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旅遊英語課

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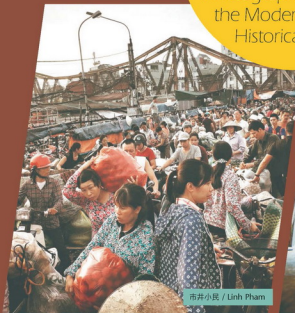
咖啡館Loading T / Hanoi Hideaway



品味法式殖民風
的傳統河內

Vietnam Visualized'

Photographers Capture
the Modern Pulse² of
Historical Hanoi



市井小民 / Linh Pham



咖啡館Nha San / Hanoi Hideaway



Hanoi 河內
國家：越南（Vietnam）
面積：約3,324平方公里
人口：約750萬人

重要性：河內有一千多年的歷史，現為越南的首都，位於越南北部，也是越南的政治、工業、文化中心。

簡介：歷史上的越南曾經歷中國、法國的統治，首都河內的風俗民情、社會文化均有歷史留下的印記。

CNN NARRATOR

Hanoi—the Vietnamese capital that lives on the street off cups of coffee and bowls of noodle soup. It's a city of seven and a half million whose soundtrack¹ is the din⁴ of motorbikes with a sampling of French colonial⁵ architecture set against the driving beat of modern commerce. Along its many lakes and throughout its maddening⁶ network of alleys, you'll find the people of Hanoi who are writing the next chapter of this thousand-year-old town.

BIEN NGUYEN, EDUCATOR

Hanoi is quite [an] old city. You can see, like, a lot of different history-layer [layers of history]. You can see, with your eyes, the real history there. My full name is Nguyen Bien Thuy. I'm 33 years old, and I've been living in Hanoi for my whole life.

Early in the morning, everyone ~~was~~ [is] just sitting somewhere, reading [the] newspaper and drinking coffee. The people in Hanoi—they love coffee.

So, Hanoi Hideaway⁷ was created by myself [me] and one of [my] friend[s]. We came up with the idea because, basically, the coffee culture is quite popular. The coffee shop[s] in Hanoi is [are] not only about coffee. It's [They're] more about the culture and history, so you can really explore the Hanoi through coffee shops. Here in Manzi, for

CNN 旁白

越南首都河內——以街頭為家、以一杯杯咖啡及一碗碗湯麵（編按：指河粉）為食。這是座擁有七百五十萬人口、背景充斥著摩托車嘈雜聲的城市，熱絡的現代貿易活動背後，又與法國殖民建築形成對比。沿著諸多湖泊、穿梭在繁雜的巷弄網絡間，你會發現河內人正在為這座千年古城撰寫下一個篇章。

教育工作者 阮邊（音譯）

河內市是座歷史相當悠久的城市。比方說你可以看到許多不同時代的歷史。你能親眼看到這種真實的歷史。我的全名是阮邊水（音譯），今年三十三歲，這輩子都住在河內。

一大清早，人人都坐在某處看報紙、喝咖啡。河內人熱愛咖啡。

Hanoi Hideaway 是我和一位朋友共同建立的。基本上是因為咖啡文化相當受歡迎，讓我們有了這樣的構想。河內的咖啡館裡不只有咖啡，更與文化和歷史有關，因此你其實可以透過咖啡館探索河內這座城市。比

咖啡的種植是法國在十九世紀中引進越南，二十世紀初開始，咖啡就成了越南的主要外銷收入來源之一。然而，咖啡在越南也發展出自己的特色。

越南人喜愛在街上就小販賣而喝咖啡。



example, you can see a lot of, like, artworks on the wall, and they change every weeks [week] or every month. The atmosphere is different because of the artworks are different.

Loading T is [a] really interesting place. The building is really, really beautiful. It was owned by a lawyer in the past, but then, like, after the war, the government took over. They divided the building into many different chambers.* Loading T is really charming.

