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本季度新题 (2023 年 1-4 月新题, 2023 年 5-8 月保留题):

Staying up (熬夜)

知识点:

- 早起型的人: morning person/ early bird
- 晚睡型的人: night person/ night owl
- 熬夜晚睡: stay up
- 熬通宵: pull an all-nighter/ stay up all night
- 早睡早起: go to bed early and wake up early
- 睡觉: go to bed/ go to sleep/ hit the sack (俚语) / call it a day (结束一天, 准备休息)
- Sleep in 赖床、睡懒觉
- Have a lie-in 睡到自然醒
- Catch up on my sleep 补觉
- I'm a big sleeper: 我是特别爱睡觉的人
- I sleep very little: 我觉很少
- My sleep quality (睡眠质量) is really bad/poor/good.
- light sleeper: 睡觉很轻的人; heavy sleeper: 睡觉很重的人。
- I couldn't sleep last night: 我昨晚没睡好。别说: I had insomnia last night. 那是很严重的失眠症。

- I was tossing and turning all night last night: 我昨晚一夜辗转反侧
- I was drifting in and out of sleep. 一会儿睡一会儿醒
- seize the day 享受珍惜每一刻: to make the most of the present moment

I love waking up early and seize the day.

- Set the tone (for): 奠定基调

Mornings are the time when we set the tone for rest of the day.

早上的时光把其余的一天的基调奠定好。

- Mornings are when I feel the most energetic and can get things done. 早上是我感到最有能量以及能把事情做成的时候。
- I love the quietness and the calmness in the morning. 我喜欢早上的宁静
- sleep talking: 说梦话

Sleep talking happens when people are stressed.

She talks during sleep every night.

- sleep walking: 梦游。使用方法同上。
- set alarm 设置闹钟

I always set my alarm earlier so that I don't need to rush around (由于要迟到而窜来窜去) in the morning.

- turn off the alarm 关掉闹钟; hit snooze 点击“小憩”

1. Do you often stay up?

① Yeh I'm a night owl/night person for sure! I stay up almost every night until 2 or 3 am; sometimes I even pull an all-nighter. I just really hate going to bed. I don't know why. Sometimes, even I have nothing much to do, still I keep procrastinating (拖延), looking at my phone, scrolling on

social media, to the point that (以至于) I can barely keep my eyes open (眼睛都几乎睁不开)。(细节, 原因)

② Uhm, very rarely, almost never. I'm a morning person. I really enjoy getting up early to seize the day. I do a lot of things in the morning. Only when it's some special occasions like New Year's Eve, will I stay up a little with my family at home. We do the countdown (倒数), exchange hugs and kisses, and wish each other a "happy new year". And after that, normally I'll go to bed around 1 am. That's the latest I can go. (原因, WH 法)

③ Not anymore! Haha! I mean, as I'm getting older now, I can't afford to stay up anymore (熬不起). My body can't take it. Sometimes I won't be able to fall asleep (入睡) after staying up, and end up tossing and turning (辗转反侧) in bed for hours. And, in addition, I'll feel super tired and drowsy (昏头昏脑) the next day. I'll have to spend 1 to 2 days to recover from that (缓过来). When I was younger, I did it all the time and nothing happened. I was a total night owl before. (原因, 时间分层)

2. Did you stay up late when you were a kid?

① Yes, I stayed up late a lot when I was little. Normally on weekends, and during summer and winter breaks (寒暑假). My parents would stay up late, and so would I. I guess, they were really chill parents (淡定的家长), and didn't care too much about my sleep schedule (睡眠时间). We would watch TV together and chitchat in the living room. Now come to think of it (现在想来), it was a little crazy for a little kid to go to bed that late. (原因, 细节)

② Very rarely, once in a blue moon (非常偶尔, 俚语). My parents were very strict with my sleep schedule. I was allowed to stay up only when it

was Chinese New Year's Eve. I had a very healthy sleep routine (睡眠作息) when I was little. (原因)

3. What do you do when you stay up late?

① I wish I could tell you that I'm doing something really cool and interesting when I stay up, but the ugly truth is that I'm doing nothing much (我带是希望可以告诉你我熬夜的时候做的是特别酷的事情, 但是丑陋的事实是, 我什么也没在做). Like I said, I procrastinate (拖延) a lot. Sometimes, I'm scrolling on my social media, and sometimes I'm watching some meaningless comedy shows (没有意义的喜剧节目) on TV. (细节)

② Most of the time, I'll be chilling in my couch (在沙发上闲着), watching TV, or a movie, or being on my phone. Sometimes, I need to stay up to study. Occasionally (有时, 情况不多), I need to pull an all-nighter, hit the books (为考试临时抱佛脚), and prepare for the coming exam. (主流情况, 特殊情况)

③ Like I said, the only time when I stay up is during traditional holidays. So, normally I'll be celebrating the festival with my family, socialising, exchanging gifts, hugging each other, sending good wishes to each other...things like that. (细节)

4. What does it feel like the next morning if you stay up late?

① It depends on WHEN I need to get up the next day. If it's early in the morning, then I'll be dead on my feet (极度劳累), walking like a zombie (像僵尸一样走路). But if I can sleep in (睡懒觉) /have a lie-in (睡到自然醒) until 11 or 12 o'clock, I'll be fine. As long as I can get my 8-hour sleep, I'm all good (我没问题). (分情况)

② As a person who usually doesn't stay up, I'll feel physically beat up (被打一顿) the next morning. I'll be dead on my feet, walking like a zombie. I won't be able to think. My mind will be slow and foggy (思维像一团雾). I

don't like that feeling at all. That's why I try as much as I can not to stay up. (细节)

Happy things (快乐的事)

知识点:

针对乐天派和牢骚鬼的一些表达:

- optimistic: 乐观的; optimist: 乐观主义之人
- pessimistic: 悲观的; pessimist: 悲观主义之人
- realistic: 现实的; realist: 现实主义之人
- a happy camper: 乐天派 (goofy 傻大姐、哥)
- happy-go-lucky: 具备“快乐能带来好运”的态度

"I'm a happy-go-lucky person." "I'm always with a happy-go-lucky attitude."

- 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!
- Overjoyed/ thrilled/ super glad: 非常开心
- Ecstatic/ euphoric: 极度狂喜的 (高级词)
- Over the moon: 月亮之上, 表示很开心
- On cloud nine: 九霄云外, 同上, 表示开心
- I was filled/overwhelmed with joy and happiness.
- My heart is full. 我的心很满足、开心, 别无他求
- I was smiling from ear to ear. 嘴巴咧到耳朵根, 开心
- Words can't describe how I happy feel. 文字都表达不出来我有多开心
- I was speechless. 可以表示无话可说, 震惊、愤怒, 也可以是太开心

- I got really emotional, and started crying happy tears. 我很感动，留下了快乐的眼泪
- It brought me to tears. 当时我感动到哭泣
- I couldn't stop smiling. 我当时止不住地高兴地笑
- cranky/crabby/grumpy: 易怒的，总是很暴躁的
- whiny: 爱抱怨的，这个看不惯那个看不爽的
- whiner: 满腹牢骚的人 “Don't mind her. She's always a whiner.”

1. Is there anything that makes you feel happy lately?

① Yes, I've recently got a dog, and his name is Michael. I just feel so excited and thrilled to have him in my life. He's been making my life so much fun. I enjoy doing everything with him. We sleep together, watch TV together, take a walk together. (养了一条宠物，用 get 动词。原因，细节)

语法：用完成进行时，表示这份快乐一直持续到现在。

② Oh yeh, I've just received/got an offer from my dream school in the UK, and I've been over the moon since then. I fought so hard and prepared so much for this school, and now I'm in! It's been like a dream. (原因，细节)

③ Yes, actually, many things make me happy, and most of them are just small things. I'm a happy camper (乐天派). For example, recently, I've finished a book. It talks about how to be a better thinker and communicator. It is very informative and helpful, and that makes me feel very happy and contented (满足而快乐的). (举例子)

任何事情，做志愿者，看了一本很喜欢的书，看了一部很棒的电影，和很久不联系的朋友约饭，找到另一半.....

2. What made you happy when you were little?

It was so easy for me to be happy when I was little. Candies, toys, cartoons, play dates (和小朋友玩儿), getting a good grade (考好成绩), ...life was much simpler at that time. (列举)

3. What do you think will make you feel happy in the future?

① In the near future (在近期), I want to get promoted (晋升) and get a pay rise (涨薪). I've been working really hard in the same position for 3 years, so it's about time (该是时候了) to climb (up) the ladder (往上爬), and prove myself (证明我自己). That will make me very proud and happy. (原因)

② My biggest dream is to become a home owner (有房子的人). Having my own space, living a happy and peaceful life, building a beautiful family (建立一个美丽的家庭) there. Not like some people, all they want is being successful and rich, I just want to have a home and a peaceful life. (原因)

③ Passing this exam will make me REALLY happy, hahaha!!! I can't wait to study and live abroad, explore the world, meet new people, and spread my wings (展开我的翅膀, 意味着独立成长). I can't wait to see what the future holds for me (我迫不及待想知道未来是什么样子的). (原因)

自己结合实际情况回答, 想买一辆车、出国上学、为人父母.....

4. When do you feel happy at work, why?

这题只会问工作党

① I feel thrilled when I get paid, ahaha! When I see more money in my bank account (银行账号), I feel that all the hard work is paying off (所有辛苦都值得了). And I'm happy to see that I have financial security (有财产保障) and a good future. (原因)

② It brings me a strong sense of achievement when my clients tell me that I'm doing a fantastic job, or my boss tells me that I'm irreplaceable (不可替换), that means I'm a top performer (表现很突出的员工)。(原因)

5. Do you feel happy when buying new things?

① Yes, I am a shopaholic (购物狂). Shopping definitely makes me happy. Sometimes when I feel moody, I will swipe my card like there's no tomorrow (像世界末日一样刷卡). When I see all the shopping bags in my hands, I feel very satisfied. It can lift/boost my mood (提升、激增情绪)。

② Not anymore. I used to be a shopaholic. But now I'm trying to get rid of the habit of impulsive shopping (冲动消费). It's a waste of money and energy (浪费时间和精力). I don't need that many things. Now, I'm trying to declutter (断舍离) and enjoy the beauty of "less is more" (享受“少即是多”的美)。(时间分层)

③ I'm a minimalist (极简主义). I hate having too many things. I only feel happy when I buy things I really really need. I feel nervous and frustrated when I get things I don't need. (原因)

6. Do you think people are happy when buying new things?

Most people feel happy when they buy new things. Our human brains are actually wired/made to be attracted to novelty (novelty: 新奇的事物, 我们的大脑被设计成天生对新鲜事物充满好奇). Buying new stuff means they can have exciting new experiences. But the problem is, nowadays, people are over consuming things (过度消费). Consumerism (消费主义) is actually making people UNHAPPY. The more people buy, the more they need, and the more they compare themselves with others. And that causes the feeling of inadequacy and depression (自我价值感不足和抑郁的情绪). That causes low self-esteem (自我价值感很低)。(原因, 反向思考)

这道题往年考过。当时的问题有所区别，有时间、感兴趣可以看一下：

1. What do you do to stay happy?

① I'm a happy person in general. So, it's relatively easy for me to stay contented, as long as I can enjoy my life, do things I want to do, and see my friends and family. One thing that can always lift my mood is going to the gym. I guess, dopamine (多巴胺) really helps people stay happy. (细节补充)

② I'm a social person, so I always need to be with people in order to stay happy and positive. I see my friends and family on a regular basis. And each time after talking with them, I feel very happy and relaxed.

③ For me, having a healthy lifestyle and daily routine is the key to being happy (the key to sth./doing sth. 通往 XX 的钥匙). As long as I can get enough sleep, eat healthy, do exercise, and enjoy my life, I'm happy.

2. Can you stay happy all the time?

Although it's easy for me to stay happy, still nobody can be happy forever, all the time. It's just impossible. Negative emotions are unavoidable. Some of them help us stay away from danger, and some of them help us keep getting better and keep improving ourselves. And plus, we need those contrasts between positive and negative emotions in order to recognize and appreciate our gains, things we have (我们需要在正负情绪的比较之间，识别和感恩我们的获得，我们已经有的东西)。

(罗列原因)

3. Is it important to be happy?

Happiness is important. It's a rewarding feeling that everybody pursues, because it gives us enjoyment and hope, and help us connect with the world. Nobody wants to be unhappy; nobody wants to be sad. Without happiness, the world wouldn't keep moving forward, as there wouldn't be enough motivation. (原因+反向假设)

Weekends (周末)

知识点:

1. 关于放松的表达:

- **unwind/ wind down:** 放松 (wind v. 表示缠绕、纠结, 发音[waind])
- **relax/ get relaxed:** 同上
- **take a breather:** 喘口气, 休息一下
- **loosen up:** 解压, 放松一下
- **mellow out:** 同上
- **put my feet up/ let my hair down:** 翘起脚来, 头发散下来 (具体的放松的画面感, 俚语。男女皆适用)
- **blow off steam/ let off steam:** 当个人情绪非常强烈时, 舒缓下来, 适用于压力很大时的解压放松, 也适用于兴奋、愤怒、紧张等其他浓烈情绪
- **chill/chill out/ chillax:** 放松, 也可以表示“冷静”
- **recharge (the batteries):** 重新蓄电, 获得能量
- **take my mind off things:** 让我的思路抽离现实
- **forget about my daily worries:** 忘记我的烦恼
- **take some “me” time:** 花点时间陪自己
- **practice self-care:** 照料自己的心情和状态

2. 周末可以做的事情

- **stay up**
- **sleep in/ have a lie-in**
- **work out at the gym**
- **go to the park**
- **get close to nature**
- **go for a picnic**
- **go to the mountain**

- **meet up with friends, and catch up**
- **visit family**
- **spend quality time with family**
- **binge-watch TV series (刷剧, 狂看剧)**
- **read books**
- **slump/ lie in the couch 瘫坐在沙发里**

1. Do you like weekends?

① I love weekends! That's when I can finally unwind (放松) and take some "me" time (花时间陪陪自己) / practice self-care (照料自己的心情和状态). Additionally, during the week (周一到周五), normally I need to work overtime (加班), sometimes even until midnight. So, on weekends, I can finally get my 8-hour beauty sleep (8 小时美容觉) or even more. I love sleeping in (睡懒觉) on weekends. (原因)

② Who doesn't (谁不喜欢呢) ?! I love it more than anything else (是我的最爱). I'm the kind of person who screams "TGIF" (Thank god it's Friday) on Friday night (经典句型, 见直播课). After spending the endless weekdays, finally I can be staying up at night, slumping in my couch (瘫在沙发里), and binge-watching (刷剧) TV shows; I can spend quality time with (高质量时光) my family and friends; I can go to the park or the mountain, get close to nature (接近大自然) ...just disconnect with all the work. (原因, 细节)

③ Well, I'm working at a tutoring centre (辅导中心), so I need to work a lot on weekends. That's why I love the weekdays much more, haha! But it's just me. My work schedule is different. (原因)

④ Well, it's a love and hate relationship (又爱又恨的关系). On weekends, I have a lot of classes to go to. I have a water colour painting class (水彩画画)

班), a guitar class, AND a Spanish class. I make myself very busy over the weekend (我让我自己在周末特别忙). I love learning new things, but at the same time I don't get to rest and recover from the weekdays. (原因, 细节)

2. What do you usually do on weekends? Do you study or work?

上题当中的很多表达都可以借鉴。如果上题详细地介绍了周末做什么, 这题不会问了。

I consciously (有意地) try my best to keep the balance between work and life/school and life. So, I never work/study over the weekend. On weekends, I'll work out at the gym, meet up with my friends, and see my family. (细节)

3. What did you do last weekend?

①Last weekend, let me see... (让我想想), I spent Saturday the whole day binge-watching my favorite series (刷我最爱的剧), called Wednesday. And I went to my grandparents' house for lunch on Sunday. My grandparents and I are really close, so I see them every two weeks (每隔一周). (细节)

②Last weekend, let me see..., I took my painting class, my guitar class, but not my Spanish class, as my teacher was sick. And... other than that (除此之外), I saw my best friend, Jessica. We went to a bar and caught up with each other (叙旧). (细节)

4. Do you make plans for your weekends?

①Sometimes I do. I mean, if my I have a lot of things going on (很多事情来发生) the coming weekend (即将到来的周末), I will definitely plan it out beforehand (提前计划好), making sure that I don't over commit (过度承诺) and end up having multiple plans overlapping (有多个计划重叠). (原因)

② No, not really. I mean, my weekends are almost always the same, rest, work out, and see my family. So, there's nothing much to plan about. My life is very simple. (原因)

Schools (学校)

这个主题是在 part1 问完工作还是学习之后，学生回答“学生”，才有可能问这些问题。且，在现实生活中，当人们用 school 这个词的时候，往往指的是大学阶段以下的阶段。小学、初中、高中。这道题，我感觉不会是特别针对大学生的问题。

“In both British and American English, a school is a place where children are educated, and a university is a place where students study for degrees.” 摘自 Collins 字典

知识点：

-形容学校的表达：

1. 正向：

- one of the best schools/ one of the top 5 schools...
- rank XXX: My university ranks the 6th in China.
- well-equipped 设备齐全
- offer the best/top-notch facilities 提供最棒的设施、场馆
- have access to educational resources 有教育资源
- accommodating 为人着想的、助人为乐的、提供帮助的

An accommodating school fulfills all your wishes and needs.

- great students, great teachers, great faculty, great leadership

学生也棒，老师也棒，全体教员（一般大学里会用 faculty，而不是 teacher），领导层也棒

- school spirit 学校精神，团结精神

The students at this school have a strong sense of school spirit, they are always cheering on their classmates during a sports game.

The school spirit is one of the things that makes this school special, the students, staff, and parents are all proud to be part of the community.

- clean/ tidy/ well-kept 干净整洁的

I love how everything is so clean in my school. It really helps students stay focused.

- innovative 创新的

My school uses creative and innovative approaches to learning while encouraging students to think outside the box.

- Scholarly 学术的、勤奋好学的

My school is very scholarly. It promotes learning and rewards hard work.

- great/ positive/intense learning atmosphere 超棒的、积极的、激烈的学习氛围
- 其他: modern/ spacious/ supportive/ flexible...

2. 负向:

- My school has nothing. It's super small. 啥也没有
- My school lacks facilities and resources. 缺乏设施和资源
- Things could be better at my school. 学校还有进步空间, 不咋地的意思
- Not the best school in the world. 很委婉的语气, 也是不咋地的意思
- It's a famous party school. 很有名的“爱玩儿”的学校
- old-fashioned/ outdated 老派的
- narrow-minded 眼光狭窄的
- It's just a whatever school. 就是个啥也不是的学校

1. Where do you go to school?

大学生①: I study here I this city. The school is called XXX university/ college. It's a little bit far away from home (home 这里指家乡) . I only see my parent once per year during Spring Festival.

② I study in another city, not very far from here. The school is called XXX university/ college.

高中生: My high school is 30 mins away from here. It's located in the south of the city. And it's super close to my home. I walk to school every day.

2. Do you go to a good school?

① Uhmmm, I would say, it's a pretty good school, yes. It's top 10 in China. Great students, great faculty, great learning atmosphere. Very accommodating, flexible and innovative. I'm learning a lot and having so much fun here. So yeh, I'm a proud student (很骄傲的学生) of XXX university. (原因)

② Yeh, my high school is one of the best schools in my city. It's spacious and clean. Well-equipped, and offers the best school facilities. We have our own gym and swimming pool. The teachers are professional, patient, respectful and pay a lot of attention to our needs (非常留意我们的需求) .

