

Zhongyuan the SINGAPO 人 Way

新加坡过中元的方式

Zhongyuan Festival falls on the 15th day of the seventh month of the lunar calendar. The festival is observed throughout the entire seventh lunar month, usually around August of the Gregorian calendar.^[1]

During this period, the Chinese community pays respect to their ancestors and makes offerings to wandering souls, hence giving rise to the festival's more commonly known name – “Hungry Ghost Festival”.

In Singapore, the significance of Zhongyuan Festival differs between the Taoists and Buddhists. Taoists believe in appeasing the wandering souls from the netherworld while Buddhists focus on expressing filial piety.^[2]

农历七月十五日是中元节，民间俗称“鬼节”。华人认为农历七月是“鬼月”，而农历七月即公历八月左右。^[1]

在这期间，华人会拜祭祖先，也会为地府放出来的孤魂野鬼提供祭品。

中元节是本土华族文化重要的一部分，对新加坡的道教和佛教信徒有不同的意义。道教着重于为那些从阴间放出来的无主孤魂做普渡，佛教则强调孝道。^[2]

INFO SOURCE 资料来源:

1. Singapore Infopedia – Zhong Yuan Jie (Hungry Ghost Festival)
2. Singapore Federation of Chinese Clan Associations, Chinese Customs and Festivals in Singapore, Qing Ming Jie (All Souls' Day)

SINGAPO
新加坡华



About 关于

Zhongyuan Festival, also known as Hungry Ghost Festival, encompasses various customs and rituals that have been passed down through generations.

Delve into local Chinese culture with us as we explore the unique practices of this festival in Singapore!

中元节俗称“鬼节”，有着许多代代相传的习俗和仪式。

让我们一起探索中元节在新加坡的庆祝方式。

Common Singapore人 Sights During Zhongyuan Festival 新加坡中元节期间常见场景



Image Source 图片来源: The National Archives of Singapore

Scene from an auction held during Zhongyuan Festival.
中元喊标



Image Source 图片来源: Roots.gov.sg

Zhongyuan Festival ceremonies are typically held in the heartlands.
中元节的庆典一般在许多新加坡人居住的邻里举行。



Image Source 图片来源: The National Archives of Singapore

Seventh month getai performance.
七月歌台: 逐渐取代传统街戏和布袋戏成为中元节的主流表演。



Image Source 图片来源: The Straits Times

Children burning paper offerings in the burner tin.
孩子们在中元节期间利用金银纸焚烧炉焚烧金银纸。



Image Source 图片来源: Yahoo!Life

Lighting of joss sticks and burning of paper offerings during Zhongyuan Festival.
在新加坡庆祝中元节期间，人们焚烧香烛祭品。

How Is It Observed?

如何过节?

Even though Taoists and Buddhists in Singapore have different views on the significance of the festival, most Chinese Singaporeans observe the festival in similar ways.

Let's have a look at how the festival is observed in Singapore! ^{[3][4][5][6]}

尽管新加坡的道教徒和佛教徒对节日的观念和习俗稍有不同，但新加坡华人的过节方式主要有几个。

让我们来看看本地过中元节的方式有哪些吧！^{[3][4][5][6]}

Ceremonies 中元会

During Zhongyuan Festival, you may have come across events happening in your neighbourhoods. These night-time events typically comprise a dinner, an auction and a getai performance.

Business owners in each neighbourhood will pool their resources to make mass offerings during Zhongyuan Festival. These offerings would include rice, oil, canned food, fruits, and stalks of sugarcane, which will then be distributed to participants.

The boisterous atmosphere from the auctions during this period might be something most Singaporeans recognise. These auctions are meant for temples and organising committees to raise funds for the following year's dinner, and auction bidders believe that their charitable bids will bring them good luck.

