

1 Strolling through the streets of Istanbul

1 漫步在伊斯坦布尔的街道上

Turkey's most populous city Istanbul has always been something of a paradox—a cultural crossroads between East and West, and a thriving metropolis where tradition and modernity both prevail.

土耳其人口最多的城市伊斯坦布尔的某些东西一直以来互相矛盾——它是东西方文化的交汇点，也是一个传统与现代并存的繁荣大都市。

Straddling Europe and Asia, Istanbul is the country's cultural and financial hub.

伊斯坦布尔横跨欧洲和亚洲，是该国的文化和金融中心。

This strategic location at the gateway between two continents has not only made Istanbul an important political and economic city for thousands of years, but also given it a turbulent history.

这一位于两大洲大门之间的战略位置，不仅使伊斯坦布尔成为数千年来重要的政治和经济城市，而且使其拥有动荡的历史。

The historical areas of Istanbul have even been designated a UNESCO World Heritage Site. 伊斯坦布尔的历史区域甚至被联合国教科文组织列为世界遗产。

Surprisingly, hardly anyone I know finds this place interesting; the thrill of being able to be here for me, however, is just hard to overstate!

令人惊讶的是，我认识的人几乎没有人觉得这个地方有趣；然而，这里给我带来的兴奋没有办法再夸大了！

There's perhaps nowhere on earth more mesmerizing than this vibrant city.

世界上没有比这座充满活力的城市更令人着迷的了。

If you want to understand a place and its people, there's nothing better than studying its history.

如果你想了解一个地方和它的人民，没有什么比研究它的历史更好的了。

And Istanbul's is a riveting one.

伊斯坦布尔是一个吸引人的地方。

The city, first built in the seventh century BC, grew in significance in 330 AD, when the Roman emperor Constantine made it the new capital of his empire, which was called Constantinople in honour of the emperor.

这座城市始建于公元前7世纪，公元330年罗马皇帝君士坦丁将其作为其帝国的新首都，为纪念该皇帝，该城被称为君士坦丁堡。

Once I set foot in Istanbul, I headed for the Hagia Sophia, Turkey's most visited tourist attraction in 2015.

我一踏上伊斯坦布尔，就前往2015年土耳其游客最多的圣索菲亚大教堂(Hagia Sophia)。

This structure, originally designed as a basilica, was constructed in 537 AD.

这座建筑最初设计为一座长方形会堂，建于公元 537 年。

For almost a thousand years, the Hagia Sophia had served as a cathedral, but in 1453, it was repurposed as a mosque after the invasion of the Ottoman army.

近一千年来，圣索菲亚大教堂一直是一座大教堂，但在 1453 年，在奥斯曼帝国入侵后，它被改为清真寺。

It was secularized in 1935 and since then has been operating as a museum.

它于 1935 年世俗化，此后一直作为博物馆运作。

Despite the transformation this church-turned-mosque-turned museum has undergone over the years, its architecture has always been regarded as a unique achievement.

尽管这座由教堂变成清真寺的博物馆多年来经历了转型，但其建筑一直被视为一项独特的成就。

The giant domed roof, the most identifiable feature of the Hagia Sophia, is considered to be the epitome of Byzantine architecture.

巨大的圆顶屋顶是圣索菲亚大教堂最明显的特征，被认为是拜占庭式建筑的缩影。

Historians have marvelled at the skill and imagination of the early architects.

历史学家对早期建筑师的技巧和想象力感到惊奇。

However, the wonders of the Hagia Sophia don't just stop there.

然而，圣索菲亚大教堂的奇迹并不仅仅止于此。

The colourful frescos painted on the walls and countless mosaics made up of thousands of glittering tiles covering the walls and even the ceilings were so overwhelmingly beautiful that they sent shivers down my spine!

墙上画着五颜六色的壁画，由成千上万的闪闪发光的瓷砖所组成的无数的镶嵌画不仅覆盖了墙壁，甚至覆盖了天花板，它们是如此美丽，以至于它们使我非常兴奋！

The breathtaking beauty and grandeur would leave anyone speechless!

