## 大一下学期大学英语-期末复习指北 by Marco Zhang

### 综合训练Unit 1，2，5，6翻译（对应题型：汉译英）

Unit 1（综合训练翻译）

中医学起源于中国，涵盖了多种医学实践。作为中华民族灿烂文化的重要组成部分，它主要来源于实践，并在实践中不断得到充实和发展。作为医学的瑰宝和我国最有优势、最具特色的学科之一，中医学已经形成了一套诊断和治疗疾病的独特体系。医学实践——针灸是中医学的一部分，已在全世界范围内得到了广泛的应用。此外，中医脉诊是中医学中一种重要的诊断方法，历史悠久。

Traditional Chinese Medicine, also known as TCM, originates in China and includes a range of traditional medicine practices. As an important component of Chinese splendid culture,it stemmed from practice and got continuous enrichment and development in practice. TCM is a treasure of medicine, and as one of the most advantageous and characteristic subjects, TCM has formed a unique system to diagnose and cure illness. The medicine practice acupuncture is one part of TCM, and has been applied widely in the world. In addition, pulse diagnosis is widely used as an important diagnostic method in TCM and has a long history.

Unit 2（综合训练翻译）

中国武术以攻防格斗的人体动作为核心，以套路（skills and trick）为基本单位，是中国古代人民在历代战争活动中，以生命为代价积累起来并在中国特定的文化环境中逐步形成的。因而，中国武术已经成为中国传统文化的重要组成部分，其中包含极其丰富的中国古代思想。少林功夫是中国武术文化最杰出的代表，是中国武术文化的象征。少林功夫是在嵩山少林寺特定的佛教文化环境中形成的，以少林寺武僧演练的武术为表现形式。

Chinese martial arts, whose core is the body actions of attacking and defending and whose basic units are a series of skills and trick, were accumulated by ancient Chinese people at the price of their lives in the war activities and has been gradually formed in the environment of unique Chinese culture Therefore, it has become an essential component of traditional Chinese culture and contains 'abundant ancient Chinese thoughts. Shaolin kung fu is considered the most prominent representative and symbol of Chinese martial arts.It was formed in the unique Buddhist culture of Shaolin Temple in Songshan Mountain, with the martial arts as its form of expression which is practiced by the martial monks of Shaolin Temple.

Unit 5（综合训练翻译）

茶叶的原产地在中国，中国是茶的故乡很早以前人们就发现茶是人们每日必不可少的饮品，饮茶可以使人神清气爽，精神百倍。作为开门七件事（柴米油盐酱醋茶）之一，饮茶在古代中国是非常普遍的中华茶文化源远流长，博大精深，几千年来中国不但积累了大量关于茶叶种植、生产的物质文化，更积累了丰富的有关茶的精神文化。

The origin of tea is in China. China is the homeland of tea. Long time ago, people found that tea has become an essential part of people’s daily drink since drinking tea can make people spirited and think clearly. As one of the seven daily necessities(woods, rice oil, salt, sauce, vinegar and tea), drinking tea is very popular in ancient China. Chinese tea culture is extensive and profound. Over thousands of years, China has not only accumulated abundant material cultural knowledge of tea plantation and production, but also developed the spiritual culture of tea.

Unit 6（综合训练翻译）

世界上第一部兵书《孙子兵法》由孙武作于公元前6世纪的春秋时期，是中国古典军事文化中的璀璨瑰宝和中国优秀文化传统的重要遗产。该书以内容博大精深、思想精邃富赡、推理缜密严谨著称，是古代中国军事思想精华的集中体现。孙武认为兵法是国家大事，关乎生死存亡，因此不可忽视。如今，《孙子兵法》已经走向世界，被翻译成多种语言，在世界军事史上具有重要地位。

The Art of War, the first military treatise in the world, was written by Sun Tzu in the sixth century BC, during the Spring and Autumn Period. The book is a treasure of Chinese classical military culture and an important legacy of the excellent traditional Chinese cultural. It is famous for its broad and substantial contents, rich and profound insights, and meticulous and diliberate resoning. The Art of War epitomizes the quintessence of ancient Chinese military thoughts. Sun Tzu believed that the art of war is of vital importance to the state and is a matter of life and death. Hence it is the an issue which can on no account be neglected. Nowadays, The Art of War has spread to the rest of the world. It has been translated into many languages and accounts for a significant part of the world military history.

**读写教程Unit 1，2，5，6课后习题翻译（对应题型：汉译英）**

Unit 1 课后翻译训练

如今，很多年轻人不再选择“稳定”的工作，他们更愿意自主创业，依靠自己的智慧和奋斗去实现自我价值。青年创业（Young Entrepreneurship）是未来国家经济活力的来源，创业者的成功不但会创造财富、增加就业机会、改善大家的生活，从长远来看，对于国家更是一件好事，创业者正是让中国经济升级换代的力量。尤其是当前，国家鼓励大众创业，万众创新，在政策上给予中小型企业支持，这更加激发了年轻人的创业热情。

Nowadays, many young people no longer choose "stable" jobs. Instead, they prefer to start their own businesses and realize their self-value through their own wisdom and efforts. Young entrepreneurship is the source of national economic vitality in the future. The success of entrepreneurs not only creates fortune, increases job opportunities, improves people's life, but it is also good for the country in the long term. Entrepreneurs are a driving force in upgrading China's economy. Especially for the time being, our country is encouraging people to start their own businesses and make innovations and giving policy support for medium and small businesses. This further arouses young people's enthusiasm to start their own businesses.

