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自然的力量

第1集 纵横

Power of Nature / Episode 1 – Network

纵横 (zòng héng) lit. warp and weft in weaving; vertically and horizontal; length and breadth; criss-crossed; able to move unhindered; abbr. for 合纵连横 (hé zòng lián héng), School of Diplomacy during the Warring States Period (475-221 BC).

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The average altitude of northern Tibet is 5 kilometers

西藏北部平均海拔5千米

西藏 (xī zàng) Tibet; Xizang or Tibetan autonomous region 西藏自治区. **北部** (běi bù) northern part. **海拔** (hǎi bá) height above sea level; elevation. **千米** (qiān mǐ) kilometer.

The highest wilderness in the world

世界上最高的荒野

最高 (zuì gāo) tallest; highest; supreme (court etc). **荒野** (huāng yě) wilderness.

Tibetan Antelope

藏羚羊

藏羚羊 (zàng líng yáng) Tibetan antelope or Chiru (Pantholops hodgsonii).

Master of the plateau

高原的主人

高原 (gāo yuán) plateau.

The Qinghai-Tibet Plateau, which is more than 4 kilometers above sea level, is their only habitat

海拔4千米以上的青藏高原是他们唯一的栖息地

青藏高原 (qīng zàng gāo yuán) Qinghai-Tibetan plateau. **栖息地** (qī xī dì) habitat.

On the vast land closest to the sky

在与天空最接近的广袤土地上

广袤 (guǎng mào) vast.

The oxygen content is only half of inland

氧气含量只有内陆的一半

氧气 (yǎng qì) oxygen. **含量** (hán liàng) content; quantity contained. **内陆** (nèi lù) inland; interior. **一半** (yī bàn) half.

Human footprints retreated to the edge of the wild land

人类的足迹退避至野性大地的边缘

足迹 (zú jì) footprint; track; spoor. **退避** (tuì bì) to withdraw. **野性** (yě xìng) wild nature; unruliness. **大地** (dà dì) earth; mother earth. **边缘** (biān yuán) edge; fringe; verge; brink; periphery; marginal; borderline.

But 21 species of mammals live here

但这里却生活着21种哺乳动物

哺乳动物 (bǔ rǔ dòng wù) mammal.

65 species of birds

65种鸟类

鸟类 (niǎo lèi) birds.

Death comes with new life

死亡伴随着新生

死亡 (sǐ wáng) to die; death. **新生** (xīn shēng) new; newborn; emerging; nascent; rebirth; regeneration; new life; new student.

Cruelty and warmth

残暴交织着温情

残暴 (cán bào) brutal; vicious; ruthless. 交织 (jiāo zhī) to interweave. 温情 (wēn qíng) tenderness; warmth; warmhearted; softhearted.

The most delicate flowers bloom on the harshest land

最娇艳的花朵在最严酷的土地上绽放

娇艳 (jiāo yàn) tender and beautiful; also written 娇艳. 花朵 (huā duǒ) flower. 严酷 (yán kù) bitter; harsh; grim; ruthless; severe; cut-throat (competition). 绽放 (zhàn fàng) to blossom.

Life moves in the thin air on the earth

生命在空气稀薄的大地上律动

稀薄 (xī bó) thin; rarefied. 律动 (lǜ dòng) rhythm; to move rhythmically.

Perseverance

坚韧顽强

坚韧 (jiān rèn) tough and durable; tenacious. 顽强 (wán qiáng) tenacious; hard to defeat.

Shocking scenes are staged every day

震撼人心的场景每天都在上演

震撼 (zhèn hàn) to shake; to shock; to stun; shocking; stunning; shock. 人心 (rén xīn) popular feeling; the will of the people. 场景 (chǎng jǐng) scene; scenario; setting. 上演 (shàng yǎn) to screen (a movie); to stage (a play); a screening; a staging.

This is the paradise for wild animals in the northern Tibet Plateau

这里就是藏北高原野生动物的天堂

北 (běi) north; to be defeated (classical). 野生动物 (yě shēng dòng wù) wild animal. 天堂 (tiān táng) paradise; heaven.

winter

冬季

冬季 (dōng jì) winter.

The temperature of the plateau can help drop to minus 30 degrees

高原的气温可以助降至零下30度

气温 (qì wēn) air temperature. 降 (xiáng) to surrender; to capitulate; to subdue; to tame. 零下 (líng xià) below zero.

For plateau animals

此时对高原动物来说

此时 (cǐ shí) now; this moment.

The hardest thing to find is water

最难寻找的就是水源

水源 (shuǐ yuán) water source; water supply; headwaters of a river.

Tibetan antelope is no exception

藏羚羊也不例外

例外 (lì wài) exception; to be an exception.

Ice and snow become their drinking water in winter

冰雪成为他们冬季的饮用水

冰雪 (bīng xuě) ice and snow. 饮用水 (yǐn yòng shuǐ) drinking water; potable water.

In the season of frozen land

在冰封大地的季节

冰封 (bīng fēng) to freeze over; to ice over; icebound; to shelve (a proposal etc).

The water source is where all animals flock

水源地是所有动物趋之若鹜的地方

趋之若鹜 (qū zhī ruò wù) to rush like ducks (idiom); the mob scrabbles madly for sth unobtainable; an unruly crowd on a wild goose chase.

It brings life

它带来生机

生机 (shēng jī) opportunity to live; to reprieve from death; life force; vitality.

But it is also perilous

但也危机四伏

危机四伏 (wēi jī sì fú) danger lurks on every side (idiom).

Invaders on the territory

领地上来了入侵者

入侵者 (rù qīn zhě) intruder.

The wolves began to push on the Tibetan antelope

狼群开始向藏羚羊逼进

逼 (bī) to force (sb to do sth); to compel; to press for; to extort; to press on towards; to press up to; to close in on; euphemistic variant of 逼 (bī).

The smaller female Tibetan antelope is the main target of predator hunting in the wasteland

体型较小的雌性藏羚羊是荒原上掠食动物捕猎的主要对象

体型 (tí xíng) build; body type. **小的** (xiǎo de) I (when talking to a superior). **雌性** (cí xìng) female. **荒原** (huāng yuán) wasteland. **掠食** (lüè shí) to prey on; predation; predatory. **捕猎** (bǔ liè) hunting.

May say

可能说

The appearance of male Tibetan antelope has attracted the attention of wolves

雄性藏羚羊事实出现吸引了狼群的注意

雄性 (xióng xìng) male.

It can run at a speed of 100 kilometers per hour

它的**奔跑**速度可以达到每小时100公里

奔跑 (bēn pǎo) to run.

No predator can catch up with him

没有掠食者能**追上**他的**脚步**

追上 (zhuī shàng) to overtake. **脚步** (jiǎo bù) footstep; step.

Only in the coldest December

只有在**最寒冷**的12月

寒冷 (hán lěng) cold (climate); frigid; very cold.

The male Tibetan antelope just returned to the population

雄性藏羚羊才回到**种群**

种群 (zhǒng qún) population (of a species); community (of animals or plants).

Live with female yang

与**雌阳**生活**在一起**

雌 (cí) female; Taiwan pr. (cī). **在一起** (zài yì qǐ) together.

Become the leader of the flock

成为**羊群领袖**

羊群 (yáng qún) flock of sheep. **领袖** (lǐng xiù) leader.

They drive as many female Tibetan antelopes to one place

他们将**尽可能**多的雌性藏羚羊**驱赶**至一处

尽可能 (jǐn kě néng) as far as possible; to do one's utmost. **驱赶** (qū gǎn) to drive (vehicle); to drive out; to chase away; to herd (people towards a gate).

