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文化欣赏读本

汉英对照



Exploring Chinese Culture A CHINESE READER [

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前言

《中国文化欣赏读本》与《中国文化欣赏》DVD 配套,力图从多个角度生动鲜活地展示中国丰富多彩的文化。本书既可以作为面向中外各界人士的读物,也可以作为汉语学习者的教材。

在内容上,本书选取的文化主题来源于美国汉语教学第一线,是在密西根州立 大学孔子学院的调研结果的基础上确定的,既涵盖了当地汉语教材中的文化点,也 尽可能地照顾到了外国人对中国文化的兴趣点。

在编排上,本书每一个文化主题由四个小板块组成,即"导入"、"正文"、"三言两语"、"小链接"。"导入"试图通过各种人物、事件或场景使读者轻松愉快地进入主题,"正文"是对每一主题较为全面、深入的介绍,"三言两语"是中外各界人士对相应主题的评价或感受,"小链接"旨在拓展与主题相关的知识面。需要说明的是,为了让读者看到一些真实材料,我们没有修改"三言两语"中外国朋友们汉语说得不太准确的地方。

本书图文并茂,尽可能使中国文化直观可感,且全书所有内容均为中英文对照,使读者可以通过双语来很好地理解所有内容。

《中国文化欣赏读本》既可与《中国文化欣赏》DVD 配套使用,也可单独使用,因为本书与 DVD 虽然所选主题相同,但都自成体系,二者之间既有内在的联系,分开使用也不影响各自的完整性。作为编者,我们真诚地希望本书能对外国朋友理解与欣赏中国文化有所裨益。

编者

2013年11月

FOREWORD

Exploring Chinese Culture, A Chinese Reader is a supplementary book to the DVD version of Exploring Chinese Culture. This book, a vivid presentation of the rich and colorful Chinese culture, can not only be used as reading material for domestic and foreign readers of different walks of life, but can also serve as textbook for learners of Chinese.

The cultural themes in this book are selected from the forefront of Chinese teaching in America following the survey conducted by the Confucius Institute at Michigan State University. It not only contains the cultural elements of Chinese textbooks in Michigan, but also fully considers foreigner interest regarding Chinese culture.

The cultural themes in this book comprise four sections, "Introduction", "Text", "A Few Remarks" and "Additional Information". The "Introduction" section initiates readers into the topic by presenting various characters, events or backgrounds; the "Text" is a comprehensive and in-depth description of the theme; "A Few Remarks" contains the comments or feedback provided by people from different walks of life, both in China and abroad; "Additional Information" is designed as an extension of knowledge related to the theme. It should be noted that we didn't revise the non-native Chinese produced by some foreigners so as to present readers with real language materials.

The articles are accompanied by excellent illustrations helpful for a direct and vivid experience of Chinese culture. In addition, the bilingual (English and Chinese) contents of this book assist for a more rapid and better understanding of the cultural themes.

Exploring Chinese Culture, A Chinese Reader can either be used together with the DVD version of Exploring Chinese Culture, or used independently. Though the book has the same cultural themes with the DVD, they in fact possess independent systems, thus they can be used separately without losing their completeness. As the compilers of this book, we sincerely hope it can prove beneficial to foreigner understanding of Chinese culture.

The Compilers

November, 2013

- ⊚ 传统节日 Traditional Festivals
- 002 春节 | The Spring Festival
- 007 元宵节 | The Lantern Festival
- 012 中秋节 | The Mid-Autumn Festival
- ◎ 传统习俗 Traditional Customs
- 018 生日习俗 | Birthday Conventions
- 023 生肖动物 | Zodiac Animals
- 028 中国龙 | Chinese Dragon
- @ 中国艺术 Chinese Arts
- 034 京剧 | Beijing Opera
- 040 园林 | Chinese Gardens
- ② 文化符号 Chinese Culture Symbols
- 048 文房四宝 | Four Treasures of Study
- 053 汉字 | Chinese Characters

