

## 【ChinaBlick 播客】第 7 期：Cheers 汉语怎么说？



### 学习指南与核心词汇解析



### 1. 本期简介 (Episode Overview)

在中国的社交场合中，“干杯”远远不只是一个简单的祝酒动作，它背后隐藏着一整套复杂而微妙的“酒桌社交逻辑”。在本期节目中，阿松和阿竹将带你深入了解中国的酒文化。从“感情深，一口闷”的劝酒习惯，到“以茶代酒”的社交策略；从“敬酒”的礼仪层级，到“酒满敬人，茶满欺人”的文化讲究，我们将一起拆解这些表达背后的情感逻辑与面子文化。

In Chinese social settings, saying "gānbēi" is far more than simply raising a glass. Behind it lies a complex and nuanced system of drinking etiquette and social logic. In this episode, Asong and Azhu explore the cultural meaning behind common expressions heard at the dinner table. From the pressure implied in "Deep feelings, finish it in one gulp," to the strategy of substituting tea for alcohol, and from the hierarchy embedded in toasting rituals to the saying "Full wine shows respect; full tea drives guests away," this episode unpacks the emotional and relational codes embedded in Chinese drinking culture.

### 2. 核心词汇与文化概念 (Core Vocabulary & Concepts)

#### 1) 感情深，一口闷 (gǎnqíng shēn, yì kǒu mèn)

下一句是“感情浅，舔一舔 (gǎnqíng qiǎn, tiǎn yì tiǎn)”这是酒桌上非常典型的一组对仗式劝酒顺口溜。意思是：如果感情深厚，就应该把这杯酒一口气喝完。如果感情不够深，那就只“舔一口”意思一下。它通过将“感情深浅”与“喝酒多少”绑定，制造了一种道德和社交压力。

**If our bond is deep, drink it in one gulp; if it's shallow, just take a token sip.** This is a very typical rhyming chant used at the dinner table to urge people to drink. It implies that if your affection is profound, you should finish the glass in one breath. If the bond isn't strong, a mere "token sip" will do. By linking the "depth of affection" with the "amount of alcohol consumed," it creates a subtle moral and social pressure.

#### 2) 以茶代酒 (yǐ chá dài jiǔ)

这是一种典型的“社交缓冲表达”。当一个人不能或不愿饮酒时，可以用茶代替酒来参与祝酒仪式。它既保留了参与感，又避免了直接拒绝所可能带来的尴尬。

**To substitute tea for wine.** This is a socially intelligent strategy used when someone cannot or does not wish to drink alcohol. By raising a cup of tea instead, one remains part of the ritual without openly refusing.

### 3) 敬酒 (jìng jiǔ)

“敬”在这里不仅仅是“尊敬”，而是一种等级关系的体现。在酒桌文化中，谁主动敬酒、谁的杯口低于谁，都隐含着身份与态度。

**To propose a toast with respect.** The character jìng conveys respect, hierarchy, and acknowledgment. In drinking etiquette, the act of initiating a toast and even the height of one's glass relative to another person signals social positioning and humility.

### 4) 酒逢知己千杯少 (jiǔ féng zhījǐ qiān bēi shǎo)

意思是遇到真正懂你的人，一起喝酒，再多也觉得不够；下一句是“话不投机半句多”，意思是如果彼此谈不来、观点不合，那么连半句话都嫌多。两句形成鲜明对比，强调人与人之间“投缘”与否所带来的情感差异。

**When wine meets a true friend, a thousand cups are too few.** It means that when you are drinking with someone who truly understands you, no amount of alcohol ever feels like enough. The complementary line is “When conversation does not click, even half a sentence is too much” (huà bù tóu jī bàn jù duō), suggesting that if two people don't get along or share the same views, even a few words feel excessive. The two lines create a sharp contrast, highlighting the emotional difference between genuine rapport and fundamental incompatibility.

### 5) 酒满敬人，茶满欺人 (jiǔ mǎn jìng rén, chá mǎn qī rén)

这是一条高度文化化的社交规则。在正式场合中，酒杯应倒满，象征热情与尊重；而茶则只倒七八分满。如果茶倒得太满，则被解读为催促客人离开。

**Full wine shows respect; full tea drives guests away.** In formal dining etiquette, a full wine glass symbolizes warmth and honor. Tea, however, should only be filled about seventy to eighty percent. Filling tea to the brim can imply dismissal.

## 3. 思考与讨论 (Discussion Questions)

你如何理解“面子”在酒桌文化中的作用？它是压力来源，还是拉近关系的方式？

(How do you understand the role of “face” in drinking culture? Is it a source of pressure, or a way to build and smooth relationships?)

