### 中国人的生活故事第二辑

# 三十而立

## 生词词性缩略形式表

英文缩写	英文全称	中文名称
n.	noun	名词
p.n.	proper noun	专有名词
v.	verb	动词
adj.	adjective	形容词
num.	numeral	数词
m.	measure word	量词
pron.	pronoun	代词
adv.	adverb	副词
prep.	preposition	介词
conj.	conjunction	连词
part.	particle	助词
int.	interjection	叹词
ono.	onomatopoeic word	拟声词

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袁野和妻子在大女儿6岁的时候 迎来了他们的第二个孩子。

Yuan Ye and his wife welcomed their second child when their first daughter was 6 years old.



快递小哥儿的"购物节" "Shopping Festival" for Couriers

每年的"购物节"是快递员张锐 最忙碌的时候。

The "Shopping Festival" each year is the busiest time for Zhang Rui the courier.



艾比班的双面生活 The Double-side Life of Aibiban

38岁的小学教师艾比班同时也是传播新疆馕文化的馕店创始者。

Aibiban, a 38-year-old primary school teacher, is also a founder of naan stores that spread Xinjiang naan culture.



记忆中的年 Spring Festival from Memory

每一个中国人都拥有一份独特的 关于过年的记忆。

Every Chinese has his or her unique memory of celebrating the Spring Festival.



"影痴"刘老师 Mr Liu: a Teacher and "Film Obsessor"

一位 80 后资深电影爱好者坚定的 追寻着他的电影梦。

A post-1980s veteran film lover has been firmly pursuing his film dream.



红绣轩主 Master of the Red Embroidery Chamber

35岁的杨小婷是中国非物质文化遗产"汉绣"的带头人。

The 35-year-old Yang Xiaoting is a leading expert of China's intangible cultural heritage "Han Embroidery".



Jiāli duō le gè mèimei

## 家里多了个妹妹

A Younger Sister Came to the Family

2008年,袁野和毕野的第一个孩子米多出生;2014年,34岁的袁野和妻子迎来了他们的第二个女儿。

In 2008, Miduo, the first child of Yuan Ye and Bi Ye was born; and in 2014, 34-year-old Yuan Ye and his wife welcomed their second daughter.

2014年10月16日,在外地出差的袁野起早赶回沈阳,在医院里陪护临产的妻子。34岁的袁野和妻子毕野,名字相近而且同龄,袁野有一个同胞哥哥,妻子毕野是独生子女。2008年,夫妻俩第一个孩子袁梓馨(乳名"米多")出生。2014年,二女儿米乐的到来改变了原来一家三口的模式。

陪护 **péihù** v. accompany and look after lí**nchǎn** v. be about to give birth

同胞 **tóngbāo** n. sibling

夫妻 fūqī n. husband and wife 袁梓馨 Yuán Zǐxīn p.n. name of a person

乳名 **rǔmíng** *n.* infant name

满月 mǎnyuè v. (of a baby) be one month old



图为2014年11月16日,刚刚满月的二女儿米乐和家人合影。



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作为独生子女的毕野想要给孩子一个有兄 弟姐妹的成长环境,将来彼此有个伴儿。

图为2014年5月18日,一家三口合影时, 毕野已怀孕17周。

兄弟姐妹 xiōngdì jiěmèi brothers and sisters; siblings

伴儿 **bànr** *n.* companion 怀孕 **huáiyùn** *v.* be pregnant

周 **zhōu** *n.* week

2013年11月12日,国家出台了新政策, 提出坚持计划生育的基本国策,实施一方是 独生子女的夫妇可以生育两个孩子的政策, 逐步完善和调整生育政策,促进人口长期均 衡发展。

出台 **chūtái** *v.* (of a policy, measure, etc) come out; unveil

国策 **guócè** *n.* state/national policy

方 fāng n. side; party

长期 **chángqī** *n.* long term/range

均衡 jūnhéng adj. balanced; proportionate

梳头 shūtóu v. comb one's hair



图为怀孕17周的毕野给女儿米多梳头。



图为2014年6月10日,已怀孕20周的毕野在医院里做产前检查。

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2014年4月10日,袁野夫妇正式在人口和计划生育部门办理了生育二胎的手续。据统计,截至2014年10月末,辽宁省共有14,109例"单独两孩"申请获得批准。

● 单独两孩 dāndú liǎnghái 也称"单独二孩",即2013年开始 实行的允许一方是独生子女的夫妇 生育两个孩子的政策。

The policy, being adopted since 2013, is also called "second child for couples with any side being a single child", which allows married couples to have two children if one of the parents is a single child.

三胎 **èrtāi** *n.* second child 例 **lì** *n.* example; case 产前 **chǎnqián** *n.* prenatal period



中国自20世纪80年代至2010年,严格执行一对夫妻生育一个孩子的政策。在此期间,独生子女现象也成为一个热门的社会话题,随着"单独两孩"的放开,最常见的两个大人一个小孩儿这样的小家庭模式也将随之改变。

米多一直期待着妈妈早一点儿生宝宝,和自己一起玩。

放开 let go; release hold of fàngkāi 常见 chángjiàn be commonly seen 大人 dàren n. adult; grown-up 随之 suízhī happen along with shēng give birth to; bear băobao n. baby; darling

妹妹出生时,大家都忙着将产妇和孩子接 出来,送入病房里。小米多俨然是个小大人 儿,跟在爸爸身后,推着婴儿车忙前忙后。

产妇 **chǎnfù** *n.* woman in labour

病房 **bìngfáng** *n.* ward

俨然 **yǎnrán** adv. just like

小大人儿 xiǎodàrénr n. child talking or behaving like an

adult

忙前忙后 mángqián mánghòu bustle around



图为妹妹米乐出生时, 米多在爸爸身后帮着推婴儿车。



米多好奇地打量着刚刚出生的小妹妹。

"小妹妹肉乎乎的,挺沉的。"姐姐说。

"希望孩子健康成长,虽然辛苦一些,但很值得。"妈妈说。

"多一个伴儿,孩子长大以后不孤单。"爸爸说。

"赶上国家新政策了,我又多了一个外孙 女。"姥姥说。

肉乎乎 ròuhūhū adj. fat; fleshy

沉 chén adj. heavy (in weight)

孤单 gūdān adj. alone; lonely 赶上 gǎnshàng v. be in time for

外孙女 wàisūnnǔ n. daughter's daughter; granddaughter



米多有时也想抱抱小妹妹。 妹妹米乐睡着了,米多还想再<mark>逗</mark>她玩一 会儿。

逗 dòu v. tease; kid



香甜 xiāngtián adj. (of sleep) soundly 爱抚 àifǔ v. show tender care of

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脚丫 jiǎoyā n. foot



"单独两孩"政策放开后,一对夫妻一个孩子的"独子"时代将成为历史。

(本文选编自 http://news.qq.com/original/oneday/1792.html,

作者:蔡敏强。)



#### ● 独生子女父母光荣证

dúshēng zǐnǚ fùmǔ guāngróng zhèng 国家发给自愿终身只生育一个子女的 夫妻的荣誉证书。获得此证书的夫 妻,按照有关规定,可享受独生子女 父母奖励。

The state gives "one-child honour certificate" to couples who are willing to have only one child all their life time. According to related stipulations, couples with such certificate are entitled to corresponding rewards.



### 中国计划生育政策的"前世今生"

The "Historical Evolution" of China's Family Planning Policy

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从 1971 年提倡"一个不少,两个正好,三个多了",到 1980 年"一对夫妇只生育一个孩子"的"独生子女"政策,从 2013 年实施"一方是独生子女的夫妇可生育两个孩子"的"单独两孩",到 2015 年"全面实施一对夫妇可生育两个孩子"的"全面两孩",中国的生育政策始终在不断调整和完善。

20世纪五六十年代,中国政府主张"人多力量大",民 众也认为多子多福,因此人口快速增长。七十年代以后, 国家逐步把计划生育定为国策,开始控制人口增长。1980年, "独生子女"政策正式宣布实施。

当前中国约有 1.9 亿 15 ~ 30 岁的独生子女,"全面两孩"政策的推行意味着中国实施了 30 多年的独生子女政策正式宣告终结。在这几十年中,中国的家庭结构逐渐从传统的大家庭变为"421 家庭"(四名祖父母、两名父母、一名独生子)。中国的独生子女一代,曾被指责为娇气任性、以自我中心。如今,走入而立之年的他们,也都承担起了结婚生子、赡养父母的责任。由于工作繁忙、压力大等原因,







许多独生子女夫妻将孩子交给父母照顾,"隔代抚养"非常普遍。而面对父母的衰老,很多独生子女都感叹,父母养老问题负担不轻!

近年来,中国人口生育率下降也带来了一些令人始料 未及的问题。老年人口不断上升,男女比例失衡。为应对 这些问题,计划生育政策逐渐放开,新政策相继出台。但是, 到目前为止,由于抚养孩子成本高、工作压力大、身体条 件不允许等种种原因,二胎申请者并没有预期的那么多。

In 1971, "one child, good; two children, sufficient; and three children, too many" was advocated, and in 1980, the "one-child policy" was adopted, which meant "one child for one couple". In 2013, the policy allowed couples where one side is singleton to have two children, and in 2015, it became a "comprehensive two children" policy, which allowed all couples nation-wide to have two children. The evolution demonstrated that china's family planning policies are being adjusted and improved all the time.

In 1950s and 1960s, Chinese government asserted that "many hands make light work", and Chinese people believed that more blessings come with more off-springs, which led to China's surging population. In 1970s, China step by step made family planning policy a state policy to rein in population growth. In 1980, the policy was officially announced and put into practice.

For now, China has around 190 million single children

between 15 and 30 years old, and the introduction of "comprehensive two children" policy declared a formal end to the three-decade one-child policy. During the past decades, Chinese family structure changed from a big family into a "four-two-one family", which meant four grandparents, two parents and one child. The one-child generation was once criticised as capricious and self-oriented, and now, in their 30s, they have shouldered their obligation to marry, give births, and take care of their parents. Many of them let their parents care for their children due to busy work and huge pressure. So it's widely seen for grandparents to take care of their grandchildren, which is called skip-generation raising. As for their aging parents, many of the one-child generation think that the burden to provide for their parents is not light.

In recent years, China's decreasing fertility rate led to some unexpected issues, such as ever-growing aging population and unbalanced population in terms of sexual proportion. To address such issues, family planning policy was gradually eased and new policies introduced. However, so far, due to various reasons, such as high cost to raise a child, huge work pressure and inappropriate physical conditions of parents, there are not as many couples applying to give birth to a second child as expected.

## 文化 文化

### 文化链接 Cultural Links

一、你认识下图中的一家人吗?你们家又是什么样的呢?

Do you know the family in the picture below? What does your family look like?



我的全家福

二、如果你对当代中国 80 后父母养育孩子遇到的喜怒哀乐感兴趣,可以扫描下方二维码, 观看电视剧《虎妈猫爸》和《二胎时代》。

If you are interested in stories of raising children by Chinese couples born in the 1980s, you can scan the QR code below to watch TV series of "Tiger Mom" and "The Two Generation Era".



《虎妈猫爸》



《二胎时代》

Kuàidì xiǎogēr de "Gòuwùjié"

快递小哥儿的"购物节"

"Shopping Festival" for Couriers

近年来,中国的网购势头 发展迅猛,物流业也随之兴 盛。张锐做快递员已有五六 年,每年的网络"购物节"是 他最忙碌的时候。

Recent years have seen a rapid increase in China's online shopping, which contributed considerably to the development of logistics. Zhang Rui has been working as a courier for five or six years. The annual "Shopping Festival" is his busiest days.





近年来,随着各互联网电商"购物节"的到来,网络购物蓬勃兴起,这也影响着物流业的发展。张锐是扬州市一家快递公司的快递员,从事快递行业已有五六年。11月的"双十一购物节"期间,他每天都会打出近百个重复的电话:"您好,您的快递到了,我在您楼下……"

diànshāng n. e-business; e-commerce

蓬勃 péngbó adj. flourishing; thriving

兴起 xīngqǐ v. rise; spring up

物流业 wùliúyè n. logistics

扬州 Yángzhōu p.n. a city in Jiangsu Province

快递 kuàidì n. special/express delivery



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初冬的扬州,室外天气很冷,快递员张锐正 在抹护肤霜。他在为开始一天的奔波做准备。

创可贴、护肤霜和感冒药是张锐冬天的随身 "三件宝"。

室外 shìwài n. outside of a building 抹 mǒ v. apply; put on

护肤霜 hùfūshuāng n. face cream; body lotion

创可贴 **chuāngkětiē** *n.* BandAid

因为赶时间,上班途中,张锐在路边买了 点儿早餐,边走边吃。跑近50公里路程,送 150件快件,从早上7点一直忙到晚上10点多。 "购物节"前后这几天,大多数快递员和张锐 一样,每天基本都是这样的节奏。



早餐 **zǎocān** *n.* breakfast

路程 **lùchéng** *n.* distance travelled; journey

快件 kuàijiàn n. express mail

前后 qiánhòu n. time/period around



张锐在一家公司收当天的快递包裹。

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近期,"购物节"一个接着一个, 各大快递公司才刚刚经历完一轮"战 役",马上又在紧锣密鼓地准备新一轮 "作战"。对于即将到来的"双十二", 张锐已经做好了准备。

● 双十二 shuāngshí 'èr 由阿里巴巴、京东等电商于每 年12月12日推出的大型打折 购物活动。

Large scale online sales organised by Alibaba, jd.com and other e-merchants on 12th December.

