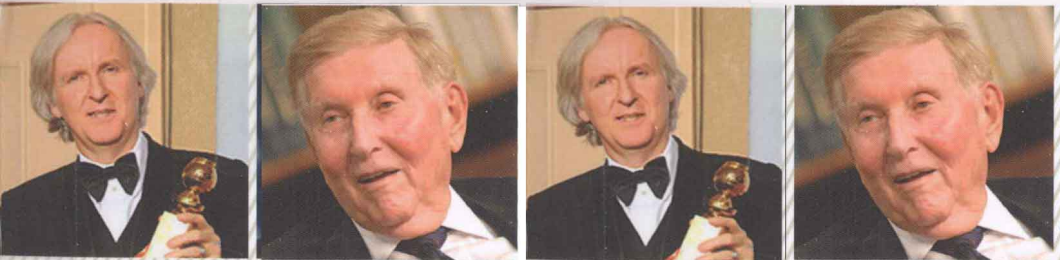
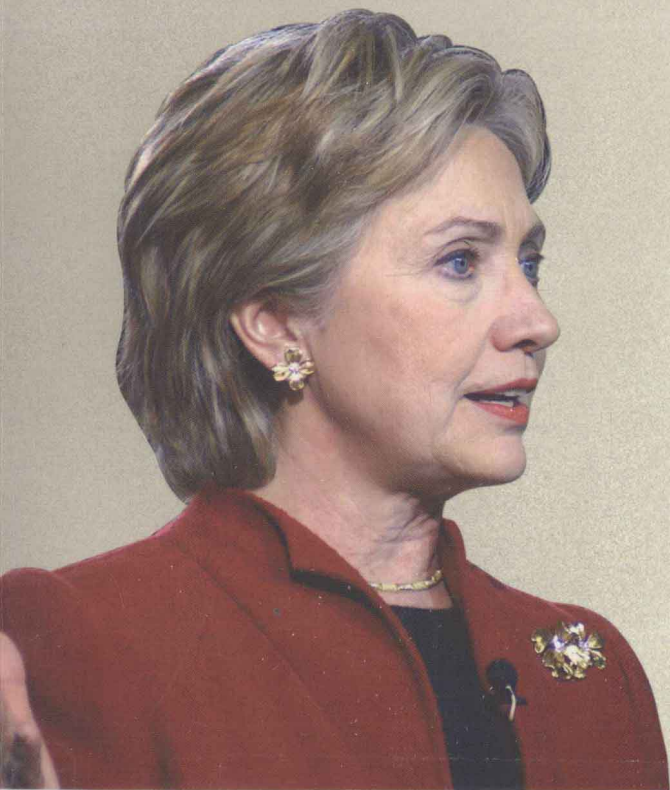


# 我为演讲狂

我的未来我做主

中英文对照



## CRAZY FOR SPEECHES

{ 费奥瑞娜 廖凯原 雷石东 朱棣文 戈尔 卡梅隆 麦凯恩 奥巴马 伯南克 }

狂

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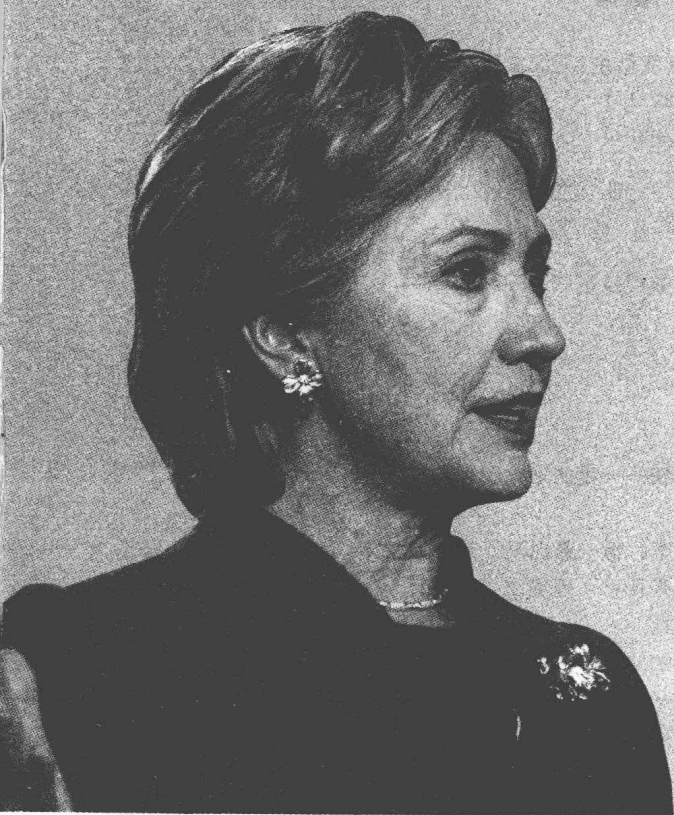


