

第五届“用英语讲中国故事大会”

初级/城市阶段推荐荐文

选手可在《用英语讲中国故事》提高级或“故事里的中国”系列（《陕西：中华文明的肇始之地》、《湖南：惟楚有才，于斯为盛》、《上海：兼收并蓄的活力之都》）中任选篇目和段落完成朗诵作品。

1. 路遥 存信念于平凡世界 Lu Yao: Faithful to the Ordinary Word

— 《陕西：中华文明的肇始之地》（英文版）P132

The Mu Us Desert, located between Yulin city of Shaanxi province and Ordos city of the Inner Mongolia autonomous region, is a place marked by stretching dunes, scorching sun and yellow desert reaching to the horizon. As Lu walked aimlessly, he was shocked at the occasional sight of one or two hardy white poplars grimly twisting and stretching toward the sky.

In a sand dune ahead, sparse weeds grew. Lu lay beside a little spark of green in the desert, looking up at the lofty sky and feeling the breeze blowing over his head. His heart was completely tranquil as if he had become one with his surroundings. Humanity, society, country—these grand concepts seemed so light and trivial at that moment. The world seemed to be nothing but Mu Us: countless grains of sand bearing witness to an endless amount of time.

The people of northern Shaanxi had gone through so much struggle and hardship. The desire and faith of the people living there and their unyielding struggles against the cruelty of fate were always present. Lu Yao felt a sense of obligation to record their stories.

— 《陕西：中华文明的肇始之地》（中文版）P111

毛乌素沙漠在陕西省榆林市与内蒙古自治区鄂尔多斯市之间，那里沙丘连绵，烈日灼灼，枯黄的沙漠一望无际。路遥在沙漠中漫无目的地走着，偶尔能

看到一两株顽强的白杨，扭曲着向天空伸展，沧桑而凄凉，有一种无法言说的震撼。

翻过一个沙丘，前方的沙漠生长着一些稀疏的杂草，路遥躺在沙漠中的这一点绿色旁，仰望着高远的苍穹，感受着吹过头顶的微风。他感觉自己的心完全宁静了下来，自己仿佛与沙漠融为一体，人类、社会、国家，这些宏大的命题此刻显得苍白而渺小，世界仿佛只剩毛乌素，一颗颗沙粒见证着数不尽的时间。

陕北这片土地承载了太多的挣扎与苦难，生活在这里的人们对生的渴望与信念，在命运中的不屈与挣扎让路遥觉得自己有责任将这些故事记录下来。

2.美丽西安 梦回大唐 Charming Xi'an: Dreaming Back to the Tang Dynasty

— 《陕西：中华文明的肇始之地》（英文版）175

It is evening and the Mall is dazzlingly lit and crowded with people. It is time for Miss Roly-Poly's performance under Dayan Pagoda. Her body is at one with the roly-poly, swaying with its every rotation, her ornate headdress and beautiful dress evoking the classical charm of the Tang Dynasty. Every set of eyes in the audience is entranced by her graceful dance.

Each time she nearly grazes the ground, but then turns and lifts her body back into the air with amazing elegance and speed. The ribbon tied to her red dress flutters in the wind, the smile still blooming on her face. She coyly taps the audience's hands with her fan, nodding her head in greeting and conjuring the charm and grace of a classic Chinese beauty from days of old, with a plaintive look on her brow and a grin.

"Miss Roly-Poly" is the personification of ancient Xi'an's undying charm—a reflection of the appreciation Xi'an people feel for classical aesthetics.

— 《陕西：中华文明的肇始之地》（中文版）P147

大雁塔下，夜幕中的大唐不夜城灯火绚烂，人山人海。这时候便到了她的表演时间。站在不倒翁上，她的身体仿佛与不倒翁融为一体，随着不倒翁的转

动而摇摆，雍容的头饰和华美的衣裙呈现出一副盛唐气象，观众的目光被她那优美婀娜的舞姿牢牢吸引。

她每次即将接近地面的时候，都能优雅转身，整个人迅速抬起。红色襦裙上系的丝带迎风飘荡，笑容在她的脸上绽放。这时，她还会用团扇轻拍观众的手，点头致意，一颦一笑间将中国古典美人的妩媚娇羞演绎得淋漓尽致。