Coffee shop[s] is [are] not, like, the only way to explore Hanoi, but it's [an] interesting and different way of approaching Hanoi's life.

方說在 Manzi 這裡，你能看到牆上掛有許多藝術作品，而且他們每星期或每個月都會更換。不同的藝術作品能營造出不一樣的氛圍。

Loading T 則是個非常有趣的地方。那棟建築相當、相當美。它以前的屋主是個律師，戰後則由政府接管。政府將這棟建築劃分為許多間。Loading T 真的是個很迷人的地方。

咖啡館不是探索河內僅有的方式，卻是體驗當地民情一種有趣又與眾不同的方法。

Hanoi Hideaway網站介紹隱身在河內各個角落的特色咖啡館。



Loading T 咖啡館位於一棟法國殖民時期建築中，後來政府將該建築分割成 17 戶，現今尚有住戶寓於此建築中。/ Hanoi Hideaway

Vocabulary

- visualize** [ˈvɪʒəwəˌlaɪz] *v.* 使形象化；使看得見
Film directors often **visualize** a specific scene before shooting it.
電影導演在拍攝某個場景之前通常會先讓它視覺化。
- pulse** [pʌls] *n.* 脈搏；活力
- soundtrack** [ˈsaʊndˌtræk] *n.* 配樂；原聲帶
- din** [dɪn] *n.* 嘈雜聲；喧鬧
- colonial** [kəˈlɒniəl] *adj.* 殖民的
British and French **colonial** influence lingers for a number of countries in East Asia.
英美和法國的殖民影響在東亞好幾個國家持續留存。
- maddening** [ˈmædɪŋɪŋ] *adj.* 使人惱怒的；激烈的
Without any help from an accountant, filling out tax forms can be a **maddening** process.
在沒有會計師的任何協助下，填寫稅務表格可能會是個讓人不耐的程序。
- hideaway** [ˈhaɪdəˌweɪ] *n.* 隱匿處
- chamber** [ˈtʃeɪmbə] *n.* 室；房間



Green Oasis 咖啡館 / Hanoi Hideaway

Manzi 咖啡館定期更換展示的藝術作品，也會舉辦短片等藝文欣賞活動。/ Hanoi Hideaway



LINH PHAM, PHOTOJOURNALIST

Photography, for me, is something really spiritual.⁹ My name is Linh Pham. I'm 26 years old, and I'm an independent photojournalist¹⁰ based in Hanoi, Vietnam.

We decide[d] to create this thing called Matca ~~that~~ [where] we promote documentary¹¹ photography. We focus on the ordinary. But people most of the time these days, they just forget about the ordinary.

I want to take you guys to the Long Bien Bridge. It's just because it's a place that I'm really familiar with. It was built by [the] French more than 100 years ago. And it has been through, like, two wars, and it's still there. So, it's, like, ~~the~~ [a] witness of our time, you know, of Hanoi. It [has] got that historic context plus that, you know, ~~the~~ dramatic¹² scene of the market under the bridge. To me, it's, like, something really, like, cinematic.

My workflow is [this]: I love to revisit the same place so I ~~got~~ [get] an understanding ~~for~~ [of] that particular place, and ~~by~~ [with] that understanding I can find the point of view or, like, the element that stand[s] out.

So, we're in front of Hanoi Opera House, one of the most iconic building[s] in Hanoi, and today I'm invited to see the rehearsal¹³ of a show called *Lang Toi* which means "My Village." And I heard that it's ~~the~~ [a] mixture of, you know, the new circus,¹⁴ contemporary¹⁵ dance and with traditional Vietnamese music.

The main idea of the show is to bring ~~the~~ [create a] mood and to duplicate¹⁶ ~~the~~ scene[s] of the daily life of [in] the countryside of Northern Vietnam. All the actor[s] are Vietnamese, [and] all the dancer[s] are Vietnamese.

