

## 第5章

# 同声传译——听与说的平衡

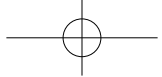
“同声传译”是指译员以与讲话人几乎同步的速度，将原语信息实时传达给听众的口译方式。从交替传译过渡到同声传译，最重大的区别就是交传中可以分开进行的任务，在同传中需要同时进行。因此我们常根据同传工作的特征将其概括为“实时多任务处理模式”，这对译员提出了非常高的脑力要求。在本章中，我们将从同传中的一对基础概念“听”和“说”出发，介绍“听”与“说”平衡的训练方法。

### 1. 同声传译中的基本概念

同声传译，对于许多口译行业之外的人士常常具有一定的神秘性。因此我们有必要首先对同传中的一些基本概念进行介绍，这有助于学习者对同传这一专业性较强的工作形成相对客观的认识。

首先，同传译员的工作状态是一边听发言人讲话、一边说出译文，给人的印象是“边听边说”，即与发言人的讲话完全同步。同声传译的名称也是这样来的。在各种有关同传的定义中，“同步”常常被作为同传区别于其他形式口译的一个主要特征。同声传译有时也被称作“同步口译”。但实际上同传的过程是一个高度复杂的认知转换过程，包括信息的输入、分析、理解、转换、整合和输出等。因此同传译员的“听”和“说”虽然同步，但一般来说译员说出的内容会落后于听到的内容几秒钟的时间。也就是说，当原语信息传入译员的耳朵后，译员首先要对它进行迅速的“分析处理”（即理清逻辑关系和主次信息），之后要对处理后的信息进行语言转换，然后才能用目标语完成信息的输出。该过程决定了信息输入与输出之间的时间差，我们通常称之为“听说时间差”（Ear-to-Voice Span），简称 EVS。

EVS 主要描述的是同传过程中的一个客观状态，可以理解为译员瞬时处理和转

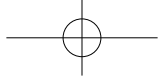


换原语信息所需的时间，通常也就是几秒钟时间。短一些的2—4秒，长的也就是5—10秒。由于语言之间的结构差异，在不同语对之间进行同传时，EVS的长度是不同的。例如，德语和日语的主要动词往往置于一句话的最后，译员因此不得不拉长EVS，等到动词出现后才能准确地传译。在同一语对中，不同译员的EVS也不尽相同，即使同一译员在处理不同语篇时也可能采取不同的EVS策略。因此，EVS的长短不是固定值，而是随译员习惯、发言难易程度、语言结构等因素的变化而调整。有经验的译员会根据会议现场情况随时动态调整自身EVS，同时在一段时间内，会尽量保持EVS平稳，避免语速忽快忽慢，给听众造成负面印象。

其次，在同传时，理解、转换与表达是同时进行的，对译员的要求和交传时既有共通之处，也有很大不同。在理解阶段，同传译员对原文同样需要进行“有选择地聆听”，抓住原文的主旨信息、结构与走向。但与交传译员相比，同传译员较少能借助笔记的作用。译员在同传时也可以记下一些数字、日期等信息，但不可能像交传时那样记录整篇的笔记，因为译员必须全神贯注于聆听、分析和理解原文的意义。在转换与表达阶段，同传译员也必须达到语言规范、译文准确而流畅等要求。然而，同传译员往往是在无法听全原文内容的条件下给出译文，因此我们更强调的是“动态对等”和“整体等值”。也正因为同传译员经常要在信息并不完整的前提下提前预测发言走向，在同传中出现暂时的对原文的微小偏离是正常的。这些小小的偏离会随着原文信息的逐渐完整而得以动态地纠正。

再次，从同传实践的分类来说，根据是否有发言材料，同传可分为无稿同传和带稿同传（包括各种形式的“文稿”，详见本书第9章）。而根据工作条件，同传又可分为“箱内同传”和“箱外同传”。箱外同传的主要形式为耳语同传，较多用于现场没有配备同传箱等专业设备且规模较小的研讨会或展示会，通常会议中只有少数与会者需要翻译服务。特别值得一提的是，耳语同传的工作量与工作强度和箱内同传是同等的。因此译员也应要求与箱内同传同等的待遇，包括2—3人轮换工作及同等薪酬等。

最后，同传是一项高强度的工作，对脑力和体力要求都很高。过硬的母语和外语能力是做好同传的基础，反应快是一个加分因素，但要成为专业的同传译员要经过专业培训。高水平的同传译员是训练出来的。所谓专业培训，不仅是对同传技巧的传授和培训，还应包括对译员职业意识和道德的培养。如果缺少职业意识的养成，译员即便具备再高超的口译技巧，也成为不了一名合格的从业者。同传译员的培养过程是全面教育的过程，学习者只有在语言、知识、技巧、思辨等多方面提升自身能力，才能逐渐成长为合格译员。



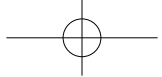
## 2. 同传听说平衡技巧讲解

同传初学者需要解决的首要问题便是“听”与“说”的平衡。在交传时，译员的“听”和“说”是分开的。译员在听完一段原文后，可以借助笔记整理思路，进而说出译文。而在同传时，译员必须在“听”的同时“说”出译文，因而对译员的“听”和“说”都提出了更高的要求。同传译员的“听”是“有选择地听”，即选择性地聆听和抓取原文中的核心词、主要信息和逻辑脉络。例如，在听到 China is a huge developing country with a population of 1.3 billion people, which has been growing for over 30 years at around 10% a year 这句时，译员应该抓住的是 China, huge developing country, population, growing, 30 years, 10% 等体现原句主要信息的关键词汇，而对于其他次要信息则可以有意地忽略。译员的“说”属于表达阶段，我们将在本书第6章详述。

