

生活中的礼仪

1

lǐyí,
ritual, etiquette



宴会上相互敬酒是中国人的传统礼俗

导读问题 Lead-in Questions

1. 你知道中国人敬酒 (jìng jiǔ, to propose a toast) 的礼俗 (lǐsú, etiquette and custom) 吗?
2. 你知道中国人都怎么打招呼 (dǎ zhāohu, to greet) 吗?
3. 中国的宴席 (yànxí, banquet)、饮酒及喝茶都有哪些礼仪?
4. 在中国不能给老人送什么礼物?
5. 在接受礼物时, 中国人和西方人有什么不同?



注重 zhùzhòng
to pay attention to,
to attach importance to

著称 zhùchēng
to be famous for, to be
celebrated for

礼仪之邦 lǐyí zhī bāng
state of ceremonies

无处不在 wú chù bú zài
to exist everywhere

社交 shèjiāo
social contact

场合 chǎnghé occasion

直接 zhíjiē direct

间接 jiànjīē indirect

正式 zhèngshì
formal, official

交往 jiāowǎng
to associate, to contact, to
socialize

讲究 jiǎngjiu
to pay attention to; particular
care

次序 cìxù
order, sequence

通常 tōngcháng
usually, generally

逐个 zhúgè one by one

餐饮 cānyǐn dining

民以食为天
mín yǐ shí wéi tiān
food is the paramount
necessity to the people

入座 rù zuò
to take one's seat, to be
seated

中华民族
一直以注重“礼
仪”而著称，被
称为“礼仪之
邦”。

礼仪在中
国人的日常生活
中无处不在，不
仅社交场合需要
讲究礼仪，生活
中的方方面面
都要讲礼仪。



作揖是古代中国人
见面时的一种礼节

打招呼的礼仪。在中国，打招呼分
为**直接式**和**间接式**。直接式问候适用于
正式的**交往**或社交场合，如“您好”“大
家好”等。间接式问候主要适用于非正
式场合及熟人之间的交往，如“最近忙
什么呢”“您去哪儿了”等，替代直接
式问候。在正式场合，问候一定要**讲究
次序**。如果是一对一的问候，**通常**是身
份地位较低的或年纪小的先问候。在一
对多的场合，既可以统一问候，比如说
“大家好”，也可以**逐个**问候。

餐饮的礼仪。在中国，有“**民以
食为天**”的说法，在餐桌上，中国人
讲究“坐”的礼仪。首先是**入座**，一

Chinese people are famous for their attention to *liyi* (ritual etiquette). They have been called *liyi zhi bang* (a nation of ceremonies).

Ritual etiquette is everywhere in the daily life of Chinese people. Not only is it needed on various social occasions, but also in every aspect of our life.

The etiquette of greeting: In China greetings are divided into the direct greeting forms and the indirect forms. The direct greeting forms are suitable for formal interactions

and social occasions, for example, *nin hao* (how are you?), *dajia hao* (greetings, everyone!) etc. The indirect forms of greeting are mainly suitable for informal situations and interactions



初次见面，中国人握手表示问候

between acquaintances, for example, *zuijin mang shenme ne* (what have you been doing lately?), *nin qu nar le* (where have you been?), which are used to take the place of direct greetings. In formal situations, one must pay attention to the greeting order. If it is a one-on-one greeting, then the person of lower status or younger age will usually be the first to make a greeting. In situations of one to many, then the greeting can be made to all at once, for example, *dajia hao* (greetings, everyone!), or people can be greeted one by one.

