

读写教程第一册汉译英

Unit 1

Translate the following sentences into English.

- 1 孔子（Confucius）是中国历史上著名的思想家、教育家，是儒家学派（Confucianism）的创始人。

Confucius was a well-known thinker and educator in Chinese history, and he was the founder of Confucianism.

- 2 《论语》（*The Analects*）收录了孔子的思想。它是中国古代文化的经典著作（classic），对后来历代思想家和文学家产生了很大影响。

The Analects is a collection of the thoughts of Confucius. It is a classic of ancient Chinese culture, and it has had a great influence on the thinkers and writers of later generations.

- 3 如今，孔子的学说不仅受到中国人的重视，也越来越得到整个国际社会的关注。

Nowadays, the teachings of Confucius are not only valued by the Chinese people, but are also attracting increasing attention from the international community.

- 4 孔子是中国历史上著名的思想家、教育家，是儒家学派（Confucianism）的创始人，被尊称为古代的“圣人”（sage）。他的言论和生平活动记录在《论语》（*The Analects*）一书中。《论语》是中国古代文化的经典著作，对后来历代的思想家、文学家、政治家产生了很大影响。不研究《论语》，就不能真正把握中国几千年的传统文化。孔子的很多思想，尤其是其教育思想，对中国社会产生了深远的影响。在 21 世纪的今天，孔子的学说不仅受到中国人的重视，而且也越来越受到整个国际社会的重视。

Confucius was a great thinker and educator in Chinese history. He was the founder of Confucianism and was respectfully referred to as an ancient "sage". His words and life story were recorded in *The Analects*. An enduring classic of ancient Chinese culture, *The Analects* has had a great influence on the thinkers, writers, and statesmen that came after Confucius. Without studying this book, one could hardly truly understand the thousands-of-years' traditional Chinese culture. Much of Confucius' thought, especially his thought on education, has had a profound influence on Chinese society. In the 21st century, Confucian thought not only retains the attention of the Chinese, but it also wins an increasing attention from the international community.

Unit 2

Translate the following sentences into English.

1 孝道（ filial piety ）是中国古代社会的基本道德规范（code of ethics ）之一。

Filial piety is one of the basic codes of ethics in ancient Chinese society.

2 一般来说，孝道指子女对父母应尽的义务，主要包括尊敬、关爱及赡养老人。

Generally speaking, filial piety refers to children's obligations to their parents, mainly including respect, care, and support for the elderly.

3 孝道是中国社会千百年来维系家庭关系的道德准则。它毫无疑问是中华民族的一种传统美德。

In Chinese society, filial piety has been the moral standard for maintaining family relationships for thousands of years. It is undoubtedly a traditional Chinese virtue.

4 每年农历（Chinese lunar calendar）八月十五是我国的传统节日——中秋节（the Mid-Autumn Festival）。这时是一年秋季的中期，所以被称为中秋。中秋节的一项重要活动是赏月。夜晚，人们赏明月、吃月饼，共庆中秋佳节。中秋节也是家庭团圆的时刻，远在他乡的游子，会借此寄托自己对故乡和亲人的思念之情。中秋节的习俗很多，都寄托着人们对美好生活的热爱和向往。自 2008 年起，中秋节成为中国的法定节假日。

According to the Chinese lunar calendar, August 15 of every year is a traditional Chinese festival – the Mid-Autumn Festival. This day is the middle of autumn, so it is called Mid-Autumn. One of the important Mid-Autumn Festival activities is to enjoy the moon. On that night, people gather together to celebrate the Mid-Autumn Festival, looking up at the bright moon and eating moon cakes. The festival is also a time for family reunion. People living far away from home will express their feelings of missing their hometowns and families at this festival. There are many customs to celebrate the festival, all expressing people's love and hope for a happy life. Since 2008, the Mid-Autumn Festival has become an official national holiday in China.

Unit 3

Translate the following sentences into English.

