

口译与听力

精讲四

各省考纲

上海、福建、江苏：精讲二课堂资料

广东、陕西：精讲三课堂资料

其他省份（辽宁、安徽等）：精讲三课堂资料“其他”（没有具体要求就按照全国的考纲走，《口译与听力》教材末尾有）

北京听力部分：

<https://max.book118.com/html/2017/1223/145556481.shtml>

1. 考试考什么怎么考？

查询自己报考省份/院校的大纲。听力口译各占一半成绩。

每个省都一样，听力笔答，口译说话。不要抱有侥幸心理，课下刻苦训练。

2. 用什么书？

推荐的书目可以混搭使用。建议购买《口译与听力》和《英语高级听力》。

两本书音频下载地址：

《英语高级听力》 <http://www.tingclass.net/list-6698-1.html>

《口译与听力》 <https://pan.baidu.com/s/1MUuMG57C7YOdwyJQ6duubg> 提取码：5ngy

不要迷信某一本口译书、笔记法，任何一本书，只要你肯练，都能获得提升

3. 课下怎么自己做练习？

查看自己省份的“考纲”，按照题型和要求练习。没有你不能用的听力材料。

可可英语：<http://www.kekenet.com/>

在线英语听力室：<http://www.tingroom.com/>

英文巴士：<https://www.en84.com/ky/>

同理，不要迷信难新闻，任何听力材料都可以帮助你提升

问题解答

听力几步走：

1. 泛听（利用每天的闲散时间）

没事儿的时候放着BBC、VOA、CNN，或者教材的音频，或者我给的网站里下载的听力材料，或者各类英语谈话类节目、脱口秀、英剧美剧、英文电影都可以。

2. 理解（安静的大块时间，至少练习半小时）

放大概30秒至1分钟语速不太快的材料（字数不要超过200字），用一句话概括刚才听见的材料的中心主旨。

3. 精听（安静的大块时间，大概需要一小时）

基本能做到不纠结于听不懂的生词，且能从整体理解材料的时候，开始做听写练习。大家可以拿专四的听写真题练习，可可英语上可以搜到，音频和文字都有。拿我们的课本《口译与听力》做精听练习也可以。要义：一字不落地精确写出每一个听到的单词。可以反复听材料，听到不能再完善了为止，不认识的先按照读音拼出来，最后再对答案。

