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### 关于台词的备注:

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## **Better Speaking 1 流利度与自信心**

### **Insert**

**Comm:** *This is Dempsey... decent try... oh Green's spilled it! The United States are level and it's a nightmare moment for Rob Green!*

**Jin Lu:** *I spoke the language that expressed what was perfectly truthful in my heart.*

**Jean:** 大家好， 欢迎收听我们的最新系列节目 **Better Speaking**，在这一档系列节目中， 我们会集中讨论如何能够说一口流利的英语， 我是董征。

**William:** And I'm William Kremer. Over the next four programmes we're going to look at different aspects of speaking English, including building vocabulary, finding ways to practise speaking and making yourself sound more natural.

**Jean:** 听完我们这一系列的每一集节目之后， 虽然我们不能保证你能马上说一口像莎士比亚一样优美的英语， 但肯定能让大家学到一些实用有效的英语会话技巧和攻略， 帮助大家早日实现 **better speaking!**

**William:** We're going to begin this new series by looking at something that is very important in speaking but it's not something that hard work alone will necessarily improve: confidence.

**Jean:** **Confidence**, 信心。 我想很多朋友都会同意， 信心在语言会话的流利程度上是有着很大作用的。 不过到底什么是这个所谓的 **confidence?** 其实细想起来它是个挺抽象的概念， 我们怎么能帮助各位爱好英语的听友们提高他们的信心呢? **William?**

**William:** Well, let's think about what it means to lack confidence; to not have confidence. Maybe some of our listeners have felt this lack of confidence before a speech or a job interview.

**Jean:** Hmmm... 是啊， 我相信很多朋友都有类似的经历， 就是在面临一场重要的考试或者是面试之前， 我们的自信心总像是感到好像不足一样。 紧张的情绪让我们的胃里发紧， 喉咙发干， 脑子里好像发蒙一样想不起来该说什么。

**William:** When that happens you're afraid of making a mistake.

**Jean:** Yes, 我们当然怕出错误啦。 不过光怕有什么用呢? 再出错还能错到哪儿去?

## Insert

**Com:** *This is Dempsey... decent try... oh Green's spilled it! The United States are level and it's a nightmare moment for Rob Green! Oh dear oh dear!*

**William:** Jean! Why did you have to play that?! No English person ever wants to be reminded of that moment ever again!

**Jean:** Ha... 刚才给大家播的这个片段是英国足球队守门员 **Rob Green** 在今年 2010 世界杯上在英国首场比赛中不小心失误，与对方射来的球失之交臂的情景。本来英国队这次能打得败美国队的，结果就因为这一个进球而不得不以平局告终。 **Are you all right now, William? Have you recovered yet?**

**William:** It might take me a while actually! Anyway, that is certainly a good example of a mistake, a big mistake. But let's listen to Rob Green in interview after the match. In this clip, Rob Green says that he made a big mistake but he managed to bounce back from his mistake.

**Jean:** He bounced back 他重整旗鼓，在接下来的这场比赛中发挥的也不错，没有再出现失误。 **Rob** 能够继续坚持下去， **he was able to move on.** 让我们听听他下面的这段自述。

## Insert

**Rob Green:** *You'd say we probably obviously had enough chances to win the game and I've cost us a goal which, you know, is regrettable but something to bounce back from and not let it affect myself for the next fifty minutes to an hour, whatever was left in the game and to carry on working and to keep focussed on the game and so be it, it's happened and move on, and you know, bounce back from it.*

**William:** There's an important lesson here for English learners. People who are learning English usually make mistakes. So that's a normal part of the process of learning.

**Jean:** 犯错只是学习中的一个必然环节。不过 **William**，可没有人是自己想犯错误的呀。

**William:** No, of course not. But it's probably going to happen, Jean. And this relates to something that is sometimes called accuracy versus fluency.

**Jean:** Accuracy versus fluency – 是语法准确重要，还是说话流利更重要？

**William:** As a teacher I have met one or two students who have an amazing gift for language. They're able to speak very fluently and they make very few mistakes but most people aren't like that; most people's brains aren't like that! When they're speaking they tend to lean towards either accuracy or fluency.

**Jean:** 好, **William**, 我看你想说的就是, 当人们用不是母语的语言讲话的时候, 他们一般注意的往往是两个方面: 一个是他们使用的语法正确与否, 一个是他们的语速和流利度, 但这两个方面很难总是同时能注意得到。

**William:** Exactly. And some people, who seem to lack confidence with speaking, just haven't quite got that balance right. So they are too focussed on accuracy; they are too worried about making mistakes.

