

英语第三册（第二版）教材参考答案及课文译文

Unit 1 Embrace the World with Virtue

Module I Warming Up

Task 1 Match the following sentences with the corresponding pictures, and then try to find the moral character in them.

Pictures	Sentences
(1)	C
(2)	B
(3)	D
(4)	A
(5)	F
(6)	E

Task 2 Work in pairs. Is being thrifty (节俭的) a virtue? Watch the video and discuss with your partners and give your reasons.

Open.

Module II Listening and Speaking

Dialogue One

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks with what you hear.

Answers:

(1) architecture (2) construction project (3) reliable (4) promising (5) encouragement

Tapescripts:

Sandy: Hi, Peter. Long time no see.

Peter: Hi, Sandy. Yes, we haven't seen for a long time.

Sandy: Have you made up your mind to pursue a career in architecture?

Peter: Yes. Actually, I've already started. I have been studying drawing and designing at the beginning of this semester.

Sandy: I'm very glad to hear it. Then what are you going to do after your graduation?

Peter: Oh. It's a dream to work mega construction project with Chinese people in Chinese company.

Sandy: That's a good idea. It must be easy to find a job in China.

Peter: I think so. China is the fastest economical growing country in the world.

Sandy: You know all the mega projects in Bangladesh are constructed by Chinese companies, such as Padma Bridge, airport, railing project and power plant. And Chinese companies are recognized locally.

Peter: Well, Chinese people are reliable and punctual. They focus on new technologies, equipment and design in their projects. So I think I have a lot of things to learn in China.

Sandy: Then you'll be a very promising young man there.

Peter: I expect so.

Sandy: You're hard-working and organized, and you work well with others.

Peter: Thank you for your encouragement.

Sandy: You can do it well, I'm sure.

Peter: I hope so.

Translation:

Sandy: 嗨，Peter。好久不见。

Peter: 嗨，Sandy。是的，我们很长时间没有见过了。

Sandy: 你决定要从事建筑这一行业了？

Peter: 是的，事实上我已经开始了。这个学期初我就学习了绘图、设计。

Sandy: 我很高兴听到你这么说。那么你完成学业后打算干什么？

Peter: 哦，我一直梦想着能在中国企业与中国同事共同参与大型建筑项目的工作。

Sandy: 这是个好主意。在中国找工作一定很容易。

Peter: 我想是这样的。中国是世界上发展最快的国家。

Sandy: 孟加拉国的所有大型项目都由中国公司承建，比如帕德玛大桥、机场、铁路项目和发电厂等。而且这些大型项目的建设让中国企业在当地得到了认可。

Peter: 中国人可靠守时，他们在项目中注重运用新技术、新设备和新设计。因此我认为在中国有很多东西值得我学习。

Sandy: 那么，你在那里将会是一个前途无量的年轻人。

Peter: 我希望如此。

Sandy: 你工作勤奋，组织能力强，而且与他人相处融洽。

Peter: 谢谢你的鼓励。

Sandy: 我相信你会做得很好。

Peter: 希望如此。

Task 3 Listen to the dialogue again and decide whether the following statements are

True (T) or False (F).

(1) F (2) F (3) T (4) T (5) F

Task 4 Work in pairs. Ask and answer the following questions.

Possible Answers:

(1) He majors in architecture.

(2) China is the fastest economical growing country in the world. And Chinese people are reliable and punctual. Besides, Chinese companies are recognized locally.

(3) Learn Chinese. Take a part-time job on a construction site.

Monologue Two

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the monologue and fill in the blanks with what you hear.

Answers:

(1) Classic (2) virtuous (3) nourishing (4) modesty (5) responsibility

Tapescripts:

Great Virtue is Like Water

This comes from *Dao De Jing* (**Classic** of the Way and Virtue), also known as Lao Zi (The Book of Lao Zi). It means that the greatest virtue is like water, nourishing all things without competing with them.

Lao Zi, or Li Er, a thinker of the Spring and Autumn Period (770-476 BC) and the founder of philosophical Daoism, used this simile to advocate that a **virtuous** ruler should govern with the gentle and accommodating qualities displayed by water. He should assist and provide for the people just as water does, rather than compete with them for resources. Later this term came to mean that one should act as water does in **nourishing** all things and do one's best to help others without seeking fame or profit. It also implies virtues such as endurance and **modesty**.

Addressing the welcome dinner of the 22nd APEC Economic Leaders' Meeting in Beijing in November 2014, Xi Jinping said: Over 2,000 years ago, Chinese philosopher Lao Zi noted that "the great virtue is like water, which benefits all of creation without trying to compete with them". True, water nourishes all things under heaven. We, APEC member economies, are brought together by the water of the Pacific Ocean. We have a shared **responsibility** to make the Pacific an ocean of peace, friendship and cooperation, an ocean that brings harmony, development, prosperity and progress to the Asia-Pacific region.

Translation:

上善若水

“上善若水”出自《道德经》，也被称为《老子》。意指至高的善德善举就如同水的品性，默默滋养世间万物而不争强斗胜。

老子，或称李耳，春秋时期（公元前 770-476 年）的思想家，道家哲学的创始人，他以水的柔弱之性比喻至善的执政者应有的品德。执政者面对百姓，应该像水之于万物，辅助、成就百姓而不与其相争，后多指为人处世时能像水一样滋润万物，尽己所能帮助他人却从不争名逐利，或者具有坚忍负重、谦卑居下的品格。

2014 年 11 月，习近平在亚太经合组织领导人非正式会议欢迎宴会上讲到，2000 多年前，老子说“上善若水，水利万物而不争”，意思就是说最高境界的善行就像水一样涓涓细流，泽被万物。亚太经合组织以太平洋之水结缘，我们有责任使太平洋成为太平之洋，友谊之洋，合作之洋，见证亚太地区和平、发展、繁荣、进步。

Task 3 Listen to the monologue again and decide whether the following statements are True (T) or False (F).

(1) T (2) T (3) F (4) T (5) T

Task 4 Work in pairs. Make up your own conversation with the given situation.

Open.

Task 5 Discuss in pairs. Make a speech about morality with the following useful expressions.

Possible Answers:

Dear Judges, Honorable Teachers, Good morning.

Today my topic is morality, I'd like to understand it as Roses Given, Fragrance in Hand.

As we all know, China is a country with a long history of civilization. Since ancient times, it has been using various beautiful words to advocate and respect noble morality. Even today, more and more people take delight in offering help to the need. Helping others in need is one of the traditional virtues of the Chinese nation. People even use the proverb "Roses Given, Fragrance in Hand" to describe their willingness to help the others.

Do not fail to do good even if it's small. A drop of water can reflect the brightness of the sun. A person's every move can create his quality and personality. In 2008, Wenchuan home was destroyed and tens of thousands of people lost their lives. However, many helping hands extended from all over the country—From prime minister Wen Jiabao lost no time and arrived at the scene to command the earthquake relief work, to the army rushed across mountains into Beichuan, to the air-force land from the air into the disaster area with a height of 5,000 meters.

We Chinese always believe that when a disaster strikes, help will come from all sides. The mud and muddy water of the past can be swept away, the disaster and hardship of yesterday can be pushed back. In face of the strong earthquakes and disasters, our nation's great kindness, great love, great wisdom and great courage were gathered in one minute.

Roses Given, Fragrance in Hand. A pair of hands may only be able to hold a baby. The temperature of a star may only be felt by oneself. But we can build the Great Wall of Love hand in

hand. Tens of thousands of sparks are hot enough to melt the frozen soil.

I firmly believe that a brighter future is awaiting us as long as everyone is ready to give a hand to others.

Thanks for your attention.

Module III Reading and Learning

Reading A Intensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about virtues.

美德清单

我们一旦过了 12 岁，就会希望自己变得越来越好。我们希望自己能在各个领域有所作为（主要在工作方面）。如何提升自己？我们制定了美德清单，我们认为它在现阶段比任何时候都更重要。

坚持。继续坚持下去，即使前途黯淡也总会有转机。不要用自己的恐惧吓唬别人，要知道人的本性是非常顽强的。

同理心。这是对别人的苦难和特殊经历感同身受的能力，敢于换位思考然后诚实的面对自己。

耐心。我们发脾气只因为我们相信事情应该是完美的。我们应该让自己学会平静，宽容，理智的分辨出事情的真实走向。

奉献。我们有一种神奇的能力，在偶然的情况下，为了某个人或某件事而放弃自己的需求。无论我们是组建家庭，爱上别人还是拯救地球都必须学会奉献。

礼貌。我们需要学习礼貌。它们是文明非常必要的法则之一。礼貌与宽容息息相关，让我们可以与意见不同的人生活在一起。

幽默。看到一些事情和自己有趣的一面听起来不是很严肃，但这是智慧不可或缺的一部分。它表示一个人能够善意地指出我们想要的事情面貌和生活实际之间的差距。

自我意识。认识自己，就别责怪别人的烦恼和情绪。了解自己的内心世界，以及社会中自我的表达。

宽恕。宽恕意味着长久地记住在生活中如果没有人对我们宽容，我们就无法渡过难关。要知道想与其他人生活在一起而又不原谅对方的错误是不可能的。

信心。自信不是傲慢，它是源于一种认知：生命如此短暂，胆小的我们终将会失去所有冒险的机会。

让我们把这几条牢记在心，每天进步一点点。

Task 3 Read again and decide whether the following statements are True (T) or False (F).

(1) F (2) F (3) T (4) T (5) F

Task 4 Complete the sentences with the words in the box. Make changes when necessary.

- (1) awareness (2) empathize (3) sacrifices (4) persistence (5) integral

Task 5 Translate the following sentences into English.

- (1) Confidence is not arrogance, and it stems from cognition.
(2) He tried to shift the blame for his mistakes onto his colleagues.
(3) But keep in mind that there are some differences between the two evaluations.
(4) It is hard to see how people will get through the winter.
(5) I'm quite pleased that we do have the capacity to produce that much food.

Reading B Extensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about heroes.

最美英雄

3月10日，消防员在内蒙古呼伦贝尔成功救出8名被困在暴风雪中的人员。被冻战士的照片在中国社交媒体上迅速走红，深深触动了许多人的心。

消防员齐月华说：“中午12点46分，我们接到了一个求助电话，说有司机被困在332号国道上。”当天天气很糟糕，路上白雪皑皑，开车很困难。通常只需十分钟路程，当天开车花了一个多小时。

当救援队于下午2点18分到达现场时，消防队员立即开始救援工作。他们首先在汽车周围的雪地里挖掘，然后用人力把车推开。一个多小时后，被困在三辆车里的八个人全部获救。齐说：“在这种危险的天气下，如果救援工作不及时进行，陷入困境的人很可能会有危险。”

网上“冻人”照片中的人是葛泽冰。他今年26岁，已经当了9年消防员。据他说，在救援过程中，他只想着尽快让陷入困境的人脱离危险。直到救援完成后，他才意识到自己是多么的寒冷和疲惫。他说：“我很高兴也很满意我完成了任务。”消防员被中国人民誉为“最美丽的英雄”。

Task 3 Read again and choose the right answer for the following questions.

- (1) D (2) D (3) A (4) C (5) C

Task 4 Complete the sentences with the words in the box. Make changes when necessary.

- (1) success (2) dangerous (3) satisfied (4) trapped (5) completion

Task 5 Work in pairs.

Open.

Module IV Reading and Writing

Task 1 Read and understand the following essay about *Socialist Core Values*, especially the requirements for individual citizens.

社会主义核心价值观

2012 年 11 月召开的中国共产党第十八次全国代表大会提出，要树立和践行富强、民主、文明、和谐、自由、平等、公正、法治、爱国、敬业、诚信、友善的社会主义核心价值观。这些定义了国家、社会和公民三个层面的目标、方向和规范。是社会主义核心价值体系和当代中国基本价值体系的高度概括。

富强、民主、文明、和谐是我们建设社会主义现代化国家的目标。富强的实现主要体现在以下方面：经济强盛，科技进步，政治清明，社会稳定——民族大团结，人民富足，老有所终，残有所依。民主的体现形式主要有：服务于民，问需于民，公民享有平等的政治权利，人民当家做主。文明主要体现在以下几个方面：精神文明，物质文明，生态文明。和谐主要体现在以下几方面：“人与人”和谐相处，“人与动物”和谐相处，“人与自然”和谐相处。住有所居，学有所教，劳有所得。病有所医。老有所养。

自由、平等、公正、法治是对美好社会的描述。自由主要体现在以下几方面：法律基础上的自由，秩序基础上的自由，社会公德基础上的自由，言论自由，自由发展。平等主要体现在以下方面：权利平等，人格平等，机会平等——城乡人民享有同等的机会，残疾人享有和正常人同等的权利和机会。公正的核心是分配公正，不偏不倚，公正司法，法制健全，法制宣传深入民众，人人知法、守法、用法。

爱国、敬业、诚信、友善是公民应具备的基本道德规范。爱国主要体现在以下方面：保卫自己的国家，为自己的国家做贡献。敬业主要体现在以下方面：全心全意为人民服务，忠于职守，工匠精神，克己奉公、先公后私，爱岗敬业，认真负责。诚信主要体现在以下方面：信守承诺——如商鞅立木为信，诚实无欺。友善主要体现在以下方面：尊老爱幼、互相帮助，和睦友好。

人无精神不立，国无精神不兴，社会主义核心价值观很好地回答了建设什么样的国家，建设什么样的社会，培养什么样的公民的重大问题，为人们在各方面确立了基本的价值标准。让我们一起践行社会主义核心价值观，将其真正内化于心外化于行。

Task 2 Write a short essay entitled *Embrace the World with Virtue* based on the the goals, orientations, and norms of individual citizens in the *Socialist Core Values*. You should write at least 120 words but no more than 180 words.

Omitted.

Task 3 Write a composition entitled *Building a Harmonious Family*, based on the material below. You'd better write at least 120 words but no more than 180 words.

Sample Essay

Building a Harmonious Family

A harmonious family is always full of warmth, love and laughter, where parents and children will show love, respect and concern to each other.

Actually, a harmonious family can benefit both parents and children. It is essential to children's personal development and their physical and mental health. And for all family members, they will live a healthier and happier life in such a family.

