2024 年 1-4 月雅思口语 Part3 保留题目参考资料（B 难度 含翻译）

感谢小伙伴使用"雅思过过过"口语素材！ 使用资料

前，请您先仔细阅读以下内容❥(^_-)

1. <mark>由于 Part3 考官可以即兴提问，并且依照个人情况不同，所提问数量、给出的回答时长各有不同；同时，任何素材思路无法全部完美适合所有人，因此建议练习中结合个人理解方式，做内容的删减、扩充等调整。以达到更高效复习的状态。调整内容时，如有疑问欢迎在售后微信中联系 Penny 解答。</mark>

2. 文中含下划线的内容是高分地道表达。所有标注 **"新题"** 的题目为 **9** 月新增考题，并在明年 **1-4** 月会继续考。所有新题的配套中文翻译会在 **9** 月底添加。

3. 注意 **Part3** 考官可以即兴提问，因此无法覆盖全部考题。

4. 复习时，请根据自己喜好和个人情况，灵活运用参考答案及加分表达，切勿逐字逐句死记硬背；

目录

Topic 1 等待美好发生（新题）

1. Do you think people like to wait for a long time?

No, I don't. Nowadays, people are very impatient. They want things to happen quickly and can't stand waiting, especially for a long time. For instance, when they order food, they expect it in about 10 minutes. If it takes more than 30 minutes, <u>they get grumpy</u>. <u>Parcel delivery is another example</u>; waiting over a week for a parcel can lead to complaints, as quick delivery is expected, especially in China.

你认为人们喜欢长时间等待吗？

不，我不认为。现在人们都表现的非常不耐烦。他们希望事情能很快发生，不能忍受等待，尤其是长时间的等待。比如，当他们点餐时，他们期望大约 10 分钟就能上菜。如果等待超过 30 分钟，<u>他们就会不高兴</u>。<u>快递送货也是一个例子</u>；如果一个包裹要等待一周以上才能收到，那可能就会引发投诉，因为人们期望快点送货，尤其是在中国。

2. On what occasions do people have to wait for a long time?

People sometimes have to wait when they have appointments. For doctors or dentists, it's normal to have to wait. Sometimes these appointments <u>run longer than expected</u> because the professionals are busy with other patients. <u>Another example is</u> parcel delivery. If a parcel is being shipped from abroad, it can take several weeks to receive the parcel.

人们在哪些场合需要长时间等待？

人们有时在有预约时需要等待。等医生或者等牙医都是正常的。有时这些预约的时间<u>要比预期长</u>，因为医生们（专业人士）会忙于会诊其他病人。<u>另一个例子</u>是快递送货。如果包裹从国外寄来，可能需要数周才能收到包裹。

3. Why do most children have difficulties waiting for a long time?

There are two main reasons. The first reason is that they don't understand time. For example, children have a hard time waiting for food at a restaurant. They can <u>become impatient and act out</u>. They don't understand why things take time. The second reason is a lack of patience. Children <u>don't have the skills or brain development</u> to sit and wait quietly. They're usually too immature to be patient.

为什么大多数孩子难以长时间等待？

有两个主要原因。第一个原因是他们不理解时间这个概念。比如，孩子们在餐厅等待食物时很难耐心的等待。他们<u>可能会变得不耐烦并且行为不当</u>。他们不理解为什么做事情需要时间。第二个原因是缺乏耐心。孩子们没有<u>坐着安静等待的能力</u>或者是<u>因为大脑还没发育好</u>。他们通常都还不够成熟以至于无法耐心等待。

见下页

4. What do people do while waiting?

I think people usually <u>pass the time on their phone</u> when waiting. No one likes to wait. But <u>phones are a good distraction</u>. For example, when waiting at the dentist's office, people often <u>scroll through their phones to avoid boredom</u>. Some also listen to music or read, usually on their phones. <u>That said</u>, some places, like hair salons, still offer magazines for reading while waiting.

人们在等待时通常会做什么？

我认为人们在等待时通常会<u>拿出手机打发时间</u>。没有人会喜欢等待。但<u>手机是一个很好的消遣方式</u>。例如，在牙医诊所等待时，人们经常<u>刷手机以避免无聊</u>。有些人也会听音乐或阅读，通常也是在手机上。<u>尽管如此（话虽如此）</u>，一些地方，比如发廊，仍然会提供杂志供人们等待时阅读。

5. Are most people patient while waiting?

It depends. If people can distract themselves, then they can usually be patient while waiting. But if there's nothing to do, then most people will <u>get impatient after a while</u>. Besides, it's important to <u>be clear and honest with information</u>. If people are told they'll have to wait for 10 minutes but end up waiting for 30 minutes, they'll get frustrated. Getting inaccurate information can make people unhappy.

大多数人在等待时都耐心吗？

这要看情况。如果有可以帮助人们分散注意力的东西，那么他们通常可以在等待时保持耐心。但如果没有事可做，那么大多数人<u>会在一段时间后变得不耐烦</u>。此外，<u>清晰和靠谱的信息</u>也很重要。如果告诉人们，他们需要等待 10 分钟，但最终等待了 30 分钟，人们就会感到沮丧。获得不准确的信息会让人们不开心。

6. Do people queue consciously while waiting for the subway train?

Well, some countries have rules around queuing and others do not. In China, there isn't a rule, so most people don't queue. When the train arrives, passengers just <u>go in as soon as the doors open</u>, even if others are trying to get out. This is especially true during busy times in big cities like Shanghai. This can <u>make things chaotic</u> and even dangerous. I think having more staff and <u>better oversight</u> could help people line up in a more organized way.

人们在等待地铁时是否会有意识地排队？

一些国家有排队的规则，但其他国家没有。在中国，这方面没有明确的规定，所以大多数人不排队。当地铁到达时，乘客会<u>在车门打开后立即进去</u>，即使其他人正准备下车。在像上海这样的大城市繁忙时，情况可能会<u>变得更混乱</u>甚至危险。我认为增加地铁站工作人员和<u>加强监督（更好的监督）</u>可能有助于让人们更有组织地有序地排队。

1. Do you think people take more photos now than in the past?

<u>Absolutely yes!</u> People take so many photos today. It's because they have a mobile phone that they carry everywhere they go. Today's phone cameras are <u>way better than what we had 20 years ago</u>. So anyone can be a photographer. Back then, taking a photo was not easy. You had to go to a photo studio or <u>invest in expensive camera equipment</u>. Technology has made it easy to snap pictures anytime. So, it's no surprise that we take more photos today!

你认为现在的人比过去拍的照片更多吗？

<u>绝对是的！</u>人们现在拍的照片非常多。这是因为大家都随身携带手机。现在的手机相机<u>比 **20** 年前的要好得多</u>，所以任何人都可以成为摄影师。而以前拍照片可不容易。你得去照相馆或者<u>买非常昂贵的相机设备</u>。科技进步使得随时拍照变得很容易。所以，今天我们会拍更多的照片并不令人意外！

2. Why do some people like to post their photos on social media?

I think people like posting their photos to social media for two reasons. First of all, they want to show people what they're doing. When something new or exciting happens, we like to share it with our friends. Posting photos is an easy way to let everyone know. Another reason people post photos is to <u>show off</u>. They like to <u>impress people with their achievements</u>, whether it's a cool car or an amazing vacation.

为什么有些人喜欢在社交媒体上发布他们的照片？

我认为人们之所以喜欢在社交媒体上发他们的照片，有两个原因。首先，他们想向人们展示他们在做什么。当发生一些新鲜或令人兴奋的事情时，我们喜欢与朋友分享。晒照片是让所有人都知道的简单方式。人们发照片的另一个原因是<u>炫耀</u>。他们喜欢<u>用自己的成就来给他人留下印象</u>，无论是一辆酷炫的汽车还是一个令人惊叹的度假。

3. What types of photos are people interested in taking these days?

People love taking selfies. People love taking pictures of themselves for social media. It's the most common type of photo today. <u>Getting likes and comments from</u> friends, family, and even strangers can feel pretty rewarding. Take college graduation as an example. It's a big deal, so tons of people take graduation selfies. People also take photos when they do something special. For example, fishing enthusiasts often <u>take selfies with a big catch</u>. It's fun to show off on social media.

现在人们喜欢拍哪些类型的照片？

人们喜欢自拍。人们热衷于在社交媒体上晒自拍照，这是当今最常见的照片类型。从朋友、家人，甚至陌生人那<u>里获得点赞和评论</u>可能会感到很有满足感。以大学毕业为例，毕业是一件大事，所以有很多人拍毕业自拍。人们还会在做特殊事情时拍照片。比如，钓鱼爱好者经常会<u>与钓到的大鱼自拍</u>，拍好在社交媒体上去炫耀，是一件有趣的事情。

4. Do you think equipment is important for photography?

Yes. If you want to take high quality photos, <u>you need more than just your mobile phone</u>. Most photographers also use <u>a zoom lens and a camera with lots of pixels</u>. Usually, it's a digital camera so they can easily put the pictures on their computer to edit them. It means that they'll also need a computer. Besides, they might need <u>additional lighting</u> if a flash is not enough. So, in order to take good photos, a photographer must have additional equipment.

你认为摄影装备对摄影重要吗？

是的。如果你想拍摄高质量的照片，<u>你需要的不仅仅是手机</u>。大多数摄影师还会使用<u>变焦镜头和像素很高的相机</u>，通常是一台数码相机，这样他们可以轻松的将照片传输到电脑上进行编辑。而这也意味着他们还需要一台电脑。此外，如果闪光灯亮度不够，他们可能还需要<u>额外的照明设备</u>。所以，为了拍好照片，摄影师必须有额外的装备。

5. Do you think being a professional photographer is a good job? Why?

Yes, it would be a great job! There's a lot of freedom in this job. You can also make a lot of money. <u>Photographers get to be their own boss</u>. They don't have to be in an office all day. For example, wedding photographers spend the day at the wedding. They take beautiful photos and even get to eat good food. They also make good money. So, <u>it's a job with freedom and good pay</u>.

你认为成为职业摄影师是一份好工作吗？为什么？

是的，这会是一份很棒的工作！这个工作有很大的自由度。你还可以赚很多钱。<u>摄影师可以做自己的老板</u>，他们不必整天呆在办公室里。比如，婚礼摄影师整天都在婚礼上（不用坐办公室）。他们拍摄美丽的照片，甚至可以享受美食。他们还可以赚很多钱。所以，<u>这是一份既有自由度又薪水很高的工作</u>。

6. Do you think being a photographer was important in the past or is it important now? Why?

I think being a photographer was more important in the past than it is today. In the past, photography was <u>a rare and difficult skill</u>. The equipment photographers used was incredibly complicated. Just one photograph required a lot of time, planning, and skill. So, there weren't many people who could be photographers. Today, photography is still valuable. But smart phones <u>have made photography free and accessible to everyone</u>. So the job of a photographer is less important.

你认为当摄影师在过去重要还是在现在重要？为什么？

我认为在过去成为摄影师，比现在更重要。在过去，摄影是<u>一项很少有人学并且难度高的技能</u>。以前摄影师使用的设备非常复杂。仅仅是拍摄一张照片就需要很多的时间、策划和技巧。所以，很少有人能成为摄影师。现在，摄影仍然具有价值。但智能手机<u>让每个人都可以免费摄影并且很容易入门</u>。因此，现在摄影师的工作变得不那么重要了。

1. Why do people like parties?

I think people mostly like parties because they get to celebrate. <u>More specifically</u>, they like celebrating with their loved ones. When a best friend or partner has a birthday, most people love to hang out with their closest friends and family. People also like parties because they're fun. It's like having a holiday. They can really relax and <u>avoid the stress in their lives</u>. For example, when people celebrate Chinese New Year, they <u>get a whole week of relaxing and celebrating</u>.

为什么人们喜欢聚会呢？

我觉得人们大多数喜欢聚会是因为他们可以庆祝。<u>更具体地说</u>，是他们喜欢和亲朋好友一起庆祝。当最好的朋友或伴侣过生日时，大多数人都喜欢和最亲近的朋友和家人一起玩。另外也是因为聚会很有趣。就像度假一样，他们可以真正地放松，<u>摆脱生活中的压力</u>。比如，当人们庆祝中国新年时，<u>就可以有一整周的放松和庆祝</u>。

2. Why do some people not like going to parties?

I suppose that some people get anxious when they go to parties. For example, if someone is young and single and is <u>attending a party hosted by someone they don't know well</u>, they might worry about going alone and whether they'll have someone to talk to. That's not fun. Also, some people don't like to drink. But <u>parties often involve heavy drinking</u>. So, these people <u>would rather</u> stay home or go to a movie with a friend.

为什么有些人不喜欢去聚会？

我猜有些人去聚会时会感到焦虑。比如，如果有人年轻单身，<u>参加一个他们不太熟悉的人举办的聚会</u>，他们可能会担心自己一个人去，是否会有人和他们聊天。那就变得不是很有趣了。而且，有些人不喜欢喝酒。但<u>聚会通常都会喝很多酒</u>。所以，这些人宁愿待在家里或与朋友一起去看电影。

3. Do you think those who tend to stay at home are less healthy than those who often attend parties?

<u>(否定回答的加分表达)</u><u>I don't think this is true</u>. Staying at home doesn't mean you're unhealthy. But going to parties also doesn't mean you're healthy. For example, someone who stays at home might eat healthy food, sleep early, and exercise in the morning. On the other hand, someone who goes to a party might <u>get less sleep</u>, <u>consume alcohol</u>, or eat less nutritious food. If one of them is unhealthy, it's more likely to be the person who goes to parties.

你认为那些经常待在家里的人比那些经常参加聚会的人更不健康吗？

（注意英文此处的表达方式）我不觉得。待在家里不代表你不健康，而参加聚会也不一定代表你健康。比如，待在家里的人可能会吃健康的食物，早早就睡觉，早上起床去锻炼身体。然而去参加聚会的人，可能会睡得较少，聚会时候喝酒，或者吃不太营养的食物。如果必然有一个人不健康，那更有可能是那些参加聚会的人。

4. Do you think music and dancing are a must at a party?

Well, I don't think music and dancing are necessary, but <u>they can add fun</u>. For instance, at a party with unfamiliar faces, like a wedding, music and dancing help people connect. <u>Music sets a relaxed tone</u>, and dancing is <u>a fun way to bond</u>. But at parties with close friends and family, like during Chinese New Year, people might not care as much about music and dancing; they might prefer playing games or chatting.

你认为聚会必须有音乐和跳舞吗？

我觉得音乐和跳舞不是必需的，<u>但它们可以让聚会更好玩</u>。比如，在一个有陌生人的聚会上，比如婚礼，音乐和跳舞有助于人们建立联系。<u>音乐营造了轻松的氛围</u>，跳舞则是<u>一种有趣的社交方式</u>。但在与亲朋好友一起聚会时，比如过中国新年时，人们可能不太在意音乐和跳舞；他们可能更喜欢玩游戏或聊天。

5. What would you do if you were disturbed by a neighbour's party?

It really depends on how you are being disturbed. If the party is happening around 8 PM, I might <u>put up with it for a bit</u> because they have the right to do things in their own home. But if someone next door is playing loud music at 2 in the morning, you can ask them to turn the music down. If they don't do what you ask, call the police and report them. <u>Still, I think it's always best to</u> talk to people before calling the police.

如果你被邻居的聚会吵到了，你会怎么办？

这取决于被打扰到的方式。如果聚会在晚上 8 点左右进行，我可能<u>会忍耐一下</u>，因为他们有权在自己家里做事。但如果隔壁的人在凌晨 2 点放很大声音乐，那咱就可以要求他们把音乐关小。如果他们不听你的话，就可以报警举报他们。<u>不过，我认为最好是</u>在报警之前先和人交谈一下。

6. What are the differences between holding a party at home and in a public place?

<u>There are many differences. I'd say the first one is</u> the cost. Having a party at home is usually cheaper. You make the food and drinks yourself. But renting a public place for a party can be very expensive. You have to pay for the space as well as food and drinks. Besides, holding a party at home <u>is more work</u>. You have to prepare a lot before the party. Then you have to clean up when everyone leaves. In a public place, you just pay the money and <u>you're done</u>.

在家举办聚会和在公共场所举办有什么区别？

<u>有很多区别</u>。我觉得第一个是费用。在家里举办聚会通常更便宜。你可以自己做食物和准备饮料。但在公共场所租用聚会场地可能会很昂贵。而且你不仅要付场地费用，还要付食物和饮料的费用。另外，在家里举办聚会<u>更费事</u>。聚会前你需要做很多准备工作。然后，大家离开后你还需要清理。而在公共场所，你只需要付钱<u>就完事了</u>（其他不用管）。

1. Do you think parents should give their children advice?

Yes, of course. Parents need to raise their children to become responsible and thoughtful adults. <u>Often this means</u> giving them advice. For example, parents may give their child advice about solving disagreements with friends. This can help them improve their friendships. If they have a good relationship with their children, parents can continue sharing their knowledge. So children can continue to <u>benefit from their parents' wisdom</u>. This is really <u>helpful for all aspects of their life</u>.

你觉得父母应该给孩子提建议吗？

当然啦。父母需要把孩子养成负责任和为他人考虑的成年人。<u>通常，</u>这意味着你需要给他们建议。比如说，父母可能会给孩子一些关于如何解决和朋友的争执的建议，这有助于他们增进友谊。如果他们和孩子关系好，父母还可以继续分享他们的知识，这样孩子可以继续<u>从父母的智慧中受益</u>。<u>这对他们生活的各个方面都很有帮助。</u>

2. What kinds of advice do parents always give their children?

Parents give their children advice about lots of things. For example, if a child is having difficulties with a friend, they might give advice about how to resolve the situation. They can teach their kids to express their feelings. This helps the child be confident and <u>good at solving conflicts</u>. Parents also give their children career advice. Many children may not know what to study or <u>which career to pursue</u>. <u>In such cases</u>, parents can help their children figure it out.

父母都会给孩子什么样的建议？

父母会给孩子关于很多事情的建议。比如说，如果一个孩子和朋友之间关系上紧张，他们可能会给一些如何解决问题的建议。他们可以教孩子如何表达自己的感受，这有助于孩子能更自信并且<u>善于解决彼此之间的冲突</u>。父母还可以给孩子职业方面的建议。很多孩子可能不知道该学什么或者<u>追求什么职业</u>。<u>在这种情况下</u>，父母可以帮助他们找到答案。

3. Should teachers give students advice?

To be honest, I think teachers should give students advice. But it should only be related to their studies. For example, an English teacher can give their students advice about how they can improve their writing skills. But <u>it's not their job to</u> help students with personal relationships. These issues are too personal. Besides, teachers <u>don't know everything about a student's life</u>, so their advice might not be helpful.

你认为老师应该给学生建议吗？

老实说，我认为老师应该给学生建议，但建议应该只涉及他们的学业。比如说，英语老师可以给学生关于如何提高写作技巧的建议。<u>但他们不应该帮助学生处理个人关系问题</u>。这些问题太私人了。而且，老师<u>不了解学生生活的方方面面</u>，所以他们的建议可能不会有帮助。

4. Do you think it is necessary for us to listen to friends' advice?

I suppose that it depends on what kind of help you need. Friends can <u>help you with everyday problems and minor decisions</u>. For example, they can give opinions on what to wear to an important party. They understand your personality and style so they can give you good advice. But friends <u>can't always help with big life choices</u>, such as which college to go to. They could suggest their school, but <u>that's often emotional.</u> You should just talk to experts who know more than your friends.

