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艺术之声

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启迪



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北京市朝阳区楼梓庄路 7 号爱迪国际教育园区 100018  
CBD International Education Park, No. 7  
Louzizhuang Road, Chaoyang District, Beijing 100018

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在童话城堡里长大的小勇士  
Growing Up With an Artistic Heart in the Aidi "Fairy Tale Castle"

## 林英赫 Lin Yinghe

艺术特长  
北京爱迪国际幼儿园

在这方充满童声笑语的天地中，6岁的林英赫正在爱迪国际幼儿园度过明媚且充盈的艺术时光。在艺术课堂里，他尽情地描绘着绚丽缤纷；在宝藏般的自然校园里，他欣赏着大自然的四季变幻；在童话城堡里，他体验着丰富多彩的艺术主题活动……

柔软的时光，见证着林英赫从一个哭闹小豆包长成为了一位活泼勇敢的小男子汉。浓郁的艺术熏陶之下，我们常常能看到这个帅气的小男孩自发地哼唱童谣、跟着音乐舞蹈着、拿着画板安静地描绘着，用稚嫩的言语去表达所感知的世界。今年是他在幼儿园的最后一年，他即将迈入小学阶段，携着艺术之心奔赴更闪耀的未来。

Lin Yinghe is a happy 6 years old kid studying in Aidi Kindergarten. He has strong interest towards arts and in Aidi, he found his passion and well implemented into his daily life, his gift as a painter flowered quite early in the painting class, and he experienced a lot of arts activities in the beautiful "castle" of kindergarten.

With time passing by, Lin Yinghe has gradually grown up to be a little young warrior with courage. Soaked in the strong artistic atmosphere in Aidi school, he is often spotted dancing and singing to the rhythm or drawing on the palette. This year is the last year of his kindergarten period, and he shall set up to a bright primary school period with a heart longing to art.



## 1 特色课程， 成长中的艺术启蒙

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走进爱迪幼儿园的大门，筒灯打下柔和的光晕，长廊两旁贴满了小朋友们平日的作品，耳边传来叮叮咚咚的童谣声，新一天的艺术特色课程开始了。

林英赫从K3年级就开始上奥尔夫音乐课，从认识音符，辨别节拍，到如今他已经可以跟随音乐节奏准确地晃动手中摇铃。

他和其他同龄小朋友一样有着活泼爱动的天性，所以老师通过音乐游戏、节奏训练等趣味学习方式，让他们在欢乐中掌握声音、韵律的变化，在潜移默化中激发音乐天赋。

如今，林英赫正在学钢琴，而这种节拍感和多种韵律持续性感悟的能力也将为他之后的乐器学习筑下良好基础。

听到音乐就开始不自觉地扭动身体，这几乎是每个孩子的天性。芭蕾形体课成了林英赫施展拳脚、挥洒力气的天地，林英赫对舞蹈的兴趣彷彿也在此萌发。今年7月的毕业典礼，林英赫在舞台上勇敢地展示了自己飒爽的街舞，他踩着节拍蹦跳着，一招一式间更是有了小男子汉的阳刚气势。

爱迪幼儿园的美术课从来不是为了让孩子的作品多么漂亮，而是更加注重孩子通过美术收获感

受、过程、体验和审美能力，让孩子们了解色彩、线条、形状，学会观察、感知、表达、合作。

每当天气晴朗的时候，老师都会让孩子们走出教室迈进户外去找一找自然的美好。

一次春天探索之旅中，林英赫看到了绿荫下忙碌的工蚁，摘到了枕着绿叶绽放的大红花，他还观察到花上飞舞的蝴蝶有一对触角、一双艳丽的翅膀。

探索过后，老师鼓励孩子们将自己在自然里观察到的事物画下来。林英赫用美术拓印棒晕染出五颜六色的花朵，又用水彩笔勾画出自己观察到的蝴蝶形状，仔细裁剪，胶水粘贴，一幅春暖花开图就呈现出来。

从提问、观察、记录到最终产出，孩子们独立进行了一次参与、见证美产生的探究过程，并获得了强烈的体验，美好在他们心间缓缓扎根。

在爱迪，幼儿园阶段以艺术启蒙和美学感知为主要艺术培养目标。音乐、舞蹈、美术等艺术课程共同结合在一起，调动起孩子们多通道的感知能力，去引导着，鼓励着，捕捉自然世界和人造事物中的别样风采。

### 1 Artistic Enlightenment in Growth Lay in the Featured Class

Entering the Aidi kindergarten main building, the daily painting works by children hanged on the side wall of the building hall. With the sound of children's rhymes, the new day of featured art courses began.

Lin Yinghe started learning Orff Music Class since his K3, from recognizing notes and distinguishing beats, now he can move his bell accurately to follow the rhythm of the music.

To synchronize with the kids' nature, teachers use music games, beats practicing and other teaching methods to let the children master the changing of rhythms, and cultivate their potential of music.

Nowadays, his daily practices of rhythm and beats contribute to his fast learning of piano, as well as other instruments.

It is almost the nature of every kid to start wriggling body involuntarily when hearing the music. Lin Yinghe found his sparkle of dancing while in the ballet class. In the graduation ceremony of July, Lin Yinghe performed street dancing in an excellent and manly way.

The teaching target of the fine arts class of Aidi kindergarten is never about the kids' accomplishments of fine paintings, but to pay more attention to children's experience and aesthetic ability through the process of art learning, so that children can understand the colors, lines and shapes, and learn to observe, perceive, express and cooperate.

So every sunny day, teachers will guide the kids out to explore the natural beauty. During an exploration tour of spring, Lin Yinghe found the busy ants working under the shade of trees, and the flying butterflies waving her beautiful wings and shaking her antennas.

After the exploration, teachers encouraged students to draw out the subjects they observed. Lin Yinghe dyed the colorful flowers with an art rubbing stick, and sketched the shapes of butterflies he observed with a watercolor pen. He carefully cut and glued them to create a picture of spring blossoms.

In the process of coming up with questions and to seek for answers, and to make final work, children independently participated in a process of completed an artistic work.

In Aidi Kindergarten, to cultivate students' appreciation of art and enable their enlightenment of beauty are the top teaching goals. By the means of daily teaching of combined&featured art subjects including Music, Dance, Fine Arts and etc., students' sense of art are provoked and their interests towards the details of nature and daily life are discovered.





6 知到的“一手”信息传达给大脑，获得了知识和感受上最大化的启蒙。

走进幼儿园大厅，大厅伫立着一座巨大的童话城堡，这是林英赫最喜爱的童话天地。

他穿着王子服，在这好似存于梦中的城堡中自由探索着，感受充满童趣的一砖一瓦。举办各种主题活动时，老师也会让他在城堡前进行写生创作，把心中的童话梦描绘为现实。

细看林英赫的艺术作品，有用粘土捏制的细长花瓶，也有用水果印章印出的一朵朵花儿，更有为模特设计的时尚服装。这得益于教室美术区域里丰富多样的材料，他可以用彩纸、剪刀、画笔、胶水、粘土等进行各种形式的创作。老师从不拘束小小艺术家们的艺术创作，任由每个人去发挥想象力，去尽情表达自我，享受创造的过程。

园区里随处可见的绘本是孩子们汲取精神营养的另一片天地，小朋友们可以随时沉浸于故事世界的静谧天地。林英赫喜欢听老师用柔和的嗓音慢慢讲述，因为那里有惊险刺激的冒险故事，也有温馨可爱的插画。

此外，户外的活动同样必不可少。广阔的校园充满着令人意想不到的宝藏，丰富的颜色、多变的形状、各种各样的生物、高低起伏的地形，通过一个个自然实践活动，林英赫和同学们手牵手走进四季的浪漫里，来一场最美最潇洒的探索之旅。

春天的校园是绿色的，他们去到绿草如茵的草地上绘画，深秋的校园是金黄的，他们手拿小铲子踩在累累丰收的黄土地上和洒满秋叶的银杏林中，他观察、触摸、动手，调动着五感，将感

空间的教育功能越来越重要，尤其是幼儿启蒙阶段。一个寓教于乐的空间，可以充分引导孩子们学习的兴趣。在爱迪国际幼儿园里，任何一个角落的布置，都在激发着孩子的艺术天赋。

## 2 自然与童趣， 为孩子造一个艺术梦

### ② Nestling in the “Fairy Castle”, Weaving an Artistic Dream for the Kids

Lin Yinghe's favorite corner in Aidi Kindergarten is the giant castle wallpaper in the hall. It feels like a fairy tale dream comes true when he lingers around the “castle” wearing the “prince” suite. And through many activities like painting in front of the “castle”, his inner fairly tale dream came to live.

Aidi kindergarten provides numerous materials for kids to create their art works. Colored paper, scissors, brushes, glue, clay, students are able to create anything regardless of form. Teacher also encourage students to be imaginative, to express themselves freely and to enjoy the process of creating.

The picture books all around the corner are also a great spiritual hub for kids to enrich their knowledge. Children can indulge themselves in the quiet world of the story at any time. Lin Yinghe likes to hear the teacher speak slowly and softly because there are thrilling adventure stories and sweet illustrations.

Besides, outdoor activities are indispensable. Students are encouraged to set their feet out of the building and have a closer approach to the nature. There are numerous treasures to be found in the campus, no matter the various landscape, the colorful patterns and all kinds of creatures, arts originate from life, nature is the best source of inspiration for students.

Campus in spring is green, kids set out to paint on grassy grass. When the autumn comes, campus turns



to yellow, with a small shovel, students will step on the fertile yellow earth and the ginkgo forest full of autumn leaves. Students observe all those kinds of subjects and use hands to touch them, they utilize their five senses and convey the first-hand information to the brain, thus to obtain the maximum enlightenment of knowledge and feeling.

The educational function of space is becoming more and more important, especially in the enlightenment stage, a space that combines teaching with fun can fully guide children's interest in learning. In Aidi International Kindergarten, the layout of every corner is stimulating children's artistic talent.



### ③ 丰富的主题活动， 给予孩子明媚的艺术童年

林英赫在爱迪幼儿园收获了一段明媚且充实的童年时光。他活泼开朗、自信阳光、充满好奇，而这也正是我们对幼儿园的孩子们所希望的模样。

爱迪国际幼儿园会为孩子们提供许多富有特色的主题活动。母亲节时的创作材料是鲜花。林英赫会将相同颜色的花朵扎在一起，错落有致地点缀上白色的小雏菊，制作成花篮献给妈妈。

万圣节的活动是制作小cookie。他会在饼干上专注地挤上缤纷色彩，绘制出独一无二的可口饼干，即使脸上满是面粉也没有察觉。

童话日的主题是绘画城堡中的人物，他会将自己脑海中的童话人物描摹出来，在脑海里为每个人物编出一段主角故事。

除此之外，还有光影变幻、无笔沙土绘画等多种多样的艺术活动填满了林英赫的幼儿园时光。从兴趣出发，在动手中感知，老师们鼓励林英赫以天生的好奇心四处游荡，去观察、触摸、体验、玩耍，这就是他们的学习方式。细水长流中，他们学会体验生命中每一刻的美好，懂得倾听内心的情感，珍藏成长的各种记忆，如此，他们的童年就拥有了别样的艺术色彩。

林英赫是个活泼开朗的小男孩，但是当他沉浸在创作中时又是那么的专注。他喜欢观察世界中的花鸟鱼虫，在他幼小的心灵里始终相信每个生命都会是童话故事的主角，他好奇的眼眸中有着独属于小孩子奇妙世界。

这让我们相信，等他长成小小少年，有了想要追逐的艺术梦想时，也将始终满怀希望、热情与无畏。

当我们问起林英赫对这一天艺术课程有什么感受时，他只是说：“很好玩儿。”小小的他还无法用深刻的言语表达内心的愉悦和满足，但我们从他明亮的眼眸中知道他必定很享受这样的时光。而这些细碎的点滴，也将为他们构筑出永恒的美好记忆，一一化成他日后作品中迷人的艺术世界。我们也衷心地祝愿，这个阳光帅气的小男孩永葆纯真，去发现更多美好。



### ③ Bringing a Happy Childhood to the Kids through Diversified Themed Activities

Lin Yinghe acquired a happy childhood and abundant experience in Aidi Kindergarten, he is a role model by his confidence, openness and curiosity for the other kids at school.

Aidi Kindergarten provides numerous and featured activities for kids. On the mother's day, he prepared delicate gift for his mother. He tied the same color flowers into a bunch with several small white daises decorated and gave to his mother.

For the Halloween, kindergarten organized to make cookies. He concentrated on squeezing colorful icing sugar on the cover of cookies, and even didn't realize there was flour on the face.

The theme of Fairy Tale Day was to draw characters of stories on the palette, and he would create a story for each character in his mind. Besides, there are various artistic activities such as light and shadow changing, painless sand painting, which filled Lin Yinghe's kindergarten life. They learn to experience every moment of the good life, know how to listen to inner feelings and treasure all kinds of memories.

Lin Yinghe is an active kid, but he is also very concentrated during his creating process. Observing the surrounding subjects is his habit, and he firmly believes that every creature has a fairy tale story and

they meant to be the main character of their own stories. His own wondered world flowered inside his little heart, which makes us believe he will stay curious and resilient when pursuing his own dream in future.

When we asked his feeling of the whole day featured classes, he simply replied "just so much fun". Maybe he was not able to use flourishing and complicated words to express his satisfaction at this young age, but we could still tell something from his eyes that he was truly happy and enjoyable. We wish him from the very deep of our heart, that this young boy will stay pure and pursue for more beautiful things in his life.



艺术星球的小小“多元探索家”  
Little “Multiple Explorer” from Art Planet

## 储圣軍 Chu Shengjun

艺术特长  
爱迪外国语学校（小学）  
Y1 年级

眼前这位小绅士年仅 7 岁，却已经有了 4 年之久的“艺术生涯”，从 3 岁起，他就开始“自学”画画自由创作，5 岁又开始学钢琴、学唱歌，中、英文歌曲样样拿手。

现在，储圣軍是爱迪外国语学校（小学）一年级的新生。升入小学后他不但没有减少任何一项特长，还增加了书法这一新的兴趣爱好。在我们采访时，7 岁的储圣軍寥寥数笔就是一幅生动形象的绘画作品，一边还透露给我们“画画很有趣，我喜欢画画，长大想成为画家”的小秘密。

自信开朗、谦逊有礼、多才多艺，这一切，除了浓厚艺术氛围的熏陶，还与父母充满智慧的引导和支持密不可分。本期的 ART VOICE 系列报道我们就一同看看这位小小“多元探索家”是如何养成的。

This little gentleman in front of us is only seven years old, but he has already had four years “art career” experience. From the age of three, he began to learn drawing by himself and develop creative mindset. At the age of five, he started to learn piano and singing, and he was good at both Chinese and English songs.

Chu Shengjun is now a first-grader at Aidi Beijing International School (Primary School). After entering primary school, he did not give up any of his special skills, but added a new one --- calligraphy. During our interview, 7-year-old Chu Shengjun completed a vivid painting with just a few strokes. He also revealed a little secret to us, “Painting is fun, and I love painting. I want to be a painter when I grow up.”

Confident、cheerful、polite、modest、and versatile, all these qualities are inseparable from the guidance and support of his parents, and the strong artistic atmosphere at home. In this edition of the ART VOICE series, let's take a look at how this little “Multiple Explorer” was raised.

## 1 以专注的热爱，多元探索尝试

“在家里，只要一空下来，他不是在写书法、画画，就是在唱歌、弹琴。一个人在房间里，他可以安安静静地待好几个小时。”说起储圣军对艺术的专注和热爱，储妈妈滔滔不绝。

年仅7岁的储圣军已经能够有模有样地挥毫泼墨。令人惊讶的是，他在书法探索上完全是凭借兴趣“自学成才”。

完成课业后，小男孩就端坐于桌前，铺开一张干净的宣纸，手提毛笔一笔一画地书写起来，没有一丝急躁，整个人都沉静下来。正是活泼好动的年纪，他却从没感觉到枯燥反而像是发现了其中的无穷乐趣。

这份扎实和沉着，对于一位一年级的小朋友来说实属难得。储妈妈也说：“圣军从小就比同龄人更专注，不管做什么事，都能耐下心来。”

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然而，储圣军并不是一个内向害羞的孩子。生于艺术世家的他，同样继承了优良的表演天赋。他自信且开朗，像一个熠熠闪光的小太阳，勇于在舞台上展示自我。

记得小时候幼儿园组织表演时，他就可以把节目从头到尾表演下来，灯光谢幕了还不想走下舞台。5岁的时候他拥有了属于自己的一架钢琴，经常将新学的曲子弹给妈妈听。一年级他上了声乐课，在节奏节拍的准确性、发音吐



字清晰度、真假音的转换以及声音的共鸣等方面都能独立完成老师所教授的内容。而现在，他已经可以熟练、清晰地唱出好几首英文歌曲。“我发现，他非常享受其中。”储妈妈惊叹道。

同样他也有着小孩子特有的天马行空的想象力。3岁时，储圣军就喜欢在各种地方涂鸦。虽然那时小小的他连拿笔都还不熟练，但是却能画出或生动、或抽象、或可爱的作品。

上了爱迪小学后，丰富的艺术课程也让储圣军有了更多探索的天地。

创意美术课上，老师鼓励每个孩子将自己的天马行空想象尽情描绘。储圣军就会将自己在生活中观察到的美好用线条和色块一一描绘。在老师眼中，储圣军总是很投入地对待自己的作品，遇到不满意的地方，会反复推敲。小小年纪他就对自己的作品呈现有很清晰的想法和高标准的要求。

在爱迪，小学阶段的艺术教育以多元、广泛、点状式的探索与感知为培养目标，对孩子的审美启蒙与多元探索培养是重中之重。而储圣军也在老师的带领下正式迈入视觉艺术和表演艺术的学习之旅，从丰富多元的艺术选修课中尽情探索并尝试，将对艺术的热情构建在内驱力上，遵从天性，快乐自信地成长。



### 1 With persistent passion Try multiple exploration

“At home, whenever he is free, he would practice calligraphy, draw pictures, sing or play the piano.” When it came to Chu Shengjun’s devotion and love for art, Chu’s mother couldn’t help but kept talking about it.

At the age of seven, Chu Shengjun can write very well calligraphy. Surprisingly, his exploration of calligraphy was based entirely on interest and he learned all by himself.

After finishing his homework, the little boy will sit at the table, spread out a clean piece of Chinese art paper, hold a brush, and begins to write calligraphy. He is so calm and patient. At such an energetic age, he never thinks calligraphy boring, but seems to be quite interested in it.

This sureness and calm, for a grade one child is really rare. “Shengjun has been more focused than his peers since he was very little. Whatever he did, he did with patience.”

However, Chu Shengjun is not an introverted or shy child. Born in an artistic family, he inherits undoubtedly excellent acting talent. He is confident and cheerful, like a little shining sun, brave to show himself on the stage.

When he was little, there was a performance organized by the kindergarten. He was already capable of playing through the whole show and even didn’t want to leave the stage when the lights went down. When he was five years old, he got his own piano and often played newly learned tunes to his mother. In the first grade, he took vocal music lessons and was able to independently complete the content taught by the teacher in terms of accuracy of rhythm and tempo, clear articulation, conversion of true or false tones and resonance of sound. Now, he can sing several English songs skillfully and clearly. “I found that he really enjoyed it.” Chu’s mother exclaimed.

He also has unique and wild imagination just like any other children. At the age of three, Chu Shengjun liked to doodle in various places. Although at that time

he was not old enough to hold a pen, he could paint something vivid, abstract or lovely.

After attending Aidi Primary School, Chu Shengjun could explore more in the world of art through various art lessons.

In the creative art class, the teacher encouraged each child to show their wild imagination by painting. Chu Shengjun would use lines and blocks of color to describe the beautiful things he had observed in his life. In the eyes of the teacher, he is always devoted to his own works, and will think over and over again if he is not satisfied with them. From an early age, he had clear ideas and high standards for the presentation of his work.

In Aidi, art education in primary school takes diversified, extensive and point-like exploration and perception as its goal. The aesthetic enlightenment and diversified exploration training for children is the most important thing. Under the guidance of his teachers, he began to study visual arts and performing arts.

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## 2 教室之外的世界 也是他的课堂

小小年纪的储圣军已经展现出了多样的艺术才能，尽管入学前他没有上过任何的课外兴趣班，但是他对于周围与艺术相关的事物都充满了好奇。

例如绘画，储妈妈从没有刻意地培养他的绘画能力，只是在家中为他营造了一个舒适随意的涂鸦环境。储圣军自己就利用许多简单的涂鸦工具，自由发挥。他还随身带着纸和笔，把自己随时迸发的灵感画下来，身边的物件、周围的环境都是他丰沛灵感的源泉。

艺术展和音乐会是他特别感兴趣的地方，他按照自己的步调和喜好慢慢在这充满着艺术之美和历史之韵的空间内游览着，有时候，储圣军会好奇地提出自己的问题，并在大人的指引和帮助下对自己的观点和印象进行思考，从而进行了一次深刻、主动的“艺术学习”。

除此之外，储妈妈也会带储圣军去迪士尼乐园等游乐园，他在这里感受充满童趣的一草一木，把心中的童话故事化为现实。空闲时间，他们也会去到硕果丰收的采摘园、浪花席卷的海边，感受大自然的无私馈赠和神奇壮阔。

“如果环境安全，更多时候，我会让他自由考察一番，在自然界寻找自己感兴趣的事物。小孩子总是充满好奇心和探索欲的，很多时候他问的问题我也不可能回答上来，只能靠他自己寻找答案。”储妈妈无奈地笑了笑。

对储圣军来说，学习并不止拘泥于课堂内，这个多彩而广阔的世界，都将是他的收获知识的课堂。在这里，眼睛看到美丽的东西，耳朵听到美妙的东西，心灵感受到美好的东西。细水长流般的一点一滴，也为储圣军的艺术成长注入全新的活力，终将汇成大江大河。



## 2 The world outside class is also his classroom

At a young age, he has shown a variety of artistic talents. Although he did not attend any extracurricular classes before entering school, he is curious about art-related things around him.

For example, his mother never planned to cultivate his painting ability, but just created a comfortable and casual graffiti environment for him at home. He took the liberty of using many simple graffiti tools himself. He also carried pens and paper with him to draw the ideas that came to him at any moment. Objects and surroundings are sources of abundant inspiration for him.

