

运动对抗贫困 Sport against poverty

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

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是内尔。

And I'm Sam.

我是萨姆。

We all know that sport is great for our health—and if you're talented it can make you rich.

我们都知道运动有益于我们的健康——而且如果你很有天分，那么它会让你变得有钱。

Many great champions have found a way out of poverty through their sporting ability—think of someone like footballer Maradona.

很多伟大的冠军选手都通过他们的运动能力找到了摆脱贫困的方法——想想像足球运动员马拉多纳那样的人。

But in today's programme, we're not looking at the superstars.

但是在今天的节目里，我们不是要了解那些超级明星。

Instead, we'll discuss how sport can change the lives of young people from some of the poorest, toughest backgrounds on earth.

相反地，我们要讨论运动如何改变来自世界上最贫困，最艰难地区的年轻人的生活。

And of course, we'll be learning some vocabulary on the way.

当然，我们还会在此过程中学习一些词汇。

Many projects around the world use sports to change children's lives—improving mental health, challenging stereotypes and giving hope.

世界各地有很多项目利用运动来改变儿童们的生活——改善心理健康，挑战刻板印象以及给予希望。

Among them is the Ebony Club in Brixton which uses sport to help young people in London's most disadvantaged communities—but which sport?

布里克斯顿的艾博妮俱乐部就是其中一个，它利用运动来帮助伦敦最贫困社区的年轻人——不过是哪种运动呢？

That's my quiz question.

这就是我的问题。

Is it: a) golf, b) tennis, or c) horse riding?

是 A. 高尔夫，B. 网球，还是 C. 马术？

Well, I can't imagine there's enough space for golf and horse riding in the city, so I'll say b) tennis.

嗯，我觉得城市里没有足够的空间用于高尔夫和马术，所以我要选 B. 网球。

OK, we'll find out the answer later.

好的，我们稍后会揭晓答案。

添加的词汇

commonly

英:/'kɒmənlɪ/ 美:/'kɑmənlɪ/

adv. 一般地；通常地；普通地

elite

英:/eɪ'li:t/ 美:/eɪ'li:t/

n. (社会) 上层集团；掌权人物；出类拔萃的人，精英 adj. (社会) 上层集团的；掌权人物的；精英的



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Just now we were talking about London but sporting projects like the Ebony Club are happening all over the world.

刚刚我们谈论的是伦敦，但是想艾博妮俱乐部这样的运动项目正遍及全球。

In Cape Town, South Africa, British surfer Tim Conibear noticed how kids from poor townships hardly ever went to the beach.

在南非的开普敦，英国的冲浪手蒂姆·科尼贝尔注意到来自贫困城镇的孩子们几乎没有机会去海滩。

So he started giving them free surfing lessons.

所以他开始给他们提供免费的冲浪课。

Tim founded the 'Waves for Changes' project and now hundreds of kids go along each week to get "surfing therapy".

蒂姆建立了“改变浪潮”这个项目，并且现在每周有数以百计的孩子进行“冲浪治疗”。

Not only is surfing giving them a buzz, it's helping to improve their life chances.

冲浪不仅给他们带来了乐趣，也帮助他们改善人生。

Here he is talking to the BBC World Service programme People Fixing the World.

以下是他与 BBC 世界服务节目《改造世界的人》的谈话。

Surfing also is quite difficult so you're learning a very challenging skill which takes a lot of confidence.

冲浪也非常难，所以你在学习一种需要很多自信心的很有挑战性的技能。

These very small successes which children have when they go into the water elicit a really big emotional response.

孩子们在水里取得的非常小的成功都能够引发他们非常大的情绪反应。

So if you come from a background of trauma quite often you'll have a negative self-image and being able to try something new, achieve something new, be recognised by a coach or a mentor is very very good for your confidence as well.

所以如果你曾经经历过创伤，那么你很可能有一个消极的自我印象，而能够尝试新事物，达成新的目标，被教练或导师称赞对你的自信心也大有裨益。

Most of the surfers have experienced trauma-emotional pain and shock caused by very distressing experiences.

大部分冲浪者都经历过创伤——非常痛苦的经历导致的情感伤痛和刺激。

This has given them a negative self-image-the way a person feels about themselves, their ability, personality and value.

这使得他们有一个消极的自我印象——一个人对自身、能力、性格和价值的看法。

Surfing helps kids improve their self-image because it's challenging-difficult in a way that tests your ability and determination.

冲浪帮助孩子们改善他们的自我印象，因为它很有挑战性——非常困难，能够考验你的能力和决心。

So challenging, in fact, that the children have a mentor-a trusted advisor who gives help and support to a younger or less experienced person.

事实上非常有挑战性，所以孩子们拥有一个导师——一个给予年轻人或经验欠缺者帮助和支持的被信任的引导者。

Tim believes that the concentration needed to surf makes the children's other problems disappear—at least for a short time.

蒂姆认为冲浪所需的专注让孩子们的其他问题消失了——至少短时间内消失。

And the results so far have been optimistic, with a significant reduction in violent behaviour reported among Cape Town's young surfers.