口译几步走（结成学习伙伴，互相给对方读）：

1. 脑记训练

我给大家的两种训练包括：

1) 脑记单词（9个相互关联，或者随机的单词，听完后重复）

2) 中英文短句（可以拿《口译与听力》教材里面的句子）

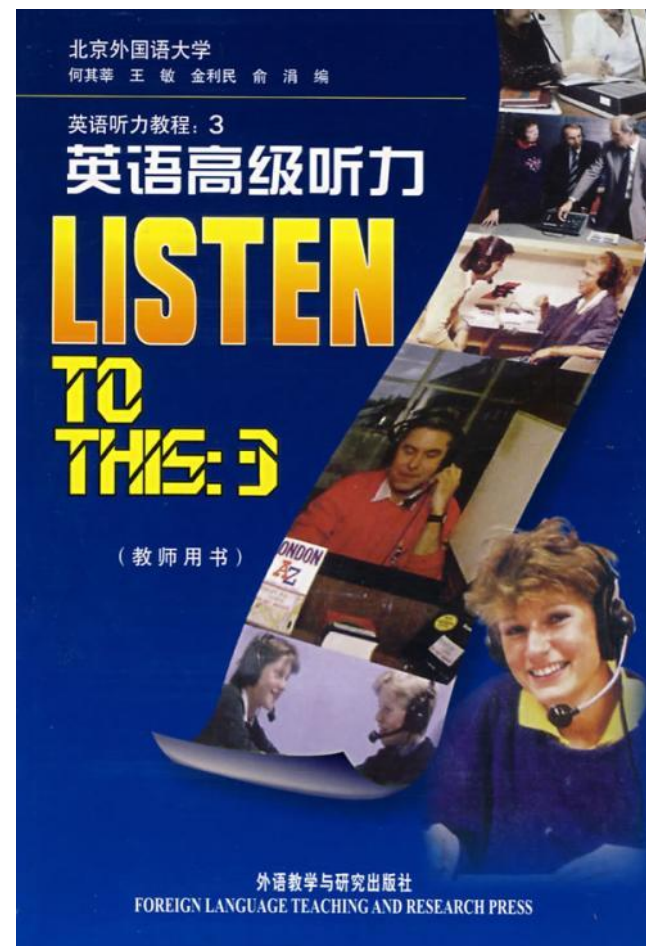
2. 词汇短语积累（每天都要背，包括但不限于刷题和我发的微博）

3. 短句翻译练习（可以拿《口译与听力》教材里面的句子）

