



● 新世纪高等教育教学改革工程
大学外语教学改革与实践项目

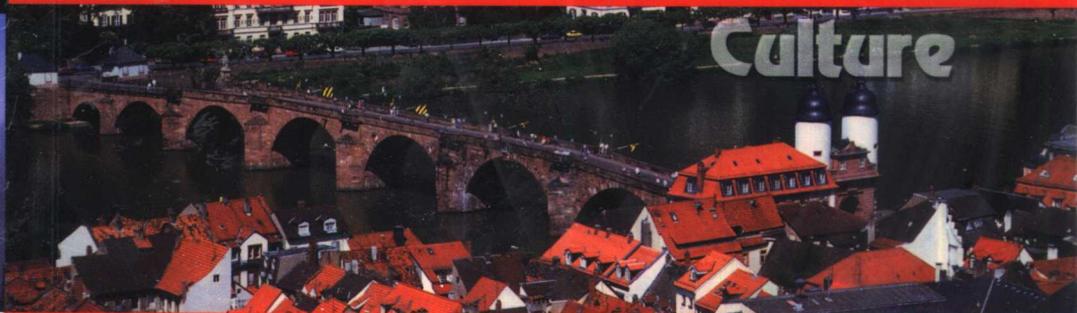
大学英语 系列阅读教程

主编 王 勇 主审 吴稚倩

文化 分册

Reading Course
for College English

Culture



上海科技教育出版社

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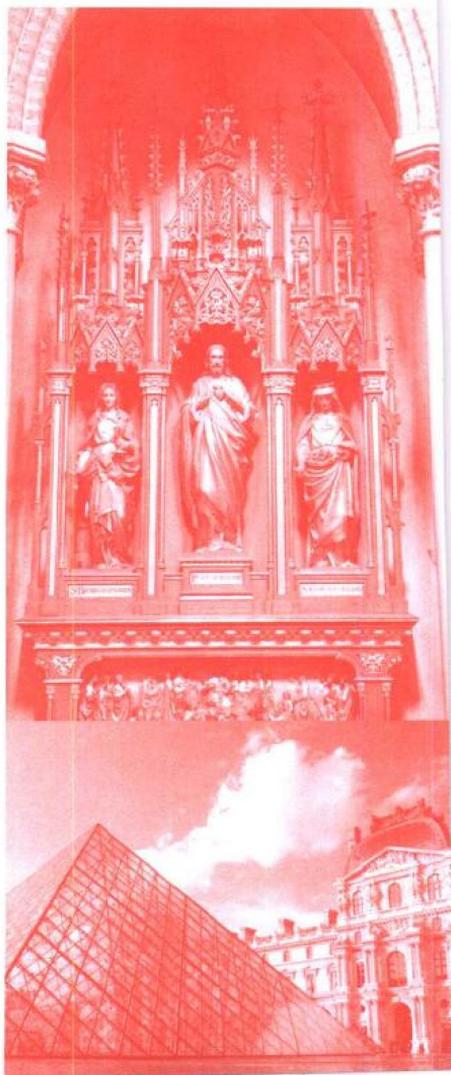
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大学英语系列阅读教程——文化分册

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出版/上海科技教育出版社

(上海市冠生园路 393 号 邮政编码 200235)

发行/上海科技教育出版社

经销/各地新华书店

印刷/常熟市印刷八厂

开本/850 × 1168 1/32

印张/11.125

插页/1

字数/350 000

版次/2001 年 5 月第 1 版 2001 年 5 月第 1 次印刷

印数/1 - 5 000

书号/ISBN7 - 5428 - 2509 - 7/G·1603

定价/18.00 元

前言

《大学英语教学大纲》明确指出:大学英语教学的目的在于培养学生具有较强的阅读能力和一定的听、说、写、译的能力,使他们能用英语进行交流。因此,大学英语教学改革的重点就是培养学生的语言实际运用能力。学生学习外语不仅要打下扎实的语言基础,更应注重学以致用;通过学习和实践,顺利地完成了学习英语到使用英语的转变。