> 近期 jìnqī n. near future 轮 lún *m.* round

wild beating of gongs and drums — 紧锣密鼓 jǐnluó-mìgǔ

concentrated preparations; intense

publicity drive

作战 zuòzhàn v. fight a battle 当天 dàngtiān n. same day

张锐利用派件间隙吃了一碗 泡面。他往往从早上开工一直到 晚上10点多才能收工,几乎早、 中饭都在电动车上解决,等晚上 回家后才吃正餐。他笑着说: "送完一天的快件后,脸都冻麻 木了。"但是他还要回公司上交 当天的快件回单。



派件 pàijiàn v. ship; deliver 间隙 jiànxì n. interval; gap 泡面 instant noodles pàomiàn 开工 start up (construction, etc) kāigōng 收工 shōugōng stop work for the day 电动车 diàndòngchē electric vehicle 正餐 zhèngcān n. regular meal shàngjiāo 上交 v. hand in; submit huídān

n. receipt

回单



发工资后,张锐会习惯性地去银行查看自己的账户。据了解,在"购物节"期间,月收入在3000元至6000元的快递员占一半以上,有些甚至超过一万元。张锐说:"这样的网上'购物节',对于我们这些快递员来说,真是个甜蜜的负担。"

习惯性 **xíguànxìng** *n.* habitual

查看 **chákàn** *v.* check; see about 据 **jù** *prep.* according to

据 jù prep. according to 甜蜜 tiánmì adj. sweet; happy

送完当天的快递已经是凌晨, 张锐在瑟瑟寒风中骑着车回家。由于家在紧挨着扬州的一个小县城, 张锐不能经常回家, 特别是遇到每年互联网销售的节点时, 就会延迟回家的时间。

瑟瑟寒风 sèsè hánfēng cold/bleak wind 紧挨 jĭn'āi be close/next to 县城 xiànchéng county town 节点 jiédiăn node n. 延迟 yánchí delay; postpone





张锐有一个5岁的可爱儿子,每当他因工 作没有时间回家时, 儿子就会要求妈妈带自己 坐城际公交到扬州找爸爸。

měidāng whenever; every time 城际 chéngjì intercity 公交 gōngjiāo public transport

凌晨,张锐回到家后下了一碗鸡蛋面,开始吃他一天当中的正餐。

吃完饭,张锐用热水泡脚解乏。 只有在这个时候,他才能坐下来享受 一下生活。

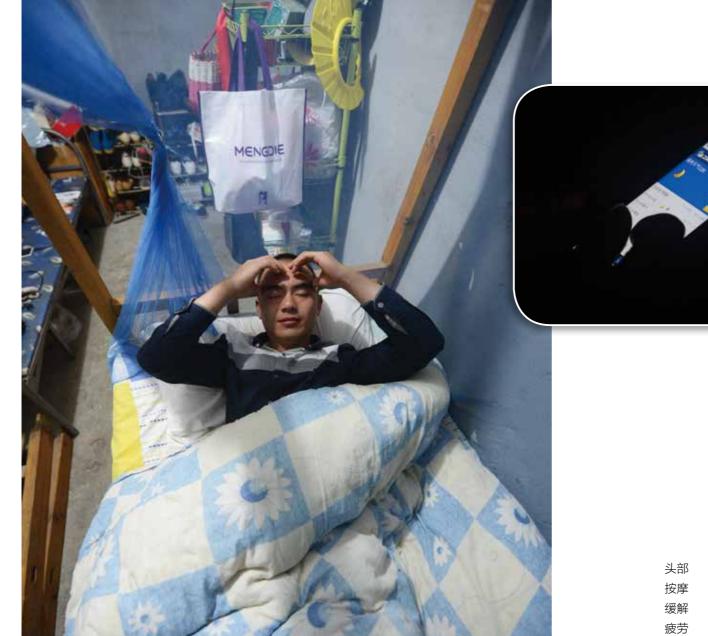
xià v. put into; cast

dāngzhōng n. centre; middle

泡脚 **pàojiǎo** *v.* soak feet in warm water 解乏 **jiěfá** *v.* recover from fatigue

享受 **xiǎngshòu** *v.* enjoy





睡觉前,张锐给自己简单地做了一下头部 按摩,缓解疲劳。

他还会打开手机查看第二天的天气。

头部 **tóubù** *n.* head

按摩 **ànmó** v. massage

爰解 huǎnjiě v. alleviate; ease up 庋劳 píláo adj. tired; fatigued 张锐和他的同事们都是一群年轻人,有着自己的青春梦想。 在公司,大家展示出各自书写的梦想。在问到愿望时,张锐笑着说: "希望将来可以有自己的生意,当一个老板。"

(本文选编自 http://news.qq.com/original/oneday/1808.html),

作者:孟德龙

青春 qīngchūn n. youth;

youthfulness

梦想 **mèngxiǎng** *n.* dream

展示 **zhǎnshì** v. display; show

各自 gèzì pron. each (of a group)

书写 **shūxiě** *v.* write

愿望 yuànwàng n. aspiration; wish

老板 **lǎobǎn** *n.* boss





### "双十一":人造血拼狂欢节

"Double-11": The Man-Made Shopping Festival

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2009年11月11日,天猫(当时称"淘宝商城")开始在"光棍节"举办促销活动,希望可以通过促销推广品牌。而这个人造的网络购物节自诞生之日起,就火得一发不可收拾。

目前,"双十一"已经被消费者当作一年中最好的囤货时机。这一天,电商平台上平时不打折的商品也会打4~5折,甚至是2~3折。充满诱惑力的优惠实在让人心动,守在电脑旁的"网购族""剁手党"目不转睛地盯着自己的电脑屏幕,生怕晚了一步,就错过这百年不遇的大好机会。

2015年11月11日,阿里巴 巴购物狂欢节开场12分28秒,





交易额就冲到了100亿元;11月 11日24时,全天交易额达912.17亿元,成为七年以来的最高纪录。 这一天共产生快递物流订单4.68亿,一位快递公司的员工发微博说: "已被快递淹没。"

2015 年"双十一"的全球化 也是一个新亮点,阿里巴巴平台当 日成交国家和地区达 232 个。英国



《每日电讯报》预测,5年之内中国将成为世界上最大的进口商品电子商务市场。

如今,"双十一"已经成为电商消费节的代名词,它不仅是电商的狂欢,对非网购人群、线下商城也产生了很大的影响。从 2009 年到 2015 年,"双十一"已经从天猫扩散到全电商平台,从国内扩展到全球。11 月 11 日正逐渐从单一的电商营销日,变为全球消费者的购物狂欢节。

On 11th November, 2009, Tmall (then known as the "Taobao Mall") started promotional campaigns on Singles' Day, hoping to promote their brand. From then on, this man-made online shopping festival has been gaining momentum.

November 11th now is the best time for hoarders. On this day, online retailers would offer significant discounts up to 50% to 60% off, or even 70% to 80% off for goods without discount in regular days. The attractive sales keep online shoppers or "shopaholics" wait in front of their computer screens, so that they wouldn't miss this rare opportunity.

On 11th November, 2015, 12 minutes and 28 seconds after Alibaba started the shopping carnival, its turnover rushed to 10 billion *yuan*; at the end of the day, the transaction volume amounted to 91.217 billion *yuan*, a record high in the past seven years. The day also contributed to a total of 468 million

express logistics orders. "Parcels are up to my ears", a courier posted on his Weibo account.

Globalisation is the new highlight in 2015's shopping festival, 232 countries and regions made deals on Alibaba. According to the British newspaper *Daily Telegraph*, China will become the world's largest e-commerce market of imported goods within five years.

Today, the "Double-11" has become a synonym for online shopping holidays. It is not only a holiday for online retailers, but also has impact on brick-and-mortal shopping malls and people who do not shop online. From 2009 to 2015, the "Double-11" has spread from Tmall to all online business platforms, and from China to the whole world. 11th November is gradually growing from an online retailer's marketing day to a shopping carnival for global consumers.



## 文化链接 Cultural Links

扫描下方二维码观看新闻,了解更多关于中国"双十一"的相关信息。

To learn more about the "Double-11 Shopping Festival" in China, scan the QR below to watch the news.





Àibǐbān de shuāngmiàn shēnghuó

## 艾比班的双面生活

The Double-Side Life of Aibiban

艾比班·热合木是新疆的一名维语语文教师,同时她还是多家馕店的创始者。她希望传播馕传统、馕文化,让更多人了解馕的医疗价值。

Aibiban Rehemu is a Uygur teacher in Xinjiang Uygur Autonomous Region, and also a founder of several naan stores. She wants to spread the traditional culture of naan to make more people familiar with its medical values.

1996年,19岁的艾比班·热合木从新疆师范大学维语语文系毕业,被分配到伊宁市第十五小学。随后的19年里,她是这所学校的维语语文教师。

2015年7月,<mark>新华社</mark>"互联互通丝路行"团队在新疆伊宁见到了艾比班。她身穿一袭粉衣,干练大方,散发出知性又亲切的气息。

推语 **wéiyǔ** *n.* Uygur

道后 **suíhòu** *adv.* soon afterwards

丝路 sīlù n. Silk Road 团队 tuánduì n. group; team

袭 **tuánduì** *m*. a suit or set of clothes

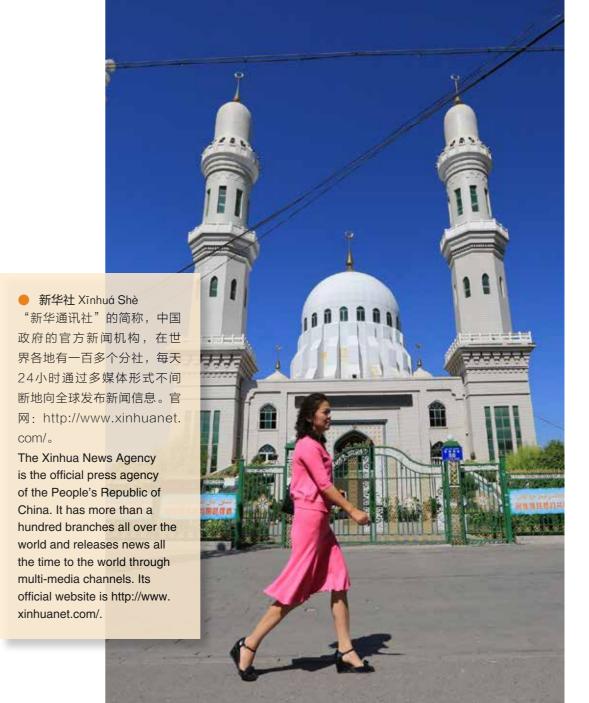
干练 gànliàn adj. capable and experienced

知性 **zhīxìng** *n.* intellectuality

气息 qìxī n. smell; flavour; scent

#### ● 分配 fēnpèi

中国的毕业分配制度是指国家为配合经济体制,统一为毕业生安排工作岗位的制度,开始于1951年,1987年之后作用逐渐减弱,2000年以后基本消失。China's job assignment system for graduates is a system where the state assigns jobs to graduates in a centralised way in line with the nation's economic structure. The system was initiated in 1951, gradually losing its importance since 1987 and basically disappeared in 2000.



艾比班虽然没有上过汉语学校,却说着一口流利的汉语。因为父亲曾在伊犁州教育局工作,艾比班从小就在第十五小学后面的教育局家属院长大,有很多汉族"发小"。她最要好的朋友是汉族邻居欧洋。她回忆说,欧洋的数学很好,小时候遇到不会解的数学题,都是欧洋帮忙。

现在欧洋是一名幼儿园教师,三十 年来,两人的联系从未间断,现在还经 常在一起探讨<mark>教学</mark>问题。

发小 fàxiǎo n. childhood buddy 要好 yàohǎo adj. be on good terms

解题 jiětí v. solve a (mathematical, etc)

problem

间断 jiànduàn v. be disconnected

教学 **jiàoxué** *n.* teaching; education

翻看 fānkàn v. flip through

绘画 huìhuà n. painting; drawing

物品 wùpǐn n. article



图为艾比班在翻看学生的绘画作品。



图为艾比班在西帕伊营养馕总店的厨房帮忙做馕。

艾比班还有另一个身份——伊 宁市西帕伊营养馕店的创始者。这 家店在当地小<mark>有名气</mark>。

艾比班从小喜欢吃馕,有一天,她跟母亲说:"馕很美味,但是品种单一,为什么不加些核桃和牛奶?"于是,母亲就按照艾比班



的方法做馕,发现这样做的馕好吃又有<mark>营养</mark>。于是,慢慢地,核桃 馕、<mark>皮芽子</mark>馕、牛奶馕、旅行小圆馕都成了艾比班一家的创新产 品。

> náng crusty pancake (staple food of the Uygur and Kazak ethnic groups) 创始者 chuàngshízhě n. founder; pioneer 小有名气 xiǎoyǒu míngqì have some reputation n. fine food; table delicacies 美味 měiwèi 单一 dānyī adj. single; unitary 核桃 hétao walnut 营养 nutrition; nourishment yíngyăng 皮芽子 píyázi onion (Xinjiang dialect) 总店 zŏngdiàn main store: head office



2009年, 艾比班做了一项在家 人看来"很有想象力"的"实验": 她租下了第十五小学后面的一个十几 平米的店铺。馕的制作和包装过程都 由退休的父母在家完成, 小店的货架 上摆满了一家人的"试验品",对外 售卖。艾比班发现,这些特色馕很受 欢迎。如今,艾比班开的第一家馕 店,已经成了一家超市。

xiǎngxiànglì n. imagination 店铺 diànpù n. shop; store huòjià n. goods shelf

shìyànpĭn n. experimental article

shòumài v. sell

2011年,艾比班的父亲<mark>注资</mark>,但由于人 **手紧缺**,又找不到足够大的门店,馕店的发 展始终没有<mark>起色</mark>。

直到2012年,艾比班将馕店搬到位于星 光小区的卡赞其民俗文化手工业基地,馕店 才开始走上正轨。

注资 zhùzī v. capital infusion 人手 rénshǒu n. manpower; hand 紧缺 jǐnquē adj. in short supply

