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B2A“译点通”：

口译笔译经典练习

900 句

Interpretation
And Notes

最受欢迎的翻译专家

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经典口译笔译资料

听说并进，中英文互通，高效笔记

与时俱进的同步辅导

中国人民大学出版社

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It's so hard when I have to, and so easy when I want to. - Annie Gottlieb
Kindness is a little thing that makes a big difference. - Winston Churchill
Life is not happening to you. Life is responding to you. - Author Unknown

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· 北京 ·

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推荐序

韩刚老师在翻译界久负盛名。不仅仅因为他扎实的语言功底，高超的翻译技巧，更因为他擅长教学，桃李遍天下。

这本书是扎扎实实的基本功训练，适合所有的口译和笔译考生以及翻译爱好者。全书通过夯实笔译基础，然后进行口译。在大量翻译练习的基础上，积累词汇、语法，体验翻译技巧。

英译汉和汉译英，有不同的语言核心，需要学习者仔细揣摩。因此，在第一部分，每天的练习都是单一翻译方向，而在第二部分，每天的练习则是双向翻译。这也体现了难度的由浅到深。

第一阶段，侧重基础积累，每天的练习从最简单的填词成句开始，然后是语法练习，经过词汇和语法积累之后，进入翻译实战。第二阶段，强调翻译的由粗到精，让读者能够体会翻译的不断打磨过程。

这本《韩刚B2A“译点通”：口译笔译经典练习900句》可以作为口笔译的基础，跟B2A系列的《韩刚B2A“译点通”：9天高分通关CATTI/MTI笔译逆向训练宝典》和《韩刚B2A“译点通”：9天CATTI口译真题预测分级进阶训练宝典》结合使用，可以奠定坚实的翻译基础。在此基础上，与《韩刚B2A“译点通”：90天攻克CATTI三级笔译》和《韩刚B2A“译点通”：90天攻克CATTI二级笔译》搭配，分别冲刺二级笔译或者三级笔译；亦或与《韩刚B2A“译点通”：口译入门与笔记速成宝典》以及《韩刚B2A“译点通”：听力笔记快速上手宝典》联合使用，让自己的口译更上一层楼。韩刚老师已经培养了很多高分翻译考生，希望下一个就是你！

吕蕾微信公众号：lvlei1973

吕蕾微博：<http://weibo.com/lvlei1973>

吕蕾博客：<http://blog.sina.com.cn/wonderfullei>

一直播：76304044



口译
吕蕾

前言

自从B2A“译点通”口笔译系列书籍问世后，不断有学员通过微信和微博向作者诉苦。他们一方面对这些书给予积极肯定，认为这些书籍确实编写得很好，案例选取经典，译文通晓流畅，技巧讲解到位；但另一方面，他们也坦承自己看书时还是相当吃力，每当遇到段落过长或者句子过难时就一头雾水，百思不得其解，心生放弃的念头。其实在翻译还没有入门时就丧失信心、止步于翻译殿堂的大门之外着实令人遗憾，自然也就无法修成正果。有鉴于此，本人与乐思福教研团队的各位同事几经研讨，最终决定要为广大读者编写一本适合翻译小白入门又能兼顾不同水平读者需要的实用经典练习手册，作为已经出版的系列口笔译图书的有益补充。这本书编写的初衷就是引导大家通过扎实练习，轻松掌握翻译技巧，快速提升翻译技能，用心体会翻译乐趣，勇敢攀登翻译高峰！

本书编写体现了以下四大特色：

1. “900句”：本书从纷繁芜杂的翻译素材中精心挑选出了900句，按照由易到难的顺序进行编排。句子选择上尽可能短小精悍，“简约而不简单”，让读者不会产生阅读疲劳感；同时，力求句句有重点、处处有难点，在帮助翻译小白树立信心的同时，让不同水平的读者都能学有所获，切实掌握各种翻译实用技巧和精妙表达。

2. “20天”：本书共分为两大部分，即：笔译基本功500句专项训练和口译笔译对比学习400句专项训练。两大部分的训练计划各分为10天进行，共计20天。众所周知，笔译是口译的基础！所以，本书在编排时也将笔译基本功专项训练放在了前面，并精心设置了填空和改错题目，旨在帮助大家夯实语言基本功，尽可能避免语法错误和搭配错误！

3. “500强”：本书在笔译基本功专项训练部分专门精选了全球500强企业的公司简介供大家进行翻译练习，所有译文均经编者润色校对，希望借此引导读者学习接地气的翻译题材，让读者真正做到学有所获、学有所用！