It is up to family members to build such a family. Parents should set a good example for their children in everyday life. Moreover, to build a good relationship with their children, parents are supposed to trust their children and often communicate with them. As for children, they should also often put themselves in their parents' position and understand their parents. At last, children should be considerate and try to share parents' burdens by doing something they can in their daily life.

Module VI More Exercises for Assessment

Listening Comprehension

Task 1 Listen to a short passage and fill in the blanks.

Answers:

(1) customers (2) receipts (3) questions (4) potential (5) costing (6) kindness (7) free (8) advantage (9) giving (10) receiving

Tapescripts:

No money, but still hungry? No problem.

Welcome to Frank's restaurant where customers are paying for meals and leaving receipts on a board. Anyone who is hungry and wants something to eat can take one. No questions asked, and hand it to staff for some food.

The Board of Free Meals inside the restaurant shows a host of potential meals already paid for by customers. Each costing about \$ 10. The board has messages of kindness, like, if you want more kindness in the world, put it here. The activity has been going on for two weeks and just under 50 customers have picked up a free meal. There have been no reports of anyone taking advantage of the situation. In fact, there are a lot more people giving tickets than receiving. It seems people want to help and are driven by helping others.

Translation:

没有钱，但还饿？没有问题。

欢迎来到弗兰克餐厅，这里的顾客正在付餐费，在告示牌上留下收据。任何饿了想吃东西的人都可以拿一张收据。无需问任何问题，把它递给工作人员可以换取食物。

餐厅内的免费餐食牌显示，许多顾客可能已经支付过了餐食。每顿饭大约 10 美元。告示牌上写着善意的信息，比如，如果你想让世界上有更多的善意，把它放在这里。这项活动已经进行了两周，只有不到 50 名顾客领取了一份免费餐点。目前还没有关于有人利用收据换取餐食的报道。事实上，出票的人比收票的人多得多。人们似乎想要帮助别人，通过帮助别人获得动力。

Task 2 Do you think you can get motivated by helping others? Share your stories with your classmates.

Open.

Vocabulary and Structure

Task 1 Complete the sentences with the proper form of the words given in the box.

Answers:

- (1) benevolent (2) sacrificed (3) reassures (4) internally (5) reversal

Translation:

- (1) 结果证明该公司是非常仁慈的雇主。
(2) 我们应该给予所有为和平而献出生命的英雄感恩和尊重。
(3) 我感激你，因为你做的每件事情都让我恢复了信心。
(4) 新职位仅限于内部招聘。
(5) 这一举动反映了之前美国政策的彻底逆转。

Task 2 Fill in the blanks with the proper expressions given in the box.

Answers:

- (1) was trapped in (2) push away (3) has a sense of (4) in the name of (5) is integral to

Translation:

- (1) 她陷入了个人不幸的漩涡难以自拔。
(2) 你必须摆脱许多诱惑，否则你的日程表会落空。
(3) 除非每个人都有保护环境意识，否则环境将会更糟糕。
(4) 我依法逮捕你。
(5) 坚持运动对于保持心脏、思维和骨骼的健康是不可或缺的。

Reading Comprehension

- (1) A (2) B (3) D (4) A (5) C

Translation

Task 1 Translate the sentences into English.

- (1) As long as he works hard, I don't mind when he finishes it.

- (2) Although the sun was shining, it wasn't very warm.
- (3) It's no doubt that we all have bad habits.
- (4) Mr. Wang is the kindest teacher that I have ever had.
- (5) So precious is time that we can't afford to waste it.

Task 2 Translate the passage into English.

The Double Ninth Festival in China has a long history. It is widely believed that the festival came from the activities of "warding off evil" on that day, including climbing hills, appreciating chrysanthemums and drinking chrysanthemum wine. Over time it became a day of celebration. On this day, people come together for family reunion and remember their ancestors. In 1989, the Chinese government made this day Seniors' Day to show our respect and love to the elder people. This festival, therefore, continues to play a role in carrying on culture in the new era.

难点解析:

- 第1句中的“由来已久”可用 has a long history 来表达。
- 第2句中的“人们普遍认为”可以直译为 people commonly believe that, 但英语更为地道的表达是 It is widely believed that..., 因为根据上下文来看, 施动者不言自明, 故没必要译出。
- 第5句“这天, 家人团聚在一起, 也会纪念家族的祖先。” , 可译成用 and 引导的并列结构 On this day, people come together for family reunion and remember their ancestors.
- 第6句中的“我国”可直译为 our country, 但因为此动作属于政府行为, 故译成 the Chinese government 更准确。“把这一天定为老人节”可套用结构 make sth. sth. (使……成为), 故表达为 made this day Seniors' Day. 因本句较长, 结构复杂, 宜采取“分译”法, 故“使这个节日”另起一句。

Unit 2 Old Wisdom, New Insights

Module I Warming Up

Task 1 Discuss in pairs. Do you know the significant figures in the following pictures? Match the famous sayings that are often cited and the Chinese versions of these sayings with the significant figures in Chinese history.

Pictures	Phrases	Sentences
(1)	C	③
(2)	D	①
(3)	B	④
(4)	A	②

Task 2 Do you know some life stories about the above figures? Share the stories with your classmates. The following titles are for your reference.

Open.

Module II Listening and Speaking

Dialogue One

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks with what you hear.

Answers:

(1) differences (2) effect (3) individual (4) contribution (5) experienced

Tapescripts:

Zhou Tao: Jack, you don't look very good, what's the matter?

Jack: I don't know, I don't feel quite well.

Zhou Tao: Then did you see a doctor?

Jack: Yes, but the doctor just told me to have more rest.

Zhou Tao: You must have gone for the Western medicine? Maybe you should try traditional Chinese medicine (TCM).

Jack: Are there any differences?

Zhou Tao: Of course! If you're sick, it can treat. If you are not sick, it can also help take care of your body. And it will not have side effects, which is very different from Western medicine. More and more people have recognized its remarkable curative effect. My family members are willing to turn to TCM.

Jack: Really? I have heard of TCM, but had never tried. So I don't know whether it works well.

Zhou Tao: Do not worry. TCM came into being two thousand years ago. It focuses on fusion of Yin and Yang, mix of the five elements and offers the most effective treatment according to individual circumstances. The contribution of TCM to the world is not only an original medical system but also a part of Chinese culture.

Jack: Wow, that sounds unbelievable. Where can I find a doctor of TCM?

Zhou Tao: There is a TCM hospital in the city center. The doctors there are very experienced.

Jack: Good, are you free this afternoon? Will you go with me?

Zhou Tao: Of course.

Jack: Thank you very much, see you this afternoon.

Translation:

Zhou Tao: Jack, 你脸色不是很好啊, 怎么了?

Jack: 我也不知道啊, 就是感觉身体很难受。

Zhou Tao: 那你去看医生了吗?

Jack: 看了，但医生就让我多休息。

Zhou Tao: 你看的是西医吧？你可以试试中医啊。

Jack: 有什么区别吗？

Zhou Tao: 当然有区别啦！如果你生病了，它就能治病。如果你没病，它也能帮你调养护理，不会有副作用，这和西医有很大的区别。越来越多的人认识到了中医非凡的治疗效果，我们家的人都愿意去看中医。

Jack: 是吗？我听说过中医，但一直没看过中医，也不知道效果好不好。

Zhou Tao: 这你放心，中医在两千年前就出现了。中医讲究的是阴阳相合，五行合一，能根据个人的情况，给予最有效的医治。中医对世界的贡献不仅是一种独特的医疗体系，而且中医是中国传统文化的一部分。

Jack: 哇，这听起来好神奇啊。你知道这哪有中医吗？

Zhou Tao: 在市中心就有一所中医院，那里的医生都是很有经验的。

Jack: 好的，下午你有空吗？能陪我一起去吗？

Zhou Tao: 当然可以。

Jack: 非常感谢，下午见。

Task 3 Listen to the dialogue again and choose the information you hear.

☒ Zhou Tao suggests Jack to try traditional Chinese medicine.

☒ TCM is very different from Western medicine.

☒ TCM is not only an original medical system but also a part of Chinese culture.

Task 4 Work in pairs and answer the following questions.

Open.

Dialogue Two

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks.

Answers:

(1) paper cuttings (2) traditional (3) decoration (4) special meanings (5) symbol of

Tapescripts:

Wang Qi: Hello! What did you buy at the market?

Mike: I bought Chinese landscape paintings, clay figurines, seals and many paper cuttings!

Wang Qi: It seems that you've bought the whole market!

Mike: Yeah. I really wanted to. I love those handicrafts, especially the paper cuttings.

Wang Qi: Paper cutting is a traditional Chinese art with a long history. The paper-cutting works are all hand-made. Let me see the paper cuttings you bought—cat, dog, tiger, all animals?

Mike: I love animals! Besides, aren't animals the main content of Chinese paper cuttings?

Wang Qi: Yeah. Animals, especially the Chinese zodiac, are the most common themes of paper cuttings. But there are other themes, like plants, babies, legendary figures, etc.

Mike: Do you know what the paper cuttings are used for?

Wang Qi: I just know a little. Today, people often use them for decoration, such as ornamenting windows, doors, walls and so on. Some people also take them as gifts.

Mike: It sounds very interesting.

Wang Qi: What's more, those paper cuttings are not just some beautiful papers. They also have special meanings. They are put on windows, doors, and walls as the symbol of wishes for good luck and happiness.

Translation:

Wang Qi: 嗨，你从市场上都买了些什么呀？

Mike: 我买了中国山水画、泥人、印章和很多剪纸！

Wang Qi: 你好像把整个市场都买回来了。

Mike: 是呀。我的确想那么做，我喜欢那些手工艺品，尤其是剪纸。

Wang Qi: 剪纸是中国的传统艺术，有着悠久的历史。剪纸作品是全手工制作的。它是一种古老的民间艺术。让我看看你买的剪纸，鱼、狗、老虎——全是动物？

Mike: 我喜欢动物！再说，难道动物不是中国剪纸的主题吗？

Wang Qi: 是的。动物，尤其是十二生肖，是剪纸最常见的主题，但是也有其他主题，例如：植物、孩童、传说人物等。

Mike: 你知道这些剪纸都是用来干什么的吗？

Wang Qi: 只知道一点点啦。现在，剪纸大部分是用来装饰的，比如装饰窗户、门、墙等。也有人将它们当作礼物了。

Mike: 听起来很有意思。

Wang Qi: 而且，剪纸可不仅是漂亮的纸，它们还有特殊的象征意义。它们被贴在窗户、门和墙上，象征着对好运和幸福的期许。

Task 3 Listen to the dialogue again and decide whether the following statements are True (T) or False (F).

Answers: (1) F (2) F (3) T (4) T (5) F

Task 4 Work in pairs. Discuss and answer the following questions.

Open.

Task 5 Work in pairs. Make up your own conversation with the given situation and the following useful expressions.

Open.

Module III Reading and Learning

Reading A Intensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about Chinese porcelain.

中国瓷——中外文化交流的载体

瓷器是一种与生活相伴而生的艺术品。从“一带一路”峰会的国宴餐具到家家户户使用的茶具，它集实用与审美于一身。

中国是瓷器的故乡。瓷器的发明是中华民族对世界文明的伟大贡献。在英文中“瓷器(china)”与中国(China)同为一词，仅有大小写区分，这充分说明中国瓷器的精美绝伦完全可以作为中国的代表。

中国的瓷器是从陶瓷发展演变而成的。早在公元前 16 世纪的商代中期，中国就出现了早期的陶瓷。世界认识中国是从瓷器开始的。中国的瓷器通过古丝绸之路传入欧洲。价格比黄金还贵，被称为“白色的黄金”。明清时期，瓷器作为一种商品外销到了世界各地，成为第一种全球化的产品。

16 世纪开始，欧洲人开始了制造瓷器的尝试。与此同时，很多外国人来到中国景德镇，探寻制作瓷器的秘方。而在 18 世纪之前只有中国可以制造和生产出瓷器。经过多年的发展，如今每个国家在陶瓷上也都出现了自己的风格，越来越个性化。

四百多年前，通过丝绸之路，瓷器成为联系中国和世界的纽带。如今，“一带一路”全新起航。不断创新的中国瓷器，将继续把中华文明之美，也将作为中外文化交流的载体一代代传承下去。

Task 3 Fill in the blanks with no more than three words according to the passage.

(1) the origin of (2) exquisite Chinese porcelain (3) its way to (4) first “globalized product” (5) ancient Silk Road

Task 4 Read the passage again and decide whether the following statements are True (T) or False (F).

Answers: (1) T (2) T (3) F (4) F (5) T

Task 5 Complete the sentences with the words or expressions in the box. Make changes when necessary.

Answers:

(1) esthetic (2) primitive (3) necessities (4) ushered (5) relentlessly

Translation:

(1) 那把扶手椅坐起来舒服，但不太美观。

(2) 这些条件以任何标准衡量都是简陋的。

- (3) 许多人甚至买不起食物和衣服之类的基本必需品。
- (4) 秘书把我领进他的办公室。
- (5) 她总是无休止地问我。

Reading B Extensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about Hanfu.

汉服：衣冠里的华夏

汉服是汉民族的传统服饰。汉服的历史绵延数千年，汉服的风姿也随之兴盛了数千年，在历史长河中留下了浓墨重彩的印记。

服饰的发展是人类文明史发展的重要组成。而古代中国人更赋予衣冠独特的文化意味。汉服不仅体现了中国人的审美情趣，也将中国的礼仪、宗教和文化理念积淀于其中。汉服之风韵体现了古代中国人独特的精神气质。

汉服是由头饰、服装、发型、面饰、鞋、配饰等共同组成的。整体衣冠系统中“衣”和“冠”是其中的核心。汉服的纹章极其丰富，“以纹为贵”代表了汉文化的信仰和习俗。汉服的纹章描绘的阴阳八卦、日月星辰，深刻地反映了中国古人对宇宙、自然的理解。崇敬天地、道法自然的礼仪观念，构成了古代中国人内心世界的秩序感。

古代辉煌的中华文明辐射了整个东亚文化圈。今天东亚各国的传统服饰，如日本的和服、韩国的韩服等，都在一定程度上吸收和借鉴了中国汉服的特点。

近年来，随着人们物质生活的不断富足，对传统文化的热情逐渐高涨，传承汉服文化的热潮也随之兴起。穿着汉服出行或聚会已经成为年轻群体的新潮流。汉服的复兴是当代人对汉服之美的重新发掘，也代表年轻一代对传统文化的重新认知。

在漫长的历史长河中，许多辉煌的古文明走向衰亡。中华文明则因其旺盛的生命力传承至今。服装是文化传承的重要载体，汉服充分体现了汉民族柔静安逸、娴雅超脱、泰然自若的民族性格，以及淡然典雅清新的审美情趣。“千年汉家衣裳”是传承千年的绝代风华，更是传承千年的文化瑰宝。

Task 3 Match the English words or expressions on the left with their Chinese translation on the right.

