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(附 CD-ROM 两张)

# 英语 变速听力 训练

编著 李 铭 李德高 储荣安

独创智能听力训练  
软件;  
大容量、全智能  
多语速、更人性

名人传记、新闻报  
导,囊括美国风土人  
情、世间百态

完整训练体系:自  
选语速精听、泛听,  
打通耳朵;填空正  
文,锻炼精准;文章  
节思考提示问题、英  
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## 前言

听力是外语学习中最难掌握的技能之一。在英语听力学习中,人们往往过分注意辨别单个词语,试图听清每一个单词,因而,常常跟不上语流的跳跃,不能迅速理解和领会所听文章片段的思想内容。

从心理学的角度上说,要在篇章听力中听清每一个词语几乎是不可能的,也是不必要的。事实上,听懂篇章录音的关键在于集中注意力,抓住录音语流中的主要信息(包括概念性词语、动词、主要数字和篇章连贯性词语等),及时把听到的语言信息联系起来,形成并不断调整自己对所听片段的理解,达到跟踪和迅速理解听力内容的目的。听力填空练习(Fill in the Missing Information)是锻炼篇章听力、进行篇章听力注意力集中训练的一种非常有效的手段。

同时,不同基础的学习者进行篇章听力练习时应该使用不同速度的真实的听力材料,从语言内容和声音形式上保持原汁原味的听力材料给学习者带来的身临其境的感觉,有助于其培养良好的语感,加快听力技能的提高。

本书第一部分 Multi-speed Listening 是在上述理论

基础上设计的,以帮助学习者进行篇章听力的注意力集中训练,引导学习者培养其从篇章听力中获取主要信息,迅速理解和领会所听文章片段的思想内容的能力。本书第二部分 Cloze Practices 主要从阅读理解的角度上,引导学习者巩固和加强英语语言基本知识,培养其篇章理解和分析能力。

作者希望学习者能够把这两种活动结合起来,对同一篇文章从不同角度反复练习,达到提高英语语言应用能力的目的。

### **编排结构:**

全书选收美国名人传记(People in the United States)和新闻报道(News Reports)两类共 83 个全真 VOA 节目录音,根据录音原文分别设计了相应的变速听力训练(Multi-speed Listening)和完形填空训练(Cloze Practices),并配有参考答案。

配套光盘里包括经过压缩的三种不同语速的录音、全部录音文字和录音播放软件。

### **本书四大特点:**

1. 真实的电台节目录音: 每篇文章配有真实的节目录音。
2. 三种速度的录音: 对每个练习的正文录音进行了特别的语速处理,所有文章的录音包括慢(120 词/分钟)、中(140 词/分钟)、快(160 词/分钟)三种速度,以满足不同的学习者或同一学习者不同学习阶段的需求。
3. 超大容量的录音: 平均每篇文章的录音长度约 5 分钟,每种速度的配套录音相当于 10 盘录音磁带,三种速度录音的总长度相当于 30 盘录音磁带。
4. 播放灵活的录音: 为本书配套录音专门设计的播放软件简洁直观,可使学习者随意选择播放速度,随意播放任意录

音片段，随意查看相应录音片段的原文，随意重复播放或伴随播放显示相应的录音原文。

### 使用说明:

1. 学习者可以根据实际情况，选定某一录音速度(慢速、中速或快速)，每天完成一课或两课练习。

2. 每开始新的一课练习时，在播放录音之前，可以先参考相应插图、文字提示和疑难词语解释，以便对正文的理解有心理准备。

3. 每课听力练习都要遵照相应的 Directions 进行。

4. 根据录音进行填空练习时，在每个下划实线上只能填写一个单词，(见填空示例)。即：(1) 一个下划线上填写一个单词，如：... reports logging concessions. ...; (2) 多个下划线上填写多个单词，如：... choose short-term economic gain over. ...

