

中华民族 美丽黔东南 第一集 西江苗寨

The Chinese People Beautiful [QianDongNan] Southeastern Guizhou 1<sup>st</sup> Episode  
Xijiang Miao Zhai

Translated by: Danny Her 侯陶烁,

Translated purely for educational purposes.

秋天的早晨 薄雾弥漫着远山

Early autumn morning, fog fills the distant mountains.

隐藏在贵州苗岭大山深处的西江千户苗寨炊烟袅袅

Deep within and hidden within Guizhou' s Miao Mountain Ranges, Xijiang Village  
(The Thousand Miao Household Village).

层层叠叠的苗家吊脚楼如诗如画

The layered DiaoJiaoLou (Stilted buildings) looks straight out of poems and  
paintings.

静谧的山寨似乎在同游客们诉说着它的千古历史

The quiet village seems to recount its ancient history to visitors.

诉说着这个古老民族的 过去和现在

Recounting its ancient Ethnic Group, its past, and present.

西江的名称是怎样来的 西江是这样来的

How did Xijiang (Xi-West, Jiang-River) get this type of name? Xijiang came to  
be like this.

它的含义是 穷得连鬼都嗅不到吃的

Its meaning is that it' s so poor, that even ghosts can' t smell and eat.

所以称之为西江

Therefore it was called Xijiang.

古人也曾称为三苗 也有这样说的

Ancient people once called it SanMiao (Three Miao), It was said so.

我们西江以前寨子也很小也就一百多户人家以前分散在白水河上游

Our Xijiang village was very small before, around 100 households were scattered on the upper reaches of the BaiShui River.

水梁山那边 小雷公坪 大雷公坪等就散落在这一带

ShuiLiangShan, XiaoLeiGongPing, DaLeiGongPing, ect, scattered throughout the region.

后来因为在深山上面有土匪强盗 有头猪 有只鸡都被抢走有碗米都被抢走

Later, because there were bandits deep within the mountains, chickens, pigs and rice were stolen.

这样才聚拢到西江来才汇集这么上千户人家 西江就是这样来的

The gathering of a thousand families in this way is how Xijiang became like this.

西江苗寨也因此得名千户苗寨

Hence, Xijiang obtained the name (QianHuMiaoZhai // The Miao Village With A Thousand Households)

这几年随着旅游的发展西江千户苗寨在外的名气越来越大

In recent years, following the development of tourism, QianHuMiaoZhai reputation has been getting larger and larger.

人们把它誉为露天博物馆

People know it as an open-air museum.

这里的梯田风光小桥流水俨然一个世外桃源是游客来千户苗寨看不尽的风景

Tourists who come to QianHuMiaoZhai look at the inexhaustible scenery; its terraced Fields, Bridges, and flowing rivers are like paradise.

寨子里的人也纷纷依靠西江苗寨的旅游做起了生意

Those who live in the village rely on the waves of tourists for business.

王静 附近村寨的一位苗家女孩奇妙的缘分让她成了西江苗寨夜景楼李姓农家乐的一名主人

Wang Jing, A Miao girl who lived in a close-by village with a wonderful fate allowed her to become an owner of a guesthouse in QianHuMiaoZhai.

我是永乐镇的 到西江来打工

I came from YongLe Village to Xijiang to work.

觉得小伙子不错

I thought this man was not bad.

和许多打工妹比起来并不是每一个人都有这样的运气

Compared to many other working girls, not everyone has this type of luck.

言谈举止间 王静总是带着新婚的甜蜜与幸福

Wang Jing brings with her a newly-wed sweetness and happiness when engaging in discussion.

她的人生正迈入一个新的路口

Her life course is at a new crossroads.

每年的十一月上旬西江一带的苗家人把粮食收进苗家的吊脚楼之后便开始筹备过苗年了

Every Year on the first 10 days of November, After the Miao starts to gather the grains, placing them in the Diaojialou, they begin the preparations for the Miao New Year.

