# 202\_全国英语演讲比赛作文5篇范文

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*胆怯、恐惧、紧张是打败很多演讲人的第一道难关，心理的畏惧让很多人连话都不敢说出口。在现实生活中，貌似都能很好地交流，口才也还不错，但是当面对多个人做演讲的时候，就像变了个人。说话紧张结巴，脸憋的通红，一句完整的话说得七零八落，即使准备了演讲...*

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**20\_全国英语演讲比赛作文(1)**

Time， was a strange thing， it makes all sickness and death。 When there issomething born of time， from that moment the beginning of time has passed。 Howto we do? We can only seize the opportunity to seize life， to do the masters oftheir own destiny。

I have thought about a problem， what is time? I think that time is of themind in life when the runway， and it is responsible for the pletion of a missionof a subpision。

Can not recover the past， the past is a good time regardless， or painfuland have to stay in our memory， our experience has enriched and matured ourthinking。 Occasionally， the memories， can regulate our emotions， purify ourhearts。 Has been really obsessed with old things is not desirable because it ismore important now。

I read a Soviet writer Nicholas? Alec? Ostrovsky\'s book \"How to MakeSteel\"， I was moved to this section of the article so that impressed me： \"Lifebelongs to the people only once。 one\'s life should be spent this way： when helook back， he does not regret the years wasted， not because of the shame 。 Thus，in death， he will be able to say ： \'I own a whole life and energies arededicated to the world\'s most magnificent cause - the cause of humanity andthestruggle of liberation。 \" Yes ah life time were more valuable it， especially thejuvenile time。 From now on， I have to cherish。

I\'ve heard such a story： The pressure in the rubble and stones following agrass， it is a longing for the sun to reach it the will of Health， no matter howheavy stones above， between the rocks and stones How to narrow the gap， italways twists and turns， the tough and up through to the ground。 Its root to thesoil under the long shoots to the ground it stands， this is an irresistibleforce of life， to prevent its stones were thrown to the。 Xiaocaohu a vitality sogreat that people can not help but sigh。

Yes ah， life will be like this， like the grass， no matter whatcircumstances， are making progress will never bow， the only way of life is thebest， the most meaningful。 Time is of the essence， time is gone forever， and wemust treasure this good time， study hard， grow up， the effectiveness of themotherland。 It is also the so-called \"one inch by one inch gold time， gold-inchinch time。 Let us cherish the time with it!

**20\_全国英语演讲比赛作文(5)**

Good morning，ladies and gentlemen，today i am so happy to stand here to giveyou a speech。Or rather， a real story of mine。

Though with time going by，i can still remember what you once told me。Youshould be a brave girl。Smiling，you looked into my eyes。Year in，year out，nearlymost of my memories are fading little by little。But only this simple sentenceremained，without being forgotten in my life。

Again and again，i can not stop myself from thinking about it。Soordinary，but so impressive，so moving，just like the brightest sunshine，it helpsme go through the darkest night。I am such a sensitive girl in your heart。Yousaid，my sorroful facial expression made feel so distersssed。However，there is onething i never tell you，that is ，i am being a big girl gradually with your wordsand smiles。I never tell you about it，for i believe oneday，you can see the greatchanges of mine for yourself。That is what i want to do in return。As i know，thatwill be the best gift for you。

I suddenly think of a song named MY HEART WILL GO ON。There is a beautifulsentence going like this。You are safe in my heart。More than once，i was moved totears by it。I know ，i am also safe in your heart。i have already forgotten when itold you i was going to leave for Australia this summer holiday。You just smiledas usual，gently speaking。Whatever you decide to do，i will be in favor of it，but，just onething，remember，when you fell lonely abroad，do not forget we are here，praying for you。We are all around you，far across the distance and space betweenus。i closed my eyes，the flashback started。The memories we had together，once weplayed games on the palyground，we played jokes on each other，you always wrote alot of sentences on my articles to encourage me。And the most unforgetablething，you told me，you believed m i could be a big girl。Sooner or later。

At that specific moment，i suddenly understood the meaning of this sentencetotally。So on that day，i smiled as you used to，looking at you。The last words isaid were，keep walking in sunshine。

Yes，keep walking in sunshine。I said to you ，also to myself。I know i am notalone wiht your pany，and we can keep walking in sunshine till the last minute ofour days。

I promise，i will be a big girl。

I promise，i will be a brave girl。

I promise，i will keep walking in sunshine。

That is my speech，thank you!

