**参评作品音视频内容文字稿**

# **参评作品表标题：**

# Chasing dreams in era of excellence

# **参评作品视频简介：**

# Winter Olympic champion, Xu Mengtao, showed up in China Daily's program of Era of Excellence, not only as a star athlete, but also a delegate to the ongoing 20th National Congress of the CPC. Speaking of the reasons behind her success, the veteran credits not only her decades-long hard efforts, but more importantly the era when Chinese winter sports are enjoying fantastic development.

# **参评作品视频内容文字稿：**

Engulfed by the deafening roars of the home crowd, Xu Mengtao had finally made it.

在主场观众震耳欲聋的加油声中，徐梦桃终于成功了。

The years of tough training were all worthwhile, as she was crowned Olympic champion.

随着她摘得奥运桂冠，多年的艰苦训练都值了。

I'm a dream chaser of our time. And I made these dreams come true.

我是这个时代的追梦人，也是这个时代的圆梦人。

Here we are at the national training base in Qinhuangdao, where Chinese Winter Olympic champion Xu Mengtao has trained for over 10 years.

我们目前位于秦皇岛训练基地。过去十多年来，这里也是冬奥会冠军徐梦桃训练的地方。

After winning gold at the Beijing 2022, after six months, Xu Mengtao has returned to the base.

在2022北京冬奥会赢得金牌时隔6个月后，徐梦桃又回到了她的训练基地。

Here we are. Today, we have the privilege to have a talk with the Olympic champion.

今天我们有幸在这里和这位奥运冠军面对面交谈。

Let's go find her.

我们走吧。

Hi, Xu Mengtao!

嗨 徐梦桃。

Hello.

哈喽。

Glad to see you again after the Olympics.

冬奥会之后又见面了。

Good to see you, Mr. Shi!

你好石老师好。

You're looking good as always.

还是这么帅。

How long have you been training here?

你们在这个地方训练多长时间了。

I've been training in Qinhuangdao, for almost 16 years.

一开始到现在我来秦皇岛大概16年了。

I first came here in 2006.

我是2006年来的秦皇岛。

This was your base even before the Beijing Winter Olympics, right?

其实在冬奥会之前，你也是一直在这个基地训练。

That's right.

对。

I spent almost every single day here in the summer preparing myself for Beijing Winter Olympics.

整个北京冬奥会周期每一天几乎都是在这的，就是夏训的一个阶段。

Will you please show us around your training spots including the water ramps?

那么一会你再带我们去看一看你当时训练的地方以及训练的跳台。

Sure thing.

好。

I need to soak my board first.

现在我要把我的板浸湿。

Truth be told, during Beijing Winter Olympics, both the commentators and experts were contemplating the tricky back full-full-full that you chose.

其实在冬奥会的时候，我们当时不管是电视解说也好还是专家分析也好，一直在分析你当时的BFFF技术难度。

What was the reason that you decided to pull the trigger?

当时是以一种怎么样的决心要做这个动作？

Because I had had sufficient training for it, which was very systematic, and I had great pace before heading to the game.

当时就是因为我之前练到了，我感觉整个训练非常系统，然后整个备战节奏很好。

So, I was very confident.

所以就是很有信心。

Felt like the world is yours to conquer?

在那一瞬间整个世界都是你的。

Absolutely!

对。

The world is mine.

这世界都是我的。

Her story began as a brave little 4-year-old girl practicing gymnastics before a switch to the snow when she was 12.

徐梦桃的奥运故事始于4岁，当时练习体操的她在12岁时转而学习滑雪。

That would ultimately prove life-changing.

这一决定最终改变了她的命运。

I have experienced all sorts of weather in Qinhuangdao from April to October.

我看过秦皇岛可以说4月到10月所有的天气，感受它所有的温度。

Right at this track, I shed sweat and tears, limping around or running with long strides while wearing a tank top or fresh wounds.

就是在这个田径场上我流过汗水流过泪水，我一瘸一拐地跑过，我大步向前地跑过，我穿着运动背心也跑过，带着刀口我也跑过。

Those who know your story may believe that the most challenging part is battling injuries.

大家了解过你的故事，觉得最难最难的就是与伤病的对抗。

In fact, injuries are the number one enemy of all athletes.

其实伤病对于每一个运动员来说都是他最大的敌人。

You have had 4 surgeries on both of your knees.

你的两个腿两个膝盖一共做过4次手术。

That's right.

对。

I had my first operation in 2008 when I was just 18, and in my prime for this sport when I got hurt.

第一次是2008年我才18岁，可能人生在这个项目当中刚刚是向上走的时候，受伤了。

And then I underwent a second surgery after participating in my first Winter Olympics in 2010.

然后第二次是我打完第一届冬奥会，是2010年的时候，然后又做了一次手术。

Right before Pyeongchang 2018, I had a third surgery in 2016, after an anterior cruciate ligament injury.

第三次是2016年正在要平昌冬奥会之前，然后又做了一个前交叉的手术。

And then after Pyeongchang 2018 where I failed to deliver, I underwent surgery on both knees to remove my menisci.

