## Quality of life: feel stressful => life and work integrated

## Todo: to record all of the following “transcripts”

# Part 1) work life balance

## Lexical resource

* run-down

1.ADJ 疲惫的; 略感不适的(有点生病) e.g. If someone **[ feel/be run-down],** they are tired or **slightly** ill. **[ sb. feel run-down; sb. be run-down; start to feel run-down 开始 感到疲惫/略感不适的 ]**e.g. When 23-year-old Marilyn started **to feel run-down** last December, it never occurred to her that she could have **colon cancer**. 开始 **感到疲惫/略感不适的** 时候，她未曾想到她会得 **肠癌**   
//结肠colon, colonic[kə'lɑnɪk]:  is the part of your **intestine**肠 above your rectum.

2. V) **[ sth run sb. down ] (工作，压力xxx) 使人感到疲惫/略感不适)**  
E.g. Big pressure will **run you down.**   
E.g. The way you're living at the moment could have serious **dare/terrible consequences**. The stress you’re suffering will have a rather negative impact on your health. Big pressure will **run you (压力)使人感到疲惫/略感不适)** and open gates to various diseases, such as **breakdown/fal[l-a]part精神崩溃**, heart/cardiac attack, insomnia失眠, etc

2.ADJ A run-down building or area is in very poor condition 破败的 (房屋, building) **[ a run-down area; a run-down building ]** e.g. They have put substantial funds into rebuilding one of the most **run-down areas.** 用于重建最破败的地区之一。

3.ADJ **A run-down place of business** is not as active as it used to be or does not have many customers, with sluggish economy. 萧条的(商业街; 街区;小区; shopping mall) **[ a run-down slate quarry ['kwɔri] 一座萧条的板岩 采石场; a run-down shopping mall; a run-down community ]**

4.N-SING If you **give someone a rundown of a group of things** or **give a rundown on/about something**, you give them details about it. 详细情况 e.g. Here's a rundown of this project.

* **Light[s o]ut** 就寝时间

1.N the time when those resident at an institution, such as soldiers in barracks or children at a **boarding school**寄宿学校, are expected to retire to bed.

e.g. Electricity is being rationed (配额供应)at the hotel, with **lights out** at 1 a.m., a little later than summer camp.

* **a jobshare partner**

e.g. It will **improve your quality of life** if you find a **jobshare partner.**

* imperative /ɪmˈpɛrətɪv/  adj / N 至关重要之事/紧迫之事 /当务之急

1. If **[it is imperative that]** something be done, that thing is **extremely important and must be done**. 至关重要的   
e.g **Last not but least,**  I’m going to **increase my intake摄入量 of** vegetables and protein, and meantime, **cut bac[k o]n** fast food and sugar because I think good **[health and well-being] 健康快乐幸福** are **imperative (至关重要的)**  for me to **juggle my work, life, my family, and responsibilities** (**尽量兼顾)**

e.g. **It is imperative that** he act as naturally as possible. **至关重要的是**　他要尽可能地自然行事。

2.N An imperative is something that is **extremely important and must be done**. 至关重要之事/紧迫之事 /当务之急 e.g. The most important political **imperative**当务之急 is to limit the number of U.S. casualties. 政治上的 **当务之急** 是控制美国的伤亡人数。

3. 祈使语气动词In grammar, a clause that is in the imperative, or in the **[imperative mood],** contains the base form of a verb and usually has no subject. Examples are "Go away" and "Please be careful." Clauses of this kind are typically used to tell someone to do something

|  |  |
| --- | --- |
| (逐渐的,逐步的)减少；削减 | **pare down sth[peə]:** reduce, **curtail** or **abridge** sth gradually or bit by bit; **[ pare down the budget 逐渐的缩减预算 = curtail the budget step by step; pare down the disk space; pare down our benefits year by year 逐年减少/削减我们的福利]** //pawn shop: 典当行 //prawn: 对虾 shrimp with two pairs of pincers |
| 缩减 (预算) | If you **curtail something**, you reduce, lessen, or limit it. 缩减 ; **[ curtail budget = pare down budget缩减预算; curtail/pare down the project budget; curtail the expenditures; curtail the number of troops 缩减部队数量 ]** e.g. For parents, this means now is the time to **curtail the cycle of debt** and create a savings plan for your child’s future. 我们到了缩减债务周期 |
| 削减; 减低; 减少; 缩减 | **[ cut back on sth ]** [ **cut back on** carbon footprint; **cut back on** staff 削减员工 ; 削减工作人员; **cut back on** heating 节省暖气;  **cut back on** fat and sugar 减少脂肪的摄取 ]  e.g. I’m going to **cut back on/decrease** my working hours. **Cutting back on/decrease** your workload is **imperative/necessarily important** to your health and wellbeing.  e.g. It’s obvious to me that I’ve got to make some changes in my life. Right now, I’m **falling apart**/I **have a nervous breakdown 精神崩溃**.  Firstly, I’m going to **cut bac[k o]n/pare down/curtail** my working hr. I just must be frank to my boss and tell her that I cann’t work more than 8 hrs a day. I’m going to **allow myself more time to unwind/relax/hang loose, socialize, and exercise.**  **Last not but least,** I’m going to **increase my intake摄入量 of** vegetables and protein, and meantime, **cut bac[k o]n/pare own/curtail** fast food and sugar because I think good **[health and well-being] 健康快乐** are **imperative (extremely important 至关重要的)**  for me to **juggle my work, life, my family, and responsibilities** in my life **尽量兼顾** |
| (保留必要的）删节（不必要的）；缩短（不必要的）；节略 | abridge [ə'bridʒ]：If you abridge sth, you reduce or curtail in scope **while retaining essential elements**; lessen, diminish, or curtail, esp to shorten the length of (a written work) by condensing, rewriting, or deleting some information useless or non-necessary.  e.g. The new law might **abridge our freedom of expression**  e.g. As a TW, it's routines to **abridge the document** in every new release. |
|  | 删节本,缩写本; (电影,电视剧, 书,脚本的) 删节的版本; 删减版abridgement: a shortened version of a written work [ the abridgement (version) V.S. the original (version) ]  e.g. Beginners are encouraged to read **abridgement** (version) of David Copperfield because the **original** is too difficult. 要鼓励初学者去读《 大卫· 科波菲尔》 的缩写本/删节本，因为原著太难了。  E.g. It's known that in CHINA, we have a **draconian movie censorship**严格的审查. Therefore, when a **Hollywood blockbuster** **hit the big screen好来屋大片上映** in mainland CHINA, we audiences only watch the **abridgement (version) 删减版, not the original**. Compare with the **original**, all porn clips or **erotic footages(色情的；性爱的)** are deleted in the abridgement (version) . // Draconian laws or measures are extremely harsh and severe. 严酷的 (法令或措施)  //(movie) **上映: hit the big screen** |

* I just need to do everything **in moderation** (适中；有节制) e.g. I need to find more balance on my life. I can **feed everything in** if I do everything **in moderation (适中；有节制)** so that I believe I can **juggle(同时兼顾；向上抛xxx玩杂耍)** my work, my studies, my family and other responsibilities in my life.

// jungle: 丛林; concrete jungle: metropolis [mə'trɑpəlɪs] 大都市 and cosmopolis [kɑz'mɑpəlɪs] 国际都市

* **unwind(松开发条)/relax/hang loose**

e.g. Let's forget the exam, we'll go to the student union and just **hang loose/unwind/relax.**  我们去学生会 **轻松一下**。

* **unwind /ʌnˈwaɪnd/**

1.V-I When you **unwind**, you relax after you have done something that makes you tense or tired, or just after you feel stressed out.. 放松 = **hang loose/unwind/relax** e.g. It helps them to **unwind** after a busy day at work. 这有助于他们在一天繁忙的工作后 **放松一下**。   
E.g. Tracy, you’re crazy. You need to find time to **unwind(发条松开)/relax/hang loose**.   
E.g. Firstly, I’m going to **cut back on/decrease** my working hr. I just must be frank to my boss and tell her that I cann’t work more than 8 hrs a day. I’m going **to allow myself more time to unwind/relax/hang loose, socialize, and exercise.**

2.V-T/V-I If you unwind a length of something that is wrapped around something else or around itself, you loosen it and make it straight. You can also say that it unwinds. **解开，松开(绳索**) e.g. One of them **unwound a length of rope** from around his waist. 他们中的一个人 **解开(**绕在他腰间的一条)**绳子**

* **juggle /ˈdʒʌɡəl/**1.V-T If you juggle lots of different things, such as your work and your family, you try to give enough time or attention to all of them. **尽量兼顾(job, study, life, and family) [ juggle A, B, C and D; juggle my work, life, and family and kids ]**   
  e.g. Oh, I’m so tired/totally **frazzled/burned-out筋疲力尽**. I’ve pulled another 12 hr night shift in office. And now I’ve got to study for an exam tomorrow. I guess I must have a short **power nap(工作日中有效的打盹)** first. A bit of sleep might make me feel much better. It’s impossible to **juggle 尽量兼顾 the job, the study, and my kids**. **I’m beyond stressed out** (压力山大) and almost **have a (nervous) breakdown/I’m falling apart 精神崩溃.**  
  e.g. The management team meets several times a week to **juggle budgets and resources**. 力图 **兼顾预算和资源。**e.g. I need to find more balance on my life. I can **feed everything in** if I do everything **in moderation (适中；有节制)** so that I believe I can **juggle(同时兼顾)** my work, my studies, my family and other responsibilities in my life.

2.V-T/V-I If you juggle, you entertain people by throwing things (like eggs, potatoes, tomatoes) into the air, catching each one, and throwing it up again so that there are several of them in the air at the same time. 用…玩抛接, 玩杂耍; e.g. Soon she was **juggling five eggs.** 很快她就在 **抛接5个鸡蛋** (玩杂耍)了。

3.N  抛接杂耍 juggling e.g. He can perform an astonishing variety of acts, including **mime [maɪm] 哑剧 and juggling.**  E.g 他会表演的节目种类多得惊人，包括 哑剧 和 抛接杂耍。

V.S. jungle: 丛林**; concrete jungle**  
e.g. **Metropolis [mə'trɑpəlɪs] 大都市 and cosmopolis [kɑz'mɑpəlɪs]** 国际都市 are just **concrete jungle.**

* **jug** /dʒʌɡ/   V.S. **juggle my life, my work, and family; juggle 5 eggs.**

1. A jug is a **cylindrical** 圆柱体的container with a handle and is used for holding and pouring liquids. 水罐

2.N You can use jug to refer to the jug and its contents, or to the contents only. 一水罐的量 e.g. ..a jug of water. …一罐水。

* **[pent-up emotions 压抑的感情; pent-up sentiments] hide your feeling of depression or repression压抑, not express it 不表现出来的；压抑**eg When you feel **depressed**/dismal, doing exercises is helpful to literate/release you from the pent-up emotions/sentiments; however, too aggressive heavy exercise may be detrimental/harmful/injurious to your body health/soundness, just choose whatever is most-suited for you.   
  eg I'm always full of **self-loathing/hatred** and feel so sorry for my mother. So I feel depressed/dismal and **cannot find a vent出口(感情等的)发泄 to liberate/release myself from the pent-up emotions.**  **I’m beyond stressed out** (压力山大) and almost **have a (nervous) breakdown/fall apart 精神崩溃.**
* retreat /rɪˈtriːt/  N/V 退出; 离开 ； (军队)撤退； [ go o[n a] retreat**休养生息之地]**

1.V-I If you retreat, you move away from something or someone. 退出; 离开 e.g. "I've already got a job," I said quickly, and **retreated from** the room. 然后就从房间里 退了出来。

2.V／N) When an army retreats, it moves away from enemy forces in order to avoid fighting them. (军队)撤退 e.g. The French, suddenly outnumbered, were forced to retreat. 被迫撤退了。 e.g. In June 1942, the British 8th Army was **in full retreat**. 英军第8军 **全线撤退**。

4.V-I If you **retreat from sth** such as a plan or a way of life, you give it up, usually in order to do something safer or less extreme. 放弃 e.g. She **retreated from** public life. 她放弃了社会生活。  
N-VAR Retreat is also a noun. 放弃 e.g. The president's remarks appear to signal that there will be no **retreat from** his position. 总统的话似乎暗示他不会放弃自己的职位。

6.N) **休养生息之地, 休养处 , 隐居处 A retreat is a quiet, isolated place that you go to in order to rest or to do things in private**. e.g. He spent yesterday hidden away in his country **retreat**. 在乡间的 **休养地** 度过了昨天。 V.S. A **resort** (度假) 胜地 is a place where a lot of people spend their holiday.   
E.g. The best way for unwinding/relaxation/hanging loose is to **go o[n a] retreat** , you know, a quiet place is the middle of nowhere where you live a simple life and forget about the stresses of the outside world. E.g. Tracy, seriously. You really need to take few days off. **Recharge your battery** and then go back to work and study. Have you thought about **going o[n a] retreat**. There are some great **retreats(休养生息之地)** for relaxation and **meditation** on Nan mountains.

**V.S. recede**

* recede /rɪˈsiːd/   
  1. V-I If something recedes from you, it moves away. (后退)远离 e.g. Luke's footsteps receded into the night. 卢克的脚步声渐渐消失在夜色中。As she receded, he waved goodbye. 当她离去时，他挥手告别。

4. (人群，洪水）(后退)远离 recede=retreat e.g. The slow-moving nature of the storm -- it has traveled about 3 mph, human walking speed, since Friday's landfall -- has **fueled the rain and flooding (fuel sth火上浇油**). Even when the rain is gone, dangers will persist because "the flooding will be very slow to **recede** (后退)远离" e.g. Even the flood has **receded** (后退)远离, we still need to watch out.   
2. V-I When something such as a quality, problem, or illness recedes, it becomes weaker, smaller, or less intense. (品质) 减弱; (问题或疾病等) 好转 e.g. Just as I started to think that I was never going to get well, **the illness began to recede**. 我的病 开始好转。

3. V-I If **a man's hair starts to recede**, it no longer grows on the front of his head. **头发(后退，远离 )谢顶**  e.g. ...a youngish man with dark **hair just beginning to recede**. …一个前额黑发刚开始脱落/ 谢顶

* V.S. **resort** /rɪˈzɔːt/

1.V-I If you **resort to** sth or a course of action that you do not really approve of, you adopt it because you cannot see any other way of achieving what you want. 不得不求助于(sb, xxx) e.g. His punishing work schedule had made him **resort to** drugs. 他那累人的工作日程已经使他不得不求助于毒品了。

2. To have resort to a particular course of action means to have to do that action in order to achieve something. (不得不求助于); 诉诸于(武力; 法律) **[ resort to military/war, resort to laws ]**

e.g. Congress has a responsibility to ensure that all peaceful options are exhausted before **resort to war**.

国会有责任确保在所有和平的手段用尽之后再 **诉诸武力 (** 不得不求助于武力)。

3. If you do something as **a last resort**, you do it because you can find no other way of getting out of a difficult situation or of solving a problem. 作为最后手段 e.g. Nuclear weapons should be used only as a last resort. 核武器应该只被用作 **最后手段**。 **[ the last straw: 导火线; the last stand: 背水一战 ]**

4.N-COUNT A resort is a place where a lot of people spend their holiday. (度假) 胜地 e.g. The ski resorts are expanding to meet the growing number of skiers that come here.　该滑雪胜地正在扩建

* monastery /ˈmɒnəstərɪ/  A monastery is a building or collection of buildings in which **monks** live. 修道院
* meditate /ˈmɛdɪˌteɪt/, meditation

1.V-I 仔细考虑或思索/深思xxx : If you **meditate on/ruminate on** it, you **ponder** or think about it very **carefully and deeply** for a long time. e.g. She **meditated/ruminate on** the uncertainties of her future. 她**深思**了未来的种种不确定 V.S. **dwel[l o]n sth**: to think, speak, or write **at length** 细想xxx; 详述xxx  
  
2.V-I If you **meditate** you remain in a silent and calm state for a period of time, as part of a religious training or so that you are more able to deal with the problems and difficulties of everyday life. 冥想 e.g. I was meditating, and reached a higher state of consciousness. 我正在冥想   
e.g. **Meditation** and **mindful thinking**用心思考 will **increase the flow of positive energy into your life**, which in turn will bring good fortune and prosperity. It will **allow you to connect with your true self**, helping you to realize who you really are, and what your place is in this world. The study and practice of **meditation** can **help you on the path to [spiritual enlightenment(佛教中的)精神超脱]**, bringing you closer to true **spiritual awareness**, and you will radiate/disperse positive energy outwards, which will **ward off evil spirits** and keep a “positive vibration  振动;**心灵感应**” around you. Afte only a week of **meditating**, the practice will give you **peace of mind**. Keep at it conscientiously for a month, and you’ll notice increased **inner power and strength**. Tranquility, harmony and **equilibrium [,i:kwi'libriəm](内心的平静)** await you. // Someone's **equilibrium** is their normal calm state of mind. 平静

* ruminate /ˈr**uː**mɪˌneɪt/ ,rumination  
  1.V-I : If you **meditate on/ruminate on** it, you **ponder** or think about it very **carefully and deeply** for a long time.仔细考虑或思索/深思xxx e.g. He **ruminated/meditate on** the terrible wastefulness that typified American life. 他 **认真思考了** 美国生活中典型且非常严重的浪费问题
* recharge my battery  
  E.g. Tracy, seriously. You really need to take few days off and r**echarge your battery** and then go back to work and study. Have you thought about **going o[n a] retreat**. There are some great **retreats(休养生息之地)** for relaxation and **meditation** on Nan mountains.
* workaholic /ˌwɜːkəˈhɒlɪk/:    
  A workaholic is a person who works most of the time and finds it difficult to stop working in order to do other things; sb who **is addicted to** work 工作狂 e.g. Eighteen percent of 30-year-olds claim they are workaholics. 声称他们是工作狂。
* 全神贯注的做xxx, 专注的做 xxx   
  be **dedicated** to doing/ be **immersed** in doing / be **engrossed** in doing
* (**工作日中)有效的打盹/小睡；大睡特睡 have a power nap** V.S. **take a breather (a short break)**

1.N a short sleep taken during the working day with the intention of improving the quality of work later in the day **(工作日中)有效的打盹/小睡，为使接下来的工作更有效率**e.g. g. Even a short **power nap** can leave you feeling refreshed, renewed, recharged, and more focused. 即使是很短暂有效的小睡也能令你神清气爽、注意力更集中。   
e.g. Oh, I’m so tired/**weary**/exhausted/totally **frazzled/burned-out**. I’ve pulled another 12 hr **night shift/vigil值夜班** in office. And now I’ve got to study for an exam tomorrow. I guess I must **have a short power nap (工作日中有效的打盹)** first. A bit of sleep might make me feel much better. It’s impossible to **juggle ['dʒʌɡl] 尽量兼顾 my job, my study, and family and my kids**. **I’m beyond stressed out** (压力山大) and almost **have a (nervous) breakdown/I’m falling apart精神崩溃**.

* breakdown /ˈbreɪkˌdaʊn/

1.N The breakdown of something such as a relationship, plan, or discussion is its failure or ending. (关系, 婚姻的) 破裂; (计划、讨论等的) 失败; 结束 e.g. **...the breakdown of talks** between the U.S. and E.U. officials. E.g. **the breakdown of Six party negotiation** between DPRK and U.S. …美国与欧盟官员 **会谈的失败**。...the irretrievable **breakdown of a marriage**. …无法挽回的一场 **婚姻的破裂**。

2.N **精神崩溃(mental disease)**: If you **have a breakdown (nervous breakdown) = fall apart,** you become very depressed, so that you are unable to cope with your life, a period of **mental disease**. e.g. My personal life was terrible. My mother had died, and a couple of years later I **had a breakdown/I was falling apart.** 几年后我 **精神崩溃** 了。   
V.S.

If you say that someone is **falling apart,** you mean that they are becoming emotionally disturbed and are unable to think calmly or to deal with the difficult or unpleasant situation that they are in. 精神崩溃 e.g. I was falling apart. I wasn't getting any sleep. 我要崩溃了。我根本睡不着觉  
  
e.g. Oh, I’m so tired/**weary**/exhausted/totally **frazzled/burned-out**. I’ve pulled another 12 hr **night shift/vigil值夜班** in office. And now I’ve got to study for an exam tomorrow. I guess I must **have a short power nap (工作日中有效的打盹)** first. A bit of sleep might make me feel much better. It’s impossible to **juggle ['dʒʌɡl] 尽量兼顾 my job, my study, and family and my kids**. **I’m beyond stressed out** (压力山大) and almost **have a (nervous) breakdown/I’m falling apart精神崩溃**.  
  
e.g. It’s obvious to me that I’ve got to make some changes in my life. Right now, I’m **falling apart**/I **have a nervous breakdown 精神崩溃**. **Firstly**, I’m going to **cut bac[k o]n/decrease** my working hr. I just must be frank to my boss and tell her that I cann’t work more than 8 hrs a day. I’m going to **allow myself more time to unwind/relax/hang loose, socialize, and exercise.**

4. If a car or a piece of machinery has a **breakdown**, it stops working. **故障 (glitch：小故障)** e.g. Her old car was unreliable, so the trip was plagued by **breakdowns**. 所以旅途被 **故障** 所困扰。

5.N) A breakdown of something is a list of its separate parts. 细目列表 e.g. The organizers were given **a breakdown of the costs.** 组织者们被给了一份花销细目

* fall apart (falling,fell,fallen,falls)
* If something falls apart, it breaks into pieces because it is old or badly made. 破碎 e.g. The work was never finished and bit by bit the building fell apart. 没有完工，该建筑一点一点地坍塌了。
* If an organization or system falls apart, it becomes disorganized or unable to work effectively, or breaks up into its different parts. 瓦解 e.g. Europe's monetary system is falling apart. 欧洲的货币体制正在瓦解。
* If you say that **someone is falling apart ( or having a breakdown, having a nervous breakdown)** , you mean that they are becoming emotionally disturbed and are unable to think calmly or to deal with the difficult or unpleasant situation that they are in. 精神崩溃

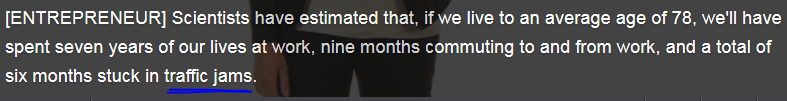
V.S.

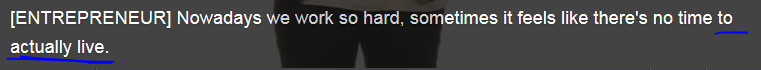
**精神崩溃(mental disease)**: If you **have a breakdown (nervous breakdown) = fall apart,** you become very depressed, so that you are unable to cope with your life, a period of **mental disease**.   
e.g. My personal life was terrible. My mother had died, and a couple of years later I **had a breakdown/I was falling apart.** 几年后我 **精神崩溃** 了。

E.G. It’s obvious to me that I’ve got to make some changes in my life. Right now, I’m **falling apart**/I **have a nervous breakdown 精神崩溃**. **Firstly**, I’m going to **cut bac[k o]n** my working hr. I just must be frank to my boss and tell her that I cann’t work more than 8 hrs a day. I’m going to **allow myself more time to unwind/relax/hang loose, socialize, and exercise. Additionally**, I need to focus more on my kids. From now on, I’ll spend more time in playing with my kids, helping him with his homework, and reading them stories, or that kind of things. **Last but not least,** I’ll pay more attention to my own personal needs. I’m going to increase my **intake摄入量 of** vegetables, coarse fibers, and protein, meantime, to **cut bac[k o]n** fast food and sugar because I think good **[health and well-being] 健康快乐** are **imperative (extremely important)** for me to **juggle my work, life, my family, and other responsibilities** in my life **尽量兼顾**.

