

以下来自（第二版）新目标《综合教程》3 各单元 Text A 课后练习：

Unit 1

在日益现代化的社会，不丹独特的发展理念值得我们研究与深思。不丹是最后一个开放电视与网络的国家，手机和互联网的普及率 (penetration) 分别仅为 30% 和 5%，似乎与现代世界格格不入。在别的国家拼命发展经济，不惜代价提升 GDP 时，不丹追求的是国民幸福总值 (Gross National Happiness)。不丹认为幸福在于合理管理欲望，以实现物质与精神的平衡、现代性与传统性的平衡、经济增长与可持续发展的平衡。他们乐意吸取现代技术的益处，但按照自己的步伐，根据自己的需要，在自己觉得合适的时机去进行。他们同样渴望经济繁荣，但不会以牺牲他们所珍视的传统文化和环境可持续性为代价。

In an increasingly modernized society, Bhutan's unique development philosophy deserves our research and reflection. As the last country that is open to TV and the Internet, Bhutan's mobile phone and Internet penetrations are as low as 30% and 5% respectively, seemingly out of tune with the modern world. While other countries are striving to develop economy and boost GDP at all costs, what Bhutan pursues is GNH (Gross National Happiness). Bhutan believes that happiness consists in sensible restraint on desire to strike a balance between the material and the spiritual, modernity and tradition, economic growth and sustainable development. They are willing to take advantage of modern technology, but would do so at their own pace, according to their own needs and at their own proper time. Although likewise thirsting for economic prosperity, Bhutan refuses to realize it at the price of their cherished traditional culture and environmental sustainability.

Unit 2

中国的科举制度 (the imperial examination system) 始于隋朝，历经 1,300 多年。在中国古代，阶级意识 (class consciousness) 分明 (distinct)，下层社会鲜有机会在朝廷 (court) 占据一席之地。但自从引进科举制度后，寒门子弟 (scholars from poor families) 得以参加考试，有机会光宗耀祖 (bring honor to one's family)。这种人才选拔制度不仅对中国封建社会 (feudal society) 的政治、经济、教育、文化观念和社会风尚有重大影响，还影响到了日本、朝鲜、越南等周边国家的教育体制。在某种程度上，中国现行的教育体制也选择性地继承 (inherit) 了科举制度的一些优越之处。

The imperial examination system of China began in the Sui Dynasty and lasted more than 1,300 years. In ancient China, class consciousness was distinct and people from lower classes had little chance to gain a position in the official court. But once the imperial examination system was introduced, scholars from poor families had opportunities to take the government exams, which enabled them to bring honor to their families. Such a talent-selection system had great impact not only on the politics, economy, education, cultural concepts and social customs of Chinese feudal society,

but also on the education systems of such neighboring countries as Japan, Korea and Vietnam. To some extent, China's current education system has selectively inherited some advantages of the imperial examination system.

Unit 3

中国神话故事在西方人看来非常不可思议。面对滔滔洪水，大禹吸取父亲的教训，坚持 13 年，最终战胜水患。面对家门口耸立的高山，愚公的选择是带领全家老小移山而非搬家。面对火辣辣的 10 个太阳，后羿的选择是射落其中的 9 个，只留下一个照耀大地。这些神话故事本质上体现了中华民族的抗争精神——我命由我不由天。在中华文明的发展中，不屈不挠的抗争精神已经成为了一种文化基因。这是中华民族屹立至今的重要原因之一。

To Western people, Chinese myths seem to be exceptionally inconceivable. Confronted with raging floods, Yu, drawing lessons from his father's failure, eventually managed to tame the floods after 13 years of perseverance. Blocked by the big mountains, Yu Gong, instead of moving away, chose to remove the mountains with his family members. Scorched by the ten burning suns, Hou Yi opted to shoot down nine of them, leaving only one to shine upon the earth. These mythical stories essentially embody the struggling spirit of the Chinese nation to have their fate in their own hands rather than that of gods. This unyielding struggling spirit has evolved into a gene of Chinese culture, which has contributed much to making China one of the longest-standing nations in human history.

