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本集内容

Autism: How farming can help 农场工作给患自闭症的年轻人带来成就感

文字稿

Lydia Otter, Farm Owner

We're a small working farm, 100 acres with about 30 beef cattle on. But we're also a farm where young people with autism learn working skills. We've got little goats and chickens, and we have an organic egg production.

莉迪亚·奥特 农场场主

“我们是一个小农场，占地 100 英亩，有 30 来头肉牛。与此同时我们为患有自闭症的年轻人提供一个学习工作技能的地方。我们还饲养小山羊和鸡，也是一个有机鸡蛋生产基地。”

Lydia Otter, Farm Owner

My word, what a busy day! Some of these young people, I've known for 30 years, you see. It's just a wonderful privilege to see them grow up.

莉迪亚·奥特 农场场主

“哎呀，今天可真忙！这些年轻人当中，有的我都认识 30 年了。能看着他们长大真是莫大的荣幸。”

Matt

Animals are much simpler to understand than humans. There's no lying or secret agendas with animals. **What you see is what you get with an animal.** If it wants to eat, it'll show you it needs to eat. If it needs to go out to pee, it normally will show you.

马特

“动物比人类更容易理解。动物不撒谎，也没有不可告人的秘密。**动物表里如一。**如果它们想吃东西了，就会表现出想吃东西的样子。如果需要出去小便，通常也会表现出来。”

Matt

I have Asperger's syndrome. It is basically just the brain being wired a little bit differently. With it comes extra sensitivity to certain things. So in my case, my taste buds are, well, very tyrannical.

马特

“我有阿斯伯格综合症。基本上就是大脑神经连接方式有点与众不同。这就让我对某些事物的感觉特别敏锐。我的味蕾格外敏感。”

19-year-old Murray has been at Pennyhooks for a few weeks.

19 岁的穆雷已经在潘尼胡克斯农场工作了几个星期。

Emma Masefield, Autism Learning Centre Manager

Murray is a particularly interesting individual. He's somebody who is described as pre-verbal, meaning he doesn't talk. What we do is to really observe our students and to pick up on any body language, and if you watch Murray really carefully, he's telling you an awful lot with his body language.

艾玛·梅斯菲尔德 自闭症学习中心经理

“穆雷特别有趣。他被认为是处于前言语阶段，意思是他不会说话。我们通常会仔细观察学生，观察他们的肢体语言，如果你仔细观察穆雷，他其实会用肢体语言给你传达很多信息。”

Ken Bruce, Murray's Dad

At the age of about nine, we discovered that he was able to read and he knew, you know, a massive amount of words, he had good spelling and great expression when he was able to... It was a real revelatory moment when we discovered that.

肯·布鲁斯 穆雷的父亲

“在他九岁前后，我们发现他其实能够阅读，并认识大量的单词，有很好的拼写和表达能力。在发现他其实具备这些能力时，我们看到了希望。”

When he feels comfortable, Murray can use a letter board or his tablet to communicate.

当穆雷感到自在时，他可以用字母板或平板电脑与人沟通。

Murray

I would like to let people know that I have a good brain. Just because I can't speak, it does not mean that I would not make a meaningful contribution to society.

穆雷

“我想让人们知道我的脑子很灵。只是因为我不说话，并不意味着我不会对社会作出有意义的贡献。”

Kerith Bruce, Murray's Mum

I feel when he comes back from Pennyhooks, just his whole body language and everything is just so completely different. It's almost like he's de-stressed.

凯莉丝·布鲁斯 穆雷的母亲

“我感觉穆雷每次从潘尼胡克斯农场回来后，他的整个肢体语言和其它的表现都和往常完全不同。看上去好像完全解压了。”

Murray

I yearn to have a body that works in sync with my brain. We are people who are really wanting to be heard. We will try positively to say how we feel if you are willing to listen and give us the space.

“我渴望拥有一个与大脑同步的身体。我们真心希望被倾听。如果大家愿意聆听并给予我们空间，我们会积极地尝试去表达自己感受。”

Matt

If I didn't come here, I'd likely still be at home on the computer and that's it. I'd probably think I was useless, essentially. But the fact that I come here, and occasionally help out with the animals. Yes, I do have a sense of belonging and accomplishment here.

马特

“如果我不来这里，我可能就只呆在家里玩电脑。那样的话，我可能会觉得自己很没用。但如今我来到了这里，还偶尔帮忙照料动物，确实让我有一种归属感和成就感。”

重点语句

1. We're a small working farm, 100 acres with about 30 beef cattle on.
2. What you see is what you get with an animal.
3. When he feels comfortable, Murray can use a letter board or his tablet to communicate.

视频链接

<https://bbc.in/39561sr>