



第二关

15 天轻松听懂情景会话





请遵循下面四个步骤，完成今日的无忧听写练习

016.mp3

步骤一 难词先睹为快

在听写之前，请浏览下列单词，并重点记忆。

jet lag 时差反应

mineral 矿物

terrible 可怕的

alcohol 酒精

well-being 幸福，康乐

步骤二 无忧听写练习（参考答案见章末）

不看下文，听录音，按照录音中的要求，把你听到的内容写到空白练习纸上。

M: Hi, Anna! Welcome back! How's your trip to the States?

W: Very busy. I had a lot of meetings, so, of course, I didn't have much time to see New York.

M: What a pity! Actually, I have a trip there myself next week.

W: Do you? Then take my advice, do the well-being in the air program. It really works.

M: Oh, I read about that in a magazine. You say it works?

W: Yes, I did the program on the flight to the States, and when I arrived at New York, I didn't have any problem, no jet lag at all. On the way back, I didn't do it, and I felt terrible.

M: You're joking!

W: Not at all, it really meant a lot of difference.

M: En. So what did you do?

W: Well, I didn't drink any alcohol or coffee, and I didn't eat any meat or rich food. I drank a lot of water, and some fresh juice, and I ate the noodles on the well-being menu. They're lighter. They have fish, vegetables, and noodles, for example, and I did some of the exercises of the program.

M: Exercises? On a plane?

W: Yes. I didn't do many, of course, there isn't much space on a plane.

M: How many passengers did the exercises?

W: Not many.

M: Then how much champagne did they drink?

W: A lot! It was more popular than mineral water.

M: So, basically, it's a choice. Mineral water and exercises, or champagne and jet lag.

W: That's right! It's a difficult choice.

步骤三 听力理解测试

根据刚才听到的录音，为下列各题选择正确的答案。

1. Why did the woman go to New York?
 - A) To go sightseeing.
 - B) To have meetings.
 - C) To promote a new champagne.
 - D) To join in a training program.
2. What does the woman say about the well-being in the air program?
 - A) It can reduce the number of passenger complaints.
 - B) It can make air travel more entertaining.
 - C) It can cut down the expenses for air travel.
 - D) It can lessen the discomfort caused by air travel.
3. What did the woman do to follow the well-being menu?
 - A) Took balanced meals with champagne.
 - B) Ate vegetables and fruit only.
 - C) Refrained from fish or meat.
 - D) Avoided eating rich food.
4. What did the woman say about other passengers?
 - A) Many of them found it difficult to exercise on a plane.
 - B) Many of them were concerned with their well-being.
 - C) Not many of them chose to do what she did.
 - D) Not many of them understood the program.

步骤四 核对总结分析

核对听力原文，把听写中的各类错误总结规划到下表中，日后重点复习。

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步骤一 难词先睹为快

在听写之前，请浏览下列单词，并重点记忆。

leather 皮革，皮革制品

lance 长矛，柳叶刀

competitive 竞争的，比赛的

Mediterranean 地中海的

步骤二 无忧听写练习（参考答案见章末）

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M: Hello and welcome to our program "Working Abroad". Our guest this evening is a Londoner who lives and works in Italy. Her name is Susan Hill. Susan, welcome to the program. You live in Florence. How long have you been living there?

W: Since 1982, but when I went there in 1982, I planned to stay for only 6 months.

M: Why did you change your mind?

W: Well, I'm a designer. I design leather goods, mainly shoes and handbags. Soon after I arrived in Florence, I got a job with one of Italy's top fashion houses, Ferragamo. So I decided to stay.

M: How lucky! Do you still work for Ferragamo?

W: No, I've been a free lance designer for quite a long time now. Since 1988, in fact.

M: So, does that mean you design for several different companies now?

W: Yes, that's right. I've designed many fashion items for a number of Italian companies. And in the last 4 years, I've also been designing for the British company, Burberrys.

M: What have you been designing for them?

W: Mostly handbags and small leather goods.

M: How has fashion industry in Italy changed since 1982?

W: Oh, yes, it has become a lot more competitive, because the quality of products from other countries has improved a lot, but Italian quality and design is still world famous.

M: And do you ever think of returning to live in England?

W: No, not really. Working in Italy is more interesting, I also love the Mediterranean sun and the Italian life style.

M: Well, thank you for talking to us, Susan.

W: It was a pleasure.

