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Unit One

Traveling

Objectives

- **Skills**

1) Listening:

- a) Recognizing the Weak Forms of Certain Words
- b) Learning to Pronounce the Weak Forms
- c) Listening Strategy: Detecting Weak Forms
- d) How to Answer True or False Questions
- e) How to Answer Interrogative Questions

2) Speaking:

- a) Learning Means of Traveling and the Role of Traveling
- b) Developing Abilities in Stating One's Own Idea
- c) Developing Abilities in Exchanging Ideas and Debating
- d) Developing Abilities in Summarizing and Paraphrasing

3) Reading:

- a) Guessing/inferring Word Meaning from Context
- b) Reading for General Information and Details

4) Writing:

- a) General Writing: Identifying Formal and Informal Words
Revising Sentences with Specific Words
- b) Practical Writing: Arrival/Departure Record

- **Language Focus**

Key Words and Phrases

be inclined to	incorporate	hike	trail	sketch
exhausted	await	folk	assemble	adjust
barren	make it	average	early on	grateful
humid	purchase	count on	stretch	amazing
drain	maintain	mark	on schedule	persevere
stick with	come across	in contrast to		

Structures

the use of “-ever”: whenever, whatever, etc.	While
as... as...	present participle as adverbial

Teaching Arrangement

● **Listening**

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) Listening Strategy: 10-15 minutes
 - b) Task I Listening Practice: 10-15 minutes
 - c) Task II Topic-related Listening: 20-25 minutes

● **Reading**

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) Reading Strategy: 15 minutes
 - b) Task I Fast Reading: 20 minutes
 - c) Task II Lead-in: 10 minutes

● **Intensive Reading**

- 1) Time schedule: 2-3 class hours
- 2) Suggested lesson structure:
 - a) Warm-up Activities: 15-20 minutes
 - b) Text Understanding: 20-25 minutes
 - c) Language Study: 45 minutes
 - d) Exercises: 45 minutes

● **Speaking**

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) Task I: 15 minutes
 - b) Task II: 15 minutes
 - c) Task III: 15 minutes

● **Writing**

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) General Writing: 25 minutes
 - b) Practical Writing: 20 minutes

Teaching Procedures



Part One Listening Comprehension

Listening Strategy

Recognizing Strong and Weak Forms

1. Regulation on pronouncing weak forms:

1) Almost all function words — words that do not have a dictionary meaning in the way that we normally expect nouns, verbs, adjectives and adverbs to have — are pronounced as weak forms. These function words are articles, pronouns, prepositions, adverbs, conjunctions and auxiliary verbs.

- **Suggested teaching tips: ask students to think about what function words they remember and categorize them.**

Here are some examples:

article	<i>a, an, the</i>
pronoun	<i>I, he, she, it, we, me, him, her, etc.</i>
preposition	<i>in, at, on, of, etc.</i>
adverb	<i>here, there, not, never, as, etc.</i>
conjunction	<i>and, but, etc.</i>
auxiliary verb	<i>am, is, are, was, were, do, does, etc.</i>

2) Weak form *vs.* Strong form:

- Weak forms are always pronounced in the following cases:
 - * Elision of vowels and consonants
 - * Reduction of the length of sounds
 - * Obscuration of vowels towards the schwa
- Strong forms are always pronounced in the following cases:
 - * Quotation
 - * Emphasizing
 - * At the end of a sentence
 - * Comparison

e.g.:

government **of** the people, **for** the people, **by** the people

/gʌvənɪnɪtə 'ɒv ðə 'pi:pl 'baɪ ðə 'pi:pl 'fɒ ðə 'pi:pl/

He did it for the people of the city.

/hɪ 'dɪd ɪt fə ðə 'pi:pl əf ðə 'sɪtɪ/

This train isn't coming from London; it's going to London.

/ðɪs 'treɪn 'ɪznt 'kʌmɪŋ 'frɒm 'lʌndən ɪts 'gəʊɪŋ 'tu:lʌndən/



Task I Listening Practice

1. Script:

- 1) A) You should have used the conjunction “and” between the last two nouns. (stressed)
B) Sit down and tell me all about it.
- 2) A) She stood up and walked to the window.
B) Who were you speaking to? (stressed)
- 3) A) I found what I was looking for. (stressed)
B) If you're looking for a bargain, try the local market.
- 4) A) I go to and from the station every day. (stressed)
B) This is the kind of problem that we all have from time to time.
- 5) A) There are some people waiting outside to see you.
B) Some people always get on my nerves. (stressed)

2.

Script:

- 1) A boatman wanted to cross a river.
- 2) He had to take with him a goat, a wolf and a basket of cabbage.
- 3) His boat was so small that he could take only one of them at a time.
- 4) “If I leave the wolf and the goat together, the wolf may eat the goat,” he said to himself.
- 5) What did the boatman do to solve the problem?



