

Rúyì Gānsù , Dà měi Lánzhōu

如意甘肃，大美兰州

## Harmonized Gansu, Beautiful Lanzhou

甘肃位于中国的西北部，她形似一柄“玉如意”镶嵌在中国的大西北，一头连着历史，一头朝向远方。大漠孤烟，长河落日；敦煌飞天，驼铃声响。千年丝路贯穿甘肃全境，沿着 1600 公里的丝绸古道，穿越汉唐盛世，见证金戈铁马，一场历经千年的文化之旅将从这里开始。

Gansu is located in the northwest of China. She looks like a "Jade Ruyi" inlaid in the northwest of China, with one end connected to history and the other facing the distance. Lonely smoke in the desert, sunset over the long river; flying to the sky in Dunhuang, the ringing of camels. The Millennium Silk Road runs through the entire territory of Gansu, along the 1,600 kilometers of ancient silk road, through the Han and Tang Dynasties, witnessing the golden horse and iron horse, a cultural journey that has lasted for a thousand years will begin here.

### 一、About 兰州

#### 1. Brief Introduction

在中国地图上有一个城市，以它为圆心，以 2500 公里为半径画圆，中国大陆板块几乎都能画进这个大圆里，这个城市就是兰州。兰州是唯一一座黄河穿城而过的城市，是中华民族文化的重要发祥地之一，也是黄河文化、丝路文化、中原文化与西域文化的重要交汇地。游览胜地有中山桥、黄河楼、黄河母亲雕塑等。

There is a city on the map of China. Draw a circle with it as the center and a radius of 2500 kilometers. Basically all the plates of mainland China are drawn into this big circle. This city is Lanzhou. Lanzhou is the only city where the Yellow River passes through the city. It is one of the important birthplaces of Chinese culture and an important intersection of the Yellow River culture, Silk Road culture, Central Plains

culture and Western Region culture. Tourist attractions include the Zhongshan Bridge, the Yellow River Tower, and the Yellow River Mother Sculpture.

## 2. Can you circle 兰州 on the map?



## 3. Why visit 兰州? Check (√) the reasons you like: (参观/喜欢兰州的理由)

- 1) 兰州是唯一一座黄河穿城而过的省会城市，有特色的黄河旅行风情线，可以感受到古老的羊皮筏子奔涌在黄河上的喜悦。

Lanzhou is the only capital city where the Yellow River crosses. With its distinctive travel style, you can feel the joy of ancient sheepskin rafts rushing on the Yellow River.

- 2) 兰州是丝绸之路沿线的重要城市是中华民族文化的重要发祥地之一，也是黄河文化、丝路文化、中原文化与西域文化的重要交汇地，享有“丝路重镇”“黄河明珠”“西部夏宫”“水车之都”“瓜果名城”的美誉。

Lanzhou is an important city along the Silk Road and one of the important

birthplaces of Chinese culture. It is also an important intersection of the Yellow River culture, the Silk Road culture, the Central Plains culture and the Western Regions culture. It enjoys the "Important Silk Road" and "The Pearl of the Yellow River". The reputation of "West Summer Palace", "Capital of Waterwheels", and "Famous City of Melons and Fruits".

- 3) 兰州人的一天，是从一碗面开始的。始创于1915年的兰州牛肉面，以其“汤清者镜、肉烂者香、面细者长”的独特风格享誉世界，被誉为“中华第一面”。据官方统计，目前兰州牛肉面不仅遍及中国内地各个城市，还有百余家“兰州牛肉拉面”馆走向世界，分布在俄罗斯、加拿大、新加坡、日本、美国、巴西等40多个国家和地区。



Lanzhou people start their day with a bowl of noodles. Lanzhou Beef Noodles, which was founded in 1915, is world-renowned for its unique style of "the soup is clear, the meat is fragrant, and the noodles are long", and it is known as "the first side of China". According to official statistics, Lanzhou beef noodles are not only spread across cities in mainland China, but there are more than 100 "Lanzhou Beef Ramen" restaurants spreading across the world, distributed in more than 40 countries and regions including Russia, Canada, Singapore, Japan, the United States, and Brazil.

