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Better Speaking 4 如何让你的英语会话更自然

It found that those who drank more than six cups of tea a day were a third less likely to develop heart problems than those who drank none.

The findings of the experiment were not what we were expecting.

There are still plenty of adults who cannot swim.

William: Hello and welcome to the final episode in our series on fluency, Better Speaking. I'm William Kremer.

Jean: 大家好，我是董征。本期节目是我们英语会话系列中的最后一集了，而今天我们要来讨论的重点就是，如何能让我们说的英语听上去更顺畅自然 **more natural**。

William: Yes, today we'll be looking at pronunciation, spoken grammar and word choice. These are all things that can help us towards our goal of...

Both: Better speaking!

Jean: 在我们的 **Better Speaking** 系列节目中，我们从英语学习者的角度，集中讨论过了英语会话中所需要的自信心、词汇量和不同的学习方法。不过 **William**，我们今天的话题和这些都又不相同，我们要来看看我们讲英语的时候，是什么让我们说得话听上去不如英语是母语的人说得那么地自然顺畅。

William: Yeah that's right. But I think we should say that native English speakers, particularly in Britain, are very tolerant of foreign accents and of irregular grammar.

Jean: Tolerant of foreign accents and irregular grammar 能够原谅外国的口音和不规范的语法。 **Yes, that's especially true here in London, isn't it?** 如果你进到一家伦敦的咖啡厅里，为你服务的服务生十有八九不是英国本地人，说得英语都会有些外国口音，所以伦敦的英国人已经见惯不怪了，对任何口音和说话人的语法小错误基本上完全不在意。

William: But, although native English speakers are tolerant, you still need to communicate with them, and the more natural your English is the better that connection will be that you want to establish with your conversation partner. And really the most important thing here is



pronunciation. Linguists have actually done some studies and they've found that English-speakers are much more tolerant of bad grammar and vocabulary than they are of poor pronunciation.

Jean: OK, 所以你英语的发音是你和谈话对方建立起积极联系的一大重要影响因素。如果对方说话的口音很重, 说的话让你听不懂, 那这往往会让说话的人和听的人都会感到心里着急! 下面是一位初到伦敦的中国朋友傅瑶给我们讲的她的一段感受。

Insert

Fu Yao: Nobody can understand me you know. Really, nobody can understand what I talk. Always, "Sorry, what do you say? Sorry?" Maybe my left ear no good, OK maybe right is OK. First times make me big problem you know because I speak English almost is ten years. In China I speak with foreigner conversation no problem, very fluent. But since I come here; big problem.

William: Jean, I thought it was interesting, in that clip, that Fu Yao said that in China she had communicated with foreigners without any problems, but here in England nobody understands her.

Jean: 是的, 我想出现这样情况的原因是, 虽然这里的英国人很能体谅外国人说英语会有口音, 不过他们有的人可能很少接触到中国人说英语的时候我们比较独特的中国口音, 而已经在中国的外国人因为听得多了, 所以就更容易听得懂中国人讲英语时带的口音。 **So what can learners do about this William? How can they improve their pronunciation?**

William: Well the obvious thing is to practise speaking, whenever possible, with native English speakers. And that might be in China, or if you have the opportunity, maybe in the UK, Australia or North America. But, it's clear from what Fu Yao said that by itself this may not be enough. You also need to do focussed pronunciation practice.

Jean: Focussed pronunciation practice 集中的发音练习。

William: And the way that I would recommend listeners do that, and I'm sure this won't come as a surprise, is to use our very own website www.bbcukchina.com.

Jean: Ah, 那当然了, 这不是自卖自夸, 我们的 www.bbcukchina.com 网站确实有大量可供下载的英语学习节目, 而且由英国本地的主持人主持, 绝对可以帮助大家提高英语, 对不对 **William?**

William: Yeah that's right. So let's listen now to a clip from one of our resources, Media English. Now every week, Media English features a different report from the BBC. This clip is from a report about tea and coffee being good for you.

Jean: 好, 让我们来听一小段录音。如果大家第一遍没有完全听懂录音的所有内容也没有关系, 因为我们这次主要集中在英语发音这一方面, 所以要请大家多留意的是这段录音中说话者的发音。

Insert

The study in the journal of the American Heart Association could make pleasant reading for those who like a regular cup of tea.

It found that those who drank more than six cups of tea a day were a third less likely to develop heart problems than those who drank none.

Coffee drinkers also fared well, but only up to a point.

Those who consumed between two and four cups a day had a twenty percent lower risk...