不倒翁小姐姐演出散发的正是西安古城的不朽魅力，是人们对东方古典美学的呼唤与追求。

3. 心忧天下 范仲淹与《岳阳楼记》 Worry for the World: Fan Zhongyan and Yueyang Tower

— 《湖南：惟楚有才，于斯为盛》（英文版）P164

As soon as Fan Zhongyan finished reading the letter, his heart surged. He reflected on his own ups and downs in officialdom, especially his recent experience of being demoted and transferred for advocating reforms and offending the interests of the conservatives, which resulted in the failure of his preferred policy changes. He paced back and forth in the courtyard, reminiscing about his childhood memories of Dongting Lake. When his father died, his mother remarried a government official named Zhu Wenhan in Suzhou. Later, Zhu became an official in Anxiang county, northwest of Dongting Lake, and Fan followed him there, where he studied under the Daoist Sima at the Xingguo Temple. During his years in Hunan, not only were local customs deeply ingrained in him, but the vast waters of Dongting Lake left a majestic impression in his heart. He was also familiar with the "Eight Views of Xiaoxiang" which inspired the famous lines of his poem "Yujia Ao: Thoughts in Autumn":

As autumn comes to the frontier, the scenery is different.

Geese fly away to Hengyang without a thought.

— 《湖南：惟楚有才，于斯为盛》（中文版）P164

范仲淹在庭院里来回踱步，儿时关于洞庭湖的记忆在脑海里翻滚：小时候父亲病卒，母亲谢氏改嫁给在苏州为官的朱文翰。后来朱文翰到洞庭湖西北边的湖南安乡县做官，范仲淹也随之到安乡生活，拜兴国观司马道士为发蒙老师。在湖南生活学习的岁月里，不仅湖南的民风民情对他影响甚深，洞庭湖也在范

仲淹心中留下了“浩浩汤汤，横无际涯”的壮阔意象，他还熟知“洞庭秋月”“平沙落雁”等“潇湘八景”——后来他在著名词作《渔家傲·秋思》里写下“塞下秋来风景异，衡阳雁去无留意”的名句，就用了“平沙落雁”的掌故。

4. 浏阳菊花石雕 永不凋谢的花朵 Liuyang Chrysanthemum Stone Carving: Flowers That Never Wither

— 《湖南：惟楚有才，于斯为盛》（英文版）P66

The Chinese cherish chrysanthemums and consider them the reclusive gentlemen among flowers. They embody people's yearning for good character. Flowers always wither and fade, but in Liuyang, there is a famous stone chrysanthemum that lasts forever.

Chrysanthemum stone is a special mineral with crystal columns resembling chrysanthemum petals that radiate outward. Many legends have been passed down from generation to generation about this phenomenon. One of the most well-known is that heavenly fairies, yearning for a good life in the human world, showered the Liuyang River with chrysanthemum petals; these petals sank to the bottom of the river and became trapped in the stones, resulting in the chrysanthemum stone. Geologists believe that the stone formed during the Earth's crustal movement more than 200 million years ago, the beautiful petals of which are mineral crystallizations that formed over the course of geological changes.

— 《湖南：惟楚有才，于斯为盛》（中文版）P65

菊花石是一种特殊的矿石，石中有形似菊花的柱状矿物晶体，从一个中心出发，由内向外放射排列，看起来就像一瓣一瓣随风飘洒的菊花，美丽动人。在盛产这种菊花石的浏阳，民间流传着许多传说。其中最广为人知的一则说，天上的仙女向往人间的美好生活，将片片菊花洒向浏阳河中，这些菊花瓣沉到水底，就永远地封存在水底的石头中，形成了璀璨多姿的浏阳菊花石。传说虽然美丽，但据地质学家研究，这些精美绝伦的菊花石，其实是两亿多年前地壳变动过程中形成的天然矿石，那些美丽的菊花花瓣，是在沧海桑田的演变中产生的矿物结晶体。

5. 苏州河 上海的母亲河 The Suzhou Creek: Shanghai's Mother Creek

— 《上海：兼收并蓄的活力之都》（英文版）P4

When visitors first come to Shanghai and hear about the Suzhou Creek, they may assume it is a creek in the city of Suzhou. In fact, it is a section of the Wusong River that flows through Shanghai. It is so called because after Shanghai became an open port, British gold diggers discovered that by sailing up the river from Shanghai they could reach Suzhou, China's textile center, hence over time the new name.

Before roads and railways were built, the Suzhou Creek was Shanghai's principal artery. The Tang- and Song-Era Qinglong town, as well as old Shanghai county established since the early Yuan Dynasty, all relied on the Suzhou Creek to grow and prosper. In modern times, public buildings appeared on the eastern end of the Suzhou Creek's lower reaches. Along the banks of its middle and west were built gasworks, flour mills, and other factories.