我为演讲狂  
CRAZY FOR  
SPEECHES

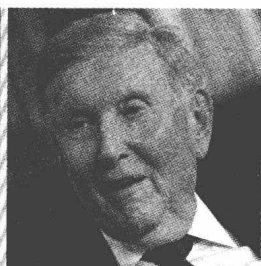
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# 我为演讲狂

我的未来我做主



中英文对照



主 编 吴 静  
翻 译 姜 晏 李 倩 彭白羽 李 威  
姜 晶 张秋思 程雯雯 杜晓琳

狂

100名著名演讲的网友精心选出的名人最给力演讲

演讲辞

# 做一只大黄蜂，一飞冲天

厄尔·巴肯

在夏威夷大学的演讲

2004 年 5 月 16 日



尊敬的罗斯·茨奥校长，尊敬的全体教员，各位毕业生、各位家长，以及其他尊贵来宾，大家好。谢谢你们今天给了我这个机会，让我在这群非凡的年轻人面前演讲。你们每一个人的学位里都包含着自己所付出的劳动、时间以及努力，恭喜你们。不管生活带你去向何方，请在美敦力公司停下。我们公司十分需要你们在心理学和通信方面的天赋。美敦力在 120 个国家和美国的每一个主要城市共有超过 2000 个职位虚位以待。

我还要祝贺你们的夏威夷研究与语言系，研究夏威夷对美国来说是一件重要的事情。我们必须为后代保护好夏威夷的文化和语言，因为这里面包含着许多智慧和仁慈。

我有三位朋友今天也来到了这里，我想对他们表示特别的感谢。我们都希望能为夏威夷岛带来更大的发展。马克思·葛贝格是一位新能源专家，罗恩·汤姆斯是一位火箭专家，约翰·克拉文是一位潜

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**faculty** / 'fækəlti / *n.* 全体教员

**marvelous** / 'mɑ:vələs / *adj.* 令人惊异的，非凡的

**submarine** / 'sʌbməˌri:n / *n.* 潜水艇

作。高中的所有暑假我都在工作。我的工作只是管理复印机。我利用午餐时间开始学习使用康普托计算机。后来老板还需要一个人用计算机管理账务,于是我得到了那份工作。现在,我依然一周工作七天,包括周末和节假日。你的工作需要大量的激情和热情。最重要的是,要准时!让人们对你刮目相看。

3. “预备、发射、瞄准。”这是我一辈子都在用的方法。决定永远都做不完,就我的经验来看,最好不要陷入对问题的过度分析。在伦敦力,许多决策很快就制定出来了。第一个起搏器从概念设计到首次使用只用了四周。当然,原始设计并不完美,但是它能起作用。如果直觉告诉你,你的想法不错,那就去做。不要被“预备、瞄准……瞄准……瞄准……”搞得举棋不定,而让别人“发射”了。一定要第一个“发射”!

4. 不停地学习。知识正在以几何级的数量快速增长。正因如此,你们在学校学到的科技信息会在两年以后过时。你们需要不断地阅读,学习生活中的一切。今天我收到了 178 份杂志和期刊。我不可能把它们都读一遍,只是浏览大部分的内容,但我在努力追赶。你们要一直保持学习的兴趣。

5. 大胆做梦,敢于创新。北夏威夷社区医院与世界上任何一家医院都不同。它的目的在于帮助病人身体、精神全面康复,而不只是一家治疗身体疾病的医院。天窗、宽厅、音乐让医院变成康复环境的

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**enthusiasm** / in'θuziæzəm / *n.* 热情

**pacemaker** / 'peis,meikə / *n.* 心脏起搏器

**obsolete** / 'ɒbsəli:t / *adj.* 已废弃的,过时的

**scan** / skæn / *vt.* 浏览

**skylight** / 'skailait / *n.* 天窗

by Medtronic, the programs at Tutu's House<sup>②</sup>, the "Just Think" Mobile, the Bakken Museum, my "off the grid" home at Kiholo Bay — all these are "thinking out of the box."