- ◎ 名胜古迹 Tourism Highlights
- 060 兵马俑 | Terracotta Warriors
- 066 平遥古城 | Pingyao Ancient City
- 072 布达拉宫 | The Potala Palace
- ◎ 生活在中国 Living in China
- 080 餐桌礼仪 | Dinner Etiquette
- 085 茶文化 | Tea Culture
- 090 中国服饰 | Chinese Style Clothing
- ◎ 民间工艺 Folk Arts
- 096 剪纸 | Paper Cutting
- 101 景泰蓝 | Chinese Cloisonné
- ◎ 民间运动 Folk Sports
- 108 空竹 | Chinese Yo-Yo
- 113 武术—拳术 | Martial Arts-Chinese Boxing

Traditional Festivals 传统



春节

The Spring Festival

春节俗称"过年"。传说古时候有一个叫作"年"的怪兽,每到腊月三十晚上就出来吃人。后来人们发现"年"怕红、怕火、怕响,于是就在腊月三十这天在大门贴上红色的福字和春联,在院子里燃放噼啪作响的爆竹,以便把"年"赶跑。作为中国的农历新年,春节也是全世界华人共同庆祝的节日。

The Spring Festival is commonly known as *guo nian* in Chinese. There is a legend that in ancient times, a monster called *nian* went out to eat people every December 30th (lunar calendar) in the evening. Later, after finding that *nian* was afraid of the color red, fire as well as loud noise, people put up a red Chinese character *fu* (fortune) and Spring Festival



couplets on their doors as well as let off firecrackers with crackling sound in their yards in order to discharge *nian*. As the beginning of a new year in Chinese lunar calendar, the Spring Festival is also celebrated by Chinese people worldwide.

在漫长的历史发展过程中,过春节时一些具有原始信仰色彩的习俗逐渐消失,而富有生活情趣和积极意义的习俗则被保留下来。

春节的准备工作一般从腊月二十三日就开始了,主要是扫尘(即打扫房屋)和贴门神、春联、年画、窗花等。春联是对联的一种,因为在春节时张贴而被称作"春联",

During the long history of the Spring Festival, some customs related to primitive belief gradually disappeared while some others possessing life interest and positive meaning remain.

The preparation for the Spring Festival, which generally begins from December 23rd (lunar calendar), includes cleaning the house, pasting pictures of the Door-God, Spring Festival couplets, New Year pictures, paper-cuts for window decoration and so on. As a kind

内容大多是与新春有关的吉祥祝语。年画是中国民间传统艺术,汉代(前206—公元220)已在民间广泛流传,宋代(960—1279)开始出现木版年画并有了年画作坊,清代(1616—1911)大盛,最著名的是天津杨柳青年画、苏州桃花坞年画、山东潍县年画。



杨柳青年画,刘谦功摄 Yangliuqing New Year picture, photographed by Liu Qiangong

农历十二月的最后一天是除夕,又叫"年三十"。这天晚上人们通宵不睡,一家人围坐在一起宴饮谈笑,尽情欢乐,以迎接新年的到来,这就是"守岁"。除夕晚上的饭菜非常丰盛,俗称"年夜饭"。北方人大多吃饺子,因饺子与"交子",请音,属意辞旧迎新,富裕吉祥;南方人大多吃年糕,因年糕与"年年高"谐音,象征生活一年比一年美好。无论南方、北方过年都要吃鱼,取"年年有余"之意。这些习俗表达了人们对幸福生活的祈盼。

of antithetical couplets, the Spring Festival couplets, mostly being blessings for good luck in the new year, get their name because they are put up during the Spring Festival. The Spring Festival pictures, a traditional Chinese folk art, have been spread widely since the Han Dynasty (206 BC-AD 220). In the Song Dynasty (960-1279), wood engraving pictures and workshops appeared. New Year pictures enjoyed great popularity in the Qing Dynasty (1616-1911). Among them, the most well-known are Yangliuqing New Year pictures in Tianjin City, Taohuawu New Year pictures in Suzhou City and Weixian New Year pictures in Shandong Province.