中元节期间，你或许曾看过邻里内的庆典活动，如晚宴、喊标和歌台表演。

邻里内的商家捐出一笔钱，用于大规模普渡。祭品一般包括米、油、罐头、水果和甘蔗，普渡后会分发给参与者。

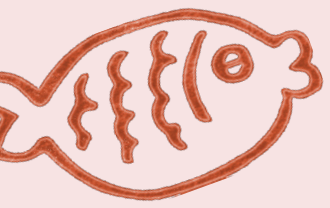
除此之外，喊标的热闹气氛或许是大多数新加坡人熟悉的场景。这些标会通常是中元筹委会为来年的庆典筹集资金。投标者认为他们的善举会为自己带来好运。



Image Source 图片来源: Seedly

INFO SOURCE 资料来源:

3. Singapore Infopedia – Zhong Yuan Jie (Hungry Ghost Festival)
4. Channel News Asia – Commentary: Finding filial duty, spiritual charity in Hungry Ghost Festival rituals
5. The New Paper – Hungry Ghost Festival auctioneer sees lull period
6. Country Studies – Aftermath of War



Offerings 祭品

During the entire seventh lunar month, the Chinese community would make offerings of food, joss sticks, candles, paper money, and other paper effigies like houses, cars, and clothes alongside prayer rituals for our ancestors and the wandering souls.

华人一般在农历七月为祖先和孤魂野鬼进行祭祀普渡，也会供奉食物、烧香、焚烧金银纸和纸扎房屋、汽车和衣服等。



Banquet (*jiak tok*) and Auctions 宴会（“吃桌”）和拍卖会

During Zhongyuan Festival, dinner banquets (a.k.a. *jiak tok* in Hokkien) and auctions usually come hand-in-hand. As the Chinese saying goes, “food is the necessity of life” and banquets are often held to honour significant events while reflecting our Chinese Singaporean spirit of hospitality. As part of the proceedings, on-site auctions are organised to raise funds for the following year’s dinner expenses.



Image Source 图片来源: Siglap IRCC

中元节期间，晚宴（又称“吃桌”）和标会通常同时进行。俗话说，“民以食为天”。本土华族文化受到了“吃桌”文化的深刻影响。这些宴会一般是庆祝重要节日，同时反映本地华人的好客精神。自国家独立以来，人民的生活质量不断提高，在重要节日时如婚礼、葬礼和中元节举办大型“吃桌”。中元节的拍卖会也是其中一项“吃桌”的活动，为下一年的庆典费用筹集资金。



Image Source 图片来源: Siglap IRCC



INFO SOURCE 资料来源:
7. SFCCA Oneness
8. 世界华语出版社, Contemporary Chinese Society in Singapore
9. Singapore Infopedia – Getai
10. Roots.gov.sg – Getai



Getai 歌台

Singapore's rich *getai* heritage dates back to the early 1940s.
[7][8]

In the 1950s, Singapore's economy boomed and *getai* became the popular choice for entertainment. Unlike today, *getais* then were located in Singapore's three main amusement parks, namely Happy World, New World, and Great World.

These *getai* performances combined singing, dancing, acrobatics, and even opera. Mostly performed in dialects, the *getai* performances during this period featured many popular Hong Kong and Taiwan songs.

During the 1960s and 1970s, *getai* became associated with Zhongyuan Festival. The festival's traditional ritualistic performances of Teochew opera, Hokkien opera, and/or glove puppetry shows, were replaced by *getai*. By the 1980s, *getai* became the most important entertainment event of the festival, with local dialect songs and comedy skits reflecting local grassroots sentiments.

However, by the late 1990s, this dialect-based cultural event started to stagnate with regulations stating that *getai* organisers had to pay copyright musical licence fees and end performances at 10.30pm. [9]

Things changed in the early 2000s when Singaporean director Royston Tan produced two *getai*-based movies *881* and *12 Lotus*. The former was a major success and *getai* slowly regained popularity among the locals, including the younger crowd. *Getai* is also an Intangible Cultural Heritage element in Singapore today. [10]

本地歌台的历史可追溯至1940年代初期。 [7][8]

1950年代，新加坡经济开始起步。在当时缺乏网络娱乐的年代，歌台成为本地华人重要的娱乐方式。与现在搭建的歌台不同的是，当时的歌台是设在快乐世界、新世界与大世界这三个游艺场内。表演一般以方言进行，汇集了歌舞、杂技甚至话剧于一体，表演也均是当时香港、台湾的流行歌曲，很快地深受本地华人社会的喜爱。

