

## Contents

本季度新题 (2023 年 9-12 月新题, 2024 年 1-4 月保留题) :	3
人物题:	3
Describe a sportsperson you admire (钦佩的的运动员)	3
Describe a person who enjoys cooking for others (喜欢做饭的人)	8
Describe a foreigner who speaks Chinese well (中文说得好的老外)	12
Describe a person who always has interesting ideas or plans (想法有趣或者点子很多的人)	16
Describe an interesting person that you have not met in person and would like to know more about (没见过但是却感兴趣的人)	20
Describe a successful business person you know (e.g. running a family business) (成功的商人)	24
Describe a successful person who you once studied or worked with (一起学习、工作的成功人士)	29
经历题:	33
Describe a time when you had a problem with using the computer (电脑罢工)	33
Describe an activity that made you feel tired (感到累的活动)	38
Describe an occasion when you waited a long time for a nice thing (花时间等待美好事情发生)	45
Describe a party that you enjoyed (享受的聚会)	50
Describe an exciting activity that you experienced with someone else (一同参加的令人兴奋的活动)	55
Describe a difficult task that you completed at work/school that you felt proud of (你克服过的为之骄傲的困难)	58
Describe a time when something changed your life in good ways (好的人生变化)	63
Describe a bad service you received in a restaurant or shop (一次糟糕的服务)	67
事物题:	72
Describe an area of science (biology, robotic, etc.) that you are interested in the would like to learn more about (感兴趣的科学领域)	72
Describe a photo that makes you feel happy (让你开心的照片)	79
Describe a drawing/ painting that you like (喜欢的一幅画)	84
Describe a rule that is important in your school or at work (学校、工作中的重要规则)	90
Describe a piece of good advice that you gave to someone (你给出的好建议)	94
Describe a good advertisement that you think is useful (有用的广告)	99
地点题:	104
Describe a place in your country that you think is interesting (有趣的地方)	104

Describe a park or a garden in your city (你所在城市的公园或花园) .....	111
Describe a beautiful city (美丽的城市) .....	115
本季度保留题 (2023 年 5-8 月新题, 2023 年 9-12 月保留题): .....	119
人物题: .....	119
Describe someone you know who often helps others (帮助他人的人) .....	119
Describe a popular person (受欢迎的人) .....	124
Describe a famous person you are interested in (感兴趣的名人) .....	128
Describe someone you know who has recently moved to a new place (认识的人搬到新家) .....	136
经历题: .....	141
Describe a car journey you had (汽车旅行) .....	141
Describe an adventure you would like to take in the future (想要经历的冒险) .....	146
Describe an occasion when you got incorrect information (错误信息) .....	152
Describe an occasion when you got lost (迷路) .....	152
Describe an occasion when you spent time with a young child (和孩子共度的时光) .....	158
Describe a happy experience in your childhood (童年快乐经历) .....	163
Describe a talk you gave to a group of people (演讲经历) .....	166
事物题: .....	172
Describe a film you have recently seen that you felt disappointed about (让你失望的电影) .....	172
Describe a piece of clothing you enjoy wearing (喜欢穿的衣服) .....	178
Describe an expensive gift that you would like to give someone when you save a lot of money (存钱买贵重礼物) .....	184
Describe an important decision that you made (重要的决定) .....	188
Describe a game you enjoyed playing when you were younger (童年喜欢的游戏) .....	195
Describe a water sport you would like to try in the future (想要尝试的水上运动) .....	199
Describe a sport program you enjoy watching (喜欢看的体育节目) .....	204
Describe a book that you have read many times (多次阅读的书) .....	212
Describe an interesting job that you want to have in the future (想要尝试的有趣工作) .....	218
Describe a traditional celebration in your country that you enjoy (传统庆典) .....	222
Describe an invention that is useful in your daily life (有用的日常发明) .....	226
地点题: .....	233

Describe a place you have been to where there were a lot of people (人很多的地方) .....233  
Describe a new shop that has recently opened in your town/city (新开的店) .....237  
Describe an ideal house you would like to have (理想的房子) ..... 241  
Describe a place you plan to travel to that is far away from your home in the future (未来想去的遥远的地方) ... 247

本季度新题 (2023 年 9-12 月新题, 2024 年 1-4 月保留题) :

人物题:

**Describe a sportsperson you admire (钦佩的的运动员)**

**You should say:**

**Who he/she is**

**How you knew him/her**

**What he/she is like in real life**

**What he/she has achieved**

**And explain why you admire him/her**

知识点:

- **Sportsperson= athlete**
- 运动员的其他说法  
也可以具体叫做: **swimmer, basketball player, football player, tennis player, high diver, gymnast, track and field athlete (田径运动员), high jumper...**

- **gold medalist 金牌获得者**
- **world champion 世界冠军**
- **most accomplished athlete 最有成就的运动员**
- **event 在体育界表示“比赛项目”**

**Before Liu Xiang, no Chinese athlete had even won a gold medal in an Olympics sprint event (冲刺短跑项目).**

- He/she is a famous football player, and some would say he's the best football player in the world.
- He started his career in...
- He's won numerous trophies over the course of his career.
- He's broken many world records.
- He made headlines last month. 上报纸头条
- He's story of perseverance is what touches me the most.  
他坚韧不屈的故事是最打动我的地方。
- have a number of injuries: 多次受伤
- level of performance: 运动表现水平  
After a number of injuries, his level of performance began to drop.
- determination/ a go-getter attitude 拥有钢铁般的决心  
The best athletes are the ones who have the steely determination (钢铁般的决心) to win.
- emotional maturity 情绪稳定成熟  
Apart from talent, a sportsperson needs to master the art of emotional maturity in the face of defeat and pressure (在失败和压力面前) .
- presence of mind 气定神闲  
The presence of mind when facing challenges is required to be an athlete.
- competitiveness 好胜心  
On the field, the athletes show extreme competitiveness.
- 其他形容运动员的词:  
Fit 健硕的, tall 高的, muscular 肌肉很多的, energetic 有活力的, quick 快速的, gifted 有天赋的, confident 自信的, humble 谦虚的, committed 有承诺的...

Today I want to talk about Liu Xiang. He's a "super-mega-famous" (超级无敌有名) athlete in China. He's a gold medalist, a world champion, in 110-meter hurdles (跨栏) .

I knew him from the 2004 Athens Olympics (Athens 雅典的发音/æθənz/). Before that, nobody knew him. So, it was a total big surprise when we saw him striking the gold medal on TV. He was like an underdog (黑马) .

Liu Xiang got famous overnight (一夜成名) literally.

I still remember how emotional he was when he won. He wrapped himself up with our national flag (用我们的国旗把自己包裹起来) and just kept running on the field. When he got on the medal podium (颁奖台) , he almost jumped onto it like a pony (像一只小马驹一样跳上颁奖台) because of the excitement. He was so happy and so emotional at the same time. And that moment was unforgettable for us audience as well. Because before him, no Chinese athlete had ever won a gold medal in an Olympics hurdling event. He was the first one!

I admire him so much. Not just me, everybody in China adores him. We call him "a man who can fly" because how fast he runs. He's not only super quick, but also a very determined, committed, and strong-minded person. He definitely has the go-getter attitude. I know that he started his career as a high jumper (跳高运动员) . But later he switched to hurdling as he found himself much more gifted in this field. He trained hard, fought hard, and eventually became a legend (成为传奇) .

That's why he's my hero. Thank you!

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### Part3:

1. Should students have physical education and do sports at school?

Absolutely yes. Physical activities can help children build muscles (搭建肌肉) , increase endurance (增加体能耐力) , and maintain good physical

health (维持生理健康) . It can also help children maintain their weight (保持体重) and reduce the risk of obesity (减少肥胖几率) . And also, physical health and mental health always go hand in hand (齐头并进) . Doing sports can help reduce stress, anxiety and promote mental well-being (促进精神健康) . And when it comes to team sports, there is an extra benefit, which is children's social development. Through doing team sports, students learn how to communicate and work together/ cooperate (合作) with their peers. It can help them develop important communication and interpersonal skills. (分角度讨论)

## 2. What qualities should an athlete have?

Well, in my opinion, an athlete, especially a good one, should be determined, focused, hard-working, and committed. And another thing I want to emphasize is that, he/she should have emotional maturity (情绪上的成熟稳定性) . A sportsperson needs to master the art of emotional maturity (具备稳定的情绪) in the face of adversity and pressure (在面临挫折和压力的时候) . Never give up, have presence of mind (气定神闲) , and be perseverant (坚持不懈) . (强调补充)

## 3. Why are there so few top athletes?

Because, just like I said, there're a lot of attributes/qualities an athlete ought to have in order to make it to the top (登顶) . It's hard to have them all (很难同时拥有) . And on top of that, they need to know how to take care of their body. I know that some football players, like Cristiano Ronaldo pays lot of attention to his diet and also the way he trains his body. He has a team working for him. And then, it is also extremely hard to find the right coach. A good coach can help the athlete set a specific goal, create an individual program that suits the athlete. They're like the lighthouse (灯塔) . (罗列原因)

## 4. Is talent important in sports?

Talent in sports is very important. It's the athlete's innate and natural ability (内在的先天能力) in a particular sport. However, I wouldn't say it's the only important factor. Success in sports is not solely dependent on talent. There are other factors, like, hard work, dedication, coaching, mental maturity, they're all equally crucial. It is the combination of all of these important factors that determine success in sports. For example, Liu Xiang. He's very talented in hurdling, but I think his dedication and mental toughness also are the key factors in his journey of becoming a gold medalist (金牌获得者). (反向思考)

5. Is it easy to identify children's talents?

To be honest, I don't really know. I'm not a children's coach or an instructor. I guess for young children, like toddlers (幼儿), it's difficult to identify their talents because they're still learning and developing some basic skills. For example, if a 2-year-old can't sing well now, it doesn't mean they won't become a talented singer one day. And when it comes to older kids, I think it'll be relatively easier to identify their talents. But I could be wrong (我可能是错的, 我说不好). (分群体, 举例子)

6. What is the most popular sport in your country?

① Chinese people like play ping-pong and badminton. Probably these two are the most popular ball games (球类运动) in China. And other than that, Chinese people love swimming and running, in general. (罗列)

② People of different age groups like different kinds of exercises. Old people prefer something less intense (不那么剧烈的), for example, taking a walk, going for a jog, doing Taiqi, swimming; younger generation prefer something that can increase their endurance and help them sweat and relax, like, badminton, ping-pong, and running. (分群体)

**Describe a person who enjoys cooking for others (喜欢做饭的人)**

**You should say:**

**Who this person is**

**What he or she likes to cook**

**Who he or she cooks for,**

**And explain why he or she enjoys cooking**

**知识点:**

- **Signature dish: 拿手菜**
- **好吃的几种表达:**  
**Delicious, scrumptious, incredible, amazing, SO GOOD, out of this world, better than those top-notch restaurants**
- **Cook up a storm: 带着能量和热情大做一场盛宴**  
**Rob was in the kitchen cooking up a storm.**
- **The real deal: 最好吃正宗的美味 (也指某人、某物特别一流水平)**  
**This Italian restaurant is the real deal. Their pasta tastes just like it does in Italy.**
- **Hit the spot: 形容好吃的食物特别令人满足, 正中下怀**  
**After a long hike, a hot bowl of soup really hit the spot.**
- **A party in your mouth: 美食的不同滋味在嘴里开 party**  
**The blend of spices in this curry creates a real party in your mouth.**
- **Nurturing our souls: 滋润灵魂**  
**Grandma's chicken soup always feels like it's nurturing our souls, especially when we're sick.**
- **Spice things up: 增加佐料, 提升风味 (也指在生活里给一些事情增加趣味)**  
**Let's spice things up with some chili flakes to give this pasta a kick.**
- **Follow a recipe to a T: 一步一步严格跟着菜谱走**  
**When baking a cake, it's essential to follow the recipe to a T to get the perfect result.**
- **Whip something up: 快速利索地准备一顿饭**  
**I can whip up a delicious omelette in no time for a quick breakfast.**

- **Simmer down:** 慢慢降温, 小火炖 (也指情绪慢慢降温)  
**After bringing the soup to a boil, reduce the heat and let it simmer down for 20 minutes.**

So, the first person comes to my mind is my grandmother (第一个想到的是我的祖母). She has this incredible knack for (非常有天赋于做某事) cooking and making everybody happy with her food. She's the real deal in the kitchen.

My grandma mainly cooks Chinese cuisines. Oh man, she has so many signature dishes (拿手菜): from soup (烫) to stew (炖菜), from noodles to dumplings (饺子). Her duck soup is my favorite. It is legendary (传奇的), out of this world (美味无边际). It tastes even better than those top-notch restaurants (比餐馆都好吃). I'm not even kidding (我没开玩笑). The flavors of ginger (生姜), garlic (大蒜), and soy sauce (酱油) dancing together: it's like a party in your mouth (嘴里的 party). Especially when I feel cold and sick, her warm and tasty duck soup can always lighten up my mood (点亮我的心情) and hit the spot (正中下怀, 给予我满足).

She loves cooking for her family, especially her grandchildren. My cousins and I all loved her food when we were little. We still do. It's a shame that (很遗憾) we don't visit her that often anymore these days (如今). But from time to time, we see her on holidays and someone's birthday. She still offers to cook up a storm (大烧特烧) for us, even at the age of 80.

Moving on to the reason why she loves cooking, well, it's not just about satisfying our stomachs; it's also about nurturing our souls (滋养灵魂). She is and always will be the caregiver (照料者) in our big family. And

**She always puts family first (家庭第一) . Cooking is her way of showing love (是她展示爱的方式) .**

**So, yeh, that's my grandma. Thank you for your time.**

### **Part3:**

**1. What do we need to prepare when we need to cook?**

**So the first thing we need to do is to decide what kind of dish or dishes we want to make. And then, we need to gather all the necessary ingredients and spices (食材和香料) . And next, we need to make sure that we have the proper tools and utensils/cookers (厨具) and the recipe in hand (手中有菜谱) which we can find either from a cookbook (烹饪书) or all the free recipes online. And finally, we can just start cooking by following the steps. That's the basic prep work (准备工作) for cooking.**

**(罗列)**

**2. Do you agree that food is an important part of Chinese festivals and ceremonies?**

**Oh yeah for sure, I agree. This idea applies to (适用到) almost every culture worldwide (全世界范围内的其他文化) because food is essential to everyone's life, right? During Chinese festivals and traditional ceremonies, the major theme (主题) is always to sit down at the same table, and enjoy a scrumptious meal together (一起享受绝美的一餐) . It's the perfect reason to bring people together (把人团结到一起) , celebrate the occasion (庆祝场合) , practice gratitude (实践感恩) and enjoy each other's company (享受陪伴) . The delicious food makes the moment even more unforgettable. Food really bonds people together. **(原因)****

**3. Which dishes are a must at festivals?**

Wow it's really hard to answer this question because there are countless (数不清的) dishes served at festivals based on different regions and specific celebrations. What I can tell you is what are the must-haves on each festival. For example, during Chinese New Year (春节), people must have dumplings as they symbolize wealth and prosperity; And during the mid-autumn festival (中秋节), eating mooncakes is the must-do. And Mooncakes symbolize family reunion and togetherness (团圆, 在一起). And during the Dragon Boat Festival (端午), people must have zongzi which are pyramid-shaped rice dumplings (金字塔型的米饺子) that are super tasty. So, it's really hard to sum up (总结). (举例子)

#### 4. Should students learn to cook at school?

I think schools can offer cooking and baking courses as an option (提供烹饪课、烘焙课作为选择) for students, not necessarily a compulsory course (必修课), but an elective one (可选的). I see cooking as a very useful life skill (生活技能) that most students (and to be honest, most people) should master. It can help students develop a sense of independence (发展独立性) and learn to eat healthy and also on a budget (带预算吃饭过日子). Many parents are of the opinion that (带这样的观点), for students, all they need to do and focus on is their academic performance (学术表现). But I don't see it that way (我不那么看). I see a school as a place that helps students prepare for the future. And the future includes being able to feed themselves and take care of themselves. So, I think it's a good idea for students to at least have the option (有选择性) to learn to cook at school. (让位驳斥)

#### 5. Do you think cooking should be a compulsory or an elective course question why?

和上一题大同小异

**6. Are there any differences between cooking today and in the past?**

**Oh yeah 100%. There are huge differences between cooking today and in the past. Back in the days (过去), like my grandmother's generation, cooking was often more labor-intense (重体力的) and relying on open flames (依赖明火). It was more time-consuming and energy-consuming (花时间、花精力). Not to mention, it required a lot of experience and techniques to make the food delicious. Let's just say (咱们就这么说吧), it wasn't something super easy or enjoyable. Whereas nowadays, I can say that cooking can almost be a fun thing to do. And even a cooking newbie (做饭新手) can make some good food with the help of technology. We have all the kitchen devices and technologies such as microwaves, ovens, grillers, blenders, mixers and even self-cooking machines. I'm not even joking (我可没开玩笑), sometimes I open a bottle of red wine (开一瓶红酒), sipping my wine (小口抿着我的酒) while cooking. That's how relaxed I can be in the kitchen. So yeh, the difference is definitely day and night (白天黑夜之别). (时间分层)**

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**Describe a foreigner who speaks Chinese well (中文说得好的老外)**

**You should say:**

**Who this person is**

**Where this person is from**

**How this person learns Chinese**

**And explain why they can speak Chinese so well**

**合并思路: 这道题可以和“想法有趣的人”选择同一个人物: 你的外教(或外国朋友), 但是侧重点会有比较大调整。**

So today I want to talk about my English teacher Mike, he's originally from the US, but he's been living in China for quite some time (颇有一段时间了) now. It's pretty amazing how well he speaks Chinese.

One time, he shared with me his journey of learning Chinese (他的学中文之旅), and I found his journey into mastering Chinese to be quite different. He didn't start learning Chinese until he came to China for work. After he moved to China, he took classes, practiced with locals, and even made a ton of Chinese friends (交了一大堆中国朋友) who were more than happy to help him practice.

And moving on to why Mike's so good at Chinese? Well, I think the first thing is, he's got some talent for languages. He has a knack for (有天赋) learning a new language. For example, he's also fluent in Spanish, Italian and French, a true polyglot (会四到五种语言及以上的语言大神), so to speak (所谓的). And moreover, he genuinely loves China and Chinese culture. He immerses himself in the local way of life, celebrates Chinese festivals, and even tries his hand at (try one's hand at...上手尝试) cooking Chinese dishes.

He knows a lot about China. His other students and I call him the "Mr. Know-it-all (百事通先生, 什么都知道) of China". Sometimes I feel that he even knows China more than us. When he shares with us his experiences in China or his opinions about Chinese culture, it really provides us with different angles/perspectives to see our own country. And recently, he married a Chinese girl, officially became a Chinese husband. We all feel very happy for him and his wife.

So, yeh, that's my English teacher Mike.

### Part3:

1. What foreign languages do Chinese children learn?

In China, the most popular and commonly learned foreign language is English. English is part of Chinese public education system (中国公立教育体

系的一部分) . It's actually a compulsory subject (必修课) that every student in China, from primary school to high school, has to learn. Besides English, there are some Chinese students who may also learn Japanese, Korean or Spanish out of interest (出于兴趣) or some specific reason. But that's not very common. (主流情况, 特殊情况补充)

(高分学员还可以加这段: Unlike some people in European countries who are often bilingual, trilingual, or even multilingual (二语、三语、甚至多语), most Chinese people only speak Mandarin (普通话) and their regional dialect (地方方言) . It's less common for Chinese to be proficient in multiple languages. )

## 2. Why do Chinese children learn English?

Number one, like I said it's a compulsory subject (必修课) in school system. So, they have no option (没有选择) ; they have to learn English in order to pass exams and go to good schools. And number two, English is still the most widely spoken language in the whole wide world (全世界最普及的语言) . From a practical point of view (从实用角度来说) , if you want to do businesses globally (做国际生意) , if you want to study abroad (出国留学) , if you want to travel independently (独立旅行) , you'd better know how to speak and use English. That's why many Chinese parents emphasize on the importance of learning English from an early age. And finally, peer pressure (同伴压力) . Imagine if you're a parent. And you look around, every kid is taking after-school classes and learning English. You will have FOMO (the fear of missing out) as a parent. You don't want to be left out (被排除在外) . (罗列原因)

## 3. Why are so many people learning English?

结合题目二里的答案第二条和第三条。

## 4. How can you help children learn English?

I know that one of the bad ways to help children learn English is to learn it in a very counterintuitive way (非直觉性的方式). That's how I learned my English when I was a kid. I learned all the grammar rules (语法点) and recited all the words (背单词), I aced (高分通过) all the English exams, but I never learned how to use English in real life situations (现实生活场景). I think kids are very talented in the sense that they can just learn a language through playing and immersion (通过玩儿和沉浸式的方式). We can just talk to them and play with them in English; show them English TV shows and cartoons; play English songs for them. We need to take advantage of their age and talent. Young children always have a knack for languages (对语言有天赋). (细节, 举例子)

5. Do you think the way people learn English Today is the same as in the past?

The way we learn English or any other languages has changed dramatically compared to the past. Back in the old days, if you wanted to learn English, you had to find a teacher who was in the same location as you and who spoke English, or the target language (目标语言). You would go to physical classes in a school. Whereas nowadays, with the help of the internet, you can find teachers from all over the world. You can take one-on-one online classes or group classes (在线一对一课程或者大课堂). You can also be a self-taught student (自学的学生) by accessing resources online or learn a new language through AI apps (人工智能软件). The methods for learning a new language have become incredibly diverse today. (时间分层, 过去对比现在)

6. What are the benefits of the internet for people's learning?

If you want to learn things online, you have endless access (无穷无尽的道路) to information and online courses, and many of them are very affordable or even free. So, the cost of learning nowadays is definitely much lower than before. And moreover, there are so many options for you to choose from. You can always find the best resource that suits you the

**most. You can find courses tailored to your needs, your learning style and schedules (根据你的需求、学习风格和时间计划来设计的课程) . What's more, you can connect with teachers and learners around the world. It's a big online learning community that can provide you with a sense of belonging. (罗列)**

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**Describe a person who always has interesting ideas or plans (想法有趣或者点子很多的人)**

**You should say:**

**Who this person is**

**What this person does**

**How you knew this person**

**And explain why you think this person's ideas or opinions are interesting**

**注意: 不要过分强调他中文好, 这样太明显串题**

**知识点:**

**1.比较社交、外向的性格 (更多参考微信群文件“音频版词汇集”第五节内容)**

- **outgoing, easygoing (随和的) , extroverted (外向的) , an extrovert, people person, passionate, fun (特有趣的) , funny, talkative, chatty, hilarious, sociable, good communicator, charming, charismatic, full of charisma, trustworthy (可靠的) , reliable, honest, trusting (信任的) , down-to-earth (接地气的) , grounded (接地气儿的) , real (真实的) , transparent (透明的) , not fake (不虚伪) , rational (理性的) , emotional (情绪化的, 敏感的) , strong-minded (有主见的) , open-**

**minded (开明的), approachable, sincere, open, self-possessed/self-collected (很有自我很酷很有操控力的)**

- **get along with everybody 和每个人都处的很好; very fun to be with 在一起会让人感到很有趣; you will never get bored when you are with him/her 永远不会感到厌倦; very easy to talk to 很好聊天;**
- **朋友多: have tons of friends; very popular; have strong interpersonal skills;**
- **She's the go-to person (首选的人) when you feel bored.**

## 2. 有创造力、有点子的人:

- **Imaginative, full of imagination 有想象力的**
- **Creative, inventive, ingenious, innovative**
- **Original: 有原创力的**
- **A person who can think outside the box: 发散思维的人**
- **A person with endless ideas: 有各种层出不穷的点子的人**

So today I want to talk about my English teacher Mike, he's originally from the US, but he's been living in China for quite some time (颇有一段时间了) now.

So, Mike is a very fun, outgoing and down-to-earth (接地气) person. He is so easy to talk to (很好聊) and very fun to be with (很有趣). He is like a joker (爱开玩笑的人) with endless jokes. He's the kind of person who can always think outside the box (想法点子很多). He's with endless ideas when it comes to teaching, super original.

For example, in order to ignite/evoke our passion (点亮我们的热情) for English, sometimes he arranges English skits/plays (组织英语小短剧、戏剧) for us to take part in. We all put on costumes, go on stage and perform in

**English. And then, he also organizes lip-sync music competitions (对口型歌曲大赛) . He lets us choose our favorite English songs and lip-sync the song. And what's more he invented a 'show and tell' section in his English classes. So, basically, every time in his class, before he starts teaching, he gives 10 mins to one student to go on stage, and give a 10-min speech in English in front everybody. That is something really fun and challenging to do. And that section really has pushed many students out of their comfort zones. (以上三个例子可以只用一到两个)**

I find Mike so interesting. Not only because he's a creative teacher, but also because he knows a lot about China. We call him the "Mr. Know-it-all (百事通先生, 什么都知道) of China". Sometimes I feel that he even knows China more than us. When he shares with us his experiences in China or his opinions about Chinese culture, it really provides us with different angles/perspectives to see our own country. And recently, he married a Chinese girl, officially became a Chinese husband. We all feel very happy for him and his wife.

So Yeh, that's my teacher Mike. Thank you!

### **Part3:**

1. When do you think children start to have their own opinions?

Many people think that children start to form their own opinions much later, like when they are 6 or 7 years old, even 10 years old, but I don't see it that way. I feel that children start to form their own ideas when they're very young, as young as one year old. When they can start requesting things and making decisions, that's the moment when they have their own opinions. Those decisions don't have to be big ones, it could be as small as choosing to eat an apple rather than a pear, picking the red jacket rather than the blue one. I have a little nephew who is only 3 years old, and he's so smart. He's definitely his own boss (自己的主人) . It's funny how sometimes I can't even persuade a 3-year-old like him. He's very opinionated (有自己想法的) and stubborn (固执) already. (主流观点, 对比自己观点, 举例子)

2. Are children's opinion influenced by their parents?

Yes, I would say so, especially with younger children. Their opinions are often heavily influenced (被严重影响) by their parents, who are not only caregivers (照顾者) but also teachers and mentors (老师和人生导师) .

Parents serve as role models (发挥榜样的作用) for their children and have a major influence on their lives. As children grow older, they may also be influenced by teachers and peers, but during their early years (在早几年的时间里) , parents are the primary influencers. (分群体)

### 3. Who are likely to influence smart children?

To be honest, I don't really understand why the question emphasizes on "smart children" instead of "children". Children get influenced by their parents, teachers and peers. (这道题好奇怪, 也许是 small children??)

### 4. How do inventors or philosophers come up with new ideas?

I wish I knew the answer, but I'm not an inventor or a philosopher. I'm assuming that (我猜想, 假设) they gather a lot of information to fuel their creativity (积攒很多信息给自己的创造力助燃) . They immerse themselves in books, articles, newspapers, and diverse sources of knowledge (各种各样的知识) . And then, they engage in deep thinking, reflection (进行深刻的思考和反思) , and observe the world around them (观察周遭的世界) . Then, one day, bang! Inspiration strikes (灵感造访) , leading to the emergence of new ideas. (罗列步骤, 细节)

### 5. Do you think ideas from books or writers in the past are all outdated?

I'm pretty sure there are things and ideas that are outdated from today's readers perspective, because many authors lived in a different time and society, therefore, some of the things they valued are not necessarily relevant (重要的) in today's world. But I also believe there are many things in books that can remain timeless (经典永恒的) . That's why we read classics (经典著作) ! For example, love, friendships, human nature, human emotions, life philosophies, those things and ideas can still offer

us valuable insights (提供有价值的见解) and profound influence in our contemporary world. (分类讨论)

6. What kind of people have lots of great ideas in your country?

这道题太令人无语了.....

Scientists, entrepreneurs, educators, artists, engineers, and many others. In every industry, there're people who have loads of great ideas.

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**Describe an interesting person that you have not met in person and would like to know more about (没见过但是却感兴趣的人)**

**You should say:**

**Who this person is**

**How you knew this person**

**What interesting things this person has done**

**And explain what you will like to know more about him or her**

**还是可以用这个外教的故事**

So, my friend Jessica has told me about her English teacher Mike. According to her, he's a very fun, outgoing and down-to-earth (接地气) person. And also, he speaks really good Chinese, and knows a lot of Chinese culture. He's like a "Mr. Know-it-all (百事通先生, 什么都知道) of China". That's why I'm so curious about him.

Jessica told me Mike is a great English teacher. And what's more, he's the kind of person who can always think outside the box (想法点子很多). He's with endless ideas when it comes to teaching, super original.

For example, in order to ignite/evoke his students' passion (点亮学生的热情) for English, sometimes he arranges English skits/plays (组织英语小短

剧、戏剧) for them to take part in. They all put on costumes, go on stage and perform in English. And then, he also organizes lip-sync music competitions (对口型歌曲大赛). He lets students choose their favorite English songs and lip-sync the song. And what's more, he invented a 'show and tell' section in his English classes. So, basically, every time in his class, before he starts teaching, he gives 10 mins to one student to go on stage, and give a 10-min speech in English in front everybody. That's a really smart idea as it can push many students out of their comfort zones (把学生推出舒适区). (以上三个例子可以只用一到两个)

I find Mike to be so interesting. I really want to meet him one day and get to know him. To be frank, I've never met a foreigner who can speak good Chinese. I think, talking to him and listening to him sharing his experiences in China or his opinions about Chinese culture, can provide me with different angles/perspectives to see our own country. Which is fascinating.

So yeh, that's the person that I'm curious about. Thank you!

### Part3:

1. Are there any differences in the relationship between you and your friends and between you and other people?

My friends are my support system (支持体系); they are like my home (想家一样的感觉). They mean the whole world to me (对我意味着全世界). I feel incredibly relaxed and comfortable when I'm with them. I don't need to hold back (有所保留) or be careful about what I say because I know they will always be there for me (会在那里一直支持我). In contrast, my interactions with other people, whether it's someone I've met once, an acquaintance, or my teachers and professors, naturally require more caution (要求更多的谨慎小心) in my communication. I need to remember to show enough respect and am more careful in how I build and maintain those relationships (建立并且维系感情). (对比讨论)

2. Do people feel lonely in crowded cities?

① I think so. And if you think about it (你仔细想一下), it's interesting how (这现象挺逗的) when we are surrounded by people in crowded cities, we are still experiencing the sense of loneliness and isolation (我们却仍在经历孤独和隔离). Theoretically (理论上来说), those crowded cities can offer opportunities for more social interaction and cultural exchange among people, but I guess, the fast-paced urban lifestyle (快节奏都市生活) actually leads to indifference and coldness (冷漠和冰冷). We've all experienced how people in big and crowded cities are cold and busy, minding their own business (自顾自的). I remember one time, I was traveling in London with two huge suitcases, and nobody even offered to help me when I was trying to get into the subway. But you will never see this kind of indifference (冷漠) in small and less crowded cities or towns. People are so hospitable and friendly (好客又友好) there. (原因, 讲故事)

② 你也可以分群体讨论, 有的人很多朋友不孤独, 有的则会更孤独。

I guess it really depends on the individual (看个人). In those big and crowded cities, there are usually more social and cultural opportunities where people can connect, make friends and build beautiful relationships (建立美好情谊). So, people who are sociable, outgoing and love crowds (喜欢人群), and also possess very strong interpersonal skills (具有很强的人际关系技巧) can normally find a lot of friends and surround themselves with love (被爱包围). For those people, it's almost impossible to experience the sense of loneliness (孤独感). But I have to say, at the same time, there are some people who are not so good at making friends and connecting with people; and because of the fast-paced urban lifestyle, sometimes people are too occupied with their jobs and responsibilities (被工作和责任占据) which might actually leads to more isolation between people. (分群体)

(两个版本答案)

### 3. Where and how can people get to know new friends?

Well, there are the traditional ways and modern ways (传统方式和现代方式). The traditional ways are, at a party, over a mutual friend, or over a mutual hobby. But I would say, nowadays people are relying on social media so much that many of them actually make friends online first, and meet up in real life later (现在网上交朋友, 再在现实生活中见面). That actually happened to me several times. I have several close friends (亲近的朋友) whom I initially met online (最开始是网上遇见的). (分类讨论)

### 4. Can clothing tell and reveal a person's personality?

In most cases, I would say so. People's way of dressing (穿衣方式) can reflect their inner feelings and personality type (内心感受和个性类型). For example, someone who always prefers bright colors and bold designs (鲜亮的颜色和张扬的设计) is more likely to be outgoing and adventurous (外向和爱冒险的). Where as a person who goes for classic and formal style and darker colors tends to be more reserved and introverted (内敛和内向的). But there are also other factors to take into consideration (需要考虑). For example, some people dress in certain ways due to the industry they're in (他们所在的行业). Lawyers always wear suits. Teachers have to wear something elegant and more conservative (保守的). Sometimes it could be the industry. (主流情况, 特殊情况补充, 举例子)

### 5. Why do individuals from the same family have different personalities?

I think that a person's personality is shaped by both nature and nurture (被先天和后天因素塑造). Genetic factors (基因事实) definitely play an important role in here. That's why within the same family, siblings (亲兄弟姐妹) can have very different personalities by nature. But it's not solely based on genes (也不是单纯只有基因决定的). Birth order really affects parental attention on each child (出生的顺序会影响父母对每个孩子的关爱).

For example, the first child usually gets the most attention because he or she is the only child in the beginning. Normally they're more confident and safety-conscious (有安全意识的); and then the second child or the child in the middle, they have to share love with their older brother or sister. They tend to be bolder (张扬) and more aggressive (有攻击性的) so that they can get more attention. (分类讨论)

6. How does society influence a person's personality?

Society is everywhere: the education we get, the media, the working environment, our peer groups. It's everything and everywhere (社会无处不在且是万事万物). And we are all part of this. Even though we are influenced by our genes and upbringing (先天基因和成长环境), still the society plays a huge role in shaping who we are. Society can instill values in us (灌输好的价值观给我们), like empathy, collaboration, generosity ...these values can all influence the way we interact with others. (细节)

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**Describe a successful business person you know (e.g. running a family business) (成功的商人)**

**You should say:**

**Who this person is**

**How you knew him or her**

**What business he or she does**

**And explain why he or she is successful**

**知识点:**

- **A business genius** 一个商业奇才
- **Have a fascination with the business world** 对商业世界有一种向往
- **Entrepreneurial spirit** 创业者精神
- **Diving to the world of entrepreneurship** 进入创业的世界
- **Innovative, creative, full of ideas** 创新的, 点子多的
- **Think outside the box** 跳出条条框框, 创意无限
- **Get out of her comfort zone** 走出舒适区
- **A local sensation** 成为轰动一时的人物、事物
- **A cultural hub** 一个文化枢纽
- **Vision, visionary** 视野、有大视野的, 前瞻性
- **Determination, determined** 决心、有决心的
- **Being able to see the bigger picture** 能看到大画面, 有格局的

So, when I saw this topic, the first person that pops up in my mind (映入脑海) is my aunt. She's a true business genius (商业奇才).

She has a very intriguing/ interesting journey (有趣的历程) in the business world (商业世界). In a nutshell (长话短说, 简而言之), initially (最初), she worked as a nurse in a local hospital in her city, which is a small city in China. But she wasn't really happy with her job and life. She always had a fascination with (有一种痴迷) the business world. Her entrepreneurial spirit (创业者精神) was already budding (发芽) when she was working at the hospital. Finally, at the age of 30, she made a bold decision (做出了大胆的决定) to leave her nursing career and dive into the world of entrepreneurship (进入创业的世界). That's when she opened her first bar with her husband, and they called it "The Walnut 胡桃里." Today they have 3 bars.

My aunt is a very innovative (有创新能力的) businessperson. She knows how to think outside the box (发散思维). In a small city in China where people go to bars only to drink and have some basic-level snack food (普通的零食小吃), my aunt introduced live bands, BBQ, cocktail show, and hosted a variety of fun performances and activities at her bar (我的姨妈引进了现场乐队, 烤肉, 鸡尾酒表演和组织各种表演活动).

Her creativity paid off soon (很快就有了回报). "The walnut" quickly became a local sensation (火了). It turned into a place where people not only enjoyed fantastic drinks and food, but also experienced unique entertainment. The atmosphere there was unparallel/ matchless (无敌的).

Moving on to what attributed to her success. First, her courage to step out of her comfort zone (走出舒适区) and pursue her passion (追寻梦想和激情) for business was inspiring. Her vision and determination (视野和决心) made it a reality. And then, her innovative ideas really made her bar stand out from the competition (鹤立鸡群). Like I said, she's a genius, a born entrepreneur (天生的创业者).

So, yeh, that's my aunt.

### Part3:

#### 1. What factors lead to success?

Well, take my aunt for instance. To achieve success, you really need a lot of courage to step out of your comfort zone (走出舒适区) because the road to success is rarely a smooth one (通往成功的道路往往都不平坦). You have to be willing to endure hardships (忍受困难) and make sacrifices (选择牺牲) along the way. Moreover, having a clear vision and innovative

ideas that set you apart from the crowd (让你和其他人区别开) is crucial. Thinking outside the box can make a big difference. But it doesn't stop there (也不是到这儿就没了) . Hard work and dedication are a must (一定要有努力工作和付出) . Perseverance is key; you can't give up when things get tough (不能在情况不好的时候放弃) . Lastly, there's also the element of luck (还有幸运的成分) , which is often beyond your control/ out of your hand (不在你的控制范围) . You don't get to choose it, but let's face it, sometimes a stroke of luck (一点点幸运) can boost you to the next level of success (让成功更上一层楼) . (并列罗列)

## 2. What do people need to sacrifice for success?

Time, that's the first thing comes to mind (第一个想到的) . Time with your family, time with your friends, time for leisure activities, etc. When you work long hours (工作小时长) chasing success, chances are you will sacrifice your time with people you love and things you enjoy doing. And then, you would sacrifice the sense of stability (稳定杆) , financial stability (经济稳定) or personal stability (个人稳定) . You wouldn't have a nine-to-five job (朝九晚五的工作) and feeling perfectly comfortable in your comfort zone, instead, you will be taking risks (冒险) and feeling stressed out. What's more, sleep, rest or even health. When you work long hours, you don't get to rest and sleep as much as you want, and that can take a toll on (付出代价) your mental and physical health. (罗列)

## 3. Which is more likely to be successful, family businesses or large corporations?

It's really hard to say as both family businesses and large corporations have their own pros and cons (优缺点) . Family businesses always have a personal touch (个人风格) and can provide personalized service which can foster customers' loyalty (培养顾客忠诚度) . And on the other hand, large corporations have more resources and access to a bigger market;

they normally have more employees, therefore, more people more ideas.  
It's hard to generalize. (分头讨论)

4. Is it easy for a business to be successful without affecting the environment?

Well, running a business while being eco-friendly can be really challenging (会很有挑战). I think it's almost impossible to find a business which is thriving (成功绽放) and at the same time not causing any burden to the environment (不给环境带来任何负担). However, many successful businesses nowadays are finding ways to reduce their environmental footprint (减少给环境带来的负担) by using sustainable strategies and making eco-friendly products (制作对环境友好的产品). Actually, some customers are really supporting/rooting for (支持) the idea of buying eco-friendly products, and it can even become a selling point (卖点) for some businesses. (转折)

5. Can you provide some examples of family businesses in your country?

Well, there are numerous business giants (商业巨头) that have their origins in family businesses. For instance, Wanda Group (万达集团), a highly successful business with interests in real estate, entertainment, and tourism (在房地产、娱乐和旅游业都相当成功的企业). Another example is the Wahaha Group (娃哈哈), it's super famous and successful in China's food and beverage industry (餐饮行业). Personally, I have fond memories of growing up while enjoying their beverages. And then, there's the Midea Group (美的), a leading manufacturer (领衔制造商) of home appliances (家用电器). In my home, all our essential appliances, such as the washing machine, electric fan, and kitchen appliances are all from this brand. (举例子)

6. What qualities should be considered when recruiting employees?

First of all, of course, skills and experience are a must (一定要有) as you want somebody who can do the job right and do the job well. On top of that, attitude also is the key here. If a person is really eager to learn (渴望学习), to adapt, to grow in a company, this person can have a bright future. And then communication skills. A person who can actively listen and express their feelings and ideas clearly is really golden (难得). (罗列)

**Describe a successful person who you once studied or worked with** (一起学习、工作的成功人士)

**You should say:**

**Who this person is**

**When you studied/ worked with this person**

**What you did together**

**What this person did to become successful**

**And explain how you felt about studying or working with this person**

So, I'd like to talk about a successful person I had the privilege of working with (有幸可以一起工作) during my internship (实习期间). He was my supervisor (主管) at that time, Mr. Jia.

I crossed paths with (产生交集) Mr. Jia a few years ago when I was doing my internship (实习期间). And I had the opportunity to closely work with him. We worked on one project together, and I was able to learn a great deal from him (从他那里学到很多).

What struck me the most about him (他给我印象最深的是) was his incredible problem-solving skills (解决问题的能力) . He had an amazing (神奇的) ability to see through complex problems (看穿复杂问题) , analyze them from multiple angles, find the root (寻找根源) of the problem, and come up with innovative solutions (想出创艺解决方案) .

Moreover, I was impressed and moved by (印象深刻且被感动于) his hard work and dedication to his field. He had invested years honing his skills and expertise (磨练技能和专业性) , which contributed to his success. He was such a perfectionist (完美主义者) .

What else, his amazing leadership and mentorship (领导力和指导力) also set him apart (让他和别人不同) . He not only achieved remarkable success himself but also took the time (花时间) to guide and mentor those around him, myself included. I remember one time, I had to work late hours (加班) to prepare for a meeting scheduled for the next day (第二天) (第二天) , he stayed with me and guided me step by step (一步步) until 10pm. His willingness to share knowledge and provide constructive feedback (提供有建设性反馈) was priceless (无价的) .

Through working with him, it left me feeling so motivated. His success was a source of inspiration (一种启迪) for me. I want to become a person like him one day.

### Part3:

1. Is money the only measure of success in your country?

Well, in my country, money is definitely one of the major measures of success, unfortunately. Many people are success-driven (以成功为导向) and money-focused (以金钱为重心) . And they only want to surround themselves with people (与.....为伍) who have a lot of money or fame.

But “only” is a very extreme word (极端词汇), I think. I would like to think (我愿意这么去想) that there are still other things that people value in life. Other things like, personal happiness (个人的快乐), health, a perfect balance between work and life (工作和生活的完美平衡), having a happy family, being important and influential in your community (在你的社区有影响力). I would say that there are still some people like me who believe success is not solely about money, it's about leading a fulfilling life (过充实的生活), and be happy with what you have and who you are (对自己拥有的和自己是誰而感到满意). (主流观点, 自己观点)

## 2. How do you define whether one is a successful person?

Well like I mentioned, my definition of success is definitely not the most mainstream (主流的). For me, if a person is happy with what they have and who they are. They are able to stand on their own feet (自食其力), have a roof over their head (有住的地方) and lead a happy and fulfilling life, that's success. For example, let's say, if you are a surf coach (冲浪教练), which is not a glamorous/ high-profile job (光鲜亮丽的工作), conventionally (传统角度来说). But if you are happy to be a surf coach and you can provide for yourself (养活自己), and everyday you go to the sea and surf, while teaching your students, sharing your skill and knowledge, as long you are happy, then you ARE successful in your own world. (举例子)

## 3. What is the standard of success in your country?

The general standard of success in my country is like what I said: being outstanding and influential in your field, making good money, having a beautiful family, having a nice house and nice cars, and having healthy and smart children. That's basically the definition of success.

