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

人物题:

Describe a person you met at a party who you enjoyed talking with (聚会上遇到的人)

You should say:

What the party was

Who this person was

What you talked about

And explain why you enjoyed talking with him/her

思路：这个季度“不同寻常的一餐”素材—“和陌生人吃饭”的题材可以借鉴，但是需要修改很多内容。要增加和某位陌生人交谈的细节，和形容个人性格的表达。

知识点：

1. 形容一个阳光善于社交的人：

- **Extroverted** 外向的/ **extrovert** 外向的人
- **Sociable/ social**：善于社交的
- **Friendly**：友好的
- **Outgoing**：外向的 **She has a very outgoing nature.**
- **Chatty/ talkative**：能聊的、善谈的
- **A chatterbox**：能聊的人，话匣子一直不停

Mike's new girlfriend really is a chatterbox, isn't she?

- **Very easy to talk to**：很好聊天
- **Approachable**：和好接近的
- **A great conversationalist**：很善于聊天的人
- **Full of charisma/ charismatic**：富有人格魅力的

Tom's new girlfriend is so charming, full of charisma. I really like her.

- **Humble/ modest**：谦逊的
- **Grounded/ down-to-earth**：接地气的
- **Charming**：有魅力的
- **A great story teller**：很擅长说故事的人
- **A great listener**：很善于倾听的人
- **A social butterfly**：一个交际花，游走在人群中，很会交际（往往略有贬义，也可以是朋友间的调侃）
- **A people person**：很擅长和人打交道的人

2. 一些感情好的表达：

- **hit it off** 投缘，一见如故

We really hit it off. We always have so much to talk about.

- **get along**：相处愉快

She and I get along well.

- **enjoy each other's company**：享受彼此的陪伴
- **have endless topics to talk about**
- **We get each other.** 我们懂彼此
- **on the same wavelength** 在同一个波长上（同一个频道上）

My best friend and I are always on the same wavelength. We get each other's jokes. We really think alike（想法很一致）.

- **mind-twins** 思想上的双胞胎

Ok, so, today I'd like to talk about a person I met when I went to a very special dinner party, and it was called "dinner with strangers".

At the dinner party, I met a lot of people. Naturally I started talking to people who were sitting next to me. The girl who sat on my left side was a very friendly person. She was very outgoing and extroverted, very easy to talk to. We got to know each other's background. She was a very interesting person. She was a professional traveler（职业旅行家）, and she had traveled to more than 40 different countries at that time. I asked a lot of questions about her experiences of full-time being on the road. And she shared with me a lot of fascinating stories. She was indeed a great story teller. I was so engaged（听故事时被深深吸引）.

I really enjoyed the conversation with her, because, first off, I love traveling. I loved listening to her traveling stories. She was a very open, chatty and charismatic person, at the same time, very knowledgeable with the world（对全世界的知识很博学多闻）. So, I really admired her. And secondly, she was 0 pretentious（装逼的） and self-centred（自我为中心）.

(0 表示零，一点都不的意思。0+形容词，表示一点都不 XXX，一点都不装逼 0

pretentious) You know how sometimes people who have seen and done a lot in life tend to become very arrogant and ego-centric (傲慢且自我) that they make everything about themselves (一切都是关于他们的) ? This girl was not like that at all. On the contrary, she was a great listener, and she cared about my stories. She was humble and down-to-earth.

So, yeh, that's the person I met at a dinner party. Thank you!

(语法时态上，讲述一面之缘的人给你留下的印象，使用过去式。所以通篇绝大多数时态都是过去式。同时也体现一种思维的严谨：当时她很外向活泼，不代表现在还是如此或者一贯如此。)

Part3:

1. On what occasions would people be willing to get to know new people?

Normally on occasions like a birthday party, a wedding, a volunteer activity where socializing and meeting new people is the main theme (主题) . When people are in the right mindset and the right mood, like “today I'm gonna make some new friends”, they will be more willing to get to know new people. (举例子)

2. Where would people get to know new people?

Well, there're so many occasions where people can make new friends as long as they are in the mood and brave enough to step out of their comfort zone. People can make friends when traveling to a new place, or taking an art class, going to a dance class, doing language exchange (语言交换), going to a concert, playing sports...it could even happen while taking a flight! (举例子)

3. How do people start a conversation?

Well, for people who are not super chatty or sociable, normally they start a conversation when they have a mutual friend or have something in common. You know, when they have SOMETHING to talk about. But for

those social butterflies, ANYTHING can be the reason why for them to strike up a conversation. They might simply just start complimenting other people's outfits or jewelry, and then, the conversation just keeps rolling, effortlessly. (分群体)

4. Is it difficult for Chinese people to communicate with people from other countries?

A little bit difficult I would imagine, as A, usually there's the language barrier (语言障碍). Chinese people don't really speak English very well. So that's the first obstacle. And B, we are very shy with people we don't know, especially with foreigners. Many Chinese might become socially awkward in this kind of situation. And finally, there're many cultural differences (文化差异). Even there was no language issue, still it would be hard for Chinese people to fully understand foreign cultures. But, I'd say, Chinese people are very nice and friendly. And we are curious about people from other countries. (罗列+转折)

5. Why are some people unwilling to have conversation with others?

Some are just cold (冰冷的) and indifferent/aloof (冷漠、漠不关心的). They are only minding their own business (只关心自己). And they don't bother to talk to anyone. And some people seem to be unwilling, when the fact is that they are just awkward and nervous. That happened to me many times actually. One time I remember, I was talking to a new friend for the first time. I was under the impression that (我的感觉是) he wasn't interested in the conversation at all. But years later, he told me he was just too nervous to talk. So, he kind of froze (石化) in that conversation.

(分群体+举例子)

6. Is it difficult for adults to talk with children?

For some yes and some no. Some adults have a knack for talking with children. They are fun to talk to, and full of imagination. And also, they don't talk down on (贬低) kids like some adults do. They make kids feel heard and respected. But for some adults, they don't know how to talk to kids at all. They find it weird or difficult to start a conversation with kids as they don't share the same interest or experiences. So, it depends on

the individual. For me, it's so easy to talk to kids. Kids ADORE me! (分群体)

Describe a person you have met who you want to work/study with (想要一起工作/学习的人)

You should say:

Who this person is

How you met this person

How long you have known him/her

And explain why you want to work/study with him/her

-思路：看标题更像是萍水相逢，不是特别熟悉的人。虽然第三小题是，你们认识多久了，但是有可能是数据不准确。这道题还是可以用“和陌生人吃饭”的故事里认识的人。但是内容需要较大调整。

-知识点（学一些和优秀人物性格有关的表达）：

1. 有责任感、靠谱的人：

- a responsible, reliable, countable, honourable, sound person
- a person with great integrity
- a person you can trust
- a person you can count on
- set good examples for other people 别人的好榜样
- a role model 榜样
- a stand-up guy 堂堂正正的人
- a man of good character
- a socially responsible person

2. 有创造力的人

- 有想象力的：imaginative, full of imagination

- 有创造力的: creative, inventive, ingenious, innovative
- 有原创力的: original
- 很有艺术创造力的: artistic
- 有才华的: talented, gifted
- a person who can think outside the box: 发散思维的人
- a person with endless ideas: 有各种层出不穷的点子的人
- have a creative/unique mind

3. 很会处理问题的人

- rational 理智的
- resourceful 足智多谋的, 资源丰富的
- a problem solver/fixer 一个解决问题的专家
- a person who can think outside the box: 发散思维的人
- a person with endless ideas: 有各种层出不穷的点子的人
- a person who can always find the root of the problem 一个总是能看到问题本质的人
- a person who can see the bigger picture 一个有全局观的人
- the go-to person 一有问题, 大家第一个求助的人 (go-to 表示首选, my go-to snack 我的首选小零食, my go-to music 我的首选音乐)
- wizard (a computer wizard, math wizard...) 巫师, 很聪明很会处理事情的人
- a can-do person 一个愿意做事、愿意解决事情的人
- a trouble shooter 能把问题都射下来的人, 解决问题小能手
- He can always make it happen 他能让一切发生

4. 形容一个阳光善于社交的人:

- Extroverted 外向的/ extrovert 外向的人

- **Sociable/ social:** 善于社交的
- **Friendly:** 友好的
- **Outgoing:** 外向的 **She has a very outgoing nature.**
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- **A people person:** 很擅长和人打交道的人

So, I would love to work with a new friend Lin who I met at a volunteer activity（在一场志愿者活动里）.

We've known each other for about 2 months. I like her and admire her a lot. I'm pretty sure I could learn a lot from working with her. Right now,

I'm studying Advertising (广告学), and she's studying Visual Art (视觉艺术), our fields definitely could cross paths (道路相遇) somewhere.

On top of that, I really enjoyed my conversations with her. Being able to get along (相处愉快) and inspire each other is vital in the workplace, right? She's a very artistic person (有艺术气息的人), definitely a person with a unique mind. I really enjoy talking to her about art and life in general. Her ways of seeing the world (她看世界的方式) are so different from mine, which is definitely an interesting thing for me.

And you might assume that working with her could be a painful experience as many artists are very irresponsible and untrustworthy (不负责任又不靠谱), but no, not with Lin. At the volunteer activity, she was such a problem solver! Not like some artists who only know how to create art but very clumsy in other things in life (不像有些艺术家, 艺术上很有天赋, 生活里其他方面很笨拙), Lin was a fixer, a trouble shooter. She could always see the root of the problem, and tackle them properly (妥善地解决).

She is like the perfect combo (完美的套餐), creative and reliable, talented but not cheeky (得意洋洋, 有点目中无人的感觉), she can definitely think out of the box, but she doesn't daydream (做白日梦), definitely someone you can count on. (这一段是想给大家拓宽一些表达, 不需要都去照搬)

Now, I guess, after my description, everybody wants to work with Lin!
Haha! She's the best! Thank you.

Part3:

1. Why should children be kind to their classmates?

Well, promoting kindness (提倡善意) between children at school contributes to (导致, 引发) a positive classroom culture and a better

learning atmosphere. Additionally, children can learn about empathy, and develop into wholesome people (人格健全的人). If children are unkind towards each other, they won't enjoy going to school or learning things. Schools will become horrible places. (原因, 反向假设)

2. Can children choose their desk-mates?

I don't think so, although that would be nice from children's perspective.

The thing is (问题就在于), if children could choose whoever they want to sit with, they would choose their best friends, and that might contribute to a lot of chitchatting (导致很多闲聊) during class. And besides, children should sit with all kinds of desk-mates in order to learn how to adapt to different environments. (反向假设, 补充原因)

3. What matters the most about a colleague's personality?

以下四段回答里选一段就好, 问的是 most.

① People who are a great problem solver (问题解决者) are well-respected and loved at work. They can always find a solution in every problem. They are always the go-to person (首选人选) in the workplace. People love how creative they are, and how they can always think out of the box (发散思维). Having someone like this in the team is a blessing (一种幸运, 一种祝福).

② Every team needs a person who can see the bigger picture (眼光长远, 格局更大). Visionary (有视野的) people are always the ones who can lead the team, and think in decades rather than weeks and months (能想到几年后, 而不是几周几个月后). They provide team members with a sense of direction (方向感). Because of them, people feel that there's something bigger behind everything. That makes people feel calm and confident.

③ People always appreciate a "doer" rather than a "talker" (做实事的人而不是光说不做的人). People who are trustworthy and keep their word (遵守承诺), people who can get things done on time (按时完成事情) are more

respected. Sometimes you hear people promise the whole world (许诺全世界) but nothing is done later.

④ People who have great communication skills (沟通技能) are valued the most at work. Effective communicators (有效的沟通者) can make things easier. When there're good communicators, it is much easier to delegate responsibilities (分配任务), manage conflicts (处理纷争), and build relationships (建立关系).

4. Are good colleagues important at work?

5. What kind of people are popular at work?

以上两题都可以参考题 3 的语料

6. Are knowledgeable people popular at work?

Uhm, theoretically yes, knowledge means years of learning and accumulation. It's so priceless (无价的), so valuable for everyone at work. But in the reality, it seems that people are more into networking and politics that employees who are super popular at work are not necessarily the knowledgeable ones, but the ones who know how to play politics (玩儿政治, 耍手段). (转折)

Describe an interesting old person you have met (有趣的老人)

You should say:

Who this person is

When/where you met this person

What you did with this person

And explain why you think this person is interesting

思路: 可以写在“陌生人晚餐 party”上认识了一个老人。充分运用第一篇人物题素材。

Ok, so, today I'd like to talk about an interesting old person that I met at a special dinner party, and it was called “dinner with strangers”.

At the dinner party, I met a lot of people. Naturally I started talking to people who were sitting next to me. The lady who sat on my left side was a very friendly person. She was in her late 50s (快六十岁), and she was very outgoing and extroverted, very easy to talk to.

She was a professional traveler (职业旅行家) (that sounds like a very interesting job), and she had traveled to more than 40 different countries by the time we met. I asked a lot of questions about her experiences of full-time being on the road (全职在路上). And she shared with me a lot of fascinating stories. She was indeed a great story teller (很会说故事的人). I was so engaged (听故事时被深深吸引).

I really enjoyed the conversation with her. I think she was indeed a very unique and interesting person. I fell in love with her personality. She was very open, chatty and charismatic, at the same time, very knowledgeable with the world (对全世界的知识很博学多闻).

And on top of that, she was a very artistic and talented person. She was really good at water color painting (水彩画). Years ago, she actually hosted her personal art show (开办了自己的艺术个展) in a local gallery. How cool is that?! And she told me that recently she had been taking classes to learn oil painting (油画). She told me that she would never stop learning.

I just admire her spirit. She is the kind of person who never gives up on learning new things and becoming better. It's so rare to see this kind of quality on older people. But this lady is definitely a fighter (勇士). And that's why I adore her!

So, yeh, that's the person I met. Thank you!

(语法时态上，讲述一面之缘的人给你留下的印象，使用过去式。所以通篇绝大多数时态都是过去式。同时也体现一种思维的严谨：当时她很外向活泼，不代表现在还是如此或者一贯如此。)

Part3:**1. Do you think old people and young people can share interests?**

For sure! Both the young and old definitely can have a lot of things in common! Some people would say that they are so different physically and intellectually that they can't share interests. But there're things people can do that have nothing to do with (和.....毫无关系) the age or physical strength. For example, both old and young people can be sports fans (体育迷). They can definitely sit in the same room, on the same couch, and watch the same sports game together. And other examples would be, reading books, watching movies and listening to music. So yeh, they can totally share some same interests. (让位驳斥, 举例子)

2. What can old people teach young people?

Old people can definitely teach young people a lot of things. First off, practical skills, such as, cooking, gardening, driving, fixing things, taking care of babies. They can definitely pass knowledge from one generation to the other (把知识从一代传向下一代); and then, young people can learn a lot of valuable life lessons (有价值的人生课) from the old. For example, how to face adversity (面对逆境), how you should always put love and family first (把爱和家人放在第一位), how to prioritise things in life, etc. Old people can pass life wisdom (传输人生智慧) to younger generation. (罗列, 举例子)

3. Is it easy for young people and old people to make friends with each other?

It depends on the individual (要看个人). Some old people are really open-minded (开化的) and willing to make friends with young people. They are 0 condescending (居高临下) / patronizing (高人一等, 并摆出恩赐的态度). They won't lecture/talk down on (贬低) / look down upon (看低) young people just because of the age difference; and meanwhile, some young people are also very willing to be friends with old people. They don't see

old people as old-fashioned (老派的), inactive (不活跃的) or stodgy (陈腐的庸俗而油腻的) people. They are happy to learn all the life lessons and experiences from older generation. These two types of people can definitely meet in the middle (双向奔赴, 在中场相遇) and form beautiful friendships (建立美好的友谊). (分群体)

4. Are there benefits when one person is interested in another person?
Why? (我觉得这道题应该是 **when one person is interested in other people**, 一个人对身边的其他人有兴趣, 能带来什么好处)

Interest is the motivation for people to learn more things and become more knowledgeable. For example, before I met that lady who was a professional traveller, I didn't even know there was this kind of job. Now I know, and that's knowledge. Lack of interest (兴趣的缺乏) leads to (导致) ignorance. That's why sometimes you see ignorant people in life who don't pay any attention to anything or anybody. They don't know things because they don't care. They're not curious. We need curiosity to learn and become more knowledgeable and wiser. (原因, 举例子, 反向假设)

5. Do you think people are more selfish or self-centered now than before?

I think people are more self-centred now than before. Our generation are definitely more aware of ourselves than the old generation. And it has a lot to do with (和.....有很大关系) the amount of information we are able to access nowadays. You can learn anything in a minute at your fingertips (在指尖). For example, we know a whole lot about different types of diets, about nutrition, and about mental diseases and disorders. We pay a lot more attention on our mental health, and many of us are diagnosed with something (确诊了某病) and taking pills (在吃药). What's more, we spend a ton of time on social media. And social media is all about personal care (个人关怀). Skin care tutorials, makeup tutorials, fitness guides, mental health discussions, they're everywhere. People are sharing their personal stories, which makes us feel encouraged to also share our stories. In a time like this (在这样一个时代), everybody can be a story-teller

and share personal experiences in a public manner (以公开的方式分享个人经历) . It is because of a culture like this (正是因为这样的文化) that fosters more self-consciousness (引发更多的自我意识) , self awareness (自我认知) . People have gradually developed a self-centred mindset (人们逐渐培养出一个以自我为中心的思维方式) . (罗列, 举例子)

6. What benefits can people get if they are self-centered?

Physically speaking, when a person is self-centered, they will practise self-care (实践自我保养、关怀) more often. They will probably eat healthier, work out regularly, so that they can stay in great shape (保持好的状态) ; and mentally and emotionally speaking, it's more freeing (使人感到自由的) to be self-centered, as they don't need to tiptoe around (小心翼翼围绕别人, 生怕说错话) other people and trying to be a people pleaser (取悦型人格的人) . It's really draining (使人劳累的) and wrong to put others' needs and feelings before oneself (把他人的需求和感受放在自己前面) . A self-centered person definitely can feel more relaxed and at ease. (分类讨论)

Describe a film character played by actor or actress whom you admire (喜欢的演员出演的角色)

You should say:

Who he/she is

When you saw the film

What the character was like in this film

Explain why you admire this actor/actress

刚写完这篇发现, 题目发生了调整!! 所以只好再写一遍。但是第一版的素材还是想要保留, 大家有时间可以两个版本都仔细看一下。

以下是第一版题目：

Describe an actor/actress you admire (喜欢的演员)

You should say:

Who he/she is

What he/she looks like

What kind of movies he/she appears in

Explain why you admire this actor/actress

注意：不需要说大明星！只需要有的可说就好。You don't have to pick the coolest actor/actress in the world to talk about; no one is judging you for that!

知识点：

- A good/ great/ amazing/ incredible/ talented/ the best actor(actress)

Tom Hanks is an amazing actor. I love him!

- natural 自然的/ emotive 表现情感的

He's a really natural and emotive actor.

give a gripping performance (holds your attention completely)

呈现出扣人心弦的表演

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

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

Jim Carrey is really expressive in his facial movements.

- articulate 口齿清晰、字正腔圆、好口才的, well-spoken 能说会道的

- be good at analyzing the script and get the most out of a scene 很善于分析剧本，最大程度利用好一个场景去发挥演技

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

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

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

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

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

- range 范围，这里指的是演员的塑造里（可胜任的角色的范围）

Robin Williams has blown us away with his range.

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

- acting skill 演技

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

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

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

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

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

素材 (喜欢的演员出演的角色)

Well, I'm going to talk about an actress that is well known, and her name is Kate Winslet.

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

I love all of her movies! She's such a talented actress. She has the most range (戏路很宽) as an actress. And today the movie that I want to talk about is actually one of her low-budget (低成本的) and lesser-known (更不为人知的) movies called "Carnage". In this movie, she plays a mother (扮演一个母亲). She and her husband sit down with another set of parents (另一对父母) to discuss a fight between their teenage boys. The movie only has one scene (一个场景), which is the living room. So, everything is dependent on the actor and actress's performance. There's no switching the scene, no adding special effects or sound effects, everything is about the performance (没有特效、声效加持, 一切看的都是演技). Some people find this movie extremely boring and slow, but I love it! I love Kate's performance in the movie. She just disappears into the role, and make you forget about who she is and just leaves you with the character on screen (消失在角色中, 让观众忘记她本人的存在) .

And that's why I admire her so much! To me, she's one of the most killed actresses in Hollywood and Europe, definitely deserves her fame/ lives up

to her reputation (实至名归) . I just adore her! Her acting, her personality and her beautiful face.

The funny thing is that I don't associate Kate Winslet with her younger self but rather with who she is now (我对她年轻时候的样子和现在联系不上). Nowadays, she seems like one of the few actresses in Hollywood and Europe who don't get a ton of plastic surgery done (没有大规模 do 脸). On the contrary, Kate has grown into herself (活出自己) over time and uses her own charismatic personality to portray herself (展现自己) without any shame. That's what makes her performances so real and believable (让表演真实可信) .

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

素材 (喜欢的演员) :

Well, I'm going to talk about an actress that is well known, and her name is Kate Winslet.

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

I love all of her movies! She's such a talented actress. She has the most range (戏路很宽) as an actress. So, if you asked me what kind of movies she normally appears in, I would say, any kind! She could be in any type of movies, romance, comedy, suspense, drama... She is the kind of actress

who can disappear into a role, and make you forget about who she is and just leave you with the character on screen (消失在角色中, 让观众忘记她本人的存在) . To me, she's one of the most killed actresses in Hollywood and Europe, definitely deserves her fame/ lives up to her reputation (实至名归) .

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

The funny thing is that I don't associate Kate Winslet with her younger self but rather with who she is now (我对她年轻时候的样子和现在联系不上) . Nowadays, she seems like one of the few actresses in Hollywood and Europe who don't get a ton of plastic surgery done (没有大规模 do 脸) . On the contrary, Kate has grown into herself (活出自己) over time and uses her own charismatic personality to portray herself (展现自己) without any shame. That's what makes her performances so real and believable (让表演真实可信) .

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

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

Part 3:

1. Are actors/actresses very interested in their work? Why?

I'd say that most actors/actresses are invested in (投入) their work. A lot of preparation goes into "becoming" the character. They have to do character research, which involves talking to or living with a person or people who could help them to better understand their role. But I know that some actors choose to become a Hollywood actor just for the money.

(主流情况, 特殊情况)

2. Is being a professional actor/actress a good career?

① Being a professional actor/actress is a great career choice. You get to meet a lot of interesting people, travel the world, potentially achieve both fame and fortune, but, most importantly, you would have the chance to play all these interesting characters and experience different lives, which is such a cool thing. (原因)

② It's a great career choice if you can make it to the top (成为人上人). It doesn't seem like a realistic goal for everybody. How many young people want to become rich and famous? And how many actually achieve it? At best, you might get called to be a background actor or become famous locally, but very few make it to stardom (成为大明星). (原因)

3. What can children learn from acting?

Children can learn numerous useful, real-world skills (真实世界的技能) from acting. For example, self-confidence, improvisation (即兴表演), public speaking (公共演讲技能) and social skills (社交技能), creativity... the list goes on (说都说不完)! At the end of the day (毕竟, 说到最后), acting is communication and any young person can benefit from that. In fact, I've heard that acting classes can help students academically as they need to practise their memory (练习记忆力). (列举)

4. Why do children like special costumes?

We have such active imaginations when we're young. It's clearly amusing for kids to transform themselves into whatever they imagine. The sky's the limit (天空是极限. 表示舞台无限大, 任你自由发挥) for them. Costumes

are a part of pretending. If a kid puts on butterfly wings, it's easier for him/her to believe that he/she is a butterfly and act out their ideas (表演出自己的创意). It's also a way for them to discover who they are. (原因, 正向假设)

5. What are the differences between actors/actresses who earn a lot and those who earn little?

- actors who earn a lot: money, fame, blockbuster films (大片), professional careers
- actors who earn a little: budget films, theatre, hobby

I'd like to think that their dedication would be about the same (我更愿意相信两者的努力程度是一样多的), but the main difference between them are the types of opportunities they receive. Sometimes it's really about random luck (运气) and also who they know (认识谁, 攀关系). A Hollywood actor will get hired and paid in a blockbuster film, whereas lower paid actors end up working on smaller budget films (低成本电影) or in their local theatres, or simply as a hobby. (对比讨论)

6. What are the differences between acting in a theatre versus in a film?

- acting in a theatre: more intimate 更近距离, 更亲密, possible interaction with the audience, performance = live
- acting in a film: easy to shoot scenes again and again, editing, special effects

Performing in a theatre is a much more intimate experience because you're in front of an audience (一个观众群体) and you may even interact with them during or after the show. What's more challenging is that there's only one shot (一场过, 不能重来). If you make a mistake, you can't go back and redo the scene (重拍) as you could on a movie set (在一个电影片场). In movie productions, there's a lot more things that happen after filming, such as editing and adding special effects. (对比讨论)

经历题：

Describe an unusual meal you had (不寻常的一餐)

You should say:

When you had it

Where you had it

Whom you had it with

And explain it was unusual

-思路：①去旅行时吃到的当地美食 ②某个餐厅的奇异料理 ③去朋友家做客吃的一餐 ④

也可以把重点放在这一餐的意义上：好久没见面的大学同学，相聚在一起，边吃边聊，非常特别；从来不做饭的男朋友给你做了一桌好菜；参加最近很时髦的“陌生人一起吃饭”的活动.....等

-知识点：

1. 关于美食：

- **Take a solo trip** 独自旅行
- **Private kitchen** 私房菜馆
- **Posh restaurant** 高大上的餐厅
- **Hole-in-the-wall** 不好找的小馆子（好像墙上的洞），往往比较简朴风格
- **Cuisine/delicacy** 美食佳肴

It's so important to try the local cuisines/delicacies when you travel to a new place. Finding new food is one of the best parts of traveling.

- **You open your minds to new flavors, textures, cultures, and heritage.** 把自己的思想打开，面对新的口味、口感、文化传承。
- **Mouth-watering** 让人垂涎三尺的

“Social media has piqued our interest to pursue various mouth-watering delicacies to the point that many travelers decide where to go depending on the food and drinks that the place offers.”

社交媒体激发了我们对于尝试美食的兴趣，以至于很多人旅行时去哪里都是由当地的美食决定的。

- Tasty/ delicious/ great/ amazing/ incredible (food) 美味的
- Scrumptious 极其美味的
- Taste palate 味觉 (palate 表示上颚)

Trying on different delicacies can expand your knowledge and also your taste palate.

- Taste buds 味蕾

Let your taste buds be your guide. 让你的味蕾指引你

- Japanese food; Japanese sushi; Korean barbeque (韩国烤肉) ; Vietnamese pho (越南粉) ; Thai food (泰国菜) ; French food; Spanish food; Spanish tapas (西班牙开胃菜) ...
- 不好吃的: inedible 没法吃的; nasty/ disgusting 特恶心/ SO BAD
- Tastes like paper/sand/dirt 吃起来像纸、沙子、土

2. 关于场合:

- At a birthday dinner (生日晚餐) / at an anniversary dinner (婚礼纪念日晚餐) / at a candle light dinner (烛光晚餐) / class reunion (同学会) ...
- Talk about the past 聊聊过去
- Recall/revisit the memories 回忆过去
- Jog someone's memory 去快速回想某件事
- Flood back/ come flooding back 记忆汹涌

Suddenly, all the memories of my childhood came flooding back to me.

- **Catch up 叙旧**

素材一：

Ok, so, today I'd like to talk about the time when I went to a very special dinner, and it was called "dinner with strangers".

This "dinner with strangers" thing has been becoming very popular in China in recent 10 years. It's pretty self-explanatory (看名字就知道什么意思). Basically, it's a different kind of dinner party where you have dinner with total strangers. There're always risks in this. You might have to endure those awkward silences (不得不忍受令人尴尬的寂静) throughout the night and get bored to death (无聊到死), OR, you might meet some really fun and interesting new people who could open your mind and potentially become your new best friends (成为你的潜在新好朋友). It's like a sociological experiment (社会学实验). Sounds like a lot of fun, right?

Anyway (切换话题内容), in terms of when and where I had it, well, it was about 3 years ago, in Beijing. I went to this little hole-in-the-wall private kitchen with my friend. It was a dinner for 15 strangers. I know, that's a lot of people. We had Japanese food, Sashimi, nigiris, and some rolls. The ingredients were super fresh, and the food was incredible, scrumptious. It was a great experience for me and my taste buds.

During the dinner, in the beginning, everybody was feeling quite awkward and shy. So, no one really talked anything. All we did was smiling at each other. But then, gradually, somehow, we all warmed up and got more relaxed. The conversation started flowing and rolling (对话流动滚动下去). Towards the end of the dinner, with the food and the sake (a type of Japanese alcohol), we all loosened up and felt pretty comfortable with one another.

So, yes, that was the unusual dinner. Thank you!

素材二（这个版本更简单）：

So, off the top of my head（首先想到的）, I remember I went to a Mexican place（墨西哥餐馆） for the first time several years ago, and it was a pretty special experience for me.

I went there with two friends. It was a newly opened Mexican restaurant in my city. Prior to this, I had never been to a Mexican place. I didn't even know what to expect（都不知道要期待什么）.

So, we had some tacos, burritos and a dish called fajita. Everything was so unusual for me. I had never had corn tortillas（玉米面饼） before. As Chinese, I eat rice all the time. I do eat corn from time to time, but mostly corn on the cob（玉米棒子）, not corn tortillas. Anyway, they were surprisingly delicious. It was mouth-watering for sure. And I loved the beans in the burritos. They were so filling（很填肚子） that I felt like my stomach was about to explode at the end of the meal.

And on top of the food, I loved the music and the atmosphere in that restaurant. Everything was pretty unique.

I enjoyed that meal a lot. Now I'm a big fan of Mexican food.

Part3:**1. What are the advantages and disadvantages of eating in restaurants?**

The pros（好处） of eating out（外面吃） are, A, it's a fun experience. You get to try new food and enjoy the nice environment; B, you don't need to cook or do the dishes. It always feels nice to be served; And C, it's a great chance to bond with（绑定，建立纽带） your family or friends. When you go to a restaurant, you are in the mood of（带着.....心情） exploring food and chatting with your family or friends, as dining together is all about eating and chatting. It's the best. Meanwhile, the cons（坏处） of eating out are, number one, it's more expensive; number two, you don't get to control the way the dish is prepared. Sometimes it could be too salty（太咸）, or

too greasy (太油) , or too spicy (太辣) , and sometimes you don't even know what the ingredients are.

2 What fast food are there in your country?

Western fast food (西式快餐) is very popular in China, such as, KFC, McDonald, and Burger King. People love burgers, fries and coke, especially young people. Those high-calorie foods (高热量食物) are evilly good (好吃到邪恶) and very affordable (便宜) . People enjoy that guilty pleasure (内疚的快乐) . And there're also local fast food brands (当地快餐品牌) , we have ramen (拉面) fast food restaurants like Lanzhou Ramen, and fried rice (炒饭) fast food restaurants such as Zhen Gongfu, Lao Xiangji. The food options are great (食物的选择性大) . And also, I would say, healthier than western fast food. (分类分角度讨论, 举例子)

3. Do people eat fast food at home?

Sure, sometime people would order food delivery (点餐到家) and eat it at home. You can slump in the couch (瘫坐在沙发里) in your pyjamas, eat the food while watching TV. You know, a typical Netflix-and-chill (流行的俏皮话, “看看 Netflix 频道, 放松一下”) night. It's much more comfortable than dining in a restaurant. Sometimes people just feel lazy (犯懒) to go out but they still want to have delicious fast food. (原因, 细节)

4. Why do some people choose to eat out instead of ordering takeout?

Ordering takeout is all about eating and chilling at home, getting comfortable (舒舒服服的状态) . But sometimes people still want to go to a nice restaurant and enjoy the whole experience. When you go to a restaurant, it's not all about the food, it's also about the dining environment, the atmosphere, the service, the whole experience. Having a little sense of ritual (仪式感) can spice up (增添一些佐料) your life (有一点点仪式感能让你的生活更加有滋有味) .

5. Do people in your country socialize in restaurants? Why?

Yes, actually it's a thing (是一个现象) in China. I talked about this culture with a foreign friend once. I told him that in China we never really have had a huge culture of going to the bar and just hang out there (我们从来都没有去酒吧社交的浓厚文化). I mean, young people DO go to bars sometimes, but it's not a mainstream thing (不是一件主流的事儿). Instead, we go to a restaurant, and we drink (喝酒) in that restaurant. Those restaurants are actually functioning as bars in China. In China, we have to drink with food. Food is heavily emphasized in drinking (喝酒一定要吃饭。吃饭在喝酒的过程中很重要). We socialize a lot in restaurants, eat and drink and talk, and play drinking games. (原因)

6. Do people in your country value food culture?

Absolutely. Everybody in the world knows China and Chinese cuisines. That's because we value our food a lot. There's a saying in China, "food is the God of people". Just to give you an idea how much we love food.

Describe a time when you taught a friend/relative something (教他人做事)

You should say:

Who you taught

What you taught

How the result was

And explain how you felt about the experience

A while ago, when I was visiting my cousin and his family, I taught my little nephew how to assemble his jigsaw puzzle.

拼拼图的动词: assemble, solve, put together, 甚至 do a jigsaw puzzle

So, my little nephew was only 8 or 9 years old at that time, and he just got a new puzzle for his birthday. It was a big one, probably 200 pieces. So, obviously, it was a bit of a challenge for him.

My cousin and his wife were cooking in the kitchen, and they left me and my nephew in the living room. At the beginning, the little boy was trying to show off (显摆) by putting the puzzle together all by himself. But very soon, he realized that it was a "mission impossible" (不可能的任务). So, he turned to me. I saw those puppy eyes (狗狗眼, 可怜巴巴的), I couldn't say no anymore, and I decided to give him a hand and teach him.

I told him to always start from finding the corner pieces (四角的块块) and the edge pieces (四条边线上的块块) on the 4 sides of the picture. That would make things much easier. So, I helped him find the four corner pieces first, and started from there, we found all the edge pieces. And gradually, with a little bit of my help, my little nephew put together all the pieces and formed a beautiful picture.

He couldn't thank me enough (非常感谢). He thought I was so smart. I was a genius in his eyes. I felt quite happy that I taught him some new skill. I enjoyed the feeling of "imparting knowledge" (传输知识) and also being the super hero for my little nephew.

So, yeh, that was the story. Thank you!

Part3:

1. What practical skills can young people teach old people?

Mostly, skills related to modern technologies. For example, how to use the newest smart TV, a dish washer, a smart phone, how to edit a video, things like that. I remember a few years ago, I taught my grandma how to use the phone to send a text message. So, yeh, skills like that. (举例子)

2. What skills can young people teach old people besides technology?

Uhmhhh, maybe skills related to lifestyle (生活方式)? For instance, new ways to exercise (新的锻炼方式), new ways to cook, new ways to eat, how

to dress fashionably (如何时尚穿衣), or maybe not necessarily skills, old people can learn about new values (新的价值认知), cultures, mindsets from the young (年轻一代). Things like how to enjoy the life better, how to stay active (保持积极), things like that. (举例子)

3. How can young people teach old people skills?

Normally by showing and demonstrating (展示和示范) the skill face to face. When people get older, their learning ability slows down with age (学习能力随年龄下降下降). Therefore, they need a lot of time to absorb the information, as well as a lot of patience and repetition (耐心和重复).

Teaching face to face works better as the teacher can take their time (慢慢来), adjust the pace and the rhythm accordingly (根据现场情况调整教学进度和节奏), teach more slowly and repeatedly, and answer the questions right away at the moment. It's definitely more effective. (原因)

4. How can we know what to do when we want to learning something new? (不太明白这道题的意思: 我们想学新东西的时候怎么知道该怎么做)

We can always use the traditional way (传统方式) to ask about learning new skills. We can turn to (求助) a friend or a relative who knows the skill and ask them how to learn this new skill. We can either learn from this person directly, or get some useful information about where to learn, like, a school, an academy (培训机构), a studio, or an online class. OR, we can be more independent and use the modern way (现代方式). Just ask online, in a forum (论坛), a recommendation app, or social media. That's how we get much more information through the magic of the internet (通过神奇的网络世界). The information you get is world wide (全世界范围的). I remember, I have a friend who wanted to learn a traditional style of water colour painting. And there wasn't any place to learn in her city. Eventually, she found a school in Italy that offered this kind of course.

And she traveled to Italy to learn the skill! How amazing is that! (分角度讨论+举例子)

5. Do you think “showing” is a better way than “telling” in education?

① It depends on **WHAT** you are teaching. If you are teaching things or skills that are more concrete (具象的), like, sports skills, painting skills, cooking skills, then showing is better than verbally telling (口头解释). I mean, you still need to explain, but you need to show **MORE** than telling. Take cooking for instance, you need to show people how to cook, how to prepare the ingredients, how to cut and chop up things (切菜), how to cook step by step (一步步); but when you are teaching something really abstract (抽象), like, philosophy, politics, math, then telling would be the major way to teach. It's almost impossible to show philosophy, right? So yeh, depends on what the subject (科目、主题) is. (分角度讨论)

② It depends on what age group (年龄段) you are teaching. If you're teaching young children, then showing and demonstrating (示范) is a better way, as children get bored easily, and too much explanation will challenge their attention span (挑战他们的注意力周期). That's why school teachers use a lot of toys, props (道具) and games to draw kids' in (draw sb. in=吸引注意力) during class. Meanwhile, when you're teaching older students, adults, you don't have to “show and teach” that much anymore, you just need to elaborate (详细解释说明) well enough. That's why you see far fewer (少很多) pictures in university study books (学习书). (分群体讨论+举例子)

6. Do people in your country like to watch videos to learn something?

Oh yeh, it's been **SO** on trend (流行的) to learn online. China has the most developed E-commerce industry in the world. People love doing anything online nowadays, including education. Especially after the pandemic,

there're even more people joining in the community of E-learning (在线学习) . It's so much more convenient in the sense that learners can learn things at anytime and anywhere regardless of the situation. And plus, it's more affordable (便宜的) , less pressure on the wallet (荷包压力更小) . For example, my roommates and I were all taking IELTS classes online before this exam. (原因+举例子)

Describe something that you did with someone/a group of people (和别人一起做的事)

You should say:

What it was

Who you did it with

How long it took you to do this

And explain why you did it together

思路：这道题完全可以参照“不同寻常的一餐”，陌生人一起吃饭，或者和朋友去墨西哥餐厅，都可以。思路非常宽！！！和伴侣约会，参加婚礼，办 party，任何只要不是自己一个人干的事情！

素材一：给父母开惊喜派对

知识点（可以不看）：

1.different types of party/dinner/event:

Birthday party/dinner (生日派对、晚宴) , **wedding dinner** (婚礼晚宴) , **house-warming party** (暖房派对) , **karaoke party** (K 歌派对) , **charity dinner** (慈善晚宴) , **personal art show** (个人艺术展)

2. 动词的使用

① plan: plan a party/dinner/an event

I'm planning a party for my mom's 60th birthday.

② have 和 organize 一样，组织派对

I'm having a party tonight. Do you want to come?

③ 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?

④ host/organize a party 组织一个派对

I'm hosting a dinner.

I'm organizing a karaoke night.

⑤ go to/come to a party (不要用 attend)

I'm coming to your party tonight!

I went to a party last week.

3. 其他相关表达:

① the host: 主人

The host of the party tonight is my best friend.

② guest: 客人

All the guests tonight will be our close friends.

③ have a great time/ a lot of fun/ blast/ a whale of a time

We had a lot of fun last night.

We had a great time at the party.

We had a blast. 玩的极其愉快

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

④ enjoy the party

We all enjoyed the party.

⑤ 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）

⑥ Nothing really happened. 啥也没发生

4. 俚语

① 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.

② paint the town red 玩儿疯了，玩儿到尽兴

Let's paint the town red!!!

③ a party animal 派对动物（非常活跃于各大派对的人物）

④ a social butterfly 交际花，认识很多人的人（往往带有一点点贬义色彩）

⑤ party-pooper/ a wet blanket: 派对上令人扫兴的不尽兴之人

⑥ burn up the dance floor 疯狂跳舞/dance the night away 整夜跳舞“Those two danced the night away.”

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

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

In terms of what I did. Well, every Sunday, my parents would go out to the park for a walk and then go to the food market for some fresh food. I knew they wouldn't be home around that time. Therefore, that was the window for me to prepare the party.

I asked two family members to come and help me clean up our home, and then we decorated the whole place. We bought some flowers, we blew up some balloons, we put on the birthday banner（生日横幅），and it said “50 is the new 30.”（幽默说法：50 岁其实是 30 岁的状态）。I prepared some

snacks and drinks, put them nicely on the table. And I also invited my Uncle Chen and Aunt Li, as they have always been the life and soul of parties. They are like social butterflies, as they can talk to anybody, and glue everybody together (把所有人粘合起来) .

