# 大学生英语演讲稿范文带翻译(优选30篇)

来源：网络 作者：空山幽谷 更新时间：2024-09-25

*大学生英语演讲稿范文带翻译1Once upon a time there was a hare who, boasting how he could run faster than anyone else, was forever teas...*

**大学生英语演讲稿范文带翻译1**

Once upon a time there was a hare who, boasting how he could run faster than anyone else, was forever teasing tortoise for its slowness. Then one day, the irate tortoise answered back: \"Who do you think you are? There\'s no denying you\'re swift, but even you can be beaten!\" The hare squealed with laughter.

\"Beaten in a race? By whom? Not you, surely! I bet there\'s nobody in the world that can win against me, I\'m so speedy. Now, why don\'t you try?\"

Annoyed by such bragging, the tortoise accepted the challenge. A course was planned, and the next day at dawn they stood at the starting line. The hare yawned sleepily as the meek tortoise trudged slowly off. When the hare saw how painfully slow his rival was, he decided, half asleep on his feet, to have a quick nap. \"Take your time!\" he said. \"I\'ll have forty winks and catch up with you in a minute.\"

The hare woke with a start from a fitful sleep and gazed round, looking for the tortoise. But the creature was only a short distance away, having barely covered a third of the course. Breathing a sigh of relief, the hare decided he might as well have breakfast too, and off he went to munch some cabbages he had noticed in a nearby field. But the heavy meal and the hot sun made his eyelids droop. With a careless glance at the tortoise, now halfway along the course, he decided to have another snooze before flashing past the winning post. And smiling at the thought of the look on the tortoise\'s face when it saw the hare speed by, he fell fast asleep and was soon snoring happily. The sun started to sink, below the horizon, and the tortoise, who had been plodding towards the winning post since morning, was scarcely a yard from the finish. At that very point, the hare woke with a jolt. He could see the tortoise a speck in the distance and away he dashed. He leapt and bounded at a great rate, his tongue lolling, and gasping for breath. Just a little more and he\'d be first at the finish. But the hare\'s last leap was just too late, for the tortoise had beaten him to the winning post. Poor hare! Tired and in disgrace, he slumped down beside the tortoise who was silently smiling at him.

\"Slowly does it every time!\" he said.

大学生英语演讲比赛稿带翻译3篇（扩展2）

——大学生英语演讲比赛稿-英语演讲稿3篇

**大学生英语演讲稿范文带翻译2**

I Am Tripping My Elephant Here

Once upon a time, a weenie ant was walking on his way. As he was walking, suddenly he felt the ground shaking terribly. He looked around with his paranoid eyes and saw an elephant walking right behind him. Quickly, the little ant covered himself with dirt, but one leg was unfortunately left out. A sparrow saw everything, so she flew down with the purpose of teasing the ant: “Hey, chicken! Watch out your leg, it’s out!” The ant felt embarrassed at first but then calmly responded: “ Shi…I am going to trip that elephant.”

Right now, I’m standing on this glamorous stage. But everything here reminds me of is a not so fun memory. Around this time last year I was in Nanjing competing in another speech contest. That was the first time for me to be in such a large event. Of course the pressure I was under was immense too. After a sleepless and stressful night, I went onto that stage without the feeling in my legs. That speech turned out to be horrible. I don’t remember how I get down from there, but I do remember afterwards I just wanted to find a hole to hide in just like the ant in the story. Back at my school, it took a long time for me to recover. Thanks to all the help I got from my special friends. My confidence was restored. After rounds of giving speeches and answering tough questions, I am here today. From all that I’ve been through I’ve learned that a good future is based on a forgotten past, if I want my life to go on well I have to let go of my past failure. So today, with out fear, I am tripping my elephant again.

我又一次在绊大象

从前，一只小\*\*在路上走着，走着走着，忽然感觉到地在颤动，回头一看是一只大象正朝他走来。于是他很快用土盖住身体，不幸一只脚忘在了外面。一只麻雀看到了一切，她飞下来想要取笑一下这只\*\*，说：“咳，胆小鬼，小心你的脚，露出来了!” \*\*开始有些尴尬，但一会不紧不慢地告诉麻雀说：“小声点，我要在绊那只大象。”

今天，我站在这个讲台上。但周围的`一切让我想到的却并不是一段有趣的回忆。大概是去年的这个时间，我在南京参加另一个全国英语演讲比赛。那是我第一次参加大赛，当然压力非常大。经过压抑无眠的一整夜，我走\*\*演讲台。那时我有史以来最差的一次演讲。我不记得自己怎么从讲台上走下来的，只记得当时很想找一个地方躲进去再也不出来就想我故事中的\*\*。回到学校，我花了好一段时间才恢复过来。幸好有朋友和老师的鼓励，我又一次有了勇气和信心。经过一轮又一轮的演讲和回答问题，我今天站在了这里。让也我领悟了一个道理：一个好的将来是建立在忘掉过去的基础上的，直到真正忘记过去的失败生活才会变的美好。今天，我没有惧怕，又一次站到了大象的面前。

大学生英语演讲比赛稿带翻译3篇（扩展4）

——优秀英语演讲比赛稿3篇

**大学生英语演讲稿范文带翻译3**

“This is possibly the single most important lesson we can learn. You cant always be popular. You shouldnt have to be; its not what youre there for. Progress depends on having your own ideas and sticking to them. And that means having the guts to make difficult decisions when you have to,” she says.