你认为我们有必要听朋友的建议吗？

我想这取决于你需要什么样的帮助。朋友可以<u>帮助你解决日常问题和帮你做一些小事情的决策</u>。比如说，他们可以提供在重要聚会上穿什么的意见。他们了解你的个性和风格，所以他们可以给你好一点的建议。但朋友<u>不一定能帮助你做重大的决策</u>，比如选择哪所大学。他们可以给你建议说让你选择他们上的学校，<u>但这通常有含有情感因素在里面</u>。这些事情你就应该找专家咨询，他们比你的朋友更懂行。

5. How do you think we should give young people and old people advice?

When giving advice to both young and old people, it's important to respect what they think. You <u>shouldn't try to force them into something</u>. For example, when young people are picking a college major, ask about their interests and goals before suggesting one. This will <u>make them feel involved and open to advice</u>. As for older people, they often have lots of experience. It can be hard for them to take advice. So, you can offer them advice but <u>make it clear that it's optional</u>.

你认为我们应该如何给年轻人和老年人提供建议？

当给年轻人和老年人提供建议时，尊重他们的想法很重要。<u>不要试图强迫他们做什么</u>。比如说，当年轻人选择大学专业时，先问问他们的兴趣和目标，然后再提建议。这会<u>让他们觉得自己也参与其中了，更愿意接受建议</u>。至于老年人，他们通常有很多经验，让他们接受建议可能有点难。所以你可以提供建议，但<u>要明确表示这只是可选项（不是必须做）</u>。

6. What are the areas in which people are more or less willing to accept advice?

Many people seek advice for important decisions. For example, people might worry about choosing the right career and <u>seek guidance from experienced professionals</u>. The same goes for decisions about education, like picking activities for their kids or picking a college major. People usually want advice from experts to make sure they make good choices. <u>This also happens in other parts of life, such as</u> buying a house or managing finances. People usually turn to others for help and support with those things.

人们或多或少愿意接受建议的领域有哪些？

很多人在做重大决策时会寻求建议。比如，人们可能担心是否选择了正确的职业，所以他们会<u>向有经验的专业人士寻求指导</u>。教育方面也是一样，比如要为孩子选择做什么活动或选择大学的专业的时候，人们通常希望从专家那里得到建议，以确保做出明智的选择。<u>在其他生活方面也一样，比如</u>买房或理财，人们通常会向他人寻求帮助和支持。

见下页

7. What are the jobs that are specifically for providing advice to others?

Some examples are health professionals, lawyers, teachers, <u>and many more</u>. When someone <u>has a problem in a specific area of their life</u>, they ask an expert to tell them what to do. For example, a health professional can help you with any bodily issues. Lawyers provide legal advice. Teachers offer advice to students about their work. Counselors and psychologists give advice about mental health concerns. Lots of jobs focus on providing advice.

有哪些工作是专门提供建议给他人的？

一些例子包括健康专家、律师、教师<u>等等很多</u>。当某人<u>在生活的某个领域遇到问题时</u>，他们会请专家告诉他们该怎么做。比如，医护健康专家可以帮助你处理身体方面的问题。律师可以提供法律建议。教师为学生提供有关学业的建议。咨询师和心理医生提供有关心理健康问题的建议。很多工作都专注于提供建议。

8. What advice would a professional person like a doctor, lawyer or teacher give someone?

Professionals can give advice <u>based on their specialized knowledge</u>. When you see a doctor, they can explain whether tests are necessary or if you need medicine. However, if a person sees a lawyer, it's usually for legal advice, such as <u>handling a divorce and property division</u>. Finally, teachers give advice about knowledge and learning. So if you want to get better at something, a teacher can guide you on how to do it.

专业人士如医生、律师或教师会给别人什么建议？

专业人士可以<u>根据他们的专业</u>知识提供建议。当你看医生时，他们可以向你解释是否需要进行检查或是否需要药物治疗。然而，如果一个人去找律师，通常是为了法律建议，比如<u>处理离婚和财产分割</u>。最后，教师提供有关知识和学习方面的建议。所以如果你想在某方面学得更好，教师可以指导你如何做。

13

1. Does studying and learning make people tired today?

Of course it does. The world's population has grown a lot. So there is a lot of <u>intense competition</u>. As a result, the process of learning has become really tiring and stressful. Take high school students in China as an example. They are <u>under tons of pressure to get good grades and get into the top universities</u>. Some schools even close at 10pm and all students have homework every day during the holidays. So these young people aren't just tired, they are exhausted.

今天的学习会让人感到疲惫吗？

当然会啊。世界人口增加了很多，所以<u>竞争非常激烈</u>。结果就导致学习变得真的很累，很有压力。以中国的高中生为例，他们<u>承受着巨大的压力，要拿好成绩，进入顶尖大学</u>。有些学校甚至晚上十点才关门，而且假期期间学生每天都有作业。所以这些年轻人不只是累，他们已经筋疲力尽了。

2. When do people usually feel tired?

I think most people feel pretty energetic in the morning until around 2 or 3 pm. This is actually a great time for a nap. Then, <u>as the day goes on</u>, our bodies naturally start feeling tired. This is because our bodies <u>release a hormone called melatonin</u>. It helps us sleep. So, it's common for people to feel a bit tired in the afternoon and more tired in the evening.

人们通常在什么时候感到累？

我觉得大多数人早上精力充沛，直到下午 **2** 或 **3** 点左右会觉得累。这实际上是个小憩的好时间。然后，<u>随着一天的推移</u>，我们的身体自然而然地开始感到疲倦。这是因为我们的身体<u>释放一种叫做褪黑素的激素</u>，它会帮助我们入睡。所以，通常下午人们会感到有点疲倦，而晚上就会觉得更累。

3. What do you think about striving for learning and striving for sports?

I suppose that striving for learning and striving for sports are both important. But it depends on the person and what their goal is. If someone wants to be the best swimmer in the world, then they need to be really focused. They have to <u>be committed to training</u> or they might fall behind. <u>The same goes for education</u>. Students prepping for big exams like the gaokao have to study hard every day. They <u>can't afford to slack off</u> until they pass and get into a good college.

你怎么看待努力学习和努力运动？

我认为在学习和体育方面的努力都很重要，但具体要看个人和他们的目标。如果有人想成为世界上最好的游泳运动员，那么他们需要非常专注。他们<u>必须致力于体育训练</u>，否则可能会落后。<u>同样，学习方面也是一样</u>。备战像高考这样的大考，学生们必须每天都努力学习。他们<u>不能松懈</u>，直到考过并进入一个好大学。

4. Do people have fewer holidays now than in the past?

Yes, people are <u>taking less time off work</u> now. I think the main reason is the tough competition between companies. To succeed, businesses often require employees to work longer hours. For example, in China, <u>many follow a "996" schedule</u>, working 9 AM to 9 PM, six days a week. So, taking a holiday has <u>become a luxury that not many can afford.</u>

现在人们的假期比过去少吗？

是的，现在人们<u>休假时间比过去少了</u>。我认为主要原因是公司之间的激烈竞争。为了成功，企业通常要求员工工作时间更长。比如说，在中国，<u>很多公司实行 **"996"** 的工作制</u>，每周六天，从早上 **9** 点工作到晚上 **9** 点。所以，休假已经<u>变成了很少人能够负担得起的奢侈品</u>。

5. How can people solve the problem that old people easily get tired?

If an old person is tired, they can try a few things. First, if they don't get enough sleep, they can try taking some naps or going to bed earlier. Also, it's important to eat good meals. Some seniors who live alone might <u>skip meals sometimes</u> or choose fast, unhealthy options. This can <u>lead to not getting enough nutrients, which can cause fatigue</u>. Finally, they could also try exercising. It helps the body to have enough energy.

人们如何解决老年人容易感到疲倦的问题？

如果老年人感到疲倦，他们可以尝试一些方法。首先，如果他们没有得到充足的睡眠，可以试着小睡一会儿或早点上床睡觉。另外，饮食也很重要。一些独居的老人<u>有时可能会不吃某一顿饭</u>或直接选择快餐，不健康的食物。这可能<u>让他们摄取营养不足，从而导致疲惫</u>。最后，他们还可以尝试多锻炼身体，运动有助于给身体提供足够的能量。

6. What are the differences between feeling tired after studying and after exercising?

Well, feeling physically exhausted after a workout is different from feeling mentally exhausted. When you study for a long time, <u>your mind can get really tired</u>, and you might not feel like talking or doing anything. But when you exercise, it often gives you more energy because <u>it makes your body feel alive</u>. Even when you're physically tired, you can still talk and interact with people. So, <u>mental and physical fatigue</u> affect you differently.

学习后感到疲惫和运动后感到疲惫有什么区别？

学习后的精神疲惫和运动后的体力疲惫是不同的。当你长时间学习时，<u>你的大脑可能会非常累</u>，你可能不想说话或做任何事情。但当你锻炼时，通常会让你感到更有活力，<u>因为它让你的身体感到充满活力</u>。即使在体力疲惫时，你仍然可以与人交流。所以，<u>精神疲惫和体力疲惫对你的影响是不同的</u>。

1. Do you think people like new things or changes in life?

I think it depends on the individual. Some people prefer a more stable and predictable life. It makes them uncomfortable when things change. For example, consider an older person who is used to living alone and cooking for themselves. They might be stressed about how to prepare a meal when friends suddenly show up. But some people are curious and fearless when facing challenges. These people tend to enjoy change.

你觉得人们喜欢生活中的新事物或改变吗？

我觉得这要看个体情况。有些人更喜欢过稳定和可预测的生活，一旦发生变化，他们就会感到不安。比如说，想象一下一个年纪较大的人，习惯了独自生活和自己做饭。如果突然有朋友来访，他们可能会感到焦虑，不知道该如何准备一顿饭。但也有些人对挑战充满好奇和勇气，他们更喜欢变化。

2. Why do some people quit and change jobs?

People leave their jobs for a few main reasons. The first reason might be that they don't like their job anymore. Maybe they're bored of doing the same thing over and over again. This can happen when people get older and decide they want something new. Second, sometimes people choose a career because of their parents, but as they grow up, they realize it's not what they want, so they decide to follow their own interests instead.

为什么有些人会辞职换工作？

人们换工作有几个主要原因。第一个原因可能是他们不再喜欢自己的工作了，也许他们厌倦了一遍又一遍地做同样的事情。这种情况通常发生在人们变老后，他们想要尝试新的事物。其次，有时人们选择了一个职业是因为他们的父母，但随着他们长大，他们意识到这不是他们想要的，所以他们会决定去追随自己的兴趣。

3. How do people adapt to changes in life?

It depends on what the change is. If someone loses their job, they may have a hard time. But they can find another job and their life will continue as normal. However, if someone loses a family member, this is much harder. They might have a hard time coping. They need support while they're grieving. Adapting to loss is really difficult. So how well someone adapts really depends on their situation.

人们如何适应生活中的变化？

这取决于是什么样的变化。如果有人失去了工作，他们可能会觉得很难。但他们可以找到另一份工作，生活仍会继续正常进行。然而，如果有人失去了家人，这就难得多了。他们可能会很难应对，需要在悲痛中得到他人的支持。适应这样的失去真的非常困难。因此，一个人适应得有多好真的取决于他们遇到的情况。

见下页

嘎嘎上岸独家整理更新
全网最新最全雅思资料课程
微：lovepapa10086

16

4. Who can adapt better to changes, children or adults?

I think kids are actually very good at adapting, even <u>better than grown-ups</u>. They don't care about things as much as adults do. Besides, they are more curious about the world, so they are more open to new things. For example, when a family moves to a new country, the kids make new friends and <u>get used to the new place quickly</u>. But the parents <u>are used to their routines and habits</u>. So it can be harder for them to adjust to a new place.

谁更能够适应变化，孩子还是成年人？

我觉得孩子实际上很擅长适应，<u>甚至比成年人更好</u>。他们不像成年人那样在乎身边的事情。此外，他们对世界更加好奇，因此更愿意接受新事物。例如，当一个家庭搬到一个新的国家时，孩子们会迅速交到新朋友并<u>适应新的环境</u>。但父母<u>更熟悉他们以前的生活状态和习惯</u>，所以对他们来说，适应新环境可能会更难一些。

5. When things like getting married or moving home happen, what kinds of things would people consider?

Well, when people get married, they have to consider lots of things. Firstly, they think about everything that will change, such as where will they live and <u>how to be a married couple.</u> They will also consider the wedding itself and how that will take place. But when you move into a new home, people think about different things. They <u>focus on practical stuff</u> like renting a moving truck and packing up their stuff. <u>It's a different set of considerations</u> compared to getting married.

当结婚或搬家等事情发生时，人们会考虑哪些事情？

当人们结婚的时候，得考虑很多事情。首先，他们会考虑到所有将要发生的变化，比如他们会住在哪里以及<u>如何在婚姻中相处好</u>。他们还会考虑婚礼本身以及它将如何举行。但是，当你搬进新家的时候，人们会考虑的事情就不同了。他们会<u>专注于考虑更实际的事情</u>，比如是不是要租一辆搬运卡车和怎么打包行李。<u>这是一套不同于结婚的考虑</u>。

6. What are the disadvantages when people keep making changes?

Usually, people who constantly change their minds are <u>indecisive</u>. When someone is indecisive, they might not have a lot of stability. For example, if they change jobs a lot, their resume will be very long. But they won't have as much experience. Future employers will wonder why they haven't spent a lot of time at each job. So it might be hard for them to get a good job. <u>Similarly</u>, if someone is indecisive about their relationship, then their partner may not trust them.

人们不断做出改变，会有哪些缺点？

通常，经常改变主意的人是<u>优柔寡断的</u>。当某人优柔寡断时，他们可能没有太多的稳定性。例如，如果他们经常换工作，他们的简历会很长，但他们不会有太多经验。未来的雇主会想知道他们为什么在每个工作岗位上都没有留太多时间。因此，这导致他们可能很难找到好的工作。<u>同样地</u>，如果某人在感情方面优柔寡断，他们的伴侣同样可能不会信任他们。

1. Why is it important to tackle difficult tasks in studying or working?

Doing hard things helps us learn and improve. Whether we're working or studying, <u>facing tough challenges</u> enables us to acquire new skills, become more courageous, and <u>gain confidence</u>. So, when we encounter something difficult, we can choose to either avoid it or give it a try. Those who attempt to overcome challenges are the ones who <u>grow the most</u>.

为什么在学习或工作中迎难而上很重要？

做困难的事情能帮助我们学到东西和取得进步。无论是工作还是学习，<u>面对艰巨的挑战</u>使我们能够获得新技能，变得更加勇敢，<u>增强自信</u>。所以，当我们遇到困难的时候，我们可以选择要么回避它，要么尝试一下。那些试图克服挑战的人<u>总是成长最多的人</u>。

2. In your opinion, which career brings the most sense of pride?

It seems to me that <u>the career that gives you the most pride involves</u> helping or serving people. For example, people who work in healthcare should be proud of their work. They help people improve their physical or emotional health. I think it would feel amazing to help someone in this way. However, someone who creates something would also <u>feel a lot of pride</u>. This could be an inventor, a scientist, an artist, a musician or a builder.

在你看来，哪种职业带来的自豪感最多？

在我看来，<u>最让人自豪的职业</u>似乎是那些帮助或服务他人的职业。例如，从事医疗保健工作的人应该为自己的工作感到骄傲。他们帮助人们改善身体健康或情感健康。我认为以这种方式帮助别人会感到非常棒。不过，创造出新东西的人<u>也会感到很自豪</u>。这可以是发明家、科学家、艺术家、音乐家或建筑师等。

3. What challenges do young people face today?

I suppose that the biggest challenges for young people are about their studies. For example, in China, the Gaokao is said to be <u>the hardest university entrance exam in the world</u>. Because there are so many people in China, it's not easy to find opportunities. So, young people have to do really well on this test to have a good future. They might also have personal problems, like <u>not having enough money for fancy gadgets</u>. Although there are lots of challenges, their studies usually <u>stand out as the most important one</u>.

年轻人今天面临哪些挑战？

我认为年轻人面临的最大的挑战可能是与他们的学业相关的。例如，在中国，高考被认为是<u>世界上最难的大学入学考试</u>。因为中国人口众多，要找到机会并不容易。所以，年轻人必须在这个考试上取得非常好的成绩才能有一个好的未来。他们当然还可能面临个人问题，比如<u>没有足够的钱买高档的电子设备</u>。尽管有许多挑战，但<u>他们的学业通常被视为最重要的挑战</u>。

4. Do you think taking on challenging tasks often leads to significant stress?

It absolutely can. Challenges can be stressful because they aren't meant to be easy. But there's always a solution. If the person lets themselves feel stressed, then they will feel stress. It's a choice, but lots of people don't know that. They often think challenges mean stress automatically. Actually, it depends on how you look at it. Challenges can be interesting, exciting, and teach you a lot. It's up to you to see them differently.

你认为承担具有挑战性的任务通常会导致很大的压力吗？

当然有这个可能性。挑战可能会很有压力，因为它们本来就不是容易的。但总会有解决办法的。如果一个人让自己感到有压力，那么他们就一定会感到有压力。这其实是一个选择，但很多人不知道这一点。他们经常认为有挑战自然而然意味着有压力。实际上，这取决于你的看法。挑战可以是有趣的、令人激动的，并且能教会你很多东西。事实上怎么看待它们，就取决于你自己。

5. What are the things that make people feel proud?

(注意考官在举例时用到的表达方式)People feel happy and proud about things they achieve in life. For example, this could be an achievement in education like getting good marks and getting into a top university. Other achievements might be getting a job you really wanted, getting a promotion, or retiring because it means you did great in your career and can stop working. There are also personal achievements like starting a family, getting married, and buying a house. All of these things can make people feel proud and happy.

什么事情会让人感到自豪呢？

人们会因为在生活中取得的成就而感到快乐和自豪。例如，这可以是在教育方面的成就，比如取得好成绩并进入顶尖大学。其他成就可能包括得到自己真正想要的工作、晋升，或者退休，因为这意味着你在职业生涯中表现的很出色，可以停止工作了。还有一些个人成就，比如组建家庭、结婚和购房。所有这些事情都可以让人感到自豪和幸福。

6. Do people often feel proud of themselves when they complete a difficult task?

Yes, I think most people feel proud when they handle a difficult task. For example, some students might feel happy after working hard to pass a tough exam. People in the workforce feel proud when they solve a challenging problem at the office. Others might feel accomplished after completing a 1000-piece puzzle. No matter what it is, when people overcome difficulties, they have a real sense of accomplishment.

人们通常在完成困难任务后会感到自豪吗？

是的，我认为大多数人在应对困难任务时会感到自豪。例如，一些学生在努力学习以通过一场艰难的考试后可能会感到开心。工作中的人在解决了办公室中的困难问题后可能会感到自豪。还有些人在完成了 1000 块拼图后可能会感到有成就感。无论是什么，当人们克服困难时，他们都会有一种真正的成就感。

==见下页==

7. What kinds of rewards do people receive from work?

People may <u>receive a bonus</u> for achieving something. They might even <u>get a promotion</u> if their boss thinks they're doing well. You can also get rewards in the form of vacation time. If a person works hard to achieve a goal, their boss may give them a day off. Finally, <u>physical gifts</u> could be another reward that companies give to their staff. For example, you could get flowers or a gift when it is your birthday.

人们从工作中能得到哪些奖励呢？

人们可能因为取得成就而<u>得到奖金</u>。如果他们的老板认为他们表现得很好，甚至可能会<u>升职</u>。你还可能获得休假来作为奖励。如果一个人为了实现一个目标而努力工作，他们的老板可能会给他们放一天假。最后，<u>实质性的礼物</u>也可能是公司赠送给员工的另一种奖励。例如，当你过生日时，你可能会收到公司送给你的鲜花或礼物。

8. What are the most difficult jobs that people do?

There are many difficult jobs that people do. Some of them pay well and some of them don't. One example of a difficult job is a construction worker. Construction workers have to get up early and <u>work through the day</u>. They have to do hard physical tasks like lifting heavy objects. Another difficult job is a surgeon. They have to <u>be super focused during surgery</u>, and they can't make mistakes. It's <u>a high-pressure job</u>.

