# 2分钟英语演讲稿带翻译5篇

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*演讲是阐明事理或抒发情感，进行宣传鼓动的一种语言交际活动。演讲同时也是一种对自身沟通能力的提升。以下是为大家准备的2分钟英语演讲稿带翻译5篇，供您参考学习。>【篇一】2分钟英语演讲稿带翻译　　Most people would like t...*

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>【篇一】2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。

>【篇二】2分钟英语演讲稿带翻译

　　My Attitude towards to Marks 我的分数观

　　For our students， marks is above everything. Teachers will judge us from our marks. With marks we can be enrolled into junior middle schools. With marks， we can be enrolled into senior middle schools. With marks we can be enrolled into college. With marks we can be enrolled into postgraduate and doctrine studies. Still with marks we can be graded and be allowed to go abroad for further studies. Our parents will be strict with us with the marks. Our society judge us from marks. However， sometimes we students compare one another with marks directly. We are completely controlled by marks. We like them and we feel sorry for them. But what attitude towards our marks should we take？

　　Truly， marks functions cannot be underestimated. In terms of test in our study， marks are fair and real. That is the reason why we say ＂Everyone is equal before marks. ＂

　　However， I think marks are the sole standard to judge the success or failure of students in exams. Sometimes， marks more than ten or less than one or two in our exams comparing with others mean not everything. The success or failure in exams will be influenced by experience on the spot and the examinee’s health etc. Once in a while one cannot fail in exams. ＂ Success or failure is common sense for military. ＂ I think everyone is familiar with the famous saying. Don’t you think such will be the case with our study？ In exams， one cannot be ＂ never-defeated general＂ . Even though one will be very good in everyday study， he cannot succeed in every exam sometimes. We can get proof from the fact that the very best one we call ＂Number One Scholar＂ in the entrance exams for college and ordinary middle school and specialized secondary school over the years is not eminent above all others nor top student in every study.

　　As a matter of fact， ＂high marks＂ and ＂ability＂ are not unified. Some time ago， a new phrase ＂ high marks but poor competence＂ came into being. Once I happened to meet such a teacher as this .It is said that the teacher just graduated from a far-famed key university. But his teaching result is much less than that of the one who just graduated from a not-well-renowned college. When lecturing， the teacher only repeated what the text-books says， which was very dull so the his students’ interest in learning was not aroused. His teaching was short of unity of teaching and learning. At present there is a fact that we know a few brilliant and top college graduates are not qualified for their posts. The reason for it may be lack of the ability to combine knowledge learnt from books with pragmatics in their work. Students of this kind will be successful in every exam but they will be able to use freely their knowledge in their posts. Don’t you think it waste training such persons for the country？

　　To sum up from the above， I can say marks are not absolutely authoritative for some. If we neglect training and developing the students’ ability and competence and if we only seek for the high marks， we will be absolutely wrong. We should take an objective attitude towards the marks. Neither should we neglect them nor should we overvalue them like a God.

　　分数，对于我们学生来说，是至关重要的了。老师要用分数来衡量我们—上初中，要分数；上高中，要分数；上大学要分数，考研究生、博士要分数，出国、评职称还是要分数。家长要用分数来要求我们；社会用分数来衡量我们。

　　而我们自己也常常用分数在相互直接做着攀比。我们完全为分数所左右了，我们为它欢喜，我们为它丧气。那么，我们应该怎样对待分数呢？

　　的确，分数有它不可低估的作用。从检验学习的角度上来说，它具有一定的公平性和真实性，“分数面前人人平等”，讲的就是这个道理。然而，分数并不是估量一个学生成败得失的惟一标准。考试成绩偶尔低了一两分乃至十来分，并不一定说明什么问题。考试的成败有时也会受到诸如临场经验、健康状况等方面的影响。“胜败乃是兵家常事”这句话大概不会有人不知道，而我们在学习上又何尝不如此？在考试上很少有“常胜之师”，即使平时成绩再好的同学，也难免会有偶尔的失误。历届中考、高考“状元”并非就是平时出类拔萃的优等生的事实，便是明证。

　　事实上，“高分”与“能力”往往是不统一的。前段时间，社会上出现了一个新词：“高分低能”。笔者就曾经碰见这样一位教师，据说他毕业于某赫赫有名的重点大学，但从教学效果上讲，却远远逊色于一些非高等学府毕业的老师。其授课只是照本宣读而已，枯燥乏味，缺乏一种教与学之间的协调功能。根本不能引起听课同学的兴趣，目前不少大中专院校的高材生毕业后不能胜任他们的工作，原因就在于缺少将书本中的知识运用到实际工作中去的能力。这种人，尽管在学校中每每能考出高分，可无法在工作岗位上灵活白如地运用自己所学到的知识。国家培养出这样的“人材”，不也是一种浪费吗？

　　由此可见，分数并不如有些人想象得那么绝对和权威，忽视了对各方面才能的培养，只一味追求高分，是不行的。因此，我们应该客观地去看待分数，既不应过分轻视它，也没有必要把它看得过于神圣。

>【篇三】2分钟英语演讲稿带翻译

　　In Other Ways

　　其他开场方式欣赏

　　Today I come to Oslo as a trustee， inspired and with renewed dedication to humanity； I accept this prize on behalf of all men who loved peace and brotherhood. I say I come as a trustee， for in the depths of my heart I am aware that this prize is much more than an honor to me personally.

