

适合对外汉语短期培训班使用

文化艺术篇

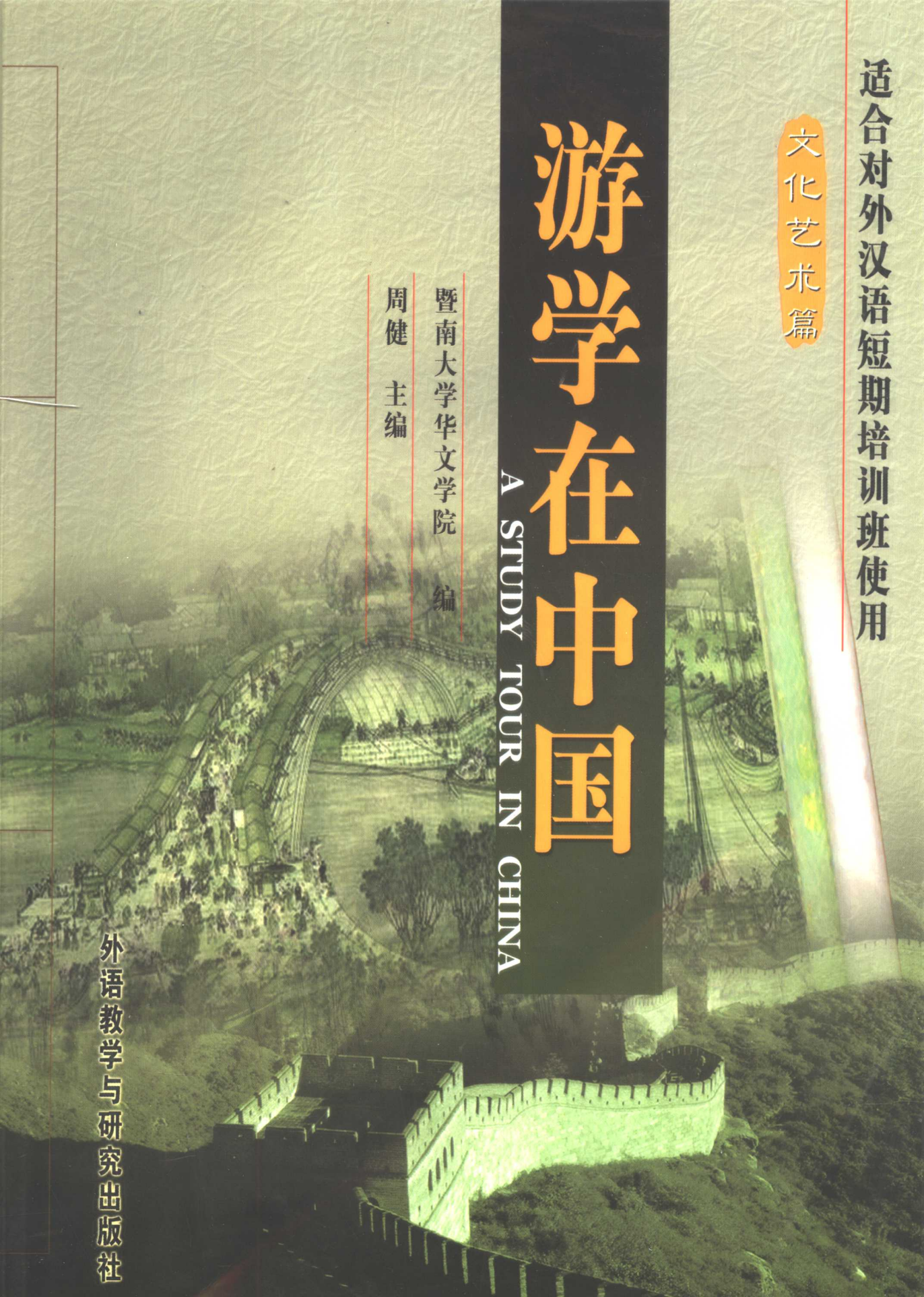
游学在中国

A STUDY TOUR IN CHINA

暨南大学华文学院 编

周健 主编

外语教学与研究出版社



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暨南大学华文学院 编

主编：周健

编写：萧思齐 胡建刚 刘刚

文雁 萧文茵 周健

翻译：周健 余惠芬 胡建刚

章恒珍 印妮 罗晓英

梁辉元

外语教学与研究出版社

北京

图书在版编目(CIP)数据

游学在中国. 文化艺术篇 / 周健主编. —北京: 外语教学与研究出版社, 2003. 9
ISBN 7-5600-2179-4

I. 游… II. 周… III. 中国—概况—对外汉语教学—教材 IV. H195.4

中国版本图书馆 CIP 数据核字(2003)第 074156 号

出 版 人: 李朋义

责任编辑: 赵晓晖 李彩霞

封面设计: 王 琳

出版发行: 外语教学与研究出版社

社 址: 北京市西三环北路 19 号 (100089)

