

# 安小雅 雅思口语素材

第四套 Part2  
(简单版串联)  
适合上班族使用

## 关于素材使用方法和答疑

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## 口语题库适用范围

口语题库全球一致，各个国家和地区都一样。适用于笔试，机考，UKVI 和 IELTS Online。

## 串联版 Part2 目录以及使用说明

串联版 Part2 指的是一篇范文回答多个话题。具体分类看看以下目录就知道了。

但是有些话题问的方向不一样，如果用同一篇范文来回答的话会有跑题嫌疑。所以有些串联的话题我们还是写了 2-3 篇范文，根据问题的问法稍作了一些修改。但是大体上的内容和思路都是一致的~

翻译里标黄的部分是与其他文章相同的句子，共用的。

## 如果我觉得素材有错怎么办？

我们的素材都是经过店主和外教一起编写和检查过的哦！您可以放心！

其实外国人在生活中有一些常用的口头上的表达，看起来很奇怪但实际并没有错的，国内老师也不会懂这些。所以呀！如果你觉得素材有错，我们是非常欢迎您来询问我们滴！千万不要觉得不好意思哦！下面举两个例子：

“Anna is two years my elder.” 安娜比我大两岁。“She is four months my younger” 她比我小四个月。

这是一种比较现代的说法，当然我们平时都会讲 “Anna is two years older than me” 和 “She is four months younger than me.” 但其实外国人都都会用前者多一些的。

“the majority of the girls were content discussing about how handsome or how affluent their boyfriends were.” 女孩子们都在热烈地讨论他们的男朋友有多帅。

这是现代英语的另一个特征，就是外国人在口头上都常常会省略掉介词。这里就把 were content with discussing 的 with 去掉了。这在口语上是完全没问题的，但大家在写作中就尽量要避免哦。

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## (一) 小区门卫

### 01-02: 乐于助人的人 & 受欢迎的人

Describe someone who lives in your area who often help other people. You should say: Who this person is How this person helps others How important the help is And explain why you think this person often help other people.	Describe a popular person you know. You should say: How you knew this person Where and when you usually see this person What type of person he/she is and explain why you think this person is very popular.
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Mr. Li, the gatekeeper of our community, has been working here for many years. I have known him since I first moved here and see him every time I go out. I think he is quite old since his hair is greying.

Mr. Li warm-hearted and outgoing. He smiles and greets everyone entering and exiting the community. He is not only responsible for the safety of the community, but also attempts to help the residents in need when he is on duty. Therefore, he is particularly popular in our community. He often helps elderly people carry heavy loads such as shopping bags or large parcels. In addition, he spares no effort in handling unexpected situations for residents such as being locked out of their apartments.

His help is very important for the residents of the community. His enthusiasm and care provide residents with a sense of security and comfort. The elderly no longer worry about their physical ailments and difficulties because of Mr. Li. Some residents lack physical strength due to their age and cannot complete demanding tasks. He is always willing to provide assistance to ensure that they can enter and exit the community with no problem.

Mr. Li understands people's needs and is willing to invest time and energy to care for and help others. He also enjoys helping others. My neighbors and I both like Mr. Li very much.

中文思路：

我们小区的门卫李大伯在我们小区工作了很多年了，自从我搬到现在居住的小区起我就认识了他。每次我出门或回家都会见到他。他年纪应该挺大的，因为他头发都有些白了。

李大伯是个热心又开朗的人。他会每个出入小区的人微笑和问好。他每天值班时，不仅仅负责小区的安全，还尽力帮助需要帮助的居民。因此他在我们小区里特别受欢迎。他时常帮助老年人扛重物，比如购物袋或者大件快递。此外，他还会帮助居民处理一些突发情况，比如忘记带钥匙无法进入住宅的情况，他会尽力帮忙解决。

这位门卫叔叔的帮助对于小区居民来说非常重要。他的热心与细心给予了居民安全感和舒适感。对于老人来说，他的帮助让他们不再担心自己的身体和生活问题。一些居民由于年龄的原因，体力较差，难以完成一些重活。李大伯愿意主动提供帮助，确保他们能够轻松地进出小区。

李大伯理解人们的需要，愿意付出时间和精力去关心和帮助他人，并且享受帮助别人的快乐。我和我的邻居们都非常喜欢李大伯。

## (二) 飞行棋

### 03-04: 印象深刻的儿时经历 & 玩过的游戏

Describe a happy experience you remember very well from your childhood. You should say: How old you were at that time Who you were with What happened at the time And explain why you remember this happy experience.	Describe a game you enjoyed playing when you were younger. You should say: What it was Where you played it Who you played this game with And explain why you enjoyed playing this game.
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#### 《印象深刻的儿时经历》

I remember I really enjoyed playing aeroplane chess when I was in primary school. I was about 10 years old at the time. My classmates and I always played aeroplane chess at my place after school. I remember school ended around 4 o'clock, and we usually played until after 6 o'clock. I am still deeply affected by this experience, because the game was really fun and I had a group of classmates who were highly passionate about it!

I still remember clearly the first time I played aeroplane chess. When my best friend's game piece and mine landed on the same square on the game board, he sent me back to the starting point and occupied my previous position. This instantly brought me, who was previously in the lead, back to square one. I felt extremely downcast while others were cheerful and excited! It made me realise just how important strategy can be. The leading player will be ganged up on by the others! My classmates and I often laughed out loud while playing. Our laughter was so loud that next door often came to complain.

The game is intriguing mostly because of its uncertainty and the importance placed on luck. On that day, even though I was not lucky enough, it didn't deter my friends and me from having a great time. As I grow older, the opportunities to play games with my friends have become increasingly scarce. Whenever I think back to those joyful experiences, I feel a strong sense of nostalgia.

中文思路:

我记得我在上小学的时候特别喜欢玩飞行棋，那时候我大概只有 10 岁。我和我的同学在放学后总是喜欢去我们家玩飞行棋。我记得大概 4 点放学，我们一般都会玩到 6 点多才离开。我至今对这段经历印象深刻，因为这个游戏真的太刺激了，而且我有着一群也非常热衷于此的同学！

我记得最清楚的是我第一次玩飞行棋的时候。当我和好朋友的棋子走到棋盘的同一格时，他把我赶回基地，并占领了我原先的位置。这使原本处于领先的我瞬间回到了起点。我感到非常低落，但其他三个人却异常欢喜雀跃！这让我明白了战略非常重要，领先的玩家总是会受到其他人的共同狙击！我和我的同学们在玩的时候一直发出响亮的笑声。因为我们笑声实在太大了，引得隔壁跑来投诉我们。

飞行棋的游戏规则非常简单，这个游戏的魅力就在于它充满了不确定性，运气是非常重要的。那天我的运气虽然不好，但一点都不影响我和朋友们玩的很开心。随着年纪的增长，我和朋友一起玩游戏的机会越来越少了。每当想起这段快乐的经历，我都会非常怀念。

## 《玩过的游戏》

Aeroplane chess was a game that I really enjoyed playing in my childhood. It is a board game with very simple rules. Each player has 4 "planes" and they need to decide the number of steps they take forward on the board by rolling dice. The player who first advances their four "planes" to the finish line is the winner.

I remember I really enjoyed playing aeroplane chess when I was in primary school. I was about 10 years old at the time. My classmates and I always played aeroplane chess at my place after school. I remember school ended around 4 o'clock, and we usually played until after 6 o'clock. I am still deeply affected by this experience, because the game was really fun and I had a group of classmates who were highly passionate about it!

The game is intriguing mostly because of its uncertainty and the importance placed on luck. When two pieces reach the same square on the chessboard, the latter will send the former back to the "hanger" and occupy its former position. The player whose piece is driven back to the hanger will always feel frustrated, yet the other three will be extremely happy and excited! Strategy is also very important. The leading player will be ganged up on by the others! My classmates and I often laughed out loud while playing. I still remember one time when our laughter was so loud that next door came to complain, which perfectly demonstrates how fun this game is.

中文思路：

飞行棋是我小时候非常喜欢玩的游戏。飞行棋是一种棋盘游戏，游戏规则非常简单。每个人有 4 架“飞机”，玩家需要通过丢骰子决定前进的步数。最先把四架“飞机”前进到终点的人就是胜者。

我记得我在上小学的时候特别喜欢玩飞行棋，那时候我大概只有 10 岁。我和我的同学在放学后总是喜欢去我们家玩飞行棋。我记得大概 4 点放学，我们一般都会玩到 6 点多才离开。我至今对这段经历印象深刻，因为这个游戏真的太刺激了，而且我有着一群也非常热衷于此的同学！

这个游戏的魅力就在于它充满了不确定性，运气是非常重要的。当两颗棋子走到棋盘的同一格时，后者会把前者赶回基地，并占领它原先的位置。被赶回基地的一方总会情绪低落，但其他三个人会异常欢喜雀跃！同时战略非常重要，领先的玩家总是会受到其他人的共同狙击！我和我的同学们在玩的时候时常都会发出响亮的笑声。我还记得有一次，因为我们笑声实在太大了，引得隔壁跑来投诉我们。这足以说明这个游戏实在是太好玩了。



### (三) 自驾游遇大雪

#### 05-07: 印象深刻的汽车旅行 & 做重要决定的时刻& 得到错误信息的时刻

Describe a car journey you made that you remember well. You should say: When it was Who was with you How long the journey took and explain why you remember this car journey so well.	Describe a time when you had to make an important decision. You should say: What decision you had to make How you made the decision Why this decision was important And explain whether you think it was a right decision.	Describe an occasion when you got some incorrect information You should say: When it was Where you got the information How you found out that the information was not correct And explain what happened when you found out that the information was not correct.
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#### 《印象深刻的汽车旅行》

Last National Day holiday, several of my besties and I hired a car and took a road trip from Lijiang to Shangri-La, part of our one-week stay in Yunnan province. Unfortunately, an accident happened to us on the second evening, halfway through the tour, which will be etched in my memory for the rest of my life.

It was mountainous all the way from Lijiang to Shangri-La. I checked the weather on the internet before heading out and it was supposed to be a couple of cloudy days. However, as night fell, the temperature dropped dramatically and it wasn't long before a snowstorm hit. Thick snow blocked our way uphill, and then, to cap it all off, a truck driving in front of our car suddenly skidded out of control. As gravity pulled it down a steep slope, it crashed into us, pushing us backward. We didn't realize immediately, but we were only a couple of dozen feet away from the edge of a cliff. Scared out of my wits as our predicament became clear, I pressed down on the brake pedal instinctively. Thank God, the truck pulled up in the nick of time and we avoided catastrophe by the skin of our teeth!

This road trip will never be erased from my mind as it was the closest I've ever been to death. Had I not been able to do the right thing, I would have been with God now. In our next self-drive tour, I'll spend that bit more and rent a four-wheel off-road vehicle for safety's sake!

中文思路:

去年的国庆假期，我和我几个最好的朋友从丽江租车自驾前往香格里拉旅游。我们计划在云南玩一周左右，就在我们出发的第2天傍晚，发生了意想不到的意外，这让我对这次旅行留下了深刻的印象。

丽江到香格里拉几乎全程都是山路，出发前我还特意在网上查了天气预报，结果显示这几天都是多云。可就在太阳落山后，气温开始骤降，不一会竟然下起了鹅毛大雪。满地的积雪让正在上陡坡的我们被迫停下了。更糟糕的是我们前面的一辆大货车打滑了，重力的作用下这辆车开始顺着斜坡往下滑，它很快撞上了我们，然后推着我们向后溜。要知道我们身后几十米就是悬崖，此时我吓得无法思考，只能下意识地踩死刹车。幸运的是，几秒后，前面的车奇迹般的停下了，我们也因此得救了。



这次的汽车旅行是对我来说是一次难忘的经历，因为这是我在旅游中遇到的最危险的时刻。当时如果我做出了错误的选择，现在我可能已经见到上帝了。下次自驾旅行的时候，我一定会多花一点钱租一辆四驱的越野车，因为四驱的车辆更安全。

### 《作重要决定的时刻》&《得到错误信息的时刻》

Last National Day holiday, several of my besties and I hired a car and took a road trip from Lijiang to Shangri-La, part of our one-week stay in Yunnan province. Unfortunately, an accident happened to us on the second evening, halfway through the tour, which will be etched in my memory for the rest of my life.

It was mountainous all the way from Lijiang to Shangri-La. I checked the weather on the internet before heading out and it was supposed to be a couple of cloudy days. However, as night fell, the temperature dropped dramatically and it wasn't long before a snowstorm hit. Before long, the road was covered by thick snow. Michael, however, thinking nothing of it, drove on at full tilt. I realized then that it was far too risky to go on in conditions like that. Without any hesitation, I tried to convince him of the potential risk, suggesting that we should halt and check out if our way ahead was okay or if we were doing the right thing.

