

1. 大学生活充满了新的机遇。对那些第一次离家的学生来说，独立生活既令人兴奋又具有挑战性。参加各种社团活动可以帮助他们结交新朋友。然而，尽管社交生活可能很吸引人，但专注于学业同样重要。合理安排时间以确保学习不受影响是至关重要的。

It is full of new opportunities in college life. For those leaving home for the first time, living independently is both exciting and challenging. Joining various student clubs can help them make new friends. However, appealing as social life may be, focusing on academic studies is equally important. It is essential to manage time properly to ensure that studies are not affected.

2. 长城不仅是中国古代强大的防御工事（**fortification**），也是民族精神的象征。它绵延千里，曾是抵御外敌的战略防线。如今，作为世界闻名的旅游景点，它每年吸引数百万游客。然而，自然风化和人为破坏仍威胁着它的存续，因此做好保护工作至关重要。

The Great Wall was not only a powerful fortification in ancient China but also a symbol of the Chinese national spirit. Stretching over thousands of kilometers, it served as a strategic defense system against invasions. Today, it has become a world-renowned tourist attraction, drawing millions of visitors annually. However, challenges remain in protecting it from natural weathering and human-induced damage, making preservation efforts crucial for future generations.

3. 近年来，中国书法和传统绘画在全球广受欢迎，吸引了众多爱好者。这些艺术形式被视为修身养性的有效途径，能提升内在平和与鉴赏力。许多国际学生专程来华，深入学习这些博大精深的艺术，沉浸于丰富的文化遗产中，掌握流传数百年的精湛技艺。

In recent years, Chinese calligraphy and traditional painting have attracted numerous enthusiasts worldwide. These traditional art forms are regarded as effective methods for self-cultivation, promoting inner peace and artistic appreciation. Many international students come to China specifically to study these profound arts, immersing themselves in the rich cultural heritage and mastering the delicate techniques passed down through centuries.

4. 剪纸是中国一项流行的民间艺术，使用剪刀或刻刀在红纸上创作精美图案。这项工艺历史悠久，承载着深厚的文化内涵。剪纸图案通常寓意吉祥，常用于装饰门窗、祈求好运，尤其在春节期间，更寄托了人们对新年平安顺遂、繁荣兴旺的美好愿望。

Paper-cutting is a popular folk art that uses scissors or engraving knives to create intricate patterns on red paper. Originating from ancient China, this traditional craft carries deep cultural significance. These patterns often convey lucky meanings and are used to decorate doors and windows to bring good fortune, especially during the Spring Festival, reflecting people's hopes for a prosperous new year.

5. 茶在中国文化中拥有悠久的历史，远远超出了饮品的范畴。茶道体现了追求和谐与内心平静的哲学。传统的茶馆为人们提供了社交和放松的场所。如果没有茶，许多传统的社交活动将会失去其独特的魅力。建议爱茶之人更深入地学习茶道礼仪，以更好地传承这一文化遗产。

Tea has a long history in Chinese culture, extending far beyond its role as a beverage. The tea ceremony embodies a philosophy seeking harmony and inner peace. Traditional tea houses provide places for people to socialize and relax. Were there no tea, many traditional social activities would lose their unique charm. It is suggested that tea lovers should learn more about tea ceremony manners to better pass on this cultural heritage.

6. 喝茶

在中国，喝茶是一种仪式(ritual)，一种精致品味(refined taste)的展示。人们在饮茶的同时，也领略着(take delight in)品茶的情趣之意。喝茶聊天是中国人中最流行的打发时间的方式。过去，他们是以进有名的茶馆(teahouse)而开始一天的生活的。中国的茶馆相当于法国的咖啡馆和英国的酒馆。

Tea drinking in China is a ritual and a demonstration of the refined taste. While drinking tea, people also take delight in the essence of tea itself. Chatting over a pot of tea is a very popular way of pastime among Chinese. In the past, they would start the day with a visit to a well-known teahouse. Chinese teahouses would be the equivalent of French cafes and English pubs.

