



香港中文大學
The Chinese University of Hong Kong

多元文化行動計劃 香港的南亞裔社群

展覽資料冊 (二)

Multiculturalism in Action Project
South Asian Communities in Hong Kong

Exhibition Handbook (2)



「香港的南亞裔社群」展覽資料冊

本資料冊由香港中文大學「多元文化行動計劃」出版，內容涵蓋社區外展項目「跨文化繽紛日——香港的南亞裔社群」展覽。第一冊內容為計劃簡介，在港的印度裔、尼泊爾裔和巴基斯坦裔社區，以及卡巴迪運動。第二冊內容為在港的孟加拉裔及斯里蘭卡裔社區，南亞裔運動和遊戲，有趣小知識，以及互動遊戲。

「多元文化行動計劃」自2013年開始，通過文化工作坊、多媒體演講、展覽及體驗活動，讓大眾更認識南亞文化是本地文化遺產的一部分，並推動不同族裔在社區的互相了解、互相欣賞。

“South Asian Communities in Hong Kong” Exhibition Handbook

This Exhibition Handbook is a publication of the Multiculturalism in Action Project, The Chinese University of Hong Kong, covering the Exhibition on South Asian Communities in Hong Kong of the “FUN with Interculturalism” community outreach program. The first book includes an introduction to the Multiculturalism in Action Project, the Indian, Nepali, and Pakistani communities in Hong Kong, and kabaddi (a South Asian sport). The second book includes the Bangladeshi and Sri Lankan communities in Hong Kong, South Asian sports and games, fun facts about South Asia, and interactive games.

Beginning in 2013, the Multiculturalism in Action Project has presented culture workshops, multimedia presentations, exhibition, and hands-on programs, with an aim to enhance awareness of South Asian cultures as part of Hong Kong's local heritage, and to promote mutual understanding and appreciation among different ethnic groups.

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多元文化行動計劃

香港的南亞裔社群

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香港的孟加拉裔社區（一）

香港的孟加拉裔社區大多數是由在十九世紀隨英國人來港的印度人組成。隨著孟加拉於 1971 年獨立，香港開始出現孟加拉裔社區。今天，大概有 2,000 名孟加拉裔人士居於香港。

孟加拉是全球第二大的成衣出口國。居港的孟加拉裔商人大多從事貿易，孟加拉的製衣廠在中國採購原材料。另外，也有經營中小企，如裁縫店及餐廳等。

香港孟加拉裔社區的第二代多數在香港成長，部分會繼承家族的貿易生意，也有部分投入新的行業如藝術及資訊科技。年青一代大多數已經融入香港社會，跨文化婚姻亦十分普遍。



Shormi Ahmed 在 12 歲的時候就跟家人來港。她在本地大學畢業，現在藝術行業發展。

Shormi Ahmed moved to Hong Kong with her family when she was 12 years old. She graduated from a local university and is now working in the art industry.

(Photo credit: Shormi Ahmed)

Bangladeshis in Hong Kong (I)

The Bangladeshi community in Hong Kong consists mainly of the Indians who followed the British to Hong Kong in the 19th century. With the independence of Bangladesh in 1971, Hong Kong began to have its Bangladeshi community. Today there are about 2,000 Bangladeshis living in Hong Kong.

Bangladesh is the second largest garment exporting country in the world. Most Bangladeshi business people in Hong Kong are engaged in trading, particularly sourcing raw materials from China for garment factories in Bangladesh. Some operate small businesses in Hong Kong, like tailor shops and restaurants.

The second generation Bangladeshis mostly grow up in Hong Kong. Some of them follow their parents' footsteps in the trading business. Some have ventured into new fields like art and I.T. Many of them have integrated into Hong Kong society, and cross-cultural marriage is quite common.

Naveed Elahi, a second generation Bangladeshi in Hong Kong, studied in a local university and is now working as an intern in an I.T. company.

