

3.11 蛋学长精读 | 浪漫新风尚：单身、情侣与“三人行”



February 15th 2025 【Britain】

Romance: Singles, couples and throuples

浪漫新风尚：单身、情侣与“三人行”

Valentine's Day may need to adjust to the times

情人节或许需要顺应时代变化

【1】It is **supposed** to be the most **romantic** day of the year. On Valentine's Day you **typically** take your partner by the hand through a **crowded** restaurant, then do your best to **maintain** loving eye contact across a table while ignoring the other couple sitting **uncomfortably** close to you. You try to enjoy an **overpriced** meal on Cupid's **busiest** night.

情人节本该是一年之中最具浪漫气息的日子。到了这一天，你往往会牵着伴侣的手，在拥挤的餐厅里穿行，接着在餐桌对面尽力与对方保持深情的目光交汇，同时尽量不去留意旁边那对坐得过于靠近、让你略感尴尬的情侣。在丘比特最繁忙的夜晚，你努力享受一顿价格不菲的晚餐。

【2】Love it or hate it, Valentine's Day has become deeply **entrenched** as a **celebration** for couples in Britain and beyond. Last year, according to a survey by YouGov, a **pollster**, nearly half of adults in Britain marked the day in some way. Yet the ways they do so

中文导读

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supposed /sə'pəʊzd/ adj. 误以为的, 误信的, 所谓的.v. (根据所知) 认为, 推断, 料想, 假定, 假设, 设想, (婉转表达) 我看, 要我说, 要不 **suppose** 的过去分词和过去式 **Colorfast garments are not supposed to run.** 不掉色的衣服应该不渗色的

romantic /rə(ɒ)'mæntɪk/ adj. 浪漫的, 爱情的, 情爱的, 多情的, 表达爱情的, 富有情调的, 美妙的, 富于幻想而不切实际的, 浪漫主义的, 浪漫主义风格的.n. 浪漫的人, 耽于幻想的人, 浪漫主义作家(或音乐家、艺术家) **Romantic love will buffer you against life's hardships.** 浪漫的爱会减轻生活的艰辛。

typically /'tɪpɪklɪ/ adv. 典型的, 通常, 一般, 典型地, 具有代表性地, 不出所料, 果然 **Typically caused by midfrequency distortions in an analog system.** 在模拟系统中通常是由中频信号的失真所引起。

crowded /'kraʊdɪd/ adj. 拥挤的, 人(太)多的, 充满的, 挤满的.v. 挤满, 塞满, 使...拥挤, 涌上(心头), 涌入(脑海), 挤, 靠近, 挤在一旁(以致使人不舒服或紧张)**crowd** 的过去分词和过去式 **She sidled out of the crowded room.** 她悄悄地侧身走出那挤满人的房间。

maintain /mem'teɪn/ v. 维持, 保持, 维修, 保养, 坚持(意见), 固执己见, 供养 **She maintains that the accusation is groundless.** 她坚持该指控是毫无根据的。

uncomfortably /,ʌn'kʌmfətəbli/ adv. 令人不安(或尴尬)地, 显得不安(或尴尬)地, 不舒服地, 难受地 **My nose is uncomfortably stuffed up.** 我的鼻子塞得很难受。

overpriced /,əʊvə'praɪst/ adj. 价格太高的, 过于昂贵的 **This resulted in overpriced and often inferior products** 这就导致了标价过高而往往质量低劣的产品的出现。

busiest /'bɪzi:st/ adj. 忙碌的, 无暇的, 忙于(做某事), 人来车往的, 熙熙攘攘的 **busy** 的最高级 **You say that he owns a business, but "business" covers a multitude of sins.** 你说他开了一家商行, 但“商行”两字下面藏着种种见不得人的东西。

2

entrenched /ɪn'trentʃt/ v. 使处于牢固地位, 牢固确立 **entrench** 的过去分词和过去式 adj. 根深蒂固的 **The troops were entrenched near the mountains.** 部队在群山边筑起壕沟以防卫自己。

celebration /selɪ'bretʃ(ə)n/ n. 庆典, 庆祝活动, 庆祝, 颂扬 **Some higher officials attended the celebration rally.** 一些高级官员参加了庆祝大会。

pollster /'pəʊlstə/ n. 民意测验员, 民意调查员, 民意测验主办人 **Pollsters massaged the numbers to favor their candidate.** 在民意调查中篡改数据以有利于他们的候选者

3

are changing. Panda Foreign Magazine Intensive Reading: Respect for Originality, Piracy Must Be Punished

