

2023 下

我是瑞斯拜六级

四六级我只看瑞斯拜

All work and no play makes Jack a dull boy.



翻译

课程观看 B 站：我是瑞斯拜



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近年来，中国城市加快发展，城市人居住环境得到显著改善。许多城市努力探索中国特色的城市高质量发展之路，城市功能不断完善，治理水平明显提高。中国持续开展城市生态修复和功能修补，全面实施城镇老旧小区改造，大力推进城市园林绿化，消除污染；同时大力推进城市基础设施体系化建设，开展房屋建筑和市政设施普查以及安全隐患排查整治，努力为市民创造高品质的生活环境，让城市更美丽、更安全、更宜居。

In recent years, Chinese cities have accelerated their development, leading to significant improvements in urban living environments. Many cities are actively exploring a path of high-quality urban development with Chinese characteristics, continuously enhancing urban functions and significantly improving governance levels. China is carrying out ongoing efforts in urban ecological restoration and functional repairs, implementing comprehensive transformations of old residential neighborhoods in towns and cities, vigorously promoting urban landscaping and greenification to eliminate pollution. At the same time, there is a strong focus on the systematic construction of urban infrastructure, conducting surveys of housing construction and municipal facilities, as well as inspections and remediation of safety hazards. The aim is to create a high-quality living environment for citizens, making cities more beautiful, safer, and more livable.

近年来，越来越多的中国文化产品的走向全球市场，日益受到海外消费者的青睐。随着中国对外文化贸易的快速发展，中国文化产品出口额已持续多年位居世界前列，形成了一批具有国际影响力的文化企业产品的和品牌。数据显示，中国的出版物、影视作品、网络文学与动漫产品等在国外的销售量连年攀升。中国政府出台了一系列政策鼓励和支持更多具有中国元素的优秀文化产品的走出国门，扩大海外市场份额，进一步提升中国文化的世界影响力。

In recent years, an increasing number of Chinese cultural products have been making their way into the global market and gaining popularity among overseas consumers. With the rapid development of China's foreign cultural trade, the export value of Chinese cultural products has consistently ranked among the top in the world, giving rise to a group of culturally influential enterprises and brands. Data shows that sales of Chinese publications, film and television productions, online literature, and animation products have been steadily increasing in foreign markets. The Chinese government has implemented a series of policies to encourage and support the international expansion of outstanding cultural products with Chinese elements, aiming to expand the overseas market share and further enhance the global influence of Chinese culture.

随着中国经济的快速发展和人们生活水平的稳步提高, 城市居民对环境和生活品质的要求越来越高。中国地方政府更加注重公共设施的建设和改进, 以更好地满足人们的需求。通过兴建新的广场、公园和公共绿地或对原有公共场地重新加以规划改造, 许多城市为市民提供了更多休闲和社交的场所。如今, 政府出资购置的健身器械和铺设的健身步道在不少城市随处可见, 既明显改善了市民户外活动的条件, 又使城市更加美丽。

With the rapid development of the Chinese economy and the steady improvement of people's living standards, urban residents have increasingly higher demands for the environment and quality of life. Local governments in China are paying more attention to the construction and improvement of public facilities to better meet people's needs. Many cities have provided citizens with more recreational and social spaces by constructing new squares, parks, and public green areas or by renovating existing public spaces. Nowadays, government-funded fitness equipment and the establishment of fitness trails can be seen everywhere in many cities, significantly improving outdoor activity conditions for citizens and making the cities more beautiful.

徐霞客是中国明代的著名地理学家。他花费了三十多年的时间游遍了大半个中国。他主要靠徒步跋涉, 寻访了许多荒远偏僻的地区。他把自己的见闻和考察结果详细记录下来, 为后人留下了珍贵的考察资料。他通过对许多河流的实地调查, 纠正了文献中关于水源的错误。他还详细地描述了地形、气候等因素对植物的影响, 生动地描绘了各地的名胜古迹和风土人情。他的考察记录由后人整理成了《徐霞客游记》, 在国内外产生了广泛的影响。

Xu Xiake was a renowned geographer in the Ming Dynasty of China. He spent over thirty years traveling across more than half of China. He primarily relied on walking and trekking, exploring many remote and desolate regions. He meticulously recorded his observations and research findings, leaving behind valuable materials for future generations. Through field investigations of numerous rivers, he corrected errors in existing literature regarding water sources. He also provided detailed descriptions of the impact of terrain, climate, and other factors on plants, vividly depicting the scenic spots, historical sites, and local customs of various regions. His travel records were later compiled by others into the book "Xu Xiake's Travel Notes," which has had a profound influence domestically and internationally.

