



Yunnan
Tourism Cultures

旅游文化

(汉英对照)

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PREFACE

前言



本教材是校级一流课程——“大学英语（一）”（项目编号：YLKC202105）的主要建设成果，此项目目前已完成建设并结题。项目组的五位成员同时是本教材的参编人员，均是丽江文化旅游学院的一线英语教师。

英语语言学习不仅是关乎认知与思维的知识与能力的习得过程，更是对语言所承载的文化的领悟与传播过程。云南这片“旅游天堂”蕴含着丰富的文化底蕴，值得挖掘、讲述与传播。

丽江文化旅游学院三分之二的学生来自云南，基于这一特殊生情，本教辅用书选取云南具有代表性的五个地方：昆明、丽江、大理、西双版纳、香格里拉，作为重点篇章，总计五章，从自然景观、人文内涵（包括人文景观、地方名人）、地方特色（包括美食、手工技艺、建筑、人民生活等）方面呈现彩云之南旅游文化新内涵；同时选取相对有影响力的千年古城建水、水乡玉溪、山水田城弥勒、茶乡普洱与侨乡腾冲，作为其他篇章，通过呈现这五个地方的细微亮点，进一步挖掘云南旅游承载的深厚文化底蕴，呈现云南旅游文化新内涵。

本书突破简单的介绍，在内容选择与语言表达方面注重深度体现云南旅游文化新韵。为提升本书学习效果，每一节内容后面设置“思考并讨论”（Think and Discuss）环节，与相关社会热点、学生生活焦点结合，实现导问引思。

作为校级英语教学教辅材料，本书采用中英两种语言编写，旨在带给学习者学英语、品云南的有趣学习“新旅”，重燃英语学习热情，增强英语学习自信心，培养中英思维转换的敏感度，将学生的英语学习提升到一个新高度。本书编者旨在鼓励并希冀学生用所学外语（英语）讲好家乡的故事，传播家乡的旅游文化新蕴。



引言

Introduction



第一章 昆明篇

Chapter I Kunming

004 第一节 四季如春昆明城

Section One Spring City—Kunming

00 错误!未定义书签。 第二节 久远悠长昆明史

Section Two The Long History of Kunming

0 错误!未定义书签。 第三节 记忆满满昆明街

Section Three Streets Full of Memories in Kunming

0 错误!未定义书签。 第四节 地方特色昆明节

Section Four Festivals with Local Color

0 错误!未定义书签。 第五节 功绩卓越昆明路

Section Five Contributive Kunming Roads

0 错误!未定义书签。 第六节 争奇斗艳昆明花

Section Six Beautiful Kunming Flowers

0 错误!未定义书签。 第七节 特色经典昆明味

Section Seven Kunming Cuisine with Classic Features

0 错误!未定义书签。 第八节 深入人心昆明名片

Section Eight Popular Name Cards of Kunming

- 0 错误!未定义书签。 第九节 英勇无畏昆明英雄
Section Nine Brave and Fearless Heroes of Kunming



第二章 丽江篇

Chapter II Lijiang

- 0 错误!未定义书签。 第一节 只此青绿，看一山一谷
Section One The Beautiful Scenery of Yulong Snow Mountain
and Blue Moon Valley
- 0 错误!未定义书签。 第二节 “中国桥”飞跃金沙江
Section Two The Chinese Bridges Spanning over Jinsha River
- 0 错误!未定义书签。 第三节 智慧古城 民居智慧
Section Three The Wisdom in Lijiang Ancient Town and Its
Folk Buildings
- 0 错误!未定义书签。 第四节 舌尖记忆 品老味道
Section Four The Memory on the Tip of Tongue—The
Unforgettable Taste
- 0 错误!未定义书签。 第五节 古乐之韵 音乐活化石
Section Five The Living Music Fossil—Naxi Ancient Music
- 0 错误!未定义书签。 第六节 妙手匠心 剪出精彩
Section Six The Art of Paper-Cutting
- 0 错误!未定义书签。 第七节 丽江金沙陶 指尖记忆
Section Seven Lijiang Jinsha Pottery-Making: Handmade
Memory
- 0 错误!未定义书签。 第八节 以赛化友 古朴纯美
Section Eight The Local Unique Get-Together—Huacong



