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独立生活

Living on Your Own

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生存技能 LIFE SKILLS

独立生活

Living on Your Own

Globe Fearon (美) 著

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生存技能——独立生活

Globe Fearon (美) **著**

* * *

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写给同学的话

申蕾

在新世纪，学好英语的重要性毋庸质疑，但在倡导素质教育的今天，如何提高学习英语的效率，如何能够学以致用，无疑仍是同学们所面临的一大难题。虽说条条大路通罗马，但最好不要走弯路，更不要误入歧途。

国家《英语课程标准》要求初三毕业达到国家五级水平，高三毕业应达到七级水平。在五级的总体目标中有这样的要求：能就日常生活的各种话题与他人交换信息并陈述自己的意见；七级标准的要求就更进了一步，即能就较广泛的话题交流信息，提出问题并陈述自己的意见和建议。

由此可见，学习英语的重要目的是交流，而交流的内容应该丰富多彩、并与我们的生活紧密相关，学习英语是一个艰苦而快乐的过程。基于这种想法，几经筛选，我在培生教育出版公司的出版物中发现了以下四个系列的图书，首先吸引我的是它们的系列书名：Active Learning，Life Skills，A Money Matters Guide 和 Everyday Health。通过仔细阅读，我惊喜地发现它们无论是语篇内容，还是涉及的知识领域以及语言难度，都非常适合广大中学生使用。

这套丛书很好地体现了学科融通的教育理念，语篇紧密结合实际生活，通过完成一个个活动，使同学们既丰富了相关的课外知识，又掌握了一定的实际技能，而当同样的场景在生活中再次呈现的时候，我们就会快速地从大脑中提取相应的信息来有效地应对。也就是说，通过学习这套丛书同学们可以达到学习语言和增强自身适应社会能力的双重目的。经过系统的学习，同学们的综合素质无疑会得到显著的提高，而这也正是我将本丛书命名为“素质英语”的初衷。

愿同学们能够从《素质英语——中学英语选修课丛书》中获取给养、增长学识、完善技能，逐步提高自身的综合素质，以充沛的勇气和信心面对21世纪的诸多挑战！

序 言

《生存技能》序列丛书作为初中英语泛读选修教材，对培养学生的语言能力、文化背景和生存技能将起到积极的作用。

对生存能力的培养不仅关系到一个人的健全人格和健康的身心，而且关系到一个人的责任感和义务感。前苏联教育家苏霍姆林斯基说："人在劳动中创造物质和精神财富的同时，也创造了自己本身。"可见，人的创造力是在劳作中获取的。联合国教科文组织曾经对教育下过这样的定义——"学会生存"。由此应运而生的是各国的生存教育和公民教育。我国最新颁布的国家《英语课程标准》也强调学习应从学生的生活经验和认知水平出发，倡导体验、实践、参与、合作与交流的学习方式和任务型探究式的教学方法。

《生存技能》系列丛书由八本分册组成：《预算开支》、《识途问路》、《独立生活》、《购车养车》、《保持健康》、《解读广告》、《读历制表》和《使用电话》。

生活需要精打细算，《预算开支》正是为同学们提供了这样的能力。西方国家教育中鼓励的独立自主精神及生活体验也可能是我们在教育中可以借鉴的。《识途问路》使同学们能够掌握识途认路的方法，利用地图和指南针等辨别方位和查询地址。这些为同学们熟悉未来陌生的生存环境打下了良好的基础。《独立生活》作为对生存技能的全面认识，将指导同学们生成和改变生存观念，进而，通过训练使同学们掌握多种生活本领，为日后独立竖起生活的风帆做好准备。目前同学们虽然对《购车养车》比较陌生，但随着中国经济的发展，随着私家车拥有量以惊人速度的发展，年轻人购车的趋势已势不可挡。如何根据实际需要又能在了解汽车的行情及其性能价格比的基础上购车是至关重要的技能。《保持健康》是每个人最为关注的生活技能。对健康的认识和保持不仅决定了我们个人的生活质量，更决定着民族和人类的存亡。现代生活的物质极大丰富，应运而生的是广告业的发展。在广告的包围中，如何解读广告、了解所需是我们应该掌握的又一技巧。在商品发达的社会中，人人应成为成熟的消费者，并能使广告充分为我所用。现代人工作和生活之法宝即节约时间、讲求效率并充分利用现代信息，《读历制表》内容简炼，一目了然，是同学们提高生活效率和效益的好帮手。《使用电话》看似小事一桩，却有很多的学问。善于使用事半功倍，不善于使用则事倍功半。