Michael pulled over following my advice before we checked on the Internet and found out that the path forward had been sealed off due to the heavy snow. If we hadn't picked the right option, we might have been snowed in in the middle of nowhere, desperately waiting to be rescued. In the end, we retraced the route and took a safer path. Eventually, we reached our destination, albeit several hours later than planned.

False weather info put us in a pickle. Luckily, advising Michael to stop driving turned out to be a wise decision, and potentially prevented us from coming to a sticky end!

中文思路：

去年的国庆假期，我和我几个最好的朋友从丽江租车自驾前往香格里拉旅游。我们计划在云南玩一周左右，就在我们出发的第2天傍晚，发生了意想不到的意外。

丽江到香格里拉几乎全程都是山路，出发前我还特意在网上查了天气预报，结果显示这几天都是多云。可就在太阳落山后，气温开始骤降，不一会竟然下起了鹅毛大雪。没过多久，路面就被积雪所覆盖。此时开车的 Michael 还不以为然，继续以较快的速度继续开车。那时候，我觉得他的做法非常危险。我没有过多地考虑，就决定强硬地跟他说我们应该停下来，看看前方路况和在雪地开车的注意事项。

在我的劝说下，Michael 靠边停下了车。然后通过上网查询，发现前方道路因为大雪而封路了。如果我们刚才还继续往前走的话，现在可能就会被困在风雪中。无法前进和后退，甚至要等待救援。最后我们掉头返回，选择了另外一条安全的路线，多花了几个小时才抵达了我们的目的地。

错误的天气预报让我们陷入了困境。但幸亏我做出了重要且明智的决定，不然我们很可能就会发生可怕的意外。

## (四) 北脸外套

### 08-09: 昂贵的礼物 & 喜欢穿的衣服

Describe an expensive gift you would like to give to someone. You should say: What gift you would like to buy Who you would like to give it to How long it would take to save the money And explain why you would like to give this expensive gift to this person.	Describe a piece of clothing that you enjoy wearing most. You should say: What it looks like How often you wear it When and where you got it and explain why you enjoy wearing this piece of clothing so much.
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#### 《昂贵的礼物》

I've been thinking about buying my boyfriend something pricey as a gift. After much consideration, I have decided to go for a North Face jacket. The North Face is well-known as an exclusive outdoor equipment provider that is highly popular among both men and women. A classic men's light gray jacket of the brand has caught my eye. On first impression, it looks much like a common parka, but is also waterproof and windproof.

As I've mentioned, the North Face is a high-end brand. The jacket is priced at RMB 5,000, for which I'll have to spend a fortune and lose two months' savings! Before taking it, I'll be looking to see if any malls put it on sale. This might seem unlikely, but I believe this special gift will be worth my patience.

I'm buying my boyfriend this because he means the world to me. I've been together with him for three whole years, and he's kept supporting and encouraging me all along. Every holiday, I get some kind of surprise from him. This present is the perfect way for me to express my love for him. The North Face's outerwear has enduringly popular designs, in spite of the high prices, and never goes out of style. I hope this gift will bring pleasure and confidence to him while always reminding him of the bond between us.

中文思路：男生女生互换一下名称就好。（本来写的是始祖鸟，后来觉得不好发音，就改成了 North Face）

一直以来，我都想给我男朋友买一件昂贵的礼物，最终我决定买一件 North Face 的外套。North Face 是一家享有盛誉的高端户外品牌，在成年人中非常受欢迎。我看上了一件浅灰色的经典款外套，它看起来和普通的冲锋衣并无区别，但却有着优秀的防水和防风性能。

正如我刚才说的，North Face 是一个奢侈品牌。这件外套需要五千元人民币，这对于我来说并不是一笔小钱，我可能需要一两个月才能存到这笔钱。在这段时间里我可以顺便看看商场是否会做一些促销活动。这并不容易，但为了这个特殊的礼物，我愿意付出努力和耐心。

我想将这个昂贵的礼物送给我男朋友，因为他对我来说非常重要。我们已经在一起 3 年了，他一直在生活中给予我巨大的支持和鼓励。同时还会在节日的时候给我准备惊喜。这个礼物是我向他表达爱意最好的方式。North Face 的款式非常经典，虽然它价格不菲，但却可以穿很长时间也不用担心过时。我希望这个特殊的礼物能够给他带来快乐和自信，同时也是我们之间永久的纪念品。

## 《喜欢穿的衣服》

I have a North Face jacket which is one of my favorite accessories. The North Face is well-known as an exclusive outdoor equipment provider that has proved extremely popular among both men and women. It is a classic men's light gray jacket, which, on first impression looks to be a common parka, but is also incredibly comfortable and functional, being both waterproof and windproof.

I wear this coat a lot and tend to wear it almost every spring or autumn day. I always feel comfortable wearing it, and I can never go wrong with it, no matter whether I'm at the office or on a party. In fact, I didn't buy this coat myself, it was a gift from my girlfriend. I've been together with her for three whole years and she's kept supporting and encouraging me all along. Every holiday, I get some kind of surprise from her. She gave me this present for my birthday last year and it has since become one of the most treasured items in my wardrobe.

I very much like to wear this jacket. The North Face's outerwear has enduringly popular designs and, in spite of the high prices, never go out of style. The color and design mean it is easy for me to match with other pieces of clothing, making it easier for me to put them together. Most importantly, it is a special gift with strong sentimental value for me.

中文思路：

我有一件非常喜欢的衣服，它是一件 North Face 的外套。North Face 是一家享有盛誉的高端户外品牌，在成年人中非常受欢迎。这件衣服是一件浅灰色的经典款外套，它看起来和普通的冲锋衣并无区别，但却有着优秀的防水和防风性能。

我经常穿这件外套，春秋季节几乎每天我都会选择它作为我的搭配之一。它穿着起来非常舒适，不论是上班还是朋友聚会，它都是一个恰当的选择。

事实上，这件衣服并不是我自己买的，而是我女朋友送给我的礼物。我们已经在一起 3 年了，她一直在生活中给予我巨大的支持和鼓励。同时还会在节日的时候给我准备惊喜。这个礼物就是去年生日她送给我的。之后这件外套成为了我衣橱中的宝贝之一。

总的来说，我喜欢穿这件 North Face 的外套，它的款式非常经典，虽然它价格不菲，但却可以穿很长时间也不用担心过时。它的颜色和款式使我能很容易的与其他服饰进行搭配，让我在穿搭时更加省心。最重要的是，这件衣服是一份特殊的礼物，同时也是我和女朋友之间永久的纪念品。

## (五) 冬泳

### 10-11: 想尝试的冒险 & 想尝试的水上运动

Describe an exciting adventure you would like to go on. You should say: Who you would go with Where you would go What you would do on the adventure And explain why you would like to go on this adventure.	Describe a water sport you would like to try in the future. You should say: What it is Where you would try it Is it easy or difficult to do And explain why you would like to try this water sport.
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Winter swimming, which describes swimming outdoors mainly during the winter, is a water activity I'd definitely like to give a whirl.

I once saw people doing this on TV when I was a kid, and it looked awesome to me. That said, winter swimming seems like quite a challenge and is no easy feat. Good health and resilience are vital, or else you might risk troubles such as cramp or even drowning.

Ideally, I'd be doing this with my friend Michael. I know he's an enthusiastic winter swimmer who could certainly give me helpful advice on fending off any possible threats. About my destination, Beijing's Shichahai might be a good option. I've learned that a lot of people go there swimming each winter, when professional lifeguards are around to give you a hand at any moment.

I want to try this sport mainly because I wish to step out of my comfort zone and push myself a bit. I've had enough of my current boring existence. I usually do some mundane sports and go travelling, such as playing badminton or swimming after work and taking trips abroad during public holidays. As for thrilling and novel things like swimming outdoors in winter, I'm still wet behind the ears, so I'd really like to take the plunge and see if I make it.

中文思路:

冬泳指的是在寒冷的天气里，在户外游泳。这是一项我很想尝试的水上运动。我很小的时候就在电视上看过这项运动，我觉得它看起来非常酷。冬泳是一项非常有挑战性的冒险，它实践起来并不容易。参加者需要有健康的身体和很强的适应力。否则将很容易发生意外，他们可能会抽筋甚至溺水。

我希望我能跟我的好朋友 Michael 一起参加。因为我知道他是一个冬泳爱好者，所以他一定能给我很有用的建议，帮我避免冬泳中可能发生的危险。如果我要参加冬泳的话，我会考虑去北京的什刹海公园。因为我听说那里每逢冬天都会有很多人冬泳，同时那里也会有专业的救生员来确保游泳者的安全。

之所以我想尝试这项运动，是因为我希望挑战自己，做一些超越舒适区的事情。日常的一成不变的工作让我感到非常枯燥无聊。我喜欢运动和旅游，下班后我时常会去打羽毛球和游泳。公众假期的时候我会出国玩。而像户外冬泳这样刺激和新奇的运动我倒没参加过，所以我很想超越自己，看看我能不能完成这个冒险。



## (六) 传统活动

### 12-13: 喜欢的传统庆祝活动 & 和小孩相处的时刻

Describe a traditional celebration you enjoy in your country. You should say: What it is Who you celebrate with What you do in this celebration And explain why you enjoy this traditional celebration.	Describe a time when you spent some time with a child. You should say: Who the child was Why you spent time with this child When it was And explain how you felt about spending time with this child.
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#### 《喜欢的传统庆祝活动》

The lion dance is a traditional activity in China, especially during the Chinese New Year or other major festivals. People enjoy inviting professional lion dance troupes to perform, as it is thought to bring both good luck and prosperity.

This Chinese New Year, my family and I watched a lion dance performance. It was on the morning of the first day of the lunar year, we headed to the central park, not too far from our house, and when we arrived, there were already loads of people there awaiting the performance.

It was a traditional performance where two people worked together. One person held up the lion's head while the other person wore a lion-like costume and bent down. They would jump and move around on tall wooden poles, showing off their incredible skills. There were other people nearby playing drums and setting off firecrackers, creating a lively and festive atmosphere.

During this celebration, I was just an audience member and all I could do was clap and cheer for their fantastic performance. The lion dance was wonderful. The actors portrayed the lion as if it were real - even the lion's eyes could move. At the end of the show, the lion dancers handed out gifts to all the kids in the audience.

I had never seen a lion dance before, and it was so exciting! The energy was palpable, and it really made the Spring Festival celebration feel extra special. I think it's important for us to experience and learn about our traditional customs and culture.

中文思路:

舞狮是我国的一项传统活动。一般每逢过年或者重大节日时，中国人就喜欢请专业的舞狮团队来表演，讨一个好彩头。今年过年的时候，我和全家人一起看了一次舞狮表演。大年初一的早上，我们一家人吃完早饭就出发了。舞狮表演的地点就在离我们家不远的街心公园。到了指定的地点后，那里已经聚集了不少人。

舞狮是由两个人一起表演的，一个人负责举着“狮头”，另一个人弯着腰并穿着类似狮身的服饰。他们会在高高的木桩上跳来跳去，展示高超的表演技巧。其他人还会在一旁敲鼓和放鞭炮，整个场面非常热闹。

在这场庆祝活动中，我只是一个观众，我能做的就是不停的大笑和鼓掌。舞狮表演真的很精彩。演员扮

演的狮子就像真的一样。狮子的眼睛甚至是会动的。在表演的最后，舞狮的演员还给在场的每位小孩赠送了一个小礼物。

这是我第一次近距离的观看舞狮，整场活动非常热闹，让原本平淡的春节假期变得非常有新年气氛。同时，我认为我们应该多接触和学习中国传统的风俗和文化。

### 《跟小孩相处的经历》

This Chinese New Year, I took my 10-year-old nephew to watch a lion dance performance. It was on the morning of the first day of the lunar year, and everyone in our family had their own things to do. Some were busy cooking while others were busy with prayers and offerings. So, I ended up being put in charge of looking after my little nephew. He kept pestering me to take him out and have some fun.

After considering it for a bit, I decided to take him to the central park to watch the lion dance. It was a traditional performance where two people worked together. One person held up the lion's head while the other person wore a lion-like costume and bent down. They would jump and move around on tall wooden poles, showing off their incredible skills. There were other people nearby playing drums and setting off firecrackers, creating a lively and festive atmosphere.

My nephew was absolutely thrilled to witness his first lion dance and we were lucky enough to snag front-row seats! He was delighted, laughing and clapping along with the performance. At the end of the show, the lion dancers handed out gifts to all the kids in the audience, and my nephew got a gorgeous set of couplets.

To be honest, I'm not really a fan of kids, but that day I had a blast with my nephew. Taking him to watch the lion dance was really special. I think it's important for kids to experience and learn about our traditional customs and culture, and it was obvious that he had a great time too.

