

# english pod 301-320

## Table of Contents

- [1. The Weekend - Vampires 吸血鬼 \( 夜间走出坟墓吸吮活人血的游魂 \) \(C0301\)](#)
- [2. Global View - Phobias 恐怖症, 恐惧症 \( 无名的极度恐惧 \) \(C0302\)](#)
- [3. Daily Life - Mexican Food \(C0303\)](#)
- [4. Daily Life - \*Neat\* 整齐的; 爱整洁的 \*Freak\* \(怪人, 怪胎; <非正式>狂热爱好者; 畸形人 \( 或物 \) \) 洁癖者 \(C0304\)](#)
- [5. The Weekend - Bowling 打保龄球 \(C0305\)](#)
- [6. The Weekend - Pick Up Lines 搭讪 \(C0306\)](#)
- [7. The Office - Small Talk Series - Showing Interest 表示有兴趣 \(C0307\)](#)
- [8. Daily Life - Boxers 拳击短裤; 四角裤 and Briefs 三角裤; 贴身的短内裤; \[图情\]摘要 \(C0308\)](#)
- [9. Global View - Indian Food \(C0309\)](#)
- [10. The Office - Small Talk 2 闲聊 \(C0310\)](#)
- [11. The Office - Sorry I' m Late \(C0311\)](#)
- [12. The Weekend - Ordering Drinks 点饮料, 点酒水 \(C0312\)](#)
- [13. The Office - Small talk 3 闲聊 \(C0313\)](#)
- [14. Daily Life - Making A \*Collect Call\* 对方付费电话, 代收电话 \(C0314\)](#)
- [15. The Office - Sending A Quote 引文, 引语; 报价, 开价; \( 股票 \) 报价, 牌价 Via Email 通过电子邮件发送报价 \(C0315\)](#)
- [16. Daily Life - Small Talk Series 4 - Discussing \(v.\) Recent Workevents 工作事件 \(C0316\)](#)
- [17. The Office - First Paycheck \(付薪水的支票, 薪水\) 第一份工资 \(C0317\)](#)
- [18. Global View - Allergies 过敏; 敏感 \(C0318\)](#)
- [19. Daily Life - Small Talk 5 - Brief Talk 简短交谈 With A Stranger \(C0319\)](#)
- [20. Global View - Taking The GMAT 参加GMAT考试 \(C0320\)](#)

---

## 1. The Weekend - Vampires 吸血鬼 ( 夜间走出坟墓吸吮活人血的游魂 ) (C0301)

A: You want to go to the movies tonight?

你今晚想去看电影吗?

### Example 1. 案例

- "You want to" is used to make an invitation or suggestion.

B: Sure! What' s playing?

A: The new Twilight 黄昏, 薄暮时分; 暮光, 暮色 movie!

新的《暮光之城》电影!

B: Twilight? As 就像 in the vampire movies? **No way** 不可能, 没门 I am watching that. I don' t understand why everyone is so excited about these films about vampires. It doesn' t make sense.

《暮光之城》？就是那些吸血鬼电影？我绝对不看。我不明白为什么大家对这些吸血鬼电影这么兴奋。这完全没有道理。

A: Of course it does. It' s like a modern tale 故事，传说 of *Romeo and Juliet*. You have a couple 一对夫妇，一对情侣 that is **in love** but can' t be together because they are so different. Add **in the fact that** immortality 永生；不朽；不灭 and *super human strength* is really sexy **and there you have it** 就是这样,就这样成了! Plus the cast 演员阵容 is hip (a.) (衣服、音乐等方面) 时髦的，赶时髦的, young people that make the movie even more enticing 有诱惑力的；诱人的；有吸引力的。

当然有道理。它就像现代版的《罗密欧与朱丽叶》。有一对恋人相爱，但因为他们的差异而无法在一起。再加上永生和超人的力量真的很性感，这就是它的魅力所在！而且演员们都很时尚年轻，这让电影更加诱人。（年轻人让这部电影更加吸引人。）

#### Example 2. 案例

"and there you have it"

在这里可以理解为「你看，就是这么回事/就这样成了」，是一种口语化的总结表达。类似于说「把这些东西组合在一起，就得到了最终的结果」。

作者前面列举了故事的核心元素：

类似《罗密欧与朱丽叶》的禁忌之恋；

永生和超能力的性感设定；

年轻时髦的演员阵容。

说完这些后，用 "and there you have it" 来收尾，相当于说：「把这些吸引人的元素全部加在一起，整个故事的魅力就完整展现出来了！」

B: I don' t **buy into** 买进;相信，接受 that. I think it' s just a fad 一时的风尚；短暂的狂热. Pretty soon this will pass and everyone will be **into** werewolves 狼人 or zombies 僵尸!

我不相信这些。我觉得这只是一时的风尚。很快这就会过去，然后大家都会迷上狼人或僵尸！

## 2. Global View - Phobias 恐怖症，恐惧症（无名的极度恐惧）(C0302)

#### Example 3. 案例

- phobia → 在希腊神话中，战神在战场上往往有他的两个儿子伴随在左右，一个叫做 Phobos（福波斯），一个叫做 Deimos（德摩斯），这哥俩的名字在希腊语中都是“惊恐、恐惧”的意思，代表了战争的恐怖。英语单词 phobia 就源自福波斯的名字 phobos，表示“恐怖”之意，还可以作为词根，用来表示各种恐惧症。 phobia : ['fəʊbiə] n. 恐怖，恐惧症

A: Are you excited 激动的，兴奋的 about your trip next month?

B: Yes and no. I can' t wait to go to Europe, but at the same time I am terrified 非常害怕的，极度惊恐的.

A: Why?

B: Well, I have aerophobia 高空恐惧 ( 症 ); 恐飞症 I have a chronic ( 疾病 ) 慢性的, 长期的; ( 问题 ) 一直有的, 反复出现的 fear of flying.

A: Oh really? I have an uncle who is also terrified (a.)非常害怕的, 极度惊恐的 of flying. It' s not that bad though 不过, 可是, 然而, I mean, it is pretty scary 骇人的, 恐怖的 to be in this big machine flying through the air at seven hundred miles per hour. I actually have arachnophobia 蜘蛛恐惧症.

我有一个叔叔也对飞行感到害怕。但其实没那么糟糕, 我是说, 坐在这样一台庞大的机器里, 以每小时七百英里的速度飞行, 确实挺吓人的。我其实有 arachnophobia ( 恐蜘蛛症 )。

#### Example 4. 案例

- arachnophobia → "arachno-" ( 蜘蛛 ) + "-phobia" ( 恐惧症 )

B: You' re scared of spiders? I actually have two more phobias 恐怖症, 恐惧症. Acrophobia 恐高症, 高处恐怖症 and glossophobia 公开发言恐惧症; 社交恐惧症, 对公众演讲的恐惧.

你害怕蜘蛛? 我其实还有两种恐惧症, acrophobia ( 恐高症 ) 和 glossophobia ( 社交恐惧症 )。

#### Example 5. 案例

- acrophobia → acro-(最高; 顶点) + -phobia.
- glossophobia → "glosso-" ( 舌头, 语言 ) + "-phobia" ( 恐惧症 )

A: I guess that explains why you are afraid of flying, but *public speaking* is not that bad.

但公众演讲其实没那么可怕。

B: Are you kidding? When I get on stage 登上舞台, my palms 手掌, 手心 start to sweat, I get really nervous and I can hardly speak.

A: Well, I must confess (v.)供认, 招供; 承认, 坦白 I am a bit claustrophobic 患幽闭恐怖症的. I hate being in an elevator for more than 5 seconds.

B: We are such weirdos ( 长相或行为 ) 古怪的人; 怪人 right?

### 3. Daily Life - Mexican Food (C0303)

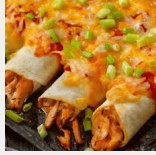
A: Hello sir, welcome to Pistolera restaurant. May I take your order 可以点餐了吗?

B: Yes, I would like the *chicken cheese* 干酪, 奶酪 *enchiladas* 以辣椒调味的一种墨西哥菜 with a side 配菜 of guacamole 鳄梨酱.

#### Example 6. 案例

- chicken cheese enchiladas: /'tʃɪk.ɪn tʃiːz ,en.tʃi'lə:.dəz/ n. a Mexican dish made with tortillas 墨西哥玉米粉圆饼 filled with chicken and cheese, covered in sauce 酱, 调味汁:

(鸡肉奶酪卷饼).

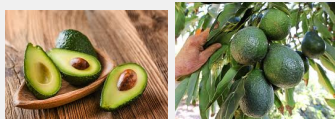


- guacamole :/ˌgwɑː.kə'moʊ.li/ n. a Mexican dip made from mashed avocado (鳄梨酱).



