



翻译快速得分技巧

☀ 题型考查

大纲：该部分考查考生理解英语书面材料并将其译成汉语的能力。共 1 小题, 共 15 分。
要求考生将长度约为 150 词的英语文字译成汉语, 译文准确、完整、通顺。

☀ 翻译在历年真题中的分布

序号	年份	主题	长度
1	2010年	Ning对生活承受力的理解	150词/10句
2	2011年	IT行业的温室气体排放	150词/7句
3	2012年	发展中国家的人才流失	151词/6句
4	2013年	一个超强记忆力者的自白	157词/9句
5	2014年	如何看待并做到乐观	147词/10句
6	2015年	熟路效应	156词/10句
7	2016年	超市设计的目的及原理	146词/7句
8	2017年	理想之路的由来	153词/7句
9	2018年	Bill Gates的阅读习惯	151词/9句
10	2019年	简要介绍了James Herriot 的生平	151词/9句
11	2020年	正视失败	151词/10句
12	2021年	介绍和陌生人交流的好处	150词/7句
13	2022年	绘画的7大益处	142词/6句
14	2023年	诗歌的力量	150词/10句
15	2024年	农贸市场	154词/6句



☀ 翻译评分标准

第四档 (13~15分)	很好地完成了试题规定的任务。理解准确无误；表达通顺清楚；没有错译、漏译。
第三档 (9~12分)	基本完成了试题规定的任务。理解基本准确；表达比较通顺；没有重大错译、漏译。
第二档 (5~8分)	未能按要求完成试题规定的任务。理解原文不够准确；表达欠通顺；有明显错译、漏译。
第一档 (0~4分)	未完成试题规定的任务。不能理解原文；表达不通顺；文字支离破碎。

☀ 翻译的三个得分层次

层次一 (5~8分)

中心思想：会的都写 + 有效的“胡说八道” + 适度的蒙猜

翻译思路：1. 泛读全文，圈出所有会的单词。

2. 按照“会的单词部分”结合相应的“全文中心含义”，构建中文句子。

3. 适度的蒙猜：

副词：先猜意思，实在不行，则全部翻译为“很”、“非常”（表示程度）；

名词：抽象化处理，可翻译为“东西”、“这/它”；

动词：可以将表达一致的动词翻译为一个意思；实在不行，可翻译为“整”；

形容词：①如果都是一个语境，翻译成同一个意思都可以（如：miserable, bad, painful）；

②A of B可翻译为：B的A；XX's A可翻译为：XX的A；

代词：this/that/it，可以翻译为“这种情况/这种说法”等；

专有名词：人名可以直接音译。作品名一定要翻译，不要音译。

真题示例

I also remember that the musical play *Hair* opened on Broadway on the same day—they both just pop into my mind in the same way. (2013, Translation)

【参考译文】此外，我也记得同一天音乐剧《毛发》在百老汇开幕，这些都会以同样的方式跳入我的脑海。

重要tips：卷面保持整洁，字体干净。让阅卷老师心情舒畅！

层次二（9~12分）

中心思想：达成翻译“准确性”，遵循“先整后细”原则，用中文语言直译。

翻译思路：1. 整体：泛读原文，把握全文大意；

2. 细节：将单个完整句子拆分成短小成分块，按照“成分块”理解；

3. 将“分块语言”整合成句子。

☀ 细节翻译技巧分解：

1. 知识背景（四种句子种类）：简单句、并列句、主从句、并列主从句

1.1 简单句：只包含一个主谓结构，句子内部各个成分都只由单词或短语表示。

简单句七大成分：主+谓+宾/表 = 主干；定、状、补 = 修饰

主+谓 The sun rises.

主+谓（系）+表 English is interesting.

主+谓+宾 I like English.

主+谓+间宾+直宾 English brings me good luck.

主+谓+宾+宾补 English makes me happy.

1.2 并列句：是一个包含两个及以上互不依从的主谓结构的句子。

并列句构建公式：简单句 + 连词/分号 + 简单句

● 并列连词：and, but, so, for, nor, yet, or 连接两个句子

● 分号：Mr. Han is a demanding boss; we have to work overtime every day.

韩先生是一个挑剔的老板，我们每天都要加班工作。

● 连接副词：besides, however, finally...

● 过渡词组：in addition, in other words, in fact...

