

Y5 IB Chinese B Cram Sheet

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General Terms

| | | | |
|-----------|---------------------------|-------------------|------------------------------|
| 历久弥新 | Timeless | 方兴未艾 | Be fast unfolding |
| 众所周知 | As everyone knows, | 前性 | Forward-looking |
| (一起/互相)切磋 | Learn by exchanging views | 不可或缺/必不可少 无可取代 | Cannot lack Irreplaceable |
| 象征 | Symbolises | 重视/看重/注重 | Pay attention to/value |
| 塞翁失马焉知非福 | Blessing in disguise | | |

1 - 身份认同**1.1 - 生活方式**

| | | | |
|-----------------------|---|----------------|---|
| 元素 | Essential factor | 传统价值观 | Traditional values |
| | Global citizen | 主流文化 | Mainstream culture |
| 百善孝为先 | Filial piety first | 收入更加稳定 | More stable income |
| 达到平衡 | Achieve balance | 劳结合 | Work life balance |
| 聚餐 | Dine together | 起 | Create ripples |
| 诚然 | Indeed, surely | 开方式设计 | Open concept |
| 发展出新加坡明显的特色 | Develop Singapore's distinctive characteristics | 诉 | Share feelings with someone |
| 感到无拘束 | Feel free | 非物质文化遗产 | Intangible Cultural Heritage |
| 体现出我国族群和睦共处，种族和谐的社会氛围 | Reflects the harmonious coexistence of ethnic groups in our country and the social atmosphere of racial harmony | 小贩中心是国人社会经济的缩影 | The hawker center is the epitome of the Chinese society and economy |
| 一应俱全 | Everything needed is | 一幅族群融洽的图景 | A picture of ethnic |

| | | | |
|--|-------|--|---------|
| | there | | harmony |
|--|-------|--|---------|

1.2 - 健康与幸福

| | | | |
|--------|--------------------------------|--------------|--|
| 生命在于运动 | Life is in exercise | 年 | Longevity |
| 健康就是财富 | Health is wealth | 增强体 | Enhance physique |
| 预防胜于治疗 | Prevention is better than cure | 健康是幸福之本 | Health is the foundation of happiness |
| 废寝忘食 | Forget to eat and sleep | 减少未来的慢性生病的机会 | Reduce chance of chronic illness in the future |
| 忧郁症 | Depression | 活跃 | Enliven, invigorate |
| 发泄情绪 | Vent emotions | 充足的睡眠 | Sufficient sleep |
| 心路历程 | Mental journey | 萎靡不振 | Dejected and apathetic, dispirited |
| 健步如飞 | Walking very fast | 进行晨练 | Do morning exercises |
| 瑜伽 | Yoga | | |

1.3 - 问题

1. 你们家会经常在家用餐, 还是去小贩中心用餐? 你更喜欢哪一种? 为什么?
2. 你们家的周末生活是怎样的, 你觉得这样的周末生活有意义吗?
3. 你认为怎样的生活方式才是健康的?
4. 你平时的压力主要来自哪些方面? 又是怎样纾解的呢?
5. 你会经常和家人一起运动或参加其他的休闲活动吗? 这给你们带来什么好处?
6. 现在年轻人的生活方式越来越不健康, 你有什么看法?

2 - 体验

2.1 - 假日和旅行

| | | | |
|-----------------------------------|------------------------------------|-----------|------------------------------|
| 了解风土民情 | Understand local customs | 开阔视野 | Broaden your horizons |
| 民族特色 | National characteristics | 心旷神怡 | Refreshed |
| 休闲爱好 | Leisure hobby | 平衡生活 | Balance life |
| 在地文化 | Local culture | 导游 | Tourist guide |
| 旅游景点 | Tourist attraction | 名胜古迹 | Places of Interest |
| 历史悠久 | Historical/ long-standing | 新的经验/体验 | New experience |
| 纾解压力 | relieve stress | 增广见闻 | Increase experience |
| 行李 | Baggage | 讲解/导览 | Explanation/Guide |
| 旅游团 | tour group | 背包旅行(背包客) | Backpacking (backpackers) |
| 自助旅行／自由行 | Self-guided travel /free travel | 徒步旅行 | Travel by walking |
| 规划行程 | Plan your trip | 打工换宿 | Part-time job |
| 丰富生活经验/丰富人生经历 | Enrich life experience | 调剂身心 | Rejuvenate body and mind |
| 游览车 | Tour bus | 培养应变能力 | Develop resilience |
| 紧张忙碌的生活 | Hectic life | 多姿多彩 | Colorful |
| 增添 ¹ 生活乐趣 ⁴ | Add to the joy of life | 当地居民 | local people |
| 迎接挑战 | face the challenge | 热爱生活 | Love life |
| 亲近大自然 | close to nature | 文化传统 | cultural tradition |
| 井底之蛙 | Sheltered, ignorant | 大饱眼福 | Feast your eyes |

| | | | |
|-----------|--|------------------|---|
| 探索 | Explore | 古色古香的建筑 | Antique building |
| 充电 | Recharge (electronics) | 收获 | reward |
| 让我流连忘返 | Enjoy oneself so much as to forget to go home, cannot tear self away | 读万卷书不如行万里路 | Reading thousands of books is not as good as traveling thousands of miles |
| 培养独立的精神 | Cultivate the spirit of independence | 安全第一 旅游指南 (旅游介绍) | Safety first Travel guide (tour introduction) |
| 不虚此行 | Worthwhile trip | 成为见多识广的人 | Become a well-informed person |
| 环球旅行 | World Travel | 环岛旅行 | Travel around the island |
| 地标 | Landmark | 闲暇/假期 | Leisure/holiday |
| 旅行社 | Travel agency | 廉价航空 | low cost flight |
| 游轮 | Cruise ship | 地图 | Map |
| 住宿 - 安排住宿 | Accommodation | 旅行社 | Tour agency |
| 旅游热点 | Tourist Trap | 酒店/旅馆 | Hotel |
| 真实的体验 | Authentic experience | 极限运动 | Extreme sports |
| 体验新的文化 | Experience other culture | 入境随俗 | When in Rome do as Romans do |
| 当地美食 | Local Cuisine | 人山人海 | Crowded |
| 旅游巴士 | Tour bus | 游览 | Sightseeing |
| 文化遗产 | Heritage site | (结交)新朋友 | New people |
| 休息, 放松身心 | Rest and relax | 导游 | Tour guide |
| 亲近大自然 | Be close to nature | | |

