

口译与听力

串讲三

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.shtm>

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。做影子跟读。

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）

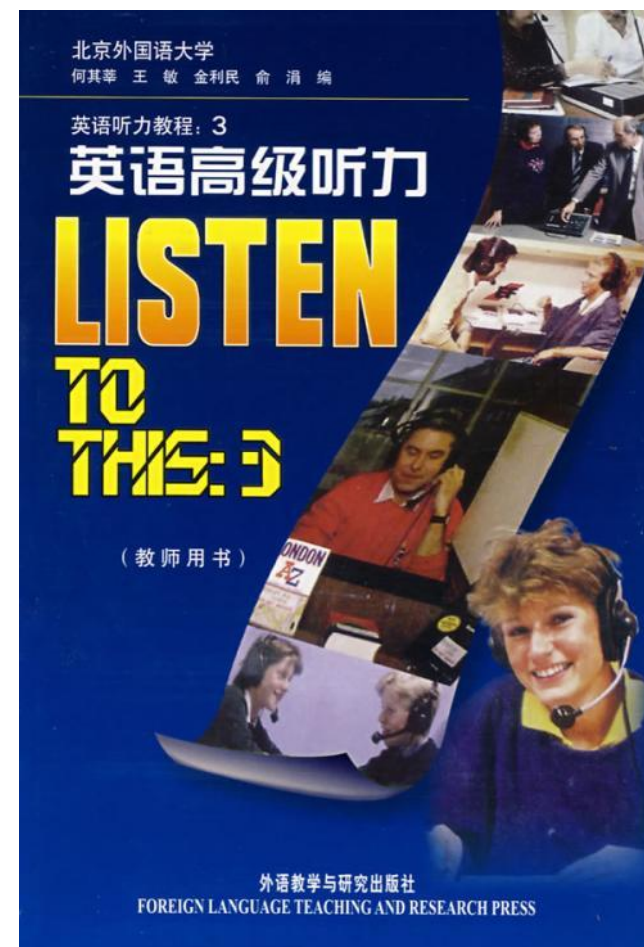
2. 词汇短语积累（每天都要背）