到了1963年，越来越受欢迎的歌台表演已成为艺人的主要舞台。

到了1960年代至1970年代，歌台逐渐与中元节结合，成为节庆庆典的主要活动。娱乐性十足的歌台表演渐渐地取代旧时以潮州戏、福建戏和布袋戏为主的中元节酬神戏曲。到了1980年代，歌台几乎完全取代戏曲表演，成为中元节庆最重要的娱乐活动，曲目均是本地方言歌曲，诙谐幽默的主持风格也反映新加坡本地草根文化与民情。然而，到了1990年代末，这项以方言为表演方式的文化活动因为需付音乐版权费并在晚上10点30分结束演出的条例而开始没落。 [9]

庆幸的是，新加坡导演陈子谦在2000年代初期拍摄了两部以歌台为主题的电影《881》和《12 莲花》。前者取得了巨大的反响，使本地的歌台文化重新回到本地人，包括年轻人的视野中。如今，歌台也被视为新加坡非物质文化遗产项目。 [10]



Image Source 图片来源: orientaldaily

INFO SOURCE 资料来源:

7. SFCCA Oneness

8. 世界华语出版社, Contemporary Chinese Society in Singapore

9. Singapore Infopedia – Getai

10. Roots.gov.sg – Getai

Origin Stories

中元小故事

Ever wondered how the name of the festival came about? According to the records of *Sui Shi Za Ji*, the 15th day of the first lunar month of the year is known as Shangyuan (上元), the 15th day of tenth lunar month is known as Xiayuan (下元), and right in the middle of the year – the 15th day of the seventh lunar month is named Zhongyuan (中元). These three festivals are collectively known as “Sanyuan Festivals” (三元节) and they refer to the birthdays of the three deities in Taoism who controlled the fate of mankind.^[11]

您是否想过为什么“中元节”会有这样的名称？根据《岁时杂记》记载，道教把一年中的农历正月十五称为上元节，七月十五为中元节，十月十五则是下元节，合称“三元节”。所谓三元节，指的就是道教里掌管天界、地界、水界的三官大帝的誕生日。^[11]

Taoism 道教

For Taoists, Zhongyuan Festival is about appeasing wandering souls. According to traditional Taoist beliefs, three deities controlled the fate of mankind: Tian Guan Da Di, ruler of heaven; Di Guan Da Di, ruler of earth; and Shui Guan Da Di, ruler of water. Di Guan Da Di will descend to earth every year on his birthday, which is the 15th day of the seventh lunar month, to record the good and bad deeds of everyone.

During this month, the gates of hell will be opened and hungry ghosts are released to roam the earth and look for food. It is believed that they are hungry as they do not have descendants to make offerings to them. Taoist priests would perform rites and make food offerings, while devotees would visit temples to repent and pray for happiness and avoidance of disasters.

道教徒相信中元节是拜祭并普渡亡魂的月份。有些人认为，中元节恰好是太上老君和元始天尊会面的日子，讨论对人类的赐福问题。根据传统的道教信仰，有三位神灵控制着人类的命运：天官大帝（天的统治者）；地官大帝（地的统治者）和水官大帝（水的统治者）。地官大帝会在每年的生日（即农历七月十五日）下凡，细查每个人的善行和恶行。

在农历七月里，地狱之门将被打开，饥饿的鬼魂被释放出来，在人间游荡，寻找“食物”。人们相信亡魂饥饿是因为它们没有后人的供奉。道士们会举行仪式并提供祭品，而信徒们会到寺庙忏悔罪过，并为自己祈祷平安。



Tian Guan Da Di
天官大帝



Di Guan Da Di
地官大帝



Shui Guan Da Di
水官大帝

Origin Stories

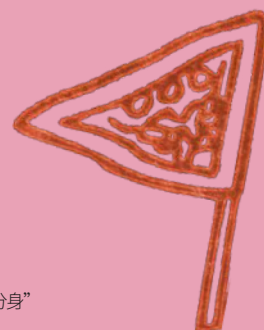
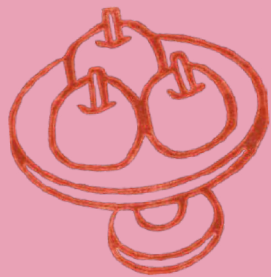
中元小故事

Over time, Zhongyuan Festival in Singapore has adopted a blend of Buddhist and Taoist practices, intertwined with superstitions and beliefs.

The festival provides an opportunity for people to honour their ancestors, offer prayers and make offerings to appease the hungry ghosts so as to ensure their ancestors' peaceful passage in the afterlife.