The etiquette of dining: In China there is the saying: “For the people,



长辈 zhǎngbèi
the elder, older generation

包间 bāojiān
private room

尊贵 zūnguì
honorable, honored

观景 guān jǐng
to enjoy a view

角度 jiǎodù angle

上座 shàngzuò
seat of honor

宴会 yànhuì
banquet, feast, dinner party

体现 tǐxiàn
to reflect, to embody

尊重 zūnzhòng to respect

依次 yīcì
successively, one after another, sequentially

冷落 lěngluò
to give the cold shoulder, to slight

宴请 yànnǐng
to pete, to entertain, to invite sb. with dinner

翻译 fānyì
translator, interpreter

劝食 quàn shí
to urge sb. to have more food

动筷 dòng kuài
to start eating



宴会上，老人要坐在面对门的尊贵位置

一般是**长辈**、客人先坐下，其他人才可以坐。如果在餐厅的**包间**，面对门的位置是最**尊贵**的，一般是长辈或最重要的客人坐，背对门的位置是最次要的。在一些能够**观景**的高级餐厅用餐时，观赏**角度**最好的位置是**上座**。比较重要的**宴会**，一般都要事先安排好桌次和座次，以方便参加宴会的人都能各就各位，也**体现**出对客人的**尊重**。通常，桌次地位的高低以距离主位位置的远近而定，一般是右高、左低，近高、远低，**依次**排列。另外，主人与客人要尽可能邻座，便于交谈，不要自己人坐在一起，**冷落**客人。如果**宴请**外宾，**翻译**一般都安排坐在主人的右侧、外宾的旁边。在正式场合，一般是主人先拿起筷子**劝食**，客人才开始**动筷**。

eating is heaven” (Food is the paramount necessity to the people). At table, the Chinese pay attention to the etiquette of “sitting”. First is being seated. Generally the elder generation and guests sit first, and then others can sit down. If it is a room in a restaurant, the place facing the door is the most honorable, so is generally occupied by an elder or an important guest. The seat with its back to the door is the lowest position. In high-class restaurants where there is a view, the place where one has the best view is the most important seat. Table order and seat order are arranged beforehand in relatively important banquets in order that attendees can each have their own place. This also reflects respect for the guests. Often, the hierarchy of the tables is based on how close or how far away they are from the seat of the host. Normally they are arranged in an order where on the right side of the host is higher status, on the left lower, being close to the host is higher status and being far away is lower. In addition, the guest and the host are placed as close together as possible to allow for convenient conversations. One mustn’t sit together with one’s own people and give one’s guest the cold shoulder. If a foreign guest is invited to a banquet, the interpreter is generally placed on the right side of the host, next to the foreign guest. On formal occasions the host generally is the first to raise his chopsticks and urge the guests to eat. Only then should the guests begin to use their chopsticks.

In addition to the sitting order, a Chinese grand banquet also has many other things one must pay attention to. Banquets used to welcome guests are called *jiefeng* (lit. “greeting the wind”) or *xichen* (lit. “washing off the dust”); banquets used to send off guests are called *jianxing* (farewell banquets). But no matter if it is a welcome banquet or farewell banquet,



接风 jiēfēng
to give a welcome dinner

洗尘 xǐchén
to give a welcome dinner

饯行 jiànxíng
to give a farewell dinner

举 jǔ to lift, to hold up

叩手礼 kòushǒulǐ
ceremony of knocking (on the table)

清朝 Qīngcháo
Qing Dynasty (1616–1911)

乾隆 Qiánlóng
Emperor Qianlong of the Qing Dynasty

考察 kǎochá
to inspect, to investigate on the spot

太监 tàijiān eunuch



饭桌上互相敬酒是免不了的

除了座次，中国的宴请也有很多其他讲究。迎接客人的宴席称为“接风”“洗尘”，送客的宴席称为“饯行”。不论“接风”“洗尘”还是“饯行”，餐桌上都离不开酒，“无酒不成席”说的就是这个意思。饮酒也有许多礼节，客人要先等主人举杯劝饮之后，才可以开始饮用。客人如果要表达对主人的谢意，也可以在餐饮过程中举杯向主人敬酒。

喝茶的礼仪。中国人宴请宾客的饭桌上一般也少不了茶，喝茶也是讲究礼仪的，有“叩手礼”或“叩指礼”之说。你知道“叩手礼”的来历吗？相传在清朝的时候，乾隆皇帝^①装扮成普通人的样子到南方考察。有一次他带了两个太监到茶馆喝茶，茶店老板端起一只

the table can't lack alcoholic beverages. The saying "no wine, no banquet" reflects this idea. There are also many rituals having something to do with drinking alcohol. Guests must wait until the host lifts his glass and encourages them to drink before they can begin to drink. If guests wish to express thanks to their host, they can lift their glasses during the course of the banquet and toast their host.