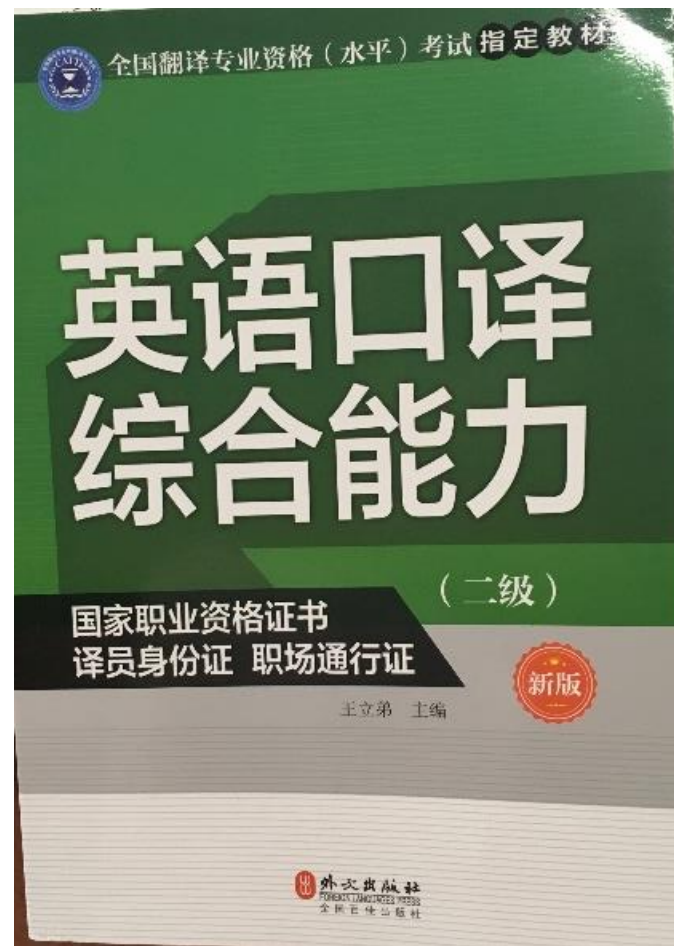
4. 篇章翻译练习（可以拿《口译与听力》材料里面的句子）

5. 笔记法不要着急，上课跟我走，先学会听，再记，要么记下来的东西自己根本无法识别

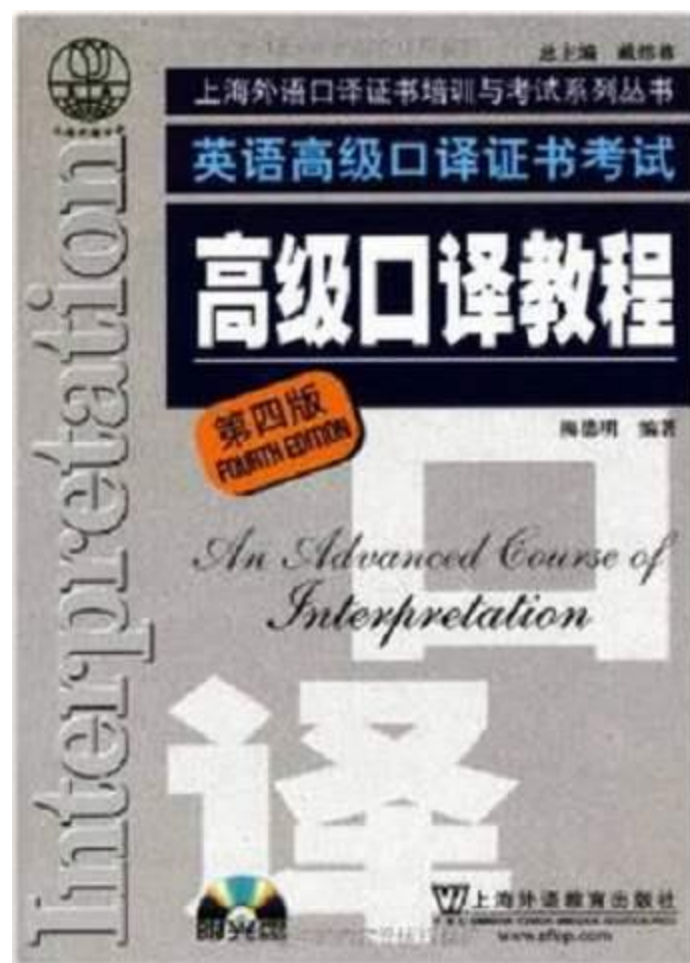
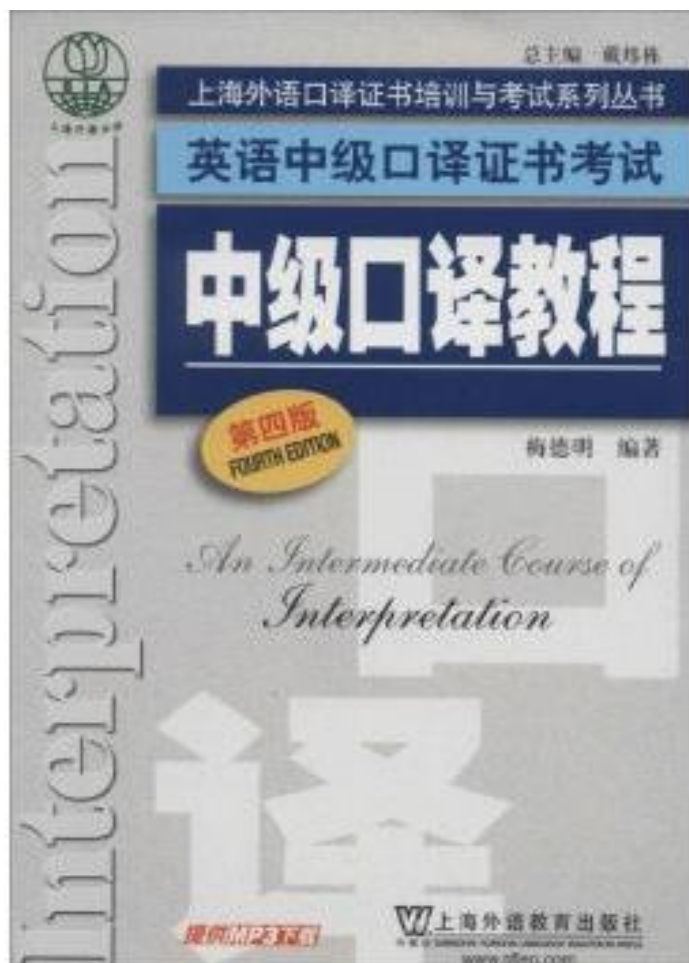
基础必备