2.2 - 风俗与传统

| | | | |
|---------------|----------------------------|------|----------------------------|
| 习俗 | Customs | 捞鱼生 | Lohei |
| 充满了浓郁yu4的节日气氛 | Full of festive atmosphere | 共享天伦 | Enjoy & share family bonds |
| 发扬爱国精神 | Develop patriotism | 糯米 | Glutinous rice |
| 馅料 | Filling | | |

2.3 - 问题

1. 你喜欢出国旅游吗？去过中国吗？你觉得去中国旅行有什么特别的意义？
2. 在假日时，你会和家人一起去新加坡的不同景点游玩吗？如果有中国人来新加坡游玩，你会推荐哪些景点？为什么？
3. 旅行对自我提升或学习不同文化有什么帮助？
4. 你和家人是怎样庆祝华人传统节日的？（以农历新年，端午节，中秋节为例）
5. 保留传统节日的意义和价值是什么？
6. 如何让年轻一代更喜欢华族传统节日？
7. 你有参加过一些华族文化活动吗？（比如书法，写春联及弹奏/演奏华族乐器）请分享经验并参与这些活动的收获（假设你有参加过）

3 - 人类发明创意

3.1 - 交流与媒体

| | | | |
|---------------------------|---|---------------------------|---|
| 足不出户就可增广见闻 (秀才不出门, 能知天下事) | You can broaden your knowledge without leaving home (can learn about the world without going out) | 与时俱进/与时俱进 | Keep pace with the times |
| 加强与社会的连结 | Strengthen the connection with society | 培养沟通和使用科技的技能 | Develop skills in communication and use of technology |
| 找到兴趣相投(志同道合)的朋友 | Find friends with similar interests (like-minded) | 分享美好的生活点, 增加幸福感 | Share the good life, increase happiness |
| 建立兴趣团体 | Establish interest groups | 有归属感 | Have a sense of belonging |
| 传递正能量 | Transfer positive energy | 突破时空限制 | Break through time and space limitations |
| 资讯爆炸, 瞬息万变的时代 | Information explosion, an era of instantaneous change | 工欲善其事, 必先利其器 | If a worker wants to be good at his work, he must first sharpen his tools |
| 协作学习 | Collaborative learning | 联系感情 | Connect feelings |
| 浏览新闻 | Browsing the news | 双刃剑 | Double-edged sword |
| 人工智能 | AI | 图 | screenshot |
| 人类发明创造 | Human ingenuity | 交通类, 日常生活类, 社交类, 健康类, 知识类 | (types of apps) Transportation, daily life, social, health, knowledge |
| 自我展示 | Self-expression | 按动消费 | Push to consume |
| 沉迷于手机 | Addicted to mobile phone | 玩手机玩上瘾 | Addicted to playing mobile phone |

| | | | |
|-------------------------------------|---|---|---|
| 举措 | Action | 点赞式交流 | One-like communication |
| 广播式交流 | Broadcast communication | 创作式交流 | Creative communication |
| 点赞 | Like | 发推文 | Tweet |
| 分享 | Share it | 保持联系/友谊 | Keep in touch/friendship |
| 青少年网瘾问题日益严重 | Internet addiction among teenagers is getting worse | 怕孤独 | Afraid of loneliness |
| 支持跨境交流 | Support cross-border communication | 社会认同 | Social identity |
| 抖音 | Tiktok | 天渊之别 | huge difference |
| 跨越时空限制 | Beyond time and space constraints | 发送信息 | Send information/message |
| 应有尽有 | [has] everything | 视频对话 | Video call |
| 手机的应用程序包罗万象 | Mobile phone applications are all-encompassing | (应用程序) 几乎及到我们生活的方方面面 | Practically involved in all aspects of our lives |
| 最易染上网瘾: 学习失败、人际关系不好、家庭关系不和谐、自制力弱的孩子 | The most vulnerable to Internet addiction: children who fail to learn, have poor interpersonal relationships, discordant family relationships, and have weak self-control | 出现孤独不安、情绪低落、思维迟钝、自我批评降低等症状, 严重的甚至有自杀意念和行为 | Symptoms such as loneliness, depression, slow thinking, decreased self-criticism, etc., and even suicidal ideation and behavior in severe cases |
| 追随者 | followers | | |

3.2 - 技术

| | | | |
|--------------------------|--|------------------------------------|--|
| 交通技术 轮船、轻快铁、汽车、罗里、消防车 | Traffic technology Ship, Light Rail, Car, lorry, Fire Truck | 通讯/资讯技术 智慧型手机、卫星接收器/小耳朵 - 电视广播台 | Communication/Information Technology Smart phone, satellite receiver/small ear-TV |
|--------------------------|--|------------------------------------|--|

