Unit 1

英译汉

The sport of basketball was created by a physical education teacher named James Naismith, who in the winter of 1891 was given the task of creating a game that would keep track athletes in shape without risking them getting hurt a lot. Basketball quickly became popular on college campuses. When the professional league was established in the 1940s, the National Basketball Association (NBA) drafted players who had graduated from college. This was a mutually beneficial relationship for the NBA and colleges—the colleges held onto players who would otherwise go professional, and the NBA did not have to fund a minor league. The pervasiveness of college basketball throughout the nation and the NCAA's (美国大学体育协会) marketing of "March Madness" (officially the NCAA Division I Men's Basketball Championship), have kept the college game alive and well 篮球运动是一个名叫詹姆斯•奈史密斯的体育老师发明的。1891年冬天,他接到一个 任务,要求他发明一种运动,让田径运动员既保持良好的身体状态,又能不受伤害。 篮球在大学校园里很快流行起来。20世纪40年代,职业联赛开始之后,美国职业篮 球联赛一直从大学毕业生里招募球员。这样做对美国职业篮球联赛和大学双方都有好 处:大学留住了可能转向职业篮球赛的学生,而美国职业篮球联赛无需花钱组建一个 小职业篮球联盟。大学篮球在全国的普遍推广以及美国大学体育协会对"疯狂三月"(即 美国大学体育协会甲级联赛男篮锦标赛)的市场推广,使得这项大学体育赛事一直在 蓬勃发展

汉译英

现在中国大学生参加志愿活动已成为常态。他们到社区为老年人服务,到山区助学,举办爱心捐赠活动,或到世博会(World Expo)或奥运会等重要国际活动担任志愿者。参加志愿活动有助于学生获取专业技能,丰富社会经验,提高道德水平。多数大学生都认为参与志愿服务是自己应尽的社会责任和义务,希望能做一些有意义的事情来回报社会,积极推动社会和谐发展。

Volunteering has now become the norm for college students in China. The volunteers may provide community services for senior citizens, support students in mountain areas in education, organize fundraising activities to help those in need, or work for major international projects such as the World Expo and the Olympic Games. Doing volunteer work is a useful way for students to enhance their professional skills and social experience as well as promoting their moral development. The majority of college students believe that it is their duty and obligation to participate in volunteer activities. They hope that they can do something meaningful and promote the development of social harmony

Unit 2

英译汉

The Free Hugs Campaign in its present form was started by an Australian man Juan Mann in June 2004, when he began giving out hugs in the Pitt Street Mall in central Sydney. Juan's mission was to reach out and hug a stranger to brighten up their lives. Juan had been living in London when his world turned upside down and he'd had to come home. By the time his plane landed back in Sydney, all he had left was a carry-on bag full of clothes and a world of troubles. So he got some cardboard and a marker and made a sign, with the words "Free Hugs" on both sides. He had to wait 15 minutes before an elderly lady came up

汉译英

"不以物喜,不以已悲"出自北宋文学家范仲淹的名著《岳阳楼记》,意思是凡事都要以一颗平常心看待,不因外部事物的好坏和自己的得失而或喜或悲。它是一种思想境界,体现了中国的传统道家思想,教导人们追求一种淡然 (detached) 平静的心态。在物质文明高度发达的今天,保持这样的心态仍显得十分重要。当你拥有了这种心境,生活就会多一些阳光,多一些快乐。

Be not pleased by external gains, nor saddened by personal losses is a statement from the essay "Remarks of Yueyang Tower" by Fan Zhongyan, a writer of the Northern Song Dynasty. The statement means one should look at and accept things as they are, and remain unbothered by external matters or personal gains or losses. It is a mental outlook that reflects the traditional Taoist ideas of China, instructing people to become calm and detached. Even today, when we have a highly developed material civilization, keeping such a state of mind is still important. When you possess such a state of mind, you will be able to live a brighter and more joyous life.

Unit 3

英译汉

Although extreme sports are inherently dangerous and any mistake could result in injury or even death, they are getting so popular in the Western countries that they attract more "players" than some traditional team sports. People like extreme sports such as mountaineering, skiing and rock climbing because these pursuits push them further than they ever thought possible. These activities offer a fantastic chance to see parts of the coastline and landscape one can't access in traditional sports. In a traditional sporting event, athletes compete against each other under controlled circumstances, but athletes in extreme sports compete not only against other athletes, but also against environmental obstacles and challenges. Whatever extreme sports they do, they need to make sure they use the appropriate equipment and the proper safety precautions. Today, people are seeing a greater variety of extreme sports available, each one more unusual than the last. 尽管极限运动本身很危险,任何闪失都会造成伤害甚至死亡, 但这种运动在西方国家 却非常流行,吸引的"运动员"比一些传统的团队体育项目还要多。人们喜欢极限运动 是因为他们可以通过参加像登山、滑雪和攀岩这样的极限运动来突破人类的极限。极 限运动给人提供欣赏海岸线和风景的绝佳机会,这样的美景在传统运动中是看不到的。 在传统的体育赛事中,运动员在限定的环境里互相竞争,而极限运动的运动员不仅要

