



Unit **1** Chinese Culture

Lead-in

Quotes

没有文明的继承和发展，没有文化的弘扬和繁荣，就没有中国梦的实现。 ——习近平

Without the continuation and development of civilization or the promotion and prosperity of culture, the Chinese dream will not come true. —Xi Jinping

A nation's culture resides in the hearts and in the soul of its people. —Gandhi

一个国家的文化蕴藏在其人民的内心与灵魂之中。 ——甘地

Think and Talk

1. Why is it useful to learn about one's culture while learning its language?
2. Look at a map of China and try to find out if there is any relationship between the character formation of the Chinese people and its geography.
3. Discuss with your classmates the part of the Chinese culture that interests you most, and explain why.

Part One

Reading Comprehension

Section A Reading in Depth

Exercise 1

Directions: Match the words in the left column with their appropriate explanations in the right column.

- | | |
|-------------------|---|
| 1. thrive | a. usually, very often |
| 2. appealing | b. the largest part of a group of people or things |
| 3. prosperity | c. grow or develop well and vigorously |
| 4. harmonious | d. a particular program, especially one in a regular series |
| 5. commonly | e. that does not exist as a physical thing but is still valuable |
| 6. deputy | f. attractive or interesting |
| 7. converge | g. something is almost, but not completely, accurate or correct |
| 8. autonomous | h. patterns that are sewn onto cloth using threads |
| 9. majority | i. the state of being successful, especially in making money |
| 10. approximately | j. how food or drink tastes |
| 11. integration | k. move towards a place from different directions and meet |
| 12. embroidery | l. able to govern itself or control its own affairs |
| 13. intangible | m. friendly, peaceful and without any disagreement |
| 14. flavor | n. the next most important person below a business manager, a political leader, etc. |
| 15. edition | o. the act or process of mixing people who have previously been separated, usually because of color, race, religion, etc. |

Exercise 2

Directions: Below is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in the word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Write the corresponding letter in each blank. You may not use any of the words in the bank more than once.

A food festival was held Saturday in San Francisco's East Bay Area to offer Americans "a bite of unique traditional foods" from Northwest China's Xinjiang Uygur 1 Region.

The first Xinjiang Food Festival, hosted by Eden Silk Road Cuisine Restaurant in Fremont as part of the 6th 2 of the Across Pacific-China Arts Festival, showcased not only specialty cuisines in Xinjiang but also local traditional costumes such as velvet hats, silk embroidery, as well as bronze plates 3 used by the Uygur ethnic group.

The arts festival to last through Oct.18 features Chinese dances, folk songs, acrobatics, visual arts events presenting Chinese and U.S. paintings, Chinese tourism shows and 4 Chinese cultural heritages among others.

Chinese Deputy Consul General in San Francisco Ren Faqiang said the food festival turns Xinjiang food into a bridge connecting the peoples of China and the United States. "Foods are beyond borders, and the foods from different cultures and countries contributed to the diversity of the 5 food culture across the world," he said. "Events like the food festival make it possible for people to come together to share their love and food experience, which plays a positive role in their joint efforts to build a better, 6 world," Ren said.

David Haubert, mayor of Dublin City in Northern California, said each town has its own food and 7. "I love having a diversity of food, and having a restaurant like this with the great food that is different than other foods only helps to make the selection of restaurants more 8 to more people," he said. "Variety is very good for all of our lives and our city."

Restaurant owner Zulpikar Abaidula said, "The Xinjiang cuisine actually represents the 9 of different ethnic groups of the Chinese people with their own local cultures." "With this restaurant and its wonderful foods, I want the American people and the world to know that the 10 of the people of the Uygur ethnic group love peace and unity among China's various nationalities," Abaidula noted. He hoped that his restaurant would serve as a window through which people from around the world could know more about Xinjiang.

- A) prosperity B) harmonious C) approximately D) intangible E) edition
 F) deputy G) thriving H) converge I) embroidery J) integration
 K) commonly L) Autonomous M) appealing N) majority O) flavor

Section B Fast Reading

Directions: You are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer each question by writing the corresponding letter.