在整体创作和编排上本丛书紧紧围绕每一主题，涉猎生活的方方面面。特别强调现今市场经济下的生存与竞争观念。在语言上突出了真实运用语言进行交际的特点。课文内容佐以实例，没有说教感，同学们读来会倍感亲近。在改编过程中增加了文化背景、字词、语句注释并配有小组活动和课外活动。在语言和技能上本丛书充分体现了语言材料和语言能力合二为一的特点，讲身边的理，做身边的事，实现了"教学做合一"的教学理念。章节编排具有开放性和弹性，教师可有针对性地对教学内容做增删，以便更好地与所学内容相补充。

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导学

本书编写的宗旨是在阅读和实践的基础上教同学们依靠自己的力量，学会独立生活。随着年龄的增长，你的心中可能闪现这样的念头：我为什么不能独立生活呢？如果有人说你一句："你生在福中不知福！"你会皱眉头吗？且慢！想想：爸妈是怎样将房间布置得舒适美观，既窗明几净又温馨大方，有了一种家的感觉？看看：在卧室里学习、娱乐、睡觉，一切都是那么井井有条。衣来伸手，饭来张口。你说你"知福"吗？

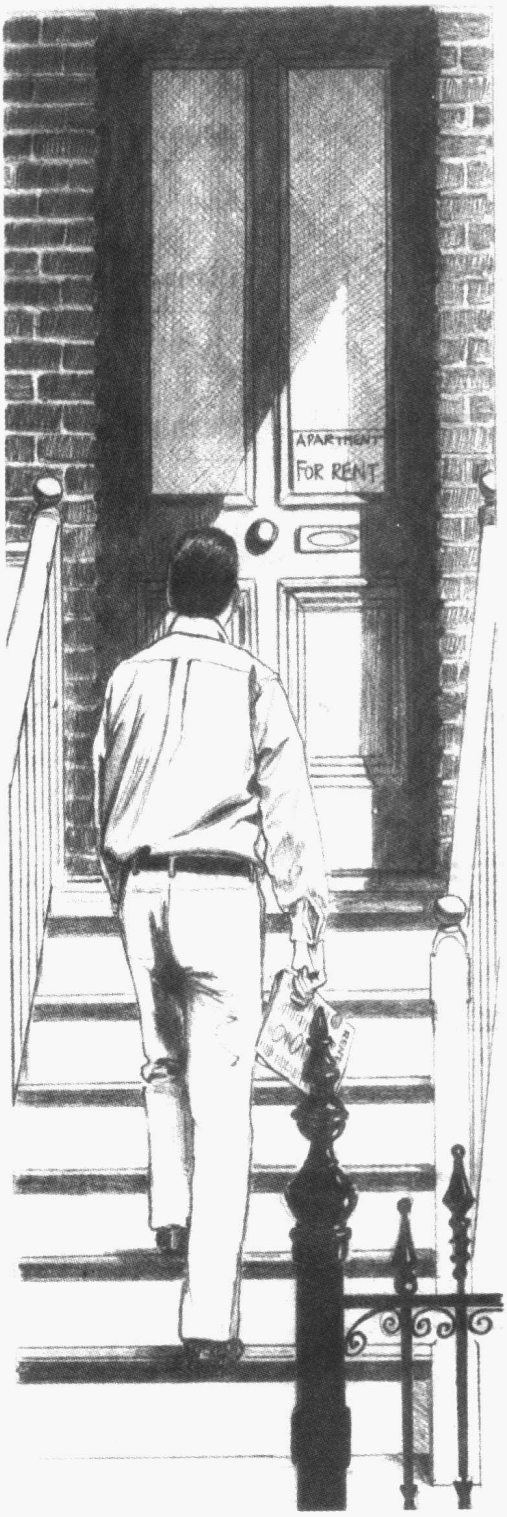
父母不能管我们一辈子。作为新时代的青少年，一定要自强不息，要独立生活，要学会管理自己。

