# 英语演讲比赛主题即兴演讲

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*英语演讲比赛主题即兴演讲（精选33篇）英语演讲比赛主题即兴演讲 篇1　　What Is Real Beauty?　　It is human nature that all of us should be fond of beauty. Ev*

英语演讲比赛主题即兴演讲（精选33篇）

**英语演讲比赛主题即兴演讲 篇1**

　　What Is Real Beauty?

　　It is human nature that all of us should be fond of beauty. Everybody was born with a heart for beauty.

　　Today in China,with the rising of our living standard, people\'s requirement of beauty has been heightened accordingly. Some people spare no money or energy on beautiful clothes, fashionable hair styles,the decoration of their houses and even the improvement of their looks. But it seems to me,all these are more or less confined to the beauty in appearance,or rather,the outward beauty.

　　In my opinion,we shouldn\'t only pay attention to beautiful appearance and neglect the beautification of the mind and what we are after should be the perfect unity of the outward beauty and the inner beauty. As we all know,so far as objects and animals are concerned,there is only beautiful appearance to be mentioned, but to us humanbeings, although the outward beauty really matters, the inner beauty is much more important. This was confirmed by a famous Russian writer in words much like this: “A person is not lovely for being beautiful but beautiful for being lovely. ”

　　Here, I\'d like to quote two typical instances and I\'m sure, my dear friends,from them you\'ll find out what real beauty is.

　　Recently I learned from the radio an unpleasant incident about a well known singer. She is very charming with a sweet beautiful voice and very famous for singing the song.“Devotion of Love”。 Not long ago,she was invited to Zhejiang Province to give performance. The moment she was to appear on the stage,she suddenly asked for more reward. Worse still,after her request was satisfied, she didn\'t begin to sing at once. Instead,she took her time to count all the money piece by piece. Thus she kept the audience waiting for half an hour. So when she at last showed up and started to sing “Devotion of Love”，a man rose up from his seat and shouted at her,“You don\'t have any devotion of love. You are not qualified to sing this song ! ”Hearing this, the singer stopped singing and began to shout abuses with her finger pointed at the man. At this time the whole audience burst into an uproar.

　　How disappointed her keen listeners were when they learned this! It is the singer herself who spoiled her beautiful image in the eyes of others.

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　　Now, I\'m coming to another true story. It\'s about a poor, ordinary looking old woman. She was a widow without any children, living barely from hand to mouth by picking odds and ends from rubbish heaps. However,she took in more than ten homeless orphans successively and managed to bring them up. Every day she labored from morning till night. In order to earn as much money as possible to raise the children and to keep them in school,she even went to a hospital regularly to sell her blood. She got so weak for the loss of blood that she sometimes fell in a faint on her way home.

　　When asked why she chose to burden herself with so many children,she smiled and simply answered,“Oh,I love children and I like to have their company. ”

　　Though the old woman was poor materially, she was full of affection and rich in spirit. She was loved dearly by her children. She was also highly appreciated by the local government, and truly respected by people in her community.

　　Maybe you can\'t help wondering, “What makes that ordinary woman so extraordinary?” It is nothing else but her inner beauty, her true devotion of love without any thought of rewarding. What a sharp contrast there is between the great woman and the selfish singer.

　　So,to answer the question “What is real beauty?”,I declare definitely,it is the beauty lying in one\'s heart of hearts and embodied in his actions and deeds,that is,the inner heauty!

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　　whether there\'s afterlife, the answer has never been the same. the atheists deny after life, believing that our life is no more than from the cradle to the grave. they may care about their illustrious names after death; they may feel attached to the affection of their offspring, but they never lay their hopes on their afterlife. they may also say that good will be rewarded with good, and evil with evil, but they don\'t really believe any retribution in their after life.

　　however, in the religious world or among the superstitious people, the belief in afterlife is very popular. they do not only believe in afterlife, but thousands of reincarnations as well. in the mysterious world, there are the paradise and the hell, the celestial beings and the gods, the buddha and the bodhisattvas.

　　maybe they really believed it, or maybe they just wanted to make use of people\'s veneration, the ancient emperors always declared that they were the real dragons, the sons of god, while the royal ministers claimed to be the reincarnations of various constellations. but can the stars reincarnate?

　　many people burn incense and kowtow, do good deeds and strive for virtues, not just for the present, but mainly to let god see their sincerity so as to be reborn into a better afterlife, or to achieve the highest enlightenment after several lives of practice. they do believe in afterlife. but i can\'t help asking: suppose there were no afterlife, would you still do good deeds and strive for virtues? and if god does not see what you are doing, would you still be so upright and selfless? if you work, not for serving the public and liberating the others, but just for a better afterlife of your own, isn\'t it a little too selfish? comparing with this kind of believers, those who don\'t believe in afterlife, but still keep doing good deeds, are the most sincere and honest philanthropists, because they do them not for themselves but for other.

　　you may wonder if i believe in afterlife. my answer is: i know nothing about my previous life, so i dare not make improper comments on afterlife. but i do hope there\'s afterlife! because our present life is so short that so many things slip away before our proper understanding. i have so many dreams, so many wishes, so many ambitions, as well as so many regrets and concerns. if there were no afterlife, all of them will remain unrealized!

　　i\'m not contented with the present commonplace life, i\'m very much attached to the affections that should have been mine but have been washed away by the hurrying time, and i yearn for the perfection and maturity if i could start all over again. so believe it or not, i\'d rather there were afterlife.

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　　Chinese Youth\'s Day is on May 4th, it is to in honor of the students\'movement in the year of 1919, at that time, the government made a failingdiplomacy in Paris, which resulted in signing the treaty of losing the land.　When the students heard about this, they were so angry that they paraded aroundthe street to go against the government\'s decision.　 The movement is completelyagainst the imperialism and feudalism, it has great effect on Chinese history.　Since then, the new Chinese government made that day as Youth\'s Day tocommemorate its influence.　 Now on that day, many activities will be hold, wecould see the new feature in the young generation, they are brave and fight fortheir future.

　　中国青年日是5月4日，这是为了纪念学生在1919年这一年的运动，在那个时候，政府做了一个失败的外交在巴黎，导致签署失去土地的条约。当学生们听到这个消息，他们非常生气，他们游街示众在街上四处去反对政府的决定。该运动是完全反对帝国主义和封建主义，但对中国历史有很大的影响。自此，新中国政府所做的一天，青年的纪念日，以纪念其影响力。现在，在这一天，许多活动将举行，我们可以看到新的功能，在年轻一代，他们是勇敢争取自己的未来。

**英语演讲比赛主题即兴演讲 篇5**

　　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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　　Good morning everyone：

　　It\'s a great honor for me to stand here to deliver a speech to you. Then today I want to talk something about dreams and reality.

　　As the famous Russian litterateur Lev Tolstoy said, “Ideal is the beacon. Without ideal, there is no secure direction; without a direction, there is no life.” So there’s no doubt that everyone needs his or her own ideal. Have you ever thought that what is practical and sensible will connect with our most treasured dreams? Maybe, to somebody, reality has little relation to ideal. To others nothing can be done without the sense of reality. So make our dreams a part of our reality. And make our reality a part of our dreams. There is no reason why our dreams must oppose our reality. Improve our dreams and our reality by bringing them together.

　　As a student, establishing a dream is one of the most important things we have to do .But everyone must see the reality clearly at first. Your family condition, your personal ability, your social intercourse (交往、交流), your subject and the job you want to do, these things show you the reality and lead you to establish a dream.

　　Further more, difficult or otherwise, we should put the power of reality into our dreams. Last but not least remember to work hard at the task of chasing 追逐our dreams. Do believe that we can achieve our ideal step by step by the passage of time!

　　In the end, I want to share with you a poetry named \" I think I can\".

　　Maybe you can not understand the meaning of the poetry , But do not be worried ,Let me tell you the meaning.

　　Thank you for your listening!

