

啓動心靈：從《古蘭經》及聖訓中學習，讓心靈沐浴於甘露裡，參透聖人的智慧，堅固信仰的基礎，令生活變得更加美好。  
Smoothing the pathway : To let our soul shine, make our life better and harmonious, and enrich our knowledge through Qu'ran and Hadith.

啓動心靈 • SMOOTHING the pathway

文 雪迪嘉 姊妹 譯 HIRA Khan 姊妹 article by Sr. Syddeqah translated by Sr. HIRA Khan

## THE PRICE OF LIBERTY

A prisoner once said: "There is nothing more precious than freedom, without it there would be no meaning to life." Most capitalist countries promote freedom; voters have the right to vote for whichever candidate they please. However, can it be guaranteed that the elected representatives will keep their promises and adhere to the principles of fairness and impartiality?

Frankly, we don't have much freedom in this life. From rules at home and school to company policies and country laws, we have to abide by different regulations our whole lives. However, everyone wishes for different kinds of freedom. It is shown that when it comes to respecting people's wants and right of choice, democratic countries may be more willing than autocratic countries. However, can liberal democracy truly ensure happiness and security for all?

Many people think that religion, with all its outdated rules and regulations, is a restriction. Numerous atheists think that as civilised people, we are free to live as we like as long as it doesn't hurt others. Appearances are regarded as symbols of status that signify personalities, hence, we can often see the youth recklessly showing off their flashy outfits. Their constant need to follow the latest fashion, the seemingly unending piles of clothes; do these really make them feel more joy?

Those living in free countries believe that freedom of speech is valuable; most love to criticise others since they know there won't be repercussions. As long as they make sure their words have no legal liability, even some organisations propagate false information. In fact, how much of the information we receive daily is factual and how much is actually misleading? Surely, powerful people are capable of modifying vital information.

## 自由的代價

一個獄中的人曾說：“沒有什麼比自由更難能可貴，失去自由人生便沒有意義了。”大多數資本主義國家推崇民主，宣揚自由。選民有投票權去支持自己喜歡的候選人，但誰可以保證選出來的代表會履行諾言，堅守公平公正的原則。

在今世你所享受到的自由其實並不多。你認真想一想，在你一生中，要遵守的校規，公司制度，社會法律也不少，甚至小時候都有家規要守。每個人都希望得到自由。民主國家比獨權國家更尊重人民意願，尊重選擇權利。但這些自由民主能否帶給人們內心真正的快樂和保障？

很多人覺得宗教是一種束縛，那些律法的規條是很不合時宜的。沒有信仰的人會認為生活在這文明社會，我們可以隨心所欲。透過穿著可特顯個性，是身份象徵。穿在自己身上又不會干擾別人，在這種標榜個人自由的世

History has shown how fights for freedom and democracy have led to riots and war; can freedom really bring peace to the world? Some abuse freedom as a tool to meet their own desires and become rich. How many people can actually understand the meaning of freedom? Allah (SWT) has given man free will to choose between good and evil, at the same time, warned us to obey Him (SWT). We should beware of our choices and not forget that we cannot escape His (SWT) judgment.

Only when we are able to understand the real meaning of freedom, can we live comfortably in this life. Nowadays, people constantly mention human rights and democracy, but where can you obtain this freedom you speak of? Although you may think that we are entitled to do as we please regardless of the consequences, the fact is that there are responsibilities and obligations behind our freedom. In the end, those abusing their freedom for committing evil deeds will lose their freedom in the hereafter and hell will be their final destination. When faced with death, what use will be your current so-called freedom?

You may feel that religion is restricting your freedom. With so many rights and wrongs, all the rules are hard to follow. You may let your desires control you since it is an easier and happier solution. However, can this ensure a happy hereafter as well? Is your reckless behaviour bringing you peace? In fact, all our behaviours, from our birth till our death, are being recorded by angels. Those who fear Allah (SWT) and do good deeds are the successful ones; their peace of mind and soul is the freedom we are so eager for. Faith is what protects us from all worries, a Muslim pursuits for a pious life rather than a superficial one so that they may be protected from sufferings in the hereafter as well.