The students are amazing as well. (原因)

③ Uhmmm, it's not the best school, if you know what I mean. Things could be better at my school. For example, we don't even have our own sports field (体育操场) . (原因)

3. Do you like your teachers?

① Yes! They're the best! My teachers are professional, patient, respectful and pay a lot of attention to our needs (非常留意我们的需求) . They encourage students to think outside the box. They make learning fun and efficient. (原因)

② 适合高中生: Yes, I love my teachers! They're so creative! For example, sometimes, our homework is DIY things (手工做东西). Like, when we take geography classes, we learn different countries and cultures, our teacher asks us to DIY things related to this country! And then she puts them in the school hallways (学校走廊), like an exhibition (就像展览一样)! Now we are learning about Egypt (埃及). So, the hallways are full of cardboard pyramids (硬纸板做的金字塔)! Hahaha! (举例子)

③ Uhmmm, not really. I mean, some are OK... and some are just doing the bare minimum (应付了事, 做到最低能接受的范围). They couldn't care less about the students (完全不在乎学生). For example, I've been at my school for 3 years, and some of my teachers still don't know my name yet. (原因+举例子)

go above and beyond

4. Do you like your current learning atmosphere?

① I love it! The learning atmosphere here is really positive. Not super intense, but students are pretty hardworking and scholarly/studious. However, it doesn't mean that (不代表) we don't know how to have fun. We study hard and party hard (我们学习努力, 玩儿得也认真). At my school, there are more than 100 school clubs (兴趣团). (转折)

② My university is a famous party school. So, there's no such thing as (没有这回事) learning atmosphere. Haha! The "partying atmosphere" is pretty intense, I'd say (派对氛围很浓烈! 幽默的语气). (原因)

③ Yeh, my high school is very scholarly. Students are hardworking. It's competitive (有竞争的), but not in a negative way (但不负面). We enjoy the whole learning process. (原因)

5. What are the differences between your school and other school?

自己可以结合语料回答

6. Is there anything you want to change about your school?

① I wish my university could have it's own gym. It would be so much easier for me to work out. Right now, I have to take the bus and go to a gym that is 30 mins away from my dormitory. It gives me a headache just thinking of it now (现在想一下都头疼)。(原因)

② I wish there could be more support from my school. For example, last year, I took part in National High School Student English Speech Competition (我随便编的) . My school didn't offer any help or tutoring. They couldn't care less (完全不在乎)。(举例子)

Art (艺术、美术)

知识点:

美术流派:

1. modern art (当代艺术)

- Impressionism 印象主义
- Post-impressionism 后印象主义
- Expressionism 表现主义
- Cubism 立体主义
- Symbolism 象征主义
- Surrealism 超现实主义
- Minimalism 极简主义
- Social realism 社会现实主义
- Dada 达达主义
- Pop art 波普艺术

2. traditional art (传统艺术)

- **Renaissance art** 文艺复兴时期绘画
- **Romanticism** 浪漫主义
- **Neo-classicism** 新古典主义

1. Do you like art?

① No, not really. I'm 0 artistic (一点艺术家气质都没有) . I just don't get art (不理解美术) . I don't get it. I don't feel it (感受不到) , and I don't feel connected to it (连系不起来) . It doesn't click with me (没有正向感应) . (原因)

② If we are talking about visual art (视觉艺术) , then yes, I love it. My favorite genre of painting (绘画风格) is post-impressionism (后印象派) . Van Gogh and Monet are my favorite artists. (细节补充)

③ If we are talking about visual art, not so much, as I don't have a knack for (有天赋) painting or drawing. But I love music. I play the guitar and a little bit piano, and I'd like to consider myself a musician (我愿意视自己为一个音乐家) . I actually have a band (我有个乐队) . (分情况)

2. Do you like visiting art galleries?

Art gallery 是画廊，往往是私人的。看画的同时也可以买画；**art museum** 则是美术馆。两者之间有区别。

① No. just like I said, I'm not an artistic person. I feel like an outsider (门外汉，外来的人) when I'm there. So, I almost never go to an art gallery. (原因)

② I don't really go to galleries that often, as I usually spend my money on concerts. But I enjoyed my time being in a gallery each time.

③ I actually prefer go to art museums more, as I can see a lot of famous art pieces all at once (同时), and learn a lot about art. Galleries are cool, I like them. But it depends a lot on the taste of the owner (画廊老板的品味很重要). I would say, galleries are more personal. I don't like all of them. (原因)

④ I love galleries!!! I love the fact that I can find some really unique artists and their art pieces in small galleries. Sometimes I can even afford to buy some paintings and add them to my collection (加入我的收藏里). (原因)

3. Do you want to be an artist?

① No, I have 0 interest in that. Like I said, I'm not into art at all. (原因)

② That would be incredible! I mean, I love art and I love painting.

However, the only thing (唯一的问题) that stops me from trying to be a professional artist is the fact that being an artist is hard. It's hard to make a living (生存) based on painting paintings (画油画), unless you're well-known. Compared with being a doctor or a teacher, being an artist needs much more courage. (原因+转折)

③ Oh yeh! Absolutely! That would be the coolest thing ever (那会是最酷的事儿了)! I wish I could be a painter (虚拟语气, 真的很希望), using my paint and my brushes to express my emotions, feelings and attitudes towards the outside world (用我的颜料和笔刷来表达情绪、感受以及对外部世界的态度). It would be so beautiful! (原因, 细节)

4. Do you like modern art or traditional art?

① I love modern art. Especially impressionism and post-impressionism (尤其是印象派和后印象派). I find these styles far more relatable (让人产生联系感) than traditional art. They are full of color diversity (色彩多样性) and brightness. Because that was the first time when painters decided to go out and catch sun and light. They expressed their feelings/perceptions

through the light and color (他们通过光线和颜色来表达自己的感受), rather than created exact representations (完全一致的描绘). (强调补充, 原因)

门外汉版: I wouldn't consider myself an art expert/ art lover, but I definitely prefer modern art. There's something about the expressive and emotional qualities of modern art (课上讲过的句型) that really resonates with me (和我共鸣). I can relate to (有共鸣感) modern art more easily. While traditional art often showcases (展示、显摆) impressive technical skills, it doesn't always speak to me on a personal level (从个人角度无法引起共鸣). (原因)

② I love traditional art more. When I look at Renaissance art in the museum, I always feel mind blown (被震撼) by the level of technique (技术水平) in those paintings. It takes decades of practice. (原因)

Chocolate (巧克力)

知识点:

巧克力口味:

- Milk chocolate 牛奶巧克力
- White chocolate 白巧克力
- Dark chocolate 黑巧克力
- Peanut butter chocolate 花生酱口味巧克力
- Sea salt chocolate 海盐口味
- Chocolate with nuts (walnut chocolate, hazelnut chocolate,..) 带坚果口味的 巧克力 (巧克力为主, 坚果为辅): (核桃巧克力, 榛果巧克力)
- Chocolate covered nuts 被巧克力包裹的坚果 (坚果为主, 巧克力为辅)

- **Chocolate chip cookies 巧克力颗粒饼干** (比如趣多多)
- **Chocolate bar 巧克力棒**
- **Chocolate candy 巧克力糖果**

关于巧克力:

- **Chocolate freak/ person 特别爱吃巧克力的人**
- **The go-to snack 首选零食**
- **All-time favorite snack 一直最爱的零食**
- **High in calories/ high-calory food 高热量食物**
- **Fat/fattening 很发胖的**
- **Chocolate is evil!!! 巧克力很邪恶!**
- **I can't say NO to chocolate!! 我无法拒绝巧克力!**
- **It's a love and hate relationship. 我对巧克力是又爱又恨。**

1. Do you like eating chocolate? Why or why not?

① Yeh! Chocolate has been my all-time favorite snack (一直最爱的零食).

It's my go-to snack (首选的小吃) when I go for a hike. I especially love sea salt chocolate (海盐口味的巧克力). The crispy sea salt goes well with (很搭配) the smooth and melting texture of chocolate (脆脆的海盐搭配丝滑融化的巧克力很棒). And the difference between the two flavours is very unique. They complement each other (相辅相成). (强调补充)

② It's a love and hate relationship. Chocolate is evil!! It's so fattening (发胖的) to the point that I gain 1 Kg(kilo) by just looking at it (巧克力很发胖, 以至于我看一眼就长胖 1 公斤, 夸张玩笑语气). Hahahah! It's so high in calories that I only eat it during Christmas. (原因)

③ Call me a weirdo but I don't feel crazy about chocolate (经典句型, 自嘲口语, “可能我很奇怪吧, 叫我怪咖好了, 但是我就是不喜欢巧克力”) . I just don't have a sweet tooth (俚语, 甜牙齿, 表示嗜甜) . I love salty snacks, like chips, crackers...I can finish a whole bag of potato chips in 5 mins! (原因, 取而代之喜欢吃什么)

2. How often do you eat chocolate?

① Oh... too often (过于经常了) !!! Every day! I'm like a chocolate freak! I always have chocolate bars in my bag. Sometimes when I don't have time for lunch, I'll just grab a chocolate bar and eat it while on the go (奔波状态中) . But I know, I shouldn't eat sweet food that often. (原因, 细节, 频率)

② Not very often, like I said, only during the holiday season. I try very hard to control my craving for chocolate (想吃巧克力的欲望) . (原因)

3. Did you often eat chocolate when you were a kid?

① I remember yes. As a kid, I needed a lot of extra calories to grow taller and bigger. Chocolate is high in calories, and it's delicious and lightweight, so it's a very popular type of snack for kids. I always had chocolate bars or chocolate chip cookies in my schoolbag. (原因)

② Not really. I was actually a little over weight (超重的) when I was younger, so my parent really kept an eye on (小心, 留意) what I ate and snacked on. They tried to give me healthier snacks, like fruits, veggies and dairy products (乳制品) . (原因)

4. Why do you think chocolate is popular around the world?

① I don't know, there's just something about chocolate that makes people happy and satisfied (巧克力有一种无法形容的神奇魔力让人快乐又满足。经典句型 There's something about...that...) . The sweet and chocolaty (巧克

力的) flavour, and the smooth, silky and melting texture (丝滑柔顺的口感), the combination is just...indescribable (无法形容) . It's magical. (原因)

② I honestly don't know. As I said, I'm not a big fan. Maybe it's because chocolate is sweet, and sweet food makes people happy? Or maybe it's a cultural thing (文化现象) . I mean, chocolate has been a prevalent part of western cultures for hundreds of years. (原因)

5. What's your favorite flavour?

① My favorite flavour is dark chocolate. The darker the better (越黑越好) . I just love the flavour of pure cocoa (纯可可粉), so dark and earthy (泥土味的) and rich (浓烈的) . I even love the bitter taste (苦味) in it. (细节)

② I'm in love with hazelnut chocolate! I love hazelnuts and I love chocolate. Can't ask for more! I'm obsessed with hazelnut chocolate. (细节)

③ I love chocolate with mint flavour! Some people say it tastes like chocolate with toothpaste (巧克力加牙膏的味道) , but not for me! Haha! I'm addicted to the fresh taste of mint combined with chocolate. Very interesting! (让位驳斥)

6. Do you think it's good to use chocolate as gifts to others?

For sure! It's the most common and popular gift in the world. And also, it's a very safe choice (安全选择) . I mean, almost everybody loves chocolate. I only know one person in my life that hates chocolate. So, it's the easiest option. Unless you know that the gift receiver (收礼人) hates chocolate. Then, get him/her something else! (原因)

Music (音乐)

知识点:

班级资料里 2 号文件夹“音频版词汇集”第二集有详细的针对音乐歌曲的表达，可以找
来阅读以及收听音频。这里摘抄局部：

1. 针对音乐的形容词:

- Beautiful, pleasant, happy, cheerful, playful, upbeat, delightful, ecstatic (狂喜的), energetic, powerful, passionate, sexy, catchy (朗朗上口的), soaring (空灵的翱翔的), poetic (诗歌感的), uplifting (使人振奋向上的), peaceful, relaxing, soothing, slow (慢歌), soft (柔软的), empowering 给人力量的
- awful, boring, distracting, loud, chaotic, noisy, depressing, sad, downbeat, gloomy, unpleasant, ear-splitting (炸耳朵, 太吵), uncomfortable, riotous (不受约束的, 乱的吵的), explosive, brassy (刺耳的), annoying (烦人的), piercing (穿透的刺耳的, pierce 作为动词表示打耳洞), scratching (音乐或者人的声音很刺耳), nerve-racking 让人紧张

2. 音乐的种类 (music genres):

Blues 布鲁斯; Jazz 爵士乐; Rhythm and Blues 节奏布鲁斯

Rock and Roll / Rock 摇滚乐; heavy metal 重金属

Country 乡村乐; Folk 民谣乐; Soul Music 灵魂乐

Dance 舞曲; Hip Hop 嘻哈乐; Kpop 韩国流行乐

Pop 流行乐; Classical 古典乐; (pure) instrumental 纯乐器

3. 音乐带给人的感受:

- resonate with sb.: 与某人共鸣

This song really resonates with me so much!

- click with sb.: 让人很喜欢, 很敲中内心, 尤其是第一次接触时

The song really clicked with me the first time I heard it.

- **hit sb.:** 击中内心
- **bring sb. to tears:** 催人泪下
- **amaze/stun/ astound/ touch sb. :** 震撼感动某人
- **make sb. want to dance:** 让人听了想跟着跳舞
- **give you positive energy:** 给你积极的力量
- **heal the wound:** 抚平伤口
- **motivate sb./ give sb. motivation and hope:** 激励人心，给予希望
- **cheer sb. up:** 让人心情变好
- **give somebody goosebumps/ the creeps:** 让人浑身起鸡皮疙瘩
- **keep sb. calm:** 使人平静
- **give sb. a sense of security:** 给人安稳安全之感
- **Listening to music is a way to release my inner emotions that are weighing me down at that moment.**

4. 其他表达:

① Lyrics: 歌词

If you don't listen to the lyrics, you won't know what a song is about.

注意 lyrics 作为歌词一直是复数形式

② Beat: 拍子，节拍

Dance music always has a strong beat.

③ Rhythm: 整首歌的节奏

The rhythms of African music are much more complex than those of European music.

④ Melody: 旋律

I love the melody of this song. I can whistle (吹口哨) the melody.

⑤ Music album: 音乐专辑

His latest music album wasn't a massive hit (销量很好) but I love it.

This album was released in 2011. But it didn't sell well.

5. 噪音:

好听的声音: beautiful, pleasant, attractive, sexy, husky (高分词, 低沉有魅力的小哑嗓子), euphonious (高分词, 表示极其悦耳), soaring (高分词, 空灵的); 难听的声音: bad, terrible, awful, raspy (难听的哑嗓子), squeaky (高音又尖锐的声音); high-pitched 高音的; low-pitched 低沉的;.....

1. What music do you like?

① I like almost every type/kind/genre (种类) of music. Pop, Jazz, Hip-Hop, country...basically, I just love exploring new stuff (探索新事物) . I especially love experimental music (实验性的音乐) and fusion style music (混合风) . It's so fun to listen to unique things. I'm very accepting (有接受度的) and openminded (开化的) when it comes to music. (细节, 强调补充)

② I love country music. My favourite country music singer is Taylor Swift. I just love her music, the rhythm, melody and lyrics, everything. Her music really clicked with me (让人很喜欢, 很敲中内心, 尤其是第一次接触时) the first time I heard it. I fell in love with (爱上) her and her music right away/immediately. I can relate to (感同身受) many of her songs. (原因, 细节)

答题思路: I love XXX. My favourite XXX singer/band is YYY. 之后解释原因。

之前标题 3 里的关于音乐带给人的感受, 里面的语料都可以借鉴。

如:

- **give somebody goosebumps/ the creeps:** 让人浑身起鸡皮疙瘩
- **keep sb. calm:** 使人平静
- **give sb. a sense of security:** 给人安稳安全之感

③ I like dance music and Kpop (韩国流行乐) . They're just so catchy and danceable (适合跳舞) . I love dancing and clubbing (去夜店跳舞) . A powerful and sexy dance song with a strong beat (鼓点强) can really make me go crazy/nuts (让我发疯) . (原因)

④ 不一定回答音乐种类, 可以是一种风格。如慢歌、快歌、安静的歌。

I love slow and tranquil music, very soothing (安抚人心的) and relaxing. Especially pure instrumental music (纯轻音乐) . When I need to study/work, I'll play this kind of music. It really helps me get in the zone (进入状态) and stay concentrated. Recently I've been listening to a lot of Lofi. At first, I didn't feel too strong about it (没有太大感觉) , but it started growing on me (越来越喜欢, 成长出来的喜欢) more and more. Now I love it. (原因, 强调补充)

Lofi: 低保真音乐。指的是音乐制作中故意使用不完美的音质录制的音乐作品, 会将录制过程中的杂音、呼吸声等一并录制下来, 多是出于艺术性考虑而刻意为之。低保真音乐在 1990 年代即被视为流行音乐的一种曲风。多为很适合学习工作时听的轻音乐。

grow on: 慢慢喜欢上。I love this song! It's growing on me!

2. What music do you dislike?

① I can never care for jazz (喜欢不起来) . I just don't get it (我不懂它) . Most jazz songs are so, how do I put this (我该怎么形容呢.....) , so chaotic and

busy (嘈杂忙碌) . Lots of things going on at the same time (同时有一堆东西在作响) , too many instruments. You know? (原因)

② I don't like slow music. It's just boring for me. I love music with a strong beat (鼓点很强) , powerful and interesting. I work out a lot, so I always listen to workout music (健身音乐) . XXX is my favourite singer. (原因)

③ I'm never a big fan of rock music, especially heavy metal (重金属) . It's just too loud, chaotic and crazy. I know for many people, it's cool and empowering, but not for me. It's ear-slitting (吵到耳膜炸裂) and nerve-racking (令人紧张) to me. Definitely not my thing (不是我的菜) . (让位驳斥)

3. Do you often listen to one type of music?

① No, never! Like I said, I'm an open person (情感丰富, 思想开化的) , and I love exploring different types of music. Only listening to one genre of music sounds very boring for me. (原因)

② It depends on my mode (看我什么状态里) . When I'm in an insecure and lazy mode (缺乏安全感又懒惰的模式) , I might just stick to (坚持、一直做) one type of music for quite a while. But sometimes, when I'm in an exploring mode, I'll listen to ANYTHING. (分情况)

③ I hate to admit it but yes... I AM a little stubborn with music sometimes. For example, I love instrumental music, and it's all I have been listening to lately. Which is not a good thing. In the future, I wish I could become more accepting and less stubborn, and get to know more music genres. (先抑后扬)

4. What music do your friends like? Do you enjoy the same type of music?

根据前面的信息自己准备这题

5. What's the most popular type of music where you live?

① Well people have different tastes in music, so it's hard to say. I would say, among young people, we love pop, especially Kpop songs. They are easy to dance to, catchy and fun. Those Korean boy and girl bands have a HUGE fanbase (粉丝团) in China; and for older people, maybe they like folk, soft rock (慢摇滚) and classical. I don't know, my parents don't even listen to music, haha. I don't know what music older people prefer. (分群体)

② Well, right now, the MOST trendy (流行的) type of music is pop. All kinds of pop, local pop music (本土流行乐), American pop music, Korean pop music. Pop is pop, it's popular, it's for everybody (人人都喜欢). It's catchy, easy to remember, upbeat and joyful (朗朗上口、好记、积极的、欢乐的). Unlike other music genres that cater to (迎合) a specific group of people, pop can be enjoyed by people of all ages, backgrounds and cultures (所有年纪、文化背景的人群). That's why it has a much wider audience (观众群更宽). (原因)

6. Which singer or musician would you like to see in person?

I'd like to meet XXX in person, as I'm his/her massive/biggest/diehard fan!! I love his/her music so much.... (原因, 从语料里自行搬运) ...and on top of that, he/she seems to be a very nice person (感觉是个很不错的人). He/She is honest and down-to-earth (接地气). Not like some super stars who are full of affectation and pretension (充满装模做样的装逼感), he/she is very modest (谦虚) and lowkey (低调的). 在这里也可以举例子 (原因)

Jewelry (珠宝首饰)

知识点:

- 形容珠宝的形容词: **minimal** 简约的; **elegant** 高雅的; **simple** 简单的; **classic** 经典的; **professional** 职业化的; **timeless** 永不过时的; **comortable** 舒适; **fashionable** 时尚的; **stylish** 有风格的
- 常见的 jewelry: **earring** 耳环 (**dangling earring** 挂坠耳环; **hoop earring** 环状圈状耳环; **stud earring** 耳钉; **ear clip** 耳夹) ; **necklace** 项链, **choker** 紧紧卡在脖子上的那种项链; **bracelet** 手链, **bangle** 硬质的手镯; **ankle bracelet/ anklet** 脚链; **ring** 戒指 (**silver ring**; **gold ring**; **diamond ring**; **wedding ring/wedding band** 婚戒; **engagement ring** 求婚戒指)
- **be a symbol of** 寓意着.....

I always wear my wedding ring, it's a symbol of my love and commitment (爱和承诺) .

I wear a cross necklace as a symbol of my faith

- **It makes me feel confident** 它让我感到自信

I never leave the house without my favorite necklace; it makes me feel confident.

- **I feel naked without wearing my jewelry.** 我不带珠宝首饰就觉得很别扭, 像没穿衣服一样
- **mix and match** 混合搭配

I like to mix and match my bracelets for a unique look.

- **hold sentimental value** 有情感纪念价值

I have a pair of diamond earrings that I inherited from (继承) my grandmother; they hold sentimental value.

- **accessorize** 穿搭饰品的动作
- **statement jewelry** 点睛配饰, 一眼就能看到的往往比较夸张的珠宝

I love to accessorize my outfits with statement jewelry.

- make a fashion statement 表达一种时尚态度

I love to wear a statement ring on my index finger (食指), it makes a bold fashion statement.

- add (a touch of)...to my look 给我的一身穿搭增加一丝.....感觉

I wear a watch to keep track of time (追踪时间) and it also adds a touch of elegance to my look (带来一丝高贵之感) .

I wear a pair of dangle earrings (硬环粗耳环) to add some fun to my look.

- lucky charm 能带来好运的吉祥物

I always wear a gold chain (金链子) around my neck, it's my lucky charm.