令人叹为观止的美丽和宏伟会让任何人无法用语言去形容！

Visiting the Walls of Constantinople was something I found quite interesting.

参观君士坦丁堡的城墙是一件很有趣的事。

These ancient walls, which once surrounded the entire city, were built to protect it from attacks.

这些古老的城墙曾经包围了整个城市，为了保护它不被受到攻击。

They were an important fortification and had been effective against attackers for more than a thousand years.

它们是一个重要的防御工事，一千多年来一直有效地对付袭击者。

In the 15th century, a huge Ottoman army made it over the walls and took full control of the city.

15 世纪，一支庞大的奥斯曼军队翻越城墙，控制了整座城市。

These walls remind us that nothing lasts forever.

这些城墙提醒我们，没有什么是永恒的。

Eventually, in the 19th century, the city started to outgrow the boundaries set by the walls.  
最终，在 19 世纪，这座城市开始超越城墙的界限。

The government decided that some sections of the walls had to be removed to make room for all this growth.

政府决定拆除部分围墙，为这些增长腾出空间。

But parts of the walls remain, and nobody who sees them can help but be impressed.  
但城墙的一部分还保留着，看到它们的人都会不由自主地留下深刻印象。

These landmarks are just a taste of the many outstanding wonders of Istanbul.  
这些地标性建筑只是对伊斯坦布尔许多杰出奇迹的一种体验。

What struck me is the overwhelming variety that it offers.

让我印象深刻的是它提供的各种各样的东西。

I discovered loads of other fascinating things as I strolled around the city, soaking up the atmosphere.

当我在城市里漫步，沉浸在这座城市的气氛之中时，我发现了很多其他有趣的东西。

Someone said that the best way to tour any city is to throw out the guidebooks and just wander through the streets.

有人说游览任何城市最好的方法就是扔掉旅游指南，在街上漫步。

I couldn't agree more.

我非常同意。

I could do anything I wanted there and none of the things I saw and did was boring.

在那里我可以做任何我想做的事情，我看到的和做的事情没有一件是无聊的。

Wherever I went, I always found something to excite me, and Istanbul is certainly exciting enough to warrant multiple visits.

无论我走到哪里，我总能找到一些让我兴奋的东西，伊斯坦布尔肯定是令人兴奋的，值得多次访问。

## 2 Being a hero or villain for charity

## 2 为了慈善成为一名英雄或恶棍

Last month, a Heroes and Villains Obstacle Course charity event was jointly organized by the Social Services Club and the Sports Club in Kowloon Park.

上个月，社会服务组织（Social Services Club）和体育俱乐部（Sports Club）在九龙公园（Kowloon Park）合办了一场英雄恶棍障碍赛慈善活动。

The race was held to raise funds for Homeless Help, a charity that benefits the homeless by providing them with shelter, clothing, food and vocational training so that they can find work.

这场比赛的目的是为无家可归者募捐，这是一个慈善机构，通过为无家可归者提供住所，衣服，食物和职业培训，使他们能够找到工作，从而使他们受益。

As the club's vice-president, I was invited to be one of the team captains.

作为组织的副主席，我被邀请成为一名队长。

The event was modelled after the insanely challenging obstacle course on a well-known television game show.

这项活动是仿照一个著名的电视游戏节目的疯狂障碍挑战赛而设计的。

As the course on the show is extremely challenging and almost impossible to complete, we had to greatly simplify ours for the event!

由于节目中的比赛极具挑战性，几乎不可能完成，我们不得不大大简化我们的比赛！

Members of the Sports Club provided us with much needed advice and support in designing our obstacles.

体育俱乐部的成员为我们设计障碍提供了建议和支持。

They also aided us in setting up everything at the venue and in making sure all contestants performed adequate warm-up exercises before competing on the still rather strenuous course.

他们还帮助我们准备好了场地上的一切，并确保所有参赛者在比赛之前进行了充分的热身运动。

Unlike the game show, contestants were required to dress up as either superheroes or villains.

与游戏节目不同，参赛者被要求装扮成超级英雄或恶棍。

They could participate either individually or in teams like on the game show.

他们既可以单独参加，也可以像比赛节目那样以团队形式参加。

However, there were additional stations where they had to solve a series of codes and mental puzzles to advance.

