

Dear Chen Jie,

亲爱的陈洁：

How are you? I'm on vacation in Paris with my family now. Everything is fantastic here! Art and great food everywhere—nothing could be better! No one could fail to be attracted by the charm of this city!

你近来可好？我现在正和家人在巴黎度假。这儿的一切都非常棒！艺术与美食随处可见——没有什么比这更好的了！没有人能够抗拒这座城市的魅力！

On my first day, I went somewhere really famous – the Eiffel Tower! I went to the top and saw the whole city. There was hardly anyone up there. It was very high and quite scary, but exciting!

第一天，我去了一个非常有名的地方——埃菲尔铁塔！我登上了塔顶，俯瞰整座城市。塔顶几乎没有人。那里非常高，很吓人，但也非常刺激！

Yesterday, I met someone really interesting. Her name is Charlotte and she's a medical student here. I didn't know anything about Paris, so Charlotte told me the best places to shop—the places for the locals, not the tourists. We went to an art shop and I saw cute and creative things everywhere. I bought something for my cousin—a lovely painting of the Louvre Museum. And, of course, I got something special for you too! But it's a secret for now.

昨天，我遇到了一位非常有趣的人，她叫夏洛特，是本地的一名医科学学生。我对巴黎一无所知，所以夏洛特告诉了我最好的购物场所——当地人常去而游客们不常去的地方。我们逛了一家艺术品商店，里面全是可爱而有创意的东西。我给我的表弟买了一件东西——一幅内容为卢浮宫的精美绘画。当然，我也给你买了一件特别的东西！不过现在暂时保密。

My family and I went to a famous restaurant today and ate some delicious food. The food in Paris is great, but it's quite expensive!

今天，我和家人去了一家有名的餐馆，品尝了一些美味佳肴。巴黎的美食很棒，但太贵了！

There is so much to see in Paris! I can show you my photos when I come back. How is your vacation? Is it fun?

巴黎值得看的景点非常多! 我回去后可以给你看我拍的照片。你的假期怎么样? 好玩吗?

See you soon,

回头见,

Emma

艾玛

Xu Lan's way of life

徐岚的生活方式

Xu Lan is busy, but she has a well-balanced life.

徐岚非常忙, 但她的生活有条不紊。

She gets up at 6:30 every day. Then she usually practises yoga for one hour. After that, she has breakfast, and sometimes drinks a cup of coffee to kick-start the day. Then she feeds her dog and listens to the news on the radio.

她每天早上六点半起床。接着, 她通常练一小时的瑜伽。然后, 她吃早饭, 有时候喝一杯咖啡开启新的一天。之后, 她喂狗, 收听新闻广播。

Xu Lan always arrives at work at 8:30 and she is never late. She always answers emails and makes phone calls first. Then she often goes to her customer's house with her tool box. Sometimes she takes her dog with her. She is good at tuning pianos and it usually takes her an hour. When she finishes, she always plays the piano for her customer.

徐岚总是在八点半到达工作场所, 从不迟到。她总是先回复电子邮件和打电话。接着, 她常常携带工具箱前往客户家中, 有时她也会带上自己的狗。她擅长给钢琴调音, 这通常需要花上一个小时。完成之后, 她总是会为客户弹奏一下钢琴。

Xu Lan works very hard. When there is a big concert, she is very busy. At 3 p.m. every Monday, she has a meeting in her office.

徐岚工作十分努力。当有大型演奏会的时候，她非常忙碌。每周一下午三点，她在办公室里开会。

After work, Xu Lan usually goes straight home for supper. Then she takes her dog for a walk. Sometimes she meets her friends at a restaurant. She always goes to bed at 10:30 p.m.

下班后，徐岚通常直接回家吃晚饭。然后她去遛狗。有时她在餐馆与朋友见面。她总是在十点半上床睡觉。

Xu Lan seldom sees her parents on weekdays, but she visits them every Saturday. Sometimes they go to the movies together.

徐岚很少在工作日见到父母，但每周六都会去探望他们。有时，他们一起去看电影。

Xu Lan likes travelling, so when she has time to relax, she always goes on vacation somewhere. She goes to the beach twice a year.

徐岚很喜欢旅游。所以当她有时间放松时，她总是去某个地方度假。她每年会去海边两次。

Xu Lan really enjoys her life!