1.3 主从句（复杂句）：包含两个及以上的主谓结构。

在复杂句中只有一个主谓结构是句子的“真”主谓结构，其它的一个或多个主谓结构在句中充当这个“真”主谓结构的某一成分，如主语、宾语、表语、定语、状语、同位语等。



主从句构建公式：①主句+从句连接词+从句；

②从句连接词+从句，主句

e.g. Li Lei's wife said that she was too tired.

李雷的妻子说她太累了。

Because I like English, I work hard.

因为我喜欢英语，所以我努力学习。

1.4 并列主从句：既包含并列结构又包含主从结构。

并列主从句构建公式：简单句 + 连词 / 分号 + 主从句

e.g. John wanted to go to the party with his wife, but his wife said that she was too tired.

约翰想和他的妻子去参加晚会，但他的妻子说她太累了。

2. 细节分解（句子拆分）：重点是找“节点词”，分解“成分块”，将完整的句子切割开。

节点词：作为句子结构的节点，尤其是在长难句中，“节点词”可以帮我们相对容易地划分句子结构。这些“节点词”包括：连词、非谓语动词、介词 / 介词短语、从句连接词、标点符号、主干的谓语动词。

2.1 连词

7个并列连词：and, but, so, for, nor, yet, or

e.g. I had no money and I needed the job.

我身无分文，急需这份工作。

2.2 非谓语动词

三种形式：to do

doing

done

e.g. In one series of studies, researchers instructed Chicago-area commuters using public transportation to strike up a conversation with someone near them.

在一系列的研究中，研究人员要求芝加哥地区乘坐公共交通的通勤者同周围人进行交谈。

2.3 介词/介词短语

介词: on, in, with, at, of, to, into, about, among, despite 等常常构成介词短语作修饰语。

介词短语: instead of, according to, in spite of 等。

划分原则: 介词 / 介词短语和后面的名词看做为一个整体, 相当于一个名词。

e.g. It's almost impossible to go through life without experiencing some kind of failure.

人生中几乎不可能没有经历过失败。

e.g. According to brain-scan experiments, the demands of so much decision-making quickly become too much for us.

根据大脑扫描实验的研究, 需要做出如此多的决策很快会让我们难以承受。

2.4 从句的连接词

常见连接词: that, when, as, where, which, what, how, why, because, while 等。

e.g. No one knows for sure when poetry began but it has been around for thousands of years, even before people could write.

没有人确切知道诗歌是何时诞生的, 但它已经存在了数千年, 甚至在人类会写字之前就已经出现了。

2.5 标点符号

常见标点符号: 逗号, 分号, 破折号, 冒号等。

e.g. And so he reads — everything from encyclopedias to science fiction novels.

所以他坚持阅读, 从百科全书到科幻小说, 无所不读。

e.g. These lessons are very important; they're how we grow, and how we keep from making that same mistake again.

这些经验教训非常重要; 它们教会我们如何成长, 以及如何避免再次犯相同的错误。

2.6 主干的谓语动词

不是从句中的动词, 去除从句之外的主干部分的谓语动词。

判断方法: 去除从句 (从连接词一直到完整的从句结束), 后面的那个就是主干谓语动词。多出现在主从句中 (例: ①主语从句位于句首; ②定语从句或同位语从句修饰主干主语)。

e.g. On average, participants who followed this instruction felt better than those who had been told to



stand or sit in silence.

一般来说，那些听从指示的参与者比那些被告知安静站着或坐着的人们感觉更好。

真题实战

2021

We tend to think that friends and family members are our biggest source of connection, laughter, and warmth. While that may well be true, researchers have also recently found that interacting with strangers actually brings a boost in mood and feelings of belonging that we didn't expect.

In one series of studies, researchers instructed Chicago-area commuters using public transportation to strike up a conversation with someone near them. On average, participants who followed this instruction felt better than those who had been told to stand or sit in silence. The researchers also argued that when we shy away from casual interactions with strangers, it is often due to a misplaced anxiety that they might not want to talk to us. Much of the time, however, this belief is false. As it turns out, many people are actually perfectly willing to talk — and may even be flattered to receive your attention.

细节拆分：

We tend to think /that friends and family members are our biggest source /of connection, laughter, and warmth. /While that may well be true, researchers have also recently found /that interacting with strangers actually brings a boost /in mood and feelings /of belonging /that we didn't expect.

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分成各个成分块翻译：

① We tend to think that friends and family members are our biggest source of connection, laughter, and warmth.

【成块翻译】

② While that may well be true, researchers have also recently found that interacting with strangers actually brings a boost in mood and feelings of belonging that we didn't expect.

