

LESSON NOTES

Video Culture Class: Hong Kong Holidays #8 Winter Solstice

CONTENTS

- 2 Traditional Chinese
- 3 English
- 5 Vocabulary
- 6 Sample Sentences

8

TRADITIONAL CHINESE

1. 大家好，我是Olivia。
2. 歡迎收看「香港節日系列」。今集我們會介紹冬至。對中國人來說，除了農曆新年，冬至可說是最重要的傳統節日。而日子則通常在西曆12月22日左右，是一年之中黑夜最長的一天。現在就來看看香港人是如何慶祝冬至吧！
3. 你猜猜在哪個地區，冬至是公眾假期？我會在這影片最後公佈答案。
4. 傳統有「冬大過年」的說法，即是冬至比新年更重要。那是因為中國古代是農耕社會，需要符合天時來耕種農作物，於是當時的中國人憑經驗觀察天文及自然規律，發現冬至是一年之中白晝最短的一天，通常過了這天，白晝便會逐漸增長，開始冬去春回。就是這樣，「萬象更新」其實非始於年初一，而是冬至。
5. 在冬至這一晚，大家都會一家團聚吃飯，叫「做冬」。與親友好好吃一頓豐富的晚飯，再吃湯丸應節，
6. 共聚天倫，那就是開始新一年的最佳方法。由現代西方天文學的知識而言，古代中國人對於冬至的想法竟是合乎科學邏輯。在這一天太陽幾乎直射南回歸線，導致北半球的白晝全年最短。
7. 你知否為何吃湯丸是冬至的傳統習俗？湯丸是一種用糯米粉製成的圓形甜品，象徵「團圓」。在某些地區，於冬至吃過湯丸象徵著年長一歲。湯丸有很多種不同餡料，最普遍的是黑芝麻和花生，還有充滿上海特色的桂花酒釀丸子，說起也想吃呢！
8. 在冬至當日，大部分公司都批准員工早一兩個小時下班；讓他們早歸家，共聚天倫，好好在年終吃一頓豐富晚飯。
9. 現在就來揭曉問題的答案。

CONT'D OVER

10. 你猜猜在哪個地區，冬至是公眾假期？
11. 其實冬至在香港沒被列為公眾假期，沒有藉口放假，所以小孩子甚至部分成人都不太重視冬至。而與香港僅一海之隔的澳門，則是華人社會中唯一將冬至列為公眾假期的地方。
12. 你覺得這一集怎麼樣？有沒有學到一些有趣的知識？在你的國家，有沒有一個慶祝冬至的節日呢？在CantoneseClass101.com留言，和我們分享吧。
13. 下次見！

ENGLISH

1. Hello, everybody, I'm Olivia.
2. Welcome to the Hong Kong Holiday Series. In this lesson, we will talk about winter solstice. For Chinese people, winter solstice is the most important traditional event after Lunar New Year. The exact date is usually around December 22, and it is the longest night of the year. Now let's see how Hong Kong people celebrate winter solstice!
3. In which region is winter solstice a public holiday? We'll show you the answer at the end of this video.
4. In Chinese tradition, there is a saying that says winter solstice is more important than Lunar New Year. That is because ancient China was an agricultural community, and cultivation had to be done according to the season.
5. So the Chinese people observed astronomy and the laws of nature, and found that winter solstice has the shortest day of the year; after that day, the daytime gradually becomes longer, and spring comes as winter fades away. Hence, the start of a new year actually starts on winter solstice, instead of the Lunar New Year.

CONT'D OVER

6. On winter solstice, everyone has a family reunion and dines together, which is called "zou dung." A delicious sumptuous dinner with family and friends, followed by glutinous rice balls as dessert, all while enjoying bonding and reuniting with everyone, is the best way to start a new year. Modern Western astronomy has shown that the ancient Chinese idea of the winter solstice is actually in line with scientific logic. On this day, the sun shines directly on the Tropic of Capricorn, which means it has the shortest daylight hours of the year in the Northern Hemisphere.
7. Do you know why eating glutinous rice balls is a custom during the winter solstice? Glutinous rice balls are a round-shaped dessert made of glutinous rice flour, and symbolize reunion. In some areas, eating glutinous rice balls on winter solstice represents a person adding a year to their age. There are various types of fillings in glutinous rice balls; the most common are black sesame and peanut, as well as the Shanghainese-style glutinous rice balls in sweet osmanthus and glutinous rice wine. I'm craving it as I speak!
8. On winter solstice, many companies let their employees go home one or two hours before schedule, so they can go home earlier and enjoy family time and the sumptuous end-of-the-year dinner.
9. And now I'll give you the answer to the earlier quiz.
10. In which region is winter solstice a public holiday?
11. Actually, winter solstice is not a public holiday in Hong Kong. Therefore, kids and even some adults don't pay much attention to it. Macau is the only region among all Chinese societies that classifies winter solstice as a public holiday.
12. How was this lesson? Did you learn a lot of interesting things? In your country, is there a holiday that celebrates Winter Solstice? Share with us by leaving a comment at CantoneseClass101.com.

CONT'D OVER

13. And I'll see you next time.

VOCABULARY

Traditional	Romanization	English	Class
澳門	ou3 mun2	Macau	noun
重視	zung6 si6	to pay attention; to attach importance to	verb
冬至	dung1 zi3	Winter Solstice	phrase
重要	zung6 jiu3	important	adjective
傳統	cyun4 tung2	traditional	adjective
冬大過年	dung1 daai6 gwo3 nin4	winter solstice over new year's	phrase
天文	tin1 man4	astronomy	noun
白晝	baak6 zau3	daytime	noun
萬象更新	maan6 zoeng6 gang1 san1	everything is refreshed and renewed	phrase
一家團聚	jat1 gaa1 tyun4 zeoi6	family reunion	phrase
做冬	zou6 dung1	to have dinner with family on the Winter Solstice's eve	verbal phrase
共聚天倫	gung6 zeoi6 tin1 leon4	to enjoy bonding with family	verbal phrase
南回歸線	naam4 wui4 gwai1 sin3	Tropic of Capricorn	noun
湯丸	tong1 jyun2	glutinous rice balls	noun

團圓	tyun4 jyun4	to reunite	verb
桂花酒釀丸子	gwai3 faa1 zau2 joeng6 jyun2 zi2	glutinous rice balls in sweet osmanthus and glutinous rice wine	noun
批准	pai1 zeon2	to give official approval	verb
年終	nin4 zung1	end of the year	noun
公眾假期	gung1 zung3 gaa3 kei4	public holiday	noun

SAMPLE SENTENCES

好唔容易我哋終於團圓喇。

hou2 m4 jung4 ji6 ngo5 dei6 zung1 jyu1 tyun4 jyun4 laa6.

It's really hard for us to reunite as a family.