

自由潜水的乐趣 The joy of free diving

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

大家好，这里是六分钟英语，我是内尔。

And I'm Georgina.

我是乔治娜。

Now Georgina, what do you know about free diving?

那么乔治娜，你了解自由潜水吗？

Free diving is a sport where people dive underwater as deep as they can without carrying air tanks, so just by holding their breath.

自由潜水是一项人们在不携带氧气罐，也就是屏住呼吸，的情况下尽可能深地潜入水下的运动。

That's right.

没错。

We're going to find out today about a world record free diver.

我们今天要了解一位自由潜水的世界纪录保持者。

But first a question, and this is a physics one.

但是首先是一个问题，而且这个问题跟物理有关。

On dry land, at sea level, the pressure or weight of all the air above us is known as an atmosphere.

在干燥的水平陆地上，所有在我们上方的空气的压力或重量被叫做一个大气压。

How far underwater do you have to go until the weight of water is equal in pressure to another atmosphere?

你得潜到多深，水的重量才跟一个大气压相等？

Is it: A. 1 metre, B. 10 metres, or C. 100 metres?

是 A. 1米，B. 10米，还是 C. 100米？

What do you think, Georgina?

你怎么看，乔治娜？

Well, water is much heavier than air, but there is lot of air above us, many kilometres, so I don't think one metre of water is heavy enough.

嗯，水比空气要重得多，但是我们上方有很多空气，好几千米，所以我认为一米深的水不够重。

Same for 10 metres.

10米也是。

So, I think 100 metres is the equivalent of 1 atmosphere.

所以我认为100米相当于一个大气压。

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OK. We'll find out if you are swimming comfortably or completely out of your depth later.

好的，我们稍后会知道你是如鱼得水还是完全无法驾驭。

Herbert Nitsch holds the world record for the deepest free dive.

赫伯特·尼奇持有最深的自由潜水的世界纪录。

In 2012 he reached a depth of 253 metres.

2012年，他潜到了253米的深度。

Recently he spoke on the BBC World Service radio programme, Outlook about his experiences.

最近他在BBC的世界服务电台节目《Outlook》中谈到了他的经历。

He spoke about how he trained himself to hold his breath for a long time.

他谈论了他是如何训练自己长时间憋气的。

Lungs are the organs in the body that hold the air that we breathe in, and he says that he trains himself not by starting with a big breath, but when his lungs are already empty.

肺是身体里存贮我们吸入的空氣的地方，而且他说他的自我训练不是从深吸一口气开始的，而是从他的肺已经空的时候开始。

Why is that?

为什么呢？

The reason why I do the empty lungs is that the urge to breathe comes earlier and this is when the training starts.

我清空自己肺的原因是想要吸气的冲动来得更早，而这就是训练的起点。

Because when you hold your breath on full lungs, the urge to breathe comes like a few minutes in, but the time up to that point is no training at all.

因为当你肺里充满空气的时候屏住呼吸，想呼吸的冲动好像几分钟就出现了，而在那之前的时间根本不能算是训练。

Only the time you have the urge to breathe and fight against it, that's the time you're actually training.

只有当你有想要呼吸的冲动然后与之抗争的时候，这时候才是真正在训练。

So, why train with empty lungs?

所以为什么要在肺是空的时候训练呢？

Because you have to practise not breathing when you need to breathe.

因为你需要练习在你需要呼吸的时候不呼吸。

Can you explain further?

你能进一步解释一下吗？

Of course.

当然可以。

Normally our breathing is automatic.

一般来说我们的呼吸是自发性的。

We don't have to think about it.

我们不用考虑太多。

If you hold your breath, there is a point when your body tells you that it's time to breathe.

如果你屏住呼吸，那么你的身体会在某个时刻告诉你该呼吸了。

And at that point, most of us will take a breath, won't we?

而在那一刻，我们大多数人会呼吸，不是吗？

Exactly.

没错。

Our body and brain is telling us-go on, breathe, take a breath!

我们的身体和大脑正在告诉我们——继续，呼吸，吸口气！

This strong feeling to do something is called an urge.

这种强烈的想做某事的感觉就叫做冲动。

To hold your breath for a long time you have to ignore that urge, you have to fight against it.

要想长时间屏住呼吸你就得忽视那个冲动，你得与之对抗。

So to train to do that, it's a waste of time taking a big breath, because holding your breath when you don't need to breathe isn't difficult-you have to practise fighting against that urge to breathe.

所以要想训练憋气，提前深吸一口气是在浪费时间，因为在你不需要呼吸的时候屏住呼吸并不是难事——你得练习对抗那种想要呼吸的冲动。

Nitsch did a lot of free diving in lakes in his home country of Austria.