The last day of December in the lunar calendar is the eve of the lunar New Year, which is also called nian sanshi in Chinese when the whole family stays up all night and sits around, eating, chatting and laughing in great joy to greet the New Year, which is known as shou sui. The rich meal of that night is named as nianyefan in Chinese. Most Northern Chinese eat dumplings with the implied meaning of ringing out the Old Year and ringing in the New Year in wealth and good fortune. The pronunciation of dumpling in Chinese is jiaozi, similar to another Chinese word jiaozi ; Southern Chinese however mostly eat New Year cakes whose Chinese name niangao is similar to niannian gao, symbolizing that life gets better and better year after year. Moreover, both Northern and Southern Chinese eat fish, hoping for niannian you yu, which means enjoying prosperity every year because yu, "fish" in Chinese, can also

① 交子: "子"即"子时",是中国传统的"十二时辰"中的第 一个时辰,即当代时间的晚23点至凌晨1点。在除夕之夜的 这个时间段,旧的一年结束,新的一年开始,故称"交子"。

① Jiaozi: zi, also called zishi, refers to the the period of the day from 11 pm to 1 am. This period of time on the lunar New Year's Eve is referred to as jiaozi when the old year ends and the new year begins.

拜年是春节必不可少的活动。每 逢新春佳节人们都要走亲访友,互致 新年问候。20世纪末,随着电脑和 手机的普及,通过电子邮件或短信拜 年成为一种时尚。

除上述习俗外,中国人过春节时 还有不少娱乐活动,如放鞭炮、舞龙、 舞狮、逛庙会等。



舞龙 The dragon dance

庙会是中国民间传统集市贸易的一种形式,指在寺庙内或附近地区定期举办的集市。中国各地庙会很多,可说是形形色色。近年来不少地区为了开发当地经济和文化资源,相继恢复和举办了一些影响较大的庙会,如北京的地坛庙会、上海的城隍庙会等,取得了很好的经济效益和社会效益。

随着社会生活的发展,中国人的 春节习俗也在发生变化,例如除夕之 夜到饭店吃年夜饭,春节期间外出旅 行,围炉守岁被观看中央电视台春节 联欢晚会所取代。然而传统文化的精 be interpreted as "abundance". All of these customs reveal people's hope and prayer for a happy life.

Paying New Year calls is also essential. During the Spring Festival, people always visit relatives and friends and exchange New Year greetings. At the end of the 20th century, the popularity of computers and mobile phones has made it fashionable to send New Year greetings via email or short messages.

Apart from the above-mentioned customs, Chinese people also have many other recreational activities during the Spring Festival such as setting off firecrackers, the dragon dance, the lion dance, and going to the temple fair.

The temple fair is a form of traditional Chinese folk fair trade, referring to the fair held regularly within or near the temple. All sorts of temple fairs are seen all around China. In recent years, a number of influential temple fairs in many regions, such as Beijing Ditan Temple Fair and Shanghai City God Temple Fair, have been restored and organized in order to develop local economic and cultural resources, achieving good economic and social benefits.

With the development of social life, Chinese customs during the Spring Festival are also undergoing some changes such as eating in restaurants, going out for travel during the festival, and watching CCTV Spring Festival Gala instead of staying up late surrounding the stove on New Year's Eve. The essence of traditional culture, however, has not changed. For example, "filial piety" is still so stressed that people will not only give gift money to children



北京地坛春节庙会, 刘谦功摄

Beijing Ditan Spring Festival Temple Fair, photographed by Liu Qiangong

髓并没有变,例如讲求"孝道"。为了祝福长辈健康长寿,过年时人们在给孩子压岁钱的同时,也不会忘记给老人红包。

春节一方面体现了中国人重伦理、重亲情的文化传统,另一方面也在不断融入新的生活内容,以满足当代人物质与精神文化的需求。

but also red packets to elderly people during the Spring Festival to express wishes of good health and longevity for the elders.

