

## 你追随梦想了吗？ Are you following your dreams?

Hello. This is 6 Minute English from BBC Learning English. I'm Neil. And I'm Beth.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是尼尔。我是贝丝。

When I was a boy, I wanted to be a fireman when I grew up.

我还小的时候，长大想成为一名消防员。

How about you, Beth? Did you have any childhood dreams?

你呢，贝丝？你小时候有过什么梦想吗？

I wanted to be an astronaut and fly to the Moon. When we're young most of us have big dreams and plans for the future.

我想成为一名宇航员，飞向月球。我们年轻的时候，大多都有远大的梦想和宏伟的计划。

Unfortunately, as we grow up these childhood dreams often get lost in the adult world of jobs, money, families and careers.

不幸的是，随着我们长大，这些儿时的梦想往往会在工作、挣钱、家庭和事业编制的成人世界中淡去。

But not for everyone. Daisy, from New Zealand, and, Herman, from Argentina are two people who decided to follow their childhood dreams.

但并不是每个人都这样。来自新西兰的黛西和来自阿根廷的赫尔曼，两人决心追求自己儿时的梦想。

They wanted the world to become a utopia – a perfect, ideal society where everyone is happy and gets along with each other.

他们希望世界成为一个乌托邦，即一个完美的、理想的社会，每个人都很快乐，相处融洽。

In this programme, we'll be hearing how Daisy and Herman made their dreams come true – not by changing the world, but by changing themselves.

在本期节目中，我们将听到黛西和赫尔曼如何实现自己的梦想——不是通过改变世界，而是通过改变自己。

And, as usual, we'll be learning some new vocabulary too.

像往常一样，我们也将学习一些新的词汇。

But before that I have a question for you, Beth.

但在此之前我有个问题要问你，贝丝。

Following your dreams can be tough, but not following them can leave you regretting all the things you wanted to do but didn't.

追求梦想可能很难，但不这样做的话，你会后悔，后悔自己没做那些想做而不得的事情。

In 2012, Australian nurse, Bronnie Ware, wrote her bestselling book, The Top Five Regrets of the Dying, after interviewing terminally ill patients about their life regrets.

### 添加的词汇



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2012年，澳大利亚护士布朗妮·威尔访了临终病人的人生遗憾后，写下了畅销书《临终的五大遗憾》。

So, what do you think their top regret was?

那么，你认为他们最大的遗憾是什么？

Was it a) I wish I hadn't worked so hard? b) I wish I had followed my dreams? or c) I wish I'd made more money?

是 a) 希望自己没那么努力工作 b) 希望自己追随了梦想，还是 c) 希望能赚更多的钱？

Well, I'll guess it's b) they wish they had followed their dreams.

我猜是 b) 他们希望自己追随了梦想。

OK, Beth. I'll reveal the correct answer at the end of the programme.

好的，贝丝。我将在节目结束时揭晓答案。

The first dreamer we're going to meet lives in Riverside, a peace-loving community in New Zealand where everyone shares everything.

第一位追梦人住在河滨，那是新西兰一个热爱和平的社区，那里的每个人共享一切。

Riverside members work for the community's businesses, including a farm, a hotel and a café.

河滨的人为社区的企业工作，无论是一个农场、一家酒店还是一家咖啡馆。

All the money they earn is collected and shared between everyone equally.

他们赚的所有钱都被收集起来，平分给每个人。

Daisy, who was born in East Germany, joined Riverside in 2004.

黛西出生于东德，于2004年加盟河滨。

Here she explains her belief in sharing to BBC World Service programme, The Documentary.

在BBC世界服务栏目的《纪录片》节目中，她分享了她的信念。

What I think I always believed in is that the sharing of resources can provide a group of people with quite a great advantage, but it doesn't matter how many hours you work or what work you do, everyone is getting the same amount.

我一直相信，资源共享可以给一群人很大的优势，无论你工作多少个小时，做什么工作，每个人得到的都是一样的量。

And that is something that many people outside of Riverside struggle with, and where we're often getting this 'communism' label attached to us, because it's so... it seems so outlandish for people.

这是河滨外的许多人都无法理解的，也是我们经常被贴上共产主义标签的原因，因为这在外人看来太奇怪了。

Riverside isn't a communist community.

河滨不是共产主义社区。

In fact, people with many different political views live there.

事实上，那里住着许多政见不同的人。

But Daisy says that local people struggle with the idea that everything is shared.