William: So that's just a short clip from that report. Now we not only give you a lovely authentic English-language report but we also record some of the vocabulary for you to listen to again and to repeat afterwards. So Jean, just to demonstrate this, if I click on some of that vocabulary, can you repeat the words after you hear them?

Jean: Yeah, certainly.

William: OK. So here's the first one.

Insert

Association.

Jean: Association.

William: That's very good. Let's just do that again.

Insert

Association.

Jean: Association.

William: Good, and let's hear the next one.

Insert

Pleasant.

Jean: Pleasant.

William: And again...

Insert

Pleasant.

Jean: Pleasant.



William: OK, last one...

Insert

Fared well.

Jean: Fared well.

William: OK and let's just do that last one again.

Insert

Fared well.

Jean: Fared well. OK, so how do you think I fared in that exercise, William?!

William: I think you fared extremely well Jean but it's true that it can be quite difficult to know if your pronunciation is right. So one thing that you can do if you're good with technology is to record yourself repeating the word and then listen to the original clip followed by your recording.

Jean: 这确实是一个好方法 – 就是把自己的朗读录下来，然后给自己放来听听，比较自己的发音和原声发音还有哪些差距。

William: Now what we're practising by repeating words like that is the pronunciation of English sounds. But Chinese learners have additional problems with sentence stress and with connected speech.

Jean: Sentence stress 语句重音 and connected speech 连读。对于我们中国人来说，这都是让我们感到挑战比较大的方面。那 William，我们可以做一些什么样的练习来提高这些语言技能呢？

William: Well, you need to replay the report and follow it in the transcript. Then press 'pause' and then repeat a sentence back. So, let's try this out, Jean. Can you repeat this sentence from the report?

Insert

Coffee drinkers also fared well, but only up to a point.

Jean: Coffee drinkers also fared well, but only up to a point.

William: Good, I think you almost got that. "Coffee drinkers also fared well, but only up to a point." It's about where the stress is in the sentence and the kind of the... melody of the sentence. Let's listen to that one again.

Insert

Coffee drinkers also fared well, but only up to a point. .

Jean: Coffee drinkers also fared well, but only up to a point

William: Good and this stuff is very important because the intonation in that sentence is helping listeners understand the meaning of the sentence. So intonation is very important in English. Now before we move on, let's try a more difficult one, Jean...

Jean: OK.

William: OK? Can you repeat this sentence?

Insert

It found that those who drank more than six cups of tea a day were a third less likely to develop heart problems than those who drank none.

Jean: Right. It found that those who drank more than six cups of tea a day were a third less likely to develop heart problems than those who drank none.

William: That's right, so she's putting a lot of emphasis on the word "third" because that's what she thinks is important in that sentence. So it goes, "it found that those who drank more than six cups of tea a day were a third less likely to develop heart problems than those who drank none." Let's listen once more and then you can repeat again.

Insert

It found that those who drank more than six cups of tea a day were a third less likely to develop heart problems than those who drank none.

Jean: OK. It found that those who drank more than six cups of tea a day were a third less likely to develop heart problems than those who drank none.

William: Good Jean, I think that's very close to the original clip. Now of course with the internet, it's easier than ever to get access to clips of native speakers. And listeners might even choose to model their pronunciation on their favourite English-speaking celebrity, for example!

Jean: Hmm! 这又是一个好主意! 如果大家有喜欢的英美明星, 我们可以从网上找来他们的采访谈话片断来听, 跟着自己喜欢的大明星学习英语发音, 肯定会比从书本上学习要开心多了! 好, 接下来又是节目中 **Takeaway Tip** 的版块内容了, 在这一部分内容当中, 我们给大家传授一些实用有效的英语学习贴士, 而本周的贴士就是有关如何提高英语会话语法水平的。

Voice: 每个人都希望自己说得英语正确无误, 但是有的人把好的口语理解成为好的书面语言。其实, 如果大家说话都是书面语言的话, 听上去是很别扭的, 因为书面语言听上去比较正式, 用作口语语言也容易显得呆板不自然。

比如说英语里把两个词用上引号连在一起的缩略形式 **contractions**. 在书籍和报纸文章中，这样的缩略形式一般来讲是作者很忌讳的，比如说，一句话可以是：

The findings of the experiment were not what we were expecting.

或者你会读到这样一句话...

There are still plenty of adults who cannot swim.

但如果这两个句子里用了缩略形式，他们听上去就不太一样了

*The findings of the experiment were not what we were expecting.
The findings of the experiment weren't what we were expecting.*

*There are still plenty of adults who cannot swim.
There're still plenty of adults who can't swim.*

让我们再听一遍

*The findings of the experiment were not what we were expecting.
The findings of the experiment weren't what we were expecting.*

*There are still plenty of adults who cannot swim.
There're still plenty of adults who can't swim.*

所以在口语会话中，缩略形式是非常常见的，也能让你说的英语听上去更自然流畅。

William: Hello again. Well we've discussed pronunciation and we've just heard a little bit about spoken grammar. The final aspect of making yourself sound more natural that we're going to discuss today is word choice.

