



大学组

- 作品截止时间

全国统一作品截止时间至 2021年 6月10日

具体活动时间、地点、形式等内容以所在选区通知为准。

- 作品要求

自选一篇推荐的段落完成 3 分钟英文朗诵，推荐篇目见下文（全文选自《用英语讲中国故事》提高级、熟练级），提交时**务必附上姓名-电话-专业-学院-年级。**

- 参与建议

文件规格：1个视频文件，视频文件时长最多3分钟，支持 mp4、flv、mkv、rmvb 视频格式，视频文件最大300M；

录制建议：作品需由选手本人原创，模拟现场录制视频，选手可自行准备背景、PPT、服装道具等来辅助；请不要在视频作品中添加个人信息、广告内容或采用雷同作品等涉嫌作弊等不规范内容。

- 推荐篇目

篇目 1：梅妻鹤子

Born into a poor family, Lin Bu studied diligently and grew up to be a learned scholar. He had traveled extensively across China before retreating to a secluded life somewhere along the West Lake of Hangzhou. He hated the constraints of an official post and longed for the carefree life of a hermit.

Lin Bu was immune to vanity and indifferent to fame and fortune. He was a good poet and writer but never kept any of his writings, tearing them up right after penning them.

“Why won’t you keep them for later generations?” people asked.

“I’m a forest hermit,” he said. “If I seek no praise now, why should posthumous fame matter to me?”

The most extraordinary thing about Lin Bu was his Plum Blossom Wife and Crane Son, meaning that he had a plum blossom for his wife and a crane for his son. On his journeys to famous mountains and rivers, he bought every superb variety of plum blossom that he could find, regardless of the cost, and planted them around his courtyard for his own enjoyment.

林逋从小家境贫寒，但他发奋努力，用功读书，成了一个很有学问的人。他先是游历了大江南北，后来又杭州西湖隐居，就是不肯出来做官。他讨厌做官之后的种种束缚，向往自由自在的隐居生活。

林逋是个淡泊名利、不慕虚荣的人，他擅长写诗和做文章，却从来不肯把诗文留下来。他总是即兴写完就马上把手稿撕毁。有人问他：“你为什么不要把诗稿和文稿留下来传给后世呢？”他说：“我现在都在山林深谷中隐居，不想成名，何必要惦记着后世名扬天下呢？”

最能体现林逋与众不同的是他“梅妻鹤子”的传奇经历。“梅妻鹤子”就是以梅为妻、以鹤为子。林逋喜欢游历名山大川，在游览过程中，如果遇到上好的梅花品种就一定重金购买下来，种在庭院观赏。

篇目 2：后羿射日与嫦娥奔月

The exploits of Houyi spread widely, attracting many to learn martial arts from him, among whom was Pang Meng, a greedy man. By chance, he learned about the elixir and made a plan to steal it. One day while Houyi was away from home, Pang Meng and his gang broke into their house, insisting that Chang'e hand over the elixir. Cornered, Chang'e had no other choice but take them to it. Fearing that the elixir would fall into the wrong hands, Chang'e swallowed it herself. No sooner had she done so, she felt her feet rise from the ground and carry her slowly upward into the sky. She could not bear the thought of parting from her husband. So she finally managed to make her home on the moon, which was the closest celestial body to the earth.

Houyi returned home, only to find his wife missing. Looking up at the moon, he saw Chang'e leaning against a laurel tree, staring at him lovingly. Houyi called out to his wife, his voice vainly attempting to reach the Guanghan Palace, where she lived. Broken-hearted, Houyi could do nothing but put out Chang'e's favorite food as a sacrifice, and keep praying to the moon, in the hope that fate could somehow bring his wife back to him again.

后羿的事迹远近闻名，于是也有许多仰慕他武艺的人想拜他为师，学习技艺。其中有一位徒弟叫逢（páng）蒙，无意中得知了仙药的事情，便产生了贪念，希望得到嫦娥手中的仙药。于是，有一日趁后羿不在家中，逢蒙带人闯进后羿家中，逼迫嫦娥交出仙药。嫦娥无奈，只好带逢蒙去找。刚找到仙药的那瞬间，为了不让逢蒙这样的坏人长生不老，嫦娥只好自己吞下仙药。一刹那，嫦娥感觉自己的身体非常轻盈，双脚离开了地面，慢慢向天上飞去。因为舍不得后羿，嫦娥停在了离地最近的月亮上。

