

Living far from home 背井离乡

Vocabulary: homesickness 词汇: 思乡

I feel a bit sad today because I'm **homesick**. I miss the delicious plates of pasta with a special sauce my mother used to make. She was a great cook! But I work abroad and I have to **cope** with the occasional feeling of **nostalgia**.



The footballer Jesus Navas suffers badly. He is moving from Seville to Manchester City, but for years he could hardly leave his **hometown**.

Anxiety attacks forced the player out of training camps. They say he has **overcome** his **homesickness** through **counselling**.

These days people often relocate to another country to study or to work. Many find it difficult to **adapt**, though. According to research by the University of Warwick **Counselling** Service, up to 70% of adults experience **homesickness** at some point in their lives. It can have similar **symptoms** to depression, says **psychologist** Dr Caroline Schuster.

Almost anything can **trigger homesickness** - a smell, a taste, even a colour reminds them of home. Mohammed Barakat sent us a message on Facebook about his **longing for** "the smell of rain and green" during the Sudanese rainy season. Mari Damian misses "the smell of Christmas cakes".

Homesickness is not something new. The ancient Greek poem **Homer's Odyssey** talked about it. But the modern term was created in the 17th Century to describe the feelings of Swiss **mercenaries**, who **longed for** their **homeland** while fighting elsewhere in Europe.

According to Dr Susan Matt, who wrote a book about the subject, people used to see it as a dangerous disease.

Modern technology can limit the feeling of **isolation**, allowing people to **keep in touch** with loved ones. **Social psychologist** Dr Gary Wood says Skype is a **lifeline** because it can allow grandparents **a world away** to watch their grandchildren grow up.

But people should not allow **homesickness** to stop them living in the present. I follow advice given by Dr Wood: I write down three new things that I've been grateful for every night, as well as three things I'm looking forward to every morning.

What about you: what do you miss when you are away from home and family?

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. What helped Jesus Navas to overcome homesickness?
2. Psychologist Dr Caroline Schuster compares homesickness symptoms to what?
3. Is the statement true or false? *Homesickness is a problem of our times.*
4. What does Dr Wood advise us to do every morning?
5. Which are the two senses mentioned in the article?

Exercise 练习

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. Mary was not happy living in the city. She longed _____ a peaceful life in the countryside.

forward	for	after	about
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2. I miss my brother. He's on a long tour around Europe but he promised to _____ wherever he goes.

adapt	be grateful for	keep in touch	overcome
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3. After a lifetime of adventure all over the world all I want is to go back to my _____.

homesickness	world away	nostalgia	homeland
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4. You might not like our new office but you've got to _____ if you want to continue working in this company.

allow	keep in touch	adapt	remind
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5. Johnny is very keen on understanding people's feelings. This is a good thing to keep in mind if you want to be _____.

a mercenary	a cook	footballer	a psychologist
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Answers and Glossary 答案与词汇

Quiz 小测验

1. What helped Jesus Navas to overcome homesickness? **Counselling.**
2. Psychologist Dr Caroline Schuster compares homesickness symptoms to what? **To symptoms of depression.**
3. Is the statement true or false? *Homesickness is a problem of our times.* **False. It was talked about in Homer's Odyssey.**
4. What does Dr Wood advise us to do every morning? **Write three things we are looking forward to doing during the day.**
5. Which are the two senses mentioned in the article? **Smell and taste.**

Exercise 练习

1. Mary was not happy living in the city. She longed **for** a peaceful life in the countryside.
2. I miss my brother. He's on a long tour around Europe but he promised to **keep in touch** wherever he goes.
3. After a lifetime of adventure all over the world all I want is to go back to my **homeland**.
4. You might not like our new office but you've got to **adapt** if you want to continue working in this company.
5. Johnny is very keen on understanding people's feelings. This is a good thing to keep in mind if you want to be a **psychologist**.

Glossary 词汇表

homesick	思乡的，想家的
to cope	应对
nostalgia	乡愁，怀旧之情
hometown	家乡
an anxiety attack	焦虑发作
to overcome	克服
homesickness	思乡病
counselling	（心理）咨询
to adapt	适应
a symptom	症状
a psychologist	心理学家
to trigger	引发
to long for	渴望
Homer's Odyssey	荷马史诗《奥德赛》
a mercenary	雇佣兵
the homeland	家园
isolation	孤立
to keep in touch	保持联系
a social psychologist	社会心理学家
a lifeline	生命线
a world away	遥远的地方