Task II Topic-related Listening

1.

Script:

People have traveled ever since they first appeared on the earth.

In primitive times they did not travel for pleasure but to find new places where their herds could feed, to escape from hostile neighbors, or to find more favorable climates. They traveled on foot. Their journeys were long, tiring, and often dangerous. They protected themselves with simple weapons, such as wooden sticks or stone clubs, and by lighting fires at night and, above all, by keeping together.

Being intelligent and creative, they soon discovered easier ways of traveling. They rode on

the backs of animals; they paddled boats made of tree trunks.

Later they traveled, not only for necessity, but also for the joy and excitement of seeing and experiencing new things. This is still the main reason why we travel today.

Traveling, of course, has now become a highly organized business. There are cars and splendid roads, express trains, huge ships and jet airliners, all of which provide us with comforts and security. This sounds wonderful. But there are difficulties. If you want to go abroad, you need a passport and a visa, tickets, luggage, and other things. If you lose any of them, your journey may be ruined.

- 1) What is the best title for this article?
 - A) Travel Abroad
 - B) Change in Travel Plans
 - C) Travel
 - D) World Travel Guide
- 2) Which of the following words can best describe the journeys in primitive times?
 - A) Long.
 - B) Tiring.
 - C) Dangerous.
 - D) All of the above.
- 3) Which of the following statements is NOT true about modern traveling?
 - A) The purpose of today's traveling is for the joy and excitement.
 - B) Modern traveling has become an effectively planned business.
 - C) Modern transportation makes traveling comfortable and secure.
 - D) Modern technology solves all the difficulties in traveling.

2.

- 1) What are the reasons for the primitive people to travel?
 - a) They traveled to find new places where their herds could feed;
 - b) They traveled to escape from hostile neighbors;
 - c) They traveled to find more favorable climates.

- 2) How do modern people travel?

They travel by cars, express trains, huge ships and jet airliners.

3.

Script:

How to Meet People When Traveling Alone

There are people who will be more interested in making friends with native travelers. This usually happens when you are taking an 1) overseas flight. You are more likely to meet 2) native travelers from your country. 3) Smile at them. Introduce yourself and talk to them. Native

travelers will have more to talk about on 4) native subjects.

Cheap hotels, motels and Youth Hostels are places where you are 5) more likely to meet people traveling alone. Here people may prefer to get the 6) cheap accommodation and you will surely find similar travelers in the rooms. Talk to them and you will 7) get some new ideas on different things and some 8) fellow travelers too.



Part Two Reading Comprehension

Reading Strategy

Guessing Word Meaning from Context (1)

English vocabulary is extensive. *Webster's Third New International Dictionary*, for example, contains 460,000 words. Yet an average person's actual vocabulary is much smaller. Then what should you do when encountering unknown words while doing fast reading? You'd better not stop reading and consult your dictionary. This will slow down your reading and understanding. There are various strategies you can learn which will help you deduce what a word possibly means. One of them is to guess the meaning of unknown words from the context. Context here means words, phrases or sentences surrounding a word and the situation in which it is used. Context clues in a sentence or paragraph can help you determine the meanings of those unfamiliar words.

Context clue 1: Definition

Sometimes the writers may realize that some words are uncommon or unfamiliar to the readers. To make the word easier to understand, the writer may define the word to explain its meaning. Words or phrases like "is", "means", "refers to", "that is", "consists of", often signal definition clues. For example:

- 1) His **negligence**, that is, his carelessness in leaving his little sister alone while he went rollerblading, is appalling.
- 2) **Snoring** is a noise generated by vibrations of the soft parts of the throat during sleep.
- 3) A pilot's responsibility is to avoid putting passengers in **jeopardy**, meaning peril or danger.

Context clue 2: Restatement

Writers more often restate the unfamiliar word with the words, phrases, or sentences that come before and after a particular word and help to explain its full meaning. For example:

- 1) In Europe, the 17th century was a time of religious **dissension**, a lack of agreement about religious teaching.
- 2) In a thrilling performance, Carlos demonstrated his **zeal**, his passion, for native folk dances.
- 3) I am a **resolute** man. Once I set up a goal, I won't give it up easily.



Task I Fast Reading

1.

