

孔子学院

CONFUCIUS INSTITUTE

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№3 2023

苗寨歌 铜鼓舞

Sound and Rhythm:
Bronze Drum Dance in a Miao Village

孔子
学院

Confucius Institute

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二十四节气

Twenty-four Solar Terms

作者：雪漫 Xue Man

翻译：李睿 Li Rui



Qingming

清明一般在仲春与暮春之交，公历4月5日前后。清明既是节气，也是节日。

清明节是中华民族的重大传统节日，扫墓祭祖与踏青郊游是清明节的两大礼俗主题，自古以来，传承不辍。

Qingming, or Tomb Sweeping Day, usually takes place during the early or late spring, typically around April 5th in the Gregorian calendar. It holds significance as both a solar term and a traditional festival. Qingming has been celebrated by the Chinese people for centuries, and the customs of tomb sweeping and spring outing have been passed down from ancient times to the present.

清明节是中国人最隆重的祭祖的日子。扫墓，俗称“上坟”，源自上古时代的祖先信仰与春祭礼俗，是一种礼敬祖先、慎终追远的文化遗产。在汉族和一些少数民族地区，人们按照当地的风俗习惯，带上水果、食品和纸钱等到墓地，把供品摆放在墓碑前，将纸钱焚化，清理布置墓碑，或为坟墓添一些新土，然后在墓前磕头、鞠躬。现在随着墓葬方式和拜祭方式的改变，有人开始在网上祭拜。

The Qingming Festival is the most solemn day for Chinese people to pay their respects to their ancestors. Tomb sweeping, often referred to as “visiting the graves”, has its roots in ancient ancestor worship and spring rituals. It serves as a cultural heritage, allowing people to honor their ancestors and cherish their memory. In Han and certain ethnic minority regions, people adhere to local customs by bringing fruits, food, and paper money to the cemetery. These offerings are placed in front of the tombstone, and after burning the paper money, the tombstone is cleaned and decorated. Some fresh soil is added to the grave, and finally, people kowtow before the tomb. With the evolution of burial practices and worship traditions, some people have even begun to worship their ancestors online.





清明节前后，万物“吐故纳新”，阳气生发，正是亲近自然、享受春天乐趣、愉悦身心的好时节。放风筝是清明节期间许多中国人喜欢的活动。这一天放风筝的特别之处在于，当风筝飞在空中时人们会剪断风筝线，让它自由飞翔。据说这样做可以带来好运，驱除疾病。

Additionally, during the Qingming Festival, there is a sense of rejuvenation and the flourishing of positive energy. It is a wonderful time to reconnect with nature, revel in the delights of spring, and experience joy and relaxation. One popular activity among many Chinese people during this festival is flying kites. What makes kite-flying on this day special is the practice of cutting the kite strings while the kite is airborne, allowing it to soar freely. It is believed that this act brings good luck and wards off illnesses.



此外，在长江下游地区，青团和青糕是清明节非常受欢迎的小吃。人们将稗草捣碎榨汁，然后将面粉和汁液混合成糊状，再将黑豆馅揉进面糊中并蒸熟。青团漂亮精致、口感醇厚、风味独特，在清明节也被用来祭祀祖先。

Moreover, in the regions downstream of the Yangtze River, Qingtuan (green rice ball) and Qinggao (green cake) are beloved snacks during the Qingming Festival. People crush barnyard grass and extract its juice, then mix the juice with flour to create a paste-like mixture. They then knead black bean paste into the dough and steam it until cooked. Qingtuan is beautifully crafted, with a rich and mellow taste and a distinctive flavor. It is also used to worship ancestors during the Qingming Festival.

关于清明的诗词，除了家喻户晓的唐朝杜牧的“清明时节雨纷纷，路上行人欲断魂。借问酒家何处有？牧童遥指杏花村”，还有北宋欧阳修的《采桑子》组词中的一首，描绘了清明时节颍州（今安徽阜阳）西湖踏青之景，人欢景艳，满目繁华，颇为动人。

When it comes to Qingming, apart from the well-known Tang Dynasty poem by Du Mu, “Amidst the drizzle in the Qingming season, on the road, travelers’ souls seem to wane. May I ask where to find an inn so near? A shepherd boy points to Apricot Blossom Lane.” There is also “Cai Sang Zi” by Ouyang Xiu from the Northern Song Dynasty. This piece depicts the vibrant scene of the Qingming Festival at West Lake, with its joyful people and magnificent landscapes, truly captivating the hearts of those who witness it.

