



English Speech
and Pronunciation

剑桥英语 口语与语音训练 素材大全 ②

(F-O)

克莱尔·格林哈尔希 (Clare Greenhalgh) 【英国】

彼得·格林哈尔希 (Peter Greenhalgh) 【英国】

著

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出版说明

2010年9月，英国电视剧《唐顿庄园》(Downton Abbey)第一季首播，立即引起了全球热烈的反响，收视率屡创新高，一度荣膺《吉尼斯世界纪录大全》的2010年“全球最受好评电视剧”。到2015年年底第六季剧终的时候，该剧先后获得几十个英国国内和国际大奖，观众评价它“拥有英剧的一切优秀素质”。这部电视剧如同猛地刮来一阵英伦之风，迅速席卷全球，很快也吹到中国，其影响力不亚于20多年前首播的美国情景喜剧《老友记》(Friends)带给中国英语影迷们的狂热和欣喜。



《唐顿庄园》如此广受青睐，这在各种“美剧”充斥网络荧屏的环境下实属不易，也算是一种“逆袭”。除了该剧强大的演员整容、跌宕起伏的情节

设置和细致入微的人物刻画之外，另一个重要的原因应该归功于这是一部纯正的“英式英语”(British English)电视剧，人们不仅欣赏了精彩的故事，更如醉如痴地体会了一番“英式英语”的优雅与精致。无论是发音还是语气，无论是语言风格还是表达习惯，“英式英语”给人的感觉是骨子里都流露着一股其他“英语”难以超越的贵族气。正可谓“忽如一夜春风来，千树万树梨花开”，很多人开始疯狂地追起了“英式英语”的发音，纷纷扎进了模仿英国王室贵族的队伍里。我们看到在《唐顿庄园》的带领下，越来越多的英国影视剧进入中国人欣赏的视野，也有越来越多的中国英语学习者前所未有地注意到并意识到了“英式英语”巨大的魅力和其在国际交流中的重要性。看到这样一种“回归”很多人颇感欣喜，这些人中很多都是如今的英语教师、英语翻译员和外交人员，他们中很多人学习英语的那个年代，“英

式英语”是“主流”，与现在“美式英语”(American English)一统天下截然相反。

然而，在如今的英语学习中，看“美剧”学英语已经成为一种时尚，因为“美剧”资源极其丰富。同时“美式英语”的教材也是琳琅满目，从少儿到成人、从语音到听说、从写作到各种有声读物，大大满足了“美式英语”学习者的需求；与之相反，“英式英语”的学习者往往找不到太多的学习素材，一方面因为英国影视剧在中国影响力不大，另一方面“英式英语”的专门学习教材的数量确实有限。就拿“英式英语”语音教材来说，市场上只有我社出版的《剑桥国际英语语音教程（英音版）》(Ship or Sheep?)等为数不多可供选择的教材。

鉴于此，在剑桥大学出版社前总裁潘仕勋(Steven R. R. Bourne)先生的大力推荐下，我社从英国原版引进了《剑桥英语口语与语音训练素材大全》(English Speech and Pronunciation)这套教程。本教程的作者是毕业于英国剑桥大学国王学院(King's College, Cambridge University)的Peter Greenhalgh教授及其女儿Clare Greenhalgh女士。Peter Greenhalgh教授任教于英国剑桥大学和南非开普敦大学，不仅在国际商务和银行业研究方面卓有成就，还是一名企业金融方面的专家，同时对古典语言(如拉丁语、古希腊语)颇有研究。Clare Greenhalgh女士毕业于英国白金汉大学(University of Buckingham)的英语文学专业和伦敦新闻学院(London School of Journalism)的新闻专业，长期在英国从事英语作为外语(TEFL)的教学工作。她在教学实践中不断发现和总结，基于英语学习者在发音和口语方面存在的大量问题，萌生了编写本套教材的想法和理念，并最终在其父亲的大力支持和帮助下付诸实施，使得这套小有规模的教程得以与读者见面。这对于英语学习者，尤其是对“英式英语”发音方面存在问题、有意提高的学习者来说是件大好事。

正如书名中指出，本教程是一套“剑桥英语”(即“英式英语”，也称作“牛津英语”或“BBC英语”)口语和语音专门训练和学习的材料，重点讲解“英式英语”的发音规则，兼顾口语技巧。本书按照英语的26个字母排序，详尽地讲解了每个字母在英语中主要的发音