对于初学者来说，同传训练起步时的最大困扰莫过于“听”与“说”相互干扰，无法实现“同步”。“听说同步”并不是我们大脑所习惯的日常运行方式。很多外语听力和口语都很好的人却无法胜任同传工作，就是因为他们无法真正做到边“听”边“说”。例如，电视台直播国外体育赛事赛后采访或颁奖典礼时，解说员的英文水平都很好，而且懂行。他们常常试图对现场讲话做同传。然而，他们往往把同传做成了“小交传”，即听完一句或几句话后，趁着讲话的间歇迅速用最简短的语言把意思说出来，赶忙回头去听。他们的做法并非真正意义上的同传。出现这种情况很正常，因为解说员没有经过口译专业训练，他们很难适应同传工作所要求的“一心多用”。这也说明同传工作是一门专业技术，不是任何熟练掌握双语或多语的人都可以直接胜任的，只有通过大量练习才能逐渐做到“听说同步”。

为了尽快实现“听说同步”，在正式进入同传训练之前，学习者一般要进行一些同传准备练习。影子练习(Shadowing)就是比较适宜且有效的一种训练方式。影子练习是指在听原语发言的同时用原语跟读发言，或概括发言的主要意思。由于练习过程不涉及语言转换，练习者可以专注于训练“耳听”与“口说”的“同步”。影子训练在练习“听说同步”的同时，还可以提高学习者的语言流利程度和分析概括能力，因此被很多会议口译培训项目所采用。下面我们将介绍具体的影子练习方法。

在起始阶段，学习者可以做原语“同步”跟读，即紧跟原语，不改变原语句式或用词，做到内容准确、完整、连贯即可。经过一段时间的跟读练习后，学习者会逐渐适应“边听边说”的工作状态。此时可以增加练习难度，即在跟读时不严格按照原文的句式和用词进行，而是在理解的基础上对原文进行适当调整、总结或改述。同时学习者还可以尝试在跟读结束后概括所听内容大意，即要求自己在跟读过程中除“听”和“说”之外还要分配出一定的精力记忆所听内容。



在掌握了原语同步跟读技巧后，练习难度可以继续加大，学习者可以进行“延迟跟读”练习，即在原语发言开始后，滞后半句到一句进行跟读。在此阶段，要做到“听说记同步”。所谓“记”，就是指在“听”与“说”的同时还要分配精力记忆发言的内容。这种练习形式对工作记忆要求较高，需要在听到发言内容后，迅速对其加以分析处理，并临时储存在工作记忆中。在听后面内容的同时再从工作记忆中调出理解后的信息，准确、连贯地表达出来。

前面提到，同传译员的EVS因人、发言内容及语速而异。学习者在跟读练习阶段就应开始寻找合适的EVS。若发言逻辑缜密、速度适中，通常可以选择紧跟原语发言，EVS相对较短；若发言逻辑松散、语速较慢，要等到完整意群出现才张口，EVS就可以较长。EVS的管理是个动态过程，跟读时尽量做到EVS平稳。初学者可以通过在原语跟读时尝试不同的延迟时间，体会并找到比较适合自己的EVS。

### 3. 听说平衡练习技巧点睛

在影子练习时，可以通过各种有意思的方式既提高练习难度，又增加练习乐趣。例如，为加大“一心多用”的训练强度，可以在跟读原语的同时，在纸上完成其他“任务”，如从三位数的数字开始倒数写数字（999，998……），或每隔三个数字一写（1，4，7，10……）等，还可以一边跟读一边在纸上画出各种图形、图案（如三角形、小动物等）。这些额外的任务都是为了帮助学习者更好地适应同传时的“多任务处理模式”。

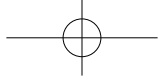
此外，在进行影子练习时要注意以下问题：

（1）要避免机械重复原文、照葫芦画瓢。影子练习的目的是锻炼“分脑”能力，因此不仅要实现“边听边说”，而且要做到积极主动地“听”和条理清晰地“说”。

（2）对以中文为母语的学生来说，外语的听辨要比中文的听辨难度更大。因此，应该分配更多的时间进行外语跟读练习，增强积极听辨能力。

（3）除了不需要语言转换外，影子练习和同传的形式和要求基本是相同的，遇到的问题和采用的策略也都是相通的。影子训练的目的就是让初学者适应“边听边说”的工作状态，为正式的同传练习热身，但这种“热身”时间不宜太长，一个月左右即可。否则容易形成对原语同步“输入输出”的惯性，陷入“鹦鹉学舌”的误区。

学习者在适应“边听边说”的状态后，往往会有想用译语表达的冲动，此时影子训练便水到渠成，可以进入正式的同传训练了。



## 4. 听说平衡练习示范

### 1 中文跟读

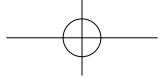
**练习1：**以下是国务院前总理温家宝在世界经济论坛年会上的发言节选。请边听边用中文进行同步跟读。

#### 提示

本选段语速较慢，话题是世界金融危机背景下中国的宏观经济现状及应对措施，属于口译学习者的常识性知识范畴，比较适合起步阶段的跟读练习。由于听到的是中文，又是用中文跟读，难度不大，在练习时应注意“听”与“说”的平衡。因为在“听”上所需精力较少，跟读时不妨将更多精力放在“说”上，可以对原文进行适当调整，让表达更加自然、流畅。