徐岚十分享受她的生活！

Jeff Green

杰夫·格林

To me, a good friend is like a mirror. I am shy and it is not easy for me to make friends. But I think friends are like books—you do not need a lot of them as long as they are good. Luckily, I have a best friend, Yuan Li. I am quieter and more serious than most kids. That is why I like reading books and study harder in class. Yuan Li is quiet too, so we enjoy studying together.

对我来说，一位好朋友就像一面镜子。我比较腼腆，不容易结交朋友。但我认为，朋友就像书一样——你不需要很多，够好就行。幸运的是，我有一位最好的朋友——袁力。我比大多数的孩子都更加安静、严肃。这就是我喜欢看书而且在课堂上认真学习的原因。袁力也很安静，所以我们喜欢一起学习。

Huo Lei

霍磊

It is not necessary for friends to be the same. My best friend, Li Ning, is quite different from me. He is taller and more outgoing than me. We both like sports, but he plays ping-pong better, and often helps to bring out the best in me. So I am getting better at ping-pong. Li Ning is much less hard-working, though. I always get better grades than he does, so maybe I should help him more.

朋友不一定要相同。我最好的朋友李宁与我十分不同。他比我高，也更外向。我们都喜欢运动，但他乒乓球打得更好，经常帮助我表现出最好的一面。所以我乒乓球打得越来越好。但是李宁却远没有我刻苦。我的成绩总是比他好，所以也许我应该多帮助他。

Mary Smith

玛丽·史密斯

I do not really care if my friends are the same as me or not. My favorite saying is "A true friend reaches for your hand and touches your heart." My best friend, Carol, is really kind and very funny. In fact, she is funnier than anyone I know. I broke my arm last year, and she tried her best to make me laugh and feel better. We can talk about anything, and we share everything. I know she cares about me because she is always there to listen.

我并不是很在意我的朋友是否和我一样。我最喜欢的一句话是：“一个真正的朋友会向你伸出援手，并触动你的心弦。”我最好的朋友卡罗尔十分友好，也非常有趣。事实上，她比我认识的任何其他人都更有趣。去年，我摔断了胳膊，她尽力逗我笑，让我感觉好一点。我们无所不谈，分享一切。我知道她很关心我，因为她随时都愿意听我倾诉。

Chang Zhen

常臻

The person I admire the most is the Chinese scientist Nan Rendong. Nan is most famous as the founder of FAST, the largest telescope in the world.

我最崇拜的人是中国科学家南仁东。他是世界最大的望远镜——500 米口径球面射电望远镜的创建者。

The idea of building a huge telescope came to the Tsinghua University graduate in the early 1990s. At the time, it seemed to be an impossible task. But he took courage and continued. The most difficult part of the work was where to place the telescope, which is 500 metres wide. After considering between 300 places over a period of 12 years, he chose a large crater in Guizhou. The building work began in 2011, and finished in 2016. All in all, the project took over 20 years.

20 世纪 90 年代初，这位清华大学的毕业生萌生了建造一个巨型望远镜的想法。当时，这看起来是一个不可能完成的任务。但是，他却勇往直前。这项工作最难的部分是在何处安置这个直径达 500 米的望远镜。在历经 12 年，考察了 300 个地点后，他选择了贵州的一处大型火山口。建设工作 2011 年开始，2016 年结束。整个工程前后耗时 20 多年。

Nan Rendong died in 2017, but he will always be remembered as the “Father of FAST”. His story shows that if you work the hardest, you can achieve great things.

南仁东 2017 年逝世。但作为“天眼之父”，他将永远被世人铭记。他的事迹表明，只要全力拼搏，你就可以取得伟大的成就。

Jenny Smith

珍妮·史密斯

I admire my mum the most. She is a vet at an animal hospital. She is forty-six but looks much younger.

我最崇拜我的妈妈。她是一家动物医院的兽医。她今年 46 岁了，但看起来要年轻得多。

My mum is smarter than anyone I know. She always knows how to solve problems. She is also the best cook and makes the most delicious food in my family! Most importantly, I think she is the kindest and most patient person in the world. When I was

born, she found that I could not see, but she never gave up on me. She taught me many life skills and encouraged me to take pride in myself and be brave. Whenever I feel upset, she is there to cheer me up.

我妈妈比我认识的任何其他人都聪明。她总是知道如何解决各种问题。她也是最棒的厨师，能做出家人们最可口的食物！最重要的是，我认为她是世界上最善良、最有耐心的人。我出生后，她发现我看不见东西，但她从未放弃我。她教给我许多生活技能，鼓励我以自己为荣，勇敢无畏。每当我感到沮丧的时候，她都会为我打气。

I love my mum. She is the most important person in my life.