Compared to Shanghai's another important river, the Huangpu, the trickling, winding Suzhou Creek doesn't impress people with its size or currents, but brims with the warmth of human activity. To many Shanghainese, the Suzhou Creek is like a gentle, loving mother that nurtures them.

— 《上海：兼收并蓄的活力之都》（中文版）P4

人们初到上海，听到苏州河，会下意识地以为这是一条苏州的河流。但实际上，它是吴淞江流经上海地区的一段。之所以叫苏州河，是因为自近代上海开埠以来，英国人发现从上海坐船逆江而上，就可以抵达中国当时的纺织业中心—苏州，日久天长，人们也就习惯称它为“苏州河”了。

唐宋时期的青龙镇、元明以来的上海老县城，都曾依托这条河流得以成长、繁荣。进入近代后，大量公共建筑在苏州河下游东段出现，下游的中段和西段沿岸则陆续开办了煤气、面粉等各类工厂。

相比上海的另一条重要河流--黄浦江，流水潺潺、蜿蜒曲折的苏州河虽然没有那么宽阔澎湃，但却显得更接地气。对于一代又一代的上海人而言，苏州河就像一位温柔慈爱的母亲，孕育了他们的人生。

6. 斗蟋蟀 “将军们” 的会面 Cricket-Fighting: Battle of the "Generals"

– 《上海：兼收并蓄的活力之都》（英文版）P65

In the Republican Era, the center of cricket-fighting was close to Simalu Road (today's Fuzhou Road), and the vibrant local scene saw “Cricket-Fighting Associations” and “Cricket-Fighting Institutes” flourish in Shanghai's villages.

Cricket-Fighting Associations take the process a lot more seriously. The traditional cricket-fighting season starts from the Mid-Autumn Festival to around the Double Ninth Festival, during which period cricket breeders set up an arena and advertise heavily. The night before the bout, the rival crickets are kept in isolation, given specific food and fluids by the management team at the tournament venue, and taken to be weighed to assign them to weight categories for their fights. The match itself is presided over by a referee.

Male crickets are highly territorial. When poked until they're suitably riled up, they will engage in fierce battle with other males they meet. Since breeders often give their specimens macho names such as “generalissimo” or “tiger head,” cricket-fighting is often likened to a “battle of the 'generals.’”

– 《上海：兼收并蓄的活力之都》（中文版）P57

清代，上海县城隍庙附近是“虫迷”的乐园，人们在这里进行蟋蟀交易，购买斗蟋蟀的器具。民国时期，上海的蟋蟀市场主要集中在四马路(今福州路)附近。当时，上海的一些乡镇，纷纷成立“蟋蟀协会”“蟋蟀研究会”，斗蟋蟀之风盛行。

蟋蟀协会举行的斗蟋蟀比赛相对正式。每年中秋至重阳前后，一些专门驯养蟋蟀的行家会准备好斗场，广发帖子邀请客人。开斗前一天，要将蟋蟀隔离，并由专人给蟋蟀称体重，将其分成不同量级，再配对厮杀。比赛时，有专人负责裁判。雄性蟋蟀的领地意识极强，一经撩拨，两雄相遇，拼杀就异常激烈。养蟋蟀的人常给蟋蟀起威风的名字，如“大将军”“老虎头”等，斗蟋蟀也因之被戏称为“‘将军们’的会面”。

7. 中国风物 Chinese Cultural Icons

竹之韵 The Bamboo: Gentlemen of the Plant World

-- 《用英语讲中国故事》提高级 P007-008

The West Lake was silted up during Su Shi's administration of Hangzhou, severely hampering local life and production. Su led the people on a dredging mission and, with the sludge dug out, built a causeway across the lake known as "Lord Su's Causeway." He was also a fervent lover of life, and a quintessential gastronome. Dongpo's Pork, a well-known dish, was said to have been his creation. Soft but not mushy, richly flavored but not greasy, it was a silver lining to the otherwise monotonous greyness of his life. In addition, he always made sure that his residence was surrounded by bamboo, the leaves of which whistled in the breeze and shadow-boxed with the light, healing his heart like a good companion.

There is a popular poem dedicated to bamboo, or rather, to anyone whose true self was mirrored by it, such as Su Shi:

"Setting my root on mountains green/
I have fought my way out of rocks/
Standing proud and firm against the slings of wind/
Wherever they may come from."