女士们、先生们！中国经济能不能继续保持平稳较快发展？有些人可能会有疑虑。我可以给大家一个肯定的回答：我们对此充满信心。我们的信心来自哪里？信心来自中国经济发展的基本面没有改变。由于我们正确判断形势、及时果断调整宏观经济政策，中国经济仍然保持了平稳较快发展。我们制定并实施的既应对当前困难又着眼长远发展的一揽子计划，开始见到效果，今年将发挥更大作用。信心来自中国经济发展的长期趋势没有改变。我们仍处于重要战略机遇期，在工业化和城镇化快速推进中，基础设施建设、产业结构和消费结构升级、环境保护和生态建设、社会事业发展，蕴藏着巨大的需求和增长潜力，它将有力支撑中国经济在较长时间内继续保持较高速度增长。信心来自中国经济发展的优势没有改变。经过30年改革开放，我们建立了良好的物质、技术和体制基础。劳动力资源丰富、素质较高、成本较低；国家财政收支状况良好，金融体系稳健，社会资金充裕；我们有集中力量办大事的制度优势、和谐安定的社会环境。更为重要的是，我们树立了以人为本、全面协调可持续发展的科学发展观，始终坚持改革开放，始终奉行互利共赢的开放战略，找到了一条符合中国国情、顺应时代潮流的正确发展道路；我们的人民拥有坚韧不拔、自强不息、百折不挠的精神与意志，正是这些优秀品质，使历史悠久的中国在逆境中焕发更加强劲的生命力。同时，中国经济发展的外部环境没有根本改变，求和平、谋发展、促合作是当今世界发展不可阻挡的潮流，国际分工格局调整中蕴藏着新的机遇。我们完全有信心、有条件、有能力继续保持经济平稳较快发展，继续为世界经济作出积极贡献。





女士们、先生们！国际金融危机是一场全球性的挑战，战胜这场危机要靠信心、合作和责任。坚定信心是战胜危机的力量源泉。信念的力量，远比想象的更为强大。国际社会和各国的当务之急，是继续采取一切必要的措施，尽快恢复市场信心。在经济困难面前，各国对世界经济发展的前景有信心，国家领导人和各国人民对自己的国家有信心，企业对投资有信心，个人对消费有信心，比什么都重要。务实合作是战胜危机的有效途径。在经济全球化条件下，大家的命运已紧紧联系在一起，谁也离不开谁。金融危机检验着国际社会加强合作的诚意和水平，考验着我们的智慧。只有加强合作，携手努力，同舟共济，才能有效应对危机。承担责任是战胜危机不可或缺的重要基础。各国政府坚定、勇敢、负责地承担起责任，对于稳定金融秩序、防止危机对实体经济影响加深，十分重要。政治家要有远见卓识，既要对自己的国家和人民负责，也要对国际社会负责。当前，应当抓紧落实二十国集团领导人金融市场和世界经济峰会以来达成的广泛共识，不仅要采取更加积极有效的措施渡过当前难关，而且要努力推动建立公正、合理、健康、稳定的世界经济新秩序。

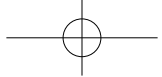
**练习2：**以下是经济学教授海闻有关中国未来二十年经济增长与社会发展的讲座节选，主要谈的是中国的规模经济和体制改革。请边听选段边用中文进行延迟跟读，跟读结束后请概括选段的主要内容。

### 提示

中文延迟跟读练习就是为中到英方向的同传作准备。同传时会遇到的问题，跟读时同样会遇到，因此应对策略也是类似的。在本选段中，讲话人是学者出身，发言脱稿、逻辑清楚、语速适中，但语言也较随意、即兴。这种发言对于译员来说听辨压力相对较小。但脱稿发言也会带来一些困扰。例如，发言人有时为了强调或整理自己的想法，会重复某些信息。此时如果跟得太紧，会导致跟读内容显得“啰嗦”、不简洁。遇到这种情况，跟读时不妨适当延长 EVS，尝试对重复性内容进行总结与概括，让表达更加精炼。

.....

第二，是讲中国特有的市场规模。国内的需求，国内的市场对我们经济的拉动作用，尤其在现代经济里面规模越来越重要。当你固定投入很多，当你科研成本很高的时候，就一定要有规模。①比方现在我们生产一种新的手机功能很多，现在有 iPhone，现在的手机有很多功能。现在有人生产老年手机，老年手机不光字要大，老年手机功能要考虑起来。年轻手机现在有很多功能，比如说上网，老年手机以后能不能做个手机是检查健康的。早晨起来一量，绿灯说明今天健康，红的赶紧看医生。

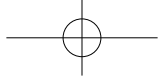


这个对老年人可能很重要。不要那么复杂，血压什么的，一个信号……如果我们研究这样的手机花了两千万，你不能生产一个手机，一个手机他成本就是两千万，必须生产得越多成本才越低。早年决定国家比较优势是技术上的差异，劳动生产力的差异，然后是资源配置的差异。劳动力多的国家，劳动力成本低。虽然劳动力不可以流动，但资本可以流动，可以把各个国家的劳动配置变得相近，比如中国人均资本少，美国资本来了，所以中国的人均资本就会跟美国差不多了。决定一个国家的竞争优势是你的成本，这个成本取决于你的市场规模有多大。同样日本人发明这样一个手机，由于它的市场比较小，只能卖出一千万个，同样两千万的研究成本，而我们国内市场则可能会卖出一个亿，这说明我们的成本会降得比它低得多。

