# 公开演讲英语作文范文通用18篇

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*公开演讲英语作文范文 第一篇Good afternoon,ladies and erent people have different \'s your dream?Could you tell me your dream?Of course...*

**公开演讲英语作文范文 第一篇**

Good afternoon,ladies and erent people have different \'s your dream?Could you tell me your dream?Of course,now it\'s my tend to share my dream with you.

My dream is to do myself e you will say it\'s so easy that you can do it right ly?

When I was young,I lived by a first,the river was very r several years,the river was covered with lots of my eyes,I felt very sad,removing the gabbage from the we all know,we can\'t do anything without water,and we will die,then the world will does it occur?That\'s only because we can\'t do ourselves well and throw the gabbage r that,I dicided to do myself well.

However,when I entered senior high school,I lost myself and forgot my a student,I was supported to study hard,but I indulged myself in surfing the hadn\'t even mentioned my dream before my mom asked me with anger whether I would stick to my felt very guilty ,and still remembered the look of my must insist on my dream,never give \'m sure I can do myself well.

Once going on the wrong road,you may not do youself ,would you still think my dream is very easy to come true?

**公开演讲英语作文范文 第二篇**

Ladies and Gentlemen: My topic is Honesty.

As a correspondent of the Qingdao Morning News, I visited Dr. James Gilman, the President of the International Committee for Marco Polo Studies in England. In this picture, this is James, and this is me and we are looking at a dragon’s tooth. This is a true story.

65 years ago, James lived in Qingdao. Then he was only 5 years old. He often visited the Aquarium and was fascinated by a creature on display there, which he thought was a dragon. He was afraid of its sharp teeth and wanted one to keep as a treasure.

In the late 1930s, when the Japanese occupied Qingdao, his family had to leave. On his last day in Qingdao, he ran to the Aquarium and pulled out one of the teeth from the dragon’s mouth.

**公开演讲英语作文范文 第三篇**

no writer who knows the great writers who did not receive the prize can accept it other than with humility. there is no need to list these writers. everyone here may make his own list according to his knowledge and his conscience.

没有一个作家，当他知道在他以前不少伟大的作家并没有获得此项奖金的时候，能够心安理得地领奖而不感到受之有愧。这里无须一一列举这些作家的名字。在座的每一个人，都可以根据他的学识和良心提出自己名单来。 it would be impossible for me to ask the ambassador of my country to read a speech in which a writer saidall of the things which are in his heart. things may not be immediately discernible in what a man writes, and in this sometimes he is fortunate; but eventually they are quite clear and by these and the degree of alchemy that he possesses he will endure or be forgotten.

要求我国的大使在这儿宣读一篇演说，把一个作家心中所有感受说出来那是不可能的\'。一个人作品中的一些东西可能不会马上被人理解，在这点上，他有时是幸运的;但是这一切终究会十分清晰起来，通过它们以及作家所具有的点石成金的本领之大小，他将青史留名或被人遗忘。

writing at its best is a lonely life. organizations for writers palliate the writer\'s loneliness, but i doubt if they improve his writing. he grows in public stature as he sheds his loneliness and often his work deteriorates. for he does his work alone, and if he is a good enough writer, he must face eternity or the lack of it each day.

很多时候，写作是一种孤寂的生活。作家组织固然可以排遣他们的孤独，但是我怀疑它们是否能够促进作家的创作。一个在稠人广众之中成长起来的作家，自然可以免除孤苦寂寥之虑，但他的作品往往流于平庸。而一个在孤寂中工作的作家，如果他又确实不同凡响，那他就必须面对永恒或者面对缺乏永恒的每一天。

for a true writer, each book should be a new beginning where he tries again for something that is beyond attainment. he should always try for something that has never been done or that others have tried and failed. then sometimes, with good luck, he will succeed.