西湖淤塞，严重影响了农业生产和人民的生活，苏轼率众疏浚西湖，并把挖出的淤泥集中起来，筑成一条纵贯西湖的长堤，后人把它叫作“苏公堤”。除了关心百姓，苏轼也非常热爱生活。他是一个不折不扣的大美食家，发明的东坡肉红艳透亮，软而不烂、肥而不腻，为枯燥的生活增添了一抹亮色。苏轼总是在居所的周围种满竹子，清风拂过，竹叶轻响，竹影错落，翠竹成了他的好友，陪伴了苏轼寂寞的人生，治愈了他的内心伤痕。

“咬定青山不放松，立根原在破岩中。千磨万击还坚劲，任尔东西南北风。”这首用来吟咏竹子的小诗，用来形容苏轼非常合适。

8. 中国习俗 Chinese Customs

十二生肖 有趣的动物纪年法 The Twelve Zodiac

Animals: Animal Chronology

– 《用英语讲中国故事》提高级 P055-057

“ China has twelve zodiac signs.” Having said this, Qiangqiang adds, as if he just thought of something: “ But I have always wondered why, apart from the pig, which is my sign, among the twelve zodiac signs there are so many fierce animals such as the ox, tiger and dragon, with the rat put in first place.”

His mother smiles and says, “ There is a legend that the Yellow Emperor wanted to choose twelve kinds of animals as his palace guards, on the stipulation that the first twelve to win a race would be chosen. Now, the cat and the rat were originally good friends. The cat asked the rat to wake him up early the following day. The wily rat awoke at midnight, and sneaked away. By the time the cat awoke, the race was over. Moreover, the clever rat, realizing that its legs were short and so it could not run fast, thought of a plan: Since the ox was the fastest runner, the rat secretly mounted one of its horns, and just before the finishing line jumped down, and won the race.”

“ 中国共有十二生肖。”说到这里，强强忽然若有所思，说：“ 不过我一直有个疑问，十二生肖里，除了我属的猪，还有好多厉害的动物，比如牛、虎、龙，为什么是弱小的老鼠排在第一位呢？”

妈妈看到强强好奇的眼神，笑着说：“ 这倒是有很多种说法。相传轩辕黄帝要选十二种动物担任宫廷卫士，规定谁先跑到谁就能入选。猫和老鼠本是好朋友，猫请老鼠第二天一大早叫醒它，而狡猾的小老鼠却在半夜悄悄起床不打招呼跑了，等猫睡醒起来，比赛已经结束了。不仅如此，机灵的老鼠腿短跑不快呀，便想了个办法。所有动物里，老牛跑得最快，它偷偷爬上了老牛的角，等快到终点时，一跃而下，就成了第一名。”

9. 中国人物 Chinese Sages and Great Figures 大禹 寻找规律的治水者 Yu the Great: Following Nature to Control the Floods

– 《用英语讲中国故事》提高级 P073-074

In addition to learning from Nature, Yu made it a point to learn from

others' experiences, such as inviting his predecessors and those who had worked with his father to discover new methods to solve the problem. Among them, some argued that the floods resulted from the absence of outlets for the raging water. Yu was then inspired to dig deep watercourses along the water flow. This suggestion also confirmed his conjecture. After on-site study, Yu finally devised a practical plan: As well as taking advantage of damming to consolidate the riverbanks, he would build canals to channel the water to the sea in the east. Eventually, the menace of the floods was dealt with, once and for all.

Yu's success in controlling the floods earned him lasting renown. When Shun abdicated the throne, Yu became the leader of the tribe. He later set up his capital in Anyi, founding the Xia Dynasty(c.2100-c.1600 BC), the very first dynasty in Chinese history. He was also China's first king in the real sense of the word.

除了向大自然取经外，禹也十分重视有经验的人的建议。他请来了曾经参与前水的前辈和同他父亲鲧一道工作过的工匠，总结过去失败的原因，寻找根治水涝的方法。有人认为：“洪水泛滥是因为来势很猛，流不出去。”因此建议禹要弄清楚地势的高下，顺着水流的走向，深挖河道，把水引流出去。这些使大禹受到很大启发，也证实了他先前的猜测。他经过实地考察，制定了切实可行的方案：一方面要继续修筑河堤，巩固河坝的基座；另一方面，禹改变了他父亲的方法，用开渠引水的办法，把洪水引到东边的大海去。禹终于用“疏导”的办法根治了水患。禹治水成功后，威望大增，最终接受舜的禅让，成为部落领袖。

10. 中国成就 Chinese Achievements

北斗 中国的天眼 Beidou Navigation Satellite System: China's "Eye in the Sky"

-- 《用英语讲中国故事》提高级 P240-P241

Herds of cattle and flocks of sheep roamed the great grassland of Erdos, in the Inner Mongolia Autonomous Region, on a summer morning, some chasing one another, some grazing on the tender grass, others simply sleeping in the morning sun.