**20\_全国英语演讲比赛作文(3)**

Hello， ladies and gentlemen! It is my honor to share my topic with youhere。 And my topic is Time Is Valuable。?? Time flies。 The article cong cong ofZhu Ziqing also tells us time is rare。 We all know that ：Time is life， at homewe have parents advisement， at school we have teachers advisement。 But whotreasures time as life?

Now let’s enjoy a story： One day a young man visited great educatorBanjieming。 When Banjieming opened the door， to the young man’s great surprise。：his house was very dirty。 “I’m sorry， It’s too dirty。 Wait a minute please。Banjieming said and closed the door。

One minute later， Banjieming opened the door again and said： e in please 。This time what the young man saw was a clean and clear sitting room。

“OK， You may go now。 Banjieming said ， “But I ， I havn’t remit to you”。 Theyoung man asked。 “Isn’t it enough? Looking at the room， “ Banjieming said。 “Youhave been here for one minute。” “One minute? One minute， Oh I know。 You tell mea truth： We can do many things in a minute。” The young man left withsatisfaction。

The story is short but meaningful。 Just like the story says：

one minute isn’t long。 But our life is made of such minutes。 In fact onlytreasure time ， will you succeed， only treasure time， will you realize yourideal。 Only treasure time will you achieve what you want。

We should make good use of time to study hard or to do something meaningfulfor yourself。 So， we should plan the time to study and relax，especially at usewe have more free time at home，so that we can use that time to do a lot ofthings。

However，how can we plan the time? There are different ways for differentexample， somebody like to study in the morning， and relax in the the contrary，somebody like to relax in the morning， and study in the body even think the besttime to study is in the erent ways for different all the ways have one thing inmon。

That is the need for practical action。 If you want to change a difficultsituation， if you want to change yourself， if you want to make good use of timeto study， you must put into not， your plan will be not meaningful。

So dear fiends， please treasure every minutes of your life。 Only like thiswill you have an excellent future。 Thank you very much。

**20\_全国英语演讲比赛作文(4)**

Honorable Judges， fellow students：

Good afternoon!

Recently， ther is a heated debate in our society. The college students arethe beneficiaries of a rare privilege， who receive exceptional education atextraordinary places. But will we be able to face the challenge and supportourselves against all odds? Will we be able to better the lives of others? Willwe be able to accept the responsibility of building the future of ourcountry?

The cynics say the college students are the pampered lost generation， whichwould cringe at the slightest discomfort. But the cynics are wrong. The collegestudents I see are eagerly learning about how to live independently. We helpeach other clean the dormitory， go shopping and bargain together， and take parttime jobs to supplement our pocket money.

The cynics say we care for nothing other than grades; and we neglect theneed for character cultivation. But again， the cynics are wrong. We care deeplyfor each other， we cherish freedom， we treasure justice， and we seek truth. Lastweek， thousands of my fellow students had their blood type tested in order tomake a contribution for the children who suffer from blood cancer.

As college students， we are adolescents at the critical turning point inour lives. We all face a fundamental choice： cynicism or faith， each willprofoundly impact our future， or even the future of our country. I believe inall my fellow classmates. Though we are still inexperienced and even a littlebit childish. I believe that we have the courage and faith to meet any challengeand take on our responsibilities. We are preparing to assume newresponsibilities and tasks， and to use the education we have received to makeour world a better place. I believe in our future.

thank you!

**20\_全国英语演讲比赛作文(5)**

One night， I plained to my mom about the lack of time。 Finally shesaid，\"you are short of time just because you waste precious minutes on plaintsand anxiety。 The point is， no matter how full your schedule is， if you tryreally hard， you can always fit in some thing more。\"

It is the same with filling the jar。 Even if you place a dozen fist-sizedrocks and a bucket of gravel into the jar， there is still space for sand andwater between the rocks and gravel。

The lack of time is just the excuse for my negligence of every singleminute。 I believe that the great piding line between success and failure canbe expressed in six words，\"I did not have enough time。\"The fact is I do haveexactly the same number of hours per day that were given to Helen Keller，Pasteur， Thomas Jefferson， and Albert Einstein。 The point is I have nevertouched upon the real meaning of life which lies in snatching， seizing andenjoying every minute of it。 No idleness， no delay， no procrastination， noplaint! It is during my moments of plaining or hesitation that my destiny isshaped。 Once I make full use of every moment， I believe that， my worries will begradually cut down to nothing。

Time is the most valuable of all our possessions， but the most perishableas well。 As Henry David Thoreau said，\"You must live in the present， launchyourself on every wave， find your eternity in each moment。\"

Whenever I fell the lack of time in the future， I will tell myself \"Carpediem ， seize the day， make every moment count。\"

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