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|--|---|--------------------------|---|
| | | | broadcasting station |
| 太空技术 太空人登上太空 | Space technology Astronauts into space | 工业技术 工厂 - 制造各类产品 | Industrial Technology Manufacturing various products |
| 能源技术 (风力) 发电站 | Energy technology (Wind) power station | 建筑技术 高楼大厦、大型露天 体育场 | Technology High-rise buildings, large open-air stadiums |
| 娱乐 | Entertainment | 享受城市生活 | Enjoy city life |
| 科技的发展日新月异 | The development of science and technology is changing with each passing day | 人人安居乐业 | Everyone lives and works in peace and contentment |
| 视讯聊天 | Video chat | 和人聊得正起劲 | Chatting with people vigorously |
| 带来不少便利, 大大 提高生活品质, 丰富 我们的生活体验 | Brings a lot of convenience, greatly improves the quality of life, and enriches our life experience | 朝高科技智慧国迈进 | Towards a high-tech and smart country |
| 走在科技时代的尖端 | At the forefront of the technological age | 华族重视人际关系, 特别是亲情, 友情 | The Chinese attach great importance to interpersonal relationships, especially family and friendship |
| 电脑、手机等科技产 品让人沉迷虚拟世界 , 忽略人际关系, 是社 会变得越来越冷漠 | Computers, mobile phones and other technological products make people addicted to the virtual world, ignoring interpersonal relationships, and society has become more and more indifferent | 不能让科技的发展取 代人文的温度 | Can't let the development of science and technology replace the temperature of humanity |
| 继承并发扬中华文化 | Inheriting and | 现代化, 科技化 | Modernization, |

| | | | |
|---|---|--------------------------------|--|
| 中敬老爱幼、与人为善、热心助人的价值观, 才能打造一个高度发展又保有温情的社会 | carrying forward the values of respecting the old, loving the young, being kind to others, and helping others in the Chinese culture can we build a highly developed and warm society | | technology |
| 穿梭 | Shuttle | 大屏幕电视 | Big screen tv |
| 矗立 | Stand up | 卫星接收器 | Satellite receiver |
| 电视广播台 | TV broadcast station | (使用智能手机来)通讯及娱乐 | (Use smartphone to) communication and entertainment |
| 屏现了日新月异 | The screen is changing with each passing day | 安居乐业 | Live and work |
| 视讯聊天 | Video chat | 看影集 | Watch the album |
| 人类运用智慧开发的各種技术, 给我们的生活带来了不少便利 | Various technologies developed by mankind with wisdom have brought a lot of convenience to our lives | 大大提高了生活的品质, 丰富了我们的生活体验 | Greatly improve the quality of life and enrich our life experience |
| 正努力超高科技智慧国迈进 | Is striving to advance into a super-high-tech smart country | 国人很幸运地能享受到科技带来的各种好处, 走在科技时代的尖端 | Chinese people are fortunate to be able to enjoy the various benefits brought by technology and walk on the cutting edge of the technological age. |
| 科技爱好者 | technology enthusiast | 不过, 我们不能让科技的发展取代人文的温度 | However, we cannot allow the development of science and technology to replace the humanistic temperature |

| | | | |
|---|---|------|--------------|
| 要续承并发扬中华文化中敬老爱幼、与人为善、热心助人的价值观, 才能打造一个高度发展又保佑温情的社会 | It is necessary to continue and carry forward the values of respecting the old, loving the young, being kind to others, and helping others in the Chinese culture in order to build a highly developed and warm society | 跃跃欲试 | eager to try |
|---|---|------|--------------|

| 网络课程 | | | |
|-----------------------------------|--|---------------------------------|---|
| 好处 | | 坏处 | |
| 给学习提供便利-突破时空限制 | Facilitate learning-break through the limitations of time and space | 自制力弱者容易分心 | People with weak self-control are easily distracted |
| 网络课程多样化, 资源广泛丰富, 能满足不同学习者的学习兴趣和需求 | The online courses are diversified and the resources are extensive and abundant, which can meet the learning interests and needs of different learners | 师生间交流有限或无交流, 老师无从得知个别学生的学习情况 | There is limited or no communication between teachers and students, and teachers have no way of knowing the learning situation of individual students |
| 学习者能按着自己的节奏学习-网课可以保存, 可以反复听 | Learners can learn at their own pace-online lessons can be saved and listened to repeatedly | 网上资源太多, 质量参差不齐, 一旦选错课程, 浪费时间、金钱 | There are too many online resources and the quality is uneven. Once the wrong course is selected, time and money are wasted |
| 网络学习平台有互动功能, 让学生能随时提问, 交流意见 | The online learning platform has interactive functions, allowing students to ask questions and exchange opinions at | 网络课程中可能附有不健康的内容, 灌输错误的价值观 | There may be unhealthy content in online courses, instilling wrong values |

| | | | |
|-----------------------------------|---|-----------------------|---|
| | any time | | |
| 省下往返学校的通行时间 | Save travel time to and from school | 长时间对着电脑学习影响健康 | If studying on the computer for a long time affects health |
| 网上有不少免费课程, 让贫穷的人也有机会学习 | There are many free courses online, so that poor people have the opportunity to learn | 犯罪分子以开网课为幌子进行诈骗 | Criminals commit fraud under the guise of opening online courses |
| 学习方式更多-多媒体教学提升学习体验 | More ways to learn-multimedia teaching enhances the learning experience | 若碰上技术问题无法上网会影响学习进度 | If you are unable to access the Internet due to technical problems, your learning progress will be affected |
| 建议 | | | |
| 对网络课程的态度: 把网络课程作为课余学习的补充而不是取代学校课程 | Attitudes towards online courses: take online courses as a supplement to after-school learning rather than replacing school courses | 注意事项 | Precautions |
| 注意选择正规机构发布的网络以确保课程的质量 | Pay attention to the selection of networks issued by regular institutions to ensure the quality of courses | 避免注册一些不规范的网络平台 | Avoid registering some irregular network platforms |
| 注意是否有收费以及如何收费的问题 | Pay attention to whether there is a charge and how to charge it | 网络世界的安全及其注意个人隐私的保护问题等 | The security of the online world and the protection of personal privacy, etc. |

3.3 - 问题

1. 社交媒体给我们带来哪些好处和坏处(生活、学习、交友、家庭)?
2. 手机给我们带来哪些好处和坏处?
3. 网络给我们带来哪些好处和坏处?
4. 人工智能会给我们的生活带来哪些变化(生活、工作、传统观念、人际关系等方面)?
5. 科技给我们的生活带来哪些方便?(交通、工作、学习等方面)有没有不好的影响(比如人与人之间的关系变得缺乏人情味)?

