



PASSAGE 1: Success in Life

Success means different things for different people. Some may equate it with fame, some with wealth and still some with accomplishments.

For me, it means fulfilling one's dreams. Whatever your dreams are, you have a goal there and then focus all your attention on it.

Dreams bring you hope and happiness. In the process of struggling for it, you cry, sweat, complain or even curse, but the joy of harvesting makes you forget all the pains and troubles you have gone through. So an old proverb says that the sweetest fruit is one that has undergone the bitterest ordeal.

There are several keys to success. First, your goal must be practical and practicable. If you set your goal too high, chances are that you will never attain it. Next, you have to make a plan of doing it. You can take some steps to realize it. Since the process is quite tough, you need to be diligent, patient and persevering.

Even if you meet with some difficulties or frustrations, just take them in your stride. You can always tell yourself that there is nothing insurmountable. With this will and determination, success is sure to wait for you at the end of the tunnel!

成功对于不同的人来说意义不同。一些人将它等同于声望，有人将它等同于财富，另一些人将它等同于成就。

对我来说，成功意味着完成一个人的梦想。不管你的梦想是什么，你有一个目标并且为之倾注心力。

梦想带给你希望和幸福。在为之奋斗的过程中，你流泪，流汗，抱怨甚至诅咒，但是收获的快乐会令你忘却着所有你所经历痛苦与艰辛。所以一句老话说最甜蜜的果实是在最艰苦的奋斗后得来的。



这里有一些成功的秘诀。首先, 你的目标必须现实可行。如果你制定的目标太高, 你也许会永远无法达到。再者, 又必须为之制定计划。你可以分步骤地实现他。因为过程将是艰苦的, 你必须勤奋, 耐心, 坚持不懈。

即使你遇见了困难与挫折, 也要将之克服。你要总是告诉自己没有什么事不能克服的。带着这样的决心, 成功必然在道路的尽头等着你。

PASSAGE 2: Learning: a Lifelong Career

As food is to the body, so is learning to the mind. Our bodies grow and muscles develop with the intake of food. Likewise, we should keep learning day by day to maintain our mental power and expand our intellectual capacity.

Constant learning supplies us with fuel for driving us to sharpen our power of reasoning, analysis, and judgement. Continuous learning is the best way to keep pace with the times in the information age.

It is a common misunderstanding to regard school as the only place for the acquisition of knowledge. On the contrary, learning should be an endless process, from the cradle to the grave. With the world changing so fast, to stop learning for just a few days will make a person lag behind.

Lack of learning will inevitably lead to the stagnation of the mind, or even worse, its fossilization. Therefore, to stay mentally young, we have to take learning as a lifelong career.

学习之于心灵, 就像食物之于身体一样。摄取了适量的营养食物, 我们的身体得以生长而肌肉得以发达。同样地, 我们应该日复一日不断地学习以保持我们敏锐的心智能力, 并扩充我们的智力容量。

不断的学习提供我们用不尽的燃料, 来驱使我们磨砺我们的推理、分析和判断的能力。持续的学习是在信息时代中跟时代并驾齐驱的最稳当的方法。



视学校为汲取知识的唯一场所是种常见的谬误。相反地，学习应该是一种无终止的历程，从生到死。由于世界一直快速地在变动，只要学习停顿数日就将使人落后。

缺少学习将不可避免地导致心灵的停滞，甚至更糟地，使其僵化。因此，为了保持心理年轻，我们必须将学习当作一生的事业。

PASSAGE 3: JOGGING 慢跑

Every day, in all kinds of weather, thousands of men and women go jogging. Why has jogging—running slowly for long distances—become so popular? Most joggers like it because they have heard it is a very good exercise. Jogging makes the heart stronger and helps people lose weight. It can also help them feel better about themselves.

How fast should you go? Jog with a friend and talk to each other as you run. If you have difficulty talking, you are going too fast. How far should you jog? Remember not to go too far too soon. In fact you should walk, not run, the first few times. Then do some short jogs, but no more than what you can do comfortably.

After that, increase your distance a quarter or half of a mile every two weeks or so. Maybe in a few years, you, too, can run in a marathon like thousands of other people do.

每天，在各种天气，成千上万的男人和女人去慢跑。为什么慢跑——长距离慢跑——变得如此流行？大多数慢跑者喜欢它，因为他们听说这是一种很好的锻炼。慢跑使心脏更强壮，帮助人们减肥。它还可以帮助他们自我感觉更好。

你应该跑多快？和朋友一起慢跑，边跑边交谈。如果你说话有困难，说明你跑得太快了。你应该慢跑多远？记住不要跑得太远太快。事实上，开始的几次你应该走路，而不是跑步。然后做一些短的慢跑，但不要超过你能舒服地做的程度。



在那之后，每两周左右增加四分之一或半英里的距离。也许几年后，你也能像其他成千上万的人一样跑马拉松。

PASSAGE 4: Body Language 肢体语言

Americans feel that physical contact can be important in breaking down barriers between people. Such physical acts as hugging, shaking hands and kissing in public are seen as displays of affection.

In China, on the other hand, this is not common because physical contact is not the custom. Interestingly enough, most Chinese who spend some time in America come to like hugging; they learn that Americans use body language to express feelings. It is a way of saying "I like you and I care about you."

Shaking hands is another traditional way of greeting someone in America. Shaking hands is a more formal way of greeting than hugging. Whereas hugging shows closeness, shaking hands means that there is a little more formality in the relationship.

Western people usually shake hands when meeting someone for the first time, or when they see someone again after a certain amount of time has passed. In Japan, people traditionally bow as a form of greeting. Other countries have different customs, like patting someone on the back or kissing.

肢体语言

美国人认为身体接触对于打破人与人之间的障碍很重要。这些诸如拥抱、握手及在公众场合亲吻等身体接触都被看作是友好的表现。



然而，在中国，身体接触就不那么普遍了，因为没有这样的习俗。有趣的是，大多数在美国度过了一段时间的中国人开始喜欢拥抱，他们知道美国人通过肢体语言来表达感情。这是一种表达“我喜欢你，我在意你”的方法。

在美国，握手是另一种传统的问候方式。握手比拥抱更加正式。拥抱表示亲密，而握手意味着两人关系中更多了一些拘谨与礼节。

当第一次见面或隔了一段时间未见后再次见面时，西方人通常都是握手。在日本，人们通常以鞠躬表示问候。其他国家也有不同的习俗，比如拍某人的背或亲吻。

PASSAGE 5: Sleep 睡眠

Scientists suggest that today, most adults get up to two hours' less sleep than they need. As a result, those lacking in sleep are forgetful, tired, less productive and grumpy. Sleep is the time when our bodies and minds are rested and restored.

