# 英语课前三分钟演讲稿带翻译

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*英语课前三分钟演讲稿带翻译一　　Learn How to Say No　　We\'ve all been taught that we should help people. It is the right thing to do and w...*

英语课前三分钟演讲稿带翻译一

　　Learn How to Say No

　　We\'ve all been taught that we should help people. It is the right thing to do and will make us popular with others. It may even win us favors in return. However, we must be realistic. We can\'t say yes to every request. If we did, we would fail or go crazy for sure. Sometimes we simply don\'t have the time to help. In this case, we must know how to say no politely.

　　When we need to say no, here is one method we can try. First, we should tell the truth. If we really can\'t do something, we should just say so. Second, we should remember to refuse requests politely. We must communicate clearly, but must also be sincere and sympathetic. A true friend will understand. Finally, we must not feel guilty about saying no. Sometimes refusing others is the right thing to do. It can save ourselves, and them, a lot of trouble. In short, we cannot please everyone all the time. Refusing favors is a part of life.

　　学习如何说不

　　我们都被教导说，我们应该要帮助别人。这是应该做的事，而且这样做会使我们受人欢迎。它甚至会为我们赢得一些回报。但是，我们必须要实际一点。我们不能答应每一个要求。如果我们这么做，我们就一定会失败或发疯。有时候我们确实没有时间去帮忙。既然如此，我们就必须知道如何有礼貌地说不。

　　当我们需要说不的时候，有个办法我们可以试试。首先，我们应该要说实话。假如我们真的办不到某件事，我们就应该说不。第二，我们应该记得要客气地拒绝对方的要求。我们必须清楚地表达，但态度也必须真诚并且表示同情。一个真正的朋友会谅解的。最后，我们不必为了说不而觉得有罪恶感。有时候拒绝别人才是我们应该做的事。它可以替我们自己和别人，都省下许多麻烦。总而言之，我们无法一直取悦每个人。拒绝请求是人生的一部分。

　　英语课前三分钟演讲稿带翻译二

　　Why does football get people into a frenzy?

　　Who is your idol? It may be Napoleon, Picasso, or Michael Jackson. But who is my idol? Can you guess? It is Ronaldo. He is the No. 1 super star of football.

　　Football is a game in which 22 people chase one ball around a large field. The aim of the game is to get the ball into the net to score.

　　After all, it’s such an easy game, and yet people go crazy mad over it. The answer lies in two facts. One is the game itself. Sometimes it is beyond any description. Football is a game of passes and techniques, passion and love, more importantly, unity is the key---the whole team working as one, united they will never be defeated.

　　The European’s style. of play is like a Waltz, the Brazilian like a Samba, and the passionate Argentineans play as if they are doing a Tango. Football is so unpredictable, so unbelievable. You will never know who will win until the last minute. Especially when suddenly there is a goal, the fans who have been sitting on the edge of their seats, will be wild with joy and excitement; and the losers with disappointed hearts will despair over their teams.

　　The other is of course the super stars. Each one has his own personality, just like my idol Ronaldo. When he smiles, we all smile with him. Who can forget that buck-toothed smile, or that unique hairstyle. during the 202\_ World Cup. Ronaldo was born to a poor family. He has set an example to children who can’t afford a pair of shoes, but have talent and a passion for football. He gives them confidence and hope of a better future.

　　Football is the game that wins everyone’s heart and the best game ever invented.

　　为什么足球会让人变得疯狂?

　　谁是你的偶像?这可能是拿破仑，毕加索和迈克尔·杰克逊。但我的偶像是谁?你能猜到吗?这是罗纳尔多。他是1号足球超级明星。

　　足球是一场比赛，22人在一个大的领域追逐一个球。比赛的目的是把球打进网以得分。

　　毕竟，这是一个很容易的游戏，但人们疯狂的疯狂。答案在于两点。一个是游戏本身。有时它是超越任何描述。足球是一种传球和技术，激情和爱，更重要的是，团结是关键---整个团队合作，团结，他们永远不会被击败。