代裡，年青人便可毫無顧忌地賣弄性感，奇裝異服。他們貪新忘舊不斷購買，堆積如山的衣服真的會讓他們感覺更自在快樂嗎？

住在自由國家的人覺得言論自由可貴。喜歡批評別人，說出的話只要不構成法律責任仍可暢所欲言，甚至有些權威機構或政府也會發報虛假消息。那些傳媒、電影、書籍有多少是真確的，有多少是失實的？有些人可憑著權勢隨意地修改歷史、經書、國教等。人們為了爭取自由民主而終歸演變成革命、衝突、暴亂、流血戰爭。自由真的能帶來和平嗎？人們濫用自由為工具來滿足一己私慾，賺最多的錢，試圖享盡大自然的資源。有幾多人是真正明白什麼是自由？造物主賦與人類自由意志選擇善或惡，亦警惕世人要絕對服從真主，要當心今世自己的選擇，勿忘記我們最終也逃不了真主的審判。

明白何謂自由才能活得自在。現今大部份的人都重視民主自由，人權也常掛在口邊。你要的自由可從那處得到呢？當你以為自己可自由自在地生活，任意去選擇而不顧後果，其實你的自由背後有應承擔的責任和義務。

人們因濫用自由意志而促使罪惡，最終那些人的靈魂也不能就任意自由飛翔，火獄必然是他們最後的歸宿，也沒有其它往返的可行之路。面對死亡，你現在享有的自由對你何用處？

如果你覺得宗教是束縛自由，教條是克制難耐，有那麼多的對與錯，何不放鬆一下及時行樂。大家都以自由為追求目標，讓私慾控制了一切。今世的自由可帶給你們後世的幸福嗎？你放任的行為讓你感到自在平安嗎？你的行為由出生到死亡一直被記錄著。今世敬主行善的人，已找到通往永恆幸福之路，他們內心的寧靜和心靈的自在才是真正最大的自由，信仰可讓我們遠離惶恐不安。穆斯林追求的應該只是現世的個人自由，而是更踏實和虔誠的生活，於後世不用永遠困在痛苦的火獄裡。



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Hong Kong Islamic Youth Association (HKIYA) 請到HKIYA Facebook找更多最新活動消息和精彩相片

伊青活動 • SERVING the community

HKIYA held its **42th Annual General Meeting** on 27th December 2014  
The following sisters and brothers were elected to serve the Association in 2015:

本會於2014年12月27日舉行 **第42屆週年會員大會**

現介紹以下新一屆幹事會成員名單：

Chairperson 主席  
Vice-chairlady 副主席  
Internal Secretary 內務秘書  
External Secretary 外務秘書  
Treasurer 司庫  
Public Relation Officer 公關主任  
Welfare Officer 福利主任  
Publication Officer 出版主任  
Cultural & Educational Officer 文教主任  
Recreation Officer 康樂主任  
Quarter Master 總務主任

Br. Mohamad Zaiq ALI 兄弟  
Sr. HIRA Khan 姊妹  
Haji TO Kwok Sai, Ali 杜國璽 兄弟  
Sr. WONG Pan Pan 黃盼盼 姊妹  
Sr TUET King Ping, Sharifa 脫建屏 姊妹  
Sr. Sharifa LEUNG 梁雪花 姊妹  
Sr. AHMAD Rida Nisar 默麗雅 姊妹  
Sr. Syddeqah YUEN 袁澄芯 姊妹  
Br. RAZI Raza Nasir 兄弟  
Br. ALI Waqas 兄弟  
Sr. Amirah HA 哈奉靚 姊妹



## 周年晚會 Annual dinner 2014

The Hong Kong Islamic Youth Association's Annual Dinner was held on 27th December 2014, at the Indian Recreational Club. The event was well attended by around 100 members and friends of HKIYA.

The night began with the recitation from the Holy Quran by Qari Rashid Nomani. This was followed by a speech from newly elected chairman of HKIYA, Brother Zaiq Ali. He welcomed the members and friends present at the event with thanked them, many of whom have a close relationship with the Hong Kong Islamic Youth Association. Furthermore, he shared the vision and mission of the association and pledged for support from members to reshape the image of Muslims in Hong Kong by joining hands with HKIYA.