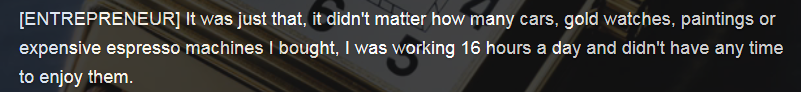
* well-being N)  Someone's well-being is their health and happiness. 健康快乐幸福 **[ 幸福感 a sense of well-being; 幽默感 a sense of humor] [ health and well-being 健康幸福快乐]**e.g. Singing can create **a sense of well-being.** 唱歌能产生一种 **幸福感**。  
  e.g **Last not but least,**  I’m going to **increase my intake摄入量 of** vegetables and protein, and meantime, **cut bac[k o]n** fast food and sugar because I think good **[health and well-being] 健康快乐** are **imperative (extremely important 至关重要的)**  for me to **juggle my work, life, my family, and responsibilities** in my life **尽量兼顾**

## Done mp3 Video)

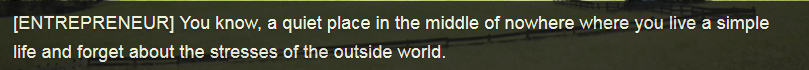
 











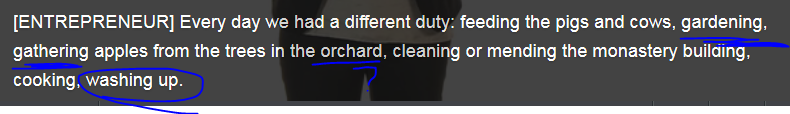




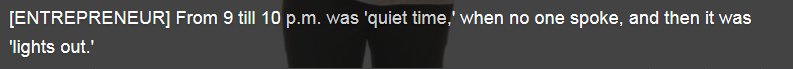
 







 “lights out” : 就寝时间

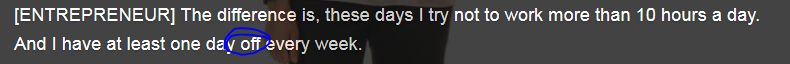
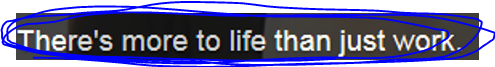






## Done mp3) video Beyond stressed out

Background: Jenny is tired. Her friends think she’s a **workaholic**, and that she’s heading for a **breakdown** , but she’s afraid if she doesn’t do the hours, she’ll lose her job. Now, she’s **juggling her career, her studies, and two children, and she tries to multi-task** whenever possible. It’s hard for her to find time to **unwind** , to really relax and enjoy herself. Her friend Tom thinks she should try **going on a retreat** to **recharge her batteries.**

* Tracy: Oh, I’m so tired/totally **frazzled**. I’ve pulled another 12 hr night shift in office. And now I’ve got to study for an exam tomorrow. I guess I must have a **power nap(工作日中有效的打盹)** first. A bit of sleep might make me feel much better. It’s impossible to **juggle ['dʒʌɡl] 尽量兼顾 the job, the study, and my kids**. **I’m beyond stressed out (压力过重,压力山大).**
* Jill: Hmm, Tracy, you’re crazy. You need to find time to **unwind(松开发条)/relax/hang loose.** You should relax occasionally. Otherwise, you would **have a breakdown** (**have a nervous breakdown 精神崩溃**) .
* Tracy: I know. You know, I’m not that a **workaholic**, you understand, I don’t even like work that much, but I need this job for the money, to feed my family. And they put a lot of pressure on me. **I’m really totally frazzled/burned out/exhausted 筋疲力尽. I’m beyond stressed out (压力过重,压力山大).**
* Jill: I read this great article about multi-tasking. I can email that to you. It might save you time.
* Tracy: I’m multi-tasking. I work even when I’m eating my lunch; I look after my kids when I’m studying; and I’m addicted to letters when I’m working. It would be much easier if I have extra arms and legs.
* Jill: Tracy, seriously. You really need to take time off. **Recharge your battery** and then go back to work and study. Have you thought about **going o[n a] retreat**. There are some great **retreats(休养生息之地**) for relaxation and **meditation** on Nan mountains. You can spend **a couple of da**ys in a small village?
* Tracy: Wow, **meditating** for 10 day. Hehe, that would be more **stressful** than work.

## 2nd row) Changing your **lifestyle** from a workaholic to a work-life balancer

## Done mp3 video

Listen to Jenny talk about the changes she wants to make in her life.

It’s obvious to me that I’ve got to make some changes in my life. Right now, I’m **falling apart**/I **have a nervous breakdown 精神崩溃**.

**Firstly**, I’m going to **cut bac[k o]n/pare down/curtail** my working hr. I just must be frank to my boss and tell her that I cann’t work more than 8 hrs a day. I’m going to **allow myself more time to unwind/relax/hang loose, socialize, and exercise.**

**Additionally**, I need to focus more on my kids. From now on, I’ll spend more time in playing with my kids, helping him with his homework, and reading them stories, or that kind of things.

**Last but not least,** I’ll pay more attention to my own personal needs. I’m going to increase my **intake摄入量 of** vegetables, coarse fibers, and protein, meantime, to **cut bac[k o]n/pare down/curtail** fast food and sugar because I think good **[health and well-being] 健康快乐** are **imperative (extremely important)** for me to **juggle my work, life, my family, and other responsibilities** in my life **尽量兼顾**.

I need to find more balance on my life. I can **feed everything in** if I do everything **in moderation (适中；有节制)**

* I’m going to **cut back on/pare down/curtail** my working hours.
* I’m going to **allow myself more time to relax** and some fun.
* I need to **focus more on** my kids, and my own personal needs.
* I’ll **take the time to** play with the kids.
* I’m going to **increase my intake摄入量 of** vegetables and **cut bac[k o]n/pare down/curtail** fast food and sugar.
* I just need to do everything **in moderation** (适中；有节制)

## 3rd row) Giving a choice of your lifestyle

## done mp3) Video

Jenny decides to see a life coach to help her with the changes she wants to make.

* So, I just wanna tell my boss that I want to work fewer hours, so exercise after work, then kids and I can spend few hrs together kids from 6:00pm to 9:pm. After that, I’ll study at midnight.
* Tracy, what you described sounds not much different from what you’re doing at this moment. What plan do you exactly have to support your saying “no” if your boss insisted that you must take heavy workload again.
* I don’t know, but just guess..
* The way you're living at the moment could have serious consequences. The stress you’re suffering will **have a rather negative impact on your** health. You’re **running yourself down (感觉不舒服),** and open gates to various diseases, such as **breakdown/fall-apart精神崩溃**, heart/cardiac attack, **insomnia失眠**, etc.
* Well, what do you think I should do? Can I have your some advices and suggestions?
* I think you need to improve your quality of life by finding a **jobshare partner**, who can work some part-time in your job to share your workload, so that you can **cut bac[k o]n/pare down/curtail** your working hrs by, let’s say, a half.
* But, in that way, I’d earn less money.
* Cutting back on your workload is **imperative (extremely important)** for your **[health and well-being]].** **There’s no price on that** (your **health and well-being**) = priceless or invaluable无价的；非常贵重的. You need to think about what is the most valuable thing in your life, work or your **[health and well-being]**. We can take a look into your budget together. You should make effort to live on reduced income. Enjoy your life more. Unwind/relax more and spend more time with your family, esp, your kids.
* I think you’re right.
* It will benefit you in the **long run/long haul** if you allow yourself more time on your own needs. Trust me.

## Done mp3) 4th row) Giving advice on how to improve his work-life balance

Listen to your friend and give him some advice about how to improve his work-life balance.

# Part 2) Changing your working&life environment

## Lexical resource

* **简洁的线条 clean lines**  
  E.g. Light, **soothing color暖色 or pastel color淡雅的颜色**, and **clean lines** give you **peace of mind** and a tranquil[ˈtræŋk**wəl**] feeling.  
  V.S. **silver lining**: literal meaning: 乌云周围的白光; figurative meaning: (不幸或失望中的）一线希望
* **Silver lining:**
  + literal meaning: 乌云周围的白光; **[ Every cloud has a silver lining. ]**
  + figurative meaning: (不幸或失望中的）一线希望

1. If you say that **[ every cloud has a silver lining ]**, you mean that every sad or unpleasant situation has at least one positive side to it. (黑暗中的)一线光明/希望 e.g. As they say, **every cloud has a silver lining**. We have drawn lessons from this failed project. **黑暗中总有一线光明**

2.N) If you talk about a silver lining, you are talking about something positive that comes out of a sad or unpleasant situation. (不幸或不快中的)一线希望 e.g. The fall in inflation is **the silver lining** of the prolonged recession衰退. Let’s be **optimistic** and hope the **sluggish economy疲软的经济** can bounce back a little bit. 通货膨胀率下降是长期经济衰退中的 一线光明/希望

e.g. Yahoo confirmed that data "associated with at least 500 million user accounts" have been stolen in what may be one of the largest cybersecurity breaches/violation ever. The **silver lining(不幸或不快中的)一线/光明希望** for users is that sensitive financial data like bank account numbers and credit card data are NOT believed to be included in the stolen information. Yahoo is working with **law enforcement (执法机关)** to learn more about the **breach**. // law enforcement official 执法人员

* Wall paper   
  e.g. I prefer the **wall paper** with light, **soothing color暖色** or **pastel color淡雅的颜色**
* 启发启迪 enlighten sb. /ɪnˈlaɪtən/

1.V-T To enlighten someone means to give them more knowledge and greater understanding about something. e.g. Can you enlighten her on this subject?  你能启发启发她吗? E.g.  hope the results of my research will **enlighten my colleagues**.  对我的同事们有所启发  
e..g A few dedicated doctors have fought for years to **enlighten the profession**. 为启蒙这一行业而奋斗

2.ADJ **具有启发性的(讲话, book, movie, 纪录片)** **[ an enlightening talk; an enlightening movie; an enlightening book; an enlightening documentary ]**

* enlightenment /ɪnˈlaɪtənmənt/

1.N)  Enlightenment means the act of enlightening or the state of being enlightened. 启发启迪; 教化 ; 恍然大悟 **[ 恍然大悟, 觉悟 have a moment of enlightenment ]** e.g. Stella **had a moment of enlightenment.** 斯特拉 恍然大悟。

2.N) In Buddhism, enlightenment is a final spiritual state in which everything is understood and there is no more suffering or desire. **[ spiritual enlightenment (佛教中的) 觉悟,精神超脱]**   
e.g. ...a sense of deep peace and **spiritual enlightenment.** 一种深深的平和感和 精神超脱。

e.g. **Meditation** and **mindful thinking**用心思考 will **increase the flow of positive energy into your life**, which in turn will bring good fortune and prosperity. It will **allow you to connect with your true self**, helping you to realize who you really are, and what your place is in this world. The study and practice of **meditation** can **help you on the path to [spiritual enlightenment] (佛教中的) 觉悟,精神超脱**, bringing you closer to true **spiritual awareness**, and you will radiate/disperse positive energy outwards, which will **ward off evil spirits or negative thoughts** and keep a “positive vibration  振动;**心灵感应**” around you.

* **ward off sth = fend off sth** 　　// (ward n) n. 病房；保卫 vt. 避开；保卫守护

To **ward off** a danger or illness means to prevent it from affecting you or harming you. 阻挡 (危险、疾病等) e.g. She may have put up a fight to try to **ward off/fend off** her assailant. 她可能进行过一场搏斗，试图　**挡住 (袭击者的) 攻击**

e.g. **Meditation** and **mindful thinking用心思考** will **increase the flow of positive energy into your life**, which in turn will bring good fortune and prosperity. The study and practice of **meditation** can **help you on the path to enlightenment(佛教中的)精神超脱**, bringing you closer to true **spiritual awareness**, and you will radiate/disperse positive energy outwards, which will **ward off evil spirits or negative thoughts** and keep a “positive vibration  振动;**心灵感应**” around you. After only a week of **meditating**, the practice will give you **peace of mind**. Keep at it conscientiously for a month, and you’ll notice increased **inner power and strength**. Tranquility, harmony and **equilibrium [,i:kwi'libriəm] (内心，思想上的)平静** await you.

* fend off (fending,fended,fends)

1. If you **[ fend off unwanted questions/problems/people］**, you stop them from affecting you or defend yourself from them, but often only for a short time and without dealing with them completely. 避开 e.g. He looked relaxed and determined as he **fended off questions** from the world's Press. 避开,回避<世界媒体的>问题。 e.g. The spokesman of U.S. president tries to **fend off that impolite or offensive questions** from correspondents. 避开,回避<不礼貌的攻击型的>问题

2.PHRASAL VERB If you **fend off someone** who is attacking you, you use your arms or something such as a stick to defend yourself from their blows. 挡住 (sb’s 攻击) e.g. He raised his hand to **fend off the blow**. 他抬起手**挡住了那一击**　e.g. She may have put up a fight to try to **ward off/fend off** her assailant. 她可能进行过一场搏斗，试图　**挡住 (袭击者的) 攻击**

* therapist /ˈθɛrəpɪst/:  A therapist is a person who is skilled in a particular type of therapy, especially psychotherapy. (尤指心理疗法的) 治疗师 e.g . My therapist helped me to deal with my anger.

我的治疗师帮我消除怒气。

* **使xxx平衡equilibrate sth** /ˌiːkwɪˈlaɪbreɪt, ɪˈkwɪlɪˌbreɪt/ to bring to or be in equilibrium; balance
* e.g. Flow is then stopped, and if the formation has sufficient permeability, the formation will flow to **equilibrate the tester 平衡测试器** with the bulk of the formation.
* e.g. As the development of computer networks, there is a need to use distributed computing technology to share the resources, **equilibrate computing load (平衡计算负载)** …
* equilibrium /ˌiːkwɪˈlɪbr**ɪə**m/   
  1.N-VAR Equilibrium is a balance between several different influences or aspects of a situation. 平衡 **[ yin-yang equilibrium /ˌiːkwɪˈlɪbrɪəm/ 阴阳平衡 ]** e.g. Stocks seesawed ever lower until prices found some new level of **equilibrium**. 股票进一步震荡下跌，直到找到某个新的**平衡**。  
  2.N Someone's equilibrium is their normal calm state of mind, **peace of mind . (内心，思想上的)平静** e.g. I paused in the hall to take three deep breaths to restore my **equilibrium**. 深吸了3口气以恢复平静。  
  3.N the condition of a system that has its total energy distributed among its component parts in the statistically most probable manner 能量均分

e.g. Zen Interior Decorators will bring the peace, prosperity and **tranquility** you’re missing to your home by following key **feng shui** principles and ideals. We take **[a holistic approach** 整体分析/研究**]** to your indoor areas, considering the practical, spiritual, and **aesthetic** qualities of your space, as well as your personal preferences, when we choose the materials, design and colors for your rooms. We will show you how to use the **yin-yang principles** of balance and equality to create spiritual **equilibrium**  **[,i: kwɪ'lɪbrɪəm] 平衡**in your home.

e.g. **Meditation** and **mindful thinking**用心思考 will **increase the flow of positive energy into your life**, which in turn will bring good fortune and prosperity. It will **allow you to connect with your true self**, helping you to realize who you really are, and what your place is in this world. The study and practice of **meditation** can **help you on the path to [spiritual enlightenment(佛教中的)精神超脱]**, bringing you closer to true **spiritual awareness**, and you will radiate/disperse positive energy outwards, which will **ward off evil spirits or negative thoughts** and keep a “positive vibration 振动;**心灵感应**” around you. After only a week of **meditating**, the practice will give you **peace of mind**. Keep at it conscientiously for a month, and you’ll notice increased **inner power and strength**. Tranquility, harmony and **equilibrium [,i:kwi'libriəm] (内心，思想上的)平静** await you.

* clutter /ˈklʌtə/

1.N) Clutter is a lot of things in a messy state, causing untidiness, especially things that are not useful or necessary. 乱七八糟 e.g. Caroline prefers her **countertops** to **be [clear of clutter]**. 把 **厨房台面** 弄得**整整齐齐**。

2.V-T If things or people **clutter a place**, they fill it in a messy way. (物或人乱七八糟的) 拥塞 e.g. Empty soft-drink cans lie everywhere. They clutter the desks and are strewn across the floor. 软饮料空罐（**乱七八糟的）到处都是**，堆满了桌面，还扔了一地。

3. **Clutte[r u]p** means the same as . 拥塞

4. clutter a place = clutter up a place(乱七八糟的)拥塞； 使杂乱 e.g. The vehicles **cluttered up the parking lot**. 车辆(**乱七八糟的)停满**了停车场。 E.g. It can clutter up the elegance of your code ….   它可能会使雅致的代码**变得散乱/乱七八糟**

* yin-yang 阴阳: a symbol representing complementary opposites, as in dark and light。 **[ yin-yang equilibrium /ˌiːkwɪˈlɪbrɪəm/ 阴阳平衡 ] //** Equilibrium is a balance between several different influences or aspects of a situation. 平衡

|  |  |
| --- | --- |
| (事业，生意, 商业） 兴隆; 成功; 繁荣 | boom /buːm/ (booming,boomed,booms) [ n) 经济繁荣，经济腾飞: economic boom/prosperity ; 繁荣的时代: boom years; 婴儿潮；出生于婴儿潮时期的人，尤指二次大战后生育高峰出生的人: baby boom, babay boomer; 商业繁荣，生意兴隆: business boom/prosperity ]  1. N If there is a boom/prosperity in the economy (经济繁荣，经济腾飞), there is an increase in economic activity, for example, in the number of things that are being bought and sold. e.g. An economic boom followed, especially in housing and construction. e.g. The 1980s were indeed boom years. 20世纪80年代确实是繁荣的时代。  2. N A boom in something is an increase in its amount, frequency, or success. 大幅提高/增长 e.g The boom(大幅提高) in the sport's popularity has meant more calls for stricter safety regulations.  3. V If the economy or a business is booming/thriving/flourishing/prospering, the number of things being bought or sold is increasing. 大幅提高/增长激增 e.g. By 1988 the economy was booming. 到1988年为止经济一直很繁荣。 Sales are booming. 销售量在激增。  4. V When something such as someone's voice, a cannon, or a big drum booms, it makes a loud, deep sound that lasts for several seconds. 发出低沉洪亮的声音, 轰鸣 e.g. "Ladies," boomed Helena, without a microphone, "we all know why we're here tonight." e.g. Thunder boomed over the Mountain. 雷声在山上空轰鸣。 5. Boom out . 发出低沉洪亮的声音, 轰鸣 e.g.Music boomed out from loudspeakers. 扬声器传出了低沉响亮的音乐。 e.g A speaker boomed out, "This is the police." 扩音器传出了低沉而响亮的声音：“我们是警察。” 6. Boom is also a noun. 轰鸣声 e.g. The stillness of the night was broken by the boom of a cannon. 大炮的轰鸣声打破了。 |
| (事业，生意, 商业） 兴隆; 成功; 繁荣 | flourish /ˈflʌrɪʃ/ [ in full flourish 在全盛时，盛极一时 ] 1.V-I If something flourishes, it is successful, active, or common, and developing quickly and strongly; V. ) flourish/boom/prosper/thrive 繁荣; 兴旺 e.g. Business flourished/boomed/thrived/prospered, and within six months they were earning 18,000 roubles a day. 生意兴隆，6个月中他们每天挣18000卢布。 e.g If the economy or a business is booming/thriving/flourishing/prospering, the number of things being bought or sold is increasing. 大幅提高/增长激增 e.g. By 1988 the economy was booming. 到1988年为止经济一直很繁荣。 Sales are booming/thriving/flourishing/prospering . 销售量在激增。 2. 繁荣的; 兴旺的 flourishing = prosperous = booming e.g. Boston quickly became a flourishing/prosperous port. 波斯顿迅速成为一个繁荣的港口。  3.V-I If a plant or animal flourishes, it grows well with large reproduction繁殖，生殖 or is healthy because the conditions are right for it. (动植物因环境适宜而) 旺盛 生长　e.g The plant flourishes particularly well in slightly harsher climes. 这种植物在较为恶劣一点的气候中长得特别茂盛。=> 繁盛的 flourishing e.g. ...a flourishing fox population. …不断繁衍的狐狸群。  5.V-T If you flourish an object, you wave it about in a way that makes people notice it. 挥舞 xxx （为了引起注意）e .g. He flourished his pen to emphasize the point. e.g. He flourished his cap in the crowds. => N-COUNT Flourish is also a noun. 挥动（为了引起注意） e.g. He took his cap from under his arm with a flourish and pulled it low over his eyes. 他挥手从腋下取出帽子，拉低帽檐盖住眼睛。 |
| (事业，生意, 商业） 兴隆; 成功; 繁荣 | thrive /θraɪv/  1.V-I If someone or something thrives, they do well and are successful, healthy, or strong, thrive = boom = propser = flourish 兴旺发达; 茁壮成长 e.g He appears to be thriving. 他看起来兴旺发达蒸蒸日上。 Today her company continues to thrive/boom/prosper/flourish. 如今，她的公司继续蓬勃发展。 A business cannot thrive without good management. 企业没有良好的管理不会兴旺。 2.V-I If you say that someone thrives on a particular situation, you mean that they enjoy it or that they can deal with it very well, especially when other people find it unpleasant or difficult. 从容应对 (尤指别人不喜欢或认为困难的事) e.g Vivian is good at thriving on a stressful work under tense timeline. |
| (事业，生意, 商业） 兴隆; 成功; 繁荣 | prosper /ˈprɒspə/ => prosperous = flourishing/booming/thriving => N) prosperity V.S. prospect 前途 V.S. **有前途的(学生，项目) a promising student/project** 1.V-I If people or businesses prosper, they are successful and do well, thrive, flourish, boom (事业，生意） 兴隆; 成功 e.g. His business continued to prosper/thrive. 他的生意持续兴隆 |
| burgeon / sprout (pigeon=dove) | To put forth new **buds芽蓓蕾,** leaves, or **greenery 绿叶;** [synonym: sprout].发**芽**：长出新芽、叶子或绿叶 **[ burgeoning market 新兴的市场; the emerging market ]**  To begin to grow or **blossom.** 长出花蕾：开始生长或开花  To grow, thrive/flourish/boom quickly, become prosperous 迅速茁壮成长,繁茂 eg The e-commmerce is a burgeoning industry; eg The economy is recovered from the financial crisis and starts to burgeon/sprout quickly; eg While her makeup artist career was burgeoning/sprouting, she was frustrated by the lack of fund investment. |

## 1st) row

## done mp3) Video

## Change your living env by re-decorating your home

Zen Interior Decorators will bring the peace, prosperity and **tranquility** you’re missing to your home by following key **feng shui** principles and ideals. We take **[a holistic approach ]** to your indoor areas, considering the practical, spiritual, and **aesthetic** qualities of your space, as well as your personal preferences, when we choose the materials, design and colors for your rooms.  
  
What is it you need in your life? **Prosperity** ? Our custom designed gardens with water features will bring the wealth back into your life. **Tranquility** ? Our specially chosen **color schemes 调色方案** will help you maintain a state of calmness and relaxation. Harmony ? We can help you deal with the **clutter** that disturbs the peace in relationships within your family. We will show you how to use the **yin-yang principles** of balance and equality to create spiritual **equilibrium**  **[,i: kwɪ'lɪbrɪəm] 平衡**in your home.

