

本集内容

The dancer who performs in a wheelchair 轮椅上的舞者

文字稿

Joe Powell-Main, differently abled dancer

"What's really cool is that I'm on wheels. So, you can change direction and you can have different ways of travelling and sharing of weight, and things like that."

乔·鲍威尔-梅因 轮椅舞者

“这种舞蹈最酷的是我坐在轮椅上。因此可以灵活地改变方向，还可以用不同方式移动，不同的方式转换重心。”

Joe performed at the Royal Ballet as a child but thought his career was over after he lost full use of his legs.

乔小时候曾在英国皇家芭蕾舞团表演，在他的双腿失去机能后，他曾以为自己的职业生涯就此结束。

Joe Powell-Main, differently abled dancer

"About five weeks into my fourth year, I'd grown quite a lot. So, naturally I am quite flexible, which is good for dance but it's not good for life. So, kind of things hadn't caught up and I ended up injuring my left knee and then I was involved in a car accident as well. And I kind of thought that my dancing days were over."

乔·鲍威尔-梅因 轮椅舞者

“大概在我加入舞团后第四年的第五周，当时我长高了很多。我天生比较灵活，这对跳舞来说是件好事，但对生活中的我就不好了。我的身体没有跟上这种变化，结果左膝受伤了，之后我还遇上了一场车祸。当时，我觉得自己的舞蹈生涯已经结束了。”

Joe now champions inclusive ballet dancing for 'differently abled dancers'.

乔现在推荐一种适合所有人的芭蕾舞，让不同能力的舞者都参与其中。

Joe Powell-Main, differently abled dancer

"I've come across vocational trainers who were sort of like: 'Well, why would I train someone who uses a wheelchair or crutches because there's not going to be a job that we know of, around here?'"

乔·鲍威尔-梅因 轮椅舞者

“我遇到过职业培训师，他们问：‘我为什么要培训一个使用轮椅或拐杖的人，明知道没有适合他们的舞蹈类工作？’”

I'm quite lucky in the fact that I had vocational training before I acquired my disability and something that we kind of need to talk about is: how can other dancers who maybe acquired their disability earlier in life – how can they access the same level of training as everyone else?"

我相当幸运，因为我在残疾前接受过职业培训，而我们需要讨论的是：其他可能从小就有残疾的舞者如何获得与他人同等水平的培训？”

Joe is now the star of a Royal Ballet show with dance partner Issy.

乔现在是皇家芭蕾舞团一场舞剧的主角，与搭档伊萨共舞。

Joe Powell-Main, differently abled dancer

"If you were to compare it to conventional ballet technique, we kind of take some of that but we twist it and change it into an entirely new and different thing."

乔·鲍威尔-梅因 轮椅舞者

“我们的舞蹈与传统的芭蕾舞技巧相比，我们用了传统芭蕾舞中的一些技巧，但我们稍加创新，将它变成了一种截然不同的舞蹈。”

Isabel Lubach, Royal Ballet dancer

"Soon as we got in the studio it was just so... it just felt so refreshing. Like, it's just such a unique way of working to like find those sort of different challenges. I mean, it's just, it feels really special to be sort of, at the forefront of inclusivity with differently abled dancers."

伊莎贝尔·卢巴赫 皇家芭蕾舞团演员

“我们一进练功房，就有种耳目一新的感觉。这是一种非常独特的舞蹈方式，充满了不同的挑战。感觉真的很特别，因为我可以与不同能力的舞者站在最前列，一同倡导适合所有人参与的舞蹈。”

The Royal Ballet hopes to continue to champion inclusive dancing.

英国皇家芭蕾舞团希望能继续支持适合所有人参与的舞蹈。

Joe Powell-Main, differently abled dancer

"There's kind of always more work to do. It's not just a one-time thing and it's cracked for everyone. Especially in the classical ballet world, there is an under-representation for dancers who have different accessible needs. We definitely need to address that and so I think to do that, we need to have conversations and look at how we can redefine the ballet technique to include everyone."

乔·鲍威尔-梅因 轮椅舞者

“要实现兼容并包，未来的路还很长。我们没办法一下子解决所有人的问题。特别是在古典芭蕾舞界中，残障舞者被忽略，代表不足。我们一定要解决这个问题，因此我们需要进行对话，讨论如何重新定义芭蕾舞技术，让每个人都能参与进来。”

视频链接

<https://www.bbc.co.uk/learningenglish/chinese/features/lingohack/ep-230119>