

商洛学院课程思政案例库

课程名称：大学英语 1

负 责 人：冯 丽 君

编著时间：2022 年 5 月

前言

《大学英语 1》是一门公共必修课，授课的对象是全校非英语专业（文史类）大一学生，授课的教材是《全新版大学进阶英语 综合教程》第一、二册共八单元。该教材的主题基本切合时代，选取当前国内外社会现实和生活中重大事件作为单元教学主题，缺点是个别课文的选材经典性不足，语言知识点融入不够。针对教材的不足，结合学校课程思政教学的要求，我们根据单元主题深入挖掘课程思政元素和思政素材，精心编写了这部《大学英语 1》课程思政案例库。

该案例库的编写框架主要围绕单元内容凝练了追逐梦想、成长成才、自信友善、政治科技、节约用水、网络互联、绿色生活、家国情怀等八个主题，每个主题下有 8 个思政案例，共 64 个案例供教师选用。教师根据授课计划将思政案例有机融入课程教学全过程，在加强英语语言知识学习和提升学生自主学习能力的过程中，引领学生树立正确的价值观和人生观，从而实现“全人教育”。

北京外国语大学张威教授和商洛学院王正良教授对该案例库的编写进行了全面审核，并给与了高度评价。张威教授认为该案例库选材紧跟时代，案例经典、图文并茂，注重知识传授、能力培养和价值塑造相统一。王正良教授认为该案例库内容符合英语语言学习和思政教学目标，是《大学英语 1》课程思政教学非常有价值的参考资料。

编者

2022 年 5 月

案例编号	20020001-001
案例标题	中国梦
案例来源	自编
内容简介	“中国梦”包括国家富强、民族振兴、人民幸福三个层面，落脚点是“人民幸福”。全国各族人民是实现“中国梦”的主体力量，“中国梦”归根到底是人民的梦，是社会主义的强国富民之梦。
关键词	中国梦
编写时间	2022-3-10
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	掌握中国梦的内涵及其相关英文表达，为实现中国梦而努力奋斗。
素材长度	1064 字符；视频 3 分钟
案例正文	The Pursuit of the Chinese Dreams  What is Chinese Dream? The Chinese Dream, after all, is the dream of the people. So how are President Xi and the CPC helping people? From 2012 to the end of this year, the number of people lifted out poverty is expected to top 66 million. This is an amazing feat. China has lifted more people out of poverty than any other country in the last 5 years. Another priority in the realization of the Chinese Dream is innovation. China is building a strong culture of innovation and entrepreneurship with a focus on Made in China 2025.



President Xi is also concerned about China's environmental protection. Since 2012 the government's battle against pollution has intensified and more residents have become involved in protection efforts. From poverty alleviation to environmental protection, China is striving for a great rejuvenation of the Chinese nation, and this is all part of the Chinese Dream.



中国梦核心术语的英文表达:

民族复兴: **Rejuvenation of the Nation**

国家富强: **A Prosperous and Strong Country**

人民幸福: **Well-being of the People**

社会和谐: **Harmony of the Society**

(思政内容融入方式: 课堂导入、课后练习题等)

分析评价

本案例内容经典、图文并茂,注重知识传授、能力培养和价值塑造相统一,符合英语语言学习和思政教学目标,是一个优秀的思政教学案例。

评价者

张威、教授、北京外国语大学
王正良、教授、商洛学院

案例编号	20020001-002
案例标题	中国梦 VS. 美国梦
案例来源	自编
内容简介	“中国梦”与“美国梦”在路径选择、概念内涵等方面有着本质区别：美国梦是资本主义社会个人价值实现的梦；而“中国梦”归根到底是人民的梦，是社会主义的强国富民之梦，是对“美国梦”的超越。
关键词	中国梦；美国梦；价值观
编写时间	2022-3-12
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、网址等
育人主题	了解中国梦和美国梦的本质区别，增加制度自信和文化自信。
素材长度	1084 字符
案例正文	Chinese Dream vs. American Dream   “中国梦”与“美国梦”的本质区别 共产党员网 (12371.cn) 讲到“中国梦”，不免会联想到“美国梦”。“中国梦”与“美国梦”两者有着本质区别。这可以从以下几个方面来理解： 从路径选择上讲，美国走的是资本主义道路。我们走的是中国特色社会主义道路，弘扬中国精神，凝聚中国力量，具有鲜明的中国特色中国风格中国气派。 从概念内涵上讲，“美国梦”主要以自由、繁荣为标签，宣称一个人无论什么背景，只要来到北美新大陆，通过个人奋斗，就可以实现自己的梦想。但这经不起时间和事实的检验。美国直至建国 87 年后才废除奴隶制，随后又长期推行种族歧视。现在种族藩篱消除了，但阶级阶层的鸿沟依然存在，不断扩大的贫富差距使越来越多的人感到“美国梦”十分虚幻。中华民族伟大复兴的“中国梦”

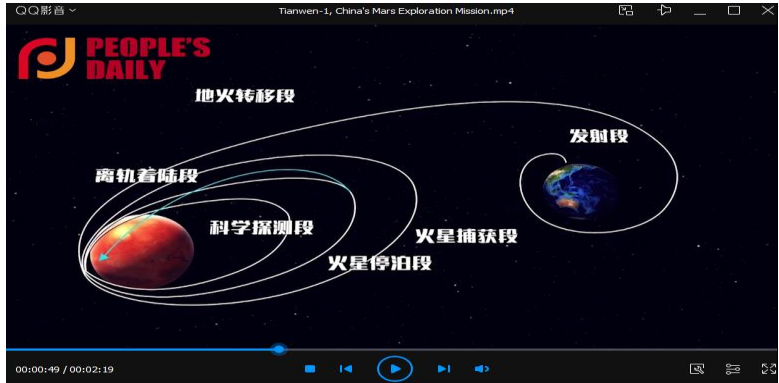
	包括国家富强、民族振兴、人民幸福三个层面，落脚点是“人民幸福”。全国各族人民是实现“中国梦”的主体力量，也是实现“中国梦”的直接受益者。因此，“中国梦”归根到底是人民的梦，是社会主义的强国富民之梦，是对“美国梦”的超越。提出“中国梦”的概念，是自信和实力的体现，吹响了民族复兴伟大征程上新的进军号角，令人心潮激荡豪情满怀。 习近平主席所说的中国梦其实就是中华民族的百年图强之梦，就是中国人要努力摆脱近代以来积贫积弱的民族生存状态之梦。中国梦首先是集合式的整体观念，是一种群体诉求和集体式愿景。这一点与美国梦中的个人主义价值观有着很大区别。 中国梦的价值追求（百分比） <table><tr><td>52.8</td><td>机会</td></tr><tr><td>38.3</td><td>财富</td></tr><tr><td>33.9</td><td>成就感</td></tr><tr><td>30.1</td><td>快乐</td></tr><tr><td>29.1</td><td>物质满足</td></tr><tr><td>26.8</td><td>求变</td></tr><tr><td>25.2</td><td>进取</td></tr><tr><td>17.4</td><td>卓越</td></tr><tr><td>15.7</td><td>知识</td></tr><tr><td>9.0</td><td>名声</td></tr></table> 美国梦的价值追求(四级量表) <table><tr><td>3.47</td></tr><tr><td>2.60</td></tr><tr><td>2.53</td></tr><tr><td>3.68</td></tr><tr><td>3.57</td></tr><tr><td>3.24</td></tr><tr><td>3.19</td></tr><tr><td>2.76</td></tr><tr><td>3.32</td></tr><tr><td>1.79</td></tr></table> 中国梦归根到底还是中国公众追求幸福之梦。在中国，任何一个政党和任何一个政治领导人，其所追求的兴国强国的施政结果最终都要由国民的幸福感受来判定。在这一点上，中国梦与美国梦又有了目标的趋同性和路径上的殊途同归。 从动态或趋势上讲，“美国梦”早已褪去其耀眼光环，缺少新内涵和活力，缺乏可持续性。我国则持续保持着强劲发展势头，中国社会充满生机和活力，“中国梦”正一步步地从理想变为现实。 （思政内容融入方式：课后调研、思辨讨论等）	52.8	机会	38.3	财富	33.9	成就感	30.1	快乐	29.1	物质满足	26.8	求变	25.2	进取	17.4	卓越	15.7	知识	9.0	名声	3.47	2.60	2.53	3.68	3.57	3.24	3.19	2.76	3.32	1.79
52.8	机会																														
38.3	财富																														
33.9	成就感																														
30.1	快乐																														
29.1	物质满足																														
26.8	求变																														
25.2	进取																														
17.4	卓越																														
15.7	知识																														
9.0	名声																														
3.47																															
2.60																															
2.53																															
3.68																															
3.57																															
3.24																															
3.19																															
2.76																															
3.32																															
1.79																															
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。																														
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院																														

案例编号	20020001-0003
案例标题	“美国梦”正在变成“中国梦”
案例来源	自编
内容简介	17-19 世纪是欧洲人掌握领导权，20 世纪则是美国人。然而，二十一世纪以来全球权力重心现在显然正持续向亚洲方向偏移，中国在世界的影响力越来越大。“美国梦”正在变成“中国梦”。
关键词	中国地位；中国影响力
编写时间	2022-3-12
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解中国在世界发展中的地位和影响力，增强中国道路自信。
素材长度	2011 字符
案例正文	“美国梦”正在变成“中国梦” “American Dream” Is Becoming “Chinese Dream”  1. 中国在短短几十年里，从世界上最贫穷的国家之一崛起为世界最大贸易强国和按购买力平价计算的全球第一大经济体，这在世界历史上是绝无仅有的。 In just a few decades, China has risen from one of the poorest countries on earth to the world's largest trading power and the largest economy in terms of purchasing power parity, which is unique in world history. 2. 西方不再能独自决定游戏规则，尽管这在过去数百年中是理所当然的。17 世纪至 19 世纪是欧洲人掌握领导权，20 世纪则是美国人。然而，全球权力重心现在显然正持续向亚洲方向偏移，其中心是中国。“美国梦”正在变成“中国梦”。 The West can no longer decide the rules of the game on its own, although this has been taken for granted over the past few hundred years. From the 17th to the 19th century, the Europeans took the lead,

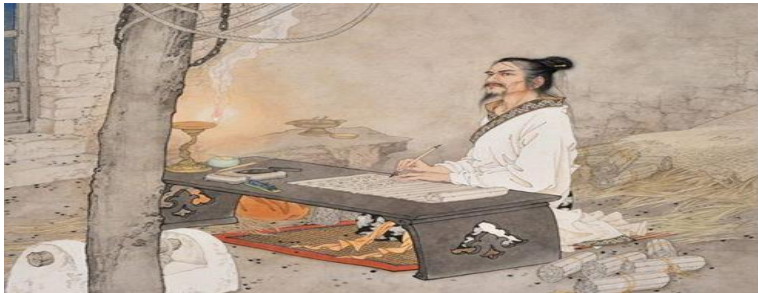
	and in the 20th century Americans did. However, it is now clear that the center of global power is shifting in the direction of Asia, centered on China. The “American Dream” is becoming “Chinese Dream”. 3. 中国无意令其他国家归附，但却谋求一种持久而遍及世界的影响力。 China has no intention of subsuming other countries ,but seeks a lasting and universal influence. 4. 现在，拥有顶尖技术的不再仅仅是西方，控制着最大增长市场的是中国。中国人不仅在电动汽车和高铁领域掌握了技术和增长市场，而且他们的全球政治影响力也大幅提高。 Now, it is no longer just the West that has the top technology. It is China that controls the biggest growth market. Not only have Chinese mastered technology and growth markets in the fields of electric vehicles and high-speed rail, but their global political influence has also increased significantly. 5. 一个接一个的亚洲邻国搭上了中国崛起的顺风车。中国也在非洲结交了许多新朋友。美国在亚洲和非洲的重要性日渐式微，欧洲人则在很大程度上远离了世界政治，并忙于自己的事务。 One after another, Asian neighbors have hitched a ride on China's rise. China has also made many new friends in Africa. While the United States is becoming less important in Asia and Africa, 6. 越来越多的亚洲、拉美和非洲新兴国家乐于加入中国倡议。中国要求更多地参与全球事务决策。中国有贯彻自己观念的能力，而这些观念常常与其他新兴国家的观念一致。 A growing number of emerging countries in Asia, Latin America and Africa are happy to join China's initiative. China calls for greater participation in decision-making in global affairs. China has the ability to implement its own ideas, which are often in line with those of other emerging countries. （思政内容融入方式：课外学习、小组学习、课堂讨论等）
分析评价	本案例内容经典，中英结合，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-004
案例标题	习近平：建设强军中国梦
案例来源	自编
内容简介	习近平主席一再强调要建设一个军事强大的国家，军事强大才能保证国家安全，越是害怕打仗越容易被迫打仗。“我们的中国梦是伟大的梦想，就是强国梦，对军队来讲也是强军梦”。
关键词	习近平；中国梦；强军梦
编写时间	2022-3-15
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解国家主席对强国强军的期望；努力学习为国效力。
素材长度	1436 字符；视频 3.56 分钟
案例正文	Building strong military part of Chinese Dream: Xi  Chinese President Xi Jinping has stressed to build a strong country with a strong military. He cares about soldiers' life and expects to strengthen the army. He also knows the missions and responsibilities of soldiers. "Our Chinese Dream is a great dream, which is the dream of a strong nation. As for the army, it is also a dream of building a strong military," said Xi. 

	President Xi Jinping stressed practical efforts to further deepened military-civilian integration to provide impetus and support for realizing the Chinese dream and the dream of building a powerful military. Xi, also general secretary of the Communist Party of China (CPC) Central Committee and chairman of the Central Military Commission, made the remarks when attending a plenary meeting of the delegation of People's Liberation Army and armed police at the ongoing session of the 13th National People's Congress, the national legislature. “Implementing the strategy of military-civilian integration is a prerequisite for building integrated national strategies and strategic capabilities and for realizing the Party's goal of building a strong military in the new era,” Xi said. He called for efforts to promote military development featuring higher quality, efficiency, and scientific and technological levels. Highlighting coordinated sci-tech innovation in key areas between the military and civilian sectors, Xi asked related parties to promote integrated reasoning and implementation on key sci-tech projects and race to occupy the strategic high ground in terms of sci-tech innovation. (思政内容融入方式：课堂导入或课后自主学习等))
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-005
案例标题	天问一号火星探索梦想实现
案例来源	自编
内容简介	介绍天问一号探索火星的使命。2021年5月15日7时18分，天问一号探测器成功着陆于火星预选着陆区，我国首次火星探测任务着陆火星取得成功，同时也成为历史上第二个成功着陆火星的国家。
关键词	天问一号；火星探索；航天梦
编写时间	2022-3-15
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解中国的航天梦之天问一号火星探索任务，增强科技自信
素材长度	2295 字符; 视频 2: 19 分钟
案例正文	Tianwen-1, China's Mars Exploration Mission  Mars is the fourth planet from the sun. It has the most similar physical and chemical features as Earth. The farthest distance between the Earth and Mars is about 400 million kilometers, and the nearest about 56 million kilometers. Based on the orbit Mars is traveling and the capability of mankind, only one launch window is open for Mars every 26 months. Human beings have achieved Mars fly-bys, orbiting, landing, and patrol exploration. Few spacecraft can land and carry out patrols on Mars. China's Mars exploration plan aims to achieve three goals – to finish Mars orbiting, landing, and patrols – in one mission. China eyes to launch first Mars probe this year. There are 6 steps for the Mars probe to go from Earth to Mars: to launch the spacecraft,

	to finish the Earth-Mars transfer, to get the spacecraft caught by Mars, to enter an orbit, to land on Mars, and finally, to carry out scientific research. China's Mars probe will be sent into the Earth-Mars transfer orbit by the Long March-5 Y4 rocket from the Wenchang Spacecraft Launch Site. This is also the first time the Long March-5 Carrier will carry out a practical mission. In the Earth-Mars transfer period, the probe will separate from the launch vehicle. The solar panels and directional antennas on the probe will operate. The Earth-Mars transfer phase will take around 7 months. Then the probe will enter Mars' gravitational pull and orbit around Mars. The spacecraft will orbit Mars before it enters into the parking phase. The probe will start exploring the landing site above the landing area. Then it leaves the orbit and lands on Mars. The lander and the rover separate from the orbiter. They enter Mars' atmosphere and land on the planet. The orbiter will continue to provide communication support during the landing phase. After landing, the rover will separate from the lander to carry out the Mars patrol exploration. While this is going on, the orbiter will turn to the global remote sensing of Mars from space while continuing to provide communication to the rover. Every step counts during the long flight. This is an unusual space travel undertaking of China's dream to explore the planets. To the stars and beyond! Go for it, Tianwen-1! (思政内容融入方式: 课外自主学习等)
分析评价	本案例内容经典、图文并茂, 注重知识传授、能力培养和价值塑造相统一, 符合英语语言学习和思政教学目标, 是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-006
案例标题	追梦人的故事
案例来源	自编
内容简介	司马迁在艰难环境下坚持完成《史记》的编撰工作；阿炳穷困潦倒，双目失明，仍然坚持自己的音乐梦想；华罗庚坚持追求自己的数学梦，学成回国为国家的发展做贡献，他们都是追梦者！
关键词	追梦人；司马迁；阿炳；华罗庚
编写时间	2022-3-16
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	学习司马迁、阿炳和华罗庚的追梦精神，为自己梦想而努力。
素材长度	1300 字符
案例正文	Dream Chasers 1. 司马迁 Sima Qian  He's Sima Qian, a great historian in the Han Dynasty. He compiled a book named <i>Shiji</i> despite his physical and mental suffering, recording a history of more than 3000 years in China. 他是司马迁,汉代伟大的历史学家。尽管他因故身心备受折磨,但他坚持完成了史记的编撰工作,记录了中国长达 3000 多年的历史。 2. 阿炳 Abing  Er quan ying yue is a score of erhu music, composed by a blind

	folk musician Hua Yanjun, also called A Bing. It's a beautiful melody and has a touching story behind it. Living in poverty with blindness, he played music as a street musician. 《二泉映月》是一首二胡乐曲，是由盲人民间音乐家华彦钧（俗称阿炳）创作的。《二泉映月》旋律美妙，故事动人。阿炳穷困潦倒，双目失明，只能靠街头卖艺为生。 A Bing loved music throughout his life. To westerners, he's the "Beethoven of China" and his music, the "Chinese Fate Symphony". 阿炳一生酷爱音乐，西方人称阿炳和他的音乐为“中国的贝多芬！中国的《命运》！” 3. 华罗庚 Hua Luogeng Hua Luogeng, partially paralyzed in his early 20s, was the founder and pioneer of many fields in mathematics research. His book entitled <i>Cumulative Prime Number Theory</i> has been influential to many subsequent number theorists in China, including Chén Jǐngrùn. 华罗庚 20 岁出头时得了偏瘫。他是中国数学诸多领域研究的创始人和开拓者。他的《堆垒素数论》影响了中国后来的很多数论家，包括陈景润。 Studying once at Cambridge University for two years, Huá Luógēng was given 'full professor' at Cambridge, though later, he came back to Tīnghuá University. 华罗庚曾在英国剑桥大学学习。尽管被聘为剑桥大学全职教授，但他毅然决然回到清华大学。 （思政内容融入方式：课堂导入或课后翻译、写作题等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-007
案例标题	轮椅上的追梦人张海迪
案例来源	自编
内容简介	张海迪从小就患病高位截瘫，但她身残志坚，始终保持积极向上的人生态度和不懈的努力。她被誉为中国“八十年代新雷锋”，是西方人眼中的“海伦凯勒”和“当代保尔”。
关键词	张海迪；身残志坚
编写时间	2022-3-16
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	以张海迪为榜样，始终保持积极向上的人生态度和不懈的努力。
素材长度	1000 字符；视频 3 分钟
案例正文	轮椅上的追梦人：张海迪   Zhang Haidi may be an unfamiliar name to you. She was, however, an idol to the generation of your parents. Being a paraplegic since early childhood, she never gave up her dreams. She was honored as the “Lei Feng of the 80s” in China, and the Helen Keller and the Pavel Korchagin of China, in western countries. 张海迪，对你们来说也许是个陌生的名字，然而她却是你们父母一代人心中的偶像。从孩提时她就患上了高位截瘫。她被誉为中国“八十年代新雷锋”，是西方人眼中的“海伦凯勒”和“当代保尔”。 Zhang Haidi has learned multiple foreign languages by herself. Jilin University awarded her a master's degree in philosophy. The

