

中国最权威的大学生英语演讲比赛

“21世纪·爱立信杯” 第8届

全国英语演讲比赛

“21st Century · Ericsson Cup”
Eighth National English Speaking Competition

旅游与生态保护：在旅游中培养环保意识
Tourism and Ecology: Learning Through Travel

主办：中国日报社
爱立信(中国)有限公司
承办：英文《21世纪报》

www.topenglish.net

疯狂英语
演讲系列

《疯狂英语》编辑部制作
江西文化音像出版社

“21 世纪·爱立信杯” 第八届全国英语演讲比赛

《疯狂英语》编辑部制作

"21st Century · Ericsson Cup" Eighth National English Speaking Competition

江西文化音像出版社

■《疯狂英语》编辑部敬请读者注意：购买时请
认明封面疯狂英语图标和“《疯狂英语》编辑部制
作”字样，以防购买假冒本编辑部所制作的产品。

“21 世纪·爱立信杯” 第八届全国英语演讲比赛

授 权： 中国日报社
出 品 人： 徐安详
监 制： 邓良平
责任编辑： 周 婵
编 译： 劳韵怡
美术编辑： 邱国龙
审 校： 潘国柱 区小飞 Benjamin (U.S.A)
音频编辑： 蒋 胖
策 划： 认真企业
编辑制作： 《疯狂英语》编辑部
地 址： 广州市 1913 信箱 (510405)
电子信箱： crazyenglish@topenglish.net (编辑部)
service@topenglish.net (读者服务部)
公司网址： www.topenglish.net
电 话： 020-86569000-311 (读者服务部)
020-86569000 转业务部
传 真： 020-86594143 (编辑部)
020-86590141 (业务部)
出版发行： 江西文化音像出版社
版 号： ISRC CN-E24-03-398-00/A·J6 (磁带版)
ISRC CN-E24-03-398-00/V·J6 (VCD 版)
定 价： 磁带版 20.00 元 (一书两磁带)
VCD 版 22.00 元 (一书两 VCD)

(凡有装订错误或录音质量问题请寄回读者服务部调换)

前 言

如何让你的演讲出类拔萃，让在场听众为之折服？Professor Susan Chyn，美国教育考试中心亚太区主管为演讲爱好者传授金玉良言。

Number one: read texts that represent a high level of discourse; soak up that language. But, remember that written text has a discourse that is separate from spoken discourse. Some of you were speaking today in very, kind of written-prose language, and you may not want to do that in the future.

Number two piece of advice: make a tape recording of yourself talking about abstract topics or complex topics then go back and listen to it and listen to how it sounds; if it's cohesive and coherent? are there errors? Then go back, practice again, and do it a second time like editing a written text but, in fact, it's a spoken text. You will hear what you're doing that could be improved, even you, and of course if you have teachers, that's even better, but you, yourself will hear.

Finally, my last piece of advice for you is that you should practice building; if language, if spoken language was like a house you should practice building the house brick by brick, storey by storey so you can all do basic sentences now, clearly. And, most of you are pretty good at building paragraphs, but some of you are not yet perfect house builders in terms of discourse and organization skills so you want to practice writing compound and complex sentences, and then weave those together into paragraphs and you'll weave those paragraphs into the full spoken text. Weave them together,

push yourself to go for the discourse and woven nature so that not only the thought flows, but it's coherent. And, I think you'll agree with me, that some of the most compelling speeches we heard today displayed this coherent and sort of natural progression of ideas. If you do that, there's no doubt in my mind that you can progress at this area.

In conclusion, I would like to quote one of our question masters, who said today that, "Life is a journey, not the arrival, that you focus on the journey not the arrival." Language learning is lifelong, lifelong. So, as you move forward, language learning enjoy the journey and I look forward to seeing you again.