本书将为你提供八个阶梯式训练。你只要大胆拾级而上，就能掌握多种生活技能，独自撑起一片天。

Living on Your Own

Imagine... 试想……

- You have decided you want your own apartment, but you are not sure how to go about finding one. You are also not sure how much rent you will be able to pay.
- You know that there are different kinds of places you can live, such as a rented room or an apartment, but you are not sure what each kind of place has to offer.
- You have found an apartment. You look around it and see that it is pretty empty. How will you find all the furniture you need, and how will you pay for it all?
- Not only are the rooms in your apartment empty, but the refrigerator and kitchen cabinets are also empty. You don't have a lot of money for food, but you know that you have to start somewhere.



Don't Let It Happen to You
防微杜渐

Sometimes people starting out on their own do not plan ahead. They find they do not have enough money to pay the rent and buy food and clothes.

What This Book Can Do for You
本书的作用

As you read this book, you will learn to plan ahead and find some good ways to

- choose the best place to live.
- get furniture for your new home.
- keep your place clean.
- keep yourself and your home safe.
- buy your own food and clothes.

There's a lot to learn, and it's all new and exciting. Let's get started!

CONTENTS 目录

ABOUT THIS BOOK

Unit 1 Planning to Live on Your Own 准备独立生活 1

Unit 2 Furnishing Your Home 布置新居 9

Unit 3 Keeping Your Home Clean 房屋保洁 17

Unit 4 Keeping Your Home Safe 安全起居 23

Unit 5 Your Personal Safety 人身安全 31

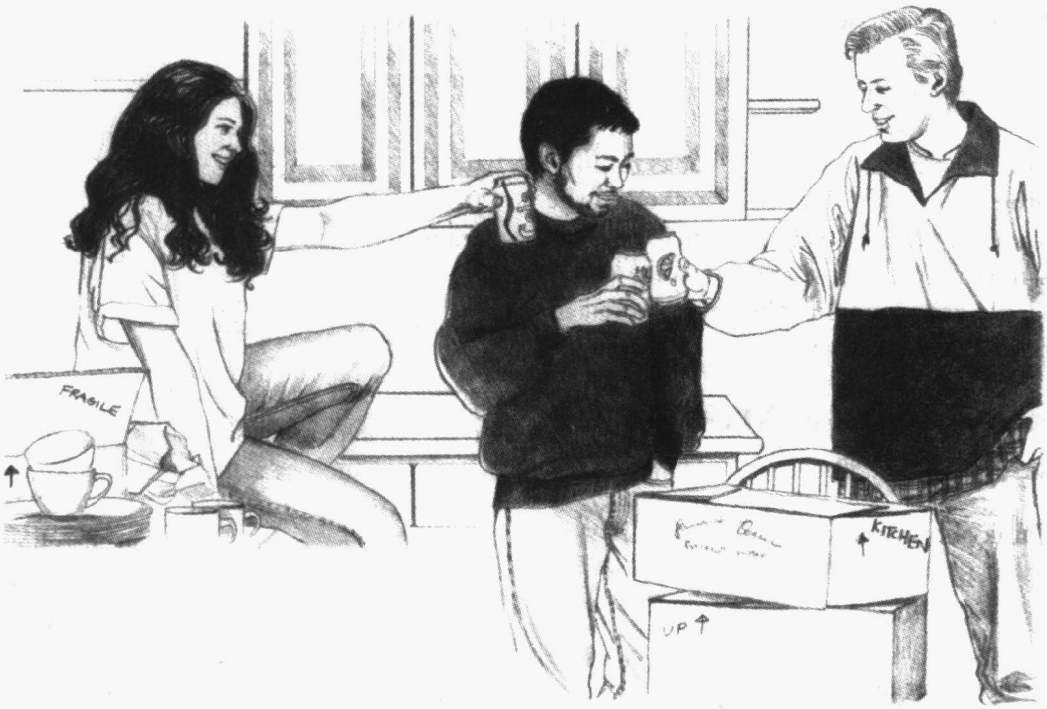
Unit 6 Buying and Preparing Food 买菜烧饭 37

