

英语专业第二课堂实务

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目 录

第一章 第二课堂	1
第一节 第二课堂简介	1
第二节 第二课堂意义	2
第三节 第二课堂要求	3
第二章 校园外语广播	4
第一节 校园外语广播的内涵	4
第二节 校园外语广播的制作	4
第三节 校园外语广播播音员的素质	5
第四节 稿件朗读	6
第三章 校园外语广播节目	8
第一节 中译外播报内容及要求	8
第二节 成长历程播报内容及要求	9
第三节 美文创作播报内容及要求	10
第四节 英文歌曲播报内容及要求	11
第五节 欧美文化播报内容及要求	12
第六节 新闻播报内容及要求	13
第七节 精彩演讲播报内容及要求	14
第八节 师生风采播报内容及要求	15
第九节 专四专八播报内容及要求	16
第十节 文学鉴赏播报内容及要求	17
第十一节 英语竞赛培训播报内容	18
第十二节 英语流利说播报内容	18
第四章 范文实例	19
第一节 中译外实例	19
第二节 成长历程实例	21
第三节 美文创作实例	25
第四节 欧美文化实例	27
第五节 新闻播报实例	28

第六节 精彩演讲播报实例	29
第七节 国家主席外事活动演讲播报实例	38
第八节 习近平大国外交活动演讲实例	55
第九节 文学鉴赏实例	62
第五章 英文报	64
第一节 英文报版面设置	64
第二节 英文报内容及要求	65
参考文献	66

第一章 第二课堂

第一节 第二课堂简介

教育部早在《关于加强高等学校本科教学工作 提高教学质量的若干意见》（[2001]4号）中，就明确提出要进一步加强实践教学，深化实践教学改革，注重学生创新精神和实践能力的培养。实践教学对于提高学生的综合素质，培养学生的创新精神与实践能力具有特殊作用。《国家中长期教育改革和发展规划纲要（2010-2020年）》是中国进入21世纪之后的第一个教育规划，是今后一个时期指导全国教育改革和发展的纲领性文件，要求创新人才培养模式，坚持教育教学与生产劳动、社会实践相结合，特别是在高等教育领域，支持学生参与科学研究，不断强化实践教学环节，着力培养学生的学习能力、实践能力、创新能力。《高等学校英语专业英语教学大纲》（2000年修订）指出，课外学习和课外实践活动对提高学生综合素质、培养创新意识和能力有着重要的意义，应当视之为教学工作的一个组成部分。

大学英语教学改革正在全国范围内推行，而第二课堂活动作为大学英语教学的一个有机组成部分是改革创新的必要领域。第二课堂是相对传统的第一课堂教学活动而言的。它是指学校在课外使用传统和现代科技手段所营造的丰富多彩的、富有个性化的学习，接触和使用英语的空间。第二课堂是对第一课堂的重要延伸和有益补充，对学生兴趣的培养、专业能力的提升、综合素质的提高、创新意识的激发均发挥着重要作用。从教学内容上看，它源于教材又不同于教材；它无需考试，但又是素质教育不可缺少的部分。它强调以学生为中心，满足学生的个性化需要，提供比课内学习丰富得多的教学手段和内容。从形式上看，它生动活泼、丰富多彩；从学习地点看，可以在教室、在操场；可以在学校、在社会、在家庭开展。

第二课堂可以给学生提供更广阔的语言学习和交流空间，通过第二课堂活动将英语学习渗透到学生的日常生活中，使学生随时随地学习英语，营造全方位、多渠道听英语、说英语、用英语的学习环境和氛围。

对于外语专业大学生的学习而言，遵循语言学习的规律，只有吸收了相对数量的语言信息，并经过足够的专业实践，才能巩固词汇、语法等基础知识，提高外国语言应用能力，进而获得相应的外语专业技能。而外语专业第二课堂作为外语专业大学生进行课外专业实践和学习成才的重要场所，不仅能够将所学理论知识用于实践，在实践中巩固提高语言运用能力，而且能将实践中遇到的问题和发现的不足作为课堂学习的动力，实现学与用互为动力，相互

促进。

第二节 第二课堂意义

第二课堂以促进学生运用英语的能力为目标，以英语练习为手段，激发学生对英语学习产生持久的兴趣，拓宽大学生学习英语的渠道，全方位地开发学生的语言潜力，提高学生的英语应用能力，帮助大学生开阔眼界、发展智力，形成健康的人生观。

第二课堂活动可以全面提高学生英语语言综合应用能力，为学生学习英语提供了一个接触和使用英语的情境，从而帮助学生构建英语语言知识以及提高英语语言技能。通过开展第二课堂活动，不仅使学生的基础课知识得到实践，还能增加学生间的友谊，培养学生的团队合作精神，活跃学生的课外活动，创造学习外语的气氛，使理论和实践相结合。

1. 开展学生第二课堂活动，是培养社会需要的合格的全面人才的重要途径。第二课堂涉及面广，内容丰富，能开阔学生的视野，提高学生的综合能力。在第二课堂中，可以培养学生的演讲、写作技巧，提高其听力、口语乃至人际交往能力，还可以强化其专业实践技能，第二课堂全面提升了学生的综合素质。

2. 开展学生第二课堂活动，是增强学生人生发展内驱力的有效措施。在第二课堂活动中，能给学生一个展示其爱好和特长的机会，更有利于培养学生的学习兴趣与特长，这符合素质教育的发展性的要求。对于部分专业课程基础较差，找不到自信的学生，可通过提供这一实践平台，让他们在第二课堂活动中展示自己的特长，从而找到自信，增强他们人生发展的内驱力，从而培养其对专业学习的兴趣。

3. 开展学生第二课堂活动，是学校德育工作的有效载体。开展积极有益的学生第二课堂活动，可以激发学生学习兴趣，发展学生个性，培养师生创新能力，还丰富了学生校园文化生活。学生具有爱好新奇、善于表现、富有参与意识的心理特点，需要在丰富的第二课堂活动得到体现，学生的精神生活充实了，校园精神生活丰富了，对促进他们的健康成长有着不可低估的作用。

4. 开展学生第二课堂活动，以了解外语文化、提高学生语言应用能力和综合素质为目的，让学生置身于外语文化氛围，吸取人类文明成果的精华，使学生拓展视野，完善知识结构。有利于大学生学业进步的同时，也提高了学生的道德修养和文化素质。

外语第二课堂活动的展开能使外语教学与实践提高一个新的层次。有效的第二课堂活动能大幅度减轻学生的学习焦虑情绪，提升其思维品质。在活动中，学生能获得丰富的知识经

验与积极的情感体验，形成自主学习意识。丰富的活动给学生创建了广阔的学习空间，激发学生的深度思考，展现了思维课堂的无限魅力。

第三节 第二课堂要求

我院第二课堂的活动建设依托我校现有资源广播站，搭建校园外语广播及英文报的第二课堂实践教学平台，可以使我院学生在专业上学以致用，有效促进学生的综合运用能力；可以使学生的个性得到充分发挥和展示，能力得到锻炼和培养，自信心得到激发和提高。

第二课堂活动建设的实践群体是我院英语专业学生，活动的开展需要每一位学生亲自参与制作。首先可以对班级里的学生进行分组，5-6 名学生是一组。对小组的每个成员来说，周围的成员及其共同的实践活动、共同的话语、共同的工具资源等构成一个学习环境，有着共同的目标和愿景，遵循一定的规则和文化，进行知识与意义的构建，更好的实现思维的充分发展。在第二课堂活动中，教师可充当学生思维发展的协助者和问题探究的指导者等多重角色。教师指导学生在发现问题、提出问题的过程中，注重问题的层次性和延展性，将课堂的学习与思维推向更宽广的领域。

校园外语广播和英文报内容同步。校园外语广播时长为 30 分钟，报纸呈现的文字内容需要由学生进行音频录制，背景音乐可以根据录制内容有选择性地添加，两者要相互适宜，音量适中。

校园外语广播的听众面向全校学生，内容要积极向上，语言要规范严谨。广播节目的基本结构是：① 在特定的背景音乐中首先播音员以报时和报本期节目的名称作为开头：It's ...and here is the voice from university foreign-language radio.; ② 简要介绍本期广播节目的主要内容，然后播送节目正文，正文结束后报告主持人和撰稿人的姓名“This is ...reporting.” 广播节目时间播至一半时，播音员可以说“You are listening to the voice of university foreign-language radio”，以此提醒刚收听节目的听众；③ 最后播报下期节目广播时间，伴随特定的背景音乐节目结束。

第二章 校园外语广播

第一节 校园外语广播的内涵

广播是指通过无线电波或导线传送声音的新闻传播工具。广播诞生于 20 世纪 20 年代。广播以声音为传播特色，对象广泛，传播迅速，功能多样，感染力强。

广播是靠声音来传播的。声音的魅力在于，不仅传播了信息，还对这些信息融进了传播方的认识，从而对人们理解、接受信息提供帮助，加以引导。主持人主持节目的风格，对节目的把握，能大大增强节目的吸引力。他们对稿件的再创造、再提高，能对听众认识、理解、接受信息产生很大的影响。

校园外语广播其目的主要是为了提高学生的外语听力水平，增强学生的外语综合学习能力。高校校园外语广播是学生课外学习的重要渠道，不仅为学生创造一个学习和运用英语语言的外部环境，还可以有效地延伸课堂教学。教育部高等教育司在其颁发的《大学英语课程教学要求》中指出大学英语教学的目标是培养学生英语综合应用能力，特别是听和说的能力。而高校校园外语广播的建设可以积极营造良好的英语学习氛围，进一步提高大学生的听说能力。校园外语广播会逐渐成为课堂教学的补充和延伸，成为大学英语教学中不可缺少的组成部分。

第二节 校园外语广播的制作

校园外语广播给实践教学的受众群体即全校学生提供一种规范的广播节目，培养准确连贯的英语语感，学习地道的英语语言。

根据克拉申第二语言习得的“输入假设”理论，可理解性语言的输入是导致语言习得的关键。只有当习得者接触到的“可理解的语言输入”略高于学习者的现有水平，并且反复出现，使他能把注意力集中于对信息和意义的理解而不是对形式的理解时，才能产生习得。校园外语广播要真正成为学生课外学习英语的第二课堂，播出节目的难易程度和语速，必须适合学生的可理解性语言输入。

学生在节目的选材、编辑、制作、合成等方面需要制作出语速适中、内容适度、语言清晰的广播节目。这样不仅让节目成为大学英语教学的一种有益补充，而且要使学生从收听节目中获取语言知识，培养语感和提高听力能力，促进学生自主学习。

校园外语广播节目的制作可以参照美国之音，要求如下：

美国之音（VOA），按播音速度可分为两种：VOA Standard English（VOA 常速英语）和 VOA Special English（VOA 慢速英语，或 VOA 特别英语）。

常速英语（VOA Standard English）是美国人日常使用的规范用语，其播音速度不低于 140 words/min. 词汇量 4000 以上，句子较长、结构复杂、内容详实。

美国著名词汇学家 S. B. Flexmer 指明了慢速英语（VOA Special English）的三条标准，也就是它所“特别”的地方：

- 1、它是一种由美国人最常用的 1500 个基本单词为主体构成的美国英语；
- 2、它用简短、明晰的句子写作和广播；
- 3、它以每分钟 90 个单词的速度，即 2/3 的 Standard English（标准英语）速度进行广播。

校园外语广播节目的制作流程：

校园外语广播节目的制作完全在校内完成。第一阶段是文案编辑环节，由学生确定节目内容，整理节目素材，再由专业教师对整理后的素材进行编审，确定文案。第二阶段是录制环节，由学生进行节目录制，实验教师对音频进行编辑整理。第三个阶段是节目审核环节，由专业教师负责内容的审核，校园广播站的专业人员负责音频技术指标的检测。第四个阶段是播出环节，校园广播站推送节目。

第三节 校园外语广播播音员的素质

我院依托学校现有资源广播站搭建的校园外语广播平台，播音员由英语专业学生担任。播音员需要达到政治素质和语言素质两方面的要求。

政治素质要求包括政治觉悟和政治认知、政治认同和政治行为。

1. 政治觉悟和政治认知：具有高度的政治觉悟，一言一行都能够遵守马列主义、毛泽东思想和中国特色社会主义核心价值体系和价值观要求，具备较高的政治理论修养。

2. 政治认同：在政治认同和文化认同的问题上努力做到兼容并蓄，既充分了解、理解西方的政治观点和立场，同时又对我国自身的政治环境和政治生态系统有着深刻的认同。在实践中做到理论自信、道路自信和制度自信。

3. 政治行为：正确引导社会舆论，在面对新闻事件和重大政治问题时能够明辨是非，不

以个人的喜好、情感作为判断问题的标准，思想行动与党和国家保持高度一致。深刻理解一些敏感词汇的文化含义和政治含义，杜绝使用一切可能损害国家政治利益的词汇和语句。

语言素质要求包括语言的规范性、合适的说话语气、有较好的语言感受能力和表达能力、避免使用夸张用语及俚语、避免中式英语的使用。

1. 语言的规范性：要有规范，标准的发音，能够正确掌握英语中 48 个国际音标的发音方法，基本听不出有方言语调。并不需要刻意模仿美式英语或英式英语的发音，只需发音清晰、规范、准确即可。词汇用法和语法用法要规范、标准。

2. 说话的语气和倾注的内在感情要与播出的节目类型相适合。使用正确的语气、语调、音量和热情。

3. 有较好的语言感受能力和表达能力。能透过文字语言感受其深层意韵，对所播的内容都能做到有感而发，情动于衷，声情并茂，表达准确、鲜明、生动、积极、顺畅、完整；朗读、评述、主持能做到言之有物、言之有感、言之有序、言之有味、言之有对象，具有较强的感染力。

4. 避免使用夸张用语及俚语：广播中必须有数据或信息来源支持某一观点；没有支持性的证据，不要一概而论。报道新闻时，必须使用与内容匹配的正式表达。俚语可能仅在某个国际的某个地区有其特殊的文化意义，然而对于非母语的受众有时是没有意义的。

5. 避免中式英语的使用：使用正确的第三人称单数代词和所有格；保证句子主谓一致；使用正确的介词，使句子通顺自然；避免一些更加复杂的，有时甚至被英语母语者所忽略的语法错误，遵守语法规则。如果两个句子逻辑紧密，中间便不需要添加连接词。

第四节 稿件朗读

朗读就是把无声的书面语言读出来使之变为有声的语言。朗读不仅是对语音基本技能各个方面的综合运用，而且有其独特的规律，其任务不仅在于将文字写成的东西形之于声，而且要将它的思想内容、作者的感情和态度充分表达出来。好的朗读可以给人以深刻的印象与强烈的感染，是一种艺术的再创造。

朗读的基本要求可以从三个方面来概括，即清晰准确、悦耳流畅、传情达意。对于已有的语言材料，正确而优美的发音是清晰传递作品内容、表达原作思想的首要条件，是保证朗读质量的基础。发音不准，即使是个别发音不到位，都会直接影响到朗读的效果。英语是一种韵律感和节奏感很强的语言。因此，在语音清晰准确的基础上，还需要恰当运用朗读技巧、

使声音悦耳动听、流畅自然。这些技巧主要包括语调的升降变化、节奏的轻重缓急、停连的准确把握等。语言表达形式是传情达意的载体。做到声声入情，用有声语言传递原稿的思想内容、情感态度，是朗读的最终目的。正确理解稿件内容，感受稿件所传递的情景，应该基于对稿件内容和结构的正确理解，再辅以恰当的朗读技巧，才能把从文章中获取的形象感受与逻辑感受准确、唯美地再现给听众。

第三章 校园外语广播节目

第一节 中译外播报内容及要求

一、中译外播报内容

中国文化对外传播的一个重要渠道就是中译外。也就是把大量有关中国的各种信息从中文翻译成外文。中华文化历史悠久，内容丰富，这一专题节目，旨在向听众用英文介绍和传播中国文化。通过中译外，不只是让听众听到字面，而是要理解文字背后承载的深刻的文化内涵。

党的十九大报告指出，“推进国际传播能力建设，讲好中国故事，展现真实、立体、全面的中国，提高国家文化软实力。”真正走出去可通过两个量化指标来界定。其一，体现健康的中国文化形象，具体表现为体现中华优秀传统文化精神、时代精神与典型的人民精神三种内涵的作品。其二，借用经济学的词汇来表达，就是要实现中外文化的贸易平衡或顺差。

语言与文化密不可分。语言是文化的载体和交流的工具，它记录着人类文化发展的历史，反映着社会文明的进步成果；语言翻译作为跨文化交流的桥梁，在沟通交流、丰富人类文化、促进各民族文化趋同和融合的过程中起着不可或缺的作用。