China's Maritime Silk Road Port City Quanzhou Added to UNESCO World Heritage List

- A) Historical sites in East China's port city of Quanzhou won the World Heritage status of the United Nations Educational, Scientific and Cultural Organization (UNESCO) on July 25, bringing the total number of the country's UNESCO World Heritage sites to 56.
- B) The project "Quanzhou: Emporium of the World in Song-Yuan China" reflects the unique and outstanding spatial structure that combined production, transportation and marketing of the port city of Quanzhou during a particular historical period. Comprising 22 functionally and spatially connected historical sites, it demonstrates the key institutional, social and cultural factors that contributed to the spectacular rise and prosperity of Quanzhou as a maritime hub of the East and Southeast Asia trade network during the 10th to 14th centuries CE, said a report by the International Council on Monuments and Sites (ICOMOS), the committee's official advisory body.
- C) Quanzhou, known as Citong (刺桐) in ancient times, has a history of more than 1,300 years. During the Song and Yuan dynasties in Chinese history, approximately the 10th to 14th centuries CE, Quanzhou thrived in the flourishing international marine trade. Merchant ships that sailed from Quanzhou Port reached as far as the Gulf of Siam, the Java Sea, the Strait of Malacca, and even the Indian Ocean and the Persian Gulf.
- D) Quanzhou Port, a maritime asset left by ancient Chinese people, has witnessed the advances of the Chinese nation in promoting maritime civilization. There were mountains of perfume ingredients, gems, precious lumber, gold and silver accessories on the market of Quanzhou; even the Port of Alexandria, the perfume center in the Mediterranean region, registered a perfume trade volume of less than one-tenth of that of Quanzhou Port, as depicted by Marco Polo.

- E) During his voyages from 1405 to 1433, which have been hailed as a sailing legend in the East, the famous Chinese navigator Zheng He also left footprints in Quanzhou. At the Holy Islamic Tombs of the Lingshan Mountain in Quanzhou stands a stone tablet which shows how Zheng He led a fleet of ships, the world's largest one back then, to the Persian Gulf. Quanzhou has greeted envoys and vendors from Southeast Asia, Persia, Arab countries, India, Ceylon, and even the Mediterranean region.
- F) The city is to some extent a natural museum of different religions as it is home to the Tianhou Temple, which worships Chinese sea goddess Mazu, as well as temples, mosques, and churches of various religions including Buddhism, Islam, Hinduism, Manicheism, originated in Persia, Nestorianism that has its origins in Syria, as well as Christianity introduced from the Mediterranean region.
- G) Underwater archaeological activities related to numerous shipwrecks have given people a glimpse of the influence of Quanzhou, a window into maritime civilization, in the world's maritime history.
- H) A shipwreck originally built in the 13th century and discovered at the Houzhu Harbor of Quanzhou in 1973 is so far one of the earliest Fujian-style ocean-going vessels. The ship, with a streamlined design and watertight bulkhead structure, represented a remarkable achievement of ancient China in shipbuilding.
- I) The ship was evidently fully loaded. The cargo discovered in it included a rich variety of perfume ingredients and many kinds of other goods. The perfume ingredients on the ship, which varied from frankincense (乳香), agarwood (沉香木) odor, and sandalwood (檀香木) scent to logwood (洋苏木), pepper and ambergris (龙涎香), vividly demonstrated the booming trade at Quanzhou Port, and unrolled a painting about the ancient maritime trade network.
- J) As an important city along the ancient Maritime Silk Road, Quanzhou serves as a witness to the friendly exchanges between peoples. It is a unique oriental port city that integrates the charms of the long history, rich culture, and characteristic products of China, an inclusive and wonderful city where civilizations converge, and also a place featuring globally representative maritime cultural heritage before the Age of Discovery.
- K) The UNESCO and the ICOMOS believe that the ancient port of Quanzhou

qualifies as a World Heritage site with outstanding value to all mankind. The serial property includes 22 sites of administrative buildings and structures, religious buildings, and statues. The property witnessed multicultural communities, cultural memorial sites and monuments, the production of ceramics and iron, and a transportation network formed of bridges, docks and pagodas that guided voyagers.

L) It is the second time that the city has applied for the prestigious title. In 2018, China's nomination "Historic Monuments and Sites of Ancient Quanzhou (Zayton)" was referred back for a second chance when the committee met in Bahrain in 2018.

M) China made significant technical adjustments and submitted the application as "Quanzhou: Emporium of the World in Song-Yuan China," with the former 16 sites included in the serial nomination expanded to 22 sites, according to Zhang Lei. Zhang is head of the World Cultural Heritage Department under China's National Cultural Heritage Administration and made the remarks at a press conference held earlier this month.