尼奇在他家乡奥地利的很多湖泊里进行了多次自由潜水。

Diving in lakes is very different from diving in the ocean.

在湖泊里潜水跟在大海里潜水差异很大。

Here he is describing the experience.

下面是他在描述这种经历。

In the beginning it's very spooky, and yeah, it's not a pleasant feeling at all in the beginning.

刚开始的时候很阴森，是的，刚开始这根本不是一种很令人愉悦的感受。

It's something actually quite intimidating, but after a while you get used to it and you learn to appreciate it actually that is so quiet.

事实上它令人畏惧，但是过了一段时间你会习惯，然后你会学会欣赏它，因为事实上它非常安静。

Quiet and you're deprived of all sensations except the cold, of course, and so you hear your own heart beat because there's absolutely no sound.

非常安静，并且你除了冷以外被剥夺了所有的感觉，当然你因此还可以听到自己的心跳，因为四周完全没有声音。

How does he describe the sensation?

他如何表述那种感觉？

It's very cold, dark and quiet when diving deep in lakes and at first he says the experience is spooky.

潜入深深的湖水里很冷，很黑而且很安静，而且他说刚开始的时候这种经历很阴森。

This means it's a little scary and mysterious—in the same way we might find a graveyard at night spooky—that kind of feeling.

这个词的意思是有点吓人和神秘——类似于我们觉得夜晚的墓地很阴森——的那种感觉。

And he also says it's intimidating, which is a feeling of being frightened by something stronger and more powerful than you are.

他还说它很令人畏惧，这是一种被比你强壮或强大的东西吓到的感觉。

And you experience these feelings because you are deprived of all sensations.

而你之所以能够有这些感受是因为你被剥夺了所有的感觉。

When you are deprived of something, it means you don't have it, it's taken away.

当你被剥夺某物，这意味着你失去了它，它被拿走了。

And sensations are the way we experience the world, so sound, sight and smell.

感觉是我们体验世界的方式，像听觉、视觉和嗅觉。

Diving in cold, dark silent waters, you are deprived of many of our usual sensations, and that is spooky and intimidating.

在寒冷、黑暗、寂静的水域里潜水，你的常见感觉都被剥夺了，而这很阴森和令人畏惧。

Rather him than me.

还好是他不是我。

I don't think I'd like that experience at all!

我觉得我根本不会喜欢这种体验。

Right, before we review our vocabulary, let's have the answer to the quiz.

没错，就在我们回顾词汇之前，我们来揭晓问题的答案吧。

How far underwater do you have to go until the weight of water is equal in pressure to another atmosphere?

你要进入水下多深，水的重量才跟一个大气压的压力相当？

Georgina, what did you say?

乔治娜，你说的是？

I thought 100 metres.

我觉得是100米。

Well, that is actually the equivalent of 10 atmospheres!

嗯，事实上这相当于10个大气压了！

So the correct answer is 10 metres.

所以正确答案是10米。

Every 10 metres of depth in water is the equivalent to the weight and pressure of the air above us at sea level.

每10米的水深就相当于水平大气压的重量和压力。

There is a difference between fresh and salt water, but it's not so much as to make your answer correct!

淡水和盐水之间有差异，但是并不影响你的正确答案！

Well done if you got that right.

如果你答对了那么你真棒。

Well, I was clearly out of my depth with that question.

嗯，很显然我难以驾驭这道题。

You were!

确实！

Now vocabulary.

现在该说词汇了。

The part of our body that holds our breath is our lungs.

我们身体里存储我们呼吸的气体的部分叫做肺。

A very strong need or desire to do something, like breathe, is an urge.

想做某事的强烈需求或渴望，比如呼吸，是一种冲动。

Something spooky is a little scary and mysterious.

阴森的东西有点吓人和神秘。

And it can also be intimidating, which means it's overpowering and frightening in a way that makes you less confident.

而且它也会令人畏惧，意思是它过于强大和可怕，让你不那么自信。

And to be deprived of sensations, means to have certain feelings, like touch and hearing taken away.

以及被剥夺感觉，意思是某些感受，比如触觉和听觉被拿走。

So Georgina, do you fancy free diving?

那么乔治娜，你喜欢自由潜水吗？

Well, would I like to go hundreds of metres down in cold, dark, silent water without any breathing equipment?

我愿不愿意不带任何呼吸设备地下到几百米深的寒冷、黑暗、寂静的水里？

Let me think about that.

让我想想。

I've thought about it-no, thank you!

我已经想过了——不用了，谢谢！

Not my cup of tea, either-and speaking of tea, it is time for us to go and get a cuppa.

也不是我的那杯茶——说到茶，我们是时候结束节目去喝一杯了。

That's all from us.

这就是今天节目的全部内容。

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Goodbye for now.

再见啦。

Bye!

再见！
