

ADI 18

Ryan Guo

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Agenda

Warming up

Dialogue

Sight translation

Chuchotage

Consecutive interpreting

Some Advice

Deliberate Practice

详看：网络信息

不要找简单的材料！！要用“痛苦”的材料！！！！！！！！！！

Interpreting Skills

Listening Comprehension

Bilingual skills

Note-taking

Good English, Bad English comprehension

Interpreting skills (cognitive skills)

Attention split

Comprehension 一两个词没懂，没关系。只要抓住主线，是能够顺着线索说出“相对合理的故事”！

Reflection

哪个词我不会

哪种表达听起来陌生

哪个句子结构听起来很难

哪个概念我没有接触过

哪些笔记没有用

Word, sentence structure, speed, accent, background knowledge



Some Advice

练习资源

Technical materials.

Youtube channel: Davos, IMF, World Bank

Openuni courses

中文：中国日报－英语点津

微信：口译网


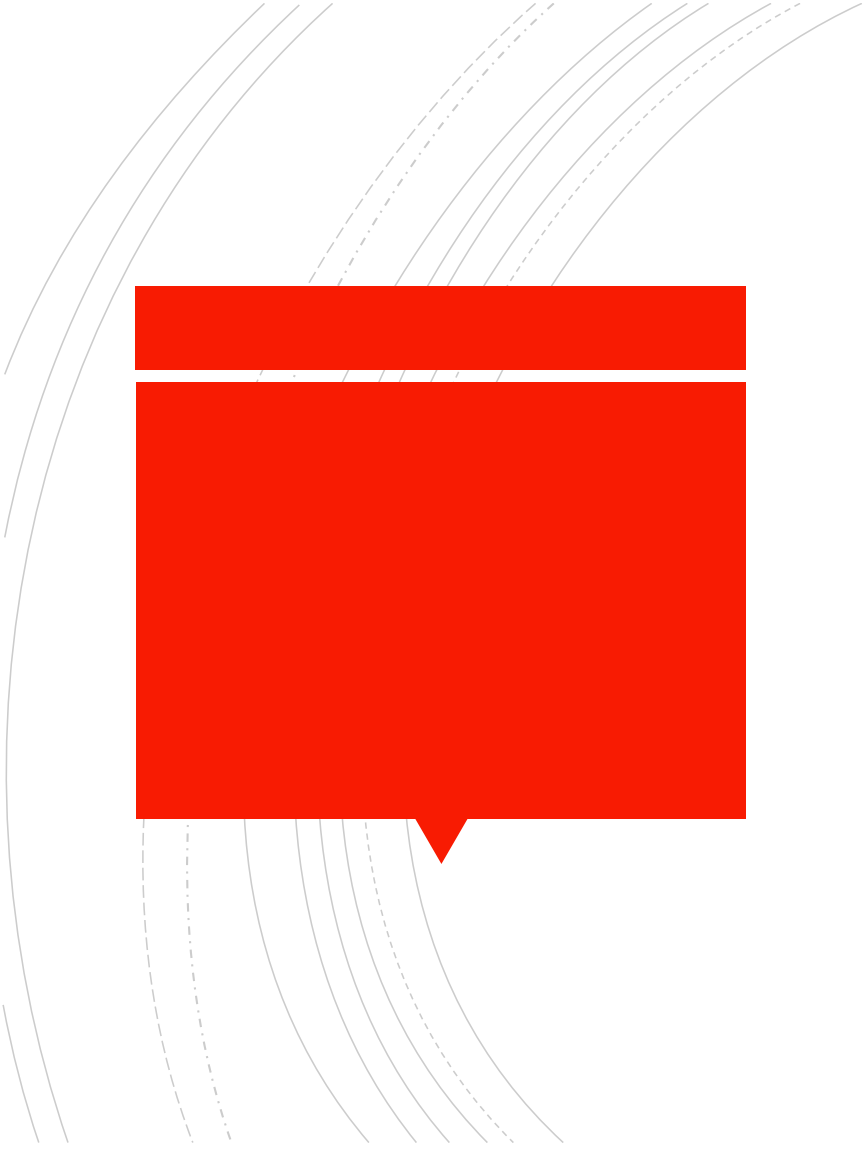
练习重点：反应力！；耐力！！



Warming Up

https://www.youtube.com/watch?v=tdEkGP2Q_Uk&ab_channel=LowyInstitute

Under Pressure: The present and future of international order

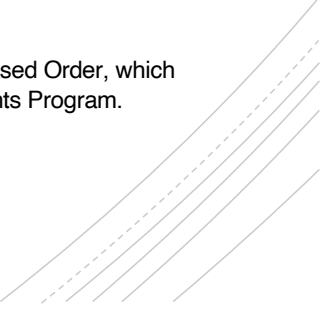




The Chinese Communist Party will shortly hold its 20th National Congress during a highly unsettled period in international affairs. In February, after President Putin and President Xi declared a "friendship without limits", Russia launched its brutal invasion of Ukraine. In August, China responded to US Speaker of the House of Representatives Nancy Pelosi's visit to Taipei with major military exercises. Meanwhile, President Biden has become increasingly vocal in his support for Taiwan.

Just days ahead of the CCP Congress, the Lowy Institute hosted the head of one of the most influential think tanks in Washington. Richard Fontaine addressed the Lowy Institute on the present and future of international order. After his remarks, Mr Fontaine spoke with Lowy Institute Executive Director Michael Fullilove about US security policy in Asia, China's challenge to the United States and the rules-based order, as well as how the Ukraine war is being viewed in Washington.

Richard Fontaine is Chief Executive Officer of the Center for a New American Security. He served as President of CNAS from 2012–19 and before that as Senior Fellow from 2009–12. Prior to his time at CNAS, he was foreign policy adviser to Senator John McCain and worked at the US State Department, the National Security Council, and on the staff of the Senate Foreign Relations Committee.

This event was hosted as part of the project Australia's Security and the Rules-Based Order, which receives funding from the Australian Department of Defence Strategic Policy Grants Program.






rules-based international order 以规则为基础的国际秩序

international order based on the International Law and the charter of the UN

Acknowledge of the First People's Nation

owner , custodian





It **builds on** a project of early work

不同于be based on / base ... on

approaches to the rules-based order

host a number of visitors as part of the project

including ...

prop up 支持，维持

quick

indifference 冷漠

assertiveness

counterbalancing moves

boxer rebellions

<insert the country>

the community



don't represent the whole spectrum of the thoughts
and expertise in the US



Warming Up - Strategic Outlook: The Future of Global Operations

<https://www.youtube.com/watch?v=Asm9lex0IMI>

COVID-19 was a reminder of the crucial importance of the manufacturing sector to both the global economy and society. However, within the framework of the new geopolitical landscape, an uncertain global economic outlook, and climate change disruptions, cooperation and coordination spanning all stakeholders in production systems needs to be urgently strengthened.

What are the key challenges and opportunities for the production sector in the months ahead and what strategic priorities and partnerships should guide the work of the global manufacturing community?



Morit, Rockwell Automation Incorporated

Sharon Burrow, General Secretary, International Trade
Unions Confederation

Franz van Hooten, CEO, PACE (Platform for Accelerating
the Circular Economy) of Royal Philips

