

Describe a time when you were busy (一次非常忙碌的经历)

You should say:

When it happened

Where you were

What you did

And explain why you were busy

(这道题可以和 2023 年 9-12 月新题 “感到累的活动” 进行合并。)

知识点:

1. 形容很忙的状态: (不一定要用上很多, 不过很实用的表达)

- **tied up (with)** 被事情捆绑住, 没有到极其忙碌, 但也比较忙了

I'm a little tied up with this new project.

- **occupied** 同上, 忙。被占据着。
- **hectic** 很忙的状态。可以形容人的状态, 也可以形容很忙的一天
- **over-extended/over-stretched** 被过度拉扯的状态, 非常忙
- **overloaded (with)** 超负荷超负担得忙, 非常忙

I'm so overloaded with my work. I feel swamped.

- **be swamped (with)** 犹如深陷沼泽一般, 极其忙
- **be snowed under (with)** 被大雪覆盖, 形容很被 **overwhelmed** 的感觉, 极其忙

I'm absolutely snowed under with work at the moment.

- **to have a lot /too much on one's plate (at the moment)** 此刻某人盘子里东西已经够多

Right now I'm already having a lot on my plate, I can't help you, sorry.

- **to burn the candle at both ends** 蜡烛两头一起烧

I'll be burning the candle at both ends this weekend to get this project done.

- **to get/have one's hands full** 手头满了

I've got my hands full with my job and my kids.

- **to be up to one's neck/eyeballs in something** 忙到脖子、眼球处

Accountants are normally up to their necks in paperwork during tax season. 会计们一般在报税季的时候会忙到昏天黑地。

- **to bite off more than someone can chew** 咬的比能嚼的多（没那个金刚钻，别揽那个瓷器活）

Don't bite off more than you can chew.

- **be as busy as a bee/beaver** 像蜜蜂、水獭一样忙碌（都是很勤快的小动物呀）

Today I've been as busy as a bee the whole day. Didn't even stop for a second.

- **be burned/burnt out**: 透支了，燃尽了，累到耗尽了

You can't work like this forever. You'll get burned out very soon.

- **Juggle**（注意，不是 jungle）表示同时平衡多个事物



这个是 **juggle** 的原意。我们用的是引申义。

2. 形容很疲倦的表达

- **Exhausted**: 精疲力竭
- **knackered**（英式俚语）: 精疲力竭
- **barely keep my eyes open**: 眼皮子都睁不开了

The lecture was so boring, at the end, I could barely keep my eyes open.

- I'm drained. (think of water or something draining out of a sink, going down the drain, there's nothing left) 精力被透支完
- worn out 可以形容衣服鞋子被穿破的状态，也可以形容人精疲力竭

I feel completely worn out. /I'm worn out.

- I'm beat. (beat 也有形容词词性，疲惫不堪的，像被人打过一样瘫软)
- I'm wiped out. 同上，精疲力竭
- I'm spent. 能量被花光了

After pulling an all-nighter/staying up all night (通宵熬夜) before the exam, I was completely spent this morning.

- drowsy / groggy 因为生病、吃药、劳累、喝醉而导致的眩晕无力

I was feeling so drowsy after taking the pill.

- fatigue/fatigued 劳累的 I'm fatigued.
- tired to the bone 累到骨头里

I'm tired to the bone. I can barely keep my eyes open.

- dead on my feet 累到脚都动不了，死了一样

After working all night. I'm now dead on my feet.

So, several months ago, my best friend/ my cousin got married. I was the maid of honour (伴娘) /best man (伴郎) . It was such an honour, but also at the same time, it was the busiest day in my life. I was dead on my feet (累瘫了) at the end of the day.

(*maid of honour* 和 *bridesmaid* 的区别：前者地位更高，主伴娘的意思)

The wedding took place on the outskirts of my city (城市郊区) . But before the wedding ceremony (婚礼仪式) , we have a little tradition called “Jie Qin” (接亲) . Basically, the idea is, the groom will go to the bride’s parents’ home with all the best men and also loads of gifts (一大堆礼物) , and pick up the bride (接取新娘) . But it’s definitely not an easy task (不是简单的任务) . The bride and bridesmaids will give the groom a hard time (给新郎难题, 让他难堪) , pretending they don’t want to leave, things like that.

So, as you can imagine, as the maid of honour, I was putting on a show (极力演出) ! I was yelling and screaming like a freak (像疯子一样叫喊) , giving the groom and his guys all kinds of tasks. I was setting up obstacles and hurdles like crazy (疯狂设立障碍) . So, by the time finally the groom picked up the bride and took her to the wedding venue (婚礼场地) , I was already wiped out (很累了) . (伴郎自己修改一下内容)

And later during the wedding ceremony, I got my hands full completely. I needed to standby the whole time, touching up the bride’s makeup (给新娘补补妆) , fixing her hair (整理头发) , holding up the wedding dress train (托起婚纱的大裙摆) / tidying up his suit (整理西服, 伴郎版本) , things like that. I was up to my neck (忙到疯狂) at the ceremony. And later at the dinner party (晚宴) , I still had to give a toast (祝酒、发言) to the couple. I was as busy as a bee (像蜜蜂一样忙) the whole time.

Anyway, it was 2am when I arrived home, and I could barely keep my eyes open. Thank you!

