

# 從蘭州到敦煌 中國大西北 學術參訪團

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■ 在鳴沙山的沙丘上騎着駱駝俯瞰，看着無際的黃沙小丘與藍天白雲。十分快意。  
Endless dunes and blue sky with white clouds was the view when we were riding camel on the sand dunes on Mingsha Mountain.

2014年六月，我參加了由宗教及哲學系主辦的「從蘭州到敦煌——中國大西北學術參訪團」。一想到能親身拜訪蘭州、塔爾寺、鳴沙山和月牙泉等地，就已經叫我內心激動不已。

第一天我們乘了接近五個小時的飛機到蘭州。抵達蘭州大學後，蘭大師生們熱情地準備了猶如滿漢全席般豐盛的菜餚。經歷了長時間的旅程，我們都饑渴得如狼似虎，瞬間風捲殘雲地將桌上的菜餚吃個清光。

第二天午餐後，一行人乘車前往西寧，參觀藏傳佛教寺院中赫赫有名的塔爾寺，再前往中國最大的高原鹹水湖——青海湖。沿路入目的是青藏高原廣闊無邊的綠茵田地和草地，偶或看見遍野成群的綿羊，悅目得叫車上的女生紛紛發出驚嘆的叫聲。偶或看見青藏高原特有的藏牦牛，生活在繁華忙碌又滿是混凝土建築物香港的學子們，能看見如此遼闊綠茵的草原，也算難能可貴。

第三天一行人再度乘了幾個小時的車程，前往祁連山。車子駛了沒多久，開始進入山峰地帶，沿路路面及山壁、植物開始有斑駁零星的雪霜覆蓋，慢慢地，覆蓋範圍愈來愈廣，最後，入目的是鋪天蓋地白茫茫的一片雪景，我驚訝得只能目瞪口呆，錯以為自己彷彿到了日本或韓國。隨後，一行人到馬蹄寺參觀。只見寺廟的主要建築群都是建在山壁上，從下方仰望就如寺廟鑲嵌在山的牆壁上，讓我們一

In June 2014, I participated in “From Lanzhou to Dunhuang – A Study Tour to Northwest China”, organized by the Department of Religion and Philosophy. I felt totally excited at the thought of visiting Lanzhou, Kumbum Monastery, Mingsha Mountain and Crescent Spring for myself.

On the first day, we took a nearly five-hour flight to Lanzhou. After reaching Lanzhou University, we were warmly treated to a feast prepared by teachers and students from the university. We were all starving after this long trip and wolfed down the meal in no time.

The second day after lunch, we drove to Xining to visit the renowned Kumbum Monastery, which is among the most famous in Tibetan Buddhism. Then we went to Qinghai Lake, the largest high-altitude salt lake in China. On the way we could see the vast and boundless green fields and grassland. We could also see flocks of sheep and, now and then, the peculiar yaks of the Tibetan Plateau. Girls exclaimed with amazement, one after another, at the beautiful views. For students from the bustling concrete jungle of Hong Kong, it was a precious experience indeed to see a prairie so vast and green.

On the third day, to get to Qilian Mountain, we needed to drive several hours. Soon after we started, we began to enter the mountain peak area. At first, the plants along the road and the mountainside showed only a sporadic covering of snow and frost, but slowly this covering became ever greater, and finally, what we saw was a huge and endless snowscape that covered the land in a blanket of brilliant white. I gazed at this view with astonishment and thought I must be in Korea or Japan. Afterwards, we went to Mati Temple. The main buildings were built on the mountainside. Looking up, they seemed inlaid into the mountain, leaving us full of admiration for the ancients' amazing architectural intelligence. We then paid a visit to see people of the Yughur nationality, who have a long history and complex background. The Yughur people held a solemn welcoming ceremony for our arrival. Three women wearing local costume and singing came up to give “Hada” to us. They then gave us wine contained in a wine set made of silver. We then had a taste of the special Yughur food. During our

# From Lanzhou to Dunhuang A Study Tour to Northwest China

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行人驚嘆佩服起古人超群絕倫的建築智慧。隨後，一行人隨即拜訪歷史悠久、背景錯綜複雜的少數民族——裕固族。族民為我們舉行了隆重的歡迎儀式，三個身穿該族服飾的女子，唱着歌，為我們逐一獻上「哈達」，再用銀器酒具獻酒。隨後品嚐該族的特色食物。他們更在我們進餐期間為我們準備舞蹈表演，遺憾的是，為了把握時間騎馬，只好忍淚不顧剩下的半段表演！騎馬本來得花一百塊錢，可是在帶隊老師吳有能博士的砍價神功下，只用了十塊錢就能在馬背上搖搖晃晃地欣賞草原景色。然後一行人便啟程前往張掖，參觀革命烈士高金成的紀念館。