中译外意味着中国人的话语表达得面对“13亿+57亿”人，这需要中译外时考虑外国人的思维习惯，要有说“全球话”的思维，才能把握国际话语权。由于中文和外文的语言特性不同，中译外比外译中难度更大，对译者的中外文水准、政策把握能力，以及文字表达能力都有比较高的要求。并不是中文怎么说，外文就怎么译，而需要反复推敲，力求贴切、准确、规范。

二、中译外对译者的要求：

1. 要有正确的立场和观点

树立正确的立场和观点才能使翻译工作更好地为国际交流服务。

2. 要有较高的汉语水平

要精通原作，才能开始翻译。精通原作是搞好翻译的前提。要精通原作，除了必须有较高的政治水平、思想觉悟外，还必须学好原作所用的语言，因为原文的思想感情等是通过语言体现出来的。

3. 要有较高的英语水平

要学会英语的各种表达方法，要广泛地阅读，经常做用英语写作的练习，要熟悉当代文

学、应用文和政论文等不同文体所使用的各种不同的表达方法，经常进行听说练习，培养语感。不能字对字、词对词、句对句的翻译。理解了原文的意思之后，要忘掉汉语，用英语去思维，然后用英文的惯用法表达出来。译文要准确、鲜明、生动，要传神，要保存原作丰姿。

4. 要掌握一定的专业知识和丰富的文化知识

不了解所译文章所涉及的专业，就搞不清原汉文的全部意义，也就根本谈不上翻译。即使大致从汉语的角度理解了所译文章的内容，如果不知道英文中的专业词汇及其惯用法，译文要么不准确，要么就是废话连篇，甚至会使读者看不懂或引起误解。

了解英语国家的历史、地理、风土人情、文化传统。只有这样，才能在翻译中具有灵活性，才能使译文容易被读者接受，才能使译文与读者距离缩短，使译文准确、通顺、明白无误。

5. 译者需要具备良好的写作能力

写作能力可以分为三个层次：（1）能够写作通顺得体的信函，有效的新闻报道和个人记述；（2）能够写作某一专业领域的技术论文或技术文章；（3）能够创造优美的散文和诗歌。

6. 高度的责任感

严谨、端正的工作态度应贯穿始终，贯穿译前准备、翻译之时和译后校核三个阶段。第一步：仔细通读原文，了解原文的相关知识和查阅作者的背景资料；第二步：翻译时，全面透彻理解原文，理解原文语言和文化的意义，理解原文的逻辑关系，再用准确得体的语言表达出来；第三步：译者对文字内容、语言表达、文体风格乃至标点符号等，从局部细节到整体效果进行仔细审校。

三、朗读的要求：

朗读作品的基调决定朗读时的情绪把握和对语调、语速、节奏、重音等的控制。朗读的基调是根据朗读的作品要表达的情感而确定的基本语调，它的表现形式包括朗读的停顿、轻重、快慢和声调高低的变化。因此在朗读前，一定要阅读全文，从内容出发，体会文章细腻的情感变化，确立正确的朗读基调。

第二节 成长历程播报内容及要求

一、成长历程播报内容

成长历程是指一个个体或事物在其运动发展过程中，不同时间的发展阶段。这一版块可以写历史人物或自己的成长历程。广播历史人物的成长时，向听众介绍在历史上产生过重大

影响、发挥过重要作用、作出突出贡献的科学、文学、政治、经济、体育等方面的人物。也可以同听众一起分享自己曾经走过的路，生活中的点点滴滴，生活中的选择等。这一版块的文章内容需要充满正能量、积极向上和给人启迪。

二、朗读的要求：

正确而优美的发音可以使朗读清晰易懂，悦耳动听。在朗读过程中，要自觉克服汉语语音习惯的干扰，同时根据文章内容和主题的需要恰当运用重音、节奏、语调、停顿和语速等，使朗读生动感人。同时，还应该注意朗读时的音量，音调要在我们平时的说话声区范围内进行，不要用提高音调代替感情。语速、节奏应根据内容有快慢起伏。

第三节 美文创作播报内容及要求

一、美文创作播报内容和写作要求

美文创作是专为学生安排的一个版块。它专门播放由学生自己写的优秀文章，体裁多样，宣传正能量，给人启迪。

美文创作过程中需要具备以下要求：

1. 文章中使用的语言需要符合英语的语言习惯，注重中英文差异，不要对照中文逐字翻译。
2. 安排好层次段落，思路清晰，铺设好过渡，处理好开头和结尾。
3. 语义连贯、语法正确、符合逻辑，注意使用连接词来表示顺序和逻辑关系。
4. 灵活运用各种句式：倒装句、强调句、省略句、对比句、分词短语等。
5. 学会使用过渡词。如：1) 递进：furthermore, moreover, besides, in addition, then etc. 2) 转折：however, but, nevertheless, after all etc. 3) 总结：finally, at last, in brief, to conclude 4) 强调：really, indeed, certainly, surely, above all etc. 5) 对比：in the same way, just as, on the other hand, etc.
6. 注意运用固定词组、习语、谚语来代替一些词表达意思，以增加文采。

二、朗读的要求

美文创作版块的朗读要求根据作品的体裁而有所不同：

1. 散文。散文作为一种文学体裁，主要通过对现实生活中某些片段、景物或事件的描述，表达作者的思想情感和人生体验，具有较强的抒情性。优秀的散文不但能给人以智慧的

启迪，而且还能给人以美的享受。这在很大程度上要归功于其优美的节奏和自然细腻的语言表达。因此，在朗读散文时首先要理清作者的思路，做到语势顺畅，条理分明，根据句式的变化和情感的发展把握朗读的节奏。声音不宜太高太强，应做到语气自然，节奏流畅、声音轻柔、情感细腻。

2. 议论性的短文：这类文章具有严密的逻辑性和很强的说理性，朗读时一般采用严肃认真、坚定有力的基调，节奏不宜太快。此外，议论文的句型一般都比较复杂，句子比较长，朗读时要注意意群的划分和恰当的停顿。

3. 诗歌：朗诵诗歌时，应记住：自己就是诗人，朗诵就是直接抒发自己的情感。朗诵时情绪要饱满，感情要细腻，语调语气要真切。朗诵者要表达出诗歌中独特的感情色彩。

第四节 英文歌曲播报内容及要求

一、英文歌曲播报内容

英文歌曲的语言有其自身鲜明的特点和独特魅力，借助歌曲独特的文化内涵和艺术魅力，将其运用于第二课堂校园外语广播的节目版块中，学生可以在快乐优美的旋律中得到审美的愉悦，增进情感的体验，接受艺术的感染，极大地提高学习英语的兴趣和效果。

这一版块可以播放英文歌曲或者学生自弹自唱符合自己音色声线的英文歌曲。在播放歌曲之前，可以简要介绍音乐制作背景，歌词大意，让听众对此有个了解。选择容易辨别和理解歌词的英语歌曲，歌手的发音吐字清晰。避免以下类型的歌曲：节奏过快；歌词听不清，音乐声大到几乎掩盖了歌手的声音；歌词意义混乱不明；歌词中含有歧视性或不健康的色彩。

二、演唱英文歌曲的注意事项

学生自弹自唱符合自己音色声线的英文歌曲时需注意以下几点：

首先，熟悉歌词是关键。外文歌词倘若学得含混不清，演唱出来的歌曲也是难登大雅之堂的。因此，唱歌之前，先要扎扎实实地把每个单词的发音和意思搞清楚。

其次，要注意舌头的用力位置，避免出现压舌根的问题。欧美国家的语言发声习惯和我们有很大的区别，所以，在唱英文歌的时候一定要注意压舌根的问题。这样可以使演唱者的外语发音听起来更纯正。

另外对英文的单词发音要学会省略。因为不是每个单词的尾音都需要发出来的，但是同时要注意在演唱时也不能随意吃掉单词尾音，例如一些以“t”结尾的单词，就不能随意省掉。

咬字清晰，但是浊辅音要分清。英文的清辅音有时候会浊化，不需要将每个元音辅音都发得非常清楚，所以需要不断地模仿欧美歌手以发现规律。

再次，放开自信地演唱。在演唱外文歌曲时，一定要坚信自己能把整首歌曲演绎完美，用这样一种心态来歌唱，自己的演唱技能也会在不知不觉中得到提升。因为放松歌唱本来就是歌唱中始终追求的一种方法。

最后，一定要把握好歌曲的节奏，掌握好歌曲的风格。

三、英文歌曲演唱的要求：

英文歌曲是音乐与文学的结合体，作曲家在谱写歌曲时大都将歌词的语调、词句重音作为音乐旋律的基础，将歌词形象作为音乐形象的依据，使旋律尽量与歌词的语言基调保持和谐。在英文歌曲的演唱中，拍子、节奏、和声与旋律等一系列强制性的音乐要素将会约束歌词中音韵传达的节奏和音调。因此，演唱英文歌曲除了要求旋律优美、音色纯净外，还应该特别注意英语的发音技巧，如音的同化、失去爆破、弱读和连读等问题，注意使用连续语流中产生的节奏感和音乐感。

第五节 欧美文化播报内容及要求

一、欧美文化播报内容

“欧美”是世界上的一块地域，其文化属于西方文化，是欧洲和北美的统称。主要是指欧洲全境、北美，以及澳大利亚和新西兰，统治血统为白人；有时也包括巴西、阿根廷、土耳其和以色列，因为这些国家由于历史原因，文化与欧洲渊源较深。学习一门语言就是学习一门文化。了解更多的文化，就可以提高英语阅读和理解能力。语言是文化的载体，语言和文化的关系是部分和整体的关系，一个社会的语言是其文化的一部分，学好一门语言就必须了解这个国家的文化。文化是非常广泛和最具人文意味的概念，简单来说文化就是地区人类的生活要素形态的统称：即衣、冠、文、物、食、住、行等。这一版块可以介绍历史、人物、地理、建筑、音乐、绘画、体育、饮食、节日、文学、教育、礼仪习俗等。通过这些内容的介绍可以提高学生对英语语言学习的兴趣，开拓学生的知识视野，使学生体验欧美文化的多元性，提高学生的语言运用能力和文化修养。

二、朗读的要求

朗读之前加深对语言材料的理解，体会材料所要表达的感情色彩。英语朗读就是要读正语音、读准语调、把握节奏和掌握语速。运用重音、节奏、语调等语音手段把语言材料中的

思想感情表达出来，也就是清晰响亮地把词汇、句子、文章等语言文字材料念出来。朗读具有视觉上的因素，它要求朗读者仔细看着语言材料；又具有口语表达上的因素，朗读者大脑想着其发音，然后专注地念出其声。

第六节 新闻播报内容及要求

一、新闻播报内容

所谓新闻报道，就是对新近发生的事实的报道。新闻的本源是讲究用事实说话，新闻是对客观事实进行报道和传播而形成的信息，反映在新闻信息中的内容必须对事实具有真实传达。但是，客观事实本身不是新闻，被报道出来的新闻是在报道者对客观事实进行主观反映之后形成的观念性的信息，是记者把自己对客观事实的主观传达出来而产生的信息。它的特性是向公众传播各种信息。新闻也可以专指新闻写作中“消息”这种文体。新闻还可以泛指消息、通讯、特写等各种新闻报道体裁。

二、撰写新闻稿

1. 要素：新闻六要素（也就是记叙要素）：时间、地点、人物、事件的起因、经过、结果。即五个“W”和一个“H” 即 Who（何人）、What（何事）、When（何时）、Where（何地）、Why（何因）、How（如何）。

2. 特点：公开性、真实性、针对性、时效性、准确性、显著性、接近性、开放性、广泛性、变动性。

3. 结构：每则新闻在结构上，一般包括标题、导语、主体、背景和结语五部分。前三者是主要部分，后二者是辅助部分。标题一般包括引标题、正标题和副标题；导语是新闻开头的第一段或第一句话，它扼要地揭示新闻的核心内容。主体是新闻的躯干，它用充足的事实来表现主题，是对导语内容的进一步扩展和阐释；背景指的是新闻发生的社会环境和自然环境。背景和结语有时也可以暗含在主体中。

4. 编辑：倒金字塔结构是绝大多数英语新闻所采用的写作结构，这种模式有助于受众快速了解新闻重点，激起受众兴趣，迎合了受众的接受心理，所以成为应用最为普遍的形式。一般来说，用倒金字塔结构写成的新闻包括三个部分：标题（headline）、导语（lead）和正文（body）。标题是新闻报道的题目，其作用是说明报道的内容，帮助读者选择并阅读新闻。导语就是新闻报道的第一段或开头几段，其作用是以简练的文字把新闻报道中最重要、最关键的内容概括出来，是新闻报道的精华之所在。导语一般要回答六个问题，即 Who, What,

When, Where, Why 和 How。正文是导语之后的部分，是用具体、详细的事实对导语提供的信息进行补充和说明。换句话说，正文是导语的扩展和细化，导语是正文的概括和总结。这种模式最突出的特点就是依照事实（信息）的重要性来铺陈叙述，先在导语中写出新闻事件中最有新闻价值的部分（新闻价值通俗来讲就是新闻中那些最突出，最新奇，最能吸引受众的部分）；其次，在报道主体中按照事件各要素的重要程度，依次递减写下来，最后面的是最不重要的；同时需要注意的是，一个段落只写一个事件要素，不能一段到底。

三、新闻播报的要求：

新闻稿是一种以传播信息为目的，经过加工提炼的口语体的独白语言，语法规范、言简意赅。它因其受众面广，必须通俗易懂，具有很强的可听性。因此，朗读新闻稿时，信息传递的准确、清楚是首要目的，这就要求语音准确，音色纯正；声音明快，语言干净；语义连贯，语句流畅。为了增强其可听性，往往通过语音语调的抑扬顿挫来传达信息点，并通过重音来提醒听众语流中的重点要素。

第七节 精彩演讲播报内容及要求

一、精彩演讲播报内容

演讲是针对某个具体问题，鲜明、完整地发表自己的见解和主张，阐明事理或抒发情感，进行宣传鼓动的一种语言交际活动。演讲是一门语言的艺术，它旨在调动起听众情绪，并引起听众的共鸣，从而传达出你所要传达的思想、观点、感悟。这一版块可以播报名人演讲，但鼓励学生自己创作，播报属于自己的演讲。

二、演讲稿的写作

演讲稿首先开头要开门见山，既要一下子抓住听众又要提出你的观点，中间要用各种方法和所准备的材料说明、支持你的论点，感染听众，然后在结尾加强说明论点或得出结论，结束演讲。

1.开篇出彩，吸引听众

在写作开篇时，演讲者需要结合听众特点、演讲场合和演讲主题等因素，争取在一开始就紧紧抓住听众的注意力和兴趣。以下是基本的演讲开篇模式：

（1）指出演讲话题的重要性。

（2）使听众感到震惊。开篇就可以给出一组极具冲击力的数据，这样的震惊能够使听众快速调整状态，投入到听演讲中去。

(3) 引起听众的好奇心。演讲者可以在开篇指出一种特别的现象，听众出于好奇就会认真听演讲，想知道演讲者如何分析或解释。

(4) 向观众提问。演讲者可以在开篇提出一个问题，这样可以引发听众的思考，也会引导他们去听演讲者如何解答问题。

2.观点明确，支撑有效

如何清晰地阐释演讲者的观点或演讲要点，如何用相关事实有效地支撑演讲者的各个论点或要点，是演讲稿主体段写作时应该把握的关键。这里有三个方法可以借鉴：

(1) 举例子：用内容具象化，自己亲身经历的故事最有说服力和带动性。

(2) 引用：在演讲中引用一些名言警句来阐述自己的观点,使听众印象深刻。

(3) 数据：数据具有直观和客观的特质，能让听众更直接地认识和理解演讲内容。

3.结尾有“道”，画龙点睛

演讲的结尾往往需要起到“画龙点睛”的作用，要尽量做到意味深长、启发思考。开篇和正文再好，如果结尾过于平淡，整个演讲的精彩程度也会大打折扣。常见的演讲结尾方式有如下几种：

(1) 总结演讲：对演讲中的各个论点或要点进行简单总结和梳理，加深听众的印象。

(2) 强有力的陈述：这种方式不同于引用他人之言，往往是演讲者自己的总结和心声。

(3) 首尾呼应：在演讲结尾对开篇提到的主题和重点进行重新阐述，这是体现演讲内在统一性的经典形式。

三、演讲的要求：

演讲的四个目标是：提供信息、使听众感到乐趣、动之以情和使听众行动起来。演讲过程需具备以下特点：主题鲜明，表达完整(演讲内容);思维清晰，逻辑性强(文章组织结构);感情充沛，富有表现力(演讲气势);发音正确，语音语调标准(英语语音)。朗诵演讲稿时必须善于制造“悬念”的本领，紧紧抓住听众的注意力。这就要求朗诵者控制好音量和节奏，在微妙的地方放慢语速，压低嗓门，在紧张、激动的地方加快语速，提高嗓门。朗诵者还应善于抒发情感；同时又要具备广播员的克制能力，给听众以稳重、公正、豁达之感。

