

# English Only

استخدمها فقط إذا ما فهمت الصوت فقط لكن إذا لسه ما فهمت الكلام، ممكن تنزل تحت وتشوف "النص مع المعنى". مرة ثانية، لا تجمع كلمات.. الكلمات مهي مهمة الفهم اهم

**Time: 00:00**

Voice 1

Welcome to Spotlight. I'm Liz Waid.

Voice 2

And I'm Adam Navis. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

**Time: 00:35**

Voice 1

What is happiness? Are you happy? What makes you happy? For thousands of years people all over the world have discussed these questions and expressed different opinions. We begin today's programme with some of their thoughts.

Voice 2

Aristotle was a great thinker who lived in Greece over 2,000 years ago. He said,

Voice 3

'Happiness depends on ourselves.'

Voice 1

Thucydides also lived in Greece at about the same time. He was a military man who studied history. He said,

Voice 3

'The secret of happiness is freedom. And the secret of freedom is courage.'

Voice 2

William Gladstone was the prime minister of the United Kingdom in the 19th century. He said,

Voice 3

'Be happy with what you have and are. Be open-handed with both, and you will not have to hunt for happiness.'

Voice 1

Charles Spurgeon also lived in the United Kingdom at about the same time. He was a religious speaker. And he said,

Voice 3

‘It is not how much we have, but how much we enjoy, that makes happiness.’

Voice 2

Today’s Spotlight is on happiness.

**Time: 02:40**

Voice 1

People all around the world think that happiness is important. In 2012 the United Nations even passed a resolution about happiness. All 193 member states agreed to the resolution. They recognised happiness as a global human goal. And they decided to make the 20th of March the International Day of Happiness.

Voice 2

On the 20th of March 2015 the Secretary General of the United Nations, Ban Ki-moon, wrote a special message. In it he said,

Voice 7

‘I wish everyone around the world a very happy International Day of Happiness! The search for happiness is a serious business. Happiness for the whole human family is one of the main goals of the United Nations. Peace, plenty, lives of respect for all – this is what we seek. We want all men, women and children to enjoy all their human rights. We want all countries to know the joy of peace. We want both people and planet to be blessed with lasting development, and to be free of the terrible effects of climate change. Let us give thanks for what makes us happy. And let us give our efforts to filling our world with happiness.

Voice 1

But what makes people happy? Many people think that happiness depends on being rich and beautiful. But scientists and experts have studied happiness. They know this is not correct. Good and bad things happen to everyone. Many scientists and experts believe that happiness is something we can choose. They believe that happiness is not always about what happens to you. They believe that much happiness is about how you choose to react. You can choose to react to events in your life in a positive way. Dr. Amit Sood is an expert at the Mayo Clinic in the United States. He said,

## Time: 06:10

Voice 8

'Happiness is a habit or custom. Some of us are born happy. But most others have to choose it. We often, however, do not understand we have that choice. We also do not know how to exercise that choice. As a result, we push happiness away. Do not let that not happen to you.'

Voice 2

So how can we choose to be happy? What do we need to do? Experts have a lot of different advice. But they agree that gratitude or being thankful is very important. You will learn to be happy or happier by being thankful.

Voice 1

Dr Robert Emmons is a leading expert on gratitude. He suggests many ways to become more thankful. One method he suggests is keeping a gratitude journal or book. Every day, write down things for which you are thankful. These things may be about you, events or people. He also suggests that you use the language of thankful people. You can use words like gifts, givers, blessings, blessed.

Voice 2

What things are people most grateful for? BUPA is a health organisation in the United Kingdom. BUPA did some research about the things that make people feel happy. They found that many small and simple things make people feel good. For example, sleeping in a clean, fresh bed. Another example: many people enjoy feeling the sun on their faces. Other people feel good when someone is kind to them. Other people like laughing so hard it hurts or smelling freshly made bread.

Voice 1

Some people find that music makes them feel happy. Pharrell Williams writes and performs music. He said that that music brought him happiness. He even wrote a song called 'Happy'.

## Time: 09:35

[excerpt of the song "Happy"]

It is a very joyful song. People around the world have enjoyed watching it. They have watched the song more than 750 million times on YouTube. And many people have even made their own versions of it. Williams told the BBC why he wrote the song.