On the one hand, the Spring Festival reflects the Chinese cultural tradition of valuing ethics and family affection. On the other hand, it has also constantly absorbed new contents of life to meet contemporary people's needs for material and spiritual culture.

新年,特别是春节,是一年中童心最感欢乐的时候。现在回想起来,那些庆祝节日的鞭炮声、锣鼓声,那些穿街过巷的狮子舞队,那些老少相逢的互相祝福,那些吐着芳香的花卉摆设……种种声响、形象和气氛,都像银幕上所显示的一一涌现眼前。它使我进入一种异乎日常的神异境界。

[中国] 钟敬文, 男, 民俗学家

The New Year, especially the Spring Festival, is the happiest time for children.

In retrospect, all sounds, images and atmospheres—the firecrackers, the beating of gongs and drums to celebrate the festival, the lion dance teams going through the streets, the blessings between old and young people and the floral display in fragrance—emerge before my eyes as if they were on the silver screen. They led me into an extraordinary and miraculous realm.

[China] Zhong Jingwen, male, folklorist

一提春节,就会想到团圆饭、 守岁、舞狮、戴色等等。春 节是全家团圆的日子,在外地写等。 有是全家团圆的日子,也不是一个的游子都渴望在春节最深刻的印象是一样。 我对春节最深刻的印象是映入眼帘的尽是一片红彤彤,则间不是一片红彤彤,则间不可说不言利的话、不可扫地,摔破死西就得赶紧说"岁岁平安",等等。 [马来西亚]章宝仪,女,研究生

When mentioning the Spring Festival in conversation, people will always think of the reunion dinners, staying up late on New Year's Eve, the red packets, the lion dance, firecrackers and so on. All people working in places far away from home look forward to returning home for family reunion during the Spring Festival, a period of time when the whole family gets together. My deepest impression of the Spring Festival is that everything in sight is red and that my grandma insists on avoiding some taboos. For example, saying unlucky words and sweeping the floor are not allowed during the festival. If you break something, you need to say suisui ping'an (everlasting peace year after year) quickly. (sui can mean either "break" or "year" in Chinese)

[Malaysia] Qin Baoyi, female, graduate student

为庆祝春节,中国中央电视台从 1983 年起每年除夕都要举办大型综艺性文艺晚会,即"春节联欢晚会",简称"春晚"。目前看春晚已成为当代中国人过年的新民俗、新文化。春晚在演出规模和演员阵容、播出时长和海内外观众收视率方面创下世界综艺晚会三项世界之最,入选中国



中央电视台春节联欢晚会场景 A scene from the CCTV Spring Festival Gala

世界纪录协会世界收视率最高的综艺晚会、世界上播出时间最长的综艺晚会、世界上演员最多的综艺晚会。

To celebrate the Spring Festival, CCTV holds the Spring Festival Gala, a large variety show called *chunwan* in short, on every Chinese New Year's Eve since 1983. Watching the gala has become a new custom and culture for contemporary Chinese people to celebrate the festival. The gala ranks first among world evening variety shows in terms of performance scale, cast, broadcast time and audience rating home and abroad. It is also selected as the evening gala with the highest audience rating, the longest broadcast time, and largest number of performers according to the China World Records Association.

