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英文文稿

## Narrative of Historical Heritages

[voice over]

What binds us with the past?

As time passes on, only a few marks are hastily left on everything.

And ancient buildings also turn mottled due to the change of the world.

Historical and cultural heritage is the extended memory and endless scenery of a city.

[sound bite]

The Ming City-Wall in Nanjing is the longest, largest and best-preserved ancient city-wall in the world. Taking advantage of mountains and rivers, it has made Nanjing great and unique.

[voice over]

This immortal rocky mountain is the symbol of ancient Greek civilization as well as the oldest and the best-preserved relic of classical civilization in Europe.

[sound bite]

Architecture in front of the gate of the Acropolis is not confined to one style.

[voice over]

Simple and strict Dorian concepts are combined with delicate and elegant Ionian styles, with all elements harmoniously integrated.

The harmony and unity between Man and Mother Nature bring unique glamor to buildings. Surrounded by mountains and waters, Ming Xiaolin Mausoleum as a precious world cultural heritage well interprets this construction concept. Taking a walk here reveals the historical outline against the background of times.

[sound bite]

The Ming Xiaolin Mausoleum, built over 6000 years ago, represents the highest achievement of architecture and stone-carving art in China. This avenue with stone statues was known as “Sacred Avenue” in ancient times, and the stone-carvings in shapes of sacred animals along both sides of the avenue were also an indispensable part of imperial tombs in China historically. Today, the avenue is praised by tourists as “The most beautiful avenue of 600 meters in Nanjing”.

You may think: how can I be depressed when such wonderful beauty appears in front of me? Architecture, together with other plastic arts, presents the sacred power of human spirit.

[voice over]

No language can describe the perpetual stone pillars and the silent city-wall as it has been.

[sound bite]

Facing the Yangtze River, this section of the city-wall was built along the Lion Mountain. We can walk up the steps and ascend the Yuejiang Tower to appreciate beautiful sceneries.

[voice over]

From the Ming Xiaolin Mausoleum to the Parthenon,

From the Acropolis to ancient Nanjing;

What we've been through in the past thousands of years have shaped tenacious foundation; The power of art has composed a poem of civilization.

[sound bite]

Cities and mankind are interdependent on each other over time. The winding city wall, just like a living bond, connects the past, present, and future of the city.

In bustling Athens nowadays, both citizens and tourists can instantly see the sacred stones of the Acropolis and hear the narration of historical heritages.

[voice over]

Here, we reunite with the past and touch the vastness of history;

Here, we encounter the future and write a glorious chapter of tomorrow.

## Dialogue between Eastern and Western Civilizations

[voice over]

Separated by mountains and seas, the flame of civilization has been quietly lit up in the East and the West.

Countless gems have testified the footprints of human development in the course of this long period.

Let us step into this time-space tunnel and have a spiritual dialogue with these two ancient civilizations.

[sound bite]

The gold funerary mask here is the Mask of Agamemnon, the King of Mycenae and the Greek general of the Trojan War.

[voice over]

Gazing at the Mask of Agamemnon, we seem to see the king of the kings in ancient Greece right in front of us, unveiling the mystery of the 10-year Trojan War in Homer's Epic.

[sound bite]

Made of 4,248 pieces of Hetian jade, gray jade and 1,576 grams of gold, the Jade Clothes Sewn with Golden Threads was unearthed from the Chuwang Tomb in Lion Mountain in Xuzhou, Jiangsu Province. More than 2,000 years ago, Chinese people created this rare treasure with their unique wisdom.

[voice over]

The high sculptures of profound connotation and ingenious artworks bring the gods in Greek mythology into our view vividly.

The rituals and music of the Pre-Qin Period can be seen to some extent through the ancient tiger-shaped bronze drum, celadon bells and bronze chimes.

Through these vivid stone carvings, we seem to see the daily life of people and the eloquence of philosophers in ancient Greece.

[sound bite]

Also as an art that combines painting and sculpture, the stone-relief of the Han Dynasty marks the peak of the development of classical Chinese arts before the Han Dynasty, influencing profoundly the arts of later generations in China.

[voice over]

With the stone-carving walls, myths and legends, laws and regulations, ancient local customs are vividly revealed.

[sound bite]

These exhibits contain the appeal of mythology, art and history, seeming to be like elixirs of memory and culture, recording the development of ancient Greek culture in their own words.

Where there is history involved, there must be footprints. These entities of historical memory and inheritance can only be perceived by visiting them in person.

