

本集内容

Surfing therapy 冲浪疗法

学习要点

有关“therapy（治疗）”的词汇

边看边答

What is The Wave?

文字稿

Believe it or not, ten years ago Charlotte Banfield had a phobia of water.

信不信由你，十年前，夏洛特·班菲尔德很怕水。

Charlotte Banfield, surfer

I used to be really scared to go to the beach, go near the shower, go in the rain. It was more of a sensory thing. The feel of water used to really scare me.

夏洛特·班菲尔德 冲浪爱好者

“我曾经很害怕去海滩、害怕洗澡、害怕走到雨中去。我对水的恐惧更像是一种感官上的东西。水的触感曾经让我很害怕。”

Charlotte has cerebral palsy, autism and anxiety. When her mum signed her up for a surf therapy session - part of the ‘Wave Project’ - it changed her life.

夏洛特患有脑瘫、自闭症和焦虑症。在她妈妈为她报名参加由“海浪计划（Wave Project）”组织的冲浪治疗课程后，这个疗程改变了她的生活。

So, I still have bad days where I get really anxious and I feel like I can't leave the house. When I'm having those days, I literally get my surfboard, get my wetsuit, get in the car and go, because I know that as soon as I get in the sea, I'll feel better again. It's like the sea has some magic **healing properties**. It just works instantly.

“我还是会有糟糕的日子，我会感到非常焦虑，感觉没法出门。遇到这种日子时，我就会带上冲浪板、潜水服，钻进车里出发去海滩，因为我知道我只要一到海里，就会好起来。就好像大海有神奇的**治愈功效**一样。效果立竿见影。”

Charlotte's recovery is such that last year she won the English Adaptive Surfing contest - and she has a master's degree in marine biology. Today, she's at The Wave, the artificial surf lake near Bristol (UK), with its founder Nick Hounsfield.

夏洛特的康复情况非常好，去年她赢得了“英格兰适应性冲浪大赛（English Adaptive Surfing Open）”，她还获得了海洋生物学的硕士学位。今天，她在布里斯托尔（英国）附近名为“波浪（The Wave）”的人工冲浪湖和其创始人尼克·豪恩斯菲尔德一起与我们见面。

He's long been an advocate for what's known as 'blue health' - the healing powers of water and the sea. For Nick, his belief became a reality six months ago.

长期以来，尼克一直倡导所谓的“蓝色健康”理念，寓意着水和海洋的治愈力量。对于尼克来说，他在六个月前亲身体会了这一理念的功效。

Nick Hounsfield, Founder of The Wave

I suffered a massive stroke and it became part of my **rehabilitation**, being here, being in water, swimming alone and starting to realise that my... the connectivity with my brain and my health was a big part of rehabilitation and I really believe that that's a massive part of how I've managed to recover my speech coming back so quickly.

尼克·豪恩斯菲尔德 “波浪（The Wave）”人工冲浪湖创始人

“我患过一次严重的中风，而冲浪成为了我**康复**过程中的一部分，在这里，在水中独自游泳，并开始意识到我的大脑和我的健康之间的联系是帮助我康复的一个重要因素，而我坚信冲浪对我能快速恢复语言表达能力起到了重要的作用。”

Charlotte and Nick are prime examples of the benefits of surfing - highlighted in a report published by The Wave - it looks at how the sport can help physical and mental wellbeing, especially considering the impact of Covid-19.

夏洛特和尼克是冲浪运动有益健康的最佳例证，由“波浪（The Wave）”发表的一份报告中强调了冲浪运动如何帮助改善身心健康，特别是考虑到由新冠肺炎疫情带来的影响。

Dr Easkey Britton from the National University of Ireland Galway, is a surfer and has studied what happens to the brain and the body when in the water.

来自爱尔兰国立高威大学的伊斯基·布里顿博士是一名冲浪爱好者，她研究了人在水中时，大脑和身体的变化。

Dr Easkey Britton, University of Ireland Galway

Being in, on or near water and certainly being actively engaged in it helps, kind of, both **stimulate** and soothe the nervous system. Our hormonal system, our respiratory system and even our heart rate... it slows in response to these environments.

伊斯基·布里顿博士 爱尔兰国立高威大学

“在水中、水上或水边，积极参与水上活动可以在某种程度上**刺激**和舒缓神经系统。我们的荷尔蒙系统、呼吸系统，甚至是我们的心率都会因为在这些环境中放慢。”

From **the blues** to ‘blue health’ - the power of waves are [is] helping people to **ride out the storm**.

从**心情忧伤**到“蓝色健康”，蕴藏在波浪中的力量正在帮助人们**渡过难关**。

词汇

healing properties 治愈功效，治愈特性

rehabilitation 康复

stimulate 刺激

the blues 忧伤，忧郁

ride out the storm 渡过难关，走出困境

视频链接

<https://bbc.in/35cOLO7>

问题答案

The Wave is an artificial surf lake.