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　　i have the answer to a question that we\'ve all asked. the question is, why is it that the letter x represents the unknown? now i know we learned that in math class, but now it\'s everywhere in the culture -- the x prize, the x-files, project x, tedx. where\'d that come from?

　　about six years ago i decided that i would learn arabic, which turns out to be a supremely logical language. to write a word or a phrase or a sentence in arabic is like crafting an equation, because every part is extremely precise and carries a lot of information. that\'s one of the reasons so much of what we\'ve come to think of as western science and mathematics and engineering was really worked out in the first few centuries of the common era by the persians and the arabs and the turks.

　　this includes the little system in arabic called al-jebra. and al-jebr roughly translates to “the system for reconciling disparate parts.“ al-jebr finally came into english as algebra. one example among many.

　　the arabic texts containing this mathematical wisdom finally made their way to europe -- which is to say spain -- in the 11th and 12th centuries. and when they arrived there was tremendous interest in translating this wisdom into a european language.

　　but there were problems. one problem is there are some sounds in arabic that just don\'t make it through a european voice box without lots of practice. trust me on that one. also, those very sounds tend not to be represented by the characters that are available in european languages.

　　here\'s one of the culprits. this is the letter sheen, and it makes the sound we think of as sh -- “sh.“ it\'s also the very first letter of the word shalan, which means “something“ just like the the english word “something“ -- some undefined, unknown thing.

　　now in arabic, we can make this definite by adding the definite article “al.“ so this is al-shalan -- the unknown thing. and this is a word that appears throughout early mathematics, such as this 10th century derivation of proofs.

　　the problem for the medieval spanish scholars who were tasked with translating this material is that the letter sheen and the word shalan can\'t be rendered into spanish because spanish doesn\'t have that sh, that “sh“ sound. so by convention, they created a rule in which they borrowed the ck sound, “ck“ sound, from the classical greek in the form of the letter kai.

　　later when this material was translated into a common european language, which is to say latin, they simply replaced the greek kai with the latin x. and once that happened, once this material was in latin, it formed the basis for mathematics textbooks for almost 600 years.

　　but now we have the answer to our question. why is it that x is the unknown? x is the unknown because you can\'t say “sh“ in spanish. (laughter) and i thought that was worth sharing.

　　(applause)

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　　All over the world people listen to classical music.Classical music is difficult to describe.It means different things to different people.

　　Some famous classical composers were Bach,Vivaldi,Haydn and Mozart.In their music,they did not tell a story or show strong emotions.They wanted to make beautiful and interesting music with lovely sounds.

　　Then composers started to express ideas.They told stories about love and war.They also wrote about religion.Sometimes they composed music for holidays.Through their music composers showed strong emotions.Some of these composers were Beethoven,Schumann,Chopin,Mendelssohn,Wagner and Tchaikovsky.

　　Classical music has been popular for hundreds of years.Bach wrote about 300 years ago.Beethoven wrote about 200 years ago.And Tchaikovsky wrote over 100 years ago.

　　Sometimes people close their eyes while listening to classical music.It is difficult to understand sometimes.When they close their eyes they have to think about the music.

**英语演讲比赛主题即兴演讲 篇9**

　　The Doors that Are Open to Us

　　Good morning ladies and gentlemen:

　　The title of my speech today is \"The Doors that Are Open to Us \".

　　The other day my aunt paid me a visit. She was overjoyed. \"I got the highest mark in the mid-term examination!\" she said. Don\'t be surprised! My aunt is indeed a student; to be exact, a college student at the age of 45.

　　Last year, she put aside her private business and signed up for a one-year, full-time management course in a college. \"This was the wisest decision I have ever made,\" she said proudly like a teenage girl. To her, college is always a right place to pick up new ideas, and new ideas always make her feel young.

　　\"Compared with the late 70s,\" she says, \"now college students have many doors.\" My aunt cannot help but recall her first college experience in 1978 when college doors began to be re-opened after the Cultural Revolution. She was assigned to study engineering despite her desire to study Chinese literature, and a few years later, the government sent her to work in a TV factory.

　　I was shocked when she first told me how she (had) had no choice in her major and job. Look at us today! So many doors are open to us! I believe there have never been such abundant opportunities for self-development as we have today. And my aunt told me that we should reach our goals by grasping all these opportunities.

　　The first door I see is the opportunity to study different kinds of subjects that interest us. My aunt said she was happy to study management, but she was also happy that she could attend lectures on ancient Chinese poetry and on Shakespearean drama. As for myself, I am an English major, but I may also go to lectures on history. To me, if college education in the past emphasized specialization, now, it emphasizes free and well-rounded development of each inpidual. So all the fine achievements of human civilization are open to us.

　　The second door is the door to the outside world. Learning goes beyond classrooms and national boundaries. My aunt remembers her previous college days as monotonous and even calls her generation \"frogs in a well.\" But today, as the world becomes a global village, it is important that our neighbors and we be open-minded to learn with and from each other. I have many fellow international classmates, and I am applying to an exchange program with a university abroad. As for my aunt, she is planning to get an MBA degree in the United Kingdom where her daughter, my cousin, is now doing her master\'s degree in biochemistry. We are now taking the opportunity to study overseas, and when we come back, we\'ll put to use what we have learnt abroad.

　　The third door is the door to lifelong learning. As new ideas appear all the time, we always need to acquire new knowledge, regardless of our age. Naturally, my aunt herself is the best example. Many of my aunt\'s contemporaries say that she is amazingly up-to-date for a middle-aged woman. She simply responds, \"Age doesn\'t matter. What matters is your attitude. You may think it\'s strange that I am still going to college, but I don\'t think I\'m too old to learn.\" Yes, she is right. Since the government removed the age limit for college admissions in 20xx, there are already some untraditional students, sitting with us in the same classrooms. Like these people, my aunt is old but she is very young in spirit. With her incredible energy and determination, she embodies both tradition and modernity.

　　The doors open to us also pose challenges. For instance, we are faced with the challenge of a balanced learning, the challenge of preserving our fine tradition while learning from the West, and the challenge of learning continuously while carrying heavy responsibilities to our work and family. So, each door is a test of our courage, ability and judgment, but with the support of my teachers, parents, friends and my aunt, I believe I can meet the challenge head on. When I reach my aunt\'s age, I can be proud to say that I have walked through dozens of doors and will, in the remainder of my life, walk through many more. Possibly I will go back to college, too.

　　Thank you very much, ladies and gentlemen.

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　　love has magical power that can exploit people\'s potential abilities, bring people\'s positive factors into full play, and provide people with the courage to face trials and hardships, to go through life and death, and even to risk universal condemnation. even in the ancient feudal society, some people were courageous enough to carry on clandestine love affairs. the examples in point were the courageous ones who dared to love the concubines of the emperors or the children of their foes. love also has miraculous power which can startle the universe and move the gods by attracting the heavenly celestials coming down to earth ( the love story of the cowboy and the weaving girl ),and by turning ghosts into human ( strange tales of liao-zhai ),love can transcend age and generation (dr. sun yat-sen and madam song qingling; luxun and xu guangping).love can show contempt for all conventions and prejudices; love can heal wounds and cure diseases, and love can readjust people\'s state of mind. of course, the result would be the opposite once it hurts.

　　great men yearn for true love even more than ordinary people. since the ancient times, so many heroes couldn\'t help falling into the trap of love that the sex-trap has been regarded as one of the 36 stratagems in military tactics. fuchai, the king of the wu state, couldn\'t be spared of this trap, and generals dongzhuo and lubu fell deeply into it while xiangyu, the king of the western chu state , bid farewell to his beloved concubine in tears. people may have to pay very high price, even their illustrious name for the love they long for even though it may last for only a very short time. nonetheless no one can tear himself away from love. people often say that their earthly affinity is not yet finished, but in fact it is the love affinity that is the most difficult to finish.

**英语演讲比赛主题即兴演讲 篇11**

　　My Views on Receiving Education

　　In my early years, I did not see the value of education.

