



新一代

NEXT EDU. FOR CHILDREN

# 雙語週報

第 035 期

## 電子報



新一代

NEXT ED BILINGUAL WEEKLY

# 雙語週報

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035 期



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## 川普治國一年 美國形象暴跌

英文撰稿／Dale Albanese 圖／Shutterstock

A survey of people in 25 countries asked how they felt about the US and President Donald Trump's ability to lead. Only 27% of people **have confidence in Trump** to do the right things in international affairs. People trust Russian President Vladimir Putin more with a 30% score. People in most countries also like the US less than ever before. Only 50% **had positive views** about the US and 43% **had negative views**. Only people from Israel, Russia and Kenya like the US better now.

最近有項調查，針對25國人民，詢問受訪者對美國的觀感，以及對川普總統的看法。調查結果顯示，僅2成7受訪者對川普處理國際事務有信心，甚至低於俄羅斯總統普丁的3成信任度。各國人士對美國的好感也不如以往，持正面評價者僅有5成，持負評者則占4成3。這次調查發現，只有以色列人、俄羅斯人及肯亞人，對美國的好感度有增無減。

這項由美國皮尤研究中心(Pew Research Center)所做的調查亦指出，與歐巴馬總統任期結束前相比，鄰國加拿大對川普治理下的美國，好感度從6成5跌至3成9；墨西哥對美國的好感度則從6成6降至3成2。



國內唯一  
雙語週報 / 兒童週報

英聽開始囉

兒童週報網站試聽



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# 北極融冰、漁場外露

## 10國協議不在該區商業捕魚

英文撰稿／Francois Rousseau 圖／Shutterstock

An international agreement was recently signed in Greenland to ban commercial fishing in the Arctic. Because global warming is causing the ice to melt more in summer, many areas in the Arctic are becoming accessible to fishing boats. The agreement will not only protect fish resources in an area which is about the size of the Mediterranean for the next 16 years, but also prevent pollution and damage that would accompany the fishing fleets.

日前在格陵蘭，簽署了一份禁止在北極地區進行商業捕魚的國際協議。全球暖化導致北極夏季融冰範圍增加，漁船過去到不了的冰封之地，現已變成面積跟地中海一樣大的新興漁場。這項協議不僅保護該海域漁業資源未來 16 年免於枯竭，也可避免捕魚船隊帶來污染、破壞環境。



美國、俄羅斯、加拿大、挪威、丹麥、冰島、日本、韓國、中國及歐盟共 10 國或地區簽署這份「北冰洋中部防止不受管制公海捕魚協議」(Central Arctic Ocean Agreement)。除了禁漁，簽署國還將針對這片廣達 280 萬平方公里的海域進行環境與海洋資源的科學監測。

暖化  
升溫

## 北極植物長高變壯

英文撰稿／Francois Rousseau 圖／Shutterstock

A 30-year-long study showed that the plants in the Arctic are getting taller. Arctic plants are usually short and grow low on the ground because of the long, cold winters. Scientists found that the warming climate is causing the plants to grow bigger. Taller species from warmer areas are also invading the Arctic. This could cause even more warming because taller plants can trap more heat and warm the ground beneath them.

經過 30 年研究追蹤，科學家發現北極的植物越來越高。正常來講，因為冬季長且冷，因此北極植物的生長高度較矮，大多長在地面低矮處。但科學家發現，暖化氣候使這些北極植物長得更高、更碩大。同時也發現，原先在溫暖區域內生長的植物也開始入侵北極。這對北極是雪上加霜，因為高大植物囤聚更多熱能，使得植物底下的地表更加暖化，溫度上升。



這項研究日前發表在《自然》(Nature) 期刊上，研究團隊由 180 位科學家組成，北極植物的採樣來自美國阿拉斯加、加拿大、冰島、斯堪地那維亞及俄羅斯。研究團隊指出，原本只是數公分高的北極植物，至本世紀末將長至 2 倍高。



## 無法適應氣候變遷

## 南極苔蘚活不下去

英文撰稿／Dale Albanese 圖／Shutterstock

Most people think of ice and snow when they hear the word Antarctica. There are actually some strong, ancient plants that survive in the cold. In East Antarctica, beds of green moss grow briefly each summer. A recent study shows that climate change is killing these mosses. They turn red and then gray as they die. Weather in East Antarctica is colder, windier and drier because of climate change.