## 2nd row) Post-positive adjectives/ noun-adjective combinations

|  |  |  |  |
| --- | --- | --- | --- |
| **Adjectives after nouns** | | | |
|  | | |  |
| Sometimes, we put an adjective after a noun, not before it.  Here are some examples. | | | |
|  | | |  |
| When the adjective describes a location: | | | |
|  | | |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | It was so foggy that I couldn’t even see the **road ahead**. |  | It was so foggy that I couldn’t even see the road ahead. |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Do you know a good **restaurant nearby**? |  | Do you know a good restaurant nearby? |
|  | | |  |
| With the adjectives **present**, **involved**, or **responsible**: | | | |
|  | | |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | The **employees involved** in the scandal have been fired. |  | The employees involved in the scandal have been fired. |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Customers present** at store closing time will be asked to leave. |  | Customers present at store closing time will be asked to leave. |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | The **team responsible** for bringing lunch also needs to wash dishes. |  | The team responsible for bringing lunch also needs to wash dishes. |

|  |  |  |  |
| --- | --- | --- | --- |
| With indefinite pronouns like **something**, **anyone**, **nothing**, or **everyone**: | | | |
|  |  | |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Please wear **something elegant** to the party. |  | Please wear something elegant to the party. |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Don’t leave **anything valuable** on your desk. |  | Don’t leave anything valuable on your desk. |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Anyone sick** should stay home. |  | Anyone sick should stay home. |
|  |  |  |  |

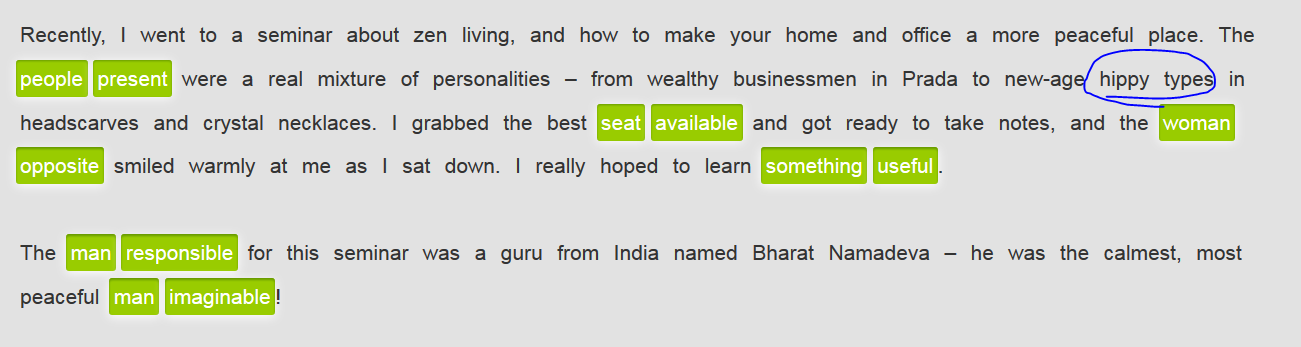
|  |  |  |  |
| --- | --- | --- | --- |
|  | **Everyone awake** should be at breakfast by nine. |  | Everyone awake should be at breakfast by nine. |
|  |  | |  |
| With a superlative + a noun + an adjective with -ible/-able: | | | |
|  |  | |  |
|  |  |  |  |

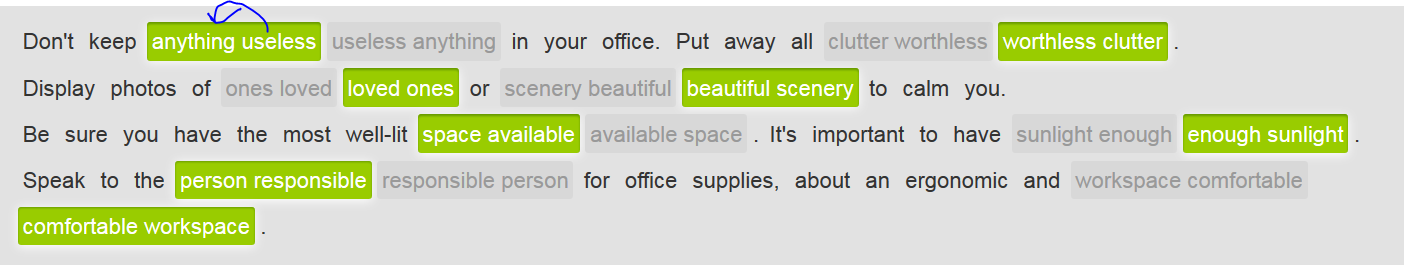
|  |  |  |  |
| --- | --- | --- | --- |
|  | I booked **the best room available** at the hotel. |  | I booked the best room available at the hotel. |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | I think we took **the longest route possible**.  We’re going to be late! |  | I think we took the longest route possible. We’re going to be late! |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | I want **the biggest cake imaginable** for my birthday. |  | I want the biggest cake imaginable for my birthday. |

## Select the correct “noun-adjective combinations”





## 3rd row) Art of life- Life through **meditation** and **mindful thinking**

These days, life is so full of stress, and nearly all of us are suffering from it – even if we don’t recognize it as the source of our pain. The good news is, there’s a solution, that is continuous **meditation** and **mindful thinking**用心思考. It’s painless, enjoyable even, and doesn’t involve expensive drugs, **therapists (尤指心理疗法的) 治疗师** or treatments

* **Meditation** and **mindful thinking** will **increase the flow of positive energy into your life**, which in turn will bring good fortune and prosperity.
* It will **allow you to connect with your true self**, helping you to realize who you really are, and what your place in this world is.
* The study and practice of meditation can **help you on the path to [spiritual enlightenment(佛教中的)精神超脱;启发sb.],** bringing you closer to true **spiritual awareness**, and you will radiate positive energy, which will **ward/fend off evil spirits or negative thoughts挡开** and keep a “**positive vibration** **振动;心灵感应**” around you.

After only a week of meditating, the practice will give you **peace of mind**. Keep at it conscientiously for a month, and you’ll notice increased **inner power and strength**. Tranquility, harmony and **equilibrium [,i:kwi'libriəm](内心的平静)** await you. // Someone's **equilibrium** is their normal calm state of mind.

## Benefits of **meditation** (冥想; meditate on/ruminate on = to ponder, consider carefully)

* Increase the flow of positive energy
* Help you to connect with your true self
* Give you peace of mind
* Increase your inner power and strength
* **Ward off/fend off evil spirits or negative thoughts**
* Help you on the path to **[spiritual enlightenment (佛教)思想超脱]** // **(enlighten sb启发sb)**

## 4th row) Creating a tranquil home environment by re-decorating your house.

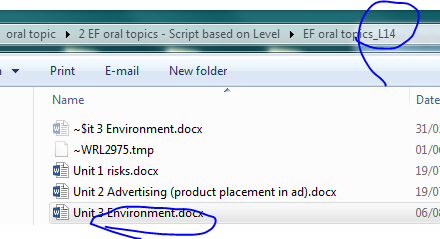
Your friend wants to create a relaxing feeling in her home. Give her some advice.

## done mp3) to write down the script???

# Part 3) Environment in your city (GHG, global warming, climate change)

## Reference

See the “Environment” unit, where **3R: reuse, recycle, and renewable**



## Stop) Lexical resource

* eco-friendly = environmentally friendly

e.g. Considering global warming and climate change on our earth, the traditionally gas-powered car might be **behind the times** from my conjecture. This future of this non **environmentally friendly/eco-friendly** car is **bleak**(凄惨的), since the **energy-efficient(节能的) vehicles** consuming **renewable energies** are increasing popularity drastically even now. If the car merchandizers won’t break through from the traditional way, they **won’t stand a chance with** other competitors who develop the hybrid, green-energy cars.

|  |  |
| --- | --- |
| 狼吞虎咽； (汽车)费油 | guzzle /ˈɡʌzəl/ (guzzling,guzzled,guzzles) 1. V-T/V-I If you guzzle something, you drink it or eat it quickly and greedily. 狼吞虎咽 snarf down [snɑrf] /devour/engulf/guzzle food: to eat or drink rapidly, eagerly, and greedily  e.g. Melissa had guzzled gin and tonics like they were lemonade.  e.g. ravenous /ˈrævənəs/ ravenously  1.ADJ If you are ravenous, you are extremely hungry.; e.g. Amy realized that she had eaten nothing since leaving home that morning, and she was ravenous. 她饿极了。  e.g. She began to eat ravenously = devour/snarf down/engulf/guzzle the food 她开始狼吞虎咽地吃起来 2. V-T If you say that a vehicle guzzles fuel, you mean that it uses a lot of it in a way that is wasteful and unnecessary. (汽车)费油 →see also gas guzzler 例： The plane was deafeningly noisy, guzzled fuel, and left a trail of smoke. 这架飞机噪音震耳，费油，还留下一屁股烟雾。 3. in ADJ -guzzling 费油的； 耗油的 eg.. It's an alternative to energy-guzzling transportation. e.g. The boom of the 1980s led to a taste for petrol-guzzling cars. **[费油的； 耗油的 energy-guzzling V.S. 节能的energy-efficient ]** 20世纪80年代的经济繁荣导致了对 高油耗/费油的 汽车的喜爱。 ...big, energy-guzzling houses. ...大的、浪费能源的房屋。 |

* holistic /həʊˈlɪstɪk/ n) holism; Holistic means based on the principles of holism. 整体主义的 1. **[ holistic approach 整体 分析/研究 ]** 2**. [ holistic medicine: 整体 医学; practitioners of holistic medicine 整体医学(家庭)医生 ]** medical care of the whole person considered as subject to personal and social as well as organic factors**; [ 正统医学 orthodox medicine V.S. 非传统医学 /替代性的 (疗法) alternative medicine (unorthodox medicine) ]** 3. **[ Holistic education (整体)全面的教育; 全人格教育 ]** **Holistic education** is a philosophy of education based on the premise that each person finds identity, meaning, and purpose in life through connections to the community, to the natural world, and to humanitarian values such as compassion and peace. **Holistic education** aims to call forth from people an intrinsic **reverence**/respect for life and a passionate love of learning.   
  e.g. Our students enjoy excellent education and recreational [rekrɪ'eɪʃənl] facilities so that they can have an outstanding **holistic education**. 能够得到卓越的“全人教育”   
  e.g. A **thoroughbred（良驹,有教养之人）** is a well-bred person who is thorough and all-around全面的 who is trained with **holistic education**, or **nurtured or cultivated** very well.
* holism /ˈhəʊlɪzəm/ = wholism Holism/wholism is the belief that everything in nature is connected in some way. E.g. Nature by itself, he writes, runs on "principles of balance and holism." 自然界本身，他写道，是按照“平衡和整体的原则”运转的
* Adj) 节能的（电池，灯泡）energy efficient **[ energy efficient battery; energy efficient light bulbs; energy efficient cars ]**

e.g. Considering global warming and climate change on our earth, the traditionally gas-powered car might be **behind the times** from my conjecture. This future of this non **environmentally friendly/eco-friendly** car is **bleak**(凄惨的), since the **energy-efficient(节能的) vehicles** consuming **renewable energies** are increasing popularity drastically even now. If the car merchandizers won’t break through from the traditional way, they **won’t stand a chance with** other competitors who develop the hybrid, green-energy cars.

* throwaway /ˈθrəʊəˌweɪ/ V.S. disposable

1. A **throwaway/disposable** product is intended to be used only for a short time or only once, and then to be thrown away. 一次性的; 用完即弃的 **[ a throwaway/disposable society 一次性社会（非可持续发展的, 非环保的社会; throwaway razors/shavers一次性剃须刀; throwaway/disposable chopsticks 一次性筷子; throwaway/disposable diaper; throwaway/disposable underwear 一次性内衣 ]** e.g Looking back/In hindsight, you can see how we created a throwaway/disposable society. 回首过去，明白之所以成为 **一次性社会（非可持续发展的, 非环保的社会** 的原因

2. **随意的不经意的(讲话、动作)**  If you say that someone **[ makes a throwaway remark or gesture ],** you mean that they make it in a casual way, although it may be important, or have some serious or humorous effect. e.g. ...a throwaway remark she later regretted. ...一句她脱口而出的评论

* **disposable /dɪˈspəʊzəbəl/**

1.ADJ A disposable product is designed to be thrown away after it has been used for a short time or only once, disposable = throwaway 一次性的; 用完即弃的   
**[ a throwaway/disposable society 一次性社会（非可持续发展的, 非环保的社会）; throwaway razors/shavers一次性剃须刀; throwaway/disposable chopsticks 一次性筷子; throwaway/disposable diaper; throwaway/disposable underwear 一次性内衣 ]** e.g. ...disposable/throwaway diapers suitable for babies up to 8lbs. …使用的**一次性尿布**  
e.g **Looking back/In hindsight**, you can see how we created **a throwaway/disposable society**. **回首过去**，明白之所以成为 **一次性社会（非可持续发展的, 非环保的社会）**的原因

2. **Disposable products** can be referred to as disposables. [ **disposables (generally speaking)**一次性物品 ] e.g Currently, **disposables** **account for about 80% to 85%** of the $3 billion-plus annual diaper market. 一次性物品**占**年销售额

3. **Your disposable income** is the amount of income you have left after you have paid bills and taxes. **[ disposable income可自由支配的 (收入) ]** e.g. Gerald had little **disposable income**. 没有多少 可**自由支配的收入**。

* yin-yang 阴阳: a symbol representing complementary opposites, as in dark and light。 [ yin-yang **equilibrium /ˌiːkwɪˈlɪbrɪəm/ 阴阳平衡 ] //** Equilibrium is a balance between several different influences or aspects of a situation. 平衡
* Tap water   
  E.G.Tap water is the water that comes out of a faucet in a building such as a house or a hotel. 自来水
* canister /ˈkænɪstə/

1.N) A canister is a strong, metal container. It is used to hold gases or chemical substances. 强固金属罐 eg. Riot police hurled **tear gas canisters** and smoke bombs into the crowd. 防暴警察朝人群猛掷催泪瓦斯罐和烟幕弹。

2.N) A canister is a metal, plastic, or china container with a lid. It is used for storing food such as sugar and flour. (罐、盒等) 有盖容器 ...a canister of tea. …一罐茶叶。

* jug /dʒʌɡ/   V.S. **juggle my life, my work, and family 同时兼顾; juggle 5 eggs.**

1.N  A jug is a cylindrical container with a handle and is used for holding and pouring liquids. 水罐

2.N  You can use jug to refer to the jug and its contents, or to the contents only. 一水罐的量 e.g. ..a jug of water. …一罐水。

* depot /ˈdɛp**əʊ**/  , depots /ˈdɛp**əʊz**/

1.N A depot is a bus station or train station. **[ a bus depot /ˈdɛpəʊ/ 公共汽车站; a station depot /ˈdɛpəʊ/  火车站； recycling depots /ˈdɛpəʊz/: (waste废品) 回收站 ]** e.g. She was reunited with her boyfriend in the **bus depot** **/ˈdɛpəʊ/**of Ozark, Alabama.在 **汽车站** 重新团聚了。  
e.g. Speaking of waste, when do have things to recycle, make sure that you know here the **recycling depots ((废品)回收站)** near your home are, and also which materials can be recycled there, e.g. can, tins, plastic, paper, card box, old spectacles/glasses, etc.

e.g. Take all your recyclable garbage to **recycling depots ((废品)回收站)** weekly or monthly, and you’ll drastically **reduce, reuse, and recycle your waste (3R).**  
  
2.N A **depot** **/ˈdɛpəʊ/**is a place where large amounts of raw materials, equipment, arms, or other supplies are kept until they are needed. 仓库; 库房 depot **/ˈdɛpəʊ/**= warehouse [ food depots食物储藏室 ]

* **perpetual /pəˈpɛtjʊəl/  perpetually   [pɚ'pɛtʃʊəli]** adv. 永恒地，持久地

1.ADJ A perpetual feeling, state, or quality is one that never ends or changes. 永恒的  
e.g. They hoped to live in perpetual happiness.  他们希望生活在永久幸福之中. ...the creation of a perpetual union. …一个永久性工会的创立。

**[perpetual resource永恒的资源] e.g. hydropower水力发电; wind enery; solar power, tidal energy** e.g. They were all perpetually starving. 他们一直都在挨饿。

3.ADJ A perpetual act, situation, or state is one that happens again and again and so seems never to end. 一直的反复不断的; 无休止的(wars, **抱怨**) **[ 无休止的战争 perpetual wars in Afg(h)anistan; 永无休止的抱怨 perpetual complains ]**e.g. I thought ZhangLu’s **perpetual complaints** were going to **run me down**. 我觉得她那 **永无休止的抱怨** 会让我 **感到不舒服/生病的** 。

4.ADV 一直的反复不断的; 无休止地 perpetually e.g. He **perpetually** interferes in political affairs. 他 不断地干涉政治事务。 E.g. She complains about her work and life **perpetually**. 一直的反复不断的; 无休止地**抱怨**

* cooler /ˈkuːlə/  A cooler is a container for keeping things cool, especially drinks. 冷却箱
* 降级的; (废料、包装材料等) 可(生物)降解的 **degradable /dɪˈɡreɪdəbəl/ or biodegradable[,baɪodɪ'ɡreidəbl]** => **non-biodegradable 非(生物)降解的**  
  1.ADJ (of waste products, packaging materials like plastic, etc) capable of being **decomposed 可分解的** chemically or **biologically [,baɪə'lɑdʒɪkl].**
* **可怕的后果　dare/terrible consequences**e.g. We’ll **[ face dare/terrible consequences ] if** we human being continue to pollute our environment, making great negative impact on nature, e.g. climate changes, greenhouse gas (GHG) emission, and global warming. In this trend, **the future for humans is bleak (黯淡的，凄凉的).**
* bleak /bliːk/ , bleakness V.S. V.S. bleach vt. 使漂白，使变白 n. 漂白剂

1.ADJ If a situation is bleak, it is bad, and seems unlikely to improve. (凄凉的)黯淡的(未来，局势)   
e.g. The immediate **outlook/prospect remains bleak**. 最近的前景依然很黯淡。   
e.g. We’ll **[ face dare/terrible consequences 可怕的后果]** if we human being continue to pollute our env, making great negative impact on nature, e.g. climate changes, greenhouse gas (GHG) emission, and global warming. With this non- **environmentally friendly** trend, **the future for humans is bleak (低迷的黯淡的，凄凉的).**

2.N 低迷,凄凉 黯淡 **bleakness** e.g. The continued **bleakness** and **sluggish(市势疲弱)** of the American job market was blamed.　就业市场的持续 **低迷** 和 **市势疲弱** 被认为是其根源。

3.ADJ If you describe a place as bleak, you mean that it looks cold, empty, and unattractive. 荒凉的(地方) e.g. The island's pretty bleak. 这个岛很荒凉。

4.ADJ When **the weather is bleak**, it is cold, dull, and unpleasant. (天气)阴冷的 e.g. The weather can be quite **bleak** on the coast. 沿海一带的天气可能会十分阴冷。

5.ADJ If someone looks or sounds bleak, they look or sound depressed, as if they have no hope or energy. 沮丧的 e.g. His face was bleak/depressed/dismal. 他面容沮丧。=> 6.ADV 沮丧地 bleakly e.g. "There is nothing left," she says bleakly. 她沮丧地说。

* hepatitis [,hɛpə'**taɪ**tɪs] 肝炎 Hepatitis is a serious disease which affects the **liver肝**, an **inflammation[医]炎症发炎** of the liver, caused by **infectious/contagious** or toxic agents and characterized by jaundice/ˈdʒɔːndɪs/黄疸 , fever, liver enlargement, and abdominal pain. **［**[**hepatitis b**](javascript:void(0);) **乙型肝炎；**[**hepatitis c**](javascript:void(0);)**丙型肝炎；C型肝炎］**e.g. Note: Patients with hepatitis[,hepə'**tai**tis] B, syphilis ['sɪfɪlɪs][性病] 梅毒 , AIDS patients, hepatitis C [,hepə'**tai**tis] patient, and sexually active **homosexual** men (gay) cannot participate in blood donation.   
  e.g. An outbreak of "hepatitis [,hepə'**tai**tis] A" caused by imported frozen strawberries from Egypt has sickened 55 people in six states.

e.g. Hepatitis[,hepə'taitis] A is a viral liver infection that is highly **contagious  [kən'teidʒəs]传染的** but does not result in chronic infection. "Due to the relatively/comparatively long **incubation period潜伏期** for hepatitis[,hepə'**tai**tis] A -- 15 to 50 days -- before people start experiencing symptoms, we expect to see more ill people reported in this outbreak"

* 霍乱cholera /ˈkɒlərə/

Cholera is a serious **contagious [kən'teidʒəs]传染的** disease that often kills people. It is caused by drinking infected water or by eating infected food 霍乱 **[ a cholera epidemic 一场霍乱疫情 ]**   
e.g. UNICEF estimates that 1.4 million children a year die from diseases such as **pneumonia** and **cholera/ˈkɒlərə/**, easily preventable with better **hygiene卫生**.

* hectic:   **// heck 1) hell, what the heck/hell is that? 2) a heck of = tons of = loads of**

n./adj) **脸红 (flush:** If you **flush**, your face gets red because you are hot or ill, or because you are feeling a strong emotion such as embarrassment or anger. (太热； 生病； 因尴尬，生气)脸红**)**；兴奋的狂热的；脸上发红的

**n/adj患肺结核 ; 肺病/患肺结核的；**

adj紧张忙碌的 **[ a hectic schedule ]** A hectic situation is one that is super/damn busy and involves a lot of rushed activity. e.g. Life is **hectic**. But if you do not stop, you will not be able to give your body sometime to **unwind(发条放松)/relax/hang loose**

* The **sewage污水；下水道** and garbage are dumped into rivers and oceans.
* adj. 盛大的；大规模的 **Grand-scale [ grand-scale pollution 大规模的污染; grand-scale work 大规模工程; grand-scale development 大规模开发; grand-scale integrated circuit 超大规模集成电路]**
* 甲壳类水生动物shellfish   
  e.g. Shellfish are small creatures that live in the sea and have a shell. 甲壳类水生动物 e.g. Fish and **shellfish** are the specialties. 鱼和 **甲壳类水生动物** 是特产
* **Using inversion 倒装句after negatives for emphasis**

**Negative inversion** is sometimes used to place emphasis on the clause following a **negative phrase** like **not only**, **rarely**, **hardly**, **seldom**, and **never**. These words and phrases are followed by an **auxiliary verb辅助动词 (e.g. have, do, be )** + subject.

e.g. **Not only** are plastic bags on the street an eyesore, they are also a serious danger to the environment.

e.g. **Rarely** have I seen so much plastic garbage in one place.

