

注意：99句练习的目的是帮助大家提升语感、词汇、句型、发音等，并非是在考场上必须原句使用。在考试中，如果某个词、句型、句子自然脱口而出，很好。但是，不要逼迫自己必须说某个背过的句子。有时，在不合适的地方说出某个句子，反倒会导致整体回答很奇怪。

时间

1. Laughter is the best medicine, so I laugh ***pretty often/pretty frequently***.
2. I hit the pool ***regularly/on a regular basis*** in the summer. It's scorching hot in my hometown, so swimming is a good way to cool off.
3. Since I have to do a lot of homework ***every day*** and we're not allowed to use our computers, I write with a pen ***on a daily basis***.
4. I've only been to art museums ***two or three times*** in the last ten years. It's just not my thing.
5. Most research indicates that eating cakes isn't very healthy, so I only eat them ***from time to time/once in a while/occasionally***.
6. Schools ***seldom/hardly ever*** take students to history museums or historic sites. I think they should, because it could be a better way to teach history.
7. Unlike many elderly people, I go to parks ***once in a blue moon***.

laughter is the best medicine 大笑是最佳良药

hit the pool=go swimming 去游泳

regularly=on a regular basis 定期地、经常地

scorching hot 非常热

cool off 凉快凉快

since 由于

on a daily basis=every day 每天

not my thing 不是我的菜、我不喜欢

research 通常不可数

indicate 表明、显示

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

seldom=hardly ever 很少、难得

once in a blue moon 极少地、破天荒地

地点

8. There's a stadium ***pretty close to/in close proximity to*** my apartment and entry is free, so I run there sometimes.
9. I had a math tutor before. I would go to a café ***just a short walk away from*** my home and learn math from her for two hours every Saturday afternoon.
10. ***My favorite hangout/haunt*** in my neighborhood is a bookstore which is ***within walking distance of*** my house. The place has helped me develop a passion for reading.
11. My family lives in the city and ***it takes at least two hours to get to*** the countryside by car, so we don't go very often.
12. ***It took me 40 minutes to*** find the movie theater, so inevitably, I missed the opening of the

movie.

be close to=be in close proximity to ... 离...很近

entry n. 入场、进入

tutor 家教

hangout=haunt n. 经常去的消磨时光的地方

be within walking distance of ... 离...走路就能到

develop a passion for sth 培养对...的兴趣/热情

inevitably 不可避免地

miss sth 错过...

opening 开头

人物

13. ***One of my closest friends/A very good friend of mine*** has a barbershop and I always hang out there, so I get a haircut almost every two weeks.
14. ***My folks/My parents*** instilled a love of animals in me, so I grew up loving all kinds of critters.
15. I learn English ***alone/by myself/on my own*** cuz I can't afford to sign up for those overpriced English lessons.

close 亲近的

barbershop 理发店

hang out 在某地待着、玩(做一些休闲的事)

my folks 我的家人(尤指父母)

instill sth in sb 把...灌输给某人

critter=animal

can't afford to do sth 付不起...

sign up for sth 报名参加...

overpriced 过于昂贵的

感受

16. I haven't heard anybody say that they don't like music. I think music is the best way to ***relax/unwind/reduce stress***.
17. One of my neighbors is a good friend of mine. He always has a way to ***help me let go of my stress***.
18. Walking is an underrated activity. Not only is it good for health, but it also helps people ***loosen up***.
19. A very ***enjoyable/pleasant*** experience I had before was walking through a street market in Thailand.
20. Reading a good book and being transported to another world is such ***a great mood-lifter***.

Nothing can beat that.

21. I went picnicking with friends last weekend. It helped me clear my head/take my mind off things.
22. When I achieved my goal of losing 30 pounds within one year, I was beyond excited/overjoyed/on cloud nine/in seventh heaven.
23. My folks went to Palau on vacation last summer and they had a great time/had a wonderful time there.
24. My company organized a photo shoot for all the employees last week. I had a blast/ball that day.
25. That movie was quite boring/super dull/as dull as dishwater. No matter how hard I tried, I just couldn't focus.
26. If I had a pet, it would definitely take up a lot of my time. This is why I've never wanted to have one.
27. Picking out clothes in the morning is time-consuming, and this is why many people wear jeans – they match almost everything.
28. Studying is not my thing/not my cup of tea, so I'm really looking forward to graduating and beginning to work.

unwind=reduce stress=relax 放松（注意：1. relax 后面不要加上 myself, yourself 等 2. reduce stress 中间没有 my 3. unwind 后边没有 myself）

let go of my stress 去除压力

underrated 被低估的、被看轻的

loosen up 放松

enjoyable=pleasant 令人愉快的、有乐趣的

transport sb ... 使人产生身临其境的感觉

mood-lifter 帮人提升精神的事物

go picnicking=go on a picnic 去野餐

clear my head=take my mind off things 让我不去想太多烦心事

beyond excited=overjoyed=on cloud nine=in seventh heaven 超级开心的

go ... on vacation 去...度假

a photo shoot 照片拍摄

have a blast=have a ball 非常开心

dull 无聊的

as dull as dishwater 非常无聊

if I had ..., ... would ... 虚拟语气

take up ... 占...

pick sth out 挑选...

time-consuming 耗费时间的

match sth 与...很搭

not my cup of tea=not my thing 不是我的菜、我不喜欢

look forward to ... 期待...