Voice 9

'The purpose of the song was to make everyone remember that you have a basic freedom to find happiness.'

Voice 2

Even the United Nations knows that music can make people happy. And in 2015 the United Nations celebrated the International Day of Happiness with music. The Secretary General of the United Nations, Ban Ki-moon, asked people all over the world to share a song that makes them happy.

Voice 1

Many famous people shared songs that represented happiness and made them smile. They helped to create the world's happiest playlist. The actor Michael Douglas chose the song 'Zip a Dee Doo Dah'. The singer James Blunt chose the song 'We are Young'

Voice 2

Pharrell Williams attended the United Nations event that launched the playlist. He told everyone that protecting our planet is necessary for human happiness. He also urged everyone to find out what makes them happy,

**Time: 11:15**

Voice 9

'It can be something as detailed as a long-term goal. Or it could be something as simple as the way I feel when my son smiles. You should know that happiness is your right. It is a reaction to something, or someone, or a time.'

Voice 1

Are you happy? What makes you happy? What are you thankful for? Does a particular song make you happy? Tell us about it. You can leave a comment on our website. You can also comment on Facebook at [facebook.com/spotlightradio](https://facebook.com/spotlightradio). Be happy!

Voice 2

The writer of this programme was Katy Blake. The producer was Michio Ozaki. The voices you heard were from the United Kingdom and the United States. All quotes were adapted for this programme and voiced by Spotlight. You can listen to this programme again, and read it, on the internet at [www.radioenglish.net](http://www.radioenglish.net). This programme is called, 'Be Happy'.

Voice 1

We hope you can join us again for the next Spotlight program. Goodbye

## النص مع المعنى

حاول تستخدمها فقط للضرورة القصوى. مهارة التخمين والاستيعاب هي الأساس، مو حفظ الكلمات.

**الوقت: 00:00**

Voice 1

Welcome to Spotlight. I'm Liz Waid.

الصوت الأول

مرحباً بك في Spotlight. أنا ليز وايد.

Voice 2

And I'm Adam Navis. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

الصوت الثاني

وأنا آدم نافيس. يستخدم برنامج Spotlight أسلوب لغة انجليزية خاصة للبحث بحيث يسهل على الناس فهم اللغة بغض النظر عن المكان الذي يعيشون فيه حول العالم

**الوقت: 00:35**

Voice 1

What is happiness? Are you happy? What makes you happy? For thousands of years people all over the world have discussed these questions and expressed different opinions. We begin today's programme with some of their thoughts.

الصوت الأول

ما هي السعادة؟ هل أنت سعيد؟ ما الذي يجعلك سعيداً؟ منذ آلاف السنين ناقش الناس في جميع أنحاء العالم هذه الأسئلة وأعربوا عن آراء مختلفة. نبدأ برنامج اليوم ببعض أفكارهم.

Voice 2

Aristotle was a great thinker who lived in Greece over 2,000 years ago. He said,

الصوت الثاني

كان أرسطو مفكراً عظيماً عاش في اليونان منذ أكثر من 2000 عام. قال:

Voice 3

'Happiness depends on ourselves.'

الصوت الثالث

'سعادتنا تعتمد علينا.'

Voice 1

Thucydides also lived in Greece at about the same time. He was a military man who studied history. He said,

عاش ثوقيديديس أيضاً في اليونان في نفس الوقت تقريباً. كان رجلاً عسكرياً درس التاريخ. قال:

Voice 3

'The secret of happiness is freedom. And the secret of freedom is courage.

الصوت الثالث

"سر السعادة هي الحرية. وسر الحرية هي الشجاعة."

Voice 2

William Gladstone was the prime minister of the United Kingdom in the 19th century. He said,

الصوت الثاني

كان ويليام جلاستون رئيس وزراء المملكة المتحدة في القرن التاسع عشر. قال:

Voice 3

'It is not how much we have, but how much we enjoy, that makes happiness.'

الصوت الثالث

"كن سعيداً بما لديك وما أنت عليه. كن متفتحاً بهما ، ولن تضطر إلى البحث عن السعادة ."

