



第七十六期

How to Grow Your Instagram Followers

如何增加你的 Instagram(IG) 粉絲人數

Unlike on Facebook, many Instagram users welcome strangers to 'follow' them. The more followers they get, the more popular they feel. If you are one of these people, or if you simply want to expand your audience, then here are some tips.

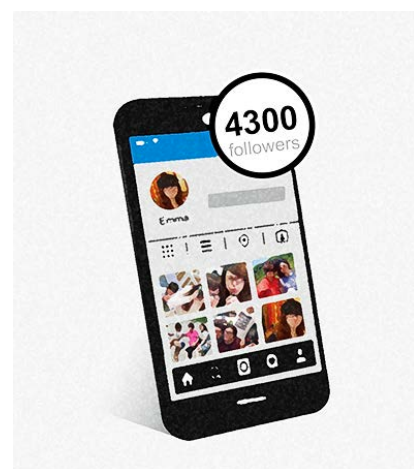
不像在臉書上，許多Instagram(IG)的使用者歡迎陌生人來「追」他們。他們有愈多的追隨者(粉絲)，就覺得他們更受歡迎。假如你也是其中一個，或假如你只想擴展你的粉絲群，那麼這裡就有些秘訣。

First, having good content is key. You want visitors to be so impressed with your photos that they can't resist clicking the follow button. Make sure your photos are bright, colorful, and in focus. Photos of people, and especially faces, are proven to be more liked. You may want to play around with the app's filters to **enhance** your photos and make them more fun or **striking**. Finally, having a theme or common look to all your photos can help.

首先，好內容是關鍵。你想要訪客對你的照片感到印象很深刻，因此他們無法拒絕而按下跟隨鍵。確保你的照片很歡樂、趣味性高，且清晰。人的照片，特別是臉部特寫，證實是大家比較喜歡的。你可能想要試著利用應用程式的過濾器來強化照片，讓照片看起來更有趣或引人注目。最後，所有的照片有主題或共同的樣貌是有幫助的。

Second, the more you use Instagram, the more you will get out of it. If you want more followers, you need to like and comment on other people's photos. Besides, it is a SOCIAL media app. Make sure your comments are **sincere**; nobody wants to follow a person who just comments with smiley faces to try to get more followers. Also, remember to follow people back if you enjoy their page. A lot of people are turned off by users who have thousands of followers but don't follow most of them back.

第二，你愈常使用Instagram，收穫就愈多。假如你想要更多的跟隨者，你需要喜歡及對別人的照片做出評論。除此之外，這也是一個社群媒體應用程式。確認你的評論很誠懇，沒有人想要跟隨那些只想用笑臉回應就有更多粉絲的人。而且，假如你喜歡他們的頁面，別忘記也成為他們的粉絲。許多人會對那些有上千名粉絲，但又沒回應的使用者覺得很掃興。





Third, use hashtags! These are words you add to your photo with the # symbol before them. They help others users to find your photos in searches. However, don't **overdo** hashtags; people will think you are trying too hard. 3-4 per photo is sufficient.

第三，使用線索標籤(#號)！你可以用#號開頭將一些字加上你的照片。這些字詞有幫於其他的使用者在搜尋欄找到你的照片。然而，別過度使用#號，人們會覺得你太刻意了。每張照片三或四個字就夠了。

Last, if you are really **desperate** for followers, you can actually pay money for them. However, having fake followers won't really help

you in the end. They'll never like or comment on your photos. Gain followers **organically**, and you will have a much more enjoyable IG experience!

最後，假如你真的很渴望要更多粉絲，你其實可以付錢。然而，造假最後也不會真的有幫助。他們不會喜歡或對你的圖片發文。以自然的方式增加粉絲，你才能有一個更美好的IG經驗！

Vocabulary 好字精選

1. enhance (v) make something better 增加，提高，加強

The software company is trying to figure out how to enhance the features on its latest app.

這間軟體公司試圖要找出來如何加強最新的應用程式的功能。

2. striking (adj) standing out, attracting attention, beautiful 惹人注目的，顯著的

Your makeup looks striking today, Candice.

Candice，你今天的妝容看起來很引人注目。

3. sincere (adj) with honest intentions 誠懇的

Jenny wasn't moved by Doug's letter because she knew it wasn't sincere.

Jenny 並沒有被 Doug 的信打動，因為她知道信的內容並不真心

4. overdo (v) do something to an excess 做得過分

I think this actor always overdoes his facial expressions; they are too exaggerated.

我認為這名演員的臉部表情太多；表情太過誇張。

5. desperate (adj) trying too hard to get something 極度渴望的，絕望的

Cory was so desperate for attention that he took off his shirt in class.