　　When I was going on thirteen, I started to run my own shop. From then on, I worked hard to become a successful businessman.

　　One day I realized the importance of the English language in the business world and started taking night classes.

　　I was able to communicate well with foreign customers after two years of English study. But I started to feel that, in the long run, having a limited knowledge of English was not enough to make my business successful. I knew that only a well- rounded education could guarantee my success in the future.

　　When I was eighteen, I had to make a decision to continue doing business or go back to school. There was one obstacle keeping me from getting an advanced education. I had only completed elementary school up to that point. I then went back to senior high school after four months of tutoring in different subjects. Being at school for the first time after so many years was somewhat embarrassing because my classmates were at least two or three years younger than I. I concluded that my age did not matter. The important thing was getting into college.

　　I took the College Entrance Exams. Although my math exam result was only one point below the required score. I never gave up hope. The following year, I took it again and received the highest score in my city. Achieving such an amazing result gave me encouragement and courage necessary to continue my education to the next step.

　　I am now in my second year of college and know that it is never too late to learn. My passion for studying and improving myself will never come to a halt as long as I continue to live.

　　“Live and Learn.” is the motto I have adopted. I believe with an education I will succeed. So, if you are wondering whether education is important, don’t hesitate a moment to step up and seize the opportunity.

　　我对教育的看法

　　在我小的时候，我不觉得教育有什么价值。在13岁的时候，我开始经营我自己的商店。从那时开始，我为成为一个成功的商人而努力工作。

　　一天，我意识到了英语对做生意的重要性并且开始上夜校。

　　在经过两年的英语学习之后，我已经能够很流利的和外国顾客交流。但我逐渐意识到，从长远来看，我现在仅有的英语知识无法使我的生意蓬勃发展。我知道只有渊博的知识是我未来成功的保证。

　　18岁的时候，我必须在继续从商和重新回学校学习之间做出选择。当时我仅有的小学学历成为我接受高等教育的一大障碍。经过4个月各门功课的恶补，我又回到了高中。多年后再次回到学校，让我有些尴尬。因为我的同班同学至少比我小2至3岁。然而在我看来，年龄不是问题，重要的是能上大学。

　　我参加了高考。虽然我的数学只比分数线低了一分。但我没有放弃。第二年，我又参加了高考并取得了当地的第一名。得到这样一个令人欣喜的结果，给了我进一步深造的动力和胆量。

　　现在，我上大学二年级，也知道学无止境。只要我活者，我对学习和自我充实的热情就不会减退。

　　“活到老，学到老”是我的座右铭。我坚信只有学习才会使我成功。因此，如果你对接受教育的重要性有所怀疑，不要犹豫，勇敢的迈出第一步，这样幸运之神便会光顾你。

**英语演讲比赛主题即兴演讲 篇12**

　　It is quite usual that one meets failures, for one\'s life can never be plain sailing. However, different people hold different attitudes towards failure. Some people think it a heavy blow to fail in achieving something and they can not endure failure.

　　When they meet failure, they will be seriously dejected and can never pluck up their courage to try again.

　　However, others think it natural to meet failures in one\'s career. Therefore, they are psychologically prepared. When they meet failures, they will not be frustrated. Instead, they will continue to meet new challenges. As to me, I\'m in favor of the latter view. Failure is really a terrible thing but it is also the mother of success. If one draws lessons from failures, in most cases he will get success in the future. Furthermore, one\'s life can never be smooth sailing; it must be full of difficulies and setbacks. If one is daunted by difficulies and frustrations, he will always be a failure. However, if one holds a positive attitude toward failure, he will overcome difficulties and frustrations to win victory.

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　　Failure is the mother of success. Sometimes people have to cope with many mistakes and failures in order to reach the successful finals. While others might succumb to failure, they tend to retreat and give in their efforts. Success often provides confidence and satisfaction, nevertheless failure companies with bitter, saddness, and suffering. It seems people have to learn through each experience, as success doesn\'t always falls from heaven.

　　I remembered I used to fail on my vocabury test when I was in high school. I had problem to memorize new words which got lloose each day. I almost decided to give up English, but was obliged to one of my neighbour classmates who kept on sending small sheet for me. In the end of the semester, I found I had finished my vocabulary book which became a work force in reading English. I then realized that a new word came and left our brains for several times. Nobody is born as genius for success. Success tends to arrive after a serial of trials and failures.

　　Of course, success brings confidence and victory. But, life is not always easy and comfortable. There are more difficulties than eases in the real life. It is likely that we have to face some failures ahead. Therefore, those who learn how to deal and endure failures will taste their success eventually.

**英语演讲比赛主题即兴演讲 篇14**

　　ladies and gentlemen,

　　my name is zhang xinyu. today, im going to talk about growing pains. different people have different pains from different places. we are now students,so i think we have pains mainly from studies. time files.

　　two months ago, i came to a middle school student.but i have a pain.homework is my growing pain. in the secondary school, we have more subjects to study.and homework is more than primary school.so i could’t adapt to the secondary school’s homework. i don’t have other time to do any sports or read any books. however, i think all pains will fade away in the end. i believe that i can adapt the school life step by step. try my best. that’s all. thank you for your attention.

**英语演讲比赛主题即兴演讲 篇15**

　　now i think at this point it\'s important for me to say that i actually love extroverts. i always like to say some of my best friends are extroverts, including my beloved husband. and we all fall at different points, of course, along the introvert/extrovert spectrum. even carl jung, the psychologist who first popularized these terms, said that there\'s no such thing as a pure introvert or a pure extrovert. he said that such a man would be in a lunatic asylum, if he existed at all. and some people fall smack in the middle of the introvert/extrovert spectrum, and we call these people ambiverts. and i often think that they have the best of all worlds. but many of us do recognize ourselves as one type or the other.

　　and what i\'m saying is that culturally we need a much better balance. we need more of a yin and yang between these two types. this is especially important when it comes to creativity and to productivity, because when psychologists look at the lives of the most creative people, what they find are people who are very good at exchanging ideas and advancing ideas, but who also have a serious streak of introversion in them.

　　and this is because solitude is a crucial ingredient often to creativity. so darwin, he took long walks alone in the woods and emphatically turned down dinner party invitations. theodor geisel, better known as dr. seuss, he dreamed up many of his amazing creations in a lonely bell tower office that he had in the back of his house in la jolla, california. and he was actually afraid to meet the young children who read his books for fear that they were expecting him this kind of jolly santa claus-like figure and would be disappointed with his more reserved persona. steve wozniak invented the first apple computer sitting alone in his cubical in hewlett-packard where he was working at the time. and he says that he never would have become such an expert in the first place had he not been too introverted to leave the house when he was growing up.

　　now of course, this does not mean that we should all stop collaborating -- and case in point, is steve wozniak famously coming together with steve jobs to start apple computer -- but it does mean that solitude matters and that for some people it is the air that they breathe. and in fact, we have known for centuries about the transcendent power of solitude. it\'s only recently that we\'ve strangely begun to forget it. if you look at most of the world\'s major religions, you will find seekers -- moses, jesus, buddha, muhammad -- seekers who are going off by themselves alone to the wilderness where they then have profound epiphanies and revelations that they then bring back to the rest of the community. so no wilderness, no revelations.

**英语演讲比赛主题即兴演讲 篇16**

　　A Scene to Remember

　　Good afternoon, ladies and gentlemen:

　　Today I would like to begin with a story. There was once a physical therapist who traveled all the way from America to Africa to do a census about mountain gorillas. These gorillas are a main attraction to tourists from all over the world; this put them severely under threat of poaching and being put into the zoo. She went there out of curiosity, but what she saw strengthened her determination to devote her whole life to fighting for those beautiful creatures. She witnessed a scene, a scene taking us to a place we never imaged we\'ve ever been, where in the very depth of the African rainforest, surrounded by trees, flowers and butterflies, the mother gorillas cuddled their babies.

