

DAEnglish B2 – Notes

—College English - Class B2

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U1 Working Holiday Abroad

English-Chinese Translation

Now that I have been home for a while and have had time to reflect on my working holiday in Vancouver, I've thought a lot about who I was before I left for Canada and who I am presently.

Prior to leaving, I was not in a good place. I had suffered a lot of personal blows and felt emotionally stretched. I lost my grandma, my job and had two car crashes in five months. I needed something to change in my life, and that came in the form of a working holiday visa.

In less than three months I filled out the necessary paperwork, booked my plane ticket and fled Brisbane. I spent fifteen months living and working in Vancouver, Canada and eighteen months in total away from Australia. This is how that working holiday changed me and my life.

I Grew (Like a Beanstalk)

I have always been a quiet, shy person and meeting people and making friends has always been a constant struggle. I've always had a few friends but never a large social circle. Then I moved to Vancouver and began working at Starbucks. My co-workers were so welcoming and it wasn't long before we were meeting up after work for dinner, ladies night and sightseeing excursions. I taught them an Australian word of the day and they helped me understand the Canadian lingo, eh? Oh, how I laughed whenever someone ended their sentence with those two letters.

My time in Vancouver was the most social in my life and for once I didn't hate it. I enjoyed seeing new places and doing new things with new friends. I loved that they accepted me for my socially awkward self. I finally felt comfortable within myself and felt that I belonged, which was the biggest personal gain.

I Had Fun at Work

回到家已经有一段时间了，有空回顾在温哥华的打工度假经历。对于去加拿大之前的自我和如今的自我，我思考了很多。

出发前，我的境况不好。个人生活上经受了許多打击，精神压力很大。我失去了我的祖母，我的工作，5个月里遭遇两起车祸。我需要生活得到改变，于是便有了打工度假签证这回事。

在不到三个月的时间里，我填写了所需的表格，订好了机票，逃离布里斯班。我在加拿大的温哥华居住工作了15个月，离开澳大利亚总共18个月。下面就谈谈打工度假给我以及我的生活所带来的改变。

我成长了（如同童话里的那棵豆茎一般飞快地成长）

我向来是一个安静、害羞的人，同人见面、交朋友总是非常艰难。我倒是一直有那么几个朋友，但从来没有一个大的社交圈子。后来我搬到温哥华，开始在星巴克工作。我的同事们非常友好，很快我们就在下班后一起吃饭、光顾女士之夜、短途观光旅行。我每天教他们一个澳大利亚英语中有趣的词，他们帮助我理解加拿大英语中特有的“eh?”。每当有人在句末加上这两个字母时，我都会忍俊不禁。

我在温哥华的日子是我人生中社交最多的一段时间，而这次我一点都不讨厌社交了。我喜欢游览新的地方，和新朋友一起做新的事情。让我感到欣慰的是他们接纳了不善社交的我。我终于从内心感到舒坦，有了归属感，这是我个人最大的收获。

我享受工作

I know what you are thinking, who actually enjoys their job? Well, I did. For the first nine months I worked two jobs: at Starbucks and on the Aussie Pie Guy food truck. Then for the final five months of my working holiday I worked full time on the food truck and I loved my job.

Yes, there were times and people that stressed me out, but for the majority of my employment I enjoyed going to work every day. I worked alongside great people who were more than my co-workers, they were my friends. We had fun at work listening to trashy 90s music, drinking our daily Starbucks and serving our friendly regulars.

I also met other great people through this job, including the employees at the breweries we regularly parked outside and other food truck owners. We traded food and beer and stories and most days it didn't feel like my job.

Now I want that feeling again. I don't want to work somewhere that I hate and that slowly sucks the life out of me. I honestly have no clue what this job will be — I never expected to enjoy working on a food truck in Vancouver — but I'll let you know once I do.

I Travelled

During my stay in Vancouver I managed to visit Seattle, Portland, Squamish and Whistler for weekends, but that was it.

But I couldn't live in North America and not see more of it, so I saved up what I could (thanks mum and dad for the extra loan) and spent just under three months traversing Canada and the United States (with an afternoon in Mexico). I did a massive circle from Vancouver over to the East Coast, across Southern USA and up the West Coast.

I gained confidence with each stop and each hostel. I adored seeing a new city every few days. I loved walking around and capturing places with my new DSLR. I was proud of myself for constantly stepping out of my comfort zone and embracing the unknown. This solo adventure changed me in a lot of good ways, including

我知道你在想什么，谁会真的喜欢他们的工作呢？噢，我的确喜欢。前9个月里我干了两份活：在星巴克，以及在澳洲馅饼快餐车上。工作假期的最后5个月里，我全职在快餐车上干活，我喜爱这份工作。

的确，有的时候、有的人会让我疲惫不堪，但是在受雇的大多数时间里我喜欢每天去上班。我同非常出色的人并肩工作，他们不仅仅是我的同事，还是我的朋友。我们工作时其乐无穷，听着粗俗的90年代音乐，每天喝着星巴克咖啡，为我们那些友善的老顾客供餐。

通过这份工作，我还遇见了其他非常好的人，包括我们的快餐车经常停靠的啤酒厂的雇员，还有其他快餐车的老板。我们交换食物和啤酒，相互讲故事，大多数日子里我不觉得自己是在上班。

现在我想重新找回这种感觉。我不愿意在一个我讨厌的地方工作，这会慢慢地耗尽我的生命。说实话我一点也不知道我要的是份什么工作——之前我压根儿就没想到会喜欢在温哥华的一个快餐车上工作——但是一旦我知道了我会告诉你。

我旅游

在温哥华期间，我设法在周末游览西雅图、波特兰、斯阔米什和惠斯勒，但没有去过别的地方。

不过我不能身在北美却不多走出去看看，于是我尽可能攒钱（谢谢妈妈和爸爸的额外贷款），花了3个月不到的时间，穿越加拿大和美国（在墨西哥呆了一个下午）。我从温哥华到东海岸，横跨美国南部，再沿西海岸北上，转了一个大圈子。

每一站、每一个客栈都让我信心倍增。我喜爱每隔几天就看见一座新的城市。我喜欢四处逛逛，用我崭新的单反相机将各地的风情记录下来。令我自豪的是，我能不断跨出自己的舒适圈，拥抱未知。这次单独的冒险让我在多方面向好的方向转变，包括确保强烈的漫游欲仍然在

ensuring my wanderlust is still running strong through me.