步骤三 听力理解测试

根据刚才听到的录音，为下列各题选择正确的答案。

- Where does this talk most probably take place?
 - In a studio.
 - In a clothing store.

- C) At a beach resort.
D) At a fashion show.
2. What was the woman's original plan when she went to Florence?
A) To live there permanently.
B) To stay there for half a year.
C) To find a better job to support herself.
D) To sell leather goods for a British company.
3. What has the woman been doing for a living since 1988?
A) Designing fashion items for several companies.
B) Modeling for a world-famous Italian company.
C) Working as an employee for Ferragamo.
D) Serving as a sales agent for Burberrys.
4. What do we learn about the change in Italy's fashion industry?
A) It has seen a steady decline in its profits.
B) It has become much more competitive.
C) It has lost many customers to foreign companies.
D) It has attracted a lot more designers from abroad.

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MEMO

Today is the first day of the rest of your life.

今天是你余生的第一天。

——Anonymous

句型拓展

Today is my first day at a new job. 今天是我新工作的第一天。



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018.mp3

步骤一 难词先睹为快

在听写之前，请浏览下列单词，并重点记忆。

Egyptian 埃及的

bulb 灯泡，茎

average 平均的

步骤二 无忧听写练习（参考答案见章末）

不看下文，听录音，按照录音中的要求，把你听到的内容写到空白练习纸上。

W: Tell me, Peter, what makes Harrods so famous?

M: Well, it's the biggest department store in the UK. And its food hall and the Egyptian hall are very famous. People come to Harrods just to see them.

W: What is special about the food hall?

M: It sells many different kinds of food. For example, it has 250 kinds of cheese from all over the world and more than 180 kinds of bread. Customers also love all the different kinds of chocolate. They buy a hundred tons every year.

W: That's amazing! And why is the Egyptian hall so famous?

M: Well, when people see it, they feel they are in another world. It looks like in Egyptian building from 4,000 years ago. And it sells beautiful objects. They are not 4,000 years old, of course.

W: Is it true that Harrods produces its own electricity?

M: Yes, it does. 70%, enough for a small town. To light the outside of the building, we use 11,500 light bulbs.

W: Really? Tell me, how many customers do you have on an average day? And how much do they spend?

M: About 30,000 people come on an average day. But during the sales, the number increases to 300,000 customers a day. How much do they spend? Well, on average, customers spend about 1.5 million pounds a day. The record for one day is nine million pounds.

W: Nine million pounds in one day?

M: Yes, on the first day of the January sales.

W: Harrods says it sells everything to everybody, everywhere. Is that really true?

M: Oh, yes. of course! Absolutely everything!

步骤三 听力理解测试

根据刚才听到的录音，为下列各题选择正确的答案。

1. What is the food hall of Harrods noted for?

A) Enormous size of its stores.

- B) Numerous varieties of food.
 C) Its appealing surroundings.
 D) Its rich and colorful history.
2. What does the Egyptian hall seem like to the customers?
 A) An ancient building.
 B) A world of antiques.
 C) An Egyptian museum.
 D) An Egyptian Memorial.
3. What may customers find surprising about Harrods?
 A) Its power bill reaches £9 million a year.
 B) It sells thousands of light bulbs a day.
 C) It supplies power to a nearby town.
 D) It generates 70% of the electricity it uses.
4. About how many customers come to Harrods on an average day?
 A) 11,500
 B) 30,000
 C) 250,000
 D) 300,000

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MEMO

Everything has its time.

万物皆有时。

—Anonymous

句型拓展

Everyone has his opportunity. 每个人都有机会。



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019.mp3

步骤一 难词先睹为快

在听写之前，请浏览下列单词，并重点记忆。

anti-nuclear 反核的

demonstration 示范，证明

dump 倾倒，倾泻

harass 侵扰，困扰

nuisance 讨厌的人，损害

步骤二 无忧听写练习（参考答案见章末）

不看下文，听录音，按照录音中的要求，把你听到的内容写到空白练习纸上。

W: Right, well, in the studio this morning, for our interview spot is Peter Wilson. Peter works for Green Peace. So, Peter, welcome.

M: Thanks a lot. It's good to be here.

W: Great! Now, Peter, perhaps you can tell us something about Green Peace and your job there.

M: Sure. Well, I'll start by telling you roughly what Green Peace is all about. I actually work in London for the Green Peace organization. We've been going for a few decades and we're a non-violent, non-political organization. We're involved in anti-nuclear activity, conservation and protection of animals and protection and support of our eco-system. I'm the action organizer and arrange any protests.

