

English Only

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

Time: 00:00

Voice 1

Welcome to Spotlight. I'm Liz Waid.

Voice 2

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

Time: 00:33

Voice 1

A young man is trapped on a mountain. He is alone. A young woman is lost in a forest. She is also alone. Both face death. And both work hard to survive. Today's Spotlight is on these two young people and how they survived extreme accidents.

Voice 2

In April 2003 Aron Ralston was 27. He lived in Utah, in the United States. He loved to hike, to take long walks in nature. On April the 26, he went alone. He climbed into a deep, narrow valley. But then he had an accident. A huge rock fell down the mountain. The rock landed on his hand, crushing it. Ralston was trapped.

Voice 1

Ralston had not told anyone where he was going to walk. So he knew that no one would be searching for him. People did not usually hike in the area. He knew that he would die if he could not free his hand.

Voice 2

He tried to move the rock. He wanted to release his hand. He tried very hard. But he could not move the rock. Finally, on the second day, he considered cutting off his arm. But he only had a small knife. It would not cut through the bones in his arm.

Voice 1

He struggled to escape for five days. By then he had no more water to drink. He was very weak. And he could not think clearly. He thought he was going to die. So he wrote his name

on the side of the mountain. And he recorded a final message for his family. Then he went to sleep.

Voice 2

The next morning he was still alive! He was very surprised. Suddenly he had new energy. He had a new idea. He decided to use his own body weight to break the bones in his arm. Then he cut off his hand with his small knife. It took him a long time to cut his hand off. And it was very painful. But at last he was free.

Voice 1

But Ralston was still not safe. He was almost 13 kilometres from his car. And he had no telephone. So he had to go and find help. He climbed down a 19 metre mountain wall. Then he started to walk out of the valley. The sun was hot. And he had no water to drink. He was also losing a lot of blood.

Voice 2

But then he found a group of people. It was a family who were on holiday. They helped him. They gave him water to drink. Finally, he was rescued. It was only six hours after cutting off his arm.

Voice 1

Later doctors fitted a false hand to his arm. It includes special climbing tools. So Ralston can still go climbing. He has climbed many mountains since the accident. But now he always tells people where he is going.

Time: 06:02

Voice 2

In December 1971 Juliane Koepcke was 17. She and her mother were flying home for Christmas. The airplane was over Peru. But the airplane flew into a very bad storm. The airplane went up and down. Then lightning hit it. The engines stopped, and the airplane began to fall towards the ground. When it was three kilometres above the earth, it broke into pieces.

Voice 1

Koepcke was still tied into her seat. She fell through the air alone. All she heard was the noise of the wind going past her ears. Then she hit the ground very hard. The seat saved her from being killed. But she suffered a broken bone in her chest. She had deep cuts on her body. And she could not open her right eye.

Voice 2

Koepcke had landed in the Amazon rain forest. She looked for her mother. But she could not find her. She heard rescue airplanes above the trees. But the forest was very thick. So she could not see the airplanes, and rescuers could not see her.

Voice 1

But Koepcke knew how to survive in the forest environment. Her parents were scientists. They studied birds and animals that lived in the rain forest. And Koepcke had lived in the rain forest with her parents.

Voice 2

She found a very small river. And she began to walk in it. She followed the direction the river flowed. She knew it would bring her to people. It also provided her with clean water to drink. However, Koepcke had no food. She only had a few sweet candy treats.

Voice 1

She avoided snakes by walking in the water. But she could not avoid insects. They bit her a lot. And the bites became infected. It was very hot and wet in the day. And it was very cold at night.

Time: 09:32

Voice 2

By the tenth day, Koepcke was very weak, and very lonely. She began walking near a larger river. Then Koepcke saw a big boat. She thought she was dreaming. She went to touch the boat. It was real! Near the boat was a shelter. This discovery gave her new hope. She knew there must be people in the area.

Voice 1

Several hours later some men returned to the shelter. They worked in the forest, cutting trees. They cared for her injuries. And they gave her food. The next day they took her down the river to find help. The boat trip took seven hours.

Voice 2

Koepcke's father was waiting for her. They held each other. They still did not know if Koepcke's mother was alive. There had been 92 passengers and crew on the airplane. Later they discovered that Koepcke was the only survivor of the crash.

Voice 1

More than 40 years later, Koepcke spoke to reporter Tom Littlewood. She told him,

Voice 3

'I had bad dreams for many years. The sadness about my mother's death and that of the other people came back again and again. The thought 'Why was I the only survivor?' never leaves me. It never will.'

Voice 2

Koepcke now lives in Germany. She returns to Peru every year. She loves the rain forest. And she works to protect it.