第三章 大理篇

Chapter III Dali

- 0 错误!未定义书签。 第一节 史海寻踪 古迹大理
Section One A Wealth of Historical Sites

0 错误!未定义书签。 第二节 异彩纷呈 文艺大理
Section Two Brilliant Folk Arts

0 错误!未定义书签。 第三节 文献名邦 人文大理
Section Three A Prestigious State of Literature and Art

0 错误!未定义书签。 第四节 精雕细琢 匠心大理
Section Four Exquisite Craftsmanship

0 错误!未定义书签。 第五节 品茗论道 茶艺大理
Section Five The Three-Course Tea Ceremony

错误!未定义书签。 第六节 古朴民居 乡愁大理
Section Six Traditional Folk Architecture

错误!未定义书签。 第七节 苍洱摇篮 宜居大理
Section Seven An Ecologically Livable City



第四章 西双版纳篇

Chapter IV Xishuangbanna

错误!未定义书签。 第一节 勐巴拉娜西，理想而神奇的乐土
Section One Mengbalanaxi, an Ideal and Magical Paradise

错误!未定义书签。 第二节 幸福在哪里？西双版纳告诉你
Section Two Where Is Happiness? You Can Find it in
Xishuangbanna

错误!未定义书签。 第三节 物华天宝 人杰地灵
Section Three Natural Treasures and Outstanding People

错误!未定义书签。 第四节 树木丛生 百草丰茂
Section Four Luxuriant Plants

错误!未定义书签。 第五节 孔雀南飞此处栖，象群河谷自由行
Section Five Peacocks Flying South and Perching Here,
Elephants Traveling Freely in the Valley

错误!未定义书签。 第六节 巧夺天工 匠心独具
Section Six Superb Workmanship and Unique Ingenuity

错误!未定义书签。 第七节 相知无远近 万里尚为邻
Section Seven Though Bosom Friends Miles Apart, No
Distance If Sharing a Heart



