

2026 “外研社·国才杯”“理解当代中国”全国大学生外语能力大赛

英语组笔译赛项线上初赛参考译文

Part III Translation

Translate the following passage into Chinese. (15 marks) (Suggested completion time: 40 mins)

The way we teach students, from classroom structures to teaching methods and standardized instruction, has not changed much over human history. Despite schools, colleges and mass education becoming more important for social cohesion and economic development than ever, teaching has stayed remarkably consistent even as other sectors and institutions have been transformed by computers and smartphones. But now it is the classroom's turn to be revolutionized, driven by rapid advances in artificial intelligence. This transformation has the potential to reshape education as profoundly as the internet reshaped entire industries.

If properly deployed, AI-powered education tools could deliver high-quality, personalized learning at a global scale. But realizing that potential will require a coordinated effort from educators, institutions, policymakers, and technology providers.

Around the world, as the economy continues to evolve at a dizzying speed, there are concerns that teachers and schools could struggle to keep up. Current curricula may not fully prepare students for the skills needed in an AI-driven job market, potentially leaving some young people and mid-career workers underprepared. Teachers could also be left feeling unprepared as they navigate increasingly diverse classrooms, with students of more diverse cultural backgrounds and learning needs, often without receiving sufficient training. AI could change that. It could provide instant feedback on student work and deliver the responsiveness of one-to-one tutoring, which traditional classrooms have not been able to deliver at scale.

For students, learning will no longer be shaped by the accident of birth—where they live, the schools they attend, or the resources available to them—but instead by their access to high-quality, personalized learning. In effect, AI holds the potential to help narrow the gap between those with access to the best teachers and schools and those without. While previous ed-tech developments have not fully closed this gap, AI could offer meaningfully new possibilities.

参考译文

从课堂结构到教学方法，再到标准化教学，人类培养学生的方式自古以来并未发生太大变化。尽管基础教育、高等院校和大众教育对社会凝聚力和经济发展的的重要性日益凸显，其他行业和机构已被计算机和智能手机改变，但教学方式却始终如一。如今在人工智能快速发展的推动下，轮到课堂该发生变革了，这种变革对教育的重塑，其深刻程度堪比互联网对各行各业的重塑。

若运用得当，AI 赋能的教育工具有望在全球范围内提供高质量、个性化的学习体验。然而，要释放这一潜力，需要教育工作者、教育机构、政策制定者以及技术供应商的共同努力。

在全球范围内，随着经济的飞速发展，人们担心教师和学校可能难以跟上变化的速度。现有课程或许无法让学生充分掌握人工智能驱动下的就业市场所需要的技能，从而有可能导致部分年轻人和中年职场人士准备不足。面对来自不同文化背景、拥有不同学习需求的学生，教师也可能因经常缺乏相应的培训而感到力不从心。人工智能有望改变这一局面。它可以即时反馈学生的作业，并提供一对一辅导那样及时、有针对性的回应，这是传统课堂一直无法大规模实现的。

对学生而言，学习将不再受出生地、就读学校或可获得的资源等偶然因素的影响，而是取决于他们能否获得高质量、个性化的学习机会。事实上，人工智能有望缩小能获得顶尖教师、学校资源的学生和不能获得这些资源的学生之间的差距。虽然以往的教育技术发展并未完全消除这一差距，但人工智能或许能带来真正意义上的新机遇。

Translate the following passage into English. (15 marks) (Suggested completion time: 40 mins)

近年来，健康养生消费呈明显年轻化趋势，越来越多年轻人参与其中，成为康养市场的重要力量。从营养补剂到中医养生产品，“轻量化”“日常化”的养生方式逐渐流行，养生不再只是为了预防疾病，而被视为一种持续性的健康管理方式。

这一趋势的形成，与慢性疾病低龄化以及信息获取渠道的多元化密切相关。年轻人更加关注身体状态与生活质量，倾向于通过日常化方式进行自我调节。

同时，消费需求升级推动了供给侧创新。企业不断推出更符合年轻人习惯的产品，社交媒体传播也进一步放大了这一趋势。不过，行业发展仍存在标准不完善、信息不对称等问题。如何在激发消费活力的同时加强规范引导，将成为健康产业持续发展的关键。

参考译文

In recent years, health and wellness consumption has shown a clear trend toward younger consumers, with a growing number of young people embracing wellness practices and becoming a major force in the wellness market. From nutritional supplements to TCM wellness products, more accessible and everyday approaches to wellness are gaining popularity. Wellness is no longer pursued merely for disease prevention, but is regarded as an ongoing form of health management.

This trend is closely linked to the declining age of onset of chronic diseases and the diversified channels for accessing health information. Young people are paying closer attention to their physical condition and quality of life, often turning to more everyday practices to manage their health.

At the same time, the upgrading of consumer demand is driving innovation on the supply side. Companies keep launching products better tailored to young consumers' habits, while social media has further amplified the trend. However, the industry still faces issues such as inadequate standards and information asymmetry. How to stimulate consumer vitality while strengthening regulation and guidance will be key to the sustainable development of the health and wellness industry.