

*1 семестр*  
*Синхронний переклад*  
*NATO Secretary General with the Foreign Minister of Japan, 24 JUN 2025*  
<https://www.youtube.com/watch?v=ABXehUcnZWI>

NATO Secretary General: Good afternoon. A warm welcome really, again, really very special. Of course, we have met really now many times, but I particularly recall my visit to Japan in early April, which was a very successful meeting with you, with the Prime Minister, the Defence Minister, the Minister of Economic Affairs. Also to meet the impressive defence industrial base in Japan, and other meetings. So that was a very successful meeting. I had the honour to again meet with the Prime Minister last week in Calgary during the G7. And let me just say that this cooperation, this relationship, of course with all our Indo-Pacific partners, and absolutely with Japan, when it comes to one, Ukraine: you are one of the biggest contributors to the Ukraine Comprehensive Assistance Package. I really want to thank you for that. Anyway, what you're doing more generally on Ukraine is impressive, and the support, our defence industrial cooperation, everything you're doing on innovation, the fact that we as NATO and Japan really work more closely together, I think than ever. And this is now the fourth Summit in which Japan, at a very senior level, is participating. The fourth NATO Summit. So for all these reasons, I really want to welcome you. I look forward to our discussions. We also have a meeting tomorrow with together with the Republic of Korea, New Zealand and Australia and Japan. So this will really be very fruitful, and of course, our meeting tonight. So again, thank you so much for being here, and I look forward to our discussions.

*Послідовний переклад*  
*Global population and fertility rates*  
<https://www.youtube.com/watch?v=zItgxM1sNgw>

0:00  
Hello, I'm Lucy Hockings. From the BBC World Service,  
0:03  
this is The Global Story. The global population is growing,  
0:08  
and it's not expected to peak until well into the second half of this century.  
0:14  
But the number of children that people are having  
0:17  
is actually decreasing around the world.  
0:21  
From a persistent cost of living crisis  
0:23  
to the rapid cultural change of this hyper-digital era,  
0:26  
the factors fuelling this trend aren't easy to define.  
0:31  
As more and more countries see their populations age,  
0:34  
some fear unsustainable pressure will mount  
0:37  
on the critical social infrastructure which holds communities together.  
0:41  
So is it possible to plan ahead to limit the impact of falling fertility rates,  
0:47  
and are there ways that societies could even benefit from it long term?  
0:59

With me today is the BBC's population correspondent, Stephanie Hegarty.

1:03

Hi, Stephanie. Hi. Thanks for having me.

1:05

You've been studying population trends for a long time now.

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Have you ever seen a shift like this? The interesting thing

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about population is we focus on it when something seems dramatic.

1:16

But actually the changes are quite incremental.

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We have been seeing this serious acceleration in growth,

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um, and in fertility rates and everything.

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And now we're just that's starting to slow down.

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So we are in a time of great change.

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But it's interesting because we report these things and

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this is our business, right? In news, we report things when there is change.

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But what I've always found fascinating about fertility is,

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and population is, it is kind of slow.

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You know, it is incremental in the grand scheme of things.

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But we are talking about a decline in fertility rates in this episode.

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But actually the global population itself is growing

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and it's growing quickly. So can you put that into context?

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So I was thinking about this the other day and I, I think

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maybe one of the easiest ways to describe it is my family, right?

2:02

My mum had four kids and each of us has had fewer than that.

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My brother's had three.

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I have one, my other brother has one, my sister has none.

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So each of us have had fewer children than my mum.

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But there's still five grandchildren in our family.

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So our family is growing and the dynamics on a global level are similar.

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But there's also another dynamic that's going on,

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which is in certain countries you have the dynamic, like my family,

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and then in others, fertility rates aren't declining as dramatically.

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So there's a handful of countries

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where the population is still growing quite rapidly.

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Is this Africa and Asia? Most of them are in Africa. Yeah.

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And big countries like Nigeria, Ethiopia and Egypt,

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but then also Pakistan, the Philippines.

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And they're going to contribute hugely to the growth in the global population.

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But they are the minority.

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So by 2050, I think three quarters of the countries in the world

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will have a declining population and then some will still be growing.

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Nigeria is one of the fastest growing countries in the world,

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but its fertility rate,

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so the number of children each woman is having, is declining.

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So it was six in the 50s, around five now.

