

蒙古族

The Mongolian



蒙古族主要聚居在内蒙古自治区，其余分布在中国的东北、西北地区。位于中国北部边疆的内蒙古自治区，土地辽阔，物产丰富，广阔的草原成为天然的牧场，其中呼伦贝尔大草原最负盛名。

The Mongolian people mainly live in the Inner Mongolian Autonomous Region in the frontier areas in northern China, which consists of a far-flung territory and abundant produce, with the rest in northeast and northwest China respectively. The vast grasslands form a natural pasture, among which the Hulun Buir Grassland is the most famous.

蒙古族是一个历史悠久而又富于传奇色彩的游牧民族。11 世纪至 12 世纪时，北方草原上分布着许多部落，蒙古部铁木真的势力逐渐强大。

12 世纪末至 13 世纪初，铁木真完成了北方草原的统一，从此统称草原各部为蒙古。1206 年，铁木真被尊为“成吉思汗(hán)”（“成吉思”是“最大”的意思，“汗”是蒙古等少数民族最高统治者的称号）。成吉思汗和他的子孙经过多年征战，一度控制了从亚洲内陆直至欧洲的广大区域。1271 年，成吉思汗的孙子忽必烈建立元朝。1279 年，元朝统一了中国。

The Mongolians are a nomadic ethnic group with a long and legendary history. During the period from the 11th century to the 12th

1. 蒙古族婚礼
A Mongolian wedding

century, there were many tribes in the grasslands of the north, among which the Mongolian tribe under Temujin gradually became powerful. At the end of the 12th century and the beginning of the 13th century, Temujin fulfilled the unification in the northern grasslands, and all the tribes in the grasslands began to be called the Mongolians in general. In 1206, Temujin was enthroned as "Genghis Khan" ("Genghis" means "the greatest", and "khan" was the title of supreme rulers of some minority ethnic groups such as the Mongolians). After years of warfare, Genghis Khan and his descendants conquered the vast territory from the inland of Asia to Europe. In 1271, Genghis Khan's grandson Kublai established the Yuan Dynasty, and in 1279, the Yuan Dynasty united China.

蒙古族有自己的语言文字，蒙古语属阿尔泰语系。蒙古族民歌高亢悠扬，蒙古族舞蹈节奏欢快，蒙古族人最喜欢的乐器马头琴^①，琴声悦耳动听。他们以自己的智慧创造了丰富的歌舞音乐和诗歌作品，被称为“音乐民族”和“诗歌民族”。

The Mongolians have their own spoken and written language, which belongs to the Altai phylum. Mongolian folk songs have high pitches and melodious tones, Mongolian dances are in joyful rhythms, and Mongolian people's favorite musical instrument horse-head *qin* ^① is euphonic. The Mongolian people have created an abundance of music and songs, and are reputed to be "a nation of music" and "a nation of songs."

小注解·Footnotes

① 马头琴：蒙古族人民喜爱的乐器。两弦，有梯形的琴身和雕刻成马头形状的琴柄，马头琴声音圆润，低回宛转。

① Horse-head *qin*: A popular musical instrument of the Mongolians, with two strings, a trapezoidal major structure and a sculptured handle in the shape of a horse head. The voice of a horse-head music instrument is mellow, melodious and in low pitches.





蒙古族牧民的生活方式很有特色。他们冬季穿用丝绸或棉布做衣面的皮袍，喜欢用红绿绸缎做腰带，常常佩带荷包和蒙古刀。男子习惯戴帽子，妇女则用红、蓝

色的布包头。牧民们喜欢吃牛羊肉和奶制品，喜欢喝奶茶。他们大多住在圆形的蒙古包^②里。

Mongolian herdsmen live a unique lifestyle. They wear a fur gown with a silk or cotton-cloth surface in winter and a cloth gown in summer; they wear red or green silks and satin waistbands, and often carry with them a pouch and a Mongolian knife. Mongolian men are accustomed to wearing a hat, and women a red or blue headpiece. The herdsmen like to eat beef, mutton and dairy produce, and drink black tea and brick tea. Most live in round Mongolian tents known as a yurt^②, which has skylight ceiling for ventilation and lighting.

1. 蒙古包
A Mongolian yurt
2. 那达慕大会上赛马
Horse racing at the Nadam Fair

小注解·Footnotes

② 蒙古包：蒙古族牧民居住的一种房子。由木材和毛皮制作，架设很简单，一般搭建在水草适宜的地方。它外形小，但包内使用面积大，空气流通，采光条件好，冬暖夏凉，不怕风吹雨打，非常适合于经常转场放牧的民族使用。

② Mongolian yurt: a kind of house of Mongolian herdsmen. Made of wood and fur, it can be easily erected. Usually, it is set up where water and grass are available. Despite its relatively small size, it has large usable areas inside, good ventilation and lighting conditions. It feels warm in winter and cool in summer inside, and resists both wind and rain, making it very suitable to the nomadic ethnic groups.

“那达慕”大会是蒙古族人民一年一度的盛大节日。“那达慕”是蒙古语，意思是“娱乐、游戏”。大会上扣人心弦的赛马、摔跤、射箭比赛和精彩的歌舞表演。“那达慕”大会多在草原牛羊肥壮、稻谷飘香的8月份举行。每逢盛会，人们便从四面八方赶来参加比赛、观看表演，宁静的大草原顿时变成了欢乐的海洋。

The Nadam Fair is an annual grand festival for the Mongolian people. Nadam is a Mongolian word, meaning "entertainment" or "happy get-together." It features horse racing, wrestling, archery competition and exciting song and dance performance. The Nadam is usually held in August, when the livestock are fat and the rice is ripe in the grassland. Every time this magnificent fair is held, people come from all directions to participate in competitions and watch performances, and the tranquil grasslands are then turned into a land of fun and joy.