

TED演讲者: David Rockwell | 大卫 洛克威

演讲标题: The hidden ways stairs shape your life | 楼梯悄无声息地影响着你的生活

内容概要: Stairs don't just get you from point A to point B. Architect David Rockwell explains how they shape your movement -- and your feelings.

楼梯不仅能使你从A点到达B点. 建筑家大卫 洛克威解释了楼梯是如何影响你的移动——以及你的感觉。

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I think stairs may be one of the most **emotionally malleable** physical elements that an architect has to work with.

我认为台阶可能是 建筑家需要去解决的在情感上最具可塑性的物理元素之一。[00:11]

[Small thing. Big idea.]

[小事物,大想法][00:20]

[David Rockwell on the Stairs] At its most basic, a **stair** is a way to get from point A to point B at different **elevations**.

[大卫 洛克威对楼梯的看法] 最基本的,台阶是 从A点到不同高度的 B点的桥梁。[00:24]

Stairs have a common language.

楼梯有共同的语言。[00:32]

Treads, which is the thing that you walk on.

踏面,是你行走的地方。[00:35]

Riser, which is the vertical element that separates the two treads.

踢面,是分离两个踏面的垂直面。[00:37]

A lot of stairs have nosings that create a kind of edge.

很多楼梯都有护沿来形成边缘。[00:41]

And then, the connected piece is a **stringer**.

然后,这些部分 连接起来就是楼梯梁。[00:45]

Those pieces, in different forms, make up all stairs.

这些部分以不同的 形态组成了所有的台阶。[00:49]

I assume stairs came to be from the first time someone said, "I want to get to this higher rock from the lower rock."

我猜想楼梯的来由 是从第一次有人说 “我想从低处的石头 上到高处的石头上去。” [00:53]

emotionally: adv.感情上;情绪上;令人激动地;情绪冲动地 **malleable**: adj.可锻的;可塑的;有延展性的;易适应的 **stair**: n.楼梯, 阶梯;梯级 **elevations**: n.海拔高度(elevation的复数);高举步 **Treads**: n.[建]踏板(tread的复数)/v.踩(tread的单数第三人称)

Riser: n.起床者;起义者;竖板;叛徒 **stringer**: n.纵梁;纵桁;上弦匠;[地质]细脉;特约记者,特约通讯员;拉线人

People climbed using whatever was available: **stepped** logs, **ladders** and natural **pathways** that were **worn** over time.

人们就以各种方式攀登: 如圆木阶梯,梯子, 和那些随着时间 被踏平的自然小道。[00:59]

Some of the earliest **staircases**, like the **pyramids** in Chichén Itzá or the roads to Mount Tai in China, were a means of getting to a higher elevation, which people sought for worship or for protection.

一些最早的楼梯, 像奇琴依查的金字塔, 以及在中国上泰山的路, 都是到达更高平面的方法, 人们以此寻求信仰和庇护。[01:06]

As engineering has evolved, so has what's practical.

工程技术的进化 给实际操作带来了革新。[01:18]

Stairs can be made from all kinds of material.

所有的材料都可以用来制作楼梯了。[01:22]

There are **linear** stairs, there are **spiraled** stairs.

有直线型楼梯,有螺旋式楼梯。[01:25]

Stairs can be **indoors**, they can be **outdoors**.

楼梯可以在室内,也可在室外。[01:27]

They clearly help us in an emergency.

在紧急情况下它们能 有效地帮助我们逃生。[01:30]

But they're also a form of art in and of themselves.

但它们自身也是一种艺术形态。[01:32]

As we move across a **stairway**, the form **dictates** our **pacing**, our feeling, our safety and our relationship and engagement with the space around us.