Naveed Elahi 是第二代的孟加拉裔香港人，他在本地大學讀書，現在是一所資訊科技公司的實習生。

(Photo credit: Naveed Elahi)



香港的孟加拉裔社區（二）

多數孟加拉裔人士已經適應了香港的生活方式。孟加拉料理的主要食材是米飯及咖哩(配以蔬菜、魚或肉類)，不過在港的孟加拉菜會融合中式特色，例如用醋和醬油做調味。雲鰻是孟加拉的國魚，但由於在港雲鰻不好找，他們會用三黎魚取代。

為了保存文化傳統，香港孟加拉協會成立了週末學校，讓小孩學習孟加拉語和阿拉伯語，以及傳統音樂舞蹈。他們的文藝表演是節日慶祝活動(如國際母語日、獨立日及孟加拉新年)的重要元素。

孟加拉裔人士與香港的其他南亞裔一樣，在日常生活上面對很多挑戰。中文語言障礙令他們難以找到理想的工作。另外，鑑於香港的醫療系統缺乏族群及性別敏感度，孟加拉裔女性在找女醫生診症方面遇到不少困難。



孟加拉新年通常在四月慶祝。女性愛穿上紅或白色的紗麗；男性則穿上紅色上衣及白色褲子。

Bengali New Year usually happens in mid-April. Women wear red and white saree, while men wear red kurta (tunic) and white pajamas (pants).

(Photo source: Syed Ekram Elahi)

Bangladeshis in Hong Kong (II)

Many Bangladeshis have adopted a Hong Kong lifestyle. While rice and curry of vegetables, fish, and meat are the main items in Bangladeshi cuisine, Bangladeshi and Chinese food is often fused in Hong Kong, such as by adding vinegar and soy sauce in flavoring. Ilish is the national fish for Bangladeshis, but since it is not available in Hong Kong, the *tenulosa reevesii* is used instead.

To preserve cultural traditions, the Bangladeshi Association of Hong Kong has set up a weekend school where children learn Bengali and Arabic languages, and traditional music and dance. Important festivals such as International Mother Language Day, Independence Day, and Bengali New Year are often celebrated with their performance.

Similar to other South Asian groups in Hong Kong, Bangladeshis face numerous challenges in everyday life. The Chinese language barrier makes it difficult for them to find a job in their desired field. And, as public healthcare services lack ethnic and gender sensibility, it is difficult for Bangladeshi women to seek consultation from female doctors.



Traditional dance and music play an important role in Bangladeshi festivals

在孟加拉的節日裡，傳統舞蹈及音樂是不可或缺的一部分

(Photo credit: Syed Ekram Elahi)

香港的孟加拉裔社區（三）

大部分居港的孟加拉裔人士是穆斯林(伊斯蘭教徒), 亦有部分為印度教徒和佛教徒。由於共同的信仰, 孟加拉裔社區常與其他族群一起慶祝宗教節日。

易卜拉欣清真寺於 2014 年在油麻地興建, 由一群熱心的孟加拉裔商人發起, 他們同時是其他清真寺的活躍成員。孟加拉裔穆斯林在伊斯蘭節日(如開齋節和宰牲節), 在各清真寺與其他族裔的穆斯林一起慶祝。

杜爾伽女神節是印度教的重要節日。在香港, 儘管大部分的參與者是印度的孟加拉邦人士, 孟加拉裔的印度教徒也熱衷出席這些活動。

在香港也有孟加拉裔佛教僧人在這裡學習及居住, 他們之前曾在斯里蘭卡學習。由於能說僧伽羅語, 他們會應邀為斯里蘭卡社區主持宗教活動。



Nomoshkar

নমস্কার

孟加拉語的問候語
Greeting in Bengali

易卜拉欣清真寺
Ibrahim Mosque

(Photo credit: Maria Tam 2016)

Bangladeshis in Hong Kong (III)

The majority of Bangladeshis in Hong Kong are Muslims, with a few Hindus and Buddhists. As they share similar beliefs with other ethnic groups, Bangladeshis often celebrate religious festivals with different ethnic groups in Hong Kong.