我爱我的妈妈。她是我生命中最重要的人。

Mickey Mouse: a famous cartoon character

米老鼠：一个著名的卡通形象

People love cartoons for different reasons. A lot of people love them because of the interesting characters in them. Mickey, the cheerful and energetic mouse with two large, round ears, is one such character.

人们喜欢卡通的原因各不相同。许多人喜欢卡通是因为其中有趣的形象。米奇，一只活蹦乱跳、双耳又大又圆的老鼠，就是这样一个卡通形象。

Over 90 years ago, Mickey first appeared in the cartoon film *Steamboat Willie*. When this cartoon came out in New York on 18 November 1928, it was the first cartoon with sound and music. The man behind Mickey was Walt Disney. In the 1930s, he made 87 cartoons with Mickey. He became very rich and successful.

90 多年前，米奇在卡通电影《威利号汽船》中首次亮相。这部卡通电影于 1928 年 11 月 18 日在纽约上映，是第一部有声配乐的卡通片。米奇的创造者是华特·迪士尼。在 20 世纪 30 年代，他以米奇为主角制作了 87 部卡通片，大获成功，变得非常富有。

Some people might ask how this cartoon animal became so popular. One of the main reasons is that Mickey was like a common man, but he always tried to face any danger. In his early films, Mickey was unlucky and had many problems, such as losing

his house or girlfriend, Minnie. However, he was always ready to try his best. People went to the cinema to see the little man win.

一些人也许会问，这个卡通动物形象是如何风靡全球的。其中一个主要原因是，米奇就像一个普通人，但总是直面任何危险。在其早期电影中，米奇厄运连连，麻烦不断，比如失去房子或是女友米妮。然而，他总是迎难而上。人们去电影院看这个“小人物”如何取胜。

On 18 November 1978, Mickey became the first cartoon character to have a star on the Hollywood Walk of Fame. Today, everyone still knows and loves Mickey Mouse. After all, who has a pair of ears more famous than Mickey's?

1978年11月18日，米奇成为了首个在好莱坞星光大道上拥有一颗星星的卡通人物。今天，米老鼠仍然家喻户晓，深受喜爱。毕竟，谁的耳朵能比米奇的更出名呢？

Make a resolution to make resolutions

下决心，立壮志

What is a resolution? A resolution is a kind of promise. Most of the time, we make promises to other people, like "Mum, I promise I'm going to tidy my room when I get back from school!" However, promises you make to yourself are called resolutions, and the most common kind is New Year's resolutions. The start of the year is a good time to make resolutions. When we make resolutions at the beginning of the year, it feels like we are making a fresh start.

什么是决心？决心是一种承诺。多数情况下，我们对他人做出承诺，比如，“妈妈，我保证从学校回来后就整理我的房间！”然而，你对自己做出的承诺，就称为决心。最常见的一种决心就是新年决心。一年的开始是下定决心的好时机。当我们在一年的初始下定决心时，感觉就像正在创造一个全新的开始。

Resolutions can be about all sorts of things. Some are about physical health. For example, some people promise themselves they are going to exercise more or eat less fast food. Many resolutions have to do with self-improvement. In other words, they are about improving your character or skills. For example, some people might say they are

going to take up a hobby like cooking or learning to play the guitar. Some resolutions have to do with better schoolwork. For example, a student may want to study harder and get better marks in math.

决心可以与各种各样的事情有关。有些和身体健有关。比如，一些人对自己做出承诺，要多锻炼或少吃快餐。许多决心与自我提升有关。换句话说，他们是关于改善性格或提升技能的。例如，有些人也许会说，他们要培养一个爱好，例如烹饪或是学习弹吉他。有些决心与提高学业有关。比如，一个学生也许会想更加努力学习，提高数学成绩。

Although there are different types of resolutions, most have one thing in common: People seldom keep them! But there are good reasons for this. Sometimes, the resolutions may be too difficult to keep. Sometimes, people just forget about them. But it is better to make resolutions than to do nothing, and there is always next year! How about you—what resolutions will you make next year?

尽管决心的种类繁多，但大多数都有一个共同点：人们很少能坚持自己的决心！不过这往往情有可原。有时候，决心可能难度过大，无法保持。有时，人们完全忘记了自己的决心。但是下定决心总比什么都不做要好，而且总是还有下一年！你呢——明年你会下什么决心？

Robots now and in the future

机器人的现在和未来

When we watch films about the future, we often see robots. They are usually servants that look like humans. Or they are machines that do dangerous or harmful jobs.