然后2018年平昌冬奥会之后失误之后，然后双膝要做半月板的切除手术。

It's been a hell of a bumpy ride.

徐梦桃这一路走来充满了波折。

Many feared that the veteran had missed her shot at glory as she launched herself skyward to perform her death-defying flips and spins.

在她纵身一跃，在空中做出危险系数极高的翻腾动作时，许多人担心这位奥运老将早已错失她最佳的夺金时机。

She proved everyone wrong after years of near-misses for generations of Chinese athletes in this sport.

然而，在几代中国运动员多年在该项目上与金牌失之交臂之后，徐梦桃用事实证明他们错了。

After Pyeongchang 2018, rods and screws had to be implanted in both of her knees, and her menisci had to be removed.

平昌奥运会之后她两条腿也是去钉，包括做了一个半月板切除。

When she was rolled out of the operating room, she burst into tears, fearing that she had lost everything.

当时她出来那一瞬间她自己也是哭了，说是自己什么都没有了。

She really felt so.

真的是那样的。

Looking back, how did you manage to get through and shift yourself to a better state?

现在回想那一段时间，自己是怎么样调整，自己又是怎么样走出来的呢？

I had a heart-to-heart with myself, "Xu Mengtao, do you want to carry on?

我真正地剖析问自己徐梦桃你要继续吗？

This would be a rare opportunity being able to compete in a Winter Olympics in your home country."

就是说千载难逢的机遇可以在自己家门口去参加一届冬奥会。

And my heart said, "Yes. I can do this.I will do it.

内心的声音就是肯定的，我行我要这样做。

No matter how tough it gets, I will march on."

哪怕再苦再难，付出再多，我要继续前行。

Her determination and her courage to get back to the game, is quite inspiring for me as an athlete and an ordinary human being.

所以那时候她的那种坚决，包括再一次回到赛场的勇气对于运动员的我，包括生活中的我都是很激励的。

Am I the champion?

我是第一吗?

Have I won the gold?

我是第一吗?

Many audience members and netizens still remember it vividly when you rushed down and kept asking,"Am I the champion? Have I won the gold?"

其实在当时电视机前的观众朋友们和网友，印象最深的一点就是当时你冲下来的一刻，一直在说我是第一吗?我是第一吗?

Because back then, I was still taking it in.

其实当时的那一瞬间还是难以置信。

After you had been craving the gold medal for so long and trying so hard by pouring your entire youth into the fight for it.

因为你渴望已久的，你为此付出了很多很多，以至于你整个青春都是为了这个拼金牌而去努力。

In the end, I was probably just asking myself,"Did I really win the gold medal?"

可能我最后问的已经是就是问自己了，我真的是第一了吗?

Do you believe all your efforts were worthwhile?

你觉得你的付出值得吗？

When I heard the crowd cheering "Go China! Team China, go!" while standing in front of all the spectators and supporters of Team China, as the national anthem was being played, I felt it was all worth it.

当我面对下面所有的人喊中国队！中国队！（面对）所有的观众，还有所有支持我们的代表团这些人的时候，我感觉就是国歌奏响的那一刻我，感觉所有的付出都是值得的。

One of the first to congratulate Xu Mengao was one of her rivals on that magical gold medal-winning night in Zhangjiakou, American Ashley Caldwell who gave Xu a huge hug.

最先恭喜徐梦桃夺冠的人，是那场在张家口上演的梦幻夺金比赛中她的对手美国选手阿什莉·考德威尔给了徐梦桃一个大大的拥抱。

Recalling that moment in an interview with China Daily, Caldwell said her memory at Beijing 2022 was when she hugged Xu whom she truly respected.

阿什莉随后在接受《中国日报》的采访中表示，她和徐梦桃的拥抱是她北京冬奥记忆中美妙的一个瞬间，因为她真心佩服徐梦桃。

This is a special edition that we have compiled for Beijing Winter Olympics.

这一本是当时我们冬奥会英文官方会刊的一个合集。

Yesterday, I looked it through, trying to find the very photo capturing your hug with Ashley.

我还昨天专门找出来找到了当天你夺冠的那一页，那一天你和阿什莉拥抱的那一个瞬间。

So, I wanted to give it to you as a gift.

所以，今天特别想把这本冬奥会刊送给徐梦桃。

Appreciate it!

谢谢！

I'm extremely lucky and grateful for the fact that we're born in the best of times.

我非常非常的幸运，我也非常非常的感恩，因为我们生在这个时代，然后也是最好的时代。

Especially for sports like freestyle skiing aerials that are affected by external factors, being in the best of times has boosted our confidence.

尤其是空中技巧这样外在因素更多的一个项目，所以时代赋予我们的是更强大的自信。

Athletes like us are quite lucky being able to compete in this era.

作为我们这样的运动员赶上这样的时代，是非常非常幸运的。

There is no excuse to give up.

我感觉没有什么理由去退。

I'm Xu Mengtao, a Winter Olympic champion coming out of a barbecue stall, and I am empowered by our time to chase my dream.

我是从烧烤摊走出来的冬奥冠军徐梦桃，是时代赋予了我勇敢逐梦的力量，是时代赋予了我勇敢逐梦的力量。