- (1) -e (2) -d (3) -a (4) -b (5) -c

Task 4 Read again and choose the information mentioned in this passage.

- ☒ Hanfu reflects an accumulation of concepts in etiquette, religion and culture.
- ☒ The revival of Hanfu represents the new generation of the value of traditional culture by the younger generation.
- ☒ Chinese civilization has been inherited till now because of its vigor.

Task 5 Complete the sentences with the words or expressions in the box. Make changes when necessary.

Answers:

(1) upsurge (2) reinvested (3) flourishing (4) constitution (5) embodies

Translation:

- (1) 汉语学习的新高潮正在国外许多国家中兴起。
- (2) 这些节省下来的成本可以被重新投入到研发中。
- (3) 在目前的经济气候下，很少有企业兴旺发达。
- (4) 大会被授权起草一份章程。
- (5) 这是一支体现竞技精神和技术的国家队。

Task 6 Work in pairs. Discuss the following questions and share your opinions in the class.

Open.

Module IV Reading and Writing

Task 1 Read and understand the following passage about craftsmanship and innovation.

Omitted.

Task 2 Write a short essay entitled *The Importance of Innovation* by commenting on Rosabeth Moss Kanter's famous remark "Mindless habitual behavior is the enemy of innovation". You should write at least 120 words but no more than 180 words.

Omitted.

Module VI More Exercises for Assessment

Listening Comprehension

Task 1 Listen to a short passage and fill in the blanks.

Answers:

(1) unique (2) demand (3) available (4) craftsman (5) professional (6) ideas
(7) markets (8) design (9) choice (10) involve

Tapescripts:

Today's consumers want beautiful handcrafted objects to wear and to have for their home environment. They prefer something unique and they demand quality. Craftsmen today are meeting this demand. People and homes are showing great change as more and more unique handcrafted items become available. Handicrafts are big business. No longer does a good craftsman have to work in a job he dislikes all day, and then tries to create at night. He has earned his professional status. He is now a respected member of society. Part of the fun of being a craftsman is meeting other craftsmen. They love to share their ideas and materials and help others find markets for their work. Craftsmen have helped educate consumers to make wise

choices. They help them become aware of design and technique. They help them relate their choice to its intended use. They often involve consumers in trying the craft themselves.

Translation:

当今的消费者喜欢戴上好看的手工艺品或者把这种手工艺品摆在家里。他们更追求独一无二，也注重品质。而当今的工匠们也正迎合这种需求。随着越来越多独特的手工艺品出现，人们及他们的家也发生了巨大的变化。手工艺品是一项大的产业。好的工匠不用再在白天做自己喜欢的工作，留到晚上再进行创作。他们已经赢得了自己的职业地位。他们现在在社会中已经是受人尊重的一员。作为工匠的一个乐趣就是会见到其他的工匠。他们喜欢分享理念和材料，并且相互帮助开拓市场。工匠们会教给消费者如何做出明智的选择。他们帮助消费者了解设计和技术。他们帮助消费者根据使用意图做出选择。他们经常让消费者参与到制作过程之中。

Task 2 Listen to a short passage and decide whether the following statements are True (T) or False (F).

Answers: (1) T (2) F (3) F (4) T (5) T

Tapescripts:

In addition to its contribution toward physical well-being, tea is simply a way of life. It's an important part of shared cultures and individual lifestyles.

Many traditional Chinese families drink tea after dinner or when greeting visitors. This is not only a healthy habit, but also a good chance to chat with a friend. In southern China people often greet one another by saying "Oh yum cha", which means, "Let's go drink tea".

Tea culture also reflects elements of traditional Eastern culture, including philosophies (理念) of respect, harmony and tranquility (宁静). As a sign of respect, in Chinese society a host often offers a cup of tea to a guest. And people should keep inner peace to enjoy tea.

Vocabulary and Structure

Task 1 Complete the sentences with the proper form of the words given in the box.

Answers:

(1) decoration (2) remarkably (3) usher (4) revival (5) curative

Translation:

- (1) 她采了一大捧花来装饰桌子。
- (2) 草药疗法医治湿疹非常成功。
- (3) 他曾在一家剧院做兼职引座员。
- (4) 我乐意说风筝制作似乎开始复兴了，人们又对此感兴趣了。
- (5) 远古文明相信新鲜空气和阳光具有治病的功效。

Task 2 Fill in the blanks with the proper expressions given in the box.

Answers:

(1) a symbol for (2) trace back (3) is composed of (4) fade away (5) side effect

Translation:

- (1) 圆圆的月亮象征着圆满，象征着家庭团聚。
- (2) 通过读书，我可以追溯到古代埃及——这个人类文明的摇篮。
- (3) 我们的饮食中大约有 15% 的蛋白质。
- (4) 你对跑步的热情可能会逐渐消失。
- (5) 恐怕这是我给你开的药的副作用。

Reading Comprehension

(1) D (2) B (3) A (4) B (5) C

Translation

Task 1 Translate the sentences into English.

- (1) Don't forget the things your parents reminded you of before you left home.
- (2) The driver of the bus is responsible for the safety of the passengers.
- (3) Unless you eat a balanced diet, you will put on weight.
- (4) By the time he comes back next year, the project will have already been finished.
- (5) That young man grew up in a small village where the scenery was very beautiful.

Task 2 Translate the passage into English.

Start of Spring represents the beginning of spring in the Chinese lunar calendar. After Start of Spring, the days become longer, the weather gets warmer, everything begins to recover, and the earth is full of vitality. It is often said that "The whole year's work depends on a good start in spring" and farmers start planting seeds at this time to lay the foundation for a good harvest throughout the whole year. As early as 3,000 years ago, Chinese people have been holding celebrations on this day. Welcoming spring has been an important folk custom for hundreds of years. In the warm spring days with flowers blossoming, people often go for an outing and enjoy the beautiful scenery of spring.

难点解析:

- 1. 第一、二句介绍立春的意义以及立春后大自然的变化。第二句中，“立春之后”描述时间，可以用介词 **after** 来引导。“白天变得更长，天气也越发温暖，万物开始复苏，大地充满生机”中各句均含有主谓结构，可译为并列的多个小短句。
- 2. 第三句在翻译时，可结合被动语态，将“人们常说‘一年之计在于春’”译为形式主语结构，其中 **it** 为形式主语，**that** 引导主语从句；将“农民在这个时节开始播种”翻译为后半句的主句，“为全年的丰收打下基础”译作目的状语。

3. 第四句中，“早在三千年前”描述时间，可以用 *As early as 3,000 years ago* 来表示，也可译为 *Since 3,000 years ago*。根据本句的时态标志词“已”以及文段的现在时语境，可确定译文应使用现在完成进行时。
4. 第五句的时态标志词“数百年来”以及文段的现在时语境暗示译文应使用现在完成时。
5. 第六句句首的“在春暖花开的日子里”为时间状语，可译为 *In the warm spring days with flowers blossoming* 或 *In a bloomy spring days*。“人们常常外出游玩，欣赏春天的美景”可处理为以“人们”为主语的包含两个并列谓语动词的句子结构，用连词 *and* 连接。

Unit 3 Sharpening the Mind, Toughening the Body

Module I Warming Up

Task 1 Match the following pictures with the corresponding names, and then try to find the spirit of these characters.

Pictures	Sentences
(1)	D
(2)	C
(3)	B
(4)	F
(5)	A
(6)	E

Task 2 Discuss in pairs. Look at the following pictures, and talk about the deep meaning of “Sharpen the Mind, Toughen the Body”.

Open.

Module II Listening and Speaking

Dialogue One

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks with what you hear.

Answers:

(1) outdoor exercise (2) body capacity (3) brain function (4) fitness craze (5) fashionable

Tapescripts:

Zhao Lin: Ahh, what a nice day! What about an outdoor exercise?

Li Hua: OK. The air is so fresh.

Zhao Lin: Which exercise do you often like?

Li Hua: I am fond of running. How about you?

Zhao Lin: Me too, and I like swimming.

Li Hua: Which one do you like best?

Zhao Lin: I think there is nothing better than swimming.

Li Hua: Why?

Zhao Lin: Because it can boost our whole body capacity.

Li Hua: How many strokes are there usually?

Zhao Lin: There are freestyle, backstroke, butterfly, frog stroke, etc.

Li Hua: I heard exercise can also boost brain function.

Zhao Lin: Yes. Exercise can improve blood flow and spur cell growth, and exercise can lose weight.

Li Hua: A growing fitness craze is sweeping over China, isn't it?

Zhao Lin: In order to live a happy life, everyone wants to have a good health and a long life.

Li Hua: What do they usually play?

Zhao Lin: For people of the retirement age, they usually practice Tai Chi, Sword Dance and Chinese martial arts.

Li Hua: How about young people?

Zhao Lin: It is fashionable for many young people to go to gyms for exercise.

Li Hua: That sounds good.

Translation:

Zhao Lin: 啊，天气真好。到户外活动活动怎么样？

Li Hua: 好的，空气是真新鲜。

Zhao Lin: 平常你喜欢什么样的活动？

Li Hua: 我喜欢跑步。你呢？

Zhao Lin: 我也喜欢跑步，还有游泳。

Li Hua: 你最喜欢哪一项运动？

Zhao Lin: 我认为什么运动都不如游泳。

Li Hua: 为什么？

Zhao Lin: 因为它能增强我们全身的机能。

Li Hua: 通常有几种游泳姿势？

Zhao Lin: 有自由泳、仰泳、蝶泳、蛙泳等。

Li Hua: 我听说运动还能增强大脑功能。

Zhao Lin: 是的，运动能促进血液流动和细胞生成，而且运动还能减肥。

Li Hua: 中国人掀起了一股健身热，这是真的吗？

Zhao Lin: 为了过着幸福的生活，谁不想有个健康的身体，谁不想长寿啊。

Li Hua: 那他们通常都玩些什么?

Zhao Lin: 退休的人一般打打太极拳、舞舞剑、练练中国武术。

Li Hua: 年轻人呢?

Zhao Lin: 现在许多年轻人都时兴到健身房锻炼。

Li Hua: 听起来棒极了。

Task 3 Listen to the dialogue again and decide whether the following statements are True (T) or False (F).

(1) F (2) F (3) T (4) T (5) F

Task 4 Work in pairs. Discuss and list the Benefits of Exercise.

Possible Answers:

Build up physical strength/health/keep fit

Improve mental health

Reduce stress

Increase energy

Promote friendship

Help people live longer

Stay in shape/keep in good shape/keep a good figure

Develop skills in communication

Reduce the risk of many illnesses like heart disease

Improve leadership skills

Dialogue Two

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks with what you hear.

Answers:

(1) table tennis (2) national player (3) strong-minded (4) regardless of (5) Practice makes perfect

Tapescripts:

Quan Hongchan: My name is Quan Hongchan. You can call me Quan. I'm a diver.

Zaza: My name is Hend Zaza, call me Zaza. I'm a table tennis player. I began to learn table tennis when I was five years old.

Quan Hongchan: I started diving at the age of 7. The facilities in my first sports school were not very new, but I had a good coach. He helped me a lot.

Zaza: I didn't have a coach at first. My elder brother was a national player. I watched his video

and wanted to be a player like him. My country was poor because there is a long-time war. I don't have a good gym or a good table to practice. But I keep working hard.

Quan Hongchan: I'm sorry to hear that! I hope peace will be everywhere. You are so strong-minded. Why do you want to take part in sports and in the Olympic Games?

Zaza: In the past five years, I went through many difficulties: the war around me, the power-cuts, the postponement of the Olympics, and so on. But I want to show my message to people like me: Fight for your dream, regardless of the difficulties you are having, and you will reach your goal. What about you?

Quan Hongchan: I love diving. The water is cool and the sports are cool.

Zaza: You have to work hard every day, right?

Quan Hongchan: Yes, I must. If I don't practice diving for one day, I will feel afraid to jump down from the 10-meter platform the next day.

Zaza: Practice makes perfect. You get good training from your coaches.

Translation:

Quan Hongchan: 我的名字叫全红婵。你可以叫我全。我是一名跳水运动员。

Zaza: 我叫亨德·扎扎。叫我扎扎吧。我是一名乒乓球运动员。我五岁时开始学习乒乓球。

Quan Hongchan: 我 7 岁开始跳水。我第一所体校的设施不是很新，但我有一位好教练。他帮了我很多。

Zaza: 我一开始没有教练。我哥哥是一名国家队队员。我看了他的视频，想成为像他一样的球员。我的国家很穷，因为有一场长期的战争。我没有好的健身房，也没有好的桌子练习。但我一直在努力练习。

Quan Hongchan: 听到这个消息我很难过！我希望和平将无处不在。你真是意志坚强的人。你为什么想参加体育运动和奥运会？

Zaza: 在过去的五年里，我经历了很多困难：周围的战争、停电、奥运会延期，等等。但我想向像我这样的人传达我的信息：为你的梦想而战，无论你有什么困难，你都会实现你的目标。那你呢？

Quan Hongchan: 我喜欢跳水。水很凉爽，运动也很酷。

Zaza: 你每天都得努力练习，对吧？

Quan Hongchan: 是的，我必须这么做。如果我一天不练习跳水，我会害怕第二天从 10 米跳台上跳下来。

Zaza: 熟能生巧。你从教练那里得到了很好的训练。

Task 3 Listen to the dialogue again and make your choice.

(1) B (2) A (3) A (4) D (5) C

Task 4 Listen to the dialogue again and answer the following questions.

(1) She wants to show the message to people: Fight for your dream, regardless of the difficulties you are having, and you will reach your goal.