3. 短句翻译练习（可以拿《口译与听力》教材里面的句子）

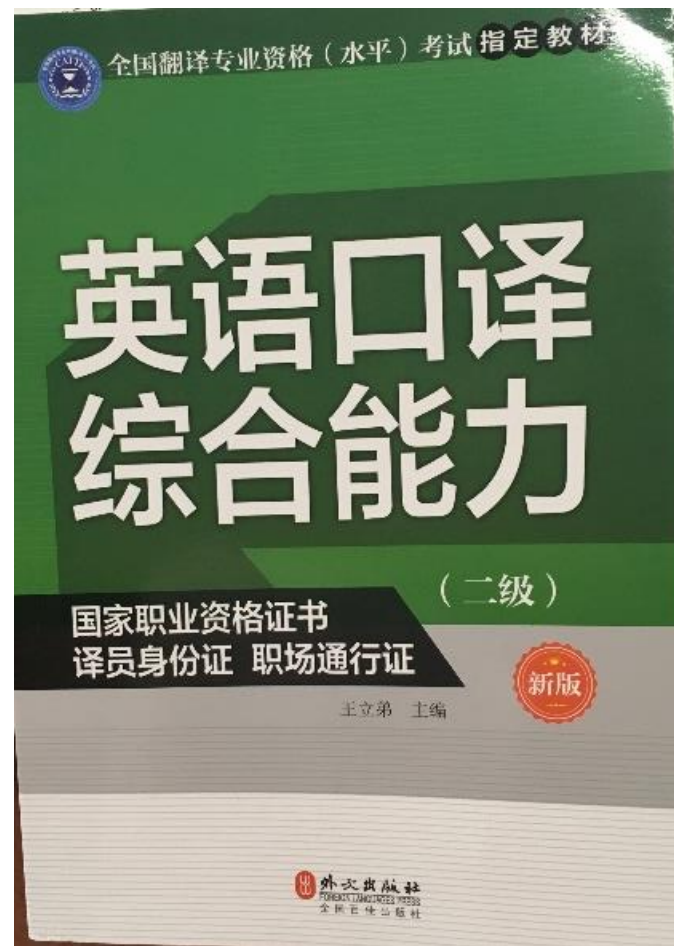
4. 篇章翻译练习（可以拿《口译与听力》材料里面的句子）

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

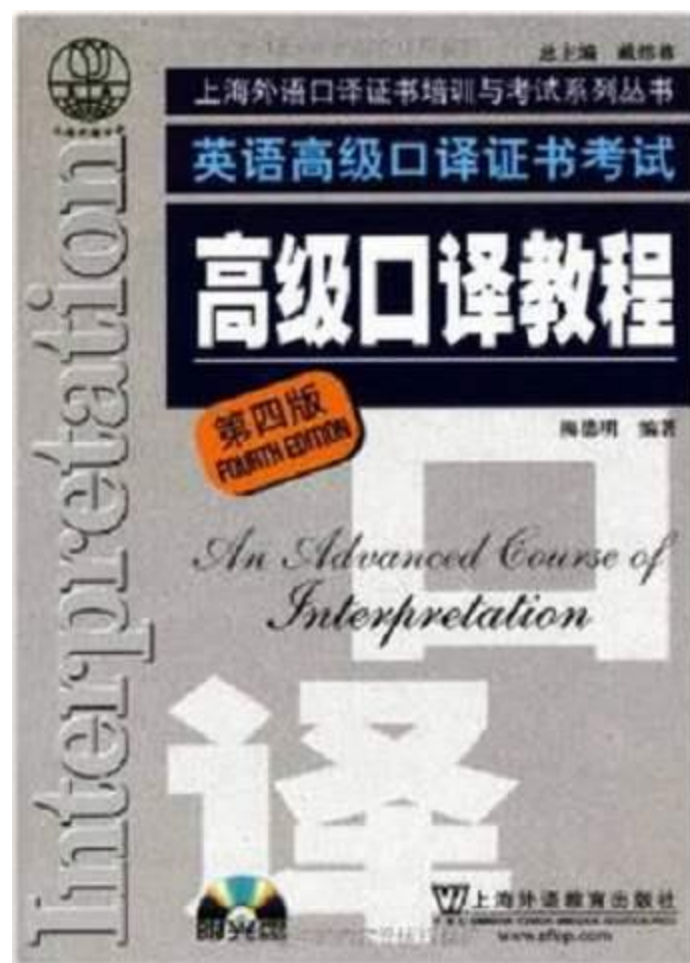
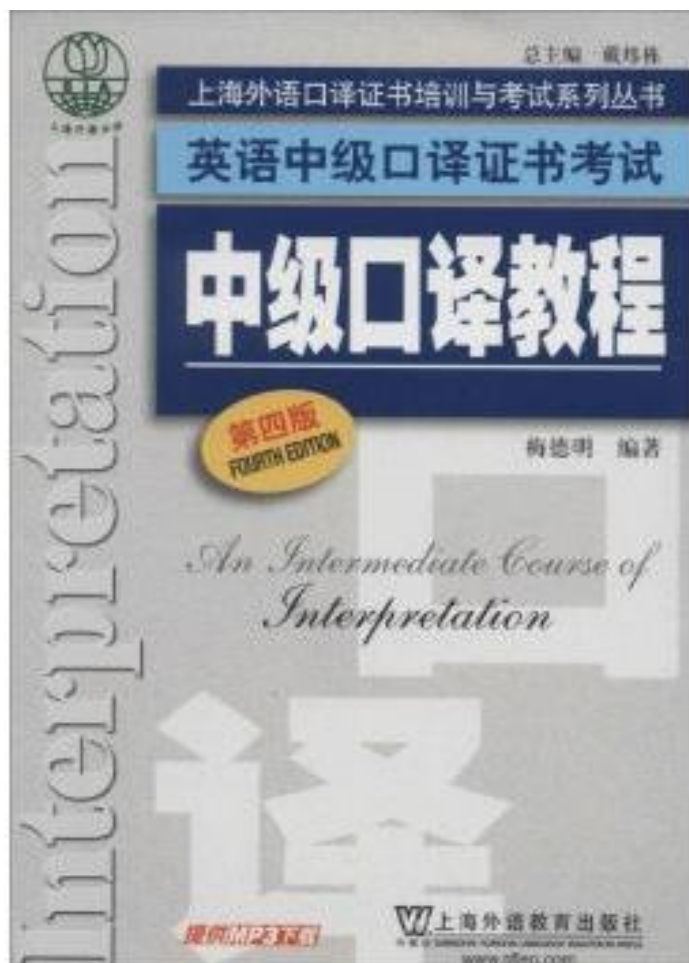
基础必备



