

用英文Show自己，博得好印象

About



我怎麼介紹我？

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用英文自我介紹
成為世界人才
第一步！

升學口試 求職面談
商務會面 國際競賽

Impress them! 立即勝出 !!

附侃侃而談
MP3



貝塔語言出版
Beta Multimedia Publishing



IRT 語言測驗中心
Language Testing Center

What do you do to relieve stress?

你都做些什麼來紓解壓力？

Dialogue 實戰會話

Track 82

A : What do you do to relieve stress?

(你都做什麼來紓解壓力？)

B1: I've found that lists are helpful. 

(我發現列清單很有用。)

A : Hmmm, maybe I should try that. What exactly do you do?

(嗯，也許我也該試試。那你到底做些什麼？)

B2: For example, if I'm stressed about a project, I write down the specific things I need to do. 

(舉例來說，當我因為某個案子覺得壓力大的時候，我就把必須做的具體事項寫下來。)

* specific 「特定的；明確的；具體的」

 **Exercise** 請寫下自己的答案並試著說出來！

A : What do you do to relieve stress?

B1:

	ABOUT ME
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A : Hmmm, maybe I should try that. What exactly do you do?

B2:

	ABOUT ME
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Substitution 更多回應說法！

B1

- **Massage works really well for me.**
(對我來說按摩真的很有效。)
* work 「有效」
- **When I get stressed out, I go for a drive.**
(當我覺得壓力太大的時候，就去開車兜風。)
* get stressed out 「壓力過大」
- **I set aside a few minutes every evening for meditation.**
(我每天傍晚會撥出幾分鐘進行冥想。)
* set aside 「撥出時間」；meditation 「冥想」

B2

- **I go to a professional reflexologist. I can give you her number, if you like.**
(我都去找一個專業的腳底按摩師。如果你也想試試，我可以把她的電話號碼給你。)
* reflexologist 「腳底按摩師」
- **Well, I turn the music up loud and sing along while I'm driving on the highway.**
(嗯，我會在開車奔馳於高速公路上的時候，把音樂聲轉大並跟著唱。)
* sing along 「跟著唱」
- **Actually, I have a CD. I just do what the teacher says.**
(事實上我有一張 CD。我只是跟著老師說的做而已。)

VOCABULARY 具體描述自己的好用字！

manage one's time 管理個人的時間 / clean one's room 打掃個人的房間 / look at one's aquarium fish 看著水族箱裡的魚 / take a bath 泡個澡 / go to karaoke 去唱卡拉 OK / do some exercise 做些運動 / get out of the house 出門去 / go for a walk 去散步 / take deep breaths 深呼吸 / smoke (cigarettes) 抽菸 / drink hot coffee 喝熱咖啡 / have a silly talk with a friend 和朋友聊些五三四 / go drinking with a coworker 和同事去喝一杯 / stuff oneself (to ease stress) 大吃一頓(來紓壓) / waste money 亂花錢 / go to a place with lots of greenery 去充滿綠意的地方 / take it easy at the park 在公園放鬆一下 / go traveling 去旅行 / do boxercise 做健身拳擊 / talk to a friend 與朋友聊聊 / read self-help books 閱讀自我啓發書籍 / play the piano 彈鋼琴 / go on a shopping binge 瘋狂購物 / take it out on other people 拿別人出氣