中文思路：

今年过年的时候，我和我 10 岁的侄子一起看了一次舞狮表演。大年初一的早上，我们家里的人都有各自的事情要忙，他们有的忙着做饭，有的忙着拜神。照顾表弟的任务自然就落在了我身上。表弟一直吵着让我带他出去玩。我思考了一会儿，决定带他去街心公园看舞狮表演。舞狮是由两个人一起表演的，一个人负责举着“狮头”，另一个人弯着腰并穿着类似狮身的服饰。他们会在高高的木桩上跳来跳去，展示高超的表演技巧。其他人还会在一旁敲鼓和放鞭炮，整个场面非常热闹。

这是我侄子第一次看舞狮，我们站在表演的第一排，因此他非常开心。他一直在不停的大笑和鼓掌。在表演的最后，舞狮的演员还给在场的每位小孩赠送了一个小礼物。我侄子得到了一副精美的春联。

事实上我并不喜欢小孩，但那天我和我侄子相处的还不错。带他看舞狮是一件很有意义的事情。我认为小孩子应该多接触和学习中国传统的风俗和文化。而且看得出来，他也非常开心。

## (七) 单独话题

### 14: 多次阅读的书籍

Describe a book you have read more than once.

You should say:

Why you read this book

What this book was about

Whether you learnt anything from it

And explain why you have read this book more than once.

I'm a crazy fan of Harry Potter. The Harry Potter Series was extremely popular, and I have read through it multiple times. When I was in primary school, my dad bought me a copy of the first book and I read it for the first time. I still remember that I was so excited that I could hardly sleep the night before. I couldn't wait to see what would happen next! I would guess that it took me only two days to read this book.

Harry Potter is a series of seven fantasy novels written by the British author JK Rowling. This series is a story about a young orphan boy named Harry who finds out he is a wizard and has to go to a magical wizard school called Hogwarts. The book is full of crazy magic, beautiful friendships, and exciting events.

I reread Harry Potter during the summer holidays because its plot is full of all kinds of wild imaginings and ups and downs. It also talks about friendship and trust. In this book, Harry tries to be kind and honorable to everybody he meets, but sadly, not everybody is so kind in return. The book taught me that it is important to know who you can trust and who you can rely upon. Furthermore, the book taught me how important it is to have good friends that support and protect you.

中文思路:

我可是一个标准的哈迷。哈利波特的书非常受欢迎，我已经读过不止一次了。在我小学的时候，我爸爸买了其中一本给我，这是我第一次读到这本书。我记得我看得时候非常兴奋，事实上，那一晚我几乎都兴奋地失眠了，我迫不及待的想知道后面发生了什么！我记得我大概两天就看完了这本书

哈利波特是由英国的 JK 罗琳创作的魔幻系列小说，一共有 7 部。这部小说是一部关于一个名叫哈利的孤儿的故事，他发现自己是一名巫师，于是去了一所叫做霍格沃兹的魔法学校。这部电影充满了各种神奇的魔法，动人的友谊，和令人兴奋的事件。

每到假期的时候，我都喜欢重读一次哈利波特，因为这本书充满了各种天马行空的想象和跌宕起伏的情节。在这本书中，哈里试图对他遇到的每一个人都友好而尊敬，但遗憾的是，并不是每个人都回报他。这本书告诉我，知道你可以信任谁，可以依靠谁是很重要的。此外，这本书让我懂得了拥有支持和保护你的好朋友是多么重要。



## 15: 有用的发明

Describe an invention which is very useful in your daily life.

You should say:

What it is

What you use it for

Is it easy to use

And explain why it is very useful in your daily life.

A few months ago, I bought a smart robot cooker from JD.com. I can't cook, so I count on it to help me make delicious food.

I still remember how happy I was to finally cook for myself on that weekend that I received it. It was very easy to use. I downloaded the app and did everything it told me to, such as getting the ingredients from the market, chopping the meat and vegetables into tiny equal size pieces, and then putting the ingredients and seasonings together into the pot according to the recipe. Then, it automatically heated and stir-fried the ingredients. The dish was ready in just over ten minutes, and to my surprise, it tasted delicious.

I believe this smart robot cooker is a very useful kind of invention nowadays. Ever since graduating, I have lived by myself. I cannot and do not cook. More often than not, I eat in a restaurant or order takeout.

I totally understand that it is very unhealthy to habitually eat takeout. The ingredients are usually not the freshest, and they often add a lot of seasonings. But ever since I got this robot, I've been cooking for myself most of the time. All I need to do is to buy the ingredients, and the robot takes care of everything else from the seasoning to stir-frying. It even has an option to clean itself, so I don't have to wash the pan after I finish my meal. It has completely changed my life!

中文思路:

几个月前，我在京东买了一个智能炒菜机器人。不会做饭的我，希望它能帮助我做出可口的饭菜。

我还记得那是一个周末，我刚收到它就兴高采烈地准备在家给自己做一顿饭。它使用起来不太困难，我按照 app 的提示，去市场买了做饭需要的食材。然后把肉和菜切成固定重量的小块，接着按照操作步骤把食材和调味料一起放进锅中。这时候机器人就会自动地加热和翻炒。十几分钟后，一盘菜就炒好了。而且不得不说，这个智能炒菜机器人做出来的菜味道还不错。

我认为炒菜机器人是一项非常有用的发明。工作后我就自己住了，因为我对做饭这件事一窍不通，所以每天我都是在餐馆吃饭或者叫外卖。事实上我知道外卖是不健康的，它们的食材通常不是最新鲜的，并且会添加很多调味料。有了这台机器人之后，我经常自己做饭。我只需要把食材买回来，从调味到翻炒都是机器人独立完成的。这台机器人甚至还会自清洁，这样我吃完饭之后甚至不用洗锅。它改变了我的生活！

## 16: 想去的遥远之地

Describe a place which is far away that you would like to visit in the future.

You should say:

Where it is

How you would travel there

What you would do there

And explain why you would really like to visit this place.

There are so many famous spots in China, and Sanya is my favourite among them. I plan to go there for a vacation. Sanya is a tropical island with some of the finest beaches, clearest seas and best hotels in south China. I often see videos about Sanya on Tik Tok.

Sanya is quite far away from where I live, so I will have to go there by plane. If I can, I will choose to go with my good friend or boyfriend. Compared with traveling with my parents, I feel more relaxed and happier with my peers. My parents always get up early when traveling. I really cannot stand it. Most Chinese people love sightseeing and visiting scenic spots when traveling, but personally, I do not like that at all. There are just too many people in those famous scenic spots. I prefer to stay in a comfortable five-star hotel, sleep till I wake up naturally and then enjoy a rich breakfast.

In Sanya, one can go for walks along the beach, eat at lovely restaurants, and even go diving since Sanya is famous for it. Atlantis Water World, a very famous water park, is also worth a try. It has many thrilling and interesting water slides and amusements.

Sanya has got everything I'm interested in and a great vacation vibe. My job keeps me busy, so I really want to escape from city life and take a well-earned break during my holidays. I just can't wait to soak up the sun and hit the beach. Sanya is undoubtedly the best choice for me.

中文思路:

中国有非常多著名的景点，但我最喜欢的还是三亚。我很想抽空去三亚旅行。三亚是位于中国南端的一个热带岛屿，拥有全中国最细腻沙滩，最清澈的大海和最棒的酒店。我经常在抖音上看到有关三亚的视频。

三亚距离我很远，所以我应该会乘飞机去。如果可以的话，我会选择我的好朋友或者男朋友一起去。比起和父母出游，和同龄人在一起会让我感到放松和愉快。我的父母去旅行总是很早起床，这让我无法接受。大多数的中国人旅行是一定要参观景点的，但我一点也不喜欢这样的旅行方式。相比在著名景点看人山人海，我倾向于选择一座设舒适的五星级酒店，睡到自然醒然后再享受一顿丰盛的早餐。

我们可以沿着海滩散步，在优美的海景餐厅吃饭，甚至可以去潜水，因为三亚以潜水而闻名。亚特兰蒂斯水世界也是不能错过的，那是一个非常出名的水上乐园。拥有众多惊险刺激的水上项目。

三亚拥有一切我感兴趣的活动和良好的度假氛围。我的工作很忙，因此我希望逃离城市和工作。趁着假期好好休息一阵，尽情享受阳光和沙滩。三亚无疑是我最好的选择。

## 17: 迷路

Describe a time when you lost your way.

You should say:

When it was

Where you went

How you got lost

And explain what happened after you lost your way.

Last summer vacation, I traveled to Chongqing with my best friend Lucy. I've always considered myself as a person with excellent **sense of direction**. And I often make the joke that I could find my way home with my eyes closed. But this time I got lost.

On my first day in Chongqing, as soon as I stepped out of the subway station, I found that everything was different from what I expected. The Baidu Map app showed that I was only 1 kilometer away from the hotel, but I just couldn't find it anywhere. We dragged our heavy suitcases and went through the streets for about 20 minutes. We were tired and thirsty, but I still couldn't find the hotel.

At this point I decided to ask for help. We went to a nearby store and bought a drink. Then we asked the owner where the hotel was. The store boss told me that Chongqing was a 3D city, with huge height differences between roads and buildings. Mobile phone navigation didn't work well in Chongqing. Although it looked very close on the map, it may be over a mountain or you may have to walk a long stretch of mountain path to get there. He recommended us to take a taxi. After hearing his explanation, I finally understood why I got lost.

By the time we got to the hotel by taxi, an hour had passed and we still hadn't had dinner. I think it is very troublesome to get lost. It is not only irritating, but also kind of a waste of time. Our scheduled plans had also been affected.

中文思路:

去年暑假,我和最好的朋友 lucy 一起去重庆旅游。我一直都觉得自己是个方向感很好的人,我经常开玩笑说自己闭着眼睛也能回家。然而这次我却迷路了。

然而当我来到重庆的第一天,刚从地铁站走出来,我发现一切和我想象的并不一样。百度地图 app 显示我距离酒店只有 1 千米,可是我无论如何也找不到它。我们拖着沉重的行李箱在街头走了大概 20 分钟,我感到又累又渴,然而还是找不到酒店。

这时候我决定寻求帮助,我们去旁边的商店买了饮料,然后向老板询问酒店的位置。老板告诉我重庆是个 3d 城市,建筑之间有着巨大的高度差,导航根本没有用。虽然在地图上看着很近,但可能隔着一座山或者你得走一段绵延的山路才能到达。我们的酒店离这里还有比较长距离,建议我们打车前往。听了这番解释,我终于明白了自己为什么会迷路了。

等我们乘出租车到达酒店,已经过去一个小时了,晚饭时间也因此错过了。我认为迷路是一件很麻烦的事。不但让人急躁,而且非常浪费时间。安排好的计划也会因此受到影响。

## 18: 理想之家

Describe your idea of a perfect house.

You should say:

Where it would be

What it would be like

How special it would be

And explain why it would be perfect for you.

My ideal house would be a nice modern flat somewhere near the centre of Beijing. I would like for it to be big enough that I could share it with my family. I prefer to live with them than living on my own. I would like it to be quite high up in Beijing, perhaps on an upper floor of a skyscraper. Unlike many people, I think large urban cities are very beautiful, and I love being high up so I am able to look over vast amounts of the city.

It would have to be a very modern and sleek looking flat filled with all the latest home technologies. This is because I have a great love of gadgets and modern technology. I think that these products make a house much more enjoyable to live in. I like the minimalist style of decoration, preferably with a big glass cabinet to display my collectables. It would be even better if there was a big balcony, as I could throw a great party with my friends on the balcony.

I think this would be my ideal house because I am a very modern person and really embrace modern developments. My family home was not like this at all, but very traditional and homely. Though this is lovely, there are so many modern developments which can improve a person's quality of living. I think it is a shame when a house does not embrace this. Furthermore, I think modern architecture is far more impressive than traditional architecture, therefore aesthetically, this modern flat would be ideal to me.

中文思路:

我理想中的房子应该是北京市中心一套漂亮又现代的公寓。我想要一个足够大的公寓，这样我就可以和我的家人住在一起。相对于独居，我更喜欢和家人一起住。我希望它在很高的地方，也许在某座摩天大楼的高层。与大多数人不同，我认为大城市非常美丽，我喜欢在高处。这里我可以俯瞰整城市的风景。

它必须是一个看起来现代且整洁的公寓，充满了所有最新的家庭科技。这是因为我非常喜欢小玩意和现代科技，我认为这些产品大大提高了居住的舒适度。我喜欢极简的装修风格，最好有一个很大的玻璃柜来陈列我的玩具。如果有一个大阳台就更棒了，我可以和朋友在阳台上拥有一个很棒的聚会。

我认为这是我理想的房子，我是一个非常现代的人，真正拥抱现代的发展。我的家并不是这样，它很传统和朴实。尽管这很可爱，仍然有很多现代化产品可以提高人的生活质量，我觉得一个房子没做到这点是挺遗憾的。此外，我认为现代建筑远比传统建筑更时髦和令人印象深刻，因此从美学上说，这套现代公寓对我来说很理想。

## 19: 爱看的体育运动

Describe a sport that you enjoy watching.