起色 **qǐsè** n. improvement; pickup

民俗 mínsú n. folk custom

卡赞其 Kǎzànqí p.n. name of a place

正轨 **zhèngguǐ** *n.* right track





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图为艾比班在店里摆放营养馕。

基地由江苏省南京市对口援建,约有48家商铺,所有商铺免租金五年。基地还帮助商户参加展销会,联系媒体记者采访,西帕伊营养馕店的名气逐渐大了起来。

艾比班说,现在店里已经能接到一些来自北京、上海的<mark>订单</mark>了。

对口 duìkǒu adj. be geared to the needs of the job

援建 **yuánjiàn** v. provide aid in construction

租金 **zūjīn** *n.* rent

展销会 **zhǎnxiāohuì** *n.* commodities fair 订单 **dìngdān** *n.* purchase order 摆放 **bǎifàng** *v.* arrange; lay 现在店里的馕主要批发给飞机场、火车站和 馕零售店铺。一般每天要用掉12袋25公斤的面 粉,订单多的时候,要用掉15袋。

馕的制作过程并不复杂,工人和好面定型 后,便可放入馕坑烤制。不过,馕坑的火候比较 难把握。

零售 língshòu v. retail; sell by retail 面粉 miànfěn n. (wheat) flour 和面 huómiàn v. knead dough 定型 dìngxíng v. take shape 烤制 kǎozhì v. bake; roast

火候 **huǒhòu** *n.* duration and degree of heating, cooking, smelting, etc





2015年,西帕伊营养馕店在墩买里开了六家分店,包括一家冰激凌店,一家奶茶店,四家馕零售店,总面积400平方米,员工45名。

艾比班说,平时上课工作压力很大,店 铺由家人管理,周末或假期时她才有时间照 看店铺。店铺能有今天的规模,是她最初不 曾想到的。

敦买里	Dūnmǎilĭ	n.	a small town of Xinjiang
			Uygur Autonomous Region
分店	fēndiàn	n.	branch (of a shop)
奶茶	năichá	n.	milk tea
玉力	yālì	n.	pressure; stress
叚期	jiàqī	n.	holiday; vacation; break
昭看	zhàokàn	V.	attend to: look after

艾比班有一个五岁的儿子和一个十二岁的女儿, 现在都在维汉双语学校上学,平时住在<mark>婆婆</mark>家里。不 忙的时候,她便来探望两个孩子。她现在的梦想就是 办一所馕培训学校,将馕品牌传播到国际上去。

维吾尔族人离不开馕,一天吃三顿都不会腻,但 是很少有人知道馕的营养价值。核桃馕补脑,皮芽子 馕养胃,芝麻馕可以让头发变得乌黑。

双语 **shuāngyǔ** *n.* bilingual

婆婆 pópo n. mother-in-law; husband's mother

腻 nì adj. be bored of; be fed up with

补脑 bǔnǎo v. invigorate the brain养胃 yǎngwèi v. nourish the stomach

芝麻 **zhīma** *n.* sesame 乌黑 **wūhēi** *adj.* pitch-black





艾比班说她想退休后开一家大型工厂,让 学校的孩子去工厂实习做馕,研制更多馕的品种,传播馕传统、馕文化,让更多人了解馕的 医疗价值。

(本文选编自 http://news.qq.com/original/oneday/2041.html, 作者: 孟菁。)

研制 yánzhì v. develop; prepare 医疗 yīliáo n. medical care

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### 延伸阅读 Extensive Reading

## 话说新疆馕

The Story of Xinjiang Naan

馕是新疆地区的主要面食之一,已经有两千多年的历史。在新疆,无论哪个 季节,无论走到哪里,都可以吃到香香的馕。

馕品种丰富,有50多种,常见的有肉馕、油馕、芝麻馕等。用羊肉丁、洋葱末等拌馅儿烤制的是肉馕,添加羊油的是油馕,将芝麻和葡萄汁拌馅儿烤制的是芝麻馕。馕有许多形状,但大多是圆形,中间薄,边缘厚。最大的馕直径在40~50厘米,最小的馕只有茶杯口那么大,用来出远门携带。

在新疆,几乎家家都有烤馕的馕坑。馕坑一般都设在自家院子里,形状像一个倒扣的大水缸。在馕坑里面,有专门用来放馕的方形土台,馕坑的底部留有通气口。





馕的营养价值丰富,具有保养脾胃、杀菌、降血脂等作用。"可以一日无囊",维吾尔族的生活离不开馕。在招待客人时,主人往馕。在招待客人时,主人往往也会拿出各种各样的馕。在明季车县的维吾尔族的馕到最小的馕都摞起来,按成塔形,放在桌子的中央,叫你饱尝。在一些场合、馕还表达着特殊的含



义。比如结婚时,新郎和新娘要抢着吃蘸了盐水的馕。因为维吾尔族人非常爱惜盐,馕也是他们生活中不可缺少的,把这两种珍贵的东西放在一起食用,象征着新郎、新娘如同盐和馕那样永不分离,在未来的生活中拥有团圆和幸福。

Naan has a history of more than two thousand years and is one of the major pastas in Xinjiang Uygur Autonomous Region. In Xinjiang, wherever you go and whenever it is, you can always taste delicious naans

Naan has a variety of types, as high as more than 50 types, and commonly seen ones are meat naans, oil naans and sesame naans. Meat naans are baked with combined fillings of mutton dices, chopped onion and other elements. Oil naans are baked with mutton fat. Sesame naans are baked with combined fillings of sesame and grape juice. Naan also has a variety of shapes, but mainly in

the round shape with thin middle parts and thick margins. The diameter of the largest naans may reach 40 to 50 centimeters, and the smallest ones may be only as large as a tea cup mouth, which is portable for long-distance travel. In Xinjiang nearly each family has their own tandoor to bake naans. Tandoors are usually built in their own courtyards and are shaped like a giant water tank upside down. Within tandoors, there is a flat earthen platform to place naans and air breathers at the bottom of tandoors.

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Naans are nutritious, able to keep spleen and stomach healthy and can kill bacteria and reduce blood lipid. Naan is an inseparable part of Uygur people's daily life, just as the local saying goes, "one can live a day without dish yet cannot live a day without naan". Various naans will always be offered by hosts to treat guests. If you go to visit a Uygur family in Kuqa County, they will pile naans of all sizes up in a tower shape and place them in the middle of a table so that you can gorge yourself. On some occasions, naans also have special meanings. For instance, on wedding ceremonies, brides and bridegrooms will grab and eat naans dipped in salt water. Because Uygur people cherish salt very much and naans are also an indivisible part of their life, their custom of eating the two valuable elements together symbolises their wish for the new couple to be indivisible just like salt and naan and happiness ever after.





## 文化链接 Cultural Links

扫描下方二维码,观看《舌尖上的中国》第二季第六集"秘境"中关于新疆和田馕的介绍。 Scan the following QR code to watch the Episode 6, *Realm of Secrets*, of the second season of *A Bite of China* to know more about naans of Hotan City in Xinjiang.





Jìyì zhōng de nián

# 记忆中的年

Spring Festival from Memory

对孩子而言,过年意味着 新衣服、压岁钱和好吃好玩的,对大人而言,过年意味着 一家人团团圆圆、热热闹闹。 一个而立青年记忆中的年,又 是什么样的呢?

Celebrating the Spring Festival means new clothes, Lucky money, delicious food and all kinds of fun for children; for grown-ups, the Spring Festival is a merry family reunion. What memory will a 30-year-old have about the Spring Festival?

小时候, 我一定是这个世界上最盼望过年 的小孩之一。过年意味着放寒假离开学校回到 老家,拥有一段较长时间的"自由"。迄今为 止,我只有三次没在潘庄过年,每一次,我都 会无比想念在潘庄过年的情景。这些年,我试 着用相机记录下潘庄过年的景象,捡拾一些记 忆碎片,拼凑出我印象中潘庄过年的热闹气 氛。

潘庄

捡拾

碎片

jiǎnshí

suìpiàn

pīncòu

Pānzhuāng p.n. name of a village collect; gather fragment; piece

put/piece together

拜年等。

● 过年 guònián 每年的农历正月初一是中国的农历新 年,这是中国最重要、最热闹的传统节 日。过年是指在春节期间进行庆祝活 动,包括吃团圆饭、贴春联、放鞭炮、 Spring Festival, or the Chinese New Year, falls on the first day of the first lunar month. It is the most important traditional festival. People will celebrate the New Year with a series of activities, including having a family reunion dinner, putting up Spring Festival couplets, setting off fireworks and visiting relatives and friends.



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农历腊月二十五, 宗岭哥赶着在 年前翻完地,准备过完年种土豆。对 于农耕来说,过年就是休息。年后农 活儿再起, 年也就结束了。

中国传统历法,与农业生产有关,汉族和一些少数民族的传 统节日均以农历计算,如春节(农历正月初一)、端午节 (农历五月初五)、中秋节(农历八月十五)等。

Traditional Chinese lunar calendar is connected with agricultural activities. Many traditional Chinese festivals of Han people and other ethnic minorities fall on certain days of the lunar calendar, such as the Spring Festival (the first day of the first lunar month), the Dragon Boat Festival (the fifth day of the fifth lunar month) and the Mid-Autumn Festival (the fifteenth day of the eighth lunar month).

> twelfth month of the lunar year 腊月 làyuè

赶着 gănzhe (try to) catch; rush for

翻地 fāndì turn up the soil

农耕 nónggēng farming 农活儿 nónghuór farm work

腊月二十六下午,我和王四一起坐车回潘庄过年。就算爷爷奶奶知道我们会在哪一刻走进家门,他们见到我们的第一句话也是"哎呀,你怎么回来了?"我们回家过年了呀!

下车时,我们惊奇地发现,村里已经装上了 路灯。王四提着行李大步前行,向后边的我喊 道:"变化真大,都不敢认了!"

就算 jiùsuàn conj. even if

路灯 lùdēng n. street/road lamp 行李 xíngli n. luggage; baggage 前行 qiánxíng v. go/move forward



年集在农历年底,是一年中最大 的、参与人数最多的一次集市。 年集上有吃的、穿的、用的等各 种各样的商品,农村地区的人们 会趁着赶年集置办好肉、菜、新 衣服、对联等各种年货。

Held in the end of the lunar year, the festival fair is the biggest fair of the year. Food, clothes and all kinds of goods are available on the fair. People live in the rural area will buy meat, vegetables, new clothes, Spring Festival couplets and other things on the fair to prepare for the New Year.

腊月二十七是镇上这一年的最 后一个集,也就是年集。这是一年 之中规模最大、最热闹的集,有事 没事的人们都愿意起个大早,到年 集上遛一圈。尤其是爱热闹的孩子 们,会缠着父母一起去,而十四五 岁的半大孩子更喜欢结伴而去。这 时,孩子们向大人讨买自己喜欢的 东西,一般都会被满足。

有事没事	yŏushì méishì		be free or not
留	liù	V.	walk leisurely; stroll
<u></u> 連着	chánzhe	V.	pester; importune
半大	bàndà	n.	age between adulthood
			and childhood
吉伴	jiébàn	V.	go with
र्ज	tăo	V.	ask/beg for

鱼是潘庄过年的必备食材,祭祀的供桌上少不了鱼的影子,"年年有余"这个成语已经解释了一切。腊月二十八,奶奶弄好了过年吃的鱼,可以下锅的鲤鱼被晾在板上。

● 年年有余 niánnián yǒuyú 中国传统祈福的吉祥话,"鱼"和"余"同音, 逢年过节吃鱼寄托了人们希望生活富足,每年都 有多余的粮食和财富的美好心愿。

It's a traditional saying for blessings. In Chinese, the pronunciation of the word fish is the same as the word affluence. So by eating fish, people wish for a bountiful year ahead with plenty food and fortune.

必备 **bìbèi** v. be essential to/for 食材 **shícái** n. ingredient; food

祭祀 jìsì v. offer sacrifices to gods/ancestors

供桌 gòngzhuō n. altar table

下锅 xiàguō v. put into the pot or pan and start cooking

鲤鱼 lǐyú n. carp



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腊月二十九,除夕前一天,我的爷爷和奶奶在打扫屋子准备过年。墙上贴的影视明星挂历和年画已经近三十年,奖状是我小学时的"荣誉",也贴了十多年了。

除夕 chúxī n. New Year's Eve 影视 yǐngshì n. film and television

圭历 **guàlì** n. wall calendar

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手画 **niánhuà** *n.* Spring Festival picture 冬状 **jiǎngzhuàng** *n.* certificate of merit/award

除夕下午,村民顾成军和回家过年的大儿子一起在客厅里包饺子。他的老婆在厨房里忙着做油炸萝卜丸子、鱼等,这些都是晚上祭祀的供品。

村民 cūnmín n. villager n. jiaozi; Chinese 饺子 jiǎozi dumpling 油炸 yóuzhá v. deep-fry luóbo n. radish; turnip 萝卜 丸子 n. round mass of food wánzi 供品 n. offerings gòngpĭn





除夕夜晚, 胆小的王子佳躲在门后看年龄 大一点儿的堂哥在院子里放鞭炮。他们跟父母 生活在城里。自从他们的奶奶在四个月前过世, 这个老院子就没有人住了。不过即使老人不在 了, 儿孙们在过年时还是回来了, 空寂的院子 又有了生气。

胆小	dănxiăo	adj.	timid; cowardly
堂哥	tánggē	n.	cousin
汝鞭炮	fàng biānpào		set off firecrackers
世世	guòshì	V.	pass away
空寂	kōngjì	adj.	quiet and deserted
生气	shēngqì	n.	liveliness; vitality

除夕夜,当老伴儿和儿子、儿媳妇儿在包饺子时,刘绪贞大爷正看着中央电视台春节联欢晚会人神,他的两个孙子趴在床边围着CD播放器看电影。刘绪贞的两个儿子都在城市生活,平时只有他和老伴儿带着一个孙子生活在潘庄。为了解决孩子们回家房间不够用的问题,绪贞大爷盖了这间十多平米的厨房,平时做饭,也能住人。他的二儿子买了一台50寸的液晶彩电放在客厅,老彩电没有闲置,就放在厨房用了。

老伴儿	lăobànr	n.	(of an old couple) husband or wife
儿媳妇儿	érxífur	n.	daughter-in-law
大爷	dàye	n.	uncle (a respectful form of address
			for an elderly man)
中央电视台	Zhōngyāng Diàns	hìtái	China Central Television (CCTV)
入神	rùshén	V.	be entranced
趴	pā	V.	lie on one's stomach
寸	cùn	m.	cun (a unit of length, equal to
			1/3 decimetre)
液晶彩电	yèjīng căidiàn		liquid crystal TV
闲置	xiánzhì	V.	be unused; remain idle



Year. The show lasts four and a half hours, from 20:00

to past the midnight.