The evening was enjoyed with delicious buffet dinner and lucky draws prizes. The event ended with a Dua by Qari Attiq-ur-Rehman. The association would like to thank the members of Annual Dinner committee, who ensured the smooth running of the event. Also thanks must be extended to Br. J Moosa, whose tireless efforts resulted in a successful night.



WELCOME TO CONTACT US 歡迎聯繫我們

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# STRIVE

力行

HONG KONG ISLAMIC YOUTH ASSOCIATION 香港伊斯蘭青年協會

And you see the mountains, thinking them rigid, while they will pass as the passing of clouds. [It is] the work of Allah, who perfected all things. Indeed, He is Acquainted with that which you do.

Surat An-Naml (The Ant) 27:88

你見群山而以為都是固定的，其實群山都像行雲樣逝去。那是精製萬物的真主的化工，他確是徹知你們的行為的。  
《古蘭經》27章88節

### Message from the Chair

Assalamu Alaikum!

The year 2015 has brought lots of challenges for Muslims in particular. With the recent uncivilized and unjustifiable actions taking place against Islam, Muslims ought to keep aside the trivial differences and unite under the umbrella of Tawheed and Sunnah. This is a test from Allah the Almighty and we need to organize and prepare ourselves. It's time to tell the world who is Beloved Prophet Muhammad (peace and blessings of Allah be upon him) and how great he is, through propagation and good manners.

HKIYA has ambitiously designed a three-year plan, which includes several major projects covering the fields of education and Dawah to recreation, one of which will be the new series of the HKIYA Islamic Online Video Channel (OVC). We aim at reshaping the image of the Muslim community through different

親愛的讀者 敬道色蘭!

2015年對穆斯林來說將是一個具挑戰性的一年。近年發生針對伊斯蘭不文明和不合理的行為，作為穆斯林的我們應該保持拋開瑣碎的差異，在認主獨一和聖訓的保護傘下團結起來。

這是全能真主對人們的測試，我們更需要組織和準備好自己。現在是時候通過傳播和透過良好品格及行為告訴世人誰是這位偉大的先知穆罕默德（真主的和平與祝福之）。

ways and we sincerely seek your support in reaching to the community to make a difference.

Lastly, let us all strive in the path of the Almighty to better ourselves as Muslims, as individuals and strive for a better community.

HKIYA的團隊已經開拓進取地定下一個三年計劃，其中包括教育、宣教、康樂等範疇，其中一項將是推出全新一輯的伊斯蘭網上頻道(OVC)。我們的目標是通過不同的方式重塑穆斯林社區的形象。我們真誠尋求您的協助以便我們能銜接到本地社群而有所改變。

最後，讓我們都力求在全能真主的路徑上，努力超越自己，為個人及穆斯林爭取一個更美好的社會。

再道色蘭!

Br. Zaiq Ali



藉著全能真主的幫助和社會各界的支持，香港伊斯蘭青年協會於一九七三年正式以社團成立。隨後於一九九九年五月二十六日本會註冊成立為有限公司，同時被確認為慈善團體，會務得以日益發展。

本會的宗旨是以《古蘭經》和先知穆罕默德(願安拉賜他平安)為依據，於穆斯林青年和社會各界之間推廣伊斯蘭的教義，以祈望得到真主的喜悅 (SWT)。

The Hong Kong Islamic Youth Association (HKIYA) was founded in 1973 by the grace of Allah Almighty. On 26th of May 1999, the Association succeeded in incorporating as a Limited Company by Guarantee under the Companies Ordinance. The Association is also recognized by the Inland Revenue Department as a charitable organization. Our aims are to promote Islamic teachings and brotherhood among Muslim youth and the community in Hong Kong so as to seek the pleasure of Allah Almighty, following the example of Beloved Prophet Muhammad (peace and blessings be upon him), the Companions of the Prophet and guidance in the Holy Quran.

Newsletter January 2015 / RABIAL THANNY 1436

二零一五年一月通訊



分享時刻：分享穆斯林生活的喜悅，鼓勵年青人動起筆來寫下所感所想，讓彼此交流中學會尊重和接納。  
Sharing the moment: Share the joy of Muslim life; we encourage young people to share their thoughts; and learn to respect and accept each other's values and ideas through communication.

