



孔子学院总部/国家汉办
Confucius Institute Headquarters (Hanban)



本书由孔子学院总部/国家
汉办与腾讯网联合出品

中国人的生活故事

(第二辑) 七十古稀

Stories of Chinese People's Lives II
People in Their 70s

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS





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外语教学与研究出版社
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北京 BEIJING

图书在版编目 (CIP) 数据

中国人的生活故事, 第二辑, 七十古稀 / 孔子学院总部 / 国家汉办编. — 北京 : 外语教学与研究出版社, 2016.9

ISBN 978-7-5135-8141-7

I. ①中… II. ①孔… III. ①汉语—阅读教学—对外汉语教学—自学参考资料 IV. ①H195.4

中国版本图书馆 CIP 数据核字 (2016) 第 235017 号

出 版 人	蔡剑峰
项目策划	郑丽慧 李 丹
责任编辑	向凤菲
执行编辑	郑丽慧
英文编辑	张立萍
装帧设计	姚 军
出版发行	外语教学与研究出版社
社 址	北京市西三环北路 19 号 (100089)
网 址	http://www.fltrp.com
印 刷	北京盛通印刷股份有限公司
开 本	787 × 1092 1/24
印 张	7.5
版 次	2016 年 10 月第 1 版 2016 年 10 月第 1 次印刷
书 号	ISBN 978-7-5135-8141-7
定 价	49.00 元

购书咨询: (010) 88819926 电子邮箱: club@fltrp.com

外研书店: <https://waiyants.tmall.com>

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联系电话: (010) 61207896 电子邮箱: zhijian@fltrp.com

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举报电话: (010) 88817519 电子邮箱: banquan@fltrp.com

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中咨律师事务所 殷 斌律师

物料号: 281410001

出版说明

为满足海内外汉语学习者对汉语读物的需求，促进中外文化交流与了解，孔子学院总部/国家汉办继2015年策划、出版了《中国人的生活故事》（第一辑）之后，又启动了《中国人的生活故事》（第二辑）的编写、出版项目。

《中国人的生活故事》（第二辑）旨在通过讲述各行各业的普通中国人的一天，向各国汉语学习者展现平凡、真实又温暖人心的当代中国人的生活，介绍历史悠久又与时俱进的中国传统文化。

本系列读物共有7个分册，分别为：《弱冠桃李》《三十而立》《四十不惑》《五十知命》《六十花甲》《七十古稀》《耄耋之年》，呈现了从二十岁左右的年轻人到八九十岁的耄耋老人的生活状态和精神风貌。

本系列读物主要具有以下特色：

1. 选文内容真实、语言地道。每个分册收录6篇选文，均取材于腾讯网《中国人的一天》栏目，讲述6个民族、地区、职业等各不相同的人物的故事，以满足不同读者群体的阅读需求。

2. 每篇选文标注对应的HSK等级。根据生词、句长、文化点等的不同，将选文难度标为HSK4级到HSK6级不等，为不同汉语水平的读者提供参考。

3. 生词选择以《HSK考试大纲》中的“词汇大纲”为依据。选文生词以超纲词、HSK6级词、HSK5级词为主，重点难点词筛选后随文附注，

提供相应的词性与英文释义。书后附有全书生词索引，方便读者查阅。

4. 注重中国传统文化与当代中国风貌的呈现。文中具有文化特色的词语和网络流行用语随文单独列出，提供详细的中英文解释说明；每篇选文后设置“延伸阅读”板块，以中英文对照阅读的形式向读者进一步介绍与主题相关的文化事物和现象。

5. 全书图文并茂，可读性强。选文正文配有相应的真实摄影照片，文化词汇的解释以及“延伸阅读”等板块也视需要提供配图，帮助读者更直观、形象地理解相应的文字说明。

6. 注重阅读的趣味性和互动性。每篇选文后设置“文化链接”板块，读者通过扫描二维码可以获得与选文主题相关的图片、音频、视频、网站等丰富的在线资源。另外，还有设计旗袍等趣味性活动配合阅读主题。

