

Disney
English
迪士尼英语
家庭版

不能错过的 Disney 迪士尼 双语经典电影故事

Disney
FROZEN
冰雪奇缘

【美】美国迪士尼公司 著 沈金花 译



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在遥远的北方，有一个坐落在群山和峡湾之间的王国——阿伦黛尔。阿伦黛尔是一个繁忙而欢乐的国度。夜晚时分，绚丽的北极光常常点亮夜空，变幻出各种美妙的图案。

但是，国王和王后却有一个萦绕在心头的隐忧。

THE KINGDOM OF ARENDELLE was a busy and happy place, nestled among the mountains and fjords of the far north. At night, the northern lights often lit up the skies in beautiful patterns.

But the king and queen lived with a secret worry.



nestle
fjord
pattern

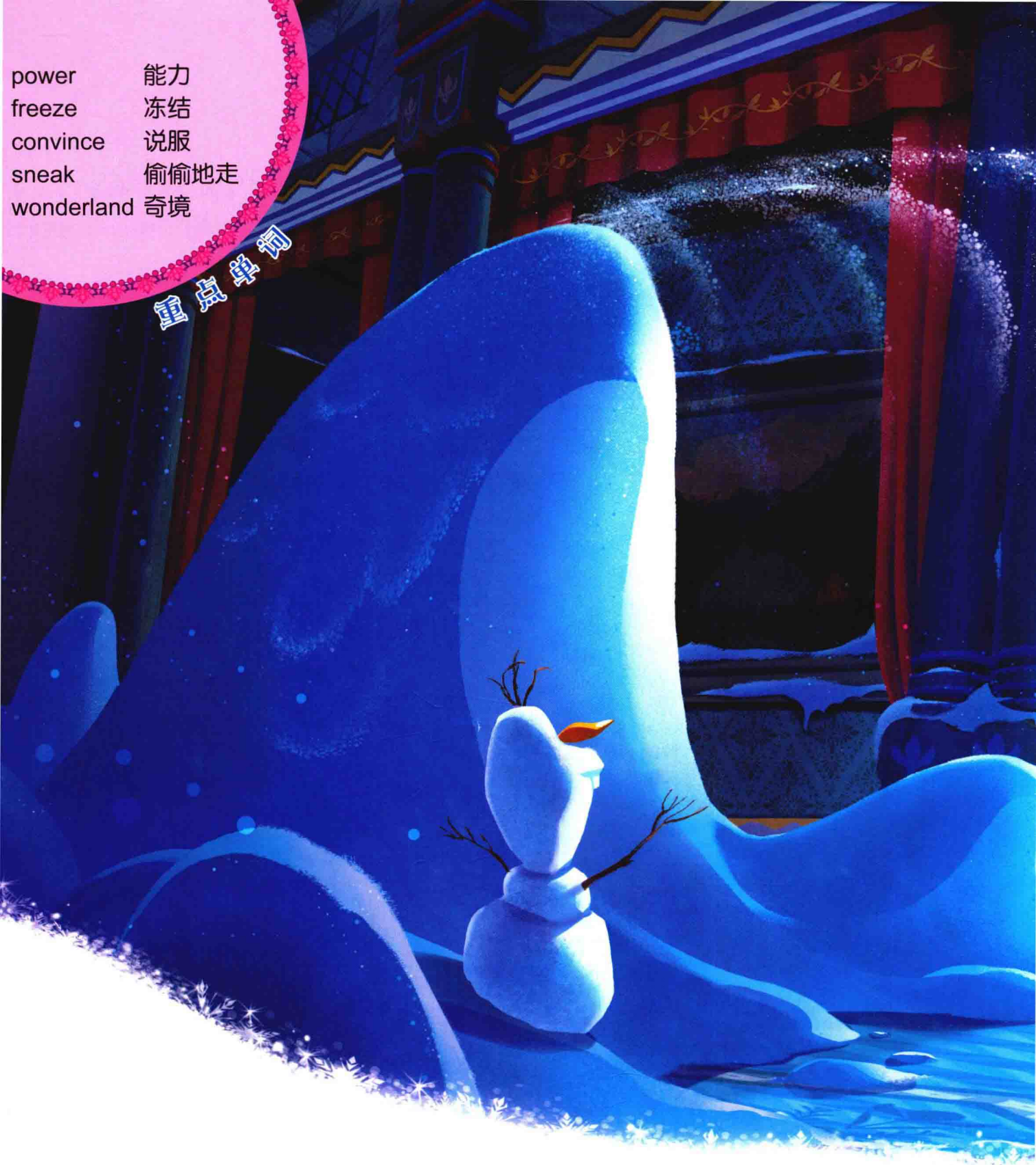
坐落
峡湾
图案

难点单词



power	能力
freeze	冻结
convince	说服
sneak	偷偷地走
wonderland	奇境

重点单词



他们的大女儿艾莎拥有一种**魔力**，她只要挥挥手，就能把东西冰冻起来，而且还能变出冰雪！

Their eldest daughter, Elsa, had a **MAGICAL POWER**. She could **freeze** things and create snow and ice with her hands!



小女儿安娜很喜欢她的姐姐。一天晚上，安娜说服艾莎偷偷地溜进大厅，用冰雪打造了一座**冬日乐园**！

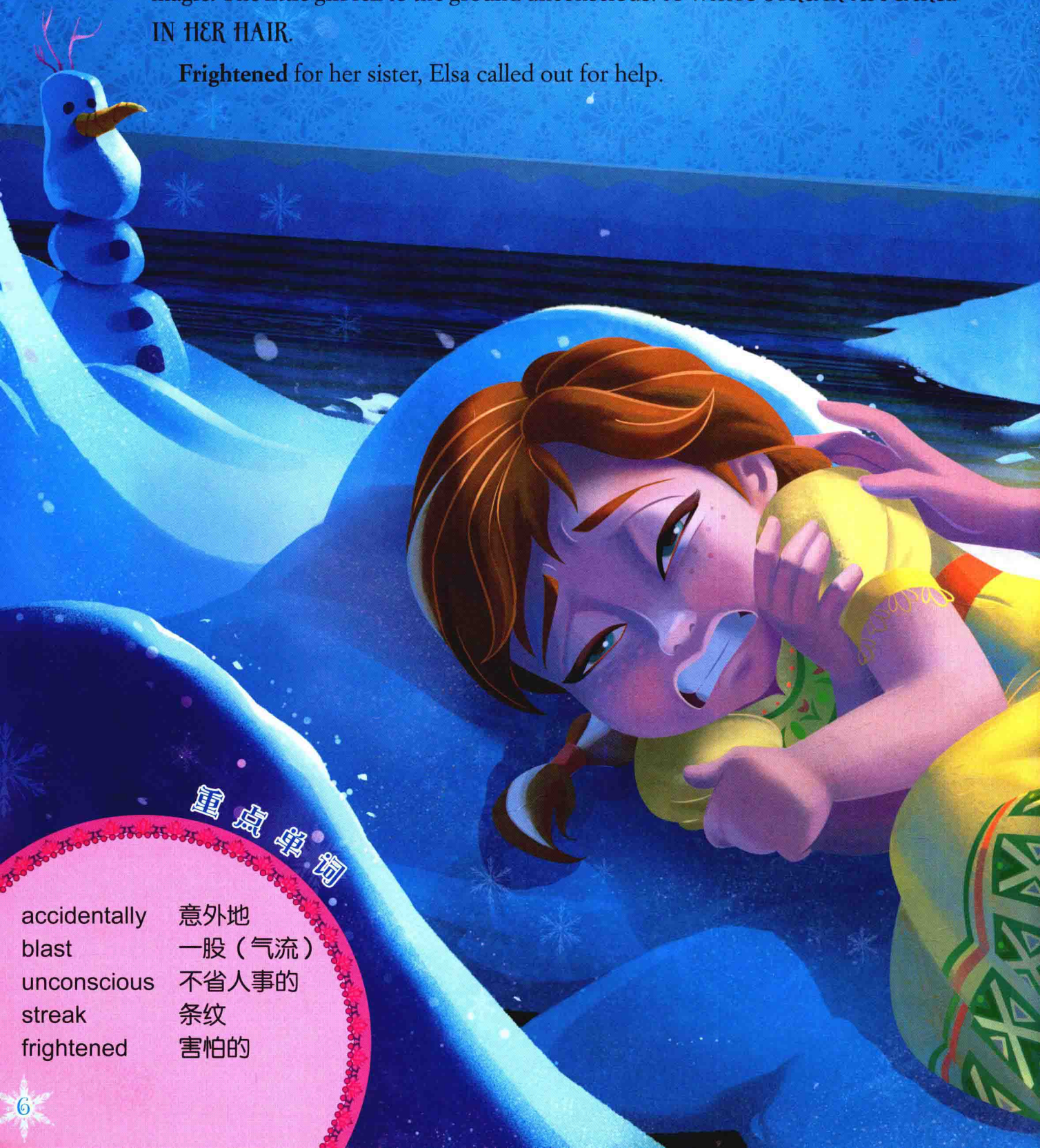
Anna, the younger daughter, loved her big sister. One night, she **convinced** Elsa to **sneak** into the Great Hall and create a **WINTER WONDERLAND**!

