

中国民族名片

A Brief Introduction to Chinese Ethnic Groups / The Lisu Nationality
at Nujiang (Nu River)

怒江

傈僳族



民族出版社

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怒江州旅游景点图

A Tourist Map of the Nujiang Prefecture



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古远悠长的

A Long History and Ancient Culture

民族历史

傈僳族聚居在滇西北横断山脉纵谷地带的怒江流域。傈僳族是北方古氏羌族群的一支，在历史上属于“乌蛮”部落集团中的“笮夷”、“施蛮”、“顺蛮”等。传说傈僳族在历史上经历了四次大的迁徙，才辗转到今天的怒江流域和缅北地区的崇山峻岭中。另外，在四川、云南一些地州



和东南亚各国也有散落分布，最终形成了大分散、小集聚的分布格局。

傈僳族有史以来一直属于游耕民族。1913年殖边队进驻怒江，开发边疆，加强地方政权建设，开办教育，怒江傈僳族由此进入了一个新时代。

傈僳族共有100多万人口，其中有近一半以上居住在怒江流域。怒江傈僳族自治州是傈僳族主要的聚居地区，西与缅甸接壤，北靠

怒江大峡谷
Nujiang River Gorge



The Lisu minority, previously a nomadic tribe, number more than 1,000,000 almost half of whom live in the mountainous area between the Nujiang and the Lancang River. Nujiang Lisu Autonomous Prefecture in northwestern Yunnan Province, bordering Myanmar to the west Chinese and Tibet to the north, with Lushui, Lanping, Fugong and Gongshan counties under its jurisdiction, is one of the major centers inhabited by the Lisu people. The total population of the area is 490,000, of which 290,000 are Lisu people. their



飞渡怒江
*Flying over the
Nu River*

西藏自治区，辖泸水、兰坪、福贡、贡山4个县，总人口49万，其中傈僳族23万。怒江傈僳族因其社会发展进程的特殊性，现在仍保留着古朴的民族风俗、文化和社会历史痕迹。路不拾遗、夜不闭户、刀耕火种、采集狩猎等原

