

摘 要

茶文化最早起源于中国，它是中国传统文化中的瑰宝，不仅承载着许多灿烂的中国文化，还拥有着几千年悠久的历史。随着当代世界的不断发展以及各国之间的密切交往，都在促进着中国茶文化面向世界。中国茶文化的形成和不断的发展，不仅是对于中华文明有着积极的影响，同时也对世界文化的发展也有着促进作用。英国茶文化的起源主要来自于英国上层社会的礼仪活动，也是一种身份的象征。而中国茶文化则与之不同。中英茶文化包含的内容与精神等方面都各有特色。

本论文研究的内容是中英两国茶文化，分为四个部分。第一部分为引言，这部分介绍中英两国茶文化的起源。第二部分是根据查找的资料从中英两国茶的种类及冲泡方式、饮茶时使用的茶具以及茶道精神这三方面对两国茶文化进行对比分析。第三部分则是根据收集到的文献内容，从中英两国文化背景和价值观取向这两方面进行分析。第四部分是启示。现如今我们正处于多元文化共同发展阶段中，本文又从三方面对两国的茶文化进行对比研究，理解彼此的文化差异性可以更好地发展本国的文化。这不仅能够避免在未来文化交际中产生冲突，又能够更好的促进两国的文化交流。

关键词：中国茶文化；英国茶文化；对比研究；

ABSTRACT

Tea culture first originated in China. It is the treasure of Chinese traditional culture. It not only carries many splendid Chinese culture, but also has a long history of thousands of years. With the continuous development of the contemporary world and the close exchanges between countries, it is promoting Chinese tea culture to the world. The formation and continuous development of Chinese tea culture not only has a positive impact on the Chinese civilization, but also plays a promoting role in the development of world culture. The origin of British tea culture mainly comes from the etiquette activities of the upper class of the British society, which is also a symbol of identity. The Chinese tea culture is different from that. Both Chinese and English tea cultures have their own characteristics in terms of content and spirit.

This paper studies the tea culture of China and Britain, which is divided into four parts. The first part is the introduction, which mainly introduces the origin of Chinese and British tea culture. The second part is a comparative analysis of the tea culture between China and Britain from the types of tea and brewing methods, tea sets used in tea drinking and the spirit of tea ceremony. The third part analyzes the cultural background and value orientation of China and Britain according to the collected literature. The fourth part is implications. Now we are in the stage of multi-culture common development. This paper makes a comparative study on the tea culture of the two countries from three aspects. Understanding each other's cultural differences can help us develop our own culture better. This can not only avoid conflicts in future cultural communication, but also better promote cultural exchanges between the two countries.

Key Words: Chinese tea culture; British tea culture; Comparative study;

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Chapter One Introduction

With the development of tea culture, tea is respected as a national drink. Firewood, rice, oil, salt, sauce, vinegar and tea -- tea is the necessity of our people's material life. Chess, calligraphy, calligraphy, poetry, wine and tea -- tea is the carrier of our traditional culture. Tea culture in a broad sense takes tea as the carrier of culture and reflects clear spiritual content. It is a highly unified product of material civilization and spiritual civilization, and is a kind of human phenomenon of the cognitive collection form of tea. Tea culture in the narrow sense refers to spiritual wealth. In the process of industrial application and development, it takes tea as the carrier and reflects the spiritual wealth such as behavior mode, thinking mode, aesthetic emotion and value concept that can reflect the culture of different times. It is also the core content of tea culture connotation.

1.1 Origin of Chinese Tea Culture

Chinese tea culture was formally formed in the Tang Dynasty, and the function of tea was not only in drinking, but also in other irreplaceable cultural functions.

“When we mention China, we can first think of four great inventions, including ceramics, tea, silk and so on. The earliest record of tea emergence is that ShenNong tasted hundreds of herbs in the YanHuang period. It represents a spirit of Chinese people daring to break through the limitations and try. Chinese tea culture is rich and colorful. It has been improved by dynasties, Dynasties and nationalities, but it is weak and tough.”^{Error! Reference source not found.601}

Ancient Chinese culture records that the relationship between ShenNong and the discovery of tea and drinking tea is the most close. Legend, in 2700 years ago, Yan Emperor Shen Nong to treat people, often go to the mountains, and personally try the efficacy of herbs. Once again, he conveniently picked up the fallen leaves from the tree and chewed them in his mouth chewing. After a while, not only the uncomfortable feeling is gone, people also changed very spirited. These refreshing leaves are tea. China is the hometown of tea and the birthplace of tea culture. The discovery and use of Chinese tea has a history of more than 47 hundred years. And it continues to thrive and spread throughout the world. “ *Embodying the long Chinese history, tea*

is a typical form and symbol of the Chinese culture, serving as an important means of intercultural communication. "Error! Reference source not found.5

When it comes to the formation of Chinese tea culture, the Book of *Tea* and its author Lu Yu are indispensable. The Classic of *Tea* is a masterpiece in the history of Chinese tea culture. The book discusses the characteristics, origin, production of tea. It is the first special work on tea in China, which has a milestone significance for Chinese tea culture. The Book of *Tea* makes “the world benefits knowledge about drinking tea” greatly promote the spread of tea culture. With thousands of years of rich experience in tea planting and production, Chinese tea culture is extensive and profound and has a long history. It integrates Confucianism, family and Taoist thoughts, forming a unique characteristics of Chinese tea culture spirit, which deeply permeates poetry, painting, calligraphy, religion, medicine and other aspects.