② 2008年获得诺贝尔经济学奖的克鲁格曼在1979年的时候写了一篇文章，讲国际贸易当中的垄断竞争和规模经济，他认为决定一个国家现在竞争优势的主要是规模经济，这一点在经济越来越发达、越来越全球化的时候，它的优势就越来越明显。最早的规模经济是通过积累的方式，比如我需要卖五千万部手机才能把成本降下来，我可以通过专利的办法，一年卖一千万，我自己卖了五年积累起五千万的规模。专利不光是保护你的创新，为什么要保护你的创新呢？很大程度上是经济上的价值。在五年之内，别人不能生产。专利不是保护你永远的，是保护你一段时间的。它的主要目的是保护你的生产规模，通过生产的积累，成本下降就可以获得你的利润。现在专利对企业生产规模的保护越来越弱。不要以为我现在发明多少专利，90%以上的专利没用。10%里的专利，可能延续不了多久别人就生产出了比你更好的东西，所以不要过度迷信专利，关键是怎么能够迅速把专利转化为生产力。这是非常重要的。

现在的专利说是保护你五年，不要相信五年内没人能够超越你。③在全球化和信息产业革命的今天，信息传播和技术之间的你追我赶越来越激烈，原来可以通过积累来保护你的规模、降低你的成本，现在还没等到你卖五年，别人就生产出比你更新更好的东西，效率更高，样子更漂亮，甚至价格还更低。虽然你还可以继续生产，但是你已经卖不掉了，别人不是抄袭你的技术，而是有新技术超过你了，所以我们不要过度依赖专利的保护，而是一旦创造出新的产品，就争取在一年里面卖掉五千万，能多卖就多卖，我的利润也就到了。

所以现在市场规模就显得更加重要。亚洲四小龙到后来经济增长速度放慢，比如韩国，就是因为缺乏像中国国内这么大的市场，它基本上依赖国际市场。所以那些小国怎么办呢？它就通过自由贸易区的办法。1995年世界贸易组织成立以来，发展最快的自由贸易区。韩国最近和美国签了自由贸易区协定，还和其他很多国家签了自由贸易区协定，它需要通过这种办法来扩大自己的市场。欧洲为什么现在搞欧盟。有人说欧盟会不会解散？我说不会。人家辛辛苦苦走了这么远了，不会因为现



在有一点债务危机就解散了。欧盟主要的目标不是政治而是经济。早年大家以为欧盟是为了对付苏联，因为苏联很强大。现在苏联垮了，欧盟不但没有解散，它还继续发展，从10个到15个，20到25个，到40个，目的就是要扩大它的市场规模。一方面它需要企业很大，另一方面又不希望企业垄断，那么你就需要很大的市场。这就是市场规模对一个经济体的重要性。我觉得中国有这个潜力，中国经济的起飞可以比东亚延续更长的时间，因为我认为国内的市场规模还可以进一步地充分发挥出来。

### 难点解析

- ①粗体部分的原文比较口语化，在跟读时可以概括处理成如下内容：“现在新手机的功能很多。若生产老年人手机，就要把字做大，而且要有健康检测的功能，不要复杂，一个信号就能提示最好。”
- ②粗体部分连续出现了年份、人名，这时可以快速用笔记下，以确保表述准确。专业的会议口译员纸笔不离身，遇到专有名词或数字日期时，总是“好记性不如烂笔头”。
- ③可以对粗体部分的内容进行有意识的改述，让译文更加清楚明确。例如，“你追我赶”就可以直接改述为“竞争”，而原句也可以简化为“在全球化、信息化的今天，信息技术的竞争愈加激烈。”这样不仅原语的主要意思得以保留，而且也方便了传译。

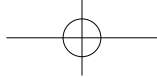
### 概述参考

市场规模会推动经济的发展。比如研发智能手机，固定投入较多，生产的手机越多，成本就越低。以前国家的比较优势取决于技术，之后取决于劳动生产力，后来又靠资源配置；现在比较优势取决于生产成本，成本越低，优势越明显，而成本又取决于市场规模。这一点在诺贝尔经济学家克鲁格曼发表的文章中也有过论述。

专利保护的最终目的是保护了市场规模，规定了在一段时间内排他的生产权力。但不要过度迷信专利，因为迟早会有更新的技术代替你，所以有了专利就要尽快转化为生产力，这才是关键。韩国等四小龙国家的经济发展减缓，也是因为缺乏足够大的市场，所以韩国的做法是通过建立自由贸易区扩大市场。

我认为欧盟不会瓦解，而且会继续壮大，也是出于经济的考虑，因为它需要更大的市场维持经济发展。所以中国未来的经济增长还将持续，主要因为我们的国内市场潜力还没有被充分挖掘出来。





## 2 英文跟读

练习1：以下是杨澜2011年的TED英文演讲节选，请边听边用英文同步跟读。

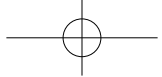
### 提示

本选段主要介绍了中国的社交媒体平台和年轻一代的中国人。对于母语是中文的学习者来说，英语跟读明显要难于中文跟读。同时，本选段从发言主题到风格都具有一些“不确定性”，会给学习者的听辨带来一定困扰。如前所述，同传中的精力分配是个动态过程，跟读练习也是如此。应该根据原语发言的具体情况灵活地调节精力分配。对于原语是英文（或其他外语）的发言，跟读时的主要精力应该放在“听和理解”上。如遇到没听清或没听懂的地方，可以根据行文逻辑和背景知识进行合理预测、概括或重述。

I was in Beijing's bidding for the Olympic Games. I was representing the Shanghai Expo. I saw China embracing the world and vice versa. But then sometimes I'm thinking, what is today's young generation up to? How are they different, and what are the differences they are going to make to shape the future of China, or at large, the world? So today I want to talk about young people through the platform of social media. First of all, who are they? [What] do they look like? Well this is a girl called Guo Meimei—20 years old, beautiful. She showed off her expensive bags, clothes and car on her microblog, which is the Chinese version of Twitter. And she claimed to be the general manager of Red Cross at the Chamber of Commerce. She didn't realize that she stepped on a sensitive nerve and aroused national questioning, almost a turmoil, against the credibility of Red Cross. The controversy was so heated that the Red Cross had to open a press conference to clarify it, and the investigation is going on.