听力拔高



口译拔高



问题解答

鼓励大家将当天自主学习的成果发至微博：#我在尚德学自考#@尚德学术中心
发一条微博就是练习了一天，收获了一天，大家加油。

考纲

Syllabus

口译与听力

判断正误

短新闻单选

长报道单选

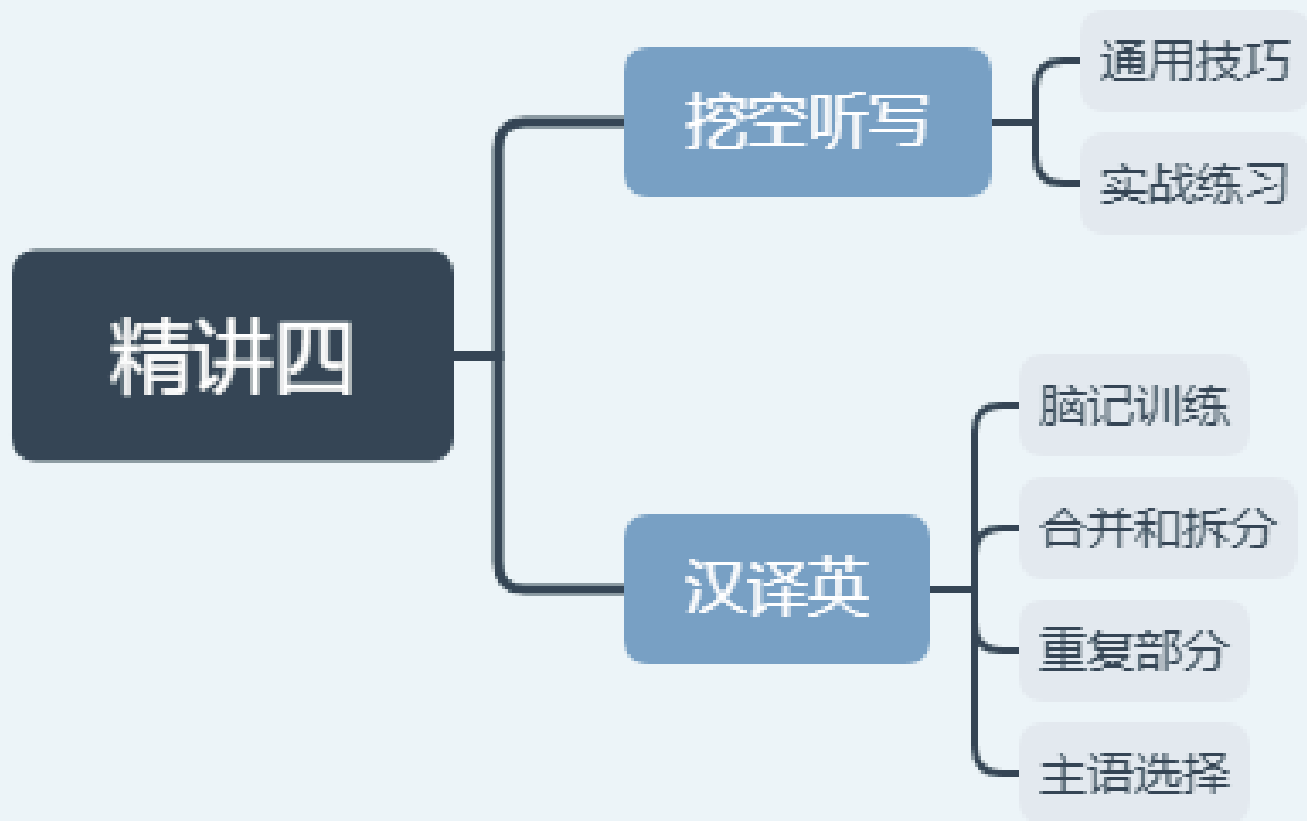
挖空听写

听力

英译汉

汉译英

口译



一般为国际主要英语媒体如BBC、VOA、CNN、NPR、MSNBC等提供的简要新闻报道。篇幅较长，题目数量更多。

1. 挖空听写



1

通用技巧

2

实战练习

1.1 通用技巧

1.1.1 框架和细节

框架和细节

案例1

叙事性的材料可以关注时间、地点、人物、事件、过程等；
演讲性的材料可以关注逻辑连接词（第一、其次、最后等）；
议论性的材料可以关注中心论点和支撑论据等。

案例2

一个称职的口译者不但要把握好讲话的主题，还要储存必要的细节，不至于使译文粗枝大叶，而是以细腻入微为人称道。

1.1 通用技巧

1.1.2 案例1

Use one sentence to summarize the passage you heard.

框架和细节

案例1

案例2

1.1 通用技巧

1.1.2 案例1

This time fill in the blanks.

It is predicted that by the year 2037, there will be _____ in the UK who have reached their centenary. Hard though it is to believe, one-third of all children _____ in the UK will on day find themselves blowing out _____ – although there won't be quite as many men at those parties as women.

框架和细节

案例1

案例2

1.1 通用技巧

1.1.2 案例1

框架和细节

案例1

It is predicted that by the year 2037, there will be 77,000 women and 34,000 men in the UK who have reached their centenary. Hard though it is to believe, one-third of all children born in 2013 in the UK will on day find themselves blowing out 100 candles on their birthday cake – although there won't be quite as many men at those parties as women.

案例2

1.1 通用技巧

1.1.3 案例2

Use one sentence to summarize the passage you heard.

框架和细节

案例1

案例2

1.1 通用技巧

1.1.3 案例2

框架和细节

案例1

案例2

This time fill in the blanks.

Adele will be played in a lot of houses in 2016. Her voice has the impact of a thousand tons of bricks. The zeitgeist can't seem to get enough – the memes spawned by “Hello” alone were numerous enough to clog _____. Yet she's _____ you can listen to with your grandma. That's the reason she can dominate as fully as she does: Adele bridges _____.

1.1 通用技巧

1.1.3 案例2

框架和细节

案例1

案例2

Adele will be played in a lot of houses in 2016. Her voice has the impact of a thousand tons of bricks. The zeitgeist can't seem to get enough – the memes spawned by “Hello” alone were numerous enough to clog social media for weeks. Yet she's the only pop star you can listen to with your grandma. That's the reason she can dominate as fully as she does: Adele bridges pop music's past and its future.

1. 挖空听写



1

通用技巧

2

实战练习

1.2 实战练习

1.2.1 听写

听写

问题回答

Spot Dictation. Listen to the tape again and fill in the following blanks.

1. _____ Americans and _____ Chinese of mixed heights are _____ students at the Hopkins-Nanjing Center.
2. The Americans will take classes in _____, _____, _____, _____, all from _____.
3. The Chinese will study the US with _____.
4. All the Chinese students are _____; all the Americans have _____ plus _____.

1.2 实战练习

1.2.1 听写

听写

问题回答

Spot Dictation. Listen to the tape again and fill in the following blanks.

1. Twenty-four Americans and thirty-six Chinese of mixed heights are the first students at the Hopkins-Nanjing Center.
2. The Americans will take classes in Chinese history, economies, trade, politics, all from Chinese faculty.
3. The Chinese will study the US with American professors.
4. All the Chinese students are proficient in English; all the Americans have master's degrees plus fluency in Chinese.

