# 带翻译英语演讲稿范文【五篇】

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>【篇一】带翻译英语演讲稿范文

　　Honourable judges, ladies and gentlemen,

　　Good afternoon! Today I would like to talk about the importance of keeping optimistic. When we encounter difficulties in life, we notice that some of us choose to bury their heads in the sand. Unfortunately, however, this attitude will do you no good, because if you will have no courage even to face them, how can you conquer them? Thus, be optimistic, ladies and gentlemen, as it can give you confidence and help you see yourself through the hard times, just as Winston Churchill once said, “An optimist sees an opportunity in every calamity; a pessimist sees a calamity in every opportunity.”

　　Ladies and Gentlemen, keeping optimistic, you will be able to realize, in spite of some hardship, there’s always hope waiting for you, which will lead you to the ultimate success. Historically as well as currently, there are too many optimists of this kind to enumerate. You see, Thomas Edison is optimistic; if not, the light of hope in his heart could not illuminate the whole world. Alfred Nobel is optimistic; if not, the explosives and the prestigious Nobel Prize would not have come into being. And Lance Armstrong is also optimistic; if not, the devil of cancer would have devoured his life and the world would not see a 5-time winner of the Tour De France.

　　A rose may be beautiful, or maybe not; that depends on your attitude only, and so does success, so does life. Hindrances and difficulties do exist, but if you are optimistic, then they are only episodes on your long way to the throne of success; they are more bridges than obstacles! Now I prefer to end my speech with the great British poet Shelley’s lines: “If winter comes, can spring be far behind?” Thank you!

　　尊敬的评委、女士们、先生们：

　　下午好!今天我想谈一谈保持乐观的重要性。 我们注意到，当在生活中遇到困难时，我们中的有些人选择逃避它们。但令人遗憾的是，这样的态度对你没有任何好处，因为如果你连面对它们的勇气都没有的话，你怎么去征服它们呢?因此，乐观起来吧，女士们、先生们，因为它会带给你信心，帮助你渡过难关。正如温斯顿·丘吉尔所说，“乐观者在每次灾难中都看到机遇;悲观者在每次机遇中都看到灾难”。

　　女士们，先生们，困难是存在的，但如果你保持乐观，你就会意识到永远有希望在等着你，它会把你领向最终的成功。不管是历还是现实中，这样的乐观者总是不胜枚举。你看，托马斯·爱迪生是乐观的，如果不是的话，他心中那希望的明灯就不能照亮整个世界;阿尔弗雷德·诺贝尔是乐观的，如果不是的话，那炸药和享有很高声望的诺贝尔奖就不会诞生;兰斯·阿姆斯特朗也是乐观的，如果不是的话，那癌症的病魔早已吞噬了他的生命，这个世界就会少了一位xx届环法自行车赛冠军得主.

　　玫瑰花可能很美，也可能不美，这，仅仅取决于你的态度;而成功也如此，人生也如此。困难和阻碍的确存在，但是如果你很乐观的话，那它们就仅仅是我们通向胜利之冠的漫长道路上的小插曲;与其说它们是障碍，不如说它们是桥梁!此刻，我想以伟大的英国诗人雪莱的一句诗来作为我的结尾：“冬天来了，春天还会远吗?”谢谢!

>【篇二】带翻译英语演讲稿范文

　　Never Give Up

　　“If I could reach higher, just for one moment to touch the sky…”---this is from my favorite song Reach.

　　When we are appreciating the passionate melody of Gloria Estefan, we could hardly imagine that she could return to the stage after her paralysis. In the year 1990, this Cuban singer was knocked down in a traffic accident, and the doctor declared that she might never walk again. But Gloria did not give up and kept up constant exercising. Just one year after the disaster, she stood up again and presented this encouraging song at the Atlanta Olympics.

　　Whenever I think of Gloria, I can’t help recalling my memory seven years ago, when I first entered university. Naturally shy, ordinary looking, average scores in study, just like an ugly duckling, I seemed to be the least outstanding one in my class. And the successive failures in the beginning led me into despair. “Am I destined to take the back seat to others?” Unwilling to submit to the fate, I paid more efforts on my study as well as many other activities, film dubbing, recital, drama… cause I just want to catch every little opportunity to prove myself. Constant effort yields sure success. Thanks to the competition, I received some awards and most of all, I gained the courage and confidence to face any difficulties in my life journey.

　　Life is just like farming, and what you can reap depends a lot on your sowing and dedication. Once you have a dream, don’t be hesitant. Your next difficult step may be the one to the top. Keep going forward, even in the toughest time, and never give up.