	University of York awarded her an honorary doctorate degree. 她自学多门外语。吉林大学授予她哲学硕士学位。约克大学授予她荣誉博士学位。 She's now a Chinese writer, translator, and speaker. She's also chairwoman of China Administration of Sports for Persons with Disabilities. Her persistent efforts and positive attitude toward life have led to all these achievements. 她现在是中国的作家、翻译家、励志演说家，并担任中国残疾人体育运动管理中心主席。这一切都归功于她不懈的努力和积极向上的人生态度。 张海德： 即使翅膀断了 心也要飞翔 5岁的时候，张海迪因患脊髓血管瘤造成高位截瘫，但她身残志坚，勤奋学习，热心助人，被誉为“当代保尔”。在残酷的命运挑战面前，张海迪没有沮丧和沉沦，她以顽强的毅力和恒心与疾病做斗争，经受了严峻的考验，对人生充满了信心。 （思政内容融入方式：课堂讨论、课后练习题等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-008
案例标题	邰丽华与“千手观音”
案例来源	自编
内容简介	我们都被优美动人的舞蹈“千手观音”深深震撼，但很少有人知道：邰丽华，这支舞蹈的领舞者，一个美丽的女孩，在两岁时就丧失了听觉。在艺术上所取得的成功正是中国文化、人文精神和社会和谐的体现。
关键词	邰丽华；千手观音
编写时间	2022-3-18
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	感受中国文化和艺术的伟大；学习邰丽华追求梦想的精神
素材长度	1000 字符；视频 5.56 分钟
案例正文	Tai Lihua & “Thousand-handed Goddess of Mercy” 邰丽华与“千手观音”  Many of us are most impressed by the fantastic performance “Thousand-handed Goddess of Mercy”. But do you know the beautiful girl, Tai Lihua, the lead dancer became a deaf-mute at the age of two? 我们都被优美动人的舞蹈“千手观音”深深震撼，但你是否知道：邰丽华，这支舞蹈的领舞者，一个美丽的女孩，在两岁时就丧失了听觉？

	It has been the beating of the drum that helped her to “hear” the world. This is the most beautiful sound in the world to her. Currently, she is the only Chinese dancer to have performed both at Carnegie Hall in New York and La Scala in Milan. She attributes their success to their dreams in an expression of the “Chinese culture, human spirit and social harmony”. 是鼓的敲击震动让她“听见”了这个世界，对她而言，这就是人世间最动听的“声音”。目前，她是登上纽约卡内基音乐厅及米兰斯卡拉大剧院舞台演出的唯一的中国舞者。 She attributes their success to their dreams in an expression of the Chinese culture, human spirit and social harmony”. 她认为作为特殊群体的她们，在艺术上所取得的成功正是中国文化、人文精神和社会和谐的体现。  （思政内容融入方式：课外学习、小组学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-009
案例标题	习近平主席寄语大学生
案例来源	自编
内容简介	习近平主席希望大学生能珍惜大学时光，勤于学习、敏于求知，注重把所学知识内化于心，形成自己的见解，既要专攻博览，又要关心国家、关心人民、关心世界，学会担当社会责任。
关键词	大学生；珍惜时光；承担责任
编写时间	2022-3-20
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解习近平主席对大学生的期望；珍惜时光，不负韶华。
素材长度	1336 字符
案例正文	习近平主席对大学生的寄语  大学的青春时光，人生只有一次，应该好好珍惜。为学之要贵在勤奋、贵在钻研、贵在有恒。鲁迅先生说过：“哪里有天才，我是把别人喝咖啡的工夫都用在工作上的。”大学阶段，“恰同学少年，风华正茂”，有老师指点，有同学切磋，有浩瀚的书籍引路，可以心无旁骛求知问学。此时不努力，更待何时？要勤于学习、敏于求知，注重把所学知识内化于心，形成自己的见解，既要专攻博览，又要关心国家、关心人民、关心世界，学会担当社会责任。 译文： A person enjoys only once the youthful days at college, so you should cherish them. To acquire knowledge, one has to study diligently,

	intensively and persistently. Lu Xun once said, “Who said I’m a genius? I spent all my time working when others were sipping coffee.” In college days, “Young we were, schoolmates, at life’s full flowering.” One can totally throw oneself into seeking knowledge without any distractions, learning from teachers, exchanging views with classmates and rummaging through piles of books. So there is no reason not to study hard. Work hard, acquire more knowledge and turn what you have learned into your own views and ideas. I hope that you will not only concentrate on book knowledge but also care about the people, the country and the world, and assume your responsibility for society. 习近平寄语：我们对中国建设国际一流大学、培养国际一流人才充满自信。我们的胸襟是开放的，包容并蓄。幸福不是从天降，中国人民取得的成就是很了不起的，不要妄自菲薄，同时要自强不息。年青人在学校要心无旁骛，学成文武艺，报效祖国和人民，报效中华民族。同学们好好学吧！ —2016 年 4 月 26 日考察中国科技大学 “同学们正处在人生的黄金时期，不仅要有求学求知的热情，而且要有心系国家、心系特区的担当，做到知行合一、学以致用。” 习近平寄语：同学们正处在人生的黄金时期，不仅要有求学求知的热情，而且要有心系国家、心系特区的担当，做到知行合一、学以致用，为将来走上社会，投身特区和国家建设做好思想品德、学识修养、能力才干等多方面的储备。 （思政内容融入方式：课堂导入、课后翻译练习等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-010
案例标题	习近平主席对年轻人的期望
案例来源	自编
内容简介	新时代的中国青年是好样的，是堪当大任的！希望你们珍惜韶华、奋发有为，为实现中国梦奉献智慧和力量。
关键词	习近平；青年人；期望
编写时间	2022-3-21
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解国家主席习近平对青年人的殷切期望；奋发努力，不负重托。
素材长度	1615 字符
案例正文	习近平主席对青年人的期望选读  1、希望越来越多的青年人以你们为榜样，到基层和人民中去建功立业，让青春之花绽放在祖国最需要的地方，在实现中国梦的伟大实践中书写别样的人生。 I hope that more young people will follow your steps to establish educational careers at the grassroots level, blossom in the places where you are most needed, and live a splendid life while turning the Chinese Dream into reality. 2、祖国和香港的未来，寄托在年轻一代身上。希望你们读万卷书、行万里路,多学点历史，多了解点国情，开阔视野，增长见识，锤炼本领，早日成才，以实际行动服务香港、报效国家。 I hope that you can read and travel more, learn more about history and national conditions, broaden your vision and improve your

	knowledge and ability, so that you can serve Hong Kong and the country with your actions, as the future of the motherland and Hong Kong is counting on the younger generation. 3、只有把人生理想融入国家和民族的事业中，才能最终成就一番事业。希望你们珍惜韶华、奋发有为，为实现中国梦奉献智慧和力量。 Only by integrating individual dreams to the national cause can one finally make great achievement. I hope that you will cherish the glorious youth, strive with pioneer spirit and contribute your wisdom and energy to the realization of the Chinese dream. 4、希望你们弘扬奉献、友爱、互助、进步的志愿精神，坚持与祖国同行、为人民奉献，以青春梦想、实际行动为实现中国梦做出新的更大的贡献。 I hope that you would carry forward the volunteer spirit of dedication, love, mutual aid and progress, go along with your motherland, serve the people, and make greater contributions through your actions, as well as youthful dreams for the realization of the Chinese dream of national rejuvenation. 5、青年最富有朝气，最富有梦想，是未来的领导者和建设者。新时代的中国青年是好样的，是堪当大任的！ Filled with vigor and full of dreams, young people are the leaders and creators of the future. Youth of the new era have demonstrated that they can be entrusted with great missions. （思政内容融入方式：课外学习、课后翻译练习等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-011
案例标题	习近平谈大学教育
案例来源	自编
内容简介	习近平主席在很多场合下谈过他对大学教育的观点，包括如何建设世界一流大学，到大学生如何充实地度过大学校园生活等。
关键词	习近平；大学教育；大学生活
编写时间	2022-3-21
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、网址等
育人主题	牢记习近平主席对大学生的期望和要求，争做新时代优秀大学生。
素材长度	1931 字符
案例正文	Xi Focus-Quotable Quotes: Xi Jinping on Higher Education  President Xi Jinping sits with students, listening attentively and joining their discussions, at a smart classroom for ideological-political courses during a visit to Renmin University of China in Beijing. President Xi Jinping has on many occasions shared his insights on higher education, from building world-class universities to suggestions on how to spend the years on campus. The following are some highlights of Xi's remarks. -- University is a place not just for academic studies but for seeking truth. -- China, with its unique history, distinctive culture and special national context, cannot blindly follow others or simply copy foreign

	standards and models to build world-class universities of its own. Instead, the country must proceed from its realities and blaze a new path to building world-class universities with Chinese characteristics. -- We should support qualified colleges and universities in their efforts to grow into leading institutions. But we should not place them in a hierarchy, rather we should encourage each college or university to highlight its own strengths and strive to build first-class disciplines and facilities. -- For China to build world-class socialist universities with Chinese characteristics and to cultivate the next generation of socialists, there must be world-class professors. -- Young people are in the prime time of learning. You should regard learning as a top priority, a responsibility, a moral support and a lifestyle. You should establish a conviction that dreams start from learning and career success depends on competence. You should make assiduous learning a driving force and competence building a resource for your youthful endeavors. -- I hope that you will not only concentrate on book knowledge but also care about the people, the country and the world, and assume your responsibility for society. Xi Focus-Quotable Quotes: Xi Jinping on higher education - Chinadaily.com.cn （思政内容融入方式：课外学习、小组讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-012
案例标题	中国首位太空漫步的女宇航员——王亚平
案例来源	自编
内容简介	王亚平 2021 年 10 月-2022 年 4 月，执行神舟十三号任务，历时 183 天，成为我国首位太空漫步的女航天员、我国第一个进驻中国空间站的女航天员、首位两次飞天的中国女航天员、迄今为止在太空驻留时间最长的中国航天员，共进行了三次太空授课。
关键词	王亚平；女宇航员；航天
编写时间	2022-3-22
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解中国航天女英雄王亚平，树立为国争光理想，增加制度自信。
素材长度	1191 字符
案例正文	Wang Yaping: China's First Woman Spacewalker   China's Shenzhou-13 astronaut Wang Yaping made her first appearance after safely landing on Earth on Saturday. She is the first woman to live aboard the Tianhe space station and the first Chinese woman ever to conduct a spacewalk. Wang Yaping is used to making history. She became the second woman from China to enter space, on June 11, 2013, and the first woman to enter the core module of China's space station, Tianhe, on October 16, 2021. She also became the first woman from China to teach students from space, on June 20, 2013. On November 7 this year, Wang made history again — she became the first Chinese woman to perform an extravehicular activity in space. That event marked a new height in China's manned space program, and it marked a new achievement in Chinese women's development.

	Three Chinese taikonauts, onboard the Shenzhou-13 spaceship, entered the core module of the country's space station, Tianhe, on October 16. Zhai Zhigang, Wang and Ye Guangfu became the second crew to enter China's space station. They will stay in orbit for six months, the longest stay in space by Chinese taikonauts. Catherine Coleman, the former NASA (National Aeronautics and Space Administration) astronaut who spent six months (December 2010 to May 2011) on the International Space Station, sent a video congratulatory message to Wang. Coleman said, "When you look out the window and you see the stars and the Earth, billions of women will be looking out that window with you, including me." As a result of Wang's mission, the number of women who have walked in space increased. Prior to Wang's mission, 15 women had participated in 42 spacewalks since 1984.  王亚平 2013 年 6 月执行神舟十号任务，历时 15 天，成为我国首位太空教师。2021 年 10 月-2022 年 4 月，执行神舟十三号任务，历时 183 天，成为我国首位太空漫步的女航天员、我国第一个进驻中国空间站的女航天员、首位两次飞天的中国女航天员、迄今为止在太空驻留时间最长的中国航天员，共进行了三次太空授课。 （思政内容融入方式：课堂导入，口语或写作练习等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-013
案例标题	流浪女孩的哈佛之路
案例来源	自编
内容简介	《风雨哈佛路》是美国一部催人警醒的励志电影。影片介绍了一位生长在纽约的女孩丽兹（Liz）经历人生的艰辛和辛酸，凭借自己的努力，最终走进了最高学府的经历。贫困并没有止住丽兹前进的决心，在她的人生里面，勇往直前的奋斗是永恒主题。
关键词	风雨哈佛路；决心；勇往直前
编写时间	2022-3-22
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	学习丽兹不畏艰难和贫困、勇往直前的奋斗精神。
素材长度	1132 字符
案例正文	<i>Homeless to Harvard</i> 风雨哈佛路  <i>Homeless to Harvard</i> was based on a true story. Liz Murray's parents took drugs, and when she was 15 years old, her mother died of AIDS and her father was sent to the shelter. Liz had to depend on herself to live on, living in the slums and even begging for food. But she never lost heart because she knew there was a better world waiting for her. Through her hard work, Liz finished her high school with excellent grades and was admitted to Harvard University. And she also succeeded in winning the scholarship provided by <i>The New York Times</i> and got a job there. Liz changed her life through her own efforts.

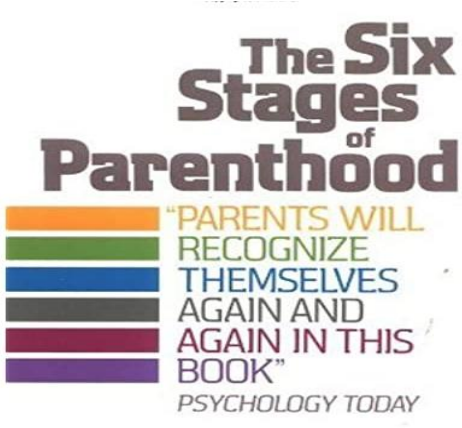
	 《风雨哈佛路》（Homeless to Harvard: The Liz Murray Story）是美国一部催人警醒的励志电影。影片由 Peter Levi 执导，索拉·伯奇（Thora Birch）、迈克·里雷（Michael Riley）等主演。影片介绍了一位生长在纽约的女孩丽兹（Liz）经历人生的艰辛和辛酸，凭借自己的努力，最终走进了最高学府的经历。影片于 2003 年 4 月 7 日在美国上映。 丽兹（Liz）出生在美国的贫民窟里，从小就开始承受着家庭的千疮百孔，母亲死于艾滋病。父亲进入收容所。贫穷的丽兹需要出去乞讨，和一些朋友流浪在城市的角落，生活的苦难似乎无穷无尽。随着慢慢成长，丽兹知道，只有读书成才方能改变自身命运，走出泥潭般的现况。她用最真诚的态度感动了高中的校长，争取到了读书的机会。然后，丽兹在漫漫的求学路上开始了征程。她一边打工一边上学，用两年时间学完了高中四年的课程。她尝试申请各类奖学金，只有纽约时报的全额奖学金才能让她念完大学，于是她努力并申请到了这份奖学金。影片的最后，她迈着自信的脚步走进了哈佛的学堂。贫困并没有止住丽兹前进的决心，在她的人生里面，勇往直前的奋斗是永恒主题。 （思政内容融入方式：课外学习、小组学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

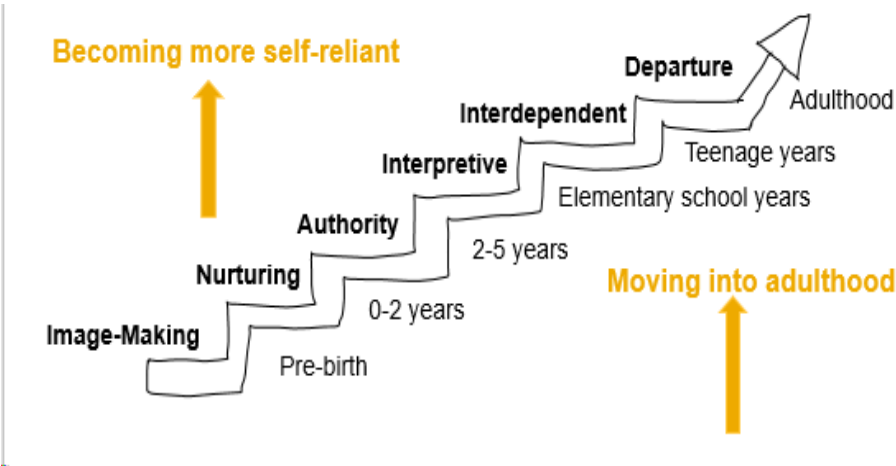
案例编号	20020001-014
案例标题	青年人在抗击新冠疫情中的贡献
案例来源	自编
内容简介	许多青年人奋战在疫情防控一线，不畏艰险、冲锋在前、舍生忘死，彰显了青春的蓬勃力量，交出了合格答卷。广大青年用行动证明，新时代的中国青年是好样的，是堪当大任的！
关键词	青年人；抗击新冠；贡献
编写时间	2022-3-23
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	青年人使命和担当，争做新时代的中国好青年。
素材长度	1636 字符
案例正文	Young People's Contributions in Fight against COVID-19  Among the over 42,000 medical workers who went to assist in epidemic control in Hubei, more than 12,000 were born in the 1990s, some in the latter part of the decade. The young generation, represented by those born in the 1990s, have fully demonstrated how the Chinese youth of the new era are willing to face challenges, assume responsibilities and make dedications. Many young people have made their contributions in the fight against COVID-19. Please tell a story about such a young man who moves you most and explain the reasons. The importance of the contribution of the young generation to the country's growth and development is immense as they are the change

	agent of society. These people can achieve the desired objectives in all  areas through their productive capabilities. The youth of Bangladesh had played significant roles in every crisis of the country including the independence movement. One of the most noteworthy facts is that Bangladesh is the only country in the world which holds 35 per cent of the young people aged between 18-25 years. This is a great opportunity for the government to capitalise on the potentials of these populations. 2020 年 3 月 15 日习近平给北京大学援鄂医疗队全体“90 后”党员的回信中写道： 在新冠肺炎疫情防控斗争中，你们青年人同在一线英勇奋战的广大疫情防控人员一道，不畏艰险、冲锋在前、舍生忘死，彰显了青春的蓬勃力量，交出了合格答卷。广大青年用行动证明，新时代的中国青年是好样的，是堪当大任的！ 译文：Young people and many other front-line workers in the fight against the novel coronavirus outbreak have spearheaded efforts despite difficulties and threats to their lives. It's demonstrated by actions that the Chinese youth of the new era can be entrusted with great missions. （思政内容融入方式：课堂导入、单词学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-015
案例标题	过度保护孩子的父母
案例来源	自编
内容简介	过度保护孩子的父母也被称作“直升机父母”和“铲雪车父母”：指那些过分关注孩子生活中的经历和问题和不遗余力为孩子成长铲除一切障碍的父母。
关键词	过度保护；直升机父母；铲雪车父母
编写时间	2022-3-24
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解过度关注和保护孩子的父母对孩子成长的不利影响。
素材长度	1906 字符
案例正文	Overprotective Parents Overprotective parents who are also called helicopter parents or snowplow parents.  Helicopter parent is a term for a parent who pays extremely close attention to his or her child's or children's experiences and problems, particularly at educational institutions. These parents rush to prevent any harm or failure from befalling them and will not let them learn from their own mistakes, sometimes even contrary to the children's wishes. They are so named because, like helicopters, they hover closely overhead, rarely out of reach, whether their children need them or not. “直升机父母”用来指那些过分关注孩子生活中的经历和问题的父母，他们对孩子的学校生活尤其关注。这些父母不顾一切让孩子远离伤害和失败，也不愿让孩子从错误中吸取经验教训，即使有时候是与孩子的意愿相违背的。他们被称为“直升机父母”就是因为不管孩子是否真的需要，他们像直升飞机一样整天盘旋在孩

