

B2U5 Music 第 2 课时

一、汉译英

1. 众所周知，音乐是人类通用的语言，它没有国界，能够抚慰我们疲惫的心灵并有效缓解长期学习带来的焦虑。
2. 作为一名身负繁重课业压力的高中生，我格外偏爱舒缓治愈的轻音乐，因为纯粹优美的旋律能让我抛开所有烦恼，平复躁动的情绪。
3. 那些兼具动人旋律与温暖歌词的音乐不仅能丰富我们的课余生活，还能培养我们的艺术审美。
4. 每当我因考试失利感到沮丧消沉时，聆听器乐总能给予我重新振作的力量，让我拥有直面困境的勇气。
5. 在我看来，音乐远不止是简单的娱乐方式，更是陪伴我们成长、点亮平凡生活的精神力量源泉。

二、作文

假定你是李华，班级课前英语演讲环节轮到你发言，请以 Music Lights Up My Life 为题写一篇演讲稿，内容包含以下要点：

1. 你最喜爱的音乐类型；
2. 偏爱这类音乐的原因；
3. 你对音乐价值的理解。

注意：

1. 词数 80 词左右；
2. 可适当增加细节，使行文连贯；
3. 开头已给出，不计入总词数。

Good morning, everyone! Today I'm glad to share my opinion about music with all of you.

答案：

一、汉译英

1. As we all know, music is the universal language of mankind, which has no borders and can soothe our tired souls and effectively relieve the anxiety caused by long-term study.

2. As a senior high student who is faced with heavy academic pressure, I have a particular preference for soothing light music, for its pure and beautiful melodies allow me to cast aside all troubles and calm my restless nerves.
3. Music that owns touching melodies and warm lyrics can not only enrich our spare-time life but also cultivate our artistic taste.
4. Every time I feel depressed because of failure in exams, listening to instrumental music can always bring me strength to cheer up and endow me with courage to face difficulties.
5. From my perspective, music is far more than a simple form of entertainment; it is a source of spiritual strength that accompanies us as we grow and lights up our ordinary life.

二、作文范文

Good morning, everyone! Today I'm glad to share my opinions about music with all of you. As we all know, music is the universal language of mankind, and among all genres, instrumental and light music are my absolute favorites. Unlike energetic rock or catchy pop songs, they contain no complicated lyrics but only soft, soothing melodies.

I love them for two major reasons. First, as senior three students buried in piles of homework and faced with huge exam pressure, we often suffer from anxiety. Whenever I feel worn out, pure music can calm my nerves instantly, relieve my stress and lift my mood effectively. Second, without distracting words, it allows me to stay absorbed in my inner world, helping me regain peace of mind after a long day's study.

From my perspective, music is far more than simple entertainment. It is an indispensable spiritual companion that enriches our spare time and cultivates our artistic taste. It offers us strength when we fall into frustration and warms us when we feel lonely. I truly believe music will keep lighting up our whole life. That's all. Thank you for listening!