

Traditional Chinese:

客家是移居到廣東的一群從北方而來的族群。作為客人，他們移居到南方是為了躲避戰爭和貧困、饑餓和起義。從 11 世紀開始，就有很多從北方的遷移，從宋朝到後來中國共產黨的建立。他們的足跡遍及中國的華南、香港、臺灣、馬來西亞、印度和牙買加。客家人生活比較貧窮，他們很謙虛，以農耕為主，比較節約。因為他們是客人，所以比較謙卑，對人友善大方。我從六歲就搬到廣州，但是我的家庭依然是比較傳統的客家家庭。接下來我會分享我的一些客家生活方式，包括食品、經濟、語言。由從前有很多戰亂，加上天氣不穩定，他們很喜歡製作一些醃制食品。例如冬天醃制一些很鹹和很油膩的肉製品。我們常常會吃一些很鹹的肉腸或醃制肉。客家人以養育為主，養一些畜生和家禽。我的爺爺奶奶養了一些雞、鵝、豬、水牛，有自己的一片農地。有多餘的菜和肉，他們會拿到市場上賣。在農曆的每月以三、六、九為結尾的日子，他們會到市場上趁虛。在語言方面，因為客家人是住在山上的，所以他們的語言差異會比較大。一般他們只會講自己種族的客家方言。他們會比較難聽得懂其他鎮或村的客家方言。由於客家人向各個地方，所以語言的變化也很大。例如香港的客家人只會講偏廣東話的客家方言。另外，客家話是臺灣某些城市的官方語言，還是南美的一個國家蘇美蘭共和國的官方語言。雖然客家語言發散到各地，但是它在本土沒有很好的推廣。現在的客家小孩都主要以普通話來溝通，在香港的客家人也是這樣。對我自己的個人成長經歷和背景，現在的情況是很不一樣的。

Simplified Chinese:

客家是移居到广东的一群从北方而来的族群。作为客人，他们移居到南方是为了躲避战争和贫困、饥饿和起义。从 11 世纪开始，就有很多从北方的迁移，从宋朝到后来中国共产党的建立。他们的足迹遍及中国的华南、香港、台湾、马来西亚、印度和牙买加。客家人生活比较贫穷，他们很谦虚，以农耕为主，比较节约。因为他们是客人，所以比较谦卑，对人友善大方。我从六岁就搬到广州，但是我的家庭依然是比较传统的客家家庭。接下来我会分享我的一些客家生活方式，包括食品、经济、语言。由从前有很多战乱，加上天气不稳定，他们很喜欢制作一些腌制食品。例如冬天腌制一些很咸和很油腻的肉制品。我们常常会吃一些很咸的肉肠或腌制肉。客家人以养育为主，养一些畜生和家禽。我的爷爷奶奶养了一些鸡、鹅、猪、水牛，有自己的一片农地。有多余的菜和肉，他们会拿到市场上卖。在农历的每月以三、六、九为结尾的日子，他们会到市场上趁虚。在语言方面，因为客家人是住在山上的，所以他们的语言差异会比较大。一般他们只会讲自己种族的客家方言。他们会比较难听得懂其他镇或村的客家方言。由于客家人向各个地方，所以语言的变化也很大。例如香港的客家人只会讲偏广东话的客家方言。另外，客家话是台湾某些城市的官方语言，还是南美的一个国家苏美兰共和国的官方语言。虽然客家语言发散到各地，但是它在本土没有很好的推广。现在的客家小孩都主要以普通话来沟通，在香港的客家人也是这样。对我自己的个人成长经历和背景，现在的情况是很不一样的。

English:

The Hakka are a group of people from North China who migrated to Guangdong. As guests, they moved to South China to escape war and poverty, hunger and uprising. From the 11th century onwards, there was a lot of migration from the North, from the Song Dynasty to the later founding of the Communist Party of China. They traveled to South China, Hong Kong,

Taiwan, Malaysia, India and Jamaica. The Hakka people are generally known poor, modest, agriculturalist and economical. As being guests to South China, they are humble and kind to others. I moved to Guangzhou when I was six years old, but my family is still a traditional Hakka family. Next, I will share some of the Hakka lifestyle, in terms of food, economy and language. Originated from many wars and stable weather in the past, the Hakka usually make some pickled food. For example, some very salty and greasy meat products in winter. We often eat some very salty sausage or pickled meat. Hakka people generally raise some animals and poultry. My grandparents raise chickens, geese, pigs, buffalo, and have their own farm. If they have extra vegetables and meat, they take them to the market for sell. On the days ending with the number 3, 6 or 9 of each lunar month, they go to the local markets to sell things. In terms of language, Hakka people live in the mountains, so their dialects are quite different from each other. They generally speak only the Hakka dialect of their own race. It will be difficult for them to understand the Hakka dialect of other towns or villages. As Hakka people move to different places, the language changes greatly. For example, the Hakka people in Hong Kong only speak the Hakka dialect which is more Cantonese. In addition, Hakka is the official language of some cities in Taiwan and the Republic of Sumeran, a South American country. Although the Hakka language has spread far and wide, it has not been well promoted locally. Hakka children today speak mainly in Mandarin, as do those in Hong Kong. For my own personal experience and background, things have been very different nowadays.