	子的身边，时刻等待孩子的召唤。 Snowplow parents are defined as those who constantly force obstacles out of their kids' paths. They have their eye on the future success of their children, and anyone or anything that stands in their way has to be removed.  “铲雪车父母”用来指那些不遗余力为孩子成长铲除一切障碍的父母。他们密切关注孩子未来的成功，帮助孩子清除成功道路上的任何障碍。 Why Is It Harmful to Be Overprotective Parents? 1. Hinder Learning: Overprotective parents will make their children as prisoners in their house. They are unable to experience the world as it is, and as a result they are not able to make independent decisions without looking up to you for answers. 2. Limit Happiness : In most cases, children who have overprotective parents tend to suffer from anxiety and depression as a result of their parents being controlling all over their business. 3. Lower Confidence: Overprotective parents impede your child's opportunity to gain any skills, making them feel as if they are not capable of doing anything right on their own. 4. Inhibit Growth: As a parent, one of your responsibilities is to prepare your children to be independent and responsible adults in future. However, if you are overprotective, you deny them the chance of maturing. (思政内容融入方式：课外学习、单词学习、课堂讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-016
案例标题	做父母的六个阶段
案例来源	自编
内容简介	做父母的经历是很复杂和多样的，作者在经过多年的研究基础上总结出做父母的六个阶段，其实也是一个人从出生到长得成人离开父母的几个阶段。
关键词	父母；独立
编写时间	2022-3-25
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解做父母的六个阶段和自我成长的阶段，理解父母，学会独立。
素材长度	1199 字符
案例正文	The Six Stages of Parenthood  Ellen Galinsky Just as children grow and change as they develop, Ellen Galinsky, a ground-breaking American researcher in child and adult development, asserts that parents grow and change as they move from one stage of parenthood to the next. After researching 228 parents (of 396 children), she traces six distinct stages in the life of a parent in relation to their growing child in her book <i>The Six Stages of Parenthood</i>. According to Galinsky's findings, the experience of parenthood is

	complex and diverse. However, within the diversity, Galinsky was able to identify common threads and similar ways that different parents perceived their experiences as parents. Galinsky traces six distinct stages in the life of a parent in relation to their growing child. 1. Even before the baby is actually out; 2. Between ages 0 and 2; 3. Now that they are in school; 4. That rebellious teenager; 5. When they fly the nest; 6. When the student becomes the master. By taking a look at these different stages, those who work with children and youth in out-of-school programs can gain some insight about parental needs and concerns. A summary of Galinsky's six stages is presented in the following:  (思政内容融入方式：课外学习、小组学习、课堂讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-017
案例标题	四个自信
案例来源	自编
内容简介	四个自信（道路自信、理论自信、制度自信、文化自信） the “Four matters of confidence” (Confidence in the path, theory, system, and culture of socialism with Chinese characteristics)
关键词	道路自信；理论自信；制度自信；文化自信
编写时间	2022-4-1
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解四个自信的内涵和意义，坚定四个自信，掌握其英文表达。
素材长度	1191 字符
案例正文	Four matters of confidence 四个自信  2019 年 3 月 18 日习近平主持召开学校思想政治理论课教师座谈会并发表重要讲话，提出四个自信： 用新时代中国特色社会主义思想铸魂育人，引导学生增强中国特色社会主义道路自信、理论自信、制度自信、文化自信，厚植爱国主义情怀。 The thought on socialism with Chinese characteristics for a new era should be used to educate people and guide students to strengthen their confidence in the path, theory, system, and culture of socialism with Chinese characteristics and to boost patriotism. 道路自信是对中国特色社会主义道路的方向和未来命运的自

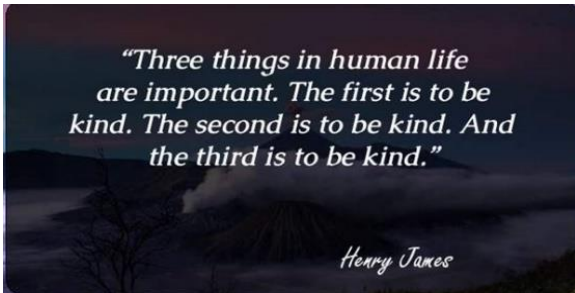
	信; “Confidence in the path” is confidence in the direction of development of socialism with Chinese characteristics and confidence in its future; 理论自信是对中国特色社会主义理论体系的科学性、真理性、正确性的自信; “Confidence in the theory” is confidence in the scientific nature, truth and sound nature of the theory of socialism with Chinese characteristics; 制度自信是对中国特色社会主义制度的先进性和优越性的自信; “Confidence in the system” is confidence in the advanced and superior nature of the system of Chinese socialism; 文化自信是对自身文化价值的充分肯定,是对中国文化生命力的坚定信念。 “Confidence in the culture” is a full affirmation of the value of China’s own culture and a faith in its vitality. 总结: 四个自信 (道路自信、理论自信、制度自信、文化自信) the “Four matters of confidence” (Confidence in the path, theory, system, and culture of socialism with Chinese characteristics) (思政内容融入方式: 翻译练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂,注重知识传授、能力培养和价值塑造相统一,符合英语语言学习和思政教学目标,是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-018
案例标题	中国道路
案例来源	自编
内容简介	每个国家所走的道路，都基于各自文化传统和历史积淀。中国坚持的中国特色社会主义道路，符合中国的国情需要，是中国人民自己的选择。相互尊重、相互欣赏、相互借鉴、相互成就，是中国与西方国家外交关系的态度。
关键词	中国道路；中国人民的选择
编写时间	2022-4-1
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	明确中国特色社会主义道路是中国人民的选择，西方无权干预。
素材长度	2980 字符
案例正文	王毅外长有关“中国道路”的论述 每个国家所走的道路，都基于各自文化传统和历史积淀。中国坚持的中国特色社会主义道路，符合中国的国情需要，是中国人民自己的选择。实践已经证明，这条道路不仅使 14 亿中国人民摆脱了贫困落后，也让中华民族再次为人类进步事业做出了重大贡献。国际民调机构多次民意测验显示，中国人民对中国党和政府的支持都高居全球榜首。任何势力都没有资格去否定其他国家选择的道路，任何国家也都不会按照别人的好恶来改造自己的制度。归根到底，制度和道路是对还是错，应该由本国人民来决定。 Every country takes its development path on the basis of its cultural and historic traditions. China's path of socialism with Chinese characteristics suits its own national conditions, and it is the choice of the Chinese people. Facts have proved that this has been the way out of poverty and backwardness for the 1.4 billion Chinese people, and that it has enabled the Chinese nation to make important contribution again to the progress of mankind. International public opinion surveys have indicated over and again that Chinese people's approval ratings of the Communist Party of China (CPC) and the government rank the highest worldwide. No one has the right to rebuff the development path of other countries. And no country will remold its own system to the liking of other countries. After all, it should be the people of the country concerned to adjudicate whether their country's choice of system and path is right or not.

	近年来有种论调，称中国道路的成功将对西方造成冲击和威胁。这一说法既不是事实，我们也不认同。因为 5000 年文明孕育的中国从来没有侵略扩张的基因，我们不照搬外国模式，也不输出中国模式，从不要求别国复制中国的做法。2500 年前的中国圣贤就主张：“万物并育而不相害，道并行而不相悖”。这是东方人的处世哲学，至今仍给世人以启迪。美国人民也历来把平等、包容、多元作为不懈追求。这个世界不应非黑即白，制度差异也不应导致零和。中国不会也不可能变成另一个美国。正确的态度是，彼此相互尊重、相互欣赏、相互借鉴、相互成就。改革开放以来，中国从发达国家学到了很多有益经验。同样，中国的一些成功做法也对许多国家解决当下的问题不无启发。在这个丰富多彩的世界中，中美虽然社会制度不同，但完全可以并行不悖，和平共存。 One particular view has been floating around in recent years, alleging that the success of China's path will be a blow and threat to the Western system and path. This claim is inconsistent with facts, and we do not agree with it. Aggression and expansion are never in the genes of the Chinese nation throughout its 5,000 years of history. China does not replicate any model of other countries, nor does it export its own to others. We never ask other countries to copy what we do. More than 2,500 years ago, our forefathers advocated that "All living things can grow in harmony without hurting one another, and different ways can run in parallel without interfering with one another". This is part of the Oriental philosophy, which remains highly relevant today. The American people have long pursued equality, inclusiveness and diversity. China will not, and cannot, be another US. The right approach should be to respect, appreciate, learn from, and reinforce each other. In its reform and opening-up, China has learned a lot of useful experience from developed countries. Likewise, some of China's successful experiences have also been quite relevant for some countries in tackling their current challenges. In this diverse world, China and the US, despite their different social systems, have much to offer each other and could well co-exist peacefully. （思政内容融入方式：课外学习、小组学习、课堂讨论等）
分析评价	本案例内容经典、资料详细，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-019
案例标题	中国一定能战胜疫情
案例来源	自编
内容简介	本案例来自 2020 年 1 月 28 号新华社的一篇特写文章，讲述一位在中国任教的美国人对中国疫情防控感受，中国政府以人为本、生命至上，采取坚定行动抗击疫情，一定会取得胜利。
关键词	疫情；生命至上；牺牲精神
编写时间	2022-4-1
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解中国政府以人为本和医护人员全力抗击疫情的奉献精神
素材长度	2780 字符
案例正文	China will get through it: an American's faith in victory over epidemic  Xinhua February 28, 2020 LANZHOU, Feb. 28 (Xinhua) -- Flying from Miami in the United States to the Chinese city of Lanzhou, Anthony Que brought with him three extra pieces of luggage full of medical supplies. Upon arrival, the 54-year-old American who has been recently hired by Lanzhou University as an English teacher donated all the supplies to the First Hospital of Lanzhou University. Two days before the flight, Que learned from a WeChat group that the hospital was short of medical supplies as it was combating the coronavirus outbreak. He immediately went all over Miami to buy 42 protective suits, 185 medical masks and 300 pairs of surgical gloves. "It will be quite dangerous if doctors are infected," he said. "I can buy my personal clothing anywhere, but it's my top priority to buy as many professional medical masks as possible." Though having been notified by the university that the new

	semester had been postponed due to the epidemic, the American did not change his plan. Instead, he arrived in Lanzhou ahead of schedule. "I'm not scared of the epidemic, and I don't think it's a big deal as long as I follow prevention measures well," he said. Before coming to China, Que worked as a clinical pharmacist. Years of experience in the medical field has made him confident in China's victory against the infectious disease. "I'm familiar with such emergency situations. I made concrete plans before I came here, and I do believe that China will get through it," he said. Upon arriving in Lanzhou, Que was touched by the kind-heartedness of the Chinese. "Seeing me struggling with heavy luggage, passers-by were willing to offer me a hand, even though they knew that they shouldn't get close with strangers during the outbreak," he said. Que was also impressed by China's efforts and determination to defeat the new virus. "People across the country are ready to sacrifice their holiday and rush to the epicenter to join in the battle," he said. "And a hospital was built only in 10 days. I am quite amazed by China's speed." He prepared a set of protective suits for himself and expressed his willingness to be a volunteer in the local hospital. "If the hospital needs help, I would love to offer my service at any time," he said. Holding a medical license, Que said he could do simple medical help such as checking body temperatures and giving injections. Though still under observation at his apartment, Que has already started his lessons. "My colleague would buy me anything I need, and right now I'm busy with my online teaching," he said, adding that he also does indoor exercises every day to keep fit. "It's not the end of the world. For me, it's just a small hiccup during my life journey," he added. （思政内容融入方式：课外学习、小组学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-020
案例标题	有关“善”的名言
案例来源	自编
内容简介	选取中西方经典名言示例，了解中西方人对善（Kindness）的理解。
关键词	善；kindness；名言
编写时间	2022-4-5
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解善的内涵和中西方对善的理解
素材长度	1000 字符
案例正文	中西方关于善（Kindness）的名言  KINDNESS BEGETS KINDNESS EVERMORE NEEDS BEGETS, LIES PICTUREQUOTES.COM Kindness is a language the dumb can speak and the deaf can hear and understand Christian Nestell Bovee PICTUREQUOTES.COM  <i>“Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.”</i> <i>Henry James</i>

	1. 善人者，人亦善之。——春秋 管仲《管子·霸形》 Anyone who befriend others will be befriended. — Translated by Prof. Lu Dongping, LZU 2. 善不可失，恶不可长。——《左传·隐公六年》 Lose not the good, and encourage not the evil. — Translated by Prof. Lu Dongping, LZU 3. 勿以善小而不为，勿以恶小而为之。 ——西晋 陈寿《三国志·蜀书·先主传》 4. Do a petty good; avoid a petty evil. Petty as a good deed is, do it; petty as an evil deed is, avoid it. — Translated by Prof. Lu Dongping, LZU 5. 投我以木瓜，报之以琼琚。 匪报也，永以为好也。 ——《诗经·卫风·木瓜》 Give me an ounce, And I will reward you a pound; Such is not as a return for you, But as a good wish forever. — Translated by Prof. Lu Dongping, LZU (思政内容融入方式：文化思辨、翻译练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-021
案例标题	用爱来拯救我们的世界
案例来源	自编
内容简介	杰昆·菲尼克斯充分利用奥斯卡领奖的机会，站在数以百万计的全球观众面前，向那些有志者且有能力解决性别歧视、种族主义、虐待动物等全球不等问题的人致敬，并敦促那些正在倾听的人互相支持，并用爱来拯救我们的世界。
关键词	杰昆·菲尼克斯；奥斯卡；平等
编写时间	2022-4-5
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	意识到种族主义等不平等问题的存在，并致力于维护平等权利。
素材长度	2136 字符；视频 2.38 分钟
案例正文	Joaquin Phoenix's Oscar speech  电影《小丑》(Joker)的主演杰昆·菲尼克斯(Joaquin Phoenix)接受了 2020 奥斯卡最佳男演员奖，他向观众发表了获奖感言，其主旨在于提高人们对迫在眉睫的全球不平等问题的广泛关注。尽管菲尼克斯并不是唯一一个在种族主义、善待动物和气候变化等问题上提请人们关注的人，但他在权力面前说出真相的勇气，与那些基本保持沉默的流量明星形成了鲜明对比。以下是他的发言： I've been thinking a lot about some of the distressing issues that we are facing collectively. I think at times we feel, or we're made to feel, that we champion different causes. But for me, I see commonality. I think, whether we're talking about gender inequality or racism or

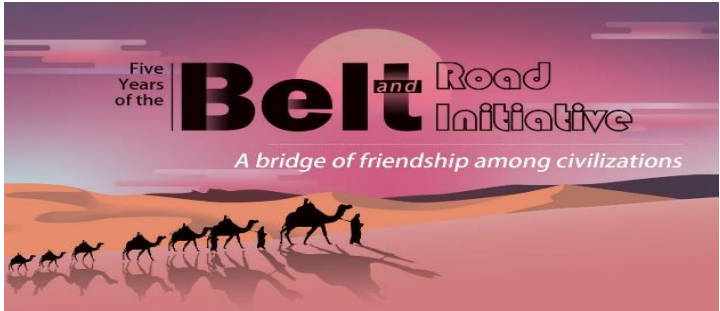
	queer rights or indigenous rights or animal rights, we're talking about the fight against injustice. We're talking about the fight against the belief that one nation, one people, one race, one gender or one species has the right to dominate, control and use and exploit another with impunity. I think that we've become very disconnected from the natural world, and many of us, what we're guilty of is an egocentric world view — the belief that we're the center of the universe. We go into the natural world, and we plunder it for its resources. We feel entitled to artificially inseminate a cow, and when she gives birth, we steal her baby, even though her cries of anguish are unmistakable. Then we take her milk that's intended for her calf, and we put it in our coffee and our cereal. And I think we fear the idea of personal change because we think that we have to sacrifice something, to give something up, but human beings, at our best, are so inventive and creative and ingenious. And I think that when we use love and compassion as our guiding principles, we can create, develop and implement systems of change that are beneficial to all sentient beings and to the environment. Now, I have been, I have been a scoundrel in my life. I've been selfish. I've been cruel at times, hard to work with, and I'm grateful that so many of you in this room have given me a second chance. And I think that's when we're at our best, when we support each other, not when we cancel each other out for past mistakes, but when we help each other to grow, when we educate each other, when we guide each other toward redemption. That is the best of humanity. （思政内容融入方式：课外学习、小组讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-0022
案例标题	中国人民的抗疫决心和行动
案例来源	自编
内容简介	中国人民战胜疫情的决心令人惊叹，中方行动速度之快、规模之大，世所罕见，展示出的中国速度、中国规模、中国效率，显示了中国制度的优势。
关键词	抗疫；最美逆行者；中国速度
编写时间	2022-4-10
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解中国政府 and 人民抗击疫情的决心和行动，增强中国自信。
素材长度	2203 字符
案例正文	中国人民的抗疫决心和行动 Chinese government and people have shown firm resolve in dealing with the epidemic 国务委员兼外交部长 王毅在第 56 届慕尼黑安全会议上的演讲的内容选摘：  正如许多国家领导人所说，中国人民战胜疫情的决心令人惊叹，中方行动速度之快、规模之大，世所罕见，展示出的中国速度、中国规模、中国效率，显示了中国制度的优势。 As many world leaders noted, it is admirable that the Chinese government and people have shown firm resolve in dealing with the epidemic. The high speed and massive scale of China's response are rarely seen in the world. China's speed, scale and efficiency all demonstrate the strengths of China's system. 防范疫情的重点地区在武汉，但武汉并不孤单，因为全中国人民都同武汉和湖北的兄弟姐妹坚定地站在一起。 Wuhan may be the front line in this battle, yet Wuhan is not fighting alone. We Chinese across the country stand firmly with our

	brothers and sisters in Wuhan and Hubei. Let me highlight a few examples of our united effort. 科技人员不眠不休投入工作，不到 7 天就成功分离病毒毒株并研制出检测试剂。一百多支医疗队、两万多名医护人员从全国各地向湖北重灾区集结，被誉为当代“最美逆行者”。所有医护人员以高度的职业素养，夜以继日奋斗在救治一线，冒着被感染的危险拯救病人的生命，透支自己的健康守护他人的安宁。 Scientists and researchers, who have been working day and night, isolated the first virus strain and developed the test reagent in less than seven days. Hailed as heroes in harm's way, over 20,000 healthcare workers in 100 plus medical teams converged in Hubei, the hardest hit province, from across the nation to support epidemic control. Exemplifying professional dedication, all medical workers are saving and protecting lives around the clock despite the risk of infection and exhaustion from overwork. 数千名工程人员通宵达旦，在不到 15 天时间里建成 2500 张床位的两所专业化医院。基层社区人员在风雪中深入每一个街巷，为防控疫情不放弃任何一个家庭，不遗漏任何一个角落。千千万万志愿者日夜兼程为疫区运输物资、提供帮助。遍布海外的华人华侨感同身受，自觉为抗击疫情捐钱捐物。 Another group of people working around the clock were several thousand engineers and construction workers, who built the two specialized hospitals equipped with 2,500 beds in less than 15 days. Braving freezing weather, community workers leave no stone unturned in checking on every block to make sure that no family in need is left unattended to. Tens of thousands of volunteers are working non-stop to help deliver supplies and assistance to the affected regions. Overseas Chinese around the globe rushed to make donations in cash and kind to help battle the outbreak. 没有一个冬天不可逾越，没有一个春天不会到来。 Winter will eventually pass, and spring is sure to come. (思政内容融入方式：课外学习、翻译练习等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-0023
案例标题	中西方友谊观差异
案例来源	自编
内容简介	中西方友谊观的差异，中国人交朋友期望友谊能长存，西方人交朋友很多，但亲密长久的朋友不多。中国人希望朋友之间能够共甘共苦，西方人更希望朋友能够相互独立。
关键词	友谊观；中国；西方
编写时间	2022-4-10
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解西方友谊观的差异，提高跨文化交际能力
素材长度	3000 字符
案例正文	Friendship in China and the West  -- Chinese expect friendships to be more lasting. For Chinese a true friendship endures throughout life changes. Chinese are friends even if they haven't spoken for 20 years. If you shared something at one time, then all your life you are friends. This is the best of Guanxi, the Wide Web that connects Chinese through time and space. Chinese invented the Internet long before Bill Gates was born. In North America, even the relationship in which people feel close and tell each other personal problems may not survive life changes such as moving to another city, graduation from a university, a change in economic circumstances, or marriage. If the people do not see each other regularly, the relationship is likely to die. -- Different foundations for friendships Chinese friends share "things in common": a task, a class, the hometown. Friendships are formed by people who work or go to school together. You may or may not like the person, but if he or she can do

