



文化手作

Cultural Arts & Crafts

譚少薇、李穎彤編

Editors: Siumi Maria Tam and
Connie Wing Tung Lee





「多元文化行動計劃」通過培訓及公眾教育，提高香港的跨文化知識及推動正向族群關係。我們為企業、學校及社區提供各種互動工作坊、考察、研究、出版和在線資源。由2013年開始，已培訓二百多名跨文化大使，參與活動人次超過25,000。請瀏覽本計劃網址：

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Multiculturalism in Action Project aims at enhancing intercultural knowledge and positive ethnic relations in Hong Kong. We offer interactive workshops, site visits, research, publications and online resources for enterprises, schools and communities. From its inception in 2013, we have trained 200+ Intercultural Ambassadors and received 25,000+ participants. Visit our website for more resources and details:

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序

每個文化都有傳統手工藝代代相傳。它們象徵着人類的創造力、文化認同，以及世代之間和個人之間的情感關係。手工藝是不同文化背景的人們體驗彼此文化的好方法。研究表明，快樂的一個重要組成部分是跨文化能力，因為我們都生活在一個日益全球化的世界中。我們越能理解不同的文化，我們的溝通就越有效。提高跨文化敏感度，將使個人和社會在認知、社交和情感層面受益。

本書是20位不同族裔的作者共同創作。他們分享一種手工藝及其背後的故事，展示了手工藝承載了文化遺產、身份認同、適應力和創造力。本書只是香港多元文化景觀的一小部分，期望能夠促進家庭、學校和社區層面的可持續跨文化教育。我們也希望讀者能夠更深入地了解和欣賞香港不同文化，從而享受豐富的文化生活和愉悅感。

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Preface

Every culture has its traditional handicrafts passed down for generations. They symbolize human creativity, cultural identity, as well as emotional attachment between generations and among individuals. Handicraft is a great way for people of different cultural backgrounds to gain a firsthand experience in each other's culture. Recent studies show that an essential component of happiness is intercultural competence, because we all live in an increasingly globally connected world. The more we are able to understand different cultures, the more efficacious our communication is. Building intercultural sensibility will benefit individual and society on cognitive, social, and affective levels.

This book is a joint effort of 20 contributors of different ethnic backgrounds. They each share a handicraft and the story behind it, and show how craft is a vessel of heritage and identity, as well as of adaptation and creativity. This collection presents only a small part of the diverse cultural landscape in Hong Kong. We wish that the book will facilitate sustainable intercultural education on family, school, and community levels. We hope that readers will enjoy an enriched cultural life and sense of happiness by having more in-depth understanding and appreciation of different cultures in Hong Kong.

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沃美娜 Omaira Del Carmen

馬可孛羅在中國的旅行誌中描述了皮納塔，並說它是用作慶祝新一年的到來。皮納塔後來以七角星形態出現，代表七宗罪。打破皮納塔，就象徵著克服罪惡，而皮納塔中藏着的獎品的落下，就象徵著接受天堂。今天，拉丁美洲文化繼承了製作皮納塔的傳統，但它已失去了宗教角色，而外表則變成不同動物和抽象的形狀。

我是一位西班牙語老師，同時熱愛手工藝！我是委內瑞拉人。自從與香港人結婚以來，我在這裡生活了20多年。十年前為了慶祝孩子的生日，我做了一個皮納塔，它給賓客帶來驚喜，因為他們之前還未接觸過皮納塔。自此我造了無數的皮納塔為派對增加氣氛！我非常樂意與世界分享我的拉丁文化！

Macro Polo recorded piñatas in his China travel log and said they were used to celebrate the advent of a new year. Piñatas later adopted the appearance of a seven-pointed star, representing the 7 deadly sins. Breaking the pinata symbolizes overcoming sins and the fall of the prizes from above symbolizes receiving Heaven.

Today, some Latin American cultures carry on the tradition of crafting piñatas, but they have mostly lost their religious status, adopting animal and abstract forms.

I am a Spanish teacher and I love crafts! I am Venezuelan and having married a Hongkonger I have lived here for over 20 years. Ten years ago, to celebrate my children's birthday I made a piñata. It was a welcome surprise for the guests as they had not seen them before. Since then I have made countless piñatas to brighten up parties! I am more than happy to share my Latin culture with the world!



皮納塔 Piñata

步驟：

1. 將氣球充氣至所需大小。
2. 用膠水把報紙黏蓋氣球上（照片1）。待它風乾後進行下一步。
3. 用卡紙製成錐體並在每個錐尖上黏貼皺紋紙（照片2）。裝飾錐體。
4. 將裝飾了的錐體黏到風乾的氣球上（照片3）。
5. 塗上額外的膠水後，用皺紋紙填滿剩餘的空隙，並讓它乾透（照片4）。

Steps:

1. Inflate the balloon to desired size.
2. Use glue to cover the balloon with newspaper (Photo 1). Let it dry for later use.
3. Use card paper to create cones and attach colour paper to each tip (Photo 2). Decorate the cones.
4. Attach the decorated cones to the dried balloon (Photo 3).
5. After applying additional glue, fill the remaining gaps with color paper, and let dry (Photo 4).

材料 Materials

- 膠水
- 氣球
- 報紙
- Glue
- Balloon
- Newspaper
- 卡紙
- 皺紋紙
- 剪刀
- Card paper
- Crepe paper
- Scissors



1



2



3



4



I. 代代相傳 Heritage and Me



安納達絲亞·克拉娃和伊琳娜·尤思圖哥娃 Anastasiia Kraeva and Irina Ustyugova

傳統的布娃娃在俄語中被稱為kukla-motanka。它是一個沒有面孔的玩具，製作只需要一些布料。為什麼布娃娃沒有面孔？我們的祖先認為，在這種情況下，邪惡的靈魂不能佔據娃娃。傳統上，女性使用從舊衣服上取下的布料，使娃娃變得特別親切。

玩偶的名字來自動詞motat，意思是包裹，是製作玩偶的方法。將布一層層地添加並簡單地包裹並繫在一起。孩子也會學習製作布娃娃。

玩偶應該以愛、整潔和開放的心來完成。通過這種方式，娃娃便具有自己的性格、角色和價值。有一種有趣的理論認為，在玩偶上包裹多層布料的過程，讓女性會感到平靜、平和與仁愛。

The traditional rag doll is called kukla-motanka in Russian. It's a faceless toy and it only requires pieces of fabrics to make. Why is it faceless? Our ancestors thought that in this case evil spirits could not occupy the doll. Traditionally women used pieces of cloth taken off their old clothes — this will make a doll especially close and dear.

The name of the doll comes from the verb 'motat' which means to wrap, which is the method of making the doll. The layers of fabric are added one by one and simply wrapped and tied together. Children are often taught to make them too.

The doll should be done with love, cleanliness and an open heart. In this way the doll is born with its own character, role and value. There is an interesting theory that by wrapping the doll into many layers of cloth makes a woman feel calm, peaceful and kind.



俄羅斯布娃娃 Russian Rag Doll

步驟：

1. 以布料剪裁出身體、手臂、頭巾和4至5塊裙子。
2. 將最大的布料放在桌子上。把棉球放在中間（照片1）。捲起布料製成身體，並繫上毛冷造出頭和頸（照片2-3）。
3. 以另一塊布料在娃娃身體造型成為兩條手臂（照片4）。用毛冷繫緊固定。
4. 把頭巾用俄羅斯風格蓋住頭部（照片5）。
5. 添加幾層布料製成裙子（照片6）。最後加上最小的布料來製造圍裙。

Steps:

1. Cut pieces of fabrics for the body, arms, a head scarf, and 4-5 pieces for the dress.
2. Lay the largest piece of fabric on the table. Put a cotton ball in the middle (Photo 1). Roll up the fabric to make the body, and tie with a yarn to make the head and neck (Photos 2-3).
3. Take another piece of fabric and add to the body to form 2 arms (Photo 4). Tie it with yarn to secure.
4. Put the handkerchief to cover the head in Russian style (Photo 5).
5. Then add layers for the dress. Finally add the narrowest piece to make the apron (Photo 6).

材料 Materials

- 多片布料
- 一小塊棉球
- 毛冷
- 剪刀
- 麻繩
- Pieces of fabric
- A small ball of cotton
- Yarn
- Scissors
- Hemp cordage

1



2



3



4



5



6



永岡美咲 Nagaoka Misaki

摺紙是日本最受歡迎的手工藝之一。孩子在家和幼兒園都會學習製作簡單的僕人 (yakko-san)，袴 (hakama) 和兵士頭盔 (kabuto)，以及複雜的起重機 (tsuru)。幼兒製作漂亮的作品並不容易，因為它需要靈巧的手和專注力。通過摺紙，孩子們逐漸學會專注和使用手指。摺紙的目的不是比較誰做得更好，因為每件作品都有自己的特點。

僕人摺紙製作簡單，它讓我想起童年。每次我探望祖母時，她都給我摺出傳統物品如僕人。她喜歡用非常小的紙片如糖果包裝紙，這對我來說很困難，但是值得嘗試。

我相信摺紙可以連結日本年長的和年輕一代。它是向世界各地介紹日本傳統文化的好工具。

“Origami” (folding paper) is one of the most popular handicrafts in Japan. Children learn to make simple items such as yakko-san (servant), hakama (trousers) and kabuto (soldier’s helmet), and complicated ones like tsuru (crane), at home and kindergarten. It is not easy for young children to make nice pieces because it needs some dexterity and concentration. By making origami items, children gradually concentrate and learn how to use their fingers well. The aim is not to compete who makes better ones as each work has its own characteristics.

Yakko-san is very simple, but it reminds me of my childhood. When I visited my grandmother’s house, she made me traditional items including yakko-san. She liked to make them with very small pieces of paper such as candy wrappers. It was difficult for me, but it was worth trying.

I believe that folding paper bridges the old and young generations in Japan. It is a good tool to introduce traditional Japanese culture to people around the world.