1)【题解】 Y

依据文章第一段最后一句话 “An important distinction, however, is that top achievers are very intentional and focused on their goals, while many of the rest of us are not.” 可知该陈述正确。

2)【题解】 N

依据文章第二段第二句 “Top achievers understand the basic skills for setting and reaching their goals, every time! They know how to design goals that create success.” 可知该陈述错误。

3)【题解】 Y

由第三段的小标题 “Reachable goals are SPECIFIC” 和第三段第二、三句 “Never word a goal with vague terms like ‘some’ or ‘a little bit’, or ‘more’. Be specific!” 可知, 该陈述正确。

4)【题解】 NG

从文章标题和段落中的十个小标题可知, 文章在讨论制定可实现目标时应考虑的十个至关重要的因素, 而文章并没有提到长期目标与短期目标和可实现目标之间的关系。

5)【题解】 N

由第七段最后一句话 “Define your goals in terms of height, weight, dollars, inches, or hours. Then measure your progress until you achieve your desired outcome.” 可知作者建议用高度、重量、金钱、英寸、或者时间来描述目标, 故此陈述错误。

6)【题解】 N

由第八段 “To reach your goal, you will need a plan, a path, and a vehicle to get there. ... Your goals should be just out of reach, but not out of sight!” 可知此陈述错误。

7)【题解】 Y

由第九段第一句话 “Choose goals that you can see, hear, smell or touch.” 可知此陈述正确。

2.

1)【题解】 the wording; structure; timing and format

依据第二段第一句。

2)【题解】 happiness; self-esteem

依据第七段第二句。

3)【题解】 their behavior and their values

依据第十二段第一句。

3.

1)【题解】 SIGNIFICANT: important and worth achieving

2)【题解】 MEASURABLE: that can be measured (here) in terms of height, weight, dollars, inches, or hours

3)【题解】 DOUBTERS: anyone who may ridicule, tease or discourage you

4)【题解】 CONSISTENT: not having conflict between their behavior and their values; in

agreement with sth.



Task II Topic-related Reading

- 1) 【题解】 People who travel abroad usually start their journey with a search for very cheap international flights to get to their destination.
依据第二句“对于我们大多数人来说，旅行是从搜索飞往目的地最便宜的国际航班开始的。”
- 2) 【题解】 Because he can watch the countryside roll by like moving snapshots of scenery.
依据第五句“我最喜欢的旅行方式是乘火车旅行，旅途中能够观看匆匆掠过的乡村，犹如欣赏一张张移动的风景照。”
- 3) 【题解】 In the countries like Panama and Thailand, buses are a perfectly good alternative to other forms of public transport.
依据第九句“在像巴拿马和泰国这样的国家，公共汽车是能够替代其他公共交通工具的最佳选择。”
- 4) 【题解】 The way is to travel by yachting.
依据第十二句“对于那些崇尚豪华或历险的人来说，游艇可以载着你游览一个个岛屿。”
- 5) 【题解】 There are about eleven ways for people to travel these days, and they are walking, jogging, cycling, riding motorcycle, riding bus or mini-bus, driving a car, a recreational vehicle, train travel, flight, hitchhiking and yachting.
依据全文提供的信息可找到答案。



Part Three Intensive Reading

Background Information

1. Scandinavia

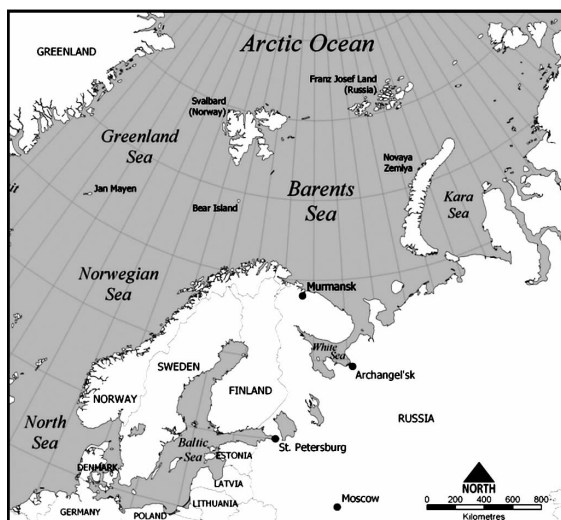
Scandinavia is a historical and geographical region centered on the Scandinavian Peninsula in Northern Europe which includes the kingdoms of Denmark, Norway and Sweden. The other Nordic countries, Finland, Iceland and the Faroe Islands, are sometimes included because of their close historic and cultural connections to Denmark, Norway and Sweden.

2. Appalachian Trail

The Appalachian National Scenic Trail, generally known as the A.T., is a 2,174 mile (3478 km) marked hiking and camping trail in the eastern United States, extending between Springer Mountain in Georgia and Mount Katahdin in Maine. Along the way, the trail also passes through the states of North Carolina, Tennessee, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont, and New Hampshire.

3. The Barents Sea

The Barents Sea is a part of the Arctic Ocean located north of Norway and Russia. It is a rather deep shelf sea (average depth 230m), bordered by the shelf edge towards the Norwegian Sea in the west, the island of Svalbard (Norway) in the northwest, and the islands of Franz Josef Land and Novaya Zemlya (Russia) in the northeast and east.



4. The Baltic Sea

The Baltic Sea is a brackish inland sea located in Northern Europe, from 53°N to 66°N latitude and from 20°E to 26°E longitude. It is bounded by the Scandinavian Peninsula, the mainland of Europe, and the Danish islands. The Baltic Sea is one of the most fascinating areas in the world — with a rich history, an unspoiled nature in a safe and secure environment.