Unit 2 课后翻译训练

实现中华民族伟大复兴（Rejuvenation）是近代以来中国人民最伟大的梦想，我们称之为“中国梦”，其基本内涵是实现国家富强、民族振兴、人民幸福。中国梦，是让每一个积极进取的中国人形成世世代代的信念：只要经过不屑的奋斗便能获得更好的生活。人民必须通过自己的勤奋、勇气、创意和决心迈向繁荣。而不是依赖于社会和他人的援助。每个中国人都是中国梦的参与者和创造者。中国梦是民族的梦，也是每个中国人的梦。

Realizing the great national rejuvenation, which we define as the Chinese Dream, has been the greatest Chinese expectation since modem times. It basically means achieving prosperity for the country, renewal of the nation and happiness for the people, thus ensuring that every enterprising Chinese carries, generation after generation, the firm conviction that a better life is accomplished through persistent effort. People should achieve their prosperity through diligence, courage, creativity and determination instead of aid from society or other people. Each individual is a participant and a designer in the cause of realizing the Chinese Dream, for it is a dream not only for the entire nation but also for every Chinese.

Unit 5 课后翻译训练

中国是茶的故乡，也是茶文化的发源地。自古以来，茶就被誉为中华民族的“国饮”。无论是文人墨客生活中的“琴棋书画诗酒茶”，还是平民百姓生活中的“柴米油盐酱醋茶”，茶都是必备品。同时，中国是文明古国，礼仪之邦。凡是来了客人和朋友，沏茶、敬茶的礼仪必不可少。随着中外文化交流和商业贸易的发展，中国茶及茶文化传向了全世界。现在五大洲有不少国家种茶，也有很多国家从中国进口茶。中国茶和中国的丝绸及瓷器一样，已经成为中国在全世界的代名词。

China is the hometown of tea and the birthplace of tea culture. Since ancient times, tea has been known as the "national drink" of China. In both the Chinese scholars' seven daily necessities, namely music, chess, calligraphy, painting, poetry, wine and tea and common people's seven ones, namely firewood, rice, oil, salt, soy sauce, vinegar and tea, tea is listed as one of the necessities. Meanwhile, China is a country with ancient civilization and a land of courtesy. The practice of making and serving tea is essential whenever there are guests or friends. With the development of cultural exchange, commerce and trade between China and other countries, Chinese tea and tea culture spread to the world. Today, a number of countries across the five continents grow tea plants, and many countries import tea from China. Chinese tea like Chinese silk and chinaware , has become synonymous with China in the world.

Unit 6 课后翻译训练

《孙子兵法》（The Art of War）是我国著名军事家（Strategist）孙武的著作。它既是一部经典的军事著作，又是一部光辉的哲学著作，是我国灿烂的古代文化中一份珍贵的遗产。孙武在书中解释了一系列具有普遍意义的军事规律，提出了一套完整的军事理论体系。这一理论体系不仅深受战国以来历代军事家的重视和推崇，对他们的军事思想和实践产生了重要影响，而且在世界军事思想领域也拥有广泛的影响，享有极高的声誉。

The Art of War was written by Sun Wu, a famous ancient Chinese strategist. A classic work not only of military value but also of great philosophical significance, The Art of War is a precious heritage of brilliant ancient Chinese culture. Sun Wu disclosed in his book a series of military rules and principles, and put forward a complete system of military theory. His theory has been highly regarded by strategists since the Warring States Period and exerted strong impacts on their thought and practice. Moreover it has yielded a worldwide influence in the field of military thought, enjoying extremely high prestige.

**读写教程 Unit 1，2，5，6课文+翻译（对应题型：英译汉，15选10型填空题）**

**Unit 1课文+翻译：**The Way to Success

Never, ever give up!

永不言弃！

As a young boy, Britain's great Prime Minister, Sir Winston Churchill, attended a public school called Harrow. He was not a good student, and had he not been from a famous family, he probably would have been removed from the school for deviating from the rules. Thankfully, he did finish at Harrow and his errors there did not preclude him from going on to the university. He eventually had a premier army career whereby he was later elected prime minister. He achieved fame for his wit, wisdom, civic duty, and abundant courage in his refusal to surrender during the miserable dark days of World War II. His amazing determination helped motivate his entire nation and was an inspiration worldwide.

英国的伟大首相温斯顿·丘吉尔爵士，小时候在哈罗公学上学。当时他可不是个好学生，要不是出身名门，他可能早就因为违反纪律被开除了。谢天谢地，他总算从哈罗毕业了，在那里犯下的错误并没影响到他上大学。后来，他凭着军旅生涯中的杰出表现当选为英国首相。他的才思、智慧、公民责任感以及在二战痛苦而黑暗的时期拒绝投降的无畏勇气，为他赢得了美名。他非凡的决心，不仅激励了整个民族，还鼓舞了全世界。

Toward the end of his period as prime minister, he was invited to address the patriotic young boys at his old school, Harrow. The headmaster said, "Young gentlemen, the greatest speaker of our time, will be here in a few days to address you, and you should obey whatever sound advice he may give you." The great day arrived. Sir Winston stood up, all five feet, five inches and 107 kilos of him, and gave this short, clear-cut speech: "Young men, never give up. Never give up! Never give up! Never, never, never, never!"