她们玩得正高兴，意外发生了——艾莎的一道冰雪魔法击中了安娜。安娜摔倒在地不省人事，她的一缕头发变得像雪一样白。

艾莎吓坏了，立即大声呼救。

But while the girls were playing, Elsa **accidentally** hit Anna with a **blast** of icy magic. The little girl fell to the ground **unconscious**. **A WHITE STREAK APPEARED IN HER HAIR.**

Frightened for her sister, Elsa called out for help.



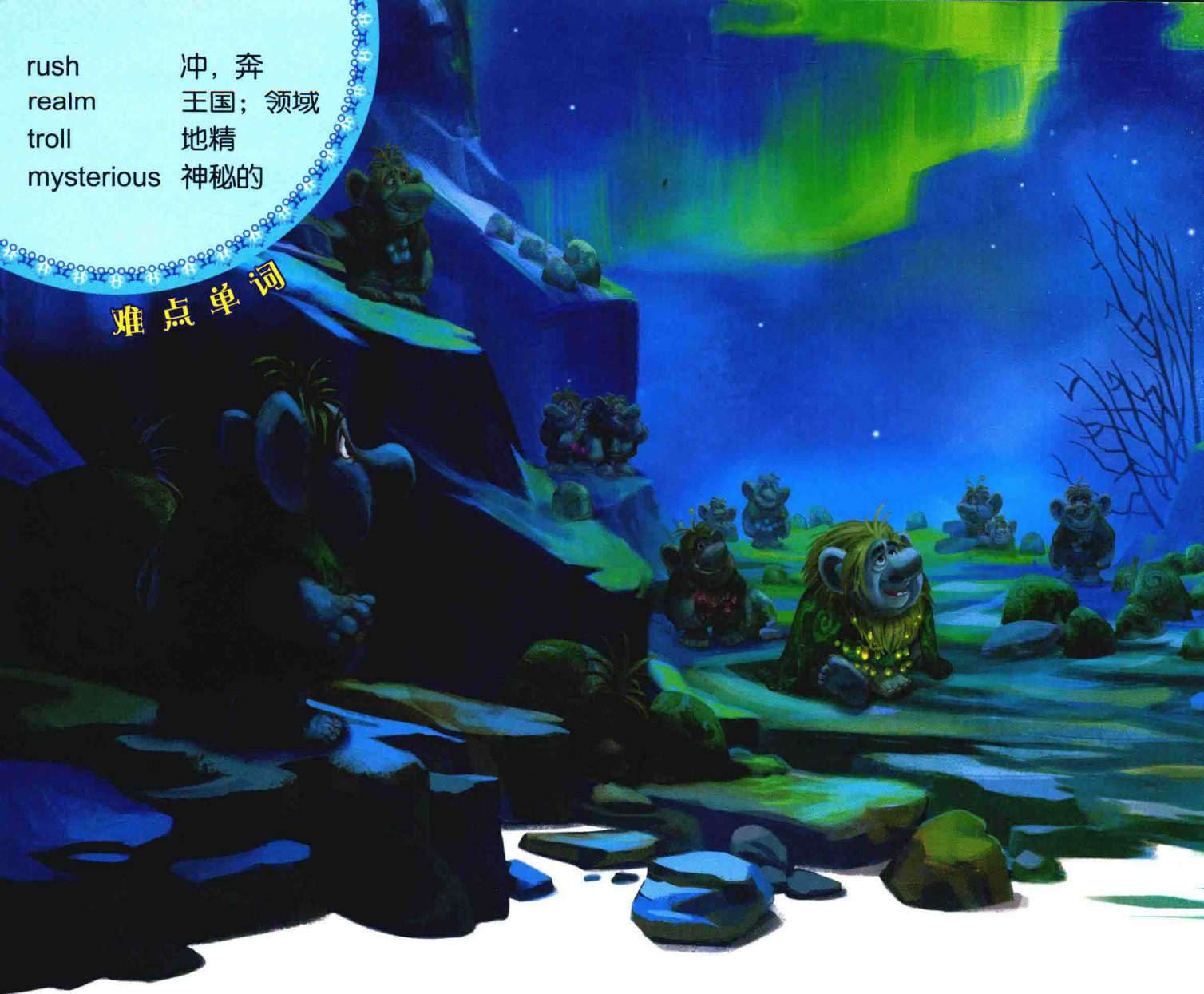
重点单词

accidentally	意外地
blast	一股（气流）
unconscious	不省人事的
streak	条纹
frightened	害怕的



rush 冲, 奔
realm 王国; 领域
troll 地精
mysterious 神秘的

难点单词





国王和王后闻声赶来，他们快马加鞭，带着艾莎和安娜来到了地精王国。神秘的地精懂得使用魔法，能够治愈魔法带来的伤害。

一位博学多识的老地精可以治好安娜，前提是他必须改变安娜的记忆，这样她就不记得艾莎拥有魔力了。老地精还提醒大家，艾莎的魔力会变得越来越强。“她的魔法蕴含着美好，也隐藏着巨大的危险。”他说，“**恐惧将是她最大的敌人。**”

The king and queen **rushed** the girls to the **realm** of the **trolls**, **mysterious** healers who knew about magic.

A wise old troll was able to cure little Anna by changing her memories so she couldn't remember Elsa's magic. He also warned that Elsa's powers would grow stronger. "There is beauty in it but also great danger," he said. "**FEAR WILL BE HER ENEMY.**"

回到阿伦黛尔，国王和王后锁上了城堡大门，不允许任何人出入。这样就没有人能发现**艾莎的秘密**了。

在艾莎忙着练习控制魔力的时候，安娜只能独自一个人玩耍。



Back in Arendelle, the king and queen locked the castle gates to keep people out. No one could **discover** **ELSA'S SECRET**.

Anna played alone while Elsa worked to **control** her powers.