随着时间的推移，新加坡的中元节已结合佛教、道教及民间信仰。

此节日为人们提供了一个纪念祖先的机会，并为那些从阴间放出来的无主孤魂做“普渡”，确保他们能安心上路。



INFO SOURCE 资料来源:

11. 联合早报 - 元宵和中元节是“远房亲戚”？认识元宵的多个“分身”

Buddhism

佛教

For Buddhists, Zhongyuan Festival is also known as Yu Lan Pen (盂兰盆) Festival. The festival is about appeasing spirits from the netherworld, expressing filial piety and commemorating Mulian's filial piety towards his mother.

According to folklore, Mulian, a disciple of Buddha, was attempting to save his mother from hunger in hell. Mulian searched for his late mother in the netherworld and found her among the hungry ghosts. In one version of the story, Mulian attempted to feed his starving mother, but the food was stolen by other hungry ghosts. In another version, he brought her a bowl of rice, but it turned into flaming coals before she could eat it. Mulian sought Buddha's help and Buddha taught him to make offerings of prayers and food. Only then was Mulian's mother relieved of her suffering as a hungry ghost. Since then, Buddhists make it a practice to offer prayers to the dead on the 15th of the seventh lunar month.

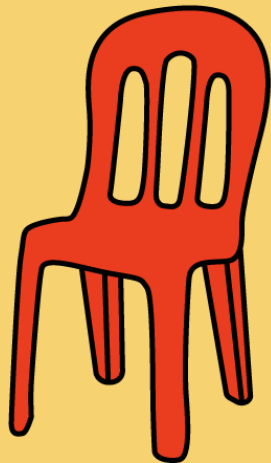
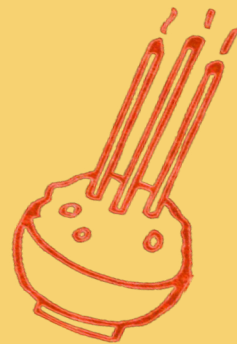
佛教称中元节为盂兰盆节，内中包含祭祖祭鬼魂和深厚的“孝道文化”，而起源则是广为流传的目连救母的故事。相传佛祖弟子目连的母亲死后变成饿鬼，在地府饱受饥饿。其中一个说法是说目莲给母亲送上饭菜，但饭菜被饿鬼夺走，而另一种说法则是母亲一把食物送入口，食物就化为火炭，无法吞食。目莲于是向佛祖求助，佛祖让目莲念盂兰盆经并按指示于农历七月十五，向十方圣僧祭祀祈求，终于让挨饿的母亲得到食物。



Image Source 图片来源: Reed College - Mulian Rescues His Mother

Zhongyuan 101

中元101



INFO SOURCE 资料来源:
12. Speak Mandarin Campaign – Singaporean Mandarin Database
13. Culturepaedia – Zhong Yuan Festival (Hungry Ghost Festival)
14. Today Online - Meet Singapore's new generation of getai auctioneers

Observing Zhongyuan 过中元节

The Chinese observe Zhongyuan Festival by offering prayers and food, organising entertainment and burning paper money to the deceased. Hence, it is common to come across getai performances, the burning of joss papers etc. in the HDB heartlands during the festival.

The activities typically culminate with an event comprising a banquet (*jiak tok*), a *getai* performance and an auction where a new *luzhu* (literally meaning “censer’s owner” or an association in charge of organising Zhongyuan Festival for a particular area) would be appointed to organise next year’s activity and the proceeds from the auction would be used to fund the following year’s Zhongyuan Festival. ^[12]

In Singapore, Zhongyuan Festival is mainly predicated on the belief that souls are released from the netherworld and roam the world during the period. Believers would pray to the Lord of Earth to seek forgiveness for the sins of their ancestors’ spirits, carry out a *pudu* ceremony to seek salvation for the dead and burn offerings to appease other wandering souls – an act which embodies the value of “kindness”. ^[13]

华人一般会在中元节期间供奉食物、焚烧金银纸和提供娱乐节目，向阴间返阳游荡的孤魂野鬼进行祭祀普渡。

邻里之间也会组织大规模的中元会，举行热闹的“吃桌”（晚宴俗称）、歌台和喊标活动。中元会也会选出新的炉主（字面意思为“香炉的主人”，即筹办特定地区中元会的负责人），由新炉主负责筹备来年中元节。中元标会所得的资金将用来准备下一年的中元会庆祝活动。 ^[12]

