

## Zany for Zorbing 草地飞球：刺激新体验

It seems like **adrenaline junkies** never run out of ways to get their thrills. To experience a **rush**, they can [jetski](#), [skydive](#), ride a gravity-defying [roller coaster](#), or [bungee jump](#). And now, they can add a new extreme sport called [zorbing](#) to the list.

对于喜欢追求肾上腺素急速上升的狂热份子来说，似乎永远不乏追求刺激的方式。要体验冲刺的快感，他们可以骑水上摩拖车、跳伞、搭乘与地心引力相抗衡的云霄飞车或玩高空弹跳。现在，他们的刺激活动清单能再新增一项：称为草地飞球的极限运动。

In zorbing, which is also called **sphering**, people climb inside a plastic, **bouncy** ball called a zorb and **tumble** downhill. The sport was founded in the 1990s by two friends from New Zealand, Dwayne van der Sluis and Andrew Akers. Initially, they wanted to design a floating ball that would support people as they walked on top of water. They **came up with** the idea of placing a ball inside of a ball, so the air would stay **pocketed** between the two. But after they built their **prototype**, they quickly found a much better use for it. They discovered the plastic sphere was a lot more fun when it was rolling down a hill as opposed to **bobbing** in the ocean. And from there, the popularity of zorbs quickly **snowballed**.

草地飞球又称为 **sphering**。玩草地飞球时，人们会爬进一个称为 **zorb** 的塑料弹力球，然后滚下山坡。这个运动起源于 1990 年代，由两名好友——来自纽西兰的端·凡·德·史拉希和安德鲁·艾克所发明。刚开始的时候，他们原本想设计出一个漂浮的球体，让人们可以在水面上走动。他们想出了一个点子，就是把一个球置于另一个更大的球内，让空气可以被包覆在两层球体之间。不过当他们制作出第一个版本的成品之后，他们很快地发现这个球体有更好的用途——与其让这颗大球漂在海面上，让它从山坡上往下滚更加好玩。至此之后，草地飞球的人气如雪球般地越滚越大。

A great place to experience zorbing in Taiwan is in [Kenting](#). For just NT\$380, anyone can **give it a shot**. Once you're inside the zorb, an **operator** will **strap** you to the wall and make sure you're secure. Next, they'll release the zorb and your 30 mph **trek** downhill will begin. For a **twist**, some zorbs are even equipped with a microphone inside, so **onlookers** can hear how much fun you're having. So the next time you're **in the mood for** some heart-pounding **hijinks**, roll down south and give zorbing a try.

垦丁是台湾能体验草地飞球的绝佳地点，只要新台币 380 元，任何人都可以尝试。一旦你进入了塑料弹力球的内部，操作人员会把你用安全带固定在球内部以确保安全。接下来，他们会放开这颗大球让它开始以时速 30 哩的速度往山坡下滚。为了增添趣味，有的球内部甚至还装麦克风，所以在一旁看好戏的人都能听到你多么享受此等趣味。因此下次如果你想要尝试些让你心跳加速的活动，就一路滚向南方试试草地飞球吧！

— by *Jamie Blackler*

### Vocabulary

**zany**: [ˈzɛni] adj. 滑稽的，可笑的

**adrenaline** [əˈdrɛnəlɪn] n. 肾上腺素

**junkie** [ˈdʒʌŋki] n. 爱好者; 着迷于某事务者

**rush**: [rʌʃ] n. 激增, 大量 a sudden surge of sensation, esp produced by a drug

**defy** [diˈfaɪ] v. 抗拒

**bouncy** [ˈbaʊnsɪ] adj. 有弹性的

**tumble** [ˈtʌmbəl] v. 滚下; 坠落

**pocket** [ˈpɒkɪt] v. 装入袋内

**prototype** [ˈprɒtəˌtaɪp] n. 原型

**bob** [ˈbɒb] v. (在水面上) 上下快速移动

**snowball** [ˈsnəʊˌbɔːl] v. 滚雪球般增大

**operator** [ˈɒpəˌreɪtə] n. (机器或设备的) 操作员

**strap** [stræp] v. 用带捆绑 (或束住)

**trek** [trek] n. (显得很漫长的) 一段路程

**twist** [twɪst] n. 花样 a novel treatment, method, etc

**onlooker** [ˈɒnˌlʊkə] n. 观众; 旁观者

**hijinks**: [ˈhaɪˌdʒɪŋks] n. 【口】狂欢作乐; 胡闹 high jinks; playful, often noisy and rowdy activity, usually involving mischievous pranks

## Idiom

**adrenaline junkie**: 着迷于追求刺激的人 Adrenaline junkie is a colloquial term used to describe someone who is addicted to thrilling and fear-inducing situations. The act of conquering fear creates a rush of endorphins that is simultaneously energizing and relaxing.

**come up with**: (针对问题等) 想出; 提供 to bring forth, discover, or produce

**give something a shot**: 尝试 to attempt to do something

**in the mood for**: 有...的兴致, 想做... having the proper state of mind for a particular situation or for doing something