You should say:

What it is

Who you usually watch this sport with

Where and when you first watched this sport

And explain why you enjoy watching this sport.

I enjoy watching basketball games, as basketball is full of passion and excitement and integrates pace, skill, and teamwork, all of which are quite fascinating to me. I often watch basketball games with my friends, and I like to experience the tension and excitement in them.

I still remember the first time I watched a basketball game. It was a summer several years ago when I was at a party held by my friends. They set up a screen outside in order to watch an important game. It was the first time that I had experienced the charm of basketball. Players were sprinting, dribbling, and shooting flexibly and the game was filled with intense confrontations. I have been intrigued by basketball ever since.

Basketball is a collaborative sport where players need to work closely together to win. Therefore, basketball is also a hugely popular spectator sport. The superb skills and excellent performances of the players are hard to ignore. At the same time, basketball games are full of tension and the winner won't usually be determined until the last second. I enjoy the climax and ups and downs of the games, which make my heartbeat faster. I can experience the joy and excitement brought by sports every time I watch a basketball game, all of which has resulted in an ardent love of the sport.

中文思路:

我喜欢观看篮球比赛。篮球是一项充满激情和刺激的运动，它结合了速度、技巧和团队合作，这些都使我着迷。我通常和我的朋友们一起观看篮球比赛，我喜欢和他们一起分享比赛的紧张和激动。

我还记得我第一次观看篮球比赛的情景。那是在几年前的一个夏天，我参加了一场朋友组织的聚会。他们在室外放了一个大屏幕，播放了一场重要的篮球比赛。这是我第一次真正体验到了篮球的魅力。球员们飞速奔跑，灵活的运球和投篮，场上充满了激烈的对抗的紧张气氛。从那时起，我便深深地迷上了篮球。

篮球比赛是一项团队合作的运动，球员们需要密切配合才能取得胜利。因此篮球比赛非常具有观赏性。球员们高超的技巧和精彩的表演令人难以忽视。同时，篮球比赛充满了紧张感，往往直到最后一秒才能决出胜负。我享受着比赛的高潮和转折，这让我心跳加速。每次观看篮球比赛，我都能够体验到运动带来的乐趣和兴奋，这使我对篮球充满了热爱。



## 20: 新开的商店

Describe a new shop that has opened in your city.

You should say:

Where it is

What it sells

Who goes shopping there

And explain how successful you think this new shop will be.

A Sam's Club recently opened in my city. It sits on the outskirts of the town so I can only reach it by car or on the subway. As an Internet-famous store very popular with young people, its opening quickly caused quite a stir around the place.

The store sells all kinds of home essentials including food, beverages, household items, electronics, home appliances, etc. Their exclusive pastries, like mochi, Swiss rolls and others, are unquestionably an even more welcome addition.

As far as I have observed, the customers there are mostly white-collar professionals and housewives looking for higher quality products, and find themselves satisfied with the selection at Sam's. Normally they buy food and groceries in bulk for their whole family.

To me, it's obvious that the chain will turn out to be a roaring success. They attract shoppers en masse with tempting wholesale prices. The present economy requires everyone to tighten their belts, and Sam's Club has appeared right in the nick of time. On top of that, Sam's provides a wide range of options that can meet the needs of a variety of people. Over time, the club will bring in more and more customers and hit it big in the end.

中文思路:

在我的城市里，最近开了一家新的店铺，名叫山姆会员店。山姆是一家非常受年轻人欢迎的网红商店，它的开业引起了周围的巨大轰动。它位于远离市中心的郊区，我需要开车或者搭乘地铁前往。

山姆会员店主要销售各种日常生活用品和家庭必需品。在这里，你可以找到从食品、饮料、家居用品到电子产品、家电等各种商品。当然最受欢迎的还是他们独家销售的甜品，比如麻薯和瑞士卷。

据我观察，来这里消费的主要是一些白领和家庭主妇。他们往往对商品的品质有很高的要求，而山姆超市都可以满足。她们可以一次性购买大量的食品和生活用品，以满足整个家庭的需求。

我认为这家新店会取得巨大的成功。山姆会员店以批发销售为主，满足了人们对经济实惠购物的需求。在当前经济环境下，人们对于节约开支越来越重视，这家店铺为他们提供了一个理想的购物选择。另外，山姆会员店的产品种类繁多，能够满足不同人群的需求，我相信随着时间的推移，这家店铺会不断吸引更多的顾客，取得更大的成功。

## 21: 令你失望的电影

Describe a film you saw recently that you found disappointing.

You should say:

What kind of film it was

What it was about

Why you decided to watch this film

And explain why you found this film disappointing.

A few months ago, I watched the movie *Mulan*, but, to be honest, the whole film was a bit of a let-down.

This Disney-produced picture is a live-action costume drama which tells the story of a young Chinese maiden who disguises herself as a male warrior in order to save her father. To me, the feature was much anticipated, partly because of my interest in the heroine *Mulan* and partly due to my fondness for *Liu Yifei* who played the role. Besides, I've been a big fan of Disney films for as long as I can remember.

As soon as I learned online about the movie's release, I downloaded it right away. Truth be told, it has a compelling start. However, as the story plays out, its plotline soon becomes rather baffling. When *Mulan* gets in a pickle during the war, the enemy's head suddenly turns against his country out of pity for the girl. And with his help, *Mulan*'s army wins the war in the end. I must say this turn of events is utterly beyond me!

On a positive note, the picture has very nice visuals, costumes and performances. The only catch is that the logic of its plot simply doesn't hold up, and it seems like there are major flaws with the way it was edited. The story hardly intrigued or thrilled me, which was what upset me most. I then googled others' comments on the movie and, as I expected, it had been ridiculed by a lot of netizens.

中文思路:

大概几个月前，我在网上看了《花木兰》这部电影。不得不说它让我有点失望。

这是一部迪士尼出品的古装动作片，讲述了一个勇敢的中国女子花木兰代父从军的故事。那时候我对这部电影抱有很高的期待，一方面是因为我对花木兰这个人物很感兴趣，同时我很喜欢女主角刘亦菲。另一方面因为我是迪士尼电影的忠实粉丝。

当我在网上刷到这部电影的时候，我就迫不及待地下载到电脑观看了。不得不说，这部电影一开始还挺好看的，但随着时间的推移，剧情逐渐变得莫名其妙。花木兰打仗的时候遇到了危险，敌方将领竟然因为同情花木兰的身份而叛变了！并且帮助花木兰取得了最后的胜利。这样的故事逻辑我完全不能理解。

本来这部剧的画面，服装还有演员们的演技都是很好的。但整个故事像是剪辑失误，然后缺了一大块，以至于剧情变得很奇怪，完全没有连贯性。我很难被吸引和激动起来。这就是它令我失望的地方。在看完了这部电影后，我上网搜了搜大家对它的评价，不出我意料，大家都在吐槽这部电影。



## 22: 公开发言

Describe a time when you had to give a talk to lots of people.

You should say:

Who you gave this talk to

What the talk was about

Why you gave this talk

And explain how you felt about giving the talk to lots of people.

In my previous job, I was once offered the rare opportunity to speak in a review meeting in front of all my fellow workers.

To be specific, I was asked to sum up and break down what our company had achieved over the past year before touching on where we would be heading next. As a key player in the team, I gave details of all our department had contributed to during that one year.

The task was entrusted to me because I was the one responsible for overseeing and carrying out every project and knew very well the ins and outs of the process. Besides this, my can-do attitude made me everyone's surefire choice for the job.

Speaking to a large audience was quite a challenge, but also extremely motivating for me. I drafted the speech and read through it multiple times beforehand in preparation. When it was finally time for me to give the talk, I was able to stay calm and focused in spite of the pressure, and managed to effectively communicate the results of our teamwork. My presentation turned out to be a success, as it won us praise from everyone. For my part, it was a valuable lesson in which I got the hang of speaking confidently in public and expressing myself well to earn acceptance. It's definitely an experience that I'll never forget.

中文思路:

在我之前的一份工作中，我曾经参与了一次工作总结会议，这次会议给了我一个难得的机会，让我在全公司全体员工面前发表演讲。

演讲的主题是对公司过去一年的绩效进行总结和分析，并提出未来的发展方向和目标。作为一个关键的团队成员，我分享了我们部门的今年的贡献和成就。

之所以由我来进行这次演讲，是因为我在团队中负责项目管理和执行，对我们的成果非常了解。此外，我是个很自信的人，大家都觉得我是最合适的人选。

面对众多人进行演讲对我来说是一个挑战，但也是一个令人兴奋的机会。我准备了充分的演讲稿，并进行了反复的演练和准备。在演讲当天，虽然紧张，但我依然保持了镇定和专注，将我们的成果和思路清晰地传达给听众。最终，这次演讲取得了巨大的成功。大家对我们团队的成果表示赞赏。我也收获了宝贵的经验，学会了如何在很多人面前自信地发表演讲，如何清晰的传达信息并取得积极的反馈。总的来说，这次演讲是一次难忘的经历。

## 23: 最近搬家的人

Describe someone you know who has recently moved into his/her own accommodation

You should say:

Who this person is

Why this person moved into this accommodation

What kind of accommodation this person moved to

And explain whether you think this move was a positive change for this person.

Angela, a co-worker of mine, has lately moved into a larger house. As she was expecting a second child, she and her husband decided that they'd need bigger and better housing for their family. A newly-built unit uptown caught Angela's fancy: a 4-bedroom condo with plenty of room and good lighting. It's a safe and pleasant neighborhood fitted out with extensive amenities and easily accessible public transport. The house is well equipped with a modern kitchen, cozy bedrooms and a spacious living room. On top of that, it has a lovely terrace where they can relax in the open air.

To me, it's obvious that this move has brought great changes to Angela's life. In this house, the family now have ample room for their new arrival. Everyone in the family now has more personal space to live in comfort while simultaneously enjoying the added convenience and safety of the community. This has also become an opportunity for Angela to rearrange the layout of their living space. She can take her pick of furniture and decorations according to her own tastes and the needs of the baby, adding to the coziness of their new nest. They are sure to make lots of happy family memories together in their spacious new home!

中文思路:

最近，我的同事 Angela 搬到了一个更大的房子。因为她和她的丈夫即将迎来第二个孩子，因此他们决定搬到一个更宽敞和适合家庭生活的住所。angela 选择了位于市郊的一个全新的楼盘。那是一座宽敞明亮的四居室公寓。这个公寓位于一个安全且便利的社区，周围有丰富的生活配套和公共交通。公寓内部设施齐全，配备了现代化的厨房、舒适的卧室和宽敞的客厅。此外，公寓还有一个漂亮的露台，可以让他们享受户外空间。

我认为这次搬家对 angela 来说是一个积极的改变。新房子提供了更大的空间，让他们有足够的房间容纳新成员，这使他们居住的更加舒适，孩子们也有更多的空间来玩耍。而且每个家庭成员都有了自己的私人空间。公寓所在的社区提供了更多的便利和安全性。此外，这次搬家也给了 angela 一个机会来重新布置他们的家。她可以根据自己的喜好和新家庭成员的需求来选择家具和装饰品，让整个空间更加温馨舒适。他们可以在宽敞的空间中创造美好的回忆，并与孩子们共同享受这个全新的家。

## 24: 人山人海之地

Describe a time when you went to a place where there were a lot of people.

You should say:

Who you went to this place with

What was happening in this place

Why there were so many people there

And explain how you felt about being in a place with so many people.

I want to talk about my experience of attending Jay Chou's live performance. I have been a big fan of Jay Chou since I was very young and I have always wanted to attend a Jay performance. At the end of last year, my roommate Lucy and I finally bought tickets for Jay Chou's performance in Shanghai.

The performance was held in Shanghai, it was the first time Lucy and I had been to Shanghai, and it took us a long bus ride to arrive at the venue. To our surprise, there was a sea of (很多) people outside the stadium. Lucy and I almost got lost! There were so many people that we only had one bar on our cell phones (手机没信号). What's more, the drinks and snacks we bought almost got squeezed out (挤出来) of our hands! Finally, we managed to get into the stadium and sit down.

As soon as Jay stepped on the stage, the entire audience got excited! We shouted Jay's name so loud that we could hardly hear each other. But as soon as he started to sing, the world fell into a sudden silence (突然安静下来). Jay sang some songs that I knew well, such as "blue and white porcelain" and "a thousand miles away". The sound effect of the stadium was so good that we were astonished by it. In the end, Jay also performed his specialty, singing while playing the piano. He was so handsome!