聽到「南極洲」這個字，總讓人聯想到冰層和雪地。但其實南極冰天雪地裡，也有生命強韌、存活至今的古代植物。在東部南極洲，有一層厚厚的綠苔蘚每年夏天都在緩慢生長。但最新調查發現，氣候變遷正在摧毀這些苔蘚，使它們顏色變紅或變灰死去。因為氣候變遷，東部南極洲的天氣變得更冷，風更大，濕度更乾。

相較於暖化強烈的西部南極洲和南極半島，科學家之前並未預期會在東部南極洲看到劇烈的氣候變遷效應。這份發表在《自然氣候變遷》(Nature Climate Change) 的研究追蹤調查 10 多年，發現綠色苔蘚在乾燥的環境壓力下，為了自我保護而變成紅色，撐不下而死亡的苔蘚則變成灰色。





# 南非出土侏羅紀恐龍

## 改寫四足行走演化史

英文撰稿／Sloan Sabbith 圖／Shutterstock

The fossils of the largest dinosaur ever found in South Africa were recently **unearthed**. The new species is called *Ledumahadi mafube* and would have been the largest animal walking on Earth during the Jurassic period. These massive dinosaurs with long necks and tails would have weighed around 12 tons. They walked on four legs—at least ten million years earlier than when scientists had thought the skill evolved in dinosaurs.

南非歷來最大的恐龍化石最近出土了。這種名叫 *Ledumahadi mafube* 的恐龍，極可能是侏羅紀時期地球上體型最大的動物。這種巨型恐龍有長頸和長尾，身體重達 12 公噸。此外，牠們用 4 足行走，這比科學家之前認為恐龍 4 足行走的演化年代，推前了 1,000 萬年。



(示意圖，與本新聞內容無關)

這種草食性恐龍是雷龍 (*Brontosaurus*) 的近親 (*Ledumahadi mafube* 在南非當地土語意思為「黎明的巨大雷聲」)，按其骸骨推斷，年齡約 14 歲，主要用後腿行走，但已會用前肢幫助支撐身體的重量，且可像貓一樣蹲伏。相關研究發表於《當代生物學》(*Current Biology*) 期刊。

## 英國女孩不開心

## 學業與網路交友壓力是主因

英文撰稿／Dale Albanese  
圖／Shutterstock



這項調查是由英國女童軍組織 Girlguiding 所做。該組織 2009 年亦對同年齡層女性調查，當時有 4 成 1 的女孩及年輕女性自我感到「非常快樂」。

A survey from the UK found that only 25% of girls and women aged seven to 21 say they feel “very happy”. When asked why they did not feel happy, many (nearly 70%) said school exams made them stressed. Another 59% said social media made them unhappy. The findings have highlighted the **impact of stress**, with 50% of the participants saying that feeling unhappy negatively affects their mental health.

英國一項針對 7 至 21 歲女孩及年輕女性所做的調查指出，只有 2 成 5 的受訪者覺得自己「非常快樂」。進一步詢問不快樂的原因，多數（近 7 成）表示被課業和考試壓得喘不過氣。也有 5 成 9 回答社群媒體讓人不快樂。研究結果也強調壓力的負面影響，有 5 成的受訪者表示，感到不快樂確實會影響心理健康。

## 姓羊、姓罌好尷尬 土耳其人樂改姓

英文撰稿／Francois Rousseau 圖／Shutterstock

The government of Turkey has made it easier for citizens to change their surnames. Many people in Turkey have names that are **embarrassing** or humorous, like Koyun (sheep), Deli (crazy), and even Çıplak (naked), Aptal (stupid) and Tasak (testicle). These names were chosen by their grandparents as a joke in 1934, but later generations have not been amused. So far more than 105,000 people have applied to change their surnames.