然而，比赛添加了中途站点，在那里，他们必须解决一系列的密码和智力难题才能继续前进。

These puzzles were added to level the playing field so that even those who were not athletic had a shot at winning.

这些谜题被添加到比赛里，这样即使是那些不擅长运动的人也有机会获胜。

On the day of the event, I was absolutely blown away by all the contestants' passion and dedication.

在比赛当天，我被所有参赛者的热情和奉献精神彻底震撼了。

I discovered that one contestant in the individual event had spent six whole months crafting his impressive Iron Man costume from scratch!

我发现在个人项目中有一位选手花了整整六个月的时间从头开始制作他那令人印象深刻的钢铁侠服装！

He did such an admirable job that I could swear he had just walked off a film set!

他干得如此出色，我敢说他刚从片场走下来！

He eventually won the prize for best homemade costume, even though parts of his costume broke off when he was completing the course.

他最终获得了最佳自制服装奖，尽管他完成比赛时部分服装脱落了。

It was heartbreaking to see how battered his costume had become by the time he reached the finishing line.

当他到达终点线时，看到自己的服装已变得如此破旧，真是令人心碎。

Yet being a true superhero, he just brushed it off and smiled widely at the cheering spectators.

然而，作为一个真正的超级英雄，他只是轻描淡写地对欢呼的观众微笑。

Meanwhile, Charity Chipper and Black Batter were chosen as the most creative original superhero and villain respectively.

同时，Charity Chipper 和 Black Batter 分别被选为最具创意的原创超级英雄和恶棍。

Next was the team challenge, club president Jennifer Lee was Volunteer Viper and commanded Team Villains, while I was Captain Care-Cat, the leader of Team Heroes.

接下来是团队挑战赛，组织的主席詹妮弗·李（Jennifer Lee）是 Volunteer Viper，指挥恶棍队，而我则是 Captain Care-Cat，英雄队的队长。

Scaling a rock wall then wriggling through a tight tire tunnel in a caped cat costume was no walk in the park since my cape kept getting caught on everything, yet it was so exhilarating!

爬上一堵石墙，然后穿着斗篷猫的服装在一条狭窄的轮胎隧道里蠕动，这可不是在公园里散步，因为我的斗篷总是被什么东西缠住，但它是如此令人兴奋！

I also screamed myself hoarse from yelling encouragement at my teammates.

我也因为对队友大声鼓励而尖叫到嘶哑。

It was a very close race with no clear winner till the very end!

这是一场势均力敌的比赛，直到最后都无法断定谁赢谁输！

The champion's trophy was eventually awarded to my team.

冠军奖杯最终颁给了我的队伍。

Go, Team Heroes!

加油，英雄们！

One of my teammates was Homeless Help director Ronnie Song, a former gymnast who had once represented Hong Kong in the Olympics.

我的一个队友是无家可归者救助主任 Ronnie Song，一位曾经代表香港参加奥运会的体操运动员。

He was dressed as his childhood hero, Spiderman, and was definitely a valuable asset to my team.

他打扮成他儿时的英雄蜘蛛侠，对我的团队来说绝对是一笔宝贵的财富。

We could not have won without him!

没有他我们不可能赢！

However, everyone was a winner and a hero because more than \$50,000 was raised!

然而，每个人都是赢家和英雄，因为一共筹集到了 5 万元！

Interested in participating in or contributing to our future events?

有兴趣参与或支持我们未来的活动？

Follow us on Twitter for the latest news!

在 Twitter 上关注我们的最新消息！

Unless we have your support, we will not be able to organize such enjoyable and fulfilling activities every year!

除非有您的支持，否则我们将无法每年组织如此令人愉快和充实的活动！

### 3 What Is Heritage Protection?

### 3 什么是遗产保护?

Heritage is traditional beliefs, customs, and culture.

遗产是传统的信仰，习俗和文化。

We use the word "heritage" in many different ways.

“遗产”这个词有很多不同的用法。

People talk about their family's heritage, their city's heritage, and their country's heritage.

