

1 古琴藝術 (斲琴技藝)

The Arts of the *Guqin* (the Craft of *Qin* Making)

- ◆ 古琴製作雅稱「斲琴」，即把木削劈成琴器，當中需經「尋、斲、挖、鑲、合、灰、磨、漆、絃」九個步驟。古琴藝術（斲琴技藝）於2014年列入第四批國家級非遺代表性項目名錄。



The arts of the *guqin* include the techniques for making the *qin* (a seven-stringed plucked instrument). *Qin* making is a craft that starts with chopping and trimming a piece of wood, and involves nine steps, namely seeking, shaping, hollowing, inlaying, assembling, priming, polishing, lacquering and stringing, until it reaches the final stage of becoming an

instrument. The arts of the *guqin* (the craft of *qin* making) was inscribed onto the fourth national list of ICH in 2014.

2 木偶戲

Puppetry

- ◆ 木偶可分為杖頭木偶、提線木偶、掌中木偶、皮影木偶和手托木偶等類別。杖頭木偶和手托木偶，與香港民間信仰活動有密切關係。

Puppets are categorised into rod puppets, string puppets, glove puppets, shadow puppets and hand puppets. The rod and hand puppetries bear a close relationship with the folk religious activities in Hong Kong.



3 棉胎製作技藝

Quilt Making Technique

- ◆ 棉胎是傳統的禦寒被褥，以棉花和棉紗為原料。其製法是以手工工具打散棉花的纖維，令其相互交結形成棉條，再以棉紗固定而成。

A quilt, used for warmth in cold weather, is made from cotton and cotton yarn. It involves the use of manual tools to loosen and fluff up the cotton fibres, which can be further processed to produce cotton sliver. The yarn is then used to hold the sliver in place.



4 紮作技藝

Paper Crafting Technique

- ◆ 紙紮製成品是由竹、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-crafted products are made from bamboo, bamboo strips, tissue paper and silk cloth through colouring and assembling processes. Products include paper floral tributes, flower boards, lion heads, unicorns, dragons, ghost masters, lanterns and paper offerings, etc.



5 婚嫁禮餅製作技藝

Betrothal Cakes Making Technique

- ◆ 婚嫁禮餅是由餅皮和餡料製成，為傳統婚嫁的必需品，作為儀式的交換物品及女家派送親友的禮物，製作工序包括製蓮蓉、製餅皮、包餡料和烘焙等。

Betrothal cakes, which are a traditional wedding necessity, a ceremonial exchange item and a gift offered by the bride's family, are made from pastry and fillings. The making process involves the preparation of lotus seed paste and pastry, the addition of fillings and the baking process.



6 豆品製作技藝

Soybean Product Making Technique

- ◆ 黃豆經處理後，可以製成不同的豆品食物，包括布包豆腐、豆干、豆卜、豆漿、炸豆腐、豆腐花、豆腐乳（或稱腐乳）、臭豆腐等。

Soybeans can be further processed to produce different soybean products which consist of wrapped bean curd, pressed bean curd, bean curd puff, soy milk, fried bean curd, tofu pudding, fermented tofu, stinky tofu, etc.



7 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. It lays great emphasis on the skill and experience of Chinese medicine practitioners (bone setters) who carry out massage therapy. The treatment also comprises herbal wine massage, application of liniment, herbal tea drinking and cupping.



8 涼茶

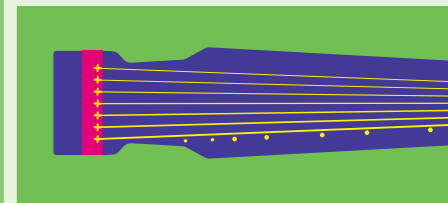
Herbal Tea

- ◆ 在嶺南地區地濕水溫的氣候環境中，人們常以特定的中草藥烹煮涼茶，以祛濕降火、解燥消暑。如今，涼茶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". People often brew herbal tea using Chinese medicinal herbs according to traditional Chinese medicine theories to prevent the heat and damp symptom complex and to cool the body. Today, herbal tea is still very much a part of everyday life. Herbal tea was inscribed onto the national list of ICH in 2006.



