**Remarks of First Lady of the United States Michelle Obama**

**Stanford Center at Peking University**

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**美国第一夫人米歇尔·奥巴马在北京大学的演讲**

**北京大学斯坦福中心**

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Ni-Hao. It is such a pleasure and an honor to be here with all of you at this great university…thank you so much for having me.

你好。能够在这所伟大的大学里与你们大家在一起，真是莫大的荣幸。非常感谢你们的邀请。

And before I get started today, on behalf of myself and my husband, I just want to say a few very brief words about Malaysian Airlines Flight 370. As my husband has said, the United States is offering as many resources as possible to assist in the search. And please know that we are keeping all the families and loved ones of those on this flight in our thoughts and prayers at this very difficult time.

在开始今天的讲话之前，我想代表我自己和我丈夫就马来西亚航空公司370航班简短的说几句。如我丈夫所说，美国正提供尽可能多的资源协助搜寻工作。 请相信，在这个非常艰难的时刻，我们心和航班上人员的家属和亲人在一起，我们为他们祈祷。

And with that, I want to start by recognizing our new Ambassador to China, Ambassador Baucus…President Wang…Chairman Zhu…Vice President Li…Director Cueller, Professor Oi and the Stanford Center…President Sexton from New York University which has an excellent study abroad program in Shanghai… and John Thornton, Director of the Global Leadership Program at Tsinghua University…thank you all so much for joining us.

现在，我们首先来认识一下美国新任驻华大使，博卡斯大使...王校长...朱主席、李副校长、Cuelluer主任、Oi 教授和斯坦福中心...纽约大学的塞克斯顿校长，该校在上海开设了一个优秀的海外留学项目...... ...以及清华大学全球领袖项目主任约翰·桑顿...由衷地感谢大家的到来。

And most of all, I want to thank all of the students for being here today…and I particularly want to thank Eric Schafer and Zhu Xuanhao for that extraordinary English and Chinese introduction.

最重要的是，我要感谢今天所有到场的学生们......我要特别感谢埃里克·谢弗（Eric Schafer）和朱宣澔的精彩英文和中文介绍。

That was such a powerful symbol of everything I want to talk with you about today. You see, by learning each other’s languages – and by showing such curiosity and respect for each other’s cultures – Mr. Schafer and Ms. Zhu and all of you are building bridges of understanding that lead to so much more. And I’m here today because I know that our future depends on connections like these among young people like you across the globe. That’s why when my husband and I travel abroad, we don’t just visit palaces and parliaments and meet with heads of state. We also come to schools like this one to meet with students like you. Because we believe that relationships between nations aren’t just about relationships between governments or leaders…they’re about relationships between people, particularly our young people. So we view study abroad programs not just as an educational opportunity for students…but also as a vital part of America’s foreign policy.

这绝佳地诠释了我今天要和大家聊的全部话题。你们看，通过学习彼此的语言——通过展现对彼此文化的好奇心和尊重——谢弗先生、朱女士以及你 们大家正在搭建理解的桥梁，这些桥梁带来更多的丰硕成果。我今天来到这里是因为我知道，我们的未来取决于全球像你们这样年轻人间的这样的联系。这就是为什 么当我丈夫和我出国旅行时，我们不只是访问宫殿、议会和会晤国家元首。我们也来像这样的学校，与像你们一样的学生见面。因为我们相信，国与国之间的关系不 只是政府或领导人之间的关系......它们是人民间——尤其是我们年轻人间的关系。因此，我们认为海外留学项目不只是为学生提供的教育机会...... 还是美国外交政策至关重要的组成部分。

You see, through the wonders of modern technology, our world is more connected than ever before. Ideas can cross oceans with the click of a button. Companies can do business and compete with companies across the globe. And we can text, email and skype with people on every continent. So studying abroad isn’t just a fun way to spend a semester – it’s quickly becoming the key to success in our global economy. Because getting ahead in today’s workplaces isn’t just about getting good grades or test scores in school…it’s also about having real experience with the world beyond your borders – experience with languages, cultures and societies very different from your own. Or, as the Chinese saying goes: “It is better to travel ten thousand miles than to read ten thousand books.”