Amitabh Kant, CEO, National Institution for Transforming
India

Gist

反思：细节

细节 – 第二步

Markers：第三人称； tense； plural form

背景：世界经济论坛 (达沃斯) WEF

单词的反应度

开字幕（偷懒，不会有任何成就）

模仿声音（心中形成模糊句子 → 自我补足；谷歌！）

词，主题表达

.....是我们最近反复的讨论重点

Reoccur, recurrent

Co-chair

Resilience n. 韧性

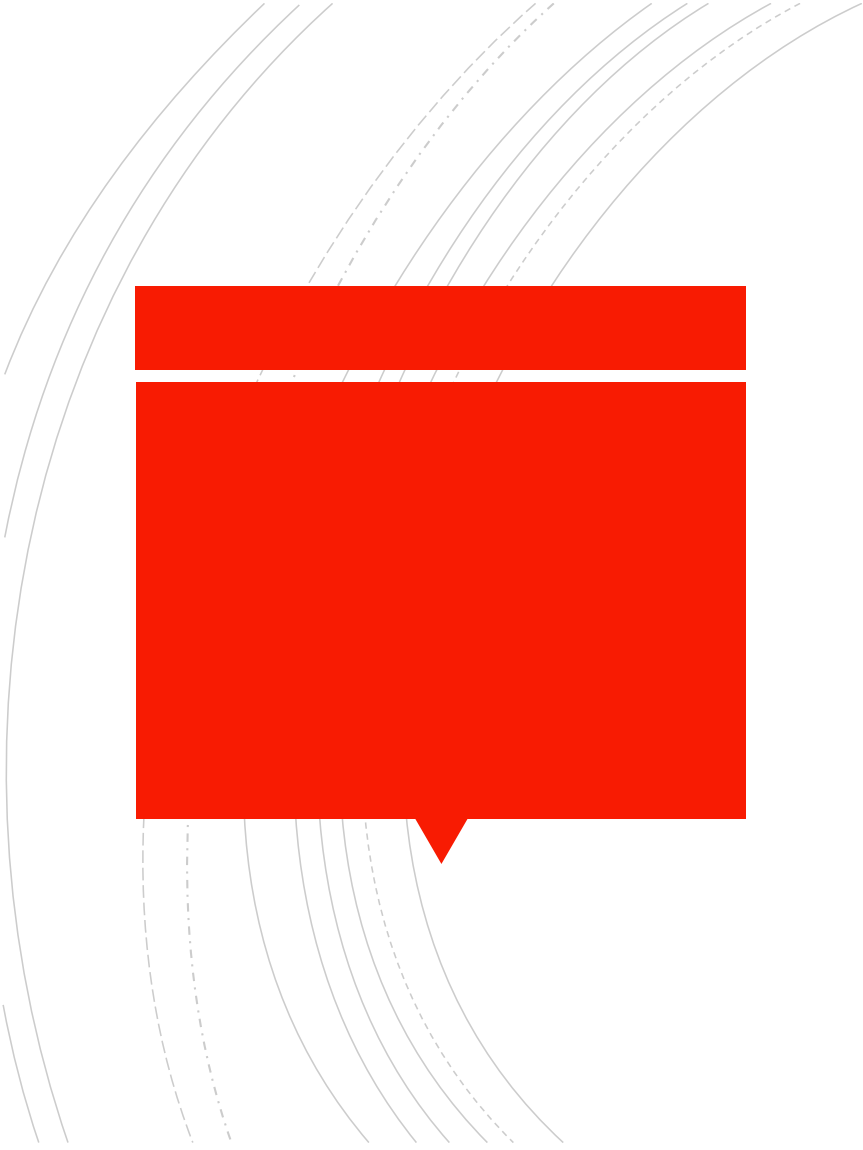
权重 weight n.

Weighted average 加权平均

assuring; reassuring

Drill 演习

Retain talents 防止人才流失; talent attrition



Circular economy 循环经济

拓展 绿色经济； 共享经济； gig economy 零工经济（中国大陆
– 中国政府：灵活就业 flexible employment ;)

Voice ; 话语权；

Sustainability 可持续性

Sustain vt.

Waste 废弃物、废料

Waste treatment 废弃物治理

~ disposal

As well as bringing online renewable sources as quickly as possible

和互联网没有关系

Our new offering is going to be put online next week.

Our new portfolio is





Floor

Flow shop 生产车间

Showroom

绿色、数字 → 吸引投资 → 增加价值

Post pandemic 疫情后

Snowy Hydro 新州 + vic

Thermal coal 动力煤、热能煤

Energy transition 能源转型

Carbon peak by 2050

SA


Green hydrogen 绿色氢能

trigger → 听懂、发现是关键VS 听到了我认识的词就写下来 [不同
PTE] ! ? ?

习惯 !

PPP 公私合作

International cooperation





Want the audience to **unpack** the shifts that we all need

非常“英文”的表达！

Find ourselves in a **perfect storm** during the pandemic 在疫情期间我们“屋漏偏逢连夜雨”（面临了更多问题，祸不单行）

怎么理解

影响到你：心中的信息、笔记内容

PPE 个人防护设备

Acute care equipment

社区：机械通风 mechanical ventilation

氧气罩

Marker – tense

Deliver vt. 交付

Take on the path

这是我们的必由之路

Cost optimisation 成本优化

Insulate

Super conductivity （低温也有传导性？）

Semi-conductor 半导体

背景

Sections (embargo, retaliative tariffs)

疫情2年中：

1. 上海封锁 – apple产品不能运输 – 全球供应链的中断
 2. 疫情初期 –PPE
 3. 粮食危机 – 印度禁止了大米出口
- 供应链本地化
'proudly produced with local ingredients'

硬听

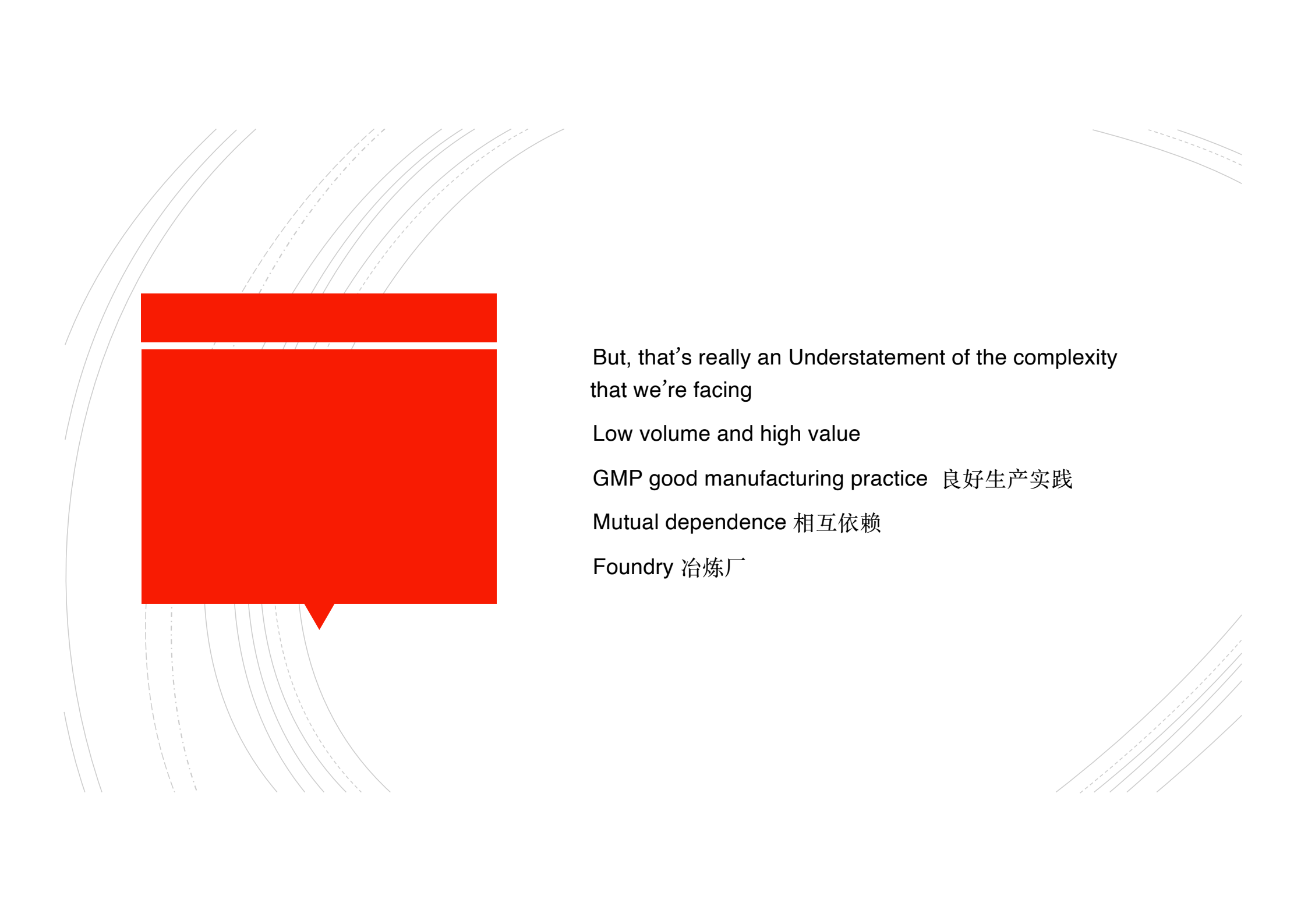
Refer to 指的是 – point to , say

International landscape 国际格局

Shore n. offshore 离岸（境外），onshore 境内，near shore靠近某地区和某国家

Regionalise it

Near shore final assembly

The background features several sets of thin, curved lines in light gray, some solid and some dashed, creating a sense of motion or complexity. A large, solid red speech bubble is positioned on the left side of the slide, pointing towards the text.

But, that's really an Understatement of the complexity
that we're facing

Low volume and high value

GMP good manufacturing practice 良好生产实践

Mutual dependence 相互依赖

Foundry 冶炼厂



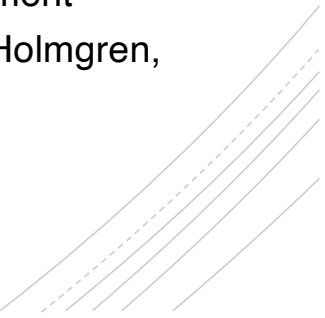
Warming Up

https://www.youtube.com/watch?v=6EnuLRLWxd8&ab_channel=WorldEconomicForum

Meet the Pioneers of a Circular Carbon Economy 循环经济 | **Sustainable Development Impact Summit**

By 2050, the carbon removal industry is expected to grow to the size of today's oil and gas industry. What does it take to scale innovations towards a circular carbon economy?