你认为最困难的工作是什么？

有很多工作是很困难的，有些工作报酬高，有些则不高。一个例子是建筑工人的工作，他们必须早早起床并<u>工作一整天</u>。他们必须做一些费力的体力活，比如搬运重物。另一个困难的工作是外科医生，他们<u>在手术期间必须高度集中注意力</u>，不能犯错误。这是<u>一份压力很高的工作</u>。

9. How do young people handle difficult or challenging tasks?

Young people try their best to deal with tough tasks, but everyone has their own way of doing it. Some like to <u>do calm things like yoga or meditation</u> to relax and feel better. Others like to move their body by running or playing basketball to get rid of stress. If you enjoy music and dancing, you might <u>go to a karaoke bar</u> to <u>sing and dance your worries away</u>. There are lots of ways to handle hard tasks, and you can pick what works best for you.

年轻人如何应付困难或具有挑战性的任务？

年轻人都会尽力应对困难任务，但每个人都有自己的方法。有些人面对困难时喜欢做一些让他们<u>放松的事情，比如瑜伽或冥想来放松自己</u>，让自己感觉更好。还有些人喜欢通过跑步或打篮球等运动来释放困难带来的压力。如果你喜欢音乐和跳舞，你可能会<u>去卡拉 OK 酒吧唱歌跳舞，让烦恼烟消云散</u>。应对困难任务的方法有很多，你可以选择适合自己的方式。

1. Why do people often have problems when using new products?

Using new stuff can be hard because you're not used to it. Take TVs for example. About ten years ago, <u>TVs started needing two remotes to run different devices</u>. It's way too complicated. <u>Unclear user manuals don't help either</u>. If you buy a new air conditioner and run into a problem, the manual might frustrate you even more. Sometimes they don't give you a solution. Or it might have so much information that you can't find what you need right away.

为什么人们在使用新产品时经常会遇到问题呢？

使用新东西可能会很难，因为你不习惯它。以电视为例，大约十年前，<u>电视逐渐开始需要两个遥控器来控制不同的设备</u>，这太复杂了。另外，<u>那些不够清楚的用户手册也没什么帮助</u>。如果你购买了一台新空调并遇到了问题，用户手册可能会让你看得更加郁闷。有时它们提供不出任何解决方案，或者有时候手册里可能包含太多信息，以至于你无法立即找到所需的信息。

2. Why do some people avoid using modern technology?

Using modern technology can be challenging for some, while others <u>simply choose not to use it</u>. For example, <u>old people didn't use the internet for a lot of their lives</u>. So these people may find it hard to use the different devices and platforms. Additionally, some people think that being online too much is bad. They prefer a more natural life <u>without the distractions of digital devices</u>. Often these people will go live in the countryside and live a quiet life.

为什么有些人不使用现代科技？

对于一些人来说，使用现代科技可能具有挑战性（感觉很难），而另一些人则是<u>主动选择不使用</u>。例如，<u>老年人这辈子大部分时间是没有使用过互联网的</u>。因此，这些人可能会觉得使用不同的设备和平台是很难的事情。另外，还有一些人认为过多接触网络是不好的。他们更喜欢<u>没有数字设备的干扰的</u>更自然的生活。通常，这些人会选择去乡村生活，过着宁静的生活。

3. Where do people usually pick up skills for using electronic devices?

I think people figure out how to use electronic devices by themselves. If someone buys a new phone, they'll need to learn how to use the different functions. Most people aren't afraid of technology. They just spend time with the phone and <u>figure it out on their own</u>. If they <u>need help with something specific</u>, they can search for solutions online. For high level skills like coding, people may take a course or study at university.

人们通常从哪里学会使用电子设备的技能？

我觉得人们通常会自己摸索如何使用电子设备。如果有人买了一部新手机，他们需要学会如何使用不同的功能。大多数人并不怕技术。他们只是要花时间<u>自己去摸索</u>。如果他们<u>需要一点帮助去解决特定问题</u>，可以在网上搜索解决方案。对于高级技能如编程，人们可能会需要参加一些课程或者在大学学习。

4. Is YouTube a good resource for learning how to use tech gadgets?

Yes, absolutely! So many people make videos on YouTube about how to use tech gadgets. When someone buys a new device, they may not know how to use it. They could waste time trying to figure it out. But it's easier to <u>look up a video on YouTube</u>. <u>Within a few seconds</u>, there will be tons of videos with the answer. It's also great that people can look up the answer on their phones.

YouTube 是学习如何使用科技产品的好地方吗？

是的，绝对是！有很多人在 YouTube 上制作关于如何使用科技产品的视频。当有人购买了新设备时，他们可能不知道如何使用它。他们可能会浪费时间尝试去弄清楚。但<u>在 YouTube 上查找视频</u>就要容易得多。<u>几秒钟之内</u>，就会有大量视频提供给你答案。此外，人们还可以直接使用手机在 YouTube 上查找答案，非常方便。

5. Do you think some people find older gadgets easier to use than the new ones?

Well, I don't think so. I mean, some people <u>might initially find</u> older gadgets more <u>user-friendly</u> than the new ones. But those people get used to them pretty quickly. When someone gets a new phone, it'll probably have features that they haven't seen before. But they can spend time figuring out the new features. They may even prefer them. Honestly, I think most people usually don't want older devices. They usually want to try <u>new features and advancements</u>. That's always more exciting.

有些人认为旧款科技产品比新款更容易使用，你怎么看？

我不这么认为。我的意思是，一些人<u>可能最初会觉得</u>旧款产品比新款使用起来<u>对用户更加友好（更好用）</u>。但这些人很快就会适应新款的。当有人得到一部新手机时，这里面可能会有一些他们以前没见过的功能。但人们可以花时间摸索新功能。他们甚至可能会更喜欢这些新功能。老实说，我认为大多数人通常不想要老款的设备。他们通常想要尝试<u>新的功能和科技新的进步</u>。那总是更令人兴奋的。

6. What drives some people to always chase after the latest tech?

I suppose that people want the newest gadgets because of their image. They want to show off and let other people know that they have the best devices. <u>This isn't really necessary</u>. The old devices still work really well. There usually aren't too many changes when a new phone comes out. But some enthusiasts <u>are eager to</u> be the first to own the latest device, even camping outside stores.

是什么驱使一些人一直追求最新的科技产品？

我想人们之所以想要最新的科技产品，是因为它们能够帮助塑造他们的形象。他们想要炫耀并让其他人知道他们拥有最好的设备。<u>事实上这根本就没什么必要</u>。老款设备仍然运行得很好。通常在新手机发布时，变化也并不会太大。但一些科技爱好者就是<u>渴望</u>成为第一个拥有最新设备的人，甚至会露宿店外等待购买。

<mark>见下页</mark>

7. How is modern technology shaping our personal relationships, and what could this mean for families in the future?

Modern technology <u>affects personal relationships in interesting ways</u>. For example, Online dating apps have changed how people meet, and families can form through the internet. Also, modern technology gives people the ability to <u>communicate whenever and wherever</u>. For instance, so many people live overseas, away from their family. But with technology, they can still talk to family and friends every day.

现代科技如何塑造我们的个人关系，以及这对未来的家庭可能意味着什么？

现代科技<u>以有趣的方式影响着人际关系</u>。例如，在线约会的应用改变了人们的相遇方式，家庭也可以通过互联网而形成。另外，现代科技赋予人们<u>在任何时间和任何地方进行沟通</u>的能力。比如，有很多人居住在海外，远离家人。但有了现代科技，他们仍然可以每天与家人和朋友交流。

8. Does relying on technology prevent children from learning skills?

No, I suppose that relying on technology can help students gain important skills for the modern world. We don't need certain skills anymore. For example, <u>why do mental math when a calculator is faster and more accurate?</u> As we all know, our society is becoming <u>increasingly tech-driven</u>, so it's crucial to learn computer-related skills like programming, which can enhance logical thinking and problem-solving, preparing students for the future.

依赖科技是否会阻碍孩子们学习技能？

不，我认为依赖科技可以帮助学生获得现代世界所需的重要技能。我们不再需要某些技能。例如，<u>在计算器更快更准确的情况下，为什么还要心算？</u>众所周知，我们的社会变得<u>越来越依赖科技进步</u>，因此学习与计算机相关的技能如编程，对于增强逻辑思维和解决问题非常重要，可以为学生们未来做好准备。

9. What do people use computers for?

People use computers for almost everything these days. <u>No matter what your background is</u>, you probably use a computer for something. Most people use computers to communicate. They can chat, video-call, email, or use word-processors. There are so many ways to work and communicate via the computer. Most people also have a calendar in their computer to help them remember meetings and appointments. Of course, the most common use of computers might be <u>searching the web for information</u>.

人们用电脑做什么？

人们如今几乎用电脑做所有事情。<u>无论你的背景是什么（无论你在哪个领域）</u>，你可能都会用计算机做一些事情。大多数人用电脑进行交流。他们可以聊天、视频通话、发电子邮件或使用文字处理软件。有很多通过电脑工作和交流的方式。另外，大多数人还在电脑上设置了日历，以帮助他们记住会议和约会。当然，电脑最常见的用途可能还是<u>在网络上搜索信息</u>。

<mark>见下页</mark>

10. Should students be allowed to use computers at school?

I believe students should use computers in school because most jobs require computer skills. Schools should teach students how to use computers and basic software like Word and Excel. Some worry that students might <u>use computers to look up answers during class</u>. However, the reality is that even if they don't do it in class, they might still do it outside of school. So, what's truly important is for teachers to help students <u>think critically and solve problems</u>, whether they use computers or not. <u>That's what really matters in education</u>.

学生是否应该被允许在学校使用电脑？

我认为学生应该在学校使用电脑，因为大多数工作需要计算机技能。学校应该教导学生如何使用计算机和基本软件，如 Word 和 Excel。有些人担心学生可能<u>在课堂上通过电脑搜索查找答案</u>。然而，事实是，即使他们不在课堂上这样做，他们仍然可能在校外这样做。所以，真正重要的是教师帮助学生学习<u>批判性思考和解决问题</u>，无论他们是否使用电脑。<u>这才是教育中真正重要的事情</u>。

11. What do you think of people who are addicted to playing computer games?

Computer gaming addictions are serious and <u>come with many problems</u>. If someone spends a lot of time gaming, it can affect their relationships and health. One big problem is how it affects relationships. Many people break up with their partner because they're too focused on gaming. Besides, many games are designed to be addictive. Gamers can lose sleep and stop eating enough food because <u>they care more about their games than self-care</u>. That's really bad for your health.

你如何看待沉迷电脑游戏的人？

电脑游戏成瘾是个严重问题，<u>会带来很多麻烦</u>。如果有人花很多时间玩游戏，会影响他们的人际关系和健康。其中一个大问题是它会影响到人际关系。许多人因为过于专注于游戏而与伴侣分手。此外，许多游戏被设计成具有上瘾性。游戏玩家可能会因<u>更关心游戏而忽略个人健康问题</u>，导致失眠并且吃的也少。这对健康非常不利。

12. Do you think computers make our life simpler or more complex?

Computers make some things simpler and some things more complicated. For example, computers give us the ability to research any topic instantly. <u>That's way easier than</u> going to the library and finding books on a topic. Plus, software like Excel helps us <u>process large sets of data effortlessly</u>. But computers also <u>present us with distractions</u>, like online gaming and social media. These distractions can be hard to manage. Sometimes they reduce our work or study efficiency.

你认为计算机使我们的生活变得更简单还是更复杂？

计算机让某些事情变得更简单，但也让某些事情变得更复杂。例如，计算机让我们能够很快针对任何主题去做研究，<u>这比去图书馆查找各种书籍要容易得多</u>。此外，像 Excel 这样的软件可以帮助我们<u>轻松处理大量数据</u>。但计算机也给我们带来了诸如在线游戏和社交媒体之类的<u>分散注意力的干扰</u>。这些干扰可能会很难管理，有时它们会降低我们的工作或学习效率。

1. What kinds of service are bad?

Bad service happens when people are not nice, friendly, or respectful. This happens a lot in restaurants. For example, people at restaurants <u>expect friendly servers</u>. However, sometimes, the waiter doesn't smile or say hello. This can make you uncomfortable and not want to eat there. Bad service also happens in <u>retail stores</u>. One example is when you go to return an item that has broken. The staff member <u>might not want to deal with your problem</u> and even <u>talk to you in a mean way</u>.

什么样的服务不好？

不好的服务就是人不友好、不友善，或者不尊重你的服务。这种情况在餐厅很常见。比如说，去餐厅的人都<u>期待着有友好的服务员</u>。但有时候，服务员不笑也不打招呼，这会让你感到不舒服，不想在那里吃饭。不好的服务也会出现在<u>零售店里</u>。一个例子就是当你去退一件坏了的物品时，工作人员<u>可能不愿意解决你的问题</u>，甚至<u>对你不友善地说话</u>。

2. How do most people respond to bad service?

I think there are two common ways people might react to bad customer service. First, they might be surprised or shocked, especially if they've been polite and friendly. This can happen at places like restaurants when a waiter is <u>unexpectedly rude</u>. People can be unsure about how to react. Second, some people might get angry and <u>be rude back to the person who treated them badly</u>. They do this because they expect better treatment and feel upset by the rudeness.

大多数人对不好的服务会有什么反应？

我觉得大多数人对不好的客户服务有两种常见的反应。首先，他们可能会感到惊讶或震惊，特别是如果他们一直都很礼貌和友好。这种情况在餐厅等地方可能会发生，当一名服务员<u>突然变得粗鲁</u>时，人们可能不确定如何应对。其次，有些人可能会生气，<u>对那些对待他们不好的人也会变得粗鲁</u>。他们这样做是因为他们期待被更好的对待，而且对受到的粗鲁行为感到不满。

3. Why do some people choose to remain silent when they receive bad service?

People remain silent for two reasons. First, they might not like arguing. They don't want to make anyone feel bad. Or maybe they're afraid to argue. For example, if they meet a rude waiter at a restaurant, they might just <u>give the waiter a disapproving look</u> instead of <u>arguing and feeling tired and upset</u>. The second reason is that they feel bad for the person giving them bad service. They don't want them to get in trouble. In both cases, they're trying to show respect, both to themselves and to the other person.

为什么有些人在遭遇不好的服务时选择保持沉默？

人们保持沉默有两个原因。首先，他们可能不喜欢争吵。他们不想让任何人感到不好。或者他们可能害怕争吵。例如，如果他们在餐厅遇到粗鲁的服务员，他们可能只是<u>给服务员一个不满的眼神</u>，而<u>不会争吵，去让自己感到疲惫和不开心</u>。第二个原因是，他们可能为受到不好服务的人感到难过。他们不想让对方陷入麻烦。在这两种情况下，他们都在试图尊重自己和对方。

4. Why are some people often dissatisfied with customer service?

Some people expect a lot. As a result, they are very <u>sensitive</u>. For example, rich people shopping in expensive stores expect good treatment. If the staff doesn't help them quickly enough, then they may get angry and complain. However, I think most people are dissatisfied with customer service because <u>the person serving them actually did a bad job</u>. This may happen when someone is rude or unfriendly. Or maybe they aren't doing their job <u>the way they are expected to</u>.

为什么有些人经常对客户服务不满意？

有些人期望值很高，因此，他们会<u>非常敏感</u>。例如，购物时在高档商店购物的富人，期望受到良好的待遇。如果员工不能迅速帮助他们，他们就可能会生气并投诉。然而，我认为大多数人对客户服务不满意，是因为<u>提供服务的人确实做得不好</u>。这可能发生在有人表现粗鲁或不友善时。或者他们可能没有<u>按照预期的方式</u>履行工作。

5. Who should be responsible for bad service?

I suppose that when a company provides bad service, it's <u>the fault of company executives</u>. They are the ones who are in charge of all the workers. It's their job to make sure everyone is doing things the right way. If the bosses <u>don't treat the lower-level workers nicely</u>, it can make the workers not want to do a good job. This can lead to them not being enthusiastic and doing a bad job. So, the big bosses need to <u>show the kind of behavior they want from their workers</u>.

谁应该对不好的服务负责？

我认为，当一家公司提供了糟糕的服务时，<u>责任应该落在公司高管身上</u>。他们是负责所有员工的人。他们的工作是确保每个人都按照正确的方式工作。如果老板<u>不能友好地对待下面的员工</u>，会让员工不想做好工作。这可能导致他们没有积极性，工作做得很差。因此，高层领导需要<u>展示出他们希望员工表现出的行为</u>。

6. What should a boss do to prevent bad service from happening?

Well, I think the first thing is training. When a new team member joins, the boss should teach them what to do and how to do it. Then they should <u>practice these skills and get feedback</u>. Besides, bosses can also <u>have employees do a trial period</u>. At the end, the boss reviews how they did. If they did well, they can keep the job. If not, they might have to leave. This way, employees learn how to do things right, which helps prevent bad service.

老板应该怎么做来预防不好的服务发生？

我认为第一件事是培训。当新员工加入时，老板应该教他们该怎么做以及如何做。然后他们应该<u>熟练这些技能并获得反馈</u>。此外，老板还可以<u>让员工有试用期</u>。最后，老板应该审查新员工的表现。如果他们表现良好，就可以继续工作。如果不行，可能就不得不离开。这样，员工在这个过程中学会如何正确地做事情，有助于预防出现不好的服务。

<mark>见下页</mark>

7. Does providing good employee training always lead to good customer service?

<u>Yes, it certainly does</u>. Training helps the boss see who's doing well and who needs more help. For example, if someone is new at waiting tables and doesn't get training, they might make mistakes like dropping plates or being impolite to customers. But with training, the manager can check their skills, teach them to get better, and <u>explain what's expected</u>, like how to talk to customers and how fast to serve them. So I definitely think <u>training is valuable when it comes to customer service</u>.

提供良好的员工培训是否总能带来良好的客户服务？

<u>是的，当然会</u>。培训有助于老板了解谁做得好，谁需要更多的帮助。例如，如果有人刚开始做服务员，没有受过培训，他们就可能会犯错误，比如打翻盘子或对客户不礼貌。但通过培训，经理可以检查他们的技能，教他们变得更好，<u>并解释自己对他们的期望有哪些</u>，比如如何与客户交流和需要多快为客户提供服务。因此，我绝对认为<u>培训在客户服务方面是有价值的</u>。

8. Do you think service is better now than in the past?

<u>I don't think customer service is better now.</u> I think it's gotten worse. Technology advances have made it worse because now we often talk to robots instead of real people. This can be frustrating and take up a lot of time. When you call a company, you have to <u>go through a long automated phone system</u> before you can talk to a real person. I miss the times when you could easily talk to a human when you had a problem.

你认为现在的服务比过去好吗？

<u>我不认为客户服务现在更好</u>，我认为它变得更糟了。是技术进步使情况变得更糟了，因为现在我们经常与机器人而不是真人交流。这可能令人很郁闷并占用了大量时间。当你打电话给一家公司时，你必须在与真人交谈之前，<u>经过漫长的自动电话系统交流</u>。我非常怀念以前在遇到问题时可以直接轻松的与人交流的时候。

Topic 10 有用的广告（新题）

1. What do you think of online advertising?

I think it's annoying. It's very distracting when you're trying to do something online. For example, when someone is watching a video online, the video will often <u>pause for an advertisement</u>. People should be able to do and watch what they want without interruptions. They don't need to hear about a new product. But if these ads didn't exist, people wouldn't learn about products that could improve their lives. So I guess <u>there's still a reason for them</u>.