你们看，通过现代技术奇迹，我们的世界比以往任何时候都更多地联系在一起。思想可以通过点击按钮跨越海洋。全球各地的公司可以进行业务往来 和相互竞争。我们可以与各大洲的人们通过短信、电子邮件和Skype进行沟通。因此，出国留学不只是以开心的方式度过一个学期——它正迅速成为在全球经济 中取得成功的关键。因为要走在当今职场的前沿，只在学校里取得好成绩或好分数是不够的......还应拥有对境外世界的真实体验——对非常不同于己的语 言、文化和社会的体验。正如中国的一句古话所说： “读万卷书不如行万里路。”

But let’s be clear, studying abroad is about so much more than improving your own future – it’s also about shaping the future of your countries and of the world we all share.Because when it comes to the defining challenges of our time – whether it’s climate change, or economic opportunity, or the spread of nuclear weapons…these are shared challenges. No one country can confront them alone…the only way forward is together. That’s why it’s so important for young people like you to live and study in each other’s countries.

要明确的是，出国留学绝不只是改善你们自己的未来——它还关乎塑造你们国家以及我们大家共同拥有的这个世界的未来。因为就我们这个时代的决 定性挑战而言——无论是气候变化、还是经济机会、或是核武器扩散......这些都是共同的挑战。没有任何一个国家能够单独应对它们......唯一的出 路就是共同携手。这就是为什么像你们一样的年轻人到彼此国家学习和生活是如此重要。

Because that’s how you develop that habit of cooperation – you do it by immersing yourself in someone else’s culture…by learning each other’s stories...and by getting past the stereotypes and misconceptions that too often divide us. That’s how you come to understand how much we all share. And that’s how you realize that we all have a stake in each other’s success – that cures discovered here in Beijing could save lives in America…that clean energy technologies from Silicon Valley in California could improve the environment here in China…that the architecture of an ancient temple in Xi’an could inspire the design of new buildings in Dallas or Detroit. And that’s when the connections you make as classmates or labmates can blossom into something more. That’s what happened when Abigail Coplin became an American Fulbright Scholar here at Peking University. She and her colleagues published papers together in top science journals…and they built research partnerships that lasted long after they returned to their home countries. Professor Niu Ke from Peking University was a Fulbright Scholar in the U.S. last year…and he reported, and I quote, “The most memorable experiences were with my American friends.”

因为这是你们培养合作习惯的途径——你们通过将自己沉浸在别人的文化里......通过学习彼此的故事......通过跨越经常隔离我们的 成见和误解来做到这一点。这是你们了解到我们共享着多少东西的途径。这是你们认识到我们都在彼此的成功中拥有攸关利益的途径——既：在北京这里发现的治疗 方法可以挽救在美国的生命......来自加州硅谷的清洁能源技术可以改善中国这里的环境......西安一座古老寺庙的架构可以激发达拉斯或底特律新建 筑设计的灵感。这是你们和同学或实验伙伴所建立的联系能够带来更多收获的时候。这是阿比盖尔·科普林成为北京大学美国富布赖特学者时发生的事情。她和她的 同事们在首屈一指的科学杂志上共同发表论文......他们建立研究伙伴关系，这段关系在他们回到各自国家后还长久地持续着。来自北京大学的牛可教授是去 年的美国富布赖特学者...我引述一下他的话，“最难忘的经历是和我的美国朋友们在一起。”

These lasting bonds represent the true value of studying abroad…and I am thrilled that more and more students are getting this opportunity. China is currently the fifth most popular destination for Americans studying abroad. And today, the highest number of exchange students in the U.S. are from China. But still, too many students never have this chance…and some that do are hesitant to take it. They may feel like study abroad is only for wealthy students, or students from certain kinds of universities. Or they may think to themselves, “Well, that sounds fun, but how will it really be useful in my life?”

这些长久的纽带代表留学的真正价值......我很兴奋，越来越多的学生正得到这样的机会。中国目前是美国人留学的第五大热门目的地。今天 的美国，来自中国的交换生数量最多。尽管如此，太多的学生从来没有这样的机会......而一些有机会的学生犹豫是否要抓住它。他们可能觉得留学只是有钱 的学生或来自某类大学的学生的事。或者，他们可能心里想，“嗯，这听起来很有趣，但它在我的生活中真正有多大用处？”

I understand where these young people are coming from, because I felt the same way back when I was in college. You see, I came from a working class family…and it never even occurred to me to study abroad. My parents didn’t get to attend college, and I was focused on getting into a university and earning my degree so I could get a job and support myself. And for a lot of young people like me who are struggling to afford a regular semester of school, paying for plane tickets or living expenses halfway around the world just isn’t possible. And that’s not acceptable, because study abroad shouldn’t just be for students from certain backgrounds. Our hope is to build connections between people of all races and socioeconomic backgrounds, because it is that diversity that makes our country so vibrant and strong…and our study abroad programs should reflect the true spirit of America to the world.