### avocado

( BrE also,avocado 'pear ) a tropical fruit with hard, dark green skin, soft, light green flesh and a large seed inside. Avocados are not sweet and are sometimes eaten at the beginning of a meal.油梨, 鳄梨 ( 热带水果, 皮硬呈深绿色, 肉软呈浅绿色, 核大 )



avocado ( 鳄梨 ) 是一种美洲的热点水果, 在当地语言中称为ahuacatl, 意为 “睾丸”, 因其果形似睾丸, 而且据说能激发男人的性欲。

英国人觉得avocado一词难以理解, 便给它取了个俗名叫做 *alligator (短吻鳄) pear* ( 鳄梨 ), 因为它的原产地美洲还是短吻鳄 ( alligator ) 的故乡。汉语名称 “鳄梨” 便是由此而来。 avocado : [ˌævəˈkɑdo] n. 鳄梨, 牛油果

A: I' m sorry sir, but we **ran out of** 用完 chicken. May I suggest our delicious *beef burritos* (墨西哥卷饼) 牛肉卷饼 or *cheese quesadillas* 油炸玉米粉饼? Both include a side of guacamole 鳄梨色拉酱 and jalapenos 墨西哥辣椒 .

抱歉, 先生, 我们的鸡肉用完了。我可以推荐我们美味的牛肉卷饼或奶酪玉米饼吗? 两者都配鳄梨酱和墨西哥辣椒。

### Example 7. 案例

- beef burritos: /biːf bəˈriːtoʊz/ n. a Mexican dish made with tortillas 墨西哥玉米粉圆饼 filled with beef (牛肉卷饼).



- cheese quesadillas: /tʃiːz ˌkeɪ.səˈdiː.jəz/ n. a Mexican dish 一道菜; 菜肴 made with tortillas 墨西哥玉米粉圆饼 filled with cheese (奶酪玉米饼).



- jalapenos: /ˌhæləˈpeɪ.njoʊz/ n. a type of chili pepper (墨西哥辣椒).



B: Sure I' ll have the burrito 玉米煎饼... Do you have nachos ( 墨西哥人食用的 ) 烤干酪辣味玉米片?

Example 8. 案例

- burrito: /bə'ri:.toʊ/ n. a Mexican dish made with a tortilla filled with various ingredients (卷饼).



- nachos: /'nɑ:.tʃoʊz/ n. a Mexican dish made with tortilla chips topped with cheese and other ingredients (玉米片).

A: Of course sir. Our nachos come with melted 融化的 ; 溶解的 cheese and chili 红辣椒 , 辣椒.  
我们的玉米片, 配有融化的奶酪和辣椒酱。

B: Sounds good.

A: Would you like anything to drink?

B: Sure, I' ll have a Corona ( 尤指在日蚀或月蚀期间的 ) 日冕 , 月华 ; 冠 , 冠状部位.

Example 9. 案例

- Corona: /kə'roʊ.nə/ n. a brand of Mexican beer (科罗娜啤酒).

## 4. Daily Life - **Neat 整齐的 ; 爱整洁的** **Freak (怪人 , 怪胎 ; <非正式>狂热爱好者 ; 畸形人 ( 或物 ) ) 洁癖者 (C0304)**

A: Ugg, this bathroom is a pigsty 猪圈 ; 脏乱的地方!

B: Helen, why do you keep flushing 冲水 the toilet? What' s wrong?

你为什么一直在冲马桶 ? 怎么了 ?

A: I just can' t stand it. It' s really gross (a.)令人不快的 ; 令人恶心的 ; 使人厌恶的 in here!  
There' s a stain 污点 , 污渍 on the toilet seat 马桶座圈, and the floor was wet and slippery 湿滑的 , 容易打滑的. So I cleaned it!

B: You did what? Helen, I know it' s gross, but I' ve seen many public washrooms 洗手间 , 卫生间 that are much worse. Why are you cleaning the **counter 柜台 top** 台面? Are you **out of your mind** 精神失常或疯狂?

你做了什么 ? Helen , 我知道这很恶心 , 但我见过很多更糟糕的公共卫生间。你为什么在清理台面 ? 你疯了吗 ?

A: I can' t help myself 控制不住自己; it' s just so disgusting 令人反感的 , 令人恶心的 in here!

B: Helen, this is not like your own bathroom. Just leave it to the cleaners 清洁工,okay?

A: Hang on 稍等一下;紧紧抓住, 坚持. I' m just gonna quickly **wipe (v.)** ( 用布、手等 ) 擦干净, 抹掉; 擦掉 **the sink** 水槽, 水池 and **sweep (v.) the floor.**

稍等一下。我很快擦一下水槽, 再扫一下地板。

B: You' re such a **neat freak** 洁癖者! I' m **outta here** 离开这里!

## 5. The Weekend - Bowling 打保龄球 (C0305)

A: Alright, so the first thing that you need to know about bowling 保龄球运动 is that you should never cross (v.)超过, 超出 ( 极限或范围 ) that line where the lane ( 用于路名 ) 道, 路; 车道; ( 保龄球 ) 球道 begins.

你永远不能越过球道开始的那条线。

B: Why not?

A: Because **they polish (v.)**擦亮, 磨光 and **oil (v.) it** to make the ball slide (v.) ( 使 ) 滑行, 滑动 down. If you step there /you will slip 滑倒, 失足 and fall.

因为他们会打磨和上油, 让球滑下去。如果你踩上去, 你会滑倒的。

A: OK, so I got my bowling shoes, my ball, our names on the scorecard 记分卡, so now, **how the heck** (糟糕, 见鬼) 到底怎么 do I play this?

我穿上了保龄球鞋, 拿了球, 我们的名字也写在记分卡上了, 那么现在, 到底该怎么玩呢?

### Example 10. 案例

- scorecard: /'skɔːrkɑːrd/ n. a card used to record the scores in a game (记分卡).

A: You **throw** the ball **down** the lane and try to **knock down** 击倒 all the pins ( 保龄球 ) 瓶柱. If you do, that is called a strike 全中. If you don' t **knock them all down** on the first try, then you get a chance to get the spare (n.)补中;备用品; ( 车辆或机器的 ) 零件, 备件. After ten frames 一轮; 一回; 一局, we add up the points and see who has the most. Three hundred is a **perfect score** 满分, but very hard to get.

你把球扔到球道上, 试着击倒所有的球瓶。如果你做到了, 这被称为“全中”。如果你第一次没有全部击倒, 那么你就有机会“补中”。十局之后, 我们加总分, 看看谁得分最高。三百分是满分, 但很难达到。

### Example 11. 案例

- strike: /straɪk/ n. in bowling, knocking down all the pins with the first ball (全中).
- spare: /sper/ n. in bowling, knocking down all the pins with the second ball (补中).
- frames: /freɪmz/ n. the segments of a bowling game, with ten frames in total (局).

B: Got it! OK, I' m gonna **give it a go**. Oh no! My ball went in the gutter ( 道路边的 ) 排水沟, 街沟; ( 屋顶的 ) 檐槽, 天沟; ( 保龄球球道两边的 ) 球槽; ( 尤指社会的 ) 最低层, 贫民窟 ( the gutter ); 下流思想, 黄色思想 ( the gutter ) !

明白了! 好的, 我来试试。哦不! 我的球掉进沟槽了!

A: I told you, it' s harder than you think. Now let a pro <非正式>专业人士 , 职业选手 show you how it' s done.

---

## 6. The Weekend - Pick Up Lines 搭讪 (C0306)

A: Let' s go out tomorrow night. We can go to a bar /and try to find you a girlfriend.

B: I don' t think that' s a good idea. I am just not good with approaching 接近 someone /and starting up 开始 a conversation.

A: Maybe you just need a few *pick up lines* 搭讪台词, you know, break the ice 打破僵局.

B: *Pick up lines* don' t work!

A: Come on! You can just walk up to a girl and say: "If you were a booger 鼻屎, I' d pick you first."

B: What? Come on! That' s just lame 蹩脚的; 瘪的 , 跛的! No girl would **fall** 被...吸引,被...所迷住 **for** that!

A: Fine, then you can say: "So there you are 原来你在这儿! I' ve been looking all over for YOU 我一直在到处找你, the woman of my dreams! 我的梦中情人"

B: That' s a good one! I think that' s pretty funny 有趣的.

A: Yeah, so you make her laugh, you **make a fool of yourself** 出洋相 a little bit, and then you buy her a drink.

B: Ok, how does this sound: "I was **so** enchanted (v.)迷住,使着魔; 使中魔法 ; 对...用魔法 ( 或念咒语 ) by your beauty /**that** I ran into that wall over there 我撞到那边的墙上了. So I am going to need your *name and number* for *insurance purposes* 保险用途."

### Example 12. 案例

- enchant → en-, 进入 , 使。 -chant, 唱歌 , 念咒 , 词源同incantation.

A: Nice! Let' s go!