Were aware from day one in our first job that every decision we make is either a building block or a stumbling block on our career path. We should use the time to lay the groundwork of future respect by being professional, responsible, innovative, diligent and reliable.

Respect is never given for nothing. Claire knew that she was offered a move to Paris with her finance company because she had gained a reputation for keeping cool under fire. And the next step up the ladder would depend on her performance in Paris.

“Its essential to build regard if youre going to be able to do what you want in your job,” she says. Winning respect enhances all you do. A proposal for change is more likely to be well received; an application for a raise or a request for promotion is more likely to succeed.

**大学生英语演讲稿范文带翻译4**

Boys and girls , Good morning! I’m very glad to stand here and give you a short speech. today my topic is “Life”. I hope you will like it.

Man’s life is a process of growing up, actually I’m standing here is a growth. If a person’s life must constituted by various choices, then I grow up along with these choices. Once I hope I can study in a college in future, however that’s passed, as you know I come here, now I wonder what the future holds for (= what will happen to) I come to this school, I told to myself: this my near future, all starts here. Following I will learn to become a man, an integrated man, who has a fine body, can take on important task, has independent thought, an open mind, intensive thought, has the ability to judge right and wrong, has a perfect job.

Once my teacher said :” you are not sewing, you are stylist; never forget which you should lay out to people is your thought, not craft.” I will put my personality with my interest and ability into my study, during these process I will combine learning with doing. If I can achieve this “future”, I think that I really grow up. And I dee\* believe kindred, good-fellowship and love will perfection and happy in the future.

How to say future? Maybe it’s a nice wish. Lets make up our minds, stick to it and surely well enjoy our life.

大学生英语演讲比赛稿带翻译3篇（扩展6）

——大学英语演讲稿带翻译3篇

**大学生英语演讲稿范文带翻译5**

First I must say the campus life is really different from what I have experienced in high instance，I used to lean upon my dormitory teache

r to wake me up on now I have to set several alarm clocks to make myself could hear them in the morning otherwise I would miss my then even worse there would be nobody remind me

except my teacher!So the differences are everywhere and I could easily find change of life is great and it’s wonderful:I have more time of my own and the rights to decide how I live.

My campus activities are rich and English has become a habit to me cause I plan to study abroad in next few Guzheng is my favorite have kept on practising it since I was a little girl and I wish to win more competitions in my campus life.

Our university has the first level equipments and the most experienced teachers，also has the best students(laugh).I consider it to be a honor that I’ve got a chance to study here and I sincerely hope that we could live wonderful lives in our campus!

**大学生英语演讲稿范文带翻译6**

Honorable judges， ladies and gentlemen,

Good evening，

I’m very honored to stand here and give you a short speech! I hope you will like it .

First I want to ask you some questions:

1、Do you know what is youth?

2、How do you master your youth?

Everyone has his own understanding of young. In xxx,youth is the time of life when one is young, but often means the time between childhood and adulthood (maturity). It is also defined as \"the appearance, freshness, vigor, spirit, etc., characteristic of one who is young\". Its definitions of a specific age range varies, as youth is not defined chronologically as a stage that can be tied to specific age ranges; nor can its end point be linked to specific activities, such as taking unpaid work or having sexual relations without consent.

In my opinion, Youth is not only a certain time of your life; also it is the shape of your mind. It is not only bright eyes, sweet smiles, nice voices, supple bodies, but also it is the way that you think and act.

Youth is a lively topic, youth is a mature turning.

Youth is like a gust of wind blowing, leaving only the dusty back.

We have been or are embrace the youth, we will lose our youth.

Some people say that youth is a scrap of paper, of no use. Every attempt nothing and accomplish nothing, only know to eat, drink, play, music, do not know how to study hard, do not know how parents bitterness, do not understand the meaning of some people, although they are unknown to the public, but they cherish their youth, cherish their own every second.

As a new era of college students, should cherish the youth, to seize every minute to learn. We must hold to our youth, do not waste ones life. On the road of growing up, do every thing, each reading a good book, learn every bit of knowledge. We should not idle about all day, abandoned their studies. We want to make sure that the goal of life for themselves, to pursue the ideal of life. This is the youth: full power, full of expectations, voluntary, full of knowledge and the struggle of ambition.

Youth is a song, sing the life the most memorable fragment; youth is a painting, draw the outline of the most wonderful scene; youth is a poem, to praise the most beautiful moment in life; youth is the only way which must be passed to each of us in our life, it plays a significant role.

I hope my short speech will make you see the things clearly.

