

TED演讲者: Kate Raworth | 凯特·拉沃思

演讲标题: A healthy economy should be designed to thrive, not grow | 健康的经济应该以繁荣为目的, 而不只是增长

内容概要: What would a sustainable, universally beneficial economy look like? "Like a doughnut," says Oxford economist Kate Raworth. In a stellar, eye-opening talk, she explains how we can move countries out of the hole -- where people are falling short on life's essentials -- and create regenerative, distributive economies that work within the planet's ecological limits.

一个可持续的, 让大众受益的经济应该是什么样的? “就像一个甜甜圈, “牛津大学经济学家凯特·拉沃思如是说。在这个令人大开眼界的演讲中, 她解释了我们该如何让各国摆脱困境——人民缺乏生活必需品的困境——并在地球的生态界限以内创造可再生的分配式经济。

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Have you ever watched a baby learning to crawl?

你看过婴儿学习爬行吗? [00:12]

Because as any parent knows, it's **gripping**.

就像每个父母都知道的, 它扣人心弦。[00:16]

First, they **wriggle** about on the floor, usually backwards, but then they drag themselves **forwards**, and then they pull themselves up to stand, and we all clap.

开始,他们在地板上扭来扭去,通常是向后挪动,然后他们把自己往前拖,再用力向上拉,让自己站起来,大家一起鼓掌。[00:19]

And that simple motion of forwards and **upwards**, it's the most basic direction of progress we humans recognize.

这种向前、向上的简单运动,是我们人类认识到的最基本的进步方向。[00:29]

We tell it in our story of evolution as well, from our **lolling** ancestors to **Homo erectus**, finally upright, to **Homo sapiens**, **depicted**, always a man, always mid-stride.

我们的进化理论也这么说,从我们摇晃前行的祖先到终于站立行走的直立人,到智人,我们一直被称为人类,一直在前进。[00:38]

So **no wonder** we so readily believe that economic progress will take this very same shape, this ever-rising line of growth.

因此,难怪我们很容易相信,经济发展将呈现同样的形态,这种不断上升的增长趋势。[00:51]

It's time to think again, to reimagine the shape of progress, because today, we have economies that need to grow, whether or not they make us thrive, and what we need, especially in the richest countries, are economies that make us thrive whether or not they grow.

现在是时候重新想一想了,重新构想进步的形态,因为今天,我们拥有的经济,是需要增长的经济,而不管它能否让我们繁荣,而我们需要的,尤其是在最富裕的国家,是那种能让我们繁荣的经济,而无论它们是否增长。[01:02]

**gripping**: adj.扣人心弦的;引人注意的;令人全神贯注的/v.扣人心弦(grip的ing形式);握紧 **wriggle**: vi.蠕动;蜿蜒而行/vt.使蠕动;蠕动到;不知不觉地潜入/n.蠕动;扭动 **forwards**: adv.向前;今后 **upwards**: adv.向上;在上部;向上游 **lolling**: vi.懒散地闲荡;摇晃着走;笨拙地跳动/n.懒汉;棒糖状加层公寓 **Homo**: n.人,人类;同性恋者 **sapiens**: adj.(拉)现代人的 **depicted**: vt.描述;描画 **no wonder**: 难怪

Yes, it's a little **flippant** word hiding a profound shift in **mindset**, but I believe this is the shift we need to make if we, **humanity**, are going to thrive here together this century.

是的,这话说着轻巧,它隐藏了心态的深刻转变,但我相信,如果我们人类想在本世纪共同繁荣起来,就需要这个转变。[01:24]

So where did this **obsession** with growth come from?

那么,这种对增长的迷恋到底从何而来?[01:38]

Well, GDP, gross domestic product, it's just the total cost of goods and services sold in an economy in a year.

GDP,国内生产总值,它只是一个经济体在一年内销售的商品和服务的总成本。[01:41]

It was invented in the 1930s, but it very soon became the **overriding** goal of **policymaking**, so much so that even today, in the richest of countries, governments think that the solution to their economic problems lies in more growth.

它诞生于20世纪30年代,但很快就成为制定政策的首要目标,以至于直到今天,在最富裕的国家,政府仍然认为解决经济问题的办法在于更多的增长。[01:48]

Just how that happened is best told through the 1960 classic by W.W. Rostow.

之所以这样,在1960年W.W.罗斯托的经典中做出了最好的说明。[02:03]

I love it so much, I have a first-edition copy.

太喜欢它了,我有一本首发版的。[02:10]

"The **Stages** of Economic Growth: A **Non-Communist Manifesto**."

