

# Unit 1

## Bridge or Bridle?

### Part A Appetizer



#### I. Try to Find the Gems (TFG)

You might have learned of the saying, “**When in Rome , do as the Romans do.**” Please fill in the blanks with proper words to make the following sentences meaningful as well as grammatical.

1. He that travels far knows \_\_\_\_\_.
2. Change is part of life and part of the \_\_\_\_\_.
3. If you cannot moan in a true cultural manner then it means your \_\_\_\_\_.



#### II. Global Listening and Reading (GLR)

Please take the following **FOUR** steps to learn effectively.

##### **Step One**

Listen to each of the passages and then read the ten statements and questions following it.

For Statements 1-8, write on the line before each statement:

T (for True) if the statement agrees with the information given in the passage;

F (for False) if the statement contradicts the information given in the passage;

NG (for Not Given) if the statement is not given in the passage.

For Questions 9-10, write the answers on the lines according to the passage you have just listened to.

##### **Step Two**

If the passage proves to be too difficult for you to understand by the first listening, then look at the list of the new words and read them aloud before listening to the passage again.

##### **Step Three**

If you still have difficulty in understanding some parts of it by the second listening, then read the audio script in detail to improve your understanding. And check your answers to the ten statements and questions.

##### **Step Four**

Now if you can understand the material well by reading, listen to the record again for consolidation of listening comprehension without glancing at the audio script.



#### Passage 1 Tokyo Business People Sleep Less Than Their Overseas Peers

##### ⇒ Statements and Questions

- \_\_\_ 1. According to a survey by Ajinomoto Co. , people in Tokyo on weekends sleep under 6 hours on average.

- \_\_\_ 2. The survey found that commutes in New York were about the same distance as in Tokyo.
- \_\_\_ 3. Tokyo trains are full of dozing commuters, heads bobbing, only on work days.
- \_\_\_ 4. Most people in all cities in the world get up around the same time in the mornings, between 6:30 and 7:00.
- \_\_\_ 5. People in Tokyo get less sleep hours than people in Shanghai in that they seem to do things after they get home.
- \_\_\_ 6. Japanese and Parisians hold that sleep is the most important thing in their lives.
- \_\_\_ 7. New Yorkers and Shanghai residents do not like spending time with their family.
- \_\_\_ 8. The survey was conducted between July and August, including 900 teachers in their 30s to 50s.
9. What do many Japanese businesspeople do after hours of overtime?

10. People in Paris got nearly \_\_\_\_\_ hours of sleep on weekdays.

❖ *New Words to Learn before Listening to the Passage Again* ❖

1. sack [sæk]	n.	麻袋, 睡袋	7. bobbing ['bɒbɪŋ]	pr. p.	摆动
2. seasoning ['si:zənɪŋ]	n.	调味品	8. nap [næp]	v.	打盹
3. sessions ['seʃənz]	n. (pl.)	时段	9. cling to [klɪŋ tə]	phr. v.	紧抓
4. commute [kə'mju:t]	n. / v.	通勤	10. rails [reɪlz]	n. (pl.)	栏杆
5. dozing [dɔ:zɪŋ]	a.	假寐的	11. nonetheless [nʌnðə'les]	ad.	尽管如此
6. commuters [kə'mju:təz]	n. (pl.)	通勤者			

⇒ *Audio Script for Further Understanding*



Tokyo business people sleep less than their overseas peers. New York may be known as the city that never sleeps, but Tokyo business people get less time in the **sack**<sup>1</sup> than their New York peers — and also those in Paris, Stockholm and Shanghai. According to a survey of five cities, people in Tokyo on week days sleep just under 6 hours on average, according to a survey by Japanese food **seasoning**<sup>2</sup> maker Ajinomoto Co. People in Shanghai sleep the longest, seven hours and 28 minutes. Those in New York slept six hours and 35 minutes, the second shortest after Tokyo.

“I think people in Tokyo may just be too busy,” said an Ajinomoto spokeswoman.

