

Beijing Welcomes You !

北京欢迎您

2008 Olympic Songs and Stories For Children

——2008 奥运童谣集锦



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2008 Olympic Songs and Stories for Children

主 编

Editor in Chief

编 写

Authors

英 语 翻 译

English translator

绘 图

Illustrators

林秀惠

Hsiu-huei Lin Domizio

姚宇红

卢拥军

Yuhong Yao

Yongjun Lu

何启芳

Peggy Ho Dean

李华夏

郭霄昀

Huaxia Li

Annie Guo



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PREFACE

The 2008 Summer Olympics is just around the corner, coming sooner than most of us are prepared for. To many people in China, the Beijing Olympics is not only for Beijing. It is a national event. It carries with a national pride. It is an opportunity to play Chinese hosts, and to showcase Beijing, as well as China, to millions of curious eyes all over the world. To many Americans, the 2008 Beijing Olympics is another chance to peek into, experience, discover, and try to better understand a country and a people that seem so far away and different, and at the same time, so close to every day life and so similar to themselves. The goals of the Olympic Games should not only include selecting the best athletes. It should help to bring people closer to each other, and bring a mutual understanding among peoples and countries. There are numerous ways to accomplish this. One of the innovative ways is to compile several childrens' songs around the theme of Beijing 2008 Summer Olympics.

This little reader is particularly unique because the lyrics are in two languages, Chinese and English. The pictures within are drawn by children. This reader allows children in both China and the U.S. to easily understand and pronounce the simple words in their own languages. Meanwhile, children in each country can learn the language of the other. There is also a story-telling component here. In the story, a boy named Mark went to Beijing for the Olympic Games with his parents and sister. Throughout Mark's family trip to the Olympics, children are not only acquiring knowledge related to the philosophy and the meanings of the Games, the Olympic Rings and the Olympic Mascots, they are also learning about the host city and the Chinese culture. Reading the lyrics allows children to get a better sense of an event that represents "One World, One Dream" for all of us living on this globe.

This little reader will, in a small but nevertheless significant way, help in bringing people together through mutual Chinese and English language learning in the context of 2008 Beijing Olympics. To all individuals that have worked hard to make this wonderful publication a reality, congratulations for a job well done!



Yenbo Wu
Associate Vice President,
San Francisco State University
August 22, 2007

PREFACE

Once every four years, the Summer Olympic Games provide an opportunity for the nations and peoples of the world to temporarily put aside the disagreements and conflicts that pull us apart, and instead to focus on the common humanity and aspirations that make us all one. For the athletes, the will to win is what has brought them — the chance to pit their skill and training against the best in the world. Yet we hope and expect that what they gain will be much more than medals — things like respect, tolerance and honesty learned through friendly competition and following the rules. As Pierre de Coubertin, founder of the modern Olympics, put it in the Olympic Creed, “The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle.” For the spectators, both those in the stadium and those watching in their homes around the world, the Olympics is an exciting time to cheer on their countrymen and countrywomen, but also a time to learn about other countries and other cultures, and perhaps to gain mutual understanding. This year, 2008, for the first time the Summer Olympic Games will be held in China. The watchful gaze of the world will be on Beijing for three weeks in August, and this presents a precious opportunity for China to introduce itself to the world, and for the world to learn about China and the Chinese people. This little book is presented in the spirit of intercultural understanding, and is for those who stand to benefit most from the Olympic ideals — the children. So to the children who read this book, sing its songs, enjoy its pictures, and learn its lessons, I’d just like to say in the words of the Olympic Motto, “Faster! Higher! Stronger!”



