



中英文对照

留学终极攻略系列

留学

美国

口语全攻略

任江华 徐秋玲 编著
[美] Hilda Weaver 审校

look



中国宇航出版社



留学 美国

口语全攻略

任江华 徐秋玲 编著
[美] Hilda Weaver 审校



中国宇航出版社

· 北京 ·

版权所有 侵权必究

图书在版编目(CIP)数据

留学美国口语全攻略 / 任江华, 徐秋玲编著. -- 北京: 中国宇航出版社, 2011.7
ISBN 978-7-80218-969-0

I. ①留… II. ①任… ②徐… III. ①留学教育—基本知识—美国②英语—口语 IV. ①G649.712②H319.9

中国版本图书馆CIP数据核字(2011)第097843号

策划编辑 李士振

封面设计 03工舍

责任编辑 李士振 梁 为

责任校对 蔡 波

出 版
发 行

中国宇航出版社

社 址 北京市阜成路8号

邮 编 100830

(010)68768548

网 址 www.caphbook.com/www.caphbook.com.cn

经 销 新华书店

发行部 (010)68371900

(010)88530478(传真)

(010)68768541

(010)68767294(传真)

零售部 读者服务部

北京宇航文苑

(010)68371105

(010)62529336

承 印 北京中新伟业印刷有限公司

版 次 2011年7月第1版

2011年7月第1次印刷

规 格 880×1230

开 本 1/32

印 张 10.25

字 数 345千字

书 号 ISBN 978-7-80218-969-0

定 价 25.80元(赠MP3光盘)

本书如有印装质量问题,可与发行部联系调换

前言

又是一年毕业时，又是一轮考学热和留学热。有人出国留学是为了开阔眼界、积累经验；有人是为了追求更好的教育条件；还有人是为了学习与该国有关的语言、文化知识，为将来获得更好的工作打下基础；甚至有人是为了获得永久定居权。而你是还在犹豫，还在考虑，还是已经成为出国留学预备军中的一员了呢？

怎样办出国留学手续会有学校、中介等机构告诉你，但是出国留学期间怎样才能轻松地兼顾学习、娱乐与生活呢？面对这个问题你是不是脑子一片空白？淡定！翻开这本书，保证你对留学生活游刃有余！

这一系列丛书共有4本分册，分别为《留学美国口语全攻略》、《留学英国口语全攻略》、《留学澳大利亚口语全攻略》以及《留学加拿大口语全攻略》。

每本分册都贴近留学生活需求分成了8大单元，出于对地域差异的考虑，每本分册的单元设置稍有不同，但衣、食、住、行尽在其中。

《留学美国口语全攻略》分册单元设置如下。

“热门大学一览”单元既可以帮助你选择适合自己的大学，又能让你在出国之后轻松地体验当地的大学之旅。

“校园生活面面观”单元告诉你美国的教学习惯、学校风气等，让你在校园中不再格格不入，做个自豪的中国留学生。

“丰富多彩的美国生活”和“听懂俚语好沟通”两个单元主要讲述当地的风土人情、风俗礼仪，告诉你在异国他乡需要注意的方面，并教会你“入乡随俗”的技巧。

编者精心设置的“打工学习两不误”单元想必是大家最关心也最实用的单元了，掌握了求职的技巧，能在很大程度上减轻父母及自己的开销负担。

“做个生活小行家”单元涉及了校外租房、医保等问题，让你学会如何在千里之外照顾好自己，让父母省心、放心。

“千里之行，始于足下”单元将告诉你怎样靠自己的能力徒步旅行，玩转美国旅游胜地。

“自己动手，丰衣足食”单元主要以“民以食为天”为出发点，告诉你寄宿家庭的伙食如何，哪里的餐厅最美味，怎样吃最划算，如何做精打细算的留学小达人！

编者

2011年6月于北京

目录

Hot Universities in US 美国热门大学一览

- | | | |
|----|--|------|
| 01 | Harvard University: the Oldest University
哈佛大学：最古老的大学 | /001 |
| 02 | Princeton University: the Most Beautiful University in the US
普林斯顿大学：全美最美的大学 | /005 |
| 03 | Yale University: the Cradle of the US Presidents
耶鲁大学：美国总统的摇篮 | /009 |
| 04 | Massachusetts Institute of Technology: the Best Institute Throughout the World
麻省理工学院：世界最牛的学院 | /013 |
| 05 | Columbia University: the Birth Place of the Pulitzer Prize
哥伦比亚大学：普利策奖的诞生地 | /017 |
| 06 | Stanford University: "Harvard of the West"
斯坦福大学：“西部的哈佛” | /021 |
| 07 | University of Pennsylvania: America's First University
宾夕法尼亚大学：美国的第一所大学 | /025 |
| 08 | Duke University: "Knowledge and Faith"
杜克大学：“知识与信念” | /029 |
| 09 | The University of Chicago: "In the Beginning, an Idea"
芝加哥大学：“始于一种想法” | /033 |
| 10 | Cornell University: a University of Diversity and Inclusiveness
康奈尔大学：一所集多样性与包容性于一体的大学 | /037 |

