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Chinese culture

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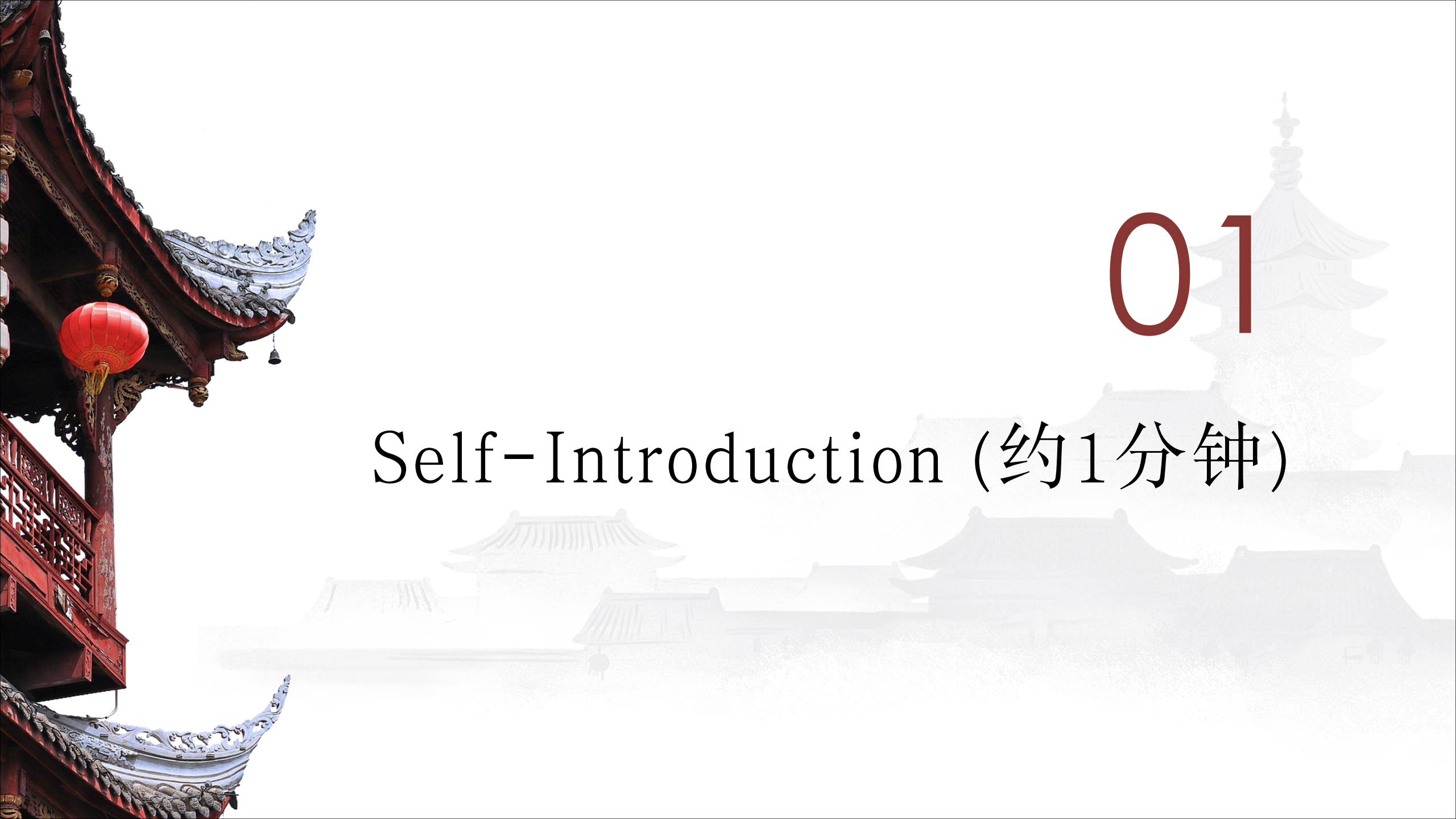
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The background features a faded, light gray illustration of traditional Chinese architecture, including a multi-tiered pagoda on the right and several buildings with tiled roofs. On the left side, there is a detailed, colorful illustration of a traditional Chinese building's corner, showing a red lantern hanging from the eaves and intricate wooden carvings.