第八节 师生风采播报内容及要求

一、师生风采播报内容

这一版块的内容包括：教师与听众分享学习英语心得，海外访学中的风土人情，通过亲

身体会介绍文化差异和跨文化交际；教师与学生就感兴趣的话题展开访谈，学生可以模拟访谈的主持人；优秀学生的学习经验分享，对学弟学妹的学习建议；毕业生的一句话实录，可以是对四年大学生活的感悟，可以是对未来的畅想，可以是对学院的祝福。播报的内容需要原创，主题贴近学生生活。

二、朗读的要求

不同的题材对朗读的要求也不同，了解语言材料的内容，感知内容在语音、语调、感情、表达等方面的特色，使用正确的朗读方法。朗读时，按照意群断句；把握节奏，注意每个音节在语流中强读和弱读的规律；使用抑扬顿挫的语调；语音清晰，从声音方面来表达思想；使用充沛饱满的感情。

第九节 专四专八播报内容及要求

一、专四专八简介和播报内容

英语专业四级考试（TEM-4, Test for English Majors-Band 4），全称为全国高校英语专业四级考试。自 1991 年起由中国大陆教育部实行，考察全国综合性大学英语专业学生。考试内容涵盖英语听、说、读、写四个方面。本考试共有六个部分：一. 写作 二. 听写 三. 听力理解 四. 完形填空 五. 语法及词汇 六. 阅读理解。前两部分需时 60 分钟。后四部分需时 80 分钟，整个考试需时 140 分钟。

英语专业八级考试（TEM-8, Test for English Majors-Band 8），全称为全国高校英语专业八级考试。自 1991 年起由中国大陆教育部实行，考察全国综合性大学英语专业学生。英语专业八级考试是由高等学校外语专业教学指导委员会主办的（非教育部主办）。题型包括听力、阅读、改错、翻译和写作。考试内容涵盖英语听、读、写、译各方面，2005 年又加入人文常识。本考试共有五个部分：听力理解、校对与改错、阅读理解、翻译、写作。

专四专八模块可以由教师对考试内容做有针对性地专项讲解，讲解试题结构及重难点；或者是由教师解答学生的疑惑和问题。也可以由学生播报专四专八的复习知识点。

二、朗读的要求

朗读的技巧主要是停顿、重读、语调和速度。朗读前要明确体裁，继而采用相应的朗读策略。语音清晰，发音准确，不漏词，不添词，不错词；语气顺畅，停顿合理，节奏恰当。此版块要求字正腔圆。

第十节 文学鉴赏播报内容及要求

一、文学鉴赏播报内容

通过该板块的播报可以让学生提高英语语言水平，增强对文学原著的理解，增强对作品中表现的社会生活、人物感情、文化习俗的理解，丰富文学知识，拓展对不同历史文化的了解，提高对英语文学作品的阅读能力和鉴赏水平。

鉴赏是在阅读的基础上进行的，但阅读并不完全等于鉴赏。阅读可分为消遣性阅读、欣赏性阅读和批评性阅读。欣赏性阅读超越了单纯的消遣性阅读，它追求审美愉悦和情感的陶冶升华。文学鉴赏是一种感受和理解，情感与认识相统一的精神活动。人们欣赏文学作品，受到艺术感染，潜移默化体会其中思想，形成完美的思维和逻辑判断。

1. 了解作品的时代背景。阅读作品的时候，可以对时代背景做个大致的了解。一般来说，在作品的自序和前言里会告诉读者这是一个怎样的时代背景，以及写作的素材和过程。

2. 了解作者的生平和作品风格。从序言中可以知道作者的生平经历和作品风格。如果对作者的生平经历有所了解的话，那么把握他的作品风格就不太难理解。

3. 了解作品的结构。无论是小说还是诗歌都有一个基本的结构。一般来说，结构复杂的作品，人物也比较多一些。

4. 了解作品的典故意义。无论古今中外，有时候文学作品会引用一些基本的典故（历史传说、历史事实、寓言故事、宗教故事、谚语）。很多西方文学作品引用最多的是《圣经》，其中的历史渊源很久远。

5. 了解作者的态度。一般来说，作者的态度会通过人物对话、心理描写、环境描写表现出来，不会是含而不露。很多时候，作者会联系当前和历史（政治、经济、社会）来明确表达自己的思想主张和态度。

6. 了解作品的语言艺术。作品的语言不但能反映出作品深刻的思想性，而且能够体现出作品较高的艺术性。

二、朗读的要求：

1. 小说：小说主要通过故事情节和环境描写展示人物性格，反映特定的社会生活。每部小说都有其独特的语言风格，小说中的每个人物都有其特定的性格特征。因此，要将一部小说生动传神地朗读出来，首先要正确理解作品，把握作品的风格和情感基调；其次要把握情节的变化起伏和人物的性格特征，尤其是在朗读小说人物的对话和心理活动时，要体会人物的真情实感，尽量使自己的声音和语气贴合人物的身份和性格，即常说的“进入角色”。但是

也要注意把握分寸，不能沉溺其中。

2. 诗歌：诗歌以抒情的方式，高度凝练、集中地反映社会生活，用丰富的想象、富有节奏感和韵律美的语言和分行排列的形式来抒情言志。朗读诗歌要深刻体会和理解作者要表现的思想内涵，根据诗歌的意境和情感发展及其所属的格律类型调整语流速度和声音的抑扬。通过和谐动听的音调和节奏形成律动的美感，从而充分表达作者的思想，引起听众的共鸣。

第十一节 英语竞赛培训播报内容

一、英语竞赛简介

“阅读使人充实，演说使人机敏，写作使人严谨。”“外研社杯”全国英语演讲、写作、阅读大赛，即“Uchallenge”全国大学生英语挑战赛，为当代大学生提供了一个展示英语水平、沟通技巧、跨文化思辨能力的平台。“外研社杯”全国英语演讲大赛是由外语教学与研究出版社联合教育部高等学校大学外语教学指导委员会和教育部高等学校英语专业教学指导分委员会共同举办，面向全国高校在校大学生的公益赛事。

大赛以高远的立意和创新的理念，汇聚全国优秀学子，竞技英语表达与沟通艺术，为全国大学生提供展示外语能力、沟通能力与思辨能力的综合平台。

二、英语竞赛培训播报内容

该版块可以与听众分享“外研社杯”三赛的详细时间，如何做英语演讲、如何提高阅读，如何写出地道的英文。为听众推荐赛事书目，供备赛的同学全方位提升英语能力，拓展英语阅读的广度。

第十二节 英语流利说播报内容

这一版块为学生创造既真实实用又具趣味性的虚拟英语社会交际环境，让学生尽可能的多接触与运用对象语。提供学习和锻炼口语的机会。英语口语是一种自觉或不自觉运用所学的词汇、语法规则和语篇结构，按一定的节奏、语调和正确发音来口头表达思想的技能。

流利说的内容可以覆盖生活、商务、职场、旅游等各类场景。

口语流利性是指在语言的运用过程所表现出来的流畅、自然、平滑、快速、连贯、具有可接性的特性。培养英语专业学生在生活、学术、职场环境下运用英语交际的能力，强调不同环境下运用英语进行口头表达的能力。

第四章 范文实例

第一节 中译外实例

水调歌头（明月几时有）

[北宋] 苏轼

丙辰中秋，欢饮达旦，大醉，作此篇，兼怀子由。

明月几时有，把酒问青天。

不知天上宫阙，今夕是何年？

我欲乘风归去，又恐琼楼玉宇，高处不胜寒。

起舞弄清影，何似在人间？

转朱阁，低绮户，照无眠。

不应有恨，何事长向别时圆？

人有悲欢离合，月有阴晴圆缺，此事古难全。

但愿人长久，千里共婵娟！

英译：

Tune: "Prelude to the Melody of Water"

By Su Shi

On the night of the Mid-Autumn Festival of 1076, I drank happily till dawn and wrote this in my cups while thinking of Ziyou.

How long will the bright moon appear?

Wine cup in hand, I ask the sky.
 I do not know what time of year
 It would be tonight in the palace on high.
 Riding the wind, there I would fly,
 Yet I fear the crystal palace would be
 Far too high and cold for me.
 I rise and dance, with my shadow I play.

 On high as on earth, would it be as gay?
 The moon goes round the mansion red
 Through gauze-draped windows soft to shed
 Her light upon the sleepless bed.
 Against man she should have no spite.
 Why then when people part is she oft full and bright?
 Men have sorrow and joy, they part or meet again;
 The moon may be bright or dim, she may wax or wane.
 There has been nothing perfect since the olden days.
 So let us wish that man
 Will live long as he can!
 Though miles apart, we'll share the beauty she displays.

(by Xu Yuanchong)

词（包括诗）的翻译，在形式上有译韵的，有不译韵的，还有译为散体的。即便在译韵中，也各有不同。许译是既讲究译诗的压韵，又讲究诗行的排列的。如起首四句，其韵为 appear, sky, year, high, 隔行压韵，“不知……是何年”跨行连接，英译也依此照译。“起舞弄清影，何似在人间？”I rise and dance, with my shadow I play. On high as on earth, would it be as gay? 许译以有间断的节奏和整齐的尾韵构成两个平行句，可见出大家手笔。下阕的开端是“转朱阁，低绮户，照无眠”，由人望月转入月照人，然而中文的主语隐而不见。许译以一个长句连贯三行且有整齐的韵，其中 the sleepless bed 的构造颇具诗意。“不应有恨”就月对人而言，许译 have a spite against 表达恶意或怨恨，十分贴切。“人有悲欢离合，月有阴晴圆缺”两句的译法

Men have sorrow and joy, they part or meet again; The moon may be bright or dim, she may wax or wane.再次显出许译灵秀简洁之风。

第二节 成长历程实例

Laura Vanderkam's speech: How to gain control of your free time

When people find out I write about time management, they assume two things. One is that I'm always on time, and I'm not. I have four small children, and I would like to blame them for my occasional tardiness, but sometimes it's just not their fault. I was once late to my own speech on time management.

We all had to just take a moment together and savor that irony.

The second thing they assume is that I have lots of tips and tricks for saving bits of time here and there. Sometimes I'll hear from magazines that are doing a story along these lines, generally on how to help their readers find an extra hour in the day. And the idea is that we'll shave bits of time off everyday activities, add it up, and we'll have time for the good stuff. I question the entire premise of this piece, but I'm always interested in hearing what they've come up with before they call me. Some of my favorites: doing errands where you only have to make right-hand turns.

Being extremely judicious in microwave usage: it says three to three-and-a-half minutes on the package, we're totally getting in on the bottom side of that. And my personal favorite, which makes sense on some level, is to DVR your favorite shows so you can fast-forward through the commercials. That way, you save eight minutes every half hour, so in the course of two hours of watching TV, you find 32 minutes to exercise.

Which is true. You know another way to find 32 minutes to exercise? Don't watch two hours of TV a day, right?

Anyway, the idea is we'll save bits of time here and there, add it up, we will finally get to everything we want to do. But after studying how successful people spend their time and looking at their schedules hour by hour, I think this idea has it completely backward. We don't build the lives we want by saving time. We build the lives we want, and then time saves itself.

Here's what I mean. I recently did a time diary project looking at 1,001 days in the lives of extremely busy women. They had demanding jobs, sometimes their own businesses, kids to care for, maybe

parents to care for, community commitments — busy, busy people. I had them keep track of their time for a week so I could add up how much they worked and slept, and I interviewed them about their strategies, for my book.

One of the women whose time log I studied goes out on a Wednesday night for something. She comes home to find that her water heater has broken, and there is now water all over her basement. If you've ever had anything like this happen to you, you know it is a hugely damaging, frightening, sopping mess. So she's dealing with the immediate aftermath that night, next day she's got plumbers coming in, day after that, professional cleaning crew dealing with the ruined carpet. All this is being recorded on her time log. Winds up taking seven hours of her week. Seven hours. That's like finding an extra hour in the day.

But I'm sure if you had asked her at the start of the week, "Could you find seven hours to train for a triathlon?" "Could you find seven hours to mentor seven worthy people?" I'm sure she would've said what most of us would've said, which is, "No — can't you see how busy I am?" Yet when she had to find seven hours because there is water all over her basement, she found seven hours. And what this shows us is that time is highly elastic. We cannot make more time, but time will stretch to accommodate what we choose to put into it.

And so the key to time management is treating our priorities as the equivalent of that broken water heater. To get at this, I like to use language from one of the busiest people I ever interviewed. By busy, I mean she was running a small business with 12 people on the payroll, she had six children in her spare time. I was getting in touch with her to set up an interview on how she "had it all" — that phrase. I remember it was a Thursday morning, and she was not available to speak with me. Of course, right?

But the reason she was unavailable to speak with me is that she was out for a hike, because it was a beautiful spring morning, and she wanted to go for a hike. So of course this makes me even more intrigued, and when I finally do catch up with her, she explains it like this. She says, "Listen Laura, everything I do, every minute I spend, is my choice." And rather than say, "I don't have time to do x, y or z," she'd say, "I don't do x, y or z because it's not a priority." "I don't have time," often means "It's not a priority." If you think about it, that's really more accurate language. I could tell you I don't have time to dust my blinds, but that's not true. If you offered to pay me \$100,000 to dust my blinds, I would get to it pretty quickly.

Since that is not going to happen, I can acknowledge this is not a matter of lacking time; it's that I don't want to do it. Using this language reminds us that time is a choice. And granted, there may be horrible consequences for making different choices, I will give you that. But we are smart people, and certainly over the long run, we have the power to fill our lives with the things that deserve to be there.

So how do we do that? How do we treat our priorities as the equivalent of that broken water heater? Well, first we need to figure out what they are. I want to give you two strategies for thinking about this. The first, on the professional side: I'm sure many people coming up to the end of the year are giving or getting annual performance reviews. You look back over your successes over the year, your "opportunities for growth." And this serves its purpose, but I find it's more effective to do this looking forward. So I want you to pretend it's the end of next year. You're giving yourself a performance review, and it has been an absolutely amazing year for you professionally. What three to five things did you do that made it so amazing? So you can write next year's performance review now.

And you can do this for your personal life, too. I'm sure many of you, like me, come December, get cards that contain these folded up sheets of colored paper, on which is written what is known as the family holiday letter.

Bit of a wretched genre of literature, really, going on about how amazing everyone in the household is, or even more scintillating, how busy everyone in the household is. But these letters serve a purpose, which is that they tell your friends and family what you did in your personal life that mattered to you over the year. So this year's kind of done, but I want you to pretend it's the end of next year, and it has been an absolutely amazing year for you and the people you care about. What three to five things did you do that made it so amazing? So you can write next year's family holiday letter now. Don't send it.

Please, don't send it. But you can write it. And now, between the performance review and the family holiday letter, we have a list of six to ten goals we can work on in the next year.

And now we need to break these down into doable steps. So maybe you want to write a family history. First, you can read some other family histories, get a sense for the style. Then maybe think about the questions you want to ask your relatives, set up appointments to interview them. Or maybe you want to run a 5K. So you need to find a race and sign up, figure out a training plan, and dig

those shoes out of the back of the closet. And then — this is key — we treat our priorities as the equivalent of that broken water heater, by putting them into our schedules first. We do this by thinking through our weeks before we are in them.

I find a really good time to do this is Friday afternoons. Friday afternoon is what an economist might call a "low opportunity cost" time. Most of us are not sitting there on Friday afternoons saying, "I am excited to make progress toward my personal and professional priorities right now."

But we are willing to think about what those should be. So take a little bit of time Friday afternoon, make yourself a three-category priority list: career, relationships, self. Making a three-category list reminds us that there should be something in all three categories. Career, we think about; relationships, self — not so much. But anyway, just a short list, two to three items in each. Then look out over the whole of the next week, and see where you can plan them in.

Where you plan them in is up to you. I know this is going to be more complicated for some people than others. I mean, some people's lives are just harder than others. It is not going to be easy to find time to take that poetry class if you are caring for multiple children on your own. I get that. And I don't want to minimize anyone's struggle. But I do think that the numbers I am about to tell you are empowering.

There are 168 hours in a week. Twenty-four times seven is 168 hours. That is a lot of time. If you are working a full-time job, so 40 hours a week, sleeping eight hours a night, so 56 hours a week — that leaves 72 hours for other things. That is a lot of time. You say you're working 50 hours a week, maybe a main job and a side hustle. Well, that leaves 62 hours for other things. You say you're working 60 hours. Well, that leaves 52 hours for other things. You say you're working more than 60 hours. Well, are you sure?

There was once a study comparing people's estimated work weeks with time diaries. They found that people claiming 75-plus-hour work weeks were off by about 25 hours.