My generation all grew up listening to Jay's songs, so I was very happy to listen to his live performance. It was an unforgettable experience. Lucy and I had made up our minds to go to his performance again in the future.

中文思路:

我想说下我参加周杰伦演唱会的经历。我喜欢周董十多年了，一直很想看一场周董的演唱会。去年年底我和我舍友 lucy 终于买到了周杰伦上海演唱会的门票，这可把我激动坏了！演唱会在上海举行，我和 lucy 做了很久的大巴才到达会场。场馆外人山人海，我和 lucy 差点就走丢了！而且人太多，导致手机都没有信号。我们买的饮料和零食差点都被挤掉了！我们好不容易才进入了场馆坐下。

周杰伦一出场，现场就沸腾了！观众都在喊周杰伦的名字，我们几乎都听不见对方的声音。但他一开始唱歌，现场就突然安静了下来。杰伦唱起了哪些我耳熟能详的歌曲，比如《青花瓷》《千里之外》。现场的音效特别好，我们听得如痴如醉。最后杰伦还表演了他的拿手好戏，一边弹钢琴一边唱歌，他真的是太帅了！

杰伦的歌陪伴了我们这一代人一起长大，我非常开心能现场听他的演唱会。这是一次难以忘怀的经历，我和 Lucy 都约好了下次还要在听一次他的演唱会！

## 25: 感兴趣的工作

Describe a job you think would be interesting to do.

You should say:

What it is

What skills are necessary to do the job

When you first knew this job

And explain why you think this job would be interesting to do.

I'm a real travel enthusiast and I'm totally hooked on following some amazing travel bloggers on social media. Watching their videos has been like a window into a whole new world for me, so I'm really eager to get into travel blogging myself.

When I first started using Douyin a few years ago, I was already aware of the profession of travel bloggers. Basically, they go on amazing journeys to different places around the world, capturing breathtaking views and indulging in delicious food, and then share it all with their followers.

On the surface, this job looks pretty straightforward, but there are actually a lot of skills required, like photography, videography, editing, writing copy, and more. I'm hoping to hone some specialized skills, like skydiving or scuba diving, to really make my videos stand out and draw in more followers.

I'm absolutely loving this job because it's the perfect blend of my passions and work. It's like a dream come true to be able to travel and make money at the same time. Instead of being stuck in an office with a grumpy boss and a tense workplace environment, I'm able to go on adventures around the world. If I'm ever lucky enough to have a fan base, I can share my experiences with them and make a good income. I'm so thrilled about this job, I don't think there's anything else out there that could make me happier.

中文思路:

我是一个热爱旅行的人，我在社交媒体上关注了几个很有魅力的旅行博主，他们的视频让我看到了一个不一样的世界。因此旅行博主是我非常感兴趣的工作。

几年前当我刚开始玩抖音的时候，我就知道了旅行博主这个职业。这份工作的内容大概是去世界各地旅行，然后分享美景和美食给自己的粉丝。

这份工作看似简单，然而需要的技能却不少。至少要包括摄影，摄像，剪辑，写文案等等。如果我能掌握一些小众技能，比如跳伞或者潜水，那就更好了。这些技能将帮助我制作出优质的视频，从而吸引更多的粉丝。

我喜欢这份工作，是因为它把我的兴趣和工作结合在了一起。能够一边旅游一边赚钱应该是我一直以来的梦想。比起坐在办公室里面对着暴躁的上司和复杂的人际关系。我更乐意去世界各地探险。如果我能幸运的拥有了一批粉丝，把自己旅途中的见闻分享给他们，并且获得不菲的收入。我想没有比这更能使我期待的工作了。

## 26: 有趣的邻居

Describe an interesting neighbor.

You should say:

What do he/she do

How you met this neighbor

How often you see this neighbor

And explain why you think this neighbor is interesting.

About several months ago, I became acquainted with a fascinating neighbor. She is called Anna, and we get along swimmingly with each other.

Last year our residential community was quarantined due to the COVID-19 pandemic. For an extended period, I was prohibited from venturing beyond the community, and all takeout services had also been suspended. Because I lack any aptitude for cooking, I ate poorly at that time. One occasion, I happened upon the fact that Anna was trading her homemade desserts in the community WeChat group, which was an utter revelation to me. After adding her WeChat account, I began to converse with Anna. Her profession is that of a dessert chef and she manages a cake shop herself. As she happened to be trapped indoors, she made a selection of desserts for sale.

Anna is hearty and cheerful. She was very welcoming to me the initial time I met her. Besides the desserts I purchased, she also presented me with some delectable snacks. We both share a passion and adoration for desserts, so we have gradually become more acquainted with each other. I visit her almost every week. I'm bound to say that the desserts made by Anna are truly scrumptious. We often discuss about delicious cuisine together, and she also enthralls me with funny anecdotes from the cake shop. Chatting with her always fills me with unbounded joy. Anna had also invited me to her house and instructed me on how to bake some rudimentary paper cupcakes. This process is really fascinating for me.

中文思路:

大约半年前我认识了一位有趣的邻居，她叫 anna，我们非常聊得来。

去年我们小区因为疫情的原因被封了。很长一段时间，我被禁止出小区。所有的外卖也暂停了。因为我不会做饭，那段时间我吃的很差。直到某一天，我在小区的微信群里看到 anna 在出售自制的甜品。这实在是太令我惊喜了。加了微信之后，我和 anna 聊了起来，她是一名甜品师，自己开了一家蛋糕店。最近在家里刚好有空，所以就做了一些甜品出售。

Anna 是个非常热情开朗的人，第一次见面她就对我非常友好。除了我买的甜品，她还送给我一些零食。我们都是甜品爱好者，渐渐的我们熟悉起来。我几乎每周我都会见到她。不得不说 anna 做的甜品实在是太好吃了，我们经常在一起交流美食，她还会和我分享蛋糕店里的趣事。和她聊天总是令我心情愉快。anna 还邀请我去她家并且教我做一些简单的纸杯蛋糕。不得不说这个过程实在是太有趣了。



## (一) 同学创业成功

### 27-28: 成功的同学（新题）& 成功的经营者（新题）

Describe someone you studied with who is successful in his/her life. You should say: who this person is where you studied together when you studied together and explain why you think this person is successful in his/her life.	Describe a person you know about who runs a successful business. You should say: How do you know about this person What kind of business does he/she run How long has the business been running And explain why you think his/her business is successful.
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So, I wanted to tell you about my college buddy Michael. Back in college, we were tight pals. He's really made it big in his career now.

Michael and I, we both studied Business Management in college. We were dorm neighbors, so we hit it off pretty quick. We both loved basketball and video games, and we became fast friends. We'd go to classes together, grab meals, and shoot some hoops. Michael was a real class act, always participating, joining academic contests, and acing his studies. Before each final exam, Michael would hit me up to hit the books together. He believed having a study buddy was a game-changer.

After we graduated, Michael worked a year and then decided to dive into entrepreneurship. He started a business focusing on pet stuff, like pet food and gear. Even though starting a business is no walk in the park, Michael put in tons of time and effort. He was always on the lookout for market opportunities. His hard work and hustle from college laid a solid foundation for his journey. From what I hear, after three years, Michael's company is really taking off. The products he sells are a hit in the local market. Last year, he even started building his own brand and a factory. He's been interviewed by the media too! I gotta hand it to him, he's become a real successful business owner. Copy right by An xiao ya.

中文思路：

我想谈谈我的大学同学 Michael，大学时期我们是很好的朋友。他如今在事业上取得了巨大的成功。

Michael 和我一样，大学学习的是工商管理专业。他住在我隔壁宿舍，因此开学不久我们就认识了。我们两个都喜欢篮球和游戏，很快成为了好朋友。我们经常一起上课，吃饭，打篮球。他总是在课堂上积极发言，参加各种学术竞赛，并在学业上表现出色。每次期末考试之前，Michael 都会约我我一起去图书馆复习功课，他认为两个人彼此监督能够很大程度的提高学习效率。

毕业后，Michael 在工作了一年后决定创业。他创建了一家专注于宠物用品的公司。公司主要售卖宠物食品和生活用品。尽管创业的道路充满了困难和挑战，但 Michael 投入了大量时间和精力，积极寻找市场机会，他在大学里展现出的勤奋和努力，为他的创业之路奠定了坚实的基础。据我所知，经过三年的发展，Michael 的公司现在已经初具规模，他代理的产品在国内市场上很受欢迎。去年他已经开始筹建工厂，准备创建自己的品牌。他甚至还接受过媒体的采访，我不得不承认 Michael 已经是一个成功的企业家了。

## (二) 狗狗照片

### 29-30: 喜欢的照片（新题） & 一幅画（新题）

Describe a photo you have kept that makes you feel happy. You should say: what it shows when and where the photo was taken how often you look at it and explain why this photo makes you feel happy.	Describe a painting or drawing you enjoy looking at. You should say: when and where you first saw it what it was about what you know about the person who create it And explain why you enjoy looking at it.
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#### 《喜欢的照片》

I recently took a set of photos of my dog. I think every one of them looks great and of course I picked my favorite and set it as my phone's screensaver. Whenever I use my phone, I see this photo. So, I look at it a dozen times a day, I guess. But even so, every time I see it, it brings a smile to my face.

Last month, I took my dog to the park on a beautiful weekend and asked my boyfriend to join and help me. My boyfriend played with the dog while I took pictures. So, it took quite some time for me to get a picture that I was satisfied with. Then, the dog happened to be looking into the camera and I happened to have captured the moment. Thus was born a picture I was proud of. In the picture, the dog was smiling and running against the background of sunshine, blue skies and green grass that looked like a nice painting.

Since my dog is already ten years old, I had always wanted to have some formal photos taken of him to keep for later. I consulted some pet photo studios but their charges were exorbitant. That was why I had decided to take matters into my own hands. The reason I like photo so much is that I managed to record a beautiful moment of my dog at a low cost. To me, the picture could not have been better.

中文思路：

不久前，我给我们家的狗拍了一组写真照。我认为每一张都很好看，当然我还是挑了最喜欢的一张设置成了我的手机屏保。只要我打开手机，我就会看到这张照片。所以我每天都要看十几次吧。即使这样每次看到它都会使我感到开心。

上个月，我挑了一个天气很好的周末，带狗狗来到了公园。我还叫上了我的男朋友帮忙。他负责和小狗玩，而我负责拍照。过了非常长的一段时间后，我才拍出了让我满意的照片。那时候小狗的眼神刚好看向镜头，我也抓拍到了这个的瞬间。一张我引以为豪的照片就这样产生了。照片里小狗微笑着在草坪上奔跑，那天阳光很好，蓝色的天空加上绿色的草地，背景美的就像一幅油画。

我家的狗狗已经十岁了，一直以来，我都想给它拍一些正式的照片留作纪念。我咨询过一些宠物照相馆，他们的收费实在是太贵了。所以我决定自动手。我之所以喜欢这张照片，是因为我用很低的成本记录了我的狗的美丽时刻。对我来说，这张照片再好不过了。



## 《一幅画》

Some time ago, I took a set of portraits of our dog. In my view, every single one of them is great. Of course, I picked my favorite one and created a small oil painting in its light. The oil painting was based off of the dog's photo. I just received the painting last month and couldn't wait to open it in my office. I gotta say the painting is absolutely exquisite.

In the oil painting, my dog is running on the grass with a big smile. It was a sunny day, and the blue sky against the green grass made the background look almost unrealistically beautiful.

The creator of this painting, who I found on a social media site, is an artist who specializes in custom pet portraits. Well, I have never met her in person, so I don't know much about her. However, I'm sure she's a huge pet lover and only someone like that can paint with affection.

You know, I really love this painting, so I hung it on a wall in my house. My dog is ten years old, and I've always intended to make some items related to him to keep as a souvenir. I love viewing this painting cause it always reminds me of the fun times I had with my dog. Even if my dog is no longer with me one day, this painting will still be with me, as he was with me.

中文思路：

不久前，我给我们家的狗拍了一组写真照。我认为每一张都很好看，当然我还是挑了最喜欢的一张，照着它制作了一副小型油画。油画是根据狗狗的照片定制的。上个月我刚收到这幅画，就迫不及待的在办公室打开了它。不得不说这幅画真的是太精美了。淘 宝：安 小 雅。

油画里，小狗微笑着在草坪上奔跑，那天阳光很好，蓝色的天空加上绿色的草地，背景美的有点不真实。

这幅画的作者是我在社交网站发现的，她是一位专门从事宠物肖像定制的画家。我并没有见过她本人，因此了解的不多。但我相信她一定是一个非常喜欢宠物的人，只有这样的人才能画出有感情的作品。

我非常喜欢这幅画，因此我把它挂在了家里的墙上。我家的狗狗已经十岁了，一直以来，我都想制作一些和它相关的物品留作纪念。我喜欢看这幅油画，因为它总能让我想起和狗狗一起度过的快乐时光。即使有一天我的狗狗不在了，这张油画依然会陪伴我，就像它陪在我身边一样。

## (三) 等 offer

### 31-32: 等待美好事情（新题）& 改变人生的时期（新题）

Describe a time when you had to wait a long time for something nice to happen. You should say: what you were waiting for how long you waited why you had to wait and explain how you felt when the nice thing finally happened.	Describe a time when something happened that changed your life in a good way. You should say: what happened when and where it happened how you felt about it and explain how this changed your life in a good way.
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Now, let me share a story that happened two years back when my career hit a roadblock. I decided to ditch my job and hunt for something that paid better.