潘庄的大年初一,满是串门儿<mark>拜年</mark>的人群。人们早早地起床,清扫前夜散落在院子里的爆竹残屑,在屋里放好长条凳,在桌上摆好赶集买来的糖果和瓜子儿,打开迎宾的大门。

#### ● 拜年 bàinián

春节期间向别人恭贺新年。传统上,拜年是正月初一家长带领晚辈出门拜见亲戚、朋友、尊长,并用吉祥话送上祝福,主人家则以点心、压岁钱等热情款待。

Wish people a happy New Year during the Spring Festival. In tradition, on the first day of the lunar New Year, parents would take children to visit their relatives, friends and elders to wish them a happy New Year, where they will be treated with hospitality, delicacies and lucky money.

串门儿 chuànménr v. drop in on sb

清扫 qīngsǎo v. thoroughly clean up

散落 sànluò v. fall scattered

爆竹 bàozhú n. firecracker

残屑 cánxiè n. scraps

条凳 **tiáodèng** *n.* bench

瓜子儿 guāzǐr n. melon seed

迎宾 yíngbīn v. greet/welcome guests





初一上午,老人们在家里守着来访的客人,年轻的人们则出门去拜年。拜年的人们大多同性结伴而行。男人、女人、孩子都有各自的队伍,不是一帮近亲,就是一群好友,特别是在外回乡的人们,正好同行叙旧。串门儿的两拨女性在胡同里碰到了都会相互打招呼。大家都穿着新衣,从衣着打扮就能看出是不是常在村里生活的人。

送走了一拨串门儿的<mark>乡邻,振冉</mark>奶奶赶快<mark>擦拭</mark>桌子,准备迎接新一拨客人。



守着 shŏuzhe keep watch 来访 láifǎng come to visit tóngxìng of the same gender m. group; band bāng close relative 近亲 jìngīn 叙旧 xùjiù talk about the past 拨 bō m. group; team 衣着 clothing yīzhuó 乡邻 xiānglín fellow villager 振冉 Zhènrăn p.n. name of a person cāshì v. clean; rub; wipe

在潘庄,过了大年初一就要忙着走 亲戚。正月初二去看望岳父、岳母或 者姥爷、姥姥,正月初三去看望姨亲姑 表,正月初四看望其他亲戚,正月初五 和初六看望朋友。

农历正月初二,绪茂大爷和另一位 村民坐在路边闲谈。一辆来潘庄走亲戚 的红色小轿车停在他们的背后,而轿车 的主人正在家里接受招待。过年既闲又 忙,闲在没有农活儿,忙在走亲访友。

#### ● 走亲戚 zǒuqīnqi

春节时拜访亲戚的活动。传统上,走亲戚从正月初二可以一直持续到正月十六,走亲戚一般都会带上礼品,离开时主人也会回赠礼物。

Traditionally, visiting relatives during the Spring Festival lasts from the second day of first lunar month to the sixteenth day. People usually bring gifts to their relatives and will get gifts in return when they leave.

正月 **zhēngyuè** *n.* first month of the lunar year

岳父 yuèfù n. wife's father 岳母 yuèmǔ n. wife's mother

姨亲姑表 yíqīn gūbiǎo aunts and cousins

闲谈 xiántán v. chat 轿车 jiàochē n. car

走亲访友 zǒuqīn-fǎngyǒu visit one's relatives and friends

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农历正月初三,一户村民给城里来走亲戚 的客人抬上三袋白菜。潘庄村民总要给走亲戚 的客人回赠点儿什么,或者请客人带回部分礼 品。所以,在年后的潘庄,经常可以看到村民 和要离开的亲友在家门口"推搡"——亲友不 愿意带回礼物, 主人家却硬要给。

白菜 báicài n. Chinese cabbage

回赠 huízèng n. present; gift

give sb a gift in return

礼品 lĭpĭn tuīsăng

v. push; decline

yìng

adv. forcibly; with effort

等到正月初五、初六,亲戚已经都走动得差不多了,人们开始走访朋友。每到这个时候,我的爷爷奶奶就会张罗一桌酒席,让父亲和我去请邻居做客。我们平时不在身边,年老的他们离不开邻居的帮助。

晚上送这些邻居离开时,我们的寒暄告别总会引来狗叫,它们已经从爆竹声的惊吓中<mark>缓过神</mark>来。我知道,大年已经过完了。

(本文选编自 http://news.qq.com/original/oneday/2249.html,

作者: 刘磊。)

走动	zŏudòng	V.	(of relatives and friends) visit each other
张罗	zhāngluo	V.	plan and prepare
酒席	jiŭxí	n.	feast; banquet
做客	zuòkè	V.	be a guest/visitor
寒暄	hánxuān	V.	exchange (conventional) greetings
缓过神	huănguo shén		recuperate; revive
大年	dànián	n.	lunar year with a 30-day December;
			Spring Festival
垃圾	lājī	n.	rubbish; garbage
残羹剩饭	cángēng shèngfàn		leftovers
果皮	guŏpí	n.	fruit peel/skin



图为农历正月初六,潘庄村的垃圾集中箱已经盛满。垃圾中大部分是鞭炮残屑、残羹剩饭和果皮。



## 延伸阅读 Extensive Reading

# "恭喜发财,红包拿来!"

"May You Be Happy and Prosperous, Red Envelopes Please!"

"恭喜发财,红包拿来!" 这是中国人过年时一句俏皮的 吉祥话。将崭新的人民币用红 纸包起来,作为压岁钱分发给 晚辈,是中国人庆祝春节的传 统习俗。红色象征着活力、愉 快和好运,红包寄托的是长辈 对晚辈的美好祝愿。据说压岁



钱可以压住邪祟,因为"岁"与"祟"谐音,晚辈得到压岁钱就可以平平安安度过新的一年。 挨家挨户拜年是许多人儿时的记忆,而小孩子最盼望的莫过于收红包了。如今,随着 互联网的兴起,人们庆祝春节的形式也发生了变化,红包也进入了"数字时代"。过年期间, 用微信、QQ、支付宝等发红包、抢红包,已经成为亿万中国人与亲朋好友分享快乐的新方式。

但是,人们对"电子红包"的态度却不尽相同。有人认为,微信可以将红包同时发给一群朋友,让应用程序决定每个人"抢"到多少钱,就像玩游戏一样。使用这种方式发送节日祝福,特别是给那些住得很远的朋友,比传统红包方便多了。另一些人却觉得,很多年轻人过年期间因为投入到"抢红包",而没有和父母、孩子好好交流,也不再参与包饺子、看春晚等团圆活动,实际上是疏离了亲情,和过年团圆的气氛背道而驰。

不管是越来越流行的"电子红包", 还是传统的红包,都会是春节最受大家 欢迎的礼物。过年的方式在与时俱进, 但阖家团聚、祈求幸福是中国人过年永 远不变的主题。

"May you be happy and prosperous, red envelopes please!" is a playful auspicious phrase often heard during Chinese lunar New Year. It's a tradition for Chinese people to celebrate the lunar New Year by putting brand new bank notes in red paper and giving them to younger generations as lucky money. Red symbolises vitality, delight and good fortune, and red envelopes convey good wishes from the elders to the younger generation. It is said that lucky money can prevent evil spirit





because the pronunciation of *Yasui* in Chinese sounds exactly as suppress the evil, therefore, lucky money guarantees the recipients a safe and sound new year.

Going from door to door wishing people a happy New Year is what many people remember about the festival, and what children like the most is definitely the red envelopes. Nowadays, with the rise of Internet, people are changed their ways of celebrating the lunar New Year and the red envelopes are also entering their "digital age". During the Chinese lunar New Year, sending out and snatching to open red envelopes via WeChat, QQ, Alipay have become a fashion for millions of Chinese to share joy and happiness with their family and friends.

However, people have different opinions toward the "e-red envelopes". Some people take it as a game of sending red envelops to a bunch of friends and let the application system decide the amount of money everyone gets. It is much more convenient than sending out holiday wishes by giving out real red envelopes, especially to friends who are far away. Others think that "e-red envelops" have prevented the young generation from quality conversation with their parents and children. They no longer participate in activities such as making dumplings and watching Spring Festival Gala, and this is moving in the exact opposite direction of principles of a family reunion.

Be it the increasingly popular "e-red envelopes" or traditional red envelopes, both are the most popular gifts during the lunar New Year. As the ways of celebrating the lunar New Year evolve with the times, the theme of family reunion and pray for happiness remains eternal.



## 文化链接 Cultural Links

一、中国人过春节有丰富多彩的传统习俗、这些活动都寄托了人们辞旧迎新的美好愿望。 请扫描下方左侧二维码,观察视频中出现的春节习俗;扫描下方右侧二维码,欣赏纪 录片《舌尖上的新年》,看看中国各地丰盛的年夜饭。

Chinese people have many traditions in celebrating the Spring Festival, and they have certain wishes surround certain traditions. Please scan the QR code on the left hand to watch different New Year traditions in a video clip. Scan the QR code on the right hand to watch the documentary A Bite of China to see how extravagant the New Year's Eve dinners all over China look like.







《舌尖上的新年》

#### 二、诗歌欣赏。

Poetry appreciation.

元日

爆竹声中一岁除,春风送暖入屠苏。

千门万户曈曈日, 总把新桃换旧符。

We've send off the old year with the fireworks, just as the warm spring wind brings us the New Year. People enjoy their newly-brewed tusu wine and are busy changing the couplets in the sunshine.

"Yĭngchī" Liú lǎoshī

# "影痴"刘老师

Mr Liu: a teacher and "film obsessor"

刘燚,大连理工大学硕士 研究生毕业,现任沈阳一大学 教师,电影爱好者。人生的角 色,就是演好自己的剧情,而 他却想当人生的导演。

Liu Yi, graduated from Dalian University of Technology with a master degree, is a film lover and now a teacher of a university in Shenyang. One's lifetime role is to play well one's own story, and Liu wants to be a director of his life.





人生最好的角色,就是演好属于自己的剧情,而一位80后大学教师,却偏偏想当自己人生的导演,在自己设计的剧情里自由穿行。刘燚硕士毕业于大连理工大学,现在是沈阳一所大学的教师。作为一名资深电影爱好者,他看了近万部电影,早年在英国短暂留学期间,还观看了近百部英文舞台剧。

剧情 jùqíng 穿行 chuānx 刘燚 Liú Yì

chuānxíng v. pass/go through

则燚 Liú Yì 剪暂 duǎnzàn

wǔtáijù

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p.n. name of a personadj. of short duration

plot of a play/an opera

舞台剧

n. stage play

2012年,刘燚在工作之余开始写微电影剧本,并获得了当年第五届"三七短片汇"优秀作品奖。从那时起,电影梦就从他的内心开始迅猛生长,一发不可收拾。

与刘燚一起拍电影的都是业 余爱好者,没有专业人员。有时 候,有些业余演员嘴里常蹦出东 北话,拍一个镜头要费很大周 折。

fèi zhōuzhé

费周折

● 三七短片汇

Sānqī Duǎnpiānhuì 由拍电影网(filmaker.cn) 于2010年创办的电影短片 创作竞赛,规定参赛作品都 是在7天内拍摄制作并发布 的3分钟短片作品。

The contest, initiated by filmaker.cn in 2010, is open for 3-minute short entries filmed, produced and issued within 7 days.

微电影 wēidiànyǐng n. short film
迅猛 xùnměng adj. swift and violent
一发不可收拾 yìfā bùkě shōushi get out of hand
蹦出 bèngchū v. pop up
东北话 Dōngběihuà n. dialects of northeast of China

take the trouble





其实,这梦在刘燚小时候就萌生了。7岁时, 他开始喜欢看电影,那时电影的载体还是录像带, 5毛钱租一盘的录像带成了他的精神依赖。家里的 一台录像机成为他的宝贝,每天基本都要看上一两 部电影。等到上了大学就每天看电影, 而电影背后 那个"角色"就成了他追求的梦想。刘燚的家里 积攒了许多世界经典电影的光盘。

conceive (an idea, view) 萌生 méngshēng v.