《经济增长的阶段:非共产主义宣言》[02:16]

**flippant**: adj.轻率的;嘴碎的;没礼貌的 **mindset**: n.心态;倾向;习惯;精神状态 **humanity**: n.人类;人道;仁慈;人文学科 **obsession**: n.痴迷;困扰;[内科][心理]强迫观念 **overriding**: adj.高于一切的,最重要的/v.践踏;压垮;不顾(override的ing形式) **policymaking**: adj.决策的;制定政策的/n.决策;制定政策 **Stages**: n.[计]阶段(stage的复数);舞台;戏剧表演/v.计划;表演;分阶段进行(stage的三单形式) **Non-Communist**: 非共产党员 **Manifesto**: n.宣言;声明;告示/vi.发表宣言

(Laughter) You can just smell the politics, huh?

(笑声) 能闻到政治的味道,是不是?[02:21]

And Rostow tells us that all economies need to **pass through** five stages of growth: first, traditional society, where a nation's output is limited by its technology, its institutions and mindset; but then the **preconditions** for **takeoff**, where we get the **beginnings** of a banking industry, the **mechanization** of work

罗斯托告诉我们,所有的经济体都需要经历五个增长阶段:首先,传统社会阶段,一个国家的产出受到其技术、制度和思维方式的限制;然后,在起飞准备阶段,出现了新兴的银行业、劳动的机械化、

and the belief that growth is necessary for something beyond itself, like national **dignity** or a better life for the

以及一个信念——增长的必要已超越增长本身,比如增长是为了国家尊严,为了下一代的生活更美好,

children; then takeoff, where compound interest is built into the economy's institutions and growth becomes the normal condition;	之后是起飞阶段, 此时复利深入经济体制, 增长成为常态;[02:43]
fourth is the drive to <b>maturity</b> where you can have any industry you want, no matter your natural resource base; and the fifth and final stage, the age of high-mass consumption where people can buy all the consumer goods they want, like <b>bicycles</b> and <b>sewing</b> machines -- this was 1960, remember.	第四是趋于成熟阶段, 你可以拥有任何你想要的行业, 不管你的自然资源基础如何; 第五个也是最后一个阶段, 大规模消费的时代;[02:59]
<b>pass through</b> : 穿过...;通过... <b>preconditions</b> : n.先决条件(precondition的复数)/v.预先安排好;预先处理(precondition的第三人称单数) <b>takeoff</b> : 起飞/开始/起跳/起跳的,起飞的 <b>beginnings</b> : n.开始,开端(beginning的复数);早期 <b>mechanization</b> : n.机械化;机动化 <b>dignity</b> : n.尊严; 高贵 <b>maturity</b> : n.成熟;到期;完备 <b>bicycles</b> : n.[车辆]自行车;脚踏车(bicycle的复数) <b>sewing</b> : n.缝纫;缝纫业/v.缝(sew的ing形式)	人们可以买到想要的所有消费品, 比如自行车和缝纫机——别忘了,那是1960年。[03:10]
Well, you can hear the <b>implicit</b> airplane <b>metaphor</b> in this story, but this plane is like no other, because it can never be allowed to land.	你能在这里听出隐含的飞机比喻, 但是这架飞机是独一无二的, 因为它永远不可以着陆。[03:17]
Rostow left us flying into the sunset of mass <b>consumerism</b> , and he knew it.	罗斯托任我们飞向 大规模消费主义的落日, 而且他知道这一点。[03:30]
As he wrote, "And then the question beyond, where history offers us only <b>fragments</b> ."	正如他所写的, "然后,有一个问题, 历史没有给我们提供多少信息。[03:37]
What to do when the increase in real income itself loses its charm?"	当实际收入增长本身失去 吸引力时,该怎么办?" [03:47]
He asked that question, but he never answered it, and here's why.	这是他问的问题,但他从来 没回答过,原因如下。[03:54]
The year was 1960, he was an advisor to the <b>presidential</b> candidate John F. Kennedy, who was running for election on the promise of five-percent growth, so Rostow's job was to keep that plane flying, not to ask if, how, or when it could ever be allowed to land.	那一年是1960年, 他是总统候选人约翰·肯尼迪的顾问, 肯尼迪在竞选时承诺了5%的增长, 所以罗斯托的工作是让 那架飞机一直飞, 而不要问是否可以着陆、如何着陆、何时着陆。[03:57]
So here we are, flying into the sunset of mass consumerism over half a century on, with economies that have come to expect, demand and <b>depend upon unending</b> growth, because we're <b>financially, politically</b> and socially <b>addicted to</b> it.	因此,半个多世纪以来, 我们一路飞向大规模 消费主义的夕阳, 经济已经变成期待、要求,并依赖于无止境的增长, 因为我们在经济上、政治上和 社会上沉迷于这种增长。[04:16]
<b>implicit</b> : adj.含蓄的; 暗示的; 盲从的 <b>metaphor</b> : n.暗喻,隐喻;比喻说法 <b>consumerism</b> : n.保护消费者利益运动;用户至上主义 <b>fragments</b> : n.碎片(fragment的复数);片断;[计]分段/v.破碎(fragment的三单形式);打碎 <b>presidential</b> : adj.总统的;首长的;统辖的 <b>depend upon</b> : 依赖;取决于 <b>unending</b> : adj.不断的,无止境的;经常被重复的 <b>financially</b> : adv.财政上;金融上 <b>politically</b> : adv.政治上 <b>addicted to</b> : 上瘾;沉迷于	
We're financially addicted to growth, because today's financial system is designed to pursue the highest rate of <b>monetary</b> return, putting publicly traded companies under constant pressure	我们在经济上沉迷于增长, 因为今天的金融体系 旨在追求最高的货币回报率, 使上市公司承受持续的压力;[04:34]
to deliver growing sales, growing market share and growing profits, and because banks create money as debt bearing interest, which must be <b>repaid</b> with more.	去实现销售增长、 市场份额增长和利润增长, 并且因为银行创造资金 用作有利息的债务, 而债务必须用更多的钱去偿还。[04:44]
We're politically addicted to growth because politicians want to raise tax revenue without raising taxes and a growing GDP seems a sure way to do that.	我们在政治上沉迷于经济增长, 因为政客们希望 在不涨税率的情况下 增加税收, 而GDP增长似乎是实现 这一目标的可靠途径。[04:54]
And no politician wants to lose their place in the G-20 family photo.	没有哪个政客愿意在20国集团的 全家福中失去自己的位置。[05:02]
(Laughter) But if their economy stops growing while the rest keep going, well, they'll be <b>booted</b> out by the next emerging <b>powerhouse</b> .	(笑声) (笑声) 那么他们将被下一个 新兴的经济强国淘汰。[05:06]
And we are socially addicted to growth, because thanks to a century of consumer <b>propaganda</b> , which <b>fascinatingly</b> was <b>created by</b> Edward Bernays, the nephew of Sigmund <b>Freud</b> , who realized that his uncle's <b>psychotherapy</b> could be turned into very <b>lucrative retail</b> therapy	我们还在社会上迷恋经济增长, 这是因为上百年的 消费者宣传, 神奇的是,它是由 西格蒙德·弗洛伊德的侄子 爱德华·伯奈斯发明的, 他意识到他叔叔的心理治疗 可以变成非常 有利可图的购物疗法;[05:14]
<b>monetary</b> : adj.货币的; 财政的 <b>repaid</b> : v.偿还;报答(repay的过去分词)/adj.偿付的 <b>booted</b> : adj.穿靴的/v.踢(boot的过去式和过去分词);使穿靴 <b>powerhouse</b> : n.精力旺盛的人;动力室;发电所 <b>propaganda</b> : n.宣传; 传道总会 <b>fascinatingly</b> : adv.极有吸引力地;迷人地 <b>created by</b> : 由...创建 <b>Freud</b> : n.佛洛伊德(1856-1939,奥地利心理分析学家及精神病学家) <b>psychotherapy</b> : n.心理疗法;精神疗法 <b>lucrative</b> : adj.有利可图的,赚钱的;合算的 <b>retail</b> : vt.零售;转述/vi.零售/n.零售/adv.以零售方式/adj.零售的	
if we could be convinced to believe that we transform	只要能说服我们相信, 每次购买更多的东西时, 我



ourselves every time we buy something more.	们都在转化自己。[05:32]
None of these <b>addictions</b> are <b>insurmountable</b> , but they all deserve far more attention than they currently get, because look where this journey has been taking us.	这些沉迷都不是无法克服的,但它们都应该得到 比现在更多的关注,因为看看这段旅程将 带我们走向何方吧。[05:40]
Global GDP is 10 times bigger than it was in 1950 and that increase has brought prosperity to billions of people, but the global economy has also become <b>incredibly divisive</b> , with the vast share of returns to wealth now <b>accruing</b> to a fraction of the global one percent.	全球GDP是1950年的10倍,这一增长给数十亿人带来了发展,但全球经济也变得 令人难以置信地分裂,现在财富回报的巨大份额 累积到全球1%的一小部分上。[05:50]
And the economy has become incredibly <b>degenerative</b> , rapidly <b>destabilizing</b> this <b>delicately</b> balanced planet on which all of our lives depend.	并且经济已经恶化到了 令人难以置信的程度,迅速破坏着我们所有人 赖以生存的这个微妙平衡着的星球的稳定。[06:10]
Our politicians know it, and so they offer new <b>destinations</b> for growth.	政客们知道这一点,因此 他们为经济增长设定了新目标。[06:22]
You can have green growth, <b>inclusive</b> growth, smart, <b>resilient</b> , balanced growth.	你可以实现绿色增长、包容性增长、智能、弹性、均衡的增长。[06:25]
<b>addictions:</b> 成瘾 <b>insurmountable:</b> adj.不能克服的;不能超越的;难以对付的 <b>incredibly:</b> adv.难以置信地;非常地 <b>divisive:</b> adj.分裂的;区分的;造成不和的 <b>accruing:</b> 自然增长/积累(accrue的现在分词) <b>degenerative:</b> adj.退化的;变质的;退步的 <b>destabilizing:</b> 减稳 <b>delicately:</b> adv.微妙地;精致地;优美地 <b>destinations:</b> n.目的地,终点;抵达站(destination的复数形式) <b>inclusive:</b> adj.包括的, 包含的 <b>resilient:</b> adj.弹回的,有弹力的	
Choose any future you want <b>so long as</b> you choose growth.	只要你选择增长,就可以选择 任何你想要的未来。[06:30]
I think it's time to choose a higher <b>ambition</b> , a far bigger one, because humanity's 21st century challenge is clear: to meet the needs of all people within the means of this extraordinary, unique, living planet so that we <b>and the rest of</b> nature can thrive.	我认为,是时候选择一个 更高、更大的目标了,因为人类在21世纪的 挑战是明确的: 在这个非凡的、独特的、 鲜活的星球上, 满足每一个人的需要, 这样我们和自然界的 其他部分才能共同繁荣。[06:35]
Progress on this goal isn't going to be measured with the metric of money.	这一目标的进展不会用 金钱标准来衡量。[06:55]
We need a <b>dashboard</b> of <b>indicators</b> .	我们需要一个指示板。[06:59]
And when I sat down to try and draw a picture of what that might look like, strange though this is going to sound, it came out looking like a <b>doughnut</b> .	当我坐下来试着画出它的样子时,虽然听起来很奇怪,但它看起来很像甜甜圈。[07:01]
I know, I'm sorry, but let me introduce you to the one doughnut that might actually <b>turn out</b> to be good for us.	我知道(这是个不太严肃的描述),抱歉,但是让我来介绍一下这个 可能会对我们有好处的甜甜圈。[07:11]
So imagine humanity's resource use <b>radiating</b> out from the middle.	想象一下人类的资源利用 从中间向外加大。[07:17]
<b>so long as:</b> adv.只要 <b>ambition:</b> n.野心,雄心;抱负,志向/vt.追求;有...野心 <b>and the rest:</b> 其他的;等等 <b>dashboard:</b> n.汽车等的仪表板;马车等前部的挡泥板 <b>indicators:</b> n.指示器(indicator的复数);指示灯 <b>doughnut:</b> n.油炸圈饼;圆环图;电子回旋加速器环状真空室 <b>turn out:</b> v.(以某种方式)发生;最后是;结果是(尤指天气突然)变得(晴好) <b>radiating:</b> adj.v.发射出(光,热等)(radiate的现在分词);(使品质或情感)显出,流露;射出,向四周伸出;散热	
That hole in the middle is a place where people are falling short on life's <b>essentials</b> .	中间的那个洞是 人们缺乏生活必需品的地方。[07:21]
They don't have the food, health care, education, political voice, housing that every person needs for a life of dignity and opportunity.	他们没有食物、医疗、教育、政治话语权、住房,这些为了有尊严有机会的生存,每个人都需要的东西。[07:25]
We want to get everybody <b>out of the hole</b> , over the social foundation and into that green doughnut itself.	我们想让每个人都从这个洞中 走出来,迈过社会基础线,进入绿色甜甜圈里面。[07:33]
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But, and it's a big but, we cannot let our collective resource use <b>overshoot</b> that outer circle, the <b>ecological</b> ceiling, because there we put so much pressure on this extraordinary planet that we begin to <b>kick it out of kilter</b> .	但是,这是个很严肃的但是,不能让总的资源利用超出外圈,即生态上限,因为上限表示,我们给这个 非凡的星球施加了太多压力,以至于开始破坏它的平衡了。[07:39]
We cause climate breakdown, we <b>acidify</b> the oceans, a hole in the <b>ozone</b> layer, pushing ourselves beyond the <b>planetary</b> boundaries of the <b>life-supporting</b> systems that have for the last 11,000 years made earth such a <b>benevolent</b> home to humanity.	我们造成了气候的破坏,我们使海洋酸化,臭氧层上出现了一个洞,把我们自己推出了 生命维持系统的星球边界之外,而正是这个系统,用过去的11000年,让地球成为了人类的美好家园。[07:55]
<b>essentials:</b> n.[法]要件,概要;生活必需品(essential的复数);基本营养素 <b>out of the hole:</b> (比赛中)追成平局 <b>overshoot:</b> vt.超越;打过头;把...做过头/vi.射击越标;(飞机)滑出跑道;行动过火/n.超越目标;行动过火 <b>ecological:</b> adj.生态的,生态学的 <b>kick it:</b> 戒除嗜好 <b>out of kilter:</b> 失常;不顺利;状态不好 <b>acidify:</b> vi.[化学]酸化;变酸/vt.使.....成酸;使.....酸化 <b>ozone:</b> n.[化学]臭氧;新鲜的空气/ <b>planetary:</b> adj.行星的 <b>life-supporting:</b> 生命保障的 <b>benevolent:</b> adj.仁慈的;慈善的;亲切的	

So this <b>double-sided</b> challenge to meet the needs of all within the means of the planet, it <b>invites</b> a new shape of progress, no longer this ever-rising line of growth, but a sweet spot for humanity, <b>thriving</b> in dynamic balance between the foundation and the ceiling.	因此,要在星球所能承受的范围内 满足地球上所有人的需要, 这一双重挑战, 要求出现一种新的发展形态, 不再是这种持续上升的增长线, 而是人类生存的最佳点, 在基础线与上限之间的 动态平衡中蓬勃发展。[08:12]
And I was really struck once I'd drawn this picture to realize that the symbol of <b>well-being</b> in many ancient cultures <b>reflects</b> this very same sense of dynamic balance, from the Maori Takarangi to the <b>Taoist</b> Yin Yang, the <b>Buddhist</b> endless <b>knot</b> , the Celtic double <b>spiral</b> .	我一画出这幅画就恍然大悟, 因为在许多古代文化中, 幸福的象征符号 反映了同样的动态平衡感, 从毛利人的高兰吉 到道教的阴阳、佛教的无止尽结, 凯尔特人的双螺旋。[08:29]
So can we find this dynamic balance in the 21st century?	那么,我们能否在21世纪 找到这种动态平衡呢? [08:47]
Well, that's a key question, because as these red <b>wedges</b> show, right now we are <b>far from</b> balanced, falling short and <b>overshooting</b> at the same time.	这是个关键问题, 因为正如这些红色楔形所示, 我们现在远没有达到平衡, 同时存在短缺和过量。 [08:52]
<b>double-sided:</b> adj.有两面的;两面派的 <b>invites:</b> 邀请/招致/请贴/聘请 <b>thriving:</b> adj.繁荣的;蒸蒸日上;旺盛的/v.兴旺 (thrive的ing形式) <b>well-being:</b> n.幸福;康乐 <b>reflects:</b> 反照/反射 <b>Taoist:</b> n.道士;道教徒/adj.道教的;道教信徒的 <b>Buddhist:</b> n.佛教徒/adj.佛教的 <b>knot:</b> n.(绳等的)结; 节瘤, 疙瘩; 海里/小时(航速单位)/vt.打结/vi.打结/ <b>spiral:</b> n.螺旋;旋涡;螺旋形之物/adj.螺旋形的/vt.使成螺旋形/vi.盘旋;螺旋形上升 <b>wedges:</b> n.楔形;楔型物(wedge的复数形式)/v.楔入;劈入;挤进(wedge的第三人称单数形式) <b>far from:</b> adv.远离;远非;完全不 <b>overshooting:</b> n.过幅射;超出规定	
Look in that hole, you can see that millions or billions of people worldwide still <b>fall short</b> on their most basic of needs.	看看这个洞,你会发现世界上 数百万或数十亿人 仍然在最基本需求方面存在短缺。[09:01]
And yet, we've already <b>overshot</b> at least four of these planetary boundaries, risking <b>irreversible</b> impact of climate breakdown and <b>ecosystem</b> collapse.	然而,星球边界中的至少 四个方面已经出现了过量, 导致面临不可逆转的影响, 包括气候失调和 生态系统崩溃。[09:09]
This is the state of humanity and our planetary home.	这就是人类以及我们的 星球家园的现状。[09:20]
We, the people of the early 21st century, this is our <b>selfie</b> .	作为21世纪初的人类, 这是我们的自拍照。[09:24]
No economist from last century saw this picture, so why would we imagine that their theories would be up for taking on its challenges?	上个世纪的经济学家 都没见过这幅图, 那么为什么要假设 他们的理论能应对挑战呢?[09:31]
We need ideas of our own, because we are the first generation to see this and probably the last with a real chance of turning this story around.	我们需要自己的想法, 因为我们是看到它的第一代人, 可能也是最后一代有机会 扭转这一局面的人。[09:38]
You see, 20th century economics assured us that if growth creates inequality, don't try to <b>redistribute</b> , because more growth will even things up again.	你看,20世纪的经济学向我们 保证,如果增长造成了不平等, 不要试图重新分配, 因为更多的增长 将会让一切恢复平衡。[09:46]
<b>fall short:</b> 不符合标准 <b>overshot:</b> adj.上颚突出的;上射式的/v.打过头;越过(overshoot的变形) <b>irreversible:</b> adj.不可逆的;不能取消的; 不能翻转的 <b>ecosystem:</b> n.生态系统 <b>selfie:</b> n.自拍照 <b>redistribute:</b> vt.重新分配;再区分	
If growth creates pollution, don't try to regulate, because more growth will clean things up again.	如果增长造成了污染, 不要试图进行监管,也因为更多的增长将把一切清理干净。[09:54]
Except, it turns out, it doesn't, and it won't.	只是,事实证明, 这一断言并没有发生, 也不会发生。[10:00]
We need to create economies that tackle this <b>shortfall</b> and overshoot together, <b>by design</b> .	我们需要创造一个能同时 解决短缺和过量问题的经济, 要通过设计来实现。[10:05]
We need economies that are <b>regenerative</b> and <b>distributive</b> by design.	我们需要设计出 可再生和分配的经济。[10:11]
You see, we've <b>inherited</b> degenerative industries.	我们已经接手了衰退中的工业。[10:15]
We take earth's materials, make them into stuff we want, use it for a while, often only once, and then throw it away, and that is pushing us over planetary boundaries, so we need to bend those arrows around,	我们拿走地球的原材料, 把它变成我们想要的东西, 使用一段时间,常常 只用一次,然后扔掉, 这种行为正推动我们 超出星球界限, 所以我们要让那些箭头拐回来,[10:18]
create economies that work with and within the cycles of the living world, so that resources are never used up but used <b>again and again</b> , economies that <b>run on</b> sunlight, where waste from one process is food for the next.	创造出在生存环境内 有效且不出界的经济, 让资源永远不会耗尽, 而是一次又一次地被反复使用, 用阳光做动力运行的经济, 一个过程的废料就是 下一个过程的原料。[10:30]
<b>shortfall:</b> n.差额;缺少 <b>by design:</b> 故意地 <b>regenerative:</b> adj.再生的,更生的;更新的 <b>distributive:</b> adj.分配的;分布的;分发的/n.[语]分配词 <b>inherited:</b> adj.遗传的;继承权的;通过继承得到的/v.继承;经遗传而得(inherit的过去分词) <b>again and again:</b> adv.再三地,反复地 <b>run on:</b> 继续,继续下去;连续不断;流涎;涉及	
And this kind of regenerative design is <b>popping up</b> everywhere.	这种可再生设计 正如雨后春笋般在各处涌现。[10:43]
Over a hundred cities worldwide, from Quito to Oslo, from Harare to Hobart, already generate more than 70 percent of their electricity from sun, wind and waves.	从基多到奥斯陆, 从哈拉雷到霍巴特, 全球一百多个城市 已经有70%以上的电力 来自太阳、风和海浪。[10:47]



Cities like London, <b>Glasgow, Amsterdam</b> are <b>pioneering</b> circular city design, finding ways to turn the waste from one urban process into food for the next.	像伦敦、格拉斯哥、阿姆斯特丹 这样的城市都是循环城市设计的先驱, 他们想办法把一个过程的城市废料 变成下一个过程的原料。[10:58]
And from Tigray, <b>Ethiopia</b> to Queensland, Australia, farmers and <b>foresters</b> are <b>regenerating</b> once-barren <b>landscapes</b> so that it <b>teems</b> with life again.	从埃塞俄比亚的提格雷, 到澳大利亚的昆士兰, 农民和林业工人正在恢复 曾经贫瘠的土地, 让它再次充满生机。[11:08]
But <b>as well as</b> being regenerative by design, our economies must be distributive by design, and we've got <b>unprecedented</b> opportunities for making that happen, because 20th-century <b>centralized</b> technologies, institutions, <b>concentrated</b> wealth, knowledge and power in few hands.	但是,除了有意实现再生之外, 我们的经济也必须有意实现分配, 我们已具备前所未有的机会 去实现这一目标, 因为20世纪的中心化技术、制度, 把财富、知识和权力 集中在了少数人手中。[11:20]
<b>popping</b> : adj.间歇的;凸出的/n.爆音;突然跳出;爆孔;机器舞/v.出现;爆开;敲击;抛出(pop的ing形式) <b>Glasgow</b> : n.格拉斯哥(英国城市名) <b>Amsterdam</b> : n.阿姆斯特丹(荷兰首都);阿姆斯特丹(美国纽约东部城市) <b>pioneering</b> : adj.首创的;先驱的 <b>Ethiopia</b> : n.埃塞俄比亚 <b>foresters</b> : n.林木工人;林业工作者(forester的复数) <b>regenerating</b> : v.再生(regenerate的ing形式);改革;使恢复原状 <b>landscapes</b> : n.风景;风景地貌(landscape的复数)/v.从事庭园设计;美化(landscape的三单形式) <b>teems</b> : abbr.全面企业电子化管理解决方案(TotalEnterpriseElectronicManagementSolutions) <b>as well as</b> : 也;和...一样;不但...而且 <b>unprecedented</b> : adj.空前的;无前例的 <b>centralized</b> : adj.集中的;中央集权的/v.集中(centralize的过去分词) <b>concentrated</b> : adj.集中的;浓缩的;全神贯注的/v.集中(concentrate的过去分词)	
This century, we can design our technologies and institutions to distribute wealth, knowledge and <b>empowerment</b> to many. Instead of fossil fuel energy and <b>large-scale manufacturing</b> , we've got <b>renewable</b> energy networks, digital platforms and 3D printing.	本世纪,我们可以 设计我们的技术和制度, 将财富、知识和权力分配给许多人。[11:40] 不需要化石燃料能源和大规模制造, 我们有可再生能源网络、数字平台和3D打印。[11:48]
200 years of corporate control of <b>intellectual property</b> is being <b>upended</b> by the bottom-up, <b>open-source, peer-to-peer</b> knowledge commons.	200年来,企业对知识产权的控制 正被自下而上的、开源的、端对端知识共享所颠覆。[11:57]
And <b>corporations</b> that still pursue maximum rate of return for their <b>shareholders</b> , well they suddenly look rather <b>out of date</b> next to social enterprises that are designed to generate multiple forms of value and share it with those throughout their networks.	而那些仍在为股东追求 回报率最大化的公司, 他们突然之间就显得有些过时了, 新的社会企业设计成能够 产生多种形式的价值, 被并与其与整个网络共享。[12:06]