人们谈论他们的家庭传统，他们的城市遗产，和他们国家的遗产。

Here are some examples of heritage.

这里有一些遗产的例子。

During Chinese New Year, people in Taiwan give red envelopes.

在春节期间，台湾人给红包。

That is part of Taiwanese heritage.

这是台湾传统的一部分。

Every year in the American city New Orleans, there is a huge party called Mardi Gras.

每年在美国城市新奥尔良，都有一个叫做狂欢节的大型聚会。

That is a part of New Orleans' heritage.

这是新奥尔良传统的一部分。

Heritage can also be more private and personal.

遗产也可以为私人的和个人的。

If your family has a big dinner every Sunday night, that's part of your family's heritage.

如果你的家人每个星期天晚上都有一顿丰盛的晚餐，那就是你家族的传统。

Today, heritage is changing.

今天，遗产正在改变。

The Internet connects people around the world.

互联网把世界各地的人联系起来。

In many ways this is a good thing, because we can learn about the heritage of other countries, and we can show our own heritage to the world.

在很多方面，这是一件好事，因为我们可以了解其他国家的遗产，我们可以向世界展示我们自己的遗产。

However, some people worry that traditional heritage is disappearing.

然而，一些人担心传统遗产正在消失。

Think about it.

想想看。

In many ways, countries are becoming more and more alike.

在许多方面，国家变得越来越相似。

In just about every country around the world, you can find MacDonald's, Nike shoes, Starbucks coffee, and American movies.

在世界上几乎每个国家，你都可以找到麦当劳，耐克鞋，星巴克咖啡和美国电影。

Some people think this is a good change, and others don't like it.

有些人认为这是一个好的改变，有些人却不喜欢。

You can decide whether or not you think it's a good thing.

你可以决定你是否认为这是件好事。

However, almost everyone wants to protect their traditional heritage, and sometimes this is hard.

然而，几乎每个人都想保护他们的遗产，但有时候这很难。

For example, when a new MacDonald's opens in your town, a traditional restaurant might have to close.

例如，当一家新的麦当劳在你的镇上开业时，一家传统餐馆可能不得不关门。

This is why heritage protection is so important.

这就是为什么遗产保护如此重要。

Heritage protection is a simple idea.

遗产保护是一个简单的想法。

It means keeping your country's or your city's heritage alive.

这意味着保持你的国家或城市的遗产。

People do this in many ways.

人们在很多方面都这样做。

The biggest part of heritage protection is probably preserving old buildings.

遗产保护的最大部分可能是保护旧建筑。

A few other examples of heritage protection are making sure your children speak your traditional language, and teaching your heritage to children.

其他一些遗产保护的例子是确保你的孩子会说你的传统语言，并把你的传统教给孩子们。

The world is changing very fast. This change brings a lot of good things. But as the world is changing, it is important to remember the heritage of our parents and our grandparents.

世界变化很快。这个变化带来了很多东西。但是随着世界的变化，记住我们的父母和祖父母的遗产是很重要的。



## 4 Tourism and Heritage Protection

### 4 旅游与遗产保护

Traveling is a great thing to do.

旅行是件很好的事。

It helps us learn about different people and different place.

帮助我们了解不同的地方。

Some people travel because they want to see nature.

有些人旅行是因为他们想看大自然。

Others travel because they want to make friends and try great food.

其他人旅行是因为他们想交朋友，品尝美味佳肴。

Of course, a lot of tourists are interested in traditional culture.

当然，很多游客对传统文化很感兴趣。

Tourism can be very good for traditional cultures.

旅游业对传统文化很有好处。

This is because when people travel to another country, they often want to learn more about that country's traditions, such as music, food, and history.

这是因为当人们到另一个国家旅行时，他们往往想了解该国的传统，如音乐，食物和历史。

Therefore, the local people in that country will keep their traditional culture alive.

因此，那个国家的当地人将继续保持他们的传统文化。

They will wear traditional clothing and sell traditional food.

他们将穿着传统服装，出售传统食品。

They will also have shows for tourists.

他们还将为游客举办演出。

These shows can be dances, concerts, plays, or something else.

