



八关斋戒规约（无住宿） 8 Precepts Guidelines (Non Stay-in)

日期 Date:	2025 年 7 月 26 日（星期六），农历闰六月初二 26 July 2025 (Saturday)
报到 Reporting Details:	<ul style="list-style-type: none">• 登记时间于早上 8 时 15 分开始。 Registration begins at 8:15am.• 请在早上 8 时 45 分或之前入座。 Please be seated by 8:45am.• 宏船老和尚纪念堂，4 楼，无相殿 Ven Hong Choon Memorial Hall, Level 4, Hall of No Form

条规与行政说明 **Rules & Regulations and Administration Instructions**

参与者必须遵守以下规则与行政说明以护持道场的庄严清净及促成活动圆满。

Participants are required to abide by the following rules and regulations, administration instructions and guidelines. These are necessary for creating a harmonious and conducive programme for all.

- 此活动仅限 16 岁或以上的参与者。
This programme is for participants aged 16y.o. and above.
- 此活动将以中文进行。
This programme will be conducted in Mandarin.
- 此活动无提供住宿。
This programme is non stay-in.
- 取消参与必须以书面的方式提出，以避免产生不必要的误解。已支付的活动费用恕不可退还及转让。
Cancellation of participation must be made in writing to avoid misunderstanding. Please be informed that the paid programme fee is non-refundable and non-transferable.

穿着 Dress Code

- 请穿着白色、米色、灰色或素色的有袖 T-恤（请确保无透明布料），配以白色、米色、灰色或深色的宽松长裤与袜子。
Please wear white, beige, grey or plain opaque sleeved T-shirt with white, beige, grey or dark-coloured comfortable long pants and a pair of socks.
- 不可穿着无袖上衣，短裤，短裙，百慕达裤，紧身裤或任何紧身服装。违例者将被禁止进入大殿。
No sleeveless top, shorts, skirt, bermudas, tights or leggings are allowed. Participants with inappropriate attire will not be allowed to enter the hall.
- 如果您体质畏寒，请携带长袖夹克及可盖颈部或腿部的围巾。
If you feel cold easily, you are advised to bring along a coat or jacket and a shawl to cover your neck/legs.
- 如果您欲着海青与缙衣，请您携带。
If you wish to don Haiqing and Manyi, please bring them along.

静修期间 During the Retreat

- 参与者须全程佩戴辨认牌。
Participants must wear their ID tags visibly at all times.
- 参与者须全程参与所有静修项目。
Full attendance for all activities is required.
- 参与者须守持八关斋戒（一、不杀生 二、不偷盗 三、不淫欲 四、不妄语 五、不饮酒 六、不著香华鬘、不香油塗身、不歌舞观听 七、不坐卧高广大床 八、不非时食）。
Participants must uphold the 8 Precepts (1. No killing 2. No stealing 3. No sexual activity 4. No lying 5. No intoxicants 6. No entertainment and beautifying the body 7. No using of luxurious furniture 8. No eating after noon)
- 参与者须全程吃素（无蛋并完全不混杂荤肉，戒葱、蒜、洋葱、韭菜、薤白等五辛）。
Participants must observe a strict vegetarian diet (no egg and no food mixed or cooked with meat or the 5 pungent roots including garlic, onion, scallion (or green onion), chive, leek etc.).
- 本寺将提供简单的素食餐。严禁外带食品。
The Monastery will provide simple vegetarian meal. No outside food is allowed.
- 请保持正念禁语。
Please observe mindful noble silence.

- 除了应对紧急状况，请勿使用移动通讯设备并确保设置为静音。
Except for emergency, please avoid the use of mobile communication device and ensure it is switched to Silent Mode.
- 严禁抽烟。
Smoking is prohibited.
- 严禁携带食物入殿或殿内进食。请时刻维持大殿整洁并保持个人卫生。
Food or eating is prohibited in the hall. Hall must be kept clean and tidy at all times.
Personal hygiene MUST be maintained.
- 在使用物品（例如塑料袋）时，请留意是否产生噪音，勿影响其他参与者修习或休息。
Please be mindful with the use of items (such as plastic bags) which can create noise, and avoid causing distraction to fellow participants during practice or rest time.
- 请勿使用转经轮（摩尼轮）。
Prayer Wheel (Mani Wheel) shall not be used.
- 如果参与者须在静修期间离开本寺，请务必提前请示、提出合理的理由并且获得主办单位或主法的批准。
If a participant needs to leave the Monastery during this retreat, he/she must obtain prior approval with a valid reason from the organiser or Venerable-in-charge.
- 禁止使用未经授权的录影机和相机进行录影、摄像及录音。
Unauthorised video equipment, camera, photography, videography, and recording are not allowed.
- 为示尊重，在未经许可下，请勿拍摄法师、职员、护法或其他参与者的照片、录像或录音。
As a form of respect, please do not take photos, videos or audio recordings of the Venerables, staffs, volunteers and fellow participants without permission.
- 若主法认为参与者不适合继续参与静修，参与者必须接受主办单位的安排，无条件退出此静修。
If the Venerable-in-charge deems a participant unsuitable to continue, the participant must accept the organiser's arrangement and unconditionally withdraw from this programme.

