

1 □ 單字 & 片語

be eager to + V

/bi 'i:ɡər tə/

adj. phr. 很想做某事；迫不及待要
做某事

be eager to learn 很想學習

be eager to start 迫不及待要開始

be eager to hear more

很想聽到更多消息

I'm eager to learn how the new
system works.

我很想了解新系統怎麼運作。

用法 be eager to + 原形動詞表示很期待、
很想做某事，語氣比 want to 更積極，但仍
然自然。美式口語也常說 be excited to 或
can't wait to。eager 不是『生氣』的意
思。**earn a living**

/ɜ:rn ə 'lɪvɪŋ/

phr. 賺錢維生；謀生

earn a living by teaching 靠教書維生

make a living as a designer

靠當設計師維生

earn enough to pay the bills

賺到足夠的錢付帳單

She earns a living by repairing
bicycles.

她靠修理腳踏車維生。

用法 earn a living 表示靠工作賺錢維持生
活。美式英文也常說 make a living；兩者
都自然。常見句型是 earn a living by + V-
ing 或 make a living as + 職業。**earnings**

/'ɜ:rnɪŋz/

n. 收入；公司收益；財報獲利

monthly earnings 每月收入

quarterly earnings 季度收益 / 季度財報

earnings report 收益報告；財報

Her monthly earnings are enough to
cover the rent.

她每月的收入足以支付房租。

用法 earnings 通常用複數。它可以指個人
收入，也常指公司的收益或季度財報。新聞
和商業場合常說 earnings report、
quarterly earnings 和 earnings call；日常
談薪水也可以說 income 或 pay。**ease pressure / pain**

/i:z 'preʃər peɪn/

phr. v. 減輕壓力 / 疼痛；使事情比
較輕鬆

ease some stress 減輕一些壓力

ease the pain 減輕疼痛

ease pressure on families

減輕家庭的壓力

A short walk can ease some of your
stress.

散一下步可以減輕一些壓力。

用法 ease 當動詞表示讓壓力、疼痛、擔心
或困難變小。可以直接接受詞，例如 ease
stress、ease pressure 和 ease pain。美
式英文也常說 relieve pressure 或 take the
pressure off。**exchange A for B**

/ɪks'tʃeɪndʒ 'eɪ fər 'bi:/

phr. v. 把 A 換成 B

exchange this shirt for a larger size

把這件襯衫換成大一號

exchange dollars for local currency

把美元換成當地貨幣

exchange a ticket for a refund

用票券換退款

Can I exchange this shirt for a larger
size?

我可以把這件襯衫換成大一號嗎？

用法 exchange A for B 表示把 A 換成 B，
for 後面放換得東西。商店退貨時也常
聽到 swap A for B；貨幣情境則可說
exchange money。不要寫成 exchange A
to B。**excuse someone from
something**

/ɪk'skju:z 'sʌmwʌn frəm 'sʌmθɪŋ/

phr. v. 准許某人免除某事

excuse someone from class

准許某人不用上課

excuse someone from a meeting

准許某人不用參加會議

excuse someone from doing

something

准許某人免做某事

The teacher excused Mia from class
because she was sick.

老師因為 Mia 生病，所以准許她不用上課。

用法 excuse + 人 + from + 名詞或 V-
ing，表示准許某人免除課程、工作、會議
或責任。日常請假也常說 I can't make it
to the meeting 或 Can I be excused from
the meeting?**every now and then**

/'evri nəʊ ənd ðen/

adv. phr. 偶爾

call someone every now and then

偶爾打電話給某人

eat out every now and then 偶爾外食

take a break every now and then

偶爾休息一下

I still call my old classmates every
now and then.**eat out**

/i:t aʊt/

phr. v. 外食；出去吃飯

eat out for dinner 出去吃晚餐

eat out on Fridays 星期五外食

grab a bite 隨便吃點東西

We usually cook at home, but we eat
out on Fridays.

我們通常在家煮飯，但星期五會外食。

enjoy yourself

/ɪn'dʒɔɪ jər'self/

phr. 玩得開心；過得愉快

enjoy yourself at the party

在派對上玩得開心

enjoy yourselves on the trip

旅途中玩得愉快

Did you enjoy yourself?

你玩得開心嗎？

Enjoy yourself at the concert tonight!

我偶爾還是會打電話給以前的同學。

用法 every now and then 是自然的美式口語，意思接近 sometimes 或 once in a while。它不需要精確計算頻率，只要表達『不是常常，但偶爾會發生』即可。

用法 eat out 表示不在家吃、到外面吃飯，是美式生活英文很常見的片語動詞。它通常不直接接受詞；可以說 eat out for dinner、go out for dinner 或 grab a bite。

祝你今晚在演唱會玩得開心！

用法 enjoy yourself 用於派對、旅行、活動或祝福別人。美式英文更短、更口語的說法是 Have fun! 也可以說 enjoy yourselves 對兩人以上使用。

延伸詞彙 earthquake 地震 economic 經濟上的；與經濟有關的 economical 節省的；經濟實惠的；不浪費的 estimate 估計；估算；估計值 every other day 每隔一天 eat like a bird 吃得很少 eat like a horse 吃很多；食量很大 a great deal of 大量的；許多的

An Evening After Work

Bearry and Lexi were talking after work. Bearry was eager to join a weekend event, but he first had to finish a report. They talked about how people earn a living and read a short news update about company earnings. Lexi said that a little exercise could ease some stress. Later, they exchanged a few dollars for event tokens and ate out at a small restaurant. They did not eat out every day, but they enjoyed themselves every now and then. Before going home, Lexi said, "You worked hard today. You deserve a break!"