1.2 Origin of British Tea Culture

After Qin unified China, tea spread down half of China along the Yangtze River. According to ancient books, tea was given as gifts to Chinese monks, missionaries and ambassadors during the Tang Dynasty. At the same time, the opening of new shipping routes not only accelerated the pace of communication between Eastern and Western countries, but also promoted the development of the world tea trade. With the rise of international trade and the increase of direct trade between China and the West, Italy, the Netherlands, Portugal and other countries began to transport Chinese green and black tea to Europe on a large scale. After that, the British East India Company began to plant and process tea in South Asia. In the 16th century, a British East India Company shipped more than 100 pounds of black tea to England. It appeared on the table of the Queen of England and was called the queen's treasure to show off to the VIP. Since then, the custom of drinking tea has been popular among the upper classes of the British society. By the middle of the 18th century, all over Britain from the princes and nobles down to the fans and pawns, all like to drink tea; tea has become the most popular beverage. The traditional British breakfast used to be a cup of milk. After the introduction of Chinese tea and tea culture, it has been gradually replaced by a cup of black tea. The traditional British banquet drank more beer, which was gradually replaced by black tea.

After the health effect of tea was recognized by British medical friends, doctors almost added the word “drinking tea” on every prescription, in order to drink tea as an aid to cure diseases. Tea, from the earliest as an aristocratic drink to later flow into the British market, favored by the middle class. England is not the first country to drink tea, but it is the most rapidly

developing. With the continuous expansion of tea trade, the custom of drinking tea has been gradually integrated into the families of the British people, and it has become the real national drink of Britain.

Chapter Two Comparison of Chinese and British Tea Cultures

With the continuous development of society, tea has become one of the favorite drinks in the world. Especially as one of the European countries, the United Kingdom, also actively absorb the tea culture from China, and integrate with the local culture, forming a unique British tea culture. This article makes a comparative study from three aspects: the types of tea, the brewing methods, the tea sets used when drinking tea and the spirit of tea ceremony shown by tea.

2.1 Types of Tea and Brewing Methods

Chinese tea culture is extensive and profound. British tea culture is unique. There are similarities and differences between Chinese and British tea cultures. For example, in terms of the type of tea and the way of brewing, China and Britain have their own characteristics.

2.1.1 Drinking Green Tea without Ingredients in China

According to tea processing, Chinese tea can be divided into six categories: green tea, black tea, oolong tea, white tea, black tea, yellow tea. Different kinds of tea are also different in the tea set and brewing method. According to the characteristics of tea, different tea sets with corresponding brewing methods can stimulate the taste of tea itself. Green tea, black tea and oolong tea are the three most popular teas in China. Chinese people like to drink tea. Tea can be seen in many Chinese homes. When we taste tea, we mainly appreciate the natural taste of tea, so most Chinese prefer to drink it in a clear way. They only boil tea leaves with boiling water and do not add any other ingredients. Only a few ethnic minority people add other auxiliary ingredients to the tea drink in order to increase nutrition, such as milk tea of the Mongolian people.

Green tea is one of the most popular teas in China. The color of the brewed tea and the tea itself is green, which greatly preserves the feeling of the tea itself. When tea is brewed, glasses are often used because they are easy for the tea drinker to see. High-end green tea usually has very delicate buds and leaves, and only two or three leaves need to be taken out during brewing to brew a fragrant green tea. Brewing green tea is extremely strict about temperature. It is best to brew green tea in boiling water of about 80 degrees Celsius. Below 80 degrees, it will appear brewing not open. Higher than 80 degrees, it will cause the tea to turn yellow and the vitamins in the tea will disappear. In 80 degrees water is most suitable for brewing high-grade green tea

, which can not only protect the vitamins in green tea, but also make the tea color bright green, and more fragrant flavor.

Black tea is the most popular tea in the tea category. It is based on green tea and made through fermentation. The color of its tea leaves and the tea soup after brewing are more red. Black tea is brewed in white lidded porcelain cups, which can bring out the delicious color of black tea and make people happy. Black tea is fully fermented tea, so the water for brewing black tea can not be used as warm boiling water as for brewing green tea, but should be brewed with 100 degrees of boiling water, and then closed with the cup lid for three minutes, so as to stimulate the sweet aroma of black tea.

Oolong tea is a unique tea variety in China, and it belongs to the semi-fermented tea, which has a significant effect in weight loss. Because its color is heavy in green gray, so it is also called green tea. When brewing oolong tea, you have to boil it at 100 degrees Celsius to show off its aroma. Because drinking oolong tea not only requires the tea set, but also the brewing process is more complicated, and it need to drink carefully, so its name. The order of tea throwing of oolong tea is exquisite. First of all, the tea needle should divide the fine leaves, fine leaves and coarse leaves of the tea, and then put the broken leaves on the bottom of the pot, and then put the fine leaves and coarse leaves in turn, and finally the symmetrical leaves, so that the fine or thick branches of the tea will not block the spout. When pouring into the boiling water, it is required to rush into the pot, let the water flow along the edge of the pot, and can not rush into the center of the pot, in the water, the impulse can see the tea rolling up and down. The time to make tea can be varied from ten seconds to three minutes, fully stimulating the aroma of the tea.

2.1.2 Drinking Black Tea with Ingredients in Britain

“Chinese people like to drink green tea and most of the British people drink black tea , it is said that because green tea is not easy to preserve, after long-term trafficking, many mildew, and black tea is fully fermented tea, not easy to mildew.”

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There are black tea, green tea, flower tea and so on in Britain. In Britain, more people drink black tea, while green tea is relatively rare. British people also add milk, honey, sugar and other ingredients when drinking black tea. This led to the creation of a unique black tea drink, which became popular. It is said that they believe that this will reduce the original damage to the spleen and stomach of theophylline. And it more can play the role of tea health.

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