

本集內容

UK woman completes solo expedition to Antarctica 英國女性獨自徒步 1126 公里到達南極

學習要點

有關 “physical challenges (體能挑戰)” 的詞彙

邊看邊答

How many calories a day did Harpreet consume on the expedition?

文字稿

Harpreet Kaur Chandi, Polar explorer
I just made it to the South Pole!

哈普麗特·考爾·錢迪 極地探險家
“我剛到達了南極！”

Meet Harpreet Kaur Chandi. Also known as Polar Preet. The 33-year-old has been making headlines all over the world after becoming the first woman of colour to complete a solo expedition across Antarctica.

來認識一下哈普麗特·考爾·錢迪，人們也叫她“極地普麗特”。33 歲的她成為了首位獨自完成南極探險的有色人種女性，登上了世界各大媒體的頭條。

Harpreet Kaur Chandi

[I'm] feeling pretty incredible, right now.

哈普麗特·考爾·錢迪 極地探險家
“我現在感覺棒極了。”

Captain Preet, who is a trained physiotherapist working for the British Army, has successfully trekked 1,126 kilometres in 40 days, 7 hours and 3 minutes – thus making her the third-fastest woman to trek across Antarctica.

普麗特上尉是一位受過訓練的理療師，為英國陸軍工作，她在 40 天 7 小時 3 分鐘內，成功徒步走了 1126 公里，這讓她成為了徒步到達南極速度第三快的女性。

Harpreet Kaur Chandi

The reason Antarctica was because I didn't know much about it, you know, and I thought, if I could do something that pushes me so far out of my **comfort zone**, hopefully it'll inspire other people to do the same.

哈普麗特·考爾·錢迪 極地探險家

“之所以選擇南極，是因為我對其知之甚少，我覺得，如果我能做一件讓我遠離舒適區的事情，希望也能激勵其他人這麼做。”

Today was tough. Another whiteout. [I'm] feeling pretty tired.

今天很不容易。又出現了乳白天空的現象。我累壞了。

As a part of her **gruelling** expedition, Preet endured temperatures as low as minus 50 degree Celsius, and wind speeds of up to 96 kilometres per hour, and walked around 27 kilometres a day, pulling a 90-kilogram sled containing her kit.

作為她艱難探險的一部分，普麗特承受了低至零下 50 攝氏度的溫度和高達每小時 96 公里的風速，每天步行約 27 公里，還拖著重達 90 公斤的雪橇，上面載著她的裝備。

Harpreet Kaur Chandi

It was generally windy, there were only, like, two days that I can remember when there was, like, minimal wind. I had to melt snow to make my water. In the evening I was having freeze-dried meals, which to be honest were really tasty. And, I did miss fresh food obviously by the end. And during the day I was having like a mixture of things like nuts and chocolate, and cheese and salamis. You know, I'm burning a lot of calories, and I was eating about 5,000 calories a day. Even then, you know, I lost 10 kilos by the end of the expedition. There were times where it was so hard, and I just thought 'this is the **toughest** thing I've ever done, like, how am I going to keep going?' And I would just break it down and I'd take one step at a time, but I never thought, 'I'm going to give up'.

哈普麗特·考爾·錢迪 極地探險家

“總是在颶風，我記憶中只有兩天沒怎麼颶風。我必須通過融雪才能得到水。晚上我吃凍幹的飯菜，說實話味道還真不錯。不過到最後，我確實很想念新鮮食物。白天，我吃的東西種類繁多，比如堅果、巧克力、乳酪和薩拉米香腸。你知道的，我在消耗很多卡路里，我一天要吃 5000 卡路里左右的東西。但儘管如此，我完成探險時還是

瘦了 10 公斤。有些時候，路上特別辛苦，我就想：這是我做過的最艱難的事情了，我該怎樣繼續下去？我會一點點、一步步來，但我從沒想過‘我要放棄’。”

Preet spent two years planning and training for this adventure, which included her dragging tyres around for up to five hours a day, as well as a 27-day trip to Greenland to help her become accustomed to the extreme weather conditions.

普麗特花了兩年時間為這次冒險作準備和訓練，包括每天拖拽輪胎長達五個小時，還完成了一次為期 27 天的格陵蘭島之旅，以幫助她適應極端的天氣條件。

Preet also faced a lot of **reservations** from relatives and her community, as not many South Asians take part in outdoor activities or go on expeditions.

當時，普麗特還面臨來自親戚和社區的疑慮，因為參加戶外活動或探險的南亞人為數不多。

Despite all the **hardships** and challenges, Preet says that there's no stopping, and has started training for her next adventure.

儘管經歷了重重困難和考驗，普麗特說自己並不會停下腳步，而且已經展開了下一次冒險的訓練。

Harpreet Kaur Chandi

I actually intend to do a crossing of Antarctica, which if you look at the map it's just going at a right angle basically.

哈普麗特·考爾·錢迪 極地探險家

“我其實打算穿越南極洲，如果看地圖就知道，這條路線基本上是一個直角。”

詞彙

comfort zone 舒適區

gruelling 艱辛的，累人的

toughest 最困難的

reservations 保留意見，疑慮

hardships 艱難困苦

視頻連結

<https://bbc.in/3r1hLSN>

問題答案

She consumed about 5,000 calories a day.