互相竞争,还要应对环境的障碍和挑战。不论参加哪一项极限运动,运动员都要确保 他们使用合适的装备,采取恰当的安全防护措施。如今有越来越多的极限运动问世, 每一个都比上一个更加独特。

汉译英

乒乓球被称为中国的国球有三个原因。首先,乒乓球为中国赢得了荣誉,到目前为止,中国已经获得了二百多个乒乓球世界冠军。其次,乒乓球有着广泛的群众基础,是中国最受欢迎的业余体育娱乐项目之一。最后,乒乓球运动促进了中国的对外友好交往。1971年中美两国在北京的乒乓球友谊赛为恢复两国外交关系敲开了大门,史称"乒乓外交"。如今,中国在发展自身乒乓球运动的同时,也为其他一些国家输送了优秀的运动员,对推动全球乒乓球运动的发展起到了积极作用。

There are three reasons why table tennis is called China's national game. First, up to now China has won more than 200 world titles in table tennis, which has earned great honour for the country. Second, table tennis is widely enjoyed by the general public, and is one of the most popular amateur recreational sports in China. Finally, table tennis helps promote China's friendly exchanges with foreign countries. The friendly table tennis match between China and the US, which took place in Beijing in 1971, is an event known to history as "ping-pong diplomacy", and helped resume Sino-US diplomatic relations. Today, while developing its own table tennis, China also has top table-tennis players playing the game in other countries. This plays a positive role in promoting the global development of the game of table tennis.

Unit 4

英译汉

There have been many remarkable technological innovations in recent years, including the Internet, personal computer systems, and handheld devices. The Internet continues to evolve, and to make our daily lives easier. However, despite all the benefits of high-tech advancement, it also poses new problems that we have to deal with. One of these is cybercrime, which is a growing concern for ordinary people as well as experts. Experts have developed various ways to prevent cybercrime targeted at individuals, families, businesses, and government agencies. We can also protect ourselves against cybercrime targeted at individuals by limiting the amount of personal information we put online. We must never provide any personal data to unknown agencies or individuals online. It is also important to be cautious about opening email attachments and installing programs on our computers.

近年来涌现了许多重大技术发明,其中包括互联网、个人电脑系统及掌上设备。互联 网技术不断发展,给我们的日常生活带来了诸多便利。然而,虽然高科技的发展带来 了种种好处,它也带来了有待解决的新问题,其中一个就是网络犯罪。网络犯罪已成 为普通民众及专家日益关注的问题。专家们提出了各种方法来预防针对个人、家庭、企业及政府机关的网络犯罪。在预防针对个人的网络犯罪方面,我们必须尽量减少在 网上发布个人信息以自我保护。我们应避免向陌生的在线机构和个人提供个人信息。 要格外提防那些要求在电脑上进行安装的网站或邮箱附件,这一点也十分重要。 汉译英

20世纪中后期,随着科学技术的迅速发展,以网络技术为代表的高科技相继问世。但与此同时,以网络犯罪为代表的各种高科技犯罪也开始出现,对社会的健康发展带来

潜在的威胁。如何预防和减少高科技犯罪已成为受到普遍关注的问题。中国也面临着同样的问题。为避免或减少由此带来的损失,在日常生活中,我们应该提高警惕,避免上当受骗。

In the middle and late 20th century, the rapid development of science and technology witnessed the birth of high technology, represented by the Internet. But at the same time various high-tech crimes, as represented by cybercrime, also arose, constituting a potential threat to the healthy development of society. How to prevent and reduce high-tech crimes has become a common concern. China is facing a similar situation. To avoid or reduce losses caused by high-tech crimes, we should keep alert in our daily lives, so as not to be deceived.

Unit 5

英 to 汉

An amusement park is a group of entertainment attractions, rides, and other events in a location for the enjoyment of large numbers of people. Amusement parks evolved from three earlier traditions: European fairs, pleasure gardens and World's fairs and expositions. In common language, the terms "theme park" and "amusement park" are often synonymous. However, a theme park can be regarded as a distinct style of amusement park. A theme park has landscaping, buildings, and attractions that are based on one or more specific themes or stories. The amusement park industry's offerings range from large, worldwide theme parks such as Walt Disney World, SeaWorld Orlando and Universal Studios Hollywood to smaller and medium-sized theme parks such as the Six Flags parks and Cedar Fair parks. Walt Disney World's Magic Kingdom is the most visited theme park in the world. The Cinderella Castle, the park's icon, is also one of the most photographed buildings in the United States.