Charles Egan, Associate Professor
Coordinator of the Chinese Program
San Francisco State University

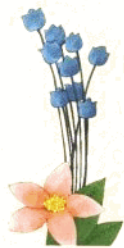
编者前言

风、雅、颂；律、动、唱

歌谣是文化和语言的结晶。传说中国历史上有文字记录的歌谣创作始于《诗经》，不但有祷告祈福、歌功颂德的歌谣，也有反映人民喜怒哀乐生活和男女情爱的歌谣。《北京欢迎您》的编写，是针对孩童的感受能力编写的。全书充满了可唱性韵律和视觉动感，是一本表现孩童天真烂漫情怀的歌谣集锦。在西方TPRS(Total Physical Response Story)的教学法和学理基础上，编者希望利用“故事串联法”来提高孩童口头连续表述的能力，更希望利用孩童肢体全身律动和歌谣传唱的配合来激发动感学习兴趣。本书的编写，主要是为了庆祝2008年奥运会在北京举行。但是，如果没有姚宇红老师对孩童体操教育推广的高度热爱，本书是不可能诞生的。除了绘图、美工设计与翻译人手支援以外，北京的卢拥军老师负责童画收集，在美国旧金山州立大学任教的我也受姚宇红老师感动和感召而乐于协助，共襄盛举。曾经是中国体操健儿的姚老师，能把中国孩童熟知的童谣与奥运主题和体育活动作有机的结合，又将版面精致美化进而出版印发到世界各地，具体地实现了她多年的理想，实在是可喜可贺！诚愿读者喜爱，孩童受惠。本人谨此祝贺。

林秀惠

哥伦比亚大学应用语言学博士
旧金山州立大学外文系中文组助理教授



作者前言

姚宇红 出生于中国北京，曾就读于北京法律学校，北京人民大学法律系。赴美前考取北京大学法律系研究生，并学习一年。出国前在中国教育部工作。1993年至1995年在中国驻旧金山总领事馆工作。现定居美国旧金山，创办 KINE-GO 公司，主要从事儿童教育健身活动。这本书是为纪念她的父亲姚敬生所编。

每个人都有不寻常的童年，回顾自己一路走过的日子，清点着一串串或深或浅的脚印，总感觉童年的故事最多、最纯洁、最美丽，每次总能牵动我那并不遥远的回忆。回味着一件件永远都会铭刻在心的事情，涌动的是感恩和思念。童年的往事对每个人来说有些很朦胧，有些却记忆犹新。童年，是人最快乐的一段日子，也是所有人最珍贵的记忆。我把对童年的记忆和年轻的梦想，绘制成生命中最完美的画卷，将它永远留在记忆的海洋里。当我在美国从事儿童教育工作时，望着孩子们健康的笑脸，我就会情不自禁地想起我的童年。我的童年是伴随着体育运动长大的，每天下了课，背着书包就往体操馆里跑。那时我脑海里想的就是要“赢”。长大后，我发现，体育锻炼并不仅教会我怎么去“赢”，而且教会我许多人生的道理，像爱心、勇气和自信等。两件生活中的小事我始终记忆犹新。第一件事是我小的时候，最喜欢当时流行的、柔软的、会哭、眼睛会动的洋娃娃。我真想拥有这样的娃娃。可是，有一天，我的父亲送给我他亲手做的木头娃娃，不会哭，不会动。在胡同里与小朋友玩的时候，每个小朋友都不喜欢我的玩具。回到家，我父亲看到我沮丧的表情，诚恳地告诉我，这是他亲手用“心”做的。后来这个娃娃陪了我很久很久，所有的娃娃都坏了，这个木头娃娃还在。另外一件事是父亲最喜欢带我看体育比赛。有一次，我好奇地问，为什么中国运动员领奖时互相握手，而外国人却拥抱亲吻？父亲告诉我，这是东西方文化的不同。文化在我幼小的心灵中就画上了问号。我真想寻觅和理解这个奇妙的世界。

今天这本书是献给我最尊敬的父亲的，他用一生的时间了解自己和世界，我始终记得他的爱好——写作。小时候，我经常坐在他的身旁，帮他记录他所写的文章。父爱如山。当我的脚步踏遍万水千山的时候，我仍怀念我的父亲。父亲！女儿正在传播您当时对她的教育，让这本小书伴随着您长眠。

同时，在这里我感谢我的母亲和哥哥对我的关心，感谢我的教练和老师对我的培养，感谢我出生的国家和现在我所生活的国家，让我认识和了解这个世界。

也希望成长中的孩子们尽快了解这个世界。

姚宇红

卢拥军 毕业于首都师范大学历史系教育专业，在北京从事中小学教育教学工作近10年。熟悉中国的历史文化传统。近年来，一直致力于研究中西教育的差异及各自的优势，尤其是启蒙教育中中西文化元素的互相认知与融合。

