



# The 9th SFLEP National Foreign Language Teaching Contest

## 第九届“外教社杯” 全国高校外语教学大赛

翻译专业组

授课文本

主办：

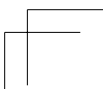
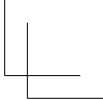
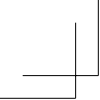
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# 口译授课文本

## 听辨主旨信息

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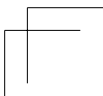
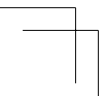
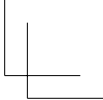
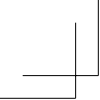
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## 一、口译技巧：听辨主旨信息

### 3.1 技巧讲解

听辨主旨信息指的是对篇章主旨进行听辨、提炼及总结。听辨主旨信息既是有效的口译训练手段，同时也是口译实践中较常见的任务形式。一方面，口译学习者应该学会在一段讲话中剔除冗余信息，迅速抓住重点，把握讲话人的真正意图；另一方面，在真实工作中可能要求译员为节省时间而进行概括性翻译，此项练习可以训练完成该任务的能力。

主旨（gist）是对一个篇章的主要信息（primary information）的概括。在提炼主旨时，首先要对篇章进行分析，找出它的中心句（thesis statement），再根据中心意思区分主要观点（claims）和支持观点（support）。主要观点是指讲话人想要表达的主要意图和想法；支持观点则是主要信息的扩展与延伸，包括讲话人为了让听众更好地理解话语而进一步作的说明、解释、举例和强调等。相比较而言，主要观点的概括性更强，属于主要信息；支持观点用以阐述、展开或者举例说明主要观点，属于次要信息。因此一般情况下，主要信息包括中心句、主要观点和主要逻辑关系。在概括主旨时，我们先提取中心句，并根据篇幅要求将相对更重要的信息抽取出来或概括出主要观点，再对提取的信息进行逻辑整合和语言提炼。以下文为例：

Chinese people are spending more money.（中心句）By some forecasts, China will be the second-largest consumer market in the world by 2015, not far behind America.（主要观点①）Chinese people already buy more cars than people in any other country: 13.5m last year to Americans' 11.6m.（举例）After decades of deprivation and conformism, Chinese consumers regard expensive consumer goods as trophies of success.（主要观点②）While in public, they show off. In private, they pinch pennies.（说明）The owner of a gleaming new BMW will drive around for half an hour to avoid a 50 cent parking fee.（举例）

提炼主旨可分四步来进行：

- （1）判断并提取中心句；
- （2）区分主要观点与支持观点，提取主要观点；
- （3）对提取后的信息进行逻辑整合；
- （4）对提取后的信息进行语言提炼。

### 3.2 技巧练习

**提示：**你将听到英汉共 4 个段落。请在每段录音结束后，用原语总结每个段落的主旨。

- 1) 北京市教委近日公布：高考中英语的分值将降低，由现在的 150 分降为 100 分，并实行一年多次的社会化考试，不再一考定终身。考试内容也更加侧重听说等应用技能的考查。有家长认为此举可以减轻学生的学习负担，毕竟英语的比重下调了，重要性也会相应降低，也就不用上那么多的英语提高班了；也有家长担心学生的英语水平会下降，长远来看，他们以后出国深造、求职就业等方面都会受到影响。专家则指出：英语改革的一大贡献是突出对考生应用能力的考查，把英语这门课由哑巴语言变成真正能应用的语言。此外，英语改革能完善国家对人才的综合考评体系，不依靠单次考试，而是更全面客观地选拔人才。
- 2) 如今课外补习异常火爆，已成为许多家庭绕不过去的坎。越来越多的学生卷入课外补习，题目强度越来越大，题目内容越来越超前。一项调查显示：上过奥数班的小学生中，超过 80% 的人进入初中后，不论是在数学思维能力上还是在数学的学习积极性上都后劲不足，明显低于没有上过奥数班的学生；这些学生家庭的亲子关系、家庭和谐程度也不尽如人意。专家分析：由于补习常常采用灌输碎片式技巧和重复练习的方法，不注重逻辑分析思维的培养，学生常常知其然而不知其所以然。此外，长期的高难度奥数练习容易打击学生的自信心，使其丧失学习兴趣，甚至对数学产生反感。
- 3) Many adults find their bodyweight starts to creep up as they get older. Some experts blame increasing hours spent at work and commuting, which leaves little time for exercise. But a new study finds family may help make us fat. Researchers following young women in Australia found that those who got married or lived with a partner gained four pounds more than those who remained single over a ten-year period. And having a baby made the problem worse. Overall, partner and baby status had more relationship to women's weight than their physical activity levels. Researchers are not sure why added family members trigger weight gain. They theorize that single women may try to stay skinny to attract a mate. In addition, having a baby





causes metabolic changes that could increase weight gain — although some experts say the sleep deprivation from having a newborn may cause women to eat more as brain fuel to stay awake.