Voice 1

Charles Spurgeon also lived in the United Kingdom at about the same time. He was a religious speaker. And he said,

الصوت الأول

عاش تشارلز سبورجون أيضاً في المملكة المتحدة في نفس الوقت تقريباً. كان متحدثاً دينياً. قال:

Voice 3

'Be happy with what you have and are. Be open-handed with both, and you will not have to hunt for happiness.'

الصوت الثالث

"السعادة ليست مقدار ما لدينا ، ولكن ما نتمتع به هو ما يخلق السعادة."

Voice 2

Today's Spotlight is on happiness.

الصوت الثاني

تسلط Spotlight الضوء اليوم على السعادة.

Voice 1

People all around the world think that happiness is important. In 2012 the United Nations even passed a resolution about happiness. All 193 member states agreed to the resolution. They recognised happiness as a global human goal. And they decided to make the 20th of March the International Day of Happiness.

الصوت الأول

يعتقد الناس في جميع أنحاء العالم أن السعادة مهمة. في عام 2012 ، أصدرت الأمم المتحدة قراراً بشأن السعادة. وافقت جميع الدول الأعضاء الـ 193 على القرار. لقد أدركوا أن السعادة هدف إنساني عالمي. وقرروا جعل يوم 20 مارس اليوم العالمي للسعادة.

Voice 2

On the 20th of March 2015 the Secretary General of the United Nations, Ban Ki-moon, wrote a special message. In it he said,

الصوت الثاني

في 20 مارس 2015 كتب الأمين العام للأمم المتحدة بان كي مون رسالة خاصة. قال فيها:

Voice 7

'I wish everyone around the world a very happy International Day of Happiness! The search for happiness is a serious business. Happiness for the whole human family is one of the main goals of the United Nations. Peace, plenty, lives of respect for all – this is what we seek. We want all men, women and children to enjoy all their human rights. We want all countries to know the joy of peace. We want both people and planet to be blessed with lasting development, and to be free of the terrible effects of climate change. Let us give thanks for what makes us happy. And let us give our efforts to filling our world with happiness.'

الصوت السابع

"أتمنى للجميع في جميع أنحاء العالم يوم دولي سعيد للغاية! البحث عن السعادة هو أمر جاد. إن السعادة للجميع أفراد الأسرة البشرية هي أحد الأهداف الرئيسية للأمم المتحدة. السلام و حياة ملؤها الاحترام للجميع – هذا ما نسعى إليه. نريد أن يتمتع جميع الرجال والنساء والأطفال بجميع حقوقهم الإنسانية. نريد أن تعرف كل الدول فرحة السلام. نريد أن ينعم كل من الناس والكوكب بالتنمية الدائمة ، وأن يتحرروا من الآثار الرهيبة لتغير المناخ. دعونا نشعر بالامتنان للأمور التي تجعلنا سعداء. دعونا نبذل جهودنا لملء عالمنا بالسعادة."

Voice 1

But what makes people happy? Many people think that happiness depends on being rich and beautiful. But scientists and experts have studied happiness. They know this is not correct. Good and bad things happen to everyone. Many scientists and experts believe that

happiness is something we can choose. They believe that happiness is not always about what happens to you. They believe that much happiness is about how you choose to react. You can choose to react to events in your life in a positive way. Dr. Amit Sood is an expert at the Mayo Clinic in the United States. He said,

الصوت الأول

ما الذي يجعل الناس سعداء؟ يعتقد الكثير من الناس أن السعادة تعتمد على الغنى والجمال. لكن العلماء والخبراء درسوا السعادة. يقولون أن هذا غير صحيح. تحدث الأشياء الجيدة والسيئة للجميع. يعتقد العديد من العلماء والخبراء أن السعادة هي شيء يمكننا اختياره. يعتقدون أن السعادة لا تتعلق دائماً بما يحدث لك. إنهم يعتقدون أن السعادة كثيراً تتعلق بكيفية اختيارك للرد. يمكنك اختيار الرد على الأحداث في حياتك بطريقة إيجابية. دكتور أميت سود خبير في مجموعة مايو كلينك في الولايات المتحدة. قال:

## الوقت: 06:10

Voice 8

'Happiness is a habit or custom. Some of us are born happy. But most others have to choose it. We often, however, do not understand we have that choice. We also do not know how to exercise that choice. As a result we push happiness away. Do not let that not happen to you.'