4. “一箭双雕”：在口译笔译对比学习400句专项训练部分，英译汉练习分别给出口译（视译）顺句驱动版和笔译措辞润色版两种译文，汉译英练习更是给出三个不同版本的译文供大家学习揣摩，体会口译与笔译的异同之处，真正帮助读者轻松入门、开心进阶、顺利登顶，做一个口笔译皆佳的“双栖”翻译达人！

本书适用群体如下：

希望轻松入门的翻译小白；

希望打牢基础，高分通过CATTI/MTI的考生；

希望提高自身双语能力的在职人员；

对翻译感兴趣的其他读者。

读者朋友可以通过微信公众号“韩刚翻译学习战队”或者新浪微博“韩刚口译快乐译声”与本人及时沟通并获取更多与时俱进的翻译学习素材！

在本书编写过程中，乐思福教研团队的各位同事李亚男老师、崔光鹏老师、李琰老师和院媛老师不辞辛劳地积极帮助组稿，在此向他们一并表示感谢！

鉴于作者水平和视野所限，本书错漏之处在所难免，还望广大读者和翻译界同仁批评指正！



2018年7月完稿于北京

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第一部分



笔译基本功 500句专项训练

说明：

- 一、该部分共计500句经典练习题目，内容包罗万象，题材多种多样，政治、经济、科技、娱乐、企业、文化、旅游等等都有所涉猎，句句堪称经典，译文也都是经过反复推敲查证的，读者可以放心学习背诵。
- 二、该部分专项训练共分为10天进行，每天训练量为50句，英译汉与汉译英练习隔天交叉进行，如：第一天50句全部为英译汉，第二天50句全部为汉译英，以此类推。
- 三、为照顾初步接触翻译的“小白”们，该部分训练题目按照由易到难的顺序进行编排，每一句都有值得思考和学习难点和重点。
- 四、在这部分练习中还专门为大家精选了全球500强企业的企业简介翻译练习，让大家真正能够学有所用！
- 五、该部分在体例设置上也是别出心裁。英译汉练习部分让读者首先完成英文原句的填空和改错练习，汉译英练习部分则让读者首先完成英文译文的填空和改错练习，然后才进行翻译练习。这样设置的初衷就是要切实夯实大家的语言基本功，提升英语语感，避免翻译时行文天马行空，语法错误接二连三，语义逻辑混乱不堪，译文不堪卒读。

Day 1 英译汉

一、填空练习

每一空白处只能填入一个单词让句子合乎逻辑、准确完整，答案参见“三、翻译练习”部分。

- 1 Literacy stands _____ the heart of the 2030 Agenda for Sustainable Development.
- 2 Scientists in the UK have started work _____ developing a vaccine to protect women against the Zika virus.
- 3 Animal feed is the biggest cost _____ most cattle producers.
- 4 Two out of three are women who are denied this essential ingredient _____ full participation in society.
- 5 Climate change adds to those pressures, prompting fears that _____ sixth mass extinction is already underway.
- 6 The project aims to have trials on humans _____ and running within the next three years.
- 7 Many species are already at risk _____ other factors, such as habitat destruction, invasive rivals and disease.
- 8 There should be required safety assessments _____ these genetically modified crops are put on the market.
- 9 This year, the world has embarked on implementing the ambitious and transformational 2030 Agenda _____ Sustainable Development.
- 10 Crop stubble is _____ remains after crops have been harvested.
- 11 It wouldn't be ethical right now not to speak _____ this strong language to call attention to the severity of the problem.
- 12 In cinemas across China, moviegoers cheered and grew misty-eyed in one particularly moving scene as the Indian flag was raised _____ the tune of the Indian national anthem.
- 13 A 2014 study in Pediatrics found that mothers interacted vocally more often with their infant daughters than they _____ their infant sons.
- 14 During these reminiscing conversations, fathers used more emotion-laden words with their 4-year-old daughters than _____ their 4-year-old sons.
- 15 Officials are blaming Superstorm Sandy for more than one hundred deaths and more than fifty billion dollars _____ property damage.

- 16 GM foods have been evaluated in an extremely poor and lax way _____ much less analysis than we have done.
- 17 The storm delayed movement of trucks carrying fuel to gasoline stations, _____ in long lines at gas pumps.
- 18 Supporters have used the disputed new study to _____ their campaign for required GMO labeling in California.
- 19 When cases of babies born _____ abnormally small heads were first reported in late 2015, Brazilians were frightened and bewildered.
- 20 The UN has warned that the world's soils face exhaustion and depletion, with an estimated 60 harvests left _____ they are too degraded to feed the planet.
- 21 In 2016, the National Park Service tracked _____ record 331 million visits, and after a busy summer, the system is likely to surpass that number this year.
- 22 The organization's mandate is to conserve scenery and wildlife while also protecting visitor enjoyment for generations to _____.
- 23 In her previous books, she _____ her words with teaspoons and then sprayed them with disinfectant.
- 24 Road accidents _____ nearly 1.3 million people every year.
- 25 The International Telecommunication Union has earned its global reputation _____ resilience and relevance.

