

直播 Day 6 （结课日）

今日摘要：

Part2 经历题、事物题和地点题。

Describe a talk you gave to a group of people（演讲经历）

You should say:

Who you gave the talk to

What the talk was about

Why you gave the talk

And explain how you felt about the talk.

说明：在这里 talk 指的是任何大大小小的在人前的讲话，可以是大型的演讲，也可以是当着一群人的 presentation。

知识点：

- **give a talk/ give a speech/ deliver a speech** 常用的动词 **give, deliver**

- Nervous 紧张的

I always get nervous before giving a speech in front of a large audience.

- Anxious 焦虑的

She felt anxious about delivering the important presentation to her colleagues.

- Butterflies in the stomach 胃里有蝴蝶，紧张或小鹿乱撞的感觉

I had butterflies in my stomach before stepping onto the stage to give my speech.

- Stage fright 舞台恐惧症

Many people experience stage fright when they have to speak in public.

- Prepared 准备充分

I spent hours preparing for the speech to make sure I was well-prepared.

- Engaging the audience 吸引观众

A good speaker knows how to engage the audience and keep their attention (锁住观众的注意力) throughout the speech.

- Captivating 迷人的

The speaker delivered a captivating speech that held the audience's interest from start to finish.

- Can hear a pin drop 能听见针掉的声音，形容观众群一片寂静

The speaker had the audience so captivated during the speech that you could hear a pin drop in the room.

- Spotlight 聚光灯

When I stepped onto the stage, the spotlight was on me, and all eyes were on me.

- Podium 讲台

The speaker confidently stood behind the podium and began their speech.

- Applause 掌声

The audience burst into applause at the end of the inspiring speech.

- Silent anticipation 静默期待

The room was filled with silent anticipation as the speaker took a pause before continuing.

Back in high school, I decided to sign up for/ take part in a speech competition in the school. I had always been very nervous when speaking up (公开讲话) in front of people. I wanted to challenge myself and combat the fear (克服恐惧) of public speaking. The topic I chose was about “bravery in life”, I know, haha, talking about being brave.

As I stepped onto the stage (上台), stood behind the podium (站到演讲台后面), I saw a large audience, like 1000 people or something. When the spotlight was on me, when I saw all eyes being on me, I panicked (紧张崩溃) right away! I had the stage fright! My heart was pounding (心脏乱跳). I could hear my heart beat, like it was ready to jump out of my

chest (感觉心脏随时做好准备跳出胸腔) . I couldn't even open my mouth and talk properly. The first few seconds were filled with awkward silence (被尴尬的死亡寂静占据) .

I asked myself, what was the worst case (最糟又能怎样) ? People laughing at me? so what? They didn't even have the courage to come up to the stage like me. At least I was braver than them, right? I did this pep-talk (做了鼓舞士气的话) in my own head and then started my speech. As I delved deeper into my speech (随着我逐渐进入到我的演讲中) and found my rhythm (找到自己的节奏) , I gradually warmed up (暖身了) and gained confidence.

The turning point (转折点) came when I shared my personal experiences of overcoming challenges through bravery. I opened up about my fear of public speaking. The vulnerability in my words resonated with the audience (我的语言中的字里行间的脆弱之感给他们带来了共鸣) . I could clearly feel that their attention grew as they connected with my journey.

By the end of my speech, the audience burst in applause (热烈鼓掌) . I was feeling over the moon (月亮之上, 极度开心) and experiencing a profound sense of accomplishment and personal growth (成就感和自我成长的满足感) . The experience

taught me that with determination and a willingness to step outside our comfort zones (走出舒适区), we can conquer our fears (克服恐惧) and unlock our full potential (解锁潜力).

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！

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!

【事物题】答题要点：

四小问是最简单的答题结构，越是没可说的时候越是要充分利用题卡。

人物题、事物题和地点题最适合四转大法，容易出现无话可说的现象。

高频小问:

① What it is/was

展开思路: 开门见山回答; 可以解释原因 (为什么你选择这个事物来介绍); 也可以介绍该事物在社会上的普及度 (比如水上运动、极限运动..... 大群体的接受度, 也是你想要尝试的原因)

② when/where you do/did it.....

展开思路: WH 法、分情况讨论、分群体讨论、阐述原因, 等, 都适用。

③ 最后一问: 思维分层, 总结+升华

*选题的重要性:

原则: 标新立异?

