**《国家公园·万物共生之境》**

**第一集《荒原新生》文字稿**

**古老的荒野**

**Ancient wilderness,**

**原真的自然**

**pristine nature,**

**万千生命的蓬勃乐土**

**a thriving paradise in the East**

**生生不息的东方家园**

**for thousands of living creatures.**

**广袤的中国大地上**

**Across the vast lands of China,**

**一项前所未有的自然保护工程**

**an unprecedented nature conservation project**

**已经开启**

**is underway,**

**守护具有国家代表性的**

**in an attempt to safeguard large areas**

**大面积自然生态系统**

**of nationally iconic natural ecosystems,**

**保护生态的多样与完整**

**and protect the ecosystem diversity,**

**实现人与自然的永续和谐**

**fostering harmony between humanity and nature**

**实现人与自然的永续和谐**

**with sustainable development.**

**万物共生**

**Life coexisting**

**欣欣向荣**

**and thriving together.**

**中国国家公园**

**China's national parks.**

**五月**

**In May，**

**可可西里的荒原上**

**the wild land of Hoh Xil**

**刚开始显露出绿色**

**has just begun to turn green.**

**四千多只母藏羚羊**

**More than 4,000 female Tibetan antelopes**

**从青海 西藏 新疆各地长途跋涉**

**have traveled long distances**

**从青海 西藏 新疆各地长途跋涉**

**from Qinghai, Tibet, and Xinjiang**

**聚集到了卓乃湖畔**

**to the shores of Zhuonai Lake.**

**这是全球最为壮观的**

**This is one of the most spectacular**

**有蹄类动物大迁徙之一**

**ungulate migrations in the world.**

**和非洲角马 北极驯鹿不同的是**

**Unlike African wildebeest and arctic reindeer,**

**藏羚羊不是举家迁徙**

**Tibetan antelopes do not migrate**

**寻找新鲜的草场**

**with their families to find fresh pastures.**

**它们都是怀有身孕的母亲**

**They are all pregnant mothers.**

**跨越千里汇聚到这里**

**After traveling thousands of miles,**

**只为迎接新生命的诞生**

**they gather here to give birth to new lives.**

**这只藏羚羊即将分娩**

**This Tibetan antelope is in labor.**

**突然**

**Suddenly,**

**远方的羊群骚动起来**

**the flock of Tibetan antelopes**

**远方的羊群骚动起来**

**in the distance begins to stir.**

**一只狼突破了安全距离**

**A wolf has strayed into their safe zone.**

**刚开始分娩的母羚羊**

**The female antelope in labor**

**紧张地站了起来**

**stands on her feet nervously.**

**狼还在挑选目标**

**The wolf is still picking its target.**

**分娩却无法停止**

**But childbirth waits for no one.**

**幸运的是**

**Luckily,**

**小羚羊顺利降生**

**the baby antelope is born safely.**

**尽快凭自己的力量站起来**

**Only by standing up on its own**

**才有活下去的希望**

**will it have a chance of survival.**

**高原下起了冷雨**

**A cold rain is falling on the plateau.**

**雨又化作冰霰**

**And the rain turns into ice hail.**

**气温骤降至接近零摄氏度**

**The temperature plummets**

**气温骤降至接近零摄氏度**

**to nearly zero degrees Celsius.**

**羊群和狼都匍匐在地面**

**The antelopes and wolves**

**羊群和狼都匍匐在地面**

**are all crawling on the ground**

**维持着仅存的一点热量**

**to maintain the only heat left.**

**小羊终于站了起来**

**Finally, the baby antelope gets on its feet**

**随着妈妈跑向安全区域**

**and follows its mom to the safe zone.**

**在荒凉的高原**

**On this isolated plateau,**

**小藏羚羊面临的生存挑战**

**the survival challenge**

**小藏羚羊面临的生存挑战**

**facing the small Tibetan antelope**

**才刚刚开始**

**has just begun.**

**藏羚羊的家**

**Tibetan antelopes inhabit**

**位于三江源国家公园**

**Sanjiangyuan National Park.**

**2015年以来**

**Since 2015,**

**陆续有十座国家公园体制试点**

**China has seen the creation**

**在中国诞生**

**of 10 national park system pilot areas,**

**尝试用新的方式**

**in a new attempt**

**保护中国具有代表性的多样生态系统**

**to protect China's unique**

**保护中国具有代表性的多样生态系统**

**and diverse ecosystems.**

**经过多年的探索**

**After years of investigation,**

**五座国家公园**

**five national parks**

**在2021年正式设立**

**were officially established in 2021**

**总面积超过23万平方公里**

**with a total area**

**总面积超过23万平方公里**

**of over 230,000 square kilometers**

**中国国家公园**

**China's national parks**

**要在极为广阔的区域内**

**will preserve complete natural ecosystems**

**维护完整的自然生态**

**over a very wide area.**

**从延绵的山脉**

**From long stretches of mountain ranges**

**到每一束绽开的花朵**

**to single blooming flowers,**

**崭新的国家公园体系**

**this new national park system**

**将最大限度地保护原真的荒野**

**will maximize the protection**

**将最大限度地保护原真的荒野**

**of untouched wilderness**

**和它承载的所有生命**

**and all the living creatures it sustains.**

**三江源国家公园**

**Sanjiangyuan National Park**

**位于青海省南部**

**is located in the hinterland**

**位于青海省南部**

**of the Qinghai-Tibet Plateau**

**青藏高原腹地**

**in the south of Qinghai Province,**

**面积超过19万平方公里**

**covering an area**

**面积超过19万平方公里**

**of more than 190,000 square kilometers,**

**黄河 长江 澜沧江**

**which is also the source of the Yellow River,**

**发源于此**

**Yangtze River and Lancang River.**

**600亿立方米淡水从这里注入下游**

**60 billion cubic meters of fresh water**

**600亿立方米淡水从这里注入下游**

**is injected downstream from here,**

**为超过五亿人口提供了淡水资源**

**providing fresh water**

**为超过五亿人口提供了淡水资源**

**for more than half a billion people.**

**青藏高原是这个星球上**

**The Qinghai-Tibet Plateau**

**发育最晚的一片高原陆地**

**is the youngest plateau on the planet.**

**年轻的生态系统 敏感而脆弱**

**Its young ecosystem is sensitive and fragile.**

**一旦微妙的平衡被打破**

**Once the delicate balance is broken,**

**高原之上的生命**

**living creatures on the plateau**

**就会首先直面生存或是消亡的**

**will be the first to face the ultimate test**

**终极考验**

**of survival or extinction.**

**在海拔三千至五千米的高山之上**

**In the high mountains**

**在海拔三千至五千米的高山之上**

**at an altitude of 3,000 to 5,000 meters**

**有一种动物**

**lives a species,**

**它的种群数量至今也无法得到确认**

**of which the population**

**它的种群数量至今也无法得到确认**

**has yet to be confirmed.**

**连身影都难得一见**

**In fact, very few of them have been spotted.**

**雪豹**

**The snow leopard,**

**被称为“雪山幽灵”**

**known as the "ghost on the snow mountain",**

**是生活在这个星球地表**

**lives higher up on the planet's surface**

**最高处的猫科动物**

**than any other feline.**

**在遍布峭壁和流石滩的寒冷区域**

**Trees are hard to see in cold areas**

**树木难见踪影**

**covered with cliffs and scree.**

**生活在岩石缝隙中的它们**

**Living in the crevices of rocks,**

**因此获得了一身特有的灰白色彩**

**they get a unique gray and white color.**

**峭壁下是少见的母子之家**

**Under this cliff live a mother and her cub,**

**峭壁下是少见的母子之家**

**which is rare to see.**

**三个月大的小家伙刚刚断奶**

**The 3-month-old cub has just been weaned.**

**雪豹一生中的大部分时间都独来独往**

**Snow leopards spend most of their lives alone.**

**母豹打算让小家伙尽早见识世界**

**Having decided to let her cub**

**母豹打算让小家伙尽早见识世界**

**get to know the world as soon as possible,**

**开始带着它巡视自己的高原王国**

**the female leopard begins to show it**

**开始带着它巡视自己的高原王国**

**around her kingdom on the plateau.**

**小雪豹需要在这段时间**

**During this period, the little snow leopard**

**向妈妈学习各种独立生存的本领**

**needs to learn various skills**

**向妈妈学习各种独立生存的本领**

**of independent survival from its mother.**

**可没一会儿**

**But soon,**

**小雪豹就跟丢了**

**the little snow leopard loses its mother.**

**几乎垂直的裸露崖壁**

**The almost vertical exposed cliffs**

**对山地猎手来说再寻常不过**

**are fairly common for mountain hunters,**

**此刻却成为小雪豹的一项重大考验**

**but now they pose a major test**

**此刻却成为小雪豹的一项重大考验**

**for the little snow leopard.**

**连岩羊都不把峭壁放在眼里**

**Even blue sheep have no problem with these cliffs.**

**小雪豹一时有些茫然**

**The little snow leopard now feels at a loss.**

**换个方向试试**

**It tries another route.**

**终于 小雪豹顺利回到妈妈身边**

**Finally, the little snow leopard**

**终于 小雪豹顺利回到妈妈身边**

**returns to its mother's side.**

**虽然看起来有点委屈**

**Though it looks a little bit aggrieved,**

**要成长为雪域高原的王者**

**this is its first step toward becoming**

**这只是它迈出的第一步**

**king of the snowy plateau.**

**小藏羚羊也在一天天长大**

**The little Tibetan antelope is growing day by day.**

**它还交到了一个新朋友**

**It has made a new friend.**

**小伙伴之间总是互相闹个不停**

**They enjoy palling around with each other.**

**突然间**

**Suddenly,**

**整个羊群跑动了起来**

**the whole antelope flock starts running.**

**藏棕熊无意隐藏自己**

**The Tibetan brown bear**

**藏棕熊无意隐藏自己**

**has no intention of hiding itself**

**它漫不经心地朝羊群靠近**

**and is casually approaching the antelopes.**

**小藏羚羊紧张地跟着妈妈奔逃避险**

**The little Tibetan antelope**

**小藏羚羊紧张地跟着妈妈奔逃避险**

**nervously follows its mother to escape danger.**

**它的小伙伴却没能找到自己的妈妈**

**However, its friend can't find its own mother.**

**危险逼近**

**As the danger is approaching,**

**本能让小羊蜷伏起来**

**the little antelope's instinct tells it to curl up.**

**不具备长途奔逃的能力**

**When it doesn't have the physical strength**

**不具备长途奔逃的能力**

**to run long distances,**

**原地躲藏也是一种求生的办法**

**hiding itself in place is also a way to survive.**

**好在藏棕熊只是路过**

**Fortunately,**

**好在藏棕熊只是路过**

**the Tibetan brown bear is just passing by.**

**威胁看似解除**

**The threat seems to be gone,**

**羊群却依然保持着警惕**

**but the flock remains vigilant.**

**真正的危险正在逼近**

**The real danger is approaching.**

**这只饥饿的狼付诸了行动**

**This hungry wolf has launched its attack.**

**蜷缩躲藏的小羊被狼发现**

**The little antelope that has curled up and hidden**

**蜷缩躲藏的小羊被狼发现**

**is found by the wolf.**

**一只藏羚羊妈妈**

**A mother Tibetan antelope**

**失去了才新生不久的孩子**

**has lost her newborn baby.**

**弱肉强食是残酷的自然法则**

**The law of the jungle is a cruel law of nature.**

**高原上的生命**

**The creatures on the plateau**

**处在相对单一的食物链中**

**exit in a relatively single food chain,**

**环环相扣 紧密相连**

**interlocking and closely connected.**

**秃鹫以另一种方式处在链条顶端**

**Vultures are at the top of the chain in another way.**

**它们不去主动猎食**

**They don't take the initiative to hunt,**

**也不会放过任何一具动物的尸体**

**nor will they let go of any animal carcasses.**

**秃鹫的宴席结束之后**

**When the vulture's feast is over,**

**乌鸦还会接着完成进一步的清理**

**the crows move in to clean up what's left.**

**在资源稀缺的高原**

**On the plateau where resources are scarce,**

**任何能量都不会被浪费**

**no energy is wasted.**

**高原的夏季稍纵即逝**

**Summers on the plateau**

**高原的夏季稍纵即逝**

**can disappear in an instant,**

**所有生命都要尽可能地储存能量**

**so all creatures must store**

**所有生命都要尽可能地储存能量**

**as much energy as possible.**

**藏狐妈妈显然承受着很大的压力**

**The mother Tibetan fox**

**两只春天出生的小狐狸**

**Two spring-born fox cubs**

**已经大胆地跑出了洞穴**

**have boldly run out of their dens.**

**温暖的阳光**

**They are feeling excited**

**让它们兴奋不已**

**because of the warm sunshine.**

**四个月大的小狐狸**

**The appetite of the four-month-old fox cub**

**胃口也在急剧增长**

**is also increasing rapidly.**

**妈妈根本没有心思陪它们玩耍**

**Their mother isn't interested**

**妈妈根本没有心思陪它们玩耍**

**in playing with them.**

**对它而言**

**For her,**

**夏天意味着在觅食和喂食的路上**

**summer means running back and forth**

**反复奔波**

**on the way to find food and feed them.**

**幸好目标并不难找**

**Luckily, it's not that hard to find the target.**

**喜马拉雅旱獭**

**Himalayan marmots,**

**松鼠科里体形最大的一种**

**the largest species of the squirrel family,**

**它们总是一大家子生活在一起**

**always live together as a family.**

**为了熬过苦寒的冬季**

**The couple has been sleeping**

**夫妻俩已在两米深的地下睡了八个月**

**in a two-meter-deep underground burrow**

**夫妻俩已在两米深的地下睡了八个月**

**for eight months to survive the harsh winter.**

**春天新生的小旱獭第一次爬出洞穴**

**The spring-born marmots crawl out**

**春天新生的小旱獭第一次爬出洞穴**

**of their dens for the first time.**

**它们对这个世界还一无所知**

**They don't know anything about this world yet.**

**无所顾忌地在草地上开心玩闹**

**They're having fun on the grass**

**无所顾忌地在草地上开心玩闹**

**without any scruples.**

**旱獭妈妈时刻守在一旁**

**The mother stands guard over the little ones at all times,**

**旱獭爸爸却安逸地晒着太阳**

**but the father just basks lazily in the sun.**

**不知不觉中 危险悄悄靠近**

**Unknowingly, danger is approaching quietly.**

**藏狐妈妈已经进入伏击状态**

**The mother Tibetan fox is ready**

**藏狐妈妈已经进入伏击状态**

**to start an ambush.**

**警觉的旱獭妈妈及时发出警报**

**The mother marmot, who has stayed vigilant,**

**警觉的旱獭妈妈及时发出警报**

**raises the alarm just in time.**

**旱獭爸爸迅速出击**

**The father marmot strikes fast.**

**成年旱獭的体形和重量都不容小觑**

**Adult marmots are not to be underestimated**

**成年旱獭的体形和重量都不容小觑**

**in size and weight.**

**偷袭失败了**

**The sneak attack ends in failure.**

**藏狐妈妈只好把目光转向别处**

**Disappointed, the mother Tibetan fox**

**藏狐妈妈只好把目光转向别处**

**has no choice but to look elsewhere.**

**高原鼠兔有个略显无奈的称号**

**Plateau pika have another name**

**高原鼠兔有个略显无奈的称号**

**that they themselves might not like:**

**“高原大米饭”**

**"plateau rice".**

**由于小型哺乳动物稀缺**

**Due to the scarcity of small mammals,**

**鼠兔**

**pika**

**是高原肉食动物最日常的食物来源**

**are an everyday food source**

**是高原肉食动物最日常的食物来源**

**for plateau carnivores.**

**对藏狐来说**

**For Tibetan foxes,**

**捕捉鼠兔**

**they also have their own tricks**

**它们也有自己的绝招**

**to catch pika.**

**藏狐妈妈不会贸然出手**

**The mother Tibetan fox will not act rashly.**

**它匍匐在地 耐心观察**

**Instead, she stoops low**

**它匍匐在地 耐心观察**

**and observes patiently.**

**鼠兔会不断开挖新的洞穴**

**Pika are constantly digging new burrows.