网 址: <http://www.fltrp.com>

印 刷: 北京大学印刷厂

开 本: 787×1092 1/16

印 张: 20.25

版 次: 2005 年 8 月第 1 版 2005 年 8 月第 1 次印刷

书 号: ISBN 7-5600-2179-4

定 价: 55.00 元 (附赠光盘一张)

* * *

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前言

《游学在中国》分为“语言文字篇”和“文化艺术篇”两册，是专门为外国人短期学习汉语和中国文化而编写的实用型语言文化综合教材。

中国改革开放以来，经济、文化日趋繁荣，来华学习、经商、考察、观光、旅游和进行各种文化交流的外国朋友越来越多，其中参加夏令营、冬令营，就读于各种短期班的人数迅速增长。您来到中国，一定渴望了解中国和中国文化，迫切希望能在很短的时间内尽可能高效率地接触、了解和学习中国文化。除了学习汉语之外，您可能还想了解中国的历史、地理概况，学点儿中国的书画剪纸，练练中国功夫，唱一两首中国歌曲，做几道中国的家常菜，购买一些中国的土特产，游览中国最有代表性的名胜古迹。为了适应外国朋友们多方面的要求，填补短期语言文化综合教材的空缺，我们组织编写了这套教材。

本书由暨南大学华文学院长期从事汉语短训班教学的专家执笔编写。力求简明生动，实用易学。许多内容均自出机杼，特色鲜明。

“语言文字篇”内容包括“汉字入门”、“汉语初阶”、“常用交际语”三个部分。“汉字入门”通过巧妙的提示解说，使您能在短短的几个小时内轻松地掌握100个最基本的汉字；“汉语初阶”（附有录音带）重在日常口语的训练，介绍了一些最基本的交际文化知识，还编写了三则小话剧，可用于提高和表现您的汉语水平。如想扩大会话的范围，您可以参考“常用交际语”。您如果想在中国的大学继续深造，附录“中国留学指南”为您提供了60所中国著名高等学府及教学机构的通讯地址、网址及相关的信息。这些大学的对外汉语教学机构都具有丰富的经验和相当的规模。

“文化艺术篇”内容包括“中国概况”、“中国书画ABC”、“剪纸入门”、“学中国功夫”、“学做中国菜”、“学唱中国歌”、“中国导游”及“中国特产”八个部分。“中国概况”介绍中国的史地常识和基本

国情，学了之后您一定能对中国的自然地理、历史发展、人口、民族、节日、风俗、国家机构、行政区划和台湾问题有一个大概的了解；“中国书画ABC”通过简要的说明和步骤图示，引导您跨进中国传统书法与绘画的门槛；学了“剪纸入门”，一剪在手您就能剪出惟妙惟肖的人物花鸟；“学中国功夫”能使您在亲友面前显露身手；“学做中国菜”能使爱吃中华美味的您受用终生；“学唱中国歌”精选了十首脍炙人口的中国歌曲；“中国导游”则通过一条S形的线路，带领您饱览中国的历史文化名城与自然风光名胜之精华；“中国特产”除了介绍中国各地著名的土特产之外，还提供了主要城市的购物地点，相信您一定会满载而归的。

外语教学与研究出版社的英文专家凌原先生、陈海燕女士认真审校了全书的英文翻译，北京外国语大学熊德轲教授、何其莘博士，美国朋友马克先生也审校了部分英译，谭桂英老师为文稿的电脑输入付出了辛勤的劳动。国务院侨务办公室、外语教学与研究出版社、广东省侨务办公室、亚加达外语专修学院大力支持并资助了本书的编写出版，在此一并致谢。

周 健

2003年5月

PREFACE

A STUDY TOUR IN CHINA comes in two volumes, *Chinese Language and Writing* and *Chinese Culture and Arts*. It is a practical textbook that helps foreigners learn Chinese language and culture in a short period of time.