5. 在下划虚线上可以填写主要信息，如：... show. ...  
where forests are in good shape and threatened. (见填空示例)

6. 填空时可以多听几遍录音，轻易不要参考填空答案。

7. 完成填空练习后，可以根据正文练习之后 Follow-up Question 部分的提示，对全文进行反思，如果不能回答相应的问题，则应该多听几遍录音。

8. 学习者可以根据实际情况，对同一篇文章使用不同语速的录音进行反复练习。

9. 在完成每一课变速听力练习后，应做相应次序的完形填空训练，如 Lesson 1→Cloze 1。

### 使用对象:

本书适用于大学生课后自主训练。需要参加各种英语语言能力考试（如：研究生英语考试、出国英语语言能力考试等）的学习者，可以使用本书进行不同速度的听力强化训练和阅读（Cloze）训练。


本书是在邵永真教授的鼓励 and 指导下编写的。在全部编著过程中，从练习设计、录音编辑到软件制作等每一个环节，都得到了邵永真教授具体细致的指导，在此，我们谨向邵永真教授表示衷心的感谢。我们还要感谢吴铭芳教授、何连珍教授和其他给予我们支持和帮助的老师，感谢世界图书出版公司北京公司对本书出版发行的大力支持。

由于作者水平有限，若有不当之处，敬请批评指正。

作 者



## 结构示例

1. 题目	<b>Illegal Logging</b>	
2. 与篇章内容相关的插图和文字提示, 有助于引导学习者做好正文练习的心理准备。		<p><i>Illegal logging is used to refer to timber harvesting-related activities that are inconsistent (矛盾的) with national laws. Illegal cutting includes logging inside protected areas or outside concession areas. Other types of illegal activities include under-reporting the amount cut, false reporting of the species harvested to avoid higher taxes, the illegal transport of timber, and the poaching (偷猎) of wildlife in areas opened up by timber-cutting.</i></p>
3. 疑难词语中文注释	<b>Words and Expressions:</b> pristine 质朴的 rampant 猖獗的	
4. 指导	<b>Directions:</b> <i>When you are listening for the first time, try to understand the general meaning of the passage. Then, listen for the second time, take some notes if necessary and try to fill in the blanks with what you hear. You can listen for more than two times to check what you have written.</i>	

5. 填空  
练习正文

The World Resources Institute's new forest survey says seventy percent of the timber in Indonesia has been illegally 1. In Central Africa, the survey reports 2 concessions 3 more than half of the world's second-largest 4 rainforest, while in Venezuela, 5 6 7 practices threaten one of the most pristine forests 8 9.

Dirk Bryant of Global Forest Watch says many countries choose 10 11 12 over long-term environmental stewardship in 13 their forests.

"The good news is that countries are 14 up to the problem. In the last few years, there have been 15 16 made to pass new 17 18 19 to better protect forests. The bad news is that on the ground these laws simply are not 20. They are paper laws. Illegal logging is rampant in many 21 of the world. Many of the logging companies in Central Africa and elsewhere 22 without even a basis management plan. It is the minimum you need to 23 the forests sustainably. It is very much cut-and-run 24 through these last unaccessed areas—cutting them and moving on instead of 25 sustainable long-term management of the resources which 26 local communities and governments."

Mr. Bryant 27 that the new Global Forest Watch maps show 28.

"Surprising this just isn't done 29. Most monitoring 30 on looking at loss of forest cover. We try to look at the 31 on forests so that you have time to do something about before it is too 32."

Well, what can we do about it? 33 map in hand, what CAN we do about these?

"It 34 on, of course on where you are, for the US, I think that the role we play as 35 is key. We're one of the biggest 36 nations on earth. We buy wood from all over the place. We often do not know 37. Companies are beginning to make commitments to 38 wood products that come from well-managed forests and to 39 those that are destructively 40 or illegally harvested. Encouraging patronized those kinds of businesses 41 a significant difference particularly in! an 42 of globalization."