Live your life according to these five principles and follow your dreams. You can **shape** the future to make your dreams come true, but you must work for it. Don't just hope it will happen.

By all reckoning, the **bumblebee** is **aerodynamically** unsound and shouldn't be able to fly. Yet, the little bee gets those wings going like a **turbo-jet** and flies to every plant its chubby little body can land on to collect all the **nectar** it can hold. Bumblebees are the most persistent creatures. They don't know they can't fly, so they just keep **buzzing** around. Like the lowly bumblebee, honored graduates, never give in to **pessimism**. Don't know that you can't fly, and you will soar like an eagle. Don't end up regretting what you did not do because you were too lazy or too frightened to soar. Be a bumblebee! And soar to the heavens. You can do it. God speed to you all.

一部分,这就是我们所说的“混合药物”。美敦力研发的器材、图图之家的项目、“梦幻”手机、巴肯博物馆以及我在霍洛湾远离尘世的家,所有这些丰富想象力的产物。

根据这5个习惯生活,追随你的梦想。你能开创未来,实现梦想,但是你必须努力奋斗,不要只希望梦想会自己实现。

从空气动力学上讲,无论怎么衡量,大黄蜂都是不健全的,也不应该会飞。但是这个小生物有着像涡轮喷气飞机一样的翅膀,只要它圆乎乎的身体能够降落,它的翅膀就能够带着它飞到任何植物的花蕊上去采蜜。大黄蜂是最执著的生物,它们不知道自己不能飞,因此它们只管嗡嗡地把翅膀扇个不停。亲爱的毕业生们,你们要像这弱小的大黄蜂一样,绝不向逆境低头。不知道自己不能飞,你就会飞得像雄鹰那么高。不要因为自己太懒或太怕翱翔,而到头来后悔自己无所作为。做一只大黄蜂!一飞冲天!你会做到的。上帝会帮助你们所有人一飞冲天。

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**shape** /ʃeɪp/ *vt.* 塑造

**bumblebee** /'bʌmblbi:/ *n.* 大黄蜂

**aerodynamically** /,ɛərədaɪ'næmɪkəli/ *adv.* 空气动力学的

**turbo** /'tɜ:bəu/ *n.* 涡轮

**nectar** /'nektə/ *n.* 花蜜

**buzz** /bʌz/ *vi.* 发出嗡嗡声

**pessimism** /'pesɪmɪzəm/ *n.* 悲观



# 阅读笔记



It's a Privilege and a Blessing  
Remember Being a Father

Robert G. Giddens

Speech at Father's Day of White House

June 19, 1994

Thank you very much for making a  
place have a seat. Thank you for me just being by making a  
few acknowledgments. First of all, I've got some outstanding is-  
their part in the first row who aren't seeing their kids enough  
because I'm working with them all the time -- later members of  
the Cabinet, Secretary of the Treasury, Jim Gribner, Attorney  
General Eric Holder and Secretary of Commerce Gary Locke

In addition, we've got one of my prizes and I'm sure one  
of yours, somebody whose number is 17 and on the left and on the  
right is President of the United States, and that's Congressman  
Tom Lewis of Georgia. Tom Lewis is here. A few

other folks on the District of Columbia Congresswoman  
Cynthia L. Johnson is here.

To acknowledge the Mayor of Washington, D.C.,  
in the house. The executive director of AARP,  
Commander is here. I want to thank all the panel discussion



participants who are involved in today's events, and I want to thank Nurney Mason — a Washington, D. C. icon. Nurney founded Mason's Barbershop in 1961. That's the year I was born. It's still going strong. He is here with his children and his grandchildren.

One year ago this week, we kicked off a national conversation on fatherhood and personal responsibility, and members of our administration fanned out all across the country to hear from fathers and families about the challenges that they face. Secretary Arne Duncan, our Secretary of Education, held a discussion in New Hampshire about the link between fatherhood and educational achievement. Gary Locke talked to fathers in California about balancing the needs of their families with the demands of their jobs. Secretary Shinseki, of Veterans Affairs, held a town hall for military and veteran dads in North Carolina. And Attorney General Holder traveled to Georgia for a forum about fathers in our criminal justice system.

And in each of these places, each of these leaders posed a simple question: How can we as a nation — not just the government, but businesses and community groups and concerned citizens — how can we all come together to help fathers meet their responsibilities to our families and communities?