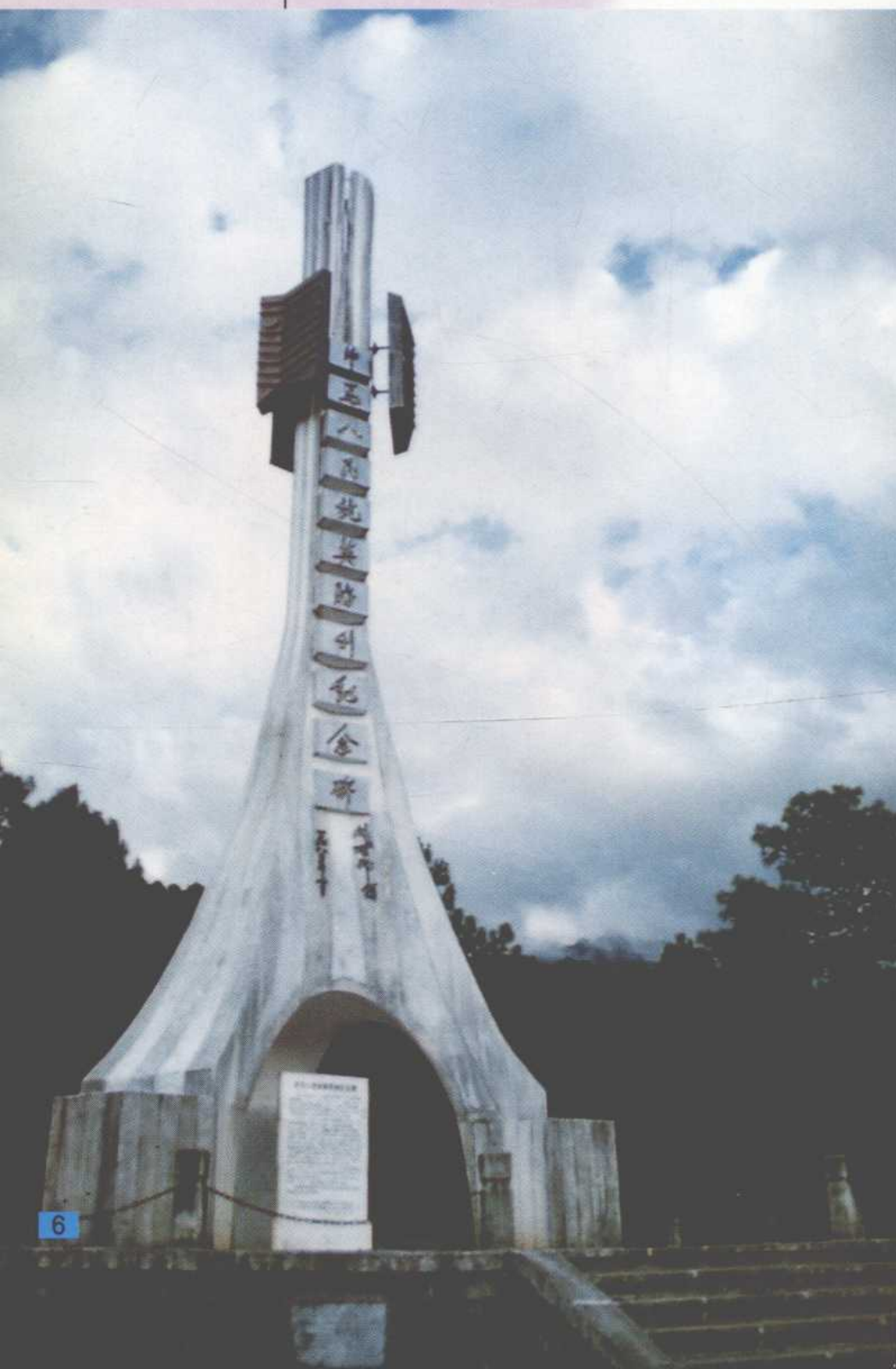


According to historical records and folk legends, the forebears of the Lisus were a branch of the Diqiang people, known as Zuoyi, Shiman or Shunman. They have experienced four major migrations in their history before finally settling in the Nujiang River valley and northern myanmar. Some also live in smaller communities in Hunan and Sichuan provinces, other prefectures or counties in Yunnan province and in other parts of Southeast Asia..

The Lisus in the Nujiang River valley retain many of

始道德行为和生产方式仍有保留，被人们称为“活化石”。原始文明与现代文明的撞击，产生了傈僳族独特的生产生活方式，独特地质构造与民族淳朴勤劳性格融合，沉淀出怒江傈僳族古老的山地历史文化。

片马人民抗英胜利纪念碑
*Monument to Heroes who fought against
British imperialism at Pianma*



old traditions and customs in spite of the leap forward in the development of society. Nowadays the primitive and modern civilizations are developing side by side in harmony, resulting in a unique society, known as a living fossil, maintaining many special ways of life and methods of production.



在院子里“瓜其其”(跳民族舞蹈)
Dancing “Gua Qi Qi”(a kind of
ethnic dance) in the garden

依山而居的 Houses

Residences---Traditional Local Houses

民居民宅

编织藤篾房

A house constructed
of thin strips bamboo and cane

怒江傈僳族的民居以干栏式竹木建筑为主，其他还有少量的木楞房和土墙房。

怒江大峡谷以山高谷深、环境险恶著称，在这样的地势地貌中，怒江傈僳族创造了干栏式竹木建筑结构的民居——“千脚落地房”。“千脚落地房”一方面解决了在陡坡地上居住的问题，更重要的是可以避开野兽的侵袭和山岚瘴气的危害。整个房屋空气流通、防潮避湿、冬暖夏凉，适宜峡谷



The Lisus' houses are mainly constructed of bamboo and wood, and are supported on stilts, and there are a smaller number of wood-beamed houses and mud-brick houses.

The houses on stilts, literally translated as houses supported by thousands of legs, were invented by the Lisus to enable them to inhabit mountainous areas with steep cliffs





村落

*A village built
on the steep slopes
of a mountain*

的地理环境和气候特点。傈僳族建房盖屋一般选在“阔时”节（傈僳族新年）期间，其建筑形式比较简单，材料全部用竹木，就连固定房屋的框架也全部用竹箴片捆扎，不用一颗铁钉。首先把坚硬耐腐的木柱密密麻麻地栽在斜坡上，在坡下方离地两三公尺处与坡后的短柱搭设横木拉成平台，并铺以木板或竹箴笆，墙体也是用箴笆建成的，用木板或草铺盖房顶，这样的房屋一般用一天时间就能全部盖完。

Houses

and deep valleys. They have good ventilation and provide effective protection against wild animals and mountain miasma.

The time when a house is built is carefully chosen and usually falls on the Lisus' New Year (Kuoshi Festival). The method of construction is simple, using bamboo and wood, and the whole is carried out without using a single nail. The frame of the house is secured with thin strips of bamboo and construction is completed in one day.



千脚落地房
A house on stilts