后羿回到家中，到处都不见妻子的踪影，只看见天上的月亮当中，嫦娥靠在一棵桂花树旁边，深情地凝望着自己。他大声呼唤妻子的名字，也想飞到月亮上的广寒宫，却发现自己无论如何也到不了。后羿非常伤心，悲痛难耐，只好在家里摆上嫦娥平日最喜欢的食物，反复祭拜月亮，希望上天开恩，让自己能够见到妻子。

篇目 3: 樊锦诗 "敦煌女儿"

Although the art of Dunhuang is a treasure for all mankind and deserves to be appreciated by the whole world, the endless stream of visitors, while making Dunhuang better known, are unwittingly also helping to destroy it. Every extra ray of light, every extra degree of temperature, every extra degree of humidity has the potential to cause irreversible damage to the wall paintings. Nevertheless, Fan Jinshi was determined that the art of Dunhuang would not be sealed and locked away forever. She came to realise that the old methods of preservation were no longer valid.

In 2014 the Mogao Grottoes Digital Exhibition Center was officially completed at Dunhuang. On entering the Exhibition Hall, the first thing that can be seen is a high-definition picture of one of the statues of the Buddha from the Mogao Grottoes, and the images of flying apsaras from frescoes. In contrast to the gloomy grottoes, the colors and luster of the projected images were fresh and bright, the light showing them to the best advantage. Gathered in the arched vault where the images are projected, visitors can get a much deeper appreciation for the spirituality and awe-inspiring beauty of the frescoes. In 2016, the digital exhibition center formally went online, and thenceforth people all over the world could appreciate 30 of the classical grottoes of Dunhuang and their 45,000 square meters of wall paintings via the Internet. In that year, Fan was 79 years old, but she was still working, striving to ensure that the day when there would be nothing left of the Mogao Grottoes would never come.

With Fan's efforts, the Mogao Grottoes and their cave art have gradually regained their images of poetic splendor and radiant brilliance.

虽然敦煌艺术是人类瑰宝，被世人欣赏，但是络绎不绝的游客，在观赏艺术的同时，也使洞窟艺术受到破坏。要知道，多一束光线、多一度气温、多一分湿度，都可能给壁画带来不可逆转的伤害。但她又不忍让敦煌艺术永远藏在关闭的大门后。她意识到，旧的保护方法行不通。

2014 年，数字敦煌艺术展厅正式在敦煌竣工。走入展厅，高清的莫高窟佛像，飞天壁画便映入眼帘，相比昏暗的洞窟，色泽鲜亮的投影图画、恰到好处的光线、布满穹顶的展示空间，都让人的胸襟豁然开朗。2016 年，数字敦煌正式上线，从此，世界各地的人都可以在互联网上欣赏莫高窟 30 个经典洞窟和 4.5 万平方米的壁画。这一年，樊锦诗已经 79 岁了，但她还在努力，努力让莫高窟只剩空白的那一天，永远不会来到。

敦煌莫高窟及洞窟艺术，在她的努力下，又逐步恢复了曾经锦绣如诗、繁盛如阳的状貌。

篇目 4: 移动支付 新潮菜市场

"You don't know what these are? They're called QR codes." Old Li, having no customers for the moment, calls across to a pork vendor, with a smile of smug satisfaction. The other snorts, indicating that he neither understands nor cares.

The new scene before Old Li's stall attracted passers-by to gaze at this novelty. Most of the old people pulled out paper notes, as they always had, and Old Li dipped into a cardboard box at his feet to get their change. But young people buying vegetables on their way to work would produce

their mobile phones after finding out the price from Old Li. Saying only “WeChat” or “Alipay,” they would scan one of Old Li’s cards, either green or blue. With only a “click” of their phone cameras, the customers leave. Throughout the whole process, Old Li hasn’t had to move a muscle; his mobile phone simply calls out “5 yuan and 70cents has gone into your account!”

Old Li had just ducked his head to get change from his box, when he suddenly heard profuse apologies coming from across the way. Raising his head, he saw that there were freshly chopped ribs on the table of the pork butcher, and nearby was a man looking embarrassed and full of apologies. It turned out that he had left home in a hurry and forgotten his wallet. The ribs had already been chopped up, when he discovered that he couldn’t pay for them. It was too much trouble to go back home for his wallet, so he had to do without the ribs.