- 4) According to a joint study by Oxford University and the Open University, shopping trips are more beneficial for children's development than sedentary activities. This survey looked into the daily routines and habits of 800 parents with two- and three-year-olds. The report contends that shopping furnishes an environment in which children are out of their "comfort zone"; the constant changes of scenery that shopping fosters provide visual stimulation conducive to brain development. Shopping helps improve children's social and motor skills as well, as they're bumping into other families where social skills come into play and more physical activities are generated. Most importantly, the interaction between children and parents while shopping promotes a sense of security and happiness. Actually, the more retail therapy the children were exposed to, the happier they seemed to be, and more likely to refrain from aggression, defiance and mood swings. The report also alludes to the fact that although reading and drawing are traditionally deemed as beneficial, being left to read or draw pictures on their own might actually have a "negative impact" on a toddler's development.

## 二、译前准备

### 3.3 常用词语

中国菜 Chinese cuisine  
中式烹饪艺术 Chinese culinary art  
煮 / 炖 to boil/to stew  
轻炒 / 翻炒 to sauté/to stir-fry  
红烧 to braise in brown sauce  
油炸 to deep-fry  
烤 / 烘 to roast/to bake

回锅肉 double-fried pork slices  
椒盐肉排 spare ribs with spicy salt  
葱爆牛肉 sautéed beef with scallion  
清蒸多宝鱼 steamed turbot  
豆瓣鲈鱼 braised perch in soybean paste  
松鼠桂鱼 sweet and sour Mandarin fish  
白灼花枝片 scalded sliced squid

清蒸	to steam	上汤芥兰	braised broccoli in broth
烟熏	to smoke	蒜茸时蔬	seasonal vegetable with garlic
卤制	to marinate	烟熏三文鱼	smoked salmon
发酵	to ferment	意大利面	pasta
白灼	to scald	通心粉 / 细面	macaroni/spaghetti
浇汁	to glaze	奶酪千层饼	cheese lasagna
水煮	to poach	咖喱鸡	curry chicken
剥皮	to skin/to peel	韩国泡菜	kimchi
脱壳 / 去鳞	to shell/to scale	综合寿司	sushi combo
切成片 / 条 / 块	to slice/to shred/to cube	生鱼片	sashimi
切碎 / 捣碎	to mince/to smash	清酒	sake
酸 / 甜 / 苦 / 辣	sour/sweet/bitter/spicy	天妇罗	tempura
麻辣的	numbing hot	味噌汤	miso soup
鲜美多汁的	succulent/juicy	墨西哥炸玉米片	nacho chips
筋道的	springy	玉米饼	tortilla
酥脆的	crispy	墨西哥薄饼卷	taco
调味品	seasoning	提拉米苏	tiramisu
辣椒	chili	大理石奶酪蛋糕	marble cheese cake
花椒	Sichuan flower pepper	焦糖布丁	caramel custard
孜然	cumin	茅台酒	Mautai liquor
泡椒	pickled chili	黄酒	yellow wine
香菜	coriander	拉菲红酒	Lafite
花旗参	ginseng	波尔多葡萄酒	Bordeaux
枸杞	Chinese wolfberry	金酒	gin
粉丝	Chinese vermicelli	威士忌	whisky
大葱	scallion	白兰地	brandy
芥末	wasabi/mustard	伏特加	vodka
豆瓣酱	thick broad-bean sauce	朗姆酒	rum
芝麻酱	sesame paste	龙舌兰酒	tequila



### 3.4 常用表达

#### 1) Attending a Wedding Ceremony

Host: Greetings, sir. May I have your invitation card please?

Mr. Fox: Here it is.

Host: Are you here on behalf of the groom or the bride?

Mr. Fox: I am a friend of the groom, Mr. Fisher.

Host: Very well, sir, the groom's seating is on the left hand side of the chapel. Rows 15–20 are reserved for non-relatives.

Mr. Fox: Thank you. Is there a guest book I can sign? I also have a gift that I would like to give to the couple.

Host: Yes, sir. The guest book is straight ahead to the left. Gifts can be dropped off at the Reception following the ceremony.

Mr. Fox: Very well, thank you.

Host: You're welcome. Thank you for coming and please enjoy the ceremony.

#### 2) Talking about International Food

A: What unusual food do you want to try?