Jean: 是啊，我们说英语的时候用的词应该是从其它英语母语的人那里学来的，还是我们自己从英语书中看来的呢？这些不同的表述方式我们又如何去区分和使用呢， **William**？

William: Well it is difficult for learners to know whether they're using commonly-spoken words and phrases. I do have one tip though, which is that when we're speaking we use phrasal verbs a great deal. When we're writing English we can use phrasal verbs or we can use single verbs but we definitely tend to use phrasal verbs a lot more in speech.

Jean: OK, phrasal verbs 动词短语，比如， **get up, get off, go away, go off.** Ugh 当初我学英语的时候最头疼的就是这些动词短语，同样一个动词，和另一个词拼起来意思就完全不同了，而且搭配方法太多了，让人反应不过来！

William: Yeah, I know. Phrasal verbs are a challenge for learners but they are very important in making yourself sound more natural. So for example Jean, you just mentioned the phrasal verb 'to go off...'

- Jean:** Yes, to go off something 就是开始不喜欢某个东西了。
- William:** Well that's a good example of what I mean. Whereas in writing I might say "I don't like apples as much as I did when I was a child" if I'm speaking it's much more natural for me to say, "I went off apples as an adult".
- Jean:** Wow 听上去这个书面语和口语真的是大不相同！那么除了这些动词短语，我们还有什么其它的好建议给大家的吗，William？
- William:** Yeah, I think another tip goes back to what Jin Lu was talking about last week. If you remember, she said she watched her favourite English-language films over and over again and got to know some of the dialogue. Now, paying attention to dialogue in books and films and maybe even learning it, that can be very very useful for making your words sound much more natural.
- Jean:** 是的，注意学习书本里和电影中的英语对话。那我还有一个问题要问你William，又有什么英国人说话的时候用到的词是绝对不能用在书面语言当中的呢？
- William:** Well, there are words which are used very rarely in writing but very frequently in speech. So one example of that is the word absolutely. In everyday speech it just means extremely. So, to give you an example, if I was being formal I might say "I'm extremely tired" but if I'm speaking informally I'd probably say...
- Jean:** I'm absolutely knackered!
- William:** Yes, exactly!
- Jean:** Knackered 是一个非常英国的口语词，就是形容“累坏了”的意思。
- William:** And this raises another point which is collocations; words that go together.
- Jean:** Collocations 就是英语中词的搭配。
- William:** Absolutely and knackered collocate, so we often say "I'm absolutely knackered" and it sounds very very natural in the UK to say that. But for some reason it sounds very strange to say "I'm absolutely tired".
- Jean:** Right...
- William:** Have you ever heard that Jean?
- Jean:** No!
- William:** No, I've never heard it. Now, I have a lot of sympathy for learners listening to this because there are no real rules about word choice.

Jean: 是啊，看来要想真正掌握这些英美本国人的说法，我们必须要通过不同的途径多听他们的表达方式和用词才行，比如从网上、看电影电视、收听广播，还有如果条件允许，可以多和这样英语母语国家的人多交往会话，同时也注意把学到的语言多说多用。好，那我们今天又谈到了不少的内容，让我们在节目的最好把它们再回顾一遍好吗...

Voice: 利用网上资源经常进行集中的发音语音练习。练习时不光练习单词，也要练习说一些句子和段落。

可以在说英语时多用到像 **can't** 和 **doesn't** 这样的缩略词，能够让你的口语听上去更自然。

使用单词的时候请谨慎选择。多学习一些动词短语，并尽量多听和学习自然英语对话和表达。

Jean: 好，我们的四期英语口语专题节目到本期就算正式结束了。希望我们在这一系列中给大家提到的建议和方法对你们的英语口语提高有所帮助。

William: **Yes, and as we said in the first programme, unfortunately you won't instantly become amazing speakers but we hope that you now have a very good understanding of some of the issues around fluency and that you've learned some strategies for improving your speaking.**

Jean: 是的，请大家不要忘了，提高英语口语并不在一朝一夕。而要真正把自己的口语提高到一个水平绝对是要花些时间和功夫的，所以如果大家短期内感到进步不大也不要失望气馁，坚持努力你就会成功。

William: **But if you follow our advice and keep practising I'm confident that in the end you'll find your way to... Better Speaking! Goodbye.**

Jean: **Bye!**