这些表演可以是舞蹈，音乐会，戏剧或其他的。

Tourism also helps people respect each other.

旅游业也有助于人们互相尊重。

If you understand another culture well, you will probably respect that culture much more.

如果你很好地理解另一种文化，你可能会更加尊重这种文化。

You will probably want to protect that culture as well.

你也可能会想去保护文化。

However, tourism isn't always good for traditional culture.

然而，旅游并不总是对传统文化有好处。

A lot of people say that tourism creates "fake traditional culture."

很多人说旅游创造了“假传统文化”

This means that the local people wear traditional costumes, and do traditional dances only for tourists, but that isn't their real lifestyle.

这意味着当地人穿着传统服装, 只为游客表演传统舞蹈, 但这不是他们真正的生活方式。

Their real lifestyles are similar to the tourists' lifestyles.

他们的真实生活方式与游客的生活方式相似。

They are just pretending because they want to make money.

他们只是假扮, 只因为他们想赚钱。

Another problem is that tourists can interfere with the local people's lives.

另一个问题是游客会干扰当地人民的生活。

For example, sometimes tourists come to watch local people praying in temples.

例如, 有时游客来观看当地人在寺庙祈祷。

While the local people pray, tourists take photographs and make noise.

当地人祈祷时, 游客们拍照, 喧闹。

This often bothers the local people.

这常常困扰当地人民。

Sometimes tourists also damage local sites.

有时游客也会破坏当地的遗址。

If 500 people enter an ancient temple every day, they might damage that temple.

如果每天有 500 人进入一座古庙, 那座寺庙可能会因他们而损坏。

No matter what, more and more tourists want to learn about traditional cultures.

不管怎样, 越来越多的游客想了解传统文化。

Most local people want more tourism, because tourists bring money and help local businesses.

大多数当地人想要更多的旅游业, 因为游客带来了钱, 帮助了当地的企业。

Tourists have to respect local culture and local places.

游客必须尊重当地的文化和景点。

Local governments have to make laws that protect places and lifestyles.

地方政府必须制定法律保护景点和生活方式。

If everyone is responsible, then tourism will be great for traditional cultures.

如果每个人都有责任感, 那么旅游业将对传统文化大有益处。

5 Should All Heritage Be Protected?

5 所有的遗产都应该受到保护吗?

Most people agree that we should protect traditional practices.

大多数人都同意我们应该保护传统习俗。

Everyone has the right to live the way they want to live.

每个人都有权按照自己的意愿生活。

However, should we fight to protect every traditional practice?

然而, 我们是否应该为保护每一种传统习俗而战?

Are all traditional practices good?

所有的传统做法都好吗?

No culture is perfect.

没有一种文化是完美的。

Every culture has some practices that are unfair and abusive.

每种文化都有一些不公平和滥用。

For example, in traditional Indian culture there is something called the caste system.

例如, 在印度传统文化中有一种叫做种姓制度的东西。

A caste is a person's social level.

种姓是一个人的社会等级。

If a person in India is born in a rich family, then he or she is in a high caste.

如果一个人出生在一个富裕的家庭, 那么他或她属于高种姓。

That person will have a comfortable life and a good education.

那个人将会有有一个舒适的生活和良好的教育。

If a person is born in a lower caste, that person will have a very difficult life and no education.

如果一个人出生在一个较低的种姓, 他要非常困难的生活以及无法接受教育。

In some parts of India, it's impossible to leave your caste.

在印度的一些地方, 你不可能摆脱你的种姓。

If you're born in low caste, you will stay there for the rest of your life, no matter how hard you work.

如果你出生在低种姓, 你将在余生都是低种姓, 不管你有多么努力。

There is even a group called the untouchables.

甚至还有一个叫“贱民”的种姓。

These people are the lowest caste.

这些人是最底种姓。

People think they're so dirty that nobody should touch them.

人们认为他们非常脏, 没人可以碰它们。

This is part of traditional heritage.

这是传统遗产的一部分。

Should we protect it?  
我们应该保护它吗？

In China, people used to bind girls' feet.

在中国，人们过去常常绑女孩脚。

People believed that a woman should have small, cute feet.