Hanoi is special because, first, it's the capital city. It's supposed to have some of the best thing[s] in the country. But then, I think the special thing about Hanoi is, like, it has this kind of French thought in, like, everything in our daily life mixing with our root[s]. I think it's like a mix between the East and the West right here in Hanoi.

攝影記者 范林

攝影對我來說是非常精神層面的事。我是范林，今年二十六歲，是以越南河內為活動中心的獨立攝影記者。我們決定創設 Matca 來推廣紀實攝影。我們著重在市井小民身上。但現在的人大多遺忘了這些市井小民。

我想帶你們去龍邊橋，因為那個地方我非常熟悉。它是一百多年前由法國人所建造的，歷經兩次戰爭仍屹立不搖。它就像是河內歷史的見證者。這座橋除了其歷史背景，橋下更有鮮明的市集場景。這裡對我來說非常像是電影場景。

我的工作模式是這樣：我喜歡舊地重遊，這樣可以更了解那個地方，而有了這些了解之後，我就可以發掘它出眾的視界或元素。

我們現在位於河內大劇院前面，這是河內最具代表性的建築之一，今天我受邀參觀《Lang Toi》的排演，意即「我的村莊」。我聽說它結合了新雜技表演、當代舞蹈以及越南傳統音樂。

這個表演的主要概念是要營造一種氛圍並複製北越鄉村日常生活的場景。所有演員和舞者都是越南人。

河內之所以特別，首先因為它是首都。這裡應當具有越南境內某些最優越的特點。但我也認為河內特別之處在於生活中幾乎所有事物都混合了法式思維和我們的傳統。我想這就是河內東西合璧的展現。CW

Vocabulary

9. **spiritual** ['spiritʃwəl] *adj.* 精神上的；心靈上的
On his months-long tour of South America, Gabe felt that it had been a **spiritual** experience.
蓋柏在南美洲數個月的旅程中，感受到那是一段精神層面上的體驗。
10. **photojournalist** [-fə'təʊ'dʒɜːnəlɪst] *n.* 攝影記者
11. **documentary** [-dɒkju'mɛntəri] *adj.* (電影、電視等)記錄的；紀實的
The *Jason Bourne* films' cinematography is known for its **documentary** style.
《神鬼認證》系列電影的拍攝手法以其紀實風格聞名。
12. **dramatic** [drə'mætɪk] *adj.* 鮮明的；戲劇性的
News footage coming out of ISIS-controlled areas of Iraq and Syria has been quite **dramatic**.
來自伊拉克和敘利亞 ISIS 掌控地區的新聞影片都很驚心動魄。
13. **rehearsal** [rɪ'hɜːsəl] *n.* 排練；試演
14. **circus** ['sɜːkəs] *n.* 馬戲團
15. **contemporary** [kən'tempə'reɪ] *adj.* 當代的
Many museums display **contemporary** as well as classical artwork.
許多博物館展示當代和古典藝術作品。
16. **duplicate** ['duplə.keɪt] *v.* 複製
Once an experiment yields valuable results, scientists will attempt to **duplicate** it for further study.
一旦實驗產生具有價值的結果，科學家就會試著加以複製以進行進一步的研究。

河內大劇院 (Hanoi Opera House) 屬典型的法國殖民時期建築，1911 年完工，為當地地標之一，典雅的劇院與街道上來往的越南人民，形成文化與歷史融和的景象。



Give It a Try

請根據本課內容與單字，回答下列問題。

- How many people live in Hanoi?
(A) 17.5 million
(B) A half million
(C) 7.5 million
(D) There is not enough information to answer this question.
- What is popular in Hanoi?
(A) Reading the newspaper in the morning
(B) Drinking coffee in the morning
(C) Going to coffee shops in the morning
(D) All of the above

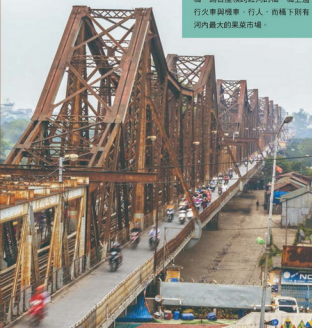
chamber	din	duplicate
maddening	spiritual	visualize

* 必要時請向老師、單字書變化

- The production designer's task was to _____ the look of early 20th century Paris for the film.
- During the fireworks display, Amanda couldn't hear Elaine through the _____ of explosions.
- Pamela found it _____ to listen to her mother complain about the same neighbor over and over again.

