

FOLLOW
BARACK OBAMA
TO LEARN ENGLISH

跟奥巴马 学英语2

孟宪波◎编 / 译



中信出版社 CHINACITICPRESS

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编译者前言

中国有幸拥有一个举世闻名的翻译家，希望再接再厉。

——沙博理 著名翻译家

继《我们相信变革》和《跟奥巴马学英语》之后，宪波同志又翻译了《跟奥巴马学英语2》。我相信这些译著不管是其内容还是译文水平都会令读者受益匪浅，博得他们的好评。这也是我们翻译界的可喜成果。

——尹承东 中国翻译协会副会长

通过我和助手们数月辛勤笔耕，《跟奥巴马学英语2》终于译毕。

该书囊括了奥巴马总统2004~2009年所做的12篇演讲，其中包括其访华期间在上海科技馆与中国大学生的对话。演讲内容涉及政治、经济、军事、文化、外交等诸多方面，语言生动活泼，耐人寻味。通过阅读这些作品，广大读者能够从不同的角度对奥巴马的政治观点和核心理念进行一次比较全面的了解。

为忠实于原文并使译文语言尽善尽美，我们首先对奥巴马

的演讲风格进行了细致了解，通读整篇著作。在翻译过程中，我们不仅对原著进行了深入研究，更大量参考关于奥巴马的各种书籍文献和影音资料，反复推敲，不断修改译文，力求在忠实传达原意的同时，使译文铿锵有力、朗朗上口，真实再现奥巴马演讲时的气势与风范。

下面，我想谈一谈我个人对翻译和外语学习的一点看法。

翻译的定义

翻译是把一种语言的意义用另一种语言表达出来。

——《辞海》

自有人类，便有了沟通。不同部落或族群之间有时需要借助翻译才能进行交流。这一语言活动至少进行了几千年，影响语言和文化的发展，也促进了不同语言和文化间的交流与转换。然而，这一转换过程却包含了无数译者大量艰辛的劳动。国外的一本翻译教程指出：“Our profession is based upon knowledge and experience. It has the longest apprenticeship of any profession. Not until 30 do you start to be useful as a translator and not until 50 do you start to be in your prime.”（作为翻译，我们的职业以知识和经验打底，其学徒期之长居任何职业之冠，30岁始登途，50岁方入佳境。）

诚然，翻译是一门学问、一门艺术，其艰辛程度丝毫不亚于任何高雅的文学创作，因为翻译本身就是一种创作，是用另一种语言在原作基础上进行的再加工和再创作。上等的原著会令人叹为观止，优秀的译作亦能使人拍案叫绝。

何谓口译？

口译是翻译的一种表现形式，译员以口头表达的形式在有限的时间内快速将听到或读到的信息转换成另一种语言并表达出来。口译是跨文化和跨民族交流所依赖的一种较为基本的语言交际工具。

口译源远流长，是人类历史上最古老的职业之一。早在文字诞生之前，随着人类交往的开展，口译便应运而生。因此，从这个意义上讲，口译远早于笔译。

在信息高速发展、科技日新月异的今天，口译更成为经济全球化不可或缺的润滑剂和沟通的桥梁。高超的口译可以使双方交流达到水乳交融的境界。

口译类型繁多，主要分为：交替口译（consecutive interpretation）、同声传译（simultaneous interpretation）、耳语翻译（whispering interpretation）和视译（sight interpretation）等。

口译的基础是笔译。严谨的笔译可以为口译打下扎实的基本功。没有扎实的笔译基础，口译很难实现水乳交融的效果或达到炉火纯青的境界。因此，对一些译员重口译而轻笔译的看法，我不敢苟同。

词汇

词汇是表达思想的载体。译者要善于通过语言来表现文化。因此，词汇的积累多多益善。然而，外语词汇的积累并非一蹴而就，需要日积月累、坚持不懈。不少学生曾尝试过突击式的记忆，即每天背诵成百上千个单词；或一边阅读小说，一边查