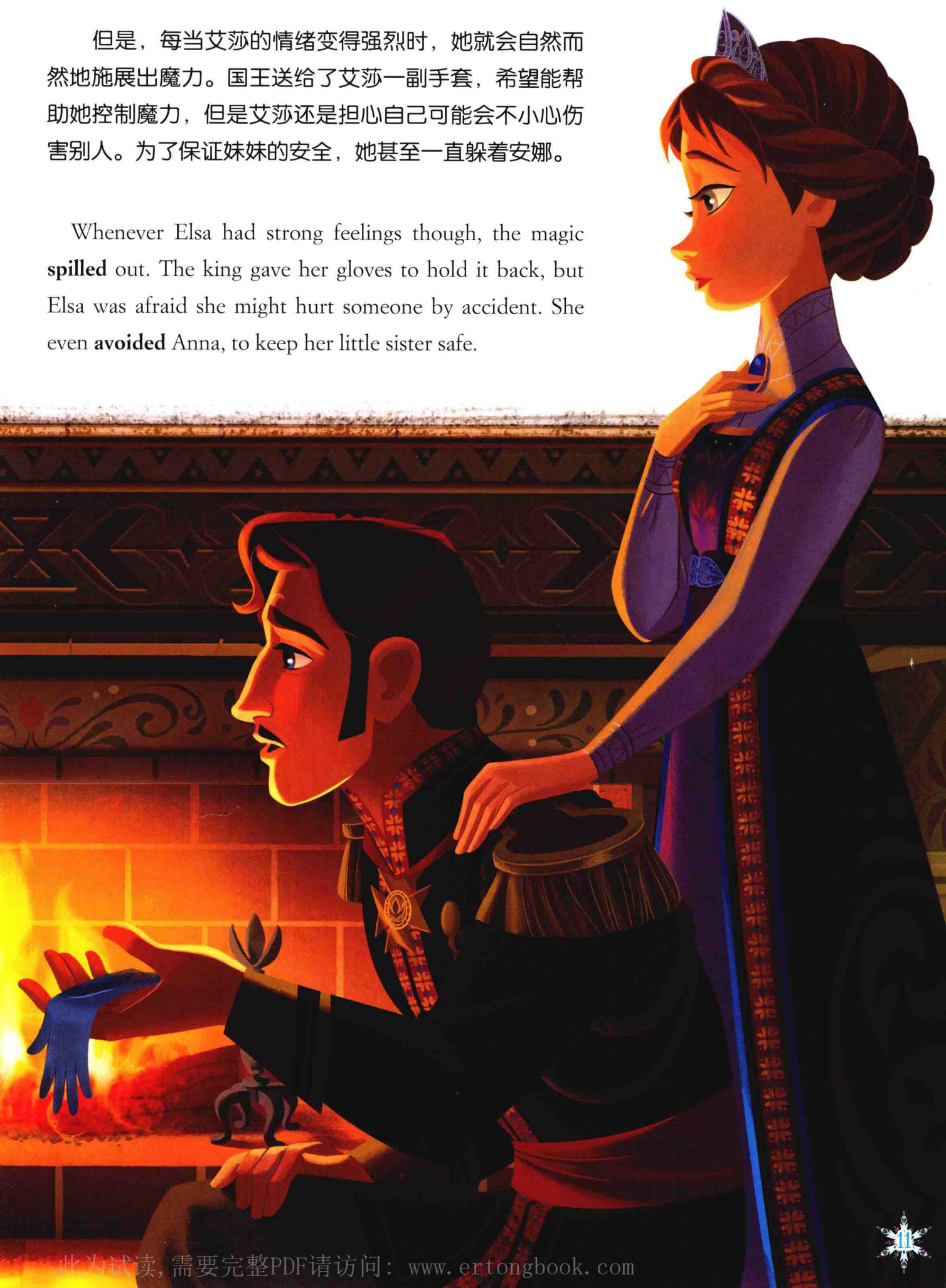
重点单词

discover	发现
control	控制
spill	溢出
avoid	避开



但是，每当艾莎的情绪变得强烈时，她就会自然而然地施展出魔力。国王送给了艾莎一副手套，希望能帮助她控制魔力，但是艾莎还是担心自己可能会不小心伤害别人。为了保证妹妹的安全，她甚至一直躲着安娜。

Whenever Elsa had strong feelings though, the magic **spilled** out. The king gave her gloves to hold it back, but Elsa was afraid she might hurt someone by accident. She even **avoided** Anna, to keep her little sister safe.



miss
teenager
apart

想念
十几岁的孩子
分开(的)

重点单词






安娜十分想念姐姐。时间一年年地过去，安娜不断地邀请艾莎一起玩，但是艾莎总说自己很忙。

在姐妹俩十几岁的时候，国王和王后在海上遭遇了一场风暴，两个人全都遇难了。失去父母让姐妹俩感到了前所未有的孤独，两个人也更加疏远了。

Anna **missed** her sister. As the years went by, she kept asking Elsa to play. But Elsa always said she was busy.

Then, when the girls were **teenagers**, the king and queen were lost in a storm at sea. The sisters felt more alone—and **apart**—than ever.