《大纲》同时规定:大学英语教学分为基础阶段和应用提高阶段两部分。学生在完成基础阶段的学习任务、达到英语四级或六级后,都必须修读专业英语。专业英语的学习是大学英语教学必不可少的一个组成部分,是培养学生正确使用英语的一个重要过程。专业英语阅读课程的设置可以巩固学生在基础阶段所学到的英语知识,使他们的英语学习“不断线”。

本套英语系列阅读教程是以《大学英语教学大纲》为指导,以提高学生学习英语的兴趣、培养学生语言运用能力为宗旨而设计和编写的专业英语教程,适用对象主要为已通过大学英语四级考试的学生,准备大学英语六级考试和研究生入学考试的考生,出国进修者和欲继续深造的英语爱好者。全教程分为科技、经贸、人物、报刊、文化、文学等六本分册,可以满足不同专业和不同层次读者的需要。教程中的课文选材注重科学性、知识性、趣味性和可读性。每篇课文前配有导语,课文后编有阅读理解题、思考讨论题和英汉翻译题,并对课文中的有关生词、习惯用法与词组、专用名词及背景知识作了注释。另外,每册书后附有阅读理解题和英汉翻译题的参考答案。所以本教程既适用于专业英语的课堂教学,也不失为的一套很好的英语自学课本。它对于扩大学生的知识面,提高他们的文化素质,培养其语言综合运用能力将起到积极的促进作用。

本分册以各国文化与风情为主要内容,广泛地介绍了世界五大洲许多国家的风土人情、生活习俗、人文景观、自然风光、地理气候及旅游胜地等。从感恩节的历史由来到举世闻名的埃及金字塔,从非洲国家的民族歌舞到波兰的文化

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背景,从芬兰的高山滑雪到享有盛誉的德国美酒,从爱尔兰的田园风光到日本人的社会生活,从阿根廷的民族特性到澳大利亚的地域风貌,全书内容丰富多彩,文字优美流畅,语言生动有趣。本书是广大学生在学习英语的过程中,了解和掌握外国文化知识,提高跨文化交际能力的理想教材。

《大学英语系列阅读教程》是教育部“新世纪高等教育教学改革工程”项目。全套教程由华东师范大学大学外语部负责编写,王勇教授担任主编,吴稚倩教授担任主审,初丽岩、石兰、汪珍珠参加了本册书的编写。在编写和出版过程中,我们得到了学校、外语学院和上海科技教育出版社的大力支持和帮助,在此表示衷心的感谢。

由于编者水平和经验所限,教程中存在的不足和疏漏之处,恳请广大读者批评指正。

编者

2001年初春

于上海华东师范大学

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Unit One



Skiing off the Beaten Track

Finland is, for most of the time, remembered as a country of lakes. Located at high altitude, Finland is also blessed with the breathtaking Northern Lights and the white landscape of the mountains, which are the main baits for winter tourists. Many winter sports enthusiasts and adventurous newcomers tend to relish the opportunity to venture off the beaten track and sample the unspoiled, uncrowded environment of Finland's Arctic region. The following passage will open your eyes wide to most popular winter sports in Finland and most probably, you will end up deciding to enjoy your winter holiday there.

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[1] The Finnish are passionate about their winter sports, which means that as a visitor you can be sure the facilities and standards of service are *second to none* whether cruising a tree-lined piste^① on skis or hurtling^② across the deserted Arctic wilderness on a dog sleigh^③ safari^④.

[2] Whereas *the Alps are susceptible to* the vagaries^⑤ of the weather during winter, the continental climate of northeastern Europe is more snow-sure. The sheer length of the ski season—six months in the Arctic regions—ensures an abundance of snow from November to May. With its long days, spring is the most popular time. In March and April, it is possible to enjoy 16 hours of winter sports under a brilliant sun, and even with temperatures dipping well below freezing point, the air is usually dry, crisp and pleasant.

[3] Cross-country skiing is the most popular winter sport in *Scandinavia*. The sheer variety of scenery of the Arctic wilderness makes for truly stunning backdrops. With most of the skiing taking place at low altitudes, the air is oxygen-rich and temperature fluctuations^⑥ are small compared with the Alps. The enduring popularity of the sport ensures that cross-country skiers are well *catered for* throughout the region, with plenty of dedicated cross-country ski centres offering extensive serviced trail networks as well as access to the wilds.