The Ibrahim Mosque is a new mosque in Yaumatei, established in 2014. The project was initiated by a group of Bangladeshi business people who are also active members in other mosques. In Islamic festivals such as Eid al-Fitr (Festival of Breaking the Fast) and Eid al-Adha (Festival of the Sacrifice), Bangladeshi Muslims gather at mosques and celebrate with Muslims of other ethnic origins.

Durga Puja is an important Hindu festival. In Hong Kong, while most participants are Bengalis from India, Bangladeshi Hindus also attend the same events enthusiastically.

A number of Bangladeshi Buddhist monks study and live in Hong Kong. Some of them received their education in Sri Lanka. As they can speak Sinhalese language, they are invited to hold religious ceremonies for the Sri Lankan community as well.

*Bangladeshi Muslims celebrating
Eid al-Fitr (Festival of Breaking the Fast)
at Kowloon Mosque*

孟加拉裔穆斯林在九龍清真寺慶祝開齋節

(Photo credit: Syed Ekram Elahi)



香港的斯里蘭卡裔社區（一）

在香港的南亞裔社區中，斯里蘭卡裔的人口較少，只有約 2,500 人。其中僧伽羅人佔大多數，而泰米爾人則是第二大族群。他們主要聚居於西營盤、元朗及東涌。

斯裔人士的職業十分多元化，包括醫生、大學教授、銀行家、工程師、人權倡議者、商人、看護及家務助理。斯裔商人多從事服裝或茶葉貿易。港人至愛的奶茶就是以「西冷(錫蘭)」紅茶為最重要的材料。

外籍傭工簽證計劃生效後，斯裔家務助理在香港工作已超過二十年。自 2014 年起，斯裔護士亦開始來港工作，為長者提供家居護理服務。



港式奶茶中的「西冷紅茶」烏巴茶，濃烈香醇，出產於斯里蘭卡中央山脈。

Cultivated in the middle ranges of Sri Lanka, the rich and strong Uva tea is essential in Hong Kong's favourite drink - milk tea.



Photo source: Wikipedia user—Wing1990hk

Sri Lankans in Hong Kong (I)

Compared to other South Asian groups, the Sri Lankan community in Hong Kong is relatively small. Within the population of 2,500, the Sinhalese constitute the largest group and the Tamils are the second largest. They mostly live in Sai Ying Pun, Yuen Long, and Tung Chung.

Sri Lankans in Hong Kong are diverse in their occupations, from doctors, university professors, bankers, engineers, to human rights activists, traders, caregivers, and domestic workers. Many Sri Lankan business people are engaged in trading apparels and tea. Ceylon tea is the essential ingredient in Hong Kong's local drink — milk tea.

Under the domestic worker visa scheme, Sri Lankan domestic workers have been working in Hong Kong for more than two decades. Since 2014, some Sri Lankan nurses have come to Hong Kong to provide health care services for the elderly at home.



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香港大學公共衛生學院 裴偉士教授

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香港的斯里蘭卡裔社區（二）

米飯、魚、椰子和咖喱是斯里蘭卡料理的主要食材。由於有些斯里蘭卡食材在香港無法買到，在港的斯裔人士會用其他地方的食材代替，如印度香米、泰國椰漿和中式蔬菜(如菜心)。為了滿足在港斯裔社區的需要，斯里蘭卡雜貨店應運而生，從當地進口食品及日常用品到港。

斯裔社區經常會在週末相約玩欖球或板球，也有舞蹈、野餐和音樂的聚會。每年四月慶祝僧伽羅和泰米爾新年時，會進行戶外活動如拔河及選美。

位於土瓜灣的斯里蘭卡雜貨店店主
Thilakarathne 先生為
本地學生講解斯里蘭卡飲食文化
In a grocery in To Kwa Wan,
the owner Mr. Thilakarathne
explained Sri Lankan food
culture to Hong Kong students