《中国人的生活故事》（第二辑）系列读物精读、泛读皆宜，既可用于辅助教师课堂教学，也适合学习者课外阅读学习。希望本系列读物可以为海内外的汉语学习者打开一扇了解当代中国之窗，也希望读者通过阅读本系列图书加深对中国经济、社会、民俗、地理的了解，学习到全新、鲜活、实用的汉语。

外语教学与研究出版社

2016年9月

Publisher's Note

To satisfy the demand for reading materials for Chinese learners at home and abroad and to promote intercultural communication and understanding, the Confucius Institute Headquarters (Hanban) has commissioned the compilation and publication of the second series of *Stories of Chinese People's Lives*, after the publication of its first series in 2015.

Through descriptions of an ordinary day for Chinese people from all walks of life, the second series of *Stories of Chinese People's Lives* aims to share real and heartwarming life stories from contemporary Chinese people and to introduce the ancient and yet constantly evolving Chinese culture to Chinese learners worldwide.

This series contains seven books: *People in Their 20s*, *People in Their 30s*, *People in Their 40s*, *People in Their 50s*, *People in Their 60s*, *People in Their 70s*, and *People in Their 80s and 90s*. These books serve to illustrate the daily lives and outlooks of people of all ages.

The second series of *Stories of Chinese People's Lives* has the following features:

1. Texts in each book are true stories written in authentic Chinese. Each book includes six texts, all of which are drawn from the *One Day, One Life* column on QQ.com. To satisfy the interests of different and diverse groups of readers, each book tells the stories of six people from various ethnic groups, regions and professions.
2. Each text corresponds to a specific HSK level. Based on its vocabulary, sentence length and cultural elements, each text is marked between HSK 4 and HSK 6 as a reference for learners at different levels.
3. The key words in each text are selected based on the vocabulary syllabus in the *HSK Test Syllabus*, and are mainly composed of words at or above HSK 5 and HSK 6. These key words are listed alongside the text and parts of speech and

definitions are explained in English. A glossary is attached at the end of each book for the readers' reference.

4. The presentation of both traditional and contemporary Chinese culture is equally stressed. Words containing cultural elements and Internet buzzwords are highlighted and illustrated alongside the text with detailed annotations in both Chinese and English. Each text is followed by a reading section called Extensive Reading, which contains a further bilingual introduction of related cultural events or phenomena.

5. Each book is made very readable with attractive pictures and well-written texts. Real life photos are correspondingly arranged on every page of the texts. The words containing cultural elements and the Extended Reading passages are also complimented with pictures to make them more visually engaging.

6. The books stress an amusing and interactive reading experience. A Cultural Links section is set in each text, which allows readers to scan QR codes to gain access to a wealth of online resources, including related images, audio files, videos and websites. In addition, there are interesting activities attached (such as designing a mandarin gown) to correspond with themes of the texts.

The second series of *Stories of Chinese People's Lives* is applicable to both intensive and extensive reading. The books can be used as classroom materials for teachers and also as extra-curricular reading materials for Chinese learners. We hope that this series of books will open a window for Chinese learners, both at home and abroad, to learn more about contemporary China. We also hope that reading these books will help learners to deepen their understanding of China's economy, society, traditional customs, and geography; as well gain a modern, fresh and useful Chinese vocabulary.

Foreign Language Teaching and Research Press
September, 2016

生词词性缩略形式表

英文缩写	英文全称	中文名称
<i>n.</i>	noun	名词
<i>p.n.</i>	proper noun	专有名词
<i>v.</i>	verb	动词
<i>adj.</i>	adjective	形容词
<i>num.</i>	numeral	数词
<i>m.</i>	measure word	量词
<i>pron.</i>	pronoun	代词
<i>adv.</i>	adverb	副词
<i>prep.</i>	preposition	介词
<i>conj.</i>	conjunction	连词
<i>part.</i>	particle	助词
<i>int.</i>	interjection	叹词
<i>ono.</i>	onomatopoeic word	拟声词

目录 CONTENTS



“猫咪控”
A Cat Lover

八年如一日，周大爷为无家可归的猫咪们建起了一个个温暖的家。

For the past eight years, Grandpa Zhou has built many warm homes for stray cats.