在他首相任期即将结束时，他应邀前往母校哈罗公学，为满怀报国之志的同学们作演讲。校长说：“年轻的先生们，当代最伟大的演说家过几天就会来为你们演讲，他提出的任何中肯的建议，你们都要听从。”那个激动人心的日子终于到了。温斯顿爵士站了起来——他只有 5 英尺 5 英寸高，体重却有 107 公斤。他作了言简意赅的讲话：“年轻人，要永不放弃。永不放弃！永不放弃！永不，永不，永不，永不！”

Personal history, educational opportunity, individual dilemmas - none of these can inhibit a strong spirit committed to success. No task is too hard. No amount of preparation is too long or too difficult. Take the example of two of the most scholarly scientists of our age, Albert Einstein and Thomas Edison. Both faced immense obstacles and extreme criticism. Both were called "slow to learn" and written off as idiots by their teachers. Thomas Edison ran away from school because his teacher whipped him repeatedly for asking too many questions. Einstein didn't speak fluently until he was almost nine years old and was such a poor student that some thought he was unable to learn. Yet both boys' parents believed in them. They worked intensely each day with their sons, and the boys learned to never bypass the long hours of hard work that they needed to succeed. In the end, both Einstein and Edison overcame their childhood persecution and went on to achieve magnificent discoveries that benefit the entire world today.

个人经历、教育机会、个人困境，这些都不能阻挡一个全力以赴追求成功的、有着坚强意志的人。任务再苦，准备再长，难度再大，都不能让他放弃自己的追求。就以本时代最有学问的两位科学家——阿尔伯特·爱因斯坦和托马斯·爱迪生为例，他们都曾面临巨大的障碍和极端的批评，都曾被说成“不开窍”，被老师当成笨蛋而放弃。托马斯·爱迪生还曾逃学，因为老师嫌他问的问题太多而经常鞭打他。爱因斯坦一直到将近 9 岁才能流利地说话，学习成绩太差，有些人认为他都已经学不好了。然而，这两个男孩的父母都相信他们。他们坚持不懈地每天和儿子一起努力，孩子们也了解到，要想成功，就绝不要怕付出长期而艰辛的努力。最终，爱因斯坦和爱迪生都摆脱了童年的困扰，进而作出了造福当今全世界的伟大发现。

Consider also the heroic example of Abraham Lincoln, who faced substantial hardships, failures and repeated misfortunes in his lifetime. His background was certainly not glamorous. He was raised in a very poor family with only one year of formal education. He failed in business twice, suffered a nervous breakdown when his first love died suddenly and lost eight political elections. Later in life, he suffered profound grief over the tragic death of three of his four children. Yet his strong will was the spur that pushed him forward, strengthening his optimism, dedication and determination. It intensified and focused his efforts and enabled him to triumph over the overwhelming failures and profound difficulties in his life. A hundred years later, people from around the world commend Abraham Lincoln as the greatest American president of all time.

再如亚伯拉罕·林肯这个英雄的典范，他一生面临了无数艰辛、失败和接二连三的不幸。他的出身和经历真是一点也算不上光鲜。他在一个非常贫困的家庭长大，只受过一年正规教育。经商两度失败，初恋爱人的突然离世也使他精神崩溃，还在八次政治选举中落马。此后，他的四个孩子有三个不幸去世，令他悲痛欲绝。然而，坚强的意志鞭策着他，推动他前进，使他更加乐观、投入、坚毅。这让他得以全力以赴，一次次战胜生命中的巨大困难和挫折。一百年之后，世界各地的人们都赞颂亚伯拉罕·林肯，认为他是有史以来最伟大的美国总统。

Just like Churchill and Lincoln, only those who "keep their eyes on the prize", those who uphold a committed and focused will and spirit, will find their endeavors successful. Many artists, statesmen, writers and inventors have had the same experience. They achieved prosperity because they possessed a fierce will to keep preparing and working and a passion to succeed. They attained success, not because it was easy, but because they had the will to overcome profound obstacles and to work diligently in the pursuit of their goals.

与丘吉尔和林肯一样，只有那些“执著地追求成功”的人，那些保持始终如一的精神意志的人，才会通过自身的努力，获得成功。许多艺术家、政治家、作家和发明家都有同样的经历。他们之所以能取得这样的成就，是因为他们拥有强烈的意愿，不懈地准备、奋斗，并保持对成功的激情。他们取得了成功，并不是因为成功很容易，而是因为他们拥有克服重重障碍的意志，为了追求目标而勤奋努力。

After growing up on a cattle ranch without running water or electricity, Sandra Day O'Connor fought to achieve the best education possible. Consistently graduating at the top of her class, she worked her way into Stanford Law School, where she graduated with honors. But despite all of her hard work, Sandra Day O'Connor was still a woman in the 1950s. Even with the prestige of her degree from Stanford, she was rejected from the entire law circuit as firms preferred to hire less qualified men rather than risk hiring a female lawyer, which was unprecedented. Yet Sandra Day O'Connor refused to give up on her dreams. Through sheer persistence she was eventually nominated and then appointed the first woman Supreme Court Justice of the United States of America. There, she acted as a crucial vote on issues like abortion and women's rights.

桑德拉·戴·奥康纳成长于既没自来水也没电的养牛场，她努力学习以使自己接受到最好的教育。她的学习成绩在班上始终名列前茅，一路奋斗终于进入了斯坦福大学法学院，并以优异的成绩从法学院毕业。尽管奥康纳勤奋刻苦，但在 20 世纪 50 年代，她仍然受到女人身份的制约。即使斯坦福大学的学位有良好的声誉，她仍被整个法律界拒之门外，因为事务所宁愿聘请才干稍逊的男性，也不愿冒险破例雇佣一位女律师。然而，桑德拉·戴·奥康纳并未放弃梦想。她执著地坚持下去，终于得到提名并被任命为美国第一位女性最高法院大法官。她任职期间，对很多问题，例如堕胎和妇女权利，都起到了极为关键的作用。

Many people simply say that they want something, but they do not expend the substantial effort required to achieve it. Many people let the threat of failure stop them from trying with all of their heart. The secret of success is based upon a burning inward desire - a robust, fierce will and focus - that fuels the determination to act, to keep preparing, to keep going even when we are tired and fail. As a wise saying goes: "It's not how many times you fall down that matters. It's how many times you get back up that makes success!"