Different Aspects of the Campus Life

校园生活面面观

11	Living on Campus Life 住在校园	/041
12	Living off Campus 住宿校园外	/045
13	Start Your Student Life 开始你的学生生活	/049
14	Colorful Extracurricular Activities 丰富多彩的课外活动	/053
15	Perfect Your Leadership 练就非凡的领导能力	/057
16	Be Careful: College Health Risks 健康问题别忽视	/061
17	Study for College Exams 为考试而战	/065
18	Dining on Campus 校园里的伙食问题	/069
19	College Campus Safety 校园安全	/073
20	Academic Success, Not a Dream 学术成功不是梦	/077
21	How to Utilize Campus Resources 如何利用校园资源	/081

Colorful Life in US

丰富多彩的美国生活

- | | | | |
|----|--|--|------|
| 22 | | Black Friday: the Start of Holiday Shopping
黑色星期五：节日购物的开始 | /085 |
| 23 | | Halloween: the Holiday About “Trick or Treat”
万圣节：“不给糖就捣蛋”的节日 | /089 |
| 24 | | Americans' Garden
美国人的花园 | /093 |
| 25 | | Interesting Family Camping Games
有趣的家庭露营游戏 | /097 |
| 26 | | Let's Party
让我们狂欢吧 | /101 |
| 27 | | Music Festivals: Feasts for Music Fans
音乐节：乐迷们的盛宴 | /105 |
| 28 | | American Cuisines
美国的特色美食 | /109 |
| 29 | | Colorful Holidays
多彩的假期生活 | /113 |
| 30 | | Americans' Favorite Sports
美国人喜爱的运动 | /117 |

To Learn the Slangs to Communicate Effectively

听懂俚语好沟通

- | | | | |
|----|--|-------------------------------------|------|
| 31 | | The History of Slang
俚语的历史 | /121 |
| 32 | | People Like to Use Slang
人们喜欢用俚语 | /125 |

33	Basketball Slang 怎样使用篮球俚语	/129
34	Web Slang in Chat Rooms 用俚语在网上聊天	/133
35	Popular Slang Among Teens 年轻人中的流行俚语	/137
36	Practice in Context 在语境中练习	/141
37	Slang Helps You Convince the Local People 学习俚语让你融入当地生活	/145
38	Common Barriers to Effective Communication 沟通中遇到的常见问题	/149

How to Balance the Part-time Work and Academic Studies **打工学习两不误**

39	How to Find a Part-time Job 去哪里找兼职	/153
40	How Much Should You Be Paid 学生兼职的工资几何	/157
41	On-campus Work-study Jobs 校园半工半读	/161
42	How to Become Student Employees 如何成为校园学生员工	/165
43	Obligations of Student Employees 学生员工的责任	/169
44	Effects of Employment on Your GPA 打工对你学业的影响	/173

45	Time Management Skills 时间管理小技巧	/177
46	Benefits Brought by Time Management 管理时间好处多	/181
47	Internship: Gain Real-life Experience 实习：丰富生活经历	/185
48	Get What You Want from an Internship 在实习中获得你想要的	/189

To Live on Your Own 做个生活小行家

49	Tips for Cutting Down Expenses 节约开支小窍门	/193
50	What if You Get Robbed 遇到抢劫怎么办	/197
51	How to See a Doctor in the US 在美国如何看医生	/201
52	How to Ensure Safety in the Dorm 宿舍安全记心间	/205
53	Contact a Local Post Office 同邮局打交道	/209
54	Open a Bank Account 学会在银行开户	/213
55	To Be an Expert on Second Hand Market 二手货市场小行家	/217
56	Rent a Car to Travel 租个车去旅行	/221

- 57 | Smart Shopping, Save Money
明智购物，节省开支 / 225
- 58 | Money Saving on the House You Rent
租房的省钱之道 / 229

