# 一分钟英语演讲稿带翻译

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*演讲稿可以提高演讲人的自信心，有助发言人更好地展现自己。随着社会不断地进步，演讲稿的使用越来越广泛，那么一般演讲稿是怎么写的呢？下面是小编收集整理的一分钟英语演讲稿带翻译通用，欢迎大家分享。一分钟英语演讲稿带翻译通用1good mornin...*

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**一分钟英语演讲稿带翻译通用1**

good morning ,boys and girl,i`m jenny peng ,today my topic is :talk about a meaningful way we can use first , let me ask you a question : what do you do in your spare time ,especially in your holiday ? do you just stay at home ,watching tv,eating,and sleeping?maybe you`ll feel relax at the first time ,but if we always do like this,you`ll feel much boring . so ,the meaningful way i`m going to introduce to you is taking part-time-job in your vacation.

yes ,you are right , the meaningful way of using time i`m going to introduce to you is taking part-time-job in your des,the location we going to work is not in your hometown,in another words,it`s a completely strange situation . maybe you feel amazy and crazy when hearing it , but i think you can learn a lot from it . first , you can learn how to be a good worker : familiar with the work schedule , obey the rules and make friends with others . besides , learn how to promote yourself . company is a relatively open socialty , it need you to show yourself in front of others , and it will help you to find a good job in the future.

after the part-time-job , we`ll more cherish our time , and find out that how happy and freedom to being a student . we`ll work hard on our study , finish our homework efficiently and struggle for our dream . as the saying going that ：yesterday is history , tomorrow is mystery , but today is a gift . let`s cherish and make full use of every minutes of our life , and believe that what we did will make sense .

thank you.

早上好，男孩和女孩，我叫珍妮鹏，今天我演讲的题目是：谈论有意义的方法，我们可以利用的时间。首先，让我问你一个问题：你在业余时间做什么，尤其是在你的假期，你只是呆在家里看电视，吃，睡?也许你会觉得放松在第一时间，但如果我们一直这样做，你会感到很无聊。所以，最有意义的方式我要介绍给你的是以工作心态在你的假期。

是的，你是对的，有意义的使用方法的时候我要介绍给你的是以度假。此外，我们将工作地点不在你的家乡，换句话说，它是一个完全陌生的环境。也许你觉得疯狂的时候，听到它的，但我认为你可以从中学到很多东西。首先，你可以学习如何做一个好工人：熟悉的工作安排，遵守规则和交朋友。此外，学习如何推销你自己。公司是一个相对开放的社会，它需要你显示自己在别人面前，它会帮助你在将来找到一份好工作。

找到后，我们会更加珍惜我们的.时间，并找出如何快乐和自由是一个学生。我们`会努力学习，完成我们的作业效率，为我们的梦想奋斗。俗话说：昨天是历史，明天是未知，但今天是个礼物。让珍惜并充分利用每一分钟，我们的生活，并相信我们所做的有意义。

谢谢你.

**一分钟英语演讲稿带翻译通用2**

Whenever a college student is asked, “What are you going to do this summervacation?” The most probable answer might be “I am going to have a travel. ” Itsounds that college students are fond of travelling. Why? Because travel hasnumerous advantages.

First of all, travel can widen our knowledge of geography, the knowledge ofcustoms, cultures and lifestyles of different places and countries. Secondly, wecan make friends and practise a foreign language through travelling. Finally,travel is the best way of pastime. We can enjoy eating various food and seeingbeautiful sceneries.

In a word, we can benefit from travel in more than one way. It is worthspending the time.

不管你什么时候问一个大学生这样一个问题：“今年暑假你要做什么?”他很可能这样回答：“我要去旅游。”听起来大学生们是喜欢旅游的。为什么呢?因为旅游有许多好处。

首先，旅游可以扩大我们的地理知识以及扩大我们对不同地区不同国家的风俗、文化和生活方式方面的知识。其次，通过旅游我们可以交朋友、练外语。最后，旅游是消遣的.最好方法，我们可以享受各种食品，观看美丽景色。

一句话，旅游的好处不止一个方面，花些时间是值得的。

**一分钟英语演讲稿带翻译通用3**

As we all know, pollution is harmful to living beings. There are manydifferent types of pollutions in this world. For instance, water pollution, airpollution, noise pollution and so on. Water pollution cause many kinds ofdisease that have negative effects on human beings, sometimes the diseases willtake people\'s life away. Dirty air will increase the rate of getting lungcancer. While the noise pollution will cause insomnia. People\'s health conditionwill be damaged.

In my humble opinion, people should take measures to control the ntly, not only the government, but also inpidual has taken part in theaction of protecting the environment. This is a good sign. Rivers are beingcleaned, air is purified, and the people come to realize that the importance ofprotecting the environment.

