

## 本集内容

The woman who swims inside icebergs 在冰山里游泳的女潜水员

## 学习要点

有关“extreme sports（极限运动）”的词汇

## 边看边答

How does Jill Heinerth deal with extreme fear?

## 文字稿

A lot of people think I'm some sort of a fearless **adrenalin junkie**. But I'm not fearless, I'm scared all the time.

很多人认为我是个无畏的“肾上腺素迷”。但我不是无所畏惧，我一直都很害怕。

I have led the team to be the first people to go cave diving inside an iceberg. And we did that in Antarctica - so far away from help that there's certainly no one around to **rescue** you if something goes wrong.

我带领团队成为首次进入南极洲冰山内部洞穴的潜水人。因为那里离救助站太远了，所以如果出了什么问题，肯定没有人会来救你。

And during those dives inside this unbelievably dangerous and **shifting environment**, we got pinned down by a ripping current that was like trying to walk against a hurricane-force wind except there we were under water, underneath an iceberg, trying to swim against a current that was too strong to make any headway to get out of this ice cave.

在这个极其危险和不断变化的潜水环境中，有一次我们被急流挡住了去路，那就像试图在飓风级别的大风中行走，唯一不同的是我们在水下，在冰山下，想方设法在急流中游泳，但水流太急，无法游出这个冰洞。

I've learned to deal with fear - terrifying, **mind-numbing fear**. So it's really important for me to just stop, take a very deep, low breath.

我学会了对付恐惧——可怕的、使人大脑麻木的恐惧。对我来说，停下来，深呼吸是非常重要的。

These caves that I get to swim in are like museums of natural history. They hold evidence of global climate change. They contain the remains of civilisations that are no longer here on Earth and even the bones of paleo animals that are now extinct.

我去过的这些洞穴就像自然历史的博物馆。它们存有全球气候变化的证据。洞穴里有在地球上已不存在的文明遗迹，甚至还有现已灭绝的旧石器时代动物的骨头。

So, these environments are beautiful. They're wondrous and they have so much teach us about science. I don't know what a retirement would look like for me because I'm already doing the things that I love to do every day. I know it is a **dangerous endeavour** that I'm involved in. But I don't see any near, you know, end to what I am doing.

所以，这些环境是美丽的。他们很神奇，他们也教会了我们很多科学知识。我不知道退休对我来说意味着什么，因为我每天都在做我喜欢做的事情。我知道我做的是一个**危险的尝试**。但是，我在做的这件事情没有止境。

### 词汇

adrenalin junkie 喜欢参加危险、刺激的运动和活动的人

rescue 救援，营救

shifting environment 不断变化的周围环境

mind-numbing fear 让人大脑麻木，无法正常思考的恐惧感

dangerous endeavour 危险的尝试

### 视频链接

<https://bit.ly/2OSei72>

### 问题答案

She stops and takes a very deep, low breath.