## LISTEN TO 收聽《心靈綠洲》 "SPIRITUAL OASIS"



Hong Kong people living in hustle and bustle community that make us always feel exhausted to run for our living. So how to find an oasis of mind in such a great and vast desert and let our hearts be consolation? In order to find out the answer many people will try to search the answer from different scriptures and religions.

Base on this, Metro Radio invited different religious speakers to share and put themselves on their religious beliefs to get a positive thinking way from their religious feelings of life in the "spiritual oasis" column. For our Islamic programme, we broadcast on every Thursday night from 9:00 -11:00 pm, you can listen to the "spiritual oasis" column via mobile by downloading Metro plus apps, or directly log in [www.metroradio.com.hk](http://www.metroradio.com.hk) to listen online playback or recording replay.

InshaAllah! I hope the "spiritual oasis" platform can help to elaborate the cognition from the audience about the reality of Islam through Imam and our muslim brother and sister religious knowledge. Most of the contents are come from the doctrine of Islam, I think this is a good opportunity to reach the effectiveness of Dawah.

**歡迎投稿** You are welcome to submit articles for the HKIYA's newsletter **STRIVE**  
請將你的文章電郵到 Please email the article to: [hkiya@hkiya.org.hk](mailto:hkiya@hkiya.org.hk)

1. "分享時刻" 版面為公開園地，歡迎各教胞及朋友投稿。論壇版中文文章以500字為限（請提供英文譯本）。
2. 本通訊編輯會因應篇幅內容，保留文章刪節權和修改權，惟以力求保持文章主要論點及立場為原則。
3. 來稿請附上作者真實姓名及聯絡方法（可用筆名發表）。若不適用，恕不另行通知，本會將不予退稿。
4. 投稿者注意：當文章被刊登後，本報即擁有該文章的版權，本報權利並包括轉載被刊登的投稿文章於本地及海外媒體（包括電子媒體，如互聯網站等）。本報上述權利絕不影響投稿者的版權及其權利利益。

## Knowing the Hong Kong Muslims 認識香港穆斯林

**文** Ouafae Akkouch 姊妹 **譯** 雪迪嘉 姊妹 article by Sr. Ouafae Akkouch  
translated by Sr. Syddeqah Yuen

My name is Ouafae Akkouch and I am a Dutch girl with Moroccan origin. I was born in the Netherlands and grew up in Amsterdam. My parents are both from Morocco; I am proud to be born as a Muslim, Alhamdulillah!

I have been living in Hong Kong since this August for my nine months internship in the Chinese University of Hong Kong (CUHK). I will complete my final project here in order to receive my bachelor degree. Before I came to Hong Kong, I thought there were not many Muslim living here. During the first week I arrived here, I was so happy to meet sister Hira. I felt some kind of connection because we have the same religion background. She told me about the local Muslim community's development history and introduced the mosques here. I was really surprised that the local Muslim population is actually more than I expected. Besides, I am so glad that the Muslim and the non-Muslim can lived in harmony with respect.

In the Netherlands or some other Western countries, Muslims are treated disrespectfully. For example, it is very hard for a woman who wears a hijab to find a job. A lot of Dutch people or Western people think that the hijab is suppression for the Muslim women. That is one of the reasons they are against Islam. They also associate terrorism with Islam as they think that the religion teaching is based on that. In the Netherlands we have a populist politician, Geert Wilders, a founder and leader of the Party for Freedom. He has campaigned to stop what he views as the "Islamisation of the Netherlands". He compares the Quran with Mein Kampf and has campaigned to have the book banned. Because of this a lot of non-Muslims are judging Muslims and discriminate against them. However I am still grateful that I am a Muslim.

I was so glad to join the Eid-ul-Adha prayer in Wanchai Mosque and enjoyed the buffet lunch, which was organized by HKIYA, together with other Muslim sisters and brothers. Alhamdulillah, we shared our life and felt very blessed on that day!