有的说。能说什么、会说什么, 就说什么。(贴近生活, 贴近当代, 贴近自己)

武汉黄鹤楼 VS 我们学校图书馆

明星名人 VS 身边人

空调（单一功能）VS 手机/网络（多功能，便于分层）

Describe a traditional celebration in your country that you enjoy (传统庆典)

You should say:

What it is

What you do to celebrate it

Who you celebrate it with

And explain why you enjoy it.

Today, I'd like to talk about a traditional celebration in China: The Moon Festival (中秋节), also known as the Mid-Autumn Festival.

The Moon Festival is an ancient Chinese celebration that takes place on the 15th day of the eighth month of lunar calendar (阴历), when the moon is believed to be the biggest, roundest, and brightest (最大、最圆、最亮).

In terms of what we do to celebrate this special day, well, the most important tradition is to eat mooncakes (吃月饼), which are super tasty round-shaped pastries filled with various delicious fillings (好吃又圆形的带馅儿的点心) such as lotus seed (莲仁儿), red bean (红豆), or even salted egg yolks (咸蛋黄). They're very high in calories (高热量), I have to admit, and they're very heavy on the stomach (不好消化), but it's really worth it (很值得) and also, it's just once per year (一年一次), very much like how people in North America would save roasted turkey for Thanksgiving (把火鸡都留在感恩节吃). You know what I mean? When you spot a mooncake, it's an instant reminder of (即可的提醒) the Moon Festival, just like how turkey screams Thanksgiving (火鸡呐喊着感恩节)! So, we eat mooncakes with our families and friends, sharing and exchanging different flavours, meanwhile enjoying the time together.

Another thing my family and I would do, which is also very common among other Chinese families, is to appreciate the beauty of the moon (赏月, 欣赏月亮之美). Normally we go to the balcony with a better view, and set up a small table (支一个小桌子) with food and snacks, such as fruits, tea, and of course, a plate of mooncakes. As we gaze at (凝视) the moon while sipping on the tea (小口抿茶), we do/solve riddles (猜字谜). It is a tradition to write riddles on a small piece of paper and let other people guess the answer, you know, to spice it up (加点佐料, 炒气氛) and make it more exciting.

My understanding is that, back in the old days (在很久以前) in ancient China, people's ways of getting entertained (找乐子) were quite limited, they didn't have TV, radio, not even newspapers. Therefore, solving riddles was like an interactive and fun game that everyone could participate. it added more fun and could bring people together.

That's why I love this festival. It's a time when family get reunited (团聚) and spend quality time together. We taste mooncakes, we talk and laugh, share stories, practise gratitude (实践感恩). I have so many fond memories about this day.

So, yeh, that's the traditional celebration. Thank you.

Describe a film you have recently seen that you felt disappointed about (让你失望的电影)

You should say:

What kind of film it is

When you saw it

Why you hated it

Why you decided to watch it

And why you felt disappointed

知识点:

不喜欢一部的电影的主要原因:

①**Plot** 剧情:

- **A weak or poorly written plot** 写的很差劲的剧情
- **A major turnoff** 一个很让人失望的事情
- **Confusing/messy** 很让人不理解、乱起八糟的
- **Hard to follow** 很难看懂
- **Predictable** 完全可以预期到的内容, 毫无悬念
- **Plain/ boring/ uninteresting/ nothing is really happening** 平淡无聊、啥事儿都没发生
- **Slow** 发展很慢
- **Cliché** (法语词) 很俗气/ **tacky/ tasteless**
- **Lack of imagination** 缺乏想象力
- **Doesn't make sense** 一点合理性都没有
- **Plot twister** 剧情反转

- **Twists and turns** 一堆剧情反转

Too many twists and turns that didn't really add up to anything coherent.

② **Acting skills** 演技:

- **Unconvincing** 没有说服力的
- **Wooden, num** 木头的感觉 麻木

Her performance felt wooden, with little emotion conveyed in her delivery of the lines.

- **I feel struggled to connect with the characters** 建立联系感很难
- **Couldn't invest in the movie** 无法投入电影
- **over-the-top/ flashy/ unnecessary/cringeworthy** 夸张、令人尴尬的
- **hard to take seriously** 很难认真对待
- **The actor's facial expressions were so limited.** 很没有表现力的面部表情
- **Annoying/ off-putting** 讨人厌的
- **Distracting** 让人分心跳戏的

③Special effects 特效:

- Look fake/cheesy/ low-budget 看着假、低成本的
- Overdone/bombastic 做的太过分、太猛、太绚丽
- Overshadow the rest of the movie 喧宾夺主

④Movie adaptation 改编电影:

- When a beloved book is adapted into (改编) a movie, fans often have high expectations. I'm the same.
- The movie deviates too much from the original book. 电影离小说太遥远
- sticks too closely to the book 太高度还原小说
- dull/unoriginal 有点傻, 不够原创

Recently, I watched a romance movie called "XXXX," and unfortunately, I found it to be pretty disappointing and overrated— (令人失望的、过誉的) . The plot was confusing, with too many twists and turns that didn't really add up (逻辑加在一起说不过去) . The characters in the movie were all the time making stupid and unnecessary decisions, which made it hard for me to stay invested in the story.