- match my mood 配合我的心情/ match my outfit 配合我的一身装束

I love to wear different earrings every day to match my mood.

- personal style 个人风格

I love to wear a ring on every finger; it's my personal style.

- It reminds me of...它让我想起了.....

I wear my favorite bangle on my wrist, it reminds me of a special trip I took.

- go-to 首选的 (这个词在整套课里提过很多次)

I always wear a pair of hoop earrings; they are my go-to accessory.

- very "me" 很有我的风格/ it's totally me/ it has my name on it 上面写了我的名字

- go with everything 百搭/ go with 搭配= match

This necklace goes with everything. That's why it's my go-to accessory.

- **craftsmanship 手艺、工艺**

I love this beautiful diamond ring, because you can see a high level of craftsmanship in it.

- **family heirloom 传家宝**
- **fine jewelry (珠宝) , high jewelry (高级珠宝) , and fashion jewelry (时尚珠宝) 的区别:**

-fine jewelry: 珍贵金属做的, 如 **gold** (黄金) or **platinum** (铂金), 搭配稀有宝石: 如 **diamonds** (钻石) , **emeralds** (祖母绿宝石) , **sapphires** (蓝宝石) , or **rubies** (红宝石) .

-high jewelry: 很多时候都是高级定制 **typically one-of-a-kind** (独一无二) **creations, made with the finest materials and the most skilled craftsmanship**

- fashion jewelry: **everyday jewelry that goes with different outfits and moods.**

1. Do you often wear jewelry?

① **I personally do not wear jewelry on a day-to-day basis (每天) . I prefer a more minimal style and I don't feel the need to (感觉不需要) wear jewelry to feel confident or complete (感到自信或完整) . (适合男宝们: And plus, I play sports all the time, jewelry can be really uncomfortable and heavy. It also affects my performance (影响我的发挥)) . (原因)**

② **I wear jewelry all the time, it's a way for me to express my personality and style (表达个人性格和风格) , and also to make a fashion statement (时尚宣言) . I enjoy the way it makes me feel (我享受它带给我的感觉) and the way it can complement my outfit (以及它能补全我的穿搭的方式) . (原因)**

③ I don't wear my fine jewelry that often but when I do, it's usually special occasions (特殊场合) like a wedding or a party. I like to add a touch of elegance to my look on those special moments. But on a daily basis (日常每一天), I prefer not to wear anything to avoid losing or damaging it (避免丢失或损坏它). (分情况)

④ Oh yeh, quite often! I'm a jewelry freak (珠宝狂人) / jewelry lover (珠宝爱好者) / jewelry person (爱珠宝的人). And I have a wide collection of different types of jewelry (我有不同类型的珠宝的收藏), including rings, bracelets, earrings and necklaces. I enjoy experimenting with different combinations (实验不同组合) / mixing and matching (混搭) to create unique looks (独特风格). (原因, 细节列举)

⑤ I'm very passionate about wearing jewelry. I find that wearing jewelry is a way to express my personality and style. I often wear it to complement/match/go with my outfits. I like to choose pieces that are meaningful to me, and I have a lot of sentimental jewelry that I like. I also love to purchase one-of-a-kind (独一无二的) pieces from local designers (本地设计师). (原因, 细节)

2. What type of jewelry do you like?

① I personally prefer simple and minimalist jewelry, such as delicate chains (精致的项链), stud earrings (耳钉), or thin bands (细戒指). These types of jewelry can be worn on a daily basis and go with any outfit (和任何打扮都可以搭配). They are also easy to mix and match with other pieces, creating a versatile look (多变的风格). (细节, 原因)

② I love bold (张扬的) and edgy (先锋小众的) statement jewelry, such as chunky bracelets (粗大的手链), large earrings (大耳环子), or statement necklaces (体现个性主张的项链). These types of fashion jewelry can add

some drama to my look and I love it! I'm a drama queen (戏精) when it comes to fashion! (细节, 原因)

③ I really enjoy wearing jewelry pieces that hold a personal or sentimental value, such as a family heirloom (传家宝) or a piece that was gifted to me by someone I love. These pieces can help me stay connected to my past (和过去保持联系) and also people who are important to me.

语法: jewelry 不可数, 都是单数形式。想要具体化一件珠宝, 除了直接说是 ring, or, earring 这样的名词, 也可以说 a jewelry piece.

3. Do you usually buy jewelry?

① As a jewelry freak, I buy jewelry pretty often. I mean, I can't afford to buy expensive jewelry. Not all my jewelry pieces are gold, platinum, or diamond. But I buy quite a number of (相当多的) fashion jewelry pieces to match my outfit and my mood. (原因)

② No, normally I receive jewelry as gifts from my parents and my extended family (除了父母以外的延伸家庭). My mom especially likes to buy me all kinds of jewelry and accessories. Sometimes I would buy some jewelry for myself on special occasions like, my birthday. (主流情况, 特殊情况)

4. Why do you think some people wear a piece of jewelry for a long time? Some people do it because it holds sentimental value to them. For example, it may have been a gift from a loved one (亲爱的人), or it may be a family heirloom (传家宝) passed down through generations (一代代传下去). Another reason is that, certain types of jewelry, like gold and diamonds, are considered to be valuable investments (有价值的投资), which some people may choose to wear for a long time. (分群体)

Small business (小型企业)

知识点:

- mom-and-pop shop 小型的夫妻店 (mom 妈妈, pop 爸爸)
- hidden gem 宝藏, 形容人和物都行

This local clothing store is a hidden gem.

- a diamond in the rough 未经雕琢的璞玉, 形容人和物都行

This store is a diamond in the rough. 这家店在我眼中是一块璞玉

- a niche market 小众商机 /ni:ʃ/

In order to start a business, you need to find a niche market first.

- a family-run business 家族企业
- a bootstrapped startup 不求人的创业公司 startup 创业公司
- a little fish in a big pond 形容小企业缺少资源
- the backbone of the community 本地经济的脊梁 (重心所在); a local treasure 当地的瑰宝; a community staple 当地的主打经济; a staple/pillar in its community 当地的经济主打、支柱

1. Do you know many small businesses where you live?

① Yes, in my community, there're some boutiques (时装店、精品店) that are really unique and one-of-a-kind. I love spending time browsing around (闲逛) in those stores. They're definitely local treasures, and they always attract a lot of customers. Oh yeh, there's also a very nice fruit store that I always go to in my neighbourhood. It's mom-and-pop store, but the fruit there is amazingly fresh. I always support this store. (细节)

② Not a lot. I mean, I don't really pay attention to small shops or little startups in my area. I'm the kind of person who always goes to big stores, big companies, franchise stores (连锁店), etc, cuz(because) I trust on their quality, their reliability, and their stability. I don't understand why

people hate mass-produced stuff so much. I don't understand what all the fuss is about (我不明白他们激动的原因)。(原因)

2. Do you prefer buying things in big companies or small businesses?

① I prefer small businesses. From a personal perspective, small businesses often have a more personal touch (有个人的风格) and can provide more customized service (客户定制的服务). And also, they may be able to offer more flexible hours (提供更灵活的服务小时), more personalized attention (个人化的关注), and a more intimate shopping experience (更贴心亲密的购物体验). From a community's perspective, I like to support local economies and say no to mass-produced products (拒绝大宗生产的商品). Oftentimes, I feel that big businesses lack the personal touch and individualized service that small businesses provide. (分类讨论比较)

② I prefer big businesses for the convenience they offer, such as a wider selection of products (商品的可选择性), extended hours (额外长的营业时间), and multiple locations (分店多). And plus, I feel that I can trust on these bigger businesses to deliver the same quality (提供一致的质量) each time I shop. So, consistency (一致性) is another important thing I care about. Finally, another reason why I choose big businesses over small ones is because I see them as more stable (更稳定的) /reliable (可靠的), and therefore, less likely to go under/ go out of business (破产). There're just too many uncertainties (太多不确定性) with small businesses. (罗列)

3. Have you ever worked in a small business?

① No, I haven't. I've been a student all my life. I've never even had a part-time job. So, no. (原因)

② Yes, I worked at a small bakery (小烘焙店) for a few months during summer holiday this year, and it was a great experience. The owner was very hands-on (亲历亲为的), and I was able to learn a lot about baking and running a small business (经营小型生意). The atmosphere was very friendly and I felt like part of a family (我感觉自己是家庭一员). (讲故事法)

③ Yes, I worked at a small restaurant and it was a great experience. The owner was very passionate about the food and it was a great opportunity to learn about the restaurant industry (餐饮行业). It was a team, only 4 people including the owner, haha, but we were very close and it felt like working with a family. (讲故事法)

④ I worked for a small online company and it was not a good experience. The owner was very messy and disorganized (很混乱). And it was difficult to get clear instructions. The workload was overwhelming (工作量很大). Plus, I didn't feel like I was making a meaningful contribution (制造有意义的贡献). I left the job feeling burnt out (感到累透) and unappreciated. (讲故事法)

⑤ No I haven't, but I'm curious about what it would be like to work for a small company. I worked for a large retail company years ago. I was able to learn a lot. However, the company was so big that it was difficult to navigate (不知道如何工作、行驶) and find the right people to talk to. That's why I'm curious about working for a small business. (讲故事法)

4. Have you even thought about starting your own business?

① Yes, actually! This is one of my biggest dreams. I consider myself a person who has an entrepreneurial spirit (我自认为是一个有创业精神的人), and I want to be able to create something new and innovative that can change people's lives (有能力创造出新奇创新的东西来改变人们的生活). Meanwhile, I'd like to have a flexible work schedule, have more control over the business, and have the potential of being financially

independent (有实现经济独立的可能) . That's like the coolest thing ever! I want to be my own boss! (原因)

② I've thought about it, but I know that it's not for me (不适合我) . I'm a very risk averse (害怕冒险的) person. I hate risks, pressure and failures. I never perform well under pressure (我在压力下永远表现不好) . Being an entrepreneur (创业者) is too much responsibility and too much stress. I know myself well, I would be better off (更好、更适合) working in a team environment without having to worry about running a business. (原因)

Keys (钥匙)

知识点:

人们日常生活中常带的钥匙:

- **House or apartment keys (家门钥匙) : to enter their homes or apartments**
- **Car keys (车钥匙) : to start and unlock a vehicle**
- **Office or work keys (办公室钥匙) : to enter their place of work.**
- **Padlock keys (挂锁) : to open a locker (储物柜, 健身房里的柜子、美国高校走到里的柜子) or storage unit (储藏空间) .**
- **Mailbox keys (邮箱钥匙) : to open their mailbox.**
- **如今新一代钥匙 Digital keys (数码钥匙) : to open locks using a mobile device or a smartwatch. These keys allow to open a door or a car without having to carry a physical key. 不需要实体钥匙**

其他表达:

- **locksmith 锁匠**
- **cut a key 配钥匙**

- **a spare key 备用钥匙**

1. Do you always bring a lot of keys with you?

① No, not a lot of key. Actually, I only have three keys, my apartment key, my work key and my mailbox key. That's it! My life is pretty simple. (原因)

② I always have a lot of keys with me. My friends always call me a locksmith (锁匠) hahaha! I Have my two apartment keys, one for the main entrance (大门) downstairs (楼下的) and one for the apartment door; and then, I have my mailbox key; my car key, my bike key (I love cycling); my padlock key for the gym; my office key; keys of my parents' apartment and my boyfriend's apartment...so that's...like 10 keys....! (细节)

③ I don't really bring keys with me anymore. I use keyless entry system for my apartment, and the same system for my office. And then, I only have a car key. (原因)

2. Have you ever lost your keys?

① Yes, a couple of times and it was always such a headache. Sometimes I didn't have a spare key so I had to call up a locksmith to change my lock (换锁) . Sometimes I needed to cut a new key (配钥匙) . And then I would be worrying about people finding my keys and causing troubles. It's always annoying to lost keys. (分情况, 细节)

② SO MANY TIMES, I don't even remember. Sometimes it was just a false alarm (虚惊一场) as the keys were hiding somewhere in a corner that was hard to see; sometimes they just disappeared and never came back. (以下可以用上个答案里的内容: And it was always such a headache. Sometimes I didn't have a spare key so I had to call up a locksmith to change my lock (换锁) . Sometimes I needed to cut a new key (配钥匙) . And then I would

be worrying about people finding my keys and causing troubles.) (分情况, 细节)

③ No, never, I am a very mindful person. I try my best not to leave thing behind. That's why each time before I leave a place, I always double check (反复确认) my things.

3. Do you often forget keys and lock yourself out?

① Not really. It happened only once. And I called my landlord (房东) / my mom/ my grandma to come over and open the door with a spare key.

② All the time! That's why I even have a spare key right underneath the door mat (门垫下面) / underneath one of the planters (在花盆下面) in the front yard, just like the solution in those Hollywood movies (就像好莱坞电影里的解决方案一样). I know, it's kind of dangerous, but I don't know what else I can do about it. Change my brain? Haha! (细节)

4. Do you think it's a good idea to leave your keys with a neighbour?

① Well, it depends on your relationship with the neighbour. If you've known each other for years and trust each like family, and if your neighbour also leaves their keys with you, then it might be a seemingly good idea (貌似不错的点子). Because you have someone near who can open the door when you lock yourself out, or water your plants when you are traveling far. But if you don't really know the neighbour well, it's not a good idea, as you're risking your own safety, wealth and everything matters to you in your home on this person (risk something on somebody). Personally I will never do that, never. (分情况)

② Personally I will never do that, never, not even if my neighbour and I have the best relationship. I know some people do that, and they think it's a great thing to do. But I don't trust humanity (我不相信人性). I'm not saying that for sure the neighbour will do something bad, but it might

encourage them open that door (打开那扇门, 打开邪恶的想法). Besides, I will become so paranoid (一惊一乍的) all the time. Each time when I can't find something at home, I will suspect my neighbour, which is quite unfair from him/her. (让位驳斥)

T-shirts (T 恤衫)

知识点:

- **regular fit:** 常规版本的 T 恤, 不大不小
- **slim fit:** 修身 T 恤, 没有到特别紧的地步, 但是显身材, 也更时尚
- **relaxed fit/ loose fit:** 宽松版本的 T 恤
- **V-neck:** V 领的 (V-shaped neckline) 适合想要展现自己锁骨的人群 **show off their collarbones**
- **Crew neck:** 圆领的 (round neckline)
- **Henley:** 带扣子的 T 恤 It gives a more dressed-up look. 看起来更显正式
- **T-shirt with graphic/ graphic T-shirt** 带图案的 T 恤
- **T-shirt with text/ text T-shirt** 带文字的 T 恤
- **Printed T-shirt** 带图案、印花、文字的 T-shirt
- **go-to piece of clothing** (首选的衣服单品)
- **wardrobe staples/ wardrobe basics** (衣橱里的基本款)
- **comfortable/ comfy** 舒适的
- **casual** 休闲的
- **easy to wear** 穿起来很简单; **easy to style** 很好做造型
- **versatile** 有很多穿法

1. Do you like wearing T-shirts?

① **Yes! T-shirts are my go-to piece of clothing (首选的衣服单品) / choice when I just want to feel relaxed and comfortable. They are comfortable,**

casual, and easy to wear (穿起来很简单方便) . And also, I feel that they can be dressed up or down (可华丽亦可简朴) depending on the occasion. They can go with a variety of other items (跟其他单品也很好搭配) , like jeans, dress pants, blazers, and long skirts. For me, they are my favourite wardrobe staples/ wardrobe basics (衣橱里的基本款) that can be paired with a lot of items. (原因)

(不用都说, 挑选局部内容来说)

② I'm not a massive fan of T-shirts (我不是太喜欢 T 恤) . I find them too casual or informal for certain occasions (我感觉它们在有些场合显得太休闲、不正式) . Besides, usually t-shirts don't flatter my figure (突出我的身材优势) . I prefer blouses (女式衬衫) /shirts. (原因)

③ I do, but I'm picky (挑剔) when it comes to wearing t-shirts. I prefer those plain and simple ones in solid colours (单色实色) . They are more elegant and mature-looking (看起来成熟) . I don't like t-shirts that are visually busy, like with a lot of different colours, or graphics, or texts. I find those ones to be a little childish, and not "me", you know. (原因)

2. How often do you wear T-shirts?

① All the time, I wear them almost every day. I love white and grey t-shirts. They look clean and fresh. I have these two colours in crew neck, V-neck, regular fit and slim fit. They are so versatile. (原因, 细节)

② Not very often, usually on weekends. During the week, at work I need to dress up and look professional. But on weekends, I just want to feel comfortable and relaxed. I love wearing casual when I'm off work (下班) . (分情况)

③**Very rarely. Like I said, I'm not a t-shirt person, so, not very often.**

Sometimes I wear a basic white t-shirt underneath a hoodie (帽衫) or a sweatshirt (运动衫) to feel warmer. (原因, 细节)

3. Do you like T-shirts with pictures or prints?

这道题我没明白 pictures 和 prints 的区别。Pictures 是有图案的, prints 也是印花图案的意思.....

① **I like printed T-shirts. Different prints or pictures can allow me to express my personality, attitude or even my sense of humor (我的幽默感). For example, I remember once I wore a T-shirt that said "Sorry I 'm late. I didn't want to come" to a party, which was hilarious. People at the party loved it! It's a great to showcase (展示) your unique personality or style. I love it. (原因, 讲故事法)**

② **I only like plain and simple (简简单单的) T-shirts. No graphics or texts, nothing. It's just my style. I'm more of a minimalist (极简主义的人). (原因)**

4. Do you think older people who wear T-shirts are fashionable?

It depends on the individual. Some older people wear t-shirts with a really cool design, and then they pair the T-shirt with other items that create a fashionable look. Meanwhile, some other old people just wear a super loose fit t-shirt with a lot of wrinkles (褶皱). 0 fashionable, 0 stylish. (分群体)

5. Would you buy T-shirts as souvenirs on vacation?

① **I love buying T-shirts as souvenirs! They are a practical, lightweight, and inexpensive way to remember a special place or experience. My favourite one is the "I love NYC" T-shirt I have. It's a classic one as almost everyone who travels to NYC will buy that T-shirt. (原因, 举例子)**

② As I said, I'm not a T-shirt person, so I wouldn't buy them as souvenirs. I love buying coffee mugs (咖啡杯) when I travel to a new place. (原因)

Outer space and stars (外太空和星星)

1. Have you ever learnt about outer space and stars?

Yes, I learnt about outer space and stars at school when I was little. And I also watch online documentaries about stars and the universe from time to time.

2. Do you like science fiction movies? Why?

① Oh yeh! I'm a Sci-fi lover! I love imaginative and creative (有想象力和创意的) stories. And I love how this genre often explores the potential impact and implication of science and technology on our society (我喜欢这个类型的电影总是会探索科学和科技对我们社会的影响). It's really thought-provoking and informative (发人深思和充满信息量的). (原因)

② Absolutely! Sci-fi movies are informative, though-provoking and imaginative. And plus, I love how they provide me with an escape from the everyday life (给我提供了逃离现实的方式). When I indulge myself in the world of a sci-fi movie, I forget about everything. (原因)

③ I'm not a big fan, to be honest. I love comedy, romance and drama. I don't know why, I just can't stay focused on a sci-fi movie. I don't find them interesting. I guess, people have different tastes. (原因)

3. Do you want to know more about outer space?

① Yes for sure! I'm deeply fascinated by outer space and want to know more about it. I'm curious about things like, the mysteries of the universe, do aliens really exist, and the possibilities of moving to another planet. (细节)

②No, not really. I guess, I'm more curious about things and creatures on earth. I mean, so far, we've only figured out so little about our own planet. We still need a lot of time to study our own world. Knowing more about outer space is a little unnecessary, don't you think? (原因)

4. Do you want to go into outer space in the future?

①That would be the coolest thing ever! I mean who can say no to space travel (太空旅行)? Being an astronaut (宇航员) is so cool. You can travel to outer space, see the earth from a far far distance. Only a few people in this world can have this kind of experience. (原因)

②I don't find it super appealing (有吸引力) as I have serious claustrophobia (幽闭恐惧症). So, each time when I imagine myself being trapped in that small space ship, I feel a little nervous. And on top of that, think about the risks of space travel, I might never be able to see my family again. Anyway, I know it's exciting, but it's not for me. (原因)

Library (图书馆)

1. Do you often go to the library?

① I enjoy going to the library. As a university student, it's part of my life. I often go to the library to check out books, to study, sometime I stay up late there to prepare for exams. (原因)

② I don't go to the library very often, maybe twice per month. I normally go the city library to borrow some good novels and fashion magazines. And sometimes if I'm in the mood (有心情), I'll go to that library and read for a while. I just really enjoy the atmosphere there. (分情况)

③ I like going the library. I love how I can have access to a wide range of resources (有很多资源可以利用), including books, magazines, newspapers and movies. And then, I also love the fact that the library can offer me a

quiet and study-friendly environment (有学习气氛的环境) to read or work on assignments. Our school library does a lot of things for us, it often hosts events, workshops and lectures. It also has a book club (读书俱乐部). I'm actually thinking about join in the club. (罗列原因)

④ I don't really go to the library nowadays. I find it a little old-fashioned/outdated/behind the times (老派的、过时的, 贬义词). I mean, why would I go there when I can have all the electronic books I can download and all the information I can get from the internet? Additionally, I have some personal concerns about germs (我个人对病菌比较担心敏感), so I prefer to use my own books or E-books. (罗列原因)

2. What do you usually do in the library?

Normally I'll browse and check out books that I like, and then I'll read them; sometimes when I have an exam coming up, I'll study and prepare for the exam, hit the books (考前磨刀); sometimes when I have deadlines, I'll be working on my assignments; sometimes I'll go to an event or workshop at the library, things like that. (分情况)

3. Did you go to the library when you were a kid?

① Yes, I went to the library pretty often when I was little. My parents always took me to the biggest library in our city, and they would find good books for me. I was a typical book worm (书虫) when I was little. (细节)

② No, not really. I lived pretty far from the library in our city, and my parents were too busy to take me there. Maybe that's the reason why I don't find libraries interesting. Haha! (原因)

4. Do Chinese kids often go to the library?

Yes, Chinese kids DO go to the library, just like children in other countries. Actually, libraries are widely available in China, and many schools and universities have their own libraries. Chinese parents really value

knowledge (看重知识) . Going to the library is a great way for children to gain access to books and all sorts of educational resources. It can also help children develop interest in reading and learning. (原因)

本季度保留题 (2022 年 9-12 月新题, 2023 年 1-4 月保留题) :

Social Media (社交媒体)

social media 的相关知识点:

- 介词 on 的使用: 表示 “在” 某个 social media platforms 社交平台上 (不是用 in 或者 at 这样的介词)

The other day, I was on YouTube, and I saw....