You can guess in which direction, right? Anyway, in 168 hours a week, I think we can find time for what matters to you. If you want to spend more time with your kids, you want to study more for a test you're taking, you want to exercise for three hours and volunteer for two, you can. And that's even if you're working way more than full-time hours.

So we have plenty of time, which is great, because guess what? We don't even need that much time to do amazing things. But when most of us have bits of time, what do we do? Pull out the phone, right? Start deleting emails. Otherwise, we're puttering around the house or watching TV.

But small moments can have great power. You can use your bits of time for bits of joy. Maybe it's choosing to read something wonderful on the bus on the way to work. I know when I had a job that required two bus rides and a subway ride every morning, I used to go to the library on weekends to get stuff to read. It made the whole experience almost, almost, enjoyable. Breaks at work can be used for meditating or praying. If family dinner is out because of your crazy work schedule, maybe family breakfast could be a good substitute.

It's about looking at the whole of one's time and seeing where the good stuff can go. I truly believe this. There is time. Even if we are busy, we have time for what matters. And when we focus on what matters, we can build the lives we want in the time we've got.

经常听有人抱怨自己很忙, 没时间做这个做那个。情况真是这样的吗? TED 演讲者 Laura Vanderkam 女士给我们带来了一场抛开现象看本质的演讲: 将时间花在重要的事情上, 构建自己想要的生活, 才是真正合理掌控自己时间的方式。

1. 不存在没有时间的说法, 没有时间做某事=该事不重要;
2. 重点是将时间花在重要的事情上;
3. 什么是重要的事情? 想象一下, 在明年年末评估时, 完成哪些事情会让你这一年变得充实且有意义, 写下这 3-5 件事, 将它们记录在一个专属的本子上, 时刻想着找出时间去完成它们。
4. 对于每周计划, 分为 career, relationships, and self 三个板块, 分别列出 3 项 priority;
5. 每周有 $24 \times 7 = 168h$, 减掉睡眠 56h, 工作/学习等, 至少还剩 30h, 足够做想做的事情了;
6. 将时间花在重要的事情上, 从而构建想要的生活。

第三节 美文创作实例

To me, it was supposed a fine day. The sunshine in May warmly embraced the earth in her arms. It was already the time when the Spring was approaching to its end and flowers were fading away; nevertheless, in the courtyard, a tung tree was still in full blossom. The light pink flowers hung on all the branches like the windbells in a dreamland, with a silky faint fragrance filled in the

air all over the yard. Out with a small chair, I seated myself leisurely under the tung flowers.

A small breeze stole in, slightly and gently at first, with the light pink flowers flying and falling softly in the light blue sky, and the fragrant poetic lines, and the colourful butterflies flying and dancing. I was fascinated in the scene of the dance of the falling flowers. Only after a while, however, the wind was growing stronger, scraping and swinging the beautiful dresses of tung flowers to and fro in the air, and stirring up the fallen flowers and dust spreading all over the street. Soon came down the raindrops, as big as beans, dropping onto my skin, cool and painful. I hurried back to my room and watched on the balcony. The branches were rustling in the wind and rain, and the flowers on the tree were swaying and falling in succession. These beautiful flowers, once gentle and lovely and voluptuous, having attracted bees and butterflies in a continuous stream, could not withstand the attack of wind and rain, falling down and scattering on the earth, and turned into spring mud with much desolation from the disappearance of flourish and the dreams fading away.

A long time passed before the rain stopped. I walked out of my room, back to the yard, seeing fallen flowers in pieces scatter here and there. I stepped over the broken flowers lightly, when I couldn't help thinking of the past. And a mass of melancholy fancy thronged my mind as well. After the baptism of wind and rain, the sky appeared cleaner. The few tenacious flowers left on the tung trees appeared brighter and more gorgeous. And the newly growing leaves now also looked even tender and greener. As the warm sunshine cast onto the earth again, I got feeling bright too.

The secret of flowers, I think, is to present spring with a fragrant posture, to display her born beauty at the cost of life during each life cycle, to fade away and turn into spring mud silently when conceiving fruits, and to foster new lives with the maternal gentleness. That is why flowers will whirl down so indifferently and elegantly, and smile so peacefully and tranquilly after the wind and rain.

中文译文

花落无痕

我以为这是一个晴好的天气，五月的阳光热情地拥抱着大地。虽然已是春尽花残时，但院落里的一棵桐树花开得正艳。粉白的花朵如梦幻中的风铃挂满枝头，清幽的香气如丝如缕地弥漫在整个院落中。我搬过一个小椅子，在桐花下闲坐。

不知什么时候起风了，开始时还是细细的微风，粉白色的花朵在淡蓝色的天空下轻轻飘落。像清香的诗页，仿佛有彩蝶振翅飘舞。我一时陶醉在这落花飞舞的情节中。但只一会儿，

风就大了起来，撕扯着桐花美丽的衣裙凌乱摇摆，风搅起地上的落花和沙尘，弥漫了整个街道。很快豆大的雨点就落下来，砸在皮肤上凉凉的疼。我赶快回到房间，在阳台上观望，树枝在风雨中哗哗作响，满树的桐花摇摇晃晃，纷纷坠落。这些美丽的花，曾绽放出柔媚艳丽，曾吸引蜂蝶纷至，却终于不堪风雨的侵袭，带着繁华散尽的落寞和渐渐逝去的梦，散落成满地春泥。

过了很久，雨才停了下来。我走出房间，重新回到院子。满院落花零乱，红绡香残，我轻轻地踏香走过。此时我不禁想起往事，心中亦是浮想联翩。经过风雨的洗礼，天空愈发显得纯净，满树桐花已所剩无几，但剩下的几朵顽强的花，却愈发鲜亮，新发的枝叶也更柔嫩青翠，温和的阳光又重新洒向大地。此时我的心情也明媚起来。

我想花的秘密，是要带给春一个芬芳的身姿，是要在每一个岁月轮回中，倾尽生命绽放属于她的美丽；是要在孕育果实的时刻，悄然将自己隐去，化作春泥；是要用母性的温柔，抚慰新的生命，所以她才会这么淡然优雅地飘落，在风雨之后静谧微笑。

第四节 欧美文化实例

Afternoon tea, that most quintessential of English customs is, perhaps surprisingly, a relatively new tradition. Whilst the custom of drinking tea dates back to the third millennium BC in China and was popularised in England during the 1660s by King Charles II, it was not until the mid 19th century that the concept of 'afternoon tea' first appeared.

下午茶是英国传统的精华所在，但它并没有特别悠久的历史。在中国，饮茶的历史可以追溯到公元前 3000 年，而在英国，喝茶的风俗直到 17 世纪 60 年代英王查尔斯二世时期才开始兴盛起来。而下午茶的概念要到 19 世纪中叶才出现。

Afternoon tea was introduced in England by Anna, the seventh Duchess of Bedford, in the year 1840. The Duchess would become hungry around four o'clock in the afternoon. The evening meal in her household was served fashionably late at eight o'clock, thus leaving a long period of time between lunch and dinner. The Duchess asked that a tray of tea, bread and butter and cake be brought to her room during the late afternoon. This became a habit of hers and she began inviting friends to join her.

下午茶是由第七任贝德福公爵夫人安娜在 1840 年创造出来的。公爵夫人在下午四点钟左右常常会感到饥饿，而根据当时的风尚，晚餐要在八点钟才会开始，于是午餐和晚餐中间

就有很长的一段时间。公爵夫人就命人把茶，黄油面包和蛋糕在下午早些时候送到她的房间里去吃。这以后就成了她的习惯了，而且她开始邀请好友一起来饮茶吃点心。

This pause for tea became a fashionable social event. During the 1880's upper-class and society women would change into long gowns, gloves and hats for their afternoon tea which was usually served in the drawing room between four and five o'clock.

自此之后，茶歇就成了一种社会潮流。在 19 世纪 80 年代，通常，下午茶会安排在起居室，时间大约是在下午四点到五点，而上层社会的女士们则会穿着长裙，戴手套和帽子来品用下午茶。

Traditional afternoon tea consists of a selection of dainty sandwiches, scones served with clotted cream. Cakes and pastries are also served. Tea grown in India or Ceylon is poured from silver tea pots into delicate bone china cups.

传统的下午茶包括精选的三明治，英式奶油松饼，还有蛋糕和其他甜点。选用印度或锡兰（现斯里兰卡）出产的茶叶放入银质茶壶内泡茶，再将茶水倒在精致的骨瓷茶杯中饮用。

第五节 新闻播报实例

Xi lauds 'close' friendship with UAE

By Mo Jingxi | China Daily | Updated: 2018-07-19 03:08

President Xi Jinping said he hopes his visit to the United Arab Emirates will upgrade bilateral relations and build a China-UAE community of a shared future in Belt and Road cooperation, benefiting people of both countries.

Xi made the remark in a signed article published by UAE media, including the English-language newspaper The National, ahead of his visit to the country scheduled for Thursday, the first by a Chinese head of state in 29 years.

Xi said China and the UAE have become close friends that help and complement each other, and important partners that have always communicated and coordinated with each other on regional and international affairs since the two countries established diplomatic ties in 1984.

"The past 34 years have seen a robust expansion of our economies in a development miracle occurring on both ends of the Eurasian continent. China has emerged as a strong driving force for world economic growth and the UAE has become an oasis of development for the Arab world," he wrote.

China has been the UAE's largest trading partner for several consecutive years. The UAE has become China's second-largest trading partner and largest destination for exports in the West Asia and North Africa region.

In 2017, two-way trade volume reached \$40.98 billion, a year-on-year increase of 2.3 percent, according to the Foreign Ministry.

The UAE was one of the first countries to embrace the China-proposed Belt and Road Initiative, which has gained wide support and proactive participation from the Arab world.

"A new journey needs leaders with strong resolve. A new mission needs people with strong commitment," Xi wrote.

"I look forward to working with UAE leaders to draw up a blueprint for China-UAE cooperation so as to unlock its full potential and advance China-UAE relations at a higher level and speed and build a China-UAE community of a shared future in Belt and Road cooperation."

The president also suggested that the two countries should work hand in hand as strategic, collaborative, interactive and innovative partners.

"Our two countries are geographically far apart and different in national conditions. But we are both proud to have an enterprising and creative people who never give up their dreams," he said.

"I am convinced that with the support and participation of our two peoples, we will be able to make history with our mutually beneficial cooperation," he added.

A series of important outcomes in such cooperation areas as the Belt and Road Initiative, production capacity, energy, agriculture and finance are also expected to be reached during the visit.

After visiting the UAE, Xi will make state visits to Senegal, Rwanda and South Africa, attend the 10th BRICS Summit in Johannesburg and visit Mauritius during a stopover. The trip ends on July 28.

第六节 精彩演讲播报实例

Steve Jobs: Stay hungry. Stay Foolish.

I am honored to be with you today at your commencement from one of the finest universities in the world. I never graduated from college. Truth be told, this is the closest I've ever gotten to a college graduation. Today I want to tell you three stories from my life.

That's it. No big deal. Just three stories.

我今天很荣幸能和你们一起参加毕业典礼，斯坦福大学是世界上最好的大学之一。我从来没有从大学中毕业。说实话，今天也许是在我的生命中离大学毕业最近的一天了。今天我想向你们讲述我生活中的三个故事。不是什么大不了的事情，只是三个故事而已。

The first story is about connecting the dots.

第一个故事是关于如何把生命中的点点滴滴串连起来。

I dropped out of Reed College after the first 6 months, but then stayed around as a drop-in for another 18 months or so before I really quit. So why did I drop out?

我在 Reed 大学读了六个月之后就退学了,但是在十八个月以后——我真正的作出退学决定之前,我还经常去学校。我为什么要退学呢?

It started before I was born. My biological mother was a young, unwed college graduate student, and she decided to put me up for adoption. She felt very strongly that I should be adopted by college graduates, so everything was all set for me to be adopted at birth by a lawyer and his wife. Except that when I popped out they decided at the last minute that they really wanted a girl. So my parents, who were on a waiting list, got a call in the middle of the night asking: "We have an unexpected baby boy; do you want him?" They said: "Of course." My biological mother later found out that my mother had never graduated from college and that my father had never graduated from high school. She refused to sign the final adoption papers. She only relented a few months later when my parents promised that I would someday go to college.

故事从我出生的时候讲起。我的亲生母亲是一个年轻的,没有结婚的大学毕业生。她决定让别人收养我,她十分想让我被大学毕业生收养。所以我出生的时候,她已经做好了一切的准备工作,能使得我被一个律师和他的妻子所收养。但是她没有料到,当我出生之后,律师夫妇突然决定他们想要一个女孩。所以我的生养父母(他们还在我亲生父母的观察名单上)突然在半夜接到了一个电话:“我们现在这儿有一个不小心生出来的男婴,你们想要他吗?”他们回答道:“当然!”但是我亲生母亲随后发现,我的养母从来没有上过大学,我的父亲甚至从没有读过高中。她拒绝签这个收养合同。只是在几个月以后,我的父母答应她一定要让我上大学,那个时候她才同意。

And 17 years later I did go to college. But I naively chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition. After six months, I couldn't see the value in it. I had no idea what I wanted to do with my life and no idea how college was going to help me figure it out. And here I was spending all of the money my parents had saved their entire life. So I decided to drop out and trust that it would all work out OK. It was pretty scary at the time, but looking back it was one of the best decisions I ever made. The minute I dropped out I could stop taking the required classes that didn't interest me, and

begin dropping in on the ones that looked interesting.

在十七岁那年,我真的上了大学。但是我很愚蠢的选择了一个几乎和你们斯坦福大学一样贵的学校,我父母还处于蓝领阶层,他们几乎把所有积蓄都花在了我的学费上面。在六个月后,我已经看不到其中的价值所在。我不知道我想要在生命中做什么,我也不知道大学能帮助我找到怎样的答案。但是在这里,我几乎花光了我父母这一辈子的所有积蓄。所以我决定要退学,我觉得这是个正确的决定。不能否认,我当时确实非常的害怕,但是现在回头看看,那的确是我这一生中最棒的一个决定。在我做出退学决定的那一刻,我终于可以不必去读那些令我提不起丝毫兴趣的课程了。然后我还可以去修那些看起来有点意思的课程。

It wasn't all romantic. I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned coke bottles for the 5¢ deposits to buy food with, and I would walk the 7 miles across town every Sunday night to get one good meal a week at the Hare Krishna temple. I loved it. And much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on. Let me give you one example:

但是这并不是那么罗曼蒂克。我失去了我的宿舍,所以我只能在朋友房间的地板上睡觉,我去捡 5 美分的可乐瓶子,仅仅为了填饱肚子,在星期天的晚上,我需要走七英里的路程,穿过这个城市到 Hare Krishna 寺庙(注:位于纽约 Brooklyn 下城),只是为了能吃上饭——这个星期唯一一顿好一点的饭。但是我喜欢这样。我跟着我的直觉和好奇心走,遇到的很多东西,此后被证明是无价之宝。让我给你们举一个例子吧:

Reed College at that time offered perhaps the best calligraphy instruction in the country. Throughout the campus every poster, every label on every drawer, was beautifully hand calligraphed. Because I had dropped out and didn't have to take the normal classes, I decided to take a calligraphy class to learn how to do this. I learned about serif and san serif typefaces, about varying the amount of space between different letter combinations, about what makes great typography great. It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating.

Reed 大学在那时提供也许是全美最好的美术字课程。在这个大学里面的每个海报,每个抽屉的标签上面全都是漂亮的美术字。因为我退学了,没有受到正规的训练,所以我决定去参加这个课程,去学学怎样写出漂亮的美术字。我学到了 san serif 和 serif 字体,我学会了怎么样在不同的字母组合之中改变空格的长度,还有怎么样才能作出最棒的印刷式样。那是一种科学永远不能捕捉到的、美丽的、真实的艺术精妙,我发现那实在是太美妙了。

None of this had even a hope of any practical application in my life. But ten years later, when

we were designing the first Macintosh computer, it all came back to me. And we designed it all into the Mac. It was the first computer with beautiful typography. If I had never dropped in on that single course in college, the Mac would have never had multiple typefaces or proportionally spaced fonts. And since Windows just copied the Mac, its likely that no personal computer would have them. If I had never dropped out, I would have never dropped in on this calligraphy class, and personal computers might not have the wonderful typography that they do. Of course it was impossible to connect the dots looking forward when I was in college. But it was very, very clear looking backwards ten years later.