　　Yes, that\'s a memorable scene in one of my favorite movies, called Gorillas in the Mist, based on a true story of Mrs. Diana Fossey, who spent most of her lifetime in Rwanda to protect the ecoenvironment there until the very end of her life.

　　To me, the movie not only presents an unforgettable scene but also acts as a timeless reminder that we should not develop the tourist industry at the cost of our eco-environment.

　　Today, we live in a world of prosperity but still threatened by so many new problems. On the one hand, tourism, as one of the most promising industries in the 21st century, provides people with the great opportunity to see everything there is to see and to go any place there is to go. It has become a lifestyle for some people, and has turned out to be the driving force in GDP growth. It has the magic to turn a backward town into a wonderland of prosperity. But on the other hand, many problems can occur - natural scenes aren\'t natural anymore. Deforestation to heat lodges are devastating Nepal. Oil spills from tourist boats are polluting Antarctica. Tribal people are forsaking their native music and dress to listen to U2 on Walkman and wear Nike and Reeboks.

　　All these appalling facts have brought us to the realization that we can no longer stand by and do nothing, because the very thought of it has been eroding our resources. Encouragingly, the explosive growth of global travel has put tourism again in the spotlight, which is why the United Nations has made 20xx the year of ecotourism, for the first time to bring to the world\'s attention the benefits of tourism, but also its capacity to destroy our ecoenvironment.

　　Now every year, many local ecoenvironmental protection organizations are receiving donations - big notes, small notes or even coins - from housewives, plumbers, ambulance drivers, salesmen, teachers, children and invalids. Some of them cannot afford to send the money but they do. These are the ones who drive the cabs, who nurse in hospitals, who are suffering from ecological damage in their neighborhood. Why? Because they care. Because they still want their Mother Nature back. Because they know it still belongs to them.

　　This kind of feeling that I have, ladies and gentlemen, is when it feels like it, smells like it, and looks like it , it\'s all coming from a scene to be remembered, a scene to recall and to cherish.

　　The other night, as I saw the moon linger over the land and before it was sent into the invisible, my mind was filled with songs. I found myself humming softly, not to the music, but to something else, someplace else, a place remembered, a place untouched, a field of grass where no one seemed to have been except the deer.

　　And all those unforgettable scenes strengthened the feeling that it\'s time for us to do something, for our own and our coming generation.

　　Once again, I have come to think of Mrs. Diana Fossey because it is with her spirit, passion, courage and strong sense of our ecoenvironment that we are taking our next step into the world.

　　And no matter who we are, what we do and where we go, in our minds, there\'s always a scene to remember, a scene worth our effort to protect it and fight for it.

　　Thank you very much.

**英语演讲比赛主题即兴演讲 篇17**

　　good morning! ladies and gentlemen，today i will make a speech here 。 my topic is the importance of environment。

　　so many people talk about protect environment but very few actually do。this is because they dont really understand the importance of the environment。next im going to tell a story。 it will tell you how important the environment is。

　　long long ago，there was a kind of animal called dinosaur。 they were the biggest animals on earth。they were also very strong。 but because of the environment，they were disappeared。

　　were humans stronger than the dinosaurs? the answer must be no。 a dinosaur can easily kill a dozen people。but as strong as they still could not withstand the threat environment。 do you think we can?the answer is certainly not。 so we knew the importance of the environment。

　　the earth gives us a good environment。 we must learn to cherish， cherish this opportunity。

　　so ，we must protect the environment。 as a student，we can also do a lot of helpful things。 for example，we can protect it by not throwing rubbish away，we can save water to make full use of it and so on。

**英语演讲比赛主题即兴演讲 篇18**

　　Good morning,everyone!.

　　From all the warm applause, i am of my classmates have hope. i will be with perseverance and tenacity to laugh last!

　　what is life? is patience, tenacity, perseverance is perseverance, perseverance is a kind of toward the goal diligently pursue the process, a destination never give up the spirit!

　　life is not easy, there are test; life is not smooth, often need to exercise. cannot persist in their pursuit for ideal, can\'t keep on carving to efforts, will be without a single success.

　　the development of training, in the face of10 meters of rock climbing and bungy jumping, all the students without fear, the courage to climb, especially some female students to overcome the physiological and psychological aspects of persistent limit, climb, bent upward; we are going forward, courageously try to be the first performance, and take concrete actions to interpret the essence and connotation of perseverance!

　　one persistent tenacity is strong from the need of necessary conditions. in the face of adversity is from, in the face of difficulties do not bow their heads, is a heroic performance. ancient cloud: adversity makes a man wise, what makes a hero. the setback and the attack for the strong is the driving force and pressure, is succeand victory! as everyone knows, he was arrested and his book; zhong ni and qu yuan banished for spring and autumn; ode to a left thalamic blindness, mandarin; sima qian; the\" historical records\" prison; beethoven wrote\" moonlight sonata\". be too numerous to enumerate examples, but the truth is only one, it is perseverance!

　　in his daily sailing kolumb diary is always written with such a sentence:\" we keep going!\" this sentence may seem trivial, but contains a profound truth. with this advance courageously spirit, they marched towards the vast sea, acrothe tempestuous waves, after savage wilderness, overcome go through untold hardships, finally found a new continent, completed the history of an amazing feat!

　　have one words of song, everyone for having heard it many times,\" no experience of wind and rain, how to see rainbow!\" the road of life is not smooth, but carries a beautiful dream, just stick to the direction of life, they will be able to create their own or even human miracle!

　　finally, i would like to use a poem:ugly bat with thousands of years of hard work was to win the praise of the poet a buffalo with a million works won the painter\'s green eyes,we are not born for fame and live to die，we are for the faith and to fight song!

　　Thank you.

**英语演讲比赛主题即兴演讲 篇19**

　　Hello! everyone:

　　I’m a happy Chinese girl, My name is WangSiwen. You can call me Alice. Nice to meet you! My English name is Alice. Today is my birthday, so I’m very happy. I’m nine years old. I have a round face and a small mouth. My eyes are not too big and not too small. And I have long black hair.

　　My story for today is tadpoles mummy .

　　Spring comes. Tadpoles are missing their mummy. They want to look for her.

　　A duck is coming. The tadpoles says: “mummy, mummy!” the duck say:“sorry, I’m not your mummy. Your mummy has a white belly ”the tadpoles says:“Thank you, Good-- Bye ”.

　　A fish is coming. The tadpoles says: “mummy, mummy!” the fish say:“sorry, I’m not your mummy. Your mummy has two big eyes ”the tadpoles says:“Thanks, Bye ”.

　　A turle is coming. The tadpoles says: “mummy, mummy!” the turle say:“sorry, I’m not your mummy. Your mummy has a white belly ”the tadpoles says:“Thanks a lot, See--you”.

　　Just then, the forg is coming, The tadpoles says: “mummy, mummy!” the forg say:“How are you, my babies ,I love you so much!”

　　少儿英语演讲比赛稿范文篇4

　　Good morning!(Good afternoon) teachers! Today, I’m very happy to make a speech here. First, Let me introduce myself.

　　My name is DingYihang. My English name is Tom. As you know , Tom is a naughty cat. Haha ! .I’m ten years old. I come from The No. 1 attached Primary School of normal training college .I am in Grade 4. I am a lovely boy!

　　I like playing football,Because every boy likes playing it. My dream is to be a good football player. Potatoes are my favorite food, They’re tasty 。My favorite color is blue , blue is a cold color, but I like it. Because sky is blue ,sea is blue，I like sea very. Today I will make a speech about sea,I hope that you can like my speech.

　　I like English very much! It’s fun. I like reading .Every weekend, I like to go to Da Zhong book mall . I can read books here. Thank you for listening.

　　Please remember me! Please support me! Thank you very much!