**Jean:** 是的, 对于有的人来说, 他们需要放松神经, 把想说的说出来就行了, 即使他们的语法可能不一定总是完全正确。

**William:** So this is partly a cultural thing, I think. And some cultures are very expressive. So although this is a bit of a stereotype I'm sure it's true that Italian learners of English tend to focus on fluency over accuracy and they tend to be very good speakers of the language, very good communicators, even if they make some mistakes. But what do you think about Chinese learners, Jean?

**Jean:** 我觉得我们中国人学英语可是非常注意语法的, 不过有时候光注意语法时态了, 反而显得说话不太流利一样。不过你知道吗 **William**, 我觉得这很难用地域国家来笼统的给人家下定义的。因为每个英语学习者的习惯方法都不同, 就拿我们中国人来讲, 有的人着重语法, 也有的人更着重表达的顺畅。

**William:** Yeah. How about you then Jean? When you were first learning English, what type of learner were you? I mean, were you a careful one or were you an expressive, fluent speaker of English?

**Jean:** Oh 我从来都是想到什么说什么, 好像从来都没特别计较过语法!

**William:** Now why doesn't that surprise me?! OK, in a minute we're going to give you a Take Away Tip – that's something simple that you can do right away to help your speaking. But before that, I want to listen to a little bit more of that interview with Rob Green. In this clip, what does Rob say we should prepare for?

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**Rob Green:** *That's what you prepare for; you don't prepare for making great saves, you don't prepare mentally for making, you know, having a perfect game, you prepare for making mistakes and it is bouncing back from those mistakes which is the important part. And thankfully, you know, in the next fifty minutes of the game I did that. You know these things happen in football, they happen as a goalkeeper and the thing is to prepare right and to prepare for the mistakes.*

**Jean:** Rob Green said you don't prepare for having a perfect game, you prepare for making mistakes.

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**Rob Green:** ... you don't prepare for making great saves, you don't prepare mentally for, you know, having a perfect game, you prepare for making mistakes and it is bouncing back from those mistakes which is the important part.

**Jean:** Prepare for mistakes 准备好犯错误吧。这也正好让我们乘这个机会给大家马上就能用得上的一个小小的建议， **Let's hear this week's Take Away Tip.**

## Music

**Voice:** 当大家说英语的时候，一定要准备好犯各种各样的错误。最重要的是让和你说话的对方做好思想准备。所以你可以事先和对方说：

*I'm still learning English so I'm sorry if I make a small mistake when I'm speaking.*

让我们再听一遍。

*I'm still learning English so I'm sorry if I make a small mistake when I'm speaking.*

**I'm still learning English so I'm sorry if I make a small mistake when I'm speaking.** 虽然你再说 **sorry** 其实并不是在向对方道歉，而是告诉对方做好你可能出错的准备。告诉对方你的英语还不理想，可能会出错，其实会帮助你放松下来，集中精力去说你想说的话，而不要去太去小心翼翼的注意自己用的每一个语法和词汇。

*I'm still learning English so I'm sorry if I make a small mistake when I'm speaking.*

**Jean:** Welcome back. Today we're talking about confidence and the positive impact this will have on your speaking ability. 接下来我们会来听听 **Jin Lu** 同学的一段谈话。 **Jin Lu** 同学是 2009 年 21 世纪报英语演讲大赛的冠军得主。

**William:** Yes that's right. And I saw Jin Lu's speech on stage and I remember that not only was her English brilliant but she had really amazing composure.

**Jean:** Composure, 镇静、沉着。 **Jin Lu** 同学现在正在德国读书，不过我们通过邮件和她取得了联系，她给我们做了一段谈话。我们发给她的问题是：是什么能够让她在大赛中那样地充满自信呢？

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**Jin Lu:** Well the answer is very simple: to be true and to be myself. If my words are sincere, my idea is original, my speaking is the best I can do, and my style as a speaker is so unique that no one can steal it, then what is there to be afraid of? This is all that gave me confidence and reassurance in the competition. I saw the competition as a place to share my life and stories, to voice some of my real thoughts, instead of giving rhetorical clichés.

*When my mind was freed of worry, it became light and inspired. My favourite poems, the treasured moments in my life, and my daily reading and thinking all felt right at hand when I gave my speeches. So I think I won not because I spoke perfect English, but because I spoke the language that expressed what was perfectly truthful in my heart.*

**Jean:** Ah, that's really nice isn't it?

**William:** It's lovely. She has such a nice way with words. One thing struck me when I was listening to that Jean. It's obvious isn't it that Jin Lu had prepared a lot for that competition in the same way as we might prepare for exams or job interviews. And I think it's useful for learners to think about the work they do in English class and by themselves at home as preparation rather than study. And one of the things they're preparing for is speaking.