字典。结果都是事倍功半。

事实上，遗忘是一种正常的生理现象。德国心理学家艾宾浩斯（H. Ebbinghaus）曾提出记忆遗忘曲线（the forgetting curve）——遗忘在学习之后即出现，且速度不一，先快后慢。掌握了这一规律，我们不妨采取经常复习的方法。比如，我们要记住一个较生僻的单词，需要重复 16 遍左右。如果我们一次性重复 16 遍，其记忆效果远不如在 16 个不同的时间段去记忆单词。同时，单词记忆应掌握一些方法和技巧，比如联想记忆。例如“pangolin”（穿山甲）一词就可以这样记：pan-go-lin，潘（pan）林（lin）两家之间有一条沟，穿山甲在里面爬来爬去，这样记忆，生动有趣，不易遗忘。此外，还可以尝试用分类记忆、词根记忆等方法进行记忆。但是，归根结底，实践才是最好的记忆方法。

实践——最好的学习方法（Practice is the best way to learn）

译界前辈唐闻生曾指出：“学无止境。社会的进步与发展对翻译工作者提出了越来越高的要求。译员应该熟悉不同行业的表达方式和专业术语，并做到与时俱进；翻译的模式应该是训练与实战相结合，二者相辅相成，缺一不可。这好比是运动员的训练和比赛之间的关系，平时的积累与现场发挥密不可分，相互促进。翻译应注重平时的积累，厚积薄发。没有大运动量的训练，不进行长期的涵养，则运动员难以取得好成绩，翻译也难出好作品。”

同时，翻译还是一门遗憾的艺术。没有最好的翻译，只有更好的翻译。古人云：书到用时方恨少。我们只有通过实践才能检验自己学习的不足，激发我们学习的动力。我本人每做完一次口

译，都会有一种自责的感觉，总有一些不尽如人意的地方。然后，我会在语言基础、文化背景和翻译技巧等方面找出自己的差距，并针对自己的不足下工夫。口译界有这样一个座右铭：“Know something of everything and everything of something.”（所有的事情都知道一些，有的事情要知道一切。）同声传译译员更需具备过目不忘的本事（photographic memory）和百科全书式的知识面（encyclopedic knowledge）。因此，对翻译工作者而言，语言修养永无止境。而语言修养既包括母语又包括外语。高质量的翻译要求译者在源语和目标语两方面均应具有很高的造诣，否则，就会经常出现“只能意会、不能言传”的遗憾。

我非常赞同我的良师诤友、翻译家李尧教授对翻译的评述：以苦为乐，苦中求乐，其乐无穷。

几点建议

- 每天都应该坚持中外文学习，切忌一曝十寒；
- 坚持中外文朗读，注意使用正确的语音语调，朗读和听力练习每天不少于 20 分钟；
- 勤于实践，尽可能多地为自己争取练习的机会；
- 善于借鉴别人的长处，多阅读名家的译作，汲取营养；
- 多查字典，充分利用互联网这一宝贵资源；
- 观察并模仿外籍人士对其母语的应用；
- 勇于修改自己的译文，遣词造句均应做到字斟句酌。

孟宪波

2010 年 3 月于外交公寓

Follow
Barack Obama
to Learn English

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Remarks by President Barack Obama at Town Hall Meeting with Future Chinese Leaders

Museum of Science and Technology, Shanghai, China
November 16, 2009

Good afternoon. It is a great honor for me to be here in Shanghai, and to have this opportunity to speak with all of you. I'd like to thank Fudan University's President Yang for his hospitality^① and his gracious^② welcome. I'd also like to thank our outstanding Ambassador, Jon Huntsman^③, who exemplifies^④ the deep ties and respect between our nations. I don't know what he said, but I hope

① hospitality [ˌhɒspi'tæləti] n. 殷勤, 好客。例: In response to their hospitality, we wrote a thank-you note. 为回报他们的热情, 我们写了一封感谢信。

② gracious ['ɡreɪʃəs] adj. 亲切的, 高尚的。例: gracious welcome 盛情欢迎。

③ Jon Huntsman 乔恩·亨茨曼 (中文名洪博培), 现任美国驻华大使。

④ exemplify [ɪɡ'zemplɪfaɪ] vt. 例示, 例证。例: I am going to exemplify one or two of these points. 我打算就论点中的一两个方面举例说明。

it was good. (Laughter.)

What I'd like to do is to make some opening remarks, and then what I'm really looking forward to doing is taking questions, not only from students who are in the audience, but also we've received questions online, which will be asked by some of the students who are here in the audience, as well as by Ambassador Huntsman. And I am very sorry that my Chinese is not as good as your English, but I am looking forward to this chance to have a dialogue.