### Example 13. 案例

- pick up lines : /pɪk ʌp laɪnz/ (noun) Phrases used to start a conversation with someone attractive. 搭讪台词
- booger : /'bu:ɡər/ (noun) A piece of dried mucus from the nose. 鼻屎
- lame : /leɪm/ (adj) Unimpressive or dull. 蹩脚的
- fall for : /fɔ:l fɔ:r/ (phrasal verb) Be attracted to or deceived by something. 被.....吸引



- make a fool of yourself : /meɪk ə fu:l əv jɔ:ɹ'self/ (phrase) Act in a silly or embarrassing way. 出洋相

A: 我们明晚出去玩吧。我们可以去酒吧，试着给你找个女朋友。

B: 我觉得这不是个好主意。我不擅长接近别人并开始对话。

A: 也许你只需要几句搭讪台词，你知道，打破僵局。

B: 搭讪台词没用！

A: 得了吧！你可以直接走到一个女孩面前说：“如果你是鼻屎，我会第一个把你挖出来。”

B: 什么？得了吧！这太蹩脚了！没有女孩会被这种话吸引的！

A: 好吧，那你可以说：“原来你在这里！我一直在找你，我梦中的女人！”

B: 这句不错！我觉得挺有趣的。

A: 是啊，你让她笑，稍微出点洋相，然后请她喝一杯。

B: 好吧，这句怎么样：“我被你的美貌迷住了，结果撞到了那边的墙。所以我需要你的名字和电话号码，以便保险用途。”

A: 不错！我们走吧！

## 7. The Office - Small Talk Series - Showing Interest 表示有兴趣 (C0307)

Tina: Hey Michelle, this is my friend James. He' s visiting Shanghai from New York.

- Michelle: Oh, hi James. Nice to meet you. So, uh, you visiting for business 商务 or pleasure 娱乐?

James: Well, actually a little of both 实际上两者都有一点. I' m meeting some business contacts 商业伙伴, but I' m also taking some Mandarin classes 中文课 too.

Michelle: That' s cool! How' s it going?

James: Well, I' m finding the classes pretty tough 困难的 actually, but I' m having a great time in Shanghai. It' s really an amazing 令人惊叹的 city.

Michelle: It sure is. Are you staying for long 你要待很久吗?

James: Only two weeks unfortunately. I wish I could stay longer but...

Michelle: Well listen, if you need someone to show you the sights (风景, 名胜) 带你游览, then just call me. I' m having a little **get together** (n.) 聚会 at my new apartment 公寓套房 next week, so if you want to **drop by** 顺便拜访...

James: That sounds great. I' d love to! Let me **take down** 记录, 记下 your number, Michelle.

### Example 14. 案例

- show you the sights : /ʃoʊ ju: ðə saɪts/ (phrase) Take someone to see interesting places. 带你游览
- get together : /ɡet tə' ɡeðər/ (noun) A social gathering. 聚会
- drop by : /drɒp baɪ/ (phrasal verb) Visit someone casually. 顺便拜访



- 俚语/术语解释：

蒂娜：嘿，米歇尔，这是我的朋友詹姆斯。他从纽约来上海玩。

米歇尔：哦，嗨，詹姆斯。很高兴认识你。那么，呃，你是来商务还是娱乐的？

詹姆斯：嗯，实际上两者都有。我要见一些商业伙伴，但我也在上一些中文课。

米歇尔：那很棒！进展如何？

詹姆斯：嗯，我觉得课程挺难的，但我在上海过得很开心。这真是一座令人惊叹的城市。

米歇尔：确实是。你会待很久吗？

詹姆斯：可惜只有两周。我希望我能待得更久，但.....

米歇尔：好吧，听着，如果你需要有人带你游览，就给我打电话。我下周要在新公寓办个小聚会，所以如果你想顺便拜访.....

詹姆斯：听起来很棒。我很乐意！让我记下你的号码，米歇尔。

## 8. Daily Life - Boxers 拳击短裤；四角裤 and Briefs 三角裤；贴身的短内裤;[图情]摘要 (C0308)

### Example 15. 案例

- Boxers



- Briefs



A: Lily, I found *a pair* 分两个相连接部分的物体;一对;一双 of men' s boxers 平角内裤 in the laundry machine 洗衣机 this morning!

### Example 16. 案例

#### pair

[ C ]an object consisting of two parts that are joined together分两个相连接部分的物体

- a pair of trousers/pants/jeans, etc. 一条长裤、裤子、牛仔裤等
- a pair of glasses/binoculars/scissors, etc. 一副眼镜、一架双筒望远镜、一把剪刀等

B: What?! That' s weird 奇怪的. Are they your boyfriend' s?

A: Nah, Kevin only wears (v.)briefs 三角内裤. Plus, this pair is extra small 特小号!

B: What do they look like?

A: They' re light blue 浅蓝色 with thin pink stripes 粉色条纹... Oh, and there' s a Snoopy 史努比 on it, which is hilarious (a.)很可笑的, 滑稽的, hahah...

B: Those are my undies 内裤; ( 妇女或小孩的 ) 内衣!

#### Example 17. 案例

- boxers : /'bɒksərz/ (noun) Loose-fitting men' s underwear. 平角内裤
- briefs : /bri:fs/ (noun) Tight-fitting men' s underwear. 三角内裤
- extra small : /'ɛkstrə smɔ:l/ (adj) Very small in size. 特小号
- undies : /'ʌndiz/ (noun) Informal term for underwear. 内裤

-boxers : 俚语, 表示平角内裤 ( slang, loose-fitting men' s underwear ) -undies : 俚语, 表示内裤 ( slang, informal term for underwear )

A : 莉莉, 我今天早上在洗衣机里发现了一条男式平角内裤 !

B : 什么 ? ! 这太奇怪了。是你男朋友的吗 ?

A : 不是, 凯文只穿三角内裤。而且, 这条是特小号的 !

B : 它们长什么样 ?

A : 浅蓝色, 带粉色条纹.....哦, 上面还有一只史努比, 真是滑稽, 哈哈.....

B : 那是我的内裤 !

## 9. Global View - Indian Food (C0309)

A: So where is this mystery restaurant 神秘餐厅 that we are going to?

B: It' s an Indian restaurant 印度餐厅! I know you have never had Indian food, so I thought (v.) you might want to try.

A: That sounds great! I am craving (v.)渴望 some type of beef dish 牛肉菜.

B: Well, Indian cuisine 美食;烹饪, 风味; 饭菜, 菜肴 actually doesn' t serve (v.) beef. You see, cows 牛 are a sacred (a.)神的, 神圣的; 宗教的 animal 神圣的动物, a very important element in the Hindu religion 印度教, so beef is not eaten.

#### Example 18. 案例

- cuisine → 词源同cook,culinary.

A: I see, so what are we having? Chicken 鸡肉?

B: There are many amazing dishes to choose from. We can have some *chicken tikka* 碎块, 小肉块 *masala* ( ( 印度 ) 马萨拉调味酱; 马萨拉味菜肴) 鸡肉咖喱, which is an amazing curry 咖喱. It' s a bit spicy (a.)辣的;加有香料的, 辛辣的; 刺激的, but I think you can handle it.

#### Example 19. 案例

- chicken tikka masala



A: Sounds good! I have always heard (v.) that /Indian spices 香料 give a rich flavor 味道 to food.

B: Yeah. Also, we can have some **Naan bread** 馕;印度烤饼, which is baked in a tandoori (a.)用唐杜里烹饪法烧的;泥炉炭火烹饪法的 oven 炭火烤炉. Since you don' t use (v.) any utensils 餐具 to eat, you can use this bread **to scoop (v.)**用勺舀, 用铲子铲; 挖出 **up** 舀起 the curry 咖喱菜肴; 咖喱粉 or rice.

Example 20. 案例  
Naan bread



tandoori

(n.)( often used as an adjective常用作形容词)a method of cooking (v.) meat on a long straight piece of metal (called a spit 烤肉扦子) in a clay oven 陶土烤炉, originally used in S Asia 唐杜里烹饪法 (源自南亚, 将肉插在金属棒上在泥灶中烘烤)

词源同 tandoor,唐杜里。用于指印度的一种烹饪方法, 将肉插在金属棒上, 在泥灶里烘烤, 现出于卫生和安全考虑, 也用金属炉代替。



A: What about veggies 蔬菜?

B: They have a good variety 多样化, 变化; 种类, 品种 of vegetable-based dishes 素菜, like **palak** 菠菜 **paneer** (印度奶酪) 菠菜奶酪;菠菜豆腐干, vegetable samosas 蔬菜咖喱角, or Daal 豆糊.

Example 21. 案例

- palak paneer



- vegetable samosas



- Daal



A: It all sounds exquisite 精致的，精美的! I can't wait!