(2) If she doesn't practice diving for one day, she will feel afraid to jump down from the 10-meter platform the next day.

Task 5 Work in pairs. Make up your own conversation with the given questions.

Omitted.

Task 6 Talk about the importance of competition to young person's confidence and development.

Open.

Module III Reading and Learning

Reading A Intensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about sports.

无体育，不青春

运动时刻与运动记忆

当“体育”一词映入眼帘，你的脑海中会浮现哪些瞬间呢？又有哪些人、哪些事使你久久难以忘怀呢？

北京冬奥会上17岁的苏翊鸣、18岁的谷爱凌飞天一跃、挑战自我的风姿是否令人惊艳？成都大运会上“跨栏女神”吴艳妮又美又飒是否让你倾心？杭州亚运会上全红婵再现“水花消失术”翻盘逆转是否充满波澜？“八冠王”柯洁泪洒赛场是否又多了分遗憾？

体育印象与体育文化

青春记忆里，一定有一些温暖的片段，与体育有关；一定有一些动情的时刻，因体育而生。在你的青春里，有什么印象深刻的体育缩影呢？

体育因文化而丰厚，文化与体育相伴行。当体育与文化交相辉映，又会碰撞出怎样的火花呢？是激情四射的桑巴舞，还是啤酒狂欢的世界杯？

体育精神与体育力量

体育赛场上，总有令人激情澎湃和热泪盈眶的故事。梦想、热爱、坚持、奋进……这些平凡而伟大的品质，浓缩在比赛的瞬间，传递着体育精神和体育力量。

新时代，我们将用更快、更高、更强、更团结的奥林匹克精神继续诠释对体育的坚持与热爱。

体育技术与体育理念

科学信息技术赋能体育，是体育产业的新抓手。杭州亚运会上，“绿色、智能、节俭、

文明”的发展理念为可持续发展树立了新标杆。当新科技、新理念融入体育，必将助力体育事业更高质量的发展。

Task 3 Match the English words or expressions on the left with their Chinese translation on the right.

(1) -b (2) -d (3) -c (4) -e (5) -a

Task 4 Complete the sentences with the words or expressions in the box. Make changes when necessary.

(1) championships (2) emotional (3) sustainable (4) unforgettable (5) challenging

Task 5 Work in pairs. Discuss the following questions, then share your opinions in the class.

Open.

Reading B Extensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about “Tai Chi Chuan”.

太极拳

2020 年 12 月 17 日，“太极拳”被列入联合国教科文组织人类非物质文化遗产代表作名录，太极拳归属为中国古代武术的一种，形成于 17 世纪中叶，到今天已经传承了 300 多年，它是中华民族辩证理论思维与武术、艺术、中医等的完美结合。

太极是中国古代最具特色和代表性的哲学思想之一，讲究阴阳循环、天人合一，太极拳也是生发于同样的思想，要求练拳之人立身中正，动作柔韧圆活，一招一式尽显刚柔并济之美，一动一静尽展中国功夫气韵，太极拳还融入了中国传统儒家价值观念，例如尊师重道，不可不敬、不可狂、不可满等，体现了“和”的理念。

将拳术的形体运动与中医相结合，是太极拳的精髓所在，通过动作平衡肌肉和关节，巧妙运用腹部呼吸，保证形体运动不妨碍人体的肺脏呼吸运动，从而达到治病健身的效果，新冠疫情发生后，太极拳“提高免疫力”“改善气血和肺功能”的抗疫价值提到凸显，受到钟南山、张伯礼院士的充分肯定。

练太极拳时既能放松肢体又能静心，长期练习可以帮助摆脱身体亚健康，提高生活质量，太极拳作为传统的有氧运动，适合不同年龄的人群来习练，同样受到年轻人的青睐，作为中华武术瑰宝，太极拳成为中华民族最具代表性的优秀文化符号之一。

2008 年北京奥运会，太极拳作为表演项目向世界展示，2012 年在“天宫一号”上宇航员刘洋打起太极拳，2016 年 G20 杭州峰会文艺晚会上，白衣翩翩的太极拳舞者在夜幕下涉水而来。

如今太极拳已传播到全球 150 多个国家和地区，习练者有 4 亿多人，成为一项风靡全球的国际化健身形式，越来越多的外国人通过练习太极拳感受中国文化的魅力，太极拳已经成

为连接不同种族、不同民族、不同语言、不同国家的文化纽带。

Task 3 Fill the blanks according to the passage and then translate the sentences into Chinese.

(1) intangible cultural heritage

2020 年 12 月 17 日, “太极拳”被列入联合国教科文组织人类非物质文化遗产代表作名录。

(2) martial arts, art and traditional Chinese medicine

它是中华民族辩证理论思维与武术、艺术、中医等的完美结合。

(3) the unity of heavy and man

太极拳讲究阴阳循环、天人合一。

(4) strength and softness

太极拳的一招一式尽显刚柔并济之美。

(5) races, nationalities, languages and countries

太极拳已经成为连接不同种族、不同民族、不同语言、不同国家的文化纽带。

Task 4 Read the passage again and decide the following statements are True (T) or False (F).

(1) F (2) F (3) T (4) T (5) F

Task 5 Complete the sentences with the words in the box. Make changes when necessary.

(1) combine (2) harmonious (3) significant (4) arrogance (5) representative

Module IV Reading and Writing

Task 1 Read and understand the following passage about the spirit of the Chinese women's volleyball team.

Omitted.

Task 2 Write a short essay entitled *Sportsmanship*. You should write at least 120 words but no more than 180 words.

体育精神

在竞技场上, 不同的运动员表现出不同的素质。一个“有风度的运动员”是指即使输了也能面带微笑, 对他人报以尊重的人。体育精神是指即便我们失望时, 即便我们失败时, 也能举止得体。

健康与力量之美 体育锻炼对一个人的身心健康至关重要。保持身体健康也是达成目标的先决条件。

决心 决心是一种重要的人生价值观, 可以通过运动来学习。决心不是一件容易的事, 因为它要求我们即使是在懒惰、疲惫或感觉自己不在最佳状态的日子里也要坚持下去。它让我们在受伤和生病的情况下仍能坚持到底。

坚持不懈 坚持不懈也与韧性这个词一起使用。这两个词都描述了从失败中恢复和不放弃的能力。去追梦, 保持毅力和热情, 坚持到底。一切皆有可能。

公平与公正 奥林匹克精神强调体育竞技的公平与公正。这种精神是对所有运动员，教练员，裁判员的基本要求。

团队精神与团队协作 场上的运动员在同心协力比赛，场下的观众在异口同声欢呼，都在用实际行动诠释着团队合作的体育精神。

弘扬中国特色体育精神，促进群众体育、竞技体育和体育产业协调发展，加快建设体育强国。

Module VI More Exercises for Assessment

Listening Comprehension

Task 1 Listen to a short passage and fill in the blanks.

Tapescripts:

Whether you're just having a down day or a down period, taking a walk can instantly lift your mood, especially when you go outdoors. Not only can walking make you less depressed, but according to a new study, depression sufferers who took a daily walk showed just as much improvement in their symptoms as people taking medicine. In fact, 60-70 percent of the participants in the study could no longer even be classified as depressed.

Taking a walk can be great for clearing your head or blowing off some steam. It also provides a great opportunity to bond with friends and family, far away from electronics and other distractions at home. Even better, you set a powerful example because when they see you reaping the benefits of walking, they'll be encouraged to walk more, too.

Answers: (1) period (2) mood (3) daily (4) symptoms (5) classified (6) clearing (7) opportunity (8) distractions (9) powerful (10) benefits

Translation:

无论你是某天心情不好还是某段时间心情不好，散步都能立刻改善你的情绪，尤其是在户外散步。散步不仅可以缓解你的抑郁，而且根据一项新的研究，每天散步的抑郁症患者的症状改善程度和吃药的人一样。事实上，这个研究中有 60%到 70%的参与者甚至不再被界定为抑郁症患者。

散步可以很好地清理你的头脑或释放压力。它还提供了一个与朋友和家人建立联系的好机会，能够远离电子产品和家里的其他干扰，更好的是，你树立了一个强有力的榜样，因为他们看到你从散步中获益时，他们也会受到鼓励，愿意多走路。

Task 2 Please list the benefits of aerobics and share your views with your classmates.

Open.

Vocabulary and Structure

Task 1 Complete the sentences with the proper form of the words given in the box.

(1) sustainable (2) encouragement (3) unforgettable (4) affirmed (5) emotion

Task 2 Fill in the blanks with the proper expressions given in the box.

(1) related to (2) handed-down (3) ups and downs (4) be integrated into (5) went through

Reading Comprehension

(1) A (2) D (3) A (4) B (5) C

Translation

Task 1 Translate the sentences into English.

- (1) The harder you work, the more progress you will make.
- (2) No matter who/whoever you are, you have to obey the law.
- (3) This is the most beautiful garden (that) she has ever seen.
- (4) We look forward to exciting development in our school in the future.
- (5) Measures must be taken to solve this terrible problem.

Task 2 Translate the passage into English.

Dujiangyan is located on the Minjiang River in the western part of the Chengdu Plain, about 50 kilometers from Chengdu. Its construction began in the third century BC. What characterizes it most is that it can regulate the flow of water without a dam. For more than 2,000 years, Dujiangyan has effectively served the purposes of flood prevention and irrigation, making the Chengdu Plain a fertile land that ensures stable yields despite drought or excessive rain and one of the major grain-producing areas in China. This project embodies the wisdom of the Chinese people to coexist in harmony with nature and is the oldest water conservancy project in the world that is still in use and controls water without a dam.

难点解析:

1. 第一句稍长，翻译时可以拆分为两句，将说明地理位置的部分译为第一句，将修建时间译为第二句。第一句有多种翻译方式，首先可处理成并列句，译为“Dujiangyan is located on the Minjiang River in the western part of the Chengdu Plain and it is about 50 kilometers from Chengdu.”。也可以将“距成都市约 50 千米”作为主句，译为“Located on the Minjiang River in the western part of the Chengdu Plain, Dujiangyan is about 50 kilometers from Chengdu.”。另外，还可以将“坐落在成都平原”部分作为主句，后面部分翻译成状语，如参考译文中的翻译。翻译第二句“修建时间”部分时，除参考译文给出的翻译外，也可以采用被动语态，即“*It was built in the third century BC.*”。
2. 第二句中，“它的独特之处”可以翻译为 *Its distinctive/unique feature*，也可以用参考译文中的主语从句 *What characterizes it most is that ...* 来翻译。“无需用堤坝调控水流”，即可以先译出“调控水流” *regulate the flow of water*，再将“无需用堤坝”译为介词短语作后置定语；也可以将其顺译为 *it and doesn't need a dam to regulate the flow of water*。

3. 第三句含有两个动词“发挥着”和“使……成为”，可以以动词为单位，将该句翻译为 and 连接的两个并列句；也可以翻译为一句，将“发挥着”作为主句的谓语动词，将“使……成为”处理为现在分词 making 引导的结果状语。“旱涝保收的沃土”是这句翻译的难点，可以先翻译中心词“沃土”，即 a fertile land，然后将“旱涝保收的”翻译为定语从句。汉语中有许多像“旱涝保收”这样的四字格结构，翻译时可采用“舍形取意”的解释性方法译出其主要意思，如“旱涝保收”可理解为“不管干旱还是多雨，都能保证收成”，即译为 ensures stable yields despite drought or excessive rain.

4. 翻译第四句时，可将逗号前后的两句翻译为 and 连接的两个并列句。第一句中，翻译短语“我国人民与自然和谐共存的智慧”时，应先翻译中心词“智慧”，再用介词短语和不定式引出定语，即 the wisdom of the Chinese people to coexist in harmony with nature. 第二句的中心词“水利工程”前有三个定语，如果按照顺序一一翻译为前置定语，可能出现定语冗长的情况，不符合英语表达习惯，可以先翻译“全世界年代最久的水利工程”，然后将“仍在在使用”和“无坝控水”翻译为并列的定语从句。

Unit 4 The Beauty of Culture

Module I Warming Up

Task 1 Discuss in pairs. Do you know the symbol of Chinese culture in the following pictures? Match every picture with the expressions and sentences given below.

Answers:

Pictures	Phrases	Sentences
(1)	F	3
(2)	B	5
(3)	D	1
(4)	E	6
(5)	A	2
(6)	C	4

Translation for Reference:

- 红、绿、黑、白、浓、淡、干、湿以及水墨在纸上的变化显示了中国画的奥秘。
- 中国至少在 3000 年前就开始种植和生产茶叶，是世界上最早的。难怪茶已经成为中国的国民饮料，不仅仅是因为它的味道。
- 中国书法通常指用毛笔书写的艺术和技法。
- 古琴是一种拨弦七弦的中国乐器，有 3000 多年的历史。中国古琴艺术被联合国教科文组织列入第二批“人类口述和非物质文化遗产代表作”。
- 莫高窟是世界上最大、最富有的佛教艺术宝库，是中国与西方贸易的典型中转站。

6. 苏州园林，精致、典雅。小桥流水，亭廊环绕。

Task 2 Work in pairs. Discuss with your partner and decide which the World Heritage List the following Chinese cultural symbols belong to.

Answers:

World Heritage	Contained Items
World Cultural Heritage	B E F I
World Natural Heritage	C
World Cultural and Natural Heritage	H
World Intangible Cultural Heritage	A D G J

Translation for Reference:

A.Chinese Zhusuan 中国珠算

B.Fujian Tulou 福建土楼

C.China Danxia 中国丹霞

D.Dragon Boat Festival 端午节

E.The Grand Canal 大运河

F.Mausoleum of the First Qin Emperor 秦始皇陵

G.The Twenty-four Solar Terms 二十四节气

H.Mount Huangshan 黄山

I.Cultural Landscape of Honghe Hani Rice Terraces 红河哈尼梯田文化景观

J.Art of Chinese Seal Engraving 中国篆刻

Module II Listening and Speaking

Dialogue One

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks with what you hear.

Answers:

(1) a set of tea sets (2) That's just what I think (3) aroma (4) beverage (5) customary

Tapescripts:

Zhang Hua: Welcome to my home, Steve! Come in and have a seat, please.

