

## 在大自然中裸身散步 Naked in nature

Hello. This is 6 Minute English from BBC Learning English. I'm Georgina.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是乔治娜。

And I'm Neil.

我是内尔。

Neil, this may sound a bit personal, but have you ever taken your clothes off?

内尔，这听起来可能有点涉及隐私，但是你有没有脱过衣服？

Err, well, yes.

额，嗯，脱过。

Every day when I have a shower.

我每天洗澡都脱衣服。

Of course.

那是当然。

I mean in public - have you ever been naked in public?

我指的是在公共场所 —— 你有在公共场所赤身裸体过吗？

No! Stripping off, or getting naked, publicly, is not my idea of fun.

不！我不认为在公共场所脱光衣服，或者说赤身裸体很有趣。

Who would enjoy doing that?

谁会喜欢那么做？

Well, naturists would.

嗯，自然主义者喜欢。

That's what we call people who think not wearing clothes outdoors is a healthy way to live, and it makes them feel good.

我们这样称呼认为在室外不穿衣服是一种健康的生活方式，并让他们感觉很好的人。

We might also call them nudists, because they are nude.

我们还可以叫他们裸体主义者，因为他们是裸体的。

Right, so naturists feel being naked is natural - it's not about them being interested in nature? !

对的，所以自然主义者认为赤身裸体是自然的 —— 这跟他们对大自然感兴趣无关？！

Not necessarily, but we are going to discuss why being naked in nature might be good for us.

不一定，但是我们要讨论为什么在大自然中赤身裸体可能对我们有好处。

But how about a question first, Neil?

但是先来个问题吧，内尔？

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The act of swimming naked is informally called skinny dipping.

裸体游泳被戏称为裸泳。

The world's largest skinny dip took place in Ireland in 2018, but do you know how many naked swimmers went into the sea?

世界上最大规模的裸泳在 2018 年的爱尔兰举行，但是你知道有多少裸泳者进入到了大海吗？

Was it approximately a) 250 people, b) 2,500 people, or c) 25,000 people?

是大约 A. 250人，B.2500人，还是 C. 25000人？

I'd have to guess and say that only 250 people would be brave enough to run into the cold sea, naked!

我必须猜，我觉得只有 250 个足够勇敢的人能够赤身裸体地进入寒冷的海水之中！

Well, as always, I'll reveal the answer later.

嗯，老规矩，我稍后揭晓答案。

So, the idea of getting naked might fill you with dread - it might seem embarrassing - but some people do sunbathe naked on the beach or in their garden or they go to naturist holiday parks.

所以裸体的想法会让你恐惧 —— 这可能会有点令人尴尬 —— 但是有些人会在沙滩上或花园里光着身子晒太阳浴，或者他们会去自然主义者度假公园。

But naked rambling - walking naked in the countryside - might be taking it one step further.

但是裸体漫步 —— 光着身子在乡村散步 —— 可能算是更进一步。

However, it's something Donna Price, a volunteer at British Naturism, is keen to advocate, or publicly support.

然而，这是英国自然主义的志愿者多娜·普莱斯热衷于宣传，或者说公开支持的内容。

Here she is, speaking on BBC Radio 4's Woman's Hour programme, explaining why.

以下是她在 BBC 电台 4 频道《Woman's Hour》节目，解释了为什么。

We enjoy the feeling of being at one with nature.

我们享受独自在大自然中的感觉。

If you haven't actually tried being naked in nature, naked outdoors, when you can feel the skin, the warmth air all over your skin, it's such a lovely feeling.

如果你还没有真正尝试在大自然中裸体，在室外裸体，当你感受到皮肤，温暖的空气拂过你的皮肤，这是一种很好的感受。

There is a great feeling of liberation and freedom once you actually try naturism - and I would never advocate for someone to actually go out for a naked walk as the first thing they ever did - I just would not do that!

一旦你真正尝试自然主义，有一种很好的自由感 —— 我永远不会鼓励某人把真正去裸体散步作为他们做的第一件事 —— 我是不会这么做的！

You've got to be comfortable in your own skin so you do it at home, in your own garden maybe if you can - get comfortable with yourself, actually start to feel that being naked feels normal, which to me, it does.

光着身子把皮肤露在外面肯定很舒服，所以你会在可能的情况下在家里，在自己的花园里这样做 —— 自己舒服自在，开始觉得赤身裸体很正常，对我来说就是这样的。

So, for Donna, naked rambling means she has a connection with nature, she feels part of it and it makes her feel good - that's the feeling of being at one with nature.

所以对于多娜来说，裸体漫步意味着她跟大自然有联系，她觉得是大自然的一部分，这让她感觉很好 —— 这就是独自一人身处自然的感觉。

Hmm, but couldn't you do that with your clothes on?

嗯，但是你不能穿着衣服这样做吗？

Well, she also mentions there's a feeling of freedom and liberation - that's being freed from something - here, it's freed from your clothes.

嗯，她也提到这有一种自由的感觉 —— 这指的是摆脱某事 —— 这里指的是摆脱你的衣服。

Donna also told the Woman's Hour programme that going for a naked walk shouldn't be the first thing you attempt to do.