6. 青少年应该如何面对人工智能和科技的高度发展？如何保留华族传统文化/价值观？

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4 - 社会组织**4.1 - 社会关系**

| | | | |
|----------|--|-----------|--|
| 传统的武馆 | Traditional Martial Arts Center | 亲子活动 | Parent-child activities |
| 维系家庭的凝聚力 | Maintain family cohesion | 分享彼此的生活点滴 | Share each other's lives |
| 增进亲子间的了解 | Enhancing understanding between parents and children | 促进沟通 | Facilitate communication |
| 体验华族文化活动 | Experience Chinese cultural activities | 传承华族传统文化 | Inheriting the traditional Chinese culture |
| 民俗文化活动 | Folk cultural activities | 双薪家庭/单薪家庭 | Double Salary Family/Single Salary Family |
| 社会学 | Sociology | 自主 | Autonomy |
| 手足关系 | Sibling relationship | | |

4.2 - 教育

| | | | |
|-----------|-------------------------|---------|------------------------------|
| 活动室 | Activity Room | 乐器 | Musical instrument |
| 中国的节令鼓 | Chinese Seasonal Drum | 西方的定音鼓 | Western timpani |
| 演奏自己拿手的乐器 | Play own instrument | 彼此配搭 | Match each other |
| 悦耳动听的华乐曲子 | Pleasant Chinese music | 扎着马尾 | Ponytail |
| 斯文乖巧 | Gentle and well-behaved | 乐团 | Orchestra |
| 大提琴手 | Cellist | 按弦 | Press the string |
| | Hold the bow | 有音乐家的架势 | To have a musician's posture |

| | | | |
|--|---|-----------------------------|--|
| 吹奏子 | Playing the flute | 神情专注认真 | Attentive and serious |
| 胸有成竹 | To have a well-thought-out plan | 学生领袖 | Student leader |
| 吹着, 手按着音孔 | Blow the sheng, press the sound hole | 弹奏 | Playing the Pipa |
| 专业 | profession | 校际比赛 | Inter-school competition |
| 排练 | rehearse | 课程辅助活动 | CCA |
| 培养学生学术以外的技能 | Develop students' non-academic skills | 结交志同道合的朋友 | Make like-minded friends |
| 培养兴趣、团体精神、意志力和领导能力 | Develop interest, team spirit, willpower and leadership | 达到五育并重, 全人教育的目标 (德、智、体、美、劳) | Achieve the goal of equal emphasis on five educations and holistic education |
| 欣赏到中华文化深厚的内涵和独特的魅力 | Appreciate the profound connotation and unique charm of Chinese culture | 加强文化认同感 | Strengthen cultural identity |
| 传承中华文化 | Inheriting Chinese culture | 陶性情 | Cultivating temperament |
| 提升艺术赏能力 | Improve art appreciation ability | 一举多得 | Achieve multiple goals with one action |
| 全面发展的机会 | Opportunity for holistic development | | |
| <p>做选择前需考虑什么？</p> <ol style="list-style-type: none"> 1. 考虑自己的兴趣 (偏爱制服团体/体育活动/表演艺术活动/各类社团/其他兴趣团体) 2. 清楚自己的目标(想要怎样体验及回忆？是否想学习一项全新的技能？) 3. 自己是否有特比的能力或潜力可进一步提升 | | | |
| 参加课程辅助活动有哪些好处？ | | | |
| 发展兴趣爱好 | Develop hobbies | 发挥潜力 | Realise potential |
| 学习新技能 | Learn new skills | 为学习生创造美好回忆 | Create good memories for the learning career |
| 建立自信, 提高口才/ | Build self-confidence, | 锻炼体力和毅力 | Exercise physical |

| | | | |
|----------------|---|--------------------|---|
| 表达能力 | improve eloquence/expressive skills | | strength and perseverance |
| 培养团队精神, 提高社交能力 | Cultivate team spirit and improve social skills | 扩大社交圈子, 建立友谊 | Expand social circles and build friendships |
| 培养领导能力 | Develop leadership skills | 训练思考能力、创造力和解决问题的能力 | Train thinking, creativity and problem-solving skills |

| 华族文化的联系- 社会关系 | |
|---|---|
| 华人非常重视家庭关系, 家庭凝聚力强, 家庭成员在人生各阶段互相扶持 | The Chinese attach great importance to family relationships. Family cohesion is strong, and family members support each other at all stages of life. |
| 华人认为“家和万事兴”, 意思是指家庭和睦, 做任何事情才能兴旺、顺利 | The Chinese believe that "home and everything are prosperous", which means family harmony, and everything can be prosperous and smooth. |
| 俗话说“血浓于水”, 指亲情是最深厚的, 其他人际关系都无法替代 | As the saying goes, "blood is thicker than water", it means that family affection is the deepest, and no other interpersonal relationship can replace it. |
| 华人父母比较含蓄, 爱在心里口难开, 不太会通过言语表达对子女的爱他们会通过悉心照顾子女的生活所需, 提供良好的教育等方式表达爱 | Chinese parents are more reserved, love hard to express in their hearts, and do not know how to express their love for their children through words. They will express their love by taking good care of their children's life needs and providing good education. |
| “孝道观”是华人最基本的伦理观念, 所以有“百善孝为先”这个说法它的意思是指孝敬父母是占第一位的美德一个人若不孝顺, 就很难想象他/她会有好的德行 | "The concept of filial piety" is the most basic ethical concept of the Chinese, so there is a saying that "filial piety comes first". It means that honoring one's parents is the first virtue. If a person is not filial, it is difficult to imagine that he/she will have good virtues. |
| 华人认为“父母恩, 重如山”, 指父母的养育之 | The Chinese believe that "parental kindness |

