

寻找乌托邦 Looking for utopia

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

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是罗伯。

And I'm Georgina.

我是乔治娜。

In this programme we're looking for utopia.

在本期节目中，我们将寻找乌托邦。

You mean a perfect world - a place where everyone lives together in harmony.

你指的是一个完美的世界 —— 每个人都和谐共处的地方。

Does that kind of place exist, Rob?

那种地方存在吗，罗伯？

Umm, probably not, but it's something we aspire to create - a happy place where everyone is cared for and nobody goes without.

嗯，也许不存在吧，但这是我们渴望创造的东西 —— 每个人都被关爱，没有人被落下的地方。

Well, let me know if you find it, and I'll head there straight away.

嗯，如果你找到了请告诉我，我会直接去那里的。

Well, one place that is trying to be like that is the Dutch city of Amsterdam.

嗯，一个努力想要成为那个样子的地方就是荷兰城市阿姆斯特丹。

We're going to be finding out what they're doing with the help of some doughnuts!

我们要找出他们在一些甜甜圈的帮助下正在做什么！

But first, Georgina, I have a perfect question for you!

但是首先，乔治娜，我有一个完美的问题要问你。

According to the 2020 United Nations World Happiness Report, which country is the world's happiest?

根据 2020 年联合国幸福报告，哪个国家是世界上最幸福的国家？

Is it a) Finland, b) Singapore, or c) Austria?

是 A。芬兰，B。新加坡，还是 C。奥地利？

That's tricky, but I imagine that - if only for the scenery - it's a) Finland.

这题很难，但是我认为 —— 如果只看风景的话 —— 答案是 A。芬兰。

OK, Georgina, I'll tell you if you are right or wrong later on.

好的，乔治娜，我稍后会告诉你你是否回答正确。

Anyway, let's get back to Amsterdam - a city that's doing its best to use creative ideas to be sustainable.

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不管怎样，我们说回阿姆斯特丹 —— 这个城市正在尽全力使用有创意的想法来可持续发展。

That's right, and it's using the concept of a ring doughnut to use as a model for its sustainability.

没错，而且它正在把环形甜甜圈的概念当做它可持续性的模型。

Economist Kate Raworth, who we will hear from shortly, describes this as "a picture of 21st Century prosperity for humanity."

我们稍后将会听到经济学家凯特·拉沃斯的观点，他把这表述为“21 世纪人类繁荣的图景”。

Now thinking of this 'ring doughnut' - the idea is not to leave anyone in the hole, in the middle falling short on the essentials of life - but at the same time not going beyond the outer ring, because there we put so much pressure on our planetary home - it can cause climate change.

思考一下这个“环形甜甜圈” —— 意义在于不让任何一个在洞里的，在中间的人缺少生活必需品 —— 但是同时也不超出圆环，因为那样我们会给地球家园施加过多的压力 —— 它可能会引起气候变化。

So, here is Kate Raworth speaking on the BBC World Service programme, People Fixing the World, talking about how Amsterdam is trying to fit into this 'doughnut' approach.

下面是凯特·拉沃斯在 BBC 世界服务节目《修理地球的人》中谈论阿姆斯特丹是如何适应这个“甜甜圈”方法的。

Amsterdam has started with a goal of saying we want to be a thriving, inclusive, regenerative city for all residents while respecting planetary boundaries - that's like saying we want our city to live in the doughnut.

阿姆斯特丹一开始的目标是说我们想要为所有居民打造一个繁荣的，包容的，再生的城市，同时还要尊重地球的边界 —— 这就像是说我们想要我们的城市居住在甜甜圈里。

And that changes how you build - you don't bring in more new raw materials from across the other side of the world - you say, right, how do we re-use the construction materials that are already in our city to build new buildings?

而这改变了你建造的方式 —— 你不能从地球的另一端引入更多的原材料 —— 你说，好的，我们要怎么重复利用我们城市中已有的建筑材料来建造新的建筑呢？

How do we change the way that people travel?

我们要怎么改变人们的旅行方式呢？

Start asking very different questions from the outdated economic mindset that they were taught before.

开始提出不同于他们之前学过的过时的经济学思维方式的问题。

Interesting stuff from Kate Raworth there.

凯特·拉沃斯说了一些很有趣的东西。

The people of Amsterdam are trying to live within the doughnut!

阿姆斯特丹的人们正努力生活在甜甜圈里！

Their aim is to live and look after each other without harming the planet.

他们的目标是在不伤害地球的前提下生活并互相照顾。

It's a big aim - but they want their city to be thriving - so growing and being successful.

这是一个伟大的目标 —— 但是他们希望他们的城市能够繁荣 —— 也就是成长并成功。

And it wants to be inclusive - including everyone and treating them equally.

而且它还想要包容 —— 接纳所有人并且平等对待他们。

This is beginning to sound like utopia, Rob!