1 郑和 1371 年出生于云南昆明，他不仅是明朝的外交家（diplomat），也是中国历史上最著名的海上探险家（maritime explorer）。

Zheng He, born in 1371 in Kunming, Yunnan, was not only a diplomat in the Ming Dynasty but also the most famous maritime explorer in Chinese history.

2 从公元 1405 年起的 28 年间，郑和带领船队七下西洋（the Western Seas），出海的人员共计 10 多万人，访问了 30 多个国家和地区。

In the 28 years after 1405 AD, Zheng He led his fleet to make seven voyages to the Western Seas with over 100,000 crew members in total, and they visited more than 30 countries and regions.

3 郑和下西洋是世界航海（navigation）史上的壮举，加强了明朝和海外各国之间的关系。

Zheng He's voyages to the Western Seas were a great achievement in the world's navigation history. They strengthened the relationships between the Ming Dynasty and countries overseas.

4 郑和是中国历史上最著名的航海家（maritime explorer）。公元 1405 年，明朝的统治者为了稳固边防（border defense）和开展海上贸易，派郑和下西洋（the Western Seas）。在此后的 28 年里，郑和带领船队七下西洋，前后出海的人员有 10 多万人，访问了 30 多个国家和地区。船队纵横南亚、西亚，一直到非洲大陆。郑和下西洋是世界航海（navigation）史上的壮举，它展现了郑和卓越的航海和组织才能，同时展现了明朝的国力和国威（national strength and prestige），加强了明朝和海外各国之间的关系。

Zheng He was the most famous maritime explorer in Chinese history. In 1405 AD, the ruler of the Ming Dynasty sent Zheng He on a voyage to the Western Seas in order to strengthen border defense and develop trade by sea. In the following 28 years, Zheng He led his fleet, made seven voyages to the Western Seas with over 100,000 crew members in total, and visited more than 30 countries and regions. The fleet traveled far into South Asia and West Asia, and made all the way to the continent of Africa. Zheng He's voyages to the Western Seas were a great feat in the world's navigation history. It showed Zheng He's outstanding navigation and organization talents; meanwhile, it exhibited the national strength and prestige of the Ming Dynasty, and strengthened the relationships between the Ming Dynasty and the overseas countries.

Unit 4

Translate the following sentences into English.

1 随着互联网技术的发展，数字化教育使人们得以通过互联网进入虚拟教室，并随时随地学习。

With the development of Internet technology, digital education enables people to get access to virtual classes through the Internet and learn anytime and anywhere.

2 数字化教育拓展了学习者学习的时间和空间，为终身学习提供了更多的可能性。

Digital education expands the learner's time and space for learning, thus providing more possibilities for lifelong learning.

3 中国将坚持教育优先发展，推进教育数字化，建设学习型社会、学习型大国。

China will continue to give high priority to the development of education, promote the digitalization of education, and build a society and country of learning.

4 社交媒体是一种颇受欢迎的与朋友和家人联系的方式。社交媒体对网民的生活有很多积极作用，如与远方的亲人保持联系、随时了解社会热点，碎片化地获取知识等。但同时，社交媒体也给网民带来了困扰，主要体现在三个方面：阅读时间减少，对睡眠、视力等健康方面产生影响以及带来个人隐私安全隐患。值得注意的是，90 后对社交媒体的负面影响有更强烈的感受，近四成 90 后表示会避免成为手机“奴隶”。

Social media is a popular way to connect with friends and family. It has a lot of positive effects on the lives of Internet users, such as staying in touch with loved ones who live far away, learning about social hotspots at all times and acquiring knowledge in pockets of time. However, social media has also brought some troubles, mainly reflected in three aspects: reduced reading time, impact on health aspects such as sleep and vision, and hidden dangers to personal privacy. It is worth noting that the post-90s have a stronger feeling of negative impacts of social media, with nearly 40 percent saying they would avoid becoming a "slave" of mobile phones.

Unit 5

Translate the following sentences into English.