It was Jiri Gala's first day to try the Beidou System. He was inevitably both excited and doubtful. A year ago, news had come to him

that a “fancy” technological break-through had been achieved in China, using the Beidou Satellite for grazing. Intrigued, he made inquiries, and went to exhibitions and instructional lectures. As a tentative move, he selected several of his cattle to install Beidou collars with embedded SIM cards, the navigation function of which could be realized by calling the preset numbers on them. Since cellphone service had completely covered the whole pasture five years earlier, he never had a problem getting a signal. Now the constant updates of tracking the animals on his phone put Jiri Gala's mind completely at ease.

夏日的清晨，一望无际的内蒙古鄂尔多斯大草原上，随处可见一群群牛羊，它们有的在相互追逐嬉戏，有的在悠闲地品尝嫩草，有的在迎着初升的阳光眯眼打盹……

今天是牧民吉日嘎拉第一天使用北斗卫星放牧系统，心中既兴奋又忐忑。一年前，他就听说了我国已经自行研制出“高大上”的科技成果——北斗卫星可以用来放牧，觉得特别新鲜，于是四处打听，参观学习，抱着试试看的想法，从自家养的100多头牛中，选出七八头牛，在牛的脖子上装上北斗项圈，通过北斗系统的定位功能，拨打北斗项圈中内置的手机卡号码，掌握牛群的位置。看着手机屏幕上不停闪烁的牧群移动的提示信息，吉日嘎拉心中的一块石头落了地，踏实了。

11. 中国艺术 Chinese Arts

《富山春居图》的悲欢离合 Twist and Turns of Dwelling in the Fuchun Mountains

— 《用英语讲中国故事》提高级 P289-P291

In the seventh year (1347) of the Zhizheng reign period of Emperor Hui of the Yuan Dynasty, 79-year-old Huang Gongwang traveled with Wu Yong (无用), his junior fellow apprentice, from Songjiang to Fuyang, Zhejiang Province. Immediately captivated by the beautiful scenery of the Fuchun Mountains, famed as “Nature's gallery,” he decided to stay and paint, thus ending his traveling days.

Huang Gongwang, completely absorbed in the natural scenery, would often head out by himself, dressed like a local villager in a bamboo hat

and a pair of straw sandals. On his way upstream, he would observe the capricious forms of the clouds and mist, and stop in his tracks to draw the mesmerizing scenes. At times, he would perch upon a rock for an entire day just to get a painting right, even oblivious of the rain. Days passed as his feet carried him everywhere along the Fuchun River, a palette his only companion. The fishermen returning with songs at dusk, and the forests immersed in tranquility - all were witnesses of his days lost in his reverie of painting.

元朝至正七年，79岁的黄公望和师弟无用一起从松江来到浙江富阳。黄公望、王蒙等画家，开始拜师学画。很快被“无处不画图”的富春山水吸引住了，于是便不想再四处云游，想住下来描绘富春江的美丽景色。无用虽然也酷爱书画，但他不擅绘画，于是独自云游去了。

黄公望沉浸在富春江秀丽的自然景色之中，时常戴着竹笠，穿着芒鞋，一副当地山民的打扮独自出门。沿江而上，他观察烟云变幻之奇，遇到好景就随时画下来，日复一日。有时为了一幅画面，他呆呆地坐在石头上，一坐就是一天，下雨也毫不知觉。黄公望踏遍了富春江两岸，背着画卷一路前行。渔舟唱晚，山林寂静，都变成了他人生的注脚。

12. 中国精神 Chinese Spirit **扎根乡土的中国梦 The China Dream: For Each and Every Native Village**

— 《用英语讲中国故事》提高级 P369-P371

From the outset, Wang had plenty of setbacks, having to barge into completely strange places and persuade local educational authorities to collaborate with her. When asked why she would undertake such payless work, she just smiled, knowing very well that it wasn't easy to understand. With only her dream as her guide, she traveled far and wide. Her persistence eventually paid off, and local education authorities lent a hand.