第一点建议，看那些有着很有条理性的文章，把语言学到手。但要记住，书面文稿和演讲稿有着不一样的条理和结构。你们当中有些人用书面语言来演讲，以后就不要这样了。

第二点建议，说一段抽象或复杂的题目，把它录下来，然后听听说得怎么样。说得有条理吗？说错了吗？然后再练习一次，在录第二次的时候就像是在整理书面文稿，但事实上这是个演讲稿。你可以看到这样做是可以提高你的英语水平的。当然，如果有老师在旁指点就更好了。但你自己也会发现这些进步。

最后，我给你们最后的建议就是你要学会建造。如果口语是一座房屋，你就要学习用一块块砖、一层层地把它建起来。所以，现在你们就可以从最简单的句子开始学起。你们当中的大部分人很会建段落，但有些人在条理性和组织性方面欠缺，还不是很出色的房屋建造者。所以你们要练习写些复合句，将它们连成段落，再把这些段落连成完整的演讲稿。把它们串起来，强迫自己写得有条理和连贯，这样不单可以令文思源源不绝，文章也会很连贯。还有，我想你们也会赞同的，今天我们听到的一些最精彩的演讲表现了连贯性和意思上自然的过渡。如果你们能按照我刚才说的方法去做，我敢肯定你们在这方面会大有进步的。

最后我想引用一个发问人说的话来结束评论。他说“人生是旅程，而不是目的地。你要重视旅程而不是目的地。”学习语言是要用一辈子的。所以，当你往前走的时候，希望你享受学习语言的过程。

（由于篇幅有限，只能收录前12名获奖选手的演讲。不足之处，敬请原谅。）

Contents

开幕词	1
顾秋蓓 (本届演讲比赛冠军).....	9
上海外国语大学	
顾秋蓓赛后感想.....	21
王 媛 (第二名).....	23
南京大学	
王媛赛后感想.....	35
梁 萌 (第三名 最具潜力选手奖 爱立信最具想象力奖).....	37
清华大学	
梁萌赛后感想.....	49
孙 健 (第四名).....	53
外交学院	
孙健赛后感想.....	61
田 亮 (第五名).....	65
山东大学	
田亮赛后感想.....	74
徐 亮 (第六名).....	75
北京外国语大学	
徐亮赛后感想.....	86

艾 宇 (第七名).....	89
北京邮电大学	
艾宇赛后感想.....	96
胡 雪 (第八名).....	99
北京语言大学	
胡雪赛后感想.....	109
胡 芳 (第九名).....	111
中国人民大学	
胡芳赛后感想.....	120
刘 莹 (第十名).....	121
南开大学	
刘莹赛后感想.....	128
季芳芳 (第十一名).....	131
华东师范大学	
季芳芳赛后感想.....	139
刘 允 (第十二名).....	141
西安外国语学院	
刘允赛后感想.....	147
演讲秘诀	149
Professor Susan Chyn 美国教育考试中心亚太区主管	
选手名录和奖励事项.....	155

“21 世纪·爱立信杯”
第八届全国英语演讲比赛

OPENING REMARKS

开幕词

“21st Century·Ericsson Cup”

Eighth National English Speaking Competition



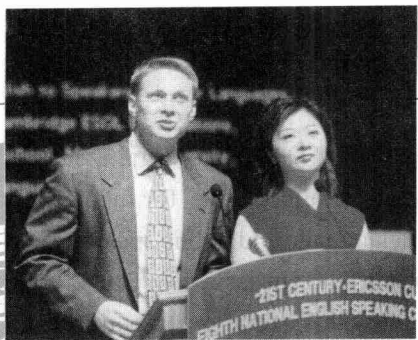
Opening Remarks

开 幕 词

Good morning ladies and gentlemen, and welcome to the 21st Century Ericsson Cup 8th National English Speaking Competition. First, let me introduce the two of us, your hosts for today. I'm Jason Subler from Beijing Broadcasting Institute and an old friend of *China Daily*, and standing here beside me is Ms. Qiu Yuanyuan, an English program hostess from Jiangsu Broadcasting Cooperation.

