



04.10-05.10.2025

12:00-20:00

CHINATOWN-MANCHESTER-UK M1 4EE

银蟾映海，桂影摇空；
良宵共此圆满意，来日芳华再重逢。
——2026，我们再相见！

One moon binds our hearts across the night;
Through flowing time — in 2026, we reunite.



2025 MID-AUTUMN FESTIVAL GARDEN FAIR

www.moonchester.uk



ORGANISERS:
Manchester Chinatown Business Association
Federation of Chinese Associations of Manchester

EVENT HOST:
L SQUARE UKCN.Ltd

Presented By: Manchester Chinatown Business Association

曼城唐人街街坊商会



Manchester Chinatown Business Association

Innovation and development, integration and heritage.

The Manchester Chinatown Business Association, established in 1982, has represented Manchester's Chinatown and the broader Chinese community for over 40 years. The association is dedicated to serving its members and the local community, working tirelessly to promote the prosperity and stability of Chinatown and to unite various industries for collective growth.

曼城唐人街街坊商会

创新并发展，融合且传承

曼城華埠街坊商會，成立於1982年。在四十年來代表著曼城華埠及各界華人，致力為會員及街坊服務，為促進華埠的繁榮穩定以及團結各行各業共同發展而努力。

Presented By: Federation of Chinese Associations of Manchester

英国曼城华人社团联合会



曼城華人社團聯合會

FEDERATION OF CHINESE ASSOCIATIONS OF MANCHESTER

Federation of Chinese Associations of Manchester

FCAM is one of the oldest Chinese Associations in the north of England and one of the largest and most active Chinese business and community groups in the UK. It was established in 1992 and is a non-profit making body consisting of various Chinese Association members based in and around Manchester and the North West. Our aim is to encourage friendship and unity between Chinese societies and to raise the profile of Chinese communities in the UK. We also seek to raise the understanding and appreciation of Chinese Education and culture and to enhance economic and cultural links between the UK and China.

FCAM has for the last 28 years organised celebrations of major Chinese festivals such as Mid-Autumn Festival, National Day and Chinese New Year. FCAM also regularly hosts delegations of high-ranking officers from the government of the Peoples Republic of China and works closely with Manchester Council and the Consulate-General of the Peoples Republic of China in Manchester on issues affecting the Chinese community.

英国曼城华人社团联合会

曼联会成立于1992年，是北英格兰地区最大和最有力量的华人社团组织。曼联会由曼城侨联社、旅欧林村同乡会、马胶腾海外联谊会、旅英西贡南北区同乡会、曼城华侨工商会等8个社团组成。

我们创会的宗旨是联络乡情，精诚团结，报道会务，加强沟通讯息，务求达到同声相应，同气相求，传播家乡消息，支援家乡。

曼联会团结广大旅英华人华侨和留学生，在我驻曼城总领事馆与曼彻斯特市议会的支持下，组织了中秋节、国庆节和春节等重要中国节日的庆祝活动。

2025 Chinese Mid-Autumn Festival Garden Event

The 2025 Chinese Mid-Autumn Festival Garden Event is set to return to Manchester’s Chinatown, once again bringing a vibrant celebration of Chinese heritage to the heart of the UK. As the first large-scale immersive Hanfu-themed Mid-Autumn Festival in Britain, this event offers not only a festive gathering but also a deeply emotional connection for Chinese expatriates—a moment to honour tradition, reflect on home, and celebrate reunion under the full moon. This year’s event will feature a rich array of cultural experiences that showcase the depth and diversity of Chinese traditions. Visitors will see participants dressed in traditional Hanfu as they explore a lively Mid-Autumn market, play classical folk games, enjoy hands-on craft experiences rooted in China’s intangible cultural heritage, and watch captivating performances of traditional music and dance. These activities invite guests of all backgrounds to discover and engage with the elegance and richness of Chinese cultural heritage in a truly immersive way. A key highlight of the event is the increasing involvement of local British residents. Their participation reflects a growing curiosity and appreciation for Chinese culture within the wider community. By opening up space for shared experiences and meaningful cultural dialogue, the Garden Gala fosters deeper understanding between Chinese and British communities. It also enriches the UK’s multicultural landscape with a dynamic expression of Eastern tradition. More than just a celebration, the Garden Gala serves as a bridge—one that strengthens friendship, encourages mutual respect, and supports the continued exchange and preservation of cultural heritage. In an increasingly interconnected world, events like this remind us of the beauty of cultural diversity and the shared human values that bring us together.



2025英国曼彻斯特中秋游园会

2025年中秋游园会即将重返曼彻斯特唐人街，再一次将绚丽多彩的中华文化庆典带到英国的心脏地带。作为英国首个大型沉浸式中秋主题的活动，本次盛会不仅是一场节日欢聚，更是海外华人的情感纽带——一个敬祖承传统、寄思故乡、共庆圆月的时刻。

今年的活动将呈现丰富多样的文化体验，彰显中华传统的博大精深与多元魅力。游客将看到身着汉服的参与者穿梭其间，徜徉于热闹非凡的中秋市集；参与古典民间游戏，感受传统的雅趣；亲手体验非物质文化遗产中的工艺之美；并欣赏扣人心弦的传统音乐与舞蹈表演。这些互动环节不仅让宾客沉浸其中，更引领不同背景的人们体会中华文化的优雅与深厚底蕴。

盛会的一大亮点在于，越来越多英国本地居民的积极参与。他们的加入展现出英国社会对中华文化日益增长的好奇与欣赏。通过共同的节日体验与真挚的文化交流，游园会为中英两地社群搭建了理解与沟通的桥梁，也为英国的多元文化画卷增添了独特的东方色彩。

中秋游园会不仅仅是一场庆典，更是一座桥梁——它加深友谊，增进尊重，推动文化的交流与传承。在这个彼此紧密相连的时代，中秋游园会也展现了文化多元之美，也唤起了连接你我、超越国界的共同价值。

DISCOVER Chinese Mid-Autumn Festival 中秋历史



History

The festival started more than 2,000 years ago as a post-autumn harvest celebration, which was devoted to thanking the gods. Most scholars believe that the Mid-autumn Festival first appeared during the Song dynasty, derived from the tradition of worshipping the moon. Legends associated with the full moon became attached to this festival. It was during the reign of Emperor Tai (Northern Song dynasty) that the 15th day of the eighth month was designated as mid-autumn’s day.



Origin stories

Among the Chinese, the most popular of all the tales connected with the Mid-autumn Festival is that of Chang-E, also known as the Moon Lady, and her husband Hou Yi. This myth is said to have originated from storytellers in the Tang dynasty (618 – 907 CE), and even as far back as the time of Emperor Yao (2346 BCE). Another popular story about the Mid-autumn Festival is the moon rabbit.

Hou Yi and Chang-E

Hou Yi – an archer and member of the Imperial Guard – was said to have saved the earth from scorching when he shot down nine of the 10 suns circling the planet. As a reward, he was chosen by the people to be their king but he later became tyrannical. In his possession was the elixir of life, but Chang-E, his wife, stole the elixir and drank it. Chang-E then ascended to the moon and became the Moon Goddess. Hou Yi, on the other hand, was given a cake by the Queen Mother of the Western Paradise (Xi Wang Mu). Upon eating the cake, he was able to withstand heat and was sent to the sun. With a special talisman he was able to visit Chang-E on the 15th of every month, during the full moon. In another version of the tale, Hou Yi placed the elixir in Chang-E’s care. His disciple, Feng Meng, tried to force Chang-E to give it to him. To prevent this, Chang-E swallowed the elixir, and was separated from Hou Yi forever.