**英语演讲比赛主题即兴演讲 篇20**

　　Paul Bunyan was a hero in American folk tales. He was a lumberjack, livingin lumber camps ofthe American Northwest. He became famous for his greatstrength and great skill in cuttingtrees. According to legend, Paul Bunyan was agiant. He was so big that a small step he tookwas about three city blocks. Hecreated much of America. He dug Puget Sound in Washingtonto float huge logs tothe mill. He cleared trees from North and South Dakota and made the landin thosestates suitable for farming. He dragged his huge ax in the field of Colorado,and thuscreated the Grand Canyon. He also scooped out the Great Lakes to providedrinking water forhis giant blue ox, Babe. Babe weighed fifteen tons beforebreakfast and stood sixty feet tall.From the tip of one horn to the tip of theother, it measured 42 ax handles and a plug ofchewing tobacco. The ox atetremendous amounts of hay and potato peels and could haul awhole forest of logs.When Babe needed new shoes, the blacksmith had to open a new ironmine inMinnesota. The shoes were so heavy that the blacksmith sank knee-deep into solidrockwhile carrying them. Babe hadn’t always been blue. But nobody knew for surehow it had cometo be that colour. Some said it had turned blue from playingoutdoors too long during theWinter of the Blue Snow.

　　保罗·班扬是美国传说中的英雄。他是个伐木工，住在美国西北的伐木营地里。他由于力大无穷，伐木快如割草而威震四方。保罗是个巨人，他只须迈一小步就能跨过三条街。美国的大部分山山水水据说都是他创造的。他掘出了华盛顿州的皮尤吉特湾，好把木材从水路运到锯木场。他伐光了南北达科他所有的树木，将林地改做农田。他在科罗拉多的田野里拖了一下他的巨斧，结果划出了大峡谷。他的蓝牛贝贝口渴时，他就从五大湖里舀出水来给他喝。蓝牛贝贝高六十英尺，早饭前重十五吨。两角之间的长度为四十二斧柄外加一块嚼烟。贝贝饭量极大，须为他准备大量干草和土豆皮。但它的力气也极大，一次就能拉走一座森林的木材。贝贝需要钉掌时，铁匠就得在明尼苏达新开一座铁矿。那副牛蹄铁重得吓人，铁匠搬它们时，两腿陷在坚硬的岩石里，深达膝盖。蓝牛并非生下来就是蓝色的。它究竟是怎么变蓝的，谁也说不清。有人说这是因为下蓝雪那年冬天，贝贝贪玩儿，在外头待得太久了。

**英语演讲比赛主题即兴演讲 篇21**

　　ladies and gentlemen, honorable judges, good afternoon.

　　i come from one of the most lovely and attractive areas of china, the pearlriver delta of guangdong province and i\'d love to say a few words about thisarea that is so dear to my heart.

　　guangdong province is a magically beautiful wonderland, with endlessnatural treasures. the lush and green mountains are inhabited by songbirds andexotic animals; the farm land is fertile and productive, providing all of itspeople with wonderfully nutritious grains and all the fruits they need to behealthy and strong. the pearl river meanders through the province and eventuallycomes to our beautiful seashore with crystal clear blue water, flourishing withall kinds of different fish and sea creatures. all these natural advantages helpto boost the ever-expanding economy of guangdong and increase the welfare of itspeople.

　　guangdong is privileged to have such a beautiful landscape, with hundredsof historical sites and places of great interest to local people and foreignersalike. our capital city, guangzhou, is also known as \"the city of flowers\".everywhere you look you will see flourishing plants and blossoming flowersoverflowing with vigor.

　　the people of guagdong are very friendly to visitors from anywhere. whoeveryou are and wherever you come from, guangdong people will greet you with theonly language---guangdong dialect.

　　guangdong is also known as the chinese capital of delicious food. there isan old saying that \"the only best delicacies are in guangdong.” food from thisprovince is internationally famous. its variety of tastes, shapes and colors cansatisfy even the most refined palette. i\'m sure, the moment you seat yourself ata cantonese banquet, your appetite will naturally become keen and eager to tasteall the numerous delicacies of the region. here are but a few i will mention inpassing: steamed fish in ginger sauce, seasoned chicken, drunken shrimp, dancefish balls, fried jellyfish, roast suckling pig or duck, braised crispy chickenor squab, shark fin soup, moon cakes, refreshments and desert, and so many more.my mouth is watering just at the sound of these wonderful dishes.

　　i would like you all to know that there is truly nowhere in the world iwould rather live and i invite you all to come discover the hidden treasures ofmy hometown. i would be glad to serve as your personal guide.

　　thank you all.

**英语演讲比赛主题即兴演讲 篇22**

　　delicacies are tasty, but eating everyday can still make one lose appetite. happiness is what everyone longs for, but too much happiness can spoil people who may not care about the happiness they already have. it\'s universal to live in happiness without knowing it. the same is true with love. very few people can love the same person passionately all their lives. all love stories come to an end no matter how beautiful they are, which also demonstrate the changeability of love. what one has been chasing wildly may turn into something one wants to get rid of desperately in the end. besides, love is usually blind, especially those who fall in love at the first sight. at the very beginning, both try to demonstrate their beautiful side and cover up their weakness. fooled by the mysterious color of love, one often mistakes the weaknesses as merits. however, as time passes by, frequent contacts make one bored, and even merits become defects, and then the end of love is coming. what\'s more, there are the capricious men and women who never take love seriously, leaving the devoted ones suffering alone. the saying that the devoted is always abandoned by the heartless has almost become the truth of love affairs. what we can\'t neglect is that love may turn into hatred, and lovers may also become enemies. the best proof is the numerous porces.

　　even though true love is hard to find nowadays, we still can see some true and infatuated boys and girls who readily give up their families, their parents, their studies, their careers and even their lives for love. they love so passionately, crazily and wildly that they hate anyone who is against their love, and may even harm or kill him if he insists on his objection.

**英语演讲比赛主题即兴演讲 篇23**

　　when i was nine years old i went off to summer camp for the first time. and my mother packed me a suitcase full of books, which to me seemed like a perfectly natural thing to do. because in my family, reading was the primary group activity. and this might sound antisocial to you, but for us it was really just a different way of being social. you have the animal warmth of your family sitting right next to you, but you are also free to go roaming around the adventureland inside your own mind. and i had this idea that camp was going to be just like this, but better. (laughter) i had a vision of 10 girls sitting in a cabin cozily reading books in their matching nightgowns.

　　(laughter)

　　camp was more like a keg party without any alcohol. and on the very first day our counselor gathered us all together and she taught us a cheer that she said we would be doing every day for the rest of the summer to instill camp spirit. and it went like this: “r-o-w-d-i-e, that\'s the way we spell rowdie. rowdie, rowdie, let\'s get rowdie.“ yeah. so i couldn\'t figure out for the life of me why we were supposed to be so rowdy, or why we had to spell this word incorrectly. (laughter) but i recited a cheer. i recited a cheer along with everybody else. i did my best. and i just waited for the time that i could go off and read my books.

　　but the first time that i took my book out of my suitcase, the coolest girl in the bunk came up to me and she asked me, “why are you being so mellow?“ -- mellow, of course, being the exact opposite of r-o-w-d-i-e. and then the second time i tried it, the counselor came up to me with a concerned expression on her face and she repeated the point about camp spirit and said we should all work very hard to be outgoing.

　　and so i put my books away, back in their suitcase, and i put them under my bed, and there they stayed for the rest of the summer. and i felt kind of guilty about this. i felt as if the books needed me somehow, and they were calling out to me and i was forsaking them. but i did forsake them and i didn\'t open that suitcase again until i was back home with my family at the end of the summer.

　　now, i tell you this story about summer camp. i could have told you 50 others just like it -- all the times that i got the message that somehow my quiet and introverted style of being was not necessarily the right way to go, that i should be trying to pass as more of an extrovert. and i always sensed deep down that this was wrong and that introverts were pretty excellent just as they were. but for years i denied this intuition, and so i became a wall street lawyer, of all things, instead of the writer that i had always longed to be -- partly because i needed to prove to myself that i could be bold and assertive too. and i was always going off to crowded bars when i really would have preferred to just have a nice dinner with friends. and i made these self-negating choices so reflexively, that i wasn\'t even aware that i was making them.

　　now this is what many introverts do, and it\'s our loss for sure, but it is also our colleagues\' loss and our communities\' loss. and at the risk of sounding grandiose, it is the world\'s loss. because when it comes to creativity and to leadership, we need introverts doing what they do best. a third to a half of the population are introverts -- a third to a half. so that\'s one out of every two or three people you know. so even if you\'re an extrovert yourself, i\'m talking about your coworkers and your spouses and your children and the person sitting next to you right now -- all of them subject to this bias that is pretty deep and real in our society. we all internalize it from a very early age without even having a language for what we\'re doing.