Voice 1

Ralston and Koepcke both had advantages in these situations. They were both young and strong. They both had experience being in wild places. But they had something else in common too. They both had a strong desire to survive. Do you think that you could survive in situations like these?

Time: 12:55

Voice 2

The writer of this programme was Joy Smith. The producer was Nick Mangeolles. 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. This program is called 'Extreme Survival'.

Voice 1

To hear another program about extreme survival, visit our website. We hope you can join us again for the next Spotlight programme. 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 Mike Procter. 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 مايك بروكتر يستخدم برنامج Spotlight أسلوب لغة انجليزية خاصة للبحث بحيث يسهل على الناس فهم اللغة بغض النظر عن المكان الذي يعيشون فيه حول العالم

الوقت: 00:33

Voice 1

A young man is trapped on a mountain. He is alone. A young woman is lost in a forest. She is also alone. Both face death. And both work hard to survive. Today's Spotlight is on these two young people and how they survived extreme accidents.

الصوت الأول

شاب وحيد محاصر على جبل. فتاة وحيدة ضائعة في الغابة. كلاهما يواجهان الموت. وكلاهما يعملان بجد من أجل البقاء. تسلط Spotlight الضوء اليوم على هذين الشابين وكيف نجو من الحوادث الكبيرة.

Voice 2

In April 2003 Aron Ralston was 27. He lived in Utah, in the United States. He loved to hike, to take long walks in nature. On April the 26, he went alone. He climbed into a deep, narrow valley. But then he had an accident. A huge rock fell down the mountain. The rock landed on his hand, crushing it. Ralston was trapped.

الصوت الثاني

في أبريل 2003 ، كان آرون رالستون في السابعة والعشرين من عمره. عاش في يوتا بالولايات المتحدة. كان يحب المشي لمسافات طويلة في الطبيعة. في 26 أبريل، ذهب بمفرده. صعد إلى واد عميق وضيق. ولكن بعد ذلك تعرض لحادث. سقطت صخرة ضخمة أسفل الجبل على يده وسحقته. حوصر رالستون.

Voice 1

Ralston had not told anyone where he was going to walk. So he knew that no one would be searching for him. People did not usually hike in the area. He knew that he would die if he could not free his hand.

الصوت الأول

لم يخبر رالستون أحداً أين سيذهب. لذلك كان يعلم أن لن يبحث عنه أحد. عادة لا يمشي الناس لمسافات طويلة في المنطقة. كان على علم أنه سيموت إذا لم يستطع تحرير يده.

Voice 2

He tried to move the rock. He wanted to release his hand. He tried very hard. But he could not move the rock. Finally, on the second day, he considered cutting off his arm. But he only had a small knife. It would not cut through the bones in his arm.

الصوت الثاني

حاول تحريك الصخرة. أراد تحرير يده. لقد حاول جاهداً. لكنه لم يستطع تحريك الصخرة. وأخيراً، في اليوم الثاني، فكر في قطع ذراعه. ولكن كان لديه سكين صغيرة فقط ولن يتمكن من قطع العظام في ذراعه.

Voice 1

He struggled to escape for five days. By then he had no more water to drink. He was very weak. And he could not think clearly. He thought he was going to die. So he wrote his name on the side of the mountain. And he recorded a final message for his family. Then he went to sleep.

الصوت الأول

كافح خمس أيام للنجاة. وفي ذلك الوقت لم يمتلك الماء للشرب. كان جسده ضعيفاً جداً. ولم يستطع التفكير بوضوح. اعتقد أنه سيموت. فكتب اسمه على جانب الجبل. وسجل رسالة أخيرة لعائلته. ثم غط في النوم.

Voice 2

The next morning he was still alive! He was very surprised. Suddenly he had new energy. He had a new idea. He decided to use his own body weight to break the bones in his arm. Then he cut off his hand with his small knife. It took him a long time to cut his hand off. And it was very painful. But at last he was free.

الصوت الثاني

في صباح اليوم التالي كان لا يزال على قيد الحياة! فوجئ جداً. فجأة أصبح لديه طاقة جديدة. كانت لديه فكرة جديدة. قرر استخدام وزن جسمه لكسر العظام في ذراعه. ثم قطع يده بسكين صغير. لقد استغرق وقت طويل لقطع يده كان مؤلماً للغاية. ولكن في النهاية تحرر.

Voice 1

But Ralston was still not safe. He was almost 13 kilometres from his car. And he had no telephone. So he had to go and find help. He climbed down a 19 metre mountain wall. Then

he started to walk out of the valley. The sun was hot. And he had no water to drink. He was also losing a lot of blood.