Warm-up Activities

I. Purposes

- to help students talk about traveling experience;
- to encourage students to discuss different types of traveling;
- to arouse students' interests in traveling;
- to familiarize students with the topics in the text.

II. Warm-up Activities

Activity One

Directions: *Ask students the following questions.*

- What does traveling mean to you?
- Have you ever been somewhere alone? Do you want to have a solo traveling experience?
- If you have a chance to travel alone, where would you most want to go?
- In what ways do you want to travel alone?
- What's the most important thing when traveling alone?

Tips:

- To me, traveling means relaxation/entertainment/a chance to broaden my outlook/making new friends/strengthening my will-power...
- I have never been anywhere alone. I really want to try traveling in this way.
Yes, I often travel alone. I think it's fantastic.
- If I decide to have a solo traveling trip, I would like to go to...
- I like traveling by train/air/bus/ferry...
- I think safety is the most important thing when one is traveling alone.

Activity Two

Directions: *Ask students to make a checklist of the necessities they would take when traveling.*

Tips:

ID card and/or passport, money, credit card, clothes, tent, raincoat, laptop, sun hat, sunglasses, rubber/waterproof boots, medicine, heatstroke preventive, suntan lotion, mobile, phone, mp3, mp4, favorite novels, etc.

Global Study of the Text

Suggested Activities

Activity One: Understanding the Text Structure

Directions: *The text can be organized into three parts. Please go through the text quickly and decide the paragraphs the following titles can cover:*

Paragraphs	Titles
Paras 1—2	Planning a solo journey
Paras 3—9	Traveling experience across Norway and Sweden
Para 10	Mixed feelings about the solo journey

Activity Two: Understanding the Content

Directions: *Use some words to describe the author's feeling when the following happened.*

- 1) The Arctic weather in the north of Norway was in the 30s.

Tips: cold, regretful

- 2) I'd purchased a cheap cell phone when I first arrived in Norway.

Tips: grateful, happy

- 3) There was nobody around for miles, but there were mosquitoes — millions of them.

Tips: unexpected, annoyed

- 4) I reached my destination on the 40th day.

Tips: satisfied with himself and missing being with people he knew

Detailed Study of the Text

- 1) **Whether it is summer vacation or high school graduation, I'm inclined to incorporate adventure into my life whenever possible:** No matter whether it is during summer vacation or after high school graduation, I am likely to go out to have some adventures if possible.

【译文】无论是暑假还是中学毕业,只要有可能,我都喜欢把冒险融入生活。

“**whether... or...**” is used to show that sth. is true in either of two cases 无论……还是,不管……还是

e.g. I'm calling the doctor, whether you like it or not.

It seemed to me that she was in trouble whether Mabel lived or died.

be inclined to: tending to do sth.; likely to do sth. 有……的倾向,很可能

e.g. He's inclined to be lazy.

I am inclined to think that he has done a better job than any of you.

incorporate: v.

(1) (~ **sth. in/into sth.**) to include sth. so that it forms a part of sth. 将……包括进……,包含

e.g. Many of your suggestions have been incorporated in the new plan.

(2) have (sth.) as part of a whole 使……并入;合并

e.g. The new car design incorporates all the latest safety features.

whenever: conj. no matter when... 无论何时,只要

e.g. Whenever she comes, she brings a friend.

We try to help whenever possible.

Other similar words: however, whatever, wherever, whoever, whichever, etc.

- 2) **When I heard one guy hiked the Appalachian Trail by himself, I started thinking about doing a solo journey somewhere out of the ordinary:** When I heard one man traveled down the Appalachian Trail alone, I began to consider making a long, difficult and unusual journey in some place by myself.

【译文】当我听说有个家伙独自徒步了阿巴拉契亚山间的崎岖小道,我就开始琢磨我也要独自来一次非同一般的旅行。

start doing sth.: to begin doing sth. 开始做某事

e.g. Then the baby started crying.

somewhere: adv. in, at or to a place that you do not know or do not mention by name 在某处

e.g. He went to school in York or somewhere.

I've seen him somewhere before.

out of the ordinary: unusual or different 不平常的

e.g. I'm looking for something a little more out of the ordinary.

- 3) **My mind was halfway around the world visualizing the adventure that awaited me. Three**

days after graduation, the rest of me was there too: My mind flew to the other half of the world and formed a picture of the adventure that was waiting for me. Three days after graduation, I myself flew there.

【译文】我的心已经飞过了半个地球,想象正等待着我的这次冒险。毕业三天后,我也飞向了那里。

halfway: *adv.* at an equal distance between two points 在中途

e.g. It's about halfway between London and Bristol.

