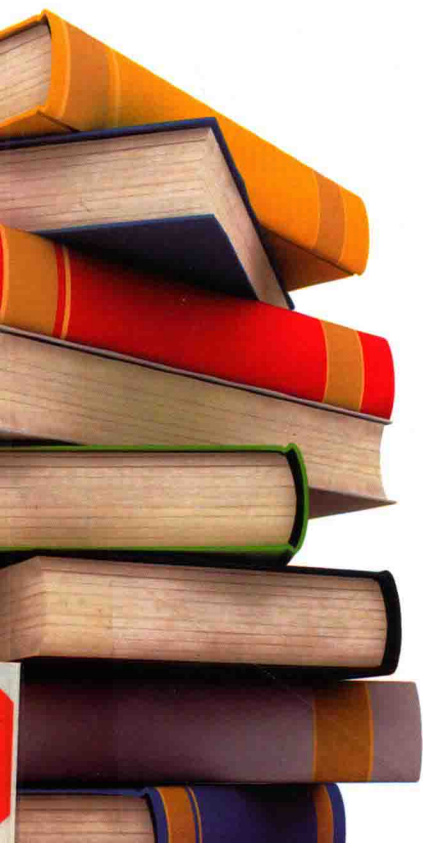


COMPREHENSIVE ENGLISH
WRITING AND TRANSLATION

综合英语 写译教程

主 编 王建荣 周红红
副主编 张 宏 伍 伟 周 新



北京交通大学出版社
<http://www.bjtup.com.cn>

综合英语写译教程

主 编 王建荣 周红红

副主编 张 宏 伍 伟 周 新

编 者 (按音序排列):

常 枫 陈 平 戴丽萍 贾洪雅

孔 飞 刘艳秋 莫永谊 伍 伟

王建荣 徐国萍 张 宏 赵 新

赵冬梅 周 新 周红红



注意：此二维码仅可绑定一次，为保证您的合法权益，请您尽快扫描此二维码安装 App，注册绑定后尽快添加此二维码对应的图书资源，在您绑定后此二维码将失效，您可以通过绑定的账号使用本书资源。

北京交通大学出版社

· 北京 ·

内 容 简 介

本教程分为翻译和写作两部分。翻译部分精心设计了由口译、笔译两大模块构成的单元结构：口译部分将听、记、译有机结合，帮助学生熟练驾驭中英文迎来送往和各种意念功能的常用表达；笔译部分包括英译汉和汉译英，通过形式多样、内容丰富的练习，辅以画龙点睛的技巧点拨，帮助学生在有条不紊的练习过程中发现和解决问题，领会翻译规律。写作部分总结和分析了中国学生英语表达中存在的问题，选取有代表性的句子和段落编写成训练材料，帮助学生发现自己英语表达中的欠缺并掌握准确、地道的表达法。本教程内容兼顾文理工领域，以实践为主、理论为辅，能很好地为学生培养翻译和写作实用能力服务。

本教程可供非英语专业研究生或高年级本科生使用，也可供英语翻译和写作爱好者自学选用。

版权所有，侵权必究。

图书在版编目 (CIP) 数据

综合英语写译教程 / 王建荣, 周红红主编. —北京: 北京交通大学出版社, 2016.9 (2017.6重印)