人们认为女人应该有一双小巧可爱的脚。

They broke a child's feet and wrapped them in bandages in order to keep them small.

他们把一个孩子的脚弄断，用绷带包起来，以使他们的脚保持小巧。

It was a very painful experience for the girls, and it gave them health problems for life.

对女孩们来说，这是一段非常痛苦的经历，给她们带来了终生的健康问题。

When foreigners asked the Chinese to stop foot binding, some people said it was a part of their traditional culture.

当外国人要求中国人停止缠足时，一些人说这是他们传统文化的一部分。

In the USA, women didn't get the right to vote until the year 1919.

在美国，妇女直到 1919 年才有投票权。

Many men didn't want women to vote.

很多男人不想让女人投票。

They said that in traditional American culture, only men should control the country.

他们说在传统的美国文化中，只有男人才应该控制国家。

It is important to protect traditional culture, but it's also important for every culture to grow and improve.

保护传统文化固然重要，但每一种文化的成长和完善也很重要。

Most traditional practices should be protected, but some should not.

大多数传统做法应当受到保护，但有些传统做法不应受到保护。

We must decide which practices we should keep, and which ones we should forget about forever.

我们必须决定哪些做法应该保留，哪些做法应该永远忘记。

## 6 Be Safe and Have Fun

### 6 变得安全，玩得开心

When we travel, we can make new friends and learn about foreign cultures.

当我们旅行时，我们可以结交新朋友，了解外国文化。

We get to have new experiences and see beautiful places ourselves.

我们可以有新的体验，自己去看看美丽的地方。

We also grow as people and challenge ourselves.

我们也成长，挑战自我。

Most importantly, traveling is fun.

最重要的是，旅行很有趣。

However, while you're traveling, you will have difficulties now and then.

然而，当你旅行时，你会时不时地遇到困难。

We have some tips that will make your trips easier.

我们有一些小贴士可以让你的旅行更轻松。

There's a saying that some travelers have: take half the clothes and twice the money.

有些旅行者有句俗话：一半的衣服，两倍的钱。

This means that you should only pack half of the clothes that you think you'll need, and you should bring twice the amount of money that you think you'll need.

这意味着你应该只装你认为你需要的衣服的一半，你应该带两倍于你认为你需要的钱。

Some people bring too many clothes.

有些人带了太多的衣服。

If you do this, your bag will be too heavy, and it will be difficult to carry.

如果你这样做，你的行李会太重，而且很难携带。

You don't need too many clothes.

你不需要太多的衣服。

It's better to have a light suitcase.

最好有一个轻便的手提箱。

On the other hand, some people don't bring enough money.

另一方面，有些人没有带足够的钱。

It's good to take some extra money, just in case you run out.

带些额外的钱是好的，以防你用完。

Of course, safety is the most important thing when you're traveling.

当然，旅行时安全是最重要的。

Before you travel, learn about the place that you're going to visit.

在你旅行之前，先了解一下你要去的地方。

Read a guide book.

阅读一本指南。

The book will tell you all about the dangers in that place.

这本书将告诉你那个地方的所有危险。

It will tell you which parts of a city are safe, and which parts are not.

它会告诉你城市的哪些部分是安全的，哪些部分是不安全的。

It will tell you about the methods some people use to scam or rob tourists.

它会告诉你一些人用来诈骗或抢劫游客的方法。

Every place is different, but you should always follow these handy tips when you travel.

每一个地方都不一样，但是当你旅行时，你应该始终遵循这些方便的提示。

First, when you're at an airport, a stranger might offer to drive you to your hotel.

首先，当你在机场时，陌生人可能会主动提出开车送你去酒店。

Ignore that person and go to the taxi stand.

别理那个人，去出租车站。

That person is probably an illegal taxi driver.

那个人可能是个非法出租车司机。

Second, don't carry too much cash.

第二，不要带太多现金。

You can use traveler's checks instead.

你可以用旅行支票代替。

Most banks will let you exchange traveler's checks for money.

大多数银行会让你用旅行支票换钱。

Finally, if you travel by yourself, always tell a friend where you are staying.