الصوت الأول

لكن رالستون ما زال غير آمن. كان على بعد 13 كيلومترا من سيارته. ولم يكن لديه هاتف. لذا كان عليه أن يذهب ويجد المساعدة. تسلق جداراً جبلياً بطول 19 متراً. ثم بدأ بالخروج من الوادي. كانت الشمس حارة. ولم يكن لديه ماء للشرب. فقد الكثير من الدم

Voice 2

But then he found a group of people. It was a family who were on holiday. They helped him. They gave him water to drink. Finally, he was rescued. It was only six hours after cutting off his arm.

الصوت الثاني

ولكن بعد ذلك وجد مجموعة من الناس. كانت عائلة في عطلة. لقد ساعدوه، أعطوه الماء ليشرب. أخيراً، تم إنقاذه. كان ذلك بعد ست ساعات فقط من قطع ذراعه.

Voice 1

Later doctors fitted a false hand to his arm. It includes special climbing tools. So Ralston can still go climbing. He has climbed many mountains since the accident. But now he always tells people where he is going.

الصوت الأول

قام الأطباء فيما بعد بتركيب يد اصطناعية على ذراعه والتي تحتوي على أدوات تسلق خاصة. لذلك لا يزال بإمكان رالستون الذهاب للتسلق. لقد تسلق العديد من الجبال منذ الحادث. لكنه الآن يُبقي الناس على اطلاع لمكان ذهابه.

الوقت: 06:02

Voice 2

In December 1971 Juliane Koepcke was 17. She and her mother were flying home for Christmas. The airplane was over Peru. But the airplane flew into a very bad storm. The airplane went up and down. Then lightning hit it. The engines stopped, and the airplane began to fall towards the ground. When it was three kilometres above the earth, it broke into pieces.

الصوت الثاني

في ديسمبر 1971، كانت جوليان كوبك في السابعة عشرة من عمرها. وكانت هي ووالدتها في طريقهما إلى المنزل لعيد الميلاد. كانت الطائرة تحلق فوق جمهورية بيرو بوجود عاصفة سيئة للغاية. حلقت الطائرة صعوداً وهبوطاً بعد ذلك أصابها البرق. توقفت المحركات، وبدأت الطائرة في السقوط نحو الأرض. تحطمت إلى أجزاء وهي على ارتفاع ثلاثة كيلومترات فوق سطح الأرض.

Voice 1

Koepcke was still tied into her seat. She fell through the air alone. All she heard was the noise of the wind going past her ears. Then she hit the ground very hard. The seat saved her from being killed. But she suffered a broken bone in her chest. She had deep cuts on her body. And she could not open her right eye.

الصوت الأول

لا تزال كوبك تضع أحزمة الأمان وهي في مفعد الطائرة ك. سقطت في الهواء وحدها. كل ما سمعته هو ضجيج الرياح التي مر بأذنيها. ثم سقطت على الأرض بقوة شديدة. المقعد أنقذها من الموت. لكنها أصيبت بكسر في عظام صدرها. كان لديها جروح عميقة على جسدها ولم تستطع فتح عينها اليمنى.

Voice 2

Koepcke had landed in the Amazon rain forest. She looked for her mother. But she could not find her. She heard rescue airplanes above the trees. But the forest was very thick. So she could not see the airplanes, and rescuers could not see her.

الصوت الثاني

هبطت كوبك في غابة الأمازون الممطرة. بحثت عن والدتها. لكنها لم تجدها. سمعت طائرات إنقاذ فوق الأشجار. لكن الغابة كانت سميكة للغاية. لذلك لم تستطع رؤية الطائرات ولم يستطع رجال الإنقاذ رؤيتها.

Voice 1

But Koepcke knew how to survive in the forest environment. Her parents were scientists. They studied birds and animals that lived in the rain forest. And Koepcke had lived in the rain forest with her parents.

الصوت الأول

عرفت كوبك كيفية العيش في بيئة الغابات. كان والداها من العلماء. درسوا الطيور والحيوانات التي تعيش في الغابات الممطرة. وقد عاشت كوبك في الغابات الممطرة مع والديها.

Voice 2

She found a very small river. And she began to walk in it. She followed the direction the river flowed. She knew it would bring her to people. It also provided her with clean water to drink. However, Koepcke had no food. She only had a few sweet candy treats.

الصوت الثاني

وجدت نهرًا صغيرًا جدًا. وبدأت في السير فيه. اتبعت اتجاه تدفق النهر. عرفت أن النهر سيقودها لمكان به ناس. كما زودها النهر بمياه نظيفة للشرب. ومع ذلك ، لم يكن لدى كوبك أي طعام. كان لديها فقط عدد قليل من الحلوى.