**英语演讲比赛主题即兴演讲 篇24**

　　love is shapeless and priceless. we can blame nobody when captured by it. love can not be forced, nor can it be pretended. sympathy is not love, neither is gratitude. love must be generated from the heart, and expressed in actions. it can not be called love without passions and a deep longing from the bottom of the heart. there\'s no impassable gulf between family love and fraternal love. some family love may turn into friendship. at the same time, natural barriers doesn\'t exist either between fraternal love and amatory love. some friendship may develop into amatory love. the same is true with amatory love which may change into family love after a long time of mutual grinding and polishing.the closer the relationship, and the higher the expectations are, the more difficult it is to get along with each other. family love, fraternal love and amatory love are three main human feelings. if handled well, they can bring us extreme happiness, while handled improperly, will bring us great sufferings.

　　the present society is a world of dazzling money and dwindling human feeling contacts. most people hold a snobbish attitude. they only make friends with people of wealth and of high social status. just as zhen shiyen said in his expounding of the song “all good things must end” in a dream of the red mansions “while men with gold and silver by the chest, turn beggars scorned by all and dispossessed”.frankly speaking, however, if we regard money the first thing in whichever one of the three kinds of loves, it will depreciate and even become worthless.

**英语演讲比赛主题即兴演讲 篇25**

　　hello, ladies and gentlemen, my name is zhang xinyu. today, im going to talk about growing pains. different people have different pains from different places. we are now students,so i think we have pains mainly from studies. time files. two months ago, i came to a middle school student.but i have a pain.

　　homework is my growing pain. in the secondary school, we have more subjects to study.and homework is more than primary school.so i could’t adapt to the secondary school’s homework. i don’t have other time to do any sports or read any books. however, i think all pains will fade away in the end. i believe that i can adapt the school life step by step. try my best. that’s all. thank you for your attention.

**英语演讲比赛主题即兴演讲 篇26**

　　From Walls to Bridges

　　I\'m studying in a city famous for its walls. All visitors to my city are amazed by the imposing sight of the city walls, silhouetted by the setting sun with gold and shining lines. With old, cracked bricks patched with lichen, the walls are weather-beaten guards, standing still for centuries in protecting the city.

　　Our ancestors liked to build walls. They built walls in Beijing, Xi\'an, Nanjing and many other cities, and they built the Great Wall, which snakes through half of our country. They built walls to ward off enemies and evil spirits. This tradition has been maintained to this day as we still have many parks and schools walled off from the public. I grew up at the foot of the city walls, and I\'ve loved them since my childhood. For a long time, walls were one of the most natural things in the world.

　　My perception, however, changed after a hiking trip to the Eastern Suburbs, a scenic area of my city. My classmates and I were walking with some international students. As we walked out of the city, we found ourselves flanked by taller and taller trees, which formed a huge canopy above our heads. Suddenly an international student asked me, \"Where is the entrance to the Eastern Suburbs?\"

　　\"We\'re already in the Eastern Suburbs,\" I replied.

　　He seemed taken aback, \"I thought you Chinese have walls for everything.\" His remark set off a heated debate. At one point, he likened our walled cities to \"jails,\" while I insisted that the Eastern Suburbs were one of the many places in China that had no walls.

　　That debate had no winners, but I did learn a lot from this international student. For instance, he told me that universities like Oxford and Cambridge were not surrounded by walls; the campuses were just part of the cities. I have to admit that we do have many walls in China, and as we are developing our country, we must carefully examine them, whether they are physical or intangible. We will keep some walls but tear down those that impede China\'s development.

　　Let me give you an example.

　　A year ago, when I was working on a term paper, I needed a book on business law and found a copy in the law school library. However, the librarian turned down my request with a cold shoulder, saying, \"You can\'t borrow this book, you are not a student here.\" In the end, I had to spend 200 yuan buying a copy; meanwhile, the copy in law school was gathering dust on the shelf.

　　At the beginning of this semester, I heard that my university has started not only to unify its libraries but also link them up with libraries of other universities, so my experience will not be repeated. Barriers will be replaced by bridges. Through an inter-library loan system, we will have access to books from any library. With globalization, with China integrated into the world, I believe many of these intangible walls will be knocked down.

　　I know globalization is a controversial issue, and it is hard to say whether it is good or bad. But one thing is for sure: it draws our attention to China\'s tangible and intangible walls and forces us to examine their roles in the modern world.

　　And how about the ancient walls in my city and other cities? Should we tear them down? Just the opposite. My city, like Beijing and other cities, is actually making a great effort to preserve the walls. These walls attract not only historians and archeologists but also many schoolchildren trying to study our history and cultural heritage. Walls have turned into bridges to our past and to the rest of the world. If the ancient builders of these walls were still alive today, they would be proud to see such great change in the role of their walls. They are now bridges that link East and West, South and North, and all countries of the world. Our cultural heritage will survive globalization.

**英语演讲比赛主题即兴演讲 篇27**

　　Failure is so common in our life. No one can avoid it. When we fail in doing something, we often feel so depressed that we have no interest in other things. Sometimes failure can also make us lose heart. Therefore, no one wants to be a failure.

　　Success is what we all hope for, because it can bring us a sense of pride and a good reputation. The moment we succeed, we always feel so proud, as if having everything in our hands. If one enjoys his continuous success in his career, he will be famous and worshiped by others.

　　However, failure is the mother of success. One failure doesn’t mean you can never be successful. It depends on what we do to deal with failure. Those who are always afraid of failure and can’t go through it will never win. But as long as we can get some lessons and experience from our failure, we’ll be sure to succeed.

**英语演讲比赛主题即兴演讲 篇28**

　　Sports are more than competitions. To me, they mean growth under the care of others. I learned this the hard way.

　　I used to be very shy and often felt lonely. Although I did well in all the academic subjects, I was afraid of physical education. My classmates often laughed at me.

　　“Look at that girl,” they said. “Her feet don’t leave the ground when she runs!”

　　Their words embarrassed me. Moreover, whenever the teacher organized some competitive games, no one in the class liked to have me as their partner or team member. As a result, I often ended up looking at others enjoy their games.

　　Things would go on like that if not for a sports meet in my high school. By mistake, my name was put on the list of those who would compete in the women’s 1500 meters race. By the time people found the mistake, it was too late to change.

　　My desk-mate was a natural athlete. She said to me, “I couldn’t run that race in your place, because I’ve signed up for three items already.” Other athletic girls of the class said the same.

　　I was utterly dumbfounded. 1500 meters! Running against the best runners from other classes! And in front of students of the entire school! It would be the worst nightmare I’d ever have!

　　“You still have time to catch up because there is still one month before the sports meet,” they all said this to me, including my teacher.

　　My desk-mate patted me on the shoulder, “Cool! You will run for our class! And we will do training together.” Yes, this is not just for myself, but for my class too, I said to myself. But still, 1500 meters to me was like Mount Everest to a beginning climber. I had no idea even how to start my preparation.

　　Fortunately, my desk-mate gave me a hand. Every afternoon after class, several of us ran together. When the fear of being laughed at struck me, I saw others running right beside me. They gave me strengths. While we were running, some others would stand by the tracks cheering for us.