He is particularly interested in art exhibitions and concerts. He wanders around a space filled with artistic beauty and historical rhyme at his own pace and preference. Sometimes, he would ask his own questions out of curiosity. Then, with the guidance and help of adults, he rethinks his views and impressions, thus completing a profound and active "art learning".

In addition, Chu's mother will also take him to Disneyland and other amusement parks, where he can experience the trees and grasses full of childhood fun and turn his fairy tales into reality. In their spare time, they will also go to the picking garden full of fruit, the sea shore covered with waves, to feel the natural's presents and wonders.

"Most of the time, as long as it's safe, I will leave him free to explore and find things in nature that interest him. Children are always curious and inquisitive. I am not able to answer all the questions he asks, so he has to find the answers himself." Chu's mother smiled reluctantly.

For Chu Shengjun, learning is not confined to the classroom. This colorful and vast world will be his second classroom to gain knowledge, where the eyes could see beautiful things, the ears can hear wonderful things, and the heart could feel nice things. Little drops of water converge into small streams, which infuses new vitality into his artistic development and eventually becomes a long river.



### ③ 对孩子的未来， 家庭永远充满爱，给予支持与鼓励

对于储圣军的未来发展，储妈妈更多的是一种随性的态度，虽然儿子生于艺术世家，但是她并不要求储圣军未来成为艺术家，更多的是鼓励他去尝试自己感兴趣的事。

而这也是储妈妈为储圣军选择爱迪学校最主要的原因之一。在小学阶段的艺术启蒙期，储圣军在创意美术、书法、国画、钢琴、管弦乐、京剧等丰富的艺术选修课中像海绵一样尽情吸收，通过尝试去寻找自己热爱的领域。在未来，相信他也会适当地做减法，找到最适合的方向全力奔跑。

她深知，当孩子涉足的领域越来越广时，父母能直接提供的专业力量就会越来越有限。所以从事艺术领域的储妈妈会尽可能地为储圣军提供艺术学习的资源和渠道。

16 工作时，她就会带着储圣军一起飞到世界各地参加演出，让他从小拥有广阔的视野，带着他一起去拜访行业内顶尖的艺术家、演奏家、导演、作家，获得思想上的碰撞和传递。而小小的储圣军就坐在那里，细细聆听着，学习就是这样自然而然地发生。

“他有自己的思想、兴趣和坚持，对家长来说，最好的结果就是孩子们能热爱自己正在做的事。”储妈妈希望储圣军成为自己想成为的样子。

同样的，储妈妈作为新京剧的创始人和倡导者，她更是坚守在自己所热爱的京剧文化领域上数十年，将京剧元素与流行音乐相结合，做了大胆的创新，让更多新时代的少年们接触、了解、喜爱并积极参与到京剧文化中。她也希望储圣军能够传承中国的传统文化。就在今年国庆期间，储兰兰老师作为指导老师与爱迪师生一起演绎《我爱你中国》京剧版，庆贺祖国母亲72年华诞。

储妈妈深知专注和热爱对于一项长期事业的坚持是无比重要的。

“艺术这回事，首先要有热情，当你有足够的渴望去把脑海里的东西呈现出来的时候，才是有技术需求的时候。正如现在很多孩子学习京剧一样，先让他们对华美的戏服和绚丽的舞台产生兴趣，再

让他们投入其中学习技巧，如此才有深入其中的自我驱动力。”储妈妈如是说到。

而这也是她在储圣军身上着重培养的品质之一。

虽然只有短短的接触时间，你仍能清晰地感受到这个活泼自信的小男孩所具备的无限可能，画画、书法、弹琴、唱歌全面发展，拥有远超同龄人的专注与自驱力。才上一年级的他，也将在这所充满巨大活力的校园里，绽放自己的风采，成为自己想成为的样子，从爱迪走向世界。



### ③ For a child's future, family is always full of love, support and encouragement.

As for Chu Shengjun's future development, Chu's mother takes it unhurriedly. Although her son was born in an artistic family, she did not ask him to become an artist in the future, but encouraged him to try his own interests. In the future, I believe he will appropriately reduce some choices and will find the most suitable direction to run for.

This is one of the main reasons why Chu's mother chose Aidi School for him. During his artistic initiation in primary school, Chu Shengjun could choose numerous art elective courses such as creative art, calligraphy, Traditional Chinese painting, piano, orchestral music, and Beijing Opera, and try to find his favorite field.

Chu's mother knows very well that as the child gets involved in more and more fields, there is less and less expertise that parents can offer directly. Therefore, Chu's mother tries her best to provide Chu Shengjun with resources and channels for learning art.

She flew with Chu Shengjun all over the world when she had to perform, so that Chu Shengjun would have a broad vision since childhood. She took him to visit the top artists, performers, directors and writers to obtain the collision and transmission of ideas. Little Chu Shengjun was sitting there and listening carefully. Thus, learning happened naturally.

“He has his own ideas, interests and persistence, and the best outcome for parents is that their children love what they're doing.” Chu's mother wants Chu Shengjun to be what he wants to be.

As the founder and advocate of the new Peking Opera, Chu's mother has been sticking to her beloved Peking Opera culture for decades. She combined elements of Peking



Opera with pop music and made bold innovations, enabling more young people of the new era to contact, understand, love and participate actively in Peking Opera culture. She also hopes that Chu Shengjun will carry forward traditional Chinese culture. During this year's National Day, Ms. Chu Lanlan, as the instructor, performed the Peking Opera version of "I Love You China" with Aidi teachers and students to celebrate the 72nd birthday of the motherland.

Chu's mother knows that dedication and love are extremely important to the persistence of a long-term career.

“The very first thing about art is passion. The need for professionalism arises when you have strong desire to get something out of your mind. It's the same situation as many children learn Peking Opera. Firstly, get them interested in beautiful costumes and gorgeous stages. Then let them dive into it and learn the skills, so that they will have the self-motivation to go deeper and deeper.” Chu's mother said.

And that's one of the qualities she's focused on cultivating Chu Shengjun.

Although the interview is short, you can still clearly feel the infinite possibilities of this lovely and confident boy. Drawing, calligraphy, piano and singing in an all-round way, he has the concentration and self-motivation far beyond his peers. He is only in grade one, and he will shine in this vibrant campus. He will become the person he wants to be, and go to the world from Aidi.



## 吴熠雪

Wu Yixue

舞蹈特长

爱迪外国语学校（小学）

Y5 年级

音乐盒中翩翩起舞的小仙女  
A Dancing Fairy in the Music Box

每个女孩都有一个芭蕾公主梦，穿着雪白的纱裙在舞台上翩翩起舞，像在音乐盒中尽情旋转的小仙女，像一朵永不凋零的花。她是夜空中一颗普通的小星星，却又散发出耀眼的星光……

可能受益于多年的舞蹈学习，小姑娘展现出独特的气质：常年把头发盘成饱满漂亮的圆形，露出修长的脖颈，走起路来头仰起 10 度，坐在椅子上腰背挺直。

现在吴熠雪已经 10 岁了，在北京爱迪学校小学五年级就读，7 年的舞蹈学习带给她的不仅是挺拔的身姿与沉静的气质，内心更是充满张力与韧性，以及对生活满怀的热忱与热爱。

Every girl has a ballet princess dream, wearing white gauze dress, dancing on the stage, spinning like a fairy in a music box, just like a flower never withering. She is an ordinary little star up in the night sky, but shinning with dazzling light.

Perhaps benefiting from years of dance learning, the little girl has showed a unique temperament: she put her hair up in a full and beautiful bun for years, exposing her long neck, tilting her head back 10 degrees when walking, and remained her back straight when sitting in a chair.

Now, Wu Yixue is 10 years old and studying in the fifth grade of Beijing Aidi Primary School. Seven years of dance learning has given her not only a straight figure and calm temperament, but also inner tension and toughness, as well as enthusiasm and love for life.



## 1 从坚持和热爱中诞生的舞动新星

在一节常规的舞蹈课上，吴熠雪换上了全套的舞蹈练功服和舞蹈鞋，表情严肃地扶好把杆，随时准备跟着音乐做出勾绷脚、压腿、踢腿等动作。

教室里三面都是镜子，方便她跟着老师做出最美的姿态，脚背绷直，膝盖不能弯，脚尖跟着音乐的节奏灵动轻快地点地。

拉筋压腿时，熠雪闭着眼睛熬完所有的计数，耳边响起老师结束的口号，她终于舒了一口气，一边享受着结束后的大汗淋漓与舒爽畅快，一边心里喜悦着又一个小目标被征服，露出了灿烂的笑容。

从幼儿园到小学，吴熠雪就是舞蹈课的常驻生。在老师的指导下，1-3年级着重进行芭蕾舞基础训练，4-6年级增加中国民族舞课程，在手眼相随、身法韵律、舞台表演等方面深入学习。从3岁至今，熠雪已经在舞蹈学习的路上舞动了7年之久。

这个过程从不是那么轻松有趣，与自己的身体作对，与撕裂般的疼痛作伴，与枯燥单调的基础训练相处，她一跳就是7年。但是当她发现，自己立得一次比一次稳，压得一次比一次低，转得一次比一次熟练时，满满的成就感与自豪感溢满了心扉。

4岁时，熠雪迈出了自己芭蕾舞表演的第一步。那时候，小小的她学会了在舞台上勇敢自信，展示自我。

5岁时，她第二次登台，与老师合舞，那时她真正懂得了“可以错，但不可以曲中放弃”的真涵义。

6岁她成为了舞台上的C位，她的内心不断生长出追逐完美的执着。

7岁她凭借独舞撑起整个舞台，8岁她表演了被誉为芭蕾舞剧皇冠上的宝石《四小天鹅》剧目。而今，年仅10岁的她已经是爱迪学校重大艺术表演活动的常驻舞者，每年岁末的跨年盛典、六月的夏日嘉年华上，我们都能看到熠雪自信的身影。

在“你好2021”小学部新年盛典上，由吴熠雪领舞表演的芭蕾舞节目《星光》就像这个节目的名字一样让整个演出现场撒满星光。而在2021年爱迪学校高中毕业典礼上，由爱迪舞蹈团重新编排的《星光》作为唯一选送的节目，依然由熠雪领舞，再次闪耀爱迪舞台。正如她的名字一般，吴熠雪已长成为一颗熠熠之星。

如今，跳舞更是成为了她繁重的课业与学习中的调味剂。闲暇之余，她脚尖一垫、双腿笔直、手臂高抬、纱裙旋转，尽情享受那种舒展的美妙。



### 1 A new dancing star born of persistence and love

In a regular dance class, she changed into a full set of practice clothes and dancing shoes, holding on to the pole with a serious expression, ready to follow the music to stretch feet, press legs, kick and other movements.

There are mirrors on three walls of the classroom, so that she could achieve the most beautiful gesture by following the teacher. Her feet are straight, her knees cannot be bent, and her toes move briskly to follow the rhythm of the music.

When stretching the legs, Yixue was painfully counting with her eyes closed. She finally took a deep breath as soon as hearing the teacher's ending instruction. She enjoyed the sweat and relaxation after training. She was happy with the conquest of another small target and smiled joyfully.

From kindergarten to primary school, she was a regular dancer in dance classes. Under the guidance of teachers, from grade 1 to 3, fundamental ballet training was paid more attention. Chinese folk dance courses were gradually added in grades 4-6, emphasizing in deep study of hand-eye follow-up, body rhythm, stage performance, etc. Up to now Yi Xue has been dancing for 7 years since she was 3 years old.

The whole process is never easy or fun. Fighting against the body, confronting tearing pain, embracing monotonous basic training, she kept dancing for seven years. But each time when she found herself standing more steadily, pressing lower and turning more skillfully, her heart was filled with a sense of accomplishment and pride.

Yi Xue took her first step in ballet

performance at the age of 4. At that time, this little one has already managed to show herself bravely and confidently on the stage.

At the age of five, she danced for the second time on the stage accompanied by her teacher and realized the true meaning of "you can make mistakes, but you can never give up halfway."

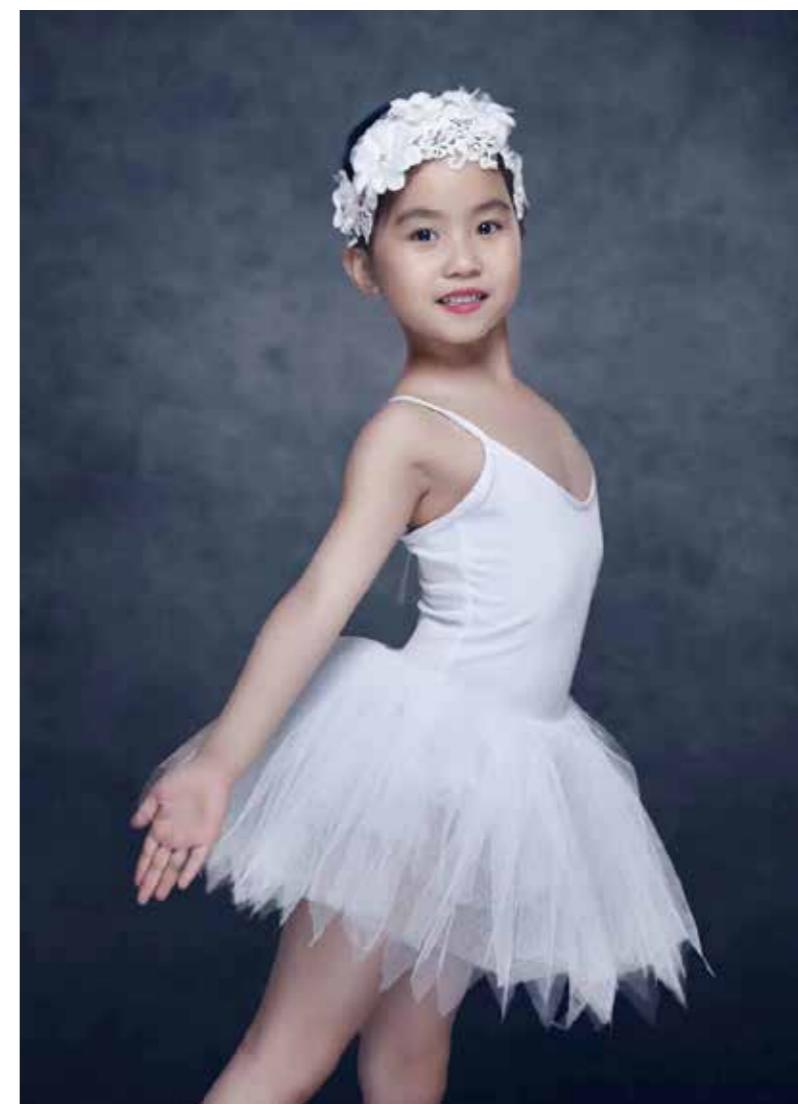
At the age of six, she took the center position on the stage and a persistent pursuit of perfection began to grow in her heart.

At the age of seven, she took the stage with her solo dance. At the age of eight, she performed "Four Cygnets", known as the jewel in the crown of ballet. Now, at the age of 10, she is a resident dancer at Aidi School's major art performance

events. We can see Yi Xue's confident figure in the New Year's Eve Ceremony at the end of each year and the Summer Carnival in June.

At the "Hello 2021" New Year celebration of primary school, the ballet performance "Starlight" led by Wu Yixue shining like fancy stars as the name of the show indicated. At the graduation ceremony of Aidi High School in 2021, "Starlight" was rearranged by Aidi Dance Club as the only selected program.

Now, dance is more of a counterbalance to her heavy schoolwork and studies. In her spare time, she could enjoy the beauty of the stretching movements by standing on toes, straightening the legs, raising the arms and spinning her gauzy dress.





三年级时吴熠雪为数学秀活动做小主持人

## ② 跳出来的张力与韧性，深入到生活的方方面面

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跳舞究竟带来了什么？很多人答案很简单，美丽与动人。但是对从小就学舞蹈的吴熠雪来说，跳舞更是塑造了她面对生活的自信与坚韧。

在班主任和学科老师眼中，吴熠雪是个独立且自律的学生。从小学一年级就开始住校的她，在没有父母的贴身呵护下把自己管理得很好。她总是按时高效地完成课业任务，从不需要来自外界的监督和敦促。她连续数年获得小学部“三好学生”称号。上一学期，她的语文、数学、英语、美术、音乐、体育等各项学科都是优等，可以说，她是一位名副其实的“全优生”。

如果你认为熠雪只会弹钢琴跳舞，那你就大错特错了。轮滑等充满速度与激情的运动也是她擅长的兴趣爱好之一。7岁她就达到猎豹A段1级。外表看

起来可爱温柔的她却拥有一颗富于挑战的心。

现在吴熠雪已经是五年级的学生了，课业的压力逐渐增大，然而她依然维持着学业与兴趣爱好的平衡发展。这归功于她对自己严谨的时间规划和自律。她向我们介绍了自己规划的时间表：这个时段完成作业，这个时间表演排练，那个时间练琴，那个时间做些自己想做的事情。她有条不紊地进行着自己的生活和学习。

除了从小就一直坚持的兴趣爱好外，在父母老师的鼓励下，她还踊跃参加校内外活动：主持人大赛赢得“金话筒”、运动会4\*100米跑小组第一、大队委成功竞选，又开启了“双排键”这一新爱好。她在爱迪这个拥有丰富学习和艺术资源的广阔天地里收获了更多彩的生活。

正如芭蕾舞者旋转的时候，必须先锁定一个支点，才不会跌倒，不论做任何事时，她都会全神贯注，不断追求更远大的目标。

当然，在学习上、生活中，她也会遇到挫折，但是她会去积极调整状态，哭过之后，再继续前行。吴妈妈说到：“熠雪是个很坚强的孩子，很多时候只要选择了，无论多困难她都不会抱怨或后悔。这大概就是舞蹈带给她的坚韧：面对人生挫折时，就要像穿上芭蕾足尖舞鞋时那样，站起来，挺过去。”

正如尼采所言：“每一个不曾起舞的日子，都是对生命的辜负。”从芭蕾中学会了坚定、勇敢、自信的吴熠雪，她穿梭在生活中的每一个领域，每一面都充满能量、光彩熠熠，正在一步步朝着自己的梦想而努力。

## ② The tension and toughness coming out of dancing is going deep into every aspect of life.



What exactly does dance bring to people? For many people, the answer is simply being beautiful and charming. But for Wu Yixue, who has learned dance since childhood, dance has shaped her confidence and tenacity in dealing with life.

In the eyes of her head teacher and subject teacher, Wu Yixue is an independent and self-disciplined student. Having lived in school since the first grade, she took good care of herself without her parents by her side. She always completed her assignments efficiently and on time. She never needed external supervision or pushing. She has won the title of "Merit Student" of primary school department for several consecutive years. Last semester, she got excellent scores in Chinese, Math,

English, Art, Music, P.E. She was definitely a straight A student.

If you think Yi Xue could only play the piano and dance, then you are wrong. Sports full of speed and passion like roller skating is also one of her hobbies. By the age of seven she had reached Speed Alpha level 1. Her outer appearance is lovely and tender but she actually has a challenging heart.

Now, Wu Yixue is a fifth grade student, and the pressure of schoolwork is gradually increasing. However, she still maintains a balance between study and hobbies. This is due to her strict time management and self-discipline. She explained the schedule she had planned: this period to finish homework, this period to rehearse,

that period to practice, that period to do something she wanted to do. She carries on her life and study methodically.

In addition to the hobbies she has been insisting on since childhood, with the encouragement of her parents and teachers, she also actively participated in activities internally and externally of school. She won the "golden microphone" in the host competition, won the first place in the 4\*100 meter race group in sports meeting, and successfully ran for the monitor. She took up a new hobby called "double-keyboard". She gained a more colorful life in Aidi, a vast world with rich learning and art resources.

Just as a ballet dancer, who must first locks a fulcrum while spinning so as not to fall, no matter what she does, she always concentrates on the pursuit of a greater target.

Of course, she also encounters setbacks in her studies or life. But she will actively adjust her state. After crying, she knows she will move on. Wu's mother said, "Yixue is a strong child. Most of the time, as long as she makes a choice, no matter how difficult it is, she will never complain or regret. That's probably what dance has given her: stand up and push through life's setbacks, just like the way you put on your ballet toe shoes."

As Nietzsche said: "Every single day without dancing is one day we betrayed of life." Wu Yixue, who learned to be firm, brave and confident from ballet, is full of energy and is shining in every field of life. She worked hard towards her dream step by step.

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### 3 爱舞蹈，爱生活， 记录成长美好印记

除此之外，这个知觉敏锐的舞蹈女孩，像是长着触角一样，总是能追逐并捕捉到生活中自然界中涌动的“小美好”。

在吴熠雪很小的时候，她就喜欢带着相机到处跑，观察植物或者小动物，感受大自然的奥秘。喜欢和父母一起将生活中的点滴美好制作成视频永远留存下来，喜欢将自己天马行空的想象画出来。

这个眼神透亮的多彩女孩怀着对这个世界的好奇，与外界不断地碰撞，不断地重塑自己，不断地更新自己，每进一寸都有欢喜。

当然，记录美好生活的小习惯，也归功于充满爱与鼓励的家庭亲子关系。吴熠雪从一年级开始住校，与父母相处的时间不及走读的孩子，然而与父母之间的亲子互动总是让人感觉温馨十足。

吴妈妈会记录下熠雪成长的每一个瞬间然后制作成成长视频，吴爸爸会和熠雪一起准备主持人大赛演讲稿，他们还会一起制作竞选视频，熠雪自己弹双排键为视频配乐，一起去看不同领域的展览开拓眼界……而许许多多的照片与视频像旧时光的遥控器，也让熠雪认识到过去的美好并未远去。



除此之外，吴妈妈和吴熠雪还有属于母女俩的小秘密时间。“女儿渐渐长大了，会有自己成长过程中的一些小烦恼以及小困惑，在这个时间里，我们就会将这些事情一一剖析拆解开来，给予她一些建议。”

说起对吴熠雪的未来规划，吴妈妈温柔且坚定地说：“我们不会给孩子设限，只要她有想法，想去创造，那我们就尽全力支持她，在她需要我们的时候，永远在她身边，给予她力量，陪着她往前走。”

在这个纷繁变幻的时代，拥有一颗积极而明净的内心，是一件多么难得的事，而这个10岁的小姑娘就是拥有这样一颗心。她柔软又坚韧，拥有富饶的精神世界，对生活始终保持热忱，内心充满爱和希望。在她无比柔韧的身躯里，蕴藏着巨大的能量。

相信这个女孩，即使在充满未知的未来，也将保持着勇敢不屈，长成自己想成为的样子，做一朵熠熠生辉的小雪花！



### 3 Love dance, love life, record the beautiful memory of growth

In addition, this perceptive dancing girl, like being equipped with antennae, can always chase and catch the "small beauty" in the natural world of life.