**

**一个洞穴就是一条生路**

**Each burrow is a chance for survival,**

**但前提是**

**but only if**

**要先完成它**

**they finish digging it first.**

**藏狐将鼠兔逼入洞穴**

**The Tibetan fox forces the pika into the hole**

**并用长嘴堵住了洞口**

**and blocks the entrance with her long snout,**

**鼠兔在浅洞里无路可逃**

**so that the pika has no way to escape**

**鼠兔在浅洞里无路可逃**

**the shallow burrow.**

**这样的猎食习惯**

**Such hunting habits**

**让藏狐拥有了比一般狐狸更长的嘴**

**have led Tibetan foxes to evolve a longer snout**

**让藏狐拥有了比一般狐狸更长的嘴**

**than ordinary foxes.**

**为了有更强的咬合力**

**To have a stronger bite force,**

**才有了与众不同的大方脸**

**it has developed a distinctive square face.**

**毫无悬念**

**Unsurprisingly,**

**藏狐妈妈把猎物衔进了嘴中**

**the mother Tibetan fox**

**藏狐妈妈把猎物衔进了嘴中**

**gets her prey.**

**妈妈每次回家都带着好吃的**

**Seeing their mom come home**

**妈妈每次回家都带着好吃的**

**with delicious food, as always,**

**小狐狸高兴坏了**

**the little fox is so happy.**

**藏狐妈妈稍作喘息**

**After taking a breather,**

**还得为孩子继续奔忙**

**the mother Tibetan fox continues**

**还得为孩子继续奔忙**

**to find food for her children.**

**面对荒原上的残酷环境**

**Faced with the wilderness's cruel environment,**

**小动物们也有着独特的生存智慧**

**small animals have figured out**

**小动物们也有着独特的生存智慧**

**their own way to survive.**

**鼠兔和鸟在高原上结成了同盟**

**Pika and birds have formed an alliance**

**鼠兔和鸟在高原上结成了同盟**

**on the plateau.**

**雪雀因为没有树林栖居**

**Because there is no forest to live in,**

**会借用鼠兔的洞穴生活**

**snowbirds live in pika's burrows.**

**鼠兔对此并不介意**

**Pika are okay with this.**

**雪雀的视野比鼠兔开阔**

**Snowbirds have a wider field of vision than pika**

**能更早地发现危险**

**and can detect danger faster.**

**鼠兔经常借助雪雀“雷达”**

**So pika often use snowbirds' "radar"**

**来防范各种捕食者的偷袭**

**to guard against sneak attacks**

**来防范各种捕食者的偷袭**

**by various predators.**

**兔狲**

**The Pallas's cat,**

**毛发最浓密的猫科动物**

**the hairiest of the felines,**

**拥有着看似矮胖的身材和低位耳**

**has a seemingly stocky build and low-set ears.**

**这些具有欺骗性的外表**

**This deceptive appearance**

**都有助于它偷袭猎物**

**helps it sneak up on prey.**

**猎手选定了目标**

**The hunter has selected the target**

**轻轻迈了一步**

**and takes a light step,**

**雪雀惊走**

**startling the snowbird away.**

**鼠兔立刻识别警报**

**The pika immediately recognizes the alarm**

**躲藏起来**

**and hides itself.**

**“兔雀联盟”确实不好对付**

**The pika and snowbird alliance**

**“兔雀联盟”确实不好对付**

**can be really hard to deal with.**

**几百万年来**

**For millions of years,**

**捕食者和猎物在高寒的草原上**

**predators and prey have formed**

**共同形成了一种微妙的平衡**

**a delicate balance on the alpine grasslands,**

**互相依赖又相互制约**

**which is interdependent and mutually restrictive.**

**处于食物链底层的鼠兔**

**Being at the bottom of the food chain,**

**进化出了超强的繁殖能力**

**pika have developed a great ability to reproduce.**

**如果鹰和狐狸等捕食者缺失**

**Without predators such as hawks and foxes,**

**鼠兔会迅速泛滥**

**pika can quickly overrun this land,**

**加速草地退化**

**leading to grassland degradation.**

**而正常数量的鼠兔**

**When in normal quantity,**

**在草原上打洞**

**their burrowing**

**有助于土壤翻新和水分渗透**

**help with soil refurbishment and water infiltration.**

**因此**

**Therefore,**

**鼠兔是维系草原生态健康的关键物种**

**the pika is a key species**

**鼠兔是维系草原生态健康的关键物种**

**to maintain the ecological health of the grassland.**

**高原上的人们**

**People living on the plateau**

**深谙生命相互依存的自然法则**

**are very mindful of the natural law**

**深谙生命相互依存的自然法则**

**of the interdependence of living creatures,**

**知道自己也是生态链条中的紧密一环**

**and understand that they are also**

**知道自己也是生态链条中的紧密一环**

**an important link in the ecological chain.**

**他们的生活**

**Their lives**

**高度依赖另一种食草动物**

**are highly dependent on another herbivore:**

**牦牛**

**the yak.**

**长久以来**

**For a long time,**

**在植被单一的高寒草原**

**on the alpine grassland with a single vegetation,**

**这种食草动物**

**this kind of herbivore**

**帮助人类间接调动起了各种自然能量**

**has indirectly helped humans**

**帮助人类间接调动起了各种自然能量**

**mobilize various natural energies.**

**牧民的衣食住行等资源**

**Almost all herders' basic necessities of life**

**几乎全都来自牦牛**

**come from yaks.**

**但飞速增长的牦牛数量**

**But the rapidly growing number of yaks**

**一度超出了草地所能承受的极限**

**once exceeded the limits**

**一度超出了草地所能承受的极限**

**that the grassland could bear.**

**21世纪初**

**At the start of the 21st century,**

**三江源地区**

**more than 120,000 square kilometers**

**超过12万平方公里的土地**

**of land in the Sanjiangyuan region**

**因为过度放牧而出现退化**

**was degraded due to overgrazing.**

**高原的土层浅薄**

**The shallow soil layer of the plateau**

**还处于年轻的发育阶段**

**is still young and in the developmental stage,**

**遭到破坏后 很难自行修复**

**which is difficult to repair itself once damaged.**

**现在**

**Grazing is now**

**三江源核心区域内已经禁牧**

**prohibited in the core area of Sanjiangyuan.**

**在更广阔的非核心区域**

**In the wider non-core area,**

**畜牧业依然是高原居民的经济支柱**

**animal husbandry is still the economic pillar**

**畜牧业依然是高原居民的经济支柱**

**of plateau residents.**

**研究人员计算得出**

**The researchers found through calculations**

**这里的草场**

**that the pastures here**

**最多能够蓄养139万只羊**

**can sustain up to 1.39 million sheep.**

**通过科学的指导**

**Through scientific guidance,**

**牧民们可以在相应区域内**

**herders can graze**

**有限度地放牧**

**to a limited extent in the area.**

**草原生态迅速恢复**

**With the rapid recovery of grassland ecology,**

**雪豹的身影**

**snow leopards**

**出现在了越来越多曾经荒芜的山巅**

**are appearing more and more**

**出现在了越来越多曾经荒芜的山巅**

**on once barren mountain tops.**

**“雪山幽灵”不再那么神秘**

**“Snow mountain ghosts”**

**“雪山幽灵”不再那么神秘**

**are no longer so mysterious**

**但一座山坡同时出现两只成年雪豹**

**But it's still very rare**

**但一座山坡同时出现两只成年雪豹**

**to spot two adult snow leopards**

**仍然十分罕见**

**on the same mountainside.**

**雄性雪豹的领地范围**

**The territory of a male snow leopard**

**大约有200到1200平方公里**

**is around 200 to 1,200 square kilometers.**

**遇上同类异性的机会也并不多**

**Opportunities for them to meet**

**遇上同类异性的机会也并不多**

**a potential mate are rare.**

**小伙主动靠近**

**The boy takes the initiative to approach,**

**迎来的却是姑娘恶狠狠的面孔**

**only to be greeted by the girl with a vicious look.**

**稍加试探 考验就结束了**

**After a little trial and error, the test is over,**

**比想象的要快很多**

**which is much sooner than expected.**

**接下来的几天 它们会生活在一起**

**For the next few days, they will live together**

**享受短暂的快乐时光**

**and enjoy a short period of happiness.**

**高原猛兽变得像小猫一样温柔**

**The plateau beast becomes as gentle as a kitten.**

**但是亲密生活并不是雪豹的常态**

**But intimacy isn't the norm for snow leopards.**

**离别的时刻很快到来**

**The time of parting is coming soon.**

**最后一眼**

**After taking one last look,**

**相忘于荒野**

**the two will forget each other in the wilderness.**

**或许三个多月后**

**Perhaps three months later,**

**又会有可爱的小雪豹**

**another cute little snow leopard**

**降生在这片雪域高原**

**will be born on this snowy plateau.**

**从三江源一路向北**

**The towering Qilian Mountains are located**

**青藏高原东北部边缘**

**on the northeastern edge**

**青藏高原东北部边缘**

**of the Qinghai-Tibet Plateau,**

**是巍峨耸立的祁连山脉**

**far north of the Sanjiangyuan region.**

**2017年开始**

**The year 2017**

**这里进行了为期五年的**

**witnessed the launch of a five-year pilot program**

**国家公园体制试点**

**of a national park system here.**

**祁连山脉绵延起伏将近一千公里**

**Stretching for more than a thousand kilometers,**

**是中国西北部的重要生态屏障**

**the Qilian Mountains stand as an important**

**是中国西北部的重要生态屏障**

**ecological barrier in Northwest China.**

**具有比草原更加丰富的地貌**

**It enjoys a richer diversity of landforms**

**和更为复合的生态系统**

**and more complex ecosystems than grasslands.**

**壮阔的山脉之下**

**Under the magnificent mountains**

**蕴藏着丰富的矿产资源**

**lie rich mineral resources.**

**曾经的非法开采**

**The illegal mining in the past**

**给自然环境带来了巨大创伤**

**has caused great damage**

**给自然环境带来了巨大创伤**

**to the natural environment.**

**2017年以来**

**Since 2017,**

**这里陆续有140多座矿山被永久关闭**

**more than 140 local mines**

**这里陆续有140多座矿山被永久关闭**

**have been permanently closed,**

**治理力度之大 前所未有**

**and the management efforts**

**治理力度之大 前所未有**

**have been unprecedented.**

**优良草种被播撒在关闭的矿山上**

**Excellent grass seeds**

**优良草种被播撒在关闭的矿山上**

**were sown on the closed mines.**

**经过五年时间的休养**

**After five years of cultivation,**

**卫星图片上的这片山岭**

**the satellite image shows that the mountains**

**又重新绿意盎然**

**are once again carpeted in a rich green.**

**祁连山**

**The Qilian Mountains**

**是干旱高原上的一座湿岛**

**are a "wet island" on the arid plateau.**

**山脉顶端**

**There are more than 3,000 glaciers**

**三千多座冰川林立**

**on the top of the mountain range,**

**成为山下绿洲的生命源头**

**which become the source of life**

**成为山下绿洲的生命源头**

**for the oasis at the foot of the mountains,**

**滋养着河西走廊**

**nourishing the Hexi Corridor**

**以及下游五百多万人口**

**and more than 5 million people**

**以及下游五百多万人口**

**who live downstream.**

**这里**

**This is**

**是中国冰川学研究的起点**

**where Chinese glaciology research began.**

**六十多年的监测表明**

**Over sixty years of monitoring reveal**

**冰川正在不断消融**

**that the glaciers are melting.**

**人们看到了冰川坚硬外表下的**

**The glaciers have manifested**

**敏感与脆弱**

**their sensitivity and fragility to people.**

**由于青藏高原独特的地理环境**

**Due to the unique geographical environment**

**由于青藏高原独特的地理环境**

**of the Qinghai-Tibet Plateau,**

**这里是全球气候变化的敏感区**

**this area is sensitive to global climate change.**

**青藏高原的气温上升速度**

**Temperatures on the Qinghai-Tibet Plateau**

**超过全球同期升温速率的两倍**

**are rising at more than twice the rate**

**超过全球同期升温速率的两倍**

**of global warming over the same period.**

**过去的几十年间**

**The glaciers of the Qilian Mountains**

**祁连山地区**

**have retreated by 168 square kilometers**

**已经消失了168平方公里的冰川**

**over the past few decades.**

**有研究推测**

**Researchers speculate**

**全球的小型冰川**

**small glaciers worldwide**

**可能在未来三十年内逐渐消失**

**may gradually disappear in the next 30 years.**

**现在**

**Now,**

**祁连山区域内**

**many glacial tourist routes**

**多条冰川旅游线路已经关停**

**in the Qilian Mountains area**

**多条冰川旅游线路已经关停**

**have been shut down**

**尽可能地减少局部地区的人类活动**

**to minimize the direct impact**

**尽可能地减少局部地区的人类活动**

**of local human activity**

**对冰川造成的直接影响**

**on glaciers.**

**在一系列保护行动实施后**

**After the implementation of a series**

**在一系列保护行动实施后**

**of protective measures,**

**祁连山脚下的盐池湾高山湿地**

**the Yanchiwan alpine wetland**

**祁连山脚下的盐池湾高山湿地**

**at the foot of the Qilian Mountains**

**再度丰润了起来**

**becomes prolific again.**

**每年春夏会有数万只候鸟**

**Tens of thousands of migratory birds**

**回到这片高原上的家**

**return to their homes on this plateau**

**回到这片高原上的家**

**every spring and summer.**

**这对黑颈鹤夫妇**

**The black-necked crane couple**

**历经上千公里的飞行**

**has traveled thousands of kilometers**

**从低海拔的南方**

**from the low-altitude south**

**来到重现生机的祁连山脚下**

**to the foot of the rejuvenated Qilian Mountains.**

**这里有充沛的水草**

**There are plenty of aquatic plants here**

**迎接新生命的诞生**

**to welcome the birth of new lives.**

**两只雏鸟才出生没几天**

**Just a few days after birth,**

**就要在父母的带领下**

**the two chicks will complete**

**就要在父母的带领下**

**their first foraging lesson**

**完成生命中的第一堂觅食课**

**under the guidance of their parents.**

**父母向它们现场演示**

**The parents show them**

**什么才是好吃的东西**

**what good food is.**

**嗯 味道不错**

**Hum, tastes good.**

**小黑颈鹤跃跃欲试**

**The little black-necked crane**

**有模有样地探索起来**

**starts to try and explore.**

**远处徘徊的狼**

**However, the wolf wandering in the distance**

**引起了父母的警觉**

**has alerted the parents.**

**黑颈鹤夫妇向来谨慎负责**

**The black-necked crane couple**

**黑颈鹤夫妇向来谨慎负责**

**has always been cautious and responsible,**

**“遛娃”到此结束**

**and the "baby walking" time is over.**

**还是回到水上的窝里最为稳妥**

**It's safest to go back to the nest on the water.**

**夜色临近**

**As night approaches,**

**小黑颈鹤钻进母亲丰厚的羽毛里**

**the little black-necked cranes burrow**

**小黑颈鹤钻进母亲丰厚的羽毛里**

**into their mother's thick feathers,**

**这里才是最安全 最温暖的家**

**which is the safest and warmest home.**

**高大的祁连山脉**

**The towering Qilian Mountains**

**阻挡了来自太平洋的湿润季风**

**block the humid monsoon from the Pacific,**

**在水汽难以翻越的祁连山西北部**

**creating a unique plateau desert landscape**

**在水汽难以翻越的祁连山西北部**

**in the northwest of the Qilian Mountains,**

**呈现出一派特有的高原荒漠景观**

**where not even the water vapor can climb over.**

**这是中国干旱地区面积最大的丹霞地貌**

**This is the largest area covered**

**这是中国干旱地区面积最大的丹霞地貌**

**by Danxia landform in the arid regions of China.