规则，也完整地涉及各个字母在各种不同字母组合情况下的发音。

本教程主要内容和特色如下：

1. 全教程配有 20 个小时的视频。本套教程分为 3 册，每册配有 2 张 DVD 光盘。书中每一部分的内容都有至少两名讲解员相互配合讲解，讲解的内容与书中的内容完全一致。视频中还会展示很多精美的插图、美妙的音乐和口型特写，帮助你快速理解词句的意思，掌握发音和口语技巧。

2. 本教程的讲解员多为活跃于英国舞台或荧屏的戏剧或影视剧演员。其中包括曾在《国王的演讲》中出演重要角色的 Robert Portal 和 Andrew Havill。他们全程朗读、演绎、即兴表演，陪你一起掌握纯正的“英式英语”语音语调。

3. 本教程倡导的是“自然拼读”，从而避免了音标学习。本书的语音学习方法是目前国际主流的“自然拼读”教学法，让学习者通过直接学习 26 个字母及主要字母组合在单词中的发音规则，建立字母及字母组合与发音的认知，掌握“音—形”规律，从而达到看到单词就会读，听到单词就会拼的学习目的。这种方法的另一个好处是避免了再学习一套英语国际音标（IPA）的麻烦。

4. 语音讲解细致，练习丰富。每个字母的不同发音不仅有详细的口型及舌位的描述，同时配以大量的单词、短语和句子练习，其中不乏专门为练习目标发音而精心编写的绕口令（tongue twister），目的是重复练习，快速掌握其中的要诀。

5. 分层次的语音及口语指导。本教程从字母发音、单词拼写、单词发音、句子停顿和段落流利阅读几个层次分别加以指导，让学习者纠正发音的同时提高英语口语。

6. 本教程还包括丰富的文学、历史及文化讲解。在语音学习的同时，学习者还会接触很多英国童谣、诗歌、名言警句或歌剧片段，也会了解不少英国历史上发生的故事、词语的来源，同时扩展词汇量和夯实自己的语法基础。

7. 本教程帮你最大程度上纠正发音。本教程的讲解员所讲的英语都是纯正的英语“标准发音”（Received Pronunciation），模仿他们的发

音和说话方式,学习用正确的方式使用正确的词语,避免容易被忽视的表达和语法错误,这将让你自己的语音和口语学习受益匪浅。

8. 本教程适合具有一定英语基础的学习者使用。另外,本教程还适用于英语语音培训机构、中高级英语语音学习者以及有望提高自己的英语语音和口语水平的高层人士(如企业主管、影视演员、专业教师等)。

本教程分为3个分册,本书为其中的第1册,讲解了字母A—E的发音规则。

本教程的官方网站是 www.speechandpronunciation.com, 网站上不仅提供本套教程的介绍、内容丰富的使用建议和专业指导,还特别为学习者提供一对一网络指导服务。学习者可以根据需求,与本书的作者和讲解员通过网络电话(如 Skype、QQ)或网络摄像头(Webcam)进行直接沟通。我们的辅导员会对你的英语发音和口语问题提出专业的意见和解决方案,



对你进行诸如求职面试、公共讲话或陈述报告等方面的有效指导,同时对你的学习过程进行指导和有效测试,让你能够准确、流利、自信地说一口纯正的“英式英语”。购买本教程的学习者还可以免费加入作者组织的在线英语口语俱乐部(English Speakers' Club),成为其中的会员。作者会通过电子邮件定期向读者发送一些有价值的学习材料。作者也会介绍各位读者加入一些英语口语与语音学习论坛,与其他学习者一起进行讨论和交流,分享更多宝贵的学习经验和资源。具体的信息请登录本教程的官方网站详细了解。

本教程中很多地方用了特殊格式的字体(如斜体、粗体等),目的是引起读者的注意。书中很多语音的标记方法和命名方式(如 Ivy, soft-g 等)都是作者独创的,有其系统性和科学性,但是一些单词的重音标注方式、音节分隔以及某些发音的归纳等与我们熟知的一些标准有所不同,在此只作为交流使用,不建议学习者作为语音规律或规则去掌握。