[4] Of course, in theory all you need to enjoy an exhilarating^⑦ cross-country ski experience is your skis, poles and a nice long flat stretch of ground. But by carefully selecting your resort and its facilities, you can make your trip more enjoyable.

[5] Saariselkä (close to Finland's northernmost airport at Ivalo) boasts tremendous facilities, varied terrain^⑧ and expert help and guidance if you want it, according to ski expert and author Roger Crisp. "Saariselkä is a family resort, in the sense that young and old alike will

get so much out of a trip there,” he says. “Yet there’s so much space, and so much time, that you can happily spend a few days there without even noticing anybody else.

[6] “Overnight accommodation in igloos^⑧ is also available, complete with reindeer^⑩ skins for warmth, in these cosy ice houses built for two,” he adds.

[7] Illuminated trails at Saariselkä and many other centres offer night-time skiing, while the long days of late spring encourage a northerly migration of cross-country devotees. You could opt to base yourself at a traditional ski centre with other activities and facilities on hand, or perhaps opt for a ski trek^⑩ with overnight stops. There is a wide choice of itineraries^⑩ for all abilities and all comfort levels—from staying in high quality hotels or cabins to wilderness huts, tents or even igloos. As a rule, tour operators will transport your equipment and personal effects on to the next overnight stop.

[8] Downhill skiing has enjoyed a massive rise in popularity throughout the Nordic countries, and Finland is no exception. A number of superbly-equipped resorts, catering for all abilities, boast a combination of snow-sure conditions and modern facilities that few European resorts can match. Resort height is not a major issue and snow quality is excellent.

[9] “If you’re used to the Alps then the resort of Levi in Finnish *Lapland* can be nothing but a refreshing and invigorating^⑧ change,” says travel writer and broadcaster Will Priestman. “For a start you only have a 15 minute transfer journey from the airport to the slopes. Secondly you can have all sorts of fun discovering traditional Lappish après-ski^⑩ and finally, if you’re really lucky, you’ll experience the sky above bursting into a breathtaking explosion of colour and fire. You won’t forget *the Northern Lights* once you’ve seen them!”

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[10] Levi, along with its neighbouring resort of Ylläs, has been built with obvious respect for its stunning natural surroundings. Hotels, ski shops, restaurants and other services are all situated a short walk from the slopes, yet everything is very close to the area's wonderful wilderness.

[11] "The Levi skiing was terrific," adds Will. "We found no lift queues and it was great just to sit at the top of the fell and look for mile after mile out towards Sweden in the west, Russia in the east, and the vast stretches of Arctic wilderness to the north.

[12] "However, my enduring memory of Levi will be a night spent at Taivaanvalkeat, a *manor house* 10 kilometres from the resort which takes its name from the archaic^① Lapp word for *aurora borealis*. We knew there was a traditional smoke sauna^② waiting for our group, so the idea was to enjoy a bit of "rumperrallying" (tobogganing^③) down the hill on to the frozen river nearby.

[13] "We found a most incredible contraption^④ on the ice: a toboggan attached to a long tree trunk, which was pinned towards its other end to another trunk thrust into the ice. The idea was for one of us to sit on the toboggan while two others pushed the other end of the trunk round and round as fast as possible.

[14] "No one managed to stay on for more than about a lap^⑤ and a half as we whizzed^⑥ at impossible speeds on some demented^⑦ carousel^⑧ ride. I've never seen anything like it before or since."

[15] Beginners will find professional English-speaking ski schools, especially at the resort of Ruka, situated just below *the Arctic Circle* near Kuusamo, with areas specially designed for instruction. There are also several long, gentle, confidence-building runs. Intermediates^⑨ will *revel in* the varied terrain of Ruka, Levi and Ylläs, with huge open bowls above the tree line descending to picturesque trails which wind

down through the pine forests.

[16] 10 OFF-PISTE THINGS TO DO:

1. Jump through a hole in *the Gulf of Bothnia* into the icy waters, after a cruise on an ice-breaker. You will be provided with a rubber suit!