7. 龙图腾

对龙图腾的崇拜在中国大约已绵延了八千多年。中国龙是古人将鱼、蛇、马、牛等动物与云雾、雷电等自然天象集合而成的一种神物。中国龙的形成与中华民族的多元融合过程同步。在中国人的心目中，龙具有振奋腾飞、开拓变化的寓意和团结凝聚的精神。

Dragon totem worship in China has been around for the last 8,000 years. The ancients in China considered the dragon (or loong) a fetish that combines animals including the fish, snake, horse and ox with cloud, thunder, lightning and other natural celestial phenomena. The Chinese dragon was formed in accordance with the multicultural fusion process of the Chinese nation. To the Chinese, the dragon signifies innovation and cohesion.

8. 茶的故乡

中国是茶的故乡。据说早在五六千年前，中国就有了茶树(tea- shrub)，而且有关茶树的人类文明可以追溯到两千年前。来自中国的茶和丝绸、瓷器(porcelain)一样，在 1000 年前为世界所知，而且一直是中国重要的出口产品。目前世界上 40 多个国家种植茶。

China is the homeland of tea. It is believed that China has tea- shrubs as early as five to six thousand years ago, and human cultivation of tea plants can date back two thousand years. Tea from China, along with her silk and porcelain, began to be known the world over more than a thousand years ago and has since always been an important Chinese export. At present more than forty countries in the world grow tea.

9. 皮影戏

皮影戏(shadow play)是中国最古老的戏剧之一。它起源于 2000 多年前的古长安，盛行于唐代和宋代。在中国古代，这是一个流行的民间戏曲形式，而且它是世界电影的祖先。当时，它就像现代的电影和电视一样给人们带来欢乐。皮影戏是世界文化和艺术大家庭中的瑰宝。

Shadow play is one of the oldest operas in China. It was rooted in ancient Chang'an over 2,000 years ago and prevailed in the Tang and Song Dynasties. It was a popular folk drama in ancient China and also the ancestor of films in the world. At that time, it brought people pleasure as modern movies and TVs do. Shadow play is the treasure among the world's cultures and arts.

10. 正能量

“正能量”(positive energy)本是物理学名词，最近却被赋予了新的含义并迅速流行起来。与“负能量”相反，“正能量”指的是一种健康乐观、积极向上的动力和情感，给人信心和希望，鼓舞人不断追求幸福生活。当下，该词在网络上尤为流行。

Positive energy, originally as a term in physics, has been given a new meaning recently and become popular rapidly. In contrast to negative energy, positive energy refers to a kind of healthy, optimistic and vigorous power and emotion, giving us confidence and hope and encouraging us to pursue a happy life constantly. This term is particularly popular on the Internet currently.

11. 中国高等教育的迅猛发展为更多平民百姓提供了上大学的机会，这对他们的职业生涯起着越来越重要的作用。据报道，2017 年约有 372 万新生被大学录取。为了帮新生适应校园生活，一些高校想出了创新的迎新方法，帮助学生尽快完成从中学向大学的过渡。

The fast development of higher education in China has offered more ordinary people the opportunity to attend college. It is playing increasingly important roles in their career development. According to the report, in 2017, about 3.72 million freshmen were enrolled in college. To help freshmen adjust themselves to campus life, some universities have come up with innovative ways of welcoming freshmen to assist them in accomplishing the transition from high school to college as soon as possible.

12. 太极拳(Taijiquan)起源于中国古代，是中国武术(martial art)的一个重要分支。练太极拳最初是为了自卫，现在是促进身心健康的有效锻炼方式。大量研究表明，这种锻炼方式有助于保持力量、灵活性和平衡力，并减少压力和焦虑。今天，太极拳已经传播到世界各地，深受广大健身者的喜爱。

Taijiquan, stemming from ancient China, is an important branch of Chinese martial arts. Originally practiced for self-defense, now it is an effective exercise to promote physical and mental health. A lot of researches show that this kind of exercise can help maintain strength, flexibility and balance, and reduce stress and anxiety. Today, Taijiquan has spread all over the world, and it is deeply loved by the majority of exercisers.