“This is easily solved,” said Old Li to the potential customer. “You’ve got a WeChat account, haven’t you?” The other nodded emphatically and said “yes,” Old Li then stretched out his hand for the butcher’s mobile phone. Seeing the latter hesitate, Old Li reassured him: “Don’t you want to be paid for the meat? Don’t worry. I won’t cheat you.”

Old Li calls up WeChat onto the screen of his mobile phone, and from somewhere there appears a small square like those hanging outside his booth. On closer inspection, you could see that the black dots were not arranged in exactly the same way.

“Here,” Old Li says to the customer, “Swipe this.”

Beaming, the customer swipes his own mobile phone against the small square on the other phone.

“不懂了吧，这叫二维码。”这会儿没有客人，老李一脸得意地冲着对面卖猪肉的炫耀。后者哼笑了一声，表示听不懂，也不关心。不过老李摊前的景象确实新奇，频频引得旁人侧头去看：老头、老太太们大多还是照旧掏出纸币，他收下放在脚边的纸箱里，又从里面挑出零钱来找给顾客。上班的年轻男女来买菜，总是在他报出菜价之后便掏出手机，说一句“微信”或是“支付宝”，把手机对着那一绿一蓝的小纸片照一下。别人只听见“嘀”的一声，手机一响，顾客就走了。全程老李动也没动，却听见他手机上传出声音：“已到账，五元七角。”

老李正低头点着箱子里的零钱，忽然听见对面一连串的道歉。他抬头看去，只见卖猪肉的案板上放着刚剁好的排骨，神情有点尴尬，旁边站着一个人不住地道歉。原来是那人出门太急居然忘带钱包，排骨都已经切好了才发现自己付不了钱，回家取钱又麻烦，就想说不要了。

“这个好办，你用微信转账行不行？”买肉人忙不迭地点头说“可以”。老李伸手向卖猪肉的要手机，见他犹豫，又补了一句：“肉钱不要了？放心不坑你。”

只见老李在手机屏幕上点开微信，不知又按了哪里，屏幕上跳出一个和他摊位挂着的类似的小方块，凑近了看，小黑点的组合又不太一样。“来，扫这儿。”

篇目 5: 绘画《富春山居图》的悲欢离合

Huang Gongwang, completely absorbed in the natural scenery, would often head out by himself, dressed like a local villager in a bamboo hat and a pair of straw sandals. On his way upstream, he would observe the ever-changing forms of the clouds and mist, and stop in his tracks to draw the mesmerizing scenes. At times, he would sit perched on a rock for an entire day just to get a painting right, oblivious of the rain. Days passed as his feet carried him everywhere along the Fuchun River, a palette his only companion. The fishermen returning with songs at dusk, and the forests immersed in tranquility—all were a part of his artistic life and vision.

One day, Huang Gongwang asked a villager to sell some of his paintings in the town for money.

The villager returned with someone else, who, the minute he laid eyes on Huang, raced to him and hugged him. It was his long-separated friend Wu Yong. What an emotional moment, meeting a dear old friend again after so many years and at such an old age! Before long, Huang finally completed this masterpiece, his lifetime's work. With a long sigh, he bequeathed it to Wu Yong, and died a few years later.

黄公望沉浸在富春江秀丽的自然景色之中，时常戴着竹笠，穿着芒鞋，一副当地山民的打扮独自出门。沿江而上，他观察烟云变幻之奇，遇到好景就随时画下来，日复一日。有时为了一幅画面，他呆呆地坐在石头上，一坐就是一天，下雨也毫不知觉。黄公望踏遍了富春江两岸，背着画卷一路前行。渔舟唱晚，山林寂静，都变成了他人生的注脚。

有一天，黄公望委托村民到城里卖画以换取生活费，没想到村民回来时身后的人一个箭步跑过去，紧紧抱住黄公望——原来那便是云游四方的无用师弟。人到暮年，与故友久别重逢，那是怎样的感慨与感动？不久后，《富春山居图》大作完成，黄公望喟然长叹，将毕生心血之作郑重赠予无用，几年后与世长辞。

篇目 6: 中国梦 扎根乡土的中国梦

As an educator, Wang Xiaoping had long asked herself, "Is there a way to remedy this - to restore these kids' confidence and help them forge their own competitiveness?" Her solution was to awaken the children's love and nostalgia for the rich culture and heritage of their native homes and lands in which they began life, regardless of where they moved later. Children must learn to treasure their own histories and folk customs.