郑和是中国历史上最杰出的航海家,在航海、外交、军事等诸多领域都表现出非凡的智慧和卓越的才能。他曾七次率领庞大的船队远航,访问了西太平洋和印度洋的许多国家和地区,加深了中国同东南亚、东非的相互了解。郑和下西洋对中外的经济和文化交流起到了十分积极的推进作用,也为维护区域和平做出了巨大贡献。为了永远铭记郑和及其丰功伟绩,7月11日,即郑和首次率船队远航启程的日子,被定为中国的航海节。

Zheng He is the most outstanding navigator in Chinese history, showcasing exceptional wisdom and remarkable talent in various fields such as navigation, diplomacy, and military affairs. He led seven expeditions with enormous fleets, visiting many countries and regions in the Western Pacific and the Indian Ocean, deepening mutual understanding between China and Southeast Asia, and East Africa. Zheng He's voyages to the Western Seas played a significant role in promoting economic and cultural exchanges between China and foreign nations, as well as making enormous contributions to regional peace. To forever commemorate Zheng He and his remarkable achievements, July 11, the day he set sail for his first expedition, has been designated as China's Maritime Day.

张骞(Zhang Qian)是中国第一个伟大的探险家。他不畏艰险,克服重重困难,两次出使西域,开通了同西亚和欧洲的通商关系,将中国的丝和丝织品运往西亚和欧洲,开拓了历史上著名的“丝绸之路”。同时,他又将西域的风土人情、地理文化以及特有物种等介绍到中原,极大地开阔了人们的视野。正如历史学家所指出的那样,如果没有张骞出使西域,就不可能有丝绸之路的开辟,也就不会有汉朝同西域或欧洲的文化交流。

Zhang Qian was the first great explorer in China. Fearless and resilient, he overcame numerous hardships and embarked on two missions to the Western Regions, establishing trade relations between China, West Asia, and Europe. He facilitated the transportation of Chinese silk and silk products to West Asia and Europe, thereby pioneering the famous "Silk Road" in history. Additionally, he introduced the customs, geography, culture, and unique species of the Western Regions to the Central Plains, greatly broadening people's horizons. As historians have pointed out, without Zhang Qian's expeditions to the Western Regions, the opening of the Silk Road would not have been possible, and there would have been no cultural exchanges between the Han Dynasty and the Western Regions or Europe.

贴春联(Spring Festival couplets)是中国人欢度春节的一个重要习俗。春联由一对诗句和四字横批(horizontal scroll)组成,诗句和横批用金色或黑色写在红纸上,红色代表幸运,金色代表财富。春联贴在大门左右两侧和门框上方。春联的诗句体现中国传统诗词的特点,两句诗的字数相同、内容相关。横批凸显春联的主题,更是锦上添花。春联以简洁的文字描绘生动的形象,抒发美好的愿望。当家家户户贴春联时,人们就会意识到春节已经正式拉开序幕。

参考翻译:

Spring Festival couplets are an important tradition for celebrating the Chinese New Year. The couplets consist of a pair of verses and a four-character horizontal scroll, written in gold or black on red paper, with red symbolizing luck and gold symbolizing wealth. The couplets are posted on both sides of the front door and above the door frame. The verses of the couplets reflect the characteristics of traditional Chinese poetry, with two lines of equal length and related content. The horizontal scroll highlights the theme of the couplets and adds to its beauty. The couplets use concise words to depict vivid images and express good wishes. When families post Spring Festival couplets, people will realize that the Chinese New Year has officially begun.

