



本集内容

Cycling for the elderly 伦敦老年人“并肩骑车”服务

学习要点

有关“old age 晚年”的词汇

边看边答

According to studies, what does loneliness lead to among elderly people in London?

文字稿

73-year-old Jane is one of the million **pensioners** who live alone in the capital. But now she's got a great excuse to get out of the house. The Ride Side by Side scheme involves this specially adapted part-electric, part-pedal bike, a driver and an hour and a half for anyone over 60 in North Kensington to get their shopping or just go for a ride and have a chat.

七十三岁的简是独自生活在英国首都伦敦的百万**退休老人**中的一员。但现在，她找到了可以出门走一走的好借口。一个叫作“并肩骑车”的项目为所有超过六十岁的北肯辛顿区居民提供一个半小时的用车服务，老人们可以坐上一辆经特殊改造的半电气、半脚踏式自行车，由一位司机载着去买东西，或只是骑车兜兜风、聊聊天。

Jane Southwell, local resident

It gives me a great high because it gives me exercise, a bit of fresh air and it cheers me up.

简·绍斯韦尔 当地居民

“这能让我情绪高涨，因为我可以趁机活动身体，出门透透气，它还能让我高兴起来。”

What is it that you like about it?

你喜欢这项服务的哪一点呢？

Jane Southwell, local resident

I'm doing something rather than sitting on my sofa **contemplating life**.

简·绍斯韦尔 当地居民

“我能有点事儿干，而不是坐在自家沙发上**默默思考人生**。”

In fact, 30% of over 65s in London live alone with studies showing **loneliness** leads to higher rates of ill health and **disability**, but with the option to pedal there's another major benefit.

事实上，在伦敦的六十五岁以上人群中，有 30% 的人独自生活，相关研究显示，**孤独感**会导致更高的患病率和**残疾率**，但出门骑车这一选择还有另外一个重要的好处。

David Dansky, cycle instructor

People are getting exercise so they're less reliant on the NHS, less reliant on **carers** and care services 'cos they get an opportunity to go out and chat to someone.

大卫·丹斯基 自行车教练

“老年人开始锻炼身体，这样他们就不那么依赖国家医疗服务体系，减少对**护理人员**和看护服务机构的依赖，因为他们有机会出门和别人聊天。”

It's one more time around the block - booked in again for next week.

简已经预订下周再骑车绕着这个街区转一转。

词汇

pensioners 退休老人，领养老金的人

contemplating life 沉思人生

loneliness 孤独感

disability 残疾

carers 看护员

视频链接: <https://bbc.in/2N6Y8H7>

你知道吗?

According to the World Health Organisation, the average life expectancy at birth for the global population in 2016 was 72 years.

据世界卫生组织（WHO）发布的报告称，2016 年全球人口的平均预期寿命是 72 岁。

问题答案

Loneliness leads to higher rates of ill health and disability.