Voice 1

She avoided snakes by walking in the water. But she could not avoid insects. They bit her a lot. And the bites became infected. It was very hot and wet in the day. And it was very cold at night.

الصوت الأول

تجنببت الثعابين عن طريق المشي في الماء. لكنها لم تستطع تجنب الحشرات. لقد لسعوها بكثرة وأصابتها اللدغات. كان الجو حاراً ورطباً للغاية في النهار، وبارداً جداً في الليل.

الوقت: 09:32

Voice 2

By the tenth day, Koepcke was very weak, and very lonely. She began walking near a larger river. Then Koepcke saw a big boat. She thought she was dreaming. She went to touch the boat. It was real! Near the boat was a shelter. This discovery gave her new hope. She knew there must be people in the area.

الصوت الثاني

بحلول اليوم العاشر كانت كوبك تشعر بالضعف الشديد والوحدة. بدأت المشي بالقرب من نهر أكبر. ثم رأت كوبك قارب كبير. ظنت أنها كانت تحلم. ذهبت للمس القارب. لقد كان حقيقياً! بالقرب من القارب كان ملجأ. أعاد هذا الاكتشاف الأمل لها من جديد. أدركت أنه يجب أن يكون هناك أشخاص في المنطقة.

Voice 1

Several hours later some men returned to the shelter. They worked in the forest, cutting trees. They cared for her injuries. And they gave her food. The next day they took her down the river to find help. The boat trip took seven hours.

الصوت الأول

بعد عدة ساعات عاد بعض الرجال إلى الملجأ. عملوا في الغابة، وقطع الأشجار. لقد اعتنوا بجروحها وأعطوها الطعام. في اليوم التالي أخذوها إلى أسفل النهر للحصول على المساعدة. استغرقت رحلة القارب سبع ساعات.

Voice 2

Koepcke's father was waiting for her. They held each other. They still did not know if Koepcke's mother was alive. There had been 92 passengers and crew on the airplane. Later they discovered that Koepcke was the only survivor of the crash.

الصوت الثاني

كان والد كوبك ينتظرها واحتضنا بعضهما. ما زالوا لا يعرفون ما إذا كانت والدة كوبك على قيد الحياة. كان على متن الطائرة 92 راكباً وطاقم الطائرة. اكتشفوا في وقت لاحق أن كوبك كانت الناجية الوحيدة من الحادث.

Voice 1

More than 40 years later, Koepcke spoke to reporter Tom Littlewood. She told him,

بعد أكثر من 40 عامًا، تحدثت كوبك إلى الصحفي توم ليتلوود وأخبرته

Voice 3

'I had bad dreams for many years. The sadness about my mother's death and that of the other people came back again and again. The thought 'Why was I the only survivor?' never leaves me. It never will.'

الصوت الثالث

"حلمت بأحلام سيئة لسنوات عديدة. الحزن على وفاة والدتي وموت الآخرين كانت تلازميني . فكرة "لماذا كنت الناجية الوحيدة؟" لم ولن تفارقني أبدًا."

Voice 2

Koepcke now lives in Germany. She returns to Peru every year. She loves the rain forest. And she works to protect it.

الصوت الثاني

تعيش كوبك الآن في ألمانيا. تعود إلى بيرو كل عام. تحب الغابات الممطرة. وهي تعمل على حمايتها.

Voice 1

Ralston and Koepcke both had advantages in these situations. They were both young and strong. They both had experience being in wild places. But they had something else in common too. They both had a strong desire to survive. Do you think that you could survive in situations like these?

الصوت الأول

اكتسب كل من رالستون وكوبيك فائدة من هذه المواقف. كلاهما كانا صغارا وأقوياء. كلاهما لديهما خبرة في التواجد في أماكن برية. ولكنهما لديهما شيء آخر مشترك. كان لديهما رغبة قوية في البقاء. هل تعتقد أنه يمكنك البقاء على قيد الحياة في مثل هذه الحالات؟

الوقت: 12:55

Voice 2

The writer of this programme was Joy Smith. The producer was Nick Mangeolles. 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. This program is called 'Extreme Survival'.

الصوت الثاني

كاتب هذا البرنامج هو جوي سميث. المنتج هو نيك مانجوليز. 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 www.radioenglish.net. يسمى هذا البرنامج "البقاء الشديد".

Voice 1

To hear another program about extreme survival, visit our website. We hope you can join us again for the next Spotlight programme. Goodbye

الصوت الأول

للاستماع إلى برنامج آخر حول البقاء المدقع ، قم بزيارة موقعنا على الإنترنت. نأمل أن تتمكن من الانضمام إلينا مرة أخرى في برنامج Spotlight التالي. وداعا.