**Jean:** 是的。就是说，我们要把在课上和在课下的学习都作为是练习和准备的机会。Jin Liu 她说她最喜欢的一首诗的时候，她感觉是 **right at hand**，马上拿出来就能用，而她在演讲大赛上能够发挥自如，是因为她在下面自己下功夫做的这些准备。所以如果大家在学习上学习语法和词汇的时候用心领会了，你在运用它们进行英语会话的时候就能放松很多，而这些语法和词汇也会让你感到 **right at hand**。还有，William，说到用词应该准确还是顺畅这个话题，大家总是说有的人自然容易注意语法，有的人喜欢集中在顺畅流利度上，我想，也许我们可以把这两个方面分别集中对待一下，就是说，在学习书本课程、上课的时候，我们着重学习的是语法和时态，而当我们练习会话的时候，我们就需要更加注意使用这些知识的顺畅度。

**William:** Absolutely, I think that that's a really good way of putting it, Jean. And the other thing that's important here is what Jin Lu said about being herself, about being sincere.

**Jean:** Being sincere, 保持真诚。让我们把她的这段话再听一遍。

### Insert

**Jin Lu:** *Well the answer is very simple: to be true and to be myself. If my words are sincere, my idea is original, my speaking is the best I can do, and my style as a speaker is so unique that no one can steal it, then what is there to be afraid of?*

**William:** Speaking well is partly about being able to express your personality, your ideas; your opinions. And it's all about establishing a connection with someone else. And you're going to establish that connection better if that person you're talking to really believes you mean what you say.

**Jean:** 是的，其实真诚和真挚的感情在我们讲话的时候也是非常重要的。有关这一点，我们还请到了一位中国的英语学习者李雪松同学给我们谈了她的感想。李雪松同学刚到英国，英语还属于初级学习阶段，不过她自己已经能够用英语相当有效的进行沟通了。在下面这段录音中，她给 William 用英语形容了她自己刚出生不久的小宝宝。她在谈到自己心爱的 **baby** 的时候溢于言表的开心和温情自然而然的让她的话语产生了很强的凝聚力。

## Insert

**Xuesong Li:** *She is five months old now. I think she is lovely. But she looks like a boy because she takes after my husband. She is quiet most times in the day. I think everybody loves her. But the worst thing is she will, she will wake up several times a night so I have to wake up, you know... so I can't sleep well since she was born.*

**William:** *And does she give lots of people big smiles? Is she quite a friendly baby or is she a bit shy?*

**Xuesong Li:** *She likes smile. She name... er, her name is Xiao, it means smile. So when people smile to her (s)he will smile back. It's lovely!*

**Jean:** Oh 好可爱啊! 那好 William, 我们今天的这期节目已经带大家集中研究了英语会话中的几个方面, 那在节目快结束的时候, 我们能不能再带大家把这些内容回顾一下呢?

**William:** Good idea Jean. And because today's programme is all about confidence, let's play some motivational music!

**Jean:** Motivational music... 鼓舞人心的音乐。 Yeah! 那当然好啦! You can do anything!

**Voice:** 不要害怕出错误。这只是学习中必然会出现的一个现象。

让你听你说话对方作好你会出错的准备, 也能让你自己心理上得到放松, 你可以向对方说 I'm still learning English so I'm sorry if I make a small mistake when I'm speaking.

在课堂学习时我们可以集中学习和掌握如何去表达, 而当我们在会话时就要放松心情, 注意说话时想表达和沟通的内容。 Relax and be yourself!

**William:** So there you go. I hope that you have found this programme a useful insight into confidence and fluency.

**Jean:** 在下周的节目中, 我们会带大家一起来学习掌握英语会话当中另一个必不可少的元素, 就是词汇。

**William:** Yes, we'll be asking: Why are you learning English? What vocabulary are you likely to need in the future and are you learning that vocabulary in a way that will help your speaking?

**Jean:** Let's end today's programme on a positive note, William. 下面这段录音来自我们另一位中国朋友 Liu Bo. 从他的这段体会中我们就能看出, 只要耐心练习不怕失败, 我们总会越来越有信心, 实现 better speaking! 我们下期节目再见。

**William:** Bye bye.

## Insert



[Speaking in Chinese]

**Bo:** *Two years ago when I came here I was really nervous and scared to make mistakes. But slowly you have no option, you start with no friends, family you have to speak so one sentence after another slowly you have more confidence. I found in this respect British people are so nice, they don't look down on you or laugh at you instead they help you, allow you to speak independently so it really built my confidence that I could go out and converse so me more.*