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关于台词的备注:

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London Outdoor Ice Rink 伦敦户外滑冰场

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I like ice skating because you can have a laugh and you can just be crazy.

I like ice skating because it's something that I don't do a lot and it's really, really, really fun.

I like ice skating too because it's hard and it takes time to get used to it, but once you are used to it, it's good fun.

It's a good thing to always do when it's like Christmas time.

I think that when you go ice skating, you should stick to what you know and maybe if you feel more confident try something new.

It's a really good sport and I hope that everyone enjoys it when they have a turn.

I enjoy ice skating because you get to learn something new and you don't have to worry about if you can do it or not, you just enjoy yourself.

Feifei: 大家好, 欢迎收听由BBC英语教学带来的《都市掠影》节目, 我是冯菲菲。今天我们来到了位于伦敦市中心最漂亮的 **Somerset House** 户外滑冰场。今天同时很有幸能看到前英格兰国家队运动员, 奥运会花样滑冰金牌获得者 **Jayne Torvill** 的表演。

John: Hi there, this is BBC Learning English, we're out On the Town again and today we're talking about ice rinks. I'm John.

Feifei: I understand the word ice, but what about rink?

John: Well, a rink is normally a large surface of ice or other hard material used for skating.

Feifei: Ah 我知道了, rink 通常是指用冰或是其它坚硬的材料做成的大面积的, 用来滑冰的场地。

John: So you can say ice rink or skating rink.

Feifei: 我们经常看到的是室内滑冰场, 那么伦敦的户外滑冰场是什么时候开始流行起来的呢?

John: Here's Gwyn Miles, the Director of the Somerset House Trust.

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We've had the ice rink since we opened to the public in 2000, so this is its eighth year and it has been very, very successful.

John: The Somerset House ice rink opened to the public in the year 2000, so this year is its eighth year.

Feifei: Open to the public 向公众开放。 Somerset House 户外滑冰场是伦敦第一个户外滑冰场，自 2000 年首次向公众开放，今年已经是第八年了。 Here's Gwyn again.

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Well, we have this beautiful, beautiful courtyard, and in the winter we want to make sure we can bring people in to enjoy Somerset House. It's a real treat for Londoners and this is a way to bring the whole place alive and make it feel really quite magical for Christmas.

John: So this ice rink sits in the middle of the courtyard in Somerset House.

Feifei: Courtyard 庭院。萨默塞特中心 Somerset House 是伦敦市中心的一所 18 世纪的古建筑，它有一个非常宽敞的中心庭院，这个光彩四射，充满活力的户外滑冰场就搭设在这里。

John: Gwyn says it's a real treat for Londoners.

Feifei: 对于在这里生活的 Londoner 伦敦人来说，这是每年圣诞节再好不过的一个礼物了。

John: What does our champion, Jayne Torvill, think of this ice rink?

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I love Somerset House, since it first opened, I've managed to be here every year, and obviously got involved with the skating side of it. I think it's amazing, because it's encouraged so many people to come and have a go at skating. That's just great, it's a great sport, it's good exercise, but out of it, it might encourage people to take it up more seriously, and who knows, we may have future champions here.

Feifei: Jayne thinks it's amazing 非常棒！ It has encouraged so many people to come and have a go at skating. Have a go 尝试做某事。

John: She also says it's a great sport and good exercise. It might encourage people to take it up more seriously and we might have future champions here.

Feifei: Take something up 从事某事或一个职业； champion 冠军。 But what if I've never tried skating before?

John: Don't worry Feifei, you can have skating classes now at the ice rink.

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The skate school was something we started last year. We are very keen to actually help people to become capable of enjoying skating, so we do lessons at the weekends, but also for the schools, we also do disabled skating sessions, where we have people who can come on the ice and actually really enjoy it, and they are fantastic.

Feifei: Ah I see. So I can go at weekends and have skating lessons.

John: Absolutely! These lessons are to help people to become capable of enjoying skating.

Feifei: Be capable of 有做某事的能力。

John: Jayne has some advice for people like you who go on the ice for the first time.

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People who go on the ice for the first time, it's very important to wear the right clothing; always wear some gloves and always wear a hat, even if you are in a fairly warm ice rink, because if you take a fall, the gloves will protect your hands and the hat will protect your head as well.

John: So do remember to wear your gloves and a hat, Feifei!

Feifei: **Gloves** 手套, **hat** 帽子。我们的世界冠军给像我这样的初划滑者的建议是一定要带手套和帽子, 这样就算摔倒了, 我们的手和头也可以受到保护。 **I've got my gloves and hat with me, so I'm going to have a go now John.**

John: Have fun Feifei! Join us again next time on BBC Learning English or you can get on to our website at www.bbcchina.com.cn. See you!