#### 4. A Symbol of 兰州

牛肉面，是一道常见的面食，也是甘肃省兰州市的一道传统美食。兰州牛肉面有“一清二白三红四绿五黄”的特点，即汤清、萝卜片白、辣子油红、蒜苗和香菜绿、面条微黄，成为兰州地区的特色小吃，被中国烹饪协会评为三大中式快餐之一，荣获“中华第一面”的美誉。兰州也有“兰州牛肉面之乡”的称号。



Beef noodles is a common noodle dish and a traditional delicacy in Lanzhou City, Gansu Province , Lanzhou beef noodles have the characteristics of "one clear, two whites, three reds, four greens and five yellows", that is, clear soup, sliced radish white, spicy oil red, garlic sprouts and coriander The green and yellow noodles have become the specialty snacks of Lanzhou area. They have been rated as one of the three major Chinese fast foods by the Chinese Cuisine Association, and have won the reputation of "China's No. 1 Side". Lanzhou also has the title of "Hometown of Lanzhou Beef Noodles".

## 二、课文（一） 铜奔马

铜奔马，又叫“马踏飞燕”，是1800年前东汉时期制造的青铜器，1969年出土于甘肃省武威市的一座将军墓中，在汉朝，拥有一支豪华的车马队伍是贵族们无论生死都想拥有的荣耀。铜奔马因为他独特而绝无仅有的造型闻名世界，因为在很多国家展出过，它也出现在了世界各地的邮票当中。1983年，铜奔马被确定为中国的旅游标志。因此，在中国旅游时，可以在很多城市的公园、广场看到铜奔马的身影。

### Tóng bēn mǎ

Tóng bēn mǎ, yòu jiào “Mǎ tà fēi yàn”, shì 1800 nián qián Dōnghàn shíqī zhìzào de Qīngtóngqì, 1969 nián chūtǔ yú Gānsù Shěng Wǔwēi Shì de yízuò Jiāngjūn mù zhōng, zài Hàncáo, yōngyǒu yìzhī háohuá de mǎchē duìwu shì guìzúmen wúlùn shēngsǐ dōu xiǎng yōngyǒu de róngyào. Tóng bēn mǎ yīnwèi tā dútè ér juéwújǐnyǒu de zàoxíng wénmíngshìjiè, yīnwèi zài hěnduō guójiā zhǎnchū guò, tā yě chūxiàn zài le shìjiègèdì de yóupiào dāngzhōng. 1983 nián, Tóng bēn mǎ bèi



quèdìng wèi Zhōngguó lǚyóu de biāozhì. Yīncǐ, zài Zhōngguó lǚyóu shí, kěyǐ zài hěnduō chéngshì de gōngyuán, guǎngchǎng kàndào Tóng bēn mǎ de shēnyǐng.

### 1. New Vocabulary (生词表)

时期	shíqī (N)a period of time	重要~/特殊~
制造	zhìzào (V) ( Make the material a usable item ; Someone creates a certain atmosphere or situation. (including derogatory meaning)	~机器/~纠纷
队伍	duìwǔ (N)procession	一支~
独特	dútè (Adj.)Unique	~的外表/很~
造型	zàoxíng (N/V)appearance;Create the image of the object	~精美/为艺术品~
标志	biāozhì (N)sign; mark	城市的~/建筑~

Fill in the blanks.

时期 制造 队伍 独特 造型 标志

- (1) 这些玩具虽然 \_\_\_\_\_ 简单,但十分有趣。
- (2) 青少年 \_\_\_\_\_ 是人一生中的黄金时代。
- (3) 这辆汽车是中国 \_\_\_\_\_ 的。
- (4) 街上走过一支整齐的 \_\_\_\_\_ 。
- (5) 中山桥是兰州的 \_\_\_\_\_ 。
- (6) 甘肃省的形状像一个大如意, 看起来很 \_\_\_\_\_ 。

### 2. Supplementary Vocabulary (补充词汇)

- (1) 出土 chūtǔ (Ancient artifacts, etc.) were excavated from the ground.
- (2) 甘肃省武威市 Gānsù shěng Wúwēi shì Wuwei City, Gansu Province

Wuwei, abbreviated as "Wu" or "liang", was called Liangzhou and Guzang in ancient times. It is a prefecture-level city under the jurisdiction of Gansu Province. It is an important node city in the Gansu section of the Silk Road Economic Belt approved by the Gansu Provincial People's Government and a national historical and cultural city. Hexi Corridor center city.

(3) 将军墓 Jiāngjūn mù General Tomb, located in Lanzhou City, Gansu Province.