Unit 7 Shopping for Clothes 添置衣物 43

Unit 8 Sharing Responsibilities 分担责任 51

Answer Key 参考答案 59

Unit 1 Planning to Live on Your Own
准备独立生活



Lead-in 导读

长大了，总觉得离开父母自己生活会更好。于是，你卷起行囊，离开了家，可是，一大串问题忽然出现：我该上哪儿找房子？要找多大的？和别人合租要划算些吧？我怎么管自己的钱？我还要付房租，水电费，煤气费……

Learning Objectives 学习目标

You will be able to:

- Learn how to set up a budget for paying expenses.
- Learn how to decide where and what kind of place you would like to move into.
- Learn how to find a place to live.

Culture Notes 文化背景

在西方发达国家，定期交纳所得税、支付保险早已深入人心，成为人们生活的一部分。随着我国经济改革的深入，纳税、交保险也将逐渐成为人们一笔重要的花销。因此我们做个人预算时，须把这些考虑在内，才能准确估计出我们的实际所得。

Getting Your Own Place → 找房

It's finally happening! Ramon is planning to get his own apartment. No one will tell him what to do. He will be able to come and go as he pleases. He will be completely on his own for the first time in his life.

However, there is another side to the story. Ramon's family does a lot for him now. At home, someone else cooks for him. Other people shop for food and clean the house, or remind[1] Ramon to help out. He is never lonely at home because other people are around all the time. When he moves out, he will have new responsibilities[2].

How Ready Are You? → 你准备好了吗

Think about your own life. People in your family probably:

- shop for food,
- cook meals,
- clean your home.

If not, someone probably reminds you to do these things.

When you live on your own, many things in your life will change. For the first time in your life, you might not have people around to keep you company[3]. At first, it will probably feel great. However, it is a good idea to think about what you can do if you start to feel lonely.

Think about having your own apartment. What will you have to do for yourself when you are on your own that you don't do now? List three things below. 想像你拥有了自己的公寓。哪些事情是现在不用做而独自生活时却必须做的？在下面列举三件。

_____

_____

_____

Money Matters → 经济账

Before leaving home, Ramon needs to think about money. How much will it cost to house, feed, and buy clothes for himself? He probably hasn't thought about all the little (and big) things someone else has been paying for[4].

Ramon has not had to worry about paying for:

- rent[5],
- food,
- transportation[6].

New Expenses[7] → 新的开销

For most people, the single biggest expense is rent. An expense is something you spend money on, such as rent, food, or movies. Most people pay over one-third of the money they earn for rent. They also have to plan to spend money on a lot of other things that were free when they lived at home.

Unless you plan to move into a place that already has furniture[8], you will have to get furniture of your own. At the very least, you will need a bed, a table, chairs, and sofa.

You'll also need to get a telephone. You might have to pay for electricity[9] and gas[10]. These are important things to think about when you are looking for a place to live.

