

Halloween

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Hello, everyone! It's already October and soon it will be my favorite holiday, Halloween! Did you know that Halloween is not from the United States? It's from Ireland, but Halloween is popular in the U.S. and other countries as well.



It's believed that Halloween began around 4,000 BC, making it 6,000 years old! It was first a festival, called Samhain (サヴァウン). The festival celebrated the end of summer and the beginning of winter. To help the community survive the cold winter, a huge feast (宴会) was held and large bonfires (かがり火) were lit on Halloween.

They believed that Halloween was special because the souls (魂) of the dead could return to earth on Halloween. Food and gifts were left out for the dead that returned home and families joined together for a feast. To protect themselves from angry souls, people dressed up like ghosts (幽霊) so the angry spirits didn't know who they were! Food, drinks, and treats (ごちそう) were left to calm the angry spirits, as well. Since no one knew who was a real spirit and who was a living person, the people in costumes would go around the neighborhood and collect some of the treats! That's how trick-or-treating starting!

Many countries don't celebrate Halloween, though. In Mexico and other Spanish-speaking countries, there is a three-day celebration that starts on October 31st. It's called Dia de los Muertos, which is Spanish for the Day of the Dead. Like Halloween, the celebration honors the dead who return home. People paint their faces like skeletons and dress in bright colors. Families make an altar (祭壇) with plates of food, drinks, candy, and photos of their relatives to celebrate.



Interesting, isn't it? I hope you all enjoy this year's Halloween and watch out for(～に用心する) angry spirits!