The Sustainability Pioneers series showcases entrepreneurs and innovators tackling today's major challenges to achieve the Sustainable Development Goals. Speakers: Enass Abo-Hamed, Jennifer Holmgren, Jan Wurzbacher





Meet the Pioneers of a Circular Carbon Economy

Hydrogen

Waste 废料

Ethanol 乙醇

Fibers ,plastics

Jet /aviation fuel

Fossil fuel 化石燃料

Look for substitutes for our petrol-based economy 我们公司的宗旨是寻找方法，替代如今的依赖石油的经济

创业 start a business ; a business is founded

Fund-raising

That's what it takes to scale hard tech to commercial (things) 使得我们将这一精尖技术商业化

Commercialization 商业化

Co-founders 联合创始人

Ambient air





Meet the Pioneers of a Circular Carbon Economy

数字敏感

营利 earn ⇔ earning ; profits ⇔ net, gross ; revenues ; EBIDA

Raised 150m -160m over the past years

1.5亿

苏黎世

募资 fund raising

Roadshow /pitch 路演

Garage entrepreneurship

Angel investor 天使投资人

POC 概念验证

prototypes 原型

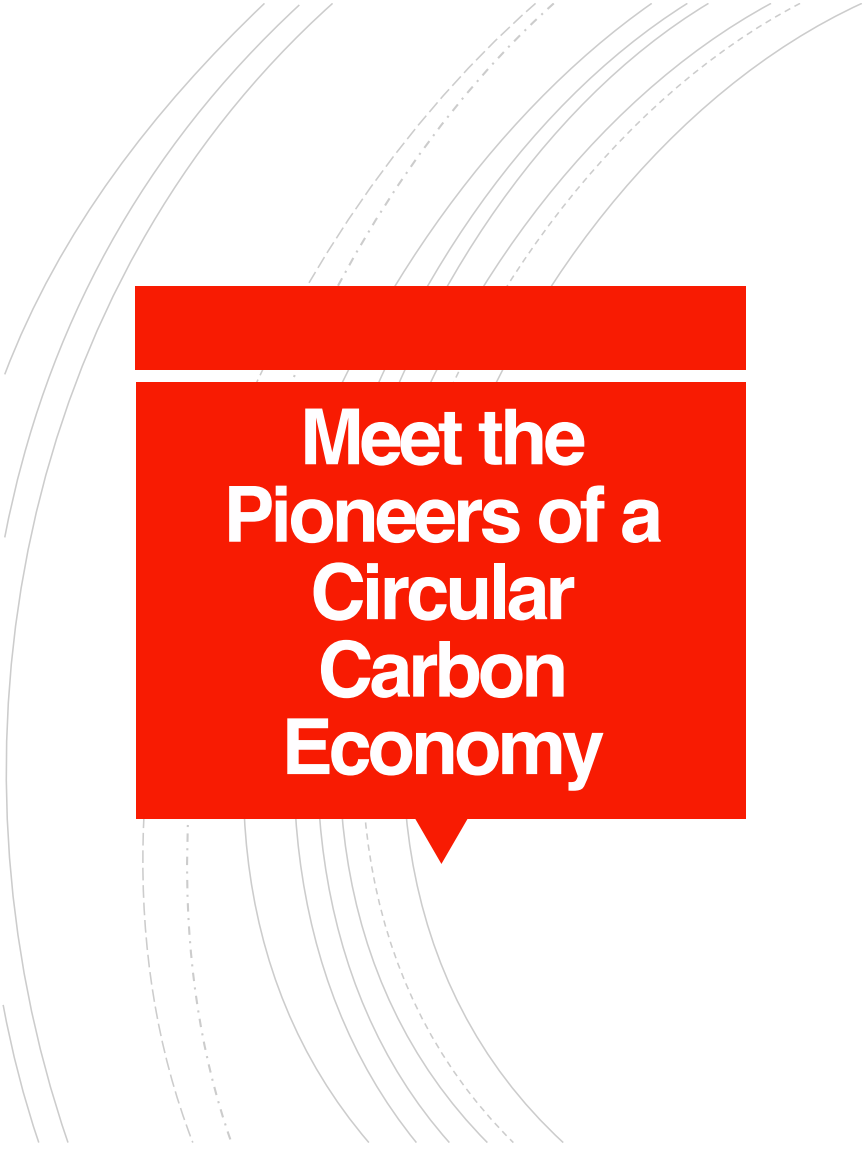
Seed A , B, C round 种子轮

PE私募, VC风投

Paris Agreement 《巴黎协议》 / accord

COP26





Meet the Pioneers of a Circular Carbon Economy

Business model 商业模式

Inject it underground

碳捕捉、碳存储 carbon capture , storage

Forestation <> carbon sink/ repository

Carbonates 碳酸盐

Corporate companies 集团公司

Private people 个人

Subscription model 订阅模式

付费内容 paid contents

Viable business

Shopify ~ ecommerce

Scale up ~ 规模化





Dialogue Hypertension

Scenario: Mrs. Wang has been suffering from **hypertension** for several years and she is consulting with her GP about it.

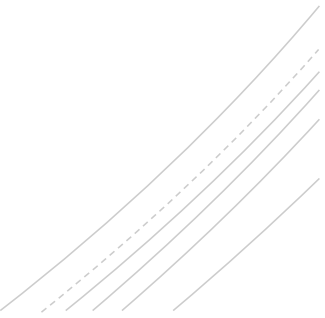
三高

高血压

high blood pressure level → well above the border line → hypertension

高血糖 high blood sugar → ... → hyperglycemia

高血脂 high cholesterol (blood lipids) → ... → hyperlipidemia





Background Hypertension

High blood pressure, also known as hypertension, is a common condition where the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.



Background Hypertension

- **Definition and Types:**
- **原发性Primary (Essential) Hypertension:** This type develops over time with no identifiable cause. Most people have this type of high blood pressure.
- **继发性Secondary Hypertension:** This type is caused by an underlying condition. It appears suddenly and causes higher blood pressure than primary hypertension. Conditions and medications that can lead to secondary hypertension include kidney problems, adrenal gland tumors, certain congenital heart defects, certain medications (such as birth control pills, cold remedies, decongestants, over-the-counter pain relievers, and some prescription drugs), and illegal drugs.

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Background Hypertension

- **Symptoms:**
- High blood pressure is often termed a "silent killer" because it typically has no symptoms until significant damage to the heart has been done. Symptoms might include headaches, shortness of breath, or nosebleeds, but these aren't specific and usually don't occur until high blood pressure has reached a severe or life-threatening stage.

The background of the slide features several sets of thin, curved lines in light gray and white, creating a sense of motion or a stylized globe. These lines are primarily located on the left and right sides of the slide.

Background Hypertension

- **Risk Factors:**

- Factors that can increase your risk of high blood pressure include age, race, family history, being overweight or obese, not being physically active, using tobacco, too much salt (sodium) in your diet, too little potassium in your diet, too little vitamin D, excessive alcohol consumption, stress, certain chronic conditions (such as kidney disease, diabetes, and sleep apnoea), and pregnancy.



Background Hypertension

- **Complications:**
- Uncontrolled high blood pressure can lead to complications including heart attack or stroke, aneurysm, heart failure, weakened and narrowed blood vessels in your kidneys, thickened, narrowed, or torn blood vessels in the eyes, metabolic syndrome, trouble with memory or understanding, and dementia.

The background of the slide features several sets of thin, curved lines in light gray and white, creating a sense of motion or waves. A prominent red speech bubble is positioned on the left side, containing the title text.

Background Hypertension

- **Treatment and Prevention:**

- Lifestyle changes can help control and prevent high blood pressure, even if one is taking blood pressure medication. These include eating a healthier diet with less salt, exercising regularly, quitting smoking, and maintaining a healthy weight. Sometimes, prescribed medication is required in addition to lifestyle changes.



Dialogue Hypertension

Good morning Mrs. Wang! Please have a seat. You don't look well today. What seems to be the problem?

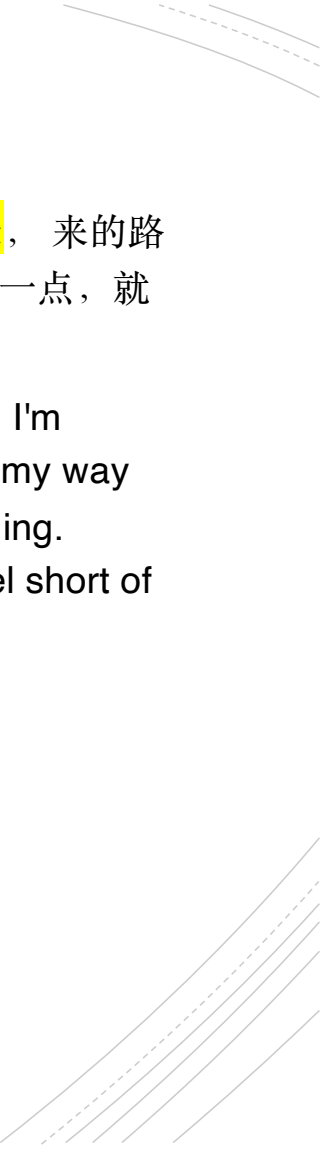


Dialogue Hypertension

早上好医生。我的确觉得不舒服。头痛，还头晕，来的路上觉得周围的东西都在转。最近我只要走路稍快一点，就觉得喘不上气来。而且记性也变差了。

Good morning, Doctor. I've been feeling unwell. I'm experiencing headaches and dizziness, and on my way here, it felt like everything around me was spinning. Lately, even slightly brisk walking makes me feel short of breath. Additionally, my memory seems to have worsened.