Start Your Journey Since Now 千里之途，始于足下

- 59 | Travel in New York City
纽约之行 / 233
- 60 | Travel Towards the Capital City—Washington D.C.
走近首府华盛顿 / 237
- 61 | The City of Angels—Los Angeles
天使之城——洛杉矶 / 241
- 62 | God's Waiting Room—Miami
上帝的等候室——迈阿密 / 245
- 63 | Mickey Popularizes Orlando
米老鼠带火了奥兰多 / 249
- 64 | City by the Bay—San Francisco
海湾之城——旧金山 / 253
- 65 | The Windy City—Chicago
风城——芝加哥 / 257
- 66 | Salt Lake City—Ski Resort
滑雪胜地——盐湖城 / 261
- 67 | Sleepless Travel in Seattle
西雅图未眠游 / 265
- 68 | The American Athens—Boston
美国的雅典——波士顿 / 269

- | | | |
|----|--|------|
| 69 | The Paradise for Holidays—Hawaii
度假的天堂——夏威夷 | /273 |
| 70 | The Other Attractions of Las Vegas
拉斯维加斯的别样风采 | /277 |

How to Feed Yourself 自己动手，丰衣足食

- | | | |
|----|--|------|
| 71 | How to Find a Host Family
怎样寻找寄宿家庭 | /281 |
| 72 | Cook Meals by Yourself
自己做饭最划算 | /285 |
| 73 | Feed Yourself for Less than \$100 a Month
每月百元伙食费，健康饮食身体棒 | /289 |
| 74 | A Scholarship Isn't Difficult to Find
拿奖学金，没那么难 | /293 |
| 75 | Sandwiches May Bring Fun
小小三明治，有趣好心情 | /297 |
| 76 | How to Save Money on Your Birthday Cake
如何在生日蛋糕上省钱 | /301 |
| 77 | Salads: a Good Choice All Year Round
沙拉：一年四季不错的选择 | /305 |
| 78 | Microwave Oven Safety
安全使用微波炉 | /309 |
| 79 | “Omnipotent” Pasta
“无所不能的”面食 | /313 |



Harvard University: the Oldest University 哈佛大学：最古老的大学

终极生活攻略一：哈佛——一段校史

Harvard is the oldest institution of higher education in the United States, established in 1636 by vote of the Great and General Court of the Bay Colony. It was named after the College's first **benefactor**, the young minister John Harvard, who upon his death in 1638 left his library and half his **estate** to the institution. A statue of John Harvard stands today in front of University Hall in Harvard Yard, and is perhaps the University's best known landmark.

终极生活攻略二：哈佛当今之排名

Harvard's undergraduate program is ranked first among National Universities by *US News & World Report* and eighth by *Forbes*. The university is ranked ninth nationally by *The Washington Monthly*. In 2010, according to University Ranking by **Academic** Performance (URAP), Harvard is the best overall university in the world.

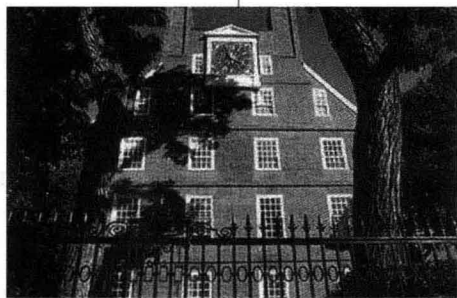
哈佛大学是美国最古老的高等教育学府，是1636年通过马萨诸塞州海湾殖民地议会建立的。哈佛大学以其首位捐助者——年轻的牧师约翰·哈佛的名字而命名。1638年，哈佛在逝世时将自己的图书馆以及一半财产捐赠给了哈佛大学。如今，在哈佛大学礼堂前面矗立着一尊约翰·哈佛的塑像，这也许就是哈佛最著名的地标了。

哈佛大学的本科生教育在《美国新闻与世界报道》全国大学排名中位列第一，在福布斯排行榜中位列第八。在《华盛顿月刊》美国大学排名中，哈佛本科生教育排名第9位。2010年，根据大学学术排名榜，哈佛大学是全世界最好的大学。

终极生活攻略三：哈佛学生生活

Harvard University has around 20,000 students across the College and graduate schools located in Cambridge and Boston. When people refer to Harvard students, often they mean the subset of **roughly** 6,400 students who attend Harvard College. The most recent freshman class arrived at Harvard on August 26, 2010.

Harvard College's diverse student population makes it hard to describe the typical student and even harder to describe what his or her life here might look like. With over 400 official student organizations including extra-curricular, co-curricular and athletic opportunities in addition to academics, Harvard students are active around and beyond campus. Whether in Harvard Stadium playing on the field or cheering on the Crimson, volunteering through organizations like PBHA, researching in one of the many labs, writing or editing at The Harvard Crimson or The Harvard Lampoon, Harvard students are continuously learning—and constantly busy!