游乐园是集娱乐景点、游乐设施和其他娱乐活动为一体、供大众游玩的娱乐场所。游乐园是从过去三种传统的游乐场所发展而来的:欧洲的定期集市、欢乐花园和世界博览会。在日常用语中,人们通常会把"主题公园"和"游乐园"当作同义词。但是,主题公园可以被看作是独具一格的游乐园。主题公园有美化的景观,有建筑,有基于一个或多个特定的主题或故事而设置的景点。游乐园行业既包括像迪斯尼乐园、奥兰多海洋世界和好莱坞环球影城这样的大型全球主题公园,也包括像六旗乐园和雪松会公园这样小一些和中等规模的主题公园。迪士尼乐园的奇幻王国是全世界参观人数最多的主题公园,公园的标志性建筑灰姑娘城堡也是美国最著名的拍照景点之一。汉译英

自 2008 年全面实行免费开放以来,中国博物馆每年举办展览两万多个,年参观人次达 6 亿多。博物馆不仅陈列藏品,还兼具教育、娱乐和休闲的功能。参观博物馆已成为中国人享受闲暇时光的一种重要方式。每到周末和节假日,家长就会带着孩子到各类博物馆参观。旅游者每到一个地方,除了品尝当地的美食、欣赏美景,也会去参观当地的博物馆,了解其历史文化。

Since 2008, with the implementation of the free admissions policy, Chinese museums have had more than 20,000 exhibitions, which have attracted over 600 million visitors each year. Museums are not only places to display collections, but also sites with educational, entertainment and recreational functions. For Chinese people, visiting museums has become an important means of enjoying their leisure time. On weekends and holidays, parents take their children to various kinds of museums. While visiting a place, apart from

eating amazing local food and enjoying beautiful scenery, tourists may also visit local museums to learn more about its history and culture.

Unit 6

英译汉

3D printing technology first appeared in the US in 1980s. 3D printing is a process of making a three-dimensional solid object of virtually any shape from a digital model. It is achieved by using an additive process, where successive layers of material are laid down in different shapes. The technology is used for both prototyping (模型设计) and distributed manufacturing (分布式制造) in jewellery, footwear, industrial design, architecture, engineering and construction (AEC), automotive, aerospace, medical industries, geographic information systems, civil engineering, and many other fields. In 2015, a 3D printing technology developed by Silicon Valley startup, Carbon3D Inc., enables objects to rise continuously from a liquid medium rather than being built layer by layer as they have been for the past 25 years, representing a fundamentally new approach to 3D printing. Futurologists believe that 3D printing signals the beginning of a third industrial revolution. 3D 打印技术在20世纪80年代首次出现在美国。3D 打印是按照数字模型打造任何形 状的三维固体物件的过程。这是一个叠加过程,把材料层层覆盖,铸造出不同的形状。 这项技术可用于产品的模型设计和分布式制造,能应用于珠宝、制鞋、工业设计、建 筑、工程与施工、汽车制造、航空航天、医疗行业、地理信息系统、土木工程和其他 诸多领域。2015年,美国硅谷的一家创业机构碳 3D 公司开发了一项 3D 打印技术, 能让物体从液体介质中源源不断地生成出来,而不是像过去25年里那样,靠层层叠加 塑造物体。这项技术为 3D 打印提供了一种全新的方法。未来学家认为,3D 打印标志 着第三次工业革命的开始。

汉译英

2008 年 8 月,中国第一条高铁"京津城际铁路"正式通车运营,宣告中国进入高铁时代。近年来,中国高铁不仅在关键技术领域取得一系列重大的创新与突破,还建立了具有自主知识产权、世界一流水平的高铁技术体系。凭借先进的技术、高性价比(cost effectiveness)和成功的运营经验,中国正在向世界各国大量出口高铁技术及相关产品。中国的高铁技术正在走向世界,对推动"一带一路"(Belt and Road Initiative)战略起到积极作用。

In August 2008, China's first high-speed railway, the Beijing-Tianjin Intercity Railway, was opened, ushering China into an era of high-speed railway. In recent years, in addition to achieving a series of major innovations and breakthroughs in key technologies, China has also developed a world-class high-speed railway technology system with independent intellectual property. With its advanced technology, cost-effectiveness and successful operating experiences in high-speed railway, China is witnessing an increasing export of its high-speed railway technologies and related products to many countries around the world. China's high-speed railway technology is finding its way in the world and is playing a positive role in promoting "the Belt and Road Initiative".