Since China adopted the policy of reform and opening up to the outside world, both its economy and culture have been thriving. Foreigners are arriving in droves for academic pursuits, trade and business, discovery, cultural exchanges and sightseeing. There is also an increasing number of students who come for summer or winter camps or short-term training programs of various kinds. While you are here, you inevitably will want to know more about the country and its unique culture. Besides the Chinese language, you may also want to have some elementary knowledge of Chinese history and geography, learn calligraphy, traditional Chinese painting and paper-cutting, practice Chinese martial arts, sing Chinese songs, cook Chinese family dishes, buy native products, or visit famous places of historical interest and scenic beauty. To meet the needs of foreign visitors and make up for the shortage of textbooks for short-term language and cultural training, we decided that it would be worth our while to bring out a book like what you have now before you.

This book was written by professors and experts from the College of Chinese Language and Culture of Jinan University, who have rich experience in teaching Chinese. The language and cultural materials selected for this book are simple and interesting, easy to learn, and of practical use. You will find this book quite original.

Volume I, *Chinese Language and Writing*, includes three parts: "The Rudiments of Chinese Characters," "Basic Chinese," "Say It in Chinese." "The Rudiments of Chinese Characters" enables you to master 100 basic characters in just a few hours by clear explanations. "Basic Chinese" (with cassette tapes attached) trains you in basic skills of listening and speaking. There are also three short plays in this part, which can improve and display your language skills. If you want to extend your language skills in communication, "Say It in Chinese" will come in handy. The appendix "Chinese Language Programs for International Students" offers a brief introduction to Chinese programs for international students at 60 famous Chinese universities that operate large and well-established institutions for teaching Chinese as a second language.

Volume II, *Chinese Culture and Arts*, consists of eight parts: "A Survey

of China," "The ABC of Traditional Chinese Calligraphy and Painting," "Paper-Cutting for Beginners," "Basic Chinese Martial Arts," "Cooking Chinese Dishes," "How to Sing Chinese Songs," "Tourist Highlights in China" and "Native Produce of China." "A Survey of China" offers a brief introduction to Chinese history, geography and national conditions, and gives a general idea about China's geography, historical development, population, ethnic groups, festivals, social customs, state structure, administrative divisions and the Taiwan issue. "The ABC of Traditional Chinese Calligraphy and Painting" teaches the basic skills in traditional handwriting and painting. From "Paper-Cutting for Beginners" you will learn how to cut beautiful flowers, birds, animals and human figures out of paper. You can show off what you have learned from "Basic Chinese Martial Arts" in front of your relatives and friends. If you love Chinese food, you will benefit from learning "Cooking Chinese Dishes" for the rest of your life. The ten songs in "How to Sing Chinese Songs" are carefully chosen popular pieces. "Tourist Highlights in China" takes you on an itinerary of famous historical and cultural cities and spectacular sights along an S-shaped route. You will be acquainted with China's well-known special products and local delicacies as well as shopping places in major cities in "Native Produce of China." You will get plenty of best buys by following this guide.

Mr. Ling Yuan and Ms. Chen Haiyan from Foreign Language Teaching and Research Press have checked and revised the English translation very carefully. We are also grateful to Professor Xiong Deni, Dr. He Qixin from Beijing Foreign Studies University and my American friend Mr. Mark E. Roth, who have read the translation. Thanks are also due to Ms. Tan Guiying, who has done much paper work. We are also indebted to our friends at the Office of Overseas Chinese Affairs under the State Council, Foreign Language Teaching and Research Press, the Overseas Chinese Affairs Office of Guangdong Provincial People's Government and Alcantara College of Foreign Languages, who have given us great help and support in the publication of this book.

