

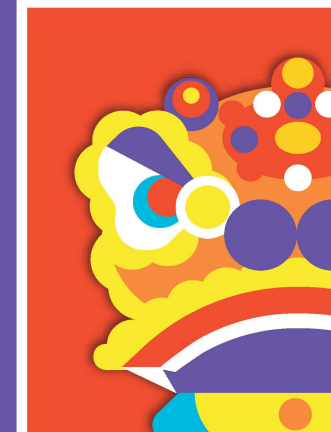
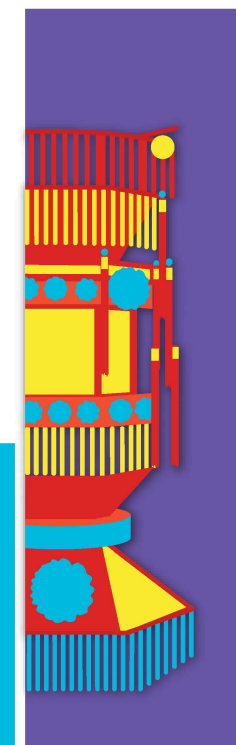
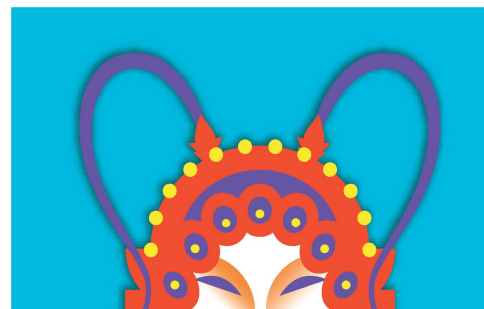
Paper Crafting Technique

- ◆ 纸扎制成品是由竹、竹篾、纱纸及绢布等物料经上色和组装而成。制成品包括花炮、花牌、狮头、麒麟、龙、大士王、花灯及纸扎祭品等。

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.



2025 HONG KONG MONTH 香港非遗月



ICH 香港处处有非遗 Around Town

非遗精华遊踪 - 东区 ICH Highlight Tours - Eastern District

主办 Organised by



东区位于港岛东北部，由西面屈臣道起，向东伸延至柴湾及小西湾。

当中笏箕湾早期便已有人聚居。相传，笏箕湾因海湾的形状像圆的大笏箕而得名。是次遊踪将集中介绍笏箕湾的非物质文化遗产（非遗）。

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) 地图上所列地点的开放时间或延期各有不同，部分地点并不开放予遊人参观，敬请留意。
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) 请尊重其他场地使用者，尽量避免对业主及用户造成影响。
Please be considerate and avoid affecting the owners and occupants.

东区

Eastern District