- social media 社交媒体 (更加抽象的概念) on social media
I follow Gu Ailing on social media.

- social media platform 社交媒体平台 (更加具象的概念)

Weibo is one of the most popular social media platforms in China.

I'm following Gu Ailing on all her social media platforms (全网关注) .

- social media sites 社交媒体网站 (和 platform 接近, 但更加具象的概念)

Sometimes when I'm bored, I just look through different social media sites and find interesting posts (推文) and videos.

- Youtuber: 在 YouTube 上有一定粉丝量的大 V
- influencer: 网红 (强调的是对大众的影响力)

Nowadays a lot of advertisers and big companies love getting in touch with influencers to promote their products. 如今很多广告公司、产品公司会喜欢和网红接洽来对自己的产品进行宣传。

- **hater**: 喷子（四处留言、泄愤的那种普通级别的喷子）**The best thing to do to a hater is: ignore them.**
- **keyboard warrior** 键盘侠、杠精、道德楷模
- **troll**: 喷子+黑粉（会针对性给某个网红留言，目的是伤害攻击 ta，并且期待得到回复，好进一步攻击对方）
a troll (名词): 一个喷子、黑粉、杠精
troll someone (动词): 喷、杠、黑的动作

He's just a troll online, ignore him.

Stop trolling each other online.

- **cyberbully**: 网暴 v.
- **cyberbullying**: 网暴 n.

Cyberbullying is such a very serious social phenomenon because people can comment anonymously online. 网暴是一个非常严重的社会现象因为人们可以在网上匿名留言评论。

- **follower**: 关注者（粉丝）

Tara has a lot of followers on social media.

- **fanbase**: 粉丝基数

An influencer would do anything to widen their fanbase.

网红会倾尽全力来拓宽增大自己的粉丝基数。

- **netizen** 网民: **people online**

He got involved in a political argument with some netizens.

- **social media campaign**: 社交媒体活动（带有很强的商业目的）

一般是网络营销策划人员常用的表达。通过举办一些社交活动（线上、线下）来达到某个具体的商业目的：增加粉丝数量；宣传某个产品；销售某个产品。

Today we measure the effectiveness of a social media campaign by counting retweets, likes, and reblogs.

如今我们通过计算推特发文数、点赞数和转发数来查看一个社交媒体活动的有效性

(“Twitter”是推特平台的英文名，每一条推特发文叫 tweet，发文者叫 tweeter)

- feed：推送。既可以表示一条推送 a feed（也可以说 a post），也可以表示你的整个社交媒体推送界面。

One day I saw a link showing up/popping up in my social media feed.

有一天我在我的社交媒体推送上看到了一个链接显示出来/弹出来。

- algorithm：算法
- clickbait：标题党

The reason why people hate clickbait is that it's sensational (耸人听闻的). Many times, the content and the title are irrelevant.

- live stream：（名词）直播；livestream/stream：（动词）直播

In order to grow her fanbase, Tara streams every other day on Weibo.

- live-streamer：直播主播（anchorman/anchorwoman 并不是真有针对性，因为也表示电视节目主播）
- 打赏（刷火箭）：tip, reward, send gifts

When a live-streamer is streaming, viewers (观众) can buy tokens (代币) and send them to the streamer, or send gifts to reward (奖赏) the streamer.

She gets a lot of tips (小费) during the live stream.

In China, when someone livestreams, viewers can send gifts to show their support. And we call these gifts “the little rockets”. Basically, those streamers will get a lot of little rockets, and each rocket equals to certain amount of currency (真钱货币) . They can cash them out (取现) later.

- 一键三连：国外没有这一说（这是 b 站的术语），类似的表达：

If you like this video, please hit the “like” button/please give it a thumbs-up.

Leave a comment. 留言

Share this video. 转发视频

- social eating live stream: 吃播（或者韩语 Mukbang 发音“么科帮”）
- big eater: 大胃王
- hashtag: 话题标签
- Blog: 部落格（网络日志 web-log）
- Vlog: video blog 视频日志
- vlogger: vlog 制作者
- viral: 网络内容的病毒式传播

That video really went viral last year and got millions of clicks (点击) .

- meme 发音[mi:m]: 梗图

假笑男孩就是一个著名的 mem.

There's a famous mem in China, and we call it the “the fake smile boy”. Basically, it's the picture of a boy who smiles super awkwardly, and some netizens just put his smile everywhere to portray a very socially awkward moment.

1. Do you and your friends like using social media?

social media user (社交媒体使用者) ; social media lover (社交媒体爱好者)

avid social media user (狂热的社交媒体使用者) ; **social media freak** (疯子)

常见的其他 **avid** 组合: **avid smoker** (烟鬼) ; **avid reader** (特别爱看书的人) ;
avid traveler (爱旅行的人)

① Oh yeh, my friends and I are all **avid social media users** (狂热使用者). We love getting on social media platforms and browsing around (四处浏览). I personally love watching videos on video-sharing platforms (视频分享平台) like TikTok or Bilibili (which is a Chinese social media site). Some of my friends are more interested in online articles. Social media is for everybody (社交媒体是适合所有人的). (细节)

② For sure! We millennials (1981-1996 年出生的人, 广义上的 80 后 90 后) grew up with social media. It's a huge part of our lives! It's a source of information (一种信息来源), it's a way to connect with people (一种和人们连接的方式), and it's a life style (生活方式). I can't imagine my life without social media. How do I talk to my friends and family? Where do I get all the information? It's the same for my friends. (原因)

③ I'm very **keen on using social media** (热衷于使用社交媒体) on a daily basis, and so do some of my friends, but not all of my friends (不是所有的朋友都热衷). I've noticed that some of my friends are trying to cut down on (削减) their screen time (屏幕时间), so that they can find more inner peace (找到更多内心平静). Some of them even have deleted their social media accounts to avoid the temptation (删除账号来避免诱惑). I really admire that, but I can never copy that. I'm the kind of person who can't live without my phone or my social media feeds (我是那种离不开自己手机和社交媒体信息的人). (转折, 原因)

④ I'm **not a big fan of social media**. Maybe I'm a little old-fashioned? My friends call me "grandma/grandpa" (朋友们都管我叫“奶奶/爷爷”). I'm just not into all the clickbait content, those sensational things. Each time when I scroll on the phone (刷手机), I'm flooded with all kinds of social

media feeds (我被各种推送像洪水一样淹没) . It's too much/overwhelming for me. I see people giving up on their privacies (放弃隐私) , or even making a total fool of themselves (哗众取宠) in front of the camera...I just don't get it (我不理解) . It makes me sad. (原因, 周围人评价, 分析感受)

2. Do you think you or your friends use too much social media?

① I hate to admit it but yes, I definitely spend too much time on my phone and on social media. I'm really hooked on those short funny videos online. They are meaningless, but they are highly entertaining. Sometimes I just lose hours and hours of time without realizing it. I really want to cut down on social media. It's a huge waste of time, and I could have used that time to do something more meaningful. (细节, 原因)

② Yeh for sure! All my friends and I are so addicted to (成瘾) social media. To give you an example, when we hang out together, sometimes we are together but not together at the same time (我们即在一起又没在一起) , because everyone has their eyes glued to their phones. It's so sad to think about. (细节)

be hooked on sth.被迷住/ be addicted to sth. 对某物成瘾/have one's eyes glued to sth.眼珠子都离不开某物/be crazy about sth. 对某物疯狂

③ Speaking for myself, like I said, I'm not crazy about social media and stuff (诸如此类的) ; therefore, I wouldn't say that I'm over-spending my time on social media; but for some of my friends, I see how much they're addicted to their screens (屏幕) . They definitely should take a step back from (离远点) their phones. For example, I have a friend who used to be so dependent on her phone that one day she decided to switch to a dump phone (切换回傻瓜手机) in order to cut off/quit (斩断/戒掉) social media. (分群体)

3. Do you want to work in social media? Why?

① I'm interested in social media marketing (社交媒体市场营销), and being able to work with advertisers, big companies, and online influencers. It sounds like such a fun experience! And plus, everybody can see that social media is the future (是未来). Anybody, any product can get famous overnight. It's all about fanbase (粉丝数), viewership (观众总量), algorithm (算法), and exposure (曝光). Knowing how to utilise the information to promote and sell a product sounds very interesting. (原因, 补充)

② I want to be a successful influencer, and I'm actually working on becoming one! So far, I've been building my personal brand (个人品牌) on several platforms, and I've been growing my fanbase. Currently I've got 250,000 followers. So yeh, definitely I'd like to work in social media. I like the flexible working time and work location in this industry, and also, I love the fact that I can have an influence on people. (细节, 原因)

③ No, not really. That would be the last thing I want to do. I'm not interested in this field at all. It's not for me. I'm 0 sociable, 0 tech-savvy (懂技术的), and I have no sense of marketing (我一点不爱社交, 一点不懂电脑技术, 一点营销感知都没有) whatsoever. I'm definitely not qualified for this kind of jobs. (原因)

4. What's the most popular social media platform in China? Why?

Off the top of my head (首先想到的), "little red book" (小红书) is super trending (流行的) in China, especially among females. It's kind of like the Chinese version of Instagram (中国版的 Ins). This platform is mainly about sharing pictures and short videos. People share everything on little red book, from product reviews (产品评测) to parenting (为人父母), from life philosophy (人生哲思) to travel tips (旅行贴士), from vlogs to Out Fit of the Day(OOTD), everything. People like how informative (信息量很大) it is. And also, it's like you can take a sneak peak at other people's lives (可以偷

窥别人得生活) . And then, what else, Bilibili is another super popular social media platform. It's like the Chinese YouTube (中国版油管) where people sharing all kinds of videos, usually longer videos with quality content (高质量内容) . It's a place where people can learn things and get information in depth (深度学习) . Self-education (自我教育) has been becoming a major trend around the world, including China. (列举, 细节, 原因)

Puzzles (智力游戏)

puzzle 的相关知识点:

- 一些 Puzzle 的描述词: fun, relaxing, meditative (有冥想功能的), therapeutic (有疗愈功能的), challenging, a great pastime (很棒的消磨时光的活动);
- Puzzles help us unwind/wind down/relax/blow off the steam/ kill the time/ while away the time/ pass the time.
- Puzzles keep our brains active/ help our brains stay in good shape.让脑子保持灵敏
- People enjoy the ecstatic emotion which is called "flow" while solving the puzzle. 人们享受在解决智力游戏时体验到的一种叫做“心流”的狂喜情绪。
- Humans always love pattern-finding (寻找规律), and they always try to find meaning in things. This is written in DNA (写在基因里), an innate quality (天生的人格质地) . Puzzles can satisfy this instinct (满足这项本能) .
- benefits for kids: kids can build hand-eye coordination skill (手眼配合能力), problem solving skill (解决问题能力), shape recognition skill

(识别形状能力, for young kids) ; improve their concentration, memory and patience (提升记忆力和耐心) through puzzle games.

- 常见的 Puzzle 的种类:

1. logic puzzle (逻辑类) : Sudoku (数独) , math puzzle (其他数学数字类的) , brain teaser (智力难题) , chess puzzle (棋类) , ...

2. mechanical puzzle (机械类) : jigsaw puzzle (拼图游戏) , Rubik's cube (魔方) , assembly puzzle (需要去拼接安装的那种) , metal brain teaser (金属九连环那种) ...

3. word puzzle (文字类) : crossword puzzle, scrabble, ...

4. other puzzles (其他类) : trivia puzzle (冷门知识类) , ...

- 一些动词: (1) Jigsaw puzzle: assemble a jigsaw puzzle; put the puzzle together (拼在一起) ; sort the pieces (把拼图块分类) ; edge pieces (边上的拼图块) ; edge of the puzzle (拼图的边沿) ; tabs (拼图块上突起的部分) ; blanks (拼图块上凹陷的部分) Find tabs and blanks that fit together.

(2)crossword puzzle: Look for the easy clues to solve first; look for small word answers first;

1. Did you do puzzles in your childhood?

① Yeh, like everybody. I used to love jigsaw puzzles. I started from 4 pieces, to 20 pieces, to later 200 pieces. I felt really rewarded (感到很满足, 被奖励到的感觉) after assembling a puzzle/putting a puzzle together. I really enjoyed the "flow" during the whole process. Doing puzzles helped me unwind (帮助我放松) , lifted my mood (提升我的情绪) and improved my patience (提升我的耐心) . (细节, 原因好处)

② Oh yeh, I was a big fan of Rubik's cubes, I still am. I used to have probably 20 Rubik's cubes when I was little. I enjoyed the challenges and the fun. Solving Rubik's cubes could take my mind off things. I forgot about my daily worries when I focused on it. It was such a great pastime for me, and almost therapeutic. Sometimes I could spend hours playing with my cubes. (细节, 原因好处)

③ Not really. I mean, I had some puzzle games but in general I wasn't into puzzles at all. I guess I just didn't have the patience for it. Instead, I spent most of my childhood outdoors playing sports. (原因)

2. When do you do puzzles, during your trip or when you feel bored?

① Sometimes I do puzzles with my friends when we hang out. We do word puzzles like scrabble and crossword; and sometimes we play a trivia game (冷知识比赛). I remember one time my friends and I took a cottage (度假小屋) trip and spent two nights there. And every night, we would play some puzzle games, with some music in the background and some wine, we had a good time. (举例子)

② I do puzzles quite often, like at least once per week. When I'm alone or feel very bored. I love math puzzles, especially sudoku. I'm a math person, and sudoku for me is like something so delicious and attractive that I can snack on (像零食一样咂摸几口) from time to time (数独对我来说就像是某种迷人又可口的东西可以让我闲来无事咂摸几口). There's something about math puzzles that can really clear my mind, lift my mood, and help me find inner peace. (原因好处)

③ I love doing crossword when I'm taking a flight or sitting on a train, or even sometimes when I'm waiting for some appointment and feeling bored. I love pattern-finding. I guess it's one of our human instincts. For me, it's one of the best ways to while away the time. (细节)

3. Do you like doing word puzzles or number puzzles? Which one is more difficult for you?

①I prefer word puzzles. I love reading, so I have a pretty large vocabulary (词汇量大) . I enjoy challenging myself to learn more words. And plus, I'm not good with numbers at all. Therefore, math puzzles are not my thing. (原因, 补充)

②Well like I said, I'm a math lover, so obviously I would go with number puzzles. Doing a math puzzle can take my mind off daily life and all the troubles I have. I enjoy the "flow" so much. On the other hand, I don't feel connected to word puzzles. I become so clumsy (蠢笨的) when I solve a word puzzle. They're definitely not my thing. (原因)

③I like neither of them, to be honest. I love mechanical puzzles, like jigsaw puzzles, metal brain teasers, and Rubik's cubes. I like things that are tactile/touchable and visual (我喜欢实实在在能触摸到并且视觉性的东西) . I like the feeling of getting a jigsaw piece and then finding the tabs and blanks that fit together perfectly (我喜欢捡起一片拼图, 找到凹槽和突起严丝合缝对上的地方) . (细节)

4. Do you think it is good for old people to do puzzles?

Oh yeh absolutely! It's so good, so beneficial to the elderly. A, it's a wonderful pastime. It's quiet and tranquil, and it doesn't require any physical strength. And B, more importantly, doing puzzles keeps their brains busy and active, and stay in good shape. It's like a brain workout (大脑锻炼) .

Singing (唱歌)

music 和 singing 的相关知识点:

1. 好听的声音: beautiful, pleasant, attractive, sexy, husky (高分词, 低沉有魅力的小哑嗓儿) , euphonious (高分词, 表示极其悦耳) , soaring (高分词, 空灵的) ;

难听的声音: **bad, terrible, awful, raspy** (难听的哑嗓子), **squeaky** (高音又尖锐的声音); **high-pitched** 高音的; **low-pitched** 低沉的;.....

2. 音乐带给人的感受:

- **bring sb. to tears:** 催人泪下
- **amaze/stun/ astound/ touch sb. :** 震撼感动某人
- **make sb. want to dance:** 让人听了想跟着跳舞
- **give you positive energy:** 给你积极的力量
- **heal the wound:** 抚平伤口
- **motivate sb./ give sb. motivation and hope:** 激励人心, 给予希望
- **cheer sb. up:** 让人心情变好
- **give somebody goosebumps/ the creeps:** 让人浑身起鸡皮疙瘩
- **keep sb. calm:** 使人平静
- **give sb. a sense of security:** 给人安稳安全之感
- **Listening to music is a way to release my inner emotions that are weighing me down at that moment.**

3. 其他表达:

① **Lyrics:** 歌词

If you don't listen to the lyrics, you won't know what a song is about.

注意 **lyrics** 作为歌词一直是复数形式

② **Beat:** 拍子, 节拍

Dance music always has a strong beat.

③ **Rhythm:** 整首歌的节奏

The rhythms of African music are much more complex than those of European music.

④ **Melody:** 旋律

I love the melody of this song. I can whistle (吹口哨) the melody.

⑤ Music album: 音乐专辑

His latest music album wasn't a massive hit (销量很好) but I love it.

This album was released in 2011. But it didn't sell well.

⑤ sing in tune: 唱歌不跑调的

have the voice of an angel: 有天使一般的嗓音

⑦唱歌跑调、五音不全

- **tone deaf: 五音不全的**
- **sing out of tune/ off key**
- **Singing is not my strongest suit/point: 唱歌不是我的最强项**
- **I can't carry a note/tune in a bucket: (俚语) 五音不全**

1. Do you like singing? Why?

①I love singing and humming (哼唧歌曲) even though I sing out of tune sometimes. My mom says that I can't carry a note in a bucket, but still I enjoy singing. Singing cheers me up, keeps me calm, and just helps me unwind. I even sing while taking a shower! (原因, 周围人评价, 好处)

②Yeh I enjoy singing a lot. All my friends say that I'm a good singer, and one friend even says that I have the voice of an angel. I don't know if my voice is really that beautiful and soaring, but I definitely love singing to my friends, my family and sometimes even just myself. I think it runs in the family (家族遗传), as my mom is also a great singer. (原因, 周围人评价)

③No, never. I'm a terrible singer. I can't carry a note in a bucket! My singing voice is raspy (沙哑的), annoying and awful. So, you don't want to

hear me sing. I think a cat can sing better than me (一只猫都唱歌比我好听) .

