# 3分钟英语演讲稿带翻译5篇

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*演讲稿是人们在工作和社会生活中经常使用的一种文体。它可以用来交流思想，感情，表达主张，见解。也可以用来介绍自己的学习，工作情况和经验等等。以下是为大家整理的3分钟英语演讲稿带翻译5篇，供您阅读借鉴！>【篇一】3分钟英语演讲稿带翻译　　As ...*

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>【篇一】3分钟英语演讲稿带翻译

　　As everyone knows,English is very important today.It has been used everywhere in the world.It has become the most common language on Internet and for international trade. If we can speak English well,we will have more chance to succeed.Because more and more people have taken notice of it,the number of the people who go to learn English has increased at a high speed.

　　But for myself,I learn English not only because of its importance and its usefulness,but also because of my love for it.When I learn English, I can feel a different way of thinking which gives me more room to touch the world.When I read English novels,I can feel the pleasure from the book which is different from reading the translation.When I speak English, I can feel the confident from my words.When I write English,I can see the beauty which is not the same as our Chinese...

　　I love English,it gives me a colorful dream.I hope I can travel around the world one day. With my good English, I can make friends with many people from different contries.I can see many places of great intrests.I dream that I can go to London,because it is the birth place of English.

　　I also want to use my good English to introduce our great places to the English spoken people,I hope that they can love our country like us.

　　I know, Rome was not built in a day. I believe that after continuous hard study, one day I can speak English very well.

　　If you want to be loved, you should learn to love and be lovable. So I believe as I love English everyday , it will love me too.

　　I am sure that I will realize my dream one day!

　　Thank you!

　　正如每个人所知，英语在今天十分重要。它已经被应用到世界的各个角落。它已经成为商业上最为通用的一门语言并广泛的用于国际贸易。如果我们能说好英语，我们就有更多的机会成功。因为越来越多的人注意到这一点，学英语的人数正在已很高的速度增长。

　　但是对我而言，我学英语不仅仅因为它的重要性以及它的实用性，更是因为我喜爱英语。当我学英语时，我可以体会到一种不同的思维方式，它可以给我更多接触世界的空间。当我读英语小说时，我能感受到不同于阅读翻译文的快乐。当我说英语时，我可以感到自信。当我写英语时，我能够感到不同于汉语的那种美……

　　我爱英语，它给了我一个色彩斑斓的梦。我希望有朝一日我可以畅游世界，用我流利的英语，我可以和世界各地的人交友。我能看到许多的名胜。我希望我能够到伦敦去，因为那里是英语的故乡。

　　我也希望用我流利的英语来将我们的名胜介绍给说英语的朋友，我希望他们可以像我们一样的爱我们的国家。

　　我知道，罗马不是一天筑成的。(成功需要日积月累。)我相信在持续不断的努力学习下，总有一天我可以拥有一口流利的英语。

　　如果你想被爱，你就应该学着去爱他人。所以我相信我对英语的爱定将换来它对我的爱。

　　我相信总有一天我会实现我的梦!

　　谢谢!

>【篇二】3分钟英语演讲稿带翻译

　　We Are The World ,We Are The Future

　　Someone said “we are reading the first verse of the first chapter of a book, whose pages are infinite”. I don’t know who wrote these words, but I’ve always liked them as a reminder that the future can be anything we want it to be. We are all in the position of the farmers. If we plant a good seed ,we reap a good harvest. If we plant nothing at all, we harvest nothing at all.

　　We are young. “How to spend the youth?” It is a meaningful question. To answer it, first I have to ask “what do you understand by the word youth?” Youth is not a time of life, it’s a state of mind. It’s not a matter of rosy cheeks, red lips or supple knees. It’s the matter of the will. It’s the freshneof the deep spring of life.

　　A poet said “To see a world in a grain of sand, and a heaven in a wild flower, hold infinity in the palm of your hand, and eternity in an hour. Several days ago, I had a chance to listen to a lecture. I learnt a lot there. I’d like to share it with all of you. Let’s show our right palms. We can see three lines that show how our love.career and life is. I have a short line of life.

　　What about yours? I wondered whether we could see our future in this way. Well, let’s make a fist. Where is our future?

　　Where is our love, career, and life? Tell me.Yeah, it is in our hands. It is held in ourselves.

　　We all want the future to be better than the past. But the future can go better itself. Don’t cry because it is over, smile because it happened. From the past, we’ve learnt that the life is tough, but we are tougher. We’ve learnt that we can’t choose how we feel, but we can choose what about it. Failure doesn’t mean you don’t have it, it does mean you should do it in a different way. Failure doesn’t mean you should give up, it does mean you must try harder.

　　As what I said at the beginning, “we are reading the first verse of the first chapter of a book, whose pages are infinite”. The past has gone. Nothing we do will change it. But the future is in front of us. Believe that what we give to the world, the world will give to us. And from today on, let’s be the owners of ourselves, and speak out “We are the world, we are the future.”

　　世界是我们的，未来是我们的

　　一些人说“我们正在读一本无穷的书中的第一章的第一节。”我不知道谁写了这些话，但是我一直很喜欢它，因为它提醒了

　　我，我们能够创造我们想要的未来。

　　我们都是农夫。如果我们播下好的种子，我们将会丰收。如果我们的种子很差，有很多草籽，收割的将是无用的庄稼。如果我们什么也不播种，什么收获也没有。

　　我们是年轻的。“怎样度过青春?”这是个有意义的问题。为了去回答它，我首先要问“从‘青春’这个词中你能理解到什么?” 青春不是人生的一个时期，而是精神的一种状态。青春不是桃面、丹唇、柔膝，而是深沉的意志。青春是生命的深泉在涌流.