僕人摺紙 yakko-san Origami

僕人：

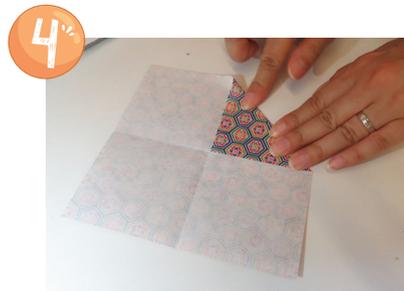
1. 拿一張摺紙對摺2次，使摺紙成小正方形 (照片1-2)。
打開回復摺紙原先大小 (照片3)，紙張上應出現2條摺痕。
2. 將4角折到2條摺痕相疊的中心點 (照片4)。
3. 翻轉紙張，將4角折疊到中心 (照片5)。
4. 重複步驟3。
5. 如圖所示打開其中3面 (照片6)。用彩色筆畫出僕人的五官，或摺出袴作為僕人的褲子。

Steps for yakko-san:

1. Take 1 origami paper and fold 2 times to a small square (Photos 1-2). Then open it to the original size (Photo 3). Two creases should appear on the paper.
2. Fold the 4 side angles to the center where the 2 creases converge (Photo 4).
3. Turn the paper over and fold the side angles to the center (Photo 5).
4. Repeat Step 3.
5. Open 3 sides as shown in the picture (Photo 6). Decorate yakko-san with color pens (to draw eyes and face) or fold hakama as the trousers for yakko-san.

材料
Materials

- 摺紙
- 顏色筆
- Origami paper
- Color pens



袴：

1. 重複製作僕人的步驟1-4。
2. 如圖所示打開2個對面 (照片7)。
3. 如圖所示反轉其餘2面 (照片8-9)。
4. 將袴和僕人合併 (照片10)。

Steps for hakama:

1. Repeat Steps 1-4 of yakko-san.
2. Open 2 opposite sides as shown in the picture (Photo 7).
3. Fold the remaining 2 sides as shown in the picture (Photos 8-9).
4. Combine hakama with yakko-san (Photo 10).



紗蜜姆 Shamim Ara Shahjahan

那克舒坎塔(Nakshikantha)是孟加拉的傳統工藝，在農村婦女中很受歡迎。它是手工刺繡的被子，由多層莎麗製成，是一種視覺敘事。孟加拉農村婦女傳統上比較內向，這種被子就成為表達自己和實踐藝術的畫布。

那克舒坎塔是長達一個月的工作，由母親或祖母造給新婚的女兒、新生的孫子或遠離家鄉的家庭成員。它來自母親或祖母的心、充滿愛和關懷。更令人感動的是布料來自母親/祖母使用的舊莎麗。我來香港的時候，母親用自己的莎麗為我造了一件如此珍貴的禮物。當我使用被子時，就會感覺媽媽正抱著我。

在我的分享中，我講述了一個關於自己兩個重要的地方的故事。我用傳統那克舒坎塔風格的圖案來描繪成長時期的孟加拉（船，廚具，轎子），以及現在我孩子長大的地方——香港（船，燈籠，電車，魚蛋）。與孟加拉的鄉村婦女一樣，我用那克舒坎塔描繪我的生命故事。不同文化中的人們有著密切的聯繫，而傳統與現代也一樣。所以設計中兩艘船相鄰，而魚成為兩種文化的象徵。我們就像那克舒坎塔的多層莎麗般互相連接起來。

Nakshikantha is a traditional handicraft popular among rural women in Bangladesh. It is a hand-embroidered quilt made with layers of used saree. It is a form of visual storytelling. Rural Bengal women are traditionally introvert, and this quilt becomes a canvas to express themselves and practice art.

Nakshikantha is a month-long work of a mother or grandmother for their newly married daughter, newborn grandchildren, or a family member going far away from home. It carries a personal touch, love and care. What makes it even more touching is that the fabric comes from an old saree used by the mother/grandmother. When I came to Hong Kong, my mother gave me one such precious gift, made by herself and from her saree. When I use the quilt, I feel like my mom is hugging me.

In this quilt, I'm telling a story about myself, about the two places I'm connected to. I use motifs in traditional Nakshikantha style to depict Bangladesh where I grew up (boat, kitchenware, palanquin), and Hong Kong where my kid is growing up (boat, lantern, tram, fishball). Like rural ladies in Bangladesh, I use Nakshikantha to portray the story of my life. I see close connection in people's story in different cultures, and in tradition and modernity. That's why two boats stand by each other, and the fish symbolizes both cultures. We are all connected like the layered Nakshikantha.

那克舒坎塔被子 Nakshikantha Quilt

材料 Materials

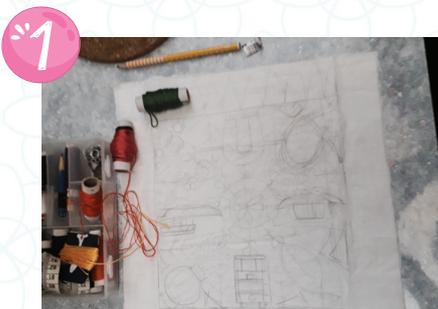
- 莎麗布
- 鉛筆
- 不同顏色的棉線
- Cloth from saree
- Pencil
- Cotton threads of different colors

步驟:

1. 將三層布料剪成所需尺寸。用鉛筆在面層鈎畫圖案形狀（照片1）。
運用你的創意靈感造出不同設計！
2. 在面層刺繡圖案（照片2）。
3. 將繡好花的面層放在另外兩層上，並將它們縫合在一起（照片3）。
4. 將四邊向內折疊並縫合（照片4）。

Steps:

1. Cut three layers of cloth to the size you need. Use pencil to draw the layout of motifs on the top layer (Photo 1). Get creative with different designs!
2. Stitch the pattern on the top layer (Photo 2).
3. Put the embroidered layer on the other layers and stitch them together (Photo 3).
4. Close the layers by folding and stitching all four sides (Photo 4).



施米達·塔路達 Simita Talukdar



瓦利畫是印度西部山區部落的一種藝術，用作裝飾住宅的地板和牆壁。它類似早期人類的洞穴壁畫，展示了日常活動和特殊儀式。流行的圖案有樹木、鳥類、動物和太陽。今天這種藝術形式用於紙、織物、陶器和畫布，並傳播至大城市。這種藝術讓山區民族受到注視並帶來收入。

女兒年幼的時候，我們會一起進行手工藝活動。我們一起造的第一件手工藝品就是她送給班主任的年終禮物——一個筆筒。一起做手工藝不僅有趣，而且可以傳承印度的傳統。

在這裡我和讀者分享用舊罐子製成的筆筒，並用典型的瓦利圖案來裝飾。我希望這個活動能幫助孩子學習和欣賞其他文化。

Warli painting is an art form among hill tribes in West India, and is used to decorate clay floors and walls of dwellings. The paintings resemble cave paintings of early humans, with stick figures shown in everyday activities and special rituals. Trees, birds, animals and the sun are popular motifs. Today, this art form has travelled to big cities, and is made on paper, fabric, pottery and canvases. In this way, it has brought recognition and income for members of these ethnic groups.

When my daughter was young, we would do art and craft activities together. Our first craft was a Warli pencil holder that she had made for her class teacher as a year-end gift. It was fun to work together, and a great way to hand down our Indian traditions.

Here I'm sharing how to make a pencil holder out of used cans and decorate it with typical Warli motifs. I hope this activity will help children to learn and appreciate other cultures.

瓦利圖案筆筒 Warli Art Pencil Holder

步驟：

1. 以彩色紙剪成一條長方形，長度是圍繞錫罐多一點。
在頂部和底部保留額外的邊距以便折疊。從同一張紙上剪出一個圓形以覆蓋罐頭底部。
2. 用黑色水筆在紙上繪製瓦利圖案，因為傳統瓦利畫是黑色跳舞形態人物（照片1）。用不同顏色填滿。
3. 在頂部和底部剪出七至八個1厘米半的小切口，以便紙張折疊收口及貼在罐子上。
4. 在罐子邊緣塗上膠水，將紙張貼上，並把頂部和底部的額外邊緣摺上貼好（照片2-3）。
把圓紙覆蓋其上貼好（照片4）。你可以添加其他材料如色帶、亮片、水晶等來裝飾筆筒。
5. 讓筆筒完全乾透。

材料 Materials

- 用過的錫罐
- 顏色紙
- 水筆（黑色和其他顏色）
- 剪刀
- 鉛筆
- 直尺
- 膠水
- Used tin can
- Colour paper
- Markers
- Scissors
- Pencil
- Ruler
- Glue



Steps:

1. Cut the colour paper in a rectangle, long enough to roll around the tin can. Keep extra margins at the top and bottom ends for folding in. Cut out a circle from the same paper for covering the base of the can.
2. Draw Warli motifs on the paper using black markers, as traditionally the motifs are dancing stick figures in black (Photo 1). Fill in with colour markers.
3. Make small cuts about 1.5cm long at regular intervals (7-8 cuts) at the top and bottom end, for the paper to fold and stick easily to the can.
4. Apply craft glue on the edges of the can to stick the paper around it, making sure to fold in the extra margins at the top and bottom ends (Photos 2-3). Use the round paper to cover the base (Photo 4). Other decorative materials like ribbons, sequins, crystals etc may be added to decorate the pencil holder.
5. Allow to dry completely.



陳楚 Chen Chu

剪紙是用剪刀或刻刀在紙上剪刻出各種花紋的中國民間藝術。它淵源流長，傳承著傳統文化，表達著人們嚮往美好的生活。

我的剪紙藝術，是讀師範時學的。看着老師像變魔術一樣剪出神奇的作品，我難以置信。從此我不斷練習，剪出了植物、動物、立體文字等無數作品。

剪紙也大大幫助了我的教學工作。有一堂課的主題是交通工具。我順手拿起桌上的藍紙和剪刀，左一疊右一疊，剪刀三下兩下，出現了直升機，手指一撥弄，一架變四架，全場發出驚嘆聲！以後，學生都愛聽我的課，還期盼著我的剪紙獎品。

Paper-cutting is a traditional folk art in China which involves cutting various patterns on paper with scissors or carving knives. It has a long history, and expresses the people's wish for a better life.

