1. **二十四节气 24Solar Terms**

**What is the meaning of the 24 Solar Terms?**

More than 2,000 years ago, ancient Chinese people created an overall to mark the annual of time, based on observations of the sun's , called "The 24 Solar ".

在两千多年以前，中国人通过观察太阳的运动轨迹，创立了二十四节气这个古老而科学的时间制度。称为“二十四节气”。

**How unique is the 24 Solar Terms?**

In the international field, the 24 solar terms are hailed as "the fifth great

of China". In 2016, the 24 solar terms were included in the 's Representitive List of the Cultural of Humanity.

在国际气象界，二十四节气被誉为“中国第五大发明”。2016 年，二十四节气被正式列入联合国教科文组织人类非物质文化遗产代表作名录.

**What are names of the 24 Solar Terms?**

The 24 solar terms are, of Spring, Water, Insects , Spring ，Clear and Bright, Rain; Start of Summer, Grain , Grain , Summer Solstice, Heat, Major Heat; Start of Autumn, The of Heat, White , Autumn Equinox, Cold Dew, 's Descent; Start of Winter, Minor Snow, Major Snow, Winter , Minor Cold and Major Cold.

二十四节气具体包括：立春、雨水、惊蛰、春分、清明、谷雨、立夏、小满、芒种、夏至、小暑、大暑、立秋、处暑、白露、秋分、寒露、霜降、立冬、小雪、大雪、冬至、小寒、大寒。

**What is Summer Solstice?**

Summer Solstice and Winter Solstice are the two of the year with the

and shortest amount of daylight(日光) respectively, while Spring Equinox and Autumn Equinox are days with the most amount of daytime and nighttime. Through these four , a year is divided to four parts: Spring, Summer, AutumnvandvWinter.

它分别以夏至、冬至、作为一年之中白昼最长、最短的时间点；以春分、秋分作为昼夜最平衡的点。通过这四个时间点一年分为四个部分：春、夏、秋、冬。

**What is the 24 solar terms used for?**

In ancient times, this system not only guided production, instructing farmers to expect the changes in , spring and autumn harvest, but also directed Chinese folk . For example, Winter Solstice was the first one coined among the 24 solar terms, and later evolved into as a festival to Heaven and . 在古时，这套时间制度不仅是农业生产的指南针，指导农民预测冷暖、春种秋收。还是民俗文化的风向标。例如：冬至是二十四节气中最早被制订的一个，后来逐渐演变成祭天祭祖的节日。

Every year at Winter Solstice, emperors of Ming and Qing dynasties would go to the of to hold a to worship Heaven, praying for good weather for their , and peace and for their country.

在明清时期（公元 1368 年-1912 年），每逢冬至皇帝便到天坛举行祭天大典，祈求来年风调雨顺、国泰民安。

Nowadays, the 24 solar terms could not only be to farming, but also guide Chinese in everyday life. They people to adapt to the changes in the seasons through suitable foods and cultural .

现在二十四节气早已超越传统的农耕生活，深入到中国人的衣食住行。它通过特殊的节令食物和文化仪式提示人们顺应季节的交替.

**What are some festive customs of 24 solar terms?**

Seasonal customs are still the （固定用法 be the rage/ be all the rage非常流行，风靡）, such as eating spring at Start of Spring, ancestors' tombs at , weight to keep warm at Start of Autumn, and eating

food to store energy at Start of Winter. They have actually become

rituals in Chinese life.

节气饮食习俗依然流行。像立春日吃春饼；清明日扫墓踏青；立秋时贴秋膘；立冬补冬等鲜活的节气依然流行。成为了中国人生活中不可缺少的仪式感。

**What are some advancement in the customs of 24 solar terms?**

With deepening of people's understanding of traditional culture,

inspired by the 24 solar terms have , including creative cuisines and . This ancient time system has gained new and in the new era.

随着人们对传统文化的认知不断加深。以二十四节气为灵感的美食菜品，创意设计等文化产品层出不穷。这个古老的时间制度在新时代换发出新的魅力和生机。

**What are the significance of 24 solar terms to Chinese culture and Chinese nation?**

The 24 solar terms are a common cognitive（认知的）system among Chinese. It reflects the emotional , the and creativity of the Chinese, who and **live in harmony with** nature. It has a impact on the way people think and their of （行为准则）.

对中国人来说，二十四节气是一个共同的认知体系。体现的是一种集体认同的情感纽带。体现的是中国人尊重自然与自然和谐相处的智慧和创造力。它深刻影响着中国人的思维方式和行为准则。