When my parents came back home, they were so surprised and thrilled. Especially my mom, she was freaking out. She screamed for 10 mins, got super excited/pumped. It was definitely a very successful party. Everybody had a whale of a time.

We drank and chatted, played drinking games (喝酒时候玩儿的游戏) , everyone got a little tipsy (微醺) . And later, my mom and my aunt started dancing to the music because someone played a very classic dance song in the 80s. They really went wild, and burned up the dance floor. At some point, everybody joined in. We all had a great time!

So, that was the party I threw for my mom. Thank you!

(以上很长，可精简，不用都说)

素材二：暖房派对

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

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

Jessica threw a little house warming party in her new place. She invited all her close friends over. We were all together, about 5-6 people? Something like that. Not a very big crowd. I mean, A, the apartment is very small. It can't fit too many people at the same time; and B, Jessica is a very low key, very private person, so she didn't want everybody to know about this.

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

I felt happy for my best friend. Maybe a little jealous (有点小嫉妒) as I'm still living with my parents. But jealous in a good way. I want the same thing to happen to me. I want this independence as well.

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

Part3:

1. How do you get along with your neighbour?

① We say hi to each other, and that is all. I like it that way because I'd like to keep my privacy. I'm not the kind of person who gets super close to their neighbours. (原因)

② I'm in a very good relationship with my neighbours across the hallway (对门的邻居). They're a really nice and respectful family. And I especially get along with the daughter as we are the same age. But I don't like my neighbour who lives above me (楼上的邻居). she's just so inconsiderate (考虑不周的). She often comes home late and walking around in her high heels super loudly (半夜穿着高跟鞋来回走). I complained several times but nothing changed. So, yeh, I kind of hate her, haha. (分人讨论, 细节)

③ I don't really know my neighbours. I don't even know their names or what they do for a living. I just feel shy and awkward to ask. (原因)

2. How do neighbours help each other?

Neighbours can do carpooling (拼车), share the burden (共享负担) of doing grocery shopping and cooking. They can collect mails (收信) when

their neighbours travel somewhere far, or take care of their pets. There're so many things neighbour can do for each other. (列举)

3. Do you think neighbours help each other more often in the countryside than in the city?

I'm not too sure, but it seems to me that people in the countryside do have a stronger sense of community (团体感更强). Neighbours would help each other out more often. People in the city are more self-centred and family-centred. Often times they are just minding their own businesses (只管好自己的事儿). So, yeh, maybe it is true that neighbours help each other out more often in the countryside. (分群体讨论)

4. How do children learn to cooperate with each other?

Parents and teachers should teach the concept about cooperation to children at an early age, and encourage them to practice the concept. For example, parents can ask children to help them with household chores to instill the concept of team work in children (把在团队合作的概念灌输给孩子).

Encouragement is vital, and praise is also very necessary (鼓励很重要, 表扬也非常必需). When children are praised by being cooperative, they will want to continue being cooperative. Positive reinforcement (正向激励) really works out well on children (在孩子身上很有效). Finally, parents and teachers really need to be the role model (榜样), be the good example (好的例子) for children so that they can learn by observing adults in life. (罗列, 举例子)

5. Do you think parents should teach children how to cooperate with others? How?

上题已答

6. Do you think it's important for children to learn about cooperation?

上题已答

Describe the first day you went to school that you remember (第一天上学)

You should say:

When it happened

How you felt about the experience

Where the school is

And explain why you still remember the experience

知识点:

- **I was nervous/ anxious:** 紧张的
- **I was excited:** 兴奋的
- **I was socially awkward:** 有社交障碍的, 很尴尬
- **I feel at ease:** 我感到放松
- **I feel relaxed/comfortable:** 我感到放松和愉悦
- **Chatty/talkative:** 能说的
- **Someone is a chatterbox:** 某人很能说, 十足的话匣子
- **Keep the conversation going:** 保持话题继续下去

I still remember my first day of high school. It seems like yesterday (仿佛就像昨天)。

My high school was located in a different district from my home. Before that, I went to a middle school which was 2 mins away from home. So, it was in a completely new location. The school was much bigger and farther.

As for how I felt on that day, well, I was very nervous and anxious in the beginning. Because I knew that I would meet all the new classmates on the first day. At that age, I hadn't gained a lot of social experiences. I was still super socially awkward. I remember I was looking out the window (向

外看窗), pretending I was thinking hard on something (认真思考), trying to feel less awkward.

And suddenly, out of the blue (突然之间), a girl came to me, and started talking to me just like that. Little did I know that later she would become my best friend in high school (当时的我还不知道之后这个人会成为我高中时代的最好朋友). I was so impressed by her confidence and friendliness. She told me her name was Jie, then she asked me what my name was. And after that we started a conversation, and that conversation rolled on for quite a while. Turned out (原来) we both lived in the same neighbourhood, and we had a lot of things in common (很多共同点).

So, gradually, I felt more and more at ease (放松). Jie was a really talkative (能说的) person. It was so easy to keep the conversation going (把对话进行下去). And because she was really outgoing, we expanded our conversation to more people. At some point (某个时间段), there was 5 or 6 girls talking together at the same time. It was super fun.

That's why I still remember that day so well. I went from feeling super shy to feeling much more relaxed, and I met my high school best friend on that day. Thank you!

Part3:

1. What would parents prepare for their kids when they first go to school?

Parents would help their kids pack the schoolbag (装书包). Put the textbooks, the stationery box (文具盒) in the bag, and perhaps prepare some snacks for them. And then, normally parents would give kids a pep talk (鼓舞士气的讲话) to encourage them to believe in themselves and be more confident at school. (罗列, 细节描绘)

2. How do children socialise with each other?

Children are much more straight-forward (直接的) and simpler than adults, I'd say. Like I just said, Jie just came to me and talked to me out of the blue. And that's the beginning of a friendship. Children socialise with one another by talking together, sharing food together, and playing together. Again, very simple, direct and pure. Children don't know how to hide their emotions or how to empathize with people. They gradually learn all these interpersonal skills along the way (在过程中慢慢学) while socialising with their peers (同伴). (细节描绘)

3. Is socialisation important for children?

①Yes, very vital. Through socialization, children can form bonds of friendships (建立友谊的纽带), and at the same time, gain a sense of belonging, security and community (收获归属感、安全感和团体感). They learn to be a part of a bigger group. Through friendships, children learn about social cues (社交暗示/信号, 比如什么时候该说什么话, 不该说什么话) and how to interact with others. And what's more, they learn how to think for others (为他人着想). Children learn empathy (同理心) through those social interactions. A child without any friends would be most likely socially awkward (社交尴尬的) and lacking empathy. (罗列+反向假设)

②Well, everybody needs friendship, including children. A child without friends will feel very lonely in this world. They won't know how to socialize with people as they lack the experience. They will be socially-awkward. Also, a child without friends won't be able to develop empathy because children learn empathy through friendships. (反向假设)

4. What are the reasons for job change?

Some people change their jobs because they don't like their own company. They don't get recognised by their boss (不被领导认可), and they don't feel fulfilled (感到充实); Some people leave their jobs for better opportunities regarding self-growth (个人成长). They want to learn and grow. Self-growth (个人成长) is highly valued (被高度重视) by some

people; and some other people switch to another employer (更换自己的老板) because it's a better position there in the new company and higher salary (更高的工资); and some people make the change because they want to have better work conditions (工作条件), like flexible working hours (工作小时) / work schedule, flexible work location (以上这些固定搭配的词组, 有的是 working, 有的是 work, 注意一下). Nowadays, especially after the pandemic, people really hate leaving their families and commute far (去很远通勤). Being able to work from home is almost everybody's dream.

以上这段话不用都说, 挑两条就好。关于疫情之后很多人辞职的现象, 大家可以去搜索 "the great resignation 2021"。很多人主动辞职。Many people voluntarily quit their jobs in 2021.

5. What are the advantages and disadvantages coming along with changing jobs?

Changing jobs allows you to learn new things, challenge yourself and widen your world. And you might climb up the ladder (爬梯, 晋升) even fast. Because sometimes staying in one company for too long can result in the ignorance from your boss and coworkers, as you've been there forever, and people might take you for granted (把你视为理所当然). I see that happen to many young people. They come to a company right after graduation, and they are forever the "new graduates" (永远的大学应届生, 永远的小年轻). But at the same time, the downsides are, it is scary and exhausting to make a new change and get out of your comfort zone. And besides, you will lose all the connections and trust that you've built in your previous job, which is a shame. (分头讨论)

6. Are big companies better than small companies?

大小公司的优缺点比较题特别经典, 这里先把大公司的优点总结一下, 宝宝们根据自己的观点, 自己选取内容来回答 (时长不要过长, 控制在 40 秒左右):

- **Stability (稳定性)** : It's more stable to work for a big company. Big corporations don't lay off people easily. Assume you are a competent employee; you don't need to worry about getting fired. Large companies are more likely to survive the bad economy (在糟糕的经济中幸存) . Small companies and start-ups (创业公司) can easily go under (破产) , therefore not being able to provide stability to their people.
- **Personal growth**: large companies usually have better training systems to help you grow better as an employee. And plus, you get to work with a lot of smart people, top performers (最棒的人群) , you will learn so much and have the opportunity to advance yourself.
- **Resources**: Massive corporations usually don't have budget limitations, so they don't have problems providing employees with the resources they need.
- **Perks (the extras) (福利)** : Big companies have on-site gyms (单位健身房) , child care (托儿所) , cafeterias, free beverages and snacks (免费饮料小吃) , afterwork dinners, things that add to the comfort and enjoyment of the workplace.
- **Slower-paced (节奏更慢)** : This could be a good thing or a bad thing, depends on what you want. I personally like the fact that compared with small businesses, big companies do not move at such a crazy pace. You don't feel that stressed out at work, and you will have some time to learn new things and summarize your work (总结工作) , reflect on (反思) what you have done.

以下是大公司和小公司的比较:

From the company's perspective, in terms of **resources and budgets**, it is because big companies have abundant resources (大量的资源) , people in corporations may be spending money and resources in a more careless way; whereas in small companies, every penny counts (每一分钱都很重要) . And when it comes to **decision making**, big companies are slower than

smaller ones as they are bigger, and they have more management layers (管理层) in the structure, they need more time to react on things. And then, when it comes to following the rule, or taking the risks, small companies are definitely braver, as they are already in risks! There's nothing to lose (没有什么可损失的). So, I would say, big corporations would play safer (走安全路线) and follow the rules, meanwhile small businesses are more risk-tolerant (敢于冒风险的). Finally, most small companies are really into **innovation** (创新), and you don't see that in large companies.

From the employee's perspective, working for large companies definitely means more bureaucracy (官僚), but at the same time, it also provides job security (保障度) and better benefits (待遇). Working for small businesses gives you the opportunities to have more responsibilities and flexibilities, but it's less stable and more uncertain. And plus, the benefit package is smaller.

Describe a time when you missed or were late for an important meeting/event (迟到)

You should say:

When it happened

What happened

Why you missed /were late for it

And explain how you felt about this experience

-思路: 上个季度新题“失约 appointment”里的表达可以套用。但是 meeting 表示“会议”或者“和朋友家人的见面”。Appointment 则是往往一对一的更正式的见面、咨询、干正事儿。比如 dental appointment. 所以要修改一下做的事情的主题。

-知识点:

形容很丢三落四的人:

- forgetful 健忘的

My dad is such a forgetful person. He's always looking for his car keys.

- unmindful 不注意的; mindful 是注意的
- absent-minded 大脑不在场, 表示很心不在焉的

I'm sorry, I'm a little absent-minded today. What did you say?

- distracted 被分散注意力的

I'm always distracted, and that's why I keep losing things.

Why are you so distracted today? What has got into you?你吃错药了?

- disorganized 没有组织条理性的, 乱七八糟的
- scatterbrain 名词·表示头脑乱七八糟的人

I'm such a scatterbrain. I always leave my bag behind.

- always loses things 总是丢东西: She always loses her things.
- forget things easily 总是忘东西

I'm the kind of person who forgets things easily.

- messy 乱糟糟的

I'm such a messy person.

My life is a mess.

I remember one time I was late for an important meeting with my professor, and that was a super embarrassing experience.

It was several years ago. At that time, I was planning on publishing a paper (发表一篇论文), so I needed some professional opinions on my draft

(草稿) . I contacted my university professor, Dr. Li, to arrange a meeting in order to get some guidance on the paper. It took a little bit back and forth (来来回回) in the email before I got a YES (邮件里来来回回不少次才换来了一个 yes) from Dr. Li, as he was a very busy person. However, eventually I screwed it up (搞砸了) . I forgot about it! I'm blushing (脸红) now even by just thinking about it (现在想想都在脸红) . How could I have forgotten it?!

Normally, I'm not a super forgetful person. I mean, sometimes I get a little distracted but I'm a responsible person in general. I almost never missed those important appointments, meetings or events. But the reason why I completely forgot about that meeting and ended up being super late was that, I didn't set the reminder on my phone.

That same month, I was extra busy with my studies and the paper I was working on. I was completely snowed under with all the work (巨忙。被工作埋在雪下) . Therefore, I wasn't mindful enough to set a reminder in the first place (第一时间) when I received the confirmation email from Dr. Li. And then of course, I would miss the meeting. I'm not a computer!

On that day, I almost jumped out of my skin (吓到诧异到灵魂出窍) when getting a phone call from the professor, asking where I was. "Oh shoot!!!" I said to myself. I made up an excuse saying that I was stuck in traffic (堵在路上) . And I rushed out of my dormitory and ran like the wind (跑得像风) . I was still catching my breath (上气不接下气) by the time I arrived at his office. I was 40 mins late...

I was feeling so bad the whole time. I hate wasting people's time, especially an important person like my professor. So yeh, that was the story. Thank you!

Part3:

1. Are you a punctual person?

① Normally I am, especially when it comes to important meetings and appointments, I'm a very punctual (守时的) person. But sometimes when I'm seeing really close friends (关系很近的朋友), I might take my time (慢慢来) getting ready, slack (拖拉) a little bit, and end up being late. (主流情况, 特殊情况)

② Unfortunately, no...I'm always late and always in a hurry (着急忙慌). My friends always make fun of (取笑) how late I am. I guess, I'm really bad at managing my time. I don't know how to multi-task. (原因)

2. Do you think it is important to be on time?

① 100% yes. Punctuality (守时 n.) is vital, especially in the workplace (在职场). Being on time shows respect (表达尊重) to people. If a person is always late, people won't trust him/her. (原因, 反向假设)

② 分情况。分和谁见面。

3. Do you always avoid being late?

和第一题很像

① Yes, I hate being late when it's something really important. It's so embarrassing! I try my best to avoid it.

② As a person who procrastinates (拖延) all the time and is always late. I don't try to avoid being late anymore. That's just who I am (这就是我). I've made my peace with it (我跟这个事实和解了)。

4. Why are people often late for meeting or appointments?

It's mainly a matter of their personality type (和性格类型很大关系) / It has a lot to do with their personality type. Some people are not good at multi-tasking (一心多用, 多任务同时做). They can't juggle (耍球的动作, 这里指的是

兼顾好) more than one thing (一件事情以上就兼顾不好了), and end up always in a rush and being late. Some people are very bad at judging how much time has passed (判断不好时间过了多久) and they don't have the habit of check the time (也没有查看时间的习惯). And some people just simply don't care about being late. Punctuality is not on the top of their priority list (不在他们重要事情名单的榜首。也就是不看重的意思). And then, of course, there're external factors (外在因素) like, a traffic jam. But that can't always be the excuse to be late. (分群体)

5. Are people in your country often late for meetings?

Work meetings, no, not really. Work things are so important in China that people won't be late. Meetings with friends, maybe yes, as it's not that big of a deal to be late. (分情况)

6. Do you think people are born with time management skills or they can develop them?

Many people would say that time management skills are something people can learn and develop as they grow. I agree. But I also think there are some innate personality characteristics (内在的先天的性格特征) that you can find in people who have great time management skills. Some people are born with the talent of time managing (天生就是有时间管理能力). They have a better sense of time, they are good multitaskers, and they're better at controlling their pace (控制自己的步调) when doing things. (主流观点, 自己观点)

Describe something you did that made you feel proud (让你骄傲的事)

You should say:

What it was

How you did it

What difficulty/difficulties you had

How you dealt with the difficulty

And explain why you felt proud of it

思路：很多这个季度的主题都可以拿来用。“教他人做事”成功后，很骄傲；和别人一般办了惊喜派对，很骄傲；投诉成功的经历，令你很骄傲；“未来想要学习的技能”可以改编成已经学会的技能；.....

知识点：

骄傲的表达：

- I feel so accomplished and proud of my hard work and dedication to my...goal.
- I can't believe I've lost XXX pounds!
- I'm amazed by my progress.
- I'm so proud of myself FOR sticking to the plan.
- I want to give myself a big pat on the back for....
- I feel that I can achieve anything as long as I set my mind to it（只要下定决心）.
- I'm feeling on top of the world/ on cloud nine/ over the moon right now for...

这里新增一个减肥有关的素材：

A few years ago, I successfully lost 15 pounds and I felt very proud of myself.（具体数字可以变化）

A few years back, I was dying to/desperate to（非常渴望）lose some weight/ slim down/shed weight（减肥的几种说法）and get back in shape

(恢复体能) . At that time, I was pretty over-weight and depressed. I was fed up with (受够了) with myself.

I tried two times. First time, I tried to go on a diet, and started counting calories, but it didn't work out. I mean, I DID lose some weight/shed a few pounds in the beginning, but once I stopped the diet, my weight just bounced back (反弹) . And I had to go back to square one (从头开始) .

Then I realized, in order to lose weight and get in shape, I needed to pay attention to both diet and exercise. I mean, there is no cutting corners when it comes to losing weight (在减肥这件事上没有捷径) . I needed to give 100% (全力以赴) , my blood, sweat and tears (血汗泪都要撒) . So, I started going to the gym on a regular basis, and at the same time, I cut down on (减少) carbs and sugar (碳水和糖) . It was so hard to say no to carbs and sugar, as I loved them. But I didn't quit. I didn't throw in the towel (=放弃) .

Three months later, I was a whole new person (全新的人, 大变样) . And now I'm still working out regularly to maintain the result. I'm so proud of myself. I feel that I can achieve anything as long as I set my mind to it (只要下定决心) . Thank you!

Part3:

1. Which one is more important, personal goals or work goals?

They are both very important, as for most people, they both lead to happiness. Having work goals gives people something to work towards (给人们奋斗的方向) and challenges them to improve in their career path (职场道路) . Achieving work goals can increase the chance of getting a promotion (提升被提拔的几率) , a pay rise, or a better work opportunity, and that can bring a sense of joy (带来一份快乐的感觉) to people. Personal goals, on the other hand, contribute to (为.....做贡献, 带来) people's

personal growth (个人成长), like, becoming slimmer, fitter, healthier, more skillful, more knowledgeable, more experienced in something, things like these can also make people happy and proud of themselves, and gain a sense of achievement. (原因, 举例子)

2. Have your life goals changed since your childhood?

① Yes, totally. I used to be so ambitious when I was a kid. I wanted to become a Nobel Prize winner (诺贝尔奖获得者) in literature/ biology/ physics...and now, I just want to live a simple and happy life (过着简单快乐的生活), be able to stand on my own feet (自食其力, 自己养活自己), have a roof over my head (有住的地方, 头上有屋顶), and maybe one day build a beautiful family. I just want to be an ordinary person. (时间分层)

② When I was a little girl, I wanted to become a good wife and a good mother. And now, I AM both. I'm a proud wife, a home maker (掌管料理家的人), a mother. I take care of my two little kids and my family. I'm living my childhood dream (我正过着我小时候的梦想生活). Life couldn't be better and I couldn't be happier (生活没办法再好了, 我也没办法更开心了。就是“生活超级棒、我超级开心”的意思)。

③ 根据自己实际情况组织答案

3. Does everyone set goals for themselves?

Most people do. As I said, a goal gives people something to fight for and work towards. It gives people a sense of direction (方向感). Without having a goal, the vast majority of us will feel directionless and lost (缺乏方向感的和迷失的). Maybe there're only very few people in this world who can be OK with an aimless and meaningless life. (主流情况, 特殊情况补充)

4. What kinds of reward are important at work?

First, Financial rewards are the most important. They are the most tangible (可触摸到的) and extrinsic (外在的) rewards that can recognize an employee's hard work and a job well done. Everybody loves a big bonus or a salary rise or a vacation package (度假礼包). It's always the best kind of reward. And then, verbal recognitions (口头认可) like a public thank-you (公开的谢谢) at a company meeting or a business dinner is also very important. Some employers really don't see the point of it. They can't see the value of doing so. But I personally find it very necessary. People really enjoy hearing compliments, that makes them very happy and proud. (罗列, 局部让步驳斥)

5. Do you think material rewards are more important than other rewards at work?

I would say it is one of the most important kind of rewards. Like I said, that's the most tangible and practical reward. Nobody would say no to a bonus, or a salary rise, or a big promotion. But that's not enough. People also need intrinsic rewards (内在的奖励), for example, feeling happy and fulfilled in the workplace, maintaining a perfect work-and-life balance, enjoying the healthy and positive working environment, achieving personal growth, rewards like these are also essential. For example, I have a friend who works for a prestigious company (有名望的公司) with a high salary, but he's not happy. His boss is rude, and his colleagues are bullying (霸凌) him. He's all the time thinking about quitting his job. From his story, I learned that only getting material rewards is not enough. We need more than that to feel happy. (转折, 举例子)

6. What makes people feel proud of themselves?

People feel proud of themselves when they achieve a goal and surpass themselves (超越自己). My story of losing weight would be a case in point (证明此点的例子). And next, people feel proud when they prove their own value to the society (向社会证明自己的价值). When they help people in need, or invent something great, or leave a mark (留下痕迹) in the world

in any shape or form (以任何形式任何方式), they feel worthy, valuable and proud. (罗列)

Describe a complaint that you made and you were satisfied with the result (投诉经历)

You should say:

When it happened

Who you complained to

What you complained about

And explain why you were satisfied with the result

-思路：这道题可以和上个季度“糟糕的购物经历”合并准备。因为购物体验糟糕，进而投诉。内容要做调整。

-知识点：

1. 关于投诉：

- **make a complaint** 投诉
- **complain** 本身作为动词也指抱怨、发牢骚、吐槽某人某事

She's a complainer. 她是一个抱怨鬼

- **complain about** 就某事进行投诉/ 也有就某事进行牢骚抱怨的意思，看语境

The person that I want to complain about is my supervisor. 我想要投诉的对象是我的上司。

- **file a complaint** 投诉。 **file** 相比 **make** 是更正式的表达。呈交投诉状
- **It was worth my time (值得花时间) to make the complaint.** 这个投诉是值得花费时间的
- **Solution** 解决方案

I called Human Recourse and told them the solution I wanted.

- **supporting document** 支持文件（证据）

I gathered all the supporting documents as evidence.

- **发怒、失望、沮丧：mad, upset, disappointed, furious**（超级怒），**infuriated**（超级怒），**irritated**（超级怒+烦）
- **make a fuss** 发怒
- **have a beef with** 和.....结梁子

2. 关于在线购物的一些表达：

- **come across a website** 偶遇一个网站
- **click on the website** 点击了网站
- **leave the website** 离开网站
- **order** 下订单
- **confirmation email** 下单确认邮件
- **parcel/package** 包裹
- **branded clothes** 有牌子的衣服
- **looks nothing like the picture.** 一点都不像照片里的

This shirt looks nothing like the picture on the retailer's website.

- **The quality of fabric is so disappointing.** 布料的质量很令人失望
- **The shirt is stiff and uncomfortable.** 衬衫很硬很不舒服
- **receive the wrong thing** 收到错误的商品
- **receive the wrong size** 收到错误的尺寸
- **shipping fee** 运费
- **free shipping** 免运费
- **true to size** 尺码很正

Clothes on that website are all true to size.

- ask for a refund. 申请退款
- return 寄回
- ask for an exchange. 申请换货
- review 客户评价
- customer service 客服

That retailer's official website has really poor customer service.

- customer service representative 客服代表

So, I consider myself an expert on online shopping (我把自己视为在线购物的小专家) . But even an expert like me could get burned (吃亏、上当、受损、受骗) sometimes. And last time when it happened, I made a complaint.

(get burned 也有在恋爱里受伤的意思。I got burned so many times in relationships. 另外 get burned out 是工作上透支、燃烧殆尽、累觉不爱的状态)

It was a month ago. I came across an online clothing shop that seemed legit (正规的) . The prices were incredible. It was like a steal (便宜得跟偷来的似的) ! And what was even better was that it was free shipping! I love websites with a free shipping policy! So, I ordered a bunch of clothes.

The package arrived at my door in two days, which made me very happy. I tore the package open (tear sth. open 撕开) with my bare hands (不用工具, 纯粹用手撕) . And I started to try the clothes on. However, I was very disappointed.

All of the clothes were of poor quality. The clothes were stiff and uncomfortable. The fabric looked and felt cheap (布料看着和摸着很廉价) .

They look nothing like the pictures online. And the pants were not true to size at all. I mean I usually wear size L, and I couldn't fit in their size L at all.

I was infuriated (气极了) and I called their customer service, threatening them by saying that I wanted to file a formal complaint to the Consumer Rights Association in China. The customer service representative freaked out (吓坏了) and asked me what solution I expected. I told them I wanted a full refund (全额退款) and they immediately said yes. Eventually I got all my money back. I was satisfied with the result.

This experience told me that I needed to be more careful when shopping online. It's not always a good experience. So yeh, that was the story, thank you!

Part3:

1. When are people more likely to make complaints?

The most common scenario (最常见的场景) that causes a complaint is a poor customer service experience (糟糕的客服体验). For instance, when customers encounter customer service reps (=representatives) who don't listen carefully to their problem, or speak to them in a rude tone (用粗鲁语气说话), or put them on hold (让客户在线等) for too long, customers will feel disrespected and furious (愤怒), and thereby making complaints. And then, when companies or service providers advertise their products or services as the best/top-notch (一流的) but fail to deliver in the reality (当公司或服务提供者做广告声明自己的产品或者服务是最棒的、一流的, 然后却无法兑现), customers will be disappointed with the brand, and that results in (导致) complaints. Just like my experience now. What else (还有吗), sometimes when there're hidden fees or information (被隐藏的费用和信息), costumers will lose all the trust in the brand, and that leads to (导致) complaints. (罗列, 举例子)

2. What do people often complain about?

和上题内容差不多

3. Which one is better when making a complaint, by talking or by writing?

I would say, making a complaint by talking in person seems faster (口头投诉看似更快), but when it comes to more serious issues, for example, making complaints in the workplace, complaining in writing is better. Because everything can be documented (所有事情都会被归档) / put on record (记录在案). It's more powerful, and can be used as evidence if one day you decide to go to court (上法庭) and take legal action (采取法律措施). (对比讨论)

4. Who are more likely to make complaints, older people or younger people?

① I would say, young people complain more. Young people tend to get irritated more easily over things (更容易被事情搞烦躁), and thereby complaining more. Some might say that old people have all the time in the world (有大把时间), and they love complaining about things. But I don't see it that way. Older people are more experienced in life, so they don't get frustrated or overly emotional easily. They are more peaceful and in control of their emotions (能管理好自己的情绪). Young people, on the other hand, are less calm, less experienced, and they don't let go of things easily, so they make complaints more. (让位驳斥)

② I would say, older people are more likely to complain, because they can afford to do so (有条件这么做). They have all the time in the world, and many times they have nothing better to do (也没别的事儿可做了). But for young people, time is money, often times it's not that they don't want to make a complaint, but they don't have the time to do so. It's not worth their time (不值得) to go through the whole procedure (经历整个流程) just to express their dissatisfaction. (原因)

③ It's not a matter of age, it's a matter of personality type. Some people are grumpier. They get irritated more easily. No matter what age they are,

they always tend to complain. Some people are calmer and more chill. They are more in control of their emotions. They don't make a fuss easily. Therefore, they just let go of the anger. (重新梳理考题, 分群体)

5. How would you react if you received a poor service at a restaurant?

① Well, I'm a very easy-going person. I don't like making a fuss (发怒) in public, and I don't easily have a beef with (与.....结梁子) restaurants or bars. So, usually I'll just let it go. There were only a couple of times when I made a complaint to the restaurant owner. (主流情况, 特殊情况)

② I'm not a very tolerant person. I do not want to tolerate bad services, and let people walk all over me (让人随意践踏我). Therefore, usually I'd ask to talk to the restaurant owner or the chef to complain. They need our constructive feedback (有建设性反馈) in order to improve the service. (原因)

6. How do people often respond to poor customer service?

分群体讨论。有的人是 easygoing, 有的人不去 tolerate.

上题的回答中语料都可以借鉴。

事物题:

Describe a daily routine that you enjoy (喜欢做的日常作息)

You should say:

What it is

Where and when you do it

Who you do it with

And explain why you enjoy it

-思路: daily routine 指的是每天重复的作息, 是一系列活动组成的。可以讲一天当中的一段时间的作息, 比如 my morning routine, my sleep routine, my work-out routine...也可以是简单分享你的一整天作息

-知识点:

- I'm so bored with my routine life. 我对我一尘不变的作息生活厌倦了
- organized: 有条理的

I'm a very organized person.

- spontaneous 即兴的 (不做计划的)
- carefree, fancy-free: 无忧无虑, 没有牵挂的, 不负责任的
- Go with the flow: 顺其自然
- to-do list: 计划要做的事儿 create/make/brainstorm a to-do list

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
- daily/weekly/monthly schedule
- 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”键
- dedicate...to

I always make sure I dedicate a certain time of the day to my schoolwork. And during this time, I'll put my phone on mute and stay off the web until I've got everything done.

- A good daily routine makes it easier to stay organized, and will help you to get the most out of the day (seize the day).
- planner: 计划本

A planner can help you keep track of (追踪) your classes, school work and extracurricular activities (课外活动) .

- **calendar: 日历**
- **A daily routine can keep yourself on task (让你有事情做, 有任务忙) .**

So, I have a more or less (或多或少) fixed routine (固定的作息) every day, and I really enjoy it.

Every morning, I wake up at the same time. Then I'll make myself a cup of coffee. It's always latte with vanilla syrup (香草口味拿铁) . I always have the same breakfast during the week, a fried egg and some whole wheat toast (全麦吐司) , a yogurt with some fruit in it. I don't need to spend time and think about it. It's a great time-saving hack (节省时间的小妙招) .

When I'm at work/at school, the first thing is to do a brain dump (dump 表示被丢弃的垃圾, 在这里 brain dump 表示想到什么就些什么, 不一定有价值的东西) of the things I want to do, need to do, and have to do, and I will go through the whole thing (把写下来的东西看一遍) , prioritize my day (优化我的一整天) , and then make a final to-do list (做一个最终的做事清单) . I will always highlight the things that are urgent or very important, so that I won't procrastinate these things (把重要的事情高光出来, 这样不会拖延) . I try to be strict with myself, and follow my list diligently.

After finishing my day and come home, my evenings are more relaxed and flexible. I go to gym on a regular basis, Mondays, Tuesdays and Thursdays, so the rest of the week, in the evening, I will do things spontaneously (除了健身的这几天晚上我会即兴做事情) . For example, meeting up with my friends, seeing a movie, having a drink in the bar, things like that.

I enjoy this routine. Having a routine sounds boring and seems more work, but in the reality, it frees my brain, reduces my level of stress and

anxiety, and makes me much more efficient and productive (做这些事情看似枯燥而且更琐碎, 但是解放了我的大脑, 让我不去想, 有了更多安全感, 压力也下降, 效率也提高) . Eventually it adds hours back to my day! Sometimes I feel that I have all the time in the world.

So, yeh, that's the daily routine that I enjoy. Thank you!

Part3:

1. Should children have learning routines (=study routine 学习作息) ?

The way I see it, children definitely should have a fixed routine for studying. First off, having a study routine can tell children what needs to be done at what particular time. It makes studying more predictable (有预见性的), thereby preventing waste of time and energy. And then, it teaches children about responsibility, punctuality and consistence (持续、坚持如一) . It helps ensure self-discipline (确保自律) . Thirdly, it leads to a better concentration (引导更好的专注力) as children is focusing on one task at a time without worrying about others. (罗列)

2. What are the advantages of children having a routine at school?

同上题类似

3. Does having a routine make kids feel more secure at school?

For sure having a routine at school makes children feel safe and in control over things. Everything is predictable. Children don't need to spend extra energy to adapt to the environment (适应环境) . Imagine a school without any fixed routines. It would be like driving a car on a bridge without railing, and in the dark (就像在黑暗中在一座没有护栏的桥上开车) . Nothing is sure; nothing is secure. It's a very scary feeling. (原因, 反向假设)

4. How do people's routines differ on weekdays and weekends?

Normally people's weekday routines are revolving around (围绕以.....为中心) their jobs or studies. They would get up at a certain time to go to work, or go to school. And they work, work, work, or study, study, study until they finish their work or study and go home. They enjoy the night a little bit and go to bed. But on weekends, it's more about relaxing, chilling, having fun, socializing, spending quality time with family. Some people would sleep in, some go to the gym, some go to parties. A routine on weekends is usually not a routine anymore. It's "go with the flow". (分类讨论)

5. What daily routines do people have at home?

People's daily routines at home really differ. Some are early birds. They go to bed early and wake up early. Some are night owls. They stay up every night and sleep in the next morning. It's impossible to generalize. (分群体)

6. What are the differences between people's daily routines now and in the last 15 years?

I'm not sure what the differences are. I imagine that there shouldn't be too many differences. The society is still the same, and the technologies are almost the same. So, I don't know. (原因)

这题我真的不知道!

Describe a piece of good news that you heard about someone you know well (好消息)

You should say:

What it was

When you heard it

How you knew it

And explain how you felt about it

-思路：这个消息可以是 ①朋友或家人找到好工作 ②朋友或家人结婚、为人父母 ③朋友或家人要出国上学 ④朋友或家人乔迁新居

-知识点：

News 可以指“新闻”，也可以是“消息”的意思

News 一词和 information 一样，不能说: a news,

只能说: a piece of news, this news, the news, some news, good news, bad news, a lot of news

-a piece of news I read in a/the newspaper

-a piece of news I saw on the TV

-a piece of news I heard on the radio

关于听到好消息后开心的表达：

- Feel happy for someone: 为某人感到开心
- Feel proud of someone: 为某人感到骄傲
- 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

I still remember how surprised and thrilled I was when my best friend told me that she was going to get married (结婚). It was indeed the best news for me.

My best friend Si and her boyfriend at that time (well, now he's her husband) had been dating each other (恋爱约会) for about 2 years. They were the sweetest couple in the world, and I'd always known that they would tie the knot (结婚) at some point, sooner or later (早晚的事儿). But to be honest I didn't expect it to be that soon, as we were still very young at that time. (背景故事)

In terms of when I heard the news, well, I remember, it was two years ago, in June. Si called me saying that she wanted to see me and announce something very big (宣布一件大事儿). I got goosebumps (起了鸡皮疙瘩) when I got that phone call. She was very good at keeping me in suspense (卖关子). I got very intrigued/curious. By the time I saw the sneaky smile (坏笑) on her face, I was dying to know what was going on. And then, she said, "Guess what, you're going to be my maid of honor! (主伴娘)"

I was speechless for a few seconds, and then I managed to process the information in my head, and started to feel the joy all over my body. It was indescribable (不可形容的). My heart was overwhelmed with euphoria (狂喜). I felt so happy and thrilled to witness my best friend's most important life event, and I felt very honored to be the maid of honor at her wedding.

It was greatest news I've ever received. Thank you!

Part3:

1. Is it good to share something on social media?

It could be a good thing, and sometimes it could be a bad thing. It could be good in the sense that (从.....角度来说) you can share a lot of things on social media. It's a way to communicate with people in your life and also with the whole world. Sharing on social media can promote communication, build more connections and relationships. It can bring people together. But sometimes, you might over share (过度分享) things, and end up losing your privacy (失去隐私). And what's worse, there's cyberbullying (网络霸凌) on social media. You might end up getting yourself seriously hurt mentally and emotionally (让你自己在精神上和情绪上严重受伤). Therefore, the way I see it, we need to be careful with the way we use social media. Having a better sense of privacy (更好的隐私感) and knowing how to protect ourselves is crucial. (分情况)

2. Should the media only publish good news?

Certainly not. If the media only published good news, then what kind of world would we be living in? La-la land? The world would be all rainbows and unicorns (彩虹和独角兽, 代表过度美好, 与显示脱节的场面), super positive. But the truth is, our world is NOT perfect and all positive. There're good things AND bad things happening every day. And the news is all about telling real stories and facts in life. Actually, when it comes to the news, it means "unusual", "something different". So, people are expecting the media to publish true stories, funny stories, sad stories, even sensational (哗众取宠的) stories, rather than "good stories". (正向假设, 原因)

La-la land: 代表与现实脱节的世界 being out of touch with reality

3. How does social media help people access information?

There're several ways. A, social media users can follow their friends, family members and people around them, to get updates about their lives. For example, what they have been doing, how their lives have been going, things like that. B, they can also get information from famous people or celebrities they choose to follow. For example, if you like art, you can follow some artists on social media and receive cutting-edge information (前沿信息) or knowledge related to art. Like, the newly opened (最近开的) art museums, the latest art shows, etc.; C, social media users can also get updates on real-time news and events with just a few taps (轻点几下屏幕). For example, nowadays people don't need to watch the news on TV or read newspapers, or go on news websites to get news. Those traditional media channels have been replaced by news-worthy information (可以充当新闻的、有新闻价值的信息) on social media. (罗列)

4. What kind of good news do people often share in the community?

Well, normally people love sharing local news that is closely related to their lives. For example, some new public facilities that are under construction in the community. A sports centre, a new public swimming pool, things like that. (举例子)

5. Do most people like to share good news with others?

Some people like to share good news with others. They like to spread the joy (传播快乐) to more people. As the saying goes, shared joy is a double joy (分享的快乐才是加倍的快乐). But I have to say, some people are much more careful with sharing good news. Because they're afraid of hurting others' feelings, or they believe that no one will truly feel happy for them, things like that. So, I think it depends on the individual. (分群体)

6. Do people like to hear good news from their friends?

I would say, some people do and some people don't. Some people wish their friends nothing but the best (只盼着朋友过得好). They feel sincerely/genuinely happy for their friends when they hear good news. Some people might feel a little envious (羡慕), as they want something wonderful happen to them as well, but they don't feel super jealous (超级嫉妒) or threatened. But there are a few people in this world who only

want to see other people being miserable (倒霉的), even when it's their own friends. Therefore, they don't feel happy at all when they hear good news from their friends. People like this don't deserve to have any true friendships (这样的人不配拥有任何真正的友情)。(分群体)

Describe a historical period/moment that you would like to learn more about (感兴趣的历史时期)

You should say:

What you are interested in

When it happened

What you know about it

And why you would like to learn more

思路：宝宝们可以选择一个著名的历史遗迹，然后围绕着该历史遗迹去展开对于其对应的历史时期的好奇。比如埃及金字塔，是如何被建立起来的。很多人都说是外星人建立的，因为太宏大，4500 年前的施工能力，是如何把这个宏大的建筑建立起来的。找一个具体的切入点，不一定要深入贯穿整个历史时期，也可以是一个 **moment**。讲一场战争也可以，看到了战争纪录片，可以就其中某个历史人物，进行探讨。

So, the other day (前几天), I watched a documentary (纪录片), and it was about the Egypt's pyramids. And after seeing that documentary, I became very interested in that time.

To be honest, I don't even know the name of that period. I'm not a history person/lover, sometimes I feel that I'm very ignorant about world history. And that's why I told myself after seeing the documentary, I should dig into (进一步挖掘，表示更深入学习、研究) that time.

From that documentary, I learned that Giza (吉萨, 地区), in Egypt, was the place where the Egypt's pyramids were built. They were built more

than 4,500 years ago as monumental tombs (纪念性陵墓) where ancient queens and pharaohs (法老 /'feə.rəʊ/) were buried (被埋) .

Pharaoh Khufu (胡夫法老) started the first pyramid project around 2500 B.C. (公元前) . His Great Pyramid is the largest in Giza. According to the documentary, they used 2.3 million stone blocks (石块) , and each block weighed 2 tons (每块石块都是 2 吨重) . Can you believe that? ...what a formidable project (多么巨大艰难、令人心生敬畏的工程啊) ?! I can't imagine how ancient Egyptians built that project 4,500 years ago. Even with today's cranes (吊车) and other construction equipment, building a pyramid as big as that would be a dreadful (可怕的) challenge.