Ans: 1. C 2. D 3. duplicate 4. din 5. maddening

龍邊橋 (Long Bien Bridge) 是河內市在法屬時期所興建的鋼鐵懸臂橋，為百座橫跨紅河的橋。橋上通行火車與機車、行人，而橋下則有河內最大的果菜市場。



極地的溫泉天堂——冰島

Volcano-Powered Pools

Energizing Icelanders with Geothermal¹ Living

DR. SANJAY GUPTA, "VITAL SIGNS"

February in Iceland, and it's cold, alternating² between whiteout³ blizzards⁴ and brilliant⁵ sunlight. We're in Reykjavik—Iceland's capital city, home to a third of the country's population.

Iceland is a country of brilliant colors, and in the winter, you're most likely to find them up in the sky. The northern lights—one of Earth's most beautiful views. Light from the atmosphere dances across the night sky. At 2 a.m. on a mountainside, our cameraman captured this stunning⁶ display.

During the day, winter often presents a different color in Iceland—mostly gray or white from overcast⁷ skies and snowstorms—but you can find more color if you know where to look.



The turquoise⁸ waters, black lava⁹ rocks ... and white mud? [It] must be the Blue Lagoon.¹⁰ This is one of Iceland's most iconic¹¹ destinations. Year round, day and night, regardless of weather, you'll find people from all over the world bobbing¹² in the waters of the Blue Lagoon.

《生命徵象》桑杰·古普塔醫師

二月的冰島，天氣很冷，白茫茫的大風雪和明亮的陽光交替出現。我們在雷克雅維克——冰島的首都，這裡住著該國三分之一的人口。

冰島是個色彩繽紛的國家，在冬天，你非常有可能在天空中看到這個。北極光——地球上最美麗的景致之一。來自大氣層的光在夜空中舞動。凌晨兩點的山邊，我們的攝影師捕捉到這驚人絕美的一幕。

在白天，冬季的冰島常呈現出不同的色彩——多數時候是多雲的天空和暴風雪帶來的灰色或白色——不過如果你知道往哪兒找，就可以看到更多顏色。

藍綠色的水、黑色的火山熔岩……還有白色的泥巴？這裡一定是藍潟湖了。這是冰島最具代表性的景點之一。全年無休、日以繼夜、不論陰晴，你都會看到來自世界各地的人在藍潟湖的水裡起起伏伏。

northern lights

northern lights 是「極光」，英文中又可稱為 aurora [əˈɔːrə] 或 polar lights。極光好發於南北緯 67 度附近的兩個環帶狀區域，是太陽風粒子與地球大氣中的原子和分子碰撞而產生的發光現象。著名的賞極光地點包括阿拉斯加、冰島、挪威、格陵蘭、加拿大等地。

