

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 dishwasher. 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 dishwasher 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...