Thank you, Jason. I'm honored today to co-host this year's speaking competition. I'm known about the 21st Century Cup National English Speaking Competition since my school times. Today, I feel really happy and excited that this competition has come to Nanjing, not only because it is a city that I'm living, but because it is a city with a splendid culture and history and, more importantly, a city with so many English learners.

Since *China Daily* started this competition in 1996, it has drawn the attention of thousands of young people and has proven to be the most prestigious English speaking competition in China. It aims to promote English language learning in China and to bridge the different cultures of the world. The competition has also been chosen by the London-based English Speaking Union as the qualification contest in China for its annual international public speaking competition. Past champions of our competition have gone on to win the first prize and the best non-native English speaker awards in London.



早上好！女士们先生们，欢迎来到第八届“21世纪·爱立信杯”全国英语演讲比赛。首先，让我来介绍我们两人，你们今天的主持。我是贾森·萨勃勒，来自北京广播学院，也是《中国日报》的老朋友，站在我旁边的是，江苏广播公司的英语节目主持仇园园。

谢谢你，贾森。今天我很荣幸能共同主持这届的演讲比赛。我在学生时代就已经知道21世纪杯全国英语演讲比赛。今天，比赛来到南京，我真的感到高兴和激动，不仅仅是因为那是我居住的城市，还因为它是一个有着辉煌文化和历史的城市，更重要的是，这个城市拥有许许多多的英语学习者。

《中国日报》从1996年开始举办比赛以来，比赛吸引了成千上万的年轻人，也证明了那是中国最有声望的英语演讲比赛。比赛目的为了在中国促进英语学习，也为了在世界不同的文化中驾起桥梁。比赛还作为位于伦敦的国际英语联合会每年国际公开演讲比赛的资格选拔赛的中国赛区进行选拔赛。过去比赛中的冠军曾在伦敦取得第一名，获得“最佳非英语国家演讲者”的称号。

Opening Remarks

开 幕 词

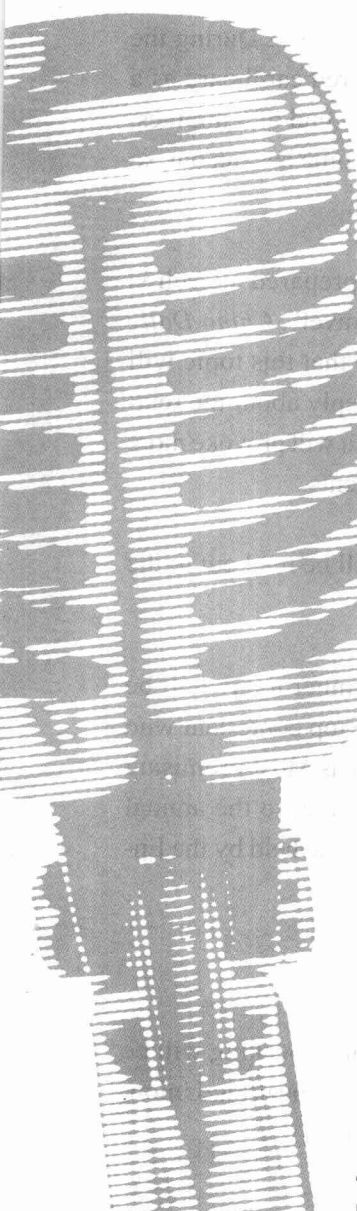
This is the 8th time that *China Daily* has organized this contest. We hope it will be a good opportunity for the participants to display their talents in language and public speaking and to exchange ideas on important current issues. We also hope that you, the audience, will enjoy this exciting competition and benefit from what you hear.

The scale of our competition has always been expanding. About 500 students from more than 300 universities around China took part in the first round of this competition last October. After regional contests in east, west, south, and north China, the top two winners from each region now come to today's final competition to compete with contestants from our seed universities.

There are all together twenty-four contestants from university around China to compete in today's English speaking competition.

Ladies and gentlemen, this competition will be mediated by a panel of seven judges. The panel includes experts on communications and on English language teaching and learning. Also on the panel are three "question masters" who will be responsible for raising questions of today's contestants. Now, let's go over the rules of the competition.