第五章 香格里拉篇

Chapter V Shangri-La

错误!未定义书签。 第一节 人间胜景 香格里拉
Section One Shangri-La—the Fairyland on Earth

错误!未定义书签。 第二节 高原的馈赠 享美食之旅
Section Two Food Culture—Gifts from the Plateau

错误!未定义书签。 第三节 诗情画意 纳帕海湿地
Section Three Poetic Painting—Napahai Wetland

错误!未定义书签。 第四节 奇秀悦目 普达措公园
Section Four Picturesque Scene—Pudacuo National Park

错误!未定义书签。 第五节 鸟兽乐园 香格里拉
Section Five Paradise for Birds and Animals—Shangri-La

错误!未定义书签。 第六节 创艺之美 香格里拉
Section Six The Beauty of Crafts



第六章 其他篇

Chapter VI Charming Places In Yunnan

错误!未定义书签。 第一节 千年古城建水
Section One The Thousand-Year Ancient Town—Jianshui County

错误!未定义书签。 第二节 水乡玉溪
Section Two Yuxi—a Water City

错误!未定义书签。 第三节 山水田城弥勒

Section Three Mile—a Park-Like City

错误!未定义书签。 第四节 茶乡普洱

Section Four The Tea Town—Pu'er

错误!未定义书签。 第五节 侨乡腾冲

Section Five Tengchong—the Hometown of Overseas Chinese
and Their Relatives



参考文献

References



引言

Introduction

云南，地处祖国大西南，与东南亚多国接壤。这片 39.4 万平方千米的红土地是中国最多彩的省份，梅里雪山、碧罗雪山、白马雪山、哈巴雪山、玉龙雪山等高冷雪峰林立；滇池、泸沽湖、抚仙湖、洱海等静谧旖旎的高原湖泊点缀于滇中红色高原（包括云南四个城市：昆明、曲靖、楚雄、玉溪）；万千水流汇聚成大江大河：独龙江、怒江、澜沧江、金沙江、元江、南盘江，六大江河奔流而下，其势不可阻挡；江河在群山之间劈削出以虎跳峡为代表的中国最为壮观的高山峡谷群，由南并流的金沙江以 V 字形急转弯成为孕育中华文明的母亲河，堪称万里长江第一湾。较小尺度的立体化塑造也同样精彩：被降水溶蚀而成的石林如同陶渊明笔下的桃花源的溶洞，被降水冲刷成的高大土林，等等。

云南，拥有立体的地理环境和立体的多样气候。南北 900 余千米的范围内，出现了 7 个气候带，相当于从海南岛到黑龙江的气候变化。丰富的气候类型孕育了生物的多样性，为生灵的繁衍提供了更多可能性，也成就了云南作为中国“植物王国”的美名，拥有高等植物 1.8 万多种，占全国一半以上。同时，云南还是中国的“动物王国”，兽类、鸟类、鱼类都占到全国种数的 50% 以上。

云南，宛如一个“孕育所”，一共孕育、滋养了 26 个民族，成为中华民族 56 个成员中 26 个的世居家园，也是中国少数民族种类最多的省。多种



002

云南
旅游
文化

语言、多样的节日、各式各样的民居、不同的生产方式、多样的美食共同构成了云南五彩缤纷、神奇瑰丽、融合共存的风情与文化。

从山川到江河，从动物到植物，从文化到产业，多样的元素集中于此，多元的文化诞生于此，创造了多彩的云南。

汇聚万千色彩的彩云之南超乎你的想象，也等待着你的亲临与探索。

Yunnan, a province located in the southwest, China, adjoining many countries in Southeast Asia. The red land area of 394,000 square metres has the most varied topography in China. On this land tower aloft many snow mountains including Meili Snow Mountain, Biluo Snow Mountain, Baima Snow Mountain, Haba Snow Mountain, and Yulong Snow Mountain. Charming plateau lakes like Dianchi Lake, Lugu Lake, Fuxian Lake and Erhai Lake beautify the red plateau land—The Central Yunnan Region (including four cities in Yunnan: Kunming, Qujing, Chuxiong and Yuxi). Thousands of big and small lakes and streams converge into six rivers including Dulong River, Nu River, Lancang River, Jinsha River, Yuan River and Nanpan River that run down in a grandeur way, creating the most magnificent high mountain canyon groups represented by Tiger Leap Gorge. The Jinsha River in cocurrent flow in the south takes a sharp turn in the shape of V, becoming the cradle of Chinese civilization, and this is the well-known First Bay of Yangtze River. The multi-dimensional shaping in small scale is also wonderful, like the limestone formed by rainfall erosion, which is much like the karst cave in the Peach Blossom Garden described by Tao Yuanming, and the amazing landscape—Soil Hills formed by rainfall erosion.

Yunnan has the multi-dimensional geographical environment and various climates. There are seven climate zones within 900 km from the south to the



north, equivalent to the climate change from Hainan island to Heilongjiang, northeast, China. Various climates breed biodiversity and make it more possible for the reproduction of living creatures, which wins Yunnan the prestige of “The Kingdom of Plants” in China with more than 18,000 kinds of advanced plants that accounts for half of the total number nationwide. Yunnan is also known as “The Kingdom of Animals” in China with various beasts, birds and fish accounting for over 50% of the total nationwide.

Yunnan, being a “cradle of ethnic minorities”, has nourished 26 ethnic groups, becoming the permanent home to these 26 minorities out of the total 56 in China, and thus becomes the province owning the most minorities in China. Various languages, festivals and delicious foods and different dwelling houses as well as production styles create rich, colorful, magical, and harmoniously co-existential romances and cultures.

From mountains to rivers, from animals to plants, from cultures to industries, Yunnan, where various elements and cultures come together for a colorful life, is such an unprecedented province in China.