二、改错练习

每个句子都有一处明显错误，请从语法、语义角度加以改正，答案参见“三、翻译练习”部分。

- 26 China has seen the extra 334 million people get access to water between 2000 and 2015.
- 27 Recent droughts highlighted what extreme weather is adding to water stress on the poorest.
- 28 Traditionally researchers have considered manufacturing countries such as China and India among the top emissions of greenhouse gases.
- 29 Hands-free communications mean less accidents, especially among young people who account for more than half of road death.
- 30 ICTs are powerhouse of the global economy, offering solutions for sustainable economic growth and shared prosperity.
- 31 Climate change-driven migration will be a reality, but it does not need to be a crisis, providing we take action now and act boldly.
- 32 If economic development is made more inclusive, for instance through better education and infrastructure, internal migration could increase dramatically.

- 33 When measuring these gases based on consumption, rather than manufacture, the biggest emitters are mainly cities in North America and Europe.
- 34 The failure of communities to develop a shared sense of belonging is a major cause of the decline of extremism.
- 35 Scientists used computer programs to show where the boats were fishing, how they were moving, and what they were likely fishing and how the fish were caught.
- 36 Daimler expects tariffs on vehicles shipped from America to China to dent sales of Mercedes-Benz cars, while analysts are bracing for reducing earnings guidance from other carmakers too.
- 37 America's Supreme Court ruled that states may collect sales taxes from retailers that have physical presence there, siding with South Dakota in its battle with e-commerce firms.
- 38 Until recently, OPEC and its cronies have pushed for higher oil prices, but today and tomorrow they will offer some relief by agreeing to dribble more oil onto the market.
- 39 The Saudi economy needs a jump-start and the ban on women driving rendered much of the female workforce, better educated than their male counterparts, mobile and unemployed.
- 40 The loss of a spouse or partner is often devastating, but for many women it is magnified as a "long-term struggle" for basic needs, human rights and dignity.
- 41 You have had the bitter, now come the sweet.
- 42 "*Little Women*", which is still popular today, has been made onto several movie versions.
- 43 The American company Walmart is offering something new to its employees: help with earn a college degree.
- 44 The question of war and peace was forgotten as the United States entered severe economic depression in 1929.
- 45 Walmart hopes the chance to earn a college degree will help it find and keep higher quality entry-level employees from a competitive labor market.
- 46 As one of the world's leading employment sector, tourism provides important livelihood opportunities, helping to alleviate poverty and drive inclusive development.
- 47 Millions of small food producers—many of whom are women—are struggling to cope with economic and climatic shocks, and for high and volatile food prices.
- 48 Every day, more than 840 million people go hungry in the world of plenty, which alone should be cause for moral outrage and concerted action.
- 49 Family farmers are key to unlocking global progress, but they are at a disadvantage when it comes to accessing to technology, services and markets.
- 50 Loss of wild areas of agriculture is the leading cause of the current mass extinction of wildlife.

三、翻译练习

请利用自己所学翻译技巧进行以下单句翻译练习。

- 1 Literacy stands at heart of the 2030 Agenda for Sustainable Development.
- 2 Scientists in the UK have started work on developing a vaccine to protect women against the Zika virus.
- 3 Animal feed is the biggest cost for most cattle producers.
- 4 Two out of three are women who are denied this essential ingredient to full participation in society.
- 5 Climate change adds to those pressures, prompting fears that a sixth mass extinction is already underway.
- 6 The project aims to have trials on humans up and running within the next three years.
- 7 Many species are already at risk from other factors, such as habitat destruction, invasive rivals and disease.
- 8 There should be required safety assessments before these genetically modified crops are put on the market.
- 9 This year, the world has embarked on implementing the ambitious and transformational 2030 Agenda for Sustainable Development.
- 10 Crop stubble is what remains after crops have been harvested.
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- 35 Scientists used computer programs to show where the boats were fishing, how they were moving, and what they were likely fishing for and how the fish were caught.
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- 37 America's Supreme Court ruled that states may collect sales taxes from retailers that have no physical presence there, siding with South Dakota in its battle with e-commerce firms.
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- 39 The Saudi economy needs a jump-start and the ban on women driving rendered much of the female workforce, better educated than their male counterparts, immobile and unemployed.
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- 50 Loss of wild areas to agriculture is the leading cause of the current mass extinction of wildlife.

