三多國中 LUNCH BOX 雙語陪伴您

廣播時間：11 月 5 日（星期四）

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節目開場

News Bites — Introduction

Hi and welcome to a new episode of News Bites!I'm Nancy Sun.And I'm Hope Ngo.In today's episode, saving the night sky, and fighting monsters on the internet.And for News Flash, these things cause trouble in stories, and online!Stay tuned to learn more!

桃園拉拉山獲國際暗空勝地認證！

Lalashan Certified as Urban Night Sky Place!

Have you ever looked up at the night sky...Really looked...And seen thousands and thousands of stars?Not just a few.Not just the bright ones.But a whole sky.Packed with stars.Like someone threw glitter across a black blanket?High up in the mountains of Taoyuan...There is a place called Lalashan.On Taiwan's National Day, Lalashan received a very special award from an organisation called the International DarkSky Association.Lalashan is now the first "Urban Night Sky Place" in all of Taiwan!And it's just the third in all of Asia!

拉拉山榮獲國際暗空勝地認證，成為全台首座、亞洲第 3 座獲此認證的地點。

Now, what exactly IS an Urban Night Sky Place?It is a place that has worked very hard to protect the natural darkness of the night sky.To get this award, the place must be within 50 kilometers of a town with at least 50,000 people.So it is near a city but still dark!It must be a free public space, open for everyone!And at least two thirds of all outdoor lights in the area meet special dark sky lighting standards!How did Lalashan do it?It took a lot of time, and a lot of people working together.Now, why is protecting dark skies important?Well, stars are beautiful.But there is more.Light pollution affects nature too.Many animals use the natural darkness of night to move around.To find food...To lay their eggs...Too much artificial (人造的) light confuses them.So Taoyuan is working hard to protect the night sky on Lalashan.On a clear night on that mountain...You can look up...And see the stars!

友善網軍出動反酸民

Korean museum accused of poisoning a historic tree

A TikTok Army Armed with Kindness.Do you know about trolls?No, not the fairytale kind...An internet troll (嘲諷他人或引戰的酸民).They leaves mean, hurtful comments (惡意的、不友善的留言) on other people's videos or posts.It happens a lot online.People say things they would NEVER say to someone's face.Because they feel hidden (被隱藏) behind a screen.

在網路上，有一些人會說一些當面絕對不會說的話，因為他們覺得沒有人知道他是誰。

And for many people... Those mean comments really hurt. One woman shared healthy recipes (健康食譜) online. But people started leaving mean comments about the way she looks.They said terrible things.The woman was really hurt.Then one day, everything changed.Her phone started buzzing (嗡嗡響). And buzzing. And buzzing. 15,000 comments.All of them... kind (和善的)!What happened?The woman had been visited by the Kindness Mob!The Kindness Mob is a TikTok channel run by a man named Tyler Brickley in the US.

Every day, Tyler picks one person who is being bullied or ignored online.And he asks his 500,000 followers to leave some nice comments for this person.The mob floods that person's videos with nice, warm, friendly comments.Tyler says trolls work in the same way.They're lots of people, leaving anonymous (匿名的) comments.Tyler says he's doing the same thing, but using kindness instead!And this woman was not the only one.A grandmother was feeling scared and alone.Her husband was in the hospital.The Kindness Mob visited her videos.Suddenly, she had a whole community around her, giving her strength.But Tyler's work is not easy.He says every day, up to 100 people ask him for help.But Tyler can only pick one person per day.Scientists say one person cannot fix the whole internet alone.We need bigger change...In how ALL of us treat each other online.And that starts with each of us.Remember, kindness is contagious.And it travels further than you will ever know.

重點回顧

RECAP

So in today's News Bites,Lalashan received a very special award from an organisation called the International DarkSky Association.Lalashan is now the first "Urban Night Sky Place" in all of Taiwan!And it's just the third in all of Asia!

今日單字

NEWS FLASH — troll (北歐神話中的「山怪」，網路用語引申為「酸民」)

In today's News Flash, a word for something you don't want to run into,online or in real life.It's a troll!In stories, a troll is a monster.It's not friendly, and it's dangerous to humans.But on the internet, a "troll" is someone who posts mean, rude, or annoying comments online, just to upset people or cause trouble!You know those comments you see online that seem designed to make people angry, sad, or start a fight?The person who wrote that is probably a troll.And now you know.

If you have a fun fact or a joke you'd like to share with us, record your message and send us your Bite-Size Break to newsbites@icrt.com.tw, and you might hear it in an upcoming episode! We'll see you next time for an exciting new episode of News Bites!