That's why there's some conspiracy theory (阴谋论) saying that the pyramids were actually built by aliens (说金字塔是外星人建的) ! Which I kind of understand where it comes from (我能理解为什么有这样的说法) . But anyway (不管怎样) ...

That's why I want to learn more about it. I know that researchers already have discovered some ramp system (斜坡系统, 用来拉拽大石头) 4,500 years ago that was used to haul/drag (托、拽) the stones out of the quarry (采石场) . But I can't imagine how exactly. Therefore, I'm going to do some research about that.

So, yeh, that's the historical period I'd like to know more about. Thank you!

Part3:

1. Should everyone know history?

I think so. Learning and knowing history helps us understand the world, appreciate cultures, ideas and traditions. We learn about people's life and struggles in the past. And we can understand how things and events in the old time made things the way they are nowadays. And also, history is

like a mirror (历史像一面镜子) that we can look into. We can avoid making the same mistakes which we've made in the past. It's our reference for the future (是对未来的参考). If we didn't know anything about history, we would lose our identities and roots (丢失自我定位和根基), as well as knowledge about the world. (原因, 反向假设)

2. In what ways can children learn history?

Nowadays children can learn history through the internet, by watching videos, movies, documentaries, playing interactive online games, etc, they learn history in a fun and all-encompassing (多方位的) way. Of course, there're still the traditional ways to learn, like, from their teachers, from textbooks, and from museums. (分类讨论)

3. What are the differences between learning history from books and from videos?

Books are definitely more detail-oriented (细节更多) and in-depth (有深度的). If you want to learn history in a more solid way (以扎实的方式), books are better options; meanwhile, videos are more visual and fun (视觉化的、有趣的). They're attention-grabbing (吸引注意力的) and easier to understand. They usually give you a walk-through (走过场), just enough to understand something. Like the documentary I mentioned, I saw it, I learned about something, but I definitely needed to dig into it afterwards. (对比讨论, 举例子)

4. Is it difficult to protect and preserve historic buildings?

Yes, I would imagine that it's hard to preserve historic buildings. I learned somewhere that it's very expensive to protect those buildings, and oftentimes they're not profitable (可以获益的) at all. It's a money pit (无底洞, 不停让人花钱的东西). And technically speaking, it's complicated to preserve those buildings without changing the façade (立面). I don't

know, I'm not an expert on this (我不是专家), but I'd say it's quite difficult.
(罗列, 分情况)

5. Who should be responsible for protecting historic buildings?

First, the national or local authorities (国家或地方当局) and government agencies (政府机关) should be responsible for the safeguarding (保卫) of those old buildings. They should provide adequate/enough budgets (充足的预算) to undertake the preservation; enforce regulations to protect the buildings; and raise the awareness (提升意识) among citizens to protect historic properties. And then, citizens ourselves should stop scratching (擦、划) and scribbling (胡乱写画) the surfaces of those historic buildings, and try our best to take care of them. For example, we can participate in by volunteering time and resources. We should all be responsible in this. (分群体)

6. Who should pay for the preservation of historic buildings?

I wish I knew the answer but I really don't. I think the money should mainly come from the national and local authorities. It should be part of their expenditure budget (支出预算) every year. And on top of that, donations (捐赠), charitable funds (慈善基金), or even sponsors (赞助) can also help, through these means people can also collect money to preserve historic buildings. (罗列)

Describe an advertisement you don't like (不喜欢的广告)

You should say:

Where and when you first saw it

What type of ad it is

What product or service it advertises

And explain why you don't like it

知识点：

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

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

- newspaper ad 报纸广告
- billboard ad 楼顶的大广告板

You see billboards everywhere advertising real estate.

- cold calling 电话销售

I hate receiving cold calls.

- internet/online ad 网络广告; online marketing 网络营销

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

- jingle 广告主题曲，那种短小抓人的小旋律

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

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

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

- entertaining ad 很有娱乐性的广告

I love an entertaining ad. Very funny and memorable.

- a piece of art 艺术品

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

- be drowning in ads

My Facebook feed is drowning in ads now.

The internet is drowning in ads.

- Too much advertising.
- be flooded with ads.

My inbox is flooded with spam/ads right now.

- target market 目标市场

The target market of this advertisement is women and children.

- during primetime viewing 黄金观看时间

Ads during primetime viewing are always very creative and fun to watch.

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

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

- word of mouth 身边人、朋友推荐

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

- celebrity endorsement 明星代言
- product placement 产品植入

I don't like product placement in a movie.

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

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

- misleading words 误导性文字
- exaggerated claims 夸张功效
- false advertising 虚假广告

So, the ad that I'm going to talk about today is an online advertisement.

The first time I saw it was a few months ago on a website. And then, I kept seeing it everywhere. On mobile apps, on different online platforms.

It's like, once I see it, I can't unsee it. It's everywhere (就感觉是, 一旦看到了, 就无法看不到这个广告。它无处不在)。

So, it's an online video ad about a skincare product (护肤产品); the cream is called "time traveller". The ad claims that this cream can remove all the wrinkles on your face like an iron (能像熨斗一样移除所有脸上的皱纹), so that you can literally go back in time (回到过去), and have more youthful skin (更年轻的皮肤)。

I've been hating this ad since the first time I saw it, and the reasons are: first, I hate the jingle (主题曲)。It's so tacky and tasteless (恶俗且没品位)。It's loud and piercing (很吵)。It gives me a headache (让我头疼)。And then, the testimonials (用户推荐) in this ad are actors and actresses that are hired to pretend to be the real customers. They're so fake to the point that it gives me the creeps each time I see it (每次看到用户推荐的片段都浑身起鸡皮疙瘩)。They're so awkward-looking (看起来很尴尬)。And there's no such thing as acting skills in the ad (广告中毫无演技可言)。I hate fake advertising (虚假广告)。And finally, I can't put up with (忍受不了) all the exaggerated claims (夸张功效)。It's over the top (太过了)! Traveling back in time?! No wrinkles at all?! That sounds like a lie. When an advertisement is saying all the impossible things, when it claims that it can go against gravity (和地心引力做对抗), it's untrustworthy.

Anyway, I will NEVER buy anything from this brand. They lost me at the first second in that lousy (极差的) ad (他们在那个极其差劲的广告的第一秒就失去了我)。Thank you!

Part3:

1. What are the most advertised products in your country?

I'm not sure, I mean, I see a lot of smartphone commercials (智能手机广告) on TV and online. For instance, I see a lot of Samsung ads, Apple ads, and Huawei as well. I think, smart devices (智能设备) in general are advertised heavily in China as they are mainly for lifestyle and entertainment, and that's what people care about nowadays. And then, what else, beauty products (美妆产品)! Oh man, they are also hands down (轻而易举的, 无可厚非的) the most advertised products in my country. Skincare products (护肤产品), cosmetics (化妆品), people, especially women are putting so much effort on making their faces look youthful. And that's why there're so many fake and stupid ads about skincare products. I really hate this phenomenon! (罗列)

2. Which one is more effective, newspaper advertising or online advertising?

For sure online advertising. I feel that online marketing is far more diverse (多元化的) than traditional newspaper advertising. Newspaper ads are straightforward (直截了当) and sometimes even intrusive (很有攻击性).

Whereas online ads can be more subtle (更隐晦). Some are celebrity endorsement (明星代言), some are product placement (产品植入), some online ads can be quite creative and entertaining. That's why people tend to pay more attention to online advertising. (原因)

3. What are the benefits of advertising?

The first and most direct benefit would be increasing sales (提升销量). People see the ad, they like it, and then they go and buy the product. Plain and simple (简单又直接). And then, advertising can build customer awareness (客户的认知度) of the brand. Maybe they won't buy immediately, but they are aware of its existence (知道品牌的存在). It's like planting a seed first (先埋下一颗种子), and later maybe they go, "Oh,

actually I know a brand that sells the product I want. Maybe I'll give it a try (试一试)!" (列举)

4. What do you think of celebrity endorsement?

I think it's a great idea. Celebrities have their own fanbase (粉丝基数), and being able to utilise this fanbase is a very smart idea. Because fans will trust their idols, and thereby buying the product they endorse. And this can form an even stronger bond between them, which is a good thing. Some people hate it because they question (质疑) the level of sincerity in those ads. They think that many times celebrities are just lying to get paid. But I don't necessarily agree with that. It's true that celebrity endorsement can go wrong and end up being a fraud sometimes, but it doesn't mean that all of them are frauds. There ARE good and sincere celebrity endorsement ads, and some of them can be quite helpful and informative. (让位驳斥)

5. Does advertising encourage us to buy things we don't need?

Definitely, especially on people who are very easy to influence, those who are more impressionable (易受影响的). Advertising really can play on (玩弄、攻击) people's fear and anxiety. For example, by selling a product that claims to give people more youthful skin, it makes some people question themselves. And that leads to low self-esteem (低自尊心), and low self-esteem leads to impulsive shopping (冲动消费), meaning, buying things they don't need. (原因, 举例子)

6. What roles does social media play in advertising?

Today social media is playing an active role in advertising. Celebrity endorsement, product placement, and social media campaign are trending. Social media advertising is actually gradually replacing traditional means of advertising, such as TV and radio commercials, newspaper ads, as people are spending the vast majority of their time on social media. That's where the market is. That's where the demand goes to. And that's where the money is. (原因)

Describe an activity you enjoyed in your free time when you were young
(童年喜欢的活动)

You should say:

What it was

Where you did it

Who you did it with

And explain why you enjoyed it

思路：这样的题选择比较宽泛的主题会比较好说。比如看书、跑步、看电影。这样一来，在哪里做，可以多地点回答。在客厅、自己房间、图书馆、公园；和谁做也可以多测层次回答。自己一个人、和家人、和朋友。比较容易。

Funny enough (有意思的是), now I don't work out very often anymore, but when I was little, I used to love running! 也可以讲 **reading**

In terms of where I ran, I used to live nearby a university, so I would run in that university on the running track (田径场). Sometimes I ran in the morning. I really enjoyed listening to birds chirping in the tree (听树上的鸟叫) and the morning breeze touching my face and my hair (早晨的清风拂面以及触摸我的头发). That was the best way to go about my day (开始我的一天) /start my day. Sometimes I ran in the evening. It was a different feeling when it was dark. I couldn't really see everything, but I could hear people passing by me (超过我). Sometimes I ran on the street around my neighbourhood. I enjoyed watching people busy walking on the street. It felt like a movie (看着人来人往，就像看电影) .

Sometimes when the weather was nasty (天气很糟糕), I would run at home, on the treadmill (跑步机). I didn't enjoy running on treadmill as much as running outside. But it was better than nothing (有比没有强) .

Moving on to who I ran with, well, sometimes just myself. I enjoyed running alone. It was like meditation (冥想) for me. I focused fully on myself and my breaths. I could clear my mind (清空我的思绪) / unplug (拔掉插头, 放空) during this process. It was indeed a stress reliever (减压器). And some other times I would run with my parents. They were also very into running. So, we would run together and spend some quality time together (高质量陪伴时间). I really enjoyed it as well. It was a great way to bond with them (和他们拉近距离).

That's the childhood activity I'd like to share with you today. Thank you!

Part3:

1. Is it important to have a break during work or study?

For sure! If we continue working nonstop until we drop (持续保持工作直到累趴下), we will be physically and mentally drained (生理和精神上被耗尽). And then it will be very hard to get recovered. We need to take breaks to recharge the batteries (重新蓄电) and boost energy (激发能量) so that we can keep the productivity (保持高产) once we return to work. (反向假设, 原因)

2. What sports do young people like to do now?

Many young people like to do sports in nature nowadays. For example, go out for a run in nature, play golf in the golf course, surf in the sea. It's like two birds one stone (一石二鸟), they can do sports and unwind, AND, they get to be closer to nature. Like, my group of friends (我的朋友们) love playing golf. We play golf together every week, to exercise, get some fresh air and vitamin D (透透气、补充维生素 D), loosen up and catch up. (原因, 举例子 WH 法)

3. Are there more activities for young people now than 20 years ago?

I would say so. Nowadays we have all kinds of advanced technologies to support more activities. Young people definitely have more options these days. For example, virtual reality (虚拟现实) game center, virtual reality community (虚拟现实社区), artificial intelligence (人工智能) games, etc.
(举例子)

4. Can most people balance work and life in China?

Wooo, this is a very good question. Honestly, most people don't have a good work-and-life balance. Especially for young people, it's like we are stuck in a rat race (老鼠赛跑, 指“内卷”). The competition never ends (竞争永远停不下来), getting a better job, getting a promotion, getting a big bonus (奖金), getting a pay rise (涨薪), making more money to buy a bigger house...It never ends, and it's exhausting. Working overtime (加班), business networking (应酬), endless meetings (没完没了的会议), ...the feeling of burn out (燃烧殆尽的感觉) is everywhere and all the time. In recent years, many young people have been abandoning (放弃) / getting rid of (摆脱) / opting out (选择出局) the rat race. They call this behaviour “lying flat”, tang ping, basically doing nothing much but chilling at home. Only very few people in China can strike a perfect balance between work and life, and be really chill and at ease (悠闲) with their lives. It's the big environment that is pushing people from behind.
(主流情况, 特殊情况, 原因)

5. What activities do children and adults do nowadays?

① Now come to think of it (现在想来), if we are talking about after-work and after-school activities, there's no big difference between kids' activities and adults' activities today (没什么大区别), as the two age groups both love going on their phones (上手机) and scrolling up and down (刷来刷去的动作). Kids have their kids' apps, adults have their adults' app. But it doesn't matter. Almost all of them love watching

videos, playing mobile games (玩手机游戏), scrolling on social media (刷社交媒体), things like that. Maybe I'm exaggerating a little bit, but that's how I feel sometimes.

②Children and adults nowadays engage in all kinds of activities. Children often participate in sports, take extracurricular classes (课后班), and go to school. In their free time, they may play video games, watch TV, or hang out with friends. Adults need to go to work, and after work, they engage in physical activities such as tennis, running, and yoga; they go to social events, travel, watch movies. Additionally, they spend tons of time on the internet, such as online shopping, social media. (分年龄群讨论)

6. Do adults and children have enough time for leisure activities nowadays?

Children in my country don't have enough time for leisure activities as they need to study a lot. As I mentioned just now, the rat race begins almost the minute you are born! From getting into the best primary school to getting into the best university. Children don't really have enough time to play and have fun, and enjoy their childhoods. As for adults, again, like I said, young people are trapped in the rat race. It's hard to even take a pause (暂停). They still get to enjoy some leisure activities, but not well enough to keep a perfect work-and-life balance. Old people in China are probably the age group that have a lot of activities just for fun. (分群体)

Describe a website you often visit (常用网站)

You should say:

How you found it

What it is about

How often you visit it?

And explain why you often visit it

知识点:

- YouTube, Bilibili 这一类的: **an online video-sharing platform**
- Facebook, Weibo 这一类: **a social media platform**
- **user-friendly**: 用户友好的
- **age-friendly**: 对老年人友好
- **great customer service**: 良好的客服
- **ad-free**: 无广告的;

The website I often visit is Bilibili. It's an online video-sharing platform in China, and it focuses on longer and in-depth (有深度的) videos, so it's kind of like the Chinese version of YouTube (中国版本的油管). It's especially popular among young people.

In terms of how I found it, well, I got to know this website about 5 years ago from a friend. She told me that this platform was awesome, and there were thousands of videos, ranging from Vlogs to video tutorials to educational videos (ranging from...to...从..到...). I was very intrigued (很好奇), as before this website, there never had been a website like this in China. Bilibili is all-encompassing (包罗万象的). It has something for everybody when it comes to video content (视频内容).

I visit bilibili very often, like almost every day. I also have the bilibili app downloaded on my phone so that I can have easy access to all the videos.

Sometimes I use this website to search product reviews (产品评测).

When I have questions and doubts towards certain product, or when I'm indecisive between two different brands, I'll watch product review videos to acquire more information and help me make a decision. As I mentioned earlier, videos are usually much longer on bilibili, like 10-20 mins long, therefore I can find some really detail-oriented in-depth videos that can provide me with a lot of useful information, which I LOVE.

And sometimes, I go to this website to watch educational videos (教育类视频) for self-education (自学). Bilibili is like a wonderful treasure box (宝藏箱) that is full of free self-education videos. Anything you want to learn, you will find related videos there. For example, last year during the pandemic, I was self-learning baking on bilibili. It was so much fun, AND didn't cost me a penny (一分钱没花) !

What else, and sometimes, I just watch some light-hearted (轻松的) videos like vlogs or unboxing videos (拆箱视频) to while away my time (打发时光). When I feel bored, or when I'm putting on makeup, I'll always click on some videos, nothing serious, just to get distracted.

This website and its app are all very user-friendly and almost ad-free, which is another reason why I use it all the time.

So yeh, that's the website I'd like to share with you today, thank you!

Part3:

1. What are the most popular and least popular apps in China?

The most popular app in China would be WeChat, which is a super multi-functional app where you can send messages, watch videos and share photos, basically it's like WhatsApp + Instagram + YouTube + Facebook. It's the best. And then, TikTok for watching short videos, bilibili for longer videos, and then TaoBao for online shopping. And then speaking of the least popular apps in China, I really don't know...maybe Weibo? It was the first-generation social media app (第一代社交媒体 APP), and I feel that it's been ignored by people today. (分类讨论)

1. App 的定义: an application, especially as downloaded by a user to a mobile device. 一般通常情况来说, 指的是手机、平板设备上的应用程序

2. App 的主要种类:

① gaming apps 游戏类

② educational apps 教育类

The modern society is more cautious about self-education, which brings in the role of educational apps. Even some educational apps are useful for teachers and support their teaching process.

③ shopping apps 购物类 (Taobao, Jingdong, eBay)

④ fitness/workout apps 健身类

From fitness, shopping, workout, to weight loss, virtual trial room, and more, applications falling under this category are meant to enhance the personal lifestyle experience for users. These apps are related to offer users ideal solutions related to their working tasks, fun, or other lifestyle problems.

⑤ video sharing apps 视频类 (YouTube, TikTok, Facebook Watch)

⑥ social media apps 社交媒体类 (Facebook, Twitter, Instagram)

(以上④-⑥类, 也可以统称为 entertainment apps)

⑦ travel apps 旅行类

⑧ utility apps 生活日杂类 (滴滴打车、美团、水电煤房租支付)

These apps are mostly used by us on a daily basis. From booking a cab, to hiring a home repair service, to undertaking healthcare, utility apps are ideal to display the shortest user sessions times. Users love these apps as it helps them to get things done early and easily.

⑨ navigation apps (或者就叫 map apps) 导航类、地图类

⑩ communication apps 沟通软件 (messaging apps)

2. What's the difference between the internet and television?

First off, the internet is interactive (有互动性的), and the TV is not. And secondly, the internet has so much more to offer than the TV. On the

internet, everyone, every user gets to tell their own opinions and stories, that's why we can see all kinds information online. We can self-study things through free online contents that are uploaded by the internet users. Whereas things on TV are aired only by the TV channels. It's a one-way communication. (罗列)

3. Why do people like to read the news on the internet instead of on TV?

Reading news online is so easy and fast nowadays. It's effortless! You just grab your phone, get on a news app, and glimpse at (快快瞥一眼) the news, and then you can have the world at your fingertips (全世界就在你的指尖). Watching the news on TV, on the other hand, is more time-consuming. You need to turn on the TV at the right time, and wait for the news to show up. Therefore, it makes sense that people just read the news briefly online. (原因)

4. Is the library still necessary? Why?

I would say that libraries will still stay relevant (保持重要性, 保持知名度) in this digital age, even though they are facing severe challenges (面对严酷的挑战). Here're the reasons. **First**, libraries are not only places where people go and read paper books. They also provide easy access to computers and the internet to the public. Therefore, people like students, or travellers still rely on libraries to get online and find information. I can't tell you how many times (我没办法告诉你有多少次, 指的是经常发生) when I travelled to a new place and went to the local library to find some information I needed, and even printed things out at the library. **And next**, libraries also serve as community hubs (社区枢纽) that connect people together. They offer (提供) /facilitate (组织) all kinds of cultural and social activities that nurture local communities (滋养当地社区). **And finally**, believe it or not (信不信由你), there're are still some people, especially students and the elderly who love spending time in libraries, reading and studying. They are important for some people. (罗列原因)

5. What kind of people would still go to the library to read and study?

上题已回答

Describe something you would like to learn in the future (未来想要学习的技能)

You should say:

What it is

How you would like to learn it

Why you would like to learn it

And explain whether it's difficult to learn it

-思路：任何技能都可以：学一门新外语、做饭、开车、极限运动、做家务，真的是 **ANYTHING** 都可以说。

-知识点：

- 掌握某个技巧：get the/a hang of it; master the skill; learn the skill; learn the art of sth...; become skilled at...; grasp the skill...
- 强化技能：strengthen/improve the skill
- pick up a new skill: 学会一门新技巧
- hone a skill: 打磨一门技巧
- Practice makes perfect: 熟能生巧
- hands-on experience: 实操经验
- a learning curve: 一个学习的曲线，表示学习总是开头有难度的

-Every new skill has a learning curve.

-Don't get discouraged by the learning curve.

-Learning something new always involves a learning curve.

-There's a bit of a learning curve for learning everything. But it doesn't matter. What matters the most is the whole experience. The journey

itself will be rewarding. I'm the kind of person who enjoys challenges. I'm pretty sure it's going to be fun. So, I'm ready for all the difficulties along the way.

- get the hang of it 上手了

Once you get the hang of it, you'll wonder why you ever found it difficult in the first place.

素材一：

So, I really want to learn Spanish. Learning Spanish has been on my bucket list (心愿清单) for several years.

The main reason why I want to learn Spanish is that my favorite singer is Shakira. She's a Latino singer (拉美歌手). Most of her songs are in Spanish. I love the rhythm of Spanish. It sounds very different from English, or Mandarin. It's very powerful, confident and sexy. And additionally, Spanish is one of the most spoken languages (最被使用的语言之一) in the world. I think it's the third most spoken language, right behind (紧跟在后面) English and Mandarin. So, one day, if I become fluent in Spanish, I'm golden (我简直了, 绝绝子, 上天了). Mandarin is my mother tongue; I can speak pretty good English and Spanish. I should be working for the United Nations (我应该给联合国工作) !

In terms of how I will learn Spanish, well, nowadays, you don't have to go to a physical school and take classes there. I will much prefer taking some online classes. Especially I can easily find native speakers in Spain or Latino countries who can teach me authentic Spanish. And after I know some Spanish, after I've laid some foundation of this language, I might even consider traveling to Spain or some Latino countries to practice my Spanish with the locals, as long as the budget allows. I believe that's the best way to learn a new language, by using it in real life.

Finally, I don't know if it's going to be difficult for me or not. I mean, I do have a knack for languages (有语言天赋), but I could be wrong. Who knows. I guess we will see (边走边看) .

OR 没有语言天赋的: In terms of how difficult it's going to be, well, there's a bit of a learning curve for learning everything. But it doesn't matter. What matters the most is the whole experience. The journey itself will be rewarding. I'm the kind of person who enjoys challenges. I'm pretty sure it's going to be fun. So, I'm ready for all the difficulties along the way.

So, yeh, that's the thing I want to learn. Thank you!

素材二:

I really want to learn surfing some day. It's now a popular sport everywhere in the world. I've been seeing many friends go surfing, and it looks so fun.

In terms of how I'll learn this skill, well, I don't know a lot about surfing, so far, I only know that, first, I need a surfboard and a wetsuit. But I don't think they're things I have to buy the first time. I can rent them at the beach to save some money, and to see if I really like this sport. And then, I believe it's better to find a coach to teach me how to surf. I don't think it's that easy (没那么容易) to learn surfing by myself. So, finding a coach is the next thing to do.

Regarding how difficult it will be for me.

(版本一, 水性好的人) Well, I'm pretty confident that it'll be a piece of cake (一块蛋糕, 表示简单) / easy peasy (也是俚语, 表示简单) / like a walk in the park (想在公园里散步一样简单, 也是俚语) as I love being in water. I'm a good swimmer, and I love snorkeling. So, I don't have any fears for water or waves. I just need to learn to stand on the surfboard properly first, and practice paddling around in the sea (在大海里划来划去) . After I learn to catch a wave (捕捉到浪) . I can learn to ride the wave (骑在浪上) . I'm

pretty fit and have a great sense of balance (平衡力好), so I don't see how surfing can be a difficult thing for me. Maybe it'll be a little challenging at first, but very soon I can get the hang of it (抓住诀窍).

(版本二, 水性不好的人) Well, to be honest, I guess, it won't be a piece of cake for me, it'll be the opposite of being easy, as I'm a terrible swimmer, and I have a little bit "sea phobia" (海洋恐惧症). I'm not very good at sports either. So, I can imagine how clumsy (笨拙) I will be between the waves. But I just want to learn it. It looks so cool to be on the board, riding the waves (骑在浪上), even walking down the beach holding the board looks pretty cool (在沙滩上边走边拿着板子都看起来很酷).

Anyway, that's the sport I want to learn. It's been on my bucket list (心愿清单) for quite some time. Thank you!

-surfing: surfboard 冲浪板; wetsuit 冲浪服;

Practice on the ground first (现在陆地上练习); then practice getting up; learn to stand on the board properly; paddle around and get comfortable in the water (下水试试划水, 先适应一下水中的感觉); find a spot (找到一个地点); catch a wave (等浪来!); ride the wave (冲浪)

素材三:

Well, I really want to learn scuba diving.

Scuba diving is very popular now in China. Many of my friends have tried this activity, and they all told me that it was an amazing experience. I could totally imagine how fantastic it would be to be able to swim under the sea, like a fish, and see all the other fish and all kinds of creatures in the blue water. I remember one of my friends told me that she felt like a little mermaid (小美人鱼) each time when she was diving in the ocean. I saw some of her videos, gosh, they were amazing. And that's why I want to learn to scuba dive.

In terms of how I will learn, first off, they all say it's an expensive hobby as you need to buy all the gear. The tank, the scuba regulator (潜水调节器), the wetsuit, the water-proof watch (防水手表), and fins. You can end up spending a lot of money on gear. But I guess it'll be worth it. My friends told me, the better the gear, the better the experience. And then, I'll find a coach and take some courses to learn the skill.

Finally, as for how difficult it will be for me, well, to be honest, it might be a bit challenging at first. And that's why I'm nervous and excited about it at the same time. I'm excited because I will be able to see a whole new world under the sea; nervous, because I'm very scared of water. I have water phobia, so to speak (所谓的). I don't feel relaxed at all when I'm in water, let alone in the deep sea. So, if I want to learn this skill, I need to combat my fear for the sea.

So, yeh, that's the thing I want to learn. Thank you!

Part3:

1. What's the most popular thing to learn nowadays?

Things related to computer technology (电脑科技), like, coding, programming (编程), website development (网页开发), user experience (用户体验), are trending (流行的) now. Tech industry (数码科技行业) has been booming in the past 30 years or so, and everybody is jumping on the bandwagon (随大流, 赶时髦). It is the industry where all the money and investment go to (这个行业是所有钱和投资汇聚的地方). For me, while programming is an extremely useful skill, it's not for everybody (不适合所有人), and the world also needs people in other fields. But I DO think that everyone should learn how to use computers and the internet, for example, how to manage your email inbox, how to use online conferencing software like Zoom, how to work with keyboard shortcuts (键盘捷径), etc. Everyone can benefit from a certain degree of (一定程度

的) digital literacy (数码素养, 指的是使用电脑和网络的基本水平)。(列举, 原因, 转折)

2. At what age should children start making their own decisions? Why?

I'd say, at an early age (在很小的年纪), when children themselves show the willingness (意愿) and eagerness (渴望) of making their own decisions. Maybe around 1.5-2 years old, something like that (差不多这个年纪). Parents can start by giving children options (给孩子选择), and when children choose one option, that's actually a decision made (当孩子做了选择, 那一刻其实是一个决定被做出). For example, which jacket they want to wear, which park they want to go to, things like that. Children want to practice autonomy (时间自主权), it's part of their nature (是天性). And through decision making, they learn problem solving skills (解决问题能力), decision making skills (决策能力), and gain more confidence at the same time. A child who almost never gets to make a decision on their own will end up really indecisive and incompetent (犹豫不决和缺乏能力的).

(原因, 反向假设)

3. Which influences young people more when choosing a course, income or interest?

It's hard to say really. Some would put income first (put...first 把.....放在第一), as they need the money, they want to be able to raise a family, to pay a mortgage (还房贷) or to achieve some financial target in the future. Some choose interest over money (choose A over B). For them, they feel fulfilled (感到满足充实) doing things they like. Some other people think both are equally important. (分群体)

4. Do young people take their parents' advice when choosing a major?

For sure, most young people take their parents' words seriously when choosing a major, as they are still so young and lack life and career

experiences. Only a few young people have the courage to make the decision completely on their own, some daredevils (冒险鬼)。(主流情况, 特殊情况补充)

5. Besides parents, who else would people take advice from?

Normally friends. People trust their friends, especially those who are well-experienced (经验很广) and more knowledgeable. Friends are different from parents. They tend to be (往往) more supportive (支持的) and understanding (善解人意的), as they are similar age and with similar background. For example, before I made the decision of studying abroad, I asked my parents and also some of my best friends. I really appreciated their advice and support. (原因+举例子)

6. Why do some people prefer to study alone?

It's a matter of personality (和性格有关). Some people concentrate better when they are alone. They enjoy going somewhere alone, a library, a café, and then throw themselves into the mission (把自己扔进任务中), and stay in the zone (保持在状态里). No one can distract them. Group study (小组学习) can be tricky (难对付的, 棘手的) sometimes (小组学习有时候会有点不好说). It might turn into a chitchat party. (原因)

Describe a time when someone gave you something that you really wanted (收到一心想要收到的物品)

You should say:

What it was

When you received it

who gave it to you

And explain why you wanted it so much

思路：这道题可以对应上季度“一件漂亮的物品题”。

A couple of months ago, I got my very first (有史以来第一个) Apple computer from my parents. And I couldn't be happier (不能更高兴了). I was over the moon.

It was on my birthday. I had been dreaming of having an Apple computer for a while, and my parents could read my mind (有读心术). They surprised me with the computer. When I came home and open my bedroom's door, there she was (拟人化, “她就在那里等着我”), sitting on my desk, looking beautiful and elegant!

I don't know why I wanted it so bad. I might be influenced by my friends, as they kept telling me how awesome Apple computers are.

I love this brand. As a tool for both work and pleasure, Apple truly stands out from the rest of the competition (在竞争中鹤立鸡群). The company has been designing tech products that are state-of-the-art (最前沿的) and ahead of our time (走在时代前面的). And also, I love the look of their products. They're so good-looking (太好看了). Anyone could point out an Apple computer because of its characteristics, the all-white keyboard design (键盘设计), and the smooth (柔滑的), glossy (闪亮的) and sleek (柔滑又闪亮的) monitor design (显示屏设计). They're one-of-a-kind. (任何人都能认出一部苹果电脑因为它招牌的全白键盘, 还有平滑又闪亮的显示器) They have that effect that they could blend in well anywhere (有那种放在哪里都好看都很入景的效果).

On top of that, it seems to me that Apple computers and other products have become a status symbol (地位象征), which was another reason why I felt compelled to own it (感觉被迫要买它). I just wanted to jump on the bandwagon (随大流, 赶时髦)!

So, yeh that's the gift I got from my parents. Thank you!

Part3:**1. Should employees have their own goals?**

I think so! When employees are pushed to only accomplish organization-set goals (被迫完成公司设定好的目标), they will have 0 sense of ownership (没有一点“主人翁意识”). Taking ownership (有主人翁意识) is the key to productivity (高产) and efficiency (高效率) in the workplace. In order to gain the sense of ownership, employers should give people some level of freedom (一定程度的自由) to set their own goals. These goals can create true motivation from bottom of their hearts (从心底). Employees will have lower anxiety and higher enthusiasm when it's their own goals. So, it makes sense to include employees in the entire decision-making process (整个决策过程), and let them set their own goals. (原因)

2. How should bosses reward employees?

Employers can reward an employee for a job well done (固定搭配, 好的工作表现) by giving recognitions (给予认可). It could be verbal recognitions (口头认可) like a public thank-you (公开的谢谢) at a company meeting, or on company's social media account, etc. A little gift with a hand-written thank-you card (手写的感谢卡片) is also a great way to express appreciation (表达感谢、欣赏). It really stands out (脱颖而出) in a digital age like this (如今这样一个数字时代). What else, bosses can give financial rewards (经济奖励) to employees as well. For example, they can use an end-of-the-year bonus (年终奖) as a reward for those top performers. In addition to cash (除了现金), bosses can also offer gift cards (礼品卡), extra time off (额外的带薪休假) which equals to money, tuition assistance (学费赞助), vacation packages (度假礼包), a new laptop, things with significant value (很值钱的奖励). There're so many ways to reward a great employee. (分类讨论, 金钱类的和非金钱类的)

3. What kinds of gifts do young people like to receive as rewards?

接上题

If we are still talking about the workplace, young people probably prefer a bonus or extra time off. I mean, time is money, right? Having paid time off (带薪休假), is one of the best things. Or bonuses, so that they can directly spend that money on something they like. The risk of gifting young employees with things is that the employer might not know what young people nowadays are really into. I think young people prefer practical rewards like that. (原因)

4. How should children spend their allowance money?

I think parent should definitely guide children on how to properly use their allowances. The point of giving children allowance money is to make sure that children can buy things they want or need by themselves.

Parents should suggest children to put the money into a piggy bank (把零花钱放在小猪储蓄罐里) and try to save up the money. Children can spend their allowances on several aspects. First, small things like toys, snacks, clothing, etc. And second, school expenses (学校的花费), like books, school bags, extracurricular classes (课外班), and so on. And finally, parents should teach children to save money on something much bigger. For example, a trip, a bike, a car, or even an investment. It's important that children start at an early age to view saving money as a regular activity (让孩子从小把存钱视作成长行为是很重要的). This is a really good way to help them prepare for the future (为未来做准备). (罗列)

5. Why do people like shopping more now than in the past?

It's the modern culture (当代文化) that we are living in that drives us into (驱使我们) buying things more often and in large quantities (是我们所生活的当代文化驱使我们更频繁地并且大量的购买东西). Consumerism (消费主义) is pushing us into becoming shopaholics (购物狂). Nowadays, we are bombarded with (被轰炸) all kinds of advertisements and social media contents (社交媒体内容), telling us we need to look younger, skinnier, and we need to have new clothes, new bags, new outfits every day. All those flawless (无瑕疵的) social media celebrities are making us believe that we are NOT beautiful enough. We need to be PERFECT. Studies show that (研究表明) spending too much time on social media results in low self-

esteem (自我价值感低) . That's why people are buying things like crazy to hide their insecurity (遮挡自己的不安) . (原因)

6. Do you think shopping is good for country's economy?

Generally speaking, yes. Most countries' economy is based on consumption. Consumption stimulates the economy and increase government revenue (增加财政收入) . However, over consumption (过度消费) could become an issue if everyone is deeply in debt (深度负债) , as it might trigger a financial crisis (激发导致金融危机) . (反向思考)

Describe a piece of technology you own that you find difficult to use (难用的科技产品)

You should say:

When you got it

What you got it for

How often you use it

And explain how you feel about it

思路：可以和上一题收到苹果电脑合并话题

A couple of months ago, I got my very first (有史以来第一个) Apple computer from my parents.

It was on my birthday. I had been dreaming of having an Apple computer for a while, and my parents could read my mind (有读心术) . They surprised me with the computer. When I came home and open my bedroom's door, there she was (拟人化, “她就在那里等着我”) , sitting on my desk, looking beautiful and elegant!

And I'm using it, not every day, maybe once per week. And I still sometimes use my Windows-based laptop, because there's a great learning curve (learning curve 学习的曲线, 表示学习起来有难度) to switch

from Windows system to MacOS system, at least for me. So, sometimes I just feel lazy.

The first thing that tripped me up (绊倒我) was the difference between keyboard shortcuts (键盘快捷键) on Windows versus MacOS. Learning the new shortcuts is not that difficult, but I still need more time to work on it to develop the new muscle memory (肌肉记忆). I still make mistakes from time to time because of my old muscle memory, which is kind of annoying. But I will overcome it.

And then, the two systems are generally speaking very different from one another. And as a person who's already used to Windows system, I'm still having a hard time (有困难) adapting to the new operating system. Sometimes I find myself so clumsy, for example, I don't know where I should click on the screen.

I think it might be just me (可能只是我是这种情况), as I'm not tech-savvy (高科技方面很懂很灵的人) at all. And there's always a learning curve when you're learning something new. So, I'm slowly getting used to my new computer. I have to admit that, it is more job than I thought before I got it.

But don't take me wrong, I still love my gift. It's so beautiful to look at. I love the all-white keyboard design (键盘设计), and the smooth (柔滑的), glossy (闪亮的) and sleek (柔滑又闪亮的) monitor design (显示屏设计). It has the effect that it could blend in well anywhere.

So, for me, it's just a matter of time to learn how to use it properly. Thank you!

Part3:

1. What technology do people currently use?

There're so many technologies we use nowadays. Everyday technologies (日常科技) like smartphones, tablets, computers, smart speakers, washing machines, dryers, cars, electric toothbrushes, microwaves, even coffee makers (咖啡机). These technologies are serving us and helping us

enjoy our lives better. That's why it's so hard to live off the grid (与世隔绝, 没有现在科技的生活方式), we are too spoiled by technology. (列举)

2. Why do big companies introduce new products frequently?

Well, the way I see it, companies need to stay in touch with the ever-changing needs of consumers (要和消费者不断变化的需求保持联系). For example, two years ago, people wanted big and bigger phones; but this year, all they want are smaller phones. The needs are always constantly changing. And if companies don't introduce new products, someone else will do. Every business needs to innovate (创新、革新) in order to stay ahead of the competition (保持在竞争的最前面), to beat their competitors. And plus, more new products, more money. That's the most effective way to generate more revenue (增加收益). Every year, Apple releases a new iPhone model, even though they haven't changed much from one model to the next. Why? Because people always want to have the newest ones. And that strategy really works out well. (罗列原因, 举例子)

3. Why are people so keen on buying iPhones even though they haven't changed much from one iPhone to the next?

Mainly to show off (炫耀), I guess. Nowadays having the newest iPhone has become a status symbol (地位象征). That's why people, including myself, feel compelled (感到不得不) to own an iPhone. (原因)

4. Why do technology companies keep upgrading their products?

和第二题很像

5. What changes has the development of technology brought about in our lives?

The development of technology helps us do new things and do things more smoothly in day-to-day life (日常生活). It has brought all kinds of effects, and those effects are present in every aspect in our lives (出现在我们生活的每个方面), ranging from agriculture to lifestyle, from entertainment to education, from working to communication. Technology has made our lives so much easier, changing our ways of living. We can do our household chores and regular activities with the help of all sorts of

home appliances (家用电器) or even a robotic system. And when it comes to communication, we can communicate with people far away through video, audio calls, and text messages over the internet. People can share their lives and tell their personal stories over social media. We can get any information and talk to almost anybody at our fingertips (指尖动动就好). And what else, people use technology to get entertainment. On Netflix, Amazon Prime, HBO, we can binge watch (刷剧) series at home anytime we want. And finally, technology is such a blessing in the educational sector (教育领域). E-learning (远程教育) has grown into popularity among people, especially young people. Students are getting knowledge from the internet in a more convenient and affordable way. (罗列)

6. Does the development of technology affect the way we study? How?

上题已经回答了

Describe a new development in the area where you live (e.g. shopping mall, park...) (居住地的新发展)

You should say:

What the development is

When/where you noticed it

How long it took to complete it

And explain how you feel about it

So, today I want to talk about a new park in my neighbourhood that I really like.

I found this new park about 6 months ago when it was under construction/being built (施工中). It's a really small park, but it's really close to where I live, which means I could finally have a place to take a walk and get some fresh air (透透气). I mean, who doesn't want to have more green spaces near home, right?

Last month, the park was finally open to public (面向公众开放). And I immediately paid a visit to check it out (查看、打量). I really like this new park. It's small but it's got everything (麻雀虽小五脏俱全)! A little botanical garden (植物花园) with flowers and plants; a sitting area (休息区) next to the garden where people can sit down and appreciate the view; an outdoor work-out area for seniors, you know, those outdoor gyms (室外健身区) you can see everywhere in China (中国到处都是老年人健身区); and a kids' playground with rubber ground cover (橡胶铺地) and swings and slides (秋千和滑梯) where kids can have fun safely.

I'm really happy with this new park. Now I can take a walk easily near home. Prior to this (在此之前), I could only take a walk along the busy streets around the block (家周围、街道周围), or even go to another park that is kind of far away. This park makes my life much easier. It is small things like this in life that brighten up our mood (其实就是生活里诸如此类的小事儿会点亮我们的情绪). I really appreciate small changes like this.