## 4. Is there a controversy between success and happiness?

There is always a controversy/ debate between happiness and success; it's like a chicken-and-egg situation (先有鸡还是先有蛋的情况). Some people think you need to be happy with yourself and live a content and fulfilling life no matter what (无论如何) in the first place (首先), and then you can make things happen (促成事情发生) and become a successful person; But there are some other people, arguably more people (比较肯定是更多人), hold the opinion that, in order to feel happy, you need to be successful, as money and fame will bring happiness. (分群体)

5. Is it easy to succeed in the national tests in your country?

National tests in China are highly competitive (高度有竞争力) and super challenging (超级有挑战性的). Students are suffering from "the grind" (内卷) on a daily basis. They often need to prepare for an exam rigorously for months or even years and go through unimaginable pressure (经历难以想象的压力). But when it comes to whether it's easy or difficult, I still think it depends on the individual. Some students are more hard-working, diligent, devoting, determined (努力、勤奋、投入、有决心的) and also good at studying. It will be relatively easier for them to ace exams (高分通过). Whereas for some other students, they don't try hard in the first place, and they don't have a knack for taking exams either (没有考试的天赋), and then for them it will be almost impossible to pass those exams. (分群体)

6. What are the factors that influence students grades at school?

First of all, schools play a role in (发挥作用) influencing these factors, teachers and their teaching methods, and the school environment, things like that; and there are also factors that comes within the students themselves, like their study habits (学习习惯), their skills such as, time management skills, organization skills, and also their motivation and goals in life; Parents contribute to these factors as well. Whether their parents are supportive and can provide them with a positive environment, these are also important elements. And finally, classmates,

**friends, and peers (同伴) can all affect a child's performance in the academic world (学术世界).** (分类别角度讨论)

经历题:

**Describe a time when you had a problem with using the computer (电脑罢工)**

**You should say:**

**When it happened**

**Where it happened**

**What the problem was**

**And explain how you solved the problem at last**

知识点:

- **Breakdown n./ crash n. 崩盘 (名词)**  
**a computer breakdown, a computer crash: 电脑崩盘**
- **Break down 动词短语/ crash v. 崩盘 (动词)**  
**My computer broke down. / My computer crashed. It doesn't restart (重启).**
- **back up data: 备份数据**
- **lose data: 丢失数据**  
**You need to back up your data using cloud-based storage otherwise you will lose data one day.**
- **save on an external hard drive: 保存在移动硬盘里**
- **have warranty/be in warranty: 在保修范围内**
- **be outside warranty: 不在保修范围内**
- **get technical support from the manufacturer: 从生产商获得技术支持**

- **blue error screen: 蓝屏 (windows 系统的)**
- **overheating: 过热**
- **overworked CPU: CPU 过度工作**
- **sudden shutdown: 突然关机**
- **freeze: 死机, 冻住了**
- **become/ get laggy: 反应慢的、卡顿**
- **air vent: 排风扇**
- **The air vents were blocked. So, the laptop wasn't ventilated properly.**  
(排风扇被堵住了。笔记本电脑没有正常通风)

A few years back, I had this laptop that gave me quite a headache (让我颇为头疼) . It just suddenly crashed (崩盘) , and I can't even describe how frustrated I felt (我都形容不出来当时有多痛苦) . I try not to think about it too much because it brings back all those memories (带回很多不好的回忆) / That is a memory that I don't even want to recall (我都不愿回忆) .

So, at that time, I had this super important presentation at school/work. I'd been glued to (把自己黏在电脑上, 表示特别投入的状态) my laptop for days, creating PowerPoint slides, hunting down information (在网上猎取信息) on the internet, and making diagrams (做图表) with Photoshop. I had my hands full ( “手上东西满了” , 比喻很忙) / I had a lot on my plate ( “盘子上堆东西” , 也是比喻很忙) / I was juggling too many things at the same time (同时照顾很多事情) / I was swamped with all the work (被工作吞没) .

The thing is (问题是), this laptop was quite old, and I could tell it was struggling to keep up with my workload (有点挣扎着, 跟不上我的工作量). It would freeze (僵住) for a second or two and then go back to normal. Looking back (现在看来), that was definitely a warning sign (危险提示), but I just ignored it. I wasn't great at backing up my data (备份数据) regularly, so I just kept pushing forward/carried on.

Then, one day, I saw that infamous blue error screen (臭名昭著的蓝屏), and before I knew it (还没反应过来呢), the laptop shut down in the blink of an eye (一眨眼功夫). I didn't even have a chance to save anything. I'm not exactly sure what caused it, maybe overheating or the CPU being overworked with all the apps I was running. Bottom line (不管怎样, 最终结果是), my laptop died, at the age of 10 (我的电脑死掉了, “享年十岁” 开玩笑的语气) .

Since I didn't have an extended warranty, I had to take it to a local computer store. They managed to save it and recover some of my data (救活了, 还原了一部分数据), but not all of it. That whole experience taught me a valuable lesson/ was a lesson to learn (给我上了一课): always back up your data!

### Part3:

#### 1. Why do people often have problems when using new products?

There's always a learning curve (有学习曲线, 表示对新事物不熟悉带来的学习过程, 固定表达) when it comes to using new products, particularly in the realm of technology (尤其是科技产品). New products often come with (自带) their unique operating systems and interfaces (操作系统和互动界面),

so it's natural for people to need some time to become familiar with them. It usually involves a learning process (学习过程) . (原因)

## 2. How do people use digital devices to help them with their studies?

Students use digital tools such as laptops, smartphones, tablets and E-readers to get online, research, and get information. They can use note-taking apps (做笔记的 app) to effectively study and take notes on their study devices (学习设备) , and also share notes after classes or group meetings. Some students take their e-readers instead of carrying several heavy textbooks. Some students go to webinars and take online courses to acquire knowledge online. (分群体)

## 3. Do people spend too much time looking at digital screens? Why?

Yes, we are spending way too much time (太多时间了) on our screens. We use our smartphones, computers, and other devices for work, entertainment, and communication. Most of us are addicted to (成瘾) our screens, our laptop screen, tablet screen, smartphone screen, and fitness band screen (健康手环的屏幕) , ...there're so many screens to look at nowadays. To be honest, sometimes I don't even know where to look at if I don't have a screen in front of me. It's like my eyes don't know how to function without a screen. Too much screen time is definitely harmful to our eyes and vision. People's vision is getting worse and worse, and we all have eye strain (眼睛酸痛) . (原因, 细节)

## 4. Do you think that parents should limit the time that their children spend using mobile phones?

Yes, for sure. Like I said, too much screen time can definitely cause eye strain, but that's not everything. When children spend too much time on their phones, they stop caring and paying attention to the real world (不再关心真实世界) . They don't care about the weather, nature, beautiful views, sunshine, rainbow, the laughter on their friend's face... they want to experience everything through their mobile phones, which is so bad for their personal development. (原因, 反向假设)

## 5. What do people do with mobile phones?

You can do literally anything and everything (任何事、所有事) on your mobile phone nowadays. For communication, you can use your phone to make calls or video calls to stay in touch with (保持联系) friends, family or colleagues. You can use the texting and messaging function like on app like, WeChat or WhatsApp to text, share photos or send voice messages. People use mobile phones to get online (上网), browse websites, check emails and access social media platforms. Speaking of social media, I feel like most of us mainly use mobile phone to scroll through social media (在社交媒体上刷来刷去), like WeChat, Facebook, Instagram, TikTok or Little Red Book (which is really popular in China). What else, you can go online shopping, you can pay your bills, you can get entertained with your mobile phone nowadays. The list goes on (能做的事情说都说不完)! (罗列)

6. What do you think of people who are addicted to playing computers?

The way I see it (在我看来), addiction to computer games is just like any other addictions, such as addiction to alcohol, to drugs. It's a serious mental and physical disease (严重的生理、心理疾病) that requires professional guidance and help. Having sympathy and empathy (有同情心、共情心) towards these people is very important. Family and friends' support plays a huge role in helping them combat the addiction (战胜瘾头). In my opinion, the last thing we should do is resenting those people (最不该做的事情就是厌恶这些人), looking down on them (瞧不起他们), and making them feel belittled and abandoned (让他们感到渺小和被抛弃). (原因)

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**Describe an activity that made you feel tired (感到累的活动)**

**You should say:**

**When and where it took place**

**Why you took part in it**

**What the activity was**

**And explain why it made you feel tired**

思路：熬夜学习（这也是一种 activity），旅行，过年过节给家人帮忙，结婚当天，给人当伴郎伴娘，做志愿者、去参加生日 party .....都可以，因为忙碌而感到特别累。

知识点：

### 1. 形容很疲倦的表达

- **Exhausted**: 精疲力竭
- **knackered** (英式俚语) : 精疲力竭
- **barely keep my eyes open**: 眼皮子都睁不开了

The lecture was so boring, at the end, I could barely keep my eyes open.

- **I'm drained.** (think of water or something draining out of a sink, going down the drain, there's nothing left) 精力被透支完
- **worn out** 可以形容衣服鞋子被穿破的状态，也可以形容人精疲力竭

I feel completely worn out. /I'm worn out.

- **I'm beat.** (beat 也有形容词词性，疲惫不堪的，像被人打过一样瘫软)
- **I'm wiped out.** 同上，精疲力竭
- **I'm spent.** 能量被花光了

**After pulling an all-nighter/staying up all night (通宵熬夜) before the exam, I was completely spent this morning.**

- **drowsy / groggy** 因为生病、吃药、劳累、喝醉而导致的眩晕无力

**I was feeling so drowsy after taking the pill.**

- **fatigue/fatigued** 劳累的 I'm fatigued.
- **tired to the bone** 累到骨头里

**I'm tired to the bone. I can barely keep my eyes open.**

- **dead on my feet** 累到脚都动不了，死了一样

**After working all night. I'm now dead on my feet.**

## 2. 形容很忙的状态：（不一定要用上很多，不过很实用的表达）

- **tied up (with)** 被事情捆绑住，没有到极其忙碌，但也比较忙了

**I'm a little tied up with this new project.**

- **occupied** 同上，忙。被占据着。
- **hectic** 很忙的状态。可以形容人的状态，也可以形容很忙的一天
- **over-extended/over-stretched** 被过度拉扯的状态，非常忙
- **overloaded (with)** 超负荷超负担得忙，非常忙

**I'm so overloaded with my work. I feel swamped.**

- **be swamped (with)** 犹如深陷沼泽一般，极其忙
- **be snowed under (with)** 被大雪覆盖，形容很被 overwhelmed 的感觉，极其忙

**I'm absolutely snowed under with work at the moment.**

- **to have a lot /too much on one's plate (at the moment)** 此刻某人盘子里东西已经够多

**Right now I'm already having a lot on my plate, I can't help you, sorry.**

- **to burn the candle at both ends** 蜡烛两头一起烧

**I'll be burning the candle at both ends this weekend to get this project done.**

- **to get/have one's hands full** 手头满了

**I've got my hands full with my job and my kids.**

- **to be up to one's neck/eyeballs in something** 忙到脖子、眼球处

**Accountants are normally up to their necks in paperwork during tax season.** 会计们一般在报税季的时候会忙到昏天黑地。

- **to bite off more than someone can chew** 咬的比能嚼的多 (没那个金刚钻, 别揽那个瓷器活)

**Don't bite off more than you can chew.**

- **be as busy as a bee/beaver** 像蜜蜂、水獭一样忙碌 (都是很勤快的小动物呀)

**Today I've been as busy as a bee the whole day. Didn't even stop for a second.**

- **be burned/burnt out**: 透支了, 燃尽了, 累到耗尽了

**You can't work like this forever. You'll get burned out very soon.**

- **Juggle** (注意, 不是 jungle) 表示同时平衡多个事物



这个是 **juggle** 的原意。我们用的是引申义。

**So, several months ago, my best friend/ my cousin got married. I was the maid of honour (伴娘) /best man (伴郎) . It was such an honour, but also at the same time, it was the most exhausting day in my life. I was dead on my feet (累瘫了) at the end of the day.**

**(maid of honour 和 bridesmaid 的区别: 前者地位更高, 主伴娘的意思)**

The wedding took place on the outskirts of my city (城市郊区), so it was kind of far. Before we all headed to the wedding venue (婚礼场地), we spent almost 2 hours at the bride's parents' home.

This is the tradition in my country. Before the wedding ceremony (婚礼仪式), we have a little tradition called "Jie Qin" (接亲). Basically, the idea is, the groom will go to the bride's parents' home with all the best men and also loads of gifts (一大堆礼物), and pick up the bride (接取新娘). But it's definitely not an easy task (不是简单的任务). The bride and bridesmaids will give the groom a hard time (给新郎难题, 让他难堪), pretending they don't want to leave, things like that.

So, as you can imagine, as the maid of honour, I was giving my best performance (极力演出)! I was yelling and screaming like a freak (像疯子一样叫喊), giving the groom and his guys all kinds of tasks to test how much he wanted to marry my best friend. I was setting up obstacles and hurdles like crazy (疯狂设立障碍). So, by the time finally the groom picked up the bride and took her to the wedding, I was already wiped out (很累了). **(伴郎自己修改一下内容)**

And later during the wedding ceremony, I got my hands full completely. I needed to standby the whole time, touching up the bride's makeup (给新娘补补妆), fixing her hair (整理头发), holding up the wedding dress train (托起婚纱的大裙摆) / **tidying up his suit (整理西服, 伴郎版本)**, things like that. I was up to my neck (忙到疯狂) at the ceremony. I finally got my moment of peace (我的宁静一刻) at the dinner party/ the wedding reception (晚宴上). I didn't really want to socialize with people, just

eating my dinner and letting my hair down (放松) . Oh, but at the end, I still had to give a toast (祝酒、发言) to the couple. So, I didn't rest completely after all.

Anyway, it was 2am when I arrived home, and I could barely keep my eyes open as I was totally spent. Thank you!

### Part3:

1. Does studying and learning make people tired today?

It's hard to say really (不好说, 真的) . On one hand, I feel that studying and learning things today can actually be less tiring than before as we have much easier access to information these days (如今获取信息的渠道方便多了) . It is so much easier for us to tap into/access/get knowledge (获得知识) through the internet. Whereas in the past, the ways to learn things were to go to a physical school or go to the library. But on the other hand, studying and learning nowadays can be pretty exhausting in this fast-paced world (这个快节奏世界) . With tight schedules (满满当当的日程) and the mindset of this never-ending grind (永不停止的内卷意识) , people constantly feel the pressure to keep learning things. People are afraid of taking a pause (暂停一下) and then being left behind (被落下) . So, I think this mentality itself is mentally draining (令人精神内耗的) . (分头讨论。如果不冲高分, 可以只说其中一个观点)

2. When do people usually feel tired?

Well, there are several situations where people tend to feel tired. First thing comes to mind, after a busy day of running errands (跑杂活儿) or doing a lot of tasks (完成很多任务) , people normally feel physically and mentally drained (生理、精神消耗枯竭) , like the wedding story I've just shared with you. And also, after a long day at work people sometimes feel wiped out. Jobs with heavy workload (工作量) can lead to fatigue (导致

劳累 ) . And next, physical activities can lead to exhaustion/tiredness (导致劳累) , especially after an intense/strenuous workout (剧烈、费力的锻炼) .

And then, a lack of quality sleep (高质量睡眠缺失) can result in tiredness .

What else, oh yeah, if you're sick and you're recovering from the illness, chances are (很有可能) you will feel very fatigue because your body is working on healing itself . I remember when I was 25 years old, I had chicken pox (水痘) . And after that I was feeling tired constantly for 3

months. (并列罗列, 举例子, 注意以上不用都说)

3. What do you think about striving for learning and striving for sports?

The way I see it, striving for learning and for sports are both essential in life . In terms of learning, it's a lifelong journey (一辈子的旅程, 活到老学到老的意思) that can open our horizons, broaden our minds and become a

better version of ourselves (成为更好的自己) . And it's also a great way to open up more opportunities (开拓更多机遇) in life, and to stay adaptable and relevant in this ever-changing world (在这个不断变化的世界里保持适应能力和重要性) .

And regarding doing sports, it's also crucial . Sports can balance our moods (平衡我们的情绪) . Doing sports promotes physical fitness and mental well-being (生理和精神健康) . It teaches us teamwork, discipline and perseverance (教给我们团队合作、自律和坚韧) .

I think a healthy and wholesome (人格健全的) person should be mentally and spiritually strong and also physically fit . So, you can see them as two things that complement each other (你可以把它们视为相辅相成的两件事) to shape a person into a well-rounded (全面发展的) and happy human being .

(分类讨论)

4. Do people have fewer holidays now than in the past?

Uhmmm, it's a bit of a mixed bag (复杂的局面, 不好说) , I would say. On one hand/ in some ways, it seems to me that (我感觉是这样的) people

have fewer holidays now than before due to the fast-paced modern lifestyle (快节奏的当代生活) they have. Many people find themselves caught up in the rat race (意识到自己被卷入了激烈的竞争) . For then, the grind never stops (内卷自卷永不停止) , which makes it difficult to take breaks, to enjoy holidays. On the other hand, / But in other ways, some people nowadays have more flexibility with working hours, especially those digital nomads (数字游牧者。指的是线上工作者) . Some can even be fortunate enough/ lucky enough (足够幸运) to have the option to work remotely (远程工作) . Whether it's working from home, or working during traveling. They have much more freedom. This allows some people have more short breaks (短假期) throughout the year. So, it's really hard to say. (分头讨论。如果不冲高分, 可以只说其中一个观点)

5. What are the differences between feeling tired after studying and after exercising?

I guess after studying long hours, people mainly feel drained mentally. Whereas when it comes to working out, people feel physically exhausted afterwards. That's the major difference. (对比讨论)

6. How can people solve the problem that old people easily get tired?

First of all, I think it's completely normal for people's stamina/ energy level (精力、能量水平) starts to decline (开始下降) when they get older. In order to improve older people's overall fitness and energy level, encouraging them to engage in regular and moderate exercise (参与规律又强度适中的运动) is necessary. Activities such as, taking a walk, jogging, swimming or doing Tai Chi can all help boost their energy levels. And also, resting is very important. Getting enough quality sleep every day is crucial. What else, having a balanced diet, consuming enough protein, fibers and all kinds of essential nutrients (重要营养元素) is also the key.

(并列罗列)

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**Describe an occasion when you waited a long time for a nice thing (花  
间等待美好事情发生)**

**You should say:**

**When it happened**

**What the nice thing was**

**How long you waited**

**Why you waited for a long time**

**And explain how you felt about that experience**

思路：这道题可以和上季度“存钱买贵重礼物”进行合并。存钱+等待，给好朋友一个旅行的惊喜。也可以是等待录取通知书、等待好消息等经历。

知识点：

**1. 激动紧张的相关表达：**

- **wait anxiously**
- **on the edge of one's chair/seat** 等待结果时激动紧张兴奋到坐不住  
**I've been on the edge of my chair waiting for my acceptance letter.**
- **a bundle of nerves** 紧张的  
**My son is doing his driving test today. Needless to say, he's a bundle of nerves!**
- **have butterflies in stomach** 胃里小鹿乱撞的感觉  
**At the beginning of an exam, I always have butterflies in my stomach.**
- **heebie-jeebie** 紧张到不行  
**Having to go down to the car park at night gives me the heebie-jeebies.**
- **have one's heart in one's mouth** 心提到嗓子眼儿  
**Emma had her heart in her mouth when she saw her two-year-old son standing in front of the open window**

- **hold one's breath** 屏住呼吸
- **can't breathe** 不能呼吸

## 2. 表示兴奋开心的几种方式:

- 兴奋的: **excited, pumped, stoked, psyched**  
( **buzzing**: very excited and happy. 非常英国式的表达, 在北美不常见。  
如: **I'm buzzing now!**)
- 开心的: **happy, thrilled, glad** (开心且欣慰的) , **overjoyed** (超级开心) ,  
**ecstatic** (狂喜的) , **pleased** (略显权威之感, 不适合用在这个主题)
- **over the moon**: 月亮之上, 开心, 上天了  
**I was over the moon when I heard the good news.**
- **on top of the world**: 感觉走上人生巅峰了
- **Words couldn't describe my feeling**: 无法言语的开心
- **bring me to tears**: (感动、开心、难过导致) 哭
- **on cloud nine** 极度开心

### 素材一: 修改“贵重的礼物”

So, last year, I waited long enough (等待很长时间) to give my best friend Jing a very special gift. It was not something tangible (可以摸得着的东西), it was more of an experience. I treated her to a trip (请她旅行), a trip with me, and I paid for everything. It was a very beautiful experience.

My best friend Jing is such a good friend. She's super supportive and trusting. Two years ago, I went through a really bad breakup (很糟糕的分手). I was in a very dark place/spot (在黑暗里), and bawling/pouring my

eyes out (把眼睛哭出来) every day. And, she was there for me (支持我) the whole time, comforting me and cheering me up (安慰我、给我打气). She was the person who helped me pull myself together (振作精神) eventually and went back on track (回到正轨). I really wanted to express my appreciation and gratitude (表达感恩和爱) of having her in my life (生命中有她). That's how I came up with idea (我想到这个点子). (以上可以挑局部内容来说)

We both love traveling, but unfortunately, neither of us had enough money to support our hobby. So, I found a part-time job as a barista at a local café. I got paid by hour. It wasn't a lot of money, but slowly I was getting there (慢慢实现目标), little by little (一点一点积累). I worked there for almost 6 months until I saved up enough money. And then, I took her to Yunnan province since we both love that province. We spent 2 weeks there enjoying the nice weather and the local food. We also made some really good local friends. And we told them that for sure we would go back.

This trip was a celebration of love and friendship (对爱和友谊的庆祝). I'm very glad that I was patient enough to wait and save up the money. All the waiting (一切的等待) made this trip even more unforgettable and precious.

So, yeh, that was the nice thing I did for my friend. Thank you!

### 素材二：收到录取通知书

I still remember how I was a bundle of nerves when I was waiting for the acceptance/enrollment letter from my dream university (梦校). That day was the most special day in my life. I felt like I'd waited for a century for that moment to come (感觉像是等了一个世纪).

After graduating from high school. I took the most important exam, called National College Entrance Examination, (also known as "Gao Kao"). I was waiting for the results anxiously the whole summer. And then, the results

came out, and I got really good grades (分数很高) . I knew I had a big chance of getting accepted into my dream school, but I wasn't 100% sure.

So I kept waiting and waiting. On August XXX (可以讲具体哪天, 显得你印象深刻) , I still remember the date clearly. I got a call from our post office, telling me that I was supposed to get a very important letter that day. I knew it was the letter I'd been waiting for.

I still remember how I was on the edge of my seat (紧张) the whole morning. I was biting my nails (咬手指甲) , having butterflies in my stomach (小鹿乱撞) , and I felt like I had my heart in my mouth (心脏要跳出来了) !! Finally, our mailman knocked on the door. When I heard him knocking, I almost couldn't breathe.

I got the letter from him and opened the envelope with shaky hands (颤抖的双手) . I saw the letter that I'd been waiting to see for two months, and it almost brought me to tears. I was over the moon, overjoyed! Words couldn't describe my feeling. I will never forget that day.

So, yeh, that was the story, thank you!

### Part3:

1. On what occasions do people have to wait for a long time?

Off the top of my head, doctor's appointments. You always see people waiting at a hospital, a clinic or any kind of medical facilities. And then, when people travel, they need to wait at the airport, the train station, the bus station, etc. And next, sometimes customers might need to queue up (排队) for hours for a table at a super popular Instagram-famous restaurant (超极受欢迎的网红店) . And what's more, during rush hours (高峰小时) , people might get stuck in traffic jams and then end up waiting in the car for a long time. (并列罗列)

## 2. What do people do while waiting?

Most people will just use their phones (用手机), scrolling through social media (刷社交媒体), reading news, playing mobile games, checking their emails, or calling a friend of family. Some people have the habit of reading books or eBooks while waiting. Some people, like me, love listening to the radio or podcasts. Some people just space out (发呆), watching people walk by, daydreaming (做白日梦), letting their mind wander (让思想神游), or not thinking about anything. Some people even meditate (冥想) while waiting. (分群体)

## 3. Are most people patient while waiting?

No, I don't think so. I think most people feel restless, impatient, irritated and fussy (不安的、不耐烦的、易怒的和焦躁的) while waiting as they often see it as a waste of time and energy. They're not accomplishing anything productive or meaningful during the wait. Perhaps only a few people can manage to control their grumpiness (管理自己的暴躁脾气) as they see it as opportunity to foster patience (培养耐心) and tackle some simple tasks and chores (处理一些简单琐事). (主流情况, 特殊情况补充)

## 4. Do you like to wait for a long time? Why?

可以结合以上回答, 总结自己的具体情况, 主流或非主流。

## 5. Why do most children have difficulties waiting for a long time?

Kids are the worst when it comes to patience (最没有耐心). They are super energetic, impulsive and curious (高能量的、冲动的、好奇的). They feel bored easily (很容易感到无聊). For them, waiting is like a nightmare (一场噩梦). I watched this video once about some kids' experiment. It was really funny. In the video, a mom gives her two young kids some candies, telling them that they can't eat those candies until she comes back. And if they wait long enough until she comes back, they can get more candies. And as you can imagine, once the mom leaves, it takes

those two kids probably 3 seconds to start eating the candy. That's how bad they are at controlling themselves. Kids don't have the concept of self-discipline or patience (自律或耐心). (原因, 举例子)

6. Do people queue consciously while waiting for the subway train?

I would say, generally speaking, people have the awareness and decency (意识和素质) to line up (排队) at the platform while waiting for the subway train to come. Some platforms are with clearly marked lines (清晰的标记线) to help ensure the order (帮助维持秩序). However, in some very crowded situations, especially during rush hours, people can be less organized sometimes. (主流情况, 特殊情况补充)

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**Describe a party that you enjoyed** (享受的聚会)

**You should say:**

**When and where the party was held**

**Who went to the party**

**What kind of party it was**

**And explain why you enjoyed the party**

**素材一: 给父母开惊喜派对**

So, I want to share with you the time when I hosted a surprise birthday party for my mom. And I really enjoyed that party.

It was on my mom's 50<sup>th</sup> birthday. I wanted to do something special for her. Not just a gift, but also something meaningful that can help her build a beautiful memory.

So, on her birthday, I found a way to distract her and keep her away from home so that I could prepare everything.

My dad and I cleaned up our home, and then we decorated the whole place. We bought some flowers, we blew up some balloons, and put on the birthday banner (生日横幅). I prepared some snacks and drinks, and put them nicely on the table.

We invited all the family members and some of my mom's close friends. And I specifically made sure that I invited my Uncle Chen and Aunt Li, as they have always been the life and soul of parties (派对灵魂人物). They are like social butterflies. They can talk to anybody, and glue everybody together (把所有人粘合起来).

When my mom came back home, she was so surprised and thrilled. She was freaking out (吓坏了, 激动得). She screamed probably for 10 mins, got super excited/pumped (激动). It was definitely a very successful party. Everybody had a whale of a time/ a blast (玩儿得很尽兴), including me.

I really loved every second it, and on top of that, I felt incredibly proud of myself as I finally had an opportunity to give back to my mom (回报我的妈妈) and telling her how much I love her. She's the best mom in the world.

So yeh, that was the party. Thank you!

### 素材二：暖房派对

So, not long ago, I went to my best friend's house warming party (暖房派对), and we celebrated this special moment together.

My best friend Jessica recently has moved out from her parents' place, and moved into an apartment. I'm so happy for her, as that's definitely a new chapter in life (生命力新的一个章节). She could finally spread her wings (展开翅膀) and live an independent life like a real grown-up (大人). And that's why we needed to celebrate!

Jessica threw a little house warming party (随意地办了一个暖房派对) in her new place. She invited all her close friends over. We were all together, about 5-6 people? Something like that. Not a very big crowd. I mean, A, the apartment is very small. It can't fit too many people at the same time; and B, Jessica is a very low key, very private person (很注重隐私的人), so she didn't want everybody to know about this.

At the party, I had a whale of a time (玩儿得很尽兴)! We had some drinks, ate some pizza, played some party games, and later we danced a little. Jessica's new place is tiny but it has everything, and it's super cozy (超级温馨). That's why I felt like home, very relaxed.

(以下这一段不一定都说, 内容很多) I felt happy for my best friend. Maybe a little jealous (有点小嫉妒) as I'm still living with my parents, but jealous in a good way (是一种好的嫉妒). And to be honest, the idea of moving out had never crossed my mind (没来没想过) before I saw her apartment and how she was living there. I have always been a very spoiled kid (被溺爱的孩子) and I like being taken care of. But when I saw how free she was in her place, and how mature she was handling everything (处理应付一切), I felt jealous, I want to experience that sense of independence (独立感) as well!

So yeh, that was the house warming party I went to and enjoyed. Thank you!

### Part3:

#### 1. Why do people like parties?

In social settings (在社交场合中), like a party, a gathering or a get-together, people can connect with family and friends and even new people (结识新人). Is a chance to bond with people (增进纽带) and build

relationships. People need people. Most of us feel happy when we are in a bigger group. And then, parties are fun! At a party you can have food and drinks, games and music. People dance, laugh and talk. There's a lot going on (有很多事情发生). It's entertaining and relaxing. (罗列原因)

## 2. Why do some people not like going to parties?

Some people are not party people at all. They are more of "a loner" or prefer to hang out one-on-one (一对一见面) with people. For them, talking to a lot of people at the same time, reading the room (察言观色), trying to please the crowd (讨好人群) is mentally draining. Some of them even feel mentally and physically wiped out (累爆了) after a party. Therefore, they prefer to stay at home and enjoy solitude (享受独处); or see a couple of friends at a time (一次见一两个朋友). (原因)

## 3. Do you think those who tend to stay at home are less healthy than those who often attend parties?

Generally speaking, no. I think, whether you choose to stay at home and be a true homebody (宅男宅女), or go to parties all the time and be a party animal (派对狂人), it's up to you (取决于你). It's completely your personal choice. But I would say there's moderation in all things/ balance is key in all things (凡事要适度). You can't stay at home and be alone forever, just like you can't go to the party every day and never stop for a second to spend time alone nurturing your soul (从不停下来一秒钟去滋养你的灵魂). (主流情况, 特殊情况补充)

## 4. Do you think music and dancing are a must at a party?

If it's a party, yes, I would say so. Music and dancing are a must (一定要有的东西), and drinks too. I love dancing, drinking and talking while listening to the music at a party. It really lightens up the mood (点亮情绪). But if it's just a peaceful and tranquil small get-together (小型聚会), I don't necessarily have to dance. I'll just have a nice conversation with my

friends. BUT I would still say, I need my music! Otherwise, what's the difference between a party and a meeting? Right?! (分情况讨论, 反向假设)

5. What would you do if you were disturbed by a neighbor's party?

Firstly, I will always try to communicate nicely with my neighbor, asking them to dial down (状态下来一点, 下调一点) a little bit. But if they ignore me and continue the craziness (继续他们的疯狂), I might get crazy myself and call the police (报警) eventually. (罗列)

6. What are the differences between holding a party at home and in a public place?

Well based on my experience, I would say hosting a party at home and in the public place both have their pros and cons (优缺点). Number one, in terms of privacy, parties at home are often more private and it feels more intimate (感觉更私密). Whereas when hosting a party in a public place, you can invite more guests, some people might even bring their friends, so you end up seeing a lot of people even strangers. And then, in terms of cost, renting a public venue (租一个场地) for sure is more expensive than doing it at home. Home parties are more budget-friendly (预算友好型). And then, space is another difference. Public places offer more space for larger gatherings, while homes normally have more limited space. One thing I would say is that, hosting a party in a public place is more carefree (不惜要操心的). You can have someone who decorate the whole place for you, provide catering service (提供餐饮服务) and later clean up for you, and you don't need to worry about people wrecking things (打碎东西); whereas at home you have to do a lot of things by yourself, not to mention, you will be worrying about people breaking your stuff. For example, I had a big party at home a while ago, and I was all the time worrying about my guests breaking my furniture and home appliances when they got tipsy (微醺了) and started playing football in my living room. Haha! That was a terrifying experience. (分角度类别讨论)

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**Describe an exciting activity that you experienced with someone else (—  
同参加的令人兴奋的活动)**

**You should say:**

**What the activity was**

**Who you were with**

**When and where it happened**

**Why you went for it**

**And explain how you felt about it**

**思路：可以改变“享受的聚会”，或“感到累的活动”里参加婚礼的素材，但是“感到累”的比重要小，重点是兴奋！**

**Part3:**

**1. What kinds of activities do young people like to do?**

Oh wow, that's such a broad/ general question (很宽泛的问题) as young people these days like to do all kinds of activities. It's all about their personal preferences. Some are into outdoor physical activities, such as, hiking, biking, running, mountain climbing; Some are more into indoor sports, like, playing basketball, badminton, swimming; some young people are technology freaks (科技迷), gamer (游戏玩家), they play video games all day long without leaving their rooms; some young people love socializing with friends, going to parties, going to bars, just hanging out; there're also young people who are artistic, they go to museums, art show, movie festivals. It's really hard to generalize. (分群体讨论)

**2. Why do some young people like adventurous activities?**

It's this passion for newness (对这份新鲜事物的热情), for experiencing something different, for getting away from the routine life (从作息生活中抽离出来), that excites young people. Many of us are stuck in our 9-to-5 jobs and routine life (被困在我们朝九晚五的工作和作息生活), so sometimes having the opportunity to experience something new and unique is like an exciting escape from life (一份令人兴奋的生活大逃离), and can help us create lifelong memories (制造一辈子的记忆). Those moments are like the highlights (高光) in our lives. (原因)

3. Do you think old people would like to have changes?

Many people hold a stereotype (有传统偏见) that older individuals are inactive (不够积极), conservative, boring, and unwilling to change, and I used to hold that stereotype as well. However, from my observations in recent years, many older people also appreciate change in their lives. This is often because they are retired and looking for new stimulation (寻找新鲜刺激). For example, I've seen many seniors travel to different places every year/ become avid travelers (积极的旅行者). They also explore new hobbies and adapt to changes in technology to stay connected with the world. So, I believe that older people can also enjoy change, and it's more about personal differences. (主流观点, 自己观点补充)

4. Why can exciting activities relieve people's stress?

When we take part in (参与) exciting and thrilling sports, adventures, our brains release endorphins (内啡肽), which is a mood booster (情绪提升器). And also some of these activities can trigger an adrenaline rush (肾上腺飙升) which can also provide a sense of excitement and joy, and allows us to relax and recharge. And plus, after accomplishing these activities, we also experience a sense of accomplishment and satisfaction, which can boost our confidence and self-esteem (激发自信和自我价值感) and reduce anxiety level (降低焦虑水平). (原因, 补充)

**5. Can you give some other examples of adventurers or risky activities?**

**Sure! Off the top of my head, bungee jumping (蹦极). Basically, you need to jump off a tall building or a bridge or a cliff with a bungee cord (蹦极绳子) attached to your body. That sounds really scary! It that's the kind of activity that I've always wanted to try but never dared to try. And similarly, skydiving (高空跳伞), that's even crazier! Basically, you need to jump off an aircraft with a parachute (跳伞伞包). I'm just all the time worrying what if the parachute doesn't open. Haha! And, what else, paragliding (滑翔), that's another crazy one! Flying and soaring through the sky. Those extreme sports (极限运动) are for those daredevils (冒险鬼). (列举, 举例子)**

**6. What skills do people need to take part in adventurous activities?**

**Generally speaking, people need both physical and mental skills to engage in adventurous activities. Regarding physical skills, having enough physical endurance and strength (生理体能和耐力) is crucial.**

**Additionally, possessing technical skills and basic knowledge (专业技巧和基础知识) related to the specific activity is also essential. For example, knowing how to open a parachute (打开降落伞) and understanding how to paraglide safely are both critical. In terms of mental skills, you need the ability to stay calm in risky situations, stay focused to make decisions, and solve problems effectively. Therefore, problem-solving skills (解决问题的能力), decision-making skills (做决定的能力), and risk assessment skills (风险评估能力) are all essential. (分角度讨论)**

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**Describe a difficult task that you completed at work/school that you felt proud of (你克服过的为之骄傲的困难)**

**You should say:**

**What the task was**

**How you completed it**

**Why the task was difficult**

**And why you were proud of the completion of the task**

**知识点:**

**和努力有关的一些表达:**

- **Where there's a will, there's a way. 有志者事竟成**
- **Blood, sweat and tears 汗水心血努力**

**It took my blood, sweat and tears to finish this project.**

- **knuckle down 全力以赴 (knuckle 作为名词“指关节、膝关节”，作为动词“开始认真工作”)**

**It's final-exam week so I've got to knuckle down and finally start studying.**

- **put my head down 同上用法**
- **throw myself into the task 投入工作学习任务中**

**Tonight, I really need to throw myself into the task, maybe I'll pull an all-nighter.**

- **really go at it 全力以赴**

**I think you need a break from that school assignment. You've been really going at it for the last 2 hours!**

- **give 100%. 全力以赴**
- **roll up one's sleeves 袖子卷起来 开干! 战斗模式!**
- **get into the zone 找到状态, 全身心投入**

- **stick to the plan 坚持计划**

So, today I want to share with you not a specific task, but more of general task I completed during my university years, which is “studying hard and improving my grades” (好好学习, 提升成绩) . Trust me, it wasn't an easy task (不容易) in the beginning.

The story was (故事是这样的) , when I was a university student, I entered my first year with high hopes (期待很高) and a bit of arrogance (带着一点点傲慢) (目前在校大学生则要改成, **I'm now a third-year university student, and when I entered my first year, I really had high hopes and a bit of arrogance**) . In high school, I had been a bit of a study freak (学习狂) , always hitting the books (疯狂看书) , acing exams (碾压考试) , and hardly ever letting myself have fun.

So, when I arrived on campus (走进大学校园后) , I decided it was time to let loose (放松) and have fun (享乐) . And oh boy, did I party hard (我了的, 我玩儿的可疯了。反问句) ?... My first year was like a never-ending party (永不结束的派对) . I became a party animal (派对狂人) , going out almost every night and making new friends.

Then, of course, I didn't study at all. I didn't even show up for classes (不去上课) / go to class. Therefore, by the end of my first year, I was in academic trouble (学术困境) . My grades were plummeting (成绩下滑严重) . I was freaked out and discouraged. I felt like I had wasted an entire year of my life.

**My parents and good friends were concerned and gave me some tough love** (给我严厉的爱) . **They reminded me that I had come to university for a**

**future, not just for parties. Their words hit me hard (击中我的心), and I realized I needed to make some changes and turn that situation around (扭转局势). (语速慢可以不提家人朋友的部分)**

**I started by getting organized. I created a study plan and stuck to it religiously (虔诚地执行计划). I got help from professors and tutors when I didn't understand something. I also surrounded myself with friends who were serious about their studies (让自己和爱学习的朋友为伍). For me, it was like a project, a "getting-back-on-track" project (回到正轨工程).**

**Slowly but surely (慢慢地稳稳地), my grades improved. There were moments when I wanted to give up, but I kept reminding myself of my goals and kept pushing forward. I gave 100%, my blood, sweat and tears (全力以赴). By the end of my second year, my grades were back on track. I made it!!**

**Looking back, I'm very proud of myself. Where there's a will, there's a way (有志者事竟成). Thank you!**

### **Part3:**

**1. What are the things that make people feel proud of?**

**To be honest, people feel proud of various things and achievements. For example, academic accomplishments (学术成就): getting high grades (考高分), completing challenging projects; or career successes (职业成就), like, getting a promotion (被提拔) or a pay rise (被加薪); or achieving personal goals (个人目标), such as, getting married, having a happy marriage, having a healthy and outstanding child; Or it could be much smaller things, like losing weight (减肥), cutting off sugar (戒糖), quitting smoking (戒烟). There're so many reasons to feel happy and proud of yourself, and to celebrate YOU (庆祝你自己). It could be as big as**

life milestones (人生里程碑), or it could be as small as little accomplishment in daily life. (分类别讨论, 举例子)

2. Do people often feel proud of themselves when they complete a difficult task?

Yes, for many people, when they accomplish a very difficult task, they experience euphoria (狂喜). It's a strong sense of achievement (成就感). It really can boost a person's self-esteem and confidence (激增一个人的自我价值感和自信). Take myself for example, several years ago, I tried to lose some weight. It was very difficult and I almost gave up halfway (半途差点放弃), but I stuck to my plan and eventually successfully lost 10 pounds. I still remember how proud I felt in that moment. And I still use that example to encourage myself when I need to tackle difficult tasks today. (原因, 举例子)

3. What challenges do young people face today?

As a young person, I have to say, challenges and stress are from everywhere. When we are at school, we face academic pressure all the time. And after we graduate from school, there's the ever-increasing competition for jobs (空前绝后的就业压力). In China, we say, the grind never stops (内卷永不停止). Sometimes it feels like we're stuck in a rat race (也是内卷的一种表达). That's why many of us have mental health issues like stress, anxiety and even depression. (分情况)

4. How do young people handle difficult or challenging tasks?

Some young people are very positive and motivated in front of difficult or challenging tasks. They may seek help and guidance from their teachers, peers or parents. Or using their problem-solving skills, planning skills and time-management skills to break down (拆分) the task into smaller and more manageable steps (更小更好管理的小任务). Whereas some other young people might get really anxious and directionless (慌张也没方向感)

and then give up on the task. The mentality (意识形态) is very important here. Perseverance goes a long way (坚韧是最好的解决之道)。(分群体)

#### 5. What kinds of rewards do people receive from work?

People get extrinsic and intrinsic rewards (外在和内在的奖励) at work. In terms of extrinsic rewards, monetary compensation (金钱形式的犒劳) like salary (工资), bonuses (奖金), benefits (福利) such as health care (医保) and pension plans (养老金). What else, big promotions and awards. Those are the things that can motivate people in the workplace. And when it comes to intrinsic rewards (内在), people gain a sense of accomplishment and personal growth (成就感和个人成长感), and also enjoy the feeling of making a meaningful impact (享受制造有意义的影响力), Those are what keep people motivated at work. (分类别讨论)

#### 6. What are the most difficult jobs that people do?

I think many jobs are very difficult. That's why I can't really single out (专门选一个) the most difficult Job. I guess jobs in medical industry (医疗行业), such as surgeons and nurses (外科大夫和护士), they need to work long hours and in shifts (轮班制), and sometimes they don't get to sleep. The amount of work and responsibility can be very overwhelming at times (有时候会很令人窒息). And then, police officers, firefighters. They are often working under high pressure and they're facing danger all the time. Which is very difficult especially for their families. And also, in some situations, whether it's difficult or not also highly relying on a person's interest. If a person is not interested in their job at all, then anything could become the most difficult task in their mind. It's also about the mentality. (罗列, 补充)

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**Describe a time when something changed your life in good ways (好的人生变化)**

**You should say:**

**When and where it happened**

**What happened**

**How you felt about it**

**And explain how it changed your life in good ways**

可以讲做运动、练瑜伽，也可以把上一题的内容改一下，比如学业下滑后和父母谈了一下，这个谈话给你带来的深远的影响。

So, when I was a university student, I entered my first year with high hopes (期待很高) and a bit of arrogance (带着一点点傲慢) (目前在校大学生则要改成, **I'm now a third-year university student, and when I entered my first year, I really had high hopes and a bit of arrogance**) . In high school, I had been a bit of a study freak (学习狂) , always hitting the books (疯狂看书) , acing exams (碾压考试) , and hardly ever letting myself have fun.

So, when I arrived on campus (走进大学校园后) , I decided it was time to let loose (放松) and have fun (享乐) .

Then, of course, I didn't study at all. I didn't even show up for classes (不去上课) / go to class. Therefore, by the end of my first year, I was in academic trouble (学术困境) . My grades were plummeting (成绩下滑严重) . I was freaked out and discouraged. I felt like I had wasted an entire year of my life.

I had a long conversation with my parents. And that conversation changed my life. My parents sat me down (让我坐下) and gave me some

tough love (给我严厉的爱) . They reminded me that I had come to university for an education and a bright future, not just for fun. I opened up to them (向他们坦白) about where my mind was and how I felt honestly, my fear and confusion, thing like that. We talked wholeheartedly (全心全意地) for hours and hours. Their words hit me hard (击中我的心) , and I realized I needed to make some changes and turn that situation around (扭转局势) .

I started by getting organized. I created a study plan and stuck to it religiously (虔诚地执行计划) . I got help from professors and tutors when I didn't understand something. I also surrounded myself with friends who were serious about their studies (让自己和爱学习的朋友为伍) . For me, it was like a project, a “getting-back-on-track” project (回到正轨工程) .

Slowly but surely (慢慢地稳稳地) , my grades improved. There were moments when I wanted to give up, but I kept reminding myself of my goals and kept pushing forward. I gave 100%, my blood, sweat and tears (全力以赴) . By the end of my second year, my grades were back on track. I made it!!