I Could Do It Again

My heart and my head are constantly torn between what they want in the future. Now that I have lived the expat life, I feel I'd like to do it again somewhere else in the world. It doesn't have to be right now, but in the future I would love to live in a different country again — perhaps with a special someone by my side?

But then there is also the part of me that would like to have a home and nest for a while. I realized recently that in the past six years I have lived in six different houses. And although this doesn't bother me much, I think settling down for a little bit wouldn't be so bad. I am that girl who constantly browses craft and design blogs (hello, A Beautiful Mess) and has become obsessed with watching the Lifestyle channel on Australia's version of cable. I imagine all the wonderful things I could do with my own apartment. Oh, and I kind of want a dog. Now that's nesting.

Thank You, Working Holiday

My working holiday changed my perspective on life. It helped me to grow personally, have fun professionally and realize that I can do and be anything I desire. It allowed me to realize that from now on, I will always follow my heart and do what makes me happy. Thank you, Vancouver, for helping me become a better version of myself.

心中荡漾。

我可以再来一次

至于我的生活将来怎么过，我的情感和理智往往处在冲突之中。既然我已经体验过浪迹他乡的生活，我觉得不妨在世界上其他地方再来一次。不一定非得是现在，但是未来我很想再去一个不同的国家——也许身边还带着一个特别的人？

然而另一方面，我又想要一个家，想过上一段安稳的日子。最近我意识到，在过去6年里我住过6个不同的地方。虽然我不太介意，但是我觉得安定一段时间也并非坏事。我是那个一直浏览工艺品和设计类博客的女孩（你好，美丽的混乱），沉迷于观看澳大利亚版的有线电视中的生活时尚频道。我想象着我能将自己的寓所装饰得美妙非凡。我还想养一条狗。这样就更有家的感觉了。

谢谢你，打工度假

我的打工度假改变了我对于生活的看法。它让我更加成熟、享受工作，并使我认识到我能够做我想要做的事，实现我理想的人生。它让我认识到从现在开始，我将始终追随我心底的欲望，做让我开心的事。谢谢你，温哥华，你帮助我成长得更好。

Chinese-English Translation

如果你准备充分，你的出国打工假期能成为最有益的经历之一。

以下是一些小建议。

首先，你需要通过浏览相关网站来明智地选择目的地。

然后，尽早地填写所需要的文件、申请签证、预订机票。

出发前努力学习新的职业技能，这能让你在国外有更多的工作选择，帮助你积攒足够的钱去旅游。

到国外的最初几个星期里，人们经常会感到焦虑不安或者有点困惑，所以你要对这种情绪上的压力有所准备。

同当地人交朋友，而不是单独冒险。

尽可能多地出去观光旅游，并用文字记录或拍下你去过的地方。

最后一点是跟着感觉走，做自己真心想做的事。

If you are fully prepared, your working holiday abroad can be one of the most rewarding experiences you can ever have.

Here are some tips.

First, you need to choose your destination wisely by browsing relevant websites.

Then fill out the necessary paperwork, apply for a visa and book your flight as early as possible.

Try to learn some new job skills prior to your departure, which can give you more employment options abroad and help you save up enough money for travel.

Within weeks of arriving in a foreign country, people often feel stressed out or kind of confused, so be prepared for the emotional stress.

Make friends with local people instead of taking the adventure solo.

And whenever possible, go on sightseeing excursions and capture the places you visit in words or pictures.

Last, always follow your heart and do what you truly want to do.

U2 Conspicuous Consumption

English-Chinese Translation

Who Are the Joneses and Why Are We Trying to Keep Up with Them?

In America today, it seems like we are always striving for something. To be bigger, better than who we are. We're never content with what we have. But why? Where did this sense of not being enough come from?

As it turns out, the phrase "keeping up with the Joneses" derives from a cartoon strip of that name that launched in 1913 and ran for 26 years. In the strip, creator "Pop" Momand poked fun at our need to do things in order to impress other people. I'd love to say that need vanished when the last episode of that comic strip ran, but alas, it seems to have only gotten worse. These days we don't care about the Joneses, we're trying to keep up with the Kardashians. (Thank God I don't have cable TV!)

Which really gets to the core of the matter? Who is telling us that we need to keep up with the Kardashians? The media. Until the late 1880s, magazines were not widely read. They were for the rich, who could afford both the time and money to read them. But toward the end of the 19th century, two events happened that forever changed our world: second class mail came into being and the rotary printing press was invented. This dropped the price of magazines so that they were affordable for the working class. Mass media was born. And this opened up a whole new world.

Prior to the late 1880s, most of us were so busy trying to make a living that we didn't care what the Joneses were doing, nor did we know, for that matter. But with the birth of mass media, suddenly we were being told in no uncertain terms that not only were the Joneses far better than we were, but also that we should do something about it. You see, we didn't know that we weren't good enough until someone told us. And much of that assessment was, and still is, based on a perceived lack of things we're

我们的邻居都是些什么人，我们为什么试图与他们攀比？

如今，在美国，我们似乎总是在为什么而奋斗，力争做到比当下更大、更好。我们从不满足已有的一切。但是为什么会这样呢？这种不满足感来自哪里？

事实上，“与左邻右舍攀比”这一习语源自于1913年推出、持续了26年之久的同名连环漫画。在连环漫画中，创作者“波普”莫曼德嘲笑我们一心想在别人面前摆阔气的那种心态。我多么想说，随着最后一集连环漫画的结束，这一心态也不复存在了。可是，唉，情况似乎变得更糟。如今，我们已经不再关注左邻右舍了，我们正试图与卡戴珊一家攀比。（谢天谢地，我没有有线电视。）