自古以来,印章在中国就是身份的凭证和权力的象征。印章不仅具有实用性,而且也是一种艺术形式,是一门集书法与雕刻于一体的古老艺术,经常被看作与书画并列的独立艺术品。印章从材料的选择、制作的工艺到字体的设计,都具有极其丰富的美学表现。其他国家的艺术家通常在其绘画作品上签名,而中国艺术家则往往在其书画作品上盖上印章代替签名。这样,印章也就成为作品的组成部分,是体现作品独特性的一种方式。

参考翻译:

Since ancient times, the seal has been a certificate of identity and a symbol of power in China. Seal is not only practical, but also an art form. It is an ancient art integrating calligraphy and carving, and is often regarded as an independent art alongside calligraphy and painting. From the selection of materials, the craft of making to the design of fonts, the seal has extremely rich aesthetic expression. Artists from other countries usually sign their paintings, while Chinese artists often affix their seals instead of signatures on their paintings and calligraphy. In this way, the seal becomes an integral part of the work and is a way to reflect the uniqueness of the work.

中央电视台总部大楼位于北京市朝阳区, 总建筑面积约 55 万平方米。主楼由两座塔楼组成, 因其独特的造型, 成为这座城市的一个热门景点, 每天都吸引众多游客前来参观。大楼的创新结构是中外建筑师 • 长期合作的成果, 不仅体现了环保意识, 而且大大节约了建筑材料。中央电视台总部设有一条穿过大楼的专用通道, 向公众展示各个工作室以及中央电视台的历史。在那里, 参观者还可以看到故宫和北京其他地方的壮观景色。

参考翻译:

The CCTV headquarters building is located in Chaoyang District, Beijing, with a total construction area of about 550,000 square meters. The main building consists of two towers, and because of its unique shape, it has become a popular attraction in the city and attracts many tourists every day. The innovative structure of the building is the result of long-term cooperation between Chinese and foreign architects, which not only reflects the awareness of environmental protection, but also greatly saves building materials. The CCTV headquarters has a dedicated passage through the building, showing the history of various studios and CCTV to the public. There, visitors can also see spectacular views of the Forbidden City and other places in Beijing.

青藏高原(the Qinghai-Tibet Plateau)位于中国西南部,面积约 230 万平方公里,平均海拔 4 000 米以上,被称为“世界屋脊”。青藏高原自然资源丰富,风景秀丽,拥有多种珍稀野生动物。青藏高原气温很低,形成了大面积高山冰川。这里是亚洲许多著名河流的源头,是中国和东南亚的主要淡水供应源。青藏高原对全球生态系统至关重要。由于气候变化的影响,青藏高原的冰川正在加速融化。中国一直在努力保护青藏高原的生态系统,草地覆盖率不断增加,许多濒危物种得到更为有效的保护。

参考翻译:

The Qinghai-Tibet Plateau is located in the southwest of China, with an area of about 2.3 million square kilometers and an average altitude of over 4,000 meters, known as the "roof of the world". The Qinghai-Tibet Plateau is rich in natural resources, beautiful scenery, and a variety of rare wild animals. The temperature on the Qinghai-Tibet Plateau is very low, forming a large area of alpine glaciers. It is the source of many famous rivers in Asia and is the main source of fresh water supply for China and Southeast Asia. The Tibetan Plateau is vital to the global ecosystem. Glaciers on the Qinghai-Tibet Plateau are melting at an accelerated rate due to climate change. China has been working hard to protect the ecosystem on the Qinghai-Tibet Plateau, with increasing grassland coverage and more effective protection of many endangered species.

