

上班族
畅听英语系列



本书提供外教配音MP3免费下载
请登陆 www.tsttpc.com

实用 休闲英语

◆◆◆◆◆
Practical Leisure English

主编：张文先 葛亚军

- 🎧 忙碌上班族 通勤路上练耳朵
- 🎧 随行随听 体验在下班后的惬意中听英语的乐趣
- 🎧 最佳场景 帮你轻松应对休闲生活中的听力难题



天津科技翻译出版公司

上班族
畅听英语系列

实用 休闲英语



Practical Leisure English

主编：张文先 葛亚军



天津科技翻译出版公司

图书在版编目(CIP)数据

实用休闲英语/张文先,葛亚军主编. —天津:天津科技翻译出版公司,2009.11

(上班族畅听英语系列)

ISBN 978-7-5433-2537-1

I. 实… II. ①张…②葛… III. 英语—口语 IV. H319.9

中国版本图书馆 CIP 数据核字(2009)第 170076号

出 版:天津科技翻译出版公司

出 版 人:蔡 颢

地 址:天津市南开区白堤路 244 号

邮政编码:300192

电 话:(022)87894896

传 真:(022)87895650

网 址:www. tsttpc. com

印 刷:天津泰宇印务有限公司

发 行:全国新华书店

版本记录:846 × 1092 32 开本 9.125 印张 240 千字

2009 年 11 月第 1 版 2009 年 11 月第 1 次印刷

定价:19.80 元

(如发现印装问题,可与出版社调换)



Preface

目前严峻的经济形势和就业形势使得职场人士纷纷投身于为自己充电的行列。对于从事涉外工作和外企的广大职员来说,英语学习是他们的首要选择。在英语学习的过程中,听力是大部分人感到困难的环节。对于上班族来讲,“听不懂”也是他们在学习经常会遇到的问题。我们知道,听力水平的提高需要循序渐进,每天坚持。但上班族大多工作忙碌,很少有整块的时间进行练习。这也给他们的学习带来了一定的困难。

上班族学英语有他们的独特性,一般他们的学习时间不像学生那样连续和固定,学习持续性难以保障。所以有效地利用零散时间,抓住忙碌的间隙,让自己的耳朵充分感受英语环境,是大多数人的希望。而对于学习而言,“没时间”往往听起来又很像给自己的一个借口。其实,仔细观察就会发现,除了进餐、午休等时间段外,上班族通勤途中是相对比较完整的时间段。上班族通常乘坐公交车、地铁,并且很多人又有随身携带 MP3 的习惯,我们可将这段空闲时间充分利用起来,给自己的耳朵进行练习。并且,上班族学英语一般是出于自己的职业需要。这类学习者的特点就是过去都学过英语,

有的甚至基本功比较扎实,但很多人由于工作以后不常用到英语而导致日渐生疏。每天上下班路上的练习将帮助他们更好地巩固原有的知识,学习到在工作、生活中有用的知识。

为此,我们特编写了《上班族畅听英语》系列丛书。本丛书分为《实用商务英语》和《实用休闲英语》两册,《实用商务英语》系统介绍了在工作中常用的单词、句型和对话;《实用休闲英语》则侧重于生活、娱乐等业余时间的交际。上班族可分别在上班、下班的路上选择收听。清晨的时间可记忆一些对工作有用的内容,下班路上则可利用收听英语作为放松手段。希望本丛书能够帮助平时工作忙碌的广大读者更好地利用起时间,在循序渐进中提高自己的听力与口语交际水平。

编者

2009年11月





目 录 Contents

Stop 1 宅男宅女

欢乐频道	1
别笑,我是网虫	11
爱上听广播	19
家有宠物	25
有空来坐坐	32

Stop 2 生活控

动起来	42
悦读时光	56
多彩银幕	67
悠扬旋律	73
休闲玩家	80

Stop 3 悠长假期

风云变幻	88
彩虹假日	98
节日一连串	104
来聚会吧	114
自然野趣	122

Stop 4 衣食住行

置家专家	129
疯狂购物	141
美食一族	153
扮靓心情	162
疾病就医	171
爱情多味瓶	181
保鲜爱	193
温馨家庭	204

Stop 5 快乐出发

完美旅行	218
阳光驿站	231
人在旅途	242
美景一路看	255
文化对白	268

STOP 1

7

宅男宅女.....→

【对快乐的宅男宅女而言,走出了压力重重包围的工作状态,休息就该有个休息的样子。不出门,只是窝在家里做自己喜欢的事情,简单生活,回归平实——“宅”怎么看都是个再适合不过的状态。】

←.....