Unit 4

传统中国绘画形成了一个独特的艺术流派(school of fine art)，无论风格还是技巧都与世界上其他艺术门类迥然不同。传统的日本绘画可能算是唯一的例外，但毋庸置疑的是它深受中国文化的影响。传统中国绘画最为人熟知的莫过于水墨画(ink and wash painting)。中国人绘画采用毛笔蘸(dip)墨汁或颜料，灵巧地挥洒(wield)于纸上。画家用或深或浅、或浓或淡的线和点构成一幅图画。在优秀画家的手里，笔和墨非常具有表现力(expressive)。正因为如此，它们不仅是绘画的工具，也被视为艺术追求的象征。

Traditional Chinese painting constitutes a unique school of fine art, a school that is distinctly different from any other fine art school in the world, either in style or in techniques. Traditional Japanese fine art may be the only exception, but there is no doubt that it is heavily influenced by Chinese culture. No other traditional Chinese painting is better known than ink and wash painting. The Chinese do paintings with brushes, dipping their brushes in ink or paint and then skillfully wielding them on the paper. Painters produce pictures with lines and dots—some heavy, some light, some deep, and some pale. In the hands of an outstanding painter, brushes and ink can be highly expressive. Because of this, they are not only treated as tools for drawing pictures, but also as symbols of artistic pursuit.

Unit 5

《红楼梦》的艺术表现可以说达到了出神入化的境界(sublimity)。严谨的(rigorous)结构,生动的语言,特别是鲜明的人物形象,都是非常杰出的。书中出现的人物多达四百余人,不仅贾宝玉、林黛玉和其他十多名主要人物成为人们熟知的艺术经典,而且许许多多次要人物,有的甚至是一笔带过(mentioned in passing)的,也都形象鲜明,栩栩如生。小说的艺术表现达到如此高的水准,在世界文学名著中也几乎是无与伦比的(can hardly be rivaled)。

The artistic achievement of *A Dream of Red Mansions*, so to speak, has attained an unimaginable sublimity. It is outstanding with its rigorous structure, vivid speeches, and above all, the striking images created. The characters in the book number as many as over 400. Not only have Jia Baoyu, Lin Daiyu and a dozen other main characters become household classical literary figures, but a good number of minor roles, some of whom are only mentioned in passing, are also distinctive and lifelike. The artistic achievement of the novel is so extraordinary that it can hardly be rivaled even among world-famous literary works.

Unit 6

大学生处在个人发展的关键时期,他们富于理性与热忱,富于创造力和挑战力。但是面对瞬息万变的社会、日趋激烈的竞争以及来自学习、就业、经济和情感等诸多方面的问题,他们往往不知所措(lose one's head),以至于有相当数量的在校学生存在不同程度的心理健康问题。心理健康是一项复杂而系统的议题,学校教育应该与家庭、社会紧密结合(integrate ... with),把心理健康教育作为一项重要的举措加以实施(implement),坚持以人为本的(people-oriented)思想,以此来增进学生的心理健康,增强他们对社会的适应能力(adaptiveness)。

College students are in the critical period of their personal development. They are rational, enthusiastic, creative and challenging. But they are likely to lose their head when faced with the constantly changing society, increasingly intense competition as well as problems resulting from studies, employment, finances and emotions. Consequently, a considerable number of college students are suffering, to some extent, from mental health problems. Mental health is a complex and systematic issue. Therefore, to implement the mental health education as a vital measure, school education should be closely integrated with families and society and stick to the people-oriented principle, so as to build up students' mental health and increase their adaptiveness to society.