　　永不放弃

　　“如果我能到达更高的地方，哪怕只有碰触天空的一刹那…”---选自我所喜爱的歌曲《到达》。

　　当我们在欣赏葛罗莉亚·伊斯特芬那充满激情的旋律，我们很难想象她能从瘫痪中回到舞台。1990年这个古巴歌手遭遇车祸，医生说她可能再也没办法走路了。可是葛罗莉亚并没有放弃希望，坚持做恢复训练。在灾难后仅仅一年，她又站起来了，并且在亚特兰大奥运会上唱响了这首鼓舞人心的歌曲。

　　每当我想起葛罗莉亚的时候，我禁不住回忆起七年前我刚进入大学的时候。天性害羞，相貌平平，成绩一般，就像一只丑小鸭，我是班上最不起眼的一个。而且在刚开学时一连串的失败让我陷入绝望。“难道我注定要给别人当配角吗?” 不愿意向这个命运屈服，我更加努力的学习并且参加许多其他的活动，电影配音、朗诵、戏剧…因为我想抓住任何一个微小的机会来证实我自己。不懈的努力终会带来成功。我从竞赛中获得了一些奖励，最重要的是，我从中得到了面对人生一切困难的勇气和决心。

　　生活就像是耕耘，一份耕耘一份收获。一旦你有了梦想，不要犹豫。你艰难的下一步也许就是通往成功的阶梯。即使在最困难的时候也要勇往直前，决不放弃。

>【篇三】带翻译英语演讲稿范文

　　Hold Fast To Your Dreams

　　I have a dream today.

　　I have a dream that one day every vally shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

　　Wow, what a dream it has been for Martin Luther King. But the changing world seems telling me that people gradually get their dreams lost somehow in the process of growing up, and sometimes I personally find myself saying goodbye unconsciously to those distant childhood dreams.

　　However, we meed dreams. They nourish our spirit; they represent possibility even when we are dragged down by reality. They keep us going. Most successful people are dreamers as well as ordinary people who are not afraid to think big and dare to be great. When we were little kids, we all dreamed of doing something big and splashy, something significant. Now what we need to do is to maintain them, refresh them and turn them into reality. However, the toughest part is that we often have no ideas how to translate these dreams into actions. Well, just start with concrete objectives and stick to it. Don’t let the nameless fear confuse the eye and confound our strong belief of future. Through our talents, through our wits, through our endurance and through our creativity, we will make it.

　　Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly. Hold fast to dreams, for when dreams go, life is a barren field frozen with snow. So my dear friends, think of your old and maybe dead dreams. Whatever it is, pick it up and make it alive from today.

　　抓牢你的梦想

　　我今天有一个梦想。

　　我梦想有一天，幽谷上升，高山下降，崎岖之地变平原，曲折之路成坦途。圣光展露，满照人间。

　　这对马丁路德金是怎样的一个梦想啊。不过这个变化着的世界似乎在告诉我，在成长的过程中，人们却不知不觉把他们的梦想弄丢了，而我自己也有时会觉得在告别很多童年的梦。

　　然而，我们是需要梦想的。梦想滋养我们的灵魂，梦想代表着我们被现实拉垮时依然具有的希望。它鼓励我们不断前进。大多数成功人士都是梦想家，同时也是普通人，只是他们敢于梦想敢于成就伟大。当我们还是孩子的时候，我们都梦想过做一番大事业，现在应当做的就是保存好那些梦想，再度恢复它们，并将它们实现。不过最难的是我们通常不知道怎样付诸实施。那么，就从体的目标开始，坚持去做吧。不要让那些莫名的恐惧迷惑了我们的双眼，影响了我们对未来的信念。用我们的天资和智慧，用我们的耐力和创造力，我们一定会实现梦想。

　　抓牢你的梦想，因为如果梦想死亡，生活就成了一只折断翅膀的鸟再也不能飞翔。抓牢你的梦想，因为如果失去梦想，生命就成了一块覆盖着冰雪的贫瘠的冻土。亲爱的朋友们，想想那些过去的或已经死去的梦想吧。不管是什么，重新将它捡起，并从今天开始让它重生。

>【篇四】带翻译英语演讲稿范文

　　敬爱的老师、亲爱的同学们：

　　大家好!今天我讲话的题目是：与好书为友，以读书为乐。

　　Dearleaders and school fellows, good morning, today my speech is \"Be a friend ofgood books and enjoy reading\"!

　　书是人类进步的阶梯。生活里没有书籍，就好像大地没有阳光;智慧里没有书籍，就好像鸟儿没有翅膀。读书是成长的基石，读书是精彩人生的开始。古今中外众多志士伟人都是勤奋读书的楷模。

　　Books are the ladders of human progress. A life without a book is likethe earth without sunshine. Reading is the foundation of our growth, reading isthe beginning of a wonderful life. Many great men in history are our rolemodels .