Steve: Thanks for inviting me to your home for lunch. This is a gift for you, a set of tea sets. I hope you like it.

Zhang Hua: Thank you very much. They are beautiful. Have you ever tried Chinese tea before?

Steve: No, I haven't. But I heard that almost all Chinese people like to drink tea. Tea drinking has a history of thousands of years in China.

Zhang Hua: Yeah, that's right. Do you want to try some?

Steve: That's just what I think.

Zhang Hua: Please try this cup of oolong tea, which is my favorite.

Steve: En..., it smells like the aroma of grass, and it tastes very special when tasted.

Zhang Hua: According to the production method and fermentation degree, there are six main types of Chinese tea: Green Tea, White Tea, Yellow Tea, Oolong Tea, Black Tea and Dark Tea. Chinese tea is not only a beverage but also beneficial for health. Serving guests with tea is a kind of traditional Chinese etiquette.

Steve: Fascinating! It's interesting to see how the different processing yield such diverse flavors. Are there any specific etiquette or customs I should be aware of?

Zhang Hua: Yes, there are some etiquette to keep in mind. For example, it is polite to hold the teacup with both hands when receiving tea from the host. You can also express your gratitude by gently tapping on the table with your fingers, when the host pours tea for you. It is also customary to refill others' tea cups before refilling your own as a sign of respect.

Steve: Thank you for sharing the etiquette. I want to make sure I respect and understand the traditions when I participate. Chinese tea culture truly is a treasure.

Translation:

Zhang Hua: 欢迎来到我家，Steve！快请进，请坐。

Steve: 谢谢你邀请我到你家吃午饭。这是给你的礼物，一套茶具。我希望你喜欢。

Zhang Hua: 非常感谢你。它们很漂亮。你以前喝过中国茶吗？

Steve: 不，还没有。但我听说几乎所有的中国人都喜欢喝茶。茶饮在中国已有数千年的历史。

Zhang Hua: 是的，没错。你想试试吗？

Steve: 我就是这么想的。

Zhang Hua: 请尝尝这杯茶，我最喜欢的乌龙茶。

Steve: 嗯……，它闻起来像草的香气，尝起来很特别。

Zhang Hua: 根据生产方法和发酵程度，中国茶主要有六种类型：绿茶、白茶、黄茶、乌龙茶、红茶和黑茶。中国茶不仅是一种饮品也对健康有好处，以茶待客是中国的一种传统礼仪。

Steve: 太有意思了！看看不同的加工方法是如何产生如此多样的味道的，势必很有趣。有什么特定的礼仪或习俗是我应该知道的吗？

Zhang Hua: 是的，有一些礼节需要记住。例如，在接受主人的茶时，用双手握住茶杯是有礼貌的。当主人为你倒茶时，你也可以用手指轻轻拍打桌子来表达你的感激之情。在给自己的茶杯倒满之前，先给别人的杯子倒满，以示尊重，也是一种习惯。

Steve: 谢谢您分享礼仪。我想确保我在参与时尊重和理解传统。中国茶文化真是一个瑰宝。

Task 3 Listen to the dialogue again and choose the information you hear.

- ☒ Serving guests with tea is a kind of traditional Chinese etiquette.
- ☒ There are six categories of Chinese tea.

Task 4 Work in pairs and answer the following questions.

Open.

Monologue Two

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the passage and fill in the blanks.

Answers:

- (1) wings (2) regarded as (3) dignity (4) represent (5) lanterns

Tapescripts:

Chinese dragons with no wings are different from Western ones. They are lucky animals that can bring a good year for people. Dragons are regarded as a symbol of power and royal dignity in China. The images of loong can be seen in the Forbidden City and the Summer Palace. They are admired by people and represent Chinese spirits. There are two of festivals involving loong. On the Lantern Festival, each January 15th on the lunar calendar, people wave dragon lanterns to celebrate the coming spring. On the Dragon Boat Festival, on the 5th day of the 5th lunar month, people hold dragon boat competitions. Loong is a powerful symbol in Chinese culture.

Translation:

中国的龙既没有翅膀也很少喷火。它是一种能带来风调雨顺的吉祥之兽。在古代，龙还是皇权的象征。在故宫、颐和园里都可以看到各种威武神奇的龙的形象。在民间人们尊崇龙的精神。把龙当作中华民族的象征。中国每年有两个盛大的节日与龙有关。元宵节舞龙灯，庆祝春天的来临。端午节的龙舟比赛现场十分壮观。千百年来，龙在中国文化中始终是一种具有伟大力量的图腾。

Task 3 Listen to passage again and decide whether the following statements are True (T) or False (F).

- (1) F (2) T (3) T (4) F (5) T

Task 4 Work in pairs. Discuss and answer the following questions.

Open.

Task 5 Work in pairs. Make up your own conversation with the given situation and the following useful expressions.

Omitted.

Module III Reading and Learning

Reading A Intensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about Peking Opera facial mask.

京剧脸谱：传承东方美

京剧之美不仅体现在其腔调之上，它独特的美学风格、造型艺术也是其中重要组成部分。华丽的服饰，五色的脸谱构成了人们对京剧的第一印象。其中京剧中“净”行（花脸）变化多端的脸谱，不仅呈现出独特的审美取向更是通过色彩和线条的有机结合传递了强烈的情感偏好。并以此展现人物的年龄、性情、品格甚至命运走向。京剧脸谱作为京剧艺术的“表情符号”，具有很强的装饰性和形式美感，是中国传统文化内涵视觉化的体现。它吸收了中国传统美学中的“重神似而不重形似”注重“变形”“传神”“寓意”。脸谱讲究谱式自有一套章法。勾画笔法或轻重缓急或顿挫有秩，一个点有深重轻浅之分，一条线有粗细疏密之分。再加之不同含义的色彩绘制在不同图案轮廓里人物就被性格化了：或端庄沉稳或邪恶奸诈。以夸张、美化、变形、象征等艺术手法来寓褒贬，分善恶，让人一目了然。悲剧人物西楚霸王项羽寿字眉，面容哭丧，威严肃穆，却也预示着兵败垓下自刎于乌江的命运。再如关羽“面如重枣”，红脸表现他的英勇忠贞。又如夏侯渊《定军山》中人物，曹操手下大将。夏侯渊通天纹勾长“寿”字显得鼻梁突起，人物形象更加雄壮。

历经百年的发展传播，京剧脸谱成为中国传统文化中最经典最具代表性的文化艺术。具有浓厚的民族精神和时代感，如今已成为中国传统文化的标志之一。文化交融也让京剧脸谱在今天大放异彩，渗透至现代美学的方方面面。为现代设计注入新鲜血液。

Task 3 Fill in the blanks with no more than three words according to the passage.

- (1) emotional preferences (2) painting shapes (3) beautification; symbolism (4) foretell
(5) representative

Task 4 Read the passage again and decide whether the following statements are True (T) or False (F).

- (1) T (2) T (3) F (4) F (5) T

Task 5 Complete the sentences with the words or expressions in the box. Make changes when necessary.

Answers:

- (1) visualize (2) gorgeously (3) imbues (4) adhere (5) depict

Translation:

- (1) 这个景象我是不难想象的。
(2) 这位女士穿着华丽。

- (3) 这部感人的电影给观众注入了深刻的同理心和理解力。
- (4) 我们必须坚持自愿参与的原则。
- (5) 作者试图描绘落日的壮丽景色。

Reading B Extensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about Oracle.

甲骨文：“刻骨铭心”的中华文化基因

甲骨文，是刻在龟甲和兽骨上的文字。作为我国迄今可见的最早成体系的文字，甲骨文不仅仅是一个文明的符号、文化的标志，还印证了包括《史记》在内的一系列文献的真实性，把有文字记载的中华文明史向前推进了近五个世纪。

1899 年，甲骨文首见天日，而它的历史可以追溯回 3000 年前的商朝。当时，甲骨文主要是作为占卜的记录。中国古代甲骨占卜有着悠久的历史，帝王和贵族几乎每事必卜，内容包括祭祀、天象、年成、征伐等，甚至还有商王游猎、疾病、做梦、生子——这些都被甲骨文记载了下来。

在已知的世界四大古文字体系中，其他三种都没有得以延续，唯有以殷墟甲骨文为代表的中国古文字体系，一脉相承，绵延发展，成为今天世界上五分之一人口仍在使用的文字，并对中国人的价值认同、思维方式、审美观念产生了极其重要的影响。

目前，学者编纂的甲骨文字典收字已达 4300 多个，其中 2000 多字有人进行过研究，但取得共识的破译字仅 1300 个左右，也就是说，还有一大半甲骨文没有被认出来。中国近年发布公告，破译一个甲骨文字，经专家委员会鉴定通过后，将获得奖励 10 万元。

曾经，甲骨文的研究者们只能在浩如烟海的资料中埋首。如今，甲骨文的研究工作则可以借助大数据、云平台等新技术，使得甲骨文研究进入更全面深入的新阶段。甲骨学也不只局限在中国，而是一门世界性学科，2017 年，甲骨文入选“世界记忆名录”，这正是其价值得到世界公认的体现。

中国国家主席习近平曾说过：“中国字是中国文化传承的标志。殷墟甲骨文距离现在 3000 多年，3000 多年来，汉字结构没有变，这种传承是真正的中华基因。”甲骨文被发现至今已有 120 多年的历史。关于甲骨文的研究工作还将继续“有人做、有传承”，让文字和历史都“活”起来。

Task 3 Match the English expressions on the left with their Chinese translation on the right.

- (1) -c (2) -e (3) -d (4) -a (5) -b

Task 4 Read again and choose the information mentioned in this passage.

☒ 3,000 years ago, oracle bone inscriptions were mainly used to record divination.

☒ In 2017, oracle bone inscriptions were inscribed to the Memory of the World Register.

Task 5 Complete the sentences with the proper form words in the box.

Answers:

(1) comprehensively (2) nobly (3) incised (4) penned (5) ingrained (6) assaults

Translation:

- (1) 全面建设社会主义现代化国家，必须坚持科技为先，发挥科技创新的关键和中坚作用。
- (2) 问题不在于活了多大岁数，而在活得多么高尚。
- (3) 这块玉上刻着他的名字，并被用作他的印章。
- (4) 他给当地报纸写了一封信。
- (5) 在许多文化中都有一种根深蒂固的观念，那就是努力工作本身就是一件好事。
- (6) 他们向敌人阵地发起反攻。

Task 6 Work in pairs. Discuss the following questions, and then share your opinions in the class.

Open.

Module IV Reading and Writing

Task 1 Read and understand the following poem, *The Small Pond*, especially the beauty conveyed in it.

杨万里《小池》：邂逅平凡的美好

这首诗是中国宋代（公元 960—1279 年）著名诗人杨万里所作。他在晚年创造了独特的“诚斋”风格（“诚斋体”）。他的诗优美、清新、易读。

短短的四句诗，轻快而丰富，描绘了初夏荷塘的美景。

第一句话和第二句话营造出一种非常平和的氛围。泉水静静地流出来，流出的水形成了涓涓细流。它不愿意让更多的水流动，因为春天非常珍惜这涓涓细流。这里创造性地使用了“惜”（珍惜）这个词，给春天增添了一种真实的感觉。你可以看到葱郁的树荫覆盖着水面。似乎它们也喜欢这里柔和的阳光和水。

第三句和第四句为我们捕捉了一个“特写”的场景：小莲花还没有开花，但一只蜻蜓迫不及待地栖息在上面享受初夏。这幅作品的亮点在于，从流水到树荫，杨把他在大自然中遇到的一切都拟人化了。这使得杨的诗歌更像是一个童话，因为在他新颖的视角中，水可以感受，树可以爱，世界上的一切都有灵魂，就像我们一样。在作者的小池塘意象创作中，他对自然的热爱是显而易见的。我们也可以发现中国人自古以来对“天人合一”之美的欣赏和追求。的确，只有来自生活经历的真实感受和发自内心的纯粹的爱，才能使一件作品焕发出永恒的艺术魅力，并使它广受欢迎。

杨万里早年主要从历史、书本和老师那里学习。他努力为国家 and 人民服务。但生活中没有什么确定的。他因持不同政见而被流放到偏远地区。在一次不幸的政治生涯受挫后，他退隐山林，开始向大自然学习，观察周围的环境，感受大自然令人印象深刻的美。无数像小

池塘一样平凡而美丽的场景，帮助他获得了内心的平静，当然，也激励了他很多。

Task 2 Write a short essay entitled *My Favourite Chinese Poem*. You should write at least 120 words but no more than 180 words.

Omitted.

Module VI More Exercises for Assessment

Task 1 Listen to a short passage and fill in the blanks.

Answers:

(1) home and abroad (2) shining confidence (3) as well as (4) cultural mixture (5) spokesman (6) social media (7) effect (8) raised (9) continent (10) joint projects

Tapescripts:

China's actress Dilraba's fantastic dance performance in Croatia(克罗地亚)attracted viewers both at home and abroad. Through her, the world can see the shining confidence of young Chinese people as well as the beautiful Chinese culture.

Dilraba travelled to Croatia with a reality show "Divas Hit the Road". When the host asked her to describe the dress that she was wearing, Dilraba said it is a beautiful Etles dress from Xinjiang, China. Etles silk, is regarded as the cultural mixture between China and the neighbouring countries.

The video which shows Dilraba performing Xinjiang dance has been widely spread online. And it was reposted by many Chinese diplomats (外交官) and got many likes abroad. "Dilraba, wearing Chinese Xinjiang clothing and dancing Xinjiang dance," Wang Wenbin, a spokesman from the Chinese Foreign Ministry wrote while reposting the video on social media.

Earlier, the reality show took Dilraba along with a number of guests to Saudi Arabia (沙特阿拉伯). After the tour in Saudi Arabia was shown on social media, the huge effect of the program also raised the global viewer's strong interest in Silk Road culture.

The program is designed to travel across the Eurasian continent for 28 days, going through three countries, Saudi Arabia, Croatia and Iceland, enjoying the beautiful scenery and different cultures of different countries, visiting and understanding many joint projects under the Belt and Road Initiative ("一带一路" 倡议).