对于一个真正的作家来说，每一本书都应该成为他继续探索那些尚未涉及的领域的一个新起点。他应该永远尝试去做那些从来没有人做过或者他人做过但却已经失败的事。这样他就会有幸获得成功。

how simple the writing of literature would be if it were only necessary to write in another way what has been well written. it is because we have had such great writers in the past that a writer is driven far out past where he can go, out to where no one can help him.

如果仅仅是将已经写好的作品换一种方式来重新诠释，那么文学创作就显得太轻而易举了。我们的前辈大师们留下了伟大的业绩，正因为如此，一个普通作家常被他们逼人的光辉驱赶到远离他可能到达的地方，陷于孤立无援的境地。

i have spoken too long for a writer. a writer should write what he has to say and not speak it.

作为一个作家，我讲的已经太多了。作家应当把自己要说的话写下来，而不是说出来。

again i thank you.

再一次谢谢大家。

**公开演讲英语作文范文 第四篇**

Whatever one does,one should do it with confidence. If one has no confidence,there is little possibility that one would ever achieve anything,especially when one is faced with drawbacks or hardships. This truth seems to be evident. However,in reality we do see a lot of people who complain that they like the ability to do something or that their difficulties are too great to be overcome. For someone,this might be true. But for many others,this only shows that they have lost heart.

Why do people often feel frustrated even though they are capable of doing something?There are,among others,two main reasons. First,these people do have a correct estimate of themselves. Second,they overestimate the difficulties.

It is possible to build up faith in oneself by having the right attitude towards one’s abilities. We should never underestimate one’s abilities. But believe in the proverb:“Where there is a will,there is a way.” Confidence is the promise for fulfilling a task successfully.

**公开演讲英语作文范文 第五篇**

Good morning, ladies and gentlemen!

I’m honored to share my feelings with you about Beijing Olympic games. The title of the speech is: A Scene to look forward I would like to begin with a story.

There was an elder who traveled all around the world to introduce China for bidding Olympic games. That special hard experience had rooted in his mind. After hearing the good news that China succeeded in the bid for hosting the 29th Olympic Games, he was so excited that he could not stop shedding tears, saying I had been waiting for the day since 1993, the happiest thing finally happened to China. The man is Mr. HeZhenliang, who has devoted his rest life to Chinese Olympic Games. It is with his spirit, passion, courage and strong sense of patriotism to China that we are taking our next step into the world.

Ladies and gentlemen, now I have a question for all of you who are sitting here. Do you still remember that memorable scene? Yes or no? Please put out your hands, let me see how many? Wow, a lot of people. The unforgettable moment is still lingering in your mind clearly.

At 10:08 . on July 13th, 20XX, Mr. Samaranch, the former President of the International Olympic Committee, announced in Moscow that the sponsoring city of the 29th Olympiad will be the city of Beijing. Just at the same time in China, the excitement rippled through the Olympic conference room into Beijing, into the city and into the whole nation. The Chinese, abroad or at home, celebrated the successful great moment in various ways, like hugging each other, jumping, yelling, crying, drinking, singing, dancing and parading on the streets in the midnight. Modern China, a product of 5000 years of civilization and history, with her spirit of hard work and perseverance, finally shook hands with the Olympic games, fulfilling the long expected dream.

Now many Chinese are trying their best to do what they can do for the upcoming games. They learn English to communicate with foreigners. They get rid of bad habits to protect environments. They are eager to be volunteers to serve the Olympic Games. They introduce great Chinese tradition, culture and civilization to the world people. They apply for the torchbearers to carry on the message “share the peace, share the Olympics”.

At the moment when one-year countdown has marked, our Chinese people are getting ready for this big event. The Beijing Olympic committee organization is keeping the promise made in the bid. Under the guidance of the concept of the green Olympic, the tech-Olympic and the people’s Olympic, the 29th Olympic games will strengthen the communication, enhance the cooperation, and shorten the distance between China and the world.