Celebrations

The Mid-autumn Festival is held in conjunction with the worship of the God of Heaven. On this night, many houses are illuminated with lanterns, and feasts and dance parties are held on a grand scale. In Chinese tradition and literature, a full moon symbolises completeness and is associated with family reunion. The month of the festival is a popular time for family gatherings with traditional activities such as “moon viewing” (shangyue) and lantern-carrying. As part of the celebrations, many organisations organise community festivities where senior citizens, children and adults alike are invited to partake in delicious mooncakes, go for moonlit walks, and watch traditional Chinese performances. Some common performances include Chinese dance, Chinese opera, cross-talk and puppetry. Offerings of mooncake and pomelo are made to the moon. Thirteen types of offerings to the moon, signifying the number of months in a full lunar year, are prepared by the female members of the family. Each offering has its own significance. Cosmetics may also be placed on the altar in the belief that it would beautify the user. During the festival, people also admire osmanthus flowers, which are regarded as a symbol of purity and innocence. Osmanthus flowers usually bloom during the festival period.

历史

中秋节的历史可以追溯到两千多年前，当时作为秋收后的庆祝活动，旨在感谢神明。大多数学者认为，中秋节最早出现在宋代，源自祭月的传统。与圆月有关的传说也逐渐与这一节日相联系。在北宋时期的太宗皇帝在位期间，八月十五日被正式定为中秋节。

故事传说

在中国，中秋节最广为人知流传的故事是关于嫦娥，也被称为月亮仙子，以及她的丈夫后羿。据说，这个神话起源于唐代（618 – 907年），甚至可以追溯到尧帝（公元前2346年）时期。另一个与中秋节相关的传说是关于月兔的故事。

后羿与嫦娥

后羿是一个神射手，也是皇帝的近卫军成员。他曾射下围绕地球的十个太阳中的九个，拯救了大地免于炙烤之灾。作为奖励，人民选他为王，但后来他变得暴虐无道。后羿拥有长生不老的仙丹，但嫦娥偷走并服用了仙丹，随后飞升至月亮，成为月亮女神。而后羿则得到了西王母送的一块仙饼，吃了之后能够耐热，并被送往太阳。他借助一个特殊的护符，可以在每月十五月圆之夜去探望嫦娥。在另一个版本的传说中，后羿将仙丹交给嫦娥保管，但他的弟子逢蒙试图强迫嫦娥交出仙丹。为了阻止他，嫦娥吞下仙丹，从此与后羿永远分离。

庆祝活动

中秋节的庆祝活动常与祭拜天神一起进行。这天晚上，许多房屋都会点亮灯笼，盛大的宴会和舞会也随之举行。在中国传统文化和文学中，满月象征着圆满，寓意家庭团圆。中秋节所在的月份是家庭团聚的热门时机，传统活动包括赏月 and 提灯笼。

作为庆祝活动的一部分，许多机构组织社区庆典，邀请老年人、儿童和成年人一同品尝美味的月饼，进行月下散步，观看传统的中国表演。一些常见的表演形式包括中国舞蹈、京剧、相声和木偶戏。

人们会向月亮供奉月饼和柚子。家庭的女性成员准备十三种供品祭月，象征一个完整的农历年中的十三个月份。每种供品都有其独特的意义。人们还可能在供桌上放置化妆品，祝愿使用者变得更美丽。

节日期间，人们还会欣赏桂花，因为它象征纯洁和天真。桂花通常在中秋节期间盛开，增添了节日的美好气氛。

Traditional Games



Chinese Cuju (Ancient Football)

Cuju originated during the Warring States period as a military training exercise and later evolved into a recreational activity. According to "The History of the Song Dynasty," a specialized cuju organization called Qi Yun She, or "Circle Society," was formed. The emperor even used cuju as a performance for receiving foreign diplomats, making it a diplomatic ceremony.



Pitch-Pot Ritual Archery (Touhu)

Touhu is an ancient game played by the aristocracy during banquets, also considered a form of etiquette. It was popular during the Warring States period and particularly flourished in the Tang Dynasty. The game involves throwing arrows into a pot, with the highest number of successful throws winning. The loser drinks a certain number of cups of wine as stipulated. The term "archery" in "The Old Drunkard's Pavilion" refers to this game.



Mid-Autumn Dice Game (Bo Bing)

Bo Bing is a unique Mid-Autumn traditional game from the Minnan region, invented by the national hero Zheng Chenggong to boost the morale of homesick soldiers. The game involves throwing six dice, with the combinations determining the participants' prizes. It is believed that the game can predict one's fortune for the coming year.



Fun Ring Toss

Ring Toss is a folk entertainment activity with a history dating back to the late Qing Dynasty. It became popular during the Republic of China era, with stalls often set up during festivals and temple fairs.



Gong Shooting

Gong Shooting is a traditional custom with profound cultural significance, aimed at driving away evil and seeking peace and health. It reflects the ancient reverence for nature and the pursuit of health.



Copper Coin Striking

Striking copper coins is a traditional game with the auspicious meaning of attracting wealth and prosperity.

中华蹴鞠

蹴鞠起源于战国时期，最早为兵士训练科目，后演变为娱乐项目。《宋史》记载，宋代形成专门的蹴鞠组织——齐云社，又称“圆社”，皇帝接见外交使臣时将蹴鞠作为表演项目，成为一种外交礼仪。

投壶礼射

投壶是古代士大夫宴饮时的一种投掷游戏，也是一种礼仪。在战国时期较为盛行，尤其在唐朝，得到了发扬光大。投壶是把箭向壶里投，投中多的为胜，负者照规定的杯数喝酒。《醉翁亭记》中的“射”指的就是“投壶”这个游戏。

中秋博饼

博饼是闽南地区独有的中秋传统习俗。相传由民族英雄郑成功为鼓舞思乡官兵而发明的一种游戏。内容是投掷六粒骰子，利用结果的组合来决定参与者的奖品，相传利用这种游戏可以预测人未来一年内的运气。

趣味套圈

套圈是一种民间娱乐活动，其历史可以追溯到清朝末年。民国时期，套圈活动相当盛行，民间每逢过年过节、庙会交流，总有一些人设摊套圈。

射镞

射镞是一种具有深刻文化意义的传统习俗，意在驱除病恶，求得平安健康。体现古人对自然界的敬畏之心和对健康的祈求。

铜钱击礼

用铜钱击得铃铛，财运亨通，招财进宝。是一种祈求财源滚滚的传统游戏，有着美好的寓意。

Intangible Cultural Heritage Experience



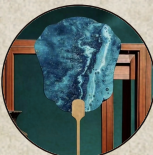
Chinese calligraphy

Chinese calligraphy is centered around the artful writing of Chinese characters, using tools like the brush, ink, paper, and inkstone to create visually unique and aesthetically pleasing works. It focuses not only on the accuracy of character shapes and strokes but also on the rhythm, spirit, and personal style of the writing process. Calligraphy reflects the writer's cultural knowledge, emotional expression, and taste, and is a significant part of Chinese traditional culture, embodying deep historical and philosophical significance.



Woodblock Printing

Woodblock printing is an ancient Chinese technique that originated in the Sui and Tang dynasties and flourished during the Song and Yuan. Craftsmen carved characters or patterns on wooden blocks, inked them, and pressed them onto paper or silk. It not only advanced the spread of books and culture but also evolved into a unique artistic form. Serving as both a medium of knowledge and aesthetics, it embodies the creativity and wisdom of Chinese civilization.



Lacquer Fan

The lacquer fan is a traditional craft created with layers of natural lacquer applied to the fan surface. Artisans often combine gilding, inlay, or painting techniques, giving the fan a lustrous finish and remarkable durability. Beyond its practical use, the lacquer fan embodies symbolic blessings and refined aesthetics. As a perfect blend of art and function, it reflects Eastern cultural elegance and the craftsmanship spirit of traditional lacquer artistry.



Huadian-Floral Forehead Decoration

Huadian is an exquisite forehead decoration worn by ancient Chinese women, first appearing in the Wei-Jin period and flourishing in the Tang dynasty. Made of gold foil, gemstones, or pigments, it was applied between the brows in shapes such as flowers or crescents. More than an ornament, it symbolized blessings of fortune and beauty, highlighting feminine grace and elegance. As an emblem of traditional makeup culture, Huadian reflects both aesthetic ideals and social customs of its time.