哈佛大学位于剑桥和波士顿的校区共有大概2万名本科生和研究生。当人们说到哈佛学生时，通常指的是哈佛学院的大概6400名学生。最新加入哈佛大学一年级新生的入学时间是2010年8月26日。

哈佛大学中多元化的学生群体使得我们很难形容什么才是典型的哈佛学生，甚至很难去描绘他们的校园生活。在400多个学生官方组织活动中，除了学术性活动还包括课外活动、课程合作和运动机会，由此可见，哈佛的学生在校内外都非常活跃。无论是在哈佛大学体育馆里，还是在摇滚乐队的欢呼声中，亦或是在PBHA这样的组织担任志愿者，甚至是在实验室里做实验，为摇滚或讽刺文社写文章，哈佛大学的学生们都是生活在不断的学习和繁忙之中。

终极口语攻略一：校园一览

Jane: Kate, welcome to Harvard University.

Kate: Thank you. I am very happy to have a visit of Harvard University.

Jane: Let me show you around.

Kate: Oh, it's really a beautiful campus with all these big trees and brick stone buildings.

Jane: Yes, you are right. No wonder many students all over the world want to study in this university.

Kate: Yes, it's amazing.

Jane: Look at those squirrels climbing up and down the trees.

Kate: I am surprised that they are not scared of people. When was this university founded?

Jane: It was founded in 1636.

Kate: What is that building?

Jane: That is the university library. We can have a look.

终极口语攻略二：便利的学校

Kate: I hear that books are very expensive here. Is there a place where I can buy discount books?

Jane: Yes. The university bookstore sells second-hand books that they bought from other students last year.

Kate: What is the difference in price?

Jane: Well, it varies. The price will be one half that of a new book and generally they are in good condition. Please look there, that white building is the school clinic.

Kate: Can I buy pills there?

Jane: I think so.

Kate: There are so many cars in the campus. Is it hard to find a parking place on campus?

简：凯特，欢迎你来到哈佛大学。

凯特：谢谢。我非常高兴能够参观哈佛大学。

简：让我们四处看看吧。

凯特：噢，这真是一座美丽的校园，有这么多大树和砖石建筑物。

简：是的，你说得对。难怪世界各地的学生都希望在这所大学学习了。

凯特：是啊，这很迷人。

简：看那些松鼠在树上爬上爬下的。

凯特：我很惊奇它们都不怕人。这所大学是什么时候建成的呢？

简：是1636年建立的。

凯特：那个建筑是用来做什么的？

简：那是学校的图书馆。我们可以看一看。

凯特：我听说这的书都很贵。有什么地方能买到打折的书吗？

简：有。学校书店出售去年从他学生那里买来的二手书。

凯特：价格上有什么差别吗？

简：价格差别很大。价格会是新书的一半，并且一般来说它们的质量还很好。请看那边，那个白色的建筑是学校的诊所。

凯特：我可以在那买药吗？

简：我想可以。

凯特：校园里有很多车。在校园找停车位难吗？

Jane: Yes, sometimes.

Kate: What is the large building over there?

Jane: That is the university gymnasium.

Kate: Where do you have meals everyday?

Jane: I often go to the eating club and café shop.

Sometimes, I cook something in the kitchen.

Kate: That's really great.

Jane: Do you feel tired?

Kate: I think that we have seen a lot today.

Jane: Yes. Let's go to the student café to have some coffee.

终极口语攻略三：哈佛新闻

Mike: Jill, which university do you prefer?

Jill: I have been considering it over and over again, and I decided to enter Harvard.

Mike: Oh, it is famous. It boasts worldwide fame with history over hundreds years.

Jill: My father wants me to study there.

Mike: Why?

Jill: Because he thought business major of Harvard is great.

Mike: I know. He wants you to open a company after graduation.

Jill: There is news about Harvard, so interesting.

Mike: Is that the news about the handsome boys selection?

Jill: Yes, they want to break out the rules of bookworm in Harvard.

Mike: It sounds interesting, people in Harvard are all elites, and they are as excellent as you.

Jill: Thank you for your appraisal. I wish my dream will come true.

Mike: Come on, you are the best.