And we did this because we know the vital role fathers play in the lives of our children. Fathers are our first teachers and coaches — or in my house, assistant teachers and assistant coaches — to mom. But they're our mentors, our role models. They show us by the example they set the kind of people they want us to become.

But we also know that what too many fathers being absent



means — too many fathers missing from too many homes, missing from too many lives. We know that when fathers abandon their responsibilities, there's harm done to those kids. We know that children who grow up without a father are more likely to live in **poverty**. They're more likely to drop out of school. They're more likely to wind up in prison. They're more likely to **abuse** drugs and alcohol. They're more likely to run away from home. They're more likely to become **teenage** parents themselves.

And I say all this as someone who grew up without a father in my own life. He left my family when I was two years old. And while I was lucky to have a wonderful mother and loving grandparents who poured everything they had into me and my sister, I still felt the weight of that absence. It's something that leaves a hole in a child's life that no government can fill.

So we can talk all we want here in Washington about issues like education and health care and crime; we can build good schools; we can put money into creating good jobs; we can do everything we can to keep our streets safe — but government can't keep our kids from looking for trouble on those streets. Government can't force a kid to pick up a book or make sure that the homework gets done. Government can't be there day in, day out, to provide **discipline** and **guidance** and the love that it takes to raise a child. That's our job as fathers, as mothers, as **guardians** for our children.

The fact is, it's easy to become a father, technically — any guy can do that. It's hard to live up to the lifelong responsibilities that come with fatherhood. And it's a challenge even in good times, when our families are doing well. It's especially

庭没有父亲,太多的人生不见父亲的踪影。我们知道当一个父亲放弃为人父的责任时,他的孩子就会深受其害。我们也知道在没有父亲的家庭中成长的孩子更有可能生活贫困。他们更有可能辍学、坐牢、滥用毒品并酗酒。他们更有可能离家出走、成为未成年父母。

我会这么说是因为我自己的人生中就缺少了父亲。我两岁的时候他离开了家。虽然幸运的我有一个出色的母亲和两位对我和妹妹倾注一切的祖父母,但我仍能感受到父爱缺失的巨大影响。那是一个孩子人生中永远的空洞,没有什么政府能填满它。

所以,即使我们可以在华盛顿这里谈论诸如教育、医疗保健和犯罪等等事宜;即使我们可以兴建优秀的学校;即使我们可以把钱投入到创造就业之中;即使我们尽全力保证我们的街道安全——但是政府却不能让我们的孩子们不在这些街道上惹是生非。政府不能强迫一个孩子拿起书本或是确保他们完成家庭作业。政府不能天天在旁,提供孩子成长所需要的管教、引导和关爱。那是我们作为孩子的父亲、母亲和监护人的责任。

事实上,成为一名父亲很简单,严格地说来,每个男人都可以做到。难的是承担为人父后一生相伴的责任。在经济繁荣,家庭收入良好的时候,这尚且都是一个难题。在时势艰难,全家人为了维持家庭

**poverty** / 'pɒvəti / *n.* 贫困,贫乏

**abuse** / ə'bjʊ:s, ə'bjʊ:z / *vt.* 滥用,辱骂,虐待

**teenage** / 'ti:neɪdʒ / *adj.* 青少年的,十几岁的


**discipline** / 'di:slɪn / *n.* 纪律,训练,学科

**guidance** / 'gaɪdəns / *n.* 指导,引导,导航

**guardian** / 'gɑ:diən / *n.* 保护人,监护人

difficult when times are tough and families are straining just to keep everything together.

In a time of war, many of our military families are **stretched** thin, with fathers doing **multiple** tours of duty far away from their children. In difficult economic times, a lot of fathers are worried about whether they're going to be able to keep their job, or find a job, or whether they'll be able to pay the bills and give their children the kinds of opportunities that if they didn't have them themselves, at least they wished for their children. And there are a lot of men who are out of work and **wrestling** with the **shame** and **frustration** that comes when you feel like you can't be the kind of provider you want to be for the people that you love.



But here's the key message I think all of us want to send today to fathers all across the country: Our children don't need us to be superheroes. They don't need us to be perfect. They do need us to be present. They need us to show up and give it our best shot, no matter what else is going on in our lives. They need us to show them — not just with words, but with deeds — that they, those kids, are always our first **priority**.