There are two types of sleep: Rapid Eye Movement and Non-REM. We need both types to be healthy. Rapid Eye Movement sleep is when we dream. Our brains are active, and our eyes have fast short movements, as if watching something. This type of sleep helps restore our mind.

Non-REM sleep is when our brain and body slow down. Our heart rate slows and our breathing is regular. This type of sleep helps restore our body. We have twice as much Non-REM sleep as Rapid Eye Movement sleep each night. To get better sleep, have a regular time for sleeping and a routine before you go to bed.

This will give your body the signal that it is time to sleep. Make sure the bed and bedroom are quiet and comfortable. If your bed is too hard or too soft, if you are too cold or too hot, you will not sleep well. For two hours before going to bed do not drink coffee or alcohol, or do not



smoke or exercise. All these activities stimulate your body and make sleep difficult.

科学家指出当今大多数成年人的睡眠时间要比正常需要的时间少两个小时。结果是，睡眠不足的这些人健忘、疲惫、工作效率低下、性情乖戾。睡眠是我们身体和心智休息和恢复的时间。

睡眠有两种形式：快速眼动睡眠和非快速眼动睡眠。这两种睡眠我们都需要，以维护我们的健康。快速眼动睡眠时，我们在做梦。我们的大脑很活跃，眼睛在快速运动好像在看什么东西。这种形式的睡眠帮助我们恢复心智。

非快速眼动睡眠时，我们的大脑和身体活动减少，心跳变慢，呼吸均匀。这种形式的睡眠帮助我们恢复体力。每天晚上，我们的非快速眼动睡眠时间是快速眼动睡眠时间的两倍。要想睡得更好，睡觉的时间要有规律，睡觉前要有特定的程序。

这样会给身体一个要睡觉了的信号。要确保床和卧室安静舒适。如果床太硬了或者太软了，身体太热了或者太冷了，都睡不好。睡觉前两个小时内不要喝咖啡或酒精饮料，不要抽烟或者锻炼身体。这些活动会使你的身体兴奋起来，使入睡变得困难。

PASSAGE 6: Swimming 游泳

Swimming is a competitive sport played around the world and on many different levels, including the Olympics. It's also an easy sport to do on your own, both for fun and for exercise. Many doctors and athletes agree that swimming is one of the best workouts you can give your body, because it works almost on all of your major muscle groups at the same time.



Since you're floating in the water and not in contact with any hard surfaces, there's less pressure on your joints and bones. You're less likely to suffer injuries than with other sports.

There are many ways to push yourself and get better as a swimmer. If you're into speed, you can race the clock and see how long it takes you to do a certain number of laps. If you're into endurance, you can slow down and see how many laps you can do before you have to take a rest.

Many teenagers like swimming best. One of the students says, "The best part about swimming is when you beat your time. It doesn't even matter if you lose the race as long as you tried your best; you can walk away with a smile on your face. When you're in the water you forget that people may be watching and all you care about is getting to the other side of the pool and touching the wall. You can just let go and fly."

游泳是世界流行的竞技运动，有许多不同级别的游泳比赛，包括奥运会级别的。游泳也是一种自己就可以进行的简单运动，可以游着玩玩，也可以锻炼身体。许多医生和运动员认为游泳是你可以给予自己身体的最好的锻炼之一，因为它几乎同时调动了你所有的主要肌肉群。由于你浮在水面上，不接触任何坚硬的表面，你的关节和骨骼受到比较小的压力，比起其他运动，游泳受伤的可能性比较小。有许多方法可以推动你成为一个更好的游泳者。如果你想练速度，你可以用表计时，看你游一定的圈数需用时多少。如果你想练耐力，你可以放慢速度，看在不得不休息前你可以游多少圈。游泳是许多青少年最喜欢的运动。一个学生说：“游泳最开心的时候是打破自己记录的时候。是否赢得比赛根本不重要，只要你尽了最大的努力，你就可以笑着离开了。当你在水中时，你会忘记注视着你的人，你所关心的只是到达泳池的另一边，碰到池壁。你可以不顾一切地飞翔。”

PASSAGE 7: Dragon Boat Festival

The Dragon Boat Festival is one of three major Chinese holidays, along with the Spring and Moon Festivals. Of the three, it is possibly the oldest,



dating back to the Warring States Period in 227 B.C. The festival commemorates Qu Yuan, a minister in the service of the Chu Emperor.

Despairing over corruption at court, Qu threw himself into a river. Townspeople jumped into their boats and tried in vain to save him. Then, hoping to distract hungry fish from his body, the people scattered rice on the water.

Over the years, the story of Qu' s demise transformed into the traditions of racing dragon boats and eating zongzi—a kind of rice wrapped in bamboo leaves. The races have certainly captured the imagination of people from all over the world.

Every spring there are nearly 60 dragon boat races held outside of China in cities from Vancouver to Sydney. Canada alone has nearly 50 dragon boat teams and Germany has nearly 30.

So what is it about the Dragon Boat Festival that appeals to foreigners?

"It' s an unusual sport," says one racer from Germany. "It' s not like everybody' s doing it. That' s one of the reasons that there' s such great team spirit in a dragon boat team—everybody feels like we' re doing something special." And what about the zongzi? "Ehhh, they' re not bad, I guess," he says. "Something of an acquired taste. I just haven' t really acquired it yet."

端午节与春节和中秋节并列为中国三大节日。这三个节日中，它可能是最古老的一个，可以追溯到公元前 227 年的战国时代。这个节日是为了纪念楚国的大夫屈原。

他因为对朝廷的贪污腐败感到绝望而投河自尽。镇上的人纷纷冲上船去救他，却没有成功。后来大家把米撒到水里，希望把饥饿的鱼群从他的躯体边引开。



多年以后，屈原逝世的故事逐渐演变成赛龙舟和吃粽子(一种包在竹叶中的米食)的传统。这些竞赛显然激起了世界各地人们的想象。

每年春天有将近 60 场龙舟赛在中国境外的城市举办，从温哥华到悉尼，从波兰的格但斯克到南非的开普敦。单单加拿大就有将近 50 支龙舟队伍，德国则有近 30 个。

那么，为什么端午节赛龙舟会吸引外国人呢？“这是一项不寻常的运动。”一位来自德国的参赛者说，“这并不是所有的人都在从事的运动。这正是龙舟队的团队精神如此高昂的原因之一，每个人都觉得自己在做一件很特别的事。”那么粽子呢？“喔，我觉得它不难吃。”他说，“那是一种需要后天培养的品味。我只是还没培养出来罢了。”

PASSAGE 8 The Government of the United States

These days, the American President is one of the most powerful men in the world. He can make war, or peace. He can touch the lives of millions in many different countries, but the President cannot do just what he wants. The Congress must agree first.