Vocabulary

- geothermal** [ˌdʒiəʊˈθɜːml] *adj.* 地熱的
Robert's house had a new system that made use of **geothermal** steam to heat his house.
羅伯特的房子有一套利用地熱蒸汽來提供屋內暖氣的新系統。
- alternate** [ˈɒltə.net] *v.* 使交替；使輪流
In many tropical climates, it **alternates** between sunshine and downpours on a daily basis.
在許多熱帶氣候的地區，每天會一下子出太陽、一下子下大雨。
- whiteout** [ˈwaɪt.aʊt] *n.* 乳白天空（雲或霧遮蔽天空，導致能見度極低）
- blizzard** [ˈblɪzəd] *n.* 大風雪；暴風雪
- brilliant** [ˈbrɪljənt] *adj.* 光輝的；明亮的
Brilliant rays of sunlight shined through Amir's window in the morning.
早晨明亮的陽光照進艾米爾的窗戶。
- stunning** [ˈstʌnɪŋ] *adj.* 非常美麗的；絕美的
On national holidays, the city government often put on a **stunning** fireworks show.
國定假日時，市政府經常舉辦絕美的煙火秀。
- overcast** [ˈovə.kæst] *adj.* 多雲的；陰天的
The sky appeared **overcast**, signaling that a storm was brewing.
天空看起來烏雲密布，暗示著一場暴風雨即將到來。
- turquoise** [ˈtɜːkɔɪz] *adj.* 藍綠色的
Allen bought a **turquoise** stone ring as a birthday present for Zelda.
艾倫買了一枚藍綠色的寶石戒指送給賽達作為生日禮物。
- lava** [ˈlɑːvə] *n.* 火山熔岩
- lagoon** [ˈlɑːɡuːn] *n.* 潟湖
- iconic** [aɪˈkɒnɪk] *adj.* 具代表性的
The golden arches is McDonald's **iconic** symbol worldwide.
金色雙拱形是麥當勞在全球的代表性標誌。
- bob** [bɒb] *v.* 上下快速移動或擺動
Plastic bottles filled with air easily **bob** in water.
裝滿空氣的塑膠瓶容易在水裡上下浮動。

藍潟湖 (Blue Lagoon) 位於冰島西南部的格林達維克 (Grindavík)，是一人工潟湖。由附近地熱發電廠供給發電用過的熱水，水溫約攝氏 37 至 39 度。藍潟湖水因溫水長期溶解岩層中的礦物而富含礦物質，故成為著名水療溫泉勝地。

Valdimar Hafstein is a professor at the University of Iceland. For the past few years, he and a group of colleagues have been studying Iceland's pools.

VALDIMAR HAFSTEIN, ASSOCIATE PROFESSOR, UNIVERSITY OF ICELAND

There's a ... just down the road from here—not 200 feet—is a geothermal energy plant. And this is the runoff¹³ water from the energy plant. And if you could look just beyond that hill, which they probably put there so we couldn't see it, you'd see that you're basically bathing in factory runoff. And it's a gorgeous¹⁴ place. And it's a nice spa. It's a ...

弗地馬·哈夫斯坦是冰島大學的教授。過去幾年，他和一群同事一直在研究冰島的水池。

冰島大學副教授 弗地馬·哈夫斯坦

有一個……就在這條路下去，不到兩百英尺就有一座地熱發電廠。這是從發電廠出來的逕流水。如果你可以看到那座山丘的後面，他們可能把它設在那裡好讓我們看不到，你就會知道基本上你是泡在工廠的逕流水中。這是個很美的地方，是很棒的水療場所。這是……



DR. SANJAY GUPTA, "VITAL SIGNS"

You think people here know that they're bathing in factory runoff water?

《生命徵象》桑杰·古普塔醫師

你覺得這裡的人知道他們是泡在工廠的逕流水裡嗎？

VALDIMAR HAFSTEIN, ASSOCIATE PROFESSOR, UNIVERSITY OF ICELAND

Well, I don't think that's what it says in the brochure.¹⁵

冰島大學副教授 弗地馬·哈夫斯坦

嗯，我想旅遊手冊裡不是這樣說的。

DR. SANJAY GUPTA, "VITAL SIGNS"

That's right. But it works though, right? I mean, so this is considered clean; it's considered safe. And obviously [it's] very, very warm.