你怎么看待网络广告？

我觉得很烦人。当你在网上做事情时，广告会让你分心得很厉害。比如说，有人在网上看视频的时候，视频经常会<u>因为广告而停下来播放</u>。人们本应该可以自由地做自己想做的事情、看自己想看的东西，不被打断。他们不需要听关于新产品的宣传。可是呢，如果没有这些广告，人们就无法了解到可能会改善他们生活的产品。所以我猜这些广告，<u>还是有它们存在的原因</u>。

2. Are there any great online advertisements?

答案 a：Honestly, people usually <u>skip ads if they have the choice</u>. So, <u>in my view</u>, a great advertisement is one that makes you want to watch it. For example, I saw an ad on Bilibili that began with a woman's voice calling 911. The conversation is about ordering a pizza. So you think it's the wrong number. But the woman is actually asking for help. The ad encourages people to <u>stop domestic violence</u>. It was a very effective public service announcement from the police.

<mark>注意：</mark>有时并不是所有 part3 都能立刻有很清晰的思路和想法，尤其是那些你没有经历过的事情（比如我如果一个广告都不看，那么这道题就很难回答），所以这道题，**Bianca** 考官给大家示例了另一种回答方式，很短，主要观点就是——我不知道。但是在考场上这样回答依然不会影响分数（当然不可以每个题都这么用哦～）

答案 b：<u>I don't really like</u> online advertisements so I'm not sure. <u>But if I had to choose,</u> I think advertisements that make people feel happy or laugh are the best kind.

有没有很棒的网络广告？

答案 a：老实说，<u>如果有选择的话，人们通常会跳过广告</u>。所以，<u>在我看来</u>，好广告是那种让你愿意观看下去的广告。比如，我在哔哩哔哩看过一则广告，开始时有一个女人拨打 911。对话是关于点披萨的事情。所以你会以为拨错号码了。但这位女士实际上是在寻求帮助。这则广告是鼓励人们<u>制止家庭暴力</u>，我觉得是警方设计的一则非常有效的公益广告。

答案 b：我<u>不太喜欢</u>网上的广告，所以不太确定。<u>但如果我必须选择的话</u>，我认为让人感到开心或发笑的广告是最好的。

<mark>见下页</mark>

3. What do people usually buy?

People buy whatever they want or need. <u>If we think about online shopping, this includes</u> everyday items like clothing, shoes, household items and snacks. You can get almost anything if you can find it online. Then there are big things, like houses and cars, that people usually don't buy online. But some people do, especially if they know exactly what they want and <u>are okay with not seeing it in person</u>.

人们通常会买什么？

人们会买他们想要或需要的东西。<u>如果我们说在线购物的方式，这可以包括</u>日常用品，如服装、鞋子、家居用品和零食。只要你能在网上找到，几乎什么都能买到。然后还有一些大件，比如房子和汽车，这些人们通常不会在线购买。但也有些人会这样做，特别是如果他们确切地知道自己想要什么，并且<u>不介意不亲自看到它</u>。

4. Why does buying new things make people happy?

Most people believe that you can be happy by owning lots of things. <u>This is true but only for a little while</u>. For example, when someone buys a new car, they get really excited about it. Maybe they thought it was impossible for them to get one. Or they worked really hard to afford it. So they're proud of themselves. But <u>this happiness doesn't last forever</u>. After many years, they may <u>get bored of</u> their car and want a different one.

为什么买新东西会让人开心？

大多数人认为拥有很多东西可以让他们感到幸福。<u>这是真的，但开心也只是一段时间</u>。例如，当人们买了一辆新车时，他们会对此感到非常兴奋。也许他们认为自己不可能拥有一辆新车，或者他们为此付出了很多努力。所以他们会为自己感到自豪。但<u>这种幸福感并不会持续太久</u>。多年后，他们可能会<u>厌倦</u>这辆车，会想要换一辆不同的。

5. Do people watch useless advertising in this day and age?

<u>Sadly, I think they do</u>. <u>Sometimes there's no choice</u>. Even if you aren't interested in the ad or the product, you still have to watch the whole thing. Take YouTube/iQIYI for example. It's almost impossible to watch longer videos without ads interrupting. Most videos also <u>have ads that appear when a person clicks play on the video</u>. You usually have to let the ad play completely. When these videos cannot be skipped, most people watch them.

人们在现在这个时代，还会看无用的广告吗？

<u>可惜的是，我认为他们会</u>。有时你没得选。即使你对广告或产品不感兴趣，你仍然不得不观看整个广告。以 YouTube 或者爱奇艺为例，要在没有广告干扰的情况下观看更长时间的视频几乎是不可能的。<u>大多数视频在人们点击播放时都会出现广告</u>。通常你必须让广告完整的播放完。当这些广告无法跳过时，大多数人还是会看的。

<mark>见下页</mark>

6. Do you think there is too much advertising in our daily lives?

Yes, there are too many advertisements everywhere, and I suppose that a lot of it is <u>unethical</u>. They use cameras to watch where we look and <u>cookies to follow what we search online</u>. Plus, companies spend tons of money on advertising. In 2021 alone, McDonald's spent billions on advertising. They even <u>place their products in movies</u> to make us want their food. Sometimes we don't even realize we're being advertised to. It all seems a bit unfair to the audience.

你认为我们的日常生活中有太多广告吗？

是的，到处都有太多的广告了，而且我认为其中很多都特别<u>不道德</u>。它们使用摄像头来监视我们的视线，<u>使用 Cookies 来跟踪我们在线搜索的东西</u>。此外，公司还会花费大量资金在广告上。仅在 2021 年，麦当劳就花了数十亿美元在广告上。他们甚至<u>将产品放在电影中</u>，以引诱我们购买他们的食品。有时我们甚至没有意识到我们正在被广告包围着。这一切都似乎有点对观众不公平。

1.What are the differences between painting and drawing?

Well, I'm not an expert in art. But I think one difference between painting and drawing is the materials used. You know, Painting uses paint, and drawing usually uses pencils. One is wet and one is dry. So, a painting and a drawing may take the same amount of time to make. But paintings need time to dry. This is probably the most obvious difference.

颜料画和素描画有什么不同？

我对艺术不太懂啊。但我觉得这两种画的区别之一就是用的材料不一样。你知道的，颜料画要用到颜料，素描画通常用铅笔。两者一个是湿的，一个是干的。所以，颜料画和素描画可能需要花同样的时间去完成，但颜料画是需要时间晾干的，这可能就是最明显的区别。

2. Why do some people keep a painting for a long time?

People keep paintings for a long time for a few reasons. First, older paintings can be worth more money, which some people like. It can show off their wealth or help them become richer if they sell it later. However, some people might keep the painting because it was done by a family member so it's meaningful to them. For example, some parents keep their child's paintings from primary school. They represent precious memories.

为什么有些人会保存一幅画很长时间？

人们保存画作有几个原因。首先，年久的画可能价值更高，这点一些人很喜欢。画作可以展示他们的财富，或者如果以后卖掉的话，还可以帮助他们变得更富有。然而，有些人可能会保存画作，是因为它是家人做的，所以对他们来说有意义。比如，有些父母会保存他们孩子小学时的画作，它们代表着宝贵的回忆。

3. How does building style affect people's lives?

I think different types of houses can change the way people make friends. In some neighborhoods, houses have yards. So it's easier for neighbors to connect. You can sit in your front yard and chat with a neighbor. But in apartment buildings, everyone lives in their own space. So it's harder to socialize. Besides, a building's design can impact your mental health. If a building has high ceilings, it might feel like there's more space. So residents feel more comfortable.

建筑风格如何影响人们的生活？

我认为不同类型的房屋会影响人们交朋友的方式。在一些社区里，房屋都有院子，这样邻居更容易彼此联系，你可以坐在前院和邻居聊聊天。但在公寓楼里，每个人都住在自己的小空间里，所以社交变得更难。此外，建筑的设计还会影响你的心理健康。如果一栋建筑天花板很高，就会给人感觉空间更大，住着的人也会感到更舒服。

4. What are the benefits of children learning to paint?

Learning to paint leads to creativity and imagination. If we teach children how to paint, they can gain these abilities and use them in other areas of their life. There are also some <u>physical benefits</u>. Painting <u>takes fine motor skills</u>. When painting, you have to use the paintbrush to <u>create certain strokes</u>. This is definitely a skill that most people don't have. Once you develop it, you can do many other things that require precision.

儿童学习绘画有什么好处？

学习绘画能培养创造力和想象力。如果我们教孩子怎么绘画，他们就可以获得这些能力，并在生活的其他领域中运用它们。学习绘画还有一些身体上的好处。绘画需要精细的动手能力。在画画时，你必须用画笔来创造出特定的笔触，这绝对是大多数人没有的技能。一旦你培养出这种技能，你可以做很多需要精准度的其他事情。

5. How do children learn to paint?

Most children learn to paint at school. When they're really young, they often paint just for fun, using crayons or paints on paper <u>without following strict rules</u>. But when they get a bit older, such as when they start elementary school, they usually have an art class. In this class, they often have a teacher who is an artist themselves. That's where they can learn real skills. Additionally, some parents send their kids to art classes outside of school to help them <u>further improve their painting skills</u>.

儿童如何学习绘画？

大多数孩子在学校里学习画画。在他们很小的时候，经常只是为了好玩而画画，用蜡笔或颜料在纸上涂涂抹抹，不受严格的规则限制。但当他们长大一点，比如开始上小学的时候，他们通常会有美术课。在这个课上，他们经常会有一位老师本身就是艺术家。那时候开始他们就可以学到真正的技能了。此外，一些家长会送孩子去校外的美术班，帮助他们进一步提高绘画技能。

6. Can one learn to paint by looking at other people's paintings?

Most people probably <u>can't learn like that</u>. Painting is a difficult skill that needs lots of learning and practice. It's usually best to have a skilled teacher. While some very talented people might learn by copying others, if they want to become really good, they need a teacher to <u>give them proper instruction</u>. That way, they can really develop their skills.

看别人的画能学会绘画吗？

大多数人可能<u>不能这样学会</u>。绘画是一项需要大量学习和练习的复杂技能。通常最好有一位有经验的老师辅导。虽然一些非常有才华的人可能通过模仿他人来学习，但如果他们想变得真正优秀，还是需要一位老师<u>给他们提供适当的指导</u>。这样，他们才能真正改善提高他们的技能。

7. How do young people share art with others?

Young people have a lot of places to share their art with others. Most likely, young artists are part of a community group or class. So they can share their art with their peers. There are also lots of different online platforms and communities. People can post their work online and get comments on it. For instance, people can live-stream themselves drawing manga on platforms like TikTok. Nowadays, there are tons of live-streaming options that help people get their art noticed.

年轻人如何与他人分享艺术作品？

年轻人有很多地方可以与他人分享他们的艺术作品。年轻的艺术家有很大的可能性加入社区团体或班级，所以他们可以和同龄人分享自己的艺术作品。另外，还有许多不同的在线平台和社群。人们可以在网上发布自己的作品并获得评论。比如，人们可以在像抖音这样的平台上，直播自己绘制漫画的过程。现在，有很多直播平台可以帮助人们让他们的艺术作品被注意到。

8. Do you think the objects we use in our daily lives should be beautifully designed?

Well, I think it's more important for objects to be functional. If something looks great but falls apart in a week, it's not very useful. But beautiful stuff tends to catch people's attention. It can even put them in a better mood. For instance, when you wake up feeling tired in the morning, a fancy coffee mug can make you feel better. So, to improve our overall quality of life, it's quite important to make everyday things look nice. It just makes life more enjoyable and satisfying.

你认为我们日常生活中使用的物品应该设计得美观吗？

我觉得更重要的是物品要实用。如果某样东西看起来很美，但一周内就坏了，那好不好看的就没有什么用了。但漂亮的东西往往能吸引人的注意力，它甚至能让人心情变好。比如，当你早上醒来感觉到疲倦时，一个漂亮的咖啡杯可能会让你感觉更好。所以，为了提高我们的整体生活质量，让日常物品看起来漂亮是很重要的，这只会让生活更加愉快和更有满足感。

1. What kinds of rules do people need to follow in public places?

Apart from following our country's official laws, there are some rules for the way you act in public places. <u>People don't talk about them, but they understand them</u>. <u>This includes things like</u> behaving safely, not disturbing others, cleaning up after yourself, and so on. For example, on the subway, you shouldn't play music loudly. It might bother others. Overall, being respectful and considerate is <u>the expected behavior for anyone in a public setting</u>.

人们在公共场所需要遵守哪些规矩？

除了遵守国家法律外，公共场所还有<u>一些</u>不成文的规则。<u>虽然大家不明说，但都是心照不宣的</u>。<u>这其中包括</u>：确保行为安全，不要打扰别人，弄脏的地方自己动手清理等等。比如，在地铁上，不应该大声放音乐，这样可能会打扰别人。总之，在公共场合，尊重和照顾他人是<u>每个人都应该有的行为</u>。

2. What rules should people follow when using public transport?

Well, there are several rules people should follow. They need to pay for their ticket. It's the thing that you should do first. Besides, you might be told to <u>sit down and hold on tight during a ride</u>, as <u>standing might lead to balance issues</u>. Finally, I think people should be quiet. After a long day, no one wants to be annoyed by loud conversations or music.

使用公共交通时应该遵守哪些规定？

人们应该遵守好多规定。首先，要买票。这是第一要做的事情。此外，你也可能会被告知<u>在乘车时要坐下并抓紧扶手</u>，因为<u>站着可能会有保持不了平衡</u>的问题。最后，我认为人们应该保持安静。经过一整天的劳累，没人想被大声的谈话或音乐打扰。

3. How do you feel about people using their smartphones while on public transport?

In my opinion, it's fine to use your smartphone if you're just <u>scrolling through news or reading a book on your phone</u>. It doesn't bother anyone else. But a lot of people use their phones to <u>play loud music.</u> That's a real issue. In certain countries, people don't care about making noise. But it can bother other passengers who might want to sleep or just relax. I think there should be a rule about this.

你对人们在乘坐公共交通工具时使用智能手机有什么看法？

在我看来，如果你只是<u>在手机上浏览新闻或阅读书籍</u>，使用智能手机是可以的，这不会打扰到其他人。但很多人<u>用手机放很大声的音乐</u>，这真的是个问题。在某些国家，人们不在乎制造出噪音。但这可能会打扰到其他乘客，他们可能本来是想要睡觉或者放松一下的。我认为应该有规定来管管这件事。

4. Should kids be taught to follow rules?

Of course they should! Actually <u>everyone needs to know the basic rules</u>. Some rules are being polite to others, not making noise in public, and listening if someone talks to you. There are also road rules, as well as rules for using public places. Children must follow these rules. The main goal is to teach them to <u>be respectful to others while also keeping everyone safe</u>. Sometimes, it can be tough, like when kids forget not to run at the pool. So, <u>parents need to remind them</u>.

孩子应该被教导遵守规则吗？

当然应该！实际上，<u>每个人都需要知道基本规则</u>。一些规则包括对他人要有礼貌，在公共场合不要制造噪音，以及当别人和你说话时要仔细倾听。还有道路上的规则，以及公共场所中需要遵守的规定。孩子们必须遵守这些规则，<u>主要是教导他们尊重他人的同时，确保彼此都安全</u>。有时候这可能会很难，比如孩子们可能会忘了在游泳池旁不要奔跑，所以<u>父母还是需要提醒他们</u>。

5. Is it common for parents in China to insist that their children follow rules?

Yes, it is. Teaching children the basics is <u>a normal part of parenting</u>. Some parents, however, are very strict. They might punish the child if they don't follow the rules. For example, if a child doesn't do their homework, a parent may <u>keep them from using their iPad as punishment</u>. In public, many parents make their children <u>behave, be quiet and so on</u>. I think this is important. But since they're children, it may be hard for them to understand why.

在中国，父母坚持让他们的孩子遵守规则是很常见的吗？

是的，是常见的。教育孩子基本规则<u>是养育的一部分</u>。然而，有些父母非常严格。如果孩子不遵守规则，他们可能会受到惩罚。比如，如果孩子不做作业，家长可能会<u>禁止他们使用 iPad 来作为惩罚</u>。在公共场合，许多父母也要求孩子表现得<u>非常守规矩，非常安静等等</u>。我认为这很重要。但由于他们还是孩子，孩子可能难以理解为什么要这么做。

6. What rules should children follow at home in your country?

Children should follow some simple rules to show respect, especially to older people. For example, in Chinese families, <u>it's not okay for kids to</u> shout loudly at their parents or grandparents because it's considered rude. Other rules include finishing homework before bedtime and washing hands before eating. Sometimes, kids might find these rules confusing, and they may need to <u>learn from their mistakes to understand them better</u>.

在你的国家，孩子在家里应该遵守哪些规则？

孩子应该遵守一些简单的规则来表现出尊重，特别是对年长的人。比如，在中国家庭里，<u>孩子不应该</u>对父母或祖父母大声喊叫，因为这被认为是不礼貌的。其他规则包括在睡前要完成作业，吃饭前要洗手。有时候，孩子可能会觉得这些规则令人困惑，他们可能<u>需要从错误中学习，以更好地理解它们</u>。

==见下页==

7. On what occasions can children be forgiven if they don't follow some rules?

Most children can be forgiven for not always following the rules. <u>Children are still learning how the world works</u>. They need time to learn everything. So if they're a bit loud in public or run when they should walk, they deserve forgiveness. This is because they are young and still learning. Most importantly, their brains have not fully developed. （注意该句型语法无误）<u>All we need to do is give</u> them time and patiently teach them.

在什么情况下，孩子不遵守一些规则可以被原谅？

大多数孩子并不总是会遵守规则，因为<u>他们还在学习和了解世界如何运作</u>。他们需要时间来学习一切。所以，如果他们在公共场合有点吵闹，或在应该走路的时候跑步，他们应该被原谅。这是因为他们还很年轻，还在学习。最重要的是，他们的大脑尚未完全发育，<u>我们需要做的就是给他们时间，耐心地教导他们</u>。

8. What are the reasons that cause people to break rules?

There are lots of reasons why someone might break the rules. Some do it because they don't like being controlled, while others may break rules <u>out of desperation</u>, like stealing food to survive. Peer pressure can also <u>push some to break rules just to fit in</u>. And, of course, some people are just <u>plain selfish</u>. They break the rules because they believe the rules don't apply to them.

什么原因会导致人们违反规定？

有很多原因会导致人们违反规则。有些人这样做是因为他们不喜欢被控制，而其他人可能是因为<u>绝望</u>而违反规则，比如偷食以求生存。同伴的压力也可能会<u>驱使一些人违反规则，以融入群体</u>。当然，也有一些<u>人纯粹是自私的</u>。他们违反规则是因为他们认为规则不适用于他们这样的人。

9. When people break rules, how would they be punished in your country(China)?

It depends on how serious the rules are. For example, if someone does something really bad, like hurting someone else, they could <u>go to jail for a long time</u>. But for less serious things, like running a red light, you might just <u>get a ticket</u>. For even smaller things, like littering or cutting in line, most of the time, people don't get in trouble. But if someone sees you littering, especially at a tourist place, you might have to <u>pay a fine</u>.