**

**不同成分的岩层**

**Rock formations of different compositions**

**被强烈的地质运动挤压 错位**

**are squeezed and dislocated**

**被强烈的地质运动挤压 错位**

**by intense tectonic activity**

**在风雨的侵蚀后显露出来**

**and become exposed after erosion**

**在风雨的侵蚀后显露出来**

**by wind and rain.**

**来自砂岩中的氧化铁**

**The iron oxide from sandstone**

**呈现出深红的颜色**

**takes on a deep red color,**

**赤如云霞**

**like red-tinted clouds.**

**尽管景色壮美**

**Despite the stunning scenery,**

**生活于此的动物却面临着极限挑战**

**the animals living here are faced**

**生活于此的动物却面临着极限挑战**

**with extreme challenges.**

**青海沙蜥**

**The Qinghai sand lizard**

**每天都用固定时间的日光浴**

**has a fixed time of sunbathing every day**

**来提高自己的体温**

**to raise its body temperature,**

**但这会让它毫无庇护地**

**leaving it unprotected**

**暴露在捕食者的视野中**

**and exposed to predators.**

**在冬天到来之前**

**It needs to find a warm hiding place**

**它需要找到一个温暖的藏身之处**

**before winter arrives.**

**朝南的“阳光房”**

**Since almost all the "sunshine rooms" facing south**

**几乎都已经有同类入住**

**have been occupied by its kind,**

**只能强占喽**

**it has to take a place by force.**

**它看上了一处上好的住所**

**Having taken a fancy to a nice house,**

**开始快速地甩着尾巴示威**

**it starts to display its strength**

**开始快速地甩着尾巴示威**

**with a quick tail flick.**

**房主并不打算妥协**

**The homeowner doesn't intend to compromise.**

**双方剑拔弩张 势均力敌**

**The atmosphere is tense**

**双方剑拔弩张 势均力敌**

**and the two sides are evenly matched.**

**一场肉搏在所难免**

**A fight is inevitable.**

**强占者如愿以偿入住新居**

**The invader has won the competition**

**强占者如愿以偿入住新居**

**and gets to live in its new home.**

**在黄金地段坐拥优质洞穴**

**As the owner of a fancy cave in the prime location,**

**可以享受安逸的生活了**

**it gets to enjoy a comfortable life.**

**当然 前提是**

**Provided, of course,**

**不被下一个入侵者取代**

**it is not replaced by the next invader.**

**在极端的环境中生存**

**Ultimately, it takes one's own effort**

**最终还是要靠自己的努力**

**to survive in an extreme environment.**

**藏狐妈妈觉得**

**The mother Tibetan fox thinks**

**是时候让小家伙们**

**it's time for her cubs**

**学习独立生存的本领了**

**to learn to live on their own.**

**就在窝边**

**So, she locks a target**

**它锁定了一个目标**

**right near her home.**

**潜行**

**Sneaking,**

**贴近**

**approaching,**

**小藏狐也在屏息等待**

**the little Tibetan foxes are also**

**小藏狐也在屏息等待**

**holding their breath and waiting.**

**要接近至一米之内**

**The attack works only when it happens**

**攻击才能奏效**

**within at least a one-meter radius.**

**每一步都小心翼翼**

**Each step is taken with caution.**

**一次经典的示范**

**This classic demonstration**

**这激起了小藏狐挑战的欲望**

**has sparked a desire in the little Tibetan foxes**

**这激起了小藏狐挑战的欲望**

**to make a challenge.**

**它们学着妈妈的样子**

**Imitating what their mother did,**

**准备对鼠兔下手**

**they are about to attack a pika.**

**偷袭失败了**

**The sneak attack ends in failure.**

**但跟头翻得还不错**

**However, the somersault is impressive.**

**别急**

**Don't worry,**

**机会还有很多**

**there will be a lot of opportunities.**

**高原的夏天很快过去**

**The summer on the plateau has passed quickly.**

**远在可可西里卓乃湖畔的小藏羚羊**

**The little Tibetan antelopes on the shores**

**远在可可西里卓乃湖畔的小藏羚羊**

**of Zhuonai Lake in Hoh Xil**

**也已经三个月大了**

**are already three months old.**

**它们在荒野中历尽艰险存活下来**

**Having managed to survive in the wilderness,**

**还将面临一项更严峻的挑战**

**they're faced with an even bigger challenge.**

**那就是**

**That is,**

**和妈妈一起离开卓乃湖畔**

**leaving Zhuonai Lake with their moms**

**回到散落在青藏高原各处的家**

**and returning to their homes**

**回到散落在青藏高原各处的家**

**scattered on the Qinghai-Tibet Plateau.**

**这支迁徙的队伍启程了**

**This migratory team has started their journey**

**它们的旅程接近一千公里**

**of nearly a thousand kilometers.**

**天敌也尾随着队伍**

**They're followed by their natural enemies**

**伺机而动**

**who are waiting for an opportunity.**

**每年有将近三分之一的小藏羚羊**

**Every year, nearly one-third**

**每年有将近三分之一的小藏羚羊**

**of small Tibetan antelopes fail to make it**

**无法跟随母亲回到原先的栖息地**

**back to their original habitat with their moms.**

**长途穿越 羊群走出无人区**

**After a long journey,**

**长途穿越 羊群走出无人区**

**the flock has walked out of Hoh Xil.**

**小藏羚羊进入了一个完全陌生的环境**

**The small Tibetan antelopes have entered**

**小藏羚羊进入了一个完全陌生的环境**

**a completely unfamiliar environment.**

**在每年藏羚羊回家的季节**

**Every year, at the time**

**在每年藏羚羊回家的季节**

**of Tibetan antelopes' journey home,**

**保护站都有专人为它们拦停车流**

**the protection authority sends special personnel**

**保护站都有专人为它们拦停车流**

**to stop the traffic for them.**

**羊群还是非常谨慎**

**The Tibetan antelope flock is very cautious.**

**有经验的母羊率先通过**

**An experienced female antelope**

**有经验的母羊率先通过**

**takes the initiative to pass,**

**小羊也大胆地跟了上去**

**followed by an audacious small antelope.**

**它甚至停在马路中央**

**It even stops in the middle of the road,**

**好奇地感知着这个新鲜又陌生的环境**

**curiously perceiving this new**

**好奇地感知着这个新鲜又陌生的环境**

**and unfamiliar environment.**

**在国家公园成立之前**

**Before the establishment of the national park,**

**当地人就有护送藏羚羊穿行公路的传统**

**the local people used to have the tradition**

**当地人就有护送藏羚羊穿行公路的传统**

**of escorting Tibetan antelopes across the road.**

**如今**

**Nowadays,**

**国家公园成立了专门的护航队**

**the national park has established a special convoy**

**全程守护藏羚羊的回归**

**to protect the return of Tibetan antelopes**

**全程守护藏羚羊的回归**

**all along the way.**

**然沙就是护航队的一员**

**RanSa is a member of the convoy.**

**每年7月**

**Each July,**

**他会告别牧场上的家人**

**he bids farewell to his family on the grazing land**

**和队友一起**

**and follow the flock of Tibetan antelopes**

**远远地跟随藏羚羊的队伍**

**along with his teammates at a long distance.**

**他们会阻拦鲁莽闯入的游客**

**They'll keep out reckless tourists,**

**可能出现的盗猎者**

**potential poachers,**

**以及其他的人为干扰**

**and other human disturbances.**

**除此之外**

**Apart from that,**

**不对藏羚羊的行进做任何干涉**

**they won't interfere with the movement**

**不对藏羚羊的行进做任何干涉**

**of the Tibetan antelopes.**

**羊群突然放慢了脚步**

**The flock suddenly slows down.**

**小羊第一次遇到巨大高耸的建筑**

**It's the first time for the calves**

**小羊第一次遇到巨大高耸的建筑**

**to meet such a huge, towering building.**

**青藏铁路在建设时**

**During the construction**

**青藏铁路在建设时**

**of the Qinghai-Tibet Railway,**

**就为野生动物的通行着想**

**more than 30 passages for wild animals**

**特意设计了三十多处野生动物通道**

**were specially designed**

**特意设计了三十多处野生动物通道**

**for the passage of them,**

**甚至为保护区改变了线路方案**

**and the route plan was even changed**

**甚至为保护区改变了线路方案**

**for the protected area.**

**有经验的母羊**

**Experienced female antelopes**

**早已习惯了疾驰的火车**

**have long been used to speeding trains.**

**妈妈也在给小羊鼓劲儿**

**Mothers are also encouraging their calves.**

**远处的护航队暗中观察**

**The convoy in the distance observes secretly,**

**守候着羊群顺利通过**

**waiting for the flock to pass smoothly.**

**归途接近尾声**

**The journey home is about to come to an end.**

**临近牧区**

**Somewhere near the pasturing area,**

**一队藏羚羊脱离了羊群**

**a group of Tibetan antelopes**

**一队藏羚羊脱离了羊群**

**has wandered from the flock**

**误入了牧民的草场**

**and strayed into the pasture of herders.**

**划分草场界线的围栏**

**The fence that demarcates the pasture**

**挡住了它们的去路**

**blocks their way.**

**羊群无法跨越**

**The flock can't cross it**

**也不知道回头绕行**

**and don't know to turn back.**

**然沙和队员接到牧民的报告**

**Receiving the call from herders,**

**然沙和队员接到牧民的报告**

**RanSa and his teammates**

**换上摩托**

**mount on motorcycles**

**穿越荒野**

**and ride through the wilderness.**

**他们找到了这队受困的羊群**

**They find the trapped flock**

**决定出手相救**

**and decide to help.**

**打开了缺口**

**With an opening being made,**

**然沙选择远离羊群 静静等待**

**RanSa chooses to stay away from the flock**

**然沙选择远离羊群 静静等待**

**and wait quietly.**

**面对被剪开的围栏**

**Facing the fence which has been cut open,**

**羊群迟迟不敢挪动脚步**

**the flock hesitates to move.**

**一只公羚羊发现了它们**

**A male antelope spots them**

**来到缺口边探望**

**and comes to the opening to have a look.**

**它的出现**

**Its appearance**

**意味着家园就在前方**

**means that home is straight ahead.**

**一只母羊鼓起勇气走出围栏**

**A female antelope works up the courage**

**一只母羊鼓起勇气走出围栏**

**to walk out of the fence.**

**羊群振作了起来**

**The flock is encouraged.**

**小羊紧紧跟在妈妈身后**

**The calves closely follow their mothers.**

**穿过了围栏**

**Passing the fence,**

**空气里弥漫着家的味道**

**the air smells like home,**

**新鲜而又亲切**

**fresh and familiar.**

**小羊无法停下兴奋的脚步**

**The calf can't stop his excited steps,**

**用上浑身的力量畅快地奔跑**

**running with all its strength.**

**2022年**

**In 2022,**

**青海各地约有2300多只小藏羚羊**

**more than 2,300 small Tibetan antelopes in Qinghai**

**成功完成回家的迁徙之旅**

**successfully completed**

**成功完成回家的迁徙之旅**

**their migration journey home.**

**现在 中国境内的藏羚羊数量**

**Now the number of Tibetan antelopes in China**

**已经由1995年的75000只**

**has increased from 75,000 in 1995**

**增长至超过30万只**

**to more than 300,000,**

**保护等级由濒危降为近危**

**and the protection level has been lowered**

**保护等级由濒危降为近危**

**from endangered to near-threatened.**

**高原之上**

**On the plateau,**

**生命动态交织**

**living creatures are dynamically intertwined,**

**改变悄然发生**

**and changes happen quietly.**

**在中国国家公园**

**In China's national parks,**

**所有生命正一起**

**all living creatures work together**

**再造一条平衡与和谐之路**

**to recreate balance and harmony.**

**融汇原真完整的自然魅力**

**Integrating the original and complete charm of nature,**

**探索万物共生的东方智慧**

**and exploring the oriental wisdom of symbiosis.**

**我们正以前所未有的信心和力量**

**With unprecedented confidence and strength,**

**守护生命的尊严与希望**

**we protect the dignity and hope of life.**

**《国家公园·万物共生之境》**

**第二集 《相伴同行》文字稿**

**古老的荒野**

**Ancient wilderness,**

**原真的自然**

**pristine nature,**

**万千生命的蓬勃乐土**

**a thriving paradise in the East**

**生生不息的东方家园**

**for thousands of living creatures.**

**广袤的中国大地上**

**Across the vast lands of China,**

**一项前所未有的自然保护工程**

**an unprecedented nature conservation project**

**已经开启**

**is underway,**

**守护具有国家代表性的**

**in an attempt to safeguard large areas**

**大面积自然生态系统**

**of nationally iconic natural ecosystems,**

**保护生态的多样与完整**

**and protect the ecosystem diversity,**

**实现人与自然的永续和谐**

**fostering harmony between humanity and nature**

**实现人与自然的永续和谐**

**with sustainable development.**

**万物共生**

**Life coexisting**

**欣欣向荣**

**and thriving together.**

**中国国家公园**

**China's national parks.**

**青藏高原的东南边缘**

**The southeastern edge of the Qinghai-Tibet Plateau**

**遍布高山深谷**

**is covered with high mountains and deep valleys.**

**平均海拔虽然高达4000米**

**Although the average elevation**

**平均海拔虽然高达4000米**

**is as high as 4,000 meters,**

**来自印度洋的湿润季风**

**the humid monsoon from the Indian Ocean**

**却让这里雨量充沛 草木葱茏**

**makes the place abundant**

**却让这里雨量充沛 草木葱茏**

**in rainfall and lush in vegetation.**

**云南香格里拉的普达措**

**Potatso in Shangri-La, Yunnan**

**就处在中国地势第一阶梯**

**is located right on the dividing line**

**和第二阶梯的分界线上**

**between the first and second steps of China's terrain.**

**青藏高原边缘的褶皱**

**The folds on the edge of the Qinghai-Tibet Plateau**

**形成了中国最大的南北走向山脉**

**form the largest north-south mountain range in China:**

**横断山脉**

**the Hengduan Mountains.**

**由于地理空间的挤压**

**Due to the squeeze of geographical space,**

**澜沧江 怒江与金沙江三条大江并行流淌**

**the Lancang River, the Nu River and the Jinsha River**

**澜沧江 怒江与金沙江三条大江并行流淌**

**flow in parallel,**

**最窄处不到80公里**

**with the narrowest part**

**最窄处不到80公里**

**measuring less than 80 kilometers,**

**造就了独一无二的地质奇观**

**which creates a unique geological wonder**

**孕育着极其丰富的自然物种**

**and breeds an extremely rich range of natural species.**

**在普达措以北的山林中**

**In the mountain forests north of Potatso**

**生活着除人类以外**

**live the Yunnan snub-nosed monkeys,**

**栖息地海拔最高的灵长类动物**

**the highest-living primate**

**滇金丝猴**

**apart from humans.**

**这个小家伙才刚满一岁**

**This little guy is just over one year old.**

**大部分滇金丝猴妈妈**

**Most female snub-nosed monkeys**

**会在孩子出生后的一年里暂停生育**

**will avoid pregnancy for one year after giving birth**

**专心哺育小宝宝**

**so that they can concentrate on feeding their babies.**

**现在 它可以独享母爱**

**Now, this baby monkey has his mother all to himself.**

**几十年前**

**The Yunnan snub-nosed monkey**

**滇金丝猴一度被认为已经绝迹**

**was thought to be extinct decades ago.**

**现在全球仅存的三千多只滇金丝猴**

**There are just over 3,000**

**现在全球仅存的三千多只滇金丝猴**

**Yunnan snub-nosed monkeys left in the world**

**大部分生活在**

**most of whom live in**

**横断山脉中的这一片狭小区域**

**this small area in the Hengduan Mountains.