## 分享時刻 • SHARING the moment

**文** 楊茜雯 姊妹 article by Sr. Aisha Frances Yeung

香港人身處煩囂的社會，每天為口奔波勞累，感覺尤如置身浩瀚的沙漠而迷失其中。我們如何能找到心靈的綠洲，讓內心有所慰藉？許多人會嘗試從尋找合適自己的宗教出發，從中希望找出答案。

新城數碼台生活台有見及此，便誠邀各宗教界人士在《心靈綠洲》欄目中分享生活上的感受，把自己在宗教信仰上的得著、思考問題的不同角度或生活態度，向各位聽眾娓娓道出。我們伊斯蘭教的播放時段為每週四晚上九時至十一時，各位教胞可以透過手機下載新城數碼台的應用程式收聽上述的《心靈綠洲》欄目，或直接登入[www.metroradio.com.hk](http://www.metroradio.com.hk)收聽在線播放或錄音重播。

感讚安拉! 透過「心靈綠洲」此平台，我希望能借助教長及各位教胞的宗教知識及個人成長經歷的闡述而消除聽眾對伊斯蘭教的誤解。內容大部分從伊斯蘭的教義出發，我覺得這是一個好的機會提升聽眾對伊斯蘭教的認知度，達到直教(Dawah)的成效。

1. The "Sharing the moments" column welcomes to all members; to submit their articles in English and Chinese (Word-limit for Chinese is 500).
2. The editor of the newsletter reserves the right to edit the submitted article; even with the changes, we will preserve the stance and main points of the article.
3. Writers must provide their real name and contact information in their submissions to HKIYA, however writers can still use their pen names in their writings. HKIYA reserves the right not to publish articles without notice. Articles submitted may also not be returned back to the writers.
4. Please Note: If your article is published in our newsletter, HKIYA will own the publishing rights of the articles for reproduction or publishing to both the local and overseas media (including electronic media such as websites, social media, etc). The association will not in any way affect the interests and copyright of the writer.

## Beauty of Tunisia



When you think about Tunisia, what comes to mind? Endless sky-blue ocean, white-washed houses framed by turquoise window trellises, Southern Tunisia where the movie series, Star Wars was filmed, healthy and savory Mediterranean cuisines, Arabic style coffee and exotic mint tea, well-preserved Roman ruins, and mysterious Sahara Desert attractions are not adequate to describe the beauty of this interesting Islamic Mediterranean region. Tunisia, a culture-rich country with European passion and Islamic heritage has more than you can imagine!

### A Brief Glimpse at Tunisian Culture

These are only a few of the enchanting symbols of Tunisian heritage and culture. For women's dress, besides the option of modern taste style, some old generations wear a long white gown as a traditional windbreaker. A variety of the souvenirs including ceramics, handmade carpets, sand roses, copper and brass, art of haggling, metal trays and jugs, birds' cages with lace designs, dates, fan, plush camels, and Tunisian baskets etc. were displayed to intrigue avid tourists' shopping desire.

Due to their rich history and transnational connections, Tunisians seem to be born with open minds when adapting to other cultures and adapting them in their lifestyles. Tunisia's geographical location ushered many different races, and some have entered and persisted in the country. It was said that the original population was Berber from the south region. The Phoenicians were the pioneers who settled Carthage, and later on it was taken over by Rome. Under the Roman's ruling for several centuries, Christianity was spread around the country. However, after the decline of the Romans, Vandals invaded followed by Byzantine. Muslim Arabs finally came to replaced Byzantine. This is also the beginning of Islam practiced in Tunisia. After 1574, Tunisia was incorporated into the Ottoman Empire until the French colonized Tunisia during the period of 1881-1956. Because of the French colonization, French slowly becomes the second language in Tunisia where the majority of Tunisians can speak fluent French. Until 1956, Tunisia declared its independence from France and became a Repblic.

### Life Style in Tunisia

Unlike Asian people ad hoc Asian females who are usually well prepared to fight the sun during summer with all the sunscreen products including piles of cream and sunblock wears, Tunisians enjoy the sun and love all kinds of summer activities such as swimming, diving, and sunbathing. In addition, perching in a backyard and having a sip of local

mint tea or Arab coffee with a variety of Tunisian sweets in the late afternoon is a must during summer time. Tunisians like to gather with family and friends. They believe that huddling together with their loved ones brings close bonds. Staying close to their kinship not only reveals their care and love, it is also strongly influenced by their Islamic values.