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So all over the world, this generation is having

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fewer children than our parents.

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So can we say that by the end of the century, is this fair,

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that the overwhelming majority of countries actually

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are not going to be able to sustain their populations? Absolutely.

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And the global population by the end of this century will also be declining.

### **Predictions about the world's population**

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Between 2060 and 2080, it's predicted that the global population will top out

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at about nine or ten billion and start declining then.

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And then more specifically, Stephanie, what do we know

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about fertility rates in areas where the population is growing fastest?

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So they're still declining, but just not as fast.

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So in Europe, you had an average

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of about four children in the middle of the century.

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Now it's gone down to well below two.

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And this magic number is 2.1. So if each couple has 2.1 children

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on average, um, it's kind of hard to have point one of a child,

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but then the population will sustain itself.

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So you need to produce that number to replace yourselves

4:01

in the world and countries that are still

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on this trajectory of growth, they have a lot more than 2.1.

### **The cost of living**

4:07

So, Stephanie, I think everyone knows that it's been a year

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of elections, almost around 70,

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we've had in 2024. And surely

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in most countries, one of the biggest issues has been the cost of living.

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And that is surely a factor when people are making decisions

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around whether or not to have a child. Absolutely.

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I think it's the factor when it comes to, um,

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especially in places where populations are,

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is already declining. It comes up again and again.

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I've spoken to countless people in, um, Japan or South Korea,

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and they talk about things like housing, the cost of education. In the UK,

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now it costs about £200,000 (\$254,000) over a child's lifetime.

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That's the cost. I was horrified when I saw that!

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And it's incredible that anyone can afford that.

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Research came out earlier this year that, uh,

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it's surveys where they speak to young people,

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Gen Zs and millennials, about their fertility intention.

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So they ask, do you intend to have children? If so, how many?

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The responses were quite shocking. Almost half

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of the people who've never had children said they had no plans to,

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and that was profoundly linked to financial insecurity.

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So where people felt they were financially insecure, where they felt

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they were less well-off than their parents or their parents' generation,

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they were much more likely not to want a child

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or to think it was unlikely for them to have a child.

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And the researchers I spoke to who've been working on these surveys said

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it's not that surprising in this country, where you have the age

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where you get your first mortgage is creeping right up into the late 30s.

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Childcare is famously unaffordable.

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And I'm sure, um, people all around the world will understand

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the impact that that has on your decision whether or not to have a child.

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And, um, housing, we're seeing housing crises not just here in the UK,

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but any country that's experiencing mass urbanisation,

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we have this problem with housing. And in some of the countries

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that are most profoundly affected by fertility decline, like East Asia,

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it's the cost of education that they talk about when they discuss

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their decision not to have children, or to have fewer children.

### **Social and cultural impacts**

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And what about

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some of the social and cultural impacts?

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I mean, there are rapidly changing expectations

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of the genders in our society as well.

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So that has had a profound impact

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and it's been really well studied, especially in East Asia,

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where you have some of the highest participation of women

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in the workforce and education,

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and at the same time, really unequal distribution of work at home.

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And I've found this when I've spoken to women in South Korea or Japan

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about whether they want to have children or not,

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and they see their friends who already have children

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really struggling to keep up at work, struggling to keep up with

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the long working hours when they're expected to do everything at home.

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And for a lot of the women I've spoken to,

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they say, I just don't want that lifestyle.

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I don't want that life where, um, I've got to work to support my family.

7:02

We need two incomes, but I've also got to do everything at home.

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Sounds exhausting. No thank you.

**Do pro-family policies work?**

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What about in countries that have quite progressive paternity leave,

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for instance, does that make a difference?

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There was a time period where the Scandinavian countries were celebrated

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for, um, reducing, kind of battling fertility decline.

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So the fertility levels had dropped, but then picked up again.

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And this was the 90s and the early 2000s.

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And that was always put down to

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their really, um, progressive pro-family policies.

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So paternity leave being equally shared between parents,

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which um again affected this gender divide at home.

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So men and women were doing more and more equal share of the,

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of the work at home. And also they had very affordable childcare.

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But that progress in stopping fertility decline stalled at some point.

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And those policies didn't seem to be doing the job anymore.

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And that's really confused

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demographers and sociologists in Scandinavia.

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So it seems like even when you have these really progressive policies,

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which I think these sociologists would agree are good for lots of reasons.