(时间分层法。这一段也可以用“分情况法”，讲公园带给你的便利。早上时候去跑步，晚上时候去散步，还可以和家人去透透气，或者遛狗。)

So, yeh, that's the new development in my neighbourhood. Thank you!

Part3:

1. What transportation do you use the most?

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. Is public transportation popular in China?

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)

3. What can be done to improve public transportation services in your hometown?

First, I wish that the operating hours (运营时间) of the metro/subway could be longer. In my city, the metro operates from 6:30am to 11:30 pm. I just wish it could be 24-hour. And then, I also wish that there could be more bus routes (公交线路) and more bus frequency (车的频率) as well. The city should reorganize the bus frequency in order to cater the travel demand (满足城市的交通需求) in the city. It's crazy to hop on (跳上) a bus during the rush hour (高峰小时) in my hometown. And sometimes the waiting time (等待时间) is ridiculously long. (罗列)

4. What leisure facilities can be used by people of all ages?

A cinema, a park, a sports centre, a lot of leisure facilities could be enjoyed by people of all ages. We are not that different after all. We all like watching movies, listening to music and doing exercises.

5. Do you think young people in your country like going to cinema?

I think so. Going to the movies is not just about the movies, it's also a way to hang out with friends (和朋友耍), and enjoy coke and popcorn. Some people may say that gen Z (1997 年以后出生的孩子) are so homely (恋家的) that they don't leave home anymore, let alone going to the movies, but that's not true. I still see quite a lot of young people going to the movies, especially when it's a sci-fi (科幻片) with tons of special effects (特效), the young still enjoy watching it from the big screen, and meanwhile seeing their friends. (让位驳斥)

6. How is the subway system developing in your country?

I would say, it's doing well. Most big cities in China have got the metro system, and there're more routes being built almost every year. Cities are expanding, and metro systems are also expanding as well. As a densely populated (人口密度大) country, developing the metro system is the right thing to do. (细节)

地点题：

Describe a noisy place you have been to (嘈杂地点)

You should say:

Where it is

When you went there

What you did there

And explain why you feel it was a noisy place

知识点：

嘈杂的各种表达：

- **Ear-splitting:** 震耳欲聋的
- **Deafening:** 震耳欲聋的
- **Brassy:** 刺耳的
- **Piercing:** 有耳洞的意思，在这里表示“刺耳的” **piercing music**
- **Loud/ chaotic / noisy/ unpleasant music:** 吵闹的音乐
- **Hubbub:** 持续的、多人说话的声音

It was difficult to hear what he was saying over the hubbub.

- **Scream:** 尖叫
- **Yell:** 嚷嚷
- **Woohoo/hooray:** 欢乐地欢呼
- **Cheer:** 同上，欢呼
- **Din:** 很强的持续的声音，像是“叮~~~~~”

I could barely hear the music over the din of the audience.

- **Discordant:** 不和谐的、刺耳的

The pot fell off the table and gave a loud discordant twang (怦然一声) .

- **Babble:** n. 既有小孩子咿咿呀呀说话的意思，也表示嘈杂的人声; v. 含糊不清地说话、喋喋不休、潺潺作响

The meeting didn't go well, as no one was listening, everyone was babbling.

- **Murmur:** n. 低声说话的声音、咕哝声; v. 低声说话、咕噜、嘀咕

I hate it when people murmur in the library.

- **Huddle:** n. 一堆的 v. 抱在一团

a huddle of people; They huddled together.

- **Packed; fully-packed; jam-packed; jammed:** 一个空间里的人很多

The bar was jam-packed last night.

- **Noise pollution:** 噪音污染
- **White noise:** 白噪音
- **Turn up/ turn down the volume:** 声音调大、调小
- 也可以说: **crank up/ crank down the volume: crank up** 更常使用

So, today I want to talk about my New Year's Eve celebration. New Year's Eve has just passed, and I went to a local pub with some of my friends to celebrate.

We went to this street in our city that is famous for nightlife (夜生活) . It has all kinds of bar, pubs and clubs. And, as you can imagine, on New Year's Eve, the street was jammed with people. It was like an ocean of people, super bustling (忙碌喧闹) .

We chose to go to our favorite bar, it's called XXX. Oh man...it was CRAZY. That day, there were extra more people. The music was super loud and

ear-splitting (很喧闹) . And all the people were yelling at each other, otherwise they could barely hear anything.

In terms of what we did, well, we ordered some drinks and tried to play some drinking games, but it was impossible. It was extremely difficult to hear each other over the hubbub and the chaotic background music.

Then, as the clock was striking midnight, people started doing the New Year's countdown (新年倒数) . It was a next-level noise (更吵了) ! I was covering my ears with my hands the whole time!

After the midnight, people started clapping, cheering and woohooing in the pub. It was too loud and too much noise for me. Next year, I'm going to celebrate this moment at home, instead of going to a pub or a bar. Haha!

So, yeh, that was the story. Thank you!

Part3:

1. Do you think it's good for children to make noise?

Many people hate it when people make noises, especially children. They can be really loud and chaotic. And many children love screaming bloody murder (更狂尖叫) . But the way I see it, sometimes screaming or crying is actually a way to let out the extra energy (释放多余能量) or the negative emotions (释放负面情绪) for children. And sometimes, when children play games and explore new things, they unavoidably (不可避免地) make all kinds of noises. Hearing is one of the five senses (五大感官) . Those noises can help children better understand the world. It could be a good thing. Parents shouldn't try to stop children from making noises. Having said that, however, when children are making too much noise and getting carried away (忘乎所以) , parents should ask children to dial down (冷静调整, 状态下来一点) a little and stop disturbing others. (主流观点+自己观点+反向思考)

2. Should children not be allowed to make noise under any circumstances?

和上题差不多

3. What kinds of noises are there in our life?

Outside on the street, you can hear people talking and laughing, even arguing, and cars honking (车喇叭), construction sites making noises, everything. And indoors at home, you can hear the TV sounding, the washer and dryer whirling and rumbling, the microwave buzzing, you know, all the home appliances are making all sorts of sounds. Noise pollution is everywhere.

whirling, rumbling, buzzing...各种象声词

4. Which is exposed to more noise, the city or the countryside?

Without a doubt, the city has more noise. And it's simple because there're far more people in the city and more things going on (更多事情). The countryside is more peaceful and tranquil, and that's why many people want to move from urban areas to the country. (原因)

5. How would people usually respond to noises in your country?

大概思路:

Some are more noise tolerant (对噪音有包容度的), some are not. (分群体)

6. How can people consider other's feelings when chatting in public?

I think it's a matter of education. To be more precise, it's more about family education (家教). It's like a basic manner in public. We all know that shouldn't talk loudly when chatting in public, as that will disturb other people. We just need to be more empathetic, put ourselves into other people's shoes (俚语, 换位思考). And also, when there're clear signs (明显的迹象) that people around us are not happy with our volume, we should be able to adjust immediately, and dial down a little. (罗列)

Describe another city you would like to stay for a short time (想要短住的城市)

You should say:

Where the city is

Why you want to go there

What you will do there

And explain why you will stay there just for a short time

知识点:

一些形容城市的表达:

- Beijing tends to attract a lot of people because of the job opportunities there. Many of them are NGOs and government centered jobs (NGO 非营利性组织和面向政府的工作) .
- It's got amazing and rich culture, all kinds of social, cultural and arts activities. It's a city that never sleeps (不夜城) .
- It's also a little bit more laid-back (慢节奏的、慵懒的) than other big cities in China, like Guangzhou or Shanghai. Life seems to move slower in Beijing (北京的生活似乎会过得更慢一些) .
- One thing I love the most about Beijing is the local people there. They are very outgoing and friendly, very willing to communicate with others. Last time when I was there, I had a great time.
- Shanghai is one of the most dynamic and exciting cities in the world. It is constantly changing (总在不断变化) , there's always something going on (总有事情在发生) , and there are new people moving to the city, from all over China and the world, every day. For me, it's a city that's full of adventure and hope. I visited Shanghai several times. Nightlife there was amazing. Food choices were mind-blowing. It's a paradise for a foodie (吃货) like me.
- Dali just a different world in comparison to costal cities in the east part of China. It has so much to offer to people who live there (能给人们带来太多好东西) , like, super clean air, great weather all year round (四季

如春的地道表达) , and stunning natural sites everywhere. People there are so friendly and laid-back. It's an ideal place to enjoy the life.

- There're a lot of hidden spots/ secret attractions (隐藏景点) in this city.
- The food options (食物的选择性) are crazy here.
- Night life in this city is mainly about outdoor beers and street food, and accompanied by live music and the like (等等) .
- I especially love XXXX in this city. It's a beautiful neighbourhood that is full of beautiful homes and brick apartment buildings (砖墙公寓楼) , along with art galleries, delicious restaurants, and antique stores (古董店) .
- 不愿意长呆的原因:

① metropolitan city.

I won't be able to afford living there long-term. The cost of living in NYC is so high that I will spend/burn all my savings in three months.

② visa

As a Chinese citizen, the longest time I can stay in the States is 6 months, no more than that. So, before my VISA gets expired, I will have to return to China.

③ remote town.

Even though I love the tranquility and peace of living in a secluded and isolated town, staying away from the hustle and bustle of the city, still, I can imagine, after a couple of months, I will start to feel bored as hell. After all, I'm still a city girl/ boy. So, going to this town from time to time would be a better option for me.

④ I'm a very family-oriented person, very homely. I love my big family. I can't imagine a new life in a new city without being able to see my family every weekend. Unless they would move to that city with me, I wouldn't stay in that city long-term.

素材一:

Well, a city that I would like to stay for a short period of time would be New York City, NYC.

Regarding its location, well, I doubt if there's anybody who DOESN'T know where NYC is, as it's so famous. It's located in the northeast of the US. I've known NYC since I was a little kid through Hollywood movies and TV series. I feel like I've already known this city for a long time (我感觉我已经很了解这座城市了). I've been to NYC once, and I loved it there. That's why I want to stay in NYC for a short time.

(以下三段，不是都要说，可以选择其中两段，或者减少每段的重复表达，缩减篇幅)

New York City is famous for its fast-paced lifestyle. It's a city that never sleeps/it's a 24-hour city. I mean, there's always something going on. It's got an amazingly rich culture that attracts people from all over the world. It's famous for its countless museums and galleries. It's like a paradise for people who are into history and art.

Not just that, it's also the heaven for foodies. Food options are crazy/mind-blowing in NYC. You can find any type of food there. From world-class Michelin star fancy restaurants (世界级米其林三星华丽餐厅), to casual affordable hole-in-the-wall (随意又便宜、隐藏在小巷子里的小馆儿), you can find anything. It has thousands of cafés where you can just spend the day sitting on the street patio (街边露天餐区), sipping coffee, and watching the world go by (看世界与人潮).

And, what attracts me the most is the people there. When I was there, New Yorkers seemed super friendly and welcoming. People were very chatty (爱聊天) and open. They were very easy to talk to. It was so effortless to start a conversation with them. The whole city made me feel that I was so welcomed.

That's why I want to stay there short-term (短期地). It's vibrant and bustling; food is amazing; people are nice and fun...The only reason why I don't want to officially move there is because of the high cost of living (生活成本). It's an extremely expensive city. But it's still so cool to live and

explore the charms of this city, I mean, the experience of living in such a culturally and historically rich city is precious. You can't put a price on that (你没有办法给这个经历贴上价格, 表示“无价”, 很珍贵)。

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

素材二:

I find Shanghai a very fun and charming city. It would be nice to live in Shanghai for one year or two (住个一两年)。

As for its location, well, it's situated in the southeast of China. One of the biggest cities in the whole world.

I just wish that I could live in Shanghai for a while to explore the city better, not like a rushing tourist (匆忙的游客)。There's so much to see and experience, as the city has so much to offer (城市能提供的资源太多了)。

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

For me, what attracts me the most about Shanghai is the beautiful contrasts you see everywhere in the city, and that's what makes it an interesting place. It's a city where you can see old and new, cheap and fancy.

It's a city with a rich history. Therefore, you can see many historical buildings. But at the same time, you can also get to enjoy some of the most modern and coolest architecture in the same area. Another great thing about Shanghai is that you can always go cheaper (选择便宜) and you can always go fancier, more expensive (选择更华丽更贵)。You can

easily find a little hole-in-the-wall (低调小餐馆), spend only 20 yuan and get the best tasting food in the world. You can also flash your cash (显摆你的钱) at a posh restaurant (有格调的餐厅) at 5000 yuan per person. You can be down-to-earth (接地气), and you can have your nose in the air (趾高气昂, 自命不凡, 鼻孔朝天的). You can have everything.

(以上细节, 不用都说)

Shanghai really sparks/piques my interest (激发我的兴趣). That's why I want to stay there for a couple of years. But I won't stay longer than that, as it's a very expensive place, and also, I'll miss my family and friends too much.

So, yeh, it's the city. Thank you!

Part3:

1. Why do people sometimes go to others cities or other countries to travel?

People all love novelty (新奇的事物). We are curious about things and people that are different from us. The more different the better (越不同越好). That's why many people prefer to travel to another country rather than another city in their own country when they are on vacation. They want to see completely different cultures, natural sceneries and different geographical landscapes. (原因)

2. Why are historical cities popular?

Again, because we are curious. We are wired/made to (天生就设定好) learn new and different things. Visiting a historical city is like going back in time (回到过去). We can see what people did in the past, what they ate, where they slept, how they lived their lives. And it's EVEN better if it's a historical city in ANOTHER country, hahaha. We are all novelty seekers (有猎奇心的人, 寻找新奇事物的人). (原因)

3. Why do places with historical sites develop tourism industry more actively?

I guess it's easier to develop tourism industry in places with historical sites as they have the tourism resource (旅游资源). Imagine a place without any historical sites, what can the local government do? Building casinos, hotel and shopping malls, like Las Vegas (建立赌场吗? 就像拉斯维加斯一样)? Haha, maybe, but it's harder to develop tourism. Not every city can become Las Vegas. (反向假设)

4. Do you think tourists may come across bad things in other cities?

Yes, definitely! Food poisoning (食物中毒) is the first thing comes to mind (首先想到的). When you have stomach issues in another city or country, it's scary. Not just food poisoning, any illnesses during traveling is scary. I remember, one time when I traveled alone in the UK, suddenly I started having a rash (疹子) on my neck and chest. I freaked out (吓坏了) and went to a local hospital. It was a nightmare. And then, road accidents (马路事故). Let's face it, when you expose yourself more to the road, the chance of having an accident gets higher. And what else, oh yeh, robbery (抢劫) and theft (=stealing 偷窃) can be really dangerous and annoying, especially in those huge international cities, like Milan, Paris, Madrid and London. (罗列)

5. Do most people like planned travelling?

Some yes and some no. Some would plan their itinerary (旅行日程计划) to the t (do..sth. to the t, 表示做到最完美) because they want to seize every day (珍惜每一天), make it to the fullest (让每一天都很充实) during the trip. They don't want to miss out on (错过) any famous landmark, any must-see or must-do (不想错过任何一个必须看的地方或者必须做的事情), any famous local dish. Like, I have a friend, and he will plan every day to the minute (精确到每分钟在做计划). Super organized. Some other people are more

easy-going. They enjoy improvising (即兴发挥) their day and go with the flow (顺其自然). They hate pushing themselves to rush here and there (冲到这里跑到那里). They are not “planner” type of people (他们不属于计划者类型). (分群体)

6. Why is the noise pollution worse in tourism cities than in other cities?

Well, it's because there're more people in those cities. Local people, plus tourists, plus more vehicles, more cultural activities. Just, more things going on, in general. (原因)

Describe a place you visited where the air was polluted (去过的有空气污染的地方)

You should say:

Where the place is

When you visited

Why the air was not good

Explain how you felt about the place

知识点:

- **smog 雾霾**

The air quality in Beijing is really poor. There's a layer of smog hanging over the city all year round. 全年在城市上方挂着一层厚厚的雾霾

Cars cause pollution, both smog and acid rain.

- **acid rain 酸雨**
- **terrible/bad/poor air quality**
- **hard to breathe 呼吸很困难**

Sometimes it's hard to breathe in my city.

- **contamination** 污染, 污垢

the contamination of the air/ the ocean/ the sea

- **endangered species** 濒危动物

Air pollutants can poison wildlife and cause endangered species.

- **health issues/problems**

Exposure to high levels of air pollution (高浓度接触空气污染) can cause a variety of adverse health issues.

- **respiratory disease** 呼吸系统疾病
- **fumes** 烟气/emissions 尾气排放物

Emissions from cars increase the levels of carbon dioxide and other greenhouse gases in the atmosphere.

Factory smoke and car fumes cause air pollution

- **greenhouse gas** 温室气体
- **greenhouse gas emission** 温室气体排放
- **to emit carbon dioxide (CO₂)** 排放二氧化碳
- **a ticking time bomb** 正在岌岌可危的定时炸弹 (很快要引来不好的结果)

Air pollution is a significant ticking time bomb, causing more than 3 million premature death (过早死亡) globally every year.

- **carbon footprint** 碳足迹

We all need to look for ways to reduce our carbon footprint.

- **to curb global warming** 控制、抑制

Developed countries have to set targets to curb global warming.

- **to combat climate change** 对抗、战胜 气候变化

A few summers ago (几个夏天以前, 几年前的意思), I went on a family trip to Shijiazhuang, which is a big city in the northeast of China, not far from Beijing. It is a famous industrial city in my country.

Although this was about 5 years ago, I can still vividly remember the way the sun looked behind the thick layer of smog (太阳躲在一层厚厚的雾霾后面的样子) and the way the air smelled (空气闻起来的味道). Believe me, it didn't smell pleasant at all! It was this pungent (刺激性的) and acidic (酸性的) smell that even hurt my nose and my eyes. I could hardly breathe.

I'd been to places where the air quality was pretty bad, but I had never experienced anything like that. Thinking back on it, surprisingly, none of us wore masks, which probably wasn't very good for our lungs.

We visited different places in the city. But to be honest, I wasn't really interested in anything because it was so smoggy everywhere that I couldn't really see anything. I could only see some blurry silhouettes of buildings in the haze (silhouette 轮廓、剪影/silo'et/; haze 迷雾; 我只能看到迷雾中的建筑的模糊剪影). The whole city looked so gloomy and dark (灰暗的). It was kind of depressing.

In terms of how I felt about it, well, I remember thinking that if I was already feeling fed up (受够了) and even depressed in the city for only two days, what about the locals? They all had to suffer from poor air quality long-term, and live with the risk of getting respiratory diseases.

It caused me to feel a bit moody/sad/melancholic (郁闷) because no one should have to live in this kind of inhospitable environment (不适合居住的环境里). Fresh air should also be a human right (新鲜空气也应该是人权).

So yeh, that was the polluted city that I visited. Thank you!

Part3:

1. Is there more pollution now than in the past?

Evidently (从证据角度来说), yes, there is more pollution nowadays than 30, 40 or 50 years ago. Since there is so much more industry, we're creating a lot more waste every single day. And in addition, as we haven't developed a long-term solution to waste management (污染物治理), a lot of factories get away with (侥幸逃脱责任) disposing of (处理) harmful pollutants to rivers, seas and the air, exposing us to more pollution now than ever, and plus, it accumulates over time (会随着时间累计). (罗列原因)

2. In what ways can air pollution be reduced effectively?

一些可以减轻空气污染的做法:

- **drive less; do more carpooling; ride a bike 少开车, 多拼车**
- **take public transportation in order to reduce carbon footprint**
- **use electric/hybrid cars 开电动车、混合车**
- **plant more trees**

We all have what it takes (我们都有能力、潜力) to improve our air quality and reduce air pollution. A few common ideas include: driving less in order to reduce emissions from private cars, and using public transportation more often; and if you can't avoid driving, at least consider buying an electric or hybrid car to keep emissions down. Planting trees also serves a purpose (有一定用) : they brighten our spaces and help clean the air. (罗列)

We all have what it takes to do something: 我们都可以做到.....

3. Do you think the city is cleaner or dirtier than the countryside? Why?

Generally speaking, the city is filthier (filthy 肮脏) than the countryside. There's more industry, more people, more cars, and more pollution. That's the trade-off (交换条件) for living in the city with more resources and more jobs. (原因)

4. What can factories and power plants do to reduce pollutants?

I can think of several ways. First off, factories and plants can implement waste recycling programs (实施污染物循环利用系统). They can recycle paper, plastic, metal, and even heated waste air. And then, they can use more energy-efficient equipment (高效能源利用设施) in production. And moreover, they can develop some waste treatment systems (污水处理系统) to control the level of pollution. Finally, these plants and factories can use green energy (绿色能源) such as solar energy (太阳能), wind energy (风能) and biogas (沼气) to power their daily needs. (罗列, 举例子)

5. Do you think many companies have been forced to reduce pollutants? Indeed. There has been a lot of pressure, mainly by local and global waste laws (废物处理法案), to force companies to reconsider their roles in waste reduction (减少污染). It finally seems that we're on the right track/headed in the right direction. But I have to say, it's still NOT enough to combat climate change. More efforts have to be made by individuals and governments to control/curb and improve the situation (控制并改善局面). (转折)

6. Do you think the wind has any effect on pollution? How?

Actually yes. I mean, it's not the wind's fault per se (本身, 自身), but contaminants are carried through the wind and end up getting spread (被传播开) this way. (原因解释 give explanations)

Describe your favourite place in your house where you can relax (放松的地方)

You should say:

Where it is

What it is like

What you enjoy doing there

And explain why you feel relaxed at this place

-思路：可以讲一个 the reading corner/nook（读书角，不一定是一个完整的房间，也可以是一个局部空间），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. 比较好讲的是一个可以干多件事儿的地方，比如客厅既可以看电视，也可以听音乐、看书、会客；浴室可以泡澡、敷面膜、护肤（不过这个比较难说，也不太适合男生）。

-知识点：

- my own space 我自己的空间
- man cave 专门属于男人的那种拿来玩儿游戏、健身、抽烟喝酒的空间，“男人的洞穴”。在欧美国家，一家人住在 house 里，往往地下室会被做成 man cave。家里的男主人会呆在这个空间里，自娱自乐，自由自在
- girl cave/ lady cave/ woman cave 这几年新出来的词，对应 man cave
- 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

(住宿舍宝宝们可以说这是我和父母的家.)

My home is not very spacious, and my favourite place in my home is my living room.

It's such a welcoming and inviting (舒适又亲切) space, filled with natural light (充满日光), super cozy and comfortable (温馨且舒适), AND versatile (多功能的) at the same time. I love it. And I spend most of my time in that room. It's like my man cave/ girl cave. Haha!

In my living room, there's a big 70 inch smart TV (70 英寸智能电视), and I've got home audio system (家庭音响系统) next to the TV. As a movie freak (电影发烧友), I watch a lot of movies, so all the equipment definitely suits my needs (满足我的需求). I have a giant and comfy couch in the living room. It's an L-shaped 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) .

This living room is also the place where I read as it has the best natural light. I have a reading corner/nook in the room with a beautiful yellow fabric armchair and a reading lamp. I spend a lot of time snuggling up (蜷缩) with a good book in that chair, reading and enjoying my time alone.

Finally, I've had so many parties and get-togethers (小型聚会) in this room. It holds so many beautiful memories. My friends and I have spent so much time sitting in the couch and chitchatting (叽叽喳喳闲聊), talking about jobs, boyfriends and life, and all that jazz (诸如此类的话题) ...

I love my living room. It's like my cozy retreat where I put up my feet (放松) and just unplug (拔掉插销, 忘掉一切). In today's high-speed, high-tech world, being able to reduce stress and promote mental health are so important for me. That's why I love my little calming living room. It's a true sanctuary (心灵的避难所) to me.

So, that's the room, thank you.

Part3:

1. Why is it difficult for some people to relax?

Some people have a hectic job (繁忙的工作) and too many responsibilities at work, so it's very hard for them to slow down and take a breather (喘口气); some people are dealing anxiety and it's impossible for them to loosen up (放松) without any medical help; some people are relied on by a lot of people. They have too many things to juggle (同时兼顾) at the same time. Therefore, they are tensed up (紧绷) all the time. For example, parents with young children are always nervous as they are responsible for their kids' safety. (分群体)

2. What are the benefits of doing exercise?

以下素材选两、三条来说就好

- Helps you control weight/ keep in shape/ keep fit
- Prevents heart diseases/ prevents a wide range of health problems-
- Improves muscle strength/ increases endurance

- Blows off the steam after work/after a stressful day
- Makes you feel happier, less anxious, and more relaxed
- Boosts your confidence and improves your self-esteem
- Promotes better sleep/ helps you fall asleep faster/ improves sleep quality
- It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.
- Physical activity can also help you connect with family or friends in a fun social setting.
- Doing sports can allow you to meet up new people/ socialize with new friends

3. Do people in your country exercise after work?

Some do and some don't. Some people who really pay a lot of attention to fitness. They would go to the gym on a regular basis, some would go out for runs, jogs on a day-to-day basis. Especially some older people would go to the park and work out in the park every morning; but some other people are 0 sporty (一点都不爱运动). They just slump in (葛优瘫) their office chair or the couch all day long, living their sedentary lifestyle (过着久坐的生活方式). So, it's hard to generalize. (分群体)

4. What is the place where people spend most of their time at home?

For most people, it's the living room. People stay in the living room to get entertainment by watching TV or movies, and it's also the place where people hang out. But for some people who are sharing a living space with other, they might prefer to spend most of their time in their own bedroom, because they can have more freedom and privacy there. (主流情况, 特殊情况)

5. Do you think there should be classes for training young people and children how to relax?

That's an interesting idea, why not? As far as I know (据我所知), there're yoga classes and meditation classes (冥想课程) that serve a purpose of

getting fully relaxed. So I guess, there are and there should be more classes for teaching people how to relax.

6. Which is more important, mental relaxation or physical relaxation?

Both, I'd say. Normally they go hand in hand (并驾齐驱, 一起). Only when a person is completely mentally relaxed, can he/she physically relaxed, and vice versa (反之亦然). Unfortunately, many people today only care about their physical relaxation. They go to retreats, go to spas, get massages, but they never stop thinking, they are always worrying. That's not true relaxation. (原因, 举例子)

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

人物类:

Describe a person who likes to dress fashionably/well (时尚爱美人士)

You should say:

Who he/she is

What job he/she does

What kind of clothes he/she wears

And explain why he/she likes fashion

知识点:

和服装时尚 fashion 相关表达:

- fashionable/stylish/tasteful: 时尚的、有型的、有品位的
- a fashion snob: 时尚势利眼 (表示那种一心追求时尚, 看不上普通服装的人)
- fashion freak: 时尚狂人
- sb. is dressed up: 盛装打扮; sb. is dressed down: 往朴素方向打扮

- a person with a great/outstanding/unique/special/different/ offbeat (标新立异的) sense of fashion: 一个有着极棒的、与众不同、特别的时尚品位之人

- She is a fashionable/unique/ elegant/tasteful dresser:

dresser 一般表示橱柜、梳妆台的意思，但在这个具体语境下，表示“穿衣之人”

- She is not afraid to break the rules, take risks, try new trends (尝试新的趋势), be totally over the top (过分夸张), when it comes to fashion. 她不怕打破常规、冒险、尝试新的时尚趋势，过分夸张完全不怕。
- You can see incredible freedom in her choice of outfits. 你能在她的穿搭选择上看到全然的自由不羁
- clothes with fabulous fashion designs: 有卓越设计感的衣服
- clothes that can make you raise your eyebrows: 能让你瞠目结舌的衣服
- can't say that I would agree with her taste/fashion sense, but at least her outfits are memorable. 我不敢说自己真的欣赏她的时尚品味，但至少她的打扮很令人印象深刻。
- In her world, there's no limit when it comes to fashion.
- She's very experimental (具有实验性的) in fashion. / She experiments with fashion but can still maintain her personal style. 她可以做到既保留个人风格又能做到各种实验尝试。
- edgy: 前卫的; bold: 张扬的; creative: 有创造力的; original: 原创性的; artistic: 有艺术性的; stylish: 有型有款的; fashionable: 时尚的; chic: 时髦优雅的; vintage: 复古风格的; sassy: 时髦 (女王范儿的); flashy: 艳俗的
- 上衣: top (统称)

衬衫、汗衫: shirt ; 女士衬衫: blouse; 运动卫衣: sweatshirt; T 恤: T-shirt; 抹胸上衣: tube top; 露肩的: off-shoulder; 泡泡袖: puff-sleeve; 喇叭袖: flare-

sleeve; 喇叭牛仔裤/裤: flare jeans/pants; 荷叶边的: ruffled; ruffled skirt 荷叶边半裙; 蕾丝的: lace

线衣毛衣: sweater; 羊绒毛衣: cashmere sweater; 夹克衫: jacket; 外套: coat; 冬天大衣: winter coat; 套装: suit; 帽衫: hoodie

裤子: pants (英式英语用 trousers); 运动裤: sweat pants; 布袋裤: baggy pants; 牛仔裤: jeans; 短裤: shorts; 裙子: skirt; 连衣裙: dress; 连体衣: jumpsuit; sportswear: 运动类服装总称;

- This high-waste (高腰的) dress shows/ highlights/ accentuates my body shape. 这件高腰连衣裙很显我的身形
- 暴露的衣服: revealing/provocative clothes; 保守的衣服: modest clothes
- loose-fitting: 宽松的; slim-fitting: 修身的; tight: 紧身的
- dark colour 深色, light colour 浅色, bright colour 亮色, warm colour 暖色, cool colour 冷色; neon colour: 荧光色

I don't like neon colours. They make my skin look dark.

So, I want to talk about my friend Xin. She's definitely a person with an unique sense of fashion.

We met each other in university. The first time I saw her, I saw bright colours. She's the kind of person who's not afraid of trying bold colours (张扬的颜色), even sometimes it might be a little over the top (过分). I remember she was wearing neon yellow, bright orange and green, and the colour contrast (撞色) really made her stand out from the crowd (鹤立鸡群). (讲相遇的故事还是可以和主题相连)

And after graduation, now she's working for a PR company (公共关系公司). At work, she definitely needs to "dress to impress" (惊艳众人). Every day, she dresses up nicely in order to look professional, presentable and also memorable (看起来职业化、体面且令人印象深刻) in front of her clients.

In terms of what kind of clothes she wears, well, she is very brave with edgy and less common (小众的) designs. She's not afraid of taking risks, breaking the rule, and trying new trends. Just to give you an idea, **sometimes** she'll wear a neon pink jumpsuit (连体裤) with sexy high heels (高跟鞋); **sometimes** she'll wear a black men-suit (男士西服套装) with a red beret hat (贝雷帽); **sometimes** she'll wear a vintage dress (复古连衣裙) with a pair of white sneakers (白色板鞋) ...It seems that in her world, there's no limit when it comes to fashion.

And finally, to answer the question of why she likes fashion so much, I guess, first, she is in an industry where "the look" is heavily emphasized (她处在一个外表被非常重视的行业); and then, Xin herself is very into fashion. I remember, once she told me that she really enjoyed expressing herself through the way she dressed (她非常享受通过着装方式来表达自己). I feel inspired by her. And I should also try to come out of my comfort zone (走出舒适区) from time to time, and have some fun.

So, yeh, that's my friend Xin. Thank you!

Part3:

1. Do you think online shopping will replace in-store shopping in the future? Why?

Nowadays, more and more people prefer shopping online, as it's easier, faster and less effort. Especially since the pandemic, many people have been trying to avoid crowds (避免人群). Shopping online is such an ideal way to buy things. Physical stores (实体店) are losing its consumers to online stores, and many of them have been closed permanently (永久关店). However, I wouldn't say that online shopping will completely replace (完全取代) in-store shopping, and the reasons are, A, some people still enjoy browsing around between stores (在店和店之间闲逛) and at the mall. It's not just about buying things, it's also about passing their time

(消磨时光) . Sometimes you see friends kicking back (百无聊赖) at the mall. For them, it's a spot for meet-ups (见面地点) . And B, some people, especially older people, don't know how to shop online. They still prefer going to a physical store, seeing and touching the product for real. (转折, 分群体)

2. Why is fashion very important to some people?

Well, I think, for some people, fashion helps them make a good first impression (制造好的第一印象) , especially in the workplace (在职场) . A person who dresses up nicely and with a good sense of fashion (有好的时尚品味) usually earn more trust (获得更多信任) and gain more favour (更受欢迎) . I guess, people's mindset behind it is, "If you can take care of yourself so well, you probably can take care of other things" (人们背后的想法是, 你既然把自己照顾的这么好, 你应该能顾好其他事情吧) . And then, for some people, they express themselves through the way they dress (通过穿衣方式表达自己) . They make a statement (发表宣言) through clothes. For example, different colours can show different emotions or personalities. And in the 1920s in China, women started abandoning lose-fitting clothes (宽松版本的衣服) and wearing a type of slim-fitting dress (紧身连衣裙) , called Qipao. Qipao really highlighted their curves (突出曲线) . It's a symbol of freedom and independence (是自由和独立的象征) in modern women in China. And lastly, I guess, fashion can also help people build their self-esteem, their confidence. If you are a nice dresser, you feel good about yourself. That means you love and respect yourself. (罗列分群体+举例子)

3. Are older people as fashionable as young people? Why?

Some older people are just as fashionable as young people. For example, my aunts and my mom. They love the most on-trend (流行的) clothes. In their world, they will never let age become a problem (让年龄变成问题) .

Age will never stop them from being fashionable and stylish. But I have to say, I also see many older people start dressing down (穿衣降级, 朴素) once they are older. They are very old-fashioned. They think older people should keep a low profile (保持低调), wear darker colours, and more loose-fitting clothes. (分群体+举例子)

4. Are women more fashionable than men? Why?

In general, on the whole, I would say so (总的来说, 我觉得是的). Most women love keeping up with the latest fashion trends (紧跟时尚潮流). I guess, it's a cultural thing (文化所致). In most societies, women are the ones who are supposed to be beautiful, charming and attractive (在大部分社会, 女人是应该美丽动人的群体). Just look at those Hollywood movies. The leading actresses (女主角) are always super gorgeous, whereas the actors sometimes are just some average-looking guys (普通平均颜值男的). And on top of that, there're so many more options for women than for men in the stores when it comes to fashion. It's easier for women to be more fashion-minded (有时尚头脑的). It's all about cultural education. However, nowadays I see more and more men breaking the social stereotype (打破社会成见), and embracing fashion as much as women. I feel happy for them. (主流情况, 特殊情况补充)

Describe a person who inspired you to do something interesting (激励你做有趣事情的人)

You should say:

Who he/ she is

How you knew him/her

What interesting thing you did

And explain how he/she inspired you to do something interesting

可以是某个有趣的人启发你也去做了有趣的事，可以是小事比如潜水、蹦极、滑雪、上台表演，也可以是人生事件，出国上学、辞职、跨国搬家。

知识点：

启发他人的人的形容词：

- **Inspirational** adj. 启发人心的

“You don’t have to be an inspirational speaker for somebody to look up to you as an inspirational person. Sometimes, your actions are more than enough for most people. If you really want people to look up to you in that way, it mostly comes down to how you live your life.”

- **Motivational** adj. 给人提供动力的

In life, we always want to find someone who is motivational enough to keep us engaged, and we can use them as a great way to stay motivated.

- **Source of inspiration** 启发的来源

My mom has been a true source of inspiration for me over the past few years. Without her, I wouldn’t be here.

- **Motivator** n. 给人带来动力的人

You’re a motivator for all those who can’t speak for themselves, and I truly admire that spirit.

- **Mentor** n. 同上。人生导师，启发着。（也值得是研究生博士生导师）

You’ve been the best mentor I could ever ask for, and I hope you never forget me!

- **Muse** n. 缪斯，灵感来源

He is my muse, and I look up to him and everything he does.

Picasso is my muse. Without his famous artwork, I never would have picked up a paintbrush.

- **Role model 榜样**

So, today I want to talk about my cousin. She is a few years older than me, and she has always been my source of inspiration. I look up to (仰视) her a lot.

We've been best friends since very little. And when we were little, she was always the braver one (更勇敢的那个), the daredevil (冒险鬼). She was never afraid of taking risks. For example, she loves sports, including extreme sports (极限运动). So, she is good at skateboarding, skiing, surfing, all kinds of cool sports. And she was the reason why I went Bungee jumping (蹦极). She's truly motivational and inspirational for me.

And, one thing she inspired me to do which was truly interesting and brave was, traveling alone. So, my cousin travels by herself from time to time, and one time, she told me that "Only when you are on the road alone, can you truly learn things about yourself. Traveling is a journey inward. (内在方向的精神世界旅行)" That speech really hit me (打击到我). I never saw it that way. Traveling for me, was always about being with family and friends, and going to places. But the way she put it was so cool (她当时的形容方式真的很酷). And that's why I decided to go on a trip on my own/take a solo trip!

I went to Yunnan Province alone, and spent 1 month there. During that time, I talked to so many people. Travellers like me, local people, so many of them. I found it easier to make friends with people when I traveled alone, as I was lonelier, more desperate and thereby braver. And through those conversations and interactions, I did learn more about myself. I learned things I enjoyed talking about and didn't enjoy talking about. What kind of people I liked and disliked. My cousin was right, it WAS a journey inward.

So, yeh, that's my cousin, and that was the interesting thing I did thanks to her. Thank you!

Part3:

1. What qualities make a role model?

First, a role model should be talented and skillful in a field. They need to be good at something, so that people admire them, and look up to them. **And then**, they should be influential, inspirational and positive. They have the kind of quality that inspire people to become better. They are the muse for people, a ray of sunshine (一缕阳光). **And next**, a role model is honest and reliable, meaning, they do what they say they will (他们说到的事会做到). They are doers (做实事的人) rather than talkers (说空话的人). A role model always set good examples for people. **Finally**, a role model should also be empathetic (有同理心). They can listen and pay attention to people. They care about others. (罗列)

2. Why should children learn from role models?

Children are not born to be able to tell right from wrong (孩子不是生来就会明辨是非对错的). They need positive influences. A role model for a child is a person that serves as an example and inspires the child for a lifetime (跨越一生的时间). Children should look up to (仰视崇拜) their role models and learn from them in order to pick up good habits and manners (培养好习惯和礼貌), to become a stand-up and countable person (堂堂正正、靠得住的人) in the society. If children didn't learn from their role models, or the people who're supposed to set good examples for children didn't behave well, that would result in really negative outcomes. For example, children whose parents smoke are more likely to smoke themselves. (原因, 反向假设, 举例子)

3. Who can influence children more, teachers or parents?

I would say, in the early years of children (早期), parents as the number one (第一重要的) caregivers, they serve as the main role models. Children are more influenced by their parents because they spend more time together. Parents mean everything (意味着一切) to their children. And later, when children go to school, they learn things from their teachers, and that's when teachers start influencing the thinking of children. Sometimes you can see a child respect the teacher so much to the point that they only listen to what the teacher says. But I have to say, later on, when children become teenagers, they become much more attracted to their friends. That's when their friends will be the major influences. (分情况分时间段)

4. What kind of international news inspires people?

I think news about grass roots (草根) is inspirational for people. Stories like, how a father chasing down a criminal (追赶抓住犯罪分子), a mother running a small business and becoming successful, those stories of ordinary people (普通人) can encourage us to work harder and become a better person ourselves. (举例子)

Describe a friend from your childhood (发小)

You should say:

Who he/she is

Where and how you met each other

What you often did together

And explain what made you like him/her

知识点:

1. 一些感情好的表达:

- hit it off 投缘

We really hit it off. We always have so much to talk about.

- get along: 相处愉快

She and I get along well.

- enjoy each other's company: 享受彼此的陪伴
- have endless topics to talk about
- We get each other. 我们懂彼此
- on the same wavelength 在同一个波长上 (同一个频道上)

My best friend and I are always on the same wavelength. We get each other's jokes. We really think alike (想法很一致).

- mind-twins 思想上的双胞胎
- inspiring/inspirational: 有启发力的

She's an inspirational person. She inspires me on so many levels. I learned so much from her.

- She really opened my mind with her life experiences.

2. 搞笑的, 有趣的, 积极的

- funny 搞笑的滑稽的
- hilarious 超级搞笑的
- witty 诙谐智慧的
- have a good sense of humour 幽默感很强
- always crack me up 总是能把我逗笑

She can always crack me up with her jokes.