Bearry 和 Lexi 下班後正在聊天。Bearry 很想參加週末活動，但他必須先完成一份報告。他們聊到人們如何賺錢維生，也讀了一則關於公司收益的簡短新聞。Lexi 說，做一點運動可以減輕壓力。後來，他們把幾美元換成活動代幣，並到一家小餐廳外食。他們不是每天都在外面吃，但偶爾會這樣享受一下。回家前，Lexi 說：「你今天很努力。你值得休息一下！」



1 Bearry and Lexi talk after work about a weekend event.



2 Bearry is eager to join the event but finishes a report first.



3 They read a short news update about company earnings.



4 Lexi suggests a little exercise to ease stress.



5 They exchange dollars for event tokens.



6 They eat out and enjoy themselves at a small restaurant.

3 小測驗

1. Which sentence correctly says that someone really wants to start a new job?

- A. She is eager to start her new job. B. She is eager for start her new job.
C. She eager to starting her new job. D. She is eager start her new job.

2. You bought a shirt that is too small. Which sentence is natural?

- A. Can I exchange this shirt for a larger one?
B. Can I exchange this shirt to a larger one?
C. Can I exchange for this shirt a larger one?
D. Can I exchange this shirt from a larger one?

3. Which sentence correctly says that you had fun at a party?

- A. We enjoyed ourselves at the party. B. We enjoyed at the party.
C. We enjoyed us at the party. D. We enjoyed to ourselves at the party.

4. Which sentence uses eat out naturally?

- A. We eat out every now and then. B. We eat out dinner every now and then.
C. We eat every now and then out dinner. D. We eat to out every now and then.

答案

- 1. A — 固定句型是 be eager to + 原形動詞，所以使用 is eager to start。
- 2. A — exchange A for B 表示把 A 換成 B，固定使用 for。
- 3. A — enjoy 通常需要受詞；表示『玩得開心』時可用 enjoy oneself，主詞是 we，所以使用 ourselves。
- 4. A — eat out 本身就是『外食』，通常不直接接受詞。若要說出去吃晚餐，可以說 eat out for dinner。

4 簡單動詞句型：動詞後面要不要接受詞？

A. 主詞自己完成動作

S + V

We eat out.

我們外食。

B. 描述主詞的狀態或特徵

S + be + C

The plan is economical.

這個計畫很節省。

C. 動詞直接作用在受詞上

S + V + O

She earns a living.

她賺錢維生。

D. 受詞後面再接固定介系詞資訊

S + V + O + prep. phrase

They exchanged dollars for euros.

他們把美元換成歐元。

E. 動詞使受詞呈現某種狀態

S + V + O + C

The good news made investors eager to learn more.

好消息讓投資人很想了解更多。

F. enjoy 後面要有受詞：不要只說 We enjoyed

enjoy + noun / enjoy oneself

We enjoyed the concert. / We enjoyed ourselves.

我們很享受這場演唱會。 / 我們玩得很開心。

Pack 004 練習先找到真正主詞，再決定動詞單複數。這一章接著看動詞後面需要什麼。先問三個問題：這個動作後面有沒有被影響的人或東西？動詞後面是否要接 to、from 或 for？句子是在描述動作、狀態，還是造成某種結果？

最值得直接背的 5 個動詞句型模板

句型 先看動詞，再確認受詞與固定介系詞 = 先確認動詞後面需要什麼，再選擇受詞或介系詞；固定句型先整組記，不必每次重新推導。

先看動詞

We enjoyed.

(enjoy 後面沒有受詞，句子沒說完)

再補受詞或介系詞

We enjoyed ourselves at the party.

(補上 ourselves 句子才完整；更短的美式說法是 We had fun)

我們玩得很開心。

動詞句型判斷圖



↓
動詞後面的必要成分

We / enjoy / ourselves / at the party

更多例子

We eat out. ↓ We eat out for dinner.

我們外食。 / 我們出去吃晚餐。

She earns a living. ↓ She earns a living by teaching.

她賺錢維生。 / 她靠教書維生。

They exchanged dollars. ↓ They exchanged dollars for euros.

他們換了美元。 / 他們把美元換成歐元。

The teacher excused Mia. ↓ The teacher excused Mia from class.

老師准許 Mia 免除某事。 / 老師准許 Mia 不用上課。

小提醒

與其先背及物動詞和不及物動詞的術語，不如先熟悉五個能直接套用的短句模板。



🗣️ 小劇場：Bearry 又搞錯了

We enjoyed at the party.



✗ Bearry

Enjoy 後面通常要有受詞。



Lexi

你可以說 enjoy the party，或
enjoy yourselves。



Lexi

所以要說：We enjoyed
ourselves at the party!



✓ Bearry

Exactly! 更短的美式說法是 We
had fun!



Lexi

Now I know what the verb
needs after it.



✓ Bearry

✎ 文法小練習

Choose the correct pattern or rewrite each sentence so you could actually use it in conversation.

1. Complete the sentence: We eat out ____ dinner on Fridays.
3. Choose the correct preposition: Can I exchange this shirt (for / from) a larger one?

2. Complete the sentence: She earns a living ____ teaching English.
4. Rewrite naturally: We enjoyed at the party.

5. Complete the sentence: The teacher excused Mia ____ class.

練習答案 ✎

- 1. We eat out for dinner on Fridays.
- 2. She earns a living by teaching English.
- 3. Can I exchange this shirt for a larger one?
- 4. We enjoyed ourselves at the party.
- 5. The teacher excused Mia from class.