当时看起来这些东西在我的生命中，好像都没有什么实际应用的可能。但是十年之后，当我们在设计第一台 Macintosh 电脑的时候，就不是那样了。我把当时我学的那些家伙全都设计进了 Mac。那是第一台使用了漂亮的印刷字体的电脑。如果我当时没有退学，就不会有机会去参加这个我感兴趣的美术字课程，Mac 就不会有这么多丰富的字体，以及赏心悦目的字体间距。那么现在个人电脑就不会有现在这么美妙的字型了。当然我在大学的时候，还不可能把从前的点点滴滴串连起来，但是当我十年后回顾这一切的时候，真的豁然开朗了。

Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something - your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

再次说明的是，你在向前展望的时候不可能将这些片断串连起来；你只能在回顾的时候将点点滴滴串连起来。所以你必须相信这些片断会在你未来的某一天串连起来。你必须相信某些东西：你的勇气、目的、生命、因缘。这个过程从来没有令我失望（let me down），只是让我的生命更加地与众不同而已。

My second story is about love and loss.

我的第二个故事是关于爱和损失的。

I was lucky I found what I loved to do early in life. Woz and I started Apple in my parents garage when I was 20. We worked hard, and in 10 years Apple had grown from just the two of us in a garage into a \$2 billion company with over 4000 employees. We had just released our finest creation - the Macintosh - a year earlier, and I had just turned 30. And then I got fired. How can you get fired from a company you started? Well, as Apple grew we hired someone who I thought was very talented to run the company with me, and for the first year or so things went well. But then our

visions of the future began to diverge and eventually we had a falling out. When we did, our Board of Directors sided with him. So at 30 I was out. And very publicly out. What had been the focus of my entire adult life was gone, and it was devastating.

我非常幸运, 因为我在很早的时候就找到了我钟爱的东西。Woz 和我在二十岁的时候就在父母的车库里面开创了苹果公司。我们工作得很努力, 十年之后, 这个公司从那两个车库中的穷光蛋发展到了超过四千名的雇员、价值超过二十亿的大公司。在公司成立的第九年, 我们刚刚发布了最好的产品, 那就是 Macintosh。我也快要到三十岁了。在那一年, 我被炒了鱿鱼。你怎么可能被你自己创立的公司炒了鱿鱼呢? 嗯, 在苹果快速成长的时候, 我们雇用了一个很有天分的家伙和我一起管理这个公司, 在最初的几年, 公司运转的很好。但是后来我们对未来的看法发生了分歧, 最终我们吵了起来。当争吵不可开交的时候, 董事会站在了他的那一边。所以在三十岁的时候, 我被炒了。在这么多人的眼皮下我被炒了。在而立之年, 我生命的全部支柱离自己远去, 这真是毁灭性的打击。

I really didn't know what to do for a few months. I felt that I had let the previous generation of entrepreneurs down - that I had dropped the baton as it was being passed to me. I met with David Packard and Bob Noyce and tried to apologize for screwing up so badly. I was a very public failure, and I even thought about running away from the valley. But something slowly began to dawn on me I still loved what I did. The turn of events at Apple had not changed that one bit. I had been rejected, but I was still in love. And so I decided to start over.

在最初的几个月里, 我真是不知道该做些什么。我把从前的创业激情给丢了, 我觉得自己让与我一同创业的人都很沮丧。我和 David Pack 和 Bob Boyce 见面, 并试图向他们道歉。我把事情弄得糟糕透顶了。但是我渐渐发现了曙光, 我仍然喜爱我从事的这些东西。苹果公司发生的这些事情丝毫的没有改变这些, 一点也没有。我被驱逐了, 但是我仍然钟爱它。所以我决定从头再来。

I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.

我当时没有觉察, 但是事后证明, 从苹果公司被炒是我这辈子发生的最棒的事情。因为, 作为一个成功者的极乐感觉被作为一个创业者的轻松感觉所重新代替: 对任何事情都不那么特别看重。这让我觉得如此自由, 进入了我最有创造力的一个阶段。

During the next five years, I started a company named NeXT, another company named Pixar, and fell in love with an amazing woman who would become my wife. Pixar went on to create the world's first computer animated feature film, Toy Story, and is now the most successful animation studio in the world. In a remarkable turn of events, Apple bought NeXT, I returned to Apple, and the technology we developed at NeXT is at the heart of Apple's current renaissance. And Laurene and I have a wonderful family together.

在接下来的五年里,我创立了一个名叫 NeXT 的公司,还有一个叫 Pixar 的公司,然后和一个后来成为我妻子的优雅女人相识。Pixar 制作了世界上第一个用电脑制作的动画电影——“玩具总动员”,Pixar 现在也是世界上最成功的电脑制作工作室。在后来的一系列运转中,Apple 收购了 NeXT,然后我又回到了 Apple 公司。我们在 NeXT 发展的技术在 Apple 的复兴之中发挥了关键的作用。我还和 Laurence 一起建立了一个幸福的家庭。

I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.

我可以非常肯定,如果我不被 Apple 开除的话,这其中一件事情也不会发生的。这个良药的味道实在是太苦了,但是我想病人需要这个药。有些时候,生活会拿起一块砖头向你的脑袋上猛拍一下。不要失去信心。我很清楚唯一使我一直走下去的,就是我做的事情令我无比钟爱。你需要去找到你所爱的东西。对于工作是如此,对于你的爱人也是如此。你的工作将会占据生活中很大的一部分。你只有相信自己所做的是伟大的工作,你才能怡然自得。如果你现在还没有找到,那么继续找、不要停下来、全心全意的去找,当你找到的时候你就会知道的。就像任何真诚的关系,随着岁月的流逝只会越来越紧密。所以继续找,直到你找到它,不要停下来!

My third story is about death.

我的第三个故事是关于死亡的。

When I was 17, I read a quote that went something like: "If you live each day as if it was your last, someday you'll most certainly be right." It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "No" for too many days in a row, I know I need to change something.

当我十七岁的时候,我读到了一句话:“如果你把每一天都当作生命中最后一天去生活的话,那么有一天你会发现你是正确的。”这句话给我留下了深刻的印象。从那时开始,过了33年,我在每天早晨都会对着镜子问自己:“如果今天是我生命中的最后一天,你会不会完成你今天想做的事情呢?”当答案连续很多次被给予“不是”的时候,我知道自己需要改变某些事情了。

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything all external expectations, all pride, all fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

“记住你即将死去”是我一生中遇到的最重要箴言。它帮我指明了生命中重要的选择。因为几乎所有的事情,包括所有的荣誉、所有的骄傲、所有对难堪和失败的恐惧,这些在死亡面前都会消失。我看到的是留下的真正重要的东西。你有时候会思考你将会失去某些东西,“记住你即将死去”是我知道的避免这些想法的最好办法。你已经赤身裸体了,你没有理由不去跟随自己的心一起跳动。

About a year ago I was diagnosed with cancer. I had a scan at 7:30 in the morning, and it clearly showed a tumor on my pancreas. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months. It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

大概一年以前,我被诊断出癌症。我在早晨七点半做了一个检查,检查清楚的显示在我的胰腺有一个肿瘤。我当时都不知道胰腺是什么东西。医生告诉我那很可能是一种无法治愈

的癌症,我还有三到六个月的时间活在这个世界上。我的医生叫我回家,然后整理好我的一切,那就是医生准备死亡的程序。那意味着你将要未来十年对你小孩说的话在几个月里面说完.;那意味着把每件事情都搞定,让你的家人会尽可能轻松的生活;那意味着你要说“再见了”。

I lived with that diagnosis all day. Later that evening I had a biopsy, where they stuck an endoscope down my throat, through my stomach and into my intestines, put a needle into my pancreas and got a few cells from the tumor. I was sedated, but my wife, who was there, told me that when they viewed the cells under a microscope the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is curable with surgery. I had the surgery and I'm fine now.

我整天和那个诊断书一起生活。后来有一天早上我作了一个活切片检查,医生将一个内窥镜从我的喉咙伸进去,通过我的胃,然后进入我的肠子,用一根针在我的胰腺上的肿瘤上取了几个细胞。我当时很镇静,因为我被注射了镇定剂。但是我的妻子在那里,后来告诉我,当医生在显微镜下观察这些细胞的时候他们开始尖叫,因为这些细胞最后竟然是一种非常罕见的可以用手术治愈的胰腺癌症。我做了这个手术,现在我痊愈了。

This was the closest I've been to facing death, and I hope it's the closest I get for a few more decades. Having lived through it, I can now say this to you with a bit more certainty than when death was a useful but purely intellectual concept:

那是我最接近死亡的时候,我还希望这也是以后的几十年最接近的一次。从死亡线上又活了过来,死亡对我来说,只是一个有用但是纯粹是知识上的概念的时候,我可以更肯定一点地对你们说:

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

没有人愿意死,即使人们想上天堂,人们也不会为了去那里而死。但是死亡是我们每个人共同的终点。从来没有人能够逃脱它。也应该如此。因为死亡就是生命中最好的一个发明。它将旧的清除以便给新的让路。你们现在是新的,但是从现在开始不久以后,你们将会逐渐的变成旧的然后被清除。我很抱歉这很戏剧性,但是这十分的真实。

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

你们的时间很有限, 所以不要将他们浪费在重复其他人的生活上。不要被教条束缚,那意味着你和其他人思考的结果一起生活。不要被其他人喧嚣的观点掩盖你真正的内心的声音。还有最重要的是, 你要有勇气去听从你直觉和心灵的指示——它们在某种程度上知道你想要成为什么样子, 所有其他的事情都是次要的。

When I was young, there was an amazing publication called The Whole Earth Catalog, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his poetic touch. This was in the late 1960's, before personal computers and desktop publishing, so it was all made with typewriters, scissors, and polaroid cameras. It was sort of like Google in paperback form, 35 years before Google came along: it was idealistic, and overflowing with neat tools and great notions.

当我年轻的时候, 有一本叫做“整个地球的目录”振聋发聩的杂志, 它是我们那一代人的圣经之一。它是一个叫 Stewart Brand 的家伙在离这里不远的 Menlo Park 书写的, 他象诗一般神奇地将这本书带到了这个世界。那是六十年代后期, 在个人电脑出现之前, 所以这本书全部是用打字机、剪刀还有偏光镜制造的。有点像用软皮包装的 google, 在 google 出现三十五年之前: 这是理想主义的, 其中有许多灵巧的工具和伟大的想法。

Stewart and his team put out several issues of The Whole Earth Catalog, and then when it had run its course, they put out a final issue. It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself hitchhiking on if you were so adventurous. Beneath it were the words: "Stay Hungry. Stay Foolish." It was their farewell message as they signed off. Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you.

Stewart 和他的伙伴出版了几期的“整个地球的目录”, 当它完成了自己使命的时候, 他们做出了最后一期的目录。那是在七十年代的中期, 你们的时代。在最后一期的封底上是清晨乡村公路的照片 (如果你有冒险精神的话, 你可以自己找到这条路的), 在照片之下有这样一段话: “保持饥饿, 保持愚蠢。”这是他们停止了发刊的告别语。“保持饥饿, 保持愚蠢。”我总

是希望自己能够那样,现在,在你们即将毕业,开始新的旅程的时候,我也希望你们能这样:

Stay Hungry. Stay Foolish.

保持饥饿,保持愚蠢。

Thank you all very much.

非常感谢你们。

第七节 国家主席外事活动演讲播报实例

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Jointly Shoulder Responsibility of Our Times, Promote Global Growth

——在世界经济论坛 2017 年年会开幕式上的主旨演讲

Keynote Speech At the Opening Session of the World Economic Forum Annual Meeting 2017

中华人民共和国主席 习近平

by H.E. Xi Jinping President of the People's Republic of China

(2017 年 1 月 17 日, 达沃斯)

Davos, 17 January 2017

尊敬的洛伊特哈德主席和豪森先生,

President Doris Leuthard and Mr. Roland Hausin,

尊敬的各国元首、政府首脑、副元首和夫人,

Heads of State and Government, Deputy Heads of State and Your Spouses,

尊敬的国际组织负责人,

Heads of International Organizations,

尊敬的施瓦布主席和夫人,

Dr. Klaus Schwab and Mrs. Hilde Schwab,

女士们, 先生们, 朋友们:

Ladies and Gentlemen, Dear Friends,

很高兴来到美丽的达沃斯。达沃斯虽然只是阿尔卑斯山上的一个小镇, 却是一个观察世界经济的重要窗口。大家从四面八方会聚这里, 各种思想碰撞出智慧的火花, 以较少的投入获得了很高的产出。我看这个现象可以称作“施瓦布经济学”。

I'm delighted to come to beautiful Davos. Though just a small town in the Alps, Davos is an

important window for taking the pulse of the global economy. People from around the world come here to exchange ideas and insights, which broaden their vision. This makes the WEF annual meeting a cost-effective brainstorming event, which I would call “Schwab economics”.

“这是最好的时代，也是最坏的时代”，英国文学家狄更斯曾这样描述工业革命发生后的世界。今天，我们也生活在一个矛盾的世界之中。一方面，物质财富不断积累，科技进步日新月异，人类文明发展到历史最高水平。另一方面，地区冲突频繁发生，恐怖主义、难民潮等全球性挑战此起彼伏，贫困、失业、收入差距拉大，世界面临的不确定性上升。

“It was the best of times, it was the worst of times.” These are the words used by the English writer Charles Dickens to describe the world after the Industrial Revolution. Today, we also live in a world of contradictions. On the one hand, with growing material wealth and advances in science and technology, human civilization has developed as never before. On the other hand, frequent regional conflicts, global challenges like terrorism and refugees, as well as poverty, unemployment and widening income gap have all added to the uncertainties of the world.

对此，许多人感到困惑，世界到底怎么了？

Many people feel bewildered and wonder: What has gone wrong with the world?

要解决这个困惑，首先要找准问题的根源。有一种观点把世界乱象归咎于经济全球化。经济全球化曾经被人们视为阿里巴巴的山洞，现在又被不少人看作潘多拉的盒子。国际社会围绕经济全球化问题展开了广泛讨论。

To answer this question, one must first track the source of the problem. Some blame economic globalization for the chaos in the world. Economic globalization was once viewed as the treasure cave found by Ali Baba in *The Arabian Nights*, but it has now become the Pandora’s box in the eyes of many. The international community finds itself in a heated debate on economic globalization.

今天，我想从经济全球化问题切入，谈谈我对世界经济的看法。

Today, I wish to address the global economy in the context of economic globalization.

我想说的是，困扰世界的很多问题，并不是经济全球化造成的。比如，过去几年来，源自中东、北非的难民潮牵动全球，数以百万计的民众颠沛流离，甚至不少年幼的孩子在路途中葬身大海，让我们痛心疾首。导致这一问题的原因，是战乱、冲突、地区动荡。解决这一问题的出路，是谋求和平、推动和解、恢复稳定。再比如，国际金融危机也不是经济全球化发展的必然产物，而是金融资本过度逐利、金融监管严重缺失的结果。把困扰世界的

问题简单归咎于经济全球化，既不符合事实，也无助于问题解决。

The point I want to make is that many of the problems troubling the world are not caused by economic globalization. For instance, the refugee waves from the Middle East and North Africa in recent years have become a global concern. Several million people have been displaced, and some small children lost their lives while crossing the rough sea. This is indeed heartbreaking. It is war, conflict and regional turbulence that have created this problem, and its solution lies in making peace, promoting reconciliation and restoring stability. The international financial crisis is another example. It is not an inevitable outcome of economic globalization; rather, it is the consequence of excessive chase of profit by financial capital and grave failure of financial regulation. Just blaming economic globalization for the world's problems is inconsistent with reality, and it will not help solve the problems.

历史地看，经济全球化是社会生产力发展的客观要求和科技进步的必然结果，不是哪些人、哪些国家人为造出来的。经济全球化为世界经济增长提供了强劲动力，促进了商品和资本流动、科技和文明进步、各国人民交往。

From the historical perspective, economic globalization resulted from growing social productivity, and is a natural outcome of scientific and technological progress, not something created by any individuals or any countries. Economic globalization has powered global growth and facilitated movement of goods and capital, advances in science, technology and civilization, and interactions among peoples.

当然，我们也要承认，经济全球化是一把“双刃剑”。当世界经济处于下行期的时候，全球经济“蛋糕”不容易做大，甚至变小了，增长和分配、资本和劳动、效率和公平的矛盾就会更加突出，发达国家和发展中国家都会感受到压力和冲击。反全球化的呼声，反映了经济全球化进程的不足，值得我们重视和深思。

But we should also recognize that economic globalization is a double-edged sword. When the global economy is under downward pressure, it is hard to make the cake of global economy bigger. It may even shrink, which will strain the relations between growth and distribution, between capital and labor, and between efficiency and equity. Both developed and developing countries have felt the punch. Voices against globalization have laid bare pitfalls in the process of economic globalization that we need to take seriously.