N) The session, originally scheduled for 2020 but postponed due to COVID-19, has been extended until July 31 to go over the agendas of both 2020 and 2021. The city with a deep-rooted centuries-old culture boasts five world-class intangible cultural heritages including Nanyin music, Rituals and Related Practices for Maintaining the Sustainable Connection Between Man and the Ocean, and the Quanzhou Marionette Show, making it a one-of-a-kind city in China as it spans all three major categories for the UNESCO list.

O) Zhou Zhenping, deputy mayor of Quanzhou, said that the local government has carried out a series of measures to protect Quanzhou's heritage. For example, the government is working on a unified online booking platform for the city's 22 World Heritage sites. Among them, 18 are national-level cultural sites and four are provincial-level cultural sites. These sites host a total of 15 exhibition halls, all of which have free admission. "The world heritage application is just a means to implement better protection... We are trying our best to build a National Tourist Resort," Zhou said.

____ 1. Zheng He, the famous Chinese navigator, also left footprints in Quanzhou during his voyages from 1405 to 1433.

____ 2. Quanzhou Port is the maritime wealth left by the ancient Chinese people

and has witnessed the progress of the Chinese nation in promoting the maritime civilization.

- _____ 3. Quanzhou has a history of more than 1,300 years and is known as Citong in ancient times.
- _____ 4. Quanzhou was an important city along the ancient Maritime Silk Road and serves as a witness to the friendly communication between peoples.
- _____ 5. The shipwreck which was discovered at the Houzhu Harbor of Quanzhou in 1973 is one of the earliest Fujian-style ocean-going vessels.
- _____ 6. Evidently, the ship was full of cargo including various perfume ingredients and many kinds of other goods.
- _____ 7. To some extent, Quanzhou is a natural museum of different religious beliefs.
- _____ 8. Due to COVID-19, the session which was originally scheduled for 2020 was delayed.
- _____ 9. According to Zhou Zhenping, the local government has carried out many measures to protect Quanzhou's heritage.
- _____ 10. It is the second time for Quanzhou to apply for the prestigious title of UNESCO World Heritage Site.

Section Close Reading

Directions: *There are three passages in this section. Each passage is followed by some questions. For each of them there are four choices marked A, B, C and D. You should choose the best answer for each question.*

Passage 1

Xitang, a scenic yet rather quiet ancient town in East China's Zhejiang Province, livened up over the weekend as thousands of visitors dressed up in hanfu, the traditional costume of Han Chinese people, descended on the streets. Han is the largest ethnic group in China, with a population of over 1.2 billion at present. Its clothing dates back to 2000 BCE and boasts 4,000 years of history. After Manchu rulers established the Qing Dynasty (1644 CE–1911 CE) in 1644, hanfu was forbidden and gradually disappeared from public life.

Recently, however, this time-honored clothing has been making a comeback in China, with an increasing number of people studying its history and even wearing it in their daily life. Spurring this renewed love affair with hanfu is the

annual Hanfu Cultural Festival in Xitang, one of China's biggest hanfu-themed events since 2013.

"This year, more than 15,000 people signed up for the four-day festival in advance," introduced Luo Hui, a representative of event organizer Fang Wenshan Cultural Media Ltd. "We found that the actual number of participants was much higher, approximately 40,000 in total." From Saturday to Tuesday, several traditional cultural performances and activities were held in the ancient town, including an old Chinese-style wedding ceremony, an archery competition, hanfu catwalk shows, traditional handicraft workshops and even a blind-date event just for single hanfu lovers.

It's worth mentioning that, among all the hanfu wearers in Xitang over the weekend, an overwhelming majority were under 30 years of age. Unlike the now-clichéd Western brand clothing that so many older urban Chinese obsess over, many Chinese millennials are becoming prouder of their own traditional culture.

Li Xiang is a young hanfu enthusiast who participated in Xitang's festival this year. The 27-year-old is attracted by its wide sleeves and layered loose robes. "Hanfu is beautiful in design and comfortable to wear," he said. "It makes wearers look dignified and elegant."

It was the first time that Li participated in this festival, taking him about three hours to travel from his home in Hangzhou, the capital city of Zhejiang. "I came to meet and make friends with other hanfu lovers," he said. "Here, I never feel alone." Apart from newcomers like Li, there were also many veteran participants, such as Sinan (pseudonym) from neighboring Jiangsu Province. "I've come here for three consecutive years," she said.