黛西说，当地人很难接受“一切共享”的想法。

If you struggle with an idea, you find it difficult to accept or think about it.

“struggle with an idea”，意为很难接受某个观点。

Daisy also says some local people call Riverside outlandish – strange and unusual.

黛西还说，一些当地人认为河滨很奇怪、不同寻常。

Our second group of dreamers are a family – the Zapps.

第二组追梦人是察普一家。

In 2000, childhood sweethearts, Herman and Candelaria Zapp, bought a vintage car and set off from Argentina to travel around the world with less than 3,500 dollars in their pockets.

2000年，赫尔曼·扎普和坎德拉里亚·扎普是一对青梅竹马，他们买了一辆老式轿车，从阿根廷出发环游世界，口袋里只有不到3,500美元。

Twenty-two years and three children later they have visited over a hundred countries, meeting with countless people and experiences on the way.

22年后，他们已经带着三个孩子访问了100多个国家，沿途见过无数的人，有许多经历。

Here, Herman Zapp explains to BBC World Service's, The Documentary, how following his dream has changed him for the better.

在BBC世界服务栏目的《纪录片》节目中，赫尔曼·扎普向解释了追寻梦想是如何让他自己变得更好的。

I am so happy with the Herman there is now, that I know now – not the one who wanted to conquer the world, but the one who was conquered by the world.

我很高兴成为了现在的我，我现在不是那个想要征服世界的人，而是那个被世界征服的人。

I learn so much from people, and it's amazing how the more you meet people, the more you know stories, how much more humble you become because you notice that you are a beautiful, tiny piece of sand, but a very important piece of sand like everyone is, right?

我从人们那里学到了很多。令人惊讶的是，你接触的人越多，你知道的故事就越多，而且越来越谦虚，因为你意识到自己只是一颗美丽的小沙子，但像每个人一样，你是整个沙滩上一颗非常重要的沙子，对吧。

After many years travelling, meeting new people and hearing their stories, Herman is more humble – not proud or arrogant.

旅行了许多年，结识了新的朋友，听了他们的故事，赫尔曼变得更加谦虚了。

He no longer wants to conquer the world – to control it by force; rather, he has been conquered by his experiences.

他不再想征服世界，即用力量控制世界；相反，他已经被自己的经历征服了。

Herman compares himself to a beautiful but tiny piece of sand and uses the phrase a grain of sand to describe things which are insignificant in themselves, but at the same time are an important part of the whole.

赫尔曼将自己比作一块美丽但微小的沙子，他用一粒沙子来形容那些本身并不重要，但同时又是整体的重要组成部分的事物。

Daisy and Herman are rare examples of dreamers who followed their dream and found a happy life, lived without regret which reminds me of your question, Neil.

黛西和赫尔曼是罕见的追随梦想、并找到幸福生活、还无怨无悔的追梦者。这让我想起了你的问题，尼尔。

Yes, I asked about Bronnie Ware's book, The Top Five Regrets of the Dying. What do you think the number one regret was, Beth?

是的，我问你布朗妮·威尔的书《临终的五大遗憾》中的头号遗憾是什么。你觉得呢贝丝？

I guessed it was b) not following your dreams. Which was the right answer!

我猜是 b) 没有追随自己的梦想。回答正确！

Not having the courage to follow your dreams was listed as the top life regret.

没有追逐梦想的勇气被列为人生最大的遗憾。

At least we have people like Daisy and Herman to remind us dreams can come true!

至少我们有黛西和赫尔曼这样的人来提醒我们，梦想是可以实现的！

OK, let's recap the vocabulary from this programme, starting with utopia – a perfect world where everyone is happy.

好了，让我们回顾一下本期词汇。从“utopia”开始，它指一个人都快乐的完美世界。

If you struggle with an idea, you find it difficult to accept.

“struggle with an idea”，意为很难接受某个观点。

The adjective, outlandish, means strange and unusual.

形容词“outlandish”，意思是奇怪的、不寻常的。

To conquer something means to control it by force.

“to conquer something”意味着用武力控制它。

Someone who is humble is not proud or arrogant.

“humble”形容人不傲慢、谦虚。

And finally, the phrase a grain of sand describes something which is both insignificant yet somehow important.

最后，短语“a grain of sand”形容某物不重要，但从某种角度来看又很重要。

Once again, our six minutes are up.

我们的六分钟又到了。

Bye for now! Goodbye!

下期再见！再见！