【成块翻译】

③ In one series of studies, researchers instructed Chicago-area commuters using public transportation to strike up a conversation with someone near them.

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⑤ The researchers also argued that when we shy away from casual interactions with strangers, it is often due to a misplaced anxiety that they might not want to talk to us.

【成块翻译】

⑥ Much of the time, however, this belief is false.

【成块翻译】

⑦ As it turns out, many people are actually perfectly willing to talk — and may even be



flattered to receive your attention.

【成块翻译】

层次三（13~15分）

中心思想：在“准确性”达到后，使用“表达性”，让语言更符合中文表达习惯。

翻译思路：对拆分的成分组，可能需要进行排列组合、重组或者根据对汉语意思的把握，使用直译或适当的意译来完成译文。

翻译技巧

1. 句一 状语从句

英语的状语在翻译成汉语时：

- 1) 需要前置
 - 置于句首
 - 置于所修饰谓语动词的前面
- 2) 其他（例外：结果状语从句，目的状语从句）

技巧详解1：

Sometimes it is easy to feel bad because you are going through tough times. (2015-Part B)

【分析】主干：Sometimes it is easy to feel bad.

有时很容易感到悲伤。

状语从句：because you are going through tough times

因为你正遭遇困难

【翻译顺序】主干，原因状语 | 原因状语，主干

【参考译文】有时因为你正遭遇困难，所以很容易感到悲伤。

有时，之所以我们很容易感到悲伤，是因为正遭遇困难。

有时，我们会因为遭遇困难而心情悲伤。

技巧详解2：

In the United States, new cases seemed to fade as warmer weather arrived. (2010, Use of English)

【分析】主干：new cases seemed to fade.

新的病例似乎减少。

状语从句: as warmer weather arrived

随着气候转暖

【翻译顺序】时间状语, 主干

【参考译文】在美国, 随着气候转暖, 新的病例似乎开始减少。

真题实战

When we travel down a well-known route, because we don't have to concentrate much, time seems to flow more quickly. (2015, Translation)

【分析】

【翻译顺序】

【译文】

Similarly, children tend to treat robots as if they are fellow beings, even when they display only simple social signals. (2020, Translation)

【分析】

【翻译顺序】

【译文】

2. 句一 定语从句

2.1 限制性定语从句 (不带逗号)

e.g. Manufacturing is not the economic engine that it once was. (2018-Text 1)

【参考译文】制造业不再是曾经的经济引擎。

e.g. Airlines have simply changed the time a trip is meant to take. (2021, Use of English)

【参考译文】航空公司只是改变了 (行程) 预期的飞行时间。



2.2. 非限制性定语从句（带逗号）

e.g. This can make them feel happier, which lets them be more available to their child the rest of the time. (2017-Text 2)

【参考译文】这能使他们感到更加幸福，这让他们在其余时间里有更多的空闲时间陪伴孩子。

1) 前置法

把定语从句翻译到所修饰的先行词前面，可以用“的”来连接。

“……的”——适用于较短的定语从句

e.g. The hotel where we stayed was very expensive.

【参考译文】我们住的那间旅馆很贵。

e.g. Susan, who lives across the street, brought pizza which most people liked very much.

【参考译文】住在街对面的苏珊带来了大多数人都很喜欢的比萨。

2) 后置法

把定语从句翻译在所修饰的先行词后面，翻译为并列分句。

a. 重复先行词

e.g. They set up a state of their own, where they could enjoy freedom.

【参考译文】他们建立起自己的国家，在那儿他们可以享受自由。

b. 省略先行词

e.g. Do you remember one afternoon ten years ago, when I came to your house and borrowed a necklace of yours?

【参考译文】你还记得十年前的一天下午，我到你家借了一条项链吗？

真题实战

But that's exactly the kind of false cheerfulness that positive psychologists wouldn't recommend.
(2014, Translation)

【分析】

【翻译顺序】

【译文】

Finally, there is perspective, which involves acknowledging that in the grand scheme of life, one lecture really doesn't matter. (2014, Translation)

【分析】

【翻译顺序】

【译文】

3. 句—名词性从句

<p>主语</p> <p>The movie is interesting.</p>	<p>主语从句</p> <p>What was shown is interesting.</p>
<p>宾语</p> <p>I appreciate her performance.</p>	<p>宾语从句</p> <p>I appreciate that she has performed so well in the movie.</p>
<p>表语</p> <p>The actress is a charming woman.</p>	<p>表语从句</p> <p>The actress is who we should learn from.</p>
<p>同位语</p> <p>Next, let's talk about the person, Mr. Smith.</p>	<p>同位语从句</p> <p>Next, let's talk about the matter who will go to the conference.</p>

技巧详解1:

There is a popular belief among parents that schools are no longer interested in spelling.