Thus, Wang Xiaoping began her journey to pursue her dream that "every village should be beautiful in its own unique way."

From the outset, Wang had plenty of setbacks, having to barge into completely strange places and persuade local educational authorities to collaborate with her. When asked why she would undertake such thankless work, she just smiled, knowing very well that it wasn't easy to understand. With only her dream as her guide, she traveled far and wide. Her persistence eventually paid off, and local education authorities lent a hand.

Once, when someone asked her why she had embarked on this adventure, she was filled with emotion and explained, "When we talk about China, what do people immediately think of? The

Yangtze River? The Yellow River? Or maybe the Great Wall? Well, there are children in this country who may never in their life see these! But they have their own Yellow River and Great Wall – the mountains and rivers in their native places. If they are in touch with their unique history and culture, they are likely to turn it into their own unique strength, and make their own contribution to the places they love.”

作为一名教育工作者，她想让来自农村的孩子们都热爱家乡。乡土，是孩子成长的摇篮，是长大后不论身居何处都挂念的地方。要让孩子们传承乡土丰富的文化资源，要让孩子们学习自己民族的历史、风俗人情。

从此，王小平开始了自己的行走之路，只因心中梦想不变，只愿 “每一个村落都是丰富的、美丽的”。

刚开始编写乡土系列教材时，王小平遇到很多困难。她需要到一个完全陌生的地方用一己之力说服当地的教育局与自己合作。很多人问她：“这样不挣钱的事情为什么还要做？”王小平只是一笑。她知道别人很难理解她对梦想的坚持，但她心中有梦，脚步就不会停。这也许就是她能够打动当地教育局负责人的原因。

还有人问她为什么要做这件事。她动情地说：“一提到中国，大家都想到长江、黄河、长城这样的事物。我们有的孩子一辈子都见不到这些事物，但只要他热爱自己家乡的山和水，能够了解它们的历史文化并传承下来，就能把这转化为自己未来的发展资源，更好地建设家乡。”

篇目 7：杂交水稻 杂交水稻的诞生

Day after day, Yuan Longping toiled on in the paddy fields wearing a battered straw hat, examining rice plants stalk after stalk. His feet were constantly treading in mud, and his shoes were waterlogged and ruined. Moreover, he had to bend over all day long, sometimes unable to straighten his back again without feeling pain. Nevertheless, in his eagerness to find a speedy solution to the Chinese people's food problem, he was unwilling to rest.

But hard work never lets a conscientious man down. On the fourteenth day of his field investigation Yuan Longping found an unusual rice plant whose staminate flower would not be split off. He had found the model for his new type of rice, and the breeding work could start! Yuan was overjoyed at this discovery.

This finding created a sensation. The authorities lost no time organizing a sub-committee to help Yuan study the production of cross-breed rice. With the unrelenting efforts of these scientific research personnel, generation after generation of hybrid rice were bred. Six hundred kilograms, eight hundred kilograms... The yields of paddy rice per hectare kept climbing. A solution had finally been found to the problem of feeding the Chinese people!

日复一日，袁隆平就带着他那顶破草帽泡在水稻田里，一株一株地寻找他想要的水稻。他脚踩烂泥，鞋被水泡烂，被污泥填满；驼背弯腰，整个人直不起身来。可是为了能够赶快

解决中国人的吃饭问题，他一刻也不愿意休息。

功夫不负有心人，袁隆平下地搜索的第 14 天，终于发现了一株雄花花药不开裂的奇特植株。新型水稻的原型找到了，一切的培育工作可以开展了！袁隆平简直为这个发现欣喜若狂。

袁隆平的这一发现震惊农业界，国家迅速组建了研究小组和袁隆平一起培养杂交水稻。在科研人员的不懈努力下，一代代杂交水稻被培育出来。600 公斤、800 公斤水稻的产量不断攀升。中国人的吃饭问题终于得到了解决！

篇目 8：《黄河大合唱》《黄河大合唱》的诞生

That was a critical time of war for the Chinese people, when they were trapped in inescapable danger. The anti-Japanese heroes were engaged in bloody frontline battles, their fresh blood and hot tears sprinkling the wounded earth. In the rear areas the young artists shared their patriotic sentiments, and poured their hearts' blood into the composition of musical works, extolling the Yellow River spirit, and the Chinese people and their splendid sons and daughters.