元宵节

The Lantern Festival

元宵节,又称"灯节"。这个节日,由灯而生而精彩。1982年,在哈尔滨举办的冰灯活动被正式定名为"冰灯节",时间一般是1月上旬至2月中旬。哈尔滨冰灯将北方特有的天然冰雪与现代灯光及声控技术巧妙结合在一起,通过堆塑、雕刻、造型、置景等方法营造了一个童话般的冰雪世界,为当代元宵节增添了新的色彩。

Yuanxiao Festival, also called the Lantern Festival, is quite splendid because of the lanterns. In 1982, the ice lantern show in Harbin was officially named as the Ice Lantern Festival which is generally held from the beginning of January to mid-February. Through ingeniously combining the natural ice and snow peculiar to Northern China with modern lighting and voice technology, Harbin ice lanterns create a fairy land of ice and snow by means of decoration, carving,



哈尔滨冰灯 Harbin ice lantems

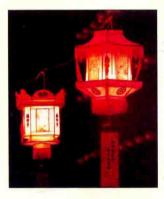
modeling and set construction, adding a new color to the contemporary Lantern Festival.

元宵节是农历正月十五,"元"有"开端"的意思,"宵"代表"夜晚",因为这天晚上是一年中的第一个月圆之夜,所以被称为"元宵"。一般认为元宵节始于汉代(前206—公元220),随着佛教的传入出现了正月十五之夜在宫廷和寺院里燃灯的习俗,后来这一习俗由宫廷传入民间。

The Yuanxiao Festival falls on January 15th of the lunar calendar. *Yuan* means "beginning" and *xiao* means "evening". It is called *yuanxiao* because it is the first night of each year with a full-moon. It is generally recognized that the Lantern Festival began in the Han Dynasty (206 BC-AD 220) when, after the introduction of Buddhism, the custom of lighting lanterns in palaces and temples appeared and spread

唐代(618—907)元宵节观灯的习俗得到很大发展,宋代(960—1279)出现了灯谜,明代(1368—1644)以后又增加了戏曲表演,使元宵节的活动更加丰富多彩。

元宵节花灯的种类很多,北京就曾以生产宫廷使用的宫灯和纱灯著称,其中用于元宵节的"皇家花灯"由宫中能工巧匠精制而成,皇太后将其赐予文武百官,以示"与民同乐"之意。



花灯 Festival lanterns

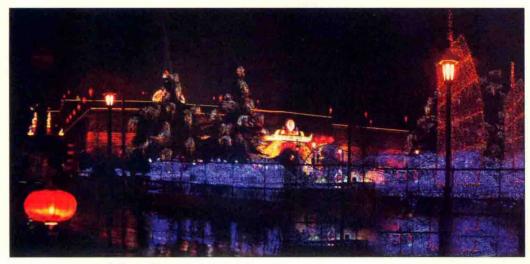
元宵节中国各地都会举办灯会,如江苏秦淮灯会、四川自贡灯会、广东佛山灯会、福建泉州灯会、河南洛阳灯会等。20世纪80年代以来,中国一些城市还出现了不少新型灯会,如哈尔滨冰灯会、北京三里屯国际时尚街区灯会等等。新型灯会体现了中国传统节日与现代生活的融合,成为当代人元宵观灯、休闲和旅游的好去处。

to the whole society. The great development of the custom of viewing lanterns in the Tang Dynasty (618-907) and the appearance of lantern riddles in the Song Dynasty (960-1279) and opera performance in the Ming Dynasty (1368-1644) make the activities of the Lantern Festival all the more rich.

There are a great variety of festival lanterns during the Lantern Festival. Beijing was once known for its production of palace lanterns and gauze lanterns. The royal lantern used in the Lantern Festival is refined by skillful craftsmen in the palace and granted by the empress dowager to civil and military officials possessing the symbolic meaning of "sharing happiness with ordinary people".

During the Lantern Festival, lantern shows are held throughout China such as the Qinhuai Lantern Show in Jiangsu Province, the Zigong Lantern Show in sichuan Province, the Quanzhou Lantern Show in Fujian Province, and the Luoyang Lantern Show in Henan Province. Since the 1980s, some cities have witnessed the appearance of some new lantern shows such as the Harbin Ice Lantern Show and the Beijing Sanlitun International Fashion District Lantern Show, which reflect the integration of Chinese traditional festivals and modern life and offer contemporary people a good place for lantern viewing, recreation and travel.