	something for you because of his position or job, you can be friends. But in North America, business and friendship are kept separate. The friendships are usually tied to specific activities. A person may have work friends and leisure activity friends. Also friends tend to have similar financial circumstances, because friendship in the west is based on equality. Friends should exchange similar activities and give similar things to each other. If one can afford to treat the other to a meal at an expensive restaurant and the other does not have enough money to do the same, it will cause problems in the relationship. -- Westerns expect friends to be independent. Western people prefer people to be independent, so they do not feel comfortable in a relationship in which one person is giving more and the other is dependent on what is giving. Their friendship is mostly a matter of providing emotional support and spending time together. A westerner will respond to a friend's trouble by asking "What do you want to do?" The idea is to help the friend to think out the problem and discover the solution he or she really wants and then to support the solution. Chinese friends give each other more concrete help. A Chinese will use personal connections to help a friend get something hard to obtain such as a job, or an appointment with a good doctor. Chinese friends give each other money and might help each other out financially over a long time. -- Chinese usually expect more from their friends. In the West, you can certainly ask friend to do something with you, but you recognize that your friend may say no, if he/she gives you a reason. You would not expect a friend to drop everything to respond to a non-urgent need such as shopping. Nor would you expect a friend to recognize and respond to your wishes without stating them. A friend in China is someone who offers help without waiting to be asked. There are few limits to what you can expect from a friend. You can feel free to tell your friend what he/she can or should do to help or please you. (思政内容融入方式: 课堂讨论、写作素材等)
分析评价	本案例内容经典、图文并茂, 注重知识传授、能力培养和价值塑造相统一, 符合英语语言学习和思政教学目标, 是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-0024
案例标题	一带一路：不同文明沟通之桥梁
案例来源	自编
内容简介	“一带一路”贯穿欧亚大陆，沿线 65 个国家，民族多种多样，是文化交流的巨大舞台。“一带一路”是友谊与共建之路，也是不同文明沟通交融之路。
关键词	一带一路；文明；桥梁
编写时间	2022-4-12
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解一带一路的倡议的伟大，提高跨文化交际能力和文化自信
素材长度	2420 字符
案例正文	BRI-A bridge of friendship among civilizations 一带一路：不同文明沟通之桥梁  As the ancient Chinese saying goes, “amity between people holds the key to sound relations between states. ” In the past five years since the Belt and Road Initiative (BRI) was launched, China has vigorously carried forward the Silk Road spirit, promoted people-to-people exchanges in education, culture, health, sports, tourism and so forth among BRI countries and regions. After years of efforts, multi-layered exchanges among youth, enterprises, social organizations, political parties, and other social groups have been effectively implemented, laying a solid social foundation of consensus for further BRI constructions. In youth exchanges, China and Central and Eastern European countries (CEEC) jointly hold a Young Political Leaders Forum every two years and an Education Policy Dialogue annually. China provides 5,000 scholarships for exchange students from these countries every year. China has also organized regular visits with friendship associations from the Arab States. The UAE Youth Ambassadors

	Program in China has been held six times, consolidating the civil foundation of Chinese-Arab friendship. Education exchanges have gained extensive acceptance and support among BRI countries. According to UNESCO, more than 60 percent of international students receiving higher education are from BRI countries and regions in the past ten years, with a trend of steady growth. From 2015 to 2018, China initiated 351 international cooperation programs with BRI countries, providing school education to nearly 6,000 people and training sessions to over 100,000.  American students pay tribute to Confucius in Zhengzhou, Henan Province, central China. /VCG Photo The Confucius Institute is one of the most popular educational programs. There are 16 Confucius Institutes and 20 Confucius Classrooms in Thailand, offering Chinese language teaching services to the Thai public. These projects are a boon to people-to-people connectivity between the two countries. In cultural exchanges, China has been actively organizing cultural forums and other forms of activities with BRI countries. For instance, the Drunken Root Cup carving competition has been held for five years. In 2017, the event attracted 16 international root carving artists from 15 countries including Switzerland, Japan, Indonesia, Saudi Arabia, Russia, Ukraine, Hungary, Lithuania, Italy, and France. （思政内容融入方式：课外学习、单词学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-0025
案例标题	古代中国官员廉洁自律的故事
案例来源	自编
内容简介	2018年6月24日，中国邮政在北京发行了一套特种邮票，选取了中国古代从春秋时期到清代4个广为流传的居官正直、廉洁自律的故事，以中国传统绘画的艺术形式生动还原了故事场景，包括：“不贪为宝”“羊续悬鱼”“两袖清风”以及“立檄拒礼”。
关键词	正直；廉洁；自律
编写时间	2022-4-15
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	培养学生廉洁意识,提高是非判断能力和道德修养。
素材长度	1642 字符
案例正文	古代中国官员廉洁自律的故事 2018年6月24日，中国邮政在北京发行了一套特种邮票，主题是倡导廉洁。这套邮票选取了中国古代四个广为流传的居官正直、廉洁自律的故事。 An advocacy of clean and honest officialdom is the theme of a new set of stamps issued by China Post on Sunday (24 June 2018) in Beijing. The four stamps, depict high-ranking court officials in ancient China who are remembered today for their upright style of governing.  “不贪为宝”的故事发生在春秋时期。子罕，是宋国的贤臣。有人得到一块精美的玉石，就想献给子罕。子罕拒不接受，并说“你以精美玉石为宝贵的东西，我却把不贪这种品质视若珍宝。如果我

	收了此玉，你失掉了宝，我也失去了心爱之物。 One stamp tells the story of Zihan who lived in the 6th century BC and served in the court of the State of Song. When being presented with jade, he turned it down saying if he accepted the gift, he would lose his integrity which he viewed much more valuable than the jade. “羊续悬鱼”的故事发生在东汉时期。羊续曾任南阳太守，位高权重。当时有下属进鲜活鱼给羊续，他却把鱼悬挂于厅堂之上。府丞再送鱼时，羊续把所挂的鱼拿出来教育他，以示拒绝馈赠。 The second stamp centers on Yang Xu, a 2nd century official. He hung fishes presented by subordinates in suspension at his residence to show his rejection of the gifts. “两袖清风”的故事发生在明中期。于谦，是堪称为民族英雄的名臣。一年，他进京朝会述职，被别人劝诫说只有巴结阉党权贵才是做官的捷径。于谦当场拂袖而去，并在《入京》诗中写下“清风两袖朝天去”的著名诗句，后人经常用“两袖清风”一词来比喻为官廉洁。 The third stamp focuses on Yu Qian, an official of the Ming Dynasty (1368-1644). One verse in his poem was developed into a widely-used set phrase, liang xiu qing feng, meaning an official free of corruption doesn't live a wealthy life. “立檄拒礼”的故事发生在清早期。于成龙，是清代初年的名臣、清官。某年中秋，于成龙管辖下的大名县县令曾私下送来一份厚礼，于成龙不仅当场严词拒绝，更是张榜颁发了一份《严禁馈赠檄》，告诫所属官员一律不准送礼行贿，如再有犯者绝不宽恕。 The fourth stamp is about Yu Chenglong who served under the early Qing Dynasty (1644-1911). He composed a piece of denunciation against bribery and vowed to expose those who crossed the line. （思政内容融入方式：课外学习、小组学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-00026
案例标题	习近平的公仆情怀
案例来源	自编
内容简介	从延安插队到正定起步，从治理福建到主政浙沪，再到领航中国，习近平一步一个脚印，从最基层做起。他始终强调要永远把人民对美好生活的向往作为奋斗目标。我将无我，不负人民。共产党人要不忘初心、方得始终。
关键词	习近平；人民公仆；我将无我，不负人民
编写时间	2022-4-15
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	在报效祖国、服务人民的过程中,实现自己的人生价值
素材长度	1386 字符
案例正文	我将无我，不负人民  从延安插队到正定起步，从治理福建到主政浙沪，再到领航中国，习近平一步一个脚印，从最基层做起。 在梁家河，他下定决心“为老百姓办好事”：“陕北高原给了我一个信念，也可以说是注定了我人生过后的轨迹”；在正定，他深入群众知行合一：“郡县治、天下安”，“为官一任、造福一方，做到清清白白做人、干干净净做事、坦坦荡荡为官”；在福建这片当时开发开放的前沿热土，他思考如何与时俱进破题发展：“形势在发展，时代在发展，要与时俱进”，“爱拼才会赢”；在浙江，他始终坚持和倡导“下基层、听民意”：“当县委书记一定要跑遍所有的村，当地市委书记一定要跑遍所有的乡镇，当省委书记一定要跑遍所有的县市区”，提出“既要金山银山，又要绿水青山”的生态观；在上海，他督促其要勇做“全国改革开放排头兵、创新发展先行者”，“亮明我国向世界全方位开放的鲜明态度”； 当选为中共中央总书记后，他更是始终强调要“永远把人民对

	美好生活的向往作为奋斗目标”，告诫全体共产党人“不忘初心、牢记使命”、“不忘初心、方得始终”。 从政经历越来越丰富，但他的初心始终如一：为人民服务，永做人民公仆。当被问到“您当选中国国家主席时候，是一种什么样的心情？”习近平回答说，这么大一个国家，责任非常重、工作非常艰巨。我将无我，不负人民。我愿意做到一个“无我”的状态，为中国的发展奉献自己。 “无我”是一个极具中国哲学色彩的概念，多见于道家、佛家典籍。《庄子·齐物论》中就有句话：“非彼无我，非我无所取。”《庄子·逍遥游》也说过：“至人无己”，后来清代的王国维在谈到中国诗词的美学境界的时候，用了“有我之境”和“无我之境”。他在《人间词话》里说：“有我之境，以我观物，故物皆著我之色彩”，如“泪眼问花花不语，乱红飞过秋千去”、“可堪孤馆闭春寒，杜鹃声里斜阳暮”。而“无我之境，以物观物，故不知何者为我，何者为物”，如“采菊东篱下，悠然见南山”、“寒波淡淡起，白鸟悠悠下”。 习近平所说的“我将无我”，处理的同样是“物”和“我”的关系。不过，他对“无我”一词的化用，可以说是古为今用，推陈出新。 “我将无我，不负人民。”这短短八字，简洁有力，如何翻译成英文，也成为业内学者专家热议的话题。 1. I am ready to give up the self to serve the people. 2. With no view to selfish gains, I will work hard to deserve people's trust. 3. I will put aside my own well-being for the good of my people 4. Selfless shall I be for no failure of public expectations. 5. I will devote all my life to the people. 针对以上所有译文，外专们普遍认为此句译文一气呵成、语意清晰、逻辑通顺、句式简洁，读来振奋人心。 I will put aside my own well-being for the good of my people. 从这一反馈中，我们也可以看出英文思维和中文思维的不同。翻译时，中文抽象写意的概念通常需要转换为意义明确的英文，才容易被外国读者所理解。 （思政内容融入方式：课外学习、小组讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-027
案例标题	南非总统曼德拉
案例来源	自编
内容简介	2013 年 12 月 5 日，南非前总统曼德拉因病逝世，享年 95 岁。曼德拉医生致力于反种族主义运动，他是正义、平等和尊严的象征，他属于一个时代。
关 键 词	曼德拉；反种族主义；平等
编写时间	2022-4-16
编 著 者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解曼德拉的伟大，树立种族平等和文化平等的理念
素材长度	1978 字符
案例正文	Nelson Mandela  At his trial in 1964, Nelson Mandela closed his statement from the dock saying, “I have fought against white domination, and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if needs be, it is an ideal for which I am prepared to die.” 纳尔逊·曼德拉在 1964 年接受审判时在被告席上结束他的陈述时说：“我曾为反对白人统治而斗争，也曾为反对黑人统治而斗争。我一直珍藏着一个民主、自由的社会理想，让所有人都生活在一个和谐共处、机会均等的社会中。我希望为这个理想而生并将其付诸实现。但是，如果需要，我也愿为这样一个理想献出生命。” And Nelson Mandela lived for that ideal, and he made it real. He achieved more than could be expected of any man. Today, he has gone home. And we have lost one of the most influential, courageous, and

	profoundly good human beings that any of us will share time with on this Earth. He no longer belongs to us -- he belongs to the ages. 纳尔逊·曼德拉为这个理想而生，并将其变成现实。他的成就超出了我们能够寄望于任何一个人去取得的。今天，他安息了。而我们失去了一位我们任何一个人能在这个地球上与之共渡时光的人中，最有影响力、最有勇气、最无比善良的一位。他不再属于我们——他属于一个时代。 Through his fierce dignity and unbending will to sacrifice his own freedom for the freedom of others, Madiba transformed South Africa -- and moved all of us. His journey from a prisoner to a President embodied the promise that human beings -- and countries -- can change for the better. His commitment to transfer power and reconcile with those who jailed him set an example that all humanity should aspire to, whether in the lives of nations or our own personal lives. And the fact that he did it all with grace and good humor, and an ability to acknowledge his own imperfections, only makes the man that much more remarkable. As he once said, "I am not a saint, unless you think of a saint as a sinner who keeps on trying. " 曼德拉以其强烈的尊严和为了他人的自由不惜牺牲自己的自由的不折的意志，改变了南非的面貌，并感动了我们所有人。他从一名囚徒变成一位总统的历程体现了全人类——以及各个国家——都能变得更美好的希望。他移交权力并同那些关押他和解的承诺，树立了一个全人类都应当追求的典范，不论是在国家生活中，还是在我们的个人生活中。而他在做到这一切时还能保持风度和幽默，以及承认自己的不足的能力，这使他更加卓尔不群。他曾说过：“我不是一个圣人，除非你们认为圣人是一个不断努力的罪人。” （思政内容融入方式：课外学习、小组学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-0028
案例标题	马云西点军校英文演讲
案例来源	自编
内容简介	应西点军校邀请马云出席他们一年一度的麦克唐纳品格领导力论坛。马云说，不作恶不是科技公司的目标，而是底线。“大部分人因为看见，所以相信；领导力是因为相信，所以看见。领导力意味着看到别人看不到的事情。”
关键词	领导力；合作共赢；马云
编写时间	2022-4-16
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	学习马云坚持不懈、果敢决定、不畏艰辛的领导者素质
素材长度	1826 字符
案例正文	马云西点军校英文演讲  马云鼓励年轻人携手合作： “没有竞争就不会有进步， 但我们也需要在竞合关系中学会合作。” 西点军校学生与马云促膝交谈。 The world today needs leadership. Not to prove how good you are, but to enable mankind to solve problems together. We need to work for a better future by creating more value. A leader should do things that other people haven't thought about and things that are necessary for society, consumers and people. A leader needs to be smart and also wise. "Smart people can live happy, but wise people can live longer because they know what to give up. Leaders need to have courage and be brave. By being brave, it's not because of muscles, but because of love." 今天世界需要领导力，不是去证明自己有多厉害，而是人类一起共同解决问题。要更好地走向未来，应该靠创造更多价值。领导者要做别人不想做的事，要做社会需要的事，消费者需要的事，

	人民需要的事。领导人不仅要聪明，还要智慧。聪明人可以过的很快乐，但智慧的人可以活得更长，因为他们知道如何放弃。领导人要有勇气，要懂得改变，不是因为肌肉发达，而是因为心中有爱。 Today, we have the most powerful technology in history, the best equipment and resources, but not the best leadership. Technology improves, but leadership doesn't. "You can imagine if weapons become more advanced but leadership doesn't, it's a threat to you and the whole world." 今天的技术是历史上最强大的，我们有最好的资源设备，但没有最好的领导力。技术没有改进领导力。“可以想象武器越来越先进但领导力没有变化的话，对你自己和全世界都是威胁。” "Don't be evil" should not be the goal of tech companies, that's the bottom line. "We need to create more value and take responsibility. If people are worried about losing jobs, high-tech companies should create jobs," said Jack Ma, "As leaders, you need to think more than other people." 不作恶不是科技公司的目标，而是底线。“我们要创造价值，承担责任。如果别人担心失业，高科技公司就要想办法创造就业。”马云说，“作为领导者，必须做的比别人多。” Jack Ma told the senior management as well as cadets of West Point that the first technology revolution caused World War I, the second technology revolution caused World War II. Now we're entering the third technology revolution. "It should be a war on poverty, disease and pollution." 马云告诉西点军校的管理层和军人们，第一次技术革命带来了一战，第二次技术革命带来了二战，现在我们进入了第三次技术革命。“我们应该是对贫困、疾病和环境污染开战。” （思政内容融入方式：课外学习、小组讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-029
案例标题	中国的四大发明
案例来源	自编
内容简介	中国的四大发明：指南针（compass）、火药（gunpower）、造纸术（papermaking）和印刷术（printing）。
关键词	四大发明；指南针；火药；造纸术；印刷术
编写时间	2022-4-18
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解中国古代四大发明，培养学生创新意识及文化自信。
素材长度	1504 字符，视频 4 分钟
案例正文	Four Great Inventions - Famous Ancient Chinese Inventions 中国的四大发明  Four Great Inventions are four inventions of the Ancient China that had great impact on the Western World. They were originally ascribed to Europe, and specifically to Germany but when Portuguese sailors and Spanish missionaries began to return back to Europe in the 1530s, they reported that these inventions had existed in China for centuries. These inventions are compass gunpowder, papermaking and printing. Compass（指南针） Compass began as a tool for divination but in time became an

	instrument for navigation which opened up new ways for us, helped us map the world as it is and discover new lands. Read more about Chinese invention of compass. Gunpowder (火药) Trying to find elixir of immortality, Chinese alchemists found gunpowder. From that moment, gunpowder was used mainly in warfare but it also had some good uses as in fireworks, mining and in civil engineering. Read more about Chinese gunpowder invention. Papermaking (造纸术) Paper was not the first writing medium but it was the most convenient since it first appeared. And it is still one of the most convenient although it is almost replaced in some areas. Read more about Chinese papermaking. Printing (印刷术) Printing replaced mass produced handwritten materials and allowed for spreading of books and texts that were until then reserved only for very rich or for very connected. Doing that it was a cornerstone of Age of Enlightenment and the Scientific Revolution. Learn all about Chinese invention of printing. (思政内容融入方式: 课外翻译练习、小组学习、课堂讨论等)
分析评价	本案例内容经典、图文并茂, 注重知识传授、能力培养和价值塑造相统一, 符合英语语言学习和思政教学目标, 是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-0030
案例标题	顾诵芬、王大中获国家最高科学技术奖
案例来源	自编
内容简介	中国科学院院士、中国工程院院士，新中国飞机设计大师，飞机空气动力设计奠基人顾诵芬，中国科学院院士、国际著名核能科学家王大中，共同获得 2020 年度国家最高科学技术奖。
关键词	飞机设计大师；飞机空气动力设计奠基人；核能科学家
编写时间	2022-4-19
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	激励学生对科学的热情和对科技强国的信心。
素材长度	1003 字符
案例正文	顾诵芬、王大中获国家最高科学技术奖 11 月 3 日上午，2020 年度国家科学技术奖励大会在北京人民大会堂隆重召开。飞机设计大师顾诵芬和核能科学家王大中因在科技创新中的突出贡献荣获国家最高科学技术奖。 Two scientists, aircraft designer Gu Songfen and nuclear expert Wang Dazhong, won China's top science award for their outstanding contributions to scientific and technological innovation. 顾诵芬是我国著名飞机设计大师、飞机空气动力设计奠基人。他建立了新中国飞机空气动力学设计体系，开创了我国自主研制歼击机的先河，持续开展航空战略研究，为我国航空科技事业作出了重大贡献。 顾诵芬是我国著名飞机设计大师（a renowned aircraft designer）、飞机空气动力设计奠基人。他主持了歼教 1、初教 6、歼 8、歼 8II 飞机气动布局设计（he was in charge of the aerodynamic design of the Shenyang JJ-1, the Nanchang CJ-6, and the Shenyang J-8

	and J-8-II), 奠定了我国亚音速飞机和超音速飞机气动力设计的基础 (lay the cornerstone for subsonic and supersonic aircraft design in the country), 推动了我国气动力研究、设计基础手段建设发展。  王大中 央视新闻 国家最高科学技术奖 王大中是国际核能领域的著名学者、战略科学家，致力于发展具有固有安全特征的先进核能系统。他带领产学研联合团队实现了我国高温气冷堆技术从跟跑、并跑到领跑的整体发展过程，为我国在先进核能领域逐步走向世界前沿奠定了重要技术基础。 王大中是国际著名的核能科学家、教育家 (an internationally renowned nuclear energy scientist and educator)。他在先进核能技术研发领域几十年耕耘 (he has worked in nuclear energy technology for decades)，主持研究、设计、建造、运行成功世界上第一座 5MW 壳式一体化低温核供热堆 (5MW Low Temperature Nuclear Heating Reactor); 主持研发建成了世界第一座具有固有安全特征的 10MW 模块式球床高温气冷实验堆 (10MW High Temperature Gas-cooled Reactor)，并积极推动以上两种先进反应堆技术的应用。王大中带领研究团队走出了我国以固有安全为主要特征的先进核能技术的成功之路。 (思政内容融入方式: 课堂导入、小组学习、课堂讨论等)
分析评价	本案例内容经典、图文并茂, 注重知识传授、能力培养和价值塑造相统一, 符合英语语言学习和思政教学目标, 是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-031
案例标题	创新和工匠精神
案例来源	自编
内容简介	劳动者的素质对一个国家、一个民族发展至关重要。不论是传统制造业还是新兴产业，工业经济还是数字经济，工匠始终是产业发展的重要力量，工匠精神始终是创新创业的重要精神源泉。
关键词	创新；发展；工匠精神
编写时间	2022-4-18
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解创新和工匠精神重要性，增强创新意识、提高创新能力。
素材长度	1384 字符
案例正文	Innovation and Entrepreneurship  In this new era, our government has attached even greater importance to innovation and entrepreneurship than before, spawning thousands of designers and inventors in the makerspace. President Xi Jinping has laid this emphasis on various occasions. In one visit to Bayi Middle School, he specifically focused on the importance of stimulating students' imagination and creativity. In 2014, Premier Li Keqiang launched the initiative of "Mass entrepreneurship and innovation". Premier Li said the government would pin high hopes on makers starting their own businesses and creating jobs. He also promised stronger support and less red tape for makers-turned-entrepreneurs.