- a joker 一个爱开玩笑的人
- a cheerful person 一个很乐呵呵、欢快的人
- a happy camper 一个乐天派

- She can always see the silver lining behind cloud/everything. 总是能看到事物的积极一面（每一朵乌云后面都有阳光雕琢的银线）

3. Sociable 形容善于社交的人：

- a party animal 派对动物（夜夜笙歌那种）
- social butterfly（交际花，不属于贬义词，但是的确带着一点调侃语气成分）
You are going out tonight again? Such a social butterfly!
- seems to know everyone 感觉谁都认识
She seems to know everyone. Such a social butterfly!
- people person 很会和人打交道的的人
- popular and well-liked 很受欢迎，很多人喜欢
- talkative, chatty 很健谈的
- a little bit know-it-all（know-it-all 指的是那种觉得自己什么都懂的人，信息大拿）
She's a very nice and sociable person. Very chatty and outgoing. The only thing is, she's a little bit know-it-all, sometimes that could be annoying.

4. Nice and friendly 形容热心肠的人：

- Have a heart of gold 拥有金子般的心
My neighbour has a heart of gold. She's like a ray of sunshine（一缕阳光）.
- Be there for someone 一直支持着某人
She's been there for me through out the years.
- You can count on someone 你可以信赖某人
You can definitely count on Tara. She's very trustworthy.
- Help someone live through all the struggles 帮助某人度过生活里的一切苦难
- A positive influence 一个积极的影响
- Kind, generous, warm-hearted, warm, caring, loving 一些近义词

5. 之前几个季度素材里提到关系好的表达：

“We also enjoy just chatting, have a nice and long conversation. She can always give me a lot of useful suggestions, and help me keep my head on straight (让我保持头脑清醒) and avoid making silly decisions. My friends all feel very jealous of our relationship, as we always have endless topics to talk about.

“So, yeh, that’s my mom. We have fun together, we enjoy spending time with each other, and she is the anchor (船锚, 定海神针) in my life.”

“We get each other’s jokes, and we enjoy each other’s sense of humour. We are always on the “honeymoon phase”. I guess, it has a lot to do with the fact that we always try new things together, like learning a musical instrument, learning drawing, playing golf, ... We always learn and advance ourselves together, so the new version of me and the new version of her can never get bored with each other.”

“We understood each other’s jokes, and we shared same views towards a lot of things in life. Talking with him was like the easiest thing, as we totally got each other (懂彼此). There were no conflicts or anything. We were like mind-twins (思想上的双胞胎).”

I want to talk about my childhood bestie/best friend (儿时最好的朋友)

Wei. We’ve known each other since primary school, and she’s like a sister, a family member to me.

And moving on the reasons why I liked her so much, well, number one, she was so comfortable to be with (相处起来很舒服). She was the most down-to-earth (接地气), chill (放松的, 松弛的) and easy-going (随和的) person. I felt like I didn’t need to change who I am when I was with her (我和她在一起的时候不需要改变我是谁). I felt very relaxed and at ease (放心) when she was around. And number two, she and I were very similar. We were like mind-twins (思想上的双胞胎), on the same wavelength (一个波长)

频道上) . We really thought alike (想法相似) , and we got each other's jokes (懂彼此的笑点) . Talking to her was like the easiest thing on earth (和她聊天就像是世界上最简单的事情) . **And finally**, she was a kind and generous person. She had a heart of gold (金子般的心) . She was the kind of person that I could count on (我能指望得上的人) . I remember one time (举例子, 有一次) , my mom went on a business trip (出差) , and I didn't have my snacks for school as she was the one who prepared it. So, Wei got extra snacks for me every day for two weeks. I was very touched by that gesture (举措、姿态) .

And finally, in terms of what we did together, well, we did everything. We did homework together, we hit the books (考试复习) together, we did sports together. Oh yeh, we spent so much time playing at the school playground (小孩子玩儿的操场) and the sports field (体育操场) . We played pingpong, volleyball, and basketball. And we swung on the monkey bars (在双杠/猴架上荡来荡去) . And sometimes we just talked. We didn't need to do things. We talked about kids things, like, which snacks tasted better, which barbie doll (芭比娃娃) was prettier, which cartoon was the most interesting, things like that. And oh yeh, boys, we talked about boys, just like all the girls. Sometimes we could lose hours and hours of time on chitchatting (叽叽喳喳聊) and talking nonsense (胡说八道) . Now when I think about it, that is something only kids can do, which is endless talking.

Anyway, that's my best friend from childhood. And we are still very good friends today. Thank you!

Part3:

1. Do you still keep in touch with your friends from childhood? Why or why not?

Some of them, not all of them. I'm still keeping in touch with some of my best friends from childhood. We are in the same city, and we meet up

from time to time to catch up. And the rest, we just lost contact with each other. I guess this is very normal. Friends drift apart gradually in life. We grow up, go to different schools, have new circles of friends, move to other cities. We just grow apart from each other. (分群体)

2. How important is childhood friendship to children?

friendship 既是可数又可以是不可数。可数的时候表示具体的一段又一段友谊，不可数的是抽象整体概念的友谊。比如：**Friendship never ends**. 友谊长存。用的就是单数不可数形式。

-Friendship is a vital part (至关重要的部分) of children's physical, mental and social development. **From a physical perspective**, when children play together, they learn to use their bodies to compete in games. They can challenge their physical strength and push the boundaries (做游戏，挑战自我，突破极限) . **And then, from a mental and social perspective**, they form bonds of friendship (建立友谊的纽带) , and at the same time, gain a sense of belonging, security and community (收获归属感、安全感和团体感) . They learn to be a part of a bigger group. Through friendships, children learn about social cues (社交暗示/信号，比如什么时候该说什么话，不该说什么话) and how to interact with others. And what's more, they learn how to think for others (为他人着想) . Children learn empathy (同理心) through friendships. A child without any friends would be most likely socially awkward (社交尴尬的) and lacking empathy. (分角度分类讨论+反向假设)

-Well, everybody needs friendship, including children. A child without friends will feel very lonely in this world. They won't know how to socialize with people as they lack the experience. They will be socially-awkward. Also, a child without friends won't be able to develop empathy because children learn empathy through friendships. (反向假设)

3. What do you think of communicating via social media?

My mind is conflicted (我很矛盾) . **On one hand**, social media helps people better connect with their friends. They can communicate with friends more easily, especially with friends who are far away. And social media

provides online platforms where people can share their lives with friends. People get to conveniently share their tears and laughter with people through social media, so they feel emotionally supported. **But on the other hand**, social media is killing friendships as people don't have the motivation to see each other face to face in real life anymore. When you see a photo of your friend popping up in your social media feed (当你在社交媒体界面上看到朋友的照片弹出来时), when you press the "like" button (点赞), you think you have communicated with that friend, but have you really (你真的有吗)? I don't think so. That's why I think social media sometimes makes people even lonelier. (分头讨论)

4. Do you think online communication through social media will replace face-to-face communication?

I hope not! But, like I just mentioned, people are increasingly reluctant to (抗拒) get out of their homes and meet people face to face, as communicating through social media is too easy, too effortless (不费力的), it's at your fingertips (动动手指). So, yeh, I definitely have seen this trend of more cyber communication (网络沟通) and fewer physical meetups (线下见面), especially after the pandemic. So, in the future, I don't see why this trend won't continue. With that being said, will social media completely replace the good old style of communication (曾经美好又老派的交流方式)? I don't think so either. I still have hope on people! Nowadays, I see some of my friends cutting down on social media and going back to physical communication. I think some people still cherish (珍惜) these face-to-face moments. (时间分层, 主流现象, 自己观点)

Describe a person you know who is from a different culture (认识的不同文化的人)

You should say:

Who he/she is

Where he/she is from

How you knew him/her

And explain how you feel about this person

首先 “know”表示认识的人，其实 **different culture** 指的是外国文化。如果实在不认识外国人，①可以编一个外国人出来 ②可以说实在不认识，所以说外国明星。

知识点：

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

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

-get along with everybody; very fun to be with; you will never get bored when you are with him/her; very easy to talk to;

- have tons of friends; very popular; have strong inter-personal skills;

-She's the go-to person（首选的人）when you feel bored.

Well, the person I want to talk about today would be my English teacher when I was in primary school. His name was Mike, he was from the US（过去式表示你印象里的信息），and he definitely made a deep impression on me.

Mike was probably the first foreigner that I've met. I still remember how amazed I was（被惊艳到了）when I saw his face for the first time. I mean, his face was so different from everybody else, like blonde hair, very fair-

skinned (白皮肤) and blue eyes, and that was something very rare to see. Haha! And then, when he opened his mouth, I heard fluent Chinese! That was even more special.

Mike was a very fun, outgoing and down-to-earth person. He was so easy to talk to and very fun to be with. He was a joker with endless children's jokes. Everybody at school liked him. Teachers would say Hi to him when they saw him in the hallway, kids would stop him and hug him when they saw him at school. He taught us not just English, but also western culture (欧美文化). Like Hollywood movies, food culture, and differences between Chinese and American kids.

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

So far I've seen many foreigners in China, and not a lot of them are like Mike. Mike was an interesting, fun and respectful person. He loved China, he knew China, and he tried to fit in. It was him who made me want to live in another country one day and explore a different life.

So, yeh, that is Mike. Thank you!

(以上不用都说, 挑选内容来说)

Part3:

1. Where and how can we get to know people of different cultures better?

Nowadays we can know people from another country through social media. We can have a direct conversation with a foreigner at our fingertips. Prior to this (在这之前), people got to know people of different cultures mainly through traveling. And also, by reading foreign books or watching foreign movies, people could learn about foreign cultures and people. (时间分层)

2.What are the advantages and disadvantages of cultural diversity?

The pros of cultural diversity are, **number one**, it provides people with wider experiences. It's educational for people. People get to learn about different cultures, traditions and customs (风俗) . They become more knowledgeable, educated and open-minded. **And number two**, that results in more tolerance and acceptance (宽容与接受度) between people.

Without knowing diversity, people are ignorant and narrow-minded (傲慢又狭隘的) . **Number three**, cultural diversity also brings more creativity, innovation and productivity, especially in the workplace. When there're multiple cultures in one place, people can inspire each other through cultural exchange. Learning different values, perspectives, and interpretations in life and at work (对生活和工作解读) will create unexpected outcomes (意想不到的结果) . Those are the pros of diversity, ideally (理想角度来说) . In the reality, sometimes the pros turn into cons. For example, cultural exchange might cause tension and conflicts, as people oftentimes prefer to be with their own people. Especially, different cultures have different languages, therefore chances are (很有可能) , people will experience language barriers and cultural barriers at the same time. It's hard to expect people to accept one another easily. Therefore, the cost of communication will be higher; and there might be more conflicts. When people have conflicts, it might generate cultural tribalism (部落抱团文化, 高分词汇) . (分类罗列讨论)

3. How can traditional culture and other cultures coexist?

That's a tricky question. It's hard to keep the traditional culture, as most people only care about the time they live in. That's why we are losing our own traditions and root. However, when I look around, I see some inspirations. For example, in China, some fashion designers have successfully combined traditional elements and modern elements together. Because of them, it has become super on trend to wear "Hanfu" nowadays, which is a type of ancient clothing originated from Han dynasty. Or, there're competition shows on TV that are about ancient Chinese poetry recitation (中国古诗背诵) . People go to those shows and recite poetry, and win big prizes. Those TV shows make traditional

cultures fun to watch. I guess these are the main tricks, A, to make it close to our lives, like things you can use or wear on a daily basis; and B, to make it fun and rewarding. (举例子)

4. Which traditions are disappearing?

There're so many! **First thing**, traditional foods are disappearing around the world. Nowadays people have very little time and patience for cooking. They buy pre-cooked food from grocery stores, or order takeout food. Traditional cuisines are too delicate and time-consuming for most people today. **And then**, traditional handicrafts (传统手工). Again, those handmade products are very energy-consuming and time-consuming. Therefore, in a time when most products are mass-produced (大宗生产), people are losing the culture of handmade products. **What else**, festival traditions are dying out (灭绝) as well. Nowadays, only a few people know how to celebrate festivals in a truly traditional manner (真正的传统方式). Festivals are purely about food and family. People don't care about respecting traditions anymore. (罗列)

Describe a person you know who loves to grow plants (e.g. vegetables/ fruits/ flowers etc.) (喜欢养植物的人)

You should say:

Who this person is

What he/she grows

Where he/she grows them

And explain why he/she enjoys growing plants

知识点:

很喜欢、擅长养植物的人:

- **a gardener** 喜欢在自己家后院养花养草的人、同时也表示园丁。（职业植物养育的人属于 **farmer**，不属于 **gardener**）
- **a plant lover/person/freak** 植物爱好者、狂人
- **a plant lady/ a plantsman** 植物女士、植物先生
有一个表达是 **a (crazy) cat lady**，家里养很多猫的那种视猫如命的女人、老太太；这几年疫情关系，很多人在家养植物，延伸出了一个新的表达 **a plant lady**，表示家里养很多很多植物的女人、老太太。**Plantsman** 是更正统的表达，表示特别专业且有天赋喜欢植物的男人（或女人）。
- **a person who's good at caring for plants** 一个很会照顾植物的人
- **a person who has a knack for making any type of plant grow well** 一个天赋异禀可以让任何植物长的很好的人 (**have a knack for sth.**有某方面天赋)
- **have a green thumb** 有一个绿色大拇指。表示很会照顾植物的人。
(因为给植物施肥照料会产生一种绿色物质，不戴手套容易手指也绿绿的，因此出处在此。)
- **a botanist** 植物学家（也可以夸张地方式来使用这个表达）
My mom knows so much about caring for plants. She's like a botanist or something.
- **Common houseplants** 常见的家养植物

TYPES OF HOUSEPLANTS



- Vegetables that do well in containers or gardens include beans, beets, carrots, collards, cucumbers, eggplants, garlic, kale, leeks, lettuces, mustard greens, peas, peppers, potatoes, spinach, squash, and tomatoes.

So, my grandma is a typical plant lady, so to speak (所谓的). She definitely has a green thumb. And she has this special knack for making

any type of plant grow well. I think she's incredibly gifted when it comes to growing plants. She's a natural (天生的天才) .

In terms of what plants she grows and where, well, my grandma lives on the first floor of her apartment building, so she has a small garden. She plants things in her garden and in her apartment as well.

In her small garden, she mainly plants vegetables and fruits, such as tomatoes, potatoes, lettuces, cucumbers, peppers, eggplants, carrots, strawberries, raspberries, and grapes. Oh yeh, she also has a rose fence (玫瑰覆盖的围墙) that is full of red and pink roses. It looks stunning when all the roses are blooming (绽放) in the summer. And the fragrance (芬芳) , oh my god, that's what I imagine the smell of heaven (我想像的天堂的味道) . Haha!

And then in terms of the indoors, she has a lot of ivy plants, especially devil's ivy. Because ivy plants are long and can trail (蔓延) . My grandma loves hanging plants (悬挂式的植物) that can trail down (往下延伸) . So, she often puts them high up on the shelves (放在置物架上) , or on top of the fridge (冰箱顶上) , so that they can drape over (坠下来) and look like a plant waterfall (看起来像植物瀑布) . And what else, there're also bigger plants like snake plants, ferns and aloes.

And finally, regarding why she enjoys taking care of plants. Actually, I've asked her this question. And her answer was, **first**, plants make her happy, plain and simple (简单又直白) . **And then**, it's healthier and more economical (划算的) to have homegrown (自家种的) vegetables and fruits. **And what else**, they're beautiful to look at, and they are decorative for the home. They make a home look cozy (让一个家看起来很温馨) . **And another reason was**, plants give her something to take care of other than herself (给她除了自己之外的事物去照料) . You know, she's retired and has nothing much to do at home. Therefore, caring for those plants is the best way to while away her time. Which I totally understand.

So, yeh, that's my grandma, the best gardener that I know. Thank you!

Part3:**1. Are there many people growing their own vegetables now?**

I think so, **I've read somewhere that** (引经据典时的句型) especially ever since the pandemic, there has been a "gardening boom" (园艺风潮) around the world. I guess, people today are stressed out and anxious for all kinds of reasons. Lockdowns could be one of the main reasons. Growing plants and vegetables in the backyard, garden or balcony can get them distracted, and find inner peace. Especially growing vegetables, there's a lot of physical work involved, you need to turn over the soil (翻土), dig holes (挖洞), put fertilizer (施肥), water the plants (浇水), all kinds of things. When people immerse themselves in gardening (把自己淹没在种地里), they forget about their depression and worries. They gain a great sense of joy (很强的喜悦感). Some even say that gardening is their salvation (救赎). And on top of that, once people have their own homegrown veggies (家养小蔬菜), they have created an easy access to healthy green food. That's a big bonus (奖励, 好处)! (原因, 补充)

2. Do you think it's good to let kids learn how to plant?

OH my god there're SO MANY, numerous benefits of teaching kids how to plant. I don't even know where to start. **First**, it can foster a love of nature in kids. **And then**, it can also help kids develop a sense of responsibility. Because they need to water the plants from time to time, check on them (检查植物), care for them (照料植物). **And next**, they learn things about science as well, for example, the concept of photosynthesis (光合作用). **And moreover**, watching a plant grow taller and bigger and thrive, gives kids a sense of confidence and achievement (自信感和成就感). They feel competent (感到有能力), like they can take control over things (能操控事情走向). **And what else**, oh yeh, sometimes there can be teamwork involved, and that can foster the idea of cooperation in kids (培养合作意识). I remember when I was little, my grandma always asked me to help

her move pots (搬盆), dig holes, and water plants. I enjoyed helping her. It was a good teamwork training (团队合作训练) for me as well. (罗列+举例子)

3. What do you think of the job of a farmer?

Farmers are very important people in the society, as they're the ones who provide food for us. Without farmers, people would starve to death (饿死). Especially in the old days, before industrial revolution, before the invention of agricultural machines (在工业革命之前, 在农业机器被发明之前), farmers grew everything with their bare hands (徒手). That's why in China, the first poem/ children's rhyme we learn is about respecting and empathizing with (共情) farmers. It goes something like, every grain of rice (一粒米) comes from a lot of work and sweat. So, yeh, farmers play an essential role in the society. (原因, 反向假设, 举例子)

4. What are the differences between traditional and modern agriculture?

Wow, that's a tricky question. I'm not an expert on this, but...the way I see it, in terms of tools and machinery (工具和机械), nowadays there're a lot of new and advanced technologies invented. They're transforming and boosting the agriculture industry. As far as I know, the farming systems around the world, especially in developed countries (发达国家) are mostly automated (机械化的). And that's why, in terms of the number of farmers in the field (农田), nowadays, there're far fewer farmers working and sweating in the field. Whereas in the past, like I said, farmers used to work so hard with their bare hands to grow food for us. (分类分角度讨论)

经历类：

Describe a time you received positive feedback (收到积极的反馈)

You should say:

What you did

Who gave you the feedback

Why he/she gave you the positive feedback

And explain how you felt about it

可以套用本季度，“信息搜索”，找菜谱给爸妈做菜，收到表扬；或者学校学习，收到老师的肯定；或者来自朋友的正向赞扬 都可以

知识点：

Feedback 不可数 不能说 a feedback, or feedbacks

可以说：a piece of feedback, some feedback, a lot of feedback, a bit of feedback, your/her/his/their feedback, positive feedback, negative feedback, the feedback...

收到正面评价后的感受：

- I feel/am encouraged. 感到被鼓励到
- made my day 让我的一天完美了
Her encouraging words really made my day .
- I feel blissful. 非常快乐，极度狂喜
- I am over the moon. 月亮之上，我上天了，太快乐
- I am thrilled/pumped/excited/overjoyed 同上，非常快乐
- I am on cloud nine for the rest of the day. 同上
- I am smiling from ear to ear 嘴裂到耳朵根了
- My cheeks hurt from smiling so much. 笑得脸蛋子都疼
- I feel better than ever. 感觉好极了

- **I feel brand new.** 感觉焕然一新
- **No one could wipe the smile off of my face that day.**
那天谁也没办法把我脸上的笑容抹掉
- **My heart feels full.** 我感到很圆满

When I was in high school, I used to hate math (这里可以替换成任何你恨过的科目). I was never a math person (I was never good with numbers). And my first math teacher in high school was very strict with us, and she always gave us a lot of hard questions on tests. I remember that my math grades used to be terrible. For the longest time (很长一段时间), I felt very unconfident and frustrated with math, until I met my second math teacher in high school, Miss Zhao.

Miss Zhao was a very patient, friendly and approachable (好接近的) teacher. She knew how to teach math in a fun way, by using real-life examples (现实生活中的例子) and playing games. Her class was very easy to understand and very fun to take. Because of her, I started to develop some interest in math (发展出对数学的兴趣). One day, I had a question related to math, and I decided to ask Miss Zhao. I went to her office, feeling stupid and insecure (感到很傻很没安全感). After I explained my question, the first thing Miss Zhao did was to praise (表扬我) me. She said, "I'm very glad that you've come to me to ask this question. And this is a really good and smart question. I'm glad you've noticed such details. I think you have a knack for (有天赋) math." Me? Having a knack for math?

When I heard Miss Zhao's comment on my question, I couldn't believe my ears (不敢相信自己的耳朵). I felt like a brand-new person (焕然一新). I was on cloud nine for the rest of the day. Her feedback really made my day (让我一天都很开心). I began to think, maybe I AM good at math? I felt extremely encouraged by her words. And after that, I became motivated and determined to improve my math grades. I gave 100% (拼尽全力). And

gradually, my math grades went up a lot. That's the magic a good teacher can do.

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

Part3:

1. Do children need encouragement as they grow up? Why?

Absolutely, 100%. Encouragement helps children build self-esteem (建立自尊) and self-confidence (自信), and help them become a capable and independent person one day. Children are born to this world feeling vulnerable (孩子来到这个世界带着与生俱来的脆弱感), for they need to learn a lot of skills along the way as they grow up. For a child, it's vital that they receive positive feedback from their parents and those closest to them. A child who is constantly discouraged by parents will feel very insecure all the time. (原因, 反向假设)

2. Which kind of feedback to people tend to believe, positive or negative feedback?

By and large, people respond better to positive feedback. They feel appreciated, valued, supported and motivated. Most people perform better (表现更好) with compliments, encouragement and support. People usually don't take criticism well (对批评接受无能). They feel judged (被评头论足) and even attacked (被攻击). It triggers a stress response (会导致应激反应). Some people even get really defensive (进入防御状态). Very few people can put a positive spin on negative feedback (很少有人可以以积极的角度去解读负面反馈). That's why it's so important to know how to give constructive feedback (建设性反馈) without hurting others' feelings. (主流情况, 少数情况)

3. Do you think public recognition is important for people nowadays?

如果从网络上搜索 **Public recognition** 的定义, 大多指的是“组织、公司给员工的公开认可和奖赏, 以感谢员工的努力工作”。相对 **private recognition**, 老板私下表扬员工, **public recognition** 指的是公开认可、奖赏奖励员工。这一点和我之前的理解不

一致。之前我认为 **public recognition** 指的是社会角度的关注和肯定（名人的公众认可），这种更广义的理解，而不是从企业角度更狭义的定义（网络上大部分定义都是后者）。问了两个朋友，都是没有概念。认为是广义的，但看了 **google** 后，又觉得 **public recognition** 针对的是职场上的表达。所以，我也很糊涂.....

①（广义）Well, to be honest, I'm not really sure about the definition of public recognition（这里可以考官会主动告诉你）。I assume（我自己假设）it means, people getting recognized by the society for the contribution they've made in their fields（人们在自己领域所做出的贡献）。By this definition, I do think that public recognition is important for most people. The reason is that it motivates people to keep up the good work and perform well continuously. People feel rewarded, supported and appreciated for who they are and what they can offer to the world（他们对社会所能提供的一切能力）。Especially in these days, the internet has become a great tool to make announcements and give public recognitions. People love being mentioned and rewarded that way. So, yeh, it means a lot to people（很重要）。

②（狭义）I'd say so. It's essential for organizations or companies to show their appreciation to their employees by giving them recognition. Employees can feel that their efforts are appreciated. And that can motivate them to keep up the good work. Public recognitions such as（列举）, bonuses, awards, gifts, or even handwritten cards, are all great ways to encourage people to work harder. And if the employer wants to go big（搞得更大更正式一点）, they can even give a shout-out（公开致谢、致敬）on the company's website or social media account, to congratulate the team member for a job well done. Giving public recognition is very prevalent（流行）today. People appreciate that nice gesture.（原因、举例子）

4. Do you think those who have received public recognition should take on more social responsibilities?

I agree. More recognition means more responsibilities. When you're recognized by the public, you've naturally become a role model. And a role model should be socially responsible for people around.（原因）

5. Do you think positive feedback is more useful than negative feedback?

这题和第二题几乎一样。

Describe a time when you made a decision to wait for something (决意等待)

You should say:

When it happened

What you waited for

Why you made the decision

And explain how you felt about the decision

后面的 part3 主题都是在说 **patience** 耐心相关的话题，part2 我们也可以朝着这个方向去。可以是等待一个产品发布（预定+等待）；可以是等明星演唱会售票；可以是决定理智消费，在购物车里躺两天再说；可以是等待某个网红小吃店开门；可以是为了一个重大的人生决定进行观望+等待；可以是等待合适时机去宣布某事、表达自己观点、看法、意见；等待合适自己的感情；等待存钱存到可以出去旅行……

在这里如果说等待“某人”，不太合适，因为题干明确说了“wait for SOMETHING”。

知识点：

Wait for something/delay making decision 相关表达：

- **Sleep on (it):** 表示睡上一晚，理智决定

It's a big decision to make. Let's sleep on it, and tomorrow we'll make a final decision.

- **Hold your horses** 先把马稳住，等一会儿的意思

Just hold your horses, Tara! Let's think about this for a moment.

- Don't rush into making a decision/ Don't rush your decision

Rushing your decision makes you more likely to end up with short-sighted or superficial solutions.

- Sit on 拖延做决定

They've been sitting on my application for over a month now.

- Hold off doing sth.故意拖延时间做决定

She held off calling him until the last possible moment.

- Play for time

We can't sign the agreement yet - We'll have to play for time.

- Put off doing sth.拖延做某事/延期做某事

He was glad to have an excuse to put off telling her the news.

- Give myself a waiting period 给自己一个等待时间
- Rome wasn't built in one day 罗马不是一天建成的（耐心制胜）
- We must learn to walk before we can run 先学会走再学会跑
- I have all the patience in the world 我有全天下的耐心（超极有耐心的意思）
- Patience is virtue. 耐心是美德
- Control the urge/impulse of doing sth. 控制自己做某事的冲动
- cultivate an attitude of patience 培养耐心的态度
- shift focus/get distracted 转移注意力

上季度和“积极改变”主题相关的一些表达，学会存钱，建立储蓄账号 Learning to save money and establish a savings account（储蓄账号，savings 存款，复数）

- **Impulsive spending/buying/purchasing** 冲动购物

- **a big spender/ a spendthrift** 狂爱花钱的人

A person who spends money in an extravagant and careless way.

- **“I swipe my card like there’s no tomorrow”** 我像是世界末日要到了一样疯狂刷卡

“I have to leave my wallet at home when I go for walks around the city because I swipe my card like there’s no tomorrow”

- **hit a savings goal** 实现了一个存钱的目标 (hit 的过去式还是 hit)

(for travel, to make a purchase, to give back to your parents 回报父母)

“I hit my savings goal for the week/month/year!” 我实现了本周/月/今年的存钱计划

- **a penny pincher** (铁公鸡, 一个 penny 还要掰开来花); **be cheap** (在这里不再是很便宜的意思, 而是很抠门。很难听, 一般用来形容那种不舍得给别人花钱的人比如说自己男朋友很 cheap, 或者形容自己, 自嘲); **be stingy** (也是抠的意思); **frugal** (节俭的, 不属于贬义词); **money conscious** (很有用钱意识的); **hold on tight to someone’s money** (钱抓得很牢)

My grandma never wants to spend her money! She is such a penny pincher. But after all of these years of her telling me to save money, I am finally learning from her saving methods.

My boyfriend is such a cheap person. He hasn’t given me any gifts ever since we started dating.

I’ve been so cheap/so stingy with my money since I decided to save up more for my future

I’m not stingy, I’m just very money conscious, because I know that money doesn’t grow on trees (相当于, 钱不是大风刮来的)。

So, today I want to talk about a time when I decided to wait to buy a very expensive dress/shirt (男孩女孩内容可以调整) .

It was about a month ago, I was browsing around at the mall aimlessly (漫无目的地) . And then, I saw a very beautiful/(cool) dress/(shirt) in one of the stores. It's was totally my style (完全是我的风格) , very elegant but effortless at the same time (既优雅又毫不费力的感觉) . I tried it on, and it looked SO good on me. It was like it had my name on it (写着我的名字) . I checked the price tag (价签) , and it was very very pricey, like, over-the-top pricey (过分的贵了) . I thought about it, and I decided to sleep on it, and not to rush my decision of buying it.

The reason why I decided to control my impulse was that I wanted to make a change. I used to be a big spender. I would swipe my card left and right, like there was no tomorrow (介绍过去的花钱习惯) . But I wanted to make a change, and stop this impulsive buying behavior (冲动消费的习惯) . I decided to give myself a waiting period before each purchase, and to see if I really really needed that item. So, I slept on it. And the next day, I asked myself, do I still need that dress/shirt? And the answer was, no, not really. I had plenty of clothes in my closet. I could have saved that money for something bigger and more meaningful, like a trip or something.

Finally, in terms of my feeling about this decision, well, I felt very proud of myself, or course. I controlled my impulse. I cultivated an attitude of patience. And I believe that patience is like a muscle memory (肌肉记忆) , the more you practice it, the more patient you will be. I'm practicing this new muscle, and I hope I can really make a change soon.

老素材改编 (以下来自于去年“等待特殊的事情”素材, 可以对原素材进行修剪)

原素材 (记得修剪改编) :

I want to share with you the time I went to an Instagram-famous restaurant in my city not long ago (不久前), and ended up standing in the line for 2 hours. (国内的网红店在英语里没有特别对应的, Instagram-famous 是最接近的, 可以入乡随俗使用, 不用担心在中国没有 ins 这事儿, 不重要。)

My friend told me about the place. She said that this hot pot restaurant (火锅店) was so famous that people even traveled from other cities to try the food. They had the best fresh ingredients, and they had their top-secrete special dipping sauce (最高机密特殊的沾酱, dipping sauce 沾酱) that could blow people's mind (把人震撼住). So, that was why we went there. And she also told me that there would be a big line for sure. So, we decided to arrive at the restaurant two hours earlier.

We went to the hot pot place around 3pm, and we saw a long long line in front of the restaurant. The line was so long that it turned back and forth in a zigzag shape. That was the first time I waited in a crazy line. It was funny and somehow exciting (不知怎么还有点令人激动) to join a line like that. I even took a selfie with my friend while waiting, haha!

Some people seemed to be very impatient to spend that much time standing there doing nothing. One guy tried to push in, but failed. People started scowling at (怒视) him, some even yelled at him, him left with an embarrassed face, haha... Anyway, I didn't mind too much to wait, as long as the food was worth the wait (值得一等), and it was. The hot pot was amazing, and the dipping sauce was very impressive. I had a good time chatting with my friend in the line. It was all good (一切都很好) .

So, yeh, that was the story. Thank you!

Part3:

1.Do people in your country like to take public transportation?

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)

② Some 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)

2. Why do some people like slow-paced life?

Some people are tempted to (被诱惑, 想要做某事) leave the busy world and live a simple and easy life because they have overworked and felt overwhelmed before. They just want to drop everything (放下一切) and find a real life again (重新找到生活). Nowadays, you see some people moving from the city to the country, and living in a small farm house (农村民宿), taking care of vegetables in the garden. That's because they're tired of the hustle and bustle in the city, and they want to find their inner peace (找到内心平静). And for some elderly, they move slower, and they become more sensitive to noises, therefore they prefer a peaceful and slow lifestyle. (分群体分情况)

3. Is being patient good for people? Why?

100% yes! Patience is virtue. Just like that old saying (那句老话), Rome wasn't built in one day. If you want to have or build something great, chances are (更大可能是) you need to be patient and wait. You need to

take your time, work on it, and make the decision later. Rushing your decision makes you more likely to end up with short-sighted solutions and unsatisfying outcomes (冲动做决定会让你更有可能得到目光短浅的解决方案或者令人不满意的结果) . However, that being said, over-waiting (过度等待) , being over-patient (过度耐心) , could also be a problem. If you don't make the right decision at the right moment, if you keep waiting and waiting, that's called being indecisive (犹豫不决, 缺乏做决定的能力) . You might end up missing out on good opportunities (错过好的机会) . (反向思考)

4.Are people less patient now than people in the past? Why?

Yes definitely. People today are so much less patient; we are so irritable (急躁的, 易怒的) and frustrated (挫败的、无助又焦虑的) all the time. And I blame the technologies today (我要怪就怪罪如今的高科技) . Today, we have our smartphones, the internet, social media, and live streams, we do everything in an instant. We don't need to wait anymore. For instance, we shop online at our fingertips, we click and buy and have the item delivered to our doors the next day; we scroll on the phone and get instant information within a second; our world is flooded with short messages, articles and videos. A two-hour movie is too much, let alone reading a book (一部两小时的电影已经太长了, 更别提花时间读一本书) ! Our attention spans (注意力周期) are getting shorter and shorter. So, yeh, we are less patient. (原因, 举例子)

Describe a disagreement you had with someone (争论)

You should say:

Who you had the agreement with

What the disagreement was

What happened

And explain how you felt about it

这道主题，2022 年 5-8 月老题 “有趣的讨论” 就可以拿来参考

其实，任何经典的 p3 话题就可以被改编成不同意见的争论。什么时候生孩子最佳，未来还会有纸质书吗，人工智能会全面取代人类劳动者吗.....找一个自己比较熟悉，比较有的能说的内容来编。

知识点：

- talk about/over: =discuss
- debate about: 就.....而辩论
- exchange ideas and thoughts: 交换观点和想法
- come to an agreement: 同意彼此
- see eye to eye: 同上
- share the same position: 想法一致
- on the same page: 同上
- 吵架的表达：

argue; have a fight; fall out; have a fallout; have a quarrel; have words

- can't agree to each other; can't agree to disagree; fail to agree
- A and B don't see eye to eye: 不同意彼此（看彼此不顺眼）
- give someone the silent treatment: 吵架后一方对另一方冷战
- A and B are not on speaking terms: 冷战
- give someone a cold shoulder: 对某人不友好

素材一：

So, I remember not long ago, my roommate and I had an interesting debate about when is the best age to become a parent (什么年纪做父母最合适) . And after the debate, we still couldn't be on the same page.

My roommate held the opinion that the best age to become a parent is below 25. She believed that raising a child is physically challenging, that's why below 25 years old is the best age to become a parent. You can play with your child without feeling tired. You are capable of waking up multiple times at night and not having enough time to sleep. Your whole energy level is still high enough to support you to go through this tough time.

I, on the other hand, was of the opinion that actually the best age is after 30, like 33 years old. My roommate was very surprised about my answer, but I made my opinion very clear. For me, having a child is mentally draining (思想上使人透支的) . Babies are needy and demanding, 24/7. You don't have the chance to take a break. Your life will make a 180-degree change. You have to be mentally strong and independent in order to go through the hardship in life. And not to mention, bringing up a child is also very financially challenging. You would suffer if you didn't have enough money. Therefore, when people are over 30, they are more or less mentally mature and financially independent. And they are not that old yet. So, it's the perfect age.

We exchanged our thoughts completely but couldn't come to an agreement. Even though we disagreed with each other, it was still a very interesting discussion. Because before this debate, I didn't know that my roommate and I would hold such different opinions. We are the same age, and with very similar backgrounds, and yet we think completely different. And to be honest, I got inspired by some of her thoughts. That's the purpose of having discussions, to listen to other people, to see things from a different perspective.

So, that was the disagreement I had with my roommate. Thank you!

素材二：

Off the top of my head, I don't know why, but I remember this very silly argument I had with my best friend Rui. It was when we were in high

school. One day, Rui said that, in her opinion, this celebrity singer A (sorry I don't even remember the name) was much better than celebrity B. And I had a different opinion. I thought it was the other way around (正相反). B was a much better singer than A. I know, it was so stupid, right?

And maybe we were too young and too childish at that age, we just couldn't agree to disagree, and it kept escalating (升级), at the end, we were even not on speaking terms (冷战). It doesn't make any sense to me now, but we both couldn't let it go (罢休), and ended up on bad terms (关系很僵) at that time.

And several days later, we decided to go to another friend Ran for help. He was a mutual friend of Rui and I. We asked what his opinion was, and that really put him in an awkward situation (把他陷入尴尬境地). Ran told us that A and B were both amazing musicians, and it was impossible to pick a better one, because they were equally good. And obviously, we weren't happy with the answer. And eventually, Ran came up with the idea of asking the whole class to vote on it (投票).

We were 40 people, 36 voted. And the result was, celebrity B got 23 votes, she was a better artist. Hahahah! So, I won! I know, how silly is that.

I guess, that's the kind of silly arguments you would have at a young age. So yeh, that was the nonsense (无厘头) disagreement I had with a friend. Thank you!

Part3:

1.What do you do if you disagree with someone?

① It depends on the individual. If it's someone I'm really close to and care about, I will try my best to communicate and exchange thoughts and ideas, try to meet in the middle (在中间相遇, 互相理解) with that person. And if it's just a stranger or someone I know, I don't really care if they agree or disagree with me. Usually I'll just play along (应付了事, 假装很合

作) , sometimes even pretend that I have changed my mind, just to save the argument (省了吵架的精力) . (分群体)

②I hate confrontations (对峙冲突) . So, most of the time, I will just play along and nod along (点头称是) to avoid arguments. The older I get, the less aggressive and opinionated (观点很强的人) I become. I've learned that it doesn't matter what others think. As long as I know what I think, that's what matters the most. There's no need to force people to agree with me. when I was younger, I was much more stubborn (固执) , and I had a lot of fights with people around me. (时间分层)

2.How can we stop an argument from escalating into a fight?

I think, **first**, we need to relax and chill out. Take a deep breath and try to clam down. Don't get carried away by pure emotions. **And then**, we need to keep being rational, rather than saying things in an emotional way. Because words can really hurt people, especially when we are emotional. **And next**, don't let your ego get in the way (别让“小我”成为阻碍) . If you walk into a discussion with the mindset of proving yourself right and better (如果你走进一场讨论是带着证明自己的心态) , that you are superior to the other person, then you're not sincere. **And finally**, having empathy (有同理心) is also key. Being able to put yourself into other person's shoes (换位思考) can allow you to understand others more, and be more openminded. (罗列)

3.Who do you think should teach children to respect their teachers?

Parents should teach children to respect their teachers, as it's basic education. Not just teachers, everybody in this society deserves respect, and parents should make sure children are respectful to people. And then, teachers themselves should also instill the concept of respect in (灌输) children. Parents and teachers should work together on this one. (分群体)

4.What disagreements do parents and children usually have?

There're so many types of disagreements and conflicts between parents and children. And most of them are related to boundaries and respect. Parents often attempt to set limits with their children. But, setting limits can create tension, resulting in conflicts. Especially with older kids, when they want to practise their autonomy (实践自主权) and get rejected, they get really frustrated and mad. For example, curfews (宵禁), hairstyles, cellphone use, and what to wear. Or things related to bad habits, like, smoking, drinking, drug use, thing like that. (举例子)

往年关于争论的老题 (有时间可以简单看一遍有个印象):

1. Do you think arguments are important?

I'm definitely of the opinion that arguments have a lot of value in people's relationships, therefore it's important to be able to argue. Some people would avoid having any kinds of arguments, because they hate confrontations and conflicts, and they find it too awkward to patch things up after the fight. But I think those conflicts can help us exchange our true feelings and ideas, as long as we are for the purpose of communication, not hurting others. (让位驳斥)

2. Do you think people should change the way they think when having arguments?

Yes, for sure, like I said, that's the whole point of having an argument (吵架的根本目的就是这个人), right? Having a quarrel is also a way of communicating, only it's in a more intense way. The way I see it, we should be ready to be flexible, and be willing to change our views. Many of us get into a fight with expectations about how things should turn out, but we should be open to change our perspective as well, based on the new information we get from other people. However, this doesn't mean that we should always bend to the will of others. We should be open to the possibility. (反向思考)

Describe a time when you received money as a gift (收钱做礼物)

You should say:

When it happened

Who gave you the money

Why he/she gave you money

And explain how you used the money

知识点:

- **红包: red envelope/red pocket/hongbao**
- **Hongbaos are small red envelopes that are filled with lucky money and given during holidays in China.**
- **Giving hongbao to people is a way to send good wishes.**
- **The envelope is red and really ornate (华丽的) /delicate (精致的) .**
- **The color red symbolizes energy, happiness and good luck in Chinese culture.**
- **On Chinese New Year's Day, young children and grandchildren give their best wishes to their parents and grandparents. In return, they're given red envelopes with money, wishing them good luck in the new year.**

So, I know it might sound weird, but in China, getting money as a gift is a very common thing. We call this kind of monetary gift (货币化的礼物)

Hongbao, in English, it would be called "red pocket" or "red envelope", because the money is put in a red envelope. (西方文化, 给钱做礼物其实是很奇怪甚至没有礼貌的行为)

Every year, during Chinese New Year, I would receive red pockets from my parents, grandparents, and even uncles and aunts. It's a cultural thing. Basically, on Chinese New Year's Day, or other traditional festivals, young children and grandchildren give their best wishes to their parents and grandparents. In return, they're given hongbaos, wishing them good luck

in the new year. And, in addition, when it's somebody's birthday, or on someone's wedding day, they also get hongbaos. You get the idea, right?