“甘瓜抱苦蒂，美枣生荆棘。”从哲学上说，世界上没有十全十美的事物，因为事物存在优点就把它看得完美无缺是不全面的，因为事物存在缺点就把它看得一无是处也是不全面的。经济全球化确实带来了新问题，但我们不能就此把经济全球化一棍子打死，而是要适应和引导好经济全球化，消解经济全球化的负面影响，让它更好惠及每个国家、每个民族。

As a line in an old Chinese poem goes, “Honey melons hang on bitter vines; sweet dates grow on thistles and thorns.” In a philosophical sense, nothing is perfect in the world. One would fail to see the full picture if he claims something is perfect because of its merits, or if he views something as useless just because of its defects. It is true that economic globalization has created new problems, but this is no justification to write economic globalization off completely. Rather, we should adapt to and guide economic globalization, cushion its negative impact, and deliver its benefits to all countries and all nations.

当年，中国对经济全球化也有过疑虑，对加入世界贸易组织也有过忐忑。但是，我们认为，融入世界经济是历史大方向，中国经济要发展，就要敢于到世界市场的汪洋大海中去游泳，如果永远不敢到大海中去经风雨、见世面，总有一天会在大海中溺水而亡。所以，中国勇敢迈向了世界市场。在这个过程中，我们呛过水，遇到过漩涡，遇到过风浪，但我们在游泳中学会了游泳。这是正确的战略抉择。

There was a time when China also had doubts about economic globalization, and was not sure whether it should join the World Trade Organization. But we came to the conclusion that integration into the global economy is a historical trend. To grow its economy, China must have the courage to swim in the vast ocean of the global market. If one is always afraid of bracing the storm and exploring the new world, he will sooner or later get drowned in the ocean. Therefore, China took a brave step to embrace the global market. We have had our fair share of choking in the water and encountered whirlpools and choppy waves, but we have learned how to swim in this process. It has proved to be a right strategic choice.

世界经济的大海，你要还是不要，都在那儿，是回避不了的。想人为切断各国经济的资金流、技术流、产品流、产业流、人员流，让世界经济的大海退回到一个一个孤立的小湖泊、小河流，是不可能的，也是不符合历史潮流的。

Whether you like it or not, the global economy is the big ocean that you cannot escape from. Any attempt to cut off the flow of capital, technologies, products, industries and people between

economies, and channel the waters in the ocean back into isolated lakes and creeks is simply not possible. Indeed, it runs counter to the historical trend.

人类历史告诉我们，有问题不可怕，可怕的是不敢直面问题，找不到解决问题的思路。面对经济全球化带来的机遇和挑战，正确的选择是，充分利用一切机遇，合作应对一切挑战，引导好经济全球化走向。

The history of mankind tells us that problems are not to be feared. What should concern us is refusing to face up to problems and not knowing what to do about them. In the face of both opportunities and challenges of economic globalization, the right thing to do is to seize every opportunity, jointly meet challenges and chart the right course for economic globalization.

去年年底，我在亚太经合组织领导人非正式会议上提出，要让经济全球化进程更有活力、更加包容、更可持续。我们要主动作为、适度管理，让经济全球化的正面效应更多释放出来，实现经济全球化进程再平衡；我们要顺应大势、结合国情，正确选择融入经济全球化的路径和节奏；我们要讲求效率、注重公平，让不同国家、不同阶层、不同人群共享经济全球化的好处。这是我们这个时代的领导者应有的担当，更是各国人民对我们的期待。

At the APEC Economic Leaders' Meeting in late 2016, I spoke about the necessity to make the process of economic globalization more invigorated, more inclusive and more sustainable. We should act pro-actively and manage economic globalization as appropriate so as to release its positive impact and rebalance the process of economic globalization. We should follow the general trend, proceed from our respective national conditions and embark on the right pathway of integrating into economic globalization with the right pace. We should strike a balance between efficiency and equity to ensure that different countries, different social strata and different groups of people all share in the benefits of economic globalization. The people of all countries expect nothing less from us, and this is our unshirkable responsibility as leaders of our times.

女士们、先生们、朋友们！

Ladies and Gentlemen, Dear Friends,

当前，最迫切的任务是引领世界经济走出困境。世界经济长期低迷，贫富差距、南北差距问题更加突出。究其根源，是经济领域三大突出矛盾没有得到有效解决。

At present, the most pressing task before us is to steer the global economy out of difficulty. The global economy has remained sluggish for quite some time. The gap between the poor and the rich

and between the South and the North is widening. The root cause is that the three critical issues in the economic sphere have not been effectively addressed.

一是全球增长动能不足，难以支撑世界经济持续稳定增长。世界经济增速处于 7 年来最低水平，全球贸易增速继续低于经济增速。短期性政策刺激效果不佳，深层次结构性改革尚在推进。世界经济正处在动能转换的换挡期，传统增长引擎对经济的拉动作用减弱，人工智能、3D 打印等新技术虽然不断涌现，但新的经济增长点尚未形成。世界经济仍然未能开辟出一条新路。

First, lack of robust driving forces for global growth makes it difficult to sustain the steady growth of the global economy. The growth of the global economy is now at its slowest pace in seven years. Growth of global trade has been slower than global GDP growth. Short-term policy stimuli are ineffective. Fundamental structural reform is just unfolding. The global economy is now in a period of moving toward new growth drivers, and the role of traditional engines to drive growth has weakened. Despite the emergence of new technologies such as artificial intelligence and 3D printing, new sources of growth are yet to emerge. A new path for the global economy remains elusive.

二是全球经济治理滞后，难以适应世界经济新变化。前不久，拉加德女士告诉我，新兴市场国家和发展中国家对全球经济增长的贡献率已经达到 80%。过去数十年，国际经济力量对比深刻演变，而全球治理体系未能反映新格局，代表性和包容性很不够。全球产业布局在不断调整，新的产业链、价值链、供应链日益形成，而贸易和投资规则未能跟上新形势，机制封闭化、规则碎片化十分突出。全球金融市场需要增强抗风险能力，而全球金融治理机制未能适应新需求，难以有效化解国际金融市场频繁动荡、资产泡沫积聚等问题。

Second, inadequate global economic governance makes it difficult to adapt to new developments in the global economy. Madame Christine Lagarde recently told me that emerging markets and developing countries already contribute to 80% of the growth of the global economy. The global economic landscape has changed profoundly in the past few decades. However, the global governance system has not embraced those new changes and is therefore inadequate in terms of representation and inclusiveness. The global industrial landscape is changing and new industrial chains, value chains and supply chains are taking shape. However, trade and investment rules have not kept pace with these developments, resulting in acute problems such as closed mechanisms and fragmentation of rules. The global financial market needs to be more resilient against risks, but the

global financial governance mechanism fails to meet the new requirement and is thus unable to effectively resolve problems such as frequent international financial market volatility and the build-up of asset bubbles.

三是全球发展失衡，难以满足人们对美好生活的期待。施瓦布先生在《第四次工业革命》一书中写道，第四次工业革命将产生极其广泛而深远的影响，包括会加剧不平等，特别是有可能扩大资本回报和劳动力回报的差距。全球最富有的 1%人口拥有的财富量超过其余 99%人口财富的总和，收入分配不平等、发展空间不平衡令人担忧。全球仍然有 7 亿多人口生活在极端贫困之中。对很多家庭而言，拥有温暖住房、充足食物、稳定工作还是一种奢望。这是当今世界面临的巨大挑战，也是一些国家社会动荡的重要原因。

Third, uneven global development makes it difficult to meet people's expectations for better lives. Dr. Schwab has observed in his book *The Fourth Industrial Revolution* that this round of industrial revolution will produce extensive and far-reaching impacts such as growing inequality, particularly the possible widening gap between return on capital and return on labor. The richest one percent of the world's population own more wealth than the remaining 99 percent. Inequality in income distribution and uneven development space are worrying. Over 700 million people in the world are still living in extreme poverty. For many families, to have warm houses, enough food and secure jobs is still a distant dream. This is the biggest challenge facing the world today. It is also what is behind the social turmoil in some countries.

这些问题反映出，当今世界经济增长、治理、发展模式存在必须解决的问题。国际红十字会创始人杜楠说过：“真正的敌人不是我们的邻国，而是饥饿、贫穷、无知、迷信和偏见。”我们既要有分析问题的智慧，更要有采取行动的勇气。

All this shows that there are indeed problems with world economic growth, governance and development models, and they must be resolved. The founder of the Red Cross Henry Dunant once said, "Our real enemy is not the neighboring country; it is hunger, poverty, ignorance, superstition and prejudice." We need to have the vision to dissect these problems; more importantly, we need to have the courage to take actions to address them.

第一，坚持创新驱动，打造富有活力的增长模式。世界经济面临的根本问题是增长动力不足。创新是引领发展的第一动力。与以往历次工业革命相比，第四次工业革命是以指数级而非线性速度展开。我们必须在创新中寻找出路。只有敢于创新、勇于变革，才能突破世界经济增长和发展的瓶颈。

First, we should develop a dynamic, innovation-driven growth model. The fundamental issue plaguing the global economy is the lack of driving force for growth. Innovation is the primary force guiding development. Unlike the previous industrial revolutions, the fourth industrial revolution is unfolding at an exponential rather than linear pace. We need to relentlessly pursue innovation. Only with the courage to innovate and reform can we remove bottlenecks blocking global growth and development.

二十国集团领导人在杭州峰会上达成重要共识，要以创新为重要抓手，挖掘各国和世界经济新动力。我们要创新发展理念，超越财政刺激多一点还是货币宽松多一点的争论，树立标本兼治、综合施策的思路。我们要创新政策手段，推进结构性改革，为增长创造空间、增加后劲。我们要创新增长方式，把握好新一轮产业革命、数字经济等带来的机遇，既应对好气候变化、人口老龄化等带来的挑战，也化解掉信息化、自动化等给就业带来的冲击，在培育新产业新业态新模式过程中注意创造新的就业机会，让各国人民重拾信心和希望。

With this in mind, G20 leaders reached an important consensus at the Hangzhou Summit, which is to take innovation as a key driver and foster new driving force of growth for both individual countries and the global economy. We should develop a new development philosophy and rise above the debate about whether there should be more fiscal stimulus or more monetary easing. We should adopt a multipronged approach to address both the symptoms and the underlying problems. We should adopt new policy instruments and advance structural reform to create more space for growth and sustain its momentum. We should develop new growth models and seize opportunities presented by the new round of industrial revolution and digital economy. We should meet the challenges of climate change and aging population. We should address the negative impact of IT application and automation on jobs. When cultivating new industries and new forms models of business models, we should create new jobs and restore confidence and hope to our peoples.

第二，坚持协同联动，打造开放共赢的合作模式。人类已经成为你中有我、我中有你的命运共同体，利益高度融合，彼此相互依存。每个国家都有发展权利，同时都应该在更加广阔的层面考虑自身利益，不能以损害其他国家利益为代价。

Second, we should pursue a well-coordinated and inter-connected approach to develop a model of open and win-win cooperation. Today, mankind has become a close-knit community of shared future. Countries have extensive converging interests and are mutually dependent. All countries

enjoy the right to development. At the same time, they should view their own interests in a broader context and refrain from pursuing them at the expense of others.

我们要坚定不移发展开放型世界经济，在开放中分享机会和利益、实现互利共赢。不能一遇到风浪就退回到港湾中去，那是永远不能到达彼岸的。我们要下大气力发展全球互联互通，让世界各国实现联动增长，走向共同繁荣。我们要坚定不移发展全球自由贸易和投资，在开放中推动贸易和投资自由化便利化，旗帜鲜明反对保护主义。搞保护主义如同把自己关进黑屋子，看似躲过了风吹雨打，但也隔绝了阳光和空气。打贸易战的结果只能是两败俱伤。

We should commit ourselves to growing an open global economy to share opportunities and interests through opening-up and achieve win-win outcomes. One should not just retreat to the harbor when encountering a storm, for this will never get us to the other shore of the ocean. We must redouble efforts to develop global connectivity to enable all countries to achieve interconnected growth and share prosperity. We must remain committed to developing global free trade and investment, promote trade and investment liberalization and facilitation through opening-up and say no to protectionism. Pursuing protectionism is like locking oneself in a dark room. While wind and rain may be kept outside, that dark room will also block light and air. No one will emerge as a winner in a trade war.

第三，坚持与时俱进，打造公正合理的治理模式。小智治事，大智治制。全球经济治理体系变革紧迫性越来越突出，国际社会呼声越来越高。全球治理体系只有适应国际经济格局新要求，才能为全球经济提供有力保障。

Third, we should develop a model of fair and equitable governance in keeping with the trend of the times. As the Chinese saying goes, people with petty shrewdness attend to trivial matters, while people with vision attend to governance of institutions. There is a growing call from the international community for reforming the global economic governance system, which is a pressing task for us. Only when it adapts to new dynamics in the international economic architecture can the global governance system sustain global growth.

国家不分大小、强弱、贫富，都是国际社会平等成员，理应平等参与决策、享受权利、履行义务。要赋予新兴市场国家和发展中国家更多代表性和发言权。2010年国际货币基金组织份额改革方案已经生效，这一势头应该保持下去。要坚持多边主义，维护多边体制权威性和有效性。要践行承诺、遵守规则，不能按照自己的意愿取舍或选择。《巴黎协定》符合

全球发展大方向，成果来之不易，应该共同坚守，不能轻言放弃。这是我们对子孙后代必须担负的责任！

Countries, big or small, strong or weak, rich or poor, are all equal members of the international community. As such, they are entitled to participate in decision-making, enjoy rights and fulfill obligations on an equal basis. Emerging markets and developing countries deserve greater representation and voice. The 2010 IMF quota reform has entered into force, and its momentum should be sustained. We should adhere to multilateralism to uphold the authority and efficacy of multilateral institutions. We should honor promises and abide by rules. One should not select or bend rules as he sees fit. The Paris Agreement is a hard-won achievement which is in keeping with the underlying trend of global development. All signatories should stick to it instead of walking away from it as this is a responsibility we must assume for future generations.

第四，坚持公平包容，打造平衡普惠的发展模式。“大道之行也，天下为公。”发展的目的是造福人民。要让发展更加平衡，让发展机会更加均等、发展成果人人共享，就要完善发展理念和模式，提升发展公平性、有效性、协同性。

Fourth, we should develop a balanced, equitable and inclusive development model. As the Chinese saying goes, “A just cause should be pursued for common good.” Development is ultimately for the people. To achieve more balanced development and ensure that the people have equal access to opportunities and share in the benefits of development, it is crucial to have a sound development philosophy and model and make development equitable, effective and balanced.

我们要倡导勤劳俭朴、努力奋进的社会风气，让所有人的劳动成果得到尊重。要着力解决贫困、失业、收入差距拉大等问题，照顾好弱势群体的关切，促进社会公平正义。要保护好生态环境，推动经济、社会、环境协调发展，实现人与自然、人与社会和谐。要落实联合国 2030 年可持续发展议程，实现全球范围平衡发展。

We should foster a culture that values diligence, frugality and enterprise and respects the fruits of hard work of all. Priority should be given to addressing poverty, unemployment, the widening income gap and the concerns of the disadvantaged to promote social equity and justice. It is important to protect the environment while pursuing economic and social progress so as to achieve harmony between man and nature and between man and society. The 2030 Agenda for Sustainable Development should be implemented to realize balanced development across the world.

“积力之所举，则无不胜也；众智之所为，则无不成也。”只要我们牢固树立人类命运共同体意识，携手努力、共同担当，同舟共济、共渡难关，就一定能够让世界更美好、让人民更幸福。

A Chinese adage reads, “Victory is ensured when people pool their strength; success is secured when people put their heads together.” As long as we keep to the goal of building a community of shared future for mankind and work hand in hand to fulfill our responsibilities and overcome difficulties, we will be able to create a better world and deliver better lives for our peoples.

女士们、先生们、朋友们！

Ladies and Gentlemen, Dear Friends,

经过 38 年改革开放，中国已经成为世界第二大经济体。道路决定命运。中国的发展，关键在于中国人民在中国共产党领导下，走出了一条适合中国国情的发展道路。

China has become the world's second largest economy thanks to 38 years of reform and opening-up. A right path leads to a bright future. China has come this far because the Chinese people have, under the leadership of the Communist Party of China, blazed a development path that suits China's actual conditions.

这是一条从本国国情出发确立的道路。中国立足自身国情和实践，从中华文明中汲取智慧，博采东西方各家之长，坚守但不僵化，借鉴但不照搬，在不断探索中形成了自己的发展道路。条条大路通罗马。谁都不应该把自己的发展道路定为一尊，更不应该把自己的发展道路强加于人。

This is a path based on China's realities. China has in the past years succeeded in embarking on a development path that suits itself by drawing on both the wisdom of its civilization and the practices of other countries in both East and West. In exploring this path, China refuses to stay insensitive to the changing times or to blindly follow in others' footsteps. All roads lead to Rome. No country should view its own development path as the only viable one, still less should it impose its own development path on others.