I'm good at whistling (吹口哨) though. (原因)

2. Have you ever learnt how to sing?

① No, not really. I took some music classes when I was in primary school, and that was it (仅此而已) . I'm just naturally good at singing. I was born this way (生来如此) , haha. (原因)

② Yeh I've taken some singing classes. My mom discovered my talent and took me to classes to take my talent to the next level (把我的天赋提升到更高一个级别) . And I really appreciate her support and guidance. (原因)

③ No, definitely no. I'm too embarrassed to learn. And plus, there's no point for me to learn as I have 0 talent in singing. To be honest, I haven't even sung in front of my friends yet. (原因)

3. Who do you want to sing for?

① I want to sing for my family and friends. Sometimes when I'm at a social gathering with all my close friends, I'll play my guitar and sing for them. I enjoy entertaining my friends. And the same thing goes for my family. Sometimes at a family gathering, I'll sing for them as well. I want to do it and I enjoy doing it. (细节)

② I want to sing for my future life partner. I'm single now, but I find it so romantic to sing for someone you love. One day when I find my Mr./Mrs Right (我的真命天子/真命天女) , I'll sing to him/her to express my love and gratitude for him/her. I can't think of a better way to tell someone you love him/her than by singing. (原因。男孩女孩具体性别具体修改内容)

③ I want to sing to nobody. Like I said, singing is not my strong suit (不是我的强项) , not my thing. It's definitely not my love language (爱的语言) . Therefore, I will never want to sing for anybody. I'm a gift person. I send gifts to show my love and appreciation. (原因)

4. Do you think singing can bring happiness to people?

① I think so, for most people, yes. It definitely makes me happy. I mean, have you seen those people singing together in a choir (合唱团)? They look so happy! Some people like to hum songs (哼小曲) while doing things, when they cook, when they take a shower, when they ride a bike, etc. Singing can be a great stress reliever (减压器) and promote relaxation. (举例子, 原因)

② For many people yes, but not for me! Haha! It makes me nervous. But yeh, many people like to hum songs (哼小曲) while doing things, when they cook, when they take a shower, when they ride a bike, etc. Singing can be a great stress reliever (减压器) and promote relaxation for people. (举例子, 原因)

Snacks (零食小吃)

snacks/snack food 的相关知识点:

- **Benefits of snack food:** ① provides a boost of energy if several hours pass between meals. ② Helps control your appetite to prevent overeating at the next meal. ③ Provides extra nutrients, like fresh fruit or nuts (坚果).
- 常见的零食:
- **Chips (北美) / crisps (英国):** 薯片
- **Puffs/ puffed snacks:** 膨化食品 比如, Cheeto puffs 奇多圈
- **Cookies (北美) / biscuits (英国):** 小小奶奶的奶油饼干
最著名的 cookie: chocolate chip cookie 巧克力豆饼干
- **Brownies:** 布朗尼; **muffin** 玛芬

- **Pastries:** 烘焙点心
croissant (牛角面包), pies (派), tarts (蛋挞), donuts (甜甜圈),
danishes (丹麦包), scones (司康) .
- **Pretzels:** 椒盐脆饼
- **Chocolate:** 巧克力
- **Nuts:** 坚果
- **Fruit:** 水果
- **Yogurt:** 酸奶

1. What snacks do you like to eat?

① I love salty snacks. So, I love chips, pretzels, and salted nuts (盐味坚果) .
My favourite flavour of chips is salt and vinegar (盐醋口味薯片) . I know
many people find it weird, but I'm obsessed with it. It's my "go-to" snack
(首选零食) . (细节补充)

② I love a sweet treat (甜味的小美味) , so, chocolate chip cookies, brownies,
muffins and chocolate are my kind of snacks (属于我的口味的零食) .
Especially chocolate chip cookies, they're my all-time favourite (永远最
爱) . Whenever there're chocolate chip cookies in my house, I always
finish them too soon (吃太快) . It's really bad (很不健康) , I know, but I
can't help it (情不自禁) . (强调补充)

③ I love healthy snacks (健康零食) . I love snacking on (磨磨牙, 吃点零食)
nuts and yogurt in the morning and before dinner. Snacks can provide me
with extra nutrients, and also control my appetite for the next meal. (原
因)

2. Did you often eat snacks when you were young?

①Yeh I was all the time hungry, so I snacked a lot. But my parents never prepared snacks for me, so I bought snacks myself. I ate a lot of unhealthy snacks/junk snacks. I remember I ate a lot of puffs, like Cheeto puffs, corn puffs (玉米膨化食品), a lot of them. I didn't have the concept of having a healthy diet at all. (举例子, 原因)

②Yeh, every day, in the afternoon, my parents would give me some snack food to eat. I ate a lot of dairy products (乳制品) when I was little, for example, cheese, yogurt, and milk and cereal (牛奶加麦片). My parents were very mindful about my diet. They wanted to give me as much protein and calcium (蛋白质+钙) as possible so that I could grow taller and bigger. (举例子, 原因)

③No, not really. My parents didn't want to spoil my appetite for the real meal (让我对正餐失去食欲). So, they almost never gave me snacks. I remember I was all the time starving. Being hungry was a major part of my childhood memory. (原因)

3. When do you usually eat snacks now?

Normally between two meals (两餐之间), whenever I take a break. For example, in the morning, around 11am, I always have a coffee break with my coworkers/ classmates, we will go for a coffee, and I'll grab something to eat, usually it's a bag of chips or a small muffin. (WH 法)

4. Do you think it is healthy for you to eat snacks?

It depends on the snack you choose. If it's junk food, then probably no, it's not healthy. But if it's healthy food, like vegetables, fruits, yogurt or nuts, then it's a source of nutrients and energy. (分类别)

Names (名字)

- 常见的名字及含义：

女孩：爱 - Love; 芳 - Fragrant; 芬 - fragrant; 静 - calm/quiet; 丽 - pretty; 敏 - nimble/clever; 燕 - swallow (the bird); 秀 - elegant/graceful; 雅 - elegant; 花 - flower; 春 - spring; 美 - beautiful

男孩：强 - strength; 国 - country; 安 - security; 刚 - strong; 博 - knowledgeable; 文 - literate; 超 - surpass; 成 - successful; 豪 - prosperous; 明 - Bright; 伟 - greatness; 达 - attainment; 德 - virtue/moral; 福 - lucky; 富 - wealthy/rich

- 关于命名

My father/mother/grandmother...named me.

My father/mother/grandmother chose this name for me.

My father/mother/grandmother gave this name to me.

My father/mother/grandmother named me after my great grandfather.

- 形容对自己名字的感受

-I've always had a love and hate relationship (又爱又恨) with my name.

-I was always teased about my name (因为名字收到嘲弄) .

-It's easy to pronounce (好发音) , easy to write (好写) , nothing weird, nothing people can make fun of.

-I like it. It's a beautiful name.

-I hate it. It's so complicated to write down, especially for a kid.

-I feel grateful for the name. and I hope I can live up to the meaning of my name (活出这个名字的含义) .

1.Does your name have any special meaning?

名字的具体含义宝宝们自己来，这我真的写不了。讲完名字含义之后可以简单盖过两句你对名字的评价，不用多。

Yes, my given name is XXX, and it means XXXX. My mother gave me this name, and I really love it. I think it sounds really elegant, beautiful, and feminine.

对于名字的评价的形容词：

elegant; beautiful; soft; special; meaningful; unique; traditional; modern; common; powerful; strong; sounds smart; feminine; masculine; ...

2.How would you choose names for your next generation?

①I would name my kids after my favourite character names (角色名) in books. That's my plan. Now each time when I read a book and see a name I like, I'll write them down in a list. And one day, I'll go through the list and pick out one for my kid. Genius plan, right? (细节)

②I would probably turn to my parents for advice and also people who have more experiences in choosing names for kids. I want my next generation to have the best name with the most special meaning. A name is a wish that a kid will carry around all their life. (原因)

③I haven't thought about it yet, to be honest. I'm so far away from being a parent (离为人父母还很遥远) . Now come to think of it (现在想来) , it actually might be a good idea for my kid to choose the name themselves. When they're old enough, they can pick out the name themselves.

3.Are there any differences between how Chinese name their children now and in the past?

I think so. In the past, in China, we had a very serious "naming culture" (很严肃的取名文化) . Parents used to go to a fortune teller (算命先生) and ask for their advice on naming their children. For example, we have Wu Xing (五行) , also known as the "five movements"/"five elements" in China. If the fortune teller tells you that your child's destiny lacks either of

these five elements, you might want to add it to your child's name. But nowadays, parents are more easy-going. Many of them just go through the dictionary and pick out the name they like. (举例子, 时间分层)

4.Does anyone in your family have the same name as you?

No. I know that in western culture, it is very common to name your child after other family members to show respect, but that's not the culture in China. It's actually the other way around (相反), it is disrespectful to name your child after other family members in your family. So, no, I'm the only Yan in my family. (原因)

Geography (地理)

知识点:

- **Geography** 开头大写, 表示大学专业。开头不大写表示“地理”这个概念或者中小学地理课程。
- **ask for directions** 问路
- **get/ feel lost** 迷路
- **get disoriented** 找不到东西南北
- **don't know which way is north, south, east or west** 同上
- **use a compass** 使用指南针
- **have a good sense of direction** 很有方向感
- **have no/0 sense of direction** 没有方向感, 0 方向感
- **be good/bad at navigating directions** 擅长/不擅长导航方向
- **get from one place to another** 从一个点到另一个点
- **orient oneself** 寻找自己的位置, 定位
- **have a mental map in your head** 脑海中有地图 (活地图)
- **map reading skills** 识别地图的能力

- **navigation app 导航软件**
- **paper map 纸质地图**
- **walk around in circles 走路打圈圈**

1. Do you like geography?

① I love geography. Actually, geography was one of my favourite subjects at school. I enjoy learning about other countries, including everything from politics to natural phenomena (任何有关政治地理到自然现象的知识). It's fascinating (迷人的) stuff! (原因)

也可以说 I'm fascinated by geography!

② No, not really. I don't know a whole lot about (知道很多) geography.

And it's because I hated/strongly disliked geography class when I was in high school; I didn't do well in the subject. I have such a bad memory (我记性很不好) that I could never remember the capitals of other countries. And I still don't know their names! I usually spaced out (发呆, 走神) in that class. (原因, 时间分层)

2. Have you ever studied geography at school?

① Geography was a mandatory/compulsory subject (必修课) at school. However, in high school, I only had to study it for one year.

② When I was a child, we had some geography lessons in primary school, but I don't recall any other specific courses (课程) after that. Sure, we had history and biology, but no class solely dedicated to geography.

3. Are you good at reading maps?

① I'd say so! It's as if I've got a GPS (or a mental map) in my head. I'm good at navigating directions and I know how to get from one place to another

(or from A to B) easily. I rarely get lost or have to ask for directions. (原因, 细节)

② I'm hopeless at reading maps (没有希望能读懂地图) ! Thank goodness for Google Maps. I don't know how people can do without it. With a paper map, I either walk around in circles or have to go back to my original starting point (起点) . (原因, 细节)

③ Sometimes I get the concept of using a compass (指南针) , and I can sometimes figure out where I am on a map and where I have to go. Other times, I get disoriented and don't know which way is north, south, east or west! (分情况)

4. Would you visit a country because of its geographical location?

① Sure, I would! In fact, I do. I get bored if I stay in the same spot for too long. I live a nomadic lifestyle (过着游牧民族的生活方式) . And as a geography lover, I find new places with different landscapes (景观) , sceneries (景色) and formations (地质风貌) exciting. I'm novelty seeking (喜欢新鲜事物的) . I'm drawn to new experiences and new places (我被新鲜的经历和地点吸引) . (原因+细节)

② I'm an avid traveller (积极的旅行者) . I try to go on one big trip every year. I'm into nature and hiking is one of my passions. I take any chance I can to visit rugged mountain roads (崎岖不平的山路) . It's on my bucket list (最大心愿) to visit all the national parks (国家公园) in the world. (原因, 细节)

③ Travelling doesn't excite me that much. I'm more of a homebody (宅家的人) and I'm very close to my family and hometown. I would feel homesick (想家) if I left for very long. (原因, 假设)

Weather / Climate (天气、气候)

知识点:

关于天气

1. 热天的表达:

- It's scorching hot outside/today! It's a scorcher!
- It's baking/roasting/boiling!
- This room is like an oven!
- It's so hot you can fry an egg on the stone!
- We are experiencing/having a heat wave.
- It's like a sauna in here!
- It's very humid 闷热的/ muggy 闷热的/sticky 黏糊糊的!
- I'm sweating like a pig!
- I'm burning up!
- It's so hot, I think I'm going to faint / pass out!
- to catch the sun / to catch some rays.
- to go outside and enjoy the sunshine
- Sun screen / sun lotion / sun tan lotion 防晒霜
- Sun tan / tanned skin / a tan 晒黑

Welcome back! Woo! You've got a nice tan!

- Sunburn: get a sunburn/ get sunburned 晒伤
- To be as red as a lobster – to be sunburned

2. 冷天的表达

- Cool (adj) – mildly cold 凉爽
- Chilly (adj) – quite cold (非冬季的) 小冷
- Crisp (adj) – quite cold 同上
- Brisk – cold 冷飕飕的 A brisk wind
- colder with the wind-chill factor 由于有风感觉更冷

- Freezing (adj) – very cold 超级冷
- Biting (adj) – extremely cold 超级超级冷
- It's biting cold outside!
- Bitter (adj) – extremely cold

It's bitterly cold!!

- There's a nip in the air! 凌冽
- It's nippy outside!
- a cold snap 骤冷 (短暂的)

Winter here is quite mild, with occasional cold snaps.

- cold wave 寒流
- cold spell 一段时间很冷

We are in a cold spell.

- Bleak – cold, dull, unpleasant 无趣的、惨白的、冰冷的

The weather is so bleak today.

In the winter, the landscape is bleak.

3. 其他天气:

- snowy (adj) a snowy day 下雪天
- sleet (n./v.) 雨夹雪 It' s sleeting outside.
- frost (n./v.) 结霜

It frosted last night.

We had a heavy frost this morning.

- drizzle (n./v.) 毛毛雨、下毛毛雨/ drizzly (adj)

It's drizzling outside.

- pouring 倾盆大雨 (pour 本身是倾倒的意思)

It's pouring outside.

- 类似的表达:
- It's showering outside.
- It's bucketing outside.
- It's really coming down out there!
- downpour/shower 急雨, 雷阵雨,

We got caught in a downpour.

- scattered showers 零星阵雨

The weather forecast calls for scattered showers.

- sunny, cloudy, gloomy, windy, foggy, hailing (下冰雹的)
- weather 除了具体晴天雨天, 还可以是: dry/ wet weather; hot/ cold weather; hot and humid

4. 气候:

- My hometown has very mild/moderate climate all year round (四季温和的气候) .
- My hometown has nice weathers all year round.
- Shanghai has four different/distinct seasons (鲜明的四季) .
- when your hometown is prone to something (e.g., flooding, droughts, etc.) 容易产生洪灾、旱灾
- We have very mild winter (温和的冬天) .
- 世界五大气候: tropical, dry, temperate, continental and polar
- tropical 热带气候 : wet and dry season 雨季和旱季交替的天气
- dry 干燥气候 : big extremes 温差大: from 40°C during the day to 10°C at night in summer
- temperate 温和四季气候: four seasons, moderate rainfall spread across the year; mild to warm summers, and cool to cold winters
- polar 极地气候 long winters and short summers; chilly or extremely cold places

- **continental 大陆性气候 extreme seasonal changes. Colder winters, longer-lasting snow**

1. What's the weather like where you live?

① Where I'm from, in the north part of China, we experience all four seasons, but the winter is really long. People laugh when I tell them that winter is our longest season. It lasts about 7-8 months, from the end of October to the beginning of May. It snows a lot in winter. Summers are nice and warm, though, with little rainfall, typically around 25-30°C (发音: 25 to 30 degrees celsius). Spring and fall are short seasons (春天秋天很短)。(细节)

② Where I'm from, in the south part of China, it has a typical subtropical climate, which means there're wet season and dry season. From May to October is the summer season. It's wet, hot and humid. It rains all the time. Everything is wet, sticky and moldy (所有东西都有点湿湿的, 黏黏的发霉的); winter is drier, with no snow. I feel embarrassed to tell you that I haven't seen snow yet in my life. (细节)

③ Where I'm from, in the west part of China, it has a typical continental climate. Winters are cold and dry, little snow. And summers are hot and humid. It rains a lot in the summer. (细节)

2. Do you prefer cold or hot weather?

① I prefer cooler or colder weather. I like to wrap myself up in something warm and get cozy (很温馨的状态). Both staying in and going out are great plans for me in the wintertime. When it gets too hot in summer, I feel suffocated (窒息). I tolerate cold weather (不怕冷) much better. (原因对比)

② I should've been born somewhere warmer (我该生在更暖和一点的地方). I love the sun and spending time outdoors in the sun, getting a nice tan

and a lot of Vitamin D. I don't overheat like some of my friends do (我不会像我的一些朋友那样过热, 中暑). I could spend all day under the sun. (原因对比)

3. Do you prefer dry or wet weather?

① I can't stand the rain, so I'd go with dry weather. When I make plans, I always base my decisions on whether it's going to be a nice day or not. (原因)

② I love the rain! As the saying goes (俗说的话), "there's no such thing as bad weather, only bad clothing." (没有坏天气, 只有穿错衣服) Some people say they feel sad and depressed on a rainy day. Not me! It's the best time to go for a walk or run, in my opinion. (让位驳斥)

不怕热不怕冷的怕, 不是 be afraid of, 而是 can't tolerate 或者 can't stand

4. Are you in the habit of checking the weather forecast? When/How often?

① Every day. It's one of the first things that I do when I wake up. I need to know the weather in order to plan and go about my day (过我的一天). I normally check it as soon as my alarm goes off because I have a weather app on my phone. (WH 法)

② I look up the weather once in a blue moon (非常极其偶尔). It doesn't matter if it's sunny or rainy outside, I still have to go about my day. (原因)

③ Once in a while (有时), I'll look up the weather forecast. If I'm planning a trip or a hike, I wouldn't like to get caught in some nasty weather (糟糕的天气). But most of the time, I don't check the weather. It doesn't matter if it's sunny or rainy outside, I still have to go about my day. (分情况)

生活口语中经常会说: The weather is nasty today!

5. What do you think are the effects of climate change in recent years?

It's clear that/There's no doubt that temperatures are rising worldwide. This past summer was exceptionally hot due to the heatwave and it's unhealthy to live in extreme weather like this. Not to mention what it's doing to crop harvests (庄稼收成). People, plants and animals will continue to suffer if we don't stop/fix/tackle (处理) climate change. (罗列)

6. Would you like to visit other cities with different climates from where you live?

① Sure, why not! Since I'm used to experiencing the four seasons, it could be interesting to visit somewhere tropical. Just to see what it's like to live there. I could see myself (我能看见自己, 想象自己) in Costa Rica where it's beautifully warm all year round.

② I'd rather not because other climates are too extreme for me. It's either way too hot (要么不是太热) or way too cold (就是太冷) and I don't think I could handle it!

Technology (科技)

知识点:

- **be addicted to technology/social media** 对科技、社交媒体成瘾
- **to scroll (on the phone) endlessly/aimlessly** 没有节制的、目的地刷手机
- **browse the Internet** 在网上闲逛 (surf the web 稍微有点老派)
- **tech savvy** 技术小达人, 小能手

I'm not very tech savvy.

- **buy new gadgets** 买新的设备
- **When a new phone is released.** 当一个新手机宣布被投放市场

The new iPhone 14 was released yesterday.

