

走出舒适圈

(2026 国庆之旅-佛山，樟木头和虎门)

Winnie Mo

这个假期，我原本计划留在家中读书、写作、画画，享受一段安静的休息时光。后来觉得，生命不应总停留在熟悉的环境里。于是决定走出家门，到外面看看。一路上的风景、人情与见闻，不仅会让身心重新充满活力，也为平淡的生活增添了新的灵感与色彩。

平日上班的生活大多是办公室与家两点一线。以前周末还会到市区逛逛，顺便采购日用品；如今网购普及，许多东西足不出户就能买到。若连假期也待在家里，生活的范围便只剩下一个“家”字。

最后决定来个短途自由行，于是买了高铁票，前往佛山、樟木头游玩几天，顺便探望小哥一家。

九月三十日傍晚七时抵达佛山，入住璞云云端公寓。房间位于二十二楼，视野开阔，远处可眺望祖庙和岭南天地一带。

晚餐品尝了地道的煲仔饭和炖汤，味道鲜美可口。饭后漫步古镇，夜色中的老街古巷散发着独特韵味，让人感受到这座城市深厚的历史气息。佛山给我的第一印象是传统与现代交融。这里既保留着岭南文化的底蕴，又洋溢着现代都市的活力。



第二天清早，先来一碗云吞面与蒸饺，开启新的一天。随后前往祖庙，参观叶问展览馆。说来惭愧，此前我竟不知道叶问是谁，尽管他在香港广为人知。之后转到黄



飞鸿纪念馆，黄飞鸿在香港几乎家喻户晓，就算平时不太留意本地名人的我，也早听闻他的故事，不少演员也因演绎他的英雄事迹成为明星。最期待的便是醒狮表演，我心中好奇佛山本土的舞狮和香港的舞狮有什么分别。尽管天气酷热，我仍耐着性子等候了半个多小时。表演开始，人山人海，鼓声震耳欲聋，我只好

用两指塞住耳朵，勉强观赏狮子精彩的翻腾跳跃。热闹的局面，不禁令我想起《道德经》：“五色令人目盲，五音令人耳聋……”



第三天早上，去南风古灶附近体验了岭南人喜爱的早茶文化。这里的早茶与香港略有不同，节奏更悠闲，也更传统。



随后参观南风古灶。穿过蜿蜒的小巷，沿途浏览各类陶艺文化遗产，仿佛漫步于石湾陶瓷发展的历史长廊。

参观期间，几位学生主动前来采访，希望了解游客眼中的石湾陶艺与景德镇瓷器有何不同，以及对石湾文化的认识。由于没有事先准备，我只是结合自己的见闻分享了一些浅显的看法。没想到学生们听得十分投入，现场气氛轻松愉快，也为旅程增添了一段难忘的小插曲。

第四天早餐后，我前往梁园游览。两个小时的参观，让我对梁氏家族的发展历史有了更多了解。从梁氏家族的发展过程中，看到教育对于一个家族成长的重要性。漫步梁园，欣赏的不只是精巧的园林建筑，更是一段关于家风、教育与传承的历史。岁月流逝，庭院依旧，而那些重视教育、回馈社会的精神，至今仍值得后人学习。



结束参观后，我搭车前往佛山站，启程前往东莞樟木头，继续接下来的旅程。

来到樟木头，探访中国作家第一村。在这里亲身体会作家们安居于此的恬静生活，我坐在作家用过的座椅上，感受创作者在宁静空间里伏案写作的氛围。我终于见到我十分敬佩的作家雪漠的工作室。虽然无缘见到他本人，但看见他的著作，触摸他或许曾坐过的椅子，踏过他留下足迹的地板，内心感触良多。



作家村虽对外开放，游客却寥寥无几。我和小哥、侄儿三人，安静地穿梭一间又一间作家工作室。直到寻访到雪漠工作室，才觉得此行不虚。

之后我们前往观音山。我感觉自己与佛颇有缘分，原本行程紧凑，并未计划到访此处，机缘之下时间刚好。时值斜阳西垂，暑气消退，漫步林荫小道，十分惬意。步行一小时，攀过云梯，来到云雾缭绕的梦幻花