欢乐频道 Happy TV

Words and Phrases 随行词汇

TV Series

trivial ['trɪvɪəl] *a.*horrible ['hɒrɪbl] *a.*teenager ['tiːn,eɪdʒə] *n.*pronunciation [prəˌnʌnsi'eɪʃən] *n.*switch [swɪtʃ] *v.*commercial [kə'məːʃəl] *n.*drawback ['drɒ,bæk] *n.*

电视剧

琐碎的,不重要的

可怕的,令人毛骨悚然的

年轻人

发音

转变,切换

商业广告

欠缺,缺点

Useful Sentences

暖耳句型

I wonder why TV programs often show a lot of violence.

我想知道为什么电视上总是要展现那么多暴力。



Can you turn up the TV a little?

能把电视开大点声吗?

I like the pronunciation of the news reporters. And sometimes I try my best to imitate them.

我喜欢新闻播音员的发音。有时候我还会尽力模仿他们。

I think some movie stars and famous singers will give a performance in this recreation program.

我想在这个娱乐节目中一些电影明星和著名歌手将会进行表演。

Whenever you involve yourself into the movie, the commercials will put you to the real world again.

每当你投入到电影中去的时候,广告就会把你拉到现实世界当中来。

To some extent, TV prevents people from constantly communicating with each other.

在一定程度上,电视阻碍了人们正常的交流。

Conversation

畅听一路



Dialogue 1

A: Do you like watching TV?

B: Yes, very much. My husband always complains that I spend much time watching TV.

A: What kind of program do you like best?

B: TV series. Nowadays, I'm particularly interested in Korean TV Series.

A: Do you? I like it very much, too. I think the actors in these programs perform quite naturally.

B: Yes, there are no earth-shaking events in it, but some daily trivial matter. However, I think it is very fascinating, because



it just likes your own experience.

A: Oh, great minds think alike. However, some of them are too long for me. You know, I am very busy these days, so I always haven't enough time to enjoy them all.

A: 你喜欢看电视吗?

B: 是的,很喜欢看。我丈夫经常抱怨我花太多时间在看电视上。

A: 你喜欢什么样的节目?

B: 电视剧。现在,我特别喜欢看韩剧。

A: 是吗,我也很喜欢看。我认为韩剧中的演员表演特别自然。

B: 是,我完全同意。韩剧中没有什么惊天动地的大事,而是一些日常琐事。然而,我觉得这些事又像你自己的经历,非常吸引人。

A: 哦,智者所见略同。尽管如此,一些韩剧对我来说还是太长了。你知道,最近我很忙的,所以没有时间看全。



Dialogue 2

A: Did you watch Movie Program on Channel 10 last night?

B: Yes, I did. It is a horrible movie.

A: I wonder why TV programs often show a lot of violence.

B: Maybe some people like it. I don't know why people like such kind of movies. It is so disgust and bloody.

A: But actually more and more people, nowadays, have realized that violence on TV may lead to the increase of crime rates among teenagers.

B: Yes, this is especially harmful to teenagers.

A: As a result, I think the government should do something to protect the innocent children from this, such as establishing related





regulations, etc.

B: That's an urgent need now. I hope the children are able to grow up in a healthy and bright environment.

A: 你看昨晚 10 频道的电影了吗?