Zhou Jian
May 2003

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中国概况

A SURVEY OF CHINA



中国概况

周 健 编写

余惠芬 翻译

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A Survey of China

Compiled by Zhou Jian

Translated by Yu Huifen

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第一课 自然地理

欢迎大家来到中国。先请大家回答几个问题，看看你们对中国了解多少。

这几个问题是：

1. 中国的全名叫什么？
2. 中国的面积有多大？在世界上占第几位？
3. 中国最有名的两条河流叫什么名字？
4. 中国最有名的野生动物是什么？

这些问题我来给大家讲一讲。（图1：中国的国旗和国徽）

中国，全名叫中华人民共和国，位于亚洲东部。中国陆地面积约960万平方公里，

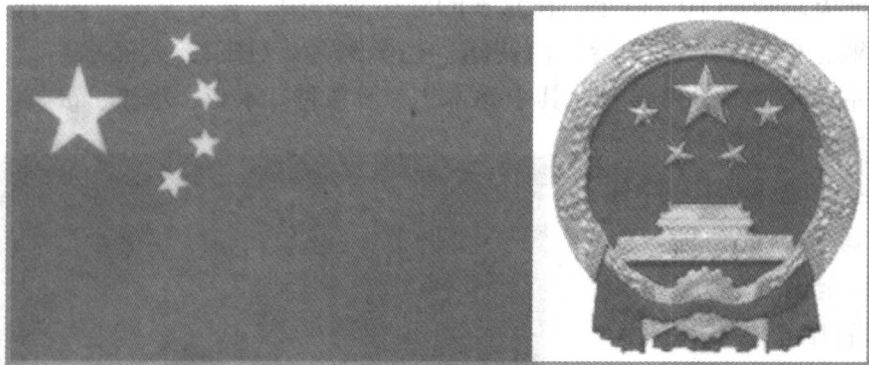


图1 中国的国旗和国徽

居世界第三位，仅次于俄罗斯和加拿大。中国大陆的东部和南部濒临渤海、黄海、东海和南海。在辽阔的中国海域上，分布着约6,500个岛屿，其中，最大的是台湾岛，面积约3.6万平方公里；其次是海南岛，面积约3.4万平方公里。这两个岛各为中国的一个省。

从高空俯瞰中国大地，可以看到她的地势像四级阶梯，由西而东，逐级下降。最高的一级是青藏高原，平均海拔4,000米以上，号称“世界屋脊”。

第二级阶梯由内蒙古高原、黄土高原、云贵高原和塔里木盆地、准噶尔盆地、四川盆地构成，平均海拔1,000米至2,000米。

第三级阶梯地势下降到海拔500米至1,000米以下，自北而南分布着东北平原、华北平原、长江中下游平原和珠江三角洲平原。平原的边缘镶嵌着低山和丘陵。

再向东是中国大陆架浅海区，也就是第四级阶梯。这里水深大都不足200米，堆积着河流入海带来的大量泥沙。

中国山脉众多，闻名于世。位于青藏高原西南端的喜马拉雅山的主峰珠穆朗玛峰，

海拔8,848米，为世界第一高峰。

中国的河流大多数由西向东流入太平洋。长江是中国第一大河，全长6,300多公里，流域面积180.9万平方公里，是中国内河运输的大动脉。黄河是中国第二大河，全长5,464公里。黄河流域是中国古代文明的发祥地之一，那里有许许多多的古迹文物。

另外，中国还有一条著名的人工河，那就是北起北京、南至杭州的大运河，全长1,800公里，已经通航1,000多年了。

中国拥有众多的湖泊，多分布在中国南方。最大的淡水湖是位于江西省的鄱阳湖，最大的咸水湖是位于青海省的青海湖。

中国大部分地区处于温带，南方部分地区处于热带和亚热带，北部则靠近寒带。因此各地气温差异很大。总的来说，中国的气候属于大陆季风性气候，四季分明，夏季炎热多雨，冬天寒冷干燥。

中国是世界上拥有野生动物种类最多的国家之一，仅陆栖脊椎动物就有2,000多种，占世界种类总数的10%以上。在众多的野生动物中，有不少是中国的特产，如大熊猫、金丝猴、白唇鹿、扭角羚、白鳍豚、扬子鳄等。(图2：大熊猫)

中国有木本植物7,000多种，其中乔木2,800多种。水杉、水松、银杉、杉木、金钱松等树种为中国所特有。

为了保护 and 拯救中国特有的动植物资源和濒危物种，截至1999年底，全国已建立1,146处(未计台湾省)自然保护区来保护森林和野生动物，总面积达8,815多万公顷。

练习

1. 请你在地图上找到黄河、长江和珠江。
2. 请在地图上找出中国的14个邻国。
3. 想想看，为什么中国的大多数河流都是从西向东流？



图2 大熊猫

Lesson One Physical Geography

Welcome to China. Please answer the following questions first, so that we can find out how much you know about China.

- 1) What is the full name of China?
- 2) How much is the total area of China and how high is it ranked internationally in terms of territorial size?
- 3) What are the names of the two best known rivers in China?
- 4) What is the most famous wild animal in China?