海。继续往前走，双腿渐渐感到吃力。这时路旁司机招呼我们：等走到山顶恐怕天就黑了，不如乘车。我二话不说，决定坐车上山。抵达山顶时，正好赶上日落，宏伟的观音圣像迎着夕阳，景色醉人。我们向菩萨致意之后徒步下山。上山不易，下山时却感到膝盖隐隐作痛。走到山脚，司机又在一旁呼喊：天色将晚，再不乘车，就要摸黑下山。于是坐上园林观光车 完成了这一天的旅程。

时光飞逝，转眼来到旅程的最后一天。小哥知道我喜欢历史文化，特意安排我参观东莞著名景点可园。可园与佛山的梁园有些相似，都是由当地富绅兴建的岭南园林，既展现了主人的审美情趣，也反映了当时的社会风貌。

游览期间，我想到，如今政府越来越重视文化遗产保护，不少濒临消失的历史建筑和文物都得到修复与保存，不仅保留了城市记忆，也为当地增添了独特的人文特色，让更多游客有机会了解地方历史与文化。

莞城岭南美术馆就在可园旁边，我原本只是打算顺道参观，没想到正巧遇上“岭南艺象”艺术大展。展览汇聚了全省众多艺术家的作品，主要有水彩画，国画，油画和版画，描绘岭南乡土风情。

原本只是一次随意的参观，却成为此行的一份意外惊喜，为这趟岭南之旅画上了圆满的句号。

这次短途岭南之行，让我领略了岭南古迹、陶艺、园林、文学与艺术，也感受到历史文化与现代城市交融的独特魅力。短短几天的行走，不仅丰富了见闻，也让身心得到了久违的舒展。一路所见所闻，再次印证了

“读万卷书，行万里路”的道理。旅行不仅是空间的转换，更是心灵的开阔。它为平淡的生活增添了几分新鲜与活力，也让我收获了一段难忘的身心之旅。

Stepping Out of My Comfort Zone

(2026 Term 3 break: Short trip to Foshan, Zhangmutou and Humen)

This holiday, I originally planned to stay home, read, write, paint, and enjoy some quiet rest. Then I realized that life should not remain within familiar surroundings. So, I decided to step outside my comfort zone and explore. The people I met, the places I visited, and the experiences along the way not only refreshed my mind and body but also brought new inspiration and color to my life.

Most my working days follow the same routine: home and office. In the past, I would spend weekends in the city shopping for some necessities. Nowadays, with online shopping, almost everything can be delivered to the door. If I stayed home during the holidays as well, my world would gradually shrink to a single place.

In the end, My husband and I chose a short trip. I bought a fast train ticket to Foshan and Zhangmutou, and took the opportunity to visit my younger brother and his family.

We arrived in **Foshan** at 7 p.m. on September 30 and checked into Puyun Cloud Apartment. My room was on the 22nd floor, offering a wide view of the city, including the Ancestral Temple and the Lingnan Tiandi district in the distance.

For dinner, we enjoyed authentic claypot rice and boiled soup. Afterward, we wandered through the old town. The historic streets and

alleys, glowing softly under the night lights, carried a unique charm and reflected the city's rich heritage. My first impression of Foshan was its harmonious blend of tradition and modernity. The city preserves the spirit of Lingnan culture while embracing the energy of contemporary urban life.

The next morning, we started the day with a bowl of wonton noodles and steamed dumplings before visiting the Ancestral Temple and the Ip Man Memorial Hall. To my embarrassment, I had never really known who Ip Man was, despite his fame in Hong Kong. Later, we visited the Wong Fei-hung Memorial Hall. Wong Fei-hung is a household name in Hong Kong, and his legendary stories have inspired countless films and television dramas.

What I looked forward to most was the lion dance performance. I was curious to see how Foshan's traditional lion dance differed from the version commonly seen in Hong Kong. Although the weather was extremely hot, we waited patiently for over half an hour. When the performance finally began, the crowd was immense and the drums were deafening. At times I had to cover my ears just to continue watching the lions leap and tumble across the stage. Amid the excitement, I was reminded of a passage from the *Dao De Jing*: "The five colors blind the eye; the five tones deafen the ear."