无论喜欢与否，情人节早已成为英国乃至世界各地情侣们的重要节日。据民调机构尤戈夫（YouGov）去年的调查显示，英国有近一半的成年人会以各种形式庆祝这一天。不过，人们庆祝的方式正在改变。

【3】Some traditions, it is true, remain **firmly** in place. Sections of stores become a sea of pink. Giving a card to a loved one is still common (43% of Britons who celebrate Valentine's Day did so last year, according to YouGov), as are gifts of chocolates (25%) and flowers (20%). But perhaps surprisingly, given the **reputation** of a **romantic** meal as a core part of the **ritual**, last year only 6% of Britons went out for a Valentine's dinner with their partner or date. Instead, many more opted for a quiet night in with a home-cooked meal or a **takeaway**.

诚然，一些传统依然根深蒂固。商店的部分区域被粉色装饰所淹没。给心爱的人送卡片仍然常见（尤戈夫调查显示，去年有43%庆祝情人节的英国人选择了这种方式），送巧克力和鲜花同样常见（分别占比25%和20%）。

然

而，令人惊讶的是，尽管浪漫晚餐被视为情人节仪式的重要组成部分，但去年仅有6%的英国人选择与伴侣或约会对象外出共进情人节晚餐。相反，更多人选择在家做饭或点外卖，度过一个安静的夜晚。

【4】That points to social changes that are **bound** to affect a day **dedicated** to romance. In 2023 almost 40% of the adult population in England and Wales were reported to be single, up from 30% in 2001. Of course, that need not stop people from celebrating on February

firmly /'fɜːmli/ adv. 坚决地, 坚定地, 坚固地 The ladder rests **firmly** against the tree. 梯子稳固地靠在树上

reputation /ˌrepjuː'teɪʃ(ə)n/ n. 名誉, 名声 He has acquired a **reputation** for dishonesty. 他得到了奸诈的名声。

ritual /'rɪtʃʊəl/ n. 仪式, 礼节, 程序, 仪规, (尤指) 宗教仪式, 习惯, 老规矩 adj. 仪式上的, 庆典的, 习惯的, 老套的, 例行公事的 My household chores have become a morning **ritual**. 家务已经成了我早晨的例行公事

takeaway /'teɪkəweɪ/ n. 外卖, 外卖餐馆, 外卖的饭菜, 外卖食物 There's a Chinese **takeaway** in the centre of town. 在市中心有一家中国菜的外卖餐馆。 蛋学长

4

bound /baʊnd/ n. 跳跃, 蹦跳 v. 跳跃着跑, 形成...的边界(或界限) adj. 一定会, 很可能会, 受(法律、义务或情况)约束(必须做某事), 有义务(做某事), 因...受阻(或不能正常工作), 正旅行去(某地) bind 的过去分词和过去式 The attempt is **morally bound** to fail. 这一企图肯定会失败。

dedicated /'dedɪ, keɪtɪd/ adj. 献身的, 专用的, 专心致志的, 一心一意的 v. 把...奉献给, (在书、音乐或作品的前部) 题献词, 为...举行奉献典礼, 为(建筑物等)举行落成典礼 dedicate 的过去分词和过去式 She **dedicated** her life to working for peace. 她为争取和平奉献了自己的一生。

indulge /ɪn'dʌldʒ/ v. 沉湎, 沉迷, 沉溺(于...), 满足(欲望、兴趣等), 放纵, 听任, 参加, 参与(尤指违法活动) Everyone should **indulge** in fantasy on occasion. 每个人都应偶尔沉浸在想像之中。

occasion /ə'keɪʒ(ə)n/ n. 场合, 时机, 某次, ...的时候, 特别的事情(或仪式、庆典), 适当的机会, 理由 vt. 使发生, 造成, 导致 A birthday is no **occasion** for tears. 生日可不是哭鼻子的时候。

focused /'fəʊkəst/ adj. 注意力集中的, 目标明确的 v. 集中(注意力、精力等于), (使)调节焦距, 聚焦(于) focus 的过去分词和过去式 He **focused** his mind on his lessons. 他把心思集中在功课上。

