



MP3 11
講解 03
朗讀 27

J: Jason

A: Amy

PACKING FOR THAILAND

打包行李去泰國~

Jason is making a phone call to his cousin, Amy.

A: Hello?

J: Hey, Amy. This is Jason.

A: Hi, Jason. What's up?

J: Well, you've been to Thailand, right?

A: Yeah. I went there last summer. Why?

J: I'll be visiting there for the first time next month, but I **have no idea**¹ what I should pack.

A: You'll **definitely**² need sunscreen. April is the hottest month in Thailand.

J: Oh, wow. I didn't know that. Do you think Bangkok will be too hot?

A: It might be. I suggest you plan your day according to the weather. Try to stay indoors during the hottest time of day and go **sightseeing**³ outdoors when the sun isn't as **intense**⁴.

J: That's a good idea. What kind of clothing did you wear when you went?

A: I mostly wore items made of **cotton**⁵. As long as what you wear is breathable, you should be comfortable.

J: I'm sure I can find some clothes in a **shopping mall**⁶ there if I need any more, right?

A: Yeah, of course. You'll be able to find everything you need there. Also, all the malls have **air conditioning**⁷, so you can shop around to avoid the heat.

J: That's true. Is there anything else you recommend bringing?

A: Be sure to bring some medicine for **motion sickness** if you **plan on**⁸ taking any boats. I made the mistake of forgetting last time.

J: OK. Let me write everything down.

掃我!



旅遊生病好難受 但這些病的英文你得懂!

無論是在國內還是國外旅遊，在玩樂的期間若生病了，那這個假期可就不好受了，尤其在國外生病時，就醫更是不易。以下是旅遊常見的疾病英文，一起來看看吧！



motion sickness
動暈症

motion 的原意是「移動」，因快速移動或顛簸引起的頭暈或身體不適就叫 motion sickness。搭乘交通工具而引發的動暈症有 car sickness (暈車)、sea sickness (暈船) 及 air sickness (暈機) 等。



altitude [ˈæltɪtʃud]
sickness
高山症

高山症泛指人體處在高海拔地區時，主要因氣壓較低而導致空氣中氧分壓較低，此時就可能會出現一些健康問題。



traveler's diarrhea [ˌdʌrɪəˈrɪə]
旅行者腹瀉

旅行者腹瀉是旅客最常見的疾病，大約有 10%-60% 旅行到開發中國家的旅客會出現旅行者腹瀉，甚至有 40% 的旅客會因此改變旅遊行程。



表達各種不舒服的說法 →

當你在國外不舒服或發現其他人不舒服的時候，可以怎麼說呢？一起來看看吧！

- ★ I'm not feeling so hot. 我覺得不太舒服。
- ★ I think I'm going to throw up. 我覺得我快吐了。
- ★ You look a little green. 你的臉色發青耶。

★為全民英檢中級必背單字

Words & Phrases 單字片語

1. **have no idea** + 疑問詞引導的名詞子句
不知道……

I have no idea why Nicholas ignores me.
我不知道尼可拉斯為什麼不理我。

2. **definitely** [ˈdefənɪtli] *adv.* 一定，絕對
If we don't hurry up, we'll definitely be late for the concert.
我們若不快一點，演唱會一定會遲到。

★ 3. **sightseeing** [ˈsaɪtsiːŋ] *n.* 觀光，遊覽
go sightseeing 去觀光 / 遊覽風景
Mia likes to go sightseeing by herself.
米亞喜歡獨自去觀光。

★ 4. **intense** [ɪnˈtens] *a.* 強烈的，劇烈的
Al suddenly felt an intense pain in his back.
艾爾突然感到背部一陣劇痛。

5. **cotton** [ˈkɒtən] *n.* 棉；棉花
These clothes are made of pure cotton.
這些衣服是純棉製的。

Extra Words & Phrases 補充詞彙

- ▶ **sunscreen** [ˈsʌnskriːn] *n.* 防曬乳，防曬油
- ▶ **mostly** [ˈmɒstli] *adv.* 大部分
- ▶ **breathable** [ˈbriːəbəl] *a.* 透氣的
- ▶ **recommend** [ˌrekəˈmend] *vt.* 建議；推薦

★ 6. **a shopping mall** 購物中心
The new shopping mall was crowded with shoppers on opening day.
那家新開的購物中心在開幕當天擠滿了購物人潮。

★ 7. **air conditioning** [ˈeə kənˌdɪʃənɪŋ] *n.*
冷氣，空調系統
We can't imagine working without air conditioning during the summer.
我們無法想像夏天工作沒有冷氣。

8. **plan on V-ing** 計劃要……
= plan to V
Pete plans on marrying Doris next July.
彼得計劃在明年七月和朵莉絲結婚。

You Can Do This 英文試金石

請圈選出最適當的選項以完成句子

- 1 We dropped our luggage off at the hotel and went (warning / sightseeing / conditioning).
- 2 No one could get near the burning house because of the (intense / initial / inferior) heat.
- 3 Harry (sets up / fits in / plans on) running for mayor next year.