苗年是庆祝丰收最重要的节日 也是一年辛苦劳作的结束和欢乐的开始

Miao New Year is an important holiday to celebrate the harvests and is a way to end a year of hard work and to start off happy.

鱼肉 大米 美酒自然是苗年是必不可少的

Fish, Rice, and Wine are naturally essential for the Miao New Year.

为了学习和传承苗家的酿酒技艺今天 王静的婆婆带着王静去大姨婆家学习酿酒

In order to study and inherit Winemaking, Today, Wang Jing's mother-in-law brought Wang Jing to Her aunt's house to study fermenting alcohol.

苗家人酿酒有自己的传统

The Miao people have their own Winemaking Traditions.

水源 大米 酿罐 开酿的时辰存酿的方位 开关的日子以及煮酒的用具都十分讲究

The water source, rice, brewing vat, location of brewing, storing, time of opening, and also cooking is very particular.

酒药是从山里来的鲜药配制 上层也要酒药才好

Wine and Medicine are used with fresh ingredients from the mountains. The top layer also needs medical ingredients.

发酵古词酒来酒到酒胚生 溢番满屋悦祖魂

Fermenting, Ancient words, pouring wine for Health.

人神做客我屋子

Spirits are a guest in my house.

其乐融融共天伦

Happy and harmonious family.

我酿玉液璟浆取天地间圣水小神小鬼须走开

I brewed jade liquid, gemmed broth, heaven and earth, holy water, ghosts and spirits go away.

媳妇烧火也要诀窍

Daughter in law, the fire's intensity is the secret to success.



火势猛烈就糊了 火势微弱就蒸制不出酒

A strong fire will create mush, A weak fire will not cook alcohol.

火势必须如此中度均匀才蒸出好酒来

A moderate, even fire is needed to cook good wine.

婆 我接一点就给你品尝 好的

Mon, I' ll give a little bit to taste. Alright.

我尝一点看怎么样

I' ll taste a bit how it' s like.

先敬先祖神魂 我在品尝 感谢儿媳妇

First give respects to the ancestral spirits, I will taste a bit, thank you daughter in law.

喝吧 婆

Drink, mother.

苗医们都说 用这样的酒泡制成的中药疗效特别好

Miao doctors all say using Traditional Chinese Medicine made from this type of wine has an especially good effect.

婆 这酒太好了 取来给大家喝吧

Mother, your wine is too good, I' ll have everyone take a drink.

苗家人要酿造纯正的米酒通常要到山上去采用于发酵的一种野生植物来进行发酵

Miao people who want to brew pure wine, usually go to the mountain to use wild species of plants to use for fermentation.

这种植物一般都长在苗岭主峰雷公山的原始森林里

This plant species in general grows in the MiaoLing Peaks, LeiGong Mountains, and primitive forests.

这药 这酒 包含着苗家婆婆的勤劳和智慧

The Medicine, The Wine, contains the Miao' s Mother-In-Law' s hard work and Wisdom.

河水清清绕山走

Walking around the clear river that wraps around the mountain.

田园金黄耀人间

The golden fields in the realm of humans.

郎家寨子好漂亮

Langjia Town is so beautiful.

春风吹得心荡漾

The Spring wind blows into my heart echoing

飞歌 只是苗家人其中的一个曲调类别

Fei Ge (Flying Song) is Among Miao people' s type of singing.

由于历史缘故苗家人迁徙中局住零散都居于高山与深谷的村寨

Due to historical reasons, the Miao peoples migrated and are scattered living in small villages deep within the mountains and valleys.

尤其是交通不便的古代 往往是鸡犬之声相闻 老死不相往来彼此间距很远

Transportation was inconvenient especially in ancient times. Often only the sound of chicken and dogs, completely isolated, far away from each other.

只有通过这种高呼喊式的飞歌方式来达到地里地势间间隔性的交流抒 发各自的情感

Only through high-pitched Antiphonal singing can cut through the terrain topography to achieve communication. Expressing their emotions.

