

注意！2026年竞赛题型有变化

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2026年全国大学生英语竞赛已于12月17日开始报名，全国大英赛组委会规定的报名截止日期为2026年3月13日，但有意参赛的小伙伴一定注意，各校竞赛报名截止日期是不同的，有的学校设置的竞赛报名周期仅为2-4周，错过报名将没有任何方式可以再提交报名的哦！根据2025年全国大学生英语竞赛组织委员会工作会议的研讨，结合2025年部分参赛学生提交的调查问卷情况，全国大学生英语竞赛组委会对2026年全国大学生英语竞赛初、决赛试题题型和分值进行了一定幅度的调整，具体情况如下：一、听力 2025年全国大英赛赛题中，听力赛题分为短对话、长对话、新闻、独白问答四个部分，20道小题，总分值为30分；2026年全国大英赛赛题中，听力赛题将分为：对话、新闻、独白问答三个部分，总分值为35分。也就是说，2026年听力赛题去掉了原来的短对话题型，减少了5道小题，而听力部分的分值却增加了5分。2026年听力题型中，对话仍分为两段对话，题型为四选一的选择题，第一段对话在内容上偏重于日常学习和生活，设为5道选择题，每题1分，共计5分；第二段对话在内容上偏重于对人或事情的看法和观点讨论，2025年的题型为5道填空题，2026年改为5道选择题，每题2分，共计10分。

Part I Listening Comprehension (30 marks)

Section A (5 marks)

2026年不再出现听力短对话题型

In this section, you will hear five short conversations. Each conversation will be read only once. At the end of each conversation, one question will be asked, and you have fifteen seconds to read the four choices marked A, B, C and D, and decide which is the best answer. Then mark the corresponding letter on the answer sheet with a single line through the centre.

1. A. Its price.	B. Its use.	C. Its function.	D. Its sales.
2. A. It polluted a river.	B. It caused a severe accident.		
C. It copied an image.	D. It escaped a tax from the government.		
3. A. Two cats and three dogs.	B. Three cats and one dog.		
C. Three cats and two dogs.	D. One cat and two dogs.		
4. A. A gift card.	B. An alarm clock.	C. An E-card.	D. A coffee maker.
5. A. He has no time.	B. He is not rich.		
C. He has nothing to buy.	D. He is too tired.		

Conversation Two

Listen to the conversation, and complete the sentences with **one** word according to what you hear. Then

write the answers on the **answer sheet**.

对话2，将5道填空题改为
5道选择题，且分值为每小题2分。

11. The first assignment that they have to do is listed on the _____ faculty notice board.
12. The essay that John chose to write is about the short-term _____ of third world economies.
13. The essay has gone up _____ words comparing to that of last year in length.

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在听力赛题的第二部分，即新闻听力题的设题中，仍保持为5道四选一的选择题，但分值从原来的5分增加到10分。

Section C (5 marks)

In this section, you will hear **five** short news items. Each item will be read only **once**. After each item, there will be a **fifteen-second** pause. During the pause, read the question and the **four** choices marked **A, B, C and D**, and decide which is the best answer. Then mark the corresponding letter on the **answer sheet** with a single line through the centre.

分值改为10分，每小题2分。

16. What is the news about?
A. Using the computers. B. Reclaiming the energy.
C. Heating the buildings. D. Mending the chimneys.

17. What are the most damaging emissions?
A. Ultrafine particles. B. Emission gases. C. Traffic pollution. D. Hair dirt.

18. When does the kitchen start to prepare for the meals?
A. 11:00 a.m. B. 4:30 p.m. C. 5:30 a.m. D. 7:00 a.m.

19. How long has Harry Potter run as a fantasy film franchise?
A. For almost 20 years. B. For almost 15 years.
C. For half a century. D. For nearly a decade.

20. Why do scientists put bands on penguins' flippers?
A. Because they want to identify the birds even from far away.
B. Because they want to slow them down as they swim.
C. Because this can protect them from being attacked.
D. Because they can record the penguins' lives and route.

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在听力赛题的第三部分，则没有进行调整，仍保持5道问答题和10分的分值。

二、翻译 2025年全国大英赛翻译赛题中，分为英译汉和汉译英两部分，其中英译汉共1道题，计5分，汉译英共1道题，计10分。在2026年全国大英赛翻译赛题中，题型和题数均不变，但英译汉部分的分值将从5分提高到10分，整个翻译赛题的分数也将由原来的15分提高到20分。本次将翻译赛题英译汉和汉译英的分数调整为均等，也是考虑翻译的两个方面都同等重要，不应该厚此薄彼对待。

Part V Translation (15 marks)

英译汉分值增加至10分，
翻译题型总分为20分。

Section A (5 marks)

Translate the following paragraph into Chinese. Remember to write the answer on the answer sheet.

66. The life style effect on longevity is clearly apparent when we look at how average life spans have increased over hundreds of years due to increased accessibility of clear water, food and medical care. Surprisingly, it has been shown that restricting caloric intake could be linked to longevity in humans. Another lifestyle factor is exercise. Even light exercise for 15 minutes a day has been shown to increase life expectancy by around 3 years.

Section B (10 marks)

Translate the following paragraph into English. Remember to write the answer on the answer sheet.

67. 研究人员表示，他们的研究提供了强有力的证据，证明较长的受教育时间是一项造成近视的风险因素，该结论对教育实践具有重要意义。近视是全球范围视力损伤的一个主要原因。根据现有趋势，到 2050 年，全球近视人数预计将从 14 亿增至 50 亿，近视将影响世界上大约一半人口。这些人中近 10% (约 900 万人) 将患上高度近视，失明风险更大。

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三、智力测试智力测试是全国大学生英语竞赛的特有题型，共 5 道小题，每小题 2 分，共计 10 分，主要以逻辑推理、文字游戏等形式考查学生的英语思维逻辑能力和理解反应能力，同时也涉及一些英语语言文化方面的知识，然而有一部分同学和老师认为智力测试题并非单纯的考查英语知识和技能，经组委会研讨，决定暂时将智力测试题从 2026 年竞赛中去除，并对此题型进行更科学的改良和论证，再考虑是否加入到竞赛赛题当中。因此，2026 年赛题当中将不再出现智力测试题型。

Part VI IQ Test (10 marks)

There are five IQ Test questions in this part. Write the answer on the answer sheet.

68. What letter is an animal?

IQ Test暂时退出舞台，
2026年竞赛中不再出现。

69. What word goes in the brackets to form two different words with the letters outside the brackets?

CLAIM () HILL

70. James trudges off to school each morning with his books but he rarely does homework, and he doesn't achieve high marks in tests either. There are 36 children in his class and 35 of them are good students. Why does James never get into trouble?

71. There are 189 members of the tennis club: 8 have been at the club less than three years; 11 are under 20 years of age; 70 wear spectacles; 140 are men.

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以上就是 2026 年较 2025 年全国大英赛赛题题型和分值所做出的改变和调整, 请参赛备赛的同学们务必了解清楚, 有的放矢地学习、备考。

全国大学生英语竞赛组委会