**

**它们几乎和脸颊平行的鼻孔**

**They have evolved nostrils**

**它们几乎和脸颊平行的鼻孔**

**almost parallel to their cheeks**

**可能是为了应对高原寒冷**

**possibly in response to the cold**

**和稀薄的空气 演化而成**

**and thin air of the plateau.**

**滇金丝猴的繁殖率很低**

**Yunnan snub-nosed monkeys**

**滇金丝猴的繁殖率很低**

**have a very low rate of reproduction.**

**雌猴大约两到三年才会生育一次**

**Female monkeys give birth every two to three years.**

**而在这个幸福的群落里**

**In this happy colony,**

**几乎每只雌猴都抱着自己的小宝贝**

**almost every female monkey**

**几乎每只雌猴都抱着自己的小宝贝**

**holds her own baby in her arms.**

**大一些的小猴子已经可以离开妈妈**

**The older baby monkeys**

**大一些的小猴子已经可以离开妈妈**

**can leave their mothers**

**和伙伴一起在树上玩闹**

**and play with their friends in the trees.**

**妈妈也终于可以趁这个机会**

**And their mothers finally have time**

**多吃两口松萝**

**to take a few bites of Usnea.**

**松萝是一种寄生在树上的地衣**

**Usnea is a lichen that lives on trees**

**是滇金丝猴冬季唯一的主食**

**and is the only staple food**

**是滇金丝猴冬季唯一的主食**

**for Yunnan snub-nosed monkeys in winter.**

**小小的猴子进化出了和牛一样强大的胃**

**Small as they are, the monkeys have evolved**

**小小的猴子进化出了和牛一样强大的胃**

**with fermenting stomachs similar to a cow's,**

**通过发酵功能**

**and can digest high-fiber plants**

**来消化高纤维素的植物**

**through fermentation.**

**小猴子好奇心旺盛**

**Being curious**

**想要尝试各种新鲜的口味**

**to try all kinds of fresh flavors,**

**逐渐越走越远**

**the little monkey gradually walks farther and farther.**

**气候严酷的高原上**

**The weather on the plateau**

**天气瞬息万变**

**can change quickly.**

**大雪迅速覆盖了山林**

**Heavy snow quickly covers the forest.**

**妈妈焦急地呼唤**

**The mother is calling anxiously to her baby**

**不见小猴踪影**

**who is out of sight.**

**气温骤降至零下**

**With the temperature plummeting to sub-zero,**

**猴群需要抱团取暖**

**the monkeys need to huddle together**

**才能渡过难关**

**to keep warm and make it through.**

**小猴子身处险境**

**The little monkey is in great danger.**

**如果在天黑前找不到家人**

**If it can't find its family before dark,**

**它将很难独自撑过这个夜晚**

**it will be very difficult for it to survive the night alone.**

**妈妈的呼喊被淹没在风啸中**

**The mother's cry is drowned in the wind.**

**雪势渐弱**

**As the snow gradually weakens,**

**小猴子视线渐渐清晰**

**the little monkey's vision gradually becomes clearer,**

**它发现了远处熟悉的身影**

**and it spots a familiar figure in the distance.**

**小猴子终于回到了妈妈的怀抱**

**Finally, the little monkey is back to its mother's arms.**

**紧紧抓牢 再也不想分开**

**It holds on tight to its mom**

**紧紧抓牢 再也不想分开**

**and never wants to separate from her ever again**

**家人的温暖**

**A warm, loving family**

**可以融化成长路上的风雪**

**can melt away all the harms along life's path.**

**对于高原上的一些动物而言**

**For some animals living on the plateau,**

**迁徙越冬是最佳的选择**

**migrating to another place**

**迁徙越冬是最佳的选择**

**to spend the winter is the best choice.**

**在海拔较低的温暖山谷之中**

**In the warm valley at a lower elevation,**

**每年冬天都会有传说中的仙鸟**

**every winter, there will be legendary fairy birds**

**从天而降**

**descending from the sky.**

**祁连山脚下出生的小黑颈鹤已经长大**

**The little black-necked cranes born at the foot**

**祁连山脚下出生的小黑颈鹤已经长大**

**of the Qilian Mountains have grown up**

**它们跟随父母飞越一千六百多公里**

**They have followed their parents**

**它们跟随父母飞越一千六百多公里**

**more than 1,600 kilometers**

**来到横断山脉**

**to the Hengduan Mountains**

**躲避难以忍受的高原寒冬**

**to escape the unbearable winter on the plateau.**

**湖泊湿地是它们能够找到食物的落脚点**

**Lakes and wetlands**

**湖泊湿地是它们能够找到食物的落脚点**

**are where they can settle down and find food.**

**天气日渐寒冷**

**As the weather is getting colder,**

**湿地水面开始结冰**

**the wetlands are starting to freeze,**

**食物变得更难寻觅**

**making food-hunting even harder.**

**生存的压力**

**Known for their elegance,**

**让这些以优雅著称的鸟儿们**

**these birds have gradually lost their grace**

**渐渐失去了风度**

**to the pressures of survival.**

**一直以来**

**Black-necked cranes have always been**

**黑颈鹤都被当地村民奉为上宾**

**regarded as guests of honor by the local villagers.**

**人们很乐意在困境中伸出援手**

**People are willing to help the black-necked cranes**

**人们很乐意在困境中伸出援手**

**go through the hard days.**

**陈光惠和家人一直投喂黑颈鹤**

**For more than thirty years,**

**陈光惠和家人一直投喂黑颈鹤**

**Chen Guanghui and her family**

**三十多年从未中断**

**have been feeding the black-necked cranes.**

**对我来说 就是跟家人一样的**

**For me, the birds are like family.**

**跟朋友一样的 都很亲近的**

**They're our friends. We're very close.**

**人们帮助黑颈鹤度过了最艰难的时期**

**People have helped black-necked cranes**

**人们帮助黑颈鹤度过了最艰难的时期**

**go through the hardest days.**

**每年冬天**

**Every year,**

**都能够看到越来越多的黑颈鹤**

**a growing number of black-necked cranes**

**回到这里过冬**

**come back here to spend the winter.**

**普达措周边地区**

**There used to be a large number**

**曾有大量的黑颈鹤栖息**

**of black-necked cranes inhabiting the area around Potatso.**

**但由于湿地面积的减少**

**However, due to the reduction of wetland area,**

**黑颈鹤的数量曾在二十世纪锐减**

**the number of black-necked cranes**

**黑颈鹤的数量曾在二十世纪锐减**

**declined sharply in the 20th century.**

**如今 当地统计的黑颈鹤数量**

**According to local statistics,**

**如今 当地统计的黑颈鹤数量**

**the number of black-necked cranes**

**已经从三十多年前的两百多只**

**has gradually recovered from**

**已经从三十多年前的两百多只**

**more than 200 over 30 years ago**

**逐渐恢复到现在的一千九百多只**

**to more than 1,900 now.**

**作为一名保护野生动物的志愿者**

**As a volunteer in wildlife protection,**

**陈光惠不会每次都把黑颈鹤喂饱**

**Chen Guanghui sometimes**

**陈光惠不会每次都把黑颈鹤喂饱**

**leaves the black-necked cranes underfed,**

**她知道不能让野生动物**

**as she knows that the only way**

**完全依赖于人类**

**to help wildlife survive**

**这样才能帮助它们**

**in the complex and ever-changing natural environment**

**在复杂多变的自然环境中存活下来**

**is to ensure they're not wholly reliant on humans.**

**横断山脉的北端**

**The northern end of the Hengduan Mountains**

**衔接着岷山 邛崃山**

**connects the Minshan Mountains,**

**衔接着岷山 邛崃山**

**the Qionglai Mountains**

**和大 小相岭山系**

**and the Daxiang and Xiaoxiang ranges.**

**一种全球闻名的稀有物种**

**A world-famous rare species**

**在这幽谧的山谷之中存活至今**

**has been living in this secluded valley to this day.**

**它是中国最具代表性的动物**

**It is the most representative animal in China**

**受到全世界人们的宠爱**

**and loved by people all over the world:**

**大熊猫**

**the giant panda.**

**面对突如其来的坏天气**

**This national treasure has its own way**

**国宝也得靠自己的本事应对**

**to deal with the sudden bad weather,**

**那就是睡觉**

**that is, to sleep.**

**与很多熊科动物不同**

**Unlike many other members of the bear family,**

**大熊猫不会冬眠**

**giant pandas do not hibernate.**

**虽然浑身裹着浓密的皮毛**

**Although they are covered with thick fur**

**有助于保暖和抵御雨雪**

**which helps them stay warm**

**有助于保暖和抵御雨雪**

**and keep off rain and snow,**

**但因为长期“吃素”**

**giant pandas are vegetarian**

**食物转化的热量极低**

**and have an extremely low energy conversion rate,**

**为节约体能**

**so they would spend**

**它们甚至每天有十二小时**

**twelve hours a day sleeping**

**都可以选择在睡眠中度过**

**in order to save energy.**

**大熊猫国家公园**

**The Giant Panda National Park**

**占地超过两万平方公里**

**covers an area of more than 20,000 square kilometers,**

**跨越四川 陕西 甘肃三省**

**stretching across three provinces:**

**跨越四川 陕西 甘肃三省**

**Sichuan, Shaanxi, and Gansu.**

**超过1300只野生大熊猫**

**More than 1,300 wild giant pandas**

**生活在这片山野**

**live in this mountainous area.**

**这里是全球地貌最为复杂**

**This is one of the regions**

**这里是全球地貌最为复杂**

**with the most complex landforms**

**气候垂直分布带最为明显**

**the most obvious climate vertical distribution,**

**生物多样性最为丰富的地区之一**

**and the richest biodiversity in the world.**

**中国在这里进行的动物保护工作**

**In China, this area arguably serves**

**堪称世界典范**

**as a global exemplar of animal protection,**

**多种世界级濒危物种健康繁衍**

**with a variety of world-class endangered species**

**多种世界级濒危物种健康繁衍**

**multiplying healthily**

**享受着人类超乎寻常的关爱**

**and enjoying the extraordinary care from human beings.**

**国家公园的建立**

**The establishment of the national park**

**更在于维护它们生存所需的完整生态系统**

**is more about maintaining the entire ecosystem**

**更在于维护它们生存所需的完整生态系统**

**that sustains the giant pandas.**

**不止大熊猫**

**Not just giant pandas,**

**山林里的所有生命**

**but all living creatures in the mountains and forests**

**都将共同受益**

**will benefit together.**

**许多物种的生存**

**Many species are sustained by**

**都依赖于山谷间的这种植物**

**this plant growing in the valleys:**

**竹子**

**bamboo.**

**竹子是地球上生长速度最快的植物之一**

**Bamboo is one of the fastest growing plants on earth**

**可以在24小时之内长高一米**

**and can grow a meter in 24 hours.**

**竹子不是树 是一种禾本科的草**

**Bamboo is not a type of tree but grass.**

**破土后 竹子生长不需要分裂细胞**

**After poking out of the soil,**

**破土后 竹子生长不需要分裂细胞**

**bamboo does not need to divide cells to grow,**

**只需要增加细胞长度**

**but only needs to increase the cell length.**

**世界上有一千多种竹子**

**There are more than a thousand types**

**世界上有一千多种竹子**

**of bamboo in the world.**

**中国的竹林在数量和种类上**

**When it comes to the quantity and variety**

**中国的竹林在数量和种类上**

**of bamboo forests,**

**都是世界之最**

**China ranks number one in the world.**

**竹子也构成了大熊猫99%的食物来源**

**Bamboo also constitutes 99%**

**竹子也构成了大熊猫99%的食物来源**

**of the food source of giant pandas.**

**山林中还有另一种吃竹子的动物**

**There is another bamboo eating animal**

**山林中还有另一种吃竹子的动物**

**who live in the mountains**

**小熊猫**

**the lesser panda,**

**又被叫作红熊猫**

**also known as the red panda.**

**从基因分析上来看**

**Genetic analysis shows that red pandas**

**它和大熊猫并没有什么亲缘关系**

**have no genetic relationship with giant pandas,**

**和美洲浣熊也不是一家**

**and are not in the same family as American raccoons.**

**小熊猫是小熊猫科下的唯一物种**

**Red pandas are the only living species**

**小熊猫是小熊猫科下的唯一物种**

**of the genus Ailurus**

**它的一生中有80%的时间**

**They spend 80% of their lives**

**都在高大的树冠上度过**

**in the canopies of tall trees**

**以此躲过许多天敌**

**to avoid natural enemies.**

**新鲜的竹叶是它们最喜爱的食物**

**Fresh bamboo leaves are red pandas' favorite food.**

**在原始的针阔叶混交林里**

**In the primitive mixed coniferous**

**在原始的针阔叶混交林里**

**and broad leaved forest**

**小熊猫必须借助大树枝冠攀爬而上**

**red pandas must climb up**

**小熊猫必须借助大树枝冠攀爬而上**

**along the big tree branch**

**才能够取高处鲜嫩的竹叶**

**to get the fresh and tender bamboo leaves**

**才能够取高处鲜嫩的竹叶**

**high up on the tree.**

**大树阶梯和美味的竹林缺一不可**

**The tree ladder and the delicious bamboo forest**

**大树阶梯和美味的竹林缺一不可**

**are indispensable,**

**共同构成了小熊猫生存的必要条件**

**and together they form the necessary conditions**

**共同构成了小熊猫生存的必要条件**

**for the survival of red pandas.**

**大熊猫国家公园**

**The Giant Panda National Park**

**对这种原真生态作出整体保护**

**provides overall protection for this original ecosystem**

**也维护了小熊猫的生存环境**

**and also maintains**

**也维护了小熊猫的生存环境**

**the living environment of red pandas.**

**对于熊猫宝宝来说**

**It's not easy for a baby giant panda**

**吃竹子并不是一件简单的事**

**to eat bamboo.**

**这是两岁之前**

**This is the most important lesson**

**妈妈要教会它的最重要一课**

**its mother can teach it before it turns two.**

**先要挑出一根富含植物蛋白的好食材**

**First, select a fresh piece of bamboo**

**先要挑出一根富含植物蛋白的好食材**

**rich in vegetable protein.**

**还要找出最鲜嫩的位置下嘴**

**Then, choose the most tender part to bite.**

**成年大熊猫一天的食量高达40公斤**

**An adult giant panda can eat up**

**成年大熊猫一天的食量高达40公斤**

**to 40 kilograms of bamboo a day.**

**为了咀嚼竹子**

**In order to chew bamboo,**

**大熊猫进化出了强壮的颌骨**

**giant pandas have evolved a strong jawbone,**

**脸型因此变得浑圆 可爱**

**making their faces round and cute.**

**熊猫宝宝已经迫不及待地**

**The baby panda has eagerly taken a bite**

**对着一截树枝下了嘴**

**of a tree branch.**

**但即使选对了竹枝**

**But even with the right bamboo branch,**

**熊猫宝宝还缺少一样重要本领**

**the baby giant panda still lacks one important skill.**

**它的体内还是典型的**

**The baby giant panda still has**

**肉食动物消化系统**

**a typical carnivore digestive system**

**天生缺失一种**

**and is born without**

**至关重要的植物消化酶**

**a vital bamboo digesting microbe,**

**这要从妈妈的亲吻中获得**

**which it gets from its mom's kisses.**

**通过唾液输送的特殊肠道菌群**

**Special gut flora delivered by saliva**

**能够促进植物纤维素的消化**

**promotes the digestion of plant cellulose.**

**熊猫宝宝一般会在18个月左右断奶**

**Panda cubs are usually weaned**

**熊猫宝宝一般会在18个月左右断奶**

**at around 18 months of age.**

**当它学会了自己吃竹子**

**When the baby panda learns to eat bamboo by itself,**

**熊猫妈妈才会渐渐和它分开**

**the mother panda will gradually separate from it**

**让熊猫宝宝开始独立生活**

**to let it live independently.**

**在四川的东北方向**

**In the Qinling Mountains in Shaanxi,**

**陕西境内的秦岭山系中**

**northeast of Sichuan,**

**同样分布着野生大熊猫的栖息地**

**there are also habitats for wild giant pandas.