黄土高原(the Loess Plateau)是中国第三大高原,面积约 60 万平方公里,平均海拔 1 000-2 000 米,绝大部分覆盖着 50-80 米厚的黄土,是世界上黄土分布最集中、覆盖厚度最大的区域。这是大自然创造的一个奇迹,在世界上也是绝无仅有的。黄土高原是中华民族的发祥地之一。早在 5500 年前,人们就已经在黄土高原上开始农耕。随着农耕业的持续发展,黄土高原人口不断增加,在秦汉时期就成为中国的政治和经济中心。如今,随着西部大开发战略的实施,黄土高原地区的经济得到了迅速发展。

参考翻译:

The Loess Plateau is the third largest plateau in China, with an area of about 600,000 square kilometers and an average altitude of 1,000-2,000 meters. Most of the loess is covered with 50-80 meters thick loess. It is the most concentrated distribution of loess in the world. , covering the area of greatest thickness. This is a miracle created by nature, and it is unique in the world. The Loess Plateau is one of the birthplaces of the Chinese nation. As early as 5,500 years ago, people had already started farming on the Loess Plateau. With the continuous development of farming, the population of the Loess Plateau continued to increase, and it became the political and economic center of China during the Qin and Han Dynasties. Today, with the implementation of the western development strategy, the economy of the Loess Plateau has developed rapidly.

云贵高原(the Yunnan-Guizhou Plateau)大部分位于云南、贵州省境内,总面积约 50 万平方公里,平均海拔 2000-4 000 米,是中国第四大高原。云贵高原西高东低,河流众多,形成了许多又深又陡的峡谷(canyon)。峡谷中许多地方土壤肥沃,非常有利于多种农作物生长。云贵高原独特的自然环境造就了生物和文化的多样性。它是中国森林和矿产资源类型十分丰富的地区,也是古人类起源的重要地区。云贵高原是中国少数民族数量最多的地区,各民族都保留了自己丰富多彩的文化传统。

参考翻译:

Most of the Yunnan-Guizhou Plateau is located in Yunnan and Guizhou provinces, with a total area of about 500,000 square kilometers and an average altitude of 2,000-4,000 meters. It is the fourth largest plateau in China. The Yunnan-Guizhou Plateau is high in the west and low in the east, with numerous rivers forming many deep and steep canyons. The soil in many places in the canyon is fertile, which is very conducive to the growth of various crops. The unique natural environment of the Yunnan-Guizhou Plateau has created biological and cultural diversity. It is an area rich in forest and mineral resources in China, and it is also an important area where ancient humans originated. The Yunnan-Guizhou Plateau is the area with the largest number of ethnic minorities in China, and all ethnic groups have retained their rich and colorful cultural traditions.

卢沟桥位于天安门广场西南 15 公里处，横跨永定河，是北京现存最古老的多拱石桥。卢沟桥最初建成于 1192 年，1698 年重建，由 281 根柱子支撑。每根柱子上都有一头石狮。这些石狮的头、背、腹部或爪子上都藏有着更多的狮子。这些石狮生动逼真、千姿百态，是卢沟桥石刻艺术的精品。桥上的石狮不计其数，因而北京地区流传着“卢沟桥上的狮子一数不清”的说法。卢沟桥不仅以其美学特征闻名于世，还被公认为石桥建筑史上的一座丰碑。

参考翻译：

The Lugou Bridge is located 15 kilometers southwest of Tian 'anmen Square and spans the Yongding River. It is the oldest existing multi-arch stone bridge in Beijing. Originally completed in 1192 and rebuilt in 1698, the Lugou Bridge is supported by 281 pillars each with a stone lion. There are countless lions on the bridge, so there are countless lions on the Bridge in Beijing. Lugou Bridge is not only famous for its aesthetic features, but also recognized as a monument in the history of stone bridge construction.

南京长江大桥是长江上首座由中国设计、采用国产材料建造的铁路、公路两用桥，上层的 4 车道公路桥长 4589 米，下层的双轨道铁路桥长 6772 米。铁路桥连接原来的天津浦口和上海南京两条铁路线，使火车过江从过去一个半小时缩短为现在的 2 分钟。大桥是南北交通的重要枢纽，也是南京的著名景点之一。南京长江大桥的建成标志着中国桥梁建设的一个飞跃，大大方便了长江两岸的物资交流和人员往来，对促进经济发展和改善人民生活起到了巨大作用。

The Nanjing Yangtze River Bridge is the first rail-road bridge across the Yangtze River which was designed by China and constructed with China-made materials. The upper deck is a 4,589 metre-long four-lane road bridge, and the lower deck a 6,772 metre-long double-rail one which joins the original Tianjin-Pukou and Shanghai-Nanjing railway lines, shortening the traveling time across the river from 1.5 hours to 2 minutes. The bridge is not only a significant north-south traffic hub but also a famous scenic spot in Nanjing. The bridge marks a huge progress in China's bridge construction, greatly facilitating the exchanges of both goods and people on both sides of the Yangtze River and playing a major role in the development of economy and the improvement of people's living condition.

