

BBC Learning English – Ask About Britain

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Tips on Listening 提高听力技巧

Neil: Hello and welcome to Ask About Britain, the programme where we answer your questions about lifestyle, culture and of course the English language. I'm Neil.

Lily: 我是杨莉。欢迎收听英国问答节目。最近很多来信都涉及英语学习技巧问题。特别是如何提高听力。

Neil: Here's the first question from Huang Li Ping.

Lily: 陕西的黄丽萍。

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我是英语初级班水平，对初学者来说，应该怎么样练习听力？

Neil: So as a beginner, she would like to learn some tips for improving her listening comprehension.

Lily: Listening comprehension 通过听而理解的能力，就是听力。

Neil: Callum has a lot of experience with English language teaching. We asked him what tips he could give:

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The first thing, I think, is don't try and understand every single word you hear because many of the words in sentences that you hear are grammar words or prepositions and they are not that important to the meaning. So, don't worry about trying to understand every, single word because you don't need to understand every word to understand what's being said.

Neil: Don't try to understand every single word you hear.

Lily: 不要使劲地去听懂每一个词。

Neil: Because many words are grammar words or prepositions.

Lily: 因为语法结构词或介词并没有实际意义。

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Another tip is, really from a very early level, is try to listen to English at a regular speed, at a normal speed. If you learn your English through very slow English, then you listen to authentic English, it seems much too fast and you can't understand it because it's much too fast. When you start learning English if you start listening at a more or less normal speed then it becomes much easier later on.

Neil: The second tip is, try to listen to English at a regular or normal speed.

Lily: Regular or normal speech 从一开始就要听普通或正常语速的英语。

Neil: If you only listen to slow English you can't cope with authentic English.

Lily: 真实生活中的自然英语 authentic English。

Neil: So the advice is: start listening at a more or less normal speed then it becomes much easier later on.

Lily: Callum 还有第三个建议:

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If you can find English which has a transcript, so you can listen to what's being said, but you can read at the same time, that's certainly when you are beginning, that helps because you can match up the sound you hear to the words that you see.

Neil: Find English which has a transcript so that you can match the sound you hear with the words you see.

Lily: 争取听一些有问题文字稿的录音材料, 以便可以把声音和文字加以对照。录音文字稿就是 transcript。

Neil: So to sum up: don't try to understand every single word you hear.

Lily: Try to listen to English at a normal speed.

Neil: Find English that has a transcript.

BBC Learning English

Lily: You are listening to BBC Learning English.

Neil: Now we have a similar question from Xu Wei:

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My English is about intermediate level, but I still find listening most challenging. Any tips?

Lily: 对于中级水平的人, 如何进一步提高听力呢?

Neil: Sian Harris is running an English Language training workshop at the BBC. Listen to what she said:

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Firstly, in terms of your general knowledge about the structure, the word the vocabulary in English, that will affect your understanding when it comes to listening. But also how many opportunities you have to practise listening. And I think giving yourself a wide range of materials to listen to is very important. So films, radio programs, DVDS, music and there are a lot of things you can download on the internet.

Neil: She believes that your general knowledge about the structure and vocabulary will affect your understanding.

Lily: 一个人对英语结构和词汇的了解程度, 对听力有直接影响;
general knowledge 一般知识; affect 影响。

Neil: So her advice is to give yourself a wide range of materials to listen to.

Lily: A wide range of materials 话题广泛的听力材料。

Neil: Such as films, radio programs, DVDs etc.

Lily: And there are a lot of things you can download on the internet. 很多材料都可以从网上下载。

Neil: This is exactly what we are doing, you can download this very programme as well as the transcript.

Lily: 我们的网址是 www.bbc.co.uk/china 然后点击 Learning English。

Neil: Bye from both of us and see you next time.

Lily: 再见。

Glossary

listening comprehension	听力
authentic English	自然的英语
prepositions	介词
in terms of	就...而言
a wide range of	范围宽广的
transcript	声音文字稿