

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. I go to the movies pretty often/quite frequently.
2. I used to cook regularly/on a pretty regular basis, but since I'm super busy with work these days, I don't cook that often anymore.
3. I make myself a cup of joe every single day/pretty much every day/on a daily basis.
4. My friends call me a sneaker addict, because I go shopping for sneakers 2 or 3 times a month.
5. It tends to be quite dry here in my hometown; it only rains from time to time/once in a while/occasionally.
6. I seldom/hardly ever take photos of myself coz I'm not that photogenic.
7. The color that least appeals to me is brown; I buy clothes of that color once in a blue moon.

go to the movies=go to the cinema=go to the movie theater 去电影院

regularly=on a regular basis 定期地，经常地

since 由于

a cup of joe=a cup of coffee

a ... addict 超级迷恋...的人

sneakers 运动鞋

tend to ... 通常，往往...

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

seldom=hardly ever 很少

photogenic 上相的

appeal to me 吸引我

least 最不，最少

once in a blue moon 极少地

## 地点

8. There's a store close to/in close proximity to my home that sells glasses. I bought my favorite pair of shades there.
9. My grandma likes to go to the park in the vicinity of our home. I go along with her sometimes and dance with her there.
10. What I love the most about where I live is that there's a mall within walking distance of my apartment. That's where I often hang out with friends.
11. My girlfriend and I went on a getaway to Qinghai last month and it took us 2 hours to get there by plane.
12. I plan to move to Kunming in a few years. It takes roughly 3 hours to drive there from my

hometown, so I won't be very far from my parents.

close to ...=in close proximity to ...=in the vicinity of ... 离...很近

shades=sunglasses 墨镜

go along with ... 和...一起去

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

hang out 泡在某处, 在某地待着/玩

go on a getaway 去短途/旅行/度假

roughly 大约, 差不多

## 人物

13. I'm not really a team player; I like to study/work alone and work out problems on my own/by myself.

14. Our living room is my favorite chill area; I often hang out with my family members there, reading, chatting and watching TV.

15. A very good friend of mine/One of my closest friends gave me some chopsticks as a birthday present. It was the worst gift ever!

team player 团队选手

work out problems 解决问题

chill area 待着/放松的地方

chat=talk 聊天

## 感受

16. Listening to music is a wonderful way to pass the time/unwind/reduce stress/switch off/relax.

17. Research has shown that doing exercise not only helps us keep fit, but also works as a great stress reliever.

18. Stargazing is relaxing and enjoyable.

19. Playing with my corgi is a great distraction for me. It helps me take my mind off things/clear my head.

20. I love hitting the beach when I have some time off. It gives me great joy to be away from the hustle and bustle of city life.

21. I was elated/overjoyed/on cloud nine when I was told through email that I was admitted to my dream university.

22. Even though the concert was extremely crowded, we still had a blast/had a ball/had a lot of fun/had a great time there.

23. I like to call up a few of my friends and go cycling on a sunny day. We always have a

**blast/have a ball/have a lot of fun/have a great time** together.

24. **It's a hassle** making breakfast in the morning. I prefer to grab something to eat on my way to school.

25. Making tea in a traditional way is **a lot of work**. To me, it's just **a waste of time**.

26. Writing things by hand is way more **time-consuming** than typing on a computer.

27. Painting is just **not my thing**. **I don't have any talent for it**.

28. I went to a lecture last week, which was **super dull/mind-numbing**. That was the last time I got very impatient, waiting for the lecture to end.

*pass the time* 打发时间

*unwind=reduce stress=switch off=relax* 放松 (注意：不许说 *relax myself, relax ourselves!!!*)

*research has shown* 研究表明

*keep fit* 保持健康

*a stress reliever* 释放压力的方法/东西

*stargazing n.* 观星，看星星

*relaxing* 令人感到放松的 *relaxed* (某人) 感到放松的

*enjoyable* 令人愉快的/享受的

*corgi* 柯基犬

*a distraction* 娱乐/消遣方式

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

*hit the beach* 去海滩

*have ... off* 休息... (时间)

*joy* 快乐

*the hustle and bustle of city life* 城市中的熙熙攘攘/喧闹闹闹

*elated=overjoyed=on cloud nine* 超级开心的

*be admitted to ...* 被...录取

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

*call up ...* 给...打电话

*go cycling* 去骑自行车 (玩，健身)

*a hassle* 麻烦的事

*grab something to eat* 随便买点吃的

*in a ... way* 用...样的方式

*a lot of work* 很麻烦

*a waste of time* 浪费时间

*way more=much more=a lot more ...* 得多

*time-consuming* 耗费很多时间的

*not my thing* 不是我的菜/我不喜欢

*talent* 天赋，才华

*dull=boring* 无聊的 *mind-numbing* 非常无聊的

*end v.* 结束