气喘的wheezy, gasp for air
amnesia





Dialogue Hypertension

I see. How long have you been suffering from these problems? Did you see someone about this before? Since this **is your first visit**, sorry that I did not have your medical record with me.

初次问诊 first visit/consultation

复诊，复查 review / follow-up

This is your first time to our **practice**



Dialogue Hypertension

有四五年了。一开始我**没怎么在意**，后来我头痛越来越厉害，尤其是**情绪激动或特别劳累的时候**更是难受。有时还伴有**眼花、耳鸣、失眠、乏力、注意力不集中**等**症状**。去看了医生，结果医生说我有高血压，我吃了医生开的**降压药**就好多了，可最近又犯了。

It's been about four or five years now. At first, I didn't take much notice, but my headaches gradually worsened, becoming particularly severe when I was **emotionally stressed** or overly fatigued. I also experienced other symptoms like blurred vision, ringing in my ears, insomnia, fatigue, and difficulty concentrating. I consulted a doctor, who diagnosed me with high blood pressure. The medication prescribed by the doctor helped significantly, but recently, the symptoms have returned.

Mood swings

"especially when I experience emotional stress"

"particularly during episodes of mood swings."

anti-hypertensive adj.; hypotensor 降压药

flare up 疾病突然复发

Relapse vi/n.

giddy 头晕眼花的

Dialogue Hypertension

So you do have a medical history of hypertension. The hypotensors can only alleviate the symptoms temporarily but cannot cure the condition. Let me **take** your blood pressure first. Is there any family member of yours who also has hypertension?

家族病史family history of ... disease

systolic/ diastolic blood pressure

血压读法： 高压120,低压90

▪ 120 **over** 90

治标不治本

offer a temporary relief ...

alleviate the symptoms temporarily but cannot cure the condition

Dialogue Hypertension

有，我祖父八年前因为脑溢血去世了，他生前一直有高血压。
难道这病还有遗传性？

Yes, my grandfather passed away from a stroke eight years ago; he had a history of hypertension. Could this condition be hereditary?

脑溢血 cerebral haemorrhage / stroke

遗传性的 Hereditary , inherited

while all hereditary diseases are genetic (since they involve genes passed down from parents), not all genetic diseases are hereditary. Some genetic diseases are caused by mutations that occur for the first time in the individual and are not inherited from either parent.

天生的 Be born with / congenital

- 基因倾向 Genetic predisposition
- 晚年 in one's later years

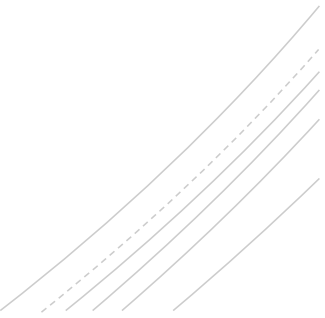


Dialogue Hypertension

Genetic factors usually play a part in the development of this condition, so your family history of hypertension **puts you at a higher risk**. Plus, your lifestyle can also be a **risk factor** to trigger its **onset**, for instance, **high intake of salt**. It is suggested to have a **low-salt** diet and lots of vegetables and fruits.

Dietary sodium intake

Play a part , role 发挥作用，产生影响



Dialogue Hypertension

难怪啊。我们家吃东西口味都重，饭菜太淡就没胃口。我之前吃降压药的那段时间按医生说的控制了盐量，但之后做菜就又是老样子了。看来我们家得改变一下长期的饮食习惯才行。医生，我的血压量的怎么样？

No wonder. In our family, we prefer strongly flavoured food and often find bland dishes unappetizing. While I was on blood pressure medication, I did reduce my salt intake as the doctor advised, but I eventually reverted to our usual way of cooking. It looks like we need to make a long-term change in our dietary habits. Doctor, how is my blood pressure reading?

Light lunch : small-sized meal

味觉的 gustatory

重口味 have a strong palate

Rich food (overly creamy)

油腻的 cf. fatty , oily ,greasy

Dialogue Hypertension

重口味，口味清淡 的一些表达和区别

light meal A light meal consists of a small amount of food, or of food that is easy to digest.

bland: 没味道、清淡的；枯燥乏味的 **bland**指味道不是很重的、口味淡的；也可以用来形容人或物无趣乏味。**bland**是一个比较中性的字，用来指清淡但不一定难吃的食物。

I find chicken a little bland. 我覺得雞肉有點淡。

It's a little bland for my taste. 對我來說味道有點淡。

You need to eat bland foods after stomach or intestinal surgery. 胃腸手術後，你需要吃清淡的食物。

Pop music these days is so bland. 現今的流行音樂十分乏味。

insipid: 没有味道的；索然無味的 **insipid**形容食物没有强烈的味道，也可以形容人或物毫无特色、乏味無趣。跟**bland**比較起來，**insipid**有負面的意涵，**insipid**有食物不只無味而且還很難吃的含意。

underseasoned 調味不太夠的 -under這個前綴代表「不足、不夠」的意思；**season**作為動詞有「調味」的意思，**underseason**加上**ed**變成過去分詞，用來形容食物加的調味料不夠多，有點淡。

unseasoned 未加調料的、沒有調味的

vapid 無生氣的；乏味無趣的；没味道的

flat 没有味道、缺乏調味的

blah 乏味無奇的 這是非常口語的說法。當覺得某人說的話很廢不重要時，我們會說「**blah, blah, blah**」，「**blah**」也可以用來形容食物毫無特色，平淡無味。

tasteless: 没味道的 The meat was dry and tasteless. 這塊肉乾巴巴的，毫無味道。

flavorless: 没味道的 When you have a stuffy nose from a cold or allergies, food may seem flavorless. 當你感冒或過敏時鼻塞，食物可能會沒有味道。

mild: (食物味道) 不濃烈的，淡的 He doesn't like a hot curry - he prefers a mild one. 他不喜歡辛辣的咖喱飯，而較喜歡味淡一點的。

lack flavor: If food lacks flavor try different sauces. 如果食物缺乏味道，試看看不同的醬料。

be lacking in flavor: The food was lacking in flavor. 食物缺乏味道。

Dialogue Hypertension

I was just going to show you. Normal blood pressure is below **SBP120** over **DBP** 80, but your pressure is much higher in both systolic and diastolic pressures, at 160 over 95. What kind of treatment have you had? Was it effective?

收缩压 systolic blood pressure 舒张压 diastolic blood pressure

120 over 80

borderline

Dialogue Hypertension

之前开过的降压药确实把血压降下去了，但治标不治本。我只要有了烦心的事，血压就会升高。这可能跟我的性格有关，一直以来都是比较容易动怒的人，不太会控制自己的情绪。

The blood pressure medication previously prescribed did effectively lower my blood pressure, but it was more of a temporary solution rather than a cure. Whenever I'm upset or stressed, my blood pressure tends to spike again. This might be linked to my personality, as I've always been prone to irritability and struggle with managing my emotions

The treatment + **helps , works**

bring down the blood pressure, the temperature

Go up



Dialogue Hypertension

Well, you really need to try your best to control your emotions and stop getting annoyed easily, to help **manage** your condition. **On top of** that, some **moderate** exercise, like **low impact cardio exercise** is good for you as well.

Intensity

Exercise in moderation

有氧运动 aerobic exercise

无氧运动 anaerobic exercise

Dialogue Hypertension

好的，饮食和情绪控制方面的建议我都会尽量照办。至于锻炼吗，最近头晕气喘得厉害，稍微动一下就不舒服，别提做运动了，还是先放一放吧。现在您能不能给我开点药呢？

Alright, I'll do my best to follow your advice regarding diet and emotional control. Regarding exercise, I've been experiencing severe dizziness and shortness of breath recently, making even slight physical activity uncomfortable, so I think I'll have to hold off on exercising for now. Could you please prescribe some medication for me at this time?

Hardly breathe 几乎没办法呼吸

Be out of breath

Shortness of / difficulty breathing

even the slightest movement can make me feel unwell



Dialogue Hypertension

That is OK. Although some activities **can keep you fit**, we must make sure your physical condition can **sustain** you. At the moment, medication is required to immediately control your condition, but please keep in mind that it's only a short-term solution. **Over-dependence on pills** is going to **backfire** eventually and a healthy lifestyle goes a long way.