In some ways, the United States is like fifty small countries and not one large one. Every state has its own governor, its own police, and its own laws. For example, in some states you can buy an alcoholic drink when you are 18. In others, you must wait until you are 21.

The government of the whole country (the 'federal' government) works from Washington, the capital city. This is where Congress is based. Congress has two parts, the Senate, and the House of Representatives.

There are 100 members of the Senate (called Senators), two from each state. The President cannot act without the Senate's agreement. The House of Representatives has 435 members. Like the senators, they can make new laws.



Americans choose a new President every four years. The election is a great occasion. It is serious business, of course, but the Americans make sure that it is fun too.

时至今日，美国总统是世界上最有权势的人物之一。他能发动战争，也可带来和平；他能触及诸多国家的几百万条性命，不过他也不可随心所欲。总统要做的事要事先得到国会的批准。

在某些方面，美国像是五十个小国而不是一个统一的大国。各州均有自己的州长、自己的警察和法律。比如，在有些州，年满十八岁可以买酒精饮料，但在其他州，要等到二十一岁才行。整个国家的政府（联邦政府）办公地点在首都华盛顿，国会也在此。国会由两部分组成：参议院和众议院。参议院有一百名成员（称为参议员），每州两名。未经参议院同意总统不能采取任何行动。众议院有四百三十五名众议员。和参议员一样，他们可制定新法。

美国总统每四年选举一次。总统选举是个重要事件。它当然是很严肃的，不过美国人也会让其充满乐趣。

PASSAGE 9 Globalization

In the years after World War II, the world greatly changed. Much of this was due to new technology. For instance, the jet was developed. This increased the speed that people could travel. There were also advances in telecommunications. Computers and the Internet were invented. It became much easier for people to communicate with others all around the world. This has led to the spread of globalization.

Basically, the world is becoming a smaller place. In the past, what happened in one country rarely affected other countries. Or it took a



long time for any effects to occur. But the world is different today. Because of globalization, what happens in one part of the world can affect places all around it.

Thanks to globalization, people can now do business more easily with those in other countries. When you go to the supermarket, you can see various foods from all of the different countries. This happens because of globalization. Also, people are learning more about other countries these days. This leads to more understanding about other countries. In the age of globalization, there has not been a single world war. And the world is becoming richer. Globalization has surely been good for the world.

在第二次世界大战后的几年里，世界发生了巨大的变化。这在很大程度上要归功于新技术。例如，喷气式飞机被开发出来了。这提高了人们的旅行速度。电信业也取得了进步。计算机和因特网被发明出来了。人们更容易与世界各地的人交流。这导致了全球化的蔓延。

基本上，世界正在变小。过去，在一个国家发生的事情很少影响到其他国家。或者花了很长时间才产生效果。但今天的世界不同了。由于全球化，世界某一地区发生的事情可能影响到世界各地。

由于全球化，人们现在可以更容易地与其他国家的人做生意。当你去超市的时候，你可以看到来自不同国家的各种各样的食物。这是因为全球化。而且，最近人们对其他国家了解得更多。这会使人们增进对其他国家的了解。在全球化时代，没有发生过一场世界大战。世界越来越富裕。全球化肯定对世界有好处。



PASSAGE 10 Resources

There are many kinds of resources on the Earth. Four of them are very important. They are renewable, nonrenewable, human, and capital resources.

Renewable resources can be used again and again. They can be replaced within a short time. Some energy resources are renewable. The energy from the sun, tides, water, and wind is renewable. Also, trees and animals are renewable. But humans still need to take good care of them. We should not waste them at all.

Nonrenewable resources are limited in supply. Once we use them, they disappear forever. They can't be replaced. Many energy resources are like this. Coal, gas, and oil are nonrenewable.

Human resources are people and the skills they have. This also includes the knowledge and information that humans have.

People make products using renewable and nonrenewable resources. Machines are often used to produce goods. The machines and tools that are used to produce goods are called capital resources.

地球上有很多种资源。其中有 4 种非常重要,即可再生资源、不可再生资源,人力资源和资本资源。



可再生资源可以重复使用。它们可以在短时间内再生。有一些资源属于可再生资源,如从太阳,潮沙,水和风中获得的能源。另外,树木和动物也属于可再生资源。但即使如此,人类也要好好珍惜它们,绝不能浪费。

不可再生资源的供应有限。它们一旦被使用,就会永远消失,不可再生。很多能源属于不可再生资源,如煤炭,天然气和石油。

人力资源是指人和人所拥有的技术,以及人所掌握的知识和信息。人类利用可再生资源 and 不可再生资源生产产品,在这个过程中通常会用到机器。生产产品时所用的机器和工具就叫做资本资源。

PASSAGE 11 Caring for the Five Senses

Everyone has five senses. The five senses are sight, hearing, smell, taste and touch. We use different body parts for different senses. We need to take care of the parts of our bodies that let us use our senses.

For example, you use your eyes for seeing. You should protect your eyes and have a doctor regularly check your eyesight. Don't sit too close to the TV or computer monitor, and don't read in the dark or in dim light. Never look directly at the sun or at very bright lights.

Your ears let you hear the things around you. You should clean your ears all the time. Don't listen to loud music, and try to avoid places that are really loud. Protect your ears when you play sports.

Your nose cleans the air you breathe and lets you smell things. Avoid things that have very strong smells.

Your tongue helps you taste things you eat and drink. Your skin protects your body from germs and gives you sense of touch. Always wash your hands after blowing your nose, playing outside, or using the restroom. Protect your skin from sunburns. Use sunscreen to protect your skin from the sun.



每个人都有 5 种感觉官能,分别是视觉、听觉、嗅觉、味觉和触觉。不同的感觉官能对应不同的身体部位,所以我们要好好照顾这些身体器官。

例如,看东西要用到眼,每个人都应该保护自己的眼睛并定期去医院检查视力。不要离电视或电脑屏幕太近,不要在黑暗中或昏暗的灯光下看书,也绝对不要直视太阳或其他强光。

听周围的声音要用到耳朵。要时常清洁耳朵,听音乐时音量不宜过大,注意避开嘈杂的地方,而且运动时也要注意保护耳朵。

鼻子能净化我们吸入体内的空气并让我们闻出物体的气味。要避免接触具有刺激性气味的物体。

舌头能让我们品尝食物和饮料的味道。皮肤会阻挡病菌进入体内并让人拥有触觉。擤鼻子、外出玩耍以及上卫生间之后一定要洗手。为了防止皮肤晒伤,还应该涂抹防晒霜以阻隔烈日的暴晒。

PASSAGE 12 How Technology Helps People?

Nowadays, we live in an advanced world. We use many new inventions that people long ago never imagined. In the past, people could not regularly communicate with others. It took days, weeks, or even months just to send a letter. There were no telephones. So people had to talk face to face.

