
BBC LEARNING ENGLISH

Lingohack 英语大破解

Meet the 'Asian Iceman'

来见见“亚洲冰人”



本集内容

Meet the 'Asian Iceman' 来见见“亚洲冰人”

学习要点

有关“心态”的词汇

边看边答

According to Alan Thong, what are you likely to feel when you dip into the ice?

文字稿

So, it is important to stay in control. Learn to accept the cold. I feel so **refreshed** and energetic.

重要的是让一切尽在掌控之内。学会接受寒冷。我感觉**精神焕发**，充满活力。

My name is Alan Thong - better known as the 'Asian Iceman'.

我的名字叫汤文亮（Alan Thong），更广为人知的名字是“亚洲冰人”。

When I was in the Arctic wilderness, the connection with nature is irreplaceable. The energy there is completely different - so pure and so **awakening**.

当我在北极荒野中的时候，我与大自然结合的感觉是独一无二的。那里的能量完全不同——如此纯净，如此**让人觉醒**。

Because we live in a tropical country - so we don't have the cold we need. So hence, I order the ice from the ice man! And in total we will have 120 kilo[s] of ice inside, and the temperature of the water will go down to about zero or maybe negative one.

因为我们生活在热带国家，所以我们体会不到寒冷。所以，我从卖冰的人那里买冰。这里总共有 120 公斤的冰，水温会降到零度或零下一度。

[The] first 20-30 seconds would be the most difficult. You might want to run out, jump out, just scream and so on. It's very likely that you feel the sharpness - the stabbing into your skin.

一开始的 20 到 30 秒最艰难。你可能想从这里跑出去，跳出去，尖叫等等。你很可能感到刺痛，刺进你的皮肤。

But once you're in there, you can feel the sensations of ... we call it a **natural high**. I usually spend up to twenty minutes in the ice bath.

但只要你进入其中，你就能感到一种我们称之为**自然亢奋的感觉**。我通常在冰浴里最多呆 20 分钟。

Your mind will, in fact, gain a certain **clarity** and strength in a way that you've never experienced before. **Mental strength**, mental control - this is real.

事实上，你的头脑会获得一种**清晰感**和力量，这是从其它地方无法获得的。**精神力量**，心里控制——这是真实存在的。

词汇

refreshed 清爽的，精神振作的

awakening 猛然觉醒

natural high 自然物质使人达到兴奋感

clarity (思维) 清晰感

mental strength 精神力量，意志力

视频链接

<https://bbc.in/33hvUho>

问题答案

The Asian Iceman says it's very likely you'll feel a sharpness stabbing into your skin.