多娜还告诉《Woman's Hour》节目裸体散步不应该是你尝试做的第一件事。

You need to feel relaxed and confident with your actions first, or what we sometimes say is 'comfortable in your own skin'.

你需要先对你的行为感到放松和自信，或者像我们有时候说的“光着身子把皮肤露在外面很舒服”。

Yes, she says we need to get to feel that nakedness is normal.

是的，她说我们需要觉得裸体很正常。

I suppose we were all born naked and it's not something to be ashamed of.

我认为我们都是赤身裸体地来到这个世界，这不应该是什么羞耻的事情。

And, in the UK at least, it's generally not against the law to be naked in public.

而且至少在英国，在公共场所裸体是不违法的。

Hmm, I'm still not convinced, but according to Donna Price, this freedom of expression is quite well received when she's out walking.

嗯，我还是没有被说服，但是根据多娜·普莱斯的说法，这种自由的表达在她出去走路的时候被很好地接受了。

Here she is speaking on the BBC's Woman's Hour programme again.

以下还是她在 BBC 的《Woman's Hour》中的发言。

A majority of the responses that you actually encounter, if you do encounter the public, the general public, are actually very encouraging.

如果你真的遇到了公众，普罗大众，你真正遇到的大多数的回应其实很鼓舞人心。

They're not shock, horror majority of the time, I can guarantee that.

我可以保证它们大部分时候并不是震惊，惊恐。

A lot of people say just 'good morning' and carry on, some of them actually say 'gosh, you're braver than I am' if it's a bit chilly.

很多人就说“早上好”然后就继续走了，如果天气有点凉，一些人会说“天呐，你比我勇敢多了”。

A lot of them just say, 'I really wish I could do that' and usually we just say 'you can!'.

他们很多人会说“我希望我也能这样做”，而我们通常会说“你可以！”。

So, the people Donna encounters, or meets, seem to support what she's doing.

所以多娜遇到的人似乎支持她的所作所为。

She says it's not shock, horror - this is usually said as an informal way of actually saying something is not surprising, not shocking!

她说并不是震惊、惊恐 —— 这常常作为一种非正式的说法表示某事不令人惊讶，不令人震惊。

Well, shock, horror, Neil, I won't be taking my clothes off anytime soon - it's too cold anyway and I don't want to be bitten by all those bugs you get in the countryside.

嗯，震惊、惊恐，内尔，我不会很快就把衣服脱掉 —— 无论如何外面太冷了，而且我不想被农村的那些小虫子咬。

But it's good to hear that people are open-minded to the idea.

但是听到人们对这种想法很开放还是很好的。

Yes, good luck to anyone who wants to give it a try and well done to those brave people who took part in the world's biggest skinny dip - a mass naked swim.

是的，祝那些想要尝试这样做的人好运，那些参加了世界最大规模裸泳 —— 大规模裸泳 —— 的勇敢者们是好样的。

Earlier, Georgina, you asked me how many people took part in the event in Ireland in 2018. I did and you said?

乔治娜，之前你问我有多少人参加了 2018 年爱尔兰的那项活动。是的，你说的是？

I said about 250 people went for a dip.

我说的是有 250 人参加。

Was I right?

我答对了吗？

No, Neil.

没有，内尔。

According to Guinness World Records, 2,505 women took part in the largest charity skinny dip in Wicklow in Ireland.

根据吉尼斯世界纪录，2505 名女性参加了爱尔兰威克洛的最大型慈善裸泳活动。

Well, well done to them and skinny dipping was one of the items of vocabulary we discussed today.

嗯，那些人真是太棒了，裸泳是我们今天讨论的词汇之一。

This is an informal way of describing the act of swimming naked.

这是描述光着身子有用的非正式方式。

We've also been discussing naturists - people who think not wearing clothes outdoors is a healthy way to live, and it makes them feel good.

我们还讨论了额自然主义者 —— 认为在室外不穿衣服是一种健康的生活方式而且会让他们感觉很好的人。

The act of doing this is called naturism.

这样做的行为叫做自然主义。

And when you advocate something, like naturism for example, you publicly support it.

如果你宣传某事，例如自然主义，那么你公开支持它。

Being at one with nature means having a connection with the natural world that makes you feel good.

独自一人身处自然意味着跟让你感觉很好的自然世界产生联系。

And liberation means being freed from something.

而自由意味着摆脱某事。

And when we say 'shock, horror!' we actually mean the opposite and mean something in not shocking or surprising - we're being sarcastic, I guess.

当我们说“震惊、惊恐！”时，我们实际上是说的反话，表示的事某事不令人震惊或令人惊讶 —— 我们是在讽刺，我想。

It's not like you to be sarcastic, Neil!

你不像是会讽刺的人，内尔！

But shock, horror - we're out of time now.

真是震惊、惊恐 —— 我们没有时间了。

We only get 6 minutes and that's the naked truth!

我们只有六分钟，而这是赤裸裸的现实！

Thanks for listening and goodbye.

感谢收听，再见。

Goodbye.

再见！

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