During the Lantern Festival in ancient China, young girls were allowed to go out freely and play together, and single men and women could meet their lovers. Married women would pray for a happy marriage, continuation of the



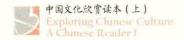
江苏秦淮灯会 Qinhuai Lantern Show in Jiangsu Province

在中国古代,元宵节也是年轻女孩儿被允许外出自由活动、结伴嬉游及未婚男女与情人相会的日子。已婚妇女则会在这一天祈求婚姻美满、子嗣绵延、身体康健。从传统意义来看,元宵节的风俗从一个侧面表达了妇女们的生活愿望。

元宵节的另一个活动是猜灯谜, 灯谜就是贴在或挂在彩灯上的谜语, 又叫"灯虎"。因为灯谜内容常常艰 深难懂,不易猜中,好像用弓箭射老 虎那么难,所以猜灯谜在古代又被称 作"射灯虎"。一边赏灯一边猜谜是 元宵节的传统活动。由于灯谜能考验 人的智慧,所以自宋代产生以来一直 受到人们的喜爱。灯谜内容丰富,形 式多样,既有知识性,又有趣味性和 娱乐性,至今仍是节日游园会上不可 缺少的活动。 family line and good health. In a traditional sense, the customs of the festival reveal women's wishes in life from one perspective.

Another activity is guessing lantern riddles which are posted on or hung on the lantern and also known as "lantern tigers". Since guessing the elusive lantern riddles is as hard as to shoot a tiger with bow and arrow, it is also called "shooting a lantern tiger". Enjoying the lanterns while guessing the riddles is a traditional activity in the Lantern Festival. Guessing riddles, which can test people's wisdom, has been popular since the Song Dynasty and remains to be indispensable in festival parties for the riddles are rich in content and form, as well as informative, interesting and entertaining.

A representative food of the Lantern Festival are rice glue balls. It is said that the custom of eating rice glue balls on the lunar day of January 15th also began in the Song Dynasty. Apart from displaying festival lanterns and





猜灯谜 Guessing lantern riddles

元宵节的节日食品是"元宵"。 传说正月十五吃元宵的习俗也是从宋 代开始的。当时人们过元宵节除了悬 挂花灯、燃放烟火以外还要互赠"圆 子"(即元宵),以象征在新年的第 一个月圆之夜合家欢聚团圆。

元宵节是一个古老的节日,也是一个欢乐的节日。无论从节日时间还是节日习俗的意义来看,元宵节都是春节的有机组成部分。作为春节庆典的压轴活动,元宵节以其热闹、欢庆的气氛,表达了人们对新年幸福生活的美好祝愿。

setting off fireworks, people also give each other *yuanzi* (rice glue balls) as gifts, symbolizing family reunion on the first full-moon night of the new year.

The Lantern Festival is both ancient as well as cheerful. It is an organic component of the Spring Festival when considering either its time or the meaning of its customs. As the finale of the Spring Festival celebration, the lively and joyous Lantern Festival reveals people's best wishes for a happy life in the new year.



元宵节的灯,田琨摄 Lanterns during the Lantern Festival, photographed by Tian Kun

我年轻的时候,在元宵节的第二天,也就是正月十六,要"走百病"。村里的女人们聚在一起,走墙边、过桥头或去郊外,这样可以除病除灾。现在我岁数大了,这多少年都没出去走了,现在的小年轻的也不讲这些了。其实走走也好,多活动活动,身子骨肯定硬朗。

[中国]池金花,女,农民

When I was young, I would "walk sickness" on the lunar day of January 16th, the day after the Lantern Festival. Women in the village got together to walk along the walls, walk across the bridges or go to the countryside with the purpose of expelling disease and disaster. Since I have become old now, I have not gone out for many years. Presently, young people do not care about this anymore. However, in fact, going for walks will surely make people hale and hearty.

[China] Chi Jinhua, female, peasant