What are some of the things that you'll have to spend money on and that were free when you lived at home? Write three things on the lines below. 哪些东西是在家住时不用花钱而现在却必须破费的？列举三件写在下面。

_____

_____

_____

Language Notes 语言难点

1. remind /rɪ'maɪnd/ *v.* 提醒
2. responsibility /rɪ,spɒnsə'bɪlɪti/ *n.* 责任
3. company /'kʌmpəni/ *n.* 伙伴；陪伴
4. pay for 付钱买
5. rent /rent/ *n.* 租金
6. transportation /,trænspɔ:'teɪʃn/ *n.* 运输
7. expense /ɪk'spens/ *n.* 花费
8. furniture /'fɜ:nɪtʃə(r)/ *n.* 家具
9. electricity /ɪ,lek'trɪsɪti/ *n.* 电，电能
10. gas /gæs/ *n.* 煤气

Living on a Budget
→ 量入为出

Ramon decides to plan for all these expenses by setting up his own budget. A budget is a plan for spending money. He talks with friends and family members to get an idea of how much things cost. He figures out[1] how much he would earn if he got the job he wanted.

Ramon's budget is shown below. The first part of the budget lists his monthly expenses. The second part shows his total income. It also shows how much money he would actually take home.

MONTHLY BUDGET	
EXPENSES	
Rent	$400
Food	200
Transportation	70
Laundry[2]	20
Utilities[3]	
Electricity	20
Gas	5
Telephone	18
TOTAL	$733
INCOME	
Salary[4]	$1280
Taxes	-310
Health Insurance[5]	-50
Take-Home Pay[6]	$920
Expenses	-$733
WHAT'S LEFT?	$187

Ramon's expenses are:

- rent,
- food,
- transportation,
- laundry,
- utilities.

Utilities are things like:

- electricity,
- gas,
- telephone.

The second part of the budget shows his income, or the money he earns from his job. Ramon's take-home pay is his salary minus:

- taxes,
- health insurance.

After taxes, Ramon would actually[7] take home $920. After paying $733 in expenses out of his take-home pay of $920, Ramon has $187 left to spend on other things.

Answer these questions about Ramon's budget. 回答这些有关雷蒙预算的问题。

1. How much does Ramon spend on rent every month?_____
2. How much does Ramon spend on utilities every month?_____
3. How much money does Ramon have left after paying her regular[8] monthly expenses?_____

Roommates → 寻求合租

Many young people leaving home for the first time share a living space with one or more other people.

One of the good things about living with a roommate is that it can save you money. You only have to pay part of the rent and utilities. You may even be able to share the food expenses.

Ramon has a cousin who has had his own apartment for three years. Ramon could ask about moving in with him.

Language Notes | 语言难点

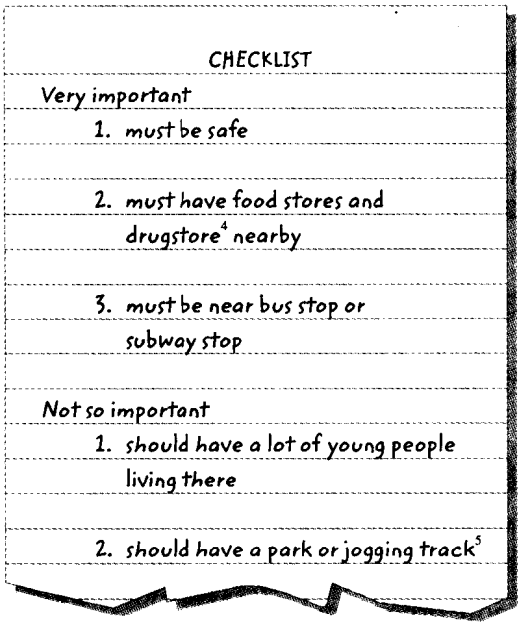
1. figure out 想出，计算出
2. laundry /'lɔ:ndri/ *n.* 洗衣店；所洗的衣服
3. utilities /ju:'tɪlətiz/ *n.* (复) 公用事业费用 (包括煤气、电、电话费用)
4. salary /'sælәri/ *n.* 薪水
5. insurance /ɪn'ʃuәrәns/ *n.* 保险
6. take-home pay 税后收入
7. actually /'æktʃuli/ *adv.* 实际地
8. regular /'regjulә(r)/ *adj.* 定期的

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Where Do You Want to Live? → 何处安居

The next thing Ramon thinks about is where he'd like to live. He wants to be close to his family, but not too close. He knows he should find a place near his job. That would save him time and money every day.

