

Dictation Contest (PRJr, 初級) No. 1029

Hello, everyone! Welcome to PR Junior.

Climbing the most difficult mountains needs a very special mental condition. All of the parts of the body must work together smoothly and quietly. Each part of the body must feel what is happening in the other parts. There is no room for thinking about what time it is. There is no room for thinking about how one looks. All thinking must focus on what is happening at that moment. The mind and body must become one.

Ok that is all for today see you!

Dictation Contest (PR 1, 中級) No. 1029

Hi, everyone! Welcome back to PR1!

Today we will be talking about jet lag.

After a long flight, you may have problems when you eat or sleep. These troubles come from jet lag. Jet lag happens when you cross several time zones from east to west or the opposite way around. There are twenty-four time zones in the world. When you travel west, you put your watch back an hour for every time zone you cross. When you travel east, you add an hour. If you travel to another country, you usually have to adjust your watch to the new time. At the same time, you have to adjust the “clock” inside your body. The “clock” decides when to eat or when to sleep. It is quite easy to adjust your watch, but it takes some time to adjust the inside clock.

That's it for today! See you next time!

Dictation Contest (PR2 上級) No. 1029

Hi, everyone! Welcome back to PR2!

In my last video, I talked about ISS having a renewal. Today, I will talk about what the new station is going to be like.

The specialist says the ISS could stay in space longer, but it's much more cost-effective for NASA to acquire a brand new station with new technology. It is going to be vastly different from the last one as the structure of the ship is extremely important to the people who work there. The ISS carries scientists who perform research that can only be done in the weak gravity of space, like medical research. In space, cells age more quickly and conditions progress more rapidly, helping researchers understand the progression of things like heart disease or cancer more quickly. Researchers on the ISS also work to understand what happens to the human body when it's exposed to microgravity. This research is aimed at helping develop ways to counteract the negative effects of being in space and let astronauts stay there longer – something essential to getting a human on Mars. Robyn Gatens, director of the International Space Station, says a new space station will have updated research facilities. On top of that, new space stations will likely be designed to provide a cleaner environment for researchers. According to astronauts, the current station looks cluttered and messy and has cables all over the place. They mentioned that having a method for making a station more adaptable to new technology will be important in terms of user experience.

That's it! See you!