Each of the contestants have 5 minutes to present a prepared speech, 3 minutes to deliver an impromptu speech, and



这是《中国日报》第八次组织这样的演讲比赛。我们希望那是参赛者的好机会，用语言在公开演讲中展示他们的智慧，并在重要时事方面交换观点。我们也希望观众能享受到这次激动人心的比赛和从所听到的获益。

比赛的规模一直在扩大。去年十月，全中国有三百多所大学大约五百名学生参加了第一轮比赛。华东、华西、华南和华北的地区赛后，每个地区的头两名获胜者会聚到今天的决赛来，与我们的种子大学的选手进行角逐。

全国大学中总共有24名选手来到今天的比赛现场。

女士们，先生们，本届比赛的评委小组有七人，小组成员包括专攻交流和英语教与学方面的专家。小组里有三位评委专门负责向今天的选手提问题。现在我们来谈一下比赛的规则。

每位选手有五分钟的时间演说命题演讲，三分钟的时间演说即席演讲，三分

Opening Remarks

开 幕 词

3 minutes to answer questions raised by the judges. During the prepared speech, a staff member will raise a red cardboard as a signal that there is one minute left. Then, at the end of 5 minutes, a bell will ring to let the speaker know that the time has run out, so please ring the bell. Thank you.

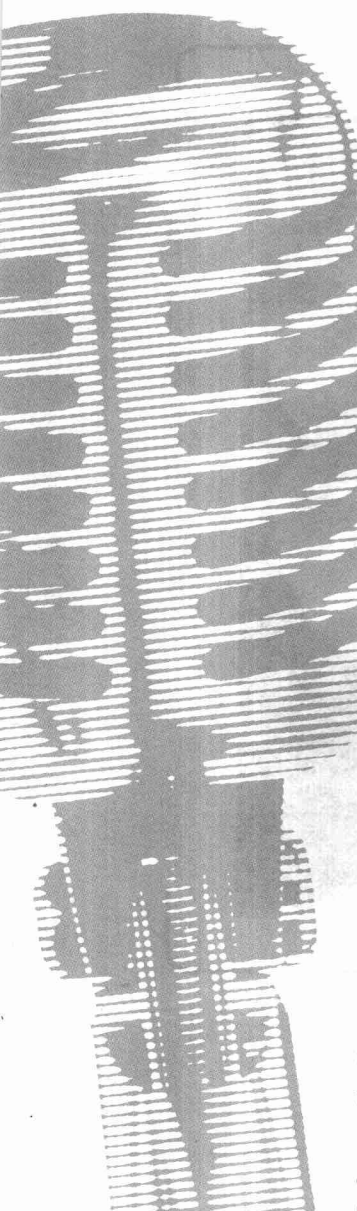
Thank you. Now, the topic for today's prepared speech is "Tourism and Ecology: Learning Through Travel". *China Daily* and Ericsson China Company Limited hope that this topic will help China's younger generation to think deeply about the relationship between tourism and ecology and that it will provoke more thoughts among a wider range of young students.

And the topic for impromptu speeches will be read out to the contestants right on this stage.

Ladies and gentlemen, the top overall winner today will be awarded the 21st Century Ericsson Cup. The top contestant who was born after May 18, 1982 will be honored as Most Promising Speaker and will receive a scholarship to travel to the annual International English Speaking Competition to be held by the English Speaking Union in London this May.

So Jason, why the date May 18, 1982?

Well, that's because the international public speaking will be held this May, and the organizer, the English Speaking Union, requires all participants to be under the age of 21.



