

维吾尔族

The Uyghur

小注解 · Footnotes

① 阿凡提：阿凡提是一位民间传说中的人物。在新疆维吾尔族人民心目中，阿凡提勤劳、勇敢、幽默、乐观，富于智慧和正义感，在他身上，体现了劳动人民勤劳勇敢的品质和爱憎分明的感情。

① Afanti: Afanti is a character in Uyghur folk stories. In the minds of the Uyghur people in Xinjiang, Afanti is diligent, brave, humorous and optimistic, and full of wisdom and the sense of justice. He showcases the characters of the hard-working people and their clear idea about what to love or hate.

1. 身着民族服装的维吾尔族姑娘
A Uyghur lady in ethnic clothes

2. 维吾尔族人的主食——馕
Uyghur people's staple diet — nang



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在新疆维吾尔自治区，居住着维吾尔族、塔吉克族、柯尔克孜族、乌孜别克族等十多个少数民族，维吾尔族是其中人口最多的一个民族。“维吾尔”有“联合”“团结”的意思。

The Xinjiang Uyghur Autonomous Region is inhabited by more than 10 ethnic minorities, including the Uyghur, Tajik, Kyrgyz and Uzbek, among which the Uyghur (which means "rally" or "unity") is the most populous.



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维吾尔族信奉伊斯兰教，有自己的语言和文字。历史悠久的维吾尔族文学艺术具有独特的民族风格，其中阿凡提^①的故事为中国各族人民所熟悉和喜爱。每逢节庆，维吾尔族男女老少都要载歌载舞，尽情欢乐。维吾尔族舞蹈轻盈优美，通常以旋转、快速、多变著称。“赛乃姆”是人们喜爱的舞蹈，通常是一人独舞或两人对舞，其他人围坐在四周拍手喝彩，场面热烈欢快。

Uyghurs are Muslims, and have their own spoken and written language. Uyghur literature and arts have a long history and a special style; The Story of Afanti^① is familiar to, and liked by all ethnic groups in China. During festivals, the Uyghur people sing and dance to enjoy themselves, both men and women, old and young. The Uyghur dances are lively and beautiful, usually known for their whirling movements, speed and variety. "Sanam" is a favorite dance of the people, usually performed by one or two dancers, with the audience sitting around clapping hands and shouting "bravo." The scene is warm and cheerful.

维吾尔族人的服装鲜艳美丽，不论男女老少都喜欢戴一种名叫“尕巴（gǎbā）”的四棱小帽，男子穿的对襟长袍叫“袷袂（qiāpàn）”，女子喜欢穿宽袖连衣裙，外套黑色对襟背心。姑娘出嫁以前，要把头发梳成很多根辫子披在肩上，她们认为，头发越长越漂亮。

Uyghur costumes are brightly colored and beautiful, and all men and women like to wear a diamond-shaped skullcap named gaba. Uyghur men traditionally wear qiapan, a robe buttoning down in the front, while women like to wear a one-piece dress that has loose sleeves with a black front-buttoned waistcoat over it. Young women wear many plaits over the shoulders before marriage, believing the longer the hair, the more beautiful a woman is.

维吾尔族人喜欢喝奶茶、吃羊肉和用面粉烤制的馕（náng）。别具民族风味的“抓饭”，是过节和待客时不可缺少的食品。“抓饭”是用大米、羊肉、羊油、胡萝卜、葡萄干、洋葱做成的，因为用手抓着吃，所以被称为“抓饭”或“手抓饭”。维吾尔族人的手工业历史悠久，工艺精湛的地毯、丝绸、小刀和绣花帽深受各国朋友的喜爱。

Uyghurs like to drink milk tea, eat mutton and nang (a kind of crusty pancake) baked with flour. Zhuafan, which is of ethnic flavor, is a necessary food at festivals and for the treatment of guests. It is made of rice, mutton, goat oil, carrots, raisins and onions; because it is eaten with the hands, it is known as zhuafan or shouzhufan. The Uyghur ethnic group has a long history of handicrafts-their carpets, silk cloth, knives and embroidered skullcaps of exquisite craftsmanship are favorites for people both at home and abroad.

维吾尔族人很早就开始从事农业生产。他们在盆地的边缘和戈壁上开发出片片绿洲，利用地下水修建“坎儿井”^②灌溉良田。主要的粮食作物是小麦、玉米、水稻。无核白葡萄、哈密瓜、长绒棉、和田玉等是新疆特产。

Uyghurs began to farm long ago. They have opened up oases at the edge of basins or in the Gobi desert, and built the karez^② to irrigate fertile farmland with underground water. The main grain crops are wheat, corn and rice. Coreless grape, Hami melon, long-staple cotton and Hotan jade are special local products of Xinjiang.



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1. 维吾尔族的手抓饭
Zhuafan food of the Uyghur

2. 阿凡提
Afanti

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② 坎儿井：新疆干旱地区流行的一种灌溉工程。从山坡上直到田里挖成一连串的井，再把井底挖通，连成暗沟，把天山上融化的雪水和地下水引来浇灌田地。这种暗沟设计主要是为了防止干旱气候引起的地面水分蒸发。

② Karez: A kind of irrigation system popular in the arid areas of Xinjiang. This kind of project consists of a series of wells from a mountainside to the field, with the bottoms of the wells connected with underground ditches. In this way, both the melted snow water in the Tianshan Mountains and underground water are channeled to irrigate the lands. Such underground ditches are mainly intended for avoiding the ground surface water transpiration caused by dry climate.