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So they don't want to say don't do them, but they just they have a limited effect.

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I think the profound takeaway is it's just very difficult

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once fertility declines to try and challenge it,

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and it becomes a social norm to have fewer children.

**Why are more young men childless?**

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I've heard lots of discussions about why women would choose not to have children

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in terms of what's happening in society and culturally as well.

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But how are young men particularly feeling?

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There's a difference between having fewer children

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and not having any children at all.

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There's a, I suppose, a different, um, mindset.

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One of the biggest reasons why people don't have children

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is because they can't find a partner. That's men or women.

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What we're seeing now in Europe, and,

8:49

uh, it's likely that other countries are following this trend,

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is a situation where it's men of the lowest income who are

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most likely to remain childless, and that's involuntarily childless.

9:01

So it's not that they decide when they're young they don't have children,

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it's that they assume that they will have children.

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And then as they get older, it just, it doesn't happen.

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So the poorest men are the most likely to end up not having

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the children that they wanted.

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And part of this is likely this idea called the mating gap,

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is a term a sociologist called called Marcia Inhorn coined.

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She was doing research on egg freezing, and

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she found all the women that she spoke to, the reason

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that they were freezing their eggs is because they couldn't find a partner.

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She realised that part of the reason they couldn't find a partner is

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that they were looking for someone of their level of education or higher,

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whereas we have this situation now where in 60% of countries

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women are achieving more in education than men.

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So if you've got a situation where women are more educated

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but less likely to partner with someone who is less well-educated.

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There's a pool of men who aren't, uh, eligible, I suppose.

*2 семестр*

*Синхронный перевод*

*Is the EU Creating an Alternative to NATO?*

<https://www.youtube.com/watch?v=PeJSogyjpIU>

0:00

earlier this week Canada announced that

0:01

it had signed a defense and security

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partnership with the EU just over a

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month after the UK signed its own

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defense pact with the block but Canada

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and the UK were only the latest of a

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series of countries to have signed

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defense deals with the EU since 2024

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including Norway Japan South Korea

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Albania and North Macedonia all have

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signed bespoke partnerships with the EU

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in the last 13 months and this month

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Australia and the Philippines also

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agreed to start talks on defense and

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security with the EU this is all

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happening amid conversations about the

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future of NATO the West's foremost

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military alliance given US President

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Donald Trump's fluctuating stance on its

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Article 5 mutual defense clause having

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said at this week's NATO summit the US

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is both with them all the way but also

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that the US's commitment to Article 5

0:52

depends on your definition so in this

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video we'll take a look at the EU's

0:55

historic defense policy its network of

0:57

defense pacts and whether it could

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conceivably be creating an alternative

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to NATO

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[Music]

1:15

explore which world leaders are winning

[1:17](#)

and which are losing every week with our

[1:20](#)

podcast The World Leader Leaderboard

[1:22](#)

find it on the TLDDR podcast YouTube

[1:24](#)

channel or in your favorite podcast app

[1:26](#)

let's start by outlining the EU's

[1:28](#)

historic defense policy for decades from

[1:31](#)

the establishment of NATO in 1949 until

[1:34](#)

the 1992 master treaty which introduced

[1:36](#)

the EU's common foreign and security

[1:38](#)

policy including quote the eventual

[1:41](#)

framing of a common defense policy which

[1:43](#)

might in time lead to a common defense

[1:46](#)

the EU's defense policy was wholly

[1:48](#)

integrated into the transatlantic

[1:50](#)

security framework of NATO this was

[1:52](#)

because after the Second World War and

[1:54](#)

throughout the Cold War European

[1:56](#)

security against the Soviet Union could

[1:58](#)

only be guaranteed by the US nato's

[2:01](#)

article 5 collective defense clause

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ensured that an attack against one

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member would be considered an attack

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against all and while this American

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security guarantee has underpinned

[2:11](#)

Europe's defense for decades it

[2:13](#)

simultaneously prevented the EU from

[2:14](#)

establishing more efficient internal

[2:16](#)

structures for things like pooling and

[2:18](#)

sharing military resources buying arms

[2:21](#)

and operational coordination for

[2:23](#)

instance under the EU's 2002 Berlin plus

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agreement intended to improve the EU's