Once, when someone asked her why she had embarked on this adventure, she explained with emotion: “When we talk about China, what do people immediately think of? The Yangtze River? The Yellow River? Or maybe the Great Wall? Well, there are children in this country who may never in their life see these! But they have their own Yellow

River and Great Wall - the mountains and rivers in their native places. If they are in touch with their unique history and culture, they are likely to turn it into their own unique strength, and make their own contributions to the places they love.”

刚开始编写乡土系列教材时，王小平遇到很多困难。她需要到一个完全陌生的地方用一己之力说服当地的教育局与自己合作。很多人问她：“这样不挣钱的事情为什么还要做？”王小平只是一笑。她知道别人很难理解她对梦想的坚持，但她心中有梦，脚步就不会停。这也许就是她能够打动当地教育局负责人的原因。

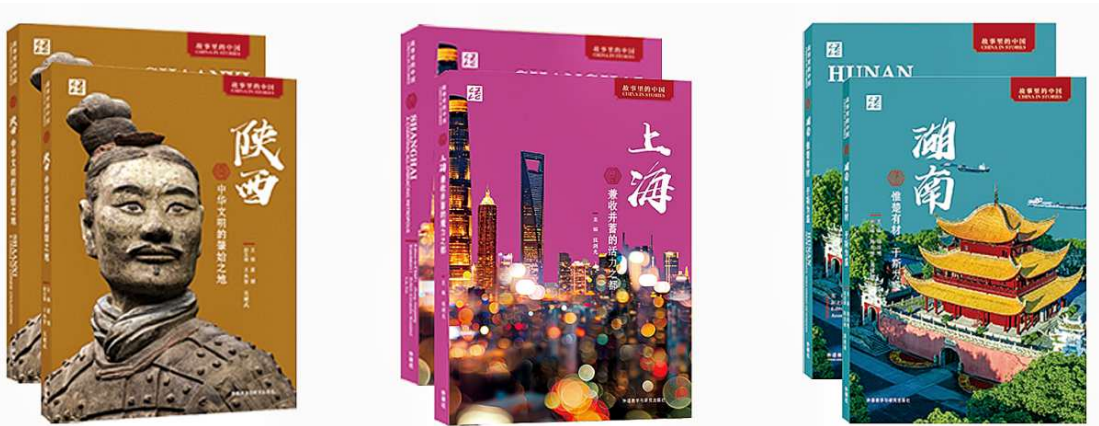
还有人问她为什么要做这件事。她动情地说：“一提到中国，大家都想到长江、黄河、长城这样的事物。我们有的孩子一辈子都见不到这些事物，但只要他热爱自己家乡的山和水，能够了解它们的历史文化并传承下来，就能把这转化为自己未来的发展资源，更好地建设家乡。”

附件 1.朗诵素材范围参考：



《用英语讲中国故事》丛书由新航道国际教育集团组织国内教育界、翻译界权威专家编写，人民出版社出版。

丛书从中国风物、中国习俗、中国人物、中国成就、中国艺术、中国精神六大领域选择最具中国特色的故事 200 余个。采用汉英对照形式，帮助青少年中英文阅读和写作能力双重提升。同时，这也是一系列向世界介绍中国的通俗读本。通过阅读丛书，读者可对中国文化概貌有大体了解，真正实现用英语讲好中国故事。



“故事里的中国”丛书由教育部中外语言交流合作中心联合新航道国际教育集团共同策划，外语教学与研究出版社出版。丛书按照中国 34 个省级行政区进行分卷编撰，每卷展示故事 50 个左右，中英双语出版，面向海内外青少年读者。目前已陆续出版《陕西：中华文明的肇始之地》《湖南：惟楚有才，于斯为盛》《上海：兼收并蓄的活力之都》。

丛书围绕“地方风物、地方习俗、地方艺术、地方成就、地方人物、地方精神”六大主题，来呈现不同省份独特的历史文化和社会生活。旨在通过“小切口”呈现“大视野”，以更加接地气的方式讲好每个省的故事，既展现具有地域特色的中华传统文化，又反映新时代风貌和中国各地区各领域的发展成就。用融通中外的语言展现可信、可爱、可敬的中国形象，帮助广大青少年了解家乡、热爱家乡、推广家乡。

如需购买图书可扫描下面二维码，图书均含所有文章对应音频：