听力拔高



口译拔高



考纲

Syllabus

口译与听力

判断正误

短新闻单选

长报道单选

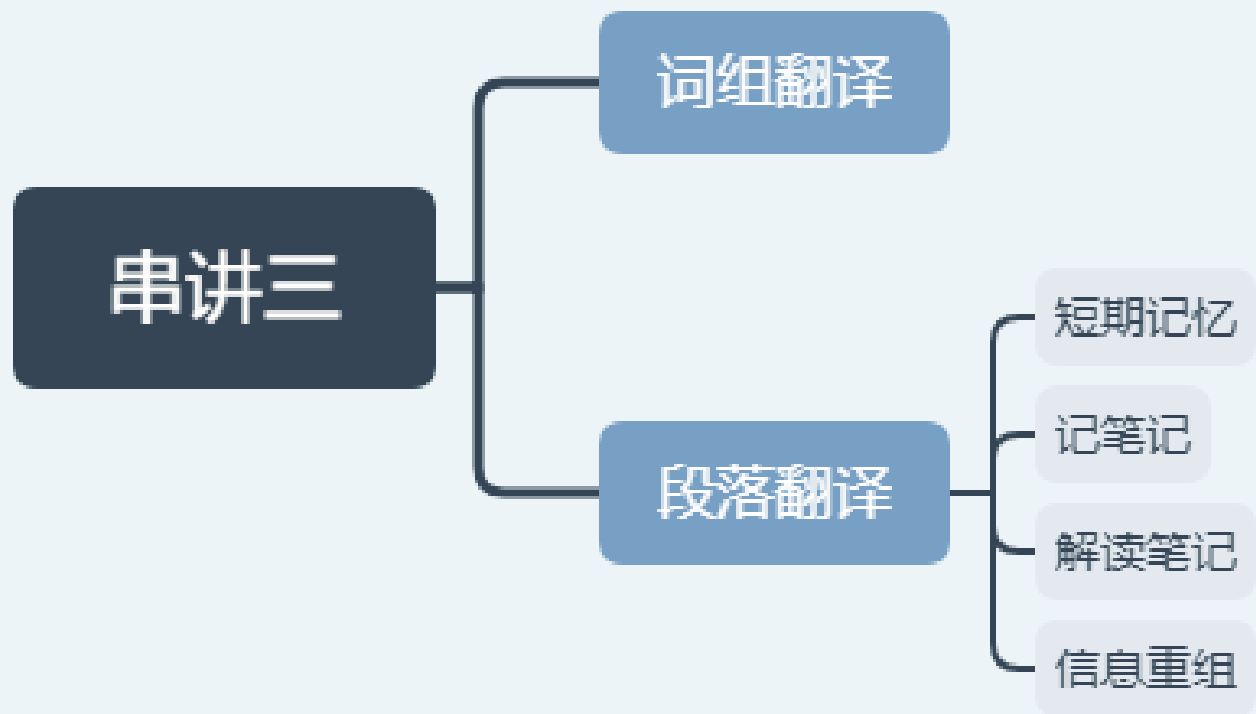
挖空听写

听力
50%

英译汉

汉译英

口译
50%



1. 词组翻译

本课主题：

旅游观光、国际政治

1.1 英译汉

The enterprise ability theory believes that an **enterprise** is an ability system in nature including financial ability, **entrepreneurship** ability, management ability, marketing ability and so on.

Respect, mutual understanding and **reconciliation** are the strongest foundations for peace and freedom.

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The enterprise ability theory believes that an **enterprise** is an ability system in nature including financial ability, **entrepreneurship** ability, management ability, marketing ability and so on.