The movie was based on a popular novel, but in my opinion, the movie adaptation (电影翻拍) failed to do justice (未能做到公正的还原) to the original book. I felt that, it deviated too much from the book, and it almost seemed to be irrelevant.

It was almost like, the filmmaker didn't even read the book properly (感觉电影制片方都没有好好看原作) .

The chemistry (化学反应) between the two main actors was fake and unconvincing. I just couldn't buy it (我不相信) .

The actor, oh my god, could his facial expressions be more limited (他的面目表情还能再少一点吗) ? His performance felt so wooden and num. The actress in the movie looked 0 interested in the man. It was hard to believe that they were truly in love.

Another thing I couldn't understand was that, why did the director put some cheap-looking special effects into the movie (为什么放了一些廉价感十足的特效) ? It was totally unexpected and unnecessary. At some point, I was laughing out loud.

Anyway, as a fan of the book, I really had very high hopes (期待很大) of the movie adaption. But unfortunately, it failed to live up to my expectations (没能满足我的期待) . The poor plot, bad acting, and the lousy special effects were all major turnoffs (让是失去兴趣的原因) for me. I don't recommend it, AT ALL!

Describe a book that you have read many times (多次阅读的书)

You should say

What the book is

What is in this book

How often you read this book

Why you read it, and explain what effect the book has on you.

希望大家可以讲自己看过的书，中文也可以，翻译一下内容就可以。不要讲一模一样的，书的选择这件事比较小众，一旦大家都说一样的，就会被考官慢慢记住。我今天要讲一本简单易懂的生活心理学的书，大家可以改成任何其他心理学的书，内容可以大量借鉴。如果是英文原版书，可以搜索“书名+book review” 直接获得可以学习的英文书评。

知识点：(详见群文件“音频版词汇集”关于书籍的表达总结)

形容书的表达：

- a page turner 好看到停不下来的书

This book is such a page-turner. I was hooked on it for days.

- captivating/engaging/charming/interesting: 迷人的、有趣的

- **amusing/entertaining:** 有趣的、有娱乐性的
- **adventurous:** 充满冒险的
- **fast-paced** 节奏很快的

This book is so fast-paced and intense. I just can't put it down.

- **action-packed: full of activities, events and excitement.** 令人激动的，充满各种情节的
- **suspenseful** 悬疑的
- **unputdownable = can't put it down** 放不下来的

This book is unputdownable.

- **From cover to cover:** 从头到尾读完

I finished the book from cover to cover in a week.

- **This book speaks to me. / This book resonates with me.** 这本书与我共鸣
- **I can totally relate to this book.** 我对这本书感同身受

So, the book I've read many times and found very useful is called "Authentic Happiness" by Martin Seligman. It's a self-

help book (心理自助书) that talks about the concept of Positive Psychology, which is all about using positive emotions and actions to find long-lasting happiness and fulfillment (持续的快乐和充实感) in life.

注意，如果是小说，介绍小说的故事内容要用一般现在时。小说是虚构的，里面的故事也是架空时间的 (timeless)，因此时态不能用过去式。除非，小说的故事本身自带多条时间轴，那么讲到主轴之外的过往故事时应该用过去式。

My friend highly recommended this book to me. She told me that this book was focusing on finding positive emotional tools (积极的情绪工具) to find happiness, rather than fixing problems. Her comment on this book really hit/struck me (直击心灵). She's right, we tend to focus so much on negative emotions like sadness, depression and anxiety, and we make such big efforts on (花大力气) how to fix those mental diseases, but we pay much less attention to happiness. I feel that we definitely should study happiness more.

So, I read the book, and it really spoke to me right away (立刻共鸣). I finished the book from cover to cover in three days, and I've read it multiple times since then. What I really like about this book is Seligman's perspective on things. Instead of talking about what's wrong with our lives, he focuses on what happy people do and what we can learn from them.