So far, as of today, we know that she herself made up that title—probably because she feels proud to be associated with charity. All those expensive items were given to her as gifts by her boyfriend, who used to be a board member in a subdivision of Red Cross at Chamber of Commerce. It's very complicated to explain. But anyway, the public still doesn't buy it. It is still boiling. It shows us a general mistrust of government or government-backed institutions, which lacked transparency in the past. And also it showed us the power and the impact of social media as microblog.

Microblog boomed in the year of 2010, with visitors doubled and time spent on it tripled. Sina.com, a major news portal, alone has more than 140 million microbloggers. On



Tencent, 200 million. The most popular blogger—it's not me—it's a movie star, and she has more than 9.5 million followers, or fans. About 80% of those microbloggers are young people, under 30 years old. And because, as you know, the traditional media is still heavily controlled by the government, social media offers an opening to let the steam out a little bit. But because you don't have many other openings, the heat coming out of this opening is sometimes very strong, active and even violent.

So through microblogging, we are able to understand Chinese youth even better. So how are they different? First of all, most of them were born in the 80s and 90s, under the one-child policy. And because of selected abortion by families who favored boys to girls, now we have ended up with 30 million more young men than women. That could pose a potential danger to the society, but who knows; we're in a globalized world, so they can look for girlfriends from other countries. Most of them have fairly good education. The illiteracy rate in China among this generation is under 1%. In cities, 80% of kids go to college. But they are facing an aging China with a population above 65 years old coming up with seven-point-some percent this year, and about to be 15% by the year of 2030. And you know we have the tradition that younger generations support the elders financially, and taking care of them when they're sick. So it means young couples will have to support four parents who have a life expectancy as to 73 years old.

So making a living is not that easy for young people. College graduates are not in short supply. In urban areas, college graduates find the starting salary is about 400 US dollars a month, while the average rent is above 500. So what do they do? They have to share space—squeezed in very limited space to save money—and they call themselves “tribe of ants”. And for those who are ready to get married and buy their apartment, they figured out they have to work for 30 to 40 years to afford their first apartment. That ratio in America would only cost a couple five years to earn, but in China it's 30 to 40 years with the skyrocketing real estate price.

Among the 200 million migrant workers, 60% of them are young people. They find themselves sort of sandwiched between the urban areas and the rural areas. Most of them don't want to go back to the countryside, but they don't have the sense of belonging. They work for longer hours with less income, less social welfare. And they're more vulnerable to job losses, subject to inflation, tightening loans from banks, appreciation of the *renminbi*, or decline of demand from Europe or America for the products they produce. Last year, though, an appalling incident in a southern OEM manufacturing compound in China: 13 young workers in their late teens and early 20s committed suicide, just one

by one like causing a contagious disease. But they died because of all different personal reasons. But this whole incident aroused a huge outcry from society about the isolation, both physical and mental, of these migrant workers.

For those who do return back to the countryside, they find themselves very welcome locally, because with the knowledge, skills and networks they have learned in the cities, with the assistance of the Internet, they're able to create more jobs, upgrade local agriculture and create new business in the less developed market. So for the past few years, the coastal areas, they found themselves in a shortage of labor.

**练习 2 :** 以下是 Martin Jacques 有关中国崛起的演讲节选, 请边听边用英文进行延迟跟读, 跟读结束后请概括内容大意。

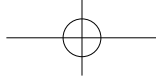
### 提示

在本选段中, 发言人虽然脱稿, 但是他逻辑清晰、表达流畅、语速较快, 延迟跟读的难度较大。建议延迟时间不宜过长, 才能保证信息大体完整。在遇到语速较快的发言时, 练习者应该采取一切让位给“听”的策略。首先要听懂, 然后才能说对。可以尝试降低讲话音量, 以确保完整有效地接收信息。这点对于同传练习来说同样至关重要。

The world is changing with really remarkable speed. If you look at the chart at the top here, you'll see that in 2025, these Goldman Sachs projections suggest that the Chinese economy will be almost the same size as the American economy. And if you look at the chart for 2050, it's projected that the Chinese economy will be twice the size of the American economy, and the Indian economy will be almost the same size as the American economy. And we should bear in mind here that these projections were drawn up before the Western financial crisis.

A couple of weeks ago, I was looking at the latest projection by BNP Paribas for when China will have a larger economy than the United States. Goldman Sachs projected 2027. The post-crisis projection is 2020. That's just a decade away. China is going to change the world in two fundamental respects. First of all, it's a huge developing country with a population of 1.3 billion people, which has been growing for over 30 years at around 10% a year.

And within a decade, it will have the largest economy in the world. Never before in the modern era has the largest economy in the world been that of a developing country, rather than a developed country. Secondly, for the first time in the modern era, the dominant



country in the world—which I think is what China will become—will be not from the West and from very, very different civilizational roots.