Whilst it is rare to see local Tunisians dining out with family, they prefer to stay home and have home meals with their family members or friends. It is most likely a sumptuous feast when you are invited for a meal by a local family. The typical local food you can't miss is Couscous, a traditional wheat cuisine cooked by steaming. It is served with meat or fish with stewed vegetables. Also, two types of salad you must try are Sлата Tunsiya and Sлата Mishwiyya. Tajine is a popular North African cuisine but different from the Moroccan Tajine, a slow-cooked savory stews made with meat, poultry, or fish together with vegetables, fruits, or nuts. Tunisian Tajine is more like an Italian Frittata. Generally speaking, Tunisian cooking style is more based on stewed food and salad, which provides a healthier option for the gourmets.

### Most-visited attractions

There are some interesting spots in Tunisia. Such ***Kairouan Masjid***, it also known as the Mosque of Uqba, one of the oldest mosques in the world and established by the Arab general Uqba ibn Nafi in 670 AD. The Kairouan Mosque has massive space including a prayer hall, a huge marble-paved courtyard and a vast square minaret. It presents both Islamic art and architecture in Tunisia. ***Sidi Bou Said*** is another good place to visit, this interesting name is actually for a religious figure, who lived there. Many tourists are fascinated by its typical Mediterranean architecture with cobbled streets lined with white-painted houses framed by blue lattices. On the top of the cliff is where you can gaze at colorful Tunisian villages and beautiful Mediterranean Sea joyially. ***Roman Ruins of Carthage*** was the city of the Phoenicians. The atmospheric ruins are located in the suburbs of Tunis, the capital of Tunisia. ***El Jem*** is the world's best-preserved Roman amphitheater. You can take a stroll under the arena and imagine yourself as the gladiator or climb to the top seating tiers and imagine the battles at the old time. ***Hammamet*** is like Hawaii but has much more to discover. It offers tourists clean beaches and bright blue sea to enjoy their sunbathing. Some traditional parades with Tunisian musical instruments and dancing performance can be seen around the streets of Hammamet. Last but not least, ***Grand Erg Oriental (sandy desert)*** has always been a mysterious and beautiful land. The most scenic corner of the desert is the field of sand dunes. These sand dunes are superb landscape. The Sahara Desert covers the southern part of Tunisia and this landscape attracts plenty of visitors come here for a camel ride and sunset watching.

Tunisia is a welcoming and tourist-friendly country located in North Africa. With its enriched culture influenced by Europe and Islam, it acts as a thesaurus from which you can uncover cultural customs, history of ancient civilization, hybrid food habits, and magnificent natural landscapes. It is definitely worth visiting in your lifetime.

世界動態：中華地區及世界各地的穆斯林生活、社會和宗教的時事議題，給讀者一個反省和思考空間  
Seeing the muslim world: China and Muslims around the world of life, social and religious current issues, giving the reader a reflection and space to think.

## 突尼西亞之美

當有人提及突尼西亞，你會有什麼聯想？一望無際的碧藍海域，地中海風格的藍窗白牆，電影星際大戰的拍片現場（突尼西亞南方），健康又美味的地中海料理，阿拉伯咖啡，充滿異國風情的薄荷茶，古羅馬遺跡，撒哈拉沙漠的美景等，這些還不足以描述突尼西亞的美。突尼西亞是一個充滿豐富文化並融合了歐式熱情與伊斯蘭的莊嚴，有著超出想像的驚喜！

### 突尼西亞文化簡介

在突尼西亞古老的街道，迎面而來的是帶著羊毛做的傳統小紅帽，穿著懷舊老式的連身袍伯伯，若無其事地漫步大街小巷，而這個小紅帽子和長袍是有代表性的傳統突尼西亞服飾。女性的服飾，除了有現代風格的穿著，有些老一輩的阿嬤則是披著白色長袍像是她們的特有風衣一樣，穿梭在人群當中。還有臨瑯滿目的紀念品，其中有傳統瓷器、手工地毯、沙漠玫瑰、銅器裝飾、各式吊飾、茶盤陶罐、蕾絲邊的特製鳥籠、椰棗、扇子、絨毛駱駝和手工提籃等，都鼓舞著遊客購買的慾望。