After a long job hunt, I finally scored an interview for a dream job. After the interview, I felt like I knocked it out of the park, but the job offer was missing in action. I waited for what felt like forever, stressing out every day, hoping for some good news.

During those two weeks of waiting, I was on edge and doubting myself. I wondered if I bombed the interview or if I was even right for the gig. But I couldn't control it, so I had to sit tight and stay patient. Later, I found out the new company needed time for a background check, which took ages.

Finally, when that job offer landed in my inbox, I was over the moon. The new post was a perfect fit for me, and I knew I could excel. Plus, the salary was nearly double what I used to make, which really boosted my lifestyle.

中文思路：

我要分享的故事发生在前年，我的职业发展遇到了瓶颈。那时候我决定离开目前的工作岗位，寻找更适合我的，收入更高的职业机会。

经过漫长的求职过程，我最终收到了一份理想的工作岗位的面试邀请。面试后，我认为我表现得非常出色，但是录用通知却迟迟没有到来。我等了整整两周的时间，每天都焦虑不安地期待着好消息的到来。

在等待的两周里，我时常感到紧张和不安。我甚至开始自我怀疑，是否自己在面试中犯了什么重大错误。同时也考虑过自己是否真的适合这个职位。但决定权并不在我手上，我除了等待什么也做不了，所以我只能尽量保持冷静和耐心。后来我了解到，因为新公司需要时间来进行背景调查，以确保他们选择了最合适的人。这耗费了大量的时间。

最终，当我终于收到录用通知的那一刻，我感到非常的兴奋和满足。新的工作岗位很适合我，我认为我能更好的发挥我的长处。同时这份工作报酬几乎是前一份工作的两倍，这能显著地提高我的生活水平。

## (四) 托哥

### 33-34: 没见过的有趣陌生人 (新题) & 想法有趣的人 (新题)

Describe an interesting person who you have never met, but would like to know more about. You should say: who this person is how you heard about this person what interesting things he/she has done and explain why you'd like to know more about this person.	Describe a person who always has interesting ideas and opinions. You should say: who this person is how you knew this person what kind of ideas he/she has and explain why you think this person's ideas and opinions are interesting.
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I'm into this TikTok dude named Torres. He's a real Hong Kong native, and he's not just good at English, but he speaks Mandarin and Cantonese too. The guy's pretty tall, not exactly a looker, but his smile is just so darn sunny.

I stumbled upon his TikTok vids by pure chance. That beaming smile and his fun content immediately grabbed my attention. The thing that stuck with me the most was when he hit up Harvard and did those random quizzes with the students, like a trivia showdown. They could keep going for double the cash or just take the money and run. Top prize was 160 bucks, and it made the whole thing super fun! And you won't believe it, but even Harvard students got stumped by some easy questions. Apart from that, he's got loads of cool ideas, like during the World Cup, he went up to a bunch of Brazilian fans and started yelling "Argentina's gonna win!" just to stir the pot.

In a nutshell, Torres always has some interesting takes and ideas. Every time I catch one of his videos, it puts a smile on my face. It's probably because he had an open upbringing that his thinking is so open and adaptable. I'm really eager to learn more about him 'cause I wanna be as upbeat and fun as he is. That's why he's got this huge fan following on social media, becoming a real internet sensation.

中文思路:

我在 Tiktok 上关注了一个非常有趣的英文博主，他叫 Torres。他是一个土生土长的香港人，不仅英语说的好，还会讲普通话和广东话。他的个子很高，虽然长得不算帅气，但笑起来很阳光。

我是在偶然的情况下，在 Tiktok 里刷到他的视频的。他灿烂的笑容和有趣的视频内容立刻就吸引住了我。令我印象最深的是他去哈佛大学随机采访当地的学生，跟他们玩答题游戏。学生在答对一道题后可以选择继续挑战，赢取双倍奖金，亦或者拿钱走人。最高可以获得 160 美金的奖励，这使得这档节目非常有趣！更令我吃惊的是哈佛大学的学生也会被一些简单的小问题难倒。除此之外，他还有很多有趣的想法，比如在世界杯期间，跑去一堆巴西球迷边上大喊阿根廷必胜等等。

总之，Torres 是一个总是有着有趣观点和想法的人，每次看他的视频我都感到很开心。可能因为他从小接受了很开放的教育，所以他的思维方式独特且多变。淘 宝：安小 雅。

(我很想更多的了解他，因为我想成为向他一样开朗有趣的人)。这让他社交平台上积累了大批粉丝，成为一个备受欢迎的网红博主。

## (五) 三亚

### 35-36: 感兴趣的地方（新题）& 美丽的城市（新题）

Describe the part of your country that you find most interesting. You should say: where it is how you know about it what people can see and do there and explain why you find it most interesting.	Describe a city which you think is beautiful. You should say: where the city is how you know it what it is famous for and explain why you think this city is beautiful.
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I'd like to share one of the places in China that fascinates me, and that's Sanya. Located on the southern tip of Hainan Island in China, Sanya is a magnificent tropical resort and one of my favorite destinations in China.

My knowledge of Sanya stems from recommendations from friends and social media platforms. Many people have traveled to Sanya and shared their amazing experiences there. Also, the pictures and videos on social media have kept me keenly interested in the city.

Sanya boasts beautiful beaches, turquoise blue water, and a warm climate. At Sanya, people can fully enjoy the sunshine. You can stroll on the beach with your loved ones or take a stab at various water activities such as surfing, diving and sailing. Additionally, Sanya enjoys a wealth of cultural and historical heritage, all of which provide an insight into Chinese culture for people. Apart from the natural beauty, Sanya also offers young people's favorite food. Here you can enjoy a variety of delicious seafood and experience the unique flavor of the tropical island. Copyright by Anxiaoya.

Actually, I think the most attractive thing about Sanya is its diversity. Sanya not only boasts beautiful natural scenery, but also a wide variety of recreational activities. Whether you love adventure or a leisure vacation, Sanya can cater to your needs. It is a mesmerizing vacation destination that attracts tourists all over the world.

Well, I think Sanya is magnificent for its natural beauty, its diverse and colorful cultural heritage, and the various entertainments and activities it offers. The city is energized and vibrant, while also providing opportunities for tranquility and relaxation. Sanya has something for everyone, whether you are sunbathing on the beach or exploring the adventures of the jungle. Anyway, I think that's what makes it so picturesque and fascinating.

我想分享的是中国的一个令我着迷的地方，那就是三亚。三亚位于中国海南岛的南端，是一个美丽的热带度假胜地，也是我国内最喜欢的目的地之一。

我对三亚的了解来源于朋友的推荐以及社交平台。许多人曾经去过三亚，并分享了他们在那里的美好经历。此外，社交媒体上的图片和视频也让我对这座城市产生了浓厚的兴趣。

三亚有着美丽的海滩，碧蓝的海水，以及温暖的气候。人们可以在那里尽情享受阳光。你可以和爱人漫步于沙滩上，或者尝试各种水上活动，如冲浪、潜水和帆船。此外，三亚有着丰富的文化和历史遗产，这些地方能让人们深入的了解中国文化。除了自然美景，三亚还有年轻人最喜欢的美食。在这里你可以品尝到各种美味的海鲜，感受热带岛屿独特的风情。

我觉得三亚最有趣（我认为三亚之所以美丽）的原因在于它的多样性。三亚不仅有美丽的自然风光，还

有各种各样的娱乐活动。不论你是喜欢冒险还是喜欢休闲度假，三亚都能满足你的需求。它是一个令人陶醉的度假胜地，吸引着来自世界各地的游客。

我认为三亚之所以美丽，是因为它拥有自然风光、丰富多彩的文化遗产以及各种娱乐和活动。这个城市充满了活力和活力，同时也提供了宁静和放松的机会。不论你是在沙滩上晒太阳，还是在探索丛林中的冒险，三亚都能满足不同人的需求。，我认为这正是它之所以如此美丽和迷人的原因。

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## (六) 加班

### 37-38: 感到累的活动（新题）& 困难任务（新题）

Describe a time when you felt tired after doing an activity. You should say: what activity you did when and where you did this activity why you did the activity and explain why you felt tired after doing this activity.	Describe something difficult you did and were proud of it in your work or studies. You should say: what you had done why you did this how difficult it was and explain why you felt so proud of yourself for doing it.
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#### 《感到累的活动》

I remember this one time when I had to work late until midnight every day for a whole month to organize this super important event. Back then, I was dead tired every single day, and looking back, it's a month I'll never forget.

This all went down about two years ago when I was working as a project manager in Shanghai. We landed this big contract to organize a massive product launch event for a client. This event was make-or-break for the client's brand, so both the company and our department were all in.

The thing was, this gig was a beast in terms of workload, and the deadline was breathing down our necks. So, I had to put in extra hours every single day, or we'd have no shot at making it. It wasn't just about discussing the event with the team; I had to physically go to the venue for inspections. I couldn't afford to slack off at any point. From setting up the place to hosting the guests, every single detail needed my personal touch.

What made it all worthwhile was that the event went off without a hitch, and the client was absolutely thrilled with our work. When that event finally wrapped up, I felt like I could breathe again, and I could finally go home and catch some Z's. I hadn't taken a single day off for a whole month, and the night before the event, I even pulled an all-nighter. Yeah, it left me feeling like a zombie, but it was a priceless experience in my career.

中文思路：

我曾经为了一个重要活动的策划，每天都加班到深夜 12 点，持续了整整一个月。那段时间我每天都非常疲惫，现在想起来也是一段令人难忘的经历。

这事情发生在两年前，当时我在上海的一家公司担任项目经理，我们获得了一份非常重要的合同，需要为客户策划一场大型产品发布会。这个活动对于客户的品牌推广至关重要，因此公司和我们部门都非常重视这个项目。

因为活动任务繁重而且时间紧迫，所以那段时间我不得不每天加班，否则我很大概率无法完成任务。我不仅需要和团队讨论发布会的流程，还需要去会场实地勘察。整个过程我不敢有丝毫的懈怠。从场地布置到宾客的接待，每一个环节都需要我亲自安排。

令我感到欣慰的是，最终活动顺利举行，客户对我们的工作非常满意。发布会结束的那一刻我如释重负，我终于能回家睡个好觉了。为了这场活动，我已经一个月没有放假了，前一晚我甚至通宵在工作。虽然

这段经历让我感到疲惫，但这是我职业生涯中的一次宝贵经历。

### 《困难任务》

I remember this one time when I had to work late until midnight every day for a whole month to organize this super important event. Looking back, it's a month I'll never forget.

This all went down about two years ago when I was working as a project manager in Shanghai. We landed this big contract to organize a massive product launch event for a client. This event was make-or-break for the client's brand, so both the company and our department were all in.

The thing was, this gig was a beast in terms of workload, and the deadline was breathing down our necks. So, I had to put in extra hours every single day, or we'd have no shot at making it. It wasn't just about discussing the event with the team; I had to physically go to the venue for inspections. I couldn't afford to slack off at any point. From setting up the place to hosting the guests, every single detail needed my personal touch.

What made it all worthwhile was that the event went off without a hitch, and the client was absolutely thrilled with our work. Even though we ran into plenty of roadblocks during the event prep, my team and I got major props from the client and the bigwigs at the company. That made me super proud. Plus, I snagged a sweet bonus out of it. It's one of those career experiences that taught me that sometimes you gotta go the extra mile and have the patience to chase your goals.