很多人只是嘴上说他们想要什么东西，但并不真正地付出大量努力去实现。很多人因为害怕失败而不敢全心尝试。而成功的秘诀在于内心燃烧的欲望——一种坚定不移的意志和专注力——从而激发行动的决心，即使疲惫，即使失败，也会继续准备，继续前进。正如一句箴言所说：“你摔倒了多少次并不要紧；你能多少次重新站起来对成功才至关重要！”

Focus on becoming more knowledgeable. Focus on gradual, consistent progress. Maintain the strong will to keep going - even when you are tired and want to slack or the odds seem too large. "Keep your eyes on the prize!" "Where there's a will, there's a way!" With hard work, determination, dedication and preparation, you can transcend any handicap, accomplish any feat, and achieve success!

专注于汲取更多的知识，争取持之以恒地渐进，保持永不言退的坚强意志——即使在你疲惫想要松懈的时候，或者困难重重之时。“执著地追求成功！”“有志者，事竟成！”只要刻苦努力，意志坚决，专心投入，准备充分，你就能跨越一切障碍，完成所有壮举，取得成功！

**Unit 2 课文+翻译**Swimming through fear

1 I was on a tour of France with my friends when our car pulled to a stop at the beach and we saw the Mediterranean Sea. Massive waves surged against large rocks that formed a waterproof jetty. People said this beach was known for its notorious rip currents. I shivered with fear. Nothing scared me as much as water.

当时我和朋友正在法国旅行，我们把汽车停在海滩，眼前就是地中海。巨浪翻滚击打着构筑起防波堤的偌大岩石。人们说这里的海滩以其可怕的裂流而著称。恐惧让我不寒而栗。没有什么比水让我更害怕了。

2 Just the sight of the sea made me sick to my stomach.

只是看到了海就已经让我觉得反胃。

3 I'd always loved water and been a good swimmer until last summer when I'd decided to climb up to the highest diving board at the pool. I'd hopped from that height and hit the water with an incredible impact. The air was ousted from my lungs and I blacked out. The next thing I knew my brother was pulling my feeble body out of the pool. From then on my fear wouldn't recede; I was absolutely terrified of water.

我曾经一直都是喜欢水的，并且直到去年夏天我都还是一名游泳好手。那时，我决定爬上游泳池边上最高的跳板来跳水。我从那么高的地方跳下，重重地撞击到水面上。我肺里的空气一下子全被挤出去了，马上不省人事。醒来时发现哥哥正把我虚弱的身体从游泳池里拖出来。从那时起，我对水的恐惧就没有消退过，我怕极了水。

4 "Jason are you coming?" my friend Matt called.

“简森，你要过来吗？”我的朋友马特喊道。

5 "Yeah" I said. "Just enjoying the view" from dry land I added silently worried they might deem my fear pathetic if they knew.

我说：“好，就是欣赏一下景色”，又在心里默默加了一句——在岸上欣赏。担心如果他们知道我害怕水而可怜我。

6.7. Suddenly I heard shouting in French. A mob of people were running into the sea fully clothed. That's odd I thought.I glimpsed something moving up and down amid the waves past the end of the jetty. I gasped realizing the catastrophe with horror. That's a little boy out there! The would-be rescuers fought against the tide but the situation was bleak. With the water's tow they'd never get to him in time.

突然，我听到有人用法语喊叫。接着看见一群人没脱衣服，就冲到海里。我心想，这真是太奇怪了。

我瞥见防波堤尽头的海浪中有个东西在上下浮动。我惊恐地意识到大事不妙，倒吸了一口凉气，那居然是个小男孩！前去救落水男童的人们搏击着海浪，但情况却不乐观。由于水的拉拽，他们根本不可能及时游到小男孩身边。

8 I looked back at the boy. His head popped up then a wave crashed over him and he disappeared for a moment; I had to intervene.

我扭头看看那小男孩。他的头刚露出水面，然后一个浪头打过来，好一阵不见踪影——我不得不做点什么了。

9 I appraised the situation and realized the jetty! The boy was close to it; maybe I could help from there. I raced down the beach out onto the jetty and it hit me: Water! My palms got sweaty and my stomach felt sick symptoms of my fear. I stopped short.

我估计了当下的情形后注意到了——对，那防波堤！小男孩靠近那个地方，也许我可以从那儿帮忙。我冲下海滩，跑上防波堤，但突然我想起了什么——水！顿时有了恐惧的症状：我手心冒汗，胃里感觉不适。我一下子停下来。

10 The people in the water had underestimated the waves and weren't making any progress. I was the only one who saw that going out on the jetty was the fastest way to reach the drowning boy. Yet in the midst of this tragedy I was extremely terrified. I tried to remember the lifeguard training I'd had as a teenager.

水里的那些人低估了海浪的威力，救援工作没有任何进展。只有我注意到了跑到防波堤上是到达溺水男童的最快的路径。然而在此性命攸关之际，我极度恐慌。我努力去回想十几岁时所接受的救生员训练。

11 I was paralyzed with fear but I forced myself to move forward with this impromptu rescue. I don't want this. Surely someone else can save him before I have to.