当我们走上一个楼梯的时候, 它的形态能够掌控我们的 节奏,感觉,安全, 以及我们与周围空间的关系与接触。[01:40]

stepped: v.踏;行走(step的过去式和过去分词) **ladders**: n.[建]梯子(ladder的复数)/v.装设梯子(ladder的第三人称单数形式)

pathways: n.小路;小径(pathway的复数) **worn**: adj.疲倦的;用旧的/v.穿;磨损(wear的过去分词);佩戴 **staircases**: n.楼梯(staircase的复数) **pyramids**: n.(埃及)[建]金字塔(pyramid的复数);[解剖]锥体 **linear**: adj.线的, 线型的;直线的, 线状的;长度的 **spiraled**: n.螺旋;旋涡;螺旋形之物/adj.螺旋形的;盘旋的/vt.使成螺旋形;使作螺旋形上升/vi.盘旋;成螺旋形;螺旋形上升 **indoors**: adv.在室内,在户内 **outdoors**: adv.在户外/n.户外/adj.户外的(等于outdoor) **stairway**: n.阶梯,楼梯 **dictates**: 规定/命令/使听写/影响/使人相信 **pacing**: n.[测]步测;步调/v.踱步;为...定步速(pace的ing形式)

So for a second, think about stepping down a gradual, **monumental** staircase like the one in front of the New York Public Library.

想象一下,从一个 逐级的有纪念性的台阶上下来, 就像纽约公共图书馆门前的那个。[01:51]

From those steps, you have a view of the street and all the people around you, and your walk is slow and **steady** because the tread is so wide.

从这些台阶上, 你能尽观这一条街 以及你身边所有的人, 而且你的步伐平稳, 因为阶面太宽了。[01:59]

That's a totally different experience than going down the narrow staircase to, say, an old pub, where you spill into the room.

如果你是从一个窄小的 楼梯下来的话, 那感觉就完全不一样了, 比如说一个老酒吧, 你只想涌进屋子里。[02:07]

There, you encounter tall **risers**, so you move more quickly.

这里,你就能看到更高的升面, 可以让自己走得更快。[02:14]

Stairs add **enormous** drama.

楼梯也增加了很多戏剧效果。[02:18]

Think about how stairs **signaled** a grand entrance and were the star of that moment.

想象一下台阶的各种闪亮登场, 它在那一刻就是明星。[02:20]

Stairs can even be **heroic**.

楼梯甚至可以说是英勇的。[02:25]

The staircase that remained standing after September 11th and the attack on the World Trade Center was dubbed the "Survivors' Staircase,"	在911事件和世贸中心的袭击中, 仍然矗立的楼梯被命名为“幸存者的楼梯” ,[02:27]
monumental: adj.不朽的;纪念碑的;非常的 steady: adj.稳定的; 不变的; 沉着的/vi.稳固/vt.使稳定; 稳固; 使坚定/adv.稳定地; 稳固地/n.关系固定的情侣; 固定支架 risers: n.升管,[机]冒口(riser的复数) enormous: adj.庞大的, 巨大的; 凶暴的, 极恶的 signaled: v.以动作向...示意;用信号发出,用信号通知;向...发信号(signal的过去分词) heroic: adj.英雄的;英勇的;记叙英雄及其事迹的;夸张的/n.史诗;英勇行为 dubbed: adj.被称为的;译制的/v.刺;授予...称号;译制影片;结账(dub的过去分词)	
because it played such a central role in leading hundreds of people to safety.	因为它将成百上千的人 传送至安全之地。[02:34]
But small stairs can have a huge impact, too.	然而小楼梯也可以有大影响。[02:39]
The stoop is a place that invites neighbors to gather, blast music, and watch the city in motion.	门廊是吸引邻居们聚会, 把玩乐器,以及 观赏城市车流入涌的地方。[02:41]
It's fascinating to me that you see people wanting to hang out on the stairs.	我觉得看到人们喜欢 在楼梯上嬉闹是很有意思的。[02:47]
I think they fill a deeply human need we have to inhabit a space more than just on the ground plane.	我认为它们填充了 一种人类深度的需求, 说明我们不仅只能在地面居住。[02:51]
And so if you're able to sit halfway up there, you're in a kind of magical place.	如果你能坐在半空中, 就会有种在奇妙空间的感觉。[03:00]
stoop: vi.弯腰; 屈服; 堕落/n.弯腰, 屈背; 屈服/vt.辱没, 堕落; 俯曲/ invites: 邀请/招致/请贴/聘请 fascinating: adj.迷人的; 吸引人的; 使人神魂颠倒的/v.使...着迷; 使...陶醉 (fascinate的ing形式) inhabit: vt.栖息;居住于;占据/vi.(古)居住;栖息	

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