13. 中国教育工作者早就认识到读书对于国家的重要意义。有些教育工作者 2003 年就建议设立全民读书日。他们强调,人们应当读好书,尤其是经典著作。通过阅读,人们能更好地学会感恩,有责任心和与人合作,而教育的目的是要培养这些基本性质。

Chinese educators have long realized the significance of reading to the country. In 2003, some of them proposed that a National Reading Day should be set up. They emphasized that people should read good books, especially the classics. Through reading, people can better learn to be grateful, responsible, and cooperative, and the purpose of education is just to cultivate these basic qualities.

14. 中国越来越重视终身教育,发展继续教育是构建终身教育体系的有效途径。近年来许多高校适应社会需求,加强与用人单位沟通,努力探索一条符合中国国情的继续教育发展新路,以使继续教育在国家发展战略中发挥更大的作用。

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. 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.

15. 改革开放以来,中国人的饮食(diet)发生了显著变化。过去由于经济落后,食品种类有限、数量不足。如今中国经济快速发展,食品不仅更加丰富多样,质量也大幅提高。随着生活水平不断提升,人们对饮食的要求越来越高,更加注重吃得营养健康。

Since the reform and opening up, the diet of the Chinese people has undergone significant changes. In the past, due to economic backwardness, the variety and quantity of food were limited. Nowadays, with the rapid development of China's economy, food is not only more diverse but also of much higher quality. With the continuous improvement of living standards, people have higher requirements for diet and pay more attention to eating nutritionally and healthily.

16. 灯笼

灯笼(lantern)又称为灯彩,起源于 1800 多年前的西汉时期。在古代,灯笼的主要作用是照明。现在,灯笼综合了绘画艺术、剪纸(paper cutting)、纸扎、刺缝(seam)等工艺,已经变成了一种供收藏与欣赏的传统工艺品。每逢佳节庆典到处都可以看到灯笼,特别是元宵节和中秋节,人们都挂起象征团圆意义的红灯笼,来营造一种喜庆的氛围。后来在中国灯笼就成了喜庆的象征。

Lanterns, also known as colored lights, originated from the Western Han Dynasty of more than 1,800 years ago. They were mainly used for lighting in ancient times, while nowadays they have already become a kind of traditional art and craft for collection and appreciation, combining various kinds of crafts, such as painting, paper cutting, paper crafts and seam. On festivals and celebrations, lanterns can be seen almost everywhere; especially on the Lantern Festivals and the Mid-Autumn Festivals, red lanterns are hung to express the meaning of reunion and create a joyous atmosphere. Later on, lanterns have become the symbol of happiness in China.

17. 秧歌

多彩的表演服装，他们的表演动作有力迅速。在农历春节、元宵节等节日期间，人们一旦听到锣鼓声，不管外面天气有多冷，他们都会蜂拥到街上看秧歌舞表演。近年来，中国东北某些城市的老年人自发组织了秧歌队，队员常年通过跳秧歌舞来保持健康，同事他们也乐在其中。

Yangko is one of tradition folk dance of Han in China. It is usually performed in northern provinces. The dancers usually wear colorful and light costumes, and the performance is powerful and rapid. During some festivals such as Spring Festival, Lantern Festival, if people hear the sound of drum and gong, no matter how cold the weather is, they will come to street and appreciate the Yangko. Recent years, the old people in city of east-northern of China organized the team of Yangko by themselves, the teamers keep their health by dancing Yangko the whole year.

18. 年画

年画(New Year painting)是最受中国家庭欢迎的民间手工艺术形式之一。年画一般在春节时张贴。因年画在新的一年到来后才会被换，故称“年画”。年画是中国民间美术中较大的一个艺术门类，它始于古代的“门神画(door-god picture)”据说贴在家门上可以辟邪。同时，年画还可以美化居家环境，增添节日的喜庆气氛，为家人带来幸福和欢乐，表达了民众向往美好生活的愿望。

The New Year pictures are one of the most popular folk handcraft arts among Chinese families. Generally, they're posted during the Spring Festival. Because they will be replaced after another New Year's arrival, hence their name is New Year pictures. The New Year picture in China is a large category of folk art, originating from the door-god pictures, which is believed to exorcise evil spirits when posted on the door of a house. At the same time, the pictures can beautify people's homes, enhance the festive atmosphere and bring happiness and joy to the family, and express their hopes for a better life.