Once again, I want to emphasize one point “national participation”. Like us, a common citizen, we strongly realize the responsibility of our own: planting more trees to cover the space, driving less to relieve the traffic jam, making full use of energy to reduce the pollution and so on. All these actions will not only improve our living environments, but also benefit our coming generation.

Next year in August 8th, Beijing will witness the world’s greatest sporting event, will bring Olympic values to one-fifth of the world’s population, will be one of the most exciting projects in Olympic history. Beijing, a main attraction to tourists, will stretch hands to give the world people a warm welcome, and all the guests will be impressed deeply by China’s state-of-the-art venues, comfortable city environments, enthusiastic volunteers and overwhelming public interest.

No matter who we are, what we do, where we go, in our mind, there’s always a scene to look forward, a scene worth our effort to wait for.

Thank you very much!

**公开演讲英语作文范文 第六篇**

I am an active girl, and I like playing sports very much. My favourite sport is swimming. Today my topic is To introduce my favourite sport. When I am swimming in the pool, I am very happy. I look like a lovely fish in the pond. I enjoy swimming, because swimming can make me strong and healthy. It can also bring me a lot of happiness.

I swim three times a week. Most often I swim in my school. I feel very happy when I swim in school with my friends. I often go to swim with my good friend Lily. She likes swimming,too. And she is very good at it. She always swims better than me. Sometimes I swim in the swimming club near my home during summer holidays. Swimming is not so hard as some people imagine. But many young people dream to bee big stars like Sun Yang, which is difficult because you should, first of all, be gifted and then have a lot of practice from early age in order to bee a very good player.

I hope I will bee a swimmer in the future.

Thank you!

**公开演讲英语作文范文 第七篇**

Good afternoon, ladies and gentlemen, it’s a great honor to speak here: I am an English teacher.

People often say: Teacher is the engineer of human spirit.

Last September, I became a teacher.

How to become a real teacher? This is the first difficulty that I come across in my career.

At first, I felt so good and fun to stay with so many lovely students, then I integrated with them, and soon, the problem came out.

If a teacher can’t set up her dignity in front of the students, it will make the class teaching more difficult.

In my lessons, the students often kept on talking, acting, and asking questions.

What should I do? I can’t get along with them like this any more.

I must be strict with them.

Pay more attention to what should be praised, what should be criticized.

Any carelessness is not permitted.

At last, the class discipline became better.

Nowadays, the importance of learning English is obvious.

The world becomes globalization and unify.

The association of each country is closer and closer.

People call the earth as a global village.

English is the first current language in the international world.

The communication of politics, economy and culture is upon English.

As we know, we will take a beating if we lay behind.

How to catch up with the world? That is, study English well to gain the first hand data.

The entrance of WTO, the Olympic Games which will be held in 20xx, shows that we must learn English well as quickly as possible.

Forcing study won’t stay in the heart, feeding knowledge into the brain won’t get a good result, and high mark isn’t our teaching goal.

To get a satisfied effect, we should make the students learn on their own initiative.

How to make them feel interested in studying English? I think the key point is the teaching design.

It must be vivid and vigorous.

We can change our study contents into games, performances, competitions and so on.

Let them believe English is easy and funny.

As the step of history is advancing, the demand of English teaching is changeable.

The junior students are not what we know as before.

They have a lot of knowledge, and are good at combining English with other subjects, such as history, geography, physics, chemistry and so on.

Their English level is higher than what we thought.

Many of them started learning English in their primary school.

So English teacher should pursue advanced studies constantly, and master the latest teaching materials and methods to meet today’s demands.

I feel very happy to be an English teacher.

I will do my best to teach English well with my knowledge, my patience and my enthusiasm.

Make Chinese speak English better, and show their ability and talent in the world stage.

I am proud to tell you: I am an English teacher.

