

Week (一周)

这个主题和上个季度的 weekend 主题有很多相似之处，怀疑是上个季度主题的延续。

1. What's your favorite day of the week?

一般都是周末。结合上季度的周末主题，修剪内容。

① Honestly, Saturday is hands down (绝对的, 毫无疑问的), my favorite day of the week. It's all about relaxation, fun, and doing whatever I want. I feel like I can do so many things, I can go out and meet up with my friends, I can see my family, I can indulge in leisure activities (尽情参加文娱活动), I can practice self-care (照顾自己), I can even stay up (熬夜) at night binge-watching TV shows because the next day is Sunday, I can still sleep in (睡懒觉). Sunday, on the other hand, can be a bit bittersweet (痛苦又甜蜜) as I know Monday is just around the corner (马上就来了), and that means back to work/school. (原因, 细节)

(这段话用了很多 stay up+ weekend 主题里的语料, 懒人通用语料)

② I love Fridays! I don't need to work a lot and I get to finish week early. I'm the kind of person who screams "TGIF" (Thank god it's Friday) on Friday nights (经典句型). After spending the endless weekdays, finally I can be staying up at night, slumping in my couch (摊在沙发里), and binge-watching (刷剧) TV shows; or I can go out with my friends, enjoy some fun night life (夜生活). Friday is the beginning of the weekend. It feels so exciting and promising. (原因, 细节)

2. What's your least favorite day?

Without a doubt (毋庸置疑), Monday. Monday is like waking up from a sweet dream (就像是从美梦中醒来) and go back to the reality. It feels so cruel and heavy (感觉好残忍又沉重). The alarm clock sounds louder (闹钟感

觉更响了), the commute feels longer (通勤时间感觉更长了), and the workload seems heavier (工作量感觉更大了). The transition from weekend to weekdays is quite challenging (从周末到周中的转型很有挑战). It always takes a little getting used to (需要花费一些时间来适应, 固定句型). (原因, 细节)

3. What's the busiest day of the week for you?

①As a university student, I don't have a busiest day of the week. I guess it depends a lot on the situation. I mean, when it's the last month of the semester (学期), meaning we are having all kinds of exams, I'll be very busy almost every day. Other than that, my life is quite chill. And on Wednesdays, I have the most classes from the morning till the afternoon. But it's not like super busy either. It's just a matter of going to all the classes. (分情况)

②The busiest day for me would be Monday. It's the first day of the week. And it seems that everybody's trying to catch up from the weekend. Therefore, there'll be a lot of meetings and deadlines arranged. And I always feel a little bit overwhelmed on Monday as I need to go to all kinds of meetings, meet those deadlines, and catch up on all the emails that I haven't replied to over the weekend.

4. Is there anything that you do every day?

①Every day I listen to podcast programs (播客节目) when I commute (通勤). Nowadays I just feel too lazy to read but I love listening to audio-books or podcasts (有声书或播客). I feel that it is a very relaxing and easy way to gain information, keep learning, and get inspired. It's like reading books but in a more effortless way. So I love it. (原因)

②Every day when I get to work, I always start off with a brain dump (做一个大脑的头脑风暴, 想到什么写什么). I write down everything I want, need, and have to do. Then, I create a to-do list (要做的事情的清单), to organize my day and stay productive. Following my to-do list diligently is key for

me to stay efficient and effective, and it truly pays off (发挥作用) . I stick to it quite strictly (严格坚持) , and it helps me stay on track (保持在正确轨道上) . (细节, 原因)

5. What do you usually do on weekends?

参考上季度 weekend 题素材

6. Are weekdays and weekends the same for you?

① As a university student, there's no such a difference between weekdays and weekends. Sometimes I have classes on weekends and end up even busier than weekdays. So, for me, I don't see an obvious line between the two. (原因)

② No, definitely no, they're like day and night (白天黑夜的区别) for me. Weekends are all about relaxation, practicing self-care, meeting people, having fun, whereas weekdays are about surviving, hitting the work targets, and making a living (存活、达到工作目标、维持生计) . All the motivation for me to keep going (坚持下去) on weekdays is that at the end of the tunnel (隧道的尽头) there is the weekend for me to enjoy my life. I definitely work to live (工作是为了生活) , not live to work (生活不是为了工作) . (原因)