* fluorescent /ˌflʊəˈrɛsənt/

1.ADJ A fluorescent surface, substance, or colour has a very bright appearance when light is directed onto it, as if it is actually shining itself. 荧光的 e.g. ...a piece of fluorescent tape. …一段荧光带。

2.ADJ A fluorescent light shines with a very hard, bright light and is usually in the form of a long strip. 发荧光的 [ fluorescent/ˌflʊəˈrɛsənt/ 荧光的 light bulb ] e.g. Fluorescent lights flickered, and then the room was brilliantly, blindingly bright. 荧光灯闪烁了几下，然后房间就亮得刺眼。

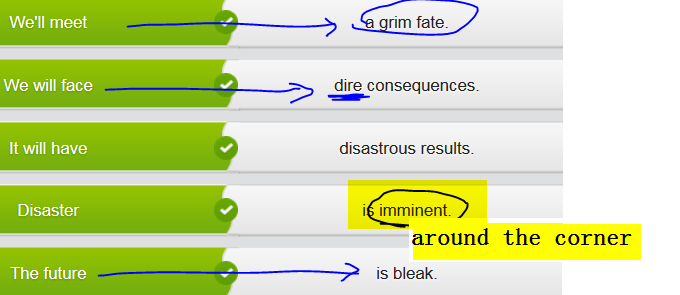
e..g If something is labeled ‘**energy efficient节能的’**, it simply means it uses less energy than normal – for example, a **fluorescent/ˌflʊəˈrɛsənt/ 荧光的** **light bulb.**  These days, most electronic goods, particularly washing machines and fridges, are rated for their **energy efficiency**.  Of course, anything **energy efficient节能的** is **environmentally friendly** – as is anything that doesn’t harm the environment.  Recyclable goods, or products made from **renewable resources (e.g. solar power, wind or hydropower)** without chemicals or pollution, are all considered eco-friendly.

* **footprint**
* **生态排放量:** [**ecological/ˌeːkəˈlɒdʒɪkəl/  footprint**](javascript:void(0);) **e.g.** So your **生态排放量ecological/ˌeːkəˈlɒdʒɪkəl/  footprint**?  It’s a measure of your demand on the Earth against the Earth’s ability to provide for your lifestyle.  In 2005, humanity’s **生态排放量ecological/ˌeːkəˈlɒdʒɪkəl/  footprint** was measured as 1.3 – meaning, we use the Earth’s resources 1.3 times faster than we can renew them.  There are several websites where you can measure your personal **生态排放量ecological/ˌeːkəˈlɒdʒɪkəl/  footprint** – perhaps you should check how you stand!
* **碳排放量:** [**carbon footprint**](javascript:void(0);) is the amount of carbon, like carbon dioxide or carbon monoxide/mɒˈnɒksaɪd/ that is ejected/discharged排放
  + **Primary carbon footprint**: the sum of carbon you release by **directly** using **fossil fuels**, e.g. gas, oil, coal
  + **Secondary carbon footprint**: indirectly, e.g. buy imported goods, a frequent flyer
* **内存占用 memory footprint**: refers to the amount of main memory that a program uses or references while running
* **Renewable V.S. non-renewable V.S. perpetual resource永恒的资源 // perpetual wars in Afghanistan; perpetual complains 一直不停的/无休止的（战争，抱怨）**
* deplete /dɪˈpliːt/

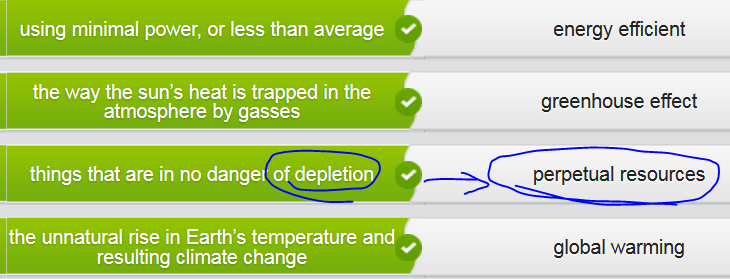
消耗损耗(燃料，能量）；放血 => depletion N(燃料，能量） 耗尽 => adj 衰耗尽的 衰竭的, 精疲力竭的 depleted [ a depletio[n of] fuel (燃油耗尽损耗) ; a depletio[n o]f energy 能量耗尽损耗; deplete fuel 耗尽燃油, deplete sb's energy 耗尽能量，精疲力竭 = I'm totally depleted = I'm totally burned out/overwhelmingly exhausted]

1. To deplete a stock or amount of something means to reduce it or even run out of it. 消耗, 耗尽用尽 (fuel, energy) e.g. ...substances that deplete the ozone['əuzəun] layer.…消耗臭氧层的物质。

2. 耗尽的 衰竭 耗尽的 depleted; depleted army…李的精疲力竭的军队 e.g. They also add further evidence supporting investigators' suspicions that the jet had depleted its fuel during its charter flight from Santa to Medel. Investigators were considering a depletio[n o]f fuel (燃油耗尽） as a significant contributing factor to Monday's crash. Photos showed debris strewn sporadically across a hillside with no apparent charring(n烧焦) among the wreckage. // charter flight 包机 V.S. scheduled flight; the budget flight, the budget airline 廉价航空 // Ozone troposphérique 对流层臭氧; **ozone depletion = depletion of ozone 臭氧层空洞 ; 臭氧损耗;** an ozone layer 臭氧层 //strew, strew, strewn: scatter, To strew things somewhere, or to strew a place with things, means to scatter or disperse them there in a careless way // char: n. 炭 vi. 烧焦; 做家务小时工/钟点工 charwoman

* **What if ? = what would you do if?**
* A **landfill** is a large deep hole in which very large amounts of rubbish are buried. 垃圾填埋场
* 

## 1st row)Environmental jargon



Renewable V.S.   
non-renewable V.S.   
perpetual resource永恒的资源 // perpetual wars in Afghanistan; perpetual complains 一直不停的/无休止的（战争，抱怨）

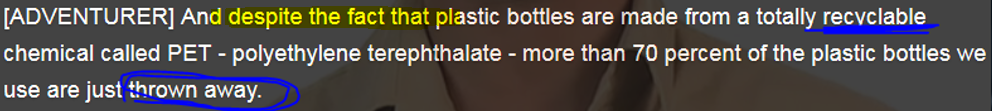
## done mp3) video

Water.

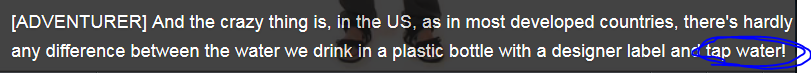














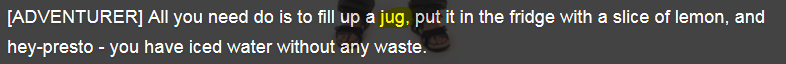


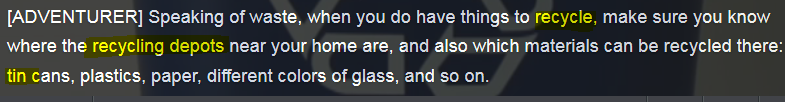


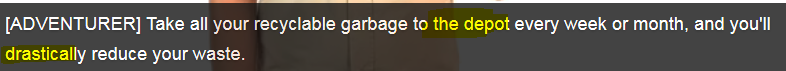
**What if ? = what would you do if? jug is a cylindrical container holding and pouring liquids. 水罐**







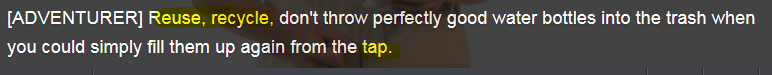




 People drink this bottle water because it’s fashionable and conveinient, not because it’s safter or better than **tap water**.







If we don’t do this, the future for our children might be something like **landfills** ( A **landfill** is a large deep hole in which very large amounts of rubbish are buried. 垃圾填埋场)

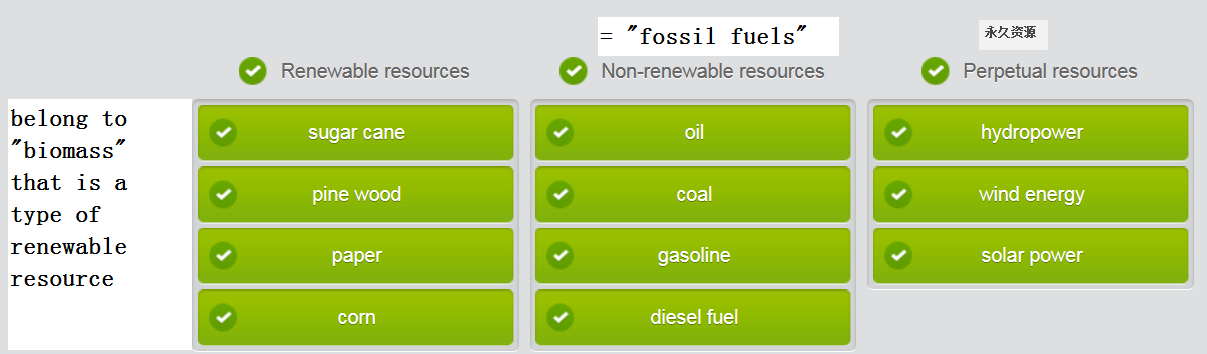
## Reading: Environment

* You’ve heard all the **lingo** by now – but do you know what it all means?  What’s the difference between **global warming** and the **greenhouse effect**?  Is your washing machine **energy efficient节能的**, **environmentally friendly**, or both?  What’s YOUR **生态排放量ecological/ˌeːkəˈlɒdʒɪkəl/ footprint (? V.S. carbon footprint)** ?  Let’s straighten out some of the **jargon** to help YOU understand if you’re doing the right thing or not.  
    
  **Global warming** refers to the increase in the Earth’s temperature since the mid-twentieth century, believed to be caused by toxic emissions and **deforestation**. These circumstances are affected by the **greenhouse effect** – which refers to the way heat from the sun is trapped in the Earth’s atmosphere by greenhouse gases(GHG), such as **carbon dioxide** and **methane甲烷**.  This greenhouse effect is normal and necessary, but experts now believe that due to the increase in these gases, the Earth’s atmosphere is trapping more of the sun’s heat than is ideal.  
    
  If something is labeled ‘**energy efficient节能的’**, it simply means it uses less energy than normal – for example, a **fluorescent/ˌflʊəˈrɛsənt/ 荧光的** **light bulb.**  These days, most electronic goods, particularly washing machines and fridges, are rated for their **energy efficiency**.  Of course, anything **energy efficient节能的** is **environmentally friendly** – as is anything that doesn’t harm the environment.  Recyclable goods, or products made from **renewable resources (e.g. solar power, wind or hydropower)** without chemicals or pollution, are all considered eco-friendly.
* **Renewable resources** are considered such if they can be replaced as quickly as they are consumed. Some examples are wood, paper and leather that belong to **biomass**, if they are harvested in a sustainable way.
* Gas, coal, and fossil fuels are NOT renewable resources.
* Solar power, wind power and hydropower are all **considered perpetual** resources, because there’s no danger of ever having a shortage of them.  
    
  **Sustainability** means ‘with the capacity to **endure’**, in other words, in a way that can be continued indefinitely without **depletion消耗**.  Current evidence says that humans are living in a non-sustainable way – that is, we consume more than we produce, and at this rate, will one day simply run out of resources.  
    
  So your **生态排放量ecological/ˌeːkəˈlɒdʒɪkəl/  footprint**?  It’s a measure of your demand on the Earth against the Earth’s ability to provide for your lifestyle.  In 2005, humanity’s **生态排放量ecological/ˌeːkəˈlɒdʒɪkəl/  footprint** was measured as 1.3 – meaning, we use the Earth’s resources 1.3 times faster than we can renew them.  There are several websites where you can measure your personal **生态排放量ecological/ˌeːkəˈlɒdʒɪkəl/  footprint** – perhaps you should check how you stand!

**footprint**

* **生态排放量:** [**ecological/ˌeːkəˈlɒdʒɪkəl/  footprint**](javascript:void(0);)
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## Renewable V.S. non-renewable V.S. perpetual resource永恒的资源 resources or energies



### Renewable resources or energies

e.g . Electricity can be generated by **nuclear fission核裂变**, **hydropower** ['haɪdro,paʊɚ] 水力发电, **biomass**, wind and solar energy, **tidal energy**潮汐,  biofuels

* **biomass**: the living or recently dead plants, trees, or even animals, which is a type of **renewable resources** that are used to create energy, esp. electricity. e.g Electricity can be generated by **nuclear fission核裂变**, **hydropower** ['haɪdro,paʊɚ] 水力发电, **biomass**生物量, wind and solar energy, **tidal energy**潮汐, and cars and lorries can run on electricity or biofuels.
* **Hydroelectricity**: is **electricity** made from the energy of running water. 水力(发的)电
* **Hydro-power or water power** is **power** derived from the energy of falling water and running water, which may be harnessed for useful purposes. Kinetic energy of flowing water (when it moves from higher potential to lower potential) rotates the blades/**propellers**螺旋桨 of **turbine**涡轮机, which rotates the axle**. [** [**hydropower station**](javascript:void(0);)**水电站]**

|  |  |  |  |
| --- | --- | --- | --- |
| Renewable energy source | How does it work? | Requirements | Costs |
| Solar power | * Energy from the sun gets converted into thermal or electrical energy * Solar panels are used to absorb solar energy from sun's rays * Photons are then transformed into conduction electrons | * Preferably high quality solar panels * Lots of sun light * Large surfaces to install solar panels * A lot of money for installation | * High installation costs * Quite high maintenance costs (cleaning, short circuits, cracks, corrosion) * Will cost the city $120,000 |
| Hydroelectricity **(hydropower水力发电)** | * Hydroelectricity is produced through use of the gravitational force of falling or flowing water | * A strong river with a dam built across It | * No fuel costs required * Relatively low building and maintenance costs * Will cost the city $75,000 |
| **Tidal energy**  **(潮汐)** | * a form of hydropower that converts the energy of tides into electricity or other useful forms of power * tidal waves move water into power turbines, that kinetic energy gets converted into electric energy | * ocean coast with strong tides | * relatively low cost and low ecological impact * Will cost the city $60,000 |
| Wind power | * conversion of wind energy into electricity by using wind turbines | * areas with strong winds * wind turbines | * negligible fuel costs and relatively low maintenance costs * cost of construction of the turbine and transmission facilities $80,000 |
| **Biomass** | * biological material derived | * forest residue | * relatively low |
| **nuclear fission核裂变** |  |  |  |

### Non-renewable resources**= fossil fuels**, e.g. natural gas, oil, or coal

For details about non-renewable resources, see Level 13 > Unit “conservation of endangered species”

### Perpetual resource永恒的资源

e.g. hydropower; wind enery; solar power, tidal energy

## done mp3) Video: Env



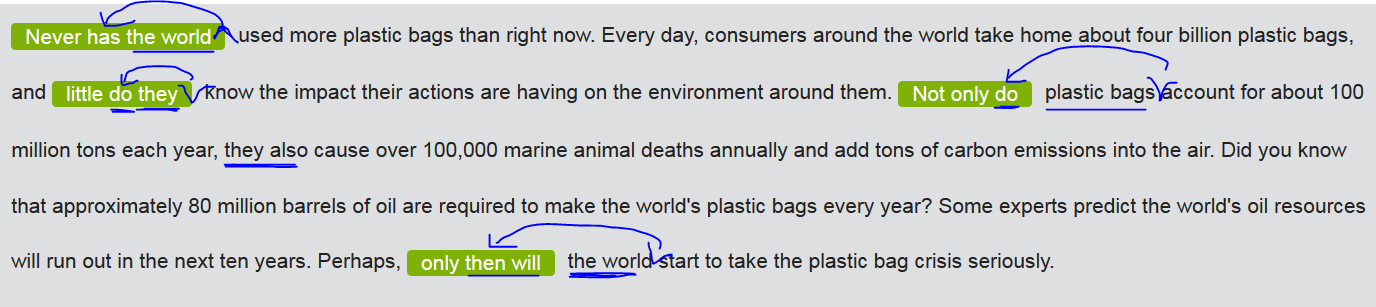
## 2nd row) Grammar – emphasis

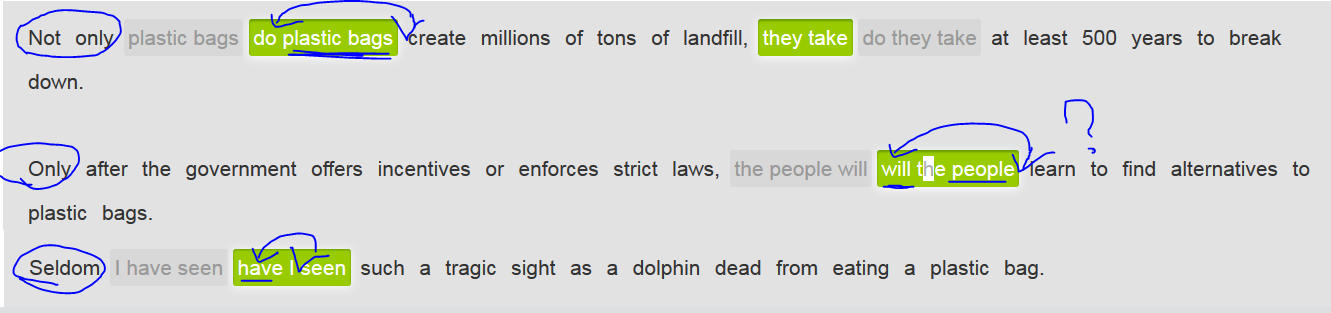
**Using inversion 倒装句after negatives for emphasis**

**Negative inversion** is sometimes used to place emphasis on the clause following a **negative phrase** like **not only**, **rarely**, **hardly**, **seldom**, and **never**. These words and phrases are followed by an **auxiliary verb辅助动词 (e.g. have, do, be )** + subject.

|  |  |  |
| --- | --- | --- |
| **Not only** are plastic bags on the street an eyesore, they are also a serious danger to the environment. |  |  |
|  | |  |
| **Rarely** have I seen so much plastic garbage in one place. |  |  |
|  | |  |
| **Never** have I witnessed such support from the community. |  |  |

## Done mp3) Video





## 3rd row) Make shocking predictions

## done mp3) video

## 4th row) Discussing environmental solutions

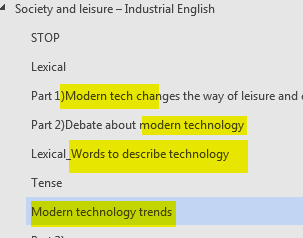
Your colleague wants to live a more **environmentally-friendly环保的** lifestyle, but he is not sure how to go about it. Help him make decisions on how to change his habits and **lessen his impact** on the environment.

## done mp3) video

# Part 4 ) Future technology used to improve your quality of life

## Ref:

See the following part in this word file



## Stop) Lexical resource

* esthetic /iːsˈθɛtɪk, ɪs-/  1.ADJ Aesthetic is used to talk about beauty or art, and people's appreciation of beautiful things. 审美的   
  e.g. ...products chosen for their aesthetic appeal as well as their durability and quality. …因其审美吸引力以及耐用性和质量好而被挑选的产品。

2.N-SING The aesthetic of a work of art is its aesthetic quality. (艺术品的) 审美特质 e.g. He responded very strongly to the aesthetic of this particular work. 他对这部作品的审美特质反应十分强烈。

3.ADV 审美上地 aesthetically e.g. A statue which is aesthetically pleasing to one person, however, may be repulsive to another. 从审美角度令一个人满意的一尊雕像可能令另一个人反感

|  |  |
| --- | --- |
| 麻醉剂, 镇静剂 | [nɑr'kɑtɪk] narcotic: An addictive drug, such as opium or marijuana, that can alleviate and mitigate/relieve your pain, alters mood and behavior, and usually induces/causes sleepy or numb feeling. [medical] 麻醉剂, 镇静剂 (tranquilizer/sedative)：一种能使人上瘾的药剂，如鸦片，能够减轻疼痛，改变心情和行为，通常导致沉睡或麻木。 |
| 麻醉感 | anesthetic or anaesthetic [,ænɪs'θɛtɪk] An agent that causes loss of sensation with or without the loss of consciousness. 麻醉剂：一种导致感觉缺失但知觉或有或无的药剂  **[anesthesia]:麻醉感 [ 全身麻醉 a general anaesthetic]** |
| 镇定剂, 安定物 | tranquilize: free from anxiety, tension, or **restlessness不安宁**; 宁静的：没有焦虑、紧张或不**安的(restlessness)**；镇定的 eg Calm down, stay in tranquil **state of being; [tranquilize; tranquilizer = sedative ['sɛdətɪv] : 镇定剂, 安定物：用来起镇定作用的东西，如平静的音乐]**  tranquil /ˈtræŋkwɪl/  [ˈtræŋkwəl]  1.ADJ Something that is tranquil is calm and peaceful. 宁静的 e.g. The tranquil atmosphere of the inn allows guests to feel totally at home. 这家客栈的宁静氛围让客人们感到宾至如归。  2.N-UNCOUNT 宁静 tranquillity e.g. The hotel is a haven of peace and tranquillity. 这个旅馆是一个宁静的好去处  tranquilize: free from anxiety, tension, or restlessness不安宁; 宁静的：没有焦虑、紧张或不安的(restlessness)；镇定的 eg Calm down, stay in tranquil state of being; [tranquilize; tranquilizer = sedative ['sɛdətɪv] : 镇定剂, 安定物：用来起镇定作用的东西，如平静的音乐]  e.g.  Zen Interior Decorators will bring the peace, prosperity and **tranquility** you’re missing to your home by following key **feng shui** principles and ideals. We take **[a holistic approach ]** to your indoor areas, considering the practical, spiritual, and **aesthetic** qualities of your space, as well as your personal preferences, when we choose the materials, design and colors for your rooms. What is it you need in your life? **Tranquility** ? Our specially chosen **color schemes 调色方案** will help you maintain a state of calmness and relaxation. |
| 医] 镇定剂 | mitigative, mitigatory //mitigate pain = alleviate pain, mitigate |
| 医] 镇定剂 [药] 镇静剂; 止痛药 | sedative ['sedətɪv] 1) tranquilizer in medicine; 2) sedative= pain-killer |

* **懂行（的人）/ 达人 savvy [ 技术达人a tech savvy; 社交达人 a social savvy ]**e.g. I’m really looking forward to a **tech-savvy** future, which will definitely improve our quality of life and work😊
* **口语](表示同意)说得对；有道理 Fair enough**

e.g. **Fair enough**. Let’s **get on board with (开始加入, 赶上潮流)** this tech. If anyone else is doing this, so are we. I approve this purchase. I don’t wanna **be left in the lurch [lɝtʃ]/be behind the times落伍 on the technology front(在技术方面)**! Anything else to report?

* **on the technology front (在技术方面)**

e.g. **Fair enough**. Let’s **get on board with (开始加入, 赶上潮流)** this tech. If anyone else is doing this, so are we. I approve this purchase. I don’t wanna **be left in the lurch [lɝtʃ]/be behind the times落伍** on the **technology front (在技术方面)**! Anything else to report?

* lurch /lɜːtʃ/

1.V-I To lurch means to make a **sudden** movement, especially **forward**, in an uncontrolled way. (尤指向前的一个突然移动) 打趔趄 e.g. As the car sped over a pothole, she **lurched forward**. 她身体 **前倾打了个趔趄**。E.g. Henry looked, stared, and lurched to his feet. **前倾**踉踉跄跄地站了起来。

2.N-COUNT Lurch is also a noun. 趔趄 The car took a **lurch forward**. 汽车一个趔趄，向前冲去。

3.V-I **. (行为或态度随意的) 突然改变(表不满).** If you say that a person or organization **lurches from one thing to another**, you mean they **move suddenly** from one course of action, one behaviour, or attitude to another in an uncontrolled way   
E.g. The state government has **lurched from one budget crisis to another**. 州政府突然从一个预算危机陷入了另一个危机。  
e.g. Otherwise, we’ll lurch from crisis to crisis — and the crises will get bigger and bigger.  我们将在不同的危机之间蹒跚前行，而灾难规模也将越来越大。

4.N Lurch is also a noun. (行为或态度随意地) 突然改变 The property sector was another casualty of the lurch toward higher interest rates. 房地产业是利率突然提高的又一受损行业。

5.V to **desert or ditch someone** in trouble (丢弃) 弃...于危难; 见死不救

6. I don't want to **[ be left in the lurch ] 落伍** **--** again. E.g. Approve the purchase. I will NOT **be left in the lurch** on the technology front!