This is their estrus and mating season

这是他们**发情交配**的季节

发情 (fā qíng) oestrus (sexual receptivity in female mammals). **交配** (jiāo pèi) mating; copulation (esp. of animals).

Male Tibetan Antelope Big Fei Zhou Zhang

雄性藏羚羊**大费周章**

大费周章 (dà fèi zhōu zhāng) to take great pains; to go to a lot of trouble.

Just to use all the energy accumulated during the year at this moment

就是为了把一年**之中积攒**的**能量**全部用在这个时刻

之中 (zhī zhōng) inside; among; in the midst of (doing sth); during. **积攒** (jī zǎn) to save bit by bit; to accumulate. **能量** (néng liàng) energy; capabilities.

Perform the most passionate scene in the coldest season

在**最寒冷**的季节上演**最激情**的一幕

激情 (jī qíng) passion; fervor; enthusiasm; strong emotion.

Wasteland in winter

在冬天的**荒原**

The male Tibetan antelope built a huge harem

雄性藏羚羊建立了**庞大**的**后宫**

庞大 (páng dà) huge; enormous; tremendous. **后宫** (hòu gōng) harem; chambers of imperial concubines.

But the reproduction of life is a competition

然而生命的**繁衍**是一场竞争

繁衍 (fán yǎn) to multiply; to reproduce; to increase gradually in number or quantity.

This means that there will always be strong and powerful opponents

这就意味着总会**出现强悍有力**的对手

这就 (zhè jiù) immediately; at once. **意味着** (yì wèi zhe) to signify; to mean; to imply. **强悍** (qiáng hàn) valiant. **有力** (yǒu lì) powerful; forceful; vigorous.

The male Tibetan antelope can weigh up to 40 kg in adulthood

雄性藏羚羊**成年**后**体重**可达40公斤

成年 (chéng nián) to grow to adulthood; fully grown; the whole year. **体重** (tǐ zhòng) body weight.

50 cm in elevation

仰角长50公分

仰 (yǎng) to face upward; to look up; to admire; to rely on. **公分** (gōng fēn) centimeter; gram.

Sharp tip

顶端尖锐

顶端 (dǐng duān) summit; peak. **尖锐** (jiān ruì) sharp; intense; penetrating; pointed; acute (illness).

Is a deadly weapon

是**致命**的**杀伤性武器**

致命 (zhì mìng) fatal; mortal; deadly; to sacrifice one's life. **杀伤** (shā shāng) to kill or injure. **武器** (wǔ qì) weapon; arms.

This is a struggle between dignity and power

这是**尊严**与**权力**之争

尊严 (zūn yán) dignity; sanctity; honor; majesty.

This is the test of life and death

这是生与死的**考验**

考验 (kǎo yàn) to test; to put to the test; trial; ordeal.

The strong get everything

强者**获得**一切

No one dare to take it lightly

谁也不敢**掉以轻心**

掉以轻心 (diào yǐ qīng xīn) treat sth lightly; to lower one's guard.

Must go all out

必须**全力一搏**

全力 (quán lì) with all one's strength; full strength; all-out (effort); fully (support). **搏** (bó) to fight; to combat; to seize; (of heart) to beat.

A large number of male Tibetan antelopes die in duels every year

每年都有**大量**雄性藏羚羊在**决斗**中死亡

每年 (měi nián) every year; each year; yearly. **大量** (dà liàng) great amount; large quantity; bulk; numerous; generous; magnanimous. **决斗** (jué dòu) to duel; a duel; decisive struggle.

The victor's genes breed new life

胜利者的**基因**孕育着新的生命

胜利者 (shèng lì zhě) victor; winner. **基因** (jī yīn) gene (loanword). **孕育** (yùn yù) to be pregnant; to produce offspring; to nurture (a development, school of thought, artwork etc); fig. replete with (culture etc).

There used to be more than 1 million Tibetan antelopes living in the wilderness of northern Tibet

曾经有超过100万只藏羚羊生活在**藏北荒原**

They are the strongest beings on this harsh land

他们是这片**严苛**土地上**最强韧**的生命

严苛 (yán kē) severe; harsh. **强韧** (qiáng rèn) resilient; tough and strong.

In the lowest altitude area in China

在**中国海拔**最低的地区

中国海 (zhōng guó hǎi) the China Seas (the seas of the Western Pacific Ocean, around China: Bohai Sea, Yellow Sea, East China Sea, South China Sea). **拔** (bá) to pull up; to pull out; to draw out by suction; to select; to pick; to stand out (above level); to surpass; to seize.

The sand and the sun dominate everything

风沙与**骄阳**主宰着一切

风沙 (fēng shā) sand blown by wind; sandstorm. **骄阳** (jiāo yáng) blazing sun. **主宰** (zhǔ zǎi) to dominate; to rule; to dictate; master.

This is northwest China

这里是**中国西北部**

西北部 (xī běi bù) northwest part.

Here is the largest desert in China

这里有中国最大的沙漠

More than 80% are mobile sand dunes

8成以上都是**流动沙丘**

流动 (liú dòng) to flow; to circulate; to go from place to place; to be mobile; (of assets) liquid. **沙丘** (shā qiū) sand dune; sandy hill.

Ready to move forward

随时准备**向前推进**

向前 (xiàng qián) forward; onward. **推进** (tuī jìn) to impel; to carry forward; to push on; to advance; to drive forward.

The wind blows sand and piles up into hills

风吹来沙，**堆积成丘**

堆积 (duī jī) to pile up; to heap; accumulation. **丘** (qiū) mound; hillock; grave; classifier for fields.

Up to 500 meters

最高可达500米

The sand surface temperature in summer is as high as 80 degrees

夏季沙面温度**高达80度**

夏季 (xià jì) summer. **高达** (gāo dá) Gundam, Japanese animation franchise; Jean-Luc Godard (1930-), French-Swiss film director.

Heat can take away all vitality

炎热可以**夺走**一切生机

炎热 (yán rè) blistering hot; sizzling hot (weather). **夺走** (duó zǒu) to snatch away.

The little life in the desert is going through the most difficult time

沙漠里的小生命正在**熬过**这段最**艰难的时光**

熬 (áo) to cook on a slow fire; to extract by heating; to decoct; to endure. **艰难** (jiān nán) difficult; hard; challenging. **时光** (shí guāng) time; era; period of time.

In the evening, the desert heat quickly dissipated

傍晚，沙漠**热度**迅速散去

热度 (rè dù) temperature; heat; short-lived enthusiasm.

All kinds of creatures are ready to move

各种**生物蠢蠢欲动**

生物 (shēng wù) organism; living creature; life form; biological. **蠢蠢欲动** (chǔn chǔn yù dòng) to begin to stir (idiom); to get restless; to become threatening.

Turpan Sand Tiger

吐鲁番沙虎

吐鲁番 (tǔ lǔ fān) Turpan City in Xinjiang (Chinese: Tulufan). **虎** (hǔ) tiger.

A species unique to China, a close relative of gecko

中国**独有物种**，**壁虎**的**近亲**

独有 (dú yǒu) to own exclusively; unique to; specific; there is only. **物种** (wù zhǒng) species. **壁虎** (bì hǔ) gecko; house lizard. **近亲** (jìn qīn) close relative; near relation.

It is the night killer in the desert

它是沙漠中的**暗夜杀手**

杀手 (shā shǒu) killer; murderer; hit man; (sports) formidable player.

Desert sea of death

沙漠死亡之海

Turpan Basin, the driest place in China

吐鲁番盆地，中国**最干旱**的地方

吐鲁番盆地 (tǔ lǔ fān pén dì) the Turpan Depression in Xinjiang. **干旱** (gān hàn) drought; arid; dry.