去年，我非常幸运地遇到了在美国长期从事幼教工作的姚宇红老师。在谈到中美幼教的差异时，我惊讶地发现：相对于美国文化对中国儿童的巨大冲击与影响而言，美国儿童对中国的认识仅仅停留在龙、长城、中国功夫、饥饿等非常少的元素上。而中国五千年的文明，和谐的社会风貌以及新北京、新奥运他们却不知道。因此，出于对儿童教育的迫切关心，也为了更广泛地传播2008奥运精神，展现集千年历史与现代文明于一身的北京新形象，我们经过将近九个月的不懈努力，最终编写完成了《北京欢迎您》这本双语儿童读物。这本书的教学特点是：

1. 适合3—8岁儿童阅读。全书以奥运为核心，把具中国特色的“硬”文明(建筑)和“软”文明(文化习俗)，用鲜明、生动、形象、易懂的图片和歌谣表现出来。易看、易感、易学。
2. 寓教于乐、师生互动。学生可以在学习汉语、学读儿歌的同时学做中国游戏，进行剪、粘、贴等活动，也可以在灵动的氛围里学习、了解和享受中华文化的魅力和乐趣。

我们希望这本书能使美国小朋友对中国北京产生浓厚兴趣。但愿它能成为2008年北京奥运会的邀请函，但愿它能成为美国小朋友心中一颗东方文明的种子，如同西方文化对中国儿童的吸引一样，但愿本书中所渗透的东方文化和思维能够被更多的美国小朋友喜爱并接受。

卢拥军

From the Author: Yuhong Yao

I was born in Beijing, China and now live in San Francisco, California. I was a law student at Beijing University and at the Renmin University of China. I worked in the Ministry of Education of the P.R.China and the Consulate of the People's Republic of China in San Francisco. However, my passion for early childhood education, my background as professional gymnast with the Peking Acrobatic Gymnastics Team, and my father's encouragement have sustained my pursuit of yet another goal: to use gymnastics to help young children build a healthy body and mind, as well as to promote intercultural communication among people from different parts of the world. Writing this book was like a journey back to my childhood memories. Many would agree that childhood is the most extraordinary time of our lives. When I look back on my days as a little girl, those unforgettable adventures feel as if they were just yesterday. This book reveals my childhood memories and dreams. It is also inspired by the lovely children I now work with. When I see their bright smiles, I see myself in them. Sport has been my favorite pastime since I was a preschooler. I remember running happily to the gym, wanting to be challenged by my coach, and dreaming of winning all the time. As I practiced more, I learned that there is so much more to participating in sports than winning.

I dedicate this book to my father, Jingsheng Yao, a wonderful human being who taught me the meaning of love and encouraged me to explore the world. When I was little, he once made me a wooden doll while other parents were buying their children imported dolls that wore silk skirts and could blink their blue eyes and cry for milk. I was upset because my doll was not as fancy and attractive. My father, however, told me that I had the most precious doll in the world because it was the work of his love and it was the only one made especially for me. The wooden doll accompanied me for many years. It outlived all those imported dolls and became a dear friend of mine. My father used to take me to watch gymnastic games. As I was curious about different ways athletes congratulated each other at the ceremony, my father told me that people come from different cultural backgrounds and that it would be an exciting thing to get to know them, understand them, and communicate with them. From that time, I started to wonder about the meaning of "culture" and imagined that some day I would travel to and see for myself different places in this world.

As a teacher of young children, I write this book for my father who passed away two years ago. When I was a child, I would sit next to my father while he wrote articles in China. That memory inspires me to write this book. I write this book also for my young students and their parents whose trust and support give me more reason to improve my teaching. I thank my family, my mother and brother. I thank many others who have supported me in one way or another and have made this book possible. This book is my exploration of my own world and the world I witness in front of me.