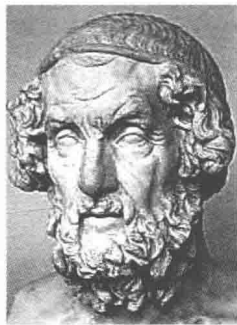
教程中罗列了很多带有目标发音的词语、句子或段落，其中讲解员朗读的部分放在了“ ”(电影胶片)形式的阴影中，需要你进行模仿朗读的部分有“ ”(小麦克风)进行提示。阴影里面的单词我们根据讲解员朗读的不同方式和顺序做了较为灵活的排列形式，以最大程度地方便读者使用，但是与DVD视频中呈现的格式有所区别，望读者注意。

正如我们的教程自始至终所倡导的，熟能生巧 (Practice makes perfect.)。本教程的目的就是帮助你说一口纯正、高雅、流利的英伦英语，锻炼口才，增加信心！希望它能够帮你成功。



**What use are godlike form or mind
Uncrowned by grace of speech?**

Homer, *Odyssey*



This quotation from about three thousand years ago shows that some things never change. To make a good impression it is not just how you look that is important but how you sound, how you communicate. Appearance, intelligence, skill and qualifications can all go for nothing if the moment you open your mouth you let yourself down by poor speech or inappropriate pronunciation. No-one wishes to lose face.

English Speech and Pronunciation is a new, unique and life-transforming course that will teach you how to speak good English fluently, correctly and confidently, with a clear and attractive English accent that will ensure that what you say is listened to with attention and respect.

Every word of this book is presented to you expertly and attractively by top actors and tutors on the twenty hours of accompanying film. You will see and hear good speakers speaking good English well, explaining how to make the sounds, and giving you wonderful and memorable sentences to practise. You will be soaked in good English that it will become completely natural to you.

You will find references throughout the course to one-to-one, face-to-face personal tutorials using Skype videos conferencing to help with any special difficulties you may have, or to assist in preparing for a speech or presentation or for an interview. Other arrangements are available for China in place of Skype. If you go to our website and click on Tutorials you will find full details: www.speechandpronunciation.com.

"Language is like music. If it is good, it deserves to be played well – not full of false notes on a rotten instrument that is out of tune!"

"... totally absorbing, great fun, and very effective ..."

"The course was marvellous! I feel a different person. It was my speech and accent that were holding me back in every aspect of my life. I was so frustrated. The change is fantastic – like getting rid of a sack of bricks tied to my back ..."

"It's a tough course but absolutely first class, highly enjoyable, and amazing value for money ..."

"Changing the way I speak has changed my life ..."

"With the whole course presented on film it's like going to a top tutorial course in London. In fact, it's even better, because you can go over things that you are having special trouble with again and again – and it's a fraction of the price!"

"It's fantastic to have such super tutors, including professional actors I've seen in films and plays. They are all marvellous. I felt a real rapport with them – just as though I'd known them all my life!"

"This could be the best investment in your future success and happiness that you'll ever make!"

Authors and Presenters of the Course

Authors



Clare Greenhalgh, whose brainchild the course is, studied English Literature at the University of Buckingham, journalism at the London School of Journalism, and Teaching English as a Foreign Language ("TEFL") at International House, London, where she specialised in Business English. Finding that all existing distance-learning language and

pronunciation courses were inadequate, demotivating and rarely completed, she conceived the idea of a completely new type of course that would exploit all the benefits of modern technology and be entirely on film. She also pioneered the use of webcams and Skype to provide the one-to-one live tutorials that provide so valuable a supplement to the course.

Professor Peter Greenhalgh, Clare's father, studied at King's College, Cambridge, the English academic home of Xu Zhimo (徐志摩). He holds a doctorate from Cambridge University, taught there and at the University of Cape Town, and has combined an academic career with leading positions in business and banking internationally. He is an expert on classical languages,



lectures internationally on corporate finance, and has written many books, articles and radio plays, for one of which he gained the SABC Academy Award (南非广播公司学院奖) for English Radio Drama. He has devoted nearly four years to collaborating with Clare to write, create and film this unique course.

Presenters



Robert ("Bertie") Portal's distinction as an actor is matched only by his modesty and by his remarkable versatility, as he is equally at home in serious drama, comedy, thrillers and romance. Having trained at The London Academy of Music and Dramatic Art, he went on to a brilliant career on stage, film and television, including famous productions of *Henry VI* and *Love's Labours Lost* for the Royal Shakespeare Company. Among his enormous number of film and television credits are starring roles in *Mrs Dalloway*, *The Amazing Mrs Pritchard*, *Ruth Rendell Mysteries* and *The Queen's Sister*. He was greatly acclaimed for his role as Richard Hannay, the star of the hugely successful stage-adaptation of John Buchan's *The Thirty-Nine Steps*, and played the King's Equerry in the Academy Award-winning film *A King's Speech*, in which Andrew Havill also featured. In 2012 he completed the Talisker Whisky Atlantic Challenge – rowing over 3,000 miles across the Atlantic Ocean with a friend to raise over £350,000 for "Facing the World", a charity which funds operations for poor children with facial deformities throughout the world.