什么是问题的核心所在？是谁告诉我们得跟卡戴珊一家攀比呢？是媒体。在19世纪80年代末以前，杂志尚未普及。当时它们是给有闲、有钱的富人看的。可是，到了19世纪末，两件事的发生永远改变了我们的世界：二等邮件的出现和轮转印刷机的发明。这就降低了杂志的价格，使它们能够为工薪阶层所承受。大众传媒诞生了，从而开启了一个全新的世界。

19世纪80年代末以前，我们多数人都在忙于生计，既不关心、也不知道邻居们在做些什么。但是，随着大众传媒的诞生，突然之间我们被明确告知，不仅邻居们过得比我们好很多，而且我们应该采取行动赶上去。这不，要不是别人告诉我们，我们并不知道自己还不够好。从过去直至今今，很大程度上这种认识源自一种缺失感，即感觉上与别人相比，缺少了一些该要或该有的东

told we should want or have. “Fortunately,” those same magazines provided us with ready solutions in the form of advertisements for products that would “catch us up” to the Joneses. Of course, by the time we got there, the Joneses were ahead of us again (kind of like how your brand-new computer is out of date as soon as you walk out of the store) and the vicious cycle of keeping up with the Joneses perpetuated itself ad infinitum.

So here we are, feeling like we’re not good enough. It’s reflected in the music we listen to, the shows we watch (think “reality” TV), the things we say to ourselves and our loved ones. And we feel guilt, and most of all, shame.

I think Brené Brown puts it best when she says, “I see the cultural messaging everywhere that says that an ordinary life is a meaningless life.” (Daring Greatly, p. 23). She calls this the “never enough” problem and attributes it, for most of us, to a singular early childhood event that perpetuated our need to be a people-pleaser — at least, until someone tells us we can stop.

Fortunately, there are a number of anti-Joneses movements popping up. Websites like Operation Beautiful, Body Heart, and Superhero Life. Media influence is not going away and it’s nice to have some sites that advocate positive self-regard out there. Because ultimately, you decide if you’re going to buy into this idea that you’re not good enough.

So it’s time to take some pressure off yourself and stop trying to keep up with the Joneses — or anyone else for that matter. Who cares what they think, anyway?

It’s not worth it! It only leads to disappointment in the end — even if you get what you’re after. You’ll have a better life if you just forget about what other people think and hold onto what you know is true:

Stuff will never make you happy. “We used to have everything you could want — the big house, the nice cars — but we were miserable,” a Mr. Travis said. “I was working up to 90 hours a week

西。“所幸的是，”那些杂志以产品广告的形式为我们提供了现成的解决办法，可以帮助我们赶上我们的邻居。当然，当我们达到那一步时，邻居们又领先我们了（有点儿像你那崭新的电脑，在你跨出店门时便已过时一样），因此赶上邻居的恶性循环便永无止境。

于是，我们总感觉自己还不够好。这种感觉反映在我们听的音乐、看的节目（想想“真人秀”电视节目）以及对自己和我们所爱的人所说的话语之中。不止于此，我们还感到内疚，乃至羞愧。

我认为布勒内·布朗把这个问题讲得最为透彻，她说，“我看到到处传递着一个文化信息，断言普通的生活就是无意义的生活。”（《勇敢依旧》，p.23）她把这称之为“永不知足”的问题，并把它归因于多数人孩童时代的某个单一的事件，那个事件把我们取悦他人的心态永久化了——至少在别人告诉我们可以停止取悦他人之前是这样。

所幸的是，一些反对与邻居攀比的运动正在兴起，诸如出现了“美丽操作”、“身心”和“超级英雄生活”这些网站。媒体的影响不会消失，但好在现在出现了一些网站提倡自信和自尊，因为最终是否接受你还不够好这一想法，由你自己说了算。

所以，现在你该卸去你身上的压力了，不要再跟邻居攀比，也不要跟其他人攀比。谁又在乎他们怎么想呢？

那样做不值得！即便你得到了想要的东西，它最终还是导致失望。如果你不把别人的想法放在心上，坚持你认为正确的东西，你的生活会更加美好。

物质的东西永远不会使你幸福。“我们曾经拥有你想要的一切——豪宅，好车——可是我们却很痛苦，”一位姓特拉维斯的先生如是说。“为了偿付

to cover our payments.” But after going through careful budgeting and getting out of debt, he and his wife, Lisa, are happier than they’ve ever been in their lives — renting a two-bedroom apartment.

More is never enough. If you are trying to earn money for the sake of having more money, you will never be satisfied. Do some soul searching and ask yourself what “enough” really looks like. If you can’t put a cap on it, you’re chasing the wind. Learn to be happy with what you have. Just remember that if you can’t buy it outright, you can’t afford it. And it won’t really be yours if you buy it on credit.

Contentment comes from within. It’s easy to blame feelings of discontentment on outside sources like money or stuff, but true contentment and lasting joy don’t come from anything money can buy. Think of the times you’ve felt most satisfied in life. Think of the moments you look back on as your fondest memories. Would you trade those for a pile of cash?

So act now! Stop buying into the message that you’re not good enough. Stop buying things to “improve” who you are. Actions speak louder than words, so every time your kids see you berating yourself, they, too, are getting the message that they aren’t good enough. So stop the madness. Do it for your kids. Do it for yourself. Just do it.

我们的各项开支,我一周工作多达90个小时。”但是,通过仔细的预算,偿清了债务之后,他和他的妻子莉萨现在租住一套两居室的公寓,生活比任何时候都幸福。

更多从来就不意味着足够。如果你为了拥有更多的钱而挣钱,你永远不会满足。反省一下,问问自己“足够”究竟是个什么样子。如果你不能设定一个上限,你便是在追风。学会满足于已有的东西。记住,如果你不能立马买下的东西,就是你买不起的东西。如果你赊账买下,它也不真正属于你。

满足感来自内心。人们很容易把不满归咎于外部事物,比如钱财或什么东西。可是,真正的满足和持久的喜悦并非来自于金钱买得到的东西。想一想生活中你最满意的时光,想一想回顾起来是最美好的记忆。你愿意拿它们去换一堆钱吗?

