

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

本集內容

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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."

喬·鮑威爾-梅因 輪椅舞者

“這種舞蹈最酷的是我坐在輪椅上，因此可以靈活地改變方向，還可以用不同方式移動，不同的方式轉換重心。”

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

喬小時候曾在英國皇家芭蕾舞團表演，在他的雙腿失去機能後，他曾以為自己的職業生涯就此結束。

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."

喬·鮑威爾-梅因 輪椅舞者

“大概在我加入舞團後第四年的第五周，當時我長高了很多，我天生比較靈活，這對跳舞來說是件好事，但對生活中的我就不好了，我的身體沒有跟上這種變化，結果左膝受傷了，之後我還遇上了一場車禍，當時，我覺得自己的舞蹈生涯已經結束了。”

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

喬現在推薦一種適合所有人的芭蕾舞，讓不同能力的舞者都參與其中。

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?'"

喬·鮑威爾-梅因 輪椅舞者

“我遇到過職業培訓師，他們問：‘我為什麼要培訓一個使用輪椅或拐杖的人，明知道沒有適合他們的舞蹈類工作？’”

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?"

我相當幸運，因為我在殘疾前接受過職業培訓，而我們需要討論的是：其他可能從小就有殘疾的舞者如何獲得與他人同等水準的培訓？”

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

喬現在是皇家芭蕾舞團一場舞劇的主角，與搭檔伊薩共舞。

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."

喬·鮑威爾-梅因 輪椅舞者

“我們的舞蹈與傳統的芭蕾舞技巧相比，我們用了傳統芭蕾舞中的一些技巧，但我們稍加創新，將它變成了一種截然不同的舞蹈。”

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."

伊莎貝爾·盧巴赫 皇家芭蕾舞團演員

“我們一進練功房，就有種耳目一新的感覺，這是一種非常獨特的舞蹈方式，充滿了不同的挑戰，感覺真的很特別，因為我可以與不同能力的舞者站在最前列，一同宣導適合所有人參與的舞蹈。”

The Royal Ballet hopes to continue to champion inclusive dancing.

英國皇家芭蕾舞團希望能繼續支持適合所有人參與的舞蹈。

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."

喬·鮑威爾-梅因 輪椅舞者

“要實現相容並包，未來的路還很長，我們沒辦法一下子解決所有人的問題，特別是在古典芭蕾舞界中，殘障舞者被忽略，代表不足，我們一定要解決這個問題，因此我們需要進行對話，討論如何重新定義芭蕾舞技術，讓每個人都能參與進來。”

影片連結

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