《生命徵象》桑杰·古普塔醫師

對。不過，這沒問題的，對吧？我是說，大家認為這是乾淨的，是安全的，而且顯然很溫暖。

VALDIMAR HAFSTEIN, ASSOCIATE PROFESSOR, UNIVERSITY OF ICELAND

Exactly. It's clean, safe and warm. And if you look around, you'll see these strange, ghostly faces of white—these white masks of silica¹⁶ that people have put on—silica mud.

冰島大學副教授 弗地馬·哈夫斯坦

一點都沒錯。這是乾淨、安全、溫暖的。如果你看看四周，你會看到這些奇怪的、像鬼一樣的白臉——這些人抹在臉上的白色矽土面膜——矽泥。

DR. SANJAY GUPTA, "VITAL SIGNS"

Researchers at the Blue Lagoon have been studying this, and they found that the silica mud can help treat skin conditions, like psoriasis¹⁷—drawing in visitors from around the globe.

《生命徵象》桑杰·古普塔醫師

藍湖的研究人員一直在研究這個，他們發現矽泥有助於治療皮膚問題，像是牛皮癬，因此吸引了來自全球各地的遊客。

So, the Blue Lagoon is one thing, but those [spas] are mainly for the tourists. If you wanna go see the people who live in the community, you gotta come to a pool like this. [It's] right in the neighborhood, the same geothermal sort of thing, but this is where the locals hang out.

You know what? I'm gonna give it a shot.

This is the West End pool in Reykjavik. We'll spare¹⁸ you my mad dash¹⁹ from the locker room to the hot tub—also known as a hot pot. I couldn't get in the water fast enough. The air temperature was hovering²⁰ around freezing, but the water temperature was hot—around 38 degrees Celsius. That's 100 degrees Fahrenheit.

Swimming pools exist all across Iceland because of the switch to geothermal energy in the 1950s and '60s. That's when the country decided to harness²¹ the awesome power of the water bubbling under the surface here—all heated by volcanic activity underground.

藍湯湖是一回事，但是那些水療主要是給遊客用的。如果你想去看看住在社區裡頭的人，你得來像這樣的水池。就在附近，同樣是地熱，但這裡是在地人常來的地方。

你知道嗎？我要來試試。

這是雷克雅維克的西區池。我們就不讓你看我從更衣室狂奔到熱池——也稱作火鍋——的畫面了，我用快得不能再快的速度衝進水裡。空氣中的溫度接近零度，但是水的溫度是熱的——大約攝氏三十八度，也就是華氏一百度。

全冰島都有泳池，因為一九五〇及六〇年代改用地熱能源。那時候，這個國家決定利用地表下熱得冒泡的水所產生的絕佳能源——全是由地底下的火山活動所加熱。

Vocabulary

13. runoff [ˈrʌn.ɔf] *n.* 逕流水（雨水、融雪等形成的水流）
14. gorgeous [ˈɡɔrdʒəs] *adj.* 美好的；很棒的
Teddy purchased a gorgeous piece of property up in the mountains.
泰迪在山上買了一塊很棒的土地。
15. brochure [brɒˈʃʊr] *n.* 小冊子
16. silica [ˈsɪlɪkə] *n.* 矽土
17. psoriasis [səˈrɪəsiəs] *n.* 牛皮癬
18. spare [speɪ] *v.* 免去；解除
Marc spared Doug the boring parts of the bedtime story and skipped to the end.
馬克沒讓道格聽床邊故事無聊的部分，而是跳到結局。
19. dash [dæʃ] *n.* 猛衝；急奔
20. hover [ˈhʌvə] *v.* 接近；維持在
Right now, the retailer's stock price is hovering around \$30.
目前這家零售公司的股價維持在三十塊美元上下。
21. harness [ˈhɑːnəs] *v.* 利用（動力）；控制
While harnessing nuclear power can provide many benefits, it also has a number of risks.
雖然使用核能可以帶來許多好處，但是它也有一些風險。

Grammar Point

We'll spare you my mad dash from the locker
①
room to the hot tub—also known as a hot pot.
②

