

本集内容

UK woman completes solo expedition to Antarctica 英国女性独自徒步 1126 公里到达南极

学习要点

有关 “physical challenges (体能挑战)” 的词汇

边看边答

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!

哈普丽特·考尔·钱迪 极地探险家
“我刚到达了南极！”

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.

来认识一下哈普丽特·考尔·钱迪，人们也叫她“极地普丽特”。33 岁的她成为了首位独自完成南极探险的有色人种女性，登上了世界各大媒体的头条。

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

哈普丽特·考尔·钱迪 极地探险家
“我现在感觉棒极了。”

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.

普丽特上尉是一位受过训练的理疗师，为英国陆军工作，她在 40 天 7 小时 3 分钟内，成功徒步走了 1126 公里，这让她成为了徒步到达南极速度第三快的女性。

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.

哈普丽特·考尔·钱迪 极地探险家

“之所以选择南极，是因为我对其知之甚少，我觉得，如果我能做一件让我远离**舒适区**的事情，希望也能激励其他人这么做。”

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

今天很不容易。又出现了乳白天空的现象。我累坏了。

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.

作为她**艰难**探险的一部分，普丽特承受了低至零下 50 摄氏度的温度和高达每小时 96 公里的风速，每天步行约 27 公里，还拖着重达 90 公斤的雪橇，上面载着她的装备。

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'.

哈普丽特·考尔·钱迪 极地探险家

“总是在刮风，我记忆中只有两天没怎么刮风。我必须通过融雪才能得到水。晚上我吃冻干的饭菜，说实话味道还真不错。不过到最后，我确实很想念新鲜食物。白天，我吃的东西种类繁多，比如坚果、巧克力、奶酪和萨拉米香肠。你知道的，我在消耗很多卡路里，我一天要吃 5000 卡路里左右的东西。但尽管如此，我完成探险时还是

瘦了 10 公斤。有些时候，路上特别辛苦，我就想：这是我做过的**最艰难**的事情了，我该怎样继续下去？我会一点点、一步步来，但我从没想过‘我要放弃’。”

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.

普丽特花了两年时间为这次冒险作准备和训练，包括每天拖拽轮胎长达五个小时，还完成了一次为期 27 天的格陵兰岛之旅，以帮助她适应极端的天气条件。

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.

当时，普丽特还面临来自亲戚和社区的**疑虑**，因为参加户外活动或探险的南亚人为数不多。

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

尽管经历了重重**困难**和考验，普丽特说自己并不会停下脚步，而且已经展开了下一次冒险的训练。

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.

哈普丽特·考尔·钱迪 极地探险家

“我其实打算穿越南极洲，如果看地图就知道，这条路线基本上是一个直角。”

词汇

comfort zone 舒适区

gruelling 艰辛的，累人的

toughest 最困难的

reservations 保留意见，疑虑

hardships 艰难困苦

视频链接

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

问题答案

She consumed about 5,000 calories a day.