第四天我們參加由吳博士和蘭州大學的劉繼華博士對西北歷史、宗教、民族等方面進行的學術講座。之後參觀張掖的大佛寺。午餐後，一行人轉戰至嘉峪關市，參觀嘉峪關城樓、長城博物館。穿過光化門，從城門中看到遠方夕陽下被染紅的城樓，走過凹凸不平的長方形階磚，還真有回到古代刀光劍影、兵戎相見的錯覺。穿出嘉峪關，看着沙塵滾滾、一望無際的荒涼，回首，一座孤城孤高巍然地屹立在這片荒涼中，傾訴它六百多年來不曾動搖的決心。登上城樓，看着被夕陽染紅的城台，俯瞰地上渺小如螻蟻之人，孤寂感油然而生，「一片孤城萬仞山，羌笛何須怨楊柳」，「念天地之悠悠，獨愴然而涕下」，此刻方切身領悟這種感覺。

meal, they even laid on a dance performance for us – unfortunately, we had to leave halfway through to make sure we had time for a horse ride. Thanks to Dr. William Ng's bargaining skills, we could enjoy the view of the grassland on horseback for the staggeringly low cost of only 10 RMB, rather than the original 100 RMB. That was so much fun! Later we set off to Zhangye, a city in Gansu Province, and had a visit to the memorial hall of Gao Jincheng, a revolutionary martyr.

On the fourth day, we attended a lecture about the history, religions and nationalities of northwest China, given by Dr. Liu Jihua from Lanzhou University and Dr. Ng. Next we visited the Giant Buddha Temple in Zhangye. After lunch we left for Jiayuguan city and visited Jiayuguan Fortress and the Great Wall Museum. Through Guanghua Gate – the eastern gate of the fortress – I saw the faraway fortress red in the sunset. Walking on the uneven brick stairs, I felt myself transported back to the old times, to the flashing of swords and clanging of weapons locked in combat. Passing through Jiayuguan, we saw the endless desolation beyond, and the dust rolling in the wind. Turning back, you could see the fortress standing high, alone in this barren landscape, revealing its determination to stand firm for more than 600 years. I climbed on the top of the tower and watched as the fortress was dyed red by the sunset, the people on the ground below as small as ants. Somehow I had a feeling of loneliness and could finally personally experience the meaning of the words of ancient poems: “The lone fort sits amid numerous mountain tops. The Qiang flute need not envy the willow trees”; and “I think of heaven and earth, without limit, without end, and I am all alone and my tears fall down.”

On the fifth day we finally came to Mingsha Mountain and Crescent Spring, which I had long yearned to see. I was very excited because this was my first time to see a desert. Each of us first rented a pair of fluorescent orange shoe covers and bound them tightly to our feet and shins. People wearing shoe covers looked funny and they were very awkward while walking. Camel riding was the first activity. It was wonderful to look down when riding the camel on the sand dunes since you could have a view of the endless dunes and the blue sky



■ 帶隊老師吳有能博士於歡迎儀式上向蘭州大學代表張克非教授致送感謝狀。  
Our leading teacher, Dr. William Ng was sending a letter of appreciation to Prof. Cheung, the representative of Lanzhou University, in the welcome ceremony.



第五天，終於要來到嚮往已久的地方——鳴沙山與月牙泉。這是我第一次看見沙漠，所以心情也很興奮。大家先租了一個螢光橙色的鞋套，將之綁在腳與小腿的位置上，穿了鞋套的眾人看上去很怪異有趣，走起路來都很笨重的樣子。第一個活動是騎駱駝。在沙丘上騎着駱駝俯瞰，看着無際的黃沙小丘與藍天白雲，十分快意。到達鳴沙山主峰，第二個活動是滑沙，在滑沙前得走好一段斜路的距離抵達峰頂。工作人員交給我一個小竹筏，坐在小竹筏上，兩手輕放在身後的沙地控制速度和方向，「喇」一聲已經下去了，最後是以弄得混身是沙、狼狽不堪收場。到達月牙泉，水清可見底……可惜現在是人工泉。

第六天大清早，一行人到敦煌研究院參加由國家級研究員彭金章先生對敦煌莫高窟及佛教石窟藝術舉辦的專題講座，隨後到莫高窟參觀。莫高窟亦稱「千佛洞」，嚴禁拍攝之餘，在一個窟逗留的時間



■ 馬蹄寺的主要建築群都是建在山壁上，從下方仰望就如寺廟鑲嵌在山的牆壁上，讓我們一行人驚嘆佩服起古人超群絕倫的建築智慧。  
The main buildings of Mati Temple were built on the mountainside as if inlaid. The ancient's architectural intelligence won our great admiration.

and white clouds above. Then we had a long walk up a slope to the top of Mingsha Mountain, where we had our second activity – sandboarding. I was handed a bamboo raft by the staff, then “swish!” – I slid down sitting on the raft, putting my hands out back on the sand to control speed and direction. I finally ended up covered in sand and in a terrible state! The water in Crescent Spring was so clear that the bottom was even visible. Unfortunately the spring was now an artificial one.