Those family meals, afternoons in the park, bedtime stories; the encouragement we give, the questions we answer, the limits we set, the example we set of **persistence** in the face of difficulty and hardship — those things add up over time, and they shape a child's character, build their core, teach them to trust in life and to enter into it with confidence and with hope and with determination. And that's something they'll always carry with them: that love that we show not with money, or **fame**, or spectacular feats, but through small daily acts — the

而拼尽全力时,这就尤其困难了。

在战争时期,许多军人家庭力量单薄,因为父亲们要离开孩子们去远方执行各种任务。在经济不景气的时候,许多父亲担心自己是否能保住工作或找到工作,是否能付清各种账单并为孩子们提供各种机会,虽然自己不曾拥有,但他们希望至少孩子们能有这样的机会。有很多人失业,当他们感到自己供养不了所爱之人时,羞愧与挫败感会一直困扰他们。

但我们今天最想对全国的父亲们说的是:孩子们不需要我们成为超级英雄。他们不需要完美无缺的父亲。他们需要的是我们在身边。无论我们的生活中发生什么事情,孩子们需要父亲出现并尽最大的努力帮助他们。他们需要我们告诉他们——不用言语,而以行为——他们,这些孩子们,永远都是我们的头等大事。

那些家庭的聚餐,公园玩耍的下午,睡前讲的故事;我们给予的鼓励,回答的问题,设立的规矩,面对艰难时坚持不懈而做出的榜样——那些事情随着岁月流逝而累加,它们塑造了孩子的性格,培养了他们的核心品质,教会了他们信任并让他们自信、坚定而充满希望地对待人生。那些是孩子们将一直拥有的东西:那是一份爱,它不以金钱、名誉或是丰功伟绩为载体,而是渗透在日常小事之中——我们表现的这

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**stretch** / streɪtʃ / *v.* 伸展,延伸

**multiple** / 'mʌltɪpl / *adj.* 多种多样的,许多的

**wrestle** / 'resl / *v.* 斗争,斟酌,努力解决,摔跤

**shame** / feɪm / *n.* 羞愧,耻辱,可耻的人或物

**frustration** / frʌs'treɪfən / *n.* 挫折,失败,令人沮丧的东西

**priority** / praɪ'ɒrɪti / *n.* 优先权,优先,优先顺序

**persistence** / pə'sɪstəns / *n.* 坚持,毅力

**fame** / feɪm / *n.* 名声,名望

项目。项目的构想十分简单：在父亲们出狱后即刻联系到他们，马上为他们安排所需工作岗位和就业服务，以此来帮助他们开始支付子女的抚养费并回归各自的家庭。

这个项目的灵感来源于彼得·斯波克斯，他曾是美国国家父亲中心的执行董事——是政府部门中许多人的好朋友，而他最近的离世使我们悲痛不已。今天，我们有幸请到了彼得的妻子，芭芭拉。她坐在那里。谢谢你。

这些行动是个好的开始。但最终，是否做个好父亲——决定权还是在我们手上，在我们每个人的手上。全美国的父亲每天都在做同样的事情——出席学校集会，参加家长会，训练孩子踢足球，训练少年棒球联合会，精打细算日常开销，加班加点争取外快来支付孩子上大学的费用。还有很多的父亲——这些人本身并非人父——站出来做一些年轻人的导师、教师、兄长和养父，因为这些年轻人的生命中没有为他们负责的成年人。

有时即使付出最大的努力，在许多充满挣扎和痛苦的日子里，我们还是会有不称职的时候——我就是这样。虽然我和妻子米歇尔一路上好运不断并得到许多人的支持，但作为一个父亲，我还是犯了很多错误。不知已有多久，工作的要求使我不能尽一个父亲的责任。而

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**administration** / ədˌmɪni'streɪʃən / *n.* 行政, 行政部门, 管理

**assembly** / ə'sembli / *n.* 集合, 集会, 议会, 装配

**scrimp** / skrimp / *v.* 节省, 过度缩减

**extra** / 'ekstrə / *adj.* 额外的

**foster** / 'fɒstə / *adj.* 收养的 *vt.* 领养, 培养, 促进, 鼓励

## Background of the Speech

美国现任总统巴拉克·奥巴马的父亲老奥巴马是肯尼亚留学生，母亲安·邓纳姆是美国一名白人女教师。两人的婚姻随着老奥巴马离家前往哈佛大学深造而告终。后来奥巴马随母亲与继父在印度尼西亚生活 4 年。10 岁时回到夏威夷，与外祖父母生活在一起。