Looking back, I'm very proud of myself. And that conversation with my parents was definitely a life-changer (改变命运的一件事儿) . Thank you!

### Part3:

1. Do you like new things or changes in life?

① I would consider myself an adventurous and open-minded person (有冒险精神又思想开化的人) , a novelty seeker (喜欢尝鲜、有猎奇心的人) , so to speak (所谓的) . I sometimes actively seek out (寻找) new experiences. I really enjoy getting out of my comfort zone (走出舒适区) , trying new things, visiting new places, meeting new people and experiencing change, I feel like I can learn so much through these experiences. (原因)

② I don't really enjoy new things or changes in life. I choose stability and familiarity over adventures and risks (选择稳定和熟悉度, 而非冒险和风险). The thing is, I'm already the type person who doesn't have a strong sense of security (我本来就不是一个有安全感的人). And new things always come with uncertainty and risks which can be stressful and overwhelming for me. (原因)

## 2. Why do some people quit and change jobs?

Sometimes people go for better career opportunities, such as a higher salary, better benefits, or career advancement. And sometimes, people change jobs because they are unsatisfied with their current career situation, for example, working in a toxic environment (有毒工作环境), having conflicts with coworkers all the time or a lack of work-life balance (缺乏生活和工作的平衡). People switch jobs to find opportunities that better align with their interests and expectations. And finally, sometimes it could be simple as relocation (搬家) or family needs. (分情况)

## 3. How do you adapt to changes in life?

① Firstly, I think we should have a very open, accepting and the flexible mindset (持开放、接受的、灵活的思维方式) to embrace the change (拥抱改变), knowing that change is inevitable (不可避免). The only thing that doesn't change is change itself (唯一不变的是改变). And then, we need to make a specific plan on how to adapt to the change, using our problem-solving skills, planning skills and time-management skills. After that, we just need to stick to the plan. Having support system (有支持体系) is also very important. We need to remember to share our feelings and emotions with our loved and trusted ones (我们爱且相信的人们). They can help us make the transition. (顺序罗列)

② I don't know how to do that. Like I said, I'm not a big fan of change. New changes in life always bring me quite a headache. I wish I knew the answer. (原因)

#### 4. Who can adapt better to changes, children or adults?

I've heard so many people say that children are better at adapting to change. Children have less baggage (思想精神包袱更少) and they are naturally curious (天生好奇心强) and willing to learn. But it's not necessarily true (不一定对). The way I see it, children are not afraid of change but they are not necessarily better at adapting to change than adults (他们只是不怕, 并不代表更擅长). In fact, some adults have more life experience and coping strategies (处理问题的策略) which can help them strategically adapt to new situations more effectively sometimes. (主流观点, 自己观点)

#### 5. When things like getting married or moving home happen, what kinds of things would you consider?

我不太理解这道题

自己回答是想结婚还是想搬家(??), 尽管我觉得这两件事没有可比性

#### 6. What are the disadvantages when people keep making changes?

I feel that the biggest problem is the lack of stability and consistency (缺乏稳定性和持续性). And that can lead to a feeling of rootlessness (一种无根之感). All the changes can disrupt a person's routines and relationships, causing a lot of stress and uncertainty (不确定性). For example, I have a friend. She's great. But she moves around a lot! She lives in different cities even countries throughout the year. And I feel like I can't build a deeper friendship with her because sometimes she's in my life and sometimes she isn't. And she actually complained to me once about how she can't really make long-term commitments (长期承诺) with friends or partners.

(举例子)

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**Describe a bad service you received in a restaurant or shop (一次糟糕的服务)**

**You should say:**

**When and where it happened**

**What happened**

**How it was solved**

**And explain how you felt about the experience**

**知识点:**

**1. 好的服务员、销售人员 (可以把好词儿反过来用, 前面加 not) :**

- **Attentive:** 密切关注你的, 很注意的
- **Friendly:** 友好的
- **Helpful:** 善帮助的
- **Efficient:** 高效的
- **Knowledgeable:** 知识渊博的
- **Patient:** 有耐心的
- **Responsive/ prompt:** 反应及时的, 有问必答的
- **Polite:** 有礼貌的
- **Adaptable/ flexible:** 灵活的, 有适应力的
- **Professional:** 专业的

**2. 糟糕的服务员、销售人员**

- **Arrogant:** 傲慢的
- **Indifferent:** 漫不经心的、冷漠的
- **Inattentive:** 不关心的、不注意的
- **Inefficient:** 低效的
- **Uninformed:** 不了解情况的, 对产品、服务不了解的

- **Impatient:** 没耐心的
- **Unresponsive:** 反应不及时的
- **Rude:** 粗鲁的
- **Inflexible:** 不灵活的
- **Unprofessional:** 不专业的

So, about a year ago, my family and I had a “not-so-great” experience (不是太好的经历) at a posh (华丽的) French restaurant in our city.

It was on my mom's birthday, a day that was supposed to be filled with joy and celebration (本该是充满欢声笑语的一天). We decided to treat her to a special dinner (请她吃饭) at a fancy French restaurant that is famous on social media.

When we arrived, there was a lot of people, and all the servers were very occupied (很忙). We waited for about 45 mins until finally got a table. Our server came to us, and by that time, we were still very excited and in high spirits (情绪很高).

But the server had this a very annoyed and arrogant face (很嫌弃又傲慢的脸) right from the start. He barely greeted us with a smile (几乎没有笑脸相迎), and when we asked about the specials, he just shrugged (耸耸肩) and said, "They change every day." Which was very shocking as he was supposed to be the one who helped us to order.

We placed the order, and later guess what (你猜怎么着), he brought the wrong dishes to our table (菜端错了). When we politely pointed out the mistake (指出问题), his response was incredibly rude. He said, "Well, I can't remember every order, you know." Can you believe it?? We didn't want to let one server ruin our mood (毁掉心情) for the night, so we stayed, instead of leaving.

However, as the evening went on, the server's indifference went on and on as well. He rarely checked on us (几乎不管我们), 0 attentive (一点都不关注我们), and when he did, he was all the time rolling his eyes (翻白眼) and got annoyed by our requests for water refills or extra napkins (蓄水和多给额外纸巾). I get it, he was busy. But that was a fancy and expensive restaurant. Being friendly and patient should be the bare minimum (最基本的、及格线的要求), right?

Eventually, we couldn't put up with (受不了) his bad attitude. So, we asked to speak to the manager. The manager was apologetic and even offered us a complimentary dessert (免费赠与的甜点) as an apology for the terrible experience.

I felt terrible about the experience. Not just me, my parents as well. We felt ignored, belittled and mistreated (感到被忽视、轻视和错误对待). It should be a happy and special day. But everything was ruined by one bad server. I guess, not everyone can be a server.

So yeh, that was the story, thank you.

国外的餐饮文化和国内有所区别。一晚上有一个专门负责你的服务员，你的一切需求都跟这一个人说（因此切忌挥手大喊一声“服务员儿！”）。一个好的服务员会三不五时来查看顾客，主动询问菜好不好吃，还要不要添水等，根本不需要顾客自己主动要求。

### Part3:

#### 1. How do most people respond to bad services?

I think most people dislike confrontation initially (一开始都不喜欢对峙的感觉), so they often try to tolerate/ put up with (宽容、忍受) the bad service for a while to see if it gets better or worse. If the bad service continues or even gets worse, many people will complain directly to the server. If the server remains indifferent (保持漠不关心状态), they might

**make a formal complaint with the manager (和经理进行正式投诉), whether it's in person, over the phone, via email, or through social media channels. After that, they may spread the information (散播信息) to people around them and consider boycotting (联合抵制) the service provider. (假设)**

**2. Do you think services are better now than in the past?**

**I'm under the impression that (我的感觉是, 印象中是这样的), in general, services nowadays are better compared to the past. The service industry (服务行业) has become increasingly competitive (竞争激烈的). The grind never stops (内卷永不停止); it's like a constant rat race (不间断的老鼠赛跑, 也是内卷的意思). Many businesses are working hard/ striving (努力争取) to provide the best customer experiences to maintain customer loyalty (维持顾客忠诚度). However, of course, there are still some service providers that are not keeping up with the latest trends (跟不上趋势), such as the restaurant I just mentioned. (主流情况, 特殊情况补充)**

**3. What kind of services are bad services?**

**I think bad services can come in different forms (以不同的形式出现) but generally speaking, it's the kind of service that makes customers feel frustrated, angry, ignored or even belittled (让顾客感到着急、生气、被忽视、被鄙视); the kind of service that doesn't make customers feel seen or heard (让顾客感到没有被看到、听到); the kind of service that doesn't meet customers' standards or expectations (不能符合顾客的期待和标准). For instance, being indifferent (冷漠), arrogant (傲慢), rude (粗鲁) and unhelpful (无用); zero attentive or responsive (一点都不殷勤、有回应的); in some cases, if the service provider is expected to provide a lot of knowledge and information but fail to do it, it's also really terrible and disappointing service. (举例子)**

#### 4. Why do some people choose to remain silent when they receive bad services?

Well like I said, some people really dislike confrontation. They prefer to avoid making a scene in public (避免在公共场合大吵大闹, 惹人注意). That's why they don't easily make a fuss (大惊小怪) about bad services. And there are some other people who just simply don't believe that their complaints would make any difference (会有任何作用). It's not worth their time or energy (不值当花自己的时间或精力) to make a complaint. They're a bit pessimistic (悲观主义), to be honest. (分群体)

#### 5. Who should be responsible for bad services?

Without a doubt (毫无疑问), the main responsibility goes to the service provider. They are the ones that provide services and build connections with their customers and clients. However, that being said, the way I see it, clients and customers also should actively provide constructive feedback (有建设性的反馈) to help businesses grow and provide better services. It always takes two to tango (一个巴掌拍不响). (反向思考)

#### 6. What can employers do to improve the service that their employees provide?

First of all, employers can equip employees with the necessary knowledge and skills (给员工配备必要的知识和技能) through well-designed training programs (通过精心设计的培训项目). And then, they need to provide constructive feedback (提供建设性反馈) to help employees understand what they've done right or wrong, and where they can improve, things like that. And moreover, creating a positive working environment (创造积极的工作环境) is also essential in terms of keeping employees feel motivated and encouraged. For example, public recognitions (公开的认可) and rewards (奖励) can help boost the morale (激发工作士气、干劲) and improve the quality of employees' performance. (罗列)

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事物题:

**Describe an area of science (biology, robotic, etc.) that you are interested in the would like to learn more about** (感兴趣的科学领域)

**You should say:**

**What area is**

**When and where you came to know this area**

**How you got information about this area**

**And explain why you're interested in this area**

知识点:

- **Fascinated by = intrigued by= get hooked on 被.....迷住**  
**I've always been fascinated by psychology.**

- **Passionate about: 对.....充满激情**  
**That's why I'm so passionate about this field.**

- **Interest sparked: 兴趣被激发**  
**That's when my interest in the field was first sparked.**

- **Raise awareness: 提升意识**  
**I want to learn more so I can help raise awareness about the importance of mental health care.**

- **Take courses: 上课学习**  
**I've been taking online courses to learn about psychology.**

- **Online resources: 在线资源**

I've been exploring online resources to learn more about psychology.

- Self-study: 自学

I've been engaging in self-study of psychology through books and online courses.

- Research and reading: 研究与阅读

I've been conducting research and reading extensively about psychology.

- Access resources/ information: 获取资源、信息

- Tapping into: 同上= to gain access to something  
(也表示 become friendly with)

- I've been tapping into a wealth of knowledge from psychology books.

- Familiarize myself with this area 让自己更熟悉这个领域

- Broaden my horizons: 拓宽我的视野

I've been broadening my horizons by exploring psychology books and online courses.

- Stay informed/ stay up-to-date: 紧跟信息潮流

I read a lot of books, trying to stay informed about developments in AI.

- Make a difference: 带来改变

Hopefully, with more knowledge in this area, I can make a real difference in the future.

- Resourceful: 资源甚广的

I've become quite resourceful in finding online materials about computer science.

- Delve into: 深入挖掘

I've been delving into math books to expand my knowledge.

喜欢物理的原因:

I've loved Physics from a young age. The subject is mysterious, elegant, beautiful and interesting on so many levels. It explains so many

phenomena, and is so fundamental. I'm particularly fascinated by the string theory. This obsession is what drives me to become more and more interested in physics every day. And also, through solving Physics problems, I learn about problem solving skills and critical thinking skills. Learning Physics makes me think more independently, and become more intellectual.

喜欢生物的原因:

I've always loved Biology since I was little. Biology is the study of all living things, like bacteria and viruses, plants, animals, insects, genetics, and including human ourselves, even life on other planets. It's such a huge field, and it answers everything on earth.

注意, 如果你不喜欢物理, 就不要硬说物理, 说点自己喜欢的和科学有关的学科。否则你说了弦理论, 又压根不懂, 后面要被考官活埋。我这篇素材要说心理学和人工智能。

#### 素材一: (心理学)

I've always been fascinated by psychology (心理学) . When I was a little girl, my aunt, who has a master's degree in psychology (心理学硕士) , used to talk to me about it. She would discuss the psychology books she was reading and explain human behaviors from a psychological perspective (从一个心理学的角度) . That's when my interest in the field was first sparked (被激发初步的兴趣) .

To me, understanding people's minds and behavior is incredibly intriguing (非常吸引人的) . It not only helps me relate to others (联系、共情他人) better but also improves my self-awareness (让我更了解自己) / helps me understand myself better. It's a valuable tool for reading and analyzing emotions (分析解读情绪) and promoting mental well-being (促进精神健康) .

**In today's world, happiness is something everyone seeks, but it seems like more and more people struggle to find it. Depression (抑郁症) is becoming a serious mental illness which affects so many lives. I have a family member who's battling it (与之抗争), and I have several friends going through severe depression (正在经历重度抑郁). One of them even had suicidal thoughts (有过轻生的念头). It's alarming (有警示作用的, 令人担心的) how widespread and serious depression has become, yet many people still see it as “nothing more than just a bad mood” (很多人依然觉得它不过是“心情不好”的一种暂时情绪罢了). They would say things like: You're overthinking (多虑了). Lighten up (看开点) ! Cheer up (振作起来) !**

**That's why I'm so passionate about this field. I want to learn more so I can help raise awareness (提升意识) about the importance of mental health care. In my free time, I've been reading psychology books and taking online courses. Hopefully, with more knowledge in this area, I can make a real difference in the future.**

**So, that's what I'm passionate about. Thank you!**

## **素材二：(AI 人工智能)**

**I've always been pretty intrigued by Artificial Intelligence (AI). When I was younger, my uncle, who's basically a tech guru (科技专家大神 /gu:ru:/), used to chat with me about AI. He would get all excited about the AI projects he was involved in and explain how machines could be as smart as us humans. That's when I first got hooked on (被勾住, 被迷住) this field.**

**To me, AI is all about teaching machines to think and learn, which is pretty wild when you think about it, right?**

Nowadays, in this digital world/ digital age, AI is everywhere. And it's not just something that only tech geeks (科技宅) can access and utilize, it's actually super widespread and handy (方便) for students and young folks like us. That's why I've taking some online courses about AI, just trying stay informed and familiarize myself with this area (让自己更熟悉这个领域).

**学生党可以说:** Imagine AI-powered study tools (人工智能主导的学习工具) that can totally personalize your learning experience (个性化你的学习体验), adapting to how you learn best (适应你的最佳学习方式). It's like having a personal tutor (个人辅导老师) on your computer! How cool is that!

**工作党可以说:** When it comes to work, AI can be a game-changer (改变玩法的工具). It takes care of all those boring and repetitive tasks (枯燥且重复的任务), so we can focus on the fun and creative parts of our jobs. It's like having a super-smart assistant on your computer. How cool is that!

So yeh, that's the field that I'm totally obsessed with (痴迷)!

### Part3:

1. Why do some children not like learning science at school?

Well first off, kids are different. Some kids might find science classes a little bit too challenging or complex. They might struggle to grasp the scientific concepts (理解不了科学相关的概念), and that could be really frustrating for them. Therefore, they lose the interest of learning. And another reason could be related to how science is taught at school. If it's taught in a dry and textbook-oriented way (很干燥、照本宣科的方式) with very little hands-on experimentation (实际操作的实验) and real-life application (现实生活的联系及应用), it won't be able to draw kids'

**attention.** kids often learn better when they can have fun and play, and see how science can relate to their everyday lives. (罗列原因)

2. Is it important to study science at school? (同意与否题)

Oh yeah absolutely. Studying science at school is undoubtedly important (毋庸置疑的重要). Because science is the key to understanding the world around us, and that includes the natural world and the modern world, digital world today. It teaches us how things work, why do they work that way, and it also fosters problem-solving skills and critical thinking skills, which are very crucial skills in a child's development. Without the foundation in science, we wouldn't have the life we are living today. And, a child who doesn't know anything related to science wouldn't be able to navigate in life (驾驭生活). (原因, 反向假设)

3. Which science subject is the most important for children to learn?

Well, the way I see it (我是这么看的), each subject has its own significance (深远意义). So, it's almost impossible to say which one is the most important, you know. I would say, biology is very important as it helps children understand the natural world and life itself. And also, it enables children to pay attention to the environment around them, thereby protecting it. And then, physics is the fundamental subject. It teaches children about forces, energy, and motion. I want to say, it's the foundation of everything, especially in technology and engineering. And what else, computer science and artificial intelligence, they're both very important in today's digital age. Therefore, it's really hard to single out (专门挑出来一个) one subject. (并列罗列)

4. Should people continue to study science after graduating from school? (同意与否题)

Yes! It's like a no-brainer (想都不用想) for me. Many people stop delving into the world of science once school's done (一毕业) as they think it's irrelevant. But I'm of the opinion that, studying science isn't just for acing/passing exams (考试通过), it's also for understanding our world and

enjoying our lives better. It should be a lifelong, ongoing thing (终生的事情) . (主流观点, 对比自己观点)

#### 5. How do you get to know about scientific news?

Well, there are traditional sources (传统信息来源) like newspapers, magazines and TV. But I think most people, especially young people, are relying on modern sources (现代来源) like, websites on the internet and social media (社交媒体) . Social media is such a powerful tool. You can directly follow scientists and scientific organizations and institutions (直接关注科学家本人和科学机构) on social media platforms (社交媒体平台) , and get most up-to-date information (最新资讯) in the science world. And also, in recent years, podcasts (有声播客) are on trend (很流行) . Actually, I'm following several scientists who have their own podcast channels. Off the top of my head (首先想到的是) , Doctor Huberman, he's my favorite scientist podcaster (科学家播客主持人) ; and also Joe Jogan, he's not a scientist, but he talks about science a lot on his channel. So, I get a lot of cutting-edge scientific information (前沿资讯) from his channel as well.

(分类别讨论+举例子)

#### 6. Should scientists explain to research process to the public?

I definitely think so. We are all part of this society (社会的一份子) and we are working together to make the society a better place. We owe each other the transparency (我们“欠”彼此一个真诚的透明度) in each and every industry (在每一个行业) . We have to inform each other about the latest discoveries (最新的发现) and scientific process and development so that we can make rational decisions (做出理智的决定) as a whole (作为一个整体) , based on the information we have. That's why I love listening to those scientific podcasts, trying to keep up with (跟上) the science world. And that's why I like Dr. Huberman. He always shares with the

**public the latest researches and studies, and what the results are. I find it really fascinating** (最后这个 Huberman 的例子, 如果你不听这个频道, 可以说)。(原因, 举例子)

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

**Describe a photo that makes you feel happy** (让你开心的照片)

**You should say :**

**When and where you took the photo**

**What the photo is like**

**How often you watch the photo**

**And explain why it makes you feel happy**

思路: 可以是旅行过程中拍了一张很美的风景照, 每次看都想起那场旅行; 也可以是摄影获奖作品, 每次看都很开心骄傲; 也可以是照片背后的故事很令你快乐, 比如, 你去支教, 给学生们拍了一张照片; 你给家人做了一餐饭, 给家人和餐食拍了一张照, 大事小事都可以; 结婚婚礼照片; 孩子满月照; 太多了

**知识点:**

**如何介绍一个照片里的内容?**

**1. 主要情况和具体动作**

- **“In the picture”** 介词是 in, 如果用 on 则表示物理层面上照片上, 如 **There's fly on the picture.** 照片上停了一只苍蝇。
- 形容照片里的事实情况, 用**一般现在时**。  
**“In the picture, you can see ...”** 在照片里, 你能看到.....

- **There's / There are ... “there be 句型”**，来形容照片里有什么

**There's a big house in the picture.**

- **There isn't a ... / There aren't any ...**

- **“In the picture, you can see me doing...”**

**In the picture, I am waving my arms.**

形容具体动作的时候，可以用**现在进行时**。强调画面定格感。

- **In the picture, people are doing...**

- **It's raining...**

形容天气时，也用**现在进行时**

## 2. 方位:

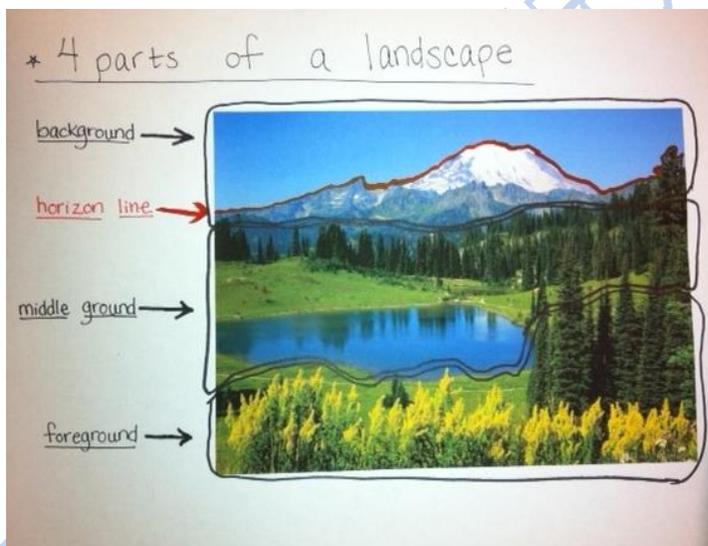
- **At the top/bottom of the picture ...**

- **In the middle of the picture ...**

- **On the left/right of the picture ...**

- **In the foreground 前景, in the middle ground 中景, in the background**

**背景, horizon line 地平线...**



(网图，不是我画的, haha)

Ok, today I want to talk about a photo I took three years ago. And each time when I look at it, I feel happy and proud.

It's a selfie (自拍) I took with a tripod (三脚架) when I was traveling alone in Southern China. So the story was, three years ago, I was brave

enough to take a solo trip (独自旅行) to the south of China at the age of 19. I went to Yunnan province, and I visited Kun Ming, Da Li, Shangri-la, and Li jiang. And during the whole trip, I was taking photos of the beautiful sceneries and local people, but it was difficult to take photos of myself (take photos of sth./sb.用的是介词 of, 表示照片的内容是关于什么的). So one day, I bought a tripod from a camera equipment store and started taking selfies. This photo was the first selfie I took during that trip. (大家可以说不同的城市甚至国家)

In the photo, you can see beautiful and rolling mountains (美丽绵延滚动的山峦) in the background (背景里). You see the beautiful blue sky with fluffy white clouds (白绒绒的云) at the top of the photo. And then, in the middle ground (中景), you can see a crystal-clear lake (清澈的湖面). The water resembles/looks like a mirror (湖水看起来像镜子), so tranquil and serene. And finally, in the foreground (前景), you can see me waving my arms in the air (举手在空中), and smiling from ear to ear (咧嘴大笑), looking super happy! Haha! That's the kind of super contagious smile (有感染力的笑容) you can see from a magazine (是那种能在杂志上看到的笑容)! I put the picture on the wall in my bedroom so that I can look at it every day. It puts a smile on my face (让我的脸上挂上微笑) each time when I see it. The picture reminds me of that trip. It was the first time that I traveled alone. I feel proud of how brave and independent I am. Thank you!

### Part3:

1. Do you think people are taking too many photos these days?

I would say, these days, many people, especially younger people, tend to (往往) take an abundance of photos (大量照片), and sometimes it could be a little over the top (过分、夸张). Don't take me wrong (别误会我). I'm not saying that (我并没有说) people shouldn't take photos at all. Taking

photos is actually a great way to document our lives (很好的记录生活的方式) so that later we can go back and relive/ revisit/ recall those moments (重新回顾美好时刻). But there's moderation in everything (凡事都有个度), right? Some people are obsessed with the idea of taking photos to the point that (以至于) they stop paying attention to the real world (不再关心真实世界). They live their lives through camera lenses (通过镜头来生活). And that's why I said it's over the top. (主流现象, 自己观点, 反向思考)

## 2. What kinds of photos do people like to take?

People have very different tastes and interests when it comes to photography. Some foodies (吃货) are into taking a lot of food photos. Some love taking selfies (自拍) to capture special personal moments. Some nature lovers (大自然爱好者) would take photos of beautiful natural landscapes and sceneries (美丽的自然美景). And some people like to photograph special events and moments, like, weddings, birthdays, anniversaries, special activities. The types of photos people take can definitely reflect their focus and interests in life (反应他们在生活中的爱好和重心). (分群体讨论)

## 3. Do you think people take more photos now than in the past?

Yes, definitely. The first reason is due to the fact that we all have smartphones with really high-quality cameras (带高质量摄像头的智能手机) today which makes taking photos much easier than before. I mean, even my 5-year-old nephew can take photos for us nowadays. So, you don't have to be tech-savvy/ tech guru (科技大人) to know photography. And then, the prevalence of social media (自媒体的盛行) also contributes a lot. The fact that people can share their lives with their friends and family definitely has encouraged them to take photos more often. (罗列原因)

## 4. Do you think equipment is important for photography?

Depends on what you want. If you want really professional and award-winner level of photos (专业的、获奖级别的照片), then probably yes, equipment plays a massive role (发挥重要作用) here. But if it's just for capturing the moment (捕捉时刻), documenting your daily life (记录日常生活), and holding on to the memory (抓住回忆), I think a smartphone is more than enough (足够了, 比足够都多). It's easy to use (好用), light-weight (轻便), it's always in your bag or pocket. And later it's so much easier to share the photos on social media. (分情况讨论)

5. Do you think being a professional photographer is a good job? Why?

I know that it's a very competitive industry/ field (竞争很激烈的行业). So, it really depends on how good you are (看你技术好不好) and how much time and effort you dedicate in your career (花不花时间和精力). If you are a successful and popular photographer, chances are (很有可能) you will make good money (挣很多钱) and meanwhile have a lot of fun creating art, making impacts on people's lives (同时还能创造艺术享受乐趣, 给他人的生活来去影响力). It could be a really lucrative and fulfilling job (很能有利可图又有充实意义的工作). But if you are "nobody" (谁也不是), and just get random businesses here and there, now and then (今儿或明儿, 不是在这儿就是在哪儿, 小打小闹随机有些生意), then the income won't be good and stable enough. (分情况)

也可以从不同角度讨论好坏, 收入角度, 体验角度, 人生意角度。

6. Why do some people like to post their photos on social media?

Some people enjoy posting their photos, videos and words on social media because it allows them to share their lives with their family and friends. It's like a new way to connect with them. The feedback and validation (反馈和认可) really make them happy. Some people want to

**build a personal brand (个人品牌) online and maybe become an online celebrity/ influencer (在线名媛、网红) and potentially get sponsorship (获得赞助)** . They start their brand by sharing and telling their stories on social media. And some people just want to **show off (炫耀) what they have and what they do in life, which I would say, is the worst reason to get on social media (最不该上自媒体的原因)** . It won't make them happy long-term. **The void in their hollow souls will only get bigger and bigger (他们空洞的灵魂上的洞只会越变越大)** . (分群体)

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**Describe a drawing/ painting that you like (喜欢的一幅画)**

**You should say:**

**When you first saw this painting**

**What the painting is about**

**Who drew it or painted it**

**And explain why you like this drawing or painting**

**思路: 不一定要讲世界知名的画, “贴近生活、贴近自己、贴近当代” 的选题原则**

**知识点:**

**1. 形容绘画的一些表达:**

- **Impressionistic: 印象主义的/ impressionism 印象派**

**This painting employs (采用) an impressionistic technique, highlighting the effects of light and color. 这幅画采用了印象主义的技法, 强调了光线和色彩的效果。**

- **Depict: 描绘 v. (depiction n.)**

**The drawing is a colorful depiction of a sunny day at the park. The drawing depicts a sunny day at the park.**

- **Bold brushwork: 大胆的笔触**

**His bold brushwork makes the painting come to life. 他的大胆笔触使得这幅画更加生动。**

- **Fine details: 精细的细节**

**The fine details in this artwork are truly remarkable. 这幅画的精细细节令人叹为观止。**

- **Fluid lines: 流畅的线条**

**The fluid lines in this piece convey a sense of elegance. 这些流畅的线条为画面增添了优雅之感。**

- **Textured surface: 带纹理感的表面**

**I love this oil painting. The surface is not smooth, but rough and layered. The textured surface of this painting adds depth and interest. 这副油画的表面不是平滑的, 而是粗糙的带层次感的。它的纹理感增加了这幅画的深度和趣味性。**

- **Vivid colors: 鲜艳的色彩**

**The vivid colors in this painting create a striking visual impact. 这幅画采用了鲜艳的色彩, 产生了令人印象深刻的视觉冲击。**

- **Subdued/muted palette: 柔和的、清冷的、低饱和度的配色**

**The subdued palette brings a feeling of tranquility.**

- **Contrasting colors: 撞色, 对比色彩, 高饱和度的配色**

**The contrasting colors in this piece make it visually dynamic (视觉上很有动感与活力) .**

- **Composition: 构图**

**The composition of this artwork is thoughtfully arranged (精心考虑过).**

## 2. 艺术给人们带来的感受:

- **Evokes emotions: 带来触动, 唤起感情**

**This painting evokes a profound emotional response.**

- **Conveys/brings/imparts a sense of XXXX (e.g. serenity, tranquility, joy, excitement, ...): 带来.....一种感知 (宁静感、快乐、兴奋等)**

**The artwork conveys a sense of serenity and tranquility.**

- **Evoke nostalgia: 带来怀旧感**

**This painting evokes a strong sense of nostalgia for the past.**

- **Transports the viewer: 带着观众穿越到.....**

**This artwork transports the viewer to a world of imagination and wonder.**

Today I want to talk about a drawing created by my 10-year-old nephew with markers (水彩笔). It's not a world-famous masterpiece (世界知名的大师作品), but it's just as precious in my eyes (在我眼里一样宝贵). **外甥、侄子, 这关系可以自己修改。**

I first saw this drawing hanging proudly on his bedroom wall (骄傲地挂在他卧室的房间里). And I was very impressed with it.

The drawing is a simple but colorful depiction (简单但是色彩丰富的描绘) of a sunny day at the park. In the picture, you can see (这里和表述一张照片的语法表达一致) the bright sun, white and fluffy clouds, some green trees, grass and flowers, kids playing on swings (秋千), and even a cute puppy chasing a ball (可爱的小狗在追球). It's basically a snapshot (抓拍) of pure childhood joy and innocence (纯粹的儿时快乐与天真, 童真).

I love the drawing. First off, I'm amazed by my little nephew's art talent (美术天赋). I love the vivid and contrasting colours (生动的撞色) in the drawing. And then, it conveys a sense of joy and innocence (带来快乐和纯真感). Each time when I look at it, it always transports me back to my childhood (带我回到童年). It reminds me how I used to see the world when I was little. It's a reminder of the simple joys in life, making me realize that happiness can be found in the little things (你能从小事情里找到快乐), like a sunny day at the park with family.

My nephew, who's quite the budding artist (萌芽时期的艺术家), is so proud of his creation, and he should be. It's not just about the artistic skill; it's the love and happiness that went into it (这幅画不光仅仅关乎他的艺术技巧, 而在于投入进去的爱和快乐) .

So yeh, that's the drawing that I adore. Thank you!

### Part3:

1. What are the differences between painting and drawing?

Well, drawing typically involves using markers, pencils, pens, charcoals (水彩笔、铅笔、钢笔和炭笔) to create lines and shapes (创造线条和图形) on paper. You can see all the lines and the strokes (线条和笔触). That's why normally kids create drawings instead of paintings. Because painting, on the other hand, uses painting brushes (画笔) and watercolor, oil, or acrylic (水彩、油画或者丙烯颜料) to apply colors and create a more textured effect (有质感的效果). Sometimes you can see layers and layers of colors (一层层的颜色). And also, there are a lot of blending techniques (颜色柔和技巧) involved in painting. (对比讨论)

2. Why do some people keep a painting for a long time?

Many people see buying art as a way to invest (一种投资方式). Some paintings increase in value/ appreciate in value/ gain value (增值) over time (随着时间推移), so people hold on to them/ collect them as assets. And sometimes people keep a painting for a long time simply because of its sentimental value (情感价值). It transports them back to (带他们穿越) a time or a world that is special and nostalgic (特别又怀旧). It reminds them a special moment in life. And finally, some people love art just because it's visually pleasant (视觉上宜人的). A good piece of art can bring pure joy to people. (分群体)

### 3. How does building style affect people's lives?

That's a REALLY tricky question (这题真不好回答). I think the style of buildings can set the tone of the vibe of a place (给一个地方的大氛围奠定了一个基调), and also affect the functionality (影响功能性). For example, right now, I'm thinking of two types of buildings, one is a white, tall, and modern apartment building (白白的高高的现代的居民楼), and the other one is a traditional-styled and two-story building (传统风格的两层小楼). The modern building, because it's very modern and sleek-looking/ cool-looking (看着很酷), it creates a more urban vibe (有一种都市风). Whereas the traditional one can make a neighborhood feel cozier and more unique (更温馨和独特). And in terms of functionality, of course, a tall and modern building can house (容纳) way more people (远远更多人) than a two-story building. You see my point? (分角度讨论)

### 4. Should children learn to draw and paint? Why?

Oh yeah for sure, the way I see it, creating art really brings a lot of benefits, especially for children. First of all, it helps children develop skills, like fine motor skills (精细动作技能), hand-eye coordination (手眼协调), and observation skills (观察能力). Not to mention that it also fosters children's imagination (培养想象力). And secondly, it's an amazing way

for children to express their inner feelings (表达感受). When they are happy, frustrated, sad, scared or confused, they can express all of those feelings by creating art. If a child doesn't learn how to draw or paint, they would lose a special channel (失去一个特别的渠道) to let out their emotions (发泄情绪) and the opportunity to express their feelings. So, it's very crucial for children to learn to draw or painting. (罗列原因, 反向假设)

5. How do young people share arts with others?

Social media (自媒体) is the main platform, I'd say. Sometimes when I draw something, I'll just take a snapshot (拍一张快照) and post it on my social media (上传我的自媒体). I think that many young people are doing the same thing, sharing their artwork (艺术作品) on Instagram, TikTok or WeChat, get some comments and like, it really helps boost self-esteem (帮助激增自信心). And also, there are the traditional ways, like doing art show (办个人艺展) at school, sharing their creations with their community. (主流情况, 特殊情况补充)

6. Do you think the objects we use in our daily lives should be beautifully designed?

Yes, for sure! Everyday objects (日常物品) are more than just functional tools. Their look matters as well. I mean, we are all drawn to (被吸引) beautiful things (and people). And when we use something, we're actually spending time with this thing. It will lift our mood (提升情绪) if this object is beautifully designed. It's like an eye candy (给眼睛吃的糖果, 好看的东西或者人) that brings joy to people. It also brings a sense of style to our life.

That's why Industrial Design (工业设计) is such an important and popular major in university. Imagine, a world with only ugly but functional things, I wouldn't be happy at all. (原因, 反向假设)

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**Describe a rule that is important in your school or at work (学校、工作中的重要规则)**

**You should say:**

**What the rule is about**

**What happens when people break the rule**

**Why you think it's an important role**

**And explain how you feel about the role**

**工作党版本:**

Today I'd like to talk about a rule at my workplace. It's about punctuality/ being on time (守时). I know, this rule might sound pretty basic/ whatever (很基本的原则, 很没得可说), but it's super important.

So, the rule goes: everyone is expected to be at their desk, ready to work, by 8:30 AM. And if you're late without a proper reason (没有充分理由而迟到), you might get a warning (获得警告) or even have to make up for the lost time (填补迟到的时间). And if you keep being late for a while, it will negatively impact your performance (负面影响你的年终评估) review at the end of the year.

I have mixed feelings about this rule (很复杂矛盾的心理). I try my best to show up on time (守时) for things or people. I consider myself a punctual person (守时之人). I do believe that we need to value each other's time (尊重珍惜彼此的时间). Being punctual isn't just about being on time; it's also about showing respect and commitment to our job (对工作的尊重和承

诺) . It sets a tone of (奠定基调) professionalism. When we all show up on time, it creates a sense of reliability and teamwork (建立一种可信任感) .

BUT (here's the big but) (大大的转折来啦) , there are those days when life throws me an unexpected curveball (生活给我不经意一个意外或不幸的事情) :  
a traffic jam (交通堵塞) , a sudden illness (突然病倒) , or the alarm clock just didn't go off. On such occasions, the strict rule can feel a bit stressful and inflexible (让人有压力、不灵活) . Moreover, it can create an atmosphere where employees might feel that they're not trusted to manage their time effectively or that every moment of their day needs to be closely monitored (紧密被监控) . So, the way I see it (在我看来) , there's a delicate balance to strike between enforcing punctuality and building trust among team members (在提执行守时和建立信任之间有个精妙的平衡) .

So, yeh, that's the rule. Thank you!

学生党版本 (微调) :

Today, I'd like to talk about a rule in our school, punctuality and class attendance (守时和不旷课) . I know, this rule might sound pretty basic/ whatever (很基本的原则, 很没得可说) , but it's super important.

The rule goes: students are expected to arrive on time for their classes, preferably a few minutes before they start. Skipping class without a valid reason (无故旷课) could result in academic penalties (学术惩罚) ,  
impacting students' overall performance (总体表现) in the course.

I have mixed feelings about this rule. Personally, I always strive to be punctual (努力做一个守时之人) , understanding that it shows respect for our instructors and classmates. Being on time helps create an atmosphere of professionalism and self-discipline (自律) in our school environment.

But, there are those days when life throws an unexpected curveball (生活给你带来意外) : a traffic jam, a sudden illness, or the alarm clock just didn't go off. On such occasions, the strict rule can feel rather stressful and inflexible. That rush and anxiety can negatively affect our learning experience. Moreover, there's the concern about trust (信任也是一个问题). It's also vital for students to feel trusted to manage their time and responsibilities effectively. So, the way I see it (在我看来), there's a delicate balance to strike between enforcing punctuality and building trust among students (在提执行守时和建立信任之间有个精妙的平衡).

So, yeh, that's the rule. Thank you!

### Part3:

1. What rules should children follow at home in your country?

In China, there are some rules that children are expected to follow at home. Number one (第一), always respect your parents and the elderly in your family. That includes, listening to them, taking their advice, doing what they suggest you to do, helping them with household chores, no talking back (不顶嘴), etc. And number two (第二), study hard and do your homework regularly. When I was little, the first thing when I came home was to do my homework before dinner. Finishing homework is crucial in Chinese families. Other rules like, limited screen time (限时屏幕时间), having a routine life (规律作息), no playing with fire at home (在家不玩火), there're a lot of rules at home. (并列罗列)

2. On what occasions can children be forgiven if they don't follow some rules?

I think parents, teachers and caregivers should always try to understand children's behavior and forgive them as much as possible. Of course, children should be held accountable (被追求责任) for their behaviour or mistakes. They need to learn responsibility (责任心) and consequences

(后果) of their actions. Sometimes there is even punishment involved to help children understand right from wrong (理解是非对错), but the ultimate goal (最终的目标) is to educate children and help them understand the reasoning behind those rules (规则背后的制定逻辑). And especially in certain situations where, for example, a child is really young, too young to understand the rules, or it's an emergency where being safe is the priority rather than following the rules. So, it depends on the child and the situation. Again, understanding children is the key, and sometimes that means cutting them some slack (宽容对待孩子, 放他们一马). (让位驳斥+举例子)

### 3. What rules should people follow when using public transportation?

Well before you use public transportation, you need to pay for the ticket. That's like rule NO.1 (最基本规则). And once you are using public transportation, always respect other passengers (尊重其他乘客), and give your seat to someone who needs it more, like pregnant women, people who are physically challenged (残疾人的文明说法), or the elderly. Don't litter (别乱扔垃圾). Try your best to maintain the cleanliness (保持干净). And also, don't disrupt other people, keep your voice down (控制音量), things like that. (并列罗列)

### 4. What kind of rules do people need to follow in public places?

其实上一题里除了让座位的部分不能说, 其他都可以。

### 5. What are the reasons that cause people to break rules?

Well sometimes it's simply because people don't know the rules. They end up breaking the rules without realizing it. For example, when people are speeding (超速), sometimes it's because there's no road sign (路标) telling the driver what the speed limit (限速) is. And sometimes people break rules out of necessity (出于必要) when there is an emergency. For example, when someone is experiencing a medical emergency, they may

**break traffic rules to get to the hospital quickly, like running a red light (闯红灯) . And also of course, sometimes due to carelessness (粗心) , people might forget about certain rules and end up breaking them. And lastly, there are situations where people break rules on purpose/ intentionally (故意地) . And it's because they either don't see the consequences or they are very entitled (自视甚高, 觉得自己该有特殊待遇) . They expect the rules to revolve around their preferences (其他规矩跟着自己需求来) . (分情况)**

**6. When people break rules how would they be punished in your country?**

**For minor things (小事) / violations (违规) , like littering (乱扔) or illegal parking (违规停车) , fines are the most common penalty (罚款最常见) . For more serious violations, such as theft (偷窃) , arson (纵火罪) or fraud (诈骗) , the legal system comes into play (发挥作用) , and the criminal might face fines, imprisonment (入狱) or even death penalty (死刑) , depending on the circumstances and the law. (分类别讨论)**

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**Describe a piece of good advice that you gave to someone (你给出的好建议)**

**You should say:**

**Who you gave the advice to**

**What the advice was**

**Why you gave the advice**

**And explain how he/she followed your advice**

可以是建议朋友健身、减肥；可以是建议别人学习某个技能；可以是工作上、感情上、家庭关系上的宏观想法（这季度有趣的讨论里的内容也可以用）；也可以是旅行、做饭、兴趣爱好上的具体小建议。

知识点：

1. 语法上 advice 是不可数，所以不能说 advices 或者 an advice

正确说法：a piece of advice; some advice; your advice/my advice/ his/her...; the advice; a lot of advice

2. advice 动词近义词：

- recommend (recommend sb. to do sth.)
- urge: 强烈建议  
I strongly urge you to stay at home during the pandemic.
- suggest: 建议 (suggest sb./ give sb. suggestions)
- give sb. a steer: 给某人提供信息/建议

So, I'm generally not a person who loves giving my advice to people in life. But recently my best friend Jing came to me and asked for my advice after a bad break-up (很糟糕的分手). I gave her some suggestions and helped her move on.

Jing recently just got out of a long-term relationship (离开了一段长期恋爱关系), and she had been devastated (痛苦万分) since then. She basically gave up on herself (放弃自己). She didn't get out of her room for months.

Last month, I saw her, and I was shocked to see how bad she was doing (她的状态有多糟糕). She looked miserable (看着很糟).