这是一条把人民利益放在首位的道路。中国秉持以人民为中心的发展思想，把改善人民生活、增进人民福祉作为出发点和落脚点，在人民中寻找发展动力、依靠人民推动发展、使发展造福人民。中国坚持共同富裕的目标，大力推进减贫事业，让 7 亿多人口摆脱贫困，正在向着全面建成小康社会目标快步前进。

This is a path that puts people's interests first. China follows a people-oriented development

philosophy and is committed to bettering the lives of its people. Development is of the people, by the people and for the people. China pursues the goal of common prosperity. We have taken major steps to alleviate poverty and lifted over 700 million people out of poverty, and good progress is being made in our efforts to finish building a society of initial prosperity in all respects.

这是一条改革创新的道路。中国坚持通过改革破解前进中遇到的困难和挑战，敢于啃硬骨头、涉险滩，勇于破除妨碍发展的体制机制障碍，不断解放和发展社会生产力，不断解放和增强社会活力。近4年来，我们在之前30多年不断改革的基础上，又推出了1200多项改革举措，为中国发展注入了强大动力。

This is a path of pursuing reform and innovation. China has tackled difficulties and met challenges on its way forward through reform. China has demonstrated its courage to take on difficult issues, navigate treacherous rapids and remove institutional hurdles standing in the way of development. These efforts have enabled us to unleash productivity and social vitality. Building on progress of 30-odd years of reform, we have introduced more than 1,200 reform measures over the past four years, injecting powerful impetus into China's development.

这是一条在开放中谋求共同发展的道路。中国坚持对外开放基本国策，奉行互利共赢的开放战略，不断提升发展的内外联动性，在实现自身发展的同时更多惠及其他国家和人民。

This is a path of pursuing common development through opening-up. China is committed to a fundamental policy of opening-up and pursues a win-win opening-up strategy. China's development is both domestic and external oriented; while developing itself, China also shares more of its development outcomes with other countries and peoples.

中国发展取得了巨大成就，中国人民生活得到了极大改善，这对中国好，对世界也好。中国的发展成就，是中国人民几十年含辛茹苦、流血流汗干出来的。千百年来，中华民族素以吃苦耐劳闻名于世。中国人民深知，世界上没有免费的午餐，中国是一个有着13亿多人口的大国，想发展就要靠自己苦干实干，不能寄托于别人的恩赐，世界上也没有谁有这样的能力。

China's outstanding development achievements and the vastly improved living standards of the Chinese people are a blessing to both China and the world. Such achievements in development over the past decades owe themselves to the hard work and perseverance of the Chinese people, a quality that has defined the Chinese nation for several thousand years. We Chinese know only too well that there is no such thing as a free lunch in the world. For a big country with over 1.3 billion

people, development can be achieved only with the dedication and tireless efforts of its own people.

We cannot expect others to deliver development to China, and no one is in a position to do so.

观察中国发展，要看中国人民得到了什么收获，更要看中国人民付出了什么辛劳；要看中国取得了什么成就，更要看中国为世界作出了什么贡献。这才是全面的看法。

When assessing China's development, one should not only see what benefits the Chinese people have gained, but also how much hard effort they have put in, not just what achievements China has made, but also what contribution China has made to the world. Then one will reach a balanced conclusion about China's development.

1950年至2016年，中国在自身长期发展水平和人民生活水平不高的情况下，累计对外提供援款4000多亿元人民币，实施各类援外项目5000多个，其中成套项目近3000个，举办11000多期培训班，为发展中国家在华培训各类人员26万多名。改革开放以来，中国累计吸引外资超过1.7万亿美元，累计对外直接投资超过1.2万亿美元，为世界经济发展作出了巨大贡献。国际金融危机爆发以来，中国经济增长对世界经济增长的贡献率年均在30%以上。这些数字，在世界上都是名列前茅的。

Between 1950 and 2016, despite its modest level of development and living standard, China provided more than 400 billion yuan of foreign assistance, undertook over 5,000 foreign assistance projects, including nearly 3,000 complete projects, and held over 11,000 training workshops in China for over 260,000 personnel from other developing countries. Since it launched reform and opening-up, China has attracted over 1.7 trillion US dollars of foreign investment and made over 1.2 trillion US dollars of direct outbound investment, making huge contribution to global economic development. In the years following the outbreak of the international financial crisis, China contributed to over 30% of global growth every year on average. All these figures are among the highest in the world.

从这些数字可以看出，中国的发展是世界的机遇，中国是经济全球化的受益者，更是贡献者。中国经济快速增长，为全球经济稳定和增长提供了持续强大的推动。中国同一大批国家的联动发展，使全球经济发展更加平衡。中国减贫事业的巨大成就，使全球经济增长更加包容。中国改革开放持续推进，为开放型世界经济发展提供了重要动力。

The figures speak for themselves. China's development is an opportunity for the world; China has not only benefited from economic globalization but also contributed to it. Rapid growth in China has been a sustained, powerful engine for global economic stability and expansion. The inter-

connected development of China and a large number of other countries has made the world economy more balanced. China's remarkable achievement in poverty reduction has contributed to more inclusive global growth. And China's continuous progress in reform and opening-up has lent much momentum to an open world economy.

中国人民深知实现国家繁荣富强的艰辛，对各国人民取得的发展成就都点赞，都为他们祝福，都希望他们的日子越过越好，不会犯“红眼病”，不会抱怨他人从中国发展中得到了巨大机遇和丰厚回报。中国人民张开双臂欢迎各国人民搭乘中国发展的“快车”、“便车”。

We Chinese know only too well what it takes to achieve prosperity, so we applaud the achievements made by others and wish them a better future. We are not jealous of others' success; and we will not complain about others who have benefited so much from the great opportunities presented by China's development. We will open our arms to the people of other countries and welcome them aboard the express train of China's development.

女士们、先生们、朋友们！

Ladies and Gentlemen, Dear Friends,

很多人都在关注中国经济发展趋势。中国经济发展进入了新常态，经济增速、经济发展方式、经济结构、经济发展动力都正在发生重大变化。但中国经济长期向好的基本面没有改变。

I know you are all closely following China's economic development, and let me give you an update on the state of China's economy. China's economy has entered what we call a new normal, in which major changes are taking place in terms of growth rate, development model, economic structure and drivers of growth. But the economic fundamentals sustaining sound development remain unchanged.

2016年，在世界经济疲弱的背景下，中国经济预计增长6.7%，依然处于世界前列。现在，中国经济的体量已不能同过去同日而语，集聚的动能是过去两位数的增长都达不到的。中国居民消费和服务业成为经济增长的主要动力，2016年前三季度第三产业增加值占国内生产总值的比重为52.8%，国内消费对经济增长的贡献率达71%。居民收入和就业实现稳定增长，单位国内生产总值能耗持续下降，绿色发展初见成效。

Despite a sluggish global economy, China's economy is expected to grow by 6.7% in 2016, still one of the highest in the world. China's economy is far bigger in size than in the past, and it now generates more output than it did with double-digit growth in the past. Household consumption

and the services sector have become the main drivers of growth. In the first three quarters of 2016, added value of the tertiary industry took up 52.8% of the GDP and domestic consumption contributed to 71% of economic growth. Household income and employment have steadily risen, while per unit GDP energy consumption continues to drop. Our efforts to pursue green development are paying off.

当前，中国经济面临一定的下行压力和不少困难，如产能过剩和需求结构升级矛盾突出，经济增长内生动力不足，金融风险有所积聚，部分地区困难增多。我们认为，这些都是前进中必然出现的阶段性现象，对这些问题和矛盾，我们正在着力加以解决，并不断取得积极成效。我们坚定向前发展的决心不会动摇。中国仍然是世界上最大的发展中国家，中国有 13 亿多人口，人民生活水平还不高，但这也意味着巨大的发展潜力和空间。我们将在创新、协调、绿色、开放、共享的发展理念指引下，不断适应、把握、引领中国经济发展新常态，统筹抓好稳增长、促改革、调结构、惠民生、防风险工作，推动中国经济保持中高速增长、迈向中高端水平。

The Chinese economy faces downward pressure and many difficulties, including acute mismatch between excess capacity and an upgrading demand structure, lack of internal driving force for growth, accumulation of financial risks, and growing challenges in certain regions. We see these as temporary hardships that occur on the way forward. And the measures we have taken to address these problems are producing good results. We are firm in our resolve to forge ahead. China is the world's largest developing country with over 1.3 billion people, and their living standards are not yet high. But this reality also means China has enormous potential and space for development. Guided by the vision of innovative, coordinated, green, open and shared development, we will adapt to the new normal, stay ahead of the curve, and make coordinated efforts to maintain steady growth, accelerate reform, adjust economic structure, improve people's living standards and fend off risks. With these efforts, we aim to achieve medium-high rate of growth and upgrade the economy to higher end of the value chain.

——中国将着力提升经济增长质量和效益，围绕供给侧结构性改革这条主线，转变经济发展方式，优化经济结构，积极推进去产能、去库存、去杠杆、降成本、补短板，培育增长新动能，发展先进制造业，实现实体经济升级，深入实施“互联网+”行动计划，扩大有效需求，更好满足人们个性化、多样化的需求，更好保护生态环境。

— China will strive to enhance the performance of economic growth. We will pursue supply-side

structural reform as the general goal, shift the growth model and upgrade the economic structure. We will continue to cut overcapacity, reduce inventory, deleverage financing, reduce cost and strengthen weak links. We will foster new drivers of growth, develop an advanced manufacturing sector and upgrade the real economy. We will implement the Internet Plus action plan to boost effective demand and better meet the individualized and diverse needs of consumers. And we will do more to protect the ecosystem.

——中国将不断激发增长动力和市场活力，加大重要领域和关键环节改革力度，让市场在资源配置中起决定性作用，牵住创新这个“牛鼻子”，推进创新驱动发展战略，推动战略性新兴产业发展，注重用新技术新业态改造提升传统产业，促进新动能发展壮大、传统动能焕发生机。

— China will boost market vitality to add new impetus to growth. We will intensify reform efforts in priority areas and key links and enable the market to play a decisive role in resources allocation. Innovation will continue to feature prominently on our growth agenda. In pursuing the strategy of innovation-driven development, we will bolster the strategic emerging industries, apply new technologies and foster new business models to upgrade traditional industries; and we will boost new drivers of growth and revitalize traditional ones.

——中国将积极营造宽松有序的投资环境，放宽外商投资准入，建设高标准自由贸易试验区，加强产权保护，促进公平竞争，让中国市场更加透明、更加规范。预计未来 5 年，中国将进口 8 万亿美元的商品、吸收 6000 亿美元的外来投资，对外投资总额将达到 7500 亿美元，出境旅游将达到 7 亿人次。这将为世界各国提供更广阔市场、更充足资本、更丰富产品、更宝贵合作契机。对各国工商界而言，中国发展仍然是大家的机遇。中国的大门对世界始终是打开的，不会关上。开着门，世界能够进入中国，中国也才能走向世界。我们希望，各国的大门也对中国投资者公平敞开。

— China will foster an enabling and orderly environment for investment. We will expand market access for foreign investors, build high-standard pilot free trade zones, strengthen protection of property rights, and level the playing field to make China's market more transparent and better regulated. In the coming five years, China is expected to import eight trillion US dollars of goods, attract 600 billion US dollars of foreign investment and make 750 billion US dollars of outbound investment. Chinese tourists will make 700 million overseas visits. All this will create a bigger market, more capital, more products and more business opportunities for other countries. China's

development will continue to offer opportunities to business communities in other countries. China will keep its door wide open and not close it. An open door allows both other countries to access the Chinese market and China itself to integrate with the world. And we hope that other countries will also keep their door open to Chinese investors and keep the playing field level for us.

——中国将大力建设共同发展的对外开放格局，推进亚太自由贸易区建设和区域全面经济伙伴关系协定谈判，构建面向全球的自由贸易区网络。中国一贯主张建设开放透明、互利共赢的区域自由贸易安排，而不是搞排他性、碎片化的小圈子。中国无意通过人民币贬值提升贸易竞争力，更不会主动打货币战。

— China will vigorously foster an external environment of opening-up for common development. We will advance the building of the Free Trade Area of the Asia Pacific and negotiations of the Regional Comprehensive Economic Partnership to form a global network of free trade arrangements. China stands for concluding open, transparent and win-win regional free trade arrangements and opposes forming exclusive groups that are fragmented in nature. China has no intention to boost its trade competitiveness by devaluing the RMB, still less will it launch a currency war.

3年多前，我提出了“一带一路”倡议。3年多来，已经有100多个国家和国际组织积极响应支持，40多个国家和国际组织同中国签署合作协议，“一带一路”的“朋友圈”正在不断扩大。中国企业对沿线国家投资达到500多亿美元，一系列重大项目落地开花，带动了各国经济发展，创造了大量就业机会。可以说，“一带一路”倡议来自中国，但成效惠及世界。

Over three years ago, I put forward the “Belt and Road” initiative. Since then, over 100 countries and international organizations have given warm responses and support to the initiative. More than 40 countries and international organizations have signed cooperation agreements with China, and our circle of friends along the “Belt and Road” is growing bigger. Chinese companies have made over 50 billion US dollars of investment and launched a number of major projects in the countries along the routes, spurring the economic development of these countries and creating many local jobs. The “Belt and Road” initiative originated in China, but it has delivered benefits well beyond its borders.

今年5月，中国将在北京主办“一带一路”国际合作高峰论坛，共商合作大计，共建合作平台，共享合作成果，为解决当前世界和区域经济面临的问题寻找方案，为实现联动式发展注入新能量，让“一带一路”建设更好造福各国人民。

In May this year, China will host in Beijing the Belt and Road Forum for International Cooperation, which aims to discuss ways to boost cooperation, build cooperation platforms and share cooperation outcomes. The forum will also explore ways to address problems facing global and regional economy, create fresh energy for pursuing inter-connected development and make the “Belt and Road” initiative deliver greater benefits to people of countries involved.

女士们、先生们、朋友们！

Ladies and Gentlemen, Dear Friends,

世界历史发展告诉我们，人类文明进步历程从来没有平坦的大道可走，人类就是在同困难的斗争中前进的。再大的困难，都不可能阻挡人类前行的步伐。遇到了困难，不要埋怨自己，不要指责他人，不要放弃信心，不要逃避责任，而是要一起来战胜困难。历史是勇敢者创造的。让我们拿出信心、采取行动，携手向着未来前进！

World history shows that the road of human civilization has never been a smooth one, and that mankind has made progress by surmounting difficulties. No difficulty, however daunting, will stop mankind from advancing. When encountering difficulties, we should not complain about ourselves, blame others, lose confidence or run away from responsibilities. We should join hands and rise to the challenge. History is created by the brave. Let us boost confidence, take actions and march arm-in-arm toward a bright future.

谢谢大家。

Thank you!

第八节 习近平大国外交活动演讲实例

弘扬“上海精神” 构建命运共同体

Carrying Forward the Shanghai Spirit to Build a Community with a Shared Future

——在上海合作组织成员国元首理事会第十八次会议上的讲话

（2018年6月10日，青岛）

中华人民共和国主席 习近平

Remarks by H.E. Xi Jinping

President of the People's Republic of China

At the 18th Meeting of the Council of Heads of Member States of The Shanghai Cooperation Organization

Qingdao, June 10, 2018

尊敬的各位同事：

Dear colleagues,

六月的青岛，风景如画。在这美好的时节，欢迎大家来到这里，出席上海合作组织成员国元首理事会第十八次会议。早在 2500 多年前，中国古代伟大的思想家孔子就说：“有朋自远方来，不亦乐乎？”今天，孔子的故乡山东喜迎远道而来的各方贵宾，我们在这里共商上海合作组织发展大计，具有特殊意义。

In this lovely season of June, I am delighted to welcome all of you to the picturesque city of Qingdao for the 18th meeting of the Council of Heads of Member States of the Shanghai Cooperation Organization (SCO). Over 2,500 years ago, Confucius, the great Chinese philosopher, had this to say: "What a joy to have friends coming from afar!" It is therefore of special significance that I host my distinguished guests in Shandong, the home province of Confucius, for a summit that will chart the future course for the SCO.

再过 5 天，上海合作组织将迎来 17 岁生日。抚今追昔，本组织走过了不平凡的发展历程，取得了重大成就。

In five days, the SCO will celebrate its 17th birthday, an occasion for us to review our organization's remarkable journey and important achievements.