基於多種文化及不同的人種的歷史融合與跨國連接，突尼斯人天性開朗樂觀，能適應各種文化，或許是由於其地理位置帶來了許多人種，早期移民以及他們在這地方開發有關。據說，最早的居民是來自突尼西亞南部的柏柏人，而後腓尼斯人及羅馬人，先後佔領了迦太基，經由好幾個世紀的羅馬統治時期，基督教進而被傳入這塊土地。隨後羅馬、東羅馬、拜占庭的崛起與滅亡，直到阿拉伯人在此地出現，因而使伊斯蘭教得以廣泛傳播。1957年後，突尼西亞成為了奧斯曼帝國的一部分，而在1881-1956年開始了法國殖民時期，這也是為何法語成為突尼西亞的第二語言的原因。直到1956年，突尼西亞正式宣布獨立，成為突尼西亞共和國。

### 突尼西亞的生活形態

突尼斯人不像我們亞洲人，尤其是亞洲女性應為防曬是非常重要的，防曬衣物及防曬用品一定要準備齊全。至於突尼斯人不論男女老少，十分愛曬太陽，夏日的水上活動是他們的最愛活動，日光浴也是炎炎夏日不可或缺的！除此之外，夏日午後，來杯阿拉伯咖啡或是清涼的薄荷茶，與家人朋友暫歇庭院，淺嚐甜品，表現出突尼斯人很重視家庭團聚，這是受到了伊斯蘭教的教義影響，鼓勵人們多與家人朋友有著緊密聯繫。

突尼斯人不常外出進食，喜歡在家烹調，並和家人朋友共享美食。若當地人邀請你到府上用餐，相信會是一頓令人難忘的大餐！最經典的一道突尼西亞料理叫“古斯米”。這是用蒸粗麥粉而不是米，通常匯合肉類或魚類，並加入一些蔬菜一起烹煮，令人口齒留香。另外，有兩款沙律 - 突尼斯沙律和燒烤沙律也是很好的選擇。著名北非的料理塔吉鍋，它有別於摩洛哥式的塔吉鍋，當中加入了肉類燜煮，還有蔬菜、水果和堅果。特色的塔吉鍋更像是義大利烘烤的蛋餅。整體來說，突尼西亞的料理方式比較偏向燜煮、慢熬、及涼拌，這種料理提供了健康又美味的飲食選擇。

## 世界動態 • SEEING the muslim world

**文** Jo Shan Fu 姊妹 article by Sr. Jo Shan Fu



### 非去不可的景點

想親眼見識一下突尼西亞的美，以下的幾個景點，千萬別錯過：

**Kairouan Masjid**：這是世上最古老的清真寺之一，也稱為 Mosque of Uqba，是一位名叫 Uqba ibn Nafi 的將軍在公元670建立的，Kairouan Mosque有著寬敞的禮拜殿，大理石鋪陳的天井，方形的宣禮塔，散發著突尼西亞特有的伊斯蘭藝術與傳統建築。

**Sidi Bou Said**：這個有趣的地名其實是為了紀念當地有名的宗教人士，這裡的藍窗白牆地中海式建築吸引著許多的遊客到此觀光，在這的峭壁頂端可以欣賞突尼斯村落的全景和蔚藍的地中海。

**Roman Ruins of Carthage and El Jem**：古競技場遺跡 Carthage是腓尼斯人的古城，遺跡位於突尼斯的郊區。**El Jem**則是世界上保留最完整的羅馬遺跡，你可以走到競技場上，幻想自己是古代鬥士，或是坐在競技場上的階梯座位，想像下古代競技場的盛況。

**Hammamet**：有著夏威夷的風情，但蘊藏著更多的驚喜等你發掘，它有著乾淨的海灘供遊客們享受日光浴，附近的旅館或餐廳也提供不同的表演節目，有時你也可以在街道上看到傳統的音樂與舞蹈遊行。

**Grand Erg Oriental**：位於突尼西亞南端，是美麗又神秘的撒哈拉沙漠所在地，這裡的沙丘吸引著無數的旅客到此體驗騎駱駝的樂趣和欣賞日落之美。

突尼西亞，一個既安全友善又豐富的北非國家，有著歐洲及伊斯蘭文化的雙重影響。來到這裡旅行就像是探索百科全書的奧秘一樣，你可以進而了解不同的風土人情，古文明歷史，更可感受當地的飲食文化，及欣賞令人驚嘆的自然景觀，突尼西亞，是非常值得一遊。