Unit 7

志愿者精神的核心(at the heart of)在于一个崇高的信念:只要我们一起努力,这个世界就会变得更加美好。志愿者的动机可以概括(sum up)为一个词语:奉献(dedication)——奉献他们的时间、精力,奉献他们的技术和才华。他们知

道，衡量人生是否成功的真正标准不在于从社会中得到什么，而在于拿什么回报社会。他们教孩子们读书识字，成为年轻人的良师益友(mentor)；他们帮助妇女就业，帮她们更好地适应社会；他们帮助维护和平、保护(preserve)环境。他们勇敢地相信，世界会由于他们的努力而有所改变(make a difference)。

At the heart of the volunteer spirit is a lofty belief that together we can make the world better. The volunteers' motivation can be summed up in one word: dedication—dedicating their time, energy, skills and talents. They know that the true measure of success in life is not what we gain from society but what we give back to it. They teach children to read, and act as mentors for young people. They help women start businesses and be better adapted to society. They assist to maintain peace and preserve the environment. They have the courage to believe that what they do will make a real difference to the world.

Unit 8

国家人口和计划生育委员会(the National Population and Family Planning Commission)2012 年发布的一份报告显示，在未来 20 年，中国将面临人类历史上最大规模和最快速的城市化进程，预计将会有超过 3 亿农村人口进入城市生活。城市化进程的加快(acceleration)和机动车的快速增长已经给很多中国城市带来了严重的交通拥堵和空气污染，生活质量也有所下降。然而，新的城市发展方式展示了不一样的未来：城市现代、健康、吸引人且繁荣，人们在其中可以轻松快乐地行走，骑自行车，乘坐高质量且环保的公共交通工具，或使用共享车辆出行。这不仅是中国城市发展的典范，也会成为世界其他城市发展的典范。

A report released by the National Population and Family Planning Commission in 2012 showed that China would witness the largest and fastest wave of urbanization in human history over the next 20 years. It was estimated that over 300 million rural residents would be added to the urban population by then. The acceleration of urbanization, combined with a rapid growth in car use, is already causing severe traffic congestion, air pollution and a deteriorating quality of life in many Chinese cities. However, there are new urban development modes that show a possible alternative future: modern, healthy, attractive and prosperous cities where one can easily and enjoyably move about by walking, cycling, and using high-quality and environment-friendly public transport or shared vehicles. Such kind of urban development serves as a model for cities both within China and around the world.

以下来自 WeLearn 平台翻译练习：

Unit 01

90 后大学生从出生起就一直处于相对优越的生长环境中。电视、电脑、网络伴随着这些 90 后大学生的成长，也潜移默化地影响着他们。特别是互联网的发展，在很大程度上影响了这些 90 后的身心健康。网络对于这些新生代有着极大的诱惑力，但是过分依赖网络导致他们在面对新鲜事物时很难做出正确的判断，往往

会迷失方向。加之目前对于网络的监督管理政策还不健全，就更容易导致这些年轻人形成不正确的人生观和价值观。

College students born in the 1990s have been in a comparatively advantageous situation since birth. Their growth has been accompanied and imperceptibly influenced by TV, computers, and the Internet. The development of the World Wide Web has, in particular, affected the physical and mental health of this group of young people to a great extent. For this “New Generation”, the Internet is hugely tempting, but excessive reliance on it makes them unable to make sound judgments in the face of new things, and they lose their ways as a consequence. Moreover, since current policies concerning the supervision and regulation of the Internet are still far from perfect, these young people are likely to form an incorrect outlook on life and problematic values.

Unit 02

在 20 世纪早期，没什么比科学知识的前景更具吸引力了。在一个为快速实现工业化而奋斗的世界中，科学技术似乎为所有问题提供了解决方法。新设立的学院和大学几乎全部致力于科学、技术和工程领域的发展。很多人都相信，科技不仅可以解决日常生活和工作中的问题，还可以改革政治、政府和商业。然而，二战结束之后，学术界对人文研究开始投入新的热情。很多学者认为，人文科学能够帮助我们明白应该做什么，从而避免迷失人生的方向。

In the early 20th century, few things were more appealing than the promise of scientific knowledge. In a world struggling with rapid industrialization, science and technology seemed to offer solutions to almost every problem. Newly-founded colleges and universities devoted themselves almost entirely to scientific, technological and engineering fields. Many people believed that science and technology could not only solve the problems in their daily life and work, but also reform politics, government and business. However, after World War II, the academic world turned to humanistic studies with new enthusiasm. Many scholars believed that humanities could help us understand what we should do and therefore avoid getting lost in our life.