在新加坡，人们相信在中元节期间，鬼门关会大开，“好兄弟”就会藉此时在人间游离一段时间。信徒开始祈求地管大帝赦免祖先亡魂的罪，同时也通过普度渡仪式安抚孤魂，让它们有衣物御寒、有食物裹腹。安抚孤魂的行为充分体现了新加坡华人所珍视的价值观之一，“仁”！ ^[13]



Image Source 图片来源: The National Archives of Singapore

A Zhongyuan Festival dinner where an auction is held to raise funds for the temple and charity.

典型的七月鬼节晚宴中举行的中元喊标，为寺庙和慈善机构筹集资金。

Activities 中元会

It is normal to come across activities related to Zhongyuan Festival in neighbourhoods across Singapore. These activities include banquets which are typically held in public places (such as an empty plot of land) as well as *getai* performances. Participants pay a small monthly subscription to the *luzhu* and the subscriptions collected would be used to purchase offerings for wandering spirits. These offerings would subsequently be distributed amongst the participants. ^[14]

在邻里举办中元会也是常见的中元节庆祝活动，中元会通常会在公共场所如大草地举办。早期中元会会摆放一桌桌的席位，最中间的那桌美食留给“好兄弟”。参与者每月向炉主捐出一笔钱。这笔费用随后将用来购买拜祭“好兄弟”的供奉品，之后祭品会分配给参与者。 ^[14]



Image Source 图片来源: Yan.sg



Image Source 图片来源: arxww.cn



Image Source 图片来源: Shopee

Popular Auction Items 三件受欢迎的“福物”

Auctions are also held during these dinner banquets, and auctioneers are often fluent in Mandarin, Hokkien, Cantonese, English, Malay, and sometimes even Tamil! These items up for auction are usually blessed and some of the more common auction items include oranges, deity statues, coin banks, and wood barrels. The majority of the auction proceeds will be used to organise the following year's dinner banquet while a portion of the proceeds will also be donated to charities. Hence, people usually bid generously as they believe that their winning bids will bring them good health, luck, wealth, longevity, and even happiness. Bids will typically end with auspicious numbers like “8”, as “8” (*ba*) sounds like “luck” (*fu*) in Mandarin. ^[15]

拍卖会在中元会中同时举行。喊标人一般精通华语、福建话、广东话、英语、马来语，甚至淡米尔语！几乎任何东西都可以拿来拍卖，而且不一定非得是高价值物品。这些物品通常是受过祈福的“福物”，拍卖所得的一部分钱则会捐给慈善机构，所以人们通常会慷慨出价，因为他们相信这些“福物”会给他们带来健康、财富、长寿和平安。拍卖价通常会以吉祥的数字结尾，如与“发”谐音的“8”。一些常见的竞标物品是橙子、神像、钱币库和木桶。 ^[15]

中元节的拍卖会也是其中一项“吃桌”的活动，为下一年的庆典费用筹集资金。



Image Source 图片来源: Yahoo!Life

Empty first row seats at a *getai* performance.
歌台演出台前空着的第一排座位。

Getai 歌台

The most popular form of entertainment during Zhongyuan Festival in Singapore is *getai*, a glittery, flashy outdoor music performance characterised by the predominant use of Mandarin, dialects, and comic banter. ^[16]

Traditional opera and puppet shows used to be the main forms of entertainment during Zhongyuan Festival but they were eventually replaced by *getai*. During *getai* performances, the first row of seats is “reserved” for wandering spirits. ^[17]

新加坡中元节的一项特别节目是华丽的户外表演——歌台。本地的歌台主持一般使用方言，通过搞笑的亲民风格和诙谐幽默的作风，吸引观众。其中的搞笑元素也结合了本地不同语言与方言所以歌台演出也颇受其他种族人民的欢迎。 ^[16]

传统戏曲和布袋戏曾经是中元节的主要节目，但逐渐被歌台表演所取代。这些歌台演出原是为“好兄弟”准备的，所以台前的第一排座位一般都空着，让给“好兄弟”坐。 ^[17]