钟的时间回答评委提出的问题。在命题演讲中，工作人员举起红牌时表示只剩下一分钟时间。在五分钟结束的时候，会响铃提示演讲者时间到了，请鸣铃。谢谢。

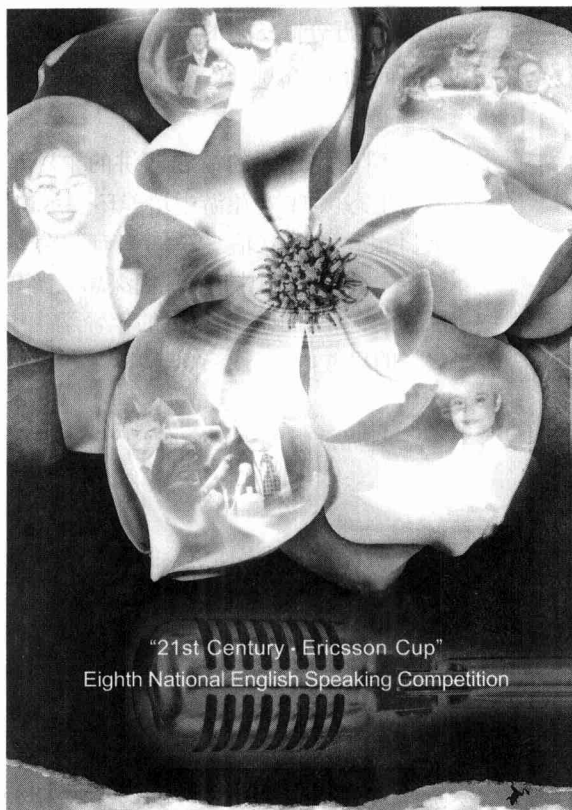
谢谢。今天的命题演讲的主题是“旅游与生态保护：在旅游中培养环保意识”。《中国日报》和爱立信（中国）有限公司希望这个主题帮助中国年轻一代深思旅游与生态保护的关系，也能在更多的年轻学生中引起更多的思考。

即席演讲的主题会在这个舞台上读给选手。

女士们先生们，今天的冠军将荣获21世纪爱立信奖杯。生于1982年5月18日后的第一名获奖者将荣获“最具潜力选手”的称号，同时将赴伦敦参加每年由国际英语联合会举办的国际英语演讲比赛。

那么，贾森，为什么要生于1982年5月18日后呢？

因为国际演讲比赛将于5月举行，组织者，即国际英语联合会要求所有的演讲者的年龄必须低于21岁。



鲜花、掌声

很快就会被淡忘

但那些为之付出的努力却是可以受用一生的

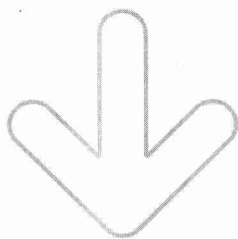


本届
演讲
比赛
冠军

顾秋蓓

上海外国语大学

指导老师：龚龙生



“21 世纪·爱立信杯”
第八届全国英语演讲比赛



A Scene to Remember

Gu Qiubei

Shanghai International Studies University

Advisor: Gong Longsheng

难忘的
一幕

Good afternoon, ladies and gentlemen. Today I would like to begin with a story.

There was once a physical ¹⁾therapist who traveled all the way from America to Africa to do a ²⁾census about mountain ³⁾gorillas. These gorillas are a main attraction to tourists from all over the world; this put them severely under threat of ⁴⁾poaching and being put into the zoo. She went there out of curiosity, but what she saw strengthened her determination to devote her whole life to fighting for those beautiful creatures. She witnessed a scene, a scene taking us to a place we never imaged we've ever been, where in the very depth of the African rainforest, surrounded by trees, flowers and butterflies, the mother gorillas ⁵⁾cuddled their babies.

Yes, that's a memorable scene in one of my favorite movies, called *Gorillas in the Mist*, based on a true story of Mrs. Dian Fossey, who spent most of her lifetime in Rwanda to protect the ecoenvironment there until the very end of her life.

To me, the movie not only presents an unforgettable scene but also acts as a ⁶⁾timeless reminder that we should

1) therapist ['θerəpɪst] n. 临床医学家

2) census ['sensəs] n. 调查

3) gorilla [gə 'rɪlə] n. 大猩猩

4) poach [pəʊtʃ] v. 偷猎

5) cuddle ['kʌdl] v. 拥抱

6) timeless ['taɪmlɪs] adj. 永恒的