载体 zàitĭ carrier n. 录像带 lùxiàngdài videotape

pán (used for dishes, millstones, tapes, etc)

lùxiàngjī video recorder

jīzăn collect/save bit by bit 在大学时刘燚就开始写剧本,至今已经撰写微电影剧本20多部,其中10部已经拍摄,而且几乎全部获过奖项。有了专业评定的首肯,他更加坚定自己的梦想了。刘燚的工资收入并不高,但他还是攒了两年,花几万元添置了昂贵的录影设备。



撰写 zhuànxiě v. write (usually short articles)

拍摄 pāishè v. shoot; photograph 评定 píngdìng v. evaluate; assess

首肯 shǒukěn v. nod approval; approve 添置 tiānzhì v. add to one's possessions

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录影 **lùyǐng** v. videotape



图为刘燚兴奋地手拿奖杯与剧组人员合影。

2013年,他兼任制片、编剧、导演、演员等职的作品《夜路》参赛,并获得微电影大赛优秀作品奖,从此他便开始踏上了属于自己的影视制作道路。今年,在辽宁首届微电影大赛中,同样由他任制片、编剧、导演、演员等职的《苹果》获得最高奖项。

兼任 hold a concurrent post jiānrèn jiǎngxiàng n. prize zhìpiàn producer; film maker jiǎngbēi n. trophy 剧组 biānjù playwright jùzǔ n. play staff zhí post; office



平时,除了正常上班讲课,刘燚满脑子都是剧情和画面。多数情况下,家里客厅墙壁上投射的电影,成为他每天晚饭后的忠实"朋友"。他也常常因此忽略了刚结婚四年的妻子。不过,妻子非常支持他。为了不影响妻子休息,刘燚在卧室门外摆了一张简易床,有时看电影太晚就睡在卧室外面。

满脑子 **mǎnnǎozi** one's whole mind

画面 huàmiàn *n.* frame 墙壁 qiángbì *n.* wall

投射 **tóushè** *v.* project; cast 简易 **jiǎnyì** *adj.* simply equipped

因为过于忙碌,结婚四年多的他到现在还没 要孩子。然而,每当电影里有父亲的角色时,喜 欢孩子的他都主动要求扮演。

每当 měidāng prep. whenever; every time



2014年10月,刘燚做了一档点评院线 电影的网络视频节目《院线风向标》,并 担任主持人,每周一期,评论和推荐最新 上映的院线电影。凡是有新片上映,电影 院里就会出现他的身影。

档 dàng m. (used for events, etc) 点评 diǎnpíng v. comment 院线 yuànxiàn n. theatre chain 风向标 fēngxiàngbiāo n. weathercock 上映 shàngyìng v. show (a film)

n. new film

新片

xīnpiàn





因为没有固定的演播室, 刘燚就到一些热爱电影的朋友的公司或家里, 录制他的影评视频。

刘燚是个多面手,《院线风向标》的采集、编辑、播放都由他自己完成。

演播室 **yǎnbōshì** *n.* studio

录制 **lùzhì** v. record; video 影评 **yǐngpíng** n. film review

多面手 duōmiànshǒu n. jack-of-all-trades; versatile person

有时, 刘燚在外拍电影到后半夜, 但 他从没因此耽误过正常的工作和教学。

在一次电影拍摄中, 刘燚不小心崴伤 了脚, 他就这样在半个月里一瘸一拐地去 给学生上课。



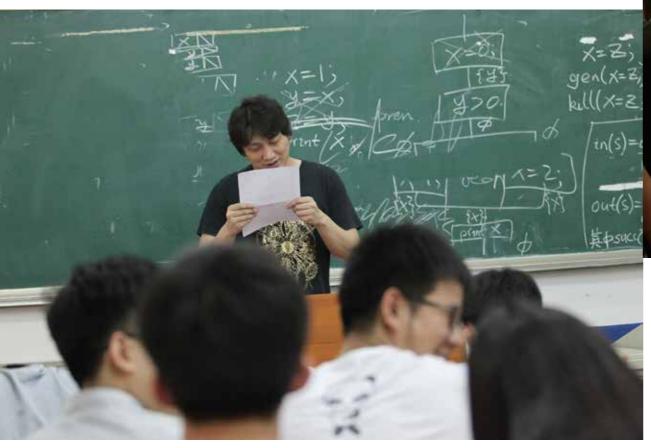
后半夜 hòubànyè n. after midnight 崴 wǎi v. sprain; twist 一瘸一拐 yìqué yìguǎi walk with a limp



## 刘燚工作认真, 讲课幽默有趣。在他的课堂

里,经常能听见一阵阵笑声。

课堂 **kètáng** *n.* classroom





在业余时间或周末, 刘燚经常参加一些电影讲座和论坛, 在沈阳电影圈里小有名气。

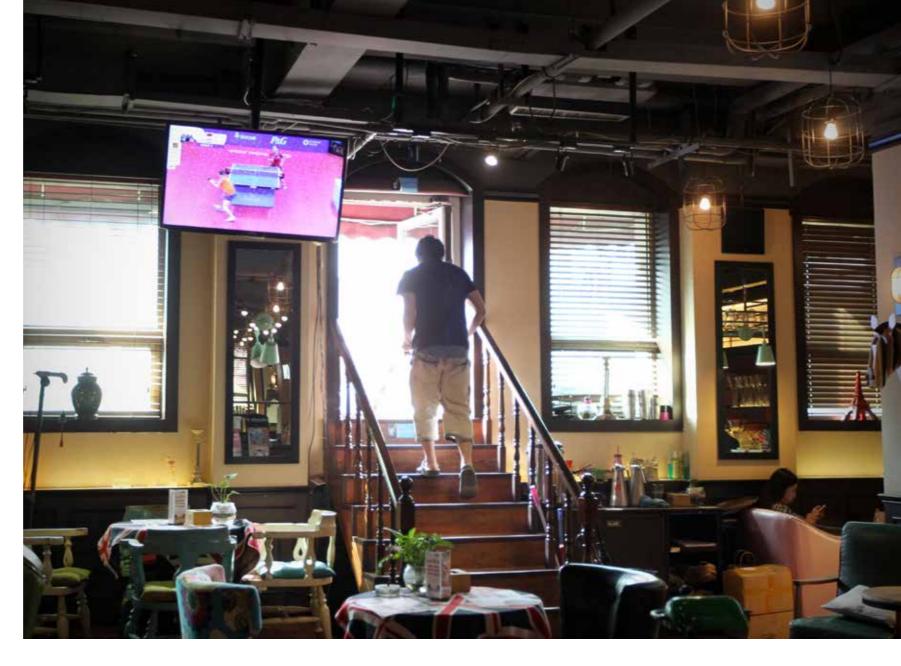
圈 quān n. circle

为了节约开支,刘燚常去联系一些免费拍电影的场地。几年下来,他的足迹几乎遍布沈阳的各个角落。目前,刘燚正在等备自己的第一部网络大电影,打算今年开机。同时,他也在构思自己的第一部院线电影剧本。

(本文选编自 http://news.qq.com/original/oneday/2108.html, 作者: 吴章杰。)

场地 **chǎngdì** *n.* space; place 足迹 **zújì** *n.* footprint; track

开机 kāijī v. (of a film, etc) start shooting





# 华语电影三大奖

Three Major Awards of Chinese Film

金鸡奖、金像奖、金马奖一起被称为华语电影三大奖。

金鸡奖是中国大陆电影界最权威、最专业的电影奖,创立于1981年, 因为当年是中国农历鸡年, 所以得名。金鸡奖由数十位专业评审组成评 审团,集中看片投票决定获奖者,所以又被称为"专家奖"。金鸡奖的 奖杯是一只伸着脖子高歌的金鸡, 意思是以金鸡啼晓鼓励电影工作者闻

> 鸡起舞。金鸡奖每两年评选一次,设有最佳 故事片、最佳儿童片、最佳导演、最佳男主角、 最佳女主角等20个左右的奖项。

> 金像奖创立于1982年,每年的金像奖颁 奖是香港电影界年度最重要的活动,一般在 每年4月中旬颁发包括最佳电影、最佳摄影

等在内的20多个奖项。金像奖的评审制度与奥斯卡金像奖类似, 是由电影人全面主导和参与的电影奖项。金像奖的奖杯是一个手 持星球、身围胶片、姿态积极、充满向往感的女神造型, 奖杯名 叫"星光荣耀"。

创立于1962年的金马奖是台湾地区主办的电影奖项。金马 奖每年举办一届, 评选对象面向所有华语电影和华语影人, 是

这几个电影奖项对华语电影的发展都起着巨 大的推动作用, 多年来奖励了许多优秀的电影作 品和电影工作者。演员周迅和章子怡都曾经凭借 自己在电影作品中的出色表演, 先后获得过这三 项大奖的最佳女主角。

起的马。

Three major awards of Chinese film are Golden Rooster Awards, Hong Kong Film Awards and Golden Horse Awards

华语电影圈中历史最悠久的奖项。金马奖的奖项 包括最佳剧情片、最佳原著剧本、最佳改编剧本、

Golden Rooster Awards are the most professional film awards with highest authority in China's mainland. The awards took the name from the Year of Rooster in 1981 when they were initially given. Award recipients are selected and voted by a jury consisting of dozens of film experts after collective film watching, and that's why the awards are also called "expert awards". The award statuette is a golden rooster stretching its neck in singing, which signifies and encourages film workers to rise up upon hearing the crow of a rooster and practice sword. The awards granting ceremony is held every two years, with around 20 awards, such as Best Picture, Best







Children's Film, Best Director, Best Actor, Best Actress etc.

Hong Kong Film Awards were founded in 1982 and its annual award granting ceremony is the most significant event for Hong Kong film industry. Generally, in mid-April each year, more than 20 awards including Best Cinematography and Best Film will be presented. Its adjudication is similar to that of the Oscars, fully led and participated by people of film circles. Its statuette, called "Starlight Glory", is an enthusiastic and aspiring goddess holding a globe on her hands and surrounded by films.

Golden Horse Awards, founded in 1962, are film awards held annually and mainly in Taiwan. The awards ceremony, open to all Chinese language movies and Chinese film-makers, has the longest history within the Chinese language film circle. The awards include Best Feature Film, Best Original Screenplay, Best Makeup & Costume Design etc. Its statuette is a high-spirited and vigorous horse jumping into the air.

The three major awards have contributed enormously to Chinese movie progress, rewarded brilliant movies and encouraged talented film workers. Zhou Xun and Zhang Ziyi, two Chinese actresses, both were awarded for their outstanding performances as best actresses respectively by the three awards.



#### 一、下面是关于中国著名导演张艺谋的介绍, 你听说过他吗?

The following introduction is about Chinese director Zhang Yimou, have you ever heard about him?

	姓名	张艺谋		威尼斯国际电影节金狮奖
	国籍	中国		柏林国际电影节金熊奖
	国籍     中国       出生年月     1950年4月       职业     导演       毕业院校     北京电影学院       职业     导演, 摄影师, 编剧, 演员       不罗国际电影节       大型国际电影节       不罗国际电影节       不罗国际电影节       《红高粱》《秋菊打官司》《大红灯笼高高	金鸡奖最佳导演、最佳影片、 最佳男演员		
	职业	导演		东京国际电影节最佳男演员
	毕业院校	北京电影学院		法国文学艺术荣誉勋章和骑 士勋章
-1:	职业			开罗国际电影节终身成就奖
	代表作品	《一个都不能少》	《我的	父亲母亲》《英雄》《十面埋

#### 二、你看过下面这些中国电影吗?

Have you watched the following Chinese films?

序号	电影名	导演	上映时间
1	一个都不能少	张艺谋	1999 年 9 月
2	非诚勿扰	冯小刚	2008年12月
3	十二生肖	成龙	2012 年 12 月
4	中国合伙人	陈可辛	2013 年 5 月
5	山河故人	贾樟柯	2015 年 10 月

Hóngxiùxuān zhǔ

# 红绣轩主

Master of the Red Embroidery Chamber

35岁的杨小婷是湖北省工艺美术大师,中国非物质文化遗产"汉绣"的带头人之一。她给自己的住所取名"红绣轩",自号"红绣轩主"。

The 35-year-old Yang Xiaoting is a master exponent of art and craft in Hubei Province, one of the leading experts of China's intangible cultural heritage "Han Embroidery". She named her own residence "the Red Embroidery Chamber", and called herself "Master of the Red Embroidery Chamber".



杨小婷,湖北省工艺美术大师, 非遗项目"汉绣"的带头人之一, 今年只有35岁。人们印象中的非遗带头人都是垂垂老矣的形象,但她却像是一位从民国电视剧中走出来的人物。 她给自己的住所取名"红绣轩", 自号"红绣轩主"。



### ● 非遗 fēiyí

"非物质文化遗产"的简称。 2006年、2008年、2011年和 2014年,中国分别命名了四批共 1517件国家级非物质文化遗产。 "Fei Yi" is short for "Intangible Cultural Heritage" in Chinese. In 2006, 2008, 2011 and 2014, 1517 items have been included in the China's National Intangible Cultural Heritage List.

#### ● 号 hào

大都由文人雅士自己所起,多用于文章、书籍、字画等的署名。
"Hao" is an alias that ancient
Chinese people use to call
themselves, mostly used by
scholars to sign on their own
works, such as articles, books,
paintings and calligraphic works.

中国古代的人在名字之外的自称,

大师 dàshī n. grand master (used to address scholar/expert of outstanding achievements)

汉绣 **hànxiù** *n.* Hubei embroidery

带头人 dàitóurén n. leader

垂垂老矣 chuí chuí lǎo yǐ be slowly getting old

民国 **mínguó** *n.* Republic of China (1912-1949)

住所 zhùsuǒ n. dwelling place; residence

xuān n. small room or veranda with windows (used in names of studios, restaurants or teahouses in ancient times)

汉绣主要流行于湖北地区,被收入中国第二批《国家级非物质文化遗产名录》。汉绣作品曾多次在北京展出,还参加了国际展览,受到好评。虽然汉绣在中国的知名度不如四大名绣,但在杨小婷眼中,这些并不是问题,因为汉绣在2011年迎来了一个发展契机——杨小婷汉绣研究基地在昙华林落户。她有信心带出一批优秀的汉绣大师,改变汉绣的局面。

● 四大名绣 sì dà míngxiù 在中国传统刺绣工艺品当中,常常将产于江苏的苏绣、湖南的湘绣、广东的粤绣和四川的蜀绣合称为中国"四大名绣"。
The four major styles of traditional Chinese embroidery usually refer to Su Xiu produced in Jiangsu Province, Xiang Xiu

from Hunan Province, Yue Xiu from Guangdong Province and Shu Xiu from Sichuan Province.