我因恐惧而全身瘫软，但我强迫自己向前移动，展开这场突发的救援行动。我不想做这些，在我施救之前肯定会有别人救他吧。

12 At the ridge of the jetty I whirled around convinced I'd see an athletic swimmer plowing through the rough water toward the boy. To my dismay no one was there. I turned back out to the sea to see the boy battered by vicious waves about 25 yards away from me. Sucking in a deep breath I threw myself into the water. As soon as I jumped in I felt like I was back in that pool breathless struggling terrified. Salt stung my eyes. Focus I shouted in my head. Where is he?

我在防波堤的边上迅速转过身来，深信会看见某个游泳健将正向着小男孩劈波斩浪。但是让我沮丧的是，一个人也没有。我回身面向大海，看见 25 码开外恶浪击打着小男孩。我深吸一口气，纵身跃入水中。一跳进水里，我感觉仿佛又回到了当年的那个游泳池，我喘不过气，拼命挣扎，惊恐万分。咸水刺痛了我的双眼。“集中注意力，”我在心里喊道。“他在哪里？”

13 Then with clarity I saw a thin arm waving weakly a few yards away. I swam with all my strength reaching the boy just as he sank below the surface. I grabbed his arm and pulled. He popped back up eyes wide with terror pawing and twisting against me. "Repose (Calm down)!" I commanded the boy in French. His struggling would derail any rescue attempt and we'd both perish. "Repose!" I commanded again. Thankfully this time he listened and was still.

然后我清楚地看到一只细小的手臂在离我几码处微弱地挥动着。我拼尽全力游过去，在他刚要没水之时赶到了。我抓住他的手臂拉他。他冒出水面，眼睛因恐惧瞪得很大，胡乱抓扯着我。我用法语命令他：“别慌！”他这样挣扎会阻碍救援，那我们俩就都死定了。我再次命令他：“别慌！”谢天谢地，这次他听话了，不动了。

14 When I turned back toward shore a wave pounded over us. The jetty was further away! The rip current! It was forcibly dragging us out to the sea. I fought to get us back to land but made little progress. I knew I'd never be able to escort him back like this.

当我转身朝岸边游去的时候，一个浪劈头盖脸打来。我们离防波堤更远了！是裂流！它强行把我们拽往大海深处。我挣扎着想带他游回岸上，但进展甚微。我知道这种游法根本没法护着他返回岸边。

15 Desperate to survive I remembered what I'd learned in my life saving class: Never ever swim against the rip current! Swim sideways to the pull of the current and slowly make your way back toward shore. It was an odd-looking but practicable solution. Swim sideways and float to rest. Swim sideways and float to rest. We did that over and over. We slowly made our way to safety. "Jason you can do it!" I heard Matt say as he stood on the jetty. I hadn't even noticed how close we were only about seven feet left to go.

强烈求生欲望之下，我想起了在救生课上所学到的知识：永远不要与裂流相对而游！要顺其方向朝侧边游，慢慢地靠向岸边。这个办法尽管看上去很荒谬，但却管用。朝侧边游，浮起休息。朝侧边游，浮起休息。我们重复着这个方法，慢慢地游到了安全区。“贾森，你能行的！”我听到站在防波堤上的马特对我说。我甚至没有注意到我们离防波堤这么的近，只剩下大约 7 英尺的距离了。

16 And as we made our way to safety I realized something incredible: I was no longer afraid. That absence of fear was a moment of triumph!

后来我们到达安全水域时，我觉得有些不可思议：我不再怕水了。恐惧没了，这一刻我胜利了！

17 Matt jumped into the water. I tossed the boy to him. Just as I let go a big wave picked him up and carried him all the way to Matt.

马特跳进水里。我把男孩拋给他。我刚一松手，一个大浪托起他直接把他送到了马特身边。

18 On the brink of collapse I stopped fighting just letting myself go. My hand hit the jetty. It was like an electric shock that brought me back to my senses. Someone grabbed for me.

我全身都快虚脱了，我不再划水，就这样放松自己顺水而漂。我的手碰上了防波堤，仿佛触电一般，我重新恢复了神志。有人抓住了我。

19 I felt strong arms lift me. I ascended not only from the sea onto the secure rocks of the jetty聽 but also to my salvation leaving behind the terrible fear that had gripped me for so long. I turned my head and saw the boy was hugged tightly by his mother. I looked out to the sea. Weary as I was the water had never looked so beautiful.

我感觉到强壮有力的手臂将我托起。我不仅从海里爬上防波堤的磐石，而且完成了自我拯救，摆脱了困扰已久的恐惧。我扭过头看见小男孩被母亲紧紧拥入怀中。虽已疲惫不堪，

但放眼大海，我感觉海水比任何时候看起来都更美。

**Unit 5 课文+翻译：**When Work is a Pleasure

**Will you be a worker or a laborer? 你想做工作者还是劳役者？**

To be truly happy, a person must feel both free and important. People are never happy if they feel compelled by society to do work they do not enjoy, or if what they do enjoy is ignored by society as having no value or importance. In a society where slavery in the strict sense has been abolished, the social indications around work, the value of work and the salary, have degraded many laborers into modern slaves - "wage slaves".

一个人要想真正快乐，必须觉得自己既自由又重要。如果觉得自己是受社会逼迫而做自己不喜欢的工作，或者自己喜欢的工作被认为没价值或不重要而遭社会忽视，那他绝不会快乐。在一个奴隶制度严格说来已经被废除的社会里，工作的社会含义、工作的价值和薪水，已经把许多劳役者降格为现代奴隶——“薪奴”。

People are considered laborers if their job has an adverse effect on them, yet they feel compelled to continue working by the necessity of conforming to societal expectations and earning the revenue to support themselves and their families. The polar opposite of labor is play. When we play a game, we enjoy what we are doing, but it is a purely private pastime; society does not care when or whether we play.