A quick fix

Dialogue Hypertension

确实，药物依赖是很可怕的，我也不想下半辈子全靠吃药。所以说治病不如防病。我会从改变生活习惯开始好好调理身体的。谢谢您医生。

Indeed, becoming dependent on medication is a serious concern, and I certainly don't want to be reliant on drugs for the rest of my life. As they say, prevention is better than cure. I'll begin by changing my lifestyle habits to better manage my health. Thank you for your guidance, Doctor.

防患于未然

Nip a problem in the bud

To prevent a problem before it actually happens

调理身体 – 解读

recuperate (受伤后) 康复

Regulate one's mood

Replenish one's skin



Dialogue Interview on asylum seekers

Refugee 难民

Asylum seeker 寻求庇护者

This is an interview with the **spokesperson** from the Department of Home Affairs regarding the matter of **border protection.**

DHA 内政事务部

Dialogue Interview on asylum seekers

您好，有报道说边境巡防队又拦截了一艘载满非法偷渡者的船只，这对澳大利亚的边境保护而言算是个好消息。但同时船上的 100 多名乘客均声称是难民，你们将如何处理？

Hello, there are reports that the border patrol has intercepted another vessel carrying illegal immigrants, which could be considered positive news for Australia's border security. However, the situation is complicated as over 100 passengers on board are claiming refugee status. How will this be addressed?

Report + says

Illegal entrants

IMA irregular maritime arrivals incident n.

拦截 intercept

人口走私 human smuggling

人口贩卖 human trafficking

Dialogue Interview on asylum seekers

I think this whole episode, though, is just another reminder of the threats to our border security, and why we need a proper **deterrent** to such **boat journeys**. These passengers would be sent to **offshore detention centre** to wait for their cases to be processed.

我认为这是整件事，再次提醒我们边境安全面临威胁，以及为什么我们需要对这种乘船入境采取适当的威慑措施。这些乘客将被送往离岸关押中心等待其案件得到处理。

Deter > deterrent , deterrence

核威慑 nuclear deterrence

核不扩散 nuclear non-proliferation

国际原子能机构

irregular maritime arrivals In October 2013, the Australian Government instructed staff and contractors to refer to people arriving by boat as “illegal maritime arrivals非法海上入境者” (previously “irregular maritime arrivals”). This is despite the fact that it is not illegal to come to Australia to seek asylum under Australian and international law.

Reveal 揭晓

Offshore detention / processing centre : 寻求庇护者在澳洲本大陆 <> 离岸中心所适用的法律略有不同



Dialogue Interview on asylum seekers

对于组织偷渡者， 一经抓获将追究刑事责任。那么如何定义偷渡行为呢？

For those organizing smuggling operations, criminal charges will be pursued upon their apprehension. How then is the act of people smuggling defined?

偷渡 human smuggling

贩卖 human trafficking

追究刑事责任

criminal punishment ; be prosecuted for one's criminal liability

Be faced with criminal consequences





Dialogue Interview on asylum seekers

People smuggling involves organising and assisting in bringing people to Australia who do not hold valid visas. This often involves long and **perilous** trips in overcrowded and **shabby** vessels that are dangerous for the people on board and which may result in the loss of lives.

偷运人口涉及组织和协助将没有有效签证的人带到澳大利亚。这通常涉及到拥挤不堪的破旧船只漫长而危险的旅行，这对于船上的人来说是危险的，并可能导致生命的丧失。

involve

run down urban areas 棚户区

shanty towns

slums





Dialogue Interview on asylum seekers

目前组织非法偷渡的蛇头已经形成了完整的产业链，包括人员招募、收费、线路安排和入境目的地选择。您对此有何评价？

Currently, the organizers of illegal human smuggling have established a comprehensive industry chain, encompassing aspects such as personnel recruitment, fee collection, route planning, and selection of entry destinations. Could you share your thoughts on this?

蛇头 snakehead / smuggler

产业链industry chain是一个包含价值链、企业链、供需链和空间链四个维度的概念。这四个维度在相互对接的均衡过程中形成了产业链 这种“对接机制”是产业链形成的内模式，作为一种客观规律，它像一只“无形之手”调控着产业链的形成。

‘one-stop-shop’ service





Dialogue Interview on asylum seekers

This is the case and some behaviour patterns of these smuggling activities have been detected. For instance, vessels generally head towards the Australian territories of Christmas Island or Ashmore Reef阿什莫尔, rather than attempting to reach the Australian mainland.

阿什莫尔和卡捷群岛（Ashmore and Cartier Islands）是澳大利亚的海外领地，位于澳大利亚和印度尼西亚之间。无人居住，干地总面积约114,400平方米。

飞地 exclave , enclave

离岸关押中心 offshore detention centre

Governing laws 适用法律的不同

澳洲曾经是欧洲囚犯的流放目的地 penal destination



Dialogue Interview on asylum seekers

也就是说，澳大利亚政府希望通过严格巡逻和境外关押的措施向偷渡者传达一个信息：即以违法手段无法进入澳大利亚境内。但是目前看来，这种现象屡禁不止，是不是说明现行政策缺乏有效性呢？

In essence, the Australian government is attempting to convey a clear message to potential illegal migrants through stringent patrols and offshore detention policies: that illegal entry into Australia will not be successful. However, given the persistent nature of these incidents, it raises the question: are the current policies proving to be ineffective?

Enforce vt.

- Deny someone the right to do something

加强街上的警力

Heavier police **presence** on streets

Dialogue Interview on asylum seekers

I wouldn't say that. The current measures, function as a **deterrent**, telling all potential **breachers** that risking their lives to get to Australia in order to **resettle** in Australia is not an option. It is too demanding to expect that smuggling can be immediately stopped. However, we do see a decrease in events of such nature when compared on a **year-on-year basis**.

Breach vt.

Resettle in Australia 重新安顿

demanding (任务) 难度大的, 要求高的; (人) 苛求的
同比 YOY

Compare sth with the same period last year

Year on year

环比 – 没有固定表达 –E.g.: 月环比; 季度环比



Dialogue Interview on asylum seekers

这的确能说明事情是有好转的。但是不久前政府通过了法律，允许境外关押的难民以医疗健康理由申请进入澳大利亚。您认为这是否会被某些不诚实的人利用吗？

It does indicate some improvement. However, the government recently passed legislation allowing refugees in offshore detention centres to apply for entry into Australia on medical grounds. Do you think this could be exploited by individuals with dishonest intentions?

Loophole

To seek medical attention

Be misused / taken advantage of by



Dialogue Interview on asylum seekers

Well, this is to maintain the basic human right to health and **medical attention** of those detained. The policy cannot prevent those applicants with **fraudulent** claims, but the screening procedure is in place to make sure only those in genuine need have the access to the **privilege**.

To seek medical attention 就医、就诊

Fraud n. ; fraudulent adj. ; fall for a fraud

Screen v/n. 筛查，筛选

detainee （尤指由于政治主张）被拘留者，被扣押者

The loyalty program offers a privilege of flying in the business class to its subscribers. 客户忠诚度奖励项目

Privileged information

ST 骨质疏松

骨质疏松症是以骨量减少、骨的微观结构退化**为特征的//**，**致使**骨的脆性增加以及易于发生骨折的// 一种全身性骨骼疾病。

Osteoporosis is a systemic skeletal disease **characterized by** a reduction in bone mass and the deterioration of bone **microstructure**. As a result, bones become more fragile and susceptible to fractures.

Osteoporosis, a systemic skeletal disease, is marked by lessening of bone mass and degradation in the microstructure of bones. Consequently, this leads to increased bone fragility and a heightened risk of fractures.

...is characterized by

致使 - 逻辑关系：因果

As a result + 新的简单句

骨骼 skeleton ; skeletal

脆性 fragile adj. / fragileness , weakness?

Be susceptible to fractures

ST 骨质疏松

主要表现为：骨量减少、骨密度降低、骨折，// 并伴老年呼吸困难、骨质增生、高血压、老年痴呆、糖尿病等一些老年性疾病；//同时骨的微观结构退化，骨强度下降，脆性增加，难以承载原来负荷。

The primary manifestations of this condition include reduced bone mass, lowered bone density, fractures, and accompanying geriatric diseases such as respiratory difficulties in the elderly, bone hyperplasia, hypertension, senile dementia, and diabetes. Concurrently, there's a degradation in the microstructure of bones, leading to decreased bone strength, increased brittleness, and a reduced capacity to bear the original load.

Characterized primarily by a decrease in bone mass and density, and the occurrence of fractures, this condition also accompanies various age-related diseases, including elderly respiratory difficulties, bone hyperplasia, hypertension, dementia, and diabetes. Additionally, it involves the deterioration of bone microstructure, weakening bone strength, elevating fragility, and impairing the ability to sustain previous load levels.

负荷 Load , capacity

负重运动 weight-bearing exercise

How much weight can your knees bear ?

Impact – low ~ cardio 低对抗性运动

退化 degenerate vi.