**大学生英语演讲稿范文带翻译7**

活动背景：

在笃行文化活动月之际，为了丰富文化月的内容和广大同学的课余生活，笃行工作站决定举办笃行之星英语演讲比赛

活动目的：

〈1〉提高同学学习英语的积极性，特别是提高对英语口语训练的积极性。

〈2〉丰富大学生的课余生活。

〈3〉为大学生提供一个学习和交流英语学习的\*台，共同进步。

〈4〉加深对英语口语的重要性的认识。

〈5〉通过举办活动，为广大英语爱好者提供一个互相交流和学习的机会。

主办单位：

笃行学术部

协办单位：

笃行各团总支

参赛对象：

笃行全体学生

活动前期：

1、制作海报5张，比赛前两周张贴于凌云、笃行、勤业、食堂门口(2张)

2、比赛前一周再一次张贴海报(笃行工作站宣传栏)，对此次大赛进行宣传。若有企业赞助，为企业专门策划宣传海报。

3、比赛前一周在校内悬挂宣传横幅(笃行工作站门口，通往食堂的过道)，与比赛当天转置比赛现场。

4、比赛前一周在笃行门口及食堂门口发放报名表

5、各团支书鼓励推荐有此方面特长的人参加

6、进行初赛时，并配以同期的海报和学校电台宣传

活动开展：

比赛分为初赛和决赛两阶段：

初赛：

1、每位选手有1分钟的自我介绍。40%

2、每十个选手一组，在特定的场景下，\*\*发挥想象，可以找搭档表演也可个人表演，看谁能吸引评委的注意。准备时间2分钟，表演3分钟。60%

初赛决出十名选手参加决赛

决赛：

1.选手2分钟的自我介绍30%

2、.故事接龙：选手分两组进行

由评委给出一个开头，选手根据编号讲故事接下去，每人可以根据自己的需要进行接龙，可适当穿插表演，每人时间上限为2分钟，下限一分钟。35%

评分细则：

初赛评委：2名英语老师、2名\*\*学生(精通外语)

决赛评委：2名\*英语老师、2名外教

1、现场打分

2、根据选手的应变能力、表现力、台风、语音语调来给分(总分100)

奖项设立：

一等奖一名，二等奖2名，三等奖3名

单项奖：最佳才艺奖，最佳人气奖，最佳机智奖、最佳风采奖

经费预算：

场地布置

主持人服装租用费

海报宣传费

文件资料费

标语横幅

矿泉水

活动后期宣传：

1.学校电台持续跟踪报道

2.校内\*面\*\*：《厦大青年》、笃行园区报刊对活动进行报道。

3、厦\_BS上设专栏报道。

六、宣传方式

1.前期宣传

&海报,横幅,宣传板,网络帖子,广播等常规的宣传方式

&在报名活动前，将会举办一个外语协会会员大会，以鼓励外语协会会员积极参赛

2.中期宣传

&公布进入初赛的选手名单,并相继公布复赛时间;地点,以及评委团.

&公布进入复赛的选手名单,并相继公布决赛时间,地点,以及评委团.

&公布进入决赛的选手名单,并相继公布决赛时间,地点,以及评委团.

&在公布复赛，决赛名单的同时,将会在学校展开以横幅,展板等方式的宣传.以此增加同学们的关注度,并以此激励自己.

3.后期宣传

&将活动的最终结果以海报形式向全体师生公布.

&对本活动进行跟踪\*\*，以问卷\*\*形式，统计本活动的得失之处,作好赛后处理工作.集思广益，以增进交流，收集意见,促进活动的不断完善和发展。

&联系校内\*\*，中南青年，校报，广播台及校团委网站进行相关报道。

&依据\*\*问卷，进行活动评估和总结。

&向选手征集比赛感言,选取优秀感言在校内投挂.

七、活动时间安排

3月16日——3月19日报名

**大学生英语演讲稿范文带翻译8**

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。

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。

Youth means a temperamental predominance of courage over

timidity of the appetite , for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20 . Nobody grows old merely by a number of years . We grow old by deserting our ideals. Years wrinkle the skin , but to give up enthusiasm wrinkles the soul . Worry , fear , self –distrust bows the heart and turns the spirit back to dust .

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.

**大学生英语演讲稿范文带翻译9**

亲爱的学弟学妹们：

大家好。今天我能够站在这里向大家讲述我过去一年的经验和历程，同时能够代表09级的学生们抒发我们的心声和承诺，我感到很荣幸。

首先介绍一下我自己。我叫高x，来自临床医学系07级7班。目前的职务是院报学生记者，学生分会学习部干事，五月剧社副会长。过去两个学期做出的成绩和贡献主要在学习和写作两个方面，两次期末考试，我的学习成绩都是班里第二名，拿过一次一等奖学金和一次二等奖学金，截至目前，共五次在院报发表作品，在其他校园报刊上也经常有文章发表，在院系组织的各种征文比赛中也拿过不少奖项。另外，我还比较喜欢表演，在“英语短剧大赛”中，我们五月剧社选送的《吕布与貂蝉》以幽默生动的表演征服了全场的观众，获得第二名的好成绩，我饰演的王允一角颇受师生们的好评。