1.2 实战练习

听写

问题回答

Twenty-four Americans and thirty-six Chinese of mixed heights are the first students at the Hopkins-Nanjing Center. Nanjing used to be Nanking. By the way, back in the days when Beijing was Peking. The Americans will take classes in Chinese history, economics, trade, politics, all from Chinese faculty. The Chinese will study the US with American university professors. Johns Hopkins President Stephen Muller says this is advanced study work. All the Chinese students are proficient in English; all the Americans have master's degrees plus fluency in Chinese.

1.2 实战练习

1.2.2 问题回答

听写

Answer the following questions briefly.

1. Can you list at least five different type of hamburgers offered at some fast food chains?
2. What is the difference between chicken nuggets and chicken tenders?
3. Why do chicken products usually have less fat than beef products?

问题回答

1.2 实战练习

1.2.2 问题回答

听写

Answer the following questions briefly.

1. Can you list at least five different type of hamburgers offered at some fast food chains?

Answer: Singles, doubles, triples, cheeseburgers, bacon burgers, mushroom burgers.

2. What is the difference between chicken nuggets and chicken tenders?

Answer: Chicken tenders use real chicken and, therefore, their fat content is much lower than that of chicken nuggets.

3. Why do chicken products usually have less fat than beef products?

Answer: It is partly because the fat tends to stay on the skin of chicken products.

问题回答

1.2 实战练习

听写

问题回答

Each chain has a variety of hamburgers: singles, doubles, triples; in some restaurants, cheeseburger, bacon burgers, mushroom burgers, and generally, when they start gussying up the hamburger with the toppings, you're going to get more fat, more salt, and less nutritious product.

1.2 实战练习

听写

问题回答

Chicken McNuggets at McDonald's, probably the original chicken nuggets, are not whole pieces of chicken. Rather it's composite chicken made with ground-up chicken skin held together with sodium phosphate and salt. It's a relatively fatty product, about 5 teaspoons of fat for a small order of McNuggets. The competition at, say, Burger King, which makes chicken tenders, uses real chicken. And the fat content, partly because it doesn't have ground up chicken skin in it, is much lower, about 2 teaspoons for a small order of chicken tenders.

1.2 实战练习

听写

问题回答

Well, chicken products tend to have less fat than beef products partly because the fat stays on the outside. If you're getting fried chicken, you ought to take off the skin, take off the breading. That's where most of the fat, most of the sodium are. So you can turn kind of mediocre product into really quite a nutritious product.

2. 汉译英



1

脑记训练

2

拆分和合并

3

重复部分

4

主语选择

2.1 脑记训练

汉译英

脑记训练

合并和拆分

重复部分

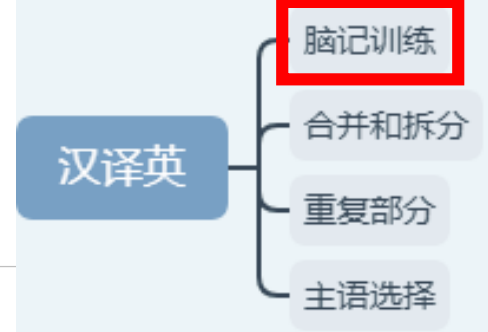
主语选择

Please repeat the following sentences exactly.

2.1 脑记训练

Please repeat the following sentences exactly.

上海是东亚季风性气候，东面环海，气候温暖湿润，四季分明。

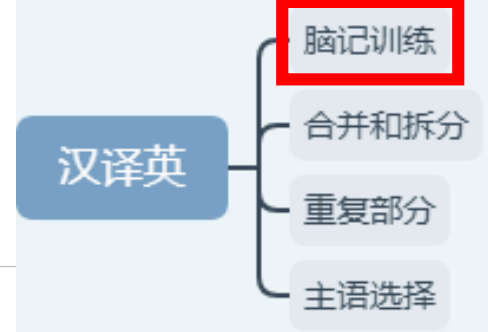


2.1 脑记训练

Please repeat the following sentences exactly.

上海是东亚季风性气候，东面环海，气候温暖湿润，四季分明。

Shanghai, enclosed on east side by the sea, has an eastern Asian Monsoon climate which is warm and humid with four different seasons.

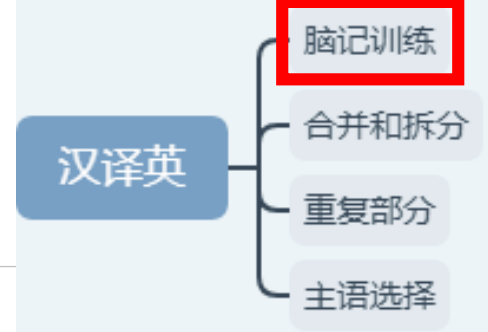


2.1 脑记训练

Please repeat the following sentences exactly.