**First, I told her that she had lost herself (迷失自我) in that toxic relationship (有毒的恋爱) long time ago. I thought that the break-up was actually for the best for both of them (分手对两个人都好) . Then, I strongly urged her to get out of her room, and pull herself together again (振作起来) / get back on track (回归正轨) . And I told her: “You need to love yourself before someone can love you.” I recommended her to sign up (注册) at the gym to start working out again, because I’m a strong believer (坚信者) that exercise can boost a person’s mood and confidence (激增一个人的情绪和自信心) .**

**Jing took my suggestion as she always trusts me and tends to listen to me, and joined in the gym. Now, we are going to the gym together almost every day. And I can already see changes in her. She’s lost a bunch of weight (减了几斤体重) and looks much happier now. She’s totally on the right track (在正轨上) now.**

**So, yeh, that was the time when I helped my best friend go through a dark time in her life (经历人生黑暗时刻) . Thank you!**

### **Part3:**

**1. Do you think parents should give their children advice?**

**Yes, I believe parents play a huge role in (扮演的作用很重要) shaping a child's personality (塑造孩子性格) and facilitating their development (协助发展) . They have a lot of life experience and wisdom (人生阅历和智慧) to share, and all the guidance and advise are critical/ essential (至关重要) for a child's development and personal growth (个人成长) , and can help children navigate through life (在人长河中驾驭前行) . However, having said that, parents should be mindful of the way they offer advice (对于给建议的**

方式要注意), and also, just the right amount (适量). If parents are all the time giving advice and constantly guiding children to do things, that's not advice, that's intervention (过度干预). (反向思考, 假设)

## 2. Should teachers give students advice?

Yes, for sure. A teacher's major jobs are, imparting knowledge and wisdom (传输知识与智慧), guiding and mentoring students (引导、辅导学生). They teach students things, help students on academic matters (学业相关事宜), but also provide valuable advice on personal development, life development and career choices (事业选择). However, +上题答案中的反向思考, 内容很相似。(反向思考)

## 3. Do you think it's necessary for us to listen to friends' advice?

Depends on the friend (要看什么朋友). If it's a really good friend who knows you well (很了解你), who wants the best for you (盼着你好), and who can provide a clear and rational perspective (提供清晰和理智的视角), then sometimes it is necessary to seek advice from them to gain some perspective (获得更多角度). But, if just a "whatever" friend (一般的、无所谓的朋友), sometimes maybe a so-called "frenemy" (亦敌亦友的那种“敌友”), they might be completely biased or not sincere (偏心的或者不真诚的), and end up giving you the worst advice ever. And additionally, Age plays an important role (年龄也很重要). I would expect that an older friend, who has more life experience and wisdom, will be able to provide more valuable advice. (分群体)

## 4. How do people give young people and old people advice?

Okay firstly, I don't think people would normally give unsolicited advice (未经请求的, 主动给出建议) to old people without being asked for it. It's quite rude to do it. Old individuals have plenty of life experience and wisdom (很多人生阅历和智慧) to cope with situations (处理情况), so it's

almost bizarre (几乎可以说是诡异的) to just go ahead (直接上前) and advise the elderly unless it's asked for (除非老人主动问你) . Whereas for young people, they are less experienced in life, so people just tend to give unsolicited advice out of the blue (突然之间) , which is also not necessarily a good thing. It could come across as incredibly arrogant and patronizing (有可能会显得非常傲慢和自认为高人一等的) . And another thing is, the tone and the language (语气和语言) people use could be different. When people give young people advice, they're normally more direct/straight-forward (直言不讳的) and use more informal language (非正式语言) , focusing on providing solution and guidance. Whereas when people advise the old, they usually use a more formal and respectful tone. (分角度讨论)

5. What are the areas in which people are more or less willing to accept advice?

Well that's a tricky one (这题不好答) . I think for different people, they are more willing to take advice in different areas. For some people, especially young people, they are willing to get advice regarding romantic relationships (恋爱关系) , friendships and relationships with their family (和家人关系) . And also, many people would love seeking advice related to their career path (职业道路) and educational development (教育发展) . And for some other people, especially older people, they are more acceptive with things related to health and well-being (健康) , especially from doctors, nurses or somebody who has similar medical experiences. (分群体讨论)

6. Have you ever received any advice from professional people, like a doctor, a lawyer or a teacher?

Oh yeah, all the time, especially because I'm young. Growing up (随着我的成长过程) , I've been constantly receiving advice from various people, including my teachers, doctors, and nurses, on what to do and how to

**handle things. I'm used to that (我已经习惯了) . And I'm normally the kind of person who respects authority (我一般是那种尊重权威的人) .**

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**Describe a good advertisement that you think is useful (有用的广告)**

**You should say:**

**Where you can see it**

**What it shows**

**Why you think is useful**

**And explain how you feel about it**

**知识点:**

- **advertisement** 可以简称 **ad**
- **commercial** 一般指的是电视广告 **TV commercial**
- **promotional flyer** 广告宣传单

**I don't like those promotional flyers. I hate it when people just hand them to me on the street. And I don't know what to do with them. Do I keep them or do I throw they away?**

- **newspaper ads** 报纸广告
- **billboard ads** 楼顶的大广告板

**You see billboards everywhere advertising real estate.**

- **cold calling** 电话销售

**I hate receiving cold calls.**

- **internet/online ads** 网络广告; **online marketing** 网络营销

**Internet ads are a very effective form of advertisement. 网络广告是一种很有效的营销方式。**

- jingle 广告主题曲, 那种短小抓人的小旋律

My favourite jingle is the McDonald's commercial, "Balabababa I'm loving it!" It's so catchy.

- slogan 标语 the phrase the ad uses to promote the product.

An ad with a good slogan can always make me remember it, and make the product stand out in my mind.

- entertaining ad 很有娱乐性的广告

I love an entertaining ad. Very funny and memorable.

- a piece of art 艺术品

I like a commercial that is very artistic and unique, almost like a piece of art.

- be drowning in ads

My Facebook feed is drowning in ads now.

The internet is drowning in ads.

- Too much advertising.
- Be flooded with ads.

My inbox is flooded with spam/ads right now.

- Target market 目标市场

The target market of this advertisement is women and children.

- Testimonial 使用者推荐。有些广告里会找所谓的使用者来表达用后感, 这里面有真有假。

I trust the product more when I see someone gives a testimonial.

- Word of mouth 身边人、朋友推荐

If my friend, with word of mouth, tells me some product is really good, I trust their words.

- Celebrity endorsement 明星代言

- Product placement 产品植入

I don't like product placement in a movie.

- Provocative ads with shocking images 刺激性广告 带有令人震惊的图片

Some provocative ads with shocking images are really upsetting to see. They're really inappropriate for children.

- **Misleading words** 误导性文字
- **Exaggerated claims** 夸张功效
- **False advertising** 虚假广告

Today, I'd like to share with you an online advertisement that I've heard across several podcast channels lately (最近有不少博客频道有听到的广告). It's about online therapy (网上心理治疗). I really like the jingle (主题曲). It's pretty catchy (抓人心扉, 朗朗上口), so that's why it drew me in (吸引我) the first time.

The ad starts by depicting (描述) the overwhelming stress and anxiety that many of us are facing nowadays. It's absolutely relatable (令人感同身受). But it doesn't stop there (不止于此). It dives deeper into (深挖) a common barrier (共同的障碍) we have, which is the fear of judgment and embarrassment (害怕被评头论足的恐惧) when seeking help face to face with a therapist (心理治疗师).

The ad introduces the concept of online therapy, painting a picture (描绘一个画面) of people, like us, finding comfort and support in a safe and comfortable online environment (在线安全寻求帮助).

I find this ad very useful for several reasons. First, it recognizes a significant issue: the modern-day struggle with stress. Second, it offers a solution that's not only convenient but also empathetic (有共情心的).

Online therapy is a non-judgmental option (不会被人评头论足的选项) for people who may be hesitant to seek help.

Lastly, what really touched me was a compelling testimonial (打动人心的用户推荐) from someone who had experienced a life-changing transformation (改变一生的转变) through online therapy. Their story was

**genuine and heartfelt (真诚真心) . It really spoke to me on a personal level (与我共鸣) . It made me seriously consider exploring this option (探索这个选项) for myself.**

So yeh, that was the ad. Thank you!

### Part3:

#### 1. What do you think of online advertising?

Well, it's a bit of a mixed bag (好处坏处都有) . In my opinion, on the positive side, it allows business to reach more audience and potential clients, and it can be highly targeted (高度针对型) which means that the ads consumers see are more likely to be relevant to their interests and needs (更符合自己的兴趣爱好) . However, the downside is pretty obvious too. Internet users are constantly bombarded with ads (被广告轰炸) which can be quite annoying and intrusive. Personally, I enjoy watching a well-designed and well-made (设计和制作精良的) ad that is relatable to me but not too pushy and aggressive (太强势、推着用户走) at the same time. They can provide me with a lot of information I may not know elsewhere. (分头讨论)

#### 2. Are there any great online advertisements?

Absolutely there are many fantastic online ads that are creative and out of the box. Yes, we do see a lot of annoying pop-ups (弹窗) and clickbait (标题党) ads and they kind of ruin the reputation of all online ads, but there are still gems (宝藏) too. Like the one I just mentioned. 也可以再举个例子。(让位驳斥)

#### 3. What do people usually buy?

Wow...this is a very general topic, I mean, people have all kinds of interests, needs and preferences. They buy a whole range of things, you know? The basic things are always like, groceries, clothing and household

items; and there are home appliances (家电) and tech gadgets (数码产品); or bigger things like cars, boats, houses. (分类讨论)

#### 4. Why does buying new things make people happy?

Because people are all novelty-seekers (猎奇心强的人). Buying new things means you will have new experience of using this new thing, which brings joy and satisfaction. And on top of that, new things are always shiny, pretty and perfect. Most people like new and perfect-looking things. That's why people love babies! Haha, just joking! (原因)

#### 5. Do people watch useless advertisements in this day and age?

Oh yeah for sure! And it's not like we are doing it on purpose (不是故意而为之), sometimes we're just doing it without realizing it (无意识)! Because today, our world is flooded with all kinds of advertisements (被广告像洪水一般淹没), and when you scroll online (在线刷手机), sometimes you get caught up in this tornado of advertisements (被卷入广告的龙卷风里), one after another, and before you know it (没等反应过来), you've already spent 30 minutes watching some meaningless advertisements. (原因)

#### 6. Do you think there's too much of advertising in our daily lives?

结合上面的内容，自己总结。

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地点题:

**Describe a place in your country that you think is interesting (有趣的地方)**

**You should say:**

**Where it is**

**How you knew it**

**What special features it has**

**And explain why you think it's interesting**

知识点:

- 原生态的地方: **secluded, unspoiled, hidden place**
- 没什么人知道的宝藏: **hidden gem**
- 安静宁静的地方:

**Quiet, tranquil, peaceful, serene place**

- **get away from the hustle and bustle 逃离喧嚣与繁华**
- **get away from the tight schedules and hurdles in life 逃离紧凑的生活行程和困难**
- **It's a place where I can blow off the steam and unwind.**
- **It's a place where I can feel cozy and at ease.**
- **It's a place where I can be me. 一个我可以做自己的地方**
- **It's my healing retreat. 我治疗自己的休息场所。**
- **a getaway: 一个可以逃离的地方, 引申为可以远离现实、旅行放松的地方**

动词词组: **get away**

一些形容城市的表达:

- **Beijing tends to attract a lot of people because of the job opportunities there. Many of them are NGOs and government centered jobs (NGO 非营利性组织和面向政府的工作) .**
- **It's got amazing and rich culture, all kinds of social, cultural and arts activities, it's a city that never sleeps (不夜城) .**
- **It's also a little bit more laid-back (慢节奏的、慵懒的) than other big cities in China, like Guangzhou or Shanghai. Life seems to move slower in Beijing (北京的生活似乎会过得更慢一些) .**
- **One thing I love the most about Beijing is the local people there. They are very outgoing and friendly, very willing to communicate with others. Last time when I was there, I had a great time.**
- **Shanghai is one of the most dynamic and exciting cities in the world. It is constantly changing (总在不断变化) , there's always something going on (总有事情在发生) , and there are new people moving to the city, from all over China and the world, every day. For me, it's a city that's full of adventure and hope. I visited Shanghai several times. Nightlife there was amazing. Food choices were mind-blowing. It's a paradise for a foodie (吃货) like me.**
- **Dali just a different world in comparison to costal cities in the east part of China. It has so much to offer to people who live there (能给人们带来太多好东西) , like, super clean air, great weather all year round (四季如春的地道表达) , and stunning natural sites everywhere. People there are so friendly and laid-back. It's an ideal place to enjoy the life.**
- **There're a lot of hidden spots/ secret attractions (隐藏景点) in this city.**
- **The food options (食物的选择性) are crazy here.**
- **Night life in this city is mainly about outdoor beers and street food, and accompanied by live music and the like (等等) .**
- **I especially love XXXX in this city. It's a beautiful neighbourhood that is full of beautiful homes and brick apartment buildings (砖墙公寓楼) ,**

**along with art galleries, delicious restaurants, and antique stores (古董店) .**

### 素材一：与世隔绝的小镇

So today, I want to talk about a hidden gem XXX (自己找一个地方, 别都说一样的地方) in China that I've always been interested in. It's a secluded town (与世隔绝的小镇) that is away from the hustle and bustle (远离喧嚣与繁华), a true unspoiled and tranquil place where not many people know about.

I first heard about this town through a friend who had been there during a backpacking trip (在一次背包旅行中). He described it as a place where you can truly get away from the tight schedules and hurdles in life. A place to blow off the steam (解压) and unwind (放松). In essence (本质上来说), it's a sanctuary (心灵避难所) where you can be yourself (做自己), away from the pressures of the modern world.

What make this town so special are its untouched natural beauty (未被碰触过的自然之美) and the local people (当地人) there. It has lush green landscapes (茂密的绿色景观), crystal-clear streams (清澈见底的小溪), and breathtaking mountain views (令人屏住呼吸的山景). This town truly offers a sense of peace (提供宁静之感) that's hard to find in our fast-paced lives. And the people there, according to my friend, are super open and sociable (情感丰富、善于社交). They're laid-back (悠闲自得) and happy with their lives (对生活满意), but at the same time, hospitable (好客) and curious about the outside world (对外面世界有好奇心). My friends stayed in

a local family inn (家庭小旅馆) during his trip, and he made good friends with the owners and their sons. Every day they had dinner together, chatting and learning from each other. That's why I really want to experience that friendliness and hospitality (友好与好客) one day.

I'm particularly drawn to this place because, in today's busy world, finding a secluded and peaceful spot where you can escape and rejuvenate (重新获得活力) is so hard and rare (难得). This town is like a healing retreat (疗愈场所), a place to recharge and reconnect with nature.

So yeh, that's the town I'm interested in. Thank you!

## 素材二：上海

I find Shanghai a very fun and charming city. I'm fascinated by it.

I've been to Shanghai several times. But each time it was just a short stay (短期停留). I always felt like I needed more time to explore this city. I just wish that I could live in Shanghai for a while to explore the city better, not as a rushing tourist (匆忙的游客). There's so much to see and experience, as the city has so much to offer (城市能提供的资源太多了).

People call it "Paris of the East". It's definitely a metropolitan, a 24-hour city (24 小时不夜城). There's always something going on (总有不断在发生的活动). There's a classic and famous song in the 1920s called "the sleepless Shanghai". Just to give you an idea of how busy and bustling it is. And it has endless museums, galleries and boutiques (精品店). You can see people from all around the world. Definitely a city where you can see a great cultural diversity (文化多元性).

For me, what attracts me the most about Shanghai is the incredible mix (奇妙的混合) you see everywhere in the city, and that's what makes it an

interesting place. It's a city where you can see "old and new", "cheap and fancy".

It's a city with a rich history. Therefore, you can see many historical buildings. But at the same time, you can also find some of the most modern and coolest architecture in the same area.

And when it comes to food and service, you can always go cheap (选择便宜) or go fancy (选择华丽) depending on your mood and budget. You can easily stumble upon (遇到) a cozy little hole-in-the-wall (小馆子, 很低调那种), spend just a few bucks, and savor (品尝) some of the tastiest dishes you've ever had. Alternatively, you can treat yourself to a fancy/posh restaurant where you can flash your cash (显摆你的钱) at 5000 RMB per person. The city offers a little bit of everything (什么都有), catering to (满足) every taste and budget. (以上细节, 不用都说)

Shanghai really sparks/piques my interest (激发我的兴趣). So, yeh, it's the city I love. Thank you!

### Part3:

#### 1. How can people access traveling formation?

Some people would get tips and recommendations through word of mouth (口口相传, 朋友家人推荐) from their local friends or family. It's a great way to discover places and hidden gems (宝藏地点). And nowadays there are many people who just want to discover places by themselves without the influence from people around them. In that case (这种情况下), they might go to travel websites and apps like booking.com, TripAdvisor, or Google Maps to get extensive information and inspiration (大量信息和灵感). Some people also love seeking inspiration from social media platforms (社交媒体平台) such as Instagram or in China, we use "little red book", these platforms filled with travel information. There're

many travelers (旅行者) sharing their experiences on social media, which can be really helpful. (分群体讨论)

2. Do people have different personalities in different regions of your country?

China's an enormous/ huge country with incredible cultural diversity (迷人的文化多样性). Every region has its own unique customs, traditions, and even different ways of talking. These things can definitely shape how people are (塑造人们的特点), but I wouldn't say/ I wouldn't go as far as saying (我不至于会认为) there are huge differences in personalities across China. From what I've seen, hanging out with people from all over China, it's more about individual differences than where they're from. People are unique, no matter where they call home (更多是人和人之间的区别, 不管他们家乡在哪里). (转折)

3. What causes the differences between different regions of your country? 这题好难!!!!

(自己找台阶下) To be honest, that's a very complicated question! And I'm definitely not an expert on topics like this (我不是这种话题的专家). I guess, in general, the differences between regions can be caused by a mix of historical, cultural, economic and geographical factors (a mix of A, B, C and D factors). For example, in the east coast of China where the cities are more developed, like Shanghai, Xiamen, Shenzhen, all these cities appear very modern and international (看起来现代又国际化). Whereas cities located in the northwest part of China, inner land region, for example, Qinghai Province, those areas are relatively less developed. The look and fabric of those cities (城市肌理) can be very different with those coastal cities (海边城市) in China. (举例子)

先找台阶下, 说题太难, 说自己不是专家, 说不出来太多道理, 一言不合就举例子。

4. Is it just youngsters who like to try new things, or do people of your parents age also like to try new things?

Generally speaking, young people are more willing to try new things and be more adventurous (有冒险精神的), while older people are more conservative (保守的) and willing to stay in their comfort zones (愿意呆在舒适区). But I wouldn't go as far as saying (但我也不至于就认为) **ONLY** the young like to try new things. I know many people of my parents age who also love taking risks (冒险) and exploring new things. For example, my uncle loves all kinds of extreme sports (极限运动). He is in his 50s (50 多岁) and love surfing and scuba diving. He's also a skater boy (滑板男孩), well, more like a skater man (更多是滑板大叔), haha! But you get the point, right? it still depends on the personality type. (总述, 转折, 举例子)

5. Is a great tourist destination also a good place to live?

Usually, a tourist destination wouldn't be a good place to live. This kind of place is usually full of people, tourist-oriented infrastructure and facilities (以游客为导向的基建和设施), and high prices (高物价). The city wouldn't prioritize its residents' needs before tourists' needs. Residents' needs such as, healthcare system, education quality and job opportunities are normally not valued. (原因)

6. Why do people who go to live in small towns think these towns are more interesting than big cities?

Small towns usually are less bustling (喧闹) than big cities. They are more tranquil and peaceful, with a slow-paced lifestyle, and can help people find their inner peace (寻找内心平静). And then, a small town tends to have a lower cost of living (生活成本低) compared with big cities. Affordability (可支付性) is another reason why some people choose small cities over big ones. Finally, like I mentioned, small towns normally have tight-knit communities (紧密的社区关系) where people know each other and help each other out. Some people really enjoy that sense of community and belonging. (罗列原因)

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**Describe a park or a garden in your city** (你所在城市的公园或花园)

**You should say:**

**How often you go there**

**Where it is**

**Who you often go there with**

**What it is like**

**And explain why you like to visit it**

上题中很多表达都能用上

知识点:

- 原生态的地方: **secluded, unspoiled, hidden place**
- 没什么人知道的宝藏: **hidden gem**
- 安静宁静的地方:

**Quiet, tranquil, peaceful, serene place**

- **get away from the hustle and bustle**
- **get away from the tight schedules and hurdles in life**
- **It's a place where I can blow off the steam and unwind.**
- **It's a place where I can feel cozy and at ease.**
- **It's a place where I can be me (做自己) .**
- **It's my healing retreat. 我治疗自己的休息场所。**

- **a getaway: 一个可以逃离的地方, 引申为可以远离现实、旅行放松的地方**

动词词组: **get away**

- **my spot: 我爱的地点。 "This park is my favorite spot in the city."**
- **It is the place where I take my morning walks every day.**
- **People can do all kinds of things in this park.**

- **This park has many different areas, and they're all suited to different age groups.**
- **Sometimes I just sit on a bench in the park, and watch the world go by (看人来人往) .**
- **There're a lot of hidden spots/ secret attractions (隐藏景点) in this area.**
- **It's just far enough from the hustle and bustle of the city that allows you to loosen up a bit, but it's also close enough to appreciate the incredible beauty of the city skyline.**

So, today I want to talk about this park called XXX. It's like a little piece of heaven on the outskirts of my city (我城市郊区的一片小天堂) , just a short drive away from my home.

I go there pretty often, every once in a while (每隔一段时间) . Whenever I feel stressed out (压力山大) and burned out (被烧光了热忱) from work/school, I'll go to this park. Fortunately, this park's not a very popular destination (不是一个特别受欢迎的地点) , maybe due to its location. But in my eyes, it's totally a hidden gem (宝藏) in the city, a secluded place that not many people know about. It's my personal sanctuary (个人的心灵救赎地) , a peaceful and serene spot where I can get away from the hustle and bustle of daily life.

It's a very beautiful park, filled with trees, greenery and blooming flowers (充满了树木、绿植和盛开的鲜花) , and you can see walking trails that wind their way through the park (步行道在整个公园中绵延舒展) . There's a large lake at the center, teeming with ducks (充满了鸭子) and some other water birds (水鸟) .

In terms who I go there with, sometimes, I go there just myself with a good book, and I'll find a quiet spot, spending several hours there, reading and chilling; Sometimes I'll even take a nap under a tree (在树下打

盹), enjoying the breeze on my face and the coolness from the shade (享受脸上的清风和树荫的凉爽). And sometimes I go with my friends. We'll get into the woods (走进树林), doing a picnic under the tree (属下野餐) and kicking back (打发时光).

That's why I love this place. It's my go-to park (首选公园) for relaxation. The chirping of birds (鸟叫声), the gentle whisper of leaves (树叶的轻柔低语), and the scent of flowers (花香), they all create a soothing atmosphere (打造了一个安抚人心的氛围). Whether I want to clear my head (清空大脑), enjoy quality time with my family, or simply immerse myself in nature (让自己沉浸在自然中), this park has it all (这个公园什么都有). It's like my secret retreat where I can find my inner peace again (是能让我再次找到心灵的平静的秘密场地).

### Part3:

#### 1. Do young people like to go to parks?

It really depends on the individual and also where they live. In places where there are beautiful parks and green spaces (绿色空间), like my city, there are plenty of young people who enjoy going to the park. For example, like I said, my friends and I love going to that park every now and then (每隔一段时间), to get away from our daily lives and our screens (远离日常生活和手机、电脑屏幕), soak up the sun and get some fresh air (晒太阳透透气), listen to birds chirping (听鸟叫), just get close to nature (接近大自然). But there're also some other young people who aren't nature lovers (大自然爱好者) or they live in big cities where there aren't many green spaces. Instead, they hang out at local cafes or shopping malls. (分群体)

## 2. What do old people like to do in parks?

Old people normally go to the park to get some exercise done ( to stay physically active (保持生理上的积极性) ). It's not anything intense, more like a gentle workout, like take a leisurely stroll (闲情漫步散散步) , practice Tai Chi (练太极) , meanwhile soak up the sun (晒晒太阳) . And also, parks can be a great place for them to socialize and make new friends. That's why you always see old people sitting on the benches (坐在长凳上) , chatting or play chess. Sometimes old people can be quite lonely. They need each other to while away the time/ kill the time (打发时间) . (并列罗列)

## 3. What benefits can park spring to a society?

First of all, parks can clean up the air (净化空气) ; they offer greenery and fresh air (提供绿植和干净空气) for the city, the concrete jungle (钢筋混凝土的丛林) , if you will (你可以这么说) . And then, they are places where people can exercise, play, enjoy family time and bond. That's why I think every community should have a park because parks bring people together (把人团结在一起) . Whether you are young or old, you can always find a spot and find something to do in a park. You can go for a jog (去慢跑) , take a nap under the tree (在树下打盹) , have picnics (野餐) , or practise photography (练习摄影) . Parks definitely contribute to the well-being and happiness in our society. (并列罗列)

## 4. What are the benefits of going to the park for young people and old people?

结合前面两道题的答案来回答

## 5. Why do some people like planting flowers?

First of all, flowers are beautiful and colorful, they can make a person's home or garden a visually pleasant place (视觉上宜人的地方) . They are decorative for the surroundings (对环境有装饰作用) . And then more

importantly, planning flowers is a therapeutic leisure activity (治愈的休闲活动) for many people. you need to take care of the flowers, watering and nurturing them, and then you need to be patiently waiting for the moment when they bloom, it's a very satisfying experience and journey. And moreover, for many people, they have nothing better to do (别无他事可做) . They are retired at home or they don't need to work, taking care of plants can be something fun for them to get distracted and kill time (分心+打发时间) . (并列罗列)

6. Would you say people should help maintain public parks and gardens?

Yes of course! It's a no-brainer (想都不用想) . People should definitely chip in/ pitch in/ join in (共同加入、齐心协力) to maintain the cleanliness and beauty of public parks and gardens. We're all benefiting from it. We can't be selfish here. Imagine, if people just go to the park, enjoy the space and leave, without doing anything to maintain the park. They litter everywhere (到处乱扔垃圾) , tug flowers and plants (用力拉扯花花草草) , then the park would deteriorate (恶化) and become messy and dirty very soon. And nobody would want that, right? (原因+反向假设)

**Describe a beautiful city** (美丽的城市)

**You should say:**

Where the city is

How you knew the city

What buildings the city has

What it is famous for

And explain why you think this city is beautiful

还是可以讲上海，也可以改成巴黎、伦敦等大城市

**I find Shanghai a very beautiful and charming city.**

**I've had the pleasure of visiting (有幸造访过几次) this place several times, and each time, it leaves me in awe (让我惊叹).**

**People call Shanghai "Paris of the East". It's definitely a metropolitan, a 24-hour city (24 小时不夜城). There's always something going on (总有不断在发生的活动).**

**I especially love the architecture in Shanghai. For me, that's one of the things that make Shanghai incredibly beautiful. I mean, it's like stepping into a time machine (踏进了时光机器) that blends the past and the future seamlessly (无缝连接过去与未来).**

**When it comes to old charms (古老的风采), along this place called "The Bund", waitan (外滩), there are these classic buildings that take you back to the colonial days (把你带回殖民时期). They've got these fancy European designs (华丽的欧式设计), like detailed decorations/ ornate decorations on the walls (墙上的细节、精美装饰). And the best part? You can stroll along the riverside (沿河漫步) and see these old buildings right across from the modern skyscrapers (就在现代摩天大楼的对面).**

**Speaking of skyscrapers, Shanghai has some of the world's coolest ones (有世界上最酷的几栋摩天大楼). The Oriental Pearl Tower looks like a bunch of pearls stacked together (东方明珠像是几颗珍珠串在一起). Then there's the Jin Mao Tower, many people say it looks like a crown (皇冠), I personally find it resembling a rocket (很多人觉得金茂大厦像个皇冠, 我个人感觉像是一个火箭).**

**What's amazing is how all of these styles just mix together in Shanghai. You can go from sipping tea in a traditional courtyard (在传统四合院品茶) to gazing up at a cool/sleek skyscraper (凝望一座很酷的摩天大厦) in the**

blink of an eye/ in no time (一眨眼之间) . Shanghai's is a stunning blend of old and new, classic and modern. It's like a beautiful conversation between the past and the future (是过去和未来之间的一场对话) .

That's why I love the city. Thank you!

### Part3:

1. What are the differences between modern towns and modern cities?

Modern cities are larger and densely populated. And without a doubt, they are more convenient in terms of public services; they offer more job opportunities and entertainment options; there are plenty of amenities like shopping centers, big cinemas, sports centers, and big hospitals. Whereas modern towns are usually smaller in terms of size and population. There aren't too many things going on (没有什么活动), sometimes it can seem to be a little bit boring and sleepy (无聊的、使人犯困的) . But people know each other in small towns. There's for sure a much stronger sense of community. (分头讨论)

2. Why do some people like to visit historical sites?

People in general have the curiosity of the past, of our history. Because our history is our root and heritage (根源和文化遗产) . It tells us where we come from, who our ancestors (祖先) are, how they lived their lives. We're constantly trying to connect with the past and understand the past. Therefore, historical sites are like time machines (时间飞船) that can transport us back in time, you know? When you see those ancient walls that have been standing there for hundreds or even thousands of years, witnessing the entire human history (上千年站在那里, 见证整个人类文明的古墙), you feel amazed and astonished. It's like you're talking to the history directly. I think it's this feeling of curiosity and appreciation for history that excites people a lot. (原因)

3. How can people preserve historic cities and historic buildings?

I think people and the government should always work together to preserve historic cities and buildings. It always takes two to tango (两个人才能跳探戈, 表示“一个巴掌拍不响”), right? From the government's perspective, it is important to pass laws and regulations (通过法律法规) that make it illegal to tear down (推倒) historic buildings and harm historic towns. Public education (公共教育) is key as well. The government should help citizens raise awareness (提升意识) of the importance of preserving historic cities and buildings by imparting knowledge (传输知识) about their historical significance (历史重要性). This way (通过这样的方式), we can all work together and foster a sense of responsibility (建立责任感) within the community. The government can also provide incentives (奖赏) to citizens or private organizations who are interested in fixing up (修复) old buildings and keeping them in good shape (保持好的状态). From the citizens' perspective, we need to start small (从小事做起). No more graffiti (城市涂鸦), no more surface damage. Then, we can volunteer our time (做志愿者) to organize community services to clean up and protect the buildings. If we all pitch in (每个人都做自己的部分), we can ensure that these historical spots will survive for future generations. (特殊分群体讨论)

(当然, 也可以只讲回答的后半段, **people** 的部分)

4. Is it the government's responsibility to preserve historic cities and historic buildings?

和上题合并

5. Does historic preservation contradict economic development?

I don't think so. Actually, I think it could be quite the opposite/ the other way around (正好相反): historic preservation and economic development

**can go hand in hand (可以肩并肩, 齐头并进) . Because, if you do it right and successfully protect a historic area, for sure it can boost the local tourism, attract businesses and investments, and create more jobs. (原因)**

**6. What do you think will happen to historic places or buildings in the future? And why?**

**It's really hard to predict. On one hand, I do see a growing awareness among people of the significance of historic places and buildings, and more efforts are being made to preserve them. And I believe that, with the help of technology, it's going to be easier to do it. But on the flip side (转折) , I also see cities growing and expanding, running out of space (没有空间) . I guess, it really depends on how well the government, local communities and citizens balance between the need for urban development and the importance of preserving history. (分头讨论, 现在看未来)**

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

**本季度保留题 (2023 年 5-8 月新题, 2023 年 9-12 月保留题) :**

**人物题:**

**Describe someone you know who often helps others (帮助他人的人)**

**You should say:**

**What she or he is like**

**How she or he helps others**

**Why his or her help is beneficial**

**And explain why he or she helps others.**

**思路：这道题可以和后面的“受欢迎的人”合并**

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

**知识点：**

**和爱帮助人相关的表达：**

- **A helpful person** 爱帮助人的人
- **Lend a helping hand** 伸出援手

**She is always willing to lend a hand to anyone in need.**

- **Have a heart of gold** 有金子般的心
- **Kind, generous, empathetic** 善良、慷慨、有共情心的
- **Compassionate** 有同情心的
- **A good listener** 一个好的倾听者
- **Go out of their way to help others** 特意帮助别人
- **Always there when you need them** 当你需要的时候总在那里
- **Willing to lend an ear or shoulder to cry on** 愿意把耳朵、肩膀借给你倾诉
- **Makes a difference in people's lives** 给人们的生活带去改变
- **Acts of kindness and generosity** 善良和慷慨的行为

**One of the reasons why Sarah is so well-liked in her community is because she is always performing acts of kindness and generosity, whether it's helping a neighbor with their groceries or raising money for charity**

- **Put the needs of others before their own** 把别人的需求放在自己之前

**素材一：**

The person I want to talk about is my neighbour, Mr. Li. He has lived in our apartment building for over 20 years and is known by everyone for his kind and helpful nature. Mr. Li has a heart of gold and is always willing to lend a hand to anyone in need.

Mr. Li loves performing acts of kindness and generosity to people. Sometimes, he helps neighbours with their groceries, like carrying heavy grocery bags to their doors. Sometimes, he checks on those elderly neighbours in the apartment building to make sure they are okay. Sometimes, he even offers to take care of some neighbours' pets while they are away. A few years back, before COVID, I left my dog with him for a week while I traveled to Japan. He was such a lifesaver (救生者) !! Mr.Li is also a very handy person (会修东西) . He is almost seen as the handyman in our building (他几乎被视为楼里的杂务工) . Whenever we are having trouble with something in our apartment, such as a leaky faucet or a clogged drain, Mr. Li will be there for us, fixing things for us. He's the go-to guy (首选的人) in our building! We actually always joke about how we should be paying him as he is doing so much, but he always just smiles and says "it's nothing". What an angel (多么好的天使啊) ? (分情况)

Overall, Mr. Li is just a very warm-hearted, loving, caring and interesting person! He loves people; he's definitely a people person. And he loves organizing community events, such as potluck dinners (每个人都带一个拿手菜去吃饭) , game nights, or movie nights, or ping-pong competitions. Thanks to him, we've had so much bonding time together. He has definitely brought us together (把我们团结在一起) . No wonder why he's so popular and well-liked in our community.

So, yeh, that's Mr.Li, thank you!

## 素材二:

Well, the person who often helps others would be my cousin. She is a very kind and compassionate person, and she always enjoys helping people.

As for how she helps others, well, Sometimes, she would donate money to different charitable funds, and sometimes she would give out her used

clothes to homeless people on the street. I saw her appeal to people (呼吁人们) to do the same thing, and I've been doing the same thing because of her. (帮助陌生人)

What's more, she also loves to help her friends and family. Whenever her friends are in trouble or feeling upset, she will comfort them and devote time talking to them. And whenever I feel bad or any other family members are feeling low, she will always be there for us. (帮助身边的人)

Talking about why she helps others, actually, I asked her this question before. I asked why she tried so hard to help people. And her answer was that she really enjoyed the happiness when helping people. To put it in another way (换句话说), she enjoys the feeling of being needed and appreciated, she's doing this not only for others, but also for herself.

I could totally understand her after that conversation. I really appreciate what she has been doing for the society. And I support her 100%. I guess, one of the greatest pleasures of life is to help someone in need. When you make the world a better place for these desperate people, you make it better for everyone, including yourself.

So yeh, that's my cousin, thank you.

### Part3:

#### 1. How can children help their parents at home?

There are many ways that children can lend a hand around the house. Parents can give children simple tasks with small responsibilities, such as, doing the dishes, setting the table (摆桌子), folding the laundry (叠衣服), or even sweeping the floor (扫地). Older kids can assist with more complex housework such as cooking or grocery shopping (超市采购). By participating in household chores (家务=housework), children not only take the burden off their parents (给父母减负) but also learn valuable life skills and responsibility, and gain a sense of teamwork and cooperation

within the family. It's a win-win situation for everybody (是一个双赢的局面), I would say. (分群体, 举例子)

## 2. Should children be taught to help others?

Yes, without a doubt (毫无疑问的) /it's almost like a no-brainer (几乎想都不用想). The way I see it, the benefits of teaching children to help others are twofold (两方面的). Number one, it teaches them the importance of empathy and kindness, and number two, it also instills a sense of responsibility and community in children (在孩子身上灌输责任感和团体感). Therefore, it's not just beneficial for children, but also the society as a whole (整个社会). (原因罗列)

## 3. What makes children help each other at school?

I don't really know what or who makes children help each other at school. I mean, of course, teachers can instill the importance of kindness and empathy in children. But I feel that children are naturally empathetic and compassionate towards others. kids love their peers, their parents, teachers, and even little animals, most of them are kind by nature. So, I think, we are talking about nature and nurture (先天后天) here. Children are born kind and warm towards the outside world, and on top of that, positive reinforcement (积极正向鼓励) from teachers and parents can encourage children to continue helping others and lead to a more positive and caring study environment. (罗列)

## 4. Should students do community service and why?

I think, community service should be encouraged/celebrated (被鼓励、推崇、庆祝) but not forced/mandated (强制的). There're tons of pros (大量的好处) of doing so, like, it's a great way to give back (回馈社会) to the community; it helps students develop important life skills such as empathy, leadership, and responsibility; it provides a platform for students to interact with people from all kinds of backgrounds; and let's be honest (咱们实话实说), it also looks great (看着很象样) on college

applications and resumes (大学申请材料里和找工作的简历里) ...However, having said that, it should be a voluntary choice. I see nowadays many schools are making this a mandatory thing and it really stresses students out, and I don't like that tendency. Forcing students to participate can lead to resentment (厌恶) and a lack of genuineness (真诚度缺乏)。(反向思考, 主流观点, 自己观点)

5. Do students in your country do volunteer work?

I'd say yes, many students in China do volunteer work. It is a good way to give back to the society and meanwhile gain practical experience. There are all kinds of opportunities for students, such as in schools, hospitals, and non-profit organizations (NGOs 非营利组织). Some schools even require students to complete a certain number of volunteer hours (完成若干小时的志愿者时间)。(细节)

6. Why do some people do volunteer work all over the world?

Some people might do it to gain new experiences and skills, and perhaps even learn a new language; some people really love traveling and seeing different cultures, therefore volunteering all around the world can not only allow them to help others, but also broaden their horizons and expand their life experiences; volunteering can also be a way to meet new people, especially people with different cultural backgrounds, build relationships and create a sense of community. For some people, they enjoy the sense of achievement when making a positive impact on people/ make a difference in people's lives. And for some other people, having international volunteering experiences can enhance/ amplify/ elevate their resumes (提升简历水平), which is a good thing for their career paths。(分群体讨论)

**Describe a popular person** (受欢迎的人)

**You should say:**

Who this person is

What he or she is like

**Why you think this person is popular**

**How this person influences the public.**

**知识点:**

- **Well-liked and respected by people** 被广泛喜欢着、尊敬着
- **Charismatic and outgoing personality** 有人格魅力的外向的性格
- **Known for their kindness and compassion** 因为他的善良慷慨而被人熟知
- **A positive influence on others** 对大众有积极的影响力
- **Has a strong sense of community** 有很强的团体感
- **Be genuinely interested in people's lives and well-being** 对人们的生活和身心健康有着由衷的真诚的关切
- **An inspiration/ a source of inspiration** 给人带去一种启发灵感
- **A breeze of fresh air** 一股清流
- **Always have a smile on their face and a kind word for everyone they see.** (是那种总是脸上挂着笑容、见到每个人都会说好话的人)

The person I want to talk about is my neighbour, Mr. Li. He has lived in our apartment building for over 20 years and is known AND loved by everyone for his kind and helpful nature.

In terms of what he is like, well, he's just a very very nice and warm person. His warm and kind-hearted personality makes everyone fall in love with him. He is the type of person who always has a smile on his face (他是那种总是脸上挂着笑容的人) and a kind word for everyone he sees. He is genuinely interested in the lives of others and takes the time to make people feel valued and appreciated. He's such a great listener (一个好的倾听者).

The main reasons why he's so well-liked are, firstly, Mr. Li loves performing acts of kindness and generosity to people. Sometimes, he helps neighbours with their groceries, like carrying heavy grocery bags to their door. Sometimes, he checks on those elderly neighbours in the apartment building to make sure they are okay. Sometimes, he even

offers to take care of some neighbours' pets while they are away. A few years back, before COVID, I left my dog with him for a week while I traveled to Japan. He was such a lifesaver (救生者) !! Mr.Li is also a very handy person (会修东西) . He is almost seen as the handyman in our building (他几乎被视为楼里的杂务工) . Whenever we are having trouble with something in our apartment, such as a leaky faucet or a clogged drain, Mr. Li will be there for us, fixing things for us. He's the go-to guy (首选的人) in our building! We actually always joke about how we should be paying him as he is doing so much, but he always just smiles and says "it's nothing". What an angel (多么好的天使啊) ?

(注意, 这里重点不应该是如上题: 他助人为乐, 而是受欢迎, 所以以上内容一定要做删减)

And the second reason is, Mr.Li is a very sociable and fun person. He loves organizing community events, such as potluck dinners (每个人都带一个拿手菜去吃饭) , game nights, or movie nights, or ping-pong competitions. Thanks to him, we've had so much bonding time together. He has definitely brought us together (把我们团结在一起) . No wonder why he's so popular and well-liked in our community.

So, yeh, that's Mr.Li, thank you!

### Part3:

1. What kinds of students are more popular at school?

In China, we actually have a "nerd culture" (书呆子文化) , it's like the opposite of western culture (西方文化是喜欢痞子不喜欢书呆子) . In my country, students who have the best grades/are straight-A (学习成绩顶尖) normally are very popular at school, sometimes, even "worshipped" by other students (甚至被膜拜) . So yeh, those top students/straight-A students are definitely having a good time at school (在学校混得很开心) .

And secondly, students who are friendly, approachable (亲和的), and sociable tend to be more popular at school. I mean, not just at school, it's everywhere, who doesn't like a fun, charismatic (有人格魅力的) and outgoing person who are easy to talk to? Finally, students who participate in extracurricular activities (课后活动) and show their talent and enthusiasm for learning also tend to be well-liked. They do more things and know more people, and naturally gain favourable impressions from people (他们做的事情多, 认识的人就多, 自然就获得了更多好印象)。 (罗列)

② Some kids naturally stand out from others (鹤立鸡群) because they are confident, outgoing and charismatic (自信、开朗、充满人格魅力)。 Their peers naturally feel attracted to the secure and self-collected side of them (他们淡定又有自持力的一面)。 And some kids have a great sense of humour (幽默感很强) and are great story tellers (很会说故事的人)。 Those funny and witty (搞笑又诙谐) kids are normally surrounded by others, and they are all the time joking and bringing laughter to everybody. Some kids are super talented in sports, music, art or other activities that are highly valued by their peers. And China, we have this specific "nerd culture" (书呆子文化, 开玩笑, 是崇尚知识的文化) where top students/ straight-A students (尖子生) are well-liked or even worshiped by their peers. So, there could be all kinds of reasons. Sometimes, even just a pretty face can draw so much attention (吸引太多关注)。 (分群体讨论)

## 2. Why are some people less famous?

Some people may not have the same level of talent or skill as those famous ones. And also, let's face it, fame often comes with (伴随) the access of resources, like who are you (你是谁), who do you know (你认识谁), what is your family name (你姓什么, 拼爹), you know what I mean (你懂的)。 It's funny to see many famous and wealthy people showing off (炫耀) their stories of becoming successful without mentioning the privilege (特权) they had when they were born. And also, there's luck.

**Sometimes being famous could be a very random thing (偶尔的事情) ! (分群体 讨论)**

**Describe a famous person you are interested in (感兴趣的名人)**

**You should say:**

**Who he/she is**

**When you first knew about this person**

**What he/she was like before he/she became famous**

**And explain why you are interested him/her**

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**知识点:**

**1. 形容名人的一些通用表达:**

- **She a household name/ figure!** 家喻户晓的名字、人物
- **She a global superstar.** 世界级明星
- **He's achieved international fame.** 国际级别的成就
- **Everyone knows who he is.** 每个人都知道他是谁
- **He's like a living legend!** 他就是一个传说
- **She has a huge fan base/ a huge following/ a lot of fans all over the world.** 她粉丝很多
- **She's star/ celebrity.** 她就是明星!
- **world renowned= famous**
- **She is an inspiration/ a source of inspiration.** 是启发灵感来源
- **He is a trendsetter!** 是一个潮流趋势风向标!
- **She a cultural icon!** 是一个文化偶像

## 2. 针对电影明星的一些表达:

- **She's a movie star! 电影明星**
- **He's a Hollywood icon! 好莱坞偶像**
- **She's a box office smash/ hit/ champion/ sensation! 票房冠军**
- **She has achieved international stardom/ success. 世界级影星成就**
- **She's a red-carpet star! 红毯明星**
- **He's is an A-lister/ A-list celebrity! 一级大腕儿, 顶流**

## 3. 针对体育明星的一些表达:

- **He's a sports star! 体育明星**
- **She's a champion athlete! 冠军运动员**
- **He's won countless awards! 得奖无数**
- **She's a record-breaking champion! 记录打破者**
- **He's the most decorated medalist! 身上奖牌加冕最多的运动员**
- **She's a gold medal winner/ medalist. 金牌获得者**

Well, I'm going to talk about an actress that is well known/ world renowned whose name is Kate Winslet.