　　游戏的欧洲的风格就像一首圆舞曲，巴西人喜欢桑巴，和热情的阿根廷人玩如果他们正在做的探戈。足球是如此的不可预测，如此令人难以置信。你永远不会知道谁会赢，直到最后一分钟。特别是突然有一个进球，那些坐在他们座位边上的球迷，会带着喜悦和兴奋的心情，失望的心会让他们的球队感到绝望。

　　另一则是超级明星。每个人都有自己的个性，就像我的偶像罗纳尔多。当他微笑时，我们都对他微笑。谁能忘记，巴克齿的微笑，或独特的发型在202\_世界杯。罗纳尔多出生于一个贫穷的家庭。他给孩子们树立了一个不起一双鞋子的榜样，但有一个天才和对足球的热情。他给他们信心和希望的一个更好的未来。

　　足球是一场比赛，是每一个人心中的游戏，永远存在!

　　英语课前三分钟演讲稿带翻译三

　　I received a devastating blow to my self-confidence in the first interview of my college years. I applied to be a host in our Student Acting Troupe and felt confident that I would be accepted. But one of the panel members told me: \"You seem inadequate and you are a little vertically-challenged.\" My life has never been the same since. I used bigger heels to complement my height and psychological maneuvers and tricks to hide my lack of confidence. But no matter how hard I tried to look the part, there was still something missing.

　　As president of English Club, I organized the rehearsal of Snow White for an English party. Unfortunately, we could not find an actor to be the last dwarf. It had to be someone who was humorous by nature and fluent in English. Suddenly, all eyes turned to me, and I knew I would have to be the dwarf. To my great surprise and delight, once on stage, I was totally absorbed in the performance and my humorous nature was put to full use. As the dwarf, I was a big hit.

　　Yes, each of us is only one among millions of others, but each of us is an inpidual and each of us is unique. Cultivating our inpiduality will transform our lives, making of them a kaleidoscope of new colors and textures.

　　A world deprived of persity would be a bland and boring place. The real tragedy is not being short or shy or ugly, but having your identity lost in a world in which everyone is a clone of a model cool boy or a flawless charming girl.

　　Given a choice, I would rather be ugly than live in such a world. I\'d rather be a genuine dwarf accompanying a Snow White than be a Snow White among nothing but Snow Whites. I would rather be myself. I would contribute my inpidual and unique colors to create a more perse universe. Please, be yourself.

　　译文:我重树信心

　　大学生活的几年里，当我参加第一次面试时，我的自信心受到了沉重的打击。我向“学生剧团”申请出演一个主角，而且我十分自信地认为我会被录用。但是,其中有个剧团成员告诉我:“你似乎不太合适出演这个角色，因为你的身高有点问题。”我从未遇到过这种情况。我穿着高跟鞋来弥补我的身高，采用心理策略和技巧来掩盖自己信心的缺乏。但是，不论我怎样努力进入角色，感觉还是缺少些什么。

　　作为英语俱乐部的主席，我为英语晚会组织排演了《白雪公主》短剧。不幸的是，我们找不到合适的人选出演最后一个小矮人。这个角色必须生性幽默，英语流利。突然，所有人的目光都转向了我，我知道那个小矮人就是我了。让我极度奇怪而又高兴的是，一上台，我完全投入到演出中，而且我那幽默的天性被发挥得淋漓尽致。作为一个‘’小矮人”，我取得了巨大的成功。

　　的确，我们中的任何一个人都是千百万中的一员，但我们中的每个人都是一个与众不同的个体。发挥我们自己的个性会改变我们的生活，使它们成为美丽的万花筒。

　　失去了多样性的世界是个冷漠、乏味的地方。真正的悲剧不是个矮、害羞或丑陋，而是将自己的个性迷失在一个克隆的世界里，那里到处都是典型的酷男孩或无瑕、迷人的好姑娘。

　　如果让我选择，我宁可面貌五陋，也不愿生活在这样一个世界里。我宁可做一个伴随“白雪公主”的真实的小矮人，也不愿做“白雪公主”世界里的一个白雪公主。

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