# Homework sheet

1. Answer the following questions in pinyin or Chinese characters and then translate your answer into English or Welsh

例如：伦敦(Lúndūn)在哪儿？

Lúndūn zài yīnggélán。

伦敦 在 英格兰。

1. 爱丁堡(Àidīngbǎo)在哪儿？

Àidīngbǎo zài sūgélán. 爱丁堡 在 苏格兰。

2. 利物浦(Lìwùpǔ)在哪儿？

Lìwùpǔ zài yīnggélán. 利物浦 在 英格兰。

3. 成都(Chéngdū)在哪儿？

Chéngdū zài zhōngguó. 成都 在 中国。

5. 斯旺西(Sīwàngxī)在哪儿？

Sīwàngxī zài wēiěrshì. 斯旺西 在 威尔士。

6. 都柏林(Dūbólín)在哪儿？

Dūbólín zài àiěrlán. 都柏林 在 爱尔兰。

7. 西安(Xī'an)在哪儿？

Xī'an zài zhōngguó. 西安 在 中国。

2. Listen to the audio and write down the names under the corresponding pictures

David

Lucy

Brynmor

Allison

3. Write a paragraph to introduce yourself and your family. Then recording yourself reading it afterwards. (Please feel free to look up the words you are not sure about, e.g.: jobs and adjectives that are not included in our lesson. I will give you some feedback on that afterwards.)

you can talk about:

- your name
- your nationality
- your age
- your job and location
- people in your family (What are they like? What are their jobs?)
- your pet

Hi, I am called Alex. I am English. My birthday is 23 / 9. I am year of the Pig. I am 26. I am a student and teacher. I work in a school. The school is in Wales.

I have 3 people in my family. My mum is called Laura. I think she is very clever. She is an accountant. My dad is called Steve. I think that he is not fat. He is retired. I don't have pets.

你好, 我叫 Alex。 我是英格兰人。我二十六岁。我的生日是 9 月 23 号。我书猪。我是学生和老师。我在学校 工作。学生在威尔士.

我加有三口人。 妈妈叫 Laura。我觉得她很 聪明。她是 会计。爸爸他叫 Steve。我觉得 他不胖。他是离退人员。我没有宠物。

4. Cultural study

https://youtu.be/LDPNNrzjlu4

Research questions for independent study:

1. How is the concept of Yin and Yang used in TCM and/or Chinese wellbeing?
2. What is Qi 气 and Shen 神, and how are they correlated? (Watch the videos below)
3. Is there a correlation between plant property and its location (herbs for example)? If so, what is the correlation?

1

In [Traditional] Chinese Medicine, the concept of Yin and Yang serves as the foundation for understanding health, as well as diagnosing and treating illnesses. Yin-yang, meaning "dark-bright", describes the notion that everything in nature consists of two paradoxical phases or energies. In general, all things that are in movement, have an outward or up direction, are warm or bright are all Yang. On the other hand things that are relatively still, have an inward or down direction, are cold or dark are all Yin. It is important to note that Yin-yang is a unification of two opposites; they are not two separate entities.

2

There are Five Fundamental Substances in TCM: Qi, Jing, Xue, Shen, and Jen yi. Each of them play a different role in maintaining life and health within the body. Qi (also known as Chi) is the most basic of the Fundamental Substances. It is usually translated as "life force" and flows through the Jing-luo (meridians), which correspond to particular points on the body. Shen is the yang portion of qi. It is often translated as "spirit" and is responsible for regulating emotions. Shen is stored in the heart and enters a rested state while sleeping. It is nourished by xue and is stored in the blood vessels. Symptoms of imbalance may include mental illnesses, such as anxiety and extreme depression, but also insomnia.

In the traditional system of Chinese herbal medicine, herbal formulas can be used to treat virtually any condition. Some of the most common uses in China include liver disease ( hepatitis and cirrhosis ), sexual dysfunction in men , infertility in women , insomnia , colds and flus , menstrual pain , irregular menstruation, menopause , and cancer treatment support.

Ginger, a herb known for its remedies, naturally thrives in shaded woodland with morning sunlight. Ginger is especially effective for wellbeing during the summer as it can: improve digestion, stimulate appetite, relieve stress, help weight loss and protect skin against infections. Another herb, mint, is especially effective when consumed in winter. Mint can thrive anywhere in the world, but particularly near lakes or ponds in partial shade. Mint can improve: digestion, IBS symptoms, brain health. There may be a correlation between the herbs' preferred habitat and which ailments these herbs may treat. In reference to Qi and Shen, these herbs aim to equalise the Yin-yang balance in the body to ease symptoms of ill health.

The concept of Energy Qi 气 in TCM:

https://www.youtube.com/watch?v=poKwuQap8xU

The concept of Shen 神 in TCM:

https://www.youtube.com/watch?v=wHnEsdmsaLM