With the push of policy, across China right now, tens of thousands of makers are on the move; designers, artists and inventors share space and resources to turn their fresh ideas into new devices. The documentary series *Great Country Craftsman*, illustrate the story of makers who dedicate their efforts to developing new technologies to manufacture key national equipment. Another documentary series *Masters in the Forbidden City* hailed the craftsman spirit of “profession for life”. Furthermore, Li Ziqi, as the Person of the Year in the category of cultural influence awarded by China Newsweek 2020, has gained worldwide popularity by showcasing traditional Chinese culture. In fact, all of us can be makers.



（思政内容融入方式：课堂单词学习、小组学习、课堂讨论等）

分析评价

本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。

评价者

张威、教授、北京外国语大学
王正良、教授、商洛学院

案例编号	20020001-032
案例标题	李克强总理重视大众创业和大众创新
案例来源	自编
内容简介	李克强总理在 2019 年杭州举行的全国大众创业万众创新活动周上发表演讲,呼吁进一步加强大众创业和大众创新,从而更好的稳定就业、促进创新、加强新的增长动力
关键词	李克强; 大众创业; 大众创新
编写时间	2022-4-20
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、网址等
育人主题	了解李克强总理对创新创业的重视和支持,增强创新意识和行动
素材长度	1874 字符
案例正文	Chinese Premier Underlines Mass Entrepreneurship, Innovation Chinese Premier Li Keqiang on Thursday called for further boosting mass entrepreneurship and innovation to better stabilize employment, promote innovation and strengthen new growth impetus.  <i>Chinese Premier Li Keqiang addresses an activity in Hangzhou, Zhejiang Province on China's efforts to promote entrepreneurship and innovation on Thursday, June 13, 2019. [Photo: gov.cn]</i> Li made the remarks when addressing an activity in Hangzhou, capital city of east China's Zhejiang Province, on the country's efforts to promote entrepreneurship and innovation. Calling mass entrepreneurship and innovation "important pillars" of China's economic resilience, Li said the country can withstand downward economic pressures and maintain long-term economic fundamentals by stimulating market players' vitality and social

	creativity. "Mass entrepreneurship and innovation provide strong support for employment," Li said, noting that the initiative has created broad employment opportunities for Chinese people, especially young people.  <i>Chinese Premier Li Keqiang visits an exhibition in Hangzhou, Zhejiang Province on mass entrepreneurship and innovation on Thursday, June 13, 2019. [Photo: gov.cn]</i> Governments at all levels should deepen reform to streamline administrative approvals, delegate power to lower levels and improve regulation and services, Li said, adding that they must also improve the business environment and further implement measures to cut taxes and fees on a larger scale. "Business starters and innovators should carry forward the spirit of entrepreneurship, craftsmanship and professionalism, be down to earth, and start with details in pursuit of excellence to turn their subtle ideas into reality," Li said, calling on them to win the market with products and services that can be well-received by consumers. Chinese premier underlines mass entrepreneurship, innovation China Plus (cri.cn) (思政内容融入方式: 课外学习、小组学习、课堂讨论等)
分析评价	本案例内容经典、图文并茂, 注重知识传授、能力培养和价值塑造相统一, 符合英语语言学习和思政教学目标, 是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-033
案例标题	可饮用水资源缺乏危机
案例来源	自编
内容简介	尽管海洋面积占地球表面积的三分之二，但是地球上一半以上人口面临着用水危机，演讲者深入分析了清洁水资源缺乏的问题。
关键词	可饮用水；水资源缺乏
编写时间	2022-4-20
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	意识到清洁水资源缺乏问题严重性，增强节约用水的意识和行动
素材长度	3000 字符，视频 3 分钟
案例正文	Are We Running out of Clean Water?  Despite water covering 71% of the planet's surface, more than half the world's population endures extreme water scarcity for at least one month a year. Current estimates predict that by 2040, up to 20 more countries could be experiencing water shortages. These statistics raise a startling question: is the Earth running out of clean water? Balsher Singh Sidhu takes a closer look at water consumption. 00:07 From space, our planet appears to be more ocean than Earth. But despite the water covering 71% of the planet's surface, more than half the world's population endures extreme water scarcity for at least one month a year. And current estimates predict that by 2040, up to 20 more countries could be experiencing water shortages. Taken together, these bleak statistics raise a startling question: are we running out of clean water? 00:39 Well yes, and no. At a planetary scale, Earth can't run out of freshwater thanks to the water cycle, a system that continuously

	produces and recycles water, morphing it from vapour, to liquid, to ice as it circulates around the globe. So this isn't really a question of how much water there is, but of how much of it is accessible to us. 97% of earth's liquid is saltwater, too loaded with minerals for humans to drink or use in agriculture. Of the remaining 3% of potentially usable freshwater, more than two-thirds is frozen in ice caps and glaciers. That leaves less than 1% available for sustaining all life on Earth, spread across our planet in rivers, lakes, underground aquifers, ground ice and permafrost. It's these sources of water that are being rapidly depleted by humans, but slowly replenished by rain and snowfall. 01:39 And this limited supply isn't distributed evenly around the globe. Diverse climates and geography provide some regions with more rainfall and natural water sources, while other areas have geographic features that make transporting water much more difficult. And supplying the infrastructure and energy it would take to move water across these regions is extremely expensive. 02:03 In many of these water-poor areas, as well as some with greater access to water, humanity is guzzling up the local water supply faster than it can be replenished. And when more quickly renewed sources can't meet the demand, we start pumping it out of our finite underground reserves. Of Earth's 37 major underground reservoirs, 21 are on track to be irreversibly emptied. So while it's true that our planet isn't actually losing water, we are depleting the water sources we rely on at an unsustainable pace. 02:36 This might seem surprising – after all, on average, people only drink about two liters of water a day. But water plays a hidden role in our daily lives, and in that same 24 hours, most people will actually consume an estimated 3000 liters of water. In fact, household water – which we use to drink, cook, and clean – accounts for only 3.6% of humanity's water consumption. Another 4.4% goes to the wide range of factories which make the products we buy each day. But the remaining 92% of our water consumption is all spent on a single industry: agriculture. https://www.ted.com/talks/balsher_singh_sidhu_are_we_running_out_of_clean_water/transcript (思政内容融入方式: 课堂导入、听力练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂,注重知识传授、能力培养和价值塑造相统一,符合英语语言学习和思政教学目标,是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-034
案例标题	我们最珍贵的资源：水
案例来源	自编
内容简介	水是我们最珍贵的资源，但是我们水资源供应是非常有限的。地球表面只有 2.5%的水资源是淡水，其余都是咸水。我们必须珍惜水资源，加强科学投资解决淡水资源缺乏问题。
关键词	淡水；自然资源；珍贵
编写时间	2022-4-20
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解水资源对人类生存的重要性，珍惜淡水资源、节约用水
素材长度	2800 字符；视频 4 分钟
案例正文	Water--Our Most Precious Resources  Water is one of our most precious resources. But our water supplies are limited. 97.5% of the earth's water is salty, and only 2.5% is freshwater. But over 2/3 of this fresh water is locked in the polar ice caps and glaciers. This leaves only 0.5% in our lakes, rivers and ground water for agricultural, industrial, and personal use. But due to pollution, the quality of this water is under threat. According to the World Health Organization, only 0.007% of the world's total water supply is safe for consumption. And this miniscule amount needs to be shared by the more than 7 billion people on the planet. And this water, is not distributed evenly throughout the world. 1.2 billion people live in areas of water scarcity in places such as Southwestern United States, India, Spain, North Africa, Australia, and Northern China. At the same time, demand for water is intensifying. Over the last 100 years, global population has tripled, and water consumption has increased six fold. But our total water supply has remained unchanged. More people are now using a lot more of the same limited amount of

	water. And what has driven this exponential increase in water consumption? A growing middle-class in the emerging markets has been one key contributor, as disposable incomes rise, eating habits change, and people tend to eat more meat. It takes 1300 liters of water to produce 1 kilo of wheat, and 3400 liters of water for 1 kilo of rice. But 15,500 liters of water are required to produce 1 kilo of beef. And with continued population growth in prosperity, meat consumption is expected to double by 2050. At this rate by 2030, total demand for water will exceed the available global supply by 40%. But what can be done to address our water challenges? Innovative company said the developing solutions that can help alleviate water scarcity, enhance the quality of water, and enable the more efficient use of this more precious resource. For example, agriculture accounts for 70% of total water consumption, depleting ground water resources in some regions. By adopting technologies such as micro-drip irrigation, farmers can significantly reduce the amount of water used to grow their crops by up to 70 to 80 percent. Organization and industrialization are also putting pressure on our fresh water resources. Industrial activity accounts for about 20% of global water consumption. Everything from our clothing and electronic gadgets to electricity generation requires fast amounts of water. And in the process, industrial waste water is discharged into waterways, polluting our water. Industrial water recycling technologies, such as advanced filtration and zero discharge close loop water recycling systems can help alleviate some of the strain on our water supply while limiting water pollution.  (思政内容融入方式：课堂导入、听力练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-035
案例标题	生态杰作：中国的南水北调工程
案例来源	自编
内容简介	南水北调工程是中华人民共和国的战略工程，分东、中、西三条线路将南方长江流域的水调到北方水资源缺乏区域，通过三条调水线路，与长江、淮河、黄河、海河相互联接，构成我国中部地区水资源“四横三纵、南北调配、东西互济”的总体格局。
关键词	南水北调；生态
编写时间	2022-4-22
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解南水北调工程的意义，掌握相关英文表达。
素材长度	2603 字符；视频 4 分钟
案例正文	China's South-to-North Water Diversion Project: An Ecological Masterpiece China.org.cn Updated: March 9, 2020 Two rounds of heavy snow last December and earlier this year swept across Beijing, making clear the importance of water to socioeconomic development. In fact, as of October 2019, the groundwater level in the plain area of Beijing had risen by 2.88 meters thanks to the South-to-North Water Diversion Project began to divert water from the Yangtze River to the dry north at the end of 2014. The groundwater reserve had ever since increased by 1.48 billion cubic meters, and the capital has been enjoying the quality water from the south. The central route of this mega-project just celebrated the fifth

	anniversary of its completion months ago, and the route has become a lifeline of the north that has suffered from continuous droughts and over-exploitation of groundwater. The project is exactly what is needed for China's sustainable economic growth, environmental protection, and the betterment of people's well-being. As of December 2019, 29.95 billion cubic meters of water had been pumped to over 40 cities and 260 counties through its eastern and central routes, directly benefitting 120 million people, according to the Ministry of Water Resources. Danjiangkou Reservoir, the source of the water diversion project, provides 73% of Beijing's urban water, and also supplies water for 14 districts in Tianjin. Four million people in 80 cities of Hebei no longer have to struggle with high-fluorine and alkaline water. As a huge infrastructure project that injects impetus into north China's economy and general social well-being, it has become a landmark in China's hydro-logical and engineering history. The South-to-North Water Diversion Project not only pulls off multiple engineering and technology miracles, but also serves as a clear manifestation of China's political-system advantages. The successful transfer of water took generations of continued efforts, ranging from accumulating knowledge and wisdom to adequate investment, technology breakthroughs, relocation programs, and environmental protection. The whole country was determined to complete the project, showcasing China's wisdom, speed, and strength. As there have been environmental concerns around the project, the project is committed to first conserving water, tackling pollution, and protecting the environment, and then properly utilizing the project later. The South-to-North Water Diversion Project has been a leverage for China to enhance national strength, implement strategic programs, and safeguard water security. （思政内容融入方式：课外自主学习、听力练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

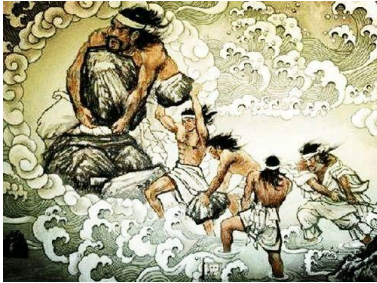
案例编号	20020001-036
案例标题	世界上最大的水利工程：三峡大坝
案例来源	自编
内容简介	三峡大坝，位于中国湖北省宜昌市夷陵区三斗坪镇境内，距下游葛洲坝水利枢纽工程 38 公里，是当今世界最大的水利发电工程，主要包括三峡水电站、三峡大坝旅游区和三峡水库。
关 键 词	三峡大坝；水利工程
编写时间	2022-4-22
编 著 者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解雄伟的三峡大坝，感受中国智慧，增强国家自信。
素材长度	2492 字符
案例正文	Three Gorges Dam: The Biggest Dam in the World  The total length of dam axis of three gorges dam is 2309 m and the discharge dam is 483 m long. The hydroelectric power station unit 700000 kw × 26 equipment It has double fresh lock with ship lift. Whether single parts or overall, the dam is the world's largest water conservancy project. The largest hydroelectric power plant in the world: The three gorges hydropower plant total installed 18.2 million kw, with an average annual power generation in 84.7 billion degrees. The Three Gorges Dam Site is 27 miles upstream from Yichang City proper, at Sandouping Town, 38km upstream from the Gezhouba Dam Lock, inside the third of the Three Gorges of the Yangtze River. The Three Gorges Dam Site is planned to be by far the largest hydroelectric project in the world. The Project calls for the construction of a concrete dam, a hydroelectric power plant and a series of locks just

	below the scenic Three Gorges region. The project is designed to be built in three phases and is scheduled for completion in year 2009. Upon arrival at Sandouping, passengers will take a bus across the Three Gorges Bridge, which leads toward the top of the hill for a birds-eye view of the construction from the observation deck. Visitors will observe the five-step ship lock, the diversion canal, the dam in construction, and the power station. English speaking professional guides will be on hand to provide detailed information on the history of the dam and facts on its construction. In addition, an exhibition room displays a model of the dam, and offers passengers another opportunity to ask questions and learn about the benefits of this amazing project.  One of the largest construction projects ever undertaken in the world, the Three Gorges Project will forever change the face of the Yangtze River as we know it today. Possessing comprehensive utilization benefits mainly for flood control, power generation and navigation improvement. It will be a vital important and backbone project in harnessing and developing of the Yangtze River. Measures have been taken to preserve and move the historical and cultural relics found along its banks; however many scenic spots will be adversely affected. The most dramatic section of the river, what we refer to as "the heart of the Yangtze"-the area from the Three Gorges all the way upstream to Chongqing-will eventually be drowned by the completion of the Three Gorges Dam, an integral part of the Three Gorges Project. (思政内容融入方式: 课外自主学习、翻译练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂, 注重知识传授、能力培养和价值塑造相统一, 符合英语语言学习和思政教学目标, 是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-037
案例标题	世界水日（World Water Day）
案例来源	自编
内容简介	每年 3 月 22 日是世界水日，世界水日 1993 年设立，其目的是唤起人们对水资源缺乏问题的关注，节约用水，保护水资源。
关键词	水；世界水日；主题
编写时间	2022-4-25
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解世界水日及其意义，践行节约用水、保护水资源
素材长度	1176 字符；视频 2: 26 分钟
案例正文	World Water Day  World Water Day, held on 22 March every year since 1993, celebrates water and raises awareness of the 2 billion people living without access to safe water. Join the campaign and take action to tackle the global water crisis. A core focus of World Water Day is to support the achievement of Sustainable Development Goal (SDG) 6: water and sanitation for all by 2030. World Water Day(WWD) or World Day for Water was designated by United Nations General Assembly resolution. The UN invited its member nations to devote this day to implementing UN recommendations and promoting concrete activities within their countries. Each year, one of various UN agencies involved

	in water issues takes the lead in promoting and coordinating international activities for WWD.  1. the theme of Water World Day 2019 is “Leaving No One Behind.” 2. The aim of Water World Day 2019 is to ensure safe and sustainable water supplies and sanitation services for everyone. 3. Marginalized groups (women, children and refugees) do not have access to safe water supplies and sanitation. 3. IWA and its membership have played an important role in developing solutions and addressing needs of marginalized group.  (思政内容融入方式：课堂导入、听力练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-038
案例标题	中西方关于洪水的神话故事
案例来源	自编
内容简介	洪水是人类都频繁面临的自然灾害。中西方关于洪水的相关神话故事中人们对洪水的态度差异，体现了由于中西方文化以及生活方式和生活环境的差异。
关键词	洪水；神话故事；文化
编写时间	2022-4-25
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	对比中西方关于洪水的神话故事，了解中西方文化的差异
素材长度	2280 字符
案例正文	Differences between Greek and Chinese Flood Myth The flood myth has been found in more than 189 countries. Greek myth and tales from the Bible are some of the most influential stories in the western world, and both of them include a flood myth. The Chinese also have a flood myth of their own. Yet the reasons Greek mythology gives for its floods are in contrast to the reasons given in Chinese mythology. In Greek mythology, the relentless rain continued for nine days and nights, and the earth was slowly drowned. The waters reached the peaks of the highest mountains.   In the Chinese myth men were comparatively lucky. They managed to find some dry land to take refuge from the flood, though the waters surged and spread across the land, covering almost everything. In Greek mythology, the flood drowned everything, while in the Chinese myth the flood was less devastating, because there were more survivors who found refuge on patches of high land. Why was there the flood? According to Greek mythology, it was Zeus who caused the flood. He saw nothing but crime among mankind so he vowed to destroy the human race with a flood.