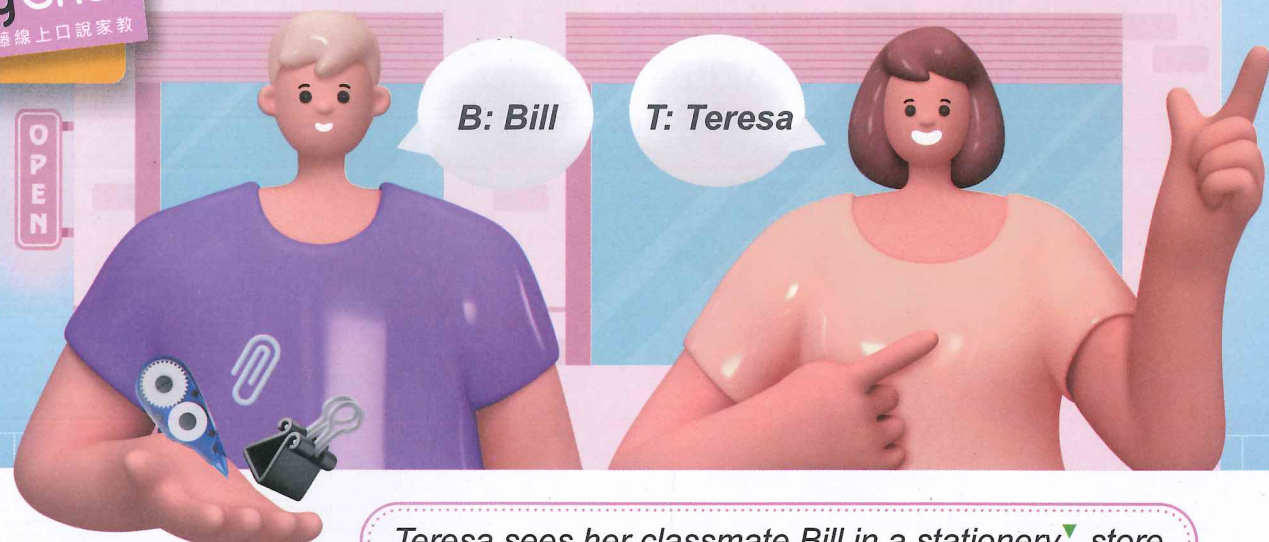


MP3 音樂

講解 08
朗讀 32

Shopping for School Supplies¹

學校用品大採購



B: Bill

T: Teresa

Teresa sees her classmate Bill in a stationery store.

T: Hey, Bill! I didn't **expect to**² see you here.

B: Hi, Teresa. How was the first week of the **semester**³?

T: It was good, but I need more school supplies than I realized.

B: **Same here**. Thankfully, this store is close to our school and has everything we need.

T: Yeah, I already bought **a bunch of**⁴ folders and notebooks here last week.

B: Let me guess. You came to get some binder clips and highlighters for our math class.

T: That's right. The teacher said we will also need a calculator and a protractor.

B: Thanks for **reminding**⁵ me. I'm terrible at math, so I should get **extra**⁶ erasers and correction tape as well.

T: I'm sure you'll be OK. Do you need anything else?

B: I also need **a good set of**⁷ colored pencils and some markers for art class. How about you?

T: I'm going to buy some Post-it Notes and paper clips to help me stay **organized**⁸.

B: That's a good idea. Actually, I should get a small notepad for the same reason.

T: Good luck with classes this year.

B: You, too! I'll see you Monday.

掃我!



好巧呀，
我也是!

《使兩一》
Same here.



《使兩二》
I feel you.



《使兩三》
So am / do I.



《使兩四》
I think so, too.



若是對他人說出的話有同感，想表達「我也是」，除了常見的 me, too 之外，還有許多其他的說法，一起來看看吧：

例 A: I always feel stressed before taking a big exam.
B: **Same here**. I can't even sleep well the night before.

甲：在大考之前我總是倍感壓力。
乙：我也是。考試前一晚我甚至睡不好。

例 A: I'm melting!
B: **I feel you**. It's too hot in the sun.

甲：我熱到快融化了！
乙：我懂你。在太陽下太熱了。

例 A: I can't stand the rain. I'm going to stay home all day.
B: **So am I**. Rainy days are the worst.

甲：我無法忍受下雨。我一整天都要待在家。
乙：我也要待在家。下雨天最糟了。

★為全民英檢初級必背單字

Words & Phrases

單字片語

- ★ 1. **supplies** [sə'plaiz] *n.* 用品（恆用複數）
You can get some office supplies at the front desk.
你可以在櫃檯取些辦公用品。
- ★ 2. **expect to V** 預期 / 期望（做）……
Don't expect to get good grades if you didn't study hard.
如果你沒認真唸書的話就別期望得到好成績。
- ★ 3. **semester** [sə'mestə] *n.* 學期
Mary needs some books for the new semester.
瑪莉新學期需要一些書。
4. **a bunch of...** 一堆……
I need a bunch of balloons to decorate the room.
我需要一堆氣球來裝飾房間。
- ★ 5. **remind** [rɪ'maɪnd] *vt.* 提醒；使想起
Please remind me to send my mom a birthday card.
請提醒我要寄給我媽一張生日卡。

- ★ 6. **extra** ['ekstrə] *a.* 額外的
It's so cold that I need an extra blanket.
天氣太冷了，我需要一條額外的毯子。
- ★ 7. **a set of...** 一套 / 一組……
Amy just bought a set of coffee cups in the store.
艾咪才剛在店裡買了一套咖啡杯。
- ★ 8. **organized** ['ɔrgənaɪzd] *a.* 井井有條的
Bob is not a very organized person, and he always arrives late at meetings.
鮑伯不是個有條不紊的人，且他總是在開會時遲到。

You Can Do This

英文試金石

請依句意在空格內填入適當的字詞

- 1 如果我忘記繳罰單的話記得提醒我。
_____ me if I forget to pay the ticket.
- 2 如果你擺放文件夾井井有條的話要找文件很簡單。
It's easy to find files if you keep your folders _____.
- 3 這位老師給學生額外的作業以懲罰他們。
The teacher punished the students by giving them _____ homework.

Extra Words & Phrases

補充詞彙

- **stationery** ['steɪʃənəri] *n.* 文具（集合名詞，不可數）