Unit 03

中国于 1993 年成为石油的净进口国，这一变化引发了国内与国际上对中国石油安全的担忧。2002 年，中国的石油有 35% 来自进口。一些国际观察家预测：到 2020 年，中国的石油进口将会上升至其国内消费量的 63%-70%。目前，中国的油价由政府规定。油价的确定参照国际油价，但是比国际油价的变化要滞后一个月，这就助长了投机。放开国内油价并允许各个地方的价格根据供求关系有适当的差价，将会极大地帮助石油公司调整他们的生产预测和资源分配。

China became a net oil importer in 1993, a shift that generated both domestic and international concern about China's oil security. In 2002, China imported 35% of its

oil. Some international observers predict that by 2020, oil imports will rise to 63%-70% of China's domestic consumption. Currently, oil prices in China are set by the government. They are referenced to world oil prices, but lag behind changes in world oil prices by a month, which encourages speculation. Liberalizing domestic prices and allowing price differences based on local supply and demand would greatly help oil companies adjust production slate and resource allocation.

Unit 04

中国人特别在乎过节时吃什么，不同的节日吃不同的食物。比如除夕夜全家团圆时，北方人吃肉饺或菜饺，象征辞旧迎新。元宵节吃元宵，元宵是糯米粉做的甜团子，象征家庭团圆、美满。端午节吃粽子，人们用芦苇叶子把糯米包成三角形的粽子是为了纪念受人爱戴的诗人屈原。屈原因遭受政治迫害自沉于汨罗江。传说古时候人们把粽子投到江中，希望水中的龙不要带走他。之后，端午节包粽子和吃粽子的习俗就慢慢形成了。

In China, food eaten during festivals is particularly important. At different festivals, people partake of different fare. For example, on the eve of the Spring Festival, people in the north always eat jiaozi, meat and vegetable dumplings, at family reunions. This is a way of bidding farewell to the old year and welcoming the New Year. The Lantern Festival is a day of celebration, and on this day people like to eat yuanxiao, sweet dumplings made of glutinous rice flour, to symbolize family reunion and perfection. At the Duanwu Festival, people eat zongzi, glutinous rice wrapped in triangular shape in reed leaves, to commemorate the beloved poet Qu Yuan, who drowned himself in the Miluo River after being politically wronged. Legend has it that people at the time threw zongzi into river in the hope that the water dragon would not take him away. This later gradually developed into a custom of making and eating zongzi during the Duanwu Festival.

Unit 05

《红楼梦》，又名《石头记》，是中国四大古典名著之一，被广泛认为是中国小说的巅峰之作，以至于产生了专门研究这部作品的一门学科——红学，这在文学史上极为罕见。该书创作于十八世纪中期，前八十回由曹雪芹所作，高鹗增补了后四十回并成书。《红楼梦》被认为是一部半自传体小说，是作者曹雪芹家族的兴衰的投射，它的伟大在于对中国文化的方方面面做出了细致入微的描绘，包括社会生活、婚丧制度、服装穿戴、饮食药膳、建筑园林、诗歌绘画等等。

Dream of the Red Chamber, also called The Story of the Stone, is one of China's Four Great Classical Novels. It is widely acknowledged to be the pinnacle of Chinese fiction, so much so that "redology," the field of study devoted exclusively to this work, was created, which is a rare phenomenon in the history of literature. The novel was written sometime in the middle of the 18th century by Cao Xueqin, who finished the first 80 chapters, and Gao E, who added the 40 additional chapters to complete the work. Dream of the Red Chamber is believed to be semi-autobiographical, mirroring

the rise and decline of its author Cao Xueqin's family. The novel is remarkable for its precise and detailed observation of many aspects of Chinese culture, such as social life, marriage and funeral rites, costumes, food, Chinese medicine, architects and gardens, as well as poetry and painting.