所以,行动起来吧!别再相信你还不够好的信息,别再通过买东西来“提升”你自己。行胜于言,因此每次当你的孩子看到你指责自己,他们也会觉得他们自己也不够好。所以,别再犯傻了。为了你的孩子,为了你自己,行动起来吧。

Chinese-English Translation

你所在的居住区或许住着几户有钱的邻居。他们住着大房子，开着运动型多功能车(SUV)。

街坊里有些人一点都不在乎，而另一些人可能觉得不仅要跟他们一样，而且在这方面还要超过他们。

你可能以为，一点嫉妒心能够激发你更加努力地工作，争取过更好的生活。

然而，如果你坚持要和邻居比阔的想法，你就是在追风。

等待你的是失望，而不是满足，因为如果你赊账购买，你最终将陷入深深的债务，即使你一周工作 90 小时也还不清。

In your neighborhood there may be some wealthy families who live in big houses and ride in SUVs.

While some people in the neighborhood don't care a bit about that, others may feel like not only keeping up with them, but outdoing them, for that matter.

You might think a little envy can motivate you to work harder and strive for a better life.

But if you hold onto the idea of keeping up with the Joneses, you are chasing the wind.

What lies ahead is disappointment, not contentment, because if you buy on credit, you'll ultimately find yourself deeply in debt/run into debt that you cannot pay/repay even if you work 90 hours a week.

U3 Cultural Differences

English-Chinese Translation

How My Chinese Mother-in-Law Replaced My Husband

I sat around a table of couples in my husband's hometown this spring, all his former classmates and their wives. Each pair had children and shared lots of stories of life with a baby. Our daughter was only five months old at the time. We were just beginning the journey.

What makes our journey unique, however, is our negotiation of roles between Chinese father and Canadian mother, and specifically surrounding gender equity. Gender equity is a hard issue to work out in China generally, but now with a baby, any hope I had for balance is skewed, yet again, by the full-time presence of my mother-in-law as our caregiver. Now we are two women and one man, one with Western ideas (me) and two Chinese people who think I'm extreme. It's been a wobbly triangle.

When my daughter was born, my mother-in-law left her hometown and moved to Beijing, separated from her husband for the first time in their 35-year marriage. She left behind a prominent career as well as her aged father (my husband's grandfather) for whom she was the primary caregiver for the past decade. A new generation is that important. Her role is clear. She has to be here.

At first, I was really uncomfortable with this level of sacrifice. The cooking, the cleaning and the childcare were all amazing bonuses that I don't dare complain about, especially when I see friends back in Canada struggle with daycare or juggle working hours with only occasional help from family, but the hours she put in! The complete devotion to the task of helping us manage our household seemed extreme.

At times, this level of generosity made me look over my shoulder waiting for the other shoe

我的中国婆婆是怎么取代我老公的

今年春天，我在老公的家乡与他以前的同学及妻子一起吃饭。每一对夫妻都生有孩子，话题很多都跟养育孩子有关。当时我俩的女儿才5个月。为人父母的日子我们俩才刚刚开始体验。

同样为人父母，我们俩的与众不同之处在于一位中国父亲和一位加拿大母亲如何协调在家中所扮演的角色，尤其是男女平等问题。在中国，男女平等通常是个不容易解决的问题，现在有了孩子，加上我婆婆全天在我家帮忙照料，越发使我原先男女平等的希望变得不可能了。如今我们是两个女人一个男人，其中之一持有西方观念（我），两个中国人则觉得我太极端。这是种很不稳定的三角关系。

我女儿出生后，我婆婆离开她老家，来到北京，是她结婚35年来第一次与丈夫分居。她离开了一份体面的工作，还有十年来一直主要靠她照顾着的老父（我老公的外公）。下一代是那么的重要。她的作用很明确。她必须到我们这里来。

一开始，我对这样的牺牲深感别扭。她做饭、打扫、带孩子，这一切都是期望之外的，我不敢有任何怨言，尤其当我看到在加拿大的朋友们将孩子日托，艰难维持，或是上班与家务兼顾，忙得不可开交，偶尔才有家人帮忙，再看看我婆婆付出了多少时间！她全身心投入帮助我们照料家务，远非常人所能做到的。

有时，这种慷慨大度令我心神不宁，不知道接下来会有什么事。什么时候会开

to drop. When would I be presented with a bill? How could I ever repay this kindness? Was I being grateful enough? What was the catch?

In that state of paranoia, my husband and I began a phase of fighting about why he wasn't taking on half of the childcare duties. In my Western eyes, he was falling short of my expectations and wasn't honouring his role as a father. I was incensed at his laziness when it came to washing diapers, for example, or his prioritizing work-related time away from home rather than coming home to be with his daughter. Or, worse, his apparent expectation that while his mother was in our apartment, she would just wash up every dish he used.

When I would push him to do more for the baby and as a parent, his answer was most commonly: "Get my mother to help you!" To which I'd respond, "She's not here to help just me; she's here to help us! Managing this family is your job too!" Our fights seemed to get us nowhere, however. We were clearly two people looking at the same painted wall and each declaring it different colours.

My mother-in-law took me aside one day when he was not at home. Having witnessed yet another argument between us that morning, she expressed to me that perhaps I don't understand this aspect of Chinese culture. Her role here, she explained, was to replace her son in the equation — to lighten his burden, allowing him to maintain his former life rhythms, while helping me out with parenting and household management.

I felt myself teetering backwards. I am expected to be a mother and caregiver but he is relieved of his fatherly duties by his mother? Why does he get out of the daily tasks of changing her diapers, preparing our daughter's food, rocking her back to sleep? He is one of two parents, so, in my view, our daughter should be half his responsibility. I didn't marry my mother-in-law, after all.