ISBN 978-7-5121-2965-8

I. ①综… II. ①王… ②周… III. ①英语-写作-教材 ②英语-翻译-教材
IV. ①H315

中国版本图书馆 CIP 数据核字 (2016) 第 184585 号

综合英语写译教程

ZONGHE YINGYU XIE YI JIAOCHENG

责任编辑：孙晓萌

出版发行：北京交通大学出版社

电话：010-51686414

<http://www.bjtup.com.cn>

地 址：北京市海淀区高粱桥斜街 44 号

邮编：100044

印 刷 者：北京艺堂印刷有限公司

经 销：全国新华书店

开 本：180 mm×255 mm 印张：19.5 字数：487 千字

版 次：2016 年 9 月第 1 版 2017 年 6 月第 2 次印刷

书 号：ISBN 978-7-5121-2965-8/H·454

定 价：49.00 元

本书如有质量问题，请向北京交通大学出版社质检组反映。对您的意见和批评，我们表示欢迎和感谢。

投诉电话：010-51686043, 51686008；传真：010-62225406；E-mail: press@bjtu.edu.cn。

前 言

在英语的听、说、读、写、译五项技能中，翻译看起来被排在最后，而且实际上也的确是被边缘化、被架空了的。不信吗？大家回想一下，在自己使用过的各类英语教材中，翻译教材是不是最少的？或者在每套英语教材的各项练习中，翻译练习是不是最无关紧要的？是不是经常有老师或学长语重心长地告诫大家，要学会用英语思维，不要先想出中文句子再将其翻译成英语？其实，只要是把英语作为外语来学的人，都离不开母语这根强有力的拐杖。区别仅仅在于，有的人能较快地甩开拐杖自由行走、奔跑，有的人则久久依赖着拐杖，迟迟迈不开步伐。这快与慢的差异在于英语学习中是否使用了正确的训练方法，是否达到了合适的训练量。

而写作能力的重要性就毋庸置疑了。薛涌在《北大批判》一书中阐述为什么读和写是事业成功的关键时指出：“根据对 120 位美国大企业人事部的负责人的调查，写作水平一直是高工资、高技术的标签，是成功者的基本特征。那些写作不行的人不容易被录用，也很难获得提升。三分之二的美国大企业的雇员的日常工作要通过写作来进行。80% 以上金融、保险、房地产等服务业的公司，在雇用员工时要考察写作。40% 的公司要特别培训写作技能不足的员工。美国公司在这方面的投资，一年估计达 31 亿美元。”

那么如何有效提高自己的翻译水平和写作能力？在以往的英语学习中，翻译与写作似乎是井水不犯河水的两个领域，市场上翻译和写作的教材林林总总，将翻译与写作有机结合起来却是凤毛麟角。其实，英译汉相当于英文阅读理解加中文写作，而汉译英挑战的则是英文表达的功底。

本教程在观察、分析和总结中国学生学习英语的问题的基础上，创造性地将意念功能表达与翻译和写作的基本理论有机结合，将口语和书面表达与口译和笔译融为一体，使学生的英语能力通过有限的训练得到最大程度的提高。

本教程的 15 个单元分别以莘莘学子从高等教育中收获的 15 条智慧为题，并将中英文的名人名言、热词潮语导入每单元的学习。每单元的翻译部分颠覆常规教材过分

倚重理论阐述、翻译例句讲解形式单一冗长的共性，精心设计了口译和笔译两大模块：口译部分帮助学生熟悉常见的表达方式，扩大知识面，增加对西方文化背景的了解，实现既能听得懂，又能译得出，还能把握得准；笔译部分兼顾英译汉和汉译英，通过形式多样、内容丰富的练习，辅以画龙点睛的技巧点拨，帮助学生在有条不紊的练习过程中发现和解决问题，领会翻译规律，享受在双语中穿梭和驰骋的乐趣。写作部分强调写作能力是练出来的而不是教出来的，通过总结和分析中国学生英语表达中存在的问题，选取有代表性的句子和段落编写成训练材料，帮助学生发现自己英语表达中的欠缺并掌握准确、地道的表达法；通过各种应用文和议论文的实例展示不同文体的风格和结构，为学生的笔耕提供模仿的范例和精要的提示。

将口译和笔译有机结合，将英译汉和汉译英融会贯通是常规教材尚未开发的思路；将翻译与写作合二为一是英语学习中独辟的蹊径，本教程的训练可以帮助学生事半功倍地提高语言运用能力，尽快抛弃拐杖，在英汉双语的天空自由自在地展翅翱翔。