I learnt paper cutting when I was studying in teacher's university. I couldn't believe it when I saw my teacher's magical paper cutting. Since then, I couldn't stop paper cutting. I have cut out countless works such as plants, animals, and three-dimensional texts.

Paper cutting has also greatly helped my teaching work. There was a class about transportation. I picked up the blue paper and scissors on the table, folded the paper and started cutting with scissors, and a helicopter appeared. Then spreading the paper out, one helicopter became four, and all the students were surprised! Thereafter, students loved my class and always looked forward to my paper-cutting prizes.

春節剪紙 Paper-cutting for Spring

步驟：

1. 花朵剪紙

1. 拿一張紙，對摺起來，再對摺一次成方形。然後斜角對摺一次成三角形（照片1-3）。
2. 在三角形的邊上畫出圖形（照片4）。
3. 沿畫線剪圖形（照片5）。
4. 展開摺紙就成為美麗的花朵。

Steps:

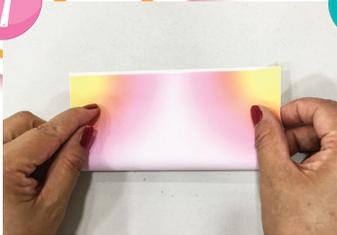
1. Flower Paper-cutting

1. Take a piece of paper, fold 2 times into a small square. Then fold again to form a triangle (Photos 1-3).
2. Draw the figure on the edge of the triangle (Photo 4).
3. Cut along the drawing line (Photo 5).
4. Open the paper to become a beautiful flower.

材料 Materials

- 正方形紙
- 剪刀
- 鉛筆
- Square paper
- Scissors
- Pencil

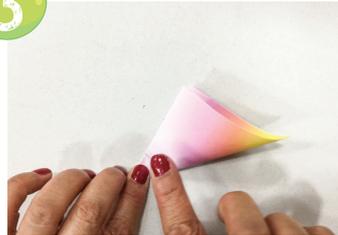
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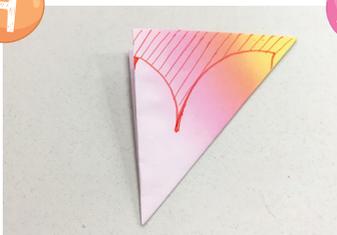
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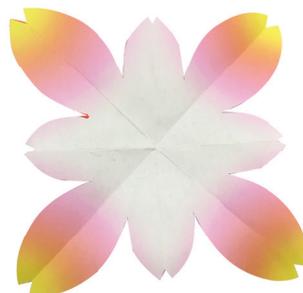
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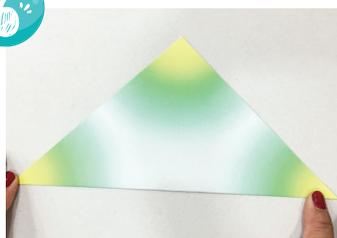
II. 春節剪紙

1. 如上把紙摺成三角形。
2. 從紙中心打開形成星形 (照片6-7)。
3. 再疊起來，在紙中心處開始畫上春字圖案 (照片8-10)。
4. 沿線剪出圖形 (照片11)。
5. 展開成立體春字。

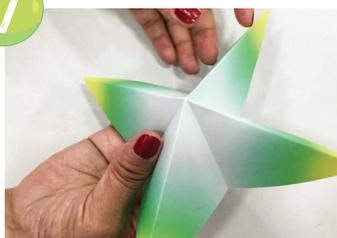
II. Spring Festival Paper-cutting

1. Fold the paper into a triangle as above.
2. Open the paper from the center of the paper to form a star shape (Photos 6-7).
3. Fold it again and start drawing the word "spring" at the center of the paper (Photos 8-10).
4. Cut along the line (Photo 11).
5. Open the paper into a 3D "spring" character.

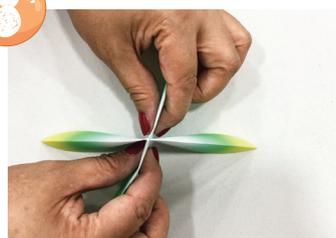
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7



8



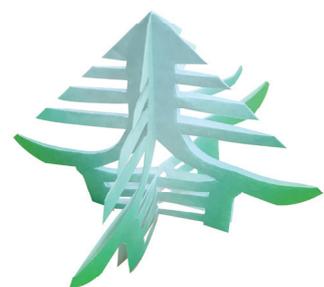
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10



11



備註 Remark

你可以用幼繩串起幾個剪紙掛起來，增添節日氣氛！
You may use a piece of string to make a chime of different paper-cuts for more festival fun!



朱位能 Ian Chu

給特別的人獻上花環，是夏威夷的文化。頭部和肩部被視為身體的神聖部分，因此花環會掛在頭和肩上。花環通常用鮮花製成，但由於鮮花容易枯萎，絲帶花環也很常見。

給某人帶上花環是向其表達欽佩、尊重和榮譽，一般在生命中的特殊時候如生日、畢業典禮、紀念日和婚禮送出。傳統上，送上花環後送上一個吻代表愛情、好運或「阿羅哈」精神。

我對花環的美好回憶，是我剛到夏威夷時在教堂的禮儀中，我以夏威夷形式收到一個花環，讓我感受到了上帝的愛。

The lei is presented around the head and on the shoulders of a special someone, according to the Hawaiian value that the head and shoulders are sacred parts of the body. leis are usually made with fresh flowers, but as these wilt quickly, ribbon leis are also common.

Presenting someone with a lei is showing them admiration, respect and honor. The lei is given for special moments in life, such as birthdays, graduations, anniversaries, and weddings. The placement of the lei is traditionally followed by a kiss which represents love, a wish of luck, or spirit of "Aloha".

My fond memory of receiving a lei was when I attended a church, having newly arrived in Hawaii. During the service, I was presented a lei the Hawaiian style. I felt so warmly welcomed with the love of God.

夏威夷絲帶花環 Hawaiian Ribbon Lei

步驟：

1. 拉出約一個手掌長度的黃色絲帶。折疊成一個圈、用手指握住它，光澤面朝外。綁一個鬆散的結（照片1）。
2. 拉出約一個手掌長度的紅色圈帶。折疊成一個圈、用手指握住它，光澤面朝外。將紅色圈插入步驟1的黃色圈中，然後拉動黃色絲帶近絲帶卷那端以收緊黃圈，讓它套住紅色圈（照片2）。
3. 從黃色絲帶卷中拉出一些絲帶並折疊成一個圈，光澤面向外。將這黃色圈插入步驟2的紅色圈中。拉動紅色圈帶的近絲帶卷那端以收緊，讓它套住黃色圈（照片3）。
4. 重複步驟3，將一條色帶的圈插入由另一條色帶的圈內，直到花環長度有從頸後到腹部的長度的兩倍。請注意在每個步驟中，前一個圈應該拉到足以固定新形成的圈，但不要太緊（照片4）。
5. 把絲帶從卷上剪離，並用死結將兩端綁在一起。

材料 Materials

- 2卷不同顏色絲帶
(對比鮮明的顏色最好)
- Ribbons 2 rolls
(different colours)
(Any pair of bright and contrasting colours will work well)

Steps:

1. Pull out the yellow ribbon about one palm's length. Fold and hold it with your fingers to make a loop with the shiny side of the ribbon facing outward. Tie a loose knot (Photo 1).
2. Pull out the red ribbon about one palm's length. Fold and hold it with your fingers to make a loop with the shiny side of the ribbon facing outward. Insert the red loop into the yellow loop from Step 1. Pull the end of the yellow ribbon still attached to the roll to tighten the loop, catching the loop formed by the red ribbon (Photo 2).
3. Now pull out some yellow ribbon from the roll and fold it to make a loop with the shiny side of the ribbon facing outward. Insert this yellow loop into the red loop from Step 2. Pull the end of the red ribbon still attached to the roll to tighten the loop, catching the loop formed by the yellow ribbon (Photo 3).
4. Repeat Step 3 by inserting the loop of one ribbon inside the loop formed by the other ribbon until the length of the lei is double the length from the back of the neck to the belly. Note that in each step, the previous loop should be tightened just enough to hold the newly formed loop in position, and not too tight (Photo 4).
5. Cut the two ribbons from the rolls and tie the two ends together with a dead knot.



廖文杰 Liu Kanokwan

在泰國，水燈節是很受歡迎的節日。人們將裝飾好的水燈放入河中，象徵過去一年的壞事和負面情緒隨水漂去。在泰國，我會在水燈中間放一根蠟燭和三根香供奉給水之女神以感謝祂並為污染河水而道歉。人們會製作許多不同的插花設計。河裡漂浮著點燃的水燈是夜晚最美麗的風景！

Loy Krathong is a very popular festival in Thailand. People put decorated baskets (krathongs) into the river to symbolize floating away bad things and negative feelings of the past year. In Thailand, I would put a candle and three incense sticks in the middle of krathong as offering to the water goddess, to thank her and to apologize for polluting the water. Many different flower arrangements can be made. It is the most beautiful sight at night to see the lit krathongs in the river!