On the third morning, we experienced the Lingnan tradition of yum cha near the Nanfeng Ancient Kiln. Compared with Hong Kong, the pace felt slower and more traditional.

We then explored the Nanfeng Ancient Kiln. Walking through winding alleyways and viewing various ceramic heritage sites felt like traveling through the long history of Shiwan pottery.

During our visit, several students approached me for an interview. They wanted to know how visitors perceived the differences between Shiwan pottery and Jingdezhen porcelain, and what impressions they had of Shiwan culture. Since I had no time to prepare, I simply shared a few observations based on what I had seen. To my surprise, the students listened with great interest, and our conversation became an enjoyable and memorable part of the journey.

After breakfast on the fourth day, we visited **Liangyuan Garden**. Spending two hours there gave me a deeper understanding of the Liang family's history. Their story showed how education can shape the growth and prosperity of a family across generations.

As I strolled through the elegant gardens, I appreciated not only the beauty of the architecture but also the values of education, family heritage, and social contribution that the family embodied. The buildings remain long after the people are gone, yet those values continue to inspire future generations.

Afterward, I took a train to Foshan Station and continued my journey to **Zhangmutou**, Dongguan.

There, I met my brother and my nephew, we visited **China's First Writers' Village**. Experiencing the quiet environment where writers lived and worked allowed me to imagine the creative process more vividly. Sitting in chairs once used by authors and walking through their studios, I could almost feel the atmosphere of focused writing.

I was especially delighted to visit the studio of **Xue Mo**, a writer I greatly admire. Although I did not meet him in person, seeing his books,

touching the chair he may once have used, and walking the same floors he had walked left a deep impression on me.

The Writers' Village is open to the public, yet there were very few visitors. My brother, nephew, and I wandered quietly from one studio to another. Reaching Xue Mo's studio made the entire visit worthwhile.

Later, we went to **Guanyin Mountain**. I often feel that I have a special connection with Buddhism. The visit had not been part of the original plan, but circumstances worked out perfectly.

By late afternoon, the heat had eased and we enjoyed walking beneath the trees. After an hour's climb and a long staircase ascent, we reached a dreamlike sea of flowers shrouded in mist. As we continued upward, my legs began to tire. A driver by the roadside called out and suggested that if we kept walking, it would be dark before reaching the summit. Without hesitation, we decided to take the shuttle.

We arrived just in time for sunset. The magnificent statue of Guanyin stood against the golden sky, creating a breathtaking scene. After paying our respects, we began the descent. Going down proved harder on the knees than climbing up. As dusk approached, another driver warned that darkness would soon fall, so we boarded a sightseeing vehicle and completed the day's journey in comfort.

Time passed quickly, and soon it was the final day of the trip. Knowing my interest in history and culture, my brother arranged a visit to **Keyuan Garden**, one of Dongguan's most famous attractions. Like Liangyuan Garden in Foshan, it was built by a wealthy local family and reflects both the aesthetic taste of its owners and the culture of its era.

While exploring the garden, I reflected on the growing efforts to preserve cultural heritage. Many historic buildings and artifacts that might otherwise have disappeared have been restored and protected, preserving the memory of the city and allowing visitors to better understand local history and culture.

Next to Keyuan stands the **Lingnan Art Museum of Dongguan**. I had planned only a brief visit, but by chance I encountered the *Lingnan Impressions* Art Exhibition. The exhibition featured works by artists from across Guangdong, including watercolor paintings, traditional Chinese paintings, oil paintings, and prints depicting the landscapes, customs, and everyday life of Lingnan.

What began as an unplanned stop became one of the highlights of the trip and a fitting conclusion to my journey.

This short trip through Lingnan allowed me to experience its historical sites, ceramics, classical gardens, literature, and art. More importantly, I felt the unique harmony between history and modern development. In just a few days, my horizons broadened and my body and mind found a sense of renewal.

Everything I saw and experienced once again confirmed the wisdom of the old saying: “*Read ten thousand books and travel ten thousand miles.*” Travel is more than a change of place; it is an expansion of the mind. It brings freshness and vitality to everyday life and leaves behind memories that continue to inspire long after the journey ends.