本教程为北京交通大学基本科研业务费人文社科专项基金资助项目（项目批号：2013JBW004）的研究成果之一，特此致谢。

编者

2016年春于北京交通大学红果园

目 录

Unit 1 Be Grateful 学会感恩	1
Part A Interpreting Skills	2
Part B Translating Guidance	3
Part C Writing Guidance	7
Part D Practical Writing	15
Part E Essay Writing	16
Unit 2 Cultivate Compassion 培养同情心	19
Part A Interpreting Skills	20
Part B Translating Guidance	21
Part C Writing Guidance	26
Part D Practical Writing	38
Part E Essay Writing	41
Unit 3 Keep Learning 持续学习	43
Part A Interpreting Skills	44
Part B Translating Guidance	45
Part C Writing Guidance	49
Part D Practical Writing	59
Part E Essay Writing	61
Unit 4 Solve Problems 解决问题	63
Part A Interpreting Skills	64
Part B Translating Guidance	65

Part C	Writing Guidance	69
Part D	Practical Writing	76
Part E	Essay Writing	78
Unit 5	Do What You Love 做想做的事	80
Part A	Interpreting Skills	81
Part B	Translating Guidance	82
Part C	Writing Guidance	89
Part D	Practical Writing	98
Part E	Essay Writing	100
Unit 6	Live in the Present 活在当下	102
Part A	Interpreting Skills	103
Part B	Translating Guidance	104
Part C	Writing Guidance	109
Part D	Practical Writing	114
Part E	Essay Writing	117
Unit 7	Laugh Often 笑口常开	119
Part A	Interpreting Skills	120
Part B	Translating Guidance	121
Part C	Writing Guidance	126
Part D	Practical Writing	131
Part E	Essay Writing	134
Unit 8	Practice Forgiveness 学会原谅	136
Part A	Interpreting Skills	137
Part B	Translating Guidance	138
Part C	Writing Guidance	143
Part D	Practical Writing	155
Part E	Essay Writing	156
Unit 9	Create Connections 学会深交	159
Part A	Interpreting Skills	160
Part B	Translating Guidance	161
Part C	Writing Guidance	167
Part D	Practical Writing	178
Part E	Essay Writing	179

Unit 10	Keep Promise	信守承诺	181
Part A	Interpreting Skills		182
Part B	Translating Guidance		183
Part C	Writing Guidance		188
Part D	Practical Writing		195
Part E	Essay Writing		196
Unit 11	Be Optimistic	保持乐观	198
Part A	Interpreting Skills		199
Part B	Translating Guidance		200
Part C	Writing Guidance		206
Part D	Practical Writing		214
Part E	Essay Writing		215
Unit 12	Love Unconditionally	爱心无限	217
Part A	Interpreting Skills		218
Part B	Translating Guidance		219
Part C	Writing Guidance		225
Part D	Practical Writing		233
Part E	Essay Writing		234
Unit 13	Do Your Best	竭尽全力	237
Part A	Interpreting Skills		238
Part B	Translating Guidance		239
Part C	Writing Guidance		245
Part D	Practical Writing		260
Part E	Essay Writing		261
Unit 14	Take Care	自爱珍重	263
Part A	Interpreting Skills		264
Part B	Translating Guidance		265
Part C	Writing Guidance		270
Part D	Practical Writing		283
Part E	Essay Writing		284
Unit 15	Give Back	学会给予	286
Part A	Interpreting Skills		287
Part B	Translating Guidance		288

Part C	Writing Guidance	294
Part D	Practical Writing	300
Part E	Essay Writing	301
参考文献		303

学会感恩

Slow down, look around you, and pay attention to the little details in your life—the delicate purple flower on the sidewalk, the beautiful sunset, the hot shower that washes away your long day, and the smile in your partner's eyes...