Pandora Clifford trained at The London Academy of Music and Dramatic Art and has played a wide variety of roles on stage, film and radio. She starred with David Suchet in *Poirot: Murder in Mesopotamia* and with Kenneth Branagh in the BBC production of *Wallender: Sidetracked*, which won Best Drama BAFTA (英国电影电视学院奖) for 2009.



Having fulfilled a lifetime ambition of playing Amanda in highly acclaimed production of Noel Coward's *Private Lives* she went on to play another starring role as "Mother" in London's most spectacular

and delightful theatrical production – the brilliant dramatisation of *The Railway Children* at London's Waterloo Station that won the 2011 Olivier Award for Best Entertainment.



Andrew Havill was a schoolboy actor in the National Youth Theatre when he was talent-spotted and engaged by the Royal Shakespeare Company. Among his many memorable stage successes are the lead in Alan Ayckbourn's *Virtual Reality* (directed by the playwright) and many acclaimed Shakespeare productions for the RSC and

at the Globe, where he returned in 2010 to play one of his favourite roles, that of Ford in *The Merry Wives of Windsor*. He has appeared in over a dozen films, including *Sylvia*, *The Heart of Me*, *Nicholas Nickleby* and *The Broken*, and in over forty TV shows ranging from costume dramas to sitcoms and such long-running favourites as *Dr Who*. He has recently played alongside Robert Portal in the highly acclaimed film, *A King's Speech*.

James Simmons, who trained at The London Academy of Music and Dramatic Art, is particularly well known for his three years at London's Lyceum theatre playing Scar in *Lion King* (2005-2008), though this is only one of his innumerable stage, film and television roles, which include the King in Trevor Nunn's 2004 production *Hamlet* at the Old Vic, Sir Andrew Aguecheek in the BBC's production of *Twelfth Night*, DC Collins in the TV serial *Trial and Retribution* and Walter Luke in *Strangers and Brothers*. He is also a distinguished producer and teacher, and was Artistic Director of *Tour de Force* from 1997 to 2005.



Lucy Scott, who trained at The Central School of Speech and Drama, is perhaps best known for her magnificent performance as Charlotte



Lucas in the BBC film of Jane Austen's *Pride and Prejudice*. Her stage credits include *Emma*, *Search and Destroy* and *Things We Do for Love*, and among her film and TV work are her roles in *Spooks*, *Rosemary and Thyme*, *The Inspector Lynley Mysteries*, *Tom Brown's Schooldays*, *Perks* and *Micky Love*.

Rachel Chetwood studied economics and Japanese Studies at Durham and London then lived in Japan for two years on a cultural exchange programme before becoming a high-powered accountant with Unilever. She spent several years in New York, where she did voluntary work for the Guggenheim, and now lives again in England, the wife of an international banker. She also holds the TEFL ("Teaching English as a Foreign Language") qualification, and while not a professional actor, unlike most of our presenters, she would make a very good one if ever she decided to change career!



Contents

Sections			Page numbers	Starting time in the films
Authors and Presenters of the Course			xi	
the letter F			1	DVD 1, Letter_F, 00:00
		<i>soft f</i>	3	DVD 1, Letter_F, 01:33
		<i>hard f</i>	4	DVD 1, Letter_F, 03:50
		<i>fl</i>	6	DVD 1, Letter_F, 07:40
		<i>fr</i>	7	DVD 1, Letter_F, 08:33
		<i>ft</i>	8	DVD 1, Letter_F, 09:37
the letter G			11	DVD 1, Letter_G, 00:00
		<i>hard g</i>	13	DVD 1, Letter_G, 01:35
		<i>soft g-1</i>	14	DVD 1, Letter_G, 04:58
		<i>soft g-2</i>	19	DVD 1, Letter_G, 12:56
		<i>double g</i>	20	DVD 1, Letter_G, 14:33
		<i>silent g (-gg-)</i>	21	DVD 1, Letter_G, 16:48
		<i>gh</i>	24	DVD 1, Letter_G, 22:40
the letter H			31	DVD 1, Letter_H, 00:00
		<i>sounded h</i>	33	DVD 1, Letter_H, 02:11
		<i>silent h</i>	34	DVD 1, Letter_H, 03:44
		<i>ch</i>	37	DVD 1, Letter_H, 08:39
		<i>gh</i>	38	DVD 1, Letter_H, 10:13
		<i>kh</i>	38	DVD 1, Letter_H, 11:06
		<i>ph</i>	39	DVD 1, Letter_H, 11:45
		<i>rh</i>	39	DVD 1, Letter_H, 12:08
		<i>sh</i>	40	DVD 1, Letter_H, 13:02
		<i>th</i>	40	DVD 1, Letter_H, 13:48
		<i>wh</i>	46	DVD 1, Letter_H, 26:22