I remember, one year during Chinese New Year, my grandmother gave me a huge hongbao. The red envelope was extra big and extra thick!! I mean, my grandmother has always been giving me a lot of money as a gift, but that year the hongbao was exceptionally big (额外的大). And the reason was that it was the year I graduated from high school and became a university student. My grandmother was so proud and happy for me, therefore she decided to reward me with a big and fat hongbao!

I opened the envelope, it was 5000yuan in total! That was a huge amount of money for me. I didn't even know how to use the money. So, I asked my parents what I should do with it. They suggested me to buy something meaningful and save up the rest. And that's what I did. I spent about 500yuan on books and some music CDs that I liked. And I put the rest of the money in the bank. Eventually, I saved up 10000yuan in two years, and spent that money on a trip to Japan! That was the first time I learned to manage my money and save up to do something bigger.

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

Part3:

1. Why do people rarely use cash now?

Our society has been becoming increasingly cashless (无钞票化的).

People, especially young people, have stopped using cash on a daily basis. Instead, they are using credit cards or mobile wallets. It's faster to pay in a cashless way, and plus, credit cards allow you to borrow money from future. And not just the individual, all the banks in the world are encouraging people to use credit cards rather than real money, and they are offering credit cards without credit scores (银行们在不需要信用记录的情况下发放信用卡). Studies suggest that people are more likely to spend money with a credit card, and banks would want people to spend more money. And in addition, after the pandemic, many people have a little germaphobia (病菌恐惧症). They see cash as a tangible piece of paper (一张可以抓住的纸) that has a lot of germs (病菌) on it. (原因, 分角度, 补充)

2. When do children begin to comprehend the value of money?

I don't know exactly when, maybe around 5 or 6? I'm saying this number because I remember when I was around 5, my parents would ask me to buy snacks for myself, in order to teach me about money and math. It was from that time that I started to realize that almost everything came with a price (几乎所有事物都是有价格的). I even saved up for a doll when I was 6. So, I guess, it would be around this age. It could be earlier or later, as every child is different. (举例子)

3. Should parents reward children with money?

Many people are saying rewarding children shouldn't be about money, as money is evil, and money makes people greedy. But here's an unpopular opinion (我的想法可能是要唱反调了, “不流行不主流” 的观点), I actually think it's a good idea. Children can learn the value of money (钱的价值) at an early age, so they will be more conscious/mindful (有意识的、谨慎的) when spending money, and can comprehend how hard it is for parents to earn money. Many parents have the mentality of “You're just a kid. Don't you worry about money. It's my job to provide for you.” But why cut children off this topic (把孩子隔离在这个话题之外)? Why put them in a bubble? They're also a part of the family. I think rewarding children with money can allow them to learn how to manage money (理财) and control their desires (控制欲望). It's a really good practise to prepare them for the future (是一个很好的为未来做准备的实践). (主流观点, 自己观点)

4. Is it good and necessary to teach children to save money?

和上题差不多

Describe a time when you forgot/missed an appointment (失约)

You should say:

What the appointment was for

Who you made it with

Why you forgot/missed it

And explain how you felt about the experience

知识点:

形容很丢三落四的人:

- **forgetful** 健忘的

My dad is such a forgetful person. He's always looking for his car keys.

- **unmindful** 不注意的; **mindful** 是注意的
- **absent-minded** 大脑不在场, 表示很心不在焉的

I'm sorry, I'm a little absent-minded today. What did you say?

- **distracted** 被分散注意力的

I'm always distracted, and that's why I keep losing things.

Why are you so distracted today? What has got into you?你吃错药了?

- **disorganized** 没有组织条理性的, 乱七八糟的
- **scatterbrain** 名词·表示头脑乱七八糟的人

I'm such a scatterbrain. I always leave my bag behind.

- **always loses things** 总是丢东西: **She always loses her things.**
- **forget things easily** 总是忘东西

I'm the kind of person who forgets things easily.

- **messy** 乱糟糟的

I'm such a messy person.

My life is a mess.

I remember one time I missed a dental appointment (预约), and that was an embarrassing experience.

也可以说各种预约

-**massage appointment** 按摩预约,

-**appointment with a specialist to solve my hair loss issue** 脱发咨询,

-**facial treatment appointment** 美容预约

As for what the appointment was for, well, it was just a regular check-up (常规检查) for the teeth and plus a teeth cleaning (洗牙). I had reserved the date with my dentist (牙医) and hygienist (洗牙师) one month prior to the appointment. But then, I completely forgot about it!

Normally, I'm not a super forgetful person. I mean, sometimes I get a little distracted but I'm a responsible person in general. I almost never miss those important appointments and events. But the reason why I completely forgot about that dental appointment was that I didn't set the reminder on my phone.

That same month, I was extra busy with my work/studies. I was completely snowed under with all the tasks. Therefore, I wasn't mindful enough to set a reminder on the phone in the first place. And then of course I would miss the appointment. I'm not a computer!

On that day, I almost jumped out of my skin (吓到诧异到灵魂出窍) when getting a phone call from the dental clinic. "Oh shoot!!!" I said on the phone. I felt so embarrassed and guilty as I kept the doctor and the hygienist waiting for me. That is the last thing I want to do, which is wasting other people's time.

So, that was the story, thank you.

Part3:

1. How do people who are busy remember things they need to do?

Normally people who have a full schedule (=busy) will have a planner with them. It could be a mobile app, or some software on the computer, or even a paper planner (yeh some people are more old-fashioned). They write down a to-do list every day and set reminders for themselves. And some very busy and important people will have their assistants whose main job is to remember their bosses' schedules and make sure they follow those schedules. (主流情况+特殊情况)

2. Do you think people should remember family history?

Yes, remembering your family history brings you a sense of identity (自我定位认同感). Family history tells you who you are, where you come from, and what your ancestors did. It helps you embrace your family culture and gain more self-confidence. A person who doesn't care about or remember their family culture and history will appear rootless (看起来无根化的) and feel lonely. That's why those kids who are adopted would always want to find who their real parents are. They want to find their own root, and build a connection with the past. (原因+反向假设+举例子)

3. If someone doesn't really like who they are going to meet, they may deliberately miss their appointment. Is that true? Why?

I wouldn't be surprised to see that happen (发生这样的事情不属于少见, 我不觉得意外), as I have done it myself a couple of times in the past. I've made up excuses (编造理由) to avoid seeing someone I dislike. I know, making up a story, or you might call it "lying", sounds really bad, but I guess the pain of spending time with someone you really don't like is worse than the guilt of lying (和不喜欢的人相处带来的痛苦要差于撒谎带来的负疚感). I'm not saying that it's the right thing to do, but I understand why people would do that. (原因)

4. Which is more important, a work-related appointment or an appointment with a friend? Why?

In most cases, work-related appointments are more important. If you miss a work-related appointment, you will appear untrustworthy and unprofessional. Your client will be disappointed, and your boss will put a

hug question mark over your ability and professionalism (在你的能力和职业能力上放一个大大的问号) . Friends normally are more understanding and can wait. I'm not saying that you can stand your friends up (stand sb. up 等于放鸽子) all the time. But friendships are more relaxed and easygoing than work tasks. However, in some special cases, for example, when a friend is in the hospital, or it's their wedding day, or they're in a big trouble and really need your help, then you still should put them first (把.....放在第一位) . (主流情况+特殊情况)

Describe a time when you overcame difficulties in doing something and succeeded (克服困难终成功)

You should say:

What the difficult task was

How you overcame the difficulties

Whether you got help

And explain how you felt when you succeeded

上季度的“积极的改变”，“外出没花钱的经历”都可以改变。侧重点放在改变怎么困难。不花钱如何痛苦。

知识点:

和努力有关的一些表达:

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

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

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

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

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

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

- **really go at it** 全力以赴

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

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

素材一（减肥）：

So, I want to talk about the time when I decided to slim down/shed weight/lose weight (减肥减重) and get back in shape (恢复状态). It was indeed a difficult task, but I'm happy that I made it happen.

I was not happy with my body a few years ago. I put on 20 pounds. That's why I really wanted to get back on track (回到正轨), but it was very difficult to succeed.

At first, I tried to go on a diet, but it didn't work out. I mean, I did lose some weight/shed a few pounds (甩了一点点重量) in the beginning, but once I stopped the diet, my weight just bounced back (反弹). And I had to go back to square one.

Then, I realized that there was no cutting corners (捷径) when it came to losing weight. I had to sweat and fight for it. So, I tried harder by going to the gym almost every day. I gave 100%, my blood, sweat and tears. I really went at it. I felt like a soldier, a warrior at the gym every day (每天我在健身房感觉都像是战士、勇士). It was very hard to get rid of the habit of being a couch potato, and meanwhile, say no to all the evil temptations, like chips, fried chicken, chocolate and coke.

Gradually, I started to see the good results. I'm in much better shape now. I feel confident about myself, and my mood is always good now. When there's a will, there's a way. I feel that I can achieve anything as long as I set/put my mind to it (只要想到就能做到). So, I'm very happy with the result. Thank you!

素材二 (提分手) :

Last year, I made a very hard decision of breaking up with my boyfriend. Now he's my ex-boyfriend, and, come to think of it, even though it was really hard, still it was the right thing to do.

We had been together for about three years, and during that period of time, I was in two minds (犹豫, 纠结) all the time. On one hand, he was funny and charming. He could really make me laugh. I loved his sense of humour and his charisma. On the other hand, he was a control freak. He always wanted me to listen to him, and say yes to him. He really put a lot of pressure on me. I mean, I'm an independent woman with an independent mind, so I couldn't just blindly follow his commands (跟随他的指令), like a slave. He was very bossy (霸道的) and macho (大男子主义的).

I was torn between (很纠结) leaving him and being with him. I didn't want to rush into the decision, so I waited long enough, because I wanted to give it a chance. After being together for three years, I was very unhappy, so I finally made up my mind (彻底下决定) to leave him. I told him about my decision. It wasn't easy for me. I was crying and having a

meltdown when I saw him for the last time. And he refused to take it. We were not on the same page at all.

After the breakup, in the beginning, he was still trying to influence my decision by constantly calling me and trying to see me. I was very sad because I still missed him. It was extremely difficult for me to not pick up the phone. But I pulled myself together (振作起来). I didn't give him any chances to talk to me. And eventually, after 6 months, he gave up.

I'm now feeling so much better without him. Everything is water under the bridge (事情都过去了). Even though I still miss him sometimes, I know it will all be over one day. Time will heal everything. It was a tough decision to make, but it was the right thing to do.

So yeh, that was the story, thank you!

Part3:

1. Should people set goals for themselves?

Absolutely yes. When we set goals, it creates a sense of direction (一种方向感). We would have a goal to fight for/strive for (朝着一个目标去努力). We would have better focus (更好的聚焦) in life. Goals help us take control of our lives (控制生活命运). Having a goal is especially powerful when we are not in a good place (人生低潮处). It motivates us and sends us positive energy. If a person didn't have any goals, then he/she would be sleepwalking (梦游) / slacking off (摆烂) through life, not achieving anything. We all want to prove our own values, and we all want to leave a mark (留下一些印记) in this world. (原因+反向假设)

2. How do you define success?

That's a good question, and also a very philosophical one. Uhm, many people would say that success is being wealthy, famous and powerful. But I see this word in a broader sense (广义来看). The way I see it, a successful person is someone who knows who they are, and what they want, and is happy with themselves. They can live the life in a way they

desire. That's the best life. Let me give you an example, if a guy's dream is to be a surfer (冲浪者). And if he manages to stand on his own feet (自食其力) without any help, and he can surf every day, then good for him (我为他开心)! He's a successful person according to my definition. (主流观点, 自己观点, 举例子)

3. How do we judge whether young people are successful?

I try not to be the kind of person who passes judgment on other people (我努力不做对他人评头论足的人). Therefore, I don't know how to answer this question, really. It's not my place to judge (轮不到我来说三道四, 不是我的地盘).

4. Are successful people lonely?

Maybe, maybe not. I've seen and heard famous and successful people complain how lonely they feel. So probably some of them feel lonely. I guess it makes sense that successful people need to fight and work a lot in their fields. Instead of spending time with family and friends, they need to travel to another city for a meeting, or work on a new project. But I'm sure there are also successful people who manage to strike a balance between their business life and personal life. Some people can't live without people and crowds. (分群体)

Describe a time when you needed to search for information (信息搜索)

You should say:

What information you needed to search for

When you searched for it

Where you searched for it

And explain why you need to search for it

这个主题和上季度新题“手机做的重要事情”可以合并

So, I want to share with you the time when I managed to cook a difficult dish (做一道复杂的菜) by finding the recipe online on my phone.

(背景故事) It was on my dad's birthday, about 6 months ago. My mom and I wanted to surprise him by making some delicious homemade food (家常菜). We split the job (我们分了工作), my mom took care of two dishes, and I took care of one. I was very ambitious, as I really wanted to impress (惊艳) my parents. I knew my dad liked chicken and also spicy flavour (辣味). So I decided to cook a Sichuanese cuisine (四川美食), called Laziji 辣子鸡, “diced chicken with spicy chillies”.

I asked my mom how to prepare for the dish, she didn't really remember the recipe in detail by heart (靠记忆), and we didn't have a cook book (烹饪书) at home. Therefore, I turned to my phone for help. I went on Baidu, and searched “Laziji”, and then I found multiple recipes from different websites. One of the websites had an app, so I downloaded the app. The recipe was so easy to understand and follow (特别好理解以及跟着操作), and there were even loads of pictures to show me how the dish looked like in each step (告诉我每一步过程中菜长什么样). The whole cooking process was like a walk in the park (俚语, 走在公园里一样, 表示轻松), easy peasy (小菜一碟)!

Eventually, at the birthday dinner, my food blew my parents away (把父母吹飞, 意思是被震撼了). They were so impressed by my cooking skill (被我的厨艺惊艳到了). My dad even said that I should become a chef one day!

Who knows (谁知道呢), maybe he was just trying to please me. I was very flattered (受宠若惊) for sure.

So yeh, that was the story, thank you.

Part3:

1. How can people search for information now?

Well, mainly through the internet. If people need to write academic papers or reports, they can go to online research databases (在线数据库) and find references; there're academic search engines (搜索引擎) like Google Scholar and Worldwide Science, etc. And if it's for non-academic purposes, like, finding a recipe, learning a skill, getting some tips for doing things, people can go to all sorts of websites, apps, or social media platforms to get the information they need at their fingertips. And, there're still the traditional ways. For example, going to the library, reading books, reading newspapers to get information. (分情况讨论+举例)

2. What information can people get from television?

From TV, people can get both useful information and useless information. If you watch TV shows like documentaries, the news, or financial shows, you can actually learn a lot of useful things through watching TV; but if you're watching soap operas (肥皂剧), comedies (喜剧) or reality shows (真人秀), you will mostly learn nothing. But learning nothing is not necessarily a bad thing, you know? Sometimes we need to chill out, get distracted by some light-hearted (轻松的) TV shows in order to unwind. (分类分角度讨论)

3. Do you think libraries are still important in the digital age?

I would say that libraries will still stay relevant (保持重要性, 保持知名度) in this digital age, even though they are facing severe challenges (面对严酷的挑战). Here're the reasons. **First**, libraries are not only places where people go and read paper books. They also provide easy access of computers and the internet to the public. Therefore, people like students, or travellers still rely on libraries to get online and find information. I can't tell you how many times (我没办法告诉你有多少次, 指的是经常发生) when I

travelled to a new place and went to the local library to find some information I needed, and even printed things out at the library. **And next**, libraries also serve as community hubs (社区枢纽) that connect people together. They offer (提供) /facilitate (组织) all kinds of cultural and social activities that nurture local communities (滋养当地社区). **And finally**, believe it or not (信不信由你), there're are still some people, especially students and the elderly who love spending time in libraries, reading and studying. They are important for some people. (罗列原因)

4. Does the development of the internet have any impact on some disadvantaged people?

I can see some positive impacts on disadvantaged people. For people who are physically challenged (残疾人). The web allows them to experience fairness and liberty (公平与自由). They can interact in a place where they're no barriers that single them out (把他们排除在外). They gain a stronger sense of control over the access of information and also how they're perceived by the world (他们在获取信息的途径上和如何被世人看待的方式上都获得了更强的操控感). For example, for people who are mute and deaf (聋哑人), they can read information and then type down their feelings or ideas to express themselves on the internet. And for blind people, they can hear the audio from the website in order to receive information. (原因, 举例子)

Describe a time when you saw a lot of plastic waste (e.g. in a park, on the beach, etc) (看见很多塑料废品的场合)

You should say:

Where and when you saw the plastic waste

Why there was a lot of plastic waste

What you did after you saw them

And explain what your thoughts were about this

知识点：

和垃圾分类有关的表达：

- **waste** 垃圾、多于无用、不想要的东西（是一个更大范围概念的词）

有的时候 **waste** 不见得很垃圾 很脏，衣服、纸只要是不用，都可以叫 **waste**

We need to find ways to recycle unwanted waste.

- **rubbish**（英式表达）垃圾；
- **garbage/ trash**（美式表达）垃圾
- **rubbish/trash/garbage** 都可以形容垃圾的人或者事物

This project is rubbish.

He's a trashy guy.

He's garbage.

- **rubbish bin/trash bin/ garbage bin**：街上的垃圾箱或者家里的

强调街上的可以加 **public**：**public trash bin on the street**

- **trash can/garbage can** 同上（美语里更常见）



- **recycling bins**：垃圾分类箱（几个一组那种，所以常用复数）



- **dumpster**: 大垃圾箱 (国外比较常见)



- **litter** 丢垃圾的动作、丢在街上的垃圾 (不可数) 注意! 不是 little, 是 litter

Let's pick up the litter on the street.

The beach was littered with paper and plastic bags.

Don't litter on the street. That's really bad!

- **litterbug** 乱丢垃圾的人
- **junk** 没有价值的东西 (可能有些是垃圾)

junk food 垃圾食品

junk store/shop 二手商店

junk Email 垃圾邮件

- **debris / debri:/** 绝对的高分词汇!!!
- 表示残骸, 碎片



Everything was covered by dust and debris.

- **Marine debris** 海洋垃圾



- **recycle** 废物循环
- **upcycle** 变废为宝（把家里的不要的东西改造成新的东西。比如旧的玻璃瓶，简单装饰后变成笔筒）
- **separate/sort** 分类
- **waste sorting** 垃圾分类
- 常见的可分类物品：
paper 纸, **cardboard** 硬板纸, **plastic** 塑料, **glass bottles** 玻璃瓶子, **cans** 瓶罐罐, **batteries** 电池
even in some places 有些地方甚至可以回收：
clothes, shoes, electrical items 电器, **mobile phones** 手机
- **landfill** 垃圾填埋场
- **decompose** 分解、腐烂
- **deforestation** 去森林化

“Keeping producing items made from wood, card and paper is causing deforestation, which not only destroys the habitat（栖息地） of animals and makes them endangered（濒危的）, but also increases carbon dioxide（二氧化碳） in the atmosphere. Recycling paper and card can help prevent this.”

- **reusable** 可循环利用的/ **recyclable** 可循环利用的
- **disposable** 可以任意处理的（往往指的是一次性的）
disposable food container 一次性饭盒

disposable chopsticks/ towel

- **One-use** 一次性的

This is a one-use towel. 一次毛巾

- **Unrecyclable** 不可循环利用的
- **What can we do?** 我们能做什么?

① **Learn to reduce** 学会减少使用:

Bring reusable bags to the grocery store. 去超市带自己的塑料袋; **Say no to bottled water.** 对瓶装水说不; **Buy products with less packaging** (包装). 买包装少的产品。

② **Learn to reuse** 学会重复使用、变废为宝:

Give your old clothes to people around you. 把旧衣服给身边的人; **Share your toys.** 把不要的玩具分享出来; **creative reuse/upcycling** (变废为宝) **transforming waste materials, useless or unwanted products into new materials or products.** 把不要的、不喜欢的材料、产品转化为新的产品。

③ **Learn to recycle** 学会废物循环

Learn to sort waste and put it into the right recycling bin.

So, I want to talk about the time when I went to a park and saw a lot of plastic trash.

It was about a year and a half ago, during spring time. I went to a big park called Yuyuantan. This park is famous for its cherry blossoms (樱花) .

Every year in spring, they have a big cherry-blossom festival where there are food trucks for people to see the blossoms and enjoy some nice food and drinks. The idea sounds really good, but the reality is not so good.

Last time when I was there, I didn't enjoy the experience at all. **First**, it was jam-packed (特别挤) . I could hardly move my feet. It was like the

whole world was there (感觉像是全世界的人都去了) . I saw not just cherry blossoms, but also an ocean of people (人山人海) , which wasn't cool at all. **And then**, I saw trash everywhere. Plastic packaging (塑料包装) , bags, bottles, and paper napkins. The whole park was littered with plastic waste and food garbage. It looked so dirty and messy.

In terms of what I did, well, I wish I could tell you that I picked up all the litter, nice stories like that, but I can't (我倒是希望可以告诉你好听的故事, 比如我把所有垃圾都捡起来了, 但是我并没有) . I didn't do anything, as it was too much garbage. But I made sure that I didn't throw any trash to the ground.

I felt very sad and angry to see things like this right in front of my very eyes (就在我眼前发生) . I find it very selfish to litter in public. I'm shocked to see people don't have the basic decency (起码的素质礼貌) to hold their trash until seeing a trash bin. It adds more work to city cleaners, and it ruins the view (这种行为给清洁工带来更多工作, 也会毁坏了景色) . Especially in my city, you can find trash bins everywhere. So, it's even worse when people just litter like that. I really wish that there will be harsher penalties in the future to solve things like this (我希望将来可以有更严厉的处罚来解决这样的问题) .

Thank you!

Part3:

1. Do you think we should use plastic products?

No, everybody knows that plastics (各式塑料) are very pollutive to the environment. We should try to reduce plastic use/consumption (塑料使用、消耗) . Today, all the seas are filled with marine debris (高分词汇, 海洋垃圾残骸, 见“知识点”) , mainly plastics, and all the landfills are running out of space (所有的垃圾填埋场已经没有空间了) . That's why people are trying

to use recyclable and reusable products more, and consume fewer plastic products. But I have to say, it's really hard to completely stop using plastics because most of the packaging we see is still made of plastic. So, there's a long way to go (路还很漫长, 任重道远) before we can get rid of it entirely. (原因+转折)

2. How can we reduce our use of plastic?

Well, **first**, we can bring reusable bags to the grocery store; **and then**, say no to bottled water; **and**, when we choose products to buy, try to mindfully pick out (有意选出) products with less plastic packaging. **And what else**, we can also learn the concept of upcycling (变废为宝). It's basically about transforming unwanted and useless products and materials into something useful. So, for example, we can upcycle those disposable food containers into home organization containers (家庭收纳容器). We can put grains, cookies, and dry nuts (干果) into those containers and keep our home organized. And as a matter of fact, nowadays I know that there're artists who would only use recyclable materials like plastics, glass and cardboard to create modern art. These are all things we could do. (罗列+举例子)

3. What kind of plastic waste are often seen in your country?

I would say, the most common type is plastic bottles. I see plastic bottles at bus stations, in the subway, in parks, on the street, everywhere. Plastic bags are also pretty common, but perhaps not as much as plastic bottles. I guess, they are lighter and foldable (可折叠的), so sometimes people fold them and put them in their handbags, and reuse them later. (罗列)

4. Why do people like to use plastic products?

Plastic is very durable, strong, cheap and light. That's why it's the most popular and common material in the world. On top of that, often times, people keep using plastic products because they have no option (没得可选). When you go to a supermarket or grocery store, 99% of the products there are either made of plastic or wrapped with plastic packaging. Like, water bottles, soft drink bottles, shampoo bottles, disposable food

containers (一次性饭盒), etc. It's extra difficult to be the special one, to be responsible enough to NOT use any plastics. (罗列原因)

Describe a problem you had while shopping online or in a store (糟糕的购物)

You should say:

When it happened

What you bought

What problem you had

And explain how you felt about the experience

讲网上购物比较容易一些。比如物品寄来和照片不符合、质感很差、或者大小尺寸都不对, 等。

知识点:

- **come across a website** 偶遇一个网站
- **click on the website** 点击了网站
- **leave the website** 离开网站
- **order** 下订单
- **confirmation email** 下单确认邮件
- **parcel/package** 包裹
- **branded clothes** 有牌子的衣服
- **looks nothing like the picture.** 一点都不像照片里的

This shirt looks nothing like the picture on the retailer's website.

- **The quality of fabric is so disappointing.** 布料的质量很令人失望
- **The shirt is stiff and uncomfortable.** 衬衫很硬很不舒服

- **receive the wrong thing** 收到错误的商品
- **receive the wrong size** 收到错误的尺寸
- **shipping fee** 运费
- **free shipping** 免运费
- **true to size** 尺码很正

Clothes on that website are all true to size.

- **ask for a refund.** 申请退款
- **return** 寄回
- **ask for an exchange.** 申请换货
- **review** 客户评价
- **customer service** 客服

That retailer's official website has really poor customer service.

- **customer service representative** 客服代表

So, I consider myself an expert on online shopping (我把自己视为在线购物的小专家) . It's easy, fast and convenient. You can order almost anything you like at your fingertips and have it delivered to your door just in a few days. But even an expert like me could get burned (吃亏、上当、受损、受骗) sometimes.

(**get burned** 也有在恋爱里受伤的意思。I got burned so many times in relationships. 另外 **get burned out** 是工作上透支、燃烧殆尽、累觉不爱的状态)

It was a month ago. I was browsing online and trying to find some clothes for work. I came across an online shop that seemed legit (正规的) , and I loved everything they were selling. I very quickly ordered some shirts/blouses/pants for work. The prices were incredible. It was like a

steal (便宜得跟偷来的似的) ! And what was even better was that it was free shipping! I love websites with a free shipping policy!

The package arrived at my door in two days, which made me very happy. I tore the package open (tear sth. open 撕开) with my bare hands (不用工具, 纯粹用手撕) . Yeh! That was how excited I was! And I started to try the clothes on. However, I was very disappointed.

All of the clothes were of bad quality. The shirts/blouses were stiff and uncomfortable. The fabric looked and felt cheap (布料看着和摸着很廉价) . They look nothing like the pictures online. And the pants were not true to size at all. I mean I usually wear size L, and I couldn't fit in their size L at all.

Luckily, I called their customer service and asked for a full refund, they said no problem. So, I returned everything, and got my money back eventually. This experience told me that I need to be more careful when shopping online. It's not always a good experience.

That was the story, thank you!

Part3:

1. What kind of customer service do you think is good?

In my opinion, in pre-sales customer service (售前客服) , the customer service advisors should be patient, polite, and always with a positive attitude. The service needs to be prompt (即使快速的) . And also, the advisor should have expansive knowledge (很丰厚的知识量) of their products so that they can answer all kinds of tricky questions. And in after-sales service, customer service still needs to be patient and responsive. And on top of that, they need to have great problem-solving skills (解决事物的能力) . Everything is aiming at solving problems and shooting troubles, and making the customer happy. (分类分角度讨论)

2.What are the differences between shopping online and in-store?

Like I said, shopping online is easier and faster. You can shop anytime and anywhere, even when you are doing something else, you can still be multi-tasking. It's definitely less time-consuming and energy-consuming. And in addition, the prices online are normally lower. Meanwhile, in-store shopping is more time and energy consuming. But the upside is, there's no waiting around for the product to arrive (不需要等). You buy, you pay and you get the item right there (就在那里) at the store. And also, for some people, they feel more confident when they can actually see and touch the product by themselves, which makes sense. My online shopping experience just now would be a case in point (正好说明了这一点). (对比讨论)

3. What problems do customers often have while shopping?

Usually, it's either related to the product, or the customer service. Things are out of stock (缺货), or of poor quality (质量很差), or things not working. And later when they pay, there might be payment issues (支付问题). And after buying, customers might not be satisfied with the things they buy, and that's when there might be problems related to after-sales customer service. (分类分角度讨论)

4. What do you think customers should do when there are problems with products bought online?

One thing they can do is to contact the customer service of the online store, and tell them what the problems are and their expectations on how to solve the problem. If the problems are minor (很小的问题), and the customer feels lazy to communicate one on one, they can write a short product review (产品评测) to help the brand grow better (帮助品牌成长的更好). (分情况讨论)

事物类：

Describe a program you like to watch (喜欢看的电视节目)

You should say:

What it is

What it is about

Who you watch it with

And explain why you like to watch it

知识点：

主要的节目种类 Types of TV shows/genres:

sitcom: 情景喜剧; **soap:** 肥皂剧; **cartoon:** 动画; **documentary:** 纪录片;

sports show: 体育节目; **travel show:** 旅游节目; **children's show:** 儿童节目;

TV-series: 美剧英剧连续剧 (一集一集那种); **news show:** 新闻;

reality show: 真人秀; **talk show:** 脱口秀; **comedy show:** 喜剧类节目;

dating show 婚恋约会节目; **trivia show/game show** 答题闯关赢大奖那一类

(trivia 表示那种冷门类的小知识, 犄角旮旯里的知识)

- **TV host** 电视主持人
- **TV anchor** 电视主播 (一般是新闻类节目)
- **host a show:** 主持一档节目(host v.)
- **contestant** 参赛选手
- **get hooked on a show/ be obsessed with/ be addicted to/ be crazy about the show:** 为了这个节目痴迷成瘾
- **binge-watch:** 刷剧 (狂看无节制)

- **season**: 电视剧的每个季度
- **episode**: 电视剧的每一集

I'm now on episode 10, season 5. (第五季的第十集)

- **line** 台词
- **scene** 场景
- **prop** 道具

素材一:

So, today I'd like to share with you my favourite trivia game show in China, called "Who's still standing?" 一站到底。

Basically, the TV host would ask all kinds of trivia questions, and the contestants that answer the questions wrong would fall through a trap door right beneath them. And the winner would get all kinds of prizes and rewards. You know, a typical game show.

It had been such a popular show in China until 2021, the show stopped airing (停播) due to Covid-19. Which was a shame (这一点很遗憾), but anyway, I used to be a huge fan of this show, and so were my parents. My whole family loved the show.

It was on JiangsuTV channel. Every Thursday and Friday night, my parents and I would sit in front of the TV and watch the show together.

The reasons why I loved this show were, **first**, I learned a lot through watching it. I got to learn so many things that I wouldn't be able to learn from school. Some of the questions were so random (随机) and bizarre (怪异). It was really informative and educational. **And then**, at the same time, it was entertaining, as the TV host was very funny and witty (诙谐). And also, seeing those contestants falling down and just disappeared was very fun. I always laughed when I saw that happen. **And finally**, each time when I watched this show with my parents, we really enjoyed each other's company (享受彼此陪伴) and the quality family time (高质量家庭时

光) together. It was like our little schedule every week. That was something really beautiful to have.

So yeh, that's the show I'd like to talk about today. Thank you!

素材二：

So, I'm a die-hard fan (死忠粉、骨灰粉) of Friends.

It's one of the most classic American TV series (可以讲别的美剧). The whole show is about 6 friends who live together in downtown Manhattan. The show, 10 seasons, 240 episodes, is about their everyday life (日常生活). Their jobs, friendships, romantic relationships (恋爱), adventures and challenges in life in adulthood (成人世界的). Every episode is an independent story; in every episode you can learn something about love, friendship, and life.

I used to watch Friends with my roommate Jessica. She was the one who introduced me to this show. And thanks to her, I fell in love with this show. Now I don't live with her anymore. I'm living by myself. Still from time to time, I will turn on the TV, choose one episode and just rewatch it.

(时间分层)

The reasons why I like this show so much are, **first**, it was my first English TV series. I learned so much English through watching it. I learned all the idiomatic expressions. I learned all the jokes and western sense of humour. This show is a bridge that connects my world to English world. **And then**, because I've watched it over and over again, so many times, it's become something so familiar and soothing (安抚人心的) for me. I know every line, every scene, every facial expression, even every prop, every piece of furniture in that show. Watching it is like revisiting an old friend; it can calm me down and lift my mood. **What else**, I'm very jealous of the friendships in Friends. I wish I could have friends who are that interesting, kind and loyal in my life. This show gives me hope. And it's like a breath of fresh air in my life.

So, yeh, that's my favourite show. Thank you!

Part3:**1.What programs do people like to watch in your country?**

Dating shows, reality shows and talent shows are very popular in China. I guess Chinese love TV shows that are highly entertaining. Dating shows can satisfy people's needs of gossiping (八卦需求). They are super dramatic (戏剧化的), almost like soap operas (肥皂剧). And then reality shows provide people with a chance to take a peek at celebrities' lives. Talent shows let people see all kinds of talents. They are all great stress-relivers (减压器). (列举+原因)

2.Do people in your country like to watch foreign TV programs?

For young people, yes, I would say so. It's very trendy to watch HBO shows, Netflix shows, like, Stranger Things, Game of Thrones, and West world. They are all very popular among the young in China. And competition shows like, American's Got Talent, and The Great British Bake Off, shows like that are also very on trend. Meanwhile, for the old, not so much (不是很多). I guess, A, it's mainly because of the language, and B, older people are not very used to the western way of thinking (西式思维方式) and western culture (西方文化). Therefore, there's a cultural gap (文化鸿沟) there. So, yeh, young people are definitely loving foreign shows more than the old. (分群体)

3.What's the benefit of letting kids watch animal videos than visiting zoos?

I guess, when we show kids animal videos or documentaries, those animals are in the wild, free in nature. Kids get to see how they look when they run, hunt, play and live their wild lives (过自己的野生生活). But when we show kids animals in the zoos, they are trapped in the cage and looking very unhappy (被困在牢笼里看起来很不开心). It's sad to see animals like that. They shouldn't lose their freedom. (原因, 转折)

4.Do teachers play videos in class in your country?

Yes for sure! Videos are part of teaching tools. In China, most classrooms are equipped with computers and projectors. Therefore, teachers can play videos in class in order to help students have a better understanding on things. Maybe in some of the underdeveloped villages and towns, playing videos would still be a luxurious thing to do, but in urban areas, I would say, it's quite common. (原因, 主流情况+特殊情况)

Describe a story or novel you have read that you found interesting (有趣的小说、故事)

You should say:

When you read it

What the story or novel was about

Who wrote it

And explain why it was interesting

知识点 (以下内容摘自付费课 QQ 群 2 号文件夹“音频版词汇集”) :

1. types of books

Novel/fiction 小说; documentary literature 纪实类文学; science fiction 科幻小说; Autobiography 自传; biography 传记; memoir 回忆录 (比自传更随意, 文学性更强) ; poetry book/anthology/collection of poems 诗集; crime book 犯罪小说; ; suspense and thriller fiction 悬疑小说; horror fiction 恐怖小说; romance fiction 言情小说; cookbook: 烹饪书; short stories 短篇小说; self-help book 心灵、头脑、理财、管理方面看了可以自我提升的书; tool book 工具书; handbook 手册; study book 学习的书; textbook 教科书

2. 相关表达

① bestseller: 畅销书

This book was the bestseller last year.

② classics: 经典名著 (又作 a classic/ a classic book)

I love classics. They are the best.

③ best-known book 成名作

④ highly recommended: 被高度推荐的

This book was highly recommended by my teacher.

⑤ 爱看书的人和不爱看书的人:

- I'm a bit of a bookworm.
- I enjoy reading.
- I read for pleasure.
- I'm a keen/avid reader.
- Reading in my free time is my biggest hobby.
- My dream is to have a home library so that I can indulge myself in the ocean of books every day.
- A well-read person= 由于爱看书导致的 knowledgeable 博学多闻
- A very cultured and educated person.
- I'm not really into books. I find books quite heavy-going (难懂). I much prefer to see a film.
- Nerd/bookish: 也都是书呆子气, 爱看书的人。但往往存在贬义。

⑥ (from) cover to cover: 从书的封面读到了封底 front cover and back cover

Once I start reading, I can finish a book from cover to cover in one day.

⑦ This book tells the story of (故事讲的是) (the downfall of a man called XXXX.)

3. 形容一本书:

- a page turner 好看到停不下来的书

This book is such a page-turner. I was hooked on it for days.

- unputdownable 放不下来的 a book that you can't put down
 - captivating/engaging/charming/interesting: 迷人的、有趣的
 - amusing/entertaining: 有趣的、有娱乐性的
 - adventurous: 充满冒险的
 - informative: 充满信息量的、提供有用信息的、教育性的
 - educational: 有教育意义的
 - heartwarming 令人感到温暖愉悦的 causing gladness and tender feelings
 - heartfelt: 走心的、真诚的
 - hear-wrenching: 令人悲伤的
 - insightful 有深刻见解的、有洞察力的
 - thought-provoking 引发思考的 making you think a lot about a subject
 - laugh-out-loud funny 能让人笑出声的好笑 extremely funny, hilarious
 - mind-blowing: 颠覆性的
- I was blown away by the book./ This book blew my mind./ The book is mind-blowing.
- tear-jerking 催泪的
 - tear-jerker 催泪弹 This book was a real tear-jerker.
 - moving/touching 令人感动的、打动人心的
 - delightful 令人快乐愉快的
 - with a charming story/with a beautifully crafted story

This is a novel with a beautifully crafted story. 这本书包含了一个写的非常有趣的故事

-uplifting 提升一个人的思想境界、情绪，振奋人心的

This book is uplifting and inspiring. I feel very encouraged after reading it.

-fast-paced 节奏很快的

This book is so fast-paced and intense. I just can't put it down.

- action-packed: full of activities, events and excitement. 令人激动的，充满各种情节的

- suspenseful 悬疑的

Last month, I took a flight from Beijing to Sanya. And, I was reading a very exciting novel on the plane.

(以下红色字体是一些细节，可以说) I bought this book in the bookstore at the airport while I was killing my time at the boarding gate. The book is called The Glass Lake. It is written by an Irish writer whose name I can't remember now. Anyway, It's a very interesting suspense fiction (悬疑小说). To be honest, I'm usually not the kind of person who is into suspense fictions. I find them too action-packed(各种情节). I don't really enjoy the tensions (张力) or the conflicts (矛盾冲突) in the story. They give me anxiety.

But that day, I don't know what had got into me (不知道自己怎么了), I just wanted to give it try/read (试一把) when I saw the book. It was a three-hour flight, and I was totally immersing myself in the book the whole time. It is such a good book, a total page-turner.

(小说情节介绍，用一般现在时)

The book tells the story of a little girl, her name is Kit. Kit's mother Helen disappears when Kit is only 12 years old. It is suspected that Helen drowned in the local lake. But the truth is, Helen runs off (私奔) with her lover, and they spend many years living in London. The whole story is about how Kit struggles to grow up without her mother and years later finds out the big secret.

I love this book. It's captivating, suspenseful and unputdownable. The reason why I think it is so exciting for me is that I was totally empathizing with Kit and Helen. I understood both of them from their own perspective. Therefore, I was excited! I wanted to know what happens to them at the end. The writer builds so much tension in the story, and like I said, normally I don't like tension as it creates anxiety in me. But surprisingly, this book is so well-paced and well-written that I was interested enough to stick it to the end (坚持到最后).

I finished the book from cover to cover in three days. So, that's the book. Thank you!

Part3:

1. How does technology help people tell stories?

Storytelling 除了父母给孩子讲故事，其实有更广泛的含义。指的是信息的传递。比如最早古人在岩洞里绘画，就是一种 **storytelling**，小说书籍、电影都是 **storytelling**。现在的 **social media** 更是给 **storytelling** 带来了更多的方式。

The way I see it, due to the use of technologies, such as the camera, the internet and social media, the way we tell stories has shifted to a more all-encompassing/all-inclusive (全方位的、全面环绕包围的) experience. Thousands of years ago, humans used to tell stories through cave drawings (岩洞绘画), then it shifted to printed books (纸质书籍), later on radio and TV. And these days, digital storytelling (数码信息传递) is the most popular form among people. Social media platforms such as Twitter, Facebook and Instagram have grown in popularity (变得受欢迎). Users get to express their ideas and tell their stories on the internet with everyone. In the past, only famous writers, radio hosts, TV producers and

movie producers could tell the story, whereas nowadays everyone can tell their own version of story in a public manner (以公开的方式)。(时间分层)

2. Do you prefer to read E-books or paper books?

① I prefer reading E-books from an E-reader (电子阅读器). An E-reader is so light and easy to carry around. I can stock up on E-books in my E-reader. Additionally, E-books are usually cheaper, so it's less pressure for the wallet. And what else, oh yeh, I can read an E-book without light because there's the screen light on my E-reader. (原因)

② I prefer paper books. I love the feeling of holding a book with my hands and smelling the earthy and woody book-smell (泥土味道的、木质味道的书香). I love scribbling (随便写写划划) in a book, writing down my thoughts while reading, and leaving a bookmark (放一个书签) in the book.