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Sincerely yours,
Peggy Ho Dean
Hsiu-huei Lin Domizio
Yuhong Yao
Yongjun Lu
San Francisco, California
Oct. 2, 2007



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逛北京

这是来自美国旧金山的马克一家到中国观看2008年北京奥运会的故事。这一家有四口人，爸爸、妈妈和他们的两个孩子。马克是哥哥，今年8岁。他的妹妹叫丽丽，今年6岁。

马克一家人对体育活动特别感兴趣。爸爸在一所学校当足球教练，平常喜欢看各种球类比赛。妈妈曾经是一名奥运游泳运动员，喜欢看水上芭蕾。妹妹热爱体操运动，每天课后定期接受游泳、芭蕾舞和体操训练。哥哥每星期都参加他喜爱的足球训练。



Sightseeing in Beijing

This is a story about Mark and his family from San Francisco and their trip to China to see the 2008 Olympic Games in Beijing. There are four people in the family: father, mother and their two children. Mark is the older brother and is eight years old. His younger sister Lily is six years old.

Mark and his family are all interested in sports. His father is a soccer coach at school who loves to watch ball games. His mother was an Olympic swimmer and she enjoys watching water ballet. Lily loves gymnastics. After school she takes swimming, ballet and gymnastics classes. Mark loves soccer and trains every week.



爸爸妈妈计划了很久，今天终于对他们的孩子说：“我们一家人8月5日到8月25日去北京看奥林匹克运动会，怎么样？”马克和丽丽听了都非常高兴。当他们准备行李的时候，妈妈说：“你们每人可以带一件玩具上飞机。”于是，哥哥带了他最喜爱的足球，妹妹带的是她睡觉时的好伴侣——布熊猫。

8月5日，他们一家人坐飞机从旧金山飞往北京，不到一天就到了。早晨下了飞机，他们叫了一辆出租车，就往奥运村方向驶去。爸爸妈妈一边看北京街景，一边向马克和丽丽讲述大街上迎奥运的横幅，例如：“盼奥运”、“奥运五环”。马克和丽丽这一天都很好奇，也非常兴奋。



After planning for a long time, the parents say to their children, “How about we all go to China from August 5th to August 25th, 2008, to see the Olympic Games?” After hearing this, Mark and Lily are very happy. While packing, their mother says: “Each of you may carry a toy on the plane.” Mark is taking his favorite soccer and Lily is carrying her sleeping companion — her stuffed panda.

On the 5th of August they fly from San Francisco to Beijing and they arrive in less than a day. After getting off the plane in the morning, they take a taxi and ride to the Olympic Village. While they look at the scenery on the streets, father and mother describe the Olympic banners they see. For example: “Looking Forward to the Olympics” and “The Five Olympic Rings.” Mark and Lily are very curious and excited the whole day.

盼奥运

快、快、快！来、来、来！

盼奥运，

迎奥运。

快来，快来，快快来！

你种树，我栽花，

快把北京来绿化。

快、快、快！来、来、来！

你跑步，我做操，

迎接奥运热情高。

快来，快来，快快来！

你说 Hello，

我说 How are you，

一起做好奥运小向导。

Looking Forward to the Olympics

Hurry, hurry, hurry! Come, come, come!

We're looking forward to the Olympics,

Welcoming the Olympics.

Come quickly, come quickly!

You plant trees, and I'll plant flowers.

Let's paint Beijing green.

Hurry, hurry, hurry! Come, come, come!

You run and I'll exercise.

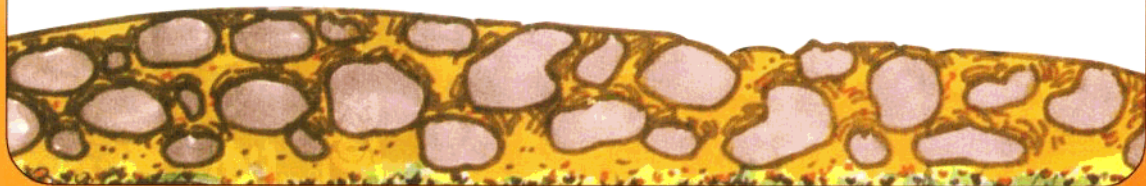
Let's happily welcome the Olympics.