骨质增生 hyperostosis : Hyperostosis is an excessive growth of bone. It may lead to exostosis

外生骨疣：骨或牙齿表面上的骨质生长. It occurs in many musculoskeletal disorders.

骨刺 bone spur

ST 骨质疏松

骨质疏松症的症状主要包括：

The symptoms of osteoporosis mainly include:

疼痛。原发性骨质疏松症最常见的症症，// 以腰背痛多见，// 占疼痛患者中的70%-80%。且疼痛沿脊柱向两侧扩散，仰卧或坐位时疼痛减轻，// 久立、久坐时疼痛加剧，

Pain: The most frequent symptom of primary osteoporosis is lower back pain, which is seen in about 70%-80% of patients who experience pain. This pain typically spreads from the spine to both sides and decreases when lying down or sitting. However, it intensifies with prolonged standing or sitting.

Pain: In primary osteoporosis, the predominant symptom encountered is lower back pain, prevalent in 70%-80% of those with pain symptoms. This pain, radiating along the spine to either side, lessens when the patient is reclining or seated, but exacerbates during extended periods of standing or sitting.

Radiate vi.

Sedentary lifestyle

Intensify vt.



ST 骨质疏松

骨折。这是骨质疏松症最常见和最严重的并发症。

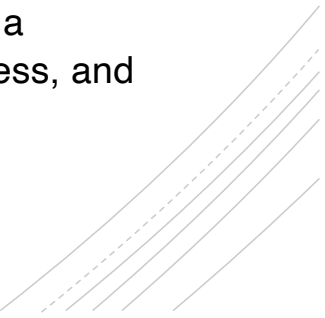
Fractures: Fractures represent the most common and severe complication associated with osteoporosis.

Fractures: Among the complications of osteoporosis, fractures are the most prevalent and severe.

呼吸功能下降。患者往往可出现胸闷、气短、呼吸困难等症状。

(3) Reduced Respiratory Function: Patients frequently exhibit symptoms such as chest tightness, shortness of breath, and difficulty in breathing.

Diminished Breathing Capacity: It is common for patients to present with respiratory symptoms, including a sensation of tightness in the chest, breathlessness, and challenges in breathing.



ST 骨质疏松

骨质疏松是老年人的常见病，因此骨质疏松患者要从饮食方面多多注意。

患者宜摄入天然富含钙、磷、铁、锌等矿物质// 和维生素 D 的食物，如乳制品、海产品、绿叶蔬菜、菌藻类、瘦肉等。

Osteoporosis is a common ailment in the elderly, therefore, it is crucial for those with osteoporosis to pay close attention to their diet. Patients should consume foods naturally rich in minerals like calcium, phosphorus, iron, zinc, and also vitamin D, including dairy products, seafood, green leafy vegetables, fungi and algae, and lean meats.

As a prevalent condition among older adults, osteoporosis necessitates careful dietary considerations for those affected. It's advisable for patients to include in their diet foods naturally abundant in minerals such as calcium, phosphorus, iron, zinc, and vitamin D – examples of such foods are dairy, seafood, green leafy vegetables, mushrooms and algae, and lean meats.

Patients should consume food naturally rich in and other minerals

磷 phosphorus /'fɒsf(ə)rəs/

铁的

Ferrous metal 黑色金属

Non-ferrous metal 有色金属

ST 骨质疏松

不宜偏食或过分依赖补品和保健品。宜低盐饮食，每天盐的摄入量 不要超过 5 克。饮食不宜过咸，少吃咸菜等食品。同时，患者需养成良好的生活习惯， 不宜吸烟、过量饮酒、喝咖啡和碳酸饮料

Patients should avoid being overly selective in their diet or overly reliant on supplements and health products. A low-salt diet is advisable, with daily salt intake not exceeding 5 grams. It's important to keep the diet low in salt and reduce the consumption of pickled and other high-sodium foods. Additionally, patients should cultivate healthy lifestyle habits, avoiding smoking, excessive alcohol consumption, and the intake of coffee and carbonated drinks.

Avoidance of fussy eating or excessive dependence on supplements and health products is recommended for patients. It's beneficial to adhere to a diet low in salt, ensuring that daily salt consumption does not surpass 5 grams. Diets should not be overly salty, and the intake of pickled and similar high-sodium foods should be minimized. Concurrently, it's important for patients to develop positive lifestyle habits, steering clear of smoking, excessive alcohol, coffee, and carbonated beverages

Pickles ; Preserved foods ; 腌制的 marinated

偏食 Picky eating (also known as fussy, faddy or choosy eating) is usually classified as part of a spectrum of feeding difficulties. It is characterised by an unwillingness to eat familiar foods or to try new foods, as well as strong food preferences. The consequences may include poor dietary variety during early childhood.

Chuchotage

中国的气候问题

Instructions:

1. Get your headset and a recording device ready
2. Record your interpretation

2nd round:

交传，无笔记

放一段话，翻译一段

第三段，我读，你们同传

中文语文理解！

Criteria:

1. fluency : 不要太卡，不要让人听着心生怯意
2. 大意

粮食生产 food production

作物产量 crop output/harvests

According to ... ⇨ 同传：我会尽量不用according to这个结构，因为它会限制后面可以出现的语法成分； According to + 名词成分/动名词

数字-万亿 trillion

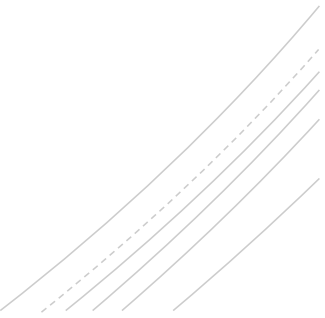


Chuchotage 中国的气候问题

中国气候变化评估报告凸显风险

中国政府最新发布的气候变化评估报告显示，全球气候变暖将导致作物减产、河流枯竭、引发更多干旱和洪水，可能对中国农业生产造成严重影响。

The recent climate change assessment report issued by the Chinese government underscores the risks associated with global warming. It predicts that rising global temperatures will result in lower crop yields, drying rivers, and an increase in both droughts and floods, potentially causing severe repercussions for agricultural production in China.



Chuchotage 中国的气候问题

报告称，工业及交通行业的温室气体排放导致的全球气候变暖，以及土地用途改变等问题对中国经济繁荣、公众健康和粮食生产构成了长期威胁。鉴于中国经济规模在未来数十年很可能赶超美国，由此将造成更加广泛的影响。

- The report states that global warming, driven by greenhouse gas emissions from industrial and transportation sectors, along with changes in land use, represents a long-term threat to China's economic growth, public health, and food security. Considering the likelihood of China's economy outgrowing that of the United States in the next few decades, the implications of these issues are expected to be even more far-reaching.

Industrial production and traffic (transportation)

概念上- 实业 real economy (/ industrials) 是对立与“虚拟经济”virtual economy (e.g.: financial sector)

Chuchotage 中国的气候问题

报告指出，受持续的全球变暖以及中国地区环境变化的影响//，中国面临极端严重的生态和环境 状况。若无法找到应对全球变暖的措施，中国粮食产量到 2050 年可能减少 5~20%，具体程度 将取决于空气中二氧化碳含量增加形成的“肥料效应”能否抵消粮食减产。

- The report highlights that, as a result of ongoing global warming and regional environmental changes, China is experiencing critically severe ecological and environmental challenges. Should effective strategies to address global warming not be implemented, there is a potential decrease of 5-20% in China's food production by 2050. This will depend on whether the 'fertilizing effect' resulting from increased carbon dioxide levels in the atmosphere can compensate for the decline in crop yields.

紧跟原文的同传可能：

Depending on the CO2 concentration and its increments, whether it can offset the reduction in yields

中文语文的判断：1.) 断句； 2) 主谓的抓取

肥料效应： 肥料对种植农作物的增产效应。



Chuchotage 中国的气候问题

气候变化还将使中国遭遇严重的水资源失衡。多数地区的降水将愈发集中在夏秋两季，洪水和干旱发生频率也将上升。

Climate change is expected to lead to significant water resource imbalances in China. In most regions, rainfall will become more concentrated in the summer and autumn seasons, resulting in an increased frequency of both floods and droughts.

Imbalanced allocation of water resources

Rainfall / precipitation 降水（量）

Chuchotage 中国的气候问题

中国粮食作物的种植模式也将发生改变，中国东北地区的气温上升和降雨增加，很可能促使那里的水稻等作物种植面积扩大。在西北棉花主产区新疆，可利用的水资源减少可能导致农作物产出率明显下降。

- The planting patterns of food crops in China are set to undergo changes. In the north-eastern region, rising temperatures and increased rainfall are likely to promote the expansion of rice cultivation and other crops. Conversely, in Xinjiang, a major cotton-producing area in the northwest, diminishing water resources may result in a noticeable decrease in agricultural output.