Rainfall is only 10 mm per year

每年**降雨量**仅为**10毫米**

降雨量 (jiàng yǔ liàng) precipitation; quantity of rainfall. **毫米** (háo mǐ) millimeter.

The amount of evaporation is more than one hundred times the annual precipitation

蒸发量却高达**年降水量****百倍以上**

蒸发 (zhēng fā) to evaporate; evaporation. **降水量** (jiàng shuǐ liàng) precipitation (meteorology); measured quantity of rain. **百倍** (bǎi bèi) a hundredfold; a hundred times.

In this waterless sea

在这片**无水**的**瀚海**中

无水 (wú shuǐ) anhydrous (chemistry); waterless; dehydrated. **瀚** (hàn) ocean; vastness.

Sand tiger mastered the intensive access to water

沙虎掌握了获取**水分**的**密集**

水分 (shuǐ fèn) moisture content; (fig.) overstatement; padding. **密集** (mì jí) concentrated; crowded together; intensive; compressed.

Before sunrise is the lowest daily temperature in the desert

日出之前是沙漠中每天**温度最低**的时候

日出 (rì chū) sunrise.

Water vapor condenses on the branches and leaves of plants

水汽凝结在植物的**枝叶**上

水汽 (shuǐ qì) water vapor; steam; moisture. **凝结** (níng jié) to condense; to solidify; to coagulate; clot (of blood). **枝叶** (zhī yè) branch and leaf.

These dewdrops are the spring of sand tiger

这些**露珠**就是沙虎的**清泉**

露珠 (lù zhū) dewdrop. **清泉** (qīng quán) clear spring.

For them to enjoy

供他们**享用**

享用 (xiǎng yòng) to enjoy (i.e. have the use or benefit of).

Dry earth is not a restricted zone of life

干涸大地并不是**生命禁区**

干涸 (gān hé) to dry up. **禁区** (jìn qū) restricted area; forbidden region.

There are still plants growing stubbornly on the large yellow sand

在**大片**黄沙**之上**依然有植物**倔强**生长

大片 (dà piàn) wide expanse; large area; vast stretch; extending widely; blockbuster movie. **之上** (zhī shàng) above. **倔强** (jué jiàng) stubborn; obstinate; unbending.

Little bit

星星点点

星星 (xīng xing) star in the sky. **点点** (diǎn diǎn) point; speck.

Oasis constitutes the supply line of life in the Sea of Death

绿洲构成了死亡之海**生命**的**补给**线

绿洲 (lǜ zhōu) oasis. **补给** (bǔ jǐ) supply; replenishment; to replenish.

From northwestern China to the southernmost point of China

从中国西北部**纵横**至中国**最南端**

纵横 (zòng héng) lit. warp and weft in weaving; vertically and horizontal; length and breadth; criss-crossed; able to move unhindered; abbr. for 合纵连横 (hé zòng lián héng), School of Diplomacy during the Warring States Period (475-221 BC). **南端** (nán duān) southern end or extremity.

Will complete a journey from sand to sea

将会完成一次从沙到海的**旅程**

将会 (jiāng huì) auxiliary verb introducing future action: may (be able to); will (cause); should (enable); going to. **旅程** (lǚ chéng) journey; trip.

The tropical ocean between 4 degrees and 20 degrees north latitude of the South China Sea

南海北纬**4度**到**20度**之间的**热带**海洋

南海 (nán hǎi) South China Sea. **北纬** (běi wěi) latitude north. **之间** (zhī jiān) between; among; inter-. **热带** (rè dài) the tropics; tropical.

China's deepest and largest sea

中国**最深**最大的**海**

The area is equivalent to two Xinjiang

面积**相当于**两个**新疆**

相当于 (xiāng dāng yú) equivalent to. **新疆** (xīn jiāng) Xinjiang; Uighur autonomous region 新疆维吾尔自治区.

Under the boundless azure blue

在**无垠**的**蔚蓝色**之下

无垠 (wú yín) boundless; vast. **蔚蓝** (wèi lán) azure; sky blue. **之下** (zhī xià) under; beneath; less than.

Another world hidden in gorgeous mystery

隐藏着绚烂神秘的另一个世界

隐藏 (yǐn cáng) to hide; to conceal; to mask; to shelter; to harbor (i.e. keep sth hidden); to hide oneself; to lie low; to nestle; hidden; implicit; private; covert; recessed (lighting). 绚烂 (xuàn làn) splendid; gorgeous; dazzling. 另一 (lìng yī) another; the other.

The average annual sea temperature of the South China Sea is 28 degrees

南海海水年均温度28度

海水 (hǎi shuǐ) seawater. 年均 (nián jūn) annual average (rate).

This is the home of tropical marine life

这里是热带海洋生物的家園

家園 (jiā yuán) home; homeland.

More than 1,500 fishes live

生存着1500多种鱼类

多种 (duō zhǒng) many kinds of; multiple; diverse; multi-. 鱼类 (yú lèi) fishes.

More than 250 soft marine creatures

250多种软体海洋生物

软体 (ruǎn tǐ) software (Tw); soft-bodied (animal).

The favorite gathering place for fish and soft creatures is the back garden of the ocean

鱼类与软体生物最喜爱的聚集地就是海洋的后花园

最喜爱 (zuì xǐ ài) favorite. 聚集 (jù jí) to assemble; to gather. 花园 (huā yuán) garden.

Coral reef

珊瑚礁

珊瑚礁 (shān hú jiāo) coral reef.

Coral, the most beautiful creature in the ocean

珊瑚, 海洋里最艳丽的生物

珊瑚 (shān hú) coral. 艳丽 (yàn lì) gorgeous; garish and beautiful.

Tropical diving ocean mountain lakes mostly live at a depth of 40 meters

热带潜水海洋山湖大多生活在水深40米处

潜水 (qián shuǐ) to dive; to go under water; lurker (Internet slang for sb who reads forum posts but never replies). 湖 (hú) lake. 大多 (dà duō) for the most part; many; most; the greater part; mostly. 水深 (shuǐ shēn) depth (of waterway); sounding.

They are diverse

它们形态多样

它们 (tā men) they (for inanimate objects). 形态 (xíng tài) shape; form; pattern; morphology. 多样 (duō yàng) diverse; diversity; manifold.

Grow arbitrarily

恣意生长

恣意 (zì yì) without restraint; unbridled; reckless.

Coral reefs are dense forests where small fishes live

珊瑚礁既是小型鱼类栖息盘踞的密林

既是 (jì shì) is both ... (and...); since; as; being the case that. 小型 (xiǎo xíng) small scale; small size. 栖息 (qī xī) to stay (for a rest); dwelling; perch (of birds). 盘踞 (pán jù) to occupy illegally; to seize (territory); to entrench (oneself). 密林 (mì lín) jungle.

It is also a hunting ground and supply station for other marine life

也是其他海洋生物的狩猎场和补给站

狩猎 (shòu liè) to hunt; hunting. 补给站 (bǔ jǐ zhàn) depot; supply station; supply point; staging post.

Coral reefs are like tropical rainforests in the underwater world

珊瑚礁如同海底世界的热带雨林

如同 (rú tóng) like; as. 海底 (hǎi dǐ) seabed; seafloor; bottom of the ocean. 热带雨林 (rè dài yǔ lín) tropical rain forest.

Regulation protects marine ecology

调节保障着海洋生态

调节 (tiáo jié) to adjust; to regulate; to harmonize; to reconcile (accountancy etc). 保障 (bǎo zhàng) to ensure; to guarantee; to safeguard. 生态 (shēng tài) ecology.