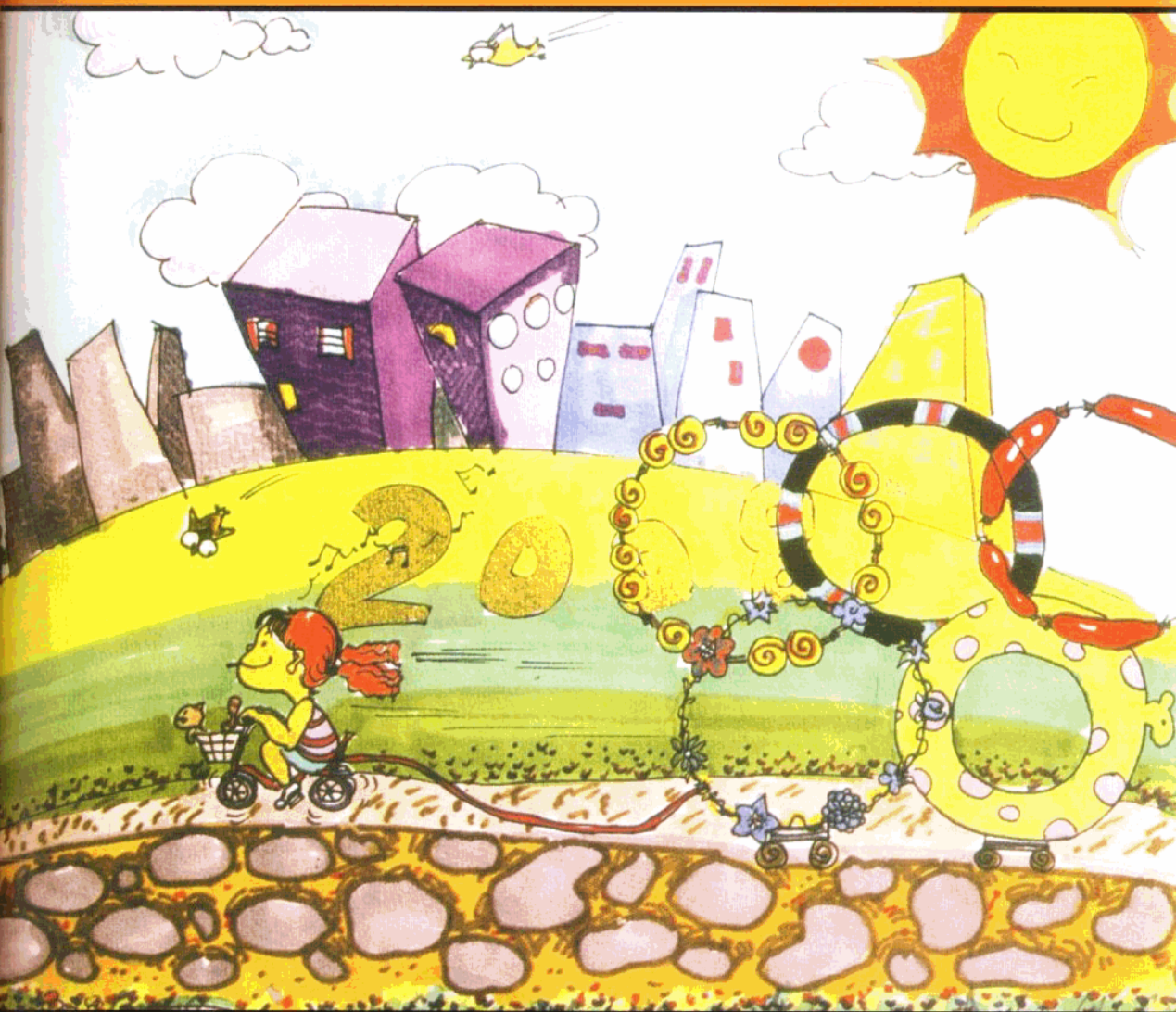
Come quickly, come quickly!

You say "Hello,"

And I'll say "How are you?"

Let's all be little Olympic tour guides.





新年好

PDG

奥运五环

奥运天空蓝又蓝，
奥运标志是五环，
奥运五环圆又圆，
欧、亚、非、澳、美，
蓝、黄、黑、绿、红。

The Five Olympic Rings

The sky over the Olympic Games is blue.
The Olympic emblem is the five rings.
The Five Olympic Rings go round and round.
Europe, Asia, Africa, Australia, America,
Blue, yellow, black, green, red.