19. 灯谜(lantern riddles)是指写在彩灯上面的谜语。灯谜一般由三部分组成，即谜面、谜目(hint)和谜底。在灯谜中凡是谜面上有的字，在谜底中不能再出现。灯谜里充满着智慧，因此猜谜底显得很有趣，这也使得猜灯谜成为元宵节的一项不可缺少的活动。灯谜在中国源远流长，可以毫不夸张地说，灯谜体现着中国人民无穷的智慧。

Lantern riddles are riddles that are written on the lanterns. Generally, a lantern riddle consists of three parts, namely the riddle, the hint and the answer. Any character that appears in the riddle cannot be in the answer again. Lantern riddles are full of wisdom, thus working out them can be much fun, which makes guessing riddles an essential part of the activities in the Lantern Festival. The lantern riddle has a long history in China, and it is no exaggeration to say that it is a reflection of infinite wisdom of the Chinese people.

20. 中国杂技

中国杂技(acrobatics)是一门结合了身体力量和技巧的表演艺术。它是最受中国人欢迎的艺术形式之一。杂技在中国已经存在了两千多年。早在战国时期(the Warring States Period)就已经出现了杂技的雏形(embryonic form)。到了汉代,杂技或“百戏”进一步丰富了其内容和种类。古往今来,杂技表演融入了许多不同的表演艺术,例如传统戏剧、舞蹈和武术(martial art)的优点,作为回报,它也为后者提供了灵感。

Chinese acrobatics is a performing art combining physical strength and skills. It is one of the most popular art forms in China. Acrobatics has existed in China for more than two thousand years. As early as the Warring States Period, the Warring States Period) has been the prototype of the acrobatics (embryonic form). By the han dynasty, acrobatics or "hundred operas" further enriched their contents and types. Through the ages, acrobatic performances incorporate the merits of many different performing arts, such as traditional drama, dance and martial art, and in return, it provides inspiration for the latter.

21.中国象棋 (Chinese chess) 是中国宝贵的文化遗产之一,它是中国古代智慧的结晶,下象棋也是一种有助于磨练性格、培养品味的运动。在各种棋盘游戏中,象棋和围棋(go game)都由古时的宋朝人发明,如今在全国都广受欢迎。

The Chinese chess is one of the valuable cultural heritages of China. It is the fruit of Chinese ancient wisdom and playing chess is also a helpful exercise for tempering one's character and cultivating one's taste. Among various kinds of board games, both Chinese chess and go game were invented by ancient people in the Song Dynasty, and now enjoy great popularity over the country. Chinese chess is a strategic board game between two players.

22.饺子 (dumpling) 是中国传统食物,是春节最重要的食物之一,是北方节日的必备食品。传统上,一家人会在除夕夜一起包饺子,还可能会在其中一个饺子里藏一枚硬币,希望吃到硬币的人在新的一年里交到好运。此外,饺子通常是给朋友或家人送行的食物。

As a traditional food, dumpling is one of the most important foods during the Spring Festival and necessary during holidays in Northern China. Traditionally, all members in a family will get together to make dumplings at the Spring Festival's Eve. They may hide a coin in one of the dumplings, hoping that the person who finds the coin will have a good fortune in the coming year. In addition, dumpling is often the food for sending off friends or family members.

23.中国菜 (Chinese cuisine) 享誉世界,是世界美食的明珠,并被推崇为全球最健康的食物。菜系(cooking style)繁多,烹饪方法也不尽相同。中国东北菜的口味变化多端,色彩丰富,造型美观。而南方菜的特点是口味清淡、颜色亮丽,保留了食材的原始味道。

Chinese cuisine, as a pearl of world cuisine, is famous and recommended as the healthiest food in the world. It has various cooking styles and its cooking techniques are also diverse. Northeastern Chinese cuisine's taste features varied taste, rich color and beautiful shape. While in the southern China, the food features light taste, bright color and remains the original flavor of the food materials.