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| 恩很深重，难以报答 | is as heavy as a mountain", which means that parental kindness is so heavy that it is difficult to repay. |
| 华人父母一般有“养儿防老”的观念，期望子女将来会赡养父母，与父母同住，让他们安享晚年 | Chinese parents generally have the concept of "raising children to guard against the old" and expect their children to support their parents in the future and live with their parents so that they can enjoy their twilight years. |
| 在态度上，子女对父母要恭敬，顺从父母的意志，这就是“父母命，不可违” | In terms of attitude, children must be respectful to their parents and obey their parents' will. This is "parental destiny must not be violated." |
| 华人家长对子女品行的管教相当严格，认为“养不教，父之过”（生养孩子却不加教育，就是父亲的过错） | Chinese parents are very strict in their children's behavior, and believe that it is the father's fault if it is not raised. (It is the father's fault to give birth to children without education). |
| 华人认为择友要有智慧，相信“近朱者赤，近墨者黑”，比喻接触好人可以使人的品德变好，接近接触坏人可以使人的品德变坏 | The Chinese believe that choosing friends requires wisdom. They believe that "the one who is close to Zhu is red, and the one who is close to ink is black." It is a metaphor that contact with good people can make a person's morality better, and close contact with bad people can make a person's morality worse. |
| 俗话说“物以类聚，人以群分”，它是指具有同样兴趣爱好，志同道合的人自然会成为朋友 | As the saying goes, "things gather together, people are divided into groups", it means that people with the same interests and hobbies, like-minded people will naturally become friends. |
| 华人有句俗话说“在家靠父母，出外靠朋友”，这句话指的是出来社会的人，不能再凡事依赖父母，需要依靠朋友，彼此互相照应这说明友情是非常重要的 | There is a Chinese saying that "rely on parents at home, and rely on friends when going out". This sentence refers to people who come out of society and can no longer rely on their parents for everything. They need to rely on friends and take care of each other. This shows that friendship is very important. |
| 儒家思想强调“仁爱”精神孔子认为“仁者爱人”，对孔子来说，“爱人”本身便是一种人之为人 | Confucianism emphasizes the spirit of "benevolence". Confucius believed that "the |

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| 道德义务, 是每一个人对他人应该尽的义务和责任 | benevolent loves others". For Confucius, "loving others" is a kind of moral obligation to be a person, and it is the duty and responsibility that everyone should do to others. |
| 与人为善是中华民族的传统美德, 是为人处世的重要准则与人为多指以善意的态度对待他人, 为人着想, 乐于助人 | Being kind to others is a traditional virtue of the Chinese nation and an important criterion for dealing with others in the world. Being with others means treating others with kindness, being considerate of others, and willing to help others. |
| 有句名言说“勿以善小而不为”, 意思是指不要因为是一件很小的好事就不做, 要主动积极地去做好事 | There is a well-known saying that "do not be small and do not do good things", which means that you should not stop doing good things because it is a small good thing, but take the initiative to do good things. |
| “己所不欲, 勿施于人”, 意思是自己不喜欢的, 也不要强加给别人 | "Do not do to others what you do not want to do", which means that you don't like it, and don't impose it on others. |
| 亲情: “家和万事兴”、“血浓于水”、“百善孝为先”、“父母恩, 重如山”、“养儿防老”、“赡养”、“安享晚年”、“父母命, 不可违”、“养不教, 父之过” | Family affection: "Family harmony", "Blood is thicker than water", "Hundreds of virtues and filial piety first", "Parents' kindness is as heavy as a mountain", "Raising children to guard against the old", "Supporting", "Enjoying old age", "Parents' fate", "Must not be violated", "fostering or not teaching, the father's fault" |
| 友情: “近朱者赤, 近墨者黑”、“物以类聚, 人以群分”、“在家靠父母, 出外靠朋友” | Friendship: "Near Zhu is red, near Mo is black", "Things are gathered together, people are divided into groups", "Rely on parents at home, and friends when going out" |
| 社会成员之间的关系: “与人为善、乐于助人”、“勿以善小而不为”、“己所不欲, 勿施于人”、“有钱出钱, 有力出力”、“赠人玫瑰, 手留余香”、“施比受更有福” | Relationship between members of society: "Be kind to others, be willing to help others", "Don't do something small and do nothing", "Do not do to others what you do not want to do to others", "If you have money, you can contribute your strength", "Donors Roses leave a fragrance in your hands", "It is more blessed to give than to receive." |
| 教育 | |