艾莎即将长大成人，她必须要承担重任，成为阿伦黛尔王国的女王。加冕典礼在一个明媚的夏日举行，封闭多年的城堡在这一天，也仅仅在这一天，打开了大门。

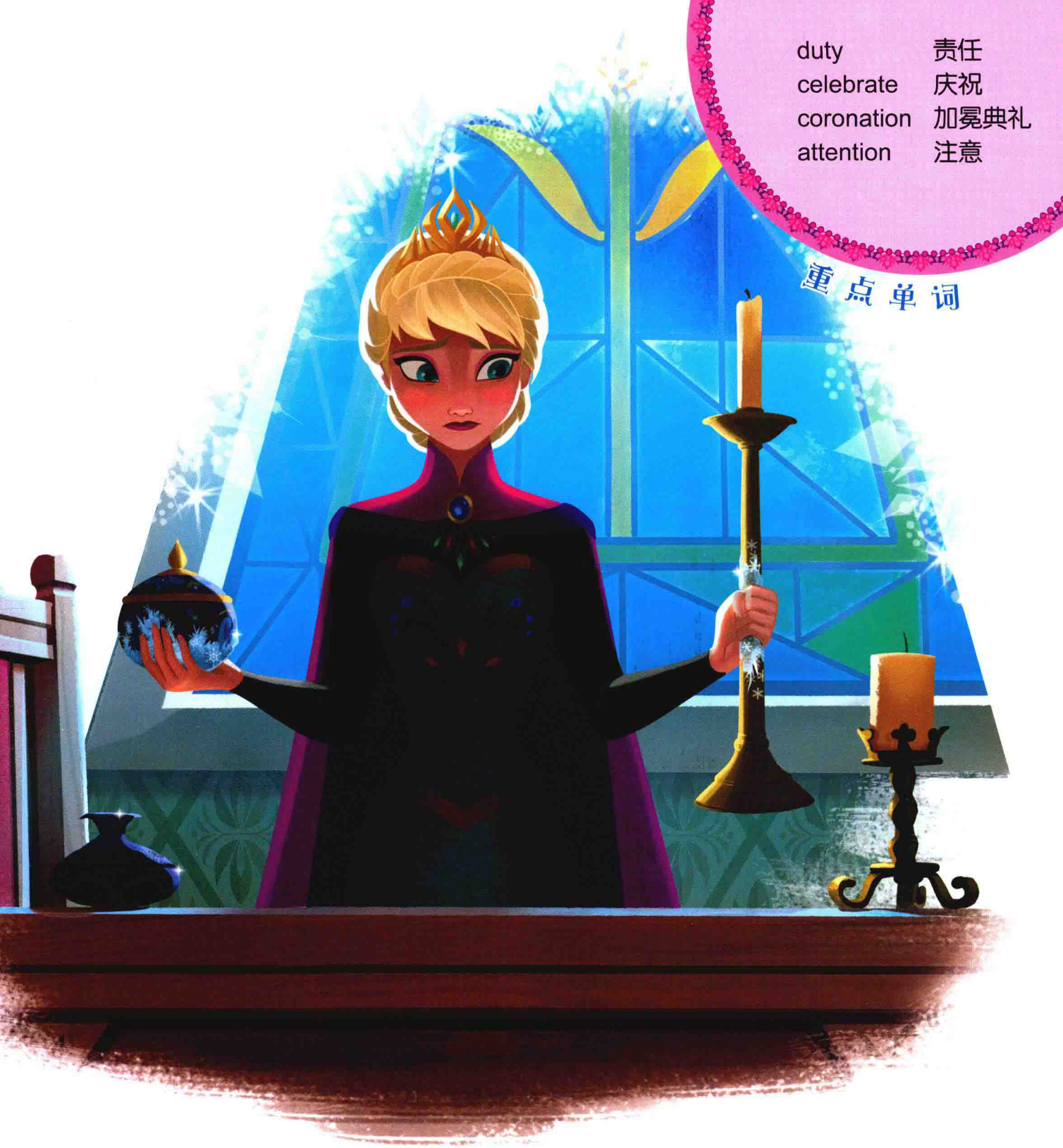
安娜兴奋不已，她终于可以见到城堡外面的人了——说不定，她还能遇到自己的意中人呢！

When Elsa came of age, it was her **duty** to become queen. On a summer day, the gates of the castle were opened for one day only, to **celebrate** the **coronation**.