She's a British actress, an Oscar winner (奥斯卡获得者), a producer (制片人), a wife and a mother. She's most famous for her role as Rose in "Titanic" (她最著名的角色是泰坦尼克号里的 Rose), and that's how I knew about her, but she has excelled at (成功, 超越) her career since playing Rose.

I'm such a big fan of her! She's such a talented actress. She has the most range (戏路很宽) as an actress. She could be in any type of movies, romance, comedy, suspense, drama... She is the kind of actress who can disappear into a role, and make you forget about who she is and just

leave you with the character on screen (消失在角色中, 让观众忘记她本人的存在) . To me, she's one of the most skilled actresses in Hollywood and Europe, definitely deserves her fame/ lives up to her reputation (实至名归) .

I love her face, not just because she has a beautiful face, but how emotive (情绪表达丰富的) her face is. She's super expressive with her facial movements (面部表现力很强) . I even love her eyebrows, because they are uneven (她的眉毛长得不一样, 很独特) ! Haha! Her one eyebrow is always higher than the other. Sometimes when she raises her eyebrow, she looks so cool, so unique! (这一段不一定要说, 纯属个人小风格)

Nowadays, she seems like one of the few actresses in Hollywood and Europe who don't get a ton of plastic surgery done (没有大规模 do 脸) . On the contrary, Kate has grown into herself (活出自己) over time and uses her own charismatic personality to portray herself (展现自己) without any shame. That's what makes her performances so real and believable (让表演真实可信) .

Plus, She's also a really kind person. I've seen the way she treats her fans and even strangers in life. She's so down-to-earth (接地气) , friendly and gentle to the world.

To sum up, I'm so into Kate Winslet because she's talented, hard-working, and true to herself (真实做自己, 忠于自己) , also, because she embraces aging gracefully (优雅地面对衰老) and chooses to hone her acting skills (磨练演技) rather than preoccupy herself with how she looks.

以下针对明星演技, 一些补充拓展语料 (有时间可系统学习, 没时间略过) :

- A good/ great/ amazing/ incredible/ talented/ the best actor(actress)  
Tom Hanks is an amazing actor. I love him!

- natural 自然的/ emotive 表现情感的

He's a really natural and emotive actor.

give a gripping performance (holds your attention completely)

呈现出扣人心弦的表演

Matt Damon can always give a gripping performance in any movie. He can always hold the audience's attention.

- put on a stunning performance
- be expressive in their facial movements/body language 在面部表情和肢体语言上非常有表现力

Jim Carrey is really expressive in his facial movements.

- articulate 口齿清晰、字正腔圆、好口才的, well-spoken 能说会道的
- be good at analyzing the script and get the most out of a scene 很善于分析剧本，最大程度利用好一个场景去发挥演技

I feel that Meryl Streep is so good at analyzing the script. She can always make the most out of the scene, and hold everyone's attention.

- do character research 做角色研究
- delve into the role 探究研究角色

Kate Winslet always delves into the role completely, and bring the character to life.

- bring the character to life 把角色演活
- put his/her heart and soul into the role 全身心投入
- make you believe his/her performance 让人相信 ta 的表演 (有说服力)
- screen presence 荧幕魅力、表现力、风采

**Keanu Reeves has a screen presence that few can match (没几个人能比) and quite the unique charisma.**

- **range** 范围, 这里指的是演员的塑造里 (可胜任的角色的范围)

**Robin Williams has blown us away with his range.**

**His range is small and his characters are not very complex, and yet he's captivating in those movies.**

- **acting skill** 演技

**He's the top 10 actors with the best acting skills.**

- **the most skilled actor** 演技最强的演员
- **an actor who can disappear into a role** 可以消失在角色里的演员 (演什么像什么)

**Meryl Streep is an actress who can disappear into a role, and make you forget who she is and leave you with the character on screen.**

- **an actor who is personally magnetic** 自身性格有魅力

**Keanu Reeves is an actor who is personally magnetic, who you just want to watch. You want to watch him in different scenarios, with different challenges. He never disappears, his personal force (个人力量) is what carries the narrative (叙事、故事) .**

### Part3:

#### 1. Why are some kids popular at school?

① **Some kids naturally stand out from others (鹤立鸡群) **because they are confident, outgoing and charismatic (自信、开朗、充满人格魅力) . Their peers naturally feel attracted to the secure and self-collected side of them (他们淡定又有自持力的一面) . And some kids have a great sense of humour (幽默感很强) **and are great story tellers (很会说故事的人) . Those funny and witty (搞笑又诙谐) kids are normally surrounded by others, and they are all the time joking and bringing laughter to everybody. Some kids are******

**super talented in sports, music, art or other activities that are highly valued by their peers. And China, we have this specific “nerd culture” (书呆子文化, 开玩笑, 是崇尚知识的文化) where top students/straight-A students (尖子生) are well-liked or even worshiped by their peers. So, there could be all kinds of reasons. Sometimes, even just a pretty face can draw so much attention (吸引太多关注). (分群体讨论)**

**②In China, we actually have a “nerd culture” (书呆子文化), it’s like the opposite of western culture (西方文化是喜欢痞子不喜欢书呆子). In my country, students who have the best grades/are straight-A students (学习成绩顶尖) normally are very popular at school, sometimes, even “worshipped” by other students (甚至被膜拜). So yeh, those top students/straight-A students are definitely having a good time at school (在学校混得很开心). And secondly, students who are friendly, approachable (亲和的), and sociable tend to be more popular at school. I mean, not just at school, it’s everywhere, who doesn’t like a fun, charismatic (有人格魅力的) and outgoing person who are easy to talk to? Finally, students who participate in extracurricular activities (课后活动) and show their talent and enthusiasm for learning also tend to be well-liked. They do more things and know more people, and naturally gain favourable impressions from people (他们做的事情多, 认识的人就多, 自然就获得了更多好印象). (罗列)**

**2. What are the differences between famous people today and those in the past?**

**Traditionally, people used to become well-known (有名的) because of their extraordinary talents (超常的天赋), skills or phenomenal achievement in certain field (某个领域的卓越成就). Some people became household figures (家喻户晓的人物) because they knew how to connect with people. And they just drew people in (吸引人群) with their charisma and unique/charming personality. Or, some of them had all**

of those traits (优点) . And today, there're still people getting famous for the same reasons I just mentioned, for example, lately there's this skier (滑雪运动员) called Eileen Gu who got really popular in China. She's an Olympic gold medalist (奥运金牌获得者) , people adore her not just because of her world records, but also her super confident, charming and sassy (很女王范儿的, 飒的) personality. Many people, especially girls want to become her. She's truly an idol (偶像) . However, there're also people become well-known for the bad or wrong reasons. For instance, making a fool of themselves (自取其辱, 装疯卖傻) on the internet, or trading their privacy for fame and money (用隐私换取名声和金钱) . Some online influencers would do anything to get more followers/ get a following (获得粉丝) . The way I see it, that's really pathetic and hard to sustain in the long run (长期来看) . (分群体讨论)

### 3. Why do some people become famous but not successful?

Because some people are known for a scandal (丑闻) or controversial or even illegal behavior (有争议的甚至违法的行为) . So, it's like they have a stigma (耻辱) attached to their fame (连接名声) . That's why it's hard for them to become successful as the stigma is following them like a shadow and overshadowing (遮住) anything positive they may have achieved or talent they may have. For example, in China, around 2010, there was an online first-generation celebrity (第一代网红) called Feng Jie (凤姐) who went viral (全网病毒式成名) because of her bold and aggressive personality, her unusual behavior and lack of manner. Her whole image was super sensational (哗众取宠) and she gained a large following (关注量很大) very quickly. But over the years, she kind of just disappeared, faded out (淡出) in public eye (公众视线) . She's no longer visible in media. I know that she's working in a nail shop (指甲店) somewhere in the States. As you can see, she's not success in any shape or form (怎么看都不算成功) . So yeh, that's a case in point (完全证明了观点) .

### 4. Do you think famous people are necessarily good in their fields?

No, definitely I don't think so, especially in show business (演艺圈). Like I said, nowadays there are so many people becoming well known for the wrong reasons, like making a fool of themselves, or simply just because they have a lot of connections with famous people (认识名人, 有背景), or they are the so-called online influencers (网红), and they can bring traffic and viewership (流量和点击率). That's why nowadays a lot of online influencers are invited to star in movies (主演电影) just because they can attract audience, but they are not necessarily good actors. Some of them are actually terrible actors. It's really sad to see there are a lot of really unprofessional singers and actors in show business (演艺圈) nowadays.

(原因, 举例子)

5. Do you think media is putting too much attention on famous people?

Yes, I think so, and this is indeed a negative phenomenon (负面现象). In today's society, it seems that (貌似) celebrity culture (明星文化) has taken over (占据占领) the entire media world. Everywhere we look, we are bombarded with news, gossip, and updates about the lives of famous people (被明星的新闻八卦轰炸). It is understandable that some people are curious about the lives of celebrities, but not all of us are so into those lives that are far away from us. It is the excessive focus (过度关注) on their every move (他们的每一个动作) that annoys me so much. And it's taking our attention away from things that truly matter, such as wars, poverty, environment and education (把我们的注意力从真正重要的事情上挪走). (原因)

6. What kinds of famous people are there in your country?

结合以上集体的答案回答

Well, it's pretty much the same as the rest part of the world. We have people who are famous because they make contributions to the society. Scientists, doctors, environmental activists, business leaders, etc. But

there are also online celebrities who have a big fan base (粉丝基础大) / a big following (关注量很大) and they can bring a lot of traffic (带来很多流量) . Or people who are just trading their privacy for fame (用隐私换名气) and making a total fool of themselves (哗众取宠) .

**Describe someone you know who has recently moved to a new place** (认识的人搬到新家)

**You should say:**

**Who he/she is**

**What the new place is like**

**Why he/she moves to a new place**

**And explain whether his/her move has a positive impact on you**

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So, not long ago, about two or three months ago, I went to my best friend's house warming party (暖房派对) , and we celebrated this special moment together.

My best friend Jessica recently has moved out from her parents' place, and moved into an apartment. She's a few years old than me and has always been a very independent person (独立的人) . And last year, she started to work for a local clothing store, and now she's ready to live by herself and spread her wings (展开翅膀, 飞翔) . I feel very happy for her, as that's definitely a new chapter in life (生命力新的一个章节) . She's now living an independent life like a real grown-up (大人) .

At the party, I got to see her apartment. It is a two-bedroom apartment, not very spacious (空间大的), but she's got everything she needs. It's light-filled (光线很足), cozy (温馨) and with a modern style. I felt like home there (感觉像回家). It's the perfect kind of place for someone who has just entered the workforce (踏进职场) as the rent is very affordable. I especially like her XXX room....这里展开说

(厨房、客厅、girl cave 还是卧室, 选一个高光出来说, 可以用到这个季度讲住宅的地点题里面的表达, 或者录播赠课第二节里的讲义内容, 自己练习, 可以来打卡)

I felt happy for my best friend. Maybe a little jealous (有点小嫉妒) as I'm still living with my parents, but jealous in a good way (是一种好的嫉妒). And to be honest, the idea of moving out had never crossed my mind (没来没想过) before I saw her apartment and how she was living there. I have always been a very spoiled kid (被溺爱的孩子) and I like being taken care of. But when I saw how free she was in her place, and how mature she was handling everything (处理应付一切), I felt jealous, I want to experience that sense of independence (独立感) as well!

So, yeh, that's pretty much it. Thank you!

### Part3:

#### 1. Why do some young people keep moving?

Well, young people have a lot of things going on in their lives (时而很多).

Their lives are filled with uncertainties (充满了未知). Therefore, many times they need to relocate (变更地址) because they have new educational opportunities or job opportunities. And another thing I can think of is the affordability (支付能力). Young people don't earn a big salary and sometimes the expensive rent could be a problem for them long term. Maybe they can afford it for now, but one day if they get fired

without any savings, they have to switch to a cheaper place (搬到一个更便宜的地方) . And also, young people tend to be unstable in their romantic relationships (感情不稳定) . Sometimes they might move in with their partner, but later they break up and then they have to move out and go their separate ways (分道扬镳) . Overall, there are all kinds of reasons. (罗列)

## 2. What's the difference between living alone and living with roommates?

(以下四方面不是一定要面面俱到) The first difference is the cost (费用) . Living alone is definitely more expensive as you have to bear the entire rent (承担整个房租) and utility bills (水电煤账单) , whereas living with roommates allows you to share the burden (分享负担) . You can split the bills (划分账单) and end up saving more money . So, it's definitely more financially friendly (经济友好型) to live with somebody, and that's why many young people choose to live with roommates. And in terms of privacy, obviously living alone provides you with a greater sense of privacy (隐私感更强) since you have your own space to yourself. You don't need to compromise (妥协) . You can live in the place freely the way you want to. And on the other hand, sharing a place means compromising and you don't have that level of privacy. But I have to say in terms of social interaction (社交) , living with roommates is definitely healthier for your mental health because you get to interact and socialize with other people, of course only when you get along with your roommates. Whereas living alone sometimes could be really lonely and cause all kinds of mental problems, even depression. But I have to say, living alone is really good for your independence. You do everything on your own. You handle every issue by yourself. That really improves problem-solving skills (解决问题能力) and brings a strong sense of independence and freedom . (分角度讨论)

## 3. Is it positive for young people to live by themselves?

It's really hard to say, like I said, living alone can provide a sense of independence and freedom, but it can also be lonely and overwhelming (孤独的和压倒性的), especially for young people who don't have a lot of life experiences. Therefore, it really depends on the individual and their circumstances. If a young person is really inexperienced (未经世事的), I can imagine how it could be a very stressful and overwhelming situation for them, with all the rent and fees they need to pay, all the potential problems and emergencies they need to face. It could be too much (太多太过分) for them. (分群体)

4. Besides cooking, are there any other skills that people need to learn if they live on their own?

When you live by yourself you need to know how to do household chores. Things like doing the laundry, folding the laundry, doing the dishes, grocery shopping, cleaning up the place, organizing and decluttering the place, things like that. Otherwise, you'll be living in a pig house. And another thing is become a little bit handy (会修东西的). Say if you need to change a light bulb (换灯泡) or unclog a drain (通下水道). It is better that you know how to fix those things to save some money and time. And finally, I think financial management skills (资产管理技能) are also very important. Learn how to manage your money, track your expenses, pay all kinds of bills on time. Those are very crucial things to learn when you live by yourself. (罗列, 举例子)

5. What kinds of people tend to live by themselves?

There are people who "have to" live by themselves and there are people who "want to" live by themselves. These two types of people are different. With the first type of people, normally they are young professionals (年轻的人才) who live in a different city as their families.

They don't have a choice but living by themselves and learning to become mature and independent. There are also people who want to live alone, like some of the young adults who have just left universities and want to embark on their independent journeys (体验一场独立之旅) by leaving their family homes and then spread their wings. And then there are also people

who are more like a “loner” kind of personality (类似于“独行侠”一样性格的人) who don't enjoy sharing the same roof (共享屋檐) with anybody else. They have a strong sense of privacy and they're very independent to the point that they don't need anybody, nor do they want anybody. (分群体)

6. How can parents and teachers help young people to live independently?

First off, parents and teachers should help children develop those basic housework skills such as cooking, cleaning, laundry, and grocery shopping. Help them increase their independence and gain more confidence. And then, they should foster the concept of responsibility in life, like how to manage your money, how to manage your time, how to prioritize things in life. And what's more, problem-solving skills (解决问题的能力) are also very important. Parents and teachers should definitely guide children to solve problems, and help them make decisions in life. Also, I think communication skills (沟通能力) are crucial because one day if they are going to share a property with somebody else, being able to communicate properly and effectively is also key. Having conflicts in a rental property is very common, and parents and teachers should help children prepare for that. And lastly, financial literacy (金融素养) is very important. When you live by yourself, you need to manage your income and your expenses to make sure you can make both ends meet (入能付出), and many people have problems achieving that. Parents and teachers should definitely instill the concept in children (给孩子灌输理念) at an early age. (罗列)

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经历题:

**Describe a car journey you had (汽车旅行)**

**You should say:**

**Where you went**

**What you did**

**Who you had the car journey with**

**And explain how you felt about the journey**

知识点:

- **Road trip** 汽车旅行 (一般开车长途旅行) 很常见实用的表达
- **Long drive** 很长一段汽车旅行, 开车很久

**We spent hours and hours on the long drive, but it was worth it to see the beautiful sights along the way.**

- **Take the scenic route** 景观很美的路线, 可能会绕远路但是风景很美很值得

**We decided to take the scenic route to the national park, and the views were absolutely breathtaking.**

- **Breathtaking/stunning/ gorgeous/insane views(sights)** 绝美的景色
- **Spend quality time with XXX** 和某人共度高质量时光

**My family and I spent a lot of quality time on the road trip.**

- **Strengthen the bond between/ bond with/ a bonding experience**

**The trip really strengthened the bond between my parents and I.**

**I enjoyed bonding with them.**

**It was a great bonding experience.**

- **Exhilaration** 充满喜悦和兴奋的感觉/ excitement/ thrill/ euphoria

**Driving on the open road gives me a sense of exhilaration and freedom.**

- **Follow traffic rules and regulations** 遵守交通法规

- **Navigate** 导航、穿越、驾驶、穿过

**Navigating through an unfamiliar area can be challenging on a road trip, but it's also part of the adventure.**

- **Cherished/ beautiful/ wonderful/ unforgettable/ memorable memories** 被珍藏的、美妙的、美妙的、难忘的回忆

**The road trip with my best friends created cherished memories that we still talk about today. It was unforgettable.**

- **Iconic/famous landmarks** 著名景点
- **Winding roads** 蜿蜒曲折的路

**I love appreciating the beautiful winding road ahead of me when I'm driving on a road trip.**

#### 素材一:

Ok, today, I'd like to share with you my experience of driving on a road trip for the first time (第一次汽车旅行) .

A few summers ago (几个夏天以前=几年以前) , my friend and I decided to take a road trip around the east coast of China. We rented a car (租了一辆车) and took turns (轮流) driving so that we could both enjoy the sights and avoid getting too tired. It was my first time driving on a long road trip. To be honest, in the beginning, I was a little nervous and shaky (颤抖的) , but gradually, I felt more at ease (感到更放松) and more excited for the adventure ahead.

Our journey started in Shanghai, and we made our way up the coast (一路沿着海岸线前行) towards Qingdao. We stopped at various scenic spots along the way (一路上) , including beaches, famous cities, and quaint towns (可爱的小镇) . I remember feeling a sense of freedom and

exhilaration as we drove along the winding roads and enjoying the gentle breeze (清风) touching our faces and hair.

One of the most memorable moments of the trip was when we visited Mount Tai, in Shandong Province. We hiked up the mountain (爬山) and we also visited some ancient temples, and then later, we watched the stunning sunrise views from the top of the mountain. I remember feeling so proud of myself for successfully driving all the way from Shanghai to that point.

Overall, the road trip was a fantastic experience. It allowed me to experience the thrill of driving (驾驶的乐趣和刺激感) and see some of the most breathtaking views in China. Secondly, it was also a great bonding experience with my friend, as we shared many laughs and memories on the road.

So yeh, that was the story, thank you.

#### 素材二:

Ok, so today I want to talk about a road trip I took with my family when I was young, which ended up with me getting car sick (晕车).

When I was a child, my family and I went on a road trip in China during the summer. We were driving to visit my grandparents who lived in a rural area (农村) in China. I remember being very excited for the trip because I loved spending time with my family and exploring new places.

However, as soon as we hit the road, I started to feel a bit queasy (想吐的) / nauseous (恶心想吐的) / funny (怪怪的). At first, I thought it was just a passing feeling (很快会过去), but it only got worse and worse as the trip went on. I tried to distract myself by talking to my parents, playing games, and listening to music, but nothing seemed to help. The roads were winding (蜿蜒曲折) and bumpy (凹凸不平), and also the gasoline smell of the car made me feel terrible.

As we drove further and further away from the city and into the countryside, I began to feel worse and worse. I felt dizzy, nauseous, and very uncomfortable. I begged my parents to stop the car and let me out,

but we were in the middle of nowhere (荒无人烟的地区) and there was nowhere to go. I tried to stay calm, but I was struggling to keep it together (保持镇定).

Eventually, I threw up/vomited/puked (吐) in a plastic bag in the car. It was so disgusting that my parents were even gagging (呕吐前的作呕状, 还有很多其他意思, 比如笑料、使窒息) hearing me vomiting. It was contagious (会传染的), I guess, haha!

Ever since then, I have not been a big fan of road trips, especially those really long drives. I prefer to take a flight or a train 1000 times more than going on a road trip, haha! So yeah, that was the story, thank you!

### Part3:

1. What benefits does public transportation bring to the world?

Firstly, when more people go for public transportation, it reduces congestion on roads, as well as carbon emissions (二氧化碳排放量), which means the air quality gets better. Secondly, its affordability (可负担性, 便宜的票价) can help people who don't have a car or cannot afford a car get around (转悠) and go to places (去到一些地方). It's a more pocket-friendly (经济友好型的) way to commute and travel. Finally, public transportation such as the subway can help people avoid traffic jam and save time. And it also allows people to multitask as they don't need to drive, thereby increasing productivity. (罗列)

2. Is it too late for people to get the driver's license at the age of 18?

No, it's not too late at all, quite the opposite (正相反), it's quite early in my opinion. I don't know about other countries, but in China, normally young people get their driver's license after graduating from university, which is around 22 years old. The way I see it, it's not the best idea for a person to try to get a driver's license too young, like 16 years old, or something like that, because at that age, they lack the necessary

experience (缺乏经验) and maturity (成熟度) to handle the responsibility that comes with driving. Young drivers are more likely to take risks (冒险) on the road, such as speeding (超速行驶) or having road rage (公路暴怒), which can lead to accidents, injuries, or even death. So, no, it's not late AT ALL. (反向假设)

### 3. What qualities does a driver need to have?

There are a number of key qualities a driver must have. First off, they have to be responsible and reliable. It's no joke. It's people's lives that they are taking care of. They need to be able to follow the rules and regulations, always put safety first (安全第一). Speeding or road rage is completely unacceptable. And then, they need to be good at driving, things like, having a good sense of space (空间感强), being able to judge distances accurately (准确评估距离), having good reflexes (反应快), being able to drive smoothly, having a great sense of direction (方向感强), these are all very essential qualities. And then, a good driver needs to be patient and calm, especially on a busy or congested road. I've seen some driver losing themselves (疯了) in a traffic, which is NOT cool or acceptable at all. And finally, having good communication skills (善于沟通) are also important, both with passengers and other drivers on the road. (罗列)

### 4. Do you think government should make it a rule for people to use public transportation?

I root for/ vote for (支持) promoting the use of public transportation. I believe it is essential for the greater good of the society (全社会的更大利益). I can't stress this enough the importance of using public transportation (我没有办法更强调使用公共交通的重要性了). However, with that being said, I don't think the government should make it a rule. The moment when they force people to use public transportation, that could be seen as taking away their personal freedom and right. It should be up

**to people themselves to decide (应该由他们自己决定) how they want to travel. This is basic human right. (反向思考)**

**5. What jobs require people to be good at driving?**

**Well, off the top of my head, taxi drivers, truck drivers, bus drivers, and delivery drivers really rely on their driving skills to transport people and goods effectively.**

**6. Do you see driverless cars as the future of cars?**

**In the near future (近期的未来), no, I don't see driverless cars as the predominant means of transportation. There are still several challenges to overcome, technological limitations would be the NO.1 problem, we see Tesla car accidents almost every day on the news, and then, legal and ethical aspects, I don't think too many people have accepted this concept. However, in the distant future (远期未来), it's possible that driverless cars could become more prevalent (流行、普及). (时间分层)**

**Describe an adventure you would like to take in the future (想要经历的冒险)**

**You should say:**

**What the adventure is**

**Where you would go**

**Who you would be with**

**And explain why you would like to take this adventure**

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**思路：还是可以讲 road trip!!只不过改成虚拟时态**

**知识点：**

- **An adventurous person: 一个爱冒险的人**

- **Take risks:** 冒险
- **A daredevil** 冒险鬼
- **A risktaker** 爱冒险之人
- **Hidden gem:** 宝藏之地、之人
- **Hit the road** 上路

**Let's hit the road!!**

- **Go off the beaten path** 离开主路, 尝试一些没人去过的地方

**I'm tired of the usual tourist spots. Let's go off the beaten path and explore some hidden gems.**

- **A breath of fresh air** 一股清风, 表示很清新的感觉或经历

**Traveling to a new country is like a breath of fresh air. Everything is so different and exciting.**

- **Once in a lifetime** 一生只有一次的那种难得的机会

**This trip is a once in a lifetime opportunity. We can't pass it!**

- **Step/ get out of one's comfort zone** 走出舒适区
- **Live for the moment/ be present** 活在当下
- **YOLO: you only live once.** 你只活一次

**I know it's risky, but I'm going to try skydiving because YOLO! !**

- **FOMO: fear of missing out**

**I want to take a road trip because I don't want to experience FOMO. I don't want to miss out on the experience.**

- **Wanderlust** 想要周游各国的强烈欲望

**My wanderlust has taken me to many places so far.**

- **go where the wind blows/go where the wind takes me** 即兴无计划、顺其自然

**I don't have a plan. I'll just go where the wind takes me.**

One adventure that I've always dreamed of taking is a road trip with my friends. As someone who has never taken a road trip before, I'm excited by the idea of exploring the world on my own terms (以我自己想要的方式) and experiencing a true sense of independence (享受独立感) .

I would like to travel with a couple of good friends. We could rent a big RV (房车) or a SUV and hit the road (上路) . We could take turns (轮流) driving so that we could all enjoy the sights and avoid getting too tired.

In terms of where I would go, well, to be honest, I haven't made a specific plan yet. Basically, anywhere that's worth seeing, in China or outside of China. (注意, 以下三个具体例子, 不需要都说, 挑选 1-2 个就好)

① For example, maybe a journey through the Gobi Desert (戈壁滩) in China. I've always been fascinated by the stark beauty of the desert landscape (沙漠地貌的质朴原始之美) .

② Or maybe, just stick to the east coast of China (守着海岸线玩儿) , start in Shanghai and make our way up the coast (一路沿着海岸线前行) all the way towards Qingdao. I would love to stop at some of the most iconic landmarks, famous big cities and quaint towns. I would also love to see Mount Tai, in Shandong Province. I heard it's amazingly beautiful. We could hike up the mountain (爬山) and watch the stunning sunrise views from the top of the mountain. (强调补充)

③ Or maybe, even crazier and more adventurous, we could take a cross-country trip (横穿整个国家的旅行) in the US?! I mean, I would love to travel from the east coast to the west coast (东海岸到西海岸) and experience all of the amazing sights that America has to offer. One of the places I would be most excited to visit is the Grand Canyon in Arizona. I've always been

fascinated by the natural beauty of this iconic landmark, and I would love to see it up close and with my own eyes. (强调补充)

Overall, the road trip would be a fantastic adventure. It would allow me to step out of my comfort zone, experience a sense of freedom, the thrill of driving (驾驶的乐趣和刺激感), and at the same time, see some of the most breathtaking views in China or other countries. Secondly, it would be also a great bonding experience with my friends, as we could share many laughs and memories on the road. And finally, taking road trips has been so on trend (流行) in the past 10 years in China. I guess, I just don't want to experience FOMO. I'm only 22 years old, and you only live your life once, right?

So yeh, that is the adventure that I would like to take. Thank you!

### Part3:

#### 1. Who likes to read adventure books?

People who are daredevils, risktakers (冒险鬼), or people who value courage and exploration (很看重勇气和探索) would love to read adventure books, since they enjoy the excitement and the adrenaline rush (肾上腺飙升, 高阶词) from the book; Some people love adventure books because they can provide them with an escape from the real world (提供逃离现实世界的途径) and help them forget about their day-to-day worries. Reading an appealing and captivating (吸引人的迷人的) adventure book is a great stress reliever (减压器) for many people; while some people may think that kids are mostly drawn to (被吸引) adventurous stories, I don't see it that way. I think people of all ages (各个年龄段) and backgrounds enjoy reading adventure books, as long as it's a good story. (罗列+让位驳斥)

#### 2. Do people prefer adventure novels or adventure movies?

Well, it really depends on the person. Some people prefer adventure novels because they offer a more personalized experience (提供更个人化的体验) . Books are more detail-oriented (细节至上) and in-depth (有深度) than movies. Therefore, with books, people have the freedom to imagine the characters (角色) , settings (场景) , and plot (情节) however they want. Plus, reading a book can be a more relaxing and immersive experience (沉浸式体验) that allows people to disconnect from the outside world (与外界脱离) . On the other hand, some people prefer adventure movies because they offer a more visual and dynamic experience (提供更视觉化、有动感的体验) . People can see the story come to life right in front of them, and that's very exciting. (分群体讨论)

3. Why do people like to read adventure books rather than take an adventure?

First of all, based on my observation (基于我的观察) , there are many individuals who prefer taking adventures over reading adventure books. Therefore, I don't believe that the statement in the question is entirely accurate ( “我不认为题干里的陈述是绝对准确的事实” ) 。 **你可以不同意题干本身，适合高分学员故意耍矫情** ) . But uhmm, among those people who choose books over real-life adventures, the first reason could be that they, don't have the time, or the money, or the courage to truly take adventures. Many people are trapped/stuck with their 9-to-5 jobs (被困在朝九晚五的工作里) , hardly making a living (勉强维持生计) , they can't afford to be footloose and fancy-free (无拘无束，自由自在) / take risks. That's why they choose to read those adventure books as it allows them to experience a sense of adventure from the comfort of their own home (足不出户舒舒服服) , without having to deal with any of the physical or financial risks. Additionally, reading adventure books is a great way to wind down/let off the steam (解压) and unplug (与外界断联) . It's like a perfect way to escape from the real world. Reading those books allows people to fully

immerse themselves in the story (沉浸在故事里) and experience the adventure through the eyes of the characters. (分群体讨论)

#### 4. Who doesn't like to take adventures?

First off, some people are just not into taking adventures as they are risk-averse (不爱冒险的). They are the opposite of daredevils (冒险鬼). They might prefer to stay in their comfort zone (呆在舒适区) rather than exploring new things. For example, my mom, she is totally that. She hates new things and she loves her changeless routine life (一成不变的规律作息生活). She couldn't be happier. And then, there're also some people who may have certain physical or mental limitations that stop them from participating in adventurous activities. So, it's really a personal thing. (分群体讨论+举例子)

#### 5. What kind of personality should people have in order to experience a lot of adventure?

I would say, people who are adventurous by nature (天生地) and have the willingness to (愿意) take risks are more likely to experience a lot of adventures. People who're curious, positive, open-minded, and willing to step outside of their comfort zone. For those people, they are not afraid to face the uncertainty (面对不确定性) /embrace the unknown (拥抱未知). For example, my cousin is one of this kind of people. She's so curious and brave. She's into all kinds of adventures, and she's definitely living her life to the fullest without any regrets (把生活活到极致, 毫无遗憾). (原因, 举例子)

#### 6. Will experiencing adventure broadens people's horizons?

Absolutely! Experiencing adventure can broaden people's worlds and minds. If a person is constantly exposed to new cultures, customs and lifestyles (新的文化、习俗、生活方式), it will be easier for them to develop a sense of empathy and understanding for the world around them (发展共情)

能力和对周遭世界的理解) . They will become more tolerant and accepting with the world, and at the same time, more knowledgeable about the world. Additionally, adventures can also challenge individuals to push themselves out of their comfort zones (把自己推出舒适圈), which leads to personal growth (个人成长) and development. A person without too many experiences may feel stuck in a routine life or a comfort zone, and miss out on opportunities to explore new things and grow as a person. Also, because they never get to practice their problem-solving skills (解决问题能力), decision-making skills (作决策能力), critical-thinking skills (辩证思考能力) and communication skills (沟通能力), they may struggle a lot to adapt to new situations (适应新情况) or handle unexpected challenges (应对不曾预见的挑战) . (正向+反向假设)

**Describe an occasion when you got incorrect information (错误信息)**

**You should say:**

When you got it

How you got it

How you found it was incorrect

And how you felt about it.

**思路:** 这道题我会和下一题“迷路”进行串联。

**Describe an occasion when you got lost (迷路)**

**You should say:**

Where you were

What happened

How you felt

And explain how you found your way.

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I remember one time when I was driving to a job interview in the city (如果是学生可以改成: I remember one time when I was walking to a dental clinic) . I was using a navigation app (导航软件) on my phone to guide me there, and everything seemed to be going well at first. But then, as I was following the directions, I started to realize that something wasn't quite right.

I somehow (不知道怎么搞的) ended up in a residential neighborhood. I checked the app and realized that it had led me off course (偏离方向) . I got wrong information from the app. I felt frustrated and anxious because I was already running late (迟到) for the job interview/ dental appointment, and now I was lost. I also felt angry and shocked that even technology could fail me!

I tried really hard to stay calm and think logically. I started asking people in that neighbourhood (thank God they were very friendly) and figured out the correct route. After a few minutes of driving/walking around, I eventually found the right road and made it to the interview/appointment on time.

Looking back on that experience, I learned that sometimes even technology can fail us (让我们失望, 不省心) , and it's important to keep calm and hone our problem-solving skills (打磨我们的解决问题能力) . And also, never feel shy to turn to people for help!! Moreover, it made me realize how much I rely on my phone and my navigation app, I mean, I should always double-check (反复确认) the directions before heading out (出发) .

### Part3 (错误的信息)

1. Why do some people not trust information on the internet?

I think the major reason is that the internet is such an open and limitless platform (开放、无界限的平台) where anybody can publish content (发表内容) which means that not all sources are reliable. Many people don't fact-check (核查事实) before they publish stuff. Therefore, it's very easy for rumors, scandals, misleading information and even fake news (谣言、丑闻、误导性信息和虚假新闻) to spread on the internet (在网络传播).

Especially now with the AI technology (人工智能技术), anyone can fake photos and make it look like something that really happened. I remember a few days ago, there was this news about a very severe earthquake taking place in Turkey (在土耳其发生的严重地震). The photos online looked so real that you see the debris (废墟遗骸) and everything. Many people believed it. Volunteers, reporters and medical experts (志愿者、记者、医学专家) all went to Turkey only to found out that it was completely made up (编的). It's a really dangerous time now. So, it makes sense that many people don't believe everything they see on the internet anymore. I'm actually happy that people have their independent thinking (独立思考能力). And moreover, the fact that people can leave comment anonymously (匿名留言), hiding behind fake identities without any accountability, is making things worse. (原因, 强调补充, 举例子)

## 2. What jobs provide information to others?

There are so many jobs that involve providing information to others. Off the top of my head (首先想到的是), reporters and journalists (记者) gather and share news with public. And then lawyers, through their legal expertise (法律专业素养), they provide clients with information about their rights and legal options (法律选择). And then, counselors or therapists (顾问和心理治疗师), they provide information and guidance to their clients to help them make decisions and maintain their mental well-being (维持心理健康). And also, teachers, in a way (某种程度上). They are

all the time providing information to their students, and that's called imparting knowledge and wisdom (传递知识和智慧)。(罗列)

3. What's the difference between email and phone in terms of providing information?

The way I see it, emails are for detailed content and for conveying complex information. And the biggest upside (最大优点) about it is that it's a way to document the whole communication (一种存档方式). It provides a written record (书面记录) that can be easily traced back to (追溯) in the future. And on the other hand, phone communication is definitely more intimate with a personal touch and instant interaction. You can get a quick back-and-forth information exchange (快速来来回回的信息交换) through phone calls. It's ideal for urgent matters. In the workplace, phone communication and email communications should go hand in hand (一起出现). They are different but they definitely complement each other (相辅相成)。(对比区别讨论)

4. Which do you think is the better way to provide information by phone or by email?

和上题几乎重复

5. How do people determine the accuracy of information?

That's a good question... well, when people are suspecting the accuracy of certain information (对某些信息的真实度怀疑), some of them will cross-reference (交叉引用) the information, meaning, they will compare the information they have with multiple sources to see if they align (达成一致); and then, looking for trustworthy sources (靠谱的来源), such as established news organizations (权威新闻机构) or government websites (政府网站). And some people, they evaluate the information through fact-checking (核查事实). First, they will check who published the information, what their background is, and then check if the information

has turned up on any trusted site (可信任的网站), things like that. (分群体, 这题真的很难, 请一定不要回答得过于流利)

6. How do people make sure they're getting the right information?

和上题一样

### Part3 (迷路)

1. How can people find their way when they're lost?

Nowadays, most people's first reaction is to turn to (求助) their smartphone and find directions from their navigation app. People love it because they can get turn-by-turn guidance (一步步的导航) without knowing how to read a map (看懂地图). But, if they somehow don't have their phones with them, normally they will look for the biggest landmarks in the surroundings to get a sense of direction (方向感) and a reference point (参照点). And if neither of these strategies works, that's when they will ask people for directions. Normally they will find someone who looks like a local resident (当地居民) and get some help from them. (罗列)

2. Do you think it's important to do some preparation before you travel to a new place?

Well, personally, I always make sure that I prepare something before I travel to a new place. At least I will book the hotel and flight tickets, and research a little bit about the local culture, because I don't want to be inappropriate (不合时宜的) or do something that is taboo (文化禁忌) in that place. And I know that some young people nowadays really love improvising (即兴发挥) their trips and go to a new place without any preparation. They think that improvisation sounds really cool as it's footloose and fancy-free (无拘无束、了无牵挂). But I see that as such a waste of time and money as you might end up missing out on a lot of the

must-sees and must-dos (错过很多“必看”和“必做”的事情) due to your ignorance (由于你的无知). You won't really make the most of the trip (无法充分利用好这趟旅行). And the risky thing is, you might not have a place to crash at night (没有过夜的地方). That actually happened to me years ago. I went to a place without booking anything and at night I realized that all the hotels were booked. I almost slept on the street. Looking back on that experience, it was stupid to just play cool (耍酷) and prepare nothing. (让位驳斥).

3. Do you think it's important to be able to read a map?

Many people nowadays are losing the skill of reading a map. They think maps are not relevant (不重要的、不相干的) anymore. Everybody has a smartphone and they can get directions through their navigation apps. It is true. Nowadays, the chance of us using a map is very very low. But still, you never know (你永远不知道, 这事儿还真不好说). Maybe one day you get lost in the woods (树林里) without any reception (没有信号), or your phone just runs out of battery. It is still important to know how to read a paper map. It's like having a plan B (有个备用计划). (主流观点, 自己观点)

4. Is a paper map still necessary?

和上题一样

5. Why do some people get lost more easily than others?

People are very different. Some people naturally possess a strong sense of direction (天生具有方向感) whereas some people have a weaker sense of direction (方向感弱). For example, my mom. When she's in a new place, she's always clueless about which way is north, south, east, or west (分不清东南西北). Without her trusty GPS app, she'll be completely lost and can't find her way around. And, some other people are just very distracted. It's not necessarily that they are really bad at telling directions. It's just that they are not using their brain power on figuring out the direction (没有把脑力放在分辨方向上). Also, experience has a lot to do with

it (关系也很大) . If someone's always on the go (奔波) , exploring new places and finding their own way, they're more likely to navigate more easily. But for someone who rarely get around, they're bound to (势必) get lost more often. (分群体)

6. How do people react when they get lost?

People's reactions can vary depending on their personality type. Some can still pull themselves together (保持镇定) , stay calm and start thinking about strategies. Whether it's retracing their steps (沿着路走回去) , or finding a familiar landmark, or turning to people for help. They focus more on the things they can do to get them out of that situation. Some other people tend to focus more on their own emotions rather than the solutions. They might even go through a panic attack (恐慌发作) , increased heart rate or sweating (心跳加速、流汗) . (分群体)

**Describe an occasion when you spent time with a young child** (和孩子共度的时光)

**You should say:**

Who this child is

When you spent time with this child

What you did together

And how you felt about it

这道题我会和下一题“童年快乐经历”进行串联。

**Describe a happy experience in your childhood** (童年快乐经历)

**You should say**

What it is

Who you were with

What you did

And explain why you felt happy.

**Describe a time when you taught a friend/relative something (教他人做事)**

**You should say:**

**Who you taught**

**What you taught**

**How the result was**

**And explain how you felt about the experience**

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Ok, so, I remember spending time with my cousin's daughter, Qinqin, when she was only 4 years old. The story was, I was visiting my cousin's family during summer vacation. One afternoon, Qinqin's parents had to run some errands (干点杂活), and they asked me to watch over (看管) her for a few hours. I was thrilled to spend some one-on-one time with (一对一时间) Qinqin as I hadn't seen her for a while.

We started our time together by coloring (填色) and drawing pictures (画画涂鸦), which was something we both enjoyed. I drew some cartoon animals for her and taught her how to colour those animals by staying within the lines (在描线里面填色). I was impressed by her creativity and imagination.

But kids have very short attention spans. After 1 hours, I noticed that she seemed a bit bored, so I offered to play hide and seek (提议去玩躲猫猫) with her. In the beginning, she was a bit hesitant and shy, but once we started playing, she really got into it (投入了). I showed her how to hide

and we took turns (轮流) counting and finding each other. I taught her how to find clever spots to hide (找到聪明的地方躲起来), and she got the hang of it (掌握要领) really fast! She could find the most unexpected hiding spot (最意想不到的躲藏地点), which showed how smart she was. And when it was my turn to hide, it was so cute to see her get excited when she found me. She screamed a lot! Haha! My ears hurt. We played for about half an hour until she got tired and wanted to move on to something else.

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

It was a simple activity, but it was so nice to see her having fun and engaging with me. At the same time, it was a great bonding experience. Qinqin got a lot closer to me after spending some quality time with me. I could tell she looked up to me like I was a super hero or something, as I taught her some new things. For me, it was incredibly rewarding (有满足感、成就感的) to spend time with her and teach her new things. And on top of that, I was very impressed by how creative Qinqin was and how fast she learned new skills. I realized that, kids are naturally fast learners (学得很快的人) and eager to learn new skills.

So, yeh, both Qinqin and I had a great time together. Thank you!

### Part3:

1. Do you think children should have a lot of toys?

I think kids should have toys but not too many. Toys are really good for kids in the sense that they help kids develop a lot of skills such as cognitive skills (认知能力), fine motor skills (精细动作能力), and even social skills (社交能力). However, having too many toys can lead to a sense of materialism, meaning, they don't know how to appreciate and

cherish their toys, and end up constantly seeking more and more (不停地要更多), and never be able to get satisfied. And it can also be overwhelming for children since they have too many options and too much stimulation. With fewer toys, kids can use their imagination and creativity to play with what they have, and plus, it forces kids to learn the concept of sharing their toys so that can have more fun. (反向思考+假设)

## 2. Where do children usually play?

Depending on the age and interest, really. Younger children might play in playgrounds, parks, or at home. Older children might play all kinds of sports with friends at a sports centre or in an open space depending on their personal interest. Some like playing basketball at a basketball court (篮球场), some like playing football at a football pitch (足球场), some like playing tennis at a tennis court (网球场). It's really hard to generalize. Oh, and one place that almost all the kids, regardless of the age, would love to go is an arcade center (电玩中心)! Kids love playing all kinds of games. (按年龄分群体+补充)

## 3. Do you think there are too many rules for children to follow, whether at school or at home?

Yes, that's how I feel at present. Schools today have more rules than ever before, covering everything from dress codes (着装要求) to behavior expectations (行为期待). At the same time, many parents today are overprotective with their kids and setting too many rules to restrain kids' behavior. I believe that rules are important for kids to learn discipline and responsibility (自觉和责任心), to teach them "right from wrong" (是非对错), and to help them build their own value system (建立他们的价值体系). However, it is also essential to strike a balance between (取得平衡) not having enough rules and having too many rules. kids need the freedom to learn from their mistakes and keep their creativity. Too many rules can overwhelm (淹没) kids and limit their imagination and creativity. And

also, take away their sense of confidence and independence. (原因+反向思考)

4. Do you think children should follow all the rules?

All the rules? No, certainly not. That's over the top (过份了). I don't believe that children should follow all the rules blindly (盲目地). The most important thing is for them to understand the reasoning behind the rules and be able to understand them OR question them if necessary. It's all about finding a balance between following rules and developing independent-thinking skills (独立思考能力). (原因)

5. Do you think it's necessary for parents to make decisions for their children?

No, I don't believe so. What I'm saying is that, parents should provide structure and guidance to their children, and teach them to make decisions on their own. When children grow up, they will face the society and adversity in life (生活里的逆境) alone. Having good decision-making skills is key when dealing with the hardship in life (对抗生活的艰难).

