# 英语演讲稿三分钟优秀演讲范文

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*我们每个人都将有机会在这个讲台上发言，无论是用中文还是英文，这对我们来说都是一种考验。你曾经用英语演讲吗？你演讲时紧张吗？小编为大家收集整理了英语演讲稿三分钟演讲，希望可以帮助您!英语演讲稿三分钟演讲1hello everyone!Ever...*

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**英语演讲稿三分钟演讲1**

hello everyone!

Everyone has a dream， it is everybody yearning. But the man without a dreamof the life will be empty. But dreams are always with the thought of advance andchange. Begin to remember， I have a dream. I hope I have money， people alwaysask： \"boy， this is a great dream， have money， what are you going to do?\" \" I\'mgoing to buy chocolate.\"\" if you have a lot of money?\" \" I will buy a lot ofchocolate.\"\"

if you have money to burn?\" \" I\'ll buy chocolate factory.\" Indeed when we，innocent， with a kind heart， happineand joy is a constant movement. When I wasyoung， I have a dream. I hope you can become a kite， floating in the sky， andthen slowly fell down. Then in the green meadow like playing with companion，often chasing the white clouds in the sky， let the flap with laughter， do themulticolored multicoloured dream. Read， I have a dream. I hope to have abasketball; when I had time for basketball， but also want a football; when Iplay football， volleyball became my pursuit. Another has a dream into a realitywhen， in fact I believe that the dream is not far away from me， as long aschildish play， will be the realization of a dream. Slowly into the primaryschool， middle school， high school .... Will feel more pressure there， so willnot be a dream， only know that reading to die， there is no note of those happy.Remember， I have a dream. I hope that day will not have a lot of homework todo.

**英语演讲稿三分钟演讲2**

Good morning,ladies and gentlemen,today i am so happy to stand here to giveyou a speech.Or rather, a real story of mine.

Though with time going by,i can still remember what you once told me.Youshould be a brave girl.Smiling,you looked into my eyes.Year in,year out,nearlymost of my memories are fading little by little.But only this simple sentenceremained,without being forgotten in my life.

Again and again,i can not stop myself from thinking about it.Soordinary,but so impressive,so moving,just like the brightest sunshine,it helpsme go through the darkest night.I am such a sensitive girl in your heart.Yousaid,my sorroful facial expression made feel so distersssed.However,there is onething i never tell you,that is ,i am becoming a big girl gradually with yourwords and smiles.I never tell you about it,for i believe oneday,you can see thegreat changes of mine for yourself.That is what i want to do in return.As iknow,that will be the best gift for you.

I suddenly think of a song named MY HEART WILL GO ON.There is a beautifulsentence going like this.You are safe in my heart.More than once,i was moved totears by it.I know ,i am also safe in your heart.i have already forgotten when itold you i was going to leave for Australia this summer holiday.You just smiledas usual,gently speaking.Whatever you decide to do,i will be in favor of it,but,just onething,remember,when you fell lonely abroad,do not forget we are here,praying for you.We are all around you,far across the distance and space betweenus.i closed my eyes,the flashback started.The memories we had together,once weplayed games on the palyground,we played jokes on each other,you always wrote alot of sentences on my articles to encourage me.And the most unforgetablething,you told me,you believed m i could be a big girl.Sooner or later.

At that specific moment,i suddenly understood the meaning of this sentencetotally.So on that day,i smiled as you used to,looking at you.The last words isaid were,keep walking in sunshine.

Yes,keep walking in sunshine.I said to you ,also to myself.I know i am notalone wiht your company,and we can keep walking in sunshine till the last minuteof our days.

I promise,i will be a big girl.

I promise,i will be a brave girl.

I promise,i will keep walking in sunshine.

That is my speech,thank you!

**英语演讲稿三分钟演讲3**

Learn How to Say No

We\'ve all been taught that we should help people. It is the right thing todo and will make us popular with others. It may even win us favors in return.However, we must be realistic. We can\'t say yes to every request. If we did, wewould fail or go crazy for sure. Sometimes we simply don\'t have the time tohelp. In this case, we must know how to say no politely.