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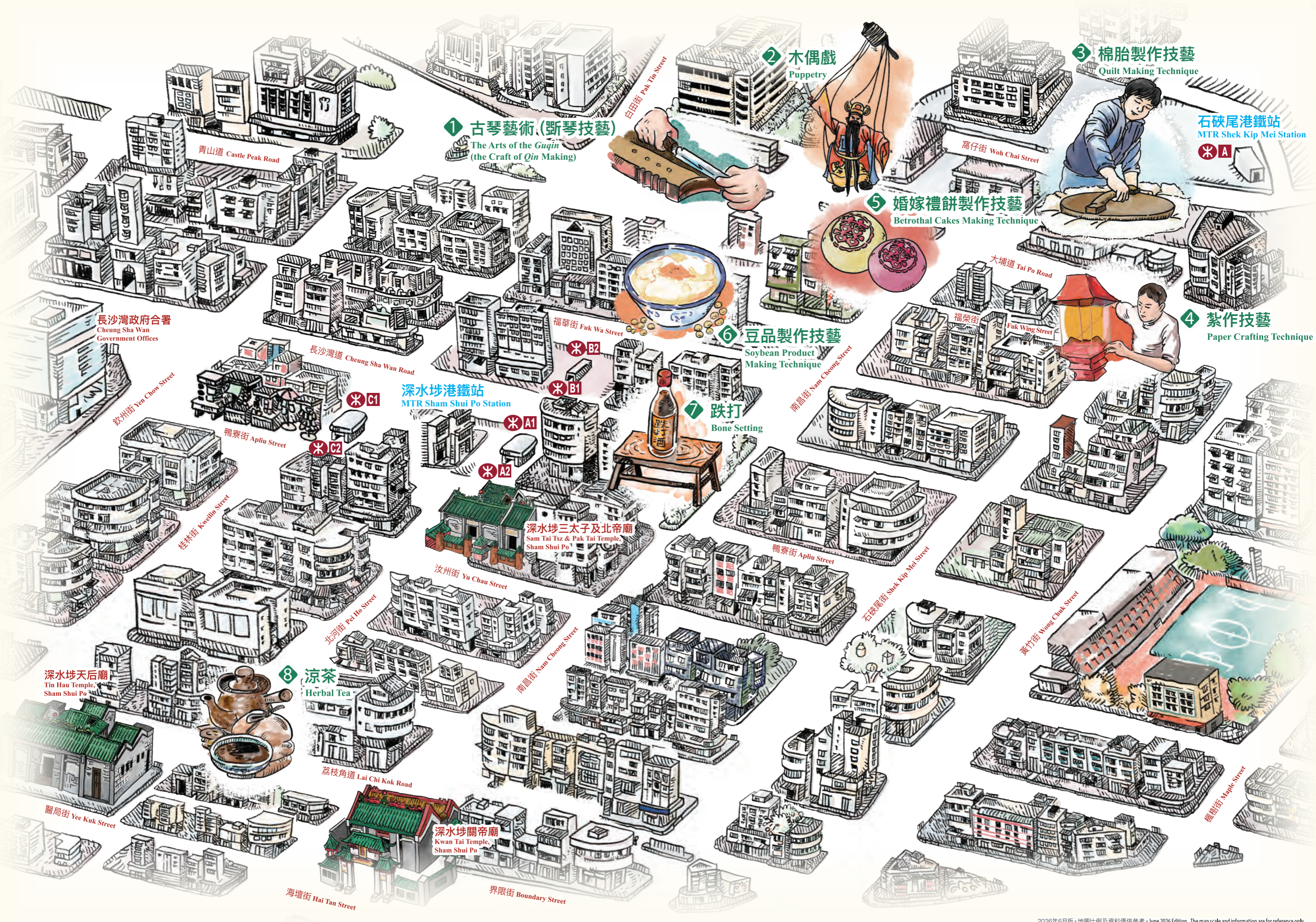
深水埗區 Sham Shui Po District

深水埗區位於九龍半島的西北面，是香港最早期的工商業中心之一。該區現已逐漸轉型為商業及物流中心，區內亦有不少舊式建築物經活化後作文化用途，是一個新舊交融的多元社區。是次遊蹤將集中在石硤尾及深水埗一帶，了解與傳統手工藝相關的非物質文化遺產（非遺）項目。

Sham Shui Po District is situated in the northwestern part of the Kowloon Peninsula and is one of Hong Kong's earliest industrial and commercial centres. Today, it has gradually transformed into a commercial and logistics hub, with many old buildings revitalised for cultural purposes, making it a diverse community where the old and new coexist. The tour will focus on the Shek Kip Mei and Sham Shui Po areas, exploring intangible cultural heritage (ICH) items related to traditional craftsmanship.

遊覽須知 Notes for Visitors

- (1) 本地圖所列地點的開放時間或活動時段各有不同，部分地點並不對外開放，敬請留意。
The opening hours or event 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) 請尊重場地其他使用者，盡量避免對業主及用戶造成影響。
Please be considerate of other users in the venues and avoid causing inconvenience to the owners and occupants.



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Puppetry

3 棉胎製作技藝
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石硤尾港鐵站
MTR Shek Kip Mei Station

5 婚嫁禮餅製作技藝
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4 紮作技藝
Paper Crafting Technique

6 豆品製作技藝
Soybean Product
Making Technique

7 跌打
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Herbal Tea

長沙灣政府合署
Cheung Sha Wan
Government Offices

深水埗港鐵站
MTR Sham Shui Po Station

深水埗三太子及北帝廟
Sam Tai Tsz & Pak Tai Temple,
Sham Shui Po

深水埗天后廟
Tin Hau Temple,
Sham Shui Po

深水埗關帝廟
Kwan Tai Temple,
Sham Shui Po

青山道 Castle Peak Road

長沙灣道 Cheung Sha Wan Road

福華街 Fuk Wa Street

窩仔街 Woh Chai Street

大埔道 Tai Po Road

福榮街 Fuk Wing Street

欽州街 Yen Chow Street

鴨寮街 Apliu Street

桂林街 Kwelin Street

北河街 Pei Ho Street

汝州街 Yu Chau Street

南昌街 Nam Cheung Street

鴨寮街 Apliu Street

石硤尾街 Shek Kip Mei Street

黃竹街 Wong Chuk Street

楓樹街 Maple Street

鷓鴣街 Yee Kuk Street

荔枝角道 Lai Chi Kok Road

海壇街 Hai Tan Street

界限街 Boundary Street