- production and construction corps

Precipitation

Fallow adj. /n. 休耕

新疆生产建设兵团: the Xinjiang Production and Construction Corps

Chuchotage 中国的气候问题

报告预计，直到 2030 年以后，中国的温室气体排放才有可能开始减少，到 2020 年全国减排 努力将耗资 10 万亿元人民币，其中包括 5 万亿元用于节能技术和新能源及可再生能源开发。

- The report forecasts that China's greenhouse gas emissions might not start decreasing until after 2030. It estimates that by 2020, the national efforts to reduce emissions will have cost about 10 trillion RMB. This figure includes an allocation of 5 trillion RMB for the development of energy-efficient technologies and the advancement of new and renewable energy sources.

- 碳达峰 carbon peak

Energy saving

节能减排 energy preservation and emission reduction

CI 人口走私

The following passage was adapted from a speech delivered by an Australia government official concerning the effort on combating human trafficking.

笔记 不是全部 – 笔记是辅助

翻译好坏 – 听力能力 和 语言表述能力决定的


一个句子

信息反应

~~— 听完整个句子再想发生了什么!!!!~~

意群，切割

逐个击破



考试只有听一次的机会

邻国 neighboring countries

Department of Foreign Affairs and Trade (DFAT) (澳洲)

外交贸易部

Country Information Report

(中国) 外交部 Ministry of Foreign Affairs

CI 人口走私

Australia is strongly committed to countering **people smuggling and human trafficking**.

Combatting these transnational crimes requires close cooperation **bilaterally, regionally and multilaterally**.

The **Department of Foreign Affairs and Trade** leads **diplomatic engagement** on these issues and also provides practical cooperation and assistance to help counter trafficking and smuggling in our region.

Customer engagement ; US-China engagement ;

不结盟

盟国 alliance

Be committed to / vow to / pledge ...

美国单方面撕毁（退出）《巴黎协定》 the US withdrew from the Paris Agreement unilaterally

International

Trans - ; pan- pan-pacific 泛太平洋的

外交大国 a great diplomatic power （power 力量；强国）

大国外交 major country diplomacy

澳大利亚**坚决致力**于打击人口走私和人口贩运。打击这些跨国犯罪需要双边、区域和多边的密切合作。外交和贸易部牵头在这些问题上进行外交合作，并提供实际合作与协助，以帮助打击我们地区的贩运和走私。

DHA

DFTA外交和贸易部

AUSTRAD

The background features several thin, curved lines in grey and white, some solid and some dashed, creating a sense of movement. A large, solid red speech bubble is positioned on the left side of the slide, pointing towards the text.

Marginalised population 边缘化的人

Disadvantaged population 弱勢的（面临不利境地的）人

Venerable migrants 脆弱移民

Uphold the integrity of Australia's regular migration program

通过海路非法入境澳洲的人 IMA irregular

Humanitarian entrants

CI 人口走私

Australia's success in countering people smuggling and human trafficking has helped to protect vulnerable migrants in our region and beyond. It has helped to uphold the integrity of Australia's regular migration program which brings up to 190,000 permanent migrants and 18,750 humanitarian entrants to Australia every year.

Ensuring Australia's borders are secure also helps to maintain public confidence that people welcomed under our migration program do not pose a risk to the community.

①确保澳洲边境安全 ②维护公众信心 ③ 正规的移民 ④ 不危害社区

切割，顺句推动；言简意赅；

To become established in our community

Grammatically : that clause 同位语

澳大利亚在打击人口走私和人口贩运方面的成功帮助保护了我们地区及其他地区的脆弱移民。它对捍卫澳大利亚常规移民计划的完整性提供了帮助，该计划每年带来多达190,000名永久移民和18,750名人道主义入境者。确保澳大利亚边境安全，还有助于保持公众的信心，即通过该计划移民来到澳洲的人们不会对社区构成威胁。

坚决维护国家的主权和领土完整

to resolutely safeguard /uphold China's sovereignty and territorial integrity



Capacity building 能力建设

Divert

Cf. divest vt.

Invest vt.

脱产、托业培训 off-job training

Great China Area 大中华区

Australia's efforts to combat smuggling and trafficking// are complemented by our development and humanitarian programs that work to address the root causes of irregular migration, build the capacity of partner governments to respond to instances of human trafficking, and promote safe and legal migration within the region to help divert money from criminal networks. Australia also provides funding to the UNHCR and IOM to assist displaced people, refugees and asylum seekers.

Government's efforts? Complemented by (plus)

Capacity building 能力建设!

联合国难民事务专员署 (United Nations High Commissioner for Refugees) → 现在: 联合国难民署 (英文缩写不变)

IOM international organisation for migration 国际移民组织

Mid-office <> anti-money laundry 反洗钱; anti-terrorism financing 反恐怖主义融资



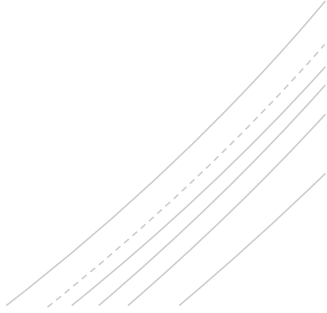
CI 人口走私

Australia's border protection policy has been successful// in protecting Australia's borders and has led to a sharp decline in the number of people seeking to reach Australia by sea and the number of lives lost at sea.

澳大利亚的边境保护政策在保护澳大利亚边境方面取得了成功，并成功使寻求通过偷渡到达澳大利亚的人数和在海上丧生的人数急剧下降。

IMA

“船民” boatmen





CI 安全感

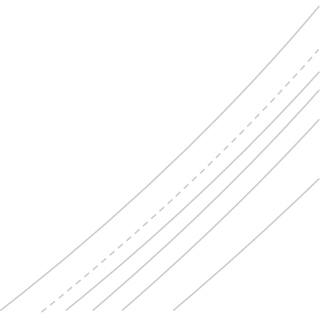
The following passage is adapted from a keynote speech delivered at an International forum in China and the title is “The sense of security in China”. You are required to listen to the passage and then perform consecutive interpreting according to your notes.



CI 安全感

女士们，先生们：

当前，中国社会安定有序，人民安居乐业，越来越多的人认为中国是世界上最安全的国家之一。

- Ladies and gentlemen:
 - Currently, China enjoys a stable and orderly society where people live and work in peace and contentment. An increasing number of people now regard China as one of the safest countries in the world.
- 



CI 安全感

近 5 年来，中国八类严重暴力犯罪案件数下降了**42.7 %**。
2016年全球犯罪与安全指数显示，中国是治安保障最好的国家之一。

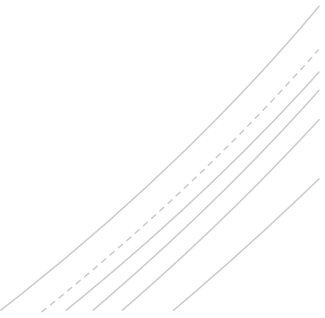
In the past five years, China has seen a 42.7% reduction in eight major categories of serious violent crimes. As per the 2016 Global Crime and Safety Index, China ranks among the top countries for law and order.



CI 安全感

安全感，已经成为读懂当代中国的一个新窗口，也是中国向世界展示的一张新名片。

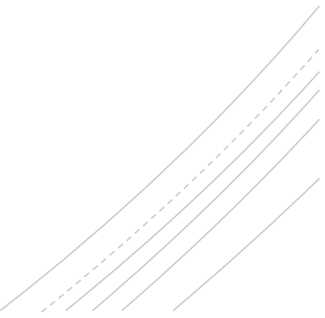
相对平安祥和的中国，世界并不太平。

- The sense of security has emerged as a new lens through which to view contemporary China and serves as a fresh representation of China to the global community. In contrast to China's relative tranquility and safety, the rest of the world is not as peaceful.
- 



CI 安全感

在中东，战火仍然在燃烧；在欧洲一些城市街头，荷枪实弹的军警随处可见，恐怖袭击的阴云笼罩人们头顶；在美国一些地方，“晚上别出门”已经成为无奈的安全常识。

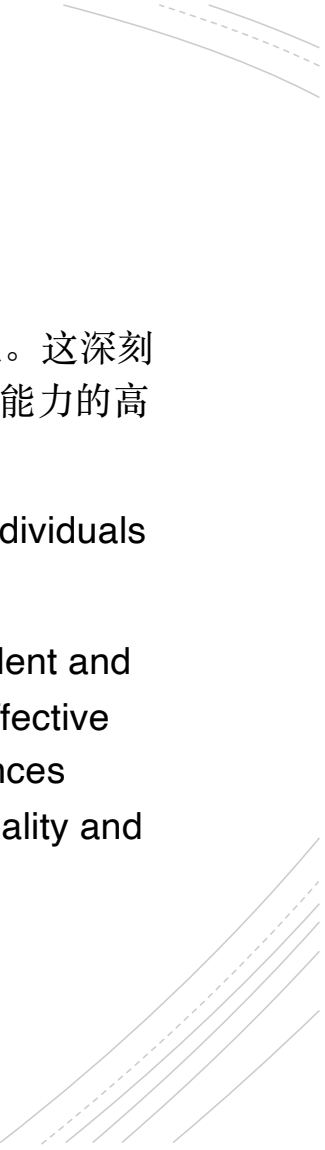
- In the Middle East, wars continue to rage; in the streets of some European cities, heavily armed military and police are a common sight, with the threat of terrorist attacks looming over people's heads; and in certain areas of the United States, the cautionary advice "Don't go out at night" has become a reluctant but necessary safety norm.
- 