說明

① spare sb. (from) sth. 表示「使某人免除某些麻煩或不愉快的經驗」。動詞 spare 後面先接一個直接受詞，再接一個間接受詞。介系詞 from 可加可不加。也經常用被動式 be spared (from) sth. 來表示。

• Leo had the courtesy to spare us the details of his trip to the restroom and simply let us know when he got back.
李奧仁慈地不告訴我們他去廁所的細節，回來時才知會我們。

② 這裡的 also known as a hot pot 是過去分詞片語，用來形容前面的 the hot tub。be known as 表示「以某種名稱、身分或職業而為人所知」。

• New York City is also known as the Big Apple around the world.
世界各地都知道紐約市又叫做大蘋果。

VALDIMAR HAFSTEIN, ASSOCIATE PROFESSOR, UNIVERSITY OF ICELAND

Every neighborhood in the country, every neighborhood in town, every small town in the country has one of these communal²² pools, and it's, at this point, considered more or less a civil right to have one within walking distance of your home. And it's become a **focus** [focal] point²³ of public life, really. This is a cold country—look around you. You know, look at us here twitching²⁴ in the cold. It's a ... we don't have the Mediterranean plaza culture; we don't have the town square as a meeting place that much—it's a limited window in the year anyway. Beer was actually illegal in this country until 1989, so the pub didn't develop as a social space either. But what did, **as of** the '50s and '60s, was the neighborhood pool.

DR. SANJAY GUPTA, "VITAL SIGNS"

What is it about the pool that sort of breaks down that barrier?

VALDIMAR HAFSTEIN, ASSOCIATE PROFESSOR, UNIVERSITY OF ICELAND

People from **all walks of life** go to the pool. And so you have mixing in the same hot tub people living in the area. Whether it's the professor or the student, the construction worker or the businessman, the billionaire or the car salesman, they all meet up. And, you know, topics of public interest at any given moment are hammered **through** [out]²⁵ in the hot tubs.

Life is good here, you know. And if I weren't from here, this wouldn't be my first choice of a place to live, but there's a tight-knit²⁶ network of friends and family here. So, the pools are a part of ... [a] good part of social life here. So, **geothermal** living is good here.

DR. SANJAY GUPTA, "VITAL SIGNS"

Appropriately, it was snowing while we were in the pool—**no one** even **batted an eye**. Another experience as uniquely Icelandic as this place and its people, molded²⁷ by the extreme elements—a landscape that could change science and medicine all over the world.

冰島大學副教授 弗地馬·哈夫斯坦

這個國家的每一個社區，城鎮裡的每個社區，這個國家的每個小鎮都有一座這種公共池，而這是……目前幾乎被視為是一種公民權利，從你家走得到的距離內就要有一座。這變成公共生活的重點，真的是這樣。這是一個寒冷的國家——你看看四周。你看我們在這裡，在寒風中顫抖。這是……我們沒有地中海國家的廣場文化，我們沒什麼市區廣場可作為聚會場所——反正一年中能這麼做的時間也不多。事實上，啤酒在這個國家直到一九八九年才合法，所以酒吧也沒有發展成為社交場所。但是，從五〇和六〇年代開始，社區裡的泳池就是社交場所。

《生命徵象》桑杰·古普塔醫師

這個泳池為什麼能打破人與人之間的藩籬？

冰島大學副教授 弗地馬·哈夫斯坦

來自各行各業的人都會來水池。所以，在同一個熱水盆裡混雜了住在這個地區的人。不管是教授或學生、建築工人或商人、億萬富翁或汽車銷售員，他們都聚在一起。而且在這個熱水盆裡，無論何時公眾感興趣的話題都會被不斷討論。

這裡的生活很愜意。如果我不是這裡的人，這不會是我居住地點的首選，但是這裡有關係緊密的親友網絡。所以，這些池子是一部分……是社交生活中很棒的一部分。所以，這裡的地熱生活很怡然自得。