Anna was excited at the chance to meet new people—and maybe even **FALL IN LOVE**.

duty	责任
celebrate	庆祝
coronation	加冕典礼
attention	注意

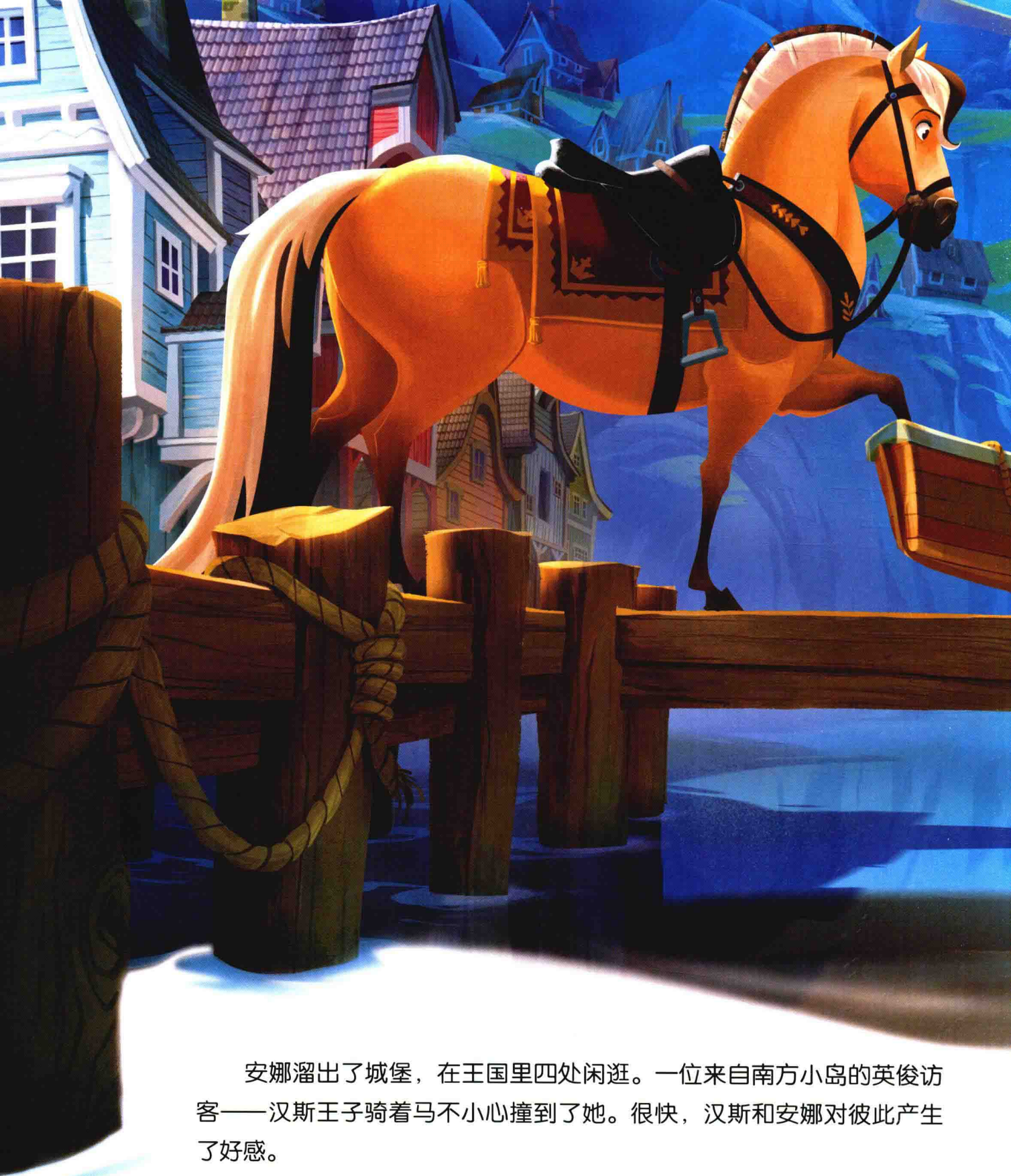
重点单词



艾莎却十分担忧。她不愿意自己成为万众瞩目的人，万一她不小心施展了魔力怎么办？

But Elsa was worried about being the center of **attention**. What if her powers accidentally came out?





安娜溜出了城堡，在王国里四处闲逛。一位来自南方小岛的英俊访客——汉斯王子骑着马不小心撞到了她。很快，汉斯和安娜对彼此产生了好感。

Anna **slipped** outside and walked around the kingdom. A handsome visitor—Prince Hans of the Southern **Isles**—accidentally **bumped** into her on his horse. Hans and Anna were instantly impressed by each other.

slip 溜走
isle 岛
bump 撞

难点单词

