



GETTING COMFORTABLE ON LONG-HAUL FLIGHTS

舒適飛長途小撇步

R: Roger

D: Dana

Dana and Roger just returned to Taiwan after a long-haul flight from Europe.

R: Wow, what a long flight! I'm really tired.

D: Really? I actually feel pretty good. Long-haul flights can be **tough**¹, but I have a few tips to make them more bearable▼.

5 R: OK. Please share them with me. I need all the help for my future flights.

D: First, wearing comfortable clothing is important. I always wear something **loose**² like this hoodie▼ because planes
10 can get really cold.

R: Yeah, you looked pretty comfortable sleeping in your seat. I shouldn't have worn a shirt and jeans. I felt a bit constricted▼ the whole time.

15 D: No wonder you kept moving around in your seat. Also, when buying your ticket, try **reserving**³ an aisle▼ seat. That way, you can easily get up and **stretch your legs**⁴.

20 R: You're right. I was stuck in the middle seat and **barely**⁵ had any room to move around.

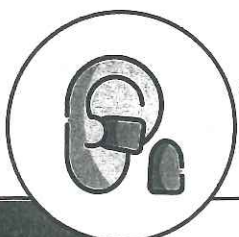
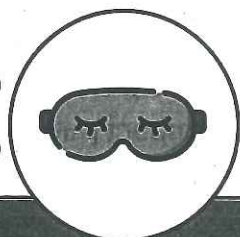
D: Another tip is to pack essentials▼ in your carry-on, like a travel pillow, a sleep mask, and earplugs. They'll make it
25 much easier to fall asleep. Also, don't forget to bring some snacks.

R: Those are some helpful tips. Thanks, Dana. I'm definitely▼ going to keep
30 these tips in mind for my future flights.

D: No problem. Just a little **preparation**⁶ can make a huge **difference in**⁷ your **comfort**⁸.

Enjoy Plus

- 標題的 long-haul flight 指「長途航班」。long-haul 為複合形容詞，指「長途的，遠途的」。
- 第 21 行的 room 為不可數名詞，指「空間」。
- 第 24 行的 carry-on 表「(登機時的)手提行李，隨身行李」。



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