- **remote work (to work from home using technology) 远程工作**
- **a smartphone 智能手机 vs. a dumbphone 傻瓜手机 (只能打接电话, 发文字短信那种)**

**1. What technology do you often use: computers or cell phones?
(preference 问题)**

① **I tend to use my personal computer(PC) more often because of work/school. It's more comfortable to draft documents (写草稿) /type things down (打字) on a proper keyboard (在一个正儿八经的键盘上) as opposed to only using my two thumbs (手机打字只有两个拇指) . (原因)**

② **If I had to pick one, I prefer using cell phones, well, smartphones, to be more precise (更具体来说) . They're basically a small computer that you can take anywhere. They're light and fast. You have the world at your fingertips. You can communicate with friends and family; You can send emails; You can browse the internet; You can even shop online. I'm addicted to my phone. (原因)**

2. What electronic devices have you bought lately?

① **I recently bought a new laptop because my old one is about to die/stop working/conk out (高分词汇, 停止正常工作) . I investigated a lot of different brands and features (特性) before buying anything. Eventually, I had to bite the bullet (咬子弹, 表示硬着头皮面对) and, luckily, I found a good deal at the store. (讲故事)**

② **I love buying new gadgets. And lately I bought a new fitness band (运动手环) for myself. First, it's a watch, so I can keep track of time (追踪时间) ; and then, the GPS receiver in the band can locate where I am when I'm**

running and walking; and then, it tracks my heart rate (记录我的心率) and calorie burning (热量燃烧); and what else, oh yeh, it also monitors/records my sleep (监控、记录我的睡眠). So yeh, I'm pretty happy with my purchase. (罗列)

3. Is there any technology you want to buy?

① I'd love to have a second laptop. One for home and one for work. I'll use the work laptop only for work, and the home laptop only for entertainment, like movies, games and social media. This way, I could separate my professional life and personal life, and maintain my work-life balance better. (原因)

② Yeh, I wish I could have an electric car. Even though I don't have the budget for it yet. But one can dream (人是可以作梦的), right? I'm trying to save up, little by little. And it would be the coolest thing to own an electric car one day. It would help save money in my pocket, as well as take care of the environment. (先抑后扬)

4. Is technology important in your life?

① Without a doubt, yes. I use technology every day, at home, at work, everywhere! I can't imagine a life without it. How would I go to places? On foot (靠走路吗)? How would I contact my friends and family? By talking to them face to face (靠面对面说话吗)? I wouldn't have that much time. And how would I work? It would be impossible. (反向假设)

② I could live without technology. I'm a person who can live off the grid (与世隔绝, 不需要水电煤网的人, 基本上就是在逃犯的生活标准). For instance, I've cut off social media for years. I have a dumbphone (傻瓜手机) to make phone calls, and that's it. And I don't even own a car. I prefer walking to places. So, no. I'd say technology doesn't mean a lot to me. (原因, 细节)

③ I've come to the realization that we're better off with technology (我们拥有科技会更好), but we shouldn't feel dependent on it. It's a tool that has to be used like any other tool: in the right way. That's why I frequently do digital detoxes (做数字数码排毒, 就是不用电脑、手机、电子产品的意思) to unplug (拔掉插头) and reconnect with myself (和自己建立联系). So, yeh, it's important to me but my life isn't completely dependent on it. For example, I use a navigation app when I go to places, but I still have map-reading skills when I don't have my phone with me. (原因, 举例子)

5. Is there any technology you don't like?

大家自己想一想你不喜欢的高科技

① I don't like the idea of self-driving cars (自驾车). I just don't trust them. So far, I've read a lot of news about self-driving cars getting into car accidents (车祸). And that proves my point. I just think there's still a long way to go (还有很长的路要走), and Elon Musk shouldn't have put those cars on the market so soon (马斯克本不该这么早把这些车放到市场上来卖). (原因)

② It's hard to narrow it down (做小范围, 选一个来说). On one hand, technology is undeniably (不可否认地) useful in our everyday lives. On the other hand, there are some aspects of technology that I dislike, especially when it has something to do with privacy (和隐私有些关系的时候). You know voice assistants (声音助理) such as Alexa or Siri? I find them creepy (令人毛骨悚然). And they're like an invasion of our privacy (对隐私的侵略). The fact that they're constantly listening to what we say and what they do with that information annoys me. (原因, 举例子)

6. What do you think the trends in technology today are, compared to when you were young?

Technology is so much more advanced compared to when I was a kid. A big trend that I notice today is the use of technology in schools. Many

young children learn using laptops and tablets at an early age. Some schools even offer coding and programming courses to students nowadays because it's a part of their reality and future. (举例子，具体化答题)

Morning time (早间时刻)

知识点:

- 早起型的人: morning person/ early bird
- 晚睡型的人: night person/ night owl
- seize the day: to make the most of the present moment 珍惜每一天

I love waking up early and seize the day.

- Set the tone (for): 奠定基调

Mornings are the time when we set the tone for rest of the day.

早上的时光把其余的一天的基调奠定好。

- Mornings are when I feel the most energetic and can get things done. 早上是我感到最有能量以及能把事情做成的时候。
- I love the quietness and the calmness in the morning. 我喜欢早上的宁静
- 熬夜晚睡: stay up
- 熬通宵: pull an all-nighter
- 早睡早起: go to bed early and wake up early
- I'm a big sleeper: 我是特别爱睡觉的人
- set alarm 设置闹钟

I always set my alarm earlier so that I don't need to rush around (由于要迟到而窜来窜去) in the morning.

- **turn off the alarm** 关掉闹钟; **hit snooze** 点击“小憩”
- **create/make/brainstorm a to-do list** 制作一个“做事”清单

Every day, in the morning, I will create a to-do list.

- **write a list of everything I need to get done for the day**
- **make/develop a schedule**

1. Do you like getting up early in the morning?

①**Yes! I'm a typical morning person. I go to bed early and wake up early, around 6 am every day. It's always so quiet in the morning. I enjoy listening to the birds chirping and the cool morning breeze touching my face (早上的徐徐小风吹在脸上) . I find my body the most energetic and my mind the most productive in the morning as well. I can always get more things done in mornings (我在早上总是能做成更多事儿) . (原因, 细节)**

②**Well, I would call myself a morning person, but I don't get up super early in the morning. I set my alarm at 8 am every morning. If it's much earlier than that, like 6ish (六点来钟) , I would look like a zombie (我会看起来像是一个僵尸) . My mind would be still sleeping. (原因)**

③**No, not really. I hate waking up early. I'm more of a night owl. Nights are when magic happens (魔力产生的时候) ! There's just so much going on in the evening (晚上的事儿太多了) , food and drinks, movies, gatherings, parties, meeting new people...I can never do those things in the morning. I can never be a morning person. I look like a zombie in the morning (我早上的时候看起来像个丧尸) . (原因)**

2.What do you usually do in the morning?

① During the week, I go to work. I wake up around 7 am, have my breakfast, and then rush to work (着急忙慌上班) / commute to work (通勤去上班). Normally I have a lot of meetings in the morning, as that's when my mind is the sharpest (锋利) and I feel the most energetic. I can get a lot of things done during this time. On weekends, I normally go to the gym in the morning to seize the day. (分情况)

② During the week, I have a lot of classes in the morning. Therefore, usually I'll be taking my classes during this time. And on those days when I don't have classes, I normally go to the school gym to work out a bit, you know, seize the day, make the most of it. And on weekends, I always sleep in (睡懒觉) to recharge the batteries. (分情况)

③ I usually have a nice breakfast with my family. We are the kind of people who must have a nice breakfast every day to go about our day. And then, I'll go to the gym with my gym buddy (健身伙伴) Jessica/Mike. We spend 2 hours there, training (训练) and later stretching (拉伸). My mornings are pretty chill and slow-paced. I start working in the afternoon. (WH 法)

3. What did you do in the morning when you were little? Why?

Well, I remember it was like war (像是战争一样) in the morning. I was always late for school (上学迟到), always rushing (着急忙慌). My mom would be scolding and nagging me (责备, 叨叨我). And then, I would grab my breakfast (抓起早餐) and finish it on my way to school in the subway. At school, there were so many classes in the morning. By the time when I had lunch, I felt exhausted/beat up (累死). (细节)

4. Are there any differences between what you do in the morning now and what you did in the past?

①Well, come to think of it, I still rush to work every day, and I have a lot of work in the morning. So, no, not really. I'm just a grownup version of me. my mornings are still like war. Haha. (原因)

②My mornings are much more chill today. I take my time (花时间慢悠悠地做事情) in the morning, seize my day, enjoy everything I do. I used to hate mornings, but I don't anymore. (原因)

5. Do you spend your mornings doing the same things on both weekends and weekdays? Why?

第 2 题已经分周中和周末讨论了。如果按照答案①和②去回答，不会再问这个问题。答案③，可能会被问，回答如下：

Well, on weekends, I don't go to the gym like I do on weekdays. Normally I'll have a nice breakfast with my family first. And then I love going out with my friends on Saturdays. We usually either go to the park or hike up the mountain. And, on Sunday mornings, there's always a flower market (鲜花市场) near my neighbourhood. So, I will go to the flower market to pick some fresh flowers. (WH 法)

Writing (写作)

知识点：

Writing 指的是写东西。写小说、诗歌、童话故事、日记.....学术写作，商业报告属于 **academic writing, business writing**. 也是 **writing** 的一种。但是，写作业 **doing homework**, 学习 **studying**, 就不属于 **writing** 范畴了。不要混淆概念。

- **a writer** 作家。但是不一定是写书、出书的作家。把写字作为爱好、正在立志成为职业作家的人也可以叫 **writer**.

- **an author** 至少写了一本书的作家
- **a published author** 成功出书的作家
- **a novelist** 小说家（也是作家，更具体的描述）
- **a biographer** 传记作者
- **a poet** 诗人
- **a story-teller** 擅长讲故事的人，故事大王
- **a journalist** 记者

1. Do you write a lot?

①**Yes, I'd consider myself a writer. I write almost on a daily basis. I love writing suspense, detective and romance. It's a hobby and also a passion of mine. It's like when I start writing, words just start flowing**（我开始写作的时候，文字就自己流淌出来）. **There's an urge, a desire, to put my ideas into words**（我有一种强烈愿望、欲望把自己的想法变成文字）. **I love that feeling.**（频率，原因）

②**Hmmm, not a lot. But I write every day. Every night, before bed, I will lock myself in my own bedroom, and write a journal**（写日志）. **It's like a diary, but I don't focus too much on how I feel. I just write down things happened during the day, and lessons learned**（学到什么）.（WH 法，细节）

③**As a university student, I need to write essays all the time. So yeh, academic writing is a big part of my life. But when it comes to creative writing**（创造型写作），like creating a story or a poem, then no, I don't write at all.（分情况）

④**At work, I need to write reports to my boss on a weekly basis. And we are talking about reports with more than 100 pages**（我们现在说的是 100 页以上的报告哦！很口语的语气）. **So, yeh, I write tons of**（成吨的）**words every**

week. Sometimes I need to work extra hours or even stay up (熬夜) to finish my report. It's crazy. (原因。细节)

⑤Actually I'm trying to become a professional writer! A novelist. So I do a lot of writing practise every day. I enjoy story-telling. For me, writing is the best way to express myself. Putting my wild imagination and ideas into words is one of the best ways to unwind and gain the sense of joy.

(原因)

2. What do you like to write? Why?

I love writing novels, like I said, suspense, detective, basically mystery stories, and romance. I love how much freedom I have in mystery stories. Sometimes I will travel to another time (另一个时间), or even another parallel world (另一个平行世界) to build my story. And I love writing romance, because I'm also a very romantic person. (原因)

3. Do you think the things you write would change?

①I would say so. You never know (你永远不知道). I'm also reading a lot, trying to learn more types and styles of writing. Therefore, it's very likely (很有可能) that one day I might come across (偶遇) some styles that I really really like, and just want to give it a try/shot (尝试). I'm very excited to see what the future holds (未来为我准备了什么, 未来可期的意思).

(原因)

②I hope so! I hate academic writing! Ahaha! I don't want to write essays and papers forever. In the future, I don't want to write anything anymore, actually. (原因)

工作也是同样答案

4. Do you prefer typing or handwriting when you are writing?

①Sometimes when I'm just scribbling (随便写写画画) my ideas, trying to figure out some interesting plots, I'll write it with a pen on a piece of

paper. I find it easier to generate my ideas (产生思路) this way. And when I start writing the final story, I type it down on my computer. That's a faster way to write and also the best way to document my work (记录我的成果) .

②I always draft documents (打草稿) on my laptop first and then write the essay/report. I don't think my professor/boss would want to see my handwriting pieces, as they don't look very professional. Haha! (反向假设)

Public transportation (公共交通)

知识点:

不同的交通形式:

1. 常用的动词

- use/take public transport 使用交通工具
- take/catch a bus, a train 坐车
- 上下车: You get on and get off a bus, train, plane, bike, boat, etc. 因为你要往上踏一步才能上车
- Hop on/hop off 同上, 表示跳上跳下
- You get in and get out of a car, or taxi. 私家车比较小, 只需要钻进钻出就好。

2. 交通模式

① drive: to travel by car

We usually drive to Shanghai during Chinese New Year.

Today I drove to work, but I prefer to use public transport.

② cycle/bike: to travel by bicycle/bike

I generally cycle/bike to school every day.

③ fly: to travel by plane

I always choose to fly when it comes to traveling internationally.

She flew all the way from Beijing to London to meet him.

It took more than two hours to get there by plane.

④ ride: to sit on a horse, bicycle or motorbike and control it as it moves along

I love riding horses.

I love horseback riding.

Peter rides his bike to school every day.

⑤ take: to travel by sitting on the vehicle

I took the bus to school.

Jessica takes the subway this morning.

She took the train to go to Beijing.

⑥ sail: to travel by boat or ship

They spent their holiday sailing around the northern islands.

⑦ go on foot=walk

1. What kind of public transportation do you usually take?

① I regularly take the subway to work. Fortunately, it's easy and affordable to get around my city (在城市里转悠) thanks to the subway/underground system. I really enjoy my little private time reading a book on the subway. Sometime I also catch/take a bus to go to places. Depends on my mood and also the traffic. (主流情况, 特殊情况)

②This year, I've been trying to reduce my environmental footprint (减少我给环境带来的负担), so I've been cycling to work more than usual. Once you get used to it, you realize that it's very freeing (使人感到自由) and you save a lot of money. (原因)

2. When do you usually take public transportation: in your everyday life or when you are travelling?

① Uhmm, it's more common for me to hop on the subway train or the bus when I'm at home (在自己城市的时候). I need it to go to school/work because I don't have a car, so I have no other choice! I feel comfortable because I know the subway/bus routes and schedules. I've used public transportation in other cities while traveling and found it overwhelming at times. Plus, when I'm travelling, I prefer to explore on foot. You get to discover much more that way (那样的话). (原因)

②I've travelled extensively (旅行的量很大) and always used public transportation more while abroad. When you're trying to cram/pack many plans into one day (一天当中塞很多计划), you have to take advantage of all the different modes/means of transportation that the city offers. Otherwise, you won't be able to see a lot of places and things! When I'm at home, I usually drive my own car. (原因)

③在家和外出都使用公共交通

3. Do most people prefer public transportation in your country?

①I would say, people in big cities tend to choose public transport over private cars more than people from small towns or the country (乡村). And the reasons are very obvious, parking is a huge issue in those big cities, and also, if you use public transport like the subway, you won't be stuck in traffic during the rush hour. But in those smaller cities or towns in China, you see a lot of people driving their private cars or riding their motorbikes or bikes. It's not that popular to use public transport. (分群体)

②Some do and some don't, just like everywhere else in the world. There are always people who are big supporters of public transport. They take the bus or the subway as much as they can. They know that it's a win for all (多赢局面), they save the money and the time on the road, and it's better for the traffic and for the environment as well. They can see the bigger picture (有全局观). At the same time, there are always people who feel lazy to walk to the bus station, subway station, they just want to hop in their cars and go to places directly (跳上车, 直接去不同的地方). So, it's hard to generalize. (分群体)

③Well, not most people, but many Chinese people consider our public transportation to be one of the best in the world. It's not only efficient, but also fast, cheap and accessible. A lot of people I know commutes to work by bus or by subway every day because they'd rather take advantage of their journey to do something else, and also save the cost of car insurance, parking and gas. (原因)

4. Did you take public transportation when you were a kid?

①All the time! It was very common for kids to take the bus to school. There was always more frequency in the morning and after school, so we would all wait together and get on the same bus. That was a lot of fun. And plus, there was a subsidized bus pass (对小孩子便宜的通票; subsidized 补助的; pass 是通票) for kids. So, it made sense (合理) for me to take the bus. (原因+补充)

其他原因: My parents were too busy to drive me to school;或者 they didn't own a car.

②Almost never/No, not usually. My parents didn't let me travel alone on public transportation until I was older. Instead, I carpooled to school (拼车) with some other students. /My parents drove me to school every day. But when they took me on a trip during holiday, we used to take a train or a flight.

其他原因：I lived close to school. So I walked to school every day.

5. Will there be more people taking public transportation in the future?

①I would imagine so. Just look at the traffic now, it's ridiculous and getting worse every day. Therefore, I'm 100% certain that we'll all have to use public transportation at some point (某一天). We'll have to pitch in (出力) and do our part (尽自己的责任) to help save the environment.

Hopefully, the government will incentivize (奖励) using public transportation more. (现在看未来)

②I doubt it. Public transportation will always be there as an option (会是永远的选择之一), but you have to take into consideration (考虑到) that nowadays new types of electric and hybrid cars (电动车、混合车) are continuously being designed and made. That will be the future. (现在看未来)

Birthdays (生日)

知识点：

1. 庆祝方式：have a party, go out for dinner or drinks, bake a cake, spend time with family and friends, go shopping, buy/receive gifts, etc.

2. 布置现场以及其他：

- Go to the store to buy party favours 派对用的小礼物 (balloons, noise-makers 制造噪音的纸做的小喇叭, candies, toys, loot bags 来生日的孩子们都能拿回家的小礼品袋子, 里面装点气球、糖果、小玩具, etc.),
- Set up the party 布置派对 (cleaning the house, decorating the space)
- Choose a theme 选择一个主题
- Blow up balloons 吹气球

- **Hang the banner/streamer/balloons** 挂横幅、彩带、气球
- **Attach paper cut-outs to the wall (using tacks, tape, or sticky putty)**
把剪纸小装饰贴在墙上（用图钉、胶条或者黏黏的那种泥）
- **Cover the table with a tablecloth** 盖上桌布
- **Light up the candles** 点蜡烛
- **Make a wish** 许愿
- **Blow out the candles** 吹蜡烛
- **Cut the cake** 切蛋糕
- **Open the gift** 拆礼物

3. 动词的使用

- **plan: plan a party/dinner/an event**
I'm planning a party for my mom's 60th birthday.
- **have** 和 **organize** 一样，组织派对
I'm having a party tonight. Do you want to come?
- **throw**: 带着随意之感 办派对 (甚至 **do a party** 都可以用，和口语)
I'm throwing a little party next week. Wanna come?
- **host/organize a party** 组织一个派对
I'm hosting a dinner.
I'm organizing a karaoke night.
- **go to/come to a party** (不要用 **attend**)
I'm coming to your party tonight!

4. 其他相关表达:

- **the host**: 主人
The host of the party tonight is my best friend.

- **guest: 客人**

All the guests tonight will be our close friends.

- **have a great time/ a lot of fun/ blast/ a whale of time**

We had a lot of fun last night.

We had a great time at the party.

We had a blast.

We had a whale of time at Monica's party.

- **enjoy the party**
- **a wild party 超野的 (很尽兴的派对) / a crazy party/ a fun party/ a boring party/a laid back party (节奏很慢的, 没啥意思的)**
- **Nothing really happened. 啥也没发生**

5. 俚语和地道表达

- **The life and soul of the party 给派对带来活力的人, 灵魂人物**
She's the life and soul of the party.
- **a party animal 派对动物 (非常活跃于各大派对的人物)**
- **a social butterfly 交际花, 认识很多人的人 (往往带有一点点贬义色彩)**
- **party-pooper/ a wet blanket: 派对上令人扫兴的不尽兴之人**
- **burn up the dance floor 疯狂跳舞/dance the night away 整夜跳舞**
"Those two danced the night away."

1. What do you usually do on your birthday?

① **I love birthdays, especially my own! I usually celebrate by hosting a party at my place. I love setting up a party, and inviting people over. I love opening gifts in front of everybody. That really makes me feel special. Or sometimes when I feel lazy to do a party, I'll go out for dinner to a nice restaurant with my family and friends. (主流情况, 特殊情况)**

② **I don't have the habit of celebrating my birthday/I don't do birthdays. I simply don't like being the center of attention or receiving any gifts. And**

plus, I don't like to be reminded of my age, or the fact that I'm getting older. So, no celebrations. (原因, 补充)

③ I don't do a full-blown (全面的, 彻头彻尾的) birthday celebration.

Usually, I have a small get-together (聚会) with my immediate family/nuclear family (自己爸妈这一类住在一起关系最近的家人), usually at my parents' house. We have lunch, play a few games and then I open a few gifts. (原因, 细节)

2. What did you do on your birthday when you were young?

① We used to have so much fun on our birthdays as kids. My parents used to rent out a space each year on my birthday so that all of my friends and I could get together and play. There would be a different theme each year and we'd do fun activities, as well as eat a lot of yummy food afterwards. And all of my friends would get a loot bag before they went home. My parents were the best party hosts. (细节)

② Growing up (在我成长过程中), my family didn't put a lot of emphasis on celebrating birthdays. We would spend the day together and eat cake, but nothing fancy/extravagant (没什么奢华的) and no kids' birthday parties. (细节)

3. Do you think it is important for you to celebrate your birthday?

① 100% yes! (Totally/Absolutely/Definitely!) My birthday means a lot to me for many reasons. It's the perfect excuse to get together with friends and family. It also gives us the chance to reflect on the past year and make a big wish for what's coming up ahead. (原因)

② Frankly speaking, no, it isn't important for me. Every day is a gift. It's just another day for me. I think it's unnecessary (没必要) / meaningless (毫无意义的) / frivolous (轻浮的) / stupid to spend tons of money on birthdays and parties. At my age now, I couldn't care less about my birthday. (原因)

4. Whose birthday do you think is the most important to celebrate in China?

It really depends on your age. When you're a child, your own birthday is the most significant one to celebrate. And later when you grow older and have a partner (有一个伴侣), their birthday becomes the most important one. Otherwise, you run the risk of losing that person in your life because it's considered to be rude not to celebrate your significant other's birthday (人生另一半的生日). And then one day, when you have your own children, your children's birthdays become the number one priority/the first priority, because if you don't, they're going to give you a hard time (折磨你). It's like everywhere else in the world (全世界都一样). (分情况年龄段)

Housework and cooking (家务活和做饭)

知识点:

- **prepare breakfast/lunch/dinner/meals**: 准备早、中、晚、三餐=cooking
- **meal prep v.** 提前备菜

I like to meal prep in advance every Monday.