而且目前为止的结果是乐观的，开普敦的年轻冲浪者中间的暴力行为明显减少了。

Surfing is quite well-known in South Africa.

冲浪在南非很出名。

But what happens when you take a completely unknown sport into one of the least developed countries on earth?

但是当你把一个完全未知的运动带到世界上最欠发达的国家去会发生什么呢？

In 2007, Australian Oliver Percovich was travelling in Afghanistan with his skateboard.

2007年，澳大利亚人奥利弗·佩科维奇正带着他的滑板在阿富汗旅行。

The children there were fascinated so he started showing them how to skate.

那里的孩子们对此非常着迷，所以他开始教他们怎么玩滑板。

The idea grew and a few years later he founded the organisation 'Skateistan' giving free skateboard lessons to children aged five to seventeen, with a focus on those with disabilities, from low-income backgrounds and especially, girls.

这个想法不断发展，几年后他建立了叫做“Skateistan”的组织，免费教5到17岁的孩子们玩滑板，关注那些有残疾的，来自于低收入区的孩子，特别是女孩。

Here's 'Skateistan' volunteer, Jessica Faulkner, explaining how skateboarding reinforces positive educational messages which Afghan kids don't always get at home.

以下是“Skateistan”的志愿者杰西卡·福克纳解释滑板如何加强那些阿富汗的孩子在家得不到的正面的教育意义。

There's a few things that skateboarding does as a kind of function.

滑板有一些功能性的作用。

It is really quite challenging—it's not an easy sport for anyone whether you're young or old.

它非常具有挑战性——对于任何人来说，无论老少，它都不是一个简单的运动。

And that means that it also teaches quite a lot of life skills.

而这意味着它还教授很多生活技能。

You have to fall off a skateboard quite a lot of times before you get better and it really helps children with things like goal setting and resilience and determination.

在你学得更好之前必须要从滑板上摔下来很多次，而这能够帮助孩子们培养像设定目标，适应力和决心这样的品质。

Also, and really importantly, we do believe that children should have fun.

而且很重要的事，我们确实相信孩子们应该玩的开心。

Like surfing, skateboarding is challenging and difficult.

像冲浪一样，滑板很有挑战性，很难学。

It requires effort and Jessica believes this teaches children important life skills-the basic skills needed to solve problems *commonly* encountered in everyday life.

它需要努力，而且杰西卡认为这教会了孩子们重要的生活技能——用来解决日常生活中常见问题的基本技能。

One important life skill is goal setting-deciding what things you want to achieve and how you plan to achieve them.

一个重要的生活技能就是设定目标——决定你要达成的事情，以及如何计划达成。

Along with other skills like determination and resilience, this helps kids improve their outlook on life.

还有其它的技能，比如决心和适应力，这能够帮助孩子们改善人生观。

And to experience one of the most important things-having fun!

还有体验最重要的事情之一——玩的开心！

Which reminds me about the kids at the Ebony Club and my quiz question.

这让我想起了 Ebony 俱乐部的孩子们，还有我的问题。

Remember that I asked you which sport the club uses to support disadvantaged children in London.

还记得之前我问你这个俱乐部利用哪种运动来支持伦敦的贫困儿童。

Yeah, and I said, b) tennis.

是的，我说的是 B. 网球。

But in fact, it's c) horse riding-a sport normally associated with the *elite*.

但其实答案是 C. 马术——一项通常跟贵族联系起来的运动。

In this episode we've been discussing how sport can help improve the life chances of young people from tough backgrounds, many of whom have suffered trauma-severe emotional pain and distress.

在本期节目中，我们一直在讨论运动如何帮助改善来自贫困地区的人的生活机会，他们中很多人都遭受过痛苦——强烈的情感伤痛和悲痛。

Such pain damages a child's self-image-how they see and value themselves in the world.

这样的伤痛会伤害孩子的自我印象——他们如何看待自己在世界上的价值。

This can be improved by taking part in sports, like surfing, skating and horse riding, which are challenging-demanding and testing of your abilities.

这个可以通过参加体育运动得到改善，比如冲浪、滑板和马术，这些运动都很具有挑战性——要求高，并且考验你的能力。

Often kids are supported by a mentor-a trusted, more experienced friend who can offer help and advice.

通常情况下孩子们都有导师——一个能够提供帮助和建议的被信任的，更有经验的朋友——的支持。

And with this support they learn life skills-basic skills everyone needs to cope with everyday problems.

而且有了这种支持，他们会学会生活技能——每个人都需要的用来应对日常问题的能力。

One important skill is goal setting-deciding what you want to accomplish and planning how to do it.

一个重要的技能就是设定目标——决定你想要达成的事情并且计划如何做到。

And of course, sometimes the most important goal is just to have fun!

当然了，有时候最重要的目标就是玩得开心！

That's all we have time for.

这就是我们今天所有的内容。

Join us again soon as we discuss more topical issues.

请再次收听我们讨论更多的话题。

Bye for now!

再见啦！

Bye!

再见！