企业能力理论认为，企业在本质上永远是一个能力体系。企业能力包括财务能力、企业家能力、管理能力、生产能力、营销能力等。

Respect, mutual understanding and **reconciliation** are the strongest foundations for peace and freedom.

尊重、相互理解与和解是和平与自由的最坚实基础。

1. 1 英译汉

The **solidarity** among China's various nationalities is as firm as a rock.

We need to **underline** the need for the government to take leadership on these issues.

The federal Constitution, federal laws, and **international treaties** are supreme to state or local law.

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The **solidarity** among China's various nationalities is as firm as a rock.
中国各族人民之间的团结坚如磐石。

We need to **underline** the need for the government to take leadership on these issues.
我们有必要强调，政府必须在处理这些问题时发挥领导作用。

The federal Constitution, federal laws, and **international treaties** are supreme to state or local law.
联邦宪法、联邦法律及国际条约优于州或当地的法律。

1. 1 英译汉

This creates a mutual interest in protecting intellectual property and preventing counterfeiting.

China will continue to be dedicated to international cooperation in this area.

Structural readjustment has advanced steadily, and infrastructure construction has been reinforced.

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这在保护知识产权和防范盗版领域为两国创造了共同的利益。

China will continue to be dedicated to international cooperation in this area.

中国将继续致力于加强在该领域的国际合作。

Structural readjustment has advanced steadily, and infrastructure construction has been reinforced.

结构调整稳步推进，基础设施建设得到加强。

1.1 英译汉

In the first half of the 20th century, New York City became a world center for industry, commerce, and communication.

Christmas today has blended the religious meaning with a dynamic commercial spirit.

In the economic globalization today, let us meet challenges, embrace opportunities, shoulder responsibilities, and work together to make tomorrow a better day.

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In the first half of the 20th century, New York City became a world center for industry, commerce, and communication.

20世纪上半叶，纽约市成为世界工业、商业和交流中心。

Christmas today has blended the religious meaning with a dynamic commercial spirit.

如今的圣诞节融合了宗教意义和有利的商业精神。

In the economic globalization today, let us meet challenges, embrace opportunities, shoulder responsibilities, and work together to make tomorrow a better day.

在经济全球化的今天，让我们迎接挑战，拥抱机遇，肩负责任，共同努力，共创美好明天。

1. 1 英译汉

A half million visitors go to Death Valley each year, to look at its **magnificently varied scenery** and to recapture the flavor of those **days of privation and hardship** which gave the valley its name.

Yellowstone National Park **was designated** an **International Biosphere Reserve** in the 1976 and a **World Heritage Site** in 1978 by the United Nations Educational, Scientific and Cultural Organization (UNESCO).

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每年有50万游客前往死亡谷，观赏其壮丽多彩的景色，重温过去艰难险阻造就了死亡谷称谓的岁月。

Yellowstone National Park **was designated** an **International Biosphere Reserve** in the 1976 and a **World Heritage Site** in 1978 by the United Nations Educational, Scientific and Cultural Organization (UNESCO).

黄石国家公园1976年被联合国教育、科学及文化组织（教科文组织）列为国际生物圈保护区，1978年被列为世界遗产。

1.2 汉译英

光阴荏苒，世事沧桑。

在《世界人权宣言》通过后的五十年里，国际局势经历了巨大深刻的变革。

我们这些祖国未来的建设者和接班人，肩负重担、义不容辞、任重道远。

1.2 汉译英

光阴荏苒，世事沧桑。

Time flies by and a world of changes has occurred.

在《世界人权宣言》通过后的五十年里，国际局势经历了巨大深刻的变革。

Fifty years after the adoption of the Universal Declaration of Human Rights, the international situation has undergone tremendous and profound changes.

我们这些祖国未来的建设者和接班人，肩负重担、义不容辞、任重道远。

We, the future constructors and successors of our motherland, shoulder the heavy burden, being duty-bound, and the future road is long.