Guang Weiran, filled with enthusiasm, straightaway dashed off the theme song for The Yellow River Chorus. From beneath his writing brush appeared an anthem to the Yellow River, praise for its boatmen, deep-seated hatred for the foreign invaders of China and profound sympathy for the country and its people who had had their fill of suffering. He described the stubborn resistance put up by ordinary people and their heroes against the foreign invaders. He put forth the slogan, "Roar out, Yellow River! Come, our people! Come and defend our Chinese land!"

那是一个烽烟四起、山河破碎的时刻，中华民族正陷于前所未有的民族危难。抗日志士们在前线浴血奋战，鲜血与热泪抛洒在这片伤痕累累的土地；而在后方，这些年轻的艺术家长们怀着同样的爱国激情，把他们的心血倾注于这部即将面世的音乐作品上。他们歌颂黄河精神，更歌颂中华民族与她的优秀儿女们。

光未然怀着满腔热血一鼓作气完成了《黄河大合唱》的歌词。他的笔下，有对黄河的歌颂，对黄河船夫的赞美，有对外国侵略者的刻骨仇恨，对饱受苦难的国家与人民的深切同情。他描述仁人志士对外来侵略的顽强反抗，更发出高声的号召：怒吼吧，黄河！父老乡亲，来吧！来保卫全中国！

篇目 9：航天精神 杨利伟的飞天梦

As the night deepened, Yang Liwei gradually became aware that he was growing tired. His eyes were becoming dry and rough, making the words he was reading blurred, but he still had ten pages of the textbook to study and didn't even think of taking a rest or leaving that day's assigned task till the following day; instead, he simply took a swig of strong tea from his enamel mug.

It was the custom of Yang Liwei and his fellow would-be astronauts to brew such strong tea and keep it in enamel cups. Their duties were really onerous, and they often studied and debated problems deep into the night. In order to preserve their energy and keep themselves ready for the

following day's tasks and studies, each of them would brew a thick mash of tea leaves in a big mug, and take sips throughout the day. This strong tea was somewhat bitter, but for them it was a "magic weapon" for invigorating themselves.

There was far more to the astronauts' tests than simply written ones; they had to be trained by means of an accelerator to withstand the pressure on their hearts of supersonic flight, of low pressure and of lack of oxygen, and to function normally in space. These specialized techniques tested their bodies to the limit. Once, undergoing a high-speed accelerator test, Yang Liwei felt as if all the blood in his body was rushing into his brain and as if a thousand or more fish were swimming round in his body. He felt giddy, and was unsteady on his feet. After a long period of low-pressure training, he felt as though his body had expanded, and as if his internal organs were about to burst.

夜深了，杨利伟也渐渐感觉有些疲惫。他的眼睛开始发干发涩，书本上的字也有一点模糊。可是还有 10 页的课本没有学完，他不想就这么休息，把今天的知识点留到明天学。他打开自己的搪瓷缸，喝了一大口里面的浓茶水。

在搪瓷缸里泡浓茶，是杨利伟和许多航天员同学的习惯。航天员的学习任务量大难度也很高，他们经常学习和讨论问题到深夜。为了保持精力和进行第二天的工作学习，他们一人准备了一个大水杯，里面放上多多的茶叶，从早喝到晚。浓茶已经有些发苦，可他们都把这当作提神的法宝。

对航天员的考验远不止这些，他们还要承受在离心机上飞速旋转的超重耐力训练，在低压试验舱的耐低氧能力训练，在旋转座椅和秋千上进行的前庭功能训练。这些陌生的专业术语，每一项都在挑战着一个人的身体极限。经过一早上头朝下的高速旋转，杨利伟只觉得全身的血都涌向大脑，身体里仿佛住着一千条来回游动的鱼，搅动得他脑子一片晕眩，步子都走不稳。在长时间的低压训练中，他一会儿觉得自己的身体膨胀着，五脏六腑都要炸开。

篇目10：焦裕禄——为人民服务的好党员

This was the way Jiao Yulu worked, ready to risk his own life and always taking the lead. Sick but indefatigable, he always fearlessly rushed to the front line of disaster relief.