The ritual of drinking tea: Normally a table in a Chinese banquet also cannot be without tea. Tea drinking also involves a ritual etiquette called "tapping the hand", or else "tapping the fingers". Do you know the origin of the "hand-tapping ritual"? It is said that during the Qing Dynasty the Qianlong emperor would dress himself up as a commoner and go to scout out things in the South. Once he took two eunuchs with him to a teahouse for tea. The proprietor of the teahouse brought out a long-spouted teapot and poured out three cups in succession. The teacups were each filled to the brim without a single drop splashing outside them. The proprietor called this "the phoenix bows thrice". The Qianlong emperor thought that was very amusing, so he took the proprietor's teapot, set up a teacup and also wanted to learn the "phoenix bows thrice" method of pouring tea. But the cup was used by the eunuch;



长嘴壶倒茶表演



连着 liánzhe
in succession, consecutively

溅 jiàn
to splash, to spatter

凤凰 fènghuáng phoenix

暴露 bàolù to reveal

磕头 kē tóu to kowtow

急中生智 jǐzhōng-shēngzhì
to hit upon a plan in a predicament

叩 kòu to knock, to tap

流传 liúchuán
to spread, to circulate

敬茶 jìng chá
to offer/serve tea

送终 sòng zhōng
to attend upon a dying parent
or other senior member of
one's family

联想 liánxiǎng
to associate, to connect in
the mind

恋人 liànrén
sweetheart, lover



康熙皇帝南巡图（局部）

长嘴茶壶连着倒了三次，正好倒满一杯，茶杯外没有一滴水溅出。老板说这叫“凤凰三点头”。乾隆皇帝觉得很有意思，便拿过老板的水壶，端起一个茶杯，也要学学凤凰三点头的倒茶法。可是这个杯子是太监的，皇帝给太监倒茶，这在那个时候是不允许的。因为不能暴露皇帝的身份，他不敢给皇帝磕头表示感谢。于是他急中生智，用手指叩桌子，表示以“叩手”来代替“叩首”，即磕头。这样“叩手礼”就一直流传至今，表示对别人敬茶的谢意。

在中国，送礼物和接受礼物也讲究一定的礼仪。比如，给老人送礼物不能送钟表，因为“送钟”和“送终”读音相同，会引起不好的联想；恋人之间送

for an emperor to pour tea for a eunuch, in those times it was not allowed. In order not to reveal the identity of the emperor, the eunuch didn't dare to kowtow to the emperor to express his thanks. So, with desperation being the



喝茶也是一门艺术，泡茶、倒茶都有不同的讲究

mother of invention, he used his fingers to tap on the table, indicating that the act of *koushou* (tapping the hand) was to be a substitution for *koushou* (different characters but the same sound) (knocking the head)—kowtowing. Thus the *koushou* ritual has been passed down to the present day, indicating one's gratitude toward someone pouring a cup of tea for you.

In China there are also specific rituals in regard to giving and receiving gifts. For example, when giving gifts to the elderly one cannot give them watches or clocks because *song zhong* (presenting a clock) sounds exactly like *song zhong* (paying one's last respects), which could give rise to bad associations. In giving gifts, sweethearts mustn't give each other umbrellas because *san* (umbrella) sounds similar to *san* (to break up); the connoted meaning isn't good, and so on. Different from westerners when the Chinese receive a gift they generally won't open it in front of the giver. This is in order to show that what they value is the friendship of their friend, not what sort of gift they are getting. Nowadays, under the influence of the West, some people will unwrap gifts when they receive them, see what gift it



蕴含 yùnhán
to contain, to implicate

重视 zhòngshì
to place importance on

情谊 qíngyì
friendly feelings,
friendship

影响 yǐngxiǎng
to influence

醒目 xǐngmù
eye-catching, conspicuous

委婉 wěiwǎn
tactful, roundabout

拒绝 jùjué
to reject, to refuse

贵重 guìzhòng
precious, costly

谦虚 qiānxū
modest

礼貌 lǐmào
polite, courteous

姿态 zītai
posture, bearing, deportment

虚套 xūtàò
mere formality

传统 chuántǒng
traditional

礼物不能送伞，因为“伞”和“散”读音接近，**蕴含**的含义不好；等等。跟西方人不同的是，中国人在接受礼物时，一般不会当着送礼人的面把礼物打开，这是为了表示他**重视**的是和朋友的**情谊**，而不是得到什么样的礼物。现在，受西方的**影响**，有的人在接过礼品之后，也会当着对方的面，打开礼品包装，看看是什么礼物，并表示对礼品的喜爱。比如，将收到的鲜花捧起来闻一闻，然后再装入花瓶，并放在**醒目**的地方；要是别人送给你一条围巾，你也可以马上围在脖子上，照一照镜子，并告诉赠送的人说“我很喜欢它的花色”，或“这条围巾真漂亮”。当因为某种原因不能接受礼品时，中国人一般会**委婉**地**拒绝**。比如，当对方向自己赠送手机时，如果觉得太**贵重**不能接受，可能会说：“我已经有一台了，您自己用或送给其他需要的人吧。”