17 年来，我们以《上海合作组织宪章》、《上海合作组织成员国长期睦邻友好合作条约》为遵循，构建起不结盟、不对抗、不针对第三方的建设性伙伴关系。这是国际关系理论和实践的重大创新，开创了区域合作新模式，为地区和平与发展作出了新贡献。

Over the past 17 years, guided by the SCO Charter and the Treaty on Long-Term Good-Neighborliness, Friendship and Cooperation Between the Member States of the Shanghai Cooperation Organization, we have forged a constructive partnership featuring non-alliance, non-confrontation and not targeting any third party. In doing so, we have achieved a major breakthrough in the theories and practices of international relations, created a new model for regional cooperation, and made new contribution to peace and development in our region.

今天，上海合作组织是世界上幅员最广、人口最多的综合性区域合作组织，成员国的经济和人口总量分别约占全球的 20%和 40%。上海合作组织拥有 4 个观察员国、6 个对话伙伴，并

同联合国等国际和地区组织建立了广泛的合作关系，国际影响力不断提升，已经成为促进世界和平与发展、维护国际公平正义不可忽视的重要力量。

Today, the SCO stands as a comprehensive regional cooperation organization that covers the largest area and population in the world. Its members account for about 20 percent of the global economy and 40 percent of its population. The SCO has four observer states and six dialogue partners as well as extensive cooperation linkages with the United Nations and other international and regional organizations. With its ever rising international influence, the SCO has become an important force for promoting global peace and development and upholding international justice and fairness.

上海合作组织始终保持旺盛生命力、强劲合作动力，根本原因在于它创造性地提出并始终践行“上海精神”，主张互信、互利、平等、协商、尊重多样文明、谋求共同发展。这超越了文明冲突、冷战思维、零和博弈等陈旧观念，掀开了国际关系史崭新的一页，得到国际社会日益广泛的认同。

The SCO enjoys strong vitality and momentum of cooperation. This, in the final analysis, is attributed to the Shanghai Spirit, a creative vision initiated and followed through by the SCO that champions mutual trust, mutual benefit, equality, consultation, respect for diversity of civilizations and pursuit of common development. The Shanghai Spirit, transcending outdated concepts such as clash of civilizations, Cold War and zero-sum mentality, has opened a new page in the history of international relations and gained increasing endorsement of the international community.

各位同事！

Dear colleagues,

“孔子登东山而小鲁，登泰山而小天下”。面对世界大发展大变革大调整的新形势，为更好推进人类文明进步事业，我们必须登高望远，正确认识和把握世界大势和时代潮流。

Mencius, another ancient Chinese philosopher, aptly observed, "When Confucius looks down from the peak of the Dongshan Mountain, the local Kingdom of Lu comes into view; when he looks down from the peak of Mount Tai, the whole land comes into view." At a time when the world is undergoing major developments, transformation and adjustment, we must aim high and look far, and keep pace with the underlying trend of both the world and our times to push for more progress of human civilization.

尽管当今世界霸权主义和强权政治依然存在，但推动国际秩序朝着更加公正合理方向发展的呼声不容忽视，国际关系民主化已成为不可阻挡的时代潮流。

While hegemony and power politics still persist in this world, the growing call for a more just and equitable international order must be heeded. Democracy in international relations has become an unstoppable trend of the times.

尽管各种传统和非传统安全威胁不断涌现，但捍卫和平的力量终将战胜破坏和平的势力，安全稳定是人心所向。

While various traditional and non-traditional security threats keep emerging, the force for peace will prevail, for security and stability are what people long for.

尽管单边主义、贸易保护主义、逆全球化思潮不断有新的表现，但“地球村”的世界决定了各国日益利益交融、命运与共，合作共赢是大势所趋。

While unilateralism, trade protectionism and backlash against globalization are taking new forms, in this global village of ours where countries' interests and future are so interconnected, the pursuit of cooperation for mutual benefit represents a surging trend.

尽管文明冲突、文明优越等论调不时沉渣泛起，但文明多样性是人类进步的不竭动力，不同文明交流互鉴是各国人民共同愿望。

While we keep hearing such rhetoric as the clash of civilizations or the superiority of one civilization over another, it is the diversity of civilizations that sustains human progress. Indeed, mutual learning between different cultures is a shared aspiration of all peoples.

各位同事！

Dear colleagues,

当前，世界发展既充满希望，也面临挑战，我们的未来无比光明，但前方的道路不会平坦。我们要进一步弘扬“上海精神”，破解时代难题，化解风险挑战。

The world today faces both opportunities and challenges. The road ahead, bumpy as it may be, will lead to a promising future. We should stay committed to the Shanghai Spirit, surmount difficulties, defuse risks and meet challenges head on.

——我们要提倡创新、协调、绿色、开放、共享的发展观，实现各国经济社会协同进步，解决发展不平衡带来的问题，缩小发展差距，促进共同繁荣。

-- We should uphold innovative, coordinated, green, open and inclusive development, achieve coordinated social and economic progress of various countries and resolve issues caused by unbalanced development. We should bridge the gap in development and promote shared prosperity.

——我们要践行共同、综合、合作、可持续的安全观，摒弃冷战思维、集团对抗，反对以牺牲别国安全换取自身绝对安全的做法，实现普遍安全。

-- We should pursue common, comprehensive, cooperative and sustainable security. We should reject the Cold War mentality and confrontation between blocs and oppose the practices of seeking absolute security of oneself at the expense of others, so as to achieve security of all.

——我们要秉持开放、融通、互利、共赢的合作观，拒绝自私自利、短视封闭的狭隘政策，维护世界贸易组织规则，支持多边贸易体制，构建开放型世界经济。

-- We should promote open and inclusive cooperation for win-win outcomes. We should reject self-centered, short-sighted and closed-door policies. We should uphold WTO rules and support the multilateral trading system so as to build an open world economy.

——我们要树立平等、互鉴、对话、包容的文明观，以文明交流超越文明隔阂，以文明互鉴超越文明冲突，以文明共存超越文明优越。

-- We should champion equality, mutual learning, dialogue and inclusiveness between civilizations. It is important that we overcome cultural misunderstanding, clash and supremacy through exchanges, mutual learning and coexistence.

——我们要坚持共商共建共享的全球治理观，不断改革完善全球治理体系，推动各国携手建设人类命运共同体。

-- We should follow the principle of achieving shared growth through discussion and collaboration in engaging in global governance. We should reform and improve the global governance system, and work with all other countries to build a community with shared future for humanity.

各位同事！

Dear colleagues,

“上海精神”是我们共同的财富，上海合作组织是我们共同的家园。我们要继续在“上海精神”指引下，同舟共济，精诚合作，齐心协力构建上海合作组织命运共同体，推动建设新型国际关系，携手迈向持久和平、普遍安全、共同繁荣、开放包容、清洁美丽的世界。为此，我愿提出以下建议。

The Shanghai Spirit is our shared asset, and the SCO is our shared home. We should, guided by the Shanghai Spirit, work closely to build an SCO community with a shared future, move toward a new type of international relations, and build an open, inclusive, clean and beautiful world that enjoys

lasting peace, universal security, and common prosperity. To this end, I would like to propose the following:

第一，凝聚团结互信的强大力量。我们要全面落实青岛宣言、长期睦邻友好合作条约实施纲要等文件，尊重各自选择的发展道路，兼顾彼此核心利益和重大关切，通过换位思考增进相互理解，通过求同存异促进和睦团结，不断增强组织的凝聚力和向心力。

First, we need to build up strength of unity and mutual trust. We should ensure full implementation of the Qingdao Declaration, the Outline for the Implementation of the Treaty on Long-Term Good-Neighborliness, Friendship and Cooperation, and other documents. We should respect each other's choice of development paths and accommodate each other's core interests and major concerns. We should enhance mutual understanding by putting ourselves in others' positions and boost harmony and unity by seeking common ground and setting aside differences. This will enhance the cohesion and appeal of our organization.

第二，筑牢和平安全的共同基础。我们要积极落实打击“三股势力”2019至2021年合作纲要，继续举行“和平使命”等联合反恐演习，强化防务安全、执法安全、信息安全合作。要发挥“上海合作组织—阿富汗联络组”作用，促进阿富汗和平重建进程。未来3年，中方愿利用中国—上海合作组织国际司法交流合作培训基地等平台，为各方培训2000名执法人员，强化执法能力建设。

Second, we need to strengthen the foundation for shared peace and security. We need to actively implement the 2019-2021 program of cooperation for combating "three evil forces" of terrorism, separatism and extremism, continue to conduct the "Peace Mission" and other joint counter-terrorism exercises, and enhance cooperation on defense security, law enforcement security and information security. We need to give full play to the role of the SCO-Afghanistan Contact Group to facilitate peace and reconstruction in Afghanistan. China offers to train 2,000 law enforcement officers for all parties in the next three years through China National Institute for SCO International Exchange and Judicial Cooperation and other platforms to enhance law enforcement capacity building.

第三，打造共同发展繁荣的强劲引擎。我们要促进发展战略对接，本着共商共建共享原则，推进“一带一路”建设，加快地区贸易便利化进程，加紧落实国际道路运输便利化协定等合作文件。中国欢迎各方积极参与今年11月将在上海举办的首届中国国际进口博览会。中国政

府支持在青岛建设中国—上海合作组织地方经贸合作示范区，还将设立“中国—上海合作组织法律服务委员会”，为经贸合作提供法律支持。

Third, we need to build a powerful engine to achieve common development and prosperity. We should increase complementarity of our respective development strategies, continue to advance the Belt and Road cooperation under the principle of delivering shared benefits through extensive consultation and joint contribution, accelerate regional trade facilitation, and step up the implementation of the Agreement on International Road Transport Facilitation and other cooperation documents. China will welcome all parties to the first China International Import Expo to be held in Shanghai in November this year. The Chinese government supports building a demonstration area in Qingdao for China-SCO local economic and trade cooperation, and will set up a committee of legal services for SCO member states to provide legal support for business cooperation.

我宣布，中方将在上海合作组织银行联合体框架内设立 300 亿元人民币等值专项贷款。

In this connection, I hereby announce that China will set up an RMB 30 billion equivalent special lending facility within the framework of the SCO Inter-bank Consortium.

第四，拉紧人文交流合作的共同纽带。我们要积极落实成员国环保合作构想等文件，继续办好青年交流营等品牌项目，扎实推进教育、科技、文化、旅游、卫生、减灾、媒体等各领域合作。未来 3 年，中方将为各成员国提供 3000 个人力资源开发培训名额，增强民众对上海合作组织大家庭的了解和认同。中方愿利用风云二号气象卫星为各方提供气象服务。

Fourth, we need to forge closer ties through cultural and people-to-people exchanges. We should actively implement the outline for environmental protection cooperation and other documents, ensure the continued success of such well-recognized programs as the youth exchange camp, and secure solid progress in cooperation in education, science and technology, culture, tourism, health, disaster relief and media. In the next three years, China will provide 3,000 training opportunities of human resources development for SCO member states to enhance public understanding of and support for the SCO family. China offers to provide meteorological services to all parties using its Fengyun-2 weather satellites.

第五，共同拓展国际合作的伙伴网络。我们要强化同观察员国、对话伙伴等地区国家交流合作，密切同联合国等国际和地区组织的伙伴关系，同国际货币基金组织、世界银行等国际金融机构开展对话，为推动化解热点问题、完善全球治理作出贡献。

Fifth, we need to expand partnership networks of international cooperation. By intensifying exchanges and cooperation with SCO observer states, dialogue partners, and other countries in our region, by enhancing partnerships with the United Nations and other international and regional organizations, and by engaging in dialogue with the International Monetary Fund, the World Bank and other international financial institutions, we can contribute our share to resolving hotspot issues and improving global governance.

各位同事！

Dear colleagues,

一年来，在各成员国大力支持和帮助下，中方完成了主席国工作，并举办了本次峰会。在这里，我向大家表示诚挚的谢意。中方愿同各成员国一道，本着积极务实、友好合作的精神，全面落实本次会议的共识，支持下一任主席国吉尔吉斯斯坦的工作，携手创造本组织更加光明的美好未来！

Thanks to the support and assistance of all the other SCO member states over the past year, China has completed its SCO presidency and hosted this summit. Here I wish to express my sincere thanks to you all. China will maintain active, practical and friendly cooperation with other SCO member states to ensure the full implementation of the consensus reached at this summit and support Kyrgyzstan in its SCO presidency. Let us join hands to create an even brighter future for the SCO!

谢谢各位。

Thank you.

第九节 文学鉴赏实例

Shall I compare thee to a summer's day?
Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date:
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimmed,
And every fair from fair sometime declines,

By chance, or nature's changing course untrimmed:
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st,
Nor shall death brag thou wander'st in his shade,
When in eternal lines to time thou grow'st,
So long as men can breathe, or eyes can see,
So long lives this, and this gives life to thee.

Appreciation:

This is probably one of the most famous of all the sonnets. But it does not stand in isolation. It is linked with so many other sonnets through the themes of the descriptive power of verse; the ability of the poet to depict the fair youth adequately; and the immortality that lives in these “eternal lines”. It is noticeable that here the poet is full of confidence that his verse will live as long as there are people living on the Earth, whereas later he apologizes for his poor wit and his humble lines which are inadequate to express all the youth’s excellence. Now, perhaps in the early days of his love, there is no such self-doubt and the eternal summer of the youth is preserved forever in the poet’s lines. The poem also works to achieve its objective through dispraise. The summer’s day is found to be lacking in so many respects (too short, too hot, too rough, sometimes too dingy), but curiously enough one is left with the impression that “ the lovely boy” is in fact like a summer’s day at its best, fair, warm, sunny, temperate, one of the darling buds of May, and that all his beauty has been wonderfully highlighted by the comparison.

第五章 英文报

第一节 英文报版面设置

版面就是指在一定的幅面内，版面编辑人员利用各种编排手段组织各种版面元素，达到内容与形式的完美统一。版面是编辑人员向受众展示的最终成果。恰当的版面形式可以有效地传播内容，使报纸具有吸引力。

一块版除掉四周应留的空白外，中间容纳文字和图片的部分叫版芯，也就是通常所说的版面。

报头：指报纸刊登报名的地方，一般都在报纸上端，横排报纸大多在上端偏左，竖排报纸大多在上端偏右，也有把报头放在上端正中的。

现代报纸的排列，可简单分为竖分列式版式和横分列式版式两种。横和竖分列式版式，分别是把版面空间按实际需求横或竖向分割，分为平行的竖或横构图模式，营造出视觉中心。

报纸排版是指将图文内容按照一定的规范，合理的编排在报纸的版面上。“版面一张脸”、“标题一双眼”，一个好版面，会直接激发读者的阅读兴趣，使之在美的形式氛围中浏览到丰富多彩的信息报道。如果版面编排不规范、不美观、不和谐、不便于阅读，会直接影响新闻报道和报纸的宣传效果，降低报纸的可读性。

1. 版面语言

报纸的版面语言由两方面组成，一是编排手段，如文字、图片、标题、线条、色彩等；二是版面空间，包括栏、区间、留白等。现代报纸版面语言的丰富性体现在编排手段丰富多元。图表、线条、刊头、色彩的充分运用，使现代版面表情丰富而多彩，厚题薄文，大标题、大图片、颜色、底纹、视觉反差等更是为版面化上了靓妆。

2. 版式设计

现代报纸流行模块化版式，它的优点在于：版面简洁、清晰易读；易于设计、排版。该版式崇尚简洁大气，标题醒目，图片“夺人”，紧紧抓住读者视线。

(1) 提倡纯净版面：减少栏数，栏距也由一字扩展为两字甚至三字；原则上去除纹饰、题花等阻碍视线流畅流动的修饰，使用纤细清秀的水线或“无形线条”；简化标题制作；适当地使用色彩，避免花哨。

(2) 加大留白技巧的运用：留白是现代报纸版面语言的重要表现手段，在版面上留白除

了能引起读者的视觉关注，还能营造“透气”的视觉效果。

报纸排版规范化

一是在进行版面设计时，要周密地考虑到每一篇稿件在版式结构中的位置，主题鲜明、主次分明，力戒轻重倒置，随意拼凑。全版既突出中心，又相互呼应，消息、评论、专栏、各种文、图稿件，各得其所，既保持足够的信息量，又体现报道意图，引导读者依照版面的安排，取舍阅读。二是划版要规范，在编排文字稿件的走向时，使版式结构中的块状形态变化多端，要注意版面形块分割合理。三是标题讲规格、求美，做到题文相符。四是图片放置合理，根据图片本身内容以及与整个版面的协调等情况，设计图片的大小尺寸，或加框、线点缀。

第二节 英文报内容及要求

英文报呈现的内容与校园外语广播同步，内容一致。英文报制作过程中，有如下要求：

1. 资源利用方面：有效地使用网络资源；
2. 内容选材方面：宣传正能量；主题鲜明突出、有较好的原创作品；
3. 制作方式方面：手写或打印均可。手写制作时，要注意书写规范。
4. 版面编排方面：布局合理、题文相符、图片放置合理、用字规范；英文报的报头需要有外国语学院标志，见下图：



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