When we need to say no, here is one method we can try. First, we shouldtell the truth. If we really can\'t do something, we should just say so. Second,we should remember to refuse requests politely. We must communicate clearly, butmust also be sincere and sympathetic. A true friend will understand. Finally, wemust not feel guilty about saying no. Sometimes refusing others is the rightthing to do. It can save ourselves, and them, a lot of trouble. In short, wecannot please everyone all the time. Refusing favors is a part of life.

学习如何说不

我们都被教导说，我们应该要帮助别人。这是应该做的事，而且这样做会使我们受人欢迎。它甚至会为我们赢得一些回报。但是，我们必须要实际一点。我们不能答应每一个要求。如果我们这么做，我们就一定会失败或发疯。有时候我们确实没有时间去帮忙。既然如此，我们就必须知道如何有礼貌地说不。

当我们需要说不的时候，有个办法我们可以试试。首先，我们应该要说实话。假如我们真的办不到某件事，我们就应该说不。第二，我们应该记得要客气地拒绝对方的要求。我们必须清楚地表达，但态度也必须真诚并且表示同情。一个真正的朋友会谅解的。最后，我们不必为了说不而觉得有罪恶感。有时候拒绝别人才是我们应该做的事。它可以替我们自己和别人，都省下许多麻烦。总而言之，我们无法一直取悦每个人。拒绝请求是人生的一部分。

**英语演讲稿三分钟演讲4**

Honorable Judges， fellow students：

Good afternoon!

Recently， ther is a heated debate in our society. The college students arethe beneficiaries of a rare privilege， who receive exceptional education atextraordinary places. But will we be able to face the challenge and supportourselves against all odds? Will we be able to better the lives of others? Willwe be able to accept the responsibility of building the future of ourcountry?

The cynics say the college students are the pampered lost generation， whichwould cringe at the slightest discomfort. But the cynics are wrong. The collegestudents I see are eagerly learning about how to live independently. We helpeach other clean the dormitory， go shopping and bargain together， and take parttime jobs to supplement our pocket money.

The cynics say we care for nothing other than grades; and we neglect theneed for character cultivation. But again， the cynics are wrong. We care deeplyfor each other， we cherish freedom， we treasure justice， and we seek truth. Lastweek， thousands of my fellow students had their blood type tested in order tomake a contribution for the children who suffer from blood cancer.

As college students， we are adolescents at the critical turning point inour lives. We all face a fundamental choice： cynicism or faith， each willprofoundly impact our future， or even the future of our country. I believe inall my fellow classmates. Though we are still inexperienced and even a littlebit childish. I believe that we have the courage and faith to meet any challengeand take on our responsibilities. We are preparing to assume newresponsibilities and tasks， and to use the education we have received to makeour world a better place. I believe in our future.

thank you!

**英语演讲稿三分钟演讲5**

My Chinese Dream

我的中国梦

I am very glad to stand here to give thier a short speech.Today my topic isthat the youth are the future of motherland 很高兴站在这里做这篇短小的演讲，我演讲的主题是青年是祖国的未来。

When preparing for the English speech contest, I simply want to search somearticles as the contents of my speech. I read a lot of articles, some from theuniversity professor, some from the famous host, some from the college students,and even from junior high school students. But after reading it, I gave up theidea, I even felt shameful. Today,the topic I want to talk about is a solemn andserious theme full of glory and pride, which is a common aspiration of all ourChinese. Every Chinese has his own dream of China, and of course, there is adream lingering in my heart only belongs to my own.

在准备英语演讲比赛的时候，我本想简单地从网上搜索一些文章作为我演讲的内容。我看过很多文章，有主持人的、北大教授的、大学生的，也有初中生的。但是看完之后，我放弃了当初的想法，我甚至为当初的想法感到有一些羞愧。因为今天我站在这里向大家演讲的主题，是一个庄重而严肃的主题;是一个充满荣耀与自豪的主题;是每一个中华儿女共同期盼的主题。每个人都有属于他们自己的中国梦，而我，当然也有一直萦绕在心怀只属于我的中国梦。

So what‟s my Chinese dream ? Finally I will announce.