When you have a grateful heart that is appreciative of life's beauty, wonder and blessings, you're automatically filled with happiness.

Always be appreciative of the blessings in your life. And it's equally important to express your appreciation to those who've made your life better in some way, big or small: Happiness isn't about getting what you want. It's about loving and being grateful for what you have received.

Famous Quotations

A mother is not a person to lean on, but a person to make leaning unnecessary. —by Dorothy Canfield Fisher 母亲不是赖以依靠的人,而是让你有能力不依靠的人。(桃乐茜·甘菲德·费希尔)

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. —by Oprah Winfrey 要学会对拥有的一切怀有感恩之心;最终你会得到更多。如果你总是对那些没有得到的东西耿耿于怀,那么你永远也不会满足。(奥普拉·温弗瑞)



Popular Sayings

正能量是一个充满象征意义的符号,所有积极的、健康的、催人奋进的、给人力量的、充满希望的能量,就是“正能量”。

“Positive energy” represents a healthy trend, for it encourages people to be positive and optimistic, gives people strength and hopes, and inspires people to move forward.



Part A Interpreting Skills



At the Airport

I. Sentence Translation

Listen and translate each sentence you hear into Chinese. Then write it in the space given below.

1. _____

2. _____

3. _____

4. _____

5. _____

Vocabulary

health certificate

bound for

Caracas

Atlanta

Miami

inclement

ground crew

deice

overbook

complimentary

stewardess

II. Passage Translation

Listen and translate each passage you hear into Chinese. Then write it in the space given below.

1. _____

Notes

International Departure

Procedure

check-in

luggage delivery

getting boarding card

quarantine

customs

immigration

security check

waiting and boarding

2. _____

International Arrival

Procedure

quarantine

immigration

luggage reclaim

customs

entering greeting hall



Part B Translating Guidance



以词类及搭配为依据

分析画线词语的词类，判定词义，完成句子翻译。

1. She gives frequent performances of her work, both at home and abroad.

(名词: 家乡, 祖国)

她经常在国内外演出自己的作品。

2. The control lever should be turned to its home position in time.

(形容词: _____)

操纵杆应及时复位。

3. It is now up to all of us to debate this issue and press home the argument.

(副词: 彻底地)

现在要靠我们大家对此问题进行辩论, 并尽可能将论点_____。

4. The plane homed to its carrier under the guide of electronic navigation system.

(不及物动词: _____)

飞机在电子导航系统的引导下_____。

5. Amazingly, I saw① a saw② saw③ a saw④.

(① _____ : _____ ② _____ : _____ ③ _____ : _____ ④ _____ : _____)

我吃惊地_____。

Tips

首先要厘清词在句中所属的词性, 即属于哪个词类, 进而考察其准确的词义。

分析画线词语的搭配关系, 判定词义, 选择适当的词汇完成句子翻译。

big

receive

safely

created

heavy

answer

completely

caused

strong

accept

smoothly

left



1. 大雪阻碍了建筑工程的进展。

_____ snow hindered construction work.

2. 大风把屋顶的瓦片刮了下来。

The _____ wind hurled down bits of the roof.

3. 今天我两次丢下工作去接电话。

I was twice called off from my work today to _____ the phone.

4. 二号种子顺利地进入了锦标赛第二轮。

The number two seed is _____ through to the second round of the tournament.

5. 帝国主义的长期统治造成了社会经济的不正常状态，造成了广大的失业群。

Long years of imperialist rule _____ our economy in a chaotic state and _____ widespread unemployment.