الصوت الثامن

"السعادة هي عادة أو عرف. البعض منا يولد سعيد. ولكن يجب على معظم الناس الآخرين اختياره. ولكننا غالباً لا نفهم أن لدينا هذا الخيار. كما أننا لا نعرف كيفية ممارسة هذا الاختيار. نتيجة لذلك نحن نبعد عن السعادة. لا تدع هذا لا يحدث لك.

Voice 2

So how can we choose to be happy? What do we need to do? Experts have a lot of different advice. But they agree that gratitude or being thankful is very important. You will learn to be happy or happier by being thankful.

الصوت الثاني

فكيف نختار أن نكون سعداء؟ ماذا علينا أن نفعل؟ لدى الخبراء الكثير من النصائح المختلفة. لكنهم يتفقون على أن الامتنان أو الشكر أمر مهم للغاية. سوف تتعلم أن تكون سعيداً أو أكثر سعادة من خلال الشكر.

Voice 1

Dr Robert Emmons is a leading expert on gratitude. He suggests many ways to become more thankful. One method he suggests is keeping a gratitude journal or book. Every day, write down things for which you are thankful. These things may be about you, events or people. He also suggests that you use the language of thankful people. You can use words like gifts, givers, blessings, blessed.



الدكتور روبرت إيمونز هو خبير رائد في الامتنان. يقترح العديد من الطرق لتصبح شاكراً أكثر. إحدى الطرق التي يقترحها هي الاحتفاظ بدفتر امتنان. كل يوم ، اكتب الأشياء التي أنت ممتن لها. قد تكون هذه الأشياء عنك أو الأحداث أو الأشخاص. يقترح أيضاً أن تستخدم لغة الأشخاص الشاكرين. يمكنك استخدام كلمات مثل الهدايا العطاء، المنح

## Voice 2

What things are people most grateful for? BUPA is a health organisation in the United Kingdom. BUPA did some research about the things that make people feel happy. They found that many small and simple things make people feel good. For example, sleeping in a clean, fresh bed. Another example: many people enjoy feeling the sun on their faces. Other people feel good when someone is kind to them. Other people like laughing so hard it hurts or smelling freshly made bread.

## الصوت الثاني

ما هي الأشياء التي يشعر الناس بالامتنان لها؟ "بوبا" هي منظمة صحية في المملكة المتحدة. أجرت بعض الأبحاث حول الأمور التي تجعل الناس يشعرون بالسعادة. وجدوا أن العديد من الأشياء الصغيرة والبسيطة تُشعر الناس بالرضا. على سبيل المثال ، النوم في سرير نظيف ومنعش. مثال آخر: يستمتع الكثير من الناس بالشعور بالشمس على وجوههم. يشعر الآخرون بالرضا عندما يكون شخص لطيف معهم. أشخاص آخرون يحبون الضحك بشدة لدرجة أنه يؤدي أو يشم الخبز الطازج.

## Voice 1

Some people find that music makes them feel happy. Pharrell Williams writes and performs music. He said that that music brought him happiness. He even wrote a song called 'Happy'.

## الصوت الأول

يجد بعض الناس أن الموسيقى تجعلهم يشعرون بالسعادة. يكتب فاريل ويليامز عن السعادة ويعزف الموسيقى. قال إن تلك الموسيقى جلبت له السعادة. حتى أنه كتب أغنية بعنوان "سعيد".

## الوقت: 09:35

[excerpt of the song "Happy"]

It is a very joyful song. People around the world have enjoyed watching it. They have watched the song more than 750 million times on YouTube. And many people have even made their own versions of it. Williams told the BBC why he wrote the song

[مقتطف من أغنية "سعيد"]

إنها أغنية سعيدة للغاية. استمتع الناس في جميع أنحاء العالم بمشاهدتها. لقد شاهدوا الأغنية أكثر من 750 مليون مرة على موقع يوتيوب. وقد صنع الكثير من الناس نسخاً خاصة بهم منه. قال ويليامز لبي بي سي لماذا كتب الأغنية.

#### Voice 9

'The purpose of the song was to make everyone remember that you have a basic freedom to find happiness.'