Translation:

中国女演员迪丽热巴在克罗地亚的精彩舞蹈表演吸引了国内外观众。通过她，世界看到了中国年轻人闪耀的自信，也看到了美丽的中华文化。

迪丽热巴带着真人秀节目“花儿与少年”前往克罗地亚。当主持人让她描述自己所穿的裙子时，迪丽热巴说这是一件来自中国新疆的美丽的艾德莱丝绸连衣裙。艾德莱丝绸，被认为是中国与周边国家的文化交融的产物。

迪丽热巴表演新疆舞蹈的视频在网上广泛传播。它被许多中国外交官转发并且在国外获得了很多赞。中国外交部发言人汪文斌在社交媒体上转发视频时写道：“迪丽热巴，穿着中国新疆传统服装，跳着新疆舞。”

早些时候，真人秀节目将迪丽热巴和一些嘉宾带到了沙特阿拉伯。沙特之旅在社交媒体上播出后，该节目的巨大效果也引发了全球观众对丝绸之路文化的浓厚兴趣。

该项目为期 28 天，穿越欧亚大陆，途经沙特阿拉伯、克罗地亚和冰岛三个国家，领略各国的美景和不同文化，参观了解“一带一路”倡议下的多个合作项目。

Task 2 Listen to a short passage and decide whether the following statements are True (T) or False (F).

Answers:

(1) T (2) F (3) F (4) T (5) F

Tapescripts:

China is a large country. The population is over 1.4 billion. It has special with a very long history.

Chinese food plays an important role in Chinese Families, and different foods have special meanings. The difference is that chopsticks, instead of fork and knives, are used for eating. One of the main foods in Chinese culture is rice. Tea is also popular among Chinese people.

Chinese calendar is different from the one used in Western countries. Chinese New Year is celebrated in late winter. It is also known as the Spring Festival. It is a time of great joy and celebration. Families come together to ring out the old year and usher in the new year. It has special foods and traditions. For example, sweeping the floor before New Year's Day helps to remove the old year's bad luck.

The Chinese zodiac (生肖), known as Shengxiao, is a cycle of twelve animals, each representing a year. Each year is named after a different animal, including rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig. For example, the year that begins in 2023 is the year of the rabbit.

Chinese language is known for being a difficult language to learn. Chinese writing system is one of the oldest writing systems in the world, dating back almost 4,000 years. Chinese writing has thousands of characters. A character stands for a word and also a meaning. Besides Mandarin (also putonghua), there are many dialects such as Cantonese and Shanghainese, through China.

Translation:

中国是一个大国。人口超过 14 亿。它有着悠久的历史。

中餐在中国家庭中扮演着重要的角色，不同的食物有着特殊的意义。不同的是，吃饭是用筷子，而不是刀叉。大米是中国文化中的主要食物之一。茶在中国人中也很受欢迎。

中国的历法与西方国家使用的历法不同。中国的新年是在深冬庆祝的。它也被称为春节。这是一个充满欢乐和庆祝的时刻。一家人聚在一起，辞旧迎新。它有特殊的食物和传统。例如，在元旦前扫地有助于消除旧年的厄运。

中国的十二生肖被称为生肖，是十二种动物的循环，每种动物代表一年。每年都以不同的动物命名，包括老鼠、牛、虎、兔、龙、蛇、马、羊、猴、鸡、狗和猪。例如，从 2023 年开始的年份是兔年。

众所周知，汉语是一门难学的语言。中国的书写系统是世界上最古老的书写系统之一，可以追溯到近 4000 年前。中国文字有成千上万个字。字符代表一个单词，也代表一种意义。除了普通话，中国还有许多方言，如广东话和上海话。

Vocabulary and Structure

Task 1 Complete the sentences with the proper form of the words given in the box.

Answers:

- (1) aesthetic (2) treacherous (3) monument (4) inherited (5) Ultimately

Translation:

- (1) 没有美育的教育不是时代的教育。
(2) 毋中奸计。
(3) 他们立了一座铜像纪念碑纪念他。
(4) 他从父亲那里继承了一大笔财产。
(5) 最终你还是得自己拿主意。

Task 2 Fill in the blanks with the proper expressions given in the box.

Answers:

- (1) a glimpse of (2) not only...but (also)... (3) pass on (4) trace back to (5) featured; with

Translation:

- (1) 他看了一眼镜子中的自己。
(2) 她不仅是一位伟大的女戏剧演员，而且也很幽默。
(3) 他过着简朴的生活，努力保护和传承一个国家的文化。
(4) 杭州的茶馆历史可以追溯到南宋时期。
(5) 以西北风味为主的陕菜在漫长的历史发展中形成了“大俗大雅”的个性和独特的饮食文化格局。

Reading Comprehension

- (1) B (2) D (3) B (4) B (5) C

Translation

Task 1 Translate the sentences into English.

- (1) I don't know how to adapt to the completely new life in a foreign country.

- (2) The question is how we should carry out the plan.
- (3) I will do whatever I can to achieve my dream.
- (4) Those who drive after drinking should be severely punished.
- (5) You should make full use of your advantages when seeking a job.

Task 2 Translate the passage into English.

There was once a man who kept a flock of sheep. One morning, he was about to herd them when he noticed that one sheep was missing. Upon examination, he found a hole in the sheepfold. Obviously, it was a wolf that got in and took the sheep away at night.

His neighbor advised him to fix the sheepfold, but he didn't listen.

The next day, he found that another sheep had been stolen by the wolf through the hole. Then he remembered his neighbor's words and hurried to mend the sheepfold by plugging up the hole. From then on, no sheep was lost ever again.

难点解析:

1. 第一句可以选用 There was once...结构翻译, 即 “There was once a man who kept a flock of sheep.”。注意这里要用 who 或 that 引导定语从句, 不能把关系代词省略, 否则会出现 there be 句式中常见的两个谓语动词的错误。
2. 第二句可以用 sb. was/were about to do... when sb. did...这一句型来翻译; “少了一只” 可以翻译为 one sheep was missing/lost/gone。
3. 第三句中, “仔细一看” 可以翻译为介词短语 Up examination, 也可以把 “仔细一看” 翻译为 took a close look, 与后面的动词 “看到” 构成并列谓语; “羊栏上有个窟窿” 可以翻译为 a hole in the sheepfold, 注意介词要用 in。
4. 第四句中, “显然” 除了用副词翻译以外, 还可以用 It was obvious/evident/apparent/clear that...句型来翻译; “夜间有狼钻进羊圈叼走了羊” 选用强调结构 It was...that...来翻译, 这样更能突出 “狼” 是羊失踪的罪魁祸首, 也使句式富于变化。
5. 第五句中 “可是” 一词表明前后句之间存在转折关系, 可以用 but 或者 although 来连接引导前后分句; “修羊栏” 可翻译为 fix/repair/mend the sheepfold。
6. 第六句, “狼又通过窟窿调走一只羊” 可以用被动语态翻译, 如参考译文所示, 也可以用主动语态翻译, 即 the wolf had stolen another sheep through the hole, 注意时态最后用过去完成时。
7. 翻译第七句时, 可在句子开头处增加 Then 或 At that time, 来使译文更为流畅; 本句动词较多, 可以选取其中一个或两个作为谓语动词。通过分析可知, “赶快堵上窟窿, 把羊栏补好” 的重点在于通过 “堵上窟窿” 这一方式 “把羊栏补好”, 所以把后者作为谓语动词, 与 “想起邻居的话” 并列作谓语, 前者用介词+动名词形式引出方式状语。
8. 翻译第八句时, 可以按照汉语语序, 选用被动语态进行顺译; “再也没有” 可以翻译为

no...ever again, ever 加强语气。

9. 第九句为无主语，在翻译中需要根据上下文增加主语 we，如参考译文所示。

Unit 5 Hone the Skills, Serve the Country

Module I Warming Up

Task 1 Match the following sentences with the corresponding pictures.

Pictures	Sentences
(1)	C
(2)	A
(3)	D
(4)	E
(5)	F
(6)	B

Task 2 Discuss in pairs. Watch the video and discuss the following questions.

(1) The development history of Beidahuang is full of touching stories. The whole country is amazed by the hard work, pioneering spirit, serving-the-country mentality and the sacrifice of the local people. Generations of Chinese got inspired by Beidahuang, which has become a special symbol in contemporary Chinese culture.

(2) I should study hard to improve my skills and abilities, spread positive energy, and contribute to society.

Module II Listening and Speaking

Dialogue One

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks.

Answers:

(1) craftsmanship (2) identify (3) performance (4) specific (5) professional skills

Tapescripts:

Peter: Hi, David. Could you tell me a little about the upcoming skills competition?

David: Sure. The theme of the competition is craftsmanship spirit.

Peter: Wow. That's impressive.

David: Yes. The company wants to provide a chance for the staff to test themselves, identify their strengths and weaknesses and learn new things to improve their skills and performance on the

job.

Peter: Sounds like a good idea! Frankly, I don't have a clue about what to do.

David: Don't worry. I suggest you design an item based on a specific task.

Peter: How about designing a piece of exquisite hanfu?

David: I think it's workable. It can not only display professional skills but also showcase craftsmanship spirit.

Peter: Great. Thank you very much.

Translation:

Peter: 嗨，David，你能给我介绍一下即将到来的技能比赛吗？

David: 当然可以。比赛的主题是工匠精神。

Peter: 哇。真是令人印象深刻。

David: 是的。公司希望为员工提供一个测试自己的机会，找出自己的优势和短板，学习新的东西来提高他们的技能和工作表现。

Peter: 听起来是个好主意！但是，坦白地说，我不知道该怎么做。

David: 别担心。我建议你根据具体的任务来设计一件衣服。

Peter: 设计一件精美的汉服怎么样？

David: 我认为这是可行的。它不仅可以展示专业技能，还可以展示工匠精神。

Peter: 太好了。非常感谢。

Task 3 Listen to the dialogue again and decide whether the following statements are True (T) or False (F).

(1) F (2) T (3) F (4) T (5) F

Task 4 Work in pairs. Ask and answer the following questions.

(1) The company wants to provide a chance for the staff to test themselves, identify their strengths and weaknesses and learn new things to improve their skills and performance on the job.

(2) Make something that shows Chinese culture, like designing and making a piece of attire of traditional Chinese style (唐装), Chinese tunic suit (中山装).

Dialogue Two

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks.

Answers:

(1) Fantastic (2) features (3) extensive (4) technical (5) inheritance

Tapescripts:

Li Han: Hi, Sarah! Did you see the documentary on CCTV 9 last week?

Sarah: You mean Masters in the Forbidden City? Yes, I did. Fantastic!

Li Han: As a tribute to the Forbidden City's 600th birthday, the documentary covers renovations of the Palace itself, features both elder craftsmen who have retired and those invited back for guidance, as well as new craftsmen who are still learning their way around.

Sarah: That's true. As is well known, the renovations and repairs in the Palace Museum require extensive amounts of energy, time and patience.

Li Han: Right. What impressed me most is that the engineers would mark the date of the old and new objects used in repairs to provide technical clues for the next generation of craftsmen during the process.

Sarah: Yeah, it's my first time to embark on a journey of rediscovery of the Palace Museum from the perspective of the people renovating it.

Li Han: Definitely, it is all due to the inheritance of the craftsmen that the eternal youth of the Forbidden City is maintained.

Sarah: I couldn't agree more. It is everyone's dedication that leads to the standing of red walls and yellow tiles with brilliance, which will last through the next 600 years in history.

Translation:

Li Han: 嗨, Sarah!你上周看中央电视台 9 台的纪录片了吗?

Sarah: 你是说《我在故宫六百年》?是的,我看过。太棒了!

Li Han: 这部纪录片作为对故宫 600 周年纪念的致敬,涵盖了故宫本身的修缮。纪录片中既有退休被请回来作指导的老匠人,也有正在学习钻研的新匠人。

Sarah: 是的。众所周知,故宫中有大量的修缮工作,都需要付出大量的精力、时间和耐心。

Li Han: 最令我感动的是,在修缮过程中工程师们会把新旧不一的物件标记好日期,为下一代修缮者们提供技术线索。

Sarah: 是啊,这是我第一次从故宫人的工作视角,踏上故宫再发现之旅。

Li Han: 毫无疑问,丹宸之所以永固,皆因一代代故宫人薪火相传。

Sarah: 我非常赞同。每个人付出的时间与责任,最终留下了红墙黄瓦、流光溢彩,更留下了可以再说六百年的紫禁城。

Task 3 Listen to the dialogue again and decide whether the following statements are True (T) or False (F).

(1) T (2) F (3) T (4) F (5) T

Task 4 Discuss in pairs. Make a speech about craftsmanship spirit with the following useful expressions.

Possible Answers:

Dear Judges, Honorable Teachers, Good morning.

Let me take you on a journey to the Palace Museum in Beijing, where I had the most fascinating encounter with history. As I strolled through the museum, my eyes fell upon a porcelain pillow from the Song Dynasty. It was a true marvel! Shaped like a baby lying in bed, the pillow was entirely covered with white glaze, displaying a slightly yellow coloring and a smooth texture. I was just amazed!

This porcelain pillow is just one example of the rich tradition of Chinese craftsmanship. Throughout history, Chinese artisans have honed their skills and displayed remarkable precision and mastery.

Today, this tradition of craftsmanship continues to thrive, playing a crucial role in building infrastructure and making complex machinery. For example, the China Railway Construction Corporation built the Lusail Stadium for the Qatar World Cup, a challenging project that took 40 months to complete in a hot desert area. The stadium has an 80,000-seat capacity and a golden facade made of more than 4,000 plates. The design of the roofing system ranks among the most intricate in the world. This stadium demonstrated the world-famous craftsman spirit of Chinese workers.

Ladies and gentlemen, as vocational college students, we have the responsibility to carry forward this craftsman spirit. Just as the Chinese workers who poured their heart and soul into the building of Lusail Stadium, let us polish our skills and ignite the flame of craftsmanship within our hearts!

Thanks for your attention.

Module III Reading and Learning

Reading A Intensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about labor.