	In Chinese myth about Da yu, the waters flooded everywhere all over the country. Yu's father tried to solve the problem, but died without finishing it. Yu succeeded his father's career of controlling flood.   The Greek myth sees the flood as a punishment from Zeus for man's crime, but the Chinese regard it as a natural disaster. Deucalion and his wife Pyrrha survived the flood in Greek's story, because they were good people and pious in Zeus' eyes. Zeus gave them an oracle, that is, to throw the bones of their mother behind them. It means to throw stones onto Mother Earth. The stones Deucalion threw became men, and the ones his wife threw became women. People in King Yao's country were troubled by the flood, so they worked together with Yu to prevent flood. They dredged waterways and restored fertile fields. In Greek mythology, the human race was wiped out, with a few righteous men spared. But in the Chinese myth, though man suffered a lot from the flood, many survived. In Chinese mythology, Yu lead people to comply the laws of nature, and succeeded in taming the flood waters. The mythology is to warn man to live in harmony with nature and make use of it. Man and nature is a unity. (思政内容融入方式：文化思辨、课堂讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-039
案例标题	中国人民抗击洪水的故事
案例来源	自编
内容简介	中国人民子弟兵和老百姓一起抢险修坝，与洪水顽强拚搏的事迹。
关键词	抗击洪水；中国军人；人民力量
编写时间	2022-4-26
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	学习中国人民与洪水作斗争保卫家园的顽强拼搏精神。
素材长度	1000 字符
案例正文	Chinese People Fighting against floods China is a country that suffered from flood disasters frequently in its long history. A lot of data was recorded in the official historical works and local chronicles. Chinese fight against floods never stops. Moving stories happened everywhere from time to time.  Liang Yaru checks scratches from sandbags on her husband Hua Lingyun's arm during a break.  The father and son reinforce dams.



Rescuers transfer flood victims on a rubber dinghy in Guzhen town of Lu'an.



Police officers evacuate children stranded in floodwaters in Hefei.



A flood barrier is reinforced with waterproof material.

（思政内容融入方式：课堂导入、课堂讨论等）

分析评价

本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。

评价者

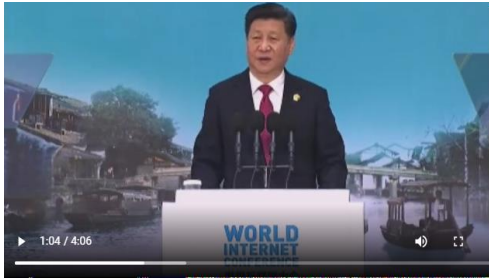
张威、教授、北京外国语大学
王正良、教授、商洛学院

案例编号	20020001-040
案例标题	智慧启迪者—水
案例来源	自编
内容简介	中国古代和水相关的名言警句：水至清则无鱼；防民之口，甚于防川；上善若水；四海之内皆兄弟等。
关键词	水；智慧；启迪
编写时间	2022-4-28
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	学习中国以水来启迪智慧的名言，掌握英文表达，增强文化自信
素材长度	1000 字符
案例正文	Water—— A Wisdom Enlightener 1. 水至清则无鱼。（《汉书•东方朔传》） No fish survive if water is too clear. (The History of the Han Dynasty)  2. 防民之口，甚于防川。（《国语•周语上》） To silence the people is more harmful than blocking a river. (Discourses on Governance of the States) 

	3. 上善若水。(《老子•八章》) Great virtue is like water. (Laozi)  4. 四海之内皆兄弟也。(《论语•颜渊》) All the people within the four seas are brothers. (The Analects)  5. 饮其流者怀其源。(庾信《徵调曲》之六) When drinking water, one must not forget its source. (Yu Xin: The Tune of Zhi)  (思政内容融入方式：课外自主学习、翻译练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-041
案例标题	工业互联网
案例来源	自编
内容简介	工业互联网的内涵和发展，以及国家政策的支持。学习工业互联网、网络空间命运共同体等术语的英文表示。
关键词	工业互联网；融合发展
编写时间	2022-5-2
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解工业互联网的内涵和未来发展
素材长度	1365 字符
案例正文	工业互联网 the industrial internet  工业和信息化部表示，我国将建设国家工业互联网大数据中心，加强对中国工业互联网公司海外上市的监管和协调。 China will build a national data center for the industrial internet and strengthen the supervision and coordination of overseas listings of Chinese industrial internet companies, according to the Ministry of Industry and Information Technology. 【知识点】 2018 年，工信部出台《工业互联网发展行动计划（2018-2020）》，提出到 2020 年底，初步建成工业互联网基础设施和产业体系。近日，工信部印发《工业互联网专项工作组 2020 年工作计划》，提出了 10 大任务类别共 54 项具体举措，主要任务包括提升基础设施能力、构建标识解析体系、建设工业互联网平台、突破核心技术标准、培育新模式新业态、促进产业生态融通发展、增强安全保障水平、推进开放合作、加强统筹推进、推动政策落地十方面。

	2017 年 11 月国务院发布的《关于深化“互联网+先进制造业”发展工业互联网的指导意见》提出的发展目标是：到 2025 年，覆盖各地区、各行业的工业互联网网络基础设施基本建成，工业互联网标识解析体系不断健全并规模化推广，基本形成具备国际竞争力的基础设施和产业体系；到 2035 年，建成国际领先的工业互联网网络基础设施和平台，工业互联网全面深度应用并在优势行业形成创新引领能力，重点领域实现国际领先；到本世纪中叶，工业互联网创新发展能力、技术产业体系以及融合应用等全面达到国际先进水平，综合实力进入世界前列。 【重要讲话】 中国高度重视工业互联网创新发展，愿同国际社会一道，持续提升工业互联网创新能力，推动工业化与信息化在更广范围、更深程度、更高水平上实现融合发展。 China attaches great importance to the innovative development of the industrial internet. China is willing to work with the international community to enhance the innovation capability of the industrial internet, so as to realize the integrated development of industrialization and informatization on a broader, deeper and higher level. ——2019 年 10 月 18 日，习近平向工业互联网全球峰会致贺信 【相关词汇】 人工智能开放创新平台 open and innovative artificial intelligence platforms 网络空间命运共同体 a community with a shared future in cyberspace （思政内容融入方式：课外自主学习、翻译练习、词汇学习等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-042
案例标题	习近平致信世界互联网大会
案例来源	自编
内容简介	发展好、运用好、治理好互联网，让互联网更好造福人类，是国际社会的共同责任。各国应勇担发展责任，共迎风险挑战，共同推进网络空间全球治理，努力推动构建网络空间命运共同体。
关键词	互联网；网络空间；命运共同体
编写时间	2022-5-2
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解世界互联网发展，为构建网络空间命运共同体贡献力量
素材长度	1702 字符；视频 4 分钟
案例正文	Xi sends congratulatory letter to 6th World Internet Conference  Chinese President Xi Jinping sent a congratulatory letter to the 6th World Internet Conference, which opened Sunday in the town of Wuzhen in eastern China's Zhejiang Province. Xi pointed out that this year marks the 50th anniversary of the birth of the Internet. A new round of scientific and technological revolution and industrial transformation is accelerating, and new technologies, new applications and new forms of business such as artificial intelligence, big data and the Internet of Things are just unfolding, he said. The Internet is embracing a stronger development momentum and broader development space, he added. It is the common responsibility of the international community to develop, use and govern the Internet well so that it can better benefit mankind, Xi said. Countries should follow the trend of the times, shoulder the

	responsibility for development, meet the challenges and risks, jointly promote global governance in cyberspace and strive to build a community of shared future in cyberspace, he said. 习近平 2019 年 10 月 20 日向第六届世界互联网大会所致的贺信中指出： 今年是互联网诞生 50 周年。当前，新一轮科技革命和产业变革加速演进，人工智能、大数据、物联网等新技术新应用新业态方兴未艾，互联网迎来了更加强劲的发展动能和更加广阔的发展空间。发展好、运用好、治理好互联网，让互联网更好造福人类，是国际社会的共同责任。各国应顺应时代潮流，勇担发展责任，共迎风险挑战，共同推进网络空间全球治理，努力推动构建网络空间命运共同体。 国家主席习近平在贺信中，回顾了互联网诞生 50 周年来对世界产生的深远影响，分析了当前全球互联网发展面临的机遇和挑战，展望了互联互通互惠世界的美好前景，对共同构建网络空间命运共同体提出了殷切希望。 半个世纪以来，互联网极大地推动了人类社会的进步与发展，成为引领世界变革的重要工具。习主席在贺信中指出，互联网迎来了更加强劲的发展动能和更加广阔的发展空间。在新的起点上，各国应当牢牢把握发展机遇，积极应对风险挑战，把网络空间建设成为造福全人类的发展共同体、安全共同体、利益共同体。 面对信息化快速发展的历史大势，中国努力做网络空间发展的贡献者、网络空间开放的推动者、网络空间安全的捍卫者、国际网络空间治理的建设者。世界互联网大会为全球互联网共享共治搭建了一个有益的平台，各国应该充分抓住机遇，一起努力，不断推动世界互联网做到发展共同推进、安全共同维护、治理共同参与、成果共同分享，携手为网络空间命运共同体绘就更加宏伟的蓝图。 （思政内容融入方式：自主学习、听力练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-043
案例标题	习主席对互联网发展的要求
案例来源	自编
内容简介	为广大网民特别是青少年营造一个风清气正的网络空间；加快推动媒体融合发展，使主流媒体具有强大传播力、引导力、影响力、公信力。
关键词	互联网；网络空间；主流媒体
编写时间	2022-5-3
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	明确习近平主席的要求，努力营造风清气正的网络空间。
素材长度	1003 字符
案例正文	习近平主席对互联网发展的要求  用社会主义核心价值观和人类优秀文明成果滋养人心、滋养社会，做到正能量充沛、主旋律高昂，为广大网民特别是青少年营造一个风清气正的网络空间。 ---习近平 “We need to use our core socialist values and profit from the best achievements of human civilization to nurture people’s minds and nourish society, ensuring that positive energy and mainstream values prevail. By doing so, we will be able to create a clean and upright cyberspace for internet users, especially young ones.” ---President Xi Jinping

	我们要加快推动媒体融合发展,使主流媒体具有强大传播力、引导力、影响力、公信力,形成网上网下同心圆,使全体人民在理想信念、价值理念、道德观念上紧紧团结在一起,让正能量更强劲、主旋律更高昂。 （选自习近平谈治国理政第三卷，P. 379 ） We need to accelerate media integration, so that our mainstream media will have more extensive coverage, stronger guidance, higher public trust, and more influence. The aim is to create concentric circles of diffusion, online and offline, within which all the people will be united on the basis of common ideals, convictions, values and moral standards, so that positive energy and mainstream values prevail. （思政内容融入方式：课外学习、翻译练习、小组讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-044
案例标题	共建网络空间命运共同体
案例来源	自编
内容简介	网络空间是人类共同的活动空间，网络空间前途命运应由世界各国共同掌握。共建网络空间命运共同体，这是中国领导人在互联网领域提出的中国主张，也需要国际社会共同努力才能实现。
关键词	网络空间；命运共同体
编写时间	2022-5-5
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解网络空间的前途命运，致力于共建网络空间命运共同体
素材长度	1434 字符
案例正文	Jointly Building a Community with a Shared Future in Cyberspace In his keynote speech at the Second World Internet Conference (WIC) in Wuzhen, China, on December 16, 2015, Xi Jinping outlined his vision for a community with a shared future in cyberspace, a vision he first brought up in his message to the First WIC in 2014. He said that since cyberspace as a sphere of human activity belongs to humanity, its future should be decided by all countries of the world. In a five-point proposal for building a cyberspace community with a shared future he highlighted the need to (a) accelerate the development of a global Internet infrastructure and promote interconnectivity; (b) create online platforms to facilitate cultural exchanges; (c) promote the development of the Internet economy and encourage innovation; (d) ensure Internet security and orderly development; and (e) build a cyberspace governance system to ensure fairness and justice. The goal of building such a cyberspace community, as proposed by China's leadership, can be achieved only through joint efforts by the international community.

	共建网络空间命运共同体 2015 年 12 月 16 日，在中国乌镇召开的第二届世界互联网大会上，习近平发表主旨演讲，重点论述了“网络空间命运共同体”的理念。他说，网络空间是人类共同的活动空间，网络空间前途命运应由世界各国共同掌握。实际上，这一理念在习近平 2014 年致首届互联网大会的贺词中就已经提到。本届会议期间，他再度提及并进一步提出了共建网络空间命运共同体的 5 点主张：第一，加快全球网络基础设施建设，促进互联互通。第二，打造网上文化交流共享平台，促进交流互鉴。第三，推动网络经济创新发展，促进共同繁荣。第四，保障网络安全，促进有序发展。第五，构建互联网治理体系，促进公平正义。共建网络空间命运共同体，这是中国领导人在互联网领域提出的中国主张，也需要国际社会共同努力才能实现。 网络空间不是“法外之地”  2015年12月16日，第二届世界互联网大会在浙江省乌镇开幕。国家主席习近平出席开幕式并发表主旨演讲。他强调，网络空间不是“法外之地”。要坚持依法治网、依法办网、依法上网，让互联网在法治轨道上健康运行。 （思政内容融入方式：自主学习、翻译练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-045
案例标题	电报之父塞缪尔·莫尔斯
案例来源	自编
内容简介	塞缪尔·莫尔斯 1839 年他发布了他的第一项发明“莫尔斯”码。1844 年莫尔斯从华盛顿州到巴尔的摩拍发人类历史上的第一份电报。在座无虚席的国会大厦里，莫尔斯用激动得有些颤抖的双手，操纵着他倾十余年心血研制成功的电报机。
关键词	塞缪尔·莫尔斯；电报之父
编写时间	2022-5-6
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、网址等
育人主题	了解电报的起源，以及电报之父塞缪尔·莫尔斯的探索精神
素材长度	1860 字符
案例正文	Samuel Morse and the Invention of the Telegraph  The word “telegraph” is derived from Greek and means “to write far,” which describes exactly what a telegraph does. At the height of its use, telegraph technology involved a worldwide system of wires with stations and operators and messengers, that carried messages and news by electricity faster than any other invention before it. Pre-Electricity Telegraphy Systems The first crude telegraph system was made without electricity. It was a system of semaphores or tall poles with movable arms, and other signaling apparatus, set within physical sight of one another.

	There was such a telegraph line between Dover and London at during the Battle of Waterloo; that related the news of the battle, which had come to Dover by ship, to an anxious London, when a fog set in (obscuring the line of sight) and the Londoners had to wait until a courier on horseback arrived. Electrical Telegraph The electrical telegraph is one of America's gifts to the world. The credit for this invention belongs to Samuel Finley Breese Morse. Other inventors had discovered the principles of the telegraph, but Samuel Morse was the first to understand the practical significance of those facts and was the first to take steps to make a practical invention; which took him 12 long years of work. Early Life of Samuel Morse Samuel Morse was born in 1791, in Charlestown, Massachusetts. His father was a Congregational minister and a scholar of high standing, who was able to send his three sons to Yale College. Samuel (or Finley, as he was called by his family) attended Yale at the age of fourteen and was taught by Benjamin Silliman, Professor of Chemistry, and Jeremiah Day, Professor of Natural Philosophy, later President of Yale College, whose teaching gave Samuel the education which in later years led to the invention of the telegraph. Samuel Morse and the Invention of the Telegraph (thoughtco.com) （思政内容融入方式：课外调研、自主学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-046
案例标题	网络发明前改变人类交流方式的四大科技
案例来源	自编
内容简介	网络发明以前人类历史上有四大科技发表，改变了人们的交流方式：1837 年摩尔斯发明了电报；1876 年贝尔的发明了电话；1924 年拜尔德发明了电视；1973 年库伯发明了手机。
关键词	交流方式；电报；电话；电视；手机
编写时间	2022-5-8
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	意识到科技的重要性，科技改变世界，为中国科技强国而努力
素材长度	1214 字符
案例正文	Four technologies that revolutionized communications before the birth of the Internet. The Internet is a platform for universal communication. You can plug a device into any Internet connection, and provided it speaks TCP/IP, you can communicate with any other point on earth. But before the Internet, even before ARPANET, people and devices needed to talk. I thought I would take a look at some of the technologies which enabled people to communicate in a pre-Internet world. 1837: The invention of the telegraph changed communication forever. The credit for this invention belongs to the American professor Samuel Morse. The word “telegraph” is derived from Greek and means “to write far.”  1876: Alexander Bell spoke into the world's first telephone and was heard on the other end of the line by his colleague, Thomas A. Watson. Today, Bell's name is synonymous with the telephone.



1924: The British man **John Baird** invented the first television. TV, one of the most important inventions of the 20th century, was not born overnight nor created by a single inventor.



1973: Motorola introduced the first hand-held cellular phone in the US. **Martin Cooper** is considered the inventor of the first 2.5 LB. cellular phone.



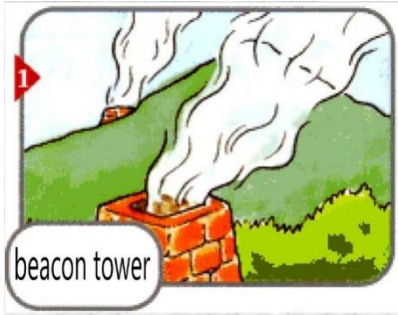
(思政内容融入方式：课外自主学习、写作练习、小组讨论等)

分析评价

本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。

评价者

张威、教授、北京外国语大学
王正良、教授、商洛学院

案例编号	20020001-047
案例标题	中国古代传递信息的工具
案例来源	自编
内容简介	中国古代战争期间常用的信息传递工具主要有烽火台、战鼓和信鸽。
关键词	中国智慧；烽火台；战鼓；信鸽
编写时间	2022-5-8
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解古代人传递信息的工具，掌握其英文表达，增加文化自信
素材长度	1000 字符
案例正文	Communication tools in Ancient China 中国古代的信息传递工具  烽火台（The beacon tower），又称烽燧，俗称烽墩、烟墩、墩台。古时用于点燃烟火传递重要消息的高台，是古代重要军事防御设施，是为防止敌人入侵而建的，遇有敌情发生，则白天施烟，夜间点火，台台相连，传递消息。是最古老但行之有效的消息传递方式。

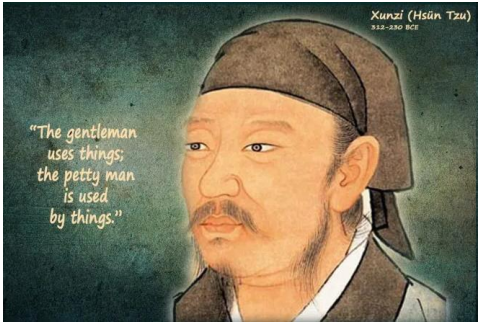
	战鼓：春秋战国时代打仗，交战双方大多重视战鼓之事，战鼓起到的作用主要是激励人心，其中最著名的就是鲁庄公与齐国大战时，曹刿充分用到了战鼓的作用，所谓“一鼓气方盛，再鼓则气衰，三鼓则气竭。”其实曹刿可能是用到了阴谋而已。 信鸽是一种空中飞行的动物，所以它的形体一定要符合空中飞行的要求。即飞行时阻力要小、平衡控制能力强、飞行时间长。信鸽通信具有传递信息准确、机动灵活性强、设备使用简单、不受地形限制、不受电磁干扰等长处，故仍不失为是电子通信时代的一种辅助通信手段，可弥补电子通信之不足。 （思政内容融入方式：单词学习、文化导入、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-048
案例标题	中国互联网发展 25 年
案例来源	自编
内容简介	介绍中国互联网的发展历程和主要的发展阶段：第一阶段是以 Web1.0 为特征的 20 世纪 90 年代。第二阶段，以 Web2.0 为特征的 21 世纪初始年代。第三阶段，是以移动互联网为特性的当下。
关 键 词	互联网；发展阶段
编写时间	2022-5-10
编 著 者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解中国互联网的发展历程，未来发展方向。
素材长度	1113 字符
案例正文	25 Years Development of Internet in China  1994 the first year of the Internet in China 2012 opening of China's Mobile Internet Era 2014 the strategy of building China into a Cyber Power was put forward 2019 the number of internet users has surged to 854 million 如果以时间为维度将中国互联网 25 年发展进行划分，可分为三个阶段： 第一阶段，是以 Web1.0 为特征的 20 世纪 90 年代。此间，人民网、新华网、网易、搜狐、新浪等问世，门户时代正式开启。 1999 年 7 月，中华网在美国纳斯达克上市，此后越来越多的国际投资机构将目光转向中国。2000 年，新浪、网易、搜狐均在美国上市，门户时代成为中国互联网的启蒙阶段。 第二阶段，以 Web2.0 为特征的 21 世纪初始年代。各种桌面应用软件兴起，互联网的可能性被深度开发。2000 年左右，三大

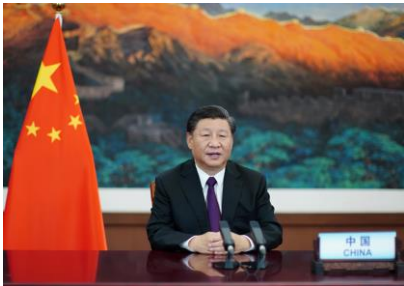
	门户网站刚在美国上市便迎来全球互联网泡沫破灭。大浪淘沙之后，中国互联网公司开始探寻细分市场。 腾讯便是较早嗅到行业潮流的先行者。1998 年 11 月公司成立时，腾讯主打的就是通讯工具 OICQ，2000 年，软件更名为 QQ。1999 年创立的阿里巴巴深耕电商，2000 年 1 月创立的百度打造搜索引擎，如今的 BAT（百度、阿里巴巴、腾讯）都成长于这个阶段。正是这一阶段，互联网走进千家万户，它的五彩缤纷被充分挖掘和呈现。 第三阶段，是以移动互联网为特性的当下。近年来，在 4G 通信技术的强力支撑下，智能化设备全面普及，接入互联网的门槛大幅降低，微信、移动支付、手机健身、网络租车、移动视频、移动阅读……海量应用覆盖了百姓生活的方方面面，小米科技、滴滴出行等一批公司因此诞生。移动互联网以其泛在、连接、智能、普惠等突出优势，有力推动了互联网和实体经济深度融合，成为创新发展新领域、公共服务新平台、信息分享新渠道。 25 年来的创新发展，互联网成为推动我国经济发展的重要动力之一。中国互联网从无起步，从“跟随者”变成不少领域的“引领者”。 专家表示，如今的中国互联网，在全球网络治理中扮演越来越关键的角色，成为全球网络基础设施的重要建设者，在数字经济领域的创新正产生全球驱动力。方兴东认为，未来中国互联网的第四阶段，将呈现以智能化为特性的新格局。中国作为全球唯一 10 亿级用户同时在线的巨大市场，随着云计算、大数据、人工智能、虚拟现实、5G 等技术的不断突破，将迎来新的更大的发展契机。 （思政内容融入方式：课外自主学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-049
案例标题	可持续发展目标
案例来源	自编
内容简介	联合国成员国在 2015 年审议通过了 17 个可持续发展目标 (SDGs), 呼吁全球行动保护地球, 在 2030 年以前消除贫困、确保人类和平和繁荣。
关键词	可持续发展; SDGs; 环境保护
编写时间	2022-5-12
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、表格等
育人主题	了解联合国可持续发展目标, 为实现目标贡献自己的力量
素材长度	1537 字符
案例正文	Sustainable Development and Its Goals  Sustainable development (可持续发展) is about the big picture. It's about improving the lives of everyone everywhere and achieving all these things together, but it's also about the details. That means we want economies to grow, companies to thrive and people to have decent work. We want to create new innovative technologies, but not by harming the environment. We want everyone to have access to nutritious food regardless of where they live. We want affordable and quality education for everybody not just a few. We want freedom of speech. But we don't want that to mean violence. Sustainable Development Goals (SDGs: 可持续发展目标), also known as the Global Goals, were adopted by all United Nations Members in 2015 as a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030.