I'm afraid we're not even halfway there yet.

visualize: *v.* (~ **sth. as sth.**) to form a picture of sb./sth. in your mind 想象,设想

e.g. I can't visualize what this room looked like before it was decorated.

await: *v.*

(1) to be going to happen to sb. 即将发生(来临)

e.g. A warm welcome awaits all our guests.

(2) to wait for sb./sth. 等待

e.g. He is in custody awaiting trial.

Her latest novel is eagerly awaited.

Notice that “the rest of me” here refers to “something of me besides my mind”, or in other words, it refers to “my body” as “mind” and “body” are often considered as the two basic components of a man.

4) **Between the jet lag and the little sleep during the past two days, I was extremely tired:** I was exhausted because of the time difference and lack of sleep during the past two days.

【译文】过去的两天里,由于时差的关系,加上缺乏睡眠,我已疲惫不堪。

Notice that here “between... and...” means “because of... and...”.

5) **After getting off the boat in Honningsvåg, I assembled my bike and adjusted my backpack.**

【译文】从洪宁斯瓦格离船上岸后,我组装了自行车,调整好了背包。

assemble: *v.*

(1) to fit together all the separate parts of sth. 装配,安装

e.g. The bookcase can easily be assembled using a screwdriver.

(2) (cause people or things) to come together; collect 集合,聚集

e.g. The whole school (was) assembled in the main hall.

assembly *n.* act or process of fitting together the parts of sth. 装配,安装

e.g. The assembly of cars is often done by machines.

assembly line: 装配线

adjust: *v.*

(1) (~ **sth./oneself to sth.**) to become or make suited (to new conditions) (调整以)适应

e.g. The body quickly adjusts (itself) to changes in temperature.

(2) to alter (sth.) by a small amount so that it will fit or be right for use 校准(正)

e.g. Please do not adjust your set.

(3) put sth. into the correct order or position; arrange 整理(顿)

e.g. She carefully adjusted her clothes and her hair before going out.

adjustable: adj. that can be adjusted 可调节的

e.g. adjustable seat-belts

- 6) **Part of me was homesick and doubting whether I really could make it. The other part of me was ready to prove to myself and my family back home that I had what it took:** On the one hand, I missed my family and was not sure whether I could really succeed in reaching the destination; on the other hand, I was ready to prove to myself and my family members that I had the right qualities to finish the solo trip.

【译文】一方面,我思家心切,怀疑自己是否真能完成这次旅行;另一方面,我急不可待地向自己和国内的家人证明,我具备所需的一切实力。

make it:

(1) to succeed in reaching a place in time, especially when this is difficult 及时抵达

e.g. If we run, we should make it.

(2) be successful in one's career 事业上获得成功

e.g. He's never really made it as an actor.

(3) to manage to deal with a difficult experience 度过困境

e.g. I couldn't have made it through those times without the support of my boyfriend.

have what it takes: have the right qualities or skills required for success 具有成功所需的品质或技能

e.g. I don't think Rebecca has what it takes to be a ballet dancer.

Do you have what it takes to become a general manager?

- 7) **While I averaged about 60 miles a day, that stretch of my trip lasted seven days:** Although I cycled about 60 miles per day on average, it took me seven days to finish that part of my trip.

【译文】虽然我平均日行约 60 英里,但那一段旅程用了整整七天。

while: conj. (used at the beginning of a sentence) although; despite the fact that... 虽然

e.g. While I am willing to help, I do not have much time available.

while 的其他常见用法:

(1) during the time that sth. is happening 在……期间;当……的时候

e.g. Her parents died while she was still at school.

(2) at the same time as sth. else is happening 与……同时

e.g. You can go swimming while I'm having lunch.

(3) used to contrast two things (对比两件事物)……而,……然而

e.g. While Tom's very good at science, his brother is absolutely hopeless.

average: v. to do or amount to sth. as an average measure or rate 平均值为,平均为

e.g. This car averages 40 miles to the gallon.

The rainfall averages 36 inches a year.

n. standard or level regarded as usual 一般水平, 平均水准

e.g. These marks are well above/below average.

adj. found by calculating the average 平均的

e.g. The average temperature in Oxford last month was 18°C.

- 8) **In contrast to the hot, humid temperature I left in Illinois, the arctic weather in the north of Norway was in the 30s:** When I left Illinois, the weather there was hot and humid. On the contrary, the temperature in the north of Norway was only a little above zero centigrade as it was located in the cold arctic region.

【译文】我离开伊利诺伊州时, 天气潮湿、炎热, 可挪威北部的北极气候截然不同, 只有 30 多华氏度。

contrast: *n.* (~ between... and...); (~ to/with sb./sth.) a difference between people, ideas, situations, things, etc., that are being compared 对比(照)

e.g. There is an obvious contrast between the cultures of East and West.

v. (~... and/with...) to compare two things in order to show the differences between them 对比(照)

e.g. It is interesting to contrast the British legal system with the American one.

in contrast to...: 与……形成对比

e.g. The situation when we arrived was in sharp contrast to the news reports.

by contrast: 相比而言

e.g. When you look at their new system, ours seems very old-fashioned by contrast.