书法：

中国书法艺术是以汉字书写为核心，通过对笔、墨、纸、砚等工具的精湛运用，创造出具有独特美感的文字艺术。它不仅注重字形的规范和笔画的工整，还强调书写过程中的韵律、气韵和个人风格。书法艺术反映了书写者的文化修养、情感表达和审美趣味，同时也是中国传统文化的重要组成部分，体现了深厚的历史与哲学内涵。

版画印刷

版画印刷是中国古老的印刷与艺术技艺，起源于隋唐，盛行于宋元。工匠在木板上雕刻文字或图案，再涂墨拓印于纸张或绢布，不仅推动了文化典籍的传播，也形成独特的艺术表现。它既是记录文明的工具，也是承载审美与思想的媒介，体现中华民族的创造智慧。

漆扇

漆扇是以天然大漆工艺制成的传统艺术品。匠人将多层漆料涂覆于扇面，常结合描金、镶嵌、绘画等技法，使其光泽温润、坚韧耐用。漆扇不仅具有实用价值，更融合艺术美感，寄托吉祥如意。它承载了东方独特的审美观念和匠心精神，是传统漆艺与日常生活相结合的典范。

花钿

花钿是古代女子额间的精美装饰，始见于魏晋南北朝，盛行于唐代。多以金箔、珠玉或彩绘制成，贴于眉心或额间，形状有花朵、月牙等。它不仅是妆容的点缀，更寓意吉祥与富贵之意，展现古代女性的柔美与风韵。花钿是古代妆饰文化的重要符号，承载着时代的审美与社会礼仪。

TIME TRAVEL GUIDE

梦回唐宋



衣
CLOTHING

食
FOOD

住
HOUSING

行
TRANSPORTATION

商
COMMERCE

In the Tang and Song dynasties, daily life was marked by elegance and sophistication. Clothing featured intricate designs and vibrant colors, reflecting social status and seasonal changes. Diets were diverse, with a focus on fresh, seasonal ingredients and refined culinary techniques. Living spaces were well-organized, with a blend of practicality and aesthetics in their layout. Transportation included horse-drawn carriages and boats, highlighting the era's emphasis on both comfort and function. During the Tang and Song dynasties, commercial activities flourished with the rise of urban trade centers, thriving markets and bazaars, the expansion of trade goods and scope, the development of currency and finance, and the elevated status of merchants, creating a prosperous commercial society.

在唐宋时期，日常生活充满了优雅与精致。服饰设计精美、色彩丰富，体现了社会地位和季节变化。饮食多样，以新鲜季节性食材和精致烹饪技巧为主。居住空间布局合理，兼具实用与美感。交通工具包括马车和船只，体现了那个时代对舒适与功能的重视。

唐宋时期的商业表现为城市商业中心的兴起、市场与集市的繁荣、贸易品种和范围的扩大、货币与金融的发展，以及商人地位的提升，形成繁荣的商业社会。

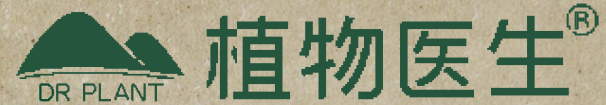


衣

CLOTHING

The clothing of the Tang and Song dynasties is renowned for its diverse styles and vibrant colors. Tang attire is characterized by its grandeur, with wide sleeves and flowing garments, exuding a bold and confident beauty reminiscent of flowing clouds and water. In contrast, Song clothing is more simplistic and elegant, with smooth lines that emphasize a subtle and restrained beauty. Both men's and women's garments feature intricate embroidery and patterns, showcasing refined aesthetic tastes. The use of luxurious materials like silk and brocade gives the clothing a soft, smooth texture and delicate sheen, embodying a gentle and understated charm. Overall, the attire of this period not only signifies status and identity but also reflects cultural and artistic values.

唐宋时期的服饰以其多样的款式和绚丽的色彩著称。唐代的服饰华丽大气，常见宽袖大襟，衣裙飘逸，如行云流水般展现出一种豪放自信的美感；而宋代服饰则更加简约雅致，线条流畅，讲究质朴内敛的美。无论男女服装，皆有精致的刺绣和图案点缀，体现出高雅的审美品位。丝绸、锦缎等高级面料的运用；使衣物质地柔滑，光泽细腻，展现出一种温润含蓄的美。总之，这一时期的服饰不仅是身份与地位的象征，更是一种文化和艺术的体现。



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月圆中秋，情满人间。

肌如玉兰，润泽娇颜。

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愿得岁岁，常伴石斛兰。

联系我们：00447445588228 info@drplant.uk

网址：drplant.uk

Fun Fact 冷知识

Did ancient China have cosmetics and skincare?

Ancient China indeed had early forms of cosmetics and skincare. For instance, as early as the Spring and Autumn period (770 – 476 BC), people used rice powder as a basic cosmetic to brighten the complexion, and by the Han dynasty, crushed pearl powder and lead-based powders were applied as face treatments for whitening and nourishing the skin. Beyond topical products, skincare tools also existed: jade facial rollers and Gua Sha (jade scraping tools) were used to enhance circulation, promote lymphatic drainage, and firm the skin—practices that resemble modern beauty tools.

中国古代有没有美妆护肤?

中国古代确实存在美妆与护肤的传统。例如，早在春秋战国时期，人们就以米粉作为面粉（一种最早的化妆粉），用来提亮肤色；汉代以后，珍珠粉与铅粉也被用作面霜与面粉，以达到美白与润肤效果。此外，除妆之外，还有使用玉制“刮痧板”和面部滚轮（玉滚）以促进血液循环、排毒紧致肌肤的方法，这些可视作早期的护肤工具。



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Founded in August 2014 in Manchester, UK, Jamie's Salon has established itself as a creative hair design brand driven by a mission of continuous innovation. With its distinctive style—modern, fashionable, youthful, and highly individual—Jamie's Salon quickly gained recognition and strong support from Chinese communities across the UK and Europe. In 2024, the brand welcomed new talent to its team, marking a significant expansion and rebranding into the new Jamie and Lans Hair Salon. Today, it stands as one of the most beloved and trusted salon brands among the Chinese community in the United Kingdom.

Jamie's Salon UK 发型形象设计品牌创立于2014年8月，在英国曼彻斯特。Jamie's Salon 秉承不断革新发型设计理念为使命一路前行。因为 Jamie's Salon 的设计风格独特、时尚、个性、年轻化、创新，所以品牌创立短短几年时间，就不断受到英国和欧洲华人的追捧与支持。2024年团队又注入新鲜力量，品牌壮大，升级为全新 Jamie and Lans Hair Salon。现已成为英国华人心中非常喜爱的 Salon 品牌。



Fun Fact 冷知识

Did jewelry and watch dealerships or agencies exist in ancient China?

In ancient China, there was no formal concept of jewelry agents, but there were precursors worth noting. The Longyou Merchants' Guild, one of the Ten Great Merchant Guilds during the Ming and Qing dynasties, included businesses dealing in books, paper, and notably jewelry trade, providing a collective structure akin to early jewelry merchandising organizations historyofjewelry.net. Regarding timepieces, mechanical clocks only entered China in the 17th century, introduced by Western missionaries. In 1671, Emperor Kangxi established the Bureau of Clockmaking, appointing skilled foreign craftsmen to produce, repair, and maintain clocks. This effectively served as a centralized, court-appointed watchmaking and maintenance "agency"

中国古代有没有珠宝及钟表代理？

在中国古代虽无珠宝代理的现代形式，但“龙游商帮”作为明清时期十大商帮之一，其商人曾经

营书籍、纸张，也涉及珠宝业，可看作远古的珠宝贸易组织形式。至于钟表，则源自17世纪西方传入中国宫廷。康熙帝于1671年设立造钟局，聘请西方工匠制造和修理报时钟，成为当时钟表制作与维修的集中机构，这在宫廷内形成了类似“代理服务”的运作模式。



Fun Fact 冷知识

Did ancient China have dedicated places for getting one's hair cut?