Everything is so tangible (可触摸的), tactile (有触觉的, 高分词汇). And I love collecting books. It creates a sense of achievement when I see my books on the shelves. (原因)

③ Neither, as I listen to audio books nowadays. The thing is, I rarely have the time to sit down and read/peruse[pə'ru:z] (表示很仔细地阅读, 高分词汇). Therefore, I choose to listen to podcasts or audio books when I commute to work every day. As long as I can learn new things and receive useful information, the form doesn't matter (形式不重要), I'm happy with it. (原因)

3. Why are mystery novels so popular nowadays?

Mystery novels 指的是侦探小说、犯罪类小说。

Because these kinds of novels, like detective novels and crime novels, offer suspense (悬疑), thrill (惊悚兴奋), and a vicarious experience (代入感的经历). When readers indulge in the novel, they can step out of themselves and their daily lives, and forget about their own worries. It's a way to escape from real world and unwind. (原因)

4. What kinds of novels are suitable for film adaption?

Recent years, it's been very trending to make film adaptations based on fantasies (魔幻类小说) such as Lord of the rings, Harry Potter. People love the splendid imagination. It's like playing a video game. And also, mystery novels. Like I said, people want to escape from the reality by feeling worried and scared in a suspenseful crime movie. What else, oh yeh, science fictions also have grown into popularity. And it's my favourite movie genre (电影类型). I like movies that are imaginative, but at the same time, still standing on a scientific ground (站在科学基础上). (罗列)

Describe a movie you watched recently and would like to watch again (喜欢的电影)

You should say:

What type of movie it was

Where you watched it

What it was about

And explain why you would like to watch it again

知识点：(来自群文件“音频版词汇集”电影篇文本)

① See 和 watch a movie 的区别

see 表示的是一个客观动作，打卡似的动作。例如，Have you seen that movie already? 回答，Yes, I saw it last week.

I watched that movie 3 times. 我(认真)看了这个电影三遍。

I saw that movie 3 times because my gf loves it. 我因为要陪女朋友看了这个电影三回。

②film 和 movie 是一个意思，前者是英国表达，后者是美国表达

③ movie genres: 电影的种类

动作片: action movie; 喜剧 comedy; 爱情片 Love story/romance; 少女片 Chick flick (贬义); 爱情喜剧片 romcom (romantic comedy); 爆米花电影 popcorn movie; 好莱坞电影 Hollywood blockbuster; 兄弟情电影 bromance; 家庭片 family movie; 恐怖片 horror movie; 惊悚片 thriller movie; 科幻片 sci-fi (or "science fiction"); 独立影片 independent movie/ low-budget film; 文艺片 art movie

④相关表达:

- **演员阵容: cast 卡斯**

I really like the cast of that movie. The leading actor and actress are both my favourite.

- **角色: character**

I really like his character in this movie.

- **情节 plot**

It was a good film, but the plot was difficult to follow at times.

- **场景片段: scene**

One scene in the movie is about how the couple break up. It was really sad.

- **special effect: 特效**
- **visual effects: 视效:**
- **soundtrack: 原声背景; sound effects: 声效**

- A-lister: 大腕儿，一线明星。 B-lister, C-lister...18 线明星
- Cameo: 客串。 An A-lister did a cameo in a movie.
- Extra: 临时演员-
- Box office: 票房

This movie smashed the box office= This movie was a box office hit.

- premiere: 首映

the first night when a movie is starting to show

- original movie VS. Prequel 前传 VS. Sequel 续集
- XX 明星拍新电影了: XXX's having a new movie out.
- 放映: come out/ be released

When the movie first came out, I saw it in the movie theatre.

The movie was released in October 2020.

⑤形容一部电影（和形容书有很多共用的）：

- I can totally relate to that movie. 我对这部电影很感同身受
- This movie inspired me on so many levels. 这部电影从很多层面启发了我
- This movie resonated with me on a personal level. 这部电影和我很有共鸣
- captivating/engaging/charming/interesting: 迷人的、有趣的
- amusing/entertaining: 有趣的、有娱乐性的
- adventurous: 充满冒险的
- informative: 充满信息量的、提供有用信息的、教育性的
- educational: 有教育意义的
- heartwarming 令人感到温暖愉悦的/heartfelt: 走心的、真诚的/heartly

- **heart-wrenching:** 令人悲伤的/**tear-jerking** 催泪的/**tear-jerker** 催泪弹
This movie was a real **tear-jerker./moving/touching** 令人感动的、打动人心的
- **insightful** 有深刻见解的、有洞察力的/**thought-provoking** 引发思考的
making you think a lot about a subject
- **laugh-out-loud funny** 能让人笑出声的好笑 **extremely funny, hilarious**
- **delightful** 令人快乐愉快的
- **uplifting** 提升一个人的思想境界、情绪，振奋人心的

This movie is **uplifting and inspiring**. I feel very encouraged after watching it.

- **fast-paced** 节奏很快的

This movie is so **fast-paced and intense**.

- **action-packed: full of activities, events and excitement.** 令人激动的，充满各种情节的
- **suspenseful** 悬疑的
- **gripping/attention-grabbing:** 吸引人的，非常非常有趣

素材一：

Recently, I watched a comedy (喜剧) called "Eurovision Song Contest", and really enjoyed watching it.

I watched it at home, with several friends. At first, it was just a random choice by one of my friends, and later, the movie got more and more interesting, so we ended up finishing the whole movie. We all had a good laugh (笑得很开心) and liked it a lot.

(故事的情节，用一般现在时来讲述。因为故事是虚构架空的，没有时间性。)

The comedy talks about the story of two aspiring (有抱负有理想的) musicians, Lars and Sigrit. And one day, they are given the opportunity to represent their country, Iceland, at the world's biggest song competition, called Eurovision Song Contest. So, they fight really hard for the opportunity, and prove to everyone that they have real talent and deserve true respect. (如果讲别的电影, 可以 Google 海外的影评介绍, 然后转化成简单的口语风格, 不能逐字照搬。也别花大量时间讲情节, 很容易显得很假很照搬)

When the movie started, within just a few minutes, I was already cracking up (大笑), and that laughing continued on throughout the whole movie.

The movie was hilarious and hearty (走心的). I loved every minute of it (每一分钟我都爱). The two main characters Lars and Sigrit in the movie are both very naïve and goofy (天真无邪). They behave like two giant kids. That's why people don't take them seriously, that's why they need to prove themselves. And somehow (不知怎么的), they reminded me of myself. I'm also a child-like adult (像孩子一样的成年人) who fights alone in this world, trying to prove myself to everybody else (一个人在这个世界孤军奋战, 想要向世人证明自己).

That's why I'd like to watch this movie twice. It was an entertaining movie, and at the same time, it resonated with me on a personal level. It was positive and uplifting.

Thank you!

素材二:

Ok, today, I'd like to share with you this movie I recently watched called 'Inception' (盗梦空间). I know, it's an old and very famous movie, but I didn't watch it until recently.

Inception is a sci-fi/suspenseful movie (“/”在英文中叫 “slash”), and it stars (由...主演) Leonardo DiCaprio as a professional thief who can get into people's dreams, reaches their subconsciousness (潜意识), and makes

them change their decisions on the conscious level (从主观意识层面) .

(语法: 电影故事都用现在时)

I watched it at home, just by myself. And my mind was blown away (被震撼、颠覆了) after watching it. I remember myself searching reviews (点评) online about this movie, and trying to figure out all the details.

I liked it a lot. **First**, I liked the whole concept of this movie, about dreams, sub-consciousness, and consciousness. Those things have been fascinating me since I was a little kid. That's why it was so attention-grabbing for me as it talks about everything I wondered about dreams.

And second, this movie was so action-packed. I had to fully concentrate every second. I always love this kind of fast-paced movies. They are very exciting to watch. I was on the edge of my chair the whole time. **And finally**, the movie was full of imagination, and it really hit me with its breath-taking special-effects (特效) . I think the special-effects team (特效团队) of the movie really did a good job creating the scenes in the movie. Some of the scenes about dreams seemed so real that they made me feel a little uncomfortable, like I was in my own dream (有些关于梦境的场景非常真实, 以至于都让我感到些许不适, 因为让我觉得我在做梦) . It gave me the creeps. (罗列)

(以上展开的思路和内容可以复制在很多科幻 sci-fi 电影中)

That's why I'd like to rewatch it, and discover more details in the movie. I'm pretty sure there are things that I missed out in the first time. This is definitely a movie that is worth watching several times (值得看多次的) .

Part3:

1.Where do people normally watch movies?

I feel that nowadays, more than half of people choose to watch movies at home, on TV, or their smart devices (智能设备) . Because people are getting lazier, and also movies today are so accessible (易得的) . You can

easily find movies on online streaming platforms (网络播放平台), such as Netflix, HBO, Amazon Prime. You can be sitting in your couch and in pajamas (穿着睡衣坐在沙发上), and watching a movie with homemade popcorn (自制爆米花). That's why people love saying "Netflix and chill" (流行语, 表示“晚上在家快乐宅看 Netflix”) . However, people still go to the movies, don't take me wrong (别误会我). Normally when it's a new movie freshly coming out (新鲜上市的电影), and if it's with a lot of visual effects and sound effects, people still go to the cinema to see the movie on big screen (大屏幕) to have a watching experience/viewing experience (观看体验) beyond memorable (比难忘还难忘的超乎寻常的体验). (主流情况+特殊情况)

2.What are the differences between watching movies at home and in a cinema?

Well, watching movies at home is more comfortable (更舒服). Like I said, you can be in your pajamas and laying in the couch, with wine and popcorn, and just binge-watching (猛看剧, 猛刷) movies. It's so effortless (毫不费力地) and easy. Meanwhile, you need to dress up and travel to the movie place, and sit up (坐姿坐正) in a chair, and you can't really move around (动来动去) during that two-hour period of time. If you need to go to the washroom, you need to ask people in the same row to stand up for you. Those kinds of things are annoying. It's just more energy-consuming (能花费精力的). **And in terms of the price** (就价格来说), of course going to the movies is more money-consuming (费钱的). These days (如今), movie tickets are very pricey, I would say. And watching movies at home doesn't cost a lot of money at all, so, less pressure on your wallet (钱包的压力更小). **And finally**, regarding watching experience, going to a movie theatre, seeing the movie from the big screen, enjoy the mind-blowing visual effects and sound effects, it's a lot more exciting/ exhilarating/

engaging. Whereas seeing a movie at home is less engaging, but more relaxing. It feels cozier. (分角度对比讨论, 从舒适度和价格角度去说)

3.Are actors or actresses important to movies? Why?

Oh yeh! Absolutely! Actors and actresses are the life and soul (血脉、核心) of a movie. If you think about it, they are the storytellers (说故事的人). So, if they didn't know how to tell a story in an amazing way, they didn't have the acting skills, the movie would be so bland (枯燥的) and terrible. We've all had the experience of seeing a blockbuster movie (大片) with a big budget (高预算) and the best director (最棒的导演), but the only problem was the cast (演员阵容). A terrible cast can ruin the whole movie. For example, years ago I watched a movie called XXXX, and it was the perfect example to show how important actors are. (反向假设, 举例子)

4.Why are there fewer people going to the cinema to watch movies nowadays?

参考第二题答案

总体思想: It's more comfortable and cheaper.

往年关于电影的老题 (有时间可以简单看一遍有个印象):

1. Are foreign movies popular in China?

Oh yeh, for sure. China has been one of the biggest markets in movie industry. Hollywood blockbusters are the most popular ones; French art movies are welcomed among the young, especially girls; and Indian movies are also standing out in recent years. I remember there was this Indian movie 5 years ago released in China, and it smashed the box office. (列举)

2. Is it important that a country has its own movies?

Absolutely yes. If a country has its own movies, it helps people embrace their cultural identity. The movies tell the stories of a country and its

people. A country without any movies, or any forms of art would be **rootless**. People can **get united** through watching movies about their own countries. Especially **under the trend of globalization**, countries and regions have been losing its culture and uniqueness, movies can help people find their own identity. (正向假设、反向假设+补充)

Describe an impressive English lesson you had and enjoyed (印象深刻的英语课)

You should say

What it was about

When you had it

What the teacher did

And explain why you enjoyed the lesson

知识点:

- **take a course** 修、学一门课程 (跨时更长)

I've been taking Tara's class lately.

- **take/have a lesson** 上一堂课 (更短)

I took Tara's lesson once, and I loved it.

- **have a class:** 上一堂课

I have to go now. I have a class in 10 mins.

- **sign up for a course** 注册了一门课, 选择了一门课

I signed up for Tara's English course.

- **taking classes/take a class** 非正式的表达在修一门课, 和 **course** 一样
- **face-to-face course** 实体课程
- **online course** 线上课程

- **one-on-one course 一对一课程**
- **teaching style/approach 教学风格、方式**
- **Students can get the most out of it.** 学生们可以最大程度利用好这门课
- **engaging, interactive, fun, challenging, effective, efficient, inviting**
- **The course involves a lot of practice/ captures student's interest and attention/challenges students to enhance their knowledge and skills/ invites students to participate.**

One month ago, I have two English one-on-one lessons with a famous online English teacher, her name is Tara (换个名字吧宝宝们, 我太红啦!), and I was very impressed by the lesson.

One day, I accidentally clicked on a live-stream lesson on a free app that I was using to help me prepare for IELTS exam. It was a free lesson, and I was impressed by the teacher when I heard her English. She sounded so natural, just like a native. That's how I got to know Tara. Turned out (原来) she is a very famous online IELTS teacher. I really liked her teaching style. There was something about her class that really captured my interest. I immediately paid for another two one-on-one lessons with her, after the free lesson.

After those two one-on-one lessons, I believe that I've found the right teacher. I really enjoyed her lessons, and I will pay for more in the future. **First**, Tara had a great sense of humor. She could always crack me up during the class. Sometimes listening to her was like listening to a comedian. I feel that she could definitely host a talk show by herself. **And then**, Tara's was a really engaging and interactive teacher. **In class**, she asked me to really think with her and open my mouth. **After class**, she would talk to me again to see what my problems were and give me some good advice. **And finally**, I was impressed by how well-organized and functional her classes were. It really changed my opinion towards online classes. Before I signed up for her lesson, I was kind of skeptical about it (持怀疑态度), as I doubted if it would be effective. And now I know some of them could be really effective. And online classes are indeed very convenient, flexible and more affordable.

So yeh, now, I can say that I'm a big fan of Tara. I highly recommend her online English classes. Thank you!

Part3:

1. Why do people learn foreign languages?

Some people learn foreign languages as a hobby (出于兴趣) because it feels good to know other languages. And plus, they can make international friends and travel to other countries with less effort. Like (比方说), I have a good friend, she is a polyglot (5 门及以上语言使用者). She can speak 5 languages and she's learning a sixth one! Some people learn foreign languages out of necessity (出于必要性). Say (你比如说), if they are living or studying in a new country, they have to learn the local language in order to survive. And some other people choose to learn a new language to earn more opportunities. You can never go wrong with knowing multiple languages (会说多国语言总是错不了的选择). It can increase your job prospects (增加就业前景), and even add your salary. (分群体)

2. What makes a good foreign language teacher?

Speaking from my own experience as an English learner (英语学习者), the way I see it, a good foreign language teacher should be, **first**, of course, very knowledgeable in both the language and teaching. Many times (很多时候), a good language user doesn't equal to a good language teacher. Knowing how to speak a language is totally different from teaching a language. **And then**, a good language teacher should be very encouraging (鼓励人的). And the reason is that most students are very unconfident to use a new language, especially when they need to open their mouths to speak. A good teacher should be inviting enough (足够亲和) to encourage students to chime in (加入进来) and speak with confidence. **And this goes hand in hand with** (一起走, 手拉手, 表示同样重

要) patience (这一点和耐心是同样重要的) . When a student is reluctant to (不愿意) speak, the teacher should be patient enough to guide the student and wait for them to speak one day. These are the things that I can think of for now (我现在能想到的就是这些) . (罗列)

3.Do you think grammar is important when learning foreign languages?

I think so, especially if you are an adult student (成人学生) . I mean, grammar is the foundation when you want to structure a sentence correctly (正确地组织句子) . Without knowing the proper grammar (地道的语法) , the sentence you're saying might sound wrong and funny (听起来又错又可笑) , and in a worst case/scenario (最糟糕的是) , incomprehensible/not understandable (不可懂的) . However, this doesn't mean that you should over-focus on grammar (过度关注语法) . Because that will put you under a lot of pressure. Sometimes, trying to be perfect will frustrate you so much to the point that you won't be able to open your mouth (试图完美会让你焦虑紧张以至于不敢张口) . After all (毕竟) , the purpose of learning grammar is to be able to use a language, not to get intimidated (受到恐吓惊吓) by it. Just think about kids, they speak a language without knowing any grammar. Sometimes they say it right, and sometimes they say it wrong. It doesn't matter. What's more important is to be able to communicate. (原因+反向假设+反向思考+举例子)

4.Is it interesting to be a foreign language teacher? Why?

I like the idea, yes. It sounds cool. Being a foreign language teacher means that you are very fluent in another language, and you can share your knowledge and skills with your students. That definitely can bring you a strong sense of achievement (带来成就感) . And, on top of that, you will have more opportunities to work in another country, and make friends with people from other countries. This kind of experiences are priceless (无价的) /You can't put a price on this kind of experiences. (原因, 补充)

Describe an outdoor activity you did in a new place recently (新地点的户外活动)

You should say:

What the activity is

Who invited you to participate in it

Whether you asked for help in the activity

And explain what changes you made in the activity

知识点:

这道题可以讲去新的岛屿体验 **water sport** (**snorkelling** 浮潜, **scuba diving** 深潜, **surfing** 冲浪, **bodyboarding** 趴板, **water skiing** 滑水, **canoeing** 划独木舟) . 或者以下任一户外活动:

1. 受欢迎的 outdoor activities 有:

- **Biking** 骑自行车慢慢悠悠逛 (**cycling** 往往是通勤骑车或者体育项目)
- **Camping** 露营
- **Having a picnic** 野餐
- **Fishing** 钓鱼
- **Hunting** 打猎 (射野鸭野鸟一类的)
- **Hiking** 徒步远足

“hike up a mountain” 爬山, 或者 **“go for a hill walk”**。而不是 **“climb a mountain”** 这个指的是专业攀岩

- Rafting 冲锋舟
- Birding/birdwatching 观鸟
- Photography 摄影

2. 户外活动的好处:

- You can exercise more and burn more calories. Whether it's hiking up a mountain, doing a water sport, or just going for a walk in the park, every outdoor physical activity can improve your well-being.
- It's beneficial for your mental health as well. When You're out and about (在外面闲逛) in nature, you can clear your head and switch off (关掉开关) from the rest of the world. Spending time in the natural light can boost/lift your mood and reduce stress and depression. And plus, your Vitamin D levels will also go up.
- You will gain more self-esteem. Outdoor exercise impacts the brain in a positive way, making you feel better about yourself.

3. 其它相关表达:

- 原生态的地方: secluded, unspoiled, hidden place
 - 没什么人知道的宝藏: hidden gem
 - 安静宁静的地方: Quiet, tranquil, peaceful, serene place
 - get away from the hustle and bustle
 - get away from the tight schedules and hurdles in life
 - It's a place where I can blow off the steam and unwind.
 - It's a place where I can feel cozy and at ease.
 - It's a place where I can be me (做自己) .
 - It's my healing retreat. 我治疗自己的休息场所。
 - a getaway: 一个可以逃离的地方, 引申为可以远离现实、旅行放松的地方
- 动词词组: get away
- my spot: 我爱的地点。 "This park is my favorite spot in the city."
 - It's just far enough from the hustle and bustle of the city that allows you to loosen up a bit, but it's also close enough to appreciate the incredible beauty of the city skyline.

4. 感到劳累的表达可以使用：

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

I feel completely worn out.

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

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

- **tired to the bone**

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

- **dead on my feet.**

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

Two months ago, I went for a hill walk (爬山) on the outskirts of my city with a couple of friends, and it was such a refreshing experience.

Before this walk, I'd never been to that area in my city. It is located in the north part of my city, a hilly area (山区) . Normally I'm not into hiking up a hill as I'm not a super outdoorsy person (喜欢户外的人) . But on that day, my best friend Jessica tried to invite me in a way I couldn't refuse (以一种无法拒绝的方式邀请我) , and now I feel very glad that I said yes to her. (时间分层)

Jessica knew a very secluded trail (原生态的小众的徒步的路线) in that area, so we didn't cross paths with (遇见) anybody the whole time. I liked it because I hate being stuck in crowds (被卡在人群里) when I'm trying to enjoy nature.

In terms of whether I asked for help, not really, as the trail was an easy-going one, very relaxing and tranquil. We spent a lot of the time enjoying the scenic views. We laughed and sweated, burned up energy, cleared our heads, and totally got away from the city life, forgot about our daily worries and hurdles, just disappeared into nature, and unwind. It was like we switched off from the rest of the world.

After we got to the top, the view was spectacular, breathtakingly stunning. We could see the entire city from a bird's eye view (鸟瞰角度). And the city line was stretching out in the back, looking cool and incredible. This place is far enough from the hustle and bustle of the city that allows you to loosen up, but it's also close enough to appreciate the gorgeous city views.

It was a really good experience for both my body and mind. After this hike, I changed my mindset for outdoor activities. I will for sure go back to that place again. Thank you.

Part3:

1.What outdoor activities are popular in China?

Well, I feel that in China, people love hiking and jogging the most. Hiking and jogging are go-to exercises because they're not too strenuous (奋力的, 费力的) and is more intensive (剧烈) than taking a walk (散步). **And next**, people love picnicking (野餐) outdoors, under the tree, next to the lake, in the park, you see people picnic everywhere. **And then, what else**, outdoor swimming in the summer time is very popular as well. In summer, you see people swimming, playing in the water to beat the heat (消暑). In China, we have a funny way to describe this kind of scene (形容这类场面), we call it "cooking dumplings" (煮饺子), as there're so many

people floating in the water at the same time, next to each other. It's like a sea of people (人山人海), a pot of dumplings (一锅饺子)。(罗列)

2.Are those people who like dangerous activities more likely to be successful?

Yes and no. Yes, people who like extreme sports and dangerous activities are more risk tolerant (对风险更有包容力). They are not afraid of taking risks. And when you look at successful people in life, many of them are very brave. They are like daredevils, and make big decisions with full confidence. No, sometimes taking too many risks all the time is a sign of irrationality (非理智). The thing is, we need to take calculated risks (计算过的风险), instead of making emotional and intuitive decisions (情绪化又直觉性的决定). For example, if you don't have any experience in scuba diving, and the first time you dive, you choose to go really deep and dive alone, that's not called brave, that's called stupid. (分头讨论+举例子)

3.Do you think it's better for people to change jobs when there are new chances?

①It depends on the new opportunity, whether it's worth the risk (值得冒这个险). Some new opportunities are so rare and precious, they're like "once in a lifetime" (一辈子只有一次的机会). Then, yes, I say, go for it (去追求吧). Change is inevitable (不可避免). Don't miss the chance before it's too late (别等为时已晚). But sometimes a new chance is just another chance, not a better one. People should stay calm and rational before they take the risk, and make the decision. (分情况)

②I'm torn. On one hand, staying put (保持静止, 不动窝) in one company over a long period of time can help you make deeper connections and prove your loyalty (证明你的忠诚度). You will earn trust from your employer and potentially gain more favour in the company. Your life will be changeless, but very stable, which could be a big pro (优势) if what you're looking for is stability. Changing your job, getting out of your

comfort zone could be exhausting and scary (累人又可怕) . But on the other hand, job change allows you to learn new things, challenge yourself and widen your world. And you might climb up the ladder (爬梯, 晋升) even fast. Because sometimes staying in one company for too long can result in the ignorance from your boss and coworkers, as you've been there forever, and people might take you for granted (把你视为理所当然) . I see that happen to many young people. They come to a company right after graduation, and they are forever the "new graduates" (永远的大学生, 永远的小年轻) . (分头讨论)

4.Should young people try as many new activities as possible?

Yeh, definitely! And not just young people, older people as well. Life is too short to wait around and hesitate. Only through doing new things can we learn about this world and ourselves. What we like and dislike, what we are good at and bad at. However, we should also be consistent, and doing things in-depth (有深度的) . Life is horizontal and vertical (水平+垂直) at the same time. (原因, 转折)

Describe an important thing you learned (not at school or college) (学到的重要事情)

You should say:

What it was

When you learned it

How you learned it

And explain why it was important

这道题完全可以套用上个季度新题“一个积极的改变”. 通过积极的改变学到重要的新技能、新理念、新的生活方式, 学会“如何更好地照顾自己”, 学会独立。

以下为“一个积极的改变”全文, 自行修剪:

知识点：

积极的改变可以分为以下几个方面：

1. 改点一些坏习惯 Getting rid of bad habits

When you are addicted to a bad habit, getting rid of it is definitely a positive change.

1) Quit smoking 戒烟

- I was an avid smoker when I was in my 20s. 我在 20 来岁的时候曾经是一个老烟枪（抽很多烟的人）
- nicotine 尼古丁
- nicotine patch 那种戒烟的时候可以贴在手臂上的小贴纸（我也不知道什么原理）
- nicotine gum 同理，戒烟时候可以嚼的口香糖

I was chewing the nicotine gum and using the nicotine patch every day.

- lung cancer 肺癌 I definitely don't want to get lung cancer one day.

2) Stick to a healthy life routine 坚持一个良好的生活作息

- Stick to sth 坚持某事 stick to the plan; stick to the routine
- I used to be a night person/night owl(夜猫子) .
- stay up 熬夜晚睡; pull an all-nighter 通宵熬夜

I was never an early bird/ morning person (喜欢早起的人) . I stayed up late every night. But one day I decided to change my lifestyle and form a healthier routine. And now, I go to bed early and wake up every morning at 7am, work out 3 times a week.

- “Consistency is key!” 这是你可以说的一句话“坚持很重要！”

- Ever since (自打.....以来) I started my new routine, I've seen a bunch of (不少) changes in me. I feel more energetic, I feel less tired, my mind is not drowsy (昏昏沉沉的) anymore in the morning, I have better concentration (注意力更好), I have a better memory (记忆力好), my mood is always good...I'm in great shape (状态体能颇好). I used to be so out of shape (状态差).

2. 学会存钱，建立储蓄账号 Learning to save money and establish a savings account (储蓄账号, savings 存款, 复数)

- a big spender/ a spendthrift 狂爱花钱的人

A person who spends money in a extravagant and careless way.

- “I swipe my card like there's no tomorrow” 我像是世界末日要到了一样疯狂刷卡

“I have to leave my wallet at home when I go for walks around the city because I swipe my card like there's no tomorrow”

- hit a savings goal 实现了一个存钱的目标 (hit 的过去式还是 hit)

(for travel, to make a purchase, to give back to your parents 回报父母)

“I hit my savings goal for the week/month/year!” 我实现了本周/月/今年的存钱计划

- a penny pincher (铁公鸡, 一个 penny 还要掰开来花); be cheap (在这里不再是很便宜的意思, 而是很抠门。很难听, 一般用来形容那种不舍得给别人花钱的人比如说自己男朋友很 cheap, 或者形容自己, 自嘲); be stingy (也是抠的意思); frugal (节俭的, 不属于贬义词); money conscious (很有用钱意识的); hold on tight to someone's money (钱抓得很牢)

My grandma never wants to spend her money! She is such a penny pincher. But after all of these years of her telling me to save money, I am finally learning from her saving methods.

My boyfriend is such a cheap person. He hasn't given me any gifts ever since we started dating.

I've been so cheap/so stingy with my money since I decided to save up more for my future

I'm not stingy, I'm just very money conscious, because I know that money doesn't grow on trees (相当于, 钱不是大风刮来的)。

- I'm always on the hunt for a bargain/good deal. 我总是在寻找各种折扣、便宜货
- It hurts my pockets. 很伤我钱包 (口袋)

Buying a coffee everyday is hurting my pockets. So I am going to start making my coffee from home.

- Be short on cash 缺钱的状态

At that moment, I was short on cash. That's when I realized that I had to start saving money.

3. 决定换个环境, 搬到新地方 Moving to a new place

- New chapter in my life 生活里新的篇章

I have just arrived in London where I will spend the next 4 years for university. I am excited for this new chapter of my life.

- Take a leap (of faith)/take the leap 做出一个重大决定 (往往是带风险的)
(leap 是大跳、纵身一跃的意思)

I took a leap of faith, quit my job at the age of 28, and moved to Canada.

- A scary move 一个可怕的举动/动作

It was a scary move as I barely knew anyone in that city. But it ended up being one of the best decisions I made in my life.

- Spread my wings 张开翅膀（表示成长）

Only when I started living in another country, did I get the chance to spread my wings and really grow.

- Get in touch with my inner self 和我的内在自我取得真正的联系

Being in a new environment gives me the chance to get in touch with my inner self, and learn more about myself.

- Have the opportunity to explore the world, and get to know different people
- Venture out 向外冒险

I'm a daredevil（冒险鬼）, and I love venturing out. I love exploring the world.

- Break/step/get out of your comfort zone 走出舒适区、打破舒适区
- Nothing pushes you more than moving to a new place 什么也比不了搬到一个新地方来得更锻炼你的能力了（推着你走，等于提升）. Getting out of your comfort zone allows you to grow fast.
- support system 家人朋友后盾等组成的一个扶持系统

I didn't have my support system anymore, but it was good to know that I could do it all myself.

- Make new friends/ make new connections/ building a new network 结识新人
- stuck 被卡住的状态，上下前后动弹不得（stick 这个词的过去分词形式，形容词词性）

My life is stuck in the middle. It's not going anywhere.

- Home is not a specific location, it is where I AM. 家不是一个具体的地点，家是我在的地方。

4. 其他总体表示积极乐观的表达：overall positive outlook (from a negative one)

- “Grass isn’t always greener on the other side”. 原话是 Grass is always greener on the other side (of the fence)，意为隔壁家的草总是更绿。也就是类似于别的地方的月亮更圆。我们总是羡慕别人的生活和境况。反过来用，就是表示，也不是别人的境况就一定比自己好。调整心态，少做比较。

I felt myself constantly comparing my life to the people around me. I've decided to switch my mindset because the grass isn't always greener on the other side and I have a lot of good things going on in my life 我自己的生活中有很多好事儿正在发生!

- It's looking up 有上扬趋势，在变好 After receiving some bad news about my mother's health condition, my family and I weren't sure what was going to happen. And finally, lately mom's health condition has been looking up.
- 类似的说法 It's coming along! 表示事情正在有进展，一步步来，差不多了

-How's your paper going? 你的论文写的怎么样了?

-Oh it's coming along! 差不多啦!

- The glass is half full. 杯子是半满的，表示那种很积极看待事物的人

I'm the kind of person who always thinks the glass is half full. I can always look on the bright side of things, a typical happy camper (乐天派) .

- **Every cloud has a silver lining.** 每一片乌云背后都有一条银色的线（指的是阳光藏在乌云背后）。这是一句很常见的鼓励他人的话。表示“把坏事变好事儿”，从失败/不如意的境遇中看到积极的一面。

I can always see the silver lining in tough situations.

- **see the light at the end of the tunnel** 看到隧道尽头的亮光

It was a really tough time in my life. Eventually I saw the light at the end of the tunnel, and I turned my life around.

- **a ray of sunshine** 犹如一缕阳光

I love being around Tara. She is like a ray of sunshine.

- **a breath of fresh air** 一股新鲜空气

After doing some spring cleaning, being in my clean room is like a breath of fresh air!

So, several years ago I decided to become a better saver（一个更好的存钱小达人）. Then, I set a savings goal, I worked hard on it, I made some positive changes, eventually, I hit my goal. And now, I feel very proud of myself.

Before I made up my mind to make the change, I was a big spender. I was extravagant（非常奢侈的）. I was spending money left and right（接二连三地花钱）, swiping my card like there's no tomorrow（没完没了刷卡）.（上班党还可以说 I was living paycheck to paycheck every month.表示月光族，工资花光） I went shopping almost every week, in physical stores, online, everywhere. I had tons of meaningless and useless things, some of them I even never had the opportunity to wear or use. I just enjoyed the feeling of spending money. I was NEVER worrying about money or my future, as I

was in my early 20s (二十出头) and I didn't have the capacity to see the bigger picture (看不到更大的画面，即缺少全局观的能力) .

In terms of who helped me see more and see further, well, one day, my parents sat me down (让我坐下来) , and had a heart-to-heart conversation with me (心贴心的对话) . They told me that they were very concerned with my habit of spending money, and they wanted me to realize that "money doesn't grow on trees". One day, they wouldn't be there for me, I would be all by myself, and if I couldn't learn the value of having some savings in my life, I would be in a dangerous place.

That conversation really hit me hard (强烈地击中我的心底) . Because, I'd always seen myself as a little kid, footloose and fancy-free (在生活或者感情里了无牵挂、来去自如的状态) , free of responsibilities. But after that conversation, I finally realized that I WILL be all alone (完完全全的一个人) in this world one day. So I'd better start planning for my future now. That's when I set a goal of saving money. My plan was to save just a little bit every month, and at the end of the year, I can hit a target. I wouldn't bore you with the specific numbers, but you get the idea.

Once I set the plan, I became a totally different person. It was like a game between me and myself. I really wanted to win!! Haha! So I stuck to the plan 100%. I spent money much less than before. I formed a new habit of being money conscious and not spending money carelessly. At some point, I think I even became a little bit of a penny pincher. Because I enjoyed following my plan. At last, I hit my goal and got rid of the bad habit.

This new habit, this change, has been like a breath of fresh air in my life. It taught me how to be a more matured person, a wise spender, a more responsible human. I learned how to NOT build my happiness on spending money and owning things. I learned to find my happiness on

other things, things that are more meaningful. 这个改变让我学习到如何不把自己的快乐建立在花钱和有用很多东西这件事上，而是建立在别的更有意义的事情上。我成为了一个更成熟的人，更理智的花钱者，一个更有责任感的人类。

That's the story. Thank you!

或者，2022 年 1-4 月“向长者学习的技能”也可以进行套用。以下为原文：

知识点：

-掌握某个技巧：get the/a hang of it; master the skill; learn the skill; learn the art of sth...; become skilled at...; grasp the skill...

-强化技能：strengthen/improve the skill

-pick up a new skill: 学会一门新技巧

-hone a skill: 打磨一门技巧

-Practice makes perfect: 熟能生巧

-hands-on experience: 实操经验

So, today I want to shared with you how I learned cooking.

My dad taught me how to cook. And actually, in the beginning, he talked me into (说服我) learning cooking. He's my cooking "mentor" (导师), haha.

He told me that it was a basic survival skill that everybody should know. And plus, cooking at home is super healthy and it saves a lot of money. At that time, I was about to graduate from university, so what he said actually made a lot of sense to me. I thought it was a very good idea to become skilled at cooking.

In terms of how I learned cooking. First, I stood aside and observed a lot when my dad was cooking. I saw how he prepared all the ingredients, cut

and chopped food, how he put seasonings and spices, all that kind of things. And I asked loads of questions whenever I got confused. He answered my questions right there, so it was very clear and easy communication. And later, when I had more confidence, I started cooking by myself, but with my dad standing next to me. He would correct me when he saw me doing something wrong.

Therefore, that's how I gained hands-on experience of cooking. I feel very proud of myself. I can cook, meaning, I won't starve in the future. Nowadays many young people don't know how to cook at all. The most they can do is making instant noodles (方便面). Me, on the other hand, can cook all kinds of dishes, veggies and meats, you name it (你随便点). So, yeh, that's the skill I learned from my dad. Thank you!

Part3:

1. What can children learn from parents?

Parents are role models (榜样) of their children. Children learn everything from parents. First thing that comes to mind (一个想到的), children learn about health from parents. When parents make eating healthy, working out regularly and getting enough sleep a priority (make something a priority 把...视为最重要), children will pick up on the message themselves. And second, parents should teach children about responsibility. Responsibility is key to earning the trust and confidence of others, and it's an important part of growing up. There're other good qualities (好的品质) that children learn from parents, such as honesty, empathy, confidence, bravery (勇气), being respectful to others...Parents should set good examples for (以身作则) their children, and teach them about ethics and values (各种人生中的伦理和价值理念). And what else, interpersonal skills (人际交往能力) are also things children can learn from their parents. How to listen to others, communicate properly, express thoughts in a respectful and empathetic way. These are all precious skills

children can learn from parents. **And finally**, parents can pass on valuable life lessons to next generation (把人生课堂的心得传给下一代) . These practical lessons can later benefit children their whole lives. (罗列)

2. Do you think some children are well-behaved because they are influenced by their parents?

① This is a typical nature or nurture question (这是一个典型的先天还是后天的问题) . I would go for (选择) nurture. Parents are children's role models. Children look up to (崇拜、仰望) their parents, and would copy everything they do. They want to please (取悦) their parents so much. Parents who pay a lot of attention to children's education will shape their manners and behaviour, and raise (抚养) more wholesome children. (原因)

② Many people would say that children's behaviour is heavily influenced by their family. Family education is key (家庭教育至关重要) . But I don't see it that way. An example would be, if you look at families with more than one kid, all the siblings (兄弟姐妹) can be very different in terms of personality, manner and behaviour. They're supposed to grow up in the exactly same environment, and yet they can be completely different. Take my family for example, my aunt has two kids, my older cousin is a very respectful, polite and calm person, and my younger cousin is the opposite. She is reckless (鲁莽的) , rude and impatient. From my cousins, I realize that a person's personality and behaviour is mainly genetic, and partially influenced by parents. (主流观点, 自己观点)

3. Is it necessary for adults to learn new things?

Definitely yes! Adults, no matter what age we are, should never give up on learning new things and advancing ourselves (提升自己) . I see some people completely stop trying to learn more and become better. They think learning is for kids, and they've learned enough at school. And plus, their main jobs are working, making a living and taking care of their families. But I really don't like this mentality (心态) . Learning new things

makes a person happier and feel fulfilled. Having more skills can increase a person's job prospects, and help a person stand out from the job market. And on top of that, it's a wonderful spirit that can impact their kids. Inspire them to never stop learning and improving. Adults should set good examples for the next generation. (让位驳斥)

4. How can people learn new things?

Nowadays there are so many ways to learn new things. **Some people** learn by watching free online tutorials (教程) and learn a new skill on their own. I know so many self-taught (自学成才) painters, guitar players, dancers and bakers around me. And then, **some people** learn new things from people around them who are skillful in something. For example, I learned cooking from my mother. **Some people** prefer taking classes to learn. And today they can choose between online classes and face-to-face classes. Online classes are more and more favoured as they are usually much more affordable than traditional classes. (分群体)

Describe an object that you think is beautiful (漂亮的物品)

You should say:

What it is

Where you saw it

What it looks like

And explain why you think it's beautiful

上个季度 p1 手表主题或者 p2 “传统产品”里的玉，扇子、旗袍、甚至茶具，都可以改造一下使用

其他可以说的主题太太太多了：

a piece of art 一件艺术品, **a building** 一栋建筑物, **some jewellery** 珠宝, **a gift you received** 收到的礼物, **a vintage dress** 复古连衣裙, 甚至 **something in nature** 大自然里的植被, **a car** 一辆车, **a piece of technology** 高科技产品

知识点：

1. 美的同义词

gorgeous, pleasant, pretty, attractive, catches the eye 抓住眼球, special, one-of-a-kind 独一无二, unique 独一无二, charming 有魅力的, artistic 艺术性的

2. 相关表达：

- to have a good eye for something (when you have a knack for finding nice things) 有发现美的眼睛，独具慧眼

I have a good eye for finding vintage clothing in second-hand shops.

- a window shopper 只看不买

I love window shopping, as I'm a frugal (节俭的) person.

