

International Women's Day: Celebrate, Reflect & Move Forward Together

International Women's Day (IWD) was started in honor of the international women's rights movement and to recognize women's contributions and achievements in political, economic, and social fields. It can be traced back to the early 20th century in Western countries. At that time, the textile industry required many women workers, but they were not treated fairly—they faced low wages, long working hours, and poor working conditions.

In 1908, thousands of women gathered and marched in New York, U.S., asking for fair wages, reasonable working hours, and voting rights. On March 8, 1917, there was a major strike in Russia because of the food shortages and terrible factory conditions, with many women participating and asking for voting rights. It was known as the "February Revolution." Since 1975, the United Nations has organized activities every March 8th to celebrate International Women's Day.

Different countries may have different traditions and ways of celebrating. For example, it is the custom in Italy for men to give women mimosa flowers on this day. In Taiwan, Women's Day is



usually celebrated with seminars and lectures, emphasizing women's contributions to society, culture, and the economy. In the U.S., the U.K., and Japan, Women's Day is also a significant social event, with many discussions on women's rights.

On this day, let's celebrate women's achievements and consider the areas where we still need to work for true equality. Let International Women's Day be an opportunity for us to work together toward a future filled with equality and justice.

Reading Comprehension

() 1. What is the purpose of International Women's Day? (purpose)

(A) To honor women's rights activists.
(B) To promote gender equality in the workplace.
(C) To celebrate the founding of the United Nations.
(D) To recognize women's contributions and achievements.

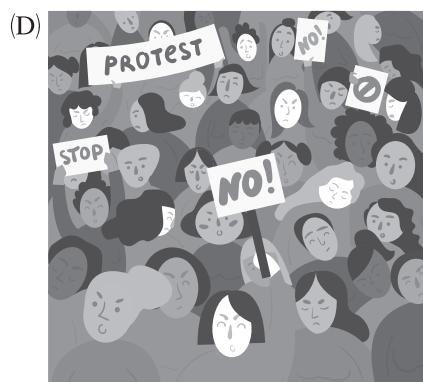
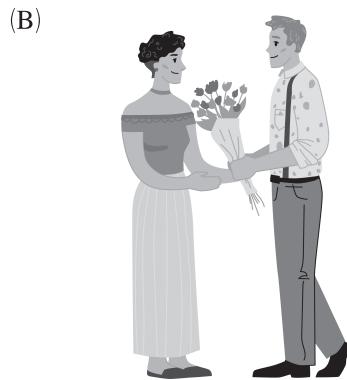
() 2. What was the major event that occurred in Russia on March 8, 1917? (supporting details)

(A) The February Revolution. (B) The International Women's Day celebration.
(C) The Women's Rights Movement. (D) The food shortages and terrible factory conditions.

() 3. Which of the following can be inferred from the passage? (inference)

(A) People in Russia started to celebrate International Women's Day first.
(B) There is still room for improvement in some areas to achieve true equality.
(C) Women successfully set up Women's Day after marching in New York in 1908.
(D) Men in Italy usually send women flowers and chocolates on International Women's Day.

() 4. Which of the following pictures can best illustrate the main idea of the passage?



Vocabulary and Phrases

1. reflect <i>v.</i> 反思	4. economic; economy <i>adj.; n.</i> 經濟的；經濟	7. mimosa <i>n.</i> 含羞草
2. recognize <i>v.</i> 承認；認可；表彰	5. textile <i>n.</i> 紡織物	8. seminar <i>n.</i> 研討會
3. contribution <i>n.</i> 貢獻	6. shortage <i>n.</i> 短缺	9. equality <i>n.</i> 平等

Borsch Soup: Part of Ukraine's Endangered Heritage

Known for its rich color and bold taste, borsch is the name for the soup Ukrainians consider to be their national dish. Along with the beets that lend the soup its characteristic red color, borsch is mainly 1 with potatoes. Whether eaten hot or cold, borsch is more 2 than most soups. It keeps bellies full long after it is eaten, so it can be a meal on its own. Moreover, potatoes and beets can be stored for long periods of time since they don't rot easily, so the dish can be prepared year-round, even during Ukraine's freezing winters.

In 2022, the United Nations Education, Science, and Culture Organization (UNESCO) listed borsch 3 part of Ukraine's endangered cultural heritage. The listing recognizes that, besides destroying property and lives, Russia's attacks on Ukraine have left people there 4 to cook and enjoy borsch as they would at other times. The war is making it impossible to grow beets and potatoes on farms and in home gardens. What's more, many Ukrainians have seen their homes destroyed or been forced to

leave their neighborhoods to escape the fighting. Without kitchens and lacking proper cooking supplies, they simply cannot make the soup they love. 5, as war refugees, they are forced to eat whatever they can find to survive.