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| 华人是非常重视教育的民族俗语说：“万般皆下品，唯有读书高”，指的是知识分子在社会上的地位比其他人高 | The Chinese are a nation that attaches great importance to education. As the saying goes: "Everything is inferior, only high in reading", which means that the status of intellectuals in society is higher than that of others. |
| 华人父母大多“望子成龙，望女成凤”，希望孩子能出人头地，将来光宗耀祖 | Most Chinese parents "hope that their children will become dragons and their daughters will become phoenixes", hoping that their children will stand out and be shining in the future. |
| “十年树木，百年树人”，比喻要使小树成为木料需要很长的时间而培养一个人才则需要更长远的计划，十分不容易只有将下一代教育好，家庭/国家才能继续传承和发展 | "Ten years of trees, 100 years of trees", metaphorically, it takes a long time to make small trees into wood. But cultivating a talent requires a longer-term plan, which is not easy. Only by educating the next generation well can the family/country continue to inherit and develop. |
| 强调“五育并重”，全面教育“五育”指的是“德育”、“智育”、“体育”、“群育”和“美育” | Emphasizes "equal emphasis on five education" and comprehensive education. "Five education" refers to "moral education", "intellectual education", "sports", "group education" and "aesthetic education". |
| 华人家庭非常重视华族文化的传承家中的长辈会通过鼓励小辈参加华族文化活动，让孩子接受母语教育等方式将华族文化传承给下一代 | Chinese families attach great importance to the inheritance of Chinese culture. The elders in the family will pass on the Chinese culture to the next generation by encouraging the juniors to participate in Chinese cultural activities and allowing children to receive education in their mother tongue. |
| 孔子提出因材施教的教育方法，指要针对个别学生的兴趣和能力的情况来教学 | Confucius put forward the educational method of teaching students in accordance with their aptitude, referring to teaching according to the interests and abilities of individual students. |
| 强调兴趣对学习的重要性孔子说：“知之者不如好之者，好之者不如乐之者”，比喻以学习知识为乐趣的人会学得最好兴趣是学习的动力，兴趣是学习最好的老师 | Emphasize the importance of interest to learning. Confucius said: "Those who know are not as good as those who are good, and those who are good are not as good as those who enjoy." It is a metaphor that people who take knowledge as pleasure will learn best. Interest is the driving force for learning, and interest is the best teacher for learning. |

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| “学如逆水行舟，不进则退”这句名言学习要不断进取，不断发奋，就像逆水行驶的小船，不发奋向前就只能后退 | "Learning is like rowing upstream". To learn this phrase, we must keep making progress and working hard, just like a small boat traveling against the current. If you don't work hard, you can only retreat. |
| “敏而好学，不耻下问”这句名言提醒我们要谦虚好学，不以向地位、学问比自己低的人请教而感到羞耻 | "Any and studious, not ashamed to ask." This famous saying reminds us to be humble and studious, and not to be ashamed of asking someone whose status or knowledge is lower than ourselves. |
| “万般皆下品，唯有读书高”、“望子成龙，望女成凤”、“出人头地”、“光宗耀祖”、“名列前茅”/“金榜题名” | "Everything is inferior, only one who is good at reading", "Waiting for a child to become a dragon, and for a girl to become a phoenix", "Prominence", "Guangzong Yaozu", "Top" / "Golden List Title" |
| “十年树木，百年树人”、“五育并重”、“知之者不如好之者，好之者不如乐之者”、“因材施教”、“学如逆水行舟，不进则退”、“敏而好学，不耻下问” | "Ten years of trees, 100 years of cultivation", "Equal emphasis on five educations", "Those who know are not as good as those who are good, and those who are good are not as happy as those who enjoy", "Learning is like sailing against the current, and retreating if you do not advance. Easy to learn, don't be ashamed to ask" |

4.3 - 问题

1. 亲情/友情对你个人而言重要吗？为什么？
2. 你平时如何维系和家人/朋友的关系？
3. 在维系亲情和友情时你常面对怎样的挑战？如何克服？
4. 你认为学生为什么要做义工？意义是什么？青少年可以做哪些义工来回馈社会？
5. 你认为参加课程辅助活动/校外学习活动会给学生带来什么好处？
6. 你对新加坡教育制度有什么看法？
7. 你对目前的学习生活满意吗？你理想中的学校教育应该是什么样的？为什么？
8. 你认为学校可以通过什么方法培养学生对华族文化的欣赏和兴趣？

5 - 共享地球

5.1 - 环境

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| 烟霾/雾霾 | Haze/smog | 防治空气污染 | Prevent air pollution |
| 口罩 | Face mask | 刻不容缓 | No time to delay |
| 掩/捂住口鼻 | cover nose and mouth | 日趋严重 | Getting worse |
| 雾蒙蒙/灰蒙蒙 | Foggy/gray | 陌生 | strange/foreign |
| 能见度很低 | Visibility is very low | 烧芭 | Burnt |
| 手帕 | handkerchief | 呼吸道疾病 | Respiratory diseases |
| 气喘 | Asthma | 和谐相处 | getting along well |
| 新加坡长期面对来自印尼“烧芭”造成的雾霾问题 | Singapore has long faced the smog caused by Indonesia's "burning bar" | 地球是我们唯一的家园，我们有责任保护好它，为自己和子孙后代造福 | The earth is our only home, and we have the responsibility to protect it for the benefit of ourselves and future generations. |
| 中国人很早就认识到人是大自然的一部分，华族文化历来都强调人与自然的和谐相处，要珍惜我们赖以生存的环境人跟大自然的关系应该是淳朴而友善的 | Chinese people have long recognized that humans are part of nature. Chinese culture has always emphasized the harmony between humans and nature, and we must cherish the environment on which we live. The relationship between man and nature should be simple and friendly. | 呼吸道疾病(气喘、肺炎)，眼睛不适，户外活动受限，国家经济受影响(如旅游业)等 | Respiratory diseases (asthma, pneumonia), eye discomfort, restricted outdoor activities, national economy affected (such as tourism), etc. |