在竞争残酷的医学院里，学习永远是第一要务，尤其是临床医学系就业形势严峻，我们都背负着考研的压力，更应加倍努力，争取考研以将来获得一份比较不错的工作。就第一学期的课程而言，由于都是公共基础课，所以相对轻松，只要上课专心地听讲，跟上老师的思路，把功夫下在平时，期末考出高分拿到奖学金还是十分有可能的。就具体的科目来说，高等数学，医用物理，基础化学这些科目理解的成分更多，所以上课必须跟上老师的思路，第一遍就把知识学通学透，如果一时疏忽走神没有跟上，下课一定多学多问，以免造成知识的空白。思修，形势与政策，计算机等科目都是记忆的成分多一点，所以上课认真听课，课后若有时间就及时的复习一下前面的内容，考前下点力气背一背，也问题不大。我想强调的是英语，因为我们最后拿学位或考研，都要过英语这一关，而且英语的分数是死杠，这里通不过，其他科目分数再好也无济于事，而第一学期课程相对轻松，你们就必须把英语的基础打牢，以免将来考研时太过吃力，所以你们平时要把英语课重视起来，作业认真对待，最好提前做一下四级考试题，将来肯定受益很多。 在没有上大学之前，大学在我们的印象里是一座圣洁典雅、遥不可及的梦幻乐园。学习之余，我们经常构思着大学里的幸福图景，良师益友的畅谈宏辩，假山花圃的春意盎然，并行恋人的漫步私语，人工湖畔的徐徐暖风，多少次出现在酣然的梦中。然而，当我们真的站在大学的门前，呈现给我们的却是一座漫天黄土，遍地沙石的硕大荒园。于是，我们期待中的精彩纷呈便被大大简化，甚至简化到了每天宿舍、教室、餐厅三点一线来回奔忙。虽然心中有一点失望，但我并没有因为生活方式的枯燥单一而觉得委屈了自己，相反，溢满心头的是一种充实之后的满足和快慰。因为我明白，选择了医学就选择了这种枯燥单一，医学的博大精深要求我们必须去承受学习的苦涩的磨砺，也只有远离了那些浮华和喧嚣，我们的心灵才变得空明澄澈，一丝不乱，我们才能将那些淳厚的心志倾注于知识的沃土，才有可能去实现心中的誓言和宏愿，才有资格去做一个笃行济世的天使。而学习的道理也是朴拙平易的，只要我们精诚地努力，勤勉地付出，学习道路上的风景便会呈现给我们最最真实的美丽。

学习固然是重中之重，但大学的殿堂却实在不应该仅仅被学习所充斥，大学就是大学，大学生就应该有不一样的风采。如果跨出大学校门后我们的回忆中只有学习，这不能不说是留给青春的遗憾，这段最美好的年华应该丰盈充实，但不应暗淡无光，我们需要的是一些安恬劳碌的景致和气度。刚来潍医时，虽然硬件设施条件不是很好，但我依然尝试着将身影投向校园的每一个角落。从院报到五月剧社，从学生分会到大学生艺术团，从在红协中的演唱到在英语短剧大赛中的演出，从在院报发表第一篇文章到在各类征文比赛中屡屡获奖。在这些纳新和比赛的参与和竞争中，我不知经历了多少挫败，但在我的词典里，青春就应该轰轰烈烈，大学就应该潇潇洒洒，即使我们热切的付出没有得到应有的回报，即使我们自鸣得意的作品没有受到应有的赏识，只要我们去做了便心满意足，只要我们努力过了便无怨无悔。其实一切都没有成败可言，停止就意味着一切，努

力过了便会有很好的未来。面前的机会很多很多，只是你一定要大胆地去做啊!只有这样才会为你的出色创造可能。

时光飞逝，一年的大学生活在弹指之间倏然飞去。回首走过的路虽然没有想象中的华美和温馨，却同样充满了欢声笑语，谈不上什么成功，但于我已经满足。有人问过我怎样去平衡学习和课外活动的关系，我觉得没有设么指标和尺度可讲，我们做每一件事都认认真真地去做，兢兢业业地付出，就可以把所有的事做好。也有人问过我大学最重要的是什么，我的回答是，时刻明白自己在做什么，和做这件事的价值。亲爱的学弟学妹们，摆在你们面前的道路很多很多，且每一条都是那样宽阔美好，只是需要你们用勇敢的胆识和精诚的努力去闯荡和开拓。让我们用心去拥抱自己的大学生活，让前路一切美好的憧憬和所有青春的誓言在我们不竭的心泉里精神永驻，清水长流。

**大学生英语演讲稿范文带翻译10**

my youth , my dream

We all want to believe that we are capable of great feats , of reaching our fullest potential .

我们相信自己有成就伟业的能力，能发挥出自己最大的潜力。

We need dreams . 我们需要梦想。

They give us a vision of a better future . 它会给我们展现一番更好的前景。

They nourish our spirit ,they represent possibility even then we are dragged down by reality .

它能滋养我们的灵魂，梦想\*\*一种可能性，尽管它会受到现实的羁绊。

They keep us going . 梦想让我们勇往直前。

Most successful people are dreamers . 多数成功人士都是梦想家。

Dreamers are not content with merely mediocre ,because no one ever dreams of going half way .

