The Chinese Culture, a culture that has evolved for thousands of years, contains rare beauty and enchantment with history. It has drawn so much interest that it is integrating with other cultures. Have you ever eaten fried noodles at a local Chinese restaurant? Or have you ever seen the traditional style of the Qi-Pao used for blouses and dresses? You might have even watched Mulan, Disney's new animated film based on a Chinese folk tale...

It is impossible to explore every little aspect of its culture. However, this PowerBook contains and explains general areas of the Chinese Culture for you to explore, the areas that best define China.

Welcome! Take off your shoes at the door - you have arrived to the Culture of China!
The Culture of China

Traditional Arts  Chinese Kung Fu

Chinese Tea Culture  Festivals & Activities

Food Culture  Housing and Architecture
Beijing Opera of China is a national treasure with a history of 200 years. It is a synthesis of stylized action, singing, dialogue and mime, acrobatic fighting and dancing to represent a story or depict different characters and their feelings of gladness, anger, sorrow, happiness, surprise, fear and sadness. In Beijing Opera there are four main types of roles: Sheng (the positive male role), Dan (the positive female role), Jing (a supporting male Role), and Chou (clown, male or female). The characters may be loyal or treacherous, beautiful or ugly, good or bad, their images being vividly manifested.
Kung fu, is one of the earliest and longest lasting sports in China, which utilizes both brawn and brain. The theory of Kung Fu is based upon classical Chinese philosophy. Over its long history it has developed as a unique combination of exercise, practical self-defense, self-discipline and art.

In sports like track and field, ball sports, weightlifting, and boxing, an athlete typically has to retire from full participation in his 30s. Injuries sustained during years of active sport participation at a young age can affect our health in later life. In Chinese Kung fu however, a distinction is made between "external" and "internal" kung fu. It is said that "In external kung fu, you exercise your tendons, bones, and skin; in internal kung fu, you train your spirit and your mind."
Tea culture is an important part of Chinese traditional culture. With the social development and progress, tea not only has played a good role in driving the development in economy, but also has become a necessity in people's lives. Moreover, it has gradually developed into resplendent tea culture and become a bright pearl of the spiritual civilization of the society.

The emergence of tea culture brings the spirit and wisdom of human beings to a higher ambit. Tea has an extremely close relationship with culture, covers a wide field and has very rich content. It not only has the embodiment of spiritual civilization, but also the extension of ideological form. No doubt it is beneficial in enhancing the cultural accomplishment and art appreciation level of people.
Spring Festival
Time: January, 1st (Chinese lunar calendar). This is the most important festival in China. No matter how far people stay away, they are eager to go home and stay together with their families on this special festival. The warm atmosphere is not only in the houses, but also in the streets. In many places, lion dances and dragon lantern show performs.

Mid-autumn Festival
Time: August the 15th (Chinese lunar calendar). Mid Autumn Festival has a history of 2000 years. In Chinese culture, the full moon is a symbol of peace and prosperity of the whole family. On that day the moon looks full round so people think this day is very propitious. The main celebrations are appreciating the moon, eating moon cakes together.

Lantern Festival
Time: The 15th of January (Chinese lunar calendar). This is the first full-moon night in the New Year. People appreciate the bright moon and the beautiful lanterns, burn fireworks, guess lantern riddles and eat yuanxiao (stuffed dumplings made of glutinous rice flour served in soup) together.

Dragon Boat Festival
Time: May the 5th (Chinese Lunar calendar). This festival has lasting for more than 2,000 years. Because the area is wide and there are many nationalities in China, the tradition on Dragon boat Festival are different from place to place. The main activities held on Dragon boat Festival are, dragon boat racing, competition in martial skills, swinging, drinking wine, and eating Zongzi (pyramid-shaped mass of glutinous rice wrapped in leaves).
Food has a special meaning to the Chinese people. The "waste not, want not" ethos means that a surprising range and variety of plants and animals, and every part of a plant or animal is used. This has given rise to a remarkable diversity in the regional cuisine, but to Westerners it can be overwhelming surprising, fantastic, delicious, or horrifying - and above all, different.
Ancient Chinese architecture is a miniature of the long-standing history and culture of China. The basic feature of Chinese architecture is rectangular units of space joined together into a whole. It combines rectangular shapes varying in size and position according to importance into an organic whole with each level and component clearly distinguished. As a result, traditional Chinese style buildings have an imposing yet dynamic exterior. Ancient Chinese architecture, which has distinctive features in single building, building complex and architectural art, is an outstanding example of the ancient oriental architectures.
Reference:

