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Climbing 爬山

Yang Li: 大家好我是杨莉。Hi, welcome to Ask About Britain. Do you like climbing and hiking? 你喜欢爬山和徒步旅行吗? 张逊同学最近向英国问答节目写信说越来越多的中国人开始爬山运动, 他了解一下英国人是否也很喜欢这类运动。

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Climbing is getting more popular in China - a lot of people do it over the weekend. Do British people like climbing and walking in the countryside?

Zhang Xun, Beijing

Yang Li: How popular is climbing and hiking in the UK? Actually I know quite a few people who like hiking and climbing. But in terms of experience, knowledge and passion it has to be Kim.

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Kim: OK, my name is Kim Collis and I live in Swansea in Wales. And I've been a very keen hill walker for most of my life and I grew up in an area with a lot of hills and it just seemed natural to start climbing hills from a child. It's a very popular pastime in the UK and there's a long tradition of climbing hills in the UK. In fact, British people were very often the first people to climb mountains in Europe, in the Alps, and the Himalayas as well.

Yang Li: 爬山是一项人们非常喜爱的娱乐活动 a very popular pastime. Kim 说实际上英国人经常是首先攀登高山峻岭的人比如欧洲阿尔比斯山和喜马拉雅山的人。I can see that he was proud when he said that. 那么爬山的好处都有哪些?

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Li: What is the benefit of climbing mountains and hills?

Kim: Well, I think there are very obvious benefits of health – good health – from the exercise and it is quite demanding. But I think, for the people who undertake this hobby, there are great moments – particularly if you're standing on the top of a mountain and you see great views – it sort of separates you from your normal life. In fact, sometimes when you're very involved in what you're doing you forget completely about work and you feel very refreshed when you come down from a

mountain sometimes. It's the type of experience that really refreshes the body and the mind.

Yang Li: A hobby that benefits both the body and mind. 这是一项身心双双获益的业余爱好，登高望远忘却日常琐事，令身心得益。It's the type of experience that really refreshes the body and the mind. Refresh 振作，恢复。我的下一个问题是 Can you develop friendships while hiking or climbing?

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Kim: With climbing you have to have at least two people involved and so you need a partner to climb with and there's a great spirit of co-operation. And you've got to remember that if you're at the hard end of the sport – if you're climbing – then you actually, your life might depend on the other person that you're climbing with. And that actually creates a bond with that person that's very special – a lot of trust, lot of trust. And you can actually develop very very good friendships as a result of that.

Yang Li: 回答是 There is a great spirit of co-operation, and there is a lot of trust. He said if you go climbing, which is at the hard end of the sport, your life might depend on the other person. 在最陡峭的地方你的生命很可能维系在另一个人的手中 depend on 依赖于 at the hard end 最陡峭的一端。常言说，患难见真心，虽然爬山不是患难，但共同征服困难的经历往往让爬山者之间缔结信任和友谊。那么这是不是一项高消费的运动呢？

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Li: Would you say it's an expensive sport?

Kim: I would say it can be expensive if you get very fixated on the clothes that you wear and the boots. Now, it doesn't really matter but some people are very fashion conscious and they like to wear bright colours and good gear. But if you're not affected by that it doesn't cost anything at all. I think one of the things about the sport, it's very egalitarian; people are very equal. And so, if somebody has a lot of kit, they will often share that with other people.

Yang Li: Kim 说如果你对爬山的衣着很考究，追求时髦那么就要花不少钱，但如果你不在乎，那么根本不用花太多钱。There are a few words I'd like to draw your attention to: 一定要怎么样或执著地怎么样 fixated on 追赶潮流，赶时髦 fashion conscious, 优良的装备 good gear. 爬山者之间很平等 People are equal.

Insert

I think one of the things about the sport, it's very egalitarian, people are very equal. And so, if somebody has a lot of kit, they will often share that with other people

Yang Li: That was Kim from Swansea talking to me about climbing in the UK. If you have a question about British culture just drop us an email.

谢谢收听，再会。

Glossary

the Alps 阿尔比斯山	the Himalayas 喜马拉雅山
pastime 娱乐活动	demanding (队体力) 要求高的
refresh 恢复/振作	be fixated on something 执意于谋事
fashion conscious 赶时髦的	egalitarian 平等/平均主义的