**

**2021年**

**The year 2021 witnessed**

**秦岭国家公园创建工作开始启动**

**the creation of the Qinling National Park,**

**以保护地处中国南北分界线上的**

**which is dedicated**

**以保护地处中国南北分界线上的**

**to protecting the unique forest ecosystem**

**独特森林生态系统**

**located on the dividing line**

**独特森林生态系统**

**between North and South China.**

**大熊猫的邻居羚牛**

**Takins, the giant pandas' neighbors**

**低调地生活在四川和陕西的山岭中**

**living quietly in the mountains in Sichuan and Shaanxi,**

**吃了一个冬天的干竹枝**

**have been eating dry bamboo branches all winter.**

**它们开始集体往回暖的山顶迁移**

**They are now migrating to the top of the mountains,**

**去寻找新长出的鲜嫩草叶**

**where there is warmer weather**

**去寻找新长出的鲜嫩草叶**

**and newly sprouting grass and leaves**

**羚牛不是牛**

**Takins are not cows,**

**而是一种羊**

**but goat-antelopes.**

**它与绵羊的演化关系**

**Takins are even more closely**

**甚至比山羊还要亲近**

**related to sheep than goats.**

**在尚未发育成熟的小羚牛脸上**

**The face of the underdeveloped takin**

**还是能看到更接近羊的轮廓**

**still shows an outline closer to that of the sheep.**

**夏天 它们在海拔两千多米的山巅**

**In summer, takins will be looking for fresh grass**

**夏天 它们在海拔两千多米的山巅**

**on the top of the mountain**

**寻找新生的嫩草**

**at an elevation of more than 2,000 meters.**

**因此常年远离人类的视野**

**Thus, they keep out of sight from humans all year round,**

**身影难得一见**

**and are rarely seen.**

**秦岭脚下**

**At the foot of the Qinling Mountains,**

**另一种曾濒临灭绝的珍稀物种**

**another rare species that was once endangered**

**如今与人朝夕共处**

**is now spending a lot of time with humans.**

**它们喜欢聚集在院落周围十多米高的树上**

**They often gather in trees**

**它们喜欢聚集在院落周围十多米高的树上**

**more than 10 meters tall around the courtyard.**

**天还没亮**

**They wake up many people**

**就会把许多人从梦中叫醒**

**from their dreams before dawn.**

**朱鹮**

**The crested ibis,**

**因为面部鲜艳的红色**

**because of its bright red face,**

**被称作“东方红宝石”**

**is hailed as the "Oriental Ruby"**

**在东亚各国文化中**

**and is a sacred and auspicious symbol**

**都是神圣 吉祥的象征**

**in East Asian cultures.**

**三十多年前**

**Over 30 years ago,**

**野生朱鹮也陆续在日本 韩国绝迹**

**wild crested ibises went extinct**

**野生朱鹮也陆续在日本 韩国绝迹**

**in Japan and South Korea.**

**1981年**

**In 1981,**

**世上仅存的七只野生朱鹮**

**seven of the only remaining wild crested ibises in the world**

**在秦岭脚下的洋县被发现**

**were discovered in Yang County**

**在秦岭脚下的洋县被发现**

**at the foot of the Qinling Mountains.**

**从那时起**

**Since then,**

**当地的居民就参与到了**

**local residents have been engaged**

**保护朱鹮的行动之中**

**in the protection of crested ibises.**

**初春时节**

**In early spring,**

**农民严常路家的后山坡上**

**a farmer named Yan Changlu**

**农民严常路家的后山坡上**

**found the hillside at the back of his house**

**住下了一窝朱鹮**

**inhabited by a brood of crested ibises.**

**他每天都要查看巢里的小鸟**

**He checked the little birds in their nest every day.**

**两个月过去**

**Two months have passed,**

**小朱鹮脸上虽然还是稚嫩的浅黄色**

**and although the little crested ibises**

**小朱鹮脸上虽然还是稚嫩的浅黄色**

**still have light yellow faces,**

**身形却已接近大鸟的模样**

**their bodies are close**

**身形却已接近大鸟的模样**

**to those of a full-grown crested ibis.**

**它们开始学着扇动翅膀**

**They are trying to flap their wings,**

**做起离巢飞翔的准备**

**preparing to fly away from the nest.**

**这时正是雏鸟成长的关键期**

**This is the critical period for chicks to grow.**

**在外觅食的父母需要轮流回来喂食**

**Their parents who are out foraging**

**在外觅食的父母需要轮流回来喂食**

**need to take turns to come back to feed them.**

**两只小鸟都争着想吃到第一口**

**The two chicks fight over the first bite,**

**互不相让**

**neither relenting.**

**想吃独食的哥哥**

**The elder brother who wants to**

 **想吃独食的哥哥**

**have the food all to himself**

**不停攻击身后的妹妹**

**keeps attacking the younger sister behind him.**

**弱小的朱鹮妹妹只得默默忍受**

**The weak younger sister has no choice but to bear it.**

**父亲以沉默的态度**

**Being silent, the father encourages**

**鼓励孩子们的竞争**

**the competition between his kids.**

**哥哥掏空了父亲嘴里的食物**

**The elder brother has eaten up all food**

**哥哥掏空了父亲嘴里的食物**

**in his father's beak**

**妹妹连一口也没能吃上**

**while the younger sister hasn't had any.**

**显然两只小鸟都还没有吃饱**

**Apparently, the two chicks are still not full.**

**父亲只能继续外出觅食**

**The father has to go out for food again.**

**妹妹对哥哥表达出强烈的不满**

**The younger sister expresses her huge dissatisfaction**

**妹妹对哥哥表达出强烈的不满**

**towards her brother.**

**春天就要过去了**

**Spring is coming to an end.**

**和朱鹮同样忙碌的**

**Crested ibises are busy looking for food,**

**还有在稻田里赶着插秧的农民**

**while farmers are busy planting seedlings**

**还有在稻田里赶着插秧的农民**

**in the paddy fields.**

**秦岭脚下湿润的气候**

**The humid climate at the foot of the Qinling Mountains**

**帮助人们培育出了优质的水稻**

**is conducive to the cultivation of high-quality rice.**

**水田中富含多样的水生生物**

**With rich and diverse aquatic life,**

**是朱鹮觅食的绝佳场所**

**paddy fields are an ideal feeding spot for crested ibises.**

**人和鸟都在田里忙碌着 互不打扰**

**People and birds are busy in the fields**

**人和鸟都在田里忙碌着 互不打扰**

**without disturbing each other.**

**但是 朱鹮经常会踩倒新插下的秧苗**

**However, crested ibises often trample down**

**但是 朱鹮经常会踩倒新插下的秧苗**

**the newly planted seedlings.**

**幼苗倒在泥里便难以成活**

**Seedlings can hardly survive**

**幼苗倒在泥里便难以成活**

**once they collapse into the mud,**

**这让人有些无奈**

**which somewhat frustrates the farmers.**

**严老伯已经习以为常**

**Yan Changlu has gotten used to it.**

**况且现在朱鹮窝里还有嗷嗷待哺的小鸟**

**Knowing that there are chicks**

**况且现在朱鹮窝里还有嗷嗷待哺的小鸟**

**waiting to be fed in the nest,**

**他更不会去计较这点得失**

**he is even more willing to tolerate such a small loss.**

**几斤粮食小事情**

**It's just a few catties of grain.**

**这个伤害不太大了 就算了**

**It doesn't do much damage. It's no big deal.**

**不仅如此**

**Besides,**

**多年来 不往田里喷洒农药**

**for many years, the farmers in Yang County**

**多年来 不往田里喷洒农药**

**have reached the consensus**

**已成为洋县农民的一项共识**

**not to spray pesticides in the fields.**

**又一份新鲜的食物被带了回来**

**Another fresh meal has been brought back.**

**朱鹮妹妹还是没争到吃的**

**The younger sister still doesn't get to have a bite.**

**哥哥填饱了肚子 劲头儿十足**

**With a full stomach and extraordinary energy,**

**终于成功离巢飞翔**

**the elder brother finally manages to take off**

**终于成功离巢飞翔**

**and leave the nest.**

**赖以生存的栖息地得到保护**

**High-profile and popular animals**

**受益的不仅仅是广受关注的明星动物**

**are not the only beneficiaries of habitat protection.**

**护林员们正在执行一项特殊任务**

**Rangers are on a special mission**

**寻找另一种在树上生活的稀有物种**

**to find another rare tree-dwelling species.**

**这种动物一直隐匿在树洞之中**

**Hidden in the tree holes the whole time,**

**鲜为人知**

**this animal has remained little known:**

**红白鼯鼠**

**red and white giant flying squirrels.**

**它们可以在腕部和踝部之间**

**By spreading the special membrane**

**张开特殊的皮膜**

**between their wrists and ankles,**

**在错综复杂的丛林间轻松滑翔**

**red and white giant flying squirrels**

**在错综复杂的丛林间轻松滑翔**

**freely glide in the complex jungles,**

**一次滑翔的距离可长达数百米**

**travelling hundreds of meters each time,**

**大大扩展了它的觅食空间**

**which greatly expands their foraging space.**

**红白鼯鼠深居简出**

**Since red and white flying giant squirrels are reclusive,**

**寻找它们的巢穴需要一些技巧**

**it takes some skills to find their nests.**

**暴露它们行踪的**

**Rangers are looking for the things**

**正是护林员所寻找的东西**

**that give away their presence:**

**鼯鼠的粪便**

**the droppings of flying squirrels.**

**它们总是在洞口旁的同一处地方排便**

**Perhaps as an act to make a territorial claim,**

**也许是为了宣示领地主权**

**red and white flying giant squirrels often defecate**

**也许是为了宣示领地主权**

**at the same place next to their caves**

**几个世纪以来**

**For centuries,**

**一直有人收集红白鼯鼠的粪便**

**people have been collecting the droppings**

**一直有人收集红白鼯鼠的粪便**

**of red and white giant flying squirrels,**

**认为它有止痛的药用价值**

**which are believed**

**认为它有止痛的药用价值**

**to have the medicinal property of pain relief.**

**现在 科学家通过分析这些粪便**

**Nowadays, scientists analyze the droppings**

**来了解红白鼯鼠的食物构成**

**to learn more about the diet**

**来了解红白鼯鼠的食物构成**

**of red and white giant flying squirrels**

**评估森林的健康状况**

**and assess the condition of forests.**

**人们古怪的拾粪行为**

**People's weird dropping-picking behavior**

**或许会让红白鼯鼠感到困惑**

**may be confusing to red and white giant flying squirrels,**

**但正是这些深入的研究**

**but it is these in-depth studies**

**才让它们的家园得到更科学的守护**

**that make their homes more scientifically protected.**

**对许多野生动物来说**

**For many wildlife,**

**深藏宅中也许是一种理想的生活方式**

**staying at home all the time may be an ideal way of life.**

**但野生大熊猫需要在某些时刻**

**However, wild giant pandas need to**

**离开自己的家**

**leave their homes at some point**

**来一场“爱的旅行”**

**for a romantic trip.**

**可是山间公路**

**With the original habitat of giant pandas**

**一度分割了大熊猫的原始栖息地**

**being divided by mountain roads,**

**阻断了野生大熊猫族群间的相互往来**

**communication between colonies**

**阻断了野生大熊猫族群间的相互往来**

**of wild giant pandas is blocked.**

**这让年轻的大熊猫就像生活在孤岛**

**Young giant pandas**

**这让年轻的大熊猫就像生活在孤岛**

**are living on "isolated islands",**

**遇见心仪对象的几率大大降低**

**which greatly reduces their chances**

**遇见心仪对象的几率大大降低**

**of meeting their love of life.**

**为了让大熊猫们恢复正常社交**

**In order to restore**

**为了让大熊猫们恢复正常社交**

**the normal social interaction of giant pandas**

**顺利找到对象**

**and help them find their mates,**

**国家已经关停了**

**the state has shut down the road sections**

**与大熊猫栖息地高度重合的路段**

**that highly overlap with the giant panda habitats**

**并将特定路段改造为地下通道**

**and transformed certain road sections**

**并将特定路段改造为地下通道**

**into underground passages.**

**不再被使用的路面上**

**The roads no longer in use**

**绿草再度生长**

**are once again covered by green grass.**

**人们还在路边补种竹苗**

**Bamboo seedlings are planted on the side of the roads**

**帮助引导熊猫通行**

**to help guide giant pandas to pass.**

**同时 原有三千多公里的铁丝围栏**

**At the same time,**

**同时 原有三千多公里的铁丝围栏**

**the original wire fence of more than 3,000 kilometers**

**已被彻底拆除**

**has been completely demolished.**

**人们希望这些改造后的路段**

**It is hoped that these renovated road sections**

**能够转换成**

**will be converted into**

**野生大熊猫的“爱情高速路”**

**"a highway of love" for wild giant pandas.**

**在陕西秦岭的山林中**

**There is such a lucky couple**

**就有这么幸运的一对**

**living in the Qinling Mountains, Shaanxi.**

**雌性熊猫已经用气味留下了求偶信号**

**The female giant panda has left**

**雌性熊猫已经用气味留下了求偶信号**

**a scent as a sign of courtship.**

**现在它爬到树上**

**Now she climbs up the tree**

**观察前来的求爱者**

**where she can observe the suitor coming up.**

**小伙子已经在树下诉尽衷肠**

**The boy has already expressed his heart**

**小伙子已经在树下诉尽衷肠**

**under the tree,**

**姑娘却有十足的定力**

**but the girl remains unperturbed.**

**长时间的守候让小伙子有些累了**

**Having been waiting for a long time, the boy is tired.**

**它忍不住离开了树下**

**He steps away from the tree**

**来到附近的小溪流里**

**and rolls**

**打了个滚儿**

**in a nearby stream**

**冷静冷静头脑**

**to clear his mind.**

**还得补充一下能量**

**He also needs to replenish his energy.**

**吃饱喝足 困意袭来**

**After filling his belly, he starts feeling sleepy.**

**没想到 竞争者出现了**

**However, a rival shows up out of the blue.**

**它直奔熊猫姑娘的树下**

**The rival comes straight to the tree**

**它直奔熊猫姑娘的树下**

**where the girl stays**

**想要趁虚而入**

**trying to swoop in.**

**气氛发生了微妙的变化**

**There is a subtle change in the air.**

**小伙子突然惊醒**

**The boy wakes up suddenly**

**似乎感到情况不妙**

**and seems to have sensed**

**似乎感到情况不妙**

**that something has gone wrong.**

**它回到了自己的领地**

**He returns to his territory**

**却什么也没有发现**

**but finds nothing.**

**躲进林中的竞争者**

**After weighing up the pros and cons,**

**经过权衡 打算放手一搏**

**the rival who hides in the woods decides to give it a go.**

**一场正面较量不可避免**

**A head-to-head contest is inevitable.**

**熊猫小伙胜利归来**

**Returning victorious,**

**免不了要对树上的姑娘炫耀一番**

**the boy can't refrain**

**免不了要对树上的姑娘炫耀一番**

**from showing off to the girl in the tree.**

**姑娘终于放下了矜持**

**The girl has finally let her guard down.**

**两只熊猫亲昵地抱在了一起**

**The two giant pandas cuddle up affectionately.**

**如果一切顺利**

**Hopefully,**

**在不久后的秋天**

**in the upcoming autumn,**

**珍贵的熊猫小宝宝**

**the precious baby giant pandas**

**将会在山岭的深处诞生**

**will be born in the deep mountains.**

**秦岭脚下**

**At the foot of the Qinling Mountains,**

**距离朱鹮哥哥离开**

**it has been nearly a week**

**已经将近一周的时间了**

**since the elder brother crested ibis left.**

**小朱鹮妹妹独自留在巢里**

**The younger sister crested ibis stays alone in the nest,**

**显得孤单 冷清**

**looking lonely and deserted.**

**树林中 一条王锦蛇在四处搜寻猎物**

**A king ratsnake is looking for prey in the woods.