名录 **mínglù** *n.* name list

好评 hǎopíng n. favourable comments; good review

知名度 **zhīmíngdù** *n.* popularity

契机 qìjī n. turning point; juncture

昙华林 Tánhuálín p.n. a block in Wuhan, Hubei Province

落户 luòhù v. settle (down)



通过剪纸、刺绣等方式创造 各种样式的"福"字用于装 The character "福" means Chinese people would create all kinds of "福"through paper cutting or embroidery

杨小婷在昙华林公开招徒,目前昙华 林的六家绣坊均出自她的高徒之手。杨小 婷的汉绣往往天马行空,充满生机,不 同于人们印象中的那些"福"字、 袍"。她说,这是自己不喜欢"非遗"这 个词的原因,她认为汉绣是有美好未来 的,但"非遗"总给人一种快被埋进土里 的感觉。

招徒 recruit apprentice zhāotú 绣坊 xiùfáng embroidery workshop 高徒 gāotú outstanding disciple 天马行空 tiānmǎ-xíngkōng like a heavenly steed soaring across the skies — (of writing, calligraphy, etc) powerful and unconstrained in style

美好 adj. (of life, future, wish, etc) měihǎo fine; glorious

谈到对汉绣的贡献,杨小婷说自己花了六年的时间,复活了汉绣已经失传的针法"游针绣"。这种针法极大地增强了作品的动感,这也是汉绣区别于四大名绣的地方之一。凭借着自己深厚的油画功底,杨小婷创作的游针绣作品跟画儿一样传神。





图为杨小婷一组 名为《炫》的主题作 品。她说《炫》这组 作品由一大六小组 成,希望在问世时能 够让人大吃一惊。

失传	shīchuán	V.	be lost; no longer exist
针法	zhēnfă	n.	stitch
游针绣	yóuzhēnxiù	n.	a way of needling
增强	zēngqiáng	V.	strengthen; enhance
动感	dònggăn	n.	vividness; lifelikeness
凭借	píngjiè	prep.	rely on; depend on
深厚	shēnhòu	adj.	solid; deep-seated
油画	yóuhuà	n.	oil painting
功底	gōngdĭ	n.	basic training; foundation
传神	chuánshén	adj.	vivid; lifelike
问世	wènshì	V.	come out
大吃一惊	dàchīyìjīng		be greatly surprised

然而从2013年开始,攻击杨小婷的声音不断出现: "昙华林没有真正的汉绣", "杨小婷做的那不是汉绣"。汉绣出现内斗,不同风格涌现,都称自己为正统,如同华山派剑宗、气宗之争,一发不可收拾。

"很多人来质疑我,或者来向我讨说法。"杨小婷说,"开始我会解释,但后来我干脆不说什么。汉绣的针法、技巧和特点有专家、学者和史料可以证明。"

内斗 nèidòu v. internal conflict

正统 **zhèngtǒng** *n.* legitimism

如同 rútóng v. be like

质疑 **zhìyí** v. call in question; query 讨说法 **tǎo shuōfa** demand an explanation

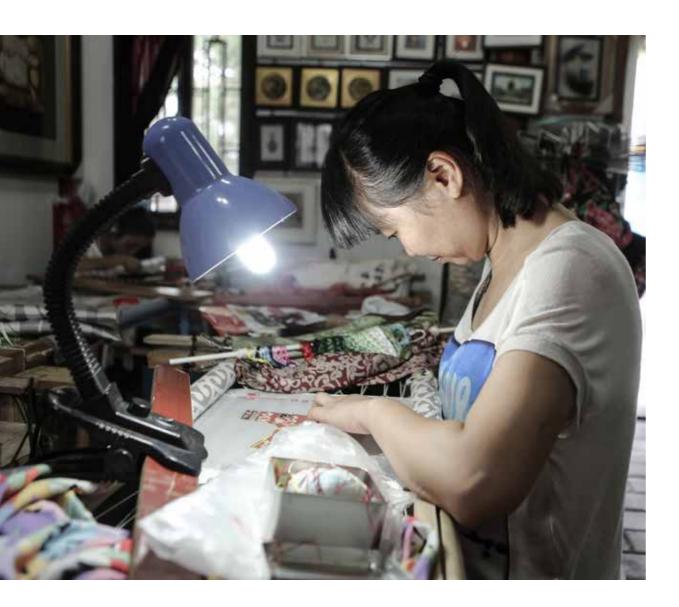
学者 **xuézhě** *n.* scholar

史料 **shǐliào** *n.* historical data/materials

● 华山派剑宗、气宗之争
Huàshān pài jiànzōng、
qìzōng zhī zhēng
华山派是中国武侠小说中的门派,在发展过程中分裂为剑宗、气宗两派,之间争斗不断,文中以此类比汉绣出现的内斗。

Mount Hua Sect is a Sect in Chinese martial arts and chivalry stories. The sect is split into the Sword and Qi factions, which focus on swordplay techniques and inner energy cultivation respectively. The two factions have ongoing fights and this allusion is used as an analogy to the infighting of Han Embroidery.





此前在网上有个贴子,称在昙华林看不到真正的汉绣。对此,杨小婷做出了这样的解释:一个大师一年只能出一两幅高端汉绣作品,所以价格很高,一般都在几万到十几万,根本买不到。而昙华林是向外界展示汉绣的一个窗口,为了节省时间,很多作品会用先渲染再针织的方法,也有部分是批量生产的工艺品,价格只要百元上下,作品水平也良莠不齐。

贴子 tiězi n. posting 高端 gāoduān n. high-end

窗口 chuāngkǒu n. channel; show window 渲染 xuànrǎn v. apply colours to a drawing

针织 zhēnzhī v. knit

批量 pīliàng adv. in batches/bulk

良莠不齐 liángyǒu-bùqí the crop and the weed grow together — the good and the bad

are intermingled

所以杨小婷"退隐"了。她说自己 需要从第一线退下来,专心去培养人 才,做点儿扎实的事情,让这个市场减 少混乱。这已经是她个人的第二次"退 隐"了。第一次她闭门近10年,复活 游针绣, 出山时几幅作品震惊绣界; 这 一次她说: "我不会去争, 历史自有评 判。"

● 退隐 tuìyǐn 中国具有隐士文化,隐 士是指古代有才能、有 学问的人,因为对时局 失望或不关心政治,而 选择不去做官从政。 China has a culture of in ancient times is a

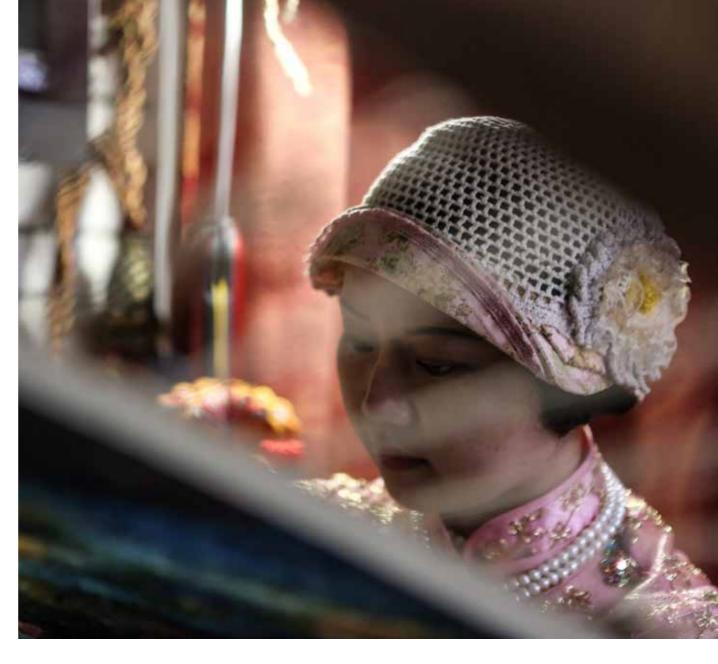
seclusion. A recluse scholar who chooses not to be engaged in politics either because he is indifferent toward politics or disappointed by it.

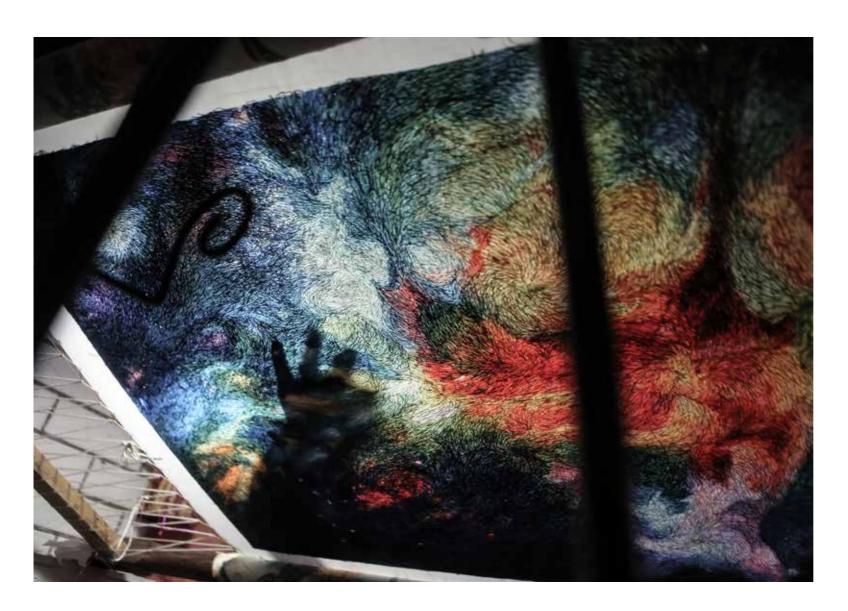
forefront: frontline dì-yī xiàn close the door 闭门 bìmén 出山 chūshān take up an official post

circles

píngpàn judge; determine

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现在,杨小婷关了研究室,只留下一间办公室。原本她一周要去几次昙华林,现在只是偶尔去进行一些指导。她手中有一个10人的精英团队,都是家境优越的女人,她们热衷于汉绣,不为金钱。

杨小婷说:"这样的人才能做好汉绣。我做的 所有作品,卖出去的钱全部用于慈善,我没有通 过卖作品获得一分钱,很多人不了解我的生活状 态。"

原本 **yuánběn** *adv.* originally; formerly

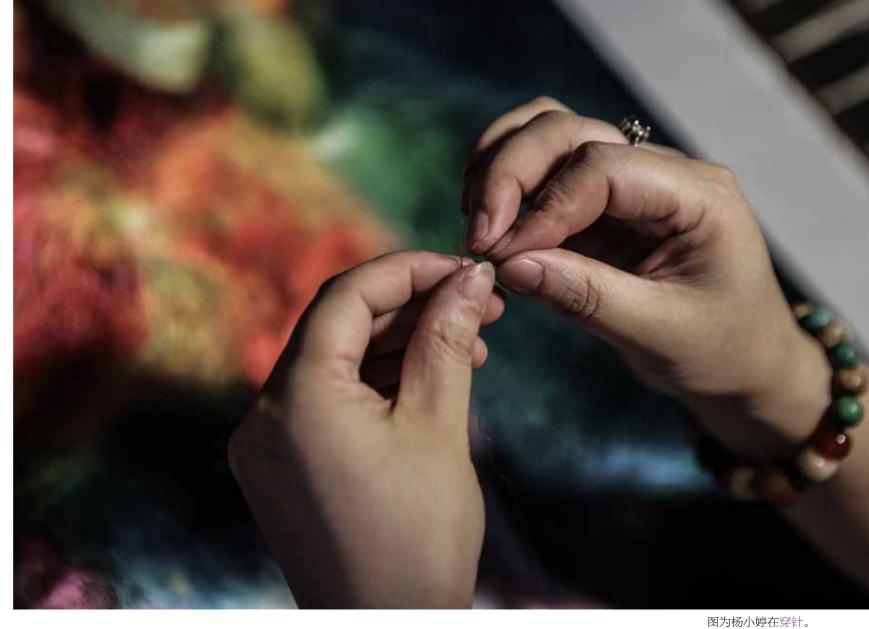
精英 jīngyīng n. elite

家境 **jiājìng** *n.* family financial situation

热衷 rèzhōng v. be keen on; have a burning passion for

金钱 jīnqián n. money

杨小婷说: "艺术都是随着时代发展的, 汉绣也不应该只是历史某一个时期的那种风 格,汉绣不会停滞不前。"



tíngzhì-bùqián 停滞不前 穿针 chuānzhēn

remain stagnant v. thread a needle



在自己的"红绣轩"中,杨小婷每日都在创作。

每天晚上8点到12点,都是杨小婷的工作时间。她说自己非常享受现在的状态,几乎不用出门,每天自然醒,但晚上会专注创作。

专注 **zhuānzhù** *v.* be concentrated





杨小婷的研究室里摆满了个人作品。

绣线 xiùxiàn n. thread

除了创作,杨小婷每天的时间会 用来弹<mark>古琴</mark>、钢琴,偶尔画一下油 画,整理一下院子。

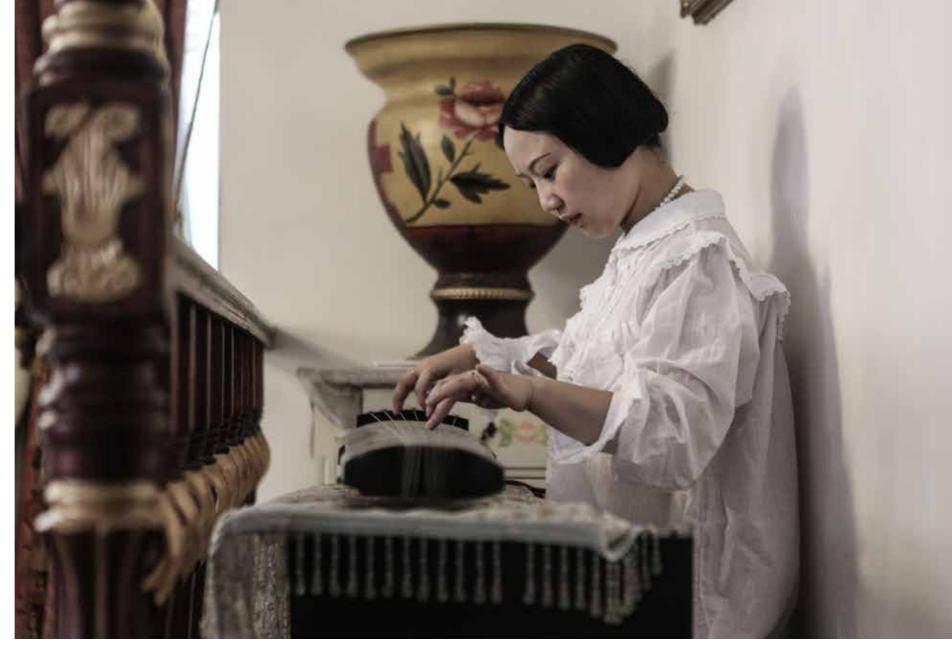
## ● 古琴 gǔqín

中国传统拨弦乐器,至今已有三千 多年历史,是中国传统文化四艺 "琴棋书画"之一,被中国古代文 人视为高雅的代表。

Guqin is a plucked string Chinese musical instrument with a history of over 3,000 years. It is one of the Four Arts (guqin, the strategy game of Go, Chinese calligraphy and Chinese painting), and is viewed by Chinese ancient scholars as a symbol of great nobleness and refinement.