After two years of living in such harsh conditions and under such a stressful workload, Jiao's health deteriorated. At the age of forty-two, he died of liver cancer at his post. Inspired by Jiao Yulu's spirit, the Lankao people eventually completed Jiao's plan and conquered the three natural disasters, namely, sand storms, summer floods and saline-alkali soil.

Jiao Yulu spared no pains to do his best for the people, whom he loved. He regarded the people as his parents and family, and shared their joys and sorrows. With an amazing sense of responsibility and dedication, Jiao devoted himself wholeheartedly to working for the people. He worked as Party Secretary of Lankao County for only two years, but when he died, all the local people attended his funeral to express their sadness over Jiao's death and their respect and admiration for him as well.

Jiao Yulu's spirit of serving the people shines brilliantly to this day.

焦裕禄就是这样工作的，豁出了性命，永远身先士卒。他明明带病在身，但总是不知疲倦、不畏艰险冲在救灾除害的第一线。

然而，在这样长期的艰苦条件和沉重负担下，仅仅两年后，他的肝病便恶化为癌症，并最终让他在年仅42岁的时候倒在了工作岗位上。在焦裕禄精神的鼓舞下，兰考人民终于完成了焦裕禄生前的计划，征服了风沙、内涝、盐碱地这“三害”。

他呕心沥血、兢兢业业，一切都是为了他热爱的人民。他将人民视作父母、视作家人，他们为他们的喜忧而或喜或悲，也带着一种惊人的责任感和奉献精神，将自己的全部精力投入关怀百姓的工作。他担任兰考县委书记仅仅两年，但当他奉献生命之时，所有百姓都来悼念他。他们的悲伤与怀念告慰着逝者的英灵，也正体现了百姓对他的爱戴与敬仰。

焦裕禄这种为人民服务的精神，时至今日仍在熠熠生辉。

篇目11：红岩精神

The novel *Red Rock* was written by two survivors of the prison, underground CPC members Luo Guangbin and Yang Yiyan, on the basis of memoirs co-authored by them and their comrades. It mainly tells of a series of persistent struggles carried out by underground CPC members in Chongqing, who had been captured and held in the enemy's Zhazidong and Baigongguan prisons.

“Red Rock” is a household name to the Chinese people. To the older generations in particular, the two words symbolize an unyielding spirit, a faith in a brilliant future, and a whole period of time in which the communists sacrificed their blood and lives for the People's Republic of China.

What in fact is the “Red Rock” Spirit, which fills people's eyes with tears when it is mentioned? First of all, we may say that it is a simple conviction: To liberate all China and enable the people to live a good life! But this simple conviction gave birth to loyalty beyond the imagination of ordinary people. The belief in the hearts of these valiant fighters never wavered no matter what physical or mental torture they suffered.

Furthermore, this conviction came from reasoning. It was not based on illusion or impulse. Because of this, such a conviction was elevated to a faith that people could adhere to, and the optimism among the revolutionaries became real and touching.

The “Red Rock” Spirit, is precious spiritual wealth created during China's revolutionary struggle. It is imperative for each member of the Chinese nation to keep understanding, learning and pursuing the “Red Rock” Spirit.

这是革命小说《红岩》中描述的一个故事。小说是当年监狱中的两名幸存下来的中共地下党员罗广斌和杨益言根据他们与战友共同撰写的回忆录创编的，主要讲述了中共重庆地下党员不幸被捕后，在敌人的监狱“渣滓洞”“白公馆”中的一系列顽强的抗争。

“红岩”这个词对于中国人来说都不陌生。特别是对于老一辈的人们来说，这两个字承载的，是一种不屈的精神，一种对美好未来的信仰，与一整段共产党人为建立中华人民共和国

国抛头颅洒热血的刻骨铭心的岁月。

“红岩精神”究竟是什么，能让人提起来就热泪盈眶。读过小说我们可以说，它首先是一种朴实的信念：解放全中国！让人民都过上好日子！可就是这种朴实的信念带来了超乎常人想象的忠诚。这些英勇的战士们，无论遭受了怎样的肉体与精神上的折磨，都从未动摇过心中的信仰。

再进一步，这种信念来自理性，而不是一时的幻想与冲动。正因此，这种信念才上升为可以坚守的信仰，他们的革命乐观精神也显得真实和动人。

“红岩精神”是在中国革命斗争中形成的宝贵精神财富，值得每一个中国人不断体味、学习与追寻。

篇目12：雷锋精神

All who ever worked with Lei Feng were able to tell similar stories. For example, Lei gave his lunch to a hungry girl he met on a train; he gave his raincoat to an old lady in need; once, in the northeast, he spent more than two hours helping an elderly man find the way to his son's workplace.