* footy （英）无足轻重的；褴褛的 n. 毫无价值的人或事物（等于footsie）
* In the running (to do sth)

e.g. Telecommuting **is in the running ((在竞赛中)有取胜的希望)** to become the preferred option for most office workers

* Stand a chance (with sth, to do sth) 有希望；有可能

**[ don’t stand a chance 没有希望；没有可能 ]**

e.g. Older home designs **don’t stand a chance没有希望；没有可能**with all the new eco-designs on the market.

e.g. Yeah! A hover car with a GPS autopilot device, and satellite cell phone. Traditional bicycles don’t **stand a chance(有希望；有可能)** of existing 20 years from now – people are too lazy!

* heck = hell /hɛk/ V.S. **hectic**: super busy

1. People sometimes say "heck!" when they **are slightly irritated/annoyed or surprised.** 真是见鬼了(表示稍感恼怒、吃惊等; hell的委婉说法); 真是的(稍感恼怒)！   
e.g. **Heck**, if you don't like it, don't vote for him. 真是的！   
E.g. **Heck真是的(稍感恼怒).** Did you see Travis’ work, a totally rubbish. I’ve got to rework it.

2. People use **[ a heck of ]** to emphasize how big something is or how much of it there is. **[ a heck of sth= ton[s o]f sth = load[s o]f sth ]** 极大; 极多

[ **a heck of** a lot of money 好多好多钱; I had **a heck of** a time.  one heck of a night 一个很棒的夜晚 ]   
e.g. They're spending **a heck of** a lot of money. 大把大把地花钱。E.g. The truth is, I'm in one **heck of** a mess. 实际上我现在麻烦大了。

3. 到底; 究竟You use **" the heck/hell"** and " **the heck/the hell"** in order to emphasize a question, especially **when you are puzzled or irritated/annoyed (恼怒).**

e.g. What **[the heck/hell]** is that? **(见鬼了)那 到底/究竟** 是什么鬼东西？

e.g. The question was, where **[ the heck/hell ]** is he? 问题是，他**到底/究竟**人在哪儿？

4. You say "**what the heck / whatever"** to indicate that you do not care about a bad aspect of an action or situation. 管它呢; 不管它 e.g. **What the heck/whatever,** I thought, I'll give it a try 管它呢,我要试试看。

5.N a frame for obstructing the passage of fish in a river (拦捉河鱼用的)溪流木栅

* hectic:

n./adj) **脸红 (flush:** If you **flush**, your face gets red because you are hot or ill, or because you are feeling a strong emotion such as embarrassment or anger. (太热； 生病； 因尴尬，生气)脸红**)**；兴奋的狂热的；脸上发红的

n/adj患肺结核 ; 肺病/患肺结核的；

adj紧张忙碌的 **[ a hectic schedule ]** A hectic situation is one that is super/damn busy and involves a lot of rushed activity. e.g. Life is **hectic**. But if you do not stop, you will not be able to give your body sometime to **unwind(发条放松)/relax/hang loose**

* 视网膜retina /ˈrɛtɪnə/ ['rɛtənə]; retinal /ˈrɛtɪnəl/  
  **[Anatomy 解剖]** Your **retina** is the area at the back of your eye. It receives the image that you see and then sends the image to your brain. 视网膜 **[ a torn retina: 视网膜破裂; a dislocated retina: 视网膜脱落？/错位？ ]** e.g. Bruno had to have eye surgery on **a torn retina** two years ago. 因为 **视网膜破裂** 不得不进行了一次眼部手术

=> retinal /ˈrɛtɪnəl/ Retinal means relating to a person's retina. 视网膜的 **[ retinal cancer 视网膜癌; retinal scanning ]**

e.g. **With the advent ['ædvɛnt] of 随着xxx的出现** advanced tech in future, I guess that one day, passport will no longer be relevant because of **retinal scanning**

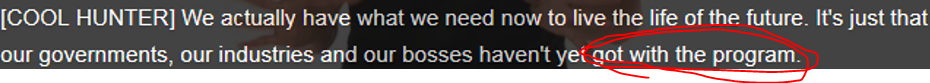
## 1st) row Future tech used to improve our quality of life, esp work

## done mp3) Video

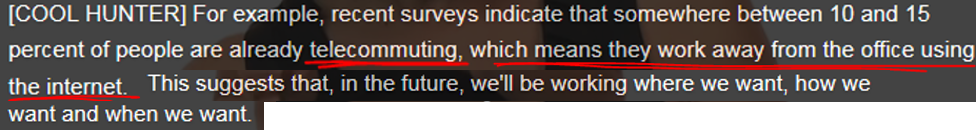








Future tech: e.g. telecommuting

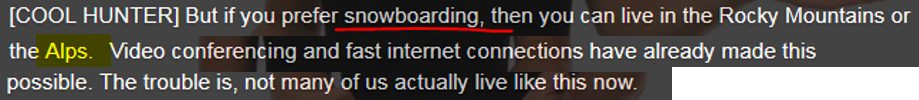






Alps  [ælps]  n. 阿尔卑斯山脉

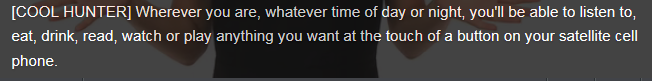






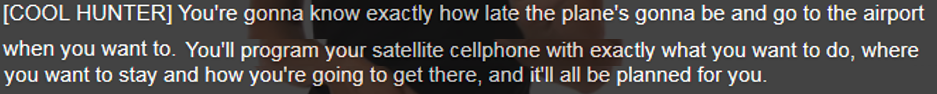
Future tech : advanced satellites and GPS











Future tech: retinal scanning ( **Retinal** means relating to a person's retina. 视网膜的)



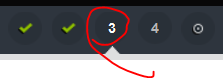


A heck of = tons of = loads of

## done mp3) Video



## done mp3) Video) Future technology



## Future technology (a short list)

|  |  |  |
| --- | --- | --- |
| Future tech examples | Phrases for describing “possibility, hope” | Whether need to 跟的上潮流/落伍 |
| AI: science for making machine that can think for themselves, like real human beings, **e.g. IBM Watson tech =》robots e.g** Intelligent furniture e.g. the sweep machine. | products based on AI technology is **mostly likely** becoming more and more prevalent in daily life, which might dominate the health industry especially. AI technology allows machines to think and analyze from humans’ natural behaviors, in which way, AI products are **in the running** to replace most of junior doctors in hospitals step by step. Per my knowledge in IT industry, IBM has already developed Watson system, based on AI and cognitive analysis technologies. Additionally, intelligent **house appliances**, such as the popular sweep machine, will make our life much easier and more convenient when new functionalities are introduced in future. |  |
| telebeaming: | sending 3D images of yourself across cyberspace ( very useful for con-call for my work) |  |
| telecommuting: | For example, recent survey indicates that somewhere between 10 and 15 percent of people are already telecommuting, which means that they work away for the brick-and-mortar office by using internet. This suggests that, in the future, we’ll be working where we want, how we want, and when we want. I’d like to point out that the trend of telecommuting will definitely  We’ll have the perfect work-life balance because we’ll decide at what time of the day or night want want to work. | I think more and more people will soon **get on board with** it/ **ge[t u]p with the program/get u[p t]o date(赶上潮流）.** |
| Gas-powered cars will be behind the times, replaced by **energy-efficient** cars节能的 | Considering global warming and climate change on our earth, the traditionally gas-powered car might be **behind the times** from my conjecture. This future of this non **environmentally friendly/eco-friendly** car is **bleak**(凄惨的), since the **energy-efficient(节能的) vehicles** consuming **renewable energies** are increasing popularity drastically even now. If the car merchandizers won’t break through from the traditional way, they **won’t stand a chance with** other competitors who develop the hybrid, green-energy cars.  If the car merchandizers won’t break through from the traditional way, they **won’t stand a chance with** (没有希望/可能) other competitors who develop the hybrid, green-energy cars. | Therefore, I think more and more car merchandizers will **get on board with (开始加入,赶上潮流)** **eco-friendly** cars. |
| retinal scanning: tech that identifies people by their retina | For example, rather than having to show your gym card to use the facilities, **retinal scanning** is **most likely(最可能)** to become more common and prevalent, even with portable devices. | I think more and more people will soon **get on board with** it/ **ge[t u]p with the program/get u[p t]o date(赶上潮流）** |
| GPS auto pilot | Ideas like GPS autopilot and aritificial intelligence(AI) **are still likely to** be in development at that time, although I’m sure many advances will have been made. |  |
| Mobile technology | Mobile technology is already **in the running（有希望／有可能）** to replace PCs and tablets, **not mention** the desktops. | and I think more and more people will soon **get on board with** it/**ge[t u]p with the program/ge[t u]p to date(赶上潮流）.** |
|  | Other types of **eco-friendly** and safety-related technology are bound to skyrocket, especially with the development of things like wearable computing devices. |  |

## Reading: future tech affects your lifestyle

Charlotte: Good morning world! Welcome to the news, I’m Charlotte Merker, your virtual newsreader .

Roger: Good morning to you Charlotte, and good morning world! I’m Roger Lawless. In today’s news, there was a 12-car pile-up this morning when a man drove into oncoming traffic. Apparently, he was having a fight with his girlfriend on his **satellite cellphone** and lost control.

Charlotte: Why was he driving and not using his **GPS autopilot** , Roger?

Roger: I’m told he thinks it’s more fun to drive. The man said, “I just crashed a company car. Maybe now my boss will let me try ' **telecommuting** !'

Charlotte: Sounds good to me Roger, I don’t want him on the road! In tech news, IBM has started using the new **telebeaming** technology for meetings. With this new technology, participants can send 3D projected images of themselves to anywhere in the world – so they can physically interact in **cyberspace** .

## 2nd row) **Talking about “future lifestyle”, which will improve quality of life**

When we talk about the future, we use phrases like **will most likely**, **don’t stand a chance**, **is bound to**, and **is in the running to**. These phrases describe **how likely** (in different degree/extent) we think something is to happen.

🡺 Most likely: 最有可能/希望

🡺 In the running ( to do sth): literal) 在竞赛中有取胜的可能／希望; figurative): 有可能/希望做xxxx

🡺 Unlikely: 不太可能／不太有希望

🡺Don’t **stand a chance** (with/to do)：没希望／可能xxxx

|  |  |  |
| --- | --- | --- |
| e.g. | | |
| The pressure to drive hybrid cars **will most likely(最有可能/希望)** increase as they become more **affordable**.  The sales of hybrid cars will **most likely** increase. |  |  |
|  | |  |
| Older home designs **don’t stand a chance没有希望；没有可能**with all the new eco-designs on the market. => **stand a chance有希望；有可能** |  |  |
| Gas-guzzling SUVs **don't stand a chance** in the future. | |  |
| Mandatory recycling schemes **are bound to/are going to** catch on in the very near future. |  |  |
|  | |  |
| Telecommuting **is in the running ((在竞赛中)有取胜的希望)** to become the preferred option for most office workers. |  |  |

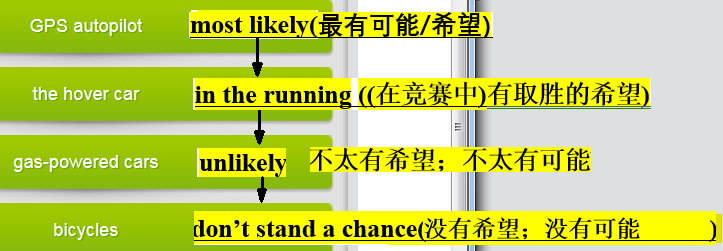
 Tablets (like pad, cell phone) are **in the running** to replace computers.

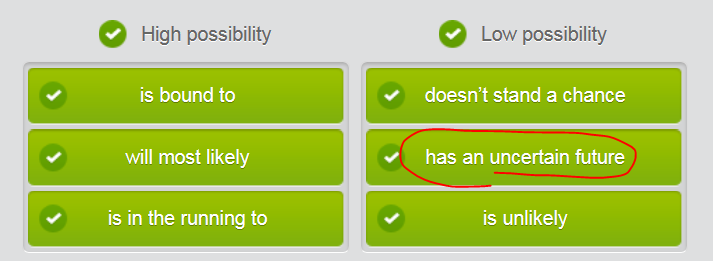
The coal trade **has an uncertain future**.

## Reading – the futuristic [,fju:tʃə'ristik] technology

So this week, my mum bought a car with a global positioning system (GPS). It tells you where you are and shows you on a map. Ten years from now, it will **most likely(最有可能/希望)** be the basis of a kind of car-based GPS autopilot, so you can just climb in, put your feet up, and watch the **footy**(无足轻重的东西) on your way to work. Of course, cars are **unlikely不太可能** to be powered by gasoline by then. The environmentalist experts tell us that gas **is bound to/is going to** run out in the next 10 years, so I guess my old Ford faces an uncertain future. I personally think the **hover car** is **in the running ((在竞赛中)有取胜的希望)**  to become the next **mainstream form** of local transport – you know, a kind of steerable vehicle that hovers a short distance above the road through some kind of anti-gravity device. Yeah! A hover car with a GPS autopilot device, built-in TV and satellite cell phone. Bicycles **don’t stand a chance (没有希望；没有可能)** of existing 20 years from now – people are too lazy!

Rank the following items according to **how likely** the blogger thinks they are to exist in the future.





## 3rd row) idiom

|  |  |
| --- | --- |
| 开始加入, 赶上潮流, 跟着最新的潮流 | **[ get on board (with sth) ]**  **[ get with the program (on sth) = get t[o u]p date ]**  e.g. You need to **get with the program (get up to date)** and buy a hybrid.  e.g. We may want to **get with the program** ***on*** this Cloud realm. e.g. We need to **get on board with 开始加入** new technology.  e.g. Let's **get on board**. If everyone else is doing it, so are we. |
|  | **[ keep me in the loop = keep me posted V.S. Keep me out of the llop ]**  e.g. I stay **in the loop** by reading tech blogs. I've never heard of it. Why wasn't I **kept in the loop** about this?  e.g. Why am I kept **out of the loop** on this issue? |
| **落伍了，过时了** | **[ behind the times = be left in the lurch [lɝtʃ] ]**  e.g. Your company is really **behind the times = be left in the lurch.**  e.g. **Fair enough说得对,有道理**. Let’s **get on board with** this **technology front (**技术方面**)**. We don’t want to end up **behind the times** .  e.g. I don't want to **be left in the lurch[lɝtʃ]落伍** **--** again.  e.g. I approve the purchase. I don’t wanna **be left in the lurch** **on the technology front(**在技术方面**)** this time. |
|  |  |
| **超前，赶在潮流前了** | **[ahea[d o]f the times]**  E.g. This new phone is really **ahea[d o]f the times.**  E.g. The Microhard robot have always been **ahead of the time** . People aren't ready to talk to computers. |

## done mp3 video)



The IT team has requested a budget increase to purchase 4 **telebeaming** devices ….

Tele what?

**Telebeaming**, you know, those advanced technologies that allow you to project your 3D image to another remote location by cyberspace. They’re great for virtual meetings.

I’ve never hear[d o]f that. Why am I kept **out of the loop** about this technology?

I don’t’ know. I guess the IT team think (that) you have other things to worry about.

Do other companies have them yet?

Yes, MicroSoft’s using them, and soon IBM and SAP.

Right then. Let’s **get on board with (开始加入, 赶上潮流)** this tech. If anyone else is doing this, so are we. I approve this purchase. I don’t wanna **be left in the lurch [lɝtʃ]/be behind the times落伍** on the technology front(在技术方面)! Anything else to report?

A scandal that Microsoft is designing a virtual therapist. Apparently, their stuffs can access to psychological help at anytime day and night.

Damn it, Microsoft, they are always **ahead of the times (超前，赶在潮流前**). I’ve talked about this problem with our SMEs, and we don’t need those.

I don’t know Jonna. We have a lot of more stress in market than before. We might wanna **get with the program (up to date赶上潮流)** on this this time.

**Fair enough**说得对/有道理. We don’t wanna end up **behind the times落伍 (be left in the lurch)** this time. Investigate the cost involved.

## Dialogue

Hi Sarah,  
I was thinking about this business with the virtual therapists project. Let's **get on board(开始加入)** and buy the technology. I do NOT want to **be left in the lurch** this time! Remember teleconferencing? We ended up **behind the times** on this one. I can't believe that guy told us it would never take off. He was really **out of the loop** .

Why don't we look at other forms of virtual employees? It might save us some money to **get with the program** in terms of artificial intelligence.

Joanne

## 4th row) Writing

Writing about **future lifestyles**. You have been asked to write an article for the local newspaper explaining how you think your life will be different in 25 years. Write about how technology will impact the different parts of your life. Use the language you've learned for predicting the future.

## Mine writing

|  |  |  |
| --- | --- | --- |
| Future tech examples | Phrases for describing “possibility, hope” | Whether need to 跟的上潮流/落伍 |
| AI: science for making machine that can think for themselves, like real human beings, **e.g. IBM Watson tech =》robots e.g** Intelligent furniture e.g. the sweep machine. | products based on AI technology is **mostly likely** becoming more and more prevalent in daily life, which might dominate the health industry especially. AI technology allows machines to think and analyze from humans’ natural behaviors, in which way, AI products are **in the running** to replace most of junior doctors in hospitals step by step. Per my knowledge in IT industry, IBM has already developed Watson system, based on AI and cognitive analysis technologies. Additionally, intelligent **house appliances**, such as the popular sweep machine, will make our life much easier and more convenient when new functionalities are introduced in future. |  |
| telebeaming: | sending 3D images of yourself across cyberspace ( very useful for con-call for my work) |  |
| telecommuting: | For example, recent survey indicates that somewhere between 10 and 15 percent of people are already telecommuting, which means that they work away for the brick-and-mortar office by using internet. This suggests that, in the future, we’ll be working where we want, how we want, and when we want. I’d like to point out that the trend of telecommuting will definitely  We’ll have the perfect work-life balance because we’ll decide at what time of the day or night want want to work. | I think more and more people will soon **get on board with** it/ **ge[t u]p with the program/get u[p t]o date(赶上潮流）.** |
| Gas-powered cars will be behind the times, replaced by **energy-efficient** cars节能的 | Considering global warming and climate change on our earth, the traditionally gas-powered car might be **behind the times** from my conjecture. This future of this non **environmentally friendly/eco-friendly** car is **bleak**(凄惨的), since the **energy-efficient(节能的) vehicles** consuming **renewable energies** are increasing popularity drastically even now. If the car merchandizers won’t break through from the traditional way, they **won’t stand a chance with** other competitors who develop the hybrid, green-energy cars.  If the car merchandizers won’t break through from the traditional way, they **won’t stand a chance with** (没有希望/可能) other competitors who develop the hybrid, green-energy cars. | Therefore, I think more and more car merchandizers will **get on board with (开始加入,赶上潮流)** **eco-friendly** cars. |
| retinal scanning: tech that identifies people by their retina | For example, rather than having to show your gym card to use the facilities, **retinal scanning** is **most likely(最可能)** to become more common and prevalent, even with portable devices. | I think more and more people will soon **get on board with** it/ **ge[t u]p with the program/get u[p t]o date(赶上潮流）** |
| GPS auto pilot | Ideas like GPS autopilot and aritificial intelligence(AI) **are still likely to** be in development at that time, although I’m sure many advances will have been made. |  |
| Mobile technology | Mobile technology is already **in the running（有希望／有可能）** to replace PCs and tablets, **not mention** the desktops. | and I think more and more people will soon **get on board with** it/**ge[t u]p with the program/ge[t u]p to date(赶上潮流）.** |
|  | Other types of **eco-friendly** and safety-related technology are bound to skyrocket, especially with the development of things like wearable computing devices. |  |

[ leading sentence ] From my perspective, I believe that our life in 25 years will be drastically changed by the developing or emerging advanced technologies, such as high-tech artificial intelligent (AI) products or mind-reading robots.

For example, products based on AI technology is **mostly likely** becoming more and more prevalent in daily life, which might dominate the health industry especially. AI technology allows machines to think and analyze from humans’ natural behaviors, in which way, AI products are **in the running** to replace most of junior doctors in hospitals step by step. Per my knowledge in IT industry, IBM has already developed Watson system, based on AI and cognitive analysis technologies. Additionally, intelligent **house appliances**, such as the popular sweep machine, will make our life much easier and more convenient when new functionalities are introduced in future.

Considering global warming and climate change on our earth, the traditionally gas-powered car might be **behind the times** from my conjecture. This future of this non **environmentally friendly** car is bleak(凄惨的), since the **energy-efficient(节能的) vehicles** consuming **renewable energies** are increasing popularity drastically even now. If the car merchandizers won’t break through from the traditional way, they **won’t stand a chance with** other competitors who develop the hybrid, green-energy cars. Therefore, I think more and more car merchandizers will **get on board with** (开始加入，赶上潮流) **eco-friendly** cars.

Additionally, recent survey indicates that in some developed countries, around 15 percent of people are already **telecommuting**, which means that they work away for the brick-and-mortar office by using internet. This suggests that, in the future, we’ll be working where we want, how we want, and when we want. We’ll have the perfect work-life balance because we’ll decide at what time of the day or night want want to work. I believe more and more companies will **get up with the program(赶上潮流).**

[ ending sentence ] In the near **tech-savvy** future, our life are bound to be much more organized, more convenient, better orchestrated and balanced, and with **a heck of** more fun. We’re **embracing** any new or ground-breaking technology that will improve our quality of life a lot.