2014 年在堅尼地城卑路乍灣公園慶祝僧
伽羅和泰米爾新年時的選美活動
Beauty Contest in Sinhala and Tamil
New Year in 2014, Belcher Bay
Park, Kennedy Town

(Photo Credit: Eranga Chandrasena 2014)

Sri Lankans in Hong Kong (II)

Rice, fish, coconut, and curry are the main ingredients in Sri Lankan cuisine. As not all the ingredients needed are available in Hong Kong, ingredients from other cuisines, like Indian Basmati rice, Thai coconut milk, and Chinese vegetables (e.g. choy sum) are sometimes used in their cooking. To meet the demand for Sri Lankan products, a number of grocery shops have been set up in Hong Kong to provide daily goods and food products.

Members of the Sri Lankan community usually meet in the weekend to enjoy rugby and cricket, dance, picnic, and musical shows. Festivals such as Sinhala and Tamil New Year in April are celebrated with outdoor activities, like tug-of-war, and beauty contests.



Tug-of-war in Sinhala and Tamil New Year in 2014, Belcher Bay Park, Kennedy Town

2014 年在堅尼地城卑路乍灣公園慶祝僧伽羅和泰米爾新年時的拔河比賽

(Photo credit: Eranga Chandrasena)2014)

Sri Lankans enjoying a picnic at Kowloon Park

斯裔社群在九龍公園野餐

(Photo credit: Alan Tse 2016)



香港的斯里蘭卡裔社區（三）

在港的斯裔人士以信奉佛教為主，大部分信徒為僧伽羅人。泰米爾人主要信奉印度教。其他宗教包括伊斯蘭教及基督教。

滿月節(六月)是斯里蘭卡一個重要的佛教節日。在港的斯裔社區在寺廟慶祝這個節日。他們掛上色彩繽紛的紙燈籠，並從斯里蘭卡邀請僧人來港主持儀式。當天參加者穿上白色衣服，守佛戒及進行布施。

菩提禮拜是另一個重要的斯里蘭卡佛教儀式。從斯里蘭卡移栽來港的菩提樹前，教徒進行禮拜並奉上油燈和鮮花。

為了讓斯里蘭卡的文化傳統得以承傳，在港的斯裔人士為小孩設立了一所佛學中心。課堂每月進行一次，小孩在上課時穿上紗麗或紗籠，學習佛教知識及僧伽羅語。



滿月節的裝飾

Decoration on Poson Poya Day

(Photo source: Venerable Sumiththa Thero)



菩提禮拜

Bodhi Puja

(Photo source: Venerable Sumiththa Thero)

Sri Lankans in Hong Kong (III)

The major religion of Sri Lankans in Hong Kong is Buddhism. Most of the followers are Sinhalese. Most Tamils believe in Hinduism. There are also believers in Islam and Christianity.

Poson Poya (June full moon), a major Buddhist festival, is celebrated by Sri Lankans in Hong Kong. Religious ceremonies are held in a temple decorated with colorful paper lanterns. Monks from Sri Lanka are invited to hold the ceremonies. Participants are dressed in white. They observe the Buddhist precepts and give alms.

Bodhi Puja (worship of the Bodhi tree) is an important ritual. Buddhists pay respect to the Bodhi trees transplanted from Sri Lanka and offer oil lamps and flowers.

To preserve their cultural traditions, Sri Lankans have set up a Dhamma school for children. Once a month, the children wear sari and sarong to attend school where they learn Buddhist knowledge and Sinhalese language.