在你的国家（中国），人们违反规则会受到什么惩罚？

这取决于规则的严重程度。比如，如果有人做了非常严重的事情，像是让别人受伤，他们可能<u>会被判很长时间的监禁</u>。但对于不太严重的事情，比如闯红灯，你可能只会<u>收到一张罚单</u>。对于更小的事情，比如乱扔垃圾或插队，大多数情况下，人们不会受到惩罚。但如果有人看到你乱扔垃圾，尤其是在旅游景点，你可能<u>会被罚款</u>。

1. What kinds of exciting activities do young people like to do in your country?

Young people in China like to <u>go to escape rooms with their friends</u>. You go into a room and work together to solve clues and escape. It's very thrilling. Another exciting activity is bowling. It's fun to throw the bowling ball and try to <u>hit a bunch of pins</u>. It's a bit challenging but it's exciting to try to hit all the pins and win the game.

在你们国家，年轻人都喜欢做哪些刺激有趣的事情呢？

在中国，年轻人喜欢和朋友们<u>一起去玩密室逃脱</u>。大家一起进一个房间，合力解谜来逃脱，感觉非常刺激。还有一个刺激的活动是保龄球。扔保龄球然后尽量<u>击中一堆瓶子</u>，感觉很好玩。虽然有点难度，但是尝试全部击倒瓶子并赢得比赛感觉非常刺激。

2. Why do people choose to do exciting activities, such as extreme sports?

People do things like extreme sports because they want to feel excited. Many of them have boring lives. So when <u>they want to feel alive</u>, they choose to do something thrilling. <u>Skydiving and bungy jumping</u> are two of the most famous extreme sports. Even though these sports can be scary, but that's what makes them so interesting. They're not just physically challenging, but mentally too, which makes people exciting.

为什么人们会选择做刺激的活动，比如极限运动？

人们做像极限运动这样的活动，是因为他们想感受到兴奋。许多人的生活很无聊，所以<u>当他们想要感受到活力四溢时</u>，会选择做一些刺激的事情。<u>跳伞和蹦极</u>是两种最著名的极限运动。尽管这些运动可能有点吓人，但这正是使它们如此有趣的原因。它们不仅在体力上具有挑战性，而且在心理上也有挑战，会让人们感到很刺激。

3. How do people benefit from trying new things?

Trying new things helps people in lots of ways. For example, when people try surfing for the first time, they learn a lot. They figure out how to <u>stand on the surfboard</u> and <u>how to ride the waves</u>. So, trying new things teaches them new skills. Secondly, people also benefit by learning about themselves. Doing something for the first time isn't always easy. But it teaches you how to handle your feelings and <u>accept that you don't have to be perfect all the time</u>.

人们如何从尝试新事物中受益？

尝试新事物在很多方面都对人们有益。例如，当人们第一次尝试冲浪时，他们会学到很多东西。他们会弄清楚如何<u>站在冲浪板上</u>，<u>如何驾驭海浪</u>。因此，尝试新事物可以教会他们新技能。其次，人们还会在这个过程中更了解自己，从而受益。第一次做某事并不总是容易的。但这会教会你如何处理自己的情绪，<u>接受你不必时刻完美的事实</u>。

4. Why are some people reluctant to try new things?（参考 Topic6"改变你人生的一段时期"第一题答案）

为什么有些人不愿意尝试新事物？（参考 Topic6"改变你人生的一段时期"第一题答案）

5. Why do older people avoid trying risky and challenging activities?/Are people less willing to try new things as they get older?

Many older people avoid trying exciting activities because they're scared. They think they might get hurt. Sometimes, the media and doctors make them believe they have to be super careful as they get older. Honestly, I think if old people stay healthy and active, they can handle even risky and challenging activities. For example, if an older person is good at swimming and wants to try kayaking, they should be able to. But some people still let fear get in the way.

为什么老年人不愿意尝试危险和具有挑战性的活动？/随着年龄增长，人们是否不愿意尝试新事物？

许多老年人不愿意尝试刺激的活动是因为他们害怕。他们认为可能会受伤。有时，媒体和医生会让老年人相信，随着年龄的增长，他们必须得多加小心。老实说，我认为如果老年人身体不错，一直保持着活跃，那他们甚至可以去尝试危险和具有挑战性的活动。比如，如果一个老年人擅长游泳并想尝试皮划艇，他们应该可以做到，但有些人仍然让恐惧阻碍了他们。

6. Should people engage in dangerous stimulating activities?

It can be good for people to try some risky and exciting activities. It can bring them joy and a sense of accomplishment. It can also spark their courage and adventurous spirit. Everyone has the right to do the stuff they actually enjoy. So at the same time, nobody should be forced to do these kinds of activities. Making someone do something they're uncomfortable with can make them even more afraid. We should respect people's right to choose what they're comfortable with.

人们是否应该参与危险的刺激活动？

人们尝试一些冒险和刺激的活动可以是好事。它可以给他们带来快乐和成就感。它还可以激发他们的勇气和冒险精神。每个人都有权利做他们真正喜欢的事情。所以与此同时，也不应该强迫任何人去做这些活动。强迫某人做他们觉得不舒服的事情可能会让他们更加害怕。我们应该尊重人们选择做让自己感到舒适的活动的权利。

1. Why do some children not like learning science at school?

Well, not everyone likes science. I mean, people have different tastes. It depends on what they're naturally good at. Some children like music more than science because they like <u>rhythms and melodies</u>. Plus, science can be <u>kind of tricky to learn</u>. There are some difficult concepts like learning about <u>how cells work in biology</u>. Some students struggle to understand abstract concepts like that. So they really don't like learning about science.

为什么有些孩子不喜欢在学校学科学（理科）呢？

并不是每个人都喜欢理科课的。我是说，人们有不同的兴趣。喜欢什么课取决于他们天生擅长什么。有些孩子比起科学更喜欢音乐，因为他们喜欢<u>节奏和旋律感</u>。而且，科学课有时候<u>学起来可能有点难</u>。比如有一些<u>像生物学中关于细胞如何工作</u>的概念非常抽象。有些学生难以理解这样的抽象概念，所以他们就真的不喜欢学科学。

2. Is it important to study Science at school?

Yes, studying science in school is really important because <u>it helps us understand the world we live in today</u>. For example, we use smart devices a lot every day. To use these things well, we should <u>have a good understanding of subjects like</u> computer science. Plus, some people say you can be successful without knowing science, but times are changing. With more robots and computer programs doing jobs, understanding science can help you get a job in the future. So, learning science <u>is a big deal</u>.

在学校里学科学重要吗？

是的，在学校学理科课程非常重要，<u>因为它能帮助我们理解我们生活的世界</u>。比如，我们每天都在大量使用智能设备。要善用这些东西，我们应该对计算机科学等学科有很好的了解。而且，有些人可能会说你可以不懂科学也能成功，可是时代变了啊。随着越来越多的机器人和计算机程序在工作中扮演重要角色，了解科学可以帮助你在未来找到工作。所以，学习科学<u>很重要</u>。

3. Which science subject is the most important for children to learn?

<u>I believe all</u> science subjects <u>are important.</u> But biology <u>is probably the best one</u> for children to learn. Biology is the study of life. By studying this subject, you can learn about the human body, plants, animals, and more. For example, children learn about how plants grow. They also study how humans have children. I think that's much more important than learning <u>the names of elements in the periodic table</u>.

哪门科学学科对孩子来说最重要？

<u>我认为所有的科学学科都重要。</u>但生物学可能是<u>孩子们学习的最好的科学学科</u>。生物学研究生命。通过学习这门学科，你可以了解人体、植物、动物等等。例如，孩子们可以学习植物如何生长。他们还可以研究人类如何生孩子。我认为这比记住周期表中元素的名称更重要。

4. Should people continue to study Science after graduating from school?

No, <u>not if they don't want to</u>. Everyone should be allowed to pursue their own career. Science is important in our lives. But you don't need it for every job. So, if people are going to study something like business or art, then <u>it shouldn't be a requirement</u>. Plus, these kinds of students probably aren't interested in science. They shouldn't have to keep studying it if they don't want to.

人们在毕业后是否应继续学习科学？

不，<u>如果他们不想的话就不需要学</u>。每个人都应该有追求自己职业的自由。科学在我们的生活中很重要，但并不是每个工作都需要它。所以，如果人们打算学商科或艺术之类的东西，那么科学<u>就不应该成为必修课程</u>。而且，这些类型的学生可能对科学也不感兴趣，如果他们不想学，就不应该被逼着学。

5. If middle and high school students don't enjoy studying the science subject, should they still continue learning it? Please provide reasons and examples.

I suppose that in middle school and high school, students should continue to study science, even if they don't find it interesting. <u>The main goal of basic education is to make sure everyone has some knowledge in all subjects</u>. Plus, you can't always trust younger students to choose what is best for them. <u>A lot of them may have a negative attitude</u>. Some might not like math and science. But as they grow older, they learn to appreciate the value of these subjects.

如果初高中生不喜欢学科学，他们是否仍然应该继续学习？请提供理由和例子。

我认为在初中和高中，学生应该继续学习科学，即使他们觉得这样的科目不太有趣。<u>基础教育的主要目标是确保每个人在所有学科上都有一些知识</u>。而且，你不能总是相信年轻学生能够为自己选择出最适合的东西。<u>很多孩子可能会对学科学持消极的态度</u>。他们可能不喜欢数学和科学。但随着年龄的增长，他们会逐渐懂得欣赏这些学科的价值。

6. Do art students need to study science?

I think it depends. Someone who is majoring in art at a university level should not have to study science. <u>It makes more sense</u> for them to focus only on art. Scientific studies might not be beneficial to their art. But at the primary school and high school levels, everyone should have to study science. After all, everyone should <u>have a basic understanding of all of the subjects</u>. It's important for kids to try a lot of different things <u>in order to discover their passions</u>.

艺术专业的学生是否需要学科学？

我认为这要看情况。在大学阶段专攻艺术的人不应该被要求学科学。专注于艺术对他们来说<u>更合理</u>。科学研究对他们的艺术创作可能用处不大。但在小学和高中阶段，每个人（不管是不是艺术生）都应该学科学。毕竟，每个人都应该对<u>所有学科有基本的了解</u>。对孩子来说，尝试许多不同的事情<u>以发现他们的激情</u>非常重要。

<mark>见下页</mark>

7. How do people(you) get to know about scientific news?

Well, it really depends on who you are. If you're a scientist or a researcher, you probably <u>read scientific journals</u>. That's where you would get the news. Students studying science can also learn about scientific news this way. But if you're <u>an average person who isn't connected to science</u>, you might not find out this news at all. Or you might hear about it through news on TV or in the newspaper.

人们（你）都从哪里了解科学新闻？

这真的取决于你是谁。如果是科学家或研究员，可能会通过<u>阅读科学期刊</u>来了解。那是你获取科学新闻的地方。学习科学的学生也可以通过这种方式了解科学新闻。但如果<u>你是一个普通人，与科学没有太多关联</u>，那你可能完全不会去了解这些新闻。或者你可能会通过电视或报纸上的新闻听那么一耳朵。

8. Should scientists explain the research process to the public?

Yes. If scientist is proving something, they should explain this to the public. Scientists might think that <u>regular people</u> don't want to know the process. They may assume that regular people won't understand the process. But scientists can also tell us important things. For example, if they're explaining the effects of a virus, it's important to show evidence. If scientists don't explain the research process, <u>it's hard to know if they're being honest about the findings</u>.

科学家是否应该向公众解释研究过程？

是的。如果科学家正在证明某些事情，他们应该向公众解释。科学家可能认为<u>普通人</u>不想知道这个过程，他们可能认为普通人无法理解这个过程。但科学家也可以告诉我们一些重要的事情。例如，如果他们正在解释某种病毒对人类的影响，那么展示出其证据是很重要的。如果科学家不解释研究过程，<u>很难知道他们是否在诚实地报告研究结果</u>。

9. What qualities do you think scientists should possess?

Scientists need to be curious about life and the world. This is probably the most important thing. <u>Without curiosity, we definitely wouldn't have</u> inventions or the advancements in technology that we have today. For example, if Marie Curie wasn't interested in learning, we wouldn't have some important medical tools like X-rays. Scientists also need to be creative. If they only think one way, their research would be limited. So, being curious and thinking differently <u>are key for scientists</u>.

你认为科学家应该具备哪些品质？

科学家需要对生活和世界充满好奇心，这可能是最重要的品质。<u>没有好奇心，我们肯定不会有发明或今天的技术进步</u>。例如，如果玛丽·居里夫人对学习不感兴趣，我们就不会有一些重要的医疗工具，比如 X 光。另外科学家还需要有创造力。如果他们只有一种思维方式，他们的研究将受到限制。所以，好奇心和不拘一格的思维<u>对科学家来说非常重要</u>。

1. Where is a good place to learn about history?

I believe that the best place to learn history is <u>in a city or country with lots of historical significance</u>. For example, a country like Egypt has incredible ancient history with <u>pyramids, mummies,</u> and old buildings. Many people go to Egypt to study history because they can see these amazing things up close. When students learn history in Egypt, they can find out how people from the past lived and built things with the tools they had. In my opinion, Egypt, or any place with a lot of history, is an amazing place to learn about the past.

哪里是学习历史的好地方？

我认为学习历史最好的地方，是在<u>有着悠久历史背景的城市或国家</u>。比如说，埃及有着让人惊叹的古代历史，有<u>金字塔、木乃伊</u>和古老的建筑等等。很多人去埃及学历史，因为他们可以亲眼见到这些令人叹为观止的东西。所以当学生们能去埃及学习历史的时候，就可以了解到过去的人们是如何生活和利用当时的工具来建造很多事物的。我觉得埃及或其他有着丰富历史的地方都是学习过去的绝佳地点。

2. Do you think museums are important for learning about history?

Yes, museums play a crucial role in learning about history. For example, in historical museums, we can explore documents, weapons, clothing, and more. These exhibits typically <u>come with detailed descriptions</u>. So it's easier for us to understand history and <u>feel a closer connection to it</u>. In my opinion, museums help us understand historical events, cultures, and innovations in a way that textbooks can't.

你认为博物馆对学习历史重要吗？

是的，博物馆在学习历史方面扮演着重要角色。比如，在历史博物馆中，我们可以发现历史文件、武器、过去的服装等等。这些展品<u>通常都有详细的介绍</u>，所以我们更容易理解历史并<u>与之建立更紧密的联系</u>。我认为博物馆是在帮助我们以课本无法做到的方式，去理解历史事件、文化和创新。

3. Should kids learn history?

Learning about history is really important for kids. It helps them develop critical thinking skills. For example, when kids learn about different people from the past, they see that even great leaders have both strengths and weaknesses. This helps them understand that people are complicated, and <u>it makes them better at thinking for themselves</u>. Also, when they study the past and learn about things like the two World Wars, it helps them understand how tough life was for people back then. <u>This encourages empathy and compassion,</u> which benefits relationships.

孩子们应该学历史吗？

学习历史对孩子们非常重要。它有助于孩子们培养批判性思维的能力。举个例子，当孩子们了解到不同时期的人们时，他们会看到即使伟大的领袖也有弱点。这有助于他们理解人是复杂的，<u>让他们更善于有独立思考的能力</u>。而且，当他们学习过去的事情，了解像两次世界大战这样的事件时，有助于他们理解当时人们的生活是多么艰难。<u>这促使孩子们有同情心和同理心，</u>对他们建立人际关系有益。 见下页

4. In what ways can children learn history?

Kids can learn history in different ways. One way is at school, where teachers tell them interesting stories, read books, show films, and give them projects to learn about different times in history. Children can also learn about history from their parents. Their parents have knowledge of history from their own experiences. So they can share that with their kids. Finally, museums can help children discover history. Most kids love to go to museums because they get to see history in a new and interesting way.

孩子们可以通过哪些方式学历史？

孩子们可以通过很多不同的方式学习历史。其中一种方式是在学校里，老师会讲有趣的故事，读历史书，播放电影，还有参与各种课程项目来学习不同历史时期的知识。孩子们还可以从父母那里学习到历史，因为他们的父母有通过自己的经历了解历史。最后，博物馆也可以帮助孩子们以新奇有趣的方式了解历史，所以大多数孩子都喜欢去博物馆。

5. Should everyone know history?

I suppose that everyone should know some basic history facts. You should know about the key events in your own country's history. For instance, if you're Chinese, it's important to know about the transition from the Qing Dynasty to modern China. You should also know about the eight-year war with Japan. Understanding these events helps us understand our own culture and society. This helps strengthen our national identity and pride in our heritage.

每个人都应该了解历史吗？

我认为每个人都应该了解一些基本的历史事实，至少应该了解自己国家历史的关键事件。比如，如果你是中国人，了解清朝向现代中国的过渡，以及与日本的八年抗战是很重要的。这有助于我们理解自己的文化和社会，加强我们对民族文化的认同感和自豪感。

6. Is it only older people who are interested in history?

I don't think so. I think it depends on how someone is taught. Some teachers can make history boring by simply reading from a book or delivering lectures. People want history to be exciting. They want to see it in their minds, imagine it and experience it. So, if a student gets a teacher who can show them history this way, then I'm sure they will enjoy it, no matter how old they are.

只有年长的人才对历史感兴趣吗？

我不这么认为。我觉得这取决于怎么教历史。有些老师只是简单地从书上读或者讲课（无互动），可能会让历史变得很乏味。人们想要历史变得有趣，他们应该要在脑海中看到、想象和体验历史。所以，如果有老师可以用这种方式展示历史，我相信无论多大年龄，学生都会喜欢历史。

见下页

7. What are the differences between learning history from books and from videos?

I believe that history books and videos both have benefits. Books provide detailed information and can be better for research and studying. They <u>encourage critical thinking</u> and offer tons of knowledge about historical events. Videos, on the other hand, can <u>make history more engaging and accessible</u>. Generally, videos can <u>quickly highlight the main points of a historical event</u> for you. Effective history courses should use both book learning and video-based instruction.

学习历史书籍和看相关视频有什么区别？

我认为历史书籍和视频都有各自的好处。书籍提供了详细的信息，适合研究和学习，它们<u>利于培养人们的批判性思维</u>，并提供了大量关于历史事件的知识。视频则可以<u>使历史更具吸引力和易于理解</u>，通常可以<u>快速突出历史事件的各个要点</u>。有效的历史课程应该同时使用书本学习和基于视频的教学。

8. Do people like historical architecture?（请参考 Topic36"美丽的城市"第 2 题答案）

　人们喜欢历史建筑吗？（请参考 **Topic36**"美丽的城市"第 **2** 题答案）

9. Is it difficult to protect and preserve historic buildings?

（Part3 考试中遇到的题，并不是都能有相关知识储备，本题考官给出的"我不知道"的答案角度，大家可以多学习一下）

<u>I'm not sure. I don't know the details of</u> how to preserve a building. But governments have experts who know how to do this. It might cost a lot of money to preserve and protect an historic building. But I don't think it would be too difficult. Otherwise they wouldn't do it. <u>The main obstacle</u> is how much time it takes. Plus, some older buildings need to be maintained all the time.

保护和保养历史建筑难吗？

<u>我对这个问题不太确定</u>。<u>我不太了解</u>如何具体保护建筑物。但政府有专家，他们知道怎么做。可能需要会花很多钱来保护和维护历史建筑，但我觉得并不会太难。否则他们就不会去做了。<u>主要的难点</u>在于需要投入多少时间和资源。另外，有些古老建筑需要不断重复的做维修。

<u>见下页</u>

10. Why is it important for people to remember personal events from the past?

（在问到这类题时：为什么人们喜欢.../为什么人们认为...，坦白讲你不一定同意题目提到的观点，可考官还让你解释为什么人们这么想。这时候可以参考 Bianca 考官下面这个开头方式—画波浪线的句子）

I don't think it's necessarily important. But it can be nice for people to remember certain special moments. That way, they can celebrate them. If someone has been married for 50 years and they remember the day they got married, this is definitely special. It may not be very important. But it's sentimental. Having memories reminds us of our life experience. People love to remember cherished moments filled with joy and happiness.