5.2 - 全球化

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|------------------------------------|---|--|---|
| 受西方文化的影响 | Influenced by western culture | 强势文化 主流文化 | Strong culture mainstream culture |
| 传统节日是华族的身份标记, 身份认同, 归属感 | Traditional festivals are a mark of Chinese identity, identity, and sense of belonging | 每一个人都收多元文化的影响, 认同是多元的 | Everyone receives the influence of multiculturalism, and identification is diverse |
| 崇尚西方文化 | Advocating Western culture | 落伍/不合时宜 | Outdated/untimely |
| 华族传统文化逐渐式微 | Chinese traditional culture is gradually declining | 成为弱势文化, 甚至被取代 | Become a weak culture, or even be replaced |
| 代代相传 | From generation to generation | 产生身份认同危机 | An identity crisis |
| 华族传统节日蕴含着传统的美德 - 敬老爱幼、孝顺长辈、饮水思源、爱国 | Chinese traditional festivals contain traditional virtues-respect the old and love the young, filial piety to the elders, think of the source of drinking water, and patriotism | 华人不认识, 不欣赏自己的文化, 就像没根的树, 水中的浮萍, 找不到自己的定位 | The Chinese do not know and appreciate their own culture, just like a tree without roots and duckweed in the water, unable to find their own position |
| 有助于培养优良的品德 | Help develop good morals | 西方文化崇尚个人主义 | Western culture advocates individualism |
| 宝贵的华族文化遗产 | Valuable Chinese cultural heritage | 文化根源 | Cultural roots |
| 世界文化之精彩在于它的多样性 | The splendor of world culture lies in its diversity | 全球化的背景下, 移民成为常态 | In the context of globalization, immigration has become the norm |
| 继承及弘扬华族文化 | Inherit and promote the Chinese culture | 各民族文化百花齐放 | All ethnic cultures blossom |

| | | | |
|-------------------------------------|--|-------------------|--|
| 通过分享华族文化, 促进各族间的文化交流, 有助于建立更包容和谐的世界 | By sharing Chinese culture and promoting cultural exchanges among all ethnic groups, it will help build a more tolerant and harmonious world. | 喜欢西方流行音乐、电影、文学 | Enjoy western popular music, movies, literature |
| 海外游子 回家团聚 享受天伦之乐 | Overseas travellers go home to reunite and enjoy family happiness | 能增强家庭的凝聚力, 减少代沟 | Can enhance family cohesion and reduce generation gap |
| 浓厚的孝道, 善待老人 | Strong filial piety, treat the elderly kindly | 道德观 | morals |
| 快速变现的社会 | Fast-changing society | 不的精神 | Indomitable spirit |
| 要续承并发扬中华文化中敬老爱幼、与人为善、热心助人的价值观 | We must continue and carry forward the values of respecting the old, loving the young, being kind to others, and helping others in the Chinese culture | 保护与自身文化/传统文化/弱势文化 | Protect and promote own culture/ traditional culture/ vulnerable culture |
| 跨国流动/企业 | Transnational movement/TNCs | 多元文化 | Multiculturalism |
| 各国合作 | Multinational cooperation | 各国制衡 | Checks and balances |
| 共同体 | community | 相互依存 | Interdependence |
| 地球成为一个 | The earth becomes one | 生活步调 | Pacing of life |
| 文化外交 | Cultural diplomacy | 太相似 | Too similar |
| 必然的趋(qū)势(shì) | Inevitable trend | 促进文化交流/融合 | Promote cultural exchange/fusion |
| 本土文化 / 本地文化 | Local culture | 外来文化 / 外国文化 | Foreign culture |

| | | | |
|-------------------|---|-------------------|--|
| 文化同化 | Cultural assimilation | 文化单(dān)调(diào) | Cultural single (dān) tone (diào) |
| 主流文化 | Mainstream culture | 向外传播 | Spread out |
| 两种文化- 共存/混杂/竞争/冲突 | Two cultures-coexistence/mixture/ competition/ conflict | 被取代/被淘(táo)汰(tài) | To be replaced/to be eliminated |
| 生活方式西化 | Westernization of lifestyle | 本土化 | Localization |
| 全盘照搬 | Copy all | 吸纳世界各地元素 | Absorb elements from all over the world |
| 中国文化元素 | Chinese cultural elements | 盲目接受 | Blindly accept |
| 文化认同感 | Cultural identity | 产生认同危机 | An identity crisis |
| 国际品牌 | International brand | 连锁饮食集团 | Chain food group |
| 快餐文化 | fast food culture | 迎合当地人的口味/需求 | Cater to the tastes/needs of locals |
| 具有文化包容性的社会 | A culturally inclusive society | 开放的心态 | Open mind |
| 尊重与欣赏 | Respect and appreciation | 求同存异 | Seek common ground while reserving differences |
| 为传统文化注入新的元素、新的生命力 | Inject new elements and new vitality into traditional culture | 与时俱进 | With the times |
| 保持世界文化的多样性和精彩 | Maintain the diversity and excitement of world culture | 家庭/社区/国家的凝聚力 | Family/ community/ national cohesion |
| 保留自己的“根” | Keep your "root" | 热爱自身文化 | Love one's own culture |
| 无国界 | No borders | 让____文化走上世界舞台 | Let ____ culture on the world stage |

5.3 - 问题

1. 你参加过环保的活动吗？青少年可以组织或参加哪些环保活动？
2. 你认为要如何解决/改善垃圾过量问题？(国家或政府/教育/媒体/商家/科学家)
3. 我们在个人生活中可以怎么回收/减少垃圾？
4. 为什么会有空气污染？为什么会有全球暖化？
5. 你认为我们可以在生活中做些什么来减少废气/CO2 二氧化碳的排放？
6. 你认为本土文化会被外来的强势文化取代吗？为什么？试举例说明
7. 作为世界公民，我们应如何看待全球化中的多元文化现象？
8. 在全球化的环境中，我们为什么要保留自己的文化和身份？如何保留？