**公开演讲英语作文范文 第八篇**

honorable judges, ladies and gentlemen, good morning.

first of all, let me take this chance to present to you a set of data that i hope won\'t bore you since the source is china daily.

china\'s tourism revenue last year reached 500 billion rmb, an increase of percent from the year before, and comprised more than 5% of china\'s gdp. according to experts, this number will grow to 8% in the coming ten years and more than 40 million jobs will be created.

as a student majoring in economics, i can\'t be more sensitive to the essential meanings behind these numbers. they mean progress, prosperity, employment and stability.

however, as a conscientious chinese and citizen of the world, i can\'t help but care more about the losses incurred in this transaction, by which i mean the disturbing images of environmental destruction, which leads to ecological crisis. the global environment has changed for the worse during the past few years, and tourism is partly to blame. take china for example, in order to attract tourists, many unknown places are built into resorts. forests are cleared, prairies trampled, rivers and lakes 6)contaminated, wild animals are driven away, plants jeopardized and secluded populations disturbed.

if this seems too remote and abstract, my own traveling experience may speak louder here. last year i took a tour around emei mountain in sichuan province. like most tourists, i was eager to embrace nature and enjoy its beauty. however, as soon as i got on the bus, the stench of gasoline and the noise of the engine tainted my appreciation of the wonderful scenery and the tranquility of the country road. when we finally arrived, what i saw was not a beautiful landscape but crowds of people; what i heard was not the melodious singing of birds, but yelling and bargaining from the gift shops; what i smelled was not the fresh mountain air, but stinking suffocating smoke coming out of small dirty restaurants. moreover, i could not understand why the lovely monkeys living there had to take photos with tourists all day; why the beautiful butterflies and flowers had become lifeless samples in shop windows; why the strongest impressions i had was trash scattered everywhere on the ground.

however, this is not the end of the story. before i left emei, i met a group of kids in an ecotourism program with the slogan: “experiencing, learning and protecting.” when i saw their young hands picking up trash from the ground, when i felt their enjoyment and harmonious relationship with the animals, when i found their purest eyes filled with passion and love for nature, i realized to my great satisfaction that there doesn\'t have to be a tradeoff between tourism and ecology, because deep within us is an inclination toward natural beauty and a desire to protect it. yes, environmental problems will eventually ease with the advancement of science and technology and improvement of our management system. however, an increase of ecological education and hands-on environmental involvement of our fellow citizens will do even better. to realize this, the best way for us lies in tourism itself because nothing other than nature can teach us how to love and cherish our sweetest home. at the end of my speech, please let me quote bob dylan:

how many roads must a man walk down before you call him a man?

how many times must a man look up before he can see the sky?

how many years can a mountain exist before it\'s washed to the sea?

the answer, my friend, is not in the wind-the answer is ours! thank you!

**公开演讲英语作文范文 第九篇**

good evening , ladies and gentlemen .

i am joy and glad to give you a speech about stre, yes , just the topic you see on the screen.

psychologist tell us that streis a state of worry caused by the problem of living , such as too much work or study , heavy responsibilities , and quickened pace of life .

statistics show that strecomes from every detail in our life .

financial problems , poor health , being laid off may be the strethat most adults now suffering .

as students in the university , we are also under our special stre.

while study , having to take various tests and submit a project against a deadline may put a great pressure on us .

and the things make us felt stressed may be our parents’s greater expectations on us than we could reach .

later , when we are likely to graduate , some other problems will also annoy us .

i think we will worry a lot about our ability to compete in the job market and how we can best use what we’ve learned at college in our future job .

the chief problem we should face to is our atitude towards usually say they can not live in the sun except they escape from stre.

it’s unwelcome ! yes , however , very necessary .

just image a world where stredoes not exist and people lead their life in a very comfortable way .

but is this kind of living condition as perfect as we hope ? without stre, they may feel very satisfied with the current life but lack of power to discover new things .

too much result in nothing except a countermarch of the society .

no stre, no development .

so a certain amount of streis good .

it can stimulate us and increase our level of alertne.