(续)

Sections		Page numbers	Starting time in the films
the letter I		55	DVD 1, Letter_I_1, 00:00
	<i>short i</i> sounds	57	DVD 1, Letter_I_1, 02:08
	<i>short i-1</i>	57	DVD 1, Letter_I_1, 02:18
	<i>short i-2 (Ivy)</i>	60	DVD 1, Letter_I_1, 07:14
<i>long i</i> sounds		63	DVD 1, Letter_I_1, 10:30
	<i>long i-1</i>	63	DVD 1, Letter_I_1, 10:40
	<i>long i-2 (Ursula)</i>	68	DVD 1, Letter_I_2, 04:37
	<i>long i-3</i>	71	DVD 1, Letter_I_2, 10:26
<i>-ine</i> word-endings		76	DVD 1, Letter_I_2, 16:33
<i>i</i> with other vowels		84	DVD 1, Letter_I_2, 28:19
the letter J		105	DVD 1, Letter_J, 00:00
the letter K		111	DVD 1, Letter_K, 00:00
	<i>sounded k</i>	113	DVD 1, Letter_K, 03:17
	<i>silent k</i>	115	DVD 1, Letter_K, 06:46
the letter L		119	DVD 1, Letter_L, 00:00
	<i>strong sounded l</i>	121	DVD 1, Letter_L, 02:48
	<i>weak sounded l</i>	122	DVD 1, Letter_L, 04:47
	<i>silent l</i>	125	DVD 1, Letter_L, 09:05
the letter M		127	DVD 2, Letter_M, 00:00
the letter N		133	DVD 2, Letter_N, 00:00
	<i>n-1</i>	135	DVD 2, Letter_N, 01:45
	<i>n-2</i>	136	DVD 2, Letter_N, 03:54
	<i>silent n</i>	140	DVD 2, Letter_N, 09:58
the letter O		143	DVD 2, Letter_O_1, 00:00
	<i>short o</i> sounds	145	DVD 2, Letter_O_1, 03:21
	<i>short o-1</i>	145	DVD 2, Letter_O_1, 03:31
	<i>short o-2 (Ivy)</i>	146	DVD 2, Letter_O_1, 05:27

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Sections			Page numbers	Starting time in the films
		<i>short o-3</i>	164	DVD 2, Letter_O_1, 37:03
		<i>short o-4</i>	172	DVD 2, Letter_O_1, 47:58
		<i>short o-5</i>	174	DVD 2, Letter_O_1, 50:51
		<i>long o sounds</i>	177	DVD 2, Letter_O_2, 00:00
		<i>long o-1</i>	177	DVD 2, Letter_O_2, 00:10
		<i>long o-2</i>	190	DVD 2, Letter_O_2, 23:15
		<i>long o-3</i>	197	DVD 2, Letter_O_2, 37:07
		<i>long o-4</i>	202	DVD 2, Letter_O_2, 46:25
		<i>long o-5 (Ursula)</i>	206	DVD 2, Letter_O_2, 52:55
		<i>o with other vowels</i>	210	DVD 2, Letter_O_3, 00:00
		<i>Distinct sounds</i>	210	DVD 2, Letter_O_3, 00:24
		<i>oa</i>	212	DVD 2, Letter_O_3, 03:57
		<i>oe</i>	215	DVD 2, Letter_O_3, 09:08
		<i>oi</i>	217	DVD 2, Letter_O_3, 12:04
		<i>double o (-oo-)</i>	219	DVD 2, Letter_O_3, 17:37
		<i>ou</i>	226	DVD 2, Letter_O_3, 28:20
Glossary of Terms			251	