明星老人
An Elderly Star

70岁的田春生坚持每天去公园锻炼身体，还出演过很多电影和电视连续剧。

The 70-year-old Tian Chunsheng exercises every day in the park. He has played roles in many films and TV serials.



外婆的千层底
Grandma's
Multi-layer Outsoles

76岁的外婆做了一辈子的千层底布鞋。

My 76-year-old grandma has made cloth shoes with multi-layer outsoles for her entire lifetime.



七旬老票友

A 75-year-old Amateur
Beijing Opera Performer

七旬老人追梦京剧，小角色也有大乐趣。

A 75-year-old man pursues his dream of performing in Beijing opera, enjoying even the small roles.

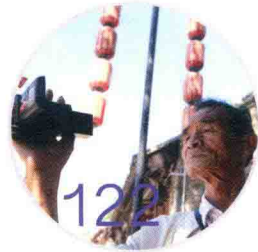


正月里的焦家“大趴”

The Big Party at the Jiaos'
in the First Lunar Month

一年一度的大团圆展现的是一个四世同堂大家庭的幸福生活。

The annual reunion shows the happy life of a four-generation family.



古城“老顽童”

The “Kidult”
in an Ancient Town

这是一个 75 岁高龄“老顽童”乐活晚年的故事。

This is a story about a 75-year-old “kidult” enjoying his happy twilight years.



HSK

4级

“Māomīkòng”

“猫咪控”

A Cat Lover

74岁的退休教师周大爷是个不折不扣的“猫咪控”。八年来，他坚持每天奔走喂养流浪猫，还记录下了他和小猫之间的点点滴滴。

Grandpa Zhou, a 74-year-old retired teacher, is truly a cat lover. He has fed stray cats every day for the past eight years, and recorded bits and pieces of his memories with them.

74岁的青岛退休教师周大爷是个不折不扣的“猫咪控”。八年来，他坚持每天奔走几公里喂养流浪猫，一天两顿饭，在五个喂养点之间来回奔波。他还给猫建立档案，为猫写了数百字的打油诗，以此记录他和小猫之间的点点滴滴。

不折不扣	bùzhé-búkòu	downright; sheer
猫咪	māomī	<i>n.</i> cat; kitty
喂养	wèiyǎng	<i>v.</i> raise; keep
流浪	liúlàng	<i>v.</i> roam about; drift around
奔波	bēnbō	<i>v.</i> rush/dash about
档案	dàng'àn	<i>n.</i> file; archive; record
点点滴滴	diǎndiǎndīdī	bit

~控 ~kòng

网络用语，源于英文单词“complex”（情结）的前缀“com”，指痴迷于某人或某物的人。

Kong is an Internet buzz-word that comes from the prefix “com” of the word “complex”, referring to people who are obsessed with someone or something.





● 打油诗 dǎyóushī

一种富有趣味性的诗体，相传这种诗体最早的作者叫张打油，所以叫“打油诗”。这类诗一般通俗易懂，诙谐幽默。

It is a kind of poem with amusing nature. It is said that its name comes from the writer of the first "dayou poem", Zhang Dayou. This kind of poem is usually easy to understand and humorous.