Ramon is also thinking about the kind of neighborhood[1] he wants to live in. He can't live in an area that costs a lot. However, he wants to be sure that he is as comfortable as possible. He makes up[2] a checklist[3] of the things he would like a neighborhood to have.



1. Think about Ramon's checklist. He has listed what is and is not important to him. Now, make your own checklist. What would you put under "Very important" on your list? Write three things on the lines below. 思考一下雷蒙的清单。他把对他重要的和不重要的东西列在了上面。现在你自己制作清单，哪些东西你将放在"非常重要"一栏？列举三件写在下面。

_____

_____

_____

2. What would you put under "Not so important" on your list? List three things below. 哪些东西你将放在"不太重要"一栏？列举三件写在下面。

_____

_____

_____

There are also some things that Ramon wants to avoid. He decides to visit the neighborhoods he is looking at during the day and also at night. His cousin warns him of some things he should watch for:

1. Noise — Are there any railroad tracks near the apartment? Is there a factory in the neighborhood? Are there any busy highways in the area?

2. Danger — Are all the streetlights working? Are there people on the street at night? Are there broken windows and empty buildings?

3. Dirt — Are the streets clean? Is all the trash[6] placed in garbage cans[7]? Are the sidewalks[8] clear?

Ramon wants to find the best place to live in the best neighborhood he can afford. He is smart to do his homework before making a decision.

Different Types of Housing → 不同房型

When you decide to leave home, you will have to decide on the kind of place you want to live in. Possibilities include:

1. renting a single room in someone else's house or apartment,

2. renting a small apartment in a private[9] home,

3. renting an efficiency apartment[10] in an apartment building.

Language Notes | 语言难点

1. neighborhood /'neɪbəhʊd/ *n.* 社区
2. make up 编排，制定
3. checklist /'tʃeklɪst/ *n.* 清单
4. drugstore /'drʌgˌstɔː/ *n.* 药房；杂货店
5. jogging track 练习慢跑的小路
6. trash /træʃ/ *n.* 垃圾，废物
7. garbage can 垃圾桶
8. sidewalk /'saɪdˌwɔːk/ *n.* 人行道
9. private /'praɪvɪt/ *adj.* 私人的
10. efficiency apartment 有小厨房和卫生设备的小套公寓房间

Single Rooms → 单人间

The least expensive kind of housing is a room in someone else's house or apartment.

With a rented room, you will always have a room to yourself and your own key, but you'll probably be sharing a bathroom. You may also be permitted[1] to use the kitchen.

Apartments → 公寓

Apartments usually cost more than rented rooms, and you often must pay for gas and electricity. However, apartments offer more. Apartments have separate bathrooms and kitchens or kitchen areas.

Apartments that do not have separate kitchens are called efficiency apartments. They may have more than one room. In these kinds of apartments, the kitchen is actually set in one wall of another room. The kitchen is complete, meaning that there is a stove[2], sink[3], and refrigerator[4]. However, these are often smaller than normal size.

If you decide to live with a roommate, you will need a larger apartment. It should have at least a living room and a separate bedroom.

Finding an Apartment → 求租

Once you know where you want to live and what kind of apartment you want, you're ready to start looking.

Most people start by asking their friends and family if they know of any apartments for rent. Like Ramon's cousin, someone you know may be looking for a roommate.

The next place people look is the classified ads[5] in the newspaper. Classified ads are listings of places to live.

Classified ads have a language of their own. They use a lot of abbreviations[6], or shortened words. Look at the following ads. See how much you can understand.

Unfurnished Apartments[7]

CLIFTON — modern apt., near trans., H/HW incl. $550 mo. 555 — 4218

GARFIELD — priv. rm., quiet, Priv. ent. $500 mo. 555 — 1256

LODI — large apt., avail. 10/1, eat-in kit. $525 mo. 555 — 4648

Most of the words in these ads are easy to understand. However, there are some unusual ones.