赵州桥建于隋朝, 公元 605 年左右, 长 50.82 米, 宽 9.6 米, 跨度 37.37 米。天才建筑师李春设计并监督了桥的建设。赵州桥结构新颖、造型优美。桥有一个大拱, 在大拱的两端有两个小拱, 帮助排泄洪水、减轻桥梁重量并节省石材。建成以来, 该桥经受了多次洪水和地震, 但其主体结构仍然完好无损, 至今仍在使用。赵州桥是世界桥梁建筑史上的一次创举, 是中国古代文明史上的一项杰出成就。类似设计的桥梁直到 14 世纪才在欧洲出现, 比赵州桥晚了 700 多年。

Zhaozhou Bridge was built in the Sui Dynasty around 605. It is 50.82 meters long and 9.6 meters wide. Span of 37.37 meters Genius architect fang hj design and supervise the construction of the bridge Zhaozhou bridge, the new structure elegant There is a large arch bridge, in the ends of the arch, there are two small arch, help flood discharge Reduce weight and save stone bridge built, the bridge suffered floods and earthquakes for many times, but its main structure is still intact, still in use Zhaozhou Bridge is a pioneering work in the history of bridge construction in the world, and an outstanding achievement in the history of ancient Chinese civilization. Bridges of similar design did not appear in Europe until the 14th century, more than 700 years later than Zhaozhou Bridge

延安位于陕西省北部,地处黄河中游,是中国革命的圣地。毛泽东等老一辈革命家曾在这里生活战斗了十三个春秋,领导了抗日战争和解放战争,培育了延安精神,为中国革命做出了巨大贡献。延安的革命旧址全国数量最大、分布最广、级别最高。延安是全国爱国主义、革命传统和延安精神教育基地。延安有 9 个革命纪念馆,珍藏着中共中央和老一辈革命家在延安时期留存下来的大量重要物品,因此享有"中国革命博物馆城"的美誉。

听课笔记

参考翻译

Yan'an, located in north Shaanxi Province and in the middle reaches of the Yellow River, is a holy land of Chinese revolution where the old generation of revolutionaries including Mao Zhedong used to live and fight for 13 years, leading the War of Resistance against Japanese Aggression and the Lib-eration War, cultivating the Yan'an spirit and making tre-mendous contribution to the Chinese revolution. With the best revolutionary sites in terms of number, extensiveness and level across the country, Yan'an is well recognized as a national education base for patriotism, revolutionary tra-ditions and the Yan'an spirit. Yan'an boasts 9 revolution-ary memorial halls which hold a huge number of significant objects left by CPC Central Committe and the old genera-tion of revolutionaries,enjoying a high reputation as "the museum city of Chinese revolution."

中国共产党第一次全国代表大会会址位于上海兴业路 76 号，是一栋典型的上海式住宅，建于 1920 年秋。1921 年 7 月 23 日，中国共产党第一次全国代表大会在此召开，大会通过了中国共产党的第一个纲领和第一个决议，选举产生了中央领导机构，宣告了中国共产党的诞生。1952 年 9 月，中共一大会址修复，建立纪念馆并对外开放。纪念馆除了介绍参加一大的代表之外，还介绍党的历史发展进程，现已成为了解党史、缅怀革命先烈的爱国主义教育基地。

听课笔记

参考翻译

The site of the 1st National Congress of the Communist Party of China, located at #76, Xingye Road, Shanghai, is a residence of typical Shanghai style which was built in the autumn of 1920. On July 23, 1921, the 1st National Congress of the CPC was held here, where the first creed and the first convention were passed, the central leading body was elect-ed, and the birth of the CPC was announced. In September, 1952, the site was renovated and turned into a memorial hall open to the public, where both the representatives attend-ing the 1st National Congress of the CPC and the history of the CPC are introduced. It has become a patriotism educa-tion base where people know the history of the CPC and commemorate the revolutionary martyrs.