水燈 Krathong

材料 Materials

- 新鮮蕉葉1大塊
- 萬壽菊2朵（或任何你喜歡的花）
- 釘書機，剪刀
- 短大頭針，及有珠長大頭針
- 發泡膠（圓形）6吋直徑x 2吋高
- 1 big piece fresh banana leaf
- 2 marigolds (or any other flowers you like)
- Stapler, scissors
- Pins; long pins with colored heads
- Styrofoam (round) 6" diameter x 2" high

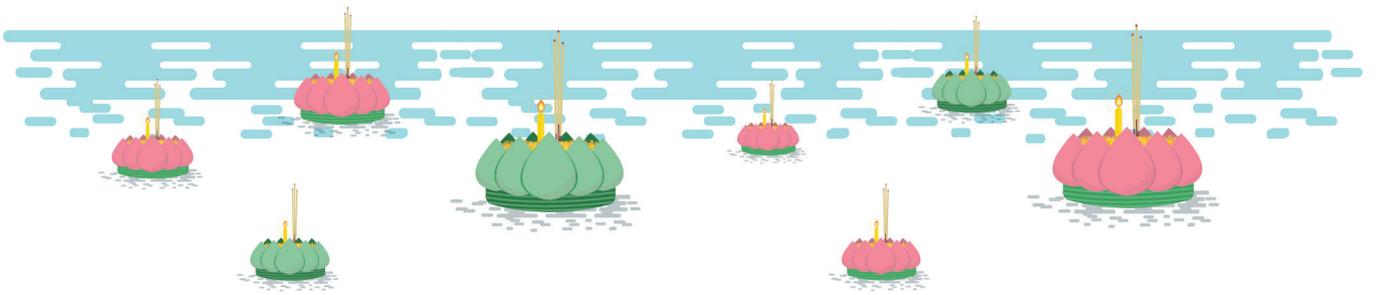
步驟：

1. 從蕉葉的寬面剪出55塊6吋x3吋長方形，並摺成山形，以釘書機固定（見照片1-2）。噴水以保持濕潤。
2. 剪出2吋寬的蕉葉並環繞在發泡膠上，以2個短大頭針固定（照片3）。在發泡膠的一半高度上放置山形蕉葉，山尖朝上。用2個短大頭針固定。將山形蕉葉彼此相鄰排列，直到填滿第一行（照片4）。於發泡膠的1/4高度放置山形蕉葉來製作第二行。用2個短大頭針固定每塊蕉葉，並在中間插進一個有珠長大頭針。第二行完成後，沿着發泡膠底部以山形製作出第三行。
3. 從蕉葉的寬面剪出2片3/4吋寬的蕉葉，一片疊在另一片上，並以大頭針固定在第三行上的開頭。沿底部編織成交差狀。如果長度不夠，再裁剪2片繼續編織（照片5-6）。最後用短大頭針固定。
4. 剪一片圓形的蕉葉（直徑6吋）以覆蓋發泡膠面，在四個方向用短大頭針固定（照片7）。
5. 將一朵萬壽菊的莖切短，然後插在發泡膠面中間。撕開另一朵萬壽菊的花瓣，散放在中間的萬壽菊旁。

備註 Remark

你可以按自己的喜好使用其他花朵來設計裝飾水燈。
You may make other flower arrangements as you like.





Steps:

1. Cut 55 pieces of 6" x 3" rectangles from one breadth of the banana leaf, and fold into mountain shapes, securing with staples (see Photos 1-2). Spray water to keep them moist.
2. Cut a 2" wide piece of banana leaf, long enough to wrap around the styrofoam, securing it with 2 pins (Photo 3). Place a mountain shape about half the height of the styrofoam, pointing upwards. Secure with 2 pins. Line up the mountain shapes next to one another until the first row is filled (Photo 4). Make the second row by placing the mountains 3/4 down the height of the styrofoam. Secure each piece with 2 pins, plus one long pin in the middle. After the second row is completed, make the third row with the mountain shapes' bottom aligned with the bottom of the styrofoam.
3. Cut 2 pieces of banana leaf (3/4" wide) across the breadth of the leaf; put one on top of the other, and secure the head over the bottom of the third row. Weave to make a crisscross braid along the bottom. If not long enough, cut 2 more pieces to continue (Photos 5-6). Secure the end with pins.
4. Cut a round shape (6" diameter) of banana leaf to cover the top of the styrofoam. Secure with 4 pins on 4 points of the circle (Photo 7).
5. Cut the stalk of one marigold short, and push it into the middle of the round shape. Tear up the petals of the other marigold and scatter around the middle flower.



王紫華 Stella Wong

廣東人的「利是」是在紅色小信封內放了金錢，寓意祝福好運。農曆新年時長輩給後輩派利是，已結婚的人給未婚的人士發利是，在工作間也有派利是的習慣。

在香港長大的我，小時候最討厭農曆新年。一來被迫穿上一身土氣紅色，二來要到親戚家串門子，還要不停說「恭喜發財」。長大後才明白，希望發財未必是因為貪財；只因在香港社會，發財能證實自身的存在價值，也能換取自己喜歡的生活方式。

In Guangdong, laisee is a small red envelope with money inside, which represents blessings and luck. During lunar new year, it is a custom for elders to give juniors a laisee, married people will give laisee to unmarried ones, and laisees are exchanged in the workplace.

Growing up in Hong Kong, I used to hate lunar new year because my parents would make me dress in red, visit relatives all day and greet people with “Kung Hei Fat Choi” (wish you make a fortune). Now I realize that a desire to be rich doesn't mean greed; it's just that in Hong Kong society being rich proves one's value and buys one a desired lifestyle.

材料 Materials

- 紅色毛冷
- 鉤針
- 鈕一粒
- Red yarn
- Crochet needle
- One button
- 橙色毛冷
- 針線
- 麻將掛飾
- Orange yarn
- Sewing needle or thread
- Mahjong ornament

環保利是封 Green Laisee

步驟：

1. 以紅色毛冷織利是封身：以辮子針起針，織40針（照片1）。
2. 以短針織第二行。其餘行數，每次織完一行後，反轉後面織第二行，直至長度適合。最後一行的最後一針可將毛冷穿進圈（照片2）。
3. 把(2)對摺，然後用橙色毛冷把其中兩邊縫合（照片3）。
4. 利是封口：以辮子針起針，織22針。以短針織其餘行數，每行不織第一針以形成斜邊。最後一行的中間留鈕扣位，以辮子針織4至5針（視乎鈕扣大小）（照片4）。
5. 以針線把利是封口和利是封身縫合。在利是封身上縫上鈕扣及麻將掛飾。

Steps:

1. Making the body of laisee: Use red yarn to crochet 40 stitches in chain stitch (Photo 1).
2. Crochet the 2nd row using single stitch. After each line is finished, flip over and crochet the next line until the desired length is reached. Pull the last stitch of the last line into the circle (Photo 2).
3. Fold (2) in half and stitch 2 sides together using orange yarn (Photo 3).
4. Making the flap of laisee: Crochet 22 stitches in chain stitch. Crochet the rest of the rows in single stitch, but skip the first stitch of each row in order to form a triangle. In the last line, in the middle of the row crochet 4 to 5 stitches in chain stitch to make a buttonhole (Photo 4).
5. Use needle and thread to stitch the flap and the body of laisee together. Sew button and mahjong ornament on the body.



備註 Remark

初學者可以瀏覽參考<https://www.google.com/amp/s/kknews.cc/zh-hk/news/p5x8qke.amp> 基本鉤針編織教學。

For basic crochet teaching, beginners may visit

<https://www.google.com/amp/s/kknews.cc/zh-hk/news/p5x8qke.amp>



顏甄儀 Amy Yen

花邊結源自13世紀的阿拉伯，主要利用各種打結的技巧將繩子編列成各種藝術品或實用的物件。

第一次見到這樣的手工藝我就被深深的吸引。它只需極少且簡易的材料，與一兩種簡單的技巧，就能創造出各種美麗又實用的作品。這次設計的作品是任何人都能完成的小型掛飾；下擺的裝飾選用代表台灣海洋和山川的藍綠色系。當然你也可選擇任何你喜歡的顏色！

Macrame originated from Arabia in the 13th century. It makes use of knotting to arrange strings into a variety of artwork or practical objects.

I have been deeply attracted to the craft since first seeing it. Everyone can create beautiful works with simple materials and skills. This craft that I design is a small decorative piece with blue and green colors representing the ocean and mountains of Taiwan. Of course you may choose other colors you like!

花邊結掛飾 Macrame Wall Hanging

步驟：

1. 將6條110厘米長的棉繩對折一半後固定在樹枝或木棍上 (照片1)。
2. 把木珠穿過棉繩後打一個結，盡量保持固定和對稱的高度 (照片2)。
3. 將36條15厘米長棉繩分成三組，然後緊緊綁在最中間與左右兩側的棉繩上，並且在每組棉繩最下方打一個結固定 (照片3)。
4. 用梳子把棉繩全部梳開 (照片4)。
5. 用剪刀剪出漂亮的羽毛或樹葉形狀 (照片5)，把其他沒有用到且過長的棉繩剪短，並在樹枝的兩端綁上一條60厘米長棉繩就完成了！

材料 Materials

- 6條110厘米長x 3毫米闊棉繩
- 36條15厘米長棉繩 (顏色不拘)
- 樹枝或木棍
- 木珠
- 6 pieces 110cm cotton cord
- 36 pieces 15cm cotton cord (any color)
- 1 branch or stick
- Wooden beads
- 梳子
- 剪刀
- 60厘米長棉繩
- 1 comb
- Scissors
- 1 piece 60cm cotton cord

Steps:

1. Fold six 110 cm cotton cord in half and fix them on a branch or stick (Photo 1).
2. String wooden beads through the cotton cord and make a knot after each bead. Try to maintain a fixed and symmetrical height (Photo 2).
3. Divide 36 pieces 15cm cotton cord into three groups, then knot them in the middle and left and right sides of the 6 pieces of cotton cord, and tie a knot at the bottom of each group of yarn (Photo 3).
4. Comb the cotton cord (Photo 4).
5. Cut out feather or leaf patterns with scissors (Photo 5). Cut the cotton cord pieces to desired length. Finally tie the 60 cm cotton cord to the end of the branch.