This is my first time traveling to China, and I'm excited to see this majestic^① country. Here, in Shanghai, we see the growth that has caught the attention^② of the world—the soaring^③ skyscrapers^④, the bustling^⑤ streets and entrepreneurial activity. And just as I'm impressed by these signs of China's journey to the 21st century, I'm eager to see those ancient places that speak to us from China's distant past. Tomorrow and the next day I hope to have a chance when I'm in Beijing to see the majesty of the Forbidden City and

① majestic [mə'dʒestɪk] adj. 宏伟的。例: The great ship looked majestic in her new colors. 这艘巨轮着上新漆显得很雄伟。

② catch one's attention 引起某人注意。例: The silver plated caster on the dining table caught her attention. 餐桌上的镀银调味品瓶架引起了她的注意。

③ soar [sɔː] v. 往上飞舞, 升腾, 猛增, 暴涨。例: The prices of new cars have soared. 新车价格暴涨。

④ skyscraper ['skaɪskreɪpə(r)] n. 摩天大楼。

⑤ bustling ['bʌslɪŋ] adj. 熙熙攘攘的, 忙乱的。例: People were bustling in and out. 人们匆匆忙忙地出入。

the wonder of the Great Wall. Truly, this is a nation that encompasses^① both a rich history and a belief in the promise^② of the future.

The same can be said of the relationship between our two countries. Shanghai, of course, is a city that has great meaning in the history of the relationship between the United States and China. It was here, 37 years ago, that the Shanghai Communiqué^③ opened the door to a new chapter of engagement^④ between our governments and among our people. However, America's ties to this city—and to this country—stretch back^⑤ further, to the earliest days of America's independence.

In 1784, our founding father, George Washington, commissioned the Empress of China, a ship that set sail for^⑥ these shores so that it could pursue^⑦ trade with the Qing Dynasty. Washington wanted to see the ship carry the flag around the globe, and to forge new ties with nations like China. This is a common^⑧ American

① encompass [in'kʌmpəs] vt. 围绕（包围，拥有，完成）。例：The prison is encompassed by high walls. 监狱被高墙围绕着。

② promise ['prɒmɪs] n. 前途，希望。

③ communiqué [kə'mju:nikei] n. [法语] 公报，公告。

④ engagement [in'geɪdʒmənt] n. 诺言，婚约，约会。

⑤ stretch back 回溯。例：Its global temperature records stretch back to 1850. 该机构的全球温度记录始于1850年。

⑥ set sail for 起航前往某地。

⑦ pursue [pə'sju:] vt. 继续，从事，追求。例：The government is pursuing a policy of non-intervention. 政府正奉行不干预政策。

⑧ common ['kɒmən] adj. 普通的，共同的。例：Richard and I have so much in common. 理查德和我有如此多的共同点。

impulse^①—the desire to reach for new horizons, and to forge^② new partnerships that are mutually beneficial.

Over the two centuries that have followed, the currents^③ of history have steered^④ the relationship between our countries in many directions. And even in the midst of^⑤ tumultuous^⑥ winds, our people had opportunities to forge deep and even dramatic^⑦ ties. For instance, Americans will never forget the hospitality shown to our pilots who were shot down over your soil during World War II, and cared for by Chinese civilians^⑧ who risked all that they had by doing so. And Chinese veterans^⑨ of that war still warmly greet those American veterans who return to the sites where they fought to help liberate China from occupation.

A different kind of connection was made nearly 40 years ago

① impulse ['ɪmpʌls] n. 冲动; v. 推动。例: We were seized by a sudden impulse to run. 我们身不由己, 突然想跑。

② forge [fɔ:dʒ] vt. 锻造。例: A knowledgeable action plan provides you with the power to forge ahead. 一份内容详细的行动计划能提供你勇往直前的力量。

③ current ['kʌ:rənt] n. 潮流; adj. 流通的, 现在的, 最近的。例: Our current methods of production are too expensive. 我们现今用的生产方法太花钱了。

④ steer [stiə] vt. 驾驶, 控制, 引导。例: He steered the car skillfully through the narrow streets. 他熟练地驾驶着汽车穿过狭窄的街道。