5

connections /kə'nekʃənz/ n. (两种事实、观念等的) 联系, 关联, 联结, 接通, 连接, 连接点, (尤指电力系统的) 接头 connection 的复数

individuals /,ɪndə'vɪdʒʊəl/ n. 个人, 与众不同的人, 有个性的人, 某种类型的人, (尤指) 古怪的人 individual 的复数 The needs of **individuals** were subservient to those of the group as a whole. 个人的需要服从于整个集体的需要。

considered /kən'sɪdəd/ adj. 经过慎重思考的, 经过深思熟虑的 v. (尤指为作出决定而) 仔细考虑, 细想, 认为, 以为, 觉得, 体谅, 考虑到, 顾及 consider 的过去分词和过去式 Basic law or tradition was **considered** inviolable. 基本法律或传统被认为神圣不可侵犯。

participated /pɑː'tɪsɪpeɪtɪd/ v. 参加, 参与 participate 的过去分词和过去式 Each child had **participated** in extracurricular activities at school. 每个孩子都参加了学校的课外活动。 蛋学长

conducted /kən'dʌktɪd/ v. 组织, 安排, 实施, 执行, 指挥(歌唱或音乐演奏), 带领, 引导, 为(某人)导游 conduct 的过去分词和过去式

14th: some women may chose to **indulge** in
“Galentine’s Day”, a term coined some years ago to
describe a version of the **occasion focused on**
enjoying it with friends rather than lovers.

这种变化反映了社会结构的演变，而这无疑会影响这个原本属于浪漫的节日。据报道，2023年英格兰和威尔士的成年单身人口比例已接近40%，相比之下，2001年这一比例为30%。当然，这并不妨碍人们在2月14日庆祝。一些女性可能会选择过“闺蜜节”（Galentine’s Day），这是一个几年前创造出来的词汇，指的是与朋友而非恋人共度情人节的庆祝方式。

【5】For others, the challenge is not the lack of a partner but rather the number of them. **alternative** forms of **romantic connections** are becoming increasingly popular, including polyamorous ones in which **individuals** have more than one partner at any given time. Another YouGov poll, in 2023, found that up to 13% of adults in Britain had **considered**, or **participated** in, this type of relationship. A different YouGov survey **conducted** in 2015 found that 2% of British adults had been in such **consensual** open **relationships**. Panda Foreign Magazine Intensive Reading: Respect for Originality, Piracy Must Be Punished

对于另一部分人来说，挑战不在于缺乏伴侣，而在于伴侣的数量。如今，越来越多的人开始接受不同形式的亲密关系，包括同时拥有多个伴侣的多元恋情。尤戈夫2023年的另一项调查发现，多达13%的英国成年人考虑或参与过这种关系。而在尤戈夫2015年进行的一项不同调查中，发现有2%的英国成年人正处于这种双方均同意的开放式关系中。

【6】The user base of Feeld, an online app for “**alternative** dating”, has been growing in **leaps** and **bounds** in recent years. The platform **caters** to “open-

consensual /kən'sensjuəl/ adj. 一致同意的,(参与者)同意的, 赞同的 a **consensual** decision. 一致同意的决定

relationships /rɪ'leɪfənfɪps/ n. (人、团体、国家之间的) 关系, 联系, 情爱关系, 性爱关系, (事物之间的) 关联, 关系 relationship 的复数

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alternative /ɔ:l'tɜ:nətɪv/ adj. 可供替代的, 另类的, 非传统的 n. 可供选择的事物 This kind of newspaper is **alternative** press. 这种报纸是非正统性报刊。

leaps /li:p/ v. 跳跃, 跳, 剧增, 跳越, 猛涨, 猛冲, 突然做(某事), 骤增 n. 跳跃, 跳高, 激增, 剧增, 跳越, 骤变 leap 的第三人称单数和复数 Production is going up in **leaps** and bounds. 产量飞速增长。

bounds /baundz/ n. 限制范围, 极限 v. 跳跃着跑, 形成...的边界(或界限) bound 的第三人称单数和复数 the **bounds** of the kingdom. 王国的疆界

caters /'kætəz/ v. (为社交活动) 提供饮食, 承办酒席 cater 的第三人称单数

seeking /si:k/ v. 寻找, 寻求, 谋求, 争取, (向人) 请求 seek 的现在分词 We are earnestly **seeking** after the truth. 我们热切地追求真理。

stigma /'stɪgmə/ n. 耻辱, 羞耻, (花的) 柱头 It's a **stigma** to ask for money. 要钱是一种耻辱。

expectation /ekspek'teɪ(ə)n/ n. 预料, 预期, 期待, 希望, 盼望, 期望, 指望 The results of the competition exceeded our **expectations**. 比赛的结果比我们预料的好。

exclusivity /,eks'klu:sɪvətɪ/ n. 排他性, 专有权, 独特性 The open approach contrasts favourably with the **exclusivity** of some universities. 这种开放式的方法与一些大学的封闭排外形成了有利的对比。

commitment /kə'mɪtm(ə)nt/ n. 承诺, 许诺, 允诺承担, 保证, (对工作或某活动) 献身, 奉献, 投入, 已承诺(或同意)的事, 不得不做的事, 花费, 使用 I could not fault my players for **commitment**. 我对我的队员们的投入程度没什么可挑剔的。