梦想家不满足于\*庸，因为谁都不希望半途而废。

When I was a little girl , I didn’t dream of a life of stryggle and frustration .

孩提时，我不曾梦想过自立而充满挫折的生活。

I dreamed of doing something big and splashy ,something significant .

却梦想做一些轰轰烈烈而有意义的大事。

I dreamed big .我梦想成为伟人。

But now , I become realistic . 但是现在，我很现实。

I have a dream that I can have my own firm one day .

我有一个梦想，将来的某一天，我能有一个自己的公司。

Because I major in economic , I can use my special knowledge to run the company .

因为我主修经济，能够用自己的专业知识经营公司。

When I have a lot of money , I will donate some of them to help others .

将来有了钱，我会捐出一部分帮助其他人。

My dreams are worthle, my plans are dust , my goals are impossible .

我的梦想毫无价值，我的计划无足轻重，我的目标遥不可及。

All are of no value unlethey are followed by action .

除非我付出行动，否则一切都将毫无意义。

Action is the food and drink which will nourish my succe.

行动就像食物和水分一样，会滋养我的成功之花。

If I don’t take any actions to realize my dream , it will become a fantasy .

如果我不采取行动实现我的梦想，它就会变成空想。

When I was little , I dreamed big .孩提时，我梦想成为伟人。

It’s a pity for me that I didn’t do anything to approach it .

我没有做任何事情去实现它，这是我人生中的一个遗憾。

I always think that when I grow up , I can take some actions .

我总是认为等我长大了在行动也不晚。

But when I grow up truly , I forget my dream and my ambition .

但是等我真的长大了，我却忘了我的梦想和抱负。

So I will not avoid the tasks of today and charge them to tomorrow .

我不会逃避今天的责任，而把它们推给明天。

For I know that tomorrow never comes .因为我知道明天永远不会到来。

Let me act now even though my actions may not bring succefor it is better to act and fail than not be act and flounder .

让我立刻行动起来吧，即使这行动不能带来成功，但是哪怕行动导致了失败，也胜过坐以待毙。

Succewill not wait . 成功不会等待。

If I delay , she will become betrothed another and lost ti me forever .

如果我迟疑，她会投入别人的怀抱，而我将永远失去它。

I will take every effort to accomplish my dream .i won’t let it become a fantasy , it is just my dream .maybe some years later , it will become true .

我会尽一切努力来完成我的梦想。我不会让它成为空想，他只是我的梦想。可能再过几年，梦想就会成真。

Ladies and Gentlemen , Good afternoon! I’m very glad to stand here and give you a short speech. today my topic is “youth”. I hope you will like it , and found the importance in your youth so that more cherish it.

First I want to ask you some questions:

1、 Do you know what is youth?

2、 How do you master your youth? /

Youth

Youth is not a time of life, it is a state of mind ; it is not rosy cheeks , red lips and supple knees, it is a matter of the emotions : it is the freshne; it is the freshneof the deep springs of life .

Youth means a temperamental predominance of courage over timidity of the appetite , for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20 . Nobody grows old merely by a number of years . We grow old by deserting our ideals.

Years wrinkle the skin , but to give up enthusiasm wrinkles the soul . Worry , fear , self –distrust bows the heart and turns the spirit back to dust .

Whether 60 of 16 , there is in every human being ‘s heart the lure of wonders, the unfailing childlike appetite of what’s next and the joy of the game of living . In the center of your heart and my heart there’s a wirelestation : so long as it receives messages of beauty , hope ,cheer, courage and power from men and from the infinite, so long as you are young .

When the aerials are down , and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old ,even at 20 , but as long as your aerials are up ,to catch waves of optimism , there is hope you may die young at 80.

Thank you!

青春不是指岁月，而是指心态。粉嫩的脸，红润的唇，矫健的膝并不是青春。青春表现在意志的坚强与懦弱。想象的丰富与苍白、情感的充沛与贫乏等方面。青春是生命深处清泉的喷涌。

青春是追求。只有当勇气盖过怯弱、进取压倒苟安之时，青春才存在。果如此，则60见之\*\*比20岁之少年更具青春活力。仅仅岁月的流逝并不能使他们衰老。而一旦抛弃理想和信念，则垂垂老也。

岁月只能使皮肤起皱。而一旦丧失生活的激情，则连灵魂枯老，使人生枯如死水，毫无活力。 60岁\*\*也好，16岁少年也罢，每个人的内心深处都渴望奇迹，都如孩子一般眨着期待的双眼，期待着下一次，期待着生活的情趣，你我灵魂深处都有一座无线电中转站------只有你我年轻，则总能听到希望的呼唤，总能发出喜悦的欢呼，总能传达勇气的讯号，总能表现出青春的活力

一旦青春的天线倒下，你的灵魂即为玩世不恭之雪、悲观厌世之冰覆盖;即使你年方20.其实你已垂垂老也。而只要你青春的天线高高耸起，就可以随时接收到乐观的电波-----即使

谢谢!