　　一位诗人说“从一粒沙看世界，从一朵花看天堂，把无限放在你的手掌，永恒在一刹那里收藏”。几天前，我有了一个听讲座的机会，从中我学到了很多东西。现在，我想把这些与大家共享。让我们伸出右手，我们可以看到手掌中的展示我们的爱，事业和生活的三条线。我在生活方面这条线很短，那你们的呢?我想知道我们是否可以用这种办法去看我们的未来。好的，让我们一起握拳。我们的未来在哪儿?我们的爱、事业和生活在哪儿?告诉我!是的，它们就在我们的手中。它们被我们自己掌握着。

　　我们所有人都希望未来能比过去更美好，但是未来能自己变得更好。不要因为结束而哭泣，微笑吧，为你的曾经拥有。从过去来看，生活是艰苦的，但我们是更坚强。我们知道我们不能选择感觉，但是我们能选择和它相关的东西。失败并不意味着你不拥有成功，它只意味着你应该用另一种方式去做这件事。失败并不意味着你应该放弃，只意味着你应该更加努力。

　　正如我在前面所说的“我们正在读一本无穷的书中的第一章的第一节。”过去的已经过去，无论我们无力改变，但是未来却在我们前方。相信“我们给了世界什么，世界也将给我们”。并且从今天起，让我们一起做我们自己的主人，一起大声说出“世界是我们的，未来是我们的。”

>【篇三】3分钟英语演讲稿带翻译

　　what would you do if you failed? many people may choose to give up. however, the surest way to success is to keep your direction and stick to your goal.

　　on your way to success, you must keep your direction. it is just like a lamp, guiding you in darkness and helping you overcome obstacles on your way. otherwise, you will easily get lost or hesitate to go ahead.

　　direction means objectives. you can get nowhere without an objective in life.

　　you can try to write your objective on paper and make some plans to achieve it. in this way, you will know how to arrange your time and to spend your time properly. and you should also have a belief that you are sure to succeed as long as you keep your direction all the time.

　　如果失败了你会怎么做?很多人可能会选择放弃。然而，要想成功，最可靠的方法就是坚持你的方向和目标。

　　在通往成功的路上，你必须坚持你的方向。它就像一盏灯，在黑暗中为你指路，帮助你度过难关。否则，你很容易就会迷失方向或犹豫不前。

　　方向意味着目标。人生如果没有目标，将一事无成。

　　你可以试着把你的目标写在纸上，并制定实现目标的计划。这样，你就会懂得如何合理安排时间，如何正确地支配时间。而且你还要有这样的信念：只要你一直坚持自己的方向，你就一定可以成功。

>【篇四】3分钟英语演讲稿带翻译

　　Leo Tolstoy once said, everyone thinks of changing the world, but no one thinks of changing himself.

　　He is right. We always have great plans and dreams in our minds… too ready to achieve something grand that changes the world or benefits all of mankind .For example; we hate pollution and have made up our minds to find new energy sources that keep the environment clean. Yet we still litter on the ground. We complain about traffic jams, so we plan to build more highways to solve the problem, but it never occurs to us that our failure to follow traffic regulations is the leading cause of this situation. We are so concerned that the violence in the media has a bad impact on our children, we urge the government to set laws to protect them. But, do we, as adults, set a good example for our kids? We use nasty words and even spit on the ground in front of them, I dare to say, we harm more!

　　In my opinion, before we decide to change the world, we had better change ourselves first. As ordinary inpiduals, we do not have the power to change the world. But we can change our habit of littering, spitting, cussing, we can respect the environment around us, we must act as good models for our kids.

　　If each of us does all of these little things, all of us, millions and millions of inpiduals together, together we will be strong …strong enough to change our world!

　　So please, the next time you do something, think how your actions influence not only you, but those around you too, especially our children …and perhaps more importantly…our planet!

　　改变

　　列夫·托尔斯泰曾说过：每个人都想改变这个世界，但是没有人想到改变自己。

　　他说的很有道理，我们每个人都心怀伟大时志向，时刻准备去干一番能造福全人类的大事业。比如，我们痛恨环境污染，所以我们下定决心去开发新的更高效更干净的能源来保护我们的环境，但是同时我们却随手乱扔垃圾;我们抱怨大城市的交通堵塞，计划造更多的高速路来解决交通问题，但是我们从来没有想过，如果我们能遵守交通规则话，那么这一问题是不是可以得到很大得缓解呢?我们担心电视电影里面得暴力会对我们得孩子产生不良的影响，于是我们敦促政府通过立法来保护未成年人，但是我们这些大人又做得怎么样呢?我们为我们的下一代做好了表率吗?我们说粗话，甚至在孩子面前抽烟。不客气地说，我们对孩子的不良影响更多!

　　在我看来，在我们打算改变这个世界之前，我们先改变一下自己。作为一个普通人，我们其实没有改变这个世界的能力，但是我可以改变我们随地扔垃圾，随地吐痰的坏习惯， 我们应该学会去保护环境，我们应该为我们的孩子起好的表率作用。

　　如果我们每个人都能从小事起，那么千千万万个人力量汇聚在一起，那力量是强大的，足以改变这个世界。

　　朋友，当您在做某一件事情的时候，请您想一想，您的行为会对您周围的人产生怎样的影响， 因为，您的行为不单单影响到您自己，还有您周围的人，更重要的是我们的孩子…甚至我们的世界。

>【篇五】3分钟英语演讲稿带翻译

　　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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