总之，中国人的礼仪原则是**谦虚**、尊重他人。尊重别人不只是**礼貌**的**姿态**或礼仪性的表示，而是要有发自内心的敬意。如果没有发自内心的恭敬，礼节就成了**虚套**，这不符合中国**传统**的礼仪标准。

is in the presence of the giver, and then express their delight in receiving that gift. For example, they will pick up the fresh flowers they receive and smell them, afterward put them in a vase, and then place them in some eye-catching location. If someone gives you a scarf, you can immediately put it around your neck and take a look in the mirror while telling the giver: “I really like its color and pattern”, or “This is a beautiful scarf”. When faced with a situation where they cannot accept a gift for some reason, Chinese generally will tactfully refuse it. For example, if someone receives a cell phone from another and feels it is too expensive of a gift to accept, perhaps they will say: “I already have one. Please take it for yourself or give it to someone who needs it.”

In conclusion, the principles of Chinese etiquette are modesty and respect for others. Respecting others is not simply a polite gesture or an expression of courtesy, but rather must come from a feeling of respect deep within oneself. If it doesn't come from respect within, etiquette becomes a mere formality, and this doesn't accord with the traditional Chinese standard of ritual etiquette.



文化注释

① 乾隆皇帝

乾隆是清朝非常有名的皇帝，他的本名是爱新觉罗·弘历，乾隆是他做皇帝期间用来纪年的名号。他生于 1711 年 9 月 25 日，死于 1799 年 2 月 7 日。传说做皇帝期间，为了了解人民的生活情况，乾隆曾六次打扮成普通人的样子从北京到江南考察，留下了许多传说故事，现在被编成了很多电视剧和电影。

练习

阅读理解 Reading Comprehension

练习 1: 判断正误 True(✓) or false(×)

例 中华民族一直以注重“礼仪”而著称。(✓)

1. 中国人只是在社交场合讲究礼仪。()
2. 中国人见面问“您去哪儿了”，是想知道对方去哪儿了。()
3. 在餐厅的包间，面对门的位置是最尊贵的。()
4. 比较重要的宴会，一般都要事先安排好桌次和座次，以体现出对客人的尊重。()
5. 在正式场合，主人和客人都可以先动筷。()
6. 中国的宴请也有很多讲究，送客的宴席称为“洗尘”。()
7. 有朋友从远方来，中国人会为他“接风”。()
8. 在中国，无论“接风”“洗尘”还是“钱行”，都离不开酒，“无酒不成席”。()

9.“凤凰三点头”是中国传统的一种送礼技巧。()

10. 中国人在接受礼物时，一般不会当着送礼人的面把礼物打开。()