	 The Sustainable Development Goals are a call for action by all countries – poor, rich and middle-income – to promote prosperity while protecting the planet. They recognize that ending poverty must go hand-in-hand with strategies that build economic growth and address a range of social needs including education, health, social protection, and job opportunities, while tackling climate change and environmental protection. More important than ever, the goals provide a critical framework for COVID-19 recovery. The 17 SDGs are integrated—that is, they recognize that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability.  参考网站： https://www.un.org/sustainabledevelopment/sustainable-development-goals/ （思政内容融入方式：课外自主学习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-050
案例标题	中国古代圣贤对自然的人文情怀
案例来源	自编
内容简介	以荀子的《荀子·王制》为例说明中国古代圣贤对自然的人文情怀：我们同自然相互依存，我们热爱自然、珍惜大自然的馈赠。
关键词	中国；自然；人文情怀
编写时间	2022-5-12
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、表格等
育人主题	了解古代圣贤对自然的人文情怀，树立热爱自然的人文情怀
素材长度	1800 字符
案例正文	Chinese Ancient Sages' Humanist attitudes towards nature Humanists believe that we have just one life, that we have evolved, along with the rest of the natural world, to live on planet Earth. We are dependent in countless ways on natural environment and its ecosystems (for fresh water, breathable air, fertile soil, a tolerable climate). Additionally, many humanists cherish the natural world, its landscapes, wildernesses, flora and fauna, for the beauty, inspiration, and solace they provide. So we should do our best to look after this planet for ourselves, for other animals, and for future generations.  Xunzi (Hsün Tzu) 312-230 BCE 荀子

案例正文	圣王之制也：草木荣华滋硕之时，则斧斤不入山林，不夭其生，不绝其长也；鼃鼃、鱼鳖、鳅鱣孕别之时，罔罟毒药不入泽，不夭其生，不绝其长也。春耕、夏耘、秋收、冬藏，四者不失时，故五谷不绝而，百姓有余食也也；汙池、渊沼、川泽，谨其时禁，故鱼鳖优多而百姓有馀用也；斩伐养长不失其时，故山林不童，而百姓有馀材也。 — 《荀子·王制》 译文：These are the regulations of a sage king: When the grasses and trees are flowering and abundant, then axes and hatchets are not to enter the mountains and forests, so as not to cut short their life, and not to break off their growth. When the turtles and crocodiles, fish and eels are pregnant and giving birth, then nets and poisons are not to enter the marshes, so as not to cut short their life, and not to break off their growth. Plow in the spring, weed in the summer, harvest in the fall, and store in the winter. These four activities are not to miss their proper times, and then the five grains will not be depleted, and the common people will have a surplus to eat. Be vigilant in the seasonal prohibitions concerning ponds, rivers, and marshes, and then turtles and fish will be fine and plentiful, and the common people will have a surplus to use. Cutting and nurturing are not to miss their proper times, and then the mountains and forests will not be barren, and the common people will have surplus materials ——Translated by Eric L. Hutton. （思政内容融入方式：文化导入、翻译练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-051
案例标题	生态文明和绿色发展
案例来源	自编
内容简介	习近平主席在联合国生物多样性峰会上的讲话主旨：人与自然是命运共同体，我们要同心协力，抓紧行动，在发展中保护，在保护中发展，共建万物和谐的美丽家园。
关键词	生态文明；绿色发展；环境保护
编写时间	2022-5-15
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、表格等
育人主题	理解人类与自然共生共存的关系，树立热爱自然的人文情怀
素材长度	1643 字符
案例正文	Ecological Civilization and Green Development  The main content of President Xi Jinping's speech At the United Nations Summit on Biodiversity: It falls to all of us to act together and urgently to advance protection and development in parallel, so that we can turn Earth into a beautiful homeland for all creatures to live in harmony. To that end, I would like to make the following proposals: First, we need to adhere to ecological civilization and increase the drive for building a beautiful world. Second, we need to uphold multilateralism and build synergy for global governance on the environment. Third, we need to continue with green development and increase the potential for high-quality economic recovery after COVID-19. Fourth, we need to heighten our sense of responsibility and strengthen the power of action to tackle challenges to the

	environment. “Ecological Civilization: Building a Shared Future for All Life on Earth”, which is the theme of next year’s Biodiversity Conference in Kunming, embodies humanity’s hope for a better future. As the host country of COP15, China is happy to share with all parties its experience of advancing biodiversity governance and ecological progress. China has pursued development under the vision of building an ecological civilization. China has rolled out strong policies and actions. China has taken an active part in global environmental governance.  As the saying goes, “Little by little, grains of soil pile up to make a mountain and drops of water converge to form a river.” To enhance biodiversity conservation and global environmental governance require sustained efforts by all parties. Beijing, 30 September 2020 （思政内容融入方式：课外自主学习、阅读练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-052
案例标题	中西方自然观对比
案例来源	自编
内容简介	中西方在自然观上的差异: 中国坚持“天人合一、道法自然”的人与自然和谐发展理念; 而西方认为自然和人是分离的, 人统治自然、利用自然。
关键词	自然观; 天人合一; 中西方差异
编写时间	2022-5-15
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、表格等
育人主题	理解中西方自然观的差异, 坚持人与自然和谐的理念
素材长度	1772 字符
案例正文	Relationship between Man and Nature from the Chinese and Western perspectives Ancient Chinese thinking is dialectic in nature. It is an “organic humanism”, in which the Chinese regard man and nature as one under heaven. What dominates the mentality of common Chinese people is the idea of harmony between man and nature, the communication between man and nature. This idea is embedded in Confucianism, Taoism and Buddhism.  The core of Laozi's philosophy is “Tao”, which is the law of the universe and the cause of all changes in the universe. The Confucianists argue that the essence of the nature exists in human mind. Man in the ethical sense echoes the nature, the source of ethics. They advocate “Troubled, improve yourself; valued, improve the world”(穷则独善其身，达则兼济天下), that is, one should live in poverty and seek comfort in poverty, which also implies the idea of “obeying nature.”

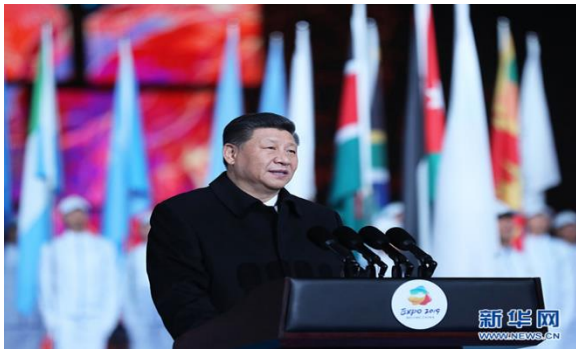
	The Buddhists advocate a returning to nature through practice of meditation. In Western philosophy, because of the influence of scientific rationality and humanistic ideas, the relationship between man and nature is relatively estranged. A major theme of Western philosophy is a separation from nature, an emphasis on dominating nature, which has led, in part, to the crises of Western society, the problems of pollution, the social disorganization of cities, and the moral bankruptcy.  Protagoras put forward the proposition that “man is the measure of all things”, placing man as the core of the universe, thus started the tradition of humanism. Socrates and Plato regarded nature as the embodiment of God or concepts, arguing that man can only know the surface of the nature while its inherent laws belong to the other world. Aristotle saw nature in a mechanical materialistic way. (思政内容融入方式：课堂导入、阅读练习、文化思辨讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-053
案例标题	李子柒自给自足的生活
案例来源	自编
内容简介	观看视频“蒜的一生”(The Life of garlic), 欣赏李子柒自力更生的田园生活。
关键词	李子柒; 自给自足; 热爱劳动
编写时间	2022-5-16
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	树立自力更生、热爱劳动的绿色生活理念
素材长度	2200 字符
案例正文	WHY CHINA'S LI ZIQI IS POPULAR AND CONTROVERSIAL Dec 19, 2019 Li Ziqi is recognized as China's second most influential video blogger. From her rural Sichuan Province home, the 29-year-old produces and posts videos through which she demonstrates such ancient skills as embroidery, movable-type printing, dyeing cloth and making furniture. She also has produced paper from tree bark, made brushes from rabbit hair and demonstrated making tofu, among other handicrafts and techniques traditional to China. Wearing long braids and traditional dresses, she reflects the self-sufficient lifestyle of ancient Chinese people. Her appeal – a soothing

	diversion for many from hectic, urban living – is strong. It’s reflected by her 6 million-plus YouTube subscribers and her 18 million Weibo (China’s Twitter) followers. However, when she recently captured a People's Choice Award from People's Daily, the largest newspaper group in China, not everyone was pleased. Her critics have suggested that Ziqi, perhaps cynically for lucrative ad revenue, is catering to a sort of archaic, reclusive Western stereotype of China culture. In effect, they say, what she is depicting, is “not the real China.” Maryland Smith’s Amna Kirmani frames the Li Ziqi phenomenon differently. “Her videos reflect a high level of authenticity and come off as awe-inspiring, says Kirmani, the Ralph J. Tyser Professor of Marketing at Maryland Smith. “These are key ingredients for tapping into an influencer economy that is growing very strongly in China and worldwide. And it’s far from hitting its peak.” “You can draw a strong comparison of Ziqi to someone like Martha Stewart, but with Ziqi exhibiting a much higher authenticity level,” Kirmani adds. "And her lifestyle promotion is similar to the increasingly popular 'farm-to-table' movement in the United States which is not likely to be criticized for inauthenticity.” In regard to cultural stereotyping, “Ziqi, if anything, is countering an American-held stereotype of China in terms of the ‘Made in China’ catchphrase including the negative connotation of cheap labor that’s producing goods and exports,” Kirmani says. “In this way, she is improving Americans’ perception of China.” （思政内容融入方式：课外自主学习、听力练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-054
案例标题	绿色发展在行动
案例来源	自编
内容简介	“绿水青山就是金山银山”。在习近平总书记的指导和带领下，中国近几年一直倡导和践行绿色发展和可持续发展。
关键词	绿色发展；可持续发展；绿水青山就是金山银山
编写时间	2022-5-18
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解中国在绿色发展方面的努力和行动，践行绿色发展
素材长度	1502 字符；视频 5.33 分钟
案例正文	China Pursues Sustainable Development http://big5.xinhuanet.com/gate/big5/www.xinhuanet.com/english/2020-09/26/c_139399265.htm  “Lucid waters and lush mountains are invaluable assets.” China has achieved much progress in environmental protection and has taken the lead in green development in recent years, guided by the notion put forward by President Xi Jinping.

	China pursues green growth despite pandemic CHINA Tuesday, 29 Dec 2020 1:11 PM MYT BEIJING (Xinhua): The year 2020 witnessed a series of remarkable moves in China's history, including a 10-year fishing ban along the Yangtze River, a total ban on importing solid waste, and the conclusion of a three-year action plan on fighting against air pollution. China has put ecological protection at the heart of its policy considerations and made notable achievements in pursuing green growth this year, even in the face of the great pressure of navigating the Covid-19 slump. These efforts indicate an evolving landscape of environmental conservation and regulation in China, as the world's second-largest economy explores a sustainable development path in which economic growth and environmental protection can move forward hand-in-hand. With environmental issues emphasised in the tone-setting annual economic meeting in mid-December, as well as Chinese leadership's proposals for formulating the 14th Five-Year Plan (2021-2025) for National Economic and Social Development and the Long-Range Objectives Through the Year 2035, efforts on green economic growth are expected to secure an important position in China in 2021 and beyond. (思政内容融入方式: 课外学习、听力练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-055
案例标题	共谋绿色生活，共建美丽家园
案例来源	自编
内容简介	地球是全人类赖以生存的唯一家园。我们要像保护自己的眼睛一样保护生态环境，像对待生命一样对待生态环境，同筑生态文明之基，同走绿色发展之路。
关键词	绿色发展；保护地球；保护生态环境
编写时间	2022-5-20
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片、视频等
育人主题	了解国家主席习近平对绿色发展的指导思想，践行绿色发展观
素材长度	2900 字符
案例正文	Working together for a green and better future for all  Looking up at night, we are awed by the many stars in the sky. Yet, planet Earth is the only home for mankind. We must protect this planet like our own eyes, and cherish nature the way we cherish life. We must preserve what gives our planet life and embrace green development. We need to advocate harmony between man and nature. Lush mountains, green fields, singing birds and blossoming flowers offer more than beauty to the eye. They are the basis for future development. Nature will punish those who exploit and plunder it brutally, and reward those who use and protect it carefully. We must maintain the overall balance of the Earth's eco-system, so that our children and children's children will not only have material wealth but also enjoy starry skies, green mountains and sweet flowers. We need to pursue prosperity through green development. Green is the color of nature. I have always said that green mountains and lucid waters are indeed mountains of gold and silver, and that environmental

	improvement means greater productivity. A sound environment promises great economic potential, generates good returns, and contributes to economic and social sustainability. We need to follow a philosophy that cares for nature. Well-measured use of natural resources is the key to ecological conservation. We need to promote a simpler, greener and low-carbon lifestyle, oppose excessiveness and foster a culture of living green and living healthy. We need to raise people's awareness, develop a conservation system in which everyone plays a part, and mainstream ecological conservation into every aspect of social life. We need to advocate the value of green development that reveres and cares for nature so that blue skies, green fields and clear waters will be a vision cherished by all. We need to adopt a scientific approach to ecological conservation. To create an eco-system where all elements coexist in harmony, we need to follow the laws of nature, base our efforts on scientific planning, adopt a holistic approach to conservation, and factor in local conditions. Human wisdom is essential to sustaining the dynamism of Earth, our common homeland. Ecological conservation may be a long and arduous effort. We must press ahead with a sense of urgency and perseverance to achieve our goals. We need to join hands to meet common challenges. A beautiful homeland is the shared aspiration of mankind. In the face of environmental challenges, all countries are in a community with destinies linked, and no country can stay immune. Only together can we effectively address climate change, marine pollution, biological conservation and other global environmental issues and achieve the UN 2030 Agenda for Sustainable Development. Only concerted efforts can drive home the idea of green development and bring about steady progress in the ecological conservation of the globe. （思政内容融入方式：课外自主学习、听力练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

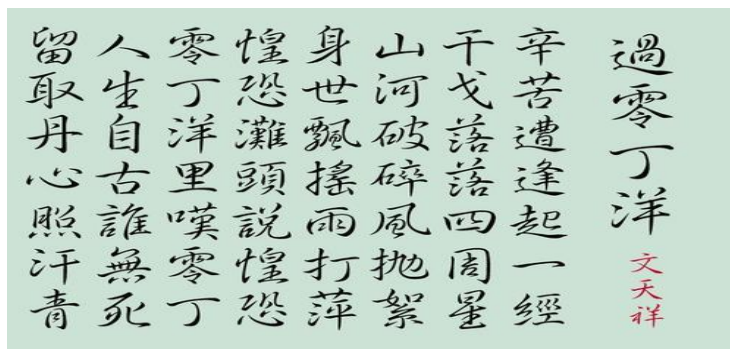
案例编号	20020001-056
案例标题	保护地球我们在行动
案例来源	自编
内容简介	地球是我生存家园,保护地球就是保护我们每个人的责任:节约用水、减少开车、绿色出行、减少消耗、循环利用等都是我们可以日常生活中可以做到的。行动起来保护我们的地球家园!
关键词	保护地球; 节约; 再循环
编写时间	2022-5-20
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	践行节约能源和绿色生活, 承担保护地球家园的责任。
素材长度	2446 字符
案例正文	Things You Can Do to Help Save the Earth  What can we do to pitch in and help save the Earth? There are plenty of things you can do every day to help reduce greenhouse gases and your carbon footprint to make a less harmful impact on the environment. Taking care of the Earth is not just a responsibility, it's a necessity. 1. Conserve Water The little things can make a big difference. Every time you turn off the water while you're brushing your teeth, you're doing something good. And stop drinking bottled water. Switch to filtered tap water. You'll save a ton of cash and help reduce a ton of plastic waste in the process. 2. Be Car-conscious If you can, stay off the road two days a week or more. You'll reduce greenhouse gas emissions by an average of 1,590 pounds (721 kilograms) per year. It's easier than you think. You can combine your errands — hit the school, grocery store and dog daycare in one trip.