清明上巳西湖好，
满目繁华。
争道谁家，
绿柳朱轮走钿车。

On the day of the Double Third Festival at
West Lake,
a sight of bustling magnificence is splendid.
Whose family competes for the road,
carriages with red wheels and filigree patterns
pass under green willows.

游人日暮相将去，
醒醉喧哗。
路转堤斜，
直到城头总是花。

As the visitors depart at dusk,
awake or drunk, clamor fills the air.
The road turns, the embankment slants,
until reaching the city walls, flowers are ever
abundant.



二十四节气

Twenty-four Solar Terms

作者：雪漫 Xue Man
翻译：杨祎辰 Yang Yichen

谷雨

Guyu

谷雨是春季最后一个节气。今年的谷雨在公历4月20日。此时寒潮天气基本结束，气温回升加快，有利于谷类农作物的生长。谷雨意为“雨生百谷”，故有“春雨贵如油”之谚。此时降水明显增加，要及时春播，作物新种和谷类方能得到雨水滋润，进而茁壮成长。时不我待，故民间有“谷雨前后种瓜种豆”之说。

Guyu, or Grain Rain, the last solar term of spring, began on April 20th this year. As cold weather wanes and temperatures rise, it is now a good time to grow crops. The Chinese people believe that “the rain rings up hundreds of grains”, and therefore there is the Chinese saying that “spring rain is as precious as oil”. At this time of year, because precipitation significantly increases, farmers need to sow their crops timely so that the crops can receive adequate water and grow vigorously. Hence, people have the saying of “sowing melons and beans before and after Guyu”.

在谷雨节气，新茶已出，牡丹盛开，故民间有“品谷雨茶”“赏牡丹花”等习俗。在南方，谷雨前的新茶格外受欢迎。据说喝了谷雨天采摘的茶，可以降火、明目、辟邪。在山东、四川、河南等地，则有“谷雨三朝看牡丹”的习俗。各地举办牡丹赏花会，人们在花海中感受花香以及满满的春季气息。在北方，还有谷雨吃香椿的习俗。香椿具有消炎、健胃、理气、润肤、抗菌、提高身体免疫力等功效。此时的香椿，鲜嫩可口，营养价值高，有“雨前香椿嫩如丝”的说法。此外，北方沿海一带的渔民会在谷雨节气进行祈福，祈祷捕鱼丰收，出海平安。后来，这种祈福活动逐渐变成了祭海，渔民要向海神娘娘敬酒后再出海捕鱼。

During the Guyu season, new tea comes out, and peonies bloom, so there are customs like “tasting the Guyu tea” and “admiring peony flowers”. In the south, new tea picked before Guyu is particularly popular. It is said that drinking tea collected on a rainy day during the Guyu period can reduce fever, clear vision, and dispel evil spirits. In Shandong, Sichuan, Henan, and other places, there is a custom of “appreciating peonies during the three days after Guyu”. Peony flower shows are held in many places, where people can immerse themselves in the fragrance of flowers and enjoy the best of spring.



In the north, there is also the custom of eating Chinese toon sprouts during the Guyu period. It is said that this seasonal delicacy has the effects of reducing inflammation, invigorating the stomach, regulating *qi*, moisturizing the skin, resisting bacteria, and enhancing immunity. The toon sprouts this time of year are fresh, tender, delicious, and have particularly high nutritional value. Therefore, there is also the Chinese saying: "Toon sprouts before Guyu are as delicate as silk." It is also during Guyu that fishermen along the coast of the north will pray for a good harvest and safe voyage. Gradually, they have developed a ceremonial custom, offering wine to the sea goddess before going out to sea.

每年的谷雨日，也是“联合国中文日”，或叫“国际中文日”。2010年，联合国新闻部（现全球传播部）宣布启动联合国语言日。同年，将中文日定为每年4月20日中国传统节气“谷雨”这一天。每到这一天，联合国各处办公地都会举办各种庆祝活动，全球的孔子学院或华人机构也会举办活动，展示中国汉字的魅力和中国文化。

"Chinese Language Day" or "International Chinese Language Day" of the United Nations also falls on the day of Guyu. In 2010, the News and Media Division (now the Department of Global Communications) of the United Nations announced the launch of the United Nations Language Day. It is also decided in that year that Chinese Language Day would be April 20th, which corresponded to the traditional Chinese solar term of Guyu. On this day, offices of the United Nations worldwide hold celebrations, and Confucius Institutes or Chinese organizations around the world also organize activities to showcase the charm of Chinese characters and Chinese culture.