In 2014, Sinan, the former designer quit her job to start an online store that sells her self-made hanfu. "It was quite difficult in the beginning, even my parents didn't support me," she recalled. In the eyes of Sinan's family, it was unwise to give up a stable job, especially to pursue an outdated clothing line. Over the past three years, however, Sinan's store has grown to become one of the most popular online hanfu shops. The store's Weibo account has 72,000 followers. "The market is growing so fast in recent years," she said. "I'm glad to see more people become interested in hanfu."

1. According to Para. 1, why did Hanfu gradually disappear from public life?
 - A. Because hanfu was outdated after Manchu rulers established the Qing Dynasty.

- B. Because hanfu was banned after Manchu rulers established the Qing Dynasty.
 - C. Because hanfu was out of fashion since the Ming Dynasty was established.
 - D. Because hanfu was forbidden since the Ming Dynasty was established.
2. The author mentions all the following points about the traditional cultural performances and activities in Para. 3, EXCEPT _____.
- A. an old Chinese-style wedding ceremony
 - B. traditional handicraft workshops
 - C. a photography competition
 - D. hanfu catwalk shows
3. Which of the following is NOT Li Xiang's view on Hanfu?
- A. Hanfu is comfortable to wear.
 - B. Hanfu is beautiful in design.
 - C. Hanfu makes wearers look elegant.
 - D. Hanfu is not expensive.
4. What did Sinan do after quitting her job as a designer?
- A. She started to sell her self-made hanfu online.
 - B. She started to make friends with other hanfu lovers.
 - C. She started to sell outdated clothes online.
 - D. She started to do business with foreigners online.
5. What can you learn from the passage?
- A. More and more people become interested in hanfu.
 - B. More and more people get married in the traditional way.
 - C. More and more people quit their stable job to sell hanfu.
 - D. More and more people visit Chinese ancient towns.

Passage 2

With a history of 2,000 to 3,000 years, Traditional Chinese Medicine (TCM) has formed a unique system to diagnose and cure illness. Now, it is gaining more acceptance around the world. The World Health Organization now endorses traditional Chinese medicine, especially in conjunction with Western medicine.

Jim Spellman visited a doctor helping to spread Chinese medicine in the U.S. and around the world. Headquartered just outside Washington D.C., the U.S. Center for Chinese Medicine(U.S.C.C.M) is on a mission: to help the United States and the world know about Traditional Chinese Medicine, or TCM. "Chinese

medicine actually originated in China thousands of years ago,” says Dr. Xuekai Zhang, Director of the U.S.C.C.M., “the spread of Chinese medicine worldwide is quite important.”

The center trains medical professionals and is affiliated with Beijing University of Chinese Medicine. Traditional Chinese medicine uses techniques like acupuncture, cupping, herbal medicine and specialized massage known as Tui na.

A traditional Chinese medicine exam typically begins with a series of questions about diet, vision, digestion, hearing, sleep and other issues. The doctor may then examine the patient’s tongue looking and take the pulse in three different parts of each wrist. “I take the pulse in the shallow, middle and very deep layer.” Says Zhang, “to take a view of your balance in your body. Which part of the body has more energy? Which part is in deficiency? So that’s a comparison of the three parts.”

The doctor may also ask the patient about stress at work or home and any difficulties that may cause the patient to be out of balance. “We take the relationship between the human being and nature, the human being and the society and even the inside of the body. We have different organs as a whole system. We take a balance of those organs as the priority of our treatment,” says Zhang.

Zhang says there is no conflict between modern Western medicine and traditional Chinese medicine. The two approaches can often work well together. Many students at the U.S. Center for Chinese Medicine are doctors trained in Western medicine that is adding TCM techniques to their practices.

TCM has gradually gained acceptance outside China. The U.S. National Institutes of Health has found acupuncture and other TCM treatments to be safe and effective for some medical conditions, and the agency is studying broader applications. In recent years, the World Health Organization has embraced traditional medicine, including TCM, especially in conjunction with Western medicine.

Dr. Zhang says traditional Chinese medicine helps the world while allowing Americans to have a positive interaction with Chinese culture. “Traditional Chinese medicine makes us, the society more harmonious and more balanced, and that not only helps our body inside but also the whole society, the whole world in a certain way,” says Zhang.