## Culinary Tastes on the Tip of Tongue

[voice over]

Cuisines are never to be labeled, but there is always a taste that can stimulate the release of dopamine.

In the antique and elegant water-borne southern area of Jiangsu Province and the passionate Mediterranean coast, different cultures emit the same love.

From Bream and bass fish to Chinese perch, ancient Chinese poet Su Dongpo looked for tasty fish with oars and paddles in rivers, turning appetite into poetry.

Tuna, herring and cod always appeared on the –dining-table of the Greek poet Archestratos. Taking advantage of their freshness to bring out the natural taste was the way he shaped cuisines.

[sound bite]

Let's get ready to step into the Greek paradise of delicacies.

[voice over]

In humanity's long pursuit of delicacy, the combination of oil and food-ingredients brings more inspiration.

Be it the yellow-green rape flowers or the round and full olives, the mother-nature has bestowed endless treasures on the human world.

Using rape-seed oil for stir-frying to activate the aroma of food-ingredients, this skill is preferred by many Huaiyang Cuisine chefs. Huaiyang Cuisine, which began in the Spring and Autumn Period (770 BC–476 BC), is well-known for cooking fish and fowl. It has been nourished by the local culture and customs along the lower reaches of the Yangtze River, exquisite and tender featuring a flavor of southern China.

[sound bite]

Chinese delicacies are innumerable. But speaking of the 5000-year-old art of cooking, you should not skip Yangzhou fried rice as a must. Stir-fried in a hot wok by tossing repeatedly, the rice-particles become separated and look golden in the cook's hands. This is the most ordinary yet the most unique cuisine of Jiangsu Province.

[voice over]

Athena sowed a seed, hence leading to thriving olive trees. Olive oil, as the symbol of Greek diet, is integrated into Mediterranean diet and passed on from generation to generation. The Greeks have been following unsophisticated rules of health and incorporating moderation and refinement into their recipes.

[sound bite]

Wheat, rice, millet, vegetables and fruits are the main food of local people in Greece. Gods often enjoy delicacies while sitting together with human beings.

[voice over]

Cuisines are never restricted to certain locations. People can enjoy different tastes at the same place and same time, as well as share the cuisines of their hometown.

[sound bite]

People are nurtured by the places where they are raised. In the remote past, together with camels and sea wind, foreign food-ingredients settled down in China. Today, the mutual exchange of ideas and integration of food have brought us more creativity and enjoyment. The dance-steps on the tip of the tongue are seen everywhere on this entire blue planet.

[voice over]

There are four seasons a year and three meals a day.

Only when accompanied by the warmth of nice cuisine, can we reach afar with full vigor.

## New Blood in Intangible Heritage

Fragrant Legacy

[sound bite]

This house was built by my grandfather

with his eight children

Every stake and log in the house

was picked by himself

In front of the house there is an open space

where a big banyan tree grows

In our spare time

we used to enjoy the cool under the tree

chatting, playing chess, and drinking tea

In the evening

my father and his brothers

would make tea under the tree

It has made him

the master of intangible cultural heritage

Fu Tianlong

Provincial Inheritor of Fuzhou Jasmine Tea Making Technique

[sound bite]

Born in a family of tea experts, I could feel

In my bones

the story of tea

When I was young, I often woke up in the middle of the night

finding that my parents weren't around

Drowsily

I heard my mother in the kitchen

Later I asked why you got up to cook

She said it was for my father

We usually scent tea in the middle of the night

and my father used to do it alone

After the work

he came back, tired and hungry

So I thought tea making was really toilsome

Fu Xiaoping

Post-90s Inheritor of Fuzhou Jasmine Tea Making Technique

[sound bite]

In my childhood, I thought tea and flowers were fragrant

and found it interesting

to play with them

After I really went deep

into the industry

to study the tea making technique

I realized how hard it was

[sound bite]

Make the tea leaves move

Use your wrists

That's right

Wrists

Move your body first, and then the tea

Forward and backward, left and right

After a year of practice

you will make them dance

[sound bite]