如果人们的工作对自己有负面的影响，但为了遵从社会的期望或者挣钱养家糊口而被迫必须继续工作，那么他们就被认为是劳役者。劳役的对立面是玩乐。当我们玩游戏时，我们很享受正在做的事情，但这仅仅是个人娱乐。社会对我们何时玩乐或者是否玩乐并不关心。

Between labor and play stands work. People are labeled as workers if their personal interests coincide with the jobs society pays them to do; what is necessary labor from the point of view of society is voluntary(自愿的，) play from the individual's personal point of view. Whether a job is to be designated as labor or work depends, not on the job itself, but on the tastes of the individual who undertakes it. The difference does not, for example, correlate with the difference between a manual and mental job or between jobs of low or high esteem; a gardener covered in dirt in a greenhouse may be a worker while a well-dressed city mayor may prove to be an unhappy laborer!

处于劳役和玩乐之间的就是工作。如果人们的个人兴趣跟社会付酬让他们做的工作相吻合，他们就被称为工作者。社会上看来一定是苦工的事情对个人来说却是自在的玩乐活动。一份活到底应定为工作还是劳役并不取决于其本身，而是承担这份活的个人感受。比如，二者的区别与是体力活还是脑力活或尊严的高低没有关联。温室里满身尘土的园丁可能是工作者，而衣冠楚楚的市长则可能是一个不开心的劳役者！

People's attitude toward their work determines everything. To workers, leisure means simply the hours they need to relax and rest in order to work efficiently. Workers are therefore more prone to dedicate more time to working, taking too little leisure rather than too much. To laborers, on the other hand, leisure means autonomy from compulsion, so it is natural for them to imagine that the fewer hours they have to spend laboring, and the more hours they have free for play, the better.

人们对自己工作的态度决定了一切。对工作者而言，闲暇只是为了更有效地工作而需要

放松休息的时间。因此，工作者更倾向于投入更多的时间工作，而花在休闲上的时间并非很多，而是很少。而对劳役者而言，休闲意味着从被迫状态中得到自主。因此，他们自然会想，花在劳作上的时间越少，自在玩乐的时间越多，则越好。

Besides the mere hours spent in leisure, workers and laborers differ in the amount of personal satisfaction they derive from their jobs. Workers who enjoy their jobs will be happier, less stressed, and generally more satisfied with their lives. They will also work with more diligence and precision because they have fostered a sense of personal pride in their jobs. On the other hand, laborers, whose sole incentive is earning their livelihood, feel that the time they spend on the daily grind is wasted and doesn't contribute to their happiness. Instead of valuing all 24 hours of their day as enjoyable and productive hours, they gauge only the time spent in leisure and play as meaningful. Unfortunately, laborers are all too commonplace, and only a small percentage of the population is in the lucky position of being workers.

除了花在闲暇上的时间不同，工作者和劳役者的区别还在于他们从工作中获得的个人满足感不同。工作者喜欢自己的工作，感觉更快乐，更轻松，通常对自己的生活更满意。他们工作起来也会更勤奋，更精细，因为他们对自己的工作已经产生了一种自豪感。相反，由于劳役者的唯一动力是挣生活费，他们觉得每天花在苦差上的时间是一种浪费，不会让自己快乐。他们不把每天的 24 小时都当作愉快有用的时光，认为只有花在休闲娱乐上的时间才是有意义的。不幸的是，劳役者太常见了，只有一小部分人能有幸成为工作者。

In recent decades, technological innovation and the division of labor have caused major economic changes by eliminating the need for special strength or skill in many fields and have turned many paid occupations with enjoyable work into boring labor. Increasing productivity with automated machines, such as robots, has reduced the number of necessary laboring hours. It is possible to imagine an upcoming society in which the majority of the population will have almost as much leisure time as in earlier times was enjoyed by the medieval aristocracy. The medieval aristocrats had an abundance of leisure time but often wasted it in trivial pursuit of games and fashion. Likewise, modern-day laborers with too much leisure time may find it difficult to refrain from the addictive and trivial pursuits of celebrity gossip, extravagant fashion, and excessive video games and TV - similar bad habits that waste valuable time.

近几十年，技术创新和劳动分工使许多领域不再需要专长或特殊技能，导致了重大经济变革，把许多可以通过开心工作来挣钱的职业变成了枯燥的劳役。随着自动化机器如机器人的使用，日益提高的生产力减少了必要的劳作时间。可以想象，在即将到来的社会中，大多数人会拥有同早期中世纪贵族一样多的闲暇时间。中世纪贵族有大量的闲暇时间，但却往往耗费在玩游戏和对时尚的无聊追求上。同样，有太多闲暇时间的现代劳役者们会觉得很难摆脱那些无聊又易上瘾的追求，像名人八卦、奢华时尚、过度电子游戏和电视等诸如此类浪费宝贵时间的坏习惯。

However, it's not necessary to take such a toxic attitude toward such a positive thing as leisure time. In fact, in many countries, people now use their leisure time to improve their minds and their working conditions to create a happier, more contented life. Lifelong learning can make the difference between being bored, unhappy laborers and workers who find meaning and joy in their employment and life. "Continuing education" or "experiential learning" can offer an array of classes from pleasant diversions such as sports, art classes or music to leadership development, advanced accounting skills, or CAD (computer-aided design), to name only a few.