The evening at the end of April

4月末的傍晚

月末 (yuè mò) end of month; late in the month.

A team of scientists went to sea by boat

一队科学家乘船出海

科学家 (kē xué jiā) scientist. 乘船 (chéng chuán) to embark; to travel by ship; to ferry. 出海 (chū hǎi) to go out to sea.

They have been preparing for this moment for a whole year

他们为了这一刻已经准备了整整一年

整整 (zhěng zhěng) whole; full.

Now is their only chance of the year

现在是他们一年中唯一的机会

年中 (nián zhōng) within the year; in the middle of the year; mid-year.

They will dive into the sea at night

他们将在夜间潜入海底

夜间 (yè jiān) nighttime; evening or night (e.g. classes). 潜入 (qián rù) to submerge; to infiltrate; to steal into.

Crack the secret of coral reproduction

破解珊瑚繁衍的秘密

破解 (pò jiě) to break (a bond, constraint etc); to explain; to unravel; to decipher; to decode; to crack (software).

Action must be carefully planned

行动必须经过周密计划

周密 (zhōu mì) careful; thorough; meticulous; dense; impenetrable.

Any slight negligence can cause serious consequences

任何一处微小疏忽都可能造成严重后果

微小 (wēi xiǎo) minute (i.e. extremely small); infinitesimal. 疏忽 (shū hu) to neglect; to overlook; negligence; carelessness. 严重后果 (yán zhòng hòu guǒ) grave consequence; serious repercussion.

The good and the bad at night are unpredictable

夜间前海吉凶难测

吉凶 (jí xiōng) good and bad luck (in astrology). 难测 (nán cè) hard to fathom.

Active underwater currents

水面下洋流活跃

水面 (shuǐ miàn) water surface. 洋流 (yáng liú) ocean current.

Low visibility

可见度很低

Once the diver is swept away by ocean currents

一旦潜水者被洋流冲走

潜水者 (qián shuǐ zhě) a diver. 冲走 (chōng zǒu) to flush away.

It's hard to locate

就再难定位

定位 (dìng wèi) to orientate; to position; to categorize (as); to characterize (as); positioning; position; niche.

Life is in danger at any time

随时都有生命危险

The ocean is not calm

海洋不是平静的

Whether on the surface of the ocean or in the deep ocean

无论在海洋表层还是深海

表层 (biǎo céng) surface layer. 深海 (shēn hǎi) deep sea.

The sea is actively flowing

海水都在活跃流动

Ocean currents continuously deliver nutrients and heat to the ocean

洋流不断给海洋输送养分和热量

输送 (shū sòng) to transport; to convey; to deliver. 养分 (yǎng fèn) nutrient. 热量 (rè liàng) heat; quantity of heat; calorific value.

And continue to cause trouble for divers

也不断给潜水者制造麻烦

But this night is imperative	但是这次夜间 势在必行	势在必行 (shì zài bì xíng) circumstances require action (idiom); absolutely necessary; imperative.
Corals spawn only at night	珊瑚只在夜间 产卵	产卵 (chǎn luǎn) to lay eggs.
And only once a year	并且一年只 有一次	有一次 (yǒu yī cì) once; once upon a time.
Scientists adventure night diving	科学家们冒险 夜潜	潜 (qián) hidden; secret; latent; to hide; to conceal; to submerge; to dive.
Only to collect samples of corals that are spawning	只为能 收集 到正在产卵的珊瑚 样本	收集 (shōu jí) to gather; to collect. 样本 (yàng běn) sample; specimen.
To protect research	以便 保护研究	以便 (yǐ biàn) so that; so as to; in order to.
Success or failure in one fell swoop	成败在此一举	成败在此一举 (chéng bài zài cǐ yī jǔ) win or lose, it all ends here; this is the moment to shine.
Corals have very strict requirements for spawning conditions	珊瑚对产卵条件的要求非常严格	
A little environmental change may change the spawning time	一点点 的环境变化都可能改变产卵时间	一点点 (yī diǎn diǎn) a little bit.
The rising of the moon changed the tide	月亮 升起 改变了 潮汐	升起 (shēng qǐ) to raise; to hoist; to rise. 潮汐 (cháo xī) tide.
At this time, the sea water finally reached the optimal temperature for spawning in the mountain lake-26 degrees	此时，海水终于达到了山湖产卵 所需的最佳 温度——26度	所需 (suǒ xū) necessary (for); required. 最佳 (zuì jiā) optimum; optimal; peak; best (athlete, movie etc).
The first thing that feels the change is the residents of the coral reef	首先 感觉到 变化的是珊瑚礁中的 居民	感觉到 (gǎn jué dào) to feel; to sense; to detect; to perceive; to become aware. 居民 (jū mín) resident; inhabitant.
This is a concentrated explosion of life under the sea	这是海底生命的一次集中 爆发	爆发 (bào fā) to break out; to erupt; to explode; to burst out.
Coral eggs fight for reproduction opportunities in numbers	珊瑚 卵 以数量争取繁衍的机会	卵 (luǎn) egg; ovum; spawn; (coll.) testicles; (old) penis; (expletive) fucking.
This is a gluttonous feast	这是一场 饕餮盛宴	饕餮 (tāo tiè) ferocious mythological animal, the fifth son of the dragon king; zoomorphic mask motif, found on Shang and Zhou ritual bronzes; gluttonous; sumptuous (banquet). 盛宴 (shèng yàn) feast.
A silent carnival	一场 静默的狂欢	静默 (jìng mò) silence; to stand in silence (in mourning). 狂欢 (kuáng huān) party; carousal; hilarity; merriment; whoopee; to carouse.
Scientists finally got the long-awaited coral eggs	科学家们终于得到了期待 已久 的珊瑚卵	已久 (yǐ jiǔ) already a long time.
From a coral spawn to a coral reef	从一颗珊瑚卵到一座珊瑚礁	

From a coral reef to a sea

从一座珊瑚礁到一片**大海**

大海 (dà hǎi) sea; ocean.

Researchers are working to explore the secrets of the blue land

科研工作者正在**致力于探索蓝色国土的秘密**

科研 (kē yán) (scientific) research. **工作者** (gōng zuò zhě) worker. **致力** (zhì lì) to work for; to devote one's efforts to. **探索** (tàn suǒ) to explore; to probe. **蓝色** (lán sè) blue (color). **国土** (guó tǔ) country's territory; national land.

There will be new breakthroughs in the breeding and restoration of coral reefs in the future

今后珊瑚礁的繁育和恢复会有新突破

今后 (jīn hòu) hereafter; henceforth; in the future; from now on. **繁育** (fán yù) to breed. **突破** (tū pò) to break through; to make a breakthrough; to surmount or break the back of (a task etc); (of ball sports) to break through a defense.

More importantly, humans will discover more and more of this mysterious blue ocean

更重要的是人类将越来越多的探明这片神秘的蔚蓝海域

探明 (tàn míng) to ascertain; to verify. **海域** (hǎi yù) sea area; territorial waters; maritime space.

Elaborate "The Force of Nature"

精心制作《自然的力量》

精心 (jīng xīn) with utmost care; fine; meticulous; detailed.

Show a beautiful China that has never been seen before

展现前所未见的美丽中国

展现 (zhǎn xiàn) to come out; to emerge; to reveal; to display. **前所未见** (qián suǒ wèi jiàn) unprecedented; never seen before.

The true spring on the northern Tibetan Plateau will not come until June

藏北高原真正的春天在6月才会到来

到来 (dào lái) to arrive; arrival; advent.