Ancient China did not have barber shops in the modern sense, but there were indeed specialized places and professionals devoted to hair cutting and styling. During the Song dynasty, commercial barbers known as "tweezers workers" (niegong) or "comb workers" (zhigong) offered haircut services and earned a decent living. Anecdotal records note that the treacherous chancellor Qin Hui once paid 5,000 wen for a haircut—enough to buy about 120 kg of rice at that time. In the Southern Song capital Lin'an (modern-day Hangzhou), barbers even formed a guild called the "Hair-Dressing Community" (Jingfa She), complete with an industry guideline—Instructions on Hairdressing (Jingfa Xuzhi)—outlining both skill and service standards. Later in the Qing dynasty, China's first formal barber shop was established, marking the evolution of barbering into an organized profession.

中国古代有专门理发的地方吗？

中国古代虽无现代意义上的理发店，但确实存在专门理发和梳头的地方和从业者。宋代商业理发师称为“镊工”或“栉工”，他们在城市中以理发为业，收入可观。《贵耳集》记载，宰相秦桧曾花费五千金理发，相当于当时能买120公斤大米的价格。此外，南宋临安（今杭州）形成行业公会——“净发社”，制定《净发须知》规范理发师的专业及服务标准。而在清代，则成立了中国第一家理发店，专门提供理发服务，标志着理发业进入更加组织化的阶段。



食

FOOD

The culinary culture of the Tang and Song dynasties was rich and diverse, emphasizing the harmony of color, aroma, and taste, along with a focus on health. Tang cuisine was bold and plentiful, with a wide variety of dishes, excelling in sweet preserved fruits and fine wines. Banquets were lively affairs with music and dance. In contrast, Song cuisine was more refined and delicate, highlighting the natural flavors of ingredients and seasonal changes. It emphasized fine cooking techniques and elegant presentation. A variety of snacks and the growing tea culture, with tea gatherings becoming refined social events, were notable features. Whether in imperial feasts or street food, the period's cuisine reflected a pursuit of culinary finesse and health. Tang and Song dining was not just about satisfying the palate; it was also a form of living art and cultural expression.

唐宋时期的饮食文化丰富多彩，既注重色香味的协调，又讲究养生之道。唐代的饮食特点是豪放而丰盛，菜肴品种繁多，尤其擅长制作甜美的果脯和香醇的美酒。酒宴上常有歌舞助兴，气氛热烈而欢快。宋代则偏向精致与清淡，注重食材的原味和季节的变化，讲求细腻的烹饪技艺和美食的精巧摆盘。点心种类丰富多样，茶文化也逐渐兴盛，茶宴成为品茗赏艺的雅集。无论是宫廷御膳还是市井小吃，都体现出这一时期对饮食精致与健康的追求。唐宋饮食不仅满足了人们的味蕾，更是一种生活艺术和文化修养的体现。





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Food O'Clock Restaurant

Food O'Clock Restaurant specializes in Iron Pot Stew (铁锅炖), a hearty and flavorful Northeastern Chinese cuisine. Using a large cast-iron pot, fresh meat, vegetables, and rich seasonings are slow-cooked together, allowing the aroma to fully blend. Signature dishes include stewed fish, pork ribs, chicken with mushrooms, and seasonal vegetables, all served bubbling hot. With its rustic style, generous portions, and homely taste, Food O'Clock brings diners not only delicious food but also the warmth of sharing and togetherness. Perfect for family gatherings and friends' feasts.

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Chef Diao Restaurant is a well-known Chinese restaurant in Manchester, UK, renowned for its authentic Hong Kong-style dim sum, as well as a wide selection of Cantonese dishes and stir-fry specialties. Our dim sum chef was formerly with the five-star Shangri-La Hotel in Shenzhen, bringing exceptional craftsmanship and authentic flavors. Both our head chef and manager have over 20 years of experience in the UK hospitality industry. The restaurant is especially busy on weekends, so advanced reservations are highly recommended. We warmly welcome both new and returning guests.

Website: <https://chefdiao.com/>

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Fun Fact 冷知识

Do you know how ancient Chinese people scheduled their three daily meals without clocks?

Ancient Chinese Dining Hours

Before clocks, ancient Chinese people used the "twelve earthly hours" to set meals. Breakfast was at Chen (7-9 a.m.), lunch at Wu (11 a.m. - 1 p.m.), and dinner at You (5-7 p.m.). Meals followed natural rhythms—working at sunrise and resting at sunset.

你知道中国古代人在没有钟表的年代，是按照什么时辰来安排一日三餐的吗？

中国古代的用餐时辰

在没有钟表的年代，中国古代人常以“十二时辰”来安排饮食。一般早饭在辰时（7-9点），午饭在午时（11-13点），晚饭在酉时（17-19点）。有时因劳作或季节不同而调整，但三餐大致遵循日出而作、日落而息的节律。



Fun Fact 冷知识

Did ancient China have food delivery?

Ancient China didn't have food delivery platforms as we know them today, but it did have early forms of food delivery. In the Han Dynasty, vendors in Chang'an sold ready-to-eat dishes like meat soup that people could carry away, as noted in the Book of Han during a famine. In the Tang Dynasty, there was a service known as "liuban," where a complete banquet—sometimes for hundreds of guests—could be arranged and delivered promptly from the market to a household. By the Song Dynasty, food delivery had become even more visible: in the famous painting Along the River During the Qingming Festival, a waiter carrying a food basket appears to be delivering meals, surprisingly akin to today's delivery riders.

中国古代有外卖吗？

中国古代虽无现代意义上的外卖平台，却已有初步的“食物配送”形式。汉代长安已有商家出售熟食供外带，如《汉书·王莽传》记载灾荒时期人们可购得肉羹带回家食用。唐代则出现“立办”服务，大型宴席能迅速由市场直接准备到府，甚至三五百人的宴席也能立刻完成。宋代饮食文化更盛，《清明上河图》中可见“外送小哥”提着食盒奔向顾客，其配送方式与现代外卖颇为相似。



Fun Fact 冷知识

Did ancient China have restaurants serving dim sum?

Ancient China did have early forms of establishments where dim sum-style snacks were available, though not in the modern sense of a dim sum restaurant. The term "dim sum" dates back to the Tang dynasty, where it referred to small breakfast snacks like steamed buns and dumplings, typically consumed at home—not in commercial eateries. It was not until the Song dynasty in southern China—particularly Guangzhou—that teahouses, or "teahouses," began to offer small food items alongside tea. These teahouses evolved into proto-dim sum venues where patrons enjoyed bite-sized snacks with tea in a public setting. While they lacked the full structure of today's dim sum restaurants, they represented the earliest commercial dim sum-style dining.

中国古代有吃点点心的餐厅吗？

在中国古代，确实存在以“点心”为主的餐饮场所，但并非现代意义上的茶楼或点心店。唐代已有“点心”一词指代早餐的小食，如馒头、包子等，用于填饱肚子；当时多在家中食用，非公开餐厅形式。直到宋代，尤其在广东地区，茶馆（即“茶楼”）开始兴起，顾客边喝茶边享用小吃，这被看作“点心”早期商业化的雏形。这些场所虽不如现代点心店系统化，但已呈现公共聚餐、点心供应的初步形态。





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Fun Fact 冷知识

Did ancient China have restaurants?

Yes, ancient China did have establishments akin to restaurants. The earliest recognizable "restaurants" appeared during the Northern Song Dynasty in major cities like Kaifeng and Hangzhou, where booming commerce supported numerous teahouses, taverns, and eateries that even offered food delivery services for locals and merchants. According to the historical record *A Dream of Splendor in the Eastern Capital* (*Dongjing Meng Hua Lu*), "everywhere there were teahouses and hotels by the street, and food stalls and eateries," revealing how vibrant and diverse the dining culture had become by that era.