When Wu Yixue was little, she took her camera everywhere she went. She wanted to observe plants or small animals and to feel the mystery of nature. She was fond of making videos of every bit of beautiful things in life together with her parents so as to keep the memories forever. She loved to draw pictures out of her unconstrained imagination.

This wonderful girl with bright eyes is curious about the world, constantly colliding with the outside world, steadily reinventing herself, repeatedly updating herself.

Of course, loving and encouraging family relationships also contribute to developing the habit of recording the good life. Wu Yixue has been living in the school since the first grade. She didn't spend as much time with her parents as those day students. However, the interaction between her parents and her is always heartwarming.

Wu's mother recorded every moment of Yi Xue's growing-up and made them into videos. Wu's father and Yi Xue prepared speeches for the host competition together, and they also made election videos together. Yi Xue played double-row keys to make music for the videos. They went to see exhibitions in different fields to broaden their horizons. A large number of photos and videos, like a remote control to the old time, made Yi Xue realize that the beauty of the past has not gone away.

In addition, Wu Yixue and her mother have their own secret moments. "As she gets older, she will have her own

troubles and puzzles. When these things happen, we'll take them apart and give her some advice."

Speaking of the future plans for Wu Yixue, Wu's mother said gently and firmly, "We will not set limits on her. As long as she has ideas and wants to create, we will do our best to support her. Whenever she needs us, we will always be there by her side to give her strength and accompany her to go forward."

In this complex and changing era, it is not easy to keep positive and have clear minds. This 10-year-old girl has such a strong personality. She is tender as well as tough and has a rich spiritual inner world. She keeps her passion for life and has a heart full of love and hope. Her extremely flexible body contains tremendous energy.

We believe that this girl will remain brave and unyielding when facing the unknown future. She'll grow into the person she wants to be—a shining snowflake!



## 赵斌迪

### Zhao Bindi

京剧特长

北京爱迪学校国际初中

Y9 年级

一支勾勒眉角的笔，一袭染尽红尘的衣，一段戏腔婉转的唱，一首经典流传的曲，这就是京剧，拥有两百多年历史的国之精粹。当国粹的年轻受众在逐渐减少，传承与推陈出新就成为了弘扬传统文化的必由之路。北京爱迪学校国际初中 9 年级的赵斌迪就是京剧的传承者之一。

当这个十四岁的女孩扮上了花旦的相，她便不再是赵斌迪，而转身化为《霸王别姬》里宁为玉碎的虞姬，亦或是《锁麟囊》里命途多舛的薛湘灵，亦或是《天女散花》里襟飘带舞的仙女，举手投足间京韵传神——女子仿若画中来。

A pencil to draw eyebrows, a dress rich in living life, a mild singing tune, a classic melody, that is Peking Opera --- quintessence of China with a history of more than 200 years. When the young audience of the quintessence of Chinese culture is gradually decreasing, inheritance and innovation become the only way to promote traditional culture. Zhao Bindi, 9th grade at Beijing Aidi International Junior High School, is one of the inheritors of Peking Opera.

When this 14-year-old girl dresses up as a Hua Dan (female role in Chinese opera), she is no longer Zhao Bindi herself but turns into Lady Yu in *Farewell My Concubine*, or miserable Xue Xiangling in *Lucky Purse*, or the fairy trippingly dancing in *Celestial Beauty Scattering Flowers*. Each gesture or movement conveys the rhythm of Peking Opera and as if the girl is coming out of a painting.

京韵传神，女子仿若画中来

The rhythm of Peking Opera makes the girl come as if out of a painting

## 1 与京剧的初遇，注定结下不解之缘

当这个小女孩初有审美意识，就被京剧华丽的戏服所吸引。从小学开始就在北京爱迪学校上学的赵斌迪，比很多同龄人更早地认识到了京剧的魅力。

爱迪外国语学校（小学）设置了丰富的兴趣班，而赵斌迪一眼就挑中了京剧课程。渐渐地，从二年级一周一节的兴趣班到后来一周两节的艺术选修课，再到初中阶段加入学生社团“京剧社”，现在才上9年级的她已经成为了有8年表演经验的“票友”。随着京剧学习的深入，她也慢慢体会到有二百多年历史的京剧艺术的广博，充满着对中华文化的自豪感。

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追溯起来，外公和外婆可能是小斌迪最初的京剧“启蒙者”。她清晰地记得小时候看到两位老人经常守在电视机前，聚精会神地观看中央11频道播放的戏曲选段。那时的她还不懂京剧对两位老人家而言意味着什么，现在回忆起来，她觉得看戏给他们带来的是“心流”时刻的满足感。她在学习京剧的过程中常常有此感受，那是能够做自己热爱的事情才会有的，全然沉浸的快乐。



小学时期的赵斌迪



小学时期的赵斌迪与京剧选修课的同学们

在后来深入的学习中，赵斌迪很感谢爱迪学校艺术中心的京剧导师王力老师和京剧选修课、京剧社团的同学们，她们是她一路坚持京剧学习的好导师、好伙伴。完全不枯燥的课堂让赵斌迪和同学们沉浸其中。课堂开始时，他们用多变的唱腔向王力老师问好，这种幽默的方式让原本因反复练习而略显辛苦的京剧课堂立马变得生动起来。

从小学到初中，赵斌迪参与的每节京剧课、每场演出、每次比赛都有王力老师的身影，她们亦师亦友，交流快乐与烦恼，毫无代沟。在刚拿到新剧本之前，王老师并不急于教授唱腔和身段，而是先给同学们讲解剧本背后的故事，让同学们真正走进剧本之中，体会剧情的百转千回。

不限于传统的京剧，王力老师组织大家一起排练新编曲目《烟花易冷》，一首来自周杰伦的流行歌曲，经过“京剧化”的改编，变成完全新式的演绎，而赵斌迪也首次不着戏服，而是穿着新式汉服，在学校“夏日嘉年华”的舞台上演绎出了不同的风采。

回头看，这些记忆中的点点滴滴串联成了赵斌迪的京剧之路，自相遇之初，就已结下不解之缘。



专业的京剧教室

## 1 Peking Opera and me, it meant to be inseparable at the very beginning.

When the little girl began to have an aesthetic sense, she was attracted by the gorgeous costumes of Peking Opera. Zhao Bindi, who has been studying at Beijing Aidi School since primary school stage, recognized the appeal of Peking Opera earlier than many of her peers.

Aidi Primary School sets up a variety of extracurricular activities, and Zhao Bindi picked Peking Opera courses without a second thought. She began to take the extracurricular activity once a week in the second grade, then took art elective course twice a week, and joined the student organization "Peking Opera Club" in middle school. Now in ninth grade, she is an amateur opera actress with eight years of acting experience. With further study of Peking Opera, she gradually realized the breadth of Peking Opera with a history of more than 200 years and she was so proud of Chinese culture.

Dating back to childhood, Zhao Bindi's grandparents were her first mentors of Peking Opera. She remembered clearly her grandparents always sit in front of the TV set and concentrated on watching opera excerpts on Central channel 11 when she was little. At that time, she could not understand what Peking Opera meant to these two elderly people. Now she knew that the opera gave them a satisfying moment of "mental flow". She often felt this way while studying Peking Opera. It's the sheer joy of being able to do what you love.

Later, in her in-depth study, Zhao Bindi highly appreciated Wang Li, the Peking Opera tutor in the Art Center of Aidi School, and the classmates of elective Peking Opera course and the Peking Opera Club. They were her good mentors and good partners in learning Peking Opera all the way. Zhao Bindi and her classmates were



Peking Opera adapted from *Easy Cold Fireworks*

immersed in classes that were not boring at all. At the beginning of each class, they say hello to Teacher Wang Li with various singing tunes. This funny way made the Peking Opera classes, which had been a little laborious due to repeated practice, immediately lively.

From primary school to junior high school, Zhao Bindi participated in many opera classes, performances, and competitions and Teacher Wang Li was always by her side. They were teacher and student and they were also friends; they shared happiness and sadness; there was no generation gap between them. When getting a new script, Teacher Wang was not hurried to teach singing tunes or body gesture but to explain the story behind the script, so

that the students could truly enter into the script and experience the intricate plot.

Not limited to traditional Peking Opera, Teacher Wang Li organized the rehearsal of a new piece called *Easy Cold Fireworks* – a pop song from Jay Chou. The adaption into Peking Opera put a completely new interpretation into this pop song. For the first time, Zhao Bindi did not wear a costume, but a new style of Hanfu and put on a different show on the stage of the school's "Summer Carnival".

Looking back, these memories helped to form Zhao Bindi's path of learning Peking Opera. It meant to be inseparable at the very beginning.

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## 2 热爱作舟， 用力扬起勤奋的帆

谈到学京剧过程中的困难时，赵斌迪露出淡然的微笑说到，从来没有想过这个问题，对她来说学习京剧就是一场热爱的奔赴，一切都顺理成章。其实，怎么能没有困难呢？只是努力勤奋是学习的必经之路。“她是一个踏实的学习者，话不多，十分稳重，本身天赋条件特别好，领悟能力比较强。京剧这个专业要求比较全面，唱、念、做、打都要出色才可以，而斌迪正好符合了这些要求。”王力老师这样评价自己的得意门生。

其实赵斌迪从小的爱好也不少，京剧是一直坚持下来的兴趣。在学习京剧的同时，赵斌迪也选修了民族舞，拉丁舞和钢琴也是她曾经的选修课程，虽然这些爱好没有一直坚持，但都培养了斌迪对音乐的感知、对节奏分寸的掌握、对舞蹈动作的记忆、对身体柔韧性的锻炼，也为她学习京剧提供了养分。

京剧的学习过程，对赵斌迪而言，一直都有新挑战，也意味着有很多机会可以get新技能。在《霸王别姬》的表演中，她体会到使用好道具是一件不容易的事情。在演出之前，她可以用扇子替代道具剑或者空手进行排练，但在接近演出时的排练中，需要将道具剑拿在手里，边舞边唱，这十分考验演员的功力，无数次的练习才能带来几近完美的表现。

一句一句跟唱，一段一段模仿，一颦一笑皆是戏。赵斌迪知道，身段、唱腔、面部神态、眼神及眼睛灵活度的掌握皆是京剧表演的关键因素，只有互相配合才能表现得更好。“要是身段没有特别的韵味，只是唱得很好，在舞台上面就不是那么完美，但是如果说你跳得很好，但是唱得又差强人意，可能表演还是会有一些欠缺。只有基本功扎实，才能进入角色，分享人物的喜怒哀乐。”赵斌迪谈到自己学习中的感悟。

## 2 Take passion as the ship and raise the sails of diligence.

When asked about the challenges of learning Peking Opera, Zhao Bindi said with a polite smile that she had never thought about it. For her, learning Peking Opera was with passion and everything made its sense. Of course, there were challenges. But hard-working was the only way to learn things well. "She is a down-to-earth learner with few words and a steady personality. She has very good talent and strong comprehension ability. Peking Opera is a major that requires comprehensive performance in singing, reading, acting, and playing, and Bindi just meets these requirements." Teacher Wang Li talked about her student with proud.

In fact, Zhao Bindi has had many hobbies since childhood, and Peking Opera was the one she has persisted with until now. Zhao Bindi also took folk dance, Latin dance, and piano as elective courses. Although she did not stick to these hobbies all the time, these courses developed Bindi's sense of music, mastery of rhythm, memories of dance movements, the flexibility of body, and it also provided nutrients for her to learn Peking Opera.

Learning Peking Opera has always been a new challenge for Zhao Bindi, which means there were many opportunities to acquire new skills. In the performance of Farewell My Concubine, she realized that it was not easy to master props. Before the performance, she could use a fan instead of a prop sword or rehearse empty-handed. But when the performance was approaching, she has to hold a prop sword in her hand and dance while singing in rehearsals. That was a test of the actor's skills. There was no perfect performance without countless practice.

Sentence by sentence and gesture by gesture, emotions of happiness or sadness, nothing was easy to

learn well. Zhao Bindi knew that body gestures, singing tunes, facial expressions, eyes contact, and flexibility were key elements in Peking Opera performance, and only when these factors cooperated with each other could a better performance be achieved. "If the body gesture conveys no charm at all, it is not so perfect on the stage even if you could sing very well. But if you dance well and sing poorly, you may still be lacking in performance. Only with good basic skills can you enter into the role and share the joys and sorrows of the characters." Zhao Bindi talked about her feelings about learning.



Zhao Bindi and Peking Opera tutor Wang Li



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Zhao Bindi plays Lady Yu in *Farewell My Concubine*

### ③ 非功利主义， 简单收获更多快乐

京剧走进赵斌迪的生活，见证了她从小少年到亭亭玉立的重要时期，如今的她温和而又自信，已然变成了京剧非物质文化遗产的传播者。

对于很多孩子都不愿提及的过年饭桌上“表演节目”环节，赵斌迪大方地笑着说：“并没有觉得家人让自己表演京剧有什么心理负担，因为京剧本身就是一种表演艺术，我很乐意为家里人带来一场表演，这是一条‘科普’途径。那么美好的国粹不应该被冷落，而是需要被更多的了解和更好地传承。”谈到京剧的赵斌迪就像个小老师，兴

奋地鼓励大家去尝试京剧表演，她说即使没有学过也可以体会到其中的乐趣。

不仅在家里，学校里组织的京剧汇演、一年两场的大型嘉年华活动，以及几次珍贵的在北京保利剧院的表演，都有赵斌迪的身影。换上专业的头饰，穿上华丽的戏服，赵斌迪便能立马入戏，化身古代女子，演绎悲欢离合。

在学习京剧之外，赵斌迪就是一名简简单单的青春少女，有着丰富多彩的兴趣，充满对未来的憧憬。她喜欢学习传统艺术，剪纸、书法、做手工，有空闲她

也喜欢看看书，丰富自己的精神世界。对于未来是否要以京剧作为专业或者职业来发展，赵斌迪并没有规划，但她确信她会一直保持对京剧的热爱，不以功利之心对待，而是将其作为一项持久的兴趣，在高中、在大学继续学习，也希望更多人加入学习京剧的行列。

碧玉年华中，她已亭亭。从7岁初识京剧，到现今成为老师的得意门生、舞台上的国粹新星，赵斌迪一步一脚印，走出了属于自己的京剧之路。愿这个如画中走来的女孩在未来能继续坚持所爱，温柔且坚定。



Zhao Bindi plays the leading role in *Celestial Beauty Scattering Flowers*

### ③ Non-utilitarian, simplicity brings more happiness

Peking Opera entered Zhao Bindi's life and witnessed her important period from a little girl to a graceful teenager. Now she is warm and confident and she has become a communicator of the intangible cultural heritage of Peking Opera.

For many children, they do not want to mention the "performance" at New Year's dinner table. Instead, Zhao Bindi said with a generous smile: "I didn't feel any psychological

pressure from my family's asking me to perform Peking Opera in front of them. Peking Opera itself is a kind of performing art, and I would love to bring performance for my family. It is a good way to promote that. The quintessence of Chinese culture should not be neglected, but needs to be better understood and better passed on." Speaking of Peking Opera, Zhao Bindi was like a little teacher, excitedly encouraging everyone to have a try, saying that even if they had not studied it, they might enjoy it.



灵动鬼黠外表下的一颗绚烂盛大的心  
Behind the quick-witted exterior there is a brilliant grand heart.

## 翟浦樾 Zhai Puyue

绘画特长  
北京爱迪学校国际初中  
Y9年级

“只要是你能想象出来的，就都是真实的。”毕加索曾这样总结到。

在翟浦樾许许多多的作品中，我们看到了世界斑斓的一面：拥有彩虹般颜色的卷毛小狗、仗剑走天涯的铮骨少年、当重压来袭时的情绪写照……

这个从小在游乐园描绘胶画、看国产动画长大的女孩，用画笔将自己内心里的丰富色彩与非凡幻想一一呈现出来。那些绚丽的色彩和交错的线条，一次又一次把翟浦樾带进光怪陆离的领域，让她释放天性、在虚幻中寻找真实。

“Everything you can imagine is real.” — Pablo Picasso

In many of Zhai Puyue's works, we see the colorful side of the world: a poodle with rainbow colors, a strong and brave boy exploring the world with a sword, a picture of emotions when stress strikes...

This girl, coloring tempera painting in amusement park since very little and accompanied by domestic animation while growing up, uses a brush to bring out the rich colors and extraordinary fantasies inside her heart. Those gorgeous colors and interlaced lines bring Zhai Puyue into the bizarre realm again and again, allowing her to release her nature and find the truth in the unreal.

## 1 幼时种下的艺术萌芽，终将缓缓绽放开来

和很多小朋友不同，翟浦樾回忆起自己童年里印象最深的娱乐活动，不是跳皮筋踢毽子，也不是丢手绢捉迷藏，而是在各种图案线框中填色的烤胶画。那片浓稠、五彩、肆意的涂鸦天地，便是她幼时的自由乐园，她在里面绘制各种作品，用线条、色彩蜿蜒出一个缤纷的世界。

很难说，她就是在那个时候对绘画产生了浓厚的兴趣，但毫无疑问，这样的经历为她成长路上的艺术之梦种下了一颗颗小种子。

她小学来到爱迪，通过创意美术选修课程接触到了绘画领域。短短的时间里，她就从空有想法的幻想家迅速成长为诗意图与技艺兼备的小画家。

从马赛克、创意素描、到水彩，她开始学习专业的绘画技艺；从写实到抽象，她逐渐发展出自己喜欢的绘画风格。在自由包容的艺术课堂里，她被鼓励勇敢表达自己的想法，用绘画展现内心世界；她积极参加绘画比赛，诸多作品被陈列在艺术长廊里。

翟浦樾的艺术老师常常惊叹：“翟浦樾是一位极富绘画创作天赋的学生，她在色彩的运用和表达



上具备想法，亦不乏诗意图与想象力，常常会有令人惊叹的神来之笔，这让我对她在艺术创作上的未来充满了期待。”

有的人以歌抒情，有的人以诗言志，而对于翟浦樾来说，绘画才是她将内心的自我和无法诉说的情感真正表达的绝佳途径。绘画就像一束光照进了她的生活，带着她找到了自己的天赋与使命所在，也找到了属于自己的精神乌托邦。



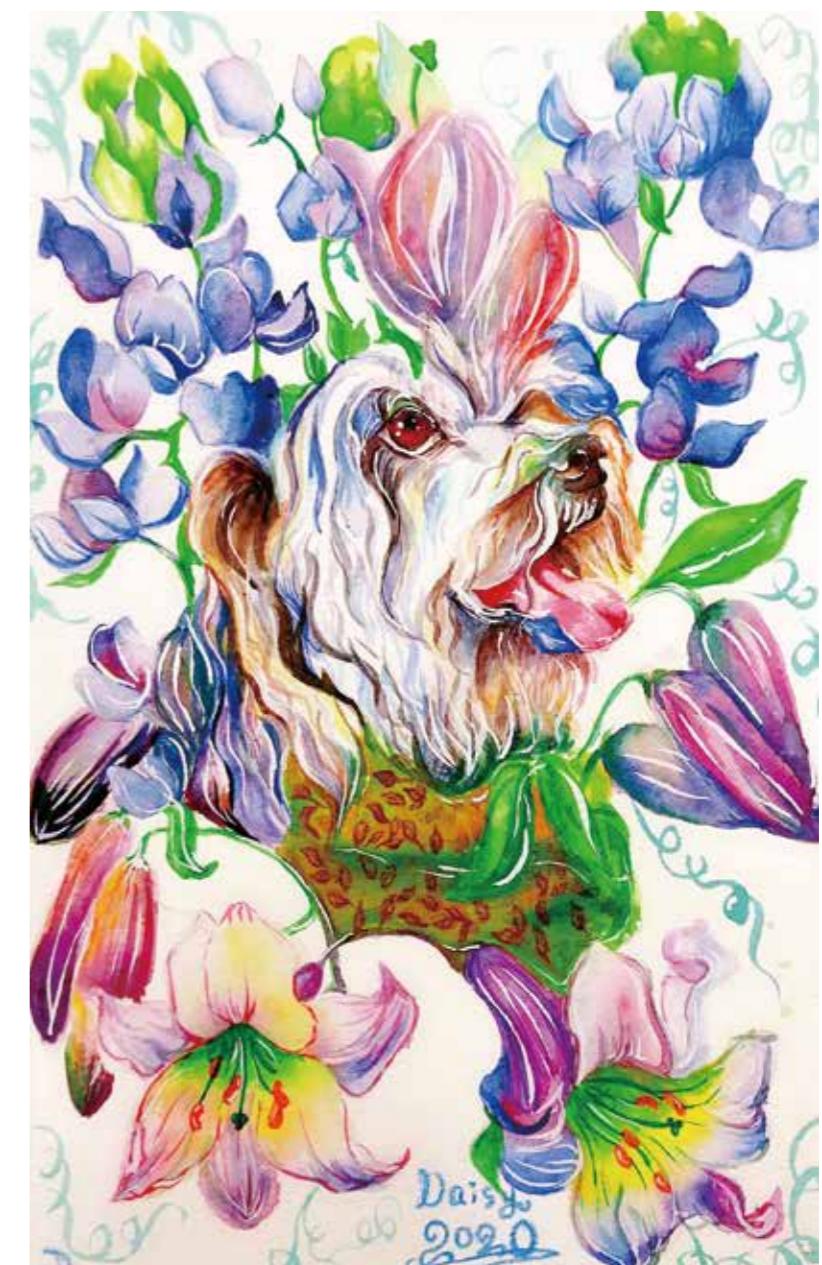
翟浦樾小学期间的绘画作品

## 1 The bud of art planted in childhood will eventually blossom gradually.

Different from many children, Zhai Puyue recalls that the most memorable entertainment activities in her childhood were not rubber band jumping, shuttlecock kicking, handkerchief throwing or hide and seek, but filling colors in various frames of patterns of tempera painting. That thick, colorful, wanton graffiti world was her childhood free paradise. She drew all kinds of pictures in it, depicting a colorful world with lines and colors.