**大学生英语演讲稿范文带翻译11**

尊敬的各位领导、老师，亲爱的同学们：

大家下午好!

我是来自管理工程系120xxxx班的学生李-唐-婉-婧，今天以一个“自立自强先进个人标兵”和社会实践先进个人代表的身份在此发言。

学习是一个人生命的源泉，相信每位同学也都明白学习之于一个人的重要性。下面由我来告诉大家如何利用好大学时间，在确保学习成绩的同时又能充分展现自己的风采、拓展自己的综合素质和能力。

刚进大学我就给自己定了两个目标：一个是拿国家奖学金，另一个是考重庆大学建管学院管理科学与工程专业的研究生。想拿国家奖学金并不是一件简单的事情，除了连续两学期得到一等奖学金以外，还需要社会实践经历十分丰富。我在高中参加全国创新作文大赛获得全国总决赛二等奖、全国青少年冰心文学大赛获得银奖，考虑到自己有写作这一爱好，便加入了大学生记者团。凭借着自己对文字的激情，校园一有活动，我就会带着相机第一时间出现在活动现场，随后将此活动写成通讯或者文稿发表在校园网站或者校报上。在学院校报上，我发表过《推动考风建设新思潮铸就学风形成新氛围》、《引进校企合作项目 培训职业精英人才》和《了了了》等40余篇新闻稿和征文，在我院20xx年单招工作中，我作为学院唯一的出境记者，将我院20xx年单招情况通过录像的形式向全国网友展现了出来。日复一日，我的努力得到了学院领导和老师的认可，我也担任了大学生记者团新闻部部长一职。还记得在大一下学期，我为唐一科校长做了一个关于学风建设的调研，并且得到认可，发表在了校报上。

在大一学年，我除了担任记者团新闻部部长以外，我还担任了管理工程系党支部书记的宣传助理，为系部重大活动撰写简报，在班级担任辅导员助理，协助辅导员管理八个班级事务。大一上学期，我通过层层选拔，加入了管理工程系MEC精英班。参加了学院第二届英语配音大赛获得团体二等奖和个人最佳潜力奖、学院首届“动感求职杯”模拟招聘大赛获得优秀奖、学院创业大赛获得三等奖，获得学院第七届文明修身节活动先进个人、学院大学生记者团优秀干部，以及今天在这里获得的自立自强先进个人标兵、社会实践先进个人等荣誉称号，20xx-20xx学年度也两次分别获得学院二等奖学金。在暑期，我参与到南岸区\_的带薪实习活动中，并担任小组组长，实习工作得到该局领导的高度认可和赞扬，此外也参加了巴南区“让梦启航”SYB创业培训等。

我并不优秀，只是懂得在通达优秀的过程中如何去为着自己的未来去奋斗。以上则是我为了实现自己的第一个目标所做的全部努力。在这一过程中，我没有了课余在寝室休息的时间，没有了轻松的周末，经常在凌晨2点才熄灯睡下，早上起床会发现一身的酸痛，甚至减少了与父母交流沟通的时间。身边很多朋友都问我“你把自己弄得那么累干嘛?”是的，我曾不止一次想过放弃，想过辞掉所有的工作，一心只为学习，但在每次激烈的思想斗争后我都选择了坚持，“在你想要放弃的时候想想当初为什么坚持走到了这里。”

新东方总裁俞敏洪说过一句话：“我不喜欢在进入大学以后去比名牌服装、长相高低这样的事情，大学要比的是思想、学识、风度、人品，是通过大学几年培养自己的气质和内涵，培养终生竞争力。”无论是在社会实践活动还是学习中，又或是在今后的工作中，尽善尽美地去完成每一件事情，这样，你才会发现在完成每件事情的过程中你又或多或少滋生了一些想法，学习到了一些课堂上学不到的知识，提高了为人的风度，坚定了做人的品性，而这些想法、知识、风度和品性正在帮助你逐渐形成一个拥有终身竞争力的自己。

我将我在大一工作学习中的收获总结为一个数学等式送给各位亲爱的同学们，同时也送给我自己，那就是“目标+坚持+尽善尽美=更上一层楼”。给自己定一个五年的目标，然后把它分解成一年一年，半年半年的，三个月的，一个月的，这样你才能找到自己的方向和目标。找到了方向，认定了目标，那就坚持不懈地去做吧!去做你不敢做的梦，请记住，没有什么不可能!

在此我也感谢学院为我们提供了这样一个培养气质和内涵，培养终生竞争力的舞台。最后，祝愿每位同学都能在大学里找到那个属于自己舞台，祝各位领导、老师身体健康，工作顺利，预祝学院升本成功!

谢谢大家!

**大学生英语演讲稿范文带翻译12**

Keep Your Direction坚持你的方向

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 your way to success，you must keep your direction. It is just like a lamp，guiding you in darkness and helping you overe 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 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.

翻译：如果失败了你会怎样做?很多人可能会选择放下.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，帮忙你度过难关.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.你能够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光，如何正确地支配时光.并且你还要有这样的信念：只要你一向坚持自我的方向，你就必须能够成功.