为什么有些人认为记住个人过去的事件不重要？

我不认为这有多重要。但有时候记住一些特殊时刻对人们来说会很开心。这样，他们可以庆祝这些时刻。如果有人已经结婚 **50** 年了，还能回忆起结婚那天，这绝对很特别。虽然记住它本身可能不是非常重要，但对这一天人们充满了感情。保留回忆让我们能回顾自己的生活经历。人们喜欢回忆那些充满欢乐和幸福的珍贵时刻。

11. Why do some people think it's wrong to let the past influence their decisions?

Some people think we shouldn't let the past control us. They see past experiences as a source of wisdom, not something that forces us to act in a certain way. For example, if someone tried to start a business before and it didn't work out, they might still want to try again with a new business idea. These people view their past mistakes as opportunities to learn and grow. I believe this is a positive way of looking at things.

为什么有些人觉得过去的经历不应该影响他们的决策？

有些人认为我们不应该让过去左右我们的行动。他们把过去的经验看作是智慧的源泉，而不是迫使我们采取某种特定行为的约束。例如，有人或许之前尝试创业失败了，但他们可能仍然会继续尝试新的商业点子。这些人将过去的错误看作是学习和成长的机会。我认为这是一种积极正面的看待事物的方法。

Topic 16 有趣/吸引你的地方（新题）

1. How can people access travel information?

I think the best way to access travel information is through the internet. In the past, you could talk to <u>a travel agent</u>. But it takes longer to get this information now. If someone wants to <u>get details for a trip</u>, the internet is the quickest and best way to get the information. In China, lots of people use a platform called Xiaohongshu to find travel tips. They share advice on finding cheap flights and fun places to visit.

人们怎么获取旅行方面的信息？

我认为获取旅行信息最好的方式是通过互联网。过去，你可以去咨询<u>旅游中介</u>。但现在通过这种渠道去获取这些信息就需要花很长的时间。如果有人想<u>了解旅行的细节详情</u>，互联网是最快、最好的获取信息的途径。在中国，很多人使用一个叫做"小红书"的平台来寻找旅行贴士。人们会分享关于如何找到便宜的机票和有趣的旅游地点的建议。

2. Do people have different personalities in different regions of your country?

Yes, people from the North and South of our country have different personalities. In general, <u>Southerners</u> are willing to try new things, while Northerners prefer to stick to traditional ways. For example, many Southerners like to <u>start their own businesses</u>. But Northerners often choose <u>stable jobs</u> like working for the government. This is mainly because the South's economy has grown faster. So they've been open to new ideas and cultures longer.

不同地区的人有不同的性格吗？

是的，我国南北地区的人性格不同。总体来说，<u>南方人</u>更愿意尝试新事物，而北方人更喜欢坚守传统方式。例如，很多南方人喜欢<u>创业</u>，而北方人通常喜欢选择<u>稳定的工作</u>，比如更喜欢去政府工作（做公务员）。这主要是因为南方的经济增长更快。所以他们相比于北方人更早地接触到新思想和文化（思想更开放）。

3. What causes the differences between different regions of your country?

Two major factors are the economy and geographical location. For example, Southern Chinese are often more open-minded because their area has grown economically, and they've been exposed to international ideas. <u>Money plays a big role in how people in different places act</u>. Also, <u>the local climate influences building designs</u>. In areas like the South, there's more rainfall and humidity. So the buildings need windows to <u>improve ventilation and reduce moisture</u>. But in Northern China, it's drier and colder. So they focus on keeping the warmth in. That's why they have fewer and smaller windows.

造成你们国家不同地区差异的原因是什么？

有两个主要因素，就是经济和地理位置。比如，中国南方的人通常更加开放，因为他们的地区经济相对繁荣，很早接触到了国际思想。<u>金钱真的在不同地方人的行为中扮演了重要角色</u>。另外，<u>不同地方的气候也影响了建筑设计</u>。在南方等地，降雨量和湿度较大。所以，建筑物需要增加<u>窗户来改善通风，减少潮气</u>。但在北方，气候较为干燥和寒冷。所以他们更注重保温。这就是为什么他们的窗户较少且较小的原因。

4. Do youngsters like to try new things, or do people of your parents' age also like to try new things?

It seems to me that both young and older people like to try new things. <u>Humans are curious creatures</u>. Their routines can get boring for them, so they want to try new things. For example, older people might like to try new restaurants with food they haven't had before. Younger people may want to try a new sport. <u>I think it depends on the person. But usually</u>, people who like to try new things are more adventurous, <u>no matter what their age is</u>.

年轻人喜欢尝试新事物吗，或者你父母这个年龄段的人也喜欢尝试新事物吗？

在我看来，年轻人和老年人都喜欢尝试新事物。人类是好奇的生物。他们的日常生活可能会变得无聊，所以他们想尝试新的事物。例如，老年人可能喜欢尝试新的餐厅，尝试以前没有吃过的食物。年轻人可能会想尝试新的运动。<u>当然，喜不喜欢尝试新鲜事物是取决于个人。但通常来说，</u>喜欢尝试的人更具有冒险精神，<u>不论他们的年龄多大</u>。

5. Is a great tourist destination also a good place to live?

<u>It can be, but it can also not be</u>. Places with natural beauty, like Hainan Island in our country, are great for enjoying your later years. But you should think about important things like schools, healthcare, and jobs before deciding to live in a tourist place. Some famous tourist places are <u>in remote areas</u> and might not have what you need for daily life. So, not all tourist spots are <u>good for long-term living</u>.

一个很棒的旅游目的地同时也是适合居住的地方吗？

<u>可能是，但也可能不是</u>。像我国的海南岛这样自然美丽的地方非常适合享受晚年生活。但你在决定居住在旅游胜地之前，应该考虑到像学校、医疗保健和工作等重要因素。一些著名的旅游胜地<u>位于偏远地区</u>，可能没有你日常生活所需的设施。所以，并不是所有的旅游胜地都<u>适合长期居住</u>。

6. Why do people go to live in small towns and think that they are more interesting than the big cities?

当考题问到"为什么人们喜欢…"，有时，你是完全无法理解人们为什么有这类喜好的，你可能满脑子都是这样做的缺点。这时你可以参考考官写的以下回答思路："我不理解他们为什么喜欢…" Small towns can be very charming. Also, since they're so small, the people know each other well. So it's easy to have a good sense of community. However, they aren't as fun as big cities. There isn't a lot to do in small towns. So, <u>I don't know why people prefer them. Maybe it's because</u> they enjoy the beauty of small towns. <u>I guess that small towns can feel cozy and homey. But I generally find</u> big cities more interesting than small towns.

为什么人们选择去小镇居住并认为它们比大城市更有趣？

小镇可以非常迷人。而且，由于它们规模较小，人们互相都认识。所以很容易形成良好的社区感。然而，它们不如大城市那样有趣。在小镇上能做的事情相对较少。所以，<u>其实我不知道为什么人们更喜欢它们。也许是因为</u>他们喜欢小镇的美景。<u>我猜小镇可能会让人感到温馨和自在。但总的来说，我觉得</u>大城市比小镇更有趣。

47

1. What are the differences between modern towns and modern cities?

I guess they are similar because they are both modern and have some development. But they're different in terms of physical size, population, and the things you can do. Let's take Shanghai as an example. It's a huge modern city with around 29 million people. There's a lot to do there. And you can see tons of really tall skyscrapers. Modern towns also have some of these features, but they're smaller. You won't see as many big buildings or very tall ones in towns.

现代小镇和现代城市有什么不同？

我猜它们是相似的，因为它们都是现代化的，都有一些发展。但两者在物理大小、人口和可以做的事情方面是不同的。以上海为例，它是一个庞大的现代城市，拥有大约 2900 万人口。那里有很多事情可做。你也可以看到很多高楼大厦。在现代化的小镇上，也有一些这样的特点，但它们的规模较小。在小镇上，你不会看到那么多高大的建筑物。

2. Why do some people like to visit historical sites?

Historical sites are really popular for tourists and locals. I suppose that people like to visit them because they are fascinated by them. Historical sites in China are especially interesting because they're very ancient. When people visit them, they wonder how it is possible that they still exist. Also, I think these sites show people what life was like in different time periods. That's very appealing to people as well.

为什么有些人喜欢参观历史遗址？

历史遗址对游客和当地人来说，都非常受欢迎。我想人们喜欢参观它们是因为他们对历史建筑着迷。中国的历史遗址尤其有趣，因为它们都非常古老。当人们去参观的时候，他们会想知道这些建筑怎么会到现在还依然存在。另外，我认为这些遗址向人们展示了不同时期的生活是什么样子的，这一点也非常吸引人。

3. How can people preserve historical buildings?

Well, I think the government is mostly responsible for preserving historical buildings. But the one thing that people can do is not interfere with the site. When they visit historical sites, some people break off a piece of the building or landmark and take it home with them. This is very harmful. So, one effective way to preserve them is to avoid doing such things. We need to keep these structures as they are.

人们如何保护历史建筑？

我认为政府在保护历史建筑方面起主要作用。但人们可以做的一件事就是不要干扰（破坏）这些地方。当人们参观历史遗址时，有些人会破坏建筑物或遗址的一部分并把它带回家…这是非常有害的行为。因此，一个有效的保护方式是避免做这些事情。我们需要保持这些建筑物的原貌。

见下页

4. How can governments preserve historical buildings?

Governments can put up signs asking people not to damage the buildings. They can also provide trash bins with clear instructions on the signs. Unfortunately, some people need this reminder. The government can also restore the buildings to make sure they are strong and will continue to last. They will need to plan this carefully. The restoration should happen when people are not there. Or they can close the site at certain times so it can be restored.

政府应该如何保护历史建筑？

政府可以张贴标识，要求人们不要破坏建筑物。他们还可以提供垃圾箱，并在标识上清晰地说明使用方法。不幸的是，有些人就是需要有这样的提醒。另外，政府还可以修复建筑物，确保它们保持坚固，继续存在于现代社会中。做这类事，政府需要有仔细的规划。比如修复工作应在人们不在场的时候进行。或者他们可以在某些时间关闭场地，以进行修复工作。

5. How may towns and cities change in the future?

(对未来的预测，如果没有 idea，像考官这样用电影做例子是不错的切入点)

No one really knows. It all depends on how much technology develops. Some movies have predicted changes like AI and robots. For example, in the movie "Back to the Future," they went to the year 2015 and saw flying cars, hoverboards, holograms, and amazing inventions. Even though 2015 has come and gone, we might still see some of those cool things in the future. I really hope so!

未来小镇和城市会如何改变？

没有人真正知道会怎样变化。这一切都取决于技术的发展程度。一些电影已经预测了一些改变，比如人工智能和机器人。例如，在电影《回到未来》中，他们去了 2015 年，看到了飞行汽车、悬浮滑板、全息图和很多令人惊叹的发明。尽管 2015 年已经过去了，但我们可能在未来仍然会看到一些这样酷炫的东西。我真的希望如此！

6. What are the reasons why so many modern towns and cities have tall buildings?

The main reason is to provide houses for everyone! Modern towns and cities are typically small in terms of land size. They need to provide space for all the people there. Single houses take up too much space. So they build tall apartment buildings to fit everyone. It's really quite smart because it still allows people to have nice apartments with multiple bedrooms. It also keeps everyone close to the downtown area. That's very convenient.

为什么这么多现代小镇和城市有高楼大厦？

主要原因是要为每个人提供住房！现代小镇和城市通常在土地面积上较小。他们需要为所有人提供住所。而独立屋占用的空间太多。所以，他们就建造了高层公寓楼来容纳每个人。这实际上是非常聪明的做法，因为它仍然实现了人们有带多间卧室的美好公寓的想法。它还让每个人都住的更靠近市中心。这样非常方便。

1. Do young people like to go to parks?

Yes, I think most young people like to go to parks. There is a lot of space in a park. So people can usually sit down or walk around. Some parks <u>have nice features like public art or pretty landscaping</u>. Take Yu Garden in Shanghai for example. Young people love it because it's peaceful, historic, and looks amazing. Inside, there are old Chinese buildings, <u>pretty bridges over ponds with fish</u>, and lovely gardens. It's a great place to visit, have fun, and take pictures with friends!

年轻人喜欢去公园吗？

是的，我认为大多数年轻人喜欢去公园。公园有很多自由活动的空间，所以人们通常可以坐下来或四处走走。一些公园还<u>有漂亮的公共艺术或美丽的景观</u>。以上海的豫园为例，年轻人都喜欢它，因为公园里宁静、历史悠久，而且看起来很漂亮。里面有古老的中国建筑、<u>横跨着鱼池的漂亮桥梁</u>以及可爱的花园。这是一个可以参观、玩乐以及和朋友拍照的好地方！

2. What do old people like to do in parks?

Old people like to do activities in parks. A lot of older people do tai chi, dance to music, or exercise. Many parks in China have facilities and space for these people to do such activities. One of the most popular activities for them is square dancing. They get a large group together and <u>they agree on a time to meet in the square</u>. Someone leads the dance, and they all dance together. They believe this is the best way to <u>be physically active</u>.

老年人在公园里喜欢做什么？

老年人喜欢在公园里做各种活动。很多老年人打太极拳、跳舞或锻炼身体。中国的许多公园都有为他们提供这些活动的空间和设施。对老人来说，最受欢迎的活动之一就是广场舞。他们聚集在一起，<u>约定一个时间在广场上见面</u>。有人带头跳舞，然后大家一起跳。他们认为这是<u>最好的锻炼方式</u>。

3. What benefits can parks bring to a city?

There are several benefits parks bring to a city. The first one is nature. <u>Cities are unnatural because they're mostly concrete</u>. People need nature and parks provide this for them. The second benefit is that parks provide a space for people to do things they love. They can exercise, socialize, or <u>enjoy nice scenery</u>. For example, there's a beautiful park in Shanghai. This space is very large and there are lots of performances that take place here. So parks also <u>bring people together</u>.

公园对城市有什么好处？

公园给城市带来了很多好处。第一，就是大自然。<u>城市里充满了混凝土结构，不够自然</u>。人们需要接触大自然，而公园提供了这个机会。第二个好处是，公园给人们提供了一个做自己喜欢的事情的地方。他们可以在那里锻炼身体、社交，或者<u>欣赏美丽的风景</u>。比如，在上海有一个很漂亮的公园。这个地方很大，经常会有各种表演活动举行。所以公园也<u>把人们聚集在了一起</u>。

4. What are the benefits of going to the park for young people and old people?

I think young and old people can <u>enjoy the same benefits</u>. But they usually go to parks for different reasons. Older people spend more time in parks. They socialize, dance, exercise, and so on. So the benefits are that they can spend time with friends and not feel lonely. Young people usually go to parks to to relax, take nature walks, a nice picnic or <u>go on dates</u>. So, the benefits for younger people include <u>less stress and more calm</u>.

年轻人和老年人去公园有什么好处？

我认为年轻人和老年人<u>所享受到的好处是一样的</u>。但他们通常去公园的原因不同。老年人在公园里会花更多时间。他们会去社交、跳舞、锻炼等等。所以好处在于他们可以与朋友共度时光，不会感到孤独。年轻人通常去公园是为了放松、散步、野餐或<u>约会</u>。所以，对年轻人来说，好处在于<u>减轻压力和获得更多的宁静</u>。

5. Why do some people like planting flowers?

Flowers are pretty. They are colourful and often bring lovely insects like bees and butterflies into the garden. They <u>add more beauty to a space</u>. You know, if a garden only has trees in it, it's still beautiful. But it's not as interesting to look at. Flowers <u>give it more colour and variety</u>. I guess that's why many people love gardening. Some people also enjoy gardening as an activity. They <u>feel accomplished when they see flowers bloom</u>.

为什么有些人喜欢种花？

花很漂亮。它们五颜六色的，通常会吸引可爱的昆虫，比如蜜蜂和蝴蝶来到花园里。它们<u>也为空间增添了更多美感</u>。你知道，如果一个花园只有树，它当然还是很美，但是看起来不那么有趣。所以<u>花为公园增加了更多的色彩和变化</u>。我猜这就是为什么很多人喜欢园艺。有些人也喜欢把种花作为一种爱好的活动。当他们<u>看到种植的花终于绽放时，会有成就感</u>。

6. Would you say people should help maintain public parks and gardens? / Should people who live in cities help keep parks tidy?

People have busy lives. They <u>shouldn't have to be responsible for</u> taking care of the public parks. After all, these are established by the government. But people do use parks. So they <u>shouldn't litter</u>. There are <u>bins</u> provided in most parks. If someone is drinking a coffee, for example, they should put the coffee in the bin when they're finished it. So people shouldn't be responsible for parks. But they should be careful if they visit the park.

你认为人们应该帮助维护公园和花园吗？

人们生活很忙碌。他们<u>不应该去负责</u>公园的维护。毕竟，这些是政府建立的。但人们会使用公园。所以他们<u>不应该乱扔垃圾</u>。大多数公园都提供了<u>垃圾箱</u>。要是有人在喝咖啡，他们就应该在喝完后把咖啡杯放入垃圾箱。所以人们不应该对公园负有责任，但如果他们去公园，就应该注意一点。

Topic 19 汉语很好的外国人（新题）

1. What foreign languages do Chinese children learn?

Chinese children mainly learn English as a foreign language. Some schools also offer lessons in other languages like Japanese, Korean, Spanish, and German, but English is the most popular choice. This is because English is <u>the most widely spoken language globally</u>. Many Chinese people believe that speaking English <u>opens up more opportunities in life</u>, such as studying abroad and getting better jobs in international companies, leading to a higher quality of life.

中国的孩子学哪些外语？

中国的孩子主要学习英语。一些学校也提供其他语言的课程，如日语、韩语、西班牙语和德语，但英语是最受欢迎的选择。这是因为英语是<u>全球最广泛使用</u>的语言。许多中国人认为，说英语能够为<u>他们在生活中带来更多的机会</u>，如出国留学和在国际公司找到更好的工作，从而提高生活质量。

2. Why do Chinese children learn English?

Chinese kids learn English for important reasons. One is for a good education. Many parents want their kids to learn English well so they can study in other countries, which can help them find better jobs later on. That's why it's really important to be really good at English. Many young children even <u>have private English tutors</u> to become fluent in the language. Besides, learning English also <u>boosts brain function</u>; research proves it activates both sides of the brain.

为什么中国孩子要学英语？

中国孩子学英语有几个关键原因。一个原因是为了获得良好的教育。许多父母希望他们的孩子能学好英语，这样他们就可以出国留学，这有助于他们以后找到更好的工作。这就是为什么要把英语学好。许多小孩子甚至<u>有私人英语家教</u>，以流利掌握这门语言。此外，学习英语还可以<u>锻炼大脑</u>哦；研究证明它对于激活左右大脑都有帮助。

3.Why are so many people learning English?

English is <u>the most widely spoken language</u> in the world. It's definitely the language spoken between people from different countries. For instance, if two people meet and one is from China and the other is from Italy, they could probably both speak English. If they don't know English, then they can't communicate. In today's world, <u>with increased travel, international living, and global business</u>, English has become crucial for effective communication.

为什么有这么多人学英语？

英语是<u>世界上使用最广泛</u>的语言。它绝对是不同国家之间的人们用于交流的语言。例如，如果两个人相遇，一个来自中国，另一个来自意大利，他们可能都会说英语。如果他们不懂英语，那么他们就无法沟通。在今天的世界中，<u>随着旅行的增加、国际生活和全球业务的增加</u>，英语已经成为有效交流的关键。

见下页

4.Is it easier for children to learn languages than adults?

