

词汇: *country life* 乡村生活

Rolling hills and endless green **pastures** – those images are easy to conjure when thinking of the **idyllic** country lifestyle. When lockdowns descended upon many countries across the world during the pandemic, social media seemed to be dominated by pictures of **cottages** and **village** life – people **getting away from it all**. So, why is living in the countryside becoming a modern fantasy – and are there benefits to considering a slower **pace of life**?

It makes sense that some people would want to give up the crowded and noisy city streets for the perceived **tranquillity** of the traditional country life – especially during an event like a pandemic. The lockdowns and extensive periods of working from home have given people time to think about what they want from life. But it's not just about having a greener place to look at out your window.

There is more evidence that relates to the benefits of **rural** living. Villages aren't normally subject to the stop-go traffic we see in city centres, the buses fighting with taxis for dominance, or metro systems with trains that scream from one station to the next. In short, there's less **air pollution** in your country **retreat** – a thing which increases the chances of developing respiratory conditions or heart disease. You also get more opportunities to take long walks and see the sights, meaning you can get more exercise. Less noise, more walks and better air can also lead to less stress and an increased **life expectancy**, according to studies such as one conducted by the British government in 2012.

However, there are some things that need to be considered. Living far from the **hustle and bustle** of the city means that some people may feel **isolated** or even lonely. And as people get older, life far from doctors or public transport could become a bit of a challenge. So, if you're considering a change of pace and moving to a **picturesque** village, there is a range of pros and cons to consider before **taking the plunge**.

词汇表

rolling hills	绵延起伏的山丘
pastures	牧场草地
idyllic	田园风光的
cottage	乡村小屋
village	乡村
get away from it all	抛开烦恼去休息、放松
pace of life	生活节奏
tranquillity	宁静
rural	农村的, 乡村的
air pollution	空气污染
retreat	退隐静养的地方
life expectancy	预期寿命
hustle and bustle	喧嚣繁忙
isolated	与世隔绝的
picturesque	风景如画的
take the plunge	冒然决定尝试

测验与练习

1. 阅读课文并回答问题。

1. What seemed to dominate social media during the pandemic?
2. What gave people time to think about what they wanted from life?
3. What issues do villages not have that cities have?
4. What factors can increase your life expectancy?
5. What are some of the potential issues with moving to the country?

2. 选择意思恰当的单词或词组来完成下列句子。

1. We've decided to _____ and move to the country.

pace of life	village	picturesque	take the plunge
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2. I live in a peaceful little _____ far from the city.

take the plunge	pace of life	village	picturesque
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3. I used to hate the _____ so packed up and moved to a rural area.

isolated	hustle and bustle	take the plunge	picturesque
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4. Your cottage is so beautiful – it's _____.

picturesque	village	take the plunge	pace of life
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5. The area that I live in is really quiet – it has a slower _____.

take the plunge	village	pace of life	picturesque
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答案

1. 阅读课文并回答问题。

1. What seemed to dominate social media during the pandemic?

Social media seemed to be dominated by pictures of cottages and village life.

2. What gave people time to think about what they wanted from life?

The lockdowns and extensive periods of working from home.

3. What issues do villages not have that cities have?

Villages don't normally have the stop-go traffic of city centres or air pollution.

4. What factors can increase your life expectancy?

Less noise, more walks and better air can also lead to less stress and an increased life expectancy.

5. What are some of the potential issues with moving to the country?

Some people may feel isolated or even lonely – and as one gets older – life far from doctors or public transport could become a bit of a challenge.

2. 选择意思恰当的单词或词组来完成下列句子。

1. We've decided to **take the plunge** and move to the country.

2. I live in a peaceful little **village** far from the city.

3. I used to hate the **hustle and bustle** so packed up and moved to a rural area.

4. Your cottage is so beautiful – it's **picturesque**.

5. The area that I live in is really quiet – it has a slower **pace of life**.