中文思路：

我曾经为了一个重要活动的策划，每天都加班到深夜 12 点，持续了整整一个月。现在想起来也是一段令人难忘的经历。

这事情发生在两年前，当时我在上海的一家公司担任项目经理，我们获得了一份非常重要的合同，需要为客户策划一场大型产品发布会。这个活动对于客户的品牌推广至关重要，因此公司和我们部门都非常重视这个项目。

因为活动任务繁重而且时间紧迫，所以那段时间我不得不每天加班，否则我很大概率无法完成任务。我不仅需要和团队讨论发布会的流程，还需要去会场实地考察。整个过程我不敢有丝毫的懈怠。从场地布置到宾客的接待，每一个环节都需要我亲自安排。

令我感到欣慰的是，最终活动顺利举行，客户对我们的工作非常满意。虽然活动筹备过程中遇到了不少困难，但我和我的团队受到了客户和公司领导的高度赞扬，这令我非常骄傲。同时，我也因此获得了一笔额外的奖金。这是我职业生涯中的一次宝贵经历，让我明白了为了追求目标，有时候必须要付出额外的努力和耐心。



## (七) 老同学聚会

### 39-40: 聚会（新题）& 刺激的活动（新题）

Describe a time when you went to a party that you enjoyed. You should say: when and where the party was held what/who the party was for what you did at the party and explain why you enjoyed it.	Describe a time when you did an exciting activity with other people, You should say: what the activity was where you did this activity why you did this activity and explain how you felt about it.
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At the start of this year, during Chinese New Year when everyone had some free time, and since it's our three-year graduation anniversary, our class leader organized a get-together with our college buddies. It was super exciting.

We decided to meet up at a restaurant in our old university town because it held a lot of great memories from our college days. This event let me reconnect with tons of old friends after a few years of graduating. It was seriously thrilling. Honestly, since I started working, I've rarely had such chill and fun moments.

While we chowed down, we chatted about all the fun stuff we did in college and reminisced about the good times. Many of our buddies had changed a lot, both in how they looked and how they acted. We also talked about our lives and jobs, and what's in store for the future. Hearing everyone's different stories was even more exciting because we also busted out the card games we used to play back in the day. We were all laughing non-stop, like we'd gone back to our college glory days. Copyright by Anxiaoya.

I loved this get-together. Spending time with old pals always gives you that warm and happy feeling that words can't capture. So, this reunion was unforgettable for me, and it left me feeling super pumped and content.

中文思路：

今年年初，趁着过年大家有空回到上海，加上今年是我们毕业三周年的纪念。我们的班长组织了一场大学同学聚会。那是一次非常令人兴奋的活动。

聚会的地点选在大学城的一家餐馆，之所以选择这里，因为它是我们大学时代常常光顾的地方，那里有着许多美好的回忆。这个活动让我在毕业几年后重新见到了这么多的老朋友。这非常令人兴奋。事实上，工作之后我很少遇到这么放松和开心的时刻了。

我们一边吃饭，一边聊了很多大学时的趣事，回忆了曾经一起度过的时光。很多同学变化非常大，无论是样貌还是性格。我们还分享了各自的生活和工作，谈论了未来的打算。听着每个人不同的经历，让我更令人兴奋的是，我们还玩起了当年常常玩的纸牌游戏，大家都笑得不停，仿佛回到了大学时的快乐时光。

我喜欢这次聚会，与老友共度的时光总是让人感到温馨和幸福，这种情感是无法用言语来表达的。所以，这次聚会对我来说，是一次难忘的经历，让我感到非常兴奋和满足。

## (八) 电脑出问题

### 41-42: 糟糕服务（新题）& 电脑出问题（新题）

Describe a time when you received bad service. You should say: where and when you received bad service who gave you this bad service what happened and explain how you felt when you received this bad service.	Describe a problem you had when using a computer. You should say: what it was when and where you had this problem how the problem was solved and explain how you felt when you had this problem.
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Not too long ago, I had an incident where my computer broke down. This happened over the weekend while I was at home using my computer to complete some assignments. Suddenly, my computer refused to start up, and I was in quite a panic. So, I quickly took it to a nearby after-sales service center.

Once I got there, I was met with quite a bit of chaos and disorganization at the service center. I had to wait for what felt like an eternity before a service representative finally attended to my request. He hurriedly checked my computer and told me that I needed to get the motherboard replaced. Even though the computer was still under warranty, he said it would take at least two weeks to repair. When I asked if there was any way to speed up the process, he responded impatiently, saying they were already swamped and couldn't provide faster service. Ultimately, I had no choice but to accept these repair terms.

This awful after-sales service left me feeling extremely frustrated and dissatisfied. On one hand, I thought their repair process was painfully slow, leaving me without a computer for two weeks and causing significant disruption to my daily life. On the other hand, their attitude in providing after-sales service was quite poor and lacked professionalism. All in all, this experience left me thoroughly disappointed. I think in the future, I'll steer clear of Lenovo computers.

中文思路：

不久前我刚刚经历了一次电脑损坏的事件。事情发生在一个周末，那时候我正在家使用电脑完成作业。突然我的电脑出现了无法开机的问题。我非常着急，迅速将它送到离我家不远的售后服务中心。

到了那里后，我发现售后中心的管理混乱无序。我等了半小时才等到服务人员处理我的诉求。他只是匆忙地检查了一下我的电脑，然后告知我需要更换一个新的主板。虽然这个电脑还在保修期内，维修是免费的，但我至少要等待两周才能修好。当我询问是否可以加快处理，他非常不耐烦地回应说他们已经很忙了，无法提供更快的服务。最终我只能被迫接受这样的维修条款。淘 宝：安小 雅。

这次糟糕的售后服务让我感到非常生气和不满。一方面，我觉得他们维修的速度太慢了，这让我两周内没有电脑可用。这对我的日常生活产生了很大的不便。另一方面，他们的售后服务态度非常差，缺乏专业精神。总的来说，这次经历让我深感失望。我想今后我再也不会选择联想品牌的电脑。

## （九）单独话题

### 43：感兴趣的科学领域（新题）

Describe an area of science that you are interested in

You should say:

what it is

when and where you first heard about it

how you get more information about it now

and explain why you are interested in this area of science.

The science of psychology has always fascinated me, and I've been meaning to find time for its learning.

My first exposure to psychology was in my sophomore year, when I signed up for an elective course in psychology. I think psychology is a mysterious and interesting subject, and what the teacher told me in class was very attractive to me. It's been quite a while since I entered the workforce after graduation. I've been very busy with work lately, and it seems unlikely that I'll make time to take courses. I suppose I could just watch a few psychology-related video clips on the subway during my commute, or read some books on the subject at weekends. Both would be very effective ways to learn something new.

My actual plan is to grasp some basic concepts of psychology which may improve my people skills at work, so I don't think it'll be too difficult a thing for me to learn. If I ever have any questions, it won't be hard for me to find an answer with the help of search engines.

I believe psychology is very helpful in today's world. Some elementary knowledge of it could be of great significance in the workplace, making it easier for me to handle my relations with clients and colleagues. In a business negotiation, for example, I may work out how a client is feeling by studying his or her expressions and motions based on which I'll decide what to say or do. A sufficient understanding of the human mind will also increase my chances of enjoying office harmony.

中文思路：

我一直以来都对心理学特别感兴趣，我以后想抽出时间来学习它。

我第一次接触心理学是在大二的时候，我报名了心理学的选修课。我认为心理学是一项神秘又有趣的学科，课堂上老师讲述的内容非常吸引我。毕业后，我已经工作了一段时间。现在我的工作很忙，所以我大概率抽不出时间去进行专业的学习。我想我可以在坐地铁通勤的时候看看有关心理学的短视频，亦或者在周末的空闲时间在家里阅读心理学相关的书籍。这都是很有效的学习方式。

事实上，我想学习的是心理学的一些基本知识，以便我在工作中更好的处理人际关系。所以我认为这并不是一件困难的事情。如果我遇到了难懂的问题，搜索引擎将会是我的好帮手。

我认为在当今的社会里心理学是非常有用的一个学科。一些基本的心里学知识将在工作中发挥巨大的作用，帮助我更好的处理自己和客户或者同事之间的关系。比如在商务谈判中，我可以通过表情和动作判断客户的心理状态，及时调整谈判策略。适当的心里学知识也能让我与同事相处的更融洽。

## 44: 感兴趣的历史时期（新题）

Describe a period in history which you are interested in.

You should say:

when it was

what happened

how you first heard about it

and explain why you are interested in this period of history.

I am quite interested in history, and I'd like to know more about the Qing Dynasty.

I first learned about the Qing Dynasty in my history class in junior high school, yet I developed my interest in it later. It was because I watched several popular TV dramas, which were based on the Qing Dynasty. Although the plots were different, I became interested in the culture, clothing, court etiquette, and of course, the historical figures too. I was curious whether the protagonists in the TV series really existed in history.

The Qing Dynasty was the last feudal dynasty in Chinese history. The country's economic and cultural development reached a peak in the middle of it. However, the Qing Dynasty eventually perished due to the government's corruption and the wrong policy of self-seclusion.

I would like to know more about the Qing Dynasty because, on the one hand, it is interesting to relate history to a TV series. There were many fascinating figures such as Ji Xiaolan and Heshen whose stories were made into film and television works. On the other hand, it is quite intriguing as the Qing Dynasty is the most recent feudal dynasty. Copy right by An xiao ya.

中文思路:

我是个对历史很感兴趣的人，我想对清朝历史多了解一些。

我最初学到清代历史是在初中的历史课上，但我真正对它感兴趣，是因为几部热播电视剧。这些电视剧都是以清代为历史背景，虽然故事情节各有不同，但通过电视剧，让我对清代的文化，服饰，宫廷礼仪产生了兴趣。当然还有历史人物。我很好奇电视剧中的主人公，在历史上是否真的存在。

清代是中国历史上最后一个封建王朝，在清代中期，国家的经济和文化发展都到达了一个高峰。到了后期，由于政府的腐败和闭关锁国的错误政策，清朝最终走向了灭亡。

我想更多的了解清朝的历史，一方面是因为这能让我把历史和我看的电视剧联系起来，这是一件很有趣的事。清朝有很多有意思的人物，比如纪晓岚、和珅等人，他们的故事被拍成许多影视作品。另一方面，毕竟清朝是离我最近的封建时代，所以我对它很感兴趣。



## 45: 钦佩的运动员（新题）

Describe a successful sportsperson that you admire,

You should say:

who this person is

what he/she has achieved

what you know about his/her life

and explain why you admire this sportsperson.

Speaking of China's most famous athletes, I am sure most people, including me, would probably first think of the household name Guo Jingjing. Guo, originally from Hebei province, is considered one of China's greatest Olympians. If my memory serves me right, she has taken part in the Olympic Games four times and won several gold medals.

Guo is famous because she had not lost a major international event, either individual or synchronized in diving. It is a remarkable achievement that seldom an athlete can achieve. Sometimes she is referred to as China's "princess" or "queen" of diving, which is in appreciation of what she has achieved.

Whether they're athletes or celebrities, they are still normal people with personal lives, and eventually, they all get married and have children. For instance, after retiring, Guo Jingjing married the well-known Hong Kong tycoon, Kenneth Fok. Their life is incredibly happy now.

I admire her very much because she is known for more than just excelling at sports. After she retired from the national team and got married, she was also enthusiastic about charity activities. She and her husband regularly participate in UN charity activities and actively contribute to charities to promote good causes. Many sports stars may fade into obscurity after retirement, but Guo is so dedicated to public welfare that her image is even brighter in people's minds.

中文思路:

说到中国最著名的运动员，我相信大多数人，包括我在内，可能会想到郭晶晶这个家喻户晓的名字。郭晶晶来自河北省，被认为是中国最伟大的奥运选手之一。

郭晶晶之所以出名，无论是个人还是双人3米跳板，她从来都没有在重大的国际比赛中输过。她有时被称为中国跳水的“公主”，这是人们对她所取得的成就的一种赞赏。如果我没记错的话，她参加了4次奥运会，取得了好几次冠军。

不管是运动员还是明星，在生活中他们都是一个普通人，最终都会结婚生子。郭晶晶退役之后嫁给了香港著名的富商霍启刚。现在生活的非常幸福。

我非常崇拜郭晶晶，因为她不仅以擅长体育而闻名。在她退役和结婚了之后，她还热心参加公益事业。她和他丈夫经常参加联合国的慈善活动，以及积极慈善机构捐款，推动公益事业。很多体育明星退役后可能就变得默默无闻了，但郭晶晶是如此地热衷于公益事业，这使得她在人们心中的形象越发高大。



## 46: 给他人建议（新题）

Describe a time when you gave a piece of advice to someone.

You should say:

who you gave advice to

what it was

how this person reacted to the advice

and explain whether you feel you gave this person the right advice.

I recently gave some very good advice to my friend, Lucy. Not long ago, Lucy told me that she wanted to travel with her family to somewhere but was not sure where to go; she asked me if I could recommend a good place to visit.

Without any hesitation, I recommended that she visit Sanya as it is a wonderful place to go to. The reason I suggested Sanya was because Lucy told me she wanted to go somewhere warm and fun. I thought Sanya would be the perfect place because while our hometown is very cold during the winter, the winter in Sanya is as warm as our spring. Therefore, it would be lovely and warm during the Spring Festival. Furthermore, Sanya is one of the best places in China for water sports, particularly diving, so there are lots of fun things for her to do. I also recommended some accommodations and restaurants in Sanya to her. Clearly, she was very pleased with my suggestions. After our chat, she immediately started looking up travel guides for Sanya.