[2:28](#)

access to NATO planning capabilities and

[2:31](#)

avoid the duplication of NATO structures

[2:33](#)

any use of NATO assets by the EU

[2:35](#)

requires unanimity among NATO member

[2:38](#)

states giving non-EU countries like the

[2:40](#)

US or Turkey huge veto power this again

[2:44](#)

highlights the EU's dependence on NATO

[2:46](#)

subordinating the EU's strategic

[2:48](#)

interests to those of the US anyway this

[2:51](#)

conundrum has become more apparent over

[2:53](#)

the past decade as Europe's defense has

[2:55](#)

faced several challenges including

[2:57](#)

Russia's annexation of Crimea in 2014

[3:00](#)

the UK's exit from the EU and two Trump

[3:03](#)

presidencies in the US so in March 2022

[3:06](#)

just a few weeks after Russia's invasion

[3:08](#)

of Ukraine the EU adopted its strategic

[3:11](#)

compass a rapidly assembled action plan

[3:14](#)

to strengthen the EU's defense by 2030

[3:17](#)

and make it capable of acting decisively

[3:20](#)

this included an agreement to develop

[3:22](#)

more tailored bilateral partnerships

[3:24](#)

with like-minded countries and strategic

[3:26](#)

partners such as the US Canada Norway

[3:29](#)

the UK Japan and others leading to a

[3:32](#)

series of new defense and security

[3:34](#)

partnerships with non-EU countries so in

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May 2024 the EU signed its first two

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bilateral security partnerships with

3:42

Moldova an EU candidate country since

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June 2022 that's been subject to Russian

3:47

hybrid warfare including cyber attacks

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and election interference and Norway a

3:52

NATO member and the closest partner to

3:55

the EU under the European Economic Area

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whose defense pact focused on maritime

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security and protecting undersea

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infrastructure also in November 2024 the

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EU signed defense deals with the Balkan

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countries of Albania and North Macedonia

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which have aligned more closely with the

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EU against Russia beyond that though the

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EU has also signed defense packs with

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non-European countries including Japan

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and South Korea in November which face

4:21

rising threats from China Russia and

4:23

North Korea as well as the UK this May

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which has aligned with the EU since

4:28

changing government in 2024 and most

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recently with Canada which Trump

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threatened to annex as the US's 51st

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state talks are also underway with

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Australia and the Philippines two

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nations in the Indo-Pacific concerned

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about China's military buildup but why

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is the EU actually pursuing these deals

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and could the EU's network of military

[4:50](#)

alliances actually work as a NATO

[4:52](#)

alternative on the first question there

[4:54](#)

are at least three reasons why the EU is

[4:56](#)

currently expanding its network of

[4:58](#)

defense packs first is Trump's erratic

[5:00](#)

foreign policy and hostile attitude

[5:02](#)

towards NATO since becoming president

[5:04](#)

Trump has threatened NATO allies Canada

[5:06](#)

and Greenland with military action taken

[5:09](#)

an ambivalent or even pro-Russian stance

[5:11](#)

on Ukraine and repeatedly sparked alarm

[5:14](#)

in Europe by suggesting that the US's

[5:16](#)

commitment to NATO is conditional on

[5:18](#)

defense spending with NATO members this

[5:20](#)

week agreeing to massively increase

[5:22](#)

their annual defense spending to 5% of

[5:24](#)

GDP as demanded by Trump some analysts

[5:28](#)

are now recommending that the EU prepare

[5:29](#)

for the worst case scenario a US

[5:31](#)

withdrawal from NATO which is why the EU

[5:34](#)

is now taking steps to increase its

[5:35](#)

independence from NATO both through more

[5:38](#)

external defense pacts and improving its

[5:40](#)

own continental defense industry for

[5:43](#)

instance the EU recently announced an

[5:44](#)

ambitious 150 billion euro security

[5:48](#)

action for Europe instrument including

[5:50](#)

funds for common procurement projects

[5:52](#)

