

# 春节的活动 Spring Festival activities

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春节是中国一个古老的节日，也是全年最重要的一个节日，如何庆贺这个节日，在千百年的历史发展中，形成了一些较为固定的风俗习惯。例如：

The Spring Festival is an ancient festival in China and the most important festival of the year. How to celebrate this festival has formed some relatively fixed customs over thousands of years. For example:



图 1 2022 虎年 Fig. 1 2022 THE YEAT OF TIGER

## 1. 扫尘 do the house clean

按民间的说法：因“尘”与“陈”谐音，新春扫尘有“除陈布新”的涵义，其用意是要把一切穷运、晦气统统扫出门。这一习俗寄托着人们破旧立新的愿望和辞旧迎新的祈求。每逢春节来临，家家户户都要打扫环境，清洗各种器具，拆洗被褥，洒扫庭院。到处洋溢着欢欢喜喜搞卫生、干干净净迎新春的欢乐气氛。

According to the folk view: because of "尘" ( dust ) and "陈 ( old )"

homophonic in Chinese, so cleaning dust in New Year has the meaning of eliminating the old to make way for the new ", its meaning is to sweep all the poor luck, bad luck out. This custom embodies people's desire to make new things and pray to bid farewell to the old year and usher in the new. When Spring Festival comes, every household should clean the environment, clean all kinds of appliances, remove bedding curtains, sweep courtyard and so on. Everywhere is filled with a happy atmosphere of doing health, clean to welcome the Spring Festival.



图 2 扫尘 Fig. 2 Do the house clean

## 2.贴春联 post new year's scrolls

春联也叫门对、春贴、对联、对子、桃符等，它以工整、对偶、简洁、精巧的文字描绘时代背景，抒发美好愿望，是我国特有的文学形式。每逢春节，无论城市还是农村，家家户户都要精选一幅大红春联贴于门上，为节日增加喜庆气氛。这一习俗起于宋代，在明代开始盛行，到了清代，春联的思想性和艺术性都有了很大的提高。

Spring Festival couplets are also called door pair, spring paste, couplets, pair, peach characters, etc. By using the neat, dual, concise and exquisite text, It depicts background of The Times, expresses good wishes, forming a unique literary form in China. Every Spring Festival, no matter in urban or rural areas, every family should select a bright red Spring Festival couplets and post on the door, so as to increase the joyous atmosphere for the festival. This custom began in the Song Dynasty and began to prevail in the Ming Dynasty. In the Qing Dynasty, the ideological and artistic quality of the Spring Festival couplets were greatly improved.



图 3 贴春联 Fig. 3 Post new year's scrolls

春联的种类比较多，依其使用场所，可分为门心、框对、横披、春条、斗方等。“门心”贴于门板上端中心部位；“框对”贴于左右两个门框上；“横披”贴于门楣的横木上；“春条”根据不同的内容，贴于相应的地方；“斗斤”也叫“门叶”，为正方菱形，多贴在家俱、影壁中。

There are many kinds of Spring Festival couplets .According to its use place, they can be divided into door heart, box pair, horizontal cloak, spring bar, Dou square and so on."Door heart" is affixed on the center of the upper end; "frame pair" is pasted on the left and right door frames; "horizontal wrap" is affixed on the horizontal wood of the door; "spring bar" is affixed on the corresponding place according to different content; "斗斤" , also called "door leaf", is square diamond, mostly pasted in the furniture and shadow walls.

### 3.贴窗花和倒贴“福”字

在民间人们还喜欢在窗户上贴上各种剪纸——窗花。窗花不仅烘托了喜庆的节日气氛，也集装饰性、欣赏性和实用性于一体。剪纸在我国是一种很普及的民间艺术，千百年来深受人们的喜爱，因它大多是贴在窗户上的，所以也被称其为“窗花”。窗花以其特有的概括和夸张手法将吉事祥物、美好愿望表现得淋漓尽致，将节日装点得红火富丽。

在贴春联的同时，一些人家要在屋门上、墙壁上、门楣上贴上大大小小的“福”字。春节贴“福”字，是我国民间由来已久的风俗。“福”字指福气、福运，寄托了人们对幸福生活的向往，对美好未来的祝愿。为了更充分地体现这种向往和祝愿，有的人干脆将“福”字倒过来贴，表示“幸福已到”“福气已到”。民间还有将“福”字精描细做成各种图案的，图案有寿星、寿桃、鲤鱼跳龙门、五谷丰登、龙凤呈祥等。



图 4 贴窗花 Fig. 4 Paste various paper-cut

In the folk people also like to paste various paper-cut —— window flowers on the Windows. Window flowers not only set off the joyful festive atmosphere, but also set decorative, ornamental and practical in one. Paper-cut is a very popular folk art in China, which has been deeply loved by people for thousands of years, because it is mostly affixed to the window, so it is also called the "window flower". Window flower with its unique generalization and exaggerated techniques shows auspicious things, good wishes incisively and vividly, make the festival prosperous. At the same time of pasting Spring Festival couplets, some people paste the Chinese character "福" on the door, walls and lintel. To paste "福" in Spring Festival is a long-standing Chinese folk custom. The character "福" refers to blessing and good luck, which embodies people's yearning for a happy life and their wishes for a better future. In order

to more fully reflect this yearning and wishes, some people simply put the character "福" upside down, saying that "happiness has arrived" and "blessing has arrived". In folk the character "福" is often made into a variety of patterns: longevity star, longevity peach, carp jumping dragon gate, grain harvest, dragon and phoenix showing auspicious and so on.