#### Example 22. 案例

- beef dish : /bi:f dɪʃ/ (noun) A meal made with beef. 牛肉菜
- chicken tikka masala : /'tʃɪkɪn 'tɪkə mə'sɑ:lə/ (noun) A popular Indian curry dish. 鸡肉咖喱
- curry : /'kʌrɪ/ (noun) A dish with a spicy sauce. 咖喱
- Naan bread : /nɑ:n brɛd/ (noun) A type of Indian flatbread. 馕
- tandoori oven : /tæn'dʊəri 'ʌvən/ (noun) A traditional clay oven. 炭火烤炉
- utensils : /ju:'tensəlz/ (noun) Tools used for eating or cooking. 餐具
- scoop up : /sku:p ʌp/ (phrasal verb) Pick up something with a utensil or hands. 舀起
- veggies : /'vedʒɪz/ (noun) Informal term for vegetables. 蔬菜
- vegetable-based dishes : /'vedʒtəbəl beɪst 'dɪʃɪz/ (noun) Meals made primarily from vegetables. 素菜
- palak paneer : /pə'lɑ:k pə'ni:r/ (noun) A dish made with spinach and cheese. 菠菜奶酪
- vegetable samosas : /'vedʒtəbəl sə'moʊsəz/ (noun) Fried pastries filled with vegetables. 蔬菜咖喱角
- Daal : /dɑ:l/ (noun) A dish made from lentils. 豆糊
- exquisite : /ɪk'skwɪzɪt/ (adj) Extremely beautiful or delicate. 精致的

A: 我们要去的那家神秘餐厅在哪里?

B: 是一家印度餐厅! 我知道你从未吃过印度菜, 所以我想你可能会想尝试一下。

A: 听起来很棒! 我特别想吃点牛肉菜。

B: 嗯, 印度美食实际上不提供牛肉。你看, 牛是神圣的动物, 在印度教中非常重要, 所以不吃牛肉。

A: 明白了, 那我们吃什么? 鸡肉?

B: 有很多美味的菜肴可以选择。我们可以点一些鸡肉咖喱, 这是一道很棒的咖喱。它有点辣, 但我觉得你能接受。

A: 听起来不错! 我一直听说印度香料能给食物带来丰富的味道。

B: 是的。我们还可以点一些馕, 它是用炭火烤炉烤制的。因为你不使用餐具, 所以可以用这种面包舀起咖喱或米饭。

A: 那蔬菜呢?

B: 他们有很多素菜, 比如菠菜奶酪、蔬菜咖喱角或豆糊。

A: 这一切听起来都很精致! 我等不及了!

## 10. The Office - Small Talk 2 闲聊 (C0310)

James: So Michelle, let me introduce you to Maria. She's my colleague 同事 from Brazil.  
Maria, this is Michelle.

Maria: Hi Michelle. So what do you do here 你是做什么的 in Shanghai? I mean, what work 工作 do you do?

Michelle: I work (v.) in advertising 广告业 ; ( 总称 ) 广告 right now. How about you?

Maria: I' m actually in the wine business 葡萄酒行业.

Michelle: That sounds really great. I love wine myself! Is this your first time to Shanghai, Maria?

Maria: No actually, I often visit. I usually come to China for business at least once a year. Also, I love the restaurants 餐厅 in Shanghai, so that' s a good reason to come.

Michelle: Me too. Actually, there' s a great Brazilian restaurant 巴西餐厅 I recommend. I mean, the food is delicious 美味的, but the service 服务 isn' t so good. I often like to get together 聚会 with friends /and have a great barbecue 烧烤 there.

James: We should go together 一起去,聚会 some time.

Michelle: Wonderful idea! I' d love that!

#### Example 23. 案例

- get together : /get tə'gɛðər/ (phrasal verb) Meet or gather socially. 聚会
- barbecue : /'bɑ:rbɪkjʊ:/ (noun) A meal cooked over an open fire. 烧烤

詹姆斯：米歇尔，让我给你介绍一下玛丽亚。她是我从巴西来的同事。玛丽亚，这是米歇尔。

玛丽亚：嗨，米歇尔。那么你在上海做什么？我是说，你做什么工作？

米歇尔：我现在在广告行业工作。你呢？

玛丽亚：我实际上在葡萄酒行业。

米歇尔：那听起来很棒。我自己也很喜欢葡萄酒！玛丽亚，这是你第一次来上海吗？

玛丽亚：不，我经常来。我通常每年至少来中国一次处理业务。而且，我喜欢上海的餐厅，所以这也是一个很好的理由。

米歇尔：我也是。实际上，我推荐一家很棒的巴西餐厅。我是说，食物很美味，但服务不太好。我经常喜欢和朋友聚在一起，在那里吃烧烤。

詹姆斯：我们找个时间一起去吧。

米歇尔：好主意！我很乐意！

## 11. The Office - Sorry I' m Late (C0311)

Maggie Gao: Okay everyone, shall we begin?

Bill: Sorry Maggie, but we are missing 未得到 ; 未达到 a few people. Can we hang on 等一下; 稍等 , 别挂断 a sec?

Maggie Gao: Well, I did say eleven o' clock sharp (ad.正点 , 准时) 十一点整, and it' s now five past 五分了, so...

#### Example 24. 案例

sharp

(ad.)used after an expression for a time of day to mean 'exactly' (用于表时间的词语后,表示准时) ...整

•Please be here at **seven o' clock sharp** (ad.). 请七点整到这里。

James: Hi everyone, I' m so sorry I' m late. It' s **raining (v.) cats and dogs** 下大雨,倾盆大雨 outside, and I had to wait ages 很久 for a taxi.

Maggie Gao: Okay James, take a seat quickly please. Right, the subject of the meeting is...

Sally: Hi guys. Please excuse me 原谅我, I **was held up** 被耽搁 in traffic.

Maggie Gao: Right, as I was saying the subject of the...

Bruno: Hi Maggie. I' m terribly sorry 非常抱歉. The traffic is murder (糟蹋; 毁坏; 弄坏)极其糟糕 out there 外面的交通简直堵得要命.

Maggie Gao: Sit down Bruno! Okay now, as you are aware, the topic for this meeting is 'The importance of being punctual 守时的'. Who would like to start?

#### Example 25. 案例

- raining (v.) cats and dogs : /'reɪnɪŋ kæts ænd dɒgz/ (phrase) Raining very heavily. 下大雨
- held up : /hɛld ʌp/ (phrasal verb) Delayed or obstructed. 被耽搁
- murder : /'mɜːrdər/ (noun) Used to describe something very difficult or unpleasant. 极其糟糕

Maggie Gao : 好的, 各位, 我们可以开始了吗?

Bill : 抱歉, Maggie, 但我们还缺几个人。我们能等一下吗?

Maggie Gao : 嗯, 我说的是十一点整, 现在已经五分了, 所以.....

James : 嗨, 各位, 非常抱歉我迟到了。外面下着大雨, 我等了很久才打到出租车。

Maggie Gao : 好的, James, 请快点坐下。那么, 会议的主题是.....

Sally : 嗨, 大家。请原谅我, 我被交通耽搁了。

Maggie Gao : 好的, 正如我刚才说的, 会议的主题是.....

Bruno : 嗨, Maggie。非常抱歉。外面的交通极其糟糕。

Maggie Gao : 坐下, Bruno ! 好的, 正如你们所知, 本次会议的主题是“守时的重要性”。谁想先发言?

## 12. The Weekend - Ordering Drinks 点饮料,点酒水 (C0312)

A: What can I get you?

B: I' ll have a Cosmo 大都会鸡尾酒 please.

C: Dude! You can' t order a Cosmo! That' s a ladies' drink 女士饮品, you' re embarrassing (v.)让我尴尬 me!

B: What are you talking about? It' s a good drink!

C: It's too soft 温和的! Order (v.) something with a little more kick (n.)刺激; (毒品或酒精的)效力, 刺激性 to it!

Example 26. 案例

kick

(n.) [ usually sing.] ( informal ) the strong effect that a drug or an alcoholic drink has (毒品或酒精的)效力, 刺激性

•This drink has quite a kick. 这酒的劲相当大。

B: Fine! I'll have *a sex on the beach* 沙滩性爱鸡尾酒.

Example 27. 案例

sex on the beach



性感海滩, 又名沙滩性爱、激情海岸, 是一种有着多种变体的鸡尾酒。

该酒有两种基本类型:

第一种是由**伏特加**, **桃味烈酒**, 橙汁和蔓越莓汁。这种是“国际调酒师协会”官方鸡尾酒。

第二种是由**伏特加**, **香博树莓力娇酒**, 蜜多丽蜜瓜利口酒, 凤梨汁和蔓越莓汁调制。该方法列于《波士顿先生》官方调酒师指南中。

将原料一块放于雪克杯中, 摇匀后, 倒入高球杯。

**没有“酒精”的激情海岸变, 种一般被称为安全海滩** ( Safe Sex on the Beach )、**磨蹭海滩** ( Dry Humping on the Beach ) 或**处女海滩** ( Virgins on the Beach )

C: You have to be kidding me 开玩笑吧!

B: Come on! It's delicious 美味的! Especially when served in a pineapple 菠萝 or coconut 椰子.

