

## 【ChinaBlick 播客】第 1 期：什么是立春？



### 学习指南与核心词汇解析



#### 1. 本期简介 (Episode Overview)

立春 (Lìchūn) 是中国二十四节气之首。在本期对话中，阿竹和阿松将带你了解立春的起源、有趣的习俗（吃春饼、打春牛），以及现代人如何看待“年度计划”。

**Start of Spring (Lìchūn)** is the first of China's Twenty-Four Solar Terms. In this episode, Azhu and Asong explore its origins, traditional customs such as eating spring pancakes and "beating the spring ox," and how people today reflect on the idea of making plans for the year ahead.

#### 2. 核心词汇与文化概念 (Core Vocabulary & Concepts)

##### 1) 二十四节气 (èrshísì jiéqì)

中国古代通过观察太阳运行制定的“时间指南针”，将一年划分为 24 个阶段。

**The 24 Solar Terms.** A traditional Chinese "time compass" created by observing the sun's motion, dividing the year into 24 distinct periods to guide life and agriculture.

##### 2) 打春 (dǎ chūn)

古人通过鞭打泥塑“春牛”来迎接春天，寓意驱除冬天的懒惰，鼓励新一年的勤劳。

**"Beating the Spring".** An ancient ritual of whipping a clay "Spring Ox" to welcome the season. It symbolizes driving away winter's laziness and encouraging hard work in the coming year.

##### 3) 咬春 (yǎo chūn)

立春时的饮食习俗，通过吃春饼、春卷或萝卜来“咬住”春天的生命力。

**"Biting the Spring".** A culinary custom of eating spring pancakes (Chunbing) or spring rolls. It symbolizes "biting into" and absorbing the fresh vitality of the new season.

##### 4) 春捂秋冻 (chūn wǔ qiū dòng)

一种传统的健康智慧。春天不要急着脱掉冬装（要“捂”着），让身体慢慢适应气温变化。

**"Bundle up in Spring, stay cool in Autumn".** A traditional health proverb. It advises against removing winter clothes too early (to "wǔ" or wrap up) to help the body gradually adjust to fluctuating spring temperatures.

5) 一日之计在于晨，一年之计在于春 (yī rì zhī jì zài yú chén, yī nián zhī jì zài yú chūn)

强调“开始”的重要性。早晨是一天最重要的时刻，春天是一年最重要的开始。

**"A day's plan starts with the morning; a year's plan starts with the spring."** This proverb emphasizes the importance of a good start. It suggests that success depends on early planning and seizing the beginning of a cycle.

6) J 人与 P 人 (J rén vs P rén)

源自 MBTI 性格测试。J 人喜欢计划和条理；P 人喜欢随性和灵活。这是中国年轻人现在的社交热词。

**Judging (J) vs. Perceiving (P).** Derived from the MBTI personality test. J-types prefer structure and planning, while P-types value flexibility and spontaneity. These are highly popular social labels among Chinese youth today.

7) 五禽戏 (wǔqínxì)

一种模仿虎、鹿、熊、猿、鸟五种动物动作的传统健身功法。

**Five-Animal Exercises.** A traditional Chinese Qigong practice that mimics the movements of five animals: tiger, deer, bear, ape, and bird, aimed at promoting physical and mental health.

3. 思考与讨论 (Discussion Questions)

1. 在你的国家，春天开始时有什么特别的习俗或食物吗？

(Are there special customs or foods in your country when spring starts?)

2. 你觉得自己更像 J 人（计划型）还是 P 人（随性型）？

(Do you consider yourself more of a J or a P type?)