B: I am going to try GadoGado.

A: What's that?

B: It's a kind of rice ball that is made in Malaysia. What about you?

A: I'd like to have some vegetables first.

B: Have you ever tried tempura?

A: No, what is it?

B: It's deep-fried vegetables, which is commonly eaten in Japan.

A: That sounds great. Do you know if there are any vegetable dishes that are spicy?

B: Let me think. You could get an Indian or Thai vegetable curry, Mexican food or some Kimchi when you are in the mood for spice.

A: Do you eat traditional British food?

B: We usually eat bangers and mash, toad-in-the-hole, or fish and chips once a week.

A: What kind of dishes do you usually make?

B: I almost always make either a beef roast or a chicken roast with asparagus, parsnips, peas, carrots and potatoes on Sundays when I have no class.

A: How do you know so much about international food?

B: I used to buy lunch every day from the international food stall at school. Every day was an adventure!

### 3) Proposing a Toast

May I have your attention, everyone! I would like to give my thanks to all who could make it tonight. We have gathered from all corners of the nation; it is a rare pleasure when we can all come together under one roof. Tonight is our night, a night to be merry, a night to reflect upon our successes and a night for enjoyment. It is truly my pleasure to be standing before some of the most passionate, dedicated, and brilliant people I have ever met. I ask you to join me in a toast to everyone gathered here. Good evening, good health, good cheers. Have fun and enjoy yourselves!

## 三、口译实践

### 3.5 单句口译

**提示：**请将下列句子口译成英语，注意掌握常用的短语和表达。

- 1) 我很荣幸可以代表我国政府尽地主之谊，欢迎远道而来的客人。
- 2) 感谢你们热情的款待，中国人民的好客之情果然不负盛名。
- 3) 这是我连续第五次出席中英友好年度盛典，很高兴能与各位在这里共襄盛举。
- 4) 今晚我们有幸能与热情、敬业、优秀的合作伙伴欢聚一堂，庆祝我们的成功。
- 5) 我想再次对贵国政府和人民给予的热情欢迎和盛情款待表示衷心的感谢！

### 3.6 对话口译：广式早茶

#### 情景介绍

记者就广式茶点的传统和内容进行采访。

**提示：**请先熟悉列出的词汇与短语再听录音，并在录音停顿时开始口译。

#### 词汇与短语

ritual 习俗

丝绸之路 the Silk Road

点心 dim sum

永葆青春 eternal youth

灵丹妙药 elixir

蒸饺 steamed dumpling

凤爪 chicken feet

叉烧包 barbecued pork bun

五花肉 belly pork

etiquette 礼节

微服巡游 to tour the country incognito

Reporter: There's one Cantonese food that we're all familiar with in the West, Cantonese dim sum. It seems that eating it here is more a ritual than a simple dining experience. What do you say? //

顾客：没错，这是我们文化的一部分。喝茶吃点心的传统最早起源于几个世纪前丝绸之路沿线的小茶馆。后来“饮茶”就统称搭配着糕点喝茶的习俗。广式饮茶等同于英国人就饼干喝茶的习惯。我们这儿认为茶是能使人永葆青春的灵丹妙药。大家都注重饮茶的传统。//

Reporter: OK, I see. Then what kinds of dim sum would you eat when you “yum cha”? //

顾客：这里有好几百种不同的点心，比如蒸饺、凤爪和叉烧包等等。你可以想象制作这些点心的背后需要多高超的技艺。广式茶点虽然不贵，却被誉为世界上最好吃的美食之一，堪称完美。就我个人而言，最爱吃的是粽子。//

Reporter: How is Zongzi made? //

顾客：粽子就是一种竹叶包裹的糯米饭。制作粽子的第一步是先把竹叶折成杯状；然后放进糯米和配料，例如蘑菇、五花肉、鸡肉、咸鸭蛋；接着再加一层糯米；最后用绳子把粽叶裹紧后煮熟而成。//

Reporter: Sounds complicated. I heard there's also Cantonese etiquette when taking tea. //

**顾客：**是的。我们会轻叩桌子来表达“谢谢你”。当别人帮你斟茶时，这是一种礼貌的致谢方式。手指弯曲象征着磕头或鞠躬，借以表示敬意。//

**Reporter:** Why is that? //

**顾客：**这是根据一段从乾隆时期流传下来的传说。乾隆是清朝最伟大的皇帝之一，据说他曾带着侍卫们离开皇宫，一路微服巡游。途中当他为侍卫们倒茶或是递食物时，侍卫们不能起身行礼，否则会暴露身份。所以他们就轻叩桌子来表示恭敬。传说是这样子的。//