If we can <b>harness</b> today's technologies, from AI to blockchain to the Internet of Things to material science, if we can <b>harness</b> these in service of distributive design,	如果我们能够利用今天的技术, 从人工智能到区块链, 到物联网,再到材料科学, 如果我们能够利用这些服务 进行可分配设计,[12:22]
<b>empowerment</b> : n.许可;授权 <b>large-scale</b> : adj.大规模的;大范围的;大比例尺的 <b>manufacturing</b> : adj.制造的;制造业的/n.制造业;工业/v.制造;生产(manufacture的ing形式) <b>renewable</b> : adj.可再生的;可更新的;可继续的/n.再生性能源 <b>intellectual property</b> : 知识产权 <b>upended</b> : v.颠倒;倒置;使竖立(upend的过去式和过去分词) <b>open-source</b> : adj.(计算机)开放源代码 <b>peer-to-peer</b> : n.对等;对等网络 <b>corporations</b> : n.[贸易]公司,[经]企业(corporation的复数形式) <b>shareholders</b> : n.[金融]股东,投资者;股民(shareholder的复数) <b>out of date</b> : 过时的;过期的;废弃的 <b>harness</b> : vt.治理;套;驾驭;披上甲冑;利用/n.马具;甲冑;挽具状带子;降落伞背带;日常工作	
we can ensure that health care, education, finance, energy, political voice reaches and <b>empowers</b> those people who need it most.	就能确保医疗、教育、金融、能源、政治话语权, 能被给予那些最需要它们的人。[12:34]
You see, regenerative and distributive design create extraordinary opportunities for the 21st-century economy. So where does this leave Rostow's airplane ride?	显然,可再生且可分配的设计 为21世纪的经济 创造了非凡的机会。[12:43] 那么这对罗斯托的 飞机之旅有什么影响呢?[12:51]
Well, for some it still carries the hope of endless green growth, the idea that thanks to <b>dematerialization, exponential</b> GDP growth can go on forever while resource use keeps falling.	对一些人来说,它仍然承载着 无限的绿色增长的希望, 这种想法认为,由于非物质化, GDP的指数级增长可以永远 持续下去,资源消耗可以不断减少。[12:54]
But look at the data. This is a flight of fancy.	但是对比一下数据。这只是异想天开罢了。[13:06]
Yes, we need to dematerialize our economies, but this <b>dependency</b> on unending growth cannot be <b>decoupled</b> from resource use on anything like the scale required to bring us safely back within planetary boundaries.	是的,我们需要让经济去物质化, 但是,对无止境增长的依赖 离不开对资源的利用, 这种资源利用与把我们 安全带回地球边界内 所需要的规模一样。[13:10]
I know this way of thinking about growth is <b>unfamiliar</b> , because growth is good, no?	我知道这种思考增长的方式听起来很陌生, 因为增长是好事,不是吗?[13:23]
<b>empowers</b> : 授权/使能够(empower的第三人称单数) <b>dematerialization</b> : n.非物质化;湮没现象 <b>exponential</b> : adj.指数的/n.指数 <b>dependency</b> : n.属国;从属;从属物 <b>decoupled</b> : adj.不挂钩的/v.解耦,[电]退耦(decouple的过去式和过去分词) <b>unfamiliar</b> : adj.不熟悉的;不常见的;没有经验的	
We want our children to grow, our gardens to grow.	我们希望我们的孩子成长, 我们的花园成长。[13:28]