Now, I know it's a widespread assumption in the West that as countries modernize, they also westernize. This is an illusion. It's an assumption that modernity is a product simply of competition, markets and technology. It is not. It is also shaped equally by history and culture. China is not like the West, and it will not become like the West. It will remain in very fundamental respects, very different. Now the big question here is obviously, how do we make sense of China? How do we try to understand what China is? And the problem we have in the West at the moment, by and large, is that the conventional approach is that we understand it really in Western terms, using Western ideas. We can't. Now I want to offer you three building blocks for trying to understand what China is like, just as a beginning.

The first is this: that China is not really a nation-state. Okay, it called itself a nation-state for the last hundred years, but everyone who knows anything about China knows it's a lot older than this. This was what China looked like with the victory of the Qin Dynasty in 221 BC at the end of the Warring States Period—the birth of modern China. And you can see it against the boundaries of modern China. Or immediately afterward, the Han Dynasty, still 2000 years ago. And you can see already it occupies most of what we now know as Eastern China, which is where the vast majority of Chinese lived then and live now.

Now what is extraordinary about this is, what gives China its sense of being China, what gives the Chinese the sense of what it is to be Chinese, comes not from the last hundred years, not from the nation states period, which is what happened in the West, but from the period, if you like, of the civilization-state. I'm thinking here, for example, of customs like ancestral worship, of a very distinctive notion of the state, likewise, a very distinctive notion of the family, social relationships like *guanxi*, Confucian values and so on. These are all things that come from the period of the civilization-state. In other words, China, unlike the Western states and most countries in the world, is shaped by its sense of civilization, its existence as a civilization-state, rather than as a nation-state. And there's one other thing to add to this, and that is this: Of course we know China's big, huge, demographically and geographically, with a population of 1.3 billion people. What we often aren't really aware of is the fact that China is extremely diverse and very pluralistic, and in many ways very decentralized. You can't run a place on this scale simply from Beijing, even though we think this to be the case. It's never been the case.

So this is China, a civilization-state, rather than a nation-state. And what does it mean? Well, I think it has all sorts of profound implications. I'll give you two quick ones. The

first is that the most important political value for the Chinese is unity, is the maintenance of Chinese civilization. You know, 2000 years ago, Europe: breakdown—the fragmentation of the Holy Roman Empire. It divided, and it's remained divided ever since. China, over the same time period, went in exactly the opposite direction, very painfully holding this huge civilization, civilization-state, together.



### 概述参考

世界正在迅速变化。中国将会取代美国成为最大的经济体。西方应该如何理解中国的崛起？首先，中国不是一个“民族国家”，而是一个“文明”，因此有着不同于西方的家庭、社会关系观念等。

## 5. 听说平衡自主练习

### 1 中文跟读

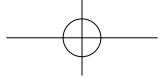
以下是国务院副总理刘延东在中英出版传媒产业投资论坛上的演讲节选，请做中文跟读练习，同时从三位数的数字开始连续正数写数字（101，102，……），之后概括主要内容。

中英两国都是历史文化大国，都以自己的独特创造为人类的文明进步作出了不可磨灭的贡献。中国有 5000 年不曾中断的文明传承，博大精深、辉煌灿烂的中华文化所孕育的东方智慧，比如“天人合一”、“民为邦本”、“和而不同”、“义利兼顾”等，是世界文明殿堂的瑰宝，其时代价值越来越为国际社会所认同。英国是启蒙运动和工业革命重要发源地，所创造的科学技术、市场经济、金融制度、法律体系和工商业文化，对近代以来的世界发展产生了重大影响。

中英两国相距遥远，但并没有阻挡人文交流的脚步。早在两千多年前，中国就开辟了三条“丝绸之路”，从陆上、海上连通亚欧非三大洲，开始了与其他国家的友好交往。在长期交往中，两国的优秀文明成果深受彼此欣赏。中国儒家思想和科举制度等传入欧洲后，曾得到英国启蒙思想家的推崇。文艺复兴之后英国涌现出的哲学家、文学家、艺术家，在中国闻名遐迩。莎翁的作品一百多年前就在中国出版，并陆续以话剧、京剧等形式上演，哈姆雷特的悲情、奥赛罗的正直、鲍西亚的智慧，至今在中国脍炙人口、经久不衰。培根“知识就是力量”的名言，悬挂在很多中国偏远的乡村学校。

近年来，中英人文交流得到了官方与民间的双重推动，规模和活跃程度都前所





未有。中国有三亿人学英语，有数千万英超联赛观众，英国有五百多所中小学开设汉语课，建立了19所孔子学院，居欧洲各国之首，英国伦敦大学学生蒋思哲获得汉语桥世界大学生中文比赛冠军；48对中英省郡、城市缔结友好关系，去年中国赴英人次达二十多万；上海世博会英国馆吸引了八百多万中国观众，兵马俑和故宫珍品在伦敦展出深受欢迎……

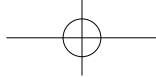
事实告诉我们，中英关系的潜力和前景，有赖于人文交流所奠定的坚实民意基础。站在中英关系新的起点上，我们应以建立中英高级别人文交流机制为契机，为文明的对话和人民的相知构建更加宽广的桥梁。我认为可在四个方面共同努力：

第一，尊重和维护文明多样性。文明多样性是人类历史发展的宝贵财富，是当代世界的基本特征。全球有两百多个国家和地区、2500多个民族、6000多种语言。各民族历经千百年磨炼，创造了独具魅力的灿烂文化。世界之美在于文明多元、多样、多彩，不同文明交流互鉴汇成了人类历史的壮阔长河。在多样中求大同，在差异中求和谐，在交流中求发展，是人类社会应有的文明观。我们应当充分理解各国不同国情、发展阶段和历史文化特点，尊重各国自主选择社会制度和发展道路，这样的世界才能异彩纷呈。

