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关于台词的备注:

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The UK: Northern Ireland 介绍北爱尔兰

Andrea: It was created as a distinct division of the United Kingdom in 1921.

Jean: 1921 年北爱尔兰成为了英国的一部分。

Andrea: And it now shares a border with the Republic of Ireland.

Jean: 直到今日它都和爱尔兰共和国继续接壤。

Andrea: Today we're going to be finding out a little bit about Northern Ireland, one of four countries that make up the United Kingdom.

Jean: 还有深受大家喜爱的爱尔兰舞是如何为推动国土统一起到了它独特的作用。

Andrea: Hello. I'm Andrea.

Jean: 大家好，我是董征。

Andrea: Northern Ireland is probably best known around the world for its conflict.

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There's no such thing as Catholic or Protestant. You're all Christians and they didn't deserve this.

Jean: 罗马天主教、民族主义者和新教徒联合主义者之间已经存在着多年的血腥冲突。

Andrea: And so Irish identity is complex.

Jean: 而爱尔兰的民族面貌也就因此而非常多面化。

Andrea: But something that brings the country together is Irish dancing.

Sound of Irish dancing class

Jean: 爱尔兰民族舞蹈就是我们中国观众也非常喜爱的“大河之舞”，从爱尔兰的贝尔法斯特到英国港市伦敦德里到处都有人们在跳。

Andrea: Dr Catherine Foley has studied the origins of Irish dancing.

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Irish dance is a very broad concept but if you're looking at Irish step dance, that goes back to end of the 18th century with the arrival of the dancing masters from Europe who would be here in Ireland. They travelled round a 10 mile radius of their home and they would teach in local villages or got the hire of a hall or a barn, in a house or the kitchen of a house and people went evenings to classes. The patrons were really the agricultural community, the farmers.

Jean: 看来爱尔兰舞起源于 18 世纪，就是在欧洲的舞蹈老师来到爱尔兰之后。

Andrea: They taught the people living on farms. They used barns or even kitchens in people's houses to teach people how to dance.

Jean: 他们教爱尔兰当时的农民跳舞，没有练舞的专门场地，他们就在谷仓、库房里，甚至有时候在人家的厨房里练舞。

Andrea: And today it's still really popular and probably one of Ireland's most famous exports.

Jean: 一直到了今天，这都是爱尔兰人深为喜爱的民族舞蹈，也是让爱尔兰在世界上得到众多赞誉的民族艺术。

Andrea: People all over the world study Irish dancing, including those at the Mary Wheelan dance school who like to enter competitions.

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You want to make sure that the adjudicators want to look at you. So loads of sequins on your dress. Sometimes you get people that have got so much crammed on their dress it just looks horrible sometimes. Really bright colours, like you could have pink, orange and lime green. Mine's lilac, pink and gold with a Celtic design on it.

Jean: 这几位女孩给我们介绍，要参加爱尔兰舞的舞蹈比赛，选对正确的舞蹈服装是至关重要的。

Andrea: They talk about adjudicators. Those are the judges.

Jean: 标准的爱尔兰舞服装颜色鲜艳，而且缀满亮片。不过刚才这些女孩子也说到，有的时候来参赛的人把服装点缀得有点过头了。Cram.

Andrea: Colours that you see are pink, gold and lime. And the young girl we heard from has a lilac dress with pink, gold and a Celtic design.

Jean: A Celtic design. 一个凯尔特风格的设计。

Andrea: Irish stories and culture often are to do with Celtic history and tradition.

Jean: 我也是特别喜欢看爱尔兰舞，不过我觉得这个舞也不是一般人能跳得好的，身体要保持那么竖直，还要有很多大大小小的踢腿动作。让我们听听下面爱尔兰舞蹈老师 Mary Wheelan 给我们作进一步的介绍。



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Dancing is not like instant coffee. It takes time. They've watched a video of Lord of the Dance and they come in and expect to be able to do something like that. It just does not happen.

Jean: Mary 她自己也说要想把爱尔兰舞跳到像“大河之舞”或者“王者之舞”里面舞蹈演员的程度其实是非常不容易的。

Andrea: She says that learning Irish dancing isn't like instant coffee.

Jean: Instant coffee 就是“速溶咖啡”。就是说跳爱尔兰舞不是像冲一杯速溶咖啡那么简单，是需要下很大的功夫的。

Andrea: But even more important is that everyone in Northern Ireland can enjoy Irish dancing. It's something that brings people together in a country that has been troubled for a very long time.

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You don't have to be a Catholic, you don't have to be a Protestant. It doesn't matter.

Jean: 舞蹈老师 Mary Wheelan 说，不管爱尔兰的历史多么的坎坷、政治与宗教方面的分歧有多大，爱尔兰民族舞蹈的魅力都不会改变。

Andrea: And it's something Ireland has given to the world.

Jean: 好，我们本期的节目时间又到了。想听到学到更多 BBC 英语教学内容的朋友们，请别忘了有空到我们的网站来看看。我们的网址是 bbcukchina.com。
So until the next time, keep dancing!

Andrea: Bye!

Glossary

identity 个性、面貌	Celtic design 凯尔特风格设计
export 出口	border 边界
adjudicators 裁定者	unite 联合
to cram 填满	dance masters 舞蹈大师