الصوت التاسع

"كان الهدف من الأغنية هو جعل الجميع يتذكرون أن لديهم حرية للعثور على السعادة."

#### Voice 2

Even the United Nations knows that music can make people happy. And in 2015 the United Nations celebrated the International Day of Happiness with music. The Secretary General of the United Nations, Ban Ki-moon, asked people all over the world to share a song that makes them happy.

الصوت الثاني

حتى الأمم المتحدة تعرف أن الموسيقى يمكن أن تجعل الناس سعداء. وفي عام 2015 احتفلت الأمم المتحدة باليوم الدولي للسعادة مع الموسيقى. طلب الأمين العام للأمم المتحدة، بان كي مون، من جميع أنحاء العالم مشاركة أغنية تجعلهم سعداء.

#### Voice 1

Many famous people shared songs that represented happiness and made them smile. They helped to create the world's happiest playlist. The actor Michael Douglas chose the song 'Zip a Dee Doo Dah'. The singer James Blunt chose the song 'We are Young'.

الصوت الأول

شارك العديد من مشاهير الأغاني التي تبعث السعادة وجعلتهم يبتسمون. لقد ساعدوا في إنشاء أسعد قائمة تشغيل في العالم. اختار الممثل مايكل دوغلاس أغنية "Zip a Dee Doo Do". اختار المغني جيمس بلانت أغنية "نحن شباب".

#### Voice 2

Pharrell Williams attended the United Nations event that launched the playlist. He told everyone that protecting our planet is necessary for human happiness. He also urged everyone to find out what makes them happy,

الصوت الثاني

حضر فاريل ويليامز حدث الأمم المتحدة التي أطلقت قائمة التشغيل. أخبر الجميع أن حماية كوكبنا أمر ضروري لسعادة الإنسان. كما حث الجميع على معرفة ما يجعلهم سعداء،

## الوقت: 11:15

### Voice 9

'It can be something as detailed as a long-term goal. Or it could be something as simple as the way I feel when my son smiles. You should know that happiness is your right. It is a reaction to something, or someone, or a time.'

الصوت التاسع

"يمكن أن يكون شيئاً مفصلاً كهدف بعيد المدى، أو يمكن أن يكون شيئاً بسيطاً مثل ما أشعر به عندما يبتسم ابني. يجب أن تعرف أن السعادة حق لك، إنه رد فعل على شيء ما ، أو شخص ما ، أو وقت ."

### Voice 1

Are you happy? What makes you happy? What are you thankful for? Does a particular song make you happy? Tell us about it. You can leave a comment on our website. You can also comment on Facebook at [facebook.com/spotlightradio](https://facebook.com/spotlightradio). Be happy!

الصوت الأول

هل أنت سعيد؟ ما الذي يجعلك سعيداً؟ ما الشيء الممتن له؟ هل أغنية معينة تجعلك سعيداً؟ أخبرنا عنها. يمكنك ترك تعليق على موقعنا. يمكنك أيضاً التعليق على صفحتنا على فيسبوك على [facebook.com/spotlightradio](https://facebook.com/spotlightradio). كن سعيداً!

### Voice 2

The writer of this programme was Katy Blake. The producer was Michio Ozaki. The voices you heard were from the United Kingdom and the United States. All quotes were adapted for this programme and voiced by Spotlight. You can listen to this programme again, and read it, on the internet at [www.radioenglish.net](http://www.radioenglish.net). This programme is called, 'Be Happy'.

الصوت الثاني

كاتبة هذا البرنامج هي كاتي بليك. المنتج هو ميشيو أوزاكي. الأصوات التي سمعتها كانت من المملكة المتحدة والولايات المتحدة. جميع الاقتباسات تتماشى مع هذا البرنامج وتم التعبير عنها بواسطة Spotlight. يمكنك الاستماع إلى هذا البرنامج مرة أخرى وقراءته على الإنترنت على موقع [www.radioenglish.net](http://www.radioenglish.net). يسمى هذا البرنامج "كن سعيداً".

### Voice 1

We hope you can join us again for the next Spotlight program. Goodbye

الصوت الأول

نأمل أن تتمكن من الانضمام إلينا مرة أخرى في برنامج Spotlight التالي. وداعاً