Melting ice and snow converge into a river

冰雪融化汇聚成河

融化 (róng huà) to melt; to thaw; to dissolve; to blend into; to combine; to fuse. **汇聚** (huì jù) convergence; to come together.

The highest place in the world

在这世界上海拔最高的地方

The total area of lakes accounts for 1/4 (a quarter) of the country

湖泊总面积占全国1/4 (四分之一)

湖泊 (hú pō) lake. **全国** (quán guó) whole nation; nationwide; countrywide; national. **四分之一** (sì fēn zhī yī) one-quarter.

The water will flow from here to low places around

水将从这里流向四周的低处

四周 (sì zhōu) all around.

This is the source of many major rivers in Asia

这里是亚洲众多大江大河的源头

多大 (duō dà) how big; how much; how old etc. **大河** (dà hé) large river (esp the Yellow River). **源头** (yuán tóu) source; fountainhead.

The heat of the warm sun restores the strength of the rock lizard

暖阳的热量恢复了岩蜥的体力

岩 (yán) cliff; rock. **蜥** (xī) see 蜥蜴 (xī yì). **体力** (tǐ lì) physical strength; physical power.

Also awakened are those hibernators who have slept in the cave for half a year

同样唤醒的还有那些在洞穴中沉睡了半年的冬眠者

同样 (tóng yàng) same; equal; equivalent. **唤醒** (huàn xǐng) to wake sb; to rouse. **洞穴** (dòng xué) cave; cavern. **沉睡** (chén shuì) to be fast asleep; (fig.) to lie dormant; to lie undiscovered. **半年** (bàn nián) half a year. **冬眠** (dōng mián) hibernation.

Marmot ends 6 months of underground life

旱獭结束了6个月的地底生活

旱獭 (hàn tà) marmot. **地底** (dì dǐ) subterranean; underground.

The plateau is full of green breath and the smell of food

高原上已满是**绿色**的**气息**和食物的味道

绿色 (lǜ sè) green. **气息** (qì xī) breath; smell; odor; flavor.

Now, nothing can stop it from stretching its limbs

现在，**没有什么**能够阻止它**伸展四肢**

没有什么 (méi yǒu shén me) it is nothing; there's nothing ... about it. **伸展** (shēn zhǎn) stretching; extension. **四肢** (sì zhī) the four limbs of the body.

Visit relatives and friends

走亲访友

走亲访友 (zǒu qīn fǎng yǒu) to visit one's friends and relations.

Enjoy the game

尽情游戏

尽情 (jìn qíng) as much as one likes.

Companion's warning

同伴的警告

同伴 (tóng bàn) companion; comrade; fellow. **警告** (jǐng gào) to warn; to admonish.

Make them suddenly realize that the danger is right in front of them

让他们**猛然间****意识到**危险就在**眼前**

猛然 (měng rán) suddenly; abruptly. **意识** (yì shí) consciousness; awareness; to be aware; to realize. **在眼前** (zài yǎn qián) now; at the present.

Underground palaces dug by marmots generally have two to three exits

早獭**挖建**的**地下宫殿**一般会有两个到三个出口

挖 (wā) to dig; to excavate; to scoop out. **建** (jiàn) to establish; to found; to set up; to build; to construct. **地下** (dì xià) underground; subterranean; covert. **宫殿** (gōng diàn) palace.

It's hard to be caught once you hide in the cave

一旦躲进洞中很难**被捕杀**

被捕 (bèi bǔ) to be arrested; under arrest.

The red tiger who was exposed had no choice but to return

暴露行踪的**赤虎**只好**扫兴而归**

暴露 (bào lù) to expose; to reveal; to lay bare; also pr. (pù lù). **行踪** (xíng zōng) whereabouts; (lose) track (of). **赤** (chì) red; scarlet; bare; naked. **扫兴** (sǎo xìng) to have one's spirits dampened; to feel disappointed. **归** (guī) to return; to go back to; to give back to; (of a responsibility) to be taken care of by; to belong to; to gather together; (used between two identical verbs) despite; to marry (of a woman) (old); division on the abacus with a one-digit divisor.

At the end of June, after hundreds of kilometers trekking through mountains and rivers

6月底，经过**数百公里****跋山涉水**

月底 (yuè dǐ) end of the month. **数百** (shù bǎi) several hundred. **跋山涉水** (bá shān shè shuǐ) to travel over land and water (idiom).

The female Tibetan antelope finally came to the lambing area at the southern foot of Kunlun Mountain

雌性藏羚羊终于**来到****昆仑山南麓****产羔地**

来到 (lái dào) to come; to arrive. **昆仑山** (kūn lún shān) Kunlun Mountain range. **麓** (lù) foot of a hill. **羔** (gāo) lamb.

This is a miraculous migration

这是一次**奇迹般**的**迁徙**之旅

迁徙 (qiān xǐ) to migrate; to move.

In order to reach the destination successfully

为了成功**抵达目的地**

抵达 (dǐ dá) to arrive; to reach (a destination). **目的地** (mù dì dì) destination (location).

They have to overcome food scarcity

他们要克服食物**匮乏**

匮乏 (kuài fá) to be deficient in sth; to be short of sth (supplies, money etc).

Landscape barrier

山水阻隔

山水 (shān shuǐ) water from a mountain; mountains and rivers; scenery; landscape. **阻隔** (zǔ gé) to separate; to cut off.

Diseases, poisonous insects, etc.

疾病、毒虫等等困难

疾病 (jí bìng) disease; sickness; ailment. 毒虫 (dú chóng) poisonous insect (or spider etc); (slang) junkie. 等等 (děng děng) et cetera; and so on ...; wait a minute!; hold on!.

Reasons for Tibetan antelope migration

藏羚羊迁徙的原因

Is a secret that humans cannot decipher for sure

是人类至今无法确切破译的秘密

确切 (què qiè) definite; exact; precise. 破译 (pò yì) to break a code; to crack a riddle; to solve an enigma; a breakthrough.

Here, the tired body of the female Tibetan antelope gets a temporary rest

在这里，雌性藏羚羊**疲累**的身体得到暂时**休憩**

疲累 (pí lèi) tired; exhausted. 休憩 (xiū qì) to rest; to relax; to take a break.

At this time, the Tibetan antelope is 6 months pregnant and will give birth

此时，藏羚羊已经怀孕6个月**即将**生产

即将 (jí jiāng) on the eve of; to be about to; to be on the verge of.

But this is not a safe and gentle town

然而这里并不是安全的温柔乡

Follow in the footsteps of migrants

跟随迁徙者的脚步

跟随 (gēn suí) to follow.

Predators also follow

掠食者也**尾随**而至

尾随 (wěi suí) to tail behind; to tag along; to follow on the heels of.

Tibetan brown bear

藏棕熊

棕熊 (zōng xióng) brown bear.

The largest predator on the Qinghai-Tibet Plateau

青藏高原上体型最大的掠食动物

He is an opportunist with a great appetite

他是胃口极佳的**机会主义者**

机会主义 (jī huì zhǔ yì) opportunism; pragmatism.

Never let go of any possibility of eating

绝不会**放过**任何一种**进食**的可能

放过 (fàng guò) to let off; to let slip by; to let sb get away with sth. 进食 (jìn shí) to take a meal; to eat.

Tibetan brown bears regenerate their energy next to the lambing field

藏棕熊在产羔地旁边**养精蓄锐**

养精蓄锐 (yǎng jīng xù ruì) to preserve and nurture one's spirit (idiom); honing one's strength for the big push.

He is waiting for the opportunity

他正在等待**机会**

On the endless grassland

一望无垠的草原上

一望无垠 (yī wàng wú yín) to stretch as far as the eye can see (idiom). 草原 (cǎo yuán) grassland; prairie.