苗家人还有游方歌史诗歌酒歌 丧葬立房嫁娶歌等等

Miao People also have songs for tourists, Epics, Funeral, house-building, wedding, and marriage songs.

此外苗歌更多的 是以相互对答的 来进行

In addition, Miao songs are song back and forth.

内容丰富 可以贴切地说 苗歌就是苗家的百科全书

Rich in substance, it can be appropriately said that Miao songs are the encyclopedia of the Miao.

苗家人过年要杀鸡杀鸭筐鱼

Miao People will kill Chickens, Ducks and catch fish.

亲戚之间还会挑着各种礼物相互串门做客

Relatives will visit each other homes, carrying among them various gifts.



筐鱼要到山岭间的水田

Catching fish on Mountain-Ridged paddy fields.

这种田里放养的鱼品质好

The quality of fishes grown in these fields are good.

这些天一般都在海拔 800 到 1600 米的山岭间

These days in general the mountain elevation is 800 to 1600 meters above sea level.

这里属于雷公山山脉

This place belongs to the LeiGong Mountain ranges.

雷公山山脉的水质 与其他地域的水质大不相同 水的味道微微甘甜

The water in Leigong' s mountain range has different water quality than that from other areas. The water' s taste is slightly sweet.

种出来的蔬菜和水果 也特别爽口清心

The planted vegetables and fruits and especially refreshing.

这种水田里养的鱼 更是品质鲜美俗称稻花鱼

The fishes that grow in these rice patties, are of quality and tasty and are commonly called Dao Hua Yu (Paddy-Flower Fish)

哇鱼好大呀 里面还有呢

Wow, big fish. Any more inside?

哎呀 鱼掉水里了

Aiyo! The fish fell into the water

婆婆 这里的鲜菌好极了

Mother in law, over here are fresh excellent mushrooms

那你多采点来吃

The more you pick, the more you' ll eat

采得差不多了 走吧

We' ve picked almost enough, lets go.

破鱼要从右边肚白

Break the fish from the right-side to the belly-white

稍一挤胆弹出 黑黄的就是胆

A little squeeze and the gallbladder will pop out. The Black-Yellow is the gallbladder.

煮酸汤鱼一定要放泡好的竹笋

Cooking SuanTangYu (Sour Fish Soup), you must put in soaked bamboo shoots.

煮出来的味道才鲜美再放刚采来的鲜菌子和新鲜西红柿一起

After cooking, you must put the freshly-picked mushroom and fresh tomatoes together.

这酸汤鱼就是要有竹笋和菌子 那才是正宗的美味

Suan Tang Yu needs bamboo shoots and mushrooms, only then will it have an authentic taste.

还有青椒 鲜姜蒜糟辣椒不用放 以免影响鱼的鲜味

And also don' t use green peppers, fresh ginger, pepper paste, in order to avoid affecting the fish' s umami taste.

这是西江千户苗寨养殖的本地品种的猪当地人称为黑毛猪

This is a Xijiang locally-raised pig breed, the locals call it Hei Mao Zhu (Black-Haired Pig)

外地客人第一次品尝到 这样的猪肉时都赞不绝口

Outsiders tasting this type of pork for the first time, have nothing to say but praise.

苗族支系繁多连过苗年的时间也有些区别

There are many branches within the Miao Ethnic Group. The time of the Miao New Year has some differences.

一般每年阳历 11 月中旬 是西江千户苗寨过苗年的日子

In general, every year in the middle of the 11<sup>th</sup> month on the solar calendar is when Xijiang' s Miao New Year takes place.

天还没亮祖婆就带着孙子孙媳妇祭祀祖先

When the sun' s set, the grandmother brought her daughter-in-law and her grandchildren to give offerings to the ancestors.

爸 拉金拉银来了

Father, pull the gold and silver here.