Yunnan, a mysterious land gathering various and colorful elements, waiting for you to pay a visit and rediscover its uniqueness that will be beyond your expectation and imagination.



第一章 昆明篇

Chapter I Kunming

第一节 四季如春昆明城

昆明，别称春城，云南省省会，虽地处中国西南偏远之地，却名扬海内外，每年吸引着数百万人前往。昆明是滇中城市群中心城市，也是国务院批复确定的中国西部地区重要的中心城市之一。截至 2022 年，全市下辖 7 个区、6 个县、代管 1 个县级市和 3 个自治县，总面积 21 012.54 平方千米。根据第七次人口普查数据，截至 2020 年 11 月 1 日零时，昆明市常住人口为 846 万人。

昆明地处中国西南地区、云贵高原中部，具有“东连黔桂通沿海，北经川渝进中原，南下越老达泰柬，西接缅甸连印巴”的独特区位优势，处在南北国际大通道和第三座东西向亚欧大陆桥的交汇点。

昆明是国家历史文化名城，早在三万年前就有人类在滇池周围生息繁衍；公元前 278 年滇国建立，定都于此；公元 765 年南诏国筑拓东城，为昆明建城之始；明末时期，南明永历政权在昆明建都。

昆明属北亚热带低纬度高原山地季风气候，为山原地貌，三面环山，南濒滇池。由于地处低纬高原而形成“四季如春”的气候，享有“春城”的美誉。

中国昆明进出口商品交易会、中国国际旅游交易会、中国昆明国际旅



游节使昆明成为中国主要的会展城市之一。昆明在 2018 中国大陆最佳商业城市中排名第 23，并被重新确认为国家卫生城市。2019 年 12 月，国家民委授予昆明市“全国民族团结进步示范市”的荣誉称号。

Section One Spring City—Kunming

Though located in the remote area of Southwest China, Kunming is actually world-renowned and attracting millions of visitors every year. Kunming, nicknamed Spring City, is the provincial capital of Yunnan, and the key city in the west part of China approved by the State Council. By 2019, areas under its administration include 7 districts, 6 counties, 1 county-level city as well as 6 autonomous counties, amounting to 21,012.54 square kilometers. According to the seventh population census carried out in Nov. 2020, there are 8,460 thousand residents living here permanently.

Kunming is located in Southwest China and in the middle of Yunnan-Guizhou Plateau. It has the unique location of “connecting the coastal areas through Guizhou and Guangxi in the east, entering Central China via Sichuan and Chongqing in the north, reaching Vietnam, Laos, Thailand and Cambodia in the south, and exchanging with Myanmar, India and Pakistan in the west”. Situated at the intersection of the north-south international corridor and the third east-west Eurasian land bridge, it is also a gateway city for China to open to Southeast Asia and South Asia.

Kunming is a famous National Historical and Cultural City. As early as 30,000 years ago, people lived and multiplied around Dianchi Lake. In 278 BC, the Kingdom of Dian was established and its capital was set here. In 765,



006

云南
旅游
文化

Nanzhao State built Tuodong City, which was the beginning of Kunming. At the end of the Ming Dynasty, the Yongli regime established its capital in Kunming.

Kunming enjoys a mountainous monsoon climate and a mountain landscape. It is surrounded by mountains on three sides and faces Dianchi Lake in the south. Because of its location on the low latitude plateau, it has a “springlike climate all year round” and enjoys the reputation of “Spring City”.

Kunming China Import and Export Fair, China International Travel Mart and Kunming China International Tourism Festival make Kunming one of the major exhibition cities in China. It ranked twenty-third in the Best Commercial Cities in Mainland China in 2018, and was reconfirmed the National Health City. In December 2019, the National Ethnic Affairs Commission of the People’s Republic of China granted Kunming as “National Demonstration City for Ethnic Unity and Progress”.

Think and Discuss:

你的理想城市是四季分明的北国之城，还是四季如春的昆明呢？气候是你选择理想城市的影响因素吗？你选择的标准是什么？



7

参考文献