W: Right! A pretty important role, Peter. What sort of protest would you organize?

M: Well, recently we've been involved in anti-nuclear campaigns. I, personally arranged for the demonstration against radioactive waste dumping in the Atlantic Ocean. We've got a few small Green Peace boats that we harass the dumping ship with.

W: Say? Hold on, Peter. I thought you said your organization was non-violent. What do you mean by "harass"?

M: Well, we circle round and round the ships and get in the way when they try to dump the drums of nuclear waste in the sea. We talk to the men and try to change, you know, yell at them to stop. We generally make ourselves as much of a nuisance as possible.

M: Well, people may think differently of your methods, but there's no doubt you're doing a great job. Keep it up and good luck. And thanks for talking with us.

步骤三 听力理解测试

根据刚才听到的录音，为下列各题选择正确的答案。

1. What is the man's chief responsibility in the Green Peace organization?
 - A) Organising protests.
 - B) Acting as its spokesman.

- C) Recruiting members.
D) Saving endangered animals.
2. What has Green Peace been involved in recently?
A) Anti-animal-abuse demonstrations.
B) Anti-nuclear campaigns.
C) Surveying the Atlantic Ocean floor.
D) Removing industrial waste.
3. How does Green Peace try to stop people from dumping nuclear waste?
A) By harassing them.
B) By appealing to the public.
C) By taking legal action.
D) By resorting to force.
4. What is the woman's attitude towards the Green Peace's campaigns?
A) Doubtful
B) Reserved
C) Indifferent
D) Supportive

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6	语法问题（时态等）	

MEMO

Don't cry because it is over, smile because it happened.

不要因为结束而哭泣，微笑吧，因为曾经拥有。

——Dr. Seuss

苏斯博士（美国作家）

句型拓展

Cherish it because it is rare. 珍惜它，因为它很罕见。



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020.mp3

步骤一 难词先睹为快

在听写之前，请浏览下列单词，并重点记忆。

edition 版本

legendary 传说的，传奇的

stage 舞台

star 由……主演

fit 适应

步骤二 无忧听写练习（参考答案见章末）

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M: Good evening and welcome to tonight's edition of *Legendary Lives*. Our subject this evening is James Dean, actor and hero for the young people of his time. Edward Murray is the author of a new biography of Dean.

W: Good evening, Edward.

M: Hello Tina.

W: Edward, tell us what you know about Dean's early life.

M: He was born in Indiana in 1931, but his parents moved to California when he was five. He wasn't there long though because his mother passed away just four years later. Jimmy's father sent him back to Indiana after that to live with his aunt.

W: So how did he get into acting?

M: Well, first he acted in plays at high school, then he went to college in California where he got seriously into acting. In 1951 he moved to New York to do more stage acting.

W: Then when did his movie career really start?

M: 1955. His first starring role was in *East of Eden*. It was fabulous. Dean became a huge success. But the movie that really made him famous was his second one, *Rebel Without a Cause*, that was about teenagers who felt like they didn't fit into society.

W: So how many more movies did he make?

M: Just one more, then he died in that car crash in California in 1955.

W: What a tragedy! He only made three movies! So what made him the legend he still is today?

M: Well I guess his looks, his acting ability, his short life, and maybe the type of character he played in his movies. Many young people saw him as a symbol of American youths.

步骤三 听力理解测试

根据刚才听到的录音，为下列各题选择正确的答案。

1. What is the woman doing?
 - A) Interviewing a moving star.
 - B) Discussing teenage role models.

- C) Hosting a television show.
D) Reviewing a new biography.
2. Why did James Dean move back to Indiana when he was young?
A) He lost his mother.
B) He was unhappy in California.
C) He missed his aunt.
D) He had to attend school there.
3. What does the man say James Dean did at college in California?
A) He delivered public speeches.
B) He got seriously into acting.
C) He hosted talk shows on TV.
D) He played a role in East of Eden.
4. What do we learn about James Dean from the conversation?
A) He made numerous popular movies.
B) He has long been a legendary figure.
C) He was best at acting in Hollywood tragedies.
D) He was the most successful actor of his time.

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MEMO

It is no use crying over spilt milk.

覆水难收。

—Anonymous

句型拓展

It is no use blaming others. 责备别人是没有用的。