As a self-help book, "Authentic Happiness" provides practical advice, suggestions and tools for different aspects of life such as career, relationships, and personal growth. The tools and tips that he provides in the book are very doable (可实操)

的) , very practical, which I love.

This book definitely has a profound impact on me. It helps me see things so much more clearly. It helps me realize that having a healthy relationship or marriage can bring deep happiness, raising a child and giving love can be fulfilling, and finding and using our personal strengths wisely can lead to happiness and fulfillment. It also encourages me to embrace my true self (拥抱真正的自我) instead of trying to be someone else.

Overall, "Authentic Happiness" is a thought-provoking (引人深思的) book that helped me find my inner peace. Every year, I reread it just to get more strength (获得更多力量) in life. And I highly recommend it to anyone who wants to live a happier, more fulfilling life.

Describe an invention that is useful in your daily life (有用的日常发明)

You should say

What the invention was

What it can do

How popular it is

And explain whether it is difficult or easy to use.

Today, I want to share with you a game-changer in the fitness world (在建康健身的世界里): the fitness band (健康手环) .

I personally love my band and I can't imagine my life without it! And it's been very trendy (流行) among all of my circle of friends. I also see a lot of people on the street wearing it. They're available in various brands (很多品牌都有出健身手环), like Adidas, Nike. But when it comes to functions and features, they're all more or less the same (大同小异). Health enthusiasts (健康狂人), fitness freaks (健身狂人), and those who want to have a healthier lifestyle have all jumped on the bandwagon (随大流, 跟风) .

Using a fitness band is easy peasy (简单) . Simply put it on your wrist (带到手腕上), sync it with your smartphone (和智能手机同步), just a few taps and swipes (点一点, 刷一刷) and you're good to go (你就可以上路了, 用起来! 走起! 常见句型) .

Most bands come with (自带) user-friendly apps (使用很简单的 app) that provide a simple and clear interface (简单又清晰的互动界面) for you to access all the data it collects (获得所有收集的数据) . You don't need to be tech-savvy (高科技小达人) to use it.

One of the most impressive features (亮点) of a fitness band is its sleep tracker (记录睡眠的功能). It can monitor your sleep patterns (监督你的睡眠周期), analyzing the quality of your sleep (分析你的睡眠质量). It helps you understand if you're getting enough deep sleep (深度睡眠) or if you're tossing and turning (辗转反侧) too much during the night. With the information, you can make adjustments (调整) to improve your sleep quality.

My fitness band also has a built-in heart rate monitor (心率监控器), which is a really important function for me as I work out regularly. I need to constantly keep track of my heart rate (追踪我的心率) to make sure that I'm exercising the right way. It's like having a personal trainer (私教), reminding you to push harder (再加把劲儿) or take it easy (悠着点儿) when necessary.

And on those day when I want to keep an eye on my weight (在那些我比较留意自己的体重的日子里), I rely on its "daily burned calorie" function (每日卡路里消耗) to make adjustments on what to eat and what exercise I need to do. Plus, it also counts my steps (计步) per day, so on those days when I don't reach my "step-counting goal", I'll do something extra, like a jog or a 10 mins work-out, to hit the target (完成目标). It really keeps me motivated (让我保持动力). When I

reach my daily goal, I even get a little trophy in the app (有个小奖杯), and all my friends who are on that app can also see it, which is so fun.

So yeh, I love my band. And I can't imagine my life without it!! Thank you!

Describe an interesting job that you want to have in the future (想要尝试的有趣工作)

You should say

What it is

How you find this job

What skills it requires

And explain why it is an interesting job.

知识点:

形容一个工作很适合自己:

- **This job is right up my alley.** 正中下怀, 正好在我的领域里
- **This job aligns well with my skills and experience.** 和我的技术及经验达成一致
- **I feel like this job is tailor-made for me and my background.** 为我量身定制的

- This job seems like a perfect match. 老天为我打造的完美选择
- This job would be an excellent fit for me and my career goals.
- Based on the job description (招聘要求) and my own experience, I feel like this job is a great fit and would allow me to excel (能够我让我充分发挥) .

素材一:

If there's one job that I would absolutely love to have, it would be: a panda keeper (大熊猫饲养员)! I mean, who can say no to these fluffy, needy and adorable creatures (毛茸茸、粘人的又可爱的小生物)?

I first got interested in this job when I was visiting a panda center/ panda sanctuary (大熊猫饲养基地) in Chengdu, the hometown of giant pandas. I was impressed with how well the pandas were taken care of and how much the keepers loved their jobs. And then, I saw the job/recruitment ad (招聘启事) at the center. From that moment on, I knew that I wanted to work with pandas too.