As UNESCO's recognition of the threat to borsch shows, even the food close to a culture's heart can be among the unfortunate victims of war. In fact, the negative effects of armed conflict reach into the very heart of a people's culture. Nothing is left untouched.



Cloze

(<u> </u>) 1. (A) sold	(B) used	(C) made	(D) bought
(<u> </u>) 2. (A) fill	(B) fills	(C) filled	(D) filling
(<u> </u>) 3. (A) as	(B) in	(C) by	(D) of
(<u> </u>) 4. (A) eager	(B) unable	(C) dramatic	(D) attractive
(<u> </u>) 5. (A) Instead	(B) However	(C) In a word	(D) Above all

Vocabulary and Phrases

1. borsch <i>n.</i> 羅宋湯	4. beet <i>n.</i> 甜菜	7. rot <i>v.</i> 腐爛
2. endangered <i>adj.</i> 濕危的，瀕臨滅絕的	5. lend <i>v.</i> 增添，添加	8. recognition <i>n.</i> 承認
3. heritage <i>n.</i> (文化等方面的)遺產	6. characteristic <i>adj.</i> 特有的	9. untouched <i>adj.</i> 未受破壞或影響的

譯

國際婦女節：慶祝、反思、並攜手前進

國際婦女節 (IWD) 的設立是為了紀念國際婦女權利運動，並表彰婦女在政治、經濟和社會領域的貢獻和成就。其歷史可追溯到 20 世紀初期的西方國家。當時，紡織業需要許多女性工人，但她們並未受到公平對待——她們面臨低工資、長工時和惡劣的工作條件。

1908 年，數以千計的婦女在美國紐約集會遊行，要求公平的工資、合理的工作時間和投票權。1917 年 3 月 8 日，由於糧食短缺和工廠條件惡劣，俄羅斯發生了一場大罷工，許多婦女參與其中並要求投票權。此被稱為「二月革命」。自 1975 年起，聯合國在每年 3 月 8 日都會舉辦活動慶祝國際婦女節。

不同的國家可能有不同的傳統和慶祝方式。例如，在義大利有男性在這一天送含羞草花給女性的習俗。在臺灣，婦女節通常透過研討會和講座來慶祝，強調婦女對社會、文化和經濟的貢獻。而在美國、英國和日本，婦女節也是一項重要的社會活動，有許多關於婦女權益的討論。

在這一天，讓我們慶祝女性的成就，並思考我們仍需要在哪些領域中努力以實現真正的平等。讓國際婦女節成為一個機會讓人們共同努力建立、攜手迎向充滿平等和正義的未來。

譯

羅宋湯：烏克蘭瀕危遺產的一部分

羅宋湯以其濃郁的色澤和獨特的口味而聞名，是烏克蘭人視為國菜的湯的名稱。除了賦予這道湯特有紅色的甜菜根之外，羅宋湯主要由馬鈴薯製成。無論是熱熱地吃還是涼涼地吃，羅宋湯都比大多數湯更能填飽肚子。它在被吃完後能讓人長時間保持飽腹感，因此它可以單獨作為一餐。此外，馬鈴薯和甜菜不易腐爛，因此可以長時間存放，所以這道菜全年都可以做，即使在烏克蘭嚴寒的冬季也是如此。

在 2022 年，聯合國教育、科學及文化組織（教科文組織）將羅宋湯列為烏克蘭瀕危文化遺產的一部分。這一事實表明，除了摧毀財產和生命之外，俄羅斯對烏克蘭的攻擊還導致那裡的人們無法像其他時候一樣烹調和享用羅宋湯。戰爭使得農場和家庭花園無法種植甜菜和馬鈴薯。而且，許多烏克蘭人經歷了家園被摧毀，或者被迫離開社區以躲避戰爭。在沒有廚房、也沒有適當烹飪用品的情況下，他們根本無法製作他們喜歡的湯。相反地，作為戰爭難民，他們被迫吃任何能找到的東西以求生存。

正如聯合國教科文組織對羅宋湯所受威脅的認識所顯示的那樣，即使是與文化核心相近的食物也可能成為戰爭的不幸受害者。事實上，武裝衝突的負面影響深入人們文化的核心。一切都無法倖免。

閱讀測驗解答：1. D 2. A 3. B 4. C

綜合測驗解答：1. C 2. D 3. A 4. B 5. A



三民新聞宅急通

Acknowledgments

“International Women’s Day: Celebrate, Reflect & Move Forward Together” by Steph Pai

“Borsch Soup: Part of Ukraine’s Endangered Heritage” by Jason Grenier and Steph Pai／審者：魏宏軒

Picture Credits

All pictures in this publication are authorized for use by Shutterstock.



三民東大英文
LINE