I felt like this was very good advice because it was exactly the sort of place she was looking for. She wanted to visit somewhere warm and fun. Sanya was exactly the perfect place. I was very happy I could offer my friend good advice. It feels very rewarding to help your friends when they need advice. It is good to share our knowledge and experience with the people we have around us.

中文思路:

最近我给了我的朋友露西一些很好的建议。不久前，露西告诉我她春节想和家人一起旅游，但不知道去哪里;她问我是否可以推荐一个好地方。

我毫不犹豫的推荐了三亚，那是一个美妙的地方。我建议去三亚是因为露西告诉我她想去一个温暖有趣的地方。我认为三亚会是一个完美的地方，因为我们的家乡冬天很冷，但三亚的冬天像我们的春天一样温暖。因此，她会度过一个温暖美好的春节。此外，三亚是中国最好的水上运动的地方之一，尤其是潜水，所以她有很多有趣的事情可以做。我还推荐了三亚的住宿和饭店给她。显然她对我的建议非常满意。和我聊完后她立刻去查询三亚的旅行攻略了。

我觉得这是非常好的建议,因为三亚正是她在寻找的地方。她想去一个温暖有趣的地方。三亚是最好的选择。我很高兴能给朋友提供好的建议。当你的朋友需要建议时，帮助他们是非常有益的。和我们身边的人分享我们的知识和经验是一件很棒的事。

## 47: 中文很好的外国人（新题）

Describe a person from another culture who speaks Chinese very well.

You should say:

who he/she is

which country does he/she come from

how he/she learned your language

and explain why you think this person speaks Chinese so well.

Eileen Gu's from the U.S., and she's a top-notch skier. Besides her awesome performance in skiing, what really got me impressed is how well she speaks Chinese. Her Chinese skills are ace, and I think it's because she seriously put in the effort to learn Chinese.

Even though she was born in the U.S., she's got some deep Chinese roots. Her mom's Chinese, so she started learning Chinese when she was little. Chinese has always been one of the languages they talk at home. That really gave her a solid base for learning Chinese.

Besides, Eileen Gu is super into learning Chinese. Even though she spent most of her childhood and teenage years in the U.S., she was actively learning Chinese. She said she used to read Chinese books and watch Chinese movies since she was a kid. When she grew up, she came to China quite a few times for skiing competitions and made some really close Chinese friends. That really helped her with her Chinese learning.

Why can Eileen Gu speak Chinese so well? Well, it's partly because of her family background, which gave her a strong language foundation. But more importantly, she's got the drive and the desire to connect with more people through Chinese, and that positive attitude is key in language learning.

中文思路:

谷爱凌来自美国，是一位杰出的滑雪运动员。她除了优秀的比赛成绩，一口流利的中文同样令我印象深刻。她之所以中文说的很好，大概是因为她的双语背景和扎实的中文学习。

谷爱凌虽然在美国出生，但她有着深厚的中国背景。她的母亲都是中国人，所以她从小就接触到了中文。她的家庭一直以中文作为家庭的沟通语言之一。这样的语言环境为她的中文学习打下了坚实的基础。

此外，谷爱凌对中文学习充满了热情。她的童年和青少年时光主要在美国度过，但她一直在积极主动地学习中文，她曾经在采访中表示，自己从小就会阅读中文书籍和观看中文电影。长大后她又多次来到中国参加滑雪比赛，与中国队的队员建立了深厚的友谊，这也对她的中文学习有很大的帮助。

谷爱凌之所中文说的这么好，离不开她的家庭背景，这为她打下了坚实的语言基础。最重要的是，她有极大的动力和意愿，希望通过中文与更多的人建立联系，这种积极的态度在语言学习中是至关重要的。

## 48: 有益的广告（新题）

Describe an advertisement you have seen that you think is good.

You should say:

what it is for

what it shows

when and where you saw it

and explain why you think it is a piece of good advertisement.

I once stumbled upon an extraordinary ad with the slogan "A Diamond Is Forever." This ad was crafted for a renowned brand to promote their exquisite diamond jewelry.

The ad depicted a joyful couple, with the man placing a stunning diamond ring on the woman's finger, eliciting a radiant smile from her. As they embraced, the slogan "A Diamond Is Forever" appeared on the screen. The ad also showcased the dazzling beauty of diamonds and their radiant brilliance in various settings.

I first encountered this ad on television, during commercial breaks in a popular TV show. Additionally, the ad gained widespread exposure on the internet, especially on social media and video-sharing platforms.

This ad is arguably one of the most successful in history. I believe almost everyone has heard the phrase "A Diamond Is Forever." This slogan conveys a profound emotional message, suggesting that diamonds are not just jewelry but also precious symbols of love. Ever since, diamonds have been regarded as tokens of love, and hardly any bride doesn't dream of having a magnificent diamond ring. A great ad should be built upon a compelling emotional narrative that resonates well with the audience's emotions. I must admit that I truly appreciate this ad, and I also aspire to possess a diamond in the future.

中文思路:

我曾经看到一则非常出色的广告，它的主题是（一颗钻石恒久远）。这则广告是为一家著名的钻石珠宝品牌制作的，旨在宣传他们的钻石首饰。淘 宝：安小 雅。

广告中展示了一对幸福的情侣，男士为女士戴上一枚华丽的钻戒，女士的脸上充满了幸福的微笑。随着他们彼此相拥，广告语"A Diamond is Forever"出现在画面上。广告还展示了钻石的闪耀和美丽，以及它们在不同环境下的华丽光芒。

我首次看到这则广告是在电视上，当时它播放在一档受欢迎的电视节目中的商业间隙。此外，这个广告也在互联网上广泛传播，特别是在社交媒体和视频分享平台上。

这条广告应该是历史上最成功的广告之一。我想应该没有人没听过"A Diamond is Forever"这局广告词。这句口号传达了一种深刻的情感，暗示了钻石不仅是一种珠宝，更是珍贵的爱情象征。从那以后，钻石被视为爱情的标志。没有任何一位新娘不渴望拥有一枚华丽的钻戒。一条好的广告应该以动人的情感故事为基础，引发观众的情感共鸣。不得不承认，我很喜欢这则广告，并且我也希望能在未来拥有一颗钻石。

## 49: 逛公园（新题）

Describe a time when you enjoyed visiting a park or a garden.

You should say:

where it was

when you went there

why you visited there

what it looked like

There's a tiny park near my office building. Even though it's right in the city center, it's not crowded at all. I only pass by this park during my daily commute because it's right by the subway station. It wasn't until one evening last month that I finally went in. This park has these huge grassy areas, winding jogging paths, and plenty of comfy benches. Honestly, it's way fancier and prettier than I thought.

On that evening after work, I was feeling really agitated. For one thing, work was giving me a hard time. The end of the month was coming up, and I still had a bunch of work left to do. It was stressing me out big time. For another, I am married and must care for my kids. I am obligated to complete the housework and aid my kids with their homework every night after I return home. For a moment, I felt like I couldn't catch a break under all that pressure.

I found I felt totally relaxed when I was sitting alone on the small bench in the park, quietly watching the people in a daze. I am aware it sounds preposterous, however it's a very effective method to calm me down and relieve stress. I do not have to ponder or move. I just sit quietly.

中文思路:

在我工作的写字楼附近有一个小型的公园。虽然这个公园坐落在市中心，但是人并不多。只有当每天上下班的时候，我才会经过这个公园，因为它就在地铁站附近。直到上个月的一个傍晚，我才第一次走进来。公园有大片的草地，蜿蜒的跑步专用小道，还有很多休闲的长板凳。这个公园比我想象中要精致和漂亮的多了。

那天下班后，我的心情非常烦躁。一方面，我的工作遇到了困难。月底就快到了，而我的业绩还有很大一部分没有完成。这让我很苦恼。另一方面，我已经结婚生孩子了，每天晚上回到家之后还要做家务和辅导孩子作业。有那么一瞬间，我感觉自己被压的喘不过气。

那时候我突然发现，当我呆呆地坐在这个公园的小板凳上，静静的看着来往的人们时，我感觉到整个人都轻松了。我知道这听起来有点傻，但是这是能让我心灵静谧，舒缓压力的好方法。因为这时候没有任何能打扰到我，我不用思考也不用移动，只要静静地坐着就好。

## 50: 喜欢烹饪的人（新题）

Describe a person who enjoys cooking for others.

You should say:

who he/she is

how you knew this person

who he/she usually cooks for

and explain why you think he/she enjoys cooking for other people.

My husband is a unique person who really enjoys cooking. Also, he's always delighted to cook for his family and friends.

I've gotten to know him for years, as we were classmates in college. When we first graduated, we rented an apartment together, at which time he started to take on the cooking duties of his own accord. As the years went by, his cooking skills became increasingly excellent, and no dish was ever a problem for him.

His favorite activity is cooking for his family and friends, in which he takes great pleasure. The daily family cooking is normally accomplished by him. Whenever there is a special occasion, such as a birthday or holiday, my husband always prepares a nice dinner. As he once told me, food is the best way to convey love.

As for someone who loves to cook, they tend to have a disdain for food sold in restaurants. My husband is a firm believer that the food he cooks is more hygienic and healthier, so he is less inclined to eat take-out or dine in restaurants. You know, he believes that cooking is a must-have skill for life and a way to express his feelings to family and loved ones. As such, he views the kitchen as his "kingdom", and he enjoys conveying love and care through cooking. Whenever I appreciate the food he cooks, he is delighted.

我丈夫是一个与众不同的人，他非常喜欢烹饪。而且总是乐于为家人和朋友做饭。

我认识他已经很多年了，我们是大学时的同学。刚毕业的时候，我们一起租房子生活，那时他就开始主动承担起烹饪的任务。几年过去了，他的烹饪技术变得越来越好，任何菜式对他来说都不算难题。

他最喜欢为家人和朋友做饭，并且乐在其中。家庭日常的料理通常都是由他完成的。每当有特殊的场合，例如生日或者节日，我丈夫总是会精心准备一顿丰盛的晚餐。他曾告诉我食物是最佳的传递爱的方式。

对于一个喜欢烹饪的人来说，他们对餐厅售卖的食物往往是不屑一顾的。我丈夫坚信自己做的食物更加卫生和健康，因此不太愿意吃外卖或在餐厅用餐。他认为做饭是一种生活的必备技能，也是一种向家人和爱人表达自己情感的方式。因此，他会把厨房看作是自己的“王国”，他通过烹饪来传递爱和关心，这对他来说是一件非常享受的事。每当我对他做的食物表示赞赏，他都会非常开心。



## 51: 重要规定（新题）

Describe a rule at work or school that you think is important.

You should say:

what it is

how you knew this rule

what happens if people break it

and explain why you think this rule at work/school is important.

I see fixed working hours as one of the most important rules at work. Nowadays most companies offer nine-to-five jobs, which of course does not include extra overtime hours. HR emphasized this rule during my interview, so we could see its importance. I think fixed working hours are the most basic and mandatory rule for any company.

Actually, I don't like this rule very much. For those of us who work a 9-to-5 shift, the rush hour can be draining, as travel to and from work may be riddled with many stress-inducing situations, such as traffic congestion, irate commuters, and the like. If there's an unexpected violation of the rules, like being late for work, I will have half a day's salary deducted. Therefore, instead of sticking to the old fashioned, fixed 8-hour work schedule, I really hope the management team might consider a working arrangement where employees can choose which days or hours to work within a set time period or limit. I am sure a healthier work-life balance will play an important role in an employee's health and happiness.

Of course, from the perspective of management, such a rule can make it easier and more efficient to manage the business. The number of working hours by each employee can also be used as an important measure for performance review. So, this is the most important and basic rule for any business.

中文思路:

我认为固定的上下班时间是工作中最重要的规则之一。现代社会中大多数的公司都实行朝九晚五的工作制度，当然这并不包括额外的加班时间。早在我面试的时候，HR 就强调了这项规定。这足以见得它的重要性。固定的工作时间是任何一间公司最基本并且必须遵守的规定。

但事实上，我非常不喜欢这项规定，对于我们这些朝九晚五的人来说，上下班的高峰时间会让我们筋疲力尽，因为上下班的路上可能充满了许多引发意外的情况，比如交通拥堵、愤怒的通勤者等等。一旦出现意外违反了规定，比如上班迟到。我将会被扣除半天的工资。因此，我非常希望管理层能够考虑一种工作安排，让员工可以在规定的时间或限制内选择工作的天数或时间，而不是拘泥于老式的 8 小时固定工作时间表。我相信更健康的工作和生活平衡将对员工的健康和幸福起到重要作用。

当然，站在管理者的角度。制定这样的规定能够更方便，高效的管理企业。员工的工作时长也会作为业绩考评的重要衡量标准。因此这也是任何企业最重要，最基本的规定。