Don't get me wrong, I think my mother-in-

出个账单给我呢？我又怎么回报得了这份好意呢？我是不是表达了足够的感激呢？这里边有没有什么陷阱啊？

在这种偏执的心态之下，我和老公开始了一段争吵，他为什么不承担起照料孩子的一半责任呢？从我一个西方人看来，他没有做到我所期待的，没有担当起父亲的责任。比如在洗尿布这事上，他的懒惰令我气愤。还有，他优先考虑外边与工作有关的事务，而不是回家陪伴女儿。更为糟糕的是，他显然觉得只要他妈跟我们一起住，那洗他用过的碗当然就是她的事。

每次我催促他为孩子多做一点事，多尽一点做父亲的责任，他的回答往往就是：“让我妈帮你啊！”我回应说：“她来咱家不是来帮我一个人的，她是来帮咱这个家的。照料这个家也是你的职责！”然而我俩的争吵似乎不解决任何问题。我们显然就是两个人看着同一面油漆的墙，而说它的颜色不一样。

一天他不在家，我婆婆把我叫到一旁。那天早上她看到我俩又争吵了，她说我可能不理解中国文化的这个方面。她解释说，自己来这儿的作用就是在家庭格局中替代儿子，好减轻他的负担，好让他保持以往的生活节奏，同时帮助我带孩子操持家务。

听了，我气得几乎站立不稳。我就该当妈照料孩子，而他妈却可以免除他做父亲的责任？为什么他就不用天天给孩子换尿布、弄吃的、摇着孩子入睡？他也是双亲之一，因此，在我看来，照料我们的女儿他理应承担一半的责任。毕竟我嫁的不是我婆婆。

别误会我。我真心觉得婆婆是我女儿

law is a wonderful grandmother to my daughter, but my preference is for greater involvement from her daddy so that my daughter understands a strong parental unit. Everyone tells me to 入乡随俗, which is the equivalent Chinese saying to “when in Rome, do as the Romans do.” But I argue that as the sole model for the Canadian side of my daughter’s cross-cultural heritage, we need to strike a balance between both cultural parenting practices. She’s half Canadian, after all.

Around the dinner table this spring in my husband’s hometown, the women really put things in perspective for me. They spoke about how their husbands barely even held their children for the first year.

“Your husband is already so much better than most Chinese men,” they said laughing, “You’re so lucky!”

The truth is that my husband has washed the occasional diaper (in response to my growling), has rocked her to sleep on nights when I’ve had to work or when I’ve needed a break, and scoops her up and plays with her regularly. He just hasn’t adopted daily habits around her schedule like I have. He sees this as the normal difference between mothers and fathers.

On a subsequent trip to my husband’s hometown, we dined once again with one of those couples we had met with in the spring. While the men were locked in their own conversation, I vented some of this conflict with the wife. She had this to say:

“Your daughter just needs you more right now. Her grandmother keeps it all in balance by being a type of third parent — it’s the Chinese way! Besides, balance is better than equality, right?” Then she added, eyes sparkling, “But don’t forget that when she’s old, you’ll be changing her diaper. That’s also the Chinese way!”

And there it is — 25 years from now, we’ll be presented with the bill for my mother-in-law’s enormous sacrifices. “Oh no,” I answered steadily. “After getting away with not changing

的好奶奶,但我宁愿孩子他爹能多承担一些,这样女儿就会懂得父母是一个紧密相连的整体。大家都跟我说要入乡随俗,相当于英语里的“身在罗马就得像罗马人般行事”。而我作为我女儿跨文化传统中唯一一个代表加拿大传统的人,则认为,我俩需要在两种育儿文化传统中达成一种平衡。毕竟她有二分之一的加拿大血统。

今年春天在我老公老家的那次饭局上,在座的女士们真的让我对这些事有了正确的看法。她们说自己的老公在孩子生下的第一年几乎都没怎么抱过孩子。

“你老公已经比大多数中国男人好多了,”她们笑着说,“你好福气啊。”

其实我老公偶尔(在我的吼叫之下)也洗尿布,在我晚上需要工作或休息的时候也摇着孩子入睡,也常将她揽入怀中、跟她一起玩。他只是不像我那样每天围绕孩子的节律安排自己的事。他觉得这是当妈跟当爹的正常区别。

后来我们又回老公老家,又跟春天那次饭局上相遇的一对夫妇一起吃饭。两个男的聊得挺欢,我就对那媳妇吐槽了我和老公的冲突。她是这么说的:

“你女儿现在就是更需要你。她奶奶扮演了一种第三个家长的角色,于是家里就有了平衡——这就是中国方式。再说,平衡好过男女平等,对不对?”她眼睛一亮,接着说,“可是别忘了,等她老了,你将要给她换尿布。这也是中国方式。”

哦,原来如此,再过25年,我们就会收到婆婆付出重大牺牲的账单。“没门,”我坚定地说。“她儿子逃避责任,没怎么给自己女儿换尿布,等我婆婆需要别人换尿

very many for his daughter, when the time comes to change my mother-in-law's diapers, it will most definitely be her son's job!" 布时，这个事儿只能是她自己的儿子做。”

Chinese-English Translation

在中国，当上爷爷奶奶是件大事。

中国的爷爷奶奶为照顾第三代尽心尽力是人所共知的。

而这却是父母和成年子女之间矛盾的重要起因，因为两代人在生活方式、育儿理念等方面有显而易见的差异。

你可以指望你的父母帮你做家务、替你带孩子，以此减轻你为人家长的负担，但要知道，你也常常不得不放弃自己的育儿理念。

与此同时，做子女的不能理所当然地享受父母的好意。

在你竭力平衡家庭与工作的时候父母伸出援手，那么在父母年纪大的时候你当然也要加以回报，照顾他们。

To be a grandparent is a big deal in China.

Chinese grandparents are widely known for their devotion to the responsibilities of taking care of the third generation.

This, however, is a primary cause of the conflict between parents and their adult children, for there exist apparent differences in aspects like lifestyle and parenting approaches between the two generations.

You can expect parents to help you manage your household and take on childcare duties, thus relieving you of your burden as a parent, but you must know, very often, you have to leave your own parenting ideas behind.