Note that Fahrenheit is widely used in the United States and less so in Britain as a temperature scale with freezing-point at 32°F and boiling-point at 212°F; Fahrenheit to Celsius: $(F - 32) \times 5/9$. Celsius to Fahrenheit: $(C \times 9/5) + 32$.

- 9) **Feeling as cold and discouraged as I had been early on, I was grateful I'd purchased a cheap cell phone when I first arrived in Norway:** I felt cold and discouraged at the beginning of the trip, and now I had the same feeling again. At this moment, I was thankful that I had bought a cheap cell phone when I first arrived in Norway.

【译文】虽然感觉像早先一样又冷又沮丧, 但我庆幸刚到挪威时就买了一个便宜手机。

early on: at an early stage in a situation, relationship, period of time, etc. 早些时候; 在初期

e.g. Their role in the strike had become evident early on.

I knew quite early on that I wanted to marry her.

grateful: *adj.* (~ to sb. for sth.; ~ that) feeling, or showing, thanks because sb. has done sth. kind for you or has done as you asked 感激(谢)的

e.g. I am grateful to you for your help.

I am grateful that they didn't ask me.

- 10) **My arms were so *pocked* with bites, they looked like the map I remember my 5th grade teacher using to teach geography:** The mosquitoes bit my arms badly, leaving small holes or marks on my skin. As a result, my arms looked like the map that my 5th grade teacher used to teach us geography.

【译文】我的两条胳膊被叮得斑痕累累,看上去就像我五年级老师上地理课时用的那张地图。

pocked: *adj.* covered with small holes or marks 布满斑痕的

Note that a vivid picture of how badly I was bitten by the mosquitoes is presented in this sentence.

- 11) **The humidity and the heat drained me more than I *counted on*:** The hot and humid weather there made me feel exhausted, which was beyond my expectation.

【译文】超乎想象的高湿度和高温使我精疲力竭。

count on sb./sth.:

(1) to expect sth. 预料(期)

e.g. The presence of Hans was one thing she hadn't counted on.

(2) to depend on sb. or sth., especially in a difficult situation 依靠(赖)

e.g. We're all counting on winning this contract.

- 12) **During that *stretch* of days it was tough to *maintain* my 60 miles per day average.**

【译文】在那段日子里,要保持平均日行 60 英里真够呛。

stretch: *n.*

(1) a continuous period of time 连续的一段时间

e.g. They worked in four-hour stretches.

During their worst stretch in 1996, the Padres lost 19 of their 23 games.

(2) an area of land or water, especially one that is long and narrow 一段地(水)域

e.g. You rarely see boats on this stretch of the river.

a beautiful stretch of countryside

maintain: *vt.*

(1) to cause sth. to continue; keep sth. in existence at the same level, standard, etc. 保(维)持

e.g. The improvement in his health is being maintained.

(2) to support sb. financially (在经济上)支持, 赡(抚)养

e.g. He can earn enough to maintain a family in comfort.

(3) to keep sth. in good condition or working order 保养, 维修

e.g. His first job was installing and maintaining computers.

- 13) **My six-week trip through the Scandinavian wilderness was *marked* by feelings of loneliness and difficult challenges:** My six-week solo journey through the Scandinavian

wilderness was full of loneliness and difficult challenges, which made it distinctive from other adventures I had had.

【译文】我穿越斯堪地纳维亚荒原的六个星期充满了孤独和艰难的挑战。

mark: v.

(1) (~ **sth. as sth.**) to give sb./sth. a particular quality or character 为……的特征

e.g. These are qualities which mark the film as quite exceptional.

(2) to write or draw a symbol, line, etc., on sth. 标记, 作记号

e.g. The route has been marked so that it is easy to follow.

n.

(1) stain, spot, line, etc., esp. one that spoils the appearance of sth. 痕迹, 污点, 斑

e.g. Who made these dirty marks on my new book?

(2) written or printed symbol; figure, line, etc., made as a sign or an indication of sth. 符(记)号

e.g. Put a mark in the margin to show the omission.

- 14) **Although I proved I had what it took to persevere and stick with my plan, I missed being with people I knew:** Although I proved I had the qualities to persist with my plan, I missed the companionship of people I knew.

【译文】虽然我证明了自己具备坚持不懈和恪守计划的品性, 但我怀念有熟人相伴的感觉。

persevere: v. (~ at/in/with sth.; ~ with sb.) to continue trying to do sth. in a very determined way in spite of difficulties 坚持不懈

e.g. She persevered in her efforts to win the championship.