We had learned a lot of knowledge and understood a lot of truth in thebook. We had a basic concept to our country at that time. We know that ourcountry is full of sunshine , and we are the future of our country, and ourdreams are to be the hope of our motherland.

我的中国梦是什么样的?先卖个关子。

记得刚刚上学那会儿，我们天真无邪。在课本里，我们学到了很多很多知识，也明白了很多很多道理，我们对祖国也有了一个最基本的概念。我们知道我们的祖国到处充满阳光，正在慢慢发展，而我们，就是祖国未来的花朵，未来的希望。我们梦想将来能够成为祖国的希望。

However,We don\'t know what time to start,We are grow up,Life became not thesame, though we don‟t want to admit, it‟s the truth that our mind and attitudeto our country is changing. Our society became full of deception, indifference,intrigue, pressure, corruption, sinister, and we became irritable and not calm,detest the world and its ways. Our country seems to have become in a disastrousstate too. A lot of young students who were nurtured by our motherland becameimpatient, let alone what are their dreams , what is the china dream ?

这，是我们最初的中国梦。最真诚的我们，最真诚的梦。

但是，不知道什么时候开始，我们长大了，生活似乎一下子变得和以前不太一样了，与此同时，虽然我们很不想承认但是却又不得不承认的是，我们的思想，我们的为人处世观，我们对我们祖国的看法，也潜移默化中慢慢开始了转变。我们的社会变得到处充满欺骗、冷漠、勾心斗角、压力、腐败、险恶，我们变得暴躁，不冷静，愤世嫉俗。我们的国家，似乎也开始变得千疮百孔。而好多我们亲爱的祖国委以重任培养的青年学生们变得轻浮、急躁，更别提什么梦想，什么中国梦了?

I was surprised ,when the old man fell down in the street,We are afraid tohelp him.I was disappointed ,when someone do good things were reported,manypeople think he was affectation, I was sad,when I saw many of young peoplebecome indifferent ,fraud and lack of ideal. Are we sick, or is our dearmotherland sick?

我很惊讶，当大街上有老人摔倒，我们不敢再去扶起;我很难过，当有人做了好事被报道，更多的人说他做作;我很伤心，当我看到我们众多的青年人变得冷漠、市侩、欺诈以及缺乏理想。到底是我们病了，还是我们亲爱的祖国病了?

I don\'t want to talk about the construction of our country politics, andalso speak impassioned speech on the Diaoyu Island event .I just want to appealyoung people,showing the side of youth,good and confidence.We must learn toorganize our own thoughts, correct our own concept, and change our direction tothe right side in future life. China dream actually lies in our younggeneration, especially of the intellectuals.

我的中国梦，不想大谈政治，也不想对钓鱼岛事件发表慷慨激昂的演讲。我只想呼吁，呼吁我们年轻人，呼吁我们祖国的希望能够将我们的青春一面，将我们的善良一面，将我们的自信一面好好展现出来。我们要学会整理自己的思想，端正自己看问题的观念，摆正自己的人生方向。我们的中国梦实际上正掌握在我们自己手上，掌握在我们年青一代，尤其是知识分子手上。

Perhaps the strength of a person is small, but when his or her fate isconnected with the motherland, he or she will be hero or heroine. Perhaps adream is tiny, but when it becomes the dream of a country, it becomesinestimable. Perhaps I cannot change our country by my own, but if thousands andthousands of young people struggle for the dream together, our motherland isenough to make the world shock.

也许，一个人，是渺小的;但是当他和祖国联系起来时，就是伟大的。也许，一个梦想，是渺小的，但是当它成为祖国的梦想时，就是不可估量的。也许，我无法用自己一个人的力量撬起整个中国，但是我们千千万万年轻人一起为祖国的梦想去奋斗时，我们的祖国就足以令世界颤抖、动容。

I dream to construct our beauty China with millions of young people whohave the same dream. We do it without exaggeration but only withpersistence.

我梦想和万千具有相同梦想的年轻人去建设我们的美丽中国，没有虚浮，只有执着，只有奋斗，只有勇于担当。这就是我的中国梦!

That is my speech,thanks everyone.

我的演讲就到这里，谢谢大家。

**英语演讲稿三分钟演讲**

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