**大学生英语演讲稿范文带翻译13**

Everybody good afternoon:. First of all thank the teacher gave me a story in my own future ideal job. Everyone has a dream job. My dream is to become a boss, own a company. In order to achieve my dreams, I need to find a good job,to accumulate some experience and wealth,it is the necessary things Of course, in the school good achievement and rich knowledge is also very important. Good achievement and rich experience can let me work to make the right choice, have more opportunities and achievements. At the same time, communication is very important,because it determines whether my company has a good future development. So I need to exercise their communicative ability. I need to use all of the free time to learn I believe,there is nothing in the world can shake my will be successful,as your own seize the time,we have no time to waste. Nothing in the world can change their patience(confidence).

**大学生英语演讲稿范文带翻译14**

I hope a kid, hope full eyes jade-green grass, free of mind and happy of heart in the heart, also from had a nature of the boon grant still mankind of creation, nature give we abundant of imagination and infinite pure and endless Xia think, although they be small but solidify one heart, they mutually hold to hug to each other, under the nourish of the earth, full exertive solidify one coagulate of heart dint, also give nature one Wen Run4 of green space.

Year by year, the spring return to the earth again, it may be said\"the prairie fire burn not to exert, the spring breeze blow and living\", grass with it special stubborn, walk through the four it have no floriferous fragrance, take light nice and secluded;Although it dont have Gao Da4 of tree, seem to be so of insignificant, it be not small but shame, it optimism upward, creator green of vast one, it dont account repay useful green display whole of the earth.

The lovely grass, I appreciate you, you are to use you of of offer, use you of time change oneself of new looks, also change peoples viewpoint to sometimes blow to kiss in the bise bottom, you would be tinily low to fall a head, however you just trembled to fall the dust of body, face strongly, the Ao sign a ground of outstanding on the mud.

You dont have too many Diao decoration and have no clamor of city and car bearer to of prosperous, but have ground smile to face a kid especially, face what you face each have life of person, passion life, life medium of people also love grass of smile, because have you in the life of open-minded state of mind and optimism of attitude, there is also bright and beautiful sometimes perhaps would be continuous to rain, brought the grass of light green excessive of bother, moist with accumulate water, total have sunlight of spring breeze doesnt smell soil, the grass had again thriving of source of vitality, grass at morning of the morning Lou once more let us suck to absorb and make our moods receive benefit to dulcify with joys quick.

The grass of , love of offer, make nothing exciting of life become Chong Ying;Grass, the big-hearted state of mind relax, it didnt need to be cover up, is a contented fully enjoy body interest;Grass, because of love but the United States, it be some and a little more careless to love to tolerate, rational, but touched the persons in the mind.

The burst of light breeze is blow and the childrens joys voice joke awakenned my thoughts and awakely and the dim moonlight, originally the persons life not is also such as grass similar infinitesimal, but it use original of gentleness, affecting characteristic, like gaudiness of grass of flexible grain of life, give hope, grateful, taste, vitality, although sometimes very tired, own life of aureole happiness to end.

**大学生英语演讲稿范文带翻译15**

一、活动名称

培养科学研究精神，提高实践创新能力科技英语演讲比赛

二、活动主题

科技创新，英为有你

三、活动目的

为进一步加强我校大学生的科技创新意识、创新精神和实践动手能力，充分展示校园科技创新活动成果，全面推动全校学风建设，我校决定举办XX年大学生科技节系列活动，在此次科技节系列活动中，外国语学院决定在近期举办一场科技英语演讲比赛。

四、活动背景

在21世纪的今天，英语在国际交流中的作用不言而喻，随着我国科技的不断发展，人才要求的日益提高，科技英语变得十分重要;学好科技英语，掌握流畅的口语是顺应社会发展所必备的素质。因此，外国语学院团委准备在近期举行一场培养科学精神，提高实践创新能力为主题的科技演讲比赛。

五、活动范围及对象

活动对象是我校全体在校大学生，其中本学院大一大二每两个班至少派出一位参赛选手，其他同学亦可以以个人名义报名参加。

六、比赛具体流程

〈一〉初赛

初赛以学院为单位进行，由各学院老师和同学选出至少一名选手参加外国语学院的复赛。

初赛在8日前结束。

二复赛

复赛以外国语学院为单位，评委由外院老师和学生会学习部成员共同组成。 经过初赛的选拔，我们会选出11名优秀选手参加全校决赛。

复赛时间暂定x月9号。

〈三〉决赛

复赛在5号楼53举行，评委由外院老师及外教组成。

复赛日期暂定11月12号。

评分标准：

1、内容要求：主题鲜明，内容清楚、结构清晰、中心突出，合理展开、阐释充分、证据相关、逻辑性强，内容生动、不枯燥，能吸引听众\*\*\*。 (3分)

2、语言要求：使用标准英国英语或\*\*英语。语言准确(发音清晰，音调、音高合适，用词准确、相关)，语言流利(注意连读、词重音、句重音、语调和节奏等)。 (3分)

3、技巧要求：自信，有感情与气势;注意手势、眼神与身体语言;幽默感(不能是哑剧式的幽默或调侃);适当使用修辞\*\*(比喻、类比等)。 (3分)

