

Unit 1

Huang Xuhua is the chief designer of China's first-generation nuclear submarines and a recipient of the Medal of the Republic, the country's highest honor. Though raised in a family of medical professionals, Huang was determined to study shipbuilding in college. In September 1945, Huang enrolled in the Department of Naval Architecture of National Chiao Tung University, now known as Shanghai Jiao Tong University, where he began his academic career.

In 1958, Huang received a phone call that changed his life. He was selected to join the research team responsible for designing China's first nuclear submarine, which later became his lifelong passion.

During their research, Huang and his colleagues faced many challenges due to limited resources. They had to rely on abacuses to perform calculations and gather information from foreign newspapers and journals. Despite these challenges, they managed to launch China's first nuclear submarine in 1970, making China the fifth country to own a nuclear submarine. In 1988, Huang insisted on joining the first deep-sea test of the submarine's diving limits. It was the first time in world history that a nuclear submarine's chief designer had boarded the submarine for such dangerous tests.

Even in his old age, Huang remains deeply involved in the nuclear submarine field. He guides young researchers on technical matters and gives lectures at universities and research institutes. At the 120th anniversary celebration of Shanghai Jiao Tong University, the 92-year-old Huang delivered a nearly 20-minute speech standing up, rejecting the chair arranged for him. He expressed

his appreciation to the university for teaching him the values of determination and perseverance. In his speech, he said, "I have dedicated my entire life to the field of nuclear submarines. It has been my lifelong passion. I have no regrets."

Unit 2

About a decade ago, I would wake up every morning feeling overwhelmed. At work, it was like fighting a battle with endless tasks and high expectations. At home, my relationships with my children were far from peaceful; misunderstandings made every conversation a tug-of-war. That's when negative emotions would take hold, using up my energy and leaving me feeling mentally and physically exhausted.

I never imagined that practicing Chinese calligraphy would eventually solve my problem. One day, my husband surprised me with a Chinese calligraphy set. I spent three whole hours learning how to write Chinese characters with the brush. During that uninterrupted time, I felt a sense of peace, calm, and relaxation. Each stroke was like a graceful dance or an intricate move, which required great focus and precision.

This newfound passion soon became an integral part of my daily routine, and I began to experience more profound changes in my life. I found the act of creating something with my hands incredibly fulfilling, as it allowed me to tap into my creative side in a way I hadn't experienced before. Moreover, practicing Chinese calligraphy helped me build connections with others. Whenever I shared my calligraphy with others, they responded with wonder and admiration. This brought me great joy and gave me a sense of purpose in my life.

As an enthusiastic calligrapher, I'm grateful for all the benefits that practicing Chinese calligraphy has brought me. I feel truly honored to share with the world the beauty and significance of this

ancient art form.

Unit 3

The chi, a traditional Chinese unit of length, is equal to one-third of a meter. Liu Chi Xiang, a two-meter-wide alley in East China's Anhui Province, constantly attracts large crowds of visitors. It has a much-told story behind it, one that vividly illustrates the values deeply rooted in traditional Chinese culture.

According to local history, Tongcheng City was the hometown of Zhang Ying, a high-ranking official who served under Emperor Kangxi during the Qing Dynasty. Zhang's family in Tongcheng got into a dispute over property boundaries with their neighbor, the Wu family. Zhang's family wrote a letter to Zhang Ying, seeking advice on what to do. Instead of using his power to gain advantages for his family, Zhang sent a letter back to persuade his family to move their wall back by three chi. This act moved the Wu family, who also decided to move their wall three chi back. In this way, Liu Chi Xiang was born.

The significance of Liu Chi Xiang lies not in its actual size, but in the message it delivers. For the residents of Tongcheng City, Liu Chi Xiang represents tolerance and compromise, values that are cherished in traditional Chinese culture. These values have been passed down through generations and will continue to inspire people in modern society.

In recent years, the local government has renovated Liu Chi Xiang – restoring the layout of its two buildings. The aim of the project is to highlight the lane's cultural significance and encourage people to gain a deeper understanding of traditional Chinese culture.

Unit 4

For centuries, Chinese sailors and navigators have relied on the stars to guide their journeys at sea. During the voyages of the Chinese explorer Zheng He, the Big Dipper provided important information for him to guide his fleet across the boundless ocean. Nowadays, China has developed its own navigation satellite system – the BeiDou Navigation Satellite System, or BDS. It is named after the Chinese name for the Big Dipper.

China began to develop BDS in the late 20th century, following a three-step plan. In 2000, BDS-1 was completed, solely for China's use. BDS-2 was then introduced in 2012, expanding its coverage to the Asia-Pacific region. Finally, in 2020, BDS-3 was successfully launched and started to offer services on a global scale.

Over the years, BDS has been widely applied across multiple sectors, including transportation, agriculture, forestry, fishery, as well as disaster relief and mitigation. It has become an integral part of people's daily lives with various uses such as navigation and short message communication. Now serving the global community, BDS continues to strengthen its role as a reliable, essential technology that benefits not only China but also the entire world.

From observing the Big Dipper to developing BDS, and from gazing at the stars to exploring space, the Chinese people have shown their remarkable potential for creating a promising future. In the new era, BDS will offer a broader range of innovative services, aiming to better serve the world and benefit all humanity.

Unit 5

In the Palace Museum, time seems to stand still. Within this peaceful setting, however, there is a small workshop where clocks keep ticking away. This is where Qi Haonan, an antique clock

restorer, practices his craft. He is the fourth-generation inheritor of a national intangible cultural heritage – the technique of antique clock restoration, which can be traced back to the Qing Dynasty.

Qi graduated from university in 2005 with a degree in mechanical automation. Instead of following a conventional career path, he chose to join the antique clock restoration team in the Palace Museum. He began his journey as an apprentice to Wang Jin, the museum's third-generation antique clock restorer.

“When I first started, everything was new and exciting. Just thinking about repairing clocks made me excited,” Qi recalled. In their first year, apprentices are not allowed to work on real museum pieces, so Qi started to collect watches from his friends to practice disassembling and repairing them.

For a whole year, he engaged in this repetitive routine until he was finally allowed to work on a small clock in the museum. Restoring clocks is a tedious and painstaking process that requires extreme patience. “We treat each clock as if it were our own child. You know, it's really satisfying to see the clocks work again,” Qi added.

Although the technique of antique clock restoration became a national intangible cultural heritage in 2014, few people actually knew about this craft. Fortunately, in 2016, a TV documentary called *Masters in Forbidden City* put the spotlight on clock restorers and made the occupation nationally recognized. This has not only cultivated a greater respect for Chinese craftsmanship but also increased public interest in traditional Chinese culture.