Dhamma school in Sai Ying Pun

在西營盤的佛學中心

(Photo source: Venerable Sumiththa Thero)

香港的南亞裔：運動及遊戲（一）

香港競技運動的發展與其殖民歷史息息相關。板球、欖球和足球由英國人在十九世紀引入，並發展至今。很多南亞裔香港人都是運動好手，他們在本地板球及曲棍球的發展上貢獻良多。

今天，香港曲棍球總會及香港板球總會的南亞裔登記球員各佔百分之二十及四十。南亞裔運動員是香港隊的重要支柱。在 2016 年，十名香港板球代表隊獲選為精英運動員，其中有九名是南亞裔。



李芷芯是土生土長的巴基斯坦裔香港人，多次代表香港出戰國際賽事，於 2016 年獲選為傑出女板球員。

Shanzeen Shahzad is a Hong Kong-born Pakistani, and has represented Hong Kong in many international games. She received the Female Cricketer of the Year Award in 2016.

(Photo source: Hong Kong Cricket Association)

South Asians in Hong Kong: Sports and Games (I)

The development of competitive sports in Hong Kong is highly related to its colonial history. The British brought cricket, rugby, and soccer to Hong Kong in the 19th century and they have been played here ever since. Many South Asians in Hong Kong are top players particularly in cricket and hockey, and have made significant contribution to the development of these sports in Hong Kong.

Today, 20% of players registered in the Hong Kong Hockey Association (HKHA) and 40% of the Hong Kong Cricket Association (HKCA) are of South Asian origins. They form the backbone of the Hong Kong squads. Ten of the Hong Kong national cricket team have gained the status of elite athletes in Hong Kong in 2016, and nine of them are of South Asian origins.



The Ali brothers, Hong Kong-born Pakistanis, played on the Hong Kong Hockey Team from 1997 to 2009.

在香港出生的巴基斯坦裔阿里氏兄弟，於 1997 年至 2009 年期間效力於香港曲棍球代表隊。

(Photo credit: Arif Ali)

香港的南亞裔：運動及遊戲（二）

蛇梯棋是一個源於古印度的遊戲，棋盤上反映出印度教哲學對於命運及慾望的見解。蛇梯棋在世界各地已發展出眾多的版本。國際象棋也是由一種印度的策略遊戲發展出來。另外，卡龍是一種類似桌球的撞擊球遊戲，在南亞是一種很受歡迎的休閒活動。

風箏及韃鞦是南亞節日裡不可或缺的玩意。在節日的一星期前，人們會用天然材料如竹子、木及黃麻來搭建韃鞦，有些韃鞦的高度可以建到二十英尺呢！男女老幼都很喜歡盪韃鞦這個遊戲。另外，很多人喜歡在天台放風箏；也有些人會鬥風箏，利用特製的玻璃線把對方的風箏割斷以取勝。



尼泊爾裔青年在元朗一個空地上玩卡龍

Nepali youth playing carrom in an open ground in Yuen Long

(Photo credit: Wai-Man Tang)

在尼泊爾慶祝德賽節：
盪韃鞦是一個受歡迎的活動
Swings are popular in Nepal during the festival of Dashain

(Photo source: Flickr)



South Asians in Hong Kong: Sports and Games (II)

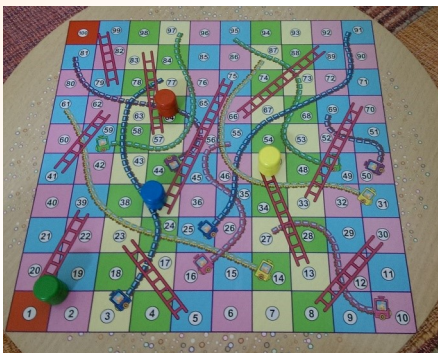
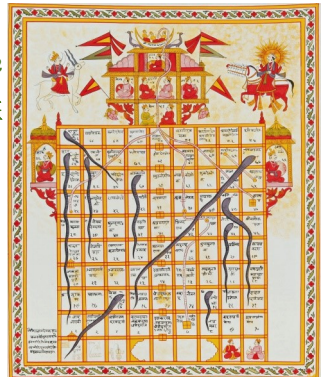
Snakes-and-ladders is an ancient game in India, which illustrates the Hindu philosophy of destiny and desire. There are different versions of this game all over the world. Modern chess is also derived from an ancient Indian strategy game. Carrom is a strike-and-pocket game similar to billiards, and is a popular pastime in South Asia.