Unit 7

英译汉

The Nobel Peace Prize is one of the five Nobel Prizes created by the Swedish industrialist, inventor, and armaments manufacturer Alfred Nobel, along with the prizes in Chemistry, Physics, Physiology or Medicine, and Literature. Since 1901, it has been awarded annually

(with some exceptions) to those who have "done the most or the best work for fraternity between nations, for the abolition or reduction of standing armies and for the holding and promotion of peace congresses". The prize has been awarded to individuals like Martin Luther King, Jr., as well as institutions like the International Committee of the Red Cross. The Chairman of the Norwegian Nobel Committee presents the Nobel Peace Prize in the presence of the King of Norway on 10 December each year (the anniversary of Nobel's death).

诺贝尔和平奖是瑞典实业家、发明家、军火制造商阿尔弗雷德•诺贝尔设立的五个诺贝尔奖项之一,其他奖项包括诺贝尔化学奖、物理学奖、生理学或医学奖和文学奖。自1901年以来,诺贝尔和平奖每年(特例除外)都颁发给那些"为促进民族团结友好、取消或裁减常备军队以及为和平会议的组织和宣传尽到最大努力或作出最大贡献的人"。诺贝尔和平奖既颁发给像马丁•路德•金这样的个人,也颁发给像国际红十字委员会这样的机构。每年12月10日(即诺贝尔的忌日),挪威诺贝尔奖委员会的主席在挪威国王的见证下颁发诺贝尔和平奖。

汉译英

"和"的观念在中国文化中占有重要位置。儒家思想主张"和为贵",认为人们可以通过完善道德修养把事情处理得恰到好处,营造和谐的社会关系。不仅儒家,佛、道、墨诸家,也大都主张人与人之间、族群与族群之间的"和"。中国人为人处事向来以和为贵,他们知道和睦的人际关系与和谐的社会环境对于人的生存和发展至关重要。在构建和谐社会的今天,"和"的思想显得更为重要。

"Harmony" is one of the most cherished values in Chinese culture. Confucianism advocates the idea that "Harmony is most precious", believing that with their ethical attainments people can handle affairs properly and create harmonious social relationships. Buddhism, Taoism and Mohism, as well as Confucianism, all advocate a harmonious relationship between people and between ethnic groups. Chinese people have always given priority to a harmonious relation in dealing with people in everyday life, as they know that a harmonious human relationship and society is of vital importance to human survival and development. Today when we're constructing a harmonious society, the idea of harmony has become even more important.

Unit 8

英译汉

On 4 February, 2004, a Harvard student named Mark Zuckerberg, along with a few of his fellow classmates, had an idea to create a social network for Harvard students. Dubbed "TheFacebook", the site was a place where students could communicate and share photos with their friends. Within a month, TheFacebook grew in popularity, prompting its founders to include students from other well-respected universities. It didn't take long for it to become a fully-fledged (成熟的) business that Zuckerberg decided to expand to most of the universities in the US and Canada. It eventually opened the site to any user, rather than just college students. From humble beginnings, Facebook (the company dropped the "The" from its name in 2005) has grown to become the world's No. 1 social network with more than 350 million users worldwide. Now Facebook has become a major cultural touchstone, and the buzz (热度) it captured in the early part of this decade shows no sign of abating (消退).

2004 年 2 月 4 日,哈佛大学的学生马克•扎克伯格和几位同学萌生了为哈佛的学生建立一个社交网站的想法。在这个名为"脸书 (TheFacebook)"的网站上,学生们可以和朋友聊天、分享照片。在一个月内"脸书"就迅速蹿红,于是网站创始人把其他知名大学的学生也都连接到了网内。不久,"脸书"就发展成一个成熟的公司,扎克伯格决定将网站扩展到美国和加拿大的大多数大学。最终,"脸书"不仅向大学生开放,还向所有的人开放。"脸书 (Facebook)"(2005 年,公司从名字中删除了"The")从最初的名不见经传变成了全球最大的社交网站,在世界各地拥有 3.5 亿用户。如今,"脸书"已成为一个重要的文化试金石,它的热度在这个十年的前半段仍然没有消退的迹象。

汉译英

随着就业市场竞争的日益激烈,中国大学生越来越重视实习。每年都有大量的高年级学生参与实习。实习有助于学生验证自己的职业抉择、了解目标工作的内容和要求、学习技能、锻炼才干。实习是帮助学生找到好工作的有效途径。企业在招聘时会倾向于寻找有相关实习经历的应聘者,有些企业在招聘的时候会优先录取自己的实习生。

With the increasingly fierce competition in the job market, Chinese college students are attaching more and more importance to internships. Every year, a lot of senior students take part in internships which may help them find out whether they have made the right choice of career and have a clear idea of what they are going to do in their target job and what the job demands; it also helps students learn skills and cultivate their abilities. Taking internships is an effective way to secure a good job. In recruiting new staff, companies tend to prefer applicants with relevant internship experience. Some companies will give preference to those who have done an internship in their companies.