循化藏族民俗文化纪实

Xunhua Tibetan Folk Culture
过节
Tibetan New Year Festival

拉莎仪式
Lab Rate Ritual

民间歌舞
Folk Songs

儿童游戏
Children Games
西藏文化

西藏文化不仅源自自然风光秀丽、人文景观神秘，而且人杰地灵，名人辈出。藏区境内有灵气天成的大昭寺神湖、银装素裹的布达拉宫、一望无际的藏北草原，终年积雪的唐古拉山、金碧辉煌的布达拉宫、是藏传佛教领袖十世班禅、一代高僧格鲁嘉措、佩钦·贡巴饶杰等大师的诞生地。

千百年来，藏民族不断发展，文化发展丰富，语言文字、音乐舞蹈、绘画雕刻等艺术形式丰富多彩。藏族人民的生产生活方式和宗教习俗传承至今，丰富多彩的节日庆典、歌舞表演等特色活动，以独特的文化魅力吸引着四面八方的游客前来观赏。

在当今社会，全球经济一体化的潮流下，藏族文化也面临机遇和挑战。我们应以开放包容的心态，积极促进藏族文化与其他文化交流合作，推动藏族文化的传承与发展。

This project was implemented in order to preserve Tibetan folk culture activities which are disappearing in modern society with various effects. Here we would like to appreciate those individuals and organizations who have provided support to us during the project's implementation. We also must extend our warmest appreciation to the U.S Embassy in Beijing for sponsoring the project under the Ambassador's Fund for Culture Preservation Program. Finally, we sincerely hope more people will join in this great work of preserving traditional culture. Thanks.
Religious Rituals

Fifth Lunar Month Picnic
Work Songs

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