Example 28. 案例

- coconut → 来自葡萄牙语。coco, 狰狞的, nut, 坚果。因该热带水果剥掉外层皮后, 从底部看去如同狰狞的脸而得名。



C: Forget it, I'm ordering for you. I'll have a *Scotch 苏格兰威士忌 on the rocks* (岩石) 加冰威士忌, and my friend here will have a Manhattan 曼哈顿鸡尾酒. Put it on my tab 账单. Here, now (改变话题或要对方做某事前, 引起对方注意) 喂, 哎, 嗨 this is a real drink 这才是真正的饮料!

Example 29. 案例



- Scotch on the rocks



B: That' s strong 烈的! This is going to get me wasted 喝醉!

C: That' s the idea! 这就是我的想法

单词解释 (中英文释义与例句) : - Cosmo : /'kɒzməʊ/ (noun) Short for Cosmopolitan, a popular cocktail. 大都会鸡尾酒 - ladies' drink : /'leɪdiz drɪŋk/ (noun) A drink typically preferred by women. 女士饮品 - embarrassing : /ɪm'bærəsɪŋ/ (adj) Causing someone to feel awkward or ashamed. 让我尴尬 - soft : /sɒft/ (adj) Mild or not strong. 温和的 - kick : /kɪk/ (noun) A strong or stimulating effect. 刺激 - sex on the beach : /sɛks ɒn ðə bi:tʃ/ (noun) A cocktail made with vodka, peach schnapps, and fruit juices. 沙滩性爱鸡尾酒 - kidding me : /'kɪdɪŋ mi:/ (phrase) Used to express disbelief or surprise. 开玩笑吧 - delicious : /dɪ'lɪʃəs/ (adj) Having a very pleasant taste. 美味的 - pineapple : /'paɪnæpəl/ (noun) A tropical fruit with sweet yellow flesh. 菠萝 - coconut : /'kəʊkənʌt/ (noun) The large seed of a tropical palm tree. 椰子 - Scotch on the rocks : /skɒtʃ ɒn ðə rɒks/ (noun) Whisky served with ice. 加冰威士忌 - Manhattan : /mæn'hætən/ (noun) A cocktail made with whiskey, sweet vermouth, and bitters. 曼哈顿鸡尾酒 - tab : /tæb/ (noun) A bill or account. 账单 - strong : /strɒŋ/ (adj) Having a high alcohol content. 烈的 - wasted : /'weɪstɪd/ (adj) Drunk or intoxicated. 喝醉 俚语/术语解释 : ladies' drink : 俚语, 表示女士饮品 (slang, a drink typically preferred by women) kidding me : 俚语, 表示开玩笑吧 (slang, used to express disbelief) wasted : 俚语, 表示喝醉 (slang, drunk or intoxicated) 完整中文翻译 : A : 您要点什么 ?

B : 我要一杯大都会鸡尾酒。

C : 老兄 ! 你不能点大都会 ! 那是女士饮品 , 你让我尴尬了 !

B : 你在说什么 ? 这酒很好喝 !

C : 它太温和了 ! 点些更有刺激性的吧 !

B : 好吧 ! 我要一杯沙滩性爱鸡尾酒。

C : 你开玩笑吧 !

B : 得了吧 ! 它很美味 ! 尤其是用菠萝或椰子盛装的时候。

C : 算了 , 我来帮你点。我要一杯加冰威士忌 , 我朋友要一杯曼哈顿鸡尾酒。记在我的账单上。给 , 这才是真正的酒 !

B : 这酒很烈 ! 我会喝醉的 !

C : 这就是我的目的 !

## 13. The Office - Small talk 3 闲聊 (C0313)

Grace: Hey Michelle! Is that you?

Michelle: Wow, Grace! Long time no see 好久不见! Where have you been?

Grace: Oh yeah. Well, you see, I got a promotion 升职, so I moved to the new Pudong office 浦东办公室 last September.

Michelle: You did? Congratulations 恭喜!

Grace: Thanks a lot. So how are things with you, Michelle?

Michelle: Well, same old 老样子,老一套, you know. Nothing much has changed here.

Grace: Are you still seeing 约会 Chris?

Michelle: No, actually we **split up** 分手,分散 last month.

Grace: Oh dear. I' m sorry to hear that.

Michelle: But I met a really cute guy 帅哥 last night at a networking party 社交聚会, so... well, let' s just **wait and see** 拭目以待,观望...

Grace: Good for you 为你高兴;真是了不起, 还不错哟, 你真行, Michelle!

#### Example 30. 案例

- split up : /splɪt ʌp/ (phrasal verb) End a relationship. 分手
- networking party : /ˈnetwɜːkɪŋ ˈpɑːti/ (noun) A social event for making professional connections. 社交聚会
- wait and see : /weɪt ænd siː/ (phrase) Be patient and observe what happens. 拭目以待
- good for you : /ɡʊd fɔːr juː/ (phrase) Used to express approval or praise. 为你高兴

Grace : 嘿, 米歇尔! 是你吗?

米歇尔: 哇, Grace! 好久不见! 你去哪儿了?

Grace : 哦, 是的。嗯, 你看, 我升职了, 所以去年九月搬到了新的浦东办公室。

米歇尔: 真的吗? 恭喜!

Grace : 非常感谢。那么, 你怎么样, 米歇尔?

米歇尔: 嗯, 老样子, 你知道的。这里没什么变化。

Grace : 你还在和Chris交往吗?

米歇尔: 不, 实际上我们上个月分手了。

Grace : 哦, 天哪。听到这个消息我很难过。

米歇尔: 但我昨晚在一个社交聚会上遇到了一个很帅的男人, 所以.....嗯, 我们拭目以待.....

Grace : 为你高兴, 米歇尔!

## 14. Daily Life - Making A **Collect Call** 对方付费电话, 代收电话 (C0314)

#### Example 31. 案例

- Collect Call N-COUNTA : **collect call** is a telephone call which is paid for by the person who receives the call, rather than the person who makes the call. 对方付费电话  
代收电话: 指拨打电话的一方, 希望由"被叫方"承担"通话费用"的电话。

A: This is the operator 接线员, how may I help you?

B: Yes, I would like to make a collect call 对方付费电话.

A: Ok sir, please dial (v.)拨打 the number. Now please state (v.)说出 your name.

B: Tommy.

A: Please wait a moment. Hello, you have a **collect call** from Tommy. Would you like to accept the charges 接受付费?

C: Yes, of course.

A: Dad?

C: Yeah Tommy, what happened? Are you ok?

A: Yeah dad, everything is ok. I' m calling you /because I want to know if it' s ok for me /to go to my friend' s house today after school.

C: Yeah sure, no problem. You **scared (v.) me to death** 吓死我了! I' ve told you to make a collect call **in case of** an emergency 紧急情况 only! Why didn' t you call me from your mobile phone 手机?

B: I ran out of 用完 credit 话费, and I also didn' t have twenty-five cents 二十五美分 for the payphone 公用电话, 付费电话. Sorry, dad.

Example 32. 案例

- collect call : /kə'lekt kɔ:l/ (noun) A phone call paid for by the person receiving it. 对方付费电话

A: 这里是接线员, 请问有什么可以帮您?

B: 是的, 我想打一个对方付费电话。

A: 好的, 先生, 请拨打号码。现在请说出您的名字。

B: Tommy。

A: 请稍等。您好, 您有一个来自Tommy的对方付费电话。您愿意接受付费吗?

C: 当然愿意。

A: 爸爸?

C: 是的, Tommy, 发生什么事了? 你还好吗?

A: 是的, 爸爸, 一切都好。我打电话是想知道今天放学后我能不能去朋友家。

C: 当然可以, 没问题。你吓死我了! 我告诉过你只有在紧急情况下才能打对方付费电话! 你为什么不用手机打给我?

B: 我的手机没话费了, 而且我也没有二十五美分投公用电话。对不起, 爸爸。

## 15. The Office - Sending A Quote 引文, 引语; 报价, 开价; (股票) 报价, 牌价 Via Email 通过电子邮件发送报价 (C0315)

Tracy: Melanie, can you help me with something? We need to finalize (v.)最后决定, 敲定 the account 账户 with the Mexican Embassy 墨西哥大使馆, and I need some advice on phrasing (v.)措辞 this letter 信 correctly in English.

Melanie: Sure Tracy, let me just get my laptop 笔记本电脑. All set 准备就绪, 准备好了, 都准备妥当.

Tracy: Okay, so... “**To Whom 后定 It May Concern** (v.担心, 忧虑;有关, 关于; 涉及) **敬启者; 给有关人士,**” I am writing...

Melanie: Um, Tracy? I think that’ s a little too formal 正式的. I know you want to be polite 礼貌的, but you’ ve already made (v.)contact 联系 with them, so in English you can be more relaxed 轻松的 in the opening 开头.

Tracy: Okay, more relaxed. Got it... “Hey Sally, what’ s up? It’ s Tracy here, just...”

Melanie: Okay Tracy, now it’ s too relaxed! You’ ve still got to show some respect 尊重. How about starting (v.) with “Dear Ms. Cooper, I’ m writing to confirm (v.)确认...”