## Notes

- ① THEARC: Town Hall Education Arts Recreation Campus 即城镇艺术教育和休闲中心。这家多功能青少年活动中心是一家非营利性机构，位于在华盛顿落后贫穷的社区，为社区提供音乐和艺术教育，课下学生托管服务，医疗设施等等。
- ② Little League: 世界少年棒球联盟，又称世界少棒联盟，是位于美国的一个非营利运动组织，除了管理美国本身的儿童棒球、垒球运动外，同时将该项运动扩展到世界各国。




# You Make Your Own Future

Barack Obama

Speech at Wakefield High School

Arlington, Virginia

September 8, 2009



Hello, everybody! Thank you. Thank you everybody. Everybody go ahead and have a seat. How is everybody doing today? I am here with students at Wakefield High School in Arlington, Virginia. And we've got students tuning in from all across America, from kindergarten through 12<sup>th</sup> grade. And I am just so glad that all could join us today. And I want to thank Wakefield for being such an outstanding host. Give yourselves a big round of **applause**.

I know that for many of you, today is the first day of school. And for those of you in kindergarten, or starting middle or high school, it's your first day in a new school, so it's **understandable** if you're a little nervous. I imagine there are some seniors out there who are feeling pretty good right now — with just one more year to go. And no matter what grade you're in, some of you are probably wishing it were still summer and you could've stayed in bed just a little bit longer this morning.

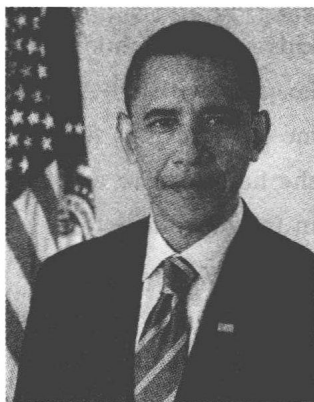
I know that feeling. When I was young, my family lived

# 我的未来我做主

巴拉克·奥巴马

弗吉尼亚州阿灵顿郡韦克菲尔德高中

2009 年 9 月 8 日



大家好！谢谢你们。谢谢大家。大家请就座。大家今天过得如何？我现在与弗吉尼亚州阿灵顿郡韦克菲尔德高中的学生们在一起。美国各地从幼儿园到中学共 12 个年级的学生正在收听收看。我很高兴大家今天都能参与。我还要感谢韦克菲尔德高中精心的组织安排。请给你们自己最热烈的掌声。

我知道今天是很多人开学的日子。对于进入幼儿园或开始初高中生活的学生，今天是你来到新学校的第一天，所以如果你心理紧张是可以理解的。我觉得有些毕业班学生现在应该感觉不错——还有一年就毕业了。不论在哪个年级，你们中有些人大概希望现在还是暑假，今天早上还能多睡一会儿。

我了解这种感觉。小时候，我们家生活在国外。我在印度尼西亚

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**applause** / ə'plɔ:z / *n.* 鼓掌，喝彩，赞许

**understandable** / ˌʌndə'stændəbl / *adj.* 可理解的，能够懂的

住了几年。我妈妈没有钱送我上美国孩子去的学校,但她认为让我接受美式教育是很重要的。因此,她决定从周一到周五自己给我补课。不过她还要上班,所以只能在清晨四点半给我上课。

大家可以想象,我并不愿意那么早起床。有很多次,我趴在餐桌上就睡着了。但每当我抱怨的时候,我妈妈都会责备地看我一眼,然后说:“小子,我也不容易。”

我知道你们有些人还在适应开学后的生活。但今天我到这里来是因为有重要的事情要和你们说。我要和你们谈谈教育问题,以及在这个新学年对你们所有人的期望。

我已做过很多次有关教育的演讲,也曾多次谈到责任。

我谈到过教师的责任,要激励学生并督促你们学习。

我谈到过家长的责任,要确保你们走上正确的道路,完成家庭作业,不会整天只看电视或玩 Xbox 游戏。

我多次谈到过政府的责任,要制定高标准,支持教师和校长的工作,彻底改善不能为学生提供应有机会、教育质量不佳的学校。

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**complain** / kəm'pleɪn / *vi.* 抱怨,控诉,诉说

**adjust** / ə'dʒʌst / *v.* 调节,使适应,调整,校准

**inspire** / ɪn'spaɪə / *vt.* 鼓舞,激发,产生

**standard** / 'stændəd / *n.* 标准,规格,水准

**principal** / 'prɪnsəpəl / *n.* 校长,本金,资本;*adj.* 主要的,首要的

**deserve** / dɪ'zɜ:v / *vt.* 应得,值得