我们在观看关于未来的电影时，经常会看到机器人。它们通常是长得像人类的佣人，或是从事危险或危险工作的机器。

Today, there are already robots working in factories. Some help to build cars, and they do simple tasks over and over again. People find such work boring, but robots never get bored, and they seldom make mistakes. For this reason, robots are being slowly introduced into many workplaces.

如今，已经有机器人在工厂里工作。有些机器人帮助制造汽车，做简单重复

的工作。人们觉得这种工作单调乏味，但机器人从不会感到无聊，而且也很少犯错。出于这个原因，机器人正被逐渐引入许多工作场所。

Scientists are now trying to make robots that both look and act like humans. Although some robots can already walk and dance like a human, many believe it will be too difficult to make them think like a human. For example, scientist James White thinks robots will never be able to "wake up" and know where they are. But other scientists disagree with him. They think robots will be able to think and talk like humans in 25 to 50 years' time.

科学家们正在努力打造外表和动作都酷似人类的机器人。尽管一些机器人已经可以像人类一样行走和跳舞，但是许多人认为很难让它们像人类一样思考。例如科学家詹姆斯·怀特认为，机器人将永远不会“一觉醒来”知道自己身处何方。但是，也有科学家不认同他的观点。这些科学家认为在未来的 25 至 50 年，机器人将能够像人类一样思考和交谈。

Scientists all agree that there will be more robots in the future. These new robots will have many different appearances. Some will look like humans, and others might look like animals. We will even have robots so small that they can move along our blood vessels and treat diseases. You never know what will happen in the future!

科学家们一致认为未来会有更多的机器人。这些新型机器人的外表将多种多样；有些看起来像人类，有些可能看起来像动物。我们甚至将拥有微型机器人，它们可以沿着我们的血管移动并治疗疾病。你永远不知道未来将会发生什么！

Chen Jie's "gift"

陈洁的“礼物”

A birthday is a special day for anyone. On a parent's birthday, you should do something nice for them to make it memorable. You can give them a personal gift, like a carefully made card, or buy them something, like a tie or a scarf.

生日对于任何人来说都是个特殊的日子。在父母的生日，你应该为他们做一件美好的事情，让这一天变得难忘。你可以送给他们一份个人礼物，比如一张精心制作的卡片，或是给他们买点东西，比如一条领带或围巾。

In the past, when it was Chen Jie's dad's birthday, she usually just said "Happy Birthday!" But this year, her mum said to her "talk doesn't cook rice." So Chen Jie decided to do something special. She would cook some food for him. Chicken and vegetable noodle soup was his favorite dish, so Chen Jie searched online for how to make it. Here was how she did it. First, she prepared some chicken, noodles, and vegetables, such as carrots, tomatoes, and onions. Next, she cut up all the vegetables and put them in a pot of hot water with the chicken. Then, she let it cook for one hour. She also added some pepper because her dad loved it! Then, she added the noodles to the hot soup and let it cook for another three minutes. Finally, she poured the soup and noodles into a bowl.

过去，陈洁在爸爸过生日时她通常只说一句“生日快乐！”但是今年她妈妈对她说：“好话不能当饭吃。”因此，陈洁决定做一件特别的事情。她要为爸爸做饭。蔬菜鸡汤面是她爸爸最喜欢的饭，所以陈洁上网搜索如何做这道菜。她是这样做的：首先，她准备了一些鸡肉、面条以及蔬菜，例如胡萝卜、番茄和洋葱；接着，她切好所有的蔬菜，和鸡肉一起放入一锅热水中；然后，她将这些食材煮一个小时；她还加了一些胡椒，因为她爸爸非常喜欢；随后，她把面条放到热汤里，又煮了三分钟；最后，她把汤和面倒入碗里。

As Chen Jie was cooking, her mum also cooked some fish and lettuce. Chen Jie's dad was surprised and very touched by what Chen Jie did. He really enjoyed his delicious supper!