练习 2: 选择正确答案 Choose the right answer

例 中华民族一直以注重“礼仪”而 B。

- A. 赞美 B. 著称 C. 推崇 D. 谦虚

1. 因为中华民族非常重视礼仪，所以被称为“_____”。

- A. 无酒不成席 B. 席间礼仪 C. 民以食为天 D. 礼仪之邦

2. 中国人不仅在社交场合需要讲究礼仪，生活中的_____都要讲礼仪。

- A. 到处 B. 方方面面 C. 习惯 D. 处处

3. 直接式问候适用于_____。

- A. 一对一的问候 B. 一对多的场合
C. 正式的交往或社交场合 D. 熟人之间的交往

4. 问候一定要讲究次序，通常是_____先问候。

- A. 身份地位较低的或年纪小的 B. 身份地位较高的
C. 面对门坐的 D. 坐在右侧的

5. 在餐厅的包间，_____的位置是最尊贵的，一般是长辈或最重要的客人坐。

- A. 面对门 B. 最右边 C. 最左边 D. 背对门

6. 通常，桌次地位的高低以_____而定。

- A. 距离主位位置的远近 B. 是否便于交谈交流
C. 顺时针方向 D. 一对多的场合



7. 中国的宴请也是有讲究的，迎接客人的宴席称为“_____”。

- A. 凤凰三点头 B. 劝食 C. 接风 D. 钱行

8. 在中国，送客的宴席称为“_____”。

- A. 接风 B. 洗尘 C. 钱行 D. 欢送

9. “叩手礼”的动作表示_____。

- A. 赞美 B. 非正式的问候
C. 自惭 D. 对别人敬茶的谢意

10. 中国人的礼仪原则是_____。

- A. 姿态 B. 虚套 C. 谦虚 D. 感谢

二 语句练习 Sentence-Matching Exercises

连线 Match the left side with the information on the right

- | | |
|------------------|-----------------------|
| 1. 中华民族一直以 | A. 通常是身份地位较低的或年纪小的先问候 |
| 2. 礼仪在中国人的日常生活中 | B. 有“民以食为天”的说法 |
| 3. “您好”“大家好”等问候 | C. “接风”“洗尘” |
| 4. 间接式问候主要适用于 | D. 注重“礼仪”而著称 |
| 5. 一对一的问候 | E. 先等主人举杯劝饮之后，才可以开始饮用 |
| 6. 在中国 | F. 无处不在 |
| 7. 迎接客人的宴席称为 | G. 表示对别人敬茶的谢意 |
| 8. 宴席上饮酒时，客人要 | H. 适用于正式的交往或社交场合 |
| 9. 客人如果要表达对主人的谢意 | I. 非正式场合及熟人之间的交往 |
| 10. “叩手礼”一直流传至今 | J. 也可以在餐饮过程中举杯向主人敬酒 |

三 词汇练习 Vocabulary Exercises

用课文中学过的词语填空 Fill in the blanks with words/expressions in this lesson

情谊	远近	尊贵	礼仪	熟人
谦虚	依次	次序	无处不在	讲究

中华民族一直以注重“礼仪”而著称，被称为“礼仪之邦”。礼仪在中国人的日常生活中 。在中国，打招呼分为直接式和间接式。直接式问候适用于正式的交往或社交场合，而间接式问候主要适用于非正式场合及 之间的交往。在正式场合，问候一定要讲究 。如果是一对一的问候，通常是身份地位较低的或年纪小的先问候。在餐桌上，中国人讲究“坐”的礼仪。如果在餐厅的包间，面对门的位置是最 的，一般是长辈或最重要的客人坐；背对门的位置是最次要的。比较重要的宴会，一般都要事先安排好桌次和座次。通常，桌次地位的高低以距离主位位置的 而定，一般是右高、左低，近高、远低， 排列。中国的宴请也有很多 ，迎接客人的宴席称为“接风”“洗尘”，送客的宴席称为“饯行”。在中国，送礼物和接受礼物也讲究一定的礼仪。跟西方人不同的是，中国人在接受礼物时，一般不会当着送礼人的面把礼物打开，这是为了表示他重视的是和朋友的 ，而不是礼物。中国人的礼仪原则是 、尊重他人。尊重他人不只是礼貌的姿态或礼仪性的表示，而是要有发自内心的敬意。

四 语法练习 Grammar Exercises

用所给的词语组句 Make sentences with the words and phrases given

- 例 一直以 中华民族 被称为 注重“礼仪”“礼仪之邦” 而著称
- 中华民族一直以注重“礼仪”而著称，被称为“礼仪之邦”。



1. 日常生活 在……中 无处不在 中国人的 礼仪

2. 适用于 社交场合 正式的 交往 或 直接式问候

3. 一对一的问候 身份地位 或 年纪小的 问候 较低的 先 通常是

4. “叩手礼” 流传至今 对别人敬茶 一直 表示 谢意 的

5. 在……时 一般 送礼人 不会 当着……的面 打开 把礼物 中国人
接受礼物

五 写作练习 Writing Practice

用下列词语造句 Make sentences using the following words/phrases/structures

1. 以……而著称: _____
2. 无处不在: _____
3. 既可以……也可以……: _____
4. 以……而定: _____
5. 急中生智: _____
6. 以 A 代替 B: _____
7. 跟……不同的是: _____
8. 在……时: _____
9. 如果……就……: _____
10. 不只是……而是……: _____