It is hard to say that she developed a strong interest in painting at that time, but there is no doubt that such experience planted small seeds of artistic dreams on her path of growing up.

She came to Aidi primary school and was introduced to painting through the creative arts elective course. In a short period of time,



she grew rapidly from a dreamer with impractical ideas to a painter with both poetry and skills.

From mosaics and creative drawing to watercolor, she began to learn professional painting skills. From realism to abstraction, she gradually developed her preferred style of painting. In the free and inclusive art class, she was encouraged to express her ideas bravely and show her inner world with paintings. She actively participated in painting competitions and many of her works were displayed in the art gallery.

Zhai Puyue's art teacher often exclaims: "Zhai Puyue is a student with a great talent for painting. She has her own ideas on the use and expression of color, as well as poetry and imagination, and often has amazing strokes of inspiration. This makes me look forward to her future artistic creation."

Some people express their feelings in songs, while others express their aspirations in poems. For Zhai Puyue, painting is the perfect way to truly express her inner self and emotions that hard to be expressed.

## ② 丰富细腻的情感，让作品极具感染力

翟浦樾的创作，从来不是现实物象的直接呈现，而是心念意识的笔触达成。天马行空的她常常从日常生活、文学作品中捕捉到独具一格的灵感与真实，在她的作品之中，我们始终能看到一种不可抑制的、想要去表达的渴望。

犹记得创作《溺》这幅画时，翟浦樾正处于低落无助的时期：陪伴了许久的小狗被送走，父母对自己想学艺术的不理解，伤心、焦虑各种情绪混杂着向她袭来。她把这种状态诗意地描述为“如溺水般让我沉沦”。



《溺》 我渐渐沉沦了，他们淹没了我，我无法呼吸

由此《溺》的灵感如洪水般倾泻而来，将内心的自我和无法诉说的情绪融进到每一触画笔中——表达出来。

另一幅作品的创作灵感来源于一部广受欢迎的文学作品《庆余年》。整整12本书，她全都看完了，并对其中纷繁复杂的人性和人生的态度产生了深刻的思考。

“人为什么活着，人该怎样活着？”翟浦樾用绘画的方式表达了自己的看法——如劲草般顽强生长，这是活着的意义。

“范闲（庆余年男主）看起来年少有成、位高权重，然而他也承受了来自各方的沉重压力，看似许多人支持他，但其实是把他重重叠叠包裹起来。然而重活一次的他仍然十分珍惜这段人生，如劲草一般不只是活着，更要好好活下去，为了毕生的信念、为了保护自己想要保护的人，向死而生庆余年。”

于是她创作了《劲草》，纵怪物丛生少年仍昂首执剑，虽身处纷繁但依然傲然风骨，虽渺小飘摇但始终顽强向生。少年英雄，江湖自然，在她的笔下气象宏大。

《劲草》一作，也在毕加索国际青少年绘画大赛获奖，受到评委的称赞。

除了《庆余年》里的权谋斗争，她也极爱《武林外传》诙谐幽默中透露出的柔情侠骨。对翟浦樾来说，一味抱怨和抒发绝望的故事令人泄气，反而是热血励志的故事更值得回味，虽然要经历些苦涩，却仍然会紧握希望向前走。

“这正是翟浦樾在艺术创作上能够独具一格的原因之一。”她的艺术老师说道，“因为她有一个极其丰富、敏感、细腻的内心，她将自己带入到故事的人物性格和经历中，去体察人性的复杂与善变，人类情感的微妙与晦暗，却又常常用自己率真、纯净的内心去感悟‘晦暗’之中蕴含的希望。正是如此才让她的作品极具感染力。”

## ② Rich and delicate emotion makes the work extremely infectious.

Zhai Puyue's creation is never a direct presentation of reality, but the realization of mind and consciousness. She is unconstrained and often captures unique inspiration and truth from daily life and literary works. In her works, we can always see an unquenchable desire to express.

When creating the painting "Drowning", Zhai Puyue was feeling depressed and helpless at that period. Her dog, who had accompanied her for a long time, was sent away. And her parents did not support her decision to study art. A mixture of sadness and anxiety came over her. She poetically described this situation as "Sinking as if I'm drowned."

As a result, the inspiration of "Drowning" poured out like a flood, expressing her inner self and the emotions that were hard to be shared with each brush stroke.

Another piece was inspired by Joy of Life, a popular literary work. She read all the 12 books and thought deeply about the complicated human nature and the attitude of life.

"Why do people live, and how should people live?" Zhai Puyue expressed her own view in the way of painting — growing as strong as grass, which is the meaning of living.

"Fan Xian (the leading actor) looks

young and successful, but he is also under heavy pressure from all sides. It looks like a lot of people support him, but in fact, he's just stuck in circles. When he has a second chance to live, he still cherishes that part of life. Like strong grass, not just alive, but to live well for a lifetime of faith and to protect the people you want to protect, celebrate the remaining years of life to death."

Strong Grass was awarded in the Picasso International Youth Painting Competition and was praised by the judges.

In addition to the power struggle in Joy of Life, she also loves the witty humor in My Own Swordsman. For Zhai Puyue, the story of complaining and expressing despair is frustrating, but the story of inspiring oneself with passion is worth recalling. Although one has to go through some bitterness, one can still cling to hope and move forward.

"This is one of the reasons why Zhai Puyue can be unique in artistic creation," said her art teacher, "She has a very rich, sensitive, delicate inner world. She brings herself into the characters and experiences of the stories, to explore the complexity and fickleness of human nature, the subtlety and darkness of human emotions, and to feel the hope contained in 'darkness' with her sincere and pure inner world. That's what makes her work so infectious."



Strong Grass

### ③ 开启想象世界，在华夏奇幻的故事中映射真实

说起喜欢的绘画风格，相比黑白色调的水墨画，翟浦樾更喜欢重彩，如壁画的岩彩水墨。

正如这幅带有浓重的色彩碰撞、隐约间透出神话、敦煌重彩式的强烈风格的练习小稿，是翟浦樾较为满意的作品之一。

细细观来，你会被其中浓烈的色彩和奇异的内容所惊讶，怪诞的年兽、似笑非笑的人脸以及浓重又剔透的色彩交织在一起，汇聚了一幅华丽而神秘的艺术作品。每每凝视，便觉绚丽惑迎面袭来。

当我们问及翟浦樾是什么驱动了这些华丽诡异的想象力的力量时，她答道“这个大概跟我童年经历有关。”

和从小看日漫的表妹不同的是，翟浦樾却是从小看诸如天方夜谭、九色鹿、哪咤闹海、大闹天宫、西游记的国产动画长大。“小时候看过《九色鹿》后，九色鹿出现时晶莹剔透的美丽至今还萦绕在心中。长大了才知道动画在人物形象和色彩上借鉴了敦煌壁画的风格，瑰丽、流畅却又优美动人。”

就这样，光怪陆离的民俗故事、带有奇幻色彩的神话故事将翟浦樾带入了一片光怪陆离的斑斓世界，让她沉浸其中。

国风盛行的今日，众多传递中国璀璨历史和艺术风采的新派画家涌现而出。而说起自己的“爱豆”，翟浦樾提到了两个深受欢迎的国漫画家：

承包了《风语咒》和《大圣归来》等很多知名的电影电视剧以及动画海报设计的画家早稻和为《知否》创作了片头画面、为《大护法》绘制了海报的画家张渔。他们持着对中国传统文化的传承和坚持，把旧时代一些如诗般美好的回忆与淳朴文化，在白纸上记录下来。

“他们在画作中将中国元素表现的如此淋漓尽致，其中的奇幻色彩与怪诞感，更是深深吸引了我，这也是我想要在自己作品中所追求的目标，去展现那种真实与强烈的情感。”

在翟浦樾奇妙的想象世界中，要画现实中的事



翟浦樾的练习小稿

物总是会让她绞尽脑汁在规矩中绘画，而凭借想象去创造一个新世界，只需要有趣就行了。

榜样的力量也对翟浦樾的艺术梦带来了正面的影响，当一个人有了学习的动力和奔赴的目标时，她的热爱和赤诚将闪耀得更加璀璨。

如今，她站在初中升高中的交叉路口，决心报读爱迪国际艺术高中深耕绘画之路，现在的她不断地积累和练习，让自己的绘画技艺不断提高，立志成为有中国根和中国魂的国风画手。

如果要用一个词来形容翟浦樾的话，我想用“灵气十足”来尽可能地概述。她看起来文静秀气、笑起来却像太阳般温暖；她有着丰富细腻如诗人般的内心世界，而想象却天马行空到无边无际；她正式接触到绘画领域才这么短的时间，却已经在绘画、艺术创作上迸发出惊人的天赋与潜力。

### ③ Open the imagination world and reveal the reality in the Chinese fantasy story.

Speaking of her favorite painting style, Zhai Puyue prefers heavy colors, such as rock color ink painting of murals, compared with black and white ink painting.

As one of Zhai Puyue's most satisfying works, this practice draft is a piece with strong color collision, vaguely revealing myth and legends as well as strong style of Dunhuang heavy color.

Take a closer look and you will be surprised by the strong colors and strange content. Eerie beasts, half-smiling human faces, and heavy, translucent colors are intertwined to create a gorgeous and mysterious work of art. Each time looking at the painting, a feeling of splendid beauty is coming towards you.

When asked what drives Zhai Puyue's gorgeous and weird imagination, she replied, "It has something to do with my childhood experiences."

Unlike her cousin who grew up watching Japanese comics, Zhai Puyue grew up watching Chinese cartoons such as The Legend of Sealed Book, A Deer of Nine Colors, Nezha Conquers the Dragon King, The Monkey King, Journey to the West. "After watching A Deer of Nine Colors when I was little, the glittering and translucent beauty of the Deer still haunts me. Only when I grew up did I realize that the characters and colors of the animation were the inspiration of Dunhuang murals, which were beautiful, smooth, and graceful."

In this way, Zhai Puyue was immersed in a colorful world of strange folk stories and fairy tales with magical legends.

Nowadays, the national style is prevailing, and many new painters have emerged to convey the brilliant

history and artistic style of China. As for her idols, Zhai Puyue mentioned two popular Chinese cartoonists:

Zao Dao, the artist responsible for The Wind Guardians, Monkey King: Hero Is Back, and many other well-known movies and TV shows, as well as an animated poster designer. Zhang Yu, the painter who created the opening scene for The Story of Ming Lan and the poster for Da Hu Fa. They hold the inheritance and persistence of traditional Chinese culture and record on paper some poetic memories and unsophisticated culture of the past.

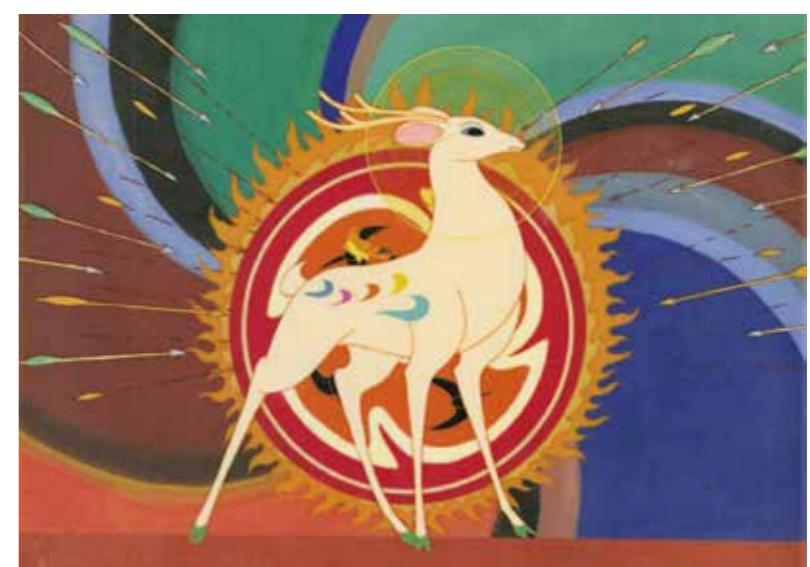
"They show Chinese elements so incisively and vividly in their paintings, and I am deeply attracted by the fantasy color and grotesque sense, which is also what I want to pursue in my works, to show that kind of true and strong emotion."

In Zhai Puyue's wonderful imagination world, she always has to rack her brains to draw things in reality and is deeply restricted. However, to create a new world by imagination, it only needs to be interesting.

The power of idols also has a positive impact on Zhai Puyue's artistic dream. When a person has the motivation to learn and the goal to pursue, her love and sincerity will shine more brightly.

Now, she is standing at the crossroads of middle school and high school, and has decided to enter into Aidi International Art High School to further explore the path of painting. She continues to accumulate and practice to improve her painting skills. She is determined to become a Chinese painter with Chinese roots and a Chinese soul.

If I had to use one word to describe Zhai Puyue, I'd like to use "ethereal" to summarize it as best as possible. She looks quiet and elegant, but her smile was as warm as the sunshine; she has a rich and delicate inner world like a poet, but her imagination is unconstrained and endless. It is only such a short time since she officially touched the field of painting, but she has already shown amazing talent and potential in painting and artistic creation.



Classic animation A Deer of Nine Colors



## 郝子康

### Hao Zikang

街舞特长  
北京爱迪学校国际初中  
Y9 年级

照片里的这个少年，戴着一顶嘻哈的帽子，阴影下的脸还带着未褪去的嘟嘟肉，距离棱角分明的硬朗线条还需要更多时光的抚摸。现实中，他面对别人对他的夸奖会羞涩又自信地笑，是位看似普通又可爱的男孩。

然而就是这个少年，7岁学习街舞一跳就是7年，从Urban、Popping到Hip-hop，从第一次battle大脑空白到音乐响起随意跳起freestyle，从内向腼腆的男孩成长为了舞台上跳舞唱歌俱佳的闪耀之星。他一直在加速与时间奔跑的旅程中持续超越自我，突破自身桎梏。

已经是9年级的他，对未来也有了自己的规划，他想报读北京爱迪国际艺术高中主修音乐，继续在自己喜欢的领域沉淀成长，探索所热爱的一切。

The teenager in the photo, wearing a hip-hop hat, still has baby fat on his face in the shadow. More time is needed to turn him into a mature grown-up. In daily life, he would smile confidently and be a little bit shy when others praised him. He was a seemingly ordinary and lovely boy.

But it is this boy who has learned hip-hop at age 7 and keeps dancing for 7 years, from Urban, Popping to Hip-hop. From the very first battle with his mind totally blank to someone who can dance freestyle as soon as the music began; from a timid shy boy to a shining star who can dance and sing on stage, he has been accelerating the race against time, and during that journey, he continues to transcend himself and break through his boundaries.

Already in grade 9, he has his own plan for the future. He wants to enter Beijing Aidi International Art School and take music as a major, so as to continue to pursue and develop in his favorite field and explore everything he loves.

享受律动的“不服输”男孩  
a boy who enjoys the rhythm and won't give in.

## 1 7年对街舞的坚持不懈 源于由衷的热爱

Wave (电流)、Slide (滑步)、Robot (机器人)……14岁的郝子康每周都会约上几位街舞队友,找个场地,跳上几段街舞。围观的人总是会震惊于他们对身体怎么能做到如此精准地控制,既灵活又充满动感。

从7岁开始学习街舞,直到现在,他已经在街舞这条路上奔跑了7年。郝子康告诉我们,他想像他的老师——一位已经跳街舞近20年的“老炮儿”那样,一直跳下去,融为生命的一部分。

说起学街舞的起源,不外乎第一眼感受到的“帅”之印象。就是那一天,他看到有人做了一个Wave动作,他仿佛真被“电流”电到,觉得这简直太酷了,完全符合自己对“帅”的认知。

后来深入学习后,他发现跳舞不只是流于表面的“酷”“帅”,更是一种释放自我的方式。

“越跳越开心,停不住,就想一直跳。”彷彿跳舞对他而言不只是技能学习,而是在享受音乐享受跳舞的过程。他回忆起这段学舞的启蒙时光,话语变



得轻快、活泼。

现在,他的街舞技术已经非常熟练。他把家里桌子椅子挪开,把音乐打开,就能跟着节拍来一段freestyle。“我喜欢跟着音乐享受律动。我觉得其他的运动不像街舞那么自由,可以无限创造动作,这让我永远不会枯燥,时刻保有新鲜感。”

平时,郝子康也会主动去上网查询、虚心向圈内人士请教,以了解街舞文化。“文化是舞蹈的一部分,不了解文化就谈不上了解街舞。当下,街舞所代表的嘻哈文化越来越流行、时尚,被大众所接受。”只要不耽误学习,郝子康就会出去参加比赛,他觉得比赛也是一种交流,能感受到自己的进步。

对郝子康来说,那些在幼时因一眼就挚爱的燃、炸、酷的街舞,渐渐变成了生命中不可或缺的释放或陪伴的时刻。学舞的这7年也只是刚刚开始,他想继续跳第二个7年、第三个7年……真正热爱它的人总会从容坚定地向着目标前进,加速奔跑与时间擦出火花,在时光轴上会绽放出最绚丽的花。



## 1 7 years of persistence in hip-hop due to the love from the bottom of his heart

Wave, slide, robot...fourteen years old Hao Zikang would meet up with some of his hip-hop teammates every week, and find a place to do some hip-hop dances. Onlookers were always shocked by the precision of their body control, so flexible and energetic.

He has been studying hip-hop dance for seven years since he was 7 years old. Hao Zikang told us that he wanted to keep hip-hop dancing as a part of his life as his teacher did, an expertise who has been dancing hip-hop for nearly 20 years.

Speaking of the original reason for learning hip-hop dance, it is nothing more than the first impression of "handsome". On that day, he saw someone doing a Wave, and he felt like he was shocked by the electric current. He thought it was so cool that it was in line with his idea of

being handsome.

Later, after an in-depth study, he found that dancing was not only superficially "cool" or "handsome", but also a way to release him. "The more I dance, the happier I will be. It's hard to stop dancing and all I am thinking is to keep on." It seemed that dancing was not just a skill for him to learn, but a process of enjoying music and dancing. As he recalled his first days as a dancer, he became relaxed and exciting.

Now, he is very skilled in hip-hop dance. Move away from all the tables and chairs, just turn on the music, and he can dance freestyle to the beat. "I like to enjoy the rhythm of music. I don't think other sports are as free and creative as hip-hop dance, which makes me never feel boring and keep fresh all the time."



In his spare time, Hao Zikang will also take the initiative to search the Internet and consult modestly expertise to understand more hip-hop culture. "Culture is a part of dance, and it is impossible to understand hip-hop dance without understanding culture." Nowadays, hip-hop culture, which hip-hop dance represents, is becoming more and more popular, fashionable, and acceptable by the public. Hao Zikang will go out to participate in competitions as long as he does not delay his study. He thinks that competition is a kind of communication and through which he can see his own progress.

For Hao Zikang, the burning, exploding, and cool hip-hop that he loved at first sight when he was little has gradually become an indispensable moment of release or companionship in his life. Seven years' dance learning is just the beginning. He wants to continue to dance for a second seven years and a third seven years... People who love it will always move forward steadily and firmly towards the goal. Speed up the running and provoke sparks against time, on the time axis will blossom the most gorgeous flowers.

## 2 自由、热爱、不服输是我所理解的街舞精神

郝子康最近常跳的是Popping。Popping让他像机械一般震动着，可刚可柔，而跟着音乐随意来一段freestyle让他不必严格按照街舞的规则，完全随心所欲地表达。

街舞中所呈现的自由与包容也正是吸引郝子康的原因之一，他可以直接通过非语言形式传达内心的情感，用自由的方式去释放表达。没有场地限制，没有人数限制，只要有音乐，舞动着看似杂乱无章却又自带节奏的舞步，内心总能升腾起一种放松到极致的感觉。

“就好像短暂把自己沉浸在  
一个自由的世界里，摒弃外界尤  
其是现实生活中很多可以容易扰  
乱人心的事情。可能就像看一场  
电影或者一本小说，但是跳舞让  
我能投入更长时间。”

在郝子康看来，街舞精  
神除了热爱与自由以外，还有  
一个很重要的元素就是battle  
(斗舞)。在过去，battle其实  
是与一个很强大的对手通过  
舞蹈的方式去战斗，去展现自  
我的竞技形式。

犹记第一次和别人battle的



时候，他脑子里一片空白，只能  
随意扭动身体，招式也非常地凌  
乱。结果不出意外地输掉了。

那个时候生气、自责、不甘  
都汇聚起来。回家后，郝子康赌  
气练了三个月街舞，日复一日，  
有空就练，到处找人battle。

对手里总会有不同水平的  
人：有非常厉害的人、有比较厉害  
的人，还有跟自己一个级别的  
人。然而他更喜欢找比他厉害、比他招  
式多的人斗舞。“作为刚刚起步的  
舞者，向那些比自己厉害的人挑战  
能让自己更快进步。如果他们做了  
自己不会的招式，那就可以回去学  
习、练习并创新那些招式。下一次  
再battle时，我就能做出让他们感  
到惊讶的招式。”

面对压力和困难，这个十  
几岁的少年自有一套应对办法：

“我知道这很难，因为你在面对  
强敌时一定会倍感压力。他们赢得  
了很多比赛，包括高级别的赛  
事，所以肯定经验丰富。而自己  
只需要保持平常心，清楚自己所  
处的级别。并不断向他们学习，  
这才是battle的精髓。”

他还开玩笑似的跟我们提起了  
一次他手臂骨折仍然坚持去练  
舞的经历。那个时候，他每天都会  
锻炼双腿和手臂力量，复习一  
些基础技巧，熟悉舞蹈感觉。

“其实街舞就是与困难  
battle，去抗争，不服输，不放  
弃。”郝子康目光坚定地说，他  
青涩的脸庞上，不知何时已经展  
露出了一种刚毅，似乎在预示着，  
眼前还稍显单薄的身体，在  
多年后终会顶天立地。



## 2 Freedom, love, non-giving up, that's the hip-hop dance spirit in my opinion.

Hao Zikang's recent favorite is  
Popping. Popping makes him vibrate  
like a machine, sometimes rigid and  
sometimes soft. Follow the music and  
do a freestyle dance, which allows him  
not to strictly stick to the rules of hip-  
hop and to express at will.