1



2



3



4



5



克莉絲汀·卡伊特 Cristina Cayat

菲律賓是許多原住民的家園。我所屬的部落是本格特省的卡卡那爾。和呂宋島上其他部落一樣，我們擁有自己的文化和傳統。

我們今天仍堅持的傳統之一是頭飾，它被認為是科迪勒拉行政區的象徵。在水稻種植和收穫期間，村長戴著精心製作的頭飾，頭頂上置一個木雕，進行祈求和感謝神明的儀式。頭飾是用由女性編織的棉線製成。有些頭飾用珠子精緻裝飾，但最突出的應是在右耳上方的漂亮羽毛。

唸高中的時候，我和表姐妹在菲律賓不同地區表演民族舞蹈，以推廣我們的文化。在這裏我製作了一個創新的頭飾，因為傳統的頭飾只有村長一人可以使用。

The Philippines is home to many indigenous tribes. The tribe I belong to is Kankanaey, in Benguet Province. We have our own culture and traditions like other tribes in Luzon.

One tradition that is fully practiced these days and even recognised as a symbol of the Cordillera region, is the headdress. The village chief would wear an elaborate headdress with a wooden figure sitting on his head, during rice planting and harvest time to seek blessing and say thank you to our god for their crops. The headdress is made of cotton threads woven by women. Some headdresses have bead adornments, but the most prominent part of the headdress is the feathers placed above the ear.

During my high school years, my cousins and I performed dances in different regions in the Philippines to promote our culture. For this book I created an innovated headdress, since the traditional headdress can only be used by the village chief.

本格特頭飾 Benguet Headdress

步驟：

1. 測量頭部周長並剪出長於此長度的絨氈布，寬度為28毫米。
2. 將絲帶並排放置，設計一個闊28毫米的色帶，長度應與絨氈布相同。
3. 在絨氈布上貼上雙面膠紙，然後貼上絲帶，造成頭帶（照片1）。
4. 翻過頭帶背面，於頭飾戴上時的右耳上方位置做一個標記，在這裡貼上羽毛（照片2）。
5. 剪出兩條紅色絲帶（28毫米長）以覆蓋頭帶的兩邊末端。在頭帶兩端縫上額外的絲帶，用以將頭飾綁在腦後（照片3）。

材料 Materials

- 1碼絨氈布
- 絲帶（白色，紅色，和黑色）
- 雙面膠紙
- 針和紅線
- 羽毛
- 1 yard felt fabric
- Ribbons (white, red, and black)
- Double sided tape
- Needle and red thread
- Feathers

Steps:

1. Measure the circumference of your head and cut the felt fabric to cover this length, with the width being 28 mm.
2. Lay the ribbons side by side in a pattern, to make a band width of 28mm. The length should be the same as the felt fabric.
3. Line the felt fabric with double sided tape, and stick the ribbons on it (Photo 1).
4. Make a mark on the back of the fabric, above the right ear when the headdress is worn. Glue the feathers here (Photo 2).
5. Cut 2 pieces of red ribbon (28mm each) to cover the 2 ends of the headdress. Sew extra ribbons there for tying the headdress at the back of the head (Photos 3).

1



2



3



谷迪娜拉·瑪密東·康加拉 Kuterera Myrmidon Kangara

從七世紀開始，珠子在津巴布韋就很重要。在修納語和捷卡語中，珠子分別叫做chuma和tjuma，字面上意思是財富，突出了珠子的多功能性：它可用作珠寶，又是貿易和宗教文物。

珠子手鍊為我帶來文化認知。當我遠離家鄉，戴著這條手鍊，我確認自己是誰，並向我的祖先表達尊重。它給我自豪感、延續性和歸屬感。

手鍊的三色珠子，黃色代表礦財，綠色代表自然資源，紅色代表爭取解放的同志的血。這些顏色和含義是多個非洲國家的國旗的主題。我製作的手鍊中心是一個山科化鳥飾物，在神話中，山科化鳥總是在翱翔著但頭向後望。山科化意為「回去取得它」，意即過去啟發現在。它與諺語「除非你知道你來自哪裡，你不知道你要去哪裡」相似。它提醒我們除了要欣賞過去，更要努力創造歷史，讓別人可以從中獲得力量和鼓勵。

Beads have played a prominent role in Zimbabwe since the 7th century. In the local languages of Shona and Tjikalanga, where beads are ‘chuma’ or ‘tjuma’ respectively, beads mean “riches.” This underscores the multi-functionality of beads — their uses as jewelry, in trade, and as religious artefacts.

I wear bead bracelets for cultural cognition. Being far away from home, I wear this bracelet to reckon with myself and pay my respects to my ancestral lines. This gives me a sense of pride, continuity and belonging.

In this tri-color bracelet, yellow represents mineral wealth, green represents natural resources, and red represents the blood of comrades and war heroes fighting for liberation. These colors and meanings are thematic of multiple African flags. The centerpiece I used is inspired by the Akan (a large western African ethnic group) — a sankofa, a mythical bird soaring forth with its head turned backwards. Sankofa, which means “go back and get it,” is based on the Akan belief that the past enlightens the present. It resonates with the proverb “You don’t know where you’re going unless you know where you come from.” It reminds us not only to appreciate the past but to work towards creating history from which others can derive strength and encouragement.

津巴布韋珠子手鍊 Zimbabwean Bead Bracelet

材料 Materials

- 大小不一的黃、綠、紅色珠子
- 彈性繩子
- 剪刀
- 膠紙
- Beads of different sizes and colors (yellow, green, red)
- Elastic cord
- Scissors
- Tape

步驟：

1. 將珠子排列在桌子上，設計自己的手鍊，把山科化鳥放在中間，然後用不同顏色珠子放兩旁（照片1）。
2. 量度手腕的周長，並將彈性繩子剪長一點（照片2）。在彈性繩子的一端用膠紙固定（照片3）。
3. 將珠子從另一端串在繩上（照片4）。
4. 取下膠紙，兩端打上一個平結（照片5）。

Steps:

1. Lay the beads on the table and make a design with the sankofa in the middle, and beads of different colors on two sides (Photo 1).
2. Measure your wrist and cut the elastic cord a little bit longer (Photo 2), then fold some tape over one end of the elastic cord (Photo 3).
3. String the beads onto the cord from the other end (Photo 4).
4. Take the tape off and tie a square knot (Photo 5).

1



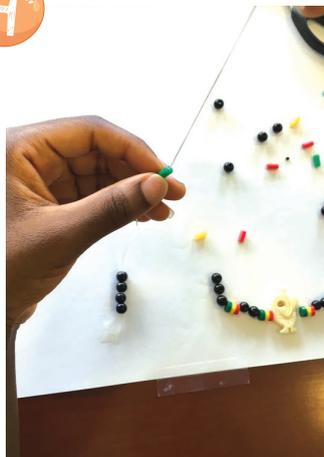
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3



4



5



III. 文化認同 Cultural Identity



金真浩 Jinho Kim

這款傳統的手搖扇印有太極圖案，是一款既有節日氣氛又實用的韓國手工藝。三太極符號是從國旗中的太極圖案演化出來。太極由三種顏色組成；紅色象徵天堂，藍色象徵大地，黃色象徵人類。扇的頂部是圓形的，底部是平的。三太極是1988年漢城奧運會官方標誌的一部分。

This traditional hand fan, decorated with the taeguk swirl, is a South Korean craft that is both festive and useful. The Sam (tricolored) Taeguk (tai chi) symbol is a variation of the taeguk in the national flag. The taeguk is comprised of three colors. Red symbolizes heaven, blue represents earth, and yellow symbolizes humanity. The fan is round at the top, and flat at the bottom. The Sam Taegeuk was part of the official logo of the 1988 Seoul Olympics.

三太極扇 Sam Taeguk Fan

步驟：

1. 把三太極圖案（見A）畫在卡紙上，剪出2個扇面（照片1-2）。
2. 將兩個模板繪上黃色、紅色和藍色。在顏色之間和模板邊框塗上黑色（照片3-4）。讓它乾透。
3. 將模板翻過來，在背面底部中間貼上雪條棍（照片5）。將2個模板的背面貼在一起。讓它乾透。

Steps:

1. Draw the Sam Taeguk symbol (see A) on the card paper and make 2 templates (Photos 1-2).
2. Paint both templates with yellow, red and blue colors, and line the borders with black color (Photos 3-4). Let dry.
3. Glue a popsicle stick to the back of one template in the middle of the flat side (Photo 5). Finally glue the back of the 2 templates together. Let dry.

材料 Materials

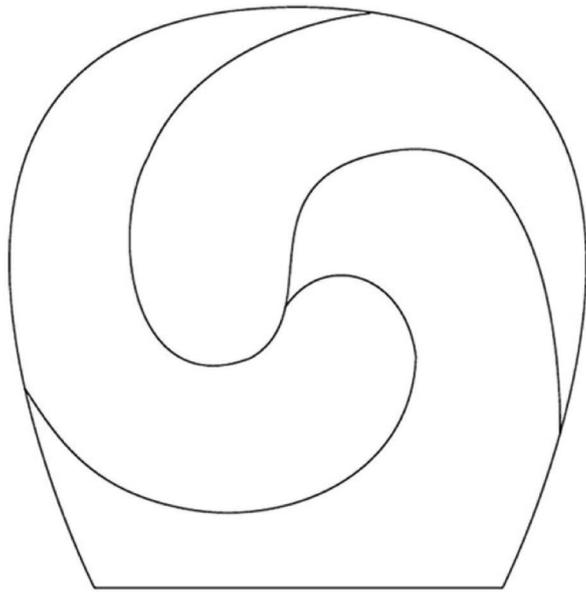
- 卡紙
- 鉛筆
- 畫筆
- 紅色、藍色、黃色和黑色顏料
- 剪刀
- 膠水
- 雪條棍1枝
- Scissors
- Glue
- Paint brushes
- Popsicle stick
- Red, blue, yellow and black pigments

備註 Remark

你也可以選擇購買一個空白的有柄紙扇，並在其上繪製太極圖案。
You may also buy a blank paper fan with handle, and draw the taeguk pattern on it.