and our answer to streis another vital problem .

how to do with ourselves when stresuddenly break into our life ? to wave the white flag and admit our unability , to give up to our ideality , or worstly , just to suicide as to put an end to everything … of cause not .

the principle is to tackle with stregentlely and harmoniously.

we should try our best to release ourselves .

such as to do some exercise , to linsen to traditional chinese music or classical music to ease our minds and to learn to view these changes of life as challenges .it’s no use crying over spilt milk .

only to accept what has happened can solve the problem .

ok , i think i was under large stre3 minutes before , but now i am here and have finished my speech .

here is the last thing i want to add to my topic ,face to it and overcome it ,streis also a piece of cake.

**公开演讲英语作文范文 第十篇**

Teachers and students,

is honored to talk about myself in this place; also very happy to be able to meet you again in this place.

Its more of a communication than a display, just listen to my Cinderella talk about the dream of the white swan! We are all familiar, but we have not yet reached the point of understanding. This seems to have created some obstacles to the development of our friendship, but to think about it from another angle, perhaps this familiar strangeness can make our friendship even greater. Play. By the way, what I want to say today is mine and all of us-friendship! There is no definite definition of friendship, and in this narrow period of time, what I think of is whether friendship needs to be understood or needs to be understood.

Look at us. Some people can only talk because they don’t understand. She or he hasn’t entered the world you talked to, and you won’t feel embarrassed. It’s because you don’t understand. Sympathetic and outspoken, you can communicate more objectively and rationally; it is because you do not understand that you need to understand, it is because you do not understand that you want to be understood... and understanding has always been the vocabulary we call. It is our inner desire and the basis of exchange and sublimation.

Flying birds do not understand the language of fish, but they can understand its tears, so they spin around in the sea, and the fish forget to cry, and swim with the Qianying swim. I dont understand the darkness of the night during the day, but the setting sun can see the smoke rising, calling the moon and pretending to play with the stars.

**公开演讲英语作文范文 第十一篇**

good evening， honorable judges， ladies and gentlemen。

it’s my great pleasure to stand here to present my speech—change the world，change ourselves。

it’s noticable that western holidays are becoming increasingly popular dayby day， while chinese traditional festivals are being somewhat neglected。 notlong before about 10 doctors in beijing university and qinghua unversityannounced that we should reject the invasion of western holidays ，because theyregard western holidays as an challenge against our traditional festivals andculture。

frankly speaking， i don’t quite agree with them。indeed， we should neverneglect or even discard our traditonal festivals as china boasts a brillianthistory and splendid traditions。 (examples)。but why can’t we absorb themeaningful western holidays and culture。

there are obvious reasons why some western holidays are so popular inchina。 on the one hand， some of the western holidays which we chinese don’t haveare reasonable and meaningful， such as father’s day and april fool’s day etc。 onthe other hand，the prevalence of globalization enables western culture toprevail in china。 overwhelmed by such a trend，chinese unconsiciously getinvolved in western holidays and culture。

with the further development of the whole world， the cultural different countries and nations becomes faster and more and moreimportant。 we are indeed from different nations， but we are the citizens of thesame world， so the outstanding culture of different nations is the commom wealthof everyone on the earth。the only way for us to protect our traditional cultureis to reject the foreign culture? the answer is definitely no。 what we ought todo is to spare no effort to educate chinese to get to know and treasure oursplendid traditions instead of rejecting foreign culture。 only by educating canwe set our confidence and belief towards our culture。 only by educating can wepreserve and promote the wealth that our ancesters left for us。

at last i’d like to share a famouse saying of gandhi with all of you ，thatis:if you want to change the world， then you must change yourself first。”

**公开演讲英语作文范文 第十二篇**

hello everyone！

The topic of my speech is ＂the hardness of life＂

The vast desert， a tree stand， the show is a monument to the image.

Towering mountains， thousands of tree stand up， as is a magnificent the Great Wall.