I think handmade tea

is different from machine goods

We inject our passion

time and energy to tea making

When scenting flowers

we blend tea leaves and flowers together

In the process, to make jasmine buds bloom

we talk to them

Flowers bloom well when they are in good care

Every detail contains

the tea makers' love

The precious heritage should be passed on

from generation to generation

中文译文

## 《跨越时空的“相遇”》EP1：《历史遗产的诉说》

【配音+字幕】

是什么，让我们与过去相连？

物换星移，时间仓促地在一砖一砾上留下只言片语。

岁月流转，古老的建筑身披斑驳，发出沧海变迁之慨。

历史文化遗产，是一座城市绵延的记忆，也是永远看不尽的风景。

【同期】

园园：南京明城墙，是世界上现存最长、规模最大、保存原真性最好的古

城墙。它尽得山川之利，成就了一个不可复制的大美南京。

【配音+字幕】

这座不朽的岩石山，是古希腊文明的标志，也是欧洲最古老且保存最完整的古典文明遗迹。

【同期】

米哈里：在卫城的大门前，建筑风格抛开了自我。

【配音+字幕】

简单、严格的多利安式概念，与爱奥尼亚式的微妙、优雅相结合，所有元素和谐地融合在一起。

人文与自然的和谐统一，让建筑拥有了独特的魅力。明孝陵处在山环水绕之中，诠释着“天人合一”的建造理念，是宝贵的世界文化遗产。漫步方寸之间，勾勒出时光掩映下的历史轮廓。

【同期】

园园：600多年前，明孝陵的建造代表着中国建筑和石刻艺术的最高成就。这条石像路在古代被称为“神道”，两旁的石刻神兽，也是中国历代皇陵中不可或缺的重要部分。如今，这条路也被游客誉为“南京最美的600米”。

米哈里：你会想：如此丰富的美摆在我面前，我怎么可能忧郁呢？建筑与其他造型艺术一起，在此呈现出人类精神的神圣之力。

【配音+字幕】

石柱凝刻着永恒，城墙静默如初，跨越了所有语言。

【同期】

园园：这一段的城墙，面朝天堑长江，依狮子山而建。如今，我们也可以拾阶而上，登上阅江楼，倚栏听风。

【配音+字幕】

从明孝陵到帕特农神庙，

从雅典卫城到古韵金陵；

千年的风雨塑造了坚韧底蕴；艺术的力量谱写了文明诗篇。

【同期】

园园：在时间的河流里，城与人相伴而生。蜿蜒的城墙恰似一条有温度的纽带，穿起了这座城市的过去、现在和未来。

米哈里：今天，在熙熙攘攘的雅典，无论是市民还是游客，只要你转过目光，都能看到卫城的圣石，倾听历史遗产的诉说。

【配音+字幕】

在这里，与过往重逢，触摸历史的浩瀚；

在这里，与未来相遇，谱写来日的华章。

## 《跨越时空的“相遇”》EP2：《东西方文明的对话》

【配音+字幕】

山海相隔，东方与西方悄然亮起文明的火种，

岁月磨砺，无数瑰宝鉴证了人类发展的足迹。

走入这条时空的隧道，与古老的文明进行一场心灵的对话。

【同期】

米哈里：这个黄金丧葬面具是“阿伽门农的面具”。阿伽门农既是迈锡尼的国王，也是特洛伊战争中希腊的将军。

【配音+字幕】

凝视阿伽门农的黄金面具，这位古希腊的诸王之王仿佛就在眼前，为你揭开《荷马史诗》中那场耗时10年的特洛伊战争的神秘面纱。

【同期】

聂琪：这件用4248块和田白玉和青玉，1576克黄金编制而成的“金缕玉衣”，出土于江苏徐州的狮子山汉墓，2000多年前的中国人，用他们独有的智慧创造出了这件旷世难得的瑰宝。