Nowadays, we use cell phones to call anyone anywhere in the world. And we send email to people instantly thanks to the internet.

In the past, traveling short distances took a long time. People either walked or rode on a horse. Now, most people own cars. They can drive long distances in short period of time. And people can even fly around the world on airplanes now.

In the past, people often died because of poor medical treatment. Even a toothache could sometimes kill a person! Now, vaccines protect people



from disease. And doctors are making more and more discoveries every day.

我们如今生活在一个先进的世界里,使用着过去人们无法想象的很多新发明。过去,人们无法与他人经常联系,连寄一封信都可能要花几天、几个星期,甚至几个月的时间对方才能收到。过去也没有电话,人们只能面对面交流,如今,人们可以用手机给世界各地的人打电话。而且由于有了互联网,人们可以即时给别人发送电子邮件。

过去人们只能步行或骑马,即使短途旅行也要花很长时间。而现在,大多数人都有汽车,在短时间内就能驾车去很远的地方,人们甚至还可以乘飞机飞往世界各地。

过去人们常因医疗条件差而丧命,有时连牙痛都能夺走一个人的生命。现在,疫苗使人们远离疾病,而且医生每天都在获取越来越多的新发现。

PASSAGE 13 The American Way of Marriage

"I do." To Americans those two words carry great meaning. They can even change your life. Especially if you say them at your own wedding. Making wedding vows is like signing a contract, Now Americans don't really think marriage is a business deal. But marriage is serious business.

It all begins with engagement. Traditionally, a young man asks the father of his sweetheart for permission to marry her. If the father agrees, the man later proposes to her. Often he tries to surprise her by "popping the question" in a romantic way. Sometimes the couple just decides together that the time is right to get married. The man usually gives his fiancée a diamond ring as a symbol of their engagement. They may be engaged for weeks, months or even years.

As the big day approaches, bridal showers and bachelor's parties provide many useful gifts. Today many couples also receive counseling



during engagement. This prepares them for the challenges of married life.

「我愿意」这句话对美国人而言具有重大意义，它甚至可以改变你的生命，特别是当你在自己的婚礼上说出这句话时，在婚礼中所发的誓言就如同签订契约一样，美国人并不是真把婚姻当作商业交易，但是，结婚确实是件严肃的事情。

结婚是从订婚开始，在传统上，年轻人会请求他的女朋友的父亲允许他娶她，如果女方的父亲答应，之后方可向女方求婚。通常男方会试着以罗曼蒂克的方式「提出这个问题」以带给女方惊喜。

有时候双方会觉得现在结婚正是时候，于是男方通常会送女方钻戒作为互订终身的象征。他们可能订婚几个星期、几个月，甚至几年，当大喜的日子接近时，贺礼赠送会和单身汉俱乐部都会赠送许多实用的礼物。今天有许多订婚的男女在订婚期间接受咨询服务，这是为了让他们有准备接受婚姻生活的挑战。

PASSAGE 14 How to run a company

If you want to run a company well, you should remember that there are four general policies to follow with employees.

First, pay them what they are worth. When people begin with your company, they are rarely worth what they are paid, because you are investing in their future productivity. You should pay people low at the start, with higher payments once they are established and productive.

Second, you should make employees feel important. Build them positively and openly when praise is deserved. Temper this with negative motivation, pointing out where minor shortcomings are diluting the success that could be enjoyed. Avoid complacency by keeping employees slightly off-balance.



Third, make employees think for themselves. Sometimes by being nonspecific, you create the environment where employees adapt other ideas and learn how to apply them in the new situation.

Fourth, separate office life from social life. It is impossible to let your hair down with someone one night, and come down hard on them the next day.

You should also remember that if you have to fire employees, take a creative approach. Try to find a job for them somewhere else, and let the other company steal them away. However, if extreme action is called for, act decisively while respecting the feeling of the employee.

Never expect from your employees anything that you are not willing to do yourself. It's more than a cliché—it's sound business practice.

如何管理公司

如果你想好好运营一家公司，应记住对员工有四项基本原则。

首先，按照他们的价值来支付薪水。当员工开始在你的公司工作，很少会得到应有的报酬，因为你投资他们的未来生产力。一开始你应付员工较低的薪水，但一旦他们能力完善，而且富有成效，你就应该给他们涨薪水。

其次，你应该让员工觉得自己很重要。当他们的工作值得表扬，就要积极鼓励，并不吝表扬。如果使用消极动力，无足轻重的错误也要挑出来，这样也冲淡了成功的喜悦。稍稍保持员工不平衡，可以避免他们自满。

第三，让员工自己思考。有时你不给于明确指令，可以创造一个环境，让员工接纳其他想法，并且运用到新的环境中去。

第四，办公室和社交生活要明确分开。晚上和人轻松聊天，第二天白天对他严格要求，这是不可能做到的。



你要记住,如果要解雇员工,要采用创造性的方法。比如为他们在其他公司谋职,然后让其他公司把他们挖去。但是,如果发生极端行为,要果断行事,同事尊重员工的感受。

绝不要期待你的员工去做你自己不愿做的工作。我知道这是老生常谈,但是的确是良好的商业行为。

PASSAGE 15: Importance of communication

Communication is extremely important in any relationship. Importance of Communication has been stressed time and again. Lack of communication creates a number of problems that only increase with time.

It is often seen that the families where people talk to each other frequently are happier. They share their joys, sorrows and other emotions with each other. There is a lively atmosphere in such families. They laugh it out together and celebrate every moment whole-heartedly. Such is the importance of communication.

Compared to this, the families where all the members are busy with their own tasks are usually not as happy. The atmosphere in such families is quite dull and gloomy. They plan outings with their friends and colleagues rather than their family members.



This is because they have neglected the importance of communication all along and are thus not comfortable communicating with each other. And without good communication there is no way one can enjoy. People in such families often find themselves lonely and even get into depression.

Similarly, lack of communication is harmful in every situation. We must all realise the importance of communication.

沟通的重要性

在任何关系中,沟通都极其重要。沟通的重要性再强调也不为过。随着时间推移,缺乏沟通会产生许多问题,并且问题会不断累加。

通常而言,家庭成员如果沟通频繁,那么这家人就会生活更愉快。他们分享喜悦、悲伤和其他感情。整个家庭都会因此而生机勃勃。他们同欢笑,全心全意庆祝每一刻。由此可见,沟通如此重要。

相对而言,家庭成员如果每个人都忙自己的事情,家庭就没那么快乐。这个家庭的整个氛围非常沉闷和阴郁。家庭成员各自安排和他们的朋友和同事出行,而不是和其他家庭成员一起出行。

这是因为他们一直忽视沟通的重要性,因而沟通的时候也觉得不自在。家庭成员会觉得自己很孤独,甚至会患上抑郁症。

同样地,每一种情况缺乏沟通都是有害的。我们必须意识到沟通的重要性。

PASSAGE 16 : The Dangers of Plastic Bags

Most of us have seen the heart wrenching images of birds being terminally entangled by plastic bags, and of the deaths of animals due to plastic bag ingestion.