The long river， all the trees stood up into a dragon of glory.

We are a symbol of too much， and too much. But I believe that my image is not ＂the gentlest hands， skin， such as Diorskin＂ Lin Daiyu， nor is the modern ＂unkempt and shabby＂， ＂Su Qier＂. We are a symbol of hope and vitality. So we show in front of others should be inserted without pleats， face without scale， modest and polite gestures exudes a stream of heroic spirit， the image of the vigor and vitality of the modern new youth， a into the embodiment of the spirit of nature.

Someone once said， life is a kind of hardness， integrity and dignity of life is propped up the hardness of bone. ＂Better life＂ and ＂the Kui back in the day， and not ashamed on the ground＂， which is always the traditional virtue of the China. Li Bai＇s ＂the eyebrow nengcui Zheyaoshan powerful thing， so that I may not be happy Yan＂ this awe inspiring atmosphere of the verse and whether it will make those no self-esteem people to shame？ Loss of self-esteem is a worthless person， and we as the vanguard of the times， if drown in the darkness forever， or to do a dauntless hero， a flower in the wind and rain sonorous rose. The answer is self-evident. Desert desolate also has the monument stands， Castle Peak again proud， but also have the great wall around， the river again quiet， also there is a dragon in the recumbent. But the time can be changed， our image， our glory remains the same. Because we pride， because we are confident， because we have a fresh life. And because of this， it is a vast desert riparian long， Qingshan was evergreen， the hardness of life is forever.

**公开演讲英语作文范文 第十三篇**

We Are The World ,We Are The Future

Someone said “we are reading the first verse of the first chapter of a book, whose pages are infinite”. I don’t know who wrote these words, but I’ve always liked them as a reminder that the future can be anything we want it to be. We are all in the position of the farmers. If we plant a good seed ,we reap a good harvest. If we plant nothing at all, we harvest nothing at all.

We are young. “How to spend the youth?” It is a meaningful question. To answer it, first I have to ask “what do you understand by the word youth?” Youth is not a time of life, it’s a state of mind. It’s not a matter of rosy cheeks, red lips or supple knees. It’s the matter of the will. It’s the freshneof the deep spring of life.

**公开演讲英语作文范文 第十四篇**

Hello! I wonder whether everybody knows the meaning of these two words of xxx energy-conservation xxx and xxx low carbon xxx? I assume as a matter of course and know. Does xxx energy-conservation xxx save the energy? Does xxx low carbon xxx reduce carbon emission? Yes, it is really simple. We often chat about them. But, do you really understand them? Have they really taken root on your bottom of heart deeply?

Once, the Earth mother left our rich energy to cause us to be jubilant, sighed on Earth\'s energy inexhaustible, inexhaustible, now, the newest statistics indicated, the petroleum will dry up after 60 years, the coal also might supply the humanity to use for 250 years; Once, developed first, the environment question the situation which neglected is often occurred, now, the sustainable development, was together harmoniously with the nature the biggest topic.

Not difficult to see, the environment question in is taken unceasingly by the all this, the environment question was still stern, the energy conservation reduced the platoon, the low-carbon lives the Copenhagen climate congress, this affects the human destiny the question slowly to be unable to reach the agreement actually.

In the life, is driving the great displacement automobile, purchases including the fluorine air conditioning, the refrigerator, including the phosphorus laundry powder, turns on the air conditioning the low temperature also one side to bind in the summer the quilt, the daylight lamp is being long all night clearly, water cock water drop sound day and night not rest ......These influence environment phenomenon common is rebels with ours position. American President Kennedy has said: Do not have to ask the country can make any for us, must ask first oneself can make any for the low-carbon life needs everybody to participation!

