

米歇尔·奥巴马谈赋权 Michelle Obama on empowerment

Hello. This is 6 Minute English and I'm Rob.

大家好，这里是六分钟英语，我是罗伯。

And I'm Dan.

我是丹。

Now, Dan, do you know who Michelle Obama is?

你知道米歇尔·奥巴马是谁吗？

Er, yeah. Maybe the most famous woman in the world?

呃，知道呀。她可能是世界上最有名的的女性吧？

Former First Lady, which means she was the wife of the President of the United States of America.

前第一夫人，也就是美国总统的妻子。

That is correct.

答对了。

She's just published her autobiography and has been talking in the UK about her life.

她刚刚出版了她的自传，并且一直在英国谈论她的人生。

Before we find out more, here is this week's question.

在我们了解更多之前，请听本周的问题。

When did the title First Lady first become used for the wife of the US president?

第一夫人这个名号是何时首次被用来称呼总统妻子的？

Was it in the: a) 18th Century, b) 19th Century, or c) 20th Century?

是在 A. 18世纪，B.19世纪还是 C. 20世纪？

Any ideas, Dan?

有头绪吗，丹？

This could be a trick question.

这是个陷阱题。

The first US presidents were in the 18th Century, and they had wives, but I think the actual term may only have been introduced much later, so I'm going to take a wild guess and say the 20th Century.

最早美国总统是在18世纪，他们有妻子，但是我想这个名词可能是很晚才引入的——所以我要大胆地猜一猜，猜20世纪。

OK. We'll have the answer later in the programme.

好的，我们会在稍后的节目中揭晓答案。

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Michelle Obama's visit to the UK was covered on BBC News.

BBC新闻频道报道了米歇尔·奥巴马造访英国。

According to this report, where did she visit that she had visited before?

根据这篇报道，她去了她之前去过的什么地方呢？

The former First Lady spoke openly about a number of issues and one of her main messages was about empowerment.

这位前第一夫人公开谈论了许多问题，她要传达的主要信息之一就是赋权。

Earlier in the day, Mrs Obama revisited a school in north London, a place where she says she was first inspired to focus on education during her time as the First Lady.

今天早些时候，奥巴马夫人再次造访了伦敦北部的一所学校，她说这个地方在她在当第一夫人期间激励了她对教育的关注。

So, where did she revisit on this trip?

那么她在这次旅途中又重游了什么地方呢？

She went to a school in north London.

她去了伦敦北部的一所学校。

She said it was at this school that she was first inspired to focus on education.

她说这是这所学校第一次激励了她对教育的关注。

If you are inspired to do something, you get a strong feeling that you want to do something, you feel a strong motivation to achieve something particular, often because of something someone else has said or achieved.

如果你被激励做某事，那么你拥有强烈的想要做某事的感觉，你有做某件特定事情的强烈的动机，往往是因为某事，其他什么人的话或成就。

The report also mentioned that she spoke openly about a number of issues.

报道还提到她公开谈论了许多问题。

To speak openly about something is when you discuss a subject, often a difficult subject, without trying to hide the facts or your feelings.

公开谈论某事表示你讨论某个话题，往往是很难以言说的话题的时候没有试图隐藏事实或你的感受。

It's a phrase that is used when people talk about things in their life that they find difficult or embarrassing.

这个短语常用于人们讨论人生中很艰难或尴尬的事情。

One of the things she spoke openly about was her own feeling that she didn't really belong, that she didn't have the skills or talent to be doing what she was doing and that she didn't deserve her position.

她公开谈论的事情之一就是她的真实感受，她觉得她没有归属感，她觉得她没有胜任她当时所做的事情所需要的技巧或天分，她觉得她不配拥有她当时的地位。

There is a name for that.

有一个名称可以表示这种情况。

It's called imposter syndrome-that feeling where you think one day everyone will realise that you're really not very good at what you do.

它叫做冒名顶替综合症——即你认为某一天每个人都会意识到你并不是真的擅长你所做的事情的感觉。

I get that feeling all the time!

我一直都有这种感觉。

I wonder why.

我想知道为什么。

Because the thing with this imposter syndrome is that it isn't justified.

因为冒名顶替综合症这事不合理。

It's more a lack of confidence or a result of the way society labels us.

它更多的是缺乏自信，或者是社会给我们贴上标签的方式所带来的结果。

Well, anyway, back to the report.

好的，不管怎样，我们回到报道吧。

Michelle Obama was also keen to talk about the topic of empowerment.

米歇尔·奥巴马还喜欢谈论赋权的话题。

That's giving people the strength, confidence and power to achieve what they want in life by themselves.