4、时间\*\*：定题演讲在2 分3秒时有工作人员提示，超过3 分15秒，或不足2 分45秒，扣1-5 分。 (1分)

5、道具使用：定题演讲中允许使用实物、图片等辅助道具，但仅限使用一次道具，使用道具过多将被酌情扣分。

评奖与奖励：

决赛产生一等奖1名，二等奖2名，三等奖3名，优秀奖5名

八、活动前期准备：

1、1月28号通知各学院，请他们于11月8月号前选出至少一名参加复赛的同学。

2、提前申请好活动场地，申请展板摊位。

3、制作宣传海报两份，设计宣传单并复印若干份，提前宣传整个活动

4、做好活动所需材料的准备：把干事分为两组，宣传小组和设计小组，设计小组主要负责海报、传单、邀请函、奖状的设计和决赛当天现场布置方案、物资准备，而宣传小组主要负责初赛到决赛的宣传，并且负责邀请评委嘉宾。

5、联系好各部门的同学过来协助、帮忙

6、在\*\*部调用同学准备负责拍摄，制作现场ppt等技术工作

九、宣传方案

通过各学院学生会进行宣传

**大学生英语演讲稿范文带翻译16**

我们告别了一个充满阳光的20\_\_，本以为会迎来一个更加美好，全新的20\_\_，却没想到，在新年的第一个月，一场风波卷席而来。这一场灾难让千千万万的人民群众想要按下“重启”20\_\_年的按钮。

20\_\_年12月底，中国湖北省武汉市出现新型冠状病毒肺炎，这一场突如其来的疫情，打乱了我们新的一年里所有的美好计划，众人惶恐，闭不出户，一夜间，原本热闹的大街小巷，瞬间变的冷冷清清，别说是人了，就连车辆都少之又少，各地都被封锁，人民出不去也进不来，完全找不到过年的气氛。

疫情大肆爆发之前我们可是有着许许多多的“吹哨人”在提醒着我们，例如我们活泼开朗的\_，曾经就提醒过公众，这次的肺炎并不简单，甚至有点类似于SARS，可是我们还是没有做好防护措施，让这个可怕的小病毒在全国大肆的传播起来，还让我们可敬的\_也因公殉职了。像\_这样的医生还有许许多多，这本是可以防范的疫情，不会丢失这么多宝贵的人才啊。

疫情向全国各地蔓延开来，每天醒来睁开眼睛每一件事就是查看确诊病历数据，确诊与日益增加，中国陷入了无限的黑暗中，就在这时，一群勇敢的白衣天使冲了出来，在这病毒肆虐的惴惴不安里，他们一路上披荆斩棘，无所畏惧。有了他们中国就有了希望。

中国加油!武汉加油!

**大学生英语演讲稿范文带翻译17**

Good afternoon, my dear friends.

I am very happy to meet you is my great honor to communicate with you at such a special of all,please allow me to express my appreciation to you all to listion to me.

I am proud of being a college collegelife is fresh,new teachers, new classmates and new friends. I like the friendship, and their wide knowledge and opening mind. The grand library, school buildings and wide playground attrattde me very college life is better than I expected, I can do anything I like. In the college we can not only learn the professional knowledge,but also develop our comprehensive we can make full use of the period,we can learn many useful should have the active attitude to our life,do a contributionto the is the most precious time in our of us want to become an outstanding man. But there are some students still waste their time. They get together for eating, drinking or playing cards. Theyre busy in searching for a girlfriend or a boyfriend. They completely forget their task as college students.

Finally, I hope everybody can try their best to become a worthy person to our country, and make great contributions to the society!

**大学生英语演讲稿范文带翻译18**

The romantic love story——The film describes a love story between a harlot and a rich man. It is a fairy story about Cinderella of modern version. Being the he-ro-in-e in a fairy tale seems to be the dream of every girl since very young. All girls are looking forward to romantic love stories descending on them. The more impossible the love is going to happen, the happier the girl to be, which is definitely decided by the nature of girls. The most impressed things came to me in the film were the hero’s (Richard Gere) character. He was charming, a real confident man, so perfect, so charming, however, that didn’t make you think he was conceited or he was pretend to be attractive. As a matter of fact, he is an indeed gentleman, with a natural gentle manner. His charm actually comes from his inner refinement. His personality is a great magnet to the meanwhile, the difference between a rude woman and elegant women are obviously high lightened in this film, which I has paid attention to for a long time.

**大学生英语演讲稿范文带翻译19**

i am joy and glad to give you a speech about stress , yes , just the topic you see on the screen.

psychologist tell us that stress is a state of worry caused by the problem of living , such as too much work or study , heavy responsibilities , and quickened pace of life .

statistics show that stress comes from every detail in our life . financial problems , poor health , being laid off may be the stress that most adults now suffering . as students in the university , we are also under our special stress . while study , having to take various tests and submit a project against a deadline may put a great pressure on us . and the things make us felt stressed may be our parents’s greater expectations on us than we could reach . lat

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