According to the latest report, nearly 200 different species of sea life including whales, dolphins, seals, and turtles die because of plastic bags.

Bags end up in landfills, oceans, seas, and lakes.

Unlike items that naturally biodegrade, plastic bags photodegrade, meaning that over time the plastic breaks down into smaller, more toxic substances. These contaminants poison our soil and water and then enter our food chain.

If we trade our plastic bags for reusable cloth bags, we can help this plastic bag crisis.

- Because plastic bags are made from oil, reducing them would decrease foreign oil dependency.
- We' d start preserving the thousands of marine animals and more than 1 million of birds who die from plastic bags each year.

It' s a small investment to give ourselves and our children a better future.

塑料袋的危害

绝大多数人都见过这种心碎的画面，小鸟被塑料袋缠住勒住，以及动物因误食塑料袋而致死。

最新报告指出，将近 200 种不同海洋生物都死于塑料袋，其中包括鲸、海豚、海豹、还有海龟等。

塑料袋一般都在陆地、海里和湖里填埋。

不同于其他的生物降解材料，塑料袋为光降解材料，意味着塑料袋会随着时间的变化变成更小更加有毒性的无知。这些塑料污染物让毒害了我们的土壤和水，然后进入到食物链中。



如果我们把塑料袋换成可以循环使用的布袋子，我们可以帮助缓解塑料袋危机。

- 因为塑料袋制作材料为原油，减少使用塑料袋，可以减少对进口原油的依赖性。
- 我们可以保护千万种海洋动物和一百万种鸟类，每年他们都因塑料袋致死。

这是个小投资，但是会给我们自己，我们的孩子更好的未来。

PASSAGE 17: Promotion

Before you ask for a promotion, be sure that you're doing all the right things to help ensure that the answer will be positive.

1. Do a Great Job.

How you perform in your current position is going to be important when you're considered for a promotion. Excellent performance reviews and your reputation as an above-average employee will carry a lot of weight when the company is making staffing decisions.

2. Be a Team Player.

Volunteer to help with new projects in the office. Offer to help your boss and co-workers whenever time permits. You'll be known as a team player and an individual that colleagues want to work with.

3. Don't Miss Work.

Be on time for work and don't take more time off than you are allocated. If you're known as a slouch and someone who misses more work than is appropriate, it will be held against you.

4. Network and Get Noticed.

Attend company parties and gatherings. The more connected and engaged you are with your colleagues, the more they will know about



you and the more you'll stand out when it comes time to consider you for promotion.

Managers are more likely to promote an employee they know well than a random applicant they don't know much about.

在您提晋升要求前，要保证您所做的事情都是对的，只有这样才能争取到正面的回复。

目前工作做得不错。当前工作表现是老板评价你是否应该晋升的关键因素。良好的绩效评价和高于其他普通员工的声誉会是公司做人事决定时非常看重的要素。

具有团队合作精神。办公室里有新项目的话，积极给予帮助。积极给予委员会或工作队帮助。时间允许的话，多多帮助老板和同事。这样大家会觉得你有团队合作精神，并想要和您共事。

不要误工。准时上班，别人给你分配多少时间，记得不要多占用。如果别人觉得你是个懒散的人，且常常误工，这会对你晋升很不利。

参与社交，被别人关注到。参加公司聚会和集会活动。您与同事之间的联系和互动越多，他们就越了解你，在考虑您的晋升时，会让您更加突出。管理者更愿意提拔他们了解的人，而非他们知之甚少的人。

PASSAGE 18: Parents and teenagers

Parents feel that it is difficult to live with teenagers. Teenagers have similar feelings about their parents, saying that it is not easy living with them. According to a recent research, the most common argument between parents and teenagers is that regarding untidiness and daily routine tasks.



On the one hand, parents go mad over messy rooms, clothes thrown on the floor and their children's refusal to help with the housework.

On the other hand, teenagers lose their patience continually when parents blame them for dropping the towel in the bathroom, not cleaning up their room or refusing to do the shopping at the supermarket.

Psychologists say that communication is the most important thing in parent-child relationships. Parents should talk to their children but at the same time they should lend an ear to what they have to say.

Parents may scold their children when they are untidy but they should also understand that their room is their own private space. Communication is a two-way process. It is only by listening to and understanding each other that problems between parents and children can be settled.

青少年和家长

家长感觉和青少年期的孩子相处非常困难。处于青少年期的孩子也有同感，称和他们一起生活不容易。据一份最近的调查研究，家长和青少年最常的争执是房间不整洁和日常家务。

一方面，家长看到乱糟糟的房间就开始生气，衣服扔在地上，孩子还拒绝帮忙做家务。

另一方面，当家长责怪孩子把毛巾扔在浴室地板上，没有收拾好自己的房间，或者不肯一起去超市购物时，处于青少年期的孩子总是失去耐心。

心理学家认为在亲子关系中最重要的事情就是沟通。家长应该和孩子谈话，但也应该竖起耳朵听孩子的声音。



当孩子们不够整洁的时候，家长也许会训斥他们，但是他们也应该理解孩子的房间是私有空间。沟通是双向的过程。只有倾听和理解对方，家长和孩子之间的问题才可以解决。

PASSAGE 19: Develop Better Relationships with Neighbors

Good neighbors are a lot like electricity or running water: we don't know how much we depend on them until we don't have them. They make our lives more pleasant and give us a sense of who we are, both as an individual and as a member of the community. Here's how to develop your relationships with these very important people in your life.

Strike up a conversation. Often neighbors don't even know each other's names. But it's okay to be the one to break the ice, even if you've lived next door for years. Most neighbors enjoy making small talk with the folks on the other side of the fence.

Avoid causing inconveniences. Return anything that you borrow from a neighbor, such as tools, in good repair and as soon as you've finished with them. Replace anything that belongs to your neighbor that you, your children, or your pets break or soil.

Care about the details. In a good relationship, it's really the little things that count. Help to bring in the mail for the elderly neighbor when there is a heavy rain.

All it takes to develop your relationship with neighbors is the respect for their feelings.