01

Self-Introduction (约1分钟)

Self-Introduction (约1分钟)

Hello everyone, I'm Catherina, from Beijing. Today, I'm excited to share with you some fascinating aspects of Chinese culture. My goal is to paint a vivid picture, so you can gain a concrete and heartfelt understanding of this ancient yet vibrant civilization. Let's get started





02

Overview of Chinese Culture (约3分钟)

Overview of Chinese Culture (约3分钟)



China is one of the world's oldest continuous civilizations, with a history spanning over 5,000 years. Its culture is a rich tapestry of values, ideas, arts, and innovations



- Core Values

The "Five Constant Virtues" — benevolence, righteousness, propriety, wisdom, and fidelity — are deeply rooted in daily life



Traditional Thought Overview

- Traditional Thought:
Confucianism emphasizes family harmony and social order, while Taoism teaches us to live in harmony with nature

Overview of Chinese Culture (约3分钟)



- Art Forms

Calligraphy and Chinese painting focus on capturing "artistic conception," while Peking Opera and martial arts like Tai Chi combine physicality with spirituality

- Scientific Inventions: The Four Great Inventions — papermaking, printing, gunpowder, and the compass — have shaped the course of world history



The background features a faded, light gray illustration of traditional Chinese architecture, including a multi-tiered pagoda and several buildings with tiled roofs. On the left side, there is a detailed, colorful image of a traditional Chinese building's corner, showing a red wooden structure with a balcony, a red lantern hanging from the eaves, and ornate roof decorations.

03

Important Traditional Festivals (约12分钟)

Important Traditional Festivals (约12分钟)



Chinese festivals, mostly based on the lunar calendar, are occasions for family, remembrance, and celebration



Spring Festival (Lunar Jan 1)

The most important festival for family reunion. Customs include

- Red Envelopes

Gift money to children for good luck

- Reunion Dinner

Enjoy symbolic dishes like dumplings (wealth) and fish (surplus)

- Other Traditions:

Paste spring couplets, hang lanterns, stay up late ("Shousui"), and set off fireworks

Lantern Festival (Lunar Jan 15)