You'll need to persevere if you want the business to succeed.

stick with: to continue doing sth. the way you did or planned to do before 坚持

e.g. I'm sticking with my original idea.

stick to sth.: to not abandon or change sth.; to keep to sth. 坚持, 不放弃(改变)

e.g. "Would you like some wine?"

"No, I'll stick to beer, thanks."

- 15) **I came across a Swedish proverb that says, "A shared joy is a double joy."** Once I heard by chance of a Swedish proverb that says, "When you share the joy with others, you feel more joyful."

【译文】我听说了一句瑞典格言: “与人分享的快乐是双倍的快乐。”

come across: to meet or find sb./sth. by chance 偶然遇见或发现

e.g. I came across an old school friend in Oxford Street this morning.

She came across some old photographs in a drawer.

- 16) **Being alone, I discovered how true that really is.**

【译文】独处时,我发现这真是千真万确。

Note that the *adverbial V-ing phrases* are used in place of adverbial clauses to express time relationship, cause or reason, circumstances, etc. And they may follow *after*, *since*, *while* and *when (ever)*. 动词 -ing 分词用作时间状语、原因状语、让步状语、伴随状语等,可跟在“after”“since”“while”“when(ever)”等词之后。

e.g. After throwing down his jacket, the stranger moved threateningly towards me.

Having spent nearly all our money, we couldn't afford to stay in a hotel.

Having taken the medicine you gave me, I feel much better.

Keys:

Text Comprehension

Reading for Main Idea

3) → 2) → 1) → 4) → 6) → 5) → 8) → 7)

Reading for Detailed Information

1) T 2) F 3) F 4) T 5) T 6) T

Text Organization

1) hiked 2) solo 3) flight 4) ferry 5) bike
6) weather 7) loneliness 8) bites 9) schedule 10) alone

Language Focus

Vocabulary

1.

1) persevered 2) maintained 3) sketched 4) steep 5) adjusted
6) grateful 7) drained 8) remote 9) hike 10) assembled
11) marked 12) average 13) await 14) purchase 15) humid

2.

1) When a man began to prosper, he was inclined to think about things that he used to wish for.
2) The flight leaves in twenty minutes — we'll never make it.
3) They decided to stick with their original plan.
4) His writing style is marked by precision and wit.
5) I came across an old diary in her desk.
6) Don't count on a salary increase this year.
7) The company lost \$7 million this quarter in contrast to a profit of \$6.2 million a year earlier.
8) I'm looking for something out of the ordinary.

Structure

1.

1) Wherever she goes
2) Whichever you buy

3) Whoever wants to speak to me on the phone

4) whatever happens

5) however cold it is

2.

1) Arriving at the station, he found his train gone.

2) Being poor, he could not afford to buy books.

3) Not wanting to give offence, they did so all the same.

4) Turning to the left, you will find the post office.

5) I don't like to sit here doing nothing.

Translation

1) 无论是暑假还是中学毕业,只要有可能,我都喜欢把冒险融入生活。

2) 一方面,我思家心切,怀疑自己是否真能完成这次旅行;另一方面,我急不可待地要向自己和国内的家人证明,我具备所需的一切实力。

3) 虽然感觉像早先一样又冷又沮丧,但我庆幸刚到挪威时就买了一个便宜手机。

4) 虽然我证明了自己具备坚持不懈和恪守计划的品性,但我怀念有熟人相伴的感觉。

5) 我听说了这样一句瑞典格言:“与人分享的快乐是双倍的快乐。”

附:课文参考译文

北欧荒原上的 40 个日日夜夜

冒险是我的天性。无论是暑假还是中学毕业,只要有可能,我都喜欢把冒险融入生活。当我听说有个家伙独自徒步了阿巴拉契亚山间的崎岖小道,我就开始琢磨我也要独自来一次非同一般的旅行。由于在挪威和瑞典有亲戚,我计划去那边旅行,并为此激动不已。我打开地图,大致勾画了我从挪威最北端到瑞典最南部的旅行路线,全程 1500 英里。

随着学期最后一天的临近,我越来越难集中精力到最后的作业上。我的心已经飞过了半个地球,想象正等待着我的这次冒险。毕业三天后,我的人也飞向了那里。

我从芝加哥飞往瑞典斯德哥尔摩的旅程一帆风顺。一到斯德哥尔摩,我就赶乘了飞往挪威奥斯陆的航班,然后乘另一短程航班到了一个名叫特罗姆索的小镇。在一家廉价旅馆住了一夜后,我又乘 12 小时的渡船到了洪宁斯瓦格。过去的两天里,由于时差的关系,加上缺乏睡眠,我已疲惫不堪。而此时我尚未到达计划旅程的起点。我还得再走 20 英里才能到达欧洲的最北端——北角。