and is also working on the European

5:54 industrial defense program aimed at  
5:56 integrating supply chains facilitating  
5:58 crossborder cooperation and increasing  
6:01 defense manufacturing capability but any  
6:04 European-led NATO alternative would  
6:06 require years or even decades to build  
6:08 up the structures and operational  
6:10 capacities of NATO so EU members will  
6:13 want to keep the US firmly on side for  
6:16 as long as possible anyway the second  
6:18 reason for this network of defense packs  
6:20 is Russia's full-scale invasion of  
6:22 Ukraine which has brought the military  
6:24 threat right to Europe's doorstep  
6:27 germany's defense chief Ken Ber and  
6:29 Ukrainian President Vladimir Zalinski  
6:32 have both recently suggested that Russia  
6:33 could attack NATO within 5 years and the  
6:36 EU definitely wouldn't want to see the  
6:38 US's commitment to Article 5 tested in  
6:41 this way as such its defense packs with  
6:43 non-EU countries like Canada Norway and  
6:46 the UK give the EU more options for  
6:48 procurement in the event of a conflict  
6:51 the third reason is broader geopolitical  
6:53 shifts the world looks totally different  
6:56 now compared to after World War II when  
6:58 NATO was found with a multi-polar order  
7:01 marked by military superpowers like  
7:03

Russia China and the US and new hybrid

[7:06](#)

warfare tactics including cyber threats

[7:09](#)

disinformation maritime attacks and even

[7:12](#)

space vulnerabilities the EU's defense

[7:14](#)

packs with Japan South Korea the UK and

[7:17](#)

Canada aimed to tackle these issues and

[7:19](#)

uphold global stability which again was

[7:22](#)

a role previously played by NATO however

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whether this network of security and

[7:26](#)

defense partnerships could actually work

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as a NATO alternative is a tricky

[7:31](#)

question in it 2022 strategic compass

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the EU stated that a stronger and more

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defense capable EU would be

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complimentary to NATO and argued that a

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stronger EU and a stronger NATO are

[7:43](#)

mutually reinforcing but in recent

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months the EU seems to have pivoted away

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from this idea towards more active

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efforts to improve its own collective

[7:51](#)

defense previously guaranteed by NATO to

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this end we're also seeing more

[7:56](#)

coordinated defense efforts from the E3

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group of France Germany and the UK which

[8:01](#)

could potentially drive a European-led

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NATO if required in the future now when

[8:06](#)

talking about topics like these it's

[8:08](#)

important to be precise and precision is

[8:11](#)

also crucial to our sponsor this week

[8:13](#)

Hensen Shaving henson's AL13 razor which

8:16

they produce at their aerospace machine

8:18

shop perfectly holds blades at a 30°

8:21

angle and extends them only 0.0 0.13 in

8:25

less than the width of a human hair

8:27

which means incredibly tight tolerances

8:30

very high standards and superb precision

8:33

offering a much healthier shave compared

8:35

to the overpriced plastic razor

8:37

cartridges and speaking of plastic

8:40

Henson's razors are completely plastic

8:42

free from the blade to the box

8:44

everything Henson sends you is entirely

8:46

recyclable meaning that while you

8:48

protect your skin from expensive razor

8:51

burn you're also protecting the

8:52

environment from adding to the two

8:54

billion razor cartridges that are thrown

8:56

away every year in the US alone finally

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buying Hensson razors is simply cheaper

9:01

no longer will you be forced into buying

9:02

those expensive and unsupportive

9:05

replacement blades as Hensson blades

9:07

cost about 10 cents each this means you

9:10

can replace your blades far more

9:11

frequently so you don't need to keep

9:12

dragging a dull razor across your face

9:15

in order to get value out of that

9:17

overpriced plastic if you want to try it

9:19

out then you can go to

9:20

hensenshaving.com/tlddr

9:22

or click the link in the description and

9:24

then you can add a razor and 100 blades

9:27

to your cart once you've done that add

9:29

discount code TLDDR at checkout and

9:32

you'll get all of those blades totally

9:34

free and you'll be on the way to a

9:36

healthier shave

### *Послідовний переклад*

*How Army Medics Are Trained To Save Lives In Combat | Boot Camp | Insider Business*

<https://www.youtube.com/watch?v=C0AGQTnSkhs&t=766s>

We got an inside look at how Army combat medics are trained at Fort Sam Houston and Camp Bullis in San Antonio, Texas. About 5,000 soldiers graduate every year from the 16-week training program, which teaches soldiers to control bleeding, manage airways, and perform blood transfusions. After 15 weeks of classroom instruction and hands-on training, trainees spend the final eight days treating patients in a simulated combat environment known as the field training exercise. Insider spent five days immersed in the course, where we observed different classes at various stages of training.....