**

**它盯上了落单的小朱鹮**

**The snake sets its sights**

**它盯上了落单的小朱鹮**

**on the little crested ibis that is left alone,**

**这引起了严老伯的担忧**

**arousing Yan Changlu's concern.**

**他没法一直在树下守护**

**Since he can't guard under the tree all the time,**

**于是想了个办法**

**he figures out a way.**

**用带刺的荆棘**

**He sets a safety fence**

**为小鸟缠了一圈防护网**

**around the tree trunk with barbed thorns.**

**这下安全多了**

**Now it's much safer.**

**王锦蛇知难而退**

**The king ratsnake is scared off.**

**这个季节**

**This is the season**

**健康的朱鹮幼鸟都已经离巢生活**

**when healthy crested ibis chicks**

**健康的朱鹮幼鸟都已经离巢生活**

**have left their nests to live independently.**

**父母也不敢确认**

**Not sure if there might be a chance**

**小朱鹮是否还有飞起来的希望**

**for this little crested ibis to fly,**

**它们回来喂食的次数越来越少**

**the parents have reduced their frequency of feeding.**

**大雨连着下了好几天**

**There has been heavy rain for several days in a row,**

**更让这只小朱鹮进退无措**

**which makes this little crested ibis even more at a loss.**

**如果再不能飞离巢穴**

**If she still can't make it out of the nest,**

**它就会彻底遭到父母的抛弃**

**the little crested ibis will be completely abandoned**

**它就会彻底遭到父母的抛弃**

**by her parents.**

**小朱鹮饥寒交迫之际**

**When the little crested ibis**

**小朱鹮饥寒交迫之际**

**is suffering from hunger and cold,**

**父母冒雨一起回到了窝边**

**her parents come back to the nest in the rain**

**带来了难得的口粮**

**with the food she has been craving.**

**小朱鹮逐渐振作起来**

**Having gradually pulled herself together,**

**不停地挥动翅膀**

**the little crested ibis starts moving her wings.**

**这时的小朱鹮**

**The little crested ibis**

**已经拥有了足够有力的翅膀**

**has already developed powerful wings.**

**是否能够飞出巢穴 拥抱广阔天地**

**Perhaps all she needs is the confidence and courage**

**需要的可能只是信心和勇气**

**to fly out of the nest and embrace the vast world.**

**此时能够依靠的只有自己了**

**She is really on her own.**

**大胆一跃**

**With a leap of faith,**

**舒展飞羽**

**this little crested ibis stretches her wings,**

**小朱鹮尽情享受着生命中**

**and enjoys the freedom to soar**

**第一次自由地翱翔**

**for the first time in her life.**

**看到朱鹮离开后空空的巢穴**

**The nest looks empty without the little crested ibis.**

**严老伯放下心来**

**Yan Changlu feels relieved,**

**又有些怅然若失**

**but somewhat wistful.**

**在田里**

**The little crested ibis**

**小朱鹮找到了父母和哥哥**

**finds her parents and elder brother in the field.**

**两只小鸟**

**The two little birds**

**又开始在父母的眼皮底下嬉闹起来**

**start playing again under the watch of their parents.**

**历经四十多年的保护**

**After more than 40 years of protection,**

**仅存于中国的野生朱鹮**

**the number of wild crested ibises endemic to China**

**从七只繁衍至九千多只**

**has multiplied from seven to more than 9,000.**

**人们心中的吉祥象征**

**Regarded as a symbol of good luck,**

**将会在这里长久绵延**

**crested ibises will be living and breeding here**

**将会在这里长久绵延**

**for a long time to come**

**在妈妈的呵护下**

**Under his mom's care,**

**熊猫宝宝已经长到18个月大**

**the baby panda has reached 18 months of age**

**它继续学习独立生活所需的各种技能**

**and continues to learn the skills he needs**

**它继续学习独立生活所需的各种技能**

**to live independently,**

**比如爬树**

**such as climbing trees.**

**但它爬得是不是有点儿太高了**

**But isn't that a bit too high?**

**妈妈看似并不担心**

**His mom seems to be okay with it.**

**但意外还是发生了**

**However, something goes wrong.**

**宝宝把自己挂在了树上**

**The baby giant panda gets stuck in the tree.**

**妈妈也很无奈**

**There is nothing his mom can do about it.**

**淘气的小家伙**

**The naughty little cub**

**还是凭自己的本事爬下了树**

**finally gets down from the tree on its own**

**安全回到妈妈的身边**

**and gets back to its mom in one piece.**

**能这样撒娇的时光不多了**

**It won't have much more time for nestling with its mom.**

**两岁之后**

**At age two,**

**熊猫宝宝离开了妈妈**

**the baby giant panda leaves its mom**

**开启独立生活**

**to start an independent life.**

**尽管成年熊猫大多数时间**

**Although adult giant pandas**

**过着独居生活**

**live mostly solitary lives,**

**但在国家公园里**

**this giant panda will never be alone**

**它并不孤单**

**in this national park.**

**自二十世纪六十年代以来**

**The giant panda population**

**大熊猫的数量几乎增加了一倍**

**has nearly doubled since the 1960s.**

**不仅仅是熊猫**

**Besides giant pandas,**

**人们对这里的每一种动物**

**every animal living here**

**都倾注了无比的关爱**

**has been well taken care of by humans.**

**动物保护的意义**

**The significance of animal protection**

**不仅仅在于维系我们脆弱的生态系统**

**does not only lie in maintaining our fragile ecosystem.**

**更为珍贵的是**

**More importantly,**

**重建人与动物之间的和谐与信任**

**it's about rebuilding harmony and trust**

**重建人与动物之间的和谐与信任**

**between humans and animals.**

**相伴同行**

**By walking hand in hand,**

**我们才不是这个星球上**

**we will never be the loneliest living creatures**

**最孤独的生命**

**on this planet.**

**《国家公园·万物共生之境》**

**第五集《万物生息》文字稿**

**古老的荒野**

**Ancient wilderness,**

**原真的自然**

**pristine nature,**

**万千生命的蓬勃乐土**

**a thriving paradise in the East**

**生生不息的东方家园**

**for thousands of living creatures.**

**广袤的中国大地上**

**Across the vast lands of China,**

**一项前所未有的自然保护工程**

**an unprecedented nature conservation project**

**已经开启**

**is underway,**

**守护具有国家代表性的**

**in an attempt to safeguard large areas**

**大面积自然生态系统**

**of nationally iconic natural ecosystems,**

**保护生态的多样与完整**

**and protect the ecosystem diversity,**

**实现人与自然的永续和谐**

**fostering harmony between humanity and nature**

**实现人与自然的永续和谐**

**with sustainable development.**

**万物共生**

**Life coexisting**

**欣欣向荣**

**and thriving together.**

**中国国家公园**

**China's national parks.**

**中国南部**

**Deep in the rainforest**

**海南岛的雨林深处**

**of Hainan Island in southern China,**

**每天清晨都能够听到这样悠长的鸣啼**

**such long ululation can be heard every morning.**

**它们是这个星球上最稀有的灵长类动物**

**They are the rarest primates on the planet:**

**海南长臂猿**

**Hainan gibbons.**

**这只小长臂猿三岁了**

**This little gibbon is three years old**

**已经可以在树林顶端自由穿梭**

**and can already slide freely**

**已经可以在树林顶端自由穿梭**

**between the tops of the trees.**

**长臂猿拥有灵长类动物中最长的手臂**

**Gibbons have the longest arms among primates,**

**臂长甚至可以达到腿长的两倍**

**which can even be twice as long as their legs.**

**它们的手臂如同吊索一般**

**With sling-like arms,**

**一跃最远可达15米**

**gibbons can jump as far as 15 meters.**

**这种奇特的运动方式被称为“臂行”**

**This peculiar movement is called arm-assisted walking.**

**长臂猿的一生几乎都在树上度过**

**Gibbons spend almost their entire lives in trees.**

**当然 林间飞跃也需要技巧和胆识**

**Certainly, leaping in the woods**

**当然 林间飞跃也需要技巧和胆识**

**also requires skill and courage,**

**偶尔也有失手的时候**

**and they make mistakes occasionally.**

**这只小长臂猿还没有完全独立生活**

**This little gibbon is not yet fully independent.**

**今年夏天**

**This summer,**

**妈妈的怀里多了一个小宝宝**

**its mom held a new baby in her arms.**

**这个小家庭增加的新成员**

**The new addition to this small family**

**对整个海南长臂猿物种都意义重大**

**is significant to the entire Hainan gibbon species.**

**截至2023年7月**

**As of July 2023,**

**海南长臂猿全部种群数量仅有37只**

**the total population of Hainan gibbons was only 37,**

**是21世纪最有可能灭绝的灵长类动物**

**making them the primates most likely**

**是21世纪最有可能灭绝的灵长类动物**

**to become extinct in the 21st century.**

**曾经 中国诗人乘轻舟顺长江而下**

**Once, a Chinese poet sailed down**

**曾经 中国诗人乘轻舟顺长江而下**

**the Yangtze River in a small canoe,**

**两岸猿声不绝于耳**

**accompanied by the endless ululation of apes**

**两岸猿声不绝于耳**

**on both sides of the river.**

**现在 长臂猿的栖息地已经退缩至云南**

**Nowadays, the habitat of gibbons has retreated**

**现在 长臂猿的栖息地已经退缩至云南**

**to the ancient woodlands in Yunnan,**

**广西 海南的原始森林中**

**Guangxi, and Hainan provinces.**

**人们在做最大的努力**

**People are doing their utmost**

**保护它们仅存的家园**

**to protect the remaining homeland of the gibbons.**

**海南长臂猿生活的这片森林**

**Home to the Hainan gibbons,**

**是中国分布最集中 保存最完好**

**this forest is the most concentrated, best-preserved,**

**连片面积最大的热带雨林**

**and largest contiguous tropical rainforest in China.**

**海南热带雨林国家公园**

**Hainan Tropical Rainforest National Park**

**占海南岛陆域面积的七分之一**

**occupies one-seventh of the land area**

**占海南岛陆域面积的七分之一**

**of the entire Hainan Island,**

**保护着同纬度稀有的**

**protecting the continental island type**

**大陆性岛屿型热带雨林生态系统**

**tropical rainforest ecosystem**

**大陆性岛屿型热带雨林生态系统**

**rare to find at the same latitude.**

**这里的面积不足中国陆域国土面积的0.046%**

**Covering less than 0.046% of China's land,**

**却有着中国20%的两栖类**

**it boasts 20% of China's amphibians,**

**33%的爬行类**

**33% of reptiles,**

**39%的鸟类和20%的兽类**

**39% of birds, and 20% of mammals,**

**每年都还有新的物种不断在被发现**

**with new species constantly**

**每年都还有新的物种不断在被发现**

**being discovered every year.**

**旺盛的生命能量**

**Exuberant life energy**

**充盈着雨林每一个角落**

**fills every corner of the rainforest.**

**即使没有大型猛兽**

**Though there are no fierce creatures,**

**关乎生死的凶险博弈也在随时上演**

**the dangerous game of life and death**

**关乎生死的凶险博弈也在随时上演**

**continues at all times.**

**就连看似不动声色的枝叶之间**

**Even the seemingly tranquil branches and leaves**

**都暗藏杀机**

**can harbor murderous intent.**

**一只双齿多刺蚁**

**A Polyrhachis dives**

**发现了一棵正在开放的花序**

**finds a blooming inflorescence**

**它爬到花朵上寻找蜜源**

**and climbs up the flower in search of nectar.**

**蟹蛛正在花丛中潜伏**

**A proven master of camouflage,**

**它是公认的“伪装大师”**

**this crab spider (a spider of the Thomisidae family)**

**它是公认的“伪装大师”**

**is lurking among the flowers.**

**这只多刺蚁异常谨慎**

**The Polyrhachis dives is extremely cautious.**

**它迅速逃离**

**It flees quickly**

**转移到了这株植物的枝叶上**

**and moves onto the leaves of the plant.**

**叶片上散发的甜味儿**

**The sweet smell of the leaves**

**吸引了它的注意**

**attracts its attention,**

**这才是致命的诱惑**

**which later turns out to be a fatal temptation.**

**猪笼草**

**Nepenthes.**

**这种藤本植物的叶片末端**

**The end of this creeping plant's leaf**

**会继续延伸**

**continues to extend,**

**形成猪笼形状的捕虫笼**

**forming a pitcher in the shape of a pig's cage.**

**笼盖和唇口都会分泌出香甜的蜜液**

**Sweet fluid is secreted from its lid and lips.**

**迷人的甜味儿是最好的诱饵**

**The captivating sweetness is the best bait.**

**多刺蚁的确尝到了甜头**

**The Polyrhachis dives**

**多刺蚁的确尝到了甜头**

**has got the taste of the sweet juice.**

**猪笼草上形成的蜜露**

**The honeydew formed on the pitcher plant**

**会一步步把它引向危险的边缘**

**will lead this ant to the edge of danger step by step.**

**捕虫笼的唇口表面是光滑的蜡质区**

**The lip surface of the pitcher is smooth and waxy,**

**一不小心就会坠入深渊**

**making it very easy to fall into the pit of death.**

**禁不住诱惑的**

**This red carpenter ant**

**还有一只红色的弓背蚁**

**also fails to resist the temptation.**

**甜味儿也让这只小蚂蚁昏了头**

**This little ant is also mesmerized by such a sweet taste.**

**它想独占这美味的资源**

**In an attempt**

**它想独占这美味的资源**

**to have this delicious resource all to itself,**

**对多刺蚁毫不客气**

**the carpenter ant is very aggressive**

**对多刺蚁毫不客气**

**toward the Polyrhachis dives.**

**多刺蚁只顾埋头舔蜜**

**Indulging in the honeydew,**

**并不把它放在眼里**

**the latter has totally ignored this opponent.**

**弓背蚁开始发出恶意的攻击**

**The carpenter ant starts to attack maliciously.**

**多刺蚁这才意识到情况不妙**

**Only then does the Polyrhachis dives**

**多刺蚁这才意识到情况不妙**

**realize that something is wrong.**

**它高超的攀爬本领**

**Its superb climbing skills become useless**

**在覆满蜡脂的笼壁上根本无济于事**

**on the waxy walls of the cage.**

**这是个死亡深渊**

**This is a pit of death.**

**笼中的消化液会慢慢将它分解 吸收**

**This ant will be gradually broken down**

**笼中的消化液会慢慢将它分解 吸收**

**and absorbed by the digestive juice in the cage.**

**猪笼草通过这种方式**

**In this way, the pitcher plant**

**来补充因为雨水冲刷**

**replenishes the nitrogen that has been lost from the soil**

**而从土壤中大量流失的氮元素**

**due to the erosion of rainwater.**

**弓背蚁最终也难逃厄运**

**The carpenter ant is also doomed.**

**可是在消化液浓度不高的时候**

**However, when the concentration**

**可是在消化液浓度不高的时候**

**of digestive juice is not high,**

**蚊子的幼虫却可以生存下来**

**the mosquito larvae can survive,**

**这里反而成了一个安全的“育婴所”**

**making the cage a safe nursery.**

**在雨林中**

**In the rainforest,**

**死亡的威胁与生存的机会总是相伴而生**

**the threat of death and the chance of survival**

**死亡的威胁与生存的机会总是相伴而生**

**always go hand in hand.**

**繁茂的雨林高度郁闭**

**The lush rainforest is highly dense,**

**只有约2%的阳光可以到达地面**

**with only about two percent of sunlight**

**只有约2%的阳光可以到达地面**

**reaching the ground.**

**这棵细叶榕曾经依附在其他树上**

**This Chinese banyan tree**

**这棵细叶榕曾经依附在其他树上**

**once attached itself to other trees,**

**追寻阳光 向上生长**

**chasing sunlight and growing upwards.**

**被它缠绕绞杀的寄主已经腐朽死亡**

**The host that was entangled and strangled by it**

**被它缠绕绞杀的寄主已经腐朽死亡**

**has decayed and died.