Kites and swings are indispensable in South Asian festivals. A week before the festival, people will build swings with natural materials such as bamboo, wood, and jute. People of all ages enjoy the game. It can be really exhilarating as some swings are over 20 feet tall. Many people enjoy flying decorative kites from their rooftops, while some find excitement in kite-fighting in which coated lines are used to cut the lines of rival kites.

The Indian Snakes-and-ladders board game

印度的蛇梯棋棋盤

(Photo source: Wikipedia)



The Chinese Snakes-and-ladders board game

中國的蛇梯棋棋盤

(Photo source: Wai-Man Tang)

香港的南亞裔：運動及遊戲（三）

板球是於十六世紀在英格蘭發明的運動，並在十八世紀引進到印度次大陸。板球現在是在南亞最受歡迎的運動。

板球是一項使用板和球的運動。兩隊各由十一名隊員組成，防守隊負責投球及接球，擊球隊則負責擊球及進行得分跑。經過一局後，兩隊會互換角色。在比賽中有不同的方法進行得分跑及令對手出局，例如：

一) 得分跑：擊球手打中球後立即跑到球道對面取分，或擊球手把球擊到球場的邊界直接取分。

二) 出局：如果所投的球擊中三柱門，或被對方在球反彈之前接到，擊球手會被判出局。



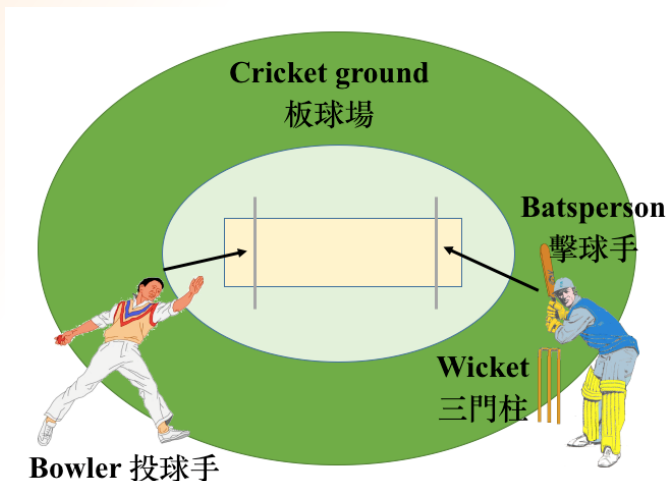
- 1) 投球手 *Bowler*
- 2) 裁判 *Umpire*
- 3) 陪跑手 *Non-striking batsperson*
- 4) 擊球手 *Striking batsperson*
- 5) 守門手 *Wicket keeper*
- 6) 守備手 *Fielder*
- 7) 守備手 *Fielder*

South Asians in Hong Kong: Sports and Games (III)

Cricket was invented in England in the 16th century and introduced to the Indian subcontinent in the 18th century. It is now the most popular sport in South Asia.

Cricket is a bat-and-ball game. It is played by two teams with 11 players in each team. The fielding team bowls and fields, and the batting team bats and scores runs. After one inning, the teams swap roles. There are multiple ways to score runs and dismiss the batspersons. The most common ways are:

- 1) Score runs: The batsperson hits the ball and runs from one end of the pitch to the other to score runs; or the batsperson hits the ball to the marked boundary of the field to score runs directly.
- 2) Dismissal: The ball bowled by the bowler hits the wicket, or the ball hit by the batsperson is caught by the fielding team before it touches the ground.