However, this is not enough, the problems are still exist. Not all of themhave been solved. Some factories are still pouring dirty water into the riversor give off the toxic gas into the sky. We should know that protecting theenvironment needs everybody\'s effort.

我们都知道，污染对生物有很大危害。在这个世界上，有许多不同类型的污染。例如：水污染，空气污染，噪音污染等等。水污染会使人们生病，甚至死亡。脏空气会使患肺癌的几率上升。而噪音污染会让人失眠。人们的.健康水平会下降。

在我看来，人们应该采取措施去保护环境。最近，不仅仅是政府部门，个人也参与到环保中去。这是个好现象。河流干净了，空气清新了，人们也意识到环保的重要性。

然而，这些还远远不够。问题依旧存在。不是所有的问题都得到了解决。一些工厂依旧往河流里面排放污水，向天空排放有毒气体。我们应该谨记环境保护需要每个人的努力。

**一分钟英语演讲稿带翻译通用4**

The environment of the city is getting worse and worse today. There arewastes, air pollution and so on. What can we do to save our city? About thewastes, we should sort the wastes, to see if they can be recycle used; use thereusable shopping bag instead of the plastic bags. About the air pollution, weshould go to school on foot or by bike; we should also ask our family not to usecar as much as possible, take the subway or bus instead. I hope everyone can seethe environment problem and do the best to save our city.

如今城市的环境变得越来越糟。有垃圾和空气污染等问题。我们应该如何保护我们的.城市?关于垃圾，我们应该进行垃圾分类，看看它们是不是可以回收利用;使用环保购物袋来代替塑料袋。关于空气污染，我们应该走路或者骑自行车去学校;我们还应该要求家人尽量少使用汽车，用地铁或者公交车代替。我希望每个人都能看到环境问题，尽量来拯救我们的城市。

**一分钟英语演讲稿带翻译通用5**

Today, as the life standard has improved, people have more money to chaseamusement, travel is their first choice. So there are a lot of people on thejourney during the public vacation, some people even quit their jobs to do trip without plan was favored by many people since a few years ago, it wasthe attitude towards life.

今天,随着生活水平的提高,人们有更多的钱去追逐娱乐，旅行是他们的第一选择。因此在公共假期期间，有很多人在旅途中,有些人甚至放弃自己的工作去旅游。说走就走的旅行在几年前就受到了欢迎,这是一种生活态度。

Though people are proud of taking the independent travel, especially whenthey just go anytime and anywhere, only a few people take action. Some day, as Ihad the long summer vacation, I suddenly had the idea that I could take a tripwithout plan. So I asked two of my friends to joined my team. We booked thetickets and and hotel, then the next day, we took the train. We talked andappreciated the scenery outside the window. When we arrived the city, we justwalked along the street and enjoyed the feature.

虽然人们为独立旅行而感受自豪,特别是当他们可以随时随地走,但是只有少数人采取行动。有一天,由于我有漫长的暑假,我突然有个主意,我可以来一场说走就走的旅行。所以我叫了两个朋友来加入我的团队。我们订了车票和酒店,然后第二天,乘火车走了。我们聊着天,欣赏着窗外的风景。当我们到达这个城市时,沿着街道走，享受这个城市的特色。

It was such great experience for me, sometimes we consider so many thingsand miss the joy of life. Taking a trip without burden and just go to any placeyou want once in your life.

这段经历对我来说是如此的`美妙,有时候我们考虑太多,错过了生活中的快乐。来一场没有负担的旅行，去任何你曾经想去的地方。

**一分钟英语演讲稿带翻译通用6**

Everytime I am asked what I want to do in the future. I think a minute and say being a doctor is my dream job.

Doctor is an other kind of artist who does human art by fighting with diseases and making people feel good. I think it is a pleasure to try my best to bring happiness to others. It is a feeling of pride and I am fond of it. In modern life， a mass of people work day and night to seek wealth and as a result they ignore their health. It is known that strong body is a foundation of beatific life. I dreamed to be an excellent doctor who can help them have a right to enjoy life again. Curing people is a doctor\'s holy responsibility.

Being a doctor is my dream job， now I should study hard to gain more knowledge to reach my goal.

翻译：每次我问我将来想做什么。我想了一分钟，说是一个医生是我的梦想的工作。

医生是另一种艺术家，通过与疾病的斗争，使人们感觉良好，人类的艺术。我认为这是一种乐趣，尽我最大的努力给别人带来快乐。这是一种骄傲的感觉，我喜欢它。在现代生活中，大量的人为了追求财富而工作，因此他们忽视了他们的健康。它是已知的.，强壮的身体是一种幸福的生活的基础。我梦想成为一个优秀的医生，可以帮助他们有权利享受生活。固化人是医生的神圣责任。

成为一名医生是我的梦想的工作，现在我应该努力学习，以获得更多的知识，以达到我的目标。

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