1. Charcoal pieces wrapped in gold or yellow paper known as *wujin* (black gold) 乌金”，以金／黄色纸包装的木炭
2. “Prosperity” incense burners “旺财”香炉
3. Decorated rice barrels 特别装饰的米桶

INFO SOURCE 资料来源:
15. 8world - 关于中元节活动文化 你知道多少?
16. Roots.gov.sg – Getai
17. Roots.gov.sg – Zhong Yuan Jie (Hungry Ghost Festival)



1 Pets
宠物



2 Safe
保险箱



4 Shopping Centre
购物商场



3 Hotpot
火锅



5 Billiard Table with Cue Sticks
带球杆和球的台球桌



6 Guitar
吉他



7 Two-Storey Bungalow
两层楼大平房

Paper Offerings 中元会

During Zhongyuan Festival, the practice of burning joss paper at HDB (Housing and Development Board) common areas became so widespread that HDB had to provide special containers to accommodate this practice.

In addition to burning paper offerings in the form of food, money, houses, cars and clothes, here are some of the more unusual offerings that have appeared in recent years.

通常每年农历七月，在组屋楼下到处可看到善男信女焚烧金银纸，因此建屋发展局特地设置了金银纸焚烧炉，为居民提供便利（别的国家的组屋区可没有焚烧炉哦！）

除了焚烧食物、金钱、房屋、汽车和衣服等纸扎祭品，也有其它奇特的纸扎祭品让你孝敬祖先。



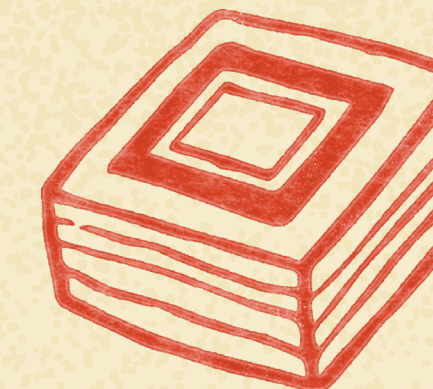
Fire Safety Tips 消防安全提示

Due to our cultural practices, the lighting of incense and the burning of joss paper and offerings are commonly carried out during Zhongyuan Festival.

It is therefore important to bear these fire safety tips by the Singapore Civil Defence Force in mind in order to minimise potential fire hazards and ensure the safety of you and your loved ones.

基于我们的文化信仰，烧香、焚烧金银纸和供品等在七月期间不可避免。通过以下消防安全提示，确保你和至亲的安全。

以下是新加坡民防部队提出的规则和安全提示，以尽量减少在此期间的任何潜在火灾危险。



1

Always burn incense papers in the incense burners or metal containers provided by the Town Council.

Residents are advised to make full use of the incense burners placed in housing estates. Burning incense papers on the floor also leave burn marks in public spaces.

切记在市镇理事会提供的焚烧桶或金属容器中燃烧金银纸。

建议居民充分利用放置在各组屋区的金银纸焚烧桶。在地上焚烧金银纸会留下被火烧过的黑色痕迹，造成居民不便。

2

Place burners and containers on stable ground, safely away from combustible materials and residences.

Place incense burners on stable ground to prevent spills and keep them away from combustible materials and residences to avoid wind-blown ash.

焚烧桶应该摆放在坚固的平地上，与可燃物和住宅保持安全距离。

尽量把焚烧桶放在平地上，远离可燃物和住宅，防止炉渣向外流或被风吹向四方。

3

Avoid placing joss sticks and candles on grass patches or fields.

Grass patches or fields are more susceptible to catching fire, which is exacerbated when there are dried leaves or grass. Hence, the placement of joss sticks and candles on grass patches may potentially be a fire hazard.

避免将金银纸和蜡烛摆放在草丛附近或草坪上。

草地或草坪容易起火，尤其是当有干枯树叶或草时。因此，在草丛中摆放香烛可能有潜在的火灾危险。

4

No lighting of joss sticks and candles that exceed certain sizes.

Under the Environmental Public Health Act, lighting joss sticks over 200cm in height or 7.5cm in diameter, and candles over 60cm in height is prohibited. Offenders may be fined up to \$2,000.