南亞有趣小知識（一）

為什麼印度教神祇的皮膚是藍色的？

藍色是天空、湖泊及海洋的顏色，它們包含萬有並且是生命的來源。另外，藍色象徵純潔、多元和破除困難。

中西醫在香港是很常見的療法，南亞裔人士有不同的醫藥體系嗎？

阿育吠陀(意為生命科學)是南亞的傳統健康及醫藥體系。它使用天然原料如草藥、瑜伽及呼吸練習去調理人體內致病的失衡狀態。



壇凡陀利是阿育吠陀之神

Dhanvantari, God of Ayurveda

(Photo source: F16 (Hebrew Wikipedia))



在印度的一所阿育吠陀醫院

An Ayurveda hospital in India

(Photo source: Rameshng (ml.wikipedia))

Fun facts about South Asia (I)

Why are Hindu gods portrayed as blue human figures?

Blue is the color of the sky, lakes, and oceans, which are all-encompassing and the source of life. Blue also stands for purity, variety, and the ability to deal with difficulties.



Krishna is a major deity in Hinduism

黑天神(又稱奎師那)是印度教的重要神祇之一

(Photo source: Loveable Image)

In Hong Kong, Chinese and Western medicine are commonly used. Do the South Asians have their own medical system?

Ayurveda, literally means “science of life”, is a traditional system of health and medicine in South Asia. It makes use of natural ingredients such as herbs, yoga, and breathing exercises to amend the imbalance that causes diseases in the body.

南亞有趣小知識（二）

南亞占星學有什麼用途？

南亞占星學認為一個人的出生時間會影響他/她的命運，出生時由占星師撰寫的命書會在選擇配偶時使用。父母相信匹配的星座可以為子女帶來一段美好的婚姻。



在棕櫚葉上以僧伽羅文書寫的天文月曆

Sinhalese palm-leaf astrological calendar

(Photo credit: National Library of Medicine (Flickr))

為什麼人們會畫海靈草手繪？

海靈草手繪是一種傳統手繪藝術。生活在炎熱環境的人們會用海靈草(又稱指甲花)漿來降低體溫。婚禮及節日時會以海靈草漿在皮膚畫上吉祥圖案，例如花朵圖案代表喜樂及幸福，而佩斯利螺旋紋則代表好運及生育。



新娘手上的海靈草手繪

Henna for a bride

(Photo credit: Russ (Flickr))

Fun facts about South Asia (II)

What can a South Asian horoscope be used for?

It is believed that people's time of birth defines their destiny. A full life reading is made by an astrologist at birth, which is often used in finding a potential spouse. Parents believe that a good marriage can be guaranteed when the children's horoscopes match.

Why do people draw henna?

Henna is a traditional form of drawing on the skin using a paste made from henna leaves. In very hot environments, it helps to cool down the body. Drawing henna during weddings and festivals is a sign of blessing. For example, flowers stand for joy and happiness, and paisley represents fertility and good luck.



Flower pattern

花卉圖案

(Photo credit: Tiffany Silva (Flickr))



Paisley pattern

佩斯利螺旋花紋

(Photo credit: Annstheclaf (Flickr))

互動遊戲 Interactive game (I)

為圖片裡的食物配上名字吧！ Match the food with their names!

1. Lamprais 蕉葉飯

A Sri Lankan dish. All ingredients (rice, meat, and Curry) are wrapped in a banana leaf.

這是一道斯里蘭卡菜式。所有材料(米飯、各式肉類、及咖喱)以香蕉葉包著。



Photo credit: Ritesh Man Tamrakar (Flickr)



Photo credit: Garrett Ziegler (Flickr)

2. Momo 餃子

A South Asian dumpling popular in Bhutan, Nepal, and Darjeeling district of India.