24. 中西方饮食习惯的主要区别在于：中国把菜肴放在桌上大家共享，西方则每个人都有自己的食盘。中国的餐桌礼仪是指中国人的传统用餐方式。自中国古代起，就有许多人们必须注意的餐桌礼仪，比如餐具（cutlery）如何摆放，如何在宴会上落座等。

The main difference between Chinese and western eating habits lies in that dishes in China are placed on the table for everybody to share, while everyone has their own plate of food in the West. Chinese table manners are the traditional eating styles of Chinese people. There are many table manners that one must pay attention to, which date from the time of ancient China, such as how to place the cutlery, how to sit in a banquet, and so on.

25. 中国人的姓名通常姓（family name）在前，名（given name）在后。历史上，人名的受欢迎程度会随着时事而变化。例如，文化大革命（Cultural Revolution）期间，“红”颇受欢迎，因其代表“革命”。20 世纪 80 年代，“致富”成为一个名字，因其意为“变得富有”。

In China the family name is usually in front of the given name. The Chinese given name has a history of changing with popularity depending on what events were going on. For instance, during the Cultural Revolution Hong (the color red) was very popular as it presents revolution. In the 1980s, Zhifu became one given name as it means “getting rich”.

26. 低碳生活

“低碳生活”是一种新型生活方式，旨在尽量减少生活中的二氧化碳排放。主要从节电、节气和回收三个环节来改变生活细节。低碳生活对于普通人来说是一种生活态度，既是一种生活方式，同时更是一种可持续发展的环保责任。

“Low-carbon life” is a new pattern of lifestyle, aiming to lower the carbon dioxide emission in living as much as possible. It primarily involves changing daily habits in three key areas: electricity conservation, fuel saving, and recycling. For the ordinary people, low-carbon living represents a life attitude and a way of life, but more importantly, it is an environmental responsibility toward sustainable development.

27. 黄色

在中国文化中，黄颜色是一种很重要的颜色，因为它具有独特的象征意义。在封建（feudal）社会中，它象征统治者的权力和权威。那时，黄色是专为皇帝使用的颜色，而普通老百姓是禁止穿黄色衣服的。黄色同时也是收获的象征。

The color of Yellow, because of its unique symbolic meaning, is very important in Chinese culture. In feudal society, it represents the rulers' power and authority. At that

time, the color was exclusively used for the emperor. However, the ordinary people were forbidden to wear clothes of the color yellow. In China, it also signifies harvest.

28. 传统玩具

在中国，传统玩具始终与传统文化紧密相连。以汉代发明的灯笼为例，在中国文化中它既象征着家族兴旺，也象征着节庆的喜悦；风筝最初是军事通信工具；拨浪鼓（Rattle drums）最早可追溯到战国时期（the warring states period）作为乐器使用；而毽子（shuttlecock）至今依然广受欢迎。

In China, traditional toys have always been connected with traditional culture. For example, the Han Dynasty-invented lanterns symbolise the prosperity of a family in Chinese culture and represent festivity. The kite was initially used as a tool for military communication. Rattle drums first appeared as musical instruments in the warring states period. The shuttlecock continues to be wildly popular.

29. 春节

春节庆祝活动是一年中最重要的庆祝活动。中国人庆祝春节的方式可能略微不同，但其愿望几乎是相同的，他们希望其家人和朋友来年健康和幸运。庆祝活动包括春节的年夜饭，放鞭炮，给儿童压岁钱，春节钟声和春节问候。

Chinese New Year Celebration is the most important celebration of the year. Chinese people may celebrate the Chinese New Year in slightly different ways but their wishes are almost the same; they want their family members and friends to be healthy and lucky during next year. Celebratory activities include Chinese New Feast, firecrackers, giving lucky money to children, the New Year bell ringing and Chinese New Year Greetings.

30. 丝绸之路

丝绸之路(the Silk Road)是中国古代的一条商业贸易路线(trade route)。丝绸之路以古都长安为起点，一直延伸至中亚、北非和欧洲。它最初的作用是出口中国生产的丝绸。随着时间的推移，丝绸之路逐渐变成了一条连接东西方的主要道路，促进了东西方的经济文化交流。

The Silk Road is a trade route in ancient China. It started from the ancient capital Chang'an and stretched all the way to Central Asia, North Africa and Europe. Its original function was to export the silk produced in China. As time went by, the Silk Road gradually became a main road connecting the East and the West, promoting the economic and cultural exchanges between the two parties.