# Industrial English:Society and leisure['leʒə] ['liʒɚ]

<https://ec.ef.com.cn/school/studyunit#school/e5a45db6-975a-47c4-b60c-24e2835a3b7b/e5a45db6-975a-47c4-b60c-24e2835a3b7b/55a4ac2c-07cc-4346-b56f-9fb6893e2db5/6c5982fc-bbdd-461f-b71e-31d718164953>

# STOP

## Lexical

|  |
| --- |
| **[financial strain资金紧张]**  e.g. … but **on the flip side/on the other hand**, you have to consider the huge **financial strain资金紧张**it would put on our family. To make matters worse, when I'm studying, I won't be spending time with my daughter. We'd have to hire a **babysitter** or put our daughter in **daycare**, additionally maybe **a charwomen for household chores(家庭琐事的) 钟点工**, and that would mean more expense. As it is, my husband already comes home every night to a tired, struggling family. If I had been studying all day, it would be even worse. It seems pretty hard for me to **juggle my study, family, and my child (If you juggle lots of different things, such as your work and your family, you try to give enough and average time or attention to all of them. 尽量兼顾)** |
| juggle /ˈdʒʌɡəl/    1.[V-T](javascript:;)If you juggle lots of different things, such as your work, study, and your family, you try to give enough and average time or attention to all of them. **尽量兼顾(工作，学习，家庭) [ juggle A, B, C, and D]**  •  The management team meets several times a week to juggle budgets and resources.   管理团队一周开几次会，力图兼顾预算和资源。  2.[V-T/V-I](javascript:;)If you juggle, you entertain people by throwing things into the air, catching each one, and throwing it up again so that there are several of them in the air at the same time. 用…玩抛接杂耍; 玩抛接杂耍  •  Soon she was juggling five eggs.  3.[N](javascript:;)抛接杂耍 e.g. He can perform an astonishing variety of acts, including **mime and juggling哑剧和抛接杂耍**。  e.g. … but **on the flip side/on the other hand**, you have to consider the huge **financial strain资金紧张**it would put on our family. To make matters worse, when I'm studying, I won't be spending time with my daughter. We'd have to hire a **babysitter** or put our daughter in **daycare**, additionally maybe **a charwomen for household chores(家庭琐事的) 钟点工**, and that would mean more expense. As it is, my husband already comes home every night to a tired, struggling family. If I had been studying all day, it would be even worse. It seems pretty hard for me to **juggle my study, family, and my child (If you juggle lots of different things, such as your work and your family, you try to give enough and average time or attention to all of them. 尽量兼顾)** |
| Tamsyn: Tell you what, Mark and I have the opposite problem from you.   Gina: What do you mean?   Tamsyn: We're thinking of starting a family.   Gina: That's wonderful news!   Tamsyn: I guess so...   Gina: You don't look very excited. What's up ?   Tamsyn: **It's not that <I don't want to be a mother, I do>. It's just that...**   Gina: Go on.   Tamsyn: **It's just that** bringing a child into the world right now **terrifies me (making me feel afraid)**.   Gina: Terrifies you?   Tamsyn: Well, what with global warming, air pollution, inner-city crime, wars and food shortages, the world isn't a very nice place to be right now.   Gina: **I see what you mean/see your points.** **But on the flip side/on the other hand,** all our new technology will help make the world a better place in the future. |
| **[ 但是呢，另一方面xxx： xxx, but on the flip side = one the one hand, but on the other hand]**   |  | | --- | | e.g . Tamsyn: So, have you thought any more about going back to school to get your master's?  Gina: Well, right now I'm not sure. **On the one hand**, as **a stay-at-home mom**, I really enjoy spending time with my daughter. **But on the other hand/on the flip side**, I don't feel that I'm very productive financially. | | e.g. Tamsyn: **It's not that <I don't want to be a mother, I do>. It's just that...**   Gina: Go on.   Tamsyn: **It's just that** bringing a child into the world right now **terrifies me (making me feel afraid)**.   Gina: Terrifies you?   Tamsyn: Well, what with global warming, air pollution, inner-city crime, wars and food shortages, the world isn't a very nice place to be right now.   Gina: **I see what you mean/see your points.** **But on the flip side/on the other hand,** all our new technology will help make the world a better place in the future. | |
| **[ weigh up sth: to make an assessment of (a person, situation, etc); judge 权衡/评估(人、形势等);**  **[ 权衡xxx的利弊 weigh up the pros and cons of sth = weigh up the upsides and downsides of sth]**  e.g. Before making the final decision, I highly suggest you **weigh up the pros and cons (upsides V.S. downsides)** of that problem. 权衡xxx的利弊  e.g. Gina**, a stay-at-home mother全职妈妈**, is considering going back to school to get her master's. Before she makes the final decision, she’s discussing with her friends to **weight up the pros and cons of** this situation权衡xxx的利弊. |
| **[ rat race: the 'rat race' describes a society that is fast-pace, competitive and exhausting]**  e.g. **The rat race** in the U.S. might be slowing down. Studies show that the working week is getting shorter, people are working less and they have more free time at the end of the week. In fact, the average number of working hours has gone down/decreased **steadily** since 1964.  e.g. **Massage, one type of “alternative medicine**非传统(医学)的治疗**”**  Bamboo 7 is more than just professional massage therapy; it’s a sensation that combines relaxation and luxury. Here at Bamboo 7 you can **relax and unwind, decompressing from daily grinds日常琐事** in a pleasant environment and forget all about **the rat race** outside.  e.g. The fast pace of life in SH with **the rat race**, leads to stress. |
| **[全职妈妈: a stay-at-home mother]**  e.g. Gina**, a stay-at-home mother全职妈妈**, is considering going back to school to get her master's. Before she makes the final decision, she’s discussing with her friends to **weight up the pros and cons of** this situation权衡xxx的利弊. |
| 电视迷; 大部分时间都在家看电视、不运动或没有其它兴趣爱好的人: **a couch potato**  [N-COUNT](javascript:;)**A couch potato** is someone who spends most of their time watching television and does not exercise or have any interesting hobbies.  e.g. Not that long ago, if you wanted to watch a movie, you had to go to a movie theatre. Maybe buy a coke and some popcorn. **Sit through the commercials**. The industry had a **captive audience**. **In comparison**, nowadays consumers can decide exactly how, when, and where they’d like to watch a movie, or even booking a ticket ahead of time before **the movie hit the big screen.** Whether it’s at a movie theatre, on the couch in front of a TV set if you’re **a couch potato**, or on a portable handheld device, consumers have never had so much choices and convenience, which is an **outstanding embodiment of diversity.** |
| Thanks for [ the slide deck]. |
| seismology /saɪzˈmɒlədʒɪ/, seismologist /saiz'mɔlədʒist; sais-/ **地震学家** 1. Seismology is the scientific study of earthquakes. 地震学 2. seismological ..the Seismological Society of America....美国地震学协会  e.g. Emiratis frolicked in嬉戏the snow over the weekend, as temperatures plummeted/slumped across the United Arab Emirates. The UAE's weather service, the National Center of **Meteorology/ˌmiːtɪəˈrɒlədʒɪ/ and Seismology /saɪzˈmɒlədʒɪ/ (NCMS),** reported that the usually warm and arid['ærɪd]干燥的 region experienced temperatures as low as -5 degrees Celsius (23 Fahrenheit ['færən'haɪt]) on Friday evening.  => seismic /ˈsaɪzmɪk/  1. Seismic means caused by or relating to an earthquake. 地震的; 地震引起的 **[ the seismic activity; 地震波: seismic waves ]**  e.g. Earthquakes produce two types of **seismic /ˈsaɪzmɪk/ waves.** 地震产生两种类型的**地震波**。  E.g. **Seismic activity** is also on the rise in certain energy-intensive states after a relatively/comparatively 相对的 stable period of about 30 years.  2. **[ A seismic shift or seismic changes ]** is a very sudden or dramatic change. 突然的戏剧性的(转变，改变）  e.g. I have never seen such a seismic shift in public opinion in such a short period of time. 发生如此突然的戏剧性的转变。  e.g. **Similarly**, the music industry is also experiencing **a seismic['saɪzmɪk] shift/change重大改变** in how customers access and experience its product. **Gone are the days 一去不返的日子**when you had to buy a whole album and had a limited number of ways in which to listen to it. Now consumers can buy any song they like through multiple channels, store it on their computers, **portable** listening devices, or even **hands-free wearable devices,** and listen to it wherever and whenever they like. **With the advent of internet**, this new tech has provided a **groundbreaking** way in which artists can showcase their masterwork, like music. |
| **[一去不返的日子Gone are the days ]**  e.g. **Similarly**, the music industry is also experiencing **a seismic['saɪzmɪk] shift/change重大改变** in how customers access and experience its product. **Gone are the days 一去不返的日子**when you had to buy a whole album and had a limited number of ways in which to listen to it. Now consumers can buy any song they like through multiple channels, store it on their computers, **portable** listening devices, or even **hands-free wearable devices,** and listen to it wherever and whenever they like. **With the advent of internet**, this new tech has provided a **groundbreaking** way in which artists can showcase their masterwork, like music. |
| (slang) 白手起家的, Having achieved success or recognition by one's own efforts  [ the emerging affluent 暴发户 V.S. 白手起家的百万富翁: a self-made billionaire/ millionaire who built their business from scratch eg Both are seeking to join two other women who are arguing in federal court for the U.S. government to take a fresh look at its case involving **self-made billionaire** Jeffrey, who pleaded guilty 认罪 some years ago in Florida to a state charge of prostitution/whore solicitation. |
| **(购物的时候) 货比三家: shop around** ( a [PHRASAL VERB](javascript:;))  If you **shop around,** you go to different stores or companies in order to compare the prices and quality of goods or services before you decide to buy them.  e.g.  Prices may vary so it's well worth **shopping around** before you buy.  所以在购买之前 **货比三家** 是很值得的。  e.g. even the traditional Sat. afternoon at the shopping mall, **the brick and mortar store实体店**, is being challenged by the convenience of online shopping, where you feel that **shopping around货比三家** online is more easier and time-saving  V.S. Let me **show you around** our office. |
| **[the brick and mortar store实体店(砖和瓦泥建立的店) V.S. online store]**  **e.g.** even the traditional Sat. afternoon at the shopping mall, **the brick and mortar store实体店**, is being challenged by the convenience of online shopping, where you feel that **shopping around货比三家** online is more easier and time-saving |

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| 拥抱；欣然接受(改变, 挑战) | * 1. embrace sb = hug sb;   2. embrace sth (an idea/changes/a proposal/challenges) 欣然接受（改变，挑战，一个想法） [ɪm'breɪs; em-] = accept sth willingly   e.g. The most heartening outcome from 2015 is the remarkable employee engagement scores. Your embrace of our strategic imperatives and commitment to our clients and to our great company are the reasons we will succeed, and why 2016 will prove to be a pivotal year in IBM history. // pivotal['pɪvətl]关键的/中枢的/枢轴的 //战略方针 strategic imperatives |
| 钝的不锋利的 (pen, knife); | Having a dull edge or end; obtuse[əb'tjuːs] 圆头的不锋利的 and not sharp  eg This knife is too blunt/obtuse钝 to mince the meat, finally we don't have the ground beef/pork绞肉  E.g The scissors are too blunt/obtuse 不锋利的 to cut anything.  [mincer, meat mincer 绞肉机 v.s 螯钳；拨钉钳: pincer => prawn: shrimp with two pairs of pincers] |
| Abrupt and often disconcertingly frank in speech, candid (坦白率直的): 直言的说话率直的，不转弯抹角的 [(slang) 一个直言不讳、一针见血的人: a blunt talker and straight shooter ]  Eg **Frankly/bluntly speaking**, I don't like SH, a kind of concrete jungles, making me suffocated/smothered/stifled['staɪfl] 窒息.  e.g. **To be frank/be honest/blunt**, **it’s my opinion/contention that** xxx |
| 芳香 | aroma /əˈrəʊmə/ N) an aroma is a strong, pleasant smell, is fragrance/ˈfr**eɪ**ɡrəns/ . 芳香 e.g.  ...the wonderful aroma of freshly baked bread. …新烤面包的美妙香味。  =>aromatherapy /əˌrəʊməˈθɛrəpɪ/ 芳香疗法，香熏疗法  Aromatherapy is a type of treatment which involves massaging the body with special fragrant oils; is a treatment that uses **massage** (= rubbing the body ) with pleasant smelling natural oils to reduce pain and make you feel well  Do you need a little R&R? We use the most volatile plants in our essential oils. Let us purify your skin by taking all of those harmful chemicals out and relax you with our wonderful natural aromas.  V.S.  fragrance /ˈfr**eɪ**ɡrəns/   1. [N](javascript:;)A fragrance is a pleasant or sweet smell. 香味 •  ...a shrubby plant with a strong characteristic fragrance.  …一种有独特浓郁香味的灌木。 2. [N](javascript:;)fragrance /ˈfr**eɪ**ɡrəns/ = perfume, is a pleasant-smelling liquid which people put on their bodies to make themselves smell nice. 香水 e.g.The advertisement is for a men's **fragrance/perfume**.  这则广告介绍一款男士香水。 |

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| revitalize /riːˈvaɪtəˌlaɪz/; N. revitalization /'ri:,vaitəlai'zeiʃən; -li'z-/  Revitalize sth=To revitalize something that has lost its activity, energy or its health means to make it active, energetic or healthy again by injecting new strength or power into something 使恢复元气; 给…注入新的活力,使复苏, 使(皮肤，头发) 焕发光彩  e.g. They hope to revitalize the neighborhood使这个社区恢复活力by providing better housing and **public amenities** e.g.  This **hair conditioner** is excellent for **revitalizing dry, lifeless hair**.  这种护发素对使干枯、无生气的头发 **重新焕发光彩** 非常有效。 e.g. By setting yourself clear goals to achieve over the next month, you will be able to **revitalize your approach** to learning English.  在下个月为自己定制清晰明了的目标，你将能够重新找到英语学习的途径。 e.g. After being so long at Spurs, I felt it was time to **revitalize my career.** e.g. Why can't Congress be smarter about finding ways to **revitalize the economy** and create jobs?  n. **【人类学】复兴运动, 再生运动** revitalization /'ri:,vaitəlai'zeiʃən; -li'z-/  [亦作revitalization movement, revitalization activity] |
| **[sit through something (a phrasal verb) 坐到(会议，电影，演讲的)结束, 一直挺到(会议，电影，演讲的)结束；耐着性子看完; sit through a movie; sit through a meeting; sit through a lecture ]**  you sit through something such as a movie, lecture, or meeting that is very boring, you still bear to stay until it is finished although you are not enjoying it. You normally think **it’s a gruelling time受煎熬的时间**.  e.g….movies so bad you can hardly bear to sit through them.  …电影非常差劲，你很难能够忍着一直坐到看完。  V.S**. see through me: 看穿了我 e.g. The cop saw through me.** |
| fret /frɛt/  1.[V-T/V-I](javascript:;)If you **[ fret about something ],** you worry about it. 担心  •  I was working all hours and constantly fretting about everyone else's problems.   我一刻不停地工作着，还一直担心着其他人的问题。  •  But congressional staffers fret that the project will eventually cost billions more.   但国会的工作人员们担心这个方案最终会多花几十亿。  2.[N-COUNT](javascript:;)The **frets** on a musical instrument such as a guitar are the raised lines across its neck. (吉他等弦乐器指板上定音的) 音品 |

## Part 1)Modern tech changes the way of leisure and entertainment products experienced by consumers

(Leading sentence\_ Advances in modern technology have completely changed the way most leisure and entertainment products are experienced by consumers.

Take the movie industry, for example.

## Movie industry

Not that long ago, if you wanted to watch a movie, you had to go to a movie theatre. Maybe buy a coke and some popcorn. **Sit through the commercials**. The industry had a **captive audience**. **In comparison**, nowadays consumers can decide exactly how, when, and where they’d like to watch a movie, or even booking a ticket ahead of time before **the movie hit the big screen.** Whether it’s at a movie theatre, on the couch in front of a TV set if you’re **a couch potato**, or on a portable handheld device, consumers have never had so much choices and convenience, which is an **outstanding embodiment of diversity.**

// **A couch potato** is someone who spends most of their time watching television and does not exercise or have any interesting hobbies. 电视迷

## Music industry

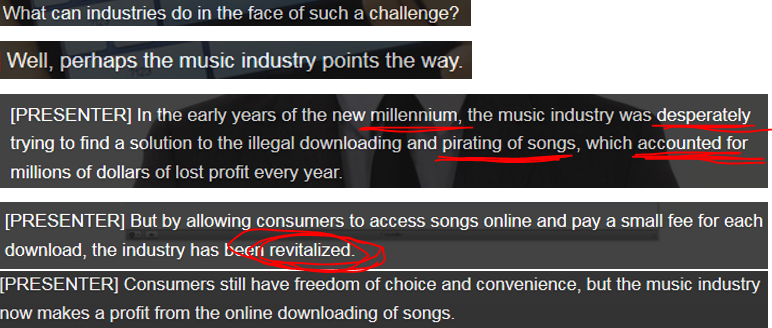
**Similarly**, the music industry is also experiencing **a seismic['saɪzmɪk] shift/change重大改变** in how customers access and experience its product. **Gone are the days 一去不返的日子**when you had to buy a whole album and had a limited number of ways in which to listen to it. Now consumers can buy any song they like through multiple channels, store it on their computers, **portable** listening devices, or even **hands-free wearable devices,** and listen to it wherever and whenever they like. **With the advent of internet**, this new tech has provided a **groundbreaking** way in which artists can showcase their masterwork, like music.

**Furthermore**, bands can get their big break by staring off small-for example, by publishing their songs on a social networking website, like youtube. This kind of advertising is cheap and has the potential to become a **self-made millionaire**. A band’s popularity and prevalence can increase dramatically in a short span of time, and without them even being signed to a record label.

## Other sectors of the industry

The change in the way triggered by the modern Internet tech in which consumers access and experience an entertainment product is affecting every sector of the industry. For examples,

* E-books are threatening the traditional dominance of their paper cousins;
* soccer is as much played on video games as in stadiums and sports centers;
* even the traditional Sat. afternoon at the shopping mall, **the brick and mortar store实体店**, is being challenged by the convenience of online shopping, where you feel that **shopping around货比三家** online is more easier and time-saving



## Summary, ending section

In other words, by embracing the new tech which had seemed its enemy/rivals, the industry found a new **source of revenue**, and a new source of life. It will be interesting to see how different sectors of the leisure and entertainment industry adapt to the challenges of such rapidly advancing and cutting-edge tech, and the changing **nature of t**heir consumers.

## Ref: see the in this word file

## Part 2)Debate about modern technology

## Not m3: Modern technology trends

Technology is an important factor in how we function as a society. Over the last 50 years, **it has been advancing** at an incredible rate. And, as technology advances, **so does** society.  
  
Gone are the days of transmitting messages by telegram or dialing a friend using a rotary phone. Think about it. Our communications technology **has been changing** so fast recently that, even just thinking about these heavy, **inefficient** old phones makes us smile. Today's technology is equipped for the mobile person; the person constantly on the move. Almost every technology has been designed to be **portable**, **hands-free** or **wireless**. Instead of waiting two weeks for a letter to arrive, one only has to wait seconds for an email. Computers serve as **multi-functional devices** for business, leisure and information access. **High-end cell phones** now play movies and music.  
  
Over the last few years, as **fossil fuels** become **scarcer** and more expensive, our methods of transportation **have been becoming** more **innovative**, more **efficient** and **greener (more environmentally friendly)**. We now have cars that run on **solar cells,** electricity or **hybrid fuels.**

**Technology-wise**, we have been experiencing a trend towards the **cutting edge** and convenient. Can we continue to improve upon this technology? Can we **harness this technology (control and use)** to help cure fatal diseases as well as provide us with a more convenient way to listen to music or watch a movie? Has technology **been pushed to the limit?** These are questions that can only be answered in the future.

## Lexical\_Words to describe technology

|  |  |
| --- | --- |
| 1. 位于<xxx>技术的前沿  2.尖端的(技术/设备) | cutting-edge 1. N-SING If you are **at the cutting edge of a particular field of activity**, you are involved in its most important, most advanced, or most exciting developments. 前沿  **[ 位于<xxx>技术的前沿 at the cutting edge of xxx technology = at the forefront of xxx technology]** e.g. This **shipyard造船厂** is **at the cutting edge/forefront of** world shipbuilding technology 造船厂 位于<世界造船>技术的前沿。  2.ADJ **[ Cutting-edge techniques 尖端(的)技术 or cutting-edge equipment 尖端(的)设备]** are the most advanced that there are in a particular field. 尖端的(技术/设备)  e.g. What we are planning is **cutting-edge technology** never seen in Australia before. 我们正在筹划的是澳大利亚前所未见的 **尖端(的)技术**。 |
| 1. 位于xx东西(e.g.技术)的前沿, 2. (思考、关注的) 重心 | forefront /ˈfɔːˌfrʌnt/ at the forefront of something 位于xx东西(e.g.技术)的前沿, (思考、关注的) 重心  1. If you are at the forefront of a campaign or other activity, you have a leading and influential position in it. (运动、活动的) 前沿 **[ 位于<xxx>技术的前沿 at the cutting edge of xxx technology = at the forefront of xxx technology; ]** e.g. They have been **at the forefront of** the campaign for political change. 他们一直处于政治变革运动的前沿。 e.g. 他们处于可持续发展的前沿 They're **at the forefront of** sustainable development.  Eg 她的工作将处于生物技术的前沿 In her new company, she will be working **at the forefront of biotechnology.** Eg. IBM established the UX studio department, that works as **the forefront of the global UX design**.   2.If something is **[ at the forefront of people's minds or at the forefront of sb’s attention],** they think about it a lot because it is particularly important to them. (思考、关注的) 重心  e.g. The pension issue is exactly **at the forefront of his mind** nowadays. 养老金问题 是他思考的重心  e.g. Finding a BF is exactly **at the forefront my attention.** |
| 随着（科技，产品的）出现 | [ with the advent of sth: with the advent of computers; with the advent of smartphones; with the advent of robots ]  e.g And, for the fourth year in succession/in a row, the Australia-based website says Australian carrier Qantas leads the 425 airlines it monitors when it comes to aviation safety.AirlineRatings.com, which launched its annual listing in 2013, says Qantas "remains the standout in safety enhancements and operational excellence" with no recorded fatalities since **the advent of** jet travel. "Our top 20 safest airlines are always at the forefront of safety innovation, operational excellence and the launching of more advanced aircraft like the A350, 787 and 777X" |
| 高精密的尖端的(仪器) | Sophisticated: 高精密的尖端的(仪器) a sophisticated gauge/device  e.g. It's very hard for human eyes to discern (distinguish and recognize) the nuance between the faked and true paintings, we must **have a resort/recourse to**凭借求助于 **a sophisticated apparatus,** such as microscopes, to discern the subtle difference.  e.g. This **reconnaissance plane** is equipped with highly **sophisticated devices**, which has been dispatched to **scour/come through the Indian ocean** for searching the missing MH370.  // nuance: A subtle or slight degree of difference, as in meaning, feeling, or tone; a gradation. 细微差别; |
| 免提的 | hands-free: **A hands-free telephone or other device** can be used without being held in your hand. 免提的  e.g. ...legislation to ban both handheld and hands-free cellphones in moving vehicles.  …禁止在行驶车辆中使用手持式和免提式手机的法规。  e.g. Almost every technology has been designed to be **portable**, **hands-free** or wireless.  e.g. e.g. **Similarly**, the music industry is also experiencing **a seismic['saɪzmɪk] shift/change重大改变** in how customers access and experience its product. **Gone are the days 一去不返的日子**when you had to buy a whole album and had a limited number of ways in which to listen to it. Now consumers can buy any song they like through multiple channels, store it on their computers, **portable** listening devices, or even **hands-free wearable devices,** and listen to it wherever and whenever they like. **With the advent of internet**, this new tech has provided a **groundbreaking** way in which artists can showcase their masterwork, like music. |
|  | that technology has a big influence on society = play a big role in |
|  | Green = environmentally friendly  e.g. Cars have been becoming more **energy-efficient** and **greener** (more **environmentally friendly**) , lessening their impact on the environment. |
|  | high-end: High-end products, especially electronic products, are the most expensive of their kind. 高端的  e.g...high-end personal computers and computer workstations.  …高端个人电脑和电脑工作站。  e.g. high-end cellphones; high-end computer |

e.g.

1. Compared to the **innovative** cell phones of today, old phones are large and inefficient.   
  
2. Almost every technology has been designed to be **portable**, **hands-free** or **wireless**.   
  
3. Smartphones are **multifunctional devices** able to be used for a range of purposes, such as business, leisure and information access.  
  
4. Cars have been becoming more **energy-efficient** and **greener (more environmentally friendly)** , lessening their impact on the environment.  
  