Part3:

1. Are you often busy?

① Sometimes, my days are fully packed (安排得满满当当) . I'll be all day running around (跑来跑去) non-stop (不停地) , juggling work, life and family (在工作、生活和家庭之间周旋, 学生党可以说 studies 代替 work) ; but sometimes, there are days when I can have some free time for myself. That's when I can finally enjoy a moment of solitude (享受一刻的独自清闲) , take some me time (花点时间陪伴自己) , and recharge (蓄电) . I might sink in the couch (陷在沙发里) and watch a show or meet up with some friends. (分情况)

② Well, my days are usually fully packed (安排得满满当当) . I'm like a superwoman (女超人) / superman (超人) , always juggling work, life and family. My friends always say that there's always something going on in my life (我的生活里总有事情在发生) . I guess I always have plenty of things on my plate (手里的事情已经足够多了) . I enjoy keeping myself busy (让自己保持忙碌) . I thrive in a life full of activities and events (我在一个充满活动和事件的生活方式里会更加发光出彩) . And also, I get bored easily, that's why I'm always busy seeking new experiences, new things to do. (原因, 补充)

2. What are the advantages and disadvantages when people keep busy?
The way I see it (我是这么看的) , the pros of people being busy is that it keeps their minds active and productive (让头脑保持积极和高产) . It's like, you always have something to do and something to look forward to (总有事情可做, 总有事情可期待) . To put it in another way (换句话说) , it gives your day and your life a purpose (给你的人生一个目的性) . It keeps your life positive and upbeat (积极又欢乐) . And then, normally the more you do the more you achieve (做得越多, 成就越多) , so that later when you look back, you will experience a strong sense of accomplishment (体验成就感) . Those achievements make your life more meaningful and memorable. However, the downsides are pretty obvious too (缺点也很明显) . The first

thing comes to mind (首先想到的是) is that people might end up feeling stressed out or even burned out (会最终感到亚历山大甚至透支), as they have too many things on the plate (手里的事情太多). It could feel overwhelming for people. Plus, if you are a hustler (在这里表示身兼多职的“斜杠”人士, 也可以表示不靠谱的骗子, 看具体语境), it normally means you don't have as much time for your family, friends or for yourself since you're all the time on the go (在奔波状态). So, I guess what I want to say is (我想说的是), it's really important to strike the balance between (保持完美平衡) being busy and being too busy. (优缺点比较, 分角度讨论)

3. Do you think children should learn through playing games or under pressure?

Well, to be frank, nobody can perform under pressure (在压力下可以发挥表现), right? let alone kids. As a parent, I'm a big believer in (坚信者) learning through play. Kids hate rote learning (死记硬背), that's for sure. They hate repetitive and boring things and information (重复的和无聊的事情). Therefore, learning through pressure might lead to stress or even put them off learning (让他们不愿意学习). On the contrary, when kids play games, they're naturally curious and engaged. They are much more willing to soak up new information (吸收新信息), pick up new skills (学会新技能) and learn new thing. So, if we as parents, caregivers, and educators, can create ways to help kids learn through playing, making learning fun and exciting. I'm sure the outcome will be amazing. (原因, 对比讨论)

4. What kind of pressure people may experience at work?

Well, first off, the heavy workload (繁重的工作量), the tide schedules and tight deadlines (工作安排很满) can be quite stressful. Basically, it's like, the clock is ticking (时针在走, 时间在流逝) and there's a ton of work to do

(有一大堆工作要做) . Things like that can feel quite intense and overwhelming which require employees to have outstanding time management skills and decision-making skills (时间管理能力和决策力) . And then, there is also the pressure to perform well as people always want to prove their value (证明自己的价值) . Especially in a competitive work environment, people strive to stand out from the crowd (脱颖而出) so that they can get more recognition (获得更多认可) from their supervisors. And that will increase their chances of getting a bonus, getting a promotion or a pay rise (拿奖金, 升职加薪) . And finally, there is the pressure coming from interpersonal relationships (人际关系) . Relationships with your coworkers and clients. Sometimes you might not get along with your coworkers, or your client is really picky and rude, or sometimes it could be a very toxic environment (有毒的环境) for you. Being able to juggle all of those factors can really stress people out. (罗列)

5. How does technology help with time management?

Technology nowadays is so intertwined with (紧密相连) time management. It's a real game changer (改变游戏规则的工具) for time management. Think about all the apps we have now, planners, calendars, reminders, alarms that constantly remind you of your appointments, meetings and deadlines. And then, there're apps where you can make a to-do list (待办事项清单) and prioritize your daily tasks (优先次序每日任务) . They can definitely help you organize your day. AND, not to mention (更别提), in a time like this where artificial intelligence is all the rage (很流行的) . AI systems can analyze your schedules and suggest adjustments. They can also help you finish a lot of repetitive and boring errands so that you can save a lot of time. It's like having a personal assistant (私人助理) with you. Amazing! (罗列)

6. Does technology distract people? (同意与否)

Oh yeah for sure technology is definitely a double-edged sword (双刃剑), so to speak (所谓的). While it's providing incredible convenience to our lives, it also has been distracting us from getting things done (把事情做完) and keeping our productivity (保持高效). Nowadays we have things like virtual reality games (虚拟真实世界游戏), all kinds of entertaining apps on our smartphones, and of course, social media, the famous social media. We can tap into an ocean of information at our fingertips (动动手指就可以接触到一个信息的海洋). That's why many of us have our eyes glued to the screen (眼睛站在屏幕上) in front of us and just easily get distracted. Some people are talking about cutting down on screentime (减少屏幕时间) or cutting off social media completely (索性戒掉自媒体). I think our attention spans (注意力周期) are definitely shortened by technology. (原因)