- **cook in bulk**
- **home-cooked/homemade food** 家里自己做的菜
- **a clean freak** 洁癖
- **a hoarder** 集物癖患者 (家里东西特别多)
- **clutter** 杂乱

There's a bit of clutter in my home.

- **declutter** 断舍离
- **stock up (on) sth.** 屯东西
- **home organization** 家务收纳
- **do (household) chores/ do housework** 做家务

- **help around the house** 帮家里面做事
- **do house cleaning (work)** 打扫家里
- **earn/get an allowance** 挣零花钱
- 常见的家务：

cleaning the kitchen/bathroom/bedroom 打扫厨房、卫生间、卧室,
sweeping 扫地, **mopping** 拖地, **vacuuming** 洗地, **dusting** 弹灰, **doing the dishes** 洗碗, **doing the laundry(washing)** 洗衣服, **ironing** 熨烫 or **folding** 叠衣服) 洗衣服, **cutting the grass (mowing)** 剪草, **cooking** 做饭, **feeding your pets** 喂宠物, **taking out the trash/compost/recycling** 倒垃圾, **washing the car** 洗车, **donating old clothes and shoes** 捐旧衣服、鞋子

1. Do you do some cooking/help your family cook at home now?

① **Yeh, my parents are getting old, so I do my best to visit them once/twice/three times a week/every day/every weekend and help prepare meals (准备三餐). We like to plan and meal prep for the entire week. Eating homemade meals is very important to us. (原因, 细节)**

② **I wish I could, but I don't help my family when it comes to cooking. I live in another city/ I'm too busy with work. I even order takeaway (or takeout) 点外卖 or delivery (点送餐到家) during the week for myself. One day, I might move back to my city/ when I have more time on hands, I would help my parents cook at home. (先抑后扬)**

③ **Well sometimes, not always. To this day, my mom is very territorial (有领地意识) in the kitchen, she prefers cooking alone. But, once in a while, I'll lend her a hand (搭把手) in the kitchen while we're preparing a special family get together. Otherwise, it'll be too much work for her. (原因)**

④ I live by myself, and I cook at home sometimes, not every day. Cooking at home is cheaper and healthier than eating out. Each time when I cook, I just throw everything into one big pot, and stir, stir, stir. That's it, no techniques whatsoever. And I make sure I cook enough amount of food for the next day. (原因, 细节)

2. Do you think your home is clean and tidy?

① I'd say so. I try hard to make my home clean, tidy and organized. My friends always say that my home looks spotlessly clean (一尘不染). I'm a clean freak (洁癖) and, therefore, I have a pretty strict daily/weekly cleaning schedule. I love watching TV shows about home organization (家居收纳) as well. (原因, 周围人评价)

② I hate to admit it but my home is the opposite of being clean and tidy (我们家是干净整洁的反义词). I find cleaning so tedious and time-consuming (又无聊又花时间). I'd rather spend that time going to the gym or taking a nap. And I love stocking up on things (屯东西). My friends call me a hoarder (集物癖). (原因, 替代做法, 周围人评价)

③ I'm not the tidiest person in the world (委婉说法, 有点小邋遢). There's a bit of clutter in my house (家里有一点点乱), but I don't let things get too out of hand/control (失控). When I really need to clean, I'll get around to it (拖拖拉拉最后去做了该做的事), but I won't go out of my way (我不会太拼尽全力). (原因)

3. Did you do some house cleaning when you were young?

① My parents asked me to help around the house from a very young age. We had a weekly cleaning schedule and everyone had to participate (参与) /do their part (做自己的份内) /lend a hand (帮把手). We even got a

small allowance (挣零花钱) for helping out. I helped my parents do the dishes, do the laundry, fold the clothes, dust the house (弹尘), things like that. I'm grateful for all those skills that they instilled in me. (原因, 细节)

② My parents never forced me to do any house cleaning when I was young. We had someone help us with the house. It was a lady, and she would come over to clean our bedrooms and do the laundry. It saved us a lot of time. (have someone do sth.在这里表示组织安排某人做某事) (原因)

③ When I was little, every weekend, I would help my parents do the laundry, then hang the clothes, and later fold all the clothes. My parents used to be very busy, so I helped them with some chores. They paid me for doing them. That was how I earned my allowances. (WH 法)

4. Do you have breakfast at home every day?

① Oh yeh! as they say, "breakfast is the most important meal of the day". I do eat breakfast at home because I don't like to spend money at cafés/ because it's healthier than grabbing something on the go. It's always a wholewheat toast, a yogurt and some fruit. It's a part of my daily routine. (原因, 细节)

② I'm usually in such a rush in the morning that I'm lucky if I get some coffee and (get) a quick bite in me (吃一口到肚子里) before I go. Most of the time, I just naturally fast (空腹禁食) until lunch time. I know it's not the healthiest lifestyle, but there's nothing I can do about it. (原因)

5. Do you want to learn how to cook well?

① You know, I've always wanted to/I've been meaning to learn how to cook well. Not long ago, I decided to sign up for a cooking class. It was mainly focusing on Chinese cuisines, but I also learned how to make Japanese Sushi and Vietnamese Pho (越南粉). I'm happy to see that I'm making progress on cooking. (细节)

② It's not a priority of mine to learn how to cook well at this stage of my life (我人生的现阶段) . I'd rather order takeout or have food delivered. I mean, I can definitely cook when it comes to preparing simple meals, but I wouldn't take a cooking class just for fun (纯粹为了乐趣) . (原因)

6. What housework do you like or dislike doing?

① Call me a weirdo but, for some reason (出于某种原因) , I find cleaning therapeutic (有疗愈效果) and that's why I like doing the dishes, doing the laundry and dusting the house. I just let my mind go (让思绪驰骋) while doing those chores. It's a way of meditating (冥想) . (细节, 原因)

② There's nothing I can't stand more than vacuuming the floors. It's so loud, boring, time-consuming that I'd rather put up with a little dust! Sometimes I just go mopping straight without vacuuming first. (原因)

以下“做运动”主题为 2022 年 5 月新题, 已经第三季度出现。有可能是没代谢掉的老题, 过几天就淘汰掉了。宝宝们可以先不重点看这道主题。

Doing sports (做运动)

知识点:

如果想了解更多更详细的和健身运动有关的表达, 查看 QQ 群文件 2 号文件夹。

- **sports fan/sports lover** 体育迷 (看各种体育比赛)
- **gym freak/ gym rat** 健身狂人
- **do sports** 做体育运动
- **Exercise(v.) 锻炼 / do exercises (n.) 做各种种类的锻炼**

I enjoy exercising. / I enjoy doing exercises.

Have you had enough exercise today (锻炼的总量为不可数名词) ?

- **physical activity** 体育活动、体能活动

(**outdoor activity** 户外活动/ **indoor activity** 室内活动/ **leisure activity** 娱乐活动。不仅限于体育类的)

- **work out (v.) / work-out (n.)** 健身

How long do you work out at the gym?

It's a 9-minute strength work-out.

- **slim down** 变瘦

Regular workouts helped him slim down considerably.

- **burn fat** 燃脂

Jumping rope can really help me burn fat.

- **shed pounds/ lose weight/ shift some weight**

Eating fewer carbs (碳水) and more protein will help you shed pounds.

- **I really want to shift some weight before my holidays.**
- **bulk up=build muscle** 变壮 增肌

You can still build your body strength by lifting weights without bulking up.

- **good shape/bad shape** 状态好、不好

I'm in good shape./ She's in bad shape.

I'm so out of shape.

I want to get in shape again.

You need to stay in shape for your marathon.

1. What sports do you like?

-I love playing all sorts of ball games (球类运动). Tennis, badminton, Ping pong, you name it. I find them so interesting. They are physically challenging (很消耗挑战体能) and involve a lot of skills and techniques. That's why I find them super interesting. I get fully relaxed by playing ball games. (原因)

-I love running. I go for a run every day in the morning before going to work. My favourite place for running is the botanical garden near home. Each time when I run there, I could get some sun, listen to birds singing, smell the flower fragrance in the air, just get closer to nature. It's the best way for me to start the day. (WH 法)

-I go to the gym to work out on a regular basis (规律性健身). That's the best way for me to stay in shape (保持好的状态) and keep fit. Working out definitely helps me blow off the steam (减压) after work/after school. It definitely boosts my confidence (让我自信激增). Each time after a workout, I always feel like the hottest guy/girl in the world (每次健身之后, 我都感觉自己是最辣的人儿!). And plus, I get to make new friends at the gym. A gym is a perfect place to meet new people. (原因, 补充)

2. Where did you learn how to do it?

-My parents used to love playing Ping Pong and badminton. They taught me how to play those games when I was very young. We used to play on the playground, near my home, in the evening after dinner. My passion for ball games started from there, and now, I love all of them. (WH 法, 时间分层)

-Nobody taught me how to run. I guess it's like a human instinct, right? When I was little, I used to run with my best friend all the time. It was like, we didn't know how to walk properly. In stead of walking, we ran to places, as if there was some animal running behind us (我们当时好像不会好好走路一样, 去哪儿都是跑着去, 仿佛有动物在追我们). (细节)

-My best buddy (好哥们) / best friend introduced me to the world of fitness (带我走向了健身世界) . He took me to his gym, and helped me sign up (帮我注册了会员) . He showed me how to do weight-lifting (作力量训练) , how to train my legs, shoulders, and arms, how to use different machines, things like that. Thanks to him, I became a gym freak as well.

(细节)

3. Did you do some sports when you were young?

前面的题都说了很清楚了 **ball game** 和 **run** 都提到了小时候, 就不会问了

gym freak 可能还会问

-Now I love going to the gym. But when I was young, I wasn't into sports. I never really did sports other than the ones we had to do at school. (时间

分层)

-Yes, I've always loved doing sports. I used to play basketball in high school. I was one of the best players in the school team. I remember at that time, each time when I had a game (有比赛的时候) , there would be many girls sitting courtside (坐在场边) and cheering for me (给我加油) .

They screamed my name! That was the prime time of my life (我的人生巅峰) . (细节)

4. Do you think students need more exercise?

Definitely! In China, kids nowadays are snowed under with schoolwork (被功课作业雪埋) . They have much less time for doing sports than before.

And when they finally catch a break and take a breather, they normally spend the time scrolling, staring at the screen, which is so wrong. Kids today need more physical activities to wind down and fully relax.

Exercises make them physically healthier and stronger, and helps them unwind. (原因)

常年在考主题:

工作或学习（最高频）

每一题控制在 25s 以内。

问题：- Do you work or do you study/ are you a student?

关于学生背景准备：

1. 万能格式：

I'm a ① student, (currently) studying/ majoring in ②, at ③.

①： **university** （在大学上学的学生，可以是任何年纪）；

undergraduate （本科生）；

graduate （研究生）；

PHD （博士生）；

high school （高中生）

年级 + 以上内容（不是一定要说明年级的，可以很宽泛回答 **student**）：

-I'm a **year 12 / 12th grade** high school student.

-I'm a **first/ second/ third/ final-year** university student.

-I'm in my **first year of study** at XXX university.

~~Freshman, sophomore, junior and senior??~~ 美国教育体系里的表达。

②: studying: Computer Science; English Literature; Education...

Or study for/ pursue a xxxx degree.

-I'm studying for/ pursuing a bachelor's degree/ undergraduate degree in
Computer Science; English Literature; Education...

-I'm studying for/pursuing an MA/Msc in English Literature/ Computer
Science , ...

Or 到了博士阶段 (PhD)

I'm doing/working on a PHD in XXX, XXX...

③: XXX University; XXXX High School;...

整合在一起:

- I'm now a university student, studying Computer Science at Wuhan
University. I'm in my final year, I'll graduate in June (this year).

- I'm now a second-year university student, majoring in Computer Science
at Wuhan University.

2. 其他常见表达形式 (活学活用) :

- (1) I'm studying Mathematics at Cambridge, one of the world's renowned universities. (前提是一定要要是国际上最知名的学校)
- (2) I'm a student at Wuhan University, where I'm majoring in Biology.
- (3) I'm currently enrolled in a Math program at Wuhan University.
- (4) I'm a biology student at Wuhan University, focusing on Applied Biology.
- (5) I'm studying English as an undergraduate at Wuhan University.
- (6) I'm currently in my second year of studying English at Wuhan University.
- (7) I'm studying at Cambridge University, with a focus on mathematical analysis.
- (8) I'm an English major at Wuhan University. This is my second year.

3. 如果你毕业之后准备上研究生的状态:

-apply to graduate school/ graduate programs abroad/ in a foreign country.

-pursue further(adj.) education in XXX

-pursue a Master's degree.

-continue my education/studies in XXX (at graduate level)

-further(adv.) specialize(v.) in my field of study.

-further(v.) my studies.

- I finished my undergraduate studies last year and earned/got a (bachelor's) degree in English Literature. /I completed my undergraduate degree last year. And now I am planning to apply to graduate programs abroad in order to further specialize in my field of study, and gain international academic experience.

- I have been researching graduate schools outside of my home country/ China, and I'm preparing my applications to pursue a master's degree in a foreign country.

- I'm considering pursuing further education in the UK in order to broaden my horizons, immerse myself in a different academic and cultural environment, and gain a global perspective in my field of study.

- I'm excited about the idea to continue my education at the graduate level in a foreign country. Right now, I'm in the process of exploring various options, and meanwhile gathering all kinds of information on application requirements and scholarships.

-I've decided to pursue a PhD program abroad to further my research interests. It would be great if I could expand my academic network and meanwhile explore a different country with a different culture.

4. 如果你毕业后正在 gap year 中:

- I just graduated, and I'm currently taking a gap year before deciding on my next step.

- I just graduated, and I'm currently taking a gap year to explore my options/ gain some real-world experience.

- I've graduated and am currently on a gap year to take some time off, take a break from the academic world, and gain some practical experience before furthering my studies or entering the workforce.

Besides, I studied so hard in the past, now I want to focus on my personal growth more, live a little, travel more, just to enjoy my life more in general.

5. 如果你毕业后正在实习中或找工作中:

- I'm in the transition period between graduating and starting my career, so I'm doing an internship right now.

- I just completed my bachelor's degree and now I'm gaining practical experience through an internship.

- I'm currently interning after graduating from my undergraduate studies.

-I'm now in the process of job hunting/ Currently I'm trying to find a job. I graduated last year and got my bachelor's degree in XXXX.

问题: - What major/ subject are you studying?

针对还在上学的学生。

Major 是大学专业的意思, 在 **British English** 里 **subject** 也表示专业。

- I'm studying Chemistry as my subject at the University of Oxford.

问题： - Are you happy that you decided to study this major/ subject?

(why or why not)

- Why did you choose this major?

1. YES:

- Yeh, I absolutely love it! It's been a great fit for me and I'm passionate about it.

- OH yeh for sure. I'm a big fan of my field of study. I'm learning so much and having so much fun.

- The faculty is great, the department is amazing, very accommodating and flexible (善于变通且很灵活的) . My teachers really care about me and listen to what I need. And the learning atmosphere is very positive. I'm loving it!

- I love this major and this field. It's a constantly evolving field (不断在变化的领域) with endless opportunities for creativity and learning. And it has a lot of career/job prospects (行业、工作前景) .

- This major truly sparks/triggers/kindles my curiosity and fuels my passion for art/music/technology/ English/ education.

2. NO:

- Not really. I find it really challenging to balance the demands of my major.

- Not really, I mean, the major is quite intensive sometimes. The workload is overwhelming and it's been difficult to manage/juggle everything.

- No, actually. It's been a real struggle to juggle everything in my major.

-No. I'm actually regretting now. I chose this major without fully knowing what it was about. And now, I find it less interesting than I initially imagined.

-No. I used to think that I liked XXX, but now I realized that my interest lies/is elsewhere (兴趣在别处). I don't know what I like yet, but I know that my current major doesn't align with it (不匹配).

-No. I don't think this major is the perfect fit for me. For example, it involves a lot of math, and I'm not good with numbers at all. I'm the kind of person who's great with people (很擅长和人打交道), definitely a people person. So, I would be better off studying Human Resources, or something like that.

3. Yes and NO.

- Hmmmm, yes and no. I mean, I enjoy my major for the most part. There are some aspects I really like, but there are also some challenges. For example... (见 2 里面的具体原因)

-I have mixed feelings about my major. There are things I enjoy, but there are also times when it can be overwhelming. (见 2 里面的具体原因)

-It's a love-hate relationship. I find some parts of my major really interesting, but there are also things that I struggle with. (见 2 里面的具体原因)

-Well, I'm still figuring out if my major is the right fit for me. Sometimes I enjoy it, but there are also moments when I question my choice. (见 2 里面的具体原因)

不同专业选择的具体原因 (列出常见的几种, 学生们可以自己往大方向上靠, 微调都可以, 考官也不知道你学什么专业) :

1. Computer Science (电脑科学) :

-I absolutely love this major. It perfectly combines my passion for technology and problem-solving (解决问题的能力) . I enjoy programming, designing software applications, and creating solutions to real-world challenges (来自真实世界的挑战) . And plus, when I see my code come to life (被实现) , I feel incredibly rewarded.

2. English Literature (英语文学) :

-I'm deeply passionate about English Literature as it allows me to explore human emotions, experiences and cultures through the lens of literature. I'm fascinated by the power of words and the beauty of language. Studying English Literature really can give me insights into the complexity of the world. I feel so incredibly fortunate/lucky to be able to immerse myself in the world of literature.

3. Translation and Interpreting (翻译学) :

-I love this major so much because it allows me to bridge (搭建桥梁)

language barriers, as well as facilitate communication (促进沟通)

between people from different countries. I enjoy the challenges and rewards of delivering messages from one language to another. When I can convey ideas (传达想法) accurately and help people, it brings me a strong sense of accomplishment.

4. Mathematics (数学) :

-I love studying Mathematics because it's a fascinating world of patterns, logic, and problem-solving (规律、逻辑和解决问题) . I find so much joy in solving complex mathematical problems. And additionally, the way I see it, math is a universal language (世界通用语言) that helps us understand the fundamental rules in our world. It's the foundation of everything. I'm constantly amazed by the beauty and elegance of math (被数学世界的美丽和优雅打动) . I feel absolutely lucky to be in this field.

5. Biology (生物学) :

-I'm having so much fun studying Biology because it allows me to explore the wonders of life. I love all living things (活着的东西，也就是生物) , from the tiniest cells to animals and plants. I love how Biology can offer me a window into the diversity and beauty of the natural world.

6. Medicine (医学) :

-I enjoy studying Medicine a lot as my dream is to become a doctor one day. Studying this major allows me to make a meaningful impact on people's lives by providing care and treatment. I feel that, Medicine is a field that combines medical knowledge and empathy towards patients. That's why it's so challenging and fulfilling/ rewarding at the same time.

7. Education (教育学) :

-Being a teacher has always been my dream, and that's why I'm living my dream now (我在完成我的梦想) . Nothing excites me more than (没有什么比.....更让我激动了) being able to help my students and shape their future (塑造他们的未来) through teaching and guiding. I love sharing my knowledge and skills with my students, facilitating learning, helping students develop their potential, and making a positive impact on their lives. Education is such a meaningful and beautiful field that I feel so passionate about.

8. Economics and Finance (经济和金融学) :

-I love it! I mean, I've always been fascinated by how economy works and how to manage money. In the future, I want to become a financial specialist, and help people manage their wealth, and help companies create investment strategies, and perform risk assessment. It's a highly promising field with a lot of job opportunities.

9. Psychology (心理学)

-This is my dream field of study as I have a high/huge interest in human behavior. Like, why humans think, feel or act in certain ways, and what're the psychological reasons behind it. And I'm highly motivated to help

people who're struggling with mental health (有心理疾病的人) . It's a challenging major but it's also super rewarding. My goal after graduation is to become a psychologist and provide therapy and counseling services to people.

问题: - What will you do when you finish studying?

-Well, I'm studying to become a _____. So, after finishing my studies, I will try to find a job in this field, and start working. That's my goal.

(结合以上的关于学习专业的介绍, 有很多细节可以重复使用)

Gap year: I'm planning to take a gap year before deciding on my next step. Meanwhile, I'd like to travel a little bit more, and get to know different cultures and people.

如果计划去实习, 可以结合之前的语料。

拓展内容 (如果考官问你对 **gap year** 的看法) :

-I like the idea of taking a year off, traveling to different places, meeting different people; meanwhile trying to make some money, and pushing myself to become more independent. And also, taking a gap year can allow me to live a little (享受生活) . I mean, I've been studying so hard since forever.

问题： - How much time do you spend on your study every week?

nerd/geek

-I would say, a lot of time/a big amount of time / a great deal of time.

Right now, it's the busiest time of the year, I'm preparing for my school assignments, final exams, and also, IELTS. I study from the morning till the evening, and sometimes even till midnight, so, 50-60hours? Maybe.

问题： - What do you do to help you study better?