中国古代有餐厅吗？

中国古代确实存在类似于“餐厅”的饮食场所。最早可考的正式餐馆出现在北宋的东京（今河南开封）和杭州等大城市，当时商业发达，餐馆、酒楼、食肆等林立，甚至提供外送服务，迎合商旅与本地市民的饮食需求。宋代文献如《东京梦华录》记载：“处处拥门，各有茶坊酒店，勾肆饮食”，展现了饮食业的蓬勃景象与多样性。



住 HOUSING

Tang and Song era homes featured unique aesthetics and functionality. Tang Dynasty houses were spacious with a focus on symmetry and layers, often showcasing ornate carved wooden doors and high, elegant eaves. In contrast, Song Dynasty homes emphasized simplicity and practicality, with clean, refined designs and well-planned courtyards resembling gardens. These homes often had large windows and bright interiors, balancing minimalist beauty with comfort. Overall, Tang and Song residences were more than just living spaces; they were a blend of art and culture, reflecting the era's pursuit of quality living.

唐宋时期的住宅具有独特的美学与功能性。

唐代的住宅布局开阔，讲究对称和层次感，庭院宽敞，常见精美的雕花木门和高耸的屋檐，表现出一种富丽堂皇的气派。宋代则更注重内敛与实用，住宅设计简洁而雅致，院落被精心布置成园林式景观，亭台楼阁错落有致，展现出自然与人文的和谐。宋代的房屋往往设有明窗净几，光线充足，既体现了审美的简约，也符合生活的舒适性。总体而言，唐宋住宅不仅是居住的空间，更是艺术与文化的融合体，体现了那个时代对生活品质的追求。



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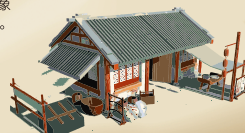
Fun Fact 冷知识

How were houses decorated in ancient China?

In ancient China, home decoration wasn't conducted by modern renovation companies—instead, craftsmen and carpenters handled decoration as part of the construction process, emphasizing ornate adornments over structural changes. Key decorative features included glazed tiles (liuli) with colorful embellishments adorning roofs of temples and palaces, elaborately carved wooden rafters, door pavilions, and ornate window frames often featuring symbolic auspicious patterns. During the Song dynasty, decorative painting reached a peak of standardization, with styles like "wucai bianzhuang" (brocade-like multicolor) and "niantu zhuang" (jade-like green tones), employing vivid color schemes and rich motifs that harmonized architectural form with cultural symbolism.

中国古代房子怎么装修？

中国古代家居装修注重“轻装修、重装饰”，由传统工匠和木匠手工打造，且多为整体建造过程中的一部分，而非独立装修公司执行。装饰重点包括屋顶瓦饰（如用琉璃瓦和彩绘装饰庙宇及宫殿屋顶），雕梁画栋、木雕花窗、门楼砖雕等均极具艺术与象征意味。宋代更发展出高度规范化的彩画体系（如“五彩遍装”、“碾玉装”等），讲求色彩华美、纹样丰富，融合吉祥意象与建筑结构完美结合。



行

TRANSPORTATION

Travel in the Tang and Song dynasties reflected the era's prosperity and elegance. In the Tang Dynasty, travel was characterized by luxury and comfort, with officials and nobles riding elaborately decorated carriages adorned with intricate carvings and rich fabrics, often accompanied by guards. The Song Dynasty, on the other hand, favored practicality and grace. Common people and officials used carriages and boats, with a growing network of post stations for changing horses. Walking and horseback riding remained common, especially in cities with clean streets and bustling crowds. Whether luxurious carriages or simple walking, travel in the Tang and Song periods showcased the era's refined lifestyle and social prosperity.

唐宋时期的出行方式展现了当时社会的繁荣与精致。唐代出行讲究华丽与舒适，官员和贵族常乘坐装饰华美的马车，车上精雕细刻，饰有绸缎和锦缎，行程中往往有随扈侍卫随行。宋代的出行则更为实用与优雅，市井百姓和官员常用马车或船只，甚至有专门的驿站供人换乘，交通网络逐渐完善。步行和骑马依然是常见的方式，尤其在城市中，街道整洁，行人熙熙攘攘，形成了别具一格的景象。无论是华贵的马车还是简朴的步行，唐宋时期的出行方式都体现了当时人们对生活的精致追求和社会的繁荣风貌。



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Fun Fact 冷知识

How was information conveyed in ancient China?

In ancient China, information was conveyed through a variety of ingenious and organized systems. One of the earliest was the beacon-fire signaling, where smoke by day and fire by night were used in succession across signal towers to transmit military alerts quickly. The government also implemented a relay-post system using official courier stations (yi, yu) that provided horse changes and rest stops, enabling the fast delivery of official documents and messages. In the Song dynasty, a special urgent messenger credential known as the "gold character plaque" (jinzipai) was introduced—purple-lacquered wood with gilded characters used for express dispatch, capable of covering 400–500 li per day. Additionally, the "dibaobao" (official bulletin) emerged in the Han dynasty, functioning as a regular government gazette to report court decrees and political news to officials.

中国古代用什么方式传递信息？

中国古代的信息传递方式多样，形成了高效、组织化的体系。最早的有“烽火传讯”，通过点烟昼报、点火夜报的方式，从一个烽火台接力传递军事警报。同时，官方专设“驿站”和邮驿系统，在站点之间提供换马、食宿，实现公文与信件的快速递送。宋朝更创新推出紧急信使凭证——“金字牌”，朱漆木牌镶金字，代表“火速传递”，可日行四五百里。此外，汉代还通过“邸报”形式发布政令与新闻，为官府内部与地方官员提供定期信息通报。



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Fun Fact 冷知识

Did ancient China have cross-border communication methods similar to modern aviation?

Although ancient China had no airplanes, it developed cross-border communication methods comparable to modern aviation. The most famous was the Silk Road, which carried not only silk, porcelain, and tea but also fostered cultural exchanges across Central Asia, the Middle East, and even Europe. By sea, the Maritime Silk Road during the Tang and Song dynasties connected ports like Guangzhou and Quanzhou with Southeast Asia and the Indian Ocean trade network. In the Ming dynasty, Admiral Zheng He's voyages represented the pinnacle of ancient Chinese "international routes": commanding massive treasure fleets on seven expeditions, he reached as far as the east coast of Africa and the Red Sea. These maritime journeys served as ancient equivalents of international flights, enabling diplomacy, trade, and cultural exchange on a global scale.

中国古代有没有类似航空的跨国沟通方式？

中国古代虽无飞机，却有堪比“跨国航线”的沟通方式。最著名的是丝绸之路，不仅运送丝绸、瓷器、茶叶，还带动了中亚、西亚与欧洲的文化交流。海上方面，唐宋时已有“海上丝绸之路”，商船从广州、泉州启航，抵达东南亚、印度洋沿岸。明代郑和下西洋更是史上规模空前的远航，率数百艘宝船七下西洋，到达过非洲东海岸和红海地区，相当于古代的“国际航班”，在外交、贸易与文化传播上发挥了巨大作用。





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Fun Fact 冷知识

Did ancient China have fast communication methods similar to modern aviation?

Although ancient China had no airplanes, it did create remarkably fast communication systems. One of the most famous was the beacon tower network, where smoke by day and fire by night relayed urgent military signals across hundreds of miles almost instantly. From the Han to Tang dynasties, an organized relay-post system provided horses, lodging, and supplies for couriers, ensuring official documents and letters traveled quickly across the empire. In the Song dynasty, the government introduced the "gold-character plaque" (jinzipai), an emergency credential that allowed messengers to ride day and night, covering 400 – 500 li (about 200 km) per day. In many ways, these ancient methods functioned like "express air routes," reflecting the same pursuit of speed and efficiency that modern aviation embodies.