土耳其政府最近開放國民改姓。許多土耳其人的姓氏聽起來「怪怪的」，有點尷尬，也令人發噱。例如姓羊 (Koyun)、瘋 (Deli)，甚至姓裸 (Çıplak)、姓蠢 (Aptal)、姓罌 (Tasak)。祖父輩在 1934 年以開玩笑的方式選擇這些姓氏，但承襲這些姓氏的後代子孫卻笑不出來。今年以來，已有超過 10 萬 5,000 人申請改姓。



為了達成全面「土耳其化」(Turkicization)，土耳其在 1934 年通過《姓氏法》(Surname Law)，除了規定家姓世襲，也要求姓氏裡帶有希臘、阿拉伯等異國或異文化字眼者必須改姓。

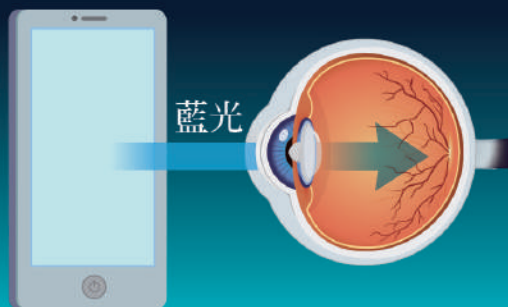


製作人／朱立群  
英文撰稿／Sloan Sabbith  
圖／Shutterstock

## 智慧載具傷眼

We all use technology every day. Smartwatches, smartphones and tablet **devices** make computers convenient and fun. But have any adults told you not to spend so much time on these devices? One **downside** of staring at a screen so much is the danger to your eyes. It's because of the color of light coming out of the screen.

我們每天都在使用科技產品。智慧手錶、智慧手機和平板載具，讓電腦變得輕便、好玩。但有沒有人告訴你，使用這些載具的時間不宜太長？長時間直視載具的壞處是，它會傷害眼睛。問題就出在螢幕透出的光的顏色。



## 眼睛細胞慢性傷害

Scientists the world over are discovering the dangers of **blue light** coming from smartphones, tablets and other devices. Researchers at the University of Toledo in the US have found that staring at a screen can **irreparably damage our eyes over time**. It happens slowly, but damage builds up over time in the cells of the eye that are sensitive to light. However, not all blue light sources are the same.

智慧手機、平板及其他通訊載具發出藍光，全球科學家都發現了這種藍光的危險性。美國俄亥俄州托雷多大學的研究人員發現，眼睛直視藍光，長久下來會對眼睛造成無法挽回的傷害。這些傷害不是立刻造成，而是積累在對光敏感的眼球細胞上。然而，藍光的光源也分很多種。



# 護眼抗藍光大作戰



## 天然光尚好

Light from the sun contains all the colors that we can see: red, orange, yellow, green, blue, violet and shades in between. When all of these **wavelengths** of light combine, we only see "white light" or sunlight. Although the blue and violet wavelengths have more **energy** than the others, the sun's blue light is balanced with the other wavelengths.

太陽光由紅、橙、黃、綠、藍、紫，以及其他中間色的光組成。所有這些顏色光的波長和在一起，我們看到的就是「白光」，亦即日光。各種顏色的光之中，雖然藍光和紫光的能量較強，對眼睛傷害較大，但太陽藍光因被其他顏色光的波長加以平衡，因此正常曬太陽並無大礙。



漫畫／Sloan Sabbith

◀ 他們不知道陽光有多危險嗎？

## 人造光有害

Man-made light sources also contain many wavelengths. LED lighting, fluorescent bulbs and **flat-screen televisions** all **give off blue light**. The problem is out of all the visible light from man-made devices, roughly one-third of it is considered "blue" or high-energy visible (HEV) light. That light is far more concentrated than the sun's blue light which gets **scattered** in the atmosphere. The amount of HEV light given off by man-made devices is very small when compared with the amount given off by the sun. But while very few people would spend hours staring at the sun, many of us spend as much time staring at our devices. Just two hours can give you eyestrain.

人造光源跟太陽光一樣，也含許多不同波長。LED燈、日光燈泡和平板電視都會發出藍光。人造光源器材最大的問題是，它們發出的可見光中，近約3分之1被視為藍光或高能可見光。跟分布在大氣層裡的太陽藍光相較，人造藍光的能量更加集中。人造器材或載具發出高能可見光的量，自然無法跟太陽相比。花數小時直視太陽的人少之又少，但花數小時直視載具的人卻不少。只需盯著螢幕兩小時，眼睛就受不了了。

## 太陽藍光調節生理時鐘

Should we hide from all blue light? Definitely not! The sun's blue light sets your **circadian rhythm**—we need that to get a good night's sleep. In countries that experience long, dark winters, it's easy for people to get too little blue light. This leads to **seasonal affective disorder (SAD)** in which people feel depressed. Blue light makes us feel more alert and helps us to remember things more clearly.