陈洁煮菜的时候，她妈妈也做了条鱼以及生菜。陈洁的爸爸对陈洁所做的一切感到十分惊喜，也感动不已。他十分享受这顿美味的晚餐！

Supplementary reading

Unit 1

On vacation

度假

My family went on a vacation

I gave my father all the persuasion
Can I go and wander in the forest
To catch at least a tiny little pest
Very dangerous it is for you to go there
There will be a lion, tiger, or a big black bear
He told me, to these things pay heed
But I thought these are things I don't need

我们全家人去度假
我一直在劝说爸爸
可否漫步于森林中
至少抓住一只小虫
你去那里很不安全
狮子老虎大黑熊太危险
他说处处留意不可少
我却觉得这些不需要

I went to the depth of the forest
But couldn't catch a single pest
Thinking about things I shouldn't care
A lion, tiger, or a big black bear
I started going towards a cave
Suddenly a loud roar it gave
I thought this was a good part of my vacation
When suddenly I felt suffocation

我走进了森林的深处
但一只害虫也抓不住
想起我不该在意之物
狮子、大黑熊或老虎
我开始往一个山洞走

突然传出一声吼
我想假期的片刻很有趣
突然我感到窒息

I heard the loud roar again
I felt as if I was trapped in a monster's den
The loud roar had really given me a scare
It could be a lion, tiger, or a big black bear
First it's my life I have to save
I quickly ran out of the cave
To these things I should pay heed
Go to that cave I won't dare indeed

我又听到了一声大咆哮
感觉自己陷入怪物老巢
那咆哮声让我魂飞魄散
是狮子、老虎还是大黑熊挡在身前
首先我必须得救自己
飞快地逃离了此处去
这些东西我务必要留心
确实不敢再把洞穴进

Unit 2

The way to school

上学的路

Martha started school just last month. The school was a few kilometres from her house. Her parents were too busy to drive her to school, so every day at 7:30 she took the school bus. The bus drove around picking up students every morning and then brought them back home every afternoon.

玛莎上个月刚刚开始上学。学校距离她家几公里远。她的父母太忙了，没办法开车送她上学。因此，每天早上七点半，她都要坐校车。每天早晨，校车开往各个地方接上学生，下午又会把他们送回家。

Martha's parents always woke Martha up in the morning, but one morning their alarm clock didn't work. When Martha's mother opened her eyes, it was already 8 o'clock. She hurried into Martha's room. "I'm sorry, dear. We're late!" she said. "You'll have to wash and dress very quickly, have a quick breakfast, and then I'll drive you to school."

玛莎的父母总会在早上叫她起床，但是有一天早晨，他们的闹钟没有响。玛莎的母亲醒来时，已经八点了。她急忙走进玛莎的房间。“对不起，亲爱的，我们迟到了！”她说道，“你得赶快洗漱，穿好衣服，赶紧吃完早餐，然后我会开车送你上学。”

"But do you know the way to my school, Mum?"

“可是你知道我上学的路吗，妈妈？”

"No, but you can be my guide, can't you?"

“不知道。但你可以当我的向导，对吗？”

"Oh, yes!" Martha washed, dressed, and had a quick breakfast. Then they set off. Martha told her mum to turn right here and turn left there. She made her mother drive round most of the town before they got to her school. In the end, her mother found out that it was not really very far from their house.

“哦，好的！”玛莎洗漱，穿好衣服，飞快地吃完了早餐。随后，她们就出发了。玛莎告诉妈妈，在这儿右转，在那儿左转。她让妈妈几乎绕着整个小镇开了一圈之后，才终于到达学校。最后，她妈妈发现学校离家其实并不远。

"Why did you make me drive such a long way, Martha?"

“你为什么让我开了这么远的路，玛莎？”

"Because I don't know how else to get here, Mum. That's the way our bus always goes to pick up all the students on the way to school."

“因为我不知道其他的路，妈妈。在去学校的路上，我们的校车总是这样开去接所有的同学。”

Unit 3

The Triple Filter Test

三重过滤测试

In ancient Greece, Socrates was thought to be more clever than anyone else. One day, a man asked the great philosopher, “Do you know what I just heard about your friend?”

在古希腊，人们认为苏格拉底是最有智慧的人。一天，有人问这位伟大的哲学家：“你知道我刚刚听说了你朋友的什么事吗？”

“Wait a moment,” Socrates replied. “Before telling me anything, I’d like you to pass a little test. It’s called the Triple Filter Test.”

“稍等一下。”苏格拉底回答道，“在告诉我任何事之前，我希望你能够做一个小测试。这个测试叫做三重过滤测试。”

“Triple filter?”

“三重过滤？”

“That’s right,” Socrates continued. “It would be wiser if we filtered the information you are going to tell me. The first filter is Truth. Are you completely sure that what you are about to tell me is true?”