The freedom and inclusiveness of  
hip-hop dance is also one of the  
reasons that attract Hao Zikang. He  
can directly convey his inner feelings  
through non-verbal forms and express  
them in an unrestrained way. No place  
limits, no audience limits; as long  
as there is music and random but  
rhythmic dances, there is always a  
feeling of being extremely relaxed.

“It's like immersing yourself in a free  
world for a short time and shutting  
out the outside world, especially  
the stuff in real life which can easily  
disturb one's minds. It might be like  
watching a movie or reading a novel,  
but dancing keeps me engaged for a  
longer time.”

In Hao Zikang's opinion, apart from

passion and freedom, another  
important element of hip-hop dance  
spirit is battle. In the past, a battle  
was actually fighting with a very  
powerful opponent through dancing,  
to show one's own competitive form.

He remembered the first time he battled  
with others, his mind went totally blank  
and the only thing he could do was to  
twist his body and move in a very messy  
way. Unsurprisingly, he lost.

At that time, anger, self-blame, and  
unwillingness all converged together.  
After returning home, Hao Zikang  
practiced hip-hop for three months,  
day after day whenever he was  
free, and he was looking for battle  
everywhere.

There would always be dancers of  
different levels: some were very good,  
some were better, and some were  
of his level. He preferred, however,  
to battle with those who were better  
and more skillful than himself. “As a  
beginner, challenging someone better  
could help you progress faster. If they

do movements I don't know, I can  
learn and practice when I go back,  
and I can innovate those movements.  
For the next battle, I'll be able to  
surprise them with new movements.”

The teenager has his own way of  
coping with stress and difficulties. “I  
know it's hard because you must be  
under great pressure when you battle  
against a strong opponent. They have  
won a lot of competitions, including  
senior ones, so they must have a lot  
of experience. Just stay calm, know  
what level you're at, and learn from  
them. That's the essence of battle.”

He jokingly told us about his ex-  
perience of continuing to dance  
despite a broken arm. At that time,  
he has been working on his legs and  
arms strength every day, reviewing  
some basic skills, and getting familiar  
with the dance.

“In fact, hip-hop dance is the battle  
with difficulties, to fight, never give up,  
never quit,” Hao Zikang said firmly.  
On his immature face, no one knows  
since when there appears a kind of  
fortitude. It seems to indicate that  
the slightly thin body at present will  
eventually become tall and heroic  
years later.



### 48 ③ 唱跳俱佳，舞台上的自信少年

一个人的成长之路，不仅仅是身体和学识的增长，更是心灵的丰盈与坚韧。

这个无畏地走上舞台，音乐响起就开始battle的自信少年，没人想到，以前的他竟是一个内向沉闷的孩子，在以成绩排名的公立学校里，他淹没在人群中再普通不过。

而如今我们所看到的郝子康，自信且有担当。这是爱迪学校带给他的巨大活力，也是自由且包容的艺术爱迪带给他的巨大改变，让他找到了自己的天赋和目标。

大概是舞蹈自身所携有的浓厚的艺术滋养，这个街舞男孩也爱上唱歌，如今的他已是各种音乐会的常驻歌手，参加过许许多多如新年歌会、星光盛典、夏日嘉年华等校内外大型舞台表演。每次表演活动，郝子康都会积极地争取，老师和同学们也十分期待这个能歌善舞的男孩带来的精彩表演。

爱迪学校为学生们提供很多施展才华、绽放自我的舞台和机会。2016年末，郝子康随爱迪童声合唱团赴维也纳金色大厅，参加新年音乐会，演唱

了蒙古族民歌《快乐的牧羊人》，郝子康担任领唱，把中国的声音带到世界舞台，现场响起雷鸣般的掌声。而正是这些鼓励与熏陶，郝子康慢慢成为舞台上的闪耀之星。

同时郝子康也担任爱迪舞蹈风暴学院街舞社社长，以专业的街舞技术和极强的责任感带领社团成员们排练、参加表演，几乎每个舞台都有他们舞动的身影。

当然，对郝子康来说，他也从最开始的畏惧舞台成长为了享受舞台：“街舞不是一件苦差事，表演排练也不是，而是一种乐趣。在这里我付出了很多时间，遇到了很多朋友。”这是一个展现自我的平台也是一个让他真正有归属感的地方。

街舞带给郝子康许许多多的东西，不只是自由的释放、内心的丰盈、共同奋斗的朋友，还有一种蓬勃的生命力，让自己永葆鲜活、旺盛、积极的状态。

从小学到中学，春秋递嬗，时间荏苒。那个曾经在爱迪校园阳光下追风的少年，如今已多了刚毅的模样，他早已将笃定的目光投向更远的起跑线上，以坚实的步伐迈向未来。

### ③ Good at singing and dancing, a confident teenager on stage.

A person's growth is not only physical and intellectual growth, but also spiritual enrichment and perseverance.

The confident teenager fearlessly walked onto the stage and began his battle as soon as the music started. No one would believe that he used to be an introverted child. In a public school ranked by marks, he was all too common.

However, the Hao Zikang we see now is confident and responsible. This is the great vitality brought to him by Aidi School, and also the great change brought to him by the free and inclusive art Aidi, enabling him to find his own talent and goal.

Probably because of the strong artistic nourishment of dance, this hip-hop dance boy also fell in love with singing. Now, he has been a resident singer in various concerts and has participated in many large stage performances, such



as New Year Song Festival, Starlight Festival, Summer Carnival, and so on. Hao Zikang will actively strive for every performance activity. Teachers and classmates are also looking forward to the wonderful performance of the boy who is good at singing and dancing.

Aidi School provides students with many stages and opportunities to display their talents and show themselves. At the end of 2016, Hao Zikang followed the Aidi Children's Chorus to Vienna's Golden Hall for the New Year Concert, singing the Mongolian folk song "Happy Shepherd". Hao Zikang was the lead singer, bringing China's voice

to the world stage, where they received thunderous applause. Thanks to these encouragements and experience, Hao Zikang gradually becomes a shining star on the stage.

At the same time, Hao Zikang also served as the president of the hip-hop dance club of Aidi Dance Storm Academy. With professional hip-hop dance skills and a strong sense of responsibility, he led the members of the club to rehearse and participate in performances. They danced on almost every stage.

It's for sure that Hao Zikang has grown from being afraid of the stage to enjoying it. "Hip-hop dance isn't a chore, neither the rehearsals. It's of great fun. I've spent a lot of time here and met many friends." It is a platform for him to show himself and a place where he really feels he belonged.

Hip-hop dance brings Hao Zikang a lot of things, not only the release of freedom, inner enrichment, friends who fight together, but also a vigorous vitality so that he can always keep fresh, energetic, and positive.

From primary school to middle school, from spring to autumn, time flies. The boy who had been chasing the wind in the sunshine of Aidi campus has now become more resolute. He has already set his sights on the farther starting line, with solid steps moving towards the future.



## 蒋文芯

### Jiang Wenxin

声乐特长

北京爱迪学校国际艺术高中

Y11 年级

以梦为马，让世界听见我的姐姐。  
Powered by dream and let the world hear my voice!

第一次写歌，五岁的她写下稚嫩的音符送给妈妈；第一次上台表演，她因为太过害羞没有张开嘴；第一次进棚录音的她，为臻于作品的完美，在录音棚里泡了近 10 个小时；第一次发表自己的专辑，她已经成了舞台上一颗灼灼明星。她刚刚 17 岁，但她与音乐的故事已经满满当当地簇拥了她整个生命。

她就是北京爱迪国际艺术高中 Y11 年级蒋文芯，作为 2021 ART VOICE 系列报道第一位受访者，今天让我们一起聆听她的艺术成长。

The first time writing a song, she was only five and she wrote for her mom with immature notes. The first time performing on stage, she was too shy to open her mouth. The first time recording in a studio, she spent nearly 10 hours to perfect her works. For the first time releasing her album, she grew into a shining star on the stage. She has just turned 17, and her story with music has already fully filled her life.

She is Jiang Wenxin, Y11 of Beijing Aidi Art Design & Music High School. As the first interviewer for the 2021 ART VOICE series, now let us listen to her growing story on art.

## ① 一个小女孩的音乐梦 ——我愿深深扎入音乐之中

语言的屏障，比比皆是。但有一种不同于语言的声音足以克服这种屏障满足情感表达的欲望，这就是音乐。也许人类拥有的第一种语言并不是母语，而是音乐。

蒋文芯生于音乐世家，妈妈是中央民族歌舞团女中音歌唱家朱韬老师，这使她从小时候就沐浴在音乐之美中。从姥姥怀抱中轻轻哼唱的歌谣中，或是妈妈练

嗓时悠长辗转的歌喉里，亦或是CD机里缓缓流出的经典老歌中，稚嫩的音乐萌芽在蒋文芯心中缓缓种下。

说起蒋文芯的音乐学习之路也并不全是坦途。妈妈曾十分严肃地与蒋文芯探讨：“每一个人都可以说自己是音乐爱好者，但是有决心有能力从事音乐相关职业的还是占少数。学音乐需要深深扎入其中。”



中央民族歌舞团女中音歌唱家朱韬老师参加爱迪夏日嘉年华音乐会



然而，蒋文芯还是凭着一腔热情和一股初生牛犊不怕虎的猛劲儿跃入音乐的茫茫大海，她开始自学编曲、学习声乐，在课余时间独自寻找音乐梦的出路。

对于蒋文芯来说，这注定是一段漫长又难熬的过程。即使抱着无比浓郁的音乐热情，学习的前期仍是非常枯燥并耗费时间与精力的。满满当当的安排中，她花费大量的时间在编曲软件和音乐理论上的学习，如一个初学步的孩子般磕磕绊绊，遇到许许多多的困难，继而花更多时间翻阅查找更多相关的教程。

“我很庆幸来到了一个自由且宽容的环境中，学校为我们提供各种形式的展现舞台，让我可以为了热爱烂漫生长。”如今的她已经是爱迪各种音乐会、演唱会舞台上的常驻歌手。她也热爱创作，在诸多原创歌曲当中。由她作词的《歲脚小丑》算是最有代表性的，创作源于初中时期的学习生活的小插曲带给她的灵感。

而现在，她也向着梦校伯克利音乐学院努力奋进着，怀着对音乐的赤诚与真挚，让世界听到自己的声音。

## ① A Little Girl's Musical Dream — I'm willing to dive into music

Language barriers are everywhere. But there is one voice different from language that can overcome these barriers and satisfy one's desire for emotional expression, and that is music. Perhaps the first language humans had was not their mother tongue, but music.

Jiang Wenxin was born in a musical family. Her mom is Mrs Zhu Tao, the mezzo-soprano of China Ethnic Song & Dance Ensemble. Jiang was immersed in the beauty of music from an early age. Through the ballads softly hummed by grandmother when Jiang was being held in her arms, the melodious voice of her mother as she practiced singing, and the classic song trickling out of the CD player, a tiny seed of music was buried gradually in Jiang's mind.

Speaking of Jiang Wenxin's path to music learning is not all that smooth. Her mother once had a serious discussion with her: "Everyone could say that they're a music lover, but few have the determination and ability to pursue music as career. Learning music requires deep immersion."

Still, Jiang Wenxin dived into the vast sea of music with her passion and her fearless vigor like newly-born calves. She began to arrange music by herself and to learn vocal music.

She was exploring alone a way for her music dreams in her spare time after classes.

For Jiang Wenxin, this meant to be a long and difficult process. Even with a strong passion for music, the early periods of learning could be very boring and it took time and energy. Her schedule was always full. She spent hours learning arranger software and musical theory, stumbling like a toddler. She encountered so many difficulties that she had to spend more time looking up much more related tutorials.

She also loves to create.

"I was lucky to be in a free and generous learning environment. The school provides us with various forms of performance stages, so I could self-develop for the things I love." Now she has been a regular singer at Aidi's concerts. Among the original songs, "Crooked Joker" written by her, is the most representative. This work was inspired by a small episode of her junior high school life.

Now, she is also working hard towards her dream school, Berklee College of Music, with the sincerity of music and the hope of making the world hear her voice.



## 2 重拾钢琴，感悟音乐的真谛

曾有人说，学音乐的学生都要会弹钢琴，因为这是认知和声等音乐作品的最佳途径。

蒋文芯回忆起自己从小学琴的经历：在三岁时，她就要每天坐在一个会唱歌的“大怪物”前，用手指敲击它的“大牙齿”，让它发出各种声音。

对于小小蒋来说，一开始她满心欢喜，对拥有一个会发出声响的大玩伴充满了好奇与兴趣。但是跟它“交流”了几个月后，本以为的一个大玩伴却变成了一个“绑架”她的机器。因为她被要求每天在规定的时间内坐在琴凳上，并且每个星期还要必须完

成老师布置的作业，表现不好还会被批评。后来就因为课业压力放弃了钢琴学习。

然而接触了许多后，蒋文芯决定重拾钢琴。“小时候，我觉得练琴是枯燥无味的，从来没有感受到它的魅力。后来，伴随着成长中知识的积累，我逐渐了解了钢琴曲背后传递的复杂而细腻的情感，并爱上这种颇具高雅又古典的乐器。”

在用钢琴创作歌曲的同时，蒋文芯还有一个惊奇的发现：一首由手风琴、竖笛、琵琶、古筝、二胡演奏的背景音乐，全部可以用钢琴独奏来完成。“你会

发现，用吉他来模仿箫的声音，或者用吉他来模仿古筝的声音，都很难，但是钢琴却可以。忧伤凄苦、缠绵温柔、清脆灵动都可以在黑白键跳动中演奏出来。我第一次发现钢琴是这样的包容兼备。”

相信很多人在小时候都有学习乐器的经历。然而坚持下来的确实极少数。如果再次拾起，弹起悠扬的旋律，将会获得全新的音乐感悟。就好像读一本好书，小时候的我们并不能理解，长大了才能品味其中的道理。音乐正是如此，若没有其中的理解与渗透，音乐便失去了灵魂。



### 2 Restart piano learning and feel the true essence of music

People said that being able to play the piano was a basic skill for all students learning music. Because that's the best way to cognize harmony and to get to know the other musical works.

Jiang Wenxin recalled her experience of learning piano as a child. At the age of three, she had to sit in front of a singing "monster" every day and tap its "big teeth" with her fingers to have it make various sounds.

For a little kid, she was joyful at the beginning because of the curiosity and the interest in having a loud playmate. But after months of "communication", the big playmate turned out to be a machine which "kidnapped" her. She was required to sit on the piano stool for a set time every day and had to finish the exercises assigned by her teacher every week. She got criticized if she couldn't behave well. Later on, she gave up piano classes because of school learning pressure.

However, the more Jiang Wenxin experienced, the more she wanted to restart piano learning. "When I was a kid, I considered piano practicing boring and I had never felt its charm. Later, with the knowledge accumulated during my growth, I gradually understood the complex and delicate emotions behind piano music. I fall in love with this elegant and classical instrument."

While composing songs on the piano, Jiang made a surprising discovery: A piece of background music played by accordion, clarinet, pipa, guzheng and erhu can all be completed by piano solo. "You will find it difficult to imitate the sound of xiao or the sound of guzheng with a guitar, but the piano can. No matter it was sad, bitter, touching, gentle, ringing or smart, all can be played by the bouncing of the black and white keys. It's the first time that I've found a piano so inclusive of almost everything."

I believe many people have the experience of learning musical instruments in their childhood, but very few of them stick to it. If you pick it up again and the moment the melodious melody is played, your

appreciation for music will revive. It is like reading a good book. We can't understand it when we are young, but we can appreciate it when we grow up. That is exactly what music is. Without one's understanding and penetration, music would have lost its soul.



### 3 行若自由人， 每段音符都有它的美感

接触下来，你能深深地感受到眼前这个姑娘富有灵性的音乐天性，看起来内秀于心，却带着烂漫奔放的、热情如火的自由灵魂。

一次不经意的际遇蒋文芯接触了戏剧，这也是她人生中戏剧表演的开端。《风声》中的李宁玉、《窝头会馆》里的田翠兰，一个个角色中感悟世间喜怒哀乐。

除担任剧中的演员外，蒋文芯担任整个戏剧的音乐总监，负责戏剧的配乐。她根据剧情来细细琢磨每个场景的音乐配器。每一个音轨的排铺，为戏剧的极致呈现锦上添花。

她还涉猎了古风歌曲，发表首张专辑《古韵芯声》，用经典古诗词融入柔和超脱的曲调，缓缓唱来。

其中《水调歌头》，录制了整整六个小时，“我妈妈演唱了副歌部分。歌里有花腔女高音、女中音、女低音等五种音调，像是有一整个合唱团在合唱，但其实只有一个人。”

细细听来，好似穿越时空尘埃，推开月下一扇亘古常新的木门，对着泉边溶溶的月色，倾诉人世的思念与感怀，洒下一片温情的皎洁.....



她也曾钻研过俄罗斯的音乐，“战斗民族的音乐带着其特有的民族魅力，悠扬而富有感染力的曲调总是能让人感觉到极广阔的大场面气概，或是与敌人血战到底的英勇斗志，或是深邃激烈的情感表达，或是恢弘辽阔的希望之歌。”

从涉猎极广的音乐领域，就可见一斑。蒋文芯从不拘束自己的热爱领域。“音乐是相通的，无论是西方歌剧或是东方经典，都有许多值得学习的地方。我从来不限制所尝试的领域，任何可能性都会被不断发掘。”

正如有人所说，语言的尽头，就是音乐的开始。带上耳机的那一瞬间，世界安静下来，灵动的音符在耳边跳动，也跳在了心上。而蒋文芯正是在许许多多的音乐释放中，演绎、聆听、沟通、观看，细细感知每段音符的独特美感，寻到音乐、语言、艺术共同的力量。而她与音乐的故事还将继续.....



### 3 Act as a free man and every note has its beauty

When talking to the girl, you may have a strong feeling that the girl was born with musical nature. She may look quiet in appearance but is in fact a girl with wild, passionate and free soul.

Jiang Wenxin got to know about drama by chance, which was also the beginning of drama performance in her life. She discovered the joy and sorrow of the world in the roles she was playing, for example Li Ningyu in *The Wind*, Tian Cuiyan in *Wotou Hall*.

In addition to being an actor in the show, Jiang Wenxin was also the director of the music of the whole drama, responsible for the score of the drama. She carefully studied the musical arrangements for each scene according to the plot. The arrangement of each track was designed for the perfection of the drama's ultimate presentation.

She also tried out ancient-style songs and released her debut album "Ancient Rhyme & Xin's Voice", singing slowly with soft and extraordinary tunes of classical ancient poems.

Thinking of You was one of the songs from the album and was recorded for six hours straight. "My mother sang the chorus. You may recognize five different tunes in the song, for example the coloratura soprano, the mezzo-soprano and the alto, as if there's a whole choir singing. But actually, it was singing by only one person."

Listen carefully and you may feel like traveling through time and space. Imagine when you open an everlasting wooden door with a moon high in the sky and enjoy the silky moonlight by the spring, and then pour out the thoughts and feelings of the world, to shed a path of tender and bright.

She has also delved into Russian music. "The music of the fighting nation has its own unique national charm. Melodious and infectious tunes always evoke a scene of immense

grandeur, or the spirit to fight the enemy to the last drop of blood, or deep and intense expressions of emotion, or a magnificent song of hope."

No wonder Jiang Wenxin was an excellent girl judging from her wide range of music sectors. She's never been limited by her passion. "Music is interlinked, whether it's western opera or eastern classics. There is much more to learn. I never set limits on what I can do, and the possibilities, no matter what it could be, are constantly being explored."

As the saying goes, music begins where language ends. The moment one puts on the earphone, the world quiet down, and then smart notes will be dancing into your ears and also into your heart. It is in the release of kinds of music that Jiang Wenxin achieves to perform, listen, communicate, observe and perceive the unique beauty of each note and find the common power of music, language and art. Since now, her story with music will continue...



## 侯锐博 Hou Ruibo

戏剧特长  
北京爱迪学校美国高中  
Y12 年级

一个集编、导、演  
A "Drama treasure Boy"

找到了那条满足且充盈的生命之路。  
who can write, direct and act.

他是戏剧社社长，是同学们眼中平易近人的好 Leader；他刚强硬气的外表之下，隐藏着柔情侠骨的内心和极强的责任感；他从小有个导演梦，现在却是个活跃在各大戏剧舞台的“老戏骨”。他，就是总能给人惊喜的侯锐博。

从舞台剧表演，到戏剧之夜《风声》里的“金生火”，再到《窝头会馆》里的“老学究”，这个戏剧培养出的“全能男孩”侯锐博，绽放了自己在编剧、导演、表演上的天赋与潜力。

As the president of the Drama Club, he was an approachable leader in the eyes of his classmates. Behind his rigid and tough appearance, there was a gentle heart and a strong sense of responsibility. He dreamed of being a director since childhood, but now he was an active "professional drama actor" on the stage of numerous theaters. He was Hou Ruibo, who could always surprise us.

From stage performance, to the role of "Jin Shenghuo" in *The Message* on the drama night, and then to the role of "old pedant" in *Wotou Guild*, Hou Ruibo, the "all-around boy" educated by dramas, has shown his talent and potential in scriptwriting, directing and acting.