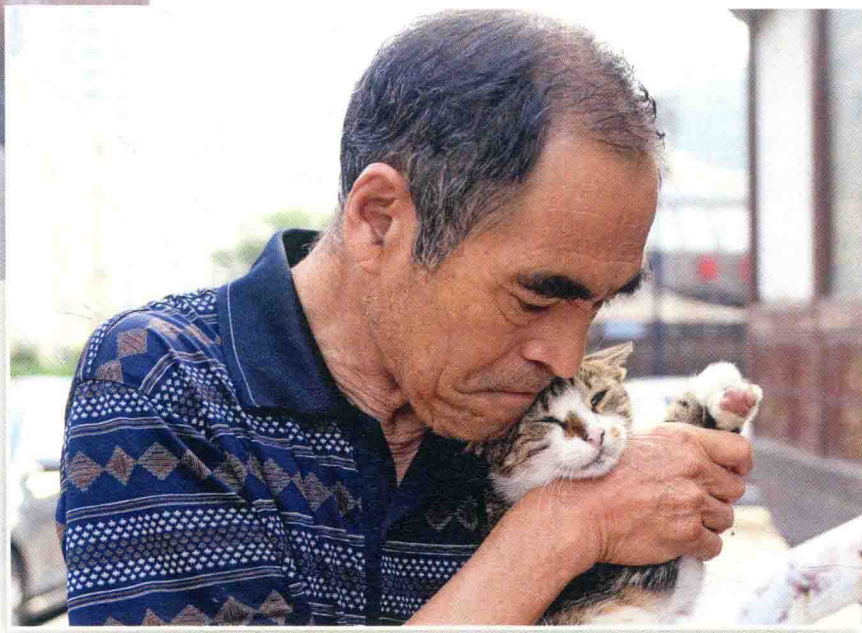


周大爷从小就对猫咪情有独钟，退休后，养猫成了他生活中很重要的一部分。在他看来，猫是可爱的动物，流浪猫值得被关心、照料。

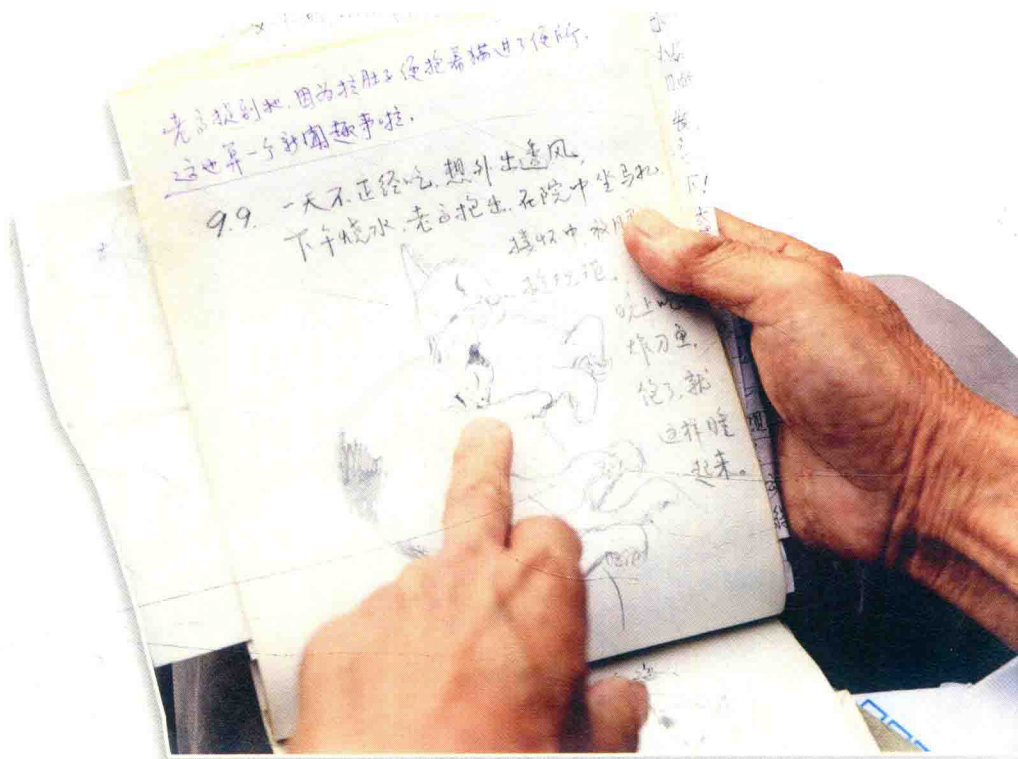
八年前，由于老伴儿的身体原因，周大爷不得不把自己的几只爱猫送给别人。之后他便开始喂养社区周边的流浪猫。