Look at the abbreviations in the ads. Can you guess what they mean? Write your guesses in the lines below. 看看广告中的缩略语。你能猜出它们的含义吗？把你的猜测填在下面的线上。

1. apt. _____
2. trans. _____
3. H/HW _____
4. incl. _____
5. mo. _____
6. priv. _____
7. rm. _____
8. ent. _____
9. avail. _____
10. kit. _____

Now, read the ads below. All of the abbreviated words are spelled out. They are also underlined. Check to see if your guesses were correct.

CLIFTON—modern apartment, near transportation, heat and hot water included in rent. $550 a month. 555-4218

Language Notes | 语言难点

1. permit /pə'mɪt/ *v.* 允许
2. stove /stəʊv/ *n.* 火炉
3. sink /sɪŋk/ *n.* （厨房内）洗涤槽
4. refrigerator /rɪ'frɪdʒəreɪtə(r)/ *n.* 冰箱
5. classified ads 分类广告
6. abbreviation /əˌbriːvi'eɪʃən/ *n.* 缩略语
7. unfurnished apartment 不带家具的公寓房

GARFIELD—private room, quiet, private entrance[1]. $500 a month. 555 – 1256
LODI—large apartment, available[2] 10/1, eat-in kitchen. $525 a month. 555 – 4648

Before Moving in → 搬进之前

Once you have decided you want an apartment, you are ready to sign a lease[3]. A lease is a written legal agreement telling what your rent will be. The landlord[4] also signs the lease. The landlord is the person who owns the house or apartment building. Read the lease carefully and ask a family member or a friend to read it before you sign it.

Before you move into your new apartment, visit the apartment. A landlord or superintendent[5] will show it to you. A superintendent is the person who takes care of the building for the landlord. People usually call a superintendent the "super".

As you look around your apartment, make a list of things that need to be fixed. Be sure to look at *everything* carefully.

Other things you may need to do before you actually move in:

1. Call the electric company and gas company. If you are paying for your own utilities, the company may want a deposit[6]. This is money you pay ahead of time that is held for safekeeping.

2. Contact the phone company. If you can afford a telephone, it is a good idea to arrange for a phone ahead of time. The phone company may also want a deposit.

3. Ask some friends and family members to help you move. You may be able to borrow or rent a truck to make the move easier.

4. Pack up everything in advance[7]. You can get empty boxes from stores in your neighborhood. Wrap[8] anything that can break in plenty of paper. Label[9] the outside of each box with what is inside.

Pretend that you will be moving to your own apartment in two weeks. You will have many things to do. List three things you must do before you move.

_____

_____

_____

Your New Address → 新地址

When you move, you will have a new address. Lots of people will need to know where you will be living. You can send them cards that have your new address written or printed on them.

You can get these change of address cards from the Post Office.

Think about who you would have to send your new address to. Write the names of these people on the lines below. 想想你会给谁寄新地址。把这些人的名字写在下面横线上。

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Language Notes 语言难点

1. entrance /'entrəns/ *n.* 入口；门
2. available /ə'veɪləbl/ *adj.* 可用的或可得到的
3. lease /liːs/ *n.* 租契
4. landlord /'lændlɔːd/ *n.* 房东
5. superintendent /ˌsjuːpərɪn'tendent/ *n.* 管理员
6. deposit /dɪ'pɔzɪt/ *n.* 定金；押金
7. in advance 提前
8. wrap /ræp/ *v.* 包；裹
9. label /'leɪbl/ *v.* 贴标签于

PRACTICE PAGES
练习页

WORD CHECK 词汇检测

Fill in the blanks with the correct vocabulary word to complete each sentence.
选词填空。

efficiency apartment
lease
take-home pay
landlord
superintendent
utilities

1. A _____ is a written legal agreement between you and the landlord.

2. _____ is the money you earn after taxes and health insurance are taken out.