	3. Walk, Bike or Take Public Transit Walking and biking are obvious ways to reduce greenhouse gases. Plus you'll get some good cardio and burn some calories while you do it. If you live in an area that's not walkable, take advantage of your local mass transit if you can. Or carpool. Even one car off on the road makes a difference. 4. Reduce, Reuse, Recycle You can help reduce pollution just by putting that soda can in the recycling bin. It really does make a difference. Paper, too. The average American household dumps 13,000 separate pieces of paper each year, most of it junk mail and packaging. But you can also take reusable bags to the grocery, and avoid using disposable plates, spoons, glass, cups and napkins. Buy products that are made of recycled materials. And don't forget to recycle your own paper. It all makes a difference. 5. Give Composting a Try Imagine if you could divert more of that to your own compost? It would help reduce the amount of solid waste you produce, and what eventually winds up in your local landfill. Plus, compost makes a great natural fertilizer. 6. Switch to LEDs Compact fluorescent light bulbs are great. They can last 10 times longer than incandescent bulbs and they use at least two-thirds less energy, but CFLS have issues. They're hard to dispose of because they contain mercury. Enter light-emitting diode, or LED bulbs. 7. Live Energy Wise Make your home more energy efficient (and save money). Your home's windows are responsible for 25 to 30 percent of residential heat gain and heat loss. (思政内容融入方式: 课堂导入、听力练习、小组讨论等)
分析评价	本案例内容经典、图文并茂, 注重知识传授、能力培养和价值塑造相统一, 符合英语语言学习和思政教学目标, 是一个优秀的思政教学案例。
评 价 者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-057
案例标题	绿色饮食健康你我
案例来源	自编
内容简介	绿色饮食包括选择对身体健康、对环境污染少的食物，多吃无污染绿色蔬菜、保持合理饮食习惯，避免浪费，避免暴饮暴食等。
关键词	绿色饮食；健康；环保
编写时间	2022-5-20
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解什么是绿色饮食，树立绿色饮食理念，践行绿色饮食
素材长度	2920 字符
案例正文	Sustainable Eating  Sustainable eating involves selecting foods that are healthy for our bodies and the environment. This means foods that provide a balanced diet for the body but also facilitate the conservation of the environment. These are foods grown and processed in a manner that does not harm the environment or compromise its ability to meet the needs of future generations. According to the 2019 EAT-Lancet Commission on healthy diets, a global shift towards plant-based foods such as legumes, fruits, grains, and vegetables has been noted in the last few decades. The shift from processed foods is aimed at helping to reduce the negative impact of food production on the environment, reducing food-related diseases, and extending people's lifespan. It is important to note that sustainable eating creates ripple effects in crop production and processing caused by a change in the established market forces and consumer demand. As people shift from foods grown using unsustainable strategies, the entire production line is forced to

	adopt to sustainable operations. Tips for Eating Sustainably: Eat Different Types of Foods Notably, a lot of people's diet rely on just a few types of dishes that limit the nutrients they can get from their food. However, you can easily get more nutrients by diversifying the foods you eat. For example; instead of restricting your protein source to beef only, other sources such as fish and legumes can help to add omega-3 fats, omega-6 fats, and antioxidants to the body. Eat More Plant-based Foods Today, more people than at any other time in history are opting for diets made up of plant-based foods such as nuts, beans, and vegetables. Plant-based foods have been demonstrated to be healthier compared to animal-based options. People are taking inspiration from Asian communities such as Malaysia and China that largely rely on plant-based foods. In the Mediterranean, communities have also mastered the art of making plant-based foods such as pasta, stews, and tagines for impressive flavors and better health. Growing your own Food When you grow own food, it means that you have cut the need to transport food over long distances using vehicles that release emissions into the environment. It also means that you will help to absorb some carbon dioxide from the atmosphere using your food crops. You can also use a balcony or window box to plant food crops in pots. Growing some of your food helps to cut grocery related bills. It is also a great way to avoid consuming harmful chemicals that are added to crops during production and processing. Avoid Wasting Food Today, the average home throws away about 30% of the food it purchases. However, this is a waste of resources and cash. To reduce wastage, it is advisable to carefully review your family food requirements and only buy enough quantity. It is also worth exploring using food preservation methods such as drying and cooling. (思政内容融入方式: 课外自主学习、阅读练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂, 注重知识传授、能力培养和价值塑造相统一, 符合英语语言学习和思政教学目标, 是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-058
案例标题	“家国情怀”主题经典诗歌
案例来源	自编
内容简介	杜甫的《春望》和文天祥的《过零丁洋》是两首非常经典的关于家国情怀主题中国古诗，许渊冲先生的翻译音美、意美、形美，值得一读。
关键词	家国情怀；《春望》；《过零丁洋》
编写时间	2022-5-22
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	诵读中国古代经典诗词，感受诗人的家国情怀，讲好中国故事
素材长度	1000 字符
案例正文	Classical Chinese poems about “family and country”  春望 杜甫 国破山河在， 城春草木深。 感时花溅泪， 恨别鸟惊心。 烽火连三月， 家书抵万金。 白头搔更短， 浑欲不胜簪。 SPRING VIEW On war-torn land streams flow and mountains stand; In towns unquiet grass and weeds run riot. Grieved over the years, flowers are moved to tears; Seeing us apart, birds cry with broken heart. The beacon fire has gone higher and higher, Words from household are worth their weight in gold. I cannot bear to scratch my grizzled hair; It grows too thin to hold a light hair pin. Translated by Xu Yuanchong



SAILING ON LONELY OCEAN

Delving in the Book of Change,
 I rose through hardship great,
 And desperately fought the foe for four long years.
 Like willow down the war-town land looks desolate;
 I sink or swim as duckweed in the rain appears.
 For the perils on Perilous Beach I have sighs;
 On Lonely Ocean now I feel dreary and lonely.
 Since olden days there's never been a man but dies;
 I'd leave a loyalist's name in history only.

Translated by Xu Yuanchong

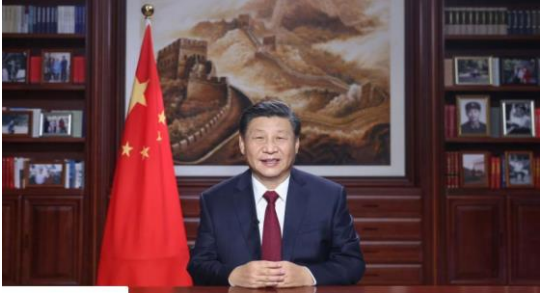
(思政内容融入方式: 课外自主学习、翻译练习、课堂讨论等)

分析评价

本案例内容经典、图文并茂,注重知识传授、能力培养和价值塑造相统一,符合英语语言学习和思政教学目标,是一个优秀的思政教学案例。

评价者

张威、教授、北京外国语大学
 王正良、教授、商洛学院

案例编号	20020001-059
案例标题	人间大爱
案例来源	自编
内容简介	2020 年是极不平凡的一年。面对突如其来的新冠肺炎疫情，我们以人民至上、生命至上诠释了人间大爱，用众志成城、坚忍不拔书写了抗疫史诗。
关键词	大爱；人民至上；爱国
编写时间	2022-5-24
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	了解人间大爱的内涵，培养学生的爱国主义思想和奉献精神。
素材长度	1271 字符
案例正文	The Interpretation of Great Love  国家习近平 2021 年新年贺词 President Xi Jinping's 2021 New Year Speech 2020 年是极不平凡的一年。面对突如其来的新冠肺炎疫情，我们以人民至上、生命至上诠释了人间大爱，用众志成城、坚忍不拔书写了抗疫史诗。在共克时艰的日子里，有逆行出征的豪迈，有顽强不屈的坚守，有患难与共的担当，有英勇无畏的牺牲，有守望相助的感动。 2020 was an extraordinary year. Facing the sudden coronavirus pandemic, we put people and their lives first to interpret the great love among humans. With solidarity and resilience, we wrote the epic of our fight against the pandemic. During the days when we addressed the hardships together, we saw the heroic spirit of marching straight to the frontlines, holding posts

	with tenacity, taking responsibility to get through thick and thin, sacrifices with bravery, and touching moments of helping each other. From medical workers to the people's army, from scientific researchers to community workers, from volunteers to those who built the projects, from seniors to youths born after the 1990s and 2000s, numerous people fulfilled their missions at the cost of their lives and protected humanity with sincere love.  一场突如其来的新冠肺炎疫情，让我们认识了一群又一群平凡而又不平凡的人。在凶猛的疫情中，他们以舍我其谁的勇气，挺身而出；在艰难的考验下，他们以奋不顾身的决然，勇敢逆行。 他们，被称为疫情迷雾里的定海神针，被称为战“疫”艇上的掌舵船长，被称为抗击病毒一线的白衣战士，被称为封闭社区里的万能守护，被称为全民战“疫”中的救火队员。 他们是奋战的火，是温暖的光。 “你们是光明的使者、希望的使者，是最美的天使，是真正的英雄！”习近平总书记的赞美，表达了全社会对抗疫英雄的敬意。 让我们共同致敬，新时代最可爱的人！ （思政内容融入方式：课外自主学习、听力练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-060
案例标题	刑场上的婚礼
案例来源	自编
内容简介	周文雍和陈铁军两名中国共产党员，为了革命事业，他们始终没有把心中的爱意说出，直到因叛徒出卖，刑场上他们向周围群众宣布举行婚礼，让反动派的枪声来作为结婚的礼炮，英勇就义。
关键词	周文雍；陈铁军；刑场上的婚礼
编写时间	2022-5-25
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	把个人的情爱融入对人民、对国家的大爱中。
素材长度	1000 字符
案例正文	The Wedding on the Execution Grounds 刑场上的婚礼 <i>The Wedding on the Execution Grounds</i> is a story about Zhou Wenying and Chen Tiejun. Zhou Wenying and Chen Tiejun, two members of the Communist Party of China, fell in love with each other while pretending to be husband and wife in 1927. For the cause of revolution, they never said their love until they were betrayed by a traitor and imprisoned by the enemy. On February 6, 1928, Chen and Zhou were marched to the Honghuagang execution grounds in Guangzhou, where they announced to the surrounding crowd: "We will hold a wedding with gun shots of reactionaries as our wedding salute." Thus, this revolutionary couple

	died a martyr's death. 1927 年大革命失败后，陈铁军拒绝了胞兄为她安排的出国机会，和周文雍以假夫妻的身份开始了组织起义的机关工作。他们一方面掩护党的机关，一方面准备广州起义。在共同的生活和斗争中，他们逐渐萌发了真挚的爱情。但在紧张严酷的现实面前，他们根本顾不上谈私人感情，双方一直克制自己。楼下的保安队长卢队副常来找麻烦。一次，周文雍被捕后在医院就医，卢队副闯进医院，声称已查明周是共产党员，把周押上了警车。后来才知道，卢队副是我们的“内线”。广州起义后，由于叛徒告密，陈铁军和周文雍二人被捕。1928 年 2 月，广州起义工人赤卫队总指挥周文雍和广东妇协陈铁军夫妇在狱中被宣判了死刑。在狱中，陈铁军和周文雍互相激励，经受住了敌人的威胁利诱和严刑拷打，在就义前，他们当众庄严宣布在刑场上举行婚礼。在刑场上，这一对革命者庄严宣布举行婚礼。  “頭可斷，肢可折，革命精神不可滅。” “Lives can be sacrificed but revolutionary spirits cannot be extinguished.” “一個革命者應該學習古今中外偉大人物的 高貴品質和英雄氣概。” “A great revolutionary should learn the nobleness and heroism of the giants at all times and from all over the world.” （思政内容融入方式：自主学习、翻译练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-061
案例标题	退伍老兵孙德山
案例来源	自编
内容简介	86 岁的孙德山是一位抗美援朝退伍老兵。为纪念牺牲的战友，孙德山萌生了要开办一个抗美援朝博物馆的念头。这一干就是八年，硬是靠拾荒建起“村中抗美援朝博物馆”。
关 键 词	孙德山；退伍老兵；抗美援朝
编写时间	2022-5-26
编 著 者	冯丽君、副教授、人文学院
素材形式	文字、视频等
育人主题	重温历史，珍惜当下的和平时光。
素材长度	1000 字符；视频 3.35 分钟
案例正文	A Veteran Soldier: Sun Deshan  It was 1950, a year after the founding of the People's Republic of China, when the U.S. led forces pushed the Korean War right to China's border. Hundreds of thousands of young people in China joined the war to defend their homeland, including 17-year-old Sun Deshan. In 1950, 17-year-old Sun Deshan, like many young people his age, volunteered to join the Korean war. The U.S. was like a flame. It burned DPRK first, and next will be China. As a neighbor, China must put out the fire. If not, China would be next. “We fought to defend our nation and homeland. A man without a country is like a child without a home. Many new recruits were sent to foreign battlefield after just a month of training. While we charged

	forward, bombshells and fragments exploded next to us many of us fell, but we marched on no matter what.”  “Chinese people stood on their feet in Chairman Mao’s time. Their lives flourished in Deng Xiaoping’s period. Now the nation has become stronger,” said Jin. “Every inch counts in national sovereignty. When there’s an invasion, we’ll fight till the end. Our army isn’t like the one before,” Sun said, grinning.  (思政内容融入方式：课外自主学习、听力练习、课堂讨论等)
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-062
案例标题	国家繁荣背后的英雄们
案例来源	自编
内容简介	《长津湖》这部影片讲述了抗美援朝，保家卫国的故事，体现出中国志愿军的伟大。我们今天的幸福生活是前辈们用生命换来的，和平来之不易，致敬我们最可爱的人。
关键词	国家利益；战士们；英雄
编写时间	2022-5-26
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	学习先辈们英勇不屈，舍身为国的精神；珍惜今天的幸福生活。
素材长度	2981 字符
案例正文	People's Heroes behind Nation's Prosperity  A scene in the film The Battle at Lake Changjin features actors Wu Jing (center), Zhu Yawen and Li Chen (left). The Battle at Lake Changjin, Co-produced and directed by Chen Kaige, Hark Tsui and Lin Chaoxian, the movie received widespread attention prior to its release in China, in a year which marks the 100th anniversary of the founding of the Communist Party of China (CPC) and the 71st anniversary of the War to Resist US Aggression and Aid Korea. The release of this film has also offered a chance for the young generation of China to remember history and heroes, as well as the reality that China's prosperity and strength cannot be separated from sacrifice and dedication. More than 70 years ago, the Chinese people's Volunteer Army, shouldering the great trust of the people and the expectations of the nation, marched across the Yalu River and eventually won a great victory after two years and nine months of bloody and arduous fighting, with the Battle at Lake Changjin being one of the most decisive ones in

	the war. The movie centers on the actions of the heroic "Company Seven" and its fellow troops, reflecting the fighting spirit and moving stories of ordinary volunteers while providing a panoramic view of the epic battle, which pitted the Chinese people's Volunteer Army against the special military troops of the US Army amid the extreme cold of -40 C. The Battle at Lake Changjin does an extraordinary job of highlighting the bravery and tenacity of these heroes from multiple angles. In the film, many soldiers, running out of bullets, charged forward with empty guns, while others, crushed under tanks, let their comrades fire around them. Over 70 years ago, countless ordinary Chinese stepped onto the battlefield to fight for our homeland in the War to Resist US Aggression and Aid Korea, in which more than 197,000 compatriots gave their precious lives. In that great era, 300,000-plus heroes such as Yang Gensi, Huang Jiguang and Qiu Shaoyun and nearly 6,000 meritorious collectives emerged in the volunteer army. When those heroes sacrificed themselves, some were still very young. At that time, most of the volunteer martyrs were buried directly on the spot, except for a few who were transported back to the country for burial. For more than half a century, China has never forgotten its heroes. Since 2014, China has received eight batches of remains of 825 volunteers for eight consecutive years, saluting the sacrifices of these courageous individuals while remembering history. In this year, China has made enormous achievements in building a moderately prosperous society in all respects, reflecting how China is becoming a stronger nation. In this journey, it is the countless heroes defending the country with their youth and even their lives -- such as the soldiers memorialized in The Battle of Lake Changjin -- who have ultimately realized China's prosperity and strength. （思政内容融入方式：课外自主学习、阅读练习、课堂讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-063
案例标题	张桂梅甘于奉献精神
案例来源	自编
内容简介	张桂梅同志把全部身心投入到边疆民族地区教育事业和儿童福利事业。张桂梅的敬业风范，甘于奉献的精神是学生们和教育工作者们学习的光辉榜样和强劲的动力。
关键词	张桂梅；奉献；敬业
编写时间	2022-5-28
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	学习张桂梅不畏磨难、甘于奉献的精神。
素材长度	2670 字符
案例正文	Zhang Guimei's sacrifices have many a lesson for educators  Zhang Guimei waves to children upon her arrival at the Great Hall of the People in Beijing on Tuesday. Zhang is the principal of a senior high school in Lijiang, Yunnan province, that offers free education to girls from impoverished families. [Photo/Xinhua] Xi Jinping, general secretary of the Communist Party of China Central Committee, conferred the July 1 Medal, the Party's highest honor, on 29 outstanding Party members on Tuesday. One of the recipients was Zhang Guimei, who founded a high school offering free education to girls in a less-developed area of Yunnan province. Zhang's efforts helped nearly 2,000 girls enroll in college. The education department and education workers can learn a lot from Zhang, who visited poor families and persuaded them not to let their children drop out of school. This shows how educators should work with a greater sense of responsibility.

	Education is not just about funds and infrastructure, but also about devotion and relentless efforts by educators such as Zhang. Rural education plays an important role in the economic and cultural revitalization of rural areas. Over the past eight years, China has put in place a poverty alleviation program with Chinese characteristics, accumulating valuable experience and making institutional achievements. In order to consolidate these achievements, more efforts should be made to make education more equitable and promote quality education in rural areas. Rural education faces multiple challenges, such as insufficient funding, an adverse environment, and other difficulties in attracting teachers. The key to overcoming these challenges is in improving rural education and promoting sustainable economic development in rural areas by boosting rural industries, in order to attract and retain talents. The improvement in the quality of rural education will also gradually change the rural culture and governance environment, laying a solid foundation for rural development. An important lesson from Zhang's story is that we should take a long-term view of rural education. Zhang has been working to improve education in rural areas because of her higher degree of consciousness and commitment, and made the cultivation of talents her goal. It is because of her lofty goal that Zhang could overcome difficulties, help poor families shed the wrong perception that "education is useless". It also reminds us that to develop education in rural areas, we should not focus on short-term goals and interests, but have a long-term perspective of cultivating talents to build a knowledge-based society. （思政内容融入方式：自主学习、写作素材、小组讨论等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院

案例编号	20020001-064
案例标题	诗歌：这就是中国
案例来源	自编
内容简介	千百年来，中华民族历经苦难，但没有任何一次苦难能够打垮我们，反而都推动了我们民族精神、意志和力量的一次次升华！这就是中国！
关键词	中国精神；民族精神
编写时间	2022-5-28
编著者	冯丽君、副教授、人文学院
素材形式	文字、图片等
育人主题	树立不畏磨难，顽强拼搏的民族精神和意志
素材长度	1574 字符
案例正文	This is China  This is China, looking forward to a new decade. This is also China, suffering from a sudden epidemic. This is China, temporarily locking down one city for the safety of the whole country. This is also China, determinedly using the strength of the whole country to save one city. This is China, grieving all the deceased. This is also China, saving lives at all costs. This is China: We'd rather stay indoors for the safety of more people. This is also China: They travel around for more people. This is China, which has been questioned, vilified and smeared. This is also China, which conveys goodwill, responsibility and confidence.

	This is China, which had been hit hard by the cold winter. This is also China, which has ushered in the rebirth of a warm spring. No matter where, the 1.4 billion Chinese people are united for the safety of 9.6 million square kilometers of mountains and rivers. No matter when, the 1.4 billion Chinese will walk through the rain together for the great rejuvenation of the whole Chinese nation. For thousands of years, the Chinese nation has experienced many ordeals, but none of them has overcome us. In the end, they elevated our national spirit, will and strength again and again. This is China 这就是中国 这就是中国，展望着一个新的十年 这也是中国，遭遇了突如其来的疫情 这就是中国，为了整个国家的安全而暂时封锁了一个城市 这也是中国，万众一心众志成城 这就是中国，为所有逝去的生命而哀悼 这也是中国，不惜一切代价挽救生命 这就是中国：为了更多人的安全，我们自愿居家隔离防疫 这也是中国：他们为了更多人民的安全而四处奔波 这就是中国，被质疑，被诽谤，被抹黑 这也是中国，传递着善意、责任和信心 这就是中国，在凛冽寒冬遭受了沉重的打击 这也是中国，在春日暖阳中迎来了重生 无论何处，为了 960 万平方公里的山河无恙，14 亿中国人民团结一心 无论何时，14 亿中华儿女为实现中华民族的伟大复兴，风雨同行 千百年来，中华民族历经苦难，但没有任何一次苦难能够打垮我们，最后，都推动了我们民族精神、意志和力量的一次次升华！ 这就是中国！ （思政内容融入方式：课外自主学习、听力练习、翻译练习等）
分析评价	本案例内容经典、图文并茂，注重知识传授、能力培养和价值塑造相统一，符合英语语言学习和思政教学目标，是一个优秀的思政教学案例。
评价者	张威、教授、北京外国语大学 王正良、教授、商洛学院