儿子 我敞开大门等你把金银财宝拉进家

Son, I have the door wide open waiting for you to bring in the gold and silver.

杀鸡杀鸭 宰猪宰牛

Kill chicken, duck. Slaughter pig, cow.

祖上祖宗 你们吃在前 喝在先

Ancestors, you eat first, drink first.

家里接了新媳妇 今年生姑娘 明年生崽崽

Our family has a new daughter-in-law, a girl this year, a baby next year.

五谷丰登 繁荣昌盛

Abundant Harvest, Glorious and Flourishing.

牵牛牵猪来

Draw in Cattle, Draw in Pigs.

开门敞屋等 牛进嫌门小 猪来嫌圈窄

Open Door Large House, Cow dislikes small door, Pigs dislike narrowness.

这天王静的父母也从附近的寨子赶来与亲家过苗年

Today, Wang Jing' s parents have joined the in-laws Miao New Year celebrations from a nearby village.

家人和客人欢聚一堂饭前由长者祝福之后大家才能动筷子

Family and guests gather in the hall, after the elders give blessings, everyone begins moving their chopsticks.

大年大福 大家吃香喝好 多子多福

Big year, everyone eat and drink well. The more sons the merrier.

身体康安 长命百岁就行了

Live healthily. Live a hundred years.

苗年一般要过五天 最后一天下午是跳芦笙

The Miao New Year celebrations, in general, last for 5 days, the afternoon on the last day is the Lusheng Dance.

西江和周围寨子的姑娘都集中到西江的芦笙场去踩鼓跳芦笙

Xi Jiang and the surrounding females all gather in Xi Jiang' s Lusheng Square to dance.

这里就这么钉

How' s this stitched?



这边加一个 这里又一个

Here, add one. Here is another.

这里就这么钉 这样就行了

How' s this stitched? Like this is okay.

王静你来学钉这一只

Wang Jing, you come here to learn how to pin this.

王静与寨子里的姑娘一如既往不分老幼 都纷纷赶往芦笙场

Wang Jing with the village girls, young and old all lively heading towards the Lu Sheng stage.

在苗族的传统文化里 苗家的女儿或媳妇一身盛装银饰 几万元到几十万元不等

In Miao traditional culture, Miao girls dress in entirely silver decorative costumes, ranging from tens to hundreds of thousands of Yuan.

它是一种财富和地位的象征

It is a symbol of wealth and status.

从旅游发展大会以来 西江是越来越好了

Since the developments in tourism, Xijiang is getting better and better.

特别是 2014 年黄金周 好一点的人家收入达十多万元

Especially in 2014 HuangJinZhou (Golden Week), a good family would get more than 100,000 yuan.

我家的收入四万左右

My family earned around 40,000 yuan.

单是西江门票收入 都达到一千多万

From XiJiang' s entrance ticket sales can reach up to 10,000,000

电视上说 黄金周旅游综合收入上亿元

On TV, HuangJinZhou tourism income summed up to more than 10 Million Yuan.

西江千户苗寨 这个曾经被人们形容为连鬼都找不到吃的穷乡僻壤

XiJiang was once described as a poor backwater town, so poor that even ghosts couldn' t eat.

这些年经过旅游开发苗家人的生活已经在发生改变

Years of development of tourism have changed the lives of the Miao people

悠扬的芦笙 香甜的米酒

Melodious LuSheng, fragrant rice wine.

苗家人代代相传的歌舞

Miao people' s singing and dancing passed down from generation to generation.

西江千户苗寨正义 迷人古朴的自然生态浓郁的苗族风情

XiJiang' s fair, charming and simple natural ecology is rich in Miao customs.

吸引着大量游客纷至沓来

Attracts large numbers of tourists.

四方宾朋进寨来

Friends and guests from all directions, come to the village.

满寨盛装满寨银

The entire village is dressed full of silver

又吹芦笙又踩鼓 人世间最美好

Playing the Lusheng and dancing, the world of men is the most beautiful.