第二，深化和扩大文化互信共识。文化渗透在经济、社会和制度的各个层面，具有超越时空、跨越国界的影响力。当今世界，人类同住地球村，这是一个不同文化相互走近的时代，也是一个最需要包容和理解的时代，交流对话是文化和谐共生的根本途径，是人们理解互信的重要基础。我们应以宽广的胸怀对待其他文化，相互学习，博采众长。我们应最大限度地寻求共识、减少纷争，避免分歧转化为对抗。这不但是各国人民的愿望，也是人类社会繁荣和谐的强劲动力。

第三，重视和推进人与人的交流。人文交流沟通的是人们的心灵和情感。坦率地说，目前中英民众交流还不够深入，误解与隔阂有时仍困扰双方的情感和认同。我们要构建官民并举、多方参与的交流格局，面向人人，植根社会，为各层次、各领域、各年龄段的人们相互了解创造条件。我们相信，两国成千上万民众的参与，一定能够为中英友好注入源头活水，让友谊之树繁茂长青。

第四，挖掘和拓展出版传媒合作新领域。中英出版传媒合作开启较早、潜力巨大。英国是世界出版创意强国，中国是图书出版大国。新中国成立以来，中国从英国引进图书三万四千多种，英国已成为中国对外版权贸易第二大国。近年来，中英出版传媒合作多样化多渠道开展，牛津、剑桥、培生、企鹅、麦克米伦等知名传媒集团与中国建立了良好合作关系。中国有底蕴深厚的历史人文资源，英国有表现力强大的现代技术手段；中国有广阔的文化消费市场，英国有成熟的商业运营模式，我们完全可以形成优势互补、合作共赢的格局。随着信息网络技术的快速发展，出版传媒业正面临巨大转型。双方应把握好数字时代文化传播的新特征，开拓新媒体、新



技术和新兴文化产业的 合作领域，联合打造具有战略性标志性的项目，把最优秀的文化产品带给对方，让双方民众享受多元文化的滋养。

## 2 英文跟读

以下是埃塞俄比亚总理海尔马里亚姆 2013 年 6 月访问北京外国语大学时的演讲节选，请做英文跟读练习，同时从三位数的数字开始连续倒数写数字（999，998，……），之后概括主要内容。

It is an honor, indeed a privilege, to be here today to speak about a topic that we cherish so much both as the chair of African Union as well as the leader of a country that attaches great significance to its strategic partnership with China.

BFSU is not only one of the most outstanding institutions of higher learning but, it is an anchor to China's diplomatic and people-to-people relations with the rest of the world.

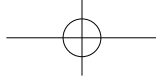
We are happy to be associated with such a prestigious institution that teaches over 50 foreign languages of which two are African and two more African languages are on the pipe line, including Ethiopia's working language "Amharic".

I congratulate BFSU on its success.

During the last decade, Africa has achieved remarkable economic growth amidst the global economic crisis. Among the ten fastest growing economies in the world, six are from Africa, and this year's economic projection also indicates this trend will indeed continue. The robust economic growth that Africa has been registering is all the more impressive as it has helped lift millions of citizens out of poverty.

Africa's potential is quite enormous. Africa now has nearly one billion people with a growing middle class—a huge market in its own right. Over 60% of the world arable uncultivated land is to be found in Africa, and it still enjoys an abundant wealth of natural resources. In the light of the young and easily trainable labor force that we have in abundance in the continent, Africa simply represents a wide array of opportunities for international investors that will certainly guarantee a higher return on investment. As the youngest continent, Africa has a great deal to offer and the prospect for success is nothing short of astounding.

Africa is indeed growing. As you may all know, Africa's traditional growth story was mainly characterized by rising prices for primary commodities, which had long proved neither sustainable nor inclusive, instead rendering the African State a virtual predatory institution. What is so reassuringly different about current growth spiral, however, is that



there is more and more economic diversification, with many small and micro enterprises engaged in productive sectors of the economy, thereby contributing to an equitable growth. There is every reason to believe that Africa is indeed the next growth pole.

Excellencies,

Ladies and gentlemen,

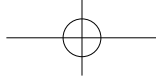
What Africa and China have today is a new type of strategic partnership. It is new because unlike partnerships that Africa had in the past this one is based on mutual respect and benefit; and strategic because it focuses primarily on structural transformation of African economies, from agrarian to industrial, and from fragmented to integrated markets.

In the last few decades, Chinese support to Africa has brought about significant changes in the economies of individual African countries. Many have undertaken huge infrastructural projects thanks to China's strategic partnership which is not only predictable, but also win-win. The rapid economic growth in China has also fuelled an increase in the price of commodities, thereby helping increase the revenues of many African countries. Many Chinese companies are also in Africa working in a number of projects. Needless to say, Chinese presence in Africa has had a benign influence in more ways than one.

There is, however, more to Africa-China strategic partnership than the traditional relations that many other countries also have had with Africa. Our strategic partnership with China is rather about China's place in Africa's newfound growth narrative and the contribution China has made and continues to make in ensuring that this is indeed a mutually beneficial partnership.

This is also justified by the traditional friendship between China and Africa. China had always been on the side of Africa during the trying times of anti-colonial struggles. It is also a source of satisfaction to note that China is working so closely with Africa in its struggle against poverty and underdevelopment. FOCAC is such an exemplary and unique framework of partnership between China and Africa.