从洪宁斯瓦格离船上岸后,我组装了自行车,调整好了背包。一切都准备就绪后,我意识到自己根本不知该走哪条路。我看不懂路标,周围也无人可询。由于坡陡,在那片草木不生的冰冻荒原上,我花了 12 个小时才蹬完那 20 英里路。到达北角时,我筋疲力尽,倍感孤独。好在,周围的美景让我为之倾倒。从我骑行的地方,能看到巴伦支海。

我离家仅仅 3 天,内心就斗争开了。一方面,我思家心切,怀疑自己是否真能完成这次旅行;另一方面,我急不可待地要向自己和国内的家人证明,我具备所需的一切实力。在北角,

我遇到一个骑行者,他年纪比我大很多。他从挪威南部出发,刚刚结束了他的孤军之旅。我能看出他有着极大的满足感。这鼓励了我坚持到底。

从北角到基律纳的一段旅程,山峦起伏,路途艰难。虽然我平均日行约 60 英里,但那段旅程我用了整整 7 天。我离开伊利诺伊州时,天气潮湿、炎热,可挪威北部的北极气候截然不同,只有 30 多华氏度。我对那里的寒冷天气毫无准备。每晚在我支起轻便的帐篷、打开轻薄的睡袋时,我都纳闷自己之前想些什么了。我只带了一件风衣和一件防雨薄夹克。真够笨的,我想。我没带厚袜子,没带手套,甚至连帽子都没带一顶。

虽然感觉像早先一样又冷又沮丧,但我庆幸刚到挪威时就买了一个便宜手机。借助欧洲便宜的无线网络,我每天都能与家人联络。

我一面听着 MP3 里自己钟爱的音乐,一面用脚踏车。方圆数英里之内除了我没有其他人,但有蚊子——成千上万的蚊子。我的两个胳膊被叮得斑痕累累,看上去就像我五年级老师上地理课时用的那张地图。由于蚊虫叮咬,加上从基律纳到乌默奥这一带偏僻——有些危险的居民和吉普赛人可能埋伏途中——我决定乘一段火车,几百英里后再骑车上路。

到达乌默奥后,我重新上了自行车道。令人惊奇的是,天气变化很大。当气温升到 90 多华氏度时,我扔掉了我的皮衣。听说这是当地 200 年来遭遇的最强劲的热浪。超乎想象的高湿度和高温使我精疲力竭。在那段日子里,要保持平均日行 60 英里真够呛。

我穿越斯堪地纳维亚荒原的六个星期充满了孤独和艰难的挑战。但我还是坚持下来了。第 40 天,我如期抵达了卡尔斯克罗那。这座美丽的城市座落在波罗地海之滨。虽然我证明了自己具备坚持不懈和恪守计划的品性,但我怀念有熟人相伴的感觉。我听说了这样一句瑞典格言:“与人分享的快乐是双倍的快乐。”独处时,我发现这真是千真万确。



Part Four Oral Practice

Activity One: Interview

Tips for working in a group:

To the interviewer:

- organize the conversation well;
- listen carefully to the others' speech, and try to find sth. useful to control the interview, ask questions or summarize the others' speech to keep the conversation going;
- take notes while talking and be prepared to give a summary of the conversation.

To the interviewees:

- clearly state your own ideas in a logical way;
- feel free to talk in a confident and natural way;
- take notes while listening carefully to the others' speech;
- don't dominate the conversation.

Activity Two: Read and Role Play

Sample Dialogues

Dialogue One

Officer: May I see your passport, please?

Visitor: Of course. Here is my passport.

Officer: What's the purpose of your visit?

Visitor: Sightseeing.

Officer: How long will you be staying in Australia?

Visitor: 10 days.

Officer: Where are you staying?

Visitor: I'm staying at the Hyatt hotel.

Officer: Do you have a return ticket to China?

Visitor: Yes, here it is.

Officer: How much money do you have with you?

Visitor: I have 2000 U.S dollars.

Officer: Have a nice stay.

Visitor: Thank you!

Dialogue Two

Officer: Is this your bag, sir?

Charles: Yes.

Officer: Are you bringing in any plant or animal products?

Charles: No.

Officer: Our sniffer dog (嗅探犬) seems to disagree. Do you mind if we look in your suitcase?

Charles: Not at all.

Officer: What's this, sir?

Charles: It's traditional Chinese Medicine. I mix it with hot water like tea. Sorry, I forgot about it.

Officer: What are these red things, sir?

Charles: Oh, no! I forgot about those, too! Those are Chinese sausages for my Aunt Lily.

Officer: I'm sorry sir, but you can't bring any of this into the country. We will also have to check your carry-on. Please step this way. Don't be nervous; we'll just look through it briefly and then if there are no further problems you'll be free to go.

Activity Three: *Listen and Discuss*

Script of the listening material:

Camping

W: Hey, John, I see you're preparing for something.

M: Yeah, I'm going camping by myself in the woods. I'm gonna pick up a few items and then set off right after.

W: Don't you have any exams and papers? I thought this was the busiest week for most students