弹 **tán** v. play (a musical instrument)

钢琴 gāngqín n. piano 院子 yuànzi n. courtyard





她还是个十足的服装和帽子控, 家中有 几百顶帽子,只要出门,一定会戴帽子。这 样的生活要过多久, 杨小婷没有给出一个明 确的回答。

"但当我回来的时候,一定是汉绣繁荣到 来的时候。"杨小婷自信地说。

(本文选编自 http://news.qq.com/original/oneday/1666.html,

作者:马路遥。)



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## 控 kòng

网络用语,源于英文单词 "complex" (情结)的前半部分"com",指极度 喜欢某种东西的人。

Kong is an Internet buzz word that comes from the prefix "com" of the word "complex", referring to someone obsessed with something.

十足 shízú sheer; downright clear and definite míngquè adj. fánróng flourishing; prosperous



# 中国的刺绣

Chinese Embroidery

刺绣,俗称"绣花",是用针引线在绸缎或布帛上穿绕,形成各种图案的一种装饰方法。它最早出现于中国的商代,已有3000多年的历史。特色鲜明的苏绣、湘绣、粤绣和蜀绣被称为中国"四大名绣"。

苏绣发源于江苏苏州,已经有2000多年的历史,被人们誉为"东方明珠"。苏绣绣工精细,艺人们可以把一根头发粗细的绣花线分成二分之一、四分之一,以至十二分之一、四十八分之一的细线绣,并将千万个线头、线结藏得无影无踪。无论从正面还是反面看,作品都栩栩如生。

湘绣是湖南出产的刺绣。湘绣多以中国 画为题材,色彩丰富,风格豪放,曾有"绣 花花生香,绣鸟能听声,绣虎能奔跑,绣人 能传神"的美誉。典型的湘绣题材以狮子、 老虎等为主。



苏绣



湘绣

粤绣是广东地区的刺绣。其特点是色彩艳丽,图案整齐,多以龙、凤为主。与其他地区 绣工均为女子不同,粤绣绣工多为男子。

蜀绣出产在四川。蜀绣用针工整、丝路清晰,花纹边缘如同刀切一般齐整。蜀绣的针法有1000多种,题材多为花鸟、走兽、山水等。

除了"四大名绣"外,北京的京绣、温州的瓯绣、苗族的苗绣等地方刺绣也很有特色。刺绣既可以是供人们欣赏的艺术品,也可以用于服装、被面、枕套等生活用品,广受大家喜爱。



粤绣



蜀绣

Embroidery, commonly known as "Flower Embroidery", is handicraft of silk or fabric with needle and thread to stitch various patterns. First appeared in China's Shang Dynasty, it has more than 3,000 years of history. There are four major distinctive regional styles of traditional Chinese embroidery: Su Xiu, Xiang Xiu, Yue Xiu and Shu Xiu.

Crafted in Suzhou, Jiangsu Province, Su Xiu has a history of 2,000 years. It is known as the "Pearl of the Orient". Su Xiu is famous for its meticulously skillful stitching. Su Xiu artists can split a thread about the diameter of as fine as a human hair in two, four, twelve or even forty-eight threads, and the ends and knots of tens of millions of threads are woven inside the silk so the embroidered patterns on both sides are lifelike.

Xiang Xiu comes from Hunan Province. It is distinct for its richly coloured designs and bold and unconstrained style with subjects the same as Chinese ink and wash paintings. Xiang Xiu patterns are truly vivid that people say "in Xiang Xiu artwork, flowers have fragrance, birds can sing, tigers can run and people are given life to". Typical Xiang Xiu artwork themes are lions and tigers.

Yue Xiu is crafted in Guangdong Province. It features vibrant colours and symmetrical patterns, mostly dragons and phoenixes. Unlike other regions where embroidery artists are usually women, Yue Xiu artists are mostly men.

Shu Xiu comes from Sichuan Province. It has refined craftsmanship and even stitching, with pattern edges as neat as knife cuts. Shu Xiu has over 1,000 kinds of stitching, and the most common subjects are birds, flowers, animals, landscapes and so on.

In addition to "Four Major Embroidery Styles", Jing Xiu from Beijing, Ou Xiu from Wenzhou, Miao Xiu of Miao ethnic minority are also very distinguished regional embroidery styles. Embroidery is not only artwork for people to admire but also can be used to decorate clothing, quilt covers, pillowcases and other daily necessities, so it is widely loved by everyone.

# STO

### 文化链接 Cultural Links

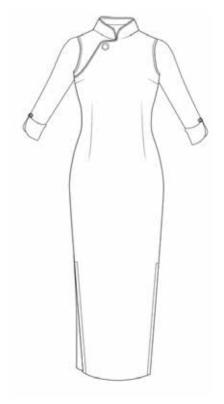
一、扫描下方二维码, 观看 2015 年中央电视台春节联欢晚会节目《锦绣》, 欣赏"四大名绣"服装走台及歌曲《锦绣》。

Scan the QR code below to watch the show "Embroidery" of the 2015 Spring Festival Gala.



二、旗袍是民国时期普遍流行的女子服装,能够很好地体现东方女性优雅的魅力。旗袍上也会有各种美丽的刺绣图案,请你发挥想象,给旗袍设计一些刺绣图案吧!

Chi-pao is a popular one-piece dress for women in Republic of China (1912-1949), which is noted for accentuating the elegancy of Chinese women. Chi-pao has all kinds of beautiful embroidery patterns. Try design the following Chi-pao with imagination.



# 词汇索引

词语	拼音	词性	含义	页码
爱抚	àifǔ	v.	show tender care of	24
按摩	ànmó	v.	massage	53
白菜	báicài	n.	Chinese cabbage	115
摆放	băifàng	v.	arrange; lay	73
半大	bàndà	n.	age between adulthood and childhood	95
伴儿	bànr	n.	companion	11
帮	bāng	<i>m</i> .	group; band	111
宝宝	bǎobao	n.	baby; darling	17
爆竹	bàozhú	n.	firecracker	108
蹦出	bèngchū	v.	pop up	126
必备	bìbèi	v.	be essential to/for	96
闭门	bìmén	v.	close the door	162
编剧	biānjù	n.	playwright	131
病房	bìngfáng	n.	ward	18
拨	bō	m.	group; team	111
补脑	bǔnǎo	v.	invigorate the brain	78
擦拭	cāshì	v.	clean; rub; wipe	111
残羹剩饭	cángēng shèngfàn		leftovers	116
残屑	cánxiè	n.	scraps	108
查看	chákàn	v.	check; see about	45
缠着	chánzhe	v.	pester; importune	95
产妇	chănfù	n.	woman in labour	18

词语	拼音	词性	含义	页码
产前	chǎnqián	n.	prenatal period	15
常见	chángjiàn	v.	be commonly seen	17
场地	chăngdì	n.	space; place	142
沉	chén	adj.	heavy (in weight)	21
沉浸	chénjìn	v.	be immersed (in sth)	107
城际	chéngjì	adj.	intercity	49
冲	chōng	v.	soar; skyrocket	107
出山	chūshān	v.	take up an official post	162
出台	chūtái	v.	(of a policy, measure, etc)	12
除夕	chúxī	n.	New Year's Eve	99
穿行	chuānxíng	v.	pass/go through	125
穿针	chuānzhēn	v.	thread a needle	
传神	chuánshén	adj.	vivid; lifelike	157
串门儿	chuànménr	v.	drop in on sb	108
窗口	chuāngkŏu	n.	channel; show window	161
创可贴	chuāngkětiē	n.	BandAid	37
创始者	chuàngshǐzhě	n.	founder; pioneer	67
垂垂老矣	chuíchuí lăo yĭ		be slowly getting old	151
村民	cūnmín	n.	villager	100
寸	cùn	m.	cun (a unit of length, equal to 1/3 decimetre)	104
大吃一惊	dàchīyìjīng		be greatly surprised	157

词语	拼音	词性	含义	页码
大年	dànián	n.	lunar year with a 30-day December; Spring Festival	116
大人	dàren	n.	adult; grown-up	17
大师	dàshī	n.	grand master (used to address scholar/ expert of outstanding achievements)	151
大爷	dàye	n.	uncle (a respectful form of address for an elderly man)	104
带头人	dàitóurén	n.	leader	151
单一	dānyī	adj.	single; unitary	67
胆小	dănxiăo	adj.	timid; cowardly	103
弹	tán	v.	play (a musical instrument)	172
当天	dàngtiān	n.	same day	41
当中	dāngzhōng	n.	centre; middle	50
档	dàng	m.	(used for events, etc)	134
第一线	dìèyī xiàn	n.	forefront; frontline	162
点评	diǎnpíng	v.	comment	134
电动车	diàndòngchē	n.	electric vehicle	42
电商	diànshāng	n.	e-business; e-commerce	35
店铺	diànpù	n.	shop; store	69
订单	dìngdān	n.	purchase order	73
定型	dìngxíng	v.	take shape	74
东北话	Dōngběihuà	n.	dialects of northeast of China	126
动感	dònggăn	n.	vividness; lifelikeness	157
逗	dòu	v.	tease; kid	23

词语	拼音	词性	含义	页码
短暂	duǎnzàn	adj.	of short duration	125
对口	duìkŏu	adj.	be geared to the needs of the job	73
墩买里	Dūnmăilĭ	n.	a small town of Xinjiang Uygur Autonomous Region	77
多面手	duōmiànshŏu	n.	jack-of-all-trades; versatile person	137
儿媳妇儿	érxífur	n.	daughter-in-law	104
二胎	èrtāi	n.	second child	15
发小	fàxiǎo	n.	childhood buddy	64
翻地	fāndì	v.	turn up the soil	91
翻看	fānkàn	v.	flip through	64
繁荣	fánróng	adj.	flourishing; prosperous	175
方	fāng	n.	side; party	12
放鞭炮	fàng biānpào		set off firecrackers	103
放开	fàngkāi	v.	let go; release hold of	17
费周折	fèi zhōuzhé		take the trouble	126
分店	fēndiàn	n.	branch (of a shop)	77
风向标	fēngxiàngbiāo	n.	weathercock	134
夫妻	fūqī	n.	husband and wife	8
赶上	gănshàng	v.	be in time for	21
赶着	gănzhe	v.	(try to) catch; rush for	91
干练	gànliàn	adj.	capable and experienced	62
钢琴	gāngqín	n.	piano	172
高端	gāoduān	n.	high-end	161

词语	拼音	词性	含义	页码
高徒	gāotú	n.	outstanding disciple	155
各自	gèzì	pron.	each (of a group)	54
公交	gōngjiāo	n.	public transport	49
功底	gōngdĭ	n.	basic training; foundation	157
供品	gòngpǐn	n.	offerings	100
供桌	gòngzhuō	n.	altar table	96
孤单	gūdān	adj.	alone; lonely	21
瓜子儿	guāzĭr	n.	melon seed	108
挂历	guàlì	n.	wall calendar	99
国策	guócè	n.	state/national policy	12
果皮	guǒpí	n.	fruit peel/skin	116
过世	guòshì	v.	pass away	103
寒暄	hánxuān	v.	exchange (conventional) greetings	116
汉绣	hànxiù	n.	Hubei embroidery	151
行李	xíngli	n.	luggage; baggage	92
好评	hǎopíng	n.	favourable comments; good review	152
和面	huómiàn	v.	knead dough	74
核桃	hétao	n.	walnut	67
后半夜	hòubànyè	n.	after midnight	138
护肤霜	hùfūshuāng	n.	face cream; body lotion	37
画面	huàmiàn	n.	frame	132
怀孕	huáiyùn	v.	be pregnant	11
缓过神	huănguo shén		recuperate; revive	116

词语	拼音	词性	含义	页码
缓解	huǎnjiě	v.	alleviate; ease up	53
荒废	huāngfèi	v.	fall into disuse	107
回单	huídān	n.	receipt	42
回赠	huízèng	v.	give sb a gift in return	115
绘画	huìhuà	n.	painting; drawing	64
火候	huŏhòu	n.	duration and degree of heating, cooking, smelting, etc	74
货架	huòjià	n.	goods shelf	69
积攒	jīzǎn	v.	collect/save bit by bit	129
急促	jícù	adj.	hurried; rapid	107
祭祀	jìsì	v.	offer sacrifices to gods/ancestors	96
家境	jiājìng	n.	family financial situation	165
假期	jiàqī	n.	holiday; vacation; break	77
间断	jiànduàn	v.	be disconnected	64
间隙	jiànxì	n.	interval; gap	42
兼任	jiānrèn	v.	hold a concurrent post	131
捡拾	jiǎnshí	v.	collect; gather	88
简易	jiǎnyì	adj.	simply equipped	132
奖杯	jiǎngbēi	n.	trophy	131
奖项	jiǎngxiàng	n.	prize	131
奖状	jiǎngzhuàng	n.	certificate of merit/award	99
饺子	jiǎozi	n.	jiaozi; Chinese dumpling	100
脚丫	jiǎoyā	n.	foot	24