这个名词的意思是给予人们力量、信心和权力来达成他们想通过自己在生活中做到的事情。

Let's hear from Michelle Obama herself now talking about how we sometimes judge people based on their class rather than their individual abilities.

现在我们来听听米歇尔·奥巴马亲自谈论我们有时候是如何基于人们的阶级而非个人能力来评判某人的。

That's often the mistake that we make, we assume that working-class folks are not highly gifted in their own right when a lot of times your station in life is limited by the circumstances that you find yourself in.

这是我们经常犯的错误，我们假定工薪阶层的人并没有很高的凭自身能力获得的才能，当很多时候你的身份被你所处的环境所限制。

She says here that we assume things about people based on their social status or station in life.

她说我们基于人们的社会地位或身份来假定某个人的情况。

To assume means 'to make a judgement which is not based on the facts but on what we think is true'.

假定的意思是“没有基于事实而是我们所认为的真相而做出评判”。

She uses the phrase in their own right.

她使用了凭借自身这个短语。

When you say that someone is talented in their own right, it means that their talent comes from their own skills and abilities and not because of any connection with any organisation, individual or class that they happen to be associated with.

当你说某个人有凭借自身获得的才能，意思是说他们的才能来自于他们自己的技术和能力，而不是因为跟任何组织、个人或他们碰巧有关联的阶级有任何联系。

Before we wrap up, time to get the answer to this week's question.

在我们结束之前，是时候揭晓本周问题的答案了。

When did the title First Lady first become used for the wife of the US president?

第一夫人是何时第一次被用来表示美国总统的妻子的？

Was it in the: a) 18th Century, b) 19th Century, or c) 20th Century?

是在 A. 18世纪, B.19世纪还是 C. 20世纪？

And Dan, you said?

丹，你说的是？

I thought it was the 20th Century.

我认为是20世纪。

Well, you were right. - Yay!

嗯，你答对了。- 耶！

But let me finish.

但是让我说完。

You were right in that it was later than the 18th Century, which was when the first US presidents held their positions, but it wasn't as late as the 20th Century.

我说你答对了是因为这个说法是在18世纪后出现的，美国总统这个职务最早出现在18世纪，但是这个说法并不是在20世纪这么晚才有的。

It was the second half of the 19th Century when the title First Lady began to be used.

第一夫人这个头衔是在19世纪后半段开始使用的。

Now let's review today's vocabulary.

现在我们来回顾今天的词汇吧。

We started with the phrase to talk openly about something.

我们从短语公开谈论某事开始说。

This means to discuss something, usually a difficult subject, without hiding your feelings, emotions or facts about that subject.

这个短语的意思是讨论某个话题，往往是很晦涩的话题的时候没有试图隐藏事实或你的感受。

Then there was the noun empowerment.

然后是名词赋权。

This is the process of giving people the feeling that they are in control of their lives, making people more confident in their rights and abilities.

这是让人们有他们掌控着自己的人生的感觉，让人们对他们的权利和能力更有信心的过程。

The verb inspire was next.

下一个是动词激励。

If you inspire people, you give them the feeling that they want to and can do something, something difficult or creative.

如果你激励某人，那么你让他们感觉他们想要做并能够做某事，某些很难或很有创造性的事。

If you have that feeling yourself, you are inspired.

如果你有这种感觉，那么你就被激励了。

Next there was the verb to assume something.

下面是动词假定。

To assume means 'to make a judgement about someone or something not based on proof, but on things you think or believe to be true'.

假定指的是不基于证明而是基于你认为是真实的事情对某些人或事进行评判。

The next phrase was in their own right.

下一个是短语凭借自身。

If someone is successful in their own right, for example, it means their success is because of their own skills and abilities, and not because of who they work for, or work with or which social group they came from.

例如，如果某个人是凭借自身能力而成功的，这意味着他们的成功是因为他们自己的技能和能力，而不是因为他们为谁工作，或和谁一起工作，以及他们所来自的社会群体。

And finally there was the noun phrase station in life.

最后一个短语身份。

Your station in life is your position in society-your social status.

你的身份指的是你在社会中的位置——你的社会地位。

And that brings us to the end of this week's programme.

本期的节目就到这里。

We'll be back soon and in the meantime you can find us on Instagram, Facebook, Twitter, YouTube, our app and of course the website bbclearningenglish.com.

我们很快会再见，同时你们可以在INS，脸书，推特，YouTube，我们的APP，当然还有网站**bbclearningenglish.com**上找到我们。

Bye bye for now.

再见了。

Bye!

再见！