Tracy: Great, okay. “Dear Miss Cooper, I’ m writing to confirm the final quotation 报价 for *the full-page 全页的; 满版的back cover 封底 color advertisement 彩色广告* you requested for the *spring issue 春季期刊* of Voila 瞧; 可不是 magazine.”

Melanie: That’ s great...

Tracy: “The final costing 费用, including advert design 广告设计 and production 制作, comes to forty-five thousand six hundred RMB 四万五千六百人民币. We want payment (n.)付款 *ten working days 工作日* before publication 出版, or we will cancel (v.)取消 the ad. Thanks for...”

Melanie: Woo, okay, **back up 退一步 a second** Tracy. That’ s too direct 直接的. Can I suggest you say, “Please note (v.)留意, 注意 that 主 final payment 系 is due (a.)到期的, 预期的 two working weeks before publication” ? You don’ t want to offend 冒犯 her.

Tracy: Oops, okay. You are right. Then I can just end (v.) with “All the best 一切顺利, 万事如意, Tracy.”

Melanie: Hmmmm, maybe, but I’ d **play it safe 稳妥行事,小心谨慎** and just finish (v.) with “**Yours Sincerely** (ad.由衷地, 真诚地) 谨启 (用于英文信件署名前);您忠诚的.” That’ s more professional 专业的.

Tracy: Oh, Melanie, you are a *life saver 救生员,救星*, thank you!

#### Example 33. 案例

- back cover : /bæk 'kʌvər/ (noun) The rear side of a magazine or book. 封底
- working days : /'wɜːrkɪŋ deɪz/ (noun) Days when business is conducted. 工作日
- publication : /ˌpʌblɪ'keɪʃən/ (noun) The act of producing a book or magazine. 出版
- play it safe : /pleɪ ɪt seɪf/ (phrase) Be cautious to avoid risks. 稳妥行事
- life saver : /laɪf 'seɪvər/ (noun) Someone who helps in a difficult situation. 救星

Tracy : Melanie, 你能帮我个忙吗? 我们需要敲定与墨西哥大使馆的账户, 我需要一些关于如何用英语正确措辞这封信的建议。

Melanie : 当然, Tracy, 我拿一下我的笔记本电脑。好了。

Tracy : 好的, 那么..... “敬启者:” 我正在写.....

Melanie : 嗯, Tracy? 我觉得这有点太正式了。我知道你想礼貌一些, 但你已经和他们联系过了, 所以用

英语开头可以更轻松一些。

Tracy : 好的, 更轻松一些。明白了..... “嘿, Sally, 最近怎么样? 我是Tracy, 只是.....”

Melanie : 好吧, Tracy, 现在又太随意了! 你仍然需要表现出一些尊重。不如这样开头: “亲爱的Cooper女士, 我写信是为了确认.....”

Tracy : 太好了, 好的。 “亲爱的Cooper女士, 我写信是为了确认您为Voila杂志春季刊要求的封底彩色广告的最终报价。”

Melanie : 很好.....

Tracy : “最终费用, 包括广告设计和制作, 共计四万五千六百人民币。我们希望在出版前十个工作日收到付款, 否则我们将取消广告。感谢.....”

Melanie : 哇, 好吧, 退一步, Tracy。这太直接了。我建议你说: “请注意, 最终付款需在出版前两周完成。” 你不想冒犯她。

Tracy : 哎呀, 好吧。你说得对。那我就可以用 “祝好, Tracy” 结尾了。

Melanie : 嗯, 也许吧, 但我会稳妥行事, 用 “此致, 敬礼” 结尾。这样更专业。

Tracy : 哦, Melanie, 你真是我的救星, 谢谢!

## 16. Daily Life - Small Talk Series 4 - Discussing (v.) Recent Workevents 工作事件 (C0316)

Jeremy: Hi Michelle. Do you need to use the photocopier 复印机?

Michelle: Oh hi Jeremy. No please, go ahead. So how are you, Jeremy? I was talking to Linda about you only last week.

Jeremy: Oh I' m fine thanks. I' m super busy 超级忙 with work actually. Did you hear about the Lawson contract 劳森合同?

Michelle: No, tell me more.

Jeremy: Well, I was discussing the contract with Bill, and he said that they met the head of Lawsons 劳森负责人 last week.

Michelle: And?

Jeremy: And hopefully they are going to confirm 确认 the deal on Wednesday, **fingers crossed** 祈祷一切顺利;交叉手指,乞求某事成功.

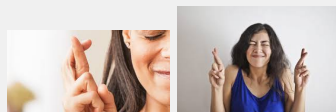
### Example 34. 案例

#### fingers crossed

fingers crossed = good luck, 指的是「祝願對方努力有成」。

fingers 是熟悉的「手指」, 而 crossed 是「交叉的」這個意思的形容詞。

交叉的手指, 成為了「幸運」的象徵, 這源於西歐十字架作為強大象徵的傳統。交叉點被認為是集中良好精神的地方, 而保持交叉的手指, 直到願望實現, 被認為能發揮其作用。



fingers crossed可以單獨使用, 但也有以下的用法:

- keep fingers crossed
- keep one' s fingers crossed

這兩種表達都包含了keep。如前所述，它們表達的意思是“直到願望實現之前，保持交叉手指的姿勢”。

在「keep one's fingers crossed」中，one's 可以放入祈求幸運的人的名字，例如可以做以下變化：

- keep my fingers crossed (我祈求好運)
- keep your fingers crossed (祝你好運)

**Fingers crossed!** I'll wait for the great news regarding your exam result! 祝你好運！我會等著你考試的好消息！

Michelle: That's great news, Jeremy. Congratulations 恭喜! Anyway, I must get back, but give my regards 问候;注意；尊重；致意 to your wife Monica.

Jeremy: I will, Michelle. Speak to you soon 下次再聊!

Jeremy：嗨，Michelle。你需要用复印机吗？

Michelle：哦，嗨，Jeremy。不用了，你先用吧。那么，你怎么样，Jeremy？我上周还在和Linda聊到你。

Jeremy：哦，我很好，谢谢。实际上我工作超级忙。你听说劳森合同的事了吗？

Michelle：没有，告诉我更多吧。

Jeremy：嗯，我和Bill讨论了合同，他说他们上周见了劳森负责人。

Michelle：然后呢？

Jeremy：然后希望他们能在周三确认这笔交易，祈祷一切顺利。

Michelle：那是个好消息，Jeremy。恭喜！无论如何，我得回去了，但代我向妻子Monica问好。

Jeremy：我会的，Michelle。下次再聊！

## 17. The Office - First Paycheck (付薪水的支票，薪水) 第一份工资 (C0317)

Emily: Hey, Susan. Have you got a sec 片刻? I have some questions about my paycheck 薪水, 工资单.

Susan: You bet, Emily. Pull up 停下来，停车 a chair 拉把椅子过来.

Emily: Well, this is my first paycheck here in the States, and there are a few things I don't understand. First off, what is this FICA 联邦保险贡献法 (=Federal Insurance Contributions Act), and SUI Y tax 州失业保险税, and why are there deductions 扣除 both for Medicare 医疗保险 and for my health insurance plan 健康保险计划?

Example 35. 案例  
FICA

# 什么是 FICA?



Securing today  
and tomorrow



FICA 是美国联邦工资税。它代表 **Federal Insurance Contributions Act** (联邦保险供款法案), 需从薪资中扣除。



您的九位数字有助于 Social Security (社会保障署) 准确记录您的相关薪资或自雇情况。当您工作并缴纳 FICA 税时, 您就能获得 Social Security (社会保障) 福利。

## 我的薪资扣除了多少钱?



您的薪资总额的 **6.2%** 用于缴纳 Social Security (社会保障) 税。\*

您的薪资总额的 **1.45%** 用于缴纳 Medicare (联邦医疗保险) 税。\*

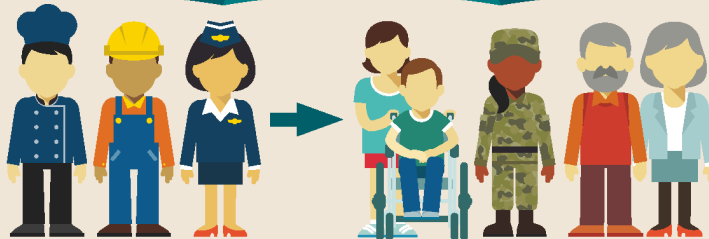


估计有 1.8 亿工作者享受 Social Security (社会保障) 提供的福利。

\*您的雇主与上述百分比相匹配的供款比例总计为 15.3%。



FICA 资助 Social Security (社会保障) 和 Medicare (联邦医疗保险) 计划, 为退休人员、残疾人士和儿童提供福利。



## 更多 FICA 相关信息:

您缴纳的税款并不会保留在个人账户中, 供您在领取保障金时使用。当今的工作者帮助支付当今退休人员和其他受益人的保障金。任何未使用资金都会进入 Social Security (社会保障) 信托基金, 保障您和您家人的当下和未来。