	<p>That's what we as Americans can do. What can people in other countries do, other nations in the world?</p> <p>"We are starting to see the <u>43</u> of civil-society groups there's been a trend toward <u>44</u> in many countries. By <u>45</u> the business practices that are happening—the deals that are being made we <u>46</u> local activist groups with the 'smoking-gun' —the satellite image, the map. If they can and say, 'Look! What are these guys doing in my backyard, and why are they doing it?' Again <u>47</u> ..... ....."</p> <p>How do you hope these reports are used?</p> <p>"There are base-line maps for what's going on, for who is <u>48</u> . We hope they will be used from <u>49</u> in northern countries to <u>50</u> groups in places like Venezuela and Chile to <u>51</u> ....."</p>																								
6. 对全文理解的思考提示, 提示学习者对所听篇章进行反思。	<p><b>Follow-up Question:</b></p> <p>How could illegal logging be effectively prevented, according to the passage you've just heard?</p>																								
7. 填空练习参考答案	<p><b>Answers:</b></p> <table><tr><td>1. logged</td><td>2. logging</td><td>3. cover</td><td>4. tropical</td></tr><tr><td>5. logging</td><td>6. and</td><td>7. mining</td><td>8. on</td></tr><tr><td>9. earth</td><td>10. short-term</td><td>11. economic</td><td>12. gain</td></tr><tr><td>13. managing</td><td>14. waking</td><td>15. major</td><td>16. efforts</td></tr><tr><td>17. laws</td><td>18. and</td><td>19. legislation</td><td></td></tr><tr><td>20. implemented</td><td>21. regions</td><td>22. operate</td><td></td></tr></table>	1. logged	2. logging	3. cover	4. tropical	5. logging	6. and	7. mining	8. on	9. earth	10. short-term	11. economic	12. gain	13. managing	14. waking	15. major	16. efforts	17. laws	18. and	19. legislation		20. implemented	21. regions	22. operate	
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	<p>23. manage 24. moving 25. practicing 26. benefit</p> <p>27. explains 28. where forests are in good shape and where they are threatened 29. internationally 30. focuses</p> <p>31. pressures 32. late 33. Saying 34. depends</p> <p>35. consumers 36. consuming 37. if it is legal or if it is not</p> <p>38. sell 39. avoid 40. logged 41. makes</p> <p>42. era 43. emergence 44. democratization</p> <p>45. uncovering 46. empower 47. it boils down to transparency and accountability 48. engaged 49. industry</p> <p>50. activists 51. try to improve management and business practices</p>
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## 填空示例

The World Resources Institute's new forest survey says seventy percent of the timber in Indonesia has been illegally logged. In Central Africa, the survey reports logging concessions cover more than half of the world's second-largest tropical rainforest, while in Venezuela, logging and mining practices threaten one of the most pristine forests on earth.

Dirk Bryant of Global Forest Watch says many countries choose short-term economic gain over long-term environmental stewardship in managing their forests.

"The good news is that countries are waking up to the problem. In the last few years, there have been major efforts made to pass new laws and legislation to better protect forests. The bad news is that on the ground these laws simply are not implemented. They are paper laws. Illegal logging is rampant in many regions of the world. Many of the logging companies in Central Africa and elsewhere operate without even a basis management plan. It is the minimum you need to manage the forests sustainably. It is very much cut-and-run moving through these last unaccessed areas—cutting them and moving on instead of practicing sustainable long-term manage-

ment of the resources which benefit local communities and governments."

Mr. Bryant explains that the new Global Forest Watch maps show where forests are in good shape and where they are threatened.

"Surprising this just isn't done internationally. Most monitoring focuses on looking at loss of forest cover. We try to look at the pressures on forests so that you have time to do something about before it is too late."

Well, what can we do about it? Saying map in hand, what CAN we do about these?

"It depends on, of course on where you are, for the US, I think that the role we play as consumers is key. We're one of the biggest consuming nations on earth. We buy wood from all over the place. We often do not know if it is legal or if it is not. Companies are beginning to make commitments to sell wood products that come from well-managed forests and to avoid those that are destructively logged or illegally harvested. Encouraging patronized those kinds of businesses makes a significant difference particularly in an era of globalization."

That's what we as Americans can do. What can people in other countries do, other nations in the world?

"We are starting to see the emergence of civil-society groups there's been a trend toward democratization in many countries. By uncovering the business practices that are happening—the deals that are being made we empower local activist groups with the 'smoking-gun' —the satellite image,

the map. If they can and say, 'Look! What are these guys doing in my backyard, and why are they doing it?' Again it boils down to transparency and accountability."

How do you hope these reports are used?

"There are base-line maps for what's going on, for who is engaged. We hope they will be used from industry in northern countries to activists groups in places like Venezuela and Chile to try to improve management and business practices."

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