## 1 在爱迪， 他找到了真正的自己

小学就来到爱迪的侯锐博，在这座充满活力且开放包容的学校里，放开手脚尝试自己想做的事。

他凭着兴趣加入爱迪莎士比亚戏剧社，并在老师的鼓励下尝试第一次登上戏剧的舞台，之后，他逐渐在各大戏剧表演中大放异彩，一步步从戏剧小白成长为社团骨干。现如今，12年级的他已经是戏剧社的社长，带领大家完成一个个精妙绝伦的戏剧演出。

从最开始的生涩，到后来在台上可以“淡定自如”地进行表达，从学习台词和动作，到感悟角色内心和分析故事情节的内在含义，他一直在全情投入着。

即使3年后的今天，他仍然记得自己第一次站上戏剧舞台时忐忑又激动的心情，“迈出第一步不容易，但是迈出这一步后我反而充满了自信和奔赴的勇气。”

每年莎士比亚戏剧社举办的戏剧节已成为校园文化活动里的传统。今年被搬上舞台的是北京人艺的经典剧目《窝头会馆》。作为一部被寄予厚望的经典大剧，参演的每个演员都有着不小的压力和重担。而其中，压力最大的莫过于是担任编剧、导演、演员于一身的侯锐博。

一部戏剧是否成功，剧本起着根本作用。对侯锐博来说，他不是第一次改编剧本了。但是这一次，体量庞大的台词、重复且连续的时间线和复杂的人物形象让改编任务更具挑战性。他带领编剧组的同学反

复修改七八遍有余，常常工作到凌晨。

相比《风声》里的一张桌子、一张沙发，《窝头会馆》的舞台道具设计更加繁琐。大到胡同小院的背景图、上下两层的苑家，小到一排脚蹬、一叠纸币，都有着独特的时代特征。于是他和道具组的同学们从修改设计图、搭建模型、挑选道具到自制道具，不断挑选、打磨，力求营造真切的环境来渲染气氛。

在这部剧中，侯锐博饰演前清举人“古月宗”，将既迂腐穷酸又唯恐天下不乱、还带着点风趣幽默的特有精神气质在舞台上展现得淋漓尽致。

一切就绪，大幕拉开。不只校内演出观者如堵，校外北京蓬蒿剧场的表演也座无虚席。无论是幽默的台词、紧凑的情节，还是他们生动的表演，绵延不断的掌声向所有人证明这场精彩绝伦的表演无疑是成功的。

这一路走来，与戏剧相逢、结缘、深交。若说他收获了什么，仅凭寥寥数语无法概述。但是“每一次演出对我而言都是意义非凡的，不仅是演出本身，也是因为团队共同努力的过程，让我逐渐成长，奋楫笃行。”

眼前这个少年，面庞尚存少年的青涩，眼神却满含前行的坚定。他和伙伴们一起在舞台上大放异彩、参加学校举办的各种演出活动、结识了一群志同道合的伙伴、和老师成为朋友……侯锐博的天赋与潜力慢慢绽放。

浓郁的艺术氛围及个性化发展的环境，让他可以“放肆”地呼吸着广阔天地的新鲜空气，也让他发现了真正的自己。

## 1 At Aidi, he found his true self

Hou Ruibo studied at Aidi since primary school. He was free to try whatever he wanted to do in this energetic and inclusive school.

Joining the Aidi Shakespeare Drama Club out of interest, and encouraged by his teacher, he tried to perform in a play for the first time. After that, he began to shine in various theatrical performances and grow step by step from scratch into a major figure in the club. Now, in grade 12, as the president of the drama club, he led the others to complete one marvelous drama performance after another.

From being awkward at the beginning to being able to express himself calmly and freely on stage, from learning lines and actions to feeling the inner qualities of the characters and analyzing the meaning behind the plot, he has deeply devoted into it.

He still remembered the thrill of being on the stage for the first time even three years later. “It is not easy to take the first step, but I am full of confidence and courage to keep on going after this step.”

The Shakespeare Drama Club's annual drama festival has become a tradition of campus cultural activities. This year's production was a classic of Beijing People's Arts Theatre called *Wotou Guild*. As a classic drama with high expectations, each actor involved carried on lots of pressure and burden. Among them, the massive pressure was on Hou Ruibo, who was the scriptwriter, director, and actor at the same time.

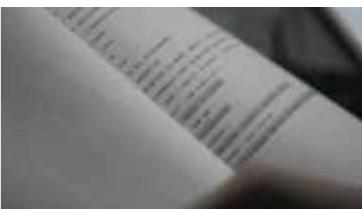
The script played a fundamental role in the success of a play. This was not the first time Hou Ruibo adapted a screenplay. But this time, a huge amount of lines, repeated and continuous timelines, and complex characters made the adaptation

task more challenging. He led the scriptwriter group to revise more than seven or eight times, often working into the wee hours.

Compared to the stage prop design in *The Message*, such as a table or a couch, that of the *Wotou Guild* was far more complicated. From the backcloth of Hutong courtyard, the garden house upstairs and downstairs, to a row of pedestals and a stack of paper money, each detail reflected unique characteristics of the times. From modifying design drawings, building models, selecting props to self-made props, he and the props group worked hard to create a real environment to strengthen the atmosphere.

In this drama, Hou Ruibo played the role of “Gu Yuezong”, a former Qing Dynasty candidate. This character was pedantic and a troublemaker with a little sense of humor. Hou Ruibo successfully showed this unique quality on the stage in a vivid and incisive way.

Everything was ready and the curtain was rising. Not only did the campus performance attract a huge amount of audience, but the off-campus performance at Beijing PengHao Theater was also full. Whether it was the humorous lines, the tight plot, or their vivid performance, the wave of applause proved to everyone that



this wonderful performance was undoubtedly a success.

For all this time, from the moment he got to know drama, to develop interests, and then to have a deeper connection, it was hard to summarize in just a few words what he has obtained from it. “Each performance means a lot to me. Not only because of the performance itself but also because of the team's joint efforts, I gradually grow up and will keep on working harder.”

The boy in front of us, with a youthful face, was full of firm faith in his eyes on going forward. He and his classmates were glamorous on the stage. Hou Ruibo participated in various performances held by the school, got to know a group of partners with the same goal, made friends with teachers... his talent and potential slowly blossomed.

The rich artistic atmosphere and personalized development environment enabled him to breathe freely the fresh air in the wide world and to find his true self as well.



## 2 戏剧社的事 就是自己的事

侯锐博在社团其他成员的眼中，是无处不在般的存在。

“别看他长了一副硬汉的脸，但他的脾气是再好不过了。作为同学和朋友，他是最没有激进情绪的一个人，有善解人意的心灵，还总带着同理心去考虑别人的感受。作为社长和工作伙伴，他又是很沉着严谨又极具责任感的人，能够从容不迫地带领大家跨越一道道难关。”侯锐博的同学和工作伙伴闫和说到。

当被问及当戏剧社社长的最大感受时，侯锐博的回答是：戏剧社的事就是自己的事。从初中阶段到高中阶段一直在戏剧社，而现在又成为了社长，对侯锐博来说，戏剧社早已成为了他在爱迪的第二个“家园”。

在社团指导老师董老师的

眼里，侯锐博是一个沉稳、有担当、有责任心的人。“这些品质总是会对其他人产生积极影响，这种影响比我想象的要大很多。”

排练更是让人抓狂的打磨过程。面对紧张的排练和近在咫尺的演出，再加上难记的台词和复杂的情感表达，承担重任的演员们难免有负面情绪。而侯锐博总是会第一时间站出来安抚大家，鼓舞士气，并耐心地帮他们揣摩人物特点。

挑选道具、联系工程队搭建舞台、帮每个成员扣台词细节、督促成员按时参加排练……剧组里大事小事，都有侯锐博带领着团队成员一起前行的身影。

在这种积极影响下，每个人都自觉地按照计划出席排练并

竭尽所能去打磨去演练，想要将这部戏剧以最好的姿态呈现。每个人都在不断地努力尝试和自我超越，当自驱力成为真正的内核后，他们将做得更好。

其实，在许多剧目表演中，他并没有担任主要角色，而是把这些重要角色的表演机会给了新加入的成员或有潜力的人。因为他清楚地知道，作为社长，要学会适当放手，给大家更多锻炼和成长的机会。如此以来，整个社团才能一代更比一代强，不断延续传承。

“每个人都是一步步成长起来的，要给大家尝试的机会，要允许大家有犯错的机会。团队的成功是大家共同努力的结果。”

在侯锐博的眼中，他是社长，更是团队的一员。



### 2 If it's about the drama club, it's about me.

Hou Ruibo was ubiquitous in the eyes of other members of the club.

“Although he has a tough face, his temper could not be better. As a classmate and a friend, he is the one with the least radical emotion. He is always so considerate and empathetic to take into consideration other people's feelings. As the president and working partner, he is very calm, rigorous, and a highly responsible person. He was able to lead us through one difficulty after another with ease.” said Yan He, Hou Ruibo's classmate, and working partner.

When asked what it was like to be president of the drama club, Hou Ruibo answered: If it's about the drama club, it's about me. He has been in the drama club from junior high to senior high, and now he has become the president of the club. For Hou Ruibo, the drama club was his second "home" at Aidi.

In the eyes of teacher Dong, the instructor of the club, Hou Ruibo was calm, accountable, and responsible. “These qualities will always have a positive impact on other people, much bigger than I thought.”

Rehearsals were a process of perfection that would drive people crazy. Considering the intense rehearsals and coming soon performances, as well as difficult lines and complex emotional expressions, it was inevitable for actors to have negative feelings. Hou Ruibo was always the first one to encourage and inspire everyone, and patiently help them analyze the characteristics of the roles.

Select props, contact the engineering team to build the stage, help each member to practice lines and to focus on details, urge members to attend rehearsals on time...whatever needed to be dealt with, easy or tough, Hou Ruibo led the team members to move forward together.

Under this positive influence, everyone voluntarily attended the rehearsal according to the plan and tried their best to practice, hoping to present the drama perfectly. Everyone was

constantly striving to try and self-superior. They can do even better when self-motivation becomes their true core energy.

In fact, in many plays, he did not take leading roles but gave them to new members or those who had potential. Because he clearly understood that as the club president, you have to learn to let go appropriately and give others more opportunities to practice and space to grow. In this way, the whole club can become stronger and stronger from generation to generation and continue to be passed on.

“Everyone grows up step by step. People need the opportunity to try and also the chance to make mistakes. The success of a team is the result of everyone's joint efforts.”

In the eyes of Hou Ruibo, he was the president, but also a member of the team.





### ③ 做出一部 属于自己的电影

哀乐，更带来深思与内省。”这种思考是成为演员深入故事与角色内核后才领悟到的，他想将此运用到故事讲述和镜头表达上。

对侯锐博来说，表演是感悟别人故事与思想的一种绝佳方式，而导演则是叙述自己故事并表达自己思想的一种探险。

侯锐博从小就有一个导演梦。这源自小时候遇到的一个拍摄团队，他们的经历让他非常地感兴趣。他总是睁大好奇的眼睛看着他们摆弄着不同的机器、继而呈现了一个又一个美妙绝伦的画面。那时候他开始对摄影、编剧有了兴趣。

“演而优则导”让他对电影的表达形式有了自己的思考和灵感。初步触摸戏剧时，他以喜剧表演作为尝试起点。“因为喜剧开始后，下面观众开怀大笑就证明这场剧成功了。如果演正剧的话，台下的人都直巴巴盯着不说话，就会感到很紧张。”侯锐博演的第一部戏剧就是开心麻花的喜剧作品《赤壁》，看到台下观众被逗得哈哈大笑就是对喜剧演员最大的鼓励。

然而这次挑战《窝头会馆》则带来了不一样的感觉：“虽然《窝头会馆》也带有喜剧元素，但是这部剧让你乐着乐着就哭了。因为它不只带来喜怒

课余时间，他都会看电影，从黑泽明到姜文，从《罗生门》到《让子弹飞》，这些知名导演的经典作品，将自己的想法包裹在电影中以不同的形式，或喜剧，或文艺，一点点叙述出来。

对于电影的成功表达形式，年轻的侯锐博还在探索期，但是这并不妨碍他对其有所思考：“我想在大众能接受的前提下，尽可能地把自己想表达的东西放进去。”如今，他已经确定了南加州大学电影学院作为自己明年的大学申请目标，梦想未来做出一部属于自己的电影。

和社团成员一起，从编剧、导演、音效、舞美再到华丽演出的全程参与，这样的充满挑战性又充满成就感的经历，在正是期待改变的少年时期能有几回？

可能对别人来说，这只是青春里的一瞬记忆，但对侯锐博来说，戏剧就像一道光，照进了生活里使它变得五彩斑斓。也正是因为热爱并享受自己所做的一切，如此，一切都在他的面前，而“世界如此辽阔”。

### ③ To make a movie of my own

For Hou Ruibo, acting was a great way to understand other people's stories and ideas, while directing was an adventure to tell his own story and express his own ideas.

Hou Ruibo had a dream of being a director since childhood. It all started with a film crew he met when he was little, and their experiences fascinated him. With his eyes open wide and out of curiosity, he watched as they worked on different machines and produced one wonderful scene after another. At that time, he became interested in photography and scriptwriting.

"Perfect performance first and then being a director" gave him some thoughts and inspirations on the expression of films. His first try of drama began with comedy. "When a comedy starts and the audience laughs, then the show

is a success. If it were a serious drama, the audience might stare at the stage and remain silent and they would feel nervous." Hou Ruibo's first play was Mahua Fun Age's comedy "Chibi". There's nothing more encouraging to a comedian than seeing the audience laugh.

However, the challenge of *Wotou Guild* brought a different feeling: "There are comedy elements in *Wotou Guild*, but it's a show that makes people laugh as well as cry. It brings not only happiness and sorrow, but also deep thinking and introspection." This kind of thinking won't occur until the actor digs into the essence of the story and character. He wanted to apply that to storytelling and shooting expression.

In his spare time, he would watch movies, from Akira Kurosawa to Jiang Wen, from *Rashomon* to *Let the Bullets Fly*. These were classic works by well-known directors. They put their ideas into the film and narrated bit by bit in different forms, comedy or literature.

Young Hou Ruibo was still exploring the successful form of expression in the film. But that didn't stop him from thinking about it: "I want to put in as much of what I wish to express as the public could accept." He has decided to apply to the University of Southern California Film School next year, dreaming of making a film of his own.

Together with the club members, he participated in the whole process, from scriptwriting, directing, sound effects, choreography to put on magnificent performances. How often do we have such challenging and fulfilling experiences during teenage years when seeking for changes?

Maybe to others, it was just an instant memory of youth. But for Hou Ruibo, the drama was like a light that cast into his life and made his life colorful. He loved and enjoyed what he was doing, so everything was there for him, and as always "the outside world is so big".





## 徐艺凌

### Xu Yiling

影视特效化妆特长  
北京爱迪国际艺术高中  
Y12 年级

在大家眼中，北京爱迪国际艺术高中 12 年级的徐艺凌是一个温柔恬静又充满奇思妙想的女孩。她坐在教室里，总是托着下颌静静地在画板上勾勒着，眼眸里透出专注和沉静。旁边的桌子上，零零散散地摆着几大本如大辞典厚度的艺术作品集。她告诉我们这些都是她这几个月完成的，有些是随手记录的生活点滴，有些是研学看展的观后有感，有些仅仅是脑海里天马行空的脑洞集锦，这一切日常的积累终将化作她在影视特效化妆里的灵感来源。

当我们惊讶于她如此多产且丰富时，她笑了笑，“我只是把自己脑子里想得画出来。”可能是学校里遇到的一棵很美的银杏树，在雨天的水汽下氤氲金黄的美好画面，徐艺凌就已经把它记在脑海中了。

经过爱迪国际艺术高中三年专业系统的艺术培养，这样一个随手拾捡生活中点点星光的女孩，在探索中找到了属于自己的精神世界。今天，让我们一起走近她的艺术成长。

In the eyes of people, Xu Yiling, Y12 of Aidi Art Design&Music High School, is a soft and curious girl. She always sits in the classroom to let her imagination fly and draw in the palette. When we visited her, a bunch of thick books beside her palette drew our attention, which she told us were her latest art portfolios. Some of them were her daily dairies, some of them were reviews after her coming back from art galleries, and the others were merely random inspiration that came to her mind from time to time, she would write them all down to the papers. All those daily accumulations contributed to her source of inspiration of prosthetic makeup.

When we were astonished by her works, she chuckled and simply replied “I just want to record every bit of inspiration”. The so called “inspiration” maybe merely comes from a ginkgo tree under the rains.

After three years of systematic art training, Xu Yiling found her place in the magnificent art world. Today, she is our honored interviewee, her story is about to unveil to us.

特效化妆，把现实的不可能在银屏上化为可能  
Turning Impossibility into Reality by Prosthetic Makeup



## 1 在艺术的海洋里自由探索，终将发现所爱

不知不觉，12年级的徐艺凌也开始忙碌于大学的申请。教室静悄悄的，同学们都沉浸于作品集的创作，而她也开始了制作作品集的一天日常。

说起选择未来深入学习的大学专业和院校的过程，这是一段充满了波折的经历。

爱迪国际艺术高中的学生可以根据想要尝试的领域选择自己感兴趣的课程。然而徐艺凌对很多课程都抱有兴趣，于是她选修了许多不同的课程：时尚设计、创意绘画、3D材料.....这让她有机会尝试包括服装设计、纯艺术、珠宝设计、装置设计在内的各个应用艺术领域，从而选择自己未来更感兴趣的的专业。

在3D材料课上，她以“古着”为主题创作了六七十年代的家具摆设的小型装置，这个灵感来源于她平时就收集的积淀了时光与故事的老照片。这个带着深厚复古元素的小小房间，带观众一起穿越美国的六十年代，进入为自己打造的美好而虚空的幻梦。

对于徐艺凌的多元尝试，爱迪国际艺术高中教务长周聪老师是十分鼓励的。

而徐艺凌的专业兴趣正是在一场毕业展中唤醒的。

6月13日，爱迪国际艺术高中毕业展如期而至，即将毕业的学姐学长们带着他们的服装作品走上舞台。徐艺凌自告奋勇担任化妆师，为模特打造与服装相匹配的妆容。她仔细斟酌了许久，



周 聪

北京爱迪国际艺术高中副校长  
艺术课程负责人，作品集导师  
意大利那不勒斯美术学院硕士  
从事艺术留学教学 8 年  
培养了 300+ 学生录取皇家艺术学院、  
伦敦艺术大学、罗德岛设计学院、  
帕森斯设计学院等知名艺术院校。

“我们希望赋予学生更多探索的自由，使自己在多元的学习情境中自我唤醒，找到可以安放自我的热爱领域，探索愈发深入，就对自己找到的领域热爱得愈深。”

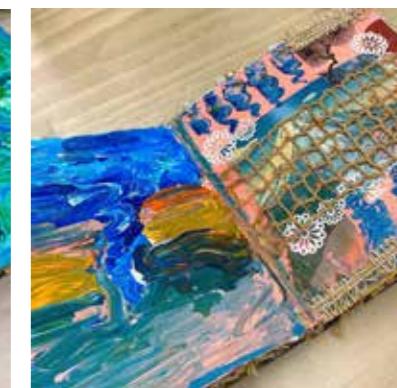
找到了设计服装的学姐，请教这些服装作品设计的灵感来源及背后的所思所想，构思要如何把设计师想表达的精髓变为具体的画面，通过模特的妆容展现出来。

如此“小心翼翼”，徐艺凌反而觉得这是一次宝贵的、充满激情和创造力的艺术创作过程。在她看来，人的脸同样是一块亟待开采的画纸，而最终呈现的妆容是画纸上的艺术作品，而化妆师就是那个艺术创造者。

“就好像内心深处的某样东西觉醒了，这就是我所寻找的领域。”徐艺凌如是说到。不断的向外探索和内审视后，她终于找到了可以追求的热爱方向。



Xu Yiling's make-up work



## 1 Sailing in The Sea of Art to Find Her Own Treasure

As time pass by, the season of applying university had come. Everyone was concentrating on the making of the portfolio, so does Xu Yiling. It was a journey of difficulties, especially when facing the selection of universities and majors.

Aidi International High School of Art & Design provides students with a wide range of art subjects to be chosen, obviously, Xu Yiling is an art enthusiastic, she chose many different subjects including Fashion Design, Creative Drawing and 3D Materials.

This had enabled her to set foot in many new fields including costume designing, creative painting, 3D materials and so on, which helped her make decision in choosing the interested major in the future.

In the class of 3D materials, inspired by the trend from 1960s to 1970s, she created a small “living room” full of her hand made little vintage “furniture”. The ideas of the creation were all attributed to her daily collections of old pictures. This little



Art portfolios by Xu Yiling



what the designer wanted to express by the make-up on the model's face.

vintage masterpiece brought us back to America in 1960s.

Xu Yiling found her inspiration in a graduation exhibition.

On the 13th of June, the graduation expo had come as expected, the graduate students would be on the stage to showcase their costumes.

Xu Yiling as the volunteered make-up artist, she took deep thinking about it and talked to her school mates about the designing concepts. She dedicated to show the essence of

Xu Yiling treats prosthetic makeup as a journey of passionate art creation. Prosthetic makeup artist “draws” on the human face just like the painter creates on the palette.

“ Just like there's something deep inside has been awakened, the thing that i have been always searching for”. After constant explorations internally and externally, Xu Yiling found her passion.



徐艺凌在敦煌

## 2 走进瑰宝敦煌，探索立体且多元的艺术世界

每年，爱迪的老师都会带领学生走出课堂，自然探索、艺术研学、海外大师班……去感受有别于课堂、课本里看到的东西。

这个暑假，徐艺凌来到了敦煌，以Contemporary（当代

性）为研究主题，结合敦煌深厚艺术底蕴进行实地深入研学，最终产出一个完整的艺术作品集。

交织着自然、文化、历史与艺术的体验式学习之旅，在深度的联结和力行的感知背后，每个参与其中的学生都在“行走”中收获

了最真实的感悟。

纯粹、澄净、辽阔的蓝天与热烈、斑斓、瑰丽的壁画交织，一种浓烈而无法言语的力量冲击着他们的心灵。有些地方只到达一次，或许就足以激发出万千感受。

对徐艺凌来说，那深邃且浓厚的历史遗痕和色彩瑰丽的艺术作品，给她带来了震撼的视觉冲击。在这里，她与敦煌研究院的老师密切沟通，了解不同时期的壁画以及佛塑像的特点。她和海外导师进行深入的讨论，探寻表现传统文化风范最好的呈现方式。

同时，徐艺凌也用艺术作品的方式对研学途中的体验、经历进行了观察与思考：“舍身饲虎”的大义精神在当下的环境值得提倡吗？那个文明汇聚的地方到底发生了什么？人们的所坚守和信仰的都是什么？带着这些困惑，徐艺凌去调研，做研究，然后再去提问，去得到回应，如此来回往复下，她在不断质疑、实践和总结中收获了更加丰富、广阔和深邃的知识领域。她把这些思考用拼贴和绘画的方式一一记录，研学结束时素材已经积累了厚厚的一本。

看着那充满时代特征的人物，徐艺凌萌生了对比古代妆容和现代的差异和演变“我们是否可以将古时的妆容特点延用到现代的妆容里？”很快，她就将这个想法落实在了自己作品集里，她进一步调研那个时代女性的妆容妆饰，点唇、花钿、额黄……她与导师不断沟通打磨，最终完成了自己中西融合贯穿古今的妆容作品集。

向外的探索越多，向内的东西就越丰富。而徐艺凌就这样丰富多元的向外探索中，不断充实自己的思想和内心。

## 2 Exploring the Essence of Multi-dimension World of Art in Dunhuang

Every school year, Aidi faculty team will organize the out-of-class activities including Nature Camp, Art Studying Camp and Overseas Profession's Camp to enrich the students' knowledge.