Tips

一词多义在英、汉两种语言中都普遍存在。译者可借助词汇搭配关系选择适当的语义。切忌逐字翻译。

2

以褒贬为依据

分析画线词语的感情色彩，判定词义，完成句子翻译。

1. Always a supremely confident extrovert, Mailer at times seemed a publicity-seeking clown.

() 褒义 () 贬义 () 中性

梅勒总是极度的自信和外向，有时看起来就像是_____的小丑。

2. Peace is not merely a goal that we seek, but a means by which we arrive at that goal.

() 褒义 () 贬义 () 中性

和平不仅是我们所_____，也是达到此目标的方法。

3. 发展中不平衡、不协调、不持续问题仍然突出。

() 褒义 () 贬义 () 中性

Unbalanced, uncoordinated and unsustainable development remains a big _____.

4. 它回答了建设什么样的社会主义的根本问题。

() 褒义 () 贬义 () 中性

It has addressed the fundamental _____ of what kind of socialism to build.

5. 他们讲唯心论，我们讲唯物论。

() 褒义 () 贬义 () 中性

They _____ whereas we _____.

Tips

同一个词在不同的语境中会体现出不同的感情色彩。译文应尽量忠实于原文，选词不慎可能会改变原文的感情色彩。

3

以文化背景为依据

根据文化背景知识，分析画线词语的词义，完成句子翻译。

1. A man in priestly clothes offered spiritual guidance.

一位身着牧师袍服的男子进行了_____。

(a) 精神指导 (b) 宗教布道

分析: spiritual 在此如取“精神上的”，理解只停留于文字表面；联系句子主语，这里 spiritual 应指“宗教上的，宗教信仰的”。spiritual guidance 应译作“宗教布道”，类似的 spiritual pursuits 通常指“追求宗教信仰”“从事宗教法事活动”。

2. 人民精神文化生活更加丰富多彩。

People enjoy richer _____.

(a) spiritual and cultural lives (b) intellectual pursuits and cultural entertainment

3. The national Aeronautics and Space Administration had called it a “success-oriented” schedule to get the space shuttle flying again, but the odyssey of “Discovery” was beset with various problems.

国家航空和航天局曾将航天飞机再度发射称作一个“十拿九稳”的计划，但是“发现者”号的_____，问题重重。

4. If we try to implement these harebrained ideas (that English should be replaced by Hindi and the 15 recognized state languages), India will become a Tower of Babel.

如果我们试图实行这些轻率而愚蠢的主张，以印度语和其他 15 种官方承认的各邦语言取代英语的话，_____。

5. This deal is little more than a fig leaf for the continued destruction of the landscape.

6. 现有的广泛共识是，中企“走出去”的最大绊脚石是缺乏人力资本。



Tips
一个民族特有的文化元素赋予语言词汇特殊的含义和联想。充分考虑文化背景知识的影响才能保证翻译中词汇语义选择的准确和忠实。

4

以词义强弱为依据

分析画线词语的词义强弱程度，完成句子翻译。

1. They chucked a stone at the cops, and then did a bunk with the loot.

他们向条子扔了块石头，带着战利品溜号了。



2. After casting a stone at the police, they absconded with the money.

他们向警察投掷石块后携款潜逃。

分析：从词义强弱程度入手，讨论画线部分词汇翻译是否得体。

3. Her score leaves much to be desired.

4. Her score is far from being satisfactory.

5. 小心 滑跌。

Don't fall down.

Be careful to fall down.

Watch your step.

Slippery.

分析：从语义强弱程度入手，讨论以上四个翻译是否正确、得体。

Tips

同义词的语义选择取决于词与词在使用域、正式程度、语气、常用程度等方面存在的差异。



Translate the English into Chinese or vice versa.

