# 大学英语演讲稿3分钟带翻译5篇范文

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*演讲是一种社会活动，是用于公众场合的宣传形式。它为了以思想、感情、事例和理论来晓喻听众，打动听众，“征服”群众，必须要有现实的针对性。所谓针对性，首先是作者提出的问题是听众所关心的问题，评论和论辨要有雄辩的逻辑力量，要能为听众所接受并心悦诚...*

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**大学英语演讲稿3分钟带翻译(1)**

Someone said “we are reading the first verse of the first chapter of abook, whose pages are infinite”. I don’t know who wrote these words, but I’vealways liked them as a reminder that the future can be anything we want it tobe. We are all in the position of the farmers. If we plant a good seed ,we reapa 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. Toanswer it, first I have to ask “what do you understand by the word youth?” Youthis 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 thedeep spring of life.

A poet said “To see a world in a grain of sand, and a heaven in a wildflower, hold infinity in the palm of your hand, and eternity in an hour. Severaldays ago, I had a chance to listen to a lecture. I learnt a lot there. I’d liketo share it with all of you. Let’s show our right palms. We can see three linesthat 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. Itis held in ourselves.

We all want the future to be better than the past. But the future can gobetter itself. Don’t cry because it is over, smile because it happened. From thepast, we’ve learnt that the life is tough, but we are tougher. We’ve learnt thatwe can’t choose how we feel, but we can choose what about it. Failure doesn’tmean 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 thefirst chapter of a book, whose pages are infinite”. The past has gone. Nothingwe do will change it. But the future is in front of us. Believe that what wegive to the world, the world will give to us. And from today on, let’s be theowners of ourselves, and speak out “We are the world, we are the future.”

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。”

**大学英语演讲稿3分钟带翻译(2)**

As everyone knows,English is very important today.It has been usedeverywhere in the world.It has become the most common language on Internet andfor international trade. If we can speak English well,we will have more chanceto succeed.Because more and more people have taken notice of it,the number ofthe 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 itsusefulness,but also because of my love for it.When I learn English, I can feel adifferent way of thinking which gives me more room to touch the world.When Iread English novels,I can feel the pleasure from the book which is differentfrom reading the translation.When I speak English, I can feel the confident frommy words.When I write English,I can see the beauty which is not the same as ourChinese...

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

I also want to use my good English to introduce our great places to theEnglish 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 hardstudy, one day I can speak English very well.

If you want to be loved, you should learn to love and be lovable. So Ibelieve 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!

**大学英语演讲稿3分钟带翻译(3)**

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 afriend 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 liketheearth without sunshine. Reading is the foundation of our growth, reading isthebeginning 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 readingall his life.Whether it was in wartime or in peacetime, Chairman Mao would sparesome timereading.He also made some comments where is necessary. When Luxun wasyoung, hechewed hot peppers to keep from the cold. The world famous writer Gaoerji onceread the books by moonlight on the top of the roof. The obsession withbooks,finally made him the masters of world literature. As gorky said books makemeinto a happy man. Bing Xin said: \" Reading is good, read more books andreadoften.

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 andto research.In order to encourage students to read more, a variety of activitieshave beencarried out, such as sharing a good book with your parents and writingfeelsfor them. Liu Junkai ‘s father from Class 3 Grade said in his readingnotes,thanks to these meaningful reading activities, I began to realizetheimportance of reading for a child, and I would like to help my son formacorrect 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 bringsus peaceof mind, spiritual comfort. The classic verses will let us full ofwisdom. Thehistorical documents will make us be well versed in both ancient andmodern 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. Wehopeeveryone will be a friend of good books and enjoy reading. Why notstartreading now? Let the books infiltrate the campus.

That’sall. Thanks for listening.

**大学英语演讲稿3分钟带翻译(4)**

Honourable judges, ladies and gentlemen,

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

Ladies and Gentlemen, keeping optimistic, you will be able to realize, inspite of some hardship, there’s always hope waiting for you, which will lead youto the ultimate success. Historically as well as currently, there are too manyoptimists of this kind to enumerate. You see, Thomas Edison is optimistic; ifnot, the light of hope in his heart could not illuminate the whole world. AlfredNobel is optimistic; if not, the explosives and the prestigious Nobel Prizewould 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 a5-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 ifyou are optimistic, then they are only episodes on your long way to the throneof success; they are more bridges than obstacles! Now I prefer to end my speechwith the great British poet Shelley’s lines: “If winter comes, can spring be farbehind?” 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五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!

**大学英语演讲稿3分钟带翻译(5)**

My fellow and my friends;

Once I read a piece of news report. It says， \"A middle school student in aremote 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 hiselder brother\'s pencil at his side. Suddenly the younger brother raised his headthoughtfully， his little eyes were winking， and said to his brother seriously，\"When will it thirty-second， brother?\" The elder brother looked at his innocentyounger brother and said with a smile， \"What are you going to do on thatthirty-second?\" \"Papa promised me to send me to school，\" said his youngerbrother. His brother， the middle school student looked at his lovely brother andhis heart seemed to be stitched with needles. My God! My parents were workingday 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 thesame native land， the same blue sky under the sun. Why cannot they be givenlesson at school， sitting in the bright and big classroom? We are used to sayingthat education goes first before vitalizing the country. But now the country\'sfiscal 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 ourmotherland.

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!

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