

## 【ChinaBlick 播客】第 9 期：

### Self-introduction 汉语怎么说？(HSK1-HSK9)



#### 学习指南与核心词汇解析

### 1. 本期简介 (Episode Overview)

“自我介绍”是中文学习者的第一课，但也是伴随一生的功课。在 HSK 3.0 的新标准下，从简单的“我是谁”到深刻的“行事哲学”，不同等级的表达有着天壤之别。本期节目中，阿松和阿竹将亲自示范从初等（1-3 级）、中等（4-6 级）到高等（7-9 级）的三种自我介绍版本。我们将带你拆解这些表达背后的逻辑差异，教你如何通过升级句式和词汇，让你的“中文名片”从一张基础的信息卡片变成一份富有底蕴的人生格言。

"Self-introduction" is the very first lesson for Chinese learners, yet it remains a lifelong challenge. Under the new HSK 3.0 standards, expressions vary immensely, from a simple "Who am I" to a profound "Philosophy of Life." In this episode, Asong and Azhu demonstrate three versions of self-introduction across Elementary (Levels 1-3), Intermediate (Levels 4-6), and Advanced (Levels 7-9). We will break down the logical differences behind these expressions and show you how to upgrade your sentence structures and vocabulary, turning your "Chinese business card" from a basic info tag into a meaningful life motto.

### 2. 核心语言结构与等级解析 (Core Language Structures & Level Analysis)

#### 【初等阶梯 Elementary: HSK 1-3】关键词：基础事实 (Basic Facts)

#### 1) 是(shì) To be / 有(yǒu) To have

我是奥地利人；我家有三口人。

*I am Austrian; there are three people in my family.*

#### 2) 比(bǐ) (Compared) to / than

我比我太太更喜欢运动。

*I like sports more than my wife does.*

#### 3) 因为……所以……(yīnwèi... suǒyǐ...) Because... therefore...

因为我喜欢中国文化，所以我每天认真学习汉语。

*Because I like Chinese culture, therefore I study Chinese very hard every day.*

#### 4) 从……到……(cóng... dào...) From... to...

从2010年到现在我教汉语，希望我们能成为好朋友！  
*I have been teaching Chinese from 2010 until now. I hope we can become good friends!*

**【中等阶梯 Intermediate: HSK 4-6】 关键词：逻辑关联 (Logical Connection)**

- 5) 不仅……而且…… (bùjǐn... érqiě...) Not only... but also...

我不仅是你的语言老师，而且是你的文化向导。  
*I am not only your language teacher, but also your cultural guide.*

- 6) 除了……还…… (chúle... hái...) Besides... also..

除了追求知识的深度以外，我还注重表达的实用性。  
*Besides pursuing the depth of knowledge, I also focus on the practicality of expression.*

- 7) 对我来说/对我而言 (duì wǒ lái shuō / duì wǒ ér yán) As for me / To me / From my perspective...

对我来说，帮助大家通过语言了解中国文化就是我的职业理想。  
*To me, helping people understand Chinese culture through language is my professional aspiration.*

- 8) 既……又…… (jì... yòu...) Both... and... / As well as

我既热爱挑战，又非常有自信心。  
*I both love challenges and possess strong self-confidence.*

- 9) 无论……都…… (wúlùn... dōu...) No matter... / Regardless of

无论在学习中遇到多大的困难，我都会通过运动来缓解压力。  
*No matter how difficult my studies get, I always relieve stress through exercise.*

**【高等阶梯 Advanced: HSK 7-9】 关键词：理念与哲学 (Ethos & Philosophy)**

- 10) 与其说……不如说…… (yǔqí shuō... bùrú shuō...) Rather than saying... it is more like.....

与其说我是在学习语言，不如说是在提升自我，打磨心性。  
*Rather than saying I'm learning a language, it's more accurate to say I'm improving myself and refining my character.*

- 11) 莫过于…… (mò guò yú...) Nothing is more... than... / Nothing beats...

人生最大的成就感莫过于在不断的探索中实现突破。  
*Nothing brings greater fulfillment in life than achieving breakthroughs through relentless exploration.*

12) 凡……必/都/均…… (fán... bì/dōu/jūn...) All who / Whenever... (must/always)...

凡从事文化传播者，必先修其身，正其心。

*All those who engage in cultural communication must first cultivate their character and rectify their heart.*

### 3. 任务与思考 (Tasks and Reflections)

1) 试着把你最常说的一句介绍进行“阶梯式升级”。

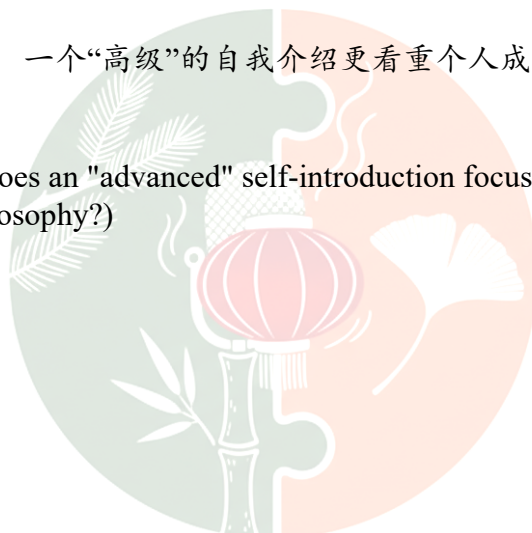
(Try to take one sentence you frequently use in introductions and "upgrade" it step-by-step.)

2) 你觉得在不同场合（如：面试、相亲、邻居寒暄）的自我介绍有什么区别？为什么？

(In your opinion, what are the differences between self-introductions in different settings e.g., job interviews, blind dates, or casual chats with neighbors? Why?)

3) 在你的母语文化中，一个“高级”的自我介绍更看重个人成就，还是更看重人生哲学？

(In your native culture, does an "advanced" self-introduction focus more on individual achievements or life philosophy?)



阿松的小 Tips:

*Don't use HSK 9 in a supermarket, or your neighbor might think you're a philosopher from the Tang Dynasty!*