

I'd like to introduce the Cheung Chau Bun Festival to you. This is a unique tradition in Hong Kong. Actually, there are various versions for the origin of the festival, and the most widely accepted one is about disease. Ages back, over 100 years, a plague devastated villagers in Cheung Chau, and thousands were killed. Villagers turned to their god. They built an altar in front of the Pak Tai Temple, in hope that the god would drive off the evil spirits that had taken away their loved ones. Their hard work paid off, and the plague disappeared. To remember the effort of Pak Tai and protect Cheung Chau from another disease, the festival was set up. After a century, it has gained more popularity and [unclear]. It becomes the most important activity in Cheung Chau. Many tourists came to Cheung Chau to experience the atmosphere. On the 5th of May every year, many processes are held in Cheung Chau to celebrate it; to name some examples, the bun-scrambling competition and the parade.

我想給大家介紹一下長洲包山節。這是香港獨有的傳統。這個節日的由來有多種說法，其中最廣為人知的是一百多年前，一場瘟疫席捲了長洲的村民，數千人喪生。村民們於是求助神靈的庇佑，並在北帝廟前建了一座祭壇，希望神能趕走疾病邪靈。他們的虔誠之心得到了回報，瘟疫消失了。於是，為了紀念北帝的並保護長洲從此免受疾病的侵害，人們開始慶祝包山節。一個世紀後，它成為長洲最重要的慶祝活動。許多遊客專門前往長洲體驗這裡的節日氣氛。每年的5月5日，長洲都會舉辦很多慶祝活動；例如，搶包山和遊行。

我想给大家介绍一下长洲包山节。这是香港独有的传统。这个节日的由来有多种说法，其中最广为人知的是一百多年前，一场瘟疫席卷了长洲的村民，数千人丧生。村民们于是求助神灵的庇佑，并在北帝庙前建了一座祭坛，希望神能赶走疾病邪灵。他们的虔诚之心得到了回报，瘟疫消失了。于是，为了纪念北帝的并保护长洲从此免受疾病的侵害，人们开始庆祝包山节。一个世纪后，它成为长洲最重要的庆祝活动。许多游客专门前往长洲体验这里的节日气氛。每年的5月5日，长洲都会举办很多庆祝活动；例如，抢包山和游行。

For the parade, there are lion dance performances and costume party. Children dress up as different mythological characters, mainly those that appear in Chinese fantasy stories, or dress up in Chinese opera costumes. Other mythological characters, some popular artists, or political figures may appear in the parade, too. In the previous years, some children dressed up as Alison Chow, a local athlete in Hong Kong, and Li Ka-shing, the wealthiest person in Hong Kong. For the model, only children can join the parade as they are light enough to be held up high on the stake throughout the whole performance. Their costumes appear on the front page of the newspaper every year.

遊行有舞獅表演和化裝舞會。孩子們裝扮成不同的神話人物，主要是中國奇幻故事中的人物，或者穿著中國戲曲服裝。現在，流行藝術家或政治人物也可能出現在遊行隊伍中。前些年，還有孩子裝扮成香港本地運動員 Alison Chow 和香港首富李嘉誠。只有孩子才可以參加遊行，因為他們體重較輕，可以在整個表演過程中將其高高舉起，而他們的服裝每年都會成為報紙的頭版。

游行有舞狮表演和化装舞会。孩子们装扮成不同的神话人物，主要是中国奇幻故事中的人物，或者穿着中国戏曲服装。现在，流行艺术家或政治人物也可能出现在游行队伍中。前些年，还有孩子装扮成香港本地

运动员 Alison Chow 和香港首富李嘉诚。只有孩子才可以参加游行，因为他们体重较轻，可以在整个表演过程中将其高高举起，而他们的服装每年都会成为报纸的头版。

Another well-known practice is the bun-scrambling competition. Talking about the competition, the bun must be mentioned. They are made from flour, sugar, and water, usually in red bean or sesame flavor. A logo representing peace in Chinese is stamped on them. They are highly symbolic in the festival. Those buns are sold or put on the bun tower. Souvenirs like bun keychains or those are popular among tourists. The bun tower is served as food offered to God. For the competition, another three huge bun towers with artificial buns attached are used. Those buns represent a particular point; the higher they're located, the more points they carry. The participants who have the highest score win the competition.

另一個眾所周知的活動就是“搶包山”。說起這個比賽，就不得不提到包子。包子由麵粉、糖和水製成，通常以紅豆或芝麻餡兒為主。包子上面印有一個代表和平的中文標誌，在節日中具有很高的象徵意義。包子會用於出售或放在包子塔上。包子類紀念品，例如鑰匙鏈，在遊客中很受歡迎。包子塔是供奉給神的食物。比賽會有三座大型人造包子塔，包子位置越高，分數就越多，得分最高的參與者就是比賽的勝利者。

另一个众所周知的活动就是“抢包山”。说起这个比赛，就不得不提到包子。包子由面粉、糖和水制成，通常以红豆或芝麻馅儿为主。包子上面印有一个代表和平的中文标志，在节日中具有很高的象征意义。包子会用于出售或放在包子塔上。包子类纪念品，例如钥匙链，在游客中很受欢迎。包子塔是供奉给神的食物。比赛会有三座大型人造包子塔，包子位置越高，分数就越多，得分最高的参与者就是比赛的胜利者。

After a century, nowadays, the practice is more than god-worshipping. Today's world highly emphasizes rationality, theory, and science. If a festival is only worshipping about god-worshipping, it can't attract thousands of visitors every year. The tradition has been passed down from generation to generation. Many organizers and performers devoted themselves fully to the festival. The spirit of providing the festival is the reason why it's so well-known in the world; because people from all around the world, even though they may have different backgrounds and speak different languages, can feel the passion and happiness of the festival.

一個世紀後的今天，節日慶祝已不僅僅是拜神了。當今世界高度強調理性、理論和科學。如果一個節日只是祭祀神明，每年也不會吸引成千上萬的遊客。這一傳統代代相傳，得到了許多組織者和表演者的全身心地投入，並由此聞名於全球。來自世界各地的不同背景、不同語言的人都能在這裡感受到節日的激情和快樂。

一个世纪后的今天，节日庆祝已不仅仅是拜神了。当今世界高度强调理性、理论和科学。如果一个节日只是祭祀神明，每年也不会吸引成千上万的游客。这一传统代代相传，得到了许多组织者和表演者的全身心地投入，并由此闻名于全球。来自世界各地的不同背景、不同语言的人都能在这里感受到节日的激情和快乐。