2. Join the Rovaniemi locals for an invigorating round of ice golf.

3. Drill a hole in the ice and plunge a hook and line into the lake below for a bit of fishing.

4. Climb onto a *snow cat* for a thrilling ride to the summit of Levi mountain.

5. Climb several hundred steps to the top of Ruka's ski jump. Then go down!

6. Enjoy a romantic night for two in a Saariselkä igloo.

7. Join Sauli Pätsi and his rally car team for a blood-curdling[®] circuit or two of a frozen lake at Kuusamo.

8. Pamper[®] yourself in the Spa[®] of Levi's Hotel Levitunturi.

9. Dance the night away at the Crazy Reindeer Bar and Restaurant in Levi.

10. Try learning the joik—it's a traditional form of Sami singing which sounds like it's sung through the nose.

[17] Thanks to a reliable snow record and stable climatic conditions, advanced skiers will find excellent runs. Skiers of all standards will appreciate the fast, modern lift systems which keep queues to a minimum. They will also appreciate the chance to ski late into the evening, after sundown—thanks to the floodlit[®] pistes found at all resorts.

[18] There are certainly some worthwhile challenges for more experienced skiers, and Pyhä is an excellent choice. As well as some testing runs, there are a number of exciting off-piste areas, especially if

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you're thinking of trying out telemark[Ⓢ] skiing. A late season visit to northern Finland offers the perfect chance to *give it a go*. English-speaking instructors are on hand to guide you through the basics. It is harder than it looks, but also very rewarding.

[19] The snowboarding boom is just as big in Finland as in the rest of Europe, with many resorts now offering dedicated snowboard parks with ramps[Ⓢ], half-pipes and hits in abundance. Indeed, a ringing confirmation of Finnish quality was made when the world junior snowboarding championships were held in Ruka in 1997. Boarders preferring to cruise the powder will find off-piste opportunities in abundance with good, stable snow conditions.

[20] What could be more exhilarating than exploring the wilderness of Lapland on a sledge pulled by beautiful huskies[Ⓢ]? Sleigh dogs are fascinating animals and loyal friends, as well as being remarkably strong. The speeds they reach over hard-packed snow can *take your breath away*. Safari guides give participants an introduction to the life and diet of dogs as well as teaching sleigh-driving techniques so that even first-timers will learn to drive a dog team.

[21] "Our guide Eki gave us a thorough briefing, and we were soon on our way across fantastic rural terrain," says Angus Graham of the Activity Superstore, which now offers snowmobile short breaks to the Ruka region of northern Finland. "Before long we had *fetched up* at a log cabin just *a stone's throw from* the Russian border, where we could comfortably eat a great big meal and kip[Ⓢ] down for the night before pressing on to the new challenges of a new day."

[22] Safari operators provide the necessary *thermal suits* and footwear and a number of different itineraries are always available. For a different kind of exhilaration, snowmobile safaris offer a fast, thrilling way to experience the snowy landscapes. Trips ranging from just one

hour to several days are available with a strong emphasis on safety in all cases. A thermal suit, special footwear and a helmet are provided by the safari operators. In appropriate conditions, it is possible to go up to 60 kilometres per hour.

[23] Reindeer breeding is still a way of life and a major means of subsistence^② for many inhabitants of Finnish Lapland. You may simply choose to take a ride on a reindeer-drawn sleigh at a ski resort or you could choose to visit a reindeer farm to find out more about this much-loved animal. You could have a go at driving a reindeer sleigh yourself and even get your very own reindeer driving licence.

[24] The white landscape of northern Finland is an open invitation to lose your inhibitions^③, be adventurous and, above all, to have lots of fun. Whatever your chosen activity, do not be afraid to give something new a go. How about drilling a hole in the ice and plunging a hook and line into the lake below for some ice fishing?

[25] If simpler pursuits are more your style, why not opt for a bit of good old-fashioned rumperrallying (sledding) to **round off** the day's activities?