一種流行於不丹、尼泊爾、及印度大吉嶺地區的餃子食品。



Photo credit: Nadir Hashmi (Flickr)

3. Biryani 香料飯

A Pakistani and North Indian dish made with spices and rice.

把香料加入米飯的巴基斯坦及北印度菜式。

互動遊戲 Interactive game (II)

為圖片裡的食物配上名字吧！ Match the food with their names!

1. Masala Chai 香料奶茶

A popular milk tea in South Asia. Masala literally means “mixed-spice”.

一種在南亞很常見的奶茶，瑪薩拉(masala) 意為「混合香料」。



Photo credit: Ritesh Man Tamrakar (Flickr)



Photo credit: Babe_kl (Flickr)

2. Kiribath 椰奶飯

A Sri Lankan dish made from rice and coconut milk, and served with chili sambol.

把椰奶加入米飯裏煮成的的斯里蘭卡菜式，並伴以辣椒醬食用。



Photo credit: Dhammika Heenpella(Flickr)

3. Jalebi 炸糖圈

A South Asian sweet made by deep-frying batter in spiral shape and soaked in syrup.

一種南亞甜點，把麵粉糊擠成螺旋形油炸，泡浸糖漿後便可食用。

互動遊戲 Interactive game (III)

為圖片裡的服飾配上名字吧！ Match the clothing with their names!

1. Shalwar kameez 沙爾瓦—卡米茲

A common outfit worn by men and women in South Asia. Shalwar refers to the trousers, and kameez refers to the long shirt.

一種男女均可穿著的南亞服飾。沙爾瓦是長褲，卡米茲則是長襯衫。

2. Dastar 達士塔爾

It is a turban worn by Sikh men in India.

印度錫克教男性所戴的頭巾。

3. Saree 紗麗

A traditional female dress in South Asia. It consists of a short shirt and a piece of cloth 8 meters long wrapped around the waist, with one end draped over the shoulder or to cover the hair.

紗麗是南亞的傳統女裝，包括短上衣和一塊約八米長的布圍繞在腰部，布的末端可披在肩上或遮蓋頭髮。



Photo credit: Jason Patel (Flickr)

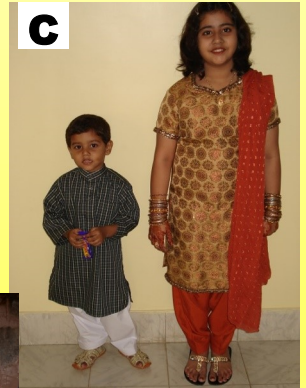


Photo credit: Miansari66



Photo credit: BoNoNoBo (Flickr)

Answers: 1-B, 2-A, 3-C

互動遊戲 Interactive game (IV)

為圖片裡的服飾配上名字吧！ Match the clothing with their names!

1. Hijab 希查布

Hijab is the most common form of head dress for women in the Muslim world. It covers the hair, ears, and neck.

希查布是穆斯林世界裡最普及的一種女性頭巾，它遮蓋頭髮、耳朵及頸部。

2. Niqab 尼卡布

An extra piece of material is added on the hijab to cover the mouth and nose.

在希查布之上加上遮蓋口鼻的布塊。

4. Taqiyah 塔基亞

A short and round skullcap worn by men.

男性戴的小圓帽。

3. Chador 查杜爾

A covering for the hair and the whole body.

遮蓋頭髮以及整個身體的罩袍。



Photo credit: Rana Ossama (Flickr)



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歡迎您隨時與我們聯繫：

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鳴謝 *Acknowledgement*

贊助機構 Funded by

平等機會委員會

Equal Opportunities Commission

支持機構 Supported by

香港中文大學人類學系

Department of Anthropology, CUHK

香港中文大學文學院

Faculty of Arts, CUHK

香港中文大學未來城市研究所

Institute of Future Cities, CUHK

香港中文大學研究及知識轉移服務處

Office of Research and Knowledge Transfer Services, CUHK



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