In 1962, when the young Lei Feng was helping back up a truck in a parking lot, he was killed by a falling telegraph pole.

Lei Feng spent his life quietly helping others. His stories seem to sound too legendary to be true.

But to Lei Feng himself, “dedication” meant a lot. He once wrote in his diary: “I owe everything I have, including honor, to the Party.” He never forgot that it was the Party that gave him, a little boy who had lived alone in a poor mountain village, all he had. We should do everything we can to repay the love and care we have received from our parents. For Lei Feng, it was the society that brought him up that he resolved to repay, and that's why he was ready at all times to sacrifice himself for it. His gratitude and love, just like those of everyone, were the most sincere and genuine feelings.

像这样的故事，和雷锋一起工作过的战友每人都能讲出几个：他把自己的午饭

给了火车上没吃饭的小姑娘，把自己的雨衣给了雨天赶路的老奶奶。甚至有一次他在东北，下车时碰上一个老人来看孩子却不认识路，硬是帮他找了两个多小时，一路把老人送到了儿子所在的单位门口。

直到1962年他在停车场指挥倒车时，一根意外碰倒的电线杆砸到了雷锋，夺去了他年轻的生命。

雷锋的一生都在默默地奉献中度过。他的故事现在听起来似乎有些传奇，因为人无法逃避自己的私心，大多数情况下能奉献的是自己的余力而不是全部。像雷锋这样把自己的所有都奉献出来。

可是对于雷锋来说，“奉献”有不一样的意义。他曾这样在日记中写道：“我的一切都

是党给的，光荣应该归于党。”他没忘记过几十年前自己是贫穷山村里孤苦伶仃的小男孩，没忘记谁给了他现在的一切。因为生养之恩，我们愿意为父母、为家庭付出一切。而在雷锋的生命中，抚养他的就是党、就是这个社会，因此他也随时做好了准备把自己的一切奉献出来。这情感同世间的每一个人一样，都是最朴实、最真诚的感激与爱。

篇目13：长征故事

In October 1934 the main forces of the Central Red Army were defeated in the fifth Kuomintang counter-encirclement-and-suppression campaign. To escape the encirclement and pursuit of the Kuomintang army, the Red Army had to make a general strategic evacuation, by withdrawing from the central base area and beginning the Long March. During the Long March, the Red Army fought over 380 battles, climbed a score of mountains and crossed 24 big rivers, traversing some 12,500 kilometers in all. In October 1936 the three main forces of the Red Army joined forces in Huining, Gansu Province, ending the Long March.

The Long March gave birth to numerous touching stories.

In February 1935, in the battle to take Loushan Pass (in Guizhou Province), Zhong Chibing (钟赤兵), political commissar of the Twelfth Regiment of the Third Corps of the Red Army, was hit by a bullet in the right leg. Disregarding the pain in his wounded leg, he continued to fight. Not until the Red Army recaptured Zunyi did he find that his right leg had become infected, which required amputation. However, before he recovered from the leg wound the troops were ready to set off once again. His comrades-in-arms advised him to stay behind to let the wound heal, but he insisted on going together with the troops, saying, "Never will I leave the Red Army, even if I have to crawl!"

1934年10月，第五次反“围剿”失败后，中央主力红军为了摆脱国民党军队的包围追击，被迫实行战略大转移，退出中央根据地，进行长征。在长征的路途中，中央红军共进行了380余次战斗，翻越18座大山，跨过24条大河，行程约两万五千里。1936年10月，红军三大主力会师甘肃会宁，长征胜利结束。

在长征途中，发生了无数感人至深的故事。

1935年2月，在夺取娄山关的战斗中，红三军团第十二团政委钟赤兵被打断了右腿。他不顾个人伤痛，拖着残伤的右腿打仗，一直到红军再占遵义，才发现右腿已经化脓了，不得接受截肢手术。然而，腿伤还未愈合，部队又要出发了。战士们劝他留下养伤，他却坚决要求跟着部队一起走：“就是爬也决不开红军！”