- 静修期间如有任何争议或疑虑，请告知主办单位。主办单位将持有最后决定权。所有参与者须遵守本寺条规和静修规则，并尊重主办单位所作的最后决定。

Any disputes or concerns during this programme should be raised to the organiser. The organiser's decision is final. Participants must respect and adhere to the Monastery's rules and the organiser's decisions.

- 请参与者尽可能使用公共交通工具来回寺院。

Participants are strongly encouraged to use public transport to and from the Monastery.

- 静修期间请精进修持，遵守规约。

Please ensure the diligent practice of the Dharma and adherence to the rules of conduct.

携带物品 What to Bring:

- 水瓶 Water bottle
- 外套或围巾（如有需要）Jacket or Shawl (if needed)
- 个人药品（如有需要）Personal medications (if needed)
- 若您已皈依三宝并有个人海青（黑色）并且欲着，请携带。

If you have undertaken 3 Refuge, you may bring your personal Haiqing (black) if you have and wish to don.

请在海青上标注您的姓名以便辨认。 Please label your Haiqing for easy identification.

- 若您已受五戒并有个人缁衣（褐色）并且欲着，请携带。

If you have undertaken 5 Precepts, you may bring your personal Manyi (brown) if you have and wish to don.

请在缁衣上标注您的姓名以便辨认。 Please label your Manyi for easy identification.

请自行妥善保管个人随身物品，请勿携带贵重物品至本寺。

Please keep your personal belongings safe and do not bring valuables to the Monastery.

请勿携带 What Not to Bring:

- 首饰及贵重物品 Jewellery and other expensive item
- 化妆品、香水及指甲油 Make-up, perfume and nail-polish
- 娱乐器材 Entertainment device
- 书刊杂志（佛教书籍例外）Magazine and book (except Dharma material)
- 酒类 Alcohol
- 香烟与打火机 Cigarette and lighter
- 录影机及相机 Video equipment and camera

若有不清楚的地方，请向活动工作人员查询。

If unsure, please check with our programme staff.

免责声明 Liability Disclaimer

- 参与者须为自身的安全与健康负责。本寺对静修期间发生的任何损失、损坏或伤害不承担责任。

All participants are responsible for their own safety. The Monastery shall not be liable for any loss, damage, or injury sustained during this programme.

- 参与者须对自己的财物负责，并采取必要措施保管财物安全。本寺和主办单位恕不承担静修期间所发生的任何财物损失。本寺建议参与者避免携带贵重物品。

Participants are responsible for their belongings and should take necessary precautions to safeguard them. The Monastery and the organiser will not be held responsible for any loss or damage to personal items during this programme. Participants are advised against bringing valuable items.

- 参与者在参与寺院活动时，须自行承担风险。本寺恕不承担因延误、疾病、天气、罢工、战争、隔离、恐怖袭击或其它自然灾害所引起的损失、伤害及费用。

Participation in any Monastery-facilitated activity is at the participant's own risk. The participant accepts full responsibility for any injuries, losses and expenses due to delay, sickness, weather, strike, war, quarantine, natural disaster, terrorism, accident or/and any other incidents.

- 本寺和主办单位有权拒绝任何无法履行新加坡政府规定的社会责任的参与者。

The Monastery and the organiser reserve the right to reject any participant not fulfilling the social responsibilities in accordance with the Singapore Government Regulations.

- 通过参与此活动，参与者同意遵守以上所有条规。

By participating in this programme, participants agree to abide by all the above terms and conditions.

光明山普觉禅寺地图 Map of Kong Meng San Phor Kark See Monastery



号巴士停泊处 Bus Bay 卸货位 loading & unloading 饮水机 Drinking Water Dispenser 停车场 Car Park