Many Japanese businesspeople are forced into long days by hours of overtime followed by after-hours drinking **sessions**<sup>3</sup> and then a long **commute**<sup>4</sup> home, although the survey found that commutes in New York were about equally long. Tokyo trains in both mornings and evenings are full of **dozing**<sup>5</sup> **commuters**<sup>6</sup>, heads **bobbing**<sup>7</sup>. Some even manage to **nap**<sup>8</sup> standing up as they **cling to**<sup>9</sup> overhead **rails**<sup>10</sup>.

“In Shanghai, people simply seem to go to sleep earlier. Everyone in all cities gets up around the same time in the mornings, between 6:30 and 7:00,” said Ajinomoto spokeswoman.

“In Tokyo, on top of the long days, people seem to do things after they get home as well, like playing computer games. They don’t sleep until after midnight.”

Not surprisingly, when asked what was most important in their lives, Japanese gave “sleep” the top ranking — the same as their Parisian peers, who **nonetheless**<sup>11</sup> got nearly seven hours of sleep on weekdays. By contrast, both New Yorkers and Shanghai residents said “time with their family” came first. The survey was conducted online between July and August, covering nearly 900 workers in their 30s to 50s. (304 words)



## Passage 2 How Long Is It Reasonable to Stand in Line?

### ⇒ Statements and Questions

- \_\_\_ 1. In supermarkets, British people have to stand in line for 10 minutes and 42 seconds.
  - \_\_\_ 2. One third of respondents thought dawdling by those in front of them was the thing they hated most.
  - \_\_\_ 3. Older respondents over 55 easily became restless in a queue compared to younger people.
  - \_\_\_ 4. Four fifths British adults choose to pay their bills online to avoid queues.
  - \_\_\_ 5. The Payments Council is the body for setting payment strategy in Britain.
  - \_\_\_ 6. The online poll found that in Europe one in five people do their shopping at night to avoid the lines.
  - \_\_\_ 7. By using queue dodging tactics like internet and online banking, people can avoid queues.
  - \_\_\_ 8. An online poll conducted in 2006 showed that one in five people do their shopping at night to avoid the lines.
  9. How long is the British adult able to stand in line before they lose tempers?
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10. \_\_\_\_\_ are a nation renowned for the art of queuing.

### ❖ New Words to Learn before Listening to the Passage Again ❖

1. renowned [ri'naund]	a.	著名的	9. dawdling ['dɔ:dliŋ]	ger.	懒散, 闲逛
2. queuing [kju:ɪŋ]	ger.	排队	10. Brits [brɪts]	n. (pl.)	英国人
3. tempers ['tempəz]	n. (pl.)	脾气	11. council ['kaunsəl]	n.	委员会
4. fray [frei]	v.	磨破; 急躁起来	12. strategy ['strætɪdʒi]	n.	策略
5. loathed [ləʊðd]	a.	令人厌恶的	13. skip [skɪp]	v.	跳过
6. restless ['restlɪs]	a.	焦躁的	14. dodging ['dɒdʒɪŋ]	pr. p.	避开
7. frustration [frʌs'treɪʃən]	n.	挫折	15. tactics ['tæktɪks]	n. (pl.)	战术
8. faffing [fæfɪŋ]	ger.	忙乱, 小题大做			

### ⇒ Audio Script for Further Understanding

How long is it reasonable to stand in line? A nation **renowned**<sup>1</sup> for the art of **queuing**<sup>2</sup> may be losing its patience, a survey has shown, with the average British adult able to stand in line for only 10 minutes and 42 seconds before **tempers**<sup>3</sup> start to **fray**<sup>4</sup>. The most **loathed**<sup>5</sup> lines were in supermarkets, followed by the Post Office and airport check-in and security. Older respondents over 55 became **restless**<sup>6</sup> in a queue nearly three minutes before younger people but those aged under 35 were more likely to take their **frustration**<sup>7</sup> out on those around them. Two thirds of respondents said “**faffing**<sup>8</sup>,” or “**dawdling**<sup>9</sup>” by those in front of them was the thing they hated most. Most **Brits**<sup>10</sup> would rather avoid queues entirely, with eight in 10 adults instead choosing to pay their bills online, according to the survey by the Payments **Council**<sup>11</sup>, the body for setting payment **strategy**<sup>12</sup> in Britain. The online poll of 2,006 adults found that one in five people do their shopping at night to avoid the lines.