从汉代起，西安就已经是一座在中外国际交流中十分重要的城市，著名的丝绸之路始于此地。

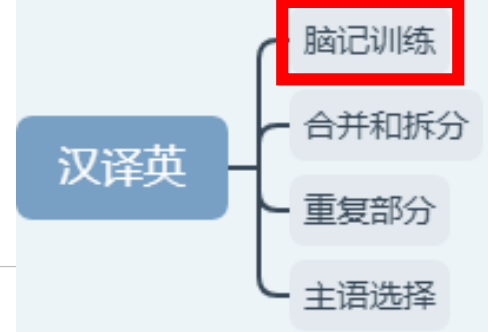
2.1 脑记训练



Please repeat the following sentences exactly.

从汉代起，西安就已经是一座在中外国际交流中十分重要的城市，著名的丝绸之路始于此地。

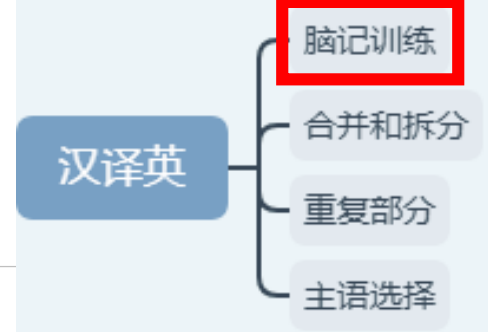
Since Han Dynasty, Xi'an has been a very important city in the international exchange of China and foreign countries. The famous ancient road started here.



2.1 脑记训练

Please repeat the following sentences exactly.

世界银行的使命是建立一种机制，为恢复和发展经济提供长期所需的外汇。



2.1 脑记训练

Please repeat the following sentences exactly.

世界银行的使命是建立一种机制，为恢复和发展经济提供长期所需的外汇。
The mission of the World Bank is to establish a kind of framework to provide long-term foreign exchange for economic recovery and development.

2.1 脑记训练

汉译英

脑记训练

合并和拆分

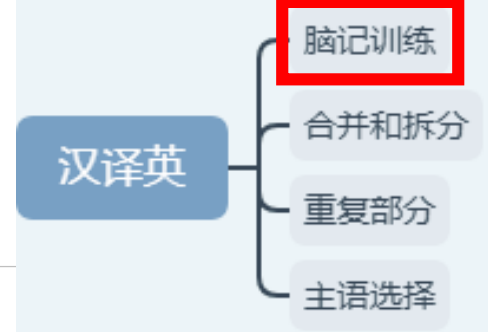
重复部分

主语选择

Please repeat the following sentences exactly.

近年来，中国政府制定了一系列法规，为外国投资者提供了更多的方便。

2.1 脑记训练



Please repeat the following sentences exactly.

近年来，中国政府制定了一系列法规，为外国投资者提供了更多的方便。
In recent years, Chinese government has made a series of laws and regulations for the convenience of foreign investors.

2. 汉译英



1

脑记训练

2

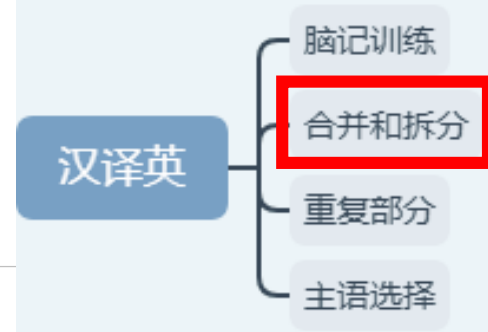
拆分和合并

3

重复部分

4

主语选择



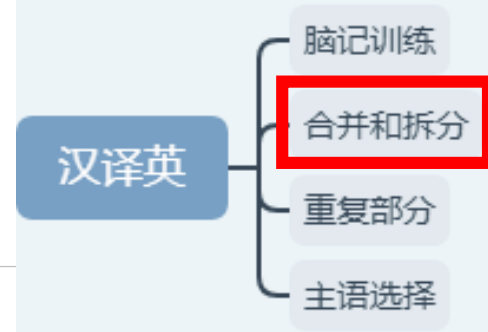
2.2 合并和拆分

2.2.1 合并

合并

拆分

例1：对我来说，我的水族箱就像我自己的一个小王国。我就是里面的国王。



2.2 合并和拆分

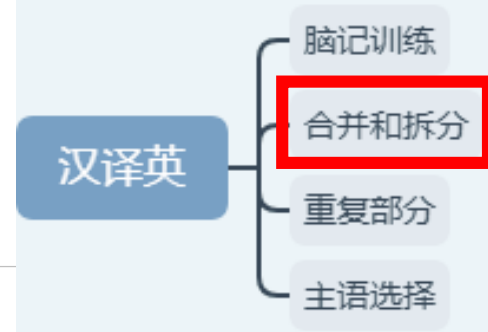
2.2.1 合并

合并

例1：对我来说，我的水族箱就像我自己的一个小王国。我就是里面的国王。

译文：To me my aquarium is like my own little kingdom **where** I am king.