7

durable /'djʊərəb(ə)l/ adj. 耐用的, 持久的 n. 耐用品, 耐久品 Mahogany has the quality of being **durable**. 桃花心木具有耐久的特性

fluid /'flu:ɪd/ n. 液体, 流体, 液 adj. 流畅优美的, 易变的, 不稳定的, 流动的, 流体的 The pleurae are serous membranes, which mean they secrete a lubricating **fluid**, called serous **fluid**. 胸膜为浆膜, 这意味着它们可以分泌润滑液体, 即浆液。

①短语

1. 原文: Some traditions, it is true, remain firmly in place.

词典: in place 在适当的位置、准备好或已经安排好

例句: We already have our core team in place.

我们的核心队伍已经就位。

minded **individuals**” **seeking** multiple partners, without **stigma**. As more young adults appear to be using their 20s and 30s to focus on themselves, their careers and their identities, the **expectation** of **exclusivity** and **commitment** in **relationships** may be less important than it used to be.

近年来,“另类约会”在线应用Feeld的用户数量急剧增长。该平台迎合了寻求多元伴侣关系的“思想开放者”,且不附带任何负面标签。

随着越来越多的年轻人在二三十岁

时专注于自我成长、事业发展和身份认同,恋爱中的忠诚和承诺似乎不再像过去那样重要。

【7】It is not clear how **durable** these trends will prove. But the dating game is becoming more **fluid** in Britain. If restaurants want to keep up their Valentine's Day trade, they may want to start offering more tables for three.

这些趋势能否长久持续尚不明朗。但可以确定的是,英国的约会文化正变得愈发灵活多样。如果餐厅想维持情人节的生意,或许该考虑增设更多三人桌。

今日词汇

release[riˈliːs]

v. 释放、放出; 发行、发布;
(情绪)发泄、宣泄; 解雇、免除

n. 释放; 发行; 解脱

考研出现次数: 10

考频: ★★

考点回顾

【例】“The Heart of the Matter,” the just-released report by the American Academy of Arts and Sciences (AAAS), deserves praise for affirming the importance of the humanities and social sciences to the prosperity and security of liberal democracy in America. Regrettably, however, the report's failure to address the true nature of the crisis facing liberal education may cause more harm than good. (2014年英语一36题)

【译】美国人文与科学院(AAAS)刚刚发布的研究报告《问题的核心》值得称赞,因为其肯定了人文学科和社会科学对巩固和繁荣美国自由民主的重要性。然而,令人遗憾的是,该报告未能指出文科教育面临的危机的实质,故其带来的弊大于利。

完形考点真题例句:

【例】Federal health officials released Tamiflu for children from the national stockpile and began taking orders from the states for the new swine flu vaccine. (2010英语二完形)

【译】联邦卫生官员专门为儿童发放了国家库存中预防流感的药品特敏福,并开始接受各州对新型猪流感疫苗的订单。

2.原文: Sections of stores become a sea of pink.

词典: a sea of大量的、许多的某物

例句: There was a sea of faces on every scenic spot in China during Spring Festival.

春节期间,中国的每一个景点都是人山人海。

3.原文: Instead, many more opted for a quiet night in with a home-cooked meal or a takeaway.

词典: opt for选择

例句: People still opt for monogamy and marriage.

人们还是选择单一配偶制和婚姻。

4.原文: That points to social changes that are bound to affect a day dedicated to romance.

词典: be bound to注定会,必然会

例句: His comments were bound to attract criticism.

他的说话必然会招致批评。

5.原文: That points to social changes that are bound to affect a day dedicated to romance.

词典: be dedicated to致力于

例句: The Institute's annual award is presented to organizations that are dedicated to democracy and human rights.

该协会的年度奖授予致力于民主与人权的组织。

6.原文: For others, the challenge is not the lack of a partner but rather the number of them.

词典: the lack of缺乏

例句: My main grumble is about the lack of privacy.

我最大的抱怨是缺乏隐私。

7.原文: The user base of Feeld, an online app for “alternative dating”, has been growing in leaps and bounds in recent years.

词典: leaps and bounds巨大的改进或显著的进步

例句: Her health has improved in leaps and bounds.

她的健康已迅速好转。

8.原文: The platform caters to “open-minded individuals” seeking multiple partners, without stigma.