中国古代有没有像航空一样快速的传递方式？

中国古代虽然没有飞机，但同样追求高效的消息传递。最著名的是烽火台系统，通过昼烟夜火接力，能在极短时间内传递千里军情。汉唐以来的驿站制度则为公文、信件提供换马与食宿支持，确保政令迅速下达。宋代还出现了特别的紧急凭证——金字牌，持牌信使可昼夜兼程，一天能行四五百里。某种意义上，这些体系就是古代的“空中快线”，体现了当时对速度与效率的极致追求。



商 COMMERCE

The Tang and Song dynasties saw remarkable commercial prosperity. Cities like Chang'an, Luoyang, Hangzhou, and Kaifeng became commercial hubs, attracting merchants from various regions. Markets and bazaars thrived, offering a wide range of goods from agricultural products to luxury items. International trade flourished via the Silk Road. The monetary system was well-developed, with the Song dynasty issuing the earliest paper currency, "Jiaozi." Financial institutions such as money shops and pawnshops emerged, facilitating capital flow. The social status of merchants gradually rose, and commercial regulations and systems improved, driving economic growth and laying the foundation for the commercial brilliance of the Tang and Song periods.

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Fun Fact 冷知识

Did lawyers exist in ancient times?

Although there was no exact equivalent to the modern profession of "lawyer" in ancient times, certain individuals played similar roles, offering legal assistance or defense in judicial proceedings.

In ancient China, while there was no formal lawyer profession, there were roles like "litigation masters" (讼师) or "orators" (辩士). These individuals provided legal advice, drafted legal documents, and defended clients in court. However, they were not highly respected in society, as they were often seen as encouraging litigation and promoting disputes.

In summary, while ancient societies did not have a profession entirely equivalent to today's lawyers, there were indeed professionals within their legal systems who performed functions similar to those of modern lawyers.

古代有律师吗？

古代虽然没有现代意义上的“律师”职业，但有一些类似律师角色的人物，他们在司法活动中提供法律帮助或辩护。

在中国古代，虽然没有专门的律师职业，但有“讼师”或“辩士”这样的角色。讼师是一类为当事人提供法律建议、撰写诉状，并在法庭上帮助他们辩护的人。这类人通常对法律有较深的了解，但在社会上并不受人尊重，因为他们常被认为是“好讼”的助长者，助长了诉讼的增加。

总之，虽然古代没有与现代完全对等的“律师”职业，但在司法程序中确实存在提供法律服务的专业人员或角色。这些人在各自的文化和法律体系中发挥了类似于今天律师的功能。



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Fun Fact 冷知识

In ancient China, were there platforms that provided ordering or payment services for restaurants?

In ancient China, there were no centralized "platforms" like today's apps that provided restaurant ordering or payment services.

Ordering: In restaurants and teahouses, waiters (often called dian xiao er) assisted customers with ordering and serving food. Diners usually placed orders verbally, and larger establishments sometimes offered menus for selection.

Payment: Payments were made directly at the restaurant, typically with copper coins or silver ingots. In some cases, customers could run a "tab," with the restaurant recording debts to be settled later.

Platform concept: While there were no platforms in the modern sense, some merchant guilds, security bureaus (biaojun), or banks (piaohao) provided broader credit, settlement, or delivery support, which can be seen as a primitive form of service network.

在中国古代，是否有为餐厅提供点餐服务或者支付服务的平台？

在中国古代，并不存在像今天这样集中的“平台”来提供点餐或支付服务。

点餐方面：古代的酒楼、茶馆通常有专门的店小二（侍应生），负责为客人点菜、上菜。客人一般口头点菜，部分大型酒楼可能有菜谱（类似菜单）供选择。

支付方面：付款一般是直接在餐馆内完成，常用方式包括铜钱、银两，部分情况下也可以“挂账”，由店家记账，等到特定时间再结算。

平台概念：虽然现代意义上的“外卖平台”或“支付平台”，但有些商会、钱局或票号在更大范围内提供信用、结算，甚至运输支持，可以看作是一种原始的“服务网络”。



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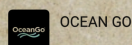
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Fun Fact 冷知识

How was transportation and logistics carried out in ancient China?

In ancient China, logistics relied on relay stations, waterways, and roads. The Grand Canal connected north and south, boosting grain and goods transport. Official roads with carts ensured military and official supply. Water transport was cheap and efficient, while land routes provided flexibility, forming an integrated logistics system.

中国古代运输物流是如何实现？

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Fun Fact 冷知识

How was printing done in ancient China?

Ancient Chinese printing technology evolved through several key stages, primarily woodblock printing and movable type printing.

1. Woodblock Printing:

- Woodblock printing was the earliest method, developed during the Tang Dynasty and widely used in the Song Dynasty. The basic process involved carving text or images in reverse on wooden blocks, applying ink to the carved surface, and then pressing paper onto the block to print. This method allowed for mass production of books, with one famous example being the printing of the "Diamond Sutra".

- The advantage of woodblock printing was that it could reproduce complex text and images, but the downside was that each page had to be individually carved, making it costly and labor-intensive. Additionally, the wooden blocks would wear out over time.

2. Movable Type Printing:

- Movable type printing was invented by Bi Sheng during the 11th century in the Northern Song Dynasty. This method used individual character blocks that could be rearranged and reused for multiple prints. Bi Sheng originally used clay type, but later, wood, metal, and ceramic types were also developed.

- The key advantage of movable type printing was its efficiency, especially for printing books that required multiple editions or updates. It greatly facilitated the spread of knowledge and literature.

- However, due to the complexity of the Chinese script, with thousands of characters, movable type printing did not become as widespread in China as it did in the West.

These two printing techniques played a crucial role in the dissemination of culture and knowledge in ancient China. Woodblock printing enabled the widespread reproduction of books and documents, while movable type printing further improved efficiency and flexibility.

中国古代如何印刷？

中国古代的印刷技术经历了几个重要的发展阶段，主要包括雕版印刷和活字印刷。

1. 雕版印刷：

- 雕版印刷是中国古代最早的印刷方法，出现于唐朝，盛行于宋代。这种方法的基本原理是将文字或图像反向雕刻在木板上，然后在上面积墨，最后将纸张覆盖在木板上进行印刷。雕版印刷可以大批量复制书籍，最著名的例子之一是《金刚经》的印刷。

- 雕版印刷的优点是可以印刷复杂的文字和图像，但缺点是每一页都需要单独雕刻，成本较高，而且木板容易磨损。

2. 活字印刷：

- 活字印刷是由北宋的毕昇在11世纪发明的。活字印刷使用的是单个的字块，这些字块可以在印刷时重新排列，然后进行多次使用。毕昇最初使用的是泥质活字，后来出现了木质、金属和陶瓷活字。

- 活字印刷的优点是提高了印刷效率，尤其适合于需要多次修改或多版次印刷的书籍。它极大地推动了书籍的传播和知识的普及。

- 然而，由于中国文字的复杂性（数以万计的汉字），活字印刷并没有像在西方那样得到广泛应用。

这两种印刷技术在中国古代的文化传播和知识积累中发挥了重要作用。雕版印刷的发明使书籍和文献得以广泛复制和流通，而活字印刷的出现进一步提高了印刷的效率和灵活性。





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In the payment sector, we offer low-rate, high-stability card terminals and online payment solutions. Our equipment runs smoothly and offers fast settlements, helping clients significantly reduce transaction costs and improve payment efficiency.

Ordering Systems and Website Ordering

We provide a powerful EPoS ordering system, website ordering, and self-service kiosks to meet the diverse ordering needs of restaurants. We also offer business broadband and landline services, fully supporting daily restaurant operations and helping you manage with ease while reducing costs and boosting efficiency.

With advanced technology and localized service, Kuaishou Business has earned the trust and praise of many Chinese restaurant and takeaway owners across the UK.

Learn more: <https://chinasoftware.co.uk> or Call: 020 3376 8686.