Now, let me give you a brief introduction of China. (Illustration 1: The National Flag and Emblem of China)

The full name of China is the People's Republic of China. China is situated in the eastern part of Asia. It has a total land area of 9.6 million square kilometers, next only to Russia and Canada, ranked number three in the world. The Chinese mainland is flanked by the Bohai Sea, the Yellow Sea, the East China Sea and the South China Sea in the east and south. Almost 6,500 islands are scattered over China's vast territorial seas, the largest being Taiwan Island with an area of 36,000 square kilometers, and the second largest, Hainan Island with an area of 34,000 square kilometers. Taiwan and Hainan are two provinces of China.

A bird's-eye view indicates that China's terrain descends in four steps from west to east.

At the top step of the "staircase" is the Qinghai-Tibet Plateau, with an average elevation of over 4,000 meters and known as the "Roof of the World."

The second step encompasses the Inner Mongolia Plateau, the Loess Plateau, the Yunnan-Guizhou Plateau and the Tarim Basin, the Junggar Basin as well as the Sichuan Basin, with an average elevation of 1,000 to 2,000 meters.

The third step, about 500 to 1,000 meters above sea level, contains, from north to south, the Northeast Plain, the North China Plain, the Middle and Lower Yangtze Valley Plain, and the Pearl Delta Plain. Interspersed along the plains' edges are hills and foothills.

Stretching further east into the shallow sea less than 200 meters deep, with massive accumulation of sediments from river estuaries, is the continental shelf that forms the fourth step of the "staircase."

China is famous for its numerous mountains. Rising 8,848 meters above sea level on the southwest tip of the Qinghai-Tibet Plateau is Mount Qomolangma, the main peak of Himalayas and the world's highest.

Most of China's rivers flow east into the Pacific. The Yangtze River, over 6,300 kilometers

long, is the largest river in China. It has a drainage area of 1,809,000 square kilometers, and is the major inland-river transport artery in China. The Yellow River, stretching over 5,464 kilometers, is China's second largest. The Yellow River Valley was a cradle of the ancient Chinese civilization and a veritable repository of historic sites and relics.

In addition to these natural rivers, China has a famous man-made river—the Grand Canal. Running from Beijing in the north to Hangzhou in the south for 1,800 kilometers, it was open to navigation over 1,000 years ago.

China has many natural lakes, most of them scattered in the south. The largest freshwater lake is Poyang Lake in Jiangxi Province and the largest salt lake is Qinghai Lake in Qinghai Province.

China is situated mostly in the temperate zone. Some parts of south China are in tropical and subtropical zones while the northern part is near the frigid zone. The temperature varies greatly in different parts of the country. In general, China has a continental monsoon climate. The four seasons are quite distinct. It is hot and moist in summer, and cold and dry in winter.

China is one of the countries that have the greatest diversity of wildlife in the world. It has more than 2,000 species of terrestrial vertebrates, accounting for more than 10% of the world's total. Many wild animals are found only in China, including the giant panda, the golden monkey, the white-lipped deer, the takin, the white-flag dolphin and the Chinese alligator. (Illustration 2: The Giant Panda)

China has more than 7,000 species of woody plants, of which 2,800 are arbors. The metasequoia, the China cypress, the silver fir, the China fir and the golden larch etc. are found only in China.

In a concerted effort to protect the nation's unique zoological and botanical resources and endangered species, China had established 1,146 nature reserves of forests and wildlife by the end of 1999 (Taiwan not included), with a total area of more than 88.15 million hectares.

Exercises

- 1) Please point out the Yellow River, the Yangtze River and the Pearl River on the map of China.
- 2) Please indicate China's 14 neighboring countries on the map.
- 3) Please answer this question: Why do most rivers in China flow from west to east?

第二课 人口与民族

中国是世界上人口最多的国家，截至2005年初，中国人口已超过13亿（不含港澳台地区人口）。

中国的人口密度为每平方公里130人，但人口分布很不均匀，东部沿海地区人口稠密，密度高达每平方公里400人以上；在中部地区，每平方公里约为200人；在人口稀少的西部高原，每平方公里不足10人。

中国城市人口占30.4%，农村人口占69.6%；从性别看，男性占50.8%，女性占49.2%；从年龄看，14岁以下的占25.7%，15岁至64岁的占67.6%，65岁以上的老年人占6.7%。