5. Technology has been moving toward the **cutting edge**, **innovative** and convenient.

## Tense

|  |  |
| --- | --- |
| Present simple一般现在时 | e.g. I like watching movie. |
| [Present **continuous**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=present%20continuous&lang=en) 现在进行时 | E.g. I’m eating now. |
| Present **perfect** (simple) 现在完成时 | e.g. I’ve lived here for 3 yrs. |
| Present perfect **continuous** 现在完成进行时：have been doing sth | e.g. The cellphone tech has been advancing at an incredible rate.  e.g. I have been studying in Xi’an for 3 yrs.  e.g. Technology **has been advancing** at an incredible rate.  e.g. Communications technology has been \_changing\_\_\_\_ so fast recently that, even just thinking about these heavy, inefficient old phones makes us smile.  e.g. Over the last few years, as **fossil fuels** become scarcer and more expensive, our methods of transportation have been \_\_becoming\_\_\_ more innovative.  e.g. Technology-wise, we have been \_experiencing a trend towards the cutting edge and convenient. |
| [Past simple](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=Past%20Simple&lang=en) 一般过去时 | e.g. I eat noodles yesterday. |
| Past **perfect** (simple) 过去完成时 | e.g. I had notifi**ed** him of the bad news before he arriv**ed** in Xi’an. |
|  |  |
|  |  |

## Debate a point (agree V.S. disagree; support V.S. go against) by analysing “benefits and drawback”

When you are debating appoint, agree or disagree, support it or go against it, the best practice is to **analyse its Benefits/Advantages and Drawbacks/downsides.** Properly providing some examples would be more supportive for your stance.

|  |
| --- |
| e.g. Argue/debate for the benefits of modern technology and its effect on society:  1. My name is Tracy and **I'd like to argue** *<in support of technology>.* **First of all,** think about how convenient life is, now that we have almost anything we need **at the touch of a button**.   2. **Thanks to** the internet, we now have a source of almost limitless knowledge. Up-to-the-minute world news is available to us 24 hours a day. We are entering a new era of knowledge, and that knowledge is free. => benefits  3. **To sum up/In summary/In conclusion,** technology has made our lives convenient, flexible, diverse, and more open. Now, we can get any information we want **at the touch of a button**. =>benefits  4. Tracy is right: technology has been advancing at an amazing rate. However, **I contend/argue that**, although it might make our lives easier and more convenient, that actually doesn't mean it makes them better. Now, I don't want you to think that I necessarily oppose technology. I don't. **What I oppose is** our overwhelming dependence/reliance on these cutting-edge tech. **It is my opinion/contention that** our overwhelming dependence/reliance on these conveniences has made us humans lazy and dumb (silly and stupid). => drawbacks/downside |

## Jone a debate about modern technology

You are a member of a debating team. This year's competition is about the pros and cons of modern technology. Your team is arguing against technology. You're practicing backstage. Listen and choose the response that argues 'against' each time.

## Part 3)Lifestyle changes

## Ref: the “Stress” unit

## Alternative remedies 非传统医学的 /替代性的治疗

## Lexical\_OrthodoxMedicineV.S.AlternativeMedicine

|  |  |
| --- | --- |
| adj. 正统的；传统的；东正教的 n. 正统的人；正统的事物 | 正统的；传统的 orthodox ['ɔːθədɒks] = traditional and conventional  V.S. 非正统的，另类的 **alternative** = **unorthodox**[ʌn'ɔːθədɒks] or untraditional    **[ 正统/传统医学 orthodox medicine V.S. 非传统医学 /替代性的医学alternative medicine (=unorthodox medicine ]**  **[ 正统/传统的(医学)治疗orthodox remedies V.S. 非传统医学的 /替代性的治疗alternative remedies]**  **V.S. [holistic medicine【医学】整体医学]** is medical care of **the whole** person, considered as subject to personal and social as well as organic factors  e.g. The **orthodox medicine** uses drugs to cure patients; but the **alternative medicine** is the practice of medicine without the use of drugs; may involve herbal medicines, such as medicines made from plants (like aromatherapy), self-awareness, biofeedback or acupuncture.  e.g. But don't expect this to be **endorsed/supported** by **orthodox medicine**正统医学, there's no profit in it. You know, everything **boils down to profits 归根结底是 xxx**.  e.g. If reason should lead you to **orthodox/traditional conclusions**, well and good; you are still a rationalist ['ræʃənlɪst]. 如果理性可以引领你到达传统的结论，那很好，你仍然是一个理性主义者  //rational=sensible, rationalist理性主义者 |
| 不走寻常路的； 另类的，非正统的/传统的 | unorthodox [ʌn'ɔːθədɒks] = untraditional.  If you describe someone's behaviour, beliefs, or customs as **unorthodox or alternative**, you mean that they are different from the routine, traditional, or conventional way, just different from what is generally accepted by most people    **[ 另类的/非正统的/不走寻常路的生活方式 unorthodox lifestyle = alternative lifestyle; 另类的/非正统的/不走寻常路的策略 an unorthodox strategy = an alternative strategy; 一个另类的/非正统的想法 an unorthodox idea = an alternative idea ]**  e.g. The reality-based show followed the **unorthodox lives** of Ozzy, his wife Sharon, daughter Kelly, and son, Jack. 另类生活  e.g. He then came up with/brought up an **unorthodox strategy另类的/非正统的策略** to hide the **fugitive criminal/outlaw 逃犯** from the threat of possible **extradition** back to the US, where Snowden was branded a traitor.  // 引渡；亡命者送还本国： extradite, extradition V.S. （英雄的遗体）遣返回国 repatriation |
| adj. 整体的；全盘的 | holistic /həʊˈlɪstɪk/ n) holism; Holistic means based on the principles of **holism** that is the belief that **everything in nature** is connected in some way. 整体主义的  1. holistic research and analysis 整体分析，整体研究; 2. **[holistic medicine【医学】整体医学]** is medical care of **the whole** person, considered as subject to personal and social as well as organic factors e.g. the **general practitioner (GP)** of **holistic medicine**.…整体医学 的 家庭医生  **[ 正统/传统医学 orthodox medicine V.S. 非传统医学 /替代性的 (疗法) alternative medicine (unorthodox medicine) ]**  **[正统/传统的治疗orthodox remedies V.S. 非传统医学的 /替代性的治疗alternative remedies]**  3. **[holistic education: 全人教育；整体全面的教育]** Holistic education is a philosophy of education based **on the premise that前提** each person finds identity, meaning, and purpose in life **through connections to the community, to the natural world, and to humanitarian values** such as **compassion同情心, empathy同理心**, and peace. Holistic education aims to call forth from people an intrinsic reverence/respect for life and a passionate love of learning.  e.g. A **thoroughbred**受过良好教育/有教养之人is a well-bred, well-nurtured, and well-educated person who is thorough and all-around全面的. The **thoroughbred** is trained with **holistic education**, cultivated and nurtured very well.  e.g. From his personality, traits and disposition 个性和性情, **it's manifest/obvious that** he is a **thoroughbred** gentleman who must accept a **holistic education** when he was young. |
| 整体主义; 整体论 | holism /ˈhəʊlɪzəm/is the belief that **everything** in nature is connected in some way.  E.g. Nature by itself, he writes, runs on "principles of balance and holism." 按照“平衡和整体的原则”运转的 |
| 1. 控制和操纵 (某人/某人的思想) 2. 控制和操纵 (event) 3. (熟练有技巧的)操作（计算机， 设备） 4 .使脱臼复位; 用推拿术治疗 4.为达到个人目的而进行的操作, 窜改 (file/account) | manipulate /məˈnɪpjʊˌleɪt/ , manipulation: [mə,nɪpjʊ'leɪʃ(ə)n]  1. **控制和操纵（某人；某人的思想); 控制/操纵sb做xxx** If you say that someone **manipulates people to do sth,** you disapprove of them because they skilfully force or persuade people to do what they want.  e.g. She's always **manipulating me to give** her vast sums of money. 控制我让我给她大笔的钱。 e.g. I'm not a **pushover**. Don't wanna attempt to **manipulate me** 控制操纵我. I'm **sticking to** my principle and I'm a principled person (我是一个有原则的人）  2.控制和操纵(event/activity) If you say that someone **manipulates or rigs a (political) event or situation**, you disapprove of them because they use or control it for their own benefits, or cause it to develop in the way they want.  e.g The president was unable to control and **manipulate/rig events**. 无法控制和操纵事件。 => N. 对xxx的控制/操纵 manipulation  [ ...accusations/indictment of his political manipulation/rigging.…对政治操纵的指控; ... an indictment for his **manipulation of the real-estate market** 对他对房地产市场操纵的指控]  **[ manipulation of our minds 对我们思想的控制/操纵; manipulate currency 操纵货币; a currency manipulator 货币操纵者/货币操纵国) ]**  e.g. Mr Trump has also criticised Japan for **trade barriers** (tariff, quota) to American car exports and for **manipulating its currency 操纵货币** to gain a competitive advantage.  e .g. America's **trade deficit** with Germany was $67 billion, and with Japan it was $56 billion last year. Director of the White House, criticized Japan and Germany for **manipulating their currencies 操作货币** to make their exports cheaper and more competitive against the U.S.  e.g. Despite having congratulated Mr Xi on his political ascendency, Mr Trump has been a vocal critic over what he sees as unfair Chinese trade practices. During his presidential campaign, he called Beijing **a currency manipulator(货币操纵国)** and accused it of stealing US jobs.   5. (熟练有技巧的)操作（计算机， 设备） If you manipulate something (such as computer, devices) that requires skill, such as a complicated piece of equipment or a difficult idea, you operate it, manage it, handle it or process it with profession and skills.  e.g. The technology uses a pen to **manipulate a computer** 熟练有技巧的)操作计算机。 => manipulation e.g. ...science that requires only the simplest of **mathematical manipulations**. …只要求进行最简单数学运算的科学。  7. **用推拿术治疗, 使脱臼复位**If someone **manipulates推拿 your bones or muscles**, they skilfully move and press your bones or muscles with their hands in order to push the **dislocated bones脱臼** into their correct position or make the muscles less stiff.  e. g. The way he can **manipulate my leg** has helped my **arthritis[ɑ:'θraitis**] 关节炎 so much  => N. 推拿术 manipulation  e.g. A permanent cure will only be affected by **acupuncture针灸, chiropractic/ˌkaɪrəˈpræktɪk/按摩, or manipulation推拿术**.  9. manipulate a file or account= to falsify or fake sth in a fraudulent/deceptive manner 为达到个人目的而进行的操作或欺诈, 窜改 sth  [ manipulate/falsify accounts 窜改(帐目等); manipulate files = falsify files 窜改文件； manipulate testimony = falsify testimony 窜改证词 => perjury['pɜːdʒ(ə)rɪ]: 作伪证]  e.g. Russia's athletes face a nervous wait to see if **a blanket ban全面禁止令** will be imposed with the IOC announcing it will retest all of its **track and field athletes** which competed at the 2014 Winter Olympics in Sochi. That's because an independent report found that urine samples of Russian competitors were **manipulated/falsified 窜改** across the winter Olympic sports from 2011 through to August 2015. The IOC has also asked the Canadian lawyer to give all names of those who **were implicated牵连卷入 in** allegations of **manipulating/falsifying窜改 drug tests.**  //bogus ['bəʊgəs] account = faked account |

## Types of “alternative remedies”非传统(医学)的治疗

Have you ever tried any of the alternative remedies below?

|  |  |
| --- | --- |
| https://cns2.ef-cdn.com/Juno/11/93/57/v/119357/SNL1.3.1.1_massage.jpg | **Massage**  Bamboo 7 is more than just professional massage therapy; it’s a sensation that combines relaxation and luxury. Here at Bamboo 7 you can **relax and unwind (decompress from daily grinds日常琐事)** in a pleasant environment and forget all about the **rat race** outside.  //**The 'rat race' describes a society that is fast-pace, competitive and exhausting.** |
| 用推拿术治疗, 使脱臼复位 | **用推拿术治疗, 使脱臼复位**If someone **manipulates推拿 your bones or muscles**, they skilfully move and press your bones or muscles with their hands in order to push the **dislocated bones脱臼** into their correct position or make the muscles less stiff.  e. g. The way he **manipulates my legs** has helped my **arthritis[ɑ:'θraitis] 关节炎** so much  => N. 推拿术 manipulation  e.g. A permanent cure will only be affected by **acupuncture针灸, chiropractic/ˌkaɪrəˈpræktɪk/按摩, or manipulation推拿术**. |
| [词条图片](javascript:;) | 脊椎按摩疗法chiropractic /ˌkaɪrəˈpræktɪk/: chiropractic is the treatment of injuries by pressing, moving, or **manipulating people's joints**, especially the **spine**. |
| https://cns2.ef-cdn.com/Juno/11/93/58/v/119358/SNL1.3.1.1_acupuncture.jpg | Acupuncture  vt. 对…施行针刺疗法 n. 针刺；[中医] 针刺疗法acupuncture ['ækju,pʌŋktʃə, ,ækju'pʌŋktʃə] n. treatment of pain or disease by inserting the tips of needles at specific points on the skin  e.g. The orthodox medicine uses drugs to cure patients; but the alternative medicine is the practice of medicine without the use of drugs; may involve herbal medicines or self-awareness or biofeedback or acupuncture.  My right knee has always given me problems. Expensive medications and visits to the doctor were **draining my wallet**. That was until I found a new “alternative method” to deal with my knee problems: acupuncture, which involves sticking needles into nerve endings in order to trigger different reactions to relieve pain. Now because of acupuncture, I can go back to playing basketball. |
| https://cns2.ef-cdn.com/Juno/11/93/59/v/119359/SNL1.3.1.1_aromatherapy.jpg | 芳香疗法，香熏疗法aromatherapy (aroma => aromatherapy)  aromatherapy /əˌrəʊməˈθɛrəpɪ/ is a type of treatment which involves massaging the body with special fragrant oils, like **lavender oil['lævəndə]薰衣草**; is a treatment that uses **massage** (= rubbing the body ) with pleasant smelling natural oils to reduce pain and make you feel well  Do you need a little R&R? We use the most **volatile plants** in our **essential oils.** Let us **purify your skin** by taking all of those harmful chemicals out and relax you with our wonderful natural **aromas/fragrance ['freɪgr(ə)ns].** |
| https://cns2.ef-cdn.com/Juno/11/93/60/v/119360/SNL1.3.1.1_hotspring.jpg | **Sauna['sɔːnə], Hot Springs and Spas**  After a hard day's work, why not visit one of our spas located throughout the city? For those wanting to lose weight the healthy way, we have **steam rooms** that will evaporate that fat right away. If you are the adventurous type, why not visit our outdoor hot springs? If you just need to relax and watch the late-night news, we have private saunas available. All our pools use imported spring water to provide you with the cleanest, healthiest experience. |
| https://cns2.ef-cdn.com/Juno/11/93/62/v/119362/SNL1.3.1.1_water.jpg | **Mineral water**  Our mineral water **is derived from** the best stuff on Earth. We tap thousands of gallons a month from the most remote of Polish mountain springs. Our water is Mother Nature’s remedy for the tired, weak and thirsty. It has a satisfying and crisp taste. |
|  |  |
| https://cns2.ef-cdn.com/Juno/11/93/64/v/119364/SNL1.3.1.1_herb.jpg | **Holistic medicine**【医学】整体医学 (a medical care of the whole person considered as subject to personal and social as well as organic factors)  Disease is a result of physical, emotional, spiritual, social and environmental imbalance. Come to **the holistic center** and let our **seasoned/highly-skileed professionals** put them back in order. We have yoga classes, saunas, spas and massage therapists. We use East Asian medicines and techniques handed down over thousands of years. |
| https://cns2.ef-cdn.com/Juno/11/93/63/v/119363/SNL1.3.1.1_reflexology.jpg | **足部按摩; 反射疗法〔按摩足部某些部位来治病的一种替代疗法〕reflexology /ˌriːflɛkˈsɒlədʒɪ/** (a type of **alternative medicine**非传统医学的 /替代性的 (疗法) in which areas of the feet are touched or rubbed in order to cure medical problems in other parts of the body  =>reflexologist**足部按摩师**  This method of treatment involves the act of applying pressure to the feet and hands with specific thumb, finger and hand techniques without the use of oil or lotion. It is based on what **reflexologists** claim to be a system of zones and reflex areas which reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body. Areas on the foot correspond to areas of the body, and by manipulating these one can improve health. All of our doctors are licensed to do this procedure. It’s affordable and will leave you feeling brand new. |
| https://cns2.ef-cdn.com/Juno/11/93/61/v/119361/SNL1.3.1.1_organic.jpg | **Organic Food**  Come to our health food store and experience the greatness in organic food. There are no growth hormones or pesticides in any of our organic products. Our milk is bovine-free and comes directly from soybeans. |

## Describing **causes and effects**

Listen to the first part of a radio show about the **causes and effects** of stress.

Phrases: may come from  -  This is the result of  -  can result in  -  has the effect of  -  as a consequence of  -  leads  -  as a result of

|  |  |  |
| --- | --- | --- |
| Cause & | Effects | Solutions |
| Lack of sleep | Lack of sleep can be **a result of** working long hours. | * A spa has the effect of relaxing your body. |
| Overworking | At the end of the day, overworking can **lead to/result in** stress. |  |
| Sitting down all day | Back spasms are a **consequence of** sitting down all day. |  |
|  | 1. The fast pace of life in SH with **the rat race**, **leads to** stress.   2. Stress can **result in** poor physical health.   3. Many people don’t get enough sleep. This is **the result of** working long hours.  4. Office staff may come home with back spasms, **as a consequence of** sitting on an uncomfortable chair.   5.  Migraines and hearing loss may **come from** noise pollution.  6. A spa **has the effect of** releasing all your body’s harmful impurities |  |

## Suggest change by outlining “benefits and drawbacks/downsides; pros and cons”

* **I’d** suggest that xxx ( I would)
* I highly suggest that xxx
* It has been proven that xxx
* **What if** I’d suggest you xxx = What would you do if I would suggest you xxx

## Planning lifestyle changes

You are a life coach. It's your job to advise people on their lifestyle choices. **Need to “weight up the pros and cons of** this situation = **weigh up the upsides and downsides of** the situation”

## Part 4)

## Modern leisure trend

**Leisure Weekly**

All work and no play?

**The rat race** in the U.S. might be slowing down **(The 'rat race' describes a society that is fast-pace, competitive and exhausting).** Studies show that the working week is getting shorter, people are working less and they have more free time at the end of the week. In fact, the average number of working hours has gone down/decreased **steadily** since 1964.   
  
However, many Americans feel that they are spending more time at work then ever. Dr. Dennis Arron, a professor of leisure studies, explains: "Our personal free time is rising, but so is our sense of needing more free time. We simply feel like we aren't **keeping up with** our own demand for leisure time."    
  
His research is based on government employment data that shows American adults are spending less time at their workplace and more time participating in leisure activities.   
  
Another reason for the increase in leisure time is that people are retiring earlier. Previously, workers would continue into their mid-60s, but nowadays they are **taking their pensions** at a much younger age. This frees up more time to go biking, golfing, horse-riding, and traveling.   
  
But why do we feel that we are working more than ever? Maybe it's because we ‘work’ while we are at play, treating our leisure activities as **obligations** - things to check off a list - whether we enjoy them or not.

Today, many people don't relax with a book or a movie: they do intense exercise or take part in adventure sports/extreme spports. This has **resulted i**n our leisure activities becoming more and more competitive. So, when we've finished 'relaxing,' we're exhausted because our bodies haven't had a chance to **recharge the battery**. **As a result**, we are more tired and less productive at the end of the day.   
  
If this trend continues, we may see people coming to work to relax, tired out after a **hectic(pretty busy)** weekend’s leisure!

## Weigh up权衡 the pros and cons (upsides V.S. downsides)

Gina**, a stay-at-home mother全职妈妈**, is considering going back to school to get her master's. Before she makes the final decision, she’s discussing with her friends to **weight up the pros and cons of** this situation.

**[ 权衡xxx的利弊 weigh up the pros and cons of sth = weigh up the upsides and downsides of sth]**

|  |
| --- |
| Tamsyn: So, have you thought any more about going back to school to get your master's?   Gina: Well, right now I'm not sure. **On the one hand**, as **a stay-at-home mom**, I enjoy spending time with my daughter. **But on the other hand/on the flip side**, I don't feel that I'm very productive financially.   Tamsyn: Getting better qualifications would help. => pros/upside  Gina: **That's the upside**. The **downside/drawback** is that doing a master's costs money. Educated households may be statistically better off in the long run, but you have to consider the huge **financial strain资金紧张**it would put on our family. To make matters worse, when I'm studying, I won't be spending time with my daughter. We'd have to hire a **babysitter** or put our daughter in **daycare**, additionally maybe **a charwoman for household chores(家庭琐事的) 钟点工**, and that would mean more expense. As it is, my husband already comes home every night to a tired, struggling family. If I had been studying all day, it would be even worse. It seems pretty hard for me to **juggle my study, family, and my child (If you juggle lots of different things, such as your work and your family, you try to give enough and average time or attention to all of them. 尽量兼顾)**  Tamsyn: Not necessarily. You'd have new things to talk about and you might actually begin to feel more motivated than you do now.  Gina: **I suppose so**. It would be great if a master's degree could **give us a boost**, but it would be terrible if I worked two years for no end result.  Tamsyn: Have you talked about it with Tom yet?  Gina: Not yet. I'm going to talk to him tonight. |

## Ask for elaboration and show sympathy

//**shed light on/throw light on/elaborate on sth**: give details to clarify sth; make it clear from confusion or misunderstanding

Fill in the gaps with the phrases below. Use the surrounding text to help you work out which phrase to fill in each gap.

I see your point -  Go on  -  Tell you what  -  If you say so  -  But on the flip side  -  What’s up  -  Terrifies you

|  |
| --- |
| Tamsyn: Tell you what, Mark and I have the opposite problem from you.   Gina: What do you mean?   Tamsyn: We're thinking of starting a family.   Gina: That's wonderful news!   Tamsyn: I guess so...   Gina: You don't look very excited. What's up ?   Tamsyn: **It's not that <I don't want to be a mother, I do>. It's just that...**   Gina: Go on .   Tamsyn: **It's just that** bringing a child into the world right now **terrifies me (making me feel afraid)**.   Gina: Terrifies you?   Tamsyn: Well, what with global warming, air pollution, inner-city crime, wars and food shortages, the world isn't a very nice place to be right now.   Gina: **I see what you mean/see your points.** **But on the flip side/on the other hand,** all our new technology will help make the world a better place in the future.   Tamsyn: If you say so. But I'm not convinced. Don't you think people are becoming more and more selfish? It's all me, me, me. We have no sense of community anymore. If Mark and I do have a child, I'll be scared to let it out into the street. I'd want to **wrap it up** in cotton wool.   Gina: **I see what you mean/see your points.**. I'm often worried about my boy, especially walking home from school during the dark winter nights. But, you know, I **came to the conclusion** that the world isn't any more dangerous than when we were kids. The thing that's changed is the reporting of crime, not so much crime itself. With 24-hour news channels and wall-to-wall media, you hear about every terrible thing that happens in the world, and the information is constant.   Tamsyn: Maybe you're right. Well, it's a big decision, and I'm going to have to think long and hard about it = **to weigh up the pros and cons of it.** |

## Discuss life choices and challenges

Do you think the world is a better place due to advances in modern technology? Do you have a big decision to make in your life?