Parents should guide their children to make independent decisions as early as possible to prepare children for the future (准备面对未来). If parents never let their children decide things on their own, they would lack independence and critical thinking skills. They would be timid and directionless, and wouldn't be able to handle mistakes or failures. (原因+反向假设)

6. Do you think it's good for parents to help their children choose friends?  
(三个版本答案)

① Yes, it is beneficial for parents to guide their children in choosing friends. Children are still developing their social skills, parents can provide valuable advice on who might be a good influence (正向影响) and who are not. Especially for young children, they are still quite inexperienced and naïve (没有经验又天真), can't tell right from wrong. It's important for

parents to provide useful insight to help children choose friendships. (原因)

② **No, I don't really like the idea. The way I see it, it's important for children to learn how to make their own decisions and develop their own social skills. If parents are too involved (太参与其中) in their children's friendships, it can lead to a lack of independence and confidence. And in a worse case, children may feel pressured to make friends with someone they don't even like just to make their parents happy. Nobody wants to see things like that. It's just wrong.** (原因, 反向假设)

③ **I'm sitting on the fence now (左右为难) . It's really hard to draw the conclusion. On one hand, it's completely natural when parents want to protect their children and make sure they are surrounded by positive influences (争相影响) . On the other hand, children need to learn how to make their own decisions and navigate (行驶, 经历) social situations on their own. It's important to find a balance between guiding their children in choosing friends and respecting their children's autonomy (自主权) , letting them make their own choices.** (分头讨论)

**Describe a happy experience in your childhood (童年快乐经历)**

**You should say**

**What it is**

**Who you were with**

**What you did**

**And explain why you felt happy**

Today I want to talk about the time when I spent a couple of hours with my mom's best friend.

**The story was, my mom had a very good friend named Jessica. I called her Aunt Jessica. She was a very fun and outgoing person. I loved her!!! However, I had never had the opportunity to spend time with her alone**

until one day, my parents had to run some errands (干点杂活), and they asked Jessica to watch over (看管) me for a few hours. I was thrilled to spend some one-on-one time with (一对一时间) her!

We started our time together by coloring (填色) and drawing pictures (画画涂鸦). Aunt Jessica drew some cartoon animals for me and taught me how to colour those animals by staying within the lines (在描线里面填色). I was impressed by her drawing skills. She was so talented!!

And then, she offered to play hide and seek (提议去玩躲猫猫) with me. In the beginning, I was a bit hesitant and shy, but once we started playing, I really got into it (投入了). Aunt Jessica showed me how to hide and we took turns (轮流) counting and finding each other. She taught me how to find clever spots to hide (找到聪明的地方躲起来), and I got the hang of it (掌握要领) really fast! I found the most unexpected hiding spot (最意想不到的躲藏地点), which really surprised her. We played for about half an hour until I got tired and wanted to move on to something else.

It was so nice to engage with her, definitely a great bonding experience. We got a lot closer after spending some quality time together. I really admired and looked up to her as she taught me so many new things. As a kid, I was very eager and willing to learn some new skills. That was a really happy experience for me.

So, yeh, that's everything. Thank you!

### Part3:

1. Why do you think some people have better memory than others?

Uhmm, the first thing that I can think of is genetics (基因), which plays a huge role in the function of the brain. I've seen some people naturally can memorize complicated numbers or information effortlessly. Another factor (另一个事实因素) is lifestyle, which can affect memory performance in many ways. For example, a person who has a healthy diet, works out regularly, and sleeps well definitely may have better memory than those who don't lead a healthy lifestyle. Another thing is, training and exercising contribute a lot. A person who actively tries to improve their memory through techniques such as repetition, visualization, and association may have better memory abilities than average people. (罗列)

2. What kinds of things do people prefer to remember nowadays?

It seems to me that (在我看来) people today choose to remember things that are light-hearted, entertaining and fun. I guess what I'm trying to say is that (我猜我想说的是.....), people tend to choose the path of the least resistance (选择阻力最小的路径, 很懒). We don't bother to learn (我们懒得学) and memorize all the heavy-going, deep and meaningful information, instead, we want easy-going and fun stuff, like, viral dance trends (流行的舞蹈趋势) on social media, celebrity news (明星新闻), or fashion updates (时尚趋势), because they require less effort.... I don't know, that's how I feel. Maybe I'm just too negative/pessimistic. (细节)

3. What do you think we shouldn't forget?

Well, as I said just now, people are giving up on the idea (放弃想法) of putting their noses to the grindstone (钻研努力于一件事) and really working hard and learning things. Therefore, we shouldn't forget the importance of learning, growing, and expanding our knowledge throughout our lives. What's more, we should remember the value of

**hard work, perseverance (坚韧), and determination in achieving our goals and ambitions. (原因)**

**4. Why do some people remember more of their childhood than others? For some people, their childhood has a stronger emotional impact on them than others. Whether they had the best childhood or a traumatic childhood, those good or bad experiences have strongly shaped who they are today (塑造了今天的他们), and that's why they remember those years more than others. For example, I have a primary school classmate. He was the most popular kid in the school when we were little. He had the best time of his life in our primary school. And later, in his teenage years, he stopped growing taller and he got bullied by others, his life became kind of miserable. And each time when we had a reunion, he couldn't stop talking those years in primary school. I feel that he enjoyed those years so much to the point that it's all he can think about now. (原因, 举例子)**

**5. What can people do to improve their memory?**

**参考第一题答案里的 lifestyle and training 部分的回答**

**不知道答案也可以, 依然可以使用很多好的表达:**

**Uhmhhh, I wish I could tell you the answer but if I knew it, I wouldn't be such a scatterbrain (健忘的人)! I really think it's more nature than nurture (先天大于后天). Memory ability is mostly determined by genetics (基因决定).**

**Describe a talk you gave to a group of people (演讲经历)**

**You should say:**

**Who you gave the talk to**

**What the talk was about**

**Why you gave the talk**

**And explain how you felt about the talk.**

说明: 在这里 talk 指的是任何大大小小的在人前的讲话, 可以是大型的演讲, 也可以是当着一群人的 presentation。

知识点:

- give a talk/ give a speech/ deliver a speech 常用的动词 give, deliver

- Nervous 紧张的

I always get nervous before giving a speech in front of a large audience.

- Anxious 焦虑的

She felt anxious about delivering the important presentation to her colleagues.

- Butterflies in the stomach 胃里有蝴蝶, 紧张或小鹿乱撞的感觉

I had butterflies in my stomach before stepping onto the stage to give my speech.

- Stage fright 舞台恐惧症

Many people experience stage fright when they have to speak in public.

- Prepared 准备充分

I spent hours preparing for the speech to make sure I was well-prepared.

- Engaging the audience 吸引观众

A good speaker knows how to engage the audience and keep their attention (锁住观众的注意力) throughout the speech.

- Captivating 迷人的

The speaker delivered a captivating speech that held the audience's interest from start to finish.

- Can hear a pin drop 能听见针掉的声音, 形容观众群一片寂静

The speaker had the audience so captivated during the speech that you could hear a pin drop in the room.

- Spotlight 聚光灯

**When I stepped onto the stage, the spotlight was on me, and all eyes were on me.**

- Podium 讲台

**The speaker confidently stood behind the podium and began their speech.**

- Applause 掌声

**The audience burst into applause at the end of the inspiring speech.**

- Silent anticipation 静默期待

**The room was filled with silent anticipation as the speaker took a pause before continuing.**

Back in high school, I decided to sign up for/ take part in a speech competition in the school. I had always been very nervous when speaking up (公开讲话) in front of people. I wanted to challenge myself and combat the fear (克服恐惧) of public speaking. The topic I chose was about “bravery in life”, I know, haha, talking about being brave.

As I stepped onto the stage (上台), stood behind the podium (站到演讲台后面), I saw a large audience, like 1000 people or something. When the spotlight was on me, when I saw all eyes being on me, I panicked (紧张崩溃) right away! I had stage fright! My heart was pounding (心脏乱跳). I could hear my heart beat, like it was ready to jump out of my chest (感觉心脏随时做好准备跳出胸腔). I couldn't even open my mouth and talk properly. The first few seconds were filled with awkward silence (被尴尬的死亡寂静占据).

I asked myself, what was the worst case (最糟又能怎样)? People laughing at me? so what? They didn't even have the courage to come up to the stage like me. At least I was braver than them, right? I did this pep-talk

(做了鼓舞士气的话) in my own head and then started my speech. As I delved deeper into my speech (随着我逐渐进入到我的演讲中) and found my rhythm (找到自己的节奏), I gradually warmed up (暖身了) and gained confidence.

The turning point (转折点) came when I shared my personal experiences of overcoming challenges through bravery. I opened up about my fear of public speaking. The vulnerability in my words resonated with the audience (我的语言中的字里行间的脆弱之感给他们带来了共鸣). I could clearly feel that their attention grew as they connected with my journey.

By the end of my speech, the audience burst in applause (热烈鼓掌). I was feeling over the moon (月亮之上, 极度开心) and experiencing a profound sense of accomplishment and personal growth (成就感和自我成长的满足感). The experience taught me that with determination and a willingness to step outside our comfort zones (走出舒适区), we can conquer our fears (克服恐惧) and unlock our full potential (解锁潜力).

### **Part3:**

1. What benefits does the internet bring to communication?

Well, firstly, the internet definitely makes long-distance communication (长距离沟通) easier, faster and more cost-effective (划算的). With just a few clicks and taps (左点点右划划), we can immediately connect with people far away, across the globe (全球). In the past, people would have to either make long distance phone calls (打长途电话) or even travel to another location to see each other face to face (面对面). And then secondly, when we think about things like social media platforms through which we can share our lives, our thoughts and ideas and life experiences with all the netizens (网民), including our family and friends,

it is a new way of communicating through pressing the like button (点赞) and commenting under each other's posts (在彼此推文下方留言) .

Another thing is, in the past, you would have to know the same language in order to communicate, but with the internet, you can just read someone's words and then translate those words through translation apps. It breaks down the wall (推倒墙壁) between cultures and languages. In all, the internet definitely promotes communication (促进沟通) . (罗列)

2. Which one is better, being a communicator or a listener?

I think they're both equally important. Being a good communicator, being able to express your true ideas and thoughts, deliver the message clearly (传递信息) , being able to avoid all kinds of misunderstandings (避免误会) , those are valuable skills in personal relationships and professional settings (职业场合) . And at the same time, being a good listener is also essential. Having empathy (有共情心) , showing respect, and being attentive and active (积极又细心的) when listening can foster deeper connection (建立更深的纽带) . You see some people, they are listening, but they're not really listening. They're not really listening with their hearts. And that's when misunderstanding shows up. (原因)

3. What qualities does a person need to have to be a good communicator?

First, being articulate (善于表达的, 口齿清晰) and logically clear (逻辑清晰) is a good quality. A good communicator can express their thoughts and ideas in a clear and logical way, so that it is easy for people to understand. And then respect and empathy, they go hand in hand (齐头并进) . A good communicator definitely can put themselves in others' shoes (换位思考) , to see things from other people's perspectives, to show respect to different opinions. And then just like I said, being able to not just listen, but actively listen is very important. You need to really pay

attention to people. Show your sincerity by asking questions, giving feedback, things like that. And another thing is facial expression (面部表情) and body language (肢体语言). They are the non-verbal part (非语言部分) in communication, but they are also vital. Some people have a very serious frowny face (严肃的皱眉的脸) and that always sends a sign of irritation, which is not necessarily true. Having good facial expression management is also one of the qualities. (罗列)

4. What qualities do people need to speak in public?

A good public speaker has a lot of confidence and it has a lot to do with their experience (和经验很大关系). The more experience you have in front of the audience, the more confident you will become, and you will conquer your nerves (克服紧张). And, we have to know that preparation is also very important. Going off the cuff (即兴发言) is almost impossible. If you want to deliver your message clearly and perfectly, you have to prepare your speech draft (演讲稿) and then practice it beforehand. Next, a good public speaker needs to be full of charisma. They have the ability to keep the audience's attention and keep them engaged (让他们保持注意力). They can build the connection without any effort. They can make people laugh. (罗列)

5. What kinds of people often give speeches?

Traditionally, public speeches were usually given by politicians, activists, and business leaders (政客、活动家、商业领袖). But nowadays, we're also seeing the rise of motivational speakers (激励演讲者). These are individuals who may not be super successful in society, but they're really good at lifting people up (提升人们的境界) and inspiring them (启发他人). You might find them on social media, giving powerful speeches either on stage or online. Their main goal is to motivate and empower others (鼓舞

和给人带来力量), using their speaking skills to spread positivity (传播正能量) . (时间分层)

**6. How important is it to be a good listener when communicating?**  
Being a good listener is crucial. A good listener should be able to listen attentively and actively, empathize with people and give constructive feedback. Making people feel heard is the foundation of good communication. A bad listener will make people feel ignored, unheard, and belittled (感到被忽视、未被听到、被轻视) . When a bad listener is listening to you, you know they're not really listening. That's a really bad feeling. And that can actually stop people from communicating with each other. (原因, 反向假设)

事物题:

**Describe a film you have recently seen that you felt disappointed about**  
(让你失望的电影)

**You should say:**

What kind of film it is

When you saw it

Why you hated it

Why you decided to watch it

And why you felt disappointed

知识点:

**1. 和电影有关的表达** (更多表达请见“音频版生活词汇集”福利)

- **movie genres: 电影的种类**

**动作片: action movie; 喜剧 comedy; 爱情片 Love story/romance; 少女片**

**Chick flick (贬义); 爱情喜剧片 romcom (romantic comedy); 爆米花电影**

**popcorn movie; 好莱坞电影 Hollywood blockbuster; 兄弟情电影 bromance;**

家庭片 family movie ; 恐怖片 horror movie ; 惊悚片 thriller movie; 科幻片 sci-fi (or "science fiction") ; 独立影片 independent movie/ low-budget film; 文艺片 art movie

- 演员阵容: cast 卡斯

I really like the cast of that movie. The leading actor and actress are both my favourite.

- 角色: character

I really like his character in this movie.

- 情节 plot

It was a good film, but the plot was difficult to follow at times.

- 场景片段: scene

One scene in the movie is about how the couple break up. It was really sad.

- special effect: 特效
- visual effects: 视效:
- soundtrack: 原声背景; sound effects: 声效
- A-lister: 大腕儿, 一线明星。 B-lister, C-lister...18 线明星
- Cameo: 客串。 An A-lister did a cameo in a movie.
- Extra: 临时演员-
- Box office: 票房

This movie smashed the box office= This movie was a box office hit.

- premiere: 首映

the first night when a movie is starting to show

- original movie VS. Prequel 前传 VS. Sequel 续集

- **XX 明星拍新电影了: XXX's having a new movie out.**
- **放映: come out/ be released**

**When the movie first came out, I saw it in the movie theatre.**

**The movie was released in October 2020.**

## 2. 不喜欢一部的电影的主要原因:

### ① Plot 剧情:

- **A weak or poorly written plot** 写的很差劲的剧情
- **A major turnoff** 一个很让人失望的事情
- **Confusing/messy** 很让人不理解、乱起八糟的
- **Hard to follow** 很难看懂
- **Predictable** 完全可以预期到的内容, 毫无悬念
- **Plain/ boring/ uninteresting/ nothing is really happening** 平淡无聊、啥事儿都没发生
- **Slow** 发展很慢
- **Cliché** (法语词) 很俗气/ **tacky/ tasteless**
- **Lack of imagination** 缺乏想象力
- **Doesn't make sense** 一点合理性都没有
- **Plot twister** 剧情反转
- **Twists and turns** 一堆剧情反转

**Too many twists and turns that didn't really add up to anything coherent.**

### ② Acting skills 演技:

- **Unconvincing** 没有说服力的
- **Wooden, numb** 木头的感觉 麻木

**Her performance felt wooden, with little emotion conveyed in her delivery of the lines.**

**His portrayal of the character was num, with no real depth or understanding of the character's motivations."**

- **I feel struggled to connect with the characters** 建立联系感很难
- **Couldn't invest in the movie** 无法投入电影
- **over-the-top/ flashy/ unnecessary/cringeworthy** 夸张、令人尴尬的
- **hard to take seriously** 很难认真对待
- **The actor's facial expressions were so limited.** 很没有表现力的面部表情
- **Annoying/ off-putting** 讨人厌的
- **Distracting** 让人分心跳戏的

③**Special effects** 特效:

- **Look fake/cheesy/ low-budget** 看着假、低成本的
- **Overdone/bombastic** 做的太过分、太猛、太绚丽
- **Overshadow the rest of the movie** 喧宾夺主

④**Movie adaptation** 改编电影:

- **When a beloved book is adapted into (改编) a movie, fans often have high expectations. I'm the same.**
- **The movie deviates too much from the original book.** 电影离小说太遥远
- **sticks too closely to the book** 太高度还原小说
- **dull/unoriginal** 有点傻, 不够原创

Recently, I watched a romance movie called "XXXX," and unfortunately, I found it to be pretty disappointing and overrated— (令人失望的、过誉的) .

The plot was confusing, with too many twists and turns that didn't really add up (逻辑加在一起说不过去) . The characters in the movie were all the time making stupid and unnecessary decisions, which made it hard for me to stay invested in the story.

The movie was based on a popular novel, but in my opinion, the movie adaptation (电影翻拍) failed to do justice (未能做到公正的还原) to the original book. I felt that, it deviated too much from the book, and it almost seemed to be irrelevant. It was almost like, the filmmaker didn't even read the book properly (感觉电影制片方都没有好好看原作) .

The chemistry (化学反应) between the two main characters was fake and unconvincing. I just couldn't buy it (我不相信) . The actor, oh my god, could his facial expressions be more limited (他的面目表情还能再少一点吗) ? His performance felt so wooden and numb. The actress in the movie looked 0 interested in the man. It was hard to believe that they were truly in love.

Another thing I couldn't understand was that, why did the director put some cheap-looking special effects into the movie (为什么放了一些廉价感十足的特效) ? It was totally unexpected and unnecessary. At some point, I was laughing out loud.

Anyway, as a fan of the book, I really had very high hopes (期待很大) of the movie adaption. But unfortunately, it failed to live up to my expectations (没能满足我的期待) . The poor plot, bad acting, and the lousy special effects were all major turnoffs (让是失去兴趣的原因) for me. I don't recommend it, AT ALL!

### Part3:

1. Do you believe movie reviews?

Yes and no. Yes, I do believe that movie reviews can provide me with some valuable insights and opinions to help me see things from different perspectives. Sometimes when I couldn't fully understand a movie, I'll search different movie reviews, trying to gain perspectives and a better understanding of the movie. But I also recognize that movie reviews are very subjective (主观的) , very personal (个人的) , and sometimes they

are biased. They don't necessarily resonate with me (和我共鸣) or align with my personal taste (和我的个人品味一致). So, I always see movie reviews as just a reference (参考). I still prefer to watch the movie myself and form my own judgment (形成自己的判断). (分头讨论)

**2. What are the different types of films in your country?**

Movies genres in China are no different from the rest of the world (电影种类和全世界一样). We have romance, comedy, and historical drama. These three I would say are the most popular genres in the movie theatres. And there are also art films (文艺电影) that are really thought-provoking and slow-paced, and also, suspense, thriller, horror movies, and so on.

**3. Are historical films popular in your country and why?**

Yes, I would say historical films are quite popular in China as they offer the opportunity for audience to go back and connect with our rich history and culture. We are very proud of our cultural heritage (文化遗产). Those movies remind us of who we are, where we come from, and what we are proud of. They really unite us together (团结在一起). (原因)

**4. Do you think films with famous actors and actresses are more likely to become successful films?**

Usually yes. A film with famous movie stars is more likely to succeed at box office (票房大卖), because those superstars' fan base can normally translate into big ticket sales. Fans are drawn to (被吸引) see their favorite idols on big screen (大荧幕), that's why they will pay for the tickets. The more famous you are, the higher you will get paid and the more chances you will be exposed to. However, it doesn't mean that it will 100% guarantee a success at box office as a film is not solely determined by (不管是被唯一一个因素决定) the popularity of the actors. There are other factors that should be taken into consideration (需要要被考虑) like the plot, the acting skills, the direction, the soundtrack and special effects (故事情節、演技、导演、背景音乐和特效). (反向思考)

**5. Why are Japanese animated films so popular?**

To be honest, I'm never a big fan of Japanese animation, so I don't really know why. I guess, they often have very captivating storylines (吸引人的故事线) that attract both children and adults. And they have a unique art style that is visually stunning (视觉上很好看). (原因。实在不喜欢日本漫画，对不起说不出来太多内容)

6. Should the director pay a lot of money to famous actors?

It depends on what the budget is. If it's a blockbuster (大片儿) that aiming at becoming the next box-office hit (下一个票房冠军), and if you have the budget to pay a super star, then theoretically getting a famous actor can higher the chance of succeeding (增加成功的可能性). But if it's a low-budget art film (小成本文艺片), then whether the actor is famous or not is not the most important thing. In that case, there's no need to spend tons of money on casting the most expensive movie star. There're so many less-known but super talented actors who can bring characters to life. (分类讨论)

**Describe a piece of clothing you enjoy wearing** (喜欢穿的衣服)

**You should say:**

**What it is like**

**When and where you got it**

**How often you wear it**

**And explain why you enjoy wearing it**

**知识点:**

**衣服有关的词汇表达:**

- 上衣: tops (统称)

衬衫、汗衫: shirt ; 女士衬衫: blouse; 运动卫衣: sweatshirt; T 恤: T-shirt; 抹胸上衣: tube top; 露肩的: off-shoulder; 泡泡袖: puff-sleeve; 喇叭袖: flare-

sleeve; 喇叭牛仔裤/裤: flare jeans/pants; 荷叶边的: ruffled; ruffled skirt 荷叶边半裙; 蕾丝的: lace

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线衣毛衣: sweater; 羊绒毛衣: cashmere sweater; 夹克衫: jacket; 外套: coat; 冬天大衣: winter coat; 套装: suit; 帽衫: hoodie; 衣橱 wardrobe

- 裤子:pants; 运动裤:sweat pants; 牛仔裤: jeans; 短裤: shorts; 裙子: skirt; 连衣裙: dress; 晚礼服: evening dress
- 颜色:

dark colour, light colour, bright colour, warm colour, cool colour

neon colour: 荧光色 I don't like neon colours. They make my skin look dark.

Red looks great on you! 红色在你身上很好看

You look great in this colour! 你穿这个颜色真好看! You look stunning in this dress! 你穿这个裙子真好看!

Yellow is not my colour. 黄色不适合我。Green is totally my colour. 绿色绝对是我的颜色。

- This high-rise (高腰的) dress shows/ highlights/ accentuates my body shape. 这件高腰连衣裙很显我的身形
- 暴露的衣服: exposing/ revealing/ provocative clothes; 保守的衣服: modest clothes
- loose-fit 宽松的; slim-fit: 修身的; tight 紧身的
- It has some wear and tear. 有一些些磨损
- The cut of the jacket is super flattering. 夹克的剪裁非常衬托人

- **It has a really cool matte finish (亚光质地), not shiny at all (一点儿不油亮亮).**

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**One piece of clothing in my wardrobe (衣橱) that I really love and hold dear to my heart (我很珍惜喜爱) is a black leather jacket (黑色皮夹克). It belonged to my mom (曾经属于我妈妈). She wore it quite often in her 20s (20 多岁的年纪) and gifted it to me a few years back. (男孩子可以改成是爸爸的黑色皮夹克。很简单!)**

**It's a very classic and elegant (优雅经典) leather jacket. Of course, it's got a vintage vibe to it (自带一种复古风格) as it IS vintage. It's from 30 years ago! It has some wear and tear (有一些些磨损), but I like it as it adds more character to the jacket (增加了更多个性). The cut of the jacket is super flattering (夹克的剪裁非常衬托人). It's long and slim-fit and has a strap around the waist (腰上有一个腰带) which really highlights my curves (突出我的曲线). I feel like a really confident, mature and elegant lady when I wear it.**

**(男生版本: It's a classic bomber style jacket (飞行员夹克) made from real leather (真皮). It's got a badass look (看起来像个厉害的坏家伙). The cut of the jacket is loose, which makes it super comfortable to wear. The leather is thick and sturdy (皮质很厚实) and has a really cool matte finish (亚光质地), not shiny at all (一点儿不油亮亮). I love the hardware (五金件) so much, the zippers, snaps, and buckles (拉链、扣子、搭扣) are all black, which adds to the cool/sleek and edgy vibe.)**

I wear it in spring, fall, and early winter when the temperature starts to drop (气温刚开始下降时). It really keeps me warm. And I wear it on various occasions, as it could be casual or dressy (可以是悠闲也可以有点小正式) depending on how I wear it. Sometimes I wear it with a long wool dress (羊毛长连衣裙) and a pair of ankle boots (踝靴) for a night event, a dinner party or something. Sometimes I match it with a shirt, jeans and sneakers, and just go for the casual sporty look (决定走休闲运动风). It's super versatile as it goes with almost everything (几乎百搭).

(男版: Sometimes I wear it with a shirt, dress pants and boots for some slightly formal occasions like a dinner party, a night event; sometimes I match it with a t-shirt, sweatpants (运动裤) and sneakers to go for a casual sporty style. It's super versatile as it goes with almost everything.)

And finally, regarding why I enjoy wearing this jacket, well, first off, it is so soft, it feels amazing to wear. And then, of course, it does its job (它发挥其功效) by keeping me warm on those chilly days (有点小凉的天气里). I love the cut, the style, the vintage vibe, and the fact that it can go with almost everything.

What I love most about this jacket is the sentimental value it holds (自带的情感价值). It's not just a piece of clothing, but a reminder of my mom. It brings me comfort and joy whenever I wear it.

Thank you!

### Part3:

1. Do you like buying clothes?

① Yeh, I'm definitely a shopaholic (购物狂) on clothes. I'm one of those typical girls that screams "I don't have any clothes" when my wardrobe is jam-packed with clothes/ full of clothes (我是那种典型的一边喊着我没衣服穿

一边衣橱都炸了) . I don't know why I always feel that I'm missing one or two pieces and I keep buying and buying, swiping my card left and right (疯狂刷卡) . I go shopping almost every week. (细节)

② It's complicated. I love clothes but I don't love buying clothes. It's such a hassle (麻烦事) to go to the mall, try on different clothes, compare different options and carry all the heavy shopping bags. It's just too much work and I feel lazy to do it. Luckily now I can buy things online, but still, it gives me the headache to go through all the options online. I guess I don't have the patience. (原因)

③ No, I'm definitely not a big fan of shopping. I wish I could have someone who just buys everything for me. I feel clumsy and clueless (笨拙而不知所措) in the mall. I don't feel confident when choosing clothes, it's so much work and scary. I wish that in the future I could get the hang of it (上手, 变得自信) and be able to get out of my comfort zone (走出舒适区) and enjoy shopping. (原因, 先抑后扬)

2. What kind of clothes do most people wear in your country?

I feel that, China is just like most of other countries in this world, people are wearing the so-called modern Western-style clothes (所谓的欧美风格) on a day-to-day basis, meaning, jeans, t-shirts, denim jackets, things like that for casual occasions; and suits, shirts and ties for business occasions. We do have our traditional clothes, but it's just not for an everyday look (但是不是那种日常风格) . On some special occasions, like traditional festivals or special events, some people wear qipao or hanfu to make it more special, and increase the sense of ceremony (增加仪式感) . But other than that, on a day-to-day basis, people still go for the casual, easy, and simple look. (主流情况, 特殊情况)

3. Under what circumstances would people in your country wear formal clothes?

Well, like I mentioned just now, on those business occasions, people will dress up (盛装) to look more presentable (看着更像样) . So, suits, shirts, ties, dress shoes... This is like the basic rule. You want to "Be sharp and

look sharp". And on some formal or special occasions, like a dinner party, a traditional festival people will also dress up, not necessarily in the super formal way, but dress up nicely to show respect. (分情况, 细节)

4. What is the difference between the clothing of the elderly and the young in China?

Young people tend to wear things that are edgy, sleek, bold and more provocative or slim-fit (先锋小众的、酷的、张扬大胆的、更暴露的或修身的), to express their personal style and true self (表达个人风格和真我), and celebrate their youth (庆祝自己的青春). On the other hand, older people would go for more conservative, low-key and loose-fit style (保守低调又宽松). The colours are normally darker. I feel like older people don't want to grab people's attention, whereas younger people just want to do the opposite. (对比讨论)

5. When do people in your country wear traditional clothes?

Well, like I said, during those traditional cultural celebrations, some people will wear traditional clothes. For example, during Chinese New Year, it is very normal for people to wear qipao or tangzhong to celebrate the occasion (庆祝该场合) and also to show respect to our own cultural root (对我自己文化根基的致敬). And another example I can think of, traditional clothing is also worn for wedding ceremonies. Sometimes the bride and the groom (新娘新郎) choose to wear traditional Chinese hanfu instead of the typical white wedding gown and black suit (典型的白婚纱—黑西服套装). I think the fact that we are Chinese and we are proud to be Chinese makes us want to wear our own clothes on this most special day in our life. And another trend (另一个趋势) that I've noticed is that, among young people, there is this growing interest (增长的兴趣) of traditional clothes. I've seen many many young people blend traditional elements into their everyday fashion style, and I really like what I'm seeing. Traditional clothing is definitely making a come-back (传统服饰正在强势归来!!!) (罗列)

## 6. Does the climate affect what people wear?

Oh yeah for sure. It's a no brainer (这还用说吗, 想都不用想) ! I mean, the basic function of clothes is to protect us from the outside environment, and that includes climate. In colder weather, people wear thicker clothes (厚衣服) and more layers (好几层) in order to keep warm and avoid losing body heat. In hotter weather, people wear thinner, lightweight and more breathable clothes (更薄、更轻、更透气的衣服) to stay cool and avoid overheating (避免中暑). Unfortunately, you see some people who do not know what to wear under what kind of weather and they end up getting a cold or getting overheated. (分情况讨论)

**Describe an expensive gift that you would like to give someone when you save a lot of money** (存钱买贵重礼物)

**You should say:**

**What the gift is**

**Who you will give the gift to**

**How long it will take to save the money**

**And explain why you would like to give a gift to this person.**

这题可以和上题串联, 说想给爸爸妈妈或者男友女友买一件质量很好又百搭的皮夹克。

对方一直都想要, 没事儿就念叨, 有一次一起逛街看上了一件, 但是觉得太贵。

**知识点:**

- **handmade gift:** 手工制作的礼物
- **DIY (do it yourself)**

**I want to DIY a gift for my best friend.**

- **express someone's gratitude/appreciation:** 表达感恩、表达感谢
- **a nice gesture:** 一个友好的姿态、举措
- **to give is to receive:** 给予也是获得

- **a celebration of love and friendship: 对于友谊与爱的庆祝**

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以下，再提供一篇素材：

So, I've been thinking about giving my best friend Jing a very special gift. It's not something tangible, it's more of an experience. I would like to treat her to a trip (请她旅行), a trip with me. And I'll pay for everything.

My best friend Jing is such a good friend. She's super supportive and trusting. Last year, I went through a really bad breakup (很糟糕的分手). I was in a very dark place/spot (在黑暗里), and bawling/pouring my eyes out every day. And, she was there for me the whole time, comforting me and cheering me up. She was the person who helped me pull myself together eventually and went back on track. I really want to express my appreciation and gratitude of having her in my life, and I've been seeking chances to do it.

We both love traveling, but unfortunately, neither of us have enough money to support our hobby of traveling. If I have enough budget, I will definitely invite her to a trip with me to Yunnan province since we both love that province, and we can spend a week or so there, enjoy the nice weather and the local food there. It will be a celebration of love and friendship.

In terms of how long will it take to save up the money, well, the good thing is, lately, I've been doing a parttime job at a small café. I'm the barista (咖啡师), and I get paid by hour. It's not a lot of money, but slowly I'm getting there. I've been able to save up a little. So, I'm counting the days, in another 30 days or so, I'll save enough to pay for her flight tickets and mine, and for the hotel room that we would stay in.

So, yeh, that's the expensive but meaningful gift I would like to give to my best friend Jing. Thank you!

**Part3:**

### 1. What do young people like to save money for?

Well, some young people save up for a designer bag (奢侈品包包) or a pair of expensive sneakers, you know, fashion items that they like and can show off (炫耀). Some young people save up for a unique experience, like a trip to another country or learning how to fly an airplane. Some people save up for their education. If they want to pursue higher education (继续深造), they have to save enough to pay for the tuition. And some young people save up for the future. They just want to have more money in the bank to have a sense of financial security (有一种资产保障感). (分群体)

### 2. Is it easy for people to save money to buy something expensive?

For some people yes and for some others no. For those people who have no idea how to save up, who doesn't have the technique or the right mindset, it takes forever (很久很久) to save up even for just a little amount of money, or even worse, many people nowadays are having credit card debt (卡债), which is really really bad. And for some people who make good money and live a low-key lifestyle (挣钱多+会过日子), it is relatively easy for them to save up and they can use the money to invest wisely and continue accumulating wealth. (分群体)

### 3. Should children have pocket money and why?

I think it is a good idea for children to have an allowance because, A, children need money for small things like snacks, pencils and notebooks, and if they don't have any money, it will be very annoying. And then B, some parents give children an allowance by asking them to help around the house. In that case, that can really foster children's sense of responsibility and ownership. And C, when children have their own money, parents should guide them to manage their own money, either spend it or save it up for something more meaningful. The money management skill is something that is so essential for everybody and parents should foster that skill in children from an early age. (罗列)

### 4. Should children learn how to use money at school or from their parents?

It doesn't matter whether children learn how to use money from school or their parents, as long as (只要) they get the proper knowledge and tools (得到正确的知识和工具), and can use those tools in real life. One thing I want to point out is (我想要指出的是) that, parents should definitely work with the school to instill the concept in children (灌输理念), because every household has its own unique financial situation (每家都有自己的特殊情况). Parents should be the ones who help their kids adapt to the real-life situation. (原因, 强调)

#### 5. How do people save money?

I think what most people will do is first set a goal, make a plan and try to stick to it. But different people might have different approaches (路线). Some would try to make more money by having a side-hustle (副业, 外快), making more in order to save more. Some people will try harder on reducing expenses (减少开支) by cutting back on non-essential things (削减非必要消费), things that are luxurious (奢侈). For example, if you always fly first class (飞一等座), now it's time to go economics (经济舱). Some people will invest in some bank plans or stocks (股票) or bonds (债券) to manage their money more wisely. Some people just, in general, live a very frugal lifestyle (节俭的生活方式), try to save as much as possible in every aspect in their lives. It depends on your goal, your timeline, if it's a long-term or short-term goal, the approach will be different. (分群体)

#### 6. Why can't some people save money?

It is really hard for some people to save money because some of them even struggle to make both ends meet (入不敷出). They come from low-income families (低收入家庭) and live paycheck to paycheck (月光族). They are trying to just survive. And for some people, they have really bad spending habits (消费习惯). They have a lot of high expenses, buy the

most expensive things and live a really luxurious lifestyle. They keep abusing their credit cards (浪费信用卡) and end up having lot of credit card debts (最终债台高筑). And another situation is that many people do not have the basic financial literacy (没有任何财金常识), meaning, they don't understand how it works, how to save money. They don't know that all these small things can make a big difference. Making a little bit more money, spending more wisely, quitting bad habits, investing a little bit more. Things like that. (分群体讨论)

**Describe an important decision that you made (重要的决定)**

**You should say:**

**What the decision was**

**How you made your decision**

**What the results of the decisions were**

**And explain why it was important.**

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**知识点:**

- **stay/sit on the fence** (坐在栅栏上, 两边都不去) 保持中立, 避免做抉择
- **in two minds** 犹豫不决
- **I'm torn.** 被撕扯, 矛盾状态

**I'm torn between A and B.**

- **I'm struggling with...** 挣扎矛盾于
- **take the back seat** 退居二线, 处于次要地位, 不主导

**I decided to take the back seat, and let my father make the decision.**

- **rush into sth.** 快速做决定

**We shouldn't rush into buying a new house. It's such a big decision to make.**

- **make up one's mind** 下定决心
- **to weigh up sth.** 掂量

**I want to weigh up all the positives and negatives before studying in another country.**

- **sit in judgment (on/over somebody)** 审判, 评头论足

**How can you sit in judgment on somebody you hardly know?**

- **up in the air** 悬而未决

**My promotion is still up in the air.**

- **turn to sb.** 向某人寻求意见与建议
- **do the right thing** 做出了正确的决定
- **make the right/good call**
- **on the same page** 达成一致, 达成共识
- **a done deal** 已经决定, 不再反悔

#### 素材一:

Last year, I made a very important decision of breaking up with my boyfriend. Now he's my ex-boyfriend, and, come to think of it, it was the right thing to do.

We had been together for about three years, and during that period of time, I was in two minds all the time. On one hand, he was funny and charming. He could really make me laugh. I loved his sense of humour and his charisma. On the other hand, he was a control freak. He always wanted me to listen to him, and say yes to him. He really put a lot of pressure on me. I mean, I'm an independent woman with an independent mind, so I couldn't just blindly follow his commands (跟随他的指令), like a slave. He was very bossy (霸道的) and macho (大男子主义的).

I was torn between leaving and staying. I didn't want to rush into the decision, so I waited long enough, because I wanted to give it a chance. After being together for three years, I was very unhappy, when I saw myself gradually losing myself (失去自我) and becoming a "boyfriend pleaser" (男友讨好者) and putting his needs before mine (把他的需求放在我自己之前), I knew I should make up my mind (下定决心). I told him about my decision. It wasn't easy for me. I was crying and having a meltdown (崩溃) when I saw him for the last time. And he refused to take it. We were not on the same page at all.

But I knew it was a done deal. I didn't give him any chances to talk to me. And eventually, after 6 months, he gave up and disappeared in my world.

Now, I'm free like a bird and feeling so much better without him.

Everything is water under the bridge (事情都过去了). Even though I still miss him occasionally, I know it'll pass one day. Time will heal everything. It was a tough decision to make, but it was the right thing to do.

So yeh, that was the important decision, thank you!

## 素材二:

So, the important decision I made recently was studying abroad.

I made the decision last year. At that time, I was about to graduate from my university in China. And, to be honest, I wasn't very happy with my options. I could start finding a job, but I wasn't ready to start working yet. I could apply to graduate schools in China, but I felt I was missing out on something (错过一些事儿). I was missing out on the opportunity to see more things and fulfill more potential (实现潜力). I was having FOMO.

I'd had the idea of studying abroad since long time ago, but I was scared. I was scared of living in another country just by myself, and also, I wasn't confident with my English. I was weighing up all the positives and negatives of living abroad. I was in two minds, very indecisive (犹豫不决).

I was sitting on the fence for months until I talked to my cousin. She changed my mind.

I turned to her for some advice as she's currently studying in the UK. And She told me studying abroad was the best decision she's made. She's been learning and growing so much ever since she started her new life in the UK. She's much more independent, experienced and competent (有能力的) . After talking to her, I made up my mind to study abroad. And now, I'm very happy with my decision. I've been studying English every day, and busy preparing for my school applications. I'm feeling excited, determined and hopeful. I'm really happy with the result.

It wasn't an easy decision to make but I'm glad I made the right choice. Thank you!

(如果已经出了国的宝宝就把当前的结果改一下)

### Part3:

1. Do you think children sometimes have to make important decisions?

I root for (支持) giving the opportunity to children to make important decisions themselves. I believe they need to learn to take accountability and ownership (承担责任和主人翁精神) of the things they do and the decisions they make. They need to learn to collect data (收集数据), analyze information (分析信息) prior to (在.....之前) the decision-making, and also be willing to accept the consequences afterwards (接受事后的结局) , to be able to learn from their mistakes. However, it doesn't mean that (并不代表) parents should just stand aside and do nothing (站在一旁, 啥事不做) . The role that parents are playing is providing guidance (提供指导) , resource and support (资源和支持) . (原因, 转折)

2. What important decisions do teenagers need to make after graduation?

After graduation, teenagers need to decide whether to continue their education (继续学习) , or take a gap year (gap 一年) , or find a job, basically important decisions that will shape their future (塑造未来) .

3. Who can children turn to for help when making a decision?

Children, especially younger children will turn to their parents for advice. Their parents are their support systems (支持体系) /rocks/ anchors and can help them weigh up all the pros and cons (掂量所有的优缺点) . And then, sometimes children also go to their teachers for help, especially if it's a decision related to their education. When children become older, they seek advice from their peers (同伴) as they are the same age (同龄) and can understand each other better. I think it's important for children to feel supported and get the guidance and resource they need from their trusted ones (信任的人) . (分群体讨论)

4. Do you think advertisements can influence our decisions when shopping? (两个版本)

① Depends on the quality of the ad. A really well-designed and well-crafted/well-made ad (一个精心设计、制作精良的广告) can immediately draw people in / grab people's attention (吸引注意力) and persuade people to buy. On the other hand, a poorly made ad with a confusing or unconvincing message (信息混乱、没有说服力) is unlikely to touch people's hearts (触动心弦) or make an impression on them (留下印象) . (分情况讨论)

② It's a personal thing. Some individuals are more impressionable/susceptible (容易受影响的) to the messages delivered in ads. They lose their rationality (失去理智) when they see a juicy and yummy ad ( “美味多汁” 的好看的广告) in front of them, especially when there's a big promotion (有大促销) . They just can't wait to jump on the bandwagon (跟风、随大流) . Meanwhile some other people are less swayed/influenced (被影响) by ads. They are self-collected (自持力很强) and have critical thinking skills. they don't shop impulsively (冲动地消费) just because they like the ad. People are very different. (分群体讨论)

5. Do you think the influence of advertising is good?

**I'm not sure. It's hard to say. On one hand, advertising can inform (提供信息) us about new products, new promotions and new services that we may find useful, in that case, it can make our lives better. On the other hand, it can cause over-consumerism (带来过度消费). We get stimulation constantly and we just want to keep buying and buying more. Another thing is, some advertisements contain misleading, exaggerated or fake claims (错位引导、夸张的甚至虚假的声称). That can really hurt our lives. In all, being able to keep our rationality, using our critical thinking skills when making decision is key (至关重要的). (分头讨论)**

**6. How can people usually make an important decision?**

**Uhm, people usually would start from gathering enough information to support their decision-making process. Analyze all the options, and then compare them, and weigh up the pros and cons. And then, they might seek help and advice from the outside world, like turn to their parents, friends, people who have had similar experience, experts, even netizens (网民 net+citizen=netizen) online, haha. And finally, they will go back to their own mind, their value system, their priorities in life. Some people are more rational, and some are more impulsive and mainly listen to their gut feelings (直觉大感觉). Yeh, something like that. (罗列)**

**(2022 年考到了类似主题，当时的 part3 (有时间可以看一下，提升词汇量) )**

**1. What decisions do people usually make in their daily lives?**

**Well, we make hundreds and thousands of decisions every day. Some are more on the subconscious level, like, going to the washroom, scratching your head, drinking water, thing like that. Some are on the conscious level, for example, what to eat for lunch, for dinner, who to meet after school, after work, when to go to bed, things like that. (分类讨论)**

**2. Which is easier, making a decision by yourself or after a group discussion?**

**-For me, I love making decisions on my own. Many people say that group decision-making is better because there'll be more information involved. An individual cannot have all the information. And additionally, there will**

be a variety in views and insights after a group discussion. But based on my personal experience, making a decision alone is way easier than making a group decision. Group decision-making sounds nice, but in the reality, it always ends up chaotic and directionless. The more voices involved, the more difficult it is to make a call (最终做出决定, 拍板儿).