**Reporter:** Wow, interesting! Since you are one of the most loyal customers here, have you tried everything yet? //

**顾客：**当然了，作为这儿 50 年的老主顾，我对每道点心的味道和用料都了如指掌。可以说广东人的一天便是从饮早茶开始的。//

### 3.7 篇章口译（一）：春节晚宴讲话

#### 主题导入

中国驻英国大使在春节晚宴上的讲话

**提示：**请先熟悉列出的词汇、短语与句子再听录音，并在录音停顿时开始口译。

#### 词汇、短语与句子

农历羊年 the Year of the Sheep

破冰者 icebreaker

48 家集团俱乐部 the 48 Group Club

相知无远近，万里尚为邻。Bosom friends make distance disappear.

五谷 the five grains

一元复始，万象更新。The new year marks a new beginning.

尊敬的主席先生、

各位来宾、女士们、先生们：

很高兴出席这次春节晚宴，与各位共同迎接中国农历羊年的到来！这已是我连续第五次出席这个中英友好的年度盛典。“一年更比一年强”既是我每年出席这场盛宴的深切感受，也是中英关系发展的真实写照。//

60 多年来，在“破冰者”精神鼓舞下，几代 48 家集团俱乐部人奋力开拓，积极推进中英经贸合作与友好交往，努力构建两国人民理解与友谊的桥梁，为中

英关系发展贡献了宝贵的正能量。对于他们所作出的积极贡献，中国政府和人民将铭记在心。//

“相知无远近，万里尚为邻。”过去的一年，中英经贸关系取得可喜进展。2014 年中英贸易额达 809 亿美元，同比增长 15.3%，远高于同期中欧贸易增幅。//

这些成绩的取得，离不开包括 48 家集团俱乐部在内的各界朋友的共同努力。我愿借此机会向所有为中英关系发展而辛勤工作的各界人士表示衷心的感谢！//

在中国民间传说中，羊将五谷种子带给人间。相信中英经贸关系将在新的一年像五谷一样茁壮成长、五谷丰登。//

“一元复始，万象更新。”祝愿 48 家集团俱乐部在新的一年里取得更大发展！祝愿出席晚宴的各位朋友羊年大吉、喜气洋洋！

谢谢！//

### 3.8 篇章口译（二）：Toast at a Reception

#### 主题导入

新加坡总理在欢迎中国领导人宴会上的致辞节选

**提示：**请先熟悉列出的词汇与短语再听录音，并在录音停顿时开始口译。

#### 词汇与短语

to reciprocate 回报

Singapore Exchange 新加坡证交所

bilateral economic linkages 双边经济联系

enduring friendship 长久的友谊

to be listed 上市

Ladies and Gentlemen,

Let me extend a very warm welcome to Mr. Premier and his delegation to Singapore. I am glad to have this opportunity to reciprocate the warm hospitality I received during my first official trip to China in 2005. //

Singapore's bilateral economic linkages with China are strong and growing. Trade and investment flows are large and increasing rapidly. Many Singaporeans have set up businesses in China and serve the Chinese market. //

At the same time, many Chinese businesses are coming to Singapore. We are home to more than 2,500 companies from China, with 100 listed on the Singapore Exchange. //

Meanwhile, people to people exchanges are also growing in both directions,

facilitated by an unlimited number of flights between Singapore and many cities in China. //

Distinguished guests, ladies and gentlemen, may I now invite you to rise and join me in a toast:

to the good health and success of His Excellency Mr. Premier,  
to the peace and prosperity of China,  
and to the enduring friendship between our countries! //

## 四、口译拓展

### 3.9 双语例句

**提示：**比较中英两种不同表达方式，熟悉并掌握下列用语和句型。

- 1) 我敬您一杯，祝您身体健康、前程似锦！  
I'd like to propose a toast to your health and to your bright future.
- 2) 请大家和我一起举杯，祝我们两国的友谊地久天长！  
May I invite you to join me in a toast to the enduring friendship between our two nations.
- 3) 今晚我们将在海湾酒店设自助晚宴欢迎阁下，敬请光临。  
We will prepare a buffet dinner in your honor at Gulf Hotel this evening. We are looking forward to seeing you then.
- 4) 酒逢知己千杯少。  
A thousand toasts are too few among bosom friends.
- 5) 中国白酒太烈了，我恐怕喝不了。  
I'm afraid Chinese spirits are too strong for me.
- 6) 这是我们当地的特色小吃，请尝尝看。  
This is our local specialty. Please have a taste.
- 7) 我想吃点口味比较清淡的菜。  
I prefer some dishes of a light taste.
- 8) 我们这儿靠海，菜主要以海鲜为主。  
We are a coastal city, so most of the local dishes are seafood.
- 9) 这是清蒸螃蟹，我给您点的本地特色菜。请不要客气，尝一尝。  
This is steamed crab, a local specialty I ordered for you. Please help yourself.