01

Marks the end of Spring Festival

02

◦ Admire Lanterns: Streets are adorned with colorful lanterns

03

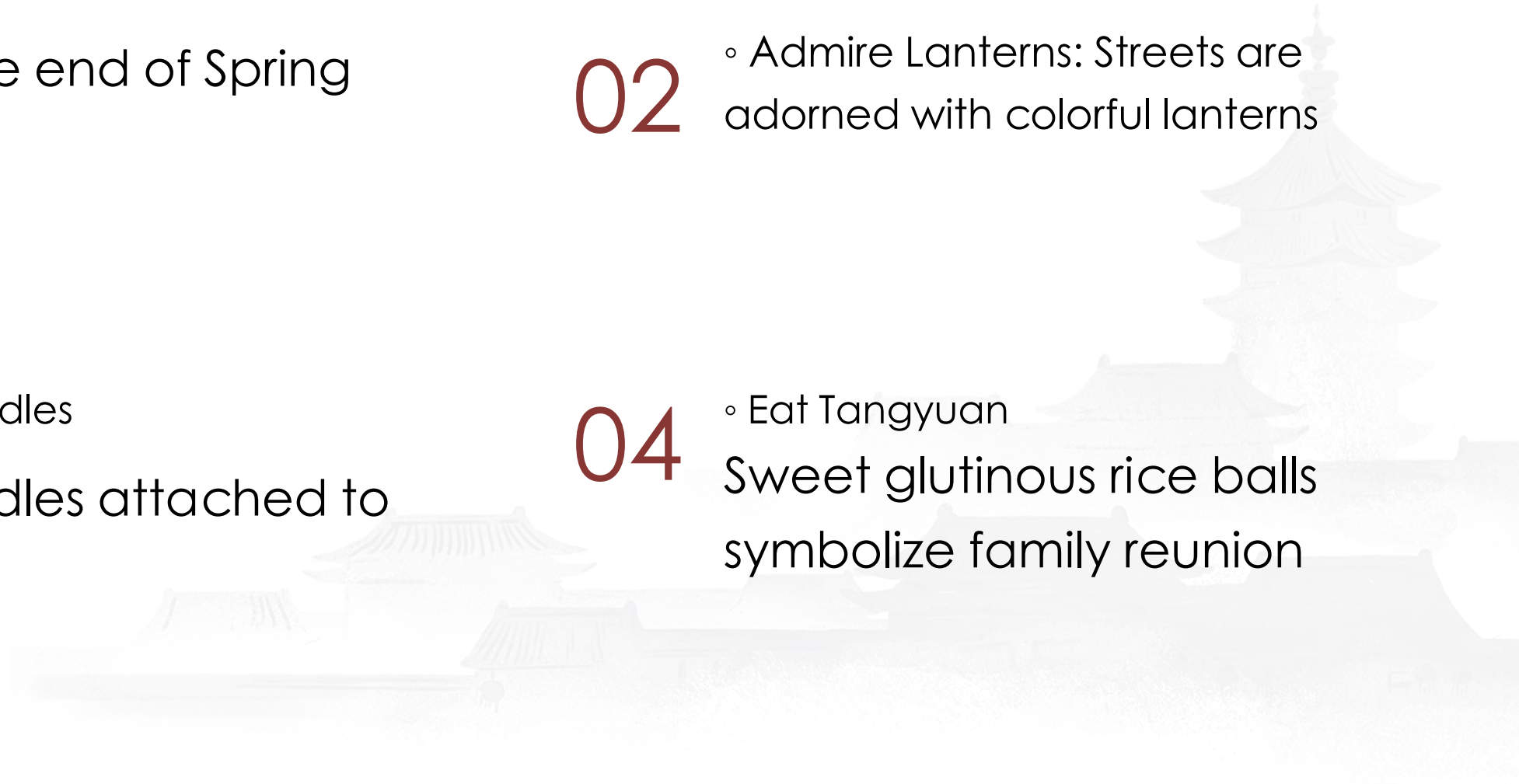
◦ Guess Riddles

Solve riddles attached to lanterns

04

◦ Eat Tangyuan

Sweet glutinous rice balls symbolize family reunion



Qingming Festival (April 4–6)



A time for remembrance and renewal



Honor Ancestors: Clean graves and pay respects



Spring Outings

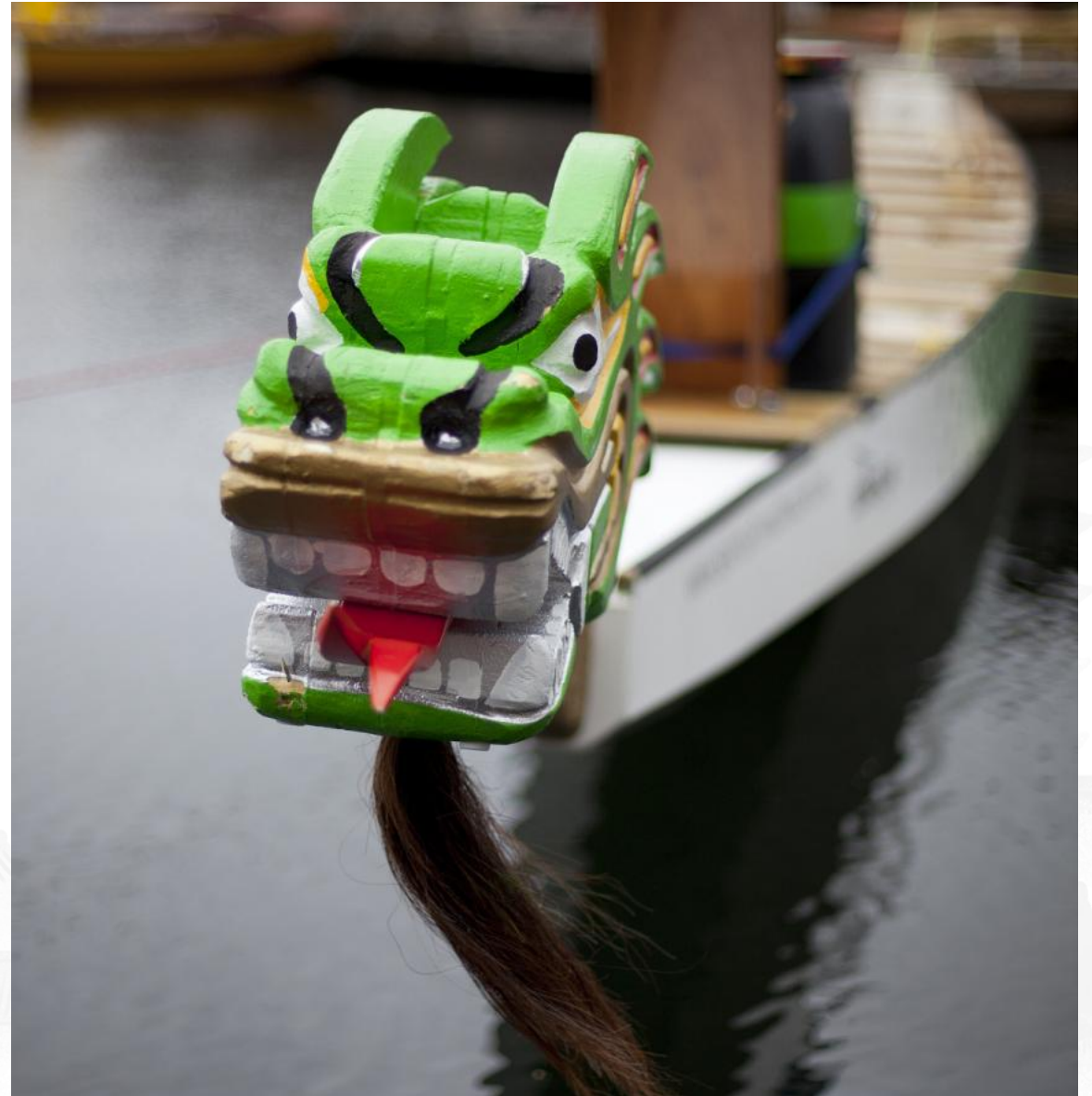
Enjoy the outdoors, fly kites, and appreciate nature