Meanwhile, the adult child simply can't take the kindness of his/her parents for granted.

As your parents helped you out when you struggled to balance family and career, you are certainly expected to repay their kindness by taking care of them when they get old.

U4 Emerging Adulthood

English-Chinese Translation

Is 30 the New 20 for Young Adults?

To a lot of us, today's twenty-somethings seem like a whole new breed. On the positive side, they're often wonderfully full of zest for life and a sense of adventure — traveling, studying abroad, moving to a new city and trying all kinds of new experiences. On the not-so-positive side, they sometimes seem to have trouble finding a direction in life, and many take longer to become independent and accept responsibilities than young people did in past decades.

Consider:

Fifty years ago the median age of entering marriage in the U.S. was 20 for women and 22 for men; today it's 26 for women and 28 for men, and still rising.

In 1960 only 33 percent of young people went to college; today, 69 percent of high school graduates enter college the next year.

Women used to have few options besides wife and mother; today they exceed men in college enrollment and are equal to men in law school, medical school and business school enrollment.

Young Americans expect a lot more out of work than their parents or grandparents did. They change jobs an average of seven times from age 20 to 29 as they search for work that is personally fulfilling, not just a job but an adventure.

Put all these changes together and the result is a new life stage: "Emerging Adulthood." This period typically runs from age 18 to 25, although it lasts through the 20s for some. Based on hundreds of research interviews, I've identified five features as typical of emerging adulthood:

Identity Explorations. This is a time when young people focus on figuring out who they are and what they want to do with their lives, as they

是不是当今的青春年华从 20 岁变成 30 岁了?

在我们很多人眼里, 当今 20 多岁的年轻人似乎是全新的一族。从积极的方面看, 他们时常对生活充满热情, 富有冒险精神——云游四方, 海外求学, 移居新的城市, 尝试各种新的经历。从不太积极的方面看, 他们有时似乎难以找到生活的目标, 和前几十年的年轻人相比, 他们中的很多人需花更长时间才能独立生活并承担责任。

请细想一下:

50 年前, 美国女性和男性结婚的中间年龄分别为 20 岁和 22 岁; 今天, 女性和男性结婚的中间年龄分别为 26 岁和 28 岁, 而且还在增大。

1960 年, 仅有 33% 的年轻人上大学; 今天, 69% 的中学毕业生在来年进入大学读书。

以前女性除了相夫教子外很少有其他的选择; 今天, 她们在大学就读的人数超过了男性, 而在法学院、医学院和商学院就读的人数与男性持平。

同其父辈和祖辈相比, 今天的美国年轻人希望从工作中获取更多。在 20 岁到 29 岁之间, 他们变换工作的次数平均为 7 次, 他们寻找的是能使自身满足的工作, 是一种带有风险的探索, 而不单单是一份工作。

若把这些变化加在一起, 其结果就是一个新的人生阶段: "成人形成期"。通常, 这个阶段从 18 岁延续到 25 岁, 不过, 对一些人来说会贯穿整个 20 至 30 岁年龄段。根据数百次的研究访谈, 我找出了 5 个成人形成期的典型特征:

探究自己的身份。这个阶段的年轻人在尝试爱情和工作中各种不同的可能性时, 着力弄清自己是谁, 想要做什么。

try out different possibilities in love and work.

Instability. In the course of all these identity explorations there are many changes — in jobs, in love partners, in where they live and in plans for the future.

Self-Focus. Emerging adults are focusing on their self-development and have relatively few obligations to others, so they have more freedom than people of other ages have.

Feeling In-Between. Most emerging adults feel somewhere in between adolescence and adulthood, on the way to adulthood but not there yet.

Sense of Possibilities. Most are highly optimistic about their future and believe that all doors are still potentially open to them.

In many ways, the rise of this new life stage is a good thing. Why shouldn't young people take most of their twenties to try out many possible paths?

Most of them make use of the freedom of emerging adulthood to have experiences they couldn't have when they were younger and probably won't be able to have when they're older, such as teaching in China for a year, perhaps, or taking a low-paid but fascinating internship with a nonprofit organization.

But there's a downside as well. Some emerging adults feel overwhelmed by the challenges of this life stage and drift along aimlessly, waiting for something to happen rather than making it happen.

Sometimes parents are surprised and dismayed to find that the emotional and financial responsibilities of parenting last for many years longer than they had anticipated.

So, what should parents do? We think it's wise to be patient with emerging adults, as long as they seem to have a Plan with a capital P and are trying to move it along.

Try to put aside the timetable that applied decades ago and respect the longer road to adulthood they are traveling today.

不稳定性。在探究自己身份的过程中，会发生许多方面的变化，包括工作、情侣、居住地和未来规划。

以自我为中心。成人形成期的青年人重视自我发展，相对来说对他人几乎不承担任何责任，因此，他们比其他年龄段的人有更多的自由。

感觉处于两者之间。大部分步入成人形成期的年轻人感觉自己介于青春期和成人期之间，正在走向成人期却尚未到达。

万事皆有可能。多数处于成人形成期的年轻人对自己的未来非常乐观，相信所有的机会之门仍有可能为他们敞开。

这一新的成长阶段的出现在很多方面是件好事。年轻人有什么理由不利用20多岁年龄段的大部分时间去尝试许多可能的途径呢？

多数人利用成人形成期的自由去体验他们在此前或成年之后不能有的经历，比如在中国教一年书，或在一家非营利性机构干一份低薪但极具吸引力的实习活儿。

但也有不那么理想的一面。一些步入成人形成期的年轻人承受不住这个成长阶段面临的压力，毫无目标地混日子，等待奇迹发生，而不是主动去争取。

有时候，他们的父母亲发现其养育责任无论在情感上还是在经济上都比他们预期的要多持续很多年，这让他们感到吃惊乃至沮丧。

那么，父母亲该做些什么呢？我们认为明智的做法是耐心对待步入成人形成期的青年人，只要他们看上去有明确具体的“计划”，并在努力推进。

要把几十年前适用的时间表搁置一边，尊重当今青年人正在走的较长的成长之路。

Encourage them and provide support when they seem open to it, but learn when to step back and let them make their way — including their mistakes — on their own.