简：是的，有时挺困难。

凯特：那边的大楼是做什么的？

简：那是学校的体育馆。

凯特：你每天在哪里吃饭？

简：我通常去餐饮俱乐部和咖啡屋。有时候，我自己在厨房做饭。

凯特：那太棒了。

简：你感觉累吗？

凯特：我想我们今天已经参观了很多地方。

简：是的。让我们去学生咖啡屋喝些咖啡吧。

迈克：吉尔，决定好考哪所大学了吗？

吉尔：想来想去，决定报考哈佛大学。

迈克：哦，那是世界名校呢。它有几百年的历史和卓著的声望。

吉尔：我父亲想让我在那学习。

迈克：为什么？

吉尔：因为他觉得哈佛大学的商务专业很好。

迈克：我明白。他想让你毕业后开公司。

吉尔：最近有一则关于哈佛的新闻，还挺有意思的。

迈克：是海选哈佛美男的新闻吧？

吉尔：是的。他们要颠覆哈佛男生的书呆子形象。

迈克：听起来很有意思，哈佛的学生可都是精英呢，都是像你一样优秀的人。

吉尔：谢谢你的赞赏，但愿能如我所愿。

迈克：加油，你是最棒的。

02



Princeton University: the Most Beautiful University in the US

普林斯顿大学：全美最美的大学

终极生活攻略一：普林斯顿简史

Princeton University is a private research university located in Princeton, New Jersey, United States. The school is one of the eight universities of the Ivy League, and is one of the nine **Colonial** Colleges founded before the American Revolution.

Founded in 1746 in Elizabeth, New Jersey, as the College of New Jersey, the university moved to Newark in 1747, then to Princeton in 1756 and was renamed Princeton University in 1896. It is the fourth-oldest college and is widely regarded as the most beautiful university in the United States.

终极生活攻略二：多彩的校园生活

A vast range of cultural, educational, athletic and social activities are available to Princeton students. Getting involved in **campus** life is the quickest way to become a part of the University community, and to create one's own Princeton experience. Campus life

普林斯顿大学位于美国新泽西州普林斯顿，是一所私立研究型大学。该大学是常春藤联盟的八所大学之一，也是美国独立之前建立的九所殖民地大学之一。

普林斯顿大学的前身是1746年在新泽西州伊丽莎白建立的新泽西学院，1747年，举校迁移到纽瓦克市，后来又于1756年搬迁到普林斯顿，并于1896年更名为普林斯顿大学。普林斯顿大学是美国第四古老的大学，并被广泛认为是全美最美丽的大学。

普林斯顿大学的学生有着丰富多彩的文化、教育、体育及社会活动。参与校园生活被看作是成为普林斯顿大学一员并且创造自己普林斯顿生活经历最快的方式。校园生活的各种活动都是建

colonial [kə'leɪnjəl] *adj.* 殖民的

campus ['kæmpəs] *n.* 大学校园

activities are built around the **concept** of encouraging each community member to express his or her talents and to respect all members of our pluralistic community.

终极生活攻略三：普林斯顿的食宿

One of Princeton's defining characteristics is its small, residential community that extends a wealth of academic and extracurricular opportunities for undergraduate and graduate students. Nearly all of the University's undergraduates and 70 percent of the graduate students live on campus.

Housing options available for undergraduates range from close-knit **residential** college communities to individual dormitories for juniors and seniors. For graduate students, dormitory-style rooms are **available** at the historic Graduate College and unfurnished apartments are offered in several complexes.

There also are a wide variety of dining options. Most freshmen and sophomores eat in dining facilities within their residential colleges. Juniors and seniors can take meals at the colleges, eating clubs, student food cooperatives, the Center for Jewish Life and other locations. Graduate students gather for meals in the Graduate College, or with their families in apartments.

立在鼓励每位社团成员展示自我才能和尊重多元化社团中所有成员的理念之上的。

普林斯顿大学的一个显著特征就是学校紧凑的住宿环境，这为本科生及研究生们扩展出诸多学术和课外活动的机会。几乎所有的本科生和 70% 的研究生都住在校园里。

为本科生提供的住宿选择有联系密切的校园居住区和为大三、大四学生提供的独立宿舍。在研究生院中，研究生们除了可以选择宿舍形式的房间，还可以选择不类型的无装修式公寓。

普林斯顿大学的餐饮有诸多选择。大部分大一新生和大二学生都在自己居住区的食堂吃饭。大三和大四学生可以在学院里、餐饮俱乐部、学生食物合作处、犹太餐饮中心以及其他地方用餐。研究生们一般会在研究生院用餐，或与他们的家人在公寓里做饭吃。

concept ['kɒnsɛpt] *n.* 观念 residential [ˌrezi'denʃəl] *adj.* 住宅的 available [ə'veɪləbl] *adj.* 可利用的