**

**如今 又有其他藤蔓附着在细叶榕身上**

**Now, there are other vines**

**如今 又有其他藤蔓附着在细叶榕身上**

**attached to the Chinese banyan tree,**

**借助它的高度获取阳光和能量**

**taking advantage of its height**

**借助它的高度获取阳光和能量**

**to obtain sunlight and energy.**

**在热带雨林中**

**In the tropical rainforest,**

**我们能看到上百种植物**

**we can see hundreds of plants**

**共同生活在一棵树上**

**living together in one tree,**

**寻找博弈和共生之间的精妙平衡**

**searching for that delicate balance**

**寻找博弈和共生之间的精妙平衡**

**between competition and symbiosis.**

**雨林底部潮湿阴暗**

**From the wet, dark bottom of the rainforest**

**却也有绮丽的生命在旺盛生长**

**springs the beauty, vigor and opulence of living creatures.**

**它们不需要阳光**

**Such creatures thrive on decay and death**

**而依赖腐朽与死亡**

**instead of sunlight.**

**真菌既不是动物 也不属于植物**

**Fungi are neither animals nor plants.**

**是这个星球上十分原始的生命形态**

**They are a very primitive form of life on this planet.**

**它没有进行光合作用的叶绿体**

**Having no photosynthetic chloroplasts,**

**而主要通过分解腐朽的有机物来获取营养**

**fungi get nutrients primarily**

**而主要通过分解腐朽的有机物来获取营养**

**by breaking down decaying organic matter.**

**任何落在雨林地面的死亡生物**

**Any dead organisms**

**任何落在雨林地面的死亡生物**

**that land on the rainforest ground**

**都能被真菌迅速分解成较小的分子**

**are quickly broken down**

**都能被真菌迅速分解成较小的分子**

**by fungi into smaller molecules,**

**营养物质**

**thus accelerating the return**

**得以加速回到雨林的能量循环之中**

**of nutrients to the energy cycle of the rainforest.**

**同时 真菌能够阻止任何一个物种**

**At the same time, fungi can prevent any single species**

**占据雨林的主导地位**

**from dominating the rainforest,**

**使得热带雨林的物种更加多样和平衡**

**making tropical rainforest species**

**使得热带雨林的物种更加多样和平衡**

**more diverse and balanced.**

**远离海南热带雨林**

**Located more than 1,400 kilometers away**

**在1400多公里外的武夷山**

**from Hainan Tropical Rainforest,**

**千百年间**

**the Wuyi Mountains have maintained**

**生态系统保持着另一种微妙的平衡**

**another subtle ecological balance**

**生态系统保持着另一种微妙的平衡**

**for thousands of years.**

**位于福建西北部的武夷山国家公园**

**Wuyi Mountain National Park,**

**位于福建西北部的武夷山国家公园**

**located in the northwestern part of Fujian Province,**

**是中国唯一既加入世界人与生物圈组织**

**is the only national park in China**

**是中国唯一既加入世界人与生物圈组织**

**that has entered both the Man and the Biosphere Program**

**又跻身世界文化与自然遗产地的国家公园**

**and the list of UNESCO World Heritage Sites.**

**这片中国大陆东南部最高的山脉**

**Being the highest mountain range**

**这片中国大陆东南部最高的山脉**

**in southeastern China,**

**阻挡了来自太平洋的暖流**

**the Wuyi Mountains block the warm currents**

**阻挡了来自太平洋的暖流**

**of the Pacific Ocean,**

**终年云雾缭绕**

**and are wreathed in cloud and mist all year round.**

**温润的气候**

**The place boasts a humid and warm climate,**

**也滋养着中国最重要的植物之一**

**which nourishes**

**也滋养着中国最重要的植物之一**

**one of the most important plants in China,**

**茶树**

**tea trees.**

**近六百平方公里纵横交错的茶园**

**In the nearly 600 square kilometers**

**近六百平方公里纵横交错的茶园**

**of crisscrossing tea plantations**

**生长着世界闻名的优质茶叶**

**grow world-renowned high-quality tea trees.**

**早在17世纪就已经风靡世界各地**

**As early as the 17th century,**

**早在17世纪就已经风靡世界各地**

**tea became popular all over the world**

**成为全球最受欢迎的饮品之一**

**and has become**

**成为全球最受欢迎的饮品之一**

**one of the most popular global drinks.**

**人类与茶园**

**Humans and tea plantations**

**自古便是当地生态系统的重要组成部分**

**have been an important part**

**自古便是当地生态系统的重要组成部分**

**of the local ecosystem since ancient times.**

**国家公园成立后**

**Since the establishment of the national park,**

**仍旧保留了古老茶田的原貌**

**it still retains the original appearance**

**仍旧保留了古老茶田的原貌**

**of an ancient tea field.**

**在武夷山深处的桐木村**

**In Tongmu Village deep in the Wuyi Mountains,**

**人们用最传统的制茶工艺**

**people use the most traditional tea-making techniques**

**留存下甘醇的茶之味道**

**to preserve the mellow taste of tea.**

**用来熏制茶叶的松木**

**The pine wood used to smoke the tea leaves**

**来自国家公园外的人工林场**

**comes from plantations outside the national park.**

**新鲜的茶叶被均匀地撒在篾席上**

**Fresh tea leaves are evenly sprinkled on bamboo mats.**

**经过松烟的八小时熏烤**

**After eight hours of pine smoke,**

**茶叶逐渐脱水变软**

**tea leaves are gradually dehydrated and softened.**

**微生物在氧化过程中**

**During the process of oxidation, microbes have altered**

**改变了茶叶的化学结构**

**the chemical structure of tea leaves.**

**叶片褪去绿色**

**Tea leaves have lost their green color**

**散发出独特的气味**

**and emit a unique scent.**

**这是当年的首批新茶**

**This is the first batch of new tea of the year.**

**山上的茶园里**

**In the tea plantations on the mountain,**

**人们已经开始大规模地采摘**

**people have started mass picking.**

**五月的温度和充足的雨水**

**The temperature and abundant rain in May**

**滋养出大片嫩绿的新芽**

**have nourished large numbers of tender green shoots.**

**茶农们完全通过手工**

**The tea farmers pick the newly grown leaves**

**采摘新长出来的嫩叶**

**entirely by hand.**

**也不会为了提高产量**

**Also, they don't use chemical fertilizers**

**而使用化肥和农药**

**or pesticides to increase yields.**

**和祖辈一样**

**Just like their ancestors,**

**对于茶园的管护**

**they try to minimize intervention**

**他们尽量减少干预 顺其自然**

**in the management and protection of tea plantations**

**他们尽量减少干预 顺其自然**

**and let nature take its course.**

**茶树丛中**

**In the tea bushes,**

**各种真菌苔藓恣意生长**

**all kinds of fungi and moss grow freely,**

**如同一片野性的原始森林**

**like in an ancient wild woodland.**

**小绿叶蝉只有两毫米长**

**The leafhopper measures**

**小绿叶蝉只有两毫米长**

**only two millimeters long.**

**它会用针状的嘴插入嫩叶中**

**It inserts its needle-like mouth into young leaves**

**吸食汁液**

**to suck the sap.**

**被吸食过的叶片会发黄 枯萎**

**Ingested leaves will turn yellow and wither.**

**这时 受伤的茶叶**

**By this time, the injured tea leaves**

**会散发出一种独特的信息素**

**will emit a unique pheromone,**

**飘散在树丛中**

**which floats in the bushes.**

**接收到信号的**

**The one receiving the signal**

**是茶树上的“游猎者” 跳蛛**

**is the jumping spider, the hunter going on safari**

**是茶树上的“游猎者” 跳蛛**

**in the tea tree.**

**这对漂亮的大眼睛是跳蛛的标志**

**These beautiful, large eyes**

**这对漂亮的大眼睛是跳蛛的标志**

**are the hallmark of a jumping spider.**

**它们具有卓越的空间感知能力**

**They have excellent spatial perception.**

**当然 跳蛛还有八条善于蹦跳的大长腿**

**Obliviously, jumping spiders also have eight long legs**

**当然 跳蛛还有八条善于蹦跳的大长腿**

**that are good at jumping.**

**猎手感受到来自远方的召唤**

**The hunter feels the call from afar**

**即将启程**

**and is about to set off.**

**跳蛛不会织网**

**Jumping spiders don't make webs,**

**但会利用蛛丝保障跳跃**

**but they use their silk to make the jump.**

**最大的弹跳距离可以达到身长的50倍**

**The maximum jumping distance**

**最大的弹跳距离可以达到身长的50倍**

**can reach fifty times their body length.**

**小绿叶蝉感受到了巨大的威胁**

**The leafhopper feels a huge threat**

**不敢轻举妄动**

**and doesn't dare to act rashly.**

**抓住机会赶紧逃走**

**It takes the chance and runs away.**

**这次运气不太好**

**The hunter has lost its prey.**

**猎手又有了新的发现**

**Soon, it has a new target.**

**竟然再次错过**

**It missed out once again.**

**眼前静止的物体**

**Stationary objects appear to be blind spots**

**似乎是跳蛛卓越视觉下的盲点**

**in jumping spiders' superior vision.**

**小绿叶蝉只要屏住“呼吸”就能保命**

**This leafhopper can survive**

**小绿叶蝉只要屏住“呼吸”就能保命**

**as long as it holds its "breath".**

**但 它没忍住**

**However, it fails to do so.**

**美餐到手**

**A delicious meal.**

**在这里**

**Here,**

**猎手和猎物的身份随时都会发生变化**

**the identities of hunter and prey**

**猎手和猎物的身份随时都会发生变化**

**can be very interchangeable.**

**猫蛛恰如其名 像猫一般敏捷**

**As the name suggests,**

**猫蛛恰如其名 像猫一般敏捷**

**lynx spiders are as agile as cats**

**会把其他蜘蛛当作食物**

**and feed on other spiders.**

**跳蛛一路逃命**

**The jumping spider is running for its life.**

**它没有意识到**

**It doesn't realize that**

**自己闯入了一片更加危险的区域**

**it has entered a more dangerous area.**

**我们在一棵茶树上**

**We can see**

**能看到一个完整的微型生态系统**

**a complete micro-ecosystem in a tea tree.**

**因此 茶农们丝毫不为这些昆虫而焦虑**

**Therefore, tea farmers are not worried**

**因此 茶农们丝毫不为这些昆虫而焦虑**

**about these insects at all.**

**它们吃不了多少茶叶**

**They can't eat many tea leaves.**

**如今 福建是世界上最大的茶叶产区之一**

**Fujian is now one of the largest tea producing areas in the world.**

**2022年 全产业链产值**

**In 2022, the output value**

**超过了1500亿元人民币**

**of the entire industrial chain exceeded 150 billion RMB.**

**人们知道这样的财富来自哪里**

**People all know where such wealth comes from.**

**这是能与所有生命共同分享的自然赠礼**

**It is a gift of nature to share with all living creatures.**

**上百年来**

**For hundreds of years,**

**茶农们一直遵循着先人的嘱托**

**tea farmers have been following**

**茶农们一直遵循着先人的嘱托**

**the instructions of their ancestors,**

**谨慎维持着山间茶园的面积**

**carefully maintaining the size**

**谨慎维持着山间茶园的面积**

**of tea plantations in the mountains,**

**从不任意扩张**

**and never expanding arbitrarily.**

**武夷山国家公园里**

**In Wuyi Mountain National Park,**

**两百多平方公里的原生森林**

**more than 200 square kilometers of primary forest**

**得以保留至今**

**have been preserved to this day,**

**是中国亚热带东部地区**

**making it the best-preserved area of forest vegetation**

**森林植被保存最完好的区域**

**in the subtropical eastern region of China.**

**被中外生物学家誉为“鸟的天堂”**

**The place is praised by Chinese and foreign biologists**

**被中外生物学家誉为“鸟的天堂”**

**as "the paradise of birds",**

**“蛇的王国”“昆虫的世界”**

**"the kingdom of snakes", and "the world of insects".**

**一百多年来**

**Over the past 100 years,**

**通过在武夷山采集的生物标本**

**Chinese and foreign biologists have named**

**通过在武夷山采集的生物标本**

**more than a thousand new species**

**中外生物学家**

**through the biological specimens collected**

**先后命名了一千多个新物种**

**from the Wuyi Mountains.**

**这里成为了著名的**

**The place is labeled as**

**“世界生物模式标本产地”**

**the "Origin of Type Specimens of the Biological World".**

**黄腹角雉**

**Cabot's tragopan**

**中国独有的一种雉类**

**is a pheasant endemic to China,**

**它的模式标本就采自武夷山区**

**its type specimen was collected**

**它的模式标本就采自武夷山区**

**from the Wuyi Mountains.**

**黄腹角雉因为体形粗笨 胆小木讷**

**Being bulky and timid, Cabot's tragopans are known**

**被当地人叫作“呆鸡”**

**as "dumb chickens" by the locals.**

**但在恋爱季节**

**However, in the season of love,**

**“呆小伙儿”也要迈出勇敢一步**

**even a dull boy needs to take a brave step.**

**远处是一只雌性黄腹角雉**

**In the distance is a female Cabot's tragopan.**

**小伙儿躲在一旁忐忑了许久**

**The male anxiously waits one side,**

**一直不敢靠近**

**but never dares approach.**

**姑娘毫无察觉**

**The famale isn't remotely aware of this.**

**小伙儿下定了决心**

**The male has finally makes up his mind.**

**一张绚丽的肉裙从脖颈儿下徐徐展开**

**A gorgeous fleshy skirt unfolds slowly**

**一张绚丽的肉裙从脖颈儿下徐徐展开**

**from under the neck.**

**头顶两侧翠蓝的肉角 潇洒挺立**

**The emerald blue fleshy horns**

**头顶两侧翠蓝的肉角 潇洒挺立**

**on both sides of the head are chic and upright.**

**这的确引起了姑娘的注意**

**That really gets the female's attention.**

**小伙儿大胆走近姑娘**

**The male boldly approaches her,**

**抛开羞涩和扭捏**

**putting aside his shyness,**

**全力表达爱意**

**trying his best to express his love.**

**效果不错**

**It works.**

**姑娘放下了矜持**

**The female drops her guard.**

**呆小伙儿也有春天**

**The romance begins.**

**可在海南的热带雨林中**

**In the tropical rainforest of Hainan,**

**活泼好动的海南长臂猿**

**the lively and active Hainan gibbons**

**连自己家庭之外的同类都难以见到**

**hardly see their own kind outside their family.**

**年轻的小长臂猿**

**The young gibbon**

**听到了远方传来的鸣叫**

**hears a call from afar,**

**那是另一个家庭里**

**which comes from a friend of the same age**

**年龄相仿的小伙伴儿**

**from another family.**

**长臂猿的啼声能穿越三公里的森林**

**The ululation of a gibbon**

**长臂猿的啼声能穿越三公里的森林**

**can pass through a three-kilometer forest.**

**它们常常彼此鸣啼呼应**

**They often sing and echo each other,**

**但却从未谋面**

**but they never meet.**

**长臂猿所栖息的原始森林**

**The ancient woodland inhabited by the gibbons**

**被分割成了许多碎片**

**is divided into many fragments.**

**阻隔长臂猿穿行的**

**It is not the steep mountains**

**不是险峻的高山**

**that block the gibbons from passing through,**

**而是突然消失的丛林**

**but the parts of the forest**

**而是突然消失的丛林**

**that have suddenly disappeared.**

**一生都在15米高空穿行的长臂猿**

**Gibbons, who spend their entire lives**

**一生都在15米高空穿行的长臂猿**

**traveling 15 meters high up in the air,**

**难以跨越出现在丛林之间的巨大空隙**

**have difficulty crossing the huge gaps**

**难以跨越出现在丛林之间的巨大空隙**

**that appear between woods.**

**橡胶树一般六七米高**

**Rubber trees are generally 6 or 7 meters high.**

**分隔原始雨林的**

**The virgin rainforest is separated**

**是人工的经济作物带**

**by man-made strips of cash crops:**

**橡胶树种植园**

**rubber tree plantations.**

**广阔的橡胶林里**

**There is only a single tree species**

**只有单一的树种**

**in the vast rubber forest.**

**当地工人在树干上割开楔形切口**

**Local workers are making wedge-shaped incisions**

**当地工人在树干上割开楔形切口**

**in tree trunks.