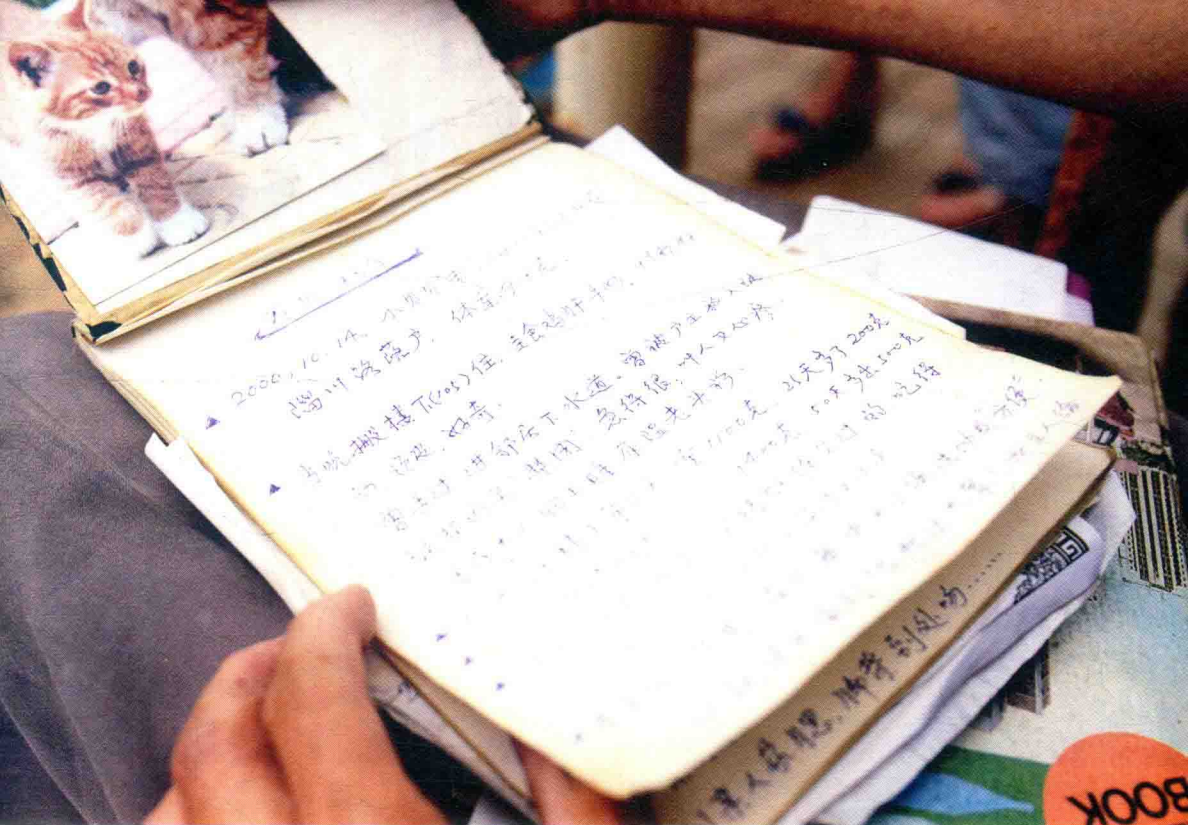


情有独钟	qíngyǒudúzhōng		show special preference/favour to
照料	zhàoliào	<i>v.</i>	take care of; attend to
老伴儿	lǎobànr	<i>n.</i>	(of old couple) husband or wife
社区	shèqū	<i>n.</i>	community
周边	zhōubiān	<i>n.</i>	neighbouring area



语文老师出身的周大爷把猫咪的故事全都记在了本子上，
并配上铅笔画和照片，可谓图文并茂。





出身	chūshēn	n.	one's previous experience or occupation
配	pèi	v.	match
可谓	kěwèi	v.	it may/can be called
图文并茂	túwén-bìngmào		(of a book, magazine, etc) be excellent in both pictures/illustrations and texts