Xu Yiling made the trip to Dunhuang together with the teachers and schoolmates this summer to investigate the mysterious beauty of this ancient masterpiece. Her Dunhuang art portfolio came from her inside deep connection with this place, she grew fonder at the first glimpse of these art treasures.

Witnessing the colorful and rich Dunhuang frescoes shadowed by the pure and clean sky, students were deeply touched and shocked by these gems of art.

In order to fulfill her art portfolio, she took two steps. Firstly she maintained a constant communication with the researchers in Dunhuang Academy to know the characteristics of frescoes in different phases. Secondly she took deeper discussion with her overseas tutor to discover the perfect way of unveiling the beauty of these frescoes.

As an old saying “art originates from life”, Xu Yiling's portfolio contains a lot of her perceptions towards life. She held many questions during the trip, like the story “The Great Sattva Sacrificing Himself to Feed Tigers” was worthy to be advocated? And what exactly happened when these frescoes were created? Speaking of beliefs, what did those painters believe in and stick to?



Carried with all those questions, Xu Yiling continued her research back and forth and concluded a lot of theories as the source of inspirations of her creations, which eventually became a thick art book full of creative paintings and pic colleges.

In the mean time, a creative idea came to her mind when she analysed the differences between the ancient makeup style with the modern style - Whether we can extend the characteristics of ancient makeup look to use in modern makeup look? and very soon, she applied this idea to her portfolio including adding the ancient beauty factors like accessories, little lips, twinkle and forehead yellow. After a long time of discussions and reviewing, she finally concluded her make-up portfolio.

Her inner-self is getting fulfilled along with her exploration to the outside world.



Xu Yiling showed her Dunhuang art portfolio in the class

### ③ 影视特效化妆 让现实的不可能在银屏上化为可能

探索过后，徐艺凌最终确定了自己未来发展的方向——影视特效化妆。

随着电影业的蓬勃发展，电影制作人对于电影的整体效果更加精益求精，应用影视特效化妆的电影逐渐在电影产业中占有更大的比重。如今的影视特效化妆技术越来越成熟，应用空间也越来越大。小到眼泪、伤疤、老人妆，大到齐天大圣、行尸走肉的全身造型……这些工艺精湛的特效造型，却非电脑模拟的CG效

果，而是全部由特效化妆师纯手工打造。

这对从小有着天马行空想象力的徐艺凌来说，特效化妆是一座亟待采撷的宝藏，它不为了美丽而化，而是为了幻想和真实而化：“飞驰在末世的列车，决裂在远古的冰川，这是特效做到的，但是末世的行尸走肉，远古的猿人，这是特效化妆师才能达到的奇迹。它们都是把现实的不可能，在银屏上化为可能。”



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想要做好特效化妆师还必须得全能，绘画、雕刻、制模、化妆，物理都需要涉猎掌握。平时，徐艺凌就会在自己的脸上、身体上描绘出夸张的画面，磨练自己的技术。

同时，成为一位成功的特效化妆师不止需要技术过硬，还要有多样性和想象力。徐艺凌从10年级在艺术高中就读，受到高中三年专业系统的艺术培养。渐渐地，她拥有了对未知世界的一种向往、一种想象力、一种探索的热情，或者说是一种浪漫主义精神。而我们始终相信，一个对未知世界抱有敏感、开放和热情的人，终能把自己热爱的事情做到极致。

如今徐艺凌找到了自己热爱的方向，她也将心无旁骛地向自己的梦校——世界艺术院校排名Top3的伦敦艺术大学电影特效化妆专业迈进。

随着申请季的到来，她将把所有的精力投入到梦校申请作品集的打磨和精进上，她计划下一步寻找模特，为他们化妆拍摄，排版至最终成册。

这个美丽的女孩一直用她敏感细腻又充满奇幻想象的精神触角不断感知生活中微末的细节，这大概就是我们常说的艺术创作者所拥有的天赋吧！而从另一个侧面，她的故事也向我们展现了，新一届爱迪艺术学生所持有的自由、活力、开放与包容的精神面貌及对理想坚定不移的追求，他们正源源不断地挥洒着对美的感知与想象力，奔向未来闪光的日子。

### ③ Turning Impossibility into Reality by Prosthetic Makeup

After a long time of searching, Xu Yiling found her passion for future - Prosthetic Makeup.

Along with the boost of film and TV industry, film makers pursue for higher qualities in all aspects when product a new film. Prosthetic Makeup is becoming more and more important when the skills are making steady progress. From tears to scars to old-man makeup, to the whole body of the walking dead, all those sophisticated make-ups were concluded by prosthetic make-up artists by hands.

Make-up for fantasy and the realization of imagination are the beliefs for Xu Yiling of learning this advanced skill.

“ speeding train in the doomsday, fighting in the ancient glacier, these are all what the special effects can do. But for the walking dead, the ancient ape man, all these can only be done by prosthetic make-up. Turning impossibilities into reality in the screen, that owes to prosthetic make-up artists ”

Prosthetic make-up artist is a job that requires all-rounded abilities including drawing, sculpting, moulding, make-up and even theories of physics. And it needs years after years of practicing. For many of the times, Xu Yiling practiced make-up on her own body to sharpen her skills.

To be a prosthetic make-up artist not only requires excellent techniques, but also the abilities to embrace diversity and to imagine different scenarios. Xu Yiling has been studying in Aidi Art Design&Music High School since the tenth grade. Three years of systematic training, gradually, she developed a passion in discovering the myth of world, or in other words, an romantic spirit. And we all firmly believed that a person who is open up to the outside world with curiosity, who is always affectionate to the uncertainty, can stick to her initiation from the beginning to the end. Xu Yiling sets her goal as the major Special Effects Make-up in University of the Arts London, which ranked 3rd among the world art universities. And no doubt, she is wasting no time to thrive for her dream.

The season of application to universities has come, she devotes herself to better her art portfolio and sharpen her skills. In the next step, she plans to find other models for creating new make-ups and records into her portfolio.

This beautiful girl always senses the tiny little details in her life and extends her imagination, this probably is the so called “talent” in daily life. From the other aspect, Xu



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Xu Yiling daily make-up practice

Yiling is a role model in Aidi school, whom represents vitality, freedom and openness of the new generation. The bright future awaits here, together with the other Aidi school mates.

# 黄皓茗

## Huang Haoming

电音 DJ 特长  
北京爱迪学校英国高中  
Y12 年级



在人群中，他的存在总是闪耀的，经意或不经意间被人们的目光所捕捉，你很难忽视这个大男孩，他张扬开朗，眼神坚定，在帅气阳光的气质下，透露着对生活与音乐的热爱与极富张力的内心世界。

他 15 岁那年偶然接触到电子音乐并从此彻底爱上，如今，他成为爱迪各大活动的常驻 DJ；同时他也在学术、艺术、体育等多领域全面发展，自信且开朗，一次次的探索与尝试终是塑造了他不畏万难、勇敢突破的个性。

本期访谈，我们将一起走进这位就读于北京爱迪学校英国高中部 12 年级的黄皓茗，感受他的艺术成长以及艺术为他带来的改变。

You cannot take your eyes away from this boy, his brightness and solid eyes reveals his uniqueness in the crowd. This sunshine boy is called Huang Haoming, not only his appearance impress the people, his endeavor to music and the enrichment deep inside his heart also warm everyone around.

He fell in love with electronic music at age 15 accidentally, and now, he has grown into a resident DJ in Aidi school. He also excels in many other aspects including academic results, art and sports. His ever lasting endeavor to achieve better results has shaped his solid personality.

We have invited Huang Haoming as our interviewee in the latest "Art Voice" series. His story is about to unveil to us.

热力大男孩，在电音之路探索向前  
Marching to The Electronic World



## 1 爱迪音乐社， 给予每个爱乐者绽放的舞台

他刚对电音产生兴趣，进入电音领域时，他就充满了热情，网上查询资料，开始尝试自己制作音乐，他甚至想规划未来报考音乐专业去继续深造。

做下去。”

在爱迪音乐社的指导老师李语桐看来，加入音乐社的黄皓茗就像被音乐“点燃”了，他充满了活力。

在音乐社里，李老师总是会尽可能地为这群爱乐者们提供展示才华的舞台与空间，她坚信舞台是小艺术家们最好的成长平台。

“我一直在寻找一种能让人尽情驰骋和释放情绪的方式，而电音于我而言恰恰是最好的宣泄出口。但作为一个较为小众且垂直的音乐领域，并不是所有校园都能让我拥有可以施展的舞台。”

黄皓茗觉得自己很庆幸来到爱迪，“学校不遗余力地为学生创造更‘富足’的艺术学习及艺术氛围，包括音乐社在内的学生社团多达30个，并定期举办丰富的校园艺术活动和社会实践行动。”在爱迪，黄皓茗找到了最适合自己的“生长”的那份土壤。

对当时的黄皓茗来说，“音乐社”的出现恰逢其时：“正在我对音乐表演产生了浓厚兴趣想去深入学习和了解的时候，音乐社就适时地出现了，这里包容各种音乐风格和形式，只要你是热爱音乐的人，你就可以加入，去展现自己，也正是在音乐社的这段经历，让我有机会把音乐梦继续

李语桐

北京爱迪学校国际艺术高中副教务长  
音乐课程负责人，乐理、器乐教师  
法国巴黎高等师范音乐学院双硕士  
高级室内乐演奏家文凭  
高级单簧管教育家文凭

“很少有人初上舞台就能从容自若，黄皓茗同学不一样。你会发现，他始终以一种包容、自信的眼光来吸收周遭的一切。这颗渴望同类寻找归属感的心灵，也让他在音乐社找到了共鸣。同时，舞台上释放、碰撞、驰骋交织的感觉，也增强了他继续探索电子音乐的决心与信念。”

表现力助力。

当然还有爱迪音乐社“A Midsummer Night's Dream Teen Town”专场音乐会的暖场音乐、爱迪国际艺术高中毕业展T台走秀的BGM、LIVE电音节的主旋律……黄皓茗在丰富的实践中快速成长起来。

2020年的夏日嘉年华，是属于学生们尽情展示的机会，在爱迪绿草如茵的草坪上，感受音乐带来的能量，去聆听，去呐喊，去沉醉，去跃动。

黄皓茗负责其中的开场音乐和T台走秀的DJ，现场悦动的电音，超强的氛围渲染力让每个人都情不自禁的律动起来，这注定是一场新奇、别样的爱乐之旅。

这次大型的校园演出活动让黄皓茗快速成长起来：处理突发事件的应变能力，面对大型舞台的良好心理素质，登台演出中积累的表演经验……李语桐老师也会对舞台礼仪、着装、音乐表现力等方面给予专业且中肯的指导建议，为他接下来更出色的舞台

在爱迪学校的社团中，每位学生收获了充盈多彩的校园生活以及专业的特长指导，在集知识性与趣味性于一体的社团活动中，他们会主动去发现，去感知，去创造。而这也是爱迪不断坚持并完善学生社团及校园文体活动的初衷。

## 1 Aidi Music Club A Stage for Every Music Enthusiast

Electronic music had lit up his interest at the first encounter. He began to produce songs by learning from internet. He even planned to study music in university.

“I've always wanted to find a way to relieve my mind and soul, as electronic music to me, is the best way out. But obviously, electronic music is not widely accepted in many schools for its uniqueness and style”

Huang Haoming is grateful for joining Beijing Aidi School, for this school is always open for diversity and dedicated to fertilize a free land for students to create. “Here in total has more than 30 clubs, and often holds up many art activities and social-practice activities” said by Huang Haoming, who has found his very own fitful “land” in Aidi school.

For Huang Haoming, he met Music Club in a very right timing. “Music club is for every music enthusiast, it is generous and tolerant for accepting and promoting every single music type. It came to me right after I grew interest in music” said by him. And he also claimed that because of Music Club, he found a place to continue his music pathway and fulfill his music dream.

In the mind of Li Yutong, Instructor of Aidi Music Club, Huang Haoming's dream has been lighted up by joining Music Club.

In the music club, teacher Li always tries to provide a stage for those music enthusiast to showcase their talent, she believes being on the stage to perform is the best way to sharpen their skills.

In the summer carnival of 2020, Huang Haoming was the DJ of the opening performance and model show. This annual event is always

cherished by students, since this is completely for students to shine on the stage. Huang Haoming's performance was excellent, the audience danced and flowed with the music vibe.

Huang Haoming acquired skills in dealing with performance, including the ability to handle accidents, the calmness to perform in spectacular stage and he gained tremendous experience. Teacher Li also contributed a lot to his success, she advised him with professional guidance on performing manners, costumes and musical expressiveness.

His other performance including the warm-up music in “A Midsummer Night's Dream Teen Town” concert, BGM of Aidi T-stage show in the graduation ceremony, the underlying rhythm of Live house.

Students not only gain professional guidance, but also can participate in informative and interesting club activities. Through those immersive activities, students discover the beauty of art and gradually learn to create by themselves, that's the initial goal of school faculty of setting up clubs and holding up activities.



## 2 他从音乐的小世界，融入到了无形的大世界

随着Hip-pop流行文化的发展及普及，电音逐渐出现在大众视野并饱受年轻一代的欢迎。然而，无论是电音还是与电音紧密连接的“DJ”，在大众眼中，常常带有刻板印象。比如，电音就是从街边的动感舞曲中受到启蒙的“土味disco”，DJ就是拿个控制器放着串曲儿去自娱自乐……

直到有一天，黄皓茗知道了Martin Garrix，19岁即成为全球百大DJ TOP1的电音届新星，他极富感染力的音乐能让现场数万人一起疯狂。



“这张照片让我知道DJ从来不是一个带着贬义的词语，而是带给别人无与伦比的快乐与磅礴力量的职业。另外，Martin Garrix 4岁学吉他、曾连续一周的时间每天工作近20小时，他这些经历也让我明白DJ同样需要完备的音乐理论、大量的音乐乐感积累以及机械性、重复性的训练。”

黄皓茗向我们介绍了他初学DJ的过程。

“任何学习的开始都是枯燥无味的。我需要做的是把自己设备上的所有复杂且繁琐的按键都准确理解并熟练使用。之后，才开始学习如何接歌混音更无违和感，更能让两首歌像一首歌一样连贯的技巧，曾经同一首歌曲我重复听了近百遍只为找它最佳的混音方式。这也需要你去听大量的音乐并不断练习这些技巧。”

学习电音的经历让黄皓茗坚信在任何专业上想要有所建树，是必然要把自己完全沉浸其中的，没有什么是容易的。

黄皓茗坦言一开始学习电音更多是因为那“有点酷”的少年热血，但现在，越来越多与音乐相连的、“超级酷”的回忆和故事让他对电音有了更纯粹的认识。

随着音乐社的活跃参与，他结识了一群同样热爱音乐的同学并成为了朋友，“交流碰撞是非常重要的，通过他们来了解我们自己和我们的能力，并利用这样的知识和认识避免固步自封。”

同时，多次的社团活动的组织和参与也让他在传递快乐与正向价值中感受到了巨大的成就感，锻炼了自身极强的责任感。

“提前与老师和同学沟通了解他们的需求，调研这场活动所需要的音乐风格，之后竭尽所能创造让大家满意的作品，在舞台上接收到同学和老师们竖起大拇指的鼓励与支持，这些都让我精神抖擞、有成就感的意义所在。”

比如LIVE电音节，我会根据观众的状态临场变换cue点，打出音乐的层次感和狂野的节奏。朋友们告诉我，他们好似置身于欢欣沸腾的火把节，被热烈、激情、快乐的感觉包围着。这让我收获了做DJ的价值感。”

从音乐小白成长为大型LiveHouse的控场者，从自娱自乐到和朋友组成乐队表演演奏，黄皓茗从一次次的实践中快速成长，他从音乐的小世界中慢慢融入到无形的大世界，他用音乐为我们带来的巨大活力与力量也足以让所有人感受到年轻一代在世界中将能产生的共振。而我们坚信，他也将更大的天地里大放异彩。



## 2 Showcase inner musical talent to the world

Along with the mass spreading of Hip-pop musical culture, electronic music has risen and became one of the favorite music type for the Millennials. After that, people seemingly have framed electronic music and DJ to a negative stereotype - not stylish and funny.

Until one day, Huang Haoming got to know Martin Garrix, who took the crown of DJ TOP 100 Hits in his 19th, his performance is magnificent, tens of thousands of people are mad about it.

“I learn from this photo that DJ is not a low job title, it's a job with dignity and brings up endless power and encouragement for people”. Besides, Martin Garrix started learning guitar at his four year old, and he worked 20 hours a day for the whole week once a time. From him, i see a professional DJ needs to equip himself with completed musical theory studying and endless practicing.” said by Huang Haoming.

He made many new friends who share the same passion in music club “the collision of information is very important, it helps us go deeper in music subject and broaden our horizon”

At the mean time, he achieved a sense of accomplishment after attending dozens of social activities to pass on happiness and encouragement.

“By gouging the needs of the audiences, i prepare the performance to meet their expectation. I feel thrilled if they like my works. For example, during the live house, i will adjust the beats to light up the audiences' mood and to synchronize with them. One of my friend told me my music had brought into a world of fire and passion, just like putting them in the Torch Festival. I found my sense of belonging and my value lies in there”

Growing up from the new learner to the controller of Live House, from playing for himself to building up band to perform, Huang Haoming gradually showcases his talent from his inner self to the outside world. His booms vitality from music and impress the young people around. And we hold the belief that, his talent will flourish in the bigger world in the future.

### ③ 在爱迪， 原来自己还有更多可能

如果说电音带给了他追求自信且张扬的精神态度，那么其他方面的发展，则塑造了他不畏万难的果敢与勇气。

他是极具天赋的爱乐男孩，同时他还是爱迪篮球队的运动健将，与队员一起赢下比赛，在学术领域他也不甘人后，在数次模拟考试中不懈努力不断提升成绩，向梦校英国曼彻斯特大学迈进。

“这也正是我父母希望我得到的成长，不是按部就班、两耳不闻窗外事地埋头苦读，而是全面涉猎并有自己的热爱领域。”

黄皓茗的经济老师兼导师张剑锋说到：“我们希望爱迪培养的学生都能兴趣广泛，不仅学术过硬，还在艺术、体育、科技等多领域有能力将其融会贯通。我们鼓励学生对兴趣的培养和发展，尝试学习那些自己十分感兴趣的事物。正如黄皓茗一样。”

作为北京爱迪学校英国高中部12年级的准毕业生，黄皓茗对自己未来的人生已经有了明确的规划，对自己的升学有了明确的目标，在电音的道路上他也会以破除万难的勇气坚持走下去。

黄皓茗就是这样一个自信开朗、阳光自律的大男孩，爱迪学校也欣慰地看到每个学生都是独一无二的个体以及在爱迪“向阳而生”，拥有个性与张力让学生的未来充满无限可能。

在不久的将来，他一定会开启一扇全新的大门，去到更广阔的远方，也期待这个帅气阳光的大男孩在归来之际，为我们带来更多精彩故事！



### ③ Found my infinite possibility in Aidi School

If electronic music brings Huang Haoming confidence, basketball and academic learning have shaped his strong personality and tenacious spirit.

He is a music talent, and also he achieved magnificent results in basketball and academic results. He constantly increased exam scores to march for University of Manchester.

“ my growth is following my parents's wish, to be passionate on my valued aspects, but not to soak myself with study.”

“ We are committed to incubating an environment for student to extend their interests, to facilitating an all-rounded education including art, sports and technology. Huang

Haoming is an example.” said by Zhang Jianfeng, economics teacher and tutor of him.

As the undergraduate student, Huang Haoming already found his path to the promising future and also the academic goal of entering university. He will also stick to his DJ dream and conquer all the obstacles that get in his way.

That's the story of Huang Haoming, a confident and sunshine boy. Beijing Aidi school aims to develop well-rounded students with fully-fledged, diverse interests, good manners and a realistic sense of social responsibility. Huang Haoming will embrace his own promising career, so as other students. Let's wait for more brilliant stories to come!





## 田盈芊 Tian Yingqian

美术特长  
北京爱迪学校澳洲高中  
Y12 年级

一位  
“理科女孩”的绘画之路  
A “Science” Girl’s Path to Painting

就读于北京爱迪学校澳洲高中 12 年级的田盈芊是个标准的“理科女孩”，她将未来规划定位于医学专业。然而她仍然坚信，绘画对她来说是不可或缺的，是心灵的寄托、精神的丰盈与生活的点缀。从本子上的水墨画到电脑上的人物肖像稿，绘画彷彿成为了她生活中最斑斓的那抹色彩。

Tian Yingqian is a typical “science” girl that studies in Y12 of WACE in Aidi School. She’s aiming to study Medicine in the future but meanwhile, she’s addicted to painting. Painting is indispensable to her, and is also an inner hub for her to enrich her spiritual life. Painting colored her life in many details, from the ink wash painting creation on the notebook to the portrait painting in the computer, these creations warms her heart and inspires her soul.