1949年新中国成立以后，人口迅速增长，阻碍了社会和经济的发展。中国政府从70年代开始采取了计划生育政策，即“晚婚、晚育、少生、优生”，提倡每对夫妇只生一个孩子；但在少数民族地区和农村地区，采取了比较灵活的政策。自从实行计划生育政策以来，人口出生率逐年下降，已从1969年的34.11‰下降到2002年底的12.83‰。人口自然增长率也从26.08‰下降到6.45‰。目前，中国人口已基本实现了向低出生、低增长的人口再生产类型的转变。

中国现有3.4亿个家庭，每个家庭平均人口为3.63人。多数家庭由夫妇和孩子组成，但也有不少由三代人或更多代人组成的家庭。在中国家庭里，夫妻都能支持对方的工作，并与其他家庭成员一起协商解决家庭的问题，分担家务工作。中国人有尊老爱幼的传统，尽管许多年轻夫妇不再和父母同住，但他们之间仍保持着密切的联系。长大成人的子女有责任赡养和帮助父母。中国人十分重视家庭成员之间以及亲戚之间的联系。

中国是一个统一的多民族国家，由56个民族组成。汉族人口约占92%，其余55个民族约占总人口的8%。由于汉族人口众多，习惯上把其余55个民族称为少数民族。汉族分布在全国各地，主要聚居在黄河、长江、珠江三大流域的中下游和东北平原；其他民族主要分布在西北、西南和边疆地区。

汉族有自己的语言和文字。汉语的普通话是当今中国的通用语言，也是联合国的工作语言之一。回族和满族也使用汉语。其余53个民族都使用本民族的语言，其中23个民族有自己的文字。

练习

1. 说说你所知道的中国计划生育政策。你有什么看法？
2. 在中国的少数民族中，哪三个民族的人口最多？

少数民族人口与分布表

少数民族名称	人口(万人)	主要分布地区
蒙古	480.24	内蒙古、新疆、辽宁、吉林、黑龙江、甘肃、河北、河南、青海
回	861.20	宁夏、甘肃、河南、河北、青海、山东、云南、新疆、安徽、辽宁、黑龙江、吉林、山西、北京、天津
藏	459.31	西藏、青海、四川、甘肃、云南
维吾尔	720.70	新疆
苗	738.36	贵州、湖南、云南、广西、四川、湖北
彝	657.85	四川、云南、贵州、广西
壮	1,555.58	广西、云南、广东、贵州
布依	254.83	贵州
朝鲜	192.34	吉林、辽宁、黑龙江
满	984.68	辽宁、吉林、黑龙江、河北、北京、内蒙古
侗	250.86	贵州、湖南、广西
瑶	213.70	广西、湖南、云南、广东、贵州
白	159.80	云南、贵州
土家	572.50	湖南、湖北
哈尼	125.48	云南
哈萨克	111.08	新疆、甘肃、青海
傣	102.54	云南
黎	111.25	海南
傈僳	57.40	云南、四川
佤	35.20	云南
畲	63.47	福建、浙江、江西、广东
高山	0.29	台湾、福建
拉祜	41.15	云南
水	34.71	贵州、广西
东乡	37.37	甘肃、新疆
纳西	27.78	云南、四川
景颇	11.93	云南
柯尔克孜	14.35	新疆、黑龙江
土	19.26	青海、甘肃

续 表

少数民族名称	人口(万人)	主要分布地区
达斡尔	12.15	内蒙古、黑龙江、新疆
仡佬	16.06	广西
羌	19.83	四川
布朗	8.24	云南
撒拉	8.75	青海、甘肃
毛南	7.24	广西
仡佬	43.82	贵州、广西
锡伯	17.29	新疆、辽宁、吉林
阿昌	2.77	云南
普米	2.97	云南
塔吉克	3.32	新疆
怒	2.72	云南
乌孜别克	1.48	新疆
俄罗斯	1.35	新疆
鄂温克	2.64	内蒙古、黑龙江
德昂	1.55	云南
保安	1.17	甘肃
裕固	1.23	甘肃
京	1.87	广西
塔塔尔	0.51	新疆
独龙	0.58	云南
鄂伦春	0.70	内蒙古、黑龙江
赫哲	0.43	黑龙江
门巴	0.75	西藏
珞巴	0.23	西藏
基诺	1.80	云南

Lesson Two Population and Ethnic Groups

China is the most populous country in the world. Its population totalled 1.3 billion at the beginning of 2005, which did not include Hong Kong, Macao and Taiwan.