

2022 年 53 億支手機變垃圾

文・圖／美聯社 編譯／JT、劉人豪 審校／Leila Edmunds

There are an estimated 16 billion mobile phones worldwide. However, 5.3 billion will become waste this year. Stacked flat atop one another at an average depth of 9 mm, that many disused phones would rise roughly 50,000 km – 120 times higher than the International Space Station, or one-eighth of the way to the moon. Despite their valuable gold, copper, silver, **palladium**, and other recyclable components, experts expect a majority will not be disposed of properly.

Surprisingly, mobile phones rank only 4th among small electronic products most often hoarded by consumers.

難度★

全世界估計有一百六十億支手機，但今年將有五十三億支手機成為垃圾。把廢棄手機放平相疊，每支平均厚度九公釐，可疊至約五萬公里高——比國際太空站高出一百二十倍，或相當於（地球）到月球距離的八分之一。儘管手機有值錢的黃金、銅、銀、鈀和其他可回收零件，但專家預料大多不會得到妥善

囤積小型電子產品Top 5

1	耳機、遙控器
2	時鐘、熨斗
3	鍵盤、滑鼠、硬碟
4	傳統手機、智慧手機
5	烤土司機、燒烤機

資料／WEEE 製圖／李昱德

處理。令人訝異的是，在消費者最常囤積的小型電子產品中，手機僅排名第四名（見表格）。

英國最短命首相 特拉斯上任45天下臺

Liz Truss resigned after just 45 days **in office** and became the shortest-serving prime minister in UK history. Her announcement of 45 billion pounds in unfunded tax cuts hammered the value of the pound, which triggered **turmoil** in financial markets and a rebellion in her party. The Bank of England was forced to intervene to prevent the crisis from spreading to the wider economy. Truss apologized and admitted she had made mistakes, but insisted that she had “taken responsibility and made the right decisions in the interest of the country’s economic stability.”

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英國首相特拉斯（右圖）上任僅四十五天就辭職，成為英國史上任期最短的首相。她宣布規模四百五十億的無資金減稅計畫使英鎊重貶，引發金融市場動盪及黨內逼宮，英格蘭銀行甚至被迫出手干預，以防危



機擴及更廣的經濟層面。特拉斯道歉並承認犯錯，但堅稱她「為了國家經濟穩定，她擔起了責任，並做出正確決策。」

北約核演習 威懾俄軍

While tensions have been **simmering** over the war in Ukraine, NATO began its long-planned annual nuclear exercises in northwestern Europe around 1,000 kilometers from Russia’s borders. Fourteen NATO member countries took part in the exercises, which involved fighter jets capable of carrying nuclear **warheads** but did not involve any live bombs. U.S. long-range B-52 bombers also took part in the maneuvers.

The exercises were planned before Russian troops invaded Ukraine in February. Any media access was not permitted. NATO had been expecting Moscow to **exercise** its nuclear forces sometime in October.

難度★★

北約在烏克蘭戰況緊張之際，於歐洲西北部展開計畫已久的年度核演習，距離俄羅斯邊境大約一千公里。十四個北約成員國參與軍演，並出動多架可攜帶核彈頭的戰機，不過都沒有掛上彈頭，美國的B-52遠距轟炸機也會參與演習。

這項軍演在俄軍今年二月入侵烏克蘭之前就已計畫，不開放任何媒體採訪。北約預料莫斯科當局在十月的某個時間點，舉行自家的核武軍演。

單字補充包

palladium 鈀	simmer 醞釀
in office 執政	warhead 彈頭
turmoil 混亂	exercise 使用

三分鐘學片語

銀髮族冥想健腦

According to a new French study, meditation is good for more than just chilling out when you feel overwhelmed. A group of elderly participants was given two tasks with the intent to slow Alzheimer’s and dementia. The first half learned a new language, an already established method, while the second focused on meditation. The group that meditated had better results on cognitive assessments after

文／Leila Edmunds 譯／JT

the course of the 24-week study.

根據法國新研究，感到壓力爆棚時，冥想不只能放鬆一下。為了減緩阿茲海默症和失智症，一群年長受試者接獲兩項任務，第一項任務是學習一種新語言，這是已經確立的方法；第二項任務是專注冥想。經過二十四週研究的過程發現，有冥想的組別在認知評估的成果較好。



Leila 這樣說

chill out

to completely relax
放鬆；冷靜

【Example】

Yvonne needed to chill out after the stressful meeting.

伊凡開會壓力大，會後需要放鬆一下。