# 英语演讲稿范文及译文三篇

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*一个人的理想越崇高，生活越纯洁。为大家整理的《英语演讲稿范文及译文三篇》，希望对大家有所帮助！ 篇一 Hold Fast To Your Dreams　　I have a dream today。　　I have a dream that ...*

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　　I have a dream today。

　　I have a dream that one day every vally shall be exalted， every hill and mountain shall be made low， the rough places will be made plain， and the crooked places will be made straight， and the glory of the Lord shall be revealed， and all flesh shall see it together。

　　Wow， what a dream it has been for Martin Luther King。 But the changing world seems telling me that people gradually get their dreams lost somehow in the process of growing up， and sometimes I personally find myself saying goodbye unconsciously to those distant childhood dreams。

　　However， we meed dreams。 They nourish our spirit; they represent possibility even when we are dragged down by reality。 They keep us going。 Most successful people are dreamers as well as ordinary people who are not afraid to think big and dare to be great。 When we were little kids， we all dreamed of doing something big and splashy， something significant。 Now what we need to do is to maintain them， refresh them and turn them into reality。 However， the toughest part is that we often have no ideas how to translate these dreams into actions。 Well， just start with concrete objectives and stick to it。 Don’t let the nameless fear confuse the eye and confound our strong belief of future。 Through our talents， through our wits， through our endurance and through our creativity， we will make it。

　　Hold fast to dreams， for if dreams die， life is a broken-winged bird that cannot fly。 Hold fast to dreams， for when dreams go， life is a barren field frozen with snow。 So my dear friends， think of your old and maybe dead dreams。 Whatever it is， pick it up and make it alive from today。

　　译文

　　抓牢你的梦想

　　我这天有一个梦想。

　　我梦想有一天，幽谷上升，高山下降，崎岖之地变平原，曲折之路成坦途。圣光展露，满照人间。

　　这对马丁路德金是怎样的一个梦想啊。但是这个变化着的世界似乎在告诉我，在成长的过程中，人们却不知不觉把他们的梦想弄丢了，而我自我也有时会觉得在告别很多童年的梦。

　　然而，我们是需要梦想的。梦想滋养我们的灵魂，梦想代表着我们被现实拉垮时依然具有的期望。它鼓励我们不断前进。大多数成功人士都是梦想家，同时也是普通人，只是他们敢于梦想敢于成就伟大。当我们还是孩子的时候，我们都梦想过做

　　做一番大事业，此刻应当做的就是保存好那些梦想，再度恢复它们，并将它们实现。但是最难的是我们通常不明白怎样付诸实施。那么，就从体的目标开始，坚持去做吧。不要让那些莫名的恐惧迷惑了我们的双眼，影响了我们对未来的信念。用我们的天资和智慧，用我们的耐力和创造力，我们必须会实现梦想。

　　抓牢你的梦想，因为如果梦想死亡，生活就成了一只折断翅膀的鸟再也不能飞翔。抓牢你的梦想，因为如果失去梦想，生命就成了一块覆盖着冰雪的贫瘠的冻土。亲爱的朋友们，想想那些过去的或已经死去的梦想吧。不管是什么，重新将它捡起，并从这天开始让它重生。 篇二 A Young Idler，An Old Beggar

　　Almost everyone knows the famous Chinese saying：A young idler，an old beggar。 Throughout history，we have seen many cases in which this saying has again and again proved to be true。

　　It goes without saying that the youth is the best time of life，during which one\'s mental and physical states are at their peaks。 It takes relatively less time and pains to learn or accept new things in a world full of changes and rapid developments。 In addition，one is less likely to be under great pressure from career，family and health problems when young。 Therefore，a fresh mind plus enormous energy will ensure success in different aspects of life。

　　Of course，we all know：no pains，no gains。 If we don\'t make every effort to make good use of the advantages youth brings us，it is impossible to achieve any goals。 As students，we should now try our best to learn all the subjects well so that we can be well prepared for the challenges that we will face in the future。

　　译文

　　少壮不努力，老大徒伤悲

　　几乎所有人都明白中国有一句老话:少壮不努力，老大徒伤悲。透过阅读历史，我们从一个又一个的案例当中得知，这句话被证实是真确的。

　　不用说都明白，在青年时期，人的智力和身体状况都是一生中的，这也是一个人一生中的时期。在这个处处都不停地转变，飞快地发展的世界里，年轻使人相对地用更少的时光去学习和领悟新知。在这时，很少人会困在从事业上来的压力下，家庭和健康问题也比较小(就是说不是没有--译者)。所以，一个清醒的脑袋加上巨大的能量就会成就人生中不一样方面的成功。

　　当然，我们都明白:没有挫折就没有获得。如果我们没有好好努力去利用年轻带给我们的优胜之处，那就没有可能获得任何的成功。作为中学生，我们就应做到去学好每一个科目，这样的话，我们就能够为将来即将应对的挑战做好准备。 篇三 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 fortable 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 e our way。

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