對一切的藍光，我們都該避之唯恐不及？並非如此！太陽藍光可以調節我們的生理時鐘，幫助我們一夜好眠。冬長夏短、日照不足的國家，人們接觸太陽藍光太少，容易引發季節性情緒失調，導致憂鬱。適度接觸太陽藍光，讓我們思緒更敏捷，記憶力也能提升。

**bring (something) to light** (把某事) 攤在陽光下、揭發

例句：Even though the CEO covered it up, the reporter brought the company scandal to light.

即使執行長掩蓋一切，記者仍把公司醜聞揭露開來。

## 閱讀理解

- White light looks "white" to us because  
(A) it is only one wavelength of light.  
(B) it contains all the wavelengths of light.  
(C) it has blue light in it.  
(D) it doesn't contain blue light.
- Blue light can also be called  
(A) SAD.  
(B) CEO.  
(C) HEV.  
(D) LED.
- One of the problems related to blue light is  
(A) not getting enough.  
(B) getting too much.  
(C) damaging eyes.  
(D) all of the above.

(D) 3 (C) 2 (B) 1: 易測



## 此奶非奶

漫畫／米奇  
腳本／Dale Albanese

▲抽檢牛奶！



▲起司口味薯片！



▲牛奶巧克力！

▲牛軋糖！



▲以前都不知道吃健康食物這麼有趣！

英文撰稿／Dale Albanese  
圖／Shutterstock

## 你喝牛奶了嗎？

Drinking a cup of milk a day can help prevent heart problems. Some people think that drinking a milk tea every day is enough to stay healthy. However, most milk teas use non-dairy creamer and even if you have a large cup of milk tea made with fresh milk, it may only be about 100 milliliters of milk. That is less than the **recommended daily amount**.

Dairy may be important for heart health. Doctors at the Tri-Service General Hospital studied dietary habits of 116 patients with acute coronary artery disease. They found that 80% had less than one cup of dairy each day. Experts **recommend drinking fresh milk every day**. If you do not like fresh milk, they also recommend **sugar-free yogurt** as a good source of dairy.

每天飲用牛奶，可幫助預防心臟疾病。有些人以為每天喝手搖杯奶茶，不會有乳品攝取不足的問題。其實不然，因為很多加的是奶精。就算是大杯鮮奶茶，鮮奶含量可能只有 100 毫升，不到奶製品每日建議攝取量。

適當攝取奶製品，其實也是護心的關鍵。三軍總醫院專家分析 116 位急性冠狀動脈病人的營養攝取狀況，發現高達 8 成的患者，每日飲用奶製品不到 1 杯。為了達到足量攝取，營養師建議每天都要喝鮮奶；若不喜歡喝鮮奶，也可喝無糖優酪乳。





# 推動雙語助教 教部年底公布 英語最適學齡

英文撰稿／Dale Albanese 圖／Shutterstock

Premier William Lai wants Taiwan to be a bilingual country and to start teaching English in kindergarten. The Ministry of Education says they do not know when this would begin but will publish a report about the best age to start learning English by the end of this year. Next fall is the beginning of the 12-year basic education curriculum in which third and fourth graders must have one English class each week and fifth and sixth graders two.

行政院長賴清德提出要让臺灣成為雙語國家的願景，作法包括推動幼兒園教英語。教育部目前並無實施時間表，但承諾最快今年底會提出最適英語學習年齡的研究報告。明年暑假結束後的新學期開始實施 12 年國教課綱，屆時小三、小四每週必修英文 1 堂，小五、小六每週 2 堂。



關鍵字：bilingual 雙語的



## 人才缺口

### 高科技博士生 10 年減一半

英文撰稿／Dale Albanese 圖／Shutterstock

Nowadays, even some prestigious PhD programs in engineering and technology do not have enough people applying for entrance examinations. There are 45% fewer PhD students in high-tech fields now than ten years ago. Worried there will not be enough talent in the high-tech sector, some scholars recommend offering salaries to PhD students, like in Europe. Experts think the government should figure out how many PhDs we need and make long-term plans.