快手商务：英国华人餐饮行业的一站式运营专家

快手商务专注服务英国华人餐饮企业，以能源、支付系统与点单系统为核心，为客户打造高效、可靠，高性价比的一站式运营解决方案。

能源服务

我们直连英国主流能源供应商，提供免费查价与全网比价服务，为客户锁定长期稳定的低价煤电水商业合约。签约成功率高，有效帮助餐饮商户实现能源成本的长期可控与节约。

支付系统

在支付领域，我们提供低费率、高稳定性的刷卡终端与线上支付方案。设备运行流畅、结算快捷，助力客户大幅降低交易成本，提高收款效率。

点单系统与网站下单

我们配套提供功能强大的Epos点餐系统、网站点单、自助点餐机，满足餐厅多场景点餐需求。同时还代理商用宽带与座机服务，全面支持餐厅日常运营，助您轻松管理、降本增效。

凭借先进的技术与本地化服务，快手商务赢得了广大英国华人餐饮老板的信赖与好评。

了解更多，请访问官网 <https://chinasoftware.co.uk> 或致电：020 3376 8686

Fun Fact 冷知识

In ancient China, were there institutions that helped restaurants operate more effectively?

In ancient China, institutions did exist to support and improve the operation of restaurants and the broader food industry. Government offices such as the Wine Administration Bureau and Market Offices managed licensing, regulation, and taxation, functioning much like modern commercial regulators. During the Song Dynasty, guilds (e.g., "food guilds" and "wine guilds") played key roles in self-regulation, price coordination, and dispute mediation, providing services to enhance industry stability. At the imperial level, the Shangshi Bureau oversaw royal cuisine, symbolizing highly institutionalized and standardized food management. Together, these mechanisms promoted order and prosperity in China's ancient dining sector.

在中国古代，是否有帮助餐厅运营更加完善的机构？在中国古代，确实存在帮助餐厅或饮食行业运营更加完善的机构。首先，政府设立的酒务局、市司等衙署，负责许可、监管和税收，相当于现代工商管理。其次，宋代兴盛的行会（如“食饭行”“酒行”）承担了行业自律、价格协商、纠纷调解等功能，为餐饮业提供组织和服务。最后，宫廷层面的尚食局代表最高级别的饮食管理，体现制度化和标准化。这些机构共同推动了古代餐饮业的规范与繁荣。



JinLong Chinese Martial Arts Academy

A Manchester based Chinese Martial Arts School.

Established in 1999, we teach genuine contemporary Chinese Wushu (more commonly known as Kung Fu) and Taiji to people of all ages and levels. Through the medium of martial arts, we aim to provide an environment where the qualities of family, self-discipline, respect and personal growth are able to thrive within all our students.

• WUSHU

A martial art rooted firmly in the ancient martial and cultural arts of China.

Saturday 3:00pm – 5:30pm | Sunday 3:00pm – 5:30pm @ Oldfield Brow Primary School, Altrincham WA14 4LE* beginners train for the first hour.

• TAIJI

More commonly known as Tai Chi in the west, is an internal Chinese martial art widely practiced for both its health benefits and its defence training.

Tuesday 7pm – 8pm / Saturday 10am-11am

@ Oldfield Brow Primary School, Altrincham WA14 4LE

Thursday 10am – 11am @ John Leigh Park, Altrincham WA14 4EQ

Sunday 10am – 11am @ John Leigh Park, Altrincham WA14 4EQ

Classes Suitable For All Ages | Beginners & Families Welcome

*** 1 WEEK FREE TRIAL ***

Taught by Master Chen DeQing:

Times Chinese National University Taiji Champion 5 Times Chinese National University Wushu Champion.

Get in touch to book or find out more information.

0782 883 8081 | jinlonguk2000@live.co.uk

www.jin-long.co.uk

金龙武术中心

金龙武术中心是一所位于曼彻斯特的中国武术学校，成立于1999年。我们教授正宗的当代中国武术（更广为人知的是功夫）和太极，适合所有年龄和水平的学员。通过武术教学，我们旨在为所有学员提供一个促进家庭观念、自律、尊重和个人成长的环境。



武术

武术是一门深深扎根于中国古代武术与文化艺术中的武道。我们的武术课程时间如下：

- 周六：下午3:00 - 5:30

- 周日：下午3:00 - 5:30

*初学者训练时间为前一个小时

地点：Oldfield Brow Primary School, Altrincham WA14 4LE



陈氏太极：

在西方更为人熟知的太极(Tai Chi)，是一种中国内家拳，广泛用于增强健康和防身训练。我们的太极课程时间如下：

- 周二：晚上7:00 - 8:00 / 周六：早上10:00-11:00

地点：Oldfield Brow Primary School, Altrincham WA14 4LE

- 周四：上午10:00 - 11:00

地点：John Leigh Park, Altrincham WA14 4EQ

- 周日：上午10:00 - 11:00

地点：John Leigh Park, Altrincham WA14 4EQ

我们的课程适合所有年龄段学员，欢迎初学者和家庭成员加入

提供一周免费试课

课程由陈德卿师父亲自教授。

陈德卿师父，三次全国大学生太极冠军，五次全国大学生武术冠军。

请联系我们预定课程或获取更多信息。

电话：0782 883 8081

邮箱：jinlonguk2000@live.co.uk

网站：<http://www.jin-long.co.uk>





About Us

As Manchester's pioneering dance studio, MCAD offers diverse dance classes such as Chinese dance, K-pop, ballet, and hip-hop for children and adults aged 4 and up. We provide a nurturing environment for students to learn and express themselves through movement. As a member of IDTA and the only CFA examination center in Manchester, we ensure high standards and offer a unique focus on traditional Chinese dance. Through collaborations with UK schools, we promote cultural understanding and enrich students' educational experiences.

Contact Us:

WeChat: MCAD-2019

Email: jiajie@mcacademyofdance.co.uk

关于我们

曼彻斯特华人舞蹈学院是曼城首家为4岁以上儿童及成人提供中国舞、韩舞、芭蕾和现代舞等舞蹈课程的舞蹈工作室。我们致力于透过舞蹈推广中国文化的博大精深。作为国际舞蹈教师协会（IDTA）会员和曼城唯一的中国民族民间舞考试中心，我们提供高标准的教学，并专注于传统中国舞。我们与英国学校合作，促进文化交流，丰富学生的学习体验。

联系我们:

WeChat: MCAD-2019

Email: jiajie@mcacademyofdance.co.uk



Moge Moge

ART EDUCATION

MogeMoge ART EDUCATION provides high-quality art education that blends Eastern and Western aesthetics. We offer a comprehensive curriculum for young learners aged 5 – 16, focusing on the seven essential elements of art. Our courses cover a wide range of mediums, including watercolor, gouache, acrylics, oil pastels, colored pencils, sketching, anime, and traditional Chinese ink painting. Additionally, we provide creative craft classes designed to spark children's imagination.

Each course is carefully structured to offer a systematic and immersive learning experience. Students are encouraged to explore diverse materials while enjoying the creative process. Beyond our regular after-school programs, we also provide specialized art training and exam preparation for GCSE and A-level art. With small class sizes and one-on-one guidance, parents receive weekly written updates and classroom photos to track their child's progress.

Class Schedule

Monday to Friday, Sunday 4:00 – 5:00 PM: Ages 5 – 9

Monday to Friday, Sunday 5:10 – 6:10 PM: Ages 10+

Discover the Joy of Handmade Creations!

Starting this October, we warmly welcome both adults and children—no prior experience required—to join our exciting DIY workshops. Explore a wide variety of creative projects, including:

- Cloisonné Enamel (Jingtai Blue), a Chinese Intangible Cultural Heritage craft
- Traditional-style beaded bracelet making
- Felt painting
- Whipped cream clay design
- Fluid art
- Blind box re-creation and more!

Unleash your creativity, experience the beauty of traditional and modern crafts, and take home your very own masterpiece.

Reservations are now open—join us and create something unique!

