



# 雙語週報

166 期



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Building for a successful future means making a good plan today.

擬訂計畫於今日，鋪墊成功於未來。

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## 管理、分解、整合再組織

## 按部就班 使命必達

英文 / Leila Luo 圖 / 123RF



Planning ahead includes many skills like time management, goal setting, prioritizing and organizing, but there is a handy trick to make sure that your plans are successful: start with the due date.

超前部屬計畫未來，雖然需要目標設定、時間管理、組織整合及程序排定等多項能力；不過，有個實用的技巧，能確保你的計劃順利進行：就從訂下「完成期限」開始規劃時程吧。

Let's say you have to write four pages for an assignment due on the last Friday of next month. Working backwards with a planner or calendar, write down all the regular activities you do that take up your time. This will show you how much free time you actually have on each day to work on that assignment. Spread out the work so you only have to do a little at a time. By thinking about time backwards, you can prevent yourself from leaving too much work to the last minute.

假設你必須於下個月的最後一個星期五前，完成一份四頁的作業。請先利用規劃表或日曆本，記錄下你的所有例行活動；如此，你便知道每日還有多少時間，可以運用在完成任務上。接著分配每日的工作進度，循序漸進地完成進度。藉由倒退思考排定計畫，可以避免你將所有的事情，拖到最後一分鐘才做，助你使命必達！



prioritize (v.) 確立優先次序    trick (n.) 詭計    assignment (n.) 功課    backwards (adv.) 倒退地    activity (n.) 活動

# 名畫蒙塵擲地仍有聲 佚作重現光芒不減

英文 / Andrew Edmunds 圖 / 123RF

Recently, an old painting fell off the wall in someone's countryside home in Rome, Italy. Because it was dirty and needed repair, the owner sent it to a professional to be cleaned and fixed. After cleaning, they discovered it was actually an almost-400-year-old Rembrandt masterpiece that was thought to be lost.

近日，一幅從義大利羅馬郊區的某戶人家牆上掉下的舊畫，由於污損染塵，主人將其送交專家清潔修復。經過一番處理後，他們發現該畫實為名家林布蘭的傑作，是幅擁有 400 年歷史、一度佚失的名畫。



# 垃圾食物造就肥胖！ 禁播廣告救三高

英文 / Andrew Edmunds 圖 / 123RF

Beginning in 2023, advertisements selling junk food in the UK will not be allowed online or on TV before 9pm. Foods with high levels of fat, salt and sugar are linked to rising levels in obesity. This ban will affect ads seen on Google, Facebook, Instagram and other highly used websites.

自 2023 年起，英國禁止於晚上 9 點前在網路或電視上，投放垃圾食品的相關廣告。高鹽、高糖、高脂肪的食物與國民肥胖率上升密切相關。這項禁令也將影響在 Google、FB、IG 和其他常用網站上投放的廣告。





# 防微杜漸設計未來 Future Design 打造城市美好

英文 / Leila Luo 圖 / 123RF、iIllustrAC



Planning ahead is not only good for the individual, but also good for the town or city we live in. In Japan, there is a movement called “Future Design”. The main idea is to think about how current problems and solutions will affect the next generation.

超前部屬不僅對個人有益，用於改善你我居住的城鎮、城市也有很好的成效。日本的「未來設計」運動，便是以此為精神宗旨，思考當代問題與其解決方法對下個世代的影響。

When it was time to repair the worsening water system of Yahaba, local residents discussed the problem with town officials—first from the point of view of a current resident, then as a future resident. They all agreed to pay 6% more in water taxes because they agreed the town's future was worth the extra money. Future Design has been so successful that it has spread to cities like Kyoto and Suita, and is even being used by the Japanese Ministry of Finance.

岩手縣矢巾町日益惡化、亟待修理的供水系統即為一例。町民與官員啟動「未來設計」共謀解決之道。他們分別以現在及未來居民的角度檢視、分析問題。為了城鎮的未來，最終町民達成額外負擔 6% 水稅的共識。鑒於該計畫成效斐然，京都、吹田等城市也相繼採用，甚至日本財務省也將「未來設計」運用於政務規劃。



individual (n.) 個人

current (a.) 當前的

affect (v.) 影響

worsen (v.) 惡化

discuss (v.) 討論



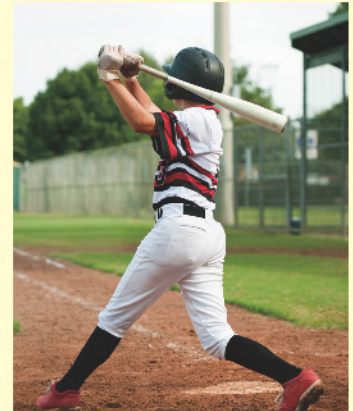
# 問鼎球場打造第一強

## 謀定未來鉅細靡遺

英文 / Leila Luo 圖 / 123RF



American baseball coach Jay Johnson has developed a reputation for creating strong teams because he plans ahead very carefully. For example, he doesn't only think about what opponent they will play next, but also thinks about the strengths and weaknesses of each of those players. Then Johnson chooses specific kinds of batting practice and drills to prepare his team.



美國棒球教練傑伊・約翰森以打造強大球隊享譽盛名，「鉅細靡遺地規劃未來」是他成功的祕訣。舉例來說：球賽將臨，約翰森教練不僅會思考敵隊的整體風格與特色，也會分析每名敵隊球員的強項與弱點，依此制定相應的打擊練習和各式訓練，在賽前做足準備。

Johnson also considers every detail of each of his players, too, from the way they stand or hold the bat to how they move their bodies. Players who have been coached by Johnson say that it is empowering because they are so prepared for anything. It makes everyone on the team feel like they have the power to succeed.