词典: cater to迎合

例句: They only publish novels which cater to the mass-market.

他们只出版迎合大众市场的小说。

③写作技巧

The user base of Feeld, an online app for “alternative dating”,

②长难句

原文: Of course, **that need not stop people** from celebrating on February 14th: some women may chose to indulge in “Galentine’s Day”, a term coined some years ago to describe a version of the occasion focused on enjoying it with friends rather than lovers.

分析: 这个句子由主句和多个从句组成, 整体结构较为复杂。主句是Of course, that need not stop people from celebrating on February 14th, 其中**that**作为主语, **need not stop**为谓语, **people**为宾语, from celebrating on February 14th为介词短语作补足成分, 冒号后的部分对前面的内容进行补充说明, 其中a term coined some years ago...是同位语, 对“Galentine’s Day”进行解释。整体来看, 句子运用了冒号进行补充说明, 并包含多个修饰成分, 使信息表达更加清晰丰富。

译文: 当然, 这并不妨碍人们在2月14日庆祝: 一些女性可能会选择过“闺蜜节”(Galentine’s Day), 这是一个几年前创造出来的词汇, 指的是与朋友而非恋人共度情人节的庆祝方式。

原文: **Alternative forms of romantic connections are becoming increasingly popular**, including polyamorous ones **in which** individuals have more than one partner at any given time.

分析: 这个句子由一个主句和一个including引导的介词短语构成补充说明。主句的核心结构是Alternative forms of romantic connections are becoming increasingly popular, 其中**Alternative forms of romantic connections**是主语, **are becoming**作为系动词, **increasingly popular**作为表语, 形容这些形式“越来越受欢迎”。句子的后半部分including polyamorous ones **in which** individuals have more than one partner at any given time是介词including引导的短语, 补充说明前面提到的“另类浪漫关系形式”具体包括哪些, **in which** individuals have more than one partner at any given time是定语从句, 修饰polyamorous ones, 表示“在任何特定时间内有多个伴侣”。译文: 传统恋爱关系正日益流行, 包括同时拥有多个伴侣的多元恋情。

④背景知识

Feeld一款社交应用, 专门为寻求非传统或“另类”恋爱关系的人群设计。它为那些希望建立开放式关系、多人关系或其他非单一伴侣关系的人提供平台。Feeld的用户群体通常包括思想开放、探索性别、性取向或人际关系多样性的成年人。该应用鼓励用户在不受社会传统束缚的情况下, 表达自己对恋爱、情感和亲密关系的需求。Feeld通过不设限的交友方式, 满足了对传统恋爱模式不感兴趣、希望探索不同形式关系的人的需求。

has been growing in **leaps and bounds** in recent years.

近年来, “早鸟约会”在线应用Feeld的用户数量急剧增长。

在这句话中, leaps and bounds是一个固定短语, 意思是“突飞猛进地”或“迅速且显著地”, 用于强调增长的速度和规模。这种表达生动形象, 通过leaps (跳跃) 和bounds (跨越) 两个近义词的并列, 传递出快速发展和巨大变化的视觉效果。在写作中, 使用类似的短语可以增强语气, 使句子更具动态感, 避免单调的描述。例如, 单纯使用has been growing rapidly也能表达增长迅速的意思, 但in leaps and bounds更具表现力, 能让读者更直观地感受到增长的幅度和节奏。此外, 这种短语可以用于商业、科技、社交趋势等多个语境, 适用于强调显著变化的场合。同义表达可以使用at an exponential rate (以指数级速度) 和at breakneck speed (以极快的速度) 等等。

例句:

The company’s revenue has been growing at an exponential rate since it launched its new product line.

自从推出新产品线以来, 这家公司的收入一直在以指数级速度增长。

Technology is advancing at breakneck speed, making it hard to keep up with the latest trends.

科技正以惊人的速度发展, 使人们难以跟上最新趋势。

⑤段落大意

【1】浪漫氛围: 情人节是情侣共度浪漫晚餐、享受罗曼蒂克的时刻

【2】庆祝更迭: 情人节的庆祝方式发生变化, 人们通过不同方式纪念节日

【3】传统延续: 送卡片、巧克力和鲜花依然常见, 但外出用餐比例下降

【4】社会变迁: 单身人口增加, 情人节逐渐转向与朋友的庆祝方式

【5】关系多元: 多元恋情和开放式关系变得流行, 更多人参与其中

【6】关系多元: Feeld等平台迎合开放心态, 满足多伴侣需求

【7】文化适应: 英国的情感关系多样化, 餐厅需要适应新的约会形式