这开始听起来像乌托邦了，罗伯！

To achieve this, Kate talked about using locally-sourced materials for building and thinking about how people travel around - basically making it a sustainable city.

为了达成这一点，卡特谈到了使用当地的材料来建造并且思考人们旅行的方式 —— 基本上就是让它成为一个可持续发展的城市。

It's about people thinking differently and not doing things in the same way they've always been done.

这在于人们要转变思考方式，并且不按照他们一直以来的行事方式做事。

It involves changing the way people think, or their mindset.

这包括改变人们的思想，或者他们的思维模式。

Another idea from the Netherlands that fits the doughnut model is the making of recycled jeans.

另一个来自荷兰的符合甜甜圈模式的想法就是制作可回收的牛仔服。

The People Fixing the World programme visited a company where old jeans were mixed with new organic cotton to make new ones.

《修理世界的人》节目组访问了一家把旧牛仔服和新的有机棉混合在一起制作新牛仔服的公司。

The new ones might not be affordable for everyone, but they do reduce cotton production and the use of chemicals and water.

新的牛仔服也许不是每个人都买得起，但是他们确实减少了棉花的生产以及化学品和水的使用。

The process creates jobs too.

这个过程也创造了工作。

Well, let's hear from Bert van Son, CEO of Mud Jeans.

嗯，我们来听听 Mud Jeans 的首席执行官 Bert van Son 怎么说吧。

Listen to why he tries to work within the doughnut model.

请听他为什么想要在甜甜圈模式下工作。

If you take the doughnut economy and you see the insides of the circles - if you break that boundary, mistreat people, and you have people making your jeans but they don't have any social security, or any liberty, or any medical care, those kind of things, you will never be able to make nice jeans - it has to become human again, making clothing.

如果你思考甜甜圈经济并且看到圈的内部 —— 如果你打破那个界限，虐待人们，让人们制作牛仔服，但是他们没有任何社会保障，或者任何自由，或任何医疗，诸如此类，那么你永远都做不出好的牛仔服 —— 制作服装必须重新变得人性化。

Bert van Son sees the benefit of the doughnut economy by treating people fairly and with respect - the opposite is to mistreat.

Bert van Son 认为甜甜圈经济的好处就是公平对待人们，尊重人们 —— 虐待则刚好相反。

He thinks they should have things such as social security - a payment system by governments that helps people live a reasonable life.

他们认为应该有社会保障 —— 政府建立的帮助人们过上合理的生活的支付系统。

And he says you can't make 'nice' jeans without being human - he doesn't just mean being a person, but being someone with compassion, feelings and respect for others.

而且他说你如果不人性化就做不出“好的”牛仔服 —— 他指的不仅是做一个人，而是做一个有同理心，有感情，并且尊重他人的人。

Umm, all this from a doughnut!

嗯，这些都来自于一个甜甜圈。

Hopefully this will lead to a happier city and country.

希望这能创造一个更幸福的城市和国家。

But for now, what is the happiest country in the world, Georgina?

但是现在世界上最幸福的国家是哪个国家，乔治娜？

Yes, you asked me earlier, according to the 2020 United Nations World Happiness Report, which country has been named the world's happiest?

是的，你之前问我，根据 2020 年的联合国世界幸福报告，哪个国家被命名为世界上最幸福的国家？

And I said Finland.

我说的是芬兰。

Come on, make me happy and tell me I am right!

来吧，快告诉我回答对了，让我高兴一下。

Well, happily, you are correct.

嗯，可喜的是，你答对了。

Well done.

干得漂亮。

Finland is top of the list for the third year in a row, with Denmark coming in second.

芬兰已经连续三年登顶了，丹麦紧随其后。

But before you head off there, we need to recap some of the vocabulary we've discussed today.

但是在你离开之前，我们需要回顾今天讨论的一些词汇。

Of course.

当然。

We've been discussing utopia - a perfect place where everyone lives together in harmony.

我们一直在讨论乌托邦 —— 每个人都和谐生活的完美世界。

Thriving describes something that is growing and successful.

繁荣描述的是正在成长且成功的东西。

And inclusive means including everyone and treating them equally.

包容的意思是接纳每个人并平等对待他们。

We also mentioned mindset.

我们还提到了思维模式。

That describes the fixed thoughts and attitudes someone has.

它描述的是某个人的固定想法和态度。

To mistreat someone is to treat them badly or cruelly.

虐待某人指的是残忍地对待他们。

And social security is a payment system by governments that helps people live a reasonable life.

而社会保障指的是政府建立的帮助人们过上合理生活的支付系统。

OK, well, that's all for this programme.

好的，这就是本期节目的所有内容。

We'll see you again soon for more trending topics and vocabulary here at 6 Minute English.

请再次在六分钟英语收听更多潮流话题和词汇。

Bye for now!

再见！

Bye!

再见！