Yes, <b>look to</b> nature and growth is a wonderful, healthy source of life.	是的,在大自然中,成长是 美妙、健康 的生命源泉。 [13:31]
It's a phase, but many economies like Ethiopia and Nepal today may be in that phase.	它是一个阶段,但许多经济体,比如今天的埃塞俄比亚和尼泊尔,可能正处于这个阶段。 [13:35]
Their economies are growing at seven percent a year.	他们的经济正在以每年7%的速度增长。 [13:41]
But look again to nature, because from your children's feet to the <b>Amazon</b> forest, nothing in nature grows forever.	但是再看看大自然,因为从你孩子的小脚丫。脚到亚马逊的森林,自然界中没有什么东西是永远生长下去的。 [13:45]
Things grow, and they grow up and they mature, and it's only by doing so that they can thrive for a very long time.	事物生长,长大,然后成熟,只有这样,它们才能繁荣很长一段时间。 [13:53]
We already know this.	我们还知道一点。 [14:03]
If I told you my friend went to the doctor who told her she had a growth that feels very different, because we <b>intuitively</b> understand that when something tries to grow forever within a healthy, living, thriving system, it's a threat to the health of the whole.	如果我告诉你,我的朋友去看医生,医生告诉她,身体里长了东西,那就是完全另一回事了,因为我们凭直觉就知道,当某种东西试图在健康、活泼、旺盛的体系中永远生长时,它就会威胁到整个体系的健康。 [14:05]
So why would we imagine that our economies would be the one system that could <b>buck</b> this trend and succeed by growing forever?	那么,我们为什么会认为,我们的经济将是一个能够改变这一规律并永远增长的系统呢? [14:25]
<b>look to:</b> v.注意;指望;照看 <b>Amazon:</b> 亚马逊; 古希腊女战士 <b>intuitively:</b> adv.直观地;直觉地 <b>buck:</b> n.(美)钱;元;雄鹿;纨绔子弟;年轻的印第安人或黑人	
We <b>urgently</b> need financial, political and social <b>innovations</b> that enable us to overcome this <b>structural</b> dependency on growth, so that we can instead focus on thriving and balance within the social and the ecological boundaries of the doughnut.	我们迫切需要金融、政治和社会创新,使我们能够克服对增长的结构性依赖,以便我们能够把重点放在甜甜圈的 社会和生态边界内的繁荣与平衡上。 [14:33]
And if the mere idea of boundaries makes you feel, well, <b>bounded</b> , think again.	如果仅仅是边界的概念就让你觉得受到限制,再仔细想一想。 [14:53]
Because the world's most <b>ingenious</b> people turn boundaries into the source of their creativity.	因为世界上最聪明的人都把界限变成了他们创造力的源泉。 [15:00]
From Mozart on his five-octave piano Jimi Hendrix on his six-string guitar, Serena Williams on a tennis court, it's boundaries that <b>unleash</b> our potential.	从莫扎特的五音钢琴,吉米·亨德里克斯的六弦吉他,到塞雷娜·威廉姆斯的网球场,是边界激发了我们的潜能。 [15:07]
And the doughnut's boundaries unleash the potential for humanity to thrive with <b>boundless</b> creativity, <b>participation</b> , <b>belonging</b> and meaning.	甜甜圈的边界释放了人类的潜力,让人类在无限的创造力、参与、归属感和意义下茁壮成长。 [15:20]
It's going to take all the <b>ingenuity</b> that we have got to get there, so bring it on.	它需要我们投入全部的聪明才智去实现,所以,全力以赴吧。 [15:32]
<b>urgently:</b> adv.迫切地;紧急地;急切地 <b>innovations:</b> n.创新(innovation的复数);改革 <b>structural:</b> adj.结构的;建筑的 <b>bounded:</b> adj.有界限的 <b>ingenious:</b> adj.有独创性的;机灵的,精制的;心灵手巧的 <b>unleash:</b> vt.发动;解开...的皮带;解除...的束缚/vi.不受约束;自由自在;放荡不羁 <b>boundless:</b> adj.无限的;无边无际的 <b>participation:</b> n.参与;分享;参股 <b>belonging:</b> n.所有物;行李;附属物 <b>ingenuity:</b> n.心灵手巧,独创性;精巧;精巧的装置	
Thank you.	谢谢。 [15:38]
(Applause)	(掌声) [15:39]

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