(4) 贵族 guìzú noble

### 三、课文（二） 中山桥

中山桥，又叫兰州黄河铁桥，建于1909年。该桥由美国桥梁公司设计、德国**承建**、中国工匠**施工**建成，是中国近代史上西北地区第一座引进外国技术建造的桥梁，被称为“黄河第一桥”。1928年，为纪念孙中山先生改名为“中山桥”。黄河自西向东，穿过兰州城区，中山桥横跨两岸，曾是兰州境内连接黄河南北的唯一通道。100多年过去了，这座古老的铁桥依然屹立在滔滔黄河之上。今天，中山桥已不再通车，但它是兰州百里黄河风景线上最引人瞩目的名胜，是每一个兰州人心中的记忆。



## Zhōngshān Qiáo

Zhōngshān qiáo, yòu jiào Lánzhōu Huánghé tiěqiáo, jiàn yú 1909 nián. Gāi qiáo yóu Měiguó qiáoliáng gōngsī shèjì, Déguó chéngjiàn, Zhōngguó gōngjiàng shīgōng jiànchéng, shì Zhōngguó jìndàishǐ shàng xīběi dìqū dìyī zuò yǐnjìn wàiguó jìshù jiànzhào de qiáoliáng, bèi chēngwéi “Huánghé dìyī Qiáo”. 1928 nián, wèi jìniàn Sūn Zhōngshān xiānsheng gǎimíng wéi “Zhōngshān Qiáo”. Huánghé zìxīxiàngdōng, chuānguò Lánzhōu chéngqū. Zhōngshān Qiáo héngkuà liǎng'àn, céng shì Lánzhōu jìngnèi liánjiē Huánghé nánběi de wéiyī tōngdào. 100 duō nián guòqù le, zhè zuò gǔlǎo de tiěqiáo yīrán yìlì zài tāotāo Huánghé zhīshàng. Jīntiān, Zhōngshān Qiáo yǐ bùzài tōngchē, dàn tā shì Lánzhōu bǎilǐ Huánghé fēngjǐngxiàn shang zuì yǐnrénzhǔmù de míngshèng, shì měi yīgè Lánzhōu rén xīnzhōng de jìyì.

### 1. New Vocabulary (生词表)

桥梁	qiáoliáng (N)bridge	建造~/一座~
设计	shèjì (V/N)design;project;scheme	~图纸/~师/室内~
近代	jìndài (N)the not-very-distant past, modern times,excluding recent decades,(in the context of Chinese history) the period from the Opium Wars until the May 4th Movement (mid-19th century to 1919),capitalist times (pre-1949)	~史/~文学
技术	jìshù (N)technology	先进的~/科学~
纪念	Jìniàn (V/N)commemorate ; commemoration	~这一天/~教师节/留个~
唯一	wéiyī (Adj.)single;only	~的亲人/~出路
记忆	jìyì (N/V)memory;remember;bear in	美好的~/小时候的事

	mind	情，有些还能记忆起来。
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### Fill in the blanks.

桥梁 设计 近代 技术 唯一 记忆 纪念

- (1) 鲁迅\_\_\_\_\_了北京大学的校徽。
- (2) 她的笑容永远保留在我的\_\_\_\_\_里。
- (3) 中山桥是连通黄河两岸重要的\_\_\_\_\_。
- (4) 先进的\_\_\_\_\_能够促进社会发展。
- (5) 我是叔叔\_\_\_\_\_的侄子，他很疼爱我。
- (6) 欧奈斯特·海明威 (. Ernest Hemingway) 是美国\_\_\_\_\_著名的作家，代表作有《丧钟为谁而鸣》，《老人与海》。
- (7) 端午节，民间有吃粽子、赛龙舟的风俗，传说是为了\_\_\_\_\_屈原。

## 2. Supplementary Vocabulary (补充词汇)

- 1) 承建 (chéngjiàn) Contracted to build
- 2) 施工 (shīgōng) To carry out construction or large-scale repairs
- 3) 屹立 (yìlì) stand erect
- 4) 引人注目 (yǐnrénzhǔmù) catch one's eyes
- 5) 名胜 (míngshèng) place famous for its scenery or historic relics

## 四、More to Do in 兰州 (兰州景点和活动补充)

### 1. Match the pictures with the appropriate descriptions. (将图片与适当的描述相匹配)

#### 黄河之滨也很美——黄河风情线

黄河风情线是指东起城关区雁滩，西至西固区西，全长百余里的南北滨河路，是全国最长的市内滨河路。以中山桥为中轴，以黄河两岸风光为依托，依山就势，



巧夺天工的滨河风景区，被南来北往的客人称为"兰州外滩"。



① ( )



② ( )



③ ( )



④ ( )

- A) “黄河母亲”雕像可谓天下闻名，每天都吸引着众多游人在此摄影留念。雕像由“母亲”和“男婴”组成构图。分别象征了哺育中华民族生生不息、不屈不挠的黄河母亲，和快乐幸福、茁壮成长的华夏子孙。该雕塑构图简洁，寓意深刻，反映了甘肃悠远的历史文化。

The statue of "Mother of the Yellow River" is well-known in the world and attracts many tourists to take pictures here every day. The statue is composed of "mother" and "baby boy". They symbolize the endless and indomitable Yellow River mother who nurtures the Chinese nation, the happy and thriving Chinese descendants. The sculpture has a simple composition and profound meaning, reflecting the historical and cultural history of Gansu.