Therefore, making decisions alone is more effective and efficient. (主流观点+自己观点)

- I love group decisions. It's so much easier to come up with a mutual decision together. I'm not a very strong-minded person. Sometimes I'm very indecisive. And sometime it's impossible for me to take every aspect into consideration. People always say that "together is better than alone". I can't agree more (不能够更同意). Group discussions can involve more voices and perspectives into decision-making. The decision made in the group is fully and carefully weighed by everyone. (主流观点+自己观点)

3. Why are many young people unwilling to follow their parents' advice?

I guess, first, young people are at the age where they want to be more independent; they want to explore things and learn their life lessons on their own. Therefore, they tend to be very rebellious (叛逆的) and always want to say no to their parents' advice; and next, I do think there're generation gaps between the young and the old. It's a natural thing as they grow up in different environment and cultures. So, it's not that easy for the two generations to agree to disagree. They think in different ways, and do things in different manners. (罗列原因)

4. Why would middle-aged people tend to second-guess their own decisions?

Because when people get older, they often value things differently. They don't necessarily agree with the things they used to believe in. That's why they have a second thought. For example, some young people choose to drop out (退学) and just live in the moment, become a surfer, a waitress, a leader singer in a band. But years later, they realize that they need to be able to pay the bills and provide for their family. And that's when they start to question their own decisions. That's the famous "middle-age crisis" (中年危机). (原因+举例子)

**Describe a game you enjoyed playing when you were younger (童年喜欢的游戏)**

**You should say**

**What the game was**

**Where you played it**

**Who you played it with**

**Explain why you enjoyed playing the game.**

**思路：可以和“童年快乐的经历”进行合并，但是要做修改，改的内容还不少！**

I used to love playing hide and seek when I was little. I guess, that's universal (全球通用), as I don't know anybody who didn't like playing hide and seek when they were little.

In terms where I played it and who I played it with, well, I used to play it both indoors and outdoors. Indoors, normally at home with my parents, or at my grandparents' house with my cousins. In the very beginning, I was too young to grasp the concept of game. So, my parents taught me how to find clever spots to hide (找到聪明的地方躲起来), how to find the hider, things like that; and gradually as I grew older, I got the hang of it (掌握要领)! I could find the most unexpected hiding spot (最意想不到的躲藏地点), which really surprised my parents, like, behind the curtains, under the bed, or even inside a closet.

Playing hike and seek outdoors was also very fun. I used to play this game in my neighborhood park with my friends. I loved how I could have a good time with my friends, and at the same time, get some sun and fresh air (晒晒太阳透透气), you know, be outdoors and closer to nature. The park had so many great places to hide, for instance, behind trees or bushes, under the ping-pong tables, and even behind the little bridge. I still vividly

remember the thrill of hiding in plain sight (显而易见的地方, 众目睽睽的地方) and seeing my friends pass by me without realizing I was right there.

We took turns to hide and seek. When it was my turn to seek, I would run like crazy (疯了一样狂跑) around the park, yelling out my friends' names and trying to bluff (吓唬、戏弄) them. I loved the adrenaline rush (肾上腺飙升) when I found a friend hiding behind the most unexpected spot (最意想不到的地方).

And now, looking back on those fond memories, they were actually great bonding experiences. It was so nice to spend quality time with my friends and family. I learned how to play games in a smart way, all kinds of strategies and tactics (策略和技巧). And also, I learned to use my imagination and creativity to be a better player.

So, yeh, that's the game I liked. Thank you!

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### Part3:

1. What games do kids like to play now?

I would say that's a really tough question (难题) as I don't have much knowledge about it. I'm not a parent, and I'm in my 20s (20 多岁), so I'm pretty far from the world of children. From my observation, I think kids nowadays, especially kids over 10 years old, are really into video games (很喜欢电玩), which is completely different from the time when I was little. We used to spend a lot of time outdoors playing hide and seek and all kinds of kids' games. But nowadays, if you pay attention, you don't really see that many kids playing on the street anymore. They are actually staying at home and playing video games or mobile games, like, Super Mario, Pokémon or Minecraft, things like that. Each time when I see my 10-year-old nephew, he's using his parents' phone and playing something. I think it could also be an age-group thing (也可能是各年龄层问题). I feel

that younger kids might still be interested in physical games, like shooting games (射击游戏), war games (战争游戏), role-playing games (角色扮演), board games (桌游), as they are still very young and they are not addicted to the screen yet (还没有对屏幕上瘾). But again, I'm not an expert, I could be wrong (我有可能说的不对). (时间分层, 分群体)

## 2. Do boys and girls play different games?

Again, I'm not an expert on kids, so I don't really want to say that boys and girls play completely different games. I'm pretty sure the games they play would overlap at certain level. And also, I don't know anything about video games. But when it comes to younger kids, based on my childhood memory, I do remember that most of the boys would be running and shooting each other with their imaginative guns (想象中的枪), or playing games that are more based on competition and maybe a little bit of violence, whereas girls would be more into social games, like role-playing (角色扮演), playhouse (娃娃家), one girl pretending to be the mom, the other the daughter, taking care of each other and cooking. It seemed that there was a difference between boys and girls. But anyway, that's just my observation. I could be wrong. (回忆过去, 分群体讨论)

## 3. Are outdoor sports important for kids?

Absolutely, the way I see it (我是这么看的), it is so crucial for kids to play sports outside, being in the sun (在阳光下), getting enough vitamin D (补钙), getting plenty of fresh air (充分透气), letting their eyes rest (让眼睛休息), sweating, running and having fun. There's something about running and playing outdoors that can never be replaced by playing sports indoors (直播课上讲过的句型). It helps children unwind (放松), let off the steam (解压), and also it teaches them about collaboration and teamwork spirit (合作和团队精神). It is beneficial in so many ways, which is also the reason why it makes me sad to see nowadays kids being so

hooked on (被迷住) their screens and playing video games instead of playing sports games outside. (罗列原因)

4. Why do people play different games now than before?

I think it is because of the new lifestyle we're living now. It's all connected (都是互相影响的) . Nowadays people are living a more sedentary lifestyle

(久坐生活方式) . People sit more and walk, run less. We drive to different places. We sit down in front of the computer and work all day. We come home and sit down more in front of the TV and watch TV all night. As technology has advanced, our lifestyle has changed dramatically as well. That's why we are having completely different ways in terms of getting entertained (取得娱乐) and engaging in leisure activities. Video games today have much better graphics and better immersive experiences. VR technology has opened up new doors for gaming experiences. That's why people play video games more than any other games today. It's the easiest way. In the past, we didn't even have those options. (时间分层)

5. Is winning important in games?

(两个版本)

① For me, yes. I feel that having the mindset (拥有一份意识) of always wanting to be the best (总想做最好) , always wanting to win, is very important and also valuable. It motivates a person to keep trying, keep working hard, and try to stand out from the rest (脱颖而出) . And the way I see it, nowadays, people are lacking competitive spirit (缺乏竞争精神) . For example, schools are giving every kid a trophy just for participating, and I don't like that. I think having a sense of competition (有一份竞争感) is still really essential because, after all, this society is competitive. (原因, 举例)

② Nowadays when I participate in games, I try to cut myself some slack (放过自己, 不钻牛角尖) / give myself more grace and not to compete too hard because I've learned that winning is not the most important part in

games. Playing games should be a really enjoyable process. You learn about new things and you get to spend some time with your peers. But I have to say when I was younger, I used to be so competitive. I would try anything to win, but sometimes I lost the fun along the way. (时间分层)

6. Which is better, individual games or team-based games?

It depends on what you want. If you're not a people person (喜欢人群的人), you hate dealing with people (痛恨和人打交道) and you're not good at communicating, then of course, individual games are the right choice. But if you are a sociable person, a social butterfly (交际花), you have a strong team spirit (团队精神强), and you have strong interpersonal skills (社交技能强), then team-based games should be your go-to. (分群体)

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**Describe a water sport you would like to try in the future** (想要尝试的水上运动)

**You should say:**

What it is

Where you would like to try it

Whether it's difficult

And explain why you would like to try it

**素材一:**

I really want to learn surfing some day. It's now a popular sport everywhere around the world. I've been seeing many friends go surfing, and it looks so fun.

In terms of where I'll learn this skill, well, I think I want to learn it in Sanya, in Hainan Province. It's the closest and the most affordable place in China to learn surfing. The waves are great. And I know there're some surfing schools there with great teachers. Actually, I know several friends who learned surfing in Sanya.

Regarding how difficult it is going to be, ...

(版本一, 水性好的人) Well, I'm pretty confident to say that it'll be a piece of cake (小菜一碟) / easy peasy (同上) / like a walk in the park (像在公园里散步一样, 这是一句俚语, 表示“小菜一碟”) as I love being in water. I'm a good swimmer, and I love snorkeling. So, I don't have any fears for water or waves. I just need to learn to stand on the surfboard properly (站在冲浪板上) first, and practice paddling around in the sea (在海里划水). After I learn to catch a wave (捕捉一个大浪). I can learn to ride the wave (骑在浪上). I'm pretty fit and have a good sense of balance (平衡力好), so I don't see how surfing can be a difficult thing for me. Maybe it'll be a little challenging at first, but very soon I can get the hang of it (上手).

(版本二, 水性不好的人) Well, to be honest, I guess, it won't be a piece of cake/like a walk in the park/easy peasy for me, it'll be the opposite of being easy, as I'm a terrible swimmer, and I have a little bit "sea phobia". I'm not very good at sports either. So, I can imagine how clumsy (笨拙) I will be between the waves. But I just want to learn it. It looks so cool to be standing on the board, riding the waves, even walking down the beach holding the board looks pretty cool, haha.

Anyway, that's the water sport I want to learn. It's been on my bucket list (心愿清单) for quite some time. Thank you!

**-surfing: surfboard 冲浪板; wetsuit 冲浪服;**

**Practice on the ground first (现在陆地上练习); then practice getting up; learn to stand on the board properly; paddle around and get comfortable in the water (下水试试划水, 先适应一下水中的感觉); find a spot (找到一个地点); catch a wave (等浪来!); ride the wave (冲浪)**

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**素材二:**

Well, I really want to learn scuba diving (深海潜水) .

Scuba diving is very popular now in China. Many of my friends have tried this activity, and they all told me that it was an amazing experience. I could totally imagine how fantastic it would be to be able to swim under the sea, like a fish, and see all the other fish and all kinds of marine creatures in the blue water. I remember one of my friends told me that she felt like a little mermaid (小美人鱼) each time when she was diving in the ocean. I saw some of her videos, gosh, they were amazing. And that's why I want to learn to scuba dive.

In terms of where I'll learn this skill, well, I think I want to learn it in Sanya, in Hainan Province. It's the closest and the most affordable place in China to learn scuba diving. I know there're some scuba diving schools there with great teachers. Actually, I know several friends who learned there. And they all say it's an expensive hobby as you need to buy all the gear (所有的装备) . The tank (水箱) , the scuba regulator (潜水调节器) , the wetsuit (潜水衣) , and fins (脚蹼) . You can end up spending a lot of money on gear. But I guess it'll be worth it. My friends told me, the better the gear, the better the experience.

Regarding how difficult it is going be, ...

(版本一, 水性好的人) Well, I'm pretty confident to say that it'll be a piece of cake (小菜一碟) / easy peasy (同上) / like a walk in the park (像在公园里散步一样, 这是一句俚语, 表示“小菜一碟”) as I love being in water. I'm a good swimmer. So, I don't have any fears for the sea. I just need to learn to how to use all the gear first, and then practice a lot. So, I don't see how it can be a difficult thing for me. Maybe it'll be a little challenging at first, but very soon I can get the hang of it (上手) .

(版本二, 水性不好的人) Well, to be honest, I guess, it won't be a piece of cake/like a walk in the park/ easy peasy for me, it'll be the opposite of being easy, as I'm a terrible swimmer, and I have a little bit "sea phobia". I'm not very good at sports either. So, I can imagine how clumsy (笨拙) I will be deep in the sea. So, if I want to learn this skill, I need to combat my fear for the sea.

**But I just want to experience it. It looks like such an amazing experience and I have “FOMO” (fear of missing out). I can’t wait to see all the creatures in the sea.**

**So, yeh, that’s the waster sport I want to learn. Thank you!**

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### **Part3:**

#### **1. What are the advantages of water transportation?**

**The biggest pro (最大优点) of water transportation is the price. It is the cheapest way to transport goods, especially for bulky cargo (超大货物) . You can transport bulky cargo in large quantities in one trip. And at the same time, those cargo ships (大货船) typically are more fuel-effective (省汽油的) than airplanes and trucks. And also, I read somewhere that (我在哪里有读到过) water transportation is more environmentally friendly (环境友好) . It emits less greenhouse gases (释放更少的温室气体) compared with other forms like railway, road, or air transportation. (罗列)**

#### **2. Why do people like to live near water?**

**Some people live near water because they enjoy the beautiful water view. Imagine, living next to the water, every morning you open the curtain, the first thing you see is the beautiful sea, lake, or river. It's the best way to start your day/go about your day (开启一天) . And some people love all kinds of water sports, water activities, such as, surfing, snorkeling, scuba diving, swimming in the water or sea. Some people love the ambiance (氛围) living right next to the water. More people, more things going on, it feels more vibrant. So, for people who love crowds (人群) and are socially active (社交很积极的) , living next to the water is the best option. (分群体讨论)**

#### **3. What kinds of water sports are popular nowadays?**

There are so many water sports that are trendy (流行的) today in China. Like I just mentioned, surfing is very on trend (流行的). And then scuba diving and snorkeling are also very popular. I guess people just want to get into the water, see all the marine creatures and get closer to nature. Fishing, believe it or not (不管你信不信), has been growing into popularity (越来越受青睐) in recent years. I think it's a great way to enjoy a slow-paced lifestyle, unwind and bond with your friends, meanwhile waiting for the fish to bite (等鱼上钩). (罗列)

4. Do you think it's good to teach swimming in schools? I would say it's a great idea. First of all, it is such a necessary survival skill/life skill (生存技能) that everybody should know, and it's easier to learn it at an early age. And then, it is also a great way for kids to let off the steam and have a good time with their peers. It is a really fun and enjoyable activity, and at the same time, it's very challenging. It challenges kids' physical limits (挑战生理极限), helps them build muscles (增加肌肉) and increase their physical endurance (增加耐力). Overall, it's a super good idea! (罗列)

5. What do you think of the people who waste water? I think people who waste water are very selfish and irresponsible. I feel really irritated (恼怒的) because we really need water to survive and to sustain this planet, and let's face it, we are not doing a good job saving the water (咱们老实讲, 我们在省水这件事上做的并不好). The world is running out of water. And the fact that some people just think about themselves instead of the greater good of the whole society (社会全局利益) just makes me furious (怒火中烧). (原因)

6. What are the characteristics of goods transported by water? 水路运输的货品都有什么特质?

Well, like I mentioned, water transportation is perfect for transporting bulky goods (大宗货物) such as big machinery (大型机器), steel (钢铁),

or construction equipment (建筑设备) . And also, those non-perishable (不易腐烂的, 这个词还蛮常用的) goods such as dry food (米、面、谷物) , clothes, electronics (电子产品) , goods that can go through the test of time (经得起时间的考验) are also ideal things to be transported by water.

(罗列, 举例子)

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**Describe a sport program you enjoy watching** (喜欢看的体育节目)

**You should say:**

**What it is**

**Where you watch it**

**Who you watch it with**

**And explain why you enjoy watching the program**

**知识点:**

**1. Names of facilities 体育场馆、设施名:**

**Arena** 圆形剧场、竞技场、篮球、冰球等体育项目馆, **stadium** 更大型的体育馆, 足球田径比赛的场地, **changing room** 更衣室, **gym** 健身房, **basketball court** 篮球场, **tennis court** 网球场, **football pitch (or soccer field)** 足球场, **track and field** 田径场, **cycling track** 室内自行车比赛赛道, **golf course** 高尔夫球场, **boxing ring** 拳击场 (一个圈圈) , **ice rink** 滑冰场 (一个圈圈) , **ski slopes** 滑雪的雪坡, **swimming pool** 游泳池 **race track** 赛车跑道...

**2. expressions 形容体育场所的表达:**

**crowded, noisy, deafeningly loud** 令人震耳欲聋的吵闹, **exhilarating** 令人愉快的, **fun**, **small vs. big stadium, new vs. old stadium, the crowd was roaring** 呐喊的人群, **the crowds' enthusiasm was contagious** 人群的热情具有很强感染力

(contagious 表示有疾病传染力的, 也表示有感染力的), a once-in-a-lifetime experience 一辈子难得一次的经历,

3. types of sports 体育种类: archery 射箭, baseball 棒球, basketball 篮球, cycling 自行车比赛, hockey 冰球, American football 橄榄球, football (or soccer) 足球, snowboarding 滑雪单板, skiing 滑雪, ice skating 滑冰, golf 高尔夫, gymnastics 体操, swimming 游泳, water polo 水球, curling 冰壶, table tennis/pingpong 乒乓, skateboarding 滑板, surfing 冲浪, volleyball 排球, rock climbing 攀岩, rowing 多人划船, hiking 远足, martial arts (karate, jiu-jitsu, judo, etc.) 武术类, fishing 钓鱼, yoga 瑜伽, weight lifting 举重

4. verbs and collocations 动词和一些固定搭配:

to see a match 看比赛, to cheer for your team 为你的队欢呼, to participate in/do/play a sport 参加比赛, to show good sportsmanship 展示良好的体育精神, to set/achieve a personal goal 建立、达成个人目标, to be victorious 胜利赢得比赛, to win/lose a game, to be a sore loser (输不起的人, 酸痛的输家),

5. 形容各种体育动作:

- Tennis 网球: to play singles (1 vs. 1) 单打 or doubles (2 vs. 2) 双打, to run from one side of the court to the other, to serve 发球/return 回球 /bounce the ball 弹球, tennis ball and a racket 网球的球和球拍
- Badminton 羽毛球: the birdie or shuttle (the ball used in badminton) 羽毛球的球, to hit the net 打到网子, to go over the net 过网, to win/lose the match, to twist your ankle 扭到脚踝, to be disqualified 出局
- Basketball 篮球: to slam-dunk 灌篮 (He slam-dunked a ball.), a three-pointer 三分球, a lay-up 带球上篮, to beat the buzzer 最后几秒赢球, to pass to another player 传球, to intercept the ball 截球, to shoot from

**the free-throw line** 从罚球线投球, **commit a foul** 犯规, **out of bounds** 出界

- **Soccer 足球**: **to warm up** 热身, **when the referee blows the whistle** 裁判吹哨, **to receive a warning or a yellow/red card** 收到警告、黄牌、红牌, **to commit a foul** 犯规, **to kick the ball** 踢球, **to score** 得分, 赢球, **goalie** 守门员, **to save/block a goal** 守门员救了一球, **to defend your area** 守卫自己的区域, **to huddle /a team huddle** 球员们围成一圈讨论战术
- **Swimming 游泳**: **to jump into freezing water** 跳进冰冷的水, **to shiver** 发抖, **to dive in** 跳水, **to wear a swim cap** 戴泳帽, **to kick with all the strength** 竭尽全力踢水, **to float** 漂浮, **to drown** 沉没, 溺水
- **running 跑步**: **to be at the starting line** 起跑线上, **to arrive at the finish line** 跑到终点线, **to have/keep a slow pace** 保持慢速, **to jog** 慢跑, **to feel adrenaline in your veins** 感受血管里的肾上腺素, **to feel a layer of sweat on one's neck/forehead/back** 感到后背、额头、脖子上的一层汗, **to feel the air in your lungs** 感到肺部的空气 (大口呼吸带来的), **to feel breathless** 上气不接下气, **to feel out of shape** 状态很差, **to feel your heart pumping** 心跳很快, **to be gasping for air/breath=try to catch the breath** 大口喘气, 氧气不够, **to feel your muscles burning** 感到肌肉在燃烧, **to fly past other runners** 飞一般超过其他跑步运动员, **to sprint** 冲刺

**"My shoes were pounding the pavement."** 我的鞋子正在猛烈锤击地面 (形容跑得快, 扎实)

**"I was pumping my arms as fast as I could."** 我在尽力抽动我的胳膊 (跑步挥胳膊)

**"My mind was also racing fast."** 我的头脑也在快速冲刺

**"I got a side stitch** 我岔气了 **a side stitch/ stitch** 岔气

“The wind was whipping my face.” 风在抽打我的脸 (跑太快)

“I ran like mad/crazy.” 我发疯了一样跑

## 6. 一些常见句型和表达:

- The game is at a tie./ It's a tie! 平局
- The teams are neck and neck right now. 平局
- They're going head-to-head tomorrow 明天要一决高下=the teams/athletes are going to be competing against each other tomorrow
- Team A is up by 10 (points)! A 队领先 10 分!
- Team A is winning by 10 (points)! A 队领先 10 分!
- Our team is down by 5 (points). 落后 5 分
- Our team is losing by 5 (points). 落后 5 分
- a cut-throat/nail-biting match 残酷无情的、甚至不择手段的比赛

It was a very cut-throat match today.

- “Fair game” Something a referee might say after making a call
- JumboTron + scoreboard 大屏幕+得分板

the giant TV screen at sports games where you see a close-up (特写) of the game/athletes/players.



One sport program that I really enjoy watching is called XXXX, and it's about basketball games.

The reason why I love watching it is that It's about my favorite sport: basketball. And I'm a big fan of "Beijing Ducks" (北京首钢队), so I would never miss a game that my favourite team takes part in. They really show the true beauty of basketball. It's is fast-paced (快节奏的), exciting (令人兴奋的) / exhilarating (令人雀跃的), and easy to follow (很容易看懂). Unlike some sports, such as baseball or American football (棒球或美式橄榄球), you don't need to know a whole lot about the rules or the technical aspects (技术部分) of the game to enjoy watching it.

In terms of where I watch it, I watch it on TV on CCTV channel 5 with family and friends who are also interested in basketball. Sometimes even my mom who's 0 into sports (对体育一点不感兴趣) would watch it with me when she sees me screaming and jumping from the couch. I guess, it's contagious (有传染力的, 有感染力的).

I enjoy watching the program because I love seeing the athleticism (运动能力) / physical ability (运动能力的降级表达) of the players. It's amazing to see how high they can jump and how quickly they can run on the basketball court.

And I'm also keen on seeing the teamwork. I mean, the coaches and players need to constantly change and adjust their tactics (具体策略) based on what the other team is doing. Teamwork (团队合作) is so emphasized in basketball which is the reason why it's so beautiful and impressive to see them working together (合作) as a team on the fly (匆忙之间).

Nothing excites me more (没有什么能更让我兴奋了) when I see my favorite team score, whether it's a dunk (扣篮), a three-pointer (三分球) or a lay-

up (带球上篮) . It's always super exciting to see the ball go through the hoop (球穿过篮网的时候) . Which is crazy, if you think about it. I mean, it's just a ball!!! But somehow, watching this game makes me feel like I'm also a part of the game (比赛的一部分) . Basketball really has a way of (有一套, 有办法) pulling me in (把我拉进来) and making me feel invested in the game (让我投入) . Often times, in a nail-biting game (激烈的比赛) , I catch myself holding my breath (我无意发现自己在抿住呼吸) , sitting on the edge of the chair (坐在椅子的边缘, 形容兴奋) , and praying for my team (为我的球队祈祷) . And when my steam scores, I will cheer like a freak (像疯子一样欢呼) !!! I guess, that's the charm (魅力) of this sport.

I love this program, there's something motivating that goes beyond (超越) the game itself. It's the perseverance (坚持不懈) and determination (决心) of a player when facing adversity (面对逆境) /difficulties (困难) , it's never giving up (永不放弃) , it's the value of teamwork (合作意识) , it's the sports spirit (体育精神) that inspire me to become a better person and fight hard through my own life.

So, yeh, that's pretty much everything, thank you!

### Part3:

1. Which sport do you think most people like to do and why?

Many people love playing basketball, especially young people. It's because you don't have to play full-court (打全场) , you can only play half-court (打半场) with fewer people, so it's more easygoing. You can just shoot some hoops (投投篮, 很随意) and meanwhile have a nice conversation with your peers. It's a sports activity but also at the same

time a social activity (社交活动), fun and interactive. Many people love playing basketball after work or after school in the neighborhood and just loosen up (放松) a bit. Playing basketball requires many physical skills like running, jumping, eye-hand coordination (手眼配合), so it's really good for your physical development. And also, it's a great way to exercise and do some cardio (做有氧), so yeah, that's why people love it. (原因)

2. Do children need exercise?

Absolutely, yes. Doing exercise is very much needed as it's really beneficial for children both physically and mentally (生理上和精神上).

Physically, children can keep fit (保持健美), build body strength (建立身体的强韧度), improve their coordination through doing exercises. And ultimately, it can help them maintain a healthy weight (保持体重), which is a big problem nowadays. There are more and more over-weight and obese children (超重的、肥胖的儿童), which is concerning (令人担忧的) for the whole society. And mentally speaking, doing exercise is a great way to let out their emotions (发泄情绪) and the raging hormones (疯狂的荷尔蒙). It is a way to let off the steam (解压) and lift their mood (提升情绪). And doing sports can also bring them a strong sense of achievement (成就感), which is essential for children's self-confidence and self-esteem (自信和自我价值感). So, it is beneficial in so many ways. (分角度讨论)

3. What are the benefits of exercise?

以上针对儿童的, 也针对大人

4. What can be done to get children into sports?

I think teaching children the importance and the benefits of doing sports is the first step (第一步). And then show some examples. Maybe examples of how their peers (同龄人, 同伴) are having fun while doing sports, or parents themselves should be the role model (榜样) and invite children to do exercise with them together so they can feel inspired and

encouraged (被启发被鼓舞感染) . And also, keep in mind that (别忘了) , everybody has different preferences. So, helping children find the right sport they like is also key (帮助孩子找到自己喜欢的运动项目) . For example, when I was little, I hated running, but I liked badminton. My parents found out about that, and they played badminton with me a lot. They were really good in that sense. (罗列+举例子)

5. What sports programs do people like to watch in your country? Firstly, like I said, basketball is very popular in China, so we love watching XXX on CCTV Channel 5, and also NBA has a big following in China, so we also watch NBA games on TV. And also, Chinese people love football, it is immensely popular in China. Many people would follow the Chinese Super League (CSL), and some other international leagues, such as EPL or World Cup. And then, people like table tennis, so people watch table tennis world championship, something like that. (罗列)

6. What's the difference between watching sports on TV and watching it live?

Well, the first difference is the cost. Watching sports on TV is usually free or requires a low subscription fee (很便宜的订阅费) , whereas going to a live game can be quite expensive. The cost of the ticket is usually very high, let alone (更别提) transportation, parking, and all the like (诸如此类的) . The second difference is the level of convenience (方便度) , watching sports at home is quite comfortable and cozy. You can literally sit in your pajamas (套在睡衣里) , lie/slump in your couch (躺着或瘫坐在沙发里) , and enjoy the game. But going to a live game, you need to dress up a little bit and make an effort (下力气) to get to the place. It's more hassle (更多罪) . But it can offer you a more immersive and exhilarating experience (沉浸式的, 令人兴奋的体验) . You can cheer with all the other audience, feeling energized by the whole crowd (被人群填满能量) , and seeing the players in real life. That's something that can never be replaced by watching it on TV. (区别比较, 分角度讨论)

## Describe a book that you have read many times (多次阅读的书)

### You should say

What the book is

What is in this book

How often you read this book

Why you read it, and explain what effect the book has on you.

希望大家可以讲自己看过的书，中文也可以，翻译一下内容就可以。不要讲一模一样的，书的选择这件事比较小众，一旦大家都说一样的，就会被考官慢慢记住。我今天要讲一本简单易懂的生活心理学的书，大家可以改成任何其他心理学的书，内容可以大量借鉴。如果是英文原版书，可以搜索“书名+book review”直接获得可以学习的英文书评。

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

知识点: (详见群文件“音频版词汇集”关于书籍的表达总结)

### 1. types of books

Novel/fiction 小说; documentary literature 纪实类文学; science fiction 科幻小说; Autobiography 自传; biography 传记; memoir 回忆录 (比自传更随意, 文学性更强); poetry book/anthology/collection of poems 诗集; crime book 犯罪小说; suspense and thriller fiction 悬疑小说; horror fiction 恐怖小说; romance fiction 言情小说; cookbook: 烹饪书; short stories 短篇小说; self-help book 心灵、头脑、理财、管理方面看了可以自我提升的书

tool book 工具书; handbook 手册; study book 学习的书; textbook 教科书

### 2. 形容书的表达:

- a page turner 好看到停不下来的书

This book is such a page-turner. I was hooked on it for days.

- **captivating/engaging/charming/interesting:** 迷人的、有趣的
- **amusing/entertaining:** 有趣的、有娱乐性的
- **adventurous:** 充满冒险的
- **fast-paced** 节奏很快的

**This book is so fast-paced and intense. I just can't put it down.**

- **action-packed: full of activities, events and excitement.** 令人激动的, 充满各种情节的
- **suspenseful** 悬疑的
- **unputdownable = can't put it down** 放不下来的

**This book is unputdownable.**

- **From cover to cover:** 从头到尾读完

**I finished the book from cover to cover in a week.**

- **This book speaks to me. / This book resonates with me.** 这本书与我共鸣
- **I can totally relate to this book.** 我对这本书感同身受

So, the book I've read many times and found very useful is called "Authentic Happiness" by Martin Seligman. It's a self-help book (心理自助书) that talks about the concept of Positive Psychology, which is all about using positive emotions and actions to find long-lasting happiness and fulfillment (持续的快乐和充实感) in life.

注意, 说过是小说, 介绍小说的故事内容要用一般现在时。小说是虚构的, 里面的故事也是架空时间的 (timeless), 因此时态不能用过去式。除非, 小说的故事本身自带多条时间轴, 那么讲到主轴之外的过往故事时应该用过去式。

My friend highly recommended this book to me. She told me that this book was focusing on finding positive emotional tools (积极的情绪工具) to find happiness, rather than fixing problems. Her comment on this book really hit/struck me (直击心灵). She's right, we tend to focus so much on negative emotions like sadness, depression, and anxiety, and we make such big efforts on (花大力气) how to fix those mental diseases, but we pay much less attention to happiness. I feel that we definitely should study happiness more.

So, I read the book, and it really spoke to me right away (立刻共鸣). I finished the book from cover to cover in three days, and I've read it multiple times since then.

What I really like about this book is Seligman's perspective on things. Instead of talking about what's wrong with our lives, he focuses on what happy people do and what we can learn from them.

As a self-help book, "Authentic Happiness" provides practical advice, suggestions and tools for different aspects of life such as career, relationships, and personal growth. The tools and tips that he provides in the book are very doable (可实操的), very practical, which I love.

This book definitely has a profound impact on me. It helps me see things so much more clearly. It helps me realize that having a healthy relationship or marriage can bring deep happiness, raising a child and giving love can be fulfilling, and finding and using our personal strengths wisely can lead to happiness and fulfillment. It also encourages me to embrace my true self (拥抱真正的自我) instead of trying to be someone else.

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Overall, "Authentic Happiness" is a thought-provoking (引人深思的) book that helped me find my inner peace. Every year, I reread it just to get more strength (获得更多力量) in life. And I highly recommend it to anyone who wants to live a happier, more fulfilling life.

### Part3:

#### 1. What kinds of books do children like to read and why?

Well, I think generally speaking, kids like books that are engaging (有吸引力的), fun (有趣的), and can teach them about things. They don't like boring content, that's why they will never like textbooks. And also, it depends on the age. For younger kids, they really like picture books with a lot of colorful and bright illustrations (插画) and then maybe other interactive elements (互动元素) like audio and lights. As they grow older, they are at the age where they really want to learn, they're very curious and full of imagination. They probably will like books with superhero stories and exciting plots (精彩的情节) or books that can teach them new things like science or history. (分群体讨论)

(之前书籍主题下面还有一道类似的题, 针对年轻人: **What are the types of books that young people like to read?**)

Well, it's hard to generalize. Some young people like books that are suspenseful and thrilling, like crime books or detective books. This kind of books can help young people kill time and loosen up. And some young people, especially young girls, like to read romantic novels. They are quite entertaining and enjoyable, perfect for passing the time. (分群体)

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#### 2. What can kids learn from books?

First, children can hone their reading skills (打磨阅读能力) and language skills (语言能力) through reading. Reading is a great way to help kids build vocabulary (建立词汇) and improve their grammar. A well-read (饱读诗书的) child is most likely more articulate (善于表达) than his peers.

Secondly, books can teach kids about general knowledge around the world, whether it's history, science, or different cultures. Kids can learn those things in a very detail-oriented and in-depth way. And when kids read books, especially novels with plots and different characters, they get

to learn empathy (共情) and develop their emotional intelligence (发展情商) by thinking from different perspectives and learn to put themselves into other people's shoes (换位思考). What else, reading can also help improve a kid's patience. Reading requires a certain level of concentration, which can help develop a kid's ability to pay attention for extended periods of time. There' re so many benefits of reading. (罗列)

(again, 内容很多, 选几条内容说了就好)

3. Do people prefer to read e-books or print books in your country?

People have different preferences. Some people, especially older people who are quite nostalgic (怀旧的) would prefer paper books as they are more tactile (有触觉的). I mean, you can hold the book in your hands, turn the pages, touch the paper, and smell the paper and the ink. Many readers love that part. And then, print books are easier on the eyes (眼睛轻松), there won't be eye strain (眼睛酸痛). On the other hand, there're also many people love E-books, especially younger generation. E-books are easier to carry around as they are lightweight. And you can stock multiple books (储存好几本书) in one electronic device, which is very handy (方便). And additionally, price-wise, E-books tend to be much cheaper than traditional books as they don't consume paper, and they are more environmentally friendly. (分群体讨论)

4. Do you think people need to develop the habit of reading and why?

Well, many people would say that we're now living in a visual-oriented age (以视觉为导向的时代) with the rise of the internet and social media (随着社交媒体的兴起), which means there has been a shift from reading books to watching visual content (有一个转变, 从读书到观看视觉内容) such as videos and photos. And they say, information is information. As long as we can get information and learn things, we shouldn't be picky/choosy with the format (对形式很挑剔). But I don't see it that way. I think it is still very essential to develop the habit of reading. Like I said, reading is

learning things in-depth and in a more solid way (以扎实的带深度的方式学习) . It's a great way to expand our knowledge and improve our vocabulary. At the same time, through reading, we can develop a lot of critical thinking skills. Another thing is, reading is silent, so you have a lot of time listening to yourself, your own inner thoughts, and actively think with the book rather than passively receiving information from the video. And also, reading is a great way to foster patience and let off the steam, meanwhile enjoy some solitude (享受独处时光) . Therefore, it should still be a valuable habit to develop. (主流观点, 自己观点, 逆)

5. Do you think reading books can make people happier?

Yes, for sure. Reading books can bring people joy in different ways. When you read a novel, it's therapeutic and rewarding (治愈的、有成就感的) , and it provides you with an escape from your reality (提供逃离现实的出口) , which makes people feel lighter in mood and happier. Even if sometimes you cry with the story, it doesn't mean that you're sad. You're just experiencing this emotional connection (情感连接) with the book. And the fact that you're forgetting about your own trouble in life means this book is providing you with a positive energy. And then, some professional books can teach you a lot of useful things about the world and expand your knowledge (拓展知识) . The feeling of learning is very rewarding. It brings people a sense of achievement (带来成就感) . And when it comes to self-help books, all the advice and practical tips can give people a sense of direction in life so they don't feel hopeless and clueless anymore. (分类别讨论)

6. Do you think e-books will make people read more and why?

参照第三题里的语料自己回答。

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**Describe an interesting job that you want to have in the future (想要尝试的有趣工作)**

**You should say**

**What it is**

**How you find this job**

**What skills it requires**

**And explain why it is an interesting job.**

知识点:

形容一个工作很适合自己:

- **This job is right up my alley.** 正中下怀, 正好在我的领域里
- **This job aligns well with my skills and experience.** 和我的技术及经验达成一致
- **I feel like this job is tailor-made for me and my background.** 为我量身定制的
- **This job seems like a perfect match.** 老天为我打造的完美选择
- **This job would be an excellent fit for me and my career goals.**
- **Based on the job description (招聘要求) and my own experience, I feel like this job is a great fit and would allow me to excel (能够我让我充分发挥).**

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素材一:

**If there's one job that I would absolutely love to have, it would be: a panda keeper (大熊猫饲养员)! I mean, who can say no to these fluffy, needy and adorable creatures (毛茸茸、粘人的又可爱的小生物)?**

**I first got interested in this job when I was visiting a panda center/ panda sanctuary (大熊猫饲养基地) in Chengdu, the hometown of giant pandas. I was impressed with how well the pandas were taken care of and how much the keepers loved their jobs. And then, I saw the job/recruitment ad (招聘启事) at the center. From that moment on, I knew that I wanted to work with pandas too.**

**In terms of what skills it requires to be a panda keeper, well, it actually requires a lot of hard work and dedication. Firstly, of course you need to have a deep love for animals, especially pandas, as well as the willingness to work long hours and get your hands dirty (长时间干脏活). Like, picking up the feces (粪便), cleaning pandas, and cleaning their dens (洞穴), making sure that they live in a place with good hygiene (卫生). And when a new baby panda is born, you need to hold it all the time, feeding it, petting it. Panda cubs (熊猫幼崽) are very needy and clingy (粘人的) little things, just like human babies (人类幼崽).**

**But despite the hard work, being a panda keeper would be an incredibly rewarding job. I will get to spend my days working with these amazingly cute animals, seeing them living and thriving (绽放) at the sanctuary. At the same time, making my contribution to their conservation. That's a very meaningful job indeed.**

#### **素材二:**

**So, I really want to be: a hotel reviewer (酒店试睡员). I know, that's a real job! Basically, all you need to do is traveling around the world and sleeping in different hotels. Hello? How hard can it be?! I mean, who wouldn't want to get paid to travel around and stay in all kinds of amazing hotels?!!! (hello, 在这里表示, 很显而易见, 你还好吗? 这差事谁能不要? ! 学不来就先放弃)**

**I first heard about this job when I was reading a travel magazine and saw an article about a hotel reviewer who got to stay in the world's most luxurious hotels (豪华酒店) . I was instantly hooked on (被迷住) the idea!**

**According to the magazine, to become a hotel reviewer, you need to have a true passion for travel and a keen eye for detail (对细节的执着) . You need to be able to spot (发现) both the good and the bad parts of a hotel, from the quality of the room to the service provided by the staff. You also need to have a good level of writing, meaning, be able to write your reviews in an organized and interesting way that will help other travelers make decisions about where to stay.**

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**Which is totally me!! I'm an avid traveler (旅行狂热者) AND I'm a member of both the book club and writing club in my school (我是我们学校读书俱乐部和写作俱乐部的成员) . Can this job be more suitable for me (这个工作能够更适合我一点吗) ?! It's right up my alley (正是我的领域所在) .**

### **Part3:**

**1. What are the most popular jobs for young people in your country? I feel that China is very similar to the rest part of the world. The most popular jobs for young people are often in the booming tech industry (正在蓬勃发展的科技产业) , such as software engineering, data analysis, virtual reality and artificial intelligence. China is also going through a digital transformation (数字变革) and there's a lot of potential in the tech industry. And other jobs that I can think of are finance, marketing, e-commerce, especially e-commerce. We are the biggest online shopping country in the world. E-commerce is where all the investments go to. (罗列)**

**2. What is the difference between high-income and low-income jobs in your country?**

First of all, the job requirements (工作要求) are different. High-income jobs often require higher and more advanced educational background with specialized skills, whereas low-income jobs tend to be more relying on labor (依赖劳动力) and require less education, such as people who work in manufacturers or construction sites (工厂或工地). And another difference is the wage (工资), of course. It's pretty self-explanatory (看名字就能理解). Typically, high-income jobs can offer a higher salary with better benefits, and low-income jobs will just provide minimal wage (提供基本工资) and fewer benefits. (罗列)

3. When is the right time for young people to start making serious plans for their future careers?

I feel that high school would be a good time to start thinking about things like this. Students can explore different career options and start asking their teachers and parents to get more information so that they can make a decision later on. It doesn't have to be a really clear career goal. They don't have to figure out everything (所有都搞明白) at that age, but at least they need to start thinking about their interests, strengths, their core values, and their priorities in life, do they want to keep pursuing higher education at university or get job training at vocational school (职业学校)? Things like that.

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4. Which job have the highest salaries?

To be honest, I'm not really aware of how much each industry makes. I'm just talking about my stereotypes (成见) here. Normally in China, people who work in finance and tech industry earn a really good salary with good bonuses, like investment banker (投行), software engineer, data analyst, product manager, jobs like those are really glamorous and well-paid (风光钱又多). And also, stereotypically, dentist, surgeons also make really good money. And then what else? Lawyer. Yes, lawyers are really well off, especially those ones who own their own law firms. (罗列)

5. Which jobs pay low wages but require a high level of skill?

The first thing comes to mind, social worker (社工). This is such a meaningful but difficult job in my opinion. Social workers are so selfless (无私的) and they're always willing to help people in need, helping them

with their families and communities, tackling a lot of issues (解决很多问题) such as mental health problems, violence, abuse, poverty, drug addiction and housing insecurity (精神问题、暴力、虐待、贫困、毒瘾和无家可归). You need to be really loving and caring, really strong and tough, and have a high level of education related to psychology. And yet they are paid relatively low and that's really unfair. (原因)

6. Do you think it's important for secondary schools to offer career advice to students?

I believe it's absolutely important. Many students are too young to figure out what they want in life. They are very unsure about their career goals and they are not even aware of the job options out there on the job market (就业市场). Therefore, schools should definitely enlighten them, and help them make decisions. As a matter of fact, I see countries like Canada and the States, high schools provide all kinds of job advice and training programs to let students experience working life. For example, they have hair-styling program, landscaping program, cooking and baking program. Students can go to different programs, try it out and figure out what they like and dislike. I think this is so smart. Students can definitely know themselves better through these programs. (原因, 举例子)

**Describe a traditional celebration in your country that you enjoy** (传统庆典)

**You should say:**

**What it is**

**What you do to celebrate it**

**Who you celebrate it with**

**And explain why you enjoy it.**

**知识点:**

**和传统节日庆祝有关的表达:**

- **Get reunited** 团圆

- **Moon Festival/ Mid-autumn Festival 中秋 (15th day of the 8th lunar month)**
- **Duanwu Festival/ Dragon Boat Festival 端午 (the 5th day of the 5th month of the lunar calendar)**
- **Chinese New Year/ Lunar New Year/ Spring Festival 春节 (falls between late January and mid-February)**
- **The celebration takes place on (date)/ falls on (date)**
- **XXX is celebrated on (date)**
- **Lunar calendar 阴历**
- **Mooncake 月饼**
- **Dumpling 水饺**
- **Zongzi/ traditional Chinese rice-pudding 粽子**
- **Appreciate/worship the moon/ the beauty of the moon 赏月、拜月亮**
- **Express gratitude/ practise gratitude 表达感恩, 实践感恩**
- **Solve/do riddles 猜字谜**
- **Have reunion dinner 吃团圆饭**
- **Watch Chinese New Year's Gala show 看春晚**
- **Exchange red envelope/ hongbao 交换红包**
- **Set good wishes to each other 祝福好运**
- **Fireworks and Lion/Dragon Dances 烟花和舞龙舞狮: Set off fireworks and firecrackers to scare away evil spirits (赶走厄运); lion and dragon dances are performed on the streets to bring good luck (带来好运).**
- **Dragon boat races: Teams paddle in long and narrow dragon boats (划细细的龙舟) to the beat of drums, competing in races in a river or a lake.**
- **Hanging Pouches (挂香囊) : People hang silk pouches filled with herbs around their homes to drive away (赶走) evil spirits and bring good luck.**

Today, I'd like to talk about a traditional celebration in China: The Moon Festival (中秋节), also known as the Mid-Autumn Festival.