The low-carbon life first is one kind of life long as wants, each person may be able to achieve! The electricity saving, saves gas and oil, the solar terms, saving water, the tree-planting, makes use of waste, by step generation of vehicle ......TThe intravenous drip, in life each aspect, all may choose the low-carbon life the low-carbon life is also representing one kind healthily, the more natural life eats counter-season food, the generation by works as season food; Little uses the disposable product, the generation by the duplicated things; Little rides an overhead traveling crane, little sits one time the elevator, the generation rides the bicycle, crawls the staircase, while falls the low-carbon withdrawal, we will have a healthier body and mind.

We believed, so long as everybody works as one, participation together, humanity\'s tomorrow certainly will be able to be happier! Schoolmates, today, your low-carbn.

>英文ppt演讲稿范文：Helen Keller

hello,my name is i’ll tell you a story about helen keller.

helen keller was an amercian writer ,she was born in was deaf-blind because she had a disease when she was 1 year with the help of her teacher anne sullivan,she learned to talk with her fingers,speak,write and read the books for became a student of harvard university and she became a great died in 1968.

now,i’ll tell you the story about day ,in the afternoon,helen and mrs sullivan had a dispute of the word “cup”and “water”.mrs sullivan wanted helen to know “cup”is”cup”,”water”is”water”.but helen couldn\'t understand the difference between”cup”and “water”.she thought”water”could be “cup”and”cup”could be “water”.mrs sullivan had not ideas ,so she let helen praciece the word “doll”and touch the doll with helen’s fingers. helen was angry and bored,she threw the doll to the ,mrs sullivan and helen went out to play.

when mrs sullivan washed helen’s hands,the water was flowing on helen’s sullivan wrote the word ‘water’on helen’s wrote many times,helen knew the water was flowing on her hands and understood the meaning of the word”water” the same way,helen learnd many many new she became a great writer.

this is my story, thank you .

**公开演讲英语作文范文 第十五篇**

Good afternoon, dear teachers.

I’m very glad to be here to have a speech. The topic of my speech is.

As far as I’m concerned, I’m a sheer amateur of sports, being fascinated by swimming, running, mountaineering and so on. I couldn’t agree with these perspectives from people who dislike sports, because you’ll feel greatly relieved after being drenched in sweats by sports. Sports can also help you forget your worries and stress, feeling unprecedented relaxed.

As is known, a healthy body is extraordinarily crucial. Moreover physical exercise undeniably exerts a far-reaching influence on keeping ourselves fit. In taking part in out-door sports, we are closer to nature and can take in fresh air. The beauty of nature will keep us clear-headed, which is essential to our health. Besides sports can stimulate the circulation of blood and help to excrete the wastes in the body. It also can work up our appetite and activate or digestion. In a word, sports can give rise to a strong body for us.

In contemporary society, with the increasing focus on health, people in ever expanding numbers join the trend of doing sports and begin to accept more and more sorts of fashionable sports, ranging from hiking to ping. From this phenomenon, we can see not only do sports play a significant role in health, but also lay a solid foundation for human beings’ spirit.

Taking hiking for example, it’s a blend of man and nature completely way to travel, and also a kind of sports that not only need your physical strength, but also need the patience, perseverance and persistence. At the beginning of climbing a mountain, you’ll be exciting with the fantastic scene of mountain, river and water. However, after a half way, you’ll fell so tired and exhausted. The climbing road becomes more and more steep. At that time, it requires your persistence and determination to conquer arduous situations. It just likes the life, the closer the success is, the more difficulties you must endure.

From my aspects, the enchantment of sports is that it’s a challenge for the limit of your body --- both a sort of healthy and popular life style and an reflection of optimistic and positive attitude. Just like nowadays, the development of Olympic games is harmonious and prosperous, for the reason that it’s not only for shaping human’s body, but more for pursuing a king of spirit --- faster, higher, stronger.

This is my speech. Thank you.

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or disagree: Museums should be made my eyes, museums of course should be made free.

We know that, as a part of culture, museums restore many culture relics. These are typical symbols for a certain times. As a citizen of our country, it is necessary and natural to learn our pa

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