词语	拼音	词性	含义	页码
轿车	jiàochē	n.	car	112
教学	jiàoxué	n.	teaching; education	64
节点	jiédiǎn	n.	node	46
结伴	jiébàn	v.	go with	95
解乏	jiěfá	v.	recover from fatigue	50
解题	jiětí	v.	solve a (mathematical, etc) problem	64
界	jiè	n.	circles	162
金钱	jīnqián	n.	money	165
紧挨	jǐn'āi	v.	be close/next to	46
紧锣密鼓	jĭnluóèmìgǔ		wild beating of gongs and drums — concentrated preparations; intense publicity drive	
紧缺	jǐnquē	adj.	in short supply	70
近期	jìnqī	n.	near future	41
近亲	jìnqīn	n.	close relative	111
精英	jīngyīng	n.	elite	165
酒席	jiǔxí	n.	feast; banquet	116
就算	jiùsuàn	conj.	even if	92
剧情	jùqíng	n.	plot of a play/an opera	125
剧组	jùzǔ	n.	play staff	131
据	jù	prep.	according to	45
均衡	jūnhéng	adj.	balanced; proportionate	12
卡赞其	Kăzànqí	p.n.	name of a place	70
开工	kāigōng	v.	start up (construction, etc)	42

词语	拼音	词性	含义	页码
开机	kāijī	v.	(of a film, etc) start shooting	142
烤制	kǎozhì	v.	bake; roast	74
课堂	kètáng	n.	classroom	140
空寂	kōngjì	adj.	quiet and deserted	103
快递	kuàidì	n.	special/express delivery	35
快件	kuàijiàn	n.	express mail	38
垃圾	lājī	n.	rubbish; garbage	116
腊月	làyuè	n.	twelfth month of the lunar year	91
来访	láifǎng	v.	come to visit	111
老板	lǎobǎn	n.	boss	54
老伴儿	lăobànr	n.	(of an old couple) husband or wife	104
姥爷	lăoye	n.	(maternal) grandfather	26
礼品	lĭpĭn	n.	present; gift	115
鲤鱼	ľĭyú	n.	carp	96
例	ľì	n.	example; case	15
良莠不齐	liángyŏuèbùqí		the crop and the weed grow together— the good and the bad are intermingled	161
临产	línchăn	v.	be about to give birth	8
零售	língshòu	v.	retail; sell by retail	74
刘燚	Liú Yì	p.n.	name of a person	125
遛	liù	v.	walk leisurely; stroll	95
录像带	lùxiàngdài	n.	videotape	129
录像机	lùxiàngjī	n.	video recorder	129

词语	拼音	词性	含义	页码
录影	lùyĭng	v.	videotape	130
录制	lùzhì	v.	record; video	137
路程	lùchéng	n.	distance travelled; journey	38
路灯	lùdēng	n.	street/road lamp	92
轮	lún	<i>m</i> .	round	41
萝卜	luóbo	n.	radish; turnip	100
落户	luòhù	v.	settle (down)	152
满脑子	mănnăozi		one's whole mind	132
满月	mănyuè	v.	(of a baby) be one month old	8
忙前忙后	mángqián mánghòu		bustle around	18
每当	měidāng	prep.	whenever; every time	49
每当	měidāng	prep.	whenever; every time	133
美好	měihǎo	adj.	(of life, future, wish, etc) fine; glorious	155
美味	měiwèi	n.	fine food; table delicacies	67
萌生	méngshēng	v.	conceive (an idea, view)	129
梦想	mèngxiǎng	n.	dream	54
面粉	miànfěn	n.	(wheat) flour	74
民国	mínguó	n.	Republic of China (1912-1949)	151
民俗	mínsú	n.	folk custom	70
名录	mínglù	n.	name list	152
明确	míngquè	adj.	clear and definite	175
抹	mŏ	v.	apply; put on	37

词语	拼音	词性	含义	页码
馕	náng	n.	crusty pancake (staple food of the Uygur and Kazak ethnic groups)	67
内斗	nèidòu	v.	internal conflict	158
腻	nì	adj.	be bored of; be fed up with	78
年画	niánhuà	n.	Spring Festival picture	99
农耕	nónggēng	n.	farming	91
农活儿	nónghuór	n.	farm work	91
趴	pā	v.	lie on one's stomach	104
拍摄	pāishè	v.	shoot; photograph	130
派件	pàijiàn	v.	ship; deliver	42
潘庄	Pānzhuāng	p.n.	name of a village	88
盘	pán	m.	(used for dishes, millstones, tapes, etc)	129
泡脚	pàojiǎo	v.	soak feet in warm water	50
泡面	pàomiàn	n.	instant noodles	42
陪护	péihù	v.	accompany and look after	8
蓬勃	péngbó	adj.	flourishing; thriving	35
批量	pīliàng	adv.	in batches/bulk	161
皮芽子	píyázi	n.	onion (Xinjiang dialect)	67
疲劳	píláo	adj.	tired; fatigued	53
拼凑	pīncòu	v.	put/piece together	88
评定	píngdìng	v.	evaluate; assess	130
评判	píngpàn	v.	judge; determine	162
凭借	píngjiè	prep.	rely on; depend on	157

词语	拼音	词性	含义	页码
婆婆	pópo	n.	mother-in-law; husband's mother	78
起色	qĭsè	n.	improvement; pickup	70
气息	qìxī	n.	smell; flavour; scent	62
契机	qìjī	n.	turning point; juncture	152
前行	qiánxíng	v.	go/move forward	92
前后	qiánhòu	n.	time/period around	38
墙壁	qiángbì	n.	wall	132
青春	qīngchūn	n.	youth; youthfulness	54
清扫	qīngsǎo	v.	thoroughly clean up	108
卷	quān	n.	circle	141
热衷	rèzhōng	v.	be keen on; have a burning passion for	165
人家	rénjiā	n.	household	107
人手	rénshǒu	n.	manpower; hand	70
肉乎乎	ròuhūhū	adj.	fat; fleshy	21
如同	rútóng	v.	be like	158
乳名	rŭmíng	n.	infant name	8
入神	rùshén	v.	be entranced	104
散落	sànluò	v.	fall scattered	108
瑟瑟寒风	sèsè hánfēng		cold/bleak wind	46
上交	shàngjiāo	v.	hand in; submit	42
上映	shàngyìng	v.	show (a film)	134
深厚	shēnhòu	adj.	solid; deep-seated	157
生	shēng	v.	give birth to; bear	17

生气 shēngqì n. liveliness; vitality 失传 shīchuán v. be lost; no longer exist 十足 shízú adj. sheer; downright	103 157 175
_	
HE object and object describe	175
十足 shízú <i>adj</i> . sheer; downright	
食材 shícái n. ingredient; food	96
史料 shǐliào n. historical data/materials	158
试验品 shìyànpǐn n. experimental article	69
室外 shìwài n. outside of a building	37
收工. shōugōng v. stop work for the day	42
守着 shǒuzhe v. keep watch	111
首肯 shǒukěn v. nod approval; approve	130
售卖 shòumài v. sell	69
书写 shūxiě v. write	54
梳头 shūtóu v. comb one's hair	12
束 shù m. bundle; bunch	107
双语 shuāngyǔ n. bilingual	78
丝路 sīlù n. Silk Road	62
随后 suíhòu <i>adv.</i> soon afterwards	62
随之 suízhī v. happen along with	17
碎片 suìpiàn n. fragment; piece	88
昙华林 Tánhuálín p.n. a block in Wuhan, Hubei Province	152
堂哥 tánggē n. cousin	103
讨 tǎo v. ask/beg for	95
讨说法 tǎo shuōfa demand an explanation	158

天马行空tiānmǎèxíngkōnglike a heavenly steed soaring a skies — (of writing, calligra powerful and unconstrained添置tiānzhìv. add to one's possessio	phy, etc) 155 l in style
添置 tiānzhì v. add to one's possessio	ons 130
甜蜜 tiánmì adj. sweet; happy	45
条凳 tiáodèng n. bench	108
贴子 tiězi n. posting	161
停滯不前 tíngzhìèbùqián remain stagnant	166
同胞 tóngbāo n. sibling	8
同性 tóngxìng n. of the same gender	111
头部 tóubù n. head	53
投射 tóushè v. project; cast	132
团队 tuánduì n. group; team	62
推搡 tuīsǎng v. push; decline	115
崴 wǎi v. sprain; twist	138
外孙女 wàisūnnǔ n. daughter's daughter; grandd	daughter 21
丸子 wánzi n. round mass of food	100
微电影 wēidiànyǐng n. short film	126
维语 wéiyǔ n. Uygur	62
问世 wènshì v. come out	157
乌黑 wūhēi adj. pitch-black	78
舞台剧 wǔtáijù n. stage play	125
物流业 wùliúyè n. logistics	35
物品 wùpǐn n. article	64

词语	拼音	词性	含义	页码
习惯性	xíguànxìng	n.	habitual	45
袭	tuánduì	m.	asuit or set of clothes	
下	xià	v.	put into; cast	50
下锅	xiàguō	v.	put into the pot or pan and start cooking	96
闲谈	xiántán	v.	chat	112
闲置	xiánzhì	v.	be unused; remain idle	104
县城	xiànchéng	n.	county town	46
乡邻	xiānglín	n.	fellow villager	111
香甜	xiāngtián	adj.	(of sleep) soundly	24
享受	xiǎngshòu	v.	enjoy	50
想象力	xiǎngxiànglì	n.	imagination	69
小大人儿	xiǎodàrénr	n.	child talking or behaving like an adult	18
小有名气	xiǎoyǒu míngqì		have some reputation	67
新片	xīnpiàn	n.	new film	134
兴起	xīngqĭ	v.	rise; spring up	35
兄弟姐妹	xiōngdì jiěmèi		brothers and sisters; siblings	11
绣坊	xiùfáng	n.	embroidery workshop	155
绣线	xiùxiàn	n.	thread	171
叙旧	xùjiù	v.	talk about the past	111
轩	xuān	n.	small room or veranda with windows (used in names of studios, restaurants or teahouses in ancient times)	151
渲染	xuànrăn	v.	apply colours to a drawing	161
学者	xuézhě	n.	scholar	158

词语	拼音	词性	含义	页码
迅猛	xùnměng	adj.	swift and violent	126
压力	yālì	n.	pressure; stress	77
烟花	yānhuā	n.	fireworks	107
延迟	yánchí	v.	delay; postpone	46
研制	yánzhì	v.	develop; prepare	81
俨然	yănrán	adv.	just like	18
演播室	yǎnbōshì	n.	studio	137
扬州	Yángzhōu	p.n.	a city in Jiangsu Province	35
养胃	yăngwèi	v.	nourish the stomach	78
要好	yàohǎo	adj.	be on good terms	64
液晶彩电	yèjīng căidiàn		liquid crystal TV	104
一发不可收 拾	yìfā bùkě shōushi		get out of hand	126
一瘸一拐	yìqué yìguăi		walk with a limp	138
衣着	yīzhuó	n.	clothing	111
医疗	yīliáo	n.	medical care	81
姨亲姑表	yíqīn gūbiǎo		aunts and cousins	112
迎宾	yíngbīn	v.	greet/welcome guests	108
营养	yíngyǎng	n.	nutrition; nourishment	67
影评	yĭngpíng	n.	film review	137
影视	yĭngshì	n.	film and television	99
硬	yìng	adv.	forcibly; with effort	115
油画	yóuhuà	n.	oil painting	157
油炸	yóuzhá	v.	deep-fry	100

词语	拼音	词性	含义	页码
游针绣	yóuzhēnxiù	n.	a way of needling	157
有事没事	yŏushì méishì		be free or not	95
袁梓馨	Yuán Zĭxīn	p.n.	name of a person	8
原本	yuánběn	adv.	originally; formerly	165
援建	yuánjiàn	v.	provide aid in construction	73
院线	yuànxiàn	n.	theatre chain	134
院子	yuànzi	n.	courtyard	172
愿望	yuànwàng	n.	aspiration; wish	54
岳父	yuèfù	n.	wife's father	112
岳母	yuèmǔ	n.	wife's mother	112
载体	zàitǐ	n.	carrier	129
早餐	zăocān	n.	breakfast	38
增强	zēngqiáng	v.	strengthen; enhance	157
炸裂	zhàliè	v.	explode; blow up	107
展示	zhǎnshì	v.	display; show	54
展销会	zhǎnxiāohuì	n.	commodities fair	73
张罗	zhāngluo	v.	plan and prepare	116
长期	chángqī	n.	long term/range	12
招徒	zhāotú	v.	recruit apprentice	155
照看	zhàokàn	v.	attend to; look after	77
针法	zhēnfǎ	n.	stitch	157
针织	zhēnzhī	v.	knit	161
振冉	Zhènrǎn	p.n.	name of a person	111

词语	拼音	词性	含义	页码
正餐	zhèngcān	n.	regular meal	42
正轨	zhèngguĭ	n.	right track	70
正统	zhèngtŏng	n.	legitimism	158
正月	zhēngyuè	n.	first month of the lunar year	112
芝麻	zhīma	n.	sesame	78
知名度	zhīmíngdù	n.	popularity	152
知性	zhīxìng	n.	intellectuality	62
职	zhí	n.	post; office	131
制片	zhìpiàn	n.	producer; film maker	131
质疑	zhìyí	v.	call in question; query	158
中央电视台	Zhōngyāng Diànshìtái		China Central Television (CCTV)	104
周	zhōu	n.	week	11
住所	zhùsuŏ	n.	dwelling place; residence	151
注资	zhùzī	v.	capital infusion	70
专注	zhuānzhù	v.	be concentrated	169
撰写	zhuànxiě	v.	write (usually short articles)	130
总店	zŏngdiàn	n.	main store; head office	67
走动	zŏudòng	v.	(of relatives and friends) visit each other	116
走亲访友	zŏuqīnèfăngyŏu		visit one's relatives and friends	112
租金	zūjīn	n.	rent	73
足迹	zújì	n.	footprint; track	142
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作战	zuòzhàn	v.	fight a battle	41
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