**

**这个工作被称作“割胶”**

**This work is called "rubber tapping".**

**白色的胶乳缓缓流出**

**The white latex sap oozing out slowly**

**它将被加工成各种橡胶产品**

**will be processed into various rubber products.**

**橡胶生产是海南的支柱产业之一**

**As one of the mainstays of Hainan's economy,**

**占中国总产量近50%**

**rubber production here accounts**

**占中国总产量近50%**

**for nearly 50% of China's total output**

**提供了两百多万个就业机会**

**and provides more than two million job opportunities.**

**二十世纪中期**

**In the middle of the 20th century,**

**海南大量的天然林**

**Hainan gradually lost a large number of natural forests**

**曾因发展橡胶产业而逐渐消失**

**to the development of the rubber industry.**

**同时长臂猿的数量**

**At the same time, the gibbon population**

**也一度仅剩两群 七到九只**

**was once only seven to nine in two groups.**

**现在 改变已经发生**

**Now, changes have been made.**

**国家正在实施退胶还林**

**The country is turning rubber plantations into forests,**

**鼓励农民种植可持续作物**

**encouraging farmers to grow sustainable crops**

**同时着手保护国家公园内的天然林带**

**while protecting natural forest belts in national parks.**

**自然的修复需要漫长的时间**

**A natural process of restoration will take a long time.**

**人们必须想办法解决长臂猿的燃眉之急**

**People must find a way**

**人们必须想办法解决长臂猿的燃眉之急**

**to address the immediate needs of gibbons.**

**国家公园的护林员正在做一项尝试**

**Rangers in the national park are experimenting**

**用绳索给长臂猿搭设一条空中通道**

**with an aerial passage made of ropes**

**让不同的家庭能够相互往来**

**for gibbons of different families to visit each other.**

**爬上20米高的大树非常危险**

**It is very dangerous to climb a 20-meter-tall tree.**

**可护林员知道 越高越好**

**But the rangers understand that the taller, the better.**

**长臂猿只能是从十多米上面才能跃过去**

**The lowest jumping height of a gibbon**

**长臂猿只能是从十多米上面才能跃过去**

**is more than ten meters.**

**我们只能是架这么高了**

**We have to make it this high.**

**绳桥会帮助这个长臂猿小伙子**

**A rope bridge will help this young male gibbon**

**通往一个更广阔的世界**

**reach a wider world.**

**这还需要它有足够的胆量和决心**

**It requires great courage and determination.**

**长臂猿妈妈带着小宝宝率先探路**

**The mother gibbon takes the lead**

**长臂猿妈妈带着小宝宝率先探路**

**to explore the way with her baby.**

**小长臂猿似乎还有些犹豫**

**The little gibbon seems to be hesitant.**

**它的未来取决于是否有勇气**

**His future lies in whether he has the courage**

**追随妈妈的脚步**

**to follow in his mom's footsteps.**

**看到这一幕**

**Seeing this,**

**拥有40年工龄的护林员倍感欣慰**

**the park ranger with 40 years of service**

**拥有40年工龄的护林员倍感欣慰**

**is very pleased.**

**长臂猿小伙终于迈出了成长的一步**

**The young gibbon finally takes a step into adulthood.**

**充满无限可能的新世界就在前方**

**A new world full of infinite possibilities lies right ahead.**

**树上 还有另一批雨林居民**

**Up the tree, there is another group**

**树上 还有另一批雨林居民**

**of rainforest dwellers**

**正在寻找新家**

**looking for a new home.**

**这只黄猄蚁带着宝宝**

**This weaver ant is on its way**

**正在迁往新家的路上**

**to its new home with its baby.**

**其他工蚁们以更快的速度**

**Other worker ants are gathering**

**朝一个方向汇聚**

**in one direction at a faster rate.**

**它们从原有的蚁巢分离出来**

**Separated from the original ant nest,**

**即将形成一个新的家族**

**they are about to form a new family,**

**这意味着一项浩大工程的开启**

**which means the start of a huge project.**

**上万只迁出的蚂蚁**

**Tens of thousands of ants that have moved out**

**要为自己重新建造一个巢穴**

**have to build another nest for themselves.**

**黄猄蚁和住在地下的蚂蚁不同**

**Unlike other ants that live in the ground,**

**它们生活在六到十米高的树上**

**weaver ants live in trees six to ten meters high.**

**树叶便成为它们打造“空中花园”的材料**

**Therefore, leaves are the material**

**树叶便成为它们打造“空中花园”的材料**

**they use to build "hanging gardens".**

**两片相邻的叶片**

**The two adjacent leaves**

**被黄猄蚁用强有力的下颚和跗骨爪**

**are dragged and overlapped by the powerful mandibles**

**拖拽着重叠在一起**

**and tarsus claws of the weaver ants**

**构成了连续的墙面**

**to form a continuous wall.**

**处理距离较远的叶片时**

**When dealing with leaves that are far away,**

**就需要数百只工蚁协同合作**

**hundreds of worker ants need to cooperate.**

**它们首尾相连**

**They connect end to end**

**形成一条蚁链牵引叶片**

**to form an ant chain to pull the leaves together.**

**同时释放出不同的信息素**

**Meanwhile, they release different pheromones**

**来实现高效的沟通**

**for efficient communication.**

**一次尝试失败**

**Once they fail,**

**会迅速调整作出改进**

**they will make quick adjustments and improvement.**

**更多工蚁加入**

**More worker ants have joined in**

**终于完成了对这片叶片的牵引**

**and finally completed the traction of this leaf.**

**但叶片的连接**

**But the connection of the leaves**

**不能靠工蚁**

**cannot rely on the worker ants**

**一直充当“订书钉”**

**to act as "staples" all the time.**

**这时 黄猄蚁宝宝成为了一个关键角色**

**At this time, the baby weaver ants**

**这时 黄猄蚁宝宝成为了一个关键角色**

**start to play a key role.**

**它们尚还年幼**

**At a very young age,**

**就要开始为族群贡献力量了**

**they are ready to make contributions to their clan.**

**工蚁携带宝宝及时赶到**

**The worker ants arrive in time with the baby ants.**

**轻拍幼虫头部**

**Tap the head of the larva**

**它就会开始吐丝**

**and it starts spinning.**

**这是自然界里的强力胶**

**This is nature's super glue.**

**它们像是一个个行走的“胶枪”**

**They are like walking "glue guns"**

**在叶片间织出细密牢固的网络**

**weaving a fine and firm web between the leaves.**

**工蚁和幼虫在整个工地现场往返奔忙**

**Worker ants and larvae are running back and forth**

**工蚁和幼虫在整个工地现场往返奔忙**

**across the construction site**

**黏合缝隙**

**to glue the gaps.**

**逐渐地 几根树枝上的叶片**

**Gradually, the leaves on several branches**

**被黄猄蚁们织造成了**

**are woven by weaver ants**

**一个足球大小的“宫殿”**

**into a soccer ball-sized "palace".**

**这时 在众多工蚁的簇拥之下**

**At this time, surrounded by many worker ants,**

**蚁后隆重出场 入住新居**

**the queen makes her entrance**

**蚁后隆重出场 入住新居**

**and moves into her new home.**

**风云变幻 热带季风带来了一场暴雨**

**The changeable tropical monsoon**

**风云变幻 热带季风带来了一场暴雨**

**brings a torrential downpour.**

**在层层树叶的包裹之下**

**Under the wrapping of layers of leaves,**

**黄猄蚁可以安然度过整个雨季**

**weaver ants can make it through**

**黄猄蚁可以安然度过整个雨季**

**the whole rainy season.**

**动物间奇妙的合作关系并非雨林独有**

**The wonderful cooperative relationship between animals**

**动物间奇妙的合作关系并非雨林独有**

**is not unique to the rainforest,**

**也存在于不同物种之间**

**it also exists among different species.**

**海南岛周围**

**Hainan Island is surrounded by**

**环绕着一百多平方公里的珊瑚礁**

**more than 100 square kilometers of coral reefs,**

**它们是海洋生物多样性的基础**

**which are the basis of marine biodiversity**

**堪称海洋中的热带雨林**

**and arguably the tropical rainforest of the ocean.**

**太平洋黑双带小丑鱼**

**The Pacific sebae clownfish**

**选择和有毒的海葵结伴生活**

**choose to live with poisonous sea anemones.**

**这对小丑鱼夫妇精心照料着海葵丛中**

**This clownfish couple is lovingly tending**

**上千只即将孵化的小生命**

**to thousands of hatchlings in an anemone bush.**

**海葵触手能释放毒素**

**Sea anemones release toxins from their tentacles**

**使小丑鱼和鱼卵免遭天敌的攻击**

**to protect clownfish and their eggs from natural enemies.**

**小丑鱼自身体表的黏液**

**Clownfish escape the anemone's sting**

**能让它对海葵毒素“免疫”**

**by covering themselves in a protective layer of mucus.**

**它们还不时帮助海葵清理寄生虫**

**They also help the anemone**

**它们还不时帮助海葵清理寄生虫**

**clean up parasites from time to time.**

**互助互利**

**By helping each other,**

**形成了紧密的共生关系**

**they have formed a close symbiotic relationship.**

**小丑鱼有着强烈的领地意识**

**Clownfish are highly territorial.**

**护卵期间的小丑鱼更是十分警惕**

**They can be extremely vigilant**

**护卵期间的小丑鱼更是十分警惕**

**when they are protecting their eggs.**

**一只章鱼刚想要接近**

**As an octopus is trying to approach,**

**小丑鱼夫妇就主动出击**

**the clownfish couple takes the initiative**

**立刻进行驱赶**

**to immediately drive it away.**

**经过大约一周时间**

**After about a week,**

**夫妇俩的一千多个新生命安全诞生**

**more than a thousand babies of the couple**

**夫妇俩的一千多个新生命安全诞生**

**are safely born.**

**小鱼们将会乘着洋流远游**

**These baby fish will travel far away**

**小鱼们将会乘着洋流远游**

**along the ocean currents,**

**最终找到适合自己的那一片海葵**

**and finally find a suitable piece of sea anemone**

**安下家来**

**to settle down.**

**在全球范围内**

**Coral reefs continue to degrade**

**近岸海域的珊瑚礁持续退化**

**in near-shore waters worldwide,**

**引人担忧**

**which has raised many concerns.**

**这其中有人为破坏的因素**

**It is caused by both human destruction**

**也有气候变化的影响**

**and climate change.**

**许多历经上亿年形成的珊瑚礁**

**Many coral reefs formed**

**许多历经上亿年形成的珊瑚礁**

**over hundreds of millions of years**

**如今只剩下了破碎的灰白骨骼**

**are now nothing but broken gray and white skeletons.**

**珊瑚礁的自然修复 艰难且漫长**

**It is difficult and takes a long time**

**珊瑚礁的自然修复 艰难且漫长**

**for coral reefs to repair themselves,**

**有的甚至需要上百年的时间**

**and can sometimes take hundreds of years.**

**人类的行动刻不容缓**

**Humans have to take urgent action.**

**科研人员开始尝试**

**Scientists start trying to grow corals**

**在海底种植珊瑚**

**on the sea floor.**

**人们用塑料树搭起珊瑚苗圃的支架**

**Plastic trees are used to erect coral nursery supports**

**固定在海底**

**which are fixed on the sea floor.**

**经海洋生物学家采集后**

**Carefully cultivated corals**

**精心培育的珊瑚**

**collected by marine biologists**

**被挂在这些支架上**

**are hung on these supports.**

**珊瑚的伤口会启动自我复制的模式**

**Corals will go into self-replicating mode when wounded**

**开始快速繁殖生长**

**and begin to reproduce and grow rapidly.**

**一年后 珊瑚和它的共生生物**

**After a year, the coral and its symbionts**

**就已经显现出足够的活力**

**have shown enough vitality.**

**接下来 科研人员帮助它们**

**Next, researchers help them**

**回到珊瑚礁上 落地生根**

**return to the coral reef where they will take root.**

**利用这种方式**

**Using this method,**

**科研人员已经在海南岛附近**

**researchers have planted more than 200,000 corals**

**种植了二十多万株珊瑚**

**near Hainan Island.**

**人类的援手**

**With the help from humans,**

**推动着大自然的自我修复进程**

**the self-healing process of nature is promoted.**

**每年超过八千万的游客**

**Every year, more than 80 million tourists**

**从世界各地来到这个美丽的岛屿**

**from all over the world come to this beautiful island**

**共享万物和谐的乐章**

**to share in the harmonious symphony**

**共享万物和谐的乐章**

**of all living creatures.**

**回到雨林的顶端**

**Back to the top of the rainforest.**

**小长臂猿一家刚刚进入一片新天地**

**This little gibbon has just entered**

**小长臂猿一家刚刚进入一片新天地**

**a new world with his family.**

**树林里 大片当季成熟的野柿子**

**In the woods, large areas of ripe wild persimmons**

**是对它们的最好奖励**

**are the best reward for them.**

**能够在树林间自由移动**

**Being able to move freely between the woods,**

**长臂猿就可以在不同的季节**

**gibbons can go to the corresponding tree species**

**去往对应的树种**

**in different seasons**

**找到当季的成熟食物**

**to find that season's ripe food.**

**长臂猿妈妈知道**

**The mother gibbon knows**

**儿子已经长大**

**her son is old enough**

**可以独立生活了**

**to live on his own.**

**但孩子还是下意识地要黏在妈妈身边**

**But the child still subconsciously**

**但孩子还是下意识地要黏在妈妈身边**

**wants to cling to his mother.**

**妈妈决定要狠下心来**

**The mother decides to be tough.**

**即使身上挂着小宝宝**

**Even with a baby attached to her,**

**妈妈依然可以在丛林间跳跃穿梭**

**the mother is still free to move in the forest.**

**小伙子全力追赶**

**The boy chases after her with all his strength,**

**但最终还是被妈妈远远抛下**

**only to be left far behind by his mother.**

**它感到一丝失落**

**He feels a little lost.**

**远处那个熟悉的啼鸣再次响起**

**The familiar ululation begins again in the distance.**

**听见呼声 它又振作起来**

**Hearing the call, he pulls himself together**

**找到了新的方向**

**and finds a new direction.**

**循声前行**

**He follows the sound.**

**这是来自另一个家庭的小伙伴儿**

**This is a gibbon from another family.**

**它们一见如故**

**They hit it off.**

**海南长臂猿种群未来的希望**

**The future of the Hainan gibbon species**

**就寄托在它们的欢闹之间**

**rests on their hilarity.**

**如今 已经建成的中国国家公园**

**Today, China's national parks**

**纵横23万平方公里**

**cover an area of 230,000 square kilometers.**

**未来 中国将在陆域面积10%的国土上**

**In the future, China will build**

**未来 中国将在陆域面积10%的国土上**

**the world's largest national park system,**

**构建世界最大的国家公园体系**

**which covers 10% of the country's land area.**

**我们尊重自然的力量**

**We respect the power of nature,**

**赞颂生命的可贵**

**praise the preciousness of life,**

**倾注关爱与陪伴**

**dedicate ourselves to love and companionship,**

**作出牺牲与抉择**

**make sacrifices and choices,**

**迎来回归与新生**

**and usher in the returning and new life.**

**探索人与万物**

**We explore the poetic plan**

**在大地上和谐共生的诗意方案**

**for the harmonious coexistence**

**在大地上和谐共生的诗意方案**

**of human beings and everything on the earth.**

**这里是我们诞生的地方**

**This is where we are born,**

**我们永恒的家园**

**our eternal home.**

**天地辽阔 生生不息**

**It's a vast world. It's the circle of life.**