Unit 06

中国人面临种种压力，已是不争事实。最近公布的一项调查显示，“工作”、“个人经济状况”、“来自老板的压力”是中国人的前三大压力来源。谋求一份好工作，有一份稳定且不错的收入，无疑是大多数人追求的目标。可要有一份好收入，往往意味着要付出更多，承受更多压力。面对与日俱增的生活压力和生存竞争，现代人只能无奈地接受事实，透支身体。现代人的压力源于生活现实，但更多的是膨胀的欲望与现实的差距。要缓解中国人的压力，需要每个人压缩膨胀的欲望，关注精神与心灵的满足，不能让欲望剥夺了本该属于自己的幸福。

It is an undeniable fact that Chinese are experiencing various pressures. A recently released survey results indicate that the leading causes of stress were identified as employment, personal finances and bosses. A decent job, a stable and good income is by all means what most people are yearning for. However, they often come with more sacrifice and pressure. In respond to the growing levels of pressure and competition, modern people have no choice but to accept the reality and overwork themselves. In fact, the pressure is resulted not so much from real life as from the gap between the ever-expanding desire and the reality. To relieve the pressure, Chinese must focus on the spiritual and mental contentment and restrain their desire before it deprives them of the happiness they could have obtained.

Unit 07

如今，随着网络的发展，越来越多的人喜欢网上购物。足不出户，只需鼠标一点，快递员就会把你想要的东西送到家门口，省时省力，方便快捷。这为消费者节省了很多逛超市的时间，也避免了交通拥堵。由于网上销售库存压力较小、经营成本低、经营规模不受场地限制，这也给年轻人创业提供了很好的机会。网上购物无论对消费者、企业还是市场都有着巨大的吸引力和影响力，在新经济时期无疑是达到“多赢（multi-win）”效果的理想模式。

Nowadays, with the development of the Internet, more and more people prefer to shop online. You would get the goods you want at your door from the expressman just by clicking the mouse, which is convenient and can save both time and effort. Online shopping cuts down on the consumers' time of going to the supermarket and avoids the traffic jam. Due to little pressure on stock, low management cost and business scale with little limitation on sites, online shopping offers a good opportunity for young people to start a business. Online shopping is attractive and influential to its consumers, companies and market, which can achieve an ideal pattern of multi-win effect in the

new economy period undoubtedly.

Unit 08

深圳是中国改革开放以来的第一个经济特区，是中国改革开放的窗口，已经发展成为具有一定影响力的国际化城市。它也是南方重要的高新技术研发和制造基地。深圳有辽阔的海域连接南海和太平洋。深圳毗邻香港，而且是中国最繁忙的集装箱港口 (container port) 之一。世界之窗是深圳的一个大型旅游景区。这里有世界上许多著名景观的复制品，如埃及的金字塔、意大利的比萨斜塔 (Leaning Tower of Pisa)、北美的尼亚加拉瀑布 (Niagara Falls) 等。

Shenzhen is China's first Special Economic Zone since its reform and opening up. It is the window of China's reform and opening up and has developed into an international city with certain influence. It is also an important high-tech research and development and manufacturing base in South China. Shenzhen has a vast sea area which connects the South China Sea and the Pacific Ocean. Shenzhen is adjacent to Hong Kong and is one of the busiest container ports in China. Window of the World is one of the major tourist attractions in Shenzhen. There are many famous miniature landscapes of the world, such as the pyramids of Egypt, the Leaning Tower of Pisa in Italy, Niagara Falls in North America and so on.