CI 安全感

安全感是一面镜子，人心自有一杆秤

安定有序与动荡不安，实则是治与乱的鲜明对比。这深刻影响着人们的幸福感，更反映着治理水平和治理能力的高下。

- The sense of security serves as a mirror, and individuals have their own scales to measure it.
 - Whether a society is stable and orderly or turbulent and unstable represents a clear contrast between effective governance and chaos. This significantly influences people's sense of happiness and reflects the quality and capability of governance.
- 



CI 安全感

既有宏大的治理框架，也有灵敏的基层落实，既有政府部门的担当，也有社会各方的参与，中国的“平安密码”，其实就是中国制度的优势、中国人民的力量、中国特色社会主义社会治理的科学高效。

- We have a comprehensive governance framework that is complemented by effective grassroots implementation. Both government departments and various sectors of society play their roles in creating China's "security code." This code represents the strengths of the Chinese system, the resilience of the Chinese people, and the scientific and efficient governance of the socialist society with Chinese characteristics.

- 无主句

overarching design 总体设计

经济基础决定上层建筑（马克思）

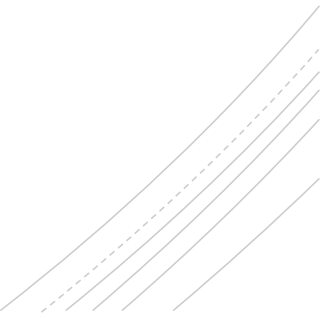
the economic base determines superstructure





CI 安全感

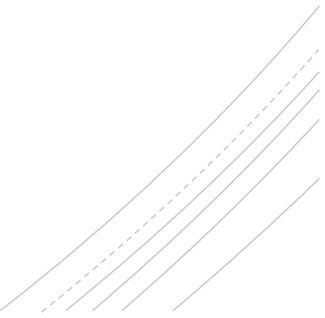
在一个并不太平的世界，维护国民安全的课题，远比艺术呈现更加复杂和艰辛。一个强大而又以人民为念的国家，才能赋予国民不可撼动的信心与底气。

- In an increasingly turbulent world, the task of safeguarding national security is far more complex and challenging than artistic performance. It is only a powerful and people-centric nation that can instil unwavering confidence and resilience in its citizens.
 - in our people's interest
master of the country
- 



CI 安全感

有一种安全感，叫做“我是中国人”。一个平安的中国，给世界带来希望，也带来深刻启示。让安全成为世界共享的礼物，这是人类孜孜以求的梦想，更是需要共同努力的方向。

- There is a sense of security called "I am Chinese." A peaceful China brings hope to the world and offers profound inspiration. Making security a gift shared by the world is not only a dream cherished by humanity but also a direction that requires collective efforts.
 - 人类命运共同体 a Community with a Shared Future for Mankind
- 



CI Cybersecurity

The following passage is adapted from a speech delivered at the launch ceremony of the Australian Cyber Security Centre.



CI Cybersecurity

This news center represents our commitment to the online safety of all Australian families and businesses. And it fulfils the core principle of our strategy; genuine government and industry collaboration. By working together, government, law enforcement and industry partners strengthen our nation's cyber resilience right across our economy. It's critical in a world where new threats are always emerging.



CI Cybersecurity

Since the release of the 2016 Cyber Security Strategy, the cyber threat landscape has shifted and evolved dramatically. I want to take this opportunity today to update and inform all Australians on the magnitude of the threat we face and the Government's response.



CI Cybersecurity

Criminal networks and malicious foreign actors are using increasingly sophisticated technology to steal our intellectual property and interfere with our institutions. And cyber criminals continue to target the bank balances and personal data of some of the most vulnerable members of our community.

干涉内政 interfered in the internal affairs

外国势力 external elements





CI Cybersecurity

Now the impacts of this hostile cyber activity are reported almost daily. Recent estimates suggest the global cost of cybercrime is around \$600 billion this year. In Australia, the estimated cost to business and individuals is \$7 billion.



CI Cybersecurity

At the same time there has been a rapid growth in the number of connected devices in our homes and businesses. The average Australian household now has over 17 devices connected to the Internet and download volume has increased by around 43 percent between 2016 and 2017. It's transformed the way we learn, remember and also forget.

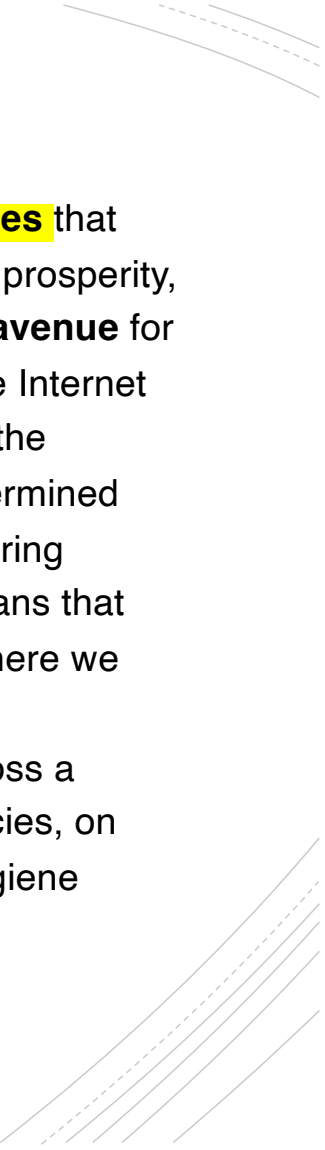
right to be forgotten 删除权，被遗忘权





CI Cybersecurity

The challenge we face is **that the same qualities** that enable us to freely harness cyber space for our prosperity, education and commerce, can also provide an **avenue** for those who wish to do us harm. For instance, the Internet of Things - where every device is connected to the Internet, where so much of our lives will be determined and protected by sensors, has the potential to bring enormous economic opportunity. But it also means that cyber criminals have more ways to attack us where we are most vulnerable. Those vulnerabilities are compounded by a lack of cyber awareness across a range of industries and even government agencies, on the importance of implementing basic cyber-hygiene practices.





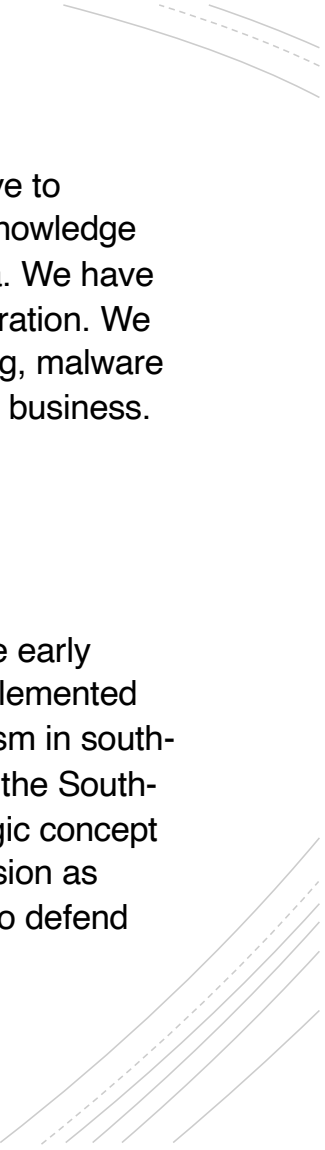
CI Cybersecurity

One successful cyber-attack **is one too many**. We have to present a strong and united forward defence and acknowledge that there will be consequences for targeting Australia. We have to strengthen our defences and strengthen our cooperation. We can and we do successfully repel many of the phishing, malware and denial of service attacks against government and business. But we don't stop them all.

网络攻击一次都不应该成功

forward defence 前卫防御

The cornerstone of Australian **defence** planning in the early 1960s was '**forward defence**', a concept which complemented the United States policy of 'containment' of Communism in south-east Asia and embraced Australia's obligations under the South-East Asia Treaty Organisation (SEATO) A U.S. strategic concept which calls for containing or repulsing military aggression as close to the original line of contact as possible so as to defend the entire territory





CI Cybersecurity

Our investment here today is a signal of our intent. There is no room for ‘set and forget’ when it comes to our national security. And as the threats evolve, so must our response. This dedicated Cyber Security Centre will lead and coordinate responses to serious cyber incidents. Trust in the systems that underpin our digital economy is the key to future innovation. So this new facility will drive cyber resilience so that we can realise all of the promise of prosperity and opportunity in the digital age. This Centre is a very bold step towards achieving that goal. Thank you very much.

set it and forget it 一劳永逸

