

藏族

The Tibetan



藏族主要分布在西藏自治区以及青海、甘肃、四川、云南等邻近省份。藏族地区草原辽阔，江河纵横，湖泊澄静，天高云淡，美丽神奇。

The Tibetan people are mainly distributed in the Tibetan Autonomous Region, and Qinghai, Gansu, Sichuan and Yunnan provinces nearby. The Tibetan area features vast grasslands, intersecting rivers and serene lakes. The plateau landscape is beautiful and mystical.

藏族是个古老的民族。藏族的古代政权称为“吐蕃（Tübbō）”。早在公元640年，吐蕃“赞普”（意为“王”）松赞干布就派使者到当时唐朝的都城长安求婚，娶回了聪明美丽的文成公主。从那时开始，汉藏两族在政治、经济、文化等方面的交往便有了很大的发展。

The Tibetan ethnic group is an age-old one. Its ancient regime was called the Tubo Kingdom. As early as in 640 AD, its king Songtsen Gampo made a proposal to the Tang Dynasty by sending messengers to Chang'an (Xi'an), the capital of the Tang Dynasty, and thus married Princess Wencheng, who was smart and pretty. From then on, the Han and Tibetan nationalities have made great progress in political, economic and cultural exchanges.

小知识 · Small Encyclopedia

《格萨尔王传》：是藏族人民集体创作的一部伟大的英雄史诗。以说唱的形式描写和反映了藏族古代部落的历史，讲述了藏族英雄格萨尔王降魔驱害、造福人民的光辉事迹。

King Gesar: a great heroic epic collectively created by the Tibetan people. This epic takes a talking and singing form, depicting and reflecting on the history of ancient Tibetan tribes, narrating the glorious deeds of King Gesar, the national hero who vanquished devils and thus benefited the people.



2 萨市西北红山上的布达拉

宫，是世界上海拔最高的宫殿群，也是一组宗教建筑，以其独特的建筑风格和珍贵的雕塑、绘画等闻名于世。

Tibetans embrace Buddhist sect known as Lamaism or Tibetan Buddhism, and the grandest festival is the New Year's Day in the Tibetan calendar, when people gather in festive attire, greet each other and go to temples to worship and pray for good fortune. On April 15th in the Tibetan calendar, religious ceremonies are held to commemorate the day when Sakyamuni became Buddha and Princess Wencheng reportedly reached Tibet. The Potala Palace on the Red Hill in the northwest of Lhasa City is the complex of palaces at the highest altitude in the world, and also a set of religious architectural structures. It is well known in the world for its unique architectural style, precious sculpture, statues and paintings.

藏族人民热情开朗、豪爽奔放。藏族民歌抑扬顿挫，唱时还伴以各种优美的舞蹈，其中踢踏舞、锅庄舞、弦子舞广泛流传。藏族人有一个独特的礼仪——献哈（hǎ）达，哈达是一种特制的白色长巾，在拜访或接待尊贵的客人时，藏族人要献上洁白的哈达，以表敬意。

The Tibetan people are enthusiastic, open-minded, generous and unrestrained. Tibetan folk songs are cadenced, and are accompanied with beautiful dances. In particular, the tita dance, guozhuang dance and xianzi dance are most popular. Tibetans observe a unique etiquette—the presentation of hada, a traditional ceremonial scarf presented by Tibetan people to their exalted hosts or distinguished guests as a token of respect.

1. 身着民族服装的藏族少女
A Tibetan girl in ethnic costumes

2. 藏戏
Tibetan drama performance



1

藏族人的服饰很有民族特色，他们一般上身穿绸、布做的长袖短褂，外面穿宽肥的长袍，脚穿牛皮长靴。为了便于活动，常常将右肩或双臂露在外面，把两只袖子系在腰间。藏族男女都留发辫，男子将发辫盘在头顶，女子将头发梳成双辫或许多条小辫，披在肩上，并在发梢上佩带漂亮的饰物。妇女们还喜欢在腰间系一条图案美丽的围裙。

Tibetan costumes have unique ethnic features. Usually the Tibetan people wear a short silk or cotton jacket with long sleeves and a pair of high leather boots, and over the jacket they add a loose gown. For convenience, they often bare the right shoulder or even both arms, tying the two sleeves around the waist. Tibetan men and women plait their hair; men coil a single plait on top of the head while women wear two plaits, or sometimes many, over the shoulders, with beautiful ornaments woven into the ends. Women also like to tie an apron with beautiful patterns around their waist.

藏族人以农牧业为主。藏族人爱喝酥（sū）油茶^①，喜欢吃牛羊肉和糌粑（zānba）^②。

The Tibetan people mainly farm, and they love to drink butter tea^①, and eat beef, mutton and tsampa^②.

小注解 • Footnotes

① 酥油茶：藏族的饮料。是用酥油和浓茶加工而成的。酥油是一种类似黄油的乳制品，是从牛、羊奶中提炼的脂肪。

① Butter tea: A kind of Tibetan drink. The tea is made of butter and strong tea, and the butter is fat refined out of the milk of yak and goats.

② 糌粑：藏族牧民传统主食之一。“糌粑”是“炒面”的藏语音译。它是把高原谷类作物青稞粉炒熟后，拌上酥油制成的。

② Tsampa: One of the traditional staple foods of Tibetan herdsmen. Literally meaning "fried flour" in Tibetan language, it is fried flour of highland barley mixed with Tibetan butter.

1. 献哈达的场面

A scene to present hada

2. 唐卡

Tangka



2