【配音+字幕】

高大深邃的雕塑、巧夺天工的作品，希腊神话中的众神跃然眼前。

虎钮錞于、青瓷甬钟、青铜编钟，先秦时期的礼乐兴盛可见一斑。

透过这一幅幅栩栩如生的石雕，仿佛看见古希腊人民生活的日常，与思想家们的滔滔雄辩。

【同期】

聂琪：同样是绘画与雕刻相结合的艺术，汉画像石是汉代以前中国古典美术艺术发展的巅峰，对中国后世的美术艺术产生了深远的影响。

【配音+字幕】

透过石刻画壁，神话传说、典章制度、风土人情跃然眼前。

【同期】

米哈里：这些展品蕴藏着神话、艺术和历史的气息，它们仿佛是记忆和文化的灵丹妙药，用自己的语言记录了古希腊文化的发展历程。

聂琪：凡有过处，必有足迹。这些历史记忆传承的实体，唯有亲临，方可感悟。

## 《跨越时空的“相遇”》EP3:《活色生香的碰撞》

【配音+字幕】

美食，从不被赋予固定的标签，但总有一种味道能够刺激多巴胺的分泌。

古朴典雅的水韵江南，神秘热情的地中海沿岸，迥异的文化，绽放出同样的热爱。

鳊鱼、鲈鱼、鳜鱼，苏东坡荡桨摇撸，寻味鱼之美者，将口腹之欲化作诗情，挥毫泼墨。

鲔鱼、鲱鱼、鳕鱼，总是出现在希腊诗人阿切斯特亚图的餐桌上，趁新鲜发挥食材的本味，是他留给美食的形状。

【同期】

米哈里：我们准备进入希腊美食的天堂。

【配音+字幕】

在人类对美食旷日持久的追逐中，油和食材的碰撞迸发出了更多灵感。

黄绿交映的油菜花、浑圆饱满的油橄榄，大自然在世间留下了无尽宝藏。

用菜籽油作底煸炒原料香气，是许多淮扬菜大厨的偏爱。始于春秋的淮扬菜，以水鲜禽类见长。食不厌精，脍不厌细，浸润在长江下游风土人情中的淮扬菜，师承南味，精致柔和。

【同期】

苏畅：中华美食，不胜枚举，但说到五千年火的艺术，必须是这一盘扬州炒饭。大火猛炒，颠勺翻锅，厨师的技艺让米饭颗颗金黄，粒粒分明。是最普通也最不普通的江苏美食。

【配音+字幕】

雅典娜女神洒下一粒种子，橄榄树枝繁叶茂。作为希腊饮食象征的橄榄油，融入在地中海饮食中，生生不息地流传着。遵循简单健康法则的希腊人，把节制与精细写进了菜谱。

【同期】

米哈里：小麦、大米、小米、蔬菜和水果是希腊当地人的主要食物，众神也经常和凡人坐在一起享受美食。

【配音+字幕】

美食从不局限于某个地标，在同一时空领略不同的味道，用家乡的味道以飨同好。

【同期】

苏畅：一方水土养一方人。古老的岁月里，伴着驼铃和海风，外来的食材在中国落地生根。而如今，交流与融合，让我们有更多的创造与享受。属于舌尖上的舞步，跳跃在整个蓝色星球。

【配音+字幕】

三餐四季，有烟火温暖。

美食让我们充盈力量，奔赴远方。

## 《非遗有新人》之“福州茉莉花茶窨制工艺”

【字幕】

世代传香

【同期】

这个宅子是我的爷爷

带着他的八个孩子一起建造的

这个房子的每一桩 每一木

都是他亲自挑选的

（宅子）前面有一个空地

空地前面有一棵非常大的榕树

闲暇的时候

大家都会在这个榕树下面纳凉

这边有的闲聊 有的下棋 有的喝茶

那晚上的时候

我父亲和他的几个兄弟

就会在这个树下进行制茶窨花

才造就了他的今天

成为了非遗大师

【字幕】

傅天龙

花茶制作技艺（福州茉莉花茶）省级传承人

【同期】

其实应该是我一出生

我的血液里头

可能就有茶这个元素

小的时候一般就是半夜睡醒

我爸妈都不在边上

那这个时候潜意识

就听到我妈妈在厨房

后面我问你为什么半夜起来煮面

她说要给你爸爸吃啊

一般我们窨制茶叶是在半夜

爸爸他都自己去窨花

爸爸干完活了累了

然后回来给他吃

所以当时我想着太辛苦了

【字幕】

傅晓萍

花茶制作技艺（福州茉莉花茶窨制工艺）90后传承人

【同期】

小时候就是觉得茶叶好香花很香

然后过来捡捡花

觉得很好玩

自从自己真的深入到

这个行业当中

真的去了解工艺时

觉得非常非常的辛苦

这个茶叶动起来

用手腕的

对对对

手腕的

你先动起来 茶叶要动起来

先前后 再左右

要练它个一年半载

要让茶叶能跳舞

但是我觉得机器的东西

跟手工制造的这些东西还是不一样的

它是有带感情去做的

而且它是花费了时间精力去做的

在窨花过程当中

我们要将茶跟花进行结合

在这个过程当中我们有个养花的环节

你可以跟它讲话的

你要爱护这个花它才能开得好

每一个细节都富含着

制茶人的心思在里头的

我觉得好的东西

需要一代一代的传承下去