Ewes who give birth always have to work hard to hide their babies

生产的母羊总是要为**隐藏**自己的**宝宝****煞费苦心**

煞费苦心 (shà fèi kǔ xīn) to take a lot of trouble (idiom); painstaking; at the cost of a lot of effort.

The weather on the plateau changes rapidly

高原的天气**瞬息万变**

瞬息万变 (shùn xī wàn biàn) in an instant a myriad changes (idiom); rapid substantial change.

A little Tibetan antelope was born in the rain

一只小藏羚羊在雨中**诞生**了

诞生 (dàn shēng) to be born.

The wasteland at a glance

荒原**一览无遗**

一览无遗 (yī lǎn wú yí) be plainly visible.

Hard to hide

很难**隐蔽**

隐蔽 (yǐn bì) to conceal; to hide; covert; under cover.

By instinct

出于本能

出于 (chū yú) due to; to stem from. **本能** (běn néng) instinct.

Lamb crouching on the grass

小羊蜷伏在草地上

小羊 (xiǎo yáng) lamb. **蜷伏** (quán fú) to curl up; to lie with knees drawn up; to huddle up.

Avoid the predators

躲避着掠使者

躲避 (duǒ bì) to hide; to evade; to dodge; to take shelter; to avoid (difficulties). **掠** (lüè) to take over by force; to rob; to plunder; to brush over; to skim; to sweep. **使者** (shǐ zhě) emissary; envoy.

But the threat is always there

但**威胁**一直存在

Ewe will stay away from newborn

母羊会**远离****新生儿**

远离 (yuǎn lí) to be far from; to keep away from. **新生儿** (xīn shēng ér) newborn baby; neonate.

So as not to expose

以免**暴露**

以免 (yǐ miǎn) in order to avoid; so as not to.

As soon as the lamb landed, he had to accept the challenge of survival alone

小羊**刚落地**就要**独自****接受****生存挑****战**

落地 (luò dì) to fall to the ground; to be set on the ground; to reach to the ground; to be born; (of a plane) to land. **独自** (dú zì) alone. **生存** (shēng cún) to exist; to survive.

It must learn to stand and walk within half an hour with extraordinary perseverance

它**必须****靠****超凡毅力**在**半小时之内****学会****站立**和**行走**

超凡 (chāo fán) out of the ordinary; exceedingly (good). **毅力** (yì lì) perseverance; willpower. **半小时** (bàn xiǎo shí) half hour. **之内** (zhī nèi) inside; within. **学会** (xué huì) to learn; to master; institute; learned society; (scholarly) association. **站立** (zhàn lì) to stand; standing; on one's feet. **行走** (xíng zǒu) to walk.

Only then can the lamb find its mother

只有这样小羊才能**找到**母亲

Back to the flock

回到羊群

Otherwise, it can only become a delicious meal in the belly of predators

否则**只能**成为掠食者的**腹中****美餐**

只能 (zhǐ néng) can only; obliged to do sth; to have no other choice. **腹** (fù) abdomen; stomach; belly. **中美** (zhōng měi) China-USA.

The little Tibetan antelope taking the first step in life

迈出生命**第一步**的小藏羚羊

迈出 (mài chū) to step out; to take a (first) step. **第一步** (dì yī bù) step one; first step.

Will start a 500-kilometer journey home with my mother

将会与母亲开启一段**长达**500公里**的****回家****之旅**

长达 (cháng dá) to extend as long as; to lengthen out to. **回家** (huí jiā) to return home.

An important producing area of tea and rubber in Southwest China

中国**西南****茶叶**和**橡胶**的**重要****产地**

西南 (xī nán) southwest. **茶叶** (chá yè) tea; tea leaves. **橡胶** (xiàng jiāo) rubber; caoutchouc. **产地** (chǎn dì) source (of a product); place of origin; manufacturing location.

The Dai people living in the mountainous area are ingenious

生活在**山区**的**傣族****人****心灵****手巧**

山区 (shān qū) mountain area. **傣** (dǎi) Dai (ethnic group). **族人** (zú rén) clansman; clan members; relatives; ethnic minority. **心灵手巧** (xīn líng shǒu qiǎo) capable; clever; dexterous.

They decorate their lives with brocade

他们用**织锦妆点**自己的生活

织锦 (zhī jǐn) brocade; silk fabric with colored pattern. **妆点** (zhuāng diǎn) to decorate.

From generation to generation

代代相传

代代相传 (dài dài xiāng chuán) passed on from generation to generation (idiom); to hand down.

The Dai people weave the most beautiful scenery with the most familiar animals

傣族人将最**美的**风景与最熟悉的动物**编织**其中

美的 (měi dí) Midea (brand). **编织** (biān zhī) to weave; to knit; to plait; to braid; (fig.) to create (sth abstract, e.g. a dream, a lie etc).

There is a huge body

有一种体型庞大

Endangered species often appear in the brocade

濒临灭绝的物种**常常**出现在织锦里

濒临 (bīn lín) on the edge of; (fig.) on the verge of; close to. **灭绝** (miè jué) to extinguish; to become extinct; to die out. **常常** (cháng cháng) frequently; often.

That is the Asian elephant

那就是亚洲象

Asian elephants are huge

亚洲象体型庞大

Up to 5 tons

重达5吨

They live in the primeval forest

他们在**原始**密林中生活

原始 (yuán shǐ) first; original; primitive; original (document etc).

This behemoth has an amazing appetite

这种**庞然大物**食量惊人

庞然大物 (páng rán dà wù) huge monster; colossus. **食量** (shí liàng) quantity of food. **惊人** (jīng rén) astonishing.

Must consume 30-60 kg of food every day

每天必须**摄入**30~60公斤食物

摄入 (shè rù) to take in; to absorb; to consume; intake; consumption.

Wild elephants usually live as a family

野生大象通常以家庭为单位生活

野生 (yě shēng) wild; undomesticated.

About 10 elephants form an elephant herd

10头左右大象组成象群

They need enough habitat

他们需要**足够**面积的栖息地

足够 (zú gòu) enough; sufficient.

But the area of tropical rainforest is shrinking

但是热带雨林面积在不断**萎缩**

萎缩 (wěi suō) to wither; to dry up (of a plant); to atrophy (of muscle, social custom etc).

Elephant herds sometimes venture across boundaries to seek food in human territory

象群**有时**会**涉险越界**到人类的**领地觅食**

有时 (yǒu shí) sometimes; now and then. **涉险** (shè xiǎn) to take risks; involved in adventure. **越界** (yuè jiè) to cross a border; to overstep a bound. **领地** (lǐng dì) territory; domain; estate; (old) fief. **觅食** (mì shí) to forage; to hunt for food; to scavenge; fig. to make a living.

The bananas and sugarcane grown in the farmland exude endless temptation

农田里**种植**的香蕉与**甘蔗**散发着**无穷的诱惑力**

农田 (nóng tián) farmland; cultivated land. **种植** (zhòng zhí) to plant; to grow. **甘蔗** (gān zhe) sugar cane. **散发** (sàn fā) to distribute; to emit; to issue. **无穷** (wú qióng) endless; boundless; inexhaustible. **诱惑** (yòu huò) to entice; to lure; to induce; to attract.

Today, farmland and tea gardens are expanding in the mountains

今天，农田与茶园在山间**拓展**

拓展 (tuò zhǎn) to expand.

Gradually extended to the former dense forest

逐渐**延伸**至从前的密林

延伸 (yán shēn) to extend; to spread.