和邻里和睦相处

好的邻里关系就像电和自来水：失去他们之后，才知道我们有多依赖他们。他们让我们生活更加愉悦，并且给我们一种作为个体和社区一员的存在感。以下将讲述如何与这些重要的人形成友好关系。



主动去谈话。邻居们经常不知道其他人的名字。即便你们挨着对方居住多年，但是也可以有破冰谈话。许多邻居都喜欢和篱笆那一边的老兄随便聊两句。

避免造成不方便。从邻居那里接的东西，如工具，用完之后要尽快还给他们。你、你的孩子、或者你的宠物不小心弄坏或者埋掉的任何东西，需要马上替换成新的给你邻居。

注意到细节。小事情可以决定好的邻里关系。大雨天帮助你的邻居老人家把信件送到房间里。

形成和睦邻里关系的最重要的因素是要尊重他们的感受。

PASSAGE 20: Why Should We Protect the Environment?

It is important to protect the environment because man-made disruptions to ecosystems can cause extinction and because pollution creates dangers for both animals and people.

Many of the dangers to the environment come from practices designed to make human life easier but actually threaten the long-term health and prosperity of humans.

One of the most important reasons to protect the environment is because it helps protect different ecosystems. Over the years, humans have discovered that many ecosystems are more complex than was originally thought and are deeply connected to other ecosystems.

Human changes to one ecosystem, whether through environmental pollution or deliberate manipulation, can actually put multiple species in danger of extinction, necessitating the need to protect the environment.

Protecting the environment also protects humanity. A great deal of pollution, especially ocean pollution, ends up affecting creatures that humans later consume, meaning that humans are ingesting toxins.



我们为何要保护环境？

保护环境非常重要，因人为干扰生态体系会导致物种灭绝，也因污染对人和动物都造成危害。

许多危害环境的因素来自人类为了生活便利的所作所为，但是长期来看这些行为威胁监考和人类的繁荣。

保护环境最重要的原因之一是因为可以保护不同生态体系。多年以来，人类已经发觉生态体系比原来想的要复杂得多，而各个生态体系深刻联系。

无论是通过环境污染还是故意人为行径，人类改变一个生态体系，然后会把许多物种都置于濒临灭绝的危险中，保护环境义不容辞。

保护环境也是保护人类。许多污染尤其是海洋污染，最终的结局是影响人类会消耗的物种，也就是说人类在食毒素。

PASSAGE 21: Tipping

“Tipping” is handled very differently in the UK and America.

In the UK, the reason for tipping is to show that you really liked the service. In the UK people have a high minimum wage, and no one can be paid below this amount for any work, so when you tip, it is mainly showing politeness to the service person, and to acknowledge that they did an excellent job.

The average tip is around 10-20%. If you didn't like the service, you can always refuse to pay. Or if you are a student or a traveler on a budget, it's OK not to spend the extra money.

In the US, you will often hear “tips” called “service charges”. It is essential to tip in the US, because the waitresses and bar staff are paid a low wage which they cannot afford to live on, and therefore your tip is much needed by them.



The business and the servers all expect that a tip will be given. It's considered to be part of their salary. In some restaurants, the tip will be added to the bill, so it's not optional. The expected amount of a tip is usually 15%. Of course, if the server did a really good job, you can always give them more.

小费

给“小费”在英国和美国大不同。

在英国，给小费是表达你非常喜欢你得到的服务。在英国人们的最低起薪很高，无论什么工作，每个人的工资都不会低于一定数目，所以当你给小费主要是表达对提供服务的人的礼貌，认可他们的工作很出色。

小费在消费的 10%到 20%左右。如果你不喜欢提供的服务，也可以拒绝付小费。如果你是学生、或者是穷游的旅人，不给小费也没关系。

在美国，你常常会听到“小费”被叫做“服务费”。在美国给小费是必要的，因为服务生和酒吧的工作人员起薪很低，他们生活难以为继，因此他们很需要你的小费。

商家和服务者都期待收到小费，这是他们薪水的一部分。在一些餐厅，小费直接被加入到账单中，所以不是可选的。而且小费占到消费的 15%。当然，如果服务生表现真的很好，你也可以给更多。

PASSAGE 22: Happy Vacation

Many of us invest valuable time, energy and money in planning our vacations. Vacations help us perform better at work, improve our sleep quality and cushion us against depression.

Yet, despite these benefits, many of us return home with a feeling that our last vacation was OK - but not great. In order to change this, some mistakes should be avoided.



A classic one for vacation planners is attempting to maximize value for money by planning trips that have too many components. Hopping from one place to the next hardly gives an opportunity to experience what psychologists call mindfulness - time to take in our new surroundings, time to be present and absorb our travel experiences.

Another mistake is that we worry too much about strategic issues such as how to find a good flight deal, or which destinations to add or subtract from our journey. These issues may seem important, but our psychological state of mind is far more important.

Actually, vacation happiness is based on the following top rules. First, choose your travel companions wisely, because nothing contributes more significantly to a trip than the right companions.

Second, don't spend your vacation time in a place where everything is too expensive so as to maintain a positive mood.

Third, shop wisely, for meaningful experiences provide more long-term happiness than physical possessions.

愉快假期

许多人计划假期的时候投入了宝贵的时间、精力和金钱。休假能帮助我们更好工作，改善我们的睡眠质量，而且防止我们陷入抑郁之中。

但除去这些好处，许多人度假回家的时候认为这次假期差强人意。为了改变这种情况，我们要避免一些错误。

典型的假期计划是想要金钱价值最大化，所以安排行程的时候会涵盖太多景点。从一个地方到下一个景点走马观花，人们很难有机会体验心理学家所说的“专注体验”，也就是说接纳新环境，需要时间呈现和吸收我们的旅行体验。



另外一个错误是太担心一些攻略问题, 比如怎样找到特价机票, 该添加哪个目的地, 或者该去掉哪个目的地。这些问题可能很重要, 但是我们的心理状态更重要。

事实上, 度假的快乐是基于几个首要法则。首先, 明智地选择你的旅伴, 因为正确的旅伴带来的贡献太大了。

第二, 不要把你的假期时间都花在一个所有物价都很高的地方, 保持积极心态很重要。

第三, 理智消费, 因为有意义的体验会带来比物质上的占有更长期的快乐。

PASSAGE 23: Small businesses

Today, I'd like to turn our attention to an area of management often overlooked in traditional management courses: small-business management.

Small businesses have gone from being traditional small-town stores selling food or clothing to sophisticated, high-tech enterprises.

And in addition to the important products they produce, they create jobs for lots of people because there are so many of them.

Writing a business plan that everyone in the organization understands and follows will help to provide the necessary focus and direction.

It's important to state clearly what the purpose of the business is.

Now, if for some reason a business plan doesn't work, try hard to discover why not, rewrite it, and immediately focus on the new plan.

A word of caution, however, never give up a bad plan without replacing it.



A business has to have a plan because it can't afford to waste its limited resources.

And, as you know, waste leads to unnecessarily high production costs.

Production costs are at the heart of the company's ability to make a high-quality product and sell it at an affordable price.

