

【ChinaBlick 播客】第 2 期：什么是奥运会？



学习指南与核心词汇解析



1. 本期简介 (Episode Overview)

奥运会不仅是最高水平的体育赛事，更是一场关于和平与友谊的全球聚会。在本期对话中，阿竹和阿松将带你了解奥运标志的真实含义、北京作为“双奥之城”的特殊地位，以及当代年轻人如何通过“松弛感”和传统哲学来重新定义奥运精神。”。

The Olympic Games are not only the highest level of international sporting competition, but also a global gathering centered on peace and friendship. In this episode, Azhu and Asong explore the true meaning behind the Olympic rings, Beijing's unique status as a "Dual Olympic City," and how today's younger generation is redefining the Olympic spirit through a sense of ease and traditional philosophical ideas.

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

1) 五环 (wǔhuán)

奥运会的标志，它由蓝、黄、黑、绿、红五种颜色的环组成。这些颜色加上底色的白色，涵盖了世界上所有国家国旗的颜色，象征着真正的世界大团结。

The Olympic Rings. The symbol of the Olympic Games, consisting of five rings in blue, yellow, black, green, and red. These colors, along with the white background, incorporate the colors found in every national flag in the world, symbolizing true global unity.

2) 双奥之城 (shuāng ào zhī chéng)

同时举办过夏季奥运会和冬季奥运会的城市。北京是目前世界上唯一的“双奥之城”，分别在 2008 年和 2022 年成功举办了这两场盛会。

Dual Olympic City. Refers to a city that has hosted both the Summer and Winter Olympic Games. Beijing is currently the only "Dual Olympic City" in the world, having hosted the Summer Olympics in 2008 and the Winter Olympics in 2022.

3) 松弛感 (sōngchí gǎn)

形容一种不焦虑、自然、随性的心理状态。在奥运背景下，它代表观众和运动员不再只关注金牌，而是学会享受比赛的过程，展现出真实的个性。

Sense of relaxation / Chill attitude. Describes a state of being calm, natural, and free from anxiety. In the context of the Olympics, it represents how people now value the enjoyment of the process and the athlete's personality over the sole pursuit of medals.

4) 尽人事，听天命 (jìn rénshì, tīng tiānmìng)

中国传统处世哲学。指在做一件事时，自己尽到最大的努力（尽人事），而对于最终的结果，则保持平和的心态顺其自然（听天命）。

Do your best and leave the rest to fate. A traditional Chinese philosophy. It encourages putting in maximum effort while remaining calm and accepting of the eventual outcome with a balanced state of mind.

5) 文武之道，一张一弛 (wénwǔ zhī dào, yī zhāng yī chí)

中国古代关于节奏与平衡的智慧。其中的“文”和“武”指周文王 (King Wen) 和周武王 (King Wu)。“张”指拉紧弓弦，“弛”指放松。这个成语告诉我们：生活和学习不能永远紧绷，努力之后需要合理的休息。

The Way of King Wen and King Wu: alternating tension with relaxation. This proverb originates from the governing wisdom of the two founding kings of the Zhou Dynasty: King Wen and King Wu. In Chinese, "Zhang" means to tighten the bowstring, while "Chi" means to loosen it. It suggests that life and learning should have a balanced rhythm, emphasizing that intense periods of effort must be followed by proper rest to ensure long-term sustainability.

6) 全力以赴 (quán lì yǐ fù)

把全部力量和精力都投入进去。这是对目标最高的尊重，也是一个人在面对挑战时最积极、最认真的态度。

To go all out / To give one's all. It means dedicating all of one's strength and energy to a task. It represents the highest level of commitment and a proactive, serious attitude toward challenges.

7) 闭幕 (bìmù)

指会议或体育比赛等活动的结束。

Closing / To come to an end. It refers to the conclusion of meetings, sports competitions, or other events.

3. 思考与讨论 (Discussion Questions)

1. 你如何理解“尽人事，听天命”？在你的生活中，有没有什么时刻让你觉得自己虽然没拿到“金牌”，但也挑战了自我？

(How do you understand the phrase "Do your best and leave the rest to fate"? Have there been moments in your life when you felt you challenged yourself, even if you didn't win a "gold medal"?)

2. 你对你来说, 学习汉语更像是一场“全力以赴”的比赛, 还是需要“一张一弛”的旅程? 为什么?

(For you, is learning Chinese more like an "all-out" competition, or a journey that requires a balance between effort and relaxation? Why?)