最后，如果你自己去旅行，一定要告诉朋友你住在哪里。

That way, they can find you if there's a problem.

这样，如果有问题，他们可以找到你。

Some people think that traveling is a little scary, but it's usually a lot of fun.

有些人认为旅行有点可怕，但通常很有趣。

Just remember to stay safe, be smart, and have a good time!

记住保持安全，头脑清醒，以及玩得开心！

## 7 A Beautiful City

### 7 一座漂亮的城市

On the other side of North America, more than 4,000 kilometers from Vancouver, is the American city of Boston.

在北美洲的另一边，距离温哥华 4000 多公里，是美国城市波士顿。

Boston is on the east coast of the United States, and it has a lot of great things to see and do.

波士顿位于美国东海岸，有很多值得一看的好东西。

If you're interested in history and culture, then Boston is a great place to visit.

如果你对历史和文化感兴趣，那么波士顿是一个很好的旅游胜地。

Boston is one of the oldest cities in the United States.

波士顿是美国最古老的城市之一。

It was founded in 1630.

它建于 1630 年。

Because Boston is such an old city, it has all kinds of interesting historical sites.

因为波士顿是一个如此古老的城市，它有各种有趣的历史遗迹。

During the American Revolution of 1776, many important things happened in Boston.

1776 年美国独立战争期间，波士顿发生了许多重要事件。

A lot of the old buildings from that time are still there, and they're open to visitors.

很多那时的老建筑还在那里，它们对游客开放。

The best way to see Boston's old sites is to follow the Freedom Trail.

参观波士顿旧址的最好办法就是沿着自由之路（Freedom Trail）走。

The Freedom Trail is just a red line that goes through the city.

自由之路只是一条穿过城市的红线。

You just follow the line, and it will bring you to every site.

你只要跟着这条线，它就会把你带到每一个地方。

One of the Freedom Trail's most famous stops is Faneuil Hall.

自由之路最著名的一站是法奈尔大厅（Faneuil Hall）。

During the American Revolution, many famous leaders met there.

在美国革命期间，许多著名的领导人那里聚会。

The Freedom Trail also goes to beautiful churches, old houses of famous Americans, and even an interesting old cemetery.

自由之路还通往美丽的教堂、著名美国人的老房子，甚至还有一个有趣的老墓地。

Boston is famous for its history, but the city is not just one big museum.

波士顿以其历史而闻名，但这座城市不仅仅是一座大博物馆。

All around these old buildings, there are modern department stores, beautiful parks, and wonderful restaurants.

在这些古老的建筑周围，有现代化的百货公司、美丽的公园和很棒的餐馆。

For example, Faneuil Hall is a beautiful old building, but it also has shops and modern restaurants.

例如，法奈尔大厅是一座美丽的老建筑，但它也有商店和现代化的餐厅。

Speaking of restaurants, because Boston is next to the ocean, it's got great seafood.

说到餐馆，因为波士顿毗邻大海，这里的海鲜很好。

Boston's most famous food is lobster.

波士顿最有名的食物是龙虾。

If you get the chance, have your lobster dinner at the Union Oyster House.

如果有机会，可以在联合生蚝餐厅（Union Oyster House）吃龙虾晚餐。

The Union Oyster House is the oldest restaurant in the United States; it opened in 1826.

联合生蚝餐厅是美国最古老的餐馆，它于 1826 年开业。

Finally, don't forget to check out Boston's universities.

最后，别忘了看看波士顿的大学。

Two of the world's most famous universities, Harvard and M.I.T., are in a small city called Cambridge.

世界上最著名的两所大学，哈佛大学和麻省理工学院，都在一个叫剑桥的小城市里。

Cambridge is right next to Boston.

剑桥就在波士顿旁边。

After you visit Harvard University, walk around Harvard Square.

参观哈佛大学后，在哈佛广场（Harvard Square）漫步。

You'll love its old shops, interesting restaurants, and fun atmosphere.

你会喜欢它的老商店，有趣的餐厅和有趣的气氛。

Boston is a fun and wonderful city.

波士顿是一个有趣而美妙的城市。

It is a place that just about everyone can enjoy.

这是一个几乎每个人都能享受的地方。