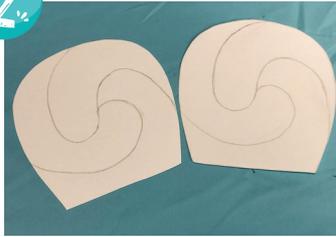
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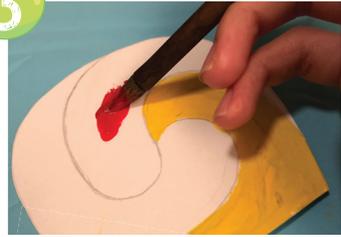
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2



3



4



5



小峰怜子 Reiko Komine

櫻花與日本文化息息相關。它受人喜愛的一個原因是它在短時間內優雅地綻放和落下，提醒我們生命短暫而脆弱，但又如此美麗。

十字繡是數數式刺繡，歷史悠久，是最容易上手的刺繡之一，以X形針步在開放式織布(如艾爾達或亞麻布)上完成。

學習十字繡是輕鬆愉快的，你很容易就能造出基本的針步，然後就能創作自己的設計。不需要太著眼於細節，只需享受過程，看着心中的圖案綻放！

Cherry blossoms are closely related to Japanese culture. One reason why we love cherry blossoms so much is that they bloom and fall gracefully in a short period of time, reminding us how life is short and fragile, but then so beautiful.

Cross stitch is a form of counted thread embroidery that has been around for ages, and it is one of the easiest forms of hand embroidery to learn. Cross stitch is comprised of X-shaped stitches done on fabric with an even and open weave like Aida or linen.

Cross stitch is a relaxing and rewarding craft. You will quickly get comfortable making basic stitches and soon you will be able to make your own design. Don't stress yourself over the details but just enjoy the process and see your desired pattern bloom!

櫻花書籤 Cherry Blossoms Bookmark

步驟：

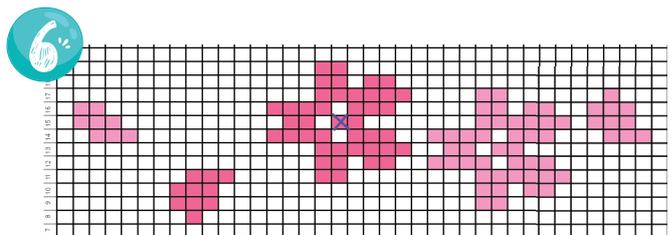
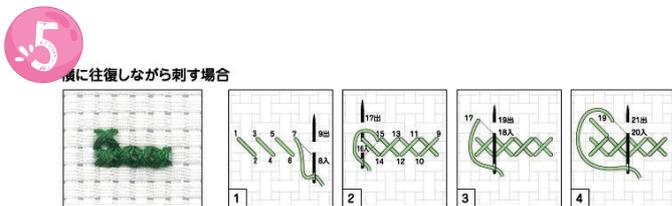
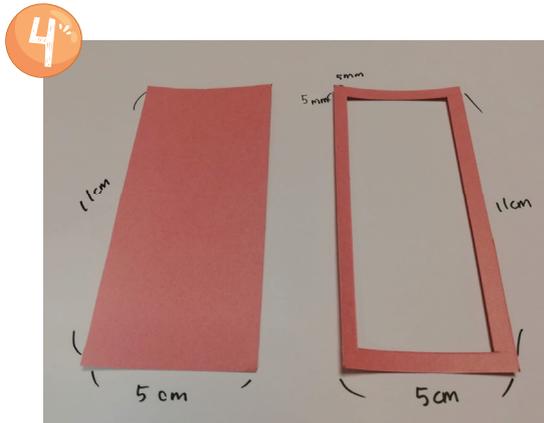
1. 將棉線纏繞在卡紙上以製作流蘇。在頂部打結成環。剪開底部的線（照片1）。
2. 用另一條線在頂部中心打結，然後圍繞流蘇（照片2）。當棉線固定了，修剪底端（照片3）。
3. 製作書籤：小心地將棉線分成兩條並穿過花毯針。按照圖案從左到右在布上編織（照片5-7）。
4. 用膠帶貼上流蘇的末端。將布放在卡紙上並用膠水固定。
5. 用另一塊卡紙做一個空心框架。將卡紙貼在布面層。

材料 Materials

- 均勻可編織布 (5厘米 x 11厘米)
- 卡紙 (5厘米 x 11厘米) 2片
- 棉線
- 膠帶
- 膠水
- Even weave fabric (5 cm x 11 cm)
- Cardboard (5 cm x 11 cm) 2 pieces
- Cotton thread
- Tape
- Glue
- 花毯針
- 剪刀
- Tapestry needle
- Scissors

Steps:

1. To make the tassel : Wrap cotton thread around the cardboard. Tie through the loop on the top. Cut the thread open at the bottom (Photo 1).
2. Use another piece of thread to tie around the top center, knot, and then wrap around the tassel (Photo 2). When the threads are secured, trim the bottom ends (Photo 3).
3. To make the bookmark : Carefully split off two strands of cotton thread and thread it through a tapestry needle. Follow the pattern to begin stitching from left to right (Photos 5-7).
4. Stick the end of the tassel with tape. Put the stitched fabric on the cardboard and secure with glue.
5. Make a hollow frame from the other piece of cardboard. Glue on top of the fabric.



西桑利 Sisang Lee

水果雕刻傳統上是泰國王室專用的，但今天它已被廣泛用於社會。在過去主要是由女性進行果雕的，但現在許多年輕男性學習它以便在餐館和酒店找工作。很久以前我就從一位著名的老師那裡學到果雕。我愛果雕，因為我在雕刻時會變得專注和平靜。果雕讓我想起我的根源——泰國，同時我也很高興果雕為別人帶來祝福，我也很樂意把這項技能傳授給年輕人。

Fruit carving is traditionally for the Thai royal family, but today it is widely used in society. In the past it was practiced by women but now many young men learn it to find work in restaurants and hotels. I learned it from a famous teacher a long time ago. I love fruit carving because when I carve I become focused and calm. Fruit carving reminds me of my Thai root, and I feel happy to give people blessings by carving for them and teaching young people the skills.

泰式果雕 Kansalak

步驟：

1. 一手拿著木瓜，另一隻手握住雕刻刀，用無名指將手固定在木瓜上。
2. 根據模板，從中間開始雕刻。每個「筆劃」應由2兩個切口組成：首先垂直切進木瓜，第二下向着第一個切口傾斜切進。每一切後取出多餘的碎片（照片1-3）。
3. 繼續從中間開始，以螺旋方式向外雕刻（照片4-5）。

Steps:

1. Hold the papaya in one hand. Hold the carving knife in another hand, steadying it on the fruit with the 4th finger.
2. Based on the template, start carving from the middle. Each “stroke” should consist of 2 cuts: first perpendicularly into the fruit, second slantingly towards the 1st cut. Remove the unwanted piece after each stroke (Photos 1-3).
3. Continue carving from the middle, working outwards in a spiral fashion (Photos 4-5).

材料 Materials

- 木瓜一個
- 果雕刀
- One papaya
- Fruit carving knife

1



2



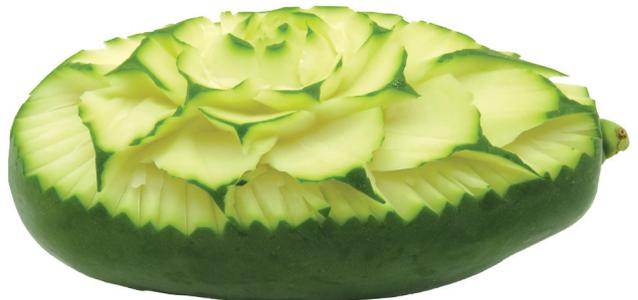
3



4



5



祖絲琳·巴瑞娜 Jocelyn Barela

我來自菲律賓的維薩亞斯群島，曾在幾家雇主家中當家庭傭工。我非常喜歡珠子手工藝。我會製造出小動物、鮮花和鑰匙扣。但我最喜歡的是探索製造不同種類的花籃。它給了我很多滿足感。教我這手藝的朋友是個專家。她可以製造大型公主娃娃！

I came from Visayas, the Philippines, and have worked as a domestic worker in several employers' home. I like to make bead craft very much. I can make small animals, flowers and key chains. But I like to explore making different kinds of flower baskets most. It gives me a lot of satisfaction. My friend who taught me the craft is really an expert. She can make large princess dolls!

珠子花籃 Beadcraft Flower Basket

材料 Materials

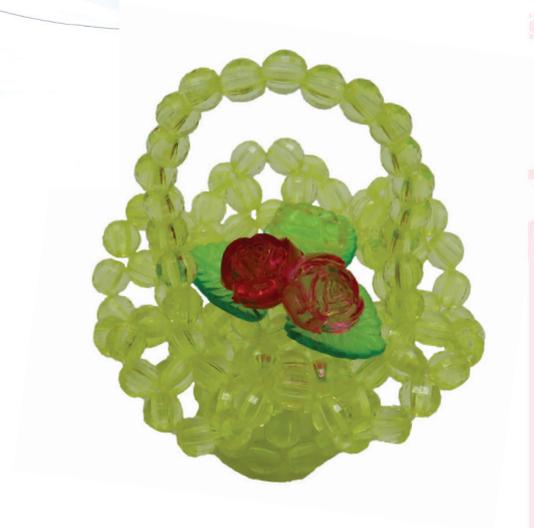
- 0.5毫米魚絲
- 直徑4毫米珠子
- 3個玫瑰和3片葉形裝飾
- 0.5mm fishing line
- 4mm diameter beads
- 3 rose and 3 leaf shaped decorations