- shop until you drop 买到倒下 (买一堆)
- Shopping brings me joy. 购物使我快乐
- My heart leaped for joy when I saw it. 我看到它的时候心都快乐地跳起来
- It lifts my spirit/mood. 它让我快乐
- I could hardly wait to buy it. 我等不及要买了
- I couldn't resist the urge to buy it. 我忍不了想要买它
- I was in heaven in that store. 我在那家店里时候感觉像在天堂
- It was a steal! 价格特别划算便宜 (跟偷来一样，不花钱似的)

3. 形容一件物品

- art: stimulating 引发兴趣, vivid 生动的, vibrant 有活力的, colourful 色彩丰富的, to stand out 非常显眼的，鹤立鸡群的感觉, thought-provoking 引人思考

- a piece of clothing/accessories 一件衣服、饰品: a flowy skirt 很飘逸的裙子, a silky shirt 一件丝绸衬衫, a wicked/cool/an awesome pair of sneakers 一双很酷的板鞋, a stunning dress 一条靓丽的裙子, old-fashioned 老牌的风格, a stylish hat 一个很有型有款的帽子, fun socks 有趣的袜子, an elegant watch 一只优雅的手表, 等等。可查看本季度新题“一个时尚爱美人士里的相关表达)
- technology: up-to-date 紧跟时代的, ahead of its time 走在时代前沿的, state-of-the-art technology 最先进的科技, cutting-edge 最先进的科技

4. 形容一个建筑 (如果不说建筑, 可以不看以下内容)

① 当描述建筑的周围环境 (Outside surrounding), 我们可以说:

- It's surrounded by (被环绕) a residential area (住宅区) / shopping district (商业区) .
- It's located in a nice neighbourhood. The whole area is quiet and safe.
- There's a lovely and beautiful park/garden right next to (紧邻) it.
- The area is vibrant and bustling (充满活力又热闹的) . Restaurants, stores, street markets, bars, it's a nice location.
- As you approach the city center, you can easily see the building from far away.

(当你走进市中心的时候, 你能老远就一眼看见那栋楼。)

- It really stands out (鹤立鸡群) from all the other buildings in that area.

② 当描述建筑的外立面(façade)时, 我们可以说:

- **Stunning** (迷人的), **spectacular** (壮美的), **symmetrical** (对称的), **inviting** (亲和的), **original** (原创风格的), **eclectic** (不拘一格的, 兼容混搭), **elegant**, **beautiful**, **tasteful**, **strikingly beautiful**
- **ugly**, **shabby** (破旧的), **broken**, **abandoned**, **awful-looking** (看起来丑的不行), **old**, **hideous** (可怕的), **tasteless** (没品味的), **graceless** (粗野的)
- **in modern style**, **colonial style**, **Victorian style**
- **the tallest building in the city; it resembles/looks like A** (该建筑长得像.....) .
- **Roof**, **window**, **window frame**, **door**, **gate**, **balcony**, **wall**, **chimney**, **attic**, **driveway**, **garage**, **porch...** (建筑物的主要外部结构名称)
- **It's made of brick**, **glass**, **stone**, **wood**, **concrete...** (建筑材料)

③ 当描述建筑内部 (interior look) 时, 我们可以说:

- **I love how warm and inviting (温暖又亲和的) this building is.**
- **Every part of this building is perfectly arranged.**
- **Everybody can have a good time here. You see beautiful art, you learn things, you enjoy the atmosphere. It's a place that you can come back 100 times and see something different each time.**
- **Decoration style: fancy-looking, rich-looking, in bad taste, in good taste, tasteful, elegant, ornate, simple but tasteful, stunning, breathtaking, eye-catching, ...**
- **You can see the beauty of simplicity in this building, you will understand the meaning of less is more.**

素材一:

So, it might sound a little weird but I love our city library a lot. I think it's a very good-looking and functional building.

It's located in the south part of the city, right next to a big park and a lake, and it's also very close to the big shopping district in my city.

The library has a very modern look from the outside: window wall from top to bottom, very big and tall, about 15 floors; you can easily see it from far away. It really stands out from all the other buildings in the area. I love how symmetrical it looks. It's definitely an eye-catcher (吸人眼球的东西).

I love the interior look of this building as well. It's simple, modern, elegant and beautiful all at once. Inside the building, you could truly see the beauty of simplicity. And, all the rooms are filled with natural light. It's a perfect place for reading. Another reason why I like this building is that, it's super functional and inviting. You'll never have the feeling of getting lost in this building as the layout is so simple and clear.

I really love spending time there. It's such a lovely place to be.

So, yeh, that's the charming library in my city. Thank you!

素材二：

So, in my eyes, I find Apple computers very good-looking. I know, I'm talking about a piece of technology now. Haha!

As a tool for both work and pleasure, it truly stands out from the rest of the competition, and also, the Apple company has been designing tech products that are state-of-the-art and ahead of our time. Anyone could point out an Apple computer because of its characteristics, all white keyboard design (键盘设计), and smooth (柔滑的), glossy (闪亮的), and sleek (柔滑又闪亮的) monitor design (显示屏设计). They're one-of-a-kind. 任何人都能认出一部苹果电脑因为它招牌的全白键盘，还有平滑又闪亮的显示器。

Although I've never personally owned an Apple computer, I've seen them a countless number of times (无数次) at the Apple Store at the local shopping centre. I keep telling myself, "It would look so good in my workspace". It just has that effect that it blends in well anywhere (有那种放在哪里都好看都很入景的效果)。

The only thing is that I don't necessarily agree with its price tag (价签, 价格). But it doesn't surprise me that people all over the world want to

have one. As a matter of fact, Apple computers and other products have become a status symbol (地位象征), which is why I feel compelled to buy it (感觉被迫要买它). It almost makes me think that I'd work better if only I had one of those fancy and beautiful computers!

So, yeh that's the beautiful thing I'd like to talk about today. Thank you!

Part3:

1. Do you think there are more beautiful things now than the past?

① Definitely! I consider myself very modern, which is why I'm always drawn to (被.....吸引) things and products of today. For example, you wouldn't catch me in a second-hand shop looking for vintage clothing. I prefer to buy trendy clothes that are currently in style. There're endless eye-catching and mind-blowing things today that can always catch my eye (锁定我的目光). (原因)

② I find things in the past more beautiful and elegant. Like, vintage clothing, vintage furniture, even vintage cars. I know some people will say that things nowadays are new and shiny. But I think things from the past have a certain quality that you can't find in most objects today. In a way, you could say my tastes are a bit old-fashioned. (让位驳斥)

2. What beautiful scenery spots are there in your country?

There're numerous beautiful natural attractions in China. To name a few (简单说几个例子), on the east coast of China, we have beautiful coastal views in cities like Qingdao, Xiamen. And in the west of China, we have beautiful plateaus (高原) such as Qinghai-Tibet Plateau and Inner Mongolia Plateau. And then, we have Mongolian Grassland and the winding rivers (蜿蜒的河流) in that area. And in the south of China, you can enjoy island views. Hainan is an island province in China. There you can see beautiful beaches, palm trees and blue skies. China is such a huge country, there're so many different types of sceneries you can enjoy. (分地点讨论)

3. Where do you think people usually come into contact with beautiful things?

Beauty is all around us (美无处不在), so I'd say that you can come across something beautiful intentionally (有意地), such as when you visit an art

museum, or run into (意外撞见) it by chance while going about your day (打发你的一天). However, I have to say, most of the time, we're not paying enough attention to our surroundings, and we tend to miss a lot of details around us. In reality, we find beauty mostly in superficial things (肤浅的事物) like our cars, phones and jewelry, rather than in nature, in people or moments. (转折)

4. Why do you think people create beautiful things?

I think people have this desire to express themselves in a beautiful way. The most common example I can think of is art. And without beautiful things, the world would be full of not beautiful, super practical and even ugly things. Who would want that (谁乐意这样呢)? Seeking beauty is like a human instinct (人类本能). (原因+反向假设)

Describe something you had to share with others (曾经不得不分享的东西)

You should say:

What it was

Who you shared it with

Why you had to share it with others

And explain how you felt about it

知识点:

一些和分享有关的表达和句型:

- **Sharing is a sign of compassion (同情), humility (谦卑) and generosity (慷慨).**
- **To give is actually to receive. 给予就是获得。**
- **We should feel grateful (感到感恩) when people share something with us.**
- **Sharing helps children make and keep friends (交到朋友并且留住朋友) and cooperate with people.**

- **Sharing is fundamental (至关重要) to human relationships.**
- **Shared joy is a double joy. 分享快乐，快乐双倍**
- **Sharing helps build trust 建立信任.**
- **Sharing encourages cooperation 促进合作.**
- **Happiness gets doubled when you share.**

So, I remember, when I was little, my parents always tried to instill the habit of sharing in me (灌输分享的好习惯给我). And one thing I shared that I remember the most was my favourite dress.

The story was, I have a cousin, and she and I are almost the same age. When I was little, we spent a lot time playing together. We were almost the same height and weight at that time (well, now she's much taller than me, haha). And one day, she saw me wearing a new dress, and she loved it so much.

She asked her mom, my aunt, to buy her the same dress, but that dress was a gift from my dad, and he bought it when he went on a business trip to England. So basically, there was no way that my aunt could buy the same dress.

Then, my mom wanted to cheer her up (哄她高兴，给她打气), so she told my cousin that I would LOVE to share that dress with her, which I didn't at all!! I was just a kid. And kids hate sharing. I was forced to share that dress!

In terms of how I felt about it, well, in the beginning, I said NO, of course. And I even put on a drama show (戏精表演) by crying my eyes out (大哭特哭). I told my mom things like, "why don't you love me anymore". Haha, I know, how dramatic was that! And then, my mom patiently talked me into sharing the dress (talk someone into doing sth.说服某人做某事). She told me that sharing was the most beautiful thing in the world. It built love, trust and generosity. And also, if I shared my dress, I would get dresses from my cousin as well. That sounded really tempting (听起来很诱

人) ! Haha! Therefore, at the age of 7, I learned the concept of “to give is actually to receive”.

That was the story, thank you!

Part3:

1. Do you think kids like to share? Why?

Most kids don't like to share, especially younger kids, because they are too young to grasp the concept of sharing. The power to possess (占有的力量) is a natural part of their growth. They haven't fully developed empathy yet, thereby not being able to see things from other kids' perspective/side. I have to say that there're still some kids who are naturally generous and with a sharing spirit. But in general, I would say, kids hate sharing. (主流情况+特殊情况)

2. How can parents teach their children to share?

① **First thing**, parents need to validate/recognize (认同) their kids' unwillingness (不愿意抵触的情绪) to share. Parents need to show understanding to kids and make them feel heard and connected (让他们感到被听到理解到). **And then**, parents can show kids how to share and model generosity (示范慷慨) in front of their kids. Parents are role models (榜样) for their kids, therefore, kids might feel inspired by their parents when seeing the behaviour of sharing. **And finally**, parents can create games of sharing to instill the concept in (灌输概念) kids. For example, ask kids to share their friends, their food. Things like that. (罗列)

② Here's an unpopular opinion (我的想法可能不受欢迎, 小众想法), but I don't think we should force kids to learn share if they are not ready to. So, I say, we don't teach them about sharing. And I know people would say that sharing can built trust and encourage cooperation. I do agree, but forcing kids to learn to share could send wrong messages to them (给他们带来错误

信息) . For example, “My parents are always in charge of (操控、主管) who gets what and when they get it.” Or “Whoever cries louder will get what they want.” I think, sharing is not something you can really teach, it’s something you demonstrate (示范) /show (展示) /model in daily life. (让位驳斥)

3. What do you think is the benefit of sharing for children?

以上答案里都有提到

4. Is there anything that parents should persuade children to share with others?

①Well, **first**, books should be shared. Books are information and knowledge. And these are the things that are just meant to be shared (本该分享) . **And then**, food is also destined to be shared (命中注定被分享) . When kids share food together, that’s the happiest and most beautiful moment. Shared joy is a double joy. And **what else**, maybe friendship? Kids should never be stingy with (小气) their friends. The more friends they have, the more they can learn and feel happy. (罗列)

②Well, like I said, I don’t vote for persuading or forcing kids to share, so the only answer that I can think of is sharing feelings, emotions and thoughts (分享感受情绪和想法) . Kids should be open to people, especially to their parents. Therefore, sharing their inner world with the outside world is an essential thing to do. (原因)

Describe a photo you took that you are proud of (让你自豪的照片)

You should say:

When you took it

Where you took it

What is in this photo

And explain why you are proud of it

可以是拍了一张很美的风景照，然后很自豪；也可以是摄影获奖作品；也可以是照片背后的故事很令你骄傲。你去支教，给学生们拍了一张照片；你给家人做了一餐饭，给家人和餐食拍了一张照，大事小事都可以。

知识点：

如何介绍一个照片里的内容？

1. 主要情况和具体动作

- In the picture you can see ...介词是 in，如果用 on 则表示物理层面上照片上，如 There's fly on the picture. 照片上停了一只苍蝇。

另外，形容照片里的事实情况，用一般现在时。

- There's / There are ...
There's a big house in the picture.
- There isn't a ... / There aren't any ...
- I am doing...
In the picture, I am waving my arms.

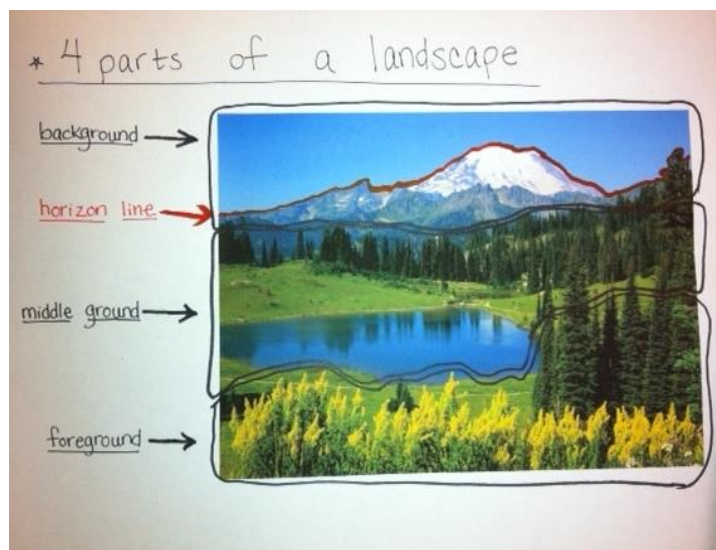
形容具体动作的时候，用现在进行时。强调画面定格感。

- The people are doing...
- It's raining...

形容天气时，也用现在进行时

2. 方位：

- At the top/bottom of the picture ...
- In the middle of the picture ...
- On the left/right of the picture ...
- In the foreground 前景, in the middle ground 中景, in the background 背景, horizon line 地平线...



(网图，不是我画的, haha)

3. 介词使用

- next to
- in front of
- behind
- near
- on top of
- under

Ok, today I want to talk about a photo I took three years ago and I feel very proud of.

It's a selfie (自拍) I took with a tripod (三脚架) when I was traveling alone in Southern China. Three years ago, I was brave enough to take a solo trip (独自旅行) to the south of China at the age of 19. I went to Yunnan province, and I visited Kun Ming, Da Li, Shangri-la, and Li Jiang. And during the whole trip, I was taking photos of the beautiful sceneries and local people, but it was difficult to take photos of myself (take photos of sth./sb.用的是介词 of, 表示照片的内容是关于什么的). So one day, I bought a tripod from a camera equipment store and started taking selfies. This photo was the first selfie I took during that trip. (大家可以说不

In the photo, you can see beautiful mountains in the background. You see the beautiful blue sky with fluffy white clouds (白绒绒的云) at the top of the photo. And then, in the middle ground, you can see a beautiful lake. The water resembles/looks like a mirror (湖水看起来像镜子), so tranquil and serene. And finally, in the foreground, you can see me waving my arms in the air (举手在空中), and smiling from ear to ear (咧嘴大笑), looking super happy! Haha! That's the kind of smile you can see from a cover page girl in a magazine (是那种能在杂志封面女孩脸上看到的笑容)!

And finally, in terms of why I feel so proud of this photo, well, there're two reasons. **First**, I'm proud of the fact that I was smart enough to buy a tripod and was able to take selfies during my trip. That's called thinking out of the box, right? **And then**, more importantly, it was the first time that I traveled alone. Therefore, each time, when I see the picture, it reminds me of how brave and independent I am. That is to say (也就是说), the background story of this picture is also the reason why I feel proud of it. Thank you!

Part3:

1. Why do some people like to record important things with photos?

It's a personal habit, I guess. Some people like to take photos and make videos of important things and moments, so that later they can go back and re-live/ revisit/ recall the memory. After all, you can't really trust your memory, and you might forget about some details. Photos and videos can provide you with all the details. Take my mom as an example, she's like a photoholic (照相狂人), and therefore she has photos of every moment in our lives. Sometime I feel grateful for that because when I see those old photos, I realize that I've forgotten about a lot of good memories. But sometimes she could be really annoying when she points the camera at me all the time. (原因, 举例子)

2. What can people learn from historical photographs?

Old photographs are like vivid historical books, they can provide a glimpse into people and their lives in the past, old events, traditions and

stuff. They can help us better understand our culture, history and traditions. They are an amazing source of information, I would say.

Through them, we can learn history in a visual way. (原因)

3. Is taking photos the best way to remember something?

① For many people yes. Nowadays, you see people, especially young people, taking photo of everything, everybody, every moment. For them, it's the best way to hold on to the memory. And also, they love sharing those moments with people on social media. So, it's been a new digital lifestyle, I would say. However, I personally do not like the idea of using photos as a major way to remember things. I want to use my eyes to see everything, and use my mind and my heart to hold all the good memories. Sometimes, when I take too many photos, I find myself not paying enough attention to the things in front of me. I'm NOT genuine (真诚) in that moment. Instead of seeing and feeling things, I'm thinking about how to take a better picture from a better angel. And I don't like it. (主流观点, 自己观点)

② I'm a photoholic (照相狂人), so if you ask me, I'd say yes! I'm very diligent and organized with my photos. I upload/transfer my photos from my cellphone to my computer every month, and I have a new file for every month. I feel very proud of my habit. I can see all my history on the computer. It's the best feeling. (原因, 细节)

4. Which is better, talking photos or keeping a diary?

① They are two different ways to document your life (记录生活). Photos are visual and detail-oriented (细节之上). They are more objective than diaries, in my opinion. Diaries focus on your personal emotions and feelings. You can use beautiful and artistic words to record your day and your inner feelings and thoughts. It's more subjective and it takes more time. (对比讨论)

② I haven't written a diary in years. It's too much time and effort, and I don't have the luxury of time to keep a diary anymore. And plus, I don't trust my memory. It's not my strongest suit. I'd rather snap a photo (咔嚓

一张照片) in a split second with all the details, and later have the access to go back and revisit these moments in life. (原因, 补充)

地点类:

Describe a place in your country that you would like to recommend to visitors/travelers (向旅行者推荐你们国家的一个地方)

You should say:

What it is

Where it is

What people can do there

And explain why you would like to recommend it to visitors

知识点:

一些形容城市的表达:

- Beijing tends to attract a lot of people because of the job opportunities there. Many of them are NGOs and government centered jobs (NGO 非营利性组织和面向政府的工作) .
- It's got amazing and rich culture, all kinds of social, cultural and arts activities, it's a city that never sleeps (不夜城) .
- It's also a little bit more laid-back (慢节奏的、慵懒的) than other big cities in China, like Guangzhou or Shanghai. Life seems to move slower in Beijing (北京的生活似乎会过得更慢一些) .
- One thing I love the most about Beijing is the local people there. They are very outgoing and friendly, very willing to communicate with others. Last time when I was there, I had a great time.
- Shanghai is one of the most dynamic and exciting cities in the world. It is constantly changing (总在不断变化) , there's always something going on (总有事情在发生) , and there are new people moving to the

city, from all over China and the world, every day. For me, it's a city that's full of adventure and hope. I visited Shanghai several times. Nightlife there was amazing. Food choices were mind-blowing. It's a paradise for a foodie (吃货) like me.

- Dali just a different world in comparison to costal cities in the east part of China. It has so much to offer to people who live there (能给人们带来太多好东西), like, super clean air, great weather all year round (四季如春的地道表达), and stunning natural sites everywhere. People there are so friendly and laid-back. It's an ideal place to enjoy the life.
- There're a lot of hidden spots/ secret attractions (隐藏景点) in this city.
- The food options (食物的选择性) are crazy here.
- Night life in this city is mainly about outdoor beers and street food, and accompanied by live music and the like (等等).
- I especially love XXXX in this city. It's a beautiful neighbourhood that is full of beautiful homes and brick apartment buildings (砖墙公寓楼), along with art galleries, delicious restaurants, and antique stores (古董店).

素材一:

I'd like to recommend Beijing, my hometown. In my eyes, it's definitely a charming, fun and interesting city.

Beijing is located in the northeast of China. It is famous for its fast-pasted lifestyle. It's a city that never sleeps/it's a 24-hour city. I mean, there's always something going on. It's got an amazingly rich culture that attracts people from all over China. It's famous for its countless museums and galleries. It's like a paradise for people who are into history and art.

People can visit all the museums and art galleries, and see all the historical sites and modern landmarks. Such as Great Wall, Forbidden city, Temple Heaven, etc. There're plenty of touristy things to do. It's such a culturally diverse city with lots of cultural and social opportunities.

And not just that, many people come to Beijing mainly for the food. Food options are crazy/mind-blowing in Beijing. You can find any type of food there. From world-class Michelin star fancy restaurants (世界级米其林三星华丽餐厅), to casual affordable hole-in-the-wall hidden places (随意又便宜、隐藏在小巷子里的小馆儿), you can find anything. It has thousands of cafés where you can just spend the day sitting on the street patio (街边露天餐区), sipping coffee, and watch the world go by.

And, what attracts me the most is people in Beijing, and that's the reason why I recommend this city to everybody. "Beijingers" are super friendly, welcoming, chatty (爱聊天) and open. You will feel a sense of belonging in Beijing.

Anyway, that's my hometown. I feel that I will never get bored with it, as it always has so much to offer (have a lot to offer 提供很多美好的东西). And it's a friendly city waiting for people to explore. Thank you!

素材二：

I love Shanghai, so that's the city that I'm going to talk about today.

Shanghai is located in the southeast of China. It's a world-famous city. People call it "Paris of the East". It's definitely a metropolitan, a 24-hour city. There's a classic and famous song in the 1920s called "the sleepless Shanghai". Just to give you an idea of how busy and bustling it is. It's a financial centre, a cultural leader, a creative powerhouse. Definitely a city where you can see a great cultural diversity.

For me, what attracts me the most about Shanghai is the beautiful contrasts you see everywhere in the city, and that's what makes it an interesting and lively place. It's a city where you can see old and new, cheap and fancy. I think that's what people who visit Shanghai should do, which is to explore the beautiful contrasts there.

It's a city with a rich history. Therefore, you can see many historical buildings. But at the same time, you can also get to enjoy some of the most modern and coolest architecture in the same area. Another great thing about Shanghai is that you can always go cheaper and you can

always go fancier, more expensive. You can easily find a little hole-in-the-wall, spend only 20 yuan and get the best tasting food in the world. You can also flash your cash (显摆你的钱) at a posh restaurant (有格调的餐厅) at 5000 yuan per person. You can be down-to-earth (接地气), and you can have your nose in the air (趾高气昂, 自命不凡, 鼻孔朝天的).

So, yeh, that's the city I want to recommend to visitors. Thank you!

Part3:

1. Is it important to take photos while traveling?

I love taking photos, and I'm of the opinion that (认为) taking photos while traveling can highlight the memorable moments, and keep the beautiful memories, so that later we still have the access to go back and revisit those moments. It's a way to record the trip. However, if we only pay attention to those photos, we focus too much on how to capture the perfect image, rather than immerse ourselves in that moment (把自己沉浸在那个时刻中). We end up not enjoying the trip itself and detracting from the experience (从经历中分离分心). I see some people have their cameras on (把相机开着) the whole time while traveling. It's like they are living the moment through the lens (镜片) of the camera. That's very wrong. (反向思考)

2. Can you trust other people's travel journals on the internet?

Not really anymore. Nowadays, people love to show-off (显摆) their lives and experiences through online content. People write blogs, make vlogs or post photos when they are traveling. But from my experiences, often times, those contents are heavily edited and tailored (被严重编辑和剪裁). People show you the beautiful sceneries, but they won't show you, at the same time, there're also an ocean of people, and you can hardly move around. For example, if you go to Great Wall, especially during holidays,

chances are (很有可能) **you will be pushed around by people and feel very anxious.** (原因, 举例子)

3.What factors affect how people feel about travel?

First thing that comes to mind, transportation expenses. How much you spend on the **flight ticket or train ticket**, stuff like that. And then, **accommodation**. Are you staying in a fancy hotel or a dirty motel. **The level of comfortableness** during traveling is a big factor. And then, people in your destination. If there're a lot of people at your destination, and with very **bad manners**, your mood will be ruined. There're a lot of factors. (罗列)

Describe the home of someone you know well and that you often visit (常去的熟人家)

You should say:

Whose home it is

How often you go there

What it is like

And explain how you feel about the home

好朋友的家、亲戚的家、对象的家.....甚至客户的家

知识点:

① 形容 home 的一些表达:

- 尺寸: **big, large, huge, spacious, small, tiny,...**
- 样貌: **beautiful, gorgeous, stunning, lovely, cute, shabby chic...ugly, shabby** (破旧的), **broken, abandoned, awful-looking** (看起来丑的不行), **old, hideous** (可怕的), **tasteless** (没品味的), **graceless** (粗野的)
- 采光: **light-filled, bright, full of natural light...dark, dim**

- 舒适度: **comfortable, cozy** (温馨的), **homely** (宾至如归的), **inviting** (吸引人的, 亲和的) ...**uncomfortable, uninviting, unpleasant**

② 如何夸一个 home:

- **room layout** (房间布局); **interior layout**; **the layout of the apartment**
The apartment has the best interior layout.
- **Functional** 功能性很高, **purposeful** 充满目的的设计, **thoughtful** 考虑周全, **precise** 很精准, **family-friendly** 家庭友好型...
- There's a lot of consideration in this home. You can see the whole subtlety in here.
这个家内部每个细节都有所考量。你能看到整体的精细微妙之处。
- There's a lot in the details. Everything is so precise.
这里细节很多。一切设计都是那么精准。
- Every part and every corner of this home is so purposeful.
每一个部分每一个角落都充满着目的性设计。
- I love how warm and inviting (温暖又亲和的) this home is.
我喜欢这个家的温暖与亲和
- Every part of this apartment is perfectly arranged.
这个公寓的每个部分都是完美地分布着。
- You can see the beauty of simplicity in this house, you will understand the meaning of less is more.
在这栋房子里你能看到简约之美。你能明白少即是多的含义。

③ 如何吐槽一个 home:

- I could smell dust and age when I entered the house. 我一进屋子就闻到了灰尘和年代感。
- The stairs are sagging and broken. 楼梯都破旧下垂着。
- The room is jam-packed with furniture and things. 房间里塞满了东西
- The house is so tacky (俗气的) and tasteless (没有品位的) .
- It is too much/ over the top. 太过了
- The paint colour in the living room is awful-looking, like it has some skin problems. 客厅里的墙漆颜色太难看了, 象是有皮肤病一样。

- It is an eyesore. 形容建筑物很丑，辣眼睛（眼睛酸痛）。
- It's not attractive to look at. 令人不忍直视。
- The orientation of the house is really bad. 房子的朝向很不好。

I love my aunt's home. She's a very tasteful person. That's why her home is beautiful, elegant and unique.

In terms of how often I go to her place, well, not very often now since I'm studying in another city. At present, probably once or twice per year, prior to it, I went to her home at least once per month, as my mom and my aunt are very close to each other. So, I'm very familiar with that apartment.

As for what her apartment is like, well, first, it is a very spacious place, with four bedrooms, one giant living room, three washrooms, and an open-concept kitchen linked to the dining area（一个连接餐区的开放式厨房）. Lots of living space（生活空间） and storage space（储藏空间）. And then, the orientation（朝向） of the apartment couldn't be better（不能再好了）. Most of the rooms in that apartment are filled with natural light.

Therefore, it feels warm and cozy（温馨的） everywhere. Moreover, the interior layout（布局） is purposeful, precise and functional. For example, the master bedroom（主卧） has full privacy and quietness as it's at the end of the hall way（走道的尽头）. And the big living room is facing the main street so that you can enjoy the nice street view through the big windows, and at the same time, the room can absorb all kinds of sounds from the street. And what else, the best part about my aunt's apartment is the interior design（室内设计）. My aunt is a successful business woman, which means she's very wealthy. And on top of that, she has the best taste（品位绝佳）. Therefore, her home is full of taste. It's not one of those super flashy（肤浅闪亮的）, ornate（华丽的） and tacky（俗气的） rich people's home. Actually, on the contrary, you can see the beauty of simplicity（简约之美） in her home, you will understand the meaning of less is more. She doesn't use a lot of things in her home just to show off. The home has a minimalist look（极简的风格） to it, but it doesn't appear

boring, cold or stark (刻板的、荒凉的) . It feels warm and inviting (有亲切感的) . And at the same time, it's rich-looking (看起来贵贵的) . Haha! I guess, that's because there's a lot of attention-to-detail (细节之上) .

So yeh, that's my aunt's home. I really love it. And I wish one day my home will be like that, sincerely. Thank you!

Part3:

1. What are the differences between buildings in the city and in the countryside?

Well, the city is more densely populated than the countryside. Therefore, buildings in the city are usually bigger and taller so that they can accommodate more people. In addition, the distances between those buildings are also smaller in the city, again, due to the larger population in the city. Buildings in the countryside are smaller and shorter. Many people in rural area live in an independent house with a big yard. (对比讨论)

2. Do you prefer to live in the city or in the countryside?

① My mind is conflicted. On one hand, I love how convenient it is to live in the city. I mean, easy access to public transportation, stores just around the corner, food delivery 24/7, things like that. And also, more social and cultural activities, more job opportunities, more schools and better educational resources. But on the other hand, I also love how peaceful and tranquil it is in the countryside. People are more laidback (悠闲慵懒的), life is more slow-paced. Not to mention (更不要说), the beautiful natural views. They are both very attractive for me. (分头讨论)

② I prefer the countryside, a thousand times more. The city is overcrowded with people, buildings, factories and cars. The air is polluted, and it's really chaotic and noisy everywhere. My biggest dream is to live in the countryside and taking care of my back yard. I'm the kind of person who can definitely live off the grid (过隐居生活) . (偏好, 原因)

③For me, at this stage in life, I still prefer city life. I want to be able to find a good job after graduation. And also, enjoy my life as an adult. The city can offer so much (城市可以提供太多好东西了) . Events, parties, shows, games, all sorts of social and cultural opportunities. And also, one day when I have a family, I'll want to send my children to the best schools. And those best schools are usually in the city. Maybe one day, when I'm older and retired. I will consider moving to somewhere more peaceful and slow-paced. But for now, I'm still a typical city girl/boy (都市女孩/男孩) .

(原因, 时间分层)

3. What safety risks are there in residential buildings in cities?

First thing comes to my mind, fire safety. If the building catches on fire, and if there're too many people trying to escape at the same time, it could become a big issue. And also, residents who live on higher floors might find it more difficult to evacuate (撤离) the building in the emergency; and then, same thing goes for natural disasters (自然灾害) like, earthquakes (地震) , tornadoes (龙卷风) , and hurricanes (飓风) , evacuation could be an issue. What else, accidentally falling from the window could be another potential danger for the residents. Especially for the young children living in the building. They don't have a concept of height. Therefore, parents need to be extra careful with falling. And next, the elevator could also be a potential safety risk. In those older buildings, those elevators should be checked on every year in order to make sure they're safe to be used. (罗列)

4. Is it expensive to decorate a house or an apartment in the place where you live? (这题好奇怪)

Of course it's more expensive to decorate a house than an apartment, as houses usually are much bigger than apartments. There're more washrooms, bedrooms, and more walls and floors, so, definitely decorating a house will be more expensive. (原因)

Describe a popular place for sports (e.g. a stadium) that you have been to.
(去过的受欢迎的体育场馆)

You should say:

Where it is

When you went there

What you did there

And explain how you felt about this place

知识点:

1. Names of facilities 体育场馆、设施名:

changing room 更衣室, gym 健身房, basketball court 篮球场, tennis court 网球场, football pitch (or soccer field) 足球场, track and field 田径场, cycling track 室内自行车比赛赛道, golf course 高尔夫球场, boxing ring 拳击场 (一个圈), ice rink 滑冰场 (一个圈圈), ski slopes 滑雪的雪坡, swimming pool 游泳池, race track 赛车跑道...

2. expressions 形容体育场所的表达:

crowded, noisy, deafeningly loud 令人震耳欲聋的吵闹, exhilarating 令人愉快的, fun, small vs. big stadium, new vs. old stadium, the crowd was roaring 呐喊的人群, the crowds' enthusiasm was contagious 人群的热情具有很强感染力 (contagious 表示有疾病传染力的, 也表示有感染力的), a once-in-a-lifetime experience 一辈子难得一次的经历,

3. types of sports 体育种类: archery 射箭, baseball 棒球, basketball 篮球, cycling 自行车比赛, hockey 冰球, American football 橄榄球, football (or soccer) 足球, snowboarding 滑雪单板, skiing 滑雪, ice skating 滑冰, golf 高尔夫, gymnastics 体操, swimming 游泳, water polo 水球, curling 冰壶, table tennis/pingpong 乒乓, skateboarding 滑板, surfing 冲浪, volleyball 排球,

rock climbing 攀岩, rowing 多人划船, hiking 远足, martial arts (karate, jiu-jitsu, judo, etc.) 武术类, fishing 钓鱼, yoga 瑜伽, weight lifting 举重

4. verbs and collocations 动词和一些固定搭配:

to see a match 看比赛, to cheer for your team 为你的队欢呼, to participate in/do/play a sport 参加比赛, to show good sportsmanship 展示良好的体育精神, to set/achieve a personal goal 建立、达成个人目标, to be victorious 胜利赢得比赛, to win/lose a game, to be a sore loser (输不起的人, 酸痛的输家),

5. 形容各种体育动作:

- Tennis 网球: to play singles (1 vs. 1) 单打 or doubles (2 vs. 2) 双打, to run from one side of the court to the other, to serve 发球/return 回球 /bounce the ball 弹球, tennis ball and a racket 网球的球和球拍
- Badminton 羽毛球: the birdie or shuttle (the ball used in badminton) 羽毛球的球, to hit the net 打到网子, to go over the net 过网, to win/lose the match, to twist your ankle 扭到脚踝, to be disqualified 出局
- Basketball 篮球: to slam dunk 灌篮 (He slam-dunked a ball.), to beat the buzzer 最后几秒赢球, to pass to another player 传球, to intercept the ball 截球, to shoot from the free-throw line 从罚球线投球, commit a foul 犯规, out of bounds 出界
- Soccer 足球: to warm up 热身, when the referee blows the whistle 裁判吹哨, to receive a warning or a yellow/red card 收到警告、黄牌、红牌, to commit a foul 犯规, to kick the ball 踢球, to score 得分, 赢球, goalie 守门员, to save/block a goal 守门员救了一球, to defend your area 守卫自己的区域, to huddle /a team huddle 球员们围成一圈讨论战术

- **Swimming 游泳:** to jump into freezing water 跳进冰冷的水, to shiver 发抖, to dive in 跳水, to wear a swim cap 戴泳帽, to kick with all the strength 竭尽全力踢水, to float 漂浮, to drown 沉没, 溺水
- **running 跑步:** to be at the starting line 起跑线上, to arrive at the finish line 跑到终点线, to have/keep a slow pace 保持慢速, to jog 慢跑, to feel adrenaline in your veins 感受血管里的肾上腺素, to feel a layer of sweat on one's neck/forehead/back 感到后背、额头、脖子上的一层汗, to feel the air in your lungs 感到肺部的空气（大口呼吸带来的）, to feel breathless 上气不接下气, to feel out of shape 状态很差, to feel your heart pumping 心跳很快, to be gasping for air/breath=try to catch the breath 大口喘气, 氧气不够, to feel your muscles burning 感到肌肉在燃烧, to fly past other runners 飞一般超过其他跑步运动员, to sprint 冲刺

“My shoes were pounding the pavement.” 我的鞋子正在猛烈锤击地面（形容跑得快，扎实）

“I was pumping my arms as fast as I could.” 我在尽力抽动我的胳膊（跑步挥胳膊）

“My mind was also racing fast.” 我的头脑也在快速冲刺

“I got a side stitch 我岔气了 a side stitch/ stitch 岔气

“The wind was whipping my face.” 风在抽打我的脸（跑太快）

“I ran like mad/crazy.” 我发疯了一样跑

6. 一些常见句型和表达:

- The game is at a tie./ It's a tie! 平局

- The teams are neck and neck right now. 平局
- They're going head-to-head tomorrow 明天要一决高下=the teams/athletes are going to be competing against each other tomorrow
- Team A is up by 10 (points)! A 队领先 10 分!
- Team A is winning by 10 (points)! A 队领先 10 分!
- Our team is down by 5 (points). 落后 5 分
- Our team is losing by 5 (points). 落后 5 分
- a cut-throat/nail-biting match 残酷无情的、甚至不择手段的比赛

It was a very cut-throat match today.

- “Fair game” Something a referee might say after making a call
- JumboTron + scoreboard 大屏幕+得分板

the giant TV screen at sports games where you see a close-up (特写) of the game/athletes/players.



Today, I'd like to talk about the big stadium in my university. I've only been there once to support my university's basketball team XXX. To be honest, I'm not a big sports fan, which is why I was surprised when I found myself cheering like crazy for XXX.

Let me give you some context. So, it was in 2020 October; I was at the final game (总决赛) of the University Basketball Championship in Jiangsu Province. My school team XXX (自己编一个名字) was playing against (和某队打比赛) YYY. It was hard not to get excited about this match because it was hosted in our school stadium, and also, nobody could believe that our

school team had made it that far into the final game (我们谁也想不到自己的大学会走到最后一步) !

Together with a group of friends, I went there to support our team. The stadium was newly built at that time. It was very big, spacious and bright, very impressive. I felt very small when I was sitting in the stadium. I was sitting very close to the court. I could see everything up close. And on top of that, our university was kind enough to set up a huge JumboTron outside of the stadium for everyone to watch the game.

It was a nail-biting/cut-throat game until the end. The whole crowd was on edge of their seats (坐在椅子边缘, 随时要因为紧张掉下去) . When the final buzzer rang, everyone went nuts/crazy (全体都疯了) ! It felt incredibly satisfying that our school team, the underdog team (比赛中不被看好的队) , had won.

I enjoyed the exciting/exhilarating atmosphere in the stadium. Each time when our team scored, we all bursted into a roar. The whole stadium was vibrating with emotion. It felt incredible when the stadium was full and the crowd was excited! Even for me, someone who's NOT a sports fan, it was an amazing experience.

So yeh, that was the stadium that I've been to. Thank you!

Part3:

1. Do young people like to do sports?

① Generally speaking, I would say that most young people enjoy practising/doing sports. Probably because they are full of energy and need a way to spend that energy. Several of my peers either play sports on a regular basis or participate in a professional sports club (效力于职业俱乐部) . It's helpful if you start playing a sport when you're young, as you're most likely to stick to it as a hobby (作为爱好坚持下来) once you get older. (原因+举例子)

② Some do and some don't. there're young people who enjoy doing sports on a day-to-day basis to burn up calories and get relaxed. But I also

see some young people (for example, me) who would hate to practise sports! I feel like they often view sports as punishment. Maybe because in high school, all of us hated running laps (跑圈儿) . It truly felt like punishment! (分群体)

2. What are the benefits of sports for children?

There are numerous advantages for kids to play sports. **A**, they can have fun and blow off the steam while getting some exercises done; and **B**, they can learn how work together/collaborate as a team. If children don't practice any kind of sports, they will run the risk of becoming overweight (有超重的风险) due to being sedentary (久坐的方式) . That's why most parents and schools encourage children to take part in an after-school sport. (原因罗列+反向假设)

3. Is it necessary to build public sports spaces?

① For sure! I'm all for/I vote for/I root for the idea of building more sports facilities for people to stay physically active (保持运动积极的状态) , both indoors and outdoors. In fact, it should be every government's priority to promote healthy lifestyles (推动积极的生活方式) . What's more is that when you create these spaces, you create/foster a greater sense of community (创造了更多的团体感) for sports facilities are also gathering places (聚集地点) . (原因)

② Absolutely not. What I mean is that there are plenty of public sports facilities that already exist. It seems like a waste of money when public money is spent on building new infrastructure. For instance, when a football championship or the Olympics are hosted in a new country. They spend so much money on building the stadium, and what's worse, the stadiums tend to be built far from residential areas. In the end, the people who live there rarely get to take advantage of these spaces (几乎没有机会利用这些场地) . (原因+举例子)

4. What do you think of companies donating sports venues for poor children?

That would be very a generous gesture (慷慨的举措) . Not only would the company be helping children in need (有困难的孩子) and giving them the chance to play safely, they would also be creating a positive image for themselves (给自己树立积极的形象) . It'd be a win-win situation for everyone. (分角度)