“没错。”苏格拉底继续说道，“我们得过滤一下你要告诉我的信息，这样更明智。第一重过滤是真相。你完全确定你要告诉我的事情是真的吗？”

“No,” the man said, “actually I just heard about it and ...”

“不。”这个人说道，“实际上，我刚刚听说了这件事，而且……”

“All right,” said Socrates. “So you don’t know if it’s true or not. Now for the second filter, Goodness. Is what you are about to tell me about my friend something good?”

“好的。”苏格拉底说道，“所以，你不知道这件事是真是假。现在是第二重过滤——好意。你要告诉我的是关于我朋友的好事吗？”

“Well, no, but ...”

“唉，不是，但是……”

“So,” Socrates continued, “you want to tell me something bad about him, and you’re not certain it’s true. You may still pass the test though, because there’s one filter left, Usefulness. Is what you want to tell me about my friend going to be useful to me?”

“那么说，”苏格拉底继续说道，“你想告诉我的是关于他的坏事，而且你并不确定是不是真的。不过，你也许还是能够通过这项测试，因为还有一重过滤——有用性。你想告诉我的关于我朋友的事情，对我来说是有用的吗？”

“No, not really.”

“没有，不是很有用。”

“Well,” said Socrates, “if what you want to tell me is neither true nor good nor even useful, why tell it to me at all?”

“好吧。”苏格拉底说道，“如果你想告诉我的既不是真事，也不是好事，甚至没有用处，那你到底为什么要告诉我呢？”

This story tells us that it is better to ignore the bad things that some people say about our friends. You’d be smarter to not judge a friend until you know the truth.

这个故事告诉我们，有人说我们朋友的坏话时，我们最好置之不理。在了解真相之前，不要对朋友进行评判，这样做会更明智。

Unit 4

The man who explained the universe

解释宇宙的人

Stephen Hawking was a British physicist most famous for his work on the basic laws of the universe. He is considered one of the most important scientific minds of modern times. Confined to a wheelchair for much of his life, his tireless dedication to science is an inspiration to us all.

斯蒂芬·霍金是一位英国物理学家，他因对宇宙基本规律的研究而闻名于世。他被认为是现代最重要的科学家之一。他一生中大部分时间都被禁锢在轮椅上，但他对科学的不懈奉献鼓舞着我们所有人。

Hawking was born in 1942 in Oxford, England. Both of his parents were graduates of Oxford University, where he later studied himself. After graduating, he went on to

study at Cambridge University. But it was then that his life changed completely. He developed motor neurons disease, which brought him difficulties in walking and talking. Despite this, he completed his studies and then busied himself with important research. His findings provided crucial evidence to support the big bang theory. And his later research produced important new theories on black holes and the universe. As his disease progressed, he gradually lost the use of his legs, voice, and hands. However, he never gave up on his research and writing, and left behind many important publications, such as his most famous book, *A Brief History of Time*.

霍金 1942 年出生于英国牛津。他的父母都是牛津大学的毕业生，后来他也就读于该校。毕业后，他前往剑桥大学深造。但是，就在那时，他的人生完全改变了。他患上了运动神经元疾病，走路和说话都有困难。尽管如此，他仍然完成了学业，接着忙于重要研究工作。他的发现为支撑宇宙大爆炸理论提供了关键证据。他后来的研究形成了关于黑洞和宇宙的重要新理论。随着病情的发展，他逐渐无法使用双腿、双手，也无法说话。然而，他从未放弃研究和创作，留下了许多重要著述，例如他最有名的著作《时间简史》。

After winning countless awards, Stephen Hawking died peacefully at age 76, living over 50 years longer than doctors had first thought. Throughout his long life, he answered many important questions about the universe, all while dealing with ever-increasing problems of mobility and speech. Stephen Hawking proved that anything is possible.

在获得了无数的奖项后，斯蒂芬·霍金在 76 岁时安然辞世，超过医生最初判断的存活年龄 50 多年。在其漫长的一生中，他解答了众多关于宇宙的重要问题，同时应对不断加剧的行动和语言问题。斯蒂芬·霍金证明了一切皆有可能。

Unit 5

Bringing films to life for the blind

让电影进入盲人的生活

The other night Liu Yun watched the film *Wolf Warrior II* with audio description. She thought it was really terrific, so she shared her experience with her friend Mike on the phone. “Really?” said Mike. “I haven't watched that movie. And what do you mean by audio description? Then Liu Yun explained what it was.