3. Gas and electricity are expenses called _____.

4. A _____ helps the landlord run his apartment building.

5. An _____ does not have a separate kitchen.

6. The _____ who owns my apartment, just raised my rent.

IDEA CHECK 内容检测

Decide whether the following sentences are true (T) or false (F). 判断下列句子正误。

_____ **1.** You are the only one who signs the lease.

_____ **2.** If you want to get a phone, you should contact the phone company before you move in.

_____ **3.** Gas and electricity are always included in the rent.

Reading Ads 阅读广告

Read the adverstisements[1] below. Circle the letter of the correct answer. 阅读下面的广告，圈出正确的答案。

Unfurnished Apartments

ELBA — efficiency apt., near bus line, avail. 9/1, $550 mo. 555-7289.

GARFIELD — unfurnished adp., clean, priv. ent., $400 mo. 555-9004.

GREENWOOD — modern apt., cozy[2] kit., H/HW included in rent. $600 mo. 555-3601.

1. The place in Elba
   - **a.** has two rooms.
   - **b.** costs $400 a month.
   - **c.** is near the bus line.
2. The place in Greenwood
   - **a.** has wall-to-wall carpeting.
   - **b.** has a cozy kitchen.
   - **c.** comes with a parking space.
3. The place in Garfield
   - **a.** has a private entrance.
   - **b.** has heat and hot water included in the rent.
   - **c.** is near a bus line.
4. The most expensive place to live is
   - **a.** the place in Elba.
   - **b.** the place in Greenwood.
   - **c.** the place in Garfield.
5. The person will not have to pay for heat and hot water at
   - **a.** the place in Elba.
   - **b.** the place in Greenwood.
   - **c.** the place in Garfield.

Budgets 财政预算

You are planning to live on your own. Fill in the blanks in your budget below. 你正计划独立生活，在下面预算单中填上计算结果。

MONTHLY BUDGET	
EXPENSES	
Rent (incl. util.)	$450.00
Food	$200.00
Transportation	$80.00
Phone	$20.00
Laundry	$20.00
TOTAL	$_____
INCOME	
Salary	$1250.00
Taxes	–$250.00
Health Insurance	–$20.00
Take-Home Pay	$_____
Expenses	–$_____
WHAT'S LEFT?	$_____

Can you afford to live on your own? Remember the amount left must last a whole month. Check one. 你能支付独立生活的开销吗？记住剩下的钱要花一个月呢。选择一个答案。

_____ Yes

_____ No

After-class Activity 课后活动

Many big cities in China are building college students' apartments. Collect information about apartment design[3] and rents from local newspapers and report back to class the best apartment buildings available. Share your choices in class and evaluate[4] in terms of[5] price and quality[6].

Language Notes 语言难点

1. advertisement /əd'vɜ:tɪsmənt/ *n.* 广告
2. cozy /'kəʊzi/ *adj.* 舒适的
3. design /dɪ'zaɪn/ *n.* 设计
4. evaluate /ɪ'væljueɪt/ *n.* 评估
5. in terms of 就……而言
6. quality /'kwɒlɪti/ *n.* 质量，品质

Unit 2 Furnishing Your Home
布置新居



Lead-in 导读

来到空荡荡的新居，该考虑购买一些家具和生活用品。但作为经济不太宽裕的年轻人，你不可能全从家具店买回那些高档昂贵的大宗物件。本章将向你介绍一些家具及日用品选购之道，帮你经济实惠地布置新居。

Learning Objectives 学习目标

You will be able to:

- Learn what items are essential for each room in your new home.
- Learn what items in general you need to set up a household.
- Learn about the differences between places to buy inexpensive furnishings.

Culture Notes 文化背景

在西方发达国家，旧货店很多，有的开在繁华的商业街上，与著名的大百货公司和高档商店为邻；有的散落在社区里，与周围的普通百姓为伍。里面出售的东西五花八门，应有尽有，因此许多人热衷于逛旧货市场，乐此不疲。旧货市场的出现，既节约了资源，保护了环境，又为人们的日常生活提供了极大的方便。在我国，旧货市场也日趋发达和完善。

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