The cash crops grown by humans are eating away at the Asian elephant forest

人类种植的**经济作物**正在**蚕食**亚洲象**林地**

经济作物 (jīng jì zuò wù) cash crop (economics). **蚕食** (cán shí) to nibble away at (as silkworm consume leaves); fig. to embezzle progressively. **林地** (lín dì) woodland.

Asian elephants face the dilemma of losing their habitat and food sources

亚洲象面临着失去栖息地与食物**来源的窘境**

来源 (lái yuán) source (of information etc); origin. **窘境** (jiǒng jìng) awkward situation; predicament.

Their living space is squeezed

他们的生存空间**遭到挤压**

遭到 (zāo dào) to suffer; to meet with (sth unfortunate). **挤压** (jǐ yā) to squeeze; to press; to extrude.

Had to approach the home of humans step by step

不得不向人类的家园**一步步靠近**

步步 (bù bù) step by step; at every step. **靠近** (kào jìn) near; to approach.

Wild Asian elephants are aggressive

野生亚洲象**富有攻击性**

有攻击性 (yǒu gōng jī xìng) offensive.

Meeting them is very dangerous

与他们**相遇**非常危险

相遇 (xiāng yù) to meet; to encounter; to come across.

From time to time there will be news about wild elephants hurting people

不时会**传来**野象**伤人**的新闻

不时 (bù shí) from time to time; now and then; occasionally; frequently. **传来** (chuán lái) (of a sound) to come through; to be heard; (of news) to arrive. **伤人** (shāng rén) to injure sb.

Increasing conflict between wild elephants and humans

野生大象与人类**冲突**日渐**加剧**

冲突 (chōng tū) conflict; to conflict; clash of opposing forces; collision (of interests); contention. **日渐** (rì jiàn) to progress (or increase, change etc) day by day; more (or better etc) with each passing day. **加剧** (jiā jù) to intensify; to sharpen; to accelerate; to aggravate; to exacerbate; to embitter.

Both parties need to be protected

双方都需要得到**保护**

Ranger Li Deming shoulders the important task of monitoring the whereabouts of wild elephants

护林员**李德铭**肩负着**监测**野生大象行踪的**重任**

李德 (lǐ dé) Otto Braun (1900-1974), Comintern adviser to the Chinese communist party 1932-1939. **铭** (míng) to engrave; inscribed motto. **肩负** (jiān fù) to shoulder (a burden); to bear; to suffer (a disadvantage). **监测** (jiān cè) to monitor. **重任** (zhòng rèn) heavy responsibility.

Every day he goes deep into the jungle to look for wild elephants

每天他都要**深入**密林寻找野象

深入 (shēn rù) to penetrate deeply; thorough.

Notify the village where the elephants may appear

把象群可能出现的地点通知**乡里**

乡里 (xiāng lǐ) one's home town or village.

Avoid hurting people

避免伤及**人群**

人群 (rén qún) crowd.

Asian elephants in order to get enough food

亚洲象为了获取足够食物

Must travel 30 kilometers every day

每天必须**跋涉**30公里

跋涉 (bá shè) to trudge; to trek.

Whereabouts are uncertain

行踪**不定**

不定 (bù dìng) indefinite; indeterminate; (botany) adventitious.

In order to grasp the elephant group

为了掌握象群情况

Li Deming must track the elephants over the mountains

李德铭必须**翻山越岭**追踪象群

翻山越岭 (fān shān yuè líng) to pass over mountains ridges (idiom); fig. hardships of the journey. **追踪** (zhuī zōng) to follow a trail; to trace; to pursue.

Although the elephant is huge

大象虽然体型庞大

But under the shadow of deep mountains and dense forests

但在**深山**密林**掩映**下

深山 (shēn shān) deep in the mountains. **掩映** (yǎn yìng) hidden from view; alternately hidden and visible; setting off each other.

It's not easy to catch them

要想**捕捉**到他们的**踪影**也**绝非**易事

捕捉 (bǔ zhuō) to catch; to seize; to capture. **踪影** (zōng yǐng) trace; vestige; presence. **绝非** (jué fēi) absolutely not.

Only Li Deming knows the secret method of tracking wild elephants

只有李德铭知道追踪野象的秘法

Asian elephants like water most

亚洲象最喜欢水

The river is their playground

河流就是他们的**游乐场**

河流 (hé liú) river. **游乐场** (yóu lè chǎng) playground.

Now they are enjoying a moment of leisure

现在他们正在享受休闲一刻

Compared with the largest forest on this land

与这陆地上体型最庞大的森林**相比**

相比 (xiāng bǐ) to compare.

Human beings are small and fragile but strong and tough

人类既**渺小****脆弱**又强悍坚韧

渺小 (miǎo xiǎo) minute; tiny; negligible; insignificant. **脆弱** (cuì ruò) weak; frail.

We can change mountains and rivers

我们能够改变**山川**河流

川 (chuān) abbr. for Sichuan Province 四川 (sì chuān) in southwest China.

But have to bear the consequences of excessive demand

却也要承担**过度****索取**的**恶果**

过度 (guò dù) excessive; over-; excess; going too far; extravagant; intemperate; overdue. **索取** (suǒ qǔ) to ask; to demand. **恶果** (è guǒ) evil consequence; retribution (in Buddhism).

Today the villagers represented by Li Deming are learning to live with these giants

今天以李德铭为代表的**村民**正在学会与这些**巨兽****共处**

村民 (cūn mǐn) villager. **巨兽** (jù shòu) giant creature; huge animal. **共处** (gòng chǔ) to coexist; to get along (with others).

Sharing the gift of nature

共享大自然的馈赠

共享 (gòng xiǎng) to share; to enjoy together. 大自然 (dà zì rán) nature (the natural world). 馈赠 (kuì zèng) to present (a gift) to (sb).

In summer, plateau pikas begin to correct their nests

夏季，高原鼠兔开始修正巢穴

修正 (xiū zhèng) to revise; to amend. 巢穴 (cháo xué) lair; nest; den; hideout.

Under the thick turf layer

在厚草皮层下

皮层 (pí céng) cortex.

Every rabbit family digs a complex cave system

每个属兔家庭都会挖掘复杂的洞穴系统

挖掘 (wā jué) to excavate; to dig; to unearth.

Plateau pika, the most populous species on the roof of the world

高原鼠兔，世界屋脊上种群量最大的物种

世界屋脊 (shì jiè wū jǐ) the roof of the world; usually refers to Tibet or Qinghai-Tibetan Plateau 青藏高原 (qīng zàng gāo yuán).

Has amazing reproductive ability

有着惊人的繁殖能力

有着 (yǒu zhe) to have; to possess. 繁殖 (fán zhí) to breed; to reproduce; to propagate.

The whole summer is their breeding season

整个夏天都是他们的繁殖期

During this period, a female plateau pika can have two births

这段时间一只雌性高原鼠兔可以生育两胎

生育 (shēng yù) to bear; to give birth; to grow; to rear; to bring up (children); fertility. 胎 (tāi) fetus; litter; tire; abbr. of 轮胎.

Up to 10 pups

多达10只幼崽

多达 (duō dá) up to; no less than; as much as. 幼崽 (yòu zǎi) young (of an animal).

They are happy notes on the grassland

它们是草原上快乐的音符

音符 (yīn fú) (music) note; phonetic component of a Chinese character; phonetic symbol; phonogram.

Hare, a mysterious cat

兔狲，神秘的猫科动物

狲 (sūn) (monkey). 猫科 (māo kē) Felidae (the cat family).

rare

难得一见

难得一见 (nán dé yī jiàn) rarely seen.