Yes, language learning is easier for children. A child's brain can pick up languages faster than an adult's. As people get older, their brains become less flexible, making it harder to learn new things. A child's brain is still developing, so it can adapt easily. For example, kids can quickly learn and use new sounds, but adults are stuck with the sounds they already know.

孩子学语言比成年人容易吗？

是的，对于孩子来说，学习语言更容易。孩子的大脑比成年人能更快地掌握语言。随着年龄增长，大脑会变得不太灵活，学习新事物变得更加困难。而孩子的大脑仍在发育中，因此可以轻松适应。例如，孩子们可以快速学会和运用新的发音，而成年人则受限于他们已经了解的发音规则。

5. How can someone help a child to learn English?

To help a child learn English, it's important to have a teacher or tutor. This is the best way to help a child learn this language. Most children learn English at school in their English classes. But if parents think their children need more help, they can pay for a tutor. Or their child can attend classes after school. These classes should be taught in English. Children learn quickly but repetition is important. So classes should be held a few times a week.

如何帮助孩子学英语？

帮助孩子学英语，重要的是要有一位教师或家教。这是帮助孩子学这门语言的最佳方式。大多数孩子在学校的英语课上学英语。但如果父母认为他们的孩子需要更多帮助，他们可以付费聘请一位家教。或者他们的孩子可以在课后参加英语辅导班。这些课程应该用英语授课。孩子通常学东西都很快，但重复也很重要。因此，课程应该每周都进行几次。

6. How can tech make language learning more fun for children?

Technology has made learning languages more enjoyable for kids nowadays. First of all, kids can play a lot of language learning games on the computer. For example, there are online games that focus on the 26 English letters. Some of them have exciting stories that make learning feel like an adventure. Plus, teachers can get creative with technology in the classroom. For instance, in English class, teachers can show interesting English movies that kids really like. It's an interesting way to learn.

如何利用科技让孩子更喜欢学习语言？

现在，科技让孩子们学习语言的过程更有趣了。首先，孩子们可以在电脑上玩许多语言学习游戏。例如，有一些在线游戏专注于 26 个英文字母。其中一些还有令人兴奋的故事情节，让学习感觉像一次冒险。另外，老师们在课堂上可以发挥科技的创造力。比如，在英语课上，老师可以播放小孩非常喜欢的有趣的英语电影。这也是一个有趣的学习方式。

<mark>见下页</mark>

7. Do you think the way people learn English today is the same as in the past?

No, I think the way people learn English has changed <u>due to technology</u>. For example, today people do most things online. If someone wants to be tutored in English, they can find someone online who lives in an English-speaking country. Besides, if someone wants to improve their listening skills, they can <u>download an audiobook</u>. Then they can listen to it while they read the e-book. Before the internet, people had to listen to <u>cassette tapes</u> and read real paper books. <u>A lot has changed with technology</u>.

你认为现在学英语的方式与过去一样吗？

不，我认为<u>由于科技的原因</u>，人们学英语的方式已经发生了变化。例如，今天人们几乎所有的事情都在网上做。如果有人想要在学习英语时找个老师，他们可以在网上找到一个住在英语国家的人。此外，如果有人想提高听力技能，他们可以<u>下载有声书</u>。然后他们可以在阅读电子书的同时听它。而在互联网出现之前，人们不得不听<u>磁带</u>和阅读纸质书。<u>所以科技已经带来了很多变化</u>。

8. What are the benefits of the Internet for people ' s learning?

The internet helps us find information about whatever we want to know. If someone wants to learn about the history of China, they can simply search for it online, <u>finding videos, articles, and blog posts as resources</u>. Another benefit is that people can study online. During the pandemic, people couldn't leave their homes but they still wanted to learn. Universities ran classes online so students could still continue their studies. The internet has <u>made education and information more accessible</u> than ever before.

互联网对人们学习的好处是什么？

互联网帮助我们找到关于我们想知道的任何信息。如果有人想了解中国的历史，他们可以在网上搜索，<u>找到视频、文章和博客作为资源</u>。另一个好处是人们可以在线学习。在疫情期间，人们不能离开家，但他们仍然想要学习。这时候大学开设了在线课程，让学生仍然能够继续他们的学业。所以互联网<u>使教育和信息比以往任何时候都更容易获得</u>。

1. What do we need to prepare when we need to cook?

Usually when someone cooks, they need to get their food and tools ready. For example, if you want to make a simple dish like <u>scrambled eggs with tomatoes</u>, you'll need basic ingredients like tomatoes and eggs. You'll also need <u>seasonings</u> like salt and soy sauce. And, of course, you'll need a knife for chopping, a pan for cooking, and something to flip the eggs. That's everything I can think of that you'll need to use.

当我们需要做饭时需要准备什么？

通常来说，当有人要做饭时，他们需要准备好食材和工具。比如，如果你想做一道简单的菜，像<u>番茄炒蛋</u>这样的，你就需要基本的食材，番茄和鸡蛋。还需要<u>调味料</u>，比如盐和酱油。当然，你还需要一把刀来切菜，一个锅来烹饪，以及翻煎蛋的工具。这是我能想到你需要用到的一切。

2.Do you agree that food is an important part of Chinese festivals and ceremonies?

<u>I definitely do</u>. Food represents culture. Most of the time when you're celebrating a holiday, you consider what special foods to eat. There's a famous dish for every Chinese festival. For example, during the spring festival which is Chinese New Year, you eat dumplings, noodles and fish. During the mid-autumn festival, moon cakes are very popular. <u>These foods are thought of as being lucky and good for your health and wealth</u>.

你同意食物是中国节日和仪式的重要组成部分吗？

我绝对同意。食物代表文化。大多数时候，在庆祝节日时，人们会考虑吃什么特别的食物。每个中国节日都有着著名的传统菜肴。比如，在春节，也就是中国新年时，你会吃饺子、面条和鱼。在中秋节时，月饼又非常受欢迎。这些食物都寓意着好运和财富。

3. Which dishes are a must at (Chinese)festivals? (第二、三题素材可通用)

There are many well-known dishes that you can find at Chinese festivals. Each of these dishes <u>have a special meaning</u>. For example, zongzi are the most traditional food eaten at the famous dragon boat festival in June. They are sticky rice dumplings <u>wrapped in bamboo leaves</u>. However, at Chinese New Year, dumplings and fish are very popular dishes. They <u>signify wealth and prosperity</u>. Finally, mooncakes are always found on the table at mid-autumn festival. They <u>symbolize good luck and reunion</u>.

中国传统节日必不可少的菜是哪些？ (第二、三题素材可通用)

在中国的节日里，有许多有名的菜肴，每道菜都有特殊的寓意。例如，粽子是六月份著名的端午节上最传统的食物，它是<u>用竹叶包裹的</u>糯米粽子。然而，在中国新年时，饺子和鱼又是非常受欢迎的菜肴，<u>象征着财富和繁荣</u>。最后，在中秋节，月饼总是桌上必然有的食物，<u>象征着好运和团圆</u>。

4. Should students learn to cook at school?

It seems to me that cooking is a very important skill. It can <u>save you a lot of money on dining out</u>. But I don't know if students should learn it at school. I mean, in Chinese schools, <u>the focus is on learning subjects that help students get into good universities</u>. Subjects like math, science, and English are more important. If you really want to learn cooking, you can learn from your parents or watch videos online. So, I don't think cooking needs to be taught in school; you can teach yourself too.

学生是否应该在学校学做饭？

在我看来，烹饪是一项非常重要的技能。它可以<u>节省很多外出用餐的费用</u>。但我不知道学生是否应该在学校学烹饪。我的意思是，在中国学校里，<u>重点是学习能帮助学生进入好大学的文化课</u>。数学、科学和英语这些学科更重要。如果你真的想学烹饪，你可以向父母学习，或者在线观看视频。所以，我不觉得学校需要教烹饪；你也完全可以自己学。

5. Do you think cooking should be a compulsory or an elective course? Why?

If schools offered cooking as a class, I think <u>it should be optional</u>. Like most subjects, students should get to choose if they do it or not. If they're not interested in cooking, why should they be forced to do it? However, it would be good to <u>make cooking a required subject</u> when students are younger, like when they are 13 or 14. Then they can find out if they like it and want to keep doing it later.

你认为烹饪应该是必修课还是选修课？为什么？

如果学校提供烹饪课程，我认为<u>它应该是选修的</u>。像大多数学科一样，学生应该可以选择是否学习。如果他们对烹饪不感兴趣，为什么要强迫他们学呢？然而，当学生年纪较小时，比如 13 或 14 岁时，<u>将烹饪设为必修课</u>会很有益。那之后他们就可以发现自己是否喜欢并希望以后继续学习这门课。

6. Are there any differences between cooking today and in the past?

Yes, the way we make food has changed and it's not always healthy. For example, in the past people used to <u>fry their food in animal fats,</u> but now we use oils like <u>canola or soybean</u>. These oils may not be good for us. Also, there are lots of foods that can be cooked in the microwave for a few minutes. But the ingredients aren't very healthy. So we don't get the same nutrition from our food as we once did.

现在和过去烹饪有什么不同吗？

是的，我们制作食物的方式发生了变化，而且不总是健康的。比如，过去人们常常<u>用动物脂肪来炸食物</u>，但现在我们使用<u>菜籽油或大豆油</u>等植物油。这些油可能对我们身体不太好。此外，有很多食物可以在微波炉里短短几分钟内烹制出来。但这些食材并不是很健康。所以我们无法从食物中获得和过去一样的营养。

7. How does technology help with cooking?

Technology today has made cooking easier than ever before. We have appliances and tools like ovens, stoves, and microwaves. There are even gadgets like the Instapot which can do many different cooking tasks. Besides, we can use technology to find recipes, watch cooking shows, or research ingredients online. Honestly, technology has really helped people who aren't good at cooking. These days you don't have to worry about being a good cook. You can still make good meals.

科技如何帮助烹饪？

现代科技使烹饪比以往任何时候都更加容易。我们拥有烤箱、灶台和微波炉等家电和工具。甚至还有诸如 Instapot（电饭煲品牌）之类的设备，可以完成许多不同的烹饪任务。此外，我们可以利用科学技术找到食谱，观看烹饪节目，或在线研究食材。老实说，科技真的帮助了那些不擅长烹饪的人。现在，你不必担心自己不是个好厨师，还是可以做出美味的餐点。

1. Are there any differences in relationships between friends and other people?

There are definitely differences between friendships and relationships with other people. For example, if someone works in a big company, they likely have lots of colleagues. Some of these colleagues may become friends and some may not. If you're friends with someone, you'll probably hang out a lot and <u>share your life with them</u>. When you have problems, you <u>talk to your friends for support</u>. But you don't have that close relationship with people who are just coworkers.

和朋友之间，与和其他人之间的关系有差异吗？

肯定有区别，和朋友的关系，与和其他人的关系之间存在明显的差异。例如，如果有人在一家大公司工作，他们可能有很多同事。其中一些同事可能会成为朋友，而一些可能不会。如果你和某人是朋友，你们可能会经常在一起待着，<u>分享彼此的生活</u>。当你遇到问题时，<u>你会找朋友去寻求支持</u>。但与只是同事的人来说，就不会有那种亲近的关系。

2. Do people feel lonely in crowded cities?

<u>Loneliness is a feeling you can have anywhere</u>. You can live in a city like Shanghai, which has around 29 million people, and still feel lonely. If you don't make new friends, <u>you won't have a community</u>. Or you could feel lonely because you don't like your job or you're <u>overwhelmed</u> by other things. So yes, it's very possible that people feel lonely in crowded cities. In fact, I think it's quite common.

在拥挤的城市里，人们会感到孤独吗？

<u>孤独是一种你无论在哪里都可能感受到的情感</u>。你可以生活在像上海这样拥有大约 2900 万人口的城市，但仍然感到孤独。如果你不交新朋友，<u>你就不会有社交圈</u>。或者你可能因为不喜欢工作或<u>被其他事情压倒</u>而感到孤独。所以，人们在拥挤的城市里感到孤独是很可能的。实际上，我认为这种情况相当普遍。

3. Where and how can people get to know new people?

People can get to know new people anywhere! They can meet others on the bus or subway, at a new job, at university or high school, and so on. There are so many opportunities. They just have to introduce themselves and talk to a new person. They might <u>eventually</u> become new friends. Plus, <u>it's super common to</u> meet people online. I suppose that most people like getting to know new people that way. <u>It's easier than talking in person</u>.

人们在哪里以及如何结识新朋友？

人们可以在任何地方结识新朋友！他们可以在公交车或地铁上、在新工作、在大学或高中等地结识其他人。机会多得是。他们只需要自我介绍并与新人交谈起来。这样他们可能<u>最终</u>就会成为新朋友。另外，通过网络结识人也是<u>非常常见的</u>。我想大多数人都喜欢以这种方式认识新朋友。<u>这比面对面交谈要容易</u>。

4. Can clothing tell and reveal a person's personality?

Sometimes it can give hints about a person, but it's not always accurate. For instance, someone working in an office wearing a suit might seem very formal, but they could be quite sporty. After work, they might change into workout clothes and go for a run. They may actually be fairly relaxed and fun. But most people DO dress to show their personality, like wearing a floral dress to show they're gentle and kind. So, clothing can sometimes tell us something, but not always.

衣着可以展现出一个人的性格吗？

有时候衣着可以透露关于一个人的一些信息，但并不总是准确的。例如，一个在办公室工作的人穿西装可能看起来非常严肃正式，但他们可能是相当运动型的。下班后，他们可能会换成运动装并去跑步。他们可能实际上是比较慵懒和有趣的性格。不过，大多数人确实会通过穿着来展现出他们的个性，比如穿花裙子可能可以展示出人们的温柔和善良。所以，衣着有时候可以告诉我们一些信息，但并不总是准确的。

5. Why do individuals from the same family have different personalities?

I think it's because the parents have different personalities. Most couples get together because they have different but complementary personality traits. If one parent is very outgoing and the other parent is quiet, their kids might end up being different as well. Additionally, the environment around children can affect their personalities. As kids grow up, they meet different teachers and friends. Different influences can change their behaviors and personalities.

同一个家庭的个体为什么会有不同的性格？

我认为这是因为父母有不同的性格。大多数夫妻之所以在一起，是因为他们有不同但互补的性格特点。如果父母中一方非常外向，另一方非常安静，那他们的孩子可能也会有所不同。此外，孩子周围的环境也会影响他们的性格。随着孩子的成长，他们会遇到不同的老师和朋友。不同的人给他们的影响，也可以改变他们的行为和性格。

6. How does society influence a person's personality?

Well, society influences how people think and feel. This influence can come through school, work, social media, and so on. For example, in school, we're taught to aim for perfect grades, which can make some people too focused and less expressive. Without this stress, they might have turned out differently. Social media also affects us. Many people feel insecure because they compare themselves to what they see online. This can make people worry too much about their appearance. So, society's pressures can really change who we are.

社会如何影响一个人的性格？

社会会影响人们的思维和感受。这种影响可以通过学校、工作、社交媒体等途径传递。例如，在学校里，我们被教导要追求完美的成绩，这可能会使一些人过于专注成绩，缺乏表达自己的能力。但如果没有这种成绩的压力，他们可能会变得很不同。同样社交媒体也会影响我们。很多人总把自己和网络上看到的东西来做对比，这样就可能导致人们过于担心他们的外貌形象。所以，社会带来的压力确实可以改变我们。

1. Are there many family businesses in your country? Can you provide examples?

Yes, family businesses are common in China. These small shops <u>offer a wide range of products</u>, often at lower prices. You can find things like small grocery stores, fruit shops, bakeries, cafes, and <u>convenience stores</u>. There are also smaller places that fix mobile phones and sell accessories. Basically, you can usually find whatever you need in one of these <u>family-owned shops</u>.

在你的国家有很多家庭经营的企业吗？有没有例子？

是的，在中国，家庭经营的企业很常见。这些小店<u>提供各种各样的产品</u>，通常价格更低。你可以找到像小杂货店、水果店、面包店、咖啡馆和<u>便利店</u>这样的小企业。还有一些小型修手机和卖手机配件的店铺。基本上，你可以在这些<u>家庭经营的店铺</u>中找到你需要的任何东西。

2. Who is more successful, family businesses or large corporations?

I think it's probably large corporations. Big companies <u>have branches all around the world</u>. Take Apple as an example. They make so much money and have so many shops worldwide. On the other hand, family businesses are usually small, with just one shop and a few employees. Family businesses can still do well and make money, but <u>I don't think they will ever beat large corporations</u>.

家庭经营的企业和大公司，谁更成功？

我认为大公司可能更成功。大公司<u>在全球各地都设有分支机构</u>。以苹果公司为例，他们赚了很多钱，在全球范围内拥有很多店铺。但家庭经营的企业通常很小，只有一个店铺和几名员工。当然家庭经营的企业仍然可以做得不错，也会赚很多钱，<u>但我认为它们不太可能超越大公司</u>。

3. What do you think of family businesses?

4. What are the possibilities for the development of family businesses?

合并答案：

It seems to me that family businesses are great. They can <u>have longer-term and more stable operations</u>. This is because, firstly, family businesses want to pass on the company to the next generation. They focus on long-term success. This leads them to <u>maintain higher standards in areas such as</u> product quality and customer service. Plus, the employees in family businesses are usually more loyal. They treat the business like it's part of their own family. So, family businesses <u>have a better chance at being successful</u>.

你对家庭经营的企业有什么看法？

家庭经营的企业发展有哪些可能性？

合并答案：我觉得家庭经营的企业很不错。它们能够<u>实现更长期和更稳定的经营</u>。首先，因为家庭经营的企业一般会希望将公司传给下一代，所以家族企业会更关注长期的成功。这样就会让这些企业<u>在产品质量和客户服务</u>等方面要求自己保持较高的标准。此外，家庭经营的企业中员工们通常更忠诚。他们把企业当作自己家庭的一部分。所以，家庭经营的企业<u>成功的机会更大</u>。

5. What qualities should be considered when recruiting employees?

I think employees need to be knowledgeable and reliable. They should also have good communication skills. First, a company wants to make sure their employees are experienced and know how to do their jobs. Second, being on time and doing your work well is very important. It's not good if you're often late or <u>call in sick at the last moment</u>. Besides, employees need to talk to each other effectively. They should <u>be clear and direct to do their jobs well</u>.

招聘员工时应考虑哪些品质？

我认为员工需要具备知识丰富和可靠的品质。他们还应该具备良好的沟通技能。首先，公司希望招到的员工能确实有经验，知道如何做好自己的工作。其次，准时上班和工作中表现良好都非常重要。如果经常迟到或总是<u>在最后一刻请病假</u>，这是很不好的。此外，员工需要能够有效地与他人交流。他们应该具备清晰明了、直截了当表达自己想法的能力，以便出色完成工作。

6. When is it a good time to start a family business?

Starting a family business <u>is a big decision</u>. It's best to wait until you have some work experience. This helps you make smart decisions and increases your chance of success. It's also important to <u>be financially stable</u> and have the skills and knowledge to run the business well. For example, if you've worked for a company for a while, you're tired of it, and you have both a passion and the money, <u>then you can go for it</u>!

什么时候是创办家庭经营的企业的好时机？

创办家庭经营的企业是<u>一个重大的决策</u>。最好是等到有一些工作经验比较好。这有助于你做出明智的决策，增加成功的机会。<u>财务稳定</u>以及运营企业所需的技能和知识也非常重要。例如，如果你在一家公司工作了一段时间，感到厌倦，然后你又有激情和足够的资金，<u>那么你可以尝试创业</u>！

7. In family businesses, is the emphasis more on selling or manufacturing?

Well, it depends on the type of business. If a family operates <u>a physical store</u> where they sell products like food and beverages, the primary focus is on sales. With convenience stores, the family doesn't produce the items they sell. They just have to buy them and then sell them to others. So, the emphasis is on selling. But in a family business creating and selling custom t-shirts, <u>making the shirts is top priority</u> to <u>ensure customer satisfaction</u> before selling them.

