

# 《黄河 Walk: 解锁雪豹魅力 漫游河湟西宁》

## 中文译稿

### 人物:

瑞典籍自媒体博主兼纪录片导演 Miriam Follin (米粒)

西宁广播电视台主持人 张莉

### 正片:

沿黄河行走 感受不一样的风景

Walking along the Yellow River to feel its unique charm.

大家好

Hello everyone,

我是西宁广播电视台主持人张莉

I'm Zhang Li from the Xining radio and television station.

我现在是在中国西宁

Now I'm in Xining, China.

我身后是湟水河

Behind me is Huangshui River,

是黄河的重要支流

it is an important tributary of the Yellow River.

你好米粒

Hello Mili.

你好三三 你好力安

Hello Sansan. Hello Lian.

我的名字叫 Miriam Follin

My name is Miriam Follin.

是一名来自瑞典的自媒体博主兼纪录片导演

I'm a vlogger and documentary filmmaker from Sweden,

同时也是嫁到青海的洋媳妇

and my husband is actually a local Qinghai guy,

我的丈夫来自西宁大通

he's from Datong.

米粒 今天我要带你来一场“黄河 walk”

Mili, today we will have a Yellow River Walk.

带你深度游西宁 好吗

and I'll take you on a deep tour of Xining. Okay?

当然 我们出发吧

Yes, let's go!

走吧

Let's go!

## 场景 1——西宁北川河湿地公园

### Location 1——Beichuan River Wetland Park

米粒快看

Mili, look,

现在我们看到的碧波荡漾的风景其实

The beautiful scenery here was actually

早些年前还是一片荒地

a wasteland several years ago.

经过一代代西宁人的共同努力

Through the giant effort of all of the people here,

现如今这里也成为了西宁面积最大的湿地公园

it has become the largest wetland park today,

也是咱们西宁人自家的后花园

and our own back garden.

哇 那真是今非昔比

Oh,wow!That's quite a transformation.

既然来到了后花园

Now we are in our garden,

不如坐下尝尝独具特色的盖碗茶

let's taste the traditional Gaiwan Tea,okay?

当然好啊

Yes!

那走吧

Okay,let's go.

你之前喝过盖碗茶吗

Have you ever tasted it before?

我喝过好几次

I have,I've tried it many times.

太好喝了

It's so delicious!

里面很有料

There are so many ingredients.

这是咱们西宁的特色

It's the specialty of Xining.

真不错

Yeah,it' s amazing.

好 city 啊

It's pretty chill.

## 场景 2——青海野生动物救护繁育中心

### Location 2——Qinghai Wildlife Rescue and Breeding Center

米粒 你知道在青海西宁有一种特色的野生动物

Mili,do you know there is a special wild animal in Qinghai,

又帅气又可爱又神秘

and it is handsome and cute and mysterious?

今年西宁最热话题就是它了

Also, It is the hottest topic in Xining this year.

你认识它吗

Do you know?

那当然了

Oh, yes.

你说的一定是雪豹吧

It must be the snow leopard.

我在西宁大街小巷都能见到

It's everywhere. You know,

裸眼 3D 大屏上的雪豹

they have the 3D screen,

画满雪豹的涂鸦墙

the graffiti wall,

美食一条街“豹街”

and the street Leopard Street where you can buy food.

随处都有雪豹的身影

It's everywhere.

那咱们的“黄河 walk” 第二站

For the second stop of the Yellow River Walk,

来到了青海野生动物救护繁育中心

we will go to the Qinghai Wildlife Rescue and Breeding

Center,

看看我们可爱的豹豹

to see the lovely leopards.

米粒快看

Mili, look!

太可爱了吧

It's so cute.

在你丈夫的家乡西宁大通

Mili, do you know in your husband's hometown Datong, Xining.

这两年也经常出现野生雪豹的身影

We have seen the wild snow leopards several times?

是的 我还看过雪豹妈妈和小雪豹玩耍的视频

I know. I've seen the video with a little mother and her two  
babies playing,

实在是太可爱了

and it's so cute!

其实我还有另一个身份

Did you know, by the way,

西宁大通的官方推荐官

that I'm an official Xining Datong advocate?

真厉害

It's very good.

欢迎瑞典的家人朋友们

Welcome our Swedish friends and family

做客我们“雪豹之都 生态西宁”

to the capital of the snow leopard:Xining!

欢迎

Welcome!

那我来考考你

Hi,Mili.Let me test you.

你知道西宁为什么要打造雪豹之都吗

Do you know why Xining wants to become the capital of the  
snow leopard?

因为西宁有雪豹

Because they have snow leopards?

是的

Of course.

但我觉得最重要的是

I think the most important reason is,

这些年西宁成功救护了相当多的雪豹

we have rescued many many snow leopards these years,

我们选择了雪豹为西宁代言

and we choose it as a mascot.

对

That's great.

这样既扩大了雪豹的知名度和影响力

Because then it becomes popular

也让更多人加入到保护雪豹的队伍中来

and it helps protecting it, right?

不错

Yes, very good.

我觉得还有一个方面

And then, I kind of came to think of one more reason.

是什么呢

One more reason? what?

我觉得西宁

I just think... I mean this is Xining,

和雪豹有很多共同之处

and the snow leopard is, you know,

一样迷人

kind of mysterious,

一样美丽

it's good looking,

一样勇敢

it's brave.



就真的很像西宁人

Kind of like the people in Xining!

### 场景 3——西宁虎台遗址公园

#### Location 3——Hutai heritage park

米粒 今天看了雪豹

Mili, today we have seen the real snow leopard, right?

那这一站咱们来点不同的雪豹体验

And now, let's have a different snow leopard experience, okay?

我们要去做什么

What are we going to do?

剪纸雪豹

Snow leopard paper cutting!

听着就很有意思

Sounds amazing!

走起

Let's go.

这是我们剪的雪豹

So these are the leopards we are cutting.

完成了以后

When they're finished,

它就变成这样可爱的形象

it's going to look like this.

这实际上只是一个非常简单的

And this actually counts as a very simple piece.

是的 姜老师还有一幅雪豹作品

Yeah, but Ms. Jiang has made a snow leopard work,

相当壮观

it is quite extraordinary!

那我们快看看吧

Let's see it!

大通剪纸也是黄河流域的

Datong paper cutting is also representative of

剪纸艺术代表

paper cutting art in the Yellow River basin.

展现了黄河流域人民的勤劳和智慧

Showing the diligence and wisdom of the people in the Yellow

River basin,

是中华民族的文化瑰宝

and is a treasure of Chinese national culture.

通过今天的“黄河 walk”

During today's Yellow River Walk,

我们不仅看到了西宁美丽的生态环境

we not only saw the beautiful ecologic environment of  
Xining.

还看到了西宁对野生动物的大力保护

We also got to see the effort,

还体验了黄河流域非遗文化的魅力

and we got to experience the cultural heritage of the Yellow  
River.

真是一场迷人的体验之旅

A very charming place.

好 city 的西宁欢迎你来

Welcome to Xining!