It is condescending, looking for its prey

它居高临下，寻找着自己的猎物

居高临下 (jū gāo lín xià) to live high and look down (idiom); to overlook; to tower above; to occupy the high ground; fig. arrogance based on one's social position. 猎物 (liè wù) prey.

Amazing patience and unparalleled tact are combined

惊人的耐心和无比的机敏合为一体

无比 (wú bǐ) incomparable; matchless. 机敏 (jī mǐn) agility. 合为 (hé wéi) to combine. 一体 (yī tǐ) an integral whole; all concerned; everybody.

The size of a rabbit is not the size of a domestic cat

兔狲体形不过家猫大小

体形 (tǐ xíng) figure; bodily form. 大小 (dà xiǎo) dimension; magnitude; size; measurement; large and small; at any rate; adults and children; consideration of seniority.

But he is the out-and-out super killer on the plateau

却是高原上不折不扣的超级杀手

却是 (què shì) nevertheless; actually; the fact is 不折不扣 (bù zhé bù kòu) a hundred percent; to the letter; out-and-out.

On the roof of the world

世界屋脊之上

The tenacity of life and the cruelty of the environment strike a wonderful balance

生命的坚韧与环境的**残酷**达成了**奇妙**的平衡

残酷 (cán kù) cruel; cruelty. **达成** (dá chéng) to reach (an agreement); to accomplish. **奇妙** (qí miào) fantastic; wonderful.

Every moment here is staged destruction and rebirth

这里每一刻都在上演**毁灭**与**新生**

毁灭 (huǐ miè) to perish; to ruin; to destroy.

Unpredictable forces of nature

自然的力量不可**测度**

测度 (cè duó) to estimate; to conjecture.

Wolf, the overlord at the top of the food chain

狼，**食物链**最顶端的**霸主**

食物链 (shí wù liàn) food chain. **霸主** (bà zhǔ) a powerful chief of the princes of the Spring and Autumn Period (770-476 BC); overlord; hegemon.

Wild yak, the largest animal on the plateau

野牦牛，高原上体型最大的动物

牦牛 (máo niú) yak (Bos grunniens).

Wolves attack

狼群展开**攻击**

攻击 (gōng jī) to attack; to accuse; to charge; an attack (terrorist or military).

The frightened herd quickly gathered to protect the calf

受惊扰的牛群快速聚集保护**小牛**

受惊 (shòu jīng) startled. **小牛** (xiǎo niú) calf; (coll.) lower-priced model of Lamborghini.

Adult wild yak weighs up to 500 kg

成年野牦牛重达500公斤

Have 10 times the physique of a wolf

拥有10倍以上狼的**体魄**

拥有 (yōng yǒu) to have; to possess. **体魄** (tǐ pò) physique; build.

The born calf becomes the target of the wolf pack

出生的小牛成为狼群的攻击对象

This is a life and death battle

这是一场**生死攸关**的**战斗**

生死攸关 (shēng sǐ yǒu guān) matter of life and death. **战斗** (zhàn dòu) to fight; to engage in combat; struggle; battle.

Lost the only child

失去了**唯一**的孩子

He didn't want to leave for a long time

他**久久**不愿**离去**

久久 (jiǔ jiǔ) for a very long time. **不愿** (bù yuàn) unwilling; unwillingness. **离去** (lí qù) to leave; to exit.

The wind of the valley brings a message of death

山谷的风带来**死亡**的**讯息**

山谷 (shān gǔ) valley; ravine. **讯息** (xùn xī) information; news; message; text message or SMS.

Scavengers follow in the footsteps of hunters

食腐动物紧**跟着**猎杀者的脚步

食腐动物 (shí fǔ dòng wù) scavenger. **跟着** (gēn zhe) to follow after; immediately afterwards. **猎杀** (liè shā) to kill (in hunting).

The noisy raven came first

最先到来的是**吵闹**的**渡鸦**

最先 (zuì xiān) (the) very first. **吵闹** (chǎo nào) noisy; raucous; to shout and scream. **渡鸦** (dù yā) (bird species of China) common raven (Corvus corax).

Then, the silent vulture joined in

接着，**沉默**的**秃鹫**也加入**进来**

秃鹫 (tū jiù) vulture; (bird species of China) cinereous vulture (Aegypius monachus). **进来** (jìn lái) to come in.

This is their rare feast

这是他们**难得**的**盛宴**

难得 (nán dé) seldom; rare; hard to come by.

On the desolate plateau

在**荒凉**高原上

荒凉 (huāng liáng) desolate.

Everything will be transformed into energy

任何事物都会被**转化**成能量

转化 (zhuǎn huà) to change; to transform; isomerization (chemistry).

Nothing will be wasted

任何事物都不会被浪费

The Qinghai-Tibet Plateau is full of temptations and dangers

青藏高原充满了诱惑与危险

This is a mysterious unknown territory

这是一片神秘的**未知**领地

未知 (wèi zhī) unknown.

Since ancient times

自**远古**以来

远古 (yuǎn gǔ) antiquity; ancient times.

Wild animals reproduce and evolve here

野生动物就**在此**繁衍**进化**

在此 (zài cǐ) hereto; here. **进化** (jìn huà) evolution.

Perfectly adapted to the harsh living environment on the plateau

完美适应了高原上严酷的**生存环境**

生存环境 (shēng cún huán jìng) habitat; living environment.

The ancient land is endless

亘古大地**生生不息**

亘古 (gèn gǔ) throughout time; from ancient times (up to the present). **生生不息** (shēng shēng bù xī) to grow and multiply without end.

The little Tibetan antelope sucks nutritious milk

小藏羚羊**吮吸**着营养丰富的**奶水**

吮吸 (shǔn xī) to suck. **奶水** (nǎi shuǐ) mother's milk.

Absorb the energy that mother gets from the earth

吸收母亲从大地上获取的能量

No other choice

没有**别的**选择

别的 (bié de) else; other.

These fresh and tender lives join the migrating army

这些**初生娇嫩**的生命加入迁徙**大军**

初生 (chū shēng) newborn; nascent; primary (biology). **娇嫩** (jiāo nèn) tender and lovely; fragile; delicate. **大军** (dà jūn) army; main forces.

Follow in the footsteps of adult Tibetan antelopes for hundreds of kilometers

跟随成年藏羚羊的脚步**纵贯**数百公里

纵贯 (zòng guàn) lit. warp string in weaving; fig. vertical or north-south lines; to pass through; to cross lengthwise; to pierce (esp. north-south or top-to-bottom).

This is the highest animal migration on earth

这是地球上海拔最高的动物迁徙

This is the most spectacular journey of life on earth

这是地球上最**壮观**的生命旅程

壮观 (zhuàng guān) spectacular; magnificent sight.

More than 100,000 Tibetan antelopes cross the Northern Tibet Plateau every year

每年有超过10万只藏羚羊**穿越**藏北高原

穿越 (chuān yuè) to pass through; to traverse; to cross.

This is a road to life and death

这是一条**生死**之路

生死 (shēng sǐ) life or death.

More than half of the small Tibetan antelopes will be eliminated naturally

有一半**以上**的小藏羚羊会被自然**淘汰**

半以上 (bàn yǐ shàng) more than half. **淘汰** (táo tài) to wash out; elimination (by selection); natural selection; to knock out (in a competition); to die out; to phase out.

Only the strongest lambs can
return to their hometown

只有那些**强壮**的小羊才可以回
到家乡

强壮 (qiáng zhuàng) strong; sturdy; robust.

This is an irresistible law of
nature

这是**不可抗拒**的**自然法则**

不可抗拒 (bù kě kàng jù) act of God; force majeure
(law); irresistible (idiom). **自然法** (zì rán fǎ) natural law.

Power of nature

自然的力量