指导教师：张小娟

西安美院国画系  
美术学硕士专业

有丰富的视觉美术教学经验，善于尝试各种新材料如版画、油画、马赛克、陶艺等，对学科课程内容进行不断建设与创新，培养学生的实践能力和审美素养。她指导学生参加美术比赛多次获得国家级奖项。

中摘得一等奖。

这样一门美术课之后，能很明显感受到田盈芊的艺术审美和感受力有了明显提升。

而田盈芊选用马赛克镶嵌作为自己创造的艺术形式。马赛克是一种古老的、独具美感的材料，它的光泽、色彩和肌理共同构成了马赛克镶嵌艺术的形式语言。苏美尔人以马赛克碎片镶嵌神庙；许多当代艺术家们也用马赛克颗粒镶嵌图景，创造出许多斑斓绚丽的佳作。

张老师在课上为同学们详尽地介绍了这种古老的材料艺术形式，并展示了从古至今的经典作品，让学生们了解技法背后艺术家的视角和思维，宛如来了一场线上艺术展。

田盈芊七年级来到爱迪，直到现在已经六年了。初来爱迪之际，老师很快发现这个小姑娘对色彩和线条有着敏锐的感知力，便不断鼓励她在平日的书法、国画、创意美术等美术课堂中尽情探索。

爱迪初中阶段的美术课程以技巧提升和实践创造为重，在这些丰富多元的课上，她的绘画技术飞快提升，在书法国画课体验到了水墨晕染的朦胧美，在色彩课找到了浓墨重彩与清新自然的平衡，又在素描课里掌握了透视与三维的空间感。潜移默化中，她对美术的热爱与感受力渐渐萌发。

爱迪高中阶段则更注重艺术鉴赏能力的提升和个性化发展。田盈芊选修了综合艺术课——一门在科目理论指导下以不同材料进行艺术实践的课程，如国画、岩彩、版画、马赛克镶嵌等都是学生们可以使用到的艺术形式。

那时，田盈芊着迷于敦煌文化，九色鹿是她对敦煌壁画认识中最奇幻的形象，她想把它与马赛克这种同样古老的艺术形式结合，展现出来。从模仿到创新，从失败到出成果，最后她创作了一幅《九色鹿》，并在“让科学插上艺术的翅膀—2021华夏儿童美术书法摄影作品展”暨《中国少年儿童美术书法摄影作品》

## 1 Artistic Accumulation Originating from the Enlightenment of Heart

2021 is the 6th year since Tian Yingqian joined Aidi School. It was the teachers that firstly discovered her sensitivity to colors and lines. After that, she was encouraged to try in multiple directions including Calligraphy, Chinese Painting and Creative Art.

Sharpening techniques and practices are the most important teaching goals of Art subject in the junior high school phase. She made significant progress in the diversify art classes. She experienced the haziness of water ink painting in Calligraphy Class, the beauty of the thick and heavy colors in the Painting Class and the sense of third dimension in the Sketching Class. Gradually, her passion for fine art started to grow.

For senior high school students, educating students' appreciation of art and encouraging personalized development are the top priorities. Tian Yingqian chose Comprehensive Art as her elective course. In the class of Comprehensive Art, guided by reasonable theories, students gained various art methods including Chinese painting, rock painting, engraving and mosaic inlays to showcase their talent.

Mosaic inlays is an ancient and unique form of art. Its artistic expression comes from its texture, color and structure. The Sumerians inlaid their temples with mosaic fragments; Many contemporary artists also use mosaics to inlay images, creating many beautiful and gorgeous masterpieces.

Teacher Zhang illustrated this ancient art in a very detailed way, and displayed many famous masterpieces from the old time till now to cultivate the students' inspiration towards mosaic inlays.

At that time, Tian Yingqian was obsessed with Dunhuang culture. “The Nine-color Deer” is one of the most fantasy images for her, and she wanted to renovate the image with mosaic inlays. After several tries, she finally made it, the brand new “The Nine-color Deer” by mosaic inlays won the first prize in “Fly The Science” 2021 Chinese children's Art Calligraphy Photography Exhibition.

After leaning the fine arts, it was very obvious that her appreciation on art got improved a lot. Gradually, her source of inspiration enriched that she acknowledged the beauty lay in the details of life. She even couldn't help drawing when she saw beautiful things. “it's such a pity if i don't draw the beautiful things in my life”, said by Tian Yingqian.

In the meantime, her perception towards the world has changed as well. She discovered many different angles when looked at one subject. “ how can i draw the structure? How to reach the color balance?” similar questions came to her randomly, maybe this situation owed to her enlightenment of arts, and this had benefited her in many aspects of life.



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## 2 细微之中，处处是艺术

相较于画风景，田盈芊更喜欢画人物。通过观察不同人物的外貌特征，内心默默揣测某个行为以及语言背后的故事，由此，她的笔下呈现了一个个“美人”。

通过艺术、绘画的方式，田盈芊触达到了那些每个人生活中时常被忽视，或被视为习以为常的美的缝隙。

偶然间，她看到了一张照片，里面拍摄了一位女孩优雅地傲立着，这种独特的气质瞬间勾起了田盈芊的绘画欲。她提笔勾勒出那种柔美娇俏的身姿线条，她为女孩的帽子上点缀一簇簇娇艳的花朵，华丽的礼帽在一身搭配中存在感很强，与洁白的礼裙呼应，春天的明媚和夏天的清新尽显纸上。

疫情时，有这样一群人，不畏危险勇往直前，他们是抗疫战线里可爱可敬的人。田盈芊看着电视里这群白衣天使，他们被防护口罩勒出道道红痕仍然露出灿烂的笑容，她心中一动，把这副中国面孔以绘画的方式定格下来。在田盈芊看来，他们可能不是美的，但他们却是闪耀的，他们的一瞥一笑更加动人。

看着她笔下的人物，我们总是不禁感慨，在我们不曾驻足的地方，每个人都是鲜活、透亮、可爱……

课余时间，她也会为同学喜欢的idol画肖像，作为礼物送给她们；她会自己设计丝巾，送给长辈。她的绘画风格多变，大量生活细节和意象融汇交织，却一直明亮且温暖。

12年级的田盈芊，对未来、升学的思考也渐渐深沉。忙碌压力之中精神富裕的时刻，都与画画有关。当数学题解不出来、复杂原理理不明白时，她一边大脑飞速运转思考着，一边手指无意识地描摹着，让自己在充满理性的数理化学习中得以放松。日常的绚烂，日常的无聊，她把握并凝固了它们，绘制在一张张作品中。



田盈芊为同学喜爱的idol作的肖像



田盈芊为姥姥设计的一条丝巾作为生日礼物



Computer Drawing "A Girl Wears Hat"  
Golden Prize - The 13th National Teenager Calligraphy & Painting Competition

## 2 Discovering Arts in the Corner of Life

Tian Yingqian prefers drawing people compared with drawing landscapes. By observing the appearance, she can assume behind-stories and set the overall tone for the painting. Many “beauties” were drew out by her.

By means of artistic painting, Tian Yingqian touches the beauty that are often neglected or taken for granted in everyone's life

Accidentally, she saw a picture of an elegant lady standing straightly. She was attracted by her and decided to draw out her delicate figure. She decorated a cluster of delicate and charming flowers on the girl's hat

-gorgeous hat has a strong sense of existence in her look and echoes with her white dress, the overall tune presents a sense of warm spring.

During the pandemic, medical workers were the bravest. Tian Yingqian was deeply touched by them for their bright smiles on their tired faces with streaks left by thick prevention masks. Her heart moved and decided to record their smiles in drawing. On her perspective, they were not the most beautiful on the appearance, but the shiniest ones by their golden heats.

During the spare time, she draws

many idols portraits as gifts to her friends, also she designs scarves for her elder family members. Her drawing style is constantly changing with the approaches to different things in her life.

Tian Yingqian at Y12, started to grow her plans of entering universities. She used every single gap in her study to develop her drawing potential. She often drew unconsciously when get stuck in math or complicated equations, that was a way for her to relax in the tedious study time, and to record and memorize all the detailed moments in her daily time through drawing.

### 3 大胆探寻，去往艺术与科学相融的奇妙场域

众所周知，体育特长或艺术特长将在世界名校申请上带来加分项，名校青睐的学生大都有着无与伦比的艺术才华或天赋，他们从事在工程、生物、化学等等各个领域。然而艺术赋予他们的创造思维和审美能力也是无可替代的。

正如田盈芊一样，她选择了许多理科课程，她将未来规划定位于医学领域——一项将在科学中不断上下求索的专业。

若问艺术能为她的学习生活带来什么？田盈芊确信即使不在艺术领域深耕，艺术也将成为她生活中缤纷的调味剂、精神世界的“储粮”以及抵御日后焦虑侵扰的最大屏障。

例如，生物课上的骨骼模型帮助她了解人体构造和比例，她画出的人物将更加生动形象；艺术中自由畅想恣意挥洒的放松感，也将缓解田盈芊与数

字斗争疲乏后的大脑；从艺术的角度去想象化学的秘密，反而能获得关于分子结构的独特的理解思路；从科学的角度去解析《蒙娜丽莎的微笑》也将收获别开生面的视角。

而在未来，随着科技以颠覆性的速度发展，每个人大概都将需要更多艺术的体验，来获取精神上的营养。正如北京爱迪学校刘丽校长对每个爱迪学子的寄语：“科技是人类进步的力量，而艺术就是人类灵魂的寄托。拥有科技和艺术这一对翅膀，能帮助学生飞得更高更远。”

爱艺术的人往往能够更加深刻地理解自身和世界，希望与美好的种子在描绘间种下，色彩与线条尽在掌握，梦想也将逐渐变得清晰。而我们也将尽所能地去支持如田盈芊这般不断追求美的学生，向着未知前行吧，终有一天，会和星辰大海相遇……



电脑绘画《到站了, 请下车》

获得《在中国少年儿童美术书法摄影作品》（第23卷）暨2020华夏儿艺美术书法摄影作品展 特等奖



Computer drawing "Field"

### 3 Exploring the Unknown World of Art and Science

In broad sense, athletic or artistic expertise will bring extra points in the application of the world's top universities. Most of the students favored by the top universities have incomparable artistic talent. They are engaged in various fields such as engineering, biochemistry and so on, but the creative thinking and aesthetic ability endowed by art is irreplaceable.

Just like Tian Yingqian, she has chosen many science courses, and her future plan is positioned in the medical field, a journey that contains endless exploration of science mystery.

But what can art bring to her study and life? Tian Yingqian believes that even

if she does not devote herself to the field of art, art will become the spice of her colorful life, the food store of her spiritual world and the biggest weapon against future anxiety intrusion.

For many of the times, art and science are reinforcing and interdependent. Just like in the biology class, knowing the structure of skeleton enable her drawing vivid human portrait; In the math class, art help her to ease her mind after the struggle with mathematical formula; In the chemistry class, she obtains a unique way of solving chemistry program by the method of artistic imagination. And she also acquires new understanding of the world famous painting "Mona Lisa" in the prospect of science.

In the future, along with the rapid development of science, more and more people will rely on arts to nourish their spirits' land. Just like what principal Liu Li has told to the students "science provides strength for people to make progress, while arts provides a fertilized spiritual land for people to better their minds and souls. Art and science are the wings of a student to fly higher and further in their own lives.

Art enthusiastic has a deeper understand towards the world and themselves. Tian Yingqian found her passion and dream while drawing, and Aidi will waste no effort to help her fulfill her goal. Keep on trying, and one day the world of wonders will meet her eventually.



我很幸运，  
I was lucky

找到了那条满足且充盈的生命之路。  
enough to find a path to a contented and fulfilling life.

## 李子娴 Li Zixian

模特特长  
北京爱迪学校英国高中  
Y12 年级应届毕业生

眼前这个女孩，有着高挑的身姿，轻柔舒缓的语调，谦逊且低调的态度，与大众印象里“高冷”、“零度”、“气场十足”的模特大相径庭。当我们摒弃了那些固化标签后，更加深入了她温柔而又笃定、恬静不失执着的内心。

这位从北京爱迪学校毕业并将迈入伦敦大学金史密斯学院的时尚女孩李子娴，是 2021 ART VOICE 第二位受访者。她告诉我们，她觉得自己很幸运，因为她找到了那条属于自己的、满足且充盈的生命之路。

The girl in front of us, tall and slim, modest and no conspicuous, spoke in a soft and slow tone. She was quite different from the popular image of a model, which was usually “arrogant”, “indifferent” or “aggressive”. When we abandon those solidified labels, we can go deeper into her gentle and determined, quiet and persistent heart.

Li Zixian, a fashion girl who graduated from Beijing Aidi School and will go to Goldsmiths University of London, is the second interviewee of ART VOICE 2021. She told us she felt lucky that she had found her way to a contented and fulfilling life.

## 1 一次不经意的际遇，改变了之后的奋斗方向

说起发展模特爱好的成长故事，直至现在李子娴仍是觉得神奇。

13岁的时候，李子娴的身高优势就显现出来，当时正举办全国模特大赛，老师鼓励她尝试一下。令人意想不到的是，第一次参加李子娴就拿到北京赛区的冠军，后来又在2016年的中国模特之星大赛拿到了全国季军，被知名经纪公司签约。

那个站在领奖台上略显紧张的小女孩，如今已经成为频繁出镜一线杂志的成熟模特了。她参加了很多走秀和商业拍摄，与诸如Only、昕薇等各大品牌和时尚杂志合作，奔波在各大时装秀场。正是天真懵懂的年纪却已成为时尚行业炙手可热的明日新星。

踏入这行之后，身材管理与饮食控制是李子娴的家常便饭。她被要求戒掉大部分甜点零食，每日卡路里摄入量必须控制在标准之内，跟着舞蹈老师进行身形体态的训练。除此之外，她还会到摄影师的工作室学习怎么摆姿势、走台步，有时一天要工作十多小时，从一个地方飞到另一个地方继续工作。

她记得，第一次穿高跟鞋练习台步的时候年纪还轻，一直以为高跟鞋穿起来轻巧方便，然而在走出不到百米的距离后，双脚便像灌了铅，再也无法挪动半步。她只能用鞋的后跟撑着站立，背部靠在站台上，才得以休息片刻。

“我感受到脚上起了第一个水泡，再看看周围穿高跟鞋的女孩，她们早已把磨脚当成了一种稀疏平常的事情，为了做到这样，我只能一直走，走到高跟鞋和自己身体融为一体。”

正如书中所言，生命就像一场旅行，有时也会遇到泥泞，但更多是繁花似锦。对李子娴来说，虽然她错过了许多悠闲的时光和轻松的日子，但是却找到了一个自己热爱的目标和方向，这便值得我们心怀美好愿景，继续走下去。



## 1 An unexpected encounter changed the direction of struggle

Speaking of her growing up stories as a model, Li Zixian still found it amazing.

At the age of 13, Li Zixian's height advantage showed up. There was a national modeling contest ongoing and the teacher encouraged her to have a try. Surprisingly, Li Zixian won the championship in Beijing division. It was the first time she participated in a competition. Later, she won the third place in the 2016 China Model Star Contest and was signed by a well-known agency.

The little girl on the podium, who was a little bit nervous, has now turned into a full-fledged model frequently photographed in top-tier magazines.

She has participated in many catwalk shows and commercial shooting, cooperated with major brands and fashion magazines such as Only and ViVi. She was busy with various fashion shows. At such an innocent age, she has already become a hot promising new star in the fashion field.

Since she started this career, body management and diet control have been routine for Li Zixian. She was told to cut out most dessert snacks and her daily calorie intake must be maintained within limits. She also had to follow the dancing teacher for body training. Besides, she would go to the photographers' studios to study how to pose and walk. Sometimes she worked more than ten hours a day, and then flew from place to place to continue her work.

She still remembered the first time she tried catwalk in high heels at a

very young age. She thought high heels were light and easy to wear, but the reality was that after less than one hundred meters' walking, she could hardly feel her legs or move another step forward. She could barely stand still on the shoe heels and had to lean against the stage to take a short break.

“I was then aware of the first blister on my foot. When I looked around, all the girls in high heels took it as a normal thing to wear out their feet. I had no choice but to keep on walking until the heels became part of my body.”

Like the book said, life is a journey, sometimes muddy, but most of the time blooming. For Li Zixian, though she had missed lots of leisure time and easy life, she found the goal and path that she was passionate about. It is worth moving forward with a hopeful vision.

## 2 年轻是资本， 有知识方可远行

李子娴从小就在工作和学业中来回奔波，虽然拥有与同龄人相比更丰富的经历和更明确的奋斗目标，但也同样有了更多无法抉择的迷茫。

成为模特之后，李子娴因为出色的外表条件与表现力，遇到过Miu Miu的时尚导师意向带她到纽约进行专业学习，以及ELITE、Woman等各大全球模特经纪公司伸出的橄榄枝。这些机遇对模特的职业生涯来说是绝佳的发展机会。

然而，仔细思索过后的李子娴还是选择继续完成学业。“虽然这些机会非常有吸引力，但是我认为自己必须读完大学，没有知识的人仅仅是一个衣架子却不能传递出有意义的价值，有内容

的自我才是走得更远的关键。”

之后，她一边读书，一边拍摄，虽然十分忙碌但也过得充实。在爱迪升学指导老师的建议下，她将时尚传播专业作为自己的未来专业方向，又在学科老师有条不紊的规划下，她完成了A-level的课程并取得不错的成绩。在自由且宽容的个性化发展的氛围中，那人生中关键时刻“推你一把”的力量，帮助李子娴找到了自己的节奏。

如今，李子娴如愿以偿拿到了世界顶尖艺术院校伦敦大学金史密斯学院时尚传播专业的录取通知书，并即将在未来全新的学习与生活中大放异彩。



## 2 Youth is the asset and travel further only with knowledge

Li Zixian had to juggle work and school from an early age. She has more experience and more specific goal than her peers as well as more confusion when making any choices.

Due to her excellent appearance and expressive force, Miu Miu's fashion mentor offered to take Li Zixian to New York for professional study. ELITE, Woman and other major global modeling agencies have also reached out to her. These were great opportunities for a model's career.

However, after careful consideration, Li Zixian chose to continue her studies. “Those opportunities were very attractive, but still I think I should finish university first. A man without knowledge is nothing but a hanger, unable to deliver meaningful values. Enriching yourself is the key to going further.”

Later on, she studied and worked at the same time, which made her busy but fulfilling. Advised by Aidi's guidance teacher, she chose fashion communication as her

future major. Under the methodical planning of the subject teacher, she completed the A-level courses and achieved good grades. In a free and inclusive atmosphere of personalized development, the power to “push you” at key moments in life helped Li Zixian find her pace.

Now, Li Zixian has been admitted to Goldsmiths University of London, one of the world's top art schools, majoring in fashion communication. She will have a marvelous future in her new life and study.



这些经历不止带给她的心态上的变化，对美好的领悟也带来了全面的促进。李子娴回忆起自己刚刚触碰模特行业的时候，她还只是个穿T恤和牛仔裤的朴素小女孩。

从事模特行业，也相当于与美和时尚艺术亲密接触。她见到了很多专业的摄影师、时尚编辑、超模，向他们学习不同风格的服饰如何用肢体表达，如何将自身气场与时装融为一体，并将自己的独特展现出来。她经常关注时尚圈发布的资讯讯息，学习并模仿简单却别致的风格搭配，会观察细微的颜色、纹路变化所带来的不一样的美感。“这一切都让我不断追求更高层次的时尚艺术。”

如果说，设计师的职责是将脑海中构想的画面表达在服装上，那么模特的使命则是将其承载的故事与心意完美展示出来。对于李子娴，很多合作过的摄影师常常惊叹于她出色精妙的审美判断力和充沛丰富的表现力。然而她仍觉得还有许多进步空间。

“我想成为更专业的时尚传播者，走入更前沿的时尚圈，去看看更大的世界，这可以帮助我和不同文化、不同审美的人沟通、碰撞，使我接触到更厚重的沉淀与更前瞻的思想。”

从13岁就走在镜头下的李子娴，在最美的青葱岁月里，找到属于自己的满足且充盈的生命之路，而现在，她将去往更广阔的天地，去感受生命的宽度，拥抱多元的世界，拓展人生的边界。这个世界因为她的出现与众不同，我们坚信着……

### 3 充盈内心， 成为专业的时尚传播者

模特的历练给李子娴的生活带来了很大变化。那个有些拘谨羞涩的小女孩如今已经长大成了自信而独立的灼灼之星。

她坦言，无论是舞台上的走秀还是镜头下的拍摄，都给了自己带来了很多的自信。因为这让她发现原来自己是美丽的，是可以被人欣赏的。聚光灯的闪烁并没有让她害怕，反而让她将自身隐藏的东西无畏外界的眼光，尽情释放出来。风格迥异的拍摄也并未难倒这个仅仅十几岁的小姑娘，反而让她领略每个设计背后所承载的故事与心意。



与国际超模刘雯交流学习



### 3 Fulfill your heart and be a professional fashion communicator

Li Zixian's life has changed a lot since she became a model. The timid little girl has grown into a star of confidence and independence.

She admitted that she had gained a lot of confidence both on stage and in front of camera. Because it made her realize that she was beautiful and could be appreciated. The flash of spotlight did not scare her, but let out freely her hidden potential without caring about others' thinking. Different shooting styles did not stump this teenage girl and instead she had the chance to enjoy the story and intention behind each design.

These experiences not only brought about a change in her mentality, but also made an overall improvement in her perception of beauty. Li Zixian recalled that when she started modeling, she was just an ordinary girl in T-shirt and jeans.

Modeling career has a close contact with beauty and fashion. She has met professional photographers, fashion editors and supermodels. She learned from them how to physically express different styles of clothing, how to integrate her own aura with fashion, and to show her individual uniqueness. She always kept an eye on the information released by

fashion field, learning and imitating simple but chic style matching. She also observed subtle changes in color and texture, which would create different beauty. “All these encourage me to pursue a higher level of fashion art constantly.”

communication with international supermodel Liu Wen

If a designer's responsibility is to display the pictures in his/her mind through the clothes, then a model's mission is to show the stories and ideas behind the clothes as perfectly as possible. For Li Zixian, many photographers who have worked with her were impressed by her excellent and refined aesthetic judgment and her abundant expressive force. Still, she thought there was a lot room for her to improve.

“I want to be a more professional fashion communicator, move into more cutting-edge fashion field, and to see the outside world. This helps me communicate and collide with people of different cultures and aesthetics, so that I can get in touch with heavier precipitation and more forward-looking thinking.”

Li Zixian, who has been in front of camera since the age of 13, has found her way to a contented and fulfilling life in her most beautiful days. Now, she is going to a wider place, to feel the breadth of life, to embrace the diversity of world, to expand the boundaries of living. The world is different because of her, and we firmly believe that...