小企业

今天,我想把注意力转向一个在传统管理课程中经常被忽视的领域:小企业管理。

小企业从传统小镇的卖食物衣服的店铺,到复杂的高科技企业。

除了他们的产品很重要以外,因为小企业如此之多,他们为许多人创造了就业。

编写企业计划可以帮助组织中每个人明晰并且遵守计划,也会提供必要的注意力和方向。

现在,如果因某些原因,企业计划不可行,那么努力发现原因,重写计划,然后马上关注到新计划上。

但是有一点要注意,如果没有新计划代替,那么不要放弃现在的坏计划。

企业必须有计划因为它不能浪费不起有限的资源。

要知道,浪费会导致不必要的高生产成本。

生产成本是公司的核心竞争力,生产高质量产品然后以合理价格售出。

PASSAGE 24: Catch a mood



Did you know you can catch a mood?

A bad mood isn't spread by a virus like the flu is, but it can be contagious.

Moods sort of drift from person to person unconsciously. Slight, unintentional signals carry the mood.

You've probably experienced it yourself.

You're around someone who's feeling down and showing it: slumped shoulders, downcast mouth, subdued voice all that sort of thing.

Pretty soon you begin to feel depressed too. Of course, good moods are also catching, not just bad ones.

Moods spread in steps.

One person's facial expression or whatever is observed by another, who then unconsciously begins to mimic.

The person isn't even aware of the copying.

Not everyone picks up moods to the same degree.

Those who're most susceptible often have strong physiological responses to what's going on around them.

People don't all send moods equally well either.

The best mood senders are expressive people because mood contagion can't happen without signals.

If they aren't there, that is, the person gives no indication of the mood they're in, nobody will pick up the mood.

注意情绪变化



你知道自己可以注意别人的情绪变化吗？

坏情绪虽然不会像流感病毒一样肆虐，但是的确会感染其他人。

情绪会潜移默化到其他人身上。细微的、无意的信号中蕴含着情绪。

可能你有过类似感受。

在你旁边的一个人情绪很低落，然后显现出来：肩膀耷拉着，满嘴丧气话，用压抑的声音倾诉。

马上你也会觉得很压抑。当然好心情也会感染人，但力度不如坏情绪厉害。

情绪一步步四散开。

一个人的脸部表情，或其他人观察到他表情变化，然后无意识地开始模仿。

这个人甚至都不知道自己在模仿。

不是每个人都能同等程度地被情绪感染。

人们也不会把情绪同等地传递出去。

最好的情绪传递者是有丰富表达的人，因为没有信号，情绪无法感染。

如果信号不在场，也就是说该人没有表现出他们的情绪，没有人会注意到他们的情绪。

PASSAGE 25: UN/ Message on the United Nations Day

United Nations Day marks the birthday of our founding Charter – the landmark document that embodies the hopes, dreams and aspirations of “we the peoples” .

Every day, the women and men of the United Nations work to give practical meaning to that Charter.

Despite the odds and the obstacles, we never give up.

Extreme poverty is being reduced but we see inequality growing.



Yet we don't give up because we know by reducing inequality we increase hope and opportunity and peace around the world.

Climate change is moving faster than we are, but we don't give up because we know that climate action is the only path.

Human rights are being violated in so many places. But we don't give up because we know respect for human rights and human dignity is a basic condition for peace.

Conflicts are multiplying - people are suffering. But we don't give up because we know every man, woman and child deserves a life of peace.

On United Nations Day, let us reaffirm our commitment.

To repair broken trust.

To heal our planet.

To leave no one behind.

To uphold dignity for one and all, as united nations.

联合国日是我们创始《宪章》的誕生日。这份里程碑文件体现着“我（联合国）人民”的希望、梦想和愿望。

每天，联合国的妇女男子都在努力赋予《宪章》真切实际的意义。

尽管存在艰难险阻，但我们从不放弃。

赤贫正在减少，不平等却眼见加剧。

但我们不会放弃，因为我们知道，减少不平等使世界各地增加希望、机遇、和平。

气候变化的速度正在赶超我们的行动，但我们不会放弃，因为我们知道气候行动是唯一的出路。



人权在如此多的地方遭受侵犯。但我们不会放弃，因为我们知道尊重人权和人的尊严是和平的基本条件。

冲突在增加，人们在受苦。但我们不会放弃，因为我们知道男女老少都应享有和平的生活。

值此联合国日，让我们重申我们的承诺。

修复破碎的信任。

治愈我们的地球。

不让一个人掉队。

联合国，维护所有人的尊严。

PASSAGE 26: AI

Many researchers use the term artificial intelligence (AI) to describe the thinking and intelligent behavior demonstrated by machines. While AI can be helpful to human beings, scientists warn, it can also be a threat.

In the future, many of today's jobs that require a lot of physical labor will be replaced by machines with artificial intelligence. These include agricultural jobs, and ones with repetitive duties like telephone call centers.

Artificial intelligence is changing the economy and current way of life.

The health care industry is one area artificial intelligence is already changing. AI can process huge amounts of data, so doctors can use the most up-to-date information to diagnose and treat patients.

There is also a dangerous side to artificial intelligence. One example is combining drone aircraft technology and AI to



create autonomous weapons. It means that people will use this technology to develop a kind of "poor man's nuclear weapon."

The debate about whether artificial intelligence is good -- or bad -- for humans continues. Researchers agree there is no question that the technology is here, and will continue to change life on our planet.

研究员们用“人工智能 (AI)”一词来描述机器表现出的思维 and 智能行为。科学家们警告称，尽管人工智能为人类带来便利，但也会成为一种威胁。

未来很多需要大量体力劳动的工作岗位将被人工智能机器所替代。包括农业领域，以及重复性工作如电话呼叫中心。

人工智能改变了经济模式和当今的生活方式。

医疗保健是深受人工智能影响的行业之一。人工智能可以处理大量数据，医生就可以利用最新信息诊断和治疗病人。

人工智能也具有危险的一面。比如结合无人机技术和人工智能制造出的自动化武器。人们可能会使用这种技术研发“穷人的核武器”。

有关人工智能对人类是利是弊的争论仍在继续。研究人员称，毫无疑问，人工智能已经出现并将继续改变我们的生活。

PASSAGE 27: The Benefits of E-commerce

There is a reason why E-commerce has demonstrated such explosive growth in the past couple of years. Indeed, with the internet becoming an essential requirement of everyday life, businesses are learning to take advantage of the numerous benefits of E-commerce, the most notable of which include:

Global market. A physical store will always be limited by a geographical area it can serve. An online store has the whole world as its



market. Going from a local customer base to a global market at no additional cost is really one of the greatest advantages of trading online.

Around-the-clock availability. Another great benefit of running an online business is that it is always open. For a merchant, it's a dramatic increase in sales opportunities; for a customer, it's a convenient and immediately available option.