- B) 羊皮筏子是黄河沿岸的民间保留下来的一种古老的摆渡工具，也是一种古老的水上运输工具，用羊皮做成。适于短途运输，主要用于由郊区往市区送运瓜果蔬菜，渡送两岸行人等。羊皮筏子已有 300 多年历史，早年在兰州黄河用于运输，现在已成兰州黄河上乘坐旅游观光的一大亮点。

The sheepskin raft is an ancient ferry tool preserved by the people along the Yellow River, and it is also an ancient water transportation tool, made of sheepskin. It is suitable for short-distance transportation, mainly used for

transporting fruits and vegetables from the suburbs to the urban area, and for pedestrians on both sides of the strait. The sheepskin raft has a history of more than 300 years. It was used for transportation in the Yellow River in Lanzhou in the early years. Now it has become a highlight of tourism on the Yellow River in Lanzhou.

- C) 白塔山公园位于甘肃省兰州市城关区北部，因山头有一座白塔寺而得名。山下为中山桥，二者连为一体，成为兰州旅游的必游之地。白塔山山上还可以通达兰州碑林和四库全书等景点，山脚下是金城关文化风景区，景区内还有兰州段黄河大桥的历史、蜡像等。

Baita Mountain Park is located in the northern part of Chengguan District, Lanzhou City, Gansu Province. It is named after a white pagoda temple on the top of the mountain. At the foot of the mountain is the Zhongshan Bridge, and the two are connected as a whole, making it a must-visit place for tourism in Lanzhou. Baita Mountain is also accessible to scenic spots such as the Lanzhou Forest of Steles and Siku Quanshu. At the foot of the mountain is the Jinchengguan Cultural Scenic Area. In the scenic area is the history and wax statues of the Lanzhou Section of the Yellow River Bridge.

- D) 兰州水车是一种利用黄河水流自然的冲击力的水利设施，已有近 500 年的历史。水车园是兰州市旅游局为再现水车这一古老的灌溉工具，专门设计仿建的游览参观公园。

Lanzhou Waterwheel is a water conservancy facility that utilizes the natural impact of the Yellow River water flow, with a history of nearly 500 years. The Waterwheel Park is a tour park designed by Lanzhou Tourism Bureau to reproduce the waterwheel, an ancient irrigation tool.

## 2. 不只是牛肉面——新“网红”甜胚子奶茶

甜胚子是一种西北地区的特色小吃之一，主要材料有莜麦（玉麦）、酒曲等。食用时兑入凉开水，糖，口感酸甜，具有解暑功效。甜胚子奶茶是兰州的特色奶茶，深受年轻人的喜爱。

Sweet embryo seed is one of the characteristic snacks in Northwest China. The main ingredients are naked oats (yumai), koji and so on. Add cold boiled water and

sugar when eating, it tastes sweet and sour and has the effect of relieving heat. Sweet embryo seed milk tea is Lanzhou's specialty milk tea, which is very popular among young people.



### 3. Travel Assistant (旅游小贴士)

(1) 兰州旅游相关的微信公众号

① 兰州大学生旅游联盟 “Lanzhou University Student Tourism Alliance” —— WeChat Account



② 兰州旅游 “Lanzhou Tourism” —— WeChat Account



③ 嘻北旅行 “Xi North Travel” —— WeChat Account



(2) Airport (机场)

兰州中川国际机场 (Lánzhōu zhōngchuān guójì jīchǎng, Lanzhou Zhongchuan International Airport)

(3) 网址 (website) : [lzzcairport.com](http://lzzcairport.com) (with English version)

Railway stations (火车站)

兰州站 (Lánzhōu Zhàn, Lanzhou Railway Station)

兰州西站 (Lánzhōu XīZhàn, Lanzhou West Railway Station)

兰州东站 (Lánzhōu DōngZhàn, Lanzhou East Railway Station)

(4) Transportation