如果我休息，我就会生锈

在一把旧钥匙上发现了一则意义深远的铭文——如果我休息，我就会生锈。对于那些懒散而烦恼的人来说，这将是至理名言。甚至最为勤勉的人也以此作为警示：如果一个人有才能而不用，就像废弃钥匙上的铁一样，这样很快就会生锈，并最终无法完成安排给自己的工作。

有些人想取得伟人所获得并保持的成就，他们就必须不断运用自身才能，以便开启知识的大门，即那些通往人类努力探求的各个领域的大门，这些领域包括各种职业：科学、艺术、文学、农业等。

勤奋使开启成功宝库的钥匙保持光亮。如果休•米勒在采石场劳作一天后，晚上的时光用来休息消遣的话，他就不会成为名垂青史的地质学家。著名数学家爱德蒙•斯通如果闲暇时无所事事，就不会出版数学词典，也不会发现开启数学之门的钥匙。如果苏格兰青年弗格森在山坡上放羊时，让他那思维活跃的大脑处于休息状态，而不是借助一串珠子计算星星的位置，他就不会成为著名的天文学家。

劳动征服一切。这里所指的劳动不是断断续续的、间歇性的或方向偏差的劳动，而是坚定的、不懈的、方向正确的每日劳动。正如要想拥有自由就要时刻保持警惕一样，要想取得伟大的、持久的成功，就必须坚持不懈地努力。

Task 3 Read again and decide whether the following statements are True (T) or False (F) .

(1) F (2) T (3) T (4) F (5) T

Task 4 Fill in the blanks with no more than three words according to the passage.

(1) an excellent motto (2) rest and recreation (3) the key to (4) tended sheep (5)
a well-directed purpose

Task 5 Complete the sentences with the words in the box. Make changes when necessary.

Answers:

(1) afflicted (2) industrious (3) idle (4) ultimate (5) toiling

Translation:

- (1) 将向受灾地区提供援助。
- (2) 他不但勤奋，而且富有想象力。
- (3) 他空闲时就刻木雕。
- (4) 我们的最终目的必须是环境保护。
- (5) 他并非每分钟都在伏案辛苦地工作。

Reading B Extensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about the spirit of craftsmanship.

工匠精神

在中国，“工匠”一词最早出现在春秋战国时期，当社会分工中开始独立存在专门从事手工业的群体时，“工匠”主要代指从事木匠的群体。随着历史的发展，东汉时期“工匠”一词的含义已经基本覆盖全体手工业者。自2016年《政府工作报告》首次提出“工匠精神”以来，全国各地就组织开展了各种形式的“优秀工匠”评选活动。

中国古代工匠精神包括创新精神、精益求精的职业态度、敬业精神等。在新时代，工匠精神的主要内涵包括：爱岗敬业的职业精神，精益求精的品质精神，协作共进的团队精神，

追求卓越的创新精神等。新时代工匠精神既是对中国传统工匠精神的继承和发扬，又是对外国工匠精神的学习借鉴。这一精神成为激励广大人民团结奋斗实现中国梦的强大精神力量。

在中国进入新的发展阶段之际，紧紧依靠工人阶级和广大劳动人民，弘扬“劳模精神”“劳动精神”和“工匠精神”，比以往任何时候都更加重要。简而言之，“工匠精神”对于创造更高的社会地位是必不可少的。它不仅限于传统行业的工人，而且应该扩展到各行各业的工人。

Task 3 Match the English words or expressions on the left with their Chinese translation on the right.

(1) -e (2) -d (3) -a (4) -b (5) -c

Task 4 Read again and choose the information mentioned in this passage.

- ☒ The word for “craftsman” first mainly referred to carpenters.
- ☒ Promoting the “spirit of model workers”, the “spirit of work” and the “spirit of craftsmanship” is more important for China, especially in a new stage of development.
- ☒ The spirit of craftsmanship should be extended to all walks of life.

Task 5 Complete the sentences with the words in the box. Make changes when necessary.

Answers:

(1) handicrafts (2) invented (3) dispensable (4) endeavor (5) contemporary

Translation:

- (1) 她向游客出售手工艺品。
- (2) 他发明了第一个电动钟。
- (3) 他们认为音乐课和美术课是可有可无的。
- (4) 人们在环保方面的积极参与是一种有价值的努力。
- (5) 该博物馆藏有 6000 件现当代艺术作品。

Task 6 Work in pairs. Discuss the following questions and share your opinions in the class.

Open.

Module IV Reading and Writing

Task 1 Read and understanding the following passage about the 46th WorldSkills

Competition.

Omitted.

Task 2 Write a short essay entitled *The Importance of Being Participants Rather Than Mere Onlookers in Life* by commenting on the saying “Never go out there to see what happens, go out there to make things happen.” You should write at least 120 words but no more than 180 words.

Omitted.

Module VI More Exercises for Assessment

Listening Comprehension

Task 1 Listen to a short passage and fill in the blanks.

Answers:

(1) craftsmanship (2) durable (3) strive for (4) work ethic (5) tend to (6) loyal (7) continued learning (8) Masters (9) dedicated (10) carry forward

Tapescripts:

People in different countries have different understandings of craftsmanship. For many people, products made in Germany are believed to be well-built and durable. The high quality of the products depends largely on the craftsman spirit of German people, who are serious and strive for perfection. Quality is the life of products, and is closely related to the workers. Thus, they pay great attention to technology and work ethic. In Japan, when it comes to craftsmanship, people tend to see their work as their first duty and remain loyal. The advantage of Japanese production lies in continued learning and creating. Japanese love the work they do, work hard and try their best to do it perfectly. In China, craftsmanship can be traced back to the “art apprentice system” in ancient times. Masters taught apprentices skills and passed on the spirit of being hard-working, creative and dedicated through words and deeds. Now, Chinese people still carry forward craftsmanship and strive for excellence.

Translation:

不同国家对工匠精神有着不同的理解。对许多人来说，德国制造的产品被认为是坚固耐用的代表。德国人的严谨和追求产品高质量在很大程度上取决于德国人的工匠精神。质量是产品的生命，它与劳动者息息相关。因此，他们非常重视技术和职业道德。在日本，当谈到工匠精神时，人们倾向于将工作视为他们的首要职责，并对工作保持忠诚。日本制造的优势在于不断学习和创造。日本人热爱他们所做的工作，他们努力工作，并尽力做到完美。在中国，工匠精神可以追溯到古代的“艺术学徒制”。师父们通过言传身教传授学徒们技能，并教导他们勤奋、创新和奉献精神。现在，中国人仍在继续发扬工匠精神，追求卓越。

Task 2 Listen to the dialogue and answer the questions.

Answers:

(1) C (2) A (3) B (4) A (5) D

Tapescripts:

M: I hear you're going to Japan soon.

W: Yes, that's right.

M: Could I ask you a favor?

W: Sure. What is it?

M: I was wondering if you could get me some jeans while you're there. I'll pay you back, of course.

W: A pair of jeans? Okay. I don't see why not. But what's wrong with jeans here?

M: Well, I just love good jeans and Japan happens to make the best in the world. My friend brought me a pair from there five years ago, and they still look new.

W: Really? I had no idea Japan made jeans. I would have thought America made the best jeans because it's a typical American garment.

M: Yeah, I thought so too. But it turns out Japan still has some very old mills with the traditional weaving tools used to make jeans the original way. It's a slower process of making clothing. But the end result is surely superior. Also, the fabric they use is of a higher quality and the dyes are natural. They have a denser weave, and are more durable than any other jeans in the world.

W: That sounds cool. What size do you want and how much are they?

M: I have a 34 waist and size 30 or 32 in length. Either is fine. They should be around \$ 500. But make double certain they are made in Japan.

W: \$ 500? Boy, that's expensive. Do you typically spend that much on a pair of casual trousers?

M: They are a little pricey, yes. But they are very special. Bear in mind, they will last me several years and they're very fashionable too. I think they're totally worth it.

Vocabulary and Structure

Task 1 Complete the sentences with the proper form of the words given in the box.

Answers:

(1) invention (2) unremittingly (3) industry (4) polished (5) superbly

Translation:

- (1) 纺车是中国人的发明。
- (2) 这家公司坚持不懈地追求零缺陷品质。
- (3) 诚实、勤劳和善良是美好生活的要素。
- (4) 这项声明是经仔细润色检查后才发表的。
- (5) 这辆车设计一流，开起来是一种享受。

Task 2 Fill in the blanks with the proper expressions given in the box.

Answers:

(1) serve as (2) in a nutshell (3) all walks of life (4) are... afflicted with (5) carry forward

Translation:

- (1) 他自荐当我们商场的经理。
- (2) 简言之，那就是现在我们正在做的事情。
- (3) 我们期待着与各界人士携手共创美好未来。

(4) 他们经常被过往的飞机搅得不安宁。

(5) 我们要发扬成绩，纠正错误。

Reading Comprehension

(1) F (2) C (3) J (4) E (5) B (6) L (7) G (8) D (9) I (10) A

Translation

Task 1 Translate the sentences into English.

(1) I prefer telling the truth to lying.

(2) We are determined to climb that mountain.

(3) She is generally regarded as one of the best writers in the country.

(4) Since he has made up his mind, it is no use arguing with him.

(5) In our country, people in the north live on wheat while people in the south live on rice.

Task 2 Translate the passage into English.

The Grand Canal, the longest man-made river the world has ever seen, stretches from Beijing in the north to Hangzhou in the south. It is hailed as one of the most magnificent projects throughout the history of China. Launched in the 4th century BC, it was completed at the end of the 13th century AD with the original purpose of grain transportation. Later, its scope of shipment included other commodities. Gradually, the areas along the Grand Canal developed into the industrial and commercial hubs of China. Through the ages, it has been playing a prominent part in promoting the economic development of China, greatly enhancing the personnel exchanges and cultural interaction between the northern and southern regions.

难点解析:

1. 翻译第一句时，可以将“北起北京，南至杭州”作为主句，将“世界上最长的人工河”处理为同位语，对大运河起解释说明的作用。运河的翻译选用 river 可避免与 canal 重复，将“世界上”译为 the world has ever seen 更加生动形象。“北起……，南至……”可用 stretches from...in the north to...in the south 来翻译。

2. 第二句中，“是”可以理解为“被誉为”，这样传译出赞誉的感情色彩，贴合语境。

3. 翻译第三句和第四句时，由于这两句话较短，为了使译文句式更加多样，可以将这两句话进行拆合翻译。将有关联的“始建”“建成”和“修建之初”这些内容翻译到同一句中。因此，可以将“始建于公元前 4 世纪”译为过去分词短语作状语，即 launched...；将“公元 13 世纪末建成”译为主句；将“修建之初是为了”译作目的状语，即 with the original purpose of...。“后来也用于……”可独立成句，为了使句式多样化，这里更换主语，用“运输范围”代替原来的“大运河”，即 its scope of shipment included...。

4. 第五句的主干是“……区域……发展成为……工商业中心”。“大运河沿线”可翻译为介词短语 along the Grand Canal 作“区域”的后置定语。

5. 翻译第六句时，要注意最好使用现在完成时或者现在完成进行时，以突出大运河古往今来的重要作用。在句式选择上，可以以第二个逗号为界，将该句翻译为由 **and** 连接的两个并列句。也可以将后一个分句中的动词“促进”处理为现在分词，作伴随状语，即参考译文中的译法。

Unit 6 Lifelong Learning

Module I Warming Up

Task 1 Which of the following careers do you think require lifelong learning? And tick “√”.
Open.

Task 2 Discuss in pairs.

人们常说“活到老学到老”，即指终身学习。人的生命是有限的，但知识是永远也学不完的。在现在的社会、教育和生活背景下，什么是终身学习？为什么终身学习很重要？

Possible Answers:

Living to learn makes a more positive sense of life. The more people learn, the better for them to realize how much they do not know during a lifetime. For that matter, education in many forms should always be updated because learning is like “rowing upstream—not to advance is to be back”, as the Chinese saying goes. People are necessarily encouraged to learn every day to the last days, never being too old to learn. Once learning is otherwise neglected in life as a journey, the traveler “walks lame” to the end of life. This concept means that learning as education must be aggressive day by day in order that one can be wiser today than yesterday. While the world is becoming increasingly complex and competitive, it can well be said that learning to live and living to learn are one and the same attitude toward life. Life, after all, is a succession of lessons which are meant to be lived to be understood. Being inevitably associated with intellectual growth, education really begins at birth and only ends at death.

Module II Listening and Speaking

Dialogue One

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks.

Answers:

(1) understand (2) concept (3) attitude (4) active (5) accept

Tapescripts:

Sandy: Today more and more people advocate lifelong learning. But people have different views about lifelong learning. How do you understand lifelong learning?

Peter: I think lifelong learning is the concept that it's never too soon or too late for learning.

Sandy: Does that mean studying all the time?

Peter: I don't think so. I think it's about your attitude towards learning. One should be open to new ideas, decisions, skills or behaviors.

Sandy: I agree with you. When I retired I will participate in programs to keep mentally active.

Peter: Me too. To keep up with the changing world, one must be involved in learning and be ready to accept new things.

Sandy: You know what? I've been teaching myself French recently.

Peter: Really? That's great! I know that your company has a lot of clients in France.

Sandy: Yes. So I want to learn French to further develop my career.

Translation:

Sandy: 如今越来越多的人提倡终身学习，不过人们对这个概念的理解却不一致。你是怎么理解的？

Peter: 我觉得终身学习就是说“学习永不嫌晚”。

Sandy: 终身学习是说人一辈子都要学习吗？

Peter: 不是，它是一种态度，就是乐于接受新事物和别人的意见、勤于学习新本领。

Sandy: 我同意你的观点。退休后，我要参加一个终身学习项目来保持思想的青春活力。

Peter: 我也是，在这个瞬息万变的信息时代，要赶上社会发展的步伐，终身学习已成为当务之急，必须做好准备接受新事物。

Sandy: 你知道吗？我最近在自学法语。

Peter: 真的吗？太好了，我知道你们公司在法国有很多客户。

Sandy: 是啊，所以我想自学法语进一步增强业务能力。

Task 3 Listen to the dialogue again and decide whether the following statements are True (T) or False (F).

(1) F (2) F (3) T (4) F (5) T

Task 4 Work in pairs. Ask and answer the following questions.

Possible Answers:

(1) He thinks lifelong learning is the concept that it's never too soon or too late for learning. It's about your attitude towards learning. One should be open to new ideas, decisions, skills or behaviors.

(2) Her company has a lot of clients in France, she wants to learn French to further develop her career.