Dragon Boat Festival (Lunar May 5)

Commemorates the poet Qu Yuan

- Dragon Boat Races: Teams compete to the beat of a drum

Glutinous rice wrapped in leaves, with various fillings



Mid-Autumn Festival (Lunar Aug 15)



The "Reunion Festival"

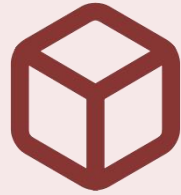
- Admire the Moon: Gather under the bright full moon

- Eat Mooncakes

Round pastries symbolizing completeness and togetherness

Double Ninth Festival (Lunar Sep 9)

单击此处添加正文



A day for respect and longevity



◦ Climb Mountains: For good health and luck



◦ Admire Chrysanthemums: Symbolizing resilience



◦ Respect the Elderly: Show love and gratitude to seniors

The background features a faded, light gray image of traditional Chinese architecture. On the left, a portion of a red wooden building with intricate carvings and a red lantern is visible. The rest of the background is a soft-focus view of a temple complex with multiple halls and a prominent multi-tiered pagoda on the right.

04

Diet and Daily Culture (约
2分钟)

Diet and Daily Culture (约2分钟)



Chinese cuisine is as diverse as its culture



- Regional Styles: Sichuan (spicy), Cantonese (dim sum), Hunan (bold), and Shandong (seafood) are just a few examples



- Dining Etiquette: Elders start first. Avoid sticking chopsticks upright in rice or tapping bowls

The background features a faded, light gray illustration of traditional Chinese architectural elements, including a multi-tiered pagoda on the right and various temple halls with tiled roofs. On the left side, there is a detailed, high-contrast image of a traditional Chinese building's corner, showing a red wooden balcony with intricate carvings and a large, glowing red lantern hanging from the eaves.

05

Traditional Art Experience
(约1分钟)

Traditional Art Experience (约1分钟)



- Calligraphy

The "art of lines," where brushstrokes convey emotion



Chinese Painting

Essence

- Chinese Painting: Focuses on "capturing the spirit" rather than just appearance



- Martial Arts

Tai Chi combines slow, deliberate movements with mindfulness

The background features a faded, light gray illustration of traditional Chinese architecture. On the left, a portion of a red wooden building with intricate carvings and a red lantern is visible. In the center and right, there are silhouettes of various traditional buildings, including a prominent multi-tiered pagoda on the right side.

06

Conclusion (约1分钟)



Conclusion (约1分 钟)

Chinese Culture Overview

Chinese culture is vast and profound, and what we've covered today is just the tip of the iceberg. I hope this introduction has sparked your interest. Thank you for listening, and I look forward to answering your questions

THE END
谢谢