1.2 汉译英

人类在第二次世界大战的废墟上重建和平，近一百个国家摆脱了殖民枷锁，实现了民族独立。

国际人权事业仍面临着众多的困难与障碍，这包括在实现人权的环境、基础和方法等方面存在的许多尚未解决的问题。

1.2 汉译英

人类在第二次世界大战的废墟上重建和平，近一百个国家摆脱了殖民枷锁，实现了民族独立。

Human beings rebuilt peace on the ruins of the Second World War. Nearly one hundred countries got rid of colonial shackles and achieved national independence.

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The cause of international human rights still faces many difficulties and obstacles, including many unresolved problems in the environment, foundation and methods of realizing human rights.

1.2 汉译英

中国五十六个民族的风俗和文化是中国的宝贵财富，也是中国最重要的旅游资源之一。

西双版纳是热带雨林气候，阳光充足、雨水充沛，因美丽的亚热带风光和独特的民族风情而闻名。

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The customs and cultures of the 56 ethnic groups in China are not only our precious wealth, but also one of the most important tourism resources in China.

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Xishuangbanna has a tropical rainforest climate with abundant sunshine and rain. It is famous for its beautiful subtropical scenery and unique national customs.

1.2 汉译英

在长江下游地区和太湖沿岸有一座拥有2500年历史的古城——苏州，它也是吴文化的摇篮。说到苏州，人们就会提起那句老话：“上有天堂，下有苏杭”。

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在长江下游地区和太湖沿岸有一座拥有2500年历史的古城——苏州，它也是吴文化的摇篮。说到苏州，人们就会提起那句老话：“上有天堂，下有苏杭”。

In the lower reaches of the Yangtze River and along the Taihu Lake, Suzhou, an ancient city with a history of 2500 years, is also the cradle of Wu culture. Speaking of Suzhou, people will mention the old saying: "there's paradise in heaven and Suzhou and Hangzhou on earth".

2. 段落翻译

本课主题：

环境问题、国际政治

2.1 英译汉

emitter 排放国

greenhouse gases 温室气体

over the horizon 即将来临，已露端倪

power 驱动，推动

cut emissions 削减排放

2. 1 英译汉

As the world's largest emitter of greenhouse gases, the US has a special responsibility to lead this effort. We must see and seize the opportunities in its solution. Promising new technologies, and others just over the horizon, can power our home, factories and cars with cleaner, more efficient energy – cutting emissions while strengthening our economy.

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参考译文：

作为世界上最大的温室气体排放国，美国有特殊责任去带领作出努力。我们必须看到并抓住解决问题的机会。有前途的新技术，以及其他即将出现的技术，可以为我们的家庭、工厂和汽车提供更清洁、更高效的能源——减少排放的同时巩固经济。

2.2 汉译英

和平与发展 peace and development

联合国安理会的常任理事国

permanent members of the United Nations Security Council

大规模杀伤性武器

weapons of mass destruction

打击国际犯罪、毒品、走私和国际恐怖主义活动

combat international crime, drugs, smuggling and
international terrorism

2.2 汉译英

和平与发展是当今时代的主题。在新的历史条件下，中美两国的共同利益不是减少，而是增加了。两国合作的基础不是削弱，而是加强了。双方都认为，中美两国作为联合国安理会的常任理事国，应该继续共同努力促进世界和亚太地区的和平与安全，缓和和消除各种紧张局势，防止大规模杀伤性武器的扩散，加强保护环境，打击国际犯罪、毒品、走私和国际恐怖主义活动。

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2.2 汉译英

双方都认为，中美两国作为联合国安理会的常任理事国，应该继续共同努力促进世界和亚太地区的和平与安全，缓和和消除各种紧张局势，防止大规模杀伤性武器的扩散，加强保护环境，打击国际犯罪、毒品、走私和国际恐怖主义活动。

2.2 汉译英

参考译文：

Peace and development are the themes of our times. Under the new historical conditions, China and the United States share increased common interests rather than reduced ones. The foundation of cooperation between the two is strengthened but not weakened. Both sides believe that as permanent members of the United Nations Security Council, China and the United States should continue to work together to promote peace and security in the world and the Asia-Pacific region, ease and eliminate tensions, prevent the proliferation of weapons of mass destruction, strengthen environmental protection, and combat international crime, drugs, smuggling and international terrorism.