

本集内容

Night walking in the UK 夜间行走的乐趣

学习要点

有关“darkness（黑暗）”的词汇

边看边答

Why are more people in the UK walking and running at night?

文字稿

It has, for many of us, become a lockdown ritual. As darkness **descends**, instead of settling down, it's the moment to head out. Short winter days often mean the only time we can escape for exercise is **after dark**.

对我们很多人来说，这已经成为了疫情封锁期间的必做活动。随着夜幕**降临**，这些人并没有在家中安顿下来，而是准备出门。冬季的白天短暂，通常意味着我们能出去锻炼的唯一时间是**天黑以后**。

Caroline Whiteman is a passionate **night walker**.

卡罗琳·怀特曼是一位热爱**夜间行走**的人。

Caroline Whiteman, night walker

Our hearing becomes more sensitive. My sense of smell is more acute, and you can really appreciate the air on your face in a way that during daylight hours, these things go unnoticed.

卡罗琳·怀特曼 夜间行走爱好者

“我们的听觉变得更加灵敏。我的嗅觉更敏锐了，而且你能真正感受到扑面而来的空气，而在白天，这都往往不会被察觉到。”

With short winter days – and lockdown – walking and running in the dark has for many of us become a daily ritual.

冬季短暂的白天，加上封锁规定，在黑暗中行走和跑步已经成为我们许多人日常必做的事情了。

David Sillito, BBC correspondent

So, it's much busier in the streets, isn't it, than it normally is?

大卫·西利托 **BBC 通讯员**

“晚上道路上比平时热闹多了，是吧？”

Professor Loretta Lees, night walking convert

It certainly is!

洛蕾塔·李斯教授 夜间行走爱好者

“确实热闹多了！”

I joined Professor Loretta Lees – her specialism: how life is changing in towns and cities.

我加入了洛蕾塔·李斯教授的一次夜间行走。她专门研究城镇生活的变化。

David Sillito, BBC correspondent

Do you think there will be a positive benefit?

大卫·西利托 **BBC 通讯员**

“你认为夜间行走会带来什么好处吗？”

Professor Loretta Lees

I think it will change people's perceptions of safety in their own city, they'll realise that perhaps it's not as unsafe as they, you know, hitherto thought.

洛蕾塔·李斯教授

“我认为这将改变人们对自己城市安全的看法。人们会意识到，也许这里并不像他们一直以来认为的那样不安全。”

Thoughts also shared by Caroline, who feels this is a freedom we should consider more.

卡罗琳也有同感，她觉得我们应该更多地享受夜间行走的自由。

David Sillito, BBC correspondent

This does fly in the face of advice, especially for women, about not going out walking at night.

大卫·西利托 **BBC 通讯员**

“这个想法确实与晚上不要出门散步的建议相悖，特别是对于女性来说。”

Caroline Whiteman

I agree. And I would challenge that and say that everybody should be entitled to have an experience and have an adventure by night, and that shouldn't just be the preserve of men. We've been conditioned as women to believe that we have no place out in the night, and yet when you can create a place of safety for yourself whilst night walking, it builds confidence.

卡罗琳·怀特曼

“我同意。但我要对这条建议提出质疑，我想说每个人都有权享受夜晚的乐趣，这不应该只是男人的特权。作为女人，我们已经习惯于相信到了晚上就无处可去，但当你能在安全的环境中进行夜间散步时，你就会信心大增。”

It's different neighbourhood to neighbourhood. But for some of us, lockdown has made the dark a little less **forbidding**.

每个街区的情况都不一样。但对我们当中的一些人来说，疫情期间的封锁规定让黑暗变得不那么可怕了。

词汇

descends (幕色) 降临

after dark 天黑以后

night walker 夜间行走的人

forbidding 可怕的，令人生畏的

视频链接

<https://bbc.in/3d8ct1F>

问题答案

Because the winter days are shorter and those working at home who want to exercise can only do it after dark.