Descriptions

| 服装 | | | |
|---------------|---|--------------|---|
| 无袖的上衣 | Sleeveless top | 穿着斯文得体 | Dress appropriately/ decently |
| 休闲运动装 | Casual sportswear | 打扮时髦 | Dress up fashionably |
| 头发苍白 | Pale hair | 连衣裙 | Dress |
| 短袖衬衫 | Short sleeve shirt | 牛仔裤 | Jeans |
| 休闲运动鞋 | Casual sports shoes | 穿着正式的办公室服装 | Wearing office clothes |
| 脖子挂着工作牌 | Wearing lanyard around neck | | |
| 动作 | | | |
| 看起来和人聊的正起劲 | Seems to be chatting with people vigorously | 晨练，满头大汗，跑步如飞 | Morning exercise, sweating profusely, running like flying |
| 步履匆匆 | | | |
| 表情 | | | |
| 脸上露出甜美的笑容 | With a sweet smile on his face | 兴致勃勃 | Excited |
| 灿烂的笑容/笑得见牙不见眼 | Bright smile | 焦虑不安 | Frantic |

| | | | |
|------|---------------|----|-----------|
| 皱着眉头 | Furrowed brow | 烦躁 | Irritable |
| 东西 | | | |
| 五彩缤纷 | Colourful | | |

Paper 1 Examples

Past year topics

| | |
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| 身份认同 | <ol style="list-style-type: none"> 1. Importance of eating breakfast (speech) 2. Thoughts on unrealistic beauty standards for youth (diary) 3. Experience of eating chinese food (diary) 4. How you plan to learn the language and culture of chinese for your stay there (email) 5. Tell your friend about your experience with stress and how they can relieve theirs (letter) 6. Ideas to keep your new year's resolution on keeping fit for a year (blog) 7. Interview an athlete who has come to your school to talk about the importance of a healthy lifestyle (interview) 8. Request for your principal to consider making school start later as a study shows that it is best to start later (letter) 9. Your feelings on the increasing popularity of cosmetic surgery among youths (blog) 10. Your feelings on the difficulty in understanding a book in class due to cultural differences (argumentative/ expository essay) 11. 'To understand a country's culture, you have to learn a country's language' (debate) 12. Benefits of choosing to participate in a running event in the school (speech) 13. Your thoughts on whether outward and inner beauty are the same (blog) 14. Support the idea of school only selling healthy food (formal letter) 15. Promote free exercise classes by an exercise centre to your neighbours (flyer) |
| 体验 | <ol style="list-style-type: none"> 1. Thoughts on different ways to greet and address someone (email) 2. A foreign student's experience in a summer camp in China (interview) 3. Differences and similarities between your country's and China's festivals (flyer) 4. Places to visit in your country (email) 5. Benefits of and things to take note of for self-guided tourism 6. Popular chinese dishes (article) 7. Origins and importance of some customs and habits of chinese culture (blog) |

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| | <ol style="list-style-type: none"> 8. Difference between your culture and the chinese culture you learnt about from chinese movie week (article) 9. An immigrant's thoughts on the difficulties on integrating into a new culture and how to overcome them (interview) 10. Thoughts on culture day in school with chinese traditional music and wushu performances (diary) 11. Reply to a friend asking if your country has festivals similar to 端午节 (informal letter) 12. 50th anniversary of your school is approaching, encourage people to take part in your favorite music, exercise and charity sale activities (flyer) 13. Promote a type of chinese art, such as wushu, drama, tea art etc. (article) 14. Explain significance and uniqueness of a souvenir you bought for your friend in a chinese city (informal letter) 15. Attractive features and inaccuracies in a how you've been watching (commentary) 16. The success rate of a 'relax day' in school aimed at helping new students integrate, and suggestions for future instances (report) 17. Introduce some interesting daily exercises to youths (flyer) 18. Thoughts and feelings on participating in a chinese festival celebration (diary) 19. Introduce and explain reasoning for a chinese custom you experienced (blog) 20. Suggest cost-efficient and enjoyable activities for the summer holidays (email) 21. Why you are suitable for a dance group and some suggestions you have (formal letter) 22. Why you like an interesting piece of art done by your chinese friend (blog) 23. Your experience on camping with friends for the first time (diary) |
| 人类发明创造 | <ol style="list-style-type: none"> 1. A famous actor discusses how to become an accomplished actor (interview) 2. Disagree with the rule that research cannot come from the internet in your school (formal letter) (note: year is 2013) 3. The impact of playing video games on the youth (article) 4. Argue that students should be allowed to use digital textbooks (debate) (again, year is 2014) 5. Opinion on the impact of people frequently sending text messages on their phones (diary) 6. Argue against making online friends (debate) 7. Argue for or against online classes replace physical lessons (debate) 8. Argue that the harms of computers outweigh the benefits (debate) 9. How to cultivate good online habits (flyer) 10. Science teacher on why they like teaching science and its benefits (interview) 11. Pros and cons of using an online translator to learn new languages (article) 12. Your experience with a two day long power outage (diary) 13. Benefits of playing video games for the individual, society, and for education (diary) 14. Your feelings at losing a photography competition with the prize being a trip to your favourite city (blog) 15. As a member of the science club, encourage those who find science hard and meaningless to participate in your club's activity (flyer) |

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| | 16. Raise awareness and make suggestions for the cyberbullying issue in your school (speech) |
| 社会组织 | <ol style="list-style-type: none">1. Tell a company why you want to volunteer with them to help the disadvantaged elderly and children (formal letter)2. Tell your friend about China's education culture, such as the teacher-student relationships, learning methods, and CCAs (letter)3. Since the school wants to cut budget, tell them why they should still allow students to go to China to study as learning chinese and about chinese culture is very beneficial (formal letter)4. Since your school is planning on removing chinese as a subject as not enough students are interested, encourage students to choose chinese, emphasising the benefits and joy of learning chinese (flyer)5. Write about your experience of doing volunteer work (diary)6. Write about why foreign students should study in your country for free (formal letter) |
| 共享地球 | <ol style="list-style-type: none">1. Your school hosts a 'chinese culture appreciation' event with performances and souvenirs. Tell your friend about your experience and feelings (letter)2. Write about why students should clean their classrooms and other school facilities after school, like some students in Asia are doing (article)3. Write about the difference between your observations of living in a chinese-speaking city versus a village (diary)4. Tell students what habits during holidays are not good for the environment (flyer/guide) |