

时间

1. I feel bored pretty often/pretty frequently. I guess it's because I don't have any exciting hobby.
2. I work out quite regularly/on a pretty regular basis. Not only does physical exercise help people keep fit, but it also gives us a mood boost.
3. I read news pretty much every day/every single day/on a daily basis. I like to learn what's going on in the world and then talk about these things with my friends.
4. Most of the time, I get about eight hours' sleep, but from time to time/once in a while/occasionally, I might only sleep for 3 or 4 hours.
5. I guess I only wear a watch two or three times a year, on some special occasions, like a wedding or a very formal event.
6. I'm someone that attaches great importance to punctuality, so I rarely/seldom arrive somewhere late.

feel bored 感到无聊 boring 令人无聊的

work out 健身

regularly=on a regular basis 定期地、经常地

learn 了解

what's going on 发生了什么

from time to time=once in a while=occasionally 偶尔、有时

on special occasions 在特殊的场合

attach great importance to ... 认为...很重要

punctuality n. 准时 punctual adj. 准时的

rarely=seldom 很少

地点

7. My favorite place to study is a cafe close to my home. I feel that I work very productively there.
8. I'm a member of a gym within walking/spitting distance of my apartment and that's where I often work out.
9. The nearest bus station is just down the road from where I live, so I always take the bus to wherever I want to go.
10. There's a swimming pool just a few blocks from where I live. That's my favorite hangout in the summer.
11. A place that I like in my hometown is the National Theater, which is in the center/heart of the city, close to the Tiananmen Square.
12. I wanted to go to a place in the northwest of the city yesterday, so I used Baidu Maps on my phone to figure out how to get there.

close to ... 离...很近
productive 生产力高的、效率高的 productively adv.
within walking/spitting distance of ... 离...走路就能到
just down the road from ... 离...很近、就在...一条路上
just a few blocks from ... 离...只有几个街区
hangout 待着/玩儿的地方
in the center/heart of ... 在...中心
figure out 搞清楚...

人物

13. I seldom write letters or emails. Instead, I just send my folks/my family members or friends text messages or voice messages through WeChat.
14. The last gift I got was a coffeemaker. It was from a very good friend of mine/one of my closest friends.
15. I live alone/on my own, so I bought a puppy to keep me company.

my folks=my family members
text message 短信
voice message 语音信息
coffeemaker 咖啡机
alone=on my own 独自一人
puppy 小狗
keep me company 陪伴我

感受

16. When I feel bored, I just listen to some music to pass the time.
17. I like to make some sushi in my spare time. I think it's a great way to unwind/loosen up/reduce stress.
18. I have some plants at home and I think watering them several times a day helps me switch off.
19. Music is an essential part of my life. It's relaxing, enjoyable, uplifting and therapeutic. I can't go a day without music.
20. Cooking has a calming effect on me. It's something I do when I have the blues.
21. I like to hang out with my friends on the weekend. They help me take my mind off things.
22. Whenever I feel down in the dumps, I go and talk with my dad. He always has a way to cheer me up.
23. I was overjoyed/on cloud nine/happy as a clam when I got a ticket to my favorite singer's concert.

24. My last Spring Festival holiday was the best ever. My family and I had a ball/had a blast/had a great time/had a lot of fun in Fiji.
25. I'm far from rich enough to go and travel to outer space, so I'd rather not think about it. It's a waste of time.
26. Math was my least favorite subject. I always thought it was a drag/pretty dull/mind-numbing.
27. I never write any handwritten letters now. Writing one and then going to the post office to mail it is rather time-consuming.
28. I don't suppose a lot of people still use paper dictionaries. It's a lot of effort to open one and turn to the page where you can see the word you're looking for.

pass the time 打发时间

sushi 寿司

unwind=loosen up=reduce stress=relax 放松

water plants 给植物浇水

switch off 放松、不再想着工作/学习

relaxing 令人放松的 relaxed 感到放松的

enjoyable 令人愉快的

uplifting 鼓舞人心的

therapeutic 治愈的、令人放松身心的

I can't go a day without ... 我不能一天没有...

have/has a calming effect on me 令我安静、平静

have the blues 不开心、忧伤

hang out 待着、玩儿、度过一些时间

take my mind off things 不去想烦心事

feel down in the dumps 忧伤、沮丧

cheer me up 使我心情更好/开心起来

overjoyed=on cloud nine=happy as a clam 超级开心

the best ever 有史以来最好的

have a ball=have a blast=have a great time=have a lot of fun 玩得很开心

far from ... 远没有...

I'd rather ... 我宁可...

a waste of time 浪费时间

a drag 无聊的人/事/物

pretty dull=mind-numbing 很无聊

rather 相当、非常

time-consuming 耗费时间的

a lot of effort 很麻烦