The Moon Festival is an ancient Chinese celebration that takes place on the 15th day of the eighth month of lunar calendar (阴历), when the moon is believed to be the biggest, roundest, and brightest (最大、最圆、最亮).

In terms of what we do to celebrate this special day, well, the most important tradition is to eat mooncakes (吃月饼), which are super tasty round-shaped pastries filled with various delicious fillings (好吃又圆形的带馅儿的点心) such as lotus seed (莲仁儿), red bean (红豆), or even salted egg yolks (咸蛋黄). They're very high in calories (高热量), I have to admit, and they're very heavy on the stomach (不好消化), but it's really worth it (很值得) and also, it's just once per year (一年一次), very much like how people in North America would save roasted turkey for Thanksgiving (把火鸡都留在感恩节吃). You know what I mean? When you spot a mooncake, it's an instant reminder of (即可的提醒) the Moon Festival, just like how turkey screams Thanksgiving (火鸡呐喊着感恩节)! So, we eat mooncakes with our families and friends, sharing and exchanging different flavours, meanwhile enjoying the time together.

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Another thing my family and I would do, which is also very common among other Chinese families, is to appreciate the beauty of the moon (赏月, 欣赏月亮之美). Normally we go to the balcony with a better view, and set up a small table (支一个小桌子) with food and snacks, such as fruits, tea, and of course, a plate of mooncakes. As we gaze at (凝视) the moon while sipping on the tea (小口抿茶), we do/solve riddles (猜字谜). It is a tradition to write riddles on a small piece of paper and let other people guess the answer, you know, to spice it up (加点佐料, 炒气氛) and make it more exciting. My understanding is that, back in the old days (在很久以前) in ancient China, people's ways of getting entertained (找乐子) were quite limited, they didn't have TV, radio, not even newspapers. Therefore, solving riddles was like an interactive and fun game that everyone could participate. it added more fun and could bring people together.

**That's why I love this festival. It's a time when family get reunited (团聚) and spend quality time together. We taste mooncakes, we talk and laugh, share stories, practise gratitude (实践感恩). I have so many fond memories about this day.**

**So, yeh, that's the traditional celebration. Thank you.**

### **Part3:**

**1. Is it important for children to learn traditional festivals at school?  
It's so essential. The way I see it, schools really play an important role in (其重要角色) teaching children about their own cultural identity and heritage (文化认同感和文化遗产), and bring everybody together (把大家团结在一起) and promote a sense of community (促进团体感). Through learning about traditional festivals, children can have a better and deeper understanding of (更好的理解) who they are and where they come from (自己是谁, 从哪里来), and then gain a deeper appreciation of their own culture (对自己文化的欣赏). They will have higher self-esteem and feel proud of who they are. (原因, 正向假设)**

**2. Do children like to learn about traditional festivals?  
Some do and some don't. Some kids naturally feel connected to their cultural root (文化根基) and are very interested in all kinds of traditions, whereas some kids couldn't care less (完全不关心) about things like this. And also, I feel that it has a lot to do with (与……有很大关系) the style and the way of teaching. If school teachers (学校老师) can teach traditional festivals in a very fun and engaging way, for example, playing games, playing musical instruments, learning to sing a song, or doing stage plays (舞台剧) by wearing traditional costumes, I think kids will naturally feel more engaged in learning. (分群体+假设+举例子)**

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**3. Why do people hold events to celebrate?  
Some people have a strong sense of ceremony/ritual (仪式感很强), they love holding events such as birthday parties, weddings and anniversary dinners in order to create lasting memories (长久的回忆). I think it's a really beautiful thing to do. Personally, I'm the kind of person who loves**

hosting events for special occasions (直播课经典句型) . For me, that's the best way to celebrate the moment. And also, those celebrations can bring people together and express gratitude, joy, and appreciation towards one another. (原因)

4. Are traditional festivals disappearing?

I wouldn't say that traditional festivals are disappearing completely, but there is definitely a shift (一个变化转型) towards more modern and commercialized celebrations, for example, Valentine's Day, Double 11 day (Chinese black Friday 中国的黑五). However, I still see people who continue to value and celebrate traditional festivals. So, I don't think we can say that they are disappearing altogether. (细节)

5. Is music important in traditional festivals?

Yes, big time (太重要了) ! For me, music is so vital in different occasions, not just traditional festivals. It can set the mood (奠定情绪基调) of doing certain things. So, during traditional festivals, say, Spring Festival, I always play really festive and upbeat (带有节日气氛又欢乐的) traditional Chinese music to create an atmosphere (渲染氛围) for New Year's celebration. When I hear the traditional instruments being played in the music, it immediately puts me into the mindset of the celebration. (原因, 举例子)

6. Do you think good food and drinks are important for celebrations?

I feel that any celebrations are always and should always be associated with good food and drinks because it's an all-encompassing (全方位的) experience, right? You celebrate the event by eating and drinking and having a good time. Good food and drinks can definitely enhance the whole experience (改善体验感) . I remember one time I went to my friend's wedding anniversary dinner and they had the best food and wine accompanied with music. I had such a blast (玩儿得如此之快乐) that up until today (时至今日) I still remember that dinner. But I also have memories like going to a birthday party with terrible food and drinks and end up wanting to leave the party sooner. (原因, 举例子)

**Describe an invention that is useful in your daily life** (有用的日常发明)

**You should say**

**What the invention was**

**What it can do**

**How popular it is**

**And explain whether it is difficult or easy to use.**

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**知识点:**

**相关表达:**

- **gadget** 小装置、小发明
- **life-changing** 改变生活的; **a life-changer** 改变生活的事物或人
- **game-changing** 改变生活的 (同上) ; **game-changer** 同上
- **life-saving** 拯救生活的; **life-saver** 拯救生活的事物或人
- **irreplaceable** 不可替代的
- **I can't imagine my life without it!** 想象不出来生活里没有它会怎样。
- **functions and features:** 功能与特点 (特点往往是突出性能的卖点)
- **State-of-the-art technology/ Advanced technology/ Cutting-edge solutions** 最最前沿的科技、解决方案
- **Revolutionary technology** 革命性的科技
- **household appliances and electronics** 家用电器
- **ancient times** 古时候
- **back in the old days** 同上
- **brighter than a bulb** 聪明得像电灯泡一样

**Jon is brighter than a bulb. I'm not surprised he invented that.**

- **sharper than a pencil** 比铅笔还尖 同上
- **ahead of his/her time** 走在时间前面

**Thomas Edison was way ahead of his time! If only he could see the fruition of his invention today (要是他能看到自己的发明如今结下的果实该多好) .**

- **The internet has accomplished amazing things in more areas of life than we realize.**
- **The internet brings knowledge and information of the world to our fingertips (把知识和信息带到我们的指尖) .**
- **This laid the foundation work for another revolutionary invention, which is...**  
这个发明给另外一个革命性的发明奠定了基础

### 素材一 (网络) :

There're so many amazing and life-changing (改变生活的) inventions in our lives. And the one I want to talk about today is: the internet.

It was invented in the 90s, in the 20<sup>th</sup> century. And ever since then, it has been bringing accumulated knowledge (累积的大量知识) and information to our fingertips (指尖) . And it also has changed the way we live dramatically.

Regarding how popular it is and how difficult it is to use it, well, it's so popular that I don't know anybody who doesn't use it except for those 80,90-year-old grandmas and grandpas. I mean, it's so easy to use and so irreplaceable (不可替代) in our day-to-day life (我们的每日生活) .

In terms of what it can do, well, you can use the internet to do so many things, more than you could ever imagine. (以下关于网络的功能的内容不用都说, 太多啦! )

Some people, especially the young use it for educational purposes. I do it all the time. I'm a big fan of online education. The internet allows education to take place anywhere and anytime. You don't have to go to physical classes (实体班级) anymore, you can just turn on the computer, get online and learn like a sponge (像海绵一样学习) ! There're all kinds of

**online courses** (线上课, 就像 tara 老师我的课, 哈哈) **that are much more affordable and free online information accessible** (可以方便获取的) .

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**And then, we use the internet for shopping. E-commerce is a big deal nowadays** (电子商务是件大事儿) . **Back in the old days** (曾经的岁月里), **people used to spend a lot of time going to different shops and stores, checking products, and making decisions on what to buy. Shopping was a decision that was thought through** (精心考虑过的) . **But now, there're endless sites** (网站) **from which you can get information and buy the latest brands online. You just need to browse and click** (浏览和点击) , **and things will be delivered to your door!** It's too easy. **Therefore, impulsive shopping** (冲动购物) **is unavoidable** (不可避免的) . (时间分层)

**And what else, we use the internet to connect with one another** (连接彼此) . **The internet laid the foundation work for another revolutionary invention, which is social media** (自媒体) . **Social media indeed has changed our personal space, the way we interact with our loved ones** (我们的爱人) , **our friends and family, and even with strangers online. We rely heavily on** (深度依赖) **the internet to connect with people, communicate with each other, and network with new people.** **Face to face communication** (面对面交流) **is still relevant** (重要的, 存在的) , **but sometimes it seems that people prefer to check in with each other** (关心、询问彼此) **online in this fast-paced modern time.** It's less time and less effort. **We're getting lazy on socializing with people.**

还有很多其他的影响, 比如 **for entertainment, for work, for doing business...**

**So, yeh, that's the invention I'd like to talk about today. Thank you!**

## 素材二 (健康手环) :

Today, I want to share with you a game-changer in the fitness world (在建康健身的世界里) : the fitness band (健康手环) .

I personally love my band and I can't imagine my life without it! And it's been very trendy (流行) among all of my circle of friends. I also see a lot of people on the street wearing it. They're available in various brands (很多品牌都有出健身手环), like Adidas, Nike. But when it comes to functions and features, they're all more or less the same (大同小异) . Health enthusiasts (健康狂人), fitness freaks (健身狂人), and those who want to have a healthier lifestyle have all jumped on the bandwagon (随大流, 跟风) .

Using a fitness band is easy peasy (简单) . Simply put it on your wrist (带到手腕上), sync it with your smartphone (和智能手机同步), just a few taps and swipes (点一点, 刷一刷) and you're good to go (你就可以上路了, 用起来! 走起! 常见句型) . Most bands come with (自带) user-friendly apps (使用很简单的 app) that provide a simple and clear interface (简单又清晰的互动界面) for you to access all the data it collects (获得所有收集的数据) . You don't need to be tech-savvy (高科技小达人) to use it.

One of the most impressive features (亮点) of a fitness band is its sleep tracker (记录睡眠的功能) . It can monitor your sleep patterns (监督你的睡眠周期), analyzing the quality of your sleep (分析你的睡眠质量) . It helps you understand if you're getting enough deep sleep (深度睡眠) or if you're tossing and turning (辗转反侧) too much during the night. With the information, you can make adjustments (调整) to improve your sleep quality.

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My fitness band also has a built-in heart rate monitor (心率监控器), which is a really important function for me as I work out regularly. I need to constantly keep track of my heart rate (追踪我的心率) to make sure that

I'm exercising the right way. It's like having a personal trainer (私教), reminding you to push harder (再加把劲儿) or take it easy (悠着点儿) when necessary.

And on those day when I want to keep an eye on my weight (在那些我比较留意自己的体重的日子里), I rely on its "daily burned calorie" function (每日卡路里消耗) to make adjustments on what to eat and what exercise I need to do. Plus, it also counts my steps (计步) per day, so on those days when I don't reach my "step-counting goal", I'll do something extra, like a jog or a 10 mins work-out, to hit the target (完成目标). It really keeps me motivated (让我保持动力). When I reach my daily goal, I even get a little trophy in the app (有个小奖杯), and all my friends who are on that app can also see it, which is so fun.

So yeh, I love my band. And I can't imagine my life without it!! Thank you!

### Part3:

#### 1. What qualities do inventors have?

Well, firstly, many people don't talk about this, but I think inventors are (air quote 空气引号) "lazy people" who see things not working properly and therefore want to make life easier and better. They always want to find the path of least resistance (找到最小阻力, 走捷径). So, they use their problem-solving skills (解决问题能力) to invent things that can change our lives. And also, they have a strong sense of creativity (创造能力). They have the ability to think outside the box (发散思维, 想到与众不同的点子) and come up with different and unique ideas and solutions (提出不同的解决方案). And what else, inventors are most likely curious people. They have this strong sense of curiosity that inspires them to constantly explore and discover new things. They are all the time asking questions, seeking answers, and looking for solutions. And of course, if you want to be able to invent something wonderful, you have to spend years, really knuckle down (认真工作) and throw yourself in the mission (全力以赴). So perseverance (坚韧) is another valuable quality because they often face challenges and failures along the way (一路走来). Not giving up, keep trying and believing themselves are all essential traits (优点). (罗列)

**2. Do you think only scientists can invent new things?**

**No, not at all. Even though scientists are the main contributors (主要贡献者) in the realm of invention, still inventing new things is not just limited to (不仅限于) scientists. Actually, it can come from anybody, you and me, even kids. Actually, I know there are many kids who have invented super cool and unique things. And I guess they are at an age where they are learning new things every day, and they are curious and full of imagination. They are very passionate about the idea of inventing things and changing the world. So actually, kids can contribute a lot to the world of invention. (主流现象, 自己独立观点)**

**3. What inventions do you think should be improved?**

**One thing I can think of is the smartphone batteries. I mean, how hard can it be to come up with a solution to extend the battery life (延长电池使蓄电能力)?! I mean, I'm so fed up with (受够了) having to charge my phone constantly all the time. In a time like this with all the cutting-edge technologies (前沿科技) everywhere, how come we're still so frustrated with tiny problems like this? And also, home appliances (家用电器), that's another thing. Some of them are so difficult to use and it's super unnecessary. I really think there needs to be improvements in home appliances on the whole (总体), such as a smarter and more intuitive interface (更加智能+直觉简单型界面), energy efficiency solutions, and easier maintenance. For example, I've just bought a new cooking machine, and I still haven't fully figured out how to make the most of it (最大程度利用好它). (罗列)**

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**4. Are there any other inventions that make the world better?**

**Wow, there are so many, I don't even know where to start. To name a few (简单举几个例子), in the medical world, vaccines. That's like the best invention ever in the 20th century. And then for entertainment, TV, radio, DVD players, the internet, live-stream platforms, people have so many ways to get entertained. And for transportation, cars, airplanes, the list just goes on (说都说不完). I'm so grateful to be able to live in a time like this where I have so many wonderful inventions to make my life so much easier and better. (罗列 列举)**

**5. Do all the inventions bring benefits to our world?**

**Definitely not. Every coin has two sides (凡事都有两面性), even with inventions. The first thing comes to mind is the environmental impact. Some inventions definitely can bring damages to the natural world. For example, transportation tools like cars, ships and airplanes. They collectively emit a huge amount of greenhouse gases (释放大量温室气体) which is the main reason that causes global warming (全球变暖). And also, social and psychological impact. Some inventions really can negatively affect people's mental health, such as social media. The prevalence of social media (社交媒体的盛行) also leads to cyber bullying and trolling (网络霸凌), which is such a huge issue nowadays, especially among young people. (罗列)**

**6. Who should support and sponsor inventors? Governments or private companies?**

**I would say both. Governments make the necessary policy and provide funding, while private companies bring industry expertise, and market resources. For governments, they can set up scholarships, funding programs (建立奖学金、基金项目) to sponsor and support inventors, create policies that promote innovation. Governments can also support educational programs for young people to foster creativity and innovation. And then, for private companies, they can invest in innovation activities, bring in expertise (带来专家支持), and provide access to marketing networks (提供市场渠道). This is a win-win situation (双赢局面) for both companies and inventors. (分类、分角色讨论)**

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**地点题:**

**Describe a place you have been to where there were a lot of people (人很多的地方)**

**You should say**

**Where it is**

**Who you were with**

**What people were doing there  
And explain why there were lots of people**

**思路：可以和下一题“新开的店”进行合并。**

Recently, there's a newly opened (新开的) coffee shop right next to my university, and apparently, it's been getting really popular lately. I've been there a few times, and let me tell you, it's the best place to hang out with friends or study.

In terms of the whereabouts (所在之处), the coffee shop is located on the corner of the main street, just a short walk from the university entrance (大学正进门处). (地点细节可以改, 不要照搬)

The first thing that caught my attention when I entered the coffee shop was the atmosphere/vibes (氛围) of the place. The shop was decorated with lots of plants and colorful art pieces, which created a cozy and welcoming ambiance. I went there with a couple of my classmates, and we ordered a few drinks and some pastries. The coffee was delicious and the pastries were freshly baked (新鲜出炉) and tasted amazing (特别好吃) / out of this world (全世界最好吃).

Moving on to what people were doing there, well, some people were sitting alone, sipping their coffee (抿着咖啡) and being hooked on/immersed in their books or whatever they were doing. Others were having conversations with their friends or colleagues, discussing work or catching up on their lives (交换信息, 互通有无). There were also some people in small groups who seemed to be having meetings or discussing some business ideas. (分群体)

The shop had a relaxed and peaceful atmosphere, and I liked how they had soft music playing in the background, you could hear it but not too loud, making it a perfect place to unwind, relax or have discussions.

I guess that's why they have so many customers all the time. It seems to cater to a wide range of people (服务面很广), from university students studying for exams to professionals having meetings or friends catching up with one another. The nice and friendly vibes is what makes it a popular spot among the locals. Thank you!

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### Part3:

#### 1. Where do young people like to go?

① Well, for people who are into food and drinks/ foodies (吃货), they love going to cafes, bars, restaurants to spend time together, meanwhile serviced with nice food and drinks; And for those who are music lovers/ music buffs (音乐爱好者), concerts, music festivals, or music halls, would be an ideal place to go; what's more, for young people who love sports/ are sporty (喜欢运动的), gyms, sports centers, or some outdoor sports fields, like a basketball court, a football pitch would be the place to go. Other than that, to name a few more (再列几点), movie theaters, shopping malls, or even parks, those are all pretty popular locations for young people to kill time. It really depends on their personal interests and preferences. (分群体)

② Well, in general, young people tend to gravitate towards (重心朝向) places where they can socialize, have fun, and meet new people. Like, a movie theater, a shopping mall, a bar, a restaurant, or a park. (原因)

#### 2. Are people happy living in crowded apartments?

I feel that most people wouldn't enjoy a crowded living space. They may feel claustrophobic and anxious (幽闭恐惧症的、焦躁). But it's possible that some people find crowded apartments cozy and intimate (温馨又亲密), as people have very different preferences. Additionally, factors such as the location, amenities (配备的设施), and overall quality of the

apartment can also play a role (重要) in determining if people feel happy or not. (主流情况, 特殊情况)

3. Which scenic spots will have queues of people?

The most famous landmarks in the world will always have queues of people. There's no doubt about it, especially during holiday. I remember, one spring festival, I went to the West Lake in Hangzhou with my parents. OH my god.... I didn't really see the lake, it was an ocean of people. (讲故事)

4. What are the advantages of living on a higher floor?

So the pros of living on a higher floor are. Firstly, the views are better. You may be able to see the city skyline far away in the background, or even the rolling mountains (绵延的山峦) in the back. Nothing can beat those gorgeous views; they can put people in a great mood; Secondly, the higher you live the more sunlight you will get. For people who can't live without natural light, that would be a big big bonus (奖赏) ! And thirdly, higher floors tend to be quieter than lower ones, as they are further away from street level noise (街道上的噪音) . Anything else...? Ah yes, security could be another benefit, as it is harder for intruders (闯入者) to break in. (罗列)

5. What are the disadvantages of living on a lower floor?

Well, firstly, there may be more noise from the street or from neighbors above. Secondly, you won't be able to see those views. And also, there may be less natural light and fresh air. What else, there may be a higher risk of break-ins or theft. I don't like living on a lower floor, haha! (罗列)

6. What do you think of the phenomenon of people queuing in restaurants for more than an hour? (两个版本回答)

① Personally, I think it shows that the restaurant has a great reputation for its food and service. To be honest, I'm one of those people who could queue for more than an hour, haha, I don't mind it. I think good food

really worth the wait (好食物值得等待) . It's way to show your respect. So, if I had the time, the curiosity and the willingness, I would wait for more than an hour. (原因)

② More than one hour?! Oh I hate it. I find it really silly and sad. Unless it's 5-10 mins, then I'll be OK with it. But that's the most I can put up with (能忍受的极限) . Waiting for more than an hour to get a table in a restaurant sounds so frustrating, time-consuming and pathetic (可悲的) . I think a restaurant is just a restaurant, they shouldn't turn customers into slaves (不该把顾客变成奴隶) . That makes me feel inferior (下等人的) and shameless. I prefer to go to restaurants where I can get a table quickly and enjoy my meal without having to wait. (原因)

**Describe a new shop that has recently opened in your town/city** (新开的店)

**You should say**

Where the shop is

What it sells

Who goes to this shop

And explain how successful you think it will be in the future.

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Recently, there's a newly opened (新开的) coffee shop right next to my university, and apparently, it's been getting really popular lately. I've been there a few times, and let me tell you, it's the best place to hang out with friends or study.

In terms of the whereabouts (所在之处) , the coffee shop is located on the corner of the main street, just a short walk from the university entrance (大学正进门处) .

Regarding what this shop sells, well, it's a coffee shop, so obviously they have coffee. In addition to (除了) serving delicious coffee, this shop also sells various types of coffee beans (咖啡豆) and ground coffee (咖啡粉). The baristas (咖啡师) there are very knowledgeable and can help customers choose the right product based on their preferences. This shop also offers snacks and baked goods, for example, croissants (牛角), muffins (玛芬), and scones (司康), which are freshly baked every morning.

(I remember, the first thing that caught my attention when I entered the coffee shop was the atmosphere/vibes (氛围) of the place. The shop was decorated with lots of plants and colorful art pieces, which created a cozy and welcoming ambiance. I went there with a couple of my classmates, and we ordered a few drinks and some pastries. The coffee was delicious and the pastries were out of this world (全世界最好吃).) 这一段不一定要说

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Last few times when I was there, I noticed that the coffee shop was attracting a diverse group of people (很多元化的人群), from university students studying for exams to professionals having meetings or friends catching up with one another, and even some tourists. The baristas were friendly, knowledgeable and skilled, and they made an effort to chat with customers and make them feel at home (让他们感到宾至如归). I think this is one of the reasons why the coffee shop is already very popular and successful, as it's not just a place to grab a drink or a bite (随便喝一口吃一口), it's a place where people can connect and make new friends.

Overall, I think the coffee shop will become increasingly successful in the future. It's in a great location, it has a great atmosphere, and it offers delicious coffee and incredible snacks. Plus, I can't speak highly enough of the service (服务已经好到不能再好了) I received there. The baristas were

super friendly and attentive (留心的) . They made it a memorable experience for me.

So, yeh, that is the coffee shop. Thank you!

### Part3:

1. What kinds of shops are popular in your city?

几种类型都来一遍:

① Nowadays one type of shops is popular in my city. I don't even know how to define them. They are stores that have a little bit of everything (什么都买) related to daily life. From books and music CDs to home decoration products and art pieces. It's like shops about home and lifestyle (生活馆) . Haha. Anyway, we have several shops like this in my city, one is called XXX, there's another one called YYY, and another one that I don't remember the name...but, I guess my point is, each time when I go there, those shops are always teeming with/packed with people (人很多) .

② Specialty shops (专卖店) such as boutique clothing stores (精品服饰店) or healthy organic food stores (健康有机食品店) are also becoming increasingly popular. These shops offer unique and high-quality products that cannot be found in larger chain stores.

③ Coffee shops are very popular in my city. These shops are great places for people to relax and socialize, and they often have a cozy environment that is perfect for studying or reading.

2. Why do young people enjoy going to some boutiques? (精品店)

I think, boutique stores are more unique and in style. Young people can always find trendy fashion items (流行的时尚单品) in boutiques. They just

want to be different, be able to stand out from the crowd (与众不同). (原因)

**3. Do you think location is the key factor that attracts customers?**

Location definitely plays a huge role in attracting customers. If a business is situated in a convenient location, it can make a big difference in terms of customer visits. For example, a coffee shop located in a bustling downtown area or near a busy transportation hub (交通枢纽) will likely get more customers than ones in those less busy locations. However, that being said, location is not everything, it's not the only factor that determines the success of the business. Other factors such as product quality, customer service, and pricing are also very important. (正向假设, 举例子, 转折)

**4. What's the difference between a small shop and a large shop?**

Well, first of all, small shops are usually more personalized, and the staff tends to be more attentive. Customers like how those small shops have their own personal touch (个人风格) and how nicely they're treated. That's what makes them unique/ stand out from the rest of the competition (从竞争中脱颖而出). But at the same time, they often have a more limited selection of products and the prices may be higher than those larger shops. On the other hand, large shops tend to have a much wider range of products. But they may lack the personal touch and attention to detail that smaller shops can offer.

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**5. How important are price and quality in influencing customer behavior?**

Price and quality are the most crucial factors in businesses. You might have the highest quality product, but if you set the price too high (定价太高), you still don't get a lot of clients. And if you set the price very very low, but with the worst quality stuff, people still won't buy. There should be a good balance between price and quality in order to satisfy the needs and expectations of customers. (假设, 原因)

**6. Why is cheap fashion so popular?**

The way I see it, A, cheap fashion/fast fashion is cheap, therefore, more affordable. It's the perfect solution for people who can't afford high-end designer clothing. And B, fast fashion retailers like H&M, Zara, Mango, they produce new styles at a super rapid pace, allowing customers to keep up with the latest fashion trends without spending every penny they have in the bank (不用把钱花光). However, the downside of cheap fashion is that it can be harmful to the environment and workers in the fashion industry, as it often involves unethical labor practice (不道德的劳动剥削). (罗列, 转折)

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**Describe an ideal house you would like to have** (理想的房子)

**You should say:**

**Where it would be**

**What it is like**

**What special features it has**

**And explain why it would be your ideal house**

又是虚拟语气, 表示意愿和想象的一个主题!

知识点:

形容家的一些表达:

- **my own space** 我自己的空间
- **man cave** 专门属于男人的那种拿来玩儿游戏、健身、抽烟喝酒的空间, “男人的洞穴”。在欧美国家, 一家人住在 **house** 里, 往往地下室会被做成 **man cave**。家里的男主人会呆在这个空间里, 自娱自乐, 自由自在
- **girl cave/ lady cave/ woman cave** 这几年新出来的词, 对应 **man cave**
- **time alone** 独自的时间

**I really enjoy my time alone in this house.**

- **take some “me” time** 花点时间陪自己
- **This house is filled with essence of things I enjoy, from movies and books, to music and art.** 这间房间充满了我喜欢的事物的精髓
- **light-filled/ bright** 阳光明亮的
- **cozy/ comfortable** 温馨舒适的
- **welcoming/ inviting** 舒适亲切的

**The house feels welcoming and inviting.** 这个房间很舒适亲切

- **multifunctional/ versatile** 多功能的房间
- **a retreat corner** 一个让精神得到疗愈的角落
- **my sanctuary** 我的圣殿, 心灵的避难所
- **calming/ therapeutic** 令人平静的、有疗愈效果的
- **tranquil/ soothing** 同上, 令人平静的、安抚人心的

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**Ok, my ideal house would be located in a coastal city where I can have access to the beach, like, Qingdao, or Sanya, but not right next to the beach. I know, many people would love to have a beach house, but I don't. For me, it's too humid to live at the beach, it's not good for my health, and also, it will cost a lot of money to maintain/take care of the house (维护照顾房子) . Besides, normally there'll be a lot of things going on (很多活动) near the beach. I just want to avoid the hustle and bustle (忙忙碌碌) , and have my inner peace (内心的平静) .**

**I would like to have the house located in the woods (树林里) , surrounded by tall and green trees. I love vegetation (植被) . All the trees can clean the air, and freshen up the environment.**

And, in terms of the look of the house, I don't really care about the façade (外立面), so it doesn't have to be super fancy-looking (看起来华丽丽的样子). I enjoy a cozy cottage look (温馨度假小屋风), so I would want this house to have a cottage style to it. For me the most important thing is what it features inside (里面有什么特点).

First, I love natural light, so I would want each room to be filled with sunlight. Each room needs to have big floor-to-ceiling windows (落地窗) to let the sun get in. And then, since I'm a foodie (吃货) and love cooking, I'll spend a lot of time in my kitchen. I would like to have an open-concept kitchen (开放式概念的厨房), it would be an all-white kitchen (全白厨房), a little bit vintage style (有一点小复古风), and there would be a big island (岛台) in the middle, with a beautiful marble countertop (大理石台面). It would be a place where all my family members could cook together and have meals together.

如果不爱做饭, 喜欢游戏:

And then, since I'm a gamer (游戏玩家) and love entertainment, I would like to have a recreational room (娱乐室), AKA "man cave" (男人的老穴) / girl cave. There, I would put my X-box, my big TV, and two giant speakers (音箱), and also a very big and comfy sofa bed (沙发床) where I could sink in (陷进去) and just play games all night. And I would like to put a pool table (台球桌) next to the game station, so that I can invite my friends over for some games. What else, I might also put a bar in my man cave, so when my friends are with me, I can host a little party there.

Oh, another thing (还有一件事儿), I wish I could (我很希望) have is a home library (家庭图书馆) where I can put tons of books on the book shelves, you know, just like those you see in the movies. I might not read all of them, but they definitely look pretty cool. I would have a reading corner/nook in the room with a beautiful yellow fabric armchair and a

reading lamp. I would spend a lot of time snuggling up (蜷缩) with a good book in that chair, reading and enjoying my time alone.

What's more, I would love to have a big back yard where I could grow some plants and flowers, and the whole back yard would be filled with a sweet scent/gragrance (芳香) of different flowers in spring time.

(这一段先是总结描述，后是分区域讨论，各个空间都可以说一点。不需要说这么多，挑及两个亮点空间说就好了)

Yeh, I would love to live in a nice place like what I've just described. It would be in a great location and everything would be designed to my liking. It would be my sanctuary/ my retreat where I could enjoy the tranquility in life and quality time with my family. Thank you!

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### Part3:

1. What are the most common architectural styles in Chinese cities?

I'd say that the MOST common architectural style in China is this modern and international urban style (现代的、国际化的都市风格). I mean, those high-rise buildings and skyscrapers (摩天大厦) you see in most big cities in China. To me, it makes sense (是合理的) because China is a such a densely populated (人口密度大) country and having tall buildings is one of the solutions for creating more living space for citizens. But it doesn't mean that (但这并不代表) you cannot see any trace of traditional architecture, no, traditional Chinese architecture styles, such as temples, pagodas and courtyard houses (庙宇、宝塔、四合院) can still be found in many cities, especially in those historic districts. For example, in Beijing, you still can see so many courtyard houses in those old town areas near Forbidden City (故宫). Additionally, Western architectural styles, such as Gothic style (哥特), can be quite common in some Chinese cities with a

colonial history (殖民历史) . Like, Tianjin and Fujian Province. So, yeh, we have a variety of architectural styles. (主流情况, 特殊情况补充)

## 2. What's the difference between an apartment and a house?

Regarding the space, normally, houses are bigger than apartments. People who choose to live in a house tend to be the ones who want to have more living space, for example, a growing family (正在生长壮大家庭) . On the other hand, apartments are smaller in size, so they tend to attract younger people, such as university students or young professionals (年轻的职场人) , who are looking for a more affordable and convenient living option in the city. And then, in terms of maintaining and cleaning (打理和清洁) , generally speaking, apartments are smaller and have less outdoor space, which can make them easier to clean and maintain. Whereas, houses are larger and have multiple floors, and outdoor space, it's a lot more work (工作量更大) . But for some people, the biggest pro/perk (最大好处) of living in a house is that you GET TO have a yard or a garden. Having trees, plants and flowers in your garden or yard is a very attractive concept (吸引人的理念) . Many older people love the idea. And then, location is another important factor that can vary between apartments and houses. Apartments are often located in urban areas, with easier access to public transportation, shops, and restaurants. Houses, on the other hand, are often situated in suburban areas, which can offer more space, privacy, and a quieter environment. BUT, it's not as convenient as living in the city. And finally, in terms of privacy, apartments are not that sound proof. So, sometimes, you can hear what your neighbours are doing because you share the same wall. But you won't be sharing any walls with anybody when you live in a house. (分类讨论) (不需要都

说!!!! 我只是给你列了所有我能想到的, 太长了, 考试时候说不完的)

## 3. What's the difference between living in a countryside and living in the city?

In the countryside, everything is slower and more relaxed. You can live in a big house with a big backyard, and enjoy a stronger connection with nature (和大自然的连接) and a sense of community (社区感). It's quieter with cleaner air. There are plenty of outdoor activities, you can go hiking, fishing and camping in nature. But the downsides (缺点) are, at least in my opinion, there're fewer people, so fewer cultural activities and less access to public transportation and amenities (享受性质的配套设施), like bars, restaurants, cafes and shops. Meanwhile, living in the city is convenient, fast-paced, and with more job opportunities. If you need to find a job, go to the city, not the other way around (而不是反方向). For most young people, their careers are their everything. Their worlds revolve around (围绕着) their jobs. That's why most young people choose the city over the countryside. And also, living in the city is fun and exciting. There's always something going on (总是有事情有活动) in the city. You have a variety of options when it comes to social life. Go to parties, watch some shows, meeting new people, much more vibrant (有活力的). You can have easy access to public transport, restaurants, malls, schools and hospitals. You can have everything delivered to your door in the city. So it's definitely much more convenient. (对比区别讨论)

4. What are the advantages of the facilities of the apartment and the facilities of the house?

I really don't know how to answer this question. In China, if you live in an apartment, you don't really have great facilities or amenities. I know that in western countries (西方国家), apartments or condos (公寓) typically come with (自带) shared facilities/amenities (共享的设施) such as gyms, swimming pools, and laundry rooms, which is really thoughtful and convenient. But in China, we don't really have that culture. We might have a community centre (社区中心) with tennis courts and libraries, but that's not common, only in super fancy communities. On the other hand, I've never lived in a house, so I don't have any knowledge in that part. I know that houses usually offer more storage space, outdoor space and

**gardens. They also often come with garages and attics (车库和阁楼) . But I don't know anything else other than that (除此之外) . (对比区别讨论)**

**5. What difficulties do people have living in the city?**

**High cost of living (高生活成本) , traffic jams, air pollution, small living spaces, stress and loneliness (maybe). (Loneliness in the sense that you live by yourself in your small apartment without really knowing your neighbours, as everybody is busy living their own lives.) Those are the major problems of living in the city. I guess that's why many people would choose to move out into the suburban areas when they start growing a family. (罗列)**

**6. What can be done to reduce stress of city life?**

**I find it really helpful to stay both socially and physically active (社交、生理上都保持积极) . Doing sports, working out, practicing yoga, connecting with nature, these are all great stress relievers (减压神器) . And meeting up with friends, bonding and spending quality time together, having heart-to-heart conversations (交心聊天) and talking about your issues (聊聊自己的问题) , also help let off the steam (减压) . In addition, eat healthy and sleep well is also key. As the saying goes (就像那句话说) , “your body is your temple” (你的身体是你的神殿) . You need to take care of your temple. Maintain a healthy diet, get all the nutrients (营养元素) your body needs, rest fully and properly, when your body feels great, you feel great. (罗列)**

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**Describe a place you plan to travel to that is far away from your home in the future (未来想去的遥远的地方)**

**You should say**

**Where it would be**

**When you would like to go**

**How you would like to go there**

**What you will do there**

**Who you would go with**

**And explain why you would like to visit the place.**

(这么多问题不一定真的同时都存在。不一定要强制都回答)

**知识点:**

**一些形容城市的表达:**

- **Beijing tends to attract a lot of people because of the job opportunities there. Many of them are NGOs and government centered jobs (NGO 非营利性组织和面向政府的工作) .**
- **It's got amazing and rich culture, all kinds of social, cultural and arts activities, it's a city that never sleeps (不夜城) .**
- **It's also a little bit more laid-back (慢节奏的、慵懒的) than other big cities in China, like Guangzhou or Shanghai. Life seems to move slower in Beijing (北京的生活似乎会过得更慢一些) .**
- **One thing I love the most about Beijing is the local people there. They are very outgoing and friendly, very willing to communicate with others. Last time when I was there, I had a great time.**
- **Shanghai is one of the most dynamic and exciting cities in the world. It is constantly changing (总在不断变化) , there's always something going on (总有事情在发生) , and there are new people moving to the city, from all over China and the world, every day. For me, it's a city that's full of adventure and hope. I visited Shanghai several times. Nightlife there was amazing. Food choices were mind-blowing. It's a paradise for a foodie (吃货) like me.**
- **Dali just a different world in comparison to costal cities in the east part of China. It has so much to offer to people who live there (能给人们带来太多好东西) , like, super clean air, great weather all year round (四季**

如春的地道表达), and **stunning natural sites everywhere**. People there are so **friendly and laid-back**. It's an ideal place to enjoy the life.

- There're a lot of **hidden spots/ secret attractions** (隐藏景点) in this city.
- The **food options** (食物的选择性) are crazy here.
- **Night life** in this city is mainly about **outdoor beers and street food**, and **accompanied by live music and the like** (等等).
- I especially love XXXX in this city. It's a beautiful neighbourhood that is full of beautiful homes and **brick apartment buildings** (砖墙公寓楼), **along with art galleries, delicious restaurants, and antique stores** (古董店).

Well, a city that I would want to travel to, is NYC, New York City (纽约).

I've known NYC since I was a little kid through Hollywood movies and TV series. In my mind, I feel like I already knew this city pretty well, I've never been there yet, but I'm already in love with this city knowing what it can offer to people (在知道这座城市能给人们带去什么魔力的情况下, 我已经爱上它了).

I just want to experience its **fast-paced lifestyle**. It's **a city that never sleeps/it's a 24-hour city** (24 小时的不夜城). I mean, **there's always something going on** (总是有活动). It's got **an amazingly rich culture** that attracts people **from all over the world**. It's famous for its **countless museums and galleries**. It's like a paradise for people who are into history and art. Personally, I'm **an art lover** (美术爱好者). So, going to the Metropolitan Museum of Art, MOMA, and Guggenheim, would be my plan for the first couple of days.

Not just that, it's also the heaven for **foodies**. **Food options are crazy/mind-blowing** in NYC (这里的美食选择特别丰富). **You can find any**

**type of food there. From world-class Michelin star fancy restaurants (世界级米其林三星华丽餐厅), to casual affordable hole-in-the-wall hidden places (随意又便宜、隐藏在小巷子里的小馆儿), you can find anything. It has thousands of cafés where you can just spend the day sitting on the street patio (街边露天餐区), sipping coffee, and watching the world go by (看世界与人潮). When I travel to NYC, I'll make sure that I would spend enough time in those local cafes and restaurants, to soak up the food culture (吸收美食文化) better.**

**(以上两段内容很多, 一定删减一下!)**

**In terms of when I would go and with whom, well, hopefully as soon as possible, as long as the budget allows (只要预算允许). I mean, I've been saving up (存钱) for my NYC trip for quite a while. And to be honest, I'd rather go there myself as I want to fully immerse myself in the culture (沉浸在文化里) and make some local friends there. New Yorkers are famous for being super nice and sociable. And if I go there with somebody, chances are (很有可能) I wouldn't be "desperate" enough to talk to strangers on the street. So, I know that pushing myself out of the comfort zone (逼迫自己走出舒适区) is a good way to make new friends.**

**So, yeh, that's the city that I want to travel to. Thank you!**

### **Part3:**

**1. Where do people usually travel on holidays?**

**Well, people go to all kinds of holiday destinations (度假目的地) based on their own preference. Many people, especially young people, love going to cosmopolitan cities (大都市) like New York City, London, Paris, Tokyo to explore the fun and exciting/bustling nightlife, shopping districts, fancy hotels and restaurants. And there are people who are attracted to natural sceneries (自然风景), especially places with the sea and beach.**

People love going to Thailand, Mexico, Mediterranean countries to enjoy the sun and unwind on beautiful beaches (在沙滩上放松). And there are also people who are really into historical and cultural cities. People who are history lovers will go to places with rich historical and cultural heritage, such as Rome, Madrid, and Istanbul. For those people who are parents, they might make decisions based on what their kids like.

Probably theme park (主题公园) destinations would be the number one option for them, such as Disneyland, Universal Studios and Wonderland. (分群体)

2. Why do some people think it's enjoyable to stay at home on holidays? Believe it or not (不管你信不信), traveling is not for everybody (旅行不是适合所有人的). Some people just think it's too much effort and money. You need to prepare for the trip (准备旅程), book up hotels (定酒店), pay for flight tickets (买机票), and make itineraries (做日程计划), and organize the whole trip with attention to detail (细节至上地组织整个旅程). It requires a lot of management skills. and not to mention, you'll spend quite a lot of money. Some people just couldn't be bothered to go through that (懒得经历这一切). For them, holidays are supposed to be relaxing and easy (假期本该是放松又轻松的), so they'd rather spend that time at home, just pamper themselves (疼爱自己) by eating healthy, resting well, going to the gym, spending time with friends and family, you know, take a break from their work and recharge. I kind of get it (我有点能理解), to be honest. Sometimes I end up feeling even more tired after spending my holidays traveling in another country. (原因, 细节)

3. How do students who have taken a gap year differ from other students?

Students who have taken a gap year normally have the experience of traveling and working a bit, they could be different from other students knowledge-wise (从知识的角度), experience-wise (经验的角度), skill-wise

(技能的角度), and motivation-wise (内驱力的角度). When you travel more and gain some hands-on experience (实践经验), you become more knowledgeable about the world. The experience itself can broaden their perspectives and improve their capability of understanding people and different cultures. In terms of skills, during this gap year, probably they have developed some sort of practical skills (实用技能, 软实力), whether it's working somewhere or interning somewhere or volunteering somewhere. These experiences can help them develop hands-on skills such as teamwork skills, problem-solving skills, communication skills, and time management skills. After spending some time in the grown-up's world, they can better find their true motivation. What are the things they like and dislike? Who do they want to become in the future? Do they want to enter university or do they want to start working? They have a much better understanding of their goals and motivation. For example, I know someone who took a gap year before she entered university and she said that one year really helped her understand better what she wanted for her future. She realized that with only a high school diploma, she couldn't really find the job she dreamed. Therefore, going to university was a better option for her. And when she entered university, she was so determined (斗志满满, 决心满满) and with such a strong motivation. (罗列, 举例子)

4. Do teenagers usually travel with friends or alone?

I don't think teenagers would normally travel alone. That sounds really dangerous and crazy. I would say, teenagers usually either travel with their friends or with their families. And it depends on where they're going. If they're going to somewhere near and it's a short trip, like a couple of days (一两天), probably they would want to go with their own peers to build some shared memories (共建回忆) and to experience that sense of companionship (体验陪伴之感). And they're the same age, they have a lot of things in common (有很多共同点) and a lot of things to talk about. But when it comes to traveling a little bit farther away, especially to another country where people speak another language, they wouldn't feel really comfortable to go there without their parents. In that case, teenagers

would usually go with their parents so that they can be taken care of. (分情况, 注意, 你可以不同意题干)

5. What do you think is the most desirable place for people to visit during the holiday?

和题目 1 几乎一致

6. What does tourism have to do with cultural exchange?

I would say tourism and cultural exchange usually go hand in hand (肩并肩, 并驾齐驱的关系). For me, they're almost the same thing (几乎是一件事儿). Whether it's visiting historical sites (历史遗迹) or cultural landmarks (文化地标), or talking and making friends with local people, or trying out local cuisines (当地美食). Everything they do locally is closely intertwined with (紧密捆绑) cultural experience. That's why I hate to see when people go to another country but they never go to local restaurants, instead, they go to McDonald's or KFC because they "don't feel comfortable enough" to try out the local food. For me that's really insane. This kind of behavior really ruins the purpose/essence of traveling (破坏了旅行的意义、精髓). (原因, 举例子)

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