【分析】主干：There is a popular belief among parents.

在家长中，有一个普遍的观念。



同位语从句: schools are no longer interested in spelling

学校对教拼写不再感兴趣了

【翻译顺序】主干, 同位语从句

【参考译文】学生家长普遍认为学校对教单词拼写不再感兴趣了。

技巧详解2:

That everyone's too busy these days is a cliché. (2016-Text 3)

【分析】主干: 主语从句 + is a cliché.

……是一句陈词滥调。

主语从句: That everyone's too busy these days

这两天每个人都很忙

【翻译顺序】主语从句 系 表

【参考译文】现如今每个人都很忙这是一句陈词滥调。

技巧详解3:

But, the wonderful thing about failure is that it's entirely up to us to decide how to look at it. (2020, Translation)

【分析】主干: the wonderful thing about failure is + 表语从句

失败的美妙之处在于

表语从句: that it's entirely up to us to decide how to look at it

完全取决于我们决定如何看待它

宾语从句: how to look at it 如何看待它

【翻译顺序】主干, 表语从句 (嵌套宾语从句)

【参考译文】但是, 失败的妙处就在于它完全取决于我们如何看待它。

但是, 失败的美妙之处在于它完全取决于我们看待它的方式。

真题实战

However, during that course I realized that I was not good enough in this area to compete with other creative personalities in the future, so I decided that it was not the right path for me. (2017, Translation)

【分析】

【翻译顺序】

【译文】

The boy is convinced that if he reads enough, he can explore as many career paths as he likes. (2018, Translation)

【分析】

【翻译顺序】

【译文】

4. 插入语——提前翻译

e.g. The average supermarket, according to the Food Marketing Institute, carries some 44,000 different items, and many carry tens of thousands more. (2016, Translation)

【参考译文】（根据）食品营销协会的调查显示，普通超市会出售大约4.4万余种不同的商品，而大多数超市出售的商品则高达上万种。

5. 被动句型

It is believed that...

人们相信……

It is said that...

据说……



It is reported that...	据报道……
It is argued that...	有人主张……
It will be seen from this that...	由此看出……；由此可见……
It is known to all that...	众所周知的是……
It has been decided that...	已经决定……
It must be pointed out that...	必须指出的是……

★ 满分解题步骤

1. 理解：阅读材料，把握文章大意。
2. 架构：完整单句做拆分，对成分块准确理解。
3. 表达：排列组合，判断句式。
4. 成稿：优化句子，字迹优美。

复习策略：

每周一次翻译训练，可以使用历年真题。

在训练过程中把注意力放在如何得到目标分数上。

平时的翻译练习中可以分为三步走：看懂原文、准确翻译、调整通顺。

真题实战

2021年

① We tend to think that friends and family members are our biggest source of connection, laughter, and warmth.

②While that may well be true, researchers have also recently found that interacting with strangers actually brings a boost in mood and feelings of belonging that we didn't expect.

③In one series of studies, researchers instructed Chicago-area commuters using public transportation to strike up a conversation with someone near them.

④On average, participants who followed this instruction felt better than those who had been told to stand or sit in silence.

⑤The researchers also argued that when we shy away from casual interactions with strangers, it is often due to a misplaced anxiety that they might not want to talk to us.

⑥Much of the time, however, this belief is false.

⑦As it turns out, many people are actually perfectly willing to talk — and may even be flattered to receive your attention.

**课后练习****2018年**

A fifth grader gets a homework assignment to select his future career path from a list of occupations. He ticks “astronaut” but quickly adds “scientist” to the list and selects it as well. The boy is convinced that if he reads enough, he can explore as many career paths as he likes. And so he reads — everything from encyclopedias to science fiction novels. He reads so passionately that his parents have to institute a “no reading policy” at the dinner table.

That boy was Bill Gates, and he hasn’t stopped reading yet — not even after becoming one of the most successful people on the planet. Nowadays, his reading material has changed from science fiction and reference books: recently, he revealed that he reads at least 50 nonfiction books a year. Gates chooses nonfiction titles because they explain how the world works. “Each book opens up new avenues of knowledge,” Gates says.

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