近幾年就連知名大學的理工博士班，也面臨報考人數不足的窘境，高科技領域博士生人數，10 年內銳減了 4 成 5。擔憂高科技領域未來將缺乏人才，有學者建議參考歐洲的作法，提供博士生薪水，讓博士班成為職涯的開端。也有其他專家呼籲政府應儘快盤點博士人才需求狀況，以利長期規劃。

關鍵字：high-tech field/sector 高科技領域／產業部門

## H5N6 禽流感蠢動 赴中旅遊多留意

英文撰稿／Dale Albanese 圖／Shutterstock

The fall and winter flu seasons are back. The government says there have been four cases of H5N6, a type of bird flu, between October 2017 and the beginning of October 2018. These cases have all been from China, specifically Guangxi, Guangdong and Fujian. Travelers to China should not touch live-stock and only eat chickens, ducks, swans or their eggs if they have been well-cooked.

又到了流感好發的秋冬季節。政府統計指出，自去年 10 月至今年 10 月初，全球 H5N6 禽流感累積 4 例，分布於中國大陸廣西、廣東和福建。呼籲赴大陸的旅客，應避免與活禽接觸，食用雞、鴨、鵝及蛋類建議應煮熟。

關鍵字：bird/avian flu 禽流感





# 發表聯合國演說 BTS 防彈少年團 聲援青春

防彈少年團呼籲全世界年輕人  
「為自己發聲」，勇敢作自己，不  
要把自己塞進別人的模子裏。

英文撰稿／Sloan Sabbith 圖／達志影像

On September 24th, Korean boy band BTS became the first K-pop group to ever **address the United Nations**. Group leader RM delivered a six-minute speech in English during the 73rd session of the UN General Assembly in New York City. The speech was directed at the young people of the world with the call to action to “speak your-self”. BTS told the youth of the world to hold onto their own **beliefs and convictions**.

今年9月24日，韓國男子天團防彈少年團（BTS），成為第一個受邀向聯合國發表演說的韓國流行音樂團體。第73屆聯合國大會在美國紐約召開，BTS隊長、人稱RM的金南俊，代表防彈少年團以英語發表6分鐘演說，呼籲年輕人勇於「為自己發聲」。透過這場演講，防彈少年團希望全世界的年輕人，都能忠於自己的信念和理念。

Bangtan Boys (BTS) was formed in 2013 and is now one of the most popular **K-pop bands** in the world. After rising to fame in South Korea, the group entered the US music scene in 2015. They have continued to climb from there. Their third full album, *Love Yourself: Tear* (2018), **debuted at No. 1 on the Billboard 200**.

2013年成軍的防彈少年團，是全球目前最受歡迎的韓國流行樂團。在韓國打出名號後，BTS在2015年進軍美國樂壇，聲勢自此扶搖直上。2018年發行的第三張全專輯《Love Yourself: 'Tear'》，首次登上「告示牌200大專輯榜」第一名。

Not simply satisfied with success, BTS has **donated money** to support numerous family and societal organizations. In 2017, they joined with the Korean Committee for UNICEF and created the Love Myself campaign, **which is dedicated to helping child and teen victims of violence around the world**. Their appearance at the latest UN assembly **coincided with** the launch of the UN2030: Youth Strategy.

BTS不因演藝成就而自滿，團員們還熱心公益，捐錢支持許多需要幫助的家庭和社福機構。早在2017年，他們和聯合國兒童基金會韓國委員會共同發起「愛自己」運動，致力於援助全世界受暴力侵害的兒童及青少年。BTS此次於聯合國大會發表演說，也是呼應聯合國的「青年2030：青年策略」計畫。

## BTS 小檔案

**7名團員** RM 金南俊、Jin 金碩珍、Jimin 朴智旻、V 金泰亨、Jung Kook 田柾國、SUGA 閔玧其、j-hope 鄭號錫。  
**成軍年份** 2013年  
**音樂類型** K-pop、Hip Hop、Dance





2018 臺中世界花卉博覽會  
2018 TAICHUNG WORLD FLORA EXPOSITION  
聆聽花開的聲音 THE SOUND OF BLOOMING

# 徵文比賽

中市教終字第 1070065242 號

**參加對象：**全國公私立國中小教師及國中小學生

**參加組別：**中文正楷書寫，文體不拘，字數含標點符號。

教師組：800 字以內。

學生組：國中 7-9 年級組—700 字以內。

國小 4-6 年級組—500 字以內。

國小 1-3 年級組—300 字以內。

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優選 3 名：獲頒臺中市長獎狀乙張及獎金，獎品

佳作 10 名：獲頒臺中市長獎狀乙張獲頒臺中市長獎狀乙張及獎品

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