

# BBC LEARNING ENGLISH

## Take Away English 随身英语

### In love with fear 爱上恐惧感

BBC  
LEARNING  
ENGLISH

- 关于台词的备注:  
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。
- 请注意: 中文文字内容只提供简体版

**Vocabulary 词汇:** Extreme sports 极限运动

Tired of your quiet routine? How about leaving your computer games behind and taking up an **extreme sport**?

You can ride a bicycle, right? In that case you're halfway to becoming a **mountain biker**. All you have to do is take your bike off the road and try some rough **terrain**. Mountain biking was developed in California in the 1970s and became an Olympic sport in 1996. In the London 2012 games athletes had to **navigate** a 4.7-kilometre track in less than two hours.



Skydivers have to be fit but age might not matter much

Not challenging enough? **Skydivers** jump from aircraft at an **altitude** of 1,000 to 4,000 metres. You have to be **fit** but there's no age limit with this sport. Dilys Price from Cardiff went on her first jump aged 54. The minute she came down she wanted to go up again. "I was **hooked**", said Dilys.

Some **adrenaline junkies** are even **bolder** – they've invented base jumping, in which people leap from tall structures, such as buildings or bridges, with a parachute. Many of their **stunts** aren't legal, especially in urban areas. Dan Witchalls has jumped off The Shard - London's 310 metre-high skyscraper - four times. He says: "Base jumping is scarier than jumping out of a plane. In a plane there's no perception of height, but when you are standing on the edge of the building you can see people and cars - it makes it very real."

It seems there's no lack of imagination when it comes to risking life to look cool and get the heart **pounding**. Surfing, **scuba diving**, rock climbing... How about turning one of your **chores** into a **daredevil pursuit**? 'Extreme ironing' isn't for **wimps**! Pressing your shirt on top of a mountain could be dangerous, depending on the mountain. Extreme ironing is said to have been created in the 1990s in the English town of Leicester by a man who saw a pile of **wrinkled** clothes and felt bored. That was Phil Shaw who also won the only Extreme Ironing Championships ever held, in Germany in 2002. For him, the **thrill** of this sport comes from looking at the spectators' faces. Shaw says: "Sometimes they look confused, sometimes they laugh. It's fun to see how people respond to it."

## 词汇表

<b>an extreme sport</b>	极限运动
<b>a mountain biker</b>	山地车车手
<b>terrain</b>	地带，地面
<b>to navigate</b>	骑车通过，对付（艰险路面）
<b>a skydiver</b>	跳伞者，跳伞运动员
<b>altitude</b>	海拔高度
<b>fit</b>	身体健康的，健壮的
<b>hooked</b>	着迷了，上瘾了
<b>adrenaline junkie</b>	寻求刺激的人（喜欢肾上腺素带来的兴奋感的人）
<b>bolder</b>	更勇敢无畏
<b>a stunt</b>	惊险动作，特技
<b>to pound</b>	（心脏）怦怦地跳
<b>scuba diving</b>	水肺潜水
<b>a chore</b>	令人讨厌的琐事，家务活
<b>a daredevil pursuit</b>	大胆的追求
<b>a wimp</b>	软弱的人
<b>wrinkled</b>	皱巴巴的，有皱的
<b>a thrill</b>	刺激，兴奋感

## 测验与练习

### 1. 阅读课文并回答问题。

1. What sort of surface do mountain bikers train on?
2. Was 54-year-old Dilys Price terrified after her first parachute jump?
3. Why is jumping off a building scarier than jumping out of a plane?
4. True or false? *Extreme ironing was invented by a man who likes ironing.*
5. Where does the excitement of extreme ironing come from, according to the article?

### 2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. My cousin Billy goes surfing every week and now he wants to try skydiving. He is \_\_\_\_\_.

an adrenaline junkie	a wimp	a spectator	a mountain biker
----------------------	--------	-------------	------------------

2. Leave your parachute at home. Today we are going \_\_\_\_\_.

base jumping	scuba diving	skydiving	rock climbing
--------------	--------------	-----------	---------------

3. I'm not very fit. We've been running for a few minutes and my heart is already \_\_\_\_\_.

beating	hooked	tired	pounding
---------	--------	-------	----------

4. I'm going to become a professional mountain biker. Why not turn a hobby \_\_\_\_\_ a career?

over	into	on	to
------	------	----	----

5. What are you doing with this ironing board on the top of Mount Kilimanjaro? I'm \_\_\_\_\_.

confused	bored	tired	fit
----------	-------	-------	-----

## 答案

### 1. 阅读课文并回答问题。

1. What sort of surface do mountain bikers train on?  
**Rough terrain.**
2. Was 54-year-old Dilys Price terrified after her first parachute jump?  
**No. Dilys wanted to do it again. The Cardiff native said she was hooked.**
3. Why is jumping off a building scarier than jumping out of a plane?  
**Because there is no perception of height from a plane. When you jump off a building you can see people and cars, which makes it feel more real.**
4. True or false? *Extreme ironing was invented by a man who likes ironing.*  
**False. He was bored of ironing and invented extreme ironing to make it more fun.**
5. Where does the excitement of extreme ironing come from, according to the article?  
**The article says the "thrill" (excitement) comes from "looking at the spectators' faces".**

### 2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. My cousin Billy goes surfing every week and now he wants to try skydiving. He is **an adrenaline junkie**.
2. Leave your parachute at home. Today we are going **scuba diving**.
3. I'm not very fit. We've been running for a few minutes and my heart is already **pounding**.
4. I'm going to become a professional mountain biker. Why not turn a hobby **into** a career?
5. What are you doing with this ironing board on the top of Mount Kilimanjaro? I'm **confused**.