有一天晚上，刘云看了有音频描述的《战狼 2》。她认为这部影片十分精彩，所以她在电话里跟朋友迈克分享了她的经历。“真的吗？”迈克说，“我还没看过这部电影。还有，你说的音频描述是什么意思？”刘云随即做了解释。

In the past, blind and visually impaired people sometimes had difficulties in understanding a film's storyline if there was no dialogue or background noise. So people began to think of different ways to solve the problem. The most obvious solution was to have someone describe the film scenes. Blind people would gather at a place and volunteers would describe the scenes for them. The Heart-Sight Cinema in Dongcheng District, Beijing, is one such place. Wang Weili, the founder of the cinema, got his inspiration to start the cinema in 2005 when he explained a film for his blind friend and got great pleasure in doing so.

过去，如果电影中没有对话或背景噪音，盲人和视障人士有时很难理解电影的故事情节。因此，人们开始想不同的办法来解决这一问题。最显而易见的解决办法就是有人为他们描述电影场景。盲人可以聚在一个地方，由志愿者们为他们描述电影场景。位于北京东城区的“心目影院”就是这样的一个地方。心目影院的创始人王伟力于 2005 年受到启发并创办了该影院。当时他在为自己的盲人朋友讲解一部电影，并从中获得了极大的乐趣。

But describing films time and again was such hard work that people then created an easier way to do it—they recorded the description and then added the audio to the film. And just like that, audio description was born. Now, blind people can listen to films whenever they want and wherever they are.

但是，反反复复地描述电影是一项辛苦的工作，因此人们后来设计了一个更加简单的方法来进行这项工作——他们把描述录了下来，然后把音频添加到电影中。就这样，音频描述诞生了。如今，盲人可以随时随地听电影了。

This invention has brought much happiness to the blind and visually impaired. However, there are not many films with audio description available, and films that do have it usually appear much later than the normal versions. I hope there will be more and more of them soon!" said Liu Yun.

这项发明为盲人和视障人士带来了许多欢乐。然而，带音频描述的电影并不多见，而且此类电影的推出也通常远远迟于正常版本。“我希望很快会有越来越多这样的电影！”刘云说。

Unit 6

Breaking the stereotype

打破刻板印象

Finding work is more difficult for blind people. However, this did not stop Wang Hao—he has got a job at a law firm. He has even developed software to help blind and visually impaired people use mobile phones and computers. How did he do it?

找工作这件事儿对于盲人来说更加困难。然而，这阻挡不了王浩——他已经在一家律师事务所找到了一份工作。他甚至还开发了软件帮助盲人和视障人士使用手机和电脑。他是如何做到的呢？

Wang was blind in his right eye at birth, and he finally lost sight in his left eye while at university. However, this did not stop him from graduating. After graduation, he came across many difficulties in finding work, but he did not give up. In order to safeguard blind people's rights, he studied law, and made history by passing a national law examination. Then he got a job in a law firm.

王浩出生时右眼失明，最终在读大学时左眼也失明了。然而，这并没有阻碍他完成学业。毕业后，他在找工作时遇到了许多困难，但他从未放弃。为了捍卫盲人的权利，他学习了法律，并且通过了国家法律考试，从而创造了历史。随后，他在一家律师事务所找到了一份工作。

Not only has he bravely overcome many difficulties, he has also helped many others. He developed software that can read screen text so blind and visually impaired people can better use mobile phones and computers. He also organized training classes

to teach old people how to use mobile phones. "Online shopping via mobile phone has been extremely helpful. I no longer need to carry heavy things from the supermarket to my home!" said an old man happily after learning how to do this in the class.

他不仅勇敢地克服了许多困难，而且帮助了许多其他人。他开发出了能够阅读屏幕文本的软件，让盲人和视障人士能够更好地使用手机和电脑。他也开办了培训班，教老年人使用手机。“用手机在网上购物对我帮助极大。我再也不用把沉重的东西从超市搬到家里了！”一位老人在班上学会了网上购物后开心地说。

Many sighted people think blind people cannot perform well in the workplace. However, Wang is showing that this stereotype is untrue. He not only performs well at work but also does important social work in his spare time." I will change the way they see us," Wang said determinedly.

许多视力正常的人认为盲人在职场的表现不会很好。然而，王浩证明这种刻板印象是错误的。他不仅在工作中表现出色，空闲时间还从事重要的社会工作。“我将改变他们对我们的看法。”王浩坚定地说。

Unit 7

A vision of the future

未来的愿景

It's very exciting to see how technology is changing our world. What further advances will the future bring? Here are some bold predictions for the coming decades and beyond.