步驟：

1. 拿一條120吋魚絲。在60吋的位置把12粒珠子串在一起形成圓圈。
這是籃子的底部（照片1）。然後通過添加3粒珠子，然後2粒珠子，然後1粒珠子，從底部向上造出小圓圈，以製作兩層（照片2-3）。用力拉好魚絲確保珠子緊密。
2. 製作出兩層後，加入玫瑰和葉子裝飾，然後將魚絲穿過旁邊兩粒珠子以固定花朵。重複在同一層上再製造兩朵花（照片4）。
3. 將5粒珠子串起來並將魚絲穿過2粒珠子以造出有7粒珠子的一個圓圈來製作籃子側面。在每個圓圈的相鄰再用4粒珠子製作4個圓圈。最後一個圓圈是3粒珠子製成的。檢查每個圓圈是否有7粒珠子。
4. 接着圍繞籃子作「緞帶」。首先用4粒珠子製造第一個圓圈。然後將3粒珠子添加到第一個圓圈以創造第二個圓圈。重複此操作以完成圍繞籃子的「緞帶」。現在將釣魚絲圍繞外側珠子串起來並拉動它以形成流動的邊。繫上一個死結以固定形狀。
5. 將15吋的魚絲穿過籃子第二層的中間珠子（在步驟3中製成的第二層）以製作籃子的把手。對摺魚絲，然後在每端各穿上2粒珠子，然後疊起2條魚絲以串起15粒珠子。然後分開魚絲，在每一條魚絲上穿上兩粒珠子。最後穿過籃子另一側的中間珠子來固定，並綁一個死結。

Steps:

1. Take a piece of 120 inches fishing line. At the 60" point string 12 beads together to form a circle. This is the bottom of the basket (Photo 1). Then make small circles up from this bottom by adding 3 beads, then 2 beads, then 1 bead to make 2 layers of the basket's foot (Photos 2-3). Make sure you pull hard so that the beads are tight together.
2. After making 2 layers, add a rose and leaf and pull the fishing line through the next 2 beads to secure the flower. Repeat to make 2 more flowers on the same layer (Photo 4).
3. Make the side of the basket by stringing 5 beads and pulling the fishing line through 2 beads to make 1 circle of 7 beads. Make 4 more of these circles on adjacent sides using 4 beads on each circle. The last circle is made by adding 3 beads. Check that each circle consists of 7 beads.
4. Make a "ribbon" around the basket using 4 beads to make the first circle. Then use 3 beads to add to the first circle to create the second circle. Repeat this to complete the ribbon all around the basket. Now string the fishing line all around the outer side beads and pull it to create a flowing edge. Tie a dead knot to secure the shape.
5. To make the handle of the basket, pull a 15" piece of fishing line through the middle bead of the second layer of the basket (in step 3). Fold to 2 halves. On each end of the line put 2 beads, then join the 2 lines and string through 15 beads. Then put 2 beads on each line. Secure the line by pulling through the middle bead of the opposite side of the basket. Tie a dead knot to secure.



賽琳·貝克魯古露 Selen Bekiroglu

大理石紋浮水畫是土耳其最古老的紙藝術之一。它最初於十三世紀出現，從伊朗傳播到今天的安納托利亞。最常見的設計是花卉、樹葉和新月。這些都是土耳其文化歷史的主要象徵，並應用於紡織、玻璃、陶瓷和瓷磚木製品。

香港是我的第二個家。與我的祖國相比，它有著截然不同的文化。它的城市生活、飲食文化、舞獅、寺廟、燈籠和節日，對我的人生觀產生了巨大的影響。我開始將這些經驗加入我的藝術作品中，並逐漸將它們與土耳其傳統圖案混合。我希望將來我能創作一些同時描述土耳其和香港文化的藝術作品。

Marbling is one of the oldest art in Turkish paper decoration. First found in the 13th century, it has spread from Iran to today's Anatolia. The most frequently seen designs are flowers, foliage and first quarter of the moon. These are major representations of Turkish cultural history, and are applied in textile, glass, ceramics and woodwork with tile.

Hong Kong has been my second home. It has a very different culture compared to my home country. Its city life, food culture, lion dance, temples, lanterns, and festivals have made a huge impact on my perspective of life. I started adding these experiences into my artwork and gradually mixing them with Turkish traditional motifs. I hope in the future I can create some artwork which describes Turkish and Hong Kong culture simultaneously.

土耳其大理石紋浮水畫 Ebru Paper Marbling

步驟:

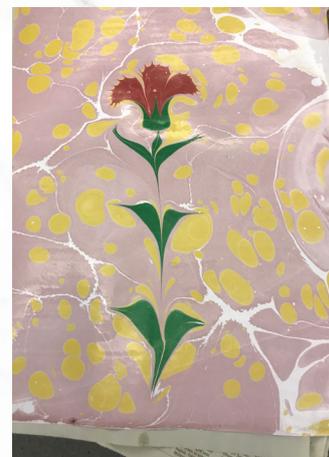
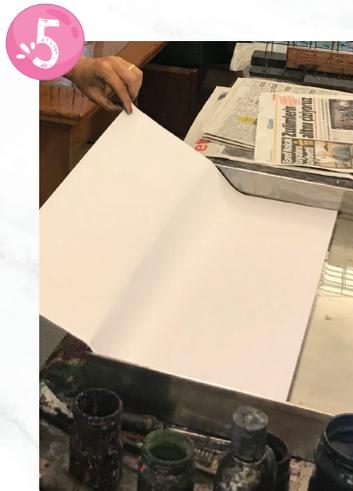
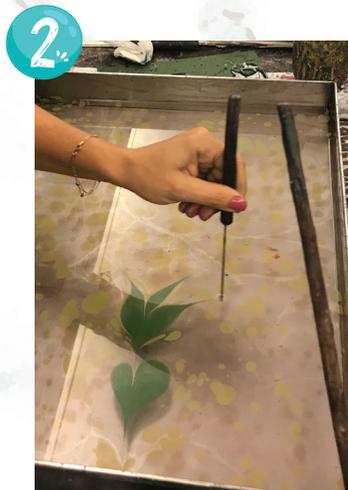
1. 在盆中注水。
2. 在碗中研磨染料（如用液態顏料則不用磨）。加適量水、膽汁和黃耆膠，混合均勻。將顏色滴在水面上，控制染料的擴散程度（照片1）。（每次都先以畫筆在油漆瓶中攪拌染料使均勻。每種顏色都要使用新畫筆。）
3. 保持手從左向右移動，從上至下移動，同時敲擊畫筆（照片2-3）。你的手應該在盆的表面滑行。
4. 完成設計後，將吸水紙放在水面上（照片4）。然後將其中一隻手放在盆的左上角，另一隻手放在右上角。用雙手將紙張滑到盆的外沿並向外拉（照片5）。滑動紙張的目的是清除多餘的黃耆膠，以便紙張更快乾透。
5. 掛起紙張或放在晾架上晾乾。

材料 Materials

- 塑膠或玻璃盆（比紙張大1厘米）
- 水
- 染料/顏料
- 流動性增強劑（如牛膽汁）
- Plastic or glass basin (should be 1 cm larger than the size of the paper)
- Water
- Dyes/pigments
- Flow improver (e.g. ox gall)
- 黏度改進劑（如黃耆膠）
- 畫筆（馬毛+玫瑰枝）
- 吸水紙
- Viscosity improver (e.g. gum tragacanth)
- Brushes (horsehair + rose branch)
- Absorbent paper

Steps:

1. Fill the basin with water.
2. Then in a bowl grind the dyes. (If you use liquid pigments there's no need to grind). Add suitable amounts of water, gall, and gum tragacanth, and mix well. Drop colors onto the surface of the water and control how far the paints spread (Photo 1). (For each color, use a brush and to stir the paint well in its bottle. Use a fresh
3. brush for each color.)
Keep moving your hand from left to right, and up and down the basin, tapping the brush simultaneously (Photos 2-3). Your hand should glide over the surface of the basin.
4. When you have your desired design, lay the paper on the water surface (Photo 4). Put your either of hands at the top left corner of the basin. Put the other hand on the top right corner. Using both hands, slide the paper on the edge of the basin and pull it outwards (Photo 5). The purpose of sliding the paper is to leave behind any excess tragacanth so that the paper will dry faster.
5. Hang the paper or place it on a drying shelf to dry.



曼努拉·卡塔尼亞 Manuela Catania

曼努拉·卡塔尼亞是一位意大利設計師，在香港萊佛士設計學院教授時裝設計、時裝營銷和室內設計，目前進行塑料和舊衣物再利用的研究。在VISIONUPIA可持續紡織項目中，她從原籍的西西里島獲得靈感，融合了可持續性和意大利編織工藝。這個可持續時裝設計項目是和巴厘島的La Rosin兒童之家的孩子們合作開始的。

她說：

「一切都從理念開始。然後我混合光、風和以舊衣和塑料為主的再生材料。我相信每樣東西都有第二生命、新的靈魂。我的靈感來自動態、轉變和呼吸。我們被振動所包圍而我們本身就是生命的振動。在我的設計中，生命的各個部分變成了體積、形狀、細節、理念和夢想。我不使用接縫，而用打結創造出可變、可移動的連接。」

Manuela Catania is an Italian designer and teaches Fashion Design, Fashion Marketing and Interior Design at Raffles Design Institute Hong Kong. She is currently doing research based on the reuse of plastics and old clothes. In her sustainable textile project called VISIONUPIA, she blends sustainability and Italian crafts of weaving, getting inspirations from Sicily, the place where she comes from. The project on sustainable fashion design started in collaboration with kids of the Children's House La Rosin in Bali.

She said:

“Everything starts with a vision. Then I blend light, wind and reused materials which are mainly old clothes and plastic. I believe that each thing has a second life, a new soul. All my inspirations comes from the idea of movement, of changing, of breathing. We are surrounded by vibrations. We are ourselves vibrations of life. In my design each part of our life becomes volume, shape, detail, vision, dreams. I don't use seams but I simply tie, creating connections that could be changed, moved.”

布質項鍊 Fabric Necklace

步驟：

1. 將一塊黃麻對摺，用筆標示出項線，並剪去多餘部分（照片1）。
2. 把舊布料剪成一條條的形狀。
3. 在黃麻上打一個小孔，把布條從正面插進孔內（照片2-3）。
4. 在項鍊的背面，在布條的末端打一個大而結實的結。布條長度隨意。
5. 重複步驟2至4以完成項鍊。

材料 Materials

- 黃麻
- 舊布料
- 箱頭筆
- 剪刀
- Jute
- Recycled fabric
- Marker
- Scissors

Steps:

1. Fold a piece of jute in half, draw the necklace line using a marker, and cut out the border (Photo 1).
2. Cut strips of fabric from recycled fabric.
3. Make a small hole in the jute, then insert one strip inside the hole from the front (Photos 2-3).
4. On the back side of the necklace, tie a knot at the end of the strip. Make sure it is big and strong enough. Then cut the strip to desired length.
5. Repeat steps 2-4 to complete the necklace.