拆分



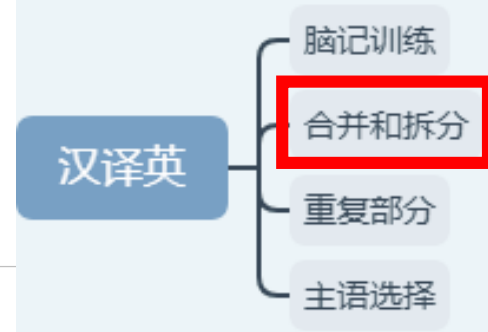
2.2 合并和拆分

2.2.1 合并

合并

拆分

例2：这种床垫工艺先进，结构新颖，造型美观，款式多样。



2.2 合并和拆分

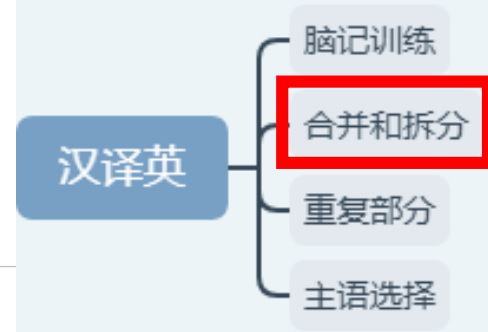
2.2.1 合并

合并

例2：这种床垫工艺先进，结构新颖，造型美观，款式多样。

译文：The technological design of this bed cushion is advanced with novel structure, beautiful shape and various patterns.

拆分



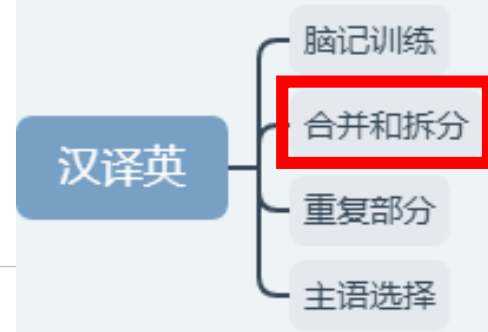
2.2 合并和拆分

2.2.2 拆分

合并

拆分

例1：声速随温度的升降会有轻微的增减，但不受气压的影响。



2.2 合并和拆分

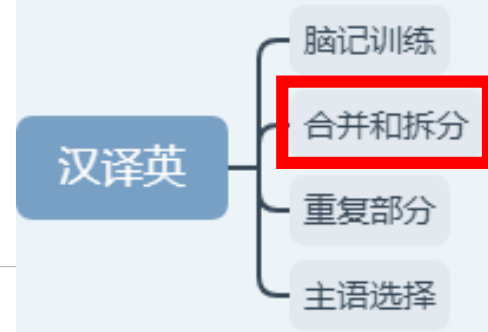
2.2.2 拆分

合并

拆分

例1：声速随温度的升降会有轻微的增减，但不受气压的影响。

译文：The speed of sound increases slightly with a rise in temperature and falls with decrease in temperature. It is not affected by the pressure of the air.



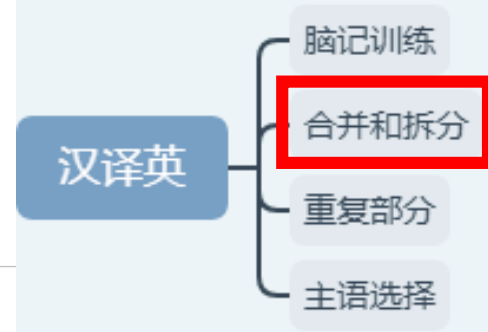
2.2 合并和拆分

2.2.2 拆分

合并

拆分

例2：我们的班主任姓王，五十开外，方脸，一脸的胡子。



2.2 合并和拆分

2.2.2 拆分

合并

拆分

例2：我们的班主任姓王，五十开外，方脸，一脸的胡子。

译文：Mr. Wang, the head teacher responsible for our class, was over fifty.
He had a square-shaped face with full beard/whiskers.