約翰森教練為自家球員的規劃也是面面俱到，從握棒、站立姿勢，乃至任何身體肌肉運作的細節都不馬虎。約翰森教練的指導使全隊堅信，他們擁有致勝的力量。曾獲約翰森培訓的球員都說，他為球隊規劃的超前部屬，賦予球員面對任何挑戰的能力與自信。



1. Which word means about the same as 'due date'?
  - a. duration
  - b. extension
  - c. sideline
  - d. time limit
2. Around when was the Rembrandt painting from page three created?
  - a. in the 1400s
  - b. in the 1500s
  - c. in the 1600s
  - d. in the 1700s
3. What is something you will not find on daytime TV in the United Kingdom in the future?
  - a. cheeseburgers
  - b. fat levels
  - c. junk removal
  - d. websites
4. According to page four, how many towns or cities in Japan are using Future Design?
  - a. less than one
  - b. only two
  - c. at least three
  - d. more than six
5. What's the best definition for drill as it was used on page five?
  - a. a tool used to make a hole
  - b. an exercise to prepare for a future event
  - c. to make a hole in something
  - d. to hit or kick with a lot of power
6. What do we know about Jay Johnson from page five?
  - a. He has a bad reputation.
  - b. He only focuses on his team.
  - c. He overpowers his players.
  - d. He is very well prepared.

### Cloze Test A

Alice \_\_\_ a big exam coming up at the end of the month. She wants two full days to rest before the exam, \_\_\_ she's planning backwards. She will study \_\_\_ two hours a day before then.

### Cloze Test B

Rachel was really looking forward \_\_\_ a vacation at the beach. By the time she went to buy a train ticket, they were already sold \_\_\_. Now, she wishes she \_\_\_ planned better.



1.d 2.c 3.a 4.c 5.b 6.d

1. due date (n. 到期日) 與 time limit (n. 期限) 意思相近。其他選項，(a)n. 持續時間、(b)n. 延期、(c)n. 副業。
2. 查閱第 3 版第 1 則報導，雖然未言及林布蘭完成畫作的確切年分，但提到該畫有將近 400 年歷史，可以依此推斷答案為 (c)。
3. 自 2023 年起，英國禁止日間投放垃圾食品廣告。(a) 起司漢堡，屬於高脂肪、高鹽、高糖的垃圾食物！
4. 第 4 版報導以矢巾町為例，京都、吹田也都採用未來計畫。據此選出最佳答案 (c) 至少 3 座城市。
5. 所有選項皆是 drill 代表的意思，但在第 5 版報導中，drill 是指為比賽規劃的訓練和練習，而學校的地震演習則是 earthquake drill。
6. 查閱第 5 版報導可知，約翰森教練總是為球隊和比賽做足準備。

### Cloze Test A

1.has 2.so 3.for

月底愛麗絲有場大考，她想在考前休息兩天，養精蓄銳；因此她從考試日期倒推行程，計畫於休息日前，每天讀書兩小時。

### Cloze Test B

1.to 2.out 3.had

原本瑞秋引頸期盼海灘度假，但當她去買火車票，發現車票賣完了。期待落空，現在她只能悔不當初，自責沒有做好規劃。

## 過猶不及

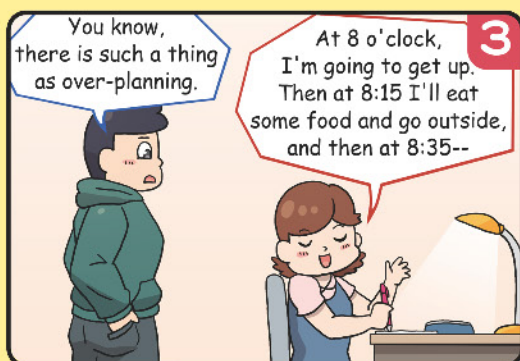
腳本 / Leila Luo 漫畫 / 瀚昇



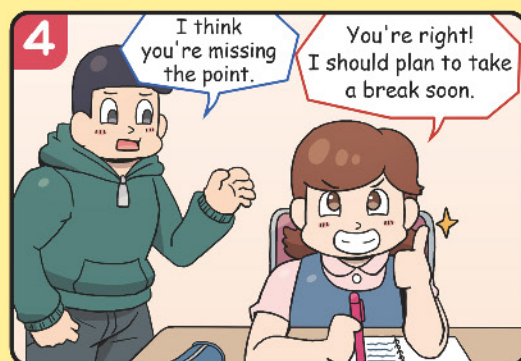
嘿，你在做什麼？



我正在規劃下次的旅行！



我會在 8 點起床。接著 8 點 15 分用餐出門。  
然後 8 點 35 分——  
我覺得你規劃過頭了。



你說得對！我得給自己規劃個休息時間。  
你搞錯重點了。

## The Rest is History

## 烈焰灼灼真嚇人

## 提氧救火幫倒忙

英文 / Andrew Edmunds 圖 / 123RF

In 1774, chemist Joseph Priestley wanted to figure out why and how things burn. He experimented with different kinds of “air” and discovered that air was actually a mixture of gases. On the 1st of August, he discovered oxygen after noticing that this one gas made candle flames burn faster.

化學家約瑟夫·普里斯特利企圖探究物質燃燒的原因和方法。他測試了各式各樣的「氣體」，發現空氣原來是各種氣體的混合物。1774 年 8 月 1 日，他發現某種氣體能使蠟燭燒得更快，氧氣因此現形。（編註：科學家初發現氣體時，以 air 表達氣體。）

chemist (n.) 化學家

burn (v.) 燃燒

air (n.) 空氣

gas (n.) 氣體

flame (n.) 火焰