　　今天，我以受托人的身份来到奥斯陆，心情激动，充满了献身人类的新勇气。我代表所有热爱和平与兄弟情谊的人们接受这个奖。我之所以以受托人的身份来到这里，是因为，在我的内心深处，我意识到这个奖决不仅仅是我个人的荣誉。

　　The road of history is not level and smooth all along. Sometimes the path will come to a dangerous and difficult place.

　　It is only with the valiant and gallant spirit of the travelers that it can be passed through.

　　The vast and mighty Yangtzi River， when it comes to an endless， broad plain， will flow ten thousand miles in a rapid current. But as it reaches a narrow valley with high ranges of mountains， cliffs and precipices on both sides， which look dangerously steep， the river has to force its way through them in a winding， tortuous course. The same is the case with the developing course of a nation＇s history.

　　The history of human race is like going on a journey. Some of the places the traveler passes through are smooth and level pianos， and others are dangerous and rugged paths. The experienced travelers， when they moved on to a broad， level road， will naturally walk along with a light heart， but while they are passing through a rugged place they will all the more be seized with curiosity， and in such an extremely fantastic and magnificent realm， will all the more feel a sort of pleasure in an adventure.

　　历史的道路，不总是平坦的，有时会变得艰难险阻。这只能靠英勇无畏的精神才能够冲过去。

　　一条浩浩荡荡的长江大河，有时流到很宽阔的境界，一望无际，一泻千里。有时流到很逼狭的境界，两岸丛山叠岭，绝壁断崖，江河流于其间，曲折迂回，极为险峻。民族生命的进展，其历程亦复如是。

　　人类在历的生活正如旅行一样。旅途上的征人所经过的地方有时是坦荡平原，有时是崎岖险路。老于旅途的人，走到平坦的地方固是高高兴兴地向前走，走到崎岖的境界，愈是奇趣横生，觉得在此奇艳壮绝的境界，愈能感得一种冒险的美趣。

　　My fellow and my friends；

　　Once I read a piece of news report. It says， ＂A middle school student in a remote mountainous area was doing his revision at home one day. His brother， whose age excelled school age， was playing and drawing on the paper with his elder brother＇s pencil at his side. Suddenly the younger brother raised his head thoughtfully， his little eyes were winking， and said to his brother seriously， ＂When will it thirty-second， brother？＂ The elder brother looked at his innocent younger brother and said with a smile， ＂What are you going to do on that thirty-second？＂ ＂Papa promised me to send me to school，＂ said his younger brother. His brother， the middle school student looked at his lovely brother and his heart seemed to be stitched with needles. My God！ My parents were working day and night in order to be able to afford my schooling. They were exhausted. How could they afford my younger brother＇s schooling？ Oh， thirty-second ...

　　My dear friends， hearing this， didn＇t you feel sorry for them？ We share the same native land， the same blue sky under the sun. Why cannot they be given lesson at school， sitting in the bright and big classroom？ We are used to saying that education goes first before vitalizing the country. But now the country＇s fiscal solvency and material resources are not ample enough. What should we do？ It requires that we should be of one heart and exert our efforts for our motherland.

　　同胞们，朋友们：

　　我曾看过这样一则报道：＂某边远山区一个中学生，一天在家复习功课，一旁的已过入学年龄的小弟弟拿他的铅笔在纸上写着、涂着、画着，突然若有所思地仰起小脸，眨巴几下小眼睛，认真地问：＇哥哥，什么时候才到32号呀？＇这位中学生看看天真的小弟弟，笑着逗他：＇32号你要干啥？＇＇爸爸说，到32号才能送我去上学。＇中学生望着可爱的小弟弟，内心针扎般难受：天哪，父母为了供自己上学，整日操劳，身体都累垮了，哪还有能力再送弟弟上学？啊！32号......＂

　　朋友们，当你听了这个故事，你不感到痛心吗？同在一片故土上，同在一片蓝天下，为什么他们不能坐在宽敞明亮的教室里去读书？我们常说：国家要振兴，教育须先行。而我国的财力、物力都不宽裕，怎么办？这就需要全社会的人齐心协力为国家分忧，为国家出力！

>【篇四】2分钟英语演讲稿带翻译

　　Good morning, my dear teachers and friends! My name is Li xx, from class four O five. Today, I am very happy to be here. My topic is “Our School”.