⑤ in the midst of 在……之中。

⑥ tumultuous [tju:'mʌltʃuəs] adj. 吵闹的, 骚乱的, 纷乱的。例: Tumultuous applause followed but received an unexpected check. 掌声轰然四起, 但随即又出人意料地停住了。

⑦ dramatic [drə'mætik] adj. 戏剧性的, 引人注目的。

⑧ civilian [sə'vɪliən] n. 平民。例: He resigned his commission to take up a civilian job. 他辞去军职而从事平民工作。

⑨ veteran ['vetərən] n. 老兵, 老手, 富有经验的人。

when the frost^① between our countries began to thaw^② through the simple game of table tennis. The very unlikely nature of this engagement contributed to^③ its success—because for all our differences, both our common humanity^④ and our shared curiosity were revealed^⑤. As one American player described his visit to China—“(The) people are just like us... The country is very similar to America, but still very different.”

Of course this small opening was followed by the achievement of the Shanghai Communiqué, and the eventual establishment of formal relations between the United States and China in 1979. And in three decades^⑥, just look at how far we have come.

In 1979, trade between the United States and China stood at roughly^⑦ \$5 billion—today it tops over \$400 billion each year. The commerce affects our people's lives in so many ways.

① frost [frɒst] n. 霜, 冰冻, 严寒, 冷淡; vi. 结霜, 受冻。例: If this frost lasts the ships in the harbor will be frozen in. 如果这种严寒的天气持续下去, 港内的船只将被封冻。

② thaw [θɔ:] n. & vi. 融解, 变暖和。例: The sudden thaw means that spring is here. 一朝解冻, 便是春天来到。

③ contribute to 有助于, 促成。例: I hope I can contribute to your team. 希望我能为你们的团队作出贡献。

④ humanity [hju:'mænəti] n. 人类, 人道, 仁慈, 人文学科。例: He treated the prisoners with humanity. 他人道地对待俘虏。

⑤ reveal [ri:'vi:l] v. 显示, 透露。例: Government employees swear an oath not to reveal official secrets. 政府雇员宣誓不泄露官方机密。

⑥ decade ['dekeid] n. 10年。例: the first decade of the 21st century 21世纪前10年。

⑦ roughly ['rʌfli] adv. 大约, 概略地。例: Roughly speaking, I would say that about 100 people attended the exhibit. 粗略地说, 我想大约有100人参观了展览。

America imports from China many of the computer parts we use, the clothes we wear; and we export to China machinery that helps power your industry. This trade could create even more jobs on both sides of the Pacific, while allowing our people to enjoy a better quality of life. And as demand becomes more balanced, it can lead to^① even broader prosperity^②.

In 1979, the political cooperation between the United States and China was rooted largely in our shared rivalry^③ with the Soviet Union^④. Today, we have a positive, constructive^⑤ and comprehensive^⑥ relationship that opens the door to partnership on the key global issues of our time—economic recovery^⑦ and the development of clean energy; stopping the spread of nuclear weapons^⑧ and the scourge^⑨ of climate change; the promotion of peace and security in

① lead to 导致，引起，通向。例：Too much work and too little rest often lead to illness. 过量的工作和过少的休息会引起疾病。

② prosperity [prɒ'sperəti] n. 繁荣，成功。例：People enjoyed a prosperity undreamed of at the end of the war. 人们享受着在战争结束时做梦也想不到的繁荣。

③ rivalry ['raɪvlri] n. 竞争，竞赛，对抗。例：Rivalry among business firms grew more intense. 公司间的竞争趋于激烈。

④ Soviet Union (前) 苏联，全称为苏维埃社会主义共和国联盟。

⑤ constructive [kən'strʌktɪv] adj. 建设性的。例：He put forward a constructive suggestion. 他提出了一个富有建设性的建议。

⑥ comprehensive [kəm'pri'hensɪv] adj. 全面的，能充分理解的，广泛的。例：We have a rather comprehensive subway system here. 我们这儿有相当完善的地铁系统。

⑦ recovery [rɪ'kʌvəri] n. 恢复，复原，痊愈，回收。例：A lot has been done in the recovery of national economy in the past few years. 在过去的几年中，我们为国民经济的恢复做了大量的工作。

⑧ nuclear weapon 核武器。

⑨ scourge [skɔ:dʒ] n. 灾祸，苦难的根源。例：Smallpox was once the scourge of the world. 天花曾是世界的大患。