It's a delicate balance.

Above all, parents, it can help to realize that the winding road to adulthood is the new normal.

You may be relieved to learn that nearly everyone grows out of emerging adulthood and, by about age 30, takes on the roles of young adulthood — marriage, parenthood and a stable job.

Seeing emerging adulthood as a normal stage of life today can help ease our anxiety and maybe even allow us to celebrate our emerging adults' energy, optimism and appetite for life.

要鼓励他们，并在他们看起来愿意接受时，为他们提供援助和支持，但要学会择时放手，让他们走自己的路——包括犯错误。

这是一个微妙的平衡。

家长们，最重要的是，认识到通向成人的曲折蜿蜒之路是一种新常态是有益的。

你们可能很欣慰地知道当今几乎人人都是从成人形成期走出来的，都是到30岁左右才担当青春期的角色——结婚、生孩子、拥有稳定的工作。

把成年人形成期看做正常的人生阶段能够有助于我们减轻焦虑，甚至可以让为成人形成期的青年人的精力、乐观和强烈的生活欲望而欢欣鼓舞。

Chinese-English Translation

在五年的时间里，通过对来自全国多个城市的18到29岁的300名年轻人的访谈，

阿内特教授提出了一个新的人生阶段，即“成人形成期”。

他说“成人形成期”是从青春末期到年轻成人做一份稳定的工作、结婚并担当起做父母的责任这段时间。

他找出了几个成人形成期的典型特征，如：对自己身份的探索，不稳定性，以自我为中心，感觉处于两者之间，觉得万事皆有可能。

阿内特的研究表明形成期成人想从生活中获取很多——一份有吸引力的且能发挥自己才华的工作，并与配偶维系持久的关系。

Working from the interviews with 300 young people aged 18 to 29 in cities around the nation over five years,

Professor Arnett proposed a new life stage he calls "emerging adulthood."

He describes it as the time from the end of adolescence to the young-adult holding a stable job, getting married and taking the responsibilities of parenthood.

He identified several features typical of emerging adulthood, such as identity explorations, instability, self-focus, feeling in-between, and a sense of possibilities.

Arnett's research shows that emerging adults want a lot out of life — a job that is fascinating and personally fulfilling and a lasting relationship with a partner.

U5 Digital Age

English-Chinese Translation

AlphaGo: Using Machine Learning to Master the Ancient Game of Go

The game of Go originated in China more than 2,500 years ago. Confucius wrote about the game, and it is considered one of the four essential arts required of any true Chinese scholar. Played by more than 40 million people worldwide, the rules of the game are simple: Players take turns to place black or white stones on a board, trying to capture the opponent's stones or surround empty space to make points of territory. The game is played primarily through intuition and feel, and because of its beauty, subtlety and intellectual depth it has captured the human imagination for centuries.

But as simple as the rules are, Go is a game of profound complexity. There are 10170 possible positions — that's more than the number of atoms in the universe, and more than a googol times larger than chess.

This complexity is what makes Go hard for computers to play, and therefore an irresistible challenge to artificial intelligence (AI) researchers, who use games as a testing ground to invent smart, flexible algorithms that can tackle problems, sometimes in ways similar to humans. The first game mastered by a computer was noughts and crosses (also known as tic-tac-toe) in 1952. Then fell checkers in 1994. In 1997 Deep Blue famously beat Garry Kasparov at chess. It's not limited to board games either — IBM's Watson bested two champions at Jeopardy in 2011, and in 2014 our own algorithms learned to play dozens of Atari games just from the raw pixel inputs. But to date, Go has thwarted AI researchers; computers still only play Go as well as amateurs. In other words, machines have topped the best humans at most games held up as measures of human intellect. But with Go, human grandmasters have maintained an

阿尔法围棋：借助机器学习，精通古老的围棋

围棋发源于中国，至今已有 2500 多年的历史。孔子曾经对围棋有过论述，它被视为任何中国学者必须掌握的四艺之一。全球有 4000 多万人下围棋。其规则很简单：棋手们轮流在棋盘上落下黑子或白子，试图吃掉对手的棋子，或者在棋盘上围地得分。下棋主要靠直觉和感觉。因为这个游戏的美、精妙和深邃的智慧，数个世纪以来，它一直令人神往。

不过，围棋的规则虽然简单，下起来却极其复杂。围棋有 10170 个可能的布局——比宇宙中的原子的数量还要多，比国际象棋的布局要多上 10100 倍。

因为这种复杂性，所以电脑下围棋很难，人工智能 (AI) 研究者们也因此把教会电脑下围棋看成诱人的挑战。他们以各类游戏为试验场，发明出智能的、灵活的算法，然后让这些算法解决问题。其方法有时候与人类的方法相似。1952 年，电脑学会了第一个游戏，名叫井字过三关（也叫一字棋）。1994 年，电脑又征服了西洋跳棋。1997 年，“深蓝”击败了（国际象棋大师）加里·卡斯帕罗夫，名声大噪。电脑学会玩的游戏还不止棋盘游戏——2011 年，IBM 的“沃森”完胜两位“危险边缘”电视智力问答节目的冠军。2014 年，我们自己研发的算法仅仅通过输入原始像素就学会了玩几十种雅达利电子游戏。然而，迄今为止，围棋一直让人工智能研究人员败北；电脑下围棋依然停留在业余水平。换句话说，机器在大多数被认为是人类智力衡量标准的游戏

edge over even the most agile computing systems.

Traditional AI methods — which construct a search tree over all possible positions — don't have a chance in Go. So when we set out to crack Go, we took a different approach. We built a system, AlphaGo, that combines an advanced tree search with deep neural networks. These neural networks take a description of the Go board as an input and process it through 12 different network layers containing millions of neuron-like connections. One neural network, the “policy network,” selects the next move to play. The other neural network, the “value network,” predicts the winner of the game.

