# 三分钟英语演讲稿范文大全

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*演讲稿也叫演讲词，它是在较为隆重的仪式上和某些公众场合发表的讲话文稿。为大家整理的《三分钟英语演讲稿范文大全》，希望对大家有所帮助！ 篇一 We Are The World ,We Are The Future世界是我们的，未来是我们的So...*

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篇一

We Are The World ,We Are The Future

世界是我们的，未来是我们的

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.

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。

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 freshness of the deep spring of life.

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。

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.

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。

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.

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。

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.”

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。”

篇二

I\'m sure everybody is interested in dream, so I will share a story with you.

When we talk about dreams,we are so excited.We all have our own dreams,some want to be teachers,others want to be doctors,others want to be scientists.However,not all dreams can come true,as people always give them up for some reason.

A dream is to a man what wings are to a bird. With a dream in the deep heart`s core, a man is spontaneously driven to hitch his wagon to a star. A dream is an inexhaustible source of energy that keeps our enthusiasm burning, and kindles our desire to enhance our spiritual cultivation, refine our character, and upgrade our quality of life. A life without a dream is like a bird with broken wings, confined to a cage and oblivious of what lies beyond the range of its vision. On the contrary, a man with a dream is like a warrior armed with ambition, foresight and gallantry, daring to step into an unknown domain to make a journey of adventure. It is dream that adds fullness, variety, and spice to our life and makes it worth living.

I would like to take Liu Xiang as an example.Liu,as the first chinese man to win an Olympic track and field medal,dreamed of defending his Olympic title on home soil.To achieve this dream,he was bathed with sweat on the training ground every day.What’s more,now and then he suffered injuries.However,neither the injury nor the pressure has prevented him from striving to achieve the goal.Eventually,he kept or even renewed his record in the men’s 110-meter hurdle with his perseverance.

It is true that barriers may sometimes stand in the way of your dreams,but remember success is hiding behind them.Instead of making dozens of excuses for your failure,just think about Liu Xiang’s story,hold on your dreams and never give up.

If you do not want your dreams to come to naught,then hold fast to your dreams and never give up.Just as the saying goes,”Do not,for one repulse,forgo the purpose that you resolved to effect.”

If you can do the following points,your dreams will come true one day.First,plant your dream in a fertilized soil.Second,water it with your diligence and give it the best food----knowledge.Third,remove the seeds of unhappiness for they can destory your dream.The most important is let the seed of your dream enjoy the beautiful sunshine,so what it can grow well.And however hard the situation is,o not give it up and always give it your best care.Then you will get a good harvest in the end.

Dreams are what we pursue for a lifetime,with many dreams,we have motivation to fight for our life.The opposite side of dream is reality.We have to face reality everyday,reality is what we perceive in our life.Reality always frustrates us to be successful.We need to balance them.

篇三

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!

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