四、参考译文

- 1 Literacy stands at heart of the 2030 Agenda for Sustainable Development.
扫盲是《2030年可持续发展议程》的核心。
- 2 Scientists in the UK have started work on developing a vaccine to protect women against the Zika virus.
英国科学家已经开始研发疫苗，帮助女性预防寨卡病毒。

- 3 Animal feed is the biggest cost for most cattle producers.
对于大多数养牛专业户来说，饲料是最大的开销。
- 4 Two out of three are women who are denied this essential ingredient to full participation in society.
三分之二的妇女被剥夺了充分参与社会的基本权利。
- 5 Climate change adds to those pressures, prompting fears that a sixth mass extinction is already underway.
气候变化进一步加大了面临的压力，人们由此担心第六次物种大灭绝已经开始。
- 6 The project aims to have trials on humans up and running within the next three years.
该项目计划在未来三年内开展人体实验。
- 7 Many species are already at risk from other factors, such as habitat destruction, invasive rivals and disease.
许多物种也面临着栖息地破坏、外来物种入侵以及疾病爆发等其他因素的威胁。
- 8 There should be required safety assessments before these genetically modified crops are put on the market.
在转基因粮食上市出售前应对其进行安全评估。
- 9 This year, the world has embarked on implementing the ambitious and transformational 2030 Agenda for Sustainable Development.
今年，世界各国已开始实施目标宏伟且具有变革意义的《2030年可持续发展议程》。
- 10 Crop stubble is what remains after crops have been harvested.
秸秆残茬就是作物收割后留在地里的残茬。
- 11 It wouldn't be ethical right now not to speak in this strong language to call attention to the severity of the problem.
如果现在还不用措辞如此强烈的语言让公众意识到该问题的严重性将是不道德的。
- 12 In cinemas across China, moviegoers cheered and grew misty-eyed in one particularly moving scene as the Indian flag was raised to the tune of the Indian national anthem.
影片中印度国旗伴随着印度国歌缓缓升起的一幕尤为感人，中国各地的观众也被打动，眼睛都湿润了。
- 13 A 2014 study in Pediatrics found that mothers interacted vocally more often with their infant daughters than they did their infant sons.
2014年《儿科学》(Pediatrics)刊登的一篇研究论文指出，母亲和女婴的语言交流频率高于男婴。

- 14 During these reminiscing conversations, fathers used more emotion-laden words with their 4-year-old daughters than with their 4-year-old sons.

在与四岁的孩子通过这些对话回忆往事时，父女交流时使用的富有感情的语言比父子交流时更多。

- 15 Officials are blaming Superstorm Sandy for more than one hundred deaths and more than fifty billion dollars in property damage.

官方称，超级飓风桑迪致使100多人丧生，造成500多亿美元的财产损失。

- 16 GM foods have been evaluated in an extremely poor and lax way with much less analysis than we have done.

人们对转基因食品的评估很不严谨，分析得还远远不够。

- 17 The storm delayed movement of trucks carrying fuel to gasoline stations, resulting in long lines at gas pumps.

这场风暴造成运输汽油的卡车延误，在加油站等待加油的汽车排起了长龙。

- 18 Supporters have used the disputed new study to push their campaign for required GMO labeling in California.

支持者利用这项带有争议的新研究呼吁在加州为转基因食品贴上必要的标签。

- 19 When cases of babies born with abnormally small heads were first reported in late 2015, Brazilians were frightened and bewildered.

2015年年底，媒体首次报道了新生儿小头症，这让巴西民众惊恐不已、不知所措。

- 20 The UN has warned that the world's soils face exhaustion and depletion, with an estimated 60 harvests left before they are too degraded to feed the planet.

联合国已发出警告称，全球土壤肥力在不断减弱甚至衰竭，并预测再过60个收割季全球土壤将退化到无法养活全球人口的程度。

- 21 In 2016, the National Park Service tracked a record 331 million visits, and after a busy summer, the system is likely to surpass that number this year.

国家公园管理局 (National Park Service) 2016年的统计数据显示，国家公园当年接待游客数量创下记录，达到3.31亿人次，而今年夏天国家公园的游客也是络绎不绝，可能还会再创新高。

- 22 The organization's mandate is to conserve scenery and wildlife while also protecting visitor enjoyment for generations to come.

该机构的使命是在确保子孙后代尽享游园乐趣的同时妥善保护自然风景和野生动植物。