For more information, please contact us:

WhatsApp: 07922184178

Email: wowsocialu@gmail.com

Website: www.mogemogeart.co.uk

MogeMoge ART EDUCATION 艺术培训中心专注于中西艺术美学的融合教育，致力于为5 – 16岁的青少年提供高品质的美育课程。课程以绘画艺术的七要素为基础，涵盖水彩、水粉、丙烯、油画棒、彩铅、素描、动漫以及中国水墨画等多种媒介。同时，还开设创意手工课程，旨在激发孩子们的想象力与创造力。

每一期课程都经过精心设计，系统化学习，帮助学生全面探索多样材料，感受艺术创作的乐趣。除日常课后班外，我们还提供美术专业训练课程，并为GCSE与A-level艺术考试提供专项辅导。课程坚持小班制与一对一指导，每周向家长反馈学习进展及课堂照片。

课程时间安排

周一至周五、周日 4:00 – 5:00: 5 – 9岁

周一至周五、周日 5:10 – 6:10: 10岁以上

发现手作的乐趣:

从今年十月起，我们为成人与儿童（零基础亦可）特别推出趣味手作体验课程，内容包括：

- 中国非遗景泰蓝掐丝珐琅体验
- 国风手串制作
- 毛毡画
- 奶油胶创意制作
- 流体画创作
- 盲盒二次创作等

释放你的创造力，感受传统与现代工艺的魅力，并带走属于自己的艺术作品。

预约已开启，欢迎加入我们，一起开启手作之旅！

了解更多信息，请联系:

WhatsApp: 07922184178

Email: wowsocialu@gmail.com

官方网站: www.mogemogeart.co.uk



Moge Moge
ART EDUCATION



Contact us: 07549084402
E-mail: info@moonchester.uk

联系我们: 07549084402
邮件: info@moonchester.uk

我们致力于传承和推广中华文化，
希望在英华人及其子女有更多机会接触和体验中华传统文化。
诚邀志同道合的商户和朋友通过邮件与我们联系。

Use a red marker to cover all the gray areas to create a traditional
Chinese Mid-Autumn Festival paper-cut.

请用红色的画笔，把灰色部分全部涂上红色，就会得到一幅中国传统中秋剪纸画)

Organisers: Manchester Chinatown Business Association
Federation of Chinese Associations of Manchester

Event Host: L SQUARE UKCN LTD

Contact us: 07549084402 E-mail: info@moonchester.uk



飞鸟国际

Feiniaio Intl is deeply rooted in the UK and European markets, leveraging dedicated direct lines, fulfillment service, customs clearance, and local tax services, combined with its self-developed WMS/OMS/ERP system to build a highly competitive four-in-one supply chain system. Over the past 14 years, Feiniaio Intl has continuously immersed itself in the cross-border industry, expanding its service scope through supply chain advantages and efficient execution, striving to become a reliable partner for brands expanding internationally.

We provide customized one-stop international supply chain solutions based on clients' business needs and product lines, covering global transportation, origin country fulfillment service, customs clearance, tax compliance, order fulfillment, and after-sales services. By integrating global resources, Feiniaio Intl has built a deep service network, ensuring the efficient implementation and stable operation of cross-border businesses, gaining the trust of many international companies, organisations and platforms.

Feiniaio Intl holds multiple industry certifications, including being recognized as one of the "Outstanding Fulfillment Centers in Guangdong Province" by the Guangdong Department of Commerce in 2019. It has also become the EBAY Gold Certified Fulfillment Center and TikTok Shop Fulfillment Partner. Additionally, Feiniaio Intl has established partnerships with platforms such as TEMU, SHEIN and AliExpress, demonstrating its outstanding overall capabilities.

飞鸟国际深耕英国和欧洲市场，依托专线运输、海外仓储、清关与本土税务服务，并结合自主研发的WMS/OMS/ERP系统，构建了独具竞争力的四位一体供应链体系。14年来，飞鸟持续深耕跨境行业，通过供应链优势和高效执行力，不断扩展服务边界，致力于成为品牌出海的可可靠合作伙伴。

我们根据客户的业务需求与产品线，量身定制一站式国际供应链解决方案，涵盖全球运输、前置仓储、清关、税务合规、订单履约及售后服务。飞鸟通过整合全球资源，搭建了深度服务网络，确保跨境业务的高效落地与稳健运营，赢得了众多跨境企业、机构和平台的信赖。

飞鸟国际拥有多项行业资质，2019年获评“广东省优秀海外仓”，并接连成为EBAY金牌认证履约中心及TikTok Shop海外仓合作伙伴。飞鸟还与TEMU、SHEIN、速卖通等多个平台建立合作，展现其卓越的综合实力。



Event Host: L SQUARE UKCN LTD



L SQUARE UKCN, based in the United Kingdom, specializes in creative planning and brand design with a focus on intangible cultural heritage. We are committed to fostering in-depth collaboration and sustained dialogue between China and the UK in the fields of culture, art, and the creative industries. With a unique strategic positioning, systematic methodology, and cross-cultural communication expertise, L SQUARE bridges the gap in delivering high-quality, contextually adaptive, and contemporarily expressive cultural services. Our mission is to build a cultural bridge between the two nations, continuously exploring ways to express cultural values in a modern context and to create international resonance.

A Rare and Vital Cultural Bridge

In today's world of accelerating cultural integration and evolving diversity, organizations that combine deep cultural understanding, local resource integration, and cross-context communication are exceedingly rare. L SQUARE not only has a profound grasp of the essence of traditional Chinese culture but also the ability to present and reimagine it in ways that are familiar and accessible to British society.

This distinctive capacity—“content rooted in China, expression shaped in the UK”—positions us as an indispensable cultural translator and cross-sector connector in Sino-British cultural exchange.

Distinctive Approach and Methodology

L SQUARE upholds an open, diverse, and integrative cultural philosophy, adept at activating cultural content through youthful, engaging, and experiential approaches. Through creative planning, spatial design, visual storytelling, and brand narrative building, we transform rich traditional cultural resources into communication products that align with contemporary modes of expression.

Every cultural project we curate balances intellectual depth with communicative impact, making culture not only a medium of exchange but also a bridge of identity and emotional connection.

A Future-Oriented Platform for Cultural Collaboration

L SQUARE UKCN aspires to be both a curator of cultural content and a catalyst for cultural value. We are building a long-term platform that supports diverse collaborations between China and the UK:

Providing tailored solutions for cultural institutions

Creating culturally resonant brand content for enterprises

Staying true to our role as a cultural messenger, we are dedicated to deepening and expanding ties between the two nations across the fields of humanities, arts, and innovation.

L SQUARE UKCN 立足英国，专注于非物质文化遗产的创意策划与品牌设计，致力于推动中英两国在文化、艺术与创意产业领域的深度合作与持续对话。凭借独特的战略定位、系统化的方法论与跨文化传播能力，L SQUARE 有效填补了中英文化交流中高品质、跨语境、具当代代表力的服务空白。我们的使命是搭建两国文化的桥梁，探索文化价值的当代表达与国际共鸣路径。

稀缺而重要的文化桥梁

在全球文化日益融合、多元认知不断加速的今天，能够兼具文化深度理解、本地资源整合与跨语境传播的机构极为稀缺。L SQUARE 既深谙中国传统文化的精髓，又能以英国社会熟悉、易于接受的方式进行呈现与重塑。

这种“内容在中国，表达在英国”的能力，使我们成为中英文化互动中不可替代的文化翻译者与跨界链接者。

独特的组织风格与方法论

L SQUARE 始终秉持开放、多元与融合的文化理念，善于以年轻化、趣味性与场景化的方式激活文化内容。通过创意策划、空间设计、视觉表达与品牌故事构建，我们将深厚的传统文化资源转化为符合当代表达习惯的传播产品。

每一场文化活动都兼具思想深度与传播张力，使文化既是交流工具，也是情感与认同的桥梁。

面向未来的文化合作平台

L SQUARE UKCN 致力于成为文化内容的策划者与文化价值的推动者。我们积极构建一个服务于中英多方交流合作的长期平台：

为文化机构提供定制化解决方案

为企业打造具有文化温度的品牌内容

我们始终坚守“文化传递者”的初心，推动中英在人文、艺术与创新领域建立更广泛、更深入、更具持续力的联系。