关于谷雨的诗词，南宋范成大的《蝶恋花》则写出了春耕之后对收获的期许。



The Song Dynasty poet Fan Chengda once depicted people's expectations for a good harvest during spring plowing to a tune of "Butterfly in Love with Flowers":

春涨一篙添水面。芳草鹅儿，绿满微风岸。

画舫夷犹湾百转。横塘塔近依前远。

江国多寒农事晚。村北村南，谷雨才耕遍。

秀麦连冈桑叶贱。看看尝面收新茧。

When the spring floods increase water levels, the grass sway in the breeze along the shoreline, where geese jump into the water and swim away.

The gaily-painted boats glide and turn. On the horizon, now the distant towers stand.

In the water regions of the south, farming begins late due to the extended chill of spring. Now it is Grain Rain. All farmers in the village finally have ploughed up all fields.

Beautiful wheat is in the ear, and mulberry leaves are abundant and cheap. Soon the villagers can taste flour made from the new harvest and collect cocoons for their silk.

诗中描绘出一幅春意盎然的画面：春来了，绿水新涨，涨平了水面。水边芳草嫩绿如茵，鹅在水中游动，画船移动绕着九曲水湾游转，远处高塔依旧。江南水乡春寒迟迟，农事也晚，谷雨时才将农田耕种一遍。此时春麦已结穗，随风连成片，山上桑树茂盛，转眼就可以品尝新面，收取新茧。

The poem depicts a vivid picture of spring: when spring comes, the green water rises, leveling the surface. Fragrant grass grows thickly, and geese swim in the water. The beautifully-decorated boats move through twists and turns of the waterway, with towers standing in the distance. In the water towns of southern China, spring plowing is delayed by cold weather, and Guyu is when the fields are tilled. By this time, the wheat is maturing, forming golden waves that waft in the wind. Mulberry trees flourish in the mountains, and people can soon enjoy new flour and collect new cocoons. ☞





吃遍贵州：做贵州美食的品鉴官 Exploring Guizhou's Culinary World: A Food Lover's Journey

“家人们，吃饭喽！”这是黄子铭在展示贵州美食的视频中常说的一句话。

“Hey folks, it's mealtime!” This has become a signature catchphrase for Huang Ziming in his videos of Guizhou's mouthwatering cuisine.

被称为云贵川人民的“命根子”的折耳根是他短视频中的“常客”，现已成为他食谱中的必备菜品。平日里，黄子铭也喜欢做饭，在做饭的过程中，他对贵州饮食文化的认识更加深刻。第一次接触折耳根时，黄子铭觉得难以接受，但是在朋友的影响下，他逐渐了解到折耳根对身体有好处，慢慢地接受了这个菜。黄子铭在短视频中向大家展示了各式各样的贵州美食，例如霉豆腐拌椿菜、折耳根炒腊肉、酸菜豆米汤、酸汤鱼，等等。

He frequently features fish mint, a vital ingredient for the people living in Yunnai, Guizhou, and Sichuan provinces, in his short video recipes. In daily life, he loves to cook and grows to have a deeper understanding of Guizhou's culinary culture. His first encounter of fish mint was challenging, but through the influence of his friends, he began to appreciate its health benefits and incorporate it into his meals. His videos spotlight an array of Guizhou's gastronomic delights, including moldy tofu with chives, stir-fried fish mint with preserved meat, sour cabbage and rice noodle soup, and sour fish soup.

“在学做菜的过程中，我体会到了贵州美食的多样性，让我更加离不开贵州了。”

“Learning to cook has deepened my connection with Guizhou's diverse culinary traditions, making me feel even more at home here,” said Huang Ziming.

如今，黄子鸣即将毕业，他已经在中国生活多年，十分不舍。在谈到未来规划时，黄子铭说：“毕业后还要继续读研和读博呢！”他希望可以继续学习汉语和中国文化，为在卢旺达的家人和同胞们介绍真实的中国后并且希望学成回国后能够用在中国学到的本领去服务自己的祖国。

As Huang Ziming nears his graduation, he looks back at his years in China with a touch of nostalgia. When discussing his plans, he said, “After graduation, I'm aiming for a master's or Ph.D. degree!” His aspirations include continuing his study of the Chinese language and culture and presenting an authentic portrayal of China to his family and compatriots in Rwanda. Ultimately, he hopes to return to Rwanda armed with the skills acquired in China and contribute to the development of his homeland. 孔

《孔子学院》征稿函

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