　　One month certainly couldn’t make me a good runner. But when I was standing behind the start line, I no longer felt lonely or afraid. I saw my classmates standing by the tracks waving at me as if about to run beside me.

　　With the shot of the starting gun, I dashed out and ran as fast as I could, as if it were a 200-meter race. Soon I was out of breath and slowed down. Other runners passed me one by one, and gradually I had no idea how many of them were still behind me. My legs were getting heavier and heavier, and I might fall down at any moment. However, I suddenly heard my classmates chanting my name. My desk-mate even ran along the tracks beside me and cheered for me at the same time, just like the month-long training we did together.

　　As expected, I was almost the last to cross the finish line. Immediately, my classmates held my arms and urged me to walk on my feet and not to sit down. I was surrounded, with all kinds of drinks handed to me. I felt a kind of warmth I had never felt before. Even though I was almost the last to finish the race, I was full of confidence that I would improve in the future.

　　That sports meet was an unforgettable experience. The memory of my classmates cheering for me, holding my arms and handing me drinks stays fresh on my mind. Sports are no longer about winning or losing. They give me a lot of confidence, both confidence in my fellow students and confidence in my own potential. I am no longer lonely, no longer afraid. Sports have brought me close to my classmates and helped us grow together.

　　Now, I participate in the sports meet every year. Even if I am not competing, I would help my classmates with their practice, just like the way my desk-mate and others ran with me.

　　体育比赛越来越多。对我来说，他们的意思是在别人的照顾下成长。我学会了这个艰难的方式。

　　我曾经是很害羞，经常感到孤独。虽然我做得很好，在所有的学科，我是害怕体育教育。我的同学经常嘲笑我。

　　“看那个女孩，”他们说。“当她运行的时候她的脚不离开地面!“

　　他们的话使我感到尴尬。而且，每当老师组织了一些有竞争性的比赛，在班上没有人喜欢把我当他们的伙伴或团队成员。因此，我经常结束看别人享受他们的游戏。

　　如果不是我的高中的一个运动会，事情会继续下去。错误地，我的名字被列在那些将参加女子1500米比赛的人名单上。人们发现这个错误，太晚了。

　　我的同桌是个天生的运动员。她对我说：“我不能在你的地方跑，因为我已经报名参加了三个项目。”。

　　我完全被惊呆了。1500米!与其他班上最好的赛跑选手赛跑!而在整个学校的学生面前!这将是我曾经有过的最糟糕的噩梦!

　　“你还有时间赶上，因为还有一个月前的运动会，”他们都对我说，包括我的老师。

　　我的同桌轻轻地拍了拍我的肩膀，“酷!你将为我们班竞选!我们会一起做的，“是的，这不仅仅是为了我自己，也为了我的课，我对自己说。但是，1500米对我来说就像是珠峰的一个开始攀登者。我甚至不知道如何开始我的准备。

　　幸运的是，我的同桌给了我一只手。每天下午放学后，我们几个人一起跑。当我害怕被嘲笑时，我看到别人在我身边奔跑。他们给了我力量。当我们在奔跑时，有些人会站在轨道上为我们喝彩。

　　一个月肯定不能让我成为一个好赛跑者。但是当我站在起跑线后，我不再感到孤独或害怕。我看到我的同学们站在铁轨旁，好像在向我跑来跑去。

　　我用枪打了一枪，冲出去，跑得很快，好像是200米赛跑。很快我就喘不上气，放慢了速度。其他的赛跑者一个一个地从我身边经过，渐渐地，我不知道他们中有多少人在我身后。我的腿越来越重了，我随时都可能跌倒。然而，我突然听到我的同学们唱着我的名字。我的同桌甚至在我的身边跑过，在同一时间为我喝彩，就像我们在一起的那一个月的训练。

　　正如所料，我几乎是最后一个越过终点线。立刻，我的同学们抱着我的胳膊，催促我走在我的脚边，而不是坐下来。我被包围了，有各种各样的饮料递给我。我感觉到了一种从未有过的温暖。即使我几乎是最后一个完成比赛，我充满了信心，我会提高在未来。

　　那次运动会是一次难忘的经历。我的同学们为我欢呼，抱着我的胳膊，递给我一杯酒，我的心都在新鲜。体育不再是关于赢得或失去。他们给了我很大的信心，都对我的同学信心和我自己的信心。我不再孤单，不再害怕。体育把我带到我的同学们，帮助我们一起成长。

　　现在，我每年参加运动会。即使我不在竞争，我会帮助我的同学与他们的做法，就像我的同桌和其他人一起跑。

**英语演讲比赛主题即兴演讲 篇29**

　　We often hear people say, “Never give up.” These can be encouraging words and words of determination. A personwho believes in them will keep trying to reach his goal no matter how manytimes he fails. In my opinion, the quality of determination to succeed is animportant one to have. Therefore, I believe that we should never give up.

　　One reason is that if we give up too easily, we will rarely achieveanything. It is not unusual for us to fail in our first attempt at somethingnew, so we should not feel discouraged and should try again. Besides, if wealways give up when we fail, we will not be able to develop new skills and growas people. Another reason we should never give up is that we can learn from ourmistakes only if we make a new effort. If we do not try again, the lesson wehave learned is wasted. Finally, we should never give up because as we work toreach our goals, we develop confidence, and this confidence can help us succeedin other areas of our lives. If we never challenge ourselves, we will begin todoubt our abilities.

　　In short, it is important that wedo not give up when working for our goals. Whether we succeed in the end ornot, we will learn something, and what we learn will help us to become better,more confident people. Furthermore, if we give up, we have non chance ofattaining our goals, but if we keep trying, there is always a chance that wewill succeed one day.

　　Thank you !

**英语演讲比赛主题即兴演讲 篇30**

　　In our daily lives, we have many choices to make, such as what to eat forsupper,what clothes to wear, or what to do on weekends. at certain times in ourlives, we need to make even more critical choices, such as which school toattend, what job to take or who to choose as husband or wife. yes, life is amatter of choice. seemimgly, it means a choice of tangible things. but inessence, it means choosing a way of life. life is to be lived, savored, andenjoyed, not to be wasted or complained about.

　　Hardly can we forget the time when our society faced the grave threat fromthe life-and-death disease--sars. yet, even during those dreadful times, someafflicted people remained optimistic. instead of wearing neutral white masks,some people turned to colouful ones, and thus display a happy mood. and somecreative people dubbed sars to mean \"smile and remain smiling.\" i was deeplytouched by their optimisim, nearly forgetting that we\'re still in a battle.people who survive these kinds of circumstances, (at some point)decide in theirminds to carry on in spite of the overwhelming odds.

　　Laid-off workers, typically regarded as the victims of economicadvancement, are subject to desperation that being unmeployed has brought onthem. but, encouragingly, we have witnessed some of them striving hard torebuild confidence toward life and discover new opportunities for demonstratingtheir values.

　　Although we cannot choose our appearance, inborn gifts and even avoidunexpected disasters and adversities, we do have the privilege to choose to liveoptimistcally,to love our lives, to have dreams, and to cherish hopes.

　　Every morning when we get up, we have a choice of how we want to approachlife that day. as for me, i choose to be cheerful.

**英语演讲比赛主题即兴演讲 篇31**

　　Some people say that youth is a song, echoed the cheerful, beautifulmelody; Some people say that youth is a draw, engraved with the rich, romanticcolors.

　　有人说，青春是一首歌，回荡着欢快，美妙的旋律;有人说，青春是一幅画，镌刻着瑰丽，浪漫的色彩。

　　80 years ago, in order to expel darkness for light, for an independenthomeland and the rich and powerful, a group of high-spirited youth with bloodand lives to write the song the most magnificent song of youth, drawn on a mostmagnificent picture of the youth.