《生命徵象》桑杰·古普塔醫師

正好，我們在水池裡時正在下雪——大家都不為所動。這是另一個跟冰島這個地方和這裡由極端環境所塑造出來的人民一樣獨特的體驗——也是個可能改變全世界科學和醫學的場域。CN

Vocabulary

22. **communal** [kə'mjuːnəl] *adj.* 公共的；共有的
In America, the first time most people encounter communal kitchens is during college.
在美國，大部分的人第一次見到公用廚房是在大學時期。
23. **focal point** [ˈfəʊkəl] [ˈpɔɪnt] *n.* 焦點；中心
24. **twitch** [twɪtʃ] *v.* 抽動；抽搐
After Will hurt his arm in an accident, sometimes his fingers would **twitch** for no reason.
威爾在一次意外傷到手臂後，他的手指有時候會沒來由地抽動。
25. **hammer out** [ˈhæməʊt] [aʊt] *v.* 反覆討論出（一致意見）；充分研討出
Ted and Ben spent a few hours **hammering out** their business dispute, eventually resolving the financial matter.
泰德和班花了幾個小時討論他們的商業糾紛，終於解決這樁財務問題。
26. **tight-knit** [taɪtˈnɪt] *adj.* 關係緊密的
Andrew had a **tight-knit** family that he could always rely on for love and support.
安德魯有個關係緊密的家庭，他永遠可以倚賴他們給予愛和支持。
27. **mold** [mɒld] *v.* 塑造；形塑
Sean was **molded** by his time spent as a police officer.
西恩擔任警察的那段時間形塑了他這個人的樣子。

as of

as of後面通常接一個特定時間，表示「從……開始；始自……」，例如as of today表示「從今天開始」。

字根 / 字首 / 字尾小辭典

geothermal

[ˌdʒiəʊˈθɜːməl]

地熱的

= geo- + thermo- + -al

地球；土地

熱的；溫泉的

形容詞字尾

同字首的字

geography

[dʒiˈɑːɡrəfi]

n. 地形；地理學

◎ geo + graphy

地球 + 描繪

同字根的字

thermometer

[θɜːˈmɒmɪtə]

n. 溫度計

◎ thermo- + meter

熱的 + 計量器

Language Notes

1. all walks of life 各行各業

這個片語表示「各行各業；社會各階層」，也可以說成 every walk of life。前面通常接介系詞 from，表示「來自各行各業的」。

- The university is a place to encounter people from all different walks of life.
大學是一個可以接觸到來自各個背景的人的地方。

2. not bat an eye 不為所動

bat在這裡作動詞用，表示「眨眼」。not bat an eye表示一個人的反應「不為所動；淡定」，也可以說成 not bat an eyelash。文中否定的部分是主詞 no one，所以後面不須再加 not。

- Surprisingly, when Katie heard that her favorite soccer team had lost the game, she didn't even bat an eye.
令人驚訝的是，凱蒂聽到她最喜歡的足球隊輸了比賽時非常淡定。



Give It a Try

請根據本課內容與單字，回答下列問題。

1. Which of the following correctly describes Reykjavik in winter?

- (A) The flowers on the trees are white.
(B) There's little sunlight.
(C) The weather is very consistent.
(D) The temperature is very low.

2. Why might Icelandic people be upset if they knew more about their pools?

- (A) Because the pools are heated by nuclear power
(B) Because the government charges too much money to swim in the pools
(C) Because some of the pools are heated by factory runoff water
(D) Because the people might learn about the danger of volcanoes

blizzard

harness

brilliant

runoff

communal

twitch

* 必要時請用句型：量衡數變化

3. Scientists have found a way to _____ solar energy to power many everyday products.

4. Northern areas in America usually get hit with _____ in the winter.

5. In order to save money, many recent graduates have gotten used to _____ living situations.