(3) Good communication skill, organization and time management skills, digital technology capability, intercultural communication competence ...

Dialogue Two

Task 1 Listen and learn the words and expressions.

Omitted.

Task 2 Listen to the dialogue and fill in the blanks.

Answers:

(1) training (2) opportunity (3) encourage (4) maintain (5) capacity

Tapescripts:

Wang Li: Hello Mike! How are you?

Mike: Fine. And you?

Wang Li: Not too bad. I am too tired. My company has been holding too many training sessions lately.

Mike: That's good. Not every company provides employees with training opportunity. It seems that your company wants to further develop its employees and encourage lifelong learning.

Wang Li: Good?! We have to participate in training after a busy day and during the weekend. You know, after work, all you want to do is throw yourself onto your bed. And during the weekend, you just want to stay at home and enjoy a family dinner.

Mike: Yes, you are right. But one should keep learning! Constant learning helps us to maintain our keen mental power and expand our intellectual capacity.

Wang Li: Yes. I agree with you on that point, but couldn't the training be held during the working day instead of weekend?

Mike: Yes, you are right. I think weekend is the time for family gathering and rest. Maybe you could tell your boss that suggestion.

Translation:

Wang Li: 你好，Mike，最近还好吗？

Mike: 很好，你呢？

Wang Li: 还可以。最近好累啊，我的公司最近举办了太多的培训课程。

Mike: 那不是挺好的吗？不是每家公司都为员工提供培训机会。你们公司似乎想进一步发展员工，并鼓励终身学习。

Wang Li: 这样好吗？你要知道，忙了整整一天后，你只想倒头就睡，可是我们还得参加培训。周末，我只想待在家里休息，和家人共享晚餐，可是我们还得培训！

Mike: 是的。不过从长远来看，这对你是有好处的。现在社会竞争这么激烈，不断地学习有助于我们保持敏锐的精神力量和智力。

Wang Li: 这点我同意，可是，可不可以不把培训安排在我们休息时间呢？

Mike: 没错,我也觉得周末应该好好休息,和家人聚会。也许你可以把这个建议告诉你的老板。

Task 3 Listen to the dialogue again and decide whether the following statements are True (T) or False (F).

(1) F (2) F (3) T (4) T (5) T

Task 4 Work in pairs. Make up your own conversation with the given situation and the following useful expressions.

Open.

Module III Reading and Learning

Reading A Intensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about Lifelong Learning.

终身学习：持续成长的旅程

终身学习是为了个人或职业发展而持续、自愿地追求知识。这是一段永无止境的旅程，帮助我们保持适应力、好奇心和对周围世界的关注。

终身学习的重要性

在当今快速发展的世界里，知识在不断演变，每天都有新技术涌现。为了保持与时俱进和竞争力，我们必须不断学习并更新我们的技能。终身学习使我们保持头脑敏锐，开启新机遇，并提高我们的整体幸福感。

终身学习的好处

个人成长：通过学习新事物，我们拓宽视野并深入了解这个世界。这将导致个人成长、自信心的提高和成就感的增强。

职业发展：终身学习帮助我们跟上行业趋势，掌握新技能，提高职业发展和工作保障的机会。

社交联系：与他人一起参与学习活动可以促进社交互动并建立社区归属感。

认知健康：研究表明，持续学习有助于保持认知健康，甚至可能降低年龄相关认知衰退的风险。

拥抱终身学习的小贴士

设定个人目标：确定您的兴趣和想要提升的领域。设定具体、可实现的目标，并制定实现它们的计划。

从多种来源学习：接受不同的学习方法，如阅读书籍、参加研讨会、报名在线课程或加入学习小组。

养成学习习惯：每天或每周设定固定的学习时间。保持学习的一贯性是养成终身学习习

惯的关键。

保持好奇心和开放心态：接受挑战，乐于从错误中学习。用成长心态对待学习，知道您的能力可以随着时间的推移而发展。

分享您的知识：教授他人有助于巩固您的理解并与他人建立联系。

终身学习是个人和职业发展的重要方面。通过保持好奇心和持续学习的全身心投入，我们可以开启新的机遇，提高我们的幸福感，并过上更充实的生活。

Task 3 Fill in the blanks with no more than three words according to the passage.

(1) ongoing, voluntary pursuit (2) is essential to (3) maintain cognitive health (4) Consistency (5) build connections with

Task 4 Read the passage again and decide whether the following statements are True (T) or False (F).

(1) T (2) F (3) F (4) T (5) T

Task 5 Complete the sentences with the words in the box. Make changes when necessary.

Answers:

(1) professional (2) reinforce (3) security (4) accomplishments (5) cognition

Translation:

(1) 如果这属于法律问题，你就应该进行专业咨询了。

(2) 这样的笑话容易渲染种族偏见。

(3) 他们非常关注安全问题。

(4) 那是总统最伟大的成就之一。

(5) 行为是行动；认知是了解和判断。

Reading B Extensive Reading

Task 1 Read and learn the words and expressions.

Omitted.

Task 2 Read the passage about World Book Day.

世界读书日的由来

读书益处多多，它让人们有机会探索新世界，邂逅真实和想象的新朋友。它拓展我们的知识面，增进我们对周边和遥远世界的理解。

为了宣传书籍以及书籍创作者的美妙之处，1995 年联合国教科文组织将 4 月 23 日定为“世界图书和版权日”。不过早在多年前，西班牙就开始庆祝读书日了。

专门留出一天来庆祝书籍的想法源于西班牙作家维森特·克拉维尔·安德里斯。1922 年他提出设立读书日来纪念同为西班牙作家的米格尔·德·塞万提斯。四年后，第一个读书日的庆祝活动在 10 月 7 日也就是塞万提斯的生日这天举行，1930 年改成在塞万提斯逝世那天也就是 4 月 23 日庆祝。

1995 年，联合国教科文组织大会决定向全球的作家和书籍致敬，以此来鼓励人们多读书。将 4 月 23 日作为世界读书日似乎是一个合情合理的选择，因为它不但是塞万提斯去世的日子，也正好是威廉·莎士比亚和印卡·加西拉索·德拉维加这两位著名作家去世的日子。还有几位杰出作家都是在 4 月 23 日出生的，这让 4 月 23 日成为世界文学史上很有纪念意义的一天。

自 2001 年以来，每年全球都有一个城市被选为联合国教科文组织的世界图书之都，为期一年。被选中的城市的任务是在接下来的一年开展鼓励“国内外各个年龄段和阶层的人群形成阅读文化、传播阅读价值”的活动。

这一设想是西班牙于 2001 年提出的，马德里是首个获得“世界图书之都”称号的城市，接下来被选中的是亚历山大市和新德里市。每年联合国教科文组织总干事都会和咨询委员会协商后选出一个城市作为“世界图书之都”。咨询委员会是由代表作家、图书馆和出版商的国际机构的代表组成的。阿克拉被联合国教科文组织选为 2023 年的世界图书之都。

Task 3 Match the English words or expressions on the left with their Chinese translation on the right.

(1) -b (2) -a (3) -e (4) -c (5) -d

Task 4 Read again and choose the information mentioned in this passage.

- ☒ Reading books gives people the opportunity to explore new worlds.
- ☒ The United Nations Educational, Scientific and Cultural Organization (UNESCO) established 23 April as World Book and Copyright Day in 1995.
- ☒ Four years later the first celebration took place on 7 October, Cervantes' birthday.

Task 5 Complete the sentences with the words or expressions in the box. Make changes when necessary.

Answers:

(1) distinguish (2) designated (3) consultation (4) numerous (5) prominent

Translation:

- (1) 她再也不能分清幻想和现实了。
- (2) 本区已定为国家公园。
- (3) 他们退到另一个房间秘密磋商。
- (4) 他已经迟到过无数次了。
- (5) 我把告示牌安放在能找到的最显眼的位置。

Task 6 Work in pairs. Discuss the following questions.

Open.

Module IV Reading and Writing

Task 1 Read and understand the following passage about unravel the past.

Omitted.

Task 2 Write a short essay entitled *The Importance of Lifelong Learning* by commenting on the saying “Learning is a daily experience and a lifetime mission.” You should write at least 120 words but no more than 180 words.

Omitted.

Module VI More Exercises for Assessment

Listening Comprehension

Task 1 Listen to a short passage and fill in the blanks.

Answers:

(1) pursuing (2) chasing (3) fulfillment (4) sense of self-worth (5) formal (6) curiosity (7) engage in (8) socialization (9) self-initiated study (10) motivations

Tapescripts:

Whether pursuing personal interests and passions or chasing professional ambitions, lifelong learning can help us to achieve personal fulfillment and satisfaction.

It recognizes that humans have a natural drive to explore, learn and grow and encourages us to improve our own quality of life and sense of self-worth by paying attention to the ideas and goals that inspire us.

The reality is that most of us have goals or interests outside of our formal schooling and jobs. This is part of what it means to be human: we have a natural curiosity and we are natural learners. We develop and grow thanks to our ability to learn.

Lifelong learning recognizes that not all of our learning comes from a classroom. These are examples of the everyday lifelong learning we engage in on a daily basis, either through socialization, trial and error, or self-initiated study.

Personal fulfillment and development refer to natural interests, curiosity, and motivations that lead us to learn new things. We learn for ourselves, not for someone else.

Translation:

无论是追求个人兴趣和激情，还是追求职业抱负，终身学习都可以帮助我们实现个人成就感和满足感。

它认识到人类有探索、学习和成长的自然动力，并鼓励我们通过关注激励我们的想法和目标来提高自己的生活质量和自我价值感。

现实是，我们大多数人在正规学校教育和工作之外都有目标或兴趣。这是人类意义的一部分：我们有天生的好奇心，我们是天生的学习者。我们的成长得益于我们的学习能力。

终身学习认识到，并非所有的学习都来自课堂。这些都是我们每天通过社会化、试错或自主学习进行的日常终身学习的例子。

个人成就感和发展指的是引导我们学习新事物的自然兴趣、好奇心和动机。我们为自己

学习，而不是为别人学习。

Task 2 Listen to a short passage and decide whether the following statements are True (T) or False (F).

Answers:

(1) T (2) T (3) F (4) T (5) F

Tapescripts:

Incorporating lifelong learning in your life can offer many long-term benefits, including:

1. Renewed self-motivation

Figuring out what inspires you puts you back in the driver's seat and is a reminder that you can really do things in life that you want to do.

2. Recognition of personal interests and goals

Re-igniting (重新点燃) what makes you tick as a person reduces boredom (无聊; 厌倦; 厌烦), makes life more interesting, and can even open future opportunities.

You never know where your interests will lead you if you focus on them.

3. Improvement in other personal and professional skills

While we're busy learning a new skill or acquiring new knowledge, we're also building other valuable skills that can help us in our personal and professional lives.

Skill development can include interpersonal skills, creativity, problem-solving, critical thinking, leadership, reflection, adaptability and much more.

4. Improved self-confidence

Becoming more knowledgeable or skilled in something can increase our self-confidence in both our personal and professional lives.

Vocabulary and Structure

Task 1 Complete the sentences with the proper form of the words given in the box.

Answers:

(1) constantly (2) pursuits (3) adapt (4) concepts (5) prominent

Translation:

- (1) 太阳使地球上的湿气不断蒸发。
- (2) 儿时他最大的爱好是帆船运动、游泳和骑自行车。
- (3) 你这么快就适应了，真是令人惊奇。
- (4) 这些陈旧的观念与现代生活格格不入。
- (5) 各报在显著位置上登载了这则消息。

Task 2 Fill in the blanks with the proper expressions given in the box.

Answers:

- (1) on that point (2) committed to (3) Be open to (4) engage in (5) set aside

Translation:

- (1) 关于那一点，我不得不和你持不同意见。
(2) 他想确保学校尽力提供新型教育。
(3) 拥抱新鲜事物，经历全新体验，接触新的人。
(4) 我在任何地方都可以从事文化教育工作。
(5) 我们把问题暂时放下，以后再讨论。

Reading Comprehension

- (1) A (2) B (3) C (4) D (5) D

Translation

Task 1 Translate the sentences into English.

- (1) They plan to create more job opportunities for young people.
(2) Researchers have made some important new discoveries in this field/area.
(3) I will never forget the days when I worked in the library in the past.
(4) I must have a rest, because I have been cleaning the rooms all morning.
(5) Sometimes it is wise/advisable to follow our parents' advice in our life.

Task 2 Translate the passage into English.

China attaches more and more importance to lifelong education, and the development of continuing education is an effective way to build a lifelong education system. As the base for talent cultivation, universities have advanced teaching concepts and superior teaching resources, so they should become the main providers of continuing education. Therefore, in recent years, a number of universities have been trying to explore a new path for developing continuing education that suits to China's specific conditions by catering to social needs and strengthening communications with employers, so that continuing education can play a greater role in the national development strategy.

难点解析:

1. 第一句是对客观事实的陈述，因此时态应用一般现在时。前后两个分句可用 and 连接构成并列句。“越来越重视”可译为 attach more and more/increasing importance to; “构建终身教育体系的有效途径”可译为 an effective way to build a lifelong education system。
2. 第二句中，“作为人才培养的基地”可处理为 as 结构并置于句首，即 As the base for talent cultivation; “优越的教学资源”可译为 superior teaching resources。后两个分句之间存在因果关系，可以用连词 so 表现内含的逻辑；翻译“继续教育的办学主体”时可采用意译法，

即将其理解为“继续教育的主要提供者”，译为 *main providers of continuing education*。

3. 第三句较长，需要注意译文的衔接。由“近年来”一词可知，本句时态应用现在完成进行时。通过分析分句之间的逻辑关系可知，前两个分句是第三个分句的具体做法，因此可将第三个分句作为主句，用介词 *by* 引出前两个分句所表达的内容，如参考译文所示。“一条符合中国国情的继续教育发展新路”内容较多，可以先翻译“一条继续教育发展新路”，再将“符合中国国情的”处理为定语从句，即 *a new path for development continuing education that suits to China's specific conditions*。最后一个分句中，“以使”表示目的，可以用 *so that/in order that* 结构引出目的状语从句；“发挥更大的作用”既可直译为 *play a greater role in*，也可理解为“做出更大的贡献”，译为 *make greater contributions to*。