Reduced costs. E-commerce businesses benefit from significantly lower running costs. As there's no need to hire sales staff or maintain a physical storefront, the merchants are able to save on operational costs and they can offer better deals and discounts to their customers.

Inventory management. E-commerce businesses can automate their inventory management by using electronic tools to accelerate ordering, delivery and payment procedures.

电子商务的益处

在过去几年内，电子商务为什么能够井喷式增长是有原因的。诚然，网络正在成为每日生活的必需品，商务学习利用网络益处，最显著的包括：

全球市场。实体店总是受到地理限制，服务部分人群。网店可以定位全球市场。从本地客户到全球市场，没有额外成本。这是网上交易最大的利好。

随时可得。运营网店另外一个利好就是网店可以一直开张。对于商人来说，销售机会巨幅提升。不需要雇佣销售人员在实体店兜售，商人可以节约运营成本然后给顾客更大折扣。

库存管理。电子商务可以通过电子工具自动管理库存，增加订单，发货和付款手续。

PASSAGE 28: Differences Between Chinese & American Education



What are the main differences between the Chinese and American approach to education?

The Chinese and American education systems have different aims. Many parents and educators view Chinese education as important for foundation, and American education as being helpful for the cultivation of students' creativity.

Chinese education focuses on the accumulation of knowledge, on how students manage and use the knowledge they learned in school, and on understandings of knowledge systems and structures.

Americans are interested in how students use their knowledge in society. The American system lets students criticize ideas, and challenge as well as create concepts.

The ways that American and Chinese students receive knowledge are also different. When they are doing homework, Chinese students just take notes and memorize the facts in textbooks.

American teachers also assess students' creativity, leadership, and cooperation skills. Emphasizing these skills encourages American students to take part in extracurricular activities. They believe that education is a part of life, not just part of school.

中美教育的不同

中美教育方法的主要差异在何处?

中国和美国的教育体系目标不同。许多家长和教育家认为中国教育注重基础,而美国教育帮助培养学生的创造力。中国教育注重知识累积,学生如何管理和运用学校学习的知识,理解知识体系和架构。美国教育注重学生在社会中运用知识。美国教育体系让学生对观点进行批判和思辨,然后挑战观点,然后创造新的理念。



美国学生和中国学生接受知识的方式也不同。当他们在做作业时，中国学生是做笔记，然后死记硬背教科书的内容。美国老师也会评估学生的创造力、领导力和合作技巧。着重加强这些技巧，鼓励美国学生才加课外活动。他们相信教育是生活一部分，而不仅仅是学校。

PASSAGE 29: The 4 Stages of Culture Shock

Living abroad can be an exhilarating experience that encourages new world views, increases cultural curiosity and supports willingness to explore unfamiliar terrains. However, it may also invite a sense of feeling a little lost in the world.

Culture shock generally moves through four different phases: honeymoon, frustration, adjustment and acceptance.

1. The Honeymoon Stage

The first stage of culture shock is often overwhelmingly positive during which travelers become infatuated with the language, people and food in their new surroundings.

2. The Frustration Stage

At this stage, the fatigue of not understanding gestures, signs and the language sets in and miscommunications may be happening frequently.

3. The Adjustment Stage

Frustrations are often subdued as travelers begin to feel more familiar and comfortable with the cultures, people, food and languages of new environments.

4. The Acceptance Stage



During the acceptance stage, travelers have the familiarity and are able to draw together the resources they need to feel at ease.

Though it can be one of the hardest part of traveling, culture shock is just as integral to the experience as food, people and scenery. By recognizing it for what it is and finding ways to cope, you can prevent culture shock from ruining an otherwise fantastic experience abroad.

文化冲击的四阶段

旅居国外可以成为非常激动人心的体验，促成新的世界观，增加文化兴趣，也可以增加探索陌生的土地。但是，这也可能带来对世界的失落感。

一般而言，文化冲击会经历四个阶段：蜜月期、无奈期、调整期和接受期。

1. 蜜月期

文化冲击的第一阶段总是排山倒海的乐观，在这个阶段旅客迷恋当地语言、当地人、食物和新的周围的一切。

2. 无奈期

这个阶段为理解手势、信号和语言的疲劳期。常常发现交流沟通有误。

3. 调整期

当旅客开始更加熟悉和融入文化、人、食物和新环境的语言之后，无奈期就自然而然地被压制了。

4. 接受期

接受期阶段，旅客已经相当熟悉，而且能够整合他们需要的资源，生活很自在。

虽然文化冲突可能是旅途中最艰难的部分，但是就像适应新的食物、人和风景一样。先确认是什么，然后找到解决方法，你就可以避免文化差异毁掉你的海外游历体验，相反创造出美好体验。

PASSAGE 30: SMOG IN BEIJING



Earlier this week, a thick layer of smog rolled into China's capital city, turning skyscrapers into shadows and clear air into a yellow fog.

Why does smog keep blanketing Beijing? Smog in China has many causes, including pollution from industries and traffic, but it tends to happen more often in the winter, when plummeting temperatures cause electricity demand to soar, and coal-fired power plants send more tiny particles of dust into the air.

Particles smaller than 10 micrometers are of particular concern to health experts, as particles that small can damage the lungs, aggravate asthma, and even cause heart attacks.

China is taking steps to address the issue. The government has restricted driving in an effort to curb air pollution from cars. But it has a long way to go. China is still the world's largest consumer of coal by far, and plans to continue using the sooty source of power.

There is some cause for optimism. Like Beijing, Los Angeles also had a serious smog problem. But strict regulations implemented over the past few decades have helped reduce the amount of smog in Los Angeles, bringing back blue skies. There's hope that they could return to China too, though residents shouldn't expect to breathe easy any time soon.

北京雾霾

本周早些时候，浓重的雾霾席卷中国首都，摩天大楼成为模糊一边，干净的空气成为灰黄雾。

为何雾霾持续光临北京呢？中国的雾霾成因有许多，包括工业和交通污染，但是雾霾在冬天来得更频繁。温度骤降，用电量激增，煤电厂于是把更多微小颗粒排放到空气中。



小于 10 微米的颗粒让卫生专家非常担忧。因为那么小的微粒可以伤害肺部，让哮喘恶化，甚至造成心脏病。

中国正在逐步解决这个问题。政府已经限制了路上开车，努力抑制车辆尾气排放。但是依然长路漫漫。中国依然是世界最大的煤消耗国，并计划继续使用乌黑的煤发电。

但是也有保持乐观的理由。和北京一样，洛杉矶也曾遭遇严重的雾霾问题。但是实施严格的条例，带回了蓝天。中国也有希望重建蓝天，虽然居民不应该期待短期内就可以自由呼吸新鲜空气。