-The first thing is, I will always study in public places, like the library or a café. Studying in a public place makes me more disciplined. I don't know why, maybe when I'm surrounded by people who're also studying or working, I feel more motivated to stay focused or feel embarrassed when slacking off (偷懒) ? Maybe. And secondly, I will always make sure that I put my phone aside and put it on mute/silent so that I won't get distracted easily. That really helps me stay focused. I think I'm a little addicted to my phone.

I will reward myself from time to time.

Listen to the music while studying.

Keep changing/switching locations for studying every now and then.

问题： - Do you feel tired when studying? What do you do to relax?

-Sometimes yes. I mean, it's so important to keep the balance between life and school. I make sure that I don't overstudy and get burned out (透支) eventually. There're several things I do to unwind. A, going to nature. Like, go to the woods (去小树林里), take a walk along the beach, hike up a mountain (在山里徒步), things like that. It takes my mind off things and helps me wind down. B, I always make sure that I spend quality time with my family and friends. I'm a people person (喜欢和人打交道的人), socializing with people definitely cheers me up and makes me forget about my worries at school.

(付费直播课上关于放松休闲的表达很多，可以大胆借鉴)

问题：- Do you prefer to study in the morning or in the afternoon?

-Well, I'm not a morning person, so I usually study in the afternoon, unless I have classes in the morning. Normally I go to the school library with my roommates to study. It's a really nice place to get focused and get things done. (WH)

-Well, I'm a morning person. Studying in the morning is the best. I feel like my mind is clearer and sharper/snappier during that time. Normally I'll go to the school library/little garden behind my dorm, and study for a couple of hours there, without having breakfast. I'm the most efficient in that way. (WH)

问题： - Are you looking forward to working?

-I am, I want to start working and making money, become more independent, and be able to feel like a grown-up. But my mind is also conflicted/ in conflict/ I feel torn, because I'm scared of growing up and starting my career without winter and summer holidays.

On one hand,.....on the other hand,...

-No, I enjoy being a student, and have nothing much to worry about. All I need to do is (to) focus on my studies/academic performance. And, the best part is having summer and winter holidays.

关于工作背景准备：

问题： - Do you study or do you work/ What work do you do?

1. 万能格式

I work as a 工作名称 at 具体的公司或机构 .

I'm currently employed as 工作名称 at 具体的公司或机构 .

I'm a 工作名称 , and I work at 具体的公司或机构 .

整合示范：

- I work as a software engineer at a tech company called XYZ Tech, developing software applications for various industries.
- I work as a registered nurse at a local hospital, providing medical care and support to patients.
- I work as a high school teacher at a local high school, teaching, educating and guiding students.
- I work as a sales representative at a clothing store. I've been working there for almost 5 years.
- I'm an accountant, and I work for a financial company, managing financial records and providing advice to businesses.
- I work as a customer service representative, assisting customers with their inquiries and issues.
- Currently I work as a marketing specialist at a company called ABC Marketing, creating and implementing marketing strategies to promote products.
- I work as an administrative assistant at a local university.
- I'm self-employed/ I work for myself, and I'm running a small business right now, and it focuses on...
- I'm a project engineer, and right now I'm working for an engineering company, taking charge of projects.
- I'm a stay-at-home mom, a homemaker (置家的人), so to speak, taking care of my two young children/babies and my house.
- Actually, I just quit my job, and now I'm full-time preparing for IELTS test and applying to schools abroad. I used to be a...

- Oh, I do a bit of both! I work as an electrician (电工) , but I'm also studying Computer Science on the side.

- I'm currently employed as a high school teacher and I'm also studying Psychology part-time.

问题: - What do you like about your job?

- Why did you choose to do that type of work?

-I really enjoy my job. It's a typical and stable 9-to-5 job with a very good salary. I never need to work overtime. I have plenty of time for myself. For me, being able to keep the work-life balance and enjoy my personal life is vital. That's why I feel grateful for this job.

The pay is good; this job pays well; the salary is great, makes me satisfied;
It provides me with the stability I need.

It provides me with the financial security I need.

I'm really content with my job.

I'm happy with my job.

It allows me to maintain a good work-life balance and feel financially secure.

It's a decent/ glamorous job. 很体面/ 光鲜的工作

-I love this job. I find so much happiness in my job when I feel that my work is meaningful and aligns with my values and passions, and also, when I can make a positive impact on my clients. Nothing excites me more when my clients come to me saying how much they appreciate my work or my boss gives me recognition and rewards. That gives me a feeling/ sense of achievement/ fulfillment.

- The best part/thing about my job is that I can/get to travel a lot and discover about places all around the country/world. I really enjoy the feeling of building deep connections with different people and culture. This job really gives me a lot of insights into different cultures.

- I'd always wanted to become a teacher since I was very little. I really enjoy teaching and spending time with my students. We get along really well, they make me feel very happy and valuable.

关于学生党那里的选择专业的回答里，有很多表达可以借鉴。

问题：- What do you do to work better?

可以做的几件事儿，选一两个说就好：

1. Set clear goals: When I work, I always define specific goals and priorities for my work tasks. This will help me stay focused, efficient and organized.

2. Manage time effectively: I always use time management skills, such as making a to-do list, prioritizing tasks, and scheduling my work time, to ensure that I'm using my time efficiently.

3. Avoid multitasking: Believe it or not (信不信由你), multitasking can actually reduce productivity. That's why I always try to focus on one task at a time to deliver better outcomes.

4. Communicate effectively: For me, communication is such a big thing. Promoting good communication is essential for effective teamwork and collaboration. I always try as much as I can to clearly communicate my expectations, concerns, and ideas to my colleagues and my boss, and I listen to others carefully and actively to avoid misunderstandings.

5. Taking short breaks: Taking short breaks throughout the day, even for just a few minutes, can help recharge my energy and improve productivity. I normally use these breaks to stretch my legs, take a walk, or do something fun to clear my mind.

6. Using productivity tools: There are numerous software apps available that can help me stay organized and efficient. For example, I use...for...

问题: - What happened on your first day at work?

Well, the first day at work? (Let me think)...uhmmm, nothing much, basically, it was a mix of meeting new coworkers, attending meetings, and participating in training programs. There was a lot of information to take in (吸收消化), and I was trying to familiarize myself with the work environment. It was a little bit overwhelming, I have to say, and my memory of the day is a little blurry (模糊) as it was 5 years ago, but overall, it was an exciting and busy day getting acclimated to (适应新环境) my new job.

问题: -What are the things that can be improved at work?

- Lack of communication: I feel that there is a lack of clear communication from upper management in my company. It can be frustrating at times when important information is not communicated in a timely manner (以一种及时的方式), which can lead to confusions, misunderstandings and delays in our work.

- Heavy workload: Many people, including myself, are complaining about the heavy workload at my workplace. Sometimes we need to work until midnight, which is crazy and overwhelming. I really think that the upper management should try harder promoting a healthier work-life balance and reducing employees' stress levels.

- Limited opportunities: To be honest, I feel that there are very limited opportunities for personal growth. And I'm worried that it might lead to stagnation in my career development. I want to participate in more training programs and career development plans so that I can enhance my skills and advance my career.

- (不痛不痒型) Nothing big that I can think of. I wish we could have a bigger room with bigger windows, and more natural light. Sometimes, especially during the winter time, the office could be a little dark and it feels cold. So, yeh, that's the only thing that I can think of.

问题: - Have you thought about changing your current job?

1. (YES): Yes, I have been giving some thought to changing my job. I feel like I have gained enough experience in my current role/position, and I am ready for new challenges and opportunities for growth. And like I said, there're things that I'm not happy with at my workplace, so, I think it's time to switch my job. It's about time (到时候了) .

2. (No): No, not really, I haven't seriously considered changing my job at this point. I am content with my current job. Like I said, it pays well, and it's a good fit for me. And plus, I feel like I am making a meaningful contribution. I am satisfied with the work-life balance that my current job offers. So, that's why.

关于住房 (次高频)

这一部分主要是属于个人最基本的情况，所以作答方式，主要还是：如实交代+解释原因。但是解释原因的形式可以灵活一些，我们下面来做几题。

- Tell me about the house or the apartment you live in.
- Do you live in a house or a flat?
- Can you describe the place where you live? What kinds of housing do you live in?

思路：

什么性质的建筑 (**apartment or house**) ，大小、采光，位于哪里，周围环境，交通情况，是否便利，等。

小洋房: **house, (independent house, detached house, single house, semi-detached house, town house, two-story house)**

公寓: **(X-bedroom) apartment, flat, penthouse (顶楼公寓) , duplex apartment (复式公寓) , studio apartment, one-bedroom apartment. {Bachelor pad}**

学生宿舍: **dormitory, dorm, school dorm, student residence, residence hall**

I'm now living in the student residence on campus.

食堂: **cafeteria, dining hall, refectory**

教学楼: **academic building/ teaching building**

Location: In the suburbs of my city, in the central area of my city, in the centre of the city, in the heart of the city, on the outskirts of the city/town, in the west (part) of my city, in the east (part) of my city, not far from city center, right next to the school, on campus, right next to the subway, in a great location, conveniently located, the location couldn't be better

The neighbourhood: safe; quiet; clean; well-kept; conveniently located; family friendly; close to public transport/ transportation; The area has easy access to public transport; There are lots of shops/ grocery/convenience stores in the area; There are a lot of lively bars and restaurants in the

neighbourhood; All the hot spots in the city are within walking distance; right next to the subway/ university/ hospital/ shopping center, XXX is just around the corner, just a stone's throw away from XXX

想象画面来回答

回答: -I live in a beautiful house in the suburbs of my city. The house is very big/ spacious, I have a beautiful back yard where I could plant some flowers. And the neighbourhood is very safe and quiet, and... (思考时间) very convenient as well, I mean, my house is really close to the grocery store/convenience store, so I like it a lot.

-I live in a spacious four-bedroom apartment in the heart of downtown Beijing. It's a big apartment, big windows, great natural light, lots of storage. ...And... (思考时间) it's just a stone's throw away from the city's cultural district. And plus, we have easy access to public transport, which is really convenient. It's a nice place to live.

-I'm now living in a studio apartment. It definitely has a bachelor pad's vibe, like, exposed brick walls, exposed ceiling with pipes and everything, all black industrial style kitchen, big floor-to-ceiling windows (落地窗) that overlook the bustling street. Definitely a cool place.

-I live in a three-bedroom apartment located in the north of my city. It's a corner unit (转角公寓), which means the apartment gets light from two directions. Therefore, my home is filled with natural light all year round, which I LOVE. It's conveniently located. Everything is within walking distance. The grocery store is just around the corner, the gym is just a stone's throw away, and it only takes me 2 mins to walk to the subway. The location couldn't be better, and I feel so happy to live there.

-I live in a beautiful townhouse located in a quiet residential area on the outskirts of the city. It's a very safe, tranquil and family-friendly neighbourhood. It's a three-story home with a big backyard and a garage. It's a perfect place for my growing family.

-I'm now living in the school dormitory with three roommates. It's not very spacious/the biggest, but it's/it feels cozy (温馨) / comfortable/ warm/ homely. And plus, it's in a great location. It only takes me 2 mins to walk to the academic building, and it's super close to the cafeteria and all the other essential facilities. I'm overall quite content with this place, it's very affordable and convenient, and it has everything I need. So, it's an ideal place for me to live.

问题: - Who do you live with?

(如果之前没有提到和谁住, 才有可能问道这一题)

-I live with my parents and my dog. I see my dog as my little brother/ sister. I really enjoy living with my family, it's super convenient, and at the

same time, we can enjoy each other's company. I love seeing and petting my dog every day.

-I'm living by myself. It's really cool to live on my own, I enjoy the freedom and the sense of independence. I was under the control of my parents for so many years, now it's really fun to live just myself.

-I'm now sharing this apartment with two other roommates. They are really nice, easygoing and cool. We get along well, I mean, they really give me a sense of home. I enjoy their company.

A sense of home/ belonging/ independence/ achievement/ community/ security/ nostalgia ...

Have a good sense of humor/ direction/ fashion...

问题： - Which room in your house/flat do you like most? (住宿舍的宝宝应该

不会被问到)

My/the sun room (阳光房) , the bedroom (卧室) , the living room (客厅) , the kitchen (厨房, 如果你享受做饭) , the study (书房) , the home theatre (家庭影院) , the gym (健身房) , even the bathroom.

- my own space/ kingdom/ world/ little paradise 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**
- **This room suits my needs.** 这个房间满足我的需求
- **This room is dedicated to my own pursuits.** 这个房间专门的作用就是满足我的追求
- **time alone** 独自的时间

I really enjoy my time alone in this room.

- **take some “me” time** 花点时间陪自己
- **This room is filled with essence of thing 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 room 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

-I love my bedroom. It's like my little kingdom/man cave/my retreat room where I could enjoy my time being alone and disconnect with the world. I have a big and comfy bed next to the windows. Most of the time I will just lie in my bed, play some games or read magazines, just unwind.

-I love the sunroom in the house. It's my heaven, especially during winter time. When it's snowy outside, my sun room always feels warm, cozy and light-filled. Additionally, I have a reading corner/nook in the room with a beautiful yellow fabric armchair. I spend a lot of time snuggling up (蜷缩) with a good book in that chair, reading and enjoying my time alone.

-I definitely love my living room. I have a giant and comfy couch in the living room. It's an L-shape couch (转角沙发), big enough for me to lie in it and binge watch (刷剧) TV shows or movies. My couch is so comfy that it's turning me into a couch potato (沙发土豆, 表示躺在沙发上的懒人。我的沙发太舒服了, 把我逼成一个葛优瘫的懒人). It's a place where I spend most of my time when I'm at home. I've had so many parties and get-togethers (小型聚会) in this room. It holds so many beautiful memories. It's my cozy retreat where I can just put my feet up and unplug.

问题: -What's the difference between where you're living now and where you have lived in the past?

-Mostly just the size difference. I mean, the living space I have now is much bigger than before. Before I moved to where I live now/ my current apartment, I was living with my parents, and I only had a very small bedroom. But now, I have my own apartment, I have a big living room,

and a big bedroom, and I even have a dressing room/walk-in closet for myself.

-Nothing much, it's just the people I share my space with are different. I was living with my parents, and now I'm living with my roommates.

-Everything is different! I'm now sharing the dorm room with my roommates. I don't even have a bedroom now. And I used to have plenty of storage, whereas now, I almost have none.

问题: - How long have you lived there?

-For about two years, not for too long.

-Oh I was born in that apartment, so, XXX years.

-I moved to that place 5 years ago, and I absolutely love living there. I can totally see myself spending many more years there.

问题: - Do you plan to live there for a long time?

-不打算, why: Not really. I mean, it's kind of small, and it's jammed with furniture. I need bigger space to do stuff/ things (做事情), right now the space is too tight for me. I've been thinking about moving to somewhere bigger.

-No, actually I'm planning to move. I'm not a big/massive fan of that place, to be honest. It's just too remote, too far. Even ordering a taxi will take me forever. It's in the middle of nowhere.

- 打算, why: Oh yeah, absolutely. I love that place. I can't imagine any other place that suits me better. It's in a great location/ perfectly located. And it's so spacious and cozy. The windows are huge, so the whole place is filled with natural light. And the rent is totally affordable. I can totally see myself spending many more years there.

关于 **area you live in**

问题: - Are the transport facilities to your home very good?

-Absolutely! The transport facilities to my home are excellent/super good. Everything is within walking distance, including the subway station and the bus station, making it incredibly convenient to commute every day and get around in the city.

-No, it's really bad actually. There're very limited options when it comes to public transport. I have to either ride my own bike or walk to get around, since I don't have a car. And that's why I really want to move.

问题: - Do you like the area you live in?

-Absolutely, I do. I think it's the perfect area to live in. It's not right at the city centre, but it's close enough. There I have subway stations and bus stations to get around in the city. And at the same time, it's not that busy and noisy. I like it.

-I don't like it very much, to be honest. It's just too remote, too far. Even ordering a taxi will take me forever. It's in the middle of nowhere.

It takes forever to do sth.

问题: -What do you like the most about the area you live in?

-I would say that I truly appreciate the beautiful environment in my neighbourhood. Lush greenery, scenic views, and clean and well-kept streets. The neighbourhood is tidy-looking, peaceful and safe. It's a delightful area to live in.

-I love the people there. My neighbours are so thoughtful, educated and friendly. They always say hi to me, and offer a helping hand to me whenever I need them. And they don't do parties very often as they're respectful people. It's just a very very nice and family-friendly area to live in.

关于家乡

问题: - What's (the name of) your hometown?

讲城市名字, 简单提尺寸和位置:

-small, tiny, quaint, compact

-medium-sized, average-sized

-big, major, metropolitan

-huge, massive, cosmopolitan

-Nanjing is my hometown which's a densely populated city located/ situated in the Southeast of China/ my country. It's the capital of Jiangsu Province.

-Beijing is my hometown. The capital of China. I've been living there for XXX years.

-My hometown is called Sanya, a coastal city on the South end of Hainan Province, in China.

问题: - Is it a big city or a small place?

-Actually, it is a quite big city with about XX million people, a typical international/ metropolitan/ cosmopolitan city, a concrete jungle, I would say. Very busy and bustling.

-No, It's not big at all, it's a small town/ it's a quaint little town, about 100,000 people. (And it's scenic and peaceful. Not like those big cities with tons of tourists, busy and congested all the time. I love my town.)

问题：- **Can you describe your hometown a little?**

简单，**30-40 秒**，接地气，自然，带有真情实感。不要傻乎乎地说：**welcome to my hometown.** 或者 **you should definitely come to my hometown, and my people will welcome you with their open arms.**

重庆：

山城，**hilly city, lots of hills, lots of ups and downs,**

美食：辣味

It's a big city located in the southwest of china. It's a beautiful, gorgeous city. It's in a very hilly area, lots of hills in the city, lots of ups and downs. That's why we hate driving or riding a bike in the city, instead, we walk a lot. Maybe that's why we are all in great shape. Almost all of us have really nice and beautiful legs. One thing I really love about my hometown is the local cuisine. Chongqing is famous for its local delicacies, especially spicy food. I can't live my life without spicy food. So, it's like the heaven for spicy-food lovers.

呼和浩特：

My hometown is Huhehaote. It's located in inner Mongolia. And the name, Huhehaote, actually is Mongolian, which means "green city". I guess, it's because we have many endless grasslands, the whole city is beautiful and green. There are two ethnic groups in here, Mongolian and Han. Han culture means the modern Chinese culture. So, the city is a mixture of both cultural heritages. It's really interesting to see the two cultures growing, blending and thriving together.

-XXX is famous for many things,...its landmarks and food.

-We have.... beautiful/ stunning sea views; natural sceneries; mountains and lakes; gorgeous views of nature...

-People there are... pretty laidback, friendly, hospitable, welcoming. They know how to enjoy their life/lives.

-Food is amazing in my city,..

Food is everything in my hometown.

-One thing I love about my city is that...

-It's a very livable city/ place.

来学学形容 **city** 的说法：

1. ancient/historic/old: a place that has a long history.

Rome is an ancient city, which was established thousands of years ago. 对
应现代化的就是 **modern city**

2. dull/boring/sleepy 无趣无聊的

My hometown is boring/ sleepy. As a young person, I always feel that there's nothing much to do.

3. bustling: a crowded and busy place 热闹的

It's a busy and bustling city.

Hustle and bustle (noun phrase) 小心

It's a hustle and bustle city.

还可以说 **fast-paced/ lively**

Shanghai is a busy and bustling city, one of its nicknames is “The City that Never Sleeps”.

4. compact/small: 小小的、很拥挤的

Santorini is a very compact town. You don't need transport to get around (转悠) .

5. expensive 生活成本高的(**costly**)/ **inexpensive** 生活成本不高的 (**cheap, not costly**)

6. picturesque: 独特美的，如画的; 也可以说 **scenic, quaint, charming,**

7. touristy/ tourist city: 游客颇多的 **a shopping paradise** 购物天堂

Lijiang is beautiful and scenic, but it's just TOO touristy for my taste.

8. There's always something going on in the city.

It's a city that never sleeps.

9. vibrant: 充满活力的/**exciting/ lively**

10. it's got such a rich culture.

11. It's a real 24-hour city, and you can meet people from all over the world.

12. It's such a small place that you can get to know your neighbors and easily have a sense of community.

13. The cost of living is really high. You have to think about how to make (both) ends meet.

14. Air quality is an issue there.

15. There's nothing much going on/ not much night life.

16. It's a little isolated. It feels a bit cut off from the wider world.

打卡作业第一次（不限时间，准备好就来）：

1. 工作或学习。

统一回答：① **Do you study or do you work?**

*工作者，介绍自己的工作性质，并回答问题：

What do you like about your job?

*大学生党，

Do you like your major?

*高中生，简单介绍一下自己的年纪和状态就好了。

*辞职的人，简单介绍一下自己的现状和计划。

2. 住宅: **Can you describe the place you live?**

Which room is your favorite?

如果住宿舍: **What's the difference between where you're living now**

and where you have lived in the past?

3. 家乡: **What's the name of your hometown? Please describe your hometown a little.**