我了解这些年轻人来自哪里，因为我还在上大学的时候也有同样的感受。你们看，我来自一个工薪阶层家庭......我甚至从来没想过留学。我 的父母没有上过大学，我将精力集中在进入大学并获得学位，这样我就可以得到一份工作并养活自己。对于很多像我一样靠奋斗才能读得起一个常规学期的年轻人来 说，支付世界另一边的机票或生活费实在是不可能的。这是不可接受的，因为留学不应仅是有某些背景的学生的事。我们希望在所有种族和社会经济背景的人之间建 立联系，因为正是这样的多样性让我们的国家如此充满活力和强大...我们的海外留学项目应向世界反映美国的真正精神。

That’s why, when my husband visited China back in 2009, he announced our 100,000 Strong initiative to increase the number and diversity of American students studying in China. And this year, as we mark the thirty-fifth anniversary of the normalization of relations between our countries…the U.S. Government actually supports more American students in China than in any other country in the world. We’re sending high school, college and graduate students here to study Chinese…we’re inviting teachers from China to teach Mandarin in American schools…we’re providing free online advising for students in China who want to study in the U.S…and the U.S.-China Fulbright program is still going strong with more than 3,000 alumni. The private sector is stepping up as well. For example, Steve Schwarzman, the head of an American company called Blackstone, is funding a new program at Tsinghua University modeled on the Rhodes Scholarship.

这就是为什么在2009年我丈夫访问中国时，他宣布了我们的100,000强倡议，该倡议旨在增加留学中国的美国学生的数量和多样性。而今 年，在我们纪念我们两国关系正常化三十五周年之际......美国政府实际上支持更多的美国学生在中国（与其世界上任何其他国家相比）学习。我们正送高中 生、大学生和研究生来这里学习中文......我们正邀请中国老师到美国的学校教授普通话......我们为希望留学美国的中国学生提供免费的在线咨 询......美中富布赖特项目仍在加强，现有3000多名学友。私人部门也在加紧工作。例如，美国黑石公司的主管史蒂夫·施瓦茨曼（Steve Schwarzman）正在资助清华大学模仿罗德奖学金的一个新项目。

And today, students from all kinds of backgrounds are studying here in China. Take the example of Royale Nicholson from Cleveland, Ohio who attends New York University’s program in Shanghai. Like me, Royale is a first generation college student…and her mother worked two fulltime jobs while her father worked nights to support their family. Of her experience in Shanghai, she said, “This city oozes persistence and inspires me to accomplish all that I can.” And then there’s Philmon Haile from the University of Washington whose family came to the U.S. as refugees from Eritrea when he was a child. Of his experience studying in China, he said, “Study abroad is a powerful vehicle for people-to-people exchange as we move into a new era of citizen diplomacy.”“A new era of citizen diplomacy” – I couldn’t have said it better myself, because that’s really what I’m talking about…I’m talking about ordinary citizens reaching out to the world.

今天，来自各种背景的学生正在中国学习。以来自俄亥俄克利夫兰的罗亚尔·尼科尔森为例，她参加了纽约大学在上海的项目。像我一样，罗亚尔是家里的第 一代大学生......她母亲做两份全职工作，而她父亲晚上工作以维持他们的家庭。谈到她在上海的经历时，她说，“这座城市充满韧性，它激励我完成所有我 能做的事。”还有来自华盛顿大学的腓力门·海尔，他还是孩子的时候，他的家人作为厄立特里亚难民来到了美国。谈到他在中国学习的经历时，他说，“在我们进 入公民外交的新时代之际，留学是人民间交流的一种强大工具。”“一个公民外交的新时代”——我自己想不出比这更好的说法了，因为这正是我正在谈的……那就 是普通公民走向世界。

And as I always tell young people back in America, you don’t need to get on a plane to be a citizen diplomat. I tell them that if you have an internet connection in your home, school, or library, within seconds, you can be transported anywhere in the world and meet people on every continent. That’s why I’m posting a daily travel blog with videos and photos of my experiences in China – because I want young people in America to be part of this visit. That’s really the power of technology – how it can open up the entire world and expose us to ideas and innovations we never could have imagined. And that’s why it is so important for information and ideas to flow freely over the internet and through the media.