It is true that over the last few decades, Africa has had relations with other countries that had for large part been based on the exploitation of natural resources and the provision of handouts in the form of humanitarian aid and development support attached to political strings, conditionalities based, as it were, on double standard and matrix of selectivity. Africa's relations with western financial institutions was largely characterized by an overly politicized dictation of terms that saw many African States abdicating functional authority and policy autonomy in the name of policies that were meant to promote orthodoxies of market fundamentalism. The reforms pushed by these institutions did, if anything,



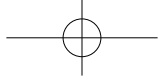
contribute to the de-industrialization of African economies. Relations were based on inequality and what little was done for Africa paled in comparison to what was done to it. It is in this context that Africa-China strategic partnership takes on exceptional significance changing as it does the nature of the relationship from one of dictation of terms to one that is based on mutual respect and the promotion of common interest. What this relationship brought about was a change in the mindset that for a long time treated Africa as a terminal aid recipient and beneficiary of external charity.

Excellencies,

Ladies and gentlemen,

Apart from the equal nature of the relationship that this strategic partnership has brought about, China's presence in Africa has also gone a long way in stimulating a continent wide expansion of infrastructure that has begun to narrow the competitiveness gap that had always stood in the way of Africa's successful entry into the global economy as an able partner that can assist in global re-balancing and in helping the world find a less volatile economic equilibrium. Africa can compete globally only if it manages to carry out massive infrastructural expansion in sectors such as telecommunication, energy generation and in building efficient transportation system. In this regard, the commitment of the Government of China in the provision of development finance in these areas is commendable. It is also worth noting that support in this sector will also help further integrate Africa through roads, railways and electric grids, thus creating a multiplier effect whereby African economies boost their competitiveness even further. Today many countries in Africa, Ethiopia included, are being rebuilt from ground up with the help of Chinese finance and Chinese engineers. This will undoubtedly promote trade between African countries and create larger and integrated markets.

In this connection, I would like to stress that it is no coincidence that most of the huge infrastructural projects in Africa are being undertaken by Chinese companies. This is not because most of the finance comes from China, but more importantly because no other nation in history—either in the west or in the east—has ever undertaken as massive infrastructural projects in such short periods of time as the Chinese have in the last few decades. Africa cannot afford to grow by piecemeal and it is altogether fitting that we collectively and individually tap into the Chinese potential to undertake and successfully complete large scale projects in relatively shorter duration.



## 6. 拓展阅读

本章着重介绍了同传入门阶段的影子训练方法，强调要通过大量练习逐步掌握同传所必需的“边听边说”的技能。我们知道，同传是一项“一心多用”的工作。法国学者丹尼尔·吉尔（Daniel Gile）曾用“认知负荷模型”（The Effort Model）来解释这种现象。他认为，在译员总体脑力资源有限的情况下，同传工作要求译员几乎在同一时间内进行信息的摄入、处理、转换和输出，同时还要调动自身的长时记忆和工作记忆，这很容易导致同传译员的脑力资源供不应求，从而导致翻译质量下滑。从吉尔提出的“精力分配模型”来看，要想做到“边听边说”，译员必须具备对上述各种精力需求进行合理调配的能力，也就是吉尔在模型中加入的“协调能力”（Coordination）。吉尔认为，同传译员在完成任何一项同传任务的过程中，必然要在不同的精力需求间找到平衡。每位译员都应通过动态调节找到并保持最适合自身的精力分配方式。只有这样，译员才能做到“边听边说”，产出高质量译文。

而有关如何才能提高构成同传过程的各种认知能力，瑞士学者莫瑟·梅瑟（Barbara Moser-Mercer）曾打过一个比方：同传译员训练在一定程度上类似于运动员训练。运动员可以通过特定练习方式训练身体特定的肌肉块，进而达到提高整体运动成绩的目标。而同传学习者也可以通过特定练习方式训练完成各项认知任务的能力，最终提高自身的口译整体表现。例如，如果译员感觉到自己在听特定口音英语时的理解能力受到影响，那么译员可以通过专门收集、收听大量该口音英语演讲的方式，总结其发音特点，改进自己对该口音英语的理解效果。吉尔的理论和梅瑟的比喻都说明同传能力的提高是有方法可循的，方法得当便可事半功倍。

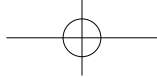
## 7. 专家解惑

### 同传中语速的重要性

资深译员 朱维钧

发音、语速也是很要命的东西。你们在这两年学习过程中，做同传，语速上不来的话，很难做好。因为中到英的话，需要你的语速很快，因为中文很简洁，你要想给它翻译出来的话，你在里面要添加很多。我们经常把四字缩略为两字，这是我们中文的习惯，是吧？失去联系变成了失联，是吧？失联并不是汉语原有词汇，因为马航 MH370 这个事呢，进入了我们汉语里面。我们去翻它，不可能用两个





syllables 把它翻出来，所以说英文要非常地快。

据我在实践当中的观察，表现非常杰出的和表现一般的译员之间的一个重要差别就在于语速。我见过一个人，是中方在读中文稿，这个中文稿也是先翻译成了英文，我们只需要跟得上他的速度，读英文就可以了，非常简单。那个会也是非常重要，是奥运场馆的招标会议。奥组委准备得很细，把这个问题的回答都译成了英文。我这个搭档呢他就读，结果跟不上。

好比说中文 17 段，读完了，他英文还有 5 段没读呢。剩下时间大家干嘛呢，全都戴着耳机在听他。他就在同传间里面 blablabla，大家都急得要命。他主要是英文的语速没有上来，毕竟不是母语。你要想把它练得和你母语一样熟，不是一朝一夕的事情，大家要做很多练习。