B: 是的,看了。是个恐怖电影。

A: 我想知道为什么电视上总是要展现那么多暴力。

B: 也许有一些人喜欢看。我不明白为什么有人喜欢这种电影。太恶心,太血腥了。

A: 但是实际上现在越来越多的人意识到电视暴力可能会导致儿童犯罪率的上升。

B: 是呀,对孩子来说影响尤其不好。

A: 因此,我认为政府应该做些什么来保护儿童免受电视暴力的影响,比如制定一些法律措施等。

B: 现在这可真真是个急切的需要,我希望孩子们能在健康、光明的环境中长大。



Dialogue 3

A: Hi, Jason. Can you turn up the TV a little? I cannot hear it clearly.

B: Certainly. Just now I was afraid to bother you, so I turned it down. Since you like to watch it, let's enjoy it together.

A: OK. I heard the television station has arranged an English teaching course lately. Is this that course?

B: Yes, you are right. Do you often watch English programs on TV?

A: Yes, I do. I like this kind of programs very much, especially the teaching course. In these programs I can not only learn lots of knowledge about English language, but the English culture



and traditions.

B: I share the same idea with you. Every time, when I have chance, I will watch English programs. I like the pronunciation of the news reporters. And sometimes I try my best to imitate them.

A: Which channel do you often watch?

B: I like to watch CCTV - 9 best.

A: So do I. It is the first English Channel in China for the ordinary people.

A: 嗨,杰森。能把电视开大点声吗?我听不清。

B: 当然可以。刚才我怕会吵到你,所以把声音调小了。既然你喜欢看,那我们一起看吧。

A: 好的,我听说最近电视台安排了一场英文的电视讲座。这就是吗?

B: 是的,你经常看电视英语节目吗?

A: 是的。我非常喜欢看这种节目,尤其是讲座。在这些节目中我不仅能学到英语语言方面的知识,还能了解英语国家的文化及传统。

B: 我和你有同样的想法。每当我有机会,都会看英语节目。我喜欢新闻播音员的发音。有时候我还会尽力模仿他们。

A: 你最喜欢看哪个台?

B: 我最喜欢中央9台。

A: 我也是。它是普通中国观众看到的第一个英语频道。



Dialogue 4

A: What's on the TV this evening? I feel like relaxing.

B: I don't know. Here is the *TV Guide*.

A: Come on, let's switch to channel 8.

B: What's on?





A: TV series, *the Long March*.

B: It is said that it is well-produced. What time is it on?

A: It starts at 21:10.

B: Now, it's 19:40. We still have one hour and a half. What shall we do in the meantime?

A: In channel 3, there is a recreation program. Do you want to watch it?

B: OK, let's switch to channel 3. I think some movie stars and famous singers will give a performance in this recreation program.

A: 今天晚上电视演什么? 我想放松一下。

B: 我不知道。这儿有电视导报。

A: 快点,调到8频道。

B: 演什么?

A: 电视剧《长征》。

B: 据说这部片子制作精良。几点开始?

A: 21点10分开演。

B: 现在是19点40分。我们还有一个半小时的时间。这期间我们看什么呢?

A: 3频道有个娱乐节目,你想看吗?

B: 好吧,调到3频道吧。我想在这个娱乐节目中一些电影明星和著名歌手将会进行表演。



Dialogue 5

A: Did you see the movie *Pearl Harbor* before?

B: No, but I heard it was a pretty good film. If I have chance, I'd like to appreciate it some day.

A: It is easy. You know, this weekend the Movie Channel will show this film for the first time.

B: Really? Do you know the exact time?

A: Of course. At 10 o'clock at Saturday night. This time you can enjoy yourself.

B: I hope so. But there is a big difficulty for me to realize it.

A: Why?

B: Well, everybody knows there will be too many commercials at that time. Whenever you get yourself into the movie, the commercials will put you in the real world again.

A: Yes, there are too many commercials in every program, every station now. But anyhow, you can enjoy it without pay at your own home. So think about the good side, it is worth waiting for.

B: You are right. Thinking so, I feel much better.

A: 你以前看过电影《珍珠港》吗?

B: 没有,但是我听说是部很好的电影。如果有机会,我想哪天去欣赏一下。

A: 这就简单了。你知道,这个周末电影频道首播这部电影。

B: 真的吗? 你知道具体时间吗?