2. 汉译英



1

脑记训练

2

拆分和合并

3

重复部分

4

主语选择

2.3 重复部分



例1：我们的毛病还很多。我们不怕说出自己的毛病，我们一定要改正自己的毛病。

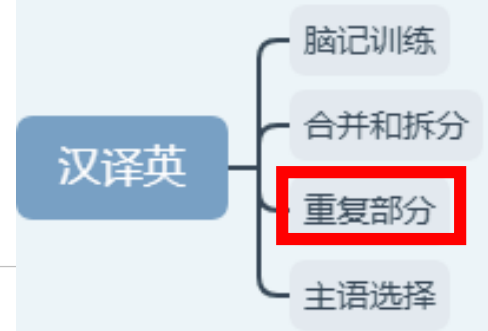


2.3 重复部分

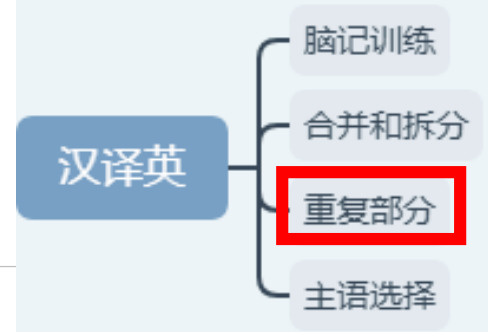
例1: 我们的毛病还很多。我们不怕说出自己的毛病, 我们一定要改正自己的毛病。

译文: We still have many failings. We are not afraid to admit them and are determined to get rid of them.

2.3 重复部分



例2：一个地方有一个地方的全局，一个国家有一个国家的全局。



2.3 重复部分

例2：一个地方有一个地方的全局，一个国家有一个国家的全局。

译文： A locality has **its** own over-all interest and a nation has **another**.

2.3 重复部分

汉译英

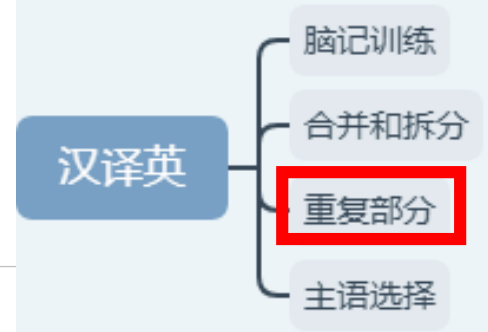
脑记训练

合并和拆分

重复部分

主语选择

例3：近朱者赤，近墨者黑。



2.3 重复部分

例3: 近朱者赤, 近墨者黑。

译文1: Association with the good can only produce good, with the wicked, evil.

译文2: He who stays near ink gets stained black.

译文3: He that lies down with dogs, will rise up with fleas.

译文4: If you live with a lame person you will learn to limp.

译文5: Keep good men company and you shall be of the number.

译文6: Be a rascal among rascal.

2. 汉译英



1

脑记训练

2

拆分和合并

3

重复部分

4

主语选择

2.4 主语选择

汉译英

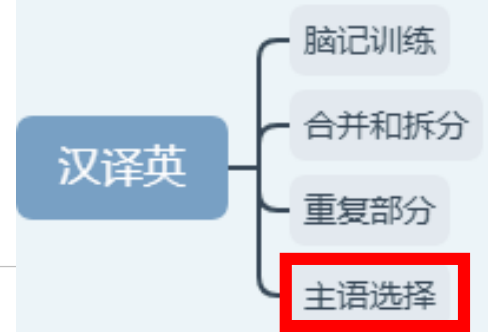
脑记训练

合并和拆分

重复部分

主语选择

例1：采用新工艺大大降低了产品的成本。



2.4 主语选择

例1：采用新工艺大大降低了产品的成本。

译文： The adoption of the new process has greatly cut the cost of products.

2.4 主语选择

汉译英

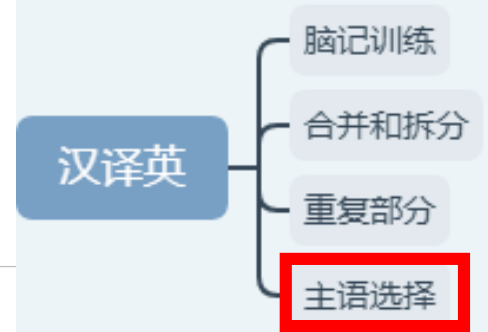
脑记训练

合并和拆分

重复部分

主语选择

例2：愤怒的人群发出了抗议声。



2.4 主语选择

例2：愤怒的人群发出了抗议声。

译文： Shouts of protest sprang up from the angry crowd.

高层领导人： the top-level government officials

主席： chairman

良好的声誉： well-deserved reputation

住房公积金： housing subsidy

最新调查结果： updated research results