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暖身活動:

Sunbathing

Many people from Western countries like to spend their leisure time lying on a beach and reading in the sun. They sunbathe like this to get a suntan, and while they usually wear suntan lotion to avoid getting sunburned, many of them see a suntan as a sign of beauty. Generally the opposite applies for Chinese people, who traditionally prefer hiking up a mountain because of the health benefits it can give, than lying in the sun which may eventually lead to skin cancer. Many women even protect themselves from the sun with an umbrella when walking in the street, something Western people don't do.

Interestingly, there is also a cultural reason why many Chinese people tend to avoid the sun. Historically, the poorer people worked in the fields and got brown skin from the sun, while the richer or better-educated people worked indoors, or not at all, and their skin remained whiter. Consequently, over the years, a white skin has been seen as desirable, and as a result of this desirability white skin has come to be seen by most Chinese people as a sign of beauty.

https://www.dailymail.co.uk/travel/travel_news/article-3689865/Now-S-one-way-prevent-sunburn-Chinese-bathers-aren-t-taking-risks-flock-beach-Face-Kini-masks.html

Q1. There is a saying that goes, "A white complexion is powerful enough to hide seven faults." Do you

agree?

Q2. What kind of activities do you like to do in summer?

Q3. Do you go sunbathing sometimes? How do you feel about getting a suntan?

Q4. Do you think the idea about white skin is changing in Taiwan?

電影: 白日夢冒險王

<https://www.netflix.com/watch/70243458?trackId=13752289&tctx=0%2C0%2C245a399288221fb6b4385d6b7cc0211d43e7745a%3Ad5078d034f28eedc172d0d6cb25e5eb7397fdb47%2C%2C>

Movie Summary:

Walter Mitty is a negative assets manager at 'Life' magazine who daydreams of adventures to get away out of the tedium of his boring job. Mitty also has a crush on a co-worker named Cheryl, but never has the nerve to tell her his feelings towards her. Mitty works with photojournalist Sean O'Connell, whose images are highly regarded. O'Connell has sent Mitty his latest negatives and a wallet as a gift in appreciation of Mitty's work. O'Connell believes negative #25 captures the "quintessence" of Life and that it should be used for the cover of the magazine's final print issue as it converts to online status. The negative is missing, however, and Walter is forced to stall for time with corporate transition manager Ted Hendricks, who is handling the downsizing. While viewing the other negatives outside Life's offices, Cheryl approaches Mitty and suggests that he think of the negatives as clues to Sean's location. They look at three of them, including one of a person's thumb with a unique ring on it, and another of a curved piece of wood. A third picture of a boat leads Mitty to determine that O'Connell is in Greenland. Mitty promptly flies there to find him.

Discussions:

1. Sean O'Connell: "Sometimes I don't. If I like a moment, for me, personally, I don't like to have the distraction of the camera. I just want to stay in it." Did you ever have an experience like this? What do you think of the statement: "Beautiful things don't ask for attention?"
2. Do you daydream a lot? Are there any things you wanted to do for a long time, but you still haven't taken an action?
3. Steven Jobs once said: "if today was the last day of your life, would you do what you were about to do?"
4. Please share with your partners one thing you decide to do this summer. Something out of your comfort zone or something that needs your determination and perseverance.

<https://www.facebook.com/dailywisdombread/videos/873489959663785/?v=873489959663785>

Michael Crossland

歌曲欣賞 Space Oddity by David Bowie

<https://www.youtube.com/watch?v=iYYRH4apXDo>

David Bowie – Space Oddity (Official Video)

<https://www.youtube.com/watch?v=sX1Y2JMK6g8>

SpaceX Falcon Heavy- Elon Musk's Engineering Masterpiece

Ground Control to Major Tom 地面管制中心呼叫湯姆少校

Ground Control to Major Tom 地面管制中心呼叫湯姆少校

Take your protein pills 吞下你的營養補充丸

And put your helmet on 戴上你的頭盔

Ground Control to Major Tom 地面管制中心呼叫湯姆少校

Commencing countdown 開始倒數

Engines on 引擎起動

Check ignition 檢查點火裝置

And may god's love be with you 願上帝的愛與你同在

Ten, nine, eight, seven, six, five 十，九，八，七，六，五

Four, three, two, one, liftoff 四，三，二，一，發射

This is Ground Control to Major Tom 這裡是地面管制中心呼叫湯姆少校

You've really made the grade 你不負眾人所望

And the papers want to know whose shirts you wear 報紙想要知道你支持哪個球隊

Now it's time to leave the capsule if you dare 離開太空梭的時間到了，假如你夠勇敢的話

This is Major Tom to Ground Control 這裡是湯姆少校呼叫地面管制中心

I'm stepping through the door 我正要踏出艙門

And I'm floating in a most peculiar way 我正用一種最詭異的方式漂浮著

And the stars look very different today 今天星星看起來非常不一樣

For here 在這裡

Am I sitting in a tin can 我正坐在一個大錫罐裡面嗎？

Far above the world 在世界遙遠的上方

Planet Earth is blue 行星地球是藍色的

And there's nothing I can do 我什麼事也不能做

Though I'm past one hundred thousand miles 雖然我穿越了十萬哩

I'm feeling very still 我感到非常的平靜

And I think my spaceship knows which way to go 我想我的太空船知道該往哪個方向走

Tell me wife I love her very much she knows 告訴我的老婆我非常的愛她，她知道的

Ground Control to Major Tom 地面管制中心呼叫湯姆少校

Your circuit's dead, there's something wrong 你的電路壞了，出了問題了

Can you hear me, Major Tom? 你能聽得見嗎，湯姆少校？

Can you hear me, Major Tom? 你能聽得見嗎，湯姆少校？

Can you hear me, Major Tom? 你能聽得見嗎，湯姆少校？

Can you ... 你能

Here am I floating round my tin can 我在這兒浮在我的鐵錫罐周圍

Far above the moon 在月球遙遠的上方

Planet Earth is blue 行星地球是藍色的

And there's nothing I can do 我什麼事也沒法做