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Vocabulary: commuting 上下班

The daily journey to and from home and work is one of those things that many of us have to **endure**. Whether by train, bus, bike or on foot, it's a routine that some people could rather do without but if we have to work, **the daily grind** is all part of the job!



Same train, same time – same newspaper?

We all have stories of commuting nightmares – a **tube train** stuck in a tunnel or a bus journey where people are **packed in like sardines**. In London, where there is an extensive transport **network**, complaining about delays, **cancellations** and the price of their **season ticket**, has become a commuter's favourite **past time** but their problems are relatively minor compared to ones that travellers in other parts of the world face. In Nairobi, for example, commuters have to keep windows shut to avoid someone stealing their **belongings**.

It's no surprise that the daily commute is **stressful** and according to research, women are more likely to experience stress during their journey than men. This is because they're more likely to do something which is being called '**trip chaining**' – where they make one or more stops on the way to work or when going home – for example to drop off or pick up the kids from school – and this makes it more likely that something will go wrong with their journey.

The stress of commuting can be bad for your health too especially if you travel longer distances. According to Christine Hoehner, researcher at Washington University School of Medicine "adults who commuted longer distances from home to work were less physically active, less physically fit, weighed more and had higher blood pressure than those people who had shorter commutes."

But the American researcher must be talking about commuters who aren't engaged in active travel, because if you cycle a longer distance then you're likely to be more **physically active**. However there is a risk of being knocked off you bike and there's the embarrassment of wearing clothing made of **Lycra!** What's your journey to work, college or school like?

词汇表

endure	忍受, 忍耐
the daily grind	每天必须经历的苦差
tube train	一辆地铁
packed in like sardines	挤得像罐头里的沙丁鱼 (拥挤不堪)
cancellations	取消
season ticket	季票, 定期票 (比如月票, 年票)
network	(交通) 网络
past time	消遣方式
belongings	行李, 个人财产
stressful	有压力的
'trip chaining'	分段出行 (一个旅程被分成好几小段)
physically active	身体活跃
Lycra	莱卡 (制衣材料)

测验与练习

1. 阅读课文并回答问题。

1. True or false? *Officially, commuting is only happens when you travel by train.*
2. Name something that commuters in London get angry about.
3. Why do women tend to find commuting more stressful?
4. What type of blood pressure do commuters who travel longer distances have?
5. Which word used in the articles means 'feeling ashamed because of what people think or know about you'?

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

1. Now my holiday is over it's back to the _____ of washing and ironing the family's clothes!

day grint	daily grind	daily grinding	daily ground
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2. The dentist had a _____ so he was able to see me and get my filling done.

past time	stressful	cancellation	season ticket
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3. My doctor says I need to be more _____ if I want to reduce the chances of having a heart attack.

physically active	actively physical	physically activated	physical activation
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4. We had to _____ all the speeches at the wedding before we had anything to eat. I was starving!

encourage	enhance	endure	enact
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5. Our car broke down on the way to the airport which made the journey very _____.

stressless	stressing	stressful	stressed
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答案

1. 阅读课文并回答问题。

1. True or false? *Commuting only refers to train travel.*

False. Commuting means to travel regularly to and from work by any form of transport.

2. Name something that commuters in London get angry about.

Complaining about delays, cancellations or the price of their season ticket.

3. Why do women tend to find commuting more stressful?

They often they make one or more stops on the way to work or going home.

4. What type of blood pressure do commuters who travel longer distances have?

They have higher blood pressure compared to those people who had shorter commutes.

5. Which word used in the articles means 'feeling ashamed because of what people think or know about you'?

The word is 'embarrassment'.

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

1. Now my holiday is over it's back to the **daily grind** of washing and ironing the family's clothes!

2. The dentist had a **cancellation** so he was able to see me and get my filling done.

3. My doctor says I need to be more **physically active** if I want to reduce the chances of having a heart attack.

4. We had to **endure** all the speeches at the wedding before we had anything to eat. I was starving!

5. Our car broke down on the way to the airport which made the journey very **stressful**.