　　周恩来为中华崛起而读书。毛泽东一生爱读书，无论是战争年代还是和平时期，只要一有闲暇时间就读书，而且他不动笔墨不看书，读书时在重要的地方划上圈、杠、点等各种符号，在书上空白的地方写上批语，有时还把书中重要的内容摘录下来，或随时写下读书的心得体会，并把学习所得运用到实践中去，指导中国革命。鲁迅少年时，冬天晚上读书冷，就把辣椒放在口中嚼，用辣椒驱寒，坚持读书。世界文学家高尔基就曾借着月光读书，在楼顶读书，在老板的皮鞭下读书。对读书的痴迷，终于把他造就为世界文学巨匠。正如高尔基自己所说：\"书籍使我变成了一个幸福的人\".世纪老人冰心曾教导我们 \"读书好，好读书，读好书\".

　　Premier Zhoustudied for a rising China. while Chairman Mao loved reading all his life.Whether it was in wartime or in peacetime, Chairman Mao would spare some timereading.He also made some comments where is necessary. When Luxun was young, hechewed hot peppers to keep from the cold. The world famous writer Gao erji onceread the books by moonlight on the top of the roof. The obsession with books,finally made him the masters of world literature. As gorky said books make meinto a happy man. Bing Xin said: \" Reading is good, read more books andread often.

　　开学典礼上，李春雷校长号召同学们开展\"读书、运动、探究\"活动，阐述了读书的深远意义。学校为鼓励同学们读书，开展了读好书赠书刊，家长孩子共读一本书活动。刚刚过去的寒假，高中部向每个学生家长推荐了阅读书目，并写阅读体会，得到了家长的普遍好评。九(3)班刘浚凯同学的父亲在阅读体会中写到：谢谢学校假期给家长们安排的读书作业，让我在读书中领悟到今后如何让孩子快乐读书，早点形成独立能力，勇于生活，热爱生活，活得更有意义，并及时纠正了我的一些教育观念。

　　In theschool opening ceremony, Mr Li called on us to read, to explore and to research.In order to encourage students to read more, a variety of activities have beencarried out, such as sharing a good book with your parents and writing feelsfor them. Liu Junkai ‘s father from Class 3 Grade said in his reading notes,thanks to these meaningful reading activities, I began to realize theimportance of reading for a child, and I would like to help my son form acorrect reading habits from now on .

　　读书带给我们最隽永的乐趣、最恒久的动力;读书带给我们平和的心态、精神的慰藉。经典诗句，让我们充满智慧;童话故事，让我们浮想联翩;历史巨著，让我们博古知今;科普书籍，让我们思维缜密……

　　Thepleasure of reading brings us the most permanent power. Reading brings us peaceof mind, spiritual comfort. The classic verses will let us full of wisdom. Thehistorical documents will make us be well versed in both ancient and modern literature,the popular science books help us to be thoughtful.

　　同学们，知识改变命运，学习成就未来。希望大家与好书为友，以读书为乐。行动起来吧，让浓浓的书香溢满我们的校园!

　　我的讲话完毕，谢谢大家!

　　Myschoolmates, knowledge can change fate. Learning achieves future. We hopeeveryone will be a friend of good books and enjoy reading. Why not startreading now? Let the books infiltrate the campus.

　　That’sall. Thanks for listening.

>【篇五】带翻译英语演讲稿范文

　　Most people would like to be popular with others， but not everyone can achieve this goal. What is the secret to popularity？ In fact， it is very simple. The first step is to improve our appearance. We should always make sure that we stay in good shape and dress well. When we are healthy and well-groomed， we will not only look better but also feel better. In addition， we should smile and appear friendly. After all， our facial expression is an important part of our appearance. If we can do this， people will be attracted to our good looks and impressed by our confidence.

　　Another important step is developing more consideration for others. We should always put others first and place their interests before our own. It＇s also important to be good listeners； in this way people will feel comfortable enough to confide in us. However， no matter what we do， we must not gossip. Above all， we must remember to be ourselves， not phonies. Only by being sincere and respectful of others can we earn their respect. If we can do all of the above， I am sure popularity will come our way.

　　如何才能受人欢迎

　　大部分的人都想受人欢迎，但是并非每个人都能达到目标。受欢迎的秘诀何在？事实上是很简单的。步骤一，先改善我们的外表。我们得确保自己很健康，并且穿着体面。当我们既健康又穿戴整齐时，不仅看起来更有精神，自己也会觉得好多了。此外，我们要保持微笑并表现得很友善。毕竟，脸部表情是外观很重要的一环。如果我们能做到这一点，别人会被我们的美好外表所吸引，并对我们的自信印象深刻。

　　另一个重要步骤，就是培养对别人的体贴。永远以他人为重，并把别人的利益放在自己的利益之前。当个好听众也是很重要的；如此一来，别人才能很自在地对我们吐露心事。然而，不管我们做什么事，绝对不要说闲言闲语。最重要的是，要做自己，不要当虚伪的人。只有对人真诚又尊重时，才能赢得他人的尊敬。如果我们能做到以上几点，我相信受人欢迎是指日可待的事。

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