We trained the neural networks on 30 million moves from games played by human experts, until it could predict the human move 57 percent of the time (the previous record before AlphaGo was 44 percent). But our goal is to get the better of top human players, not just mimic them. To do this, AlphaGo learned to discover new strategies for itself, by playing thousands of games between its neural networks, and adjusting the connections using a trial-and-error process known as reinforcement learning. Of course, all of this requires a huge amount of computing power, so we made extensive use of Google Cloud Platform.

After all that training it was time to put AlphaGo to the test. First, we held a tournament between AlphaGo and the other top programs at the forefront of computer Go. AlphaGo won all but one of its 500 games against these programs. So the next step was to invite the reigning three-time European Go champion Fan Hui — an elite professional player who has devoted his life to Go since the age of 12 — to our London office for a challenge match. In a closed-door match last October, AlphaGo won by 5 games to 0. It was the first time a computer program had ever beaten a professional Go player.

What's next? In March, AlphaGo will face its ultimate challenge: a five-game challenge match in

中已经打败了最好的人类玩家，但在围棋上，人类围棋大师即便是对最敏捷的计算机系统也一直保持着优势。

传统的人工智能方法——在所有可能的布局之上构建一个搜索树——在围棋上击败人的机会渺茫。于是，当我们着手突破围棋时，我们采用了一种不同的做法。我们建立的阿尔法围棋系统将高级树型检索同深度神经网络技术结合在一起。这些神经网络对棋盘的进展进行描绘并作为信息输入，再通过 12 个不同的网络层进行处理，这些网络层包含数以百万计的一类神经元连接。其中一个名为“决策网络”的神经网络选择下一步落子。另一个名为“价值网络”的神经网络预测棋局的赢家。

我们拿围棋高手下过的 3000 万手棋来训练神经网络，直到它预测人类高手下一步落子的准确率达到 57%（阿尔法围棋诞生前的最高记录是 44%）。然而，我们的目标是打败最好的人类高手，而不只是模仿他们。为此，阿尔法围棋学会了自行寻找新策略。它在自己的神经网络间下了成千上万局围棋，通过被称为“增强式学习”的试错流程调整各层之间的连接。当然，所有这一切都需要巨大的计算能力，所以我们广泛利用了谷歌云平台。

千锤百炼后，该让阿尔法围棋接受考验了。首先，我们举办了一场邀请赛，让阿尔法围棋和计算机围棋博弈界的顶尖程序对抗。总共 500 局比赛中，阿尔法围棋只败了一场。于是，下一步我们邀请了连续获得最近三次欧洲围棋锦标赛冠军的樊麾——从 12 岁起就专攻围棋的精英职业棋手——到我们的伦敦办公室来一场挑战赛。在去年 10 月的一场闭门比赛中，阿尔法围棋取得了 5 比 0 的战绩。这是有史以来电脑程序第一次战胜了职业围棋选手。

下一步做什么？今年 3 月，阿尔法围棋将面临终极挑战：赴首尔同传奇人

Seoul against the legendary Lee Sedol — the top Go player in the world over the past decade.

We are thrilled to have mastered Go and thus achieved one of the grand challenges of AI. However, the most significant aspect of all this for us is that AlphaGo isn't just an "expert" system built with hand-crafted rules; instead it uses general machine learning techniques to figure out for itself how to win at Go. While games are the perfect platform for developing and testing AI algorithms quickly and efficiently, ultimately we want to apply these techniques to important real-world problems. Because the methods we've used are general-purpose, our hope is that one day they could be extended to help us address some of society's toughest and most pressing problems, from climate modeling to complex disease analysis. We believe these techniques can accelerate scientific research. Scientists working alongside AI systems that can home in on areas of research are very likely to be fruitful. The same techniques could even suggest a way forward that might point the human expert to a breakthrough. We're excited to see what we can use this technology to tackle next!

物李世石——过去 10 年里世界上最好的围棋选手——进行 5 局决胜负的挑战赛。

让电脑精通围棋，胜利通过人工智能界的最大挑战之一，让我们激动不已。不过，对我们来说，这一切之中最重要的一点是，阿尔法围棋不仅仅是一套用手工打造的规则建立的“专家”系统；它还利用了通用的机器学习技巧，独立寻找下围棋制胜的方法。游戏诚然是快速、高效开发和测试人工智能算法的最佳平台，但最终我们希望把这些技术应用到解决现实世界的重大问题上。因为我们使用的方法是多用途的，所以我们希望有一天它们能得到拓展，帮助我们解决社会上最艰巨、最迫切的问题，从气候建模到复杂的疾病分析。我们相信这些技术能够加速科学研究。科学家们与能够瞄准某些研究领域的人工智能系统一起合作很可能会有丰硕的成果。这些技术甚至能提出前进的方向，指点人类专家获得突破。这一技术接下来能攻克什么，我们高兴地拭目以待！

Chinese-English Translation

我是一名赛车设计师。
这几年我对建造带人工智能的赛车很感兴趣。
在我的想象中，我要发明的新车将通过摄像机和传感器收集原始数据。
它将具有强大的数据处理能力。
它能灵活地适应环境、决定何时加速或减速。
你知道，赛车手在选择策略时往往依靠直觉，可直觉在人紧张的时候就不灵了。
人工智能从来不会紧张，所以更安全。
一旦我攻克了设计中的难题，我将造一辆新赛车并带上它参加锦标赛。
我希望它能战胜所有对手，夺得冠军称号。

I am a race car designer.
In recent years I have been greatly interested in constructing a race car with artificial intelligence.
In my imagination, the race car I'm going to invent will collect raw data through video cameras and sensors.
It will have strong data processing abilities.
It can adjust to the environment, deciding when to accelerate or slow down in a flexible manner.
You know, race car drivers always rely on intuition when selecting strategies, but intuition may fail if the person is tense.
Artificial intelligence never feels tense, so it is safer.
Once I've tackled the challenging problems in design, I will build a new race car and take it to a tournament.
I hope it will top all opponents and become a champion.

U6 Determination

English-Chinese Translation

Chinese-English Translation