打开 my Social Security 账户查看您的 Social Security (社会保障) 福利如何随时间推移而增长。

**SSA.gov**

Social Security Administration | Publication No. 05-10297-CH-S | May 2023 (Recycle prior editions) | 由美国纳税人出资制作



根据美国国税局规定, 雇主和领取工资的雇员, 都需要向国税局按时缴纳 FICA (社会保障和医疗保险) 税。但同时也规定, 以 F-1 学生签证身份暂时入境的“非移民国际留学生”, 可以免除缴纳 FICA 税。

目前, 员工所支付的 FICA (社会保障和医疗保险) 总税率为 7.65%。这包括了 6.20% 的“社会保障税”, 和 1.45% 的“医疗保险税”。

社会保障税有薪资上限, 2020 年为 137,700 美元。薪资上限以上的部分, 无需缴纳“社会保障税”。另一方面, 医疗保险税则没有该项薪资上限。如果高收入人士的收入一年超过 20 万美元, 则还需要缴纳额外的“医疗保险税” (0.9%)。

若持有 F-1 签证, 且为非移民身份的国际留学生, 在美未满足 5 年, 他们的报税身份则为“非居民外国人” (Non-resident Aliens)。这类身份的人不需要缴纳 FICA (社会保障和医疗保险) 税。

该项豁免要求, 也适用于处在“实践培训”期间 (即 CPT 或 OPT) 的国际留学生, 只要该留学生满足报税身份为“非居民外国人”的条件。

需要注意的是, 如果持有 F-1 签证的非移民身份留学生, 在美超过 5 年, 则会被划分为“居民外国人” (Resident Aliens), 他们应按规定缴纳 FICA (社会保障和医疗保险) 税。



Susan: OK, let' s start from the top of your *pay stub* (存根 ; 烟蒂 ; 树桩) 工资单. This number here represents (v.) your *gross pay* 总收入,总工资.

Emily: Yes, that' s easy enough to understand.

Susan: Then here we have a series of deductions 扣除. First off are the federal 联邦的 ones. FICA **stands for** *Federal Insurance Contribution Act* 联邦保险贡献法, or something like that. It' s your federal income tax 联邦所得税. And then there' s Social Security 社会保障 and Medicare, which are both federal programs **to help you out** 帮助你解决问题 after you retire 退休 or if you were unable to work 无法工作.

Emily: All right, I see. So the Medicare isn' t actually a health insurance I can use (v.) now.

Susan: That' s right. Below *the federal deductions* are *the state deductions* 州扣除. There' s the state income tax 州所得税, and then this *SUI SDI tax* you were asking about **is paying (v.) into** 将钱存入 (基金或账户) an *unemployment and disability fund* 失业和残疾基金 that our state has set up, but you can see /it' s a pretty small quantity 数量 that they take 拿走.

Emily: Yeah, I don' t mind (v.) giving them a dollar fifty 一块五 for that. So there are two separate income taxes – one at a state level /and one at a federal level?

Susan: That' s right. Not all states have an *income tax* 所得税. Some use (v.) higher *property taxes* 房产税 or *sales taxes* 销售税 instead.

Emily: I see. All right, well I think everything else I can figure out 搞清楚 on my own. 主 The deductions for health insurance and my 401(K) 401K计划 系 are pretty self-explanatory 不言自明的. Thanks for your help, Susan.

Susan: No problem! All those deductions do **add up** 加起来, and nobody' s *net pay* 净工资 is **as high as** they' d like 没有人的净收入能达到他们想要的那么高. I can understand why you' d want some explanation 解释.

Emily: Yeah, I guess it' s the same in the UK, I just never paid much attention. See you later 回头见!

#### Example 36. 案例

- pull up a chair : /pʊl ʌp ə tʃeə/ (phrase) Invite someone to sit down. 拉把椅子过来
- FICA : /'faɪkə/ (noun) Federal Insurance Contribution Act, a U.S. tax. 联邦保险贡献法
- SUI Y tax : /su:i wəɪ tæks/ (noun) State *Unemployment Insurance* tax. 州"失业保险税"
- Medicare : /'mɛdɪkeə/ (noun) A U.S. federal health insurance program. 医疗保险
- health insurance plan : /həlθ ɪn'ʃʊərəns plæn/ (noun) A policy for medical coverage. 健康保险计划
- pay stub : /peɪ stʌb/ (noun) A document showing earnings and deductions. 工资单
- gross pay : /grəʊs peɪ/ (noun) Total income before deductions. 总收入

- Federal Insurance Contribution Act : /'fedərəl ɪn'fʊərəns kən'trɪbjʊ:ʃən ækt/ (noun) A U.S. tax for Social Security and Medicare. 联邦保险贡献法
- federal income tax : /'fedərəl ɪnkʌm tæks/ (noun) Tax paid to the federal government. 联邦所得税
- Social Security : /'səʊʃəl sɪ'kjʊərənti/ (noun) A U.S. program for retirement benefits. 社会保障
- state deductions : /stet dɪ'dʌkʃənz/ (noun) Amounts subtracted by the state. 州扣除
- state income tax : /stet ɪnkʌm tæks/ (noun) Tax paid to the state government. 州所得税
- unemployment and disability fund : /,ʌnɪm'plɪmənt ænd ,dɪsə'bɪləti fʌnd/ (noun) A fund for jobless or disabled individuals. 失业和残疾基金
- property taxes : /'prɒpəti 'tæksɪz/ (noun) Taxes on real estate. 房产税
- sales taxes : /seɪlz 'tæksɪz/ (noun) Taxes on goods and services. 销售税
- 401(K) : /fɔːr əʊ wʌn keɪ/ (noun) A U.S. retirement savings plan. 401K计划

Emily: 嘿, Susan. 你有空吗? 我有些关于我的工资单的问题。

Susan: 当然, Emily. 拉把椅子过来吧。

Emily: 嗯, 这是我在美国的第一张工资单, 有几件事我不太明白。首先, 这个FICA和SUI Y税是什么? 为什么既有医疗保险的扣除, 又有我的健康保险计划的扣除?

Susan: 好的, 我们从你的工资单顶部开始。这个数字代表你的总收入。

Emily: 是的, 这个很容易理解。

Susan: 然后这里有一系列的扣除。首先是联邦扣除。FICA代表联邦保险贡献法, 或者类似的东西。这是你的联邦所得税。然后是社会保障和医疗保险, 这些都是联邦计划, 帮助你在退休或无法工作时渡过难关。

Emily: 好的, 我明白了。所以医疗保险并不是我现在可以使用的健康保险。

Susan: 没错。在联邦扣除下面是州扣除。有州所得税, 然后你问到的SUI SDI税是支付给我们州设立的失业和残疾基金, 但你可以看到他们扣的金额很小。

Emily: 是的, 我不介意给他们一块五。所以有两个独立的所得税——一个是州级的, 一个是联邦的?

Susan: 没错。并非所有州都有所得税。有些州用更高的房产税或销售税代替。

Emily: 我明白了。好吧, 我觉得其他部分我可以自己搞清楚。健康保险和我的401K计划的扣除都很不言自明。谢谢你的帮助, Susan。

Susan: 不客气! 所有这些扣除加起来, 每个人的净工资都不会像他们希望的那么高。我能理解你为什么想要一些解释。

Emily: 是的, 我想在英国也是一样的, 我只是从来没有太注意。回头见!

## 18. Global View - Allergies 过敏; 敏感 (C0318)

Jim: Argh... I feel terrible. I keep sneezing (v.)打喷嚏, and my eyes are all watery (a.)流泪的; 水的; 似水的; 含水的; 水分很多的. What' s wrong with me?

Tom: Wow, you' re not dying 快死了, are you? It looks like you have a cold 感冒. You should take some medicine 药.

Jim: I don' t think it' s a cold. I feel fine /if I move a few feet away from my desk.

Tom: Maybe we should put you into quarantine (n. ( 为防传染的 ) 隔离期; 检疫) 把你隔离, haha. **Jokes aside** 玩笑归玩笑, I think you might have an allergy 过敏.

- quarantine → 来自拉丁语quadraginta,四十, 来自quadr-,四, -gin,十, 词源同ten,dean.现词义来自17世纪意大利威尼斯港对来自瘟疫区的商品和货物实行的四十天隔离检验以确保瘟疫不会入境。

Jim: An allergy? I never thought (v.) about that. I don' t think I' m allergic (a.) to 对.....过敏 pollen 花粉 though, and I' m desensitized (v.)脱敏;使不敏感, 使麻木不仁 to *bee stings* 蜜蜂叮咬 after being stung (v.) so many times. Hmm...

Jim: Ow! Why did you chuck (v.) 扔, 抛 that peanut 花生 at me?

Tom: Just checking /if you' re allergic (a.)对.....过敏的 to peanuts. I guess not.

Jim: Not funny! I could have gone into anaphylactic (a.)过敏的 shock 过敏性休克!