在家庭经营的企业中，更注重销售还是制造？

这取决于企业的类型。如果一个家庭经营的企业经营<u>一个实体店</u>，销售产品如食品和饮料，那么主要重点就是销售。比如在便利店中，家庭不需要生产他们销售的物品，只需要购买物品然后卖给其他人。所以，重点在于销售。但在一家以创造和销售定制 T 恤为主要业务的家庭经营企业中，<u>制作 T 恤是最重要的，</u><u>以确保在销售之前满足客户的需求和满意度。</u>

见下页

8. Do people tend to choose family businesses or large companies?

A lot of people choose large companies for both work and shopping. People are focused on money and so they will <u>find work where the money is</u>. And the money is usually in large companies. For example, Apple is a big company that pays its workers a lot because it sells popular stuff worldwide. For shopping, people often choose <u>the big-name brands</u> because they're well-known and trusted. These companies always <u>have a great reputation</u>. So, people prefer them over smaller family businesses.

人们更倾向于选择家庭经营的企业还是大公司？

很多人在找工作和购物方面都会选择大公司。人们关注的是金钱，所以在找工作时候他们会去<u>找给钱多的地方</u>。而大公司通常就有更多的机会。以苹果为例，它是一家大公司，因为它在全球销售热门产品，所以能支付给员工很多钱。而在购物方面，人们通常会选择<u>知名的品牌</u>，是因为它们知名度高，受人信任。这些公司一<u>直有很好的声誉</u>。所以，人们更喜欢它们而不是较小的家庭经营的企业。

9. Is it easy for a business to be successful without affecting the environment?

I think it depends on what the business is. If the company uses a lot of power or electricity or gas, then it may not be great for the environment. For instance, <u>companies that provide heating often use a lot of natural gas</u>. This causes pollution in our environment. However, there are lots of <u>successful online businesses that make millions.</u> They mainly just use the internet for everything they do. So yes, I do think it's possible.

一个企业要成功而不对环境产生影响，是否是件容易的事？

我认为这取决于企业的性质。如果公司需要消耗大量电力、电气或天然气，那么对环境可能不太好。例如，<u>提供供暖服务的公司通常就得消耗大量天然气</u>，这会导致环境污染。然而，<u>有很多成功的网络在线企业，赚了数百万</u>。他们只通过互联网就完成所有的工作。所以我认为不对环境有影响，是有可能的。

1.When do you think children start to have their own opinions?

<u>Interesting question</u>. Kids may have their own thoughts before they can talk. But we understand them better when they start using words. For example, when a little child tries new food, they might say, 'I like it' or 'I don't like it.' These are their thoughts. As they grow up, they become better at <u>telling us what's on their minds</u>. So I suppose that kids have their own ideas when they're very young; they just get better at expressing them as they get older.

你觉得孩子们什么时候开始有自己的想法？

<u>这个问题挺有意思的</u>。其实，孩子们可能在还不会说话的时候就有了自己的想法。不过，当他们开始用词汇表达自己的想法时，我们才更容易理解他们了。比如，小孩子尝试新食物的时候，可能会说，"我喜欢"或"我不喜欢"，这就是他们自己的想法。随着年龄的增长，他们越来越擅长<u>把自己的想法表达出来</u>。所以我觉得孩子们很小的时候就开始有自己的主意了，只是随着年龄的增长，他们在表达方面变得更加娴熟。

2. Are children's opinions influenced by their parents?

<u>Yes, I would say so</u>, especially when they are young. I mean, when kids are little, they learn a lot from their parents and often believe what their parents say. But as they grow up, they start to think for themselves. They listen to their friends, teachers, and what they see in the media. So, as children get older, <u>they form their own ideas</u>, and their parents' opinions become less important to them.

孩子们的意见会受到父母的影响吗？

<u>是的，我觉得会</u>，尤其是在他们还很小的时候。当孩子们还小的时候，他们很多时候会从父母那里学到很多东西，而且通常会相信父母所说的话。但随着年纪不断长大，他们开始独立思考。他们会倾听朋友、老师以及媒体上的信息。所以逐渐地<u>他们会形成自己的观点</u>，而父母的意见会变得不那么重要。

3. Who are smart children likely to be influenced by?

Smart children often get influenced by people they admire, like their parents, teachers, neighbors, family friends and even <u>their peers</u>. For example, if a child loves geography and has an aunt who has traveled a lot, they might chat with their aunt to learn about different places. This could make them want to travel too. So, <u>it depends on what the child likes and who shares those interests with them</u>.

聪明的孩子可能会受到谁的影响？

聪明的孩子通常会受到他们敬佩的人的影响，比如父母、老师、邻居、家庭朋友，甚至是<u>同龄人</u>。比如，如果一个孩子对地理很感兴趣，而他有一个旅行经验非常丰富的姑妈，那他可能会和姑妈聊天，了解不同地方的情况，这可能会激发他也想去旅行的兴趣。所以，<u>受谁影响，取决于孩子有什么兴趣，以及谁和他们分享了这些兴趣</u>。

见下页

4. How do inventors or philosophers come up with new ideas?

Inventors and thinkers often get new ideas without planning. They might be thinking about something for a while, and suddenly, a new idea comes to mind. For example, Edison didn't invent the light bulb from scratch; he thought about it for a long time. Besides, sometimes, scientists create new things when they see a need for improvement. For instance, the dimmer switch on a light was created because someone wanted better control over the light.

发明家或思想家是如何想出新点子的？

发明家和思想家通常会在不经意间得到新的点子。他们可能会长时间思考某个问题，然后突然之间，一个新点子就冒出来了。比如，爱迪生并不是从零开始发明电灯泡的，他思考了很长时间。此外，有时候，科学家们会在看到有需要改进的地方创造出新事物。比如，灯光的调光开关就是因为有人希望能更好地控制光线而创造出来的。

5. Are there only old ideas from books or previous writers?

Yes, many ideas in books are from the past and become old if not updated. For example, people used to use encyclopedias for information about countries and populations. These books got updated every year with new info. But some people kept old encyclopedias with outdated information. However, not all books are like this. Fiction stories, like Harry Potter, never get old and remain interesting and popular.

是否书本或之前的作家写出来的都是陈旧的观点？

是的，很多书本中的观念都源自过去，如果不进行更新，就会变得陈旧。比如，人们以前会用百科全书来获取关于国家和人口的信息，这些书每年都会更新，加入新的信息。但有些人家里一直保留着以前的百科全书，里面的信息就是过时的。不过，也并非所有的书都如此。比如《哈利·波特》这样的小说，永远不会过时，它们始终保持着吸引人和受欢迎的特点。

6. What kind of people have lots of great ideas in your country?

In my country, many people have fantastic ideas. They might not be famous until they turn these ideas into something real. To do that, they need to be dreamers who take action. For example, Jack Ma created Alibaba, a big online shopping platform, but he had many ideas and tried different things before. So, the main idea is that anyone, no matter who they are, can have a great idea. And it's exciting because we never know where the next big idea will come from.

在你的国家，什么样的人有很多很棒的想法？

在我们国家，很多人都有很棒的点子。但他们可能在把这些点子变成现实之前还不为人知。要做到这一点，他们需要是那种有梦想并采取行动的人。比如，马云创建了阿里巴巴，一个大型的在线购物平台，但在此之前，他有很多点子，尝试了很多不同的事情。所以，我要说的核心就是，不管是谁，都有可能拥有伟大的点子。而且令人兴奋的是，我们永远不知道下一个伟大的点子会从哪里涌现出来。

1. Is money a measure of whether a person is successful?

Well, it depends on what you think success is. If you believe success is having many things, then having a lot of money can <u>make someone seem successful.</u> For example, Mark Zuckerberg became very rich because of Facebook, and most people think he's successful. But being successful doesn't always mean having money. Mother Teresa was <u>a nun</u> who helped poor people a lot, and she didn't have much money. Still, <u>she's now considered a Saint</u>, which is a big achievement.

钱是不是衡量一个人成功与否的标志？

这要看你对成功的定义是什么。如果我们认为成功意味着拥有很多物质财富，那么拥有很多钱可<u>能会让人看起来很成功</u>。比如，马克·扎克伯格因为 Facebook 让自己变得非常富有，大多数人都会认为他很成功。但成功并不总是意味着拥有钱。特蕾莎修女是一位总是帮助穷人的<u>修女</u>，她没有很多钱，<u>但她现在被认为是一位圣人</u>，这是一个很大的成就。

2. What factors lead to success?

There are <u>many factors that lead to success</u>. Firstly, to achieve a goal, it's important to believe in yourself and <u>have a strong desire for it</u>. It's good to imagine or dream about your success. But you also have to work hard. For example, if you want to be an actor, you need to learn about acting and keep trying, even if you fail at first. <u>With time and effort</u>, you can achieve what you want.

成功需要具备哪些因素？

<u>成功的因素很多</u>。首先，要实现一个目标，自信和<u>强烈的渴望</u>非常重要。要多去想象或梦想自己能成功。但你也必须努力工作。比如，如果你想成为一名演员，你需要学习表演，并且不断尝试，即使一开始失败了也要坚持。<u>随着时间和不断的努力</u>，你就可以实现自己的愿望。

3. How can one become a successful person?

I believe that the key to success is to continuously learn, stay strong during tough times, and learn from your experiences. For example, in sports, becoming great requires lots of practice. Sometimes, <u>you won't do as well as you'd like</u>, but instead of giving up, consider each mistake as a chance to learn. <u>Adjust your training a bit and keep going</u>. This determination is very important for success, not only in sports but in everything you try.

如何成为成功的人？

我认为成功的关键是不断学习，在困难时保持坚强，并从经验中吸取教训。例如，在体育方面，要变得出色需要大量的练习。有时候，<u>你可能表现不如你希望的那样好</u>，但不要放弃，把每个错误都看作是学习的机会。<u>稍微调整你的训练方法，然后继续前进</u>。这种决心对成功非常重要，不仅在体育方面，在你尝试的一切事情中这样做都是很重要的。

4. What do people need to sacrifice for success?

Well, people aiming for success often have to give up some of their everyday activities. For instance, if someone wants to become a successful entrepreneur, <u>they can't afford to spend as much time</u> watching TV or using social media. Instead, they may need to <u>work late into the night</u> or meet with their business partners on weekends to strategize how to achieve their goals. Basically, they are giving up their free time.

为了成功，人们需要牺牲什么？

追求成功的人通常必须放弃一些日常做的活动。例如，如果有人想成为成功的企业家，<u>他们就不能花太多时间</u>看看电视或刷手机（社交媒体）玩。相反，他们可能<u>需要在深夜工作</u>，或者在周末与业务伙伴会面，制定实现目标的各种策略。基本上，他们就需要放弃自己的闲暇时间。

5. Is there a contradiction between success and happiness?

It depends on how we define success. If success means making lots of money and <u>getting powerful jobs</u>, we might have to sacrifice time with loved ones and deal with stress. In that case, success and happiness might seem <u>incompatible</u>. However, if we define success as finding joy in what we achieve, whether it's a high-powered job or wealth, then they can <u>coexist</u>. <u>It's all about our values</u> and how we see success and happiness.

成功和幸福之间是否存在矛盾？

这取决于我们如何定义成功。如果成功意味着赚很多钱和<u>得到高权力的职位</u>，那么我们可能不得不牺牲与亲人相处的时间并应对很多压力。在这种情况下，成功和幸福可能看起来<u>不兼容</u>。然而，如果我们将成功定义为在所取得的成就中找到快乐，无论是高权力的职位还是财富，那么成功和幸福就<u>可以共存</u>。所以说<u>一切都取决于我们的价值观</u>以及我们如何看待成功和幸福。

6. How should one go about being successful in school?

Doing well in school usually means getting good grades on tests and working hard to reach your goals, like <u>getting into your dream college</u>. Some students also join clubs or sports teams and make friends to feel successful. Others who <u>win awards or become class president</u> are also seen as successful. But I think someone can also be considered successful if they start with low grades and work really hard to improve. Success can mean different things to different people.

如何在学校里取得成功？

在学校表现良好通常意味着在考试中需要取得好成绩，并努力实现自己的目标，比如<u>进入梦想的大学</u>。一些学生也会参加俱乐部或体育项目，并交到朋友以感到成功。还有一些人可能会因为<u>获得某些奖项或当选了班长</u>而被视为成功。不过我认为，如果有人从基础不好分数低开始，然后一步步努力提高自己的分数，也可以被认为是成功的。成功对不同的人有不同的含义。

<mark>见下页</mark>

7. Is it easy for people to succeed in the national test in your country?

No, many people think it's hard. The gaokao, which is the university entrance exam in China, is said to be one of the hardest tests in our country. I think it's mainly because there are a lot of students and <u>only a few spots in good universities</u>. To get into a top university, you need a very high score, which only about 5% of students can achieve. Other good universities also need high scores. Many students can't do it, so they <u>go to vocational colleges</u> or look for jobs. So, yes, it's tough to succeed, but not impossible.

在你的国家，人们是否容易在国家的考试中成功？

不，很多人认为这很难。中国的高考被认为是我国最难的考试之一。我认为主要是因为有很多学生，<u>而好大学的名额又很有限</u>。要进入顶尖大学，你需要非常高的分数，只有大约 5%的学生能够做到。其他好大学也需要很高的分数。对于许多学生来说都会觉得做不到，所以他们可能<u>去职业院校</u>或去寻找工作。所以，是的，要在高考中成功很难，但并非不可能。

8. Is learning more challenging in school now compared to the past?

Yes, the academic competition nowadays can be more difficult. There are more students trying to get into good universities, and <u>the criteria for admissions</u> have become stricter. <u>Economic issues also play a role</u>. Many people can't find jobs because of the economy and COVID-19, so they <u>go back to furthering their education,</u> which makes the competition for exams tougher. So, in general, pursuing higher education is tougher these days.

相比于过去，现在在学校里学习更难吗？

是的，现在的学术竞争可能更难。有更多的学生试图进入好大学，<u>而大学招生标准变得越发严格</u>。<u>经济问题也在其中起到了一定作用</u>。许多人因为经济和 COVID-19 的原因找不到工作，所以他们选择<u>回去继续接受教育</u>，这使得考试的竞争变得更加激烈。因此，总的来说，如今追求高等教育更加困难。

1. Should students have physical education and do sports at school?

Yes, I think so. Young people have a lot of energy. Sports is a good way to <u>get that energy out</u>. Students like to go into the yard and play sports when they have free time. It helps them relax. <u>That said</u>, some students don't like to do PE. Most teachers at school make all the students participate. So, in order to pass the class, they must join in. Actually, I guess if they try to have fun, they could really enjoy themselves.

学生们应该在学校参加体育课和体育活动吗？

是的，我认为应该。年轻人有很多精力，体育是<u>发泄这些精力</u>的好方式。学生们在有空闲时间时，喜欢到操场上做体育活动，这有助于他们放松。<u>话虽如此</u>，有些学生不喜欢上体育课。大多数学校的老师都要求所有学生参加。所以，为了通过这门课，他们必须参与其中。实际上，我猜如果他们试着去享受其中，他们可能会真的玩得很开心。

2. What qualities make an athlete?

Well, good athletes must be hardworking, focused, <u>committed and determined</u>. They have to work hard every day. They can't miss any practices even when they're tired. Plus, people who want to be an athlete have to have a goal and focus on it. For example, if their goal is <u>competing in the Olympics</u>, they have to train with this goal in mind. Finally, they should be determined and not give up, even when they have a bad day.

成为一个优秀的运动员需要具备什么品质？

优秀的运动员必须勤奋、专注、<u>执着和坚定不移</u>。他们必须每天努力工作。即使累了也不能错过任何训练。而且，想要成为运动员的人必须有一个明确的目标，并专注于实现它。例如，如果他们的目标是<u>参加奥运会</u>，他们必须以这个目标为导向进行训练。最后，他们应该坚定不移，即使某一天做的很糟糕，也不能放弃。

3. Is talent important in sports?

Talent is important. But you need more to be good in sports. For example, in our country, there's a really good <u>sprinter</u> named Su Bingtian. Many people believe that Asians aren't naturally good at running. But Su <u>has won big championship titles multiple times</u>. He <u>stands out because of his dedication and extraordinary effort</u>. So, I think to be truly successful in sports, it's not just about talent; you also need to love the sport and put in a lot of effort.

在体育运动中天赋重要吗？

天赋是重要的。但要在体育方面表现出色，需要的更多。例如，在我们国家，有一位非常出色的短跑运动员叫苏炳添。许多人认为亚洲人天生不擅长跑步。但苏炳添<u>多次赢得大型冠军头衔</u>。他<u>因其敬业和非凡的努力而脱颖而出</u>。所以我认为要在体育方面真正成功，不仅仅是天赋，还需要热爱这项运动并付出大量努力。

4. Is it easy to identify children's talents?

Although it's not always the case, most of the time, you CAN tell if someone is good at something or not, even when they are kids. For example, some young children can draw really well, while others may find it hard to draw a simple shape. This helps us spot natural talent. However, sometimes people develop the skills over time. For instance, at the beginning, some athletes might not be so great. But after years of hard work and dedication, they manage to become the best in the game.

儿童的才能容易被发现吗？

尽管情况并非总是如此，但大多数情况下，即使在孩子们还很小的时候，你也可以判断出一个人是否擅长某事。例如，一些年幼的孩子可能会画得很好，而其他同龄人可能会觉得画一个简单的形状都难。所以这有助于我们发现孩子们的天赋。不过，有时人们会随着时间逐渐培养出这些技能。例如，一些运动员刚开始可能并不出色。但经过多年的努力和执着，他们最终也成为了该领域的佼佼者。

5. What is the most popular sport in your country?

It seems to me that basketball is the most popular sport. Chinese people love the NBA, and most boys enjoy playing and watching basketball. When Yao Ming was drafted into the NBA in 2002, it was a special day for Chinese people. They could see that it was actually possible to play in that competition. This encouraged more people to follow the sport, making it extremely popular. Nowadays, you can find basketball courts all over China.

在你的国家，最受欢迎的体育运动是什么？

在我看来，篮球是最受欢迎的体育运动。中国人热爱 NBA，大多数男孩都喜欢打篮球和观看篮球比赛。当姚明在 2002 年被 NBA 选中时，对中国人来说是一个特殊的日子。他们看到了中国人参加这项比赛是有可能的。这鼓励了更多人开始关注这项运动，使其变得非常受欢迎。如今，你可以在中国的各个地方都找到篮球场。

6. Why are there few top athletes?

To become a top athlete, there are a lot of factors involved. First of all, it takes hours of practice and discipline. You have to start from a young age. And not many people are that dedicated. Second, it normally requires a lot of money. Athletes need to hire coaches, pay for competitions, pay for equipment, and more. Most people find it easier to pursue stable careers in other fields. So, this is why top athletes are pretty rare.

为什么顶级运动员很少？

要成为一名顶级运动员，涉及到许多因素。首先，需要长时间的训练并且非常自律。你必须从小开始就这样去做。而且，并不会有太多人能坚持致力于此。其次，通常需要大量的资金。运动员都需要聘请教练、支付比赛费用、购买装备等等。大多数人都会觉得在其他领域追求稳定的职业相对来说更容易。因此，这就是为什么顶级运动员相对较少的原因。