　　80年前，为了驱逐黑暗，争取光明，为了祖国的独立和富强，一群意气风发的青年用热血和生命谱写了一曲青春的最壮丽的青春之歌，绘上最壮丽画卷青年。

　　Today, \"54\" Sports as a glorious page has been included in the annals ofthe Chinese nation. However, \"54\" is much more than just a historical case, itis a spirit, to show young people of our nation fiery love for the future anddestiny of the country concerned about the performance of duty and mission ofyoung people.

　　如今，“54”体育作为光辉的一页已被列入中国民族的史册。然而，“54”不仅仅是一个历史事件，更是一种精神，展现我们的民族炽热的爱年轻人为国家关心的职责年轻人的性能和使命的前途和命运。

　　Today, we had the honor of this generation of young people living in thereform and opening up a good time, had the honor of standing at the meetingpoint of century and millennium on.　 We are fortunate.　 Facing the new century,our responsibility. Recalling our carry forward the \"54\" the spirit of thinkingseriously, and they should have a kind of youth, what kind of life.　 Recall thatthe initial start Know \"54\" is a history lesson from the primary andsecondary.

　　今天，我们有幸这一代的年轻人生活在改革开放的大好时代，有幸站立在世纪和千年交汇点上。我们是幸运的。面对新世纪，我们的责任。我们回顾发扬“五四”思想严重的精神，他们应该有一个怎样的青春，什么样的生活。记得，最初开始认识“五四”是从小学和中学的历史课。

**英语演讲比赛主题即兴演讲 篇32**

　　DREAM——A word that has changed the world

　　Hello,everybody !it is my great honor to be here to share my idea with you .Today,I will talk something about DREAM——A word that has changed the world .

　　“What do you think is the word that has really changed our world ”

　　When I was asked about this question for the first time ,without thinking it too much ,a word flash into my mind ——DREAM ,D-R-E-A-M.People more or less dream about different things ,to be a teacher ,a doctor ,a scientist ,a businessman and so on .All these people who have dreams should be respected ,because Dreams make the world go around .We grow great by our dreams.All big men are great dreamers in their youth.Everyone has a dream ,and everything starts as one’s daydream.

　　Martin Luther king had a dream.He desired for a future where blacks and whites would coexist harmoniously as equals.By speaking the way he did,he educated,he inspired,he informed not just the people there,but people throughout America and unborn generations.He pushed forward the pace of American black society towards the racial equality .

　　Thomas Edison had a dream.He dreamed of a lamp that could be operated by electricity,began where he stood to put his dream into action,and despite more than ten thousand failures,he stood by that dream until he made it a physical reality!And today,his dream lights up the world at night.

　　Walt Disney had a dream.This,in itself,wasn\'t unusual -- he was always dreaming.He dreamed of making the first animated feature film,and of building an amusement park that parents could enjoy right along with their kids.Walt Disney empowered his dream and today,Disneyland,Disney world and Disney theme parks attract around the world thrill millions of visitors each and every year.

　　John F.kennedy had a dream.He wanted to land a man on the moon and return him safely to earth so as to restore faith in the American way of life.John F.kennedy empowered his dream and 8 years later Neil Armstrong stepped on the face of the moon.The moon landing certainly gave Americans new found confidence.

　　Dream --- A word that has changed the world Yes ,I would say so ,wouldn’t you

　　Youth is a special life relay station ,the growth with the worry ,the life feeling become aware happily with the dream ,collected a unique youth melody in here .

　　We decide.We choose.And as we decide and choose,so are our lives formed.In the end,forming our own destiny is what ambition is about.And most importantly ,You are the one you choose to be.

　　It is easy to waste our lives ,our days ,our minutes .It is easy to exist than living .So hold fast to your dreams,For if dreams die,life is a broken-winged bird,That cannot fly.Hold fast to your dreams,For when dreams go,life is a barren field,Frozen with snow.

　　I hope you everyone he

　　梦--一个改变世界的词

　　大家好!我很荣幸能在这里和大家分享我的想法，今天我将谈论一个关于梦想的东西--一个改变世界的词。

　　“你认为什么是真正改变了我们世界的这个词呢”

　　当我被问到这个问题的时候，没有想太多，一个字闪进我的脑海——梦，d-r-e-a-m.people或多或少的梦想不同的东西，是一个教师，医生，科学家，商人等等。所有这些人的梦想都应该得到尊重，因为梦想让世界运转。我们增长我们的梦想伟大，所有的伟人都是在青年时期伟大的梦想家。每个人都有梦想，一切都开始作为一个的白日梦。

　　路德金做了一个梦，他希望给黑人和白人能和谐共处等。说他，他这样的教育，他深受启发，他通知不只是那里的人们，但全美国的人和未出生的后代，他推动了美国黑人社会的步伐走向种族平等。

　　爱迪生托马斯做了一个梦，他梦见一个能用电来供电的电灯，他开始在那里站着把自己的梦想付诸行动，尽管有一万多个失败，他站在那一个梦中，直到他成为现实!今天，他的梦想照亮了世界。

　　沃尔特迪士尼有一个梦想，这一点，在它本身并不寻常，他一直在做梦，他梦想制作第一部动画电影，并建设一个娱乐公园，父母可以享受与他们的孩子。

　　约翰肯尼迪做了一个梦，他想把人送上月球并返回他安全返回地球，恢复美国的生活方式的信念。约翰肯尼迪授权他的梦想，8年后尼尔阿姆斯壮踏上月球的脸。登月的确给了美国人的新发现的信心。

　　梦---一个改变世界的话是的，我会这样说，是不是你

　　青春是一个特殊的生命接力站，随着烦恼的成长，生活的感觉变得与梦的幸福感，在这里收集了一个独特的青春旋律。

　　我们决定，我们选择，并且当我们决定和选择，我们的生活也在我们的生活中，最终形成我们自己的命运是什么样的野心是什么，最重要的是，你是你选择的那个人。

　　我们的生活，我们的日子，我们的生活，很容易浪费我们的生命，很容易生存，所以坚持你的梦想，因为如果梦想死亡，生命是一只折断翅膀的鸟儿，不能飞翔。

　　我希望你们每个人都可以.

**英语演讲比赛主题即兴演讲 篇33**

　　this is no surprise though if you look at the insights of contemporary psychology. it turns out that we can\'t even be in a group of people without instinctively mirroring, mimicking their opinions. even about seemingly personal and visceral things like who you\'re attracted to, you will start aping the beliefs of the people around you without even realizing that that\'s what you\'re doing.

　　and groups famously follow the opinions of the most dominant or charismatic person in the room, even though there\'s zero correlation between being the best talker and having the best ideas -- i mean zero. so ... (laughter) you might be following the person with the best ideas, but you might not. and do you really want to leave it up to chance? much better for everybody to go off by themselves, generate their own ideas freed from the distortions of group dynamics, and then come together as a team to talk them through in a well-managed environment and take it from there.

　　now if all this is true, then why are we getting it so wrong? why are we setting up our schools this way and our workplaces? and why are we making these introverts feel so guilty about wanting to just go off by themselves some of the time? one answer lies deep in our cultural history. western societies, and in particular the u.s., have always favored the man of action over the man of contemplation and “man“ of contemplation. but in america\'s early days, we lived in what historians call a culture of character, where we still, at that point, valued people for their inner selves and their moral rectitude. and if you look at the self-help books from this era, they all had titles with things like “character, the grandest thing in the world.“ and they featured role models like abraham lincoln who was praised for being modest and unassuming. ralph waldo emerson called him “a man who does not offend by superiority.“

　　but then we hit the 20th century and we entered a new culture that historians call the culture of personality. what happened is we had evolved an agricultural economy to a world of big business. and so suddenly people are moving from small towns to the cities. and instead of working alongside people they\'ve known all their lives, now they are having to prove themselves in a crowd of strangers. so, quite understandably, qualities like magnetism and charisma suddenly come to seem really important. and sure enough, the self-help books change to meet these new needs and they start to have names like “how to win friends and influence people.“ and they feature as their role models really great salesmen. so that\'s the world we\'re living in today. that\'s our cultural inheritance.

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