不得点燃超过指定尺寸的香烛和蜡烛。

根据环境公共卫生法，禁止燃烧高度超过200厘米或直径超过7.5厘米的香烛和高度超过60厘米的蜡烛。建议居民注意规则，违法者将被处以不超过\$2000的罚款。

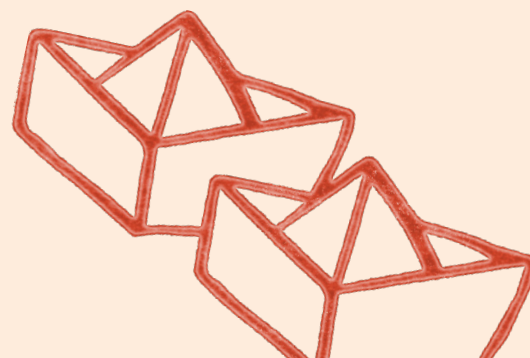
5

Check before you leave.

Ensure smouldering embers are completely extinguished before you leave.

离开前再三检查。

在离开之前，确保燃烧的余烬已完全熄灭。



The Alliance for Action (AfA) on Norms for Joss Paper Burning



is a cross-sector collaboration that encourages environment and neighbourhood-friendly joss paper burning.

焚烧冥纸规范行动联盟的成立是为了在本地华族社群设立一套焚烧冥纸的社会规范,提醒居民在焚烧冥纸时,照顾环境和邻里的卫生。

1

Burn small quantities of joss paper at a time to ensure complete combustion and reduce smoke and ashes.

焚烧冥纸时,每次将少量的冥纸放进焚化炉里,确保冥纸燃尽,并减少烟雾和灰烬。

2

Traditionally joss paper should be burnt during worshipping, and not tossed or scattered.

冥纸是用来烧的,不是用来抛的。

3

Clear up your offerings after prayers.

祭祀后,请清理香烛祭品,保持环境清洁。



INFO SOURCE 资料来源:
18. National Library Board – Zhong Yuan Jie (Hungry Ghost Festival)
19. Yahoo! News – Ghost Month and the Hungry Ghost Festival: 12 things to avoid

禁忌 Taboos

Avoid cutting hair, shaving, and hanging clothes outside at night.
晚上不要剪头发、刮胡子或把衣服挂在屋外。

Don't answer if someone or something calls or taps you from behind.
如果听到有人从背后呼唤你,不要回答。

Avoid wearing red because it is believed that spirits are drawn to the colour.
尽量不要穿红色衣服,因为鬼魂据说喜欢红色。

Don't whistle at night. It is said that spirits will follow you home if you do.
不要在晚上吹口哨。据说,“好兄弟”会跟着吹口哨的人回家。

Refrain from swimming in case one gets dragged away by “water ghosts”.
避免下水游泳,以防被“水鬼”带走。

Don't put your chopsticks into your rice bowl.
筷子不能插在饭上。

Don't put your hand on someone's shoulder or head.
不要把手放在别人的肩膀或头上。

Don't kill insects that come into your house.
避免杀死进入房子内的昆虫。

Refrain from going out late at night to avoid bumping into evil spirits.
避免深夜外出,以免撞见“好兄弟”。

Activities like getting married, moving house, and buying new vehicles are discouraged during this period.
在此期间,避免结婚、搬家或购买新车等。

Keep away from walls as ghosts like to stick to them.
走路尽量不要靠墙,民间有很多约定俗成的说法,其中一项是说鬼魂喜欢靠墙。

Don't sit at the first row of a getai performance as it's reserved for spirits.
歌台表演第一排座位是留给“好兄弟”的,不要坐哦!

Avoid consuming alcohol as some people believe that it is easier for ghosts to possess those who are intoxicated.
避免饮酒,据说鬼魂更容易附身在醉酒的人身上。

Avoid stepping on or kicking offerings placed along the roadside or peeking under the table of an altar.
尽量避免踩到路边祭品,或在祭坛桌子下探看。

Taboos (Don'ts) 禁忌

You may now be aware of the customs, beliefs and practices of the festival, so here are some things which are considered taboo during the Zhongyuan Festival. ^{[18][19]}

你可能听说过这个节日的各种禁忌,不怕一万,就怕万一。以下是几个中元节期间的禁忌,这里提到的只供参考,但凡事知道多一点、小心一点亦无妨。 ^{[18][19]}