　　My dear friends, welcome to our school! My school is very beautiful! It has a big playground. We can play and do some sports there. Near the playground, there is a garden. Many trees and flowers are there. So the air is very clean and we can hear birds singing in the trees. It is so wonderful. Our teaching buildings are around the garden and look like our teachers’ arms to welcome us. We can draw pictures in the art room on the first floor and read story-books in the library on the second floor. My classroom is on the third floor. It is clean and bright. We like to study in it. The computer room is on the fifth floor. We can sing and dance in the music room on the sixth floor. What a lot of fun! We can have lunch in the canteen near Defang Teaching Building.

　　In our school, our teachers work hard and help us with our lessons. We study hard and listen to teachers carefully. After class, our teachers play with us and we feel very happy.

　　Our school is so nice and our teachers are so kind. We all love them. Dear friends, do you like them?

　　That\'s all. Thanks!

　　早上好，我亲爱的老师和朋友们!我的名字是李xx 。今天，我很高兴到这里来。我的主题是“我们的学校” 。

　　我亲爱的朋友，欢迎来到我们的学校!我的学校是一个很漂亮的!它有一个大操场。我们可以发挥，也有一些运动。附近的操场，有一个花园。许多树木和花草在那里。因此，空气很干净，我们可以听到鸟儿在树上歌唱。这是如此美妙。我们的教学楼是周围的花园和看起来像我们的老师的怀抱欢迎我们。我们可以画画的美术室一楼和阅读故事书在图书馆的二楼。我的教室在三楼。这是清洁和光亮。我们要研究它。电脑室是五楼。我们可以唱歌跳舞的音乐室六楼。什么有很多乐趣!我们可以在食堂午餐附近德芳教学楼。

　　在我们的学校，我们的教师努力工作，帮助我们与我们的经验教训。我们努力学习，认真听取教师。下了课，发挥我们的教师与我们联系，我们感到非常高兴。

　　我们学校是太好，我们的教师是太好了。我们都爱他们。亲爱的朋友们，你喜欢他们吗?

>【篇五】2分钟英语演讲稿带翻译

　　The East and the West, Let’s enjoy the combination of the two cultures?

　　Kipling said:“East is east, and west is west, and never the twain shall meet!” But now, a century later, they have met.

　　They have met in business. They have met in education. They have met in the arts. Some people will argue that these meetings will leave us with a choice between east and west, but I believe that the best future lies in the creative combination of both worlds. We can make western ideas, customs and technology our own, and adapt them to our own use. We can enjoy the best of both worlds, because our tradition is, above all, one of selecting the best and making it our own.

　　I love Beijing and Hennan opera because it always reminds me of who I am. But I am also a fan of pop music, especially English songs. So I have combined eastern melody with western language. It is called western henna opera.

　　When two cultures meet, there may be things in one culture, which do not fit into the tradition of the other. When this happens, we need to learn to understand and respect the customs of another culture. Then there are certain things some people may not like. To this, I will say, if you do not like it, please try to tolerate it. To learn to tolerate what you personally don’t like is a great virtue at a time when different cultures mix and merge. Before us, there are two rivers, eastern and western cultures. At present, they may run in different courses. But eventually, they will converge into the vast sea of human culture.

　　Right now, I can see peoples of eastern and western cultures, standing side by side, singing the Olympic theme song: we are hand in hand, heart to heart, together we will shape a beautiful tomorrow! Thank you!

　　让我们共同感受东西方的融合

　　吉卜林说过:东方是东方，西方是西方，二者永不相聚。但是一个世纪后的今天，东西方相汇了! 它们相聚在经济领域，它们相聚在教育领域，它们相聚在艺术的殿堂。有人争论说:这种融合需要我们在东方和西方之间做出选择，但我却坚信最美好的未来在于东方和西方创造性的融合。我们可以将西方的思想，观念和技术变为我们自己所用的东西。

　　我喜爱京剧和河南豫剧，因为它们经常使我想起自己是谁。但我也热衷于流行音乐，特别是英文歌曲。于是我将东方的旋律和西方的语言结合到了一起，它叫做西方版的河南豫剧。

　　当两种文化相结合的时候，也许一方的文化中的某些东西不适应另一方的传统文化。当此种情况出现时，我们需要试着理解并接受另一种文化中的风俗习惯。然而，也许有些东西你并不喜欢，对于此，我可以说，如果你不喜欢它，请试着去容忍它。当两种文化融合的时候，试着去容忍你个人不喜欢的东西是一种美德。

　　在我们面前有两条河流，东方文化和西方文化。现在，它们也许正朝着不同的方向流去。但是最终它们将汇合到人类文化的海洋里。

　　就在此时此刻，我看见东方和西方的人肩并肩的站在一起，高唱奥林匹克主题曲:我们手拉手，心靠着心，共同创造美好的明天!

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