A: 当然。星期六晚 10 点,这次你可以享受一下了。

B: 希望如此,但是实现它有一个大困难。

A: 为什么?

B: 每个人都知道那时将会有许多广告。每当你投入到电影中去的时候,广告就会把你拉到现实世界当中来。

A: 是呀,现在每一个节目、每一个电视台都有太多的广告,但是尽管如此,你可以在自己家里免费看电影。所以想一想好的方面,还是值得期待的。

B: 说得对。这样想我感觉好多了。



牙齿天天晒

Teacher: Here are two birds, one is a swallow, the other is a sparrow. Now who can tell us which is which?

Student: I can't point out but I know the answer.

Teacher: Please tell us.

Student: The swallow is beside the sparrow and the sparrow is beside the swallow.

老师: 这儿有两只鸟, 一只是燕子, 一只是麻雀。谁能指出哪只是燕子, 哪只是麻雀?

学生: 我指不出, 但我知道答案。

老师: 请说说看。

学生: 燕子旁边的就是麻雀, 麻雀旁边的就是燕子。



Dialogue 6

A: What's wrong with the TV set today? It isn't clear and the color is not right.

B: I don't know. But actually, yesterday it had the same problem already.

A: Can we do something about it?

B: Let me have a try. I will see if I can adjust it.

A: It's better, but it still not quite right. Can we open it?

B: I don't think so. You and I know nothing about the structure of the inside of the TV set. Perhaps it just has some little problems. But if we touch it, things may get worse.

A: OK. If it's not better tomorrow, I'll take it to the repair center.

B: That's a good idea.

A: 电视今天怎么了? 图像不清,颜色也不正。

B: 我不知道。但实际上,昨天就已经有同样的毛病了。

A: 我们能做些什么吗?

B: 让我试一试。看看能不能调一下。

A: 好多了,但还是不行。我们打开它行吗?

B: 我认为不行。你和我对电视的内部结构一无所知。也许只是些小毛病,但是我们要碰了,反而会更糟。

A: 好的,如果明天还不好,我就把它送去修理中心。

B: 好主意。



Dialogue 7

A: Do you have any favorite TV program?

B: Many. I am fond of TV news, sports games and TV series as well.

C: As far as I am concerned, my favorite TV program is TV series though it is time-consuming.

A: To me, I can do without a TV set. I don't know the reasons why so many people are crazy about TV programs.

B: In my opinion, we have to admit that there are some advantages of TV. It brings the world into homes in sight and sound. Imagine, you just press a button and the colorful world is in front of you.

C: Yes, there is no denying that TV is also the cheapest source of information and entertainment. So I assume that's why TV is popular with people at almost all ages.

A: Somehow, there are still several drawbacks of TV, aren't they?

C: Yes. To some extent, TV prevents people from constantly com-



municating with each other. Some couch-potatoes look very indifferent to all the matters around them while watching TV, which may cause harm to the relationship among family members.

A: 你有什么喜欢的电视节目吗?

B: 很多,我喜欢看新闻、体育比赛和电视连续剧。

C: 就我而言,我喜欢看连续剧,虽然这样非常耗费时间。

A: 我没有电视也能活。我不理解为什么这么多人对电视节目如此疯狂。

B: 在我看来,我们不得不承认电视的优点。它以声音结合图像的形式把世界带到千家万户。想象一下,只要你一按按钮,大千世界就呈现在你的眼前。

C: 是的,毋庸置疑,电视是最便宜的获取信息和娱乐的途径。我想这可能就是男女老少都爱看电视的原因吧。

A: 但是电视仍然有一些缺点,不是吗?

C: 是的,在一定程度上,电视阻碍了人们正常的交流。那些视电视如命的人,当他们看电视时,他们对周围的事情置若罔闻,这样会破坏家庭成员之间的关系。



牙齿天天晒

"Can you tell me hat fish net is made, Ann?" asked the teacher.

"A lot of little holes tied together with strings," replied the little girl.

"你能告诉我渔网是什么做的吗,安?"老师发问道。

"把许多小孔用绳子拴在一起就成了渔网了。"小女孩答道。