目睹技术对我们世界的改变，令人兴奋不已。未来还会有哪些进步呢？以下是对未来几十年及以后的一些大胆预测。

Up in space, scientists will learn more about living on other planets. Within the next 20-30 years, bases will be built on the moon. This will allow scientists to develop new ways of living and travelling in space. The scientists' findings will further develop space tourism, and more of us will experience the wonders of space.

在太空中，科学家将更加了解在其他星球上的生活。在未来的 20 至 30 年内，人类将在月球上建立基地。这将使科学家能够开发在太空居住和旅行的新方

式。科学家的发现将进一步推动太空旅游业的发展，我们中也将有更多人体验太空的神秘。

Here on earth, countries around the world will insist on using green energy, making fossil fuels a thing of the past. On the roads, electric vehicles will take over. They will not only be cleaner and cheaper, but they will also be self-driving. And they will have special safety devices that will prevent crashes, meaning the roads will be much safer.

在地球上，世界各国将坚持使用绿色能源，使矿物燃料成为过去。在道路上，电动汽车将占据主导地位。它们不仅更清洁、更便宜，而且能自动驾驶。此外，它们还将安装特殊的安全装置，以防止撞车，这意味着道路将更加安全。

At home, we will see robot butlers. They will wash the dishes, do the laundry, clean the windows, and even cook our dinner. And inside our home, although we won't see it, things will be different. Smart AI will change the way we use water, and how our homes are heated and lit. Our smart fridges will even be able to sense when we are running low on something and order it for us.

在家里，我们将会看到机器人管家。它们会洗碗、洗衣服、擦窗户，甚至为我们做晚餐。此外，在我们家里，虽然我们不会看到，但事情将会变得不同。聪明的人工智能将改变我们用水方式，以及住宅的供暖和照明方式。我们的智能冰箱甚至能够感知我们什么东西快用完了，并为我们订购。

Such exciting advancements in technology will be a common part of our shared future. As students, you will have the exciting task of not only learning about the past but also creating the future.

这些激动人心的技术进步在我们共同的未来生活中将成为一个普通的东西。作为学生，你们将承担这些激动人心的任务——不仅要学习过去，而且要创造未来。

Unit 8

Chinese food culture: more than just food

中国饮食文化：不仅仅是食物

There are many ways in which Chinese food culture is different to Western food culture. And the differences are much more than just the food on the plates. Take the restaurants as an example.

中国饮食文化与西方饮食文化有许多不同之处，而这些不同不仅仅是盘中的食物。以餐馆为例：

First, in Western restaurants, everyone has their own menu. They order and eat their own food. However, in a traditional Chinese restaurant, one person orders the food for everyone, after considering the likes and dislikes of the other people in the group. Then the food is put in the middle of the table for everyone to enjoy together.

首先，在西方的餐馆里，每个人都有自己的菜单。他们各自点菜，各自用餐。然而，在传统的中国餐馆里，由一个人在考虑了群体中其他人的口味之后，为大家点菜。然后，食物放在桌子中间，让大家一起享用。

Secondly, in Western restaurants, large groups often sit at long tables, meaning it is quite difficult to talk to—or even see—more than a few people during the meal. However, the traditional Chinese restaurant experience is quite different. Usually, everyone sits at a large, round table, where it is easy to see and talk with others.

其次，在西餐厅里，大伙们通常围着长桌就坐，这意味着在用餐过程中很难与多人交谈，甚至都看不到他们。然而，在传统中国餐馆的体验迥然不同。通常，所有人都围着大圆桌就坐，很容易看见他人并与之交谈。

Finally, in the West, importance is placed on individuals, who have their own freedom of choice. In China, however, more importance is placed on sharing as a group. People generally see themselves as part of the group first and individuals second. Everyone still gets what they want, but it is a shared experience.

最后，西方强调个体，人们有自己选择的自由。然而中国更注重群体的分享。人们通常首先把自己视为群体的一员，其次才是个体。每个人仍然会得到自己想要的，但这是一种共享的经历。

It may be interesting to see the differences between Chinese and Western food cultures as a foreigner. And it may also be a good idea for them to try to enjoy Chinese

food as the Chinese do—as a group experience — a time for sharing, family, and friendship.

作为一个外国人，看到中西方饮食文化的差异也许会觉得十分有趣。对他们来说，以中国人的方式享用中国食物——作为一个群体经历，一个关乎分享、家庭、友谊的时刻——或许也是一个不错的主意。