## Music, musical instrument

# \*\* CNN related news about “quality of life”

## [Env, lifestyle, Travel] Singapore

<http://edition.cnn.com/2015/06/12/asia/singapore-5-best-ideas-for-the-future/index.html>

Singapore is small, hot and heavily populated -- the 5.5 million residents of the tropical city-state live in less than 750 square kilometres of land. And population is expected to reach 6.9 million by 2030.

Despite these challenges, Singapore continues to be amongst the most liveable and economically successful cities in the word, with a GDP equaling that of leading European countries.

With more than 50% of the world's population living in cities already (a figure projected to reach 70% by 2050), Singapore -- where everyone is a city dweller -- is setting trends for rapidly urbanizing countries worldwide.

But how have they done it?

1) Have a plan

Singapore's developments have strict sustainability principles

Concept plans have been in place since 1971, with long-term visions and predictions for the design of Singapore's infrastructure. Such long-term planning was crucial as the population was growing much faster than originally anticipated.

"The top priorities for Singapore as a newly independent state were to provide housing for its people and to create jobs," says Khoo Teng Chye, Executive Director of the Centre for Liveable Cities, Singapore.

With limited land and no natural resources, there was always a focus on greenery, the environment and intensive development of utilities and infrastructure including power plants, deep-underground sewerage and refuse incineration. "Planning for clean air, clean water and green cover was integral to Singapore's city planning," says Khoo.

Decentralization of commercial hubs was also key in the country's urban design to reduce congestion and commuting time -- improving liveability.

"High density does not necessarily mean low liveability," says Khoo.

2) Don't waste your trash or garbage

Water is processed through membranes at the NEWater plant to remove solids, microorganisms and other contaminants.

With high-density living comes high-density waste.

But Singapore has been organized with its refuse management systems, not only by collecting it efficiently but even employing it to make more land.

"They don't have the space to store waste," says Dirk Hebel, from the Future Cities Laboratory at the Singapore-ETH Centre for Global Environmental Sustainability.

Waste is managed instead through regular incineration and the resulting ashes are combined with marine sand to extend Singapore's land mass.

"They use ashes for landfill to extend the territory," says Hebel.

In addition, the country has set a precedent for water resources through its desalination plants and [NEWater plants](http://edition.cnn.com/2014/09/23/living/newater-singapore/), where sewage is filtered to recycle it into drinking water.

But Hebel's group are now working on new avenues for using waste -- this time to construct buildings instead of land.

"In Singapore you have almost 80% high-value resource waste," says Hebel. This category of waste includes plastics and glass, which could be re-purposed for building materials.

Hebel's team recently exhibited the possibilities of waste recycling during the [2015 New York City Ideas Festival](http://www.ideas-city.org/).

They built an arched canopy pavilion comprised of waterproof panels made from discarded beverage containers. The canopy was anchored to a base composed of stacked, wooden pallets.

Hebel sees future possibilities in Singapore: "There are things surrounding us that can be used in a secondary life as a building structure," he says.

3) See green with A/C

Air external to a building is dehumidified and then used to cool the façade.

Due to its close proximity to the equator, Singapore's climate is hot and humid, with temperatures averaging above 30 degrees Celsius and little variation throughout the year.

The built-up nature of the city increases temperatures further through the 'heat island' effect -- caused by buildings blocking air flow, transport emissions and long-wave radiation heating up the island nation.

As a result, a lot of the city's energy expenditure goes towards cooling people down.

"Up to 60% of Singapore's electricity is for buildings," says Arno Schlüter, Professor of Architecture and building systems, also with the Future Cities Laboratory. Most buildings use electricity to cool-down and dehumidify public and work spaces. "Singapore is a noisy city due to all the [cooling] units on the wall," says Schlüter.

To overcome this overconsumption of energy, Schlüter's team are now piloting a project with the United World College of South East Asia in which they are dehumidifying the air external to a building and flowing the resulting cool air over the façade of a building.

According to FCL, "the technology consists of passive chilled beams, distributed ventilation units combined with an underfloor air distribution network and new control systems," and removed the need for air conditioning systems. "It means we can save a lot of space -- up to 1/3 of a building," says Schlüter.

Designs for new buildings in Singapore now also regularly incorporate design for natural ventilation by capturing and promoting wind flow through a public space.

4) Go underground

The Jurong rock caverns opened this year and will be used to for oil storage.

When population increases and demand for land spikes accordingly, the tendency is to build upwards -- as is the case for most cities worldwide.

But with unique -- and more pressing -- land restrictions compared to the rest of the world, Singapore has now begun to build downwards and is taking workplaces underground.

And they're going deep underground -- first with ammunition facilities, then the Jurong rock caverns storing oil in caverns deep below the ground and soon other industries, such as science laboratories.

"[It's a] new way of using underground space on a larger scale," says Jian Zhao, Professor of Geomechanics at Monash University, Australia. Zhao was previously at Nanyang technical university in Singapore where he developed the first research proposals exploring the options to go underground.

The design involves digging caverns into rocks more than 100 meters below the ground.

"Underground, everything is much more stable," says Zhao referring to factors such as vibrations, temperature and humidity which are important for facilities such as power plants, water reservoirs and industrial settings in general. "The idea is to make the city more liveable by putting everything undesirable underground," he says.

5) Embrace advanced future technology (欣然接受(挑战))

Singapore's subway, the MRT, is widely considered to be one of the most advanced metro systems in the world.

The technological development of Singapore cannot be forgotten as this aspect of city living has long been incorporated into the design of the city-state.

The Singapore mass rapid transit (MRT) is considered among the best public transport systems in the world -- needed due to restrictions on vehicle ownership -- and intelligent buildings have been in use for more than a decade aiding movement and entertainment through public and work spaces.

But increasing density is putting more pressure on the country's infrastructure. "Singapore needs to adapt and innovate," says Khoo, in order to meet needs for residence, recreation and lifestyle.

Innovation has been at the root of the country's development -- both for liveability and sustainability.

"Technology is a key feature of green buildings," says Yvonne Soh, General Manager of the Singapore Green Buildings Council. "[It can] respond to the environment quickly and to people," she says.

Responding to movements and uses of space in real-time can cut energy requirements dramatically. This emphasis on technology has helped Singapore become one of the Greenest cities in the world.

6．）share your knowledge

Singapore is now exporting its expertise in urban planning to other cities in Asia where rapid urbanization is taking place -- including the Tianjin Eco city, China and the new capital city in Andhra Pradesh, India -- and paving the way for cities worldwide to ensure they build sustainably and improve their liveability.

"Through greater collaboration among cities, mass urbanization -- the result of a rapidly growing global urban population -- will ultimately benefit the human race," says Khoo.

## [Env, lifestyle, Travel] Singpore 2

<http://edition.cnn.com/travel/article/singapore-greenest-city/index.html>

It's a small, dense, island nation where 100% of the population is urbanized. And yet, [the city-state of Singapore](http://www.cnn.com/travel/destinations/singapore) is the greenest city in Asia, according to the [Green City Index](http://www.siemens.com/entry/cc/features/greencityindex_international/all/en/pdf/gci_report_summary.pdf), and arguably has few competitors in the rest of the world.

As Singapore's population and economy grew, so did its green cover: it was about 36% in the 1980s and it now stands at 47%, according to the [Center for Liveable cities](http://www.clc.gov.sg/). And while the word "green" can take on a variety of connotations, Singapore appears to encompass them all -- lush environments, renewable energy and future sustainability.

"We take steps to ensure our self-sufficiency," says Yvonne Soh, general manager of the [Singapore Green Buildings Council](http://www.sgbc.sg/). "In Singapore, we have a lot of initiatives to promote sustainability."

That's crucial, as the city-state lacks any form of natural resource. Half of the nation's water supplies are imported from neighboring Malaysia, with the rest sourced from desalinization plants, efficient catchment of rainwater and [recycling of sewage](http://edition.cnn.com/2014/09/23/living/newater-singapore/).

Fuel is also imported to meet energy needs, making alternative energy a national priority. But greenery in the literal sense is also prioritized.

"If you build a new development, you have to replace the same greenery you replaced," says Yoh. Singapore is only country to incorporate green building requirements into its legislation, according to Soh.

"Environmental protection was not assumed to be at odds with economic development," says Khoo Teng Chye, Executive director of the Centre for Liveable Cities. "The government saw that it was an integral part of city planning," he says.

Green ratings

One initiative in place to ensure a more sustainable 'green' status throughout the country is the Building and Construction Authority's [Green Mark Scheme](http://www.bca.gov.sg/greenmark/green_mark_buildings.html) -- a rating system introduced in 2005 to evaluate all buildings based on their environmental impact and performance.

"This makes sure buildings are green through-and-through," says Yoh. Today, there are more than 1,180 green mark buildings. The mark is awarded at four levels -- Certified, Gold, GoldPLUS, and Platinum.

[Which famous chef loves Singapore?](http://www.cnn.com/travel/article/gordon-ramsay-singapore-interview/index.html)

"All buildings within the marina bay district are green-mark platinum," says Yoh. But this is now extending beyond the marina, with developers throughout Singapore now chasing after the highly regarded platinum status -- including UK architecture firm Foster and Partners, whose recent green complex on Beach road in downtown Singapore opened in-part this year with the rest due to open in 2016.

The importance of shelter

The [Beach road](http://www.fosterandpartners.com/projects/beach-road/) project by [Foster and Partners](http://www.fosterandpartners.com/) spans an entire city block and incorporates the Singaporean tradition of skyscrapers through its two towers containing residential and office space.

But the complex is setting new trends through a large undulating canopy that embodies a simple, yet innovative, concept -- shelter.

"The need was shelter and protection," says Jonathan Parr, a partner in the firm who led the project. In a hot, tropical climate like Singapore the need to cool and protect people from direct sunlight and shelter them from the rain ranks high on the list of priorities. "The rain is torrential," says Parr.

Through a series of arcs, the canopy is designed to scoop wind at its entrance and draw wind through the space as a means of natural ventilation.

Combined with solar panels for power, solar tubes for hot water, harvesting of rainwater and certain floor levels lined fully with green plants, the complex is green in every sense of the world.

"Singaporeans love nature and green spaces," says Yoh. This is reflected through the recent opening of a 15 mile stretch of hidden parkland containing an unused railway in 2014, known as [the Green Corridor](http://www.thegreencorridor.org/) -- resembling New York's highline, which was a people-led movement to conserve the land.

Renewable energy sources and rainwater harvesting have also become standard on all buildings in Singapore, including the man-made supertrees in the gardens by the bay and the lotus-shaped ArtScience museum nearby.

A happy future

"People are happiest when they're most connected to nature," says Chris Trott, Head of Sustainability at Foster and Partners, who believes setting schemes and legislation in this way can create awareness in the mind of both developers and the public.

"They're all aimed at a reduction in the use of energy and therefore reduction in carbon dioxide deposited into the atmosphere," says Trott.

Singapore pledged to reduce its greenhouse gas emissions by 16% below business as usual levels in 2020, under the UN Framework Convention on Climate Change.

With such demand -- and competition -- for sustainability, when it comes to this target there may be no competition at all.

## [lifestyle: future technology that improves your quality of life] How AI and robots can change your living spaces

<http://edition.cnn.com/style/article/joris-laarman-smithsonian-digital-design/index.html>

Dutch designer Joris has built his career through **emerging** and **burgeoning** technologies like **3D printing and robotic**s. But as a student 15 years ago, he didn't even own a computer. "After my graduation I got a computer, which changed everything," he said in a phone interview. "My generation was the first to know what it was like before computers, but who also grew up with them."

Now the 37-year-old can't work without one. From open source furniture designs to a 3D-printed footbridge made from stainless steel, Laarman's work lies at the intersection of design and technology.

His company, [Joris Laarman Lab](http://www.jorislaarman.com/), pushes at the experimental edges of an industry that has digitalized rapidly since he graduated from the Design Academy Eindhoven in 2003.

[Read: Shape of things to come: A peek at tomorrow from today's top designers](http://edition.cnn.com/2015/06/30/design/tom-dixon-james-dyson-yves-behar-best-design/index.html)

"We're trying to figure out what the design of the future will be -- what it could look like," he said.

Digital toolbox

One of Laarman's best-known designs is the Bone Chair, which was created through algorithms that mimic bone growth. Using a large volume of computer-generated calculations, Laarman's program systematically adjusted and strengthened the chair's design.

"Birds' bones have super-optimal construction -- they constantly adapt themselves by taking away material where it's not needed and adding material where it is, without losing strength," he explained.



Using a large volume of computer-generated calculations, Laarman's program systematically adjusted and strengthened the chair's design.

"To me, an algorithm is just a new high-tech version of a saw or a pair of scissors -- it's just a tool. The designs that we make are never finished objects, they're more like programs that we can tweak into new forms and adapt themselves accordingly."

Technology is not only changing designers' methods, but also the type of products they can create. More than a simple efficiency measure, Laarman says that digitalization makes entirely new concepts possible.

"(The shape of the Bone Chair) could never have been invented without the algorithm. You'd need really heavy calculations for such an evolutionary process.

"If you were to do this manually, without a computer, you'd have to break the legs of the chair thousands of times to make it stronger and to know where to add or take away material."

Design to download

The Bone Chair is set to go on display at the New York's [Cooper Hewitt, The Smithsonian Design Museum](https://www.cooperhewitt.org/), alongside other highlights from Laarman's career, including a set of tables made from reprogrammable molecular building blocks called voxels.

The exhibition, titled "[Joris Laarman Lab: Design in the Digital Age](https://www.cooperhewitt.org/2017/05/16/cooper-hewitt-smithsonian-design-museum-to-present-joris-laarman-lab-design-in-the-digital-age/)," encourages visitors to interact with technologies that may soon become commonplace, said the show's curator Andrea Lipps.

[Read: 'Bioneers' and techno-organic 'Globjects': Karim Rashid's post-analog world](http://edition.cnn.com/2015/09/01/design/karim-rashid-digital-love/index.html)



Each of the 12 chairs in the Maker series is digitally fabricated and assembled from small printed parts, like a 3D puzzle.

"(Experimental) designers often end up creating things that are so completely foreign that they become almost indigestible," she said. "What's interesting about Joris' work is that there's a familiarity to it that makes it feel less threatening. These designers are the early adopters -- they're taking our hand and leading us into the future."

While Lipps wants the exhibition to be an "interactive, participatory experience," visitors won't get a chance to sit on any of Laarman's chairs. They will, however, be able to download some of the design blueprints.

"You can download one (of the chairs) for free and make it yourself -- or have it produced by your neighbor if they have a 3D printer," Laarman said. "There are now platforms that show where the 3D printers in your neighborhood are."

The 'next industrial revolution'

This tools used by Laarman are just some of the digital methods transforming the design industry. Robotics, 3D printing and virtual reality are all changing the way products are made -- from super-strong digitally fabricated materials to cars designed in thin air using VR goggles.

[Read: This new virtual reality tool could transform how we design cars](http://edition.cnn.com/2017/07/13/autos/seymourpowell-virtual-reality-car-design/index.html)

According to [research](http://www.mckinsey.com/business-functions/digital-mckinsey/our-insights/digital-in-industry-from-buzzword-to-value-creation) by the consulting firm McKinsey, the cost of 3D printing fell 60 percent between 1990 and 2014, while the price of industrial robots fell by 5 percent every year between 2000 and 2012.



This series of tables was made from reprogrammable building blocks called voxels. It was built using industrial robots.

This move from industrial to digital production represents a fundamental shift in the economy of design, said Laarman, comparing the transition to the industrial revolution.

"Modernists in the early 20th century were developing new form languages for the dawn of a new industrial period. It was very much dependent on standardization and geometric shapes.

"Right now, you can see digital fabrication is taking off and this leads to a completely new type of form language. It's still very early, but everybody sees the potential. Digital design, biotechnology, AI and robotics are going to completely change everything in the world, at every level of society. It's very important to start working on it."

*"Joris Laarman Lab: Design in the Digital Age" will be exhibited at Cooper Hewitt, The Smithsonian Design Museum from 27 September 2017 to 14 January 2018*

## All CNN news about “environmentally friendly”

See the “Environment” unit, where **3R: reuse, recycle, and renewable**

Nurturing a hobby, like studying to play a music instrument, is a good way to relax/relieve from work pressure = decompress.

|  |  |
| --- | --- |
| <start: musica**l in**struments; music> |  |
| 长笛 | **flute:** a high-pitched woodwind instrument; a slender tube closed at one end with finger holes on one end and an opening near the closed end across which the breath is blown  => **fluter**长笛吹奏者 |
| 交响乐，交响曲 | ['sɪmfəni] symphony; pl: symphonies **=> DERIVATIVE [dɪ'rɪvətɪv] symphonic adj /sɪm'fɒnɪk /**  1. 交响乐，交响曲 a long piece of music usually in four parts, written for an **orchestra['ɔːkɪstrə](〔大型的〕管弦乐队) [ symphony orchestra: 交响乐管弦乐]** e.g. Bruckner’s Fifth Symphony 布鲁克纳的《第五交响曲》 e.g.  She also **played the viola [vaɪ'əʊlə]**   in some amateur **orchestras**.   她也曾在一些业 余管弦乐队 拉过中提琴  2.a large group of classical musicians led by a conductor 乐团 |
| 〔大型的〕管弦乐队 | orchestra ['ɔːkɪstrə,'ɔːkəstrə] **DERIVATIVE [dɪ'rɪvətɪv]: orchestrate <an activity> 精心设计/安排** 1. a large group of musicians playing many different kinds of instruments and led by a conductor 〔大型的〕管弦乐队 the Berlin Symphony Orchestra 柏林交响乐团; the school orchestra 校管弦乐队 2. **〔剧院的〕正厅前排座位 [ orchestra section or orchestra seats]** is the area of seats in a theatre close to and on the same level as the stage |
| 喇叭，号角 | horn: a brass musical instrument with a brilliant tone; has a narrow tube and a flared bell and is played by means of valves **//thorn: 刺， 荆棘** |
| 喇叭，小号 | **trumpet ['trʌmpit]， trumpeter 小号手；号兵** a brass musical instrument with a brilliant tone; has a narrow tube and a flared bell and is played by means of valves |
| 鼓 | drum: a musical **percussion instrument;** usually consists of a hollow cylinder with a membrane stretched across each end  **//[ anatomy 解剖]耳膜 eardrum** |
| 打击乐器 | percussion /pəˈkʌʃən/ **[ Percussion instruments]** are musical instruments that you hit, such as drums. 打击乐器  e.g. ...a large symphony orchestra**交响乐管弦乐**, with a vast **percussion section**.  **V.S. repercussions /ˌriːpə/**  If an action or event has repercussions /ˌriːpə/, it causes **unpleasant** things to happen some time after the original action or event； repercussion is an **indirect** effect, influence, or result that is produced by an event or action. (由某一事件或行为产生的、通常是间接的不好的)反响,影响/后果 **[ 深远的后果:further repercussions; 沉痛的后果 painful repercussions ; chain repercussion 连锁反应; foreign repercussion 国外的反响; ]**  //percussion: [临床] 叩诊 => 打诊槌，叩诊器 percussor [pə'kju:sə] n. (medicine) a small hammer with a rubber head used in percussive examinations of the chest and in testing reflexes |
| 钢琴 | piano, pianist['p**ɪə**nɪst] |
| 小提琴 | violin, violinist /ˌvaɪəˈlɪnɪst/  A violin is a musical instrument. Violins are made of wood and have four strings. You play the violin by holding it under your chin and moving a bow across the strings. 小提琴  e.g  Lizzie used to **play the violin**. 莉齐过去常拉小提琴。  Eg. He decided to **debut** with several other **violinists**. 起首次登台演出。  e.g. Rose's father was a talented **violinist**. 罗斯的父亲是一位天才的小提琴手 |
| 中提琴 | viola  [vaɪ'əʊlə]  [vaɪ'olɚ]  n. 中提琴， **中提琴演奏者**  n. (**英)维奥拉，薇奥拉(女名)**  [词条图片](javascript:;)  1.[N-VAR](javascript:;)A viola [vaɪ'əʊlə]  is a musical instrument with four strings that is played with a **bow**. It is like a violin, but is slightly larger and can play lower notes. 中提琴 e.g.  She also **played the viola** [vaɪ'əʊlə]   in some amateur orchestras.   她也曾在一些业 余管弦乐队 拉过中提琴  2. [N](javascript:;)any temperate perennial herbaceous plant of the violaceous genus Viola, the flowers of which have showy irregular petals, white, yellow, blue, or mauve in colour 堇菜属植物 |
| 大提琴 | cello /ˈ**tʃɛ**ləʊ/, cellist /ˈ**tʃɛ**lɪst/  A cello is a musical instrument with four strings that looks like a large violin. You play the cello /ˈ**tʃɛ**ləʊ/ with a **bow** while sitting down and holding it upright between your legs.  => cellist /ˈ**tʃɛ**lɪst/  A cellist is someone who plays the cello. |
| 竖琴 | harp /hɑːp/   1. N-VAR A harp is a large musical instrument consisting of a row of strings stretched from the top to the bottom of a frame. You **play the harp** by **plucking( to pull something quickly in order to remove it 揪，扯，拉) the string**s with your fingers. 竖琴 2. (horoscope星相, astrology 占卜术)天琴座 |
| 低音管 | **bassoon /bəˈsuːn/**  A **bassoon** is a large musical instrument that is shaped like a **tube** and played by blowing into a reed attached to the end of a curved metal pipe. |
| 〔钢琴piano的〕脚踏板 | pedal  ['pɛdl]  vi. 踩踏板；骑车; n. 踏板；脚蹬子 vt. 骑（自行车）；踩……的踏板 adj. 脚的；脚踏的  过去式 pedaled或-alled过去分词 pedaled或-alled现在分词 pedaling或-alling   1. Pedal is one of the two parts of a bicycle that you push round with your feet to make the bicycle go forward〔自行车的〕踏板，脚蹬 2. pedal is a part in a car or on a machine that you press with your foot to control it〔汽车或机器的〕油门踏板 e.g. She put her foot down on the accelerator pedal/the throttle. 她踩下了油门踏板。 e.g. He held tightly to the **gearshift/gear stick** to slow down the car gently and kept his foot steady on the **throttle/pedal(汽车或机器的〕油门踏板** **)**.  紧紧地握着变速杆，脚固定在油门上 3. a pedal is a part on a piano or organ that you **press with your foot** to change the quality of the sound 〔钢琴piano的〕脚踏板 |
| 萨克斯管 | ['sæksəfəʊn] saxophone = 又作 sax is a curved musical instrument made of metal that you play by blowing into it and pressing buttons, used especially in popular music and jazz 萨克斯管 |
| (吉他/Uklele等)弦乐器指板上定音的) 音品 | fret /frɛt/  1.[V-T/V-I](javascript:;)If you **[ fret about something = worry about sth ]** 担心 e.g. I was working all hours and constantly **fretting about** everyone else's problems. e.g   But congressional staffers **fret that** the project will eventually cost billions more.  2.[N-COUNT](javascript:;)The **frets** on a musical instrument such as a guitar or Ukelele are the raised lines across its neck. (吉他/Uklele等)弦乐器指板上定音的) 音品 |
| 手风琴 | An accor**dion**[ə'kɔrdɪən] is a musical instrument in the shape of a fairly large box which you hold in your hands. You play the accordion by pressing keys or buttons on either side while moving the two sides together and apart. Accordions are used especially to play traditional popular music. 手风琴  => accordionist [ə'kɔ:**diənist]** n. a musician who plays the accordion |