正像我在美国经常和年轻人说的那样，你不需要登上飞机才能成为公民外交官。我告诉他们，如果你在家里、学校或者图书馆能上网，只要几秒钟， 你就可以被带到世界的任何地方，遇见来自每个大陆的人。这就是为什么我每天都要发一篇旅行博文，里面有我这次中国之行的视频和照片——因为我希望美国的年 轻人能够成为这次访问的一部分。这的确是技术的力量——它如何得以打开整个世界，让我们接触到以前根本难以想象的思想和创新。同时，这也是为什么信息和思 想在互联网上、以及通过媒体自由流动是如此重要。

Because that’s how we discover the truth…that’s how we learn what’s really happening in our communities, our country and our world. And that’s how we decide which values and ideas we think are best – by questioning and debating them vigorously…by listening to all sides of every argument…and by judging for ourselves. And believe me, I know this can be a messy and frustrating process. My husband and I are on the receiving end of plenty of questioning and criticism from our media and our fellow citizens…and it’s not always easy…but we wouldn’t trade it for anything in the world.

因为那是我们如何得以发现真相……那是我们如何得以了解我们的社群、我们的国家和我们的世界到底在发生着什么。那也是我们如何决定我们认为 哪些价值观和思想是最好的——通过有力地对它们提出疑问，进行辩论……通过每次倾听争论中的所有各方……也通过我们自己进行判断。相信我，我知道这可以是 一个让人既困惑又沮丧的过程。有大量的来自我们媒体和公民的质疑和批评，而我丈夫和我位于接收端…… 这并非易事……但我们不愿意用它来换世界上的任何东西。

Because time and again, we have seen that countries are stronger and more prosperous when the voices and opinions of all their citizens can be heard. And as my husband has said, we respect the uniqueness of other cultures and societies. But when it comes to expressing yourself freely, and worshipping as you choose, and having open access to information – we believe those are universal rights that are the birthright of every person on this planet. We believe that all people deserve the opportunity to fulfill their highest potential as I was able to do in the United States. And as you learn about new cultures and form new friendships during your time here in China and in the United States, all of you are the living, breathing embodiment of those values. So I guarantee you that in studying abroad, you’re not just changing your own life…you’re changing the lives of everyone you meet. As the great American President John F. Kennedy once said about foreign students studying in the U.S., “I think they teach more than they learn.”

因为我们一次又一次地看到，当所有公民的声音和观点都能得到倾听的时候，国家会变得更加强大和繁荣。而正像我丈夫曾说过的，我们尊重其它文 化和社会的独特性。然而，就自由地表达自我、选择自己所崇拜，以及享有信息公开而言——我们相信那些是这个星球上的每个人与生俱来的普世权利。我们相信， 所有人都应享有实现自己最大潜能的机会，正如我在美国所能做到的那样。同时，当你在中国这里以及在美国了解新的文化、结交新的朋友时，你整个人就是那些价 值观的鲜活代表。所以我保证，通过出国留学，你们不仅在改变自己的人生……你们也在改变所遇到的每个人的人生。正像伟大的美国总统约翰∙肯尼迪（John F. Kennedy）曾经在谈到留学美国的外国学生时说的那样，“我想他们所教的比他们学到的还要多。”

And that is just as true of young Americans who study abroad. All of you are America’s best face, and China’s best face, to the world. Every day, you show the world your countries’ energy, creativity, optimism and unwavering belief in the future. And every day, you remind us of just how much we can achieve if we reach across borders…and learn to see ourselves in each other…and confront our shared challenges with shared resolve. So I hope you all will keep seeking these kinds of experiences. And I hope you’ll keep teaching each other…and learning from each other…and building bonds of friendship that will enrich your lives and enrich our world for decades to come. You all have so much to offer, and I cannot wait to see all that you achieve together in the years ahead. Thank you so much. Xie-Xie.

而对出国学习的年轻美国人来说也是一样的。对世界而言，你们所有人都是最好的美国面孔，和最好的中国面孔。每一天，你们都在向世界展示你们 国家的能量、创造力、乐观，以及对未来坚定不移的信念。每一天，你们都在提醒我们，通过跨越边界 ……学会在彼此身上看到我们自己……和用共同的决心应对我们共同的挑战，我们可以取得多大的成就。所以，我希望你们都会不断寻求这样的经历。我也希望你们 会继续教彼此……互相学习……同时建立起友谊的纽带，这些纽带能在未来数十年丰富你们的生活，也丰富我们的世界。你们大家都有这么多可以给予，我迫不及待 地想看到，未来几年里你们一起实现的所有成就。非常感谢。谢谢。