不过，没必要对休闲这种正面的事情采取如此否定的态度。事实上，目前在很多国家，人们利用闲暇时间去提高认识，改善工作环境，以创造更快乐安逸的生活。终身学习对做一

个乏味不开心的劳役者，还是成为一个从职业和生活中发现意义和乐趣的工作者有重要的影响。“继续教育”或“体验学习”能提供一系列课程，略举几例，如从运动、艺术或音乐等休闲娱乐课程到领导力拓展、高级会计或 CAD (计算机辅助设计）等。

Whatever the job, people who enjoy their work find time passes quickly. They hurl their passion into their work, be it physical like the work of a smith, or more mental like that of a scientist or an artist. Even purely mental work can suffice as an outlet, as aptly expressed by the phrase "sinking one's teeth into a problem".

不管是什么工作，喜欢自己工作的人总发现时间过得飞快。不管是铁匠的体力活，还是像科学家或艺术家从事的偏脑力的活，他们在工作中都会投入激情。即便是纯脑力活也足以让他们挥洒激情，恰如短语表达的那样，“全身心投入问题中”。

Eventually, everyone has to find a job and earn a living. Laborers are slaving away at a job they don't enjoy for a small monetary reward, waiting all day until they go home and play. But while laborers are counting down the hours, workers are energized and focused, taking optimum pleasure in the task at hand. By choosing a job that is both useful to society and personally fulfilling, workers maintain a simultaneous sense of purpose and enthusiasm that improves their whole lives. So in the end, whatever job you choose, you must contend with this essential question: Will you be a laborer or a worker?

最终，每个人都得找一份工作谋生。劳役者仅为了一点金钱报酬，像奴隶一样做自己并不喜欢的工作，一天到晚等着回家玩乐。但是当劳役者倒数着时间之时，工作者则干劲十足，全神贯注，从手头的任务中享受到最大的快乐。他们通过选择一份有益社会、成就自我的工作，怀揣着一种使命感和热情，提升了自己的整个生活。因此到头来，不管你选择什么工作，都必须面对这个根本问题：“你想做一名劳役者还是工作者？”

**Unit 6 课文+翻译：**War and Peace

Under the bombs:1945  （1945:在炮火攻击下）

Today, when I look back, I'm surprised that I recall the beginning so vividly; it's still clearly fixed in my mind with all its coloring and emotional intensity. It begins with my suddenly noticing 12 distant silver points in the clear brilliant sky filled with an unfamiliar abnormal hum. I'm seven years old, standing in a meadow, and staring at the points barely moving across the sky.

如今，当我回首往事，我很惊讶我居然能如此生动地回忆起轰炸开始的情况，那天的色彩和紧张的情绪仍然清晰地印在我的脑海中。那天，我突然发现在晴朗的天空中出现了 12 个银色的小点儿，离我很远，发出不正常的嗡嗡声，这种声音我以前从来没听过。那年我七岁，就这样站在一片草地上，盯着天空中几乎不怎么移动的小点儿。

Suddenly, nearby, at the edge of the forest, there's the tremendous roar of bombs exploding. From my standpoint, I see gigantic fountains of earth spraying upward. I want to run toward this extraordinary spectacle; it terrorizes and fascinates me. I have not yet grown accustomed to war and can't relate into a single chain of causes and effects these airplanes, the roar of the bombs, the earth radiating out from the forest, and my seemingly inevitable death. Unable to conceive of the danger, I start running toward the forest, in the direction of the falling bombs. But a hand claws at me and tugs me to the ground. "Stay down," I hear my mother's trembling voice, "Don't move!" And I remember that my mother, pressing me to her, is saying something that I don't yet know exists, whose meaning I don't understand: That way is death.

突然，就在附近，森林的边缘，我听到有巨大的炸弹爆炸的声音。在我这个小孩的眼里，我看到的是泥土像巨大的喷泉一样冲到天上。我想跑过去看看这个特别的景象，它让我感到害怕，但是也让我着迷。我还没有习惯战争，也不能把这些飞机、炸弹的轰鸣、森林那边飞溅开来的泥土以及我看似必然的死亡联系成单一的因果关系。没考虑有危险，我开始朝着投下炸弹的森林方向跑。这时一只手拉住了我，把我拽倒在地上。“趴下来，”我听到母亲发抖的声音，“不要动!”我还记得母亲把我紧紧贴在她身边，说的一些东西我并不知道，也并不理解其含义：那是一条死路。

It's night and I'm sleepy, but I'm not allowed to sleep. We have to evacuate the city and run away in the night like convicts. Where to, I don't know; but I do understand that flight has suddenly become some kind of higher necessity, some new form of life, because everyone is running away.

到了晚上，我很困，但是我不能睡。我们不得不撤离这座城市，像囚犯一样在夜间逃亡。到哪儿去，我不知道，但是我知道逃跑突然变成了某种必须要做的事情，一种新的生存方式，因为每个人都在逃跑。

All highways, roads, and even country paths are a tangle of wagons, carts, and bicycles, with bundles and suitcases, and innumerable terrified, helplessly wandering people. Some are running away to the east, others to the west, north, south; they run in circles, fall from profound fatigue, sleep for a moment, then begin anew their aimless journey. I clasp my younger sister's hand firmly in mine. We mustn't get lost, my mother warns; but even without her telling me, I sense that some form of dangerous evil has permeated the world.