1 新中国成立后，中国坚持（persist in）独立自主的和平外交政策，在外交方面取得了巨大成就。截至 2022 年，中国已与 181 个国家建立了外交关系（diplomatic relations）。

Since the founding of the People's Republic of China, China has persisted in its independent foreign policy of peace and made tremendous progress in foreign affairs. By 2022, China had established diplomatic relations with 181 countries.

2 中国始终坚持维护（uphold）世界和平、促进共同发展的外交政策的宗旨，致力于推动构建人类命运共同体。

China has always been committed to its foreign policy goals of upholding world peace and promoting common development, and is dedicated to promoting a global community of shared future.

3 在和平共处五项原则（the Five Principles of Peaceful Coexistence）的基础上，中国正在为建设和平、繁荣、和谐的世界作出更大的努力。

On the basis of the Five Principles of Peaceful Coexistence, China is making greater efforts to build a peaceful, prosperous, and harmonious world.

4 新中国成立后，中国坚持（persist in）独立自主的和平外交政策，在外交领域取得了巨大成就。截至 2011 年，中国已与 172 个国家建立了外交关系（diplomatic relations）。近年来，随着中国综合国力的提升（enhancement），中国在国际事务中的作用越来越重要，中国的国际地位得到进一步提升。在地区性事务中，中国积极推动各种区域合作，为维护地区和平、促进地区发展作出了重要贡献。中国外交（diplomacy）将高举“和平、发展、合作、共赢”的旗帜（banner），在和平共处五项原则的基础上，通过全面发展同各国的友好合作，为建设持久和平、共同繁荣的和谐世界作出不懈的努力（make unremitting efforts）。

Since the founding of the People's Republic of China, China has persisted in the independent foreign policy of peace, and made tremendous progress in foreign affairs. By 2011, China had established diplomatic relations with 172 countries. Over recent years, with the enhancement of its comprehensive national strength, China has been playing an increasingly important role in international affairs, and China's international status has been further enhanced. In regional affairs, China actively promotes all kinds of regional cooperation. It has made important contributions in maintaining regional peace and promoting regional development. China's diplomacy will hold high the banner of "peace, development, cooperation and mutual benefit". On the basis of the Five Principles of Peaceful Coexistence and through all-round and friendly cooperation with various countries, China will make unremitting efforts to build a harmonious world of enduring peace and common prosperity.

Unit 6

Translate the following sentences into English.

1 太极拳是一种武术，也是一种健身运动，在中国有着悠久的历史。

Taijiquan is a martial art and a fitness exercise as well. It has a long history in China.

2 太极拳动作缓慢而柔和，适合任何年龄、性别、体型(build) 的人。

With slow and gentle movements, Taijiquan is suitable for anyone, whatever their age, gender, or build.

3 太极拳既可用于防身(self-defense)，又能强身健体，因而深受中国人民和世界人民的喜爱。

Taijiquan can be used for self-defense as well as building one's body. Therefore, it has become very popular among people both in China and around the world.

4 太极拳(Tai Chi)是一种武术(martial arts)项目，也是一种健身运动，在中国有着悠久的历史。太极拳动作缓慢而柔和，适合任何年龄、性别、体型的人练习。太极拳既可防身，又能强身健体，因而深受中国人的喜爱。太极拳在发展的过程中，借鉴并吸收了中国传统哲学、医术、武术的合理内容(element)，成为特色鲜明的一项运动。作为中国特有的一种运动形式，太极拳也越来越受到众多外国朋友的喜爱。

Tai Chi is a kind of martial arts, and a fitness exercise as well. It has a long history in China. With slow and gentle movements, Tai Chi is suitable for people of any age, sex, or body type to practice. It can be used to provide self-defense as well as build the body. Therefore, it has become very popular among Chinese people. During its development, Tai Chi borrowed and absorbed desirable elements from traditional Chinese philosophy, medicine, and martial arts, and it has developed into a sport with unique features. As a unique sport in China, Tai Chi is also gaining increasing popularity among many foreign friends.