In terms of what skills it requires to be a panda keeper, well, it actually requires a lot of hard work and dedication. Firstly, of course you need to have a deep love for animals, especially pandas, as well as the willingness to work long

hours and get your hands dirty (长时间干脏活) . Like, picking up the feces (粪便) , cleaning pandas, and cleaning their dens (洞穴) , making sure that they live in a place with good hygiene (卫生) . And when a new baby panda is born, you need to hold it all the time, feeding it, petting it. Panda cubs (熊猫幼崽) are very needy and clingy (粘人的) little things, just like human babies (人类幼崽) .

But despite the hard work, being a panda keeper would be an incredibly rewarding job. I will get to spend my days working with these amazingly cute animals, seeing them living and thriving (绽放) at the sanctuary. At the same time, making my contribution to their conservation. That's a very meaningful job indeed.

素材二:

So, I really want to be: a hotel reviewer (酒店试睡员) . I know, that's a real job! Basically, all you need to do is traveling around the world and sleeping in different hotels. Hello? How hard can it be?! I mean, who wouldn't want to get paid to travel around and stay in all kinds of amazing hotels?!!! (hello, 在这里表示, 很显而易见, 你还好吗? 这差事谁能不要?! 学不来就先放弃)

I first heard about this job when I was reading a travel magazine and saw an article about a hotel reviewer who got to stay in the world's most luxurious hotels (豪华酒店) . I was instantly hooked on (被迷住) the idea!

According to the magazine, to become a hotel reviewer, you need to have a true passion for travel and a keen eye for detail (对细节的执着) . You need to be able to spot (发现) both the good and the bad parts of a hotel, from the quality of the room to the service provided by the staff. You also need to have a good level of writing, meaning, be able to write your reviews in an organized and interesting way that will help other travelers make decisions about where to stay.

Which is totally me!! I'm an avid traveler (旅行狂热者) AND I'm a member of both the book club and writing club in my school (我是我们学校读书俱乐部和写作俱乐部的成员) . Can this job be more suitable for me (这个工作能够更适合我一点吗) ?!

It's right up my alley (正是我的领域所在) .

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

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 traveler". 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!

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

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!

地点题:

Describe a place you have been to where there were a lot of people (人很多的地方)

You should say

Where it is

Who you were with

What people were doing there

And explain why there were lots of people

思路: 可以和 1-4 月份嘈杂的地点合并 (可以适当弱化“嘈杂的部分”，多讲人如何如何多)，也可以和下一题“新开的店”进行合并。

Recently, there's a newly opened (新开的) coffee shop right next to my university, and apparently, it's been getting really popular lately. I've been there a few times, and let me tell you, it's the best place to hang out with friends or study.

In terms of the whereabouts (所在之处), the coffee shop is located on the corner of the main street, just a short walk from the university entrance (大学正进门处). (地点细节可以改, 不要照搬)

The first thing that caught my attention when I entered the coffee shop was the atmosphere/vibes (氛围) of the place.

The shop was decorated with lots of plants and colorful art pieces, which created a cozy and welcoming ambiance. I went there with a couple of my classmates, and we ordered a few drinks and some pastries. The coffee was delicious and the pastries were freshly baked (新鲜出炉) and tasted amazing (特别好吃) / out of this world (全世界最好吃).

Moving on to what people were doing there, well, some people were sitting alone, sipping their coffee (抿着咖啡) and being hooked on/immersed in their books or whatever they were doing. Others were having conversations with their friends or colleagues, discussing work or catching up on their lives (交换信息, 互通有无). There were also some people in small groups who seemed to be having meetings or discussing some business ideas. (分群体)

The shop had a relaxed and peaceful atmosphere, and I liked how they had soft music playing in the background, you could hear it but not too loud, making it a perfect place to unwind, relax or have discussions.

I guess that's why they have so many customers all the time. It seems to cater to a wide range of people (服务面很广), from university students studying for exams to professionals having meetings or friends catching up with one another. The nice and friendly vibes is what makes it a popular spot among the locals. Thank you!

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.

结课啦!! 感谢大家对 Tara 大课堂的支持, 你们都是最棒的学生! 接下来有任何问题、打卡作业, 请来微信联系。

如有任何对课程的建议和意见, 欢迎沟通!

1. 欢迎分享上课心得+总结

2. “报分操守”: 尽量完整的成绩单, 什么考场, 学了多久, 涨分多少。