1. He was cut down in the prime of life.

2. We can heat the steel again to a temperature below the critical temperature, and then cool it slowly.

3. He once again imparted to us his great knowledge, experience and wisdom.

4. The Front adopted an aggressive propaganda campaign against its rivals.

5. China's cities, after decades of bolted doors and barred windows, are suddenly being opened to sweeping changes.

6. 孙中山先生是个好人。

7. 我实在不想再在食堂吃饭了。

8. 闲人免进。

9. 所有这些宣传活动对他们最新唱片的销售产生了一种滚雪球效应。

10. 文化是民族的血脉,是人民的精神家园。

11. Devote some of your leisure, I repeat, to cultivating a love of reading good books. Fortunate indeed are those who contrive to make themselves genuine book-lovers. For book-lovers have some noteworthy advantages over other people. They need never know lonely hours so long as they have books around



them, and the better the books the more delightful the company. From good books, moreover, they draw much besides entertainment. They gain mental food such as few companions can supply. Even while resting from their labors they are, through the books they read, equipping themselves to perform those labors more efficiently. This albeit they may not be deliberately reading to improve their mind. All unconsciously the ideas they derive from the printed pages are stored up, to be worked over by the imagination for their future profit.

12. 童年总使人有些向往。不论童年生活是快乐、是悲哀,人们总觉得都是生命中最深刻的一段;有许多印象、许多习惯,深固地刻画在他的人格及气质上,而影响他的一生。



Part C Writing Guidance



Writing mechanics tell readers whether a piece of writing is good or not on the first sight; therefore, they are too important to be overlooked. Small and detailed as they are, the mechanics, like the layout of manuscript, capitalization and punctuation, differentiate meanings and mark the basic standard of the writing.

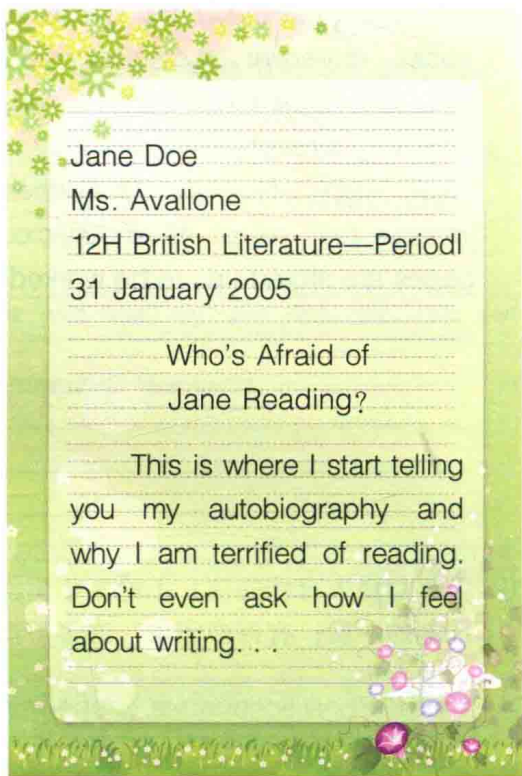


1

A Standard Manuscript

The appearance of your essay may be almost as important as its content. A neat, legible paper makes a positive impression on your readers. Use the following guidelines for standard manuscript form to help prepare your final draft.

- (1) Use standard-sized 8.5 by 11 inch white paper. Use one side of the paper only.
- (2) If handwriting is an option, use blue or black ink. If using a computer, print in black, using a standard, legible font (Times New Roman, Arial, or other basic true type font). Double space the lines in the formatting menu under paragraph, do not use the enter key unless starting a new paragraph.
- (3) Leave a 1.25 inch margin at the left and right. The left margin must be even. The right margin should be as even as possible. Indent paragraphs using 4 spaces or a pre-set tab.
- (4) Put your name, course title, the name of your teacher, and the date in **the upper left-hand corner** of the first page.
- (5) Center the title of your essay two lines below the date. Do not underline or put quotation marks around your title. (You may use bold to emphasize it.)
- (6) Leave a 1 inch margin at the bottom of all pages.



2

Capitalization

The use of capitalization is unique and important in writing. Capitalized words are used mainly in three places: the first words of sentences, proper names and key words in titles.

- (1) Capitalization is used at the beginning of a sentence (complete or incomplete) or a direct quotation sentence.

She is one of my best friends.

Wonderful!

He said, "My trip to Mount Tai was interesting."