

二〇二〇/二一年度全港青年翻譯比賽
Hong Kong Youth Translation Competition 2020/21

公開組(英譯中)

Open Section (E-C)

INSTRUCTIONS:

The following is an extract of a text written by a psychologist Maggie Mulqueen in April 2021 about the mortality issue during COVID-19. Translate it (including the headline) into Chinese for a general readership, striking a balance between accuracy and fluency.

Covid deaths made us aware of our mortality. Here's why that's a good thing.

The Covid-19 pandemic has brought into stark relief one of the great certainties of life: death. As news reports relate the daily death toll — which, when aggregated, exceeds that of 9/11, the Vietnam War and even World War II combined — the reality of our mortality has pierced the consciousness of our society. With vaccines available, there is now hope that the end is in sight for the pandemic. But as we begin to look forward, we carry with us a heightened awareness that we remain mortal.

As a practicing psychologist, I deal with patients who at times must address mortality directly, usually when struggling with a medical diagnosis or the death of a loved one. More often though, references are made indirectly through unconscious and superstitious behavior (the wooden windowsill in my office is rapped frequently as people discuss deep-seated fears). But the pandemic made mortality an explicit theme in most of my sessions for the past year. And that's a good thing.

Accepting our mortality can be positive because it allows us to consider what really matters in life and motivates us to act on our values. A common denominator has been my patients' overwhelming desire for deeper connections. They've had less interest in having 1,000 Facebook friends and more interest in feeling known by a few select people. That was informed by a recognition that time is limited and not to be wasted — an awareness that needs to outlast the pandemic if we want to maintain some of the gains we've made.

(268 words)