In the early morning of the sixth day, we went to the Dunhuang Academy to attend a lecture about the Dunhuang Mogao Grottoes and the grotto art of Buddhism, given by Prof. Peng Jinzhang, a senior scholar in the field. After this we visited Mogao Grottoes, which are also called the Thousand-Buddha Caves. Not only was it strictly forbidden to take photos or shoot videos, but there was also a limitation on the time visitors could stay in the caves, in order to protect the frescoes from being oxidized by the carbon dioxide exhaled in people's breath. After the tour of the Mogao Grottoes, we travelled and slept on hard beds on the train back to Lanzhou. We didn't have much time to rest because Dr. Ng had asked us to prepare a performance for the following day's farewell party. People in the Department of Music had been discussing seriously about the music they were going to perform. In comparison, we had nothing planned. After discussion, we decided on a drama, which had a big cast, with people in the Department of Chinese Language and Literature, Department of Religion and Philosophy and first-year students from the Faculty of Arts. All of us chatted with each other about all kinds of stories, letting our imaginations roam free. Finally we decided to use the two stories – *Nine-Color Deer* and *Third Prince Sacrifices to Feed a Tiger* – that we had just learned about in the Mogao Grottoes. The two stories were combined and adapted into a comedy with many jokes.

When we arrived in Lanzhou on the seventh day, we came to visit the Ling Ming Tang Mosque, which was opened for us especially. Those of us who were going to perform the drama wanted to give the students from Lanzhou University a surprise. So we kept the drama secret, hid our props and practised secretly. After the opening address at the farewell party, the first act was a chorus named *Tomorrow Will Be Better* by students from HKBU. Then was the drama, which made all the audience burst into laughter. The next act was a chorus of boys and girls from the Department of Music. The last was a Tibetan folk song by a student from Lanzhou University, which was sung full of enthusiasm and pride. Finally, the party reached its finale with a chorus

也有限制，以免人呼出的二氧化碳使壁畫等氧化。結束莫高窟的參觀後，一行人乘火車硬臥返回蘭州。登上火車，我們並沒有多餘的休息時間，吳博士要我們準備明天惜別會的表演節目。音樂系認真地討論要表演的歌曲，相較之下，這邊廂毫無進展。討論後決定表演話劇，演員陣容竟強大到中文系、宗哲系、文學院一年級的新生均聚首一堂，大家七嘴八舌地拋出天馬行空、光怪陸離的故事橋段，最後決定用剛在莫高窟聽到的「九色鹿」和「三太子捨身餵虎」的兩個故事，將之結合加以改動，就成了一個笑點連連的喜劇故事。

第七天抵達蘭州後，我們參觀了特別開放給我們的伊斯蘭靈明堂拱北。之後話劇組同學利用在酒店休息的時間秘密排練，並對蘭大的同學守口如瓶，把道具藏好，務求令他們有一個驚喜。在惜別會上致辭後，首先是浸大的「明天會更好」合唱節目，緊接是話劇組的表演，成功笑倒台下的一千人等，繼續是音樂系的男女合唱，再來是蘭大同學獨唱青藏民歌，唱得豪情萬丈，最後以蘭大同學的合唱帶起整個惜別會的高潮與結束，大家都依依不捨地拍照留念。

最後一天，參觀過蘭州大學後便品嚐蘭州久仰大名的蘭州牛肉麵。最後一行人就乘飛機返港了，蘭大的同學貼心地將我們送到機場，說真的，還真有點兒不捨得。

這八天的時間說長不長，說短不短，緊湊的行程中縱有疲累，也是快樂較多，也認識了很多平常沒啥機會接觸的人。最後，感激諸位旅途上的照顧，也感激勞心勞力的吳有能博士和璩理博士。

led by students from Lanzhou University. At the end, everyone took photos as a memento of the visit. We really didn't want to say goodbye.

On the last day, after looking around Lanzhou University, we had a taste of the famous Lanzhou beef noodles that we had heard so much about. At the very last, we boarded our flight and returned to Hong Kong. At our departure, students from Lanzhou University accompanied us to the airport, which was very sweet and thoughtful. To tell the truth, I was really reluctant to depart.

Eight days was not a long time, nor was it too short. There was laughter and also exhaustion during the tight journey. In addition, there was a chance to meet many people you couldn't meet usually. Finally, thanks to everybody for their care during the trip and also many thanks to Dr. William Ng and Dr Qu Li, who both devoted so much to this trip.



■ 在嘉峪關「裝兇作勢」的同學們。  
Students with 'weapons' at Jiayuguan.



■ 裕固族為我們一行人的到來舉行了十分隆重的歡迎儀式。三個身穿該族服飾的女子，一邊唱着歌，為我們逐一獻上「哈達」，再用銀器酒具獻酒。  
A solemn welcome ceremony was held by Yughur people for us. Three women in local costume were singing, giving "Hada" and serving wine in silver containers to us.



■ 在惜別會上浸會大學同學高唱「明天會更好」。  
We were singing *Tomorrow Will Be Better* with spirit in the farewell party.