- 10) 我们有意式浓缩咖啡、花式咖啡、拿铁咖啡、脱脂拿铁咖啡、美式咖啡，还有意大利超浓咖啡。

We have espresso, cappuccino, latte, skinny latte, Americano and ristretto.

- 11) 牛排要三分熟、五分熟还是全熟？配的土豆是要土豆泥、煮土豆还是烤土豆？

How would you like your steak, rare, medium, or well-done? What kind of potatoes would you like to go with that, mashed, boiled, or baked?

- 12) 如果想吃辣的，可以点印度或泰式咖喱菜、墨西哥餐，或者要点儿韩国泡菜。

You could get an Indian or Thai vegetable curry, Mexican food or you could get some kimchi when you are in the mood for spice.

- 13) 包饺子时在饺子里藏硬币是中国人过年的传统，人们相信谁吃到谁就会有好运。

When filling and sealing the dumplings, it is a Chinese New Year tradition to hide coins inside, and it's believed that the one who finds them will be blessed with good fortune.

- 14) 成都位于四川省的中心地带，被称为中国烹饪之都。这里的食物是全中国最辣的，而且因它独特的火辣味道日渐名扬海外。

Deep in the heartland of Sichuan province, Chengdu is known as one of the culinary capitals of China. The food here is the hottest in China and increasingly famous all over the world for its distinctive fiery flavors.

- 15) 铜质的火锅形似太极图，阴边为清锅，阳边为辣锅，口味轻重平衡。

The copper hot pot is shaped like the Yin and Yang symbol, to represent the balance of the mild broth on one side and the spicy on the other.

- 16) 西方人认为肉以柔嫩为佳，而中国人更爱有嚼劲的食物，而且非常看重食物的口感。

In the West, people usually aim for the tenderness of meat, but Chinese people love chewy textures and really appreciate the feel of food in the mouth.

- 17) 这道菜叫泰式炒河粉。它是把面条和鸡蛋、鱼酱、红辣椒、豆芽菜、虾仁、豆腐混在一起炒，并用花生碎和香菜装饰。这是一道很典型的泰国菜。

This is called Pad Thai. It's stir-fried noodles with eggs, fish sauce, red chili pepper plus bean sprouts, shelled shrimp and tofu and is garnished with crushed peanuts and coriander. It's practically Thailand's national dish.

- 18) 煮竹筒饭时先把食材塞入竹筒后加水，接着用卷起的香蕉叶封住筒口以保持食物和水分。这体现出中华文明及其饮食文化的内涵，即充分取材于自然来妙制美食。

When we cook bamboo rice, all the ingredients are stuffed inside the bamboo stalk first before we add water into it. We then use rolled-up banana leaves to seal the contents and keep in the moisture. This shows what Chinese civilization and food is all about, because it's using everything from your environment in a nice way.

- 19) 饅是用传统方法在户外的大饅池里烤出来的，饅池炙热的池壁把饅底烤得脆脆的，但里面的心却很松软。

Naan bread is traditionally baked in large outdoor ovens. The hot clay walls of the oven bake the bread crispy on the bottom but leave it very soft in the center.

- 20) 广东人不爱用太辣的辣椒，因为他们不希望调料味道过重而破坏海鲜的鲜味。清蒸是烹饪海鲜最好的方式。

Cantonese do not like really strong chilies, because they don't want the freshness of the seafood to be crushed by strong seasoning. Steaming is the best way to cook this kind of food.

### 3.10 情景演练: At a Welcome Banquet

**提示:** 学生三人一组，表演下面两个发言的口译。注意使用本课介绍的技能和句型。

- Participants: 1. Ms. A, host of the banquet  
2. Mr. B, representative of the visiting delegation and the guest of honor of the banquet  
3. Interpreter
- Location: In the banquet hall
- Content: Ms. A delivers a speech including: 1) her welcome and gratitude to all the guests and all participants who can make it to the banquet; 2) a brief review of the friendship and cooperation between the two organizations; 3) her wishes for the successful and enjoyable experiences for all the delegation members.
- Mr. B delivers a speech including: 1) his gratitude to the host for her hospitality; 2) a brief introduction to the agenda and program objectives of the trip; 3) his vision for a bright prospect of the cooperation between the two sides.