青藏铁路是世界上最高最长的高原铁路, 全长 1 956 公里, 其中有 960 公里在海拔 4 000 多米之上, 是连接西藏和中国其他地区的第一条铁路。由于铁路穿越世界上最脆弱的生态系统, 在建设期间和建成后都采取了生态保护措施, 以确保其成为一条“绿色铁路”。青藏铁路大大缩短了中国内地与西藏之间的旅行时间。更重要的是, 它极大地促进了西藏的经济发展, 改善了当地居民的生活。铁路开通后, 愈来愈多的人选择乘火车前往西藏, 这样还有机会欣赏沿线的美景。

听课笔记

参考翻译

The Qinghai-Tibet Railway is the highest and longest plateau railway in the world, with a total length of 1 956 kilometers, of which 960 kilometers are over 4 000 meters above sea level. It is the first railway connecting Tibet with other parts of China. As the railway crosses the world's most fragile ecosystems, ecological protection measures were taken during and after construction to ensure it becomes a "green railway". The Qinghai-Tibet Railway has greatly reduced travel time between mainland China and Tibet. What's more, it has greatly promoted the economic development of Tibet and improved the lives of local residents. After the opening of the railway, more and more people choose to travel to Tibet by train, which gives them a chance to enjoy the beautiful scenery along the route.

港珠澳大桥(Hong Kong-Zhuhai-Macau Bridge)全长 55 公里，是我国一项不同寻常的工程壮举。大桥将三个城市连接起来，是世界上最长的跨海桥梁和隧道系统。大桥将三个城市之间的旅行时间从 3 小时缩短到 30 分钟。这座跨度巨大的钢筋混凝土大桥充分证明中国有能力建造创纪录的巨型建筑。它将助推区域一体化，促进经济增长。大桥是中国发展自己的大湾区总体规划的关键。中国希望将大湾区建成在技术创新和经济繁荣上能与旧金山、纽约和东京的湾区相媲美的地区。

参考翻译

The 55-kilometer Hong Kong-Zhuhai-Macau Bridge is an unusual engineering feat for our country. The bridge connects the three cities and is the longest sea-crossing bridge and tunnel system in the world. The bridge cut travel time between the three cities from three hours to 30 minutes. The huge steel and concrete bridge is a testament to China's ability to build record-breaking megastructures. It will boost regional integration and economic growth. The bridge is key to China's master plan to develop its own Greater Bay Area. China hopes to build the Greater Bay Area into an area that rivals the Bay Areas of San Francisco, New York and Tokyo in terms of technological innovation and economic prosperity.

北京大兴国际机场位于天安门广场以南 46 公里处,于 2019 年 9 月 30 日投入使用。该巨型工程于 2014 年开工建设,高峰时工地上有 4 万多工人。航站楼设计紧凑,可以允许最大数量的飞机直接停靠在最靠近航站楼中心的位置,这给乘客提供了极大的方便。航站楼共有 82 个登机口,但乘客通过安检后,只需不到 8 分钟就能抵达任何一个登机口。机场的设计可确保每小时 300 架次起降。机场年客运量 2040 年将达到 1 亿人次,有望成为世界上最繁忙的机场。

参考翻译:

Located 46 kilometers south of Tian'anmen Square, Beijing Daxing International Airport was put into operation on September 30, 2019. Construction of the mega project began in 2014, with more than 40,000 workers on the site at its peak. The compact design of the terminal allows the maximum number of aircraft to park directly in the location closest to the center of the terminal, which provides great convenience to passengers. Passengers can get to any of the terminal's 82 gates in less than eight minutes after passing through security. The airport is designed to ensure 300 takeoffs and landings per hour. With an annual passenger capacity of 100 million by 2040, the airport is expected to be the busiest in the world.