Cory 渴望要人注意他，因此他在班上把上衣脫掉。

6. organically (adv) in an organic or natural way 有機耕作地，以自然的方式地

These vegetables were grown organically.

這些蔬菜是有機栽種。

Phrases and Sentence Patterns 句型解析

1. in focus (phr) focused, clear, not blurry 清楚地，焦點對準地

Make sure the image is in focus before you take the picture.

攝影前要確定影像有對焦。

2. sth . + be + proven to be + clause (sentence pattern) it is proven true that something is...證明

This medication is proven to be effective against allergies.

這種藥品被證實抗過敏有效。

3. play around with (phr) experiment with something 調整，測試

Just play around with the settings on your new phone to customize it.

依你的需求測試調整一下新手機。

4. turned off by (phr) uninterested 掃興

Patricia is really turned off by guys who give her insincere compliments.

Patricia 覺得那些言不由衷的讚美很掃興。



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New Planet Discovered That May Support Life

新發現有可能孕育生命的行星

In summer of 2016, the world was shocked to learn about the discovery of a new planet, Proxima b. This planet isn't just any planet, but one that is likely to support life.

在 2016 的夏季，全世界的人都因新發現的行星，毗鄰星 b (Proxima b) 感到震撼。這顆行星不只是一顆行星，而是可能孕育生命的行星。

Proxima b **orbits** the closest star to our Sun, called Proxima Centauri. This Earth-sized planet is located 4.2 light years from us, making it the closest planet to us that is not in our own solar system.

毗鄰星 b 繞著離太陽系最近的恆星，毗鄰星 (Proxima Centauri) 而行。這顆尺寸與地球相同之行星離我們有 4.2 光年之遠，是太陽系外離我們最近的行星。



So how do we know that it could support life? No, scientists did not find little aliens running around. But what they did find is water, and water is the single most important condition for life. In fact, the surface of Proxima b may even be covered with oceans 200 kilometers deep. Another important condition for life is an **atmosphere**. However, scientists aren't sure yet whether Proxima b really has an atmosphere. Some believe that the planet does have a thin atmosphere, while others believe that it can't because of strong 'stellar winds'. These are

particles that blow from stars, and if they are strong enough, can blow away a planet's atmosphere.

所以我們是怎麼知道它能孕育生命呢？沒有，科學家們並沒有發現到處溜達的小外星人。但他們發現水，而水是對於孕育生命最重要的唯一條件。事實上，毗鄰星 b 的表面甚至可能有深達 200 公里的海洋所覆蓋。另一個孕育生命的重要條件是大氣。然而，科學家們無法確定毗鄰星 b 是否真的具有大氣。有一些人相信這顆行星有一層薄弱的大氣層，但其他人因為行星上有股強大的「恆星風」而認為它並沒有大氣層。恆星風是從恆星吹出的物質流，如果恆星風夠強，會把行星的大氣層給吹走。



The discovery is certainly exciting for **humanity**, but it may take hundreds of years before we have a chance to send robots there to explore it.

這項發現對人類來說肯定是件令人興奮的消息，但在我們找到機會能派遣機器人到星球上去探索之前，可能得花上我們上百年的時間才能抵達。

Vocabulary 好字精選

1. support (v) bear, handle, sustain 支撐，扶持

How much weight can this platform support?

這個平台能支撐的負重量為多少？

2. orbit (v) to go around 環繞（天體等的）軌跡運行

Our planet orbits the sun once every 365 days.

我們地球每 365 天就繞太陽一周。

3. atmosphere (n) the air/gasses around a planet 大氣

The planet Jupiter is made up entirely of atmosphere; it is essentially a giant gas ball.

木星全由氣體而組成；它的本質便是一顆巨大的氣體球。

4. particle (n) a tiny piece of matter 微粒；（物）粒子，質點

One particle of water is made up of two hydrogen atoms and one oxygen atom.

一個水分子由兩個氫原子及一個氧原子所組成。

5. humanity (n) all people 人性；人道；（總稱）人

If we don't protect the earth, humanity may die out.

如果我們不保護地球，人類有可能會滅亡。

Phrases and Sentence Patterns 句型解析

1. light year (expression) the distance that light travels in one year 光年

The furthest planet from Earth in our solar system, Neptune, is located 0.0005 light years away.

在太陽系中，離地球最遙遠的星球是海王星，位於 0.0005 光年之外。

2. solar system (phr) the system that includes the sun and the eight planets 太陽系

Scientists now say there are only eight planets in our solar system, not nine, because Pluto is too small.

現今的科學家們認為太陽系中只有八個行星而不是九個，因為冥王星太小了。

3. condition(s) for N (phr) a necessary state for something to happen/exist 情況；（健康等）狀態

My balcony provides the perfect conditions for growing tomatoes.

我的陽台提供一個可供番茄生長的完美環境。



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