Vocabulary

- ① piste *n.* a skiing track
- ② hurtle *v.* to move or rush with great speed
- ③ sleigh *n.* 雪橇
- ④ safari *n.* a trip through wild country hunting or photographing big

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animals

- ⑤ *vagary n.* any of a set of unusual or unexpected events or changes
- ⑥ *fluctuation n.* continual or frequent change
- ⑦ *exhilarating a.* making people feel cheerful and excited
- ⑧ *terrain n.* 地形,地势
- ⑨ *igloo n.* a house made of hard icy blocks of snow
- ⑩ *reindeer n.* 驯鹿
- ⑪ *trek n.* a long journey
- ⑫ *itinerary n.* a plan of a journey
- ⑬ *invigorating a.* refreshing
- ⑭ *apres-ski n.* (一天)滑雪后的社交活动(或休息时间)
- ⑮ *archaic a.* belonging to the past; no longer used
- ⑯ *sauna n.* 蒸汽浴,桑拿浴
- ⑰ *toboggan n. & v.* (驾或乘)平底雪橇
- ⑱ *contraption n.* a strange-looking machine or piece of equipment
- ⑲ *lap n.* 一圈
- ⑳ *whizz v.* to move very fast
- ㉑ *demented a.* mad; of unbalanced mind
- ㉒ *carousel n.* 旋转木马
- ㉓ *intermediate n.* 中级学习者
- ㉔ *blood-curdling a.* extremely frightening
- ㉕ *pamper v.* to pay too much attention to making sb. comfortable and happy
- ㉖ *spa n.* 矿泉疗养地
- ㉗ *floodlit a.* 用泛光灯照明的
- ㉘ *telemark n.* (滑雪时)弓步式转弯,摆动回转急停
- ㉙ *ramp n.* an artificial slope that connects two levels
- ㉚ *husky n.* 爱斯基摩犬
- ㉛ *kip v.* to go to bed

- ⑳ subsistence *n.* the ability to live, esp. with little money or food
 ㉑ inhibition *n.* suppressed feelings

Notes

1. second to none: 一流的;首屈一指
2. the Alps: 阿尔卑斯山脉(欧洲中南部)
3. be susceptible to: 易受……的影响
4. Scandinavia: 斯堪的纳维亚(北欧一地区,包括挪威、瑞典和丹麦,有时还包括冰岛、法罗群岛和芬兰)
5. cater for: 满足……的要求;投合,迎合
6. the Nordic countries: 斯堪的纳维亚地区诸国
7. Lapland: 拉普兰(北欧一地区,指拉普兰人居住的地区,包括挪威、瑞典、芬兰等国)
8. the Northern Lights: 北极光
9. manor house: 庄园主宅第, 庄园大厦
10. Lapp: 拉普语
11. aurora borealis: (北)极光
12. the Arctic Circle: 北极圈
13. revel in: 陶醉于……之中;对……着迷
14. the Gulf of Bothnia: 波的尼亚湾
15. snow cat: 雪地履带式车辆
16. give... a go: 尝试一下……
17. take one's breath away: 使某人激动或惊羨得透不过气来
18. fetch up: 停下来, 到达
19. a stone's throw from: 在离……很近的地方
20. thermal suit: 保暖衣
21. round off: 圆满完成, 圆满结束

Exercises

I. Choose the best answer for each of the following:

1. The passage mainly concerns _____.
 - A. the history and latest development of the ancient winter sport in Finland—skiing
 - B. the origin and favorable conditions in Finland for the world-widely popular sport—snow skiing
 - C. various forms of winter recreations, esp. snow skiing, that people can enjoy in Finland
 - D. some suggested ways for winter tourists to spend their winter holidays in Finland
2. Compared with the Alps, Finland has advantages in skiing in that _____.
 - A. the Finnish people are all fond of skiing and their facilities and service are by far the best in the world
 - B. the weather condition in winter in Finland is more stable than that in the Alps, for there is plenty of snow every winter in Finland
 - C. days are longer in Finland than in the Alps and people there can enjoy 16 hours of winter sports every day owing to its high latitude
 - D. the air at low altitude in Finland mountains contain more oxygen than that in the Alps, which makes it more healthy to ski in Finland
3. The word “effects” in paragraph 7 and “fell” in paragraph 11 are closest in meaning to _____ and _____ respectively.
 - A. belongings; a high rocky mountain
 - B. impressions; a vast flat plain
 - C. requirements; a dangerous wild place
 - D. results; a deserted deep valley
4. According to the passage, which of the following can not properly reflect