

流利阅读12.05

#英语/流利阅读

Bali resort bans smartphones from poolside to enforce relaxation

为强制放松，巴厘岛某度假村禁止游客在泳池边使用智能手机

Does a hotel pool even exist if you don't put it on social media?

如果一个酒店泳池没法被你晒在社交媒体上，那这个泳池还存在吗？

It's a question one Bali resort is encouraging its guests to put to the test by banning phones and mobile devices by the pool, in a bid to encourage people to absorb their surroundings rather than staring at a screen.

巴厘岛的某度假村正在鼓励客人去亲身试验这个问题，通过禁止在泳池边使用手机和其他移动设备，以鼓励人们全身心浸入周边美景，而不是仍然双眼紧盯一块屏幕。

The enforced "digital detox ruling" at Ayana Resort in Bali, which extends to all smartphones and digital devices, is an attempt to forcibly untether people from the global addiction of checking the news, compulsively taking photos, updating social media and replying to emails even when on holiday.

这个强制的“数码戒断规定”来自巴厘岛的阿雅娜度假村，且规定适用于所有的智能手机和数码设备。这项尝试是为了强行把人们从这种全球性的上瘾行为中解放出来。上瘾行为包括新闻刷不完，拍照拍不停，更新社交媒体，假期也照旧回复邮件。

The phenomenon of being unable to switch off, or be parted from your phone, has even been given a name: nomophobia, now described as the "21st century disease". Social media use has also been linked with depression, particularly among young people.

这种无法关机，或者与手机难舍难分的现象甚至已经有了一个名字：无手机焦虑症，它被描述为“21 世纪的疾病”。社交媒体的使用也和抑郁症有关联，而这种关联在年轻人中尤为常见。

A recent survey of American holiday-makers by OnePoll found that more than 20% said they checked their smartphones once per hour during their most recent vacation. In a Deloitte survey in Britain in 2017, 38% of adults said they thought they were using their smartphone too much.

OnePoll 最近对美国度假者进行的一项调查发现，超过 20% 的人表示，他们在最近一次度假中每小时查看一次手机。2017 年，德勤在英国的一项调查显示，38% 的成年人觉得自己用智能手机用得太过频繁了。

As a result, there has been a surge of interest in so-called digital detox holidays, as people look for ways to take a break from their phones, with travel companies and hotels cashing in people's inability to switch off their devices unless forced.

于是，随着人们寻找方法从手机中解脱一会儿，他们对所谓的“数码戒断旅行”的兴趣陡然大增，旅行社和酒店也从人们这种“除非被迫，否则无法关机”的无能为力中掘上一桶金。

Ayana resort's no-phone policy is unlikely to be popular with everyone however. Another recent survey by Travelzoo found that 30% of respondents booked holiday destinations on the basis they would make great fodder for social media.

然而，阿雅娜度假村的禁用手机政策不太可能受到所有人的欢迎。Travelzoo 最近的另一项调查就发现，在预定旅游目的地时，有 30%的受访者都是以其“好作为素材晒到社交媒体”为基准来预定的。

----- 文章来源 / 卫报

重点词汇

resort/rɪ'zɔ:rt/

- n. 度假胜地，度假村

enforce/ɪn'fɔ:rs/

- v. 强迫 (enforced adj.)
e.g.
- enforce a law

put to the test

- 试验，接受检验
e.g.
- His theories have never really been put to the test.

in a bid to

- 为了
e.g.
- =in order to

stare at

- 凝视，盯着

detox/'di:tɔ:ks/

- n. 戒酒，戒毒
e.g.
- liver detox

forcibly/'fɔ:rsəbli/

- adv. 用强力

untether/,ʌn'teðə(r)/

- v. 从系绳（或系链）上解下，放开

compulsively/kəm'pʌlsɪvli/

- adv. 强迫症般地，禁不住地 (compulsive adj.)
e.g.
- compulsive behaviour

switch (sth.) off

- 关闭（开关）；不再理睬
e.g.
- When I hear the word 'football' I switch off.
- switch off by shopping

nomophobia/nou'mou'fɔʊbiə/

- n. 无手机焦虑症
e.g.
- we all suffered from school phobia when we were young.

depression/di'preʃn/

- n. 抑郁症；抑郁，沮丧 (depress v.)
e.g.
- The wet weather in Shanghai always depresses me.
- the Great Depression

holiday-maker/'hɔ:lədeɪmeɪkər/ _

- n. (外出) 度假者

surge/sɜ:rdʒ/

- n. 陡增，剧增，急剧上升
e.g.
- There has been a surge in house prices recently.

cash in (on)

- 兑换；从...中获利/赚钱/捞到好处
e.g.
- cash in credit card points for a flight
- Logan Paul was being accused of cashing in on the man's death.

inability/ɪnə'bɪləti/ _

- n. 无能，无力

respondent/rɪ'spɒndənt/ _

- n. (调查/研究中的) 受访者，答复者

fodder/'fɒ:dər/ _

- n. (为实现某目的) 可利用的人/物；素材
e.g.
- Celebrities are always good fodder for comedians.