1



2



3



拉伊·任·庫瑪麗 Rai Yam Kumari

我在尼泊爾確丹出生，今年72歲。我小時候就自學了用玉米葉和稻草製作籃子（dhaki）和坐墊（chakati）。因為家裏沒有坐椅，所以我就手製這些日常用品。

我來香港3年了，與女兒住在旺角。由於腿部毛病，加上女兒上班比較忙，手工藝就成了我解悶的方法。我用再生膠袋和尼龍繩，因為它們色彩繽紛又環保。我喜歡教我的尼泊爾朋友製作這種手工藝。按自己的喜好創作圖案是十分有趣的活動！

I was born in Khotang, Nepal and I am 72 years old. When I was young, I learnt to make baskets (dhaki) and cushions (chakati) by myself using corn leaves and dry rice grass. There were no chairs where I lived so I hand-made these daily necessities.

I have moved to Hong Kong for 3 years and now live in Mong Kok with my daughter. Because of leg problems and my daughter's busy work, making crafts has been the way I entertain myself. I use recycled plastic bags and nylon to make the craft as they are colorful and it is environmentally friendly. I enjoy teaching my Nepali friends to make the craft. It is interesting to make it and create patterns as you like!

坐墊 Chakati

步驟：

1. 把軟膠袋和硬膠袋剪成條狀，每條長度不應超過12吋。
2. 用2個軟條和1個硬條結出一個小孔（照片1）。將軟條圍繞硬條2圈後放入圈中。重複，直到第一層完成。留意每一下都要牢牢拉緊。
3. 用銼將軟條塞入第一層的間隙中以製造新一層（照片2）。如果軟條和硬條不夠長，需增加膠條駁上，繼續編織。
4. 重複以上步驟直至所需大小。最後打好結，剪去多餘的膠條就完成了（照片3）。

Steps:

1. Cut soft plastic bags and hard plastic bags into strips up to 12" long.
2. Make a small circle by using 2 soft strips and 1 hard strip (Photo 1). Put soft strips into the circle after winding the hard one 2 rounds. Repeat until the first layer is finished. Pull hard to make sure each one is tight.
3. Use the file to put soft strips into the gaps of the first layer to make a new layer (Photo 2). If the strips run out, add new pieces to continue weaving.
4. Repeat step 3 until desired width. Finally, tie a tight knot and cut the extra strips to finish it (Photo 3).

材料 Materials

- 軟膠袋
- 硬膠袋
- 剪刀
- 銼
- Soft plastic bags
- Hard plastic bags
- Scissors
- File



備註 Remark

在編織每一層時，你可向外或內彎曲它們來塑造向外或向內的弧度，便能造出籃子或碗。你也可以用尼龍繩代替膠袋。

You may make a basket or bowl simply by bending the layers inwards or outwards as you weave. You could also use nylon strings instead of plastic bags.

佩拉·特諾里奧 Perla Tenorio

繩結編織是一種只用雙手、不用織針和勾針就能編出美麗圖案和用品的手工藝。它由阿拉伯傳到歐洲，再傳到南美和世界各地。

我來自菲律賓呂宋島中部的丹轆，20年前來到香港從事家庭傭工工作。2014年，一位朋友教我繩結編織手藝，從那時起我便對繩結編織愛不釋手。我會利用每天工餘時間編織手提包和錢包，送給菲律賓的朋友和家人。

Macrame is an art that requires no equipment but only hands. Everyone can make beautiful patterns and utensils without knitting needles or crochet needles. Macrame was spread from Arabia to Europe, then to South America, and to the whole world.

I came from Tarlac in Central Luzon, the Philippines. I came to Hong Kong 20 years ago to work as a domestic worker. In 2014 a friend taught me the craft of macrame and I have been tying away even since. I love macrame very much and I make them every day after work. I make handbags and coin purses and present them to my friends and family in the Philippines.

繩結編織斜預袋 Macrame Shoulder Bag

步驟：

1. 製作袋身：取一條60厘米長棉繩，在中間打上第一個結，然後打一個雙結製造一個結頭（照片1-2）。
2. 將兩個結頭的相鄰端綁在一起（照片3）。繼續添加其他結頭直到一行有5個頭。把相鄰結頭的末端綁在一起，向下編織出5行，形成一個三角形（照片4）。像這樣製作出4個三角形並將它們連接在一起。繼續向下編織直至所需長度。這是袋的一面。重複步驟製作出袋子的另一面。
3. 製作肩帶：取4條240厘米長的棉繩，在長度的中間打上鬆散的結。將4條棉繩同放在一個平面上。把兩邊的棉繩圍著中間的兩條打一個死結（照片5）。繼續打結，直到達到60厘米。解開中間鬆散的結，然後在棉繩的另一側重複步驟，直至總共有120厘米。每次打結後都要確保結實。
4. 將肩帶繫在袋的兩側，並打結來連結袋子的兩面。將袋子從裡面翻出來，將鬆散的棉繩繫好以把底部縫合。把袋子翻回來。
5. 將合適尺寸的布料縫合起來製成內襯，放入袋中並沿袋子頂部縫合。

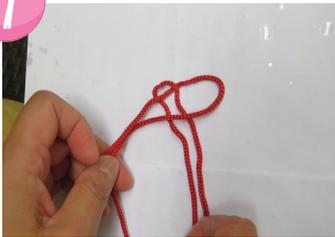
材料 Materials

- 48條 60厘米長手工棉繩（袋身）
- 4條 240厘米長手工棉繩（肩帶）
- 布料
- 針綫
- 48 pieces 60cm yarn (for bag)
- 4 pieces 240cm yarn (for shoulder strap)
- Cloth
- Needle and thread

Steps:

1. To make the bag: Take the middle of a piece of 60 cm cotton cord and tie the first knot, then make a double knot to create 1 head (Photos 1-2).
2. Tie 2 heads together using one loose end of each head (Photo 3). Continue to add other heads until you have 5 heads in a row. Start weaving down by joining the loose ends of adjacent heads to make 5 rows, forming a triangle (Photo 4). Make 4 triangles like this and join them together. Continue to weave downwards until the desired length. This is one side of the bag. Repeat to make the other side.
3. To make the shoulder strap: Take the 4 pieces of 240 cm cotton cord and tie them in a loose knot at half of the length. Lay the 4 pieces on one level. Take the 2 pieces on each side and tie a dead knot around the 2 pieces in the middle (Photo 5). Continue to tie the knots until you reach 60 cm. Now untie the loose knot in the middle and repeat on the other side of the yarn. You should have a total of 120 cm. After tying each knot pull hard to make sure the knots are tight.
4. Attach the shoulder strap to the 2 sides of the bag. Close the 2 sides by tying knots down both sides. Turn the bag inside out and close the bottom of the bag by tying the loose ends together. Turn it back out.
5. Make the lining by stitching together a suitable size piece of cloth. Insert in the bag and stitch along the top.

1



2



3



4



5



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編者：譚少薇、李穎彤

Editors: Siumi Maria Tam and Connie Wing Tung Lee

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Executive Editor: Tsui Cheuk Yin

研究助理：陳凱欣

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設計：黃君沂

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••••• 編者 •••••

譚少薇，夏威夷大學人類學博士，研究興趣聚焦於社會文化變遷中的身份認同，尤其關注性別與族群關係、跨國流動與家庭移民，及飲食文化的流變。近年推行「多元文化行動計劃」，融合學術研究與社會倡議，探討南亞裔社群被少數化的結構性問題，以及華裔與南亞裔婦女的相互賦權作為社會資本。她相信日常生活中的性別平等與跨文化教育，是健康、可持續、安全的社會環境所不可或缺的。

李穎彤，香港中文大學人類學學士，跨文化研究碩士。自2015年起加入「多元文化行動計劃」，與少數族裔社區合作經驗豐富。大學時期對南亞文化產生濃厚興趣，2014年到印度和尼泊爾進行社區服務。學士畢業論文主題為香港印度裔的婚姻安排。

••••• Editors •••••

Siumi Maria Tam, PhD in Anthropology, University of Hawaii at Manoa. Her research interests focus on cultural identity in social transformation, especially in gender and ethnic relations, transnational mobility and family migration, and change in food culture. Her recent project “Multiculturalism in Action” combines academic research and social advocacy, examines structural issues in the minoritization of South Asian communities in Hong Kong, and the mutual empowerment of Chinese and South Asian women as social capital. She believes that gender equality and intercultural education in everyday life are essential for a healthy, sustainable, and safe social environment.

Connie Wing Tung Lee, BA in Anthropology, MA in Intercultural Studies, The Chinese University of Hong Kong. She joined the Multicultural in Action Project in 2015, and has extensive experience working with different ethnic groups. She developed a strong interest in South Asian cultures during her undergraduate years and in 2014 conducted community service in India and Nepal. Her BA thesis focuses on marriage arrangements among the Indians in Hong Kong.

每個文化都有傳統手工藝代代相傳。它們承載了文化遺產和身份認同、表現人類在不同環境中的適應力和創造力。本書20位手作者來自不同的文化背景，他們每個手工藝背後都有一個故事。希望讀者通過手工藝能更深入了解文化多元性，並在手作的過程中感受跨越文化的友誼。

Every culture has its traditional handicrafts passed down for generations. They are vessels of cultural heritage and identity, and represent human adaptability and creativity in different environments. The 20 contributors in this book come from different cultural backgrounds, and each of their handicrafts has a story to tell. As readers get hands-on with these handicrafts, they will learn more about cultural diversity, and gain new friendships that go beyond cultural borders.



香港中文大學
The Chinese University of Hong Kong



Department of Anthropology
The Chinese University of Hong Kong
香港中文大學人類學系