Tom: Okay, my bad 我的错. How about dust 灰尘? This office is full of it.

Jim: Yes, the whole office is dusty, yet I only feel (v.) affected near our desks!

Cat: Meow meow meow!

Jim: You brought your cat 猫 into the office?!

Tom: Yes, it' s Mr. Snuffle' s birthday 生日 today. I didn' t want him to be alone on his special day 特别的日子!

Jim: ACHOO! Argh, put it away! ACHOO!

Tom: I guess we found the problem. You' re allergic to cats!

#### Example 38. 案例

- jokes aside : /dʒəʊks ə'saɪd/ (phrase) Stop joking and be serious. 玩笑归玩笑
- anaphylactic shock : /,ænə'fɪ'læktɪk ʃɒk/ (noun) A severe allergic reaction. 过敏性休克
- my bad : /maɪ bæd/ (phrase) An informal way to admit a mistake. 我的错

Jim : 啊.....我感觉糟透了。我不停地打喷嚏,眼睛也一直流泪。我怎么了?

Tom : 哇,你不是快死了吧?看起来你感冒了。你应该吃点药。

Jim : 我不觉得是感冒。如果我离我的桌子远一点,我就感觉很好。

Tom : 也许我们应该把你隔离,哈哈。玩笑归玩笑,我觉得你可能是过敏了。

Jim : 过敏?我从来没想过这个。不过我不认为我对花粉过敏,而且我被蜜蜂叮了那么多次,已经脱敏了。嗯.....

Jim : 哎哟!你为什么朝我扔花生?

Tom : 只是检查一下你是不是对花生过敏。我猜不是。

Jim : 一点都不好笑!我可能会过敏性休克的!

Tom : 好吧,我的错。那灰尘呢?这办公室里到处都是灰尘。

Jim : 是啊,整个办公室都灰蒙蒙的,但我只有在我们的桌子附近才觉得不舒服!

猫 : 喵喵喵!

Jim : 你把你的猫带到办公室来了?!

Tom : 是的,今天是Mr. Snuffle的生日。我不想让他在特别的日子孤单一人!

Jim : 阿嚏!哎哟,把它带走!阿嚏!

Tom : 我想我们找到问题了。你对猫过敏!

## 19. Daily Life - Small Talk 5 - Brief Talk 简短交谈 With A Stranger (C0319)

Older gentleman: Oh dear Miss, you are soaked (a.v.)湿透了! Wow, it' s really raining heavily 下大雨 outside.

Michelle: Yes, it sure is. I had to run here 跑过来 from work! I need to rush 赶时间 as I' m on my *lunch break* 午休.

Older gentleman: Well, please, why don' t you **go ahead of** 超过, 领先于 me 排在我前面 in line? I' m in no hurry 着急.

Michelle: Oh, that' s so nice of you! Thank you very much.

Older gentleman: My pleasure, Miss. Actually, could you recommend 推荐 what to eat here? I' ve never been here before.

Michelle: Sure. Well, the *avocado* 鳄梨, *牛油果 sandwich* 牛油果三明治 is delicious 美味的, and it' s the healthiest 最健康的 thing on the menu. Personally, I think the beef salad 牛肉沙拉 is the tastiest 最美味的 choice. I usually get that. Also, the milkshakes 奶昔(一种由牛奶、冰淇淋和其他配料混合而成的饮料) are the best milkshakes in town!

### Example 39. 案例

- avocado



- avocado sandwich



- milk shakes



Older gentleman: Well, thanks for the suggestions 建议.

Michelle: Oh, don' t mention it.

### Example 40. 案例

- go ahead of me : /gəʊ ə'head əv mi:/ (phrase) Move in front of someone. 排在我前面
- beef salad : /bi:f 'sæləd/ (noun) A salad made with beef. 牛肉沙拉
- milkshakes : /'milkjeɪks/ (noun) Sweet drinks made with milk and ice cream. 奶昔

年长绅士：哦，天哪，小姐，你湿透了！哇，外面下着大雨。

Michelle：是啊，确实如此。我从工作的地方跑过来的！我得赶时间，因为我在午休。

年长绅士：好吧，请排在我前面吧。我不着急。

Michelle：哦，你真是太好了！非常感谢。

年长绅士：不客气，小姐。实际上，你能推荐一下这里吃什么吗？我从没来过这里。

Michelle：当然。嗯，牛油果三明治很美味，而且是菜单上最健康的。我个人认为牛肉沙拉是最美味的选择。我通常点那个。还有，这里的奶昔是镇上最好的！

年长绅士：好吧，谢谢你的建议。

Michelle：哦，不用谢。

---

## 20. Global View - Taking The GMAT 参加GMAT考试 (C0320)

Ash: I can't seem to progress (v.)进步 up the career ladder 职业阶梯 no matter how hard I try, and I have been here for 2 years already!

Mindy: Well, have you **thought (v.) of** getting an MBA 工商管理硕士? I heard it does wonders (n.)创造奇迹 in getting you to the top.

Ash: An MBA, hey... well, my degree 学位 wasn't in business. The business schools 商学院 won't be interested in me. 商学院不会对我感兴趣的。

Mindy: Nonsense 胡说! The business schools measure (v.)衡量 your ability 能力 through a test called the GMAT 研究生管理入学考试.

Ash: GMAT? What does that **stand for** 代表, and what will the test contain (v.)包含?

Mindy: Graduate Management Admission Test 研究生管理入学考试. It contains three parts: Analytical (a.) Writing Assessment 分析性写作评估, the Quantitative section 定量部分, and the Verbal section 语言部分. Not only **does** the test **mark (v.)**评分 you on the number of questions answered 考试不仅根据你回答的问题的数量来给你打分, but also on the difficulty 难度.

Ash: Okay, this sounds (v.) a little tough 困难的. How am I supposed to practice (v.)练习 for this?

Mindy: Up to you 由你做主,由你决定. You could have a one-on-one session 一对一课程 with a tutor 导师 or group sessions 小组课程. You can also use (v.)free 免费的 or private computer software 私人电脑软件. 去 Going to church 教堂 谓 might help (v.) as well!

Ash: No matter what I do, I'm going to ace (v.)考好;在.....中取得好成绩; (网球或排球)发球得分 this test /and go on to become (v.) a corporate **fat cat** (肥猫;大亨;阔佬) 企业大亨!

---

### Example 41. 案例

#### ace

→ 来自拉丁词as, 一, 原指一种最低面值的铜币, 后来受扑克牌A影响, 表示王牌, 优。

人们通常认为, 西方的扑克牌 (poker) 源自意大利的塔罗牌。除了大小鬼两张副牌外, 共有52张正牌, 分成四个花色。除了1-10等数字牌外, 还有K、Q、J三种人头牌。其中K代表King (国王), Q代表Queen (王后), J代表Jack (勇士)。

其中，表示数字“1”的牌，用字母A表示，英语中叫做ace，意思就是“一”，来自法语和拉丁语as（一）。



ace除了可以表示扑克牌中的A外，还可以表示骰子中的一点。由于ace代表最小的分值，所以ace原本含有“坏运气”、“无用的东西”等含义。

在法国大革命后，人们修改了扑克牌的游戏规则，**使A比K大，作为“底层人民推翻君主”的象征。从此以后，A成了最大的牌。相应的，单词ace的含义也发生了变化，变成了“王牌、佼佼者”的意思。**

在第一次世界大战中，ace还被用来表示击落5架以上敌机的王牌飞行员。在网球比赛中，发球直接得分也被称为“ace球”。

ace：[eɪs] n. 幺点，佼佼者，王牌，直接得分的发球adj. 一流的，极好的v. 发球直接得分，击败，得高分，顺利通过考试。

Mindy: Umm... That's the spirit 精神!

#### Example 42. 案例

- Quantitative section : /'kwɒntɪtətɪv 'seɪʃən/ (noun) A part of the GMAT testing math skills. 定量部分
- group sessions : /gru:p 'seɪʃənz/ (noun) Classes with multiple students. 小组课程

Ash：无论我怎么努力，似乎都无法在职业阶梯上进步，而且我已经在这里待了两年了！

Mindy：嗯，你有没有想过读一个工商管理硕士？我听说它能创造奇迹，帮你登上顶峰。

Ash：工商管理硕士，嗯.....我的学位不是商科的。商学院不会对我感兴趣的。

Mindy：胡说！商学院通过一个叫GMAT的考试来衡量你的能力。

Ash：GMAT？它代表什么，考试包含什么内容？

Mindy：研究生管理入学考试。它包含三个部分：分析性写作评估、定量部分和语言部分。考试不仅根据你回答的问题数量评分，还根据难度评分。

Ash：好吧，这听起来有点困难。我该怎么练习呢？

Mindy：看你了。你可以和导师上一对一课程，或者参加小组课程。你也可以使用免费或私人电脑软件。去教堂也可能有帮助！

Ash：无论我做什么，我都要考好这个考试，然后成为企业大亨！

Mindy：嗯.....就是这种精神！