图 5 倒贴“福”字 Fig. 5 Paste the Chinese character "福"

#### 4.年画 new year pictures

春节挂贴年画在城乡也很普遍，浓墨重彩的年画给千家万户平添了许多兴旺欢乐的喜庆气氛。年画是我国的一种古老的民间艺术，反映了人民朴素的风俗和信仰，寄托着他们对未来的希望。

Hanging New Year pictures are also very common in urban and rural areas. The thick and colorful New Year pictures have added a lot of prosperous and happy festive atmosphere to thousands of families. New Year pictures are an

ancient folk art in China, reflecting the simple customs and beliefs of the people, and expressing their hope for the future.



图 6 年画 Fig. 6 New year pictures

## 5. 团圆饭

除夕团圆饭又称年夜饭。一年一度的“团圆饭”对中国人是极其重要的，家人的团聚能够令人在精神上得到安慰与满足，一家大小互敬互爱、共叙天伦，围坐餐桌旁是一种幸福的时光。在中国，除夕每一个家庭的所有成员都要尽量回家团聚。为了合家团圆，在外工作学习的人们，不远万里，不辞辛苦，带着各种年货、礼品，乘坐各种交通工具纷纷往家赶路。于是形成中国特有的蔚为壮观的“春运”。

The New Year's Eve reunion dinner is also called the New Year's Eve dinner. The annual "family reunion dinner" is extremely important to the Chinese people. Family reunion can bring people to spiritual comfort and satisfaction. A family enjoys mutual love and love, and sitting around the table is a happy time. In China, all members of every family on New Year's Eve should try to go home

to reunite. In order to have a family reunion, the people who work and study outside, thousands of miles, tirelessly, with a variety of all kinds of New Year goods, gifts, take a variety of transportation have to go home. Thus form China's unique and spectacular "Spring Festival travel rush".



图 7 团圆饭 Fig. 7 The New Year's Eve reunion dinner



图 8 春运 Fig. 8 Spring Festival travel rush



## 6.春节联欢晚会 Spring Festival Gala Evening

中央广播电视总台春节联欢晚会 ( China Media Group Spring Festival Gala Evening ), 简称为央视春晚或春晚, 是中央广播电视总台在每年除夕之夜为了庆祝新年而开办的综合性文艺晚会。起源于 1979 年, 正式开办于 1983 年, 2014 年被定位为国家项目。晚会涵盖小品、歌曲、歌舞、杂技、魔术、戏曲、相声等多种艺术形式, 把现场观众和电视机前的观众带入到狂欢之中, 打造“普天同庆, 盛世欢歌”的节日景象。晚会于每年除夕晚 20:00 在中央广播电视总台多个央视频道现场直播。四十多年来, 除夕之夜看电视晚会, 已经成为中国家庭团圆饭的一道“大餐”, 形成了极具时代特色的新民俗。

The China Media Group Spring Festival Gala (China Media Group Spring Festival Gala Evening), hereinafter referred to as the CCTV Spring Festival Gala or the Spring Festival Gala, is a comprehensive gala held by the China Media Group on the annual New Year in order to celebrate the New Year's Eve. It originated in 1979, officially opened in 1983, and was positioned as a national project in 2014. The gala evening covers sketches, songs, songs and dancing, acrobatics, magic, opera, crosstalk and other art forms, bringing the audience and the audience in front of the TV into the carnival, to create a festival scene of "universal celebration, singing in the prosperous age". The gala is broadcast live on several CCTV channels of the China Media Group at 20:00 PM on New Year's Eve until midnight. For more than 40 years, watching the Spring Festival Gala on New Year's Eve has become a "big dish" for the Chinese family reunion dinner, forming a new folk custom with great characteristics of The Times.



图 9 春节联欢晚会 Fig. 9 Spring Festival Gala Evening

## 7.爆竹 firecracker

中国民间有“开门爆竹”的说法。即在新的一年到来之际，家家户户开门的第一件事就是燃放爆竹，以哔哔叭叭的爆竹声除旧迎新。

There is a Chinese folk saying of "open the door with firecrackers". That is, on the arrival of the New Year, the first thing that every family opens the door is to set off firecrackers, with the sound of firecrackers to remove the old and welcome the new.



图 10 爆竹 Fig. 10 Firecracker

## 8. 拜年

新年的初一，过去人们往往都早早起来，穿上最漂亮的衣服，打扮得整整齐齐，出门去走亲访友，相互拜年。而现在，越来越多的人特别是年轻人，在大年初一早晨更愿

意躲在被窝里用手机给亲友祝福。

On the first day of the New Year, in the past, people used to get up early, put on the most beautiful clothes, dress up neatly, go out to visit relatives and friends, and pay New Year greetings to each other. However, nowadays more and more people, especially young people, prefer to hide in bed while paying New Year's greetings to relatives and friends on the first morning of the Lunar New Year.



图 11 拜年 Fig. 11 New Year's greetings