所有公路、大路、甚至是乡间小路上都是混乱的马车、拉车、自行车，上面装着包裹和箱子，还有数不清的吓坏了的人，他们无助地游走着。一些人向东边跑，另一些人向西边、

北边、南边跑；他们徒劳地跑着，实在累了就躺下来，睡一会儿，然后重新开始他们漫无目的的旅程。我紧紧地把妹妹的手握在手里。我母亲警告过，我们不能走失；但就算她没告诉我，我也能感觉到某种危险的灾难弥漫了整个世界。

I'm walking with my sister beside a wagon. It's a simple ladder wagon, lined with hay, and high up on the hay, on a cotton sheet, rests my grandfather. He can't move; he is paralyzed, another casualty of a landmine. When an air raid begins, the entire group dives into ditches; only my grandfather remains on the deserted road. He sees the airplanes flying at him, sees them violently dip and aim, sees the fire of ammunition, hears the roar of the engines passing over his head. When the planes disappear, we return to the wagon and my mother wipes the sweat from my grandfather's flushed face. Sometimes, there are air raids several times a day. After each one, sweat pours from my grandfather's tired face.

我和妹妹在马车边走着。这是一辆简易马车，车里铺着干草，在干草上，铺着一条棉布床单，我的祖父躺在上面。他不能动，已经瘫痪了；也是地雷的受害者。空袭一来时，所有人都冲到了壕沟里，只有我祖父留在没人的马路上。他看着飞机向自己猛扑过来，看着它们猛地俯冲瞄准，看着弹药喷出烈焰，听着轰鸣的引擎从他的头上飞过。当飞机消失后，我们回到马车边，母亲擦去祖父通红的脸上的汗水。有时，一天会有好几次空袭，每次空袭过后，汗水都会渗满我祖父疲惫的脸。

We're entering an increasingly appalling landscape. There's smoke on the horizon, the blaze of battle fading. We pass by deserted villages, solitary, burned-out houses. We pass battlefields dense with the garbage of abandoned war equipment, bombed-out railway stations, overturned cars. It smells of gunpowder, and of burning, decomposing meat after a massacre. Everywhere are the corpses of horses, too defenseless in this human war.

我们正在踏入一个越来越可怕的场景。地平线上浓烟滚滚，战火在慢慢熄灭。我们经过了废弃的村庄和孤零零的被烧毁的房屋。我们经过了战场，这里到处都是垃圾，有丢弃的武器装备、被炸毁的火车站、翻倒的车辆。空气中都是火药味和大屠杀后尸体烧焦和腐烂的味道。到处都是马的死尸，在人类战争中它们是孱弱无力的。

When winter comes, we stop running from the bombs so we can hide from the severe elements. Winter is but another season for those in normal conditions, but for the poor during wartime, winter is a disaster, a pervasive and constant threat. We find an apartment in the slums hat provides a minimal coverage from the snow but we still can't afford to heat the furnace; we can't buy fuel nor risk stealing it. Death is the punishment for the robbery of coal or wood - human life is now worth next to nothing.

当冬季来临的时候，我们停了下来，不再逃避轰炸，这样我们就可以躲过恶劣的天气了。对正常情况下的人们来说，冬天只不过是另一个季节。但对于战时的穷人来说，冬天是一个灾难，一个无处不在、持续不断的威胁。我们在贫民窟里找了套房子，勉强在风雪中栖身，但我们生不起火；我们既买不起燃料，也不敢冒险去偷。偷盗燃煤和木料是要处死的——人的生命在此时一文不值。

We have nothing to eat. My mother stands brooding at the window for hours; I can see her fixed stare. I can see other residents staring out into the street from many windows, as if they were waiting for something. I weave my way around the backyards with a gang of stray boys; it's something between play and searching for a scrap of anything edible.

我们什么吃的也没有。我母亲在窗边愁闷着，一站就是几个小时，我能看到她呆滞的眼神。我能看到很多人从窗口旁盯着下面的街道看，好像在等待着什么。我和一群流浪的孩子在后院来回跑着玩儿，这既是游戏，也是在寻找一点吃的东西。

One day we hear that they'll be giving out candy in a store near the warehouse. Immediately we make a long queue of cold and hungry children. We stand in the frost all night and the following day, huddled together to summon a bit of warmth. Finally, they open the store. But instead of candy, we are each granted an empty metal container that once held some fruit drops. Weak and stiff from the cold, yet at this moment happy, I carry my treasure home, guarding it jealously. It's valuable; the inside wall of the can still has a sugar residue. My mother heats some water and pours it into the can. We have a dilute, sweet drink: Our only nutrition for days.

有一天，听说他们会在仓库附近的一家商店散发糖果，我们这群饥寒交迫的孩子立即排了一条长队。我们在严寒中站了整整一夜以及第二天一整天，挤在一起以获得一丝暖意。终于，商店开门了，但发给我们每个人的却不是糖果，而是一个装过水果糖的空金属罐子。我虚弱不堪、冻得僵硬，但此刻却很开心，我带着我的宝贝回到家，小心地呵护着。它很珍贵，因为它的内壁上还有糖渣。我母亲烧了些水，把水倒进去，稀释成了甜甜的饮料：这是我们这些天唯一的营养。

I can't quite remember when or how the war ended for us; my mind is always drawn back to that first day in the meadow, the explosions destroying the peaceful flowers and the naive days of my childhood. Try as I might, I still can't understand what we could have done to justify all the suffering war inevitably inflicts.

我不太记得战争是何时结束的，如何结束的。我的记忆总是被拉回到第一天草地上的情形，那天，爆炸破坏了花丛的宁静，也打破了我童年的纯真时光。无论我如何努力，我还是不清楚当初到底我们做了什么，要让我们承受战争不可避免带来的所有这些伤害。

**附件1:装订好的从《视听说教